

# Dursley

more than a  
Running Club



## ***Gwilliam Don of MK Marathon***

We have had some great marathon runs already this season and Stuart Gwilliam's run at Milton Keynes is up there, he may be frustrated as he wanted a VLM good for age time. He was initially looking at a target of 3:15 then had to recalibrate when good for age went down to 3:10. No doubt he had to recalibrate a bit more when he saw the weather forecast. I lost 3 kilos running in the woods yesterday, in the shade and much slower! What a run in the conditions, 61<sup>st</sup> out of a field of 1615, well into top 10% and top 5% of age category. Not entirely sure the pace clock is accurate; it suggests he started briskly and then settled down averaging 7:33 over the 26.1 miles. It's a library image to the right, Stu like to run in the heat his last marathon outing (I believe) a hot one in Gloucester!

Result Stuart Gwilliam, 03:18:02, 61<sup>st</sup> (18<sup>th</sup> M40)



## ***Congratulations***



To Clair Norman who tied the knot on Saturday with Dave. What a day for it! Great outfits





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## ***Parkrun***

Another super busy weekend with parkrun PBs for Jo Sheen(Conwy), Kath White (below right), Ellen Efford and Amy Raines (below left) @ Kingsway. Good to see Sara Eden back at parkrun again!



Tom Smith's on fire with another PB at Wotton to record the weekends fastest parkrun time. Alice was taking it easy before Sunday 10K so Grame Hawkins was able to top the age gradings with 79.3% at Kingsway with Alice 77.5% at Wotton. Lots of tourists this bank holiday weekend, Rachel Brown and Kevin Brockway @ Birkenhead, Charley Palmer @ Rogiet, Steve and Jude Rugman at Trelissick (comes highly recommended!), not sure Mouse counts at as Tourist but he was a first timer at Wotton!

## ***Mountainrun***



Saturday also saw a big turn-out at the Brecon Beacons Trail Challenge. Amazing weather conditions as you can see from the images, hydration being the order of the day! Kate Browning, Francis Low and Tara Truman ran the Marathon, with Anya Eames, Lisa Gillooly and Vicki Andy and Michelle Shapland running the Half plus. Francois was looking for under 5 hours but got distracted by the scenery, managing an awesome 11<sup>th</sup> overall and 8<sup>th</sup> in category. Kate Browning also 8<sup>th</sup> in her category and Tara thoroughly enjoying herself and has announcing she's now in to fell running! Andy having only started running for 8 months still managed to come in second for DRC behind his better half Michelle, his first time running for the club since he was 16, reckon that be quite along time then! Anya ran her longest run ever, and over mountains! Great efforts all round!

**Results:** Marathon: Francois Low 11<sup>th</sup> 05:13:23; Kate Browning 32<sup>nd</sup> 5:55:50; Tara Truman 70<sup>th</sup> 06:28:56. **Half:** Michelle Shapland, 129<sup>th</sup>, 02:54:15; Andrew Shapland, 130<sup>th</sup>, 02:54:17; Vicci Phillips, 214<sup>h</sup>, 03:22:52; Lisa Gillooly, 268<sup>th</sup>, 03:59:22; Anya Eames, 269<sup>th</sup>, 03:59:23

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## ***Athletics***

The Brewer Games athletics open meet to place at the Price of Wales Stadium Cheltenham on Monday. It saw James and David Durden competing. James Durden ran just outside his best for 800 a time of 02:31:4, he went on to win his heat in the 400 metres. Durden senior was just happy to complete his race, the 3k event, in scorching temperatures. Decent pacing saw him overtaking quite competitors in the one heat only event! Full results tbc.

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Next Weekend GLOS AAA Track and Field Champs at Blackbridge

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## Tri-News



Richard Pitts was a bit disappointed to be one second over the hour at the Cotswold Sprint Tri but he couldn't his "racking point" (was doing a bit of moonlighting for Mr T?). Despite this slight mishap Rich was 28<sup>th</sup> overall and 3<sup>rd</sup> in Category, quick in all the disciplines bar racking!

	Swim	T1	Bike	T2	Run	Overall
	400		20km		5km	
Richard Pitts	7:25	1:09	31:07	1:15	19:02	1:00:01.1

Whilst over in Tewkesbury 4 DRC – tri ladies took on the Sprint Tri, with swim and run the same distance but the bike a couple of extra kilometres. Leigh Allen, Liz McConnell, Jennie Marshall and Annette Heyings were very pleased to complete the course and of course the mutual support!

Results: Jennie Marshal 1:15:01 1st WSV 50+; Leigh Allen 1:33:29 9th WV 40+  
Annette Heylings 1:42:52 11th WSV 50+; Liz McConnell 1:47:00 12th WSV 50+

The weekend saw lots of activity on the bike and in the water with Fred Yearsley at the OMM festival, Martin Bragg going around the block and lots of athlete heading up to the lakes for some freshwater fun! Early in the week Charly Palmer has been at Weymouth getting some prep in for her Ironman with some sea swim coaching and a recce of the bike course.

## Bath - Two Tunnels

James Everett was first home in the Two Tunnels Hilly Ticket Half in 01:29:02 on Strava, with race timing system clearly not keeping up, a great result.

James Price 11<sup>th</sup> 7<sup>th</sup> (SenM) in the Return Ticket 10K in 40:49, taking it easy on his return from injury....perhaps? Alice Lewis came home first F60 in 47:55, the organisers appear to have lost Rach Goatman's result! Rach ran with Louise Willcox, filling in for Hannah Willcox. Their husband and father had been due to run but passed away a couple of months ago so Hannah was going to run in his memory, she was unwell so Rach stepped up and ran, Louise being given Grahams medal.



## Lagos Half Marathon

Kris Rymer, another DRC athlete on fire, after parkrun and 10k PB last week, he reports "Half marathon pb at the Lagos international half marathon for me Sunday . 1hr 48 in a scorching hot hilly race on the closed roads of the city along the coast. Value for money (at)15 euros !! Medal t-shirt goody bag and after race meal. Highly recommended!" 61<sup>st</sup> overall 8<sup>th</sup> in category





## ***DRC Juniors***

Another good turn out for yr 7+ athletics at Rednock for some starts and throws , a great first Thursday Summer Athletics and a slightly hot and bothered last Muddy Running session. Many thanks to all the coaches, parents and supporters who help to make these events happen. It feels like effort paid off when we see these young athletes having fun, doing sport.

So Wednesday evening athletics sessions are set to continue at Rednock, with a high jump session confirmed from next Wednesday and our Thursday programme runs now for 11 more weeks. This programme will finish with our very own DRC Athletics Championship event (provisionally 21st July).

Next Saturday (12th May at noon) is our one off Orienteering event; so some running around trying to find flags with electronic 'dibbers' in the Rednock School grounds followed by some cake. What's not to like! 12th May is also the Gloucestershire AAA Track and Field Championships in Blackbridge so if you would like to try out your athletics skills in a competition environment this is a chance to do that (senior and Juniors!). Please let Dave D know if you're interested in doing this.

We will soon be sending out some more information about our Yate athletics sessions, so watch this space but just so that you can put the dates in the diary they are 2.30pm on; 19/05, 26/05, 02/06, 16/06 and 23/06. (PS All our programme and event dates are on the Juniors page of the DRC website.) Thank you to those who have provided feedback already about Saturdays it would be good to hear from a few more of you. You can email [dursleyrunningclubjuniors@gmail.com](mailto:dursleyrunningclubjuniors@gmail.com) or just message me. Good luck to anyone entering the Brewer Games this weekend. Enjoy the sunny bank holiday and I will look forward to next week's activities.



## ***Frampton Social Run***

Karen Eadon has got this year's Frampton Social under way....."You may remember from the last couple of years we hold a Frampton Social Run in May, this year it's the 20th May at 10am meeting at Frampton Cricket Club (Whitminster Lane, Frampton on Severn). There are three routes - 8 miles, 6 miles and 4 miles after which we shower at the Cricket club and meet at the Bell for lunch.

This year Mouse will take out the 8 mile route, Caroline will be leading the 6 mile route and this year's 4 mile route has guest leaders - in honour and celebration of the 3 year anniversary of Rach's

### ***Frampton Social continued....***

sobriety, Damian and Rach will be leading the 4 mile route - she wanted to do something special to mark such an achievement and this seemed the perfect event to do so!

So, what do you do??? well you complete the poll"

<https://www.facebook.com/groups/DursleyRunningClub/permalink/1684874841604443/>

Let Karen Eadon know by email what you would like to order to [socialdursleyrunningclub@gmail.com](mailto:socialdursleyrunningclub@gmail.com),

Karen will let the Bell know what they need in and then when you arrive at the pub on the 20th you go to the bar, order the food she has pre booked, pay for it and then they will cook and bring to your table.

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Kids are welcome - if they are running they need to stay with you - parents are responsible for them at all times, the routes are not suitable for bikes, family members can meet at the pub afterwards if they don't want to run - the more the merrier. Dogs are welcome but they must be on a lead at all times.

Cost of the shower hire from the Cricket Club is £2.50 per social runner payable on the day.  
Last year gave us some fantastic weather and lovely routes and it would be lovely to see all of you again this year.

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### ***Berkeley 10K more assistance required***

14th of May - We need to some finish area volunteers and some parking help please e-mail the club asap, plus another First Aider for the Peaks Race please evening of the 30<sup>th</sup> of May

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### ***Tuesday leaders:***

Kangaroos	- Sara Eden
Squirrels	- Cath Hall
Greyhounds	- Louise Beck and Cara Zoglowek AWAY RUNNING BERKELEY 10K ROUTE
Greyhares	- Sarah Willcox AWAY AT FRAMPTON
Hares	- Nicki Cowle AWAY AT WOODCHESTER PARK meet at 6.15pm for 6.30 start
Foxes	- Richard Hensman
Lions	- Caroline Jones
Leopards	- Tony Waye and Susan Peachey
Antelopes	- Martin Bragg
Penguins	- No leader
Cheetahs	- Darren Kitchin

Please be aware three groups are having away days this week, Thanks all

Nicki aka the Badgerer Cowle

On the basis we have 3 groups "away" Dave Durden will run a track based session for any newbies, member of the groups who cannot make away days or anyone else, session will be suitable for all).

### ***Summer Sessions***

A reminder that Summer sessions have started on Thursdays with 6:30 and 7:30 slots, the warm up for the latter starts at 7:15 but if you run up to the club you should be good to go! This Thursday will be a mile challenge part of the sharpening up for Berkeley 10K. Run2Race programme with a Frampton 10K focus coming soon

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**DRC MAMMOTH  
KIT SALE  
TUESDAY MAY 15**