



**Dursley**  
more than a  
Running  
Club



## 113Events Cotswold Classic



Sarah Willcox reports "well today started very early for our 15 DRC TRI Team, who travelled to Lake 32 for the 113 Event, with perfect weather conditions. First out of the swim was Mark Histed, (with Sarah Willcox mistaking an unfortunate competitor for Tony Freer), I was shouting at a random man who looked like Tony's Double without a beard. I thought Tony spent that long in T1 that he had grown a beard (a bit harsh from Sarah!). Mark Histed was 1st in off the bike after a cracking strong performance for DRCTRI with Tony 6 plus minutes behind Mark and so the battle commenced for the two warriors. Every run lap Mark maintained his composure, checking with me on every lap 'how far behind is Tony' on the 1st lap it was 6 mins, 2nd lap 4 mins, 3rd lap Tony was only 1 1/2 mins behind Mark. This made the spectating exciting and was a brilliant buzz, Jerry, myself plus Fred and Avril whilst I took pictures of the Riders and Runners, we watch all riders arrive to T2 safely even Cookie enjoyed his Sunday Cycle..... I walked to the finish line waiting in anticipation as to who out of the warriors crossed the finished line first ....That will be Mr Mark Histed, with Tony Freer who amazing chipped away that 6 minute deficit to finishing within 30 seconds.







**Dursley**  
more than a  
Running  
Club



### **Cotswold Classic Cont...**



Garry Strickland was patiently waiting in the relay section for Jerry to finish his swim to handover the Chip so he could cycle the course, he decided to ride the TT Bike to be extra speedy to get back to watch BCFC V LEEDS – and handover to Zoe Lamerton who completed the trio for the relay to stand in for Martin Bragg who had suffered a hairline fracture of his foot earlier this week. Zoe won the 1/2 marathon in style in 1:46:02 – she said “I found the run really hard, it was humid . Felt ok for first 5 miles but then I had to work hard to keep any pace. Fair play to you all doing the whole race!” the relay team completed the tri in a great time of 5:12 overall, the 10<sup>th</sup> fastest relay time on the day (TBC). Sarah gives special mentions to:

Alex Kemp who is new this year to Triathlon and DRC Tri team and Running Club, who completed her 1st Middle distance, Alex said “My overall time was 07:20:44, which I'm very pleased with. My swim and bike times were both better than I was expecting, but my run was slower than I'd hoped!”.

Zoe Fowler who is coached by her husband, which some might be dangerous territory but clearly not because Zoe has completely bossed her first ever middle distance, Zoe commented “Washing machine swim, great bike for me 3.04 which I was well chuffed with, run was tough as I'd expected but managed to keep a steady plod going to finish in 6.19 fab support as always from DRC ground crew and Marshall's and spectators were epic’.

Shane Bond, who was very happy with a cracking 5.48.39, “After the Titan I decided to go at a steady pace on the bike. With heart beat around 150. This certainly helped, and I was able to do a good run with cramp only in my right leg a mile before the finish. Really enjoyed the atmosphere and cheering on by all who did. Thanks, DRC TRI X”



Jerry had an excellent swim and his words were - As usual the swim was a bit of a washing machine, however this time it went for half the distance but that's open water racing. Vicki Thrift was first DRC woman home and great to see her out there after her brutal and amazing Ironman Cork a month ago - awesome work and also Mr and Mrs Cooke - well done guys.



**Dursley**  
more than a  
Running  
Club



### Cotswold Classic Cont...

Behind the mark, Tony and Shane the “old Skool” of Andy Kilby and Ray Williams were also competing hard, with Ray having to give bragging rights (something he won’t be pleased with) to Andy was 4th in Cat and Ray 7<sup>th</sup>, great prep for Andy’s Ironman later in the year (hopefully Mark feels the same way!). The two warriors had some thoughts on the race, Tony words - very short and sweet, ‘It was hard’ Sarah then backed it up with ....Mark’s view “Broken .... destroyed.... feet in bits, but then thought about it whilst having a soak in the bath “I have done this race many times and today my aim was to go sub 5hrs. I have come close once but alas today wasn’t my day. I went hard on the swim but at times it was like being in a washing machine. Once I was out on the bike I was back in my comfort zone and went as hard as so could as I knew I had our very own Mr Freer chasing me down.....On the turn round point I could see

Tony was’t far behind and was fully expecting him to be on me quite quickly so I dug in a little harder. I’m not sure how, but I managed to stay ahead into T2. Then out on to the run I was then thinking perhaps trying to stay ahead of Tony hadn’t been such a good idea as I was now paying for it. I kept going and as the run progressed my pace slowed down but I’m quite a determined person and I kept going. Then at 12 miles Tony appeared a few metres behind me and I decided it was “do or die time” so I upped my pace and hoped to stay away. Somehow I did.... but only just. I want to say a special Thanks to Tony for really pushing me and for everyone’s help over the last year”.



	Swim 1.9Km	T1	Bike 90Km	T2	Run 19Km	Cat	Cat Pos.	Overall Time and Pos.	
	38:10	5:28	02:27:42	2:48	01:50:36	45-49	28	05:04:45	204
Mark Histed	36:47	3:11	02:26:18	2:24	01:58:40	45-49	30	05:07:39	220
Tony Freer	40:00	3:24	02:29:53	1:25	01:54:10	50-54	16	05:08:54	227
Jerry Fowler	41:01	3:21	02:39:46	1:49	01:46:03	55-59	3	05:12:02	243
Shane Bond	40:39	4:45	02:48:45	3:18	02:02:10	45-49	54	05:39:39	432
Andy Kilby	41:41	3:34	02:53:02	2:03	02:01:39	60-64	4	05:42:01	455
Ray Williams	38:20	4:02	02:49:06	2:41	02:18:48	60-64	7	05:52:59	519
Vicki Thrift	38:33	4:36	03:00:34	2:40	02:14:34	35-39	29	06:00:58	565
Zoe Fowler	44:42	4:41	03:04:36	2:15	02:22:56	40-44	32	06:19:11	655
Adam Cook	41:33	7:23	03:28:38	3:42	02:00:41	40-44	81	06:21:59	664
Rachel Cook	44:39	5:24	03:15:21	3:13	02:18:00	35-39	37	06:26:38	684
Tanya Collin-Histed	43:00	5:17	03:08:43	6:16	02:37:51	50-54	29	06:41:08	736
Alexandra Kemp	46:47	5:59	03:15:16	5:06	03:07:34	40-44	45	07:20:45	812
Mel Williams	43:06	3:28	03:23:47	2:59		55-59			

Relay									
Jerry Fowler	41:01	3:21						05:12:02	243
Garry Strickland			02:39:46	1:49					
Zoe Fowler					01:46:03				



### Ride London

Big shout out to Hannah Osborne who completed the event she posted:

“What an experience! 100 miles of cycling... been up since 4.45am... lots of hold ups on route so delayed my time by loads. But happy to finish with 7hrs 31seconds, 2 out of the 3 London Classics done Serpentine swim to go in 6 weeks. I am doing all this in aid of Hospitality Action so please donate thank you”

<https://www.justgiving.com/fundraising/hannahtocycle100miles>





**Dursley**  
more than a  
Running  
Club



## ***DRC On The road!***

Another busy week for Dursley Running Club started with a club social run on Tuesday around the paths of Kingscote with members going back to the Hunters Hall for some refreshment, this was swiftly followed by the:

### **Severn AC Pilot 5K**

on Wednesday which saw Alice Lewis and Steve Barnes in action, Lewis was third woman overall in 23:19 with Barnes finishing in 28.03. Thursday then saw the

### **Gloucestershire AAA 5k Champ.s**

Took place the day after at Haresfield, on a testing course. DRC provided a team of 8 runners Dave Saunders, Alice Lewis, John and Eileen Hieron, Pete Brown, Leigh Allen, Graham Tudor and Dave Durden. After relative cool beginning of the week, temperatures rose and it was a hot and humid night to run 5K. The course requires some discipline in order to run well, a gentle incline for the first mile turns to a long drag upwards for the next mile before a small kick upwards turns into a swift descent back into Haresfield Village with the finishing line fortunately close to the village pub. On his way back from injury Durden was first home for DRC but some way off his best. Lewis was first DRC woman to finish and was 3<sup>rd</sup> in the County Championships, Dave Saunders matched Lewis also receiving a bronze medal in his category, with Eileen Hieron outdoing them both with Silver in the F70 category, topping of an amazing set of performances by DRCS V70s.

**Results:** Dave Durden 20:22, 38<sup>th</sup>, (8<sup>th</sup> MV50); Graham Tudor, 22:20, 65<sup>th</sup>, (108<sup>th</sup> M60); Alice Lewis, 23:13, 82<sup>nd</sup>, (3<sup>rd</sup> F60); Dave Saunders, 24:30, 96<sup>th</sup>, (3<sup>rd</sup> M70+); Pete Brown, 27:44, 138<sup>th</sup> (4<sup>th</sup> M70+); Steve Barnes, 27:46, 139<sup>th</sup> (16<sup>th</sup> M60); Leigh Allen, 29:25, 156<sup>th</sup> (cat tbc); John Hieron, 32:28, 172<sup>nd</sup>, (6<sup>th</sup> M70+); Eileen Hieron, 33:46, 180<sup>th</sup>, (2<sup>nd</sup> F70+).

## ***Westonbirt Summer 10K***

Thursday saw 15 Dursley Running Club Athletes at the DB Max Summer 10k at Westonbirt. Dan Lygo, another returner from injury, first home in 43:13, Avril Yearsley first DRC woman to finish and 1st V60. Kevin Jackson and Paul Lee both managed top ten placings in their respective categories on another warm evening. Pacing other runners around was Mark Sprigings. As ever great support with Cara Zoglowek and Louise Beck the on course support. Whilst over in Wales on Sunday Leigh Allen ran the Barry Island 10K after the idea prep of a Thursday 5K, she ran home in 01:01:01, 1597<sup>th</sup>, 91<sup>st</sup> F40





**Dursley**  
more than a  
Running  
Club



## **Westonbirt Summer 10K**

**Results:** Dan Lygo , 00:43:14, 40<sup>th</sup> , (11<sup>th</sup> M40); Kevin Jackson , 45:35, 75<sup>th</sup> , (7<sup>th</sup> M50); Paul Lee, 52:26, 197<sup>th</sup> , (9<sup>th</sup> M60); David Quartermann , 55:20, 255<sup>th</sup> , (29<sup>th</sup> M50); Avril Yearsley , 56:00, 266<sup>th</sup> , (1<sup>st</sup> V60); Huw Poppy, 56:13, 270<sup>th</sup> , (65<sup>th</sup> M40); Andrew Fergusson , 56:33, 277<sup>th</sup> , (68<sup>th</sup> M40); Katrina Fletcher , 59:24, 341<sup>st</sup> , (66<sup>th</sup> SenF); Annie Hidden, 01:09:37, 532<sup>nd</sup> , (27<sup>th</sup> F50); Rachael Goatman, 01:09:37, 533<sup>rd</sup> , (79<sup>th</sup> F40); Rachel Smith, 01:10:04, 539<sup>th</sup> (125<sup>th</sup> SenW); Jeffrey Pearce, 01:14:14, 569<sup>th</sup> , (54<sup>th</sup> F50); Louise Biddell, 01:22:31, 601<sup>st</sup> , (141<sup>st</sup> SenF); Cath Hall, 01:22:31, 602<sup>nd</sup> , 142<sup>nd</sup> SenF).

## **DRC Off Road GO LONG!**

### **EDDUM 2019.**

Rachel Brown was due to run the Mendip Marauder, a 30 mile race following the West Mendip Way. Disappointingly for her the race had to be postponed at the last minute. She posted "On a positive note I discovered the EDDUM, a 50 mile ultra in mid-Wales, so decided to run this instead! The EDDUM follows the Epynt Way, a permissive path that loops around the Sennybridge Training Area.



It's organised by Pegasus Ultra Running, a group of Ultra Endurance enthusiasts. It was a tough one; the terrain was varied but the scenery beautiful. Navigating the route was interesting, following bright yellow marker posts, some of which were not that obvious! The race was very friendly and well supported but without the hype of more commercial events; and the organisers genuinely enthusiastic. I will certainly be looking at entering more of their events next year". Rachel passes over the fact she was on her feet for 14 hours and 12 minutes covering 48.64 miles and 8,124ft of elevation in the process

## **James Harriot Fell Race**

Alice Lewis' two 5K races were a cool down after completing the James Harriot Fell race the previous weekend. The race is 14K run over moorland tracks and paths near Castle Bolton in Wensleydale in aid of Rotary charities, 2020 the 16th year of the race. The organisers reported another very successful event despite heavy rain the previous day and a poor forecast, which put off 48 entrants but 264 runners took part in relatively dry conditions. Alice was unsurprisingly the only DRC entrant, finishing in 114<sup>th</sup> place in a time of 81:06 claiming second place in the F60+ category behind local runner Jill Jefferson of Red Rose Road Runners.

## **Parkrun**

25 DRC parkrunners were out in the heat of Saturday morning, with club favourite Neil Truelove making his first appearance at Bedford (really?) with a tidy long 24 and 54% age grading. Paul Gebbett returned to Tetbury to record the quickest DRC parkrun of the weekend, but Pete Chaffer pipped him to the highest male age grading with 74.8 at Kingsway, but still some was off Alice Lewis' 83.6% AG and 23:11 at the same venue. Amazing running from Alice her fifth performance in 7 days

Bedford	Neil Truelove	67 <sup>th</sup>	24:43	VM60-64	64.87%
Burgess	Richard Prior	284 <sup>th</sup>	27:46	VM50-54	53.12%
Chipping Sodbury	Steve Barnes	147 <sup>th</sup>	27:35	VM60-64	59.70%
	Annette Heylings	190 <sup>th</sup>	29:25	VW65-69	69.97%
Kingsway	Peter Chaffer	13 <sup>th</sup>	20:54	VM55-59	74.80%
	Alice Lewis	30 <sup>th</sup>	23:11	VW60-64	83.68%
	Darren Smith	66 <sup>th</sup>	26:04	VM35-39	51.21%



# Dursley

more than a  
Running  
Club



## Parkrun cont....

Kingsway	Terry COTHER	88 <sup>th</sup>	27:33	VM50-54	54.39%
	Sam COTHER	128 <sup>th</sup>	30:47	SM20-24	41.91%
	Eileen HIERON	164 <sup>th</sup>	33:57	VW75-79	74.08%
Seaton	Nigel SANKEY	23 <sup>rd</sup>	21:32	VM35-39	62.46%
Severn Bridge	Russell ROLLS	56 <sup>th</sup>	23:18	VM40-44	60.37%
	Catherine PINNOCK	63 <sup>rd</sup>	23:49	VW35-39	62.98%
	Janet MATTHEWS	114 <sup>th</sup>	27:08	VW40-44	56.39%
Tetbury Goods Shed	Paul GEBBETT	6 <sup>th</sup>	20:47	VM50-54	70.97%
Wotton	Alan HONEY	9 <sup>th</sup>	24:48	VM55-59	63.58%
	David QUARTERMAN	22 <sup>nd</sup>	26:59	VM50-54	56.45%
	Steve RUGMAN	39 <sup>th</sup>	30:25	VM55-59	52.27%
	Claire SEARLE	41 <sup>st</sup>	30:33	VW55-59	58.48%
	Kevin BROCKWAY	44 <sup>th</sup>	30:49	VM55-59	49.86%
	Tracey STRICKLAND	49 <sup>th</sup>	32:16	VW55-59	56.10%
	Diana GORE	50 <sup>th</sup>	32:17	VW60-64	60.09%
	Rachael GOATMAN	54 <sup>th</sup>	32:30	VW45-49	50.36%
	Jackie PENNINGTON	56 <sup>th</sup>	32:34	VW50-54	54.15%
	Margaret BADGER	57 <sup>th</sup>	32:35	VW45-49	50.84%





**Dursley**  
more than a  
Running  
Club



A big thank you to Mouse for yet again organising the Summer Social Run, ensuring leaders knew the routes and leading a group when a leader got stuck on the motorway. Thanks to Steve Rugman, Mouse and Matt Read (Think that right!) who led the groups. A great chance to run with different people, run some lovely routes and have a lemonade afterwards. Best Wishes to Martin Bragg who sustained a hairline fracture early into the 8 miler, going over on his ankle. Get well soon. Martin's top tip is ensure you have enough room to see where you are running off road when in a group and try and stay alert.

### ***Darren's Raising money for Contact***

Darren carter Smith has posted via Just Giving that he is doing the Great North Run for Contact because they provide support for kids with disabilities

[https://www.justgiving.com/fundraising/darren-smith1982?fbclid=IwAR1G2CvfiOTW5WPS3MFmleviy\\_fEPAv8mAO835j4RPYqV16IA-8YRYWqUh4&utm\\_campaign=pfp-share&utm\\_content=Darren-Smith1982&utm\\_medium=fundraisingpage&utm\\_source=Facebook](https://www.justgiving.com/fundraising/darren-smith1982?fbclid=IwAR1G2CvfiOTW5WPS3MFmleviy_fEPAv8mAO835j4RPYqV16IA-8YRYWqUh4&utm_campaign=pfp-share&utm_content=Darren-Smith1982&utm_medium=fundraisingpage&utm_source=Facebook)

DRC Juniors and coaches are still active over August ,Chatty Running from the 7<sup>th</sup> of August for Year 6 to U21, really gentle summer activity, also from Saturday the 10<sup>th</sup> of August Mini Athletics starts, game based intro for 4-7 year olds

**DURSLEY**  
RUNNING CLUB  
**JUNIORS**



**Dursley**  
more than a  
Running  
Club



<b>HEADS UP</b>		
<b>Club AGM</b>  <b>Last Friday in September tbc</b>  <b>Have your say on how the club is run</b>  <b>Plus Clubs awards</b>	<b>Glos AAA Cross Country League</b>  <b>The dates are out</b>  Sun. 13/10/19 Wotton under Edge Sat. 02/11/19 Charlton park Sat. 14/12/19 Old Down Country Park Sun. 16/02/20 Cheltenham, Pittville Park Sat. 04/01/20 Gloucestershire CC Championships Rendcombe College	<b>DRC 50<sup>th</sup> Anniversary Gala Dinner</b>  <b>Cattle Country Saturday 2<sup>nd</sup> of November</b>  <i>Preceded by Glos AAA XC or followed by Castle Coombe ARC Road Race relays on the Sunday are you tough enough!</i>

## **Club Runs**

### **Tuesday Night 6:15 for 6:30 exit**

Remember to hydrate, be attentive on the trails and be mindful of the Country Code, look out for other users of roads and pavement if road running

Have a great run

<b>GROUP</b>	<b>Leader</b>
Kangaroos	Kevin B
Greyhounds	Cara / Sara
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Merge with Foxes
Leopards	Caroline Jones
Antelopes	tbc
Penguins	Jon Tudor

### **Thursday Night Club Run**

Thursday evening runs continue meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman