



Dursley
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Club



Club AGM Celebrating 50 Years DADAC to DRC

Friday the 27th saw the 49th Annual General Meeting of the Club, celebrating 50 years of the club. Highlights were: Dave Saunders and Margaret Johnson being elected as life members, Steve Barnes nominated charity Maggie's Cancer Caring Centre received the most votes of the members present, after Steve had movingly explained how much support the charity had given his family. Members approved the new club constitution and also approved the club adopting Community Amateur Sport Club Status. Rachel Brown and Alice Lewis won places in the Westsonbirt Triathlon and Dursley Dozen in a prize draw. Finally after several years on the Club Committee Nigel Sankey is stepping down as Seniors Sub-committee chair, with Damain Lai stepping into this role. After many years assisting committee Mouse Clutterbuck is also stepping down and being replaced by Kevin Brockway as the "ordinary member" on the Committee. Margaret Johnson will be the Clubs Vice Chair. Minutes will be issued to give members the full lowdown on what happend later this week. Please put the date on your 2020 diary for next year, always the last Friday in September, whilst it is nice to have apologies from members it is even better to you have you turn up, celebrate our achievements and understand and have your say in the direction that the club moves in, and ensure we are quorate!

Berlin Marathon 2019

A Sunday of disappointments in the German capital. At the sharp end Kenenisa Bekele missed out on creating a new marathon record by two seconds running the marathon in 02:01:41. Conditions were much cooler but wetter than in 2018. DRC had three entrants in this flagship marathon, Dan Anderson, Mark Sprigings & Damain Lai. All three have had up until recently very positive seasons but all ended up in Berlin with that aim of finishing the event rather than being able to deliver the performances they wanted. Dan struggling with a calf strain, Mark & Damo's training affected by several weeks out with virus for Mark and appendicitis for Damo. As ever with the extreme endurance events just getting to a start line, & being 100% fit is an achievement in its own right! Despite coming in with a calf injury Dan started with intent, running the first 10k in 37:08 (sub 6 minute mile-ing), but could not keep this pace up, and a lot of us mere mortals will know how Dan felt as the race got harder and harder and the pace kept droppping. Mark started more conservatively and, unsurprisingly given his season running as a pacer in a variety of events was metronomic up to the half way point. After half way Mark began to struggle with cramp and was having to stop to stretch out. Despite this he almost caught Dan, with just 22 seconds between them, but both some way off the sub 2:50 marathon performances that many think they are capable of. Mark Sprigings goes again in two weeks time in Chigago, whilst Dan will be hoping for success in the Club marathon draw in November. Damo came to the marathon on the back of a couple of visits to hospital. So he was intent on enjoying the run soaking up the atmosphere, in more ways than one as the runners had to put up with the rain! They all deserved a beer afterwards for the effort. Damian

and Mark both continue to raise money for good causes, TeamBreath, the British Lung Foundation for Damo and for Mark Children With Cancer UK, I am sure both would be over the moon with further donations after their efforts on Sunday. Results Dan Anderson 03:09:48, 3593rd (779th M30) Mark Sprigings, 03:10:10, 3651st (815th M35); Damain Lai, 04:10:02, 18979th (3375th M40) (44,065 finishers)





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Mumbles Sprint Triathlon

Tony Ball travelled down to the iconic Mumbles lifeboat house for the second time to compete in the local sprint tri. When Tara aimed to get DRC-Tri team to go for longer events she didn't mean add extra metres onto the organisers course! Tony continues:

"Swim 750m - (I did 1066 yards, that's 973m)

Stayed wide and out of trouble but think I was on my way to North Devon before safety boats turned me around , this cost me time.

Bike 32k - Wedged my wetsuit in the front wheel before racking so was worried about the rubbing sound of the brakes during the ride , but actually made up 95 places , and loved the stormy conditions.

Run 5k - flat out and back along the seafront, a bit boring with just a few puddles to splash in.

Transitions were smooth. I ditched the usual coffee and cake for Salbutamol and Ramipril (non performance enhancing). I think other vintage veterans like to take their time, folding things away and placing them neatly, I made a mess but got top 10 for both . Finished in a slower time than last year but overall very pleased, and was 1st DRC".



Clearly Tony's swimming is getting much better for him to consider extending it by another 200 plus meters. **Result:** Swim (750 min!), 25:46; T1 03:10; Cycle (25k) 01:08:11; T2 01:41; Run (5k) 27:29. Overall 02:06:20, 146th (17th Vintage Vet)

Forest of Dean Autumn Half

Whist on the Dursley side of the river & elsewhere conditions were wet and grim, it was dry & sunny if a little muddy in the Forests, where a team of 8 DRC athletes took on the hills and 13.1 miles.





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Forest of Dean Autumn Half cont...

Rachel Brown posted "Well done to all those that ran the Forest of Dean Autumn Half Marathon, and especially Teresa Walton and David Quarterman running their first half marathon. Weather conditions were good with only a few light



showers; although it was a bit muddy underfoot in places. Really enjoyed supporting for a change." Paul Walley was first in for DRC in an impressive time of 92 minutes, Also impressive were Teresa's 7th F60 placing in her first half, and inspirational as ever Eileen Hieron placed 2nd in the F70+ category. It's a super tough course with a very long drag to the finish that never seems to flatten out. Well done DRC!

Results:

Paul Walley, 01:32:03, 44th, (26th SenM);
John Delafield, 01:51:16, 190th, (27th M50);
Holly Pavey, 02:12:54, 449th, (53rd SenW);
Dave Quarterman, 02:17:29, 490th, (63rd M50);
Kevin Brockway, 02:26:24, 562nd, (73rd M50);
Teresa Walton, 02:31:54, 589th, (7th F60);
Eileen Hieron, 02:45:30, 636th, (2nd F70+);
Kathryn Walley (DNF)



Other Halfs Are Available....

Another six DRC athletes were completing "Cheltenham's Half marathon" starting and finishing at the Race course, and taking in the sights of the Spa town. Well done to Leanna Parry who led the DRC team home! Lise Hindshaw quickest on chip time.

Results: Leanna Parry, 01:47:22, 544th; Lise Hindshaw, 01:47:19, 582nd; Lisa Young, 02:16:51, 1744th Steve Barnes, 02:31:49, 2084th; Hollie Dent, 02:36:42, 2208th; Alice Clarke, 03:34:59, 2462nd

Whilst Di Gore and Jackie Pennington travelled to the Windsor Half marathon. Completing it in 02:23 of course they are inseparable! Di posted "It was hard work but great fun and a good excuse for a weekend in Windsor with my lovely cousin Diana Gore"





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Brown Beats the Beacons!

Rachel had been supporting Sunday as Saturday had seen her venturing over to the Brecon Beacons to take part in "Beat the Beacons", an event to raise money for the Brecon Mountain Rescue Team. She reported "The challenge walk is based in Talybont on Usk. There were 3 route options; 22, 15 or 10 miles. I entered the 22 miler. The aim of the challenge was to visit each



checkpoint using your map reading and navigational skills in mountainous terrain. Luckily I know the Brecon Beacons well so this wasn't a problem for me. It was challenging weather conditions with strong gale force winds and horizontal rain. I was really pleased to finish 3rd overall and 2nd lady; although I should point out that it wasn't a race and most of those taking part walked it. A very enjoyable event made even better by bumping into Neil Truelove at around the 11 mile mark".

Parkrun

An insight into how to manage your running week from Margaret Badger this week "Really enjoyed Wotton parkrun this morning. I forgot my watch so couldn't record on Strava but I have to say, I just ran for the fun of it and the company (thanks Carly Heath and her hubby). Some of you experienced runners have probably worked this out already - you don't always need a set pace or target time; it's just great to run because you can. #feelingphilosophical". The concept of parkrun is great but like any idea its how we use it is important, Chasing PBs every week is likely to leave you mentally and physically tired, whereas a warm up and cool down combined with a chatty run will deliver you some base mileage without too much strain. Obviously, the occasional blast or harder run will help keep you sharp or show progression. This week Mark Sprigings was blasting it before Berlin. Running 18:27 at Hasenheide with a 71.9 Age Grading, still not enough to topple Alice Lewis, although Alice was not in the 80% this week SHOCK HORROR! Andrew Obourne and Pete Allen ran PBs at Tetbury and Wotton respectively



Clevedon Salthouse Fields: Carl Fivey, 128th, 27:20, 50.30%. **Exmouth:** Tessa Hibbert, 183rd, 28:50, 55.09%; **Gloucester City:** Julie Davies, 103rd, 30:53, 57.85%; **Hasenheide (Berlin):** Mark Sprigings, 14th, 18:27, 71.91%. **Kingsway:** Darren Smith, 71st, 25:47, 51.78%; Richard Prior, 87th, 26:58, 54.70%; Annette Heylings, 132nd, 29:26, 69.93%; Mike Hanman, 136th, 29:45, 56.92% Kelly Gabb, 195th, 37:33, 39.68%; Mike Thomas, 196th, 38:03, 35.87%; **Orpington:** Richard Pitts, 5th, 21:30, 70.85%; **Stratford Park:** Steve Barnes, 89th, 32:24, 50.82%; Nicola Christopher, 108th, 35:10, 42.37% **Tetbury Goods Shed:** Andrew Osborne, 16th, 22:52, 64.50%; **Trelissick:** Paul Breen, 39th, 25:57, 51.12%; Wotton: Alice Lewis, 17th, 24:32, 79.08%; Peter Allen, 18th, 24:37, 55.45% David Quarterman, 31st, 28:05, 54.24%; Terry Cother, 34th, 28:15, 53.04%; Garry Strickland, 36th, 28:16, 54.83%; Margaret Badger, 56th, 32:45, 50.59%; Carly Heath, 57th, 32:46, 46.39%; Rachael Goatman, 75th, 46:26, 35.25% (tailrunner).



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More DRC Tri News

Anne Roberts Posted "Call me consistent! Exmoor Open Water 4km Event: last year going once round the big course, this year twice round the smaller course with a few steps of muddy walking to link them. What is the chance of identical times?!" Anne completed the 400 metres in 01:24:12.

Tony Freer has the essential accessories for triathletes and posted "Will be bringing new team swim caps £4 each, along with team drink bottles also £4 (2 for £7) to swim tonight"

As Martin Bragg highlighted at the AGM swimming and cycling sessions run by the Tri-team are open to all members of DRC and Zoe has posted info on spin



"Wednesday Bike session block 1 - form to sign up.

First 18 to sign up get a place.

Remember it's a long session 7.15-9pm at pulse. Starts Wednesday 2nd October!

I will close the link after we get the numbers"

https://docs.google.com/forms/d/11bptavMls_VFjvFASpv-vWk_q0bjSICly7jBGTehEy4/closedform

Caroline Jones posted "Great cross country training today; practising fast starts and funnelling, all good preparation for those cross country races.

DIARY DATE

A key date for your diaries:
10th November

the first Gloucestershire Sportshall League competition event hosted by us! At Rednock Hall. I would really like to put forward some DRC teams and we also need help with cake baking and selling, and timing/measuring etc during the event'.

Earlier in the week the year 7 Plus group had blast practicing their relay handovers, and going to prove that relays are fun the Thursday session athletes requested relays to finish of their session!

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DRC Club Gala

**If you don't act ASAP you will miss out contact Karen Eadon PDQ
well over 100 members coming to celebrate 50 years DADAC 2
DRC**



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Blowing in the Wind

Sam Hill reports from a wet and windy South Coast "This weekend we travelled down to Dorset for WSR run Jurassic. Plan was all of us running the Chaos race on the Saturday. Then I was running the half marathon and Liz was running the kids race Sunday. All started well for the marathon and ultra on Saturday if a little windy, it all went to plan. Saturday at 6pm was the Chaos race, it was so windy and wet but the kids still wanted to run. They shortened the race to around 1.3 miles because of the conditions. Henry and Liz did a fab job running in those conditions and what an amazing medal for £7 with all money from the Chaos race going to the Jurassic trust. The weather throughout the night just kept getting worse and the wind was unbelievable. In the end the race HQ marquee was take out by the wind and also people lost their tents and took shelter in cars or peoples caravans. By 5am this morning the only decision that could be made for safety was to cancel all Sundays races. Think the overall feeling was of sadness for the amount of work the team had put into this weekend. We will definitely be back to run Jurassic". Sam said her kids they loved it" which is always the main thing!



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 about, take care at junctions and when crossing roads. Head torches can be distracting to other road users so please be aware of this,



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alternative colours settings are good, lower light settings or ensuring shining downwards can also help.

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.

01/10/19

GROUP	Leader
Kangaroos	Cath H
Greyhounds	Cara
Greyhares	Sarah W
Hares	Margaret B
Foxes	Steve Rugman
Lions	Tony W
Leopards	Caroline
Antelopes	Merge With Penguins
Penguins	Fran

Thursday Night Club Run

2 Sessions at the moment.

Structured Sessions – 6:30 Jubilee fields with Maragret, 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

Thank You

Finally as was expressed at Committee a big thank you to all those who have helped the club run successfully for another year, all those on the Club Committee and sub committees, Race Directors and Event Coordinators plus other working groups, our run leaders, coaches, and volunteers, helping at Races, Socials, white lining the track or more recently painting the new Storage facility! The list of people to thank is an indication of all we do!