

## **Cirencester Athletics and Triathlon Club**

The year ended with a fine run for Nick Holliday who completed the popular Westonbirt House Christmas 10k in the top 20 and first V60 in 43.40. He was followed by Steve Derrick and Caroline Cotterell.

### **Westonbirt House Christmas 10km, road**

1 Alastair Campbell (Stroud & District AC) 35.34  
20 Nick Holliday (Cirencester AC) 43.40 - 1st V60  
44 Steve Derrick 46.15  
68 Caroline Cotterell 48.24  
505 finished.

## **Parkruns**

Oliver Pritchard won at Horsham in 17.38, Ian Barrett finished 3<sup>rd</sup> at Torbay in 17.57 and David Lattimore popped up at Stonehouse. For two parkruns immediately before Christmas our fanatical four (Luke and Ollie Campbell and Jacob and Isaac McAdam) ran together, firstly at Swindon with a Nativity theme and then two days later at Chippenham but by New Year their competitive urges were restored with Jacob and Ollie finishing 4<sup>th</sup> and 5<sup>th</sup> at Swindon. David Moss, dad Alan McAdam and buggy pushing Simon Campbell all finished in under 26 minutes with Gordon Jones and Lisa Carpenter less than a minute behind and a returning Rachel Jones scraping through in just under 29 minutes.

### **30 December 2017, parkruns, 5km trail**

Cirencester AC finishers:

**Swindon:** 4 Jacob McAdam 18.49, 5 Ollie Campbell (J) 19.14, 9 Isaac McAdam (J) 20.00, 85 David Moss 24.51, 94 Alan McAdam 25.07, 96 Simon Campbell 25.11, 119 Gordon Jones 26.23, 121 Lisa Carpenter 26.28, 165 Rachel Jones 28.54, 358 finished

**Horsham:** 1 Oliver Pritchard 17.38, 328 finished

**Torbay:** 3 Ian Barrett 17.57, 191 finished

**Stonehouse:** 59 David Lattimore 33.37, 73 finished

### **25 December 2017, parkruns, 5km trail**

**Chippenham:** 10 Ollie Campbell (J) 20.33, 11 Jacob McAdam 20.34, 12 Luke Campbell 20.34, 13 Isaac McAdam (J) 20.34, 90 Alan McAdam 25.38, 277 finished

### **23 December 2017 parkruns, 5 km trail**

**Swindon:** 10 Ollie Campbell (J) 19.02, 11 Jacob McAdam 19.02, 12 Luke Campbell 19.03, 13 Isaac McAdam (J) 19.03, 19 Martin Croucher 19.36, 134 David Moss 24.11, 185 Alan McAdam 25.40, 222 Ella Shaftoe (J) 26.59, 237 Barbara Thomas 27.41, 518 finished

**Torbay:** 2 Ian Barrett 17.58, 168 finished

**Fell Foot, Newby Bridge, Windermere:** 22 Nick Holliday 21.53, 79 Caroline Cotterell 25.39, 243 finished

The winning combination of mince pies, cake and company lured sixteen club members for a social run along sections of the Cotswold Way leaving only the Thomases, our stalwart captains, and parkrunners to race in club colours.

James and Liz Thomas were in Wales for the SJP annual bonanza but still managed to fit in a quick fell race scrambling up to knee deep snow on the top of Skirrid. James finished in a fine fifth place and Liz only just exceeded the one hour despite having to resort to hand and knees on the steeper slopes.

**Skirrid Fell Race, nr Abergavenny, Wales, 5.7km / 450m climb fell**

1 Kit Grierson (UBOC) 31.04

5 James Thomas (Cirencester AC) 33.44

139 Liz Thomas 1.00.23

146 finished.

**parkruns, 5km trail**

Luke Campbell demonstrated his complete return to form by winning at Chippenham and pushing younger brother Ollie into fourth place. Isaac McAdam maintained the tradition of winning at Swindon followed by good runs from partners Nick Holliday and Caroline Cotterell. David Lattimore ran Toulouse where boyant numbers suggest warmer conditions or less pre Christmas frenzy.

Cirencester AC finishers:

**Chippenham:** 1 Luke Campbell 16.57, 4 Ollie Campbell (J) 18.01,  
126 finished

**Swindon:** 1 Isaac McAdam (J) 17.45, 19 Nick Holliday 21.12, 62 Caroline Cotterell 24.08, 79 Alan McAdam 25.45, 122 Barbara Thomas 28.30,  
242 finished

**De la Ramée, Toulouse, France:** 8 David Lattimore 29.47, 14 finished

With many races including this month's cross country competition cancelled because of snow, results are limited to parkruns and races in mainland Spain and The Canary Isles.

Kate Sackett's winning year continued with an age group win in a four race series in Lanzarote. She finished first FV55 in three of the four events and ended half way up the high quality field.

### **Lanzarote Running Challenge,**

#### **Overall results:**

1 Kasper Laumann Hartley (Denmark) 2.47.17

111 Kate Sackett (Cirencester AC) 4.11.10 - 1st FV55  
223 finished.

#### **Day 4 of 4, La Vuelta de Tinajo ½ marathon road**

1 Kasper Laumann Hartley (Denmark) 1.08.01

112 Kate Sackett (Cirencester AC) 1.45.26 - 1st FV55

#### **Day 3 of 4, 5km beach**

1 Kasper Laumann Hartley (Denmark) 18.33

135 Kate Sackett (Cirencester AC) 28.03 - 2nd FV55

#### **Day 2 of 4, Ridge Run, 13km multi-terrain**

1 Kasper Laumann Hartley (Denmark) 48.16

107 Kate Sackett (Cirencester AC) 1.11.09 - 1st FV55

#### **Day 1 of 4, 10km road**

1 Kasper Laumann Hartley (Denmark) 32.29

99 Kate Sackett (Cirencester AC) 46.03 - 1st FV55

Martin Croucher and David Moss went to Malaga to run a marathon in warm sunshine. We lack official results but understand that the level course enabled Martin to run yet another negative split and complete in 3 hours 25 and Dave to finish in 4 hours 12 minutes.

### **parkruns, 5km trail**

Cirencester AC finishers:

A week of winners found Isaac McAdam first at Swindon, Jacob McAdam at Black Park and Ollie Campbell at Chippenham with Kate Sackett (again) first lady at Stonehouse.

**Swindon:** 1 Isaac McAdam (J) 17.26, 21 Sam Cook (J) 21.09, 107 Alan McAdam 24.45, 178 Barbara Thomas 27.49 360 finished

**Chippenham:** 1 Ollie Campbell (J) 18.24, 144 finished

**Stonehouse:** 9 Kate Sackett (1st lady) 23.15, 44 finished

**Thornbury:** 68 Ruth Fulford 30.56, 116 finished

**Black Park, Slough:** 1 Jacob McAdam 17.35, 424 finished

**De la Ramée, Toulouse, France:** 14 David Lattimore 33.47, 14 finished

Nick Holliday and Caroline Cotterell raced around two flat loops near the village of Bromham to earn a Christmas pudding each. Nick used this very popular and well supported race to experiment with running a 5km negative split and Caroline was thrilled to knock one minute from her previous 10k time.

**Bromham Pudding Run, nr Devizes, 10km road**

1 Simon Nott (Calne RC) 31.38

49 Nick Holliday (Cirencester AC) 41.31 2<sup>nd</sup> MV60

114 Caroline Cotterell 46.12 438 finished.

**parkruns, 5km trail**

The battle between two young juniors, Sam Cook and Tom Prosser continued this week inspiring Sam to produce his fastest time for the Swindon course as he pushed nearly one minute ahead of Tom. Tom, along with most of our other runners, slowed this week suggesting tough conditions and making Sam's PB even more impressive. Further up the field Isaac McAdam finished in third place. It was good to see Luke Campbell's tentative return after injury but with a PB some five minutes faster he clearly has some way to go. Younger brother Ollie continued his great season of running by finishing first at Chippenham. David Moss and David Lattimore both found small events in Liverpool and Toulouse.

Cirencester AC finishers:

**Swindon:** 3 Isaac McAdam (J) 17.28, 27 Sam Cook (J) 20.57, 33 Tom Prosser (J) 21.42, 43 Luke Campbell 22.10, 71 Gordon Jones 23.09, 120 Alan McAdam 24.47, 176 Barbara Thomas 27.36, 198 Rachel Jones 28.27, 352 finished

**Chippenham:** 1 Ollie Campbell (J) 18.42, 136 finished

**Knowsley, Liverpool:** 10 David Moss 23.04, 40 finished

**De la Ramée, Toulouse, France:** 6 David Lattimore 30.27, 8 finished