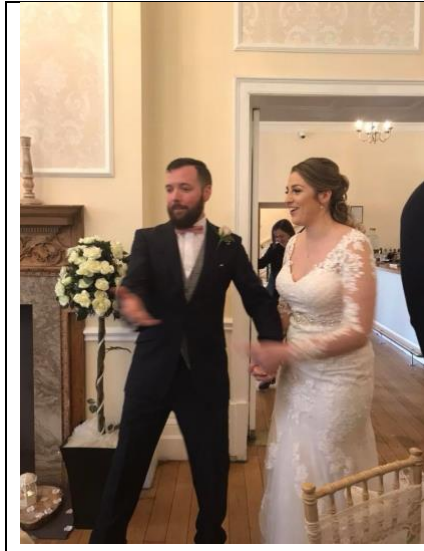


Dursley

more than a

Running Club

Congratulations all round firstly to Emma Boxall and Mark Owen married on Maundy Thursday and almost straight out to support the Kingsway parkrun takeover and also a VERY Happy Birthday to Alice Lewis 60 years young!



Tricky finding an image of Alice on her own apart from when running always seems to be in an image with Dave Saunders holding a medal. This one's from Berkeley 10K 2015, very impressive finishing, very impressive starting from Emma and Mark!

And of course congratulations to all the W2R Graduates if you can run in conditions like Saturday morning you can run in almost anything, cold and wet, but not miserable because of all the support from fellow runners and DRC volunteers and supporters. Great Race directing courtesy of Neil Truelove, you'd think he'd done it before! Damian provided a race report as you would expect:

"Today it was Dursley Running Club's (DRC's) turn to celebrate the end of their Walk2Run programme by holding a DRC takeover at Kingsway parkrun. The DRC Walk2Run programme has been running for 12 weeks and this was the culmination of those weeks of training every Tuesday evening with the club and homework runs at the weekend. First home for the new runners was Matt Davies in a very respectable time of 29.35 with Jo Lewis hot on his tails finishing in 29.42. The most improved runner was Amy Raines-Gardiner who finished in 43.05. This week there were a total of 238 runners who braved the conditions considering it had rained solidly for 24 hours previously and the ground was damp and squidgy in places to say the least with a few puddles. It was not a day for PB's as none of the first 15 home got a PB. Kingsway continues to attract an increasing number of participants with 39 first timers and 34 runners recording a PB, also 14 clubs being represented. There were a total of 55 Dursley Running Club runners in the field today as part of the takeover".



Damo posted "Dursley Running Club meet the Walk2Run Class of 2018. We're missing a few who couldn't make it this morning but I'm sure you'll see them soon. Fantastic achievements all round". Walk2Run is a great success and it is "awewome" to quote someone to see how the programme supports people into running!

Dursley

more than a
Running Club

W2R Pos	Athlete	Time	Pos	Cat	Age Grade	G	G. Pos		
1	Matthew DAVIES	29:35	106	VM40-44	47.55%	M	79	First Timer!	1
2	Jo LEWIS	29:42	109	VW45-49	55.78%	F	28	First Timer!	2
3	Graham WILKES	30:11	120	VM40-44	45.55%	M	85	First Timer!	1
4	Cathy TRUELOVE	32:08	158	VW55-59	55.60%	F	59	First Timer!	1
5	Ellen EFFORD	33:22	176	VW45-49	47.60%	F	70	New PB!	4
6	Bev PERKINS	33:56	181	VW45-49	47.74%	F	74	New PB!	3
7	Mandy DELAFIELD	34:12	183	VW55-59	52.92%	F	76	New PB!	4
8	Rachel SMITH	34:14	184	VW35-39	44.21%	F	77	New PB!	4
9	Carolyn WALDRON	36:43	204	VW55-59	50.66%	F	89	First Timer!	1
10	Rebecca WILLIAMS	42:08	217	VW45-49	38.05%	F	102	First Timer!	1
11	Amy RAINES-GARDINER	43:05	218	SW25-29	34.35%	F	103	First Timer!	1
12	Pagu MALATHY-CHIDAMBARAM	43:47	221	SM30-34	29.81%	M	116	First Timer!	1
13	Catherine COX	43:48	222	VW45-49	37.37%	F	106	First Timer!	1
14	Emma BARRETT	43:50	223	VW40-44	35.36%	F	107	First Timer!	1
15	Penny OWEN	44:02	224	VW60-64	45.34%	F	108	First Timer!	1
16	Andrew CURRY	45:46	235	VM65-69	37.69%	M	121	PBstays@ 41:57	4

With inclusivity and support being the buzz word on a Tuesday, with the Tri-team and Juniors ,

Dursley – morethana – Running Club!

Tom Smith led DRC home on 18:55 with DRC Junior Jake Matthews paced round to a PB by another DRC Junior Luke Halford, with another four juniors also running Holly Clark(PB) plus brother Liam, Ollie Norris, and Ethan Matthews. Lots of senior PBs at Kingsway on the day despite the weather, Catherine Pinnock, Damian Davis, Carly Heath, and Sam Hill. with just one other PB from Nigel Sankey up at Huddersfield, but it turned out to be a timing error, Nigel flagged up but times cannot be changed apparently! Tony Ball pointed out he was the first DRC home at the Eden project by then the same can be said of Andrew Oborn (Maldon Prom) Anne Harris (Queen Elizabeth) Jo Sheen (Bideford) Neil Hodgson(Andover) and Mouse at Stonehouse.

The Long Good Friday



Giving my age away there, great film!

Shona Darley travelled down to Chippenham to the Good Friday 10 Mile and recorded an eighty-three minute 10 Mile run and she has done all the work for me image and result all in one.

Great running from Shona, and she was last week's Gazette headline, fame at last!

Westonbirt 10K



Andrew Eades led the DRC athletes home in 48:05 at the Westonbirt Easter 10K held in miserably wet and cold condition on Good Friday.

Andrew was very pleasantly surprised to PB putting into down to his marathon training. There is no doubt that the development of aerobic capacity through marathon training can have an impact on your quicker runs, we saw this with a great half marathon PB from Mike Crompton as he trained for the Bristol Bath Marathon.

Louise Biddell was first DRC woman home in just over 54 minutes. Behind Louise there as a flurry of DRC runners coming in under the hour, these included W2R 2017 graduate Ben Houghton, Steve Barnes placing 7th M60 and Julie Furneaux running under 60 minutes at 10K for the first time and smashing her PB by 6 minutes, ably assisted by Charley Palmer. Ben Houghton also ran a personal best with Tania Honey running her first ever 10K, so that will be PB then! Eileen Hieron 1st F70!



Images courtesy of Kevin Rea

The DRC runners received great support of on a cold and damp morning, makes all the difference! Great images from Kevin Rea, more to be found on facebook, showing the effort put in and the enjoyment had by our runners. Mark Sprigings was the 45 minutes pacer there to ensure his runners hit the money Mark took his DRC vest but wasn't allowed to wear it, Shame! As the 45 min pacer he finished in 44:41, 2 secs off 45 per km pretty good pacing, and the course is up and down as well!

Dursley

more than a
Running Club

Results: Andrew Eades , 48:05, 102nd, SenM, 39th; Louise Biddell , 53:53, 237th, SenM, 43rd; Clair Norman, 57:48, 331st, SenM, 72nd; Steve Barnes , 58:09, 334th, M60, 7th; Ben Houghton , 58:09, 339th, SenM, 85th; Charley Palmer , 58:32, 354th, F40, 52nd; Julie Furneaux, 58:32, 355th, F40, 53rd; Mark Western, 59:01, 374th, M50, 45th; Margaret Badger , 59:11, 386th, F40, 58th; Teresa Walton , 1:01:51, 445th, F60, 3rd; Pete Bennetts, 1:06:43, 551st, M60, 14th; Eileen Hieron , 1:08:00, 568th, F70, 1st; Sam , Hill , 1:08:22, 574th, SenW, 146th; Amy , Griffiths , 1:08:43, 589th, SenW, 150th; Katie , Reynolds , 1:09:19, 604th, SenW, 156th; Leigh , Allen , 1:09:21, 606th, F40, 120th; Sam , Stevens , 1:10:00, 608th, SenW, 158th; Veronica , Higgins , 1:10:46, 613th, F50, 58th; Deb , McFarland, 01:14:07, 652nd, SenW, 188th; Rach , Goatman , 01:14:10, 653rd, n/a, n/a; Louise , Beck , 1:12:31, 645th, F40, 129th; Tania , Honey , 1:17:12, 682nd, F50, 79th; Cath , Griffiths , 1:20:07, 695th, F50, 82nd

Hanham Horror

Dave Halfords report "Hanham Horror - totally epic race; highly recommend" Carolyn Thraves post gives you a bit more of clue...

"Never heard start-line instructions before that included the phrase "well the path IS there, you just can't always see it"! Lots of keep-left-or-you'll-end-up-in-the-river places.



Caz Harper-Easthope's post gives a bit more flavour to the proceedings "Big Thank You to Carolyn, Lise, Dave and Kris, for cheering me in at the end of The Hanham Horror, I had a mare of a race after a tumble down an extremely muddy path (after all the steps, after all the puddles, after all the flooded river, before the final rope climb), covered in mud, cutting my hand open, hurting and bruising my knees and feeling really sorry for myself. They made me smile at the end with their encouragement. So Thanks Guys xxxx" There is a reason for the name , does what is says on the tin! Dave Halford did lead the team home placing 63rd and 16th (by my count) M40

Kris Rymer just about holding off Lise Hindshaw just over 4 minutes later. Lise was first DRC woman home with Carolyn Thaves and Caz both putting in great efforts, Caz being supported arund by Rob Easthope. Carolyn also commented "Really scenic, friendly support, nice rope-assisted hill climb a la precipice. Lots of fun".

Results: Dave Halford, 63rd, 49:55, (M40); Kris Rymer, 91st, 54:05, (SenM); Lise Hindshaw, 93rd, 54:13, (F40); Carolyn Thraves, 155th, 01:03:18, (SenF); Caroline Easthope, 238th, 01:22:11, (FV40)

Beating the Bore

Dave Wood kindly provided the following race report 'Dursley runners Jo Fearn, Quentin Somerset, James and Soos Moss and Dave Wood ventured to picturesque Elmore Village for the 8 mile "Beat The Bore" off road race organised by lamoutdoors. The Easter Sunday morning weather was perfect for running but the previous weeks persistent rain had left the ground at best heavy going at worst a quagmire.

Dursley

more than a
Running Club

Around 65 runners set off from a field behind Elmore Village Hall an hour or so before the Severn Bore was expected to reach the finish line at Weir Green. The route dropped slightly downhill across a series of waterlogged fields before the steep and boggy climb to the race highpoint of Hockley Hill. A field or two of uneven grassland followed before a steady splash downhill brought runners to a small valley and another short climb up the side of Monks Hill. A saturated and slippery descent followed to the Elmore Road crossing at Castle End at around the 2.1/2 mile mark.

Three more boggy fields brought runners to the River Severn and a right turn onto the bank led them onto Severn Way path at just over 3 miles. The route then remained relatively level, but punctuated with gates and stiles and strength sapping and slippery ground underfoot as it followed the twists and turns of the river. With the Severn Bore rushing upstream behind them, the runners continued along the river bank passing the tiny riverside hamlet of Elmore Back. The last mile or so of the route towards Weir Green provided the driest ground underfoot giving runners an opportunity to up the pace if they had any strength left. Only the first 3 finishers Beat the Bore which reached Weir Green in around an hour and 3 minutes. There were 63 finishers the winner completing the challenging route in an impressive 55-01".

Dave Wood led the DRC home and was an impressive 8th in 01:05:19, with Quentin Somerset 39th ,01:21:41, James Moss 41st 01:21:52; Soos Moss 59th 01:50:34 and Jo Fearn 01:52:58, well done, no doubt an updated report will emerge from DW.



Jo Reported "So my first attempt at an off-road race. 8 miles of mud and puddles. Beat the bore, not by a long way but what a fantastic run. (After the first three miles of mud, so thick I felt I was wearing clown shoes.) once on the river trail it was fantastic. Race buddy Mr log finally overtook me, great experience. Loved it'. If yo look closely I think you can see Mr Log

Fakenham Five

Final Race result of the weekend that I know of Pete Dunn was another First DRC runner home at eth Fakenham 5K, no official time as yet.

DRC Juniors

DRC Juniors finished their winter indoors programme with an obstacle course and a bleep test, because of space we have only been doing the test over 15m but seeing some great running and improvement over the course of the programme. Many thanks to Caroline Jones for organising and the coaches and assistants for making it possible. Short break and the summer programme owl be starting.

Tri Section

After some serious time spent in the pool by the women: 11hrs and 33 minutes from Vicci Philps, with Tara Truman just over 10 hours and Lisa Gillloly and Sam Martin posting almost nine hours (over a month I think!) Tony Freer has decided it's time to post cycling challenge

"It's April and like last year, DRC-Tri-team April challenge is a bike challenge and this year I have moved the venue and created a pretty flat 13 mile route which is pretty similar to Westonbirt profile and the same distance".

If you are interested in the course, follow the link! <https://www.strava.com/segments/17291546>

Following up on the success of the previous training day Tara is repeating the session but this time with some transition practice so you can be back up to Westonbirt on the April 28 from 11:45 am – 5:00 pm

Everchops

At one minute to midnight Mr T took the calculated risk of posting the FINAL leaderboard! "Well done to **ALL 105** runners who attempted Everchops especially Richard Hogg and Robyn Jackson. I'll sort out the fastest male and female from each running group including W2R (might need the help of the run leaders please!) as soon as I get a chance."

Richard Hogg 9:17

Robyn Jackson 9:21

Matthew Read 9:22; Nigel Sankey 9:25; Matt Hazel-Livall 9:27; Chris Sweet 9:40; Mike Brown 9:50
Nick Fennell 10:15; Paul Gebbett 10:17; David Wood 10:25; Francois Low 10:31; Chris Sweet 10:36
Margaret Johnson 10:51; Zoe Lamerton 10:54; Joe Ball 10:56; Francesca Amigoni 11:00
Chris Williams 11:01; Derek Jackson 11:11; Neil Truelove 11:11; Mark Owen 11:16
Andrew Osborne 11:19; Andrew Eades 11:24; Catherine Fay 11:26; Dan Gabb 11:35
Richard Hensman 11:36; Mike Thomas 11:38; Terry WOODFORD 11:44; Tony Waye 11:47
Lucy Holder 12:07; Caroline Jones 12:09; Charley Palmer 12:14; Damian Lai 12:18
Antony Ball 12:21; Louise Biddell 12:22; Damien Davis 12:27; Rachel Brown 12:30
Becky Court 12:30; Alan Honey 12:40; Nicki Squire 12:41; Hayley Hogg 12:41; Dave Stayte 12:43
Kathryn White 12:52; Lucy Fairall 12:58; Julie Jaffa 13:06; Clair Norman 13:07; Ian Roberts 13:08
Pete Dunn 13:09; Michelle Ball 13:11; Steve Barnes 13:20; Carolyn Thraves 13:23
Ben Houghton 13:26; Hannah Clarke 13:40; Liz Halford 13:43; Chris Curry 13:43;
Emma Keating 13:53; Steve Peers 14:00; Tracey Strickland 14:04;
Vicci Phillips 14:13; Margaret Badger 14:21; Dominique Pemberton 14:31; Hannah Sallis 14:31;
matthew daves 14:32; Nicki Cowle 14:34; Sally Williams 15:00; Sue Carter 15:04;
Kelly Gabb 15:05; Pete Wintle 15:08; Debi Jones 15:09; Teresa Walton 15:16;
Amanda Hensman 15:24; Kelly Hughes 15:25; Emma Boxall 15:31; Lisa Gillooly 15:43;
Carly Heath 15:48; Sarah Willcox 15:51; Cathy Truelove 16:04; Rebecca Halford 16:12;
Charlie Taylor 16:12; Hannah Butcher 16:12; Paula Roberts 16:14; Sandra Lewis 16:20;
Kate Reynolds 16:24; Sam Stevens 16:24; Julie Furneaux 16:26; Katrina Fletcher 16:28;
Jo Fearn 16:36; Bev Perkins 16:37; Sam Hosken 16:37; Ellen Efford 16:39; Becky Whatling 17:00;
Tania Honey 17:02; Shona Darley 17:19; Graham Wilkes 17:24; Scott Thomas 17:56; Garry Strickland
18:12; Carolyn Waldron 18:18; Caroline (Caz) (Harper) Easthope 18:19; Lorraine Jacoby 18:19; cont...
Leigh Allen 18:45; Tara Truman 18:49; Elizabeth McConnell 18:51; Catherine Hall 19:37;

Dursley

more than a
Running Club

Amy Raines-Gardiner 19:54; Louise Beck Was Ealey 19:54; Catherine Cox 20:39; Jennifer Wilkins 20:49.

Many thanks to Neil, for the gift of Everchops and the time he will be taking putting the results together! Look out for the Spring Challenge - Costwold Way here you come!

Richard Smith conquering the climbs!



It was a sad day for DRC when Keeley and Richard departed for the Lakes. However, what a wonderful place for two people committed to the outdoors whether working or playing, and it's great to see Richard enjoying himself and as ever a committed team player, even if it is for the wrong team! NB Race numbers sponsored by Pete Bland Sports, serious fell running, at the Dungeon Gill Fell Race straight up to Langdale Pikes over to Harrison Stickle and then back down! 2100ft of ascent



Team Sunday to Teams Sunday



More and more members are out Sunday doing some pretty impressive running whether it is muddy Dozen or distance training, Sunday seeing Julie Gowing and posse heading to Gloucester in her own words "Today was mine and the boss's last long run! So it was decided to run to Kaspas 20 miles away in Gloucester and have a reward at the end and boy it was worth the wait! Thank you to all who joined us, fab company! Nice to have Emma and Mark join us for the last leg, and thank you to Kelly and Mike for taking our stuff up to meet us there, along with the kids.

To encourage members to get together to get those miles or just having a Lazy Sunday Morning run in (for those who think 7.30am on a Sunday is an another country) please let Margaret (The Team Sunday Machine!) know what you are planning for Sunday so she can get onto the website, She'll need meeting/starting point, start time, distance and pace, plus any other relevant info! If you let Margaret now the earlier the better but last call for a post will be 1pm Saturday

Clubs Run Tuesday

Following end of W2R lots of new runners over next couple of weeks – leaders will be needing help, don't be shy!

Club runs cont...

Kangaroos -	Cath Hall and Andrea Sexton
Greyhounds -	Louise Beck and Cara Zoglowek
Greyhares -	Sarah Willcox and Nick Fennell
Hares -	Julie Jaffa Gowing
Foxes -	Liz Halford
Lions -	Caroline Jones
Leopards -	Tony Waye and Susan Peachey
Antelopes -	Dave Wood
Penguins (Road)	Margaret Johnson
Cheetahs -	TBC

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. Obviously, Penguins don't need to worry about this as need to feel tarmac under foot at all times!