

## ***Dursley Sinners in Action***

A group of Dursley Runners made their way to The Forest of Dean for the first of the 2017 Seven Sins hat trick of races being held on Thursday 28th, Friday 29th and Saturday 30th December. A regular on the running calendar the Seven Sins is an off road race which incorporates seven hills in a little over seven miles with two under road river tunnels for good measure with around 1000 feet of ascent and descent. Keen to work off the Christmas excess (GLUTTONY) and shake the self-induced torpor of the festive season (SLOTH) the Dursley Runners were defiant in the face of some very wintry conditions.

A very hard frost following the previous days snow had left the route snowy, frozen, boggy and waterlogged in pretty much equal measure with firm sections being a rarity. The race organisers felt that the first river tunnel section was too hazardous for runners because of the depth of the river and the speed of the current and a road diversion excluded this first subterranean river immersion. At the stroke of ten some 160 plus runners set off along one of the few firm path sections and headed up the first and biggest of the seven climbs. Dave Wood tried a measured approach but by the first descent the thrill of the kamikaze downhill overwhelmed him and he sought out these sections with increasing desire (GREED).

Mouse (acting as pacer for his better half Den) and Den Evans (honorary member but affiliated to Glos AC) adopted a steadier approach, but nevertheless made good progress. Caroline Jones and Chris Sweet were sporting previous years Seven Sins technical T's, with pride. Chris had started strongly and was at the sharp end of the race field and Caroline was making steady progress behind Den and Mouse a little further down the field. As the biting cold air rasped in the runners lungs the familiar heady descents and heart breaking ascents repeated again and again and the desperate need to finish and end the misery became a consuming desire (LUST).

Dave soon found a pattern in his race  
overtaking on the more level  
sections and descents and losing  
ground on the steep uphill  
but he continued to gain places  
nonetheless with Chris still running  
strongly. The final descent proved  
to contain some of the trickiest and  
boggiest ground yet encountered  
and the expected speedy descent  
to the finish and the final  
river/tunnel crossing was negated  
by the strength sapping morass. An  
obscured marker in the final half  
mile caused Dave Mouse and



Den to go off course at this most crucial point of the race with all three losing between 30 and 60 seconds as well as a handful of valuable places. This caused a brief moment of angry frustration (WRATH) and in his desire to regain the lost places Dave threw himself into the river/tunnel crossing only to lose his footing and fall into the ice cold thigh deep water of the tunnel (HUBRIS). He resurfaced to be first Dursley finisher in 23rd position overall (4th MV50) in 1-05-13 just pipping Chris Sweet who finished in 1-05-19 in 25th position overall (4th MV40). Dave spent the remainder of his day eyeing up the "sub 60 T shirts" (ENVY) awarded to those runners who finish the course in under 60 minutes (envy). Den and Mouse finished in 1-14-57 and 1-14-58 respectively, with Den collecting the FSVet (1st LV50) prize and finishing 5th lady overall (PRIDE). Caroline ran a determined race and finished strongly in 1-21-25 and was 13th lady overall out of the 51 female finishers.

The male winner was Rob Bowery who finished the race in an impressive 54-21 with the first female finisher Claudia Wilesmith in 1-05-11. The final results recorded 163 male and female finishers in the



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Thursday Seven Sins event. Every finisher received a stylish Seven Sins "Gluttony" medal before withdrawing to their cars for warm and dry clothing. (thank you Dave Wood for the write up!).

The Seven Sins was followed up by a couple of rearranged races with the Westonbirt House 10K and Severn AC Boxing Day four miler both rejigged due to snow with the Wye Wander and Gloucester 10 sandwiched in-between, the latter meaning a few runners had consecutive races to the end the year on!

## **Westonbirt House 10K**

Seventeen DRC athletes were on the start line Westonbirt House event. The club had two runners finishing in the top twenty, James Price running strongly to come home first for DRC at the with Mark Sprigings just 45 seconds behind him, placing 5<sup>th</sup> and 7<sup>th</sup> senior males respectively.



Behind them a posse of runners came in comfortably under the hour, with Louise Biddell, looking good as the first DRC woman in, with Steve Barnes pacing sixth M60. Just on the other side of sixty minutes Eileen Hieron finished 2<sup>nd</sup> V70. Louise Beck and Cara Zoglowek both finished under eighty minutes and could look forward to putting their feet before the Gloucester 10 Mile the following day. Angie Sinton ran a massive PB of over 10 minutes!





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## Results:

James Price, 12<sup>th</sup> (5<sup>th</sup> SenM), 42:20;  
Mark Sprigings, 16<sup>th</sup> (7<sup>th</sup> SenM), 43:05;  
Andrew Obourne, 55<sup>th</sup>, 47:27;  
Anthony Ball, 125<sup>th</sup>, 53:06;  
Joe Ball, 126<sup>th</sup>, 53:07;  
Louise Biddell, 167<sup>th</sup>, 55:20;  
Nicki Squire 189<sup>th</sup>, 56:30  
Mark Western, 202<sup>nd</sup>, 56:55;  
Lucy Fairall, 225<sup>th</sup>, 58:37;  
Steve Barnes, 237<sup>th</sup> (6<sup>th</sup> M60), 59:05;  
Eileen Hieron, 328<sup>th</sup> (2<sup>nd</sup> F70), 1:04:27;  
Rachael Goatman, 360<sup>th</sup>, 1:05:26;  
Terry Cother 355<sup>th</sup> 01:04:08;  
Peter Bennetts, 385<sup>th</sup>, 01:06:47;  
Angela Sinton, 399<sup>th</sup>, 01:07:52;  
Nicky Grant, 447<sup>th</sup>, 01:13:42;  
Sam Hill, 448<sup>th</sup>, 01:13:43;  
Louise Beck, 464<sup>th</sup>, 01:16:24;  
Cara Zoglowek, 475<sup>th</sup>, 01:19:13



## Why wander?

Off Road and enjoying himself as ever Paul Gebbett was the sole DRC rep at the Wye Wander he posted "Great fun very muddy and the water splash was very cold..... can't wait to do it again in the dark on 8th February" placing 23<sup>rd</sup> in a time of 40:30 9<sup>th</sup> M40.

I don't know how he manages to get a great image every time he races, must find the photographer before the race and tip him a tenner!



## Gloucester New Year 10 Mile

Another great turn out from the club with twenty-one runners on the start line on the morning of New Year's Eve. Kevin Jackson led the team home in just over ninety minutes placing 5<sup>th</sup> M50. Margaret Johnson produced an excellent run of 01:14:47 both Margaret and Annette Heylings placing 2<sup>nd</sup> in their categories with Zoe Lammerton 3<sup>rd</sup> in hers. Nick Fennell produced a good effort of 01:21:16 perhaps



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his best run of the year finishing ahead of Damian Lai who may have been hopping around! Kevin Rea travelled down south hopefully he had been enticed by Charley Palmer with an accurate description of the race distance. As ever a lot of support for each other out there with many DRC runners finishing together

Kevin Jackson, 57<sup>th</sup> , (5<sup>th</sup> M50), 01:10:20; Margaret Johnson, 76<sup>th</sup> , (2<sup>nd</sup> F50), 01:14:47  
Zoe Lammerton, 102<sup>nd</sup> , (3<sup>rd</sup> F40), 01:18:40; Nick Fennell, 128<sup>th</sup> , 01:21:16; Damian Lai, 153<sup>rd</sup> ,  
01:24:01; Kevin Rea, 174<sup>th</sup> , 01:26:47; Charley Palmer, 216<sup>th</sup> , 01:30:58; Liz Halford, 221<sup>st</sup> , 01:32:14;  
Dave Halford , 222<sup>nd</sup> , 01:32:15; Anne Harris , 238<sup>th</sup> , 01:34:20; Zoe Fowler , 266<sup>th</sup> , 01:38:57; Rachel  
Cook, 267<sup>th</sup> , 01:38:57; Annette Heylings, 298<sup>th</sup> , (2<sup>nd</sup> F60) 01:46:12; Sarah Newall, 305<sup>th</sup> , 01:49:02;  
Emma Boxall, 306<sup>th</sup> , 01:49:18; Kelly Gabb, 315<sup>th</sup> , 01:52:18; Mark Owen, 316<sup>th</sup> , 01:52:18; Anya  
Eames, 332<sup>nd</sup> , 02:09:44; Sarah Willcox, 333<sup>rd</sup> , 02:09:44; Cara Zoglowek, 334<sup>th</sup> , 02:11:34; Louise  
Beck , 335<sup>th</sup> , 02:11:35.

## ***The Return of Terry Haines***

Severn AC stalwart Terry Haines, renowned for his multitude of promotions, VFM and biscuits for prizes, came out of retirement to run the Elmore Boxing Day 4 Miler. Sadly (for Mr D at least!) snow postponed the event so it eventually took place on News Years Day. Course conditions were wet & slippery but the rain did stop in time for race and even a rare appearance by the Sun! The route started at Elmore village hall, headed down hill towards the pilot before returning up the hill to the hall. Route then finished with a charge down the other steeper hill before coming back up to finish. Jon Tudor reported that there were "Brilliant performances from Alice and Graham"  
Results: Jonathan Tudor 8<sup>th</sup> 27:39, Alice Lewis 13<sup>th</sup> 30:30(prov); Graham Tudor 14<sup>th</sup> 30:45.

## ***Lee masters Brown Willy***

I thought he'd be disappointed if it did not get a mention in traditional "Carry On Running fashion!

Imi Testa and Lee Masters heading to Bodmin Moor (Jamaica Inn) for the New years day 7 mile run up to the high point of Brown Willy & back.

Lee reported " 900 foot of climbing, the organisers apologised for the lack of sleet, snow & run but they did provide clear views, wind and lots of peat bogs and a scramble to the summit. No entry fee and you get a fridge magnet.



This might sound little but it is a free race. All they ask for is a donation. 398 runners £1800 raised to split between Cornwall search & rescue and a homeless charity"



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## Mr T's Christmas



Congratulations to EVERYONE who completed the puzzle and EVERYONE who completed the December challenge. Some really quick puzzle solving (Karen Eadon - 2nd December!) and some really quick running (Dave Wood and Margaret) and some really great team work (Shona, Carolyn, Julie and Charlotte for the ladies and Nigel, James, Stuart Gwilliam and Richard for the men). Plus some really strong bonding (the Hares!) and some really great efforts all round (everyone!). Thank-you for giving it a go.

As well as providing a fun challenge for you all through December I was also taking the opportunity to raise a few quid for those who face a far tougher challenge in life like Sam Hill's little boy Henry who suffers with Hirschprung Disease. Sam and Henry have faced unimaginable challenges throughout the past 12 months and Sam is an inspiration in keeping it all together and still managing to get out whenever she can to run.



She is always smiling (...well USUALLY smiling!) and never complaining (...well USUALLY not complaining!) :) and she is taking on a DOUBLE marathon to raise funds for Bristol Children's Hospital to help them save more lives like Henry's. So if you've enjoyed this challenge, or any of the challenges, through the year then please, please, please consider making a small donation to Sam's justgiving page to help. Even a pound or two given anonymously can make a difference. Thank-you.

<https://www.justgiving.com/fundraising/samantha-hill29>

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## *DRC Christmas Socials*



A very kind invitation from Becky Court saw around 20 members out around the Pickwick on Christmas Eve and then back to Chez Court, for tea, Coffee, Mulled cider and mince pies and some Panto practice! Boxing Day saw a great turnout at the Club to "Jeff" up the hill and run around the Golf Course, with Karen Eadon and Margret in the Kitchen and Mr D mulling over things on the decking, Nigel lead the group. Run, food and wine enjoyed by almost all, a few drivers had to wisely forsake the mulled wine! The event raised just under £140 for the club Charity. And then it snowed!





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## Parkrun

The big news over the holiday was that Charley Palmer reached 100 not out and we aren't talking selfies, that will be in the million mark!!!

Lots of smiles as always and good to see that Charley is practicing for the remaining cross country races with another Wotton run!

Christmas eve parkruns saw personal bests by Ellite Dessi at Kingway whilst at Wotton Kris Rymer, Holy Clark and Amanda Hensman did their best!

Parkrun tourist of the New Year weekend was Dom Pemberton who ran the Sydney News Year day event, not the first DRC at this run Neil Truelove had made it a few years ago! She then bumped into Nick Powell who ran for Dursley and District AC in his youth. Mike Hanman believes he went on to run for Australia and Eileen Hieron used to play in the woods with his dad!



New Year's eve eve saw Mike Crompton fastest out for DRC running a new PB at Basinstoke of 18:29, Neil Hodgson top to the age gradings at 73.05 after a run of 19:25 at Sedgefield, Whilst on News Year Day Charley Palmer, Kris Rymer and Julie Gowing managed to a squeeze two parkruns in on New Years day with Charley manhgng a PB at Lydney!

Other tourists (or maybe homeboys?) were Keith Garner at Montrose and Carl Fivay at Letterkenny

## Heads up

The new Year will see the Walk2Run programme in full swing for 12 weeks, starting with an evaluation on Saturday the sixth of January at the Club, thank you to all leader and volunteers who are assisting the programme this year, it is no exaggeration to say this programme is a life changer!

## Diet Seminar

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We are working with Ian from Helix bespoke Nutrition (works out of Courtyard) to do another talk about Nutrition, current date tbc is the 26<sup>th</sup> of January, which is a Friday.

### **Dursley Dozen**

If you are running you need to tap up a helper, family, friend(s) or another club member (we have a few of the latter!), it is not long now so likely to be more communication re organisation the race.

### **Cross Country**

Saturday the 6<sup>th</sup> is Country Cross Country Champs at Old Down Country Park Alveston (part of the Grandprix (points mean...PRIZES!))

Also Wotton is likely to be reorganised for March so we will be again looking for some help on course preparation and marshalling, hopefully no snow! In between times will be Pittville park XC at Cheltenham and other Gwent League events