



Dursley
more than a
Running
Club



Cardiff Half - Team DRC



A super turn out at the Cardiff Half for DRC with 16 athletes on the start line with three, Laura Williams, Zofia Weaver and Cath Hall there do their first half, all achieving their goal with Laura running an impressive 01:46 time, and the best age category placing for DRC 76th F35. Even more impressive was Dom Pemberton running the event at 5 months pregnant, she may be putting her running shoes away for a bit now! It is also important to note the support that DRC athletes give each other, Damian Lai pacing Rach Goatman to a PB, which she is over the moon with, Kevin Jackson supporting Nicola Evered, around the course (as well as helping her on training runs), Emma Keating supporting Dom Pemberton and last but BY NO MEANS least Leigh Allen supporting Cath Hill to run her first ever half. #BOOM DRC more than running club! At the sharp end Mark Sprigings was taking a weekend off running marathons by running a half, (please note for the mere mortals out there a rule of thumb is to have an easy days activity for every mile raced). He was pleased with his 01:26:02 time, next stop Chicago, along with Sir Mo! First timer Laura was next to cross the line. Hugh Poppy was third to cross the line for DRC in 02:06:52, but given the length of time it was taking runners to get over the start line Audrey Harris was in fact second home for DRC on a chip time in 01:54:44. Handicap Series winner Zoifa Weaver ran the equivalent of three and a bit handicap courses to complete her first ever half. Cath Hall posted "That was by far the hardest thing I have EVER done! Thank you so much to Leigh Allen I honestly don't think I'd have got round if it wasn't for you! Thank you my little cheer squad, Dan and the boys, mum, Marg, dad, paul, Vick and Jaz. Thank you all my lovely friends for all the supportive messages on the way round".

Results: Mark Sprigings, 01:26:02, 366th, (83rd M35); Laura Williams, 01:46:59, 3192nd, (76th F35); Audrey Harris, 01:54:44, 5156th, (255th F40); Huw Poppy, 02:06:52, 8791st, (741st M40)



Damian Lai, 02:25:53, 13923rd, (1298th M40); Racheal Goatman, 02:25:53, 13923rd, (844th F45); Zofia Weaver, 02:26:16, 14030th, (2501st SenW); Steve Barnes, 02:29:22, 14691st, (174th M60); Nicola Evered, 02:37:56, 16201st, (582nd F50); Kevin Jackson, 02:37:56, 16204th, (534th M55); Janet, Matthews, 02:43:22, 16998th, (1054th F40); Sam Hill, 03:04:55, 18978th, (1373rd F40); Dominique Pemberton, 03:07:33, 19243rd, (3490th SenW); Emma Keating, 03:07:37, 19242nd, (1182nd F45); Leigh Allen, 03:17:30, 19632nd, (1424th F40); Cath Hall, 03:17:31, 19633rd, (1569th F35).



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DRC-Tri Seasons Finale



A dozen DRC Triathletes were at Warwick for the final team event of the season. Sarah Willcox reports "We had a 400m swim in a 33 meter pool, we were all set off based on our race numbers which was a great idea, Altho the pool is a lovely pool, we had to swim 4 laps in 3 separate lanes, so on the 4th 8th Lap you moved over into the next lane and then do the final set of 4 then the last length you exit to a short distance to T1. This created chaos in the lanes with people being allowed to overtake". Fran Amigoni was quickest in the water, 06:47 to Mike Browns 6:57. Queen of the transition was Tara Truman T1 31 and T2 28 seconds, with course best on the swim and the bike Dave Ashford was pleased to come in under his target time to finish his tri- season. Mike



Brown finished in just under 57 minutes winning his category and placing fifth overall. Fran Amigoni was next to finish in 01:02:14th, 28th overall and getting on to the podium, 3rd woman overall and 1st in the F35 category. The finishing times for the next pair were close, Tara Truman finishing in 01:05:55, first in the F45 category, with Garry Strickland hot on her heels home in 01:06:18, second M55. Rachel Brown posted the next quickest time, and after a nervous wait was pleased with a controlled swim, and had a good ride despite finding it hilly and windier than expected. Unsurprisingly (given her Ultra exploits) Rachel finished strongly, and was "very happy" with her result. Having won the Westonbirt Sprint Tri prize at the AGM Rachel is now set up for a good winters training! Having started 15 seconds apart there as not much to choose between Tel Cother and Kevin Brockway at the end, Tel Cother was very happy to knock 12 minutes off his 2018 time with Kevin Brockway just 01:35 behind Tel despite being hampered by a work-related basketball injury! Sandra Lewis was flying solo, leaving husband Richard asleep in bed, she sorted herself out and finished quicker than in 2018 with an impressive 5th in the F55 category, in 01:24:28. Sarah Willcox posted "Today I beat my best ever Sprint Tri time by over 10 mins, I have never gone sub 1.40 so getting 1hr 27 today has made my day and a great end to my season". New member Chrissie Duncan was welcomed into the Tri-Team fold, completing her first ever triathlon. Karen Eadon finished off for the team with a great effort to finish in 01:40, particularly as she is struggling to get out to run at the moment. As ever much gratitude expressed by the team members for the help and support they received from coaches and of course supporters, on the occasion Mark Histed and Shane Bond making the trip to support their team mates.

Results: Mike Brown, 56:55, 5th (1st M30); Fran Amigoni, 01:02:14 28th (1st FS35) Tara Truman, 01:05:55 55th (1st F45); Garry Strickland, 01:06:15, 69th (2nd M55); Rachel Brown, 01:18:45, 266th (12th F45); Tel Cother, 01:19:07, 276th (24th M50); Kevin Brockway, 01:20 :42 Placings TBC) ; Sandra Lewis 01:24:28, 362nd (5th F55); Dave Ashford, 01:26:09, 383rd (40th M45); Sarah Willcox, 01:27:32, 292nd (17th F45) ; Chrissie Duncan 01:29:53, 427th, (19th F45); Karen Eadon, 01:40:07, 504th (15th F50)



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Devils in the Detail

Zoe Lammerton's last event of a scintillating season was the Devils Aquathon on Sunday at Cheltenham lido. Zoe reports "the lido looked amazing today in the low autumn sunshine and was still 20 degrees in the water. A lovely low key friendly event. Two swim options 2km or 400m and I went with 400 as I have not done a lot of long swim training recently and then a hilly 10km up Leckhampton hill to the devils chimney rock and back. Only 10 competitors did the short swim but was pleased with my 400m time and ran nearly 2mins quicker than when I last did the event 2yrs ago. Came 1st female in the 400m/10km event. Whilst it's not a Tri, it's local and great to do a run on the trails".



Duo of Duathletes

Sudeley Castle, Winchcombe, was the setting for a new Duathlon event again on Sunday, the Cotswold Sprint Duathlon put on by Tough Runner. Annette Heylings posted that the "Weather was kind (ie no rain!) for the 2 x 5km runs and an 18km bike. Erica Fuller was there too", sadly Erica didn't make the team photo.

Results: Erica Fuller 01:53:35 (4th F50); Annette Heylings 02:07:44 (3rd F60+)

And The Last Tri....

Cara posted "Sad day - last tri of the season completed. Great course even though there was hill after hill and then the down bit was narrow road, wet, muddy and had to dodge tractors. The run was flat around a pond after climbing up steps over the stream railway line, I had to drag myself up them. Thank you to Chris Young, Line Nash-Whitlock and Julie Jaffa Gowing for staying to see me over the finish line". Chris Young reported "another season over, haven't checked times from same route at the start of the year but Strava shows me lots of pr's on bike route, strong swim and felt like my strongest tri run of the year thanks to recent run training so all good. Well done to Nic Osborne, Cara Zoglowek, (with former DRC members) Charlotte Palmer, Julie Furneaux also there (legacy!) all good performances and a lovely day out. Winter training and 2020 awaits".

Results	pos.	Swim	T1	Bike	T2	Run	Overall
Chris Young	18 th	7:34	1:24	56:47	1:16	25:01	01:32:02
Andrew Osborne	26 th	10:33	1:30	55:17	1:56	24:33	01:33:49
Cara Zoglowek	93 rd	9:55	1:45	01:17:50	1:50	42:04	02:13:24



Again, lots of positive posts on the progress with the DRC-Tri team both as individuals and as a team over the year, Tara posted "It's sad that our 2019 season is over but what a brilliant day to end it with. Some amazing results but its been more the happy faces, the proudness and team support that has made this season so special for me". The success I great reflection on the coaching and organisational efforts of the DRC sub-committee and coaches, well done all!



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Cricklade Half and 10K

Dave Symonds had a personal goal of his own to complete on Sunday as part of his 50th birthday celebrations, he posted "It was my Fifth and final half marathon completed. Each half marathon representing each decade of my life. Very tiring with limited training before the event and a very sore ankle!!! But managed to complete the Cricklade Half marathon in 2 hours, 19 minutes and 9 seconds. Time to have rest and think of what to do next year (51 Fiver Triathlon?) Nevertheless Thank you to all DRC members for your support and to the ones who were with me this year during the five events. See you next year". Dave was 308th and 66th Male Vet, always astounding when races are unable to separate age categories into bandings! On the line for the 10k was Dan Lygo he found the first 5K tough into the headwind, but seeing another DRC vest cheered him up! Despite the headwind Dan paced 23rd overall, in 40:52 3rd in the M50—59 category. Both Dan and Dave were of course first home for DRC!



Minster Challenge

Dave Saunders loves the South Coast (and related things Southampton FC!) so no surprise to see him in Lyme Regis at the weekend taking part in the Minster Challenge.

More off road for Dave he posted "The 12k multi-terrain race started and finished in nearby Axminster. After heavy overnight rain the course was even more challenging than usual and there was plenty of mud, hills, and swollen streams to navigate plus even more ankle deep mud! Did I mention the mud?!?! Finished in 50th position overall (1st MV70) in a time of 1:11:47. Sadly I was the only DRC entrant".

Another fantastic effort from the evergreen Dave. (BTW Nigel's your man Dave he loves Lyme Regis!)



Parkrun

Happy 15th birthday to parkrun, our 23 parkrunners have notched up 1284 parkruns between them. DRC runners have run 2450 parkruns at Kingsway, 1664 runs at Wootton and 855 at Chipping Sodbury and no doubt all the other venues add a few more to this total of awesome running. Parkrun has undoubtedly been a game changer, and it reflects on the value that it espouses that the average time is dropping, showing how it is doing at promoting active lifestyles. A few runners used this Saturday to warm up for their Sunday events with Rach Goatman running/walking a very sensible 44 minutes at Wotton. Running his 89th parkrun at Thornbury Russell Rolls ran the fastest DRC parkrun of the weekend of 23:41, whilst it was a tight contest amongst the women to be top of the age grading, Alice Lewis (77.4%) just pipping Avril Yearsley (77.1%), running her first ever parkrun in East Brighton, watch out Alice! Eileen Hieron completed the DRC womens' clean sweep of the AG podium. Mike Froggatt continues to enjoy his parkruns with a quick 24:41 to be first home for DRC at Wotton and top the male age gradings with 63.3%





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In advance of next weekend DRC Juniors were getting their race practice in this week. With some handicap races around the track Wednesday and then a long "obstacle course" for the Saturday runners to practice their pacing and fast finishes on.

DURSLEY RUNNING CLUB **JUNIORS**



Thursday saw a jump based session. On the 17th and 24th there are two Indoor training sessions between 5:30 and 6:30 at Rednock. Focus is preparation for the "Sporthall League" events, the first on on the 10th of November. Last year was the first time we entered athletes in the league and we are looking forward to field a bigger team this year. Very exciting competition and the first event is at Rednock! Please sign up your young DRC athlete.

Next Saturday is Junior Schools XC at KLB, DRC providing hares from our year 7Plus training group. Sunday's Glos AAA XC League again based at KLB around the parkrun course, RSVP



AGM Update

A few proposals were put to the AGM regarding club management, The minutes of the AGM are about to go out to members which will have the detail of the discussion around England Athletics Affiliation, Club kit and Club Run organisation. Just a quick up-date on the kit situation.

We work in partnership with Gloucester Sports and the kit can be purchased on line. They will be coming to the November Social so start looking for your birthday presents. They will be doing a DRC buff imminently.

Kit – there was query about why we have got plain blue kit with just DRC on it and that this is confusing. This kit was introduced as a "training kit" option, it is cheaper than the Ron Hill Race vest, but the club would encourage all runners to wear the blue and white stripe when competing in running events, you will be seen by DRC Supporters, any other kit and you are a stealth runner! Feedback is that the DRC training top has got a nice cut for our female athletes so we are exploring getting the same cut with the white strip. Any kit queries please contact Eileen Hieron



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Cross Country **Be part of Team DRC**

The first event is in on Sunday at Wotton, a chance not only to represent the club but get a bar of chocolate courtesy of the Kevin Jackson as your reward. Competition and camaraderie for nearly all ages, one of the nurseries of performance running in the UK!

Sunday 13/10/19 Gloucestershire CC League Wotton under Edge Note the earlier revised (as from 4/10/19 starts for young athletes races.)

Saturday 02/11/19 Gloucestershire CC League Charlton park

Saturday 14/12/19 Gloucestershire CC League Old Down Country Park

Saturday 04/01/20 Gloucestershire CC Championships Rendcombe College

Sunday 16/02/20 Gloucestershire CC League Cheltenham

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

Club Socials

Paul Breen is providing the cakes plus first aid and CPR training at the next club social. He is running the Marathon Des Sables for the charity Frontline For Children. So every penny raised via his cakes will be going to great case. Working with DRFC we have a new arrangements on the bar. Sharon Brimble, a local licensee will be running it from here on in. So it is hoped that the quality of beer and other drinks will be improved, along with move to "soften up" the furnishings! I cannot image in the service provided by our lovely DRC volunteers could be improved on!





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Club Runs

Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , head torches optional please be aware of pedestrians, cyclists, dog walkers, take care at junctions and when crossing roads. Head torches can be distracting to other road users so please be aware of this, alternative colours settings are good, lower light settings or ensuring shining downwards can also help.

NB. It has been suggested that if running to Sandpits the left hand side pavement is safer, and if on the right hand side ensure you stay on the pavement as the road bears right at Listers.

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.

Tuesday leaders are as follows:

08/10/19

GROUP	Leader
Kangaroos	Cath H
Greyhounds	Cara Z
Greyhares	Sarah W
Hares	Margaret B
Foxes	Steve Rugman
Lions	Tony Waye
Leopards	Caroline Jones
Antelopes	(Merge With Penguins)
Penguins	Fran
Cheetahs	James

Thursday Night Club Run

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