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Steve Barnes 100 Not Out!

A baker's dozen of DRC athletes were to be found at Cirencester parkrun helping Steve Barnes celebrate his 100th parkrun. Rumour has it he was trying to keep this milestone quiet but the DRC parkrun support team were out on force with bubbly and cake afterwards. Well done Steve! Tom Smith led the team home at Ciren. recording DRC's fastest parkrun of the week, 18:33, a head of Matt Rogers 19:18 at Wotton. There were PBs galore at Kingsway with DRC led home by Luke Davis (JM11-14) in 20:47, just under a 70% age grading, with Graeme Hawkins second home for DRC in the VM70-74 category in 21:47 and a 80.9% AG. Must find out what he's taking! on Saturday. These two front runners were joined by another four DRC runners achieving bests



Nicki Squire, Joseph Dunn (JM10), Annette Heylings and Vicci Phillips. In total 33 DRC athletes completed a parkrun



Cotswold Trails - Scorchio

Another hot day for the Stroud Trails, please remember Stroud Trails Tewkesbury Half generally hot! Steve Watson now a veteran of this race reported back, "Good day today at Stroud. Matt Read looking really strong in 13th place with me a couple minutes behind in 15th. Few people (myself and Matt) unintentionally extending the course by nearly a mile (closer to 28 than to 26.2) by getting lost. Temperature gauge was rising too! It's quite strange merging with the half marathon as you



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overtaken by an F15 fighter jet) suddenly feel you're not doing as well as you are with people passing(you). Dan Anderson said 'hi' at my mile 21 as he passed me (akin to being Good day. Great camaraderie and superb company"

There were so many fantastic runs over an extremely testing course. DRC did well in the placings Hannah Brooks 3rd Senior Woman in the Marathon with Matt and Louse Rummer-Dowling top 10 senior males. Jon Tudor completed the event in just over 5 and half hours and all in the good cause raising money for the Willow Trust, check out the Gazette article.

In the Half Dan was second, Tony Wooldridge and Alice both first in their categories with Jackie Creed and Paul Lewington 2nd in theirs. Charlie Taylor was

the sole DRC competitor in the more sensible distance of a "quarter Half, coming home in just under 97 minutes. A great turn out from DRC with the potential Grand prix points clearly encouraging entry!



Marathon Results: Matthew Read, 04:25:19, 13th, (4th SenM); Steve Watson, 04:28:45, 15th, (9th M40); Louis Rummer-Dowling, 04:43:38, 31st, (9th SenM); Jon Tudor, 05:31:37, 52nd, (16th SenM); Hannah Brooks, 05:43:21, 64th, (3rd SenW); Andy Hara, 05:43:30, 66th, (21st SenM); Shona, Darley, 05:46:16, 68th, (5th F35);

Half Results: Dan Anderson, 01:36:25, 2nd, (2nd SenM); Tony Wooldridge, 01:58:27, 17th, (1st M60); Alice Lewis, 02:15:25, 53rd, (1st F55); Jackie Creed, 02:17:03, 59th, (2nd F45); Mouse Clutterbuck, 02:18:50, 68th, (7th M50); Paul Lewington, 02:32:57, 105th, (2nd M60); Annie Harris, 02:35:28, 113th, (15th F35); Carolyn Thraves, 03:04:01, 164th, (26th F35); Julie Frogatt, 03:07:17, 168th, (18th F45); Janet Matthews, 03:44:31, 177th, (31st F35); Karen Eadon, 03:44:31, 178th, (21st F45); Samantha Hill, 03:44:31, 179th, (32nd F35);

The other halves

Ian Cole completed the Gatwick International Half Marathon in 02:07:05. He reported "I ran with my brother-in-law; his first half for 10 years. We were just over 2 hours....a plane spotter's dream race. It's on my list to do again next year". Michelle Ball completed Tewkesbury in 02:10:49, 469th (47th F40), sleepless nights due to chicken pox did not help preparation, so well done!



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Bristol 10K



Another great turnout for DRC at the Bristol 10K, and it's not often I have a before and after image. Mark Spriginings led the DRC team home on a day not conducive to runner PBs, with Darren nursing himself around I am guessing, after he reported a sore achilles in the run up. Lise Hindshaw was first DRC woman in with a flurry of finishers behind her. In terms of PBs the only ones I know of were Rach Goatman who went and fast and held on, and Cath Hall – first ever 10K #BOOM! and I suspect the same for Cath Griffiths

Results:

Mark Spriginings , 00:40:52
Darren Kitchin , 00:48:42
Lisa Hindshaw, 00:52:20
Lisa Young , 00:53:04
Jacky Gilmour , 00:55:13
Kris Rymer , 00:56:52
Julie Gowing , 00:56:53
Nicki Cowle , 01:00:51
Sue Carter , 01:01:17
Rachael Goatman , 01:01:21
Pete Bennetts, 01:01:39
Emma Keating , 01:02:46
Dominique Pemberton , 01:02:46
Sara Newall , 01:03:02
Amanda Hensman , 01:05:44
Becky Whatling , 01:12:09
Angie Sinton , 01:13:03
Tania Honey , 01:17:51
Cath Griffiths , 01:22:47
Jennifer Wilkins, 01:24:49
Cath Hall, 01:28:36
Emily Harding 01:28:37
Lisa Young felt that she and Amanda took the red face awards and requested a special mention in the race report

Glos AAA Track and Field Champs Day 2

Just two DRC athletes attended the Gloucestershire AAA Track and Field Championships Day 2 on Sunday. Freddie Turner and Dave Durden. The sun shone on the Blackbridge Track and the event was generally well attended. Fred dipped his toe in to competitive athletics outside of the school environment, running the 200 metres, Dave Durden ran the 400 and 1500. Both Freddie and Dave suffered from being over enthusiastic in the sprint events, pace judgement is always critical and in shorter races over enthusiasm really bites you on the bum in the last 50 or so!. Freddie walked away with silver in his age category, with Dave taking advantage of a lack of enthusiasm amongst M50s for running fast around a track taking away two golds!

James Price Wins Again

After James' victory at Cattle Country against some teenage girls (albeit very fast ones!) he was up against stiffer competition at the Maverick Innov-8 Dorset event. He set off with the lead group, but lost contact after a fall and a steep ascent. He re-galvanised himself and made contact after some hard work with the leaders. Most of the group then continued on the Medium course leaving James in charge. He completed the short course of 9km in 39:22 winning the event, 16 seconds in front of the second-place runner. He commented that he ' Just wanted to say a massive thanks to everyone for the support the last few months whilst I've been getting over my injury not fully fit but on the way who have listened to my constant mopping and self-pity. [#morethanjustarunningclub](#)". Nice touch James now just man up ;-)

The only images is of James new favourite shoes and the contents of his goody bag.



Caz harper-Easthope was another off –roader over the week end completing the Salming Forest of Dean Trail series 10k (6.5 miles), reporting a “lovely setting and lots of activity for supporters. What a beautiful day to go down into the woods. A slightly undulating course taking you down and around the lake and back again”

Guess who is charge?

Many thanks to the Second white-lining work party, Carly and Andrew, helping out with jobs like these makes all the difference! They got there just in time after a couple of grass cuts the existing lines were very faint, hence to pointing stick!

All good now for seniors and juniors Thursday sessions



DRC Tri

The Cotswold #51Fiver standard Tri saw 8 DRC – Triathletes competing. Zoe Lammerton led them home, in 170th position, 15th woman overall, and 7th ins vet category, with Richard Lewis just two seconds behind, Zoe's running trumping Richard's cycling. Andy Kibly was 5th male Super Vet 60+

Name	Swim	T1	Cycle	T2	Run	Time	Pos	Category	Cat Pos
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Zoe Lamerton	30:10.5	2:30.2	1:20:18.7	1:34.1	47:15.9	2:41:49.6	170	Vet	7
Name	Swim	T1	Cycle	T2	Run	Time	Pos	Category	Cat Pos
Richard Lewis	30:13.7	2:11.5	1:15:42.8	1:29.2	52:13.7	2:41:51.2	172	Sen	77
Nick Fennell	32:53.8	3:13.3	1:14:08.8	1:35.2	52:41.9	2:44:33.2	200	Sen	88
Chris Young	30:44.5	3:33.2	1:20:34.9	1:32.2	54:42.5	2:51:07.5	259	Vet	72
Andy Kilby	36:37.5	4:13.3	1:19:46.9	2:08.2	51:01.1	2:53:47.2	279	Sup Vet60+	5
Damian Lai	40:02.2	5:09.7	1:13:58.7	2:37.5	53:35.8	2:55:24.1	289	Vet	78
Joanna Robinson	29:41.8	4:02.1	1:31:54.4	2:24.5	56:53.0	3:04:55.9	336	Vet	19
Sarah Willcox	35:03.4	3:58.3	1:19:27.2	2:55.0	1:13:57.5	3:15:21.5	374	Vet	24



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Also, this weekend Carl Fivey completed a standard distance tri in the Olympic stadium in Munich overall time of 02:35 Age Group 17th (Swim 0:31 Bike 01:10, Run 48:29). Earlier in the week the Tri-team had their first handicap/time trial around the Westonbirt course Mike Brown sizzling round in 33:28.



The DRC Juniors were busy this week! Wednesday evening included a high jump session, with even the coaches having a sneaky go. on track and field.

Thursday evening was another great session with some endurance running, shot put, javelin and long jump training keeping everyone participating.

Saturday saw a great turn out of both club members and non-club members ready to try out orienteering. A massive thank you to the knowledgeable coaches and organisers from the Bristol Orienteering Klub (BOK).

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Participants had a brief warm up, followed by some instruction in how to read the maps and how to plan a route and then they were off! Our budding orienteers enjoyed the 'dibbers' and the challenge of finding the flags, and then to finish off some delicious cake (thank you to the cake makers too). If you are interested in getting involved in more Orienteering events, then either join us on Wednesday evening this week for another adult and junior appropriate orienteering event and/or please visit the BOK Website: <http://www.bristolorienteeing.org.uk>.

Back on the tracks, Freddie represented the DRC Juniors at the Gloucestershire AAA Track and Field Championship, silver in the 200m.

Looking forward; continuing Wednesday and Thursday evening athletics sessions and on the horizon, is our Yate athletics sessions. Just five weeks of athletics training, these sessions start at 2.30pm on Saturdays (19/05, 26/05, 02/06, 16/06 and 23/06) and will include some coaching from Jeremy, a high jump specialist coach. We are not asking for a registration form for these events so please do join us if you can, sessions will be suitable for any of our DRC Juniors, this is a great opportunity to train using some great facilities.

Frampton Social Run

Karen Eadon has got this years 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 years 4 mile route has guest leaders - in honour and celebration of the 3 year anniversary of Rach's 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,

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.

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.

Berkeley 10K

14th of May MONDAY –

A reminder that road works will make travelling to Berkeley 10k more difficult please leave yourself enough time whether racing or helping!

Tuesday leaders:

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Kangaroos -	Sara Eden
Squirrels -	Cath Hall
Greyhounds -	Louise Beck and Cara Zoglowek
Greyhares -	Sarah Willcox
Hares -	Julie Jaffa Gowing and Nicki Squire
Urban Foxes -	Liz Halford
Rural Foxes -	Richard Hensman
Lions -	Caroline Jones
Leopards -	Tony Waye and Susan Peachey
Antelopes/ Penguins -	Garry Strickland
Cheetahs -	David Durden??