



Dursley
more than a
Running
Club



Bugatti 10K

The week saw DRC athletes competing on and off road not to mention in the water! At the Bugatti 10K 9 DRC runners took on the roller coaster that this course provides. A fast descent to start the race with a flat middle section before the athletes climb back up to Prescott Hill Climb, the clues in the name! Weather conditions were kind, a squall of rain blew over just before the start and it wasn't too warm, a brisk breeze cooling the runners down on the run in. Dave Durden led



the team home, getting back to running fitness after his CWR injury (now crocked again!) but somewhat slower than 2018. Behind him were the real performances with Alice Lewis first in F55+ Category, picking up the 10 points as first F60 in the AAAs series, also picking up 10 points on the series were David Saunders, John, Eileen and Annette Heylings. DRC are very competitive in the age categories again this year. Current series standings are John Hieron and David Saunders 1st positions in M80 and M70 categories, Alice Lewis first F60 and Eileen Hieron 1st F75, Annette Heylings 2nd F65. Pete Brown is a tidy 4th in the M65 (only one race though!) Steve Barnes currently stands in 5th M60, Dave Durden 4th in M55. The DRC men's team is currently fourth in the Senior and Veteran's team events! The DRC women's team have not had enough running through the series events to qualify. Showing that you don't have to run the whole series to contribute to the team performance as Huw Poppy's performance on Wednesday demonstrates. **Results:** David Durden, 43:14, 35th, (6th M50); Graham Tudor, 47:49, 75th, (7th M60); Alice Lewis, 49:12, 87th, (1st F55+); David Saunders, 51:25, 123rd, (3rd M70+); Huw Poppy, 56:10, 176th, (33rd M40); Steve Barnes, 01:03:06, 229th, (22nd M60); Annette Heylings, 01:03:34, 230th, (3rd F65); Eileen Hieron, 01:10:54, 260th, (4th F65+); John Hieron, 01:10:54, 260th, (7th M70+).

Standish Woodland Chase

At the Standish Woodland Chase Kevin Jackson was first to finish for DRC he concluded "Standish was surprisingly good for me. I was first in, in 01.14. Then Jon Tudor in 1.15 (saving himself for Tuesday)". It was then Jadie Cotterell in 01:24 (Strava), followed by Alice Lewis and Steve Barnes (times tbc). Veronica Higgins posted that "Longest run ever for me. Was going to stop at 5, as not fit and carry injuries, so didn't wear DRC shirt (not recommended you don't get the support you need or deserve!), but thought and hoped I could keep going. I did. Thank you Alice for waiting a long time!". Steve Barnes said "never again!". Hopefully he will be happy with his medal when pieced together!





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Cotswold Standard Triathlon Lake 62

Louise Saum reported that "Leigh Allen & I completed our first standard triathlon!! We battled the 45mph winds & rain and completed it!"

Louise finished in: 2hrs 44mins 8th in category and Leigh in 3hrs 4mins, 6th in her age category. Very impressive debut performances especially in the strong winds over this weekend. Louise reported that the event was really well run and not too many weeds to tackle in the swim!

Kim O Swim

The tri team were out on force for the midweek Kim O Swim event at South Cerney. A variety of distances were on offer from 400 to 3.8km, great efforts all round.



Results:

400m: Erica Fuller 12:09 3rd; Teresa Walton 16:02, 4th.

750m: Zoe Lamerton 14:40, 5th; David Quarterman, 18:39, 12th, Cara Zoglowek, 18:42, 13th

1500m: Dave Ashford 30:14, 8th, Tony Freer, 32:52, 10th; Louise Saum, 33:14, 12th; Jerry Fowler, 33:26, 14th; Leigh Allen, 36:23, 15th.

1900m: Mike Brown 34:04, 16th; Luke Russell, 40:13, 32nd.

3800m: Jo Robinson 01:17:48, 20th; Tara Truman 01:21:54, 24th; Andy Kilby, 01:24:50



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Beacon Beacons Ultra

Paul Breen ensured everything was ready to go for the Brecon Beacons 50 mile ultra on Saturday. He posted that "This is not going to be a race and is more about mental fortitude. I am fully prepared to come dead last in order to save myself for ironman!! 3266M of ascent all self navigated i.e there are no markers or marshals. Ascents included are table top mountain, cribyn, pen y fan, corn du and about 6 more summits. Oh and a yellow weather warning in place. Can't wait..... Having battled the elements for most of Saturday after Paul posted "Well that's us DNF!!!! Weather is just not safe with winds making it impossible to stand. I've been over on my ankle twice. Mountain rescue have stopped the 100 mile race completely and cautioned against the 50 mile continuing and have cut the route short. Totally gutted as I'm feeling great but it just wasn't safe at all so just the 26 miles for us" Impressive to complete 26 miles in the condition and better safe than sorry, Mark Histed was very concerned that Paul might rule himself out of Ironman Wales with an injury, so he will be pleased!



Bristol Bimble

New Berkeley Harriers organise occasional jaunts elsewhere and they kindly invited DRC to join them on their Bristol Bimble a 13-mile slow run around the City. Amanda Hensman, Marina Stanley and Viv Kennedy took them up on the offer. Amanda said it was "tough in parts with heavy rain" but all smiles in their selfie!



Parkrun

Congratulations to Julie Davies who ran the sole parkrun PB of the weekend at Kingsway recording 31:57. Whilst Eileen Hieron topped of her great weeks running by placing top of the age grading for DRC at parkrun this weekend at 75.26% some way ahead of Paul Gebbbett on 69.52% who appears to be returning to form posting 21:13 as a first timer in Oxford fastest parkrun time of the weekend, whilst Catherine Faye posted the quickest

time for the DRC women in 23:48. Other first timers this week were Rich Prior in Cwbran 28:17, Andrew Osborne 23:32 at South Woodham Ferriers, and closer to home Paul Walley at Wotton 32:17. Well done to all twenty three DRC parkrunners getting out there early Saturday morning

You can check all the results on the consolidated report:

<https://www.parkrun.com/results/consolidatedclub/?clubNum=1503>



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DRC Tri News

Apart from all the above Tri team result plenty going on with the Tri-team. Zoe Lamerton has posted: "For those who are doing the DRC Tri super sprint relays Sunday 1st September we have a practice open water swim evening this coming Wednesday (14th) at the lake 62. You can pay on the night and have a dip in the lake, drc Tri coaches will be on hand to help you from 6pm. You can swim in this lake though from 4-7.30pm. SN6 6QX is the postcode of the lake! Thanks"

Next weekend will then see the Team at the Bredon Hardwick Summer Sprint Tri based at Croft Farm Waterpark, Tewkesbury for anyone interested in spectating post code is GL20 7EE.



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JUNIORS

A small but hardy bunch of Mini Athletes turned up to the first session for 3 to 7 year old budding athletes. Moonsoon conditions made life intersting but the kids enjoyed an obstacle course and being blown back down the track a few times and the finished with a couple of games of Nutty Squirrels before heading home. 3 More Saturdays planned in August, sign up via this link:
<https://forms.gle/jDYJdrwGmt8N2HcU7>

Chatty Running for Year 6 up to 20 years of age, head out from the clubhouse on a Wednsady for the next 3 Wednsdays. A great chance for young athletes or would be athletes to have a relaxing run, to either keep fit or start getting fit. PM Dave Durden if interested.

Saturday the 31st of August DRC Juniors Open Day 9:30 at the Club, come along find out what we do and have a go if you like!

Club Running

Tuesday Night is Handicap Night – Hamfield Leisure

First Runner off at 6:30pm

Remember your bib,chip and safety pins!

Thursday Night Club Run 7:30 Amanda Hensman Leads from Old Spot 7:30 Prompt