

# Dursley

more than a  
Running Club

Some of you may be aware that Abi Cairns, a Walk2Run Graduate of 2017, has, with the help of the NHS been fighting Lymphomas for several months, she recently returned home with the plan to have her immune system rebuilt after a period of aggressive chemotherapy. Very sadly she has had a relapse and now a terminal diagnosis. It is difficult to know what to say, it is incredibly sad, Abi has been incredibly positive through the last months of trials and tribulations with her disease and chemo, and despite the diagnosis remains focused on making the remaining time with her family "as wonderful as possible." I know this has upset many in the club, with a number being close to Abi. A number of ideas to are being considered at present to support Abi and her family from DRC. Sport and activity gives us so many positives, but perhaps none greater



than the friendship and support of those around us, and a lot of love expressed for Abi on the club's social media over the weekend. Two more examples of this support and friendship were in action over the weekend. Celebrating her 50th parkrun, Veronica Higgins and celebrating her 3 years of sobriety Rach Goatman. It has not been an easy time for both Veronica recently and Rach over the last few years but I know that both really value the support and consideration of the club.





# Dursley

more than a  
Running Club

## ***Tyntersfield 10K,***

On the back of an amazing Stroud Half and strong Berkeley 10K Alice Lewis continues to plough on with her 60 races at 60. Two



days after Berkeley she was on the start line of the Tyntersfield 10K, finishing in 140<sup>th</sup> position with a time of 54:08, first home for DRC, but more importantly first in category, and not the continuous racing does not appear to be upsetting her form as both the images show. I hope she is getting her obligatory two rest days a week!

Neil Hodgson ran the Liverpool Rock 'n' Roll marathon completing it in 03:08:59, having completed the half 90 minutes, strong running from Neil, I am guessing it was hot! Also "oop North" was Kathryn White running her second 10k race in a week at the Great Manchester Run, she finished in 01:01:10, a number to be liked by Mr Truelove perhaps!

## ***DRC Tri***

Saturday saw Paul Breen and Sandra Lewis completing their first open water Triathlon completed at the .Cotswold novice lake 62. Richard Lewis then raced over to South Wales to compete in the Swansea Sprint TRI – recording a PB of 1hr 19min. He reported that it was a "cracking race.



Highly recommend. Lots of competitors (1500) great support. The Welsh certainly put on a good event. Samba band in the middle of the dock" Richard clearly was enjoying himself!

Over in Lanzarote Mel Williams rubbed salt in Ray's cycling wounds by recording a personalbest in the Sailfish, the race was due to be 1.9km but was long, and Mel completed 2.1Km completed in 44.43, Ray is "getting worried" his words not mine!

## ***Cotswold Way Challenge***

Neil is yet to let the cat out of the bag he commented that "I can tell you that our top two are on over THREE HUNDRED AND SEVENTY miles and FOUR HUNDRED AND SIXTY miles respectively!" to which Liz Halford replied "nutters!"

# Dursley

more than a  
Running Club

## ***DRC Juniors***

Wednesday evening included the DRC versus BOK orienteering event. A few DRC Juniors joined in, including Olive Jones who put her training from the Saturday session into practice and was first DRC Junior on the Orange route.

Thursday Summer Athletics was another lovely sunny evening and some more great training on display from hurdles, distance running, javelin (pull) and shot put (push)



The first of our Yate Athletics sessions kicked off on Saturday with some great long jump and pull throw (javelin) training. It was a hot day, but there was a good turn out and some great technical development.

Dylan Court represented



DRC Juniors in Essex on Sunday by completing his first junior park run; he completed the course in 9:39, 8th overall and 3rd in his category, great run.

Sunday saw five DRC Juniors at the Prince of Wales Stadium for the first of the 3 event "Local Open" Series, Harry and Freddie Turner, Tom and Harry Smith and Jack Bevan, final results are yet to be posted but the DRC boys did very well and more importantly all enjoyed themselves. Harry Smith starting well for DRC winning the U10 Vortex, after two good throws his coach advised him to "whang" the last one, this bit of technical advice clearly paid dividends. The DRC U14s picked up quite few medals and were involved in very competitive High Jump competition with Tom Smith coming out on top, Freddie second and Jack a creditable third having just got off the track from his 1500m race, all the boys achieving PBs. Jack ran very well in hot conditions in the 1500 meters, finding energy for a late surge. Harry Smith also had a great long Jump just behind the winner with a personal best of 3:39. There were good performances all round in the sprint events with Harry Turner and Smith both performing well in their heats. The final event of the day saw Tom Smith and Freddie



Turner sprinting it out for first and second in the 100m with Tom coming out on top with time of 14 seconds. A great friendly and low key event for any U14 athlete to dip their toe into competition.



# Dursley

more than a  
Running Club

## ***Frampton Social***

Its that time of year again for a Social Run around the paths of Frampton, many thanks to Mouse and Karen for organising, with Mouse leading the "Long Run", with help from Caroline and Damo on the other two routes. A fine day to sit down have a pint (in Rach's case of Orange Juice!) and a meal, not sure about the running. For many a thoughtful morning.



## ***Parkrun***

Mike Crompton returned from injury with the fastest DRC parkrun of the weekend of 19:03, but a dry Wotton course saw Alice toping the age grading with PB and an age grade of 84.79%, also running PBs at Wotton were Alan Honey, Lisa Young, Hudson Taylor and Nicola Christopher, whilst at Kingsway Jack Bevan, Jake Mathews, Joseph Dunn and Vicci Phillips ran bests.

## ***Handicap***

Fabulous response to call for help now mostly sorted bit thin in August and September but I think we will get there, after organisers meet will get info out to helpers and runners. PS you need to enter to run a otherwise we cannot handicap CANNOT BE DONE ON RACE NIGHT

## ***Tuesday Runs***



If you are really lucky you get to see a Turkey when you are out and about! Run Leaders for this week are

Kangaroos	- Sara Eden
Squirrels	- John Spicer
Greyhounds	- Louise Beck and Cara Zoglowek
Greyhares	- Sarah Willcox
Hares	- Nicki Cowle and Julie Jaffa Gowing AWAY
	MEETING AT THE PEAK ACADEMY AT 6.15pm
Foxes	- Rural - Richard Hensman
Lions	-
Leopards	- AWAY DAY AT WOODCHESTER Tony Waye and Susan Peachey
Antelopes	- Nigel Sankey
Penguins	- Margaret Johnson
Cheetahs	- tbc

A run leaders meeting is scheduled for Monday the 4<sup>th</sup> of June at the Club 8 til 9:30