



Dursley

more than a
Running Club



"If there was ever any doubt that DRC is more than just a running club then this weekend has put that to bed forever. How these people run so far in one go I will never ever fathom and seeing swimmers who could hardly swim in a pool a year ago swim some incredible distances in the most beautiful setting at Windermere that you will ever see was just amazing. Then just to be sure they were not slacking, to follow it with a "relaxed" ride round Windermere on the bike, again for some people who a year ago hardly knew what a bike looked like was brilliant. The heart and soul of this club is not running, it is the people, and what they can do. Well done to all this weekend from the fun runners to the ultras, to the fish and the ironmen" Chris Young
Thank you Chris, our vision as a club is "To encourage participation in running, triathlon and athletics from beginners, social participants, people aiming to keep fit or improve fitness, and competitive and elite level athletes" but as Chris says it is all about people, being part of one huge team a picture is worth a 1000 words, hers nine.....



Race to the Tower



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The gazette Reported in Sam and Katie Hills epic challenge earlier in the Week "A mother from Dursley will be running a double marathon in 24 hours this weekend with her sister, in an attempt to give something back to the children's hospital that provided her two-year old son Henry with life-saving treatment. Sisters Sam Hill, 39, from Dursley and Katie Hill, 36, from Uley will run the gruelling 53 mile Heineken Race to the Tower along the Cotswold Way over June 9-10 to raise money for Bristol Children's Hospital's Wallace and Gromit appeal. Sam's son Henry has Hirschsprung Disease, a disease of the bowel, and has received life saving treatment at Bristol Children's Hospital seven times. Before the run Sam posted "Just want to say a huge thank you to everyone for all the support on this slightly mad journey. Tomorrow is the big one and the excitement and nerves are definitely in full flow. I'm going to post a link on our Henry Hillbillies page in the morning if anyone would like to track us through the 52.4 miles. Thank you guys for always believing in me and showing me if you put the effort in you can achieve anything. #drcsomuchmorethanarunningclub #mysecondfamily

Neil Truelove was up early to see the intrepid DRC Trio of Shona, Rachel and Sam, with Simon accompanying Shona. The race pushed all to emotional and physical limits, but all were very positive about the support and especially the pit stops along the way. Post race Rachel reported "my legs are certainly aching this morning, in fact my whole body aches! That was one amazing race. I have never run further than 50K so I was entering into the unknown....my official chip time was 14 hrs 48 minutes and 58 seconds which I was so pleased with. Would I do it again? Now I have finished probably!" Rachel's top tip "I wouldn't run a full off-road marathon just 2 weeks before." Shona reported "The hills were brutal, it's was so hot, but the views were stunning...I broke the race down into 10 mile chunks. Once I got to the halfway point, mile 26 I knew that I'd finish. I felt surprisingly well. It's not an event to be raced. It's all about completion. Simon struggled around the 33 mile mark, but after a rest they both got going again to finish in total time of 14:20. Shona lives with ME and fibromyalgia so an even more incredible achievement. Sam had a moment of fear at 26.2 "could I really do this.. but got passed 30 miles and gave myself a good talking to" Sam finished in 20:59:42 with a few tears blurring the view of the tower. Sam concludes "RTTT is tough but amazing at the same time. Tested me to my limits. Has the most beautiful views. A really well organised race, with great pit stops and the RTTT team did an amazing job. Would I do it again? Yes to the marathon not sure on the double. Ask me in a few weeks time when I can walk normally again!" and all in a fantastic cause. Amazing effort by all the DRC athletes and their partners!

Keswick Mountain Festival

Steve Watson competed the 54k event in 6hrs 58 for a chap from the chilly North Steve seems to have bad luck with all his distance events yet again to use Steve's Words "in hot hot hot conditions" The organisers advise "The route is a perfect training run/race for the Scafell Sky Race or the UTLD Lakeland 50" giving some idea of the challenge the route poses.

Great North Swim



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An amazing weekend up in the Lakes for a bunch of the Tri-team, some just enjoying the chance to swim in the open water others setting themselves some real challenges and swimming further than they have ever swum before Tara completed the swimming equivalent of a marathon, 10K she posted 'Took me 3hrs 45 which I was really happy with. Possibly one of the mentally toughest



things I have done to date but a great challenge totally out of my comfort zone" Zoe Lammerton was also very happy with her 5K effort, smiles all round from the Tri-team athletes.

Results

10K: Tara Truman 185th 03:46:22

5K: Trish Mansell 01:42:46. Zoe Lammerton 268th , 01:47:09; Chris Young, 415th 02:08:52

2 mile; Sarah Willcox 711th 01:34:34

1 mile: Adam Cook 537th 34:12, Zoe Fowler 1318th 42:19

Ironman 70.3 Staffordshire

In case you don't know the 70.3 Staffordshire consisted of a 1.2-mile swim in Chasewater reservoir and a 56-mile bike course through the stunning countryside outside Lichfield, Burton-upon-Trent, and across Cannock Chase area of outstanding natural beauty. The 13.1-mile run starting at Riverway, taking athletes in and around the Stafford Town Centre before finishing in Market Square. In Damo's own words "Absolutely smashed it! Last year 7hrs 16mins. This year 6hrs 15 mins, over an hour quicker! Really pleased with that. Conditions were great for the swim and bike, slightly warm for the run! The run moved from Shugborough Estate to the centre of Stafford and the crowd support was phenomenal. The run was 3 laps and I was cheered on by Katherine and the boys which was awesome and really spurred me on! There's still plenty to work on, specially with the Swim but it's a work in progress. Thanks to everyone for their support. A fantastic weekend for Dursley Running Club and DRC_Tri. Also, there was Chris Sweet, just wearing the wrong kit cannot find a result for Chris. Damo also came across his former Rednock PE teacher, Mr Kelly who won his category, and is still teaching PE at Rednock



Ironman 70.3 Staffordshire



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Result

Damian	Lai				
Swim	T1	Bike	T2	Run	Overall
56 mins	7:54	3:04	5:49	2:01	6:15:49 (7:16:03
(58)	(9:08	(3:29)	(8:02)	(2:31)	last year)



Wotton Tri



Paul Breen led the DRC-Tri team home at Wotton in a time of 01:17, with Joe Browning returning after a long layoff to place 9th in 01:24, with Cara part of the Zogpa team she completed the cycle in 01:13, the team home in 01:47. So refreshing to have timings with no tenths of a second!

Pretty in Pink

Catherine Faye was the sole representative at the Bradley Stoke 10K, and obviously though she could get away without wearing the DRC vest! Apparently I don't need to include in the weeks report but I will anyway!

Catherine posted "Hot, multi terrain route (gravel paths, pavements, etc), really fantastically marshalled and supported, a fab warm up to music at the start! One for DRC to race next year?" Cath Hall and Liz Jane completed the 5K race for life they really enjoyed the event even though it was "hot!"





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Man, V Horse

Lisa Young took part in the Man v Horse in Llanwrtyd Wells. Lisa commented that "It was an amazing event that I would highly recommend. 22 miles of road, trail, fields, and hills, chased by riders on horseback. The atmosphere and hospitality was great". Lisa completed it as a relay team of 3.

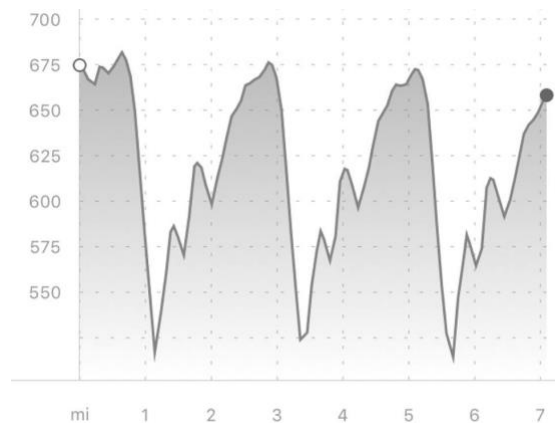
The horse won the overall race by 20 seconds. The images on the facebook page give you some idea how "man" is actually in with chance!

https://www.facebook.com/pg/ManVerusHorse/photos/?ref=page_internal



Stroud Beer Race Man

Cool and breezy conditions made for ideal running around Minchinhampton Common for the seven Dursley entrants to the Stroud Beer Race 2018. The race started at 7pm prompt, with the finishing order for the Dursley runners being quickly established. The course was undulating, with a sharp descent through Amberley leading into what felt like a never-ending ascent back up to the common, with only a few flat sections for relief. Three laps were completed, with the uphill naturally becoming more challenging with each passing lap. Dave Halford was first home for Dursley, with a very even-paced run Andy Kilby showed good form for his upcoming Bolton Iron Man with the best age grade score in the club. Pete Dunn narrowly failed to catch 'Mr Happy' Barry O'Driscoll, but was pleased to dip under the hour mark. Steve Barnes looked much happier with a beer in his hand after the race, than he did during it. Julie 'Jaffa' Gowing and Ian Roberts brought home the team, though Ian almost missed the finish line with a very good Forrest Gump impression. Judging by Julie's hastags, I'm not sure she'll be back next year! Kris Rymer started but abandoned due to stomach cramps,. (report by Dave Halford)



Results: Dave Halford, 26th, 52:50 (AG 0.6290); Andy Kilby, 43rd, 58:42, 9(.6573)
Pete Dunn, 45th, 59:13 (0.5653); Steve Barnes 55th, 01:07:23 (0.5783)
Julie Fenn 57th, 01:11:57 (0.4901); Ian Roberts 58th, 01:11:57 (0.46870)



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Flying Mile

It's all hotting up for the short distance kings and queens.....

Top three men

Derek Jackson 06:36
Damian Lai 06:54
Kris Rymer 🏃 07:06

Top Three Women

Caroline Jones 07:10
Hannah Osborne 07:27
Bridgit Kellett 07:30

Darren Smith 07:29; Ben Houghton 07:30; Pete Dunn 07:32; Nicola Christopher 07:33;
Huw Poppy 07:56; Margaret Badger 08:17; Andrew Eades 08:19; Nicki Cowle ☺ 08:28;
Teresa Walton 08:40; Liz Halford 📺 08:49; Sally Williams 09:12; Carly Heath 09:21;
Jo Fearn 🌸 09:21; Ian Roberts 09:22; Hannah Carter 09:23; Dominique Sarah Pemberton 09:29;
Julie Jaffa Gowing 📺 09:30; Tony Waye 09:43; Nicki Squire 10:08; Matthew Davies 11:02;
Debi Jones 11:05; Hannah Butcher 11:43.

I heard that DRC Junior Luke Davis ran close to a 6 minute mile but the Strava demons lost the time, and as we know no Strava-evidence no time ☹

Also I noticed the other afternoon there are also some works being carried out, possible dry stone walling about 100ms to the right as you enter the wooded section. Please be ULTRA CAREFUL of oncoming traffic which is likely to be taking up a considerable amount of space, opt out is to dive into the trees, I am ONLY joking on this latter point deadly serious on the earlier one. I believe more mile efforts were made at Slimbridge Village Sports day!
HI Viz essential.

Handicap

Start list will be issued ASAP. Queries to Dave Halford please. NO more late entries. Going forward we will expect anyone who wishes to enter later events to register by the Tuesday before the next handicap giving Dave the time to sort out the handicapping. Please remember when you forget to do this you probably aren't the only one so late entries can create a lot of work and increase the risk of error, so IF YOU HAVE NOT REGISTERED AND ARE THINKING OF ENTERING THE NEXT RACE message Dave Halford, between the results of Race 1 coming out and the Tuesday before the next handicap

What happens on the night.

Runners need to pick up their race number. You only get one so please KEEP IT SAFE and bring it to each race

Bring your own safety pins, no safety pins = 50P donation to club charity to get your hands on club pins!

Registration

On the night will start from 6pm race briefing at 6:20 First runner off at 6:30. IF you are late please speaking to Dave Durden who will be "whipping" runners to the start as we need to know how many runners are running. Write your start time on your wrist or arm and then make sure you are ready to go in time, late starts muck up handicapping.

Handicap Cont...



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There will be a race briefing at 6:20. Key messages are no headphones or earpieces allowed. Once past the roundabout at the start runners need to move safely to the right-hand side of the road, running into any oncoming traffic, after turning into Hamfield Lane runners then move left and then keep left at all times. Because of the number of parked cars on the road after you turn left at the Mariners we are asking runners to say on the pavement until they have crossed the next road

An iPad with a stopwatch will be running on the start line and runners self start

When you finish stay in order and walk quickly down the finish funnel to get your place recorded, please don't sit down, lie down or throw up immediately please wait until you have walked through the funnel. Water will be available and the bar is also open.

Parkrun

Just over thirty DRC athletes ran parkrun this Saturday. Tony Wooldridge on a rare appearance was quickest with 21:07 at Wotton, 80.19% age grading, which was of course surpassed by Alice Lewis 84.6% off a run of 22:37, which was the fastest DRC woman's time of the weekend. Personal bests were achieved by Kris Rymer (back to old habits!) Annete Heylings, Darren Smith, Andrew Obourne, Jackie Pennington, Margaret Badger and Mike Froggatt. DRC tourists were Eileen and



John Hieron running in Penrose, close the Lizard in Cornwall with Veronica Higgins "oop North" at Wythenshaw. The Chipping Sodbury DRC parkrunners used it as warm up for the St Mary's Fun Run in yate. Julie F Jaffa reported that it was "A nice jolly on warmed up legs. I've done the fun run twice now, this year I rounded up some troops to join me and we even get a medal! Lovely one lap pretty flat loop. Kris was first Home for drc, miles out in front of us, followed by me (first lady Home for DRC then!) Lise Hindshaw, Ian Roberts, Nicki Cowle, Rich Barker and Sam Stevens. Definitely one I'd recommend, there's a little fun run for the kids to plus a little fete".

World Orienteering Relays

Paul Gebbet reported "This time next week I will be in Finland getting ready for the World's biggest Orienteering Relays, representing Bristol Orienteering Klub. I am an old hand at this, having been four times before and Alan Honey has also been a couple of times, although he is not joining us this year. There are two relays..... a 4-leg Women Only relay on the Saturday Afternoon and a 7-Leg mixed relay starting at 11PM on Saturday night, with a total of c.3,300 teams!

This year we will be joined by relative newbie to Orienteering and fellow DRC member, Carolyn Thraves.

It is a great event and our main aim is to go over and just have fun and do not really care how long our team take or even if they do not get a time (do we Alan?), as long as everyone comes back smiling.

<https://www.youtube.com/watch?v=R28Esz8JUXU>

<https://www.youtube.com/watch?v=ehkWMvwWUYY>

Of course, more local events are available if anyone ever wants to give this a go, just ask me, Alan or the Britton's".



Showing Hucclecote Harriers the Hills



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After a winters night of Urban running around Hucclecote DRC treated Hucclecote harriers to some rustic scenery, with Nigel taking a group up to the Tyndale Monument, and Jaffa showing HH how to take a selfie, quality job Jaffa! A great night running and then a few orange juices were downed and some lovely cakes were on offer in the club house. Great job Neil and Nigel organising Fran commented "Really enjoyed our run with Hucclecote Harriers this evening. Thanks Nigel for leading and managing to actually get us back to the club without talking us to death. The cake was amazing, please thank your wife James

"Price Well worth the wait and extra half mile!" I believe HH enjoyed it so much they have made a movie out of it!



Wotton Trotters Hash

"Continuing the theme are running with other clubs The Wotton Trotters (you'll know many of them from parkrun) have kindly invited DRC to join them on a Summer Hash on Sunday 10th June. It's not a race and very much a fun event open to all ages and abilities. If you've never Hashed before it's a bit like a paper-chase except that the trail is usually laid with sawdust or flour. You follow the trail until you get to a checkpoint, where the faster runners will go off in pursuit of the

trail while the slower runners catch up and regroup. There will be several trails going off from the checkpoint and the faster runners wear themselves out following dead ends and false trails while the rest of us catch our breath. Eventually someone finds the right trail and the shout of "on, on!" is the signal for everyone to go again. It's very sociable and a lot of fun. A big thank-you to the Trotters for inviting us. Go and enjoy" Neil T.

DRC Juniors



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Wednesday Yr7+ athletics and Thursday athletics continued, with good training developing those core skills. Saturday was our break from the Yate sessions but Sunday was the Cheltenham U14 Championships and the Slimbridge Village Sports event. At Cheltenham Bill Smith came first in the long jump well done. He also ran well in the 800m. Tom Smith also ran a good 100m; placing 3rd in his heat and showed great technique in the high jump.

Looking forward; Wednesday athletics will hopefully include some high jump practice. Thursday will include a range of training to include; discus, long jump, hurdles and high jump.

Saturday will be back to Yate for Long Jump and Javelin.

The next competition event is the next U14 event at Cheltenham on 1st July. FYI I put all the links and details for each competition event on the google calendar entry (available on the Juniors page of the website) and Facebook event.

We will soon put out some more info about the 'Mini Athletics' sessions. These are for 4-7 year olds and will be on Saturdays at the Rugby Club from Sat 28th July. And also the 'Try out Tri' event in September. So keep watching this space.



Get well soon

We often take doing the sports we love for granted so serious injuries are challenges in their own right. Rach Goatman is down with serious ankle ligament damage and Ray Williams has been diagnosed with a complete rupture of his rotator cuff after coming off his bike. I know both have lots of good friends within the club who will support them through a difficult and frustrating time. It is difficult to focus on potential opportunities but they do exist, improving knowledge of your sport through reading and of course giving the body a rest! All the best to Rach and Ray.

Tintern Trot or Brinkworth Bash?

Alan Honey has promoted a couple of 10km off road races that friends of his are organising. Thursday 5th July Chepstow Harriers are holding the Tintern Trot on the other side of the Severn - see <https://sites.google.com/.../chepstow.../open-races/tintern-trot>. Then on 30th September, the Brinkworth Bash is just beyond Malmesbury - see <https://www.fullonsport.com/ev.../brinkworth-bash-2018/profile>

Tuesday Night

***It's the Club Handicap
No runs from the club,
Entry level runs will go from Hamfield Leisure***