



Dursley
more than a
Running
Club



DRC Start Their Indian Summer

As is normal now pretty busy weekend of activities and we were blessed with beautiful autumnal weather, starting with parkrun and Junior out on Saturday morning and then the HUGE event that is the Great North Run and a trio of “off-roaders” Cattle Country and Woodchester plus super Half marathon time from Mark Sprigings on his road to Berlin.

September is going to see the last in the Handicap Series with all to play for going into the last event, a key Run Leaders meeting, evaluating the summer and planning for the winter, Ironman Wales, Berlin Marathon and then of course the AGM at the end of the month.



Great North Run 2019

The GNR saw five DRC runners taking part in the huge field. Up front Sir Mo magaged to hold off the DRC challenge for another year. Farah finished in 59:07!

Despite playing 18 holes of golf the day before and starting at the back and having to play dodgems Steve Watson was quickest for DRC in a time of 01:45:49, surviving the “Mediterranean” conditions. Clay Troy was first DRC woman to cross the line running very even splits, around 30 minutes, over the first 10km, slowing a bit on the second half.

Results:

Steve Watson 4301st (483rd M45) 01:45:49; Peter Allen 9953rd (1217th M40) 01:58:14; Clare Troy 16214th (555th F45) 02:09:36; Caroline Easthope 19259th (746th) 02:15:08; Neil Malpass 24462nd (978th M55) 02:25:12

Mercedes Benz World Half Marathon

Mark Sprigings was awake at 4am for his 2+hour drive getting to the Booklands Race track in Surry at 7:45 ready for a 9am start. Mark posted “Started too fast and got dragged along by the lead group..just before the end of the first mile realised I was going waaaay to fast so eased back into a nice stride’. The course was 4 laps of a 5k plus a bit more to get the distance in. Mark said “certainly the flattest course I have ever seen but not all on the racetrack and a good 3 miles worth on uneven stones ground. The course’s out and back sections with a cone to turn on, was unpleasant, getting back to race pace was “horrible”. A wrong turn, plus no taper and too quick a start meant that despite a PB Mark has room to improve, and he has the chance next week with the Bristol Half. Result: 01:24:25 - 71 second PB (10th overall)





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Woodchester Park 8

Spot the Difference



Sunday saw a number of local off-road races. A team of 10 DRC athletes ventured to Woodchester Manor. The trails around the manor much beloved for “away-day” Club runs. A lightly different prospect when racing. Jon Tudor was “Really proud to have been first Dursley in after a slight fall”. Kevin Jackson stopped to ensure Jon was alright only to be left behind once Jon was upright. It is good to see Jon leading the team home, he has had good season and has been running well in the handicap. Zoe Lamerton, won her category. Everyone commented that it was a tough run, with two significant climbs at the end, despite this the DRC athletes all looked good coming into the finish, pacing it well. Pete Brown put in another good run in advance of the handicap where he is keen to do well in his last and qualifying run. Although Stroud have introduced a cut off it is defo one for your diary in 2020, beautiful route, challenging course and close to home. Downside is limited prize list and results service not the fastest!

Cattle Country Trail 10/5K

Four athletes were in the flat lands of Cattle County, with Dave Saunders, Hollie Dent and Emma Strange running the 10K whilst Jacky Gilmour ran the 5K. Dave Saunders is enjoying the trail at the moment he said he “thoroughly enjoyed it”, 2020 Woodchester? He was impressed by the size of the medal, you can see how big they were in the image. Two laps for the 10K and one for the 5, the course was mainly flat and meandered around the fields adjoining the adventure park near Berkeley. Dave managed to place first in the M60 plus category so doing well there! Jack Gilmour was equally impressed with “the biggest bit of bling I’ve ever had from a run - it’s saucer sized!” Jacky was satisfied with her time of 29:10:0, she hasn’t fallen in love with off-road yet! She placed 8th overall, 2nd female and 1st in category.

Results 10K: Dave Saunders 32nd 53:41. (1st MV 60+); Hollie Dent 115th. 1:16:27; Emma Strange 116th. 1:16:30

5k: Jacky Gilmour 8th. 29:10 (1st FV60+)





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Forest of Dean 10K

Another scenic off-roader, this time over the river saw Annie Hidden and Mim Chapman enjoying the scenery if not the hills, plus Mim posted a "nice wooden medal" does it count as bling? Results: Annie Hidden 01:05:30
Mim Chapman 01:15:10



DRC Tri News



Newport Sprint Tri

Annette Heylings posted that it was a "Gorgeous sunny morning today for a trip into Wales for a flat, low key Sprint Tri" Annette took a couple of wrong turns on the bike which meant doing an extra mile, Annette said "in my defence there was a total absence of marshals" despite the extra mileage she was first DRC home and first F60 in 01:39:13 ' she said 'to be fair I was the only one!!!' but..... you "gotta be in it to win it!"

Latest Swim Training Block: Swimming is a great aerobic exercise, great for building "core" and of course in non-impact. All good reason to give it a go. The first session took place on Sunday 8th @6pm at Pulse, with the coaches assessing the athletes starting point. Coaches will then use the 1st session observations to work out a lane and time slot for you for the following weeks either 6-7pm or 7-8pm. FYI Sunday 15th won't be a coached swim as most of our coaches are competing at Saundersfoot or Tenby Ironman. Please use this time to swim in your lane and time - we may give you a swim plan to follow. Coaches will return for Sunday 22nd for a further 6 Sunday's. There's still spaces so if interested get in touch with Zoe Lamerton or via the DRC Tri face book page.



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The first week back to Athletics and Muddy Running AKA XC for DRC Juniors, saw a great turnout, with the year 7 plus group working on sprint speed & flexibility whilst the Saturday XC session focused on balance and agility. Do you have or know of a young athlete who'd like to join in! Contact Caroline Jones

DURSLEY RUNNING CLUB JUNIORS



Parkrun

Thirty four running under the DRC flag this s Saturday. Julie Froggatt and a rejuvenated Mike continued their parkrun World Tour over in Germany whilst Jo Fearn was in the equally lovely Watford , with Kelly Gabb and Mike Thomas down near Poole. Stratford Park was a local draw with 7 DRC athletes there nipping over to try out the course, sadly meaning Chris Young was not first DRC home for the second week at Stratford, but he could be satisfied with Course best! James Price continues to have a sizzling season with his second sub 18 5K time, running a PB of 17:33



at Kingsway, now faster than Dan Anderson's best on the course! I'd keep quiet about that James! Unsurprisingly this delivered the highest AG of 75%. Great running. At Tetbury Lisa Preest (Formerly Hindshaw), ran a Course best 23:32 and achieved highest female AG for the club

Cassiobury (Watford)	344 th	Jo Fearn	31:47	VW45-49	49.97%
Chipping Sodbury	220 th	Alison Hambling	30:20	VW50-54	57.42%
	276 th	David Ashford	32:55	VM45-49	43.09%
Kingsway	2 nd	James Price	17:33	VM35-39	75.12%
	91 st	Anne Harris	27:03:	VW40-44	56.87%
	143 rd	Karl Rust	29:36	VM45-49	49.44%
Mallards Pike	77 th	Steve Barnes	28:21	VM60-64	58.08%
Neckarau (Nr Mannheim Germany)	10 th	Michael Froggatt	23:16	VM55-59	67.19%
	7 th	Julie Froggatt	29:11	VW55-59	61.22%
Orpington	16 th	Richard Pitts	21:38	VM50-54	70.42%
Stratford Park	10 th	Paul Gebbett	22:32	VM50-54	65.46%
	37 th	Andrew Osborne	25:41	VM50-54	57.43%
	55 th	Catherine Pinnock	27:44	VW35-39	54.09%
	56 th	Chris Young	27:45	VM45-49	52.31%
	64 th	Lisa Young	28:29	VW45-49	57.46%
	73 rd	Darren Smith	29:09	VM35-39	45.80%
	81 st	Louise Biddell	29:53	VW35-39	50.86%
Thornbury	96 th	Emily Harding	42:03	SW30-34	35.28%



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Tetbury Goods Shed	21 st	Lisa Preest	23:32	VW45-49	68.13%
Upton House Nr. Poole	311 th	Kelly Gabb	37:53	SW30-34	39.33%
	312 th	Mike Thomas	37:53	VM40-44	36.03%
Wotton	43 rd	Steve Rugman	27:39	VM55-59	57.50%
	44 th	David Quarterman	27:40	VM50-54	55.06%
	65 th	Terry Cother	30:43	VM50-54	48.78%
	69 th	Kevin Brockway	31:14	VM55-59	49.20%
	76 th	Margaret Badger	31:52	VW45-49	51.99%
	77 th	Tracey Strickland	31:58	VW55-59	56.62%
	79 th	Mike Hanman	32:09	VM65-69	52.15%
	84 th	Victoria Newman	32:52	VW55-59	54.36%
	85 th	Julie Davies	33:08	VW55-59	53.92%
	95 th	Julie Gowing	35:00	VW35-39	43.00%
	110 th	Jude Rugman	39:21	VW55-59	46.00%
	119 th	Rachael Goatman	50:58:	VW45-49	32.11%

Association of Running Clubs South West Road Race Relays

Roll up roll up.....if you fancy pretending to be a racing car or enjoyed the Super Sprint Tri Relay last weekend (but less keen on bike and swim)...then this one is most definitely for you. Get yourself a team together for fun or serious and make this a fun team event to continue the 50th Anniversary celebrations from the night before. I challenge anyone to achieve as smooth a baton handover as Garry Strickland and Jadie Cotterell last year....

It is the weekend of the 50th Anniversary so great choices to get out and celebrate 50 year of DRC, you can run Cross Country on the Saturday and/or the Road Race Relays on the Sunday, Team DRC! And of course Guy Fawkes 5 also on!



Link to DBMax

<https://www.dbmax.co.uk/events/arc-south-west-chilly-road-relays-2019/?fbclid=IwAR1rpsjuKZhpPTROpi5Abu0rqRPk5RdpJCYKqnTfyKXW5B2txAFuE6Fk8Lo>

Club Runs- FINAL HANDICAP HAMFIELDS THIS TUESDAY



We are down at HamfieldS this Tuesday for the last in the Handicap Series. Start Sheet issued.
PROMPT 18:30 START.
Showers available and food and prizes afterwards including sport prizes
Sarah Eden has invited those not helping or running for a gentle jog c 3 miles, hi-viz now becoming a good idea



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Thursday Night Sessions



Thursday has seen another block of structured training at Jubilee Fields, the first session very well attended. The sessions are based on intervals and the target race is the Stroud Hal, but athletes will benefit from these sessions anyway

Margaret Badger and Amanda Hensman continue their Thursday night "club runs" 7.15pm at the Spot. All abilities. Wanting social run or just a bit of mileage in good company this is an ideal session