



Dursley
more than a
Running
Club



DRC Tri Does Wales Ironman Wales

A huge weekend for the Tri-team with the Saundesfoot Sprint Tri- the day before Ironman Wales. A wonderful opportunity for members to get down race one event and support another. The image to the left courtesy of Mark Histed who was up early as he couldn't sleep, understandable pre-Ironman!



The images on the club facebook page give a small inking of the effort & perseverance of the athletes taking part in the Ironman. After the 2.5 mile sea swim 110 miles on the bike with 9590 ft of elevation according to Strava, the up & down course guaranteed to take the running out



of your legs before you settle down to your marathon! Tony Freer reports Just like (for the Sprint on) Saturday, it was pitch dark at 6am as the DRC Tri athletes, Tara Truman, Paul Breen, Mark Histed, Luke Russell and Andy Kilby headed to transition for final bike checks and to begin the kilometre processional walk down to the beach and the start. At 6:45, the Welsh national anthem was blasted out on massive speakers on the beach and up along the length of the promenade 150ft above the beach which was packed with throngs of spectators. This was a pretty emotional experience for all. (Full race report due in). Just like any Ultra or marathon race day is just a culmination of many hours sacrificed by the athlete and their family and friends to get there. As tradition has it, to kick off the race itself, AC/DC Thunderstruck was then played across the speakers with huge fireflashes being blasted into the air and the Pro men and then the pro ladies started.



Dursley
more than a
Running
Club



Ironman Wales

Ten minutes later, the main field began the starting process making their way down the start funnel into the sea, probably about 5 or 6 abreast, it took about 15 minutes before everyone was swimming out to sea towards the first buoy, with a clockwise loop of 1.2 miles. At this point it was out of the water, a quick run through a couple of inflatable arches and back into the sea for lap Two

With DRC, Paul was out the water first, followed by Tara, Mark, Luke and then Andy. Wetsuits were stripped off at the bottom of the beach path and the athletes then ran or walked up the steep zig zag path up onto the promenade to massive cheers, before heading back over town to transition and the beginning of the bike leg which was 112 miles. A rolling 40 mile first section was followed by 2 30 mile more challenging loops involving a bit of hill climbing, especially out of Saundersfoot.

After fuelling, the support team pretty much all then walked back to Saundersfoot which was the best vantage point for spectators as they passed twice. A rush back to Tenby we were keen to watch everyone in safely before beginning the challenge of the final leg, which was just a mere case of a marathon. 26.2 miles, consisting of 4 laps around Tenby town centre and out on the hilly coast road pretty much to Saundersfoot and back.

There were plenty of timing mats on the run course so the spectators were constantly refreshing times on the Ironman App to see who was where on the course and how the paces were holding out. The main team house for the weekend was literally on the run course so proved a brilliant place to cheer and shout on each of the DRC athletes each time they passed.

Finally onto the last lap, light was fading, in fact it was dark again and the athletes all looked forward to coming around that last right hand turn for the final 300m to the finish, the last 100m being made extra special with red carpet in the finish funnel and the finish line marking the end of a very long, very hard, but epic experience of finishing a full Ironman event and hearing each athlete announced as they crossed that line "Paul Breen. You are an Ironman", "Luke Russell. You are an Ironman", "Tara Truman, You are an Ironman", "Mark Histed. You are an Ironman" and "Andy Kilby. You are an Ironman". Broken, but in complete elation, the faces which painted a thousand words whilst they were still battling the run, compared to the smiling and proud faces, with those medals around their necks was almost immeasurable. Ironman Wales 2019 – Done!!!!

Thank you Tony for a race report that brings the event to life and show your enthusiasm for the event and the team. It was tight run thing in terms of who was going to be first over the line. Paul Breen started with intent, and





Dursley
more than a
Running
Club



Ironman Wales

he was quickest out of the water on 01:12:21 he did not let up on the bike with storming ride of 01:19:43, quickest in both disciplines for DRC. It looks as though he paid for this fast start as he lost almost half an hour to Luke Russell on the run, Luke finishing in 04:23 with Paul 04:51:47 but managed to just one minute twenty eight ahead of Luke. The images on facebook of them running on what look like empty tanks says it all about their mental strength Fantastic efforts from every one today, with Tara 11th in 45 Cat. and Andy 20th in the 60 cat. Having seen Andy Kilby's farway look when running at Cirencester 10K in the summer, the day after the handicap and four day after a 5 hours triathlon on the Sunday I appreciate the effort they have all put in as I am sure worked super hard over the summer to achieve this #BOOM!

Overall Results: Paul Breen 13:08:42, 705th (124th 35) Luke Russell 13:10:10, 717th (117th 30); Tara Truman 13:37:15 918th (11th 45); Mark Histed, 13:56:43; 1054th (155th 45) ; Andy Kilby, 15:50:35, 1708 (20th 60)



Saundersfoot Sprint Triathlon

Report Tony Freer

Before the sun came up at 6am, the team were up and readying themselves for the task ahead and for most a short 4 mile bike ride to Saundersfoot from Tenby. For others, the campsite bridged the 2 towns, so a shorter journey. By 7:15 Saundersfoot was buzzing and 538 competitors doing final bike inspections and donning wetsuits. A glance out to sea showed waves were present and not the millpond some had hoped for. In fact it looked a little choppy with an on/along shore breeze. Following a short mandatory briefing at 7:40 the triathletes all walked in a procession from transition, down the slip way onto the beach and at 8:00 a horn went denoting the mass start of the 750m swim, which was a clockwise out, across and back into the beach. Swimmers were off left right and some centre, just highlighting importance of sighting. Heading out was reported as the worst, straight into the chop making breathing very difficult and with the combination of sea water, quite a few ended up pretty nauseous.



Dursley
more than a
Running
Club



Saundersfoot Sprint Triathlon

First out the water for DRC was Fran, closely followed by Mike Brown, after this I lost count of who and what order, but consisted of Shane Bond, Zoe Lamerton, Dave Ashford, Sarah Willcox, Antony Ball, Rachel Cook, Zoe Fowler, Tanya Histed, Tel Cother, Susan Peachey, Julian Peachey, Cara Zoglowek, Jerry Fowler, Karen Eadon.



The bike course was next, which was hilly and twisty and not traffic free. This was a 12 mile 2 lapper as well, so once the hills were done, the guys realised what they were going to have to do again. Seems it was pretty chaotic especially on first lap, with traffic congestion and bike congestion, with some of the latter falling off on the steeper sections or just bailing in front of others to get off and walk. Mike had overtaken Fran before they exited transition but built a healthy lead on the bike. At the other end of the field, Jerry had a less than optimal swim, swallowing half the Atlantic, so started making inroads on the bike leg, albeit with the sea water still in his stomach reminding him it was still there when working hard on the hills. Then came the run, which compared to the previous 2 disciplines was a pretty straight forward, flat out and back 5k.



Dursley
more than a
Running
Club



Saundersfoot - Sprint triathlon cont...

Most facial expressions from the team had improved at this point, I think relieved to have got the other 2 behind them. Mike Brown came belting through to be first DRC Tri to finish in a pretty swift 20:15 run, bringing him home in 5th overall and 3rd in category. Next in was Fran with a 22:18 run and 50th overall and 3rd in category. Zoe Lamerton was 3rd home for DRC with a 21:46 run and 101st overall, reporting she had a bit of a mare in the swim, taking in water and having to do quite a bit of breaststroke to keep going.

Name	Time	Swim	T1	Bike	T2	Run
Michael Brown	01:09:34	13:26.8	01:02.2	34:09.6	39.2	20:15.6
Francesca Amigoni	01:17:43	13:21.6	02:18.1	38:48.1	56.2	22:18.8
Zoe Lamerton	01:21:31	16:47.0	01:27.1	40:04.6	01:25.6	21:46.2
Shane Bond	01:23:21	15:53.8	02:37.8	39:42.5	01:35.1	23:31.2
Julian Peachey	01:30:09	21:29.9	02:08.7	40:54.1	01:05.3	24:30.5
Antony Ball	01:30:44	19:15.1	02:31.4	41:31.6	01:19.5	26:06.2
Sue Peachey	01:31:28	17:21.7	02:57.2	44:36.5	01:29.3	25:02.9
Zoe Fowler	01:38:53	20:19.4	03:48.5	46:12.3	01:12.5	27:20.6
Tanya Collin-Histed	01:41:43	18:56.6	02:06.7	48:32.4	02:41.3	29:26.1
Terry Cother	01:42:31	17:46.3	02:43.2	51:49.3	01:12.2	29:00.1
Rachel Cook	01:43:48	20:20.5	03:50.2	50:54.5	01:17.9	27:24.4
Jerry Fowler	01:51:43	24:48.3	01:55.3	49:01.5	01:30.4	34:26.7
Sarah Willcox	01:51:51	18:11.9	02:46.0	52:10.3	02:51.9	35:50.6
Dave Ashford	01:52:53	15:15.4	02:39.8	59:34.3	01:40.3	33:43.0
Cara Zoglowek	02:04:22	20:53.2	02:28.0	00:41.5	01:02.9	39:16.1
Karen Eadon	02:11:04	21:13.9	02:53.5	05:38.4	01:22.7	39:55.4

Club Handicap

Tuesday saw another good turn out for the last race in the club handicap series with all to play for. It is great event with every level of runner in the Club involved. Super to see our Walk2Run 2019 Graduates running and enjoying it (mostly!) also great to see improvement with people running PBs, but also developing improved fitness can pacing over the series. I hope next year we can encourage greater participation and more social/club runs around the event to help get everyone together!

First Woman and Overall Winner Sofia Weaver on 7 Points (Plate and bottle of Champus for collection!) Very competitive between the DRC Women! Natalie Sankey was 2 nd on 11 points, Julie Davies 3rd on 17, with Margaret Badger lurking on 24 points. Jeff Peace was first man again with 30 points, Pete Brown, 40, and Graham Tudor 44, were 2nd and 3rd men, both running impressive series. Fastest Time of series was Dan Anderson's 19:35 in Race 3, with Zoe Lamerton 24:53 fastest female, Francesca Lane Amigoni ran a PB tonight (paced by Tony Freer I feel another rule coming on!) to clock the 2nd quickest woman's time of 25:56 with Jadie Cotterell 3rd tastes on 26:22 with Louise Prinny Saum within spitting distance. Sounds like a tidy women Cross Country team! Mike Crompton was second quickest in 20:43 and Mark Springings 3rd quickest in 21:04. Over 100 members took part on this year's series.





Dursley
more than a
Running
Club



Bristol Half Marathon

This year saw sizzling temperatures, never great for distance running. For Damain Lai and Mark Sprigings an opportunity to practice their race focus before the Berlin Maraton at the end of the month, hopefully it will have cooled down by then! Mark Sprigings said “struggled today and died a death around 8.5 miles, never hit a wall that bad before. Was on for 1:20 but getting 1:25 I’m just happy to have crossed the line!”. It was Mike Harris’ first Half and he posted “can’t believe how hard and long those last couple of miles were. Really happy with the result. Thanks, everyone. Damo commented “Well done everyone, was hot and tough conditions today. Well done all DRC!” For those intersted running in the heart mean that the bodies core temperature climbs and as a result the blood thins and carrie less oxygen. To

Get the same amount of blood to the muscles the heart has to work harder and so it is

- a. Harder to run at your fastest
- b. Feels harder running any pace

If you are not shivering on the start line of race, run to finish not for a time. It is always tricky with the excitement and adrenalin that is normal on the start line to think about the things you need to, but trying to be calm and focus on what you need to do to execute the best you can whatever you goal. That moment of calm reflection is worth its weight in gold! Those who can teach can’t do? Berkeley 10k 2019, but perhaps the exception that proves the rule! Right hand image two of the best race signs see!



Simply Health Bristol Half Marathon 2019 Results: Mark Sprigings - 01:25:50; Damian Lai - 01:48:33; Leanna Parry - 01:49:53; Garry Strickland - 01:56:53; Mike Harris - 02:06:35; Darren Carter Smith - 02:11:39; David Saunders - 02:16:17; Marina Stanley - 02:22:04; Hannah Sallis - 02:39:29.

Forestry 100 Series Westonbirt 10K

Paul Dunn brought home the DRC tree runners as opposed to huggers at the Arboretum 10K, behind him a number of W2R graduates made this their first 10K, with Julei Davies reversing the handicap pacings finishing ahead of Natalie Sankey. Well done all! Results: Paul Dunn, 56:38, 67th (211th M45); Julie Davies, 01:06:38, 375th (177th F 55); Natalie Sankey, 01:11:11, 454th (663rd F35); Michelle Gleadall, 01:20:05, 547th (267th F35); Elizabeth Thompson, 01:20:24, 551st (749th F35); Emma Keene, 01:25:23, 582nd (405th F40)





Dursley
more than a
Running
Club



River Dart 10K

A host of local swimmers completed the River Dart 10K swim. DRC was represented on Saturday by Laura Price, who enjoyed swimming with the current, completing the 10k in 02:36:23(wetsuit). On Sunday Laura Williams led the DRC swimmers in, finishing in 02:19:30 (wetsuit), just behind Pete Taylor (skins) but ahead of Trish Mansell (skins). Next DRC swimmer was Anne Roberts, 02:34:05(wetsuit), with Sophie Young 2nd in the FU18 category, 02:47:21(skins), With dad Chris home in 03:02:24(Skins)



Parkrun



A big parkrun turn out with 31 DRC athletes involved. Thornbury saw quite a number, Julie Froggatt reported that Rachel Goatman Thomas was star of the day at Thornbury parkrun with a BIG course pb! And that was after cycling there too!" Julie shaved about 40 seconds off her own Thornbury time too and was first home in her age category. Rach' performance after a cycle the run show the importance of warming up especially for shorter events. Although there might be something in the water at Thornbury as 6 out of 8 parkruns PBs this week were at Thornbury! Joining Rach and Julie were Huw Poppy, Pete Dunn, Tessa Hibbert and Mike Froggatt, although Mike wasn't running quite as fast as he was in Europe! Karl Rust ran a new best at Kingsway with Neil Truelove a best at Brighton.

James Price ran another sub 18 minute 5K at Stonehouse with an impressive AG of 74% just behind Rich Pitts 75% (20:16) at Kingsway but Alice Lewis again topped the AG charts with 82% (23:29) at Wotton, with Annette Heylings also in the seventies with 71.8% at Severn Bridge. . Mike Hanman celebrated his birthday by running a seasons best at Kingsway! Fantastic parkrunning from DRC



Dursley
more than a
Running
Club



Parkrun results 12.09.19

Cheltenham	Amanda Hensman	364 th	31:12	VW40-44	50.43%
Brighton	Neil Truelove	183 rd	25:17	VM60-64	64.01%
Kingsway	Richard Pitts	15 th	20:16	VM50-54	75.16%
	Catherine Pinnock	55 th	23:57	VW35-39	62.63%
	Anne Harris	96 th	26:33	VW40-44	57.94%
	Louise Biddell	107 th	27:02	VW35-39	56.23%
	Karl Rust	130 th	27:43	VM45-49	52.80%
	Keith Garner	149 th	28:51	VM60-64	57.60%
	Mike Hanman	158 th	29:01	VM65-69	58.36%
	Ellen Efford	204 th	32:30	VW45-49	49.33%
Severn Bridge	Annette Heylings	132 nd	28:40	VW65-69	71.80%
Stonehouse	James Price	1 st	17:45	VM35-39	74.27%
	Paul Lee	17 th	23:59	VM65-69	71.23%
	Jo Fearn	53 rd	32:17	VW45-49	49.20%
Stratford	Richard Prior	77 th	29:52	VM50-54	49.39%
	Darren Smith	95 th	31:38	VM35-39	42.20%
Thornbury	Huw Poppy	42 nd	26:12	VM40-44	53.69%
	Pete Dunn	43 rd	26:22	VM45-49	53.79%
	Julie Froggatt	80 th	30:14	VW55-59	59.10%
	Steve Barnes	81 st	30:17	VM60-64	54.38%
	Tessa Hibbert	84 th	30:54	VW45-49	51.40%
	Rachael Goatman	86 th	30:55	VW45-49	52.94%
	David Quarterman	87 th	30:56	VM50-54	49.25%
	Vicci Phillips	99 th	33:02	VW45-49	49.04%
	Michael Froggatt	118 th	36:33	VM55-59	42.77%
Wotton	Alice Lewis	9 th	23:29	VW60-64	82.61%
	Alexandra Kemp	26 th	28:10	VW40-44	54.32%
	Steve Rugman	30 th	28:39	VM55-59	55.50%
	Tracey Strickland	46 th	31:20	VW55-59	57.77%
	Garry Strickland	47 th	31:22	VM55-59	49.42%
	Jude Rugman	67 th	36:50	VW55-59	49.14%

Mouse Vs Mountain

Late news...Mouse completed his series of Ultra Challenges with a 22 mile run up and down Snowden on the 5th of September. The mountain adventure race starts at sea level in the Caernarfon Castle and weaves its way to the summit of Snowden and down the other side into Dinorwic Quarry where there is an array of obstacles, including the infamous Vertical Kilometre, for you to tackle before you can cross the finish line victorious. There was an optional swim. Mouse has clearly got his eye on doing this next year as has signed up to DRC –Tri teams Sunday sessions. The fact that him “expert” canoeist overturned the boat and delayed Mouse by 10 minutes whilst they recovered all his gear might explain his desire to be propelling himself. He finished in 05:09:00 placing 149th out of a field of 9523 runners





Dursley
more than a
Running
Club



DRC Tri News

Quick reminder the new swim block is running on Sunday 6pm til 8pm, if interested either booking the block or one off session contact Zoe Lamerton or check out the DRC Tri facebook page

Swimming is just great aerobic, non-impact exercise that develops your core what's not to like!



DRC Juniors have been blessed with super weather a over the last couple of weeks. This week saw hurdling and pacing practice.

Next week will see another three sessions, with Year 7 Plus on Wednesdays followed by Thursday and Saturday session that are open to all Juniors.

The Junior sessions are structured to be inclusive, and we have very friendly young athletes, the coaches aren't bad either so if you have a young athlete who would like to give it a try contact Caroline Jones

A reminder that Junior Subs are now due in, and EA affiliation is an optional extra for those young athletes who want to complete in open events

DURSLEY
RUNNING CLUB
JUNIORS



Club Runs

Thursday Nights

2 Sessions at the moment.

- 1. Structured Sessions – 6:30 Jubilee fields with Maragret, Zoe and Martin – Click on Link to find out more.**
- 2. Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman**

Cont....



Dursley
more than a
Running
Club



Tuesday Night 6:15 for 6:30 exit

It's starting getting dark HI VIZ please

Please be aware of pedestrians, cyclists, dog walkers who maybe out and be respectful, also please stop at roads as we aren't invincible cars own the road not us, so please stop at junctions and give way, run leaders meeting in the Club House after club runs, very important for all run leaders (and anyone interested in helping lead runs) to try and make it

GROUP	Leader
Kangaroos	Sara E
Greyhounds	Cara
Greyhares	Nick
Hares	Margaret B
Foxes	Steve Rugman
Lions	Dave D
Leopards	Caroline
Antelopes	TBD
Penguins	Fran