

**Cirencester Park 10km, road**

Dave Bells wins again at our own Autumn Assault equalling his own record for this event. But, with a new and faster(?) course, he was disappointed to be over 32 minutes.

1 David Bell (Cirencester AC) 32.55 - equals course record

37 James Widdowson 44.18

71 Ivan Quinlan 49.21 248 finished

**Worcester City 10km, road**

In Worcester, Dave Wright managed to knock 28 seconds from the previous club record when finishing in 38.20 as first V50.

1 Phil Beastall (Cheltenham & County Harriers) 31.18

50 David Wright (Cirencester AC) 38.20 - 1st V50, club V60 record

2033 finished

**Bristol ½ Marathon, 13.1 miles road**

Jo Musk was thrilled to finish the Bristol Half Marathon almost a minute faster than her target and fourteen minutes faster than the PB she set (a few years ago?) as a teenager.

1 Aaron Richmond (Bideford AC) 1.08.07

240 Jo Musk (Cirencester AC) 1.27.08

345 Jason Stallard 1.38.15 7473 finished.

**Cotswold Classic '10', Witney, 10 miles road**

Robbie Brown continued to impress finishing 8<sup>th</sup> in Witney 10 where he was joined by Howard, Ionel and Barbara in the hunt for points in our Road Running Championships.

1 James Bolton (Woodstock Harriers) 55.13

8 Robbie Brown (Cirencester AC) 1.01.36

19 Howard Ewan 1.02.57

60 Ionel Iancu 1.09.12

288 Barbara Thomas 1.41.06 328 finished

**Mercian Challenge 100 miles, Offa's Dyke, England and Wales, 100 miles trail**

Rupert Chesmore battled the brutal hills along the Welsh border following Offa's Dyke path from Chepstow to Montgomery to finish second (first male). This involved setting off on Friday at 8pm, running for two sleepless nights and a day to finish early on Sunday morning.

1 Becky Wightman 31 .25.19

2 Rupert Chesmore (Cirencester AC) 33 10.51 6 finished

Omitted last week were Ionel Iancu's results from an end of season triathlon and also an unconfirmed report that 87 year old Fred Robson completed a 10k race coming down the Matterhorn in 52 minutes but Fred has emphasised the words **down hill!**

**Cotswold End of Season Triathlon, 1.5km swim, 41km bike, 9km run**

1 Dale Grassby (BRAT) (19.04; 1.04.52; 39.08) 2.04.51

58 Ionel Iancu (Cirencester AC) (25.25; 1.23.53; 41.10) 2.33 230 finished.

**Parkruns**

Victories for Charles Woodd in Helston and Isaac McAdam in Chippenham and the usual scattering of age group wins.

**Penrose parkrun, Helston, Cornwall, 5km trail**

1 Charles Woodd (Cirencester AC) 18.04 - also 1st V45 174 finished.

**Carlisle parkrun, 5km trail**

1 David Thompson (unattached) 18.16

149 Clare Blampied (Cirencester AC) 31.10

150 Colin Tapley 31.11 236 finished.

**Chippenham parkrun, 5km trail**

1 Isaac McAdam (Cirencester AC) 17.35 - also 1st junior

3 Ollie Campbell 18.54

9 Jacob McAdam 19.48

63 Alan McAdam 25.02 187 finished.

**Stonehouse parkrun, 5km trail**

1 Ralph Dadswell (Ealing Eagles RC) 19.28

10 Gordon Jones (Cirencester AC) 21.57 - 1st V65

12 Kate Sackett 22.16 - 1st FV55

43 Barbara Thomas 27.51 - 1st FV60 95 finished.

**Cheltenham parkrun, 5km trail**

1 Dan Owen (Cheltenham & County Harriers) 16.30

336 Robin Lloyd (Cirencester AC) 32.30

411 finished.

**Stratford-upon-Avon 10km, road**

Dave Bell returned from hamstring injury with a great win of the Stratford upon Avon 10k, finishing 90 second clear of the competition and with high hopes of bettering 33 minutes for his next 10k.

1 David Bell (Cirencester AC) 33.38  
1035 finished

**New Forest Marathon, 26.2 miles road/trail**

James Thomas had to dodge ponies and leap over stray dogs to come 12<sup>th</sup> in the New Forest Marathon where a last minute change, in response to high tides and rain, made for a tougher than expected course with over 1200ft of ascent.

1 William Goozee (Isle of Wight Road Runners) 2.47.51  
12 James Thomas (Cirencester AC) 3.00.25  
398 Liz Thomas 4.23.15      738 finished.

**Castle Combe Midweek Duathlon, 2 mile run, 10 mile bike, 2 mile run**

Three days after coming eleventh in the local sprint triathlon Ian Barrett was as it again, this time coming second in the Castle Combe Duathlon with two fine runs.

1 Tim Smales (Winchester & District AC) (10.26; 21.48; 11.03) 45.06  
2 Ian Barrett (Cirencester AC & Tri Club) (10.55; 23.06; 11.39) 46.56 - 1st V45  
115 finished.

**Chippenham Half Marathon, 13.1 miles road**

Isaac McAdam and Luke Campbell moved out of their parkrunning comfort zone to tackle the Chippenham Half marathon, finishing together in the top forty. Luke found it a great way to celebrate his 19<sup>th</sup> birthday and with Isaac still only 17, these two clearly have plenty of distance road running potential.

1 Daniel Jones (Team Bath AC) 1.12.52  
34 Isaac McAdam (Cirencester AC) 1.24.13  
35 Luke Campbell 1.24.14  
1016 Barbara Thomas 2.21.11      1058 finished.

**Great North Run ½ Marathon, Newcastle to South Shields, 13.1 miles road**

While Mo amazed at the front of the Great North Run, Martin Croucher and his dad admitted to a cakeathon, snacking on all the goodies they were offered as they 'ran'...

1 Mo Farah (Newham & Essex Beagles) 1.00.06  
26825 Martin Croucher (Cirencester AC) 2.25.05      42992 finished.

## **Park runs**

In Tyneside for the Great North Run, Martin Croucher(19.47) had a go at the Whitley Bay parkrun and was disappointed not to get nearer his Swindon PB of 19 minutes despite finishing sixth overall and first in his very competitive V40 age group. Back home in Swindon Isaac McAdam(18.18) 'took it easy' in preparation for the Chippenham Half the following day enabling old brother Jacob (18.19) to stay with him. An age group first shows that dad Alan(25.05) is making a steady recovery from surgery a couple of months ago although he still has some way to return to top form. Age group wins too for Gordon Jones(21.36) at Stonehouse and Caroline Cotterell(22.42) at Worcester where she was accompanied by partner Nick Holliday(22.42). Regulars Rachel Ranger(25.32) and Barbara Thomas(26.35) also ran at Swindon while Amanda Woodd(32.23) celebrated a return to competitive running by entering the very select Mount Edgcumbe event in Cornwall and Robin Lloyd(32.09) ran again in Cheltenham.

### **Whitley Bay parkrun, 5km trail**

1 Paul West (CSSC Sports) 18.10

6 Martin Croucher (Cirencester AC) 19.47 - 1st V40     264 finished.

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

1 Ciaran Cooper (Swindon Harriers) 17.06

6 Isaac McAdam (Cirencester AC) 18.18 - 1st junior

7 Jacob McAdam 18.19

138 Alan McAdam 25.05 - 1st V60

151 Rachel Ranger 25.32

192 Barbara Thomas 26.35     562 finished.

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

1 Lee Christmas (Stroud & District AC) 19.16

8 Gordon Jones (Cirencester AC) 21.36 - 1st V65     115 finished.

### **Worcester Pitchcroft parkrun, 5km trail**

1 David Price (Worcester AC) 16.52

60 Caroline Cotterell (Cirencester AC) 22.42 - 1st FV45

61 Nick Holliday 22.42     224 finished.

### **Mount Edgcumbe parkrun, Torpoint, Cornwall, 5km trail**

1 Daniel Clewley (SweatShop) 22.48

17 Amanda Woodd (Cirencester AC) 32.23     36 finished.

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

1 Dan Owen (Cheltenham & County Harriers) 16.21

381 Robin Lloyd (Cirencester AC) 32.09     501 finished.

## **Cirencester Athletics and Triathlon Club**

### **Cotswold Sprint Triathlon, 750m swim, 20km bike, 5km run**

Ian Barrett took little over 17 minutes to complete the 5km at the end of his Sprint Triathlon, bettering the eventual winner and bringing him home in eleventh place with a fine age win. Age places too for Trudy Compton and Carole Clarke and a good performance from Caroline Crawford who finished in just under 1 hour 15 minutes. Club founder and early triathlete Bob Ferris's permanent injuries led to him struggling on the run. Nina Lawrence was very pleased to finish in 87<sup>th</sup> place in the Novice event.

1 Joseph Ricciardi (Manx Tri Club) (9.40; 28.11; 17.34) 56.41  
11 Ian Barrett (Cirencester AC & Tri Club) (11.55; 29.26; 17.09) 1.00.25 - 1st V45  
140 Caroline Crawford (12.57; 37.33; 22.22) 1.14.57  
211 Trudy Compton (14.15; 36.38; 23.04) 1.19.35 - 3rd FV50  
226 Carol Clarke (15.24; 37.22; 24.11) 1.20.05 - 2nd FV65  
265 Bob Ferris (15.38; 35.09; 29.25) 1.22.25 440 finished

### **Swindon Half Marathon, 13.1 miles road**

Howard Ewan and Peter Nunn tried Swindon's new half marathon course in preparation for the coming Abingdon Marathon. They found it fast, damp and possibly short, but a good one for those searching for a local PB course. Also it was good to see Joyce Matthews and Rachel Barber-Brock both back in the mix.

1 Ben Cole (Swindon Harriers) 1.08.07  
43 Howard Ewan (Cirencester AC) 1.25.28  
109 Peter Nunn 1.31.41  
359 Joyce Matthews 1.43.16  
760 Rachel Barber-Brock 1.54.42 2076 finished.

### **Woodchester Park Chase, 8 miles trail**

In the absence of official results we can only report that Karen Higuera and Barbara Thomas struggled, in damp and drizzly conditions, to find the route around Woodchester. Karen very therefore very pleased to complete the 8 mile route in 1.12.37 bettering her time for the course and finishing second in her 45-50 age group.

### **Meteor Mile, Staverton Airport, Gloucester, 1 mile road**

Lisa Carpenter managed to knock 5 seconds from her Bourton Mile time finishing the Meteor mile in 6.49.

1 Mark James (Cheltenham & County Harriers) 4.41.8  
79 Lisa Carpenter (Cirencester AC) 6.49.0 167 finished.

### **29/30 August 2017, UTMB Mont Blanc Trail Race (TDS version), France (mainly), 118km trail**

Last week, Andy Hindson went to Chamonix to tackle one of the many challenging races in the UTMB festival of running. We wait to hear from him but the results tell us what a struggle it was to complete the 118 steep and muscle wrecking kilometres involved.

1 Michel Lanne (France) 14.33.09  
895 Andy Hindson (Cirencester AC) 30.06.10 1251 finished.

## **Parkruns**

Isaac McAdam(17.24) and Ollie Campbell(19.02) both retained their customary places at first Junior at Swindon and Chippenham despite being pushed into third and second place. Not far behind, new comer Lee Lawrence(19.30) demonstrated the value of Tuesday evening training by knocking 32 seconds off his PB for the Swindon course.

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

1 Alex Bampton (Cheltenham & County Harriers) 15.56  
3 Isaac McAdam (Cirencester AC) 17.24 - 1st junior  
14 Lee Lawrence 19.30 PB  
24 Jacob McAdam 19.59  
73 Caroline Cotterell 23.04  
103 Alan McAdam 24.36  
168 Barbara Thomas 27.29  
450 finished

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

1 Jamie McBrien (Corsham RC) 18.38  
2 Ollie Campbell (Cirencester AC) 19.02 - 1st junior  
196 finished.

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

1 Liam Connolly (Stroud & District AC) 17.48  
50 David Lattimore (Cirencester AC) 29.34 - 1st V65  
92 finished.