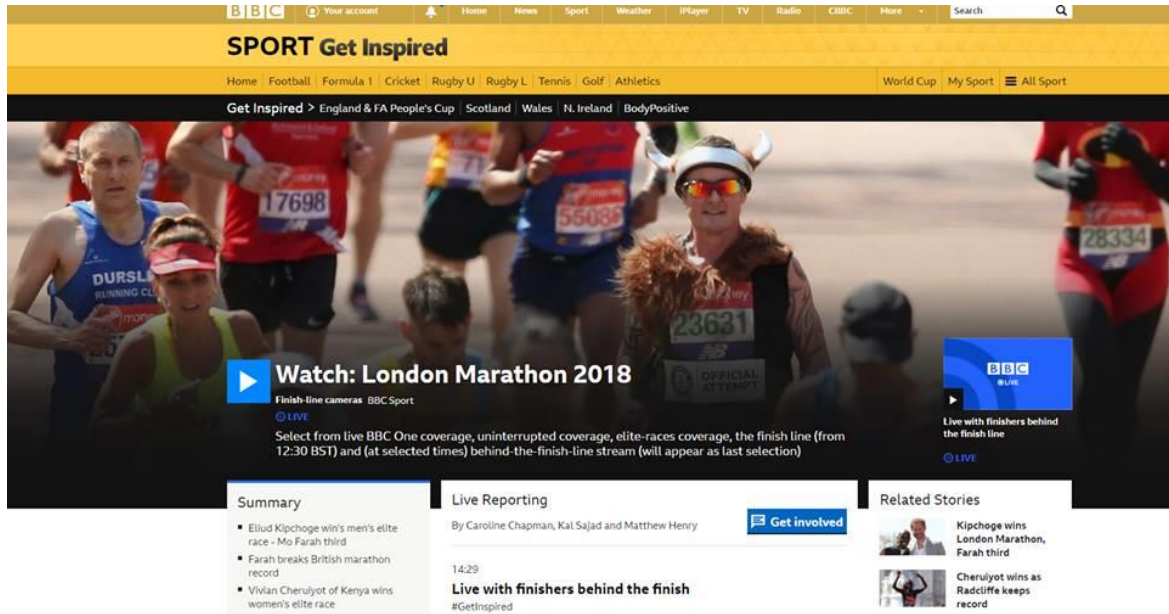


Get Inspired By Dursley Running Club



Today's 26.2 was just one day in months of preparation for all our DRC athletes, for some has gone smoothly, and has been a time of developing lasting friendships out on the training roads of Dursley, for others it has been a mountain in its own right. Some, Neil Parry and Graeme Hawkins were disappointed not to be on the starting line. Congratulation to everyone who finished but a special hand should go to big Damian Lai who has battled with injury and illness to run today and to Kelly Gabb who had to spend most of last few week in the gym just trying to be in a state to start. The Virgin London Marathon saw temperatures at around 20 degrees at the start of the race. The attempt by Mary Keitany to break to woman's record held by Paula Radcliffe ended unsuccessfully. Keitany and Dibaba both looked to be working hard through the initial 10K, the times suggested world record pace but the effort they were putting in and the temperature made success doubtful. Dibaba was first to pull up with Keitany then slowing, initially dropped by the pacemakers and was then passed dramatically by Vivian Cheruiyot who judged her race perfectly, finishing very strongly. The same could be said of Eliud Kipchoge of Kenya who just kept exerting pressure on his competitors gradually pulling away leaving Shura Kitata Tola and Mo Farrar trailing in his wake, both having to work hard to finish. Farrar breaking Steve Jones 1983 British Record in the process. It was an education into how to run a marathon, and the dangers of pushing beyond one's limits, slightly less dramatic than the Commonwealth games Marathon but still and excellent lesson for all distances runners. For the first three Dursley finishers, Mike Crompton, Neil Hodgson and Pete Chaffer the pacing suggested a similar story of fast starts and then hard work at the end.



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Neil commented "Running sensibly at the start. Adjusted half way, and from 20 it was about getting a t-shirt and medal!! It was HOT!! massive respect to anyone running today!!". Pete claimed that he needed to adopt an "Old Skool" start fast to get his legs going, saying "Old school approach is only way to get my legs moving nowadays...but bloody hurts" he was glad to receive some support from Neil as he passed Pete around half way and is now BBC poster boy for "Get Inspired" well spotted Chris Young!



Mike was first home for DRC in a time of 02:58:48 and whilst slower time than last year he moved forward a massive 202 places overall and 105 in category. A little bit of extrapolation looking at last years results suggests todays run would have got him close to 2:45 in last year's conditions. Margaret Johnson ran DRC's race of the day, and in terms of age category second only to Tony Wooldridge in recent years. You can see her signature style in the image above.

The run was exquisitely timed, after the fast downhill start, Margaret settled down to bang out 5K splits in just under 25:30, with her 30-35k split slowing Margaret got back in the zone for the remainder of the race to record a fabulous time of 03:35:20 and placed 31st in category, again the mind boggles as to what time she would record in cooler conditions. Following Margaret, Mark Springs and Andy Hara could not replicate the form of their recent Marathon and Brighton marathons and did well to get around, Kate Browning another multiple Marathoner clocked up #71. Just in front of Kate North easterner Steve Watson likened conditions to the Sahara! Working hard in his DRC blue to get in under 4 hours as did Trish Mansell first of the debut marathoners to finish. After Andy Hara Damo finished again another top effort for someone's whose training had gone nowhere near as planned with stress fracture and a chest infection getting in the way. If he had been fit the weather conditions would have frustrated a sub four effort so all swings and roundabouts. Adrian Whitwell was next to finish in just under 5 hours, Nicki Squire (who according to my tracker) had been running with Lucy Fairall (although may have been hundreds in-between them!) ended up 4 minutes faster than Lucy on the day both just over 5 hours..



It was then a short wait for Kevin Fowkes, Emma Owen and Kelly Gabb, who should all be so proud of themselves, not just for the effort on the day but for the training that go them to the finish line.

Kelly Gabb got around and this is what she had to say! "April 22nd - this is the hardest and most painful thing I have ever done (yes, worse than childbirth for me, and he was over 9lbs) Don't get me wrong, it was an incredible experience - the biggest street party I've ever been to, and it lasted the full 26 miles! I am utterly broken.

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Having not run properly for 6 weeks due to injury, my only goal today was to finish while they were still giving out medals; I did that with 2 hours to spare. Trying to get down steps to get to the tube afterwards was a challenge, my legs have lost the ability to bend, and I had to keep getting off because I kept feeling faint. At least now I'll let them operate on my hip to try and fix it!!!

I know I've said it lots of times, but I really can't thank you all enough for all your support with this!!!

I now have over 200 Facebook notifications to read through if I can stay awake"

Awesome

Results

		Time	Pos	Cat	Cat Pos.
Mike	Crompton	02:58:48	970	SenM	631
Neil	Hodgson	03:18:32	2779	M45	367
Pete	Chaffer	03:24:50	3581	M55	87
Margaret	Johnson	03:35:20	5120	F50	31
Mark	Sprigings	03:48:18	7257	SenM	2739
Steve	Watson	03:53:08	8168	M45	1061
Kate	Browning	03:55:50	8749	F45	275
Trish	Mansell	03:59:13	9530	F40	451
Andy	Hara	04:10:43	11635	SenM	4062
Damian	Lai	04:24:57	14720	M40	2066
Adrian	Whitwell	04:55:25	21877	SenM	7202
Nicky	Squire	05:09:19	25056	SenW	4319
Lucy	Fairall	05:13:08	25818	F40	1587
Kevin	Fowkes	05:32:11	29791	M40	3419
Emma	Owen	05:45:34	32140	SenW	6280
Kelly	Gabb	06:20:20	36558	SenW	7685



Karen Eadon commented on Marathon day "an amazing day today where so many members have excelled themselves either for personal targets or fund raising targets - you should all be very proud of what you have achieved! It's really emotional watching on Tv knowing that you are all out there somewhere in the crowd in London or Southampton! Hope you all have a fab night celebrating tonight! On Tuesday we held a cake sale in aid of Tom who is raising funds for junior diabetes by running a marathon distance over a month - I've put a link below to his page so you can read more about his self set challenge. We raised £60 which I have just donated on behalf of the club - I just wanted to say Thank you to all of you that donated in exchange for a cake". Tom's mum Vicki has sent her thanks, she had no idea that the club were raising money, so it was a lovely surprise.

<https://www.justgiving.com/fundraising/Victoria-Smith99>

Meanwhile down in Southampton Dave Saunders and Sam Hill tackled the Marathon distances with Dave in his post box outfit. Sam dragged herself to start despite not feeling 100% and with a great effort completed in just over 6 hours. Dave was amazing 20th in age category despite running in a post box costume on a very warm day.



Results: Dave Saunders , 05:17:06, 912th , 20th V60; Sam Hill , 06:07:45, 1057th , 268th SenW

Cattle Country

Nigel Sankey was the on the spot reporter at the Berkeley event, he reports “a number of DRC runners chose to run nearer to home at Cattle Country at one of Aspire events 5k/10k/fun runs. The kids were first up with the 50m dash followed by the 1k run. All the kids did brilliantly and were delighted to receive medals, trophies and most importantly sweets. It was then onto the 5K. James Price, recovering from injury had sensibly opted to drop down to the shorter distance. Nevertheless, with his usual exuberance, he went out hard, wary of a couple of 14 year old girls, who admittedly run for England, being hot on his heels. In the end he powered away to victory in 21:38. Also completing 5k were Katrina Fletcher and Soos Moss.



Next up were the 10k runners. Myself, Richard Hogg and Francois Low lined up at the front of the field, but wisely decided to let a few go at the start. I pulled out a 15 second gap on the first lap, which was challenging not just for the terrain, but also having to negotiate the 5k runners as we overtook them. I was feeling a tad ragged and

was concerned the gap may close up, but managed to plug away and increase the time back to Francois and Rich, eventually crossing the line in 8th place (46:15) with Rich 10th (46:51) and Francois 11th (46:56). Jim Moss, Catherine Fay, Deb McFarland and Rach Goatman Thomas also completing the course”.

Park run

This week saw 32 DRC athletes at Parkrun, the war, conditions precluding many PBs. But Annie Harris 17:22 @ Wotton and Emily Harding 39:11 @ Thornbury bucked the trend with bests. A number of quick run around the twenty minute mark, Joe Bll 20:46 at Cheltenham. Andy Truswell 20:23 @ Chipping Sodbury and Nigel Sankey 20:20 @ Seaton all eclipsed by Matt Rogers' 19:45 at Wotton topping age grading with 71.81%, Shona Darley quickest female DRC Parkrunner in 23:15 (AG 67.17)

DRC Take Over – Wotton parkrun 28th April

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A reminder that next Saturday is Neil Truelove Wotton Parkrun as Race Director, so I am sure he would love to see you there, the roat is FULL so just CAKE and runners required



Juniors

Thursday Athletics Programme starts 03.05 (Thursdays 6.30-7.30pm, starting 3rd May) and there is now a registration form for this; so please sign up (link below). This is always a really popular programme so make sure you register early.

As we have done in previous years we will run the 12 week programme and then end with our Summer Championship & BBQ event.

https://drive.google.com/open?id=1rH3oQTd2skDotBXRi_ovYZgtf-hiBL0qhVsMJ7nWgOk

Also coming up soon is the Juniors Orienteering event to be held on the Rednock School grounds on the 12th May (12 noon) open to members and non-club members between 7 and 18 years old. Event to finish with some yummy cake.

Again, please register so that we know how many to prepare for;

https://drive.google.com/open?id=10SBioz9JWwcuQvv_We-_RbMb3B60E2R1uxIJihK9yjo

Summer Senior Programmes

Seniors programmes will start on the 03rd of May. We'd like to encourage track session on Tuesdays and hope that we can get groups mixing together. Thursdays has always been our tradition short rep session day with some speed endurance also built in last year. The plan is to have two Senior Sessions on a Thursday one at 6:30 at the same times as the Juniors finishing at 7:15 for some stretching with a second senior session warming up before being let loose on the track. Dave Durden will lead the first two 7:30 sessions and they will be based on preparation for Berkeley 10K

Dursley Orienteering Vi BOK

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BOKs Urban Orienteering series starts this Wednesday down in Bristol and I know a few DRC members have been bitten by the bug already.

For those wanting to dip their toe in BOK will be in Dursley on the 16th of May, for top tips or more information speak to Alan Honey, Tim Britton, Paul Gebbert or Rachel Brown.

A poster for the BOK Urban Orienteering Series. The background is a photograph of two runners in a park-like setting, with a large red paint splatter graphic on the left side. The text is white and yellow. The BOK logo is in the top right corner.

BOK Urban Orienteering Series

Wed Evening Races - Starts from 18:00
Sat SEODUL Race - Starts from 10:30

Wednesday 25th April - Troopers Hill
Wednesday 2nd May - Bower Ashton
Wednesday 9th May - Brislington & Knowle
Wednesday 16th May - Cam & Dursley
Wednesday 23rd May - Oldbury Court
Wednesday 30th May - Emersons Green
Wednesday 6th June - Westbury-on-Trym
Wednesday 13th June - Winscombe & Sidcot
Wednesday 20th June - Bradley Stoke
Saturday 30th June - Portishead
Wednesday 4th July - Westbury-on-Trym (West)
Wednesday 11th July - Bath
Wednesday 18th July - Wells

13 fast paced urban orienteering races

More information at www.bristolorienteeing.org.uk

Club Photo this Tuesday (Weather permitting) wear your DRC Kit please

Tuesday Night

Leaders for Tuesday as follows

Kangaroos	Sara Eden, Roger and John
Squirrels	Cath Hall
Greyhounds	Louise Beck and Cara Zoglowek
Greyhares	Sarah Willcox and Nick Fennell
Hares	Julie Jaffa Gowing
Foxes	Richard Hensman
Lions	Catherine Fay and Neil Truelove
Leopards	Tony Waye and Susan Peachey
Antelopes	Tony Wooldridge
Penguins	Fran Amigoni
Cheetahs	David Durden

Postscript

And finally a quick word on last week's Boston Marathon, because it was run on the Monday I did not have much time to write it up. Suffice it to say the weather was appalling, the coldest April day since 1881, many of the elite runners packed it in.



Mark Brasier ran a really gritty effort, well supported by Line Nash- Whitlock, and will have been very pleased to have completed this iconic marathon