

Britton leads DRC men's team to Forest podium

The rearranged Forest of Dean Half took place on Saturday the 7th of April, having previously been snowed off, ironically the Angels 10K was cancelled due to flooding. So the Running focus was on the Forest where 15 Dursley Athletes were on the start line, with a few gluttons for punishment, returning having completed the Autumn Half. Despite the wet weather Paul Gebbett an off road aficionado reported that "it was mostly good, on hard forest trails/family cycle track. There were a couple of very short muddy bits, the worst being as you turned into the finish field." The decent under foot conditions allowed a number of DRC athletes to produce some great runs.



Sadly the men seem to be absent from any images! A great run by Tim Britton placing 12th overall and 10th senior male saw him first in for DRC. Apparently, he had to run quickly as he had to get back for a birthday party! Behind him Matt Hazel-Livall managed to stay in front of Peter Chaffer, who had another excellent run in his build up to London, placing 5th M55. Paul Gebbett dispensed with his map and came in 01:37 in front of Andy Probert who had a good run to place 11th M50. Tara Truman then led the DRC women in on just over two hours. Rachel Cater and Zoe Fowler as ever ran as a pair coming home just over 10 minutes later. Annette Heylings produced a great performance to place 6th F60 in just over 02:18:00 with Vicci Phillips hot on her heels. Steve Barnes in the M60 category coming home 25th. Charlie Taylor followed Steve in and looked like she was having fun! With the DRC trio of Louise Beck, Lisa Gillooly and Line Whitlock supporting each other around the course and finishing together in 2 hours and forty eight minutes. The strong running from the DRC men meant the team placed 3rd just under 5 minutes down on the Evesham Vale RC with FODAC making the most of home advantage coming in first.

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Results: Tim Britton , 12th , (10th SenM), 01:23:13; Matt Hazell- Livall, 47th , (30th SenM), 01:31:51; Pete Chaffer , 60th , (5th M50), 01:32:35; Paul Gebbett, 85th , (28th M40), 01:35:57; Andrew Probert , 100th , (11th M50), 01:37:34; Tara Truman , 457th , (22nd F45), 02:02:08; Rachel Carter , 574th , (65th F35), 02:11:55; Zoe Fowler, 575th , (66th F35), 02:11:55; Annette Heylings , 638th , (6th F60), 02:17:07; Vicci Phillips , 650th , (48th F45), 02:17:54; Steve Barnes , 726th , (25th M60), 02:25:13; Charlotte Taylor , 801st , (116th F35), 02:41:25; Louise Beck , 809th , (118th F35), 02:48:04; Lisa Gilllooly , 810th , (68th F45), 02:48:05; Caroline Whitlock , 811th , (69th F45), 02:48:05;

Marathon Men

Two DRC seniors were in action at the Manchester Marathon at the weekend. Mark Sprigings and Matt Read both produced good times with Mark running a huge 16-minute personal best, despite his preparations being hampered by injury. Mark started briskly at 07:12 pace and actually dipped under 7-minute mile pace in mile four. This started to catch up with him at around the half way mark, and the remainder of the race saw Mark heading towards the eights, but he knuckled down to finish strongly with a 7:43 25th mile and 06:43 on the last dash for a well-deserved PB. Matt Read ran a not dissimilar race although perhaps he did not go off quite as fast. However he started cramping up at 24/25 and had to stop to stretch a couple of times and then walk for a bit. Matt gave a "Big thanks to Prash from Almost Athletes who spotted me struggling and dragged me to the end!" . No action photos, but it's nice to see that Manchester United have forgiven Dennis Law for the back heel that relegated them when he was playing for City!



Result: Mark Sprigings, 03:15:09, 1055, (379th SenM), Matt Read, 03:18:52, 1242th, (262nd M35).

At the Taunton Marathon Nigel Sankey also cracked on from the gun and over a rolling course suffered in the last 4 miles, but still declared himself happy with his time of 03:37:09, he placed 63rd overall and 17th M35.

Hopefully London Marathon will see some improvements in pacing strategy from DRC runners, it is made difficult in London by the early downhill section and adrenalin!

Marshall wins again @ Tewesbury



Another strong turn out from the Tri-team at the last event in the Tewkesbury Aquathlon Series. Zoe Lamerton was first to finish, with sizzling swim time and as ever a strong run. Jennie Marshall again picked up first in the Super vet Category, and Paul Breen tweaked his calf again! Stretching Mr B? All you budding triathletes will have to wait until next year to enjoy this super friendly event.

Results: Zoe Lamerton, 13th
29:07, 05:57 (swim), FVet;
Chris Young, 17th 31:02.6,
07:53, MSupervet;

Jennie Marshall, 18th 31:20, 08:11.2, FSupervet; Paul Breen, 20th, 32:38, 09:28.6, MOpen; Charlotte Palmer, 32nd, 40:08, 16:58, FSupervet.

DRC Parkrun

Congratulations to Steve Rugman who completed his 100th parkrun at Wotton this Saturday, with Liz Halford, Dave Halford and Louise Biddell clocking up their 50ths at Kingsway. Mike Crompton sizzled around the Pennington Flash course, first home in 17:57, a nice bit of pre-London speed. Alice Lewis took the age grading plaudits with 81.3% at Fell Foot! PBs were run by Tia Clune and Chris Curry @ Kingsway and Matt Denton @ Stonehouse, good to see Matt running again.

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DRC Juniors

Saturday saw DRC Juniors and what looks like some future Dursley Juniors at Stonehouse running the Junior parkrun, a 2km course for 4 - 14 year olds. Jack Bevan was second in a time of 7:39, Jake Mathews 4th in 08:15 and Holly Clark second girl home in 09:45. also running were Ethan Matthews 9:54, Liam Clark 10:52, Safia Pinnock 15:50, and Elizabeth Hill 17:18.

It also saw juniors involved in Easter Egg hunting orienteering around the Golf Course at Stinchcombe, 30 minutes to collect as many points as possible and not eat too many eggs in the meantime!



Everchops

FINAL RESULTS

Mr T reports that "When you're going for your best time then EVERCHOPS is hard work for everyone, but here are the people who found it most rewarding - the fastest man and woman from each group:

Cheetahs:	Matt Read 9:22, Robyn Jackson 9:21*
Antelopes:	Richard Hogg 9:17**, Margaret Johnson 10:51
Leopards:	Chris Sweet 9:40, Caroline Jones 12:09
Lions:	Chris Williams 11:01, Catherine Fay 11:26

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Foxes: Richard Hensman 11:36, Lucy Holder 12:07
Greyounds: Hannah Sallis 14:31
Greyhares: Nick Fennell 10:15, Hannah Clarke 13:40
Hares: Damien Davis 12:27, Hayley Hogg & Nicki Squire 12:41
Kangaroos: Tania Honey 17:02
Walk to Run: Matthew Davies 14:32, Cathy Truelove 16:04

*fastest woman overall
**fastest man overall"

As ever we have to thank Neil not just for identifying these segments devising the challenges and promoting them BUT then all the hard work analysing the results. We will need a data mining team to replace him, applications for place on this team should be made PDQ!

The Spring Challenge is now under way Cotswold Way Relay training opportunities beckon. Rachel Brown is getting some early miles in!

Dursley Peaks

Alice Lewis has kindly volunteered to help set out the course it would be great if we could give her some help. Have chat with Alice (she is on facebook) or message the club email account.

Race Transfers

Just a reminder regarding race transfers: The club cannot condone people running as someone else. The reason, apart from it being against the rules, is it can cause people to miss out on prizes, for example if a quick male takes the place of a senior lady it pushes all the ladies down a place. Or someone could miss out on an age category win if a younger runner takes a place. IN fact we had just such a problem at the Dozen a few years ago.

It can also have implications for safety if the wrong ICE details have been submitted. We know it happens, and it is frustrating when some events have draconian transfer rules. And especially when you pick up a late injury.

We are sorry if this seems heavy but as an affiliated club we have to be seen to be sticking by the rules. Obviously legitimate transfers are ok. Thanks - DRC committee.

Virgin London Marathon

As the race starts to draw near we have a host of entrants, Margaret Johnson, Mike Crompton Pete Chaffer and Neil Parry due to run plus the Club ballot entries:

Lucy Fairall (Gauchers Association charity place), Emma Boxall (Owen), Steve Watson and Andy Hara

We then have all those running for charity:

Nicky Squire - Royal Marsden Cancer Charity

Mark Sprigings - Children with Cancer

Kelly Gabb Footsteps Counselling and Care

Damo - British Lung Foundation

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Later in the summer Sam Hill is doing a back to back Marathon with her sister on Behalf of Bristol Children's Hospital and Jon Tudor is raising money for the Willow Trust running the Cotswold Trail Marathon.

So if you fancy supporting a good cause then check out the above named, on facebook or get in touch on a Tuesday.

Kevin Higgins

Kevin's funeral is on Tuesday the 10th of April if you would like details please contact either via club e-mail, a number of club members are going, and we are trying to keep Veronica up to date with numbers.

Tuesday Club Running.

Leads for Tuesday as follows

Kangaroos - Cath Hall

Greyhounds - Louise Beck and Cara Zoglowek (group may be split into 2 depending on numbers)

Greyhares - Sarah Willcox and Nick Fennell

Hares - Julie Jaffa Gowing

Foxes - Andrea Sexton

Lions - Catherine Fay

Leopards - Tony Waye and Susan Peachey

Antelopes - Tony Wooldridge

Penguins - Margaret Johnson

Cheetahs - Mike Crompton