

Dave Wright's proved he has lost none of his track running tactics winning his age group in the 5k at the National Master Champs in Birmingham.

National Masters Track & Field Champs, Alexander Stadium, Birmingham

V60 5000m

1 David Wright (Cirencester AC) 18.33:56

On the trail, our Mixed team won the Cotswold Way relay for the third year running. The team of ten completed the 103 miles of the Cotswold Way in a totalled time of just under 13 hours coming in as 5th team overall and nine minutes faster than last year. The decision of captains Liz and James Thomas to place the required three lady runners towards the end was vindicated as a midway second place was converted into a fine 7 minute lead for the finish. Twenty other members also took part in this highly social (but sometimes stressful) club event for their teams to finish in 51st and 63rd places despite having been neck and neck at halfway.

Cotswold Way Relay, Chipping Campden to Bath, 10 stages, 103 miles trail (Cirencester AC unless stated)

Stage 1: Chipping Campden to Stanway, 19.2km; 1 Phil Radford (Bristol & West AC) 1.16.37
5 James Thomas 1.21.35; 64 Tim Ingham 1.53.09; 76 Liz Thomas 1.57.45
Stage 2: to Cleeve Common, 19km; 1 James Denne (Cheltenham & County Harriers) 1.19.01
20 Oli Pritchard 1.36.40; 52 Martin Croucher 1.56.27; 53 Jill Hadland 1.56.28
Stage 3: to Seven Springs, 13.2km; 1 Pete Barnes (Bristol & West AC) 58.16
5 Howard Ewan 1.01.30; 61 Rupert Chesmore 1.19.38; 62 Eloisa Townsend 1.19.43
Stage 4: to Cranham Corner, 20.4km; 1 Oli Mott (Cheltenham & County Harriers) 1.20.18
5 Robbie Brown 1.28.30; 67 Trudy Compton 2.03.01; 83 Karen Higuera 2.10.38
Stage 5: to Ebley Mill, Stroud, 18.9km; 1 Nick Barry (CLC Striders) 1.15.39
5 Ian Barrett 1.21.22; 35 Colin Tapley 1.36.34; 43 Andy Hindson 1.38.53
Stage 6: to Dursley, 14km; 1 James McBrien (Corsham RC)
2 David Bell 1.01.48; 50 Alan Tompson 1.23.29; 88 Lara Tompson 1.45.03
Stage 7: to Wotton-u-Edge, 11.6 km; 1 Maciej Bialogonski (Bristol & West AC) 48.38
21 Jo Musk 1.00.53; 31 Becky Howells 1.04.19; 63 Dorian Matts 1.15.03
Stage 8: to Old Sodbury, 19.4km; 1 Michael Towler (Avon Valley Runners) 1.17.56
15 Simon Campbell 1.30.19; 59 Dan Finchett 1.51.42; 92 Rachel Ranger 2.12.00
Stage 9: to Cold Ashton, 14.8km; 1 George Watson (Cheltenham & County Harriers) 1.02.29
32 Sarah Gunn 1.16.26; 50 Fiona Collings 1.21.08; 69 Nick Wall 1.28.46
Stage 10: to Bath Abbey, 15.7km; 1 Andy Salmon (Bristol & West AC) 1.00.56
15 Wendy Nicholls 1.13.01; 16 Tom Purnell 1.13.04; 27 Ionel Iancu 1.15.03

Team results:

1 Team Bath AC 12:00:02

2 Bristol & West AC 12:00:12

5 Cirencester AC 12:52:04 (1st mixed team, minimum three ladies)

51 Cirencester AC 'C' 16:02:56 (3 ladies)

63 Cirencester AC 'B' 16:38:57 (6 ladies)

91 teams closed in.

Sherborne 10km, trail

James and Liz Thomas also took to the trails on Sunday where James taking 4th place.

1 Joss Cheli (unattached) 37.51
4 James Thomas (Cirencester AC) 38.58
56 Liz Thomas 56.38 100 finished.

European Sprint Triathlon Champs, Dusseldorf, Germany, 750m swim, 20.7km bike, 5km run

Adrian Williams and Carol Clarke were invited to represent Great Britain in the European Sprint Triathlon Championships in Dusseldorf after qualifying in Lisbon last year. Carol finished 4th in her age group and third Briton while Adrian was 8th in his, finishing with a particularly strong run. Both qualified for next year in Glasgow. They were joined by Luke Campbell competing under his triathlon team colours and also hoping that his 4th place as 3rd Briton will lead to similar qualification.

MV40

1 Xavier Tupet (France) (11.05; 34.03; 18.05) 1.07.46
8 Adrian Williams (GB / Cirencester AC & Tri Club) (12.50; 33.20; 18.24)
1.10.03
49 finished

FV65

1 Wendy Read (Great Britain) (17.05; 41.15; 25.39) 1.31.15
4 Carol Clarke (GB / Cirencester AC & Tri Club) (17.54; 43.48; 26.11) 1.35.06
10 finished.

Cardiff Triathlon, 1500m swim, 40km bike, 10km run

Terry Ranger achieved a hard earned PB in the Cardiff Triathlon.

1 Ross Simpson (unattached) (16.41; 59.00; 35.17) 1.52.27
226 Terry Ranger (Cirencester AC & Tri Club) (24.13; 1.13.39; 47.19) 2.28.58
650 finished.

Helios 10km, Berlin, Germany, 10km road

1 Viacheslav Filippov 35.19
75 James Widdowson (Cirencester AC) 47.34 225 finished.

Hamburg ½ Marathon, Germany, 13.1 miles road

1 Albert Kangogo (Kenya) 1.01.07
1180 Ivan Quinlan (Cirencester AC) 1.46.02 (chip 1.45.57)
4987 finished. www.cotswoldwayrelay.co.uk

Longest Day 10km, Chippenham, 10km road

1 Simon Nott (Calne RC) 34.30
134 Tim Ingham (Cirencester AC) 54.36
490 finished.

Earlier in the week, temperatures of 31 degrees and sunny skies welcomed over 100 members and families to the annual Prediction run, swim and BBQ.

A chance to swim and an excellent BBQ followed and a Junior Prize giving saw Henry Sheffield's season of success honoured and many other juniors receive medals for their competitive endeavours.

Parkruns

In a week when the depth of our club (of only 159 senior members) was demonstrated on the road, track, trail and triathlon it was good to see three of our juniors in the top four at the Swindon parkrun with Isaac McAdam beating his older brother and equalling his PB.

Cheltenham parkrun, 5km trail

1 Phil Beastall (Cheltenham & County Harriers) 16.38
17 Nick Holliday (Cirencester AC) 20.17 - 1st V55 364 finished.

Stonehouse parkrun, 5km trail

1 Aidan Mercer (unattached) 19.06
42 Peter Rowland (Cirencester AC) 26.35 94 finished

Swindon parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.22 - also 1st junior
3 Jacob McAdam 18.18
4 Ollie Campbell 19.02
190 Barbara Thomas 27.30 - 1st FV60 430 finished

Cirencester Park Summer Sizzler, 10km road

A beautiful summer evening saw Dave Bell holding a dominant lead from the start of this year's Summer Sizzler. Our second club event of the year is becoming increasingly popular and followed a new route around the tarmac tracks of Cirencester Park. Bill Leggate was 4th and not far behind Wendy Nicholls and Sophie Chudley both won their age groups when finishing as 2nd and 4th ladies but, understandably, Sophie was even more pleased to beat husband Alex by a clear 6 seconds. Earlier 60+ juniors had streamed around the four laps of their 3 km course.

1 David Bell (Cirencester AC) 33.45
4 Bill Leggate 35.41
7 Nicola Brookland (Bristol & West AC) 36.50 - 1st lady / FV40
15 Wendy Nicholls 39.06 - 2nd lady / 1st FV45
24 Sophie Chudley 41.15 - 4th lady / 1st FV35
26 Alex Chudley 41.21
95 Ivan Quinlan 48.11
106 Joyce Matthews 49.06
186 Lisa Stevens 55.44
224 Barbara Thomas 58.59
240 Samantha Timms 1.00.01
270 Clare Blampied 1.02.29
271 Colin Tapley 1.02.29
335 Fred Robson 1.17.18 - 1st V85 339 finished.

Humph's Hilly Half, Bourton-on-the-Water, 13.2 miles road

Humph's Hilly Half is always one of the most demanding road courses of the year involving as it does a severely steep start and a long upward drag from miles 7 to 9 but this year high temperatures made the race even tougher and times, in general, were well down. Kate Sackett still managed an age group win and collected those all important points towards the county champs and Karen Higuera and Barbara Thomas had to dig deep to finish.

1 James Bolton (Woodstock Harriers) 1.15.51
53 Kate Sackett (Cirencester AC) 1.52.21 - 1st FV55
84 Karen Higuera 2.06.29
139 Barbara Thomas 2.38.15 142 finished.

Parkruns

Jacob McAdam(17.41) carried on a family tradition taking first place at Swindon with a PB for the course while younger brother Isaac (18.55) avoided a head on race by going to Ashton Court. Colin Tapley(19.37) was rightly pleased to finish in 10th place at Beckton and Ollie Campbell(19.40) stayed under 20 minutes at Cheltenham to give us three 1st Juniors in three different local parkruns. Nick Holliday(20.22) and Rachel Barrow(29.40) chose to race further afield in Worcester and Skipton .

Swindon parkrun, 5km trail

1 Jacob McAdam (Cirencester AC) 17.41 - 1st junior
190 Barbara Thomas 28.13 424 finished.

Ashton Court parkrun, Bristol, 5km trail

1 Jarlath McKenna (Bristol & West AC) 16.10
6 Isaac McAdam (Cirencester AC) 18.55 - 1st junior 426 finished.

Beckton parkrun, East London, 5km trail

1 Carlos Rybeck (unattached) 17.10
10 Colin Tapley (Cirencester AC) 19.37
61 Clare Blampied 29.49 92 finished.

Cheltenham parkrun, 5km trail

1 Lewis Riseley (unattached) 18.05
11 Ollie Campbell (Cirencester AC) 19.40 - 1st junior 424 finished

Worcester parkrun, 5km trail

1 William Richardson (Birchfield Harriers) 16.02
21 Nick Holliday (Cirencester AC) 20.22 517 finished.

Skipton parkrun, 5km trail

1 Tom Barrett (Keighley & Craven AC) 17.39
113 Rachel Barrow (Cirencester AC) 29.40 182 finished.

Cirencester Athletics and Triathlon Club

Fairford 10km, road

Dave Bell (with his fastest time for this course yet) and Sophie Chudley (with an impressive 4th place) led our men and women's teams to victory in the Fairford 10k. The competition between club members was equally tough as this was the fifth of the club road race championship (leading Men and Women's point scores shown below) triggering a knife edge battle between Rob Forbes and Adrian Williams at the front, two PBs and six age group firsts including one for Fred Robson as 1st V85. There were no official results for the juniors but Sam Alcot and Ryan Outram both finished in the top ten.

1 David Bell (Cirencester AC) 32.54
3 Rob Forbes 34.56 PB (55)
5 Adrian Williams 35.24 - 1st V40 (76)
8 Simon Campbell 35.55
12 Robbie Brown 37.55 (70)
22 Howard Ewan 38.11
26 Alex Chudley 41.00
29 Sophie Chudley 41.08 - 4th lady / 1st FV35
43 Colin Tapley 42.22
62 Kate Sackett 44.37 - 1st FV55 (77)
75 Gordon Jones 46.23 - 1st V60
94 Karen Higuera 47.44 - 3rd FV45 PB
101 Trudy Compton 48.08
130 Rachel Ranger 50.39 (69)
161 Joyce Matthews 53.08
169 Kerrie Wallis 53.44
209 Rachel Jones 56.49
212 Barbara Thomas 56.57 (79)
237 Ruth Fulford 58.08 - 2nd FV65
270 Clare Blampied 1.02.00
341 Fred Robson 1.16.51 - 1st V85 351 finished

Chippenham 5 mile road

Dave Wright continued in record breaking form finishing sixth in the Chippenham 5 mile road race in just over 31 minutes, snipping 45 seconds from the Club V60 record and beating everyone ten years younger.

1 Joseph Donworth (Frome RC) 28.12
6 David Wright (Cirencester AC) 31.05 - 1st V50, club V60 record 155 finished

Comrades Marathon, Durban to Pietermaritzburg, South Africa, 87km road

Martin Croucher finished his fifth Comrades Marathon on Sunday in just under 10 hours to earn yet another bronze medal. The unrelenting hills and temperatures climbing to 32 degrees ensured that this 87 km ultra lost none of its challenge forcing Martin, despite months of meticulous and dedicated training, to battle the demons over the last 30 km and race the final km to achieve his target. But no doubt he will return to this, the world's oldest and largest ultra next year.

1 Bongmusa Mthembu (South Africa) 5.35.34
4543 Martin Croucher (Cirencester AC) 9.59.07 12992 finished

Cotswold 113 ½ Ironman, Ashton Keynes, 1.9km swim, 90km bike, 21km run

A fine age group first for Steve Yates in the Cotswold 113 ½ Ironman brought him in sixth overall in a large and competitive field.

1 Neil Eddy (Giant Helston) (22.12; 2.18.56; 1.18.17) 4.02.06

6 Steve Yates (Ciren AC&Tri Club) (24.56; 2.19.27; 1.27.23) 4.14.23 - 1st V50 903 finished.

West Highland Way Challenge, Milngavie to Fort William, 97 miles trail

Earlier in the week, Andy Hindson ran this classic long distance route in a tough 28 hours to finish 30th.

1 Malcolm McDonald 19.59.21 1st V50

30 Andy Hindon 27.59.13 53 finished

Aztec 5km, Bristol, 5km road

Kate Sackett achieved yet another age group win in the high quality Aztec 5km series. She has therefore secured the series title after running eight of the nine possible races.

1 Jarlath McKenna (Bristol & West AC) 15.27

114 Kate Sackett 20.56 - 1st FV55 158 finished

Cleeve Cloud Cuckoo Race, Cheltenham, 5.5 miles multi-terrain

1 Tom Migliuolo (Cheltenham & County Harriers) 31.47

157 Barbara Thomas (Cirencester AC) 56.57 167 finished.

Parkruns

No Parkrun PBs this week but Isaac McAdam(18.03) and Ollie Campbell(19.37) both finished as 1st Junior in Swindon and Chippenham respectively. Thanks to the Comrades Marathon, the Durban parkrun was billed as the world's largest parkrun with 2081 finishers forcing Martin Croucher (42.08) to queue for 13 minutes to check himself over the finish line. In total contrast, David Lattimore (29.54) ran in Toulouse with only 11 other runners.

Chippenham parkrun, 5km trail

1 James McBrien (Corsham RC) 17.20

2 Luke Campbell (Cirencester AC) 17.58

7 Ollie Campbell 19.37 - 1st junior 206 finished.

Swindon parkrun, 5km trail

1 Jason Cooke (White Horse Harriers) 17.35

3 Isaac McAdam (Cirencester AC) 18.03 - 1st junior

172 David Moss 25.50

208 Barbara Thomas 27.00 - 1st FV60 542 finished.

North Beach parkrun, Durban, South Africa, 5km trail

1 Zothile Moto (Born2Run AC) 17.02

1187 Martin Croucher (Cirencester AC) 42.08 2081 finished.

De la Ramée parkrun, Toulouse, France, 5km trail

1 Jérôme Costinot (u/a) 20.32

9 David Lattimore (Cirencester AC) 29.54 - 1st V65 12 finished.