



Dursley

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DRC Tri-Team Westonbirt 2018



"One of the best days in my life ever. So many smiling faces ...Feeling super proud of you all x Thanks everyone for an amazing day, so many highlights don't know where to start" was Tara post-race post so if she doesn't know where to start I have no idea. Just amazing performances across the board. Mike Brown first home for DRC-Tri in 5th ins 01:06:01, Although Sarah Willcox has suggested his bare chest could result in disqualification! T&T were role models for the Team with Tara first DRC-Tri woman home in 01:18:05, 2nd in Cat, with Tony 23rd overall and 3rd Supervet. Jennie Marshall walked away with first supervet, as she seems to do quite regularly, Martin Bragg and Lynette Murray both 2nd SuperVet60, Zoe Lammerton 3rd Vet, just in front of Fran Amigoni who had a storming first ever tri. A whole bunch of top ten category finishers, loads of PBs and loads of first timers, just brilliant to see every one having a go and having so much fun. Many of the Triathletes have thanked the coaching team of Tony, Tara, Jerry and Martin for the time on poolside, brick sessions, and transition training, the coaches enthusiasm and dedication has been reciprocated big time by the athletes and some amazing journeys have started or continue, truly Dursley_morethana_Running Club, DRC-Tri Team #BOOM!





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With the weather a fast improvement on 2017 loads of DRC support was on the course cheering the team on from early morning to mid afternoon. Some fantastic images have been posted by Mark Histed (Some included in the report) and Jaffa Gowing, Kevin Rea amongst many others, generally most people are smiling! Former Dursley athlete Garry Hughes came in 3rd for Tri Team Gloucester

Results:

Michael Brown, 1:06:01.3, 5th Sen; Tony Freer, 1:11:48.3, 3rd SupVet; Nick Fennell, 1:16:08.8, 19th Sen; Garry Strickland, 1:18:05.0, 13th SupVet; Tara Truman, 1:18:05.7, 2nd Vet; Paul Breen, 1:18:26.7, 29th Sen; Martin Bragg, 1:18:27.4, 2nd SupVet60; Richard Lewis, 1:18:30.4, 30th Sen; Zoe Lamerton, 1:18:57.0, 3rd Vet; Francesca Amigoni, 1:19:23.9, 4th Sen; Luke Russell, 1:19:29.7, 33rd Sen; Dave Halford, 1:19:59.6, 21st Vet; Jennie Marshall, 1:20:30.5, 1st SupVet; David Durden, 1:20:36.7, 18th SupVet; Andrew Osborne, 1:20:54.6, 26th Vet; Chris Young, 1:21:34.0, 32nd Vet; Lynette Murray, 1:23:24.2, 2nd SupVet; Damian Lai, 1:24:05.4, 46th Vet; Antony Ball, 1:24:12.0, 24th SupVet; Will Steel, 1:26:36.5, 50th Sen;



Julian Peachey, 1:28:29.9, 38th SupVet; Rachel Carter, 1:28:36.9, 20th Sen; Sam Martin, 1:28:49.9, 21st Sen; Jadie Cotterell, 1:29:18.9, 23rd Sen; Zoe Fowler, 1:30:32.9, 22nd Vet; Daniel Gabb, 1:31:07.0, 58th Sen; Susan Peachey, 1:31:07.2, 23rd Vet; Richard Hensman, 1:32:41.5, 65th Vet; Charley Palmer, 1:32:56.0, 27th Vet; Hannah Osborne, 1:35:20.1, 32nd Sen; Caroline Whitlock, 1:38:21.2, 38th Vet; Sarah Willcox, 1:38:23.0, 39th Vet; Emily Farmer, 1:39:00.5, 39th Sen; Kevin Brockway, 1:39:07.2, 57th SupVet; Catherine Pinnock, 1:39:38.0, 43rd Sen; Sandra Lewis, 1:40:16.9, 19th SupVet; Terry Cother, 1:41:56.7, 59th SupVet; Samantha Hosken, 1:42:14.2, 49th Vet; Annette Heylings, 1:42:41.1, 4th SupVet60; Leigh Allen, 1:43:25.3, 51st Vet; Vicci Phillips, 1:43:43.7, 52nd Vet; Jerry Fowler, 1:44:13.4, 61st SupVet; Nicola Evered, 1:44:47.9, 27th SupVet; Cara Zoglowek, 1:47:14.7, 60th Vet; Teresa Walton, 1:48:02.2, 6th SupVet60; Peter Pemberton-Bennetts, 1:48:33.8, 13th SupVet60; Jessica Lewis, 1:48:50.2, 57th Sen; Moira Woodward, 1:49:13.9, 33rd SupVet; Lisa Gillooly, 1:51:00.6, 64th Vet; Rebecca Halford, 1:51:16.4, 61st Sen; Elliot Dessi, 1:52:29.8, 72nd Sen; Karen Eadon, 1:53:03.0, 34th SupVet; Liz McConnell, 1:53:57.4, 35th SupVet; Tracey Strickland, 1:56:50.5, 37th SupVet; Jude Rugman, 1:59:07.1, 39th SupVet; Catherine Griffiths, 2:00:17.3, 41st SupVet; Diana Gore, 2:02:26.2, 8th SupVet60; Deborah Mcfarland, 2:24:35.3, 70th Sen;

Cotswold Way Spring Special - final result**

The Cotswold Way Spring Special Challenge - in summary 25 runners ran a total of 2100 miles, which is enough to have completed a relay from Dursley to Lands End, Lands End to John O'Groats, John O'Groats back to Lands End and finally back to Dursley. And Dave Halford on his own covered 500 miles in 50 days - you do the maths

Which was a challenge that Dave Halford could not resist "Incorporating 65,774 feet of climbing - equivalent to climbing Everest from sea-level 2.25x, whilst going round the golf-course 57 times - or 126 miles of dizziness LOL"

Men: Dave Halford 500.1 miles, Mark Baldwin 390 miles, Dave Wood 157 miles.

Women: Rachel Brown 144.0, Liz Halford 134.6, Becky Court 98.4





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Cotswold Way Spring Special cont...

Steve Tilley 103.5, Sam Hill 98.1,
Carolyn Thraves 58.4, Pete Dunn
53.4, Graham Wilkes 41.9, Matt
Read 38.1, Julie Furneaux 34.1,
Kevin Rea 34.1, Annie Annie 33.7,
Paul Lewington 28.4, Janet
Matthews 27.0, Catherine Fay 34.0,
Francois Low 24.0, Tara Truman
22.0
Luke Halford 16.8, Audrey Harris
16.0
Paul Gebbett 12.7, Julie Froggatt
5.2
Lee Masters 3.0.
(NB. those striving for 103 have
until end of May) Steve Tilley
commented "Thank you Neil
Truelove for your Cotswold Way



challenge which has seen me since April 1st run over 103 Miles, climb 18737 feet , fall over and get covered in mud, run two distance pbs and get these photographs of cows. Just goes to show what we can all do when we are challenged and I suspect I am more challenged more than most!

Dorchester and Neolithic Marathons

Lee Masters continues to pack the miles in, not the first time he has run Dorchester and "as usual a great event" according to Lee, with White Star organising for the Rotary Club.



As they say sun shines on the righteous and so the presence of Nuns meant Lee had a dry run! Lee was 333rd, number half the beast! Time 04:52:39 (Chip).

Looking at Kate Browning's Strava my guess she completed the Neolithic Marathon today but cannot find any results, marathon #73 I believe in a Strava time of 04:17:52, she was joined by Rachel Brown who finished in 04:51:24 (Strava) in training for the Race to the Tower



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Westonbirt 10K



Seventeen DRC athletes were at the Westonbirt 10K on Wednesday, after successfully encouraging more entries the organisers struggled to cope and the start was delayed. This did not stop DRC from having flying feet around the course. It is not a superfast 10K with lots of twists and turns and a couple of rises to get over (of my memory serves me right!). Richard Hogg lead the DRC massive home in 44:05, with Chris Sweet just 32 seconds behind. Mike Thomas and Neil Truelove battled it out for second place for the club, Mike just 10 seconds ahead on gun time



Cath Faye was hot on their heels, first DRC woman to finish in a time of 54:04. Age categories were interesting lots of seniors and 50 plus, saves on the prizes I guess! Claire Searle was 6th F50*+ and Neil T was 7th 50+ (why cannot they stick to standard categories? Oh I have already answered that one. For those like me with long memories this event used to be hosted by Ciren AC and the Forestry Commission took over, I suspect they decided it was more lucrative to run it themselves. Organising races involves a myriad of tasks and even events run by runners (running clubs) for runners sometimes have problems. Hopefully lesson learnt by FC.

Results: Richard Hogg, 44:05, 18th, (18th SenM); Chris Sweet , 44:37, 22nd, (20th SenM)

Results cont...



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Michael Thomas, 51:09, 101st, (74th SenM); Neil Truelove, 51:40, 103rd, (7th 50 Plus); Catherine Pinnock, 54:04, 167th, (58th SenW); Paul Dunn, 56:21, 234th, (135th SenM); Liz Halford, 57:48, 257th, (117th SenF); Andrew Eades, 57:49, 258th, (151st SenM); Steve Barnes, 59:16, 311th, (15th 50 plus); Claire Searle, 01:00:32, 373rd, (6th 50 plus); Bridgit Kellett, 01:00:18, 383rd, (169th SenF); Nicola Cowle, 01:03:46, 493rd, (269th SenF); Julie Froggatt, 01:05:52, 537th, (308th SenF); Jackie Pennington, 01:06:18, 573rd, (319th SenF); Jane Lamper, 01:08:06, 632nd, (369th SenF); Nicky Grant, 01:11:09, 739th, (464th SenF); Samantha Hill, 01:12:01, 765th, (482nd SenF).

Hogweed Trot 2018

Just the two athletes at the Hogweed Trot this year. Kris Rymer first home for DRC in 45:53, 92nd with Pete Brown 208th and 2nd V70 in 01:00:01. This is a good 10K for any athlete looking for a fast course last two miles are slightly downhill/flat. Conditions for Kris and Pete weren't ideal though with high humidity

Ride the Night

Linda Dibley and Tania Honey completed a 104 kilometer "Ride the Night" event from Windsor Castle to Buckingham Palace and back. That's about 60 miles in old money, and was Tania's longest ever ride, this was combined with 4 hrs of torrential rain, thunder and lightning. Very impressive. And all in a good cause raising money for women's cancer charities, with four riders raising roughly £1000. I am sure if you want to donate Tania wouldn't say no!

Parkrun

Saturday saw the majority of DRC parkrunners at Kingsway where Joe Ball lead DRC home in 20:22, with Trish Mansell first woman home with a PB of 23:49, fastest DRC woman parkrunner, and she topped the DRC age grading for the weekend with a 66.06% AG! Joining her with PB at Kingsway were Vicci Phillips and Leigh Allen, at Thornbury picking up a best was Emily Harding, whilst Eileen Efford also PB'd (again!) at Wotton, Kris Rymer led DRC home but for a change no personal best for Kris.

Juniors

Another good week for DRC Juniors with two guests Tim Britton but the year 7 runners through their paces on Wednesday with a little Q&A to start with about his background in running and he learnt to pace himself. The weather cleared for Thursday and we saw another well attended session. Saturday saw a "Guest Coach" Jeremy Dale coach 2 high jump sessions at Yate Track. As a qualified event coach it was a really useful session form both the athletes and the coaches a couple of whom could not resist having a go! The image to the right show a "old dog" struggling to learn new



tricks. Very useful as a coach to put yourselves in the same positon as your athletes, and understand how much there is to process to learn new skills

DRC Tri-Team



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Sunday saw Jonny Marks at the Gloucester triathlon 2018 in the thunderstorms 16 lengths, 25km bike 6km run, finishing 5th in 01:12:53. Jonny said "really 3rd place overall! Pool marshal counted wrong and made me do 2 extra lengths, costing at least 50 seconds meaning I would've finished 3rd overall.. so I'm claiming I came 3rd" He was very pleased with the result as last year he came 14th

Carl Fivey was in action over in Germany at the Polten Ironman70.3. It is the oldest Ironman on mainland Europe apparently, with a two lake swim.

He completed the course in in 06:59
Taking 46:52 for the 1.2 mile swim, T1 7:51,
03:07:14 for the 56 mile cycle, averaging 28.4
km/h (c 15.75mph), T2 5:21 and finished with a
time of 2:23:47 for the Half. He was 1009th
overall and 175th M40.

Last minute Brick training took place on a lovely evening, whilst the cricketers played on!



Handicap

Currently 77 entrants in the handicap, if intend to run any of the races please enter now as it makes organisation much easier, we need to allocate numbers as well as initial starting positions. The deadline to entre Race 1 is the 1st of June, with Dave Halford completing the handicapping over the weekend of the 2nd and 3rd, start sheets will then be issued via Facebook and e-mail, with instructions for race night

NO ENTRY ON THE NIGHT

Super long hyperlink, don't waster it use it.....

https://l.facebook.com/l.php?u=https%3A%2F%2Fgoo.gl%2Fforms%2Fu1WLPI88oWfwCfLm1&h=ATOSTxPyL3GMmDfmWdr9dNyonUM1_ZGIJ5yax2R_dpqyNwiUNrw_EYJVacHBQd-S6CDa7A1q7M-FwcUH7s5PL20ft6ctCPqCS0JluecHNqoCuUMQp3Y1GQyPa55WFESI1-jMaIUpWfNqA

FIRST RACE IS THE 12TH OF JUNE AT HAMFIELDS LEISURE BRIEFING 6:20 - 6:30 START

The Dursley Peaks Race 2018



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The race starts at 7:30 from the Peak Academy. Many thanks to Graeme Hawkins as Race Director and Chris Young who has organised the volunteers. Of course big thanks to all who are helping on the night marshalling, timing and setting up the course. Any queries re marshalling etc. speak to Chris

Young ASAP. Good luck to all running the event, fingers crossed for another DRC victory and that all the entrants "enjoy" the event!



Cotswold Way Relay and Club BBQ

Saturday 30th of June

Quite few people are getting their recces in ready for the end of June. Don't forget it is the Clubs Summer social as well, fingers crossed for the weather!

See links for race info. Whether running or spectating.

<https://www.facebook.com/cotswoldwayrelay/>

<http://www.cotswoldwayrelay.co.uk>



Tuesday Night is Club Night....

Tuesday leaders as follows:

Kangaroos	- Sara Eden
Squirrels	- Cath Hall
Greyhounds	- Louise Beck and Cara Zoglowski
Greyhares	- Sarah Willcox AWAY AT WOODCHESTER
Hares	- Nicki Cowle and Julie Jaffa Gowing
Foxes	- Richard Hensman
Lions (on road)	- Tony Waye
Leopards (off road)	- Caroline Jones
Antelopes	- Dave Wood



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Penguins - Francesca Lane Amigoni
Cheetahs - tba

And finally

Many thanks for the picture in the header, courtesy of Ben Houghton and the Hares who were on the peak recce-ing the “peaks” last Tuesday