



**Dursley**  
more than a  
Running  
Club



## **Dursley Running Club 2015 to 2019, Celebrating 50 Years Dursley and District Athletic Club (DADAC) Dursley Running Club (DRC)**



"The club, as Dursley and District Athletic Club was founded in 1969 by three men from the Midlands who had moved to the area; Neville Peace (Harbourne Harriers), Barry Forbes (Small Heath Harriers) and Dennis Bruton (Birchfield Harriers). Contact was made with the Dursley Town Entertainments Committee and through their Chairman, Elizabeth Barton and an inaugural meeting was arranged to be held in the Lister's Hall following an advert in the local paper, which was well attended. Thus the club was founded. The initial members were led by Neville the Chairman who fulfilled that role for 13 years. Bob Wild (until recently President) became the first treasurer and Dennis Bruton the first Secretary and the members each donated £1 to start the club. One years free use of the Dursley Recreation Ground Pavilion was granted by the Entertainments Committee". 50 years later, Ultra Marathoners, Road Runners miles to marathoners, Fell and XC Runners, Triathletes, Duathletes, Track and Field Athletes, parkrunners, Walk2Runners, swimmers and cyclists DRC truly More than A Running Club. This weekend was a great example with Sunrise 5K, parkrun, junior athletics on Saturday, Glos Tri and Sharpness Fun Run Sunday and then Westonbirt Tri Bank Holiday Monday In between the founding trio and all our current activists so many people have kept the flame burning, keeping people active and fit from young to old, achieving amazing feats of athletic endeavour along the way making difference to our community.

Thanks to Julie Jaffa Gowing for the image.

### ***Short and Sweet***

Steve Rugman was first out of the blocks this weekend at the Bristol Sunrise 5K, the event was raising money for "when You Wish Upon A Star", only Strava to go on, Steve's watch recorded a distance of 2.91, must have been cutting a few corners, a super race line! Steve completed the course in 28:40. Great effort from Steve, with his alarm going off at 4am to get him race ready! Sounds a bit like Triathlon to me! Jon Tudor was back in action at a slightly longer distance at the Sharpness Fun Run. He announced himself "Very happy to be back in action after a tough marathon and some illness. Jon finished 4th overall in Sharpness in 41.33, over the 5.75 miles. A great effort on a very windy day and a course



with plenty of hills, Fun Run?! Meanwhile in Lanzarote Dave Symonds ran 5K and low and behold who should he bump into but another DRC athlete, Ray Williams. You can run but you cant hide!





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## ***DRC Tri Bosses it at Westonbirt Mike Brown Wins!***



Westonbirt Tri is a major event for the DRC Tri-Team, whilst many of the team are stepping up to longer distances the team still had 43 athletes competing and the team had a quality showing. Weather conditions were challenging with a strong south westerley wind meaning the final two legs invovled cycling into a cross and then head wind to get back to the transition area. Mike Brown showed his potential last year in the event finishing 5<sup>th</sup> in a time of 01:06:01, in the intervening 12 months he has trained extremely diligently, in particular improving his swimming as well as topping up his natural ability on the bike. He came out of the pool with the 14<sup>th</sup> quickest time losing one minute and nine seconds in the water, he was soon to regain this taking back 4 minutes to his nearest comeptitor on the bike with an impressive show of speed. Unsurprisingly the run was a challenge after the speed shown on the bike and the tough finish to T2, 'the run was hard" he confirmed in his usual understated manner, he still managed a run of just over 20 minutes, to win the event comfortably in a time of 01:05:58. Brown's performance was replicated by a host of DRC triatheletes who won their category, Fran Amigoni 1<sup>st</sup> Senior Female, Zoe Lammerton first Female Vet. Jennie Marshall first Female Super Vet and Jackie Gilmour first Super Vet 60+, with Garry Strickland riding himself into 3<sup>rd</sup> in the Male Super Vet Category with Teresa Walton on







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## Westonbirt Tri cont...

the podium as third Female Super Vet 60+. Paul Breen was second home for DRC Tri with Garry Strickland hot on his tail, Whilst Fran Amigoni was first DRC Tri woman over the line, her swim the key to getting in before Zoe Lamerton. There were quite a few personal bests and first timers showcasing a combination of great coaching and personal endeavour within the DRC Tri Team. In difficult conditions any triathlete getting close to their previous best was doing well. As ever the local event for DRC meant great support around the Westonbirt grounds, from the start to the finish, with food and drink for post race replenishment. Andrew Osborne posted "Thank you Tara for all your support today. Thank you also to the whole coaching team Tony Freer, Martin Bragg, Jerry, Paul Breen and Zoe Lamerton for all your hard work encouraging and preparing us. You are all stars" very true, a real team effort all round!

**Results Westonbirt:** Michael Brown, 01:05:58, 1<sup>st</sup>; Paul Breen, 01:15:11, 24<sup>th</sup>, (10<sup>th</sup> MSen. Male); Garry Strickland, 01:16:01, 27<sup>th</sup>, (3<sup>rd</sup> MSuper Vet); Francesca Amigoni, 1:16:25, 31<sup>st</sup>, (1<sup>st</sup> SenW); David Fitzjohn, 01:16:46, 34<sup>th</sup>, (5<sup>th</sup> MSupVet); Zoe Lamerton, 01:17:17, 37<sup>th</sup>, (1<sup>st</sup> FVet); David Durden, 01:17:47, 46<sup>th</sup>, (12<sup>th</sup> MSupVet); Shane Bond, 01:19:17, 60<sup>th</sup>, (15<sup>th</sup> MSupVet); Andrew Osborne, 01:20:37, 75<sup>th</sup>, (21<sup>st</sup> SupVet); Jennie Marshall, 01:20:51, 77<sup>th</sup>, (1<sup>st</sup> FSupVet); Louise Saum, 01:21:55, 88<sup>th</sup>, (9<sup>th</sup> SenF); Chris Young, 01:22:20, 94<sup>th</sup>, (14<sup>th</sup> MVet); Damian Lai, 01:23:44, 109<sup>th</sup>, (18<sup>th</sup> MVet); Sam Martin, 01:24:08, 112<sup>th</sup>, (11<sup>th</sup> SenF); Susan Peachey, 01:24:42, 119<sup>th</sup>, (9<sup>th</sup> FVet); Antony Ball, 01:24:55, 122<sup>nd</sup>, (30<sup>th</sup> MSupVet); Julian Peachey, 01:24:56, 123<sup>rd</sup>, 31<sup>st</sup> MSupVet); Nick Pollard, 01:27:41, 150<sup>th</sup>, (29<sup>th</sup> MVet); Mark Owen, 01:28:20, 156<sup>th</sup>, (42<sup>nd</sup> SenM); Rachel Brown, 01:30:06, 167<sup>th</sup>, (12<sup>th</sup> FVet); Jacky Gilmour, 01:31:49, 182<sup>nd</sup>, (1<sup>st</sup> FSupVet60); Michelle Ball, 01:32:03, 186<sup>th</sup>, (19<sup>th</sup> FVet); Kevin Brockway, 01:32:51, 195<sup>th</sup>, (43<sup>rd</sup> MSupVet); Paul Lee, 01:35:38, 221<sup>st</sup>, (8<sup>th</sup> MSupVet60); Leigh Allen, 01:36:18, 226<sup>th</sup>, (24<sup>th</sup> FVet); Kathryn Kesselman, 01:36:21, 228<sup>th</sup>, (28<sup>th</sup> SenF); Hannah Osborne, 01:37:42, 241<sup>st</sup>, (33<sup>rd</sup> SenF); Terry Cother, 01:37:45, 242<sup>nd</sup>, (53<sup>rd</sup> MSupVet); Sarah Willcox, 01:39:04, 255<sup>th</sup>, (31<sup>st</sup> FVet); Steve Rugman, 01:40:31, 265<sup>th</sup>, (56<sup>th</sup> MSupVet); David Quarterman, 01:40:43, 268<sup>th</sup>, (59<sup>th</sup> MSupVet); Caroline Whitlock, 01:42:25, 280<sup>th</sup>, (37<sup>th</sup> FVet); Dave Ashford, 01:42:59, 287<sup>th</sup>, (42<sup>nd</sup> MVet); Megan Thomas, 01:43:19, 292<sup>nd</sup>, (46<sup>th</sup> FSen); Rachael Goatman, 01:45:19, 309<sup>th</sup>, (42<sup>nd</sup> FVet); Nicola Evered, 01:46:40, 320<sup>th</sup>, (30<sup>th</sup> FSupVet); Teresa Walton, 01:47:02, 322<sup>nd</sup>, (3<sup>rd</sup> FSupVet60); Annette Heylings, 01:47:16, 323<sup>rd</sup>, (4<sup>th</sup> FSupVet60); Tracey Strickland, 01:48:52, 331<sup>st</sup>, (32<sup>nd</sup> SupVet); Mark Mcconnell, 01:48:53, 332<sup>rd</sup>, (63<sup>rd</sup> MSupVet); Cara Zoglowek, 01:48:57, 333<sup>rd</sup>, (49<sup>th</sup> FVet); Karen Eadon, 01:53:47, 350<sup>th</sup>, (38<sup>th</sup> FSupVet); Rebecca Halford, 01:54:31, 354<sup>th</sup>, (60<sup>th</sup> FSen); Jude Rugman, 01:58:42, 376<sup>th</sup>, (47<sup>th</sup> FSupVet).







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And guess what Julian and Sue Peachy celebrated their 30<sup>th</sup> Wedding Anniversary by swimming cycling and running!





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### ***City Of Gloucester Tri***

Ian Fendt had kicked off the Tri weekend with The City Of Gloucester Triathlon. All on his "jack jones" compared to Westonbirt triathletes he completed the course in 01:36:25, with a good effort in the bike and with two very speedy transitions, in fact he was the fastest in T1 with 32:49, Tara will be impressed! **Result:** Swim 9:18 T1 32:4 Bike 52:18 T2 50.9 Run 33:34

### ***Great North Swim***

For any runners who are budding or accomplished swimmers looking for something different to test you or just looking for an opportunity to swim safely in one of the UK's premier lakes - Windermere, a group of DRC are heading to do the great north swim on the 6-8th June - the link for the swim is below and Karen Eadon has some camping plots available for anyone who would like to come along - various swim distances from 250metres through to 10k. A great weekend away with a T-shirt and medal - truly spectacular!!

**Contact Karen if you are interested in knowing more**



### ***DRC Juniors Team at Prince of Wales***

Saturday saw the first of the three event Junior Low Key Open run in conjunction with Cheltenham Harriers. A great entry level event for our Junior Athletes at the Prince of Wales Cheltenham, with running jumping and throwing. DRC Juniors made it on the podium to pick up Golds, Silvers and Bronzes, so many I don't want to mention anyone in particular until I get all the results in. A few personal bests as well. Most importantly all our athletes left with smiles on their faces, even when things had not gone quite right in an event for them. Great to see a good DRC team out and we are already looking forward to the next event Sunday the 9<sup>th</sup> of June



### ***Half Term Activities***

Next week will see NO years 7 Plus on Wednesday,

We will have a Friday U21 run and if there is enough interest there will Thursday and Saturday sessions,

Look out on DRC Junior fb page for communications





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### ***The Fab Three***

Darren Carter-Smith managed three events in two days up in Liverpool and in his own words “I survived”. Despite the running apparently being a matter of survival Darren couldn’t recommend Liverpool enough for a place to visit or a weekend of running, a “Fantastic place, lots of sites and fab people.....Sat AM 5k plod, Sun AM 1/2 marathon plod followed by a 1pm Fun ( not so fun ) run of a mile”.

Darren was pleased with all his bling less pleased with his bleeding nipples, and whether or not spending a penny on Penny Lane was a highlight you’ll have to ask Darren! .

#### **Results:**

**5K:** 29:43, 1296<sup>th</sup>

**Half Marathon:** 02:09:33, 3790<sup>th</sup>



### ***London To Brighton Plus A Few Invaders***

Ultra Marathoner Graham Wilkes lined up for the London to Brighton Challenge. The London to Brighton was one of the first great long distance event to be run back in Victorian Britain. So a great and iconic event to enter. Graham put in a super effort but after 66 kilometres had to retire. He posted ‘there comes a time when you have to be sensible in life. At 66km after consulting the medic I have made the tough decision to retire from London to Brighton. My femur injury from January never completely healed and made the last 6km unbearable” He is rightly proud of his achievement and also devastated not to finish, but as he said sometimes you’ve got to be sensible, and that correct decision is often a difficult one to make, we only have one body after all!



### ***White Star Running Dorset Invader***

A group of DRC headed down to Dorset for the Invader weekend. Sam Hill reports “Lee Masters, Mark Sprigings, Nicki Squire and Sam took part in the frolic race on Saturday, in the heat. The route was beautiful trail as always for WSR. The laps were 3.7 mile ish. Mark Sprigings started later than the rest. Because he ran Seaton parkrun first coming 5th overall in a time of 18:52. Then returned to



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### ***White Star Running Dorset Invader***

run the fastest lap of Saturday in a time of 26:16 and went on to complete 3 laps. I managed 4 laps 14.9 miles which for me was amazing. This is my first trail run since my injury. Very happy to be back out there. Nicki Squire completed 2 laps. Unfortunately on the second lap took a fall and has injured her ankle. Fingers crossed for a speedy recovery. Lee Masters completed 2 laps and went on to support the other runs. We had brilliant support throughout the weekend and Clair Oxley and family came down to give the DRC runners an extra cheer and loads of support. Sunday Marathon Imi Testa took part in the marathon. I have to say seeing some of the course that was one epic run! Brilliant run and finished in 06:27:15. Monday was the family Chaos race. This is a 4K fun run with the warm up including all runners to do the conga to warm up. Then the half way point involved fun forfeits. Which could be telling a joke, doing the hoola hoop or throwing a squeaky chicken to name a few. The children and adults loved it. Taking part was Liz Hill, Olivia Sprigings, Harry Sprigings, Sam Hill and Mark Sprigings. We all got a little wet half way round. But brilliant fun and great medals". According to Lee, Immi managed a PB, her fastest ever time from the finish to getting her pint pulled, result! Not bad after over 6 hours on the course! Immi reported that "it was harder than the Brecon Ultra- the 2 highest hills in Dorset- twice! Plus hard and technical underfoot and very humid on lap 1 - but unbelievably and beautiful course too" Result Immi Testa 77<sup>th</sup> (10<sup>th</sup> F40) 06:27:15.



### ***Hogweed Trot***

With the Rugmans out and about on patrol after their Westonbirt Tri they came a upon Francois Low, Andy Probert and Eileen Hieron as the DRC representatives at the Trot. It is a good course with PB potential. Francois led the team home in 48<sup>th</sup> 41:57, he was so quick that Jude Rugman missed him!

Andy followed him in, 123<sup>rd</sup> 46:38 and Eileen 375<sup>th</sup> in 01:08:34. It is getting competitive in the F70 Category and Eileen was run into 2<sup>nd</sup> place in category.







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## **Parkrun**

Twenty nine parkrunners were out on Saturday morning With a few approaching significant milestones soon, Ian Roberts running his 49<sup>th</sup> at Kingsway, whilst Paul Lee hit 95 at Stonehouse with Tony Ball 96 at Tetbury Goods Shed, along with Ellen Efford. Sounds a bit like the school bike sheds , but “don’t panic Mr Mainwaring” Cath Ball was with Danner in her NBH kit!,

Mark Sprigings was down in Dorset at Seaton to record DRC fastest parkrun of the weekend with a 18:52, and apparently, some shingle in there to slow him down. Lisa young was the fastest DRC woman 26:39 at Wotton just ahead of Louise Biddell’s 26:51 at Kingsway. Di Gore was the highest age graded DRC woman with a 66.29 at Wotton whilst Paul Lee’s 23:29 gave him an AG of 72.75 to take this week plaudits ahead of Rich Pitts 72.25. Andy Kilby fine run of form continues with a PB at Cirencester of 24:34, whilst cath Hall ran one at Kingsway 37:58 and Kath Hudson ran a PB of 28:52 at Wotton in her second ever parkrun.

**Results Cirencester**, Andrew Osborne, 44<sup>th</sup>, 23:39; Andy Kilby, 56<sup>th</sup>, 24:34; **Dinton Pastures**, Nigel Sankey, 7<sup>th</sup>, 20:29; **Kingsway**, Chris Young, 51<sup>st</sup>, 24:21; Louise Biddell, 93<sup>rd</sup>, 26:51; ; Adrian Carter, 126<sup>th</sup>, 28:57; Ian Roberts, 139<sup>th</sup>, 30:07; Oliver Norris, 182<sup>nd</sup>, 33:15; Steve Barnes, 196<sup>th</sup>, 34:43; Mike Hanman, 198<sup>th</sup>, 34:49; Catherine Hall, 221<sup>st</sup>, 37:58; **Orpington**, Richard Pitts, 15<sup>th</sup>, 21:05; **Seaton**, Mark Sprigings, 5<sup>th</sup>, 18:52; **Stonehouse**, Paul Lee, 28<sup>th</sup>, 23:29; **Tetbury Goods Shed**, Antony Ball, 68<sup>th</sup>, 06:13; Ellen Efford, 97<sup>th</sup>, 09:41; Thornbury: Russell Rolls, 43<sup>rd</sup>, 25:03; Emily Harding, 113<sup>th</sup>, 40:42; **Wotton**: Alan Honey, 25<sup>th</sup>, 26:04; Lisa Young, 30<sup>th</sup>, 26:39; Paul Lewington, 37<sup>th</sup>, 27:30; Jackie Pennington, 52<sup>nd</sup>, 28:45; Kath Hudson, 54<sup>th</sup>, 28:52; Diana Gore, 56<sup>th</sup>, 29:16; Garry Strickland, 61<sup>st</sup>, 30:12; Veronica Higgins, 64<sup>th</sup>, 31:06; Hollie Dent, 69<sup>th</sup>, 32:15; Rachael Barker, 77<sup>th</sup>, 34:12; Michael Froggatt, 81<sup>st</sup>, 36:24.

## **50K @ 50**

To celebrate 50 years of Dursley Running Club this year, a 50km run is being arranged on Sunday 2nd June.

## ***This is NEXT WEEKEND***

This run is for all abilities and all DRC members past and present, friends and family are welcome. The more the merrier. The run will consist of a relay with 5 legs approximately 10km each and the option is to take part in as many legs as you like.

Provisional legs and times are as follows:-

**Leg 1 (08.30 – 10.00) Dursley Town Hall to Coaley Picnic site**

**Leg 2 (10.00 – 11.30) Coaley Picnic site around Woodchester park**

**Leg 3 (11.30 – 13.00) Coaley Picnic site to Uley Bury**

**Leg 4 (13.00 – 14.30) Uley Bury to Breakheart Quarry – Jurassic run**

**Leg 5 (14.30 – 16.00) Breakheart Quarry to Nibley to Club**

We are looking for leaders and helpers for each leg.

Please express your interest in attending or helping by completing the form –

[https://l.facebook.com/l.php?u=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1vjVj62Qa78VIZ6dAl6yzOy4Zix9dNtS9JyUM\\_lzWK24%3Ffbclid%3DIwAR3Zk9ZsGapxsid7B8n0HyJ57QYjH-8eOe41JhXsoV9V8s7FKEYIEpCCEgs&h=AT1lxICa9kYHhDDWxwL7Uu085kwbk2SH\\_miZHgQMzDVzqvpSKICxMzx\\_LyXeI0IR4fWSza4YYArOwl9jzV9EoqemtOfqqv6pnwYyEjeTBr56pjBr4KGifKL1nlfidEu0KWYb5Eyubuo](https://l.facebook.com/l.php?u=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1vjVj62Qa78VIZ6dAl6yzOy4Zix9dNtS9JyUM_lzWK24%3Ffbclid%3DIwAR3Zk9ZsGapxsid7B8n0HyJ57QYjH-8eOe41JhXsoV9V8s7FKEYIEpCCEgs&h=AT1lxICa9kYHhDDWxwL7Uu085kwbk2SH_miZHgQMzDVzqvpSKICxMzx_LyXeI0IR4fWSza4YYArOwl9jzV9EoqemtOfqqv6pnwYyEjeTBr56pjBr4KGifKL1nlfidEu0KWYb5Eyubuo)

Social @ Old Spot from 17.00 – It will be a good excuse for all members past and present to bring their scrapbooks to share DRC achievements over the years.





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**DRC**  
**Running**  
**Festival**



As part this year's Stinch Fest (formerly known as DRFC Beer Festival), on Saturday the 8<sup>th</sup> of June, Dursley Running Club are running a "running Festival" which includes orienteering, miles runs and some guided trail running through the wood and trails around Stinchcombe and beyond. The orienteering and mile runs is will be based at the "Stragglers" Stinchcombe where DRC and DRFC are based.

Sprint orienteering will start the day at 11am with A Mazing Run event running from 11:15 until around 12:15

A family Fun Mile run at c.12:20 will start a series of Mile runs around the DRC grass track

Guided Runs will start from 2:30 and three distances on offer 3, 6 and 8 miles

Food is available all day, the Festival bar opens at 1PM, and a re-enactment begins at around 2:30 with live music starting from 3PM. Showers will be open for use so that athletes can freshen up and enjoy the music, food and drink. Entry to Stinch festival is £5 the DRC events are all free to enter.

**Register via this link:** <https://forms.gle/kn62G7C4nh1KZJa89>

**If you would like to help out either on site or helping support the guided runs let Dave Durden or Nigel Sankey know**

## ***DRCs Development Recognised***

### ***Leslie de Gale Award***

Dave Durden posted that he was " Proud to receive the Leslie De Gale award on Tuesday night tonight from Dursley Town Council, reflecting the progress the club has made in the last 6 years.....

"thank you to our President Graeme Hawkins for nominating me, for giving me as Chair a solid foundation to work from and continuing to support the club, Gillian Durden for being a saint, the DRC Committee, all our sub committees, our run eaders and members who help us to what we do - Dursley more than a Running Club"







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## **Coaches Corner**

### **The Need for Speed**

Due to the success of the Thursday evening 'cuckoo' speed sessions Margaret Johnson, Martin Bragg and Zoe Lammerton will be continuing this for another 5 weeks until Thursday 27th June ahead of Frampton 10k. Please come to Jubilee park, Cam off Everside close for a 6.30pm start until 7.45. Please let the coaches know if you're interested in coming along and we can add you to the messenger group.

No need to sign up, obviously the more you can attend the more you will see the results. Each week we will give you some paces for the speed distance you will be doing based on your most recent 5k time so ideally you need a watch that can show pace and time.



### ***Race Performance and The Brain***

According to exercise scientist, Prof. Tim Noakes, it's the brain that determines our race potential. Noakes came up with the idea of the Central Governor Model which "says that the brain regulates performance in anticipation to make sure that you don't harm your body." According to Noakes "if we want to run faster or exercise harder we must recruit more muscle. And to recruit more muscle we must use our brain. So the brain is always in charge." He proved this by showing that if you start people exercising in the heat or you introduce an oxygen deficient environment they'll slow down. They'll slow down long before they get damaged. So that showed that the brain worked in anticipation. If the environment changes, your speed will change. And if your physical condition changes, your speed will also change. Obviously improving our physical systems will help us run faster e.g. pushing ourselves beyond our comfort zone in training. However the brain plays a more important role than most of us realise and preparing ourselves mentally is just as important. We need to have a race plan and we need to be prepared for it to hurt, and also have belief and trust in our training. Noakes believes that the point in the race when you think you've given everything you've got is actually a signal or response from the brain to slow down, rather than a physiological reality, and in actuality, Noakes believes you have more to give physically when this happens. We all experience this during almost every race we run. At mile 8 of a half marathon, or mile 4 of a 10k, goal race pace can feel extremely difficult and the thought of running faster, even for just a minute, seems impossible. Yet, when we get within 400 meters of the finish, we are somehow able to motivate ourselves to run minutes per mile faster than goal pace. So to add that final 1-2% to our performance we need to



- Build self-belief
- Keep our emotions positive
- Consciously think about our emotions, self-belief, and how they affect our performance.
- And always positive.. no place for negative thoughts or negative talk. Margaret





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### **Club Handicap**

The club handicap runs from June through to September, we have now confirmed dates:

11<sup>th</sup> of June      9<sup>th</sup> of July      13<sup>th</sup> of August      10<sup>th</sup> of September  
2<sup>nd</sup> Tuesday in every month

The event Headquarters are Hamfield Leisure, the course 1 lap of 10K

We will issue the Series registration form. This year we are pleased to announce the first three races will be chip timed.

Remember 3 races need to be run and best three out of four placings count towards the prizes. You are more than welcome to run even if you won't run enough qualifying races.

If you don't fancy running it always plenty to do to get it up and running. Often a Roo's group will run from the Centre on the night as well tbc. This is a great club event and a chance for all our athletes to rub shoulders (in the funnel) on a Tuesday night! Registration form will be out this week

### **Club Runs**

<http://www.dursleyrunningclub.org.uk/members-area/club-sessions/>

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

Please be aware of pedestrians, cyclists, dog walkers who maybe out and be respectful, also please stop at roads and junctions and give way. Running off road please be aware of livestock, if in doubt walk or even chose another route please shut gates. Enjoy your runs!

## **29/05/2019**

GROUP	Leader
Kangaroos	Sara Eden
Greyhounds	Cara Zoglowek
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Leader tbc
Lions	Steve Rugman
Leopards	Caroline Jones / Alan Honey
Antelopes	Leader tbc
Penguins	Kevin Jackson
Cuckoos	Margaret

### **Thursday Night Club Run 2 Sessions**

1. Structured Sessions – 6:30 Jubilee fields with Maragret, Zoe and Martin – Click on Link to find out more.
2. Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcomewith Amanda Hensman





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