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Swim Cycle Run Repeat.... Super Sprint Relays 2019



Another super turnout for the Super Sprint Relays with the Supremo Chris Young somehow managing to get to the back of the team photo, some mistake shurely. Many Many thanks go to Chris who has again did a fine job organising FOURTEEN teams with all the shenanigins that goes with it, chasing money plus the inevitable last minute drop outs (the Chair was a one and very very disappointed as a result!). Lot of smiles at this most excellent event. Chris ven provided a race report "a few nervous faces at the start but after a few years now of a brilliantly run Tri team by all the coaches and committee members I don't think there were too many first timers in this event, maybe one or two. A few doing an open water swim tri for the first time though I think, Teressa, Erica and Wayne maybe, probably some others too so sorry if I missed you. Anyway, mad panic trying to get everyone's bike racked in transition and we manged to get most people together for a big group photo. Sorry for those we missed, but this really was the definition of herding cats so we were never going to get everyone in, hopefully you all feature somewhere in the photos of the day though. First leg was a bit manic with so many teams this year they actually split it into twos wave, all the DCR teams were in the washing machine start of wave 2 (you'll know what I mean if you have done a mass start) and everyone survived the weed and the occasional ducking from competitive people and we were off and running, well cycling actually, after the swim. A mixture of wet suit swimmers and those just in tri suits, I went for tri suit only option...





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Swim Cycle Run Repeat....

and was not surprised how many swimmers were ahead of me leaving the water (slower swimming without a wet suit), but I was grinning as I whizzed through transition watching various people falling over (Rich Lewis I understand later on, but unfortunately no photo evidence) and struggling to get their neoprene skins off. Bike leg was longer than advertised due to pesky badgers causing part of the original route to collapse and be unusable. It was a good fast bike route and few later competitors commented that it had got a bit windy, but that I think that was mainly Tony Ball just trying to justify why I was quicker on the bike leg (never happened before!!), but I think it was more to do with his epic standard Tri yesterday in the sea on the Gower, 7ft waves apparently! Off the bike a short, quick (not for me) run round the lake and back to number two repeat all over again, etc etc etc until number four comes in to the finish, mainly with a big group run across the line with fellow team members. I hope I have got all the finishers in the pictures, but I may have missed one or two.





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Swim Cycle Run Repeat....





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Swim Cycle Run Repeat....

DRC Tri always advertise this day as a great fun day out to sucker in encourage a few DRC runners to give triathlon a go, which it is, but that does not take away from the effort everyone puts into it. It is bloody hard, a flat-out effort in all three disciplines for not much more than half an hour for most.

Everyone has their own strength and weaknesses and everyone gives it their all for the team. On the form this year I asked if people wanted to be in a competitive team or a fun team, most people put competitive and if they are honest most of the people who put fun really meant competitive, it is in our nature. Only one place in the prizes at this event for DRC Tri, and that was our defending champion women's team. Fran, Zoe, Tara and Jennie defended their title to once again win the all female category, so well done to them. But just as much praise for everyone who took part and especially those of you conquering your swimming or cycling demons, I think a lot people have come from running back grounds so we all feel we can just about do that but swimming and cycling are new to many, so well done all. Hopefully see you all at many a tri in the future and probably again at the



relays next year, assuming my nerves can stand trying to organise you all again for another year!"

Thanks again to Chris for a sterling job organising, competing and writing up a race report! We should mention the men's "A" Team of Mike Brown, Shane Bond, Paul Walley and Tony Freer who were 8th overall in 02:12:45, 2 places in front of DRCs triumphant women team who completed the course in 02:21:18, with Rich Lewis, Garry Strickland, Nigel Sankey placing an impressive 17th given that Rich going twice. The old skool Tri-ers, Ray ~Williams, Fred Yearsley and Rob Woodward were another team with man doubling up Ray going twice finished in 02:31:15 just one minute behind Chris Young, Leigh Allen Tony Ball Louise Saum, as Ray said with a combined age of 253 not a bad showing!

Flying Monk 10K

Annette Heylings reported "Oh my this was a lumpy one!" (and as Annette has been running the County Road Race Series she knows a hilly course when she runs one!). DRC had four DRC runners, Dan Lygo, Paul Lee, Sam Stevens and Annette Heylings. Mark Springs was on 50" pacer duty, coming in on 49:44 "well done Mark! and David Quarterman was marshalling at the top of one of the many hills- was so good to see a familiar DRC face there David!" Dan Lygo was first DRC home in 41:00 7th M40 good run over a hilly course, with Paul and Annette both 8th in their cats. **Results:** Dan Lygo, 26th (7th M40); 41:00; Paul Lee, 221st (8th M60, Annette Heylings 322nd, 8th F60); Sam Stevens 403rd, 55th SenW) 01:12:40.





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Oldbury Power 10 Mile

Competing for attention with the Sprint Relays Oldbury 10 saw a team of seventeen DRC Athletes running the potential PB course. Normal service was resumed with Kevin Jackson finishing first for DRC in 01:10:59, just eight seconds slower than in 2018 and 26 seconds ahead of John Bourne. Joe Ball was third to finish, Alice Lewis was first DRC woman to finish and was first F60, in 01:21:47, with Richard Hogg just 8 seconds behind her. Damian Lai home in 01:22:36 with Audrey Harris finishing 2 minutes later. Matt Newman was first of 5 DRC athletes running between 90



and 100 minutes. Amanda Hensman and Lisa Young finishing together in 01:49:42. Eileen Hieron was another DRC Podium, first F75+ in 01:55:35. Sam Stevens was getting her miles in running her second race of the weekend finishing in just over 2 hours, with Emily Harding putting in a big effort to finish in 02:24. **Results:** Kevin Jackson, 68th, (4th M55), 01:10:59; John Bourne, 73rd, (31st SenM), 01:11:25; Joe Ball, 133rd, (39th SenM), 01:18:42; Alice Lewis, 150th, (1st F60-64), 01:21:47; Richard Hogg, 153rd, (44th SenM), 01:21:55; Damian Lai, 161st, (20th M40-44), 01:22:36; Audrey Harris, 179th, (10th F40-44), 01:24:36; Matt Newman, 236th, (54th SenM), 01:30:38; Andrew Ferguson, 271st, (28th M40-44), 01:36:31; Katrina Fletcher, 272nd, (47th SenW), 01:36:40; Huw Poppy, 275th, (29th M40-44), 01:37:08; Caroline Easthope, 279th, (15th F45-49), 01:37:45; Amanda Hensman, 336th, (30th F40-44), 01:49:42; Lisa Young, 337th, (23rd F45-49), 01:49:42; Eileen Hieron, 360th, (1st F75+), 01:55:35; Sam Stevens, 373rd, (62nd SenW), 02:03:09; Emily Harding, 386th, (66th SenW), 02:24:31;



Saturday saw the Juniors holding their first Open Day to promote the Junior Sections programmes. It was a great success, organiser Caroline Jones said "Thank you to everyone who came along to support or take part in our open day event. Lots of fun was had and hopefully a few questions were answered. I look forward to seeing many of you again in our Autumn term sessions.

Wednesdays 6.15pm yr7+ athletics and running
Saturday 9.30am 7-18yrs Muddy Running

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JUNIORS



Thursdays 6.00pm 7-18yrs Kickstart Athletics
Plus indoor athletics dates to be confirmed.



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Parkrun

Great to see Kelly Gabb and Mike running together again both completing the ~Eden Project parkrun in Saturday. Mike still has a niggling injury so fingers crossed for him. François low was very pleased to go sub-20 at Kingsway, after a summer of distance training. One for a coaching discussion volume or speedwork! Matt Rogers pipped him to the fastest parkrun of the weekend with a 19:43 run at Wotton, and a 73% age grading, with Tara Truman the fastest DRC female parkrunner of the weekend at Torbay with 23:48, with Cath Pinnock running a course best at Thornbury of 24:19, Julie Gowing also ran a course best on the grass at Stonehouse, great XC prep! Steve Barnes was a first timer at Fontainbleu, interestingly the French parkrun results are listed by runners name not by place, because parkrun it is NOT A RACE

DRC Tri News

Zoe Iamerton c posted "Brilliant response to the next DRC Tri coached swim block we still have a few places left but get in quick now if you want to secure your place! For those who have completed the form your in, so please ensure you have paid to the Drc Tri account. See you all on 8th sept 6pm The Pulse"

https://docs.google.com/forms/d/1NndzvHlzSrp41ub9SLxTQrn5Yi8Eydm7XIJ224SGfNg/viewform?fbclid=IwAR2a6j7rKmYJ8ERIYP0b2xXd_jyb4YCqqYAFXELbbYbPi_s_LvgV-qEVZvM&edit_requested=true

Gower Triathlon

Saturday the 31st of August saw Tony Ball competing as Vintage Vet, apparently he had to deal with 7 foot waves, but a great effort saw Tony finish in 3:16:11. This included a 40 minute swim (1.5km), eighty two minutes on the bike (37km) with a 66 minute 10k run to finish things off. He has come a long way as an athlete since joining DRC and in the tri discipline! I think he has got decent excuse for not beating Chris Young on the bike at the Sprint Relay on Sunday!



Tough runner UK Cotswold 10k

Due to fitness Sam Hill dropped down from the half marathon to the 10k. She reports "It was nice to be back in DRC blue but felt nervous as I haven't done much trail recently. The race was delayed at the start due to the toilet queues. Half the field started first after half an hour later we went. This was to try and help with bottle necks at stiles. Within 0.6 of a mile the first bottle neck was huge. It continued this way for the first 3ish miles. The course almost the same as the Santa Sudeley 8k. Lovely route and total climb was 899ft so a few good hills. I enjoyed the race and being their first time at Sudeley I think lessons will be learnt. They were honest and said why things happened, which is always a good sign. The medal was brilliant. But not sure charging £5 for the car park was to popular when the race isn't a cheap one not sure I would do the 10k again. Probably just do the Santa run there instead. Total distance was 6.5 miles, in 01:44:47 1st DRC. moving time on Strava was 1:28:40





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Severn Bridge Half and 10K

Seven Dursley Running Club athletes travelled to take part in the Severn Bridge Half-Marathon and 10K races held on Sunday the 25th. Following on from his strong showing at the Standish Woods off road race Dursley Running Clubs stalwart Kevin Jackson showed that Standish presaged a return to form, with an impressive 3rd place at the half-marathon. It was a very hot day for running and the course consists of a number of climbs, including the not insubstantial one over the bridge as the runners close in on the finish. Jackson was 3rd M55, 105th the overall in a field of 1333 runners in a time of 01:38:23. Jackson was first in of trio of DRC athletes with Dave Symonds finishing in a time of 02:20:13 with Rachael Goatman returning to her favourite distance, after her debut in open water triathlon the previous week, Goatman finished in 02:43:17 describing it as hot, hard and hot". In the 10K Mark Sprigings led the DRC team of four home in 40:25 running as an official pacer as he prepares for the Berlin marathon in September. John and Eileen Hieron both placed 2nd in their respective age categories.

Results (Half): Kevin Jackson, 105th (3rd M50) 01:38:22; David Symonds, 854th (83rd M45); Rachael Goatman 02:43:17. **(10K):** Mark Sprigings, 11th, (9th SenM), 40:23; David Quarterman, 207th, (12th M50), 57:00; John Hieron, 745th, (2nd M80), 01:14:55; Eileen Hieron, 747th, (2nd F75), 01:15:00.

Narbeth Nobbler

Dave Saunders had his tongue firmly in his cheek when he commented "I don't do off road, especially on a bank holiday weekend when it's warm & sunny". He made the journey to Pembrokeshire to complete the Narberth Nobbler 10k Trail Race with his son Mark. The race started with a steep hill as the route progressed into the woods and there was the usual mix of trails, road, streams and mud plus a few obstacles along the way. Saunders was 31st out of 200 entrants, the race organisers were not giving prizes for M70 category runners unfortunately. He finished in 01:03:36, a good time for an off-road 10K with his son just a minute in front of him.

Parkrun

Saturday the 24th saw a good turn out from DRC across Europe. Paul Gebbett returned to the Goods Shed course at Tetbury to run another personal best of 20:41, with an age grading of 71.3%, Alice Lewis was again fastest DRC female running 23:30 at Kingsway. Paul Lee clocked up his 100th parkrun as a first timer at Aston gate in Bristol running 27:26. Whilst furthest flung tourists Mike and Julie Froggatt ran the Farfalle parkrun in Padua.

Aston Court: Carl Fivey, 144th, 25:48, VM40-44; , Paul Lee, 200th, 27:26, VM65-69;

Farfalle (Italy): Michael Froggatt, 7th, 23:38, VM55-59; , Julie Froggatt, 20th, 30:59, VW55-59; Joseph Ball, 20th, 22:26, SM20-24; , Alice Lewis, 32nd, 23:30, VW60-64; Mike Hanman, 141st, 32:41, VM65-69;

Rogiet: Darren Smith, 26th, 26:58, VM35-39; Richard Prior, 31st, 27:46, VM50-54;

Stonehouse:, Margaret Badger, 60th, 28:37, VW45-49; Alison Hambling, 73rd, 31:22, VW50-54;

Tetbury Goods Shed: Paul Gebbett, 12th, 20:41, VM50-54;

Wotton: David Quarterman, 28th, 26:24, VM50-54; , Garry Strickland, 29th, 26:25, VM55-59;

Catherine Pinnock, 31st, 27:03, VW35-39; , Steve Rugman, 37th, 28:23, VM55-59; Louise Biddell, 48th, 29:47, VW35-39; Tracey Strickland, 65th, 34:02, VW55-59

Diana Gore, 71st, 36:20, VW60-64; Jackie Pennington, 72nd, 36:24, VW50-54; Jude Rugman, 74th, 37:53, VW55-59; Lila Heath, 77th, 41:22, JW10; Carly Heath, 80th, 42:48, VW35-39.

AVR 5K

Earlier in the week Mark Sprigings and James Price ran the last event of the Avon Valley Runners 5k series, James placed 15th, 17:46, Mark 18th in 18:14 18th, in a field of 81 runners. Great runs by both



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Club Runs

Tuesday Night 6:15 for 6:30 exit

Please start thinking about HI VIZ, if on the road please be aware of pedestrians, cyclists, dog walkers who may be out and be respectful, give way at junctions; off roaders, Country Code applies thank you xx

03/09/2019

GROUP	Leader
Kangaroos	Sara
Greyhounds	Cara
Greyhares	Nick
Hares	Margaret B
Foxes / Lions	Steve Rugman
Leopards	Damo
Antelopes	tbc
Penguins	Jon Tudor

Thursday Night Club Running

2 Sessions at the moment.

Structured Sessions – 6:30 Jubilee fields with Margaret, Zoe and Martin – Click on Link to find out more.

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

September Run leaders winter running meeting/social the bar will be open!

We would like all our run leaders to come along and help us evaluate summer runners 2019 and consider the club run programme for the winter and also have some thinking about summer 2020! Interested in being a run leader (it ain't rocket science!) Please come along!