

**Slaughterford '9', Corsham, 9 miles multi-terrain**

Andy Hindson went to Corsham for the Slaughterford '9' to discover that after nine miles he is only just getting going but, all being well, he will be back tackling his favoured mega ultra distances later in the year.

1 Jim Webb (Team Bath AC) 53.57  
75 Andy Hindson (Cirencester AC) 1.13.09  
246 finished.

**Staverton '10', Gloucester, 10 miles road**

Barbara Thomas, rather than relaxing after completing 101 races in 2016, ran her second race of the weekend to finish 3<sup>rd</sup> FV60 in the Staverton '10' .

Barbara has also achieved her inspirational goal of 500 races in 5 years – our congratulations to her.

1 Thomas Millard (South Kent Harriers) 54.00  
158 Barbara Thomas (Cirencester AC) 1.35.28 - 3rd FV60  
184 finished

**Parkruns**

The club continued to perform well in parkruns throughout the region with Ian Barrett (17.47) finishing second and 1st V45 at Trowbridge and Isaac McAdam (17.47) second overall and 1st Junior at Swindon. Kate Sackett (21.57) finished fourth overall at Stonehouse while retaining her place as both first lady and 1<sup>st</sup> FV55. Good runs from Steve Yates (19.13), Matt Ulyatt (21.52), Nick Holliday(22.30), David Moss (22.31) and Barbara Thomas (26.26) 1st FV60 also at Swindon. Despite taking it steady, the Campbell brothers still finished in the top ten at Chippenham with Luke (19.03) third and Ollie (20.23) sixth and 1st Junior. Michael Thomas (29.12) ran at Botley near Oxford. Club members may like to note that a Swindon parkrun has been included in our, recently announced, 2017 Road racing championship list.

**Southwick Country parkrun, Trowbridge, 5km trail**

1 Andy Bryce (unattached) 17.22  
2 Ian Barrett (Cirencester AC) 17.47 - 1st V45  
254 finished.

**Swindon parkrun, 5km trail**

1 Liam Wilson (unattached) 17.11  
2 Isaac McAdam (Cirencester AC) 17.47 - 1st Junior  
7 Steve Yates 19.13 - 1st V45  
36 Matt Ulyatt 21.52  
58 Nick Holliday 22.30  
59 David Moss 22.31  
157 Barbara Thomas 26.26 - 1st FV60  
420 finished.

**Chippenham parkrun, 5km trail**

1 James Wright (Chippenham Harriers) 18.29  
3 Luke Campbell (Cirencester AC) 19.03  
6 Ollie Campbell 20.23  
163 finished.

**Stonehouse parkrun, 5km trail**

1 Mark Burley (Bristol & West AC) 18.49  
4 Kate Sackett (Cirencester AC) 21.57 - 1st lady / FV55  
107 finished.

**Harcourt Hill parkrun, Botley, Oxford, 5km trail**

1 Dan Abbott (unattached) 19.06  
68 Michael Thomas (Cirencester AC) 29.12  
107 finished.

## **Cirencester Athletics and Triathlon Club**

### **Country to Capital '45', Wendover to Little Venice, London, 45 miles trail**

Rob Forbes wins again! Rob completed 45 varied trail miles from Wendover to central London in under five hours – the second fastest time for this event. Readers will also be pleased to hear that Rob achieved an even more important target – with Forbes 4 due any day now - he managed to get home in time to give Forbes 1, 2 and 3 (not to mention a weary Mrs F) their tea. Well done Rob.

1 Rob Forbes (Cirencester AC) 4.55.13  
312 finished

### **Chocathon Challenge, Dover, multi terrainlaps**

Martin Croucher, tempted by the event title, went down to Dover to run a series of 4.4 mile laps of a tough multi terrain course see how long it would take him to run 30 miles. The answer was, in terrible wet and windy conditions, was just under five hours – a very gutsy performance given the conditions

1 Jonni Suckling (unknown) 4.07.35  
2 Martin Croucher(Cirencester A C) 4.51.40  
8 others completed this distance – the slowest in 6.43.40

### **Linda Franks '5', Cheltenham, 5 miles road**

Dave Wright was also in age group winning form when running the five road miles of Linda Franks in a time which would (just) give him the club V60 record but his birthday is yet to come. PBs for both Karen Higuera who, a week after the draining Naunton 19, knocked 50 seconds off her 5 mile time and Rachel Ranger (with fresher legs) who knocked three minutes off hers. There were also age group places for Barbara Thomas and Ruth Fulford . Bringing up the rear was David Lattimore running on British soil for a change.

1 Anthony Bailey (Cheltenham Harriers) 26.25  
24 David Wright (Cirencester AC) 31.08 - 1st V55  
106 Karen Higuera 37.55  
118 Rachel Ranger 38.38  
165 Barbara Thomas 42.25 - 3rd FV60  
192 Ruth Fulford 46.15 - 1st FV65  
199 David Lattimore 47.05  
233 finished.

### **Parkruns**

Ollie Campbell(20.24) rose to the challenge, knocking 29 seconds off his parkrun time, to finish in under 21 minutes and (at 14 years old) to come third at

Chippenham. While a faster time brought 17 year old Isaac McAdam(18.21) in as first junior and in fourth place at Swindon. At Stonehouse Kate Sackett(22.21) was both first lady and first FV55 with Peter Rowland(25.56) a few minutes behind. Elsewhere, taking on yet another parkrun, Colin Tapley(21.13) ran off a post Christmas binge at Harcourt Hill.

### **Chippenham parkrun, 5km trail**

1 Stuart Henderson (Team Bath AC) 19.17  
3 Ollie Campbell (Cirencester AC) 20.24 - 1st Junior  
172 finished.

### **Swindon parkrun, 5km trail**

1 Ben Cole (Tonbridge AC) 16.33  
4 Isaac McAdam (Cirencester AC) 18.21 - 1st Junior  
12 Steve Yates 19.13  
60 David Moss 22.20  
203 Barbara Thomas 26.32 - 1st FV60  
218 Carol Clarke 27.08 - 1st FV65  
529 finished.

### **Stonehouse parkrun, 5km trail**

1 Jason Smart (u/a) 18.49  
10 Kate Sackett (Cirencester AC) 22.21 - 1st lady / FV55  
38 Peter Rowland 25.56  
105 finished.

### **Harcourt Hill parkrun, Botley, Oxford, 5km trail**

1 Nick Wiltshire (Reading AC) 17.42  
27 Colin Tapley (Cirencester AC) 21.13  
138 finished

## **Cirencester Athletics and Triathlon Club**

### **Rough 'n' Tumble, Milton Lilbourne, Pewsey, 10 miles trail**

Holly Tugwell returned to competitive running with a great run to finish first lady and 1st FV35 in the Rough 'n Tumble near Pewsey. Also good runs, in "very sticky" conditions, from Andy Hindson and Kate Fitton who is also returning post injury.

1 Ben Cole (Swindon Harriers) 1.04.21  
55 Holly Tugwell (Cirencester AC) 1.25.30 - 1st lady / FV35  
84 Andrew Hindson 1.31.04  
165 Kate Fitton 1.40.28  
516 finished.

### **Naunton Nearly 19, 18.5 miles trail**

The club's ultra and trail runners were out in numbers on Sunday with Howard Ewan leading a strong team of twelve to finish eighth in the Naunton Nearly 19. Richard Hurdle, Steven James, Neil Corbiere and Simon Campbell also made the top twenty five but then around 10% of the runners came from CAC. The course includes tracks, some country lanes and several muddy sections but was dominated by leg sapping field crossings at the start and near the end whereby shoes became mud caked lead weights. Competition amongst the women was tough and Jill Hadland needed to knock six minutes off her last year's time to retain her place as fourth lady and 2nd FV40. Six minutes behind Kate Sackett was sixth lady yet only 3<sup>rd</sup> FV50. Alan Tompson admitted to setting off too fast and paid the price with cramp while Karen Higura and the indomitable trio Liza Darroch, Rupert Chesmore and Martin Croucher enjoyed a more steady run and were pleased to have 50 odd people finishing behind them. Some may be interested to note that, despite this being a race with **very** variable running conditions, both Richard Hurdle and Liza Darroch show amazing consistency having finished the race on four and three occasions (respectively) with less than two minutes variation in finishing time.

1 Tommaso Migliuolo (Cheltenham Harriers) 2.15.08  
8 Howard Ewan (Cirencester AC) 2.21.06  
11 Richard Hurdle 2.23.35  
13 Steven James 2.28.32  
16 Neil Corbiere 2.31.15  
24 Simon Campbell 2.37.50  
32 Jill Hadland 2.44.18 - 4th lady / 2nd FV40  
37 Kate Sackett 2.50.47 - 6th lady / 3rd FV50  
83 Alan Tompson 3.20.32

88 Karen Higuera 3.28.25  
91 Liza Darroch 3.33.11 - 1st FV60  
92 Rupert Chesmore 3.33.12  
93 Martin Croucher 3.33.30  
139 finished

### **Gloucestershire County XC Champs, Old Downs Country Park, Thornbury**

Henry Sheffield maintained his winning form by finishing first in the Under 11 Boys race at the Gloucestershire County XC Champs held at Thornbury.

Brother Archie was sixth in the U13 boys. The family theme continued with Freya Gregory finishing fourth and sister Isla nineteenth in U13 girls.

Wendy Nicholls held her place as our leading lady by finishing third in the Ladies Race. Sarah Gunn was eleventh and with Penny Grayson fifteenth, the trio earned third team place. Other strong performances from Liz Thomas and Lisa Carpenter and age group places were everywhere.

With many runners running in Naunton on Sunday, the men failed to produce the seven required for a team score despite Bill Leggate and James Thomas finishing in the first twenty.

### **Juniors**

U11 Boys (2km)  
1 Henry Sheffield (Cirencester AC) 5.05  
U13 Boys (3km)  
6 Archie Sheffield (Cirencester AC) 11.34  
U13 Girls (3km)  
4 Freya Gregory (Cirencester AC) 12.01  
19 Isla Gregory 14.42  
U15 Boys (4.8km)  
8 Luke Buck (Cirencester AC) 19.15

### **Ladies (5.9km)**

1 Naomi Eaton (Stroud & District AC) 24.54  
3 Wendy Nicholls (Cirencester AC) 25.25 - 1st FV45  
11 Sarah Gunn 28.07 - 2nd FV50  
15 Penny Grayson 28.54 - 2nd FV40  
29 Liz Thomas 32.59  
30 Lisa Carpenter 33.04  
36 Pam Wheeler 37.18 - 3rd FV60  
38 Barbara Thomas 38.21  
41 Ruth Fulford 40.54 - 2nd FV65

42 finished

Teams (3 to score):

1 Stroud & District AC 18pts, 3 Cirencester AC 29pts, 10 Cirencester AC 'B' 95pts, 10 closed in

### **Men (9.2km)**

1 Phil Beastall (Cheltenham Harriers) 32.45

10 Bill Leggate (Cirencester AC) 36.13

13 James Thomas 37.00

45 Ionel Iancu 45.31

67 Dorian Matts 52.26

73 finished

### **Parkruns**

Issac McAdam(17.50) finished third in Swindon demonstrating what a welcome addition he will be to our speedy group. Alexander Stephens (18.44), Steve Yates(19.16 and first V45) and Martin Croucher(19.59) all came in under twenty minutes. While not far behind young Ollie Campbell (21.03) continued to snip seconds off his time and should aim for sub 21 minutes next week. Dave Moss (21.34) ran well while Barbara Thomas (27.38) was warming up for the afternoon's crosscountry. Finally great to see that steadily improving Sharon O'Keeffe(30.35) and Nina Lawrence(36.11) are becoming parkrun regulars.

### **Stonehouse parkrun, 5km trail**

1 Ryan Stephens (u/a) 19.35

24 Peter Rowland (Cirencester AC) 24.45

108 finished.

### **Swindon parkrun, 5km trail**

1 Liam Wilson (u/a) 17.04

3 Isaac McAdam (Cirencester AC) 17.50

6 Alexander Stephens 18.44

8 Steve Yates 19.16 - 1st V45

15 Martin Croucher 19.59

25 Ollie Campbell 21.03

37 David Moss 21.34

232 Barbara Thomas 27.38

314 Sharon O'Keeffe 30.35

451 Nina Lawrence 36.11

534 finished.

## **Cirencester Athletics and Triathlon Club**

### **Seven Sins Run, Forest of Dean, 7 miles trail**

Luke Campbell started his winning week in the Forest of Dean coming in 5<sup>th</sup> after tackling the seven hills of the Seven Sins Run behind Howard Ewan who finished an impressive 3<sup>rd</sup>. Great to see Howard really back to his winning form albeit on a relatively short - but very tough - cross country course and by finishing in under 60 minutes, both Ciren runners qualified for the elite sub 60 T shirts.

1 Paul Drew (u/a) 53.38  
3 Howard Ewan (Cirencester AC) 54.32  
5 Luke Campbell 55.45 : 169 finished.

Alan Thompson took somewhat longer to run off his Christmas dinner when completing three diverse legs of the Winter Cross Ultra over the South Downs in 6 hours 18.

### **Winter Cross Ultra, Meonstoke, nr Winchester, 50km multi-terrain**

1 Alastair Pickburn (New Forest Runners) 4.07.05  
52 Alan Tompson (Cirencester AC) 6.18.28 : 101 finished

## **Parkruns**

Luke Campbell completed a winning month by running three parkruns over the New Year Weekend. He finished 3<sup>rd</sup> at Pomphrey Hill (18.07) near Bristol, 4<sup>th</sup> at Swindon (18.55) and 9<sup>th</sup> at Chippenham (20.09) where he admitted to struggling – even some Juniors get tired then? Not so Luke's 14 year old brother Ollie who took on the same challenge and managed to find a little more at Chippenham to finish in 21.02, 21.25 and 21.19 respectively.

Congratulations to them both – especially to Luke who over the month of December finished a parkrun in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> places.

Other notable parkruns included Ian Barrett (17.49) winning his age group and finishing 4<sup>th</sup> overall at Torbay, Henry Sheffield (20.46) 1<sup>st</sup> junior and Kate Sackett (22.24) 1st lady and first in her age group at Stonehouse and Barbara Thomas(26.42) holding her age group win at Swindon.

### **Torbay Velopark parkrun, 5km trail**

1 Ian Tyson (Torbay AAC) 17.11

4 Ian Barrett (Cirencester AC) 17.49 - 1st V45: 396 finished

### **Pomphrey Hill parkrun, nr Bristol, 5km trail**

1 Ciaran McQuade (Bristol & West AC) 17.48

3 Luke Campbell (Cirencester AC) 18.07

27 Ollie Campbell 21.02: 390 finished

### **Stonehouse parkrun, 5km trail**

1 John Tierney (Stroud & District AC) 18.55

10 Henry Sheffield (Cirencester AC) 20.46 - 1st Junior

15 Kate Sackett 22.24 - 1st lady / FV55

32 Peter Rowland 25.12: 94 finished

### **Swindon parkrun, 5km trail**

1 Matt Raymond (Warwick University AC) 16.59

178 David Moss (Cirencester AC) 26.03

213 Barbara Thomas 26.42 - 1st FV60: 518 finished

### **Swindon parkrun, 5km trail**

1 Ben Goddard (Hillingdon AC) 17.42

4 Luke Campbell (Cirencester AC) 18.55

24 Ollie Campbell 21.25

33 David Moss 22.26: 200 finished.

### **Chippenham parkrun, 5km trail**

1 Michael Towler (Avon Valley Runners) 17.04

9 Luke Campbell (Cirencester AC) 20.09

18 Ollie Campbell 21.19

298 finished