

**Bourton-on-the-Water 10km, road**

Six new PB's were set and one club record tumbled in Sunday's highly competitive Bourton 10k road race. The competition started months ago when 28 club members managed to squeeze through the two hour window to obtain a place in this fast local race. Dave Bell benefited from real competition, fighting his way to the front on the second of the two starting laps around the town. For much of the race he found himself in a tight group of three and was very pleased to hang on in the final stages to finish second only a week after a fast 20 mile race at Bramley. Adrian Williams(11<sup>th</sup>) came in just outside the top ten with Howard Ewan (30<sup>th</sup>) disappointed to knock "only" seven seconds from his PB. Robbie Brown(39<sup>th</sup>) is clearly on form and Wendy Nicholls continues to impress coming in 4<sup>th</sup> lady and first in her FV45 age group. Andy Fellows, Ionel Iancu and Neil Corbiere all came well within the first 100. Kate Sackett continued her record breaking start to the season by knocking more than a minute off her PB and her own FV55 club record. Allan Thompson and Rachel Ranger both took two minutes from their PB topped only by Laura Quinn taking two and a half minutes from hers. A PB also for Karen Higuera and, despite very strong representation from several local clubs – especially Frampton Cotteral and Cheltenham's Almost Athletes - other age group places went to Gordon Jones, Barbara Thomas, Pam Wheeler and Liza Darroch. Four relative new comers Nick Holliday, Sophie Chudley, Caroline Cotterell and birthday boy Andrew Jones chalked up their first 10 ks for the club.

- 1 Alex Lee (Cheltenham Harriers) 32.34.
- 2 David Bell (Cirencester AC) 32.36
- 11 Adrian Williams 35.09
- 30 Howard Ewan 37.22
- 39 Robbie Brown 38.04
- 49 Wendy Nicholls 38.30 - 4th lady / 1st FV45
- 64 Andy Fellows 39.21
- 85 Ionel Iancu 40.17
- 86 Neil Corbiere 40.19
- 110 Nick Holliday 41.19
- 115 Sophie Chudley 41.34
- 153 Kate Sackett 43.22 - 1st FV55 / club FV55 record
- 193 Alan Tompson 44.51
- 208 Gordon Jones 45.14 - 3rd V65
- 210 James Widdowson 45.23
- 225 Ivan Quinlan 46.09
- 249 Laura Quinn 47.13
- 251 Caroline Cotterell 47.18
- 257 Karen Higuera 47.37
- 282 Rachel Ranger 48.27
- 394 Barbara Thomas 54.24 - 2nd FV60
- 395 Tracey Seville 54.26

404 Andrew Jones 55.16  
410 Pam Wheeler 55.36 - 3rd FV60  
415 Rachel Barrow 55.47  
416 Liza Darroch 56.02 - 3rd FV65  
439 Ruth Fulford 58.31  
458 David Lattimore 59.48  
459 Rachel Jones 1.00.02  
523 finished.

### **The Terminator, Pewsey, 12 miles multi-terrain**

Lara Tompson , leaving husband Alan at Bourton, went south to tackle the The Terminator . She was joined by regular Colin Tapley accompanied as always by Clare Blampied who rose to the challenges of the two water crossings, four steep climbs and endless mud of this tough multi terrain course.

1 Paul Murrin (Chepstow Harriers) 1.24.58  
88 Colin Tapley (Cirencester AC) 1.49.42  
223 Lara Tompson 2.05.58  
371 Clare Blampied 2.39.41      414 finished.

### **Stanley Park 10km, Blackpool, 10km road**

Dave Wright found another, windy and windey, 10k in Blackpool while visiting family up north where he came in 16<sup>th</sup> and won his, very new, V60 age group.

1 James Mulvaney (Wesham AC) 34.50  
16 David Wright (Cirencester AC) 39.19 - 1st V60    312 finished

### **Parkruns**

Young Ollie Campbell (19.55) slipped 11 seconds slower than the PB he set last week when coming in sixth at Chippenham where he was followed many minutes later by big brother Luke(28.0) taking easy leg stretch following injury. Steve Yates (19.13) came in sixth at Swindon where he and Barbara Thomas (26.53) won their age groups.

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

1 James Wright (Chippenham AC) 17.57  
6 Ollie Campbell (Cirencester AC) 19.55  
87 Luke Campbell 28.07    178 finished

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

1 Liam Wilson (u/a) 16.58  
6 Steve Yates (Cirencester AC) 19.13 - 1st V45  
175 Barbara Thomas 26.35 - 1st FV60    459 finished.

## **Cirencester Athletics & Triathlon Club**

CIRENCESTER AC's runners focused on Cheltenham's Pittville Park last Saturday for the latest round of the Gloucestershire Cross Country League.

Some of the best performances came from the club's juniors with Henry Sheffield finishing third in the Under-11s and Sophie Izon seventh in the U13s. Both are now in the top three overall in the league. Also competing were Henry's older brother Archie, 11th in the U13s and Millie Chudley, 49th in the U11s.

Newly-elected club team captain James Thomas ran a competitive race to hold a top-20 place throughout the undulating three-lap senior men's race to finish 16th out of 190.

Not far behind were former team captains Bill Leggate in 24th and Simon Campbell (43rd). The only other Cirencester runner was Dorian Matts who finished 171st.

A trio of senior ladies were led home by club captain Liz Thomas who held a midfield position to finish 67th followed by Pam Wheeler (119th), and Louise Abbott (126th).

Earlier in the day, Pittville Park hosted one of the popular weekly 5km parkruns in which Robin Lloyd returned to racing to finish in 32.43.

Elsewhere, Dave Bell continued his training for the Manchester Marathon in April by racing over 20 miles at Bramley. Despite not having a group of runners around him to pull him to a faster time he was satisfied to finish eighth in 1:54.24.

Karen Higuera also chose this high quality race, finishing just outside her three-hour target in 596th out of the 856 finishers.

Two people taking on the full marathon distance were Martin Croucher and Dave Moss who travelled to Seville in Spain where they ran together to finish in the top half of the field in 3:41.

There was more success for the club at Castle Combe where Steve Yates and Ian Barrett won their age categories, finishing in 48.02 and 48.03 for seventh and eighth overall in the two-mile run/10-mile cycle and two-mile run duathlon.

Also competing at the Wiltshire race circuit were Stuart Fitzgerald (22nd – 39.02), Tim Ingham (109th – 47.53) and Amanda Hart (279th – 58.52) in the two-lap 10km race.

There were also parkruns at Chippenham where Ollie Campbell finished sixth and Swindon where Isaac McAdam put on another top class performance to be first junior and third overall in 17.53.

He was closely followed, seven seconds behind, by Steve Yates who won the MV45 age category.

Not to be outdone, Barbara Thomas was first FV60 in 26.29 and completing the Cirencester runners was Nina Fitzgerald, finishing in 36.57.

**Dursley Dozen, 12 miles multi-terrain**

Our veteran ladies did us proud this weekend, winning the Ladies AND the Veteran Ladies team prizes at the Dursley Dozen. Equally impressively all three won their respective ages groups viz Wendy Nicholls (2<sup>nd</sup> lady/1<sup>st</sup> FV45), Holly Tugwell (6<sup>th</sup> lady/1<sup>st</sup> FV35) and Kate Sackett (10<sup>th</sup> lady/1<sup>st</sup> FV55 and, we believe, also an age group course record). The competition was strong and icy cold and masses of mud made conditions for this very popular hill scramble particularly tough this year. So James Thomas 6<sup>th</sup> place and Wendy's as 2<sup>nd</sup> lady bode well for when they, together with Bill Leggatte, represent Gloucestershire in the forthcoming Intercounties Cross Country Championship in Loughborough. Howard Ewan, Richard Hurdle and a returning from injury Robbie Brown also ran well as did Neil Corbiere and Ionel Iancu. Four more club members, Kate Fitton, Alan Thompson, Karen Higuera and Liz Thomas all slipped over the two hour finish time but such was the depth of competition they still had a hundred or even two hundred runners finishing behind them.

1 Chris McMillan (Weston AC) 1.19.33  
6 James Thomas (Cirencester AC) 1.27.30  
20 Howard Ewan 1.31.58  
31 Richard Hurdle 1.37.25  
38 Robbie Brown 1.38.29  
44 Wendy Nicholls 1.39.21 - 2nd lady / 1st FV45  
60 Neil Corbiere 1.42.44  
64 Holly Tugwell 1.44.03 - 6th lady / 1st FV35  
70 Ionel Iancu 1.45.40  
115 Kate Sackett 1.52.07 - 10th lady / 1st FV55  
231 Kate Fitton 2.06.29  
265 Alan Tompson 2.10.23  
276 Karen Higuera 2.11.11  
312 Liz Thomas 2.15.49  
442 finished.

**Wiltshire '10', Melksham, 10 miles road**

After a strong parkrun the day before, the indefatigable Barbara Thomas went to Melksham to run a 10 mile road race where she finished 3<sup>rd</sup> FV60.

1 Daniel Studley (Bristol & West AC) 49.34 - course record  
333 Barbara Thomas (Cirencester AC) 1.34.31 - 3rd FV60 420 finished

### **Dukeries '10', Newark, 10.8 miles trail**

For the second year running and as an unusual celebration of Valentine's Day, Colin Tapley took Clare up to Newark for 10.8 miles of tough trail running. Clare was thrilled to knock seven minutes off her last year's time while, post broken ankle, Colin was just pleased to be able to compete.

1 Iain Bailey (Sleaford Striders AC) 1.04.54  
139 Clare Blampied (Cirencester AC) 1.57.13  
140 Colin Tapley 1.57.14 208 finished

### **Parkruns**

After competing in over 200 Swindon parkruns seventeen year old Isaac McAdam(17.57) finish 1<sup>st</sup> (and 1<sup>st</sup> Junior ) some 30 seconds behind his parkrun PB so he and young Luke Buck(20.17) clearly have more to give. Also at Swindon, Nick Holliday(20.27) and Barbara Thomas(26.24) both won their age groups (as did Ruth Fulford(30.28) at Pomphrey Hill). Swindon saw a good start too from new comer Caroline Cotterell (23.31). In the absence of injured big brother Luke, fourteen year old Ollie Campbell(22.22) went to Wotton under Edge to finish in 6<sup>th</sup> place on a tough course.

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

1 Isaac McAdam (Cirencester AC) 17.57 - 1st Junior  
20 Luke Buck 20.17  
21 Nick Holliday 20.27 - 1st V55  
80 Caroline Cotterell 23.31  
144 Barbara Thomas 26.24 - 1st FV60 394 finished.

### **Wotton parkrun, Wotton-u-Edge, 5km trail**

1 Neil Hodgson (Dursley RC) 20.29  
6 Ollie Campbell (Cirencester AC) 22.22 95 finished.

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

1 Jim Webb (Team Bath AC) 17.29  
185 Ruth Fulford (Cirencester AC) 30.28 - 1st FV65 305 finished.

## **Cirencester Athletics and Triathlon Club Report 5<sup>th</sup> Feb 2017**

### **31 January 2017, Aztec 5km, Bristol, 5km road**

Two club records fell on the last night of January when Wendy Nicholls and Kate Sackett went to Bristol to compete in the latest of the Aztec Series. Wendy finished as third lady and 1st FV45 when she took 5 seconds off the record she set in 2014. While Kate, having run identical times for the last two Aztec races, finally managed to knock 3 seconds from her club record time when coming in 1<sup>st</sup> FV55. Luke Campbell and Ionel Iancu also thrived in the competitive Aztec air finishing the 5 km road race 15 and 18 seconds (respectively) faster than their best time for any, trail classified, parkrun.

1 Oli Mott (Cheltenham Harriers) 14.47.  
39 Luke Campbell (Cirencester AC) 17.10  
73 Wendy Nicholls 18.11 - 3rd lady / 1st FV45, club FV45 record  
130 Ionel Iancu 20.03  
165 Kate Sackett 21.13 - 1st FV55, club FV55 record  
224 finished

### **Two Bays Tough Ten, Weston-super-Mare, 10 miles multi-terrain**

Dave Wright led a small but elite group in the Two Bay Tough Ten over a muscle mashing mix of sandy beaches and grassy trails around Weston super Mare to finish 2<sup>nd</sup> V55 and to be followed in by Keith Firkin and Kate Fitton.

1 Chris McMillan (Weston AC) 58.32  
35 David Wright (Cirencester AC) 1.11.13 - 2nd V55  
95 Keith Firkin 1.18.46  
224 Kate Fitton 1.25.27  
636 finished.

### **Icing on the Cake Marathon, Church Stretton, Shropshire, 26.2 miles trail**

Rupert Chesmore battled with early sheet ice and steep mud slides in the aptly named, Icing on the Cake Marathon near Church Stretton. The super tough route took him up and over The Long Mynd a total of four times to provide 5500 ft of climbing.

1 Simon Jones (clubs not given) 4.00.10  
30 Rupert Chesmore (Cirencester AC) 5.41.57  
42 finished.

## **Gloucester Marathon, Quedgely, 26.2 miles road**

Nearer home, Rose Pendle started well – possibly too well - to finish the Gloucester marathon behind her four hour target. Slight disappointment too for Liza Darroch despite finishing 1<sup>st</sup> FV 60.

1 Chris Millett (Derby Runners) 2.47.55  
115 Rose Pendle (Cirencester AC) 4.22.28  
138 Liza Darroch 4.35.55 1st FV60  
185 finished

## **Parkruns**

Business was much as usual in the world of parkruns this week. Isaac McAdam(17.31) and Ollie Campbell ( 21.04, when very accurately, pacing a friend) both finished as first junior in Swindon and Chippenham and there were age group wins for Kate Sackett(21.32 and a parkrun PB) at Workington, Barbara Thomas (26.24) at Swindon and Ruth Fulford (29.29) at Cheltenham. Also at Swindon, Dave Moss(22.32) demonstrated the value of his pre Seville marathon training, Sharon O’Keeffe(29.39) finally dipped under thirty minutes and Nina Lawrence fought her way back under thirty six minutes.

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

1 Ben Cole (Tonbridge AC) 16.11  
3 Isaac McAdam (Cirencester AC) 17.31 - 1st Junior  
61 David Moss 22.32  
170 Barbara Thomas 26.46 - 1st FV60  
257 Sharon O’Keeffe 29.39  
371 Nina Lawrence 35.14 448 finished.

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

1 Jamie McBrien (Corsham Running Club) 19.24  
9 Ollie Campbell (Cirencester AC) 21.04 - 1st Junior 158 finished.

### **Workington parkrun, 5km trail**

1 Mark Benson (unattached) 16.35  
20 Kate Sackett (Cirencester AC) 21.32 - 1st FV55 128 finished

### **2017, Cheltenham parkrun, 5km trail**

1 Greg Chilton (unattached) 17.58  
208 Michael Thomas (Cirencester AC) 27.48  
257 Ruth Fulford 29.29 - 1st FV65 410 finished.