

Dave Wright led another round of veteran victories when he finished first in his V60 age group in the prestigious Reading Half. Dave, one of our most talented and experienced runners, but running his first half marathon for some years, admitted to initial trouble with pacing but eventually settled to finish strongly in 1.27 taking nearly three minutes from the club record.

Reading ½ Marathon, 13.1 miles road

1 Andy Vernon (Aldershot Farnham & District) 1.03.08

383 David Wright (Cirencester AC) 1.27.08 (chip time 1.27.01) - 1st V60, club V60 record

6411 Tracey Seville 2.28.40 (2.07.50)

9720 finished.

Kate Sackett had pacing issues of a different kind as she tore round the Gloucester 20 to not only win her FV55 age group and set an new FV55 club record but also achieving the fastest 20 mile time for any female club member – ever. Kate planned a steady training run prior to the Manchester Marathon but many were not surprised to hear that her competitive spirit got the better of her. Ahead of her, Robbie Brown looked professionally strong at he tackled his first 20 miler to finish just outside the top twenty, with Howard Ewan chasing less than two minutes behind. While Andy Fellows looked to be having fun, Ionel Iancu was again plagued with cramp. Laura Quinn and Nick Wall both got their pacing spot on coming in within seconds of each other but well within their three hour target. Finally, a tired looking Barbara Thomas just evaded the cut off to battle round in over four hours.

Gloucester '20', 20 miles road

1 Edward Banks (BRAT) 1.54.46

21 Robbie Brown (Cirencester AC) 2.13.22

30 Howard Ewan 2.15.08

89 Andy Fellows 2.27.26

118 Kate Sackett 2.35.39 - 1st FV55, club FV55 & absolute club ladies record

161 Ionel Iancu 2.43.13

237 Laura Quinn 2.57.04

238 Nick Wall 2.57.16

433 Barbara Thomas 4.09.18 435 finished

Adrian Williams won the Highworth '5' outright having led from the second mile. The blustery conditions and the infamous final hill proved very tough for everyone but Simon Campbell and Keith Firkin finished strongly with Gordon Jones (2nd V60) not far behind. Good runs too from Karen Higuera and Rachel Ranger with another PB. It was also good too to see Sam Timms and Helen Manners competing.

Highworth '5', 5 miles road

1 Adrian Williams (Cirencester AC) 28.34
15 Simon Campbell 30.37
59 Keith Firkin 35.36
72 Gordon Jones 36.33 - 2nd V60
121 Karen Higuera 39.05
137 Rachel Ranger 40.15
193 Pam Wheeler 45.20 - 3rd FV55
222 Rachel Jones 48.02
232 Samantha Timms 48.57
244 Helen Manners 52.02 279 finished.

Steve Yates ran well on the trails of the once popular Forest of Dean Half Marathon having run his usual parkrun the day before.

Forest of Dean ½ Marathon, 13.1 miles trail

1 Chris McMillan (Weston AC) 1.14.39
32 Steve Yates (Cirencester AC) 1.25.09 (chip time 1.25.08)
319 Mike Firth 1.42.18 (1.41.34) 2253 finished.

Parkruns

Members enjoyed five different parkruns from Cornwall to Brockenhurst with all but two of eleven achieving age group wins including Luke Campbell winning outright at Chippenham (where brother Ollie was 1st Junior) and Liz Thomas coming 4th lady but first Senior lady at Redditch

Penrose parkrun, Helston, Cornwall, 5km trail

1 Peter Le Grice (Mounts Bay Harriers) 14.57
7 Nick Holliday (Cirencester AC) 19.46 - 1st V55
38 Caroline Cotterell 22.52 222 finished.

Arrow Valley parkrun, Redditch, 5km trail

1 Joe Smith (Tipton Harriers) 15.47
2 James Thomas (Cirencester AC) 17.29
74 Liz Thomas 23.33 - 4th lady, 1st senior lady 400 finished.

Brockenhurst parkrun, Hampshire, 5km trail

1 Adam Jundi (unattached) 17.41
96 Ruth Fulford (Cirencester AC) 28.57 - 1st FV65 174 finished.

Chippenham parkrun, 5km trail

1 Luke Campbell (Cirencester AC) 18.40
4 Ollie Campbell 19.53 - 1st junior 223 finished.

18 March 2017, Swindon parkrun, 5km trail

1 James Oke (Army AA) 18.00
4 Isaac McAdam (Cirencester AC) 18.37 - 1st Junior
7 Steve Yates 19.03 - 1st V45

14 Martin Croucher 20.04 - 1st V40

156 Barbara Thomas 27.21 - 1st FV60 385 finished.

Finally **CONGRATULATIONS** to all the winners (shown in **bold**) and also the other nominees of our 2016 Awards which were presented at our recent Awards ceremony where a heady mix of celebration and relaxation made for a great evening.

Veteran Athlete of the year: **Tony Shelbourn**, Sarah Gunn, Adrian Williams, Barbara Thomas.

Triathlete of the year **Sarah Gunn**, Carol Clark, Luke Campbell.

Newcomer of the year **Kate Sackett**. James Thomas, Luke Campbell.

Member of the year **Liza Darroch**. Adrian Williams, Barbara Thomas.

Athlete of the year **Dave Bell**. Rob Forbes, Sarah Gunn, Adrian Williams.

Long Distance runner **Rob Forbes**. Jill Hadland, Howard Ewen, Liza Darroch, Rupert Chesmore.

Most Improved runner **Gordon Jones**. Sarah Gunn, Andy Jones

Team of the year **Cotswold relay team**, men's Cirencester Park team, Highworth 5 women and Glos AAA cross-country women's team.

Cross Country Champions - **James Thomas and Liz Thomas**

Road Race Champions - **David Bell and Barbara Thomas**

Club Runner Champions - **Gordon Jones and Ruth Fulford**

Lifetime Achievement award - **Barbara Thomas**

This year's running season is now in full swing with members competing on road and trail, track and cross country courses. Apart from a few brief headlines the results will have to speak for themselves this week.

On road Dave Bell fell behind the leading pack to around 20th position in the highly competitive Bath Half, but fought his way back to finish 11th while Howard Ewan achieved a PB. Recovering from injury and illness, Luke and Neil ran more steadily. In Minchinhampton, James Widdowson led a club team of five.

Bath ½ Marathon, 13.1 miles road

1 Ben Fish (Blackburn Harriers) 1.05.16
11 David Bell (Cirencester AC) 1.11.12 (chip time 1.11.11)
280 Howard Ewan 1.24.57 (1.24.45)
490 Luke Campbell 1.29.20 (1.29.08)
631 Neil Corbiere 1.31.25 (1.31.13) 12,428 finished.

Minchinhampton 10km, road

1 Charles Jones (Hereford Couriers) 38.00
76 James Widdowson (Cirencester AC) 48.10
181 Tim Ingham 54.52
270 Barbara Thomas 59.04
290 Rachel Burrow 1.00.23
292 Jason Humm 1.00.29 587 finished

Several club members were chosen to represent the County or act as team reserves for the Inter-Counties XC in Loughborough. To be selected is both an honour and an achievement and the names of the winners and finishing positions of Junior, Freya Gregory and of Wendy Nicholls and James Thomas give some indication of the quality of the athletes taking part in this event.

Inter-Counties XC Championships, Loughborough**U13 Girls (3km)**

1 Bethany Cook (Sussex) 12.37
171 Freya Gregory (Gloucestershire / Cirencester AC) 14.46

Women (8km)

1 Jessica Judd (Essex) 29.54
159 Wendy Nicholls (Gloucestershire / Cirencester AC) 35.59 261 finished

Men (12km)

1 Andy Vernon (Hampshire) 37.50
241 James Thomas (Gloucestershire / Cirencester AC) 46.14 283 finished

Gloucestershire Schools year 5 and 6 cross country finals, Newent

Tom Williams finished first 150 m ahead of the next runner despite being only in year 5. His fast but well paced race qualifies him to run in the Schools National Event at Loughborough at the end of March.

On the Gloucester track, Holly Tugwell and coach David Wright finished a 5000m race in 2nd and 3rd positions while distance expert Steven James covered 40 miles of the south Welsh Barry track in five and a half hours.

Gloucester Winter Warmer Open Meeting, Blackbridge, 5000m track

- 1 Toby Scott (Gloucester AC) 18.19
- 2 Holly Tugwell (Cirencester AC) 18.25
- 3 David Wright 18.51

Barry '40', S Wales, 40 miles track

- 1 Alex O'Shea (St Finbarrs AC, Ireland) 4.29.16
- 5 Steven James (Cirencester AC) 5.30.24 6 finished

On the trails new dad Richard Hurdle managed a PB at the infamous Grizzly while the trails trio of Liza, Martin and Rupert returned to the scramble, slither and slide their way round an almost impossibly difficult Larmer Tree Marathon

The Grizzly, Seaton, Devon, 20 miles, 3500' ascent, multi-terrain

- 1 Jake Smith (Axe Valley Runners) 2.20.06
- 72 Richard Hurdle (Cirencester AC) 2.55.08
- 534 Alan Tompson 3.44.28 1571 finished

Larmer Tree Marathon, nr Salisbury, 26.2 miles multi-terrain 2000' ascent

- 1 Scott Parfitt (Lychett Manor Striders) 3.24.43
- 170 Liza Darroch (Cirencester AC) 5.26.06 - 1st FV65
- 171 Martin Croucher 5.26.08
- 172 Rupert Chesmore 5.26.08 307 finished

Parkruns

Several age groups wins for our regular parkrunners.

Cheltenham parkrun, 5km trail

- 1 Gareth Edwards (Cheltenham Harriers) 18.59
- 203 Ruth Fulford (Cirencester AC) 28.16 - 1st FV65 390 finished.

Chippenham parkrun, 5km trail

- 1 Daniel Giles (Loughborough Students AC) 17.32
- 2 Ollie Campbell (Cirencester AC) 19.59 - 1st junior 151 finished.

Swindon parkrun, 5km trail

- 1 Liam Wilson (unattached) 17.13
- 4 Isaac McAdam (Cirencester AC) 18.43 - 1st Junior
- 15 Ionel Iancu 19.50
- 16 Nick Holliday 19.57 - 1st V55
- 63 Caroline Cotterell 22.38 - 1st FV45
- 148 Barbara Thomas 26.10 - 1st FV60 452 finished.

Cirencester Athletics and Triathlon Club

Bourton 10k

Team wins at Bourton 10k last week, our congratulations to Wendy Nicholls, Sophie Chudley and Kate Sackett for their ladies team first place and also to Adrian Williams, Howard Ewan and Robbie Brown on their second team place for the men.

The Big Cheese, Cheddar, 15 miles trail

Our new Men's Captain, James Thomas came in second at the big Cheese Race in Cheddar having run the tough fifteen mile course averaging a speedy 7 minutes per mile. Wife Liz (our Ladies Captain) followed at a more reasonable pace.

1 Samuel Gregory (unattached) 1.44.35
2 James Thomas (Cirencester AC) 1.47.06
140 Liz Thomas 2.44.45 250 finished

Aztec 5km, Bristol, 5km road

Earlier this the week, Holly Tugwell finished 6th lady and first in her age group in the fifth of the highly competitive, nine race Aztec 5km series in an impressive 18.57 minutes. Where, for the third time, Kate Sackett finished in 21.16 which was our age group club record until she knocked two seconds of it in January! But this month, with increased competition, she slipped from 1st to 3rd in her age group.

1 Jarlath McKenna (Bristol & West AC) 15.28
64 Holly Tugwell (Cirencester AC) 18.27 - 6th lady / 1st FV35
131 Kate Sackett 21.16 - 3rd FV55 174 finished

Rhayader Round the Lakes 20 miles road

Back from Spain, Martin Croucher travelled to Wales to run 20 miles around Lake Rhayader in blustery conditions but he reported that the scenery helped with the hills.

1. Ian Williams (Tipton Harriers) 1.57.13
103. Martin Croucher 2.39.40 377 finished

Park Runs

Kate Sackett(22.31) continued her winning week finishing in 3rd place as first lady and first in her age group at Stonehouse while Steve Yates(19.04) also finished 3rd at Swindon with another age group win for him and for Barbara Thomas(26.29). The Campbell brothers both took on pacing roles at Chippenham. Ollie (21.18) paced a friend but still managed to finish 1st Junior and 7th overall while Luke (29.34) acted as a guide runner supporting Chippenham Harriers blind runner, Ryan Simoes-Hibberd to come within seconds of his parkrun B. An age group win and 8th place for Nick Holliday(20.23) as Kingsway Gloucester where Caroline Cotterell(22.54) finished as 2nd lady and second in her FV45 age group. Finally another age group win for Ruth Fulford (29.42) on the testing Pomphrey Hill course.

Stonehouse parkrun, 5km trail

1 Sean Lumley (unattached) 20.01

3 Kate Sackett (Cirencester AC) 22.31 - 1st lady / FV55 90 finished.

Swindon parkrun, 5km trail

1 Marc Fallows (Cheltenham Harriers) 18.04

3 Steve Yates (Cirencester AC) 19.04 - 1st V45

148 Barbara Thomas 26.29 - 1st FV60 412 finished.

Chippenham parkrun, 5km trail

1 Jessica Gibbon (Reading AC) 19.01

7 Ollie Campbell (Cirencester AC) 21.18 - 1st junior

73 Luke Campbell 29.34 137 finished.

Kingsway parkrun, Gloucester, 5km trail

1 Andy Gardiner (Cheltenham Harriers) 17.43

8 Nick Holliday (Cirencester AC) 20.23 - 1st V55

27 Caroline Cotterell 22.54 - 2nd lady / FV45 219 finished.

Pomphrey Hill parkrun, nr Bristol, 5km trail

1 Nicholas Castle (unattached) 17.40

178 Ruth Fulford (Cirencester AC) 29.42 - 1st FV65 339 finished.

Cirencester Athletics and Triathlon Club Report for 28th March 2017

In a stellar weekend 10 year old Henry Sheffield battled his way onto the podium twice. Saturday saw Henry coming third, beating 236 others in his Year 5 age group at the National Schools' Cross Country Championships at Loughbrough but on Sunday he hit gold at the British Schools Modern Biathlon Championship. Henry, already ranked first in his Under 11 age group won the championship for the second year running. He demonstrated his potential and the value of our club junior coaching yet again by finishing the competition at Crystal Palace with an improved score of 2696. After a tough cross country event the day before Henry was able to knock one and half seconds from his 50m swim time and over nine seconds from the 400 m run. Older brother Archie had to swim and run a lot further to finish a satisfying 25th in the Under 13 Age Group while Sebastian Forrest came 34th in the Under 10's.

British Schools Modern Biathlon Championship Crystal Palace Under 11's 50m swim, 800m run

1 Henry Sheffield (Bussage CE Primary School) Under 11's 50 m swim (3rd 0.31.99) and 400m run (5th 2.34.00) Total point score: 2696: 112 took part

25 Archie Sheffield (Marling School) Under 13 100m swim (41.37) and 1600m run (5:44.55): 74 took part

34 Sebastian Forrest (Wycliffe Pre-Prep & Prep School) Under 10 Swim 50m (41.37) and 400m run (2:54.35) : 97 took part

Caroline Cotterell won her FV45 age group when finishing as 3rd lady in the 10km Calne Clock Change Challenge and Barbara Thomas (who recently became a FV60) finished as second FV55. Caroline's partner, Nick Holliday joined a more select group running the 5km race to finish second in his V50 group.

Calne Clock Change Challenge 10km, road

1 Gary Dunstone (unattached) 35.10

52 Caroline Cotterell (Cirencester AC) 46.12 - 3rd lady / 1st FV45

118 Barbara Thomas 54.57 - 2nd FV55 216 finished.

Calne Clock Change Challenge 5km, road

1 Simon Gilbert (Devizes RC) 17.12

7 Luke Buck (Cirencester AC) 19.15 - 3rd junior

9 Nick Holliday 19.30 - 2nd V50 51 finished.

The Chedworth Roman Trail, our first club event of the season, has been filling up fast, thanks to the labours of the indefatigable Dave Ed. Anyone wanting to enjoy this challenging multi-terrain race on 9th April must enter soon as entries close on April 2nd. A single 10 mile lap of scenic Cotswold countryside through Stowell Park and the Coln Valley, and a water crossing and yummy cake await you.

Parkruns

Age group wins for David Lattimore(29.50) in a growing parkrun in Toulouse, for Kate Sackett(21.50) at Stonehouse and Junior Ollie Campbell(19.22) at Chippenham. Swindon saw Isaac McAdam(17.58) facing unusually tough competition where, despite finishing in under 18 minutes, he finished fourth and second Junior. Steve Yates(18.52) set a new PB and he and Gordon Jones (21.31) won their age groups yet again. Rachel Ranger(24.01) set herself a fine standard in her first venture into parkruning coming before David Moss(24.27) and Barbara Thomas(26.54).

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

1 Matt Ellis (Westbury Harriers) 18.25
13 David Lattimore (Cirencester AC) 29.50 - 1st V65
18 finished.

Stonehouse parkrun, 5km trail

1 Gregg Clark (Belgrave Harriers) 18.43
11 Kate Sackett (Cirencester AC) 21.50 - 1st lady / FV55
92 finished.

Chippenham parkrun, 5km trail

1 James Oke (Army AA) 17.49
5 Ollie Campbell (Cirencester AC) 19.22 - 1st junior
203 finished.

Swindon parkrun, 5km trail

1 Matt Raymond (Warwick Uni AC) 17.12
4 Isaac McAdam (Cirencester AC) 17.58
8 Steve Yates 18.52 - 1st V45
43 Gordon Jones 21.31 - 1st V65
111 Rachel Ranger 24.01
130 David Moss 24.27
197 Barbara Thomas 26.54
421 finished