

Dursley

more than a

Running Club

Fission 20/20



Jon Tudor helped with some local knowledge "For those of you travelling to Berkeley for the 20/20. Please be advised that there are reports of flooding in the Berkeley area. I think the main roads are clear but the race route may have a lot of standing water" but I am not sure the runners were quite prepared for what they found. Sub-marathon distance for submariners!



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The downside of the relative flat track or a course was after the incessant overnight rain the roads around Berkeley were flooded. Seventeen DRC athletes ran the 20 mile event at the Fission 20/20 many in preparation for up and coming marathons. Francis Low led the team home averaging around 07:45 with Garry Strickland second home with an impressive run of 02:42:18, even more impressive as he was in front of Margaret “the machine” Johnson who was first DRC woman home and a very impressive 3rd in category as well as third home for the club



The Women's team of Margaret Johnson, Trish Mansell and Rachel Brown and Lucy Fairall placed eighth out of fourteen teams and the men eleventh out of fourteen, both creditable results. Kris Rymer and Darren Kitchen both did sterling jobs pacing their partners Julie “selfie queen” Gowing and Damian ‘hop a long” Lai, although he has now been given the all clear on his stress fracture! Damo breaking three hours with Darren's assistance, and there was a lot of support both on the roadside and between the DRC runners in both events. Everyone completing the 20 can congratulate themselves over their physical and mental effort and will give plenty of confidence for those going on to run the VLM or another marathon! One of those runners Kelly Gabb commented on her run “I'm very very very happy, and even more excited for London now” hopefully many others feel the same!

In the 20K Brendan “fox” Marrinan led DRC home in a very impressive 5th overall and 1st senior male in 89 minutes, with Shona Darley next in for DRC 5th female overall and 2nd in category, with Lise Hindsahw 3rd in cat and Cath Pinnock 4th. The parings of Cath Pinnock, Lise Hindshaw and Louise Biddell and Becky Court all coming home rapidly after Shona,

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sadly no team prizes in the 20K event as the women ran well as the category results indicate.



20 Mile

Athlete		Time	Placing	Cat Placing
Francois	Low	02:35:05	84 th	(35 th SenM)
Garry	Strickland	02:42:18	117 th	(6 th M50)
Margaret	Johnson	02:43:35	122 nd	(3 rd F50)
Trish	Mansell	02:55:02	193 rd	(12 th F40)
Darren	Kitchen	02:59:29	217 th	(25 th M50)
Damian	Lai	02:59:29	218 th	(19 th M40)
Andrew	Eades	03:24:12	347 th	(80 th SenM)
Rachel	Brown	03:24:34	348 th	(21 st F45)
Rachel	Taylor	03:31:39	367 th	(35 th F40)
Lucy	Fairall	03:38:35	383 rd	(40 th F40)
Julie	Gowing	03:40:18	389 th	(71 st SenW)
Kris	Rymer	03:40:19	390 th	(81 st SenM)
Suzanne	Moss	03:46:58	409 th	(44 th F40)
Kevin	Brockway	03:51:02	419 th	(37 th M50)
Kelly	Gabb	03:52:25	422 nd	(79 th SenW)
Emma	Boxall	03:53:01	423 rd	(80 th SenW)
Ian	Roberts	03:53:02	425 th	(34 th nd M40)

20K

Athlete		Time	Placing	Cat Placing
Brendan	Marrinan	01:29:23	5 th	(1 st SenM)
Shona	Darley	01:47:35	28 th	(2 nd F40)
Catherine	Pinnock	01:51:26	36 th	(4 th SenW)
Lise	Hindshaw	01:51:26	37 th	(3 rd F40)
Louise	Biddell	01:59:51	60 th	(11 th SenW)
Becky	Court	01:59:51	61 st	(12 th SenW)

The Tour of Torpentau

Tony Woodlridge was DRC's sole competitor for DRC this year having had quite a lot of company last year, and it was a select field of 31 entrants that gathered in the Brecons. He reported that it was "quite tough this year, especially for those who wear glasses! Thick mist at the start was later joined by steady rain with a strong easterly (in our face) wind for the return leg. The slushy snow which had accumulated in most of the tracks required care - and constant wiping of glasses - or doing without. I managed to avoid tripping till about 400meters from the finish where I missed my footing on the path (stream bed) in the forest and went headfirst downhill, bruising my kneecap. As the only person in the M60 category, I must have been first in that category! Finishing about 15 minutes slower than last year seemed somewhat disappointing, but the winning time was also about 15 minutes slower. I was pleased to have taken part and avoided getting lost, which seemed to happen to several runners. Six retired - some because they missed/couldn't find a control point" Tony also commented that the race organiser "was very calm about runners getting lost, but his report on the race shows he was frustrated by the poor navigation of a few of the runners". Worried about navigation at races talk to Alan Honey as a seasoned orienteer should be able to give some top tips!

DRC Tri Team



Chris young has taken over from Ray Williams in encouraging DRC members up to the Tewkesbury Aquathon, a great entry-level event with a quick 400M swim followed by a 5k-ish run around the fields. March's event saw 5 DRC Tri-Team at the event . Chris reported "DRC Tri ladies scooped the prizes at the Tewkesbury aquathlon today, Jennnie Marshall first super vet and Zoe Lammerton first vet. Sadly the blokes weren't up to the same standard but good fun and good performances all round in the mud" No results as yet! Waiting with baited breath to see who might beat Zoe!



Rich Pitts posted that he "Did my first draft legal race this morning Sprint Duathlon at Bedford Autodrome 5k 20k 2.5k Was great fun. Fantastic track and managed to get in reasonable group on the bike and we flew round. Only blip was rubbish T1. Couldn't do helmet clip up with gloves on! Nice of them to mark my route back to transition. I'll let them off the typo"

Richard ranked 12th in category

Manging a swift 19:13 in the 5K, 30:49 on the 20K ride and finished with a 10:46 over the 2.5k run, I reckon the speed achieved drafting must have sapped the legs!

Westonbirt Training Day

The weather stayed reasonable and most people remembered their kit, there is quite a lot of it to remember, helmet, goggles, possibly two pairs of shoes, speedos and don't forget the talc!

Lots of smiling faces apart from Tel Cother's selfie face but let's face getting selfies right is a serious business as Tony Freer will tell you!

Jerry Fowler was pushing his new charges in the pool, getting them through their 16 lengths!

Well done everyone and in particular those new to the joys of swimming, keep persevering it will click at some point



Minchinhampton 10K



Another 15 DRC athletes were at the Minch 10K on Sunday the 11th. A testing course over which Kevin Jackson led the team home with a great 3rd category position. Nick Langridge running for Thornbury (second claim to DRC) was only 36 seconds behind and 1st MV60, well done Nick! Behind Kevin Emma Denton completed YET another race placing 5th F35, Graham

Tudor was 4th M60. Andrew Osborne commented "was a good run but that hill is tough. Did my best steam engine impression!" Whether he is on a par with Trevor Lewis is the question! Despite the hill Claire Searle managed a seasons best at 10K, which after a long layoff due to a niggling injury must have been very satisfying. Great to see all the smiles posted on facebook, with everyone enjoying the event Sally Williams vowing to return next year!

Results:

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Kevin	Jackson	0:44:56	0:44:54	35	(3 rd M55)
Emma	Denton	00:47:26	00:47:21	11	(5 th F35)
Nick	Oborne	00:48:10	00:48:01	61	(32 nd M40)
Graham	Tudor	00:51:11	00:51:00	85	(4 th M60)
Will	Steel	00:53:57	00:53:40	108	(40 th SenM)
Andrew	Kilby	00:57:53	00:57:08	151	(12 th M60)
Claire	Searle	00:59:43	00:59:16	91	(25 th F45)
Dominique	Pemberton	01:02:09	01:01:55	278	(22 nd SenW)
Hannah	Clarke	01:04:57	01:04:40	309	(29 th SenW)
Sally	Williams	01:05:05	01:04:51	310	(38 th F45)
Caroline	Harper - Easthope	01:08:16	01:08:49	363	(55 th F45)
Amanda	Hensman	01:08:22	01:08:08	365	(61 st F35)
Elliot	Dessi	01:08:49	01:08:49	370	(69 th SenM)
Angie	Sinton	01:21:04	01:20:21	461	(25 th F55)
Clair	Norman	01:24:55	01:24:41	467	??

Larmer Marathon

Imi Testa reported on a reat run for Lee Masters DNF for herself . Th eorganisers sateds that “we are delighted to have been invited back by the Rushmore Estate to create races in around the grounds. There will be hills and it could well be wet and muddy and cold and rainy or sunny who knows”. Sounds inviting! The image shows they e weren’t fibbing!

Immi went on to “although I was happy and quite frankly amazed I made it to 21 miles on no more than 11 miles training Slightly awkward groin pull meant it wasthe right thing to do to stop-where’s a sports massage therapist when you need one? Lee finshed in 05:24:39 160th and 27th M40! Great effort!



Everchops Challenge

Mr T reports that “253 people have now completed Everchops, 198 of them are registered to DRC on Strava, 66 of you have done it this year, and 51 of you have done it so far this month”.

As of the 9thof March Neil reported two new leaders on Everchops:

Zoe Lamerton 10:54 (on International Women's Day) and Paul Gebbett 10:17

In Neil’s words: “Don't be put off by some of the very fastest times. It's about clocking the fastest time you can achieve - and then seeing if you can improve on it. Oh, and there will be prizes for each group too! ;)”

Prior to the WWD runs Paul was standing at the top of the segment as of the 6th of March with Kathryn White fastest women and then that all changed on the 7th! With Nick “Greyhare

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my A#SE" completing it in 10:45 with Charley Palmer top of the board with a 12:14. Just glad Neil has the time to keep up with it al. I am sure this weekend will see some changes and a re-edited set of notices!

Cotswold Way Relay

The Cotswold Way Relay is a 103 mile, 10 stage relay race which takes place on the last Saturday of June each year. It began in 1992.
categories

<http://www.cotswoldwayrelay.co.uk>

If you are interested in running have a look at the organisers website, we look to enter both competitive teams and at least one team for those who want to give it a go. Each club is limited to 5 teams. The club pays the entry fee. We also organise least one water station at Coaley Peak picnic area

Next Social 20th March

March Social Evening, Crocks Gym and Bridgits Cake Sale! Run Leaders meeting planning summer and discussion around structured training

Berkeley 10K

Date for diary for both running and helping is on Monday 14th May (7.30pm start). Request for help due out soon

Handicap

A reminder that over the summer the club runs four handicap events. It happens on the second Tuesday of June, July, August and September.

The course is one lap of the Berkley 10K course, c 3.7 miles. Start times are based on runner's recent best times. It starts and finishes at Hamfield Leisure.

Runners get points for their finishing position adding best three positions together the athlete with the least points is the series winner, plus men's and female winners, and if timing works a faster man and woman!

Yet again it doesn't happen if we don't get help with timing, marshalling and a few other jobs, so if you think you can help out have a chat Rob Woodward (available via facebook). John Spice has often run a entry level session towards the Salutation pub and back.

Walk2Run DRC Kingsway Takeover

Damo thanks to everyone who has volunteered for DRC Kingsway parkrun takeover on the 31st of March to celebrate W2R graduation looks like Damo might need one more Marshall!

Your Run leaders Tuesday:

Kangaroos - John Spicer

***Greyhounds - Louise Beck and Cara Zoglowek Starting at Mode
hairdressers, Uley Road***

Greyhares - Sarah Willcox

Hares - Nicki Cowle, Julie Gowing

Foxes - Richard Hensman

Lions - Possible merger with Leopards TBC

Leopards - Tony Waye

Antelopes - Margaret Johnson

Cheetahs - Darren Kitchen/Mike Crompton (tbc)

***For more information about the club and the tri-team see our
websites:***

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

<http://drctri.co.uk>