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DRC Cotswold Way Heroes

The hottest day of the year made the Cotswold Way a furnace for the thirty Dursley Running Club Athletes running the 2019 Cotswold Way Relay and for Andrew Eades heading in the opposite direction along the Way aiming to complete the 63 mile Cotswold Way Challenge in 24 hours. The First DRC athletes Neil Hodgson (Dursley Cheetahs), Paul Gebbett (Dursley Antelopes) and Paul Lewington (Dursley Leopards) were up with the Lark to be on the start line for 7am. Neil Hodgson started things off well for DRC finishing inside the top twenty on the leg for the men's senior team. Leg 2 saw strong runs from Tony Freer and Simon Jones, Freer finishing in 01:47:42 and Jones 01:55:40, with Caroline Jones finishing in 2 hours and 12 minutes. By 9am at the top of Cleeve Hill the cloud cover was gone and temperatures were starting to rise. Dave Durden initially lead the DRC challenge on Leg 3 with Louis Rummer-Dowling and Erica Fuller behind. However a turned ankle for Durden on the long descent from the common, dented the DRC Seniors (Dursley Cheetahs) hope to challenge in the overall standings. Limping to finish in 01:15, with Rummer Dowling first home in just over the hour with a great effort running the entire length of the one mile climb from Andoversford timing his effort very well.



The missing parts of the jigsaw are Leg 4- Matt Rogers, Alice Lewis and Rich Hensman and & Matt Livall, Mouse `Clutterbuck and Pete Dunn



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It was becoming uncomfortably warm for running. Legs 4 saw Matt Rogers, Alice Lewis, Richard Hensman in action with Hadyn Smith, Sue Peachy and Kevin Jackson on Leg 5. Leg four from Severn Springs to Cranham Corner is the longest of the race, Rogers led the DRC teams home in just under one hour and forty five, Rich Hensman came in an hour and five minutes later; whilst Hadyn was first to finish on leg 5, running an impressive 8:06 minute mile pace over the 11.9 mile leg. Next up were James Everett, Neil Parry and Jon Tudor, all strong runners, with the added advantage on running some of the leg on home turf. James came home an impressive second in just under 68 minutes, commenting that "he had never walked so many hills before"; Neil finished strongly picking off runners in the final to cross the line in 82 minutes, competing all 10 legs of the Relay in the process. Jon found the going tough and finished in just over 90 minutes. Just crossing the finish line in control was a massive achievement and the ability to run to the condition was becoming more and more important. Another "home leg" saw DRC athletes leaving May Lane to head for Wotton. The shortest leg but with a proportionately high amount of ascending. The first climb up to Stinchcombe Golf Course being particularly brutal, and for the mortal amongst us walking up the steep section is the best bet. By the time runners were getting to Nibley many were in discomfort. Matt Livall was first through for DRC looking reasonably comfortable, with Mouse Clutterbuck next through, working very hard. Pete Dunn was third through, sweating a cold out, taking one for the DRC team. DRC were on hand with iced water and sponges, which were welcomed by the runners. Matt, Mouse and Pete remained in that order to Wotton finishing in 62, 67 and 90 minutes respectively, Matt managing top ten placing. DRC were now heading away from home, the next leg taking Francis Low, Jadie Cotterell and Tara Truman from Wotton to Old Sodbury, the leg starting with a ferocious climb and also incorporating a long section along a limestone path which was like an oven. Low looked controlled as he came in to the water station at Hawksbury Upton, the station had the added benefit of a main fed hose pipe to shower the runners, Jadie was finding the going tough whilst Tara seemed to be running within herself. Low led the DRC teams home in one hour fifty-three minutes, Cotterell two hours eight minutes with Truman 14 minutes behind. Mike Crompton, Damian Lai and Luke Russell ran the penultimate leg from Old Sodbury to Cold Aston, a shorter leg but quite exposed and with some testing climbs. Mike commented "Brutal heat never raced in anything like it" he managed his run well, walking up climbs to keep his core temperature down, he finished in 8th place in just under 75 minutes one of the DRCs standout runs of the day. The final "champagne leg" in normal conditions see the runners descending from Cold Aston and then climbing back up to the Race Course before a long descent in the Bath were a couple of short but steep climb can do for runners who have got carried away descending. Running the final leg for DRC were Ben Amigoni, Garry Strickland and Fran Amigoni. Unlike the other legs it is almost devoid of tree cover with a short section of trees about two and half miles into race, all three struggled in the heat with Ben Amigoni admitted he had tried to keep up with some of his competitors at the start and paid the price. He was the first DRC to finish in just over 90 minutes, Strickland next in, with Fran finishing the days efforts for DRC, completing the course in 1 hour and 42 minutes. With a number of runners getting themselves in to distress on the day, DRC athletes ran to the conditions keeping themselves safe and in control. They were rewarded with the Men's Senior Team (Dursley Cheetahs), Hodgson, Freer, Durden. Roger, Smith, Everett, Livall, Low, Crompton and Amigoni, placing 5th in Category and 9th overall in a total time of 14:48:20.,



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The Antelopes Mixed Team of Gebbett, Jones, Rumer Dowling, Lewis, Jackson, Parry, Clutter buck, Cotterell, Lai and Amigoni placed 10th in category with a time of 17:12:40.



The Leopards Mixed Team of Lewington, Jones, Fuller, Hensman, Peachy, Tudor, Dunn, Truman, Russell and Strickland 31st in 19:19:37.

Neil Parry travelled down to Bath to collect his King of the Cotswolds Prize, a well-deserved award for one of most consistent distance runners of recent years

Heading in the opposite direction Andrew Eades planning to run the 63 mile Cotswold Way Challenge to raise money for the Great Western Air Ambulance. Eades started getting cramp at around the half marathon mark have completed the distance, wlk running. He was bedevilled with cramp for the remainder of his event, despite trying everything from salty crisps, salt tablets to compression socks as well as ensuring he was fully hydrated. At about 77 km (48 miles), whilst he battled with his physical distress and mental demons, telling himself he could make to the finish he turned his ankle. Two walkers helped him make it to the next checkpoint at Painswick Rugby club where he decided to call it a day as his ankle ballooned in size. Eades has raised over £500 for the Air Ambulance through his efforts.

Catching up - Jurassic 100, Imperial NOT metric! 22-23rd June

Starting from Studland Point in Poole Harbour at 9am on Saturday 22nd of June Dave Wood and Kate Browning graced the Jurassic 100 Mile Ultra, for Browning this would include marathon number 99 on her way to joining the Marathon 100 Club, whilst for Wood he was collecting points towards the possibility of success in the Ultra Trail de Mont Blanc ballot. First both had to overcome the ups and down of the Jurassic Coastline. Whilst both are experienced ultra runners they faced tough terrain & some unwelcome summer sun. Wood described the event as "Brutally Hard, Brutally Hot, Brutally Hilly". An indication of how tough the course is Woods reached Swanage at 7 miles in around 80 minutes, running at an average of 10-minute mile pace. A very sensible and necessary approach given he had another 93 to complete. Six hours later Wood was to be found at Durdle Door running in the height of the summer heat, looking down on families enjoying a relaxing day on the beach, Browning reached the same point in eight hours. Some brief respite came between Overcombe and Weymouth with just a couple of small rises to overcome. At around 7am on Sunday morning Wood was passing through Lyme Regis with Browning passing that way at around 9 O'clock





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Jurassic 100

both with another serious amount of ascending and descending to achieve before for they would see the finish line in Exmouth. Wood was to finish in 32 hours and 20 minutes with Browning crossing time at 7:43 pm on the Sunday 34 hours and 43 minutes after the start on Saturday. An incredible achievement by both and all the other athletes; not only covering the 100 miles but coping with well over 16,000 feet of elevation. Kate commented "Jurassic 100 miler completed... nice to see you at the start Dave W. No pressure having to finish under 36 hrs to get marathon 99.. July 13th my 100th all welcome Hallow 12 Parish in Worcester "

DRC Tri-Team



Ironman Ireland

Whilst Wood and Browning had two feet on the ground throughout Vicki Thrift from DRC Tri was in Cork for Ironman Ireland. Due to poor weather conditions the two mile plus swim was cancelled and Thrift had to cope with extreme conditions the bike, completing the 112 miles in 07:49:29 coming into transition for the run she took thirty minutes to get back out on the run course, as she struggled with the cold, but once running she was able to plug way and completed the marathon in 05:40:00 another amazing effort from a DRC athlete, completing the two disciplines in 13:59:50.



This weekend saw five of the DRC Tri Team in action at the Monmouth Triathlon with Louise Saum, Leigh Allen, David Quarterman, Tony Ball and Kris Rymer competing over a 400M swim an 12 mile cycle and 3 mile run

Results TBC	Swim	T1	Bike	T2	Run	Overall	Pos
Louise Saum							
Kris Rymer							
Tony Ball							
Leigh Allen							
David Quarterman							

Sydling Hill

A few DRC headed down to the beautiful village of Sydling for the weekend. Sam Hill and Clair Oxley took part in the 10k ish Sydling Hill race on Saturday. Whilst Julie Gowing , Imi Testa and Jon Morgan took part in the Giantshead marathon. With Lee Masters supporting and marshalling the marathon. Sam Hill reports "Since my injury i have done next to no training and found this one incredibly hard. But was supported all the way by Clair Oxley, who could of gone on and smashed it. The race itself was just amazing, 787ft of ascension. The views at the top were breathtaking. As always with White Star Running events great support, great fun, lots of hills and brilliant medals and T-shirts. Plus added bonus the giant ice creams at the finish. Can't wait to get my fitness back and get back out there next year. On the Sunday we all took part in the 2.5mile fun bell race. The normal white star fun race start, with a conga as warm up then straight up a huge hill. Get to the top and do a forfeit, then receive you bell and run back down ringing all the way. It was a great fun way to end a brilliant weekend. For anyone who loves trails would highly recommend White Star.





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WSR Giants Head Marathon.

Julie “Jaffa” Gowing reports “My 3rd marathon and 2nd trail marathon. Hot, very hilly and brutal! Yet the most scenic race done to date. WSR races are becoming favourite races for me. Even if I do tend to pick the harder ones. It was a very hot and sunny day, which got to a few people with heat stroke etc there was barely any shade for the whole route I started off slow and steady with the aim to slowly pick off people one by one, some of them you end up playing cat and mouse with. The ground under-foot in some places was just horrible, flinty rocky stony and struggled to get any pace on that when it was flat or down hill! I wanted a no pressure race and finish under my own steam, with no time in mind but to get to that finish line. I took on loads of water and there were strategically placed water stations, aid stations and of course the famous lovestation. They are so well stocked and appreciated! The hills were relentless, I didn’t run up any of them some, for me, were just impossible to run up and like loads of others I walked them (more stomping hill training reqd) with the heat and hills combined it just knocked you for 6. Reaching each hill you just had to take in the views and recover. Jon, ran his first ever marathon race this weekend, a crazy and brutal one to do for your first! Straight in at the deep end and stayed with me the whole way! It’s a long old time on your feet especially when someone is quicker than you. It’s mentally and physically tougher but I can’t tell you how much I appreciated him being there throughout. Coming back along the route we followed up at the start felt like it was never going to end. My legs, muscles, joints and feet had had enough by that point and I just wanted to finish. To be honest we had both had enough by then. The downhill to the end was just what I needed and wanted to see. And that point I wanted my medal and the mahoosive ice creams I had been hearing about! It was fab to see so many people there cheering you to the end including the villagers, and Jon stuck to his word and stayed with me over that line! (Even if I did tell him to go on ahead as he was struggling) If you want a challenging off road marathon then this is for you! Like I say brutal but yet so rewarding! I did it in 6hrs 43 which considering I’m pretty chuffed with!



It was an awesome weekend with fab supportive friends. Xxxxx
#itsallaboutthebling #finishlinesnotfinishtimes

Also, I didn’t realise that WSR do a special medal for your first wsr marathon! Jon got another medal so I went and asked about the one I did at larmer as I wasn’t aware of their system, so I got two medals in one day how awesome, oh and the ice cream!”

Imi Testa was a little way ahead of Julie and Jon managing to get under 6 hours **over the testing course**

Results: Giant’s Head Marathon: Imogen Testa 156th (21st F40) 05:50:31; Jon Morgan, 280th (32 M30) 06:43:33; Julie Gowing 281st (25th F30) 06:43:35. **Sydlings Hill Race:** 269th (77th F40), 01:56:40; Clair Oxley, 269th (47th F30) 01:56:40



Obstacle Course Racing

Mark Sprigings took time out from his Marathon training to compete in his first Obstacle Course race of the season, running in the Spartan South West at Aston Down. Despite his lack of gym work the effort he has put in to his running clearly paid off and he cruised in first in his wave. He needed to finish in the top 5 in my age category to guarantee qualification into the OCR World Championships, he finished 8th overall in a field of 1000 and was 1st in his age group, he posted that he was “chuffed that it was enough to get me back to London in October and qualify to represent Great Britain in the OCR World Champs for a 2nd year on the trot! And 3rd year straight qualifying”



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Tale of Two Halfs (23.06)

Tobay Half

Kris Rymer and Annie Harris represented DRC at the Torbay Half Marathon. Rymer reported that "Luckily it was overcast, but still hot....tough race - up down and around and repeat" he was very pleased with his race as his target was eight minute mile pace over the 13.1 miles which he achieved with a bit of hard work in the last mile. Rymer finished in 01:46:19, in 352nd place, whilst Harris was 1032nd in 02:15:05.

Mersea Island Trail Half

Chris Young completed the half around the island the organisers state "Approximately 13 miles, multi-terrain following the sea wall, beach and very short stretches on-road, all on the flat. The course runs completely round the Island of Mersea, in a clockwise direction", whether they alternate the direction each year is unclear, but sounds like an idea! Chris reported Some on the beach, some in long grass ,some road, toughest half I have ever done, first and last DRC home



Parkrun



Saturday the 22rd saw thirty-two runners represented DRC at parkrun with three running personal or course bests, Amanda Hensman, 30:51 at Cheltenham, John Spicer, running in the M75 category, 30:29 at Kingsway, David Ashford 30:49 at Chipping Sodbury and Alexandra Kemp 26:18 at Wotton. Matt Rogers ran the quickest DRC parkrun of the weekend of 19:26, and also the highest age grading of 74.1% at Wotton with Lise Hindshaw the fastest DRC female, 24:38 at Kingsway, Annette Heylings the highest age grading for a DRC female athlete of 68.1%. Neil Truelove was the furthest flung DRC parkrunner, completing the Richmond Olympic parkrun, Vancouver in 25:19. This week's results TBC

Frampton 10K

Who know what the future holds



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DURSLEY RUNNING CLUB **JUNIORS**

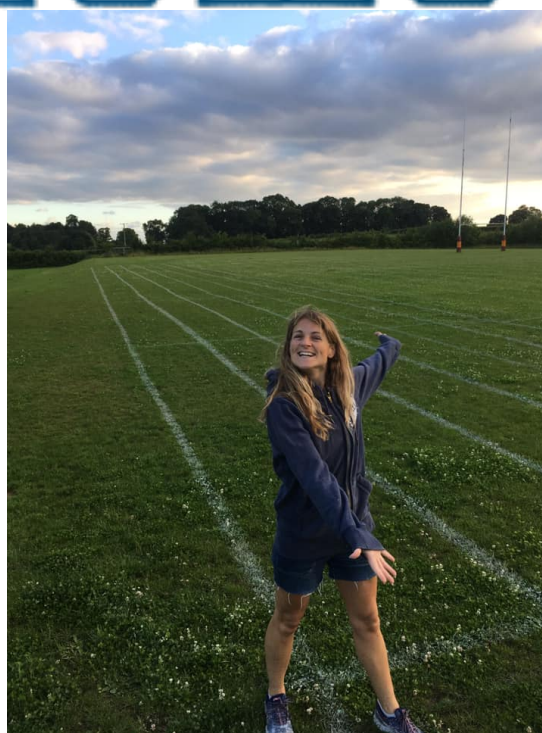
This week has seen the last Rednock Session year 7 Plus junior session with the Athletes now encouraged to participate in the Midsummer Open Series in Cheltenham, with Thursday's continuing.

After a couple of organisational hiccups and then torrential downpours no while lines were left up at the track!

Fortunately Nicola Christopher was there to help in getting six lanes back down this Sunday and also popped the c.400m loop back in

Already for this week's athletics. Highlights the importance of volunteers for the club. Many hand s making light(er) work

NB U14 Low key League Meeting on Sunday. Any parents/coaches able to assist in organisation please advice Dave D ASAP.



Club Runs

Tuesday Night 6:15 for 6:30 exit

GROUP	Leader
Kangaroos	Damo
Greyhounds	Cara Zoglowek / Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	TBC – Merge with Foxes / Leopards
Leopards	Caroline
Antelopes	Dave Wood
Penguins	Jon Tudor

Thursday Night Club Run

Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman