

Dave Wright smashed a club age group record in Cheltenham knocking nearly two minutes from the time he ran in Denmark last year. On a tortuous course but amongst many quality runners Dave was able to achieve an impressive 1.23.48 and a V60 1st. Sad then that he was the sole representative of club in such a local half marathon.

Cheltenham ½ Marathon, 13.1 miles road

1 Ben Price (Cheltenham & County Harriers) 1.09.51 (chip time 1.09.50)
56 David Wright (Cirencester AC) 1.23.50 (1.23.48) - 1st V60 / club V60 record
2912 finished.

As a club championship race, the Witney 10 attracted a few more members, with Bill Leggate finishing 4th but a frustrating 4 seconds over his target time of 58 minutes. Tim Ingham relished the short distance after so many half marathons to finish a satisfying 59th but the real battle was between two close contenders for the Women's Club Championships. Karen Higuera led for the first half of the race but Kate Sackett was able to sneak past on one of the many downhill sections. Undeterred and with trail marathon stamina, Karen pulled away again on the next climb only for super competitive Kate to get ahead again in the last half mile finishing 24 seconds ahead. In the process Kate stripped over two minutes from an FV55 record set by Carol Clark at Witney in 2005. With two more races to go (and potential score for a marathon) Bill Legatte's lead of both the men's Road Race and Club Runner Championship looks very strong. While Kate looks set for the Road Race but Karen should take the Club Runner given that it rewards both race participation and personal improvements. However the indefatigable Barbara Thomas remains in the mix for both Championships.

Cotswold Classic '10', Witney, 10 miles road

1 James Bolton (Woodstock Harriers) 56.37
4 Bill Leggate (Cirencester AC) 58.04
59 Tim Ingham 1.11.57
108 Kate Sackett 1.17.30 - club FV55 record
110 Karen Higuera 1.17.54
194 Barbara Thomas 1.36.18 229 finished.

Sharon O'Keeffe and Nina Lawrence ran together for three quarters of the Forest of Dean trails half marathon but the pair split up at a water station for Sharon to finish some 9 minutes ahead. Having joined the Club Beginners Group some two year ago, they can both be very proud to have worked up to racing half marathons.

Forest of Dean Autumn Trails Half Marathon, 13.1 miles trail

1 Jonathan Barnes (Cheltenham & County Harriers) 1.15.31 (chip time 1.15.30)
893 Sharon O'Keeffe (Cirencester AC) 2.30.19 (2.28.54)
960 Nina Lawrence 2.39.03 (2.37.38) 1022 finished.

Parkruns 5km trail

Running mates Isaac McAdam and Luke Campbell were both runner up in their new local events. Other competitors in Loughborough and Bodmin will need to stay on their toes to avoid defeat in the weeks to come. At Cirencester, Ian Barrett was 4th, Simon Campbell 5th and Nick Holliday 9th. Run of the week is shared between Caroline Cotterell finishing as 1st lady and James Widdowson with a new PB. With one week to go before their Bournemouth marathon Rob Tuttle and Rachel and Paul Barrow were more cautious. While Alan and Rachel McAdam were to the only members to run at Swindon, son Jacob was back in Slough and Bryan Reid in Banbury.

Cirencester AC finishers:

Cirencester: 4 Ian Barrett 18.35, 5 Simon Campbell 18.36, 9 Nick Holliday 20.10, 14 Caroline Cotterell (1st lady) 21.37, 17 James Widdowson 21.40, 36 Rob Tuttle 24.09, 41 Paul Timms 24.29, 60 Ella Shaftoe (J) 26.12, 83 Rachel Barrow 28.16, 89 Samantha Timms 28.30, 130 Paul Barrow 32.34, 181 finished
Swindon: 109 Alan McAdam 24.11, 172 Rachel McAdam 26.18, 436 finished
Black Park, Slough: 13 Jacob McAdam 19.40, 594 finished
Dishley, Loughborough: 2 Isaac McAdam 17.24, 283 finished
Lanhydrock, Bodmin: 2 Luke Campbell 18.38, 152 finished
Banbury: 59 Bryan Reid 24.23, 261

Cirencester Athletics and Triathlon Club Report 23rd September 2018

Lara Tompson became the first female club runner to complete the century, running 103 miles of the Cotswold Way to finish in under 30 hours so joining a super elite group of five ultra running current members. Her achievement becomes even more impressive given that she started at lunch time on Saturday enduring almost 24 hours of rain and drizzle as she ploughed up and down the muddy tracks and trails of a very challenging route.

Official results for the **Cotswold Way Century** were not available at time of going to press.

Nick Wall was also out in the elements but he claims it only made him run faster helping him to produce a sub 1.50 PB in the Bristol ½ Marathon. But the training and competing he has done this year might also have something to do with it?

Bristol ½ Marathon, 13.1 miles road

1 Matt Clowes (Cardiff AAC) 1.05.10

2335 Nick Wall (Cirencester AC) 1.49.21 6743 finished.

Captains James and Liz Thomas rounded off their holiday with an eight mile trail race where James faced some tough competition to finish 5th some two minutes behind the local winner and Liz came in 30 minutes later.

Waseley Wobbler, Rubery, Birmingham, 8 miles trail

1 Lewis Sternkopf (Worcester AC) 54.58

5 James Thomas (Cirencester AC) 57.16

78 Liz Thomas 1.25.43 101 finished

Barbara Thomas and Ruth Fulford ran the rescheduled Angels 10 k where both earned age group firsts, Gloucestershire AAA gold medals and the all important points toward the county Road Running Championships.

Angels 10km, Ashleworth, nr Gloucester, 10km road

1 Steve Kenyon (Gloucester AC) 35.37

77 Barbara Thomas (Cirencester AC) 56.13 - 1st FV60

86 Ruth Fulford 1.06.23 - 1st FV70 88 finished.

Parkruns 5km trail

Isaac McAdam was again pushed into second place at Swindon where he was followed by Luke Buck and Corinne Clark was second lady. Ollie Campbell went for an easier run this week to finish third at Cirencester, followed by Simon Campbell (no relation) and Nick Holliday (back from the Masters in Malaga). Also in Cirencester, Paul Timms clawed 2 seconds from his PB but run of the week goes to Rachel Ranger who knocked 22 seconds from hers and finished third lady. We assume that it was pure coincidence that Ollie Pritchard and Rachel and Paul Barrow all ran at Skipton and can't help but wonder why Sam Timms got left behind in Guernsey!

Cirencester AC finishers:

Cirencester: 3 Ollie Campbell (J) 18.34, 4 Simon Campbell 19.26, 7 Nick Holliday 20.33, 20 Paul Timms 23.46, 22 Rachel Ranger (3rd lady) 24.08, 145 David Lattimore (Sweeper) 47.11, 145 finished

Swindon: 2 Isaac McAdam 17.41, 11 Luke Buck (J) 19.27, 27 Corinne Clark (2nd lady) 20.37, 110 Alan McAdam 24.17, 192 Rachel McAdam 27.06, 188 Barbara Thomas 27.02, 445 finished

Skipton: 6 Oliver Pritchard 20.09, 89 Rachel Barrow 29.14, 131 Paul Barrow 32.48, 168 finished

Guernsey: 58 Samantha Timms 30.56, 96 finished

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Tim Ingham's season of success continued when he went to Worcester to knock a few more seconds from his new Half Marathon PB. Despite training on the hills around Chalford, Tim admitted to struggling for the first three miles of this popular local race as the course climbed up and away from Worcester but he was able to use the payback downward finish to his advantage.

Worcester City ½ Marathon, 13.1 miles road

1 Phillip Matthews (Swansea Harriers) 1.09.40

104 Tim Ingham (Cirencester AC) 1.35.48 1024 finished.

Caroline Cotterell and Nick Holliday were both fit enough to run again at the World Masters Track and Field Champs at Malaga. Caroline was unable to better the two PBs she set in Birmingham earlier this year, coming 6th in a FV45 1,500m heat so failing to qualify for the finals and earlier in the week she will have been even more disappointed to just miss out on the podium when coming 4th in FV45 5000m 'B' Race. In a similar event for V60's Nick finished in 11th place again leaving his national standard PB of 18.44, set Cheltenham in July, intact.

World Masters Track & Field Champs, Malaga, Spain**FV45 1500m heat**

1 Sharon Davis (Australia) 5:03.77

6 Caroline Cotterell (Cirencester AC / GB) 5:34.59 (dnq)

V60 5000m 'B' Race

1 Pietro Uras (Italy) 18:26.63

11 Nick Holliday (Cirencester AC / GB) 19:36.10

FV45 5000m 'B' Race

1 Li Li (China) 19:02.02

4 Caroline Cotterell (Cirencester AC / GB) 21:38.87

This week, Barbara Thomas' many years of running so many races reaped rewards with a 13th finishing place in the Highnam 5k.

Great Highnam Court Run, nr Gloucester, 5km multi terrain

1 Matt Pritchard (u/a) 20.12

13 Barbara Thomas (Cirencester AC) 27.08 52 finished.

Parkruns

Oliver Pritchard was pipped into second place (by a junior) at Cirencester while Isaac McAdam was third at Swindon. But the run of the week was from Ollie Campbell who ran a PB to finished only 7 seconds behind Isaac. Ollie was one of several juniors who ran well, others included Luke Buck, Tom Prosser and Sam Cook. Lee Lawrence was fourth along the Clacton Seafront and Simon Campbell, Jacob McAdam, James Widdowson and Matt Ulyatt also all kept under 23 minutes. The Timms had a go in Guernsey and Bryan Reid battled in Banbury.

parkruns, 5km trail

Cirencester AC finishers:

Cirencester: 2 Oliver Pritchard 17.46, 7 Simon Campbell 19.26, 20 Tom Prosser (J) 22.07, 21 James Widdowson 22.18, 22 Sam Cook (J) 22.36, 25 Matt Ulyatt 22.40, 124 Ella Shaftoe (J) 37.21, 140 finished

Swindon: 3 Isaac McAdam 17.31, 4 Ollie Campbell (J) 17.38, 17 Luke Buck (J) 19.54, 25 Jacob McAdam 20.29, 119 Alan McAdam 24.17, 214 Stephen Buck 26.58, 218 Barbara Thomas 27.03, 543 finished

Clacton Seafront: 4 Lee Lawrence 21.47, 96 finished

Banbury: 79 Bryan Reid 25.33, 270 finished

Guernsey: 31 Paul Timms 24.25, 72 Samantha Timms 30.22, 132 finished

Caroline Cotterell ended a busy track season at the World Masters Champs in Malaga by getting a (surprise) Bronze medal in the cross country despite needing to recruit an older runner to make up the team at the last minute. This was on the back of a 5000m age group 2nd in the National Champs in Birmingham. Also in Malaga, partner Nick Holliday had an easy run when returning from injury in the Masters 10km on road.

World Masters Track & Field and Non-Stadia Champs, Malaga, Spain**FV35/40/45/50 8km Cross Country**

1 Joice Kirui (Kenya) 28.44 - 1st FV40

47 Caroline Cotterell (Cirencester AC / GB) 35.24 - 10th FV45 118 finished.

National Masters Track & Field Champs Day 2, Alexander Stadium,**Birmingham FV35/40/45/50 5000m**

1 Claire Martin (Telford AC / Midland Masters AC) 18:07.06

5 Caroline Cotterell (Cirencester AC / South West VAC) 20:19.54 - 2nd FV45

World Masters Track & Field and Non-Stadia Champs, Malaga, Spain**V35/40/45/50/55/60/65 10km Road**

1 Samuel Nderaba (Kenya) 30.43 - 1st FV40

298 Nick Holliday (Cirencester AC / GB) 42.24 462 finished.

Bill Leggate came an impressive second and won his age group running a track 10k in the Gloucestershire Track Champs and Dave Bell won at Stratford again – having won it all four times of entering but just missed his target sub 33 time after running out on his own at the front initially in strong head winds.

Gloucestershire Track Champs, Prince of Wales Stadium, Cheltenham, 10,000m track

1 Alex Lindfield (Cheltenham & County Harriers) 34:42.5

2 Bill Leggate (Cirencester AC) 34.56.1 - 1st V40

Stratford-upon-Avon 10km, road

1 David Bell (Cirencester AC) 33.17 1273 finished

Robbie Brown was pleased to finish 23rd in 1.22 in Swindon Half Marathon when feeling poorly trained and a stranger to the distance while Neil Corbiere had a comfortable run pacing a friend. They were joined in what will probably be the last running of this event by Keith Firkin and Mark Ulyatt. Others, including Sir Mo, went north in search of PB's but while Nick Wall and Cheney Kibblewhite were pleased with their times in the Great North Run, Martin Croucher claimed to have achieved his aim of eating as much as possible while accompanying his Dad. Barbara Thomas chose the Chippenham Half for her second race of the weekend and the Barrows, Rachel and Paul took it easier after two competitive half marathons in previous weeks.

Swindon ½ Marathon, 13.1 miles road

1 Matt Clowes (Cardiff AAC) 1.06.00
23 Rob Brown (Cirencester AC) 1.22.17 (chip 1.22.15)
81 Neil Corbiere 1.30.58 (1.30.48)
258 Keith Firkin 1.41.29 (1.41.20)
638 Mark Ulyatt 1.55.01 (1.54.29) 1911 finished.

Great North Run ½ Marathon, Newcastle to South Shields, 13.1 miles road

1 Mo Farah (Newham & Essex Beagles) 59.27
4824 Nick Wall (Cirencester AC) 1.51.30
5743 Cheney Kibblewhite 1.54.05
14990 Kerrie Wallis 2.17.03
25409 Martin Croucher 2.39.09 43569 finished.

Chippenham ½ Marathon, 13.1 miles road

1 Josh Taylor (Team Bath AC) 1.15.47
599 Barbara Thomas (Cirencester AC) 2.14.09
619 Rachel Barrow 2.15.43
755 Paul Barrow 2.37.13 820 finished.

In a busy week for triathletes, there was a great turnout and performance at the Cotswold triathlon event held at Lake 32. In the novice race Ella (age 15/16) put in a wonderful performance to come 8th. Five completed the sprint category, Ian Barrett was 28th and Carol Clarke came first in her age category. In Leicester, Lexi Shea had a first attempt at triathlon middle distance having been given her entry as a birthday gift.

Cotswold Sprint Triathlon, 750m swim, 20km bike, 5km run

1 Paul Ryman (Frome Triathlon Club) (10.59; 27.36; 16.36) 56.25
28 Ian Barrett (Cirencester AC & Tri Club) (13.00; 33.01; 17.42) 1.05.19
122 Andrew Holdsworth (15.38; 34.55; 21.23) 1.14.00
192 Jonathan Rixon (13.03; 36.41; 24.54) 1.18.09
303 Carol Clarke (16.43; 39.27; 24.19) 1.23.43 - 1st FV65 492 finished.

Cotswold Novice Triathlon, 400m swim, 20km bike, 2.5km run

1 Toby Fernandez (unattached) (6.21; 32.45; 8.50) 50.00
8 Ella Shaftoe (Cirencester AC & Tri Club) (8.02; 37.01; 12.46) 59.48 - 2nd lady
74 finished.

Vetruvian Middle Distance Triathlon, Leicester, 1900m swim, 85km bike, 21km run

1 Sam Wade (Team Pedalcover) (23.55; 2.09.02; 1.13.58) 3.48.31
452 Alexis Shea (Cirencester AC & Tri Club) (47.43; 3.28.21; 1.38.10) 6.01.40
550 finished.

parkruns, 5km trail

No winners this week but some fine runs, some as preparation for other events.

Cirencester AC finishers:

Cirencester: 3 Isaac McAdam 17.47, 5 Jacob McAdam 18.54, 7 Simon Campbell 19.21, 9 Luke Buck (J) 19.39, 26 James Widdowson 21.59, 33 Sam Cook (J) 23.15, 70 Rachel Ranger 25.57, 80 Stephen Buck 26.56, 219 finished

Stonehouse: 11 Kate Sackett (3rd lady) 21.51, 37 Barbara Thomas 26.52, 69 finished

Chippenham: 12 Ollie Campbell (J) 20.33, 201 finished

Whitley Bay: 10 Martin Croucher 19.35, 398 finished

In a world class performance, Rob Forbes finished 12th in the TDS race, one of a festival of super long ultra trail runs around Mont Blanc. Rob was the first British and first non-sponsored runner to finish a gruelling 15 hours running up and down the Alpine pistes. We understand that, having been invited to join the elite, he had been training hard (on “Mount Southrop” and the “Quenington Ranges”?). Two days later, Richard Hurdle knocked seven and a half hours from his previous time in the iconic UTMB pulling himself into a truly impressive 146th place. Finally, Andy Hindson was rightly thrilled to finished a (slightly) shorter CCC race after battling injury. Our congratulations to all three who covered massive distances in incredibly tough conditions.

UTMB Mont Blanc Trail Race (TDS version), France, 121km trail

1 Marcin Swierc (Poland) 13.24.00

12 Rob Forbes (Cirencester AC) 15.15.53 1329 finished.

UTMB Mont Blanc Trail Race, France, 170km trail

1 Xavier Thevenard (France) 20.44.16

146 Richard Hurdle (Cirencester AC) 30.57.25 1778 finished

UTMB Mont Blanc Trail Race (CCC version), France, 101km trail

1 Thomas Evans (Hoka One One, GB) 10.44.32

1381 Andy Hindson (Cirencester AC) 25.33.08 1622 finished

Bill Leggate finished third in the Chedworth Roman Trail and Howard Ewan and Ben Rosedale joined him to win the team prize. Despite a fully entry list, the number of runners was down after our annual multi terrain event had to be postponed in the wet Spring but all went well under the expert guidance of race director David Edlesten. Other fine runs included Leo Crawford, Lee Lawrence and Dan Fitchett and, as usual, Kate Sackett powered round to finish 1st FV55.

Chedworth Roman Trail, 10 miles multi-terrain

1 James Eve (Headington Road Runners) 1.02.19 - 1st V40

3 Bill Leggate (Cirencester AC) 1.05.21

16 Howard Ewan 1.13.02

18 Ben Rosedale 1.13.56

25 Leo Crawford 1.16.32

26 Lee Lawrence 1.16.55

36 Dan Finchett 1.18.46

47 Ionel Iancu 1.21.05

66 Kate Sackett 1.23.54 - 1st FV55

98 Dorian Matts 1.28.28

220 Sarah Whitehouse 1.45.00 323 finished.

Inspired by their successes over the Severn Bridge and continuing their training for the Bournemouth Marathon, the Barrow/Tuttle team went to Maidenhead. Rob's training looks to be going well, Paul managed to scrape yet a few more seconds off his recent PB and Rachel did well having got lost in a bid to add extra miles before the start of the race.

Maidenhead ½ Marathon, 13.1 miles road

1 Joe Morwood (Aldershot Farnham & District) 1.10.05 (chip time 1.10.02)
694 Rob Tuttle (Cirencester AC) 1.54.55 (1.54.01)
1149 Rachel Barrow 2.21.11 (2.18.34)
1217 Paul Barrow 2.28.22 (2.25.23) 1379 finished.

Elsewhere, Tim Ingham and Karen Higuera returned to their favourite local race around Woodchester Park and James Thomas raced up a Welsh mountain to finish second after the lead team was misdirected out of the Narberth Nobbler the week before giving the women, including Liz, a rare chance to shine at the front.

Woodchester Park Trail Race, 8 miles trail

1 Lee Stopford (Stroud & District AC) 49.12
14 Louis Nolan (Cirencester AC) 1.00.16
27 Tim Ingham 1.03.06
52 Karen Higuera 1.09.10 - 1st FV50 122 finished.

Fan Brycheiniog, Tafarn Y Garreg, S Wales, 9.8 miles / 2750' fell

1 Tom Mollikin (Mynydd Du) 1.25.01
2 James Thomas (Cirencester AC) 1.27.43 40 finished.

Narberth Nobbler, Pembrokeshire, 10km trail

1 Lottie Chant (Fire Service) 55.31 - 1st lady / FV35
15 Liz Thomas (Cirencester AC) 1.03.10 197 finished.

parkruns, 5km trail

With so much other running action, it was a quiet week for parkruns but still time for Isaac McAdam to finish second and Simon Campbell third.

Cirencester AC finishers:

Cirencester: 3 Simon Campbell 18.45, 39 Paul Timms 23.48, 53 Rachel Ranger 24.44, 250 finished

Swindon: 2 Isaac McAdam 17.34, 8 Luke Buck (J) 19.03, 17 Jacob McAdam 19.50, 104 Alan McAdam 24.00,

196 Barbara Thomas 27.08, 222 David Moss 28.04, 431 finished

Chippenham: 11 Ollie Campbell (J) 20.01, 239 finished