

Dragons Back Race, 5 stages, Conwy to Llandeilo, Wales, 315km / 15,500m ascent, trail

Richard's Hurdle's completion of the Dragon's Back in well under 60 hours places him in a category of his own amongst the club's ultra runners. Listeners to Radio 2 may already know that this ultra race – described by many as the toughest in world and spoken of with awe by all ultra runners - follows the mountainous spine of Wales from north to south. This incredible 5-day journey is 315 kilometres long with 15,500 metres of ascent across wild, trackless, remote and mountainous terrain. Runners are responsible for all their own navigation and, in the absence of paths, costly mistakes are easily made especially towards the end of any of the five long and brutal days of running.

1 Marcus Scotney (Sheffield RC) (8.14.51; 8.15.38; 7.54.33; 7.21.26; 6.12.09)
37h 58m

55 Richard Hurdle (Cirencester AC) (12.02.22; 12.47.48; 12.29.40; 12.01.50;
10.14.44) 59h 36m

127 finished (230 started)

Westonbirt Sprint Triathlon, 400m swim, 25km bike, 5km run

Great to see Trudy Compton back in competitive mode in a local sprint triathlon after a spate of injuries.

1 John Monaghan (Westonbirt Tri) (6.16; 38.08; 19.56) 1.07.31

303 Trudy Compton (Cirencester AC & Tri Club) (8.34; 52.53; 27.50) 1.37.17
441 finished

Gloucester 5km, Haresfield, 5km road

Our “more senior” ladies had a great evening on Wednesday running the Gloucester 5km in continued pursuit of county awards. Kate Sackett, despite courting heat exhaustion on a punishing morning run training for the Cotswold Way Relay, finished 4th lady and first in her age group. There were also medals and age group places for Barbara Thomas and Ruth Fulford.

1 Richard Dare (Cheltenham & County Harriers) 16.22

22 Kate Sackett (Cirencester AC) 21.41 - 4th lady / 1st FV55

50 Barbara Thomas 27.10 - 2nd FV60

55 Ruth Fulford 29.43 - 1st FV65

64 finished

Parkruns

Ian Barret(17.31) ran the fastest parkrun of the week in Cheltenham to finish second with an age group first together with Ruth Fulford (29.12) who was at home for a change. Only seconds slower Luke Campbell(17.38) also finished second at Wotton followed by brother Ollie (19.07). While in Swindon Isaac McAdam's time of 17.52 was good enough to secure first place and first Junior. Ionel Iancu(19.51) was only one second shy of his PB and Gordon Jones(21.55) continued to run well repeating an age group win. Ivan Quinlan(23.13) has run faster and Martin Croucher (24.43) was clearly out for a gentle jog before flying off to run his fourth Comrades race in South Africa. Barbara Thomas(27.26) achieved an age group first while David Moss(32.23) had another easy run. On the other side of the globe, Paul Timms(23.04) celebrated his recent (official) joining of the club by finding a (small) parkrun when work took him to San Francisco .

Cheltenham parkrun, 5km trail

1 Marcus England (Cheltenham & County Harriers) 17.22
2 Ian Barrett (Cirencester AC) 17.31 - 1st V45
251 Ruth Fulford 29.12 - 1st FV60
408 finished.

Wotton parkrun, 5km trail

1 David Awde (Bristol & West AC) 15.57
2 Luke Campbell (Cirencester AC) 17.38
4 Ollie Campbell 19.07
107 finished.

Swindon parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.52 - also 1st junior
18 Ionel Iancu 19.51
46 Gordon Jones 21.55 - 1st V65
86 Ivan Quinlan 23.13
136 Martin Croucher 24.43
219 Barbara Thomas 27.26 - 1st FV60
346 David Moss 32.23
474 finished.

Crissy Field parkrun, San Francisco, USA, 5km trail

1 Mario Cadete (London Heathside Runners AC) 17.51
22 Paul Timms (Cirencester AC) 23.04
63 finished.

Cirencester Athletics and Triathlon Club

21st May 2017

Early in the week, Barbara Thomas and Ruth Fulford went, in pursuit of their annual county awards, to the Berkeley 10km road race where Ruth achieved an age group place.

Berkeley 10km, road

1 Ian Radford (Black Pear Joggers) 33.16
271 Barbara Thomas (Cirencester AC) 55.22
322 Ruth Fulford 59.46 - 3rd FV65
395 finished.

Mira Showers Triathlon, Cheltenham, 400m swim, 17.5km bike, 2.8km run

Kate Sackett joined the club as a triathlete but following an injury she has not been keen to compete in the water or her bike for some time. But she is back, coming in a resounding first in her age group at a Super Sprint event in Cheltenham.

1 Luke Bolton (GE Aviation) 48.32 (6.59; 31.02; 10.19)
125 Kate Sackett (Cirencester AC & Tri Club) 1.05.18 (10.25; 41.43; 11.40) -
1st FV50
257 finished.

Excalibur ½ Marathon, N Wales, 13.1 miles trail

The Thomas family travelled to North Wales for the tough Excalibur half marathon where James was 3rd and Liz 54th.

1 Duncan Harris (Deeside Orienteering Club) 1.43.41
3 James Thomas (Cirencester AC) 1.48.38
54 Liz Thomas 2.37.40
106 finished

Parkruns

With no parkrun in Swindon this week, our three youngsters went head to head at Chippenham. The competition brought the best out of Luke Campbell(17.13), who with no triathlons to distract him, achieved a great new PB. No far behind, Isaac McAdam(17.51) although registering a PB for the Chippenham course, was not able to better his best Swindon time of 17.22. Ollie Campbell(19.02) just failed to match his PB of 18.54 but we confidently expect to see him dip below 19 minutes again very soon.

Chippenham parkrun, 5km trail

1 James McBrien (Corsham RC) 17.07
2 Luke Campbell (Cirencester AC) 17.13
3 Isaac McAdam 17.51 - 1st junior
10 Ollie Campbell 19.02
319 finished

Cotswold 51.5 Standard Triathlon, 1.5km swim, 40km bike, 10km run

Three fine performances brought triathlete Steve Yates home third in a popular and competitive Cotswolds 51.5 Fiver. Steve's consistency across all three stages also enabled him to finish first in his age group in this locally organised standard distance triathlon.

1 Max Hazell (Zoot Athlos) (19.37; 1.04.02; 35.38) 2.01.08

3 Steve Yates (Cirencester AC & Tri Club) (22.21; 1.03.31; 39.41) 2.07.46 - 1st V45 335 finished.

Hereford ½ Marathon, 13.1 miles road

Matt Ulyatt improved his previous time in the Hereford Half Marathon but admitted that running 40 miles of the Ridgeway in just over eight hours the weekend before was probably not ideal preparation.

1 William New (Cheltenham Harriers) 1.15.28

145 Matt Ulyatt (Cirencester AC) 1.48.11 428 finished

Transvulcania Ultramarathon La Palma, Canary Islands, 72km trail

Richard Hurdle returned to the baking Canary Island sun to improve his time in the Transvulcania Ultra. This leg sapping, ankle busting course involves climbing a total of 8,407 metres over volcanic sand and lava fields in to reach what feels like the top of the world before plunging down again to the opposite side of the island of La Palma. Richard was joined by his very well prepared neighbours, Allan and Lara Thompson. Alan finished way before the 17 hour cut off but sadly Lara was timed out while receiving medical treatment following a fall and suffering from sunstroke.

1 Timothy Freriks (USA) 7.02.03

502 Richard Hurdle (Cirencester AC) 11.53.47

1364 Alan Thompson 15.17.10 1508 finished.

Commonweal '5', Swindon, 5 miles multi-terrain

Simon Campbell deserted the buggy run this week to tackle the multi terrain Commonweal 5.

1 Aaron Girdlestone (Swindon Harriers) 28.56

31 Simon Campbell (Cirencester AC) 34.23 342 finished

Gloucestershire AAA County Athletics Championships. Under 11's:

In a great Saturday for our juniors (see on) ten year old Sebastian Forrest was 3rd in the 60m (9.01 sec), 4th in the 600m (1min 58) and 3rd in the long jump. He topped this by competing in the Severnside Schools on the Sunday where he won the 200m and was runner up in the 100m.

Note: If you are looking for a traffic free 10k don't forget our Summer Sizzler starting at 7.30 pm on Wednesday 14th June in Cirencester Park.

Parkruns

Ollie Campbell's fine PB(18.54) at Chippenham brought him across the line in third place and first Junior almost three minutes ahead of his older brother Luke(21.53). At Swindon, a time well below his PB was enough to bring Isaac McAdam(18.10) in first and first junior. Not far behind Steve Yates(19.00) warmed up for his successful triathlon the following day and Barbara Thomas(27.08) finished first in her age group. With a popular 10k the next day, times were also down at Bideford enabling Colin Tapley(20.09) to finish second overall and first in his age group in a time close to his PB. We look forward to our coach dipping below 20 minutes again sometime soon.

Chippenham parkrun, 5km trail

1 James McBrien (Corsham RC) 18.12
3 Ollie Campbell (Cirencester AC) 18.54 - 1st junior
24 Luke Campbell 21.53
231 finished

Swindon parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 18.10 - also 1st junior
7 Steve Yates 19.00
200 Barbara Thomas 27.08 - 1st FV60
280 David Moss 29.29
536 finished.

Bideford parkrun, 5km trail

1 Mark Fisher (Kingfisher Harriers) 19.34
2 Colin Tapley (Cirencester AC) 20.09 - 1st V50
83 finished

Cirencester Athletics and Triathlon Club

Trowbridge 5km, road

Dave Wright was in fast mode again at the Trowbridge 5k coming first V50 and knocking 14 seconds off yet another club record.

1 David Burton (unattached) 16.59

10 David Wright (Cirencester AC) 18.23 - 1st V50, club V60 record

233 finished

Shakespeare Marathon, Stratford-upon-Avon, 26.2 miles road

Dave Bell completed a hot Shakespeare Marathon in an efficient 2.53 to be followed an hour later by Martin Croucher who was “taking it easy”.

1 Noel Kindon (Cornwall AC) 2.46.57

6 David Bell (Cirencester AC) 2.53.02 (chip 2.53.01)

207 Martin Croucher 3.53.29 (3.52.25)

481 Rose Pendle 4.45.54 (4.39.58) 612 finished

Stroud Trails Marathon, 26.2 miles trail

While Kate Sackett and Karen Higuera enjoyed running together for most of the hills around Stroud they completed the Trail Marathon in well under their five hour target.

1 Douglas Wight (Almost Athletes) 3.15.57

51 Kate Sackett (Cirencester AC) 4.46.46 - 2nd FV55

55 Karen Higuera 4.48.31 x finished.

Stroud Trails ½ Marathon, 13.1 miles trail

Sophie and Alex Chudley tackled the equally challenging half marathon where Sophie was 1st lady and first in her FV35 age group.

1 Lee Stopford (Stroud & District AC) 1.39.59

11 Alex Chudley (Cirencester AC) 1.54.29

12 Sophie Chudley 1.54.32 - 1st lady / FV35

146 Barbara Thomas 3.03.03 164 finished.

Marlborough Downs Challenge, 33 miles trail

Howard Ewan's steady start running with Steven James in the Marlborough Downs Challenge clearly paid off as he completed the demanding 33 mile trail run 5th in under five hours and, equally importantly without recurring injury.

Despite Steve opting to go at a friend's pace and Andy Hindson's lack of preparation the three would have won any team prize. Good run from Rupert Chesmore and an age group win for Liza Darroch.

1 Edward Knudsen (Avon Valley Runners) 4.21.18

5 Howard Ewan (Cirencester AC) 4.51.25

16 Steven James 5.17.15

32 Andy Hindson 5.47.21

53 Rupert Chesmore 6.15.30

69 Liza Darroch 6.54.27 - 1st FV60 96 finished.

Cotswold Super Sprint Triathlon, 400m swim, 20km bike, 5km run

More age group firsts for Adrian Williams and Ian Barrett in the local sprint Triathlon at the Water Park.

- 1 Brett Halliwell (Yonda Racing) (5.58; 28.29; 15.09) 51.03
- 6 Adrian Williams (Cirencester AC & Tri Club) (7.07; 28.43; 16.03) 53.58 - 1st V40
- 16 Ian Barrett (7.32; 29.46; 16.04) 55.46 - 1st V45
- 246 Bob Ferris (9.35; 35.54; 27.59) 1.15.56 370 finished.

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

Earlier in the week Ian Barrett had come in 3rd to win his age group in the Castle Combe Duathlon.

- 1 Ben Price (Kinetic One) (9.51; 22.21; 10.16) 43.33
- 3 Ian Barrett (Cirencester AC & Tri Club) (10.56; 22.35; 11.12) 45.53 - 1st V45
- 105 finished.

Stroud Beer Race, Minchinhampton Common, 7.2 miles road

- 1 Robin Loftus (Stroud AC) 41.44
- 28 James Widdowson (Cirencester AC) 55.01 45 finished.

Parkruns

Competition was hot for the twenty one club members in the club championship race at Swindon producing six PBs and the first three across the line. A first parkrun for Robbie Brown and Rob Forbes who, together with Simon Campbell, pushed a double buggy. Another PB for Ollie Campbell in Chippenham.

Swindon parkrun, 5km trail

- 1 Luke Campbell (Cirencester AC) 16.46 PB
- 2 Adrian Williams 16.56 - 1st V40
- 3 Isaac McAdam 17.22 - 1st junior PB
- 10 Robbie Brown 18.37
- 12 Rob Forbes 18.39
- 14 Richard Hurdle 18.43 PB
- 22 Simon Campbell 19.22
- 35 Luke Buck 20.09
- 36 Ionel Iancu 20.10
- 37 Colin Tapley 20.11
- 60 David Moss 21.24
- 74 Alan Tompson 21.59
- 86 Ivan Quinlan 22.22
- 89 Tom Williams 22.33 PB
- 129 Rachel Ranger 23.37
- 179 Lisa Carpenter 25.30
- 227 Barbara Thomas 26.45 - 1st FV60
- 272 Rachel Jones 28.23
- 296 Ruth Fulford 29.04 - 1st FV65 PB
- 428 Nina Lawrence 33.34 PB
- 445 David Edelsten 34.41 544 finished.

Chippenham parkrun, 5km trail

1 Simon Nott (Calne RC) 15.22

4 Ollie Campbell (Cirencester AC) 19.09 210 finished.

Poole parkrun, 5km trail

1 Matthew Ashton (Poole AC) 16.41

43 Peter Nunn (Cirencester AC) 19.22 892 finished.