

Gloucestershire XC League (2 of 4), Charlton Park, Malmesbury

As we approach the 100th anniversary of the end of WWI, we wondered yet again “Where have all the young men gone?” when, for the second meet of the Gloucestershire Cross Country League, we were able to field three ladies teams while the men struggled to produce the six needed for a single team. Everyone enjoyed a flat, dry course at Charlton Park although the quality field resulted in the ladies teams finishing in 14th, 24th and 35th positions, despite having Jo Musk and Nicola Denning (great to have them both back competing after long layoffs with injury) and Lexi Shea in the top 50. But a certain ‘maturity’ enabled the teams to finish in 5th, 11th and 23rd places in the Masters Champs. Meanwhile the men’s team also managed to field three (Bill Leggate, James Thomas and Oliver Pritchard) in the top 50 and so to also finish in 14th place.

Ladies

1 Heather Fell (Team Bath AC) 25.36
41 Jo Musk (Cirencester AC) 30.16
43 Nicola Denning 30.23
49 Alexis Shea 30.45
59 Kate Sackett 31.18
76 Karen Higuera 32.30
101 Jo Roberts 34.19
111 Liz Thomas 35.01
113 Sarah Whitehouse 35.05
149 Pam Wheeler 38.46
157 Helen Manners 41.00 171 finished

Teams (3 to score):

1 Cheltenham & County Harriers 14pts, 14 Cirencester AC 133pts, 24 Cirencester AC 'B' 236pts, 35 Cirencester AC 'C' 373pts, 39 closed in

Masters (3 to score):

1 Forest of Dean AC 66pts, 5 Cirencester AC 133pts, 11 Cirencester AC 'B' 236pts, 23 Cirencester AC 'C' 419pts, 26 closed in.

Men

1 Alex Lawrence (Bath University) 32.40
25 Bill Leggate (Cirencester AC) 34.42
39 James Thomas 35.36
50 Oliver Pritchard 36.21
94 Aaron Willis 39.30
198 Keith Firkin 45.14
219 Dorian Matts 47.28 249 finished

Teams (6 to score):

1 Cheltenham & County Harriers 53pts, 14 Cirencester AC 625pts, 25 closed in

It was exciting to see two junior teams finishing 6th and 7th. Sisters Millie and Izzy Chudley were helped by Eleanor Sheffield in the U11 girls and Henry Sheffield won the U13 Boys to be supported by Zac Humphries and Tom Williams. In the U15

Boys, Archie Sheffield was 7th and Sam Cook 18th and in the U17/U20 boys Ollie Campbell was 2nd U17 and 5th overall while (young) Luke Buck was 15th.

U11 Girls

12 Millie Chudley (Cirencester AC) 11.00

28 Eleanor Sheffield 11.49

41 Izzy Chudley 12.34

Team (3 to score): 1 Cheltenham & County Harriers 10pts, 6 Cirencester AC 81pts

U13 Boys

1 Henry Sheffield (Cirencester AC) 12.49

29 Zac Humphries 15.15

35 Tom Williams 15.21

39 Henry Broadley 15.36

45 Andrew Woods 16.23

Team (3 to score): 1 Worcester AC 22pts, 7 Cirencester AC 65pts

U15 Boys

7 Archie Sheffield (Cirencester AC) 17.16

18 Sam Cook 19.00

U17/U20 Boys

5 Ollie Campbell (Cirencester AC) 24.37 - 2nd U17

15 Luke Buck (Cirencester AC) 26.19

Guy Fawkes '5', Tewkesbury, 5 miles road

At Tewkesbury, Karen Higuera did not let an unpleasant combination of bonfire smoke and a wheezy chest stop her winning her FV50 age group but it did spoil her chances of a hoped for PB.

1 Marcus England (Cheltenham & County Harriers) 26.21

88 Karen Higuera (Cirencester AC) 36.58 - 1st FV50 390 finished

Marlow 7 miles trail

At Marlow, Kate Fitton and Dave Moss both scampered round 7 wet, off road miles in little over 60 minutes to finish well up the field.

1 James Samson (Datchet Dashers) 40.07

119 Kate Fitton (Cirencester AC) 1.00.46 (chip time 59.33)

132 David Moss 1.02.25 (1.01.11)

492 finished.

Venice Marathon, Italy, 26.2 miles road

Last week end saw Italy lashed by storm force winds and serious flooding making nearly all of the exposed course of the Venice marathon super tough and miserably wet so Sarah Whitehouse was particularly relieved (and pleased) to wade over the finish line despite ankle deep icy water.

1 Gebre Ayenew (Ethiopia) 2.13.23

3269 Sarah Whitehouse (Cirencester AC) 4.40.05 (chip time 4.37.17)

4912 finished.

parkruns, 5km trail

Run of the week to Isaac McAdam who won at Swindon although he failed to threaten his PB despite tough training at Loughborough University. Congratulations too, to Rachel McAdam who finally managed to knock 9 seconds from her “usual” time and to Simon Campbell who was 3rd at Cirencester. Good to see Jon Young having a go for the first time at Cirencester and Caroline Cotterell going well at Worcester.

Cirencester AC finishers:

Cirencester: 3 Simon Campbell 19.52, 20 Jon Young 22.51, 158 finished

Swindon: 1 Isaac McAdam 17.32, 108 Alan McAdam 24.15, 155 Rachel McAdam 26.09, 184 Barbara Thomas 26.53, 484 finished

Cambridge: 322 Thomas McNally 30.17, 498 finished

Worcester Pitchcroft: 33 Caroline Cotterell 20.52, 239 finished

Gloucestershire AAA Road Running Championships

Liza Darroch leads a small but winning team of veteran ladies to triumph in the Gloucester AAA Road Running Series. The Guy Fawkes run last weekend completed the series where competitors need to have competed in at least five of a possible 12 Gloucestershire road races. Liza was first in the FV70 with Ruth Fulford a worthy second while Barbara T was second in the V60 category and Karen Higuera achieved a fine third in the much more competitive FV50 group. Gordon Jones was the only man to complete sufficient races to qualify but he should be very proud of a hard won 4th place in the men's V65. And the other good news is that our Summer 10k race features in 2019 Glos AAA champs.

Cirencester Athletics Winners

Ladies

FV 50 3rd Karen Higuera
FV60 2nd Barbara Thomas
FV70 1st Liza Darroch
2nd Ruth Fulford

Men

V65 4th Gordon Jones

Sodbury Slog, Chipping Sodbury, 9.8 miles multi-terrain

Jill Hadland was a lone representative at the Sodbury Slog this year. This very tough event which involves slurry strewn fields, mud filled trenches and lung busting inclines is like a super long cross country race but has always been her favourite. The course was slightly altered this year to avoid badger setts but Jill still loved it and was unworried by being slightly slower than last year.

1 Ben Rawkins (Westbury Harriers) 1.03.39
136 Jill Hadland (Cirencester AC) 1.28.01 994 finished.

Eddum Ultra, Brecon, 43.5 miles multi-terrain

Tim Ingham found the informal Eddum Ultra to launch his career as an ultra runner and found it very hard but rewarding. Backed by extensive training, Tim was able to keep with the lead group for the first three quarters of the race as they scrambled more than 7000 feet over hill and moor. The icy streams ensured ten hours of wet feet but the views made it worth it until bad knees forced him to walk. Towards the end Tim struggled to find the final way markers in the dark to finish in 10 hours 38 minutes. Undaunted, he is already saying he will do more ultras in the future.

10 November 2018, parkruns, 5km trail

Two great wins this week, James Thomas at Worcester and Ollie Campbell at Chippenham but no PB's so run of the week to Junior Sam Cook who needs only a bit more speed to threaten the PB he set earlier this year. Thomas McNally travelled the furthest to run in Cork.

Cirencester AC finishers:

Cirencester: 4 Simon Campbell 19.55, 13 Sam Cook (J) 21.56, 21 Caroline Cotterell 23.11, 85 Samantha Timms 29.36, 147 finished

Swindon: 12 Jacob McAdam 19.49, 122 Alan McAdam 24.19, 186 Rachel McAdam 26.28, 502 finished

Chippenham: 1 Ollie Campbell 18.03, 227 finished

Worcester Pitchcroft: 1 James Thomas 17.19, 286 finished

Glengarriff, Co. Cork, Ireland: 13 Thomas McNally 28.13, 32 finished

Eynsham 10km, nr Oxford, 10km road

Adrian Williams returned to “simple” road running (as opposed to Tri and Duathlons) to race the Eynsham 10k finishing 15th in 34.52 and 6th in his highly competitive V40 age group. Newer member, Tom Renton-Rose followed in 44.25.

1 Alex Wall-Clarke (Southampton AC) 32.15

15 Adrian Williams (Cirencester AC) 34.52

197 Tom Renton-Rose 44.25 596 finished.

Richmond Park ½ Marathon, 13.1 miles road Louise Horner-Baggs

demonstrated the value of regular training with the club by setting yet another half marathon PB at Richmond, knocking almost a minute from her time set last month at Stroud.

1 Jonathan Cocker (Burgess Hill Runners) 1.21.56 (chip time 1.21.54)

161 Louise Horner-Baggs (Cirencester AC) 1.53.39 (1.53.22).

24 November 2018, parkruns, 5km trail

Cirencester AC finishers include a 1, 2 and 3:

A fine win for Luke Buck at Cirencester makes him a worthy winner of “Run of the Week” – great to see Luke, who is still a Junior, out in front. Higher quality events put Isaac McAdam (inspired by parental support?) 2nd at Loughbrough and Ollie Campbell 3rd at Chippenham. Cirencester also saw Sam Cook and Gordon Jones going well, just ahead of Karen Higuera and Dorian Matts who were both new to park running. Karen, one week after setting a marathon PB at Broadway was rightly proud of her place as first FV50 and 4th lady. Club Chair Pam had a good run and Paul and Sam Timms took a break from Am-Dram to be followed by Simon Campbell in non competitive mode. Barbara Thomas again stayed under 27 minutes at Swindon while others ran at Cheltenham, Thornbury, Forest of Dean and Slough.

Cirencester: 1 Luke Buck (J) 19.45, 16 Sam Cook (J) 22.36, 19 Gordon Jones 23.11, 22 Karen Higuera 23.19, 26 Dorian Matts 23.49, 43 Paul Timms 25.26, 65 Pam Wheeler 27.13, 85 Samantha Timms 29.45, 99 Simon Campbell 31.26, 134 finished

Swindon: 220 Barbara Thomas 26.54, 485 finished

Chippenham: 3 Ollie Campbell 17.59, 141 finished

Cheltenham: 130 Rob Jones 24.41, 482 finished

Thornbury: 47 Ruth Fulford 30.53, 67 finished

Forest of Dean: 10 Neil Morrissey 22.27, 100 finished

Black Park, Slough: 8 Jacob McAdam 20.06, 509 finished

Dishley, Loughborough: 2 Isaac McAdam 17.23, 57 Alan McAdam 24.18, 95 Rachel McAdam 26.24, 271 finished

Cirencester Athletics and Triathlon Club

A great week for the club with triumphs on and off road.

Gower Ultra, Gower Peninsula, South Wales, 34 miles multi-terrain

Rob Forbes wins again – this time by floating over 34 hilly miles in the Gower in the time many of us take to complete a road marathon. The course for this scenic challenge keeps changing making “course records” hard to define but Rob’s pace was surely record breaking.

1 Rob Forbes (Cirencester AC) 4.30.12 122 finished

Roundway Revenge, Devizes, 8 miles multi-terrain

Iron Lady, Corrine Clark demonstrated the breadth of her talents sailing in as first lady in the Roundway Revenge where James Thomas had a fine run to finish 4th with Ollie Pritchard close behind on 7th.

1 Ed Knudsen (Avon Valley Runners) 49.22

4 James Thomas (Cirencester AC) 51.36

7 Oliver Pritchard 53.14

21 Corinne Clark 1.01.44 - 1st lady

124 Liz Thomas 1.23.26 175 finished.

Broadway Marathon, 26.2 miles multi-terrain

Our largest team tackled the Broadway marathon on a lovely crisp sunny morning and demonstrated, yet again, the depth of our off multi terrain/ultra talent. Rob Brown (fit again at last) was 3rd in 3.26 and Neil Corbiere 6th in 3.38 – great times given the rough going over 3000 ft of climbing and bitter winds.. Jill Hadland towed road expert Martin Croucher round and not far behind, Karen Higuera smashed 13 minutes from her marathon PB.

1 Neil Wicks (Stratford upon Avon RC) 3.20.40

3 Rob Brown (Cirencester AC) 3.26.42

6 Neil Corbiere 3.38.16

33 Martin Croucher 4.31.45

34 Jill Hadland 4.31.46

35 Karen Higuera 4.35.40

60 Rupert Chesmore 5.00.52 108 finished.

On the road, in a trio of Wiltshire races a philosophical Dave Bell was second at Castle Combe, Bill Leggate 3rd (and 1st V40) in Sutton Benger and Becky Collier ran in Swindon.

Castle Combe Chilly 10km, road

1 Michael Towler (Avon Valley Runners) 32.21

2 David Bell (Cirencester AC) 32.45

125 Constant Fischer 42.59

184 James Widdowson 45.19

191 Joyce Matthews 45.40

212 David Moss 47.07

434 Barbara Thomas 54.50 812 finished.

Sutton Benger '5', nr Chippenham, 5 miles road

Bill Legg 1 Jack Bancroft (Bristol & West AC) 24.54

3 Bill Leggate (Cirencester AC) 27.21 - 1st V40

68 Tian Porter 39.32 186 finished.

Swindon 10km, Wroughton, 10km road

1 Courtenay Chessell (Swindon Harriers) 35.03

236 Rebecca Collier (Cirencester AC) 52.19 539 finished.

Castle Combe Chilly Duathlon, 2 mile run, 10 mile bike, 2 mile run

Held at Castle Combe racing circuit, this duathlon comprised 2-mile flat run, followed by a 10-mile flat bike on super smooth tarmac, topped off with another 2-mile run to finish. Sarah Gunn was second female and first in her age category and first female in the bike section.

1 Alex Doherty (Goode2swim), (10.34; 20.31; 10.59) 43:30

Sarah Gunn (Cirencester AC & Tri Club) (13.11; 24.45; 13.38) 53.59 – 1st F sup vet.

291 finished

Parkruns, 5km trail

Ollie Campbell was piped to 2nd at Chippenham and Sam Cook led a larger club team round Cirencester but only Jon Young achieved a PB. Run of the week to Jacob McAdam who managed to get out of bed in time to run at Black Park, Slough.

Cirencester AC finishers:

Cirencester: 18 Sam Cook (J) 21.50, 22 Caroline Cotterell 22.02, 25 Neil Morrissey 22.15, 27 Jon Young 22.27, 54 Paul Tims 24.46, 76 Pam Wheeler 26.56, 78 Simon Campbell 27.15, 94 Samantha Timms 28.47, 115 Ruth Fulford 31.08, 168 finished

Swindon: 158 Barbara Thomas 26.40, 214 David Moss 28.19, 464 finished

Chippenham: 2 Ollie Campbell 17.57, 62 Alan McAdam 25.06, 85 Rachel McAdam 26.33, 211 finished

Banbury: 61 Bryan Reid 25.01, 212 finished

Black Park, Slough: 13 Jacob McAdam 19.46, 631 finished