



**Dursley**  
more than a  
Running Club



## **Staverton 10** **Crompton Cruises Under the Hour**

As Tony Ball and Charley Palmer will inform you this is a 10 mile race not a 10K! They are probably sick of that comment by now!

Damian Lai reports:

**#TeamDursley** well represented at the Staverton 10 miler. Really cold and windy morning, it was freezing rain at the start and everyone was shivering but it soon cleared up and once we got going we warmed up nicely. Mike Crompton was in first in 59.57.06 a great run by Mike dipping in under the hour, 10th overall, 8th SenM (Mike achieved his race goal Ed.). Nice to see Neil Hodgson who was pacing himself as part of VLM training coming in second in 01.06.39 and Andy Probert ran strongly coming in third Dursley in 01.16:49. Star of the day was definitely Alice Lewis 1st Lady Vet 55+ and a massive PB in 01.17.22. I was lucky to be paced in at 01.18.08 by my fellow Kips Darren Kitchin and Simon Jones - 10 mile PB for me by 1 minute 20 seconds. David Saunders recovering from a cold came in an excellent 01.22.32 and a brilliant run by Eileen Hieron coming in at 1.53.52. There really should have been a Lady Vet 70+ prize! Well done everyone. Great start to 2019. Also thanks to Karen Eadon for supporting". Thank you Damo for a super report. It is very sad that the age categories in many races are moving to 10 year divisions, even worse when they stop at 65+. Well done to Eileen who was second in the F65+ Category to Jaqui Wynds aged 65! No surprise to see Alice with a trophy a great start to the Grandprix Series for her and Eileen, with Mike snaffling the 15 points in the men's category, Neil nicking 12 in an all to infrequent return to the shire!



**Results:** Mike Crompton, 00:59:57, 8<sup>th</sup>, (10<sup>th</sup> SenM); Andy Probert, 01:16:49, 6<sup>th</sup>, (80<sup>th</sup> M50-54); Alice Lewis, 01:17:22, 1<sup>st</sup>, (83<sup>rd</sup> F60-64), (1<sup>st</sup> in 55-64 cat); Damian Lai, 01:18:09, 16<sup>th</sup>, (86<sup>th</sup> M40-45); Darren Kitchin, 01:18:09, 7<sup>th</sup>, (87<sup>th</sup> M50-54); Simon Jones, 01:18:10, 17<sup>th</sup>, (88<sup>th</sup> M40-44);

David Saunders, 01:22:33, 2<sup>nd</sup>, (100<sup>th</sup> M65-69); Eileen Hieron, 01:53:53, 1<sup>st</sup>, (176<sup>th</sup> F75-80), (2nd in F65+).

**Staverton 10 cont...**



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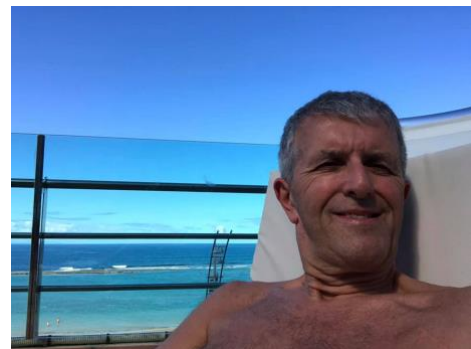


## The Cajasiete Gran Canaria Half Marathon

The organisers state the race “offers the distance of the half marathon, as an option to tour the city of Las Palmas de Gran Canaria and enjoy the good weather and a flat course, with few curves and a great atmosphere”.

Steve reported “Watch recorded distance of 21.3k and 3rd best half. Strava gives me a second best at 21.1. Think I only got overtaken by 3 marathoners and I think they were Africans so I’ve decided that doesn’t count!”

Not sure why Steve didn’t try and keep up with the Africans he might have done a PB! No official results as yet. Steve clearly very disappointed not to be on the start or finish line at Staverton today!



Steve reported “The temperature at the start was a pleasant 16C with the sun just starting to have an effect. There was some signs of overnight rain but no chance now. The early stages are a little lumpy as you can see on Strava but this is necessary to get the runners into the eastern coast quickly. Once there it's several kilometres out and back on the main road. The spectators here were few and far between but the runners were a plenty to keep you company. It didn't seem long before the top Africans were flashing past the other way. When I reached my turning point I did remember the dread last year when I had to go straight on. It was slightly up hill after turning and into the wind but nothing to worry about. After completing this section, which had been entirely in the sun (temperature real feel of 20C), there was now intermittent shade. There were water stations every 5k and at these there were bananas. If you like bananas you haven't lived until you've had them here. Grown locally. Picked when ripe. Taste delicious.

**Gran Canaria Half Marathon cont...**



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I tended to slow to a walk at water stations but this was the only time I walked except when my iPhone decided to play John le Carre instead of music so I needed to get my phone out and sort it!

We moved back into the city, again leaving the marathon route behind, and whilst the streets weren't thronged (after all the population is less than 400k) the people were very supportive. I'm getting used to the Spanish shouting "Animo" now. After a bit of looping back and forth, a bit depressing when know the road, we turned onto the sea front for about the last 3k. This was cordoned off to keep the runners separate and the support from the packed crowds was superb. I had been trying not to look at my watch and only had a rough idea of my time. I knew that for me I had set off too fast, no surprise there, but I'm poor at pacing and run as I feel. I was delighted that I hadn't run out of energy. I crossed the line in a chip time of 02:13:34, gun of 02:15:59. Overall 1221/1536. Male 975/1145 and category 44/58. This is my 3rd best half although as Strava clocked it as 21.3k it says it is my 2nd best. The results pages are pretty comprehensive (although not for your club at the moment) and even lists disqualifications. One British runner in the marathon apparently managed to get from 7.4k to 21k in 20m 31s. I think not! I hope I'm back here next year. It's a great place for a winter holiday. Flights cheap. My hotel is really good although expensive. Food and drink if you go to the right place pretty cheap. And of course 3 great races to keep everyone happy. If I am here next I hope I won't be the only DRC representative again" Great report and well done Steve, 3<sup>rd</sup> fastest half #BOOM

## **Matt @ Murcia Marathon**

Having bumbled into StrickRugs on Tour in Mediera last week, Matt Strzelecki was all on his "jack jones" for his second Marathon in a week!

Through the half way mark in 01:52 Matt went on to finish in a time of 04:16:58, c. 15 minutes quicker than last weekend placing 283<sup>rd</sup> (49<sup>th</sup> M35). He then had a beer and lie down!



## **Off Road Long Distance Stomping**

Kevin Brockway and Rachel Brown took part in the Stonehenge Stomp today. It's not a timed race. The challenge is to complete either the 10K, 20K, 30K or 40K route visiting checkpoints. Kevin completed the 30K (due to an on-going injury) and Rachel did the 40K. A very cold wind made it hard going but at least the ground was drier than last year! Meanwhile Kate Browning was getting lost of "Offa's Trail" but enjoying herself in the sun, she looks almost warm! Organised by the Long Distance Walkers Association Kate completed it in.....well she is not prepared to tell but it was a , but it was a long time due to some map reading issues,, the planned 26 mile route cut down to 24 due to footpath closures but Kate may have added a few more on herself!



## **Speedway 10K**

With a plethora of events for all comers Chepstow Harriers Speedway 10K is unashamedly focused on promoting an event for top level club competitors, all 163 competitors finished under the hour, the top four coming home under 30 minutes with almost three quarters under 40 minutes!. Our old friend Steve Millward of Gloucester AC and Glos Sports was 25<sup>th</sup> in 32:41, which might put him with a shout at Berkeley this year! Alice Lewis was the sole DRC representative finishing on 154<sup>th</sup> place in 47:06 first vet 60! Dan Lygo who has been assisting DRC Juniors was just over 40 minutes, I am sure if he joined the club we'd get him under the magic 40!



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## **Lindsay Cooper**

***Please note that Lindsay Cooper's funeral will be held on Tues 5th Feb, midday, at Cam Methodist Church. Family flowers only, but donations in lieu to the RNLI, may be sent c/o Grimes & Goscombe, Chipping Manor, The Chipping, Wotton-under-Edge, Glos, GL12 7AD***

### **Club Development**

We have been working with DRFC for the past year in developing a long-term vision of the facility which gives us what we need going forward into the 21st century. Initial discussions were around possible joint use of a 3G surface or developing the existing grass track into a better facility. There was an impression given at the AGM this year that no progress had been made in using our club development funds. This debate did not accurately reflect the detailed conversations we have been having with DRFC. Nor does it reflect on the continued investment in coaching resources across all sections, but importantly were putting in the work with DRFC to develop the options to play achieve our long-term goals. Since the AGM we have had further discussions with Stroud DC and Rednock School about potential options. The school have confirmed that Norman Hill is not a long-term option for DRC and the school itself has limited space for the facilities we'd like to achieve.

It soon became clear that whilst DRFC were keen to work with us to meet our ambitions there was not enough space to achieve what we aspired to deliver i.e. all-weather track. Committee believe a 2,4,6 facility is achievable. It will be a big ask.

It is committee views that we cannot develop the club as we would wish without such a facility, it would provide

- safe training area for juniors we only run year 7 plus on road/pavements in the winter
- a facility for all year adult training, more training sessions and training groups
- facilities for disabled athletes
- an all weather venue eg winter or summer track series, 24 hour race?!

Presently we hire Yate but are entirely dependent on other events that take priority over our bookings.

The County Council are now seeking to dispose of farmland around the rugby club. Jointly with the rugby club we have expressed an interest in this land and have submitted a bid as part of a consortium for a number of parcels of this land. We are working with DRFC to secure enough land to achieve our long-term vision. It is quite possible that this will involve spending much of the club's development fund to secure this land, we are working with DRFC on our approach. We have been in contact with the County emphasising the social benefits we bring to the community from a health and wellbeing perspective and we are in discussion with Stroud District Council who are supportive of our vision. Both clubs see this as a once in a lifetime opportunity to build the successful sports hub that exists at Stinchcombe.

Just working with DRFC to acquire the land presents challenges for the club, we need to ensure any investment is linked to either ownership, long lease or a long term agreement with DRFC, which in principle DRFC are happy to work with us on. We also need to develop operational plans for:

1. Use if the land once acquired
2. Fundraising plans for the facility
3. Operational plan to run and maintain the facility

I know that we have bunch of members with young families and am hopeful that the club can build a legacy for them. Cam and Dursley are also likely to grow with more potential athletes wanting to take part in sport and the potential for the Community Infrastructure Levy from new homes assisting with funding.

Members of the committee will be available at the club to answer questions and get members views nex Tuesday from a round 8pm. If you cannot make it have any question please email the club account at [dursleyrunningclub@gmail.com](mailto:dursleyrunningclub@gmail.com)



## Coaches Corner

### *Year round training and racing*

#### **Targets**

Racing often can make it difficult to achieve peak performance.

For optimal performance, we should target no more than 3 to 4 races a year of varying distances. Other races can be used as training and preparation for your target races

**Periodisation:** There are 4 seasons in the year, each season could have a particular focus. Many athletes and coaches follow a “periodisation” approach. Many sports use winter as preparation time for summer competition, Strength and stamina being built ready for more intense work in the spring. Runners have traditionally followed this approach with lots of steady mileage in the winter interspersed with “mudders” or cross country to build strength and stamina that allows them to cope with the training stresses of speed endurance and threshold runs. Strength and flexibility need continual work throughout the year.

**Preparation Time:** Ideally allow 16 weeks for marathons and half marathons, and 12 weeks for 5 or 10ks if you want to race at your best for those distances.

**Recovery** Build in recovery periods after races to allow both physical and mental recovery. There is an old aphorism for every mile raced a days recovery, that does not mean not running or other activity, but rather don't stress the body(and mind) over this period. Rest is critical part of anyone programme even without considering races, remember your heart is a muscle, cross training may rest you running muscle but don't forget to give you “ticker” some down time!



#### **Recovery Runs**

After a hard workout, Lactate is reabsorbed very quickly so is not likely to still be an issue the following day.

There are other waste products which will start to be cleared during an appropriate cool down....hence why a proper cool down is so important.

For most runners not running every day is good as it means they are already having plenty of recovery.

If a runner feels they need to have an active recovery then it needs to be at a level that does exactly that i.e. Easy aerobic effort and short relative to weekly mileage- e.g.

Someone doing 80 miles a week might do a recovery run of 6-8 miles whereas someone running 30 - 40 miles a week would do 3-4 miles. If it's genuinely recovery then the runner should feel refreshed for doing it.

Top tips courtesy of Margaret Johnson currently completing her Coach in Running Fitness (CiRF) Qualification and Dave D. The club has many coaches Tri based, athletics, running as well as many experienced athletes so if you have a question or want advice about improving you running do not hesitate to ask

CiRF – Tony Freer, Margaret Johnson

Tri Coaches – Tony Freer Tara Truman (Level 2) Martin Bragg Jerry Fowler (Level 1)

Athletics Coaches – Kevin Jackson Caroline Jones, Alice Lewis, John Rogers, Annette Keevil, Dave Durden.

The Club has a number of sessions at present suitable for runners keen to improve their performance, with speed endurance and tempo session being held on Tuesdays and a number of distance training groups training at the weekend. More detail of Tuesday session can be found below and on website along with “Club Sunday” details





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## Dursley Dozen

Are you helping then...just a reminder what you volunteered for: [here](#)

We will be getting packs ready next sat so can you (or get someone on your behalf) pop to the club at about lunch time 12 to 1 to pick up your packs.

### **Another Dozen**

If you don't fancy the last Cross Country League event at Pittville you might want to consider the traditional Club outing around the Dozen the Sunday after the race will be held on the 17<sup>th</sup>

You need to let Karen Eadon know you are interested ASAP or it won't happen

Please do so via the facebook event (look on the Calendar to find it quickly) or by email to [socialdursleyrunningclub@gmail.com](mailto:socialdursleyrunningclub@gmail.com)

## Parkrun

There was a big turn-out on Saturday morning with 36 DRC parkrunners braving the cold, 19 were out to celebrate Darren Smiths 50<sup>th</sup> parkrun in a year, a fabulous achievement, although from talking to Darren I think the trick is to stop him running! Joel Worsfold now running for DRC Juniors (after some time with Stroud AC) posted the fastest time of the weekend with 18:39, 3<sup>rd</sup> place and a 74.6% on Age Grade at Kingsway. Not far behind on AG at least were Graham Tudor running a PB at Chipping Sodbury AG 69.7 and Annette Heylings dead on 67% at Kingsway. Chipping Sodbury was the pace for PBs with Graham, Tel Cother and Julie Furneaux joining him. Whilst at Kingsway Jackie Pennington ran the sole PB. Fastest woman was Shona Darley, clearly recovered from Doynton, 43 seconds ahead of Nicola Christopher. Liz and Dave Hallford were the DRC parkrun tourists as the StrickRugs took a weekend off from their travels. Amazingly the Halfords were part of 670 odd strong field at Poole! Whilst "guest-worker" Karl Fivey was our furthest flung parkrunner down in Munchen



## **DRC Tri News**

Wotton Tri Club have posted that 50 places already, "premier grass roots triathlon" and certainly a few DRC Triathletes have cut their teeth at the this friendly event. More info at:

<https://www.wottontriathlon.co.uk>

Tara has posted "Register for DRC Tri 'Get ready for Westonbirt' training morning

36 places available, register and pay now to secure your place Spin/bike/brick ....good fun session suitable for all abilities"





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Another top week of running with DRC Juniors. Wednesday (6:15pm) saw 10 minutes of 200m.s with the Year 7plus (secondary school) athletes. Thursday (6:30pm) saw the athletes getting out a bit further, 4.1 miles plus some hills. NB this is an entry level group!



Friday Indoor Athletics (5pm start) saw a circuit session building up that conditioning as well as balance and agility. Need to work on the press ups! The jumps session is next week! Despite the cold conditions AGAIN on Saturday we had a great turn out for the "Muddy Running" AKA XC session. Session last before the final KLB schools XC, good luck to all our young athletes, also good luck to the hares! Finally, it was great to have Naomi on of our year & juniors helping out as part of her DoE award.

### Club Runs

#### Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , head torches optional but essential once out of town, 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

For Tuesday Night sessions go to: <http://www.dursleyrunningclub.org.uk/members-area/club-sessions/>

Kangaroos	tbc	
Greyhounds	Cara Zoglowek	Start at club, the quarry, elstub lane, manor av, everaside playing field, Tesco, cam pitch, woodview rd, club
Greyhares	Sarah Willcox	Yew tree to tree - <a href="https://www.strava.com/routes/11052553">https://www.strava.com/routes/11052553</a>
Hares	Nicki Cowle	Cam green out and back - <a href="https://www.strava.com/routes/15935169">https://www.strava.com/routes/15935169</a>
Foxes	Steve Rugman	Woodmancote run
Lions	Tony Waye	Dursley hills, 1200 feet of climbing, short cuts available! <a href="https://www.strava.com/routes/10964093">https://www.strava.com/routes/10964093</a>
Leopards	Rich Hensman	Uley – Cam Peak - <a href="https://www.strava.com/routes/16650354">https://www.strava.com/routes/16650354</a>
Antelopes	Jon Tudor	Fury mile (Jan Challenge) via Coaley 7 ish miles on road.
Magpies SPEED	Caroline Jones	NB MEETING @ Club 7pm Jan Challenge
Magpies TEMPO	Margaret Johnson	Tesco @ 6:45 1 miles easy 5 miles @ MT Paces (7:19, 7:29, 7:50, 7:59, 8:19) 1 mile easy

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

#### Thursday Night Club Run

Led by Kris Rymer      Meet at old spot car park for 7.15pm for 7.30pm start  
Out and back towards Cambridge  
1 hour session All abilities      Don't forget you high viz      Head torch if you got one