



Dursley
more than a
Running Club



Dursley Peaks



A claggy late may evening greeted the 90 participants in the 2018 running of the Dursley Peaks Race, giving it that "fell race" feeling. It was a great evening of racing for DRC. Dan Anderson led up the Peak and did not relinquish control of the race at any point, he finished in 44:31 a new course record, by just two seconds. Robyn Jackson was first woman home setting a course record for the women. Paul Hocking was 3rd and Jonny Marks 4th overall. Jonny was a minute and half quicker than last year even though he had competed at the Gloucester Sprint Triathlon on Sunday! Margaret Johnson was third woman home and first F55, running over 2 minutes quicker than her previous outing and looking like she was enjoying herself all the way around. Tony Wooldridge first M65 and Alice Lewis first F60. So many strong finishes by DRC, local knowledge clearly an advantage, with the visitors often quite leggy as they entered the final 50m. Conditions were not easy wet and muddy after the torrential rain and quite humid, great efforts all round, and super, as ever, to see all the competitors enjoying the event. Despite the mist the race was well supported with a large contingent on Cam Peak cheering the runners out and back.





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Dursley Peaks cont....



Race director Graeme Hawkins posted "Well done to all those who helped at the Peaks race" and copied an email of thanks from one participant "Whole-hearted congratulations to you and the Dursley team for organising this event. We (Emma Hines and I) enjoyed it immensely, thanks to the Dursley runners, support families and marshalls and hope to return to future events at Dursley with more Chippenham Harriers. Thanks Graeme! Just wanted to congratulate you on the race. Brilliant course and the Marshalls were top notch! Will defo be back and try to bring more Stroud AC along!"

Echoing the thanks of Graeme, it is a great local race, its relatively small entry makes it a really friendly event, much assisted by that fantastic course and would not have happened without Graeme's work, all the help, coordinated by Chris Young and also the use of the Peak Academy.

Fairford 10K



The third of June saw a cool mist hanging over Dursley as the participants of the Fairford 10K left home. By the time they arrived at Fairford,



the mist has burnt off and the runners prepared for a hot run. A few first timers sought advice from AAA Road Series Regulars, with 12 DRC athletes in total. Dave Saunders advised Mr D that it was not that hilly, but added that "I do so many races they all become a bit of blur", a second opinion should have been sought! Prior to the seniors race a 3K junior race took place (quite a distance for some of them!) Max Squire was the DRC representative, he achieved his aim of not walking, and when last seen at the Fish and Chip stand was very satisfied with life! The adults race started in Fairford and the runners were greeted with the first rise within about a quarter of a mile and this was followed at around half a mile by a very long drag and it was already feeling a tad warm! Mike Brown was leading the DRC challenge. Dave D was thinking once I've got this hill out the way I'll be in the clear... This was not to be the drag was followed by a steep descent and then a steep ascent with the next mile and half was certainly not pancake flat. The runners hit the last hill at three miles, with



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Fairford 10K Cont...

a water station just before the crest, always good when one is struggling to breath to have water to block the airways! The good news was that from three and half miles it was downhill or pretty flat, the bad news was that there was very little shade. Jenny Marshall and Shona Darley both struggled in the heat but both soldiered on and got to the end. Mike moved further away from the second placed Dave Durden as he picked up the pace in the run in, with Kris Rymer coming home in third.

Alice had another strong run, despite having sore legs before the race, her long warm up mean she missed the team photo, but clearly worked for her as she turned the final corner looking strong. Most of the DRC runners were turning the final corner looking pretty well cooked but still managed to pull out strong finishes. The women's team finished 8th and the men's team finished ninth.

Results: Michael Brown , 41:11, 43rd , (15th MSen); David Durden, 42:37, 54th, (5th V50); Kris Rymer, 46:25, 86th, (26th MSen); David Saunders, 48:44, 116th , (10th V60); Alice Lewis, 49:08, 126th, (2nd V55); Francesco Amigoni , 49:21, 131st , (6th FSen); Neil Truelove , 49:41, 138th, (19th V50); Shona Darley, 55:28, 225th, (19th V35); Nicki Squire, 56:54, 240th, (22nd V35); Steve Barnes, 58:57, 274th (19th V60); Peter Bennetts, 1:03:30, 320th, (21st V60). DRC Second claim runners were Nick Langridge 45:18, 77th (3rd M60) and Jennie Marshall, 49:45, 139th, (12th F45).



Dragon Seeker Ultra

On the 2nd of June 2106 Mark Sprigings took himself out for a run, he could only manage two miles but loved it. I will let him continue in his own words "7 marathons an ultra and god know how many other races and 2500 miles running later...! Never say never because anything is possible! Believe and you can achieve!" His Ultra was completed on the anniversary of his first two mile run out, on a particularly hot June day. Mark posted "Wow that was hot and hard work but just completed the Dragon Seeker Ultra Marathon" The race was meant to be 37 miles but a few map reading incidents Mark ended up taking some wrong turns and ran 39.5 miles! Mark's race report follows "(at the) start of the race I managed to find my pace and stuck with a nice bunch at the front for 15 miles...leading the group I soon noticed that I had pulled away (and was) 5 mins in front and at the half way stage I had a comfortable lead...taking a wrong turn I had to double back and re-join the two remaining leaders...back on track I ended up pulling away again to hold the lead until mile 21 where another wrong turn took me majorly off route leaving me spending 5 miles (and around 90mins) walking/jogging around trying to locate another runner or the route!! Mile 26 I rejoined the race in 20th place! Back on track I then spent the next 9/10 mile picking people off to climb back up the field only to get lost again in the final couple of miles..I pulled myself back to a respectable 7th place in the end and clocked up 2.5 miles extra! All in all a great experience...these things don't always go to plan and I certainly didn't start the day expecting to do so well so pretty chuffed anyway!" It sounds as though we need to get Mark linked up with club's orienteers to brush up on his map readings skills, then there will be no stopping him!



DRC Tri



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Cookie doesn't crumble!

At the Ultimate 1/4 Tri Adam Cook, in Zoe Fowlers words "only went and won his age group!!!" Adam was also 6th overall. The race is put on for Triathletes who "are looking to step up from a Super Sprint or Sprint triathlon without a daunting Olympic distance swim" Just a 0.6 mile swim (965m). The event saw Sam Hosken, Zoe and Jerry Fowler, Rachel Carter & Adam competing



Whilst at The Tallington Lakes Triathlon Charley Palmer was competing in the Sprint Triathlon, Charley posted "absolutely loved this tri.. beautiful settings and great all round support... lake was so warm wetsuits not needed by many... bike route stunning, and run was round the holiday park so everyone cheering... amazing weather helped and I am chuffed with swim and bike.. running would of been marginally better if I hadn't decided to take a lovely tumble.... Oh was first Drc home" plus she managed a sneaking parkrun on the Saturday. Sadly cannot put my fingers on results for the above. It was busy weekedn for the cyclists with a a few taking the opportunity of the high temperatures to enjoy a ride across the the Forest of Dean, with Tony Freer, Martin Bragg, Jadie Cotterell, Paul Breen, Julian and Sue Peachy going "round the block" c. 79 pretty choppy miles, whilst Sandra and Richard Lewis managed a tidy 55 miles over to Wales and back. Damo was running out of challenges so The Severn Bridge Sportive beckoned, 102 miles averaging 15.6mph very impressive!



The Flying Mile

Back by popular demand, who said referendums don't work, Mr T reported "In the poll for June's challenge the Flying Mile won the vote by, ...well, a mile! So the Devil is no more. Well done to everyone who took on this particularly tricky little blighter and congratulations to Dave Wood and Caroline Jones for proving to be the most devilish! Sunday saw 7 Flying Milers... Andrew Eades 8:19; Nicola Christopher 8:27; Liz Halford 8:49; Carly Heath 9:21; Ian Roberts 9:22; Ben Houghton 9:27; Sally Williams 9:39". The first of many I suspect. Please remember to respect both cars and the junctions, hi-viz required as the trees cover makes the road quite dark, whilst we like fast runners we also like you to stay safe! There are a couple of official mile races to look out for, the Bourton Mile (may be full!) coming up soon and also the Staverton Meteor Mile, which takes place on the runway at Staverton Airport, quite an experience!

Alice Lewis 60@60



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Moonlight Half Marathon

Making her run at Fairford 10K run even more impressive was the fact that Alice had travelled over to Venice to run the Moonlight Half and run the Five Peaks. Venice was another very hot race which Alice completed in a chip time of 01:49:31, 137th overall and 7th in the F55plus category, so probably higher placed in the F60 category!

Parkrun

Nic Osborne was the fastest DRC parkrunner of the weeknd in a time of 21:16 at Kingsway with a PB, joining him with best were Osborne, Catherine Pinnock, Leigh Allen, Annie Harris, and Mike Froggatt all achieving PBs at Parkrun, Annette Heylings was top of AG tree at 72.9% with Nic Osborne top man at 68.2%.

Club Handicap

The four race “members only” series starts on Tuesday the 12th, and continues on the second Tuesday of July August and September. Points mean prizes, i.e. the higher you finish the less points you get, the person with the lowest points at the end of the series will be the winner, we have a men’s and women’s category plus fastest runner awards.

Race support team for first event are: Rob Woodward, Ray Williams, Anthony Mathews, Annette Keevil, Annette Heylings, Pete Chaffer, Pete Dunn, Shona Darley, John Delafield, Alan Honey, Darren Kitchen, Andreline Gudefin-Davies, with Dave Halford on results! We will be in touch before event and give you roles etc...

I have Chris Young, Julie F Jaffa and Dave Wood as reserves

Roger is offering Roo.s run, probably heading to the Salutation, a pint if your lucky!

Troll Stroll

The Troll Stroll is a virtual 5k walk, run, scoot, ride 5k challenge. Run by the amazing MedalMad company. In support of Bristol Children’s Hospital. Sam Hill and others organised a “real” version on the 2nd June at the Jubilee Fields Cam. There was a good turn out and some lots young athletes joining in.

<https://www.medalmaid.com/join-a-race/medalmaid-virtual-races/the-troll-stroll>

Virtual running is dead easy. Sign up &

either use strava, runkeeper, garmin etc to record you completing it and then send a screenshot of your 5k and you get a medal in the post. According to Sam “You can walk, run, cycle, use a scooter or even dance the whole way round”. There is still time to join in register by the 10th of June upload data by the 30th of June.





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Up and Coming Events

Cheltenham Midsummer Open

For those who want to hone their speed from 100 to 5000m, throw a spear or jump as far as they can then this series is for you, Open Track series from age 9 til 90. Great fun, four Wednesday nights through July, best entered on line otherwise expensive.

<http://cheltenhamharriers.co.uk/fixtures/midsummer-open-graded.html>

Castle Dash 5k and 10K Berkeley Harriers 30th of June

<https://www.newberkeleyharriers.com>

Glos Sports Speed Endurance session 27th June

Blackbridge Wednesday 6.30-7.30 £3 facebook post to respond to

South Glos Triathlon

Local Tri: 550m swim, 18K bike and 4k run

<http://www.k2sports-uk.com/events-competition/>

Waterland Aquathlon Series

These 5 training events comprise a 750m open water swim and 2 lap, 4.6km run around lake 32. You can enter the events as an individual or as a relay team. Results from the best 4 will determine the series winners. Next event 27th of June

<http://www.janet-whiting.com/events-waterland-aquathlon.html>

Tuesday leaders

Kangaroos	- Sara Eden
Squirrels	- Cath Hall
Greyhounds	- Louise Beck and Cara Zoglowek
Greyhares	- Sarah Willcox
Hares	- Nicki Cowle, Julie Jaffa Gowing and Ben Houghton
	AWAY DAY STARTING AT THE SPOT
Foxes	- Richard Hensman
Lions	- Tony Waye
Leopards	- Caroline Jones
Antelopes	- Peter Chaffer
Penguins	- Margaret Johnson
Cheetahs	- David Durden / Mike Crompton

Don't forget the 12th June no club as we all meet at Hamfields at Berkeley for the handicap

Hosting Hucclecote Harriers on the hills of Dursley Thursday 7pm

There will be 2 or 3 routes off road the aim to be around one and a quarter hours running.

<https://www.facebook.com/events/188227448663451/>