



Dursley
more than a
Running Club



Dave Wood Conquers 10 Peaks

Dave Wood a very accomplished off road runner set himself the challenge of the 10 Peaks (Lakes) Ultra this year. The Lakes is a non-stop ultra-distance race over 10 of the highest Lake District peaks. With two courses to choose from – the classic Long Course at 73km or 45.6 miles, with a huge 5000m ascent, or a shorter 47km, a mere 29.3 miles, option (with 3200m of ascent). Both have a 24-hour time limit. Dave, who has acted as a support runner for other athletes' Bob Graham attempts, set himself up to do the long course not realising that he would have to contend with a scorcher of an English summer! The route takes runners over dramatic rocky crags, open moorland and through low lying bogs following a clockwise loop bagging the peaks in the following order:

Helvellyn, 950 m (3,118 ft)	Bowfell, 902 m (2,960 ft)	Great End, 910 m (2,986 ft)
Scafell Pike, 978 m (3,210 ft)	Scafell, 964 m (3,162 ft)	Pillar, 892 m (2,926 ft)
Great Gable, 899 m (2,949 ft)	Green Gable, 801 m (2,628 ft)	High Spy, 653 m (2,142 ft)
Skiddaw, 931 m (3,054 ft)		

Starting at the ungodly hour of 4am Dave was on top Helvellyn 55 minutes later, coming to the summit in 42nd place, this is noteworthy in terms of Dave's final position and highlighting the importance of pacing oneself in all types of racing! He was ascending Scarfell Pike and Scarfell by mid-morning, reaching the Honnister Pass at twenty past four in the afternoon, to put this into perspective he had almost 6 and half hours to go to the finish in Kewswick. Dave had now moved himself up to 34th place. Running past Keswick, where the finish line was, and I moan about running past my house on club night! Dave still had the massive ascent of Skiddaw to complete before descending to the finish. He was 30th at Skiddaw's summit, surprisingly he lost two places coming down the mountain. So, whoever over-took him must have been pretty awesome at descending as Dave is no slouch in that department! Dave eventually completed the course in 18 hours 36 minutes and 48 seconds placing 32nd overall, it is unclear whether the winner was Paul Roche or Galen Reynolds, from Canada, the former showing no data over the checkpoints, with Reynolds finishing in 11:46:00 with the first woman, Josie Greenhaigh home in 16:07:47. No doubt a full race report will be received from Dave Wood in due course, to do his immense effort full justice. Maybe we'll get some images, strangely enough no selfies! Lots of admiration for Dave's run out there on facebook, but a really telling quote comes from former DRC member Keely Spate "That's an inspirational performance Dave Wood, now that we have lived up in the lakes for a year, we are starting to understand what an epic undertaking it is to do that sort of distance in the fells. Well done!!." One wonders whether this has given Dave the appetite to do a Bob Graham Round 42 peaks in 24 hours! Just one other member of DRC (DADAC) has achieved this, Trevor Lewis, who I believe is member 1001 of the BG Round membership!

DRC Soloists

A quartet of soloists were happy to be first home for Dursley. The pick of the crop was James Everett running the Cheddar Gorge Half Marathon coming first in a time of 01:39:11. Steve Barnes completed his 2nd Torbay Half, posting the obligatory team photo before he set off on his run! He achieved a course best with a slight improve-ment on last years event, finishing in 1156th place with a chip time 02:21:45 first DRC home! He was 26th M60. Whilst in Swansea also first DRC home was Annie Harris placing 1372nd in a time of 01:53:45. Whilst at 10K Tim Britton was first home overall in the first of the lamoutdoors Trail Mania series, the Mills 10, aka The Nelly!





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Chippenham Longest Day 10K

After the report on Dave's longest day, seems appropriate to move to this race. Actually cooler this year after an absolute scorcher last year. 10 DRC competitors were led in by Kris Rymer with a PB, with Liz Halford first DRC woman in, with Julie Gowing chasing her to the end. Eileen Heiron bagged first F70. **Results:** Kris Rymer , 42:56, 50th , (21st SenM); Tony Waye , 55:44, 322nd , (59th M50); Steve Barnes , 55:53, 323rd , (14th M60); Liz Halford , 56:11, 335th , (23rd F40) Julie Gowing , 56:20, 340th , 52nd SenW); Peter Bennetts , 01:00:27, 430th , (20th M60); Ian Roberts , 01:01:14, 450th , (92nd M40); Leigh Allen, 01:07:28, 553rd , (83rd F40); Katie Reynolds 01:07:37, 558th , (103rd SenW); Eileen Hieron , 01:10:00, 576th , (1st F70); Julie Furneaux, 01:10:24, 586th , (89th F40); Louise Beck , 01:11:47, 603rd , (96th F40).



Spartan South West – Qualifying for OCR World Championships

Mark Sprigings and Jonny Marks took on the Spartan South West course, Saturday's event being the 8 mile 'Super' course with Mark reports "25 deathly obstacles. The Gloucestershire Aston Down course is notorious for its short steep hills, and feared amongst the OCR community!" Mark and Jonny completed this course last year we knew the pain to expect from this challenge but we were both on a mission to finish towards the top of the pack as this was our route to qualification into the Obstacle Course Racing World Championships! Both Mark and Jonny qualified last year but with the World Champ.s being held in Canada neither were able to attend, this year for the first time in 5 years they were not in North America but in London! Creating a huge incentive to get their hands on a World Championship medal!" With different race options available Jonny and Mark tried



to choose the best suited for ourselves and age Jonny choosing possibly the hardest competing with the Elites, which required him to finish amongst the top 30 of a select field of mainly, professional athletes! Mark chose to compete in the Open event, amongst a much larger number of participants but a category with a large number of serious athletes. Mark needed to finish in the top 5 of my age category to achieve qualification.

Marks race report continues "the morning started with the Elites at 8am with Jonny, alongside big names such as Tristan Steed the UK's OCR number 1 and one of the world's best it was clear that it would prove to be a serious challenge in an incredibly strong field. Fifty-seven male racers competed for the top 30 places. Jonny was off to a strong start finding himself within the top 10 in the early stages, a slight slip on an obstacle a third of the way in he was forced to do the Spartan punishment for failing an obstacle, the dreaded 30 burpees! This proved time consuming and lost him lots of ground with Jonny saying after the race that he counted more than 20 competitors pacing him whilst in the penalty zone.

Spartan South West cont...

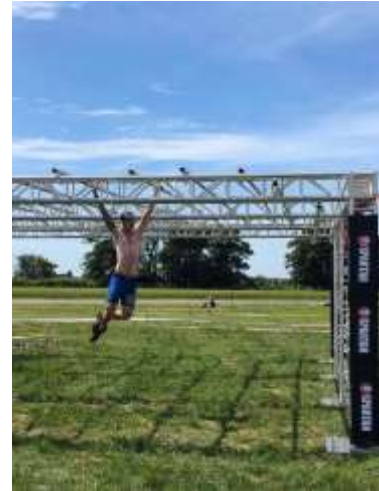


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Jonny then with the bit between his teeth showed his strength and determination to claw his way back through this elite field to finish strongly and come in comfortably amongst the top 30 in 21st place, thus securing his world champs qualification place! “ As Jonny was finishing, the 1st of 18 waves of the Open category were setting off. Surrounded by the usual array of bulky cross-fitters and Personal trainers in OCR Mark utilised his running strength to get to the front of his wave, and then managed to get into a breakaway group of 3 athletes. jostling for position for over 3 quarters of the race. Mark continues “we all took a turn at falling behind and then leading throughout the atlas stone, breeze block pull and other soul destroying challenges! Coming into the final mile the leader was uncatchable but I had cemented second place and finished the rope climb, spear throw and fire jump without a problem. With over 1200 people left to go I had an agonising wait from just after 11:30am until after 4pm for the final results, as the finishers were coming in there was a mass of eager competitors constantly checking the updates and results. The final results were updated for the last time at 4:30pm with my final position confirmed as 13th overall from 1283 and more importantly 4th from 190 in the M35-39 category! For the second year running both myself and Jonny had qualified and both buzzing to have a fellow DRC’s representing club and country in the World Championships in London on 18th-21st October this year!” Well done guys!



Giants Head Marathon



The sky doesn't get much bluer than in the image to the left. Immi Testa and Lee Masters ran Giants Head Marathon. Immi posted that “An eventful run! Very hot and hilly- I fell over looking at the Giant Willy (rhymes□) and Lee had a visit to the ambulance as usual (he's fine!) All done and gold Willy medals collected- off to the bar and barn dance now!” Well done both, always important to look where you are running, Immi 189th 06:15:35, Lee 240th 06:34:28



DRC Tri



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At the Tri-ferris Cotswold Woman Only, five DRC triathletes took part. In the Super sprint Leigh Allen was 17th in a total time of 01:07:09. In the sprint the team were led home by Zoe Fowler 01:24:55, just under a minute ahead of Rachel Cook 01:25:49, it was all very close with Tanya Histed very close behind in 01:26:44 with Sandra Lewis completing the course in 01:33:36, all looking like they thoroughly enjoyed their day in the sun.



meanwhile down in the Welsh capital Richard Pitts completed the Cardiff sprint triathlon ITU qualifier. He commented that the "Draft legal bike was fast. Run was hot! Great race venue. 14th in AG" Richard was superfast through his transitions with an overall time of 01.12.37. Swim: 13.47, T1: 1.00, bike 36.38, T2: 45 sec, run: 20.29.



Zoe Fowler posted a little reminder of past heroics saying "Whilst a few of us recently conquered fears and smashed goals in the Big Swim at Windermere, these four legends (Jerry Fowler, Fred Yearsley, Rob Woodward and Ray Williams) swam the whole lake non-stop, end to end, around 11 miles give or take. Seems like a while ago now chaps, ready for a re-match?!" Is there room in Windermere for DRC-Tri?

Another smashing week of athletics! Wednesday started with some high jump and some 200m and 400 running. Thursday included a wide range from javelin, to long jump to hurdles.

The final Yate Saturday session was a scorcher but nevertheless included more high jump practice and some sprints. Congratulations to Sophie Keevil for being awarded the athlete of the week after some very good work on her high jump approach.

Upcoming events:

1st July Cheltenham U14 Championship Event

21st July DRC Juniors Summer Championship Event

28th July start of Mini Athletics programme (5 week programme)

28th July start of Advanced Athletics programme (5 week programme)

8th September 'Try out Tri' Event

Midsummer Series first 4 Wednesdays of July age from 9-t90, go to Cheltenham Harriers Website

Parkrun





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With 40 DRC parkrunners out on Saturday Matt Read provided a brief report from Wotton "15 Dursley runners there for a warm and sunny run, with conditions as good as they'll probably ever be at the Wotton course - firm underfoot but bumpy and rutted in places. Matt Read first home for Dursley, 3rd overall, in 19:28, a course PB, after going out a bit too fast trying to stick with the frontrunner. Kris Rymer with a very impressive run not far behind in 5th, in a time of 20:40 - a huge course PB of over a minute for him and also a Parkrun PB. Benjamine Cardinal was first Dursley female and first female overall in 22:09 - a huge 4.5 minute improvement on her only previous parkrun, four months ago. Alice Lewis impressed yet again - 2nd female overall, 22:29 and an incredible age grading of over 85%" also PBs for Margaret Badger and Sam Stevens. The great running at Wotton was repeated at Kingsway with Like Davis (DRC Junior) just about holding off Margaret Johnson by 4 seconds, with Margaret running a PB and also breaking 80% for her age grading. It was very much a question of the golden oldies with Pete Chaffer heading the men's age grading with 75.18% after a 20:37 run. Joining Margaret with a PB at Kingsway were Holly Clark(JW10), Sally Williams, Tonai Honey. At Gloucester City Lisa Gillooly was the only DRC finisher as Anya Eames and Emma Owen stopped their run to take an injured dog to a vet.s Anya got a time posted of 23:38, and she may struggle to better that for a while!



Spring Challenges

Neil Trulove organised the prize giving for the Club Social last week so for those that missed the prize-giving last night here are the results:

APRIL Challenge - the Graduate

Nigel Sankey 19:43
Francesca Amigoni 23:08
Graduates from W2R
Ellen Efford
Graham Wilkes
Matthew Davies

MAY Challenge - the Devil

Dave Wood 42:45 Caroline Jones 51:23

Spring Special - the Cotswold Way

Dave Halford 500.1 miles Mark Baldwin 390 miles
Lee Masters 3 miles - the wooden spoon! (see pic)

Six other people completed 103 miles:

Dave Wood Rachel Brown Liz Halford(the only way she got to see Dave) Steve Tilley
Becky Court Sam Hill

We drew a name from the hat for these 6 and Rachel Brown won the prize of 3 bottles of wine - one red, one white, one rose.





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Cotswold Way Relay

Teams a good to go, water station at Coaley Peak has volunteer lined up, Club family BBQ all ready to go,, if the date is onot in you diary may be a bit late now!

Saturday, June 30 at 6:30 PM - 11:30 PM

Next Week - 12-27° Sunny

Strangely the organisers of the Cotswold Way Challenge have arranged for the event to be on the same day as the CWR so it would appear that Andy Hara, Mark Sprigings and Graham Wilkes will be getting a cheer from DRC relayers and hopefully give one back to the relayers heading in the opposite direction!

Club Handicap

Race two start sheets will be issued soon watch this space 2nd Tuesday of the month, social runs from Hamfield Leisure also organised

Tuesday Night is Club Night

Kangaroos	Sara Eden and Roger Newman
Squirrels	John Spicer
Greyhounds	Louise Beck and Cara Zoglowek
Greyhares	Sarah Willcox
Hares -	Nicki Cowle and Julie Jaffa Gowing
	AWAY AT WOODCHESTER MEETING AT 6.15pm
Foxes	Richard Hensman
Lions	Tony Waye
Leopards	Caroline Jones
Antelopes	Dave Wood
Penguins	Nigel Sankey
Cheetahs	tbc Light CWR training!

Thanks all, and enjoy