

A Weekend of Decimal Points...

3.7 Tons Plus c.70.3

Saturday represented what DRC is all about, Saturday morning saw Jackie Pennington and Di Gore, the most attractive Dave Bedfords I have had the chance to see, running their 100th park run each. Enjoying their run in the sun at Wotton parkrun, one of the friendliest and for some strange reason smallest parkruns around. I guess it's the Cross-Country nature of the course, what's not to enjoy! So they have clocked up 1000km together (mostly) over 600 miles. Matt Hazell Livall and François Low clocked over 170 Miles over the Week end on the Cotswold Century. Whilst down in Weymouth Shane Bond and Josh Elliot were competing in the Weymouth 70.3. so just over 140 miles for those two! Anyone who remembers last year's weather slightly different. It was baking on the Saturday (car stat read 30 degrees on leaving the Club on 3pm dropped to 28° on the way home). Must mention another mileage Queen an awesome day for Sam Martin to do a 20-mile training run!



Cotswold Century Ultra

Rather than rely on someone ignorant of their effort and achievement I spoke to Matt Read and Dave Wood who completed the Century last year. Matt's said "Incredible effort from the pair of them. Just wasn't to be for Matt, who dropped at Wotton (CP6) 70 miles in, but he had given it all he had. Francois had a storming 60-70 miles and is now grinding out the last third through sheer grit and determination. Possibly paying price for quick start and a lot of hard miles in his legs of late but it's 100 tough hilly miles so the last bit was always going to be a mental test. Overall, the very hot day, followed by a downpour overnight, which drenched everybody, made it a tough year. From what I heard, it was a reasonably slow race this year, with a fairly high drop out rate. Dave Wood reiterated Matt's comments an "incredible effort from the pair of them. Francois entered the race with lots of miles in his legs and running particularly strongly but perhaps could have tapered earlier. Matt had probably suffered the other way with not quite enough time on his feet for a race of this length. The whole field met with



Cotswold Century Ultra

conditions that were the complete reverse of last year. Very warm, very sunny & unseasonably hot but almost perfect underfoot". Daves race report continues "Francois started like a "man on a mission" but may have overplayed those early miles when he was on target for a sub 24 hour finish, whilst Matt was running more conservatively. Lots of the field struggled with the heat and the pace was down on the previous two years. The first 14 hours were really hot with people checking in and complaining they were still cooking after...were still cooking even after sunset, then around 02-00 the wind picked up and the thunderstorms started. Torrential downpours led to more sustained rain and the temperature plummeted; runners who had baked for 14 hours were suddenly struggling not to become hyperthermic. To give Matt his dues despite looking in bad shape at Coaley Peak he battled on but I think the early heat had taken too much out of him to finish and he did brilliantly to cover 70 miles. Francois must have suffered from those fast early miles but never gave in and ground it out to the finish probably drawing on the depth of his training. Both of them demonstrated great mental toughness and the overall drop out rate appears high. I think many people have the impression it's an "easier 100" if there is such a thing, but the Cotswold Way has a way of putting people straight. I took a chap from Coaley peak at 06-00 to RV with his wife after he DNF'd. He had run the Brecons 100 3 months ago and thought the CW Century would be easier...."

I met both at Painswick just before the half way mark, where I had met Matt Read and Dave Wood last year. Francois was pretty talkative but had just got through a really tough patch with help of his support team. Matt came in sometime after Francois and has similarly been through a tough patch, around the 20 mile mark, feeling nauseous and not wanting to eat. He managed to get some food down his next at Painswick and set off with another runner who he had paired up with to Painswick, looking forward to a Calipo, courtesy of his support team and a 24-hour petrol station along the way. Talking to Dave Wood the key to Ultra's like this, apart from training the body is the refuelling and mental strength and the two go hand in hand. If you don't get the fuel on then decision making becomes harder and the willpower can go. Matt said that he "suffered too much in the sun to start with which ruined the whole run. After assessing the state of my feet and mental state today I'm glad I did retire, I'll be back next year for another go". Amazing effort from Matt and François who finished in under 27 hours and 58 minutes 29th out of 55 finishers. Both received great support from family and Club members. Low commented "The pain will fade, the injuries will heal, but the memories, experience and emotions will last a lifetime!" Great support out there with Jaffa Gowing, Jon Morgan, Sam Hill and Clair Oxley helping Matt with Francois' brothers there to sort him out and DRC at the aids stations! FYI the course records are 17:34 Rob Forbes and 20:17 Holly Rush

The Agony



The Ecstasy



Weymouth 70.3 Ironman

DRC Tri Ace-race reporter Sarah Willcox woke up at 3am on race day to the sound of pouring rain and a gale blowing in Dursley, returning to sleep she thought for a nano-second of not making the journey to watch Josh Elliot and Shane Bond compete in IM Weymouth 70.3. However, she cracked on, up at 4:15 to be at Weymouth for just before 7 with the rain had started to pour down. Sarah reported "The competitors were walking away from the start line, unfortunately the Race organisers the mighty IM cut the swim short to 950m for the 2nd year on the bounce - with almost a half an hour delay. Road closures were the issue and nothing to with the roughness of the sea, it was almost perfect conditions and real disappointment for those competing for points for Kona and NZ. As usual the pros entered the water at 7.20 and the rest of the pack all set off in time slots, which Shane reported was a brilliant idea as the competitors entered the waters 4 at a time".

Sarah found the sea to be lovely and warm, wishing she had taken her wetsuit for a dip. So busy enjoying the "old briny" she missed Shane and Josh entering the water! Sarah continues "With both safely out of the water and off on the 56 mile ride, Shane reported it was challenging and with almost a 4000 ft of elevation it was tough ride with many punctures along the way for many riders". Shane felt his front tyre was going soft in the ride into the transition but didn't realise he had a puncture until he collected his bike from transition after the race. FYI Damian Lai had two punctures on the course in 2018, in freezing conditions he fixed both to finish. Into T2 both Josh and Shane were almost neck and neck and arriving within minutes of each other. The run involved 3 1/2 loops of out and back along the prom which was perfect for Sarah and the other DRC-Tri Team supporter Fay Pearce, although they were both wet through after the very wet start but both loving supporting the boys. "Shane struggled with cramped on the first lap, getting help from other competitors with Salt tablets and a spoon full of salt which helped massively. Josh was running strongly and catch-ing Shane, an awesome run performance, for someone who has only been running with the club this last year. Josh eventually caught Shane with around 3 miles to go and both decided to finish and cross the line together which was very emotional to witness, both Fay and I had perfect viewing to watch them home. Sarah felt "Both were absolutely amazing today' her "special mention goes to Josh, "he totally surprised me today with his strength and willpower not only to enter a IM with not much running experience but never competing in a triathlon ever, Josh's strength is swimming and he came 134th overall and he proved when you want to achieve something well, you can.....



Weymouth 70.3 Ironman cont

....Josh had an amazing reason to race today for a charity close to his heart The Anthony Nolan Bone Marrow Charity, and he did his best friend Tom proud Well done guys another good result for the team "

Results:	Overall			Swim	T1	Bike	T2	Run
	Time	Pos.	Cat (pos)	950M		56 miles		13.1
Joshua Elliott	6.02.35	1195 th	M25 (184 th)	16:04	8:20	03:14:45	06:10	02:17:19
Shane Bond	6.06.06	1253 rd	M45 (142 nd)	21:33	7:30	03:08:09	06:13	02:22:42

10,000m Under the Edge

The inaugural Wootton 10K took place on Sunday and runners were blessed with torrential rain. Its all relatives! Teresa Walton reported that it was a "lovely trail run! Fantastic DRC turnout and great to see Julie Jaffa, Nicki Cowle and Eileen Hieron marshalling/taking photos and cheering us on

Really well organised and the best loos ever for a race venue!" Again who could ask for more!



Saturday's DRC's two "David Bedfords" were out again this time in the Blue and white of DRC, running Bedford favoured distance, I think he was famous mainly for track but being a70s running would not have been afraid of cross country. DRC team were led home by the in form Graham Tudor, just ahead of Alice Lewis and Damian Lai.

Results: Graham Tudor 27th, 50:35; Alice Lewis, 38th, 52:42; Damian Lai 46th 54:01; Lise Hindshaw 49th 54:37; Cath Pinnock, 57th 56:37; Peter Allen, 63rd 58:01; Dave Quarterman, 70th 58:56; Paul Lee, 75th 59:23; Racheal Barker 83rd 01:00:50; Steve Rugman 90th 01:01:41; Tracey Strickland, 91st, 01:01:45; Garry Strickland 92nd 01:01:47; Hugh Poppy, 110th 01:03:54; Lisa Young 125th 01:05:33; Andrew Fergusson, 145th 01:08:10; Kevin Brockway, 165th 01:10:42; Julie Froggatt, 174th 01:12:15; Di Gore 201st 01:16:10; Jackie Pennington 202nd 01:16:12; Jude Rugman, 240th 01:28:28; Cara Zoglowek 245th 01:32:51;

Swindon Half

Ray Williams was first (and only) DRC runner he reports that it "started raining 100 metres into race and stopped at mile 13 so great weather for a race , well organised by 113 events team and a good one to do as flatish, a climb at mile 11 till half a mile from end then a (fast) finish to the end . Managed 01.54.10 so pleased with that and a good warm up for the running challenge in Lanzarote in November".

Result: Ray Williams 01:54:10, 735th (19th MV60Plus)

Parkrun

At least 24 DRC athletes running a parkrun in the beautiful September sun on Saturday, may have been a few without barcodes!

Shock horror just the one DRC runner at Kingsway so Karl Rust will have been pleased to be first home for the club! Whilst Alice Lewis marshalled Annette Heylings claimed best AG for the club, 67.87% just ahead of Neil Truelove' AG, running at Stevenage for the first time. At Thornbury Russell Rolls and Tessa Hibbert ran PBs, 23:05 and 28:58 respectively the second week in a row that all the PBS have been at Thornbury! There was a good turnout at Wotton to celebrate Jackie and Di's 100 parkruns,



Event	Athlete	Pos.	Time	Cat.	Age Grade
Chippenham	Ellen Efford	231 st	34:01	VW45-49	47.13%
Kingsway	Karl Rust	113 th	28:25	VM45-49	51.50%
Stevenage	Neil Truelove	60 th	24:09	VM60-64	67.01%
Stonehouse	Paul Lewington	25 th	26:59	VM60-64	61.03%
	Steve Barnes	34 th	28:46	VM60-64	57.24%
Stratford	Mim Chapman	137 th	39:45	VW55-59	46.16%
Thornbury	Russell Rolls	18 th	23:05	VM40-44	60.94%
	Tessa Hibbert	59 th	28:58	VW45-49	54.83%
Wotton	Peter Allen	18 th	24:38	VM40-44	55.41%
	David Quartermann	28 th	26:15	VM50-54	58.03%
	Lisa Young	36 th	26:33	VW45-49	61.64%
	Huw Poppy	39 th	26:55	VM40-44	52.26%
	Darren Smith	55 th	29:54	VM35-39	44.65%
	Garry Strickland	56 th	29:57	VM55-59	51.75%
	Annette Heylings	59 th	30:20	VW65-69	67.86%
	Rachael Goatman	67 th	32:49	VW45-49	49.87%
	Terry Cother	68 th	32:50	VM50-54	45.63%
	Diana Gore	71 st	33:30	VW60-64	57.91%
	Jackie Pennington	72 nd	33:31	VW50-54	52.61%
	Julie Froggatt	73 rd	33:32	VW55-59	53.28%
	Carly Heath	77 th	34:51	VW35-39	43.62%
	Nicola Christopher	78 th	34:51	SW30-34	42.75%
	Michael Froggatt	81 st	36:33	VM55-59	42.77%
	Julie Gowing	90 th	45:43	VW35-39	32.92%

New Storage for DRC

After a few false starts to sort out storage for the club the Committee have been working with DRFC on developing new storage and a safe compound for machinery that keep the grounds in including DRC track up to scratch. See image to the right. Currently 6 lanes of 100m and two lanes of 200 in place with a track on c 425m running around the rugby pitch





The image shows the delivery of DRCs new storage facility anyone who has seen our current tardis of a shed will appreciate how excited coaches and event organisers will be!

This coming Thursday and this Saturday am have we Sam Hosken helping to paint the inside so anyone at the Junior sessions or indeed anyone else who fancies popping up and assisting Sam it would be great, bring your own brush many hands make light work!

We will also be organising an o/s paint job DRC blue!

Dursley and District Athletic Club

to

Dursley Running Club

50 Years

Gala Dinner

A wonderful opportunity to celebrate our clubs 50 years amongst friends, running companions and running rivals! Some of our founder members will be there which is fantastic and they are very excited to be invited.

So if you haven't booked act now and secure your place.....Firstly please confirm that you are definitely attending by paying a deposit if you haven't already - needs to be paid to the running club account, full Payment needs to be made by the 30th September - so £38 per person by the 30.9.19 to

Dursley Running club
Account number:02213663
Sort Code: 30-98-29

Please use the reference "gala50 then your surname"

Any queries to Karen Eadon

We need your food choices - please see the link below to chose your food - need food choices for your plus ones too....

<https://docs.google.com/.../1FAIpQLScYyr3qnB5fqHZyy.../viewform...>

Transport will be arranged by the club and will be confirmed nearer the date

Thank you to all those who have booked already, over 100 and we are really looking forward to it

Pride of the Cotswolds Cotswold Sporting Heros



Many of you will know of Damian Lai's incredible journey from 20-stone man to 20-time marathon runner. He has lost more than seven stone since he first joined Dursley Running Club in 2015. Damo has also completed Ironman events and raised thousands of pounds for the charity the British Lung Foundation TeamBreath. So it is fantastic this is being recognised in the Pride of the Cotswolds Awards this Thursday

As we know he's an inspiration to many. Damo said to the Wilts and Gloucestershire Standard: "It was truly a surprise to learn that I had been nominated. I feel really humbled and honoured to be considered a sporting hero and this nomination is not just for me, but for all the leaders and helpers at Dursley Running Club who continually support and encourage others".

He's up against some really tough competition with a referee who has taken charge over 3100 football matches as well as the manager of Stroud Town Youth FC who looks after the club's under 13 and under 5 teams. Fingers crossed for Damo!

DRC Tri News

Louise Saum completed her last Tri of the season finishing a very impressive 5th woman in the pool, 400m in 7:15, a quick second transition saw her onto the Bike, completing the 18km in 37:08, a lightning fast 34 second transition into the run, finishing the 4km in 20:35. Saum finished in 36th place 5th woman and 5th in category in a time of 01:07:19, despite competing with a chest infection. She posted "Massive thank you to all the coaches who have help me achieve so much this season, to the triathletes who have been great support & good banter along the way and my Tri Buddy Leigh Allen who got me into this lark and deals with my race day nerves. Cheers guys & roll on next season!!"



**Quick reminder the new swim block is now well under way 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!**

Serpentine Swim

To prove the benefits of cross training and swimming we have Hannah Osborne as a role model: completing the Serpentine Swim this weekend she posted

“2 and half years ago I couldn’t run, hardly went on a bike and never went swimming Today I completed the final piece to the London Classics medal:

- 2 miles Serpentine swim
- 100mile London bike ride
- 26.2miles London Marathon

Who would of thought it... not me!! I hope I inspire others to go for it!! I had amazing guidance and support.... I DID IT YAY”

Great Stuff Hannah!



Junior Section activities continue to take advantage of the great weather with a well-attended Year 7plus group practicing race tactic/speed play on Wednesday.

Thursday saw a great session courtesy of Alice and Annette Keevil working on discus and javelin along with other fun and games.

Saturday saw Caroline leading the Cross Country focused session, the image to the right showing the effort the young athletes are putting in. They also got to run with parachutes which they loved.

Wednesday Year 7 Plus 6:15pm

Thursday Kickstart Athletics Year 3 Plus (mainly younger athletes) 6pm

Saturday Cross Country All ages 9.30pm



Club Runs

Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , headtorches optional but essential and 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, thank you xx

24/09/19

GROUP	Leader
Kangaroos	TBC
Greyhounds	Cara
Greyhares	Sarah W
Hares	Margaret B
Foxes	Steve Rugman
Lions	TBC
Leopards	Damo
Antelopes	TBC
Penguins	Fran

Commiseration to Sara Eden who has broken a bone in her foot walking in Wales, Get well soon!
Volunteers to lead Roo's in Sara's absence would be much appreciated (speak to Damian)

Thursday Night Club Run and Interval Training

2 Sessions at the moment.

Structured Sessions – 6:30 Jubilee fields with Margaret, Zoe and Martin.

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

Details updated on website weekend prior:

<http://www.dursleyrunningclub.org.uk/members-area/club-sessions/>