

Farewell and RIP Kevin Higgins



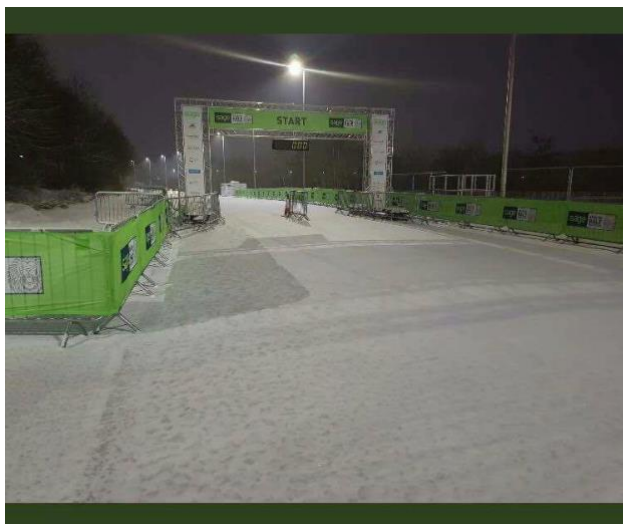
It is with great sadness I have to report that Kevin (far left as you look at the image) recently passed away, having been ill for a number of months. He was a lovely man, quiet with a gentle sense of humour. He was a keen parkrunner and supported the club events and activities. He obviously thought we were okay as he brought his wife Veronica along to the Walk2Run programme and she graduated to become a member. Our thoughts go out to Veronica and the club has sent her our condolences and flowers.

You will be aware that we are sponsoring Gauchers Association this year funding a place in the London Marathon. Committee is confident that we will have money over and above what we need for the charity place and that in memory of Kevin we will talk to Veronica about a suitable charitable donation with the remainder.

It is a very sad time, but I always reflect that sadness of someone passing reflects how much they brought to other people's lives and that we should always hold onto this thought at such times. Lovely man, nuff said.

Mini-beast leads to cancellations galore

The above news puts this all into perspective, Reading Half, Green Man Ultra, Weston Super Half and Forest Trail Half, I think the latter is badged as a Spring event, all cancelled! Spare a thought for the organisers who have to balance up the safety of those travelling to event, those running it and in freezing temperatures the volunteers helping to run it. Pretty amazing that they managed to Run the Grizzly Cub.



The Reading Half start line (not)!

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Grizzly - Cub

I am looking forward to Dave Halford's "copy" on this race but he may need a lie down before he starts typing. They say a picture paints a thousand words so here's about 6000 words in picture format



Jon Tudor maybe?

Despite having to cancel the main event the "Grizzly" `Axe Valley Runners went ahead with a modified "Cub" event, whether they expected the conditions we see in the pictures or they thought the tropical South Coast climate would pull them through I don't know, but fair play to them and the marshals for getting the Cub off the ground and completed.

Sadly the club notices don't include video footage so you will have to get onto facebook to see Dave Halford's mini-video of King Penguin (Nigel Sankey) at the start of the race, returning to home turf. I will let the local lad continue....

"The Grizzly 2018 - May the Course be with You! The Grizzly experience is one not to miss and this year was no exception. With forecasts of heavy snow, Jonathan Tudor who was first on site was an invaluable ear at HQ on Saturday and was first to report in that there would only be a Cub race. An intrepid posse made their way south and some decided to meet and carb up in Lyme Regis the evening before. The snow had now started but was still relatively innocuous. Sunday morning dawned and a very picturesque dusting was in place. However I saw the weather approaching from the East and made a hasty exit from my digs to ensure safe arrival for the start. By around 9am whiteout conditions had set in. Undeterred at 10:30 around 1200 Grizzly runners set off on a journey through the Arctic South West. After about a mile I caught up with the quartet of Caroline Jones, Dave Halford, Antony Ball and Shona Darley, whereby Dave took the opportunity to do his best Attenborough impression (something to do with Penguins in their natural habitat! 🐧) The route then took us up and down and up and down into Beer, before the climb up onto the clifftops. Let's just say, running through a blizzard on a clifftop is a challenge to say the least, on more than one occasion I felt that someone had stolen my face! Half a descent into Branscombe and then back up to snowmageddon! Even the water at the drinks station were half frozen! Back through Beer and onwards to the final descent into Seaton. I crossed the line first for DRC with Jon hot on my heels. The quartet followed a while later with Dave feeling the need to show all and sundry how hardy Dursley folk are by taking his top off to cross the line. Charley Palmer crossed the line and all were back safely. All that was left was the journey home....which fortunately proved reasonably uneventful. A huge shout out to all that made today happen, marshals were incredible (not to mention probably frozen by the end) it may not have been a full length race, but it was definitely a Grizzly race!" Nigel Sankey



Caroline leads Tony whilst Dave H acts as Cameraperson



The retreat from Moscow or King Penguin leads his troops on!

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Looking good both the scenery 3 Miles and DRC!
@7.4 miles nr. Beer



All looking slightly delirious Dave Halford clearly
glad to be at the finish

Results:

Nigel Sankey, 196th, 01:23:17

Jonathon Tudor, 214th, 01:24:03

Shona Darley, 580th, 01:45:37

Antony Ball, 581st, 01:45:35

Caroline Jones, 582nd, 01:45:34

Dave Halford, 583rd, 01:45:35

Charlotte Palmer, 1258th, 02:46:50

The strava evidence was interesting with a bunch of different distances which is probably down to different devices and or not taking the correct racing line! All in all fantastic efforts by both the race organisers not cancelling the whole event and for all the athletes, but especially DRC ones for getting around and enjoying themselves if we can believe the photographic evidence could all be Fake News!

Parkrun



Despite the weather 27 DRC athletes ran a parkrun on Saturday, it is fair to say that the off road nature of Wotton probably made in to the most challenging and some great images, I have not included any of Ethan Matthews looking at Anthony whilst he thinks "why am I here", "character building" they used to say, or as someone wrote about XC "good for the soul"! Strangely enough not many PBS this weekend and none at Wotton!

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Images courtesy of David Draisey.



DRC Junior Jake Matthews led to the DRC home at Kingsway recording a PB of 22:57, he was 35 seconds ahead of Andrew Eades who also notched up a PB, this was impressive as Andrew has recently been struggling with an injury. Kerry Clark was a matter of seconds off her previous best having been paced around by Janet Matthews. Graham Tudor took the opportunity of going down to watch son Jon in the Grizzly to run Seaton, he doesn't look happy about the lack of snow! He finished 3rd VM60 and topped the DRC age grading's with 68.51% just ahead of Jake and Emma Denton who was 4th home at Stonehouse another "off road" parkrun, fewer climbs than Wotton though!

At Bideford Walk2Runner Bev Perkins knocked over two minutes of her previous parkrun time at Kingsway.

A number of members have significant parkrun numbers coming up, Shona Darley completed #99 at Kingsway, Steve Rugman #97 at Wootton and Steve Barnes #94 at Kingsway this weekend, very impressive

Cotswold Relay

A DRC entry form has been issued for the Cotswold Way Relay Race, clubs are allowed a maximum of five teams, but we are not guaranteed any! Entries are not yet open for the race but we are pressing on so that we can get our entries in pronto.

So if you have not completed the form pull your digit out please. The race date has not be confirmed but in all the years it has been run today it occurs on the last Saturday of June, and the club organises our summer bbq for the evening, get the date in your diary, but be sure to bring a jumper for the bbq, because it is a British summer

<https://docs.google.com/forms/d/e/1FAIpQLSf7-fvgT6OZ-Z-0g32FGHJ9tmzkw0ugqo7LTPhC4VrcmuVz0OQ/viewform>

Changing Rooms

We do have magnificent changing rooms to use and I would encourage you to so do so. There are some final defects following the build to be put right and Simon Bilous of DRFC reported that at the DRFC Management Committee on Thursday that

“Carter’s are undertaking the final defects rectification work on the changing rooms this month. Amongst other things this includes repairing leaks in changing rooms 2 and 3 around the vent cowlings. In order to do this they need these rooms not to be used for a week so they can dry out.

The activity over the next week is limited, with no men’s rugby tomorrow, 2 youth games on Sunday, and some training next week.

For the next week (ie starting today Friday 16th until next Friday 23rd March) there should be no use of changing rooms 2 and 3. Users should use rooms 1, 4, 5, 6. Notices have been put on the doors, so this should be clear”.

Summer Activities

We have been working with DRFC to allocate space for training in the summer. We will mark out a 425m track (long story) on the “New Pitch” behind the Car Park.

We will have access to this from 6.30pm to 8.30pm (or beyond) on a Thursday (Juniors 6.30-7.30) and also have access to the “a paddock area” from 6.30pm for seniors where we are hoping to get a 200m loop marked and also looking to improve the running surface

Discussion are still occurring on access to training surfaces on Tuesday we are hoping to have access to either the “track” or the paddock” and linking this to summer training programmes. With the increasing usage at the club, running sections, summer touch rugby and the re-introduction of Cricket the Stinchcombe more formal arrangements have been introduced this year so everyone knows where they stand. A protocol on the use of surfaces in wet conditions will also be issued to prevent playing surfaces being damaged.

DRC Tri Team

Starting to get to main part of season, last of the Tewkesbury Tri Aquathlons coming up on the 08.04, great way to get in to swim and run, very relaxed event.

Heads up on Tri-team sessions and activities into mid-May

Wed.28th March Mid training social

Wed. 11th and 18th April - Spin/Brick - £2 The Pulse

Wed. 25th April Group Road Cycling structured training/brick sessions start.

Sat. 28th April 9- 12pm (Peak) Brick session, Transition, mounting and dismounting £3

Wed. 9th May 6:45pm Westonbirt Route time trial(Plus Team photo)

Thur. 10th May Open Water Swimming on Thursdays starts Cromhall Quarry £6 a session

Tues. 15th May Team Castle Coombe Ride/Brick session (these run every Tuesday from mid-April



Martin Bragg and Jerry Fowler are now on track to be level one Tri-Coaches to support all the eager DRC triathletes.

More info on Facebook page and Tri-web site which can be accessed through DRC website link below

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DRC Juniors

Indoor Athletics

The Junior section are coming to the end of their Indoor Athletics programme, and what a great programme it has been. About 20 juniors each week have done athletics activities such as bleep tests and circuits, and a current favourite the high jump. As we come to the end of this programme we are running a mini championship event for all DRC Juniors so that we can put these skills to the test at Yate Athletics Track. This event is planned for 23rd March 2018. If your Junior is interested and hasn't yet registered please [sign up here](#).



Developing the Junior Section

We've taken a look at our funds, our aspirations for development of the section and the facilities we have and decided that we would like to purchase a high jump mat that we can install in the back field next to the marked track. We need to raise some money to pay for this, so we will be doing a few fund raising activities, so please support us if you can.

Dates to Note

Ongoing Saturday cross country running sessions (7-18yr olds) and Wednesday winter running sessions (11-18yr olds).

23rd March Spring Championship Event at Yate

31st March Juniors Easter Egg Hunt

12th May Junior Orienteering Event

We will soon be planning our Summer Athletics programme too, so if you are interested in getting involved please let Caroline Jones know.

DRC Grand Prix

Still not too late to take part on DRC Grandprix check out rules (it is age graded!) and races on the club website.

<http://www.dursleyrunningclub.org.uk>

Gloucester AAA Road Race Series

Just a reminder of the remaining races in this year's series:

Glos AC 20 mile	25.03
Angels 10K (County Championship)	08.04
Dave McNamee 10K – BTL	29.04
Fairford 10K – Running Somewhere	03.06
Else Humph's Hilly Half – BRR (Sat 18:00)	16.06
Gloucester 5K Run – BTL (Thurs pm)	19.07
One Mile – Norm & Ali Lane (Sat 18:30)	21.07
Bugatti 10K – Chelt H & Almost Athletes	Aug tbc
Stroud Half Marathon	21.10
Guy Fawkes 5 mile – Tewkesbury RC	Nov tbc

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Walk to Run

As already mentioned we are reaching the end of the 2018 W2R programme, again ably managed by Damian Lai and a whole host of coaches, LiRFS and volunteers. They will all get a go at "Everchops" The gift that never stops giving before moving to graduation at Kingsway parkrun. Hopefully over 12 weeks we have provided an introduction to the joys of running, how to do it and chat as well as all important warm up and cool downs.



Berlin



Boston



London

Damian has organised a DRC KINGSWAY PARKRUN TAKEOVER - To celebrate the achievements of Walk2Run 2018, DRC are taking over Kingsway parkrun on Saturday 31st of March (Easter Saturday). We have had a great response from member to help, thank you. Damo will also be looking for Cake donations near the time. This event is open to everyone, the more the merrier, please can as many DRC members as possible and friends and family attend to help celebrate the runners achievements. Finally if you signed up for Walk2Run but haven't been able to attend the last few weeks you can still come along and give parkrun a go.

Safe running

As a club we pride ourselves on running safely, all new members get our winter running guidelines and hopeful guidance on summer running will be out soon. In the winter this means hi-viz and being mindful of other users of roads and pavements. I recently posted on Dursley Matters providing similar advice to all runners in the locality following an incident witnessed by a run leader, where a group of runners without hi-viz had an altercation with a car driver.

When summer comes quite few groups will head into the hills freeing up the roads of Dursley! We ALL need to be mindful of the countryside code, shutting gates and being considerate of livestock. Large Groups of colourfully clad runners can spook livestock, so groups need to be mindful of the need to stop and walk or maybe even consider a detour if necessary. Run Leaders will be picking up on Summer running at a meeting at the next social. Anyone interesting in helping with leading please pop along and have a listen. With the transition of Walk2Run Graduates in to the club help will be needed from existing leaders to assist in their integration in to the club and this will mean others stepping up to help out.

Run Leaders

Nicki reminds you all that it "would be fab to see you at social after your runs" snacks provided. Showers available.

Leaders for Tuesday as follows

Kangaroos - John Spice tbc
Greyhares - Sarah Willcox
Foxes - Richard Hensman
Leopards - Susan Peachey
Cheetahs - TBC

Greyhounds - Cara Zoglowek
Hares - Ian Roberts and ???
Lions - Catherine Fay
Antelopes - Garry Strickland