

Cirencester Athletics and Triathlon Club

Robbie Brown has won this year's Men's Club Road Running Championship making a fitting end to his season of great running. Robbie lost just 5 out of a possible 120 points having been 1st or 2nd in five out of the six scoring local races. With only one point fewer and another set of fine results, veteran Kate Sackett won the Ladies Championship.

Howard Ewan was the 2nd man with Dave Bell, super veteran Gordon Jones and veteran Adrian Williams not so far behind. Things were even closer for the women with Rachel Ranger a well earned 2nd beating 3rd placed Karen Higuera by a mere 2 points.

The same 66 club members were eligible for our second Club Championship which is designed to encourage more race participation and recognize improvement. But as one member is not able to win both championships Robbie gave way to Howard Ewan however Rachel Ranger was outright winner in the Ladies Championship. Karen Higuera was again a close second and Barbara Thomas' dedication to running 100 races every year was rewarded with a hard earned 3rd place.

Tom Purnell finished the demanding and hilly Snowdonia marathon in an impressive 3.35.36.

Snowdonia Marathon, 26.2 miles road

1 Daniel Jones (Team Bath AC) 2.36.54 (chip time 2.36.54)
200 Tom Purnell (Cirencester AC) 3.35.50 (3.35.36)
2220 finished.

Another good run from Nick Holliday brought him over the line of the Calne Clock Challenge as first V60 when he finished the 10k in 42.23. Caroline Cotterell and Paul Timms were some five and six minutes behind .

Calne Clock Challenge, 10km road

1 Patrick Martin (Stockport Harriers) 30.55
51 Nick Holliday (Cirencester AC) 42.23 - 1st V60
107 Caroline Cotterell 47.10
117 Paul Timms 48.05
206 Barbara Thomas 56.
220 Samantha Timms 57.00
331 finished.

Parkruns, 5km trail

RAU student Ollie Pritchard ran a PB at Swindon to finish first. Issac and Jacob McAdam were not far behind in 3rd and 4th places despite running in fancy dress. They, together with Ollie and Luke Campbell, chose a swimming theme which enabled Issac and Jacob to run bare chested but made Ollie run with arm bands and Luke (who was just beaten by Martin Croucher) with a rubber ring and snorkel. Elsewhere Kate Sackett found time to run in Hull, the current city of culture and James and Liz Thomas ran on their Cornish holiday.

Cirencester AC finishers:

Swindon: 1 Oliver Pritchard 17.17, 3 Isaac McAdam (J) 17.37, 4 Jacob McAdam 18.00, 7 Ollie Campbell (J) 19.01, 10 Martin Croucher 19.20, 12 Luke Campbell 19.50, 37 David Moss 21.40, 56 Sam Cook (J) 22.18, 125 Alan McAdam 24.49, 193 Barbara Thomas 27.00, 249 Rachel Jones 28.29, 545 finished

Hull: 48 Kate Sackett 22.05, 438 finished

Lanhydrock, Bodmin: 2 James Thomas 18.58, 71 Liz Thomas 26.59, 237 finished

Dave Bell came second in the Stroud Half Marathon. Having led for most of the race he found himself unable to respond to as the Wells City Runner pushed on past in with little more than a mile to go. This, despite Dave managing to cut four seconds from his last year's winning time. Others to shine in the blustery wind were Bill Leggate finishing 12th and Sophie Chudley 4th lady. James Widdowson (preparing for a running festival in Cyprus) Tim Ingham and Karen Higuera all completed in under their 100 minute target. Karen continued her successful streak by taking over three minutes from the Club FV50-55 record despite a recent, very painful, dog bite. Minutes behind Kate Sackett and Trudy Compton also showed that quality runners will bounce back. Rachel Ranger and Rupert Chesmore crossed the line together, teamwork helping Rachel to achieve yet another PB for this season.

Please note that, in the interests of brevity and space, we will only be publishing chip times in these reports from now on. Where both gun and chip times are available both will be held in the club records on the club web site and we will continue to use gun times for recording records etc.

Stroud ½ Marathon, 13.1 miles road

1 Philip Bridge (Wells City Harriers) chip time 1.09.41
2 David Bell (Cirencester AC) 1.10.03
12 Bill Leggate 1.17.38 - 3rd V40
60 Sophie Chudley 1.25.38 - 4th lady / 2nd FV40
324 James Widdowson 1.39.05
328 Tim Ingham 1.39.12
342 Karen Higuera 1.39.44 - club FV50 record
481 Kate Sackett 1.45.57
486 Trudy Compton 1.46.11
562 Rachel Ranger 1.49.12
567 Rupert Chesmore 1.49.00
952 Liza Darroch 2.01.14
1158 Barbara Thomas 2.14.09 1462 finished.

After many months of hard training Howard Ewan completed the first 16 miles of the Abingdon Marathon well within the planned three hour target but eating a gel precipitated severe stomach issues slowing him to 12 minutes over.

Abingdon Marathon, 26.2 miles road

1 Tom Charles (Trafford AC) chip time 2.29.29
188 Howard Ewan (Cirencester AC) 3.12.20 751 finished.

Great South Run, Portsmouth, 10 miles road

1 Chris Thompson (Aldershot Farnham & District) 48.32
1008 Nick Holliday (Cirencester AC) 1.12.56
1568 Terry Ranger 1.16.06
3049 Caroline Cotterell 1.21.54
10376 Kerrie Wallis 1.44.26 x finished.

Martin Croucher had to make do with a marathon (and an enormous medal) after accidents on the M25 prevented him flying to Edinburgh for a 40 mile ultra.

Back To The Future Day Run, Sawbridgeworth, Essex, 6 hour run (3.28m laps), trail 26.2 mile marathon incorporated into run:

1 Scott Parfitt (Lytchett Manor Striders) 2.59.34

5 Martin Croucher (Cirencester AC) 3.45.03 48 finished.

Parkruns 5km trail

Cirencester AC finishers included young Juniors Millie (9) and Izzie(7) Chudley:

Swindon: 3 Isaac McAdam (J) 17.45, 45 Simon Campbell 22.31, 85 David Moss 24.10, 125 Alan McAdam 25.32, 168 Millie Chudley (J) 27.02, 169 Sophie Chudley 27.03, 185 Barbara Thomas 27.23, 401 Izzie Chudley (J) 42.57, 423 finished

Black Park, Slough: 3 Jacob McAdam 18.00, 535 finished

Amsterdam Marathon, Holland, 26.2 miles road

Robbie Brown stormed round the Amsterdam Marathon producing his run of the year to finish way under his target time in a very satisfying 2.48.52. Finishing well within the top two hundred in such a fast and prestigious marathon hints at what a new job allowing a regime of regular training should enable him to achieve.

1 Lawrence Cherono (Kenya) 2.05.09
187 Robbie Brown (Cirencester AC) 2.48.52 11390 finished.

Gloucestershire XC League (1 of 4), Blackbridge, Gloucester

Our Juniors started the new cross country season with some fine runs on a flat and friendly course near Gloucester. In their respective age groups, Henry Sheffield was first, Ollie Campbell sixth (despite being at the young end of the U17 age group) and Luke Buck seventh. Only the U15 boys had the requisite three to score enabling Luke, Sam Cook and Tom Prosser to bring Cirencester home in third place.

U11 Girls

16 Emily Swaine (Cirencester AC) 12.00

U11 Boys

1 Henry Sheffield (Cirencester AC) 9.25

11 Zac Humphries 10.27

U15 Boys

7 Luke Buck (Cirencester AC) 15.06

14 Sam Cook 16.48

16 Tom Prosser 17.08

Team (3 to score): 3 Cirencester AC 37pts

U17 Boys

6 Ollie Campbell (Cirencester AC) 22.54

Ladies

The women's team of three was led round by Kate Sackett (returning to running after nearly a month of illness), to finish 27th out of 39 teams.

1 Hilary Mott (Cheltenham & County Harriers) 22.34

92 Kate Sackett (Cirencester AC) 29.16

102 Liz Thomas 29.57

104 Caroline Buck 30.03 173 finished

Teams (3 to score):

1 Cheltenham & County Harriers 14pts, 27 Cirencester AC 298pts, 39 closed in

Men

The men also just managed to produce a team (six to score) and with four in the top 35 they start the season 5th out of 21 teams.

1 Will Ferguson (CLC Striders) 28.39
16 Bill Leggate (Cirencester AC) 30.38 - 1st V40
22 Oliver Pritchard 31.00
28 James Thomas 31.23
34 Ian Barrett 31.48 - 2nd V45
65 Tom Purnell 33.45
184 Dorian Matts 42.09
205 finished

Teams (6 to score):

1 Cheltenham & County Harriers 72pts, 5 Cirencester AC 349pts, 21 closed in

Birmingham ½ Marathon, 13.1 miles road

Nick Wall finished the Birmingham half marathon, one of the big city races in the first third, crossing the line in just under two hours.

1 William Richardson (Birchfield Harriers) 1.06.38
2710 Nick Wall (Cirencester AC) 1.59.14
8878 finished.

Grittleton 10km, nr Chippenham, 10km road

Alan Tompson and Barbara Thomas stayed nearer home for the Grittleton 10k.

1 Aaron Wilson (City of Salisbury AC) 33.31
108 Alan Tompson (Cirencester AC) 45.41
306 Barbara Thomas 58.13
352 finished.

Parkruns, 5km trail

Cirencester AC finishers:

Swindon: 2 Isaac McAdam 17.20, 28 Nick Holliday 20.53, 77 Caroline Cotterell 23.00, 104 David Moss 24.10, 122 Alan McAdam 24.28, 200 Barbara Thomas 26.45, 520 finished

Chippenham: 26 Ollie Campbell 23.10, 173 finished

Black Park, Slough: 49 Jacob McAdam 22.36, 561 finished

Keswick: 67 Kate Fitton 25.00, 187 finished

Bournemouth Marathon, 26.2 miles road

One week after her birthday, Yvonne Binks set an inaugural age group club record in the Bournemouth marathon proving that with will power and regular training there is competitive running post illness. She was supported over the months and on the day by Dick Waldron who, an age group older, finished minutes behind her.

1 Jacek Cieluszecki (Bournemouth AC / Poland) 2.31.59

1892 Yvonne Binks (Cirencester AC) 5.36.42 - 2nd FV70, inaugural club FV70 record

1906 Dick Waldron 5.39.06 2034 finished.

Badminton Horseless 5 miles trail

Fourteen year old Ollie Campbell led a small field in the Badminton Horseless 5 mile event crossing the line as first runner and first Junior.

1 Ollie Campbell (Cirencester AC) 33.20

13 finished. (full results not available)

Badminton Horseless ½ Marathon, 13.1 miles trail

Ionel Iancu finished fifth in an only slightly more popular and even tougher Horseless Half Marathon. He even had time to appreciate the fine scenery despite having to jump over obstacles, run over soft grass and through water and mud.

1 Jamie Cooper (unattached) 1.17.28

5 Ionel Iancu (Cirencester AC) 1.43.35

16 finished.

Oxford ½ Marathon, 13.1 miles road

Veteran Adrian Williams used the flat roads of Oxford to average under six minutes per mile and reduce his half marathon time back to nearer 2015 levels when finishing an impressive 28th in a very large and competitive field.

1 Joe Morwood (Aldershot Farnham & District) 1.07.52

28 Adrian Williams (Cirencester AC) 1.16.46

8313 finished. www.uk.virginsport.com

Chester Marathon, 26.2 miles road

Further north, Liza Darroch tackled the Chester marathon, a UKA championship event where despite slowing over the last 10k she managed to move up steadily up the large field.

1 Lloyd Biddell (Mercia Fell Runners) 2.26.13

1739 Liza Darroch (Cirencester AC) 4.24.32 - 3rd FV65 2644 finished.

Burnham on Sea Winter road Race 5k series 5 k road

Earlier in the week, Ruth Fulford joined elite runners to run 5 k in Burnham on Sea and, despite struggling with the coastal winds, managed to knock 31 seconds off her own club age group record.

1 Charlie Own (unaffiliated) 18.06

55 Ruth Fulford (Cirencester A C) 29.32 2nd FV60 and Club LV65 record

Parkruns

Partners Nick Holliday and Caroline Cotterell set the standards with two age group wins at Worcester. The day before winning at Badminton, Ollie Campbell was 10th at Chippenham where older brother Luke was 2nd. Isaac McAdam was also 2nd but at Swindon and Jacob took it easy in Slough.

Worcester Pitchcroft parkrun, 5km trail

1 Toby Whitfield (Black Pear Joggers) 16.54

18 Nick Holliday (Cirencester AC) 20.08 - 1st V60

35 Caroline Cotterell 22.14 - 1st FV45 186 finished.

Chippenham parkrun, 5km trail

1 James Allen (unattached) 17.40

2 Luke Campbell (Cirencester AC) 17.59

10 Ollie Campbell 20.23 160 finished.

Swindon parkrun, 5km trail

1 Simon Nott (Calne RC) 15.59

2 Isaac McAdam (Cirencester AC) 17.31 - 1st junior

107 Alan McAdam 24.37

161 Barbara Thomas 26.21

207 David Moss 27.50 505 finished.

Black Park parkrun, Slough, 5km trail

1 Tony Jackson (Hillingdon Tri) 17.32

66 Jacob McAdam (Cirencester AC) 22.34 293 finished

Cheltenham parkrun, Slough, 5km trail

1 Thomas Couch (unattached) 18.05

311 Michael Thomas (Cirencester AC) 30.06 505 finished.

Cricklade 10km, road

Jo Musk consolidated her return to competitive running by finishing as first lady and 11th overall in the Cricklade 10k. Gordon Jones finished in 33rd place winning one of four age group places for the club.

1 Simon Fisher (Oxford City AC) 34.42

11 Jo Musk (Cirencester AC) 40.15 - 1st lady / FV35

33 Gordon Jones 45.53 - 2nd V60

35 Alan Tompson 46.14

67 Rachel Ranger 50.42 - 3rd FV40

104 Barbara Thomas 55.38 - 3rd FV60 253 finished

Cricklade ½ Marathon, 13.1 miles road

Simon Campbell also finished 11th but in the Half Marathon at Cricklade to be followed by Neil Corbiere and Peter Nunn. Karen Higuera demonstrated the value of considerably increased training mileage by taking some 26 seconds from the club FV50 record and knocking a cool 7 minutes from her PB in the process.

1 Marcus England (Cheltenham & County Harriers) 1.14.53

11 Simon Campbell (Cirencester AC) 1.24.37

21 Neil Corbiere 1.27.59

38 Peter Nunn 1.32.10

87 Karen Higuera 1.42.54 - 3rd FV50, club FV50 record

178 Rose Pendle 1.58.03 323 finished.

Bowood House Sprint Duathlon, 5km run, 21km bike, 5km run

Veteran status did not prevent Adrian Williams from winning the Bowood House Sprint Duathlon where he only slowed slightly for the second of his two 5 km runs.

1 Adrian Williams (Cirencester AC & Tri Club) (17.16; 44.05; 17.45) 1.20.06

115 finished.

Yorkley Gallop, Forest of Dean, 6 miles multi-terrain

Club captains James and Liz Thomas found their favourite running conditions squelching through six miles of mud in the Forest of Dean with James finishing only thirty seconds behind the winner.

1 Marcus Bennetto (Forest of Dean AC) 40.21

2 James Thomas (Cirencester AC) 40.53

28 Liz Thomas 1.00.06

55 finished.

1 October 2017, Cheltenham ½ Marathon, 13.1 miles road

Sophie Chudley led a small contingent round one of this year's most popular local races finishing in 1.26 and 2nd in her FV 40 age group. Cheltenham Half Marathon managed to avoid most of last year's organisational disasters but the twists and turns of its town centre route make the winning time of 1.10.33 impressive. Tim Ingham had more foot problems but was pleased with his time and Mike Credicott came in in under two hours.

Far behind, Liza Darroch combined pre marathon preparation with a gentle run supporting charity running friends.

1 Ben Price (Cheltenham & County Harriers) 1.10.33

59 Sophie Chudley (Cirencester AC) 1.26.34 (chip time 1.26.29) - 2nd FV40

545 Tim Ingham 1.45.17 (1.45.03)

1270 Mike Credicott 1.59.59 (1.56.40)

2934 Liza Darroch 2.49.28 (2.43.22) - 3rd FV65

3094 finished.

Two of last week end's races missed our early deadline

Forest of Dean Autumn Trails ½ Marathon, 13.1 miles trail

Steve Yates finished 8th (and first V50) in the Forest of Dean Autumn Trails Half Marathon, Tom Purnell was 33rd and Ionel 97th.

1 Richard Purkis (N Glos Orienteering Club) 1.17.57

8 Steve Yates (Cirencester AC) 1.25.54 - 1st V50

33 Tom Purnell 1.32.08

97 Ionel Iancu 1.40.08 744 finished.

Berlin Marathon, Germany, 26.2 miles road

The Berlin marathon lived up to its reputation as a fast course enabling Martin Croucher, Jill Hadland and Ivan Quinlan to all set new PB's. Martin settled with the pace maker for his 3.15 target time but ended up having to sprint for the line to achieve it with only 45 seconds to spare. Jill took minutes from her PB and Ivan was thrilled to achieve sub 4 hours. While David Moss, who has been struggling with illness for sometime was just pleased to get over the finish line.

1 Eliud Kipchoge (Kenya) 2.03.32

3527 Martin Croucher (Cirencester AC) 3.16.36 (chip time 3.14.15)

5981 Jill Hadland 3.30.30 (3.26.43)

16936 Ivan Quinlan 4.17.09 (3.59.19)

25522 David Moss 4.44.15 (4.26.25) 39106 finished.

Parkruns

Isaac McAdam had to settle for second place at Swindon while older brother Jacob, now back at college, was fifth in Slough.

Swindon parkrun, 5km trail

1 Liam Wilson (unattached) 16.48

2 Isaac McAdam (Cirencester AC) 17.21

100 Alan McAdam 24.29

138 David Moss 26.09

155 Barbara Thomas 26.42 443 finished.

Black Park parkrun, Slough, 5km trail

1 James Laing (Hillingdon AC) 16.26

5 Jacob McAdam (Cirencester AC) 18.14 514 finished.