



Dursley
more than a
Running
Club



Team DRC @ Wotton - Cross Country Season Opener

Very difficult to highlight anything in these notices because yet again some many fantastic things going on. If anything represented what DRC is all about it was Sundays' Glos AAA Cross Country League, athletes from U11 to 80 plus competing, with DRC volunteers organising the course set up, marshalling and supporting. Everyone was treated to a traditional British cross country course, mud and more mud. Anyone who runs Wotton parkrun knows that whilst the course looks benign it is a testing run, add a few twists and turns, a number of water features and ensure lots of races on one day to churn y upi the course and your really get your money's worth. Fortunately, even though we

had a few Triathletes competing no one went from DRC went for a swim. Starting with the U11s Felicity Hosken and Lila Heath, no avoiding the puddles for them although a shorter course, as You can see they supported each other around the course in true Dursley style, although



Verity was able to move away at the finish getting ahead by just 7 seconds. New junior member Megan Toffi was next up in the under-13(G)s and ran a very controlled race, whilst nursing a sore knee, to finish 31st in 13:35. Adam Peake was the last of the Juniors to run, this his first Glos AAA league race. AS with all the DRC Juniors he ran a very measured race, a steady start saw him moving away from to around him finishing in 26th place in 22:40. He said he felt good runing, but when he stopped he could hardly stand up. Sounds like he got it "just right!". Well done to all the Juniors who ran, I always think it is much tougher mentally for young runners to be an "also ran" on tough cross country courses, but they will feel proud to have





Dursley
more than a
Running
Club



Glos AAA League Wotton

Completed this tough course. Next up were DRC Women, XC enthusiasts one and all, Teresa Walton returning to the fray after her baptism last year. Robyn Jackson- Waite found the going tough, but looked controlled throughout, as did Jadie Cotterall, who was just over two minutes behind Robyn. Erica Fuller led the "masters" team charge for DRC, with Teresa, Jo Fearn and Eileen making up the team. Eileen as ever did DRC proud first F75 plus. DRC Senior Men were short on numbers, with two key athletes injured, others in the Lakes. It was left to Mike Crompton to lead DRC's challenge. An indication of the quality of the participants is that Mike placed 71st. Andrew Trusswell was second home, his younger legs moving him away from Dave Durden's old diesel engine at the start and Dave could not make it up at the end. Nigel Sankey took one for the DRC team, sacrificing his Sunday road run he made the sixth man for the team. He nursed himself around to ensure he was in good nick for Abingdon Marathon next weekend; with Pete Chaffer and Kevin Jackson home in quick succession afterwards. Kevin supplied the post-race chocolates!

It was a great course designed and organised by John Rogers, with many thanks going to the members who helped set it up take it down, marshal the course and rescue the flying tent, manage the car parking. Without clubs like DRC and other within the Amateur Athletic Association this nursery/hotbed of running would not exist allowing runners from 8 to 80 to get their fix of running in the mud, thanks you! If you aren't on facebook it's worth getting on it just to see the images from this weekend's running!

Results: Mike Crompton 71st (49th SenM) 37:44; Andrew Trusswell, 95th (58th SenM) 39:24; Dave Durden, 106th (7th M55) 40:02; Nigel Sankey, 126th (65th SenM) 42:15; Pete Chaffer, 146th, (14th M55), 43:32; Kevin Jackson 163rd, (18th M55), 44:44. Senior Men 16th 707 points. U15 Boys Adam Peake, 26th 22:40; Robyn Jackson-Waite 43rd (15th SenW) 26:38; Jadie Cotterell 86th (27th SenW) 29:05; Erica Fuller, 162nd (23rd F50), 34:48; Teresa Walton, 178th (7th F60), 38:20; Jo Fearn, 186th (28th F45) Eileen Hieron 190th (1st F75) 45:09. Womens Masters Team 23rd. Girl's U13s Megan Toffi, 31st 13:35, Girls U11 Verity Hosken, 43rd 10:52; Lila Heath, 47th, 10:59.

Grittleton 10K

James Price reports "3 DRC runners started Grittleton 10k billed as a flat 10k however it was definitely more undulating than flat. Due to the heavy rain many parts were flooded and there was a lot of surface water throughout. Paul was looking to target a sub 60 with Ellen aiming to get around safely. I was hoping to run a low 37 minute but as usual went out a bit fast and found myself in a group of about 5 runners, I made the decision to stick with the group for as long as possible but felt strong and made the decision at 7k to push on to try and catch the 5th place runner who was about 200m in front. No one else came with me and I managed to catch him at around 8k and then push past him, I felt him gaining on the last 0.5km but I managed to dig deep to hold the position. Although not a super flat course it is a good course to race due to the terrain. I imagine however if you find yourself on your own it could be a long day at the office.

I am super chuffed with a result as it's a massive PB for me of over 3mins. It's been a great 8 weeks for me getting PBS over 1mile, parkrun, 5k, 10k, and half. I have one more race left this season where I am hoping to get a qualification. time for NY. NB Second quickest DRC 10K of 2019 Results: James Price, 35.17 5th (2nd SenM); Paul Ladle, 58.06.8. 200th (36th M40); Ellen Efford, 01.06.02 261st, (26th F45).





Dursley
more than a
Running
Club



Lakes In A Day – Cos They Can!

Off Road aficionado Dave Wood reports “Matt Read, Francois Low And Paul Lee made the long journey to Cumbria to compete in The Lakes in a Day ultra-marathon. A linear route from Caldbeck on the edge of the Northern Fells to Cartmell near the Southern coast, the 50 mile course takes in a number of the Lakes and Peaks the area is renowned for whilst notching up 4000 metres of climb and descent or over 13000 feet in old money. At 8am they were joined by over 400 other competitors as the event started from the tiny hamlet of Caldbeck and crossed the wild Northern Fells through Mungrisdale Common. A river crossing and much bog trotting



soon saw them climbing the desolate northern slopes of Blencathra where as they went through the checkpoint Francois had taken a 4 minute lead over Matt. A big descent along the thrilling Halls Fell Ridge saw them drop to Threlkeld and the A66 crossing before the start of the biggest climb of the day in the steps of many a 'Bob Graham Round' first across the Dodds and then onto the highest point of the race on the summit of Helvellyn. Francois had opened up a 27 minute lead over Matt with Paul running his own race and around 2 hours down on Matt. A steep descent followed to Grisdale Tarn before a gruelling climb to Fairfield summit the last high peak of the day at around the half way point of the race. The longest descent of the day into Ambleside on the northern edge of Windermere saw Francois' extend his lead to 37 minutes and around 2.1/2 miles over Matt, but unfortunately Francois fell heavily towards the end of the descent injuring his leg. Leaving the Ambleside checkpoint it soon began to grow dark and Matt began to work his way up the field and with dry shoes and socks he began gaining ground on the now injured Francois. With around 4 miles to go Matt caught Francois who tried to muster a fight back but the combination of Matt's momentum and Francois' injury proved too much and Matt snatched the race to finish in 14 hours 29 minutes and 15 seconds (around 95th place overall) with Francois just five and a half minutes behind in 14 hours 34 minutes and 46 seconds (around 100th place overall). Although race positions are as yet to be confirmed. Paul continued through the night to put to bed his previous DNF to complete the route in 21 hours, 25 minutes and 10 seconds. The winner of the race accomplished fell runner Ricky Lightfoot completed the race in a staggering 8 hours 47 minutes and 7 seconds setting a new course record and finishing nearly 30 minutes ahead of the second placed competitor. Great ultra running from the Dursley trio which saw Matt and Francois finish in the top quarter of starters on a tough and demanding route. Definitely one for the calendar in 2020. (Ed. Francois absolutely smashed his previous best by 5 hours and 10 minutes, and that including stopping for some pictures and videos!)

Provisional results: Matt Read - 91st 14:29:15; Francois - 93rd 14:34:46 Paul lee 285th 21:25:10
436 starter, 57 retired.

Thank you Dave Wood great report.



Dursley
more than a
Running
Club



Run walk crawl

The Gower

Five DRC Athletes travelled down to the Gower to take part in the RWC Ultra Bach and Trail 23 events Graham Wilkes reported "It was muddy. As most of you know I walk events now and what was my shortest of the year was the toughest and probably most fun (maybe not at the time) I aimed for an 8:30:00 and achieved a 10:47:50. (Only 7:03:00 moving time)

There were sand dunes, hills , cliffs and as it turned dark and the rain came rivers of mud coming down at you. I did run (100m lol), walked (a lot) and crawled in the dark after persistent loss of grip on Pwll ddu head. I should of researched the route more as I did 3 miles more than Annette Keevil who did the same distance. Being my first self guided event I learnt my lesson and will download the gpx file" Completing the Ultra from DRC were, Sam Martin, Tony Freer, Caroline Jones. Grahams verdicts was "brutal when the rain set in but a lovely scenic route not far from us". Well done all, as with all coastal endurance event testing terrain!



Trail 23 Annette Keevil (Trail 23) 22nd 05:38:42
Grahm Wilkes 207th, 01:47:44. **Ultra 34:** Tony
Freer 71st 06:59:39 Caroline Jones, 165th
09:09:20; Sam Martin, 166th, 09:09:25. (Positions
include all finishers Trail/ultra)





Dursley
more than a
Running
Club



A Run with no Witty Name.

Rachel brown reports that on Saturday "myself and Imi Testa headed down to South Wiltshire for a 50k off-road jaunt around the Fonthill Estate and Vale of Wardour. It was a very varied and interesting route through some very pretty villages, past ancient ruins and through the grounds of some amazing houses; the scenery was stunning. And there was mud and water, lots of it; oh and a very scary looking caravan with a sign warning trespassers will be prosecuted! We ran, slipped and slid our way round, encouraged by other runners and the amazing volunteers and supporters and both finished well within the generous 9 hours cut-off time. The aid stations were great being well stocked with a variety of foods, water and cola. Overall a great event made even better by a bowl of yummy warming veggie stew at the end. Sorry no photos on account that it didn't stop raining!

Chigago

The Windy City

Mark Spriging described his weekend to me as a "warm down weekend" it looked like progressive overload to me!

He starting on Friday with OCR World champs Sprint course where he was 246th in M35-39 out of 350. It was then off to Chigago.

Saturday Mark was treated to a 5K run with the then marathon World Record holder Paula Radcliffe he reported that he was 50th place out of 6850 people.

He then treated himself to the Chigago Marathon on the Sunday. Mark said he could "certainly see why they call it the Windy City..the last 10k (nearly 1 hour) was into 20mph head winds.. It's been super windy the whole time.. Relatively calm in the morning but around 2 degrees and with the breeze around -2 "the feel".. Finished around 8-10 degrees but with much stronger winds.. Although other than the final hour it was almost perfect marathon conditions.

Mark ran the distance the distance in 03:07:13, placing 2776th (560th M35).



Janet Bypasses Huntingdon!

When I saw Janet Matthews was doing the A14/Great Ouse Challenge, I thought she cannot be running along the A14, how wrong I was, the race organisers state "A large part of the Huntingdon bypass is now almost finished and, before it opens, we wanted to give you the opportunity to cycle or run on the new road. We hope that you're as excited as we are! Using a section of the new bypass all the participants crossing a 750m long viaduct over the River Great Ouse. Janet took part in the 14km event.

The organisers were clear that "this event is not a race but an opportunity to encourage the whole family to participate. Please do not push yourself or your child too far, just enjoy the experience, select the right distance for each member of the family and wake up the following day knowing you have been part of a unique event" Very sensible advice! Janet completed it in 162 01:22:06 162nd in a field of over 300 runners.





Dursley
more than a
Running
Club



Parkrun



Congratulations to Lisa Young who not only made it to Wotton running from Dursley but celebrated her 50th parkrun following her gentle warm up! Twenty one of the thirty two parkrunners were at Wotton to celebrate with Lisa, some doing a recce for cross country on Sunday! Mike Crompton warmed up for XC coming in first overall, with DRC quickest parkrun of the weekend, 19:51, with Lise Preest fastest DRC woman in 25:54. Annette Heylings topped the age gradings with 71% at the City of Gloucester, pipping Mike Crompton's 66.8%. Luke Russell ran his first ever parkrun at Stonehouse! Parkrun was a PB free zone this weekend. For DRC but hopefully everyone was just getting on and enjoying themselves!



Results: Terry Cother, 27:10; Jackie Pennington, 29:29; Annette Heylings, 28:59; Kelly Gabb, 36:10; Steve Barnes, 32:49; Matt Hazel-Livall, 23:04; Michael Froggatt, 24:00; Julie Froggatt, 29:47; Luke Russell, 33:52; Paul Dunn, 31:19; Antony Ball, 29:42; Mike Crompton, 19:51; Andrew Osborne, 24:17; Garry Strickland, 24:18; Lisa Preest, 25:54; Huw Poppy, 26:16; Darren Smith, 28:25; Peter Allen, 29:21; Steve Rugman, 29:25; Richard Prior, 29:29; Clare Troy, 29:30; Lisa Young, 30:22; Andrew Eades, 30:24; David Quarterman, 30:25; Claire Searle, 30:26; Amanda Hensman, 32:42; Louise Biddell, 32:42; Tracey Strickland, 33:59; Jo Fearn, 35:07; Veronica Higgins, 36:15; Jude Rugman, 37:34; Kevin Brockway, 49:16.



Dursley
more than a
Running
Club



The Club Social CPR and Cakes

Paul Breen is heading up the DRC social night tomorrow at the rugby club after your run. Cakes will be on sale and Paul will be doing an introduction to CPR thanks to the Peak Academy lending Paul their fantastic CPR training system (Paul is a qualified Army combat medic and medic instructor).

Any support/donations will be gratefully received and go towards a fantastic charity.

Here is a link to my charity page

https://givepenny.com/marathon-des-sables-?fbclid=IwAR0QdZ_oQPrWOi59-PJSz0gPrqmaPHacCWK9xh1RGEbML2rEHFBwxHkQFZg



DRC Tri News

Swims session continue on Sundays and keep your eyes skinned for drop in places on the spin bike session (need to be on the DRC facebook page for this.



Dursley
more than a
Running
Club



A Great start to junior Cross Country at KLB firstly to all the DRC junior helpers with Ruby, Ella and Jess (?) sweeping and supporting the tail runners really important job, and of course James, Luke, Tom and Ted haring. Quite a few DRC juniors were

DURSLEY RUNNING CLUB **JUNIORS**

running in the events, great running as far as I saw, decent pacing, although the adrenaline powered first 50ms is always a challenge. Frank nailed this to finish strongly. Other highlights were Frankie winning Girls 3/4 race and Holly fourth in the Girls 5/6 race, super performances! Its awesome stuff from to the back of the field! As I see our athletes running around chatting together, whether at KLB or training nights I am reminded that friendly, happy and cohesive training groups that mean athletes turn up on cold wet days or nights and put the effort in means they get fitter and faster whilst having good time. Fit for life and with the potential bonus these groups can be a nursery for athletes like Paula Radcliffe (Bedford) and Jo Pavey (Exeter).



This week see the first of two-indoor sessions on Thursdays with the Coaches preparing DRC athletes for the Sportshall indoor league. Run Jump and Throw Focus. Wednesday may see a road/pavement running session for Year 7 plus dependent on weather conditions. Not looking good for the track at the moment! Saturday more muddy running beckons!

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 site 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.



Dursley
more than a
Running
Club



Tuesday leaders are as follows:
15/10/19

GROUP	Leader
Kangaroos	Caroline J
Greyhounds	Cara
Greyhares	Sarah W
Hares	Margaret B
Foxes	Steve Rugman
Lions	Tony Waye
Leopards	Damo
Antelopes	Merge With Penguins
Penguins	Garry

Thursday Nights

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