



Dursley
more than a
Running Club



Virgin London Marathon 2019

An amazing 17 Dursley Running Club athletes had entered the VLM marathon this year. The excitement was steadily building all week, with the entrants hoping that the weather would calm down after the scorching Easter Bank Holiday weekend. Many picked up their packs on the Saturday, whilst Neil Parry and party travelled up in the morning of the race, as per normal. However normally the M4 isn't shut because a horse is loose on the carriageway. Panic over runners and spectators arrived on time! As you can see from the images the DRC athletes were excited (nervous) to be there! Many weeks of training taking place just to

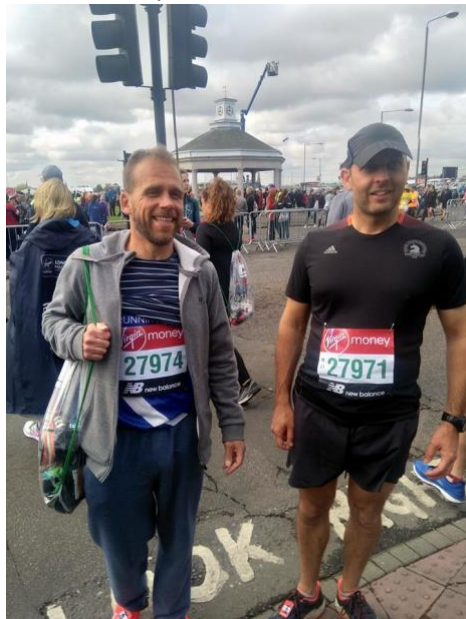


get on the start line, and for some the process had not been smooth with Caroline Jones and Joe Ball both having disrupted training schedules. This year has seen a range of training groups and sessions so many were turning up with a good base, even if for some it would be their first Marathon. First timers included Martin Bragg, Joe Ball, Dom Pemberton, Emma Keating Matt Turner, Becky Whatling and Eileen Hieron. Once gathered at the start the runners were greeted with a cool April day, albeit with blustery winds the temperature



was 10 degrees cooler than in 2018, and the impact of this was clear as many elite athletes ran personal bests.

Elliot Kipchoge yet again showed his class running the second quickest Marathon time in history with a time of 02:02:38 breaking the course record along the way.





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Virgin London Marathon 2019 cont...

Bridget Kosgei ran the fastest ever second half of marathon to win the women's race. Of the British runners Mo Farah was fifth and Callum Hawkins took two minutes off his personal best to finish in the top ten, proving that one bad race/marathon can be put right! Charlotte Purdue ran 2:25.38 to finish tenth and become the third fastest British women in history, behind only Paula Radcliffe and Yama Yamauchi. So for the Dursley athletes looking for a fast time it looked like it was all to play for. The

elites also showed how if you aren't on top form or you push to early too soon the wheels can come off the bus, with one British athlete crawling over the line to ensure a PB and even Sir Mo looked like he was running through treacle at the end! DRC were struggling for team photo with the myriad of start times and locations, a few athletes were able to meet at the start and encourage their fellow club members. Neil Parry led team DRC in the initial miles hitting the first 5K 21:46, with Stuart Gwilliam ahead of Neil Hodgson and Mark Brasier, first time marathoner Martin Bragg through 5K in 23:44 giving him an estimated finish time of 3:20! Damo was though 5k in 25:48. Neil Parry's pace started to drop



back a bit after his "old skool" start, whilst Stuart Gwilliam was warming up his second 5K seven seconds quicker. It took a while for the remaining DRC athletes to get over the start line, the first 5K are downhill and so it is notoriously difficult not to run a bit quick over the initial miles, only Stu, Neil Hodgson and Mark Brasier managed to rein themselves in, but even then, plenty of time for stuff to happen. Emma Keating and Dominique Pemberton were running side by side from the off and there would with hardly be a second to split them for the next 26 miles.

After the fast first 5k most of the DRC athletes reined back in and set a steady pace over the next 10 to 15k. By Half Marathon stage DRC had 9 runners under two hours with Neil and Stuart on or around 95 minutes. A trio behind of Neil Hodgson, Martin Bragg and Mark Brasier. Damo led Andy Kilby Paul Breen and Joe Ball over the half way-mark in 01:50, 01:52, 1:55 and 01:57. Mark Brasier had been starting to slow over consecutive 5k splits before hitting halfway, and it looked like he was preparing for a hard day at the office. Matt Turner was next over halfway in 2:16 and then a host of DRC came over close to 02:30, Caroline, Emma, Dom with Eileen not far off the pace at 02:40! Eileen was bobbing around the 8 min. km pace, keeping it pretty steady, as were Dom and Emma who had settled into a c. 7:20/km pace from 10k. Perhaps the model of consistency was Neil Hodgson running between 04:43 and 04:51 up until the last 10k. He



was not running at his fastest and as a result commented "A truly enjoyable run!! Loved it!!" At the sharp end for DRC Stu Gwilliam was squeezing the toothpaste tube in the words of Arthur Lydiard speeding up from 04:28 per km to 4:25 and then really pushing on running 4:13 from 35 to 40k and putting in a finishing effort at 04:11 pace, a consummate piece of distance running to complete the course in an excellent time of 03:06:53. Behind him Neil Parry was pretty consistent, slipping back to 04:55 for the last 2k but he had done all the hard work by then and finished in super time of 03:14:19. Behind these two Neil was coming home in a very respectable 03:25:22, behind Neil, Martin Bragg was running one of the runs of the season. In his marathon debut, his first 25k was run at an incredibly consistent pace, and when he started to slow he kept everything under control to finish in an brilliant 03:27:21, 68th M60-64. Margaret commented he looked the picture of concentration. Eileen Hieron also ran one of the outstanding runs of the day placing 5th in the F75 -79 category and displayed great control of her pace over the 26 miles. In fact nearly all the DRC athletes managed to



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Virgin London Marathon 2019 cont...

maintain a steady pace over the course, and where they could not pick up the pace they controlled their deceleration as best they could. Finishing close to the 3:50 mark were Paul, Mark and Damo. Joe Ball finished his first marathon in 04:14 just under 6 minutes ahead of Andy Kilby. Caroline and Matt Turner were next to finish. Emma and Dom continued their partnership, they had passed Ian Roberts along the way and held their pace very well to complete the course in 05:18:54, Ian held on to finish in 05:33; Eileen completed her amazing effort behind him with a time of 05:40:07. Karen and Becky completing DRC incredible effort on the day This page gives a little flavour of VLM from a DRC perspective, check Paul Breens's in race video for more atmosphere! As ever great support on the streets of London with family and friends urging the DRC runners on, and lots of online digital support as well. In terms of fundraising club members have raised in excess of 15K for a variety of charities and probably more, With Dom Pemberton leading the way with over 4K for Cli Sargent and Damo, Becky Karen and Andy and Kate Sackett all raising over £2K for the British Lung Foundation, Longfield Trust, The Children's Trust and Scope, with other club members raising money for Linc(Martin), Dementia Revolution (Emma) and Frontline Children(Paul), Great Western Air Ambulance (Ian)





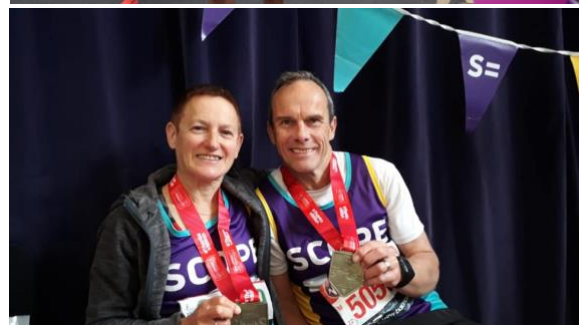
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Virgin London Marathon 2019 cont...



Sir Mo (Farah) and his flying feet Caught by Julie Gowing





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Other Events Are Available!



Forest Warrior

Charlie Taylor (result TBC)



Shakespeare Half Marathon

Hanah Osbourne 87th 01:59:14 (Chip) 02:00:55 (gun)

Frenchay 10K

And finally something without Marathon in the title Kevin Jackson Running for Dursley And District Athletics Club (who they?) Kevin placed 4th senior veteran male; What-ever that means... cant we just have age categories please! Skimping on prizes? A godo time by Kevin on a choopy course, with a nasty climb to finish. Result: K Jackson 57th, 44:33 (4th SenVM)

More Marathons....



Shakespeare Marathon

Quentin Somerset
495th 04:55:13 (chip) 04:56:20 (gun)



Dusseldorf Marathon

Matt Strezeckli went to Germany and had a difficult run due to a lack of training finished in 04:18:38,



Bath Beat Marathon

Kate Browning:
- Strava 27.99 05:24:57
Followed by Pewsey Ultra 35:21 07:26:46

And another....



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Sea to Summit Marathon and Half.

Rachel said that the Marathon took an “amazing route but definitely the hardest marathon I've run to date!”. Kevin Brockway reports: “Rachel Brown and Kevin Brockway ventured to Prestatyn in North Wales to take part in this very hilly off road marathon, which happened to be on the same day as some other city marathon. There was 6200 feet of climbing which meant some very steep tricky descents. It follows the Offa's Dyke southwards over the Clwyd mountains. It is the hardest marathon either of us have done to date. With 5 excellent checkpoints and lots of support from walkers. Rachel finished in 7 hours and I finished in 8 hours 8 minutes” Well done both.

Parkrun

21 parkrunners under the DRC flag this Saturday, Matt Rogers only 36 seconds ahead of Garry Strickland at Wotton to claim fastest time of the weekend. Alice was back at notching up 79.% on Age Grade, with Paul Lee closest with 70.5% at Stonehouse. Three PBs (Or course best not checked) tel Cother, Sarah Newall and Richard Hensman. Well done everyone!

Location	Athlete	Time	Age Cat.	Age Grade
Cirencester	Andrew Osborne	23:29	VM45-49	62.31%
Chipping Sodbury	Russell Rolls	23:37	VM40-44	59.14%
	Charlotte Strickland	25:42	SW25-29	57.59%
	Terry Cother	25:49	VM50-54	58.04%
Evesham	Keith Garner	30:40	VM60-64	53.70%
Gloucester City	Kris Rymer	24:54	VM40-44	54.82%
Kingsway	David Quartermann	26:21	VM50-54	57.81%
	Steve Barnes	27:10	VM60-64	60.06%
	Julie Froggatt	27:45	VW55-59	64.38%
	Sarah Newall	27:48	VW40-44	55.04%
	Michael Froggatt	28:25	VM55-59	55.01%
Stonehouse	Paul Lee	24:12	VM65-69	70.59%
	Darren Smith	27:43	VM35-39	48.17%

Cont....

Parkrun cont...

Wotton	Matt Rogers	22:00	VM45-49	64.92%
	Garry Strickland	22:36	VM55-59	68.58%
	Alice Lewis	24:17	VW60-64	79.89%
	Richard Hensman	25:04	VM40-44	55.25%
	Alexandra Kemp	27:36	VW40-44	55.43%
	Steve Rugman	28:08	VM55-59	56.04%
	Tracey Strickland	31:24	VW55-59	57.64%
	Teresa Walton	31:41	VW60-64	62.13%

Not Marathons!

South Wales Mountain Trial



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Tony Wooldridge reports "As the complete antithesis to the London Marathon, I took part in the in the Brecon Beacons at Forest Fawr. This is a mountain orienteering event and forms part of the South Wales Fell Running series. There were no spectators, no other runners in sight to worry about, no markers to show the route, no water stations, and only 32 competitors (instead of about 1000 times a many)! With individual starts at 5 minute intervals, and plenty of route choice, I was on my own for most of the event. Admittedly my navigation and route choice was far from perfect, but I successfully found all the controls. I finished in 21st place (out of 32) after 3 hours 30 mins. My route was only 23k - just over half a marathon - and some people can run a full marathon in that time as we saw from Dursley's results. However I don't think the London Marathon had 900m of climbing and the streets of London aren't paved with coarse reeds, tussock grass and sphagnum moss! So, for anyone who has seen enough tarmac for a while and wants to sharpen their navigation, I'd recommend an event like this".

Burnham on Sea Super Sprint

Richard Pitts was about as far away from a marathon as you can get doing this short tri this morning. 250m swim 10k bike 2.5k run. 7.30am start. He reported it "was very windy. A bit hairy on the tri bars and a long out leg into a very strong wind on the beach.

Rich's times were:

Swim	T1	Bike	T2	Run
4.15	0:78	18:59	0:51	11:57

Rich was 7th overall and 1st in 50-59 AG and in his own words "got a very nice trophy. Well done to all the marathoners!"



Charity Bike Ride
Monday 6th May 8am –
11am start From Dursley Rugby Club

Tara Truman is organising the above. She is asking for donations of £17 for 25 miles and £22 for 50 miles and more (include feed station at 25/50 and 75 miles).

All proceeds go to the British Heart Foundation. Relays 2 people £22 4 people £44.

Tara Says "Thanks to all who have signed up or are coming to this next next week to charity bike ride. If you are riding and haven't completed the google form please can you do so to help me get organised for numbers please. Need to know how many salty snacks to buy and sandwiches to make Thank you X"

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Challenge Update



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Dave Wood reports: "Well amidst a multitude of marathons the April Challenge has picked up some pace. Early mens' leader Damian Lai was overhauled when the Antelopes took a shot at the route recording a handful of sub 45 minute times the quickest of which was by John Bourne who ran 42'-36".

However 2 days later Nigel 'roadrunner' Sankey snatched the podium place from John with a fast 41'-48." Will John attempt to wrest the crown back or is another speedster holding off for a late attempt; we'll have to wait and see.

Whilst to date with the ladies challenge Catherine Fay remains fastest at 52'-58" a position she has held since April 2nd by just 1 second over Nicola Christopher.

There are still 5 days to get out there and have a go, unless of course you're running London on Sunday when you may have other priorities.

Leader board as of 24/04/2018:

Mens	Ladies
Nigel Sankey - 41'-48"	Catherine Fay - 52'-58"
John Bourne - 42'-36"	Nicola Christopher - 52'-59"
Neil Parry - 44'-13"	Claire Troy - 56'-57"
Nigel Burford - 44'-27"	Katrina Fletcher - 58'-09"
Martin Bragg - 44'-38"	Caz Harper-Easthope - 62'-51"
Richard Hogg - 45'-06"	
Chad Staddon - 47'-28"	
Damian Lai - 47'-58"	
Stuart Watts - 52'-03"	
Peter Allen - 56'-42"	
Anthony Ball - 56'-53"	
Paul Dunn - 56'-58"	
Andrew Ferguson - 58'-22"	

Summer's here hence the rain, go to the website to check out details of Junior programmes, but this week started off with year 7+ group on Wednesday (Rednock); a really good speed endurance session plus conditioning work, Thursday 6:30 at the club saw the Summer

Athletics' kick off with work on

balance, stability and maximum velocity running and then the week finished with the Saturday Junior slot at 9:30 at the club with paced run and high jump. Made quite tricky by the wind conditions, but that's how we make great athletes!



Remember to check the club website for details of club programmes, there is a calendar on the website and also on the facebook pages if you need to check you dates.

<http://www.dursleyrunningclub.org.uk>

Club Runs



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30/04/2019

Summers well and truly here so just being visible is the key. Please be aware of livestock in the fields. Brightly coloured running kit can freak livestock out, so be aware of their behaviour, if necessary walk or use another route. Please ensure gates are shut after you. Thanks

Information can be found on the website:

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

GROUP Leader

Kangaroos	Cath Hall
Greyhounds	Cara Zoglowek/Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Leader Required
Leopards	Richard Hensman
Antelopes	Dave Wood
Penguins	Jon Tudor
Cuckoos	Margaret

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

Thursday Night Club Run

Thursday Nights

2 Sessions at the moment.

Structured with Cuckoos – 6:30 Jubilee fields with Maragret, Zoe and Martin – Click on Link to find out more.

Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman