



Dursley
more than a
Running Club



RIP

Lindsey Cooper

The club is sorry to have to report that Lindsay died at his home in Waterley Bottom just after New Year.

Lindsay was one of the earliest members of the Club Rogers' club history recalls that "Apart from his running exploits will be especially remembered for his support & kindness to other club members & his nurture of younger athletes e.g. setting up the Saturday Morning Junior School races, from which we recruited many of our young runners. Having started the schools Inter Primary races he went on to organise them for about 25 years! He was a great supporter of the junior section of the club. Roger advises that "he was ~ 88 years young"

No funeral arrangements have been advised to date and it is likely to be well attended by older members. There may be some existing club members who remember him especially some who have returned to running later in life after being junior members in the past. In the Clubs 50th year respect should go to all those who got us "up and running" and a special thank you to Lindsey a life well lived!



A Tale of Three Halfs and several wholes!



Sunday the 20th saw DRC athletes completing a variety of Half Marathons each quite different challenges, with a chilly run on the roads of Gloucester contrasting to heat of Funchal, whilst the Doynton Hard Half was another totally unique experience. I think all DRC participants kept their shoes on, just! Meanwhile Matt Strzelecki was running the Funchal Marathon after his trip to Pisa last year. The Gloucester Half saw a team of Kevin Jackson, Margaret Johnson, Audrey Harris, and Clare Troy, with Ian Cole sporting his NBH vest, whilst in the Marathon Kate Browning and Quentin Somerset continued their journey to 100 marathons! As yet no official results, it is BtL so may take a while! DRC were led home by Kevin Jackson in a steady 94 minutes behind Kevin there were a number of personal bests including Audrey Harris and Damian Lai, Audrey smashing her PB by eighty seconds. In the 50K James Hobbs competed in the 50k his unofficial time 4 hours 12 mins

Provisional Results, Half: Kevin Jackson 01:34:54 Margaret Johnson 01:38:21. Damian Lai 01:43:26 (PB) Audrey Harris 1:46:38(PB) Peter Allen (tbc) Clare Troy (tbc) Ian Cole (tbc) **Marathon;** Kate Browning 04:01:11 Quentin Somerset (tbc)



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Halves and Wholes cont...



Still on the road but in slightly warmer climbs. Matt Strzelecki felt it was too cold (although he did wonder if "I'm going soft") to run at home, so he traveled to Madeira and was amazed to see another two DRC shirts there! "We get everywhere!! #FunchalMarathon" he posted. With him in Funchal were Garry Strickland and Steve Rugman, there for the Half and Mini, Garry completed the Half 01:54:03 and declared it "hot" starting steady, the heat told on Garry, who normally runs a pretty steady pace, but the motor clearly reached boiling point, Steve did 46:37 for 8.6km Funchal Mini. Yet again searching for Matt's result!

Doynton Hard Half – "Does What It Says On The Tin" –

Matt Read reports for DRC: "Twelve Dursley runners headed over to Doynton on Sunday for the Hard Half Marathon on a decidedly fresh January morning, to find conditions much more benign than in 2018 when a couple of months' worth of rain seemed to fall on the course in the days leading up to the race. Despite this there was plenty of mud, hills, streams and cow excrement to add to the fun of what is an extremely challenging course that never seems to let up. Daves, Durden and Wood formulated an early plan to cover the first five miles at a comfortable "chatty" pace which was apparently abandoned half way up the first hill (Untrue! Ed.). Just ahead, Matt Read was also working too hard on that first climb for the beginning of a half marathon. Kris Rymer not too far behind those first three. As the runners strung out, conditions underfoot continued to challenge, one particularly treacherous downhill through very thick mud with many opportunities to turn an ankle in the ruts between was accompanied by very loud gunfire just off to the right – the race organisers really pulling out all the stops to ensure a memorable race experience. Although the course flattens out a little in the second half there are still many short sharp inclines to negotiate, with those in the last mile or two proving particularly taxing. Eventually though, the sounds of the finish area can be heard across the fields and it's with great relief you turn off the downhill track back into the Cricket Club" Matt is too modest to mention that his 29th place overall was a great run, whilst the conditions were not a biblical as in 2018 the course is extremely technical, athletes needing to read the lie of the land and trails on most of the course and as Matt alludes to a real sting in the tail, lots of niggly little climbs testing tired legs! Dave Durden came home 2nd for DRC (2nd M50), Dave Wood having declined to talk to him was just under two minutes behind (3rd M50). Kris Rymer was agonisingly just over the two-hour mark. Mouse Clutterbuck came in next and reckoned the race is as hard if not harder than the Terminator and the Dozen. Immi Testa was first DRC woman in, with Rachel Brown just over a minute in arrears, and Shona next in enjoying it SO much more than 2018! Great efforts all round with a trio sweeping up Dave Halford, Andrew Eades and Dave Halford all coming home in 2:47 with Soos Moss the DRC Lanterne Rouge in 192 minutes, another huge effort, well done Soos! Rachel Brown commented on her second attempt at the DHH "The course didn't disappoint with plenty of mud and hills..... I took nearly 10 minutes off my time; really happy with that. It is certainly a tough course but I enjoyed it. Everyone was polite and friendly holding open gates with great support and encouragement from the Marshalls; and we didn't have to push the car out of the car park this year! Immi Testa who had the wise idea of borrowing Lee Masters fleece lined robe looking nice and snug at the end she commented "The drummers and ukulele players on the course at Doynton today were fantastic.... free massage at the end and fab goody bag, the mud mask was inspired... hard even without the rain but this event just gets better. A lovely chap from Thornbury Running club dragged me round and mentioned how much DRC always make their races fun.....one of my favourite runs".

Results: Matthew Read, 29th, (23rd Sen), 1:49:01; David Durden, 46th, (2nd V50), 1:53:12; David Wood, 54th, (3rd V50), 1:55:03; Kris Rymer, 84th, (28th V40), 2:00:26; Mouse Clutterbuck, 111th, (11th V50), 2:06:54; Imogen Testa, 209th, (11th V40), 2:22:13; Rachel Brown, 215th, (13th V40), 2:23:39; Shona Darley, 246th, (18th V40), 2:29:55; Dave Halford, 320th, (84th V40), 2:47:20; Andrew Eades, 321st, (95th Sen), 2:47:20; Kevin Brockway, 322nd, (51st V50), 2:47:01; Suzanne Moss, 378th, (40th V40), 3:12:09.

Halves and Whole Gallery.



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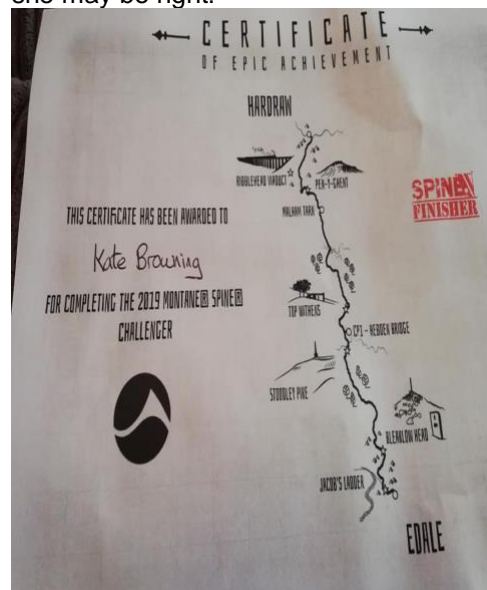
Matt jumping for joy at being warm!

Spine tingling!

The organiser states "The Montane® Spine® Challenger is a non-stop, 108 mile race between Edale and Hardraw with a time limit of 60hrs. This challenging and technical section of the Pennine Way is a physically and psychologically demanding route that demands concentration, good physical fitness, resolve and respect". In 2018 weather conditions were appalling and Kate Browning withdrew. She returned in 2019 she succinctly posted "Completed Monday 109 miles of the Pennine Way Got the Dursley blue hair, bit of bling, certificate and cellulitis again...so worth it" Kate was in



fantastic company. Jasmin Paris won the Spine Race 288 miles from Derbyshire to the Borders in 83 hours, 12 minutes and 23 seconds breaking the world by 12 hours, over the year a few people have spoken about "running like a girl" clearly this is something to aspire to! Kate went on to run the Gloucester winter Marathon on Sunday, she thinks may be the first person ever to do this, I suspect she may be right!





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Glos AAA Road Race Series Linda Franks

Dave Saunders reports "Just two of us represented DRC at the 25th Linda Frank's 5 mile race today in Cheltenham. Organised by Almost Athletes it is a two lap fairly flat course and a good one for a possible PB. It was also the first round of the Glos AAA Road Race Series and my last race before I graduate to the MV70 category! Full results to follow but I finished in a time of 37m48s and Amanda followed in 47mins, which is incredible as her target was to do it in under an hour!"

Well done to both, fantastic PB for Amanda and those in the M70 category better watch out for Dave who continues to search for improvement, working with his son, a Personal Trainer, to develop strength and speed!

Results: Dave Saunders 103rd (MV60/11) 37:45;
Amanda Hensman 202nd (LV35/28) 46:49.

For those interested in the Glos AAA Series Linda Franks is one of the races that sell out very quickly, the other one is the Guy Fawkes, so if you are looking to do well in you category and a speedster and likely to get higher placings in shorter races you need to get in there early



Parkrun

Just the 18 DRC parkrunners this weekend as many DRC members were disappearing up to the Running Show. At Kingsway Jamie Wilkins and David Quaterman running PBS of 25:18 and 28:20 respectively. Tel Cother was at Chipping Sodbury to record a PB of 26:42.

Annette Heylings headed up DRC age grading with a run of 29:38 at Kingsway to record a AG of 68.39, whilst on the grass at Stonehouse Andy Kilby ran just under 25 minutes to record the highest male age grading of the weekend. Andrew Obourne ran the quickest parkrun of the weekend with 23:18 at Wotton with Nicola Christopher fastest DRC woman 25:31 at Kingsway.

Parkrun Factoid

According to our records 1514 parkruns were completed in the name of Dursley Running Club in 2018 and that is probably an underestimate as I missed the Christmas runs and probably one or two other weekends!

Another Dozen

The traditional Club outing around the Dozen the Sunday after the race will be held on the 17th. If you are planning on doing the Cross Country League event at Pittville you might want to consider your route options!



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The Runinng Show 2019

Quite a few DRC members made it to the show and found some familiar faces, Neil Truelove and Jo Pavey....Legends!



DRC Tri News

The "Plan your Tri" event was a great success with around 40 athletes attending. Following an intro and session for all the group split into 3 breakout rooms for specifics on distances - Sprint, Olympic and Mid/Long, with over 20 in the mid/Long which was a pleasant surprise for the Coaches. If you missed the event plenty of people to talk to and get advice. Pre Season clothing order now in hand here's a link to the team shop, through which you can order your tri-suits, cycling kit and running kit. Tony Freer needs to get an order placed pretty soon if everyone is to get kit before the start of the season proper, so don't delay.

It's all made to order in Italy and one about 6-8 week turnaround. And as a reminder we need the minimum of 5 garments in each range to place order.

If interested but not sure on sizing there are lots of kit within the team so should be easy to find someone of same size and find out what they have.



https://www.raceskin.co.uk/team-club-shops/drc/?fbclid=IwAR0RtD0Ba_imAHDLYV7eWftkJWPA8rLm4Q_WU_buBA0ftP5-97jqbsrnG-k



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January Challenge Update

Participation continues to hot up. This is part one of a two part challenge to be completed in July...

1	<u>Mike Crompton</u>	05:26	1	<u>Robyn Jackson</u>	05:42
2	<u>Richard Hogg</u>	05:32	2	<u>Catherine Fay</u>	06:39
3	<u>Jon Morgan</u>	05:45	3	<u>Louise Biddell</u>	07:20
4	<u>Steve Watson</u>	05:55	4	<u>Clair Oxley</u>	07:32
4	<u>Kris</u>	05:55	4	<u>Janet Matthews</u>	07:36
6	<u>James Everett</u>	05:57	6	<u>Clare Troy</u>	07:50
7	<u>Mike Brown</u>	06:03	7	<u>Hannah Osborne</u>	07:54
8	<u>David Wood</u>	06:12	8	<u>Caz Harper-Easthope</u>	08:00
9	<u>Paul Gebbett</u>	06:14	9	<u>Margaret Badger</u>	08:01
10	<u>Peter Chaffer</u>	06:26	10	<u>Carly Heath</u>	08:04
10	<u>Jamie Wilkins</u>	06:26	10	<u>Marina Stanley-South</u>	08:07
12	<u>Huw Poppy</u>	06:34	12	<u>Audrey Harris</u>	08:08
13	<u>Richard Hensman</u>	06:36	13	<u>Leigh Allen</u>	08:13
14	<u>Stuart Watts</u>	06:39	14	<u>Teresa Walton</u>	08:15
15	<u>Andy Hara</u>	06:58	15	<u>Vicci Phillips</u>	08:16
16	<u>Lee Morgan</u>	07:15	16	<u>Jo Lewis</u>	08:21
17	<u>Kevin Brockway</u>	07:21	17	<u>Nicki Cowle</u>	08:29
18	<u>Tel Cother</u>	07:22	18	<u>Amanda Hensman</u>	08:42
19	<u>Matt Willetts</u>	07:25	19	<u>Sue Peachey</u>	08:48
20	<u>Rich Prior</u>	07:26	20	<u>Ellen Efford</u>	08:49
21	<u>Andy Kilby</u>	07:27	21	<u>Jo Fearn</u>	08:56
22	<u>Damian Lai</u>	07:30	22	<u>Lisa Gillooly</u>	09:02
23	<u>matthew davies</u>	07:35	23	<u>Gillian Durden</u>	09:25
23	<u>Dave Halford</u>	07:35	23	<u>Jaffa</u>	09:48
25	<u>James Prodger</u>	07:45	25	<u>Emma Keating</u>	10:02
26	<u>Pete Dunn</u>	07:46	26	<u>Dominique Pemberton</u>	10:03
27	<u>Paul Dunn</u>	07:56	27	<u>Alicia Stephenson</u>	10:43
28	<u>Steve Barnes</u>	08:02	28	<u>Catherine Hall</u>	11:45
29	<u>Mark Baldwin</u>	08:05	29	<u>Jackie Pennington</u>	17:29
30	<u>Andrew Ferguson</u>	08:11			
31	<u>Julian Peachey</u>	08:19			
32	<u>Andrew Eades</u>	08:46			
33	<u>Steve Peers</u>	09:25			
34	<u>Tony Wave</u>	09:53			
35	<u>Mark Sprigings</u>	26:38:00			

Grand Prix Series 2019

Go to web site link to see GP details and enter DON'T MISS OUT

<http://www.dursleyrunningclub.org.uk/club-grand-prix/>



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Another top week of running with DRC Juniors,

Wednesday (6:15pm) saw some sizzling 200ms with the Year 7plus (secondary school) athletes, a cold Thursday (6:30pm) saw 400s pushing the envelopes of some.



Friday Indoor athletics (5pm start) continued with throwing session with jumps planned for next week. Shown on the left are 3 of the 4 running boards the Junior Section have invested in.

Anyone who came to the Sportshall session last year will know how exciting these boards make life, whether it is individual races, sprint relays or hurdles. The coaches are already looking forward to using them

Despite the cold conditions on Saturday morning a strong contingent of Juniors turned up for the "Muddy Running" AKA XC session. Just brilliant to see the energy and focus of these young athletes as the coaches put them through their paces with a progressive obstacle relay, s using the banking to create a "Kenyan Hills" style session.

Club Runs

Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , headtorches optional but essential and please be aware of pedestrians, cyclists, dog walkers who maybe out and be respectful, also please stop at roads as we aren't invincible cars own the road not us, so please stop at junctions and give way, thank you xx

Tuesday leaders are as follows:

Kangaroos	- John Spicer
Greyhounds	- Cara Zoglowek
Greyhares	- Sarah Willcox
Hares	- Julie Jaffa Gowing
Foxes	- Steve Rugman
Lions	- Rachel Brown
Leopards	- Richard Hensman
Antelopes	- Francesca Lane Amigoni

Magpies (speed work) - Caroline Jones

Nicki aka the Badgerer Cowle and Damian Lai her able assistant xx

Thursday Night Club Run

All abilities 7.30 VENUE AND SESSION TBC LEADER KRIS RYMER