



Dursley

more than a
Running Club



A chairman's thoughts

On Saturday, a sea of blue gathered at St Georges Cam to celebrate the life and mourn the death of Aby Cairns. Many wise words were spoken from the heart. Aby's death comes not long after the loss of Kevin Higgins. Both faced up their final challenge with dignity and continued to live their life as best they could. May they both Rest in Peace. It puts our athletic activities in to perspective no matter how challenging they may be. For



me it reminds me that we only have one go at this life, So I think it means we need to make sure we do our best, making a difference to the people in our lives, family club & community all the right reasons. Running for Aby at Wotton an example of this.

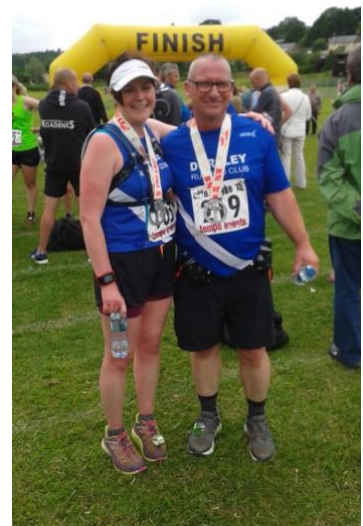
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Offa's Dyke 15

Kevin Brockway provided a race report for the 2018 Offa's Dyke 15. "What an amazing event. Starts in Hay on Wye and follows the Offa's Dyke to Kington. Weather was good not too hot. Lots of hills to walk up



and then try to run down them." The event was well organised with water stations in just the right places. Kevin cramped severely at the 12 mile point but a "a lot of massage" he did not say whether it was DIY job or he found a masseur on the trail! Andy Truswell was out in front for DRC despite in his own words be "unwell and unfit", he finished in 22nd place overall with a top 10 category placing, so not too shabby! Two thirds of the last 3 miles were downhill enabling Kevin to achieve his target of a sub 3 hours race, just ahead him was Annie Harris , first DRC woman home! Kevin concluded "A brilliant event for all those that like off road running and wow what a medal". **Results:** Andrew Truswell, 22, (9th M35), 02:07:29; Annie Harris, 159, (20th F35), 02:50:58; Kevin Brockway , 174, (45th M45), 02:57:37



Race Report. Maverick X series Exmoor.

James Price ran the short course 15km (2500ft elevation) finishing 3rd with a time 1.25:48, and as he was on his own we are treated with the contents of his goody bag again and a selfie of his baddie....James started fast, so no change there then! He took the lead, as they reached the first climb and in his own words "I lost a lot of my advantage as wasn't prepared for how tough it would be and the more experienced runners". He managed to pick up the pace once back on the flat but rolled his ankle just before mile 4 I rolled over my left ankle he lost a few places but managed to keep with the leading group. With multiple races on the day at the first split James walk- was back out in front, after the next tough climb, with some

Maverick X series Exmoor cont...





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tactical walking (never to be sniffed at) involved James took a “heavy fall” on the descent. With a bleeding leg and sore ankle James had “ahd enough” and started walking. He was caught by the chasing runner, who rather than leaving him behind encouraged him to start running again and nursed him along, they then ran together to the finish, James commented “I was truly touched by her act of kindness and willingness to sacrifice her race to help someone else it also made me feel shame as if I am being honest I don't know if I would of done the same” James said “It was the toughest race I have ever done & have a massive amount of respect for all you trail runners who do this all the time. I won't be rushing to do another event like this.”



DRC Tri-Team

British Age Group Standard Champ.s

Jonny Marks competed in the Championships at Roundhay Park in Leeds competing in the Open Standard. Jonny started with just under 19 minutes for the 750m swim, a long transition (the distance rather than the time to clip in!) saw him on to the bike, completing the 36.2Km (22.6 miles) in 64 minutes, a shorter transition 2 saw him finish with 39 minute 10K, with an overall time of 02:03 and excellent placing 10th in the 20-24 age category.



Brecon Titan 70.3

Whilst In a wet and chilly Wales Martin Bragg and Tony Freer faced the challenge of the DBMax Titan Brecon 70.3, their first ever middle distance Triathlon, Tara's description was “Long swim (around 2300m not 1900!) windy, wet, hilly bike finished off with a 3 lap hilly run”, both Tony and Martin described the swim as “lot of contact” and “jostly” sounds like fun! Then the bike. Tony was pleased with his consistency of effort, The ride had a long three mile descent at just under 4 miles, the downside was that they had to climb it to finish. It was then into the half marathon run, 13.1 miles of “hilly hell” to quote Tony, just over 1000 ft of elevation. Brilliant performances from both saw Tony 8th in category and Martin winning the Super vet 60+ category. Tony's swim need to be put in the context of a swimmer who a year ago struggled to swim 50m.s without a pull-buoy in the pool, to a 1.2 PLUS open water swim/wrestle!.

	Swim	T1	Bike	T2	Run	Total	Overall Pos.	Cat Pos.
Tony Freer	1.2m	4:50	3:24:30	1:28	1:58:55	6:24:51	81	8 th Super vet
Martin Bragg	52:14	4:54	3:52:41	4:28	1:50:01	6:44:20	127	1 st Super Vet



Wednesday has seen the 14 of the Tri team at Castle Coombe for the Kinetic 10mile time trail with Tony Freer first in at 23:57, two minutes plus ahead of second placed Martin Bragg, with Tara Truman first DRC Tri woman home. Andrew Obourne commented “Well done folks. Brutal wind on



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downhill changing it to uphill. Lovely smooth tarmac. Great camaraderie!" no doubt a fullace report with be on the Tri-club FB page.



Humphs Hilly Half

Saturday evening saw 4 DRC athletes on the start line of Humph's Hilly Half. After a cloudy day the sun came out for the race, but it was not as hot as it has been in the past. A challenging course sees a sustained climb from a quarter of a mile to mile two and then a 3 mile climb from mile seven. With a few other little kickers along the way this was compensated for by some very forgiving descents, and some unforgiving ones, that hammered the quads. With a disappointingly small field there was not a lot of difference between chip and gun times. Mike Brown led the DRC team, and despite a lack of "running fitness" smashed his course best, coming home in just over 89 minutes, 12th overall & 2nd Senior Male, a great run, apart from the fact he wasn't in his DRC vest! He was over 4 minutes ahead of Dave Durden, running a course best and in close sight of his 2017 Stroud Half time. Dave Saunders had another solid run, and placed 2nd in category with Steve Barnes happy to have knocked off 18mins 49 secs off last year's time. "so hard" he said and he suffered as result "Up half the night with terrible cramp". A shout out to a Bourton helper who ran 800m plus to get



Humphs Hill Half cont...



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Dave D a bottle of water after a mix up at a water station had left him without a drink, she even brought one for the guy who had dropped his but neither she nor Dave D could catch him! Super race friendly marshals, BBQ, bar and a well organised club-run race!

Results: Mike Brown, 12th (2nd SenM), 01:29:02; David Durden, 21st, (4th M50) 01:33:12; David Saunders, 81st, (2nd M65), 01:57:10; Steve Barnes, 105th, (11th M60) 02:13:18.

The Cheltenham Challenge

Shock horror not a selfie in sight nor a team photon so Julie's pre-race vest will have to do, this year Cheltenham Challenge Half marathon saw 4 DRC athletes on the line Audrey Harris, Julie Froggatt and husband and wife team of Jim and Soos Moss. Audrey filled us in with details ""Wow. The race starts gently lulling you in. The first three miles are gravelly trail and pretty fields. Then you start to climb. Between 5-6 miles the elevation sharply and dramatically increases with a mile long hill that could take on the precipice in a fair fight. Once at the top you are greeted by breathtaking views which are enjoyable briefly before you start going up again. Then a few flat (ish) miles across grass and gravel with lovely drops and wide views over Cheltenham. The final three miles are downhill. Mile ten is known as nutters hill and is a steep plunge down from the top. Scary but exhilarating" It was then back to the racecourse and lots of cheering supporters. Audrey's assessment was "I loved this race. Friendly marshals, happy runners, well organised, big local running



club turn out. It'd be great to see more DRC next year". For Julie it was special run, with her mother now living with dementia she said 'these are my first recorded KMs for Running Down Dementia 2018.... I am determined to smash the 100km target and obviously I know I will through normal weekly running, but if I can smash the fundraising target at the same time that would be amazing....if any of you have loved ones suffering from this you will know how cruel this illness is.... please click the link and support Alzheimer's Research"

<https://runningdowndementia2018.everydayhero.com/uk/julie-29>

Andrew Eades reported on the 10K "it's a fairly tough route, lots of undulating, uneven ground and plenty of holes to roll the ankles (which I found out about 2miles in). The course offers some amazing views of the racecourse and surrounding areas, I'd highly recommend it for club members to put in the calendar. I was the 1st DRC Male Home (OK so I was the only male running). Clare Troy was the 1st DRC woman home with Lisa Young was running with a friend for charity. Andrew concluded "Well done to all the DRC runners this morning and I hope I haven't left anybody out, if I have I apologise.. Now it's time for a well earned pint or 3"

Results 10K: Andrew Eades, 134th, 62nd SenM), 55:16; Clare Troy , 262nd, (30th F40), 01:01:56; Lisa Young, 557th , (92nd F40), 01:18:29; **Half Marathon:** Audrey Harris , 127th , (8th V40), 02:10:40; James Moss, 132nd, (3rd V60), 02:12:16; Julie Froggatt, 253rd, (11th V50), 02:34:56; Suzanne Moss, 321st , (37th V40), 03:13:59;

Cirencester Park Summer Sizzler 10k



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Steve Barnes reported "After the recent warm weather it was a cool and blustery evening for the 7:30 start. Maybe this was due to the impending arrival of Storm Hector although maybe not as he couldn't be found on the start list". Steve found that the course to have no flat bits "but still a pleasant run in and around the park". Steve was first home for the club tonight a chip time of an event PB of over 5 minutes and a second best time ever. Second was Ricki Cowle, who was entered as unattached but I understand runs with the club in 55:36 (241/375 Cat 67/78). Third was Sally Williams, cracking 60 minutes for the first time, in 58:23 (281/375 Cat 30/52). Everyone else was close behind with Emma Keating in 59:03 (285/375 Cat 31/52), Pete Brown in 59:11 (289/375 Cat 4/6) and Dominique Sarah Pemberton in 59:08 (290/375 Cat31/50). Steve also concluded with positive comment about the medal! and the race..."This really is a lovely event with a cracking medal so I would encourage a big entry from our club next year". **Results:** Steve Barnes, 54:21 216th, (10th M60), 54:21; Ricki Cowle 241st



(67th SenM), 55:36; Sally Williams, 281st, (30th F45), 58:23; Emma Keating, 285th, (31st F45), 59:03; Dominique Pemberton 59:08, 290th (31st SenW) Peter Brown, 289th, (4th M70+), 59:11,

*****Flying Mile update*****

On Friday the Halfords went out 'en famille' and first home was Luke in a fantastic 6:09 followed by Dave in 6:14 with Liz sweeping in 7:52. (The Strava leader board hasn't acknowledged Luke at the top yet, but the photographic evidence doesn't lie!). Also out on Friday were Ben Cardinal (6:47) and Ian Cole (6:51). Saturday saw Kevin Rea (7:04) and Julie Furneaux (8:42) setting the pace, with Clare Troy posting 10:23. Sunday's only runner was Hannah Sallis with 9:33. On the 11th Andrew Ferguson (8:13) and an impressive 6:52 from Tony Ball. Well done everyone - some great running all round" The 13th was luck for some Neil reported ". Congratulations to Clare Troy for her 9:22 Flying Mile yesterday AND her CR Crown for the Breakheart Anti-Clockwise segment. Also nice to see the leader-board properly reflecting Luke Davis leading the challenge with his excellent 6:09. Well done guys". As of the 18th of June, Friday saw Steve Peers (8:11) and Pete Wintle (10:25) join the game. Which is the perfect opportunity to tell you that over the weekend Kevin Jackson and Margaret Johnson ran it in 6:20 making Margaret top lady. And today Jaffa ran 7:41 with Ian "the Boss" Roberts one second behind. Well done guys" Thank you Mr T.

Parkrun

A great Saturdays parkrun from a running respective five DRC athletes over 70% age grading headed by James Everett also fastest in 17:58 with Annette Heylings just behind him on AG if not time at Wotton, Nigel Sankey over 70% for first time with fastest parkrun to date, Matt Rogers, Neil Hodgson and Garry Strickland also over 70%. PBs went to Ellen Efford, Dave Symonds, Jackie Pennington, Julie "Jaffa" Gowing and Terry Cother the latter running in memory of Aby Cairns at Wotton

Handicap Race 1



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Thank you to everyone who helped on Tuesday: Ian Cole course set ups and take down load bike and sweeper! Rob Woodward equipment and timing, Dave Lane John Delafield Timing, Julie Jaffa Gowing finish line video, Peter Chaffer, Liz Halford, Alan Honey, Darren Kitchin, Dave Wood, Sara Eden and Liz Halford marshalling, James Price, Annette Heylings, Anthony Matthews on registration and finishing order, and of course our funnel supervisors doing a great job, Shona Darley, Janet Louise Matthews and Andreline Gudefin-Davies, Richard Hensman on water refills, and of course Dave Halford for handicapping, start list and sorting out the results.

There was great racing with nearly everyone on the limit as they headed for the final roundabout, a clear victory for Kerry Clark tonight looking comfortable in her run in, with Steve Peers 4th overall and first man home. The Walk2Run programme 2018 represented by Jo Lewis and Ellen Efford in the top ten, both looking relaxed as they finished. Very tight in terms of fastest woman Margaret Johnson just 4 seconds ahead of Zoe Lammerton with Kim Bird a further 36 seconds back. After a bit of sorting the men's times were corrected with Matt Rogers still first in timed at 21:34, Nigel Sankey 2nd quickest at 22:00 with Mike Brown just behind 22:04, which will make for an interesting race two. Thanks to Rach Goatman for her images, gives us a chance to look at some great form (movement patterns) that we can all aspire to, names that come to mind are Martin Bragg and Louise Biddell! Also, lovely to see a bunch of the weekends high achievers either supporting or even running, again great to see Rach "hop along" Goatman!

Important Safety Notice

RD Dave Durden advised runners to run on the left after entering Hamfield Lane, but reports are that people were snaking down Lynch Road ie cutting the bends, Please stay on the left,

- for safety's sake, cars don't drive slowly along this road
- it makes it fair if everyone plays by the rules
- I don't want to have to use more marshals
- penalties or disqualification beckons

DRC Juniors

Wednesday Year 7 plus session included timed 200m.s plus high jump practice with speed being the key theme. Thursday included some hurdle practice, speed bounce and discus throwing. Saturday at Yate included long jump focussing on height during flight and javelin throwing. Congratulations to Annabel who was awarded with the DRC Junior Champion award for listening to instruction and showing great improvement during the session. We are pleased to announce that we will be running the first ever 'Mini Athletics' programme, for 4-7 year olds (form link below for registration). Starting on 28th July at the Rugby Club.

<https://docs.google.com/forms/d/1KbyPmrnLKuTswclJV1GI9xJB5qO4pwLxV6msvWTIN4w/edit>

Planning is also underway for the first ever DRC 'Try Out Tri' event. Organised by DRC Juniors, DRC TRI and The Pulse. Date for the diaries; 8th September.

Social Events



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Don't forget its the famous Social on Tuesday
so bring plenty of change plus Challenge Prize
Giving for last two Club Challenges

Saturday the 30th of June DRC Annual Cotswold Way Relay Family BBQ

You don't have to have run the relay to come!
Big event for the club so please some along!



Club Night is Tuesday Night

There will be a 1 minute silence for Abigail Cairns & Kevin Higgins.

Tuesday leaders as follows:

Kangaroos- Sara Eden & Roger

Squirrels - Cath Hall

Greyhounds - Louise Beck & Cara Zoglowek

Greyhares - Neil Truelove

Hares - Julie Jaffa Gowing & Nicki Squire

Foxes - Lisa Young

Lions - Caroline Jones

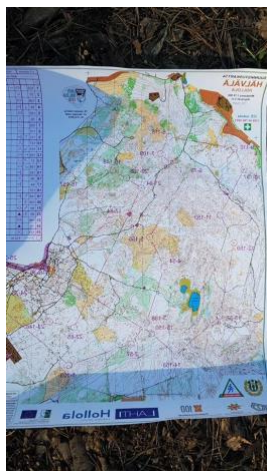
Leopards - Tony Waye & Susan Peachey

Antelopes - Tony Wool

Penguins - Margaret Johnson

Cheetahs - Cotswold Way Relay Training 🐾

Track Session - David Durden - Warm up and drills plus a 200ms based session, Gold Silver Bronze levels, suitable for all!



Meanwhile in Finland.....

Apparently BOK's blue is DRC
Blue!

Looks like DRC reps are
enjoying themselves, with Paul
Gebbett and Carolyn Thraves
competing in the forests of
Finland

