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Jennie Marshall On Tenterhooks for GB Age Group Qualification

The DRC latest Triathlete to attempt GB Age Group qualification is Jennie Marshall, hoping to follow in the footsteps of Rich Pitts, Fred Yearsley and Tara Truman. Her planned event the Hertfordshire Triathlon became the Bedfordshire Triathlon a week ago, due to algae levels in Stanborough Lake being too high for swimming. Jennie preparation for the ETU Sprint qualification race took a turn for the manic as she cancelled an Airbnb close to the Hert.s event and searched somewhere in the new location. Not the ideal prerace prep, but she found new accommodation not too far away. Jennie was understandably very nervous, saying "when 'wakey wakey' alarm went off at 0500hrs I didn't know what had hit me". The weather on Sunday was kind with clear skies and not too much wind at all for Jennie, by 10am it was tipping it down. Jennie reports "The lake was like glass, but not devoid of obstacles: it's a water ski lake with overhead electrical wires to pull people round, instead of boats. Added to that, it's dotted with ski jumps, so the course wove its way carefully between them all". Colour coding on the bike racks was helpful athletes just looking for their colour and aiming for it after the swim. Jennie found the swim fine as "usual breaststroke sticking out like a sore thumb for me... The bike was much better than I expected as I had recced it in the car the night before and the road surfaces looked awful, with lots of right-hand turn junctions. However, it wasn't too bumpy and the wind wasn't too unkind. The run was not good. Billed as 'fantastic and fast' it was actually very lumpy for much of it, with some nasty inclines and cambers,



slowing down my overall time" Jennie came 9th out of 27 in my age group needing to finish within 120% of the winning athletes time to qualify. Jennie reports that "The woman cited as national champion (in my age group) on the BTF website was something like 5th in this race. The race was also the National Championships, which I hadn't realised....and then again half the people who raced didn't appear to have registered (with any) intent to qualify....I loved being in my wave – we were like a bunch of gently maturing cheeses with a few hard nuts thrown in!! Boy there are some tough women out there! I am glad I had a go but's I think that's it for me probably!", never say never Jennie, Tara checked things out and found that Jennie was well within the 120% but missed out on 4 automatic qualification by one place! So Jennie will go into roll down. Great effort by Jennie!

Result: 16:28 (750m Swim) 1:18(T1) 37:54 (20km Cycle) 0:56 (T2) 25:28 (5K Run)

Bredon Hardwick and Portishead Sprint Tri.s





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Bredon's Hardwick and Portishead Sprint Tri.s

Apart from Jennie DTC-Tri were out in force with a big DRC-Team were at Bredon's Tri Courtesy of Zoe Lammerton who had coordinated the entry plus a trio at Portishead. Sarah Willcox provided an awesome report (for full version see DRC-Tri fb page) from Bredon. Race day started a little miserable but drier than in Portishead, and then the sun came out but it was still very windy which made the bike trickier than desired, but everyone stayed dry. There were four separate wave lengths that started at 9am a very reasonable start time, for those not so early risers and those who didn't get to bed until 2 am - not mentioning anyone..... Kevin Brockway

All safely out of the water with Francesca Lane Amigoni setting at fantastic pole position with 3rd lady out of the water, she could have been 2nd if she wasn't so polite(some mistake surely? Ed). The team were strong on the bike despite the wind, the route was an out and back, so it was again great to pass your team mates and cheer them on. Sarah loved the bike route, "it was right up my street and again had good use of the tri bars". The run was 3 laps of the lake with a couple of sneaky uphill to contend with, on finishing athletes were presented a mini torch as our finishing prize, some received a buff and toothpaste (!?). This brought the fab ran event by Tewksbury Tri to a close with a BBQ of burgers and Vegan sausages. Sara gives special mentions to, Michelle Ball Rach Goatman-Thomas and David Quarterman who today completed their first open-water Triathlon rising to the challenge and overcoming their fears/ anxieties, with Sam Martin doing her first O-W Sprint distance. Paul Walley completed his first event with DRC- Tri, and was First DRC overall today of 01.13.49. Sara's final mention goes to Zoe Lamerton "for someone so little and quiet, god did she make a noise, didn't stop moaning about being poorly and how she was brewing for something, and the water being cold and shivering within 4 minutes of being in the water, and she goes out bangs out a cracking race, with a fab time of 1.22.55 and 1st in her category - mmmm Tactics I think - cracking race Zoe". Zoe found the water cold, and the wind tricky on the bike although a fast course, eventually getting to her "safe pace" of the run and enjoyed the final discipline. Even Chris Young commented on the water temperature (and this man has swum the channel!), Chris swam well 6th in Category and he admits the the bike and running are works in progress (he's had lots advice on the running!). Fran was pleased to be third out on the swim another who found the bike tricky and then "dug deep" on the run





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Bredon Hardwick and Portishead Sprint Tri.s cont...

Sam Martin was taken back to her childhood and her great uncle dressing up in seaweed as a sea monster! Sam commented "First open water sprint distance me. Felt anxious because it was my 1st. awake since 3 am. But once the horn went it dis-appeared. Got battered in the swim, body's everywhere couldn't get away sent me under a couple of times. Drank some of the aquamarine water and hope the weed killer they put in was fit for human consumption, 3rd bout then weed got a hold. But got out alive! Bike was windy route was nice. I personally enjoyed the run. Have done both the Tewkesbury tris this year and they have been great. Brill Marshall's , lots of goodies and a free burger and beer to finish. Great morning for a 1st Sam was not the only DRC-Triathlete to comment on how friendly and well organised the event was. The performances listed below reflect positively on both the individual effort, mental and physical put in and also the great support from the DRC Coaching team that have helped many of these triathletes on the journey!

	Swim	Run2T1	T1	Bike	T2	Run	Overall	Pos	AG Pos.
Paul Walley	9:57	1:34	1:11	41:44	0:56	18:22	01:13:47	9 th	5 th SenM
Fran Amigoni	10:45	1:31	1:22	45:28	0:45	21:44	01:21:38	38 th	3 rd SenW
Zoe Lamerton	12:31	1:31	1:20	46:00	0:55	20:34	01:22:55	45 th	1 st F40
Sam Martin	13:28	1:35	1:18	49:34	1:03	22:05	01:29:05	72 nd	9 th SenW
Chris Young	11:58	1:33	1:47	51:16	0:55	24:13	01:31:03	80 th	24 th M40
David Quarterman	15:00	2:20	2:43	51:09	1:16	24:31	01:37:01	107 th	25 th MSV50
Ian Fendt	14:44	1:56	1:02	54:18	1:10	26:36	01:39:50	112 th	27 th M40
Sarah Willcox	14:12	2:19	1:44	50:46	1:08	33:16	01:43:59	120 th	14 th F40
Kevin Brockway	17:45	2:03	2:23	51:27	1:13	28:46	01:43:40	122 nd	28 th MSV50
Kathryn Walley	13:46	1:58	1:48	55:45	1:07	29:26	01:43:54	123 rd	17 th SenW
Michelle Ball	16:59	2:01	2:22	56:35	0:44	26:15	01:44:58	124 th	15 th F40
Cara Zoglowek	15:20	2:42	2:16	58:56	0:48	36:11	01:56:15	136 th	19 th F40
Rachel Goatman	18:53	2:42	2:01	1:05:04	1:23	32:18	02:02:54	139 th	20 th F40

Portishead

Teresa Walton reported " Portishead Sprint Tri started in very wet conditions, but finished in beautiful sunshine. It was lovely to get into the warm 33m Lido for the 12 length (400m) swim, before embarking on the challenging 25k bike ride (see elevation image to right), still in torrential rain for Mike, who was first off out of the DRC Tri Trio". Mike wasn't sure he should have selected his tri-bike with less than precise brakes plus potholes and gravel to contend with. However he was able to speed up on the second lap as he knew what was coming. The 5k run started out along the esplanade before ascending (and descending) onto the coastal path and circling back down to the finish. In fact Mike thought apart from the swim there was a considerable amount of climbing and Tony Ball even thought the swim was uphill. Mike was pleased with his 6th overall as he is still not up to full speed running. Teresa commented "Another very well organised DB Max event; no goodie bag, but jelly snakes and bling!" Danner put in a good shift clearly enjoying himself as the image above shows.

Final results:-

	Swim 400m	T1	Cycle 25K	T2	Run 5K	Overall	Pos	AG Pos.
Mike Brown	07:02	1:07	45:55	0:32	20:00	01:14:39	6 th	3 rd M.SenI
Antony Ball	10:55	1:50	01:00:02	1:25	29:12	01:43:27	150 th	20 th M.SupVet
Teresa Walton	14:06	4:43	01:19:43	1:16	31:09	02:11:00	287 th	3 rd F.SupVet60

Ride

Analysis

Elevation



Elevation Gain

322 m

Max Elevation

104 m



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Handicap Race 3

The Handicap provisional results for Race 3. Good conditions tonight although a bit of breeze to contend with. Despite it being holiday season a strong field of 56 athletes competed and it saw DRC taking the first 9 spots, Kate Reynolds finishing first with Zofia Weaver 18 seconds in arrears and new member Mike Harris placing third. Ruth Greenwood of FRG (Anya Eames) was the first guest to finish with Quentin Somerset of NBH the fastest guest, he had to be, he had a meeting to get to! Dan Anderson produced a sizzling run of 19:35, quickest of the series to date (the 5K equivalent 16:32), some good humoured chuntering about his performance enhancing shoes from those left in his wake. Jeff Pearce sadly missed his chance to beat Dan, being unable to muster up a bit of enough kick in the final 20 meters. To be fair it would have been a kick of Michael Johnson proportions! Zoe Lamerton again fastest female in 24:57 just 4 seconds off her R2 time, which is currently the quickest woman's time.



Many thanks to Steve White who took great these images and more



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DRC Handicap Cont....

Some super runs on the night, a stand out being the father and son pairing of Graham and Jon Tudor. Graham posting a personal best on the night and Jon beating Kevin Jackson for the first time, having started behind him! It is all very tight in the series with Natalie Sankey currently on 14 points, but that could come down as her best two runs account for 8 points. However behind her are Zofia Weaver on 6 points and Katie Reynolds 10 both needing to run in September to get third qualifying race in. Caz Harper Easthope is in a good position, already qualified with total of 44 but importantly has current two best score of 13, so a first place would mean a tie with Natalie! In the mens Series Jeff Pearce is well placed with 14 points from 2 with Graham Tudor stalking him on 20 and Pete Brown in the mix on 29 points both needing a third run to qualify. Jon Tudor and Simon Jones have already got there 3 runs in and could be in with shout if Graham and Pete fall by the wayside. All very exciting! Of course the main thing is to enjoy the event. Which is of course fantastic with all levels of runner mixing and plenty supporting with the organisation. The next one is the last one, 102 runners registered and 87 have run. So a small number of bibs still uncollected, if you want to run the last one please do. We will be doing prize giving after the last event and will be organising a buffet, we will liaise with Hamfield on the changing/shower facilities front. Even if you don't fancy a race you can come down and support or have a run to the Sally and back! **NO NEW REGISTRATIONS** apart from NEW members from here on in. No chip timing so finish of race will be slightly different ie athlete will have to navigate the FUNNEL in GOOD order to ensure we are sure of positions (funnel supervisors required!) and timing will be manual. Thank to all who helped on Tuesday!



The handicap is a great event to get everyone together and for those WHO WANT to have go and stay away or catch the person in front, as the above images show lots giving it their all as they come in to the finish. If it's not you bag come and help or just run, relax and enjoy yourself, if you have missed out this year it WILL BE BACK!



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Parkrun

Twenty-six DRC members ran parkrun on Saturday, dotted all over the Country and County, “oop North” Nigel Sankey and Andrew Osborne were putting down some quick times. Whilst in Pembrokeshire Dave Ashford escorted a younger member of the family around the Welsh course. Di Gore and Jackie Pennington are getting very close to 100 parkruns, there may need to be some finessing as Di has run one more than Jackie and I am guessing they would like to run their 100th together or maybe not.....Paul Gebbet clearly likes the Tetbury course returning there to run the fastest DRC parkrun of the weekend of 20:50. Mouse Clutterbuck took the AG prize for the men on 72% with Alice back on top of the DRC AG podium with a 77% grading at Wotton. Alice was equal fastest with Tara Truman who ran at Chipping Sodbury. Imi Testa clearly in training for something ran over to Wotton, striding in the shadow of Small Pox hill she covered a tidy 8.3 before the 5k parkrun. By the title of her Strava run home “Run Back Couldn’t be Ars*d” it was perhaps all a bit too much but still a tidy 16 mile sto start her weekend!

Bakewell	Andrew Osborne	59 th	22:20
Chipping Sodbury	Tara Truman	80 th	24:27
	Lisa Gillooly	271 st	33:05
Haverfordwest	David Ashford	131 st	44:49
Huntingdon	Janet Matthews	149 th	29:08
Kingsway	Terry Cother	60 th	26:35
	Annette Heylings	98 th	29:35
	John Hieron	143 rd	32:27
	Eileen Hieron	151 st	32:53
Southwark	Richard Prior	262 nd	28:07
Stonehouse	Mouse Clutterbuck	6 th	21:41
	Julie Gowing	52 nd	32:29
	Jo Fearn	56 th	33:23
Storthes Hall Nr Huddersfield	Nigel Sankey	3 rd	22:44
Sutton	Nicola Christopher	84 th	25:43
	Darren Smith	227 th	33:02
Tetbury Goods Shed	Paul Gebbet	8 th	20:50
Wotton	Jonathan Tudor	3 rd	21:28
	Alice Lewis	11 th	24:27
	Catherine Pinnock	16 th	25:28
	Richard Hensman	26 th	27:10
	Imogen Testa	28 th	27:20
	Caroline Whitlock	40 th	30:00
	Margaret Badger	42 nd	30:08
	Diana Gore	53 rd	34:11
	Jackie Pennington	55 th	34:50

Pride of the Cotswolds Sporting Hero



We can confirm that our very own sporting hero Damian Lai has been nominated for this years Pride of the Costwolds Awards. Damo commented on his nomination “Very humbled and proud to read this. This is not a solo effort but a team effort and all those club members who give up their time to help others (Walk2Run helpers and Clubrun leaders) deserve part of this nomination. Being part of this amazing club has changed my life for the better and watching people start from little / no activity to being able to run 5K and progress from there makes me as happy as any of my achievements to date” what a journey!



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Cross Country Season Beckons! October

What is there not to like, best value for money race entry you will ever get, be part of the DRC team whether Junior or Senior. You can enter all four in advance for £18:00, an absolute bargain, or dip you toe in at Wotton for the first event hosted by DRC!

As you can see it is not just for hard core runner

So if you want to be part of the team and improve you summer running then sign up.

If you aren't sure then come along and help at the first race at KLB Wotton on the 13th of October



Jo Fearn
representing DRC at the 2019 County
XC Championships



First six senior men and first four male vets and first finishers in all other categories will count in every race, so take one for the team, or just enjoy the camaraderie. If you run Wotton parkrun not much different a few km, but what's that between friends!

Check all the details out on the Gloucestershire Amateur Athletic Association website:

<https://www.athletics4u.co.uk/cross-country/>

Entries are now open on
<https://www.entrycentral.com/GloucestershireCCLeague>



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After moonsoon conditions last Saturday the seconds Mini Athletics took place in the Summer Sun this Saturday. Our minis had fun with an obstacle course as a warm up, then some jumping, then onto bean bags throws (they will be javelins eventually!) and then a quick couple of games of Nutty Squirrels. Two more sessions with the last one combined with our Junior Open day on the 31st of August at the club. Contact Caroline Jones if interested.

Chatty Runing continues on Wednesday 6:15 from the club about a 3 to 4 mile gentle run, for Year 6 up to 21, chance to get fit stay fit and enjoy running in the beautiful woods on Stinchcombe. Coach supervised. Contact Dave Durden if Interested.

DRC Tri Wednesday Night is Bike Night

Tony Freer leading "we are back on bikes again this week after a 2 week swim gap. This weeks session will be a strength builder, so high load and low cadence. Meet at the Rugby Club for a 7pm grand depart, from where we will do a few miles of warmup before taking on the challenge. No rain forecast at present so all good, but if you do have a back light, be worth popping it on. Shout if you are coming just so i have an idea of numbers

Club Runs

Tuesday night is our main club night, we meet at Dursley Rugby Club, otherwise known as The Stragglers, at 6.15pm aiming to leave at around 6.30pm.

GROUP	Leader
Kangaroos	Sara Eden
Greyhounds	Cath Hall
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	John Delafield
Lions	Merge with Foxes
Leopards	Caroline Jones
Antelopes	TBC
Penguins	TBC

Thursday Night Club Run

Amanda is getting time off for good behaviour so Margaret Badger is leading Thursday evening session 7:15 start from the Old Spot (tbc)

FINALLY

The Club AGM will be on
Friday the 27th of September @ the Clubhouse, , Stinchcombe
Please put it in your diary