

## *Nigel guides World Record Holder around Glos. 20*

After the Beast from the East departed DRC runners were greeted by more of spring day at the Gloucester 20 Event, with Dave Saunders Andy Kilby, Dave Durden and late entrant, Team Sunday endurance specialist Nigel Sankey. He fancied a lie in! After an exciting time in the queue for the bag drop, Dave and Nigel just about made it to the start on time to be greeted by Dave Saunders, Andy Kilby's a bit shorter so we didn't see him! The Course was a 6.6 mile loop from Waterwells to Haresfield and reasonably lumpy, a long drag to Haresfield Village was followed by a couple of kickers and then a nice downhill section for just over a mile before another rise and then a short flat finish. Nigel eased away from Dave, whose 8:30 easy paced plan rapidly morphed to sub eight, the initial dog leg gave the Dursley runners a chance to cheer each other on. After lap one the weather started to change, a cloudy and cool day gave way to a sunny spring day, fantastic for the marshals, less ideal for the runners especially those wearing thermal tops and there were a few.

Coming though the dog-leg on lap two Nigel had a substantial lead. Little he know that his last lap he would be under some pressure. As he came into the finish on Lap Two he saw he brother in law, World Ironman record holder for a blind runner and sub 3 marathoner stood at the side of the road. His guide runner had blown up, so Nigel gamely tethered himself up and got going, in the words of King Penguin himself his brother in law was "too bloody quick for me but he was delighted to get full 20 in after his initial guide conked out after 2 laps (apparently, guide had done 100 miler couple of weeks ago). Very much a baptism of fire for me never having guided anyone running....but we got around safely and in good time....so all is well that ends well."

All those early Sunday mornings paid off and Nigel was very pleased with his 02:30:35 and a massive 15 minutes plus PB, as was Dave Saunders who was 2 minutes quicker than 2015 Andy Kilby had a good run placing 3<sup>rd</sup> MV60 with Dave Saunders 3<sup>rd</sup> in his but read on....

Dave Saunders has kindly rounded up the results

"Provisional results are now in. I have the unenviable accolade of being the oldest competitor today!! Although 3<sup>rd</sup> in my category, the two MV65s that finished in front of me were both from out of county, so that means 10 points for the Glos Road Race series. Well chuffed" The DRC team was supported by the lovely Charley Palmer who chose a beautiful day for a bike ride!  
Results: Nigel Sankey 02:30:35 91<sup>st</sup> (40<sup>th</sup> SenM); David Durden 02:37:21 136<sup>th</sup> (10<sup>th</sup> MV50)  
Dave Saunders 03:05:37 333<sup>rd</sup> (3<sup>rd</sup> MV65); Andy Kilby 03:06:52 341<sup>st</sup> (03<sup>rd</sup> MV60)



Images: Charley Palmer

## ***DRC Grand Prix 2018 UPDATE***

Pete Chaffer still holds the lead in the men's league, but he now has the familiar face of Tony Wooldridge lurking just behind in 2nd place following an impressive 81.86% age grading. Mike Crompton now sits in 3<sup>rd</sup> after recording a 17:35 5km PB for a 74.6% age grading. It remains very tight at the top with Andy Probert is just 1 point behind Mike, and Matt Read and Dave Durden both a further 2 points behind. In the women's league the top 3 remains unchanged after Alice Lewis recorded an excellent 83.17% age grading, however Annette Heylings has now closed to within 2 points of Eileen Hieron. Shona Darley and Margaret Johnson lead the chasing pack. More info via club website <http://www.dursleyrunningclub.org.uk/drc-grand-prix-2018-update-chipping-sodbury-parkrun/>

## ***Shona parkrun centurian***

Neil Truelove was beavering waway at Parkrun at Wotton on Saturday and saw the DRC Massive supporting Shona Darley. Neil posted "Massive Congratulations to [Shona](#) on being first lady home on her 100th parkrun. Fabulous achievement! I'm full of admiration for everybody who battled through some really heavy and testing conditions underfoot at Wotton today. Well done to all of you and thank-you to all the volunteers for helping out" Twenty five DRC athletes turned out to support Shona. Shona's journey in running is amazing given her ME diagnosis. Wotton saw a welcome return for Tom Smith



placing 2<sup>nd</sup> in 20:43 just in front of Matt Rogers. Tom was just a tad slower than Neil Hodgson's 20:25 at Andover, no ideas whether Andover is as muddy as Wotton! DRC Junior Hudson Taylor managed a PB probably floating over the mud! Other PBs were W2R Team London's Ellen Efford at Kingsway, David Symonds at Chipping Sodbury. This weekend' tourists were Charly Palmer, Julie Furneaux and Jo Lewis who nipped over to Ciren as first timers.



Images Neil Truelove and Julie Gowing

## ***Cleeviewold 14***

Dave Wood reported on the Cleeviewold in full

"Clocks go forward and what a change in the weather - Spring at Last! Dursley Runners were competing far and wide with four of us heading off to the Cleeviewold 14, a tough and testing off road race from Postlip Hall near Winchcombe. A fantastic setting and great race but brutally hard and never one to be underestimated, the fourteen miles feeling more like twenty! A glorious and



sunny early Spring morning, but with snow still lingering in one or two sheltered gullies, made it feel good to be outside.

Around 125 runners set off from above Postlip Hall with Alice Lewis, , Tony Wooldridge and Dave Wood and former DRC athlete Gareth Bradbury on the start line, all with previous experience of this race. Gareth stamped his authority on race from the outset and was in the first 20% of the field leading off out into the Quarry section with Dave about 10 places back and Tony tracking Dave. Gareth was soon lost from sight. The three DRC runners dug deep trying to maximise their respective strengths on the long runnable sections, steep descents and fierce climbs. At the top of a steep climb to the first drink station at four and half miles, Tony caught Dave, much to Dave's horror. Spurred into a response, Dave upped a gear into the fast common top running before a long sustained descent to the half way point, which allowed him to put clear daylight between him and Tony. The placings remaining this way for the rest of the race, Gareth crossing the line in 1-58-40 in 26th position, showing what a loss the club he is. Race winner was Richard Purkis (U/A) in an impressive 01:38:28 and Helen Brown was first lady in 02:02:20. There were 118 finishers who all received an engraved pint glass and bottle of Goffs Brewery Cleevewold Race Beer which Gareth and Tony used to rehydrate themselves in quick order at the finish line. Huge thanks to Cheltenham & County Harriers for a great race" As ever podiums all round for DRC with Tony second in category, continuing an excellent season and Dave and Alice 3<sup>rd</sup>, Alice an impressive 10<sup>th</sup> woman overall

Results: Dave Wood 32nd, (3rd MV50) 02:03:48. Tony Wooldridge 47th (2nd MV60) 02:08:57; Alice Lewis 78<sup>th</sup> (10<sup>th</sup> Lady and 2<sup>nd</sup> LV55) 02:28:46.

## ***London Landmarks Half Marathon***



More fantastic efforts by DRC runners raising money for Charity in London. Getting their preparation in for the London marathon 6 DRC athletes were on the start line of the LLHM. A brand new event for 2018, held on closed roads starting in Pall mall finished by Downing Street and according to the organisers taking in views of London's most iconic landmarks including Big Ben, St Paul's, Nelson's Column, the Gherkin, the Shard, the Tower of London and the London Eye. I suspect some of the views would involve looking up and increasing the chance of tripping over! New member Brigitt first home in under 2 hours with Nicki Sarah & Lucy ran as a trio and came home together, with the pair of Sam & Claire next home. Sue Jones put in a great effort to complete her first half especially as currently in quite a bit of pain when running but another DRC athlete determined to keep going (a bit of jeffing I hope!).

**Results:** Bridgit Kellett 01:58:01; Nicki Squire 02:31:10; Sarah Gothard 02:31:10; Lucy Fairall 02:31:11; Sam Hill 02:45:47; Claire Norman 02:45:46; Sue Jones 03:00:40

## **YEOVIL HALF**

Emma Denton completed the last half marathon of her 40 at 40 challenge and I reckon she was feeling fresh as she recorded a time of 01:39:51 placing 230<sup>th</sup> and 22<sup>nd</sup> woman overall as well as 7<sup>th</sup> in category.

Only two more races to finish to complete her challenge on behalf the charity RP Fighting Blindness, fantastic stuff.

BTW Alice Lewis now doing 60 @ 60!



## **Liverpool Half**

The final Half marathon to report is a very impressive run by Pete Chaffer in the 01:28:55 5<sup>th</sup> M55 231<sup>st</sup> overall

## **Pendock Spring Chicken**

A race to run for the name alone! A multi-terrain run on gently undulating roads and farm tracks with a choice of a 10K, 5K or 1K. Kathryn White reported that she ran "her first 10k of the season in much warmer weather than I was expecting!" and that it was 'a brilliant race organised by the village's primary school. The lanes were lovely and the offroad hills were great- even if they were very tough!

The race didn't go quite according to plan for Kathryn, she was unable to get up to her target pace despite being free from a recent knee injury. However she took it on the chin saying "But hey ho, it was a good training run and some more race experience at a brilliantly organised event. I ran 1:04:28" coming 137<sup>th</sup> out of 206 runners. Great attitude, the road to success is often rocky!



## **DRC Juniors Spring Champs**

The weather conditions were certainly spring like and the parents and Junior bathed in glorious sunshine at Yate Track. An opportunity for the young athletes who have been doing the indoor athletes session since January to have a go outside and to start preparing for the summer season. Events included distance running, high jump, long jump, javelin hurdles and sprints. Most importantly the athletes enjoyed themselves, showed some great technique and we saw some very promising early season performances. We will be supporting a U13s league at Cheltenham over the summer, targeting the Glos AAA Track and Field Champs and the Cheltenham Midsummer series, an orienteering event (courtesy of Alan Honey) plus all our normal training sessions. More info. on the

web site. Many thanks go to Caroline Jones, Annette Keevil and Pete Dunn central to pulling the event together and all the parents who assisted with the organisation today (would not happen without people raking sand, raising the bar, and taking down the performance data.



Congratulation to Annette Keevil who has passed her assessment day and has qualified at an Athletics Coach

### ***Tri Section Climb Pen-Y-Fan***

AS you know I don't post videos into the report, so you will have to go to the Tri-team facebook page to see the video of some of their team and endurance building ascent and descent of Pen-y-Fan in the Brecon Beacons, only a small step away from fell racing guys!

### ***Three Peak Trial - Challenge Walk***

Rachel Brown competed the Three Peaks Trial she completed the Gold route of around 20 miles in just under 6 hours.

This involves the ascent of 3 mountain peaks in and around the Black Mountains: Bloreng, Sugar Loaf and Skirrid Fawr raising money for the Longtown Mountain Rescue Team and building some endurance along the way!

Thought I post the image that reminds me the most about walking in Wales, it is sunny occasionally!



### ***Walk2Run***

Everchops this Tuesday, a 1.5 mile run, hopefully continuous will be the culmination of the previous 11 weeks progressive programme good luck everyone.

AND THEN DRC Take over Kingsway next Saturday 9am to celebrate the completion of the programme with a parkrun and some cake!

Lots of new runners over next couple of weeks – leaders will be needing help

## ***Clubs Run Tuesday***

Leaders for Tuesday as follows

Kangaroos - Cath Hall

Greyhounds - Cara Zoglonek

Greyhairs - Sarah Willcox

Hares - Julie Jaffa Gowing and Ian Roberts

Foxes - Richard Hensman

Lions - Louise Biddell and Catherine Fay

Leopards - Susan Peachey

**Antelopes - Francesca Lane Amigoni MEET AT THE SPOT 6.30pm**

Cheetahs - Mike Crompton

AS we transition to off road in the summer, please follow the country code shut gates and be mindful of livestock, also head torches can come in handy early and late season when the sun starts to go down