

London Marathon, 26.2 miles road

Andy Fellows and Nick Wall ran in this year's record breaking Virgin Money London Marathon and, as temperatures and numbers hit record levels, Nick knocked nearly 16 minutes from the club V60 record he set last year. Both he and Andy Fellows (who is busy preparing for a Half Iron Man) started strongly but the heat and distance finally took their toll and they, like so many of the other 40,000, had to dig deep as they battled to finish.

1 Eliud Kipchoge (Kenya) 2.04.27
6125 Andy Fellows (Cirencester AC) 3.41.37
12254 Nick Wall 4.13.34 - club V60 record
40,149 finished.

Corsham 10km, road

Nick Holliday and Caroline Cotterell ran a fine 10km in Corsham with an in form Nick finishing first in his age group again.

1 Simon Nott (Calne RC) 32.19
32 Nick Holliday (Cirencester AC) 41.31 - 1st V60
135 Caroline Cotterell 46.55
1043 finished.

Parkruns, 5km trail

Members continued to dominate at Cirencester and, with the improving weather, there were parkruns PB's for some including Rachel Ranger, Lisa Carpenter, Adam McAdam and James Thomas.

Cirencester AC finishers:

Cirencester: 1 Ollie Campbell (J) 18.02, 2 Simon Campbell 18.10, 4 Luke Buck (J) 19.01, 7 Steve Yates 20.02,
15 Neil Morrissey 21.26, 32 Ivan Quinlan 22.53, 38 Caroline Cotterell (3rd lady) 23.48, 39 Nick Holliday 23.48
46 Caroline Buck 24.31, 52 Rachel Ranger 25.33, 64 Pam Wheeler 26.59, 90 Sharon O'Keeffe 29.31,
93 Ruth Fulford 29.55, 164 finished
Swindon: 39 Keith Firkin 22.01, 52 Gordon Jones 22.48, 109 Lisa Carpenter 25.11, 191 Barbara Thomas 27.26, 454 finished
Chippenham: 38 Alan McAdam 23.44, 138 finished
Harcourt Hill, Botley, Oxford : 1 James Thomas 17.22, 35 Liz Thomas 24.13, 133 finished

This week it was Hamburg's turn to host a hot but scenic marathon where Ivan Quinlan, following patchy, injury plagued training, started strongly to fade badly in the second half. He is, however, full of praise for this ballot free and very well organised event.

Hamburg Marathon, Germany, 26.2 miles road

1 Solomon Deksisa (Ethiopia) 2.06.34

4726 Ivan Quinlan (Cirencester AC) 4.20.44 (chip time 4.15.55)

7636 finished.

Tim Ingham and Ruth Fulford took to the hills around Temple Guiting in pursuit of points for the County Road Running Championships. Tim faced strong competition from other county runners (particularly from Cheltenham Harriers) making him 10th in his MV40 age group but could be pleased with both his time and his overall position of 27th. Ruth was second in her FV65+ age group beaten only by Sharon Smith who sometimes trains with us.

Dave McNamee Memorial 10km, Temple Guiting, 10km road

1 Tim Carter (Bourton Road Runners) 35.53

27 Tim Ingham (Cirencester AC) 44.41

112 Ruth Fulford 1.01.01

139 finished.

Karen Higuera was the only member to find the Compton Basset '5', a new event billed as a fast, flat event for PB hunters so perhaps it was not surprising that an increasingly fit and confident Karen managed to finish strongly to take seconds from her PB despite finding it 'not quite as flat' as billed.

Compton Bassett '5', nr Calne, 5 miles road

1 Edward Knudsen (Avon Valley Runners) 25.54

83 Karen Higuera (Cirencester AC) 36.24

302 finished.

parkruns, 5km trail

Rain clearly did not stop parkrun play with members running in nine parkruns from Wales to southern France. Wins for Oliver Pritchard, James Thomas and Caroline Cotterell and a second place for a Kate Sackett taking it steady post Boston Marathon. Yet another PB (just) for Rachel Ranger whose marathon preparation is clearly reaping rewards.

Cirencester: 1 Oliver Pritchard 18.19, 5 Howard Ewan 21.39, 8 Neil Morrissey 22.16, 12 Sam Cook (J) 22.38,

30 Rachel Ranger 25.19, 67 Gary Wood 29.08, 143 finished

Swindon: 40 Gordon Jones 22.15, 74 Alan McAdam 23.55, 180 Barbara Thomas 27.48, 469 finished

Chippenham: 3 Ollie Campbell (J) 18.25, 167 finished

Stonehouse: 9 Kate Sackett (2nd lady) 23.14, 65 finished

Black Park, Slough: 5 Jacob McAdam 19.40, 544 finished

Seaton, Devon: 85 Rachel Barrow 28.00, 132 Paul Barrow 32.32, 181 finished

Colby, Pembrokeshire: 1 James Thomas 17.23, 29 Liz Thomas (3rd lady)
24.15, 110 finished

Keswick: 15 Nick Holliday 20.22, 21 Caroline Cotterell (1st lady) 22.26, 175
finished

De la Ramée, Toulouse, France: 17 David Lattimore 34.18, 25 finished

CIRENCESTER AC and TRIATHLON CLUB

Cirencester AC's Chedworth Roman Trail 10miler became another casualty of this torrid winter and was postponed because of waterlogged areas. It is an enormously popular event and was fully booked and has been efficiently rescheduled for September 2nd. The organisers thank everyone for their involvement and look forward to seeing them on a sunny, dry September day! All details will be available on the club web page.

Exe to Axe, Devon, 20 miles trail. Richard Hurdle has run this 20mile coastal path event from Exmouth to Axmouth before and was delighted to knock twenty-five minutes off his PB. He came 12th out of 199 finishers, finishing the gruelling, undulating run in 3:17.25. Brennan Townshend (Montane) won in 2:44.55.

Forest of Dean Spring Trails ½ Marathon, 13.1 miles trail. Run on April 8th this is a challenging forest trails race with serious hills. Peter Rowland ran a solid 2:15.29 finishing 599th whilst sixty-nine year old club newcomer Paul Barrow was 807th in 2:45.25. Jonathan Barnes (Cheltenham & County Harriers) won in 1.15.10. 832 finished.

parkruns, 5km trail.

Cirencester. Despite the wet conditions eleven CAC members ran and it was pleasing to see first timers Matt Crew, running for Ciren again along with Dad Richard and also Joe Barrowclough donning the club vest. There were also PB's for Nick Holliday, Neil Morrissey and Nina Lawrence whilst Howard Ewan was lead CAC runner for the first time.

Results. Cirencester. 5th Howard Ewan 19.28, 7 Nick Holliday 20.21, 11 Joe Barrowclough 21.29, 19 Sam Cook (J) 22.16, 20 Neil Morrissey 22.22, 26 Matt Ulyatt 23.08, 29 Lee Lawrence 23.45, 53 Rachel Ranger 26.09, 96 Sharon O'Keeffe 30.44, 100 Richard Crew 30.51, 112 Nina Lawrence 32.45, 153 finished

Worcester, Pitchcroft proved a victorious family affair, with a convincing win for James Thomas (17.15) and a 40th place for wife Liz (23.15). James's mum Louise Abbott (31.33) came in 158th and 208 finished.

Swindon. Barbara Thomas (27.51) was 201st out of 471 finishers.

Royal Tunbridge Wells. Paul Barrow (34.24) celebrated his 70th birthday by finishing second in his age group and coming 141st out of 218.

Crissy Field, San Francisco, USA: Paul Timms (23.07) was 25th out 91 finishers
Jamaica Pond, Boston, USA: Kate Sackett 22.51 was 61st in a more competitive field of 191 runners.