

Malmesbury Carnival 10km, multi-terrain

In a week when 17 year old Isaac McAdam was relegated to an unfamiliar fourth place, twice, the Malmesbury Carnival 10k provided the perfect opportunity for PB's when the two local families ran head to head having run different parkruns the day before. Luke Campbell (aged 18) ran with Isaac for the first eight kilometres but was finally beaten by the heat to finish only 34 seconds behind. Jacob McAdam (19) was fourteenth and slightly further back but still only thirty fourth was 14 year old Ollie Campbell.

1 Joe Rainsford (Heanor RC) 32.48
4 Isaac McAdam (Cirencester AC) 37.02 PB
6 Luke Campbell 37.36 PB
14 Jacob McAdam 39.33
34 Ollie Campbell 43.15
89 Ashley Willis 49.04
156 Peter Rowland 55.28
360 finished

Severn Bridge ½ Marathon, 13.1 miles road

Tim Ingham, Nick Wall and Barbara Thomas all returned to one of their more recent favourite events. The Severn Bridge Half Marathon starts on the motorway lanes of the old Severn Bridge, crosses into England to do a loop around Thornbury before returning over the bridge to finish in Wales. A sharp hill two thirds of the way round makes PB's difficult (especially in this year's hot sun) but heralds a long slow descent to the finish making it an ideal route for a negative split.

1 Phillip Matthews (Swansea Harriers) 1.09.44
357 Tim Ingham (Cirencester AC) 1.49.11 (chip 1.48.53)
468 Nick Wall 1.54.22 (1.53.55)
1325 Barbara Thomas 2.35.48 (2.34.14)
1495 finished.

Parkruns

Isaac McAdam(17.16) faced tough opposition at Swindon where, despite being only 10 seconds shy of his course PB, he was pushed back to fourth place, with Ian Barrett(17.22) finishing fifth only seconds behind. Jacob Mcadam(18.47) and Martin Croucher(19.13) also made the first fifteen. Luke Campbell(19.01) took fourth place at Chippenham with Ollie(21.34) also in the top twenty. David Lattimore(30.04) gave up the streets of Toulouse to run round the fields of Stonehouse and it was good to see Robin Lloyd(33.08) having a go at Cheltenham after a long break from competitive running.

Swindon parkrun, 5km trail

1 Samuel Crozier (Army AA) 16.40
4 Isaac McAdam (Cirencester AC) 17.16 - 1st junior
5 Ian Barrett 17.22 - 1st V45
10 Jacob McAdam 18.47
14 Martin Croucher 19.13
118 Alan McAdam 24.37
209 Barbara Thomas 27.24
458 finished.

Chippenham parkrun, 5km trail

1 Daniel Miles (Avon Valley Runners) 17.54
4 Luke Campbell (Cirencester AC) 19.01
19 Ollie Campbell 21.34
177 finished.

Stonehouse parkrun, 5km trail

1 Matt Boon (unattached) 18.43
59 David Lattimore (Cirencester AC) 30.04
100 finished.

26 August 2017, Cheltenham parkrun, 5km trail

1 Alex Lee (Cheltenham & County Harriers) 17.03
377 Robin Lloyd (Cirencester AC) 33.08
450 finished.

Cirencester Athletics and Triathlon Club Report for August 21st 2017

We were all sad to hear of the recent death of Richard Newport who was a one of the 'Forward Thinking Four' who founded our club in the early 80's. We hope he was proud of the club he worked so hard for. This report includes members, young and not so young, competing in a wide range of events up and down the country, ranging from parkrun wins for Issac McAdam and James Thomas to Richard Hurdle's fine attempt at the iconic Bob Graham Round (42 Lakeland summits in 24 hours) only to be beaten by the remnants of hurricane Gert.

Run to the Castle, Aberdyfi to Harlech, N Wales, 42 miles trail

Leo Crawford joined a small but select group to run 42 very hilly miles to Harlech Castle in North Wales. A truly impressive performance over such testing ground coupled with his Gloucester marathon result only 2 weeks ago. The club welcomes another quality Ultra runner to its ranks.

1 Julian Ayres (Trismart) 6.51.06
5 Leo Crawford (Cirencester AC) 7.36.35 41 finished.

Race the Train, Tywyn, N Wales, 14 miles trail

Adrian William and Ionel Iancu undertook a more unusual challenge in the infamous Race the Train event, also in North Wales. Adrian managed to "beat the train" – soundly - despite hating the mud, hills, the rain and the train – pretty much all of it really. Ionel finished just behind the train but, in a more positive frame of mind, is determined to beat it next year.

1 Sullivan Smith (Cambridge & Coeleridge AC) 1.26.03
23 Adrian Williams (Cirencester AC) 1.38.47
177 Ionel Iancu 1.55.38 830 finished.

Parkruns

A resounding win for Isaac McAdam(17.57) at Tamar and also for James Thomas(18.19) at Colby in Pembrokeshire. Jacob McAdam was second at Tamar in 19.15 and Dad Allan(27.32) was not that far behind at 35th. The Campbell brothers(21.41 and 23.26) stayed home in Chippenham and young Archie Sheffield(21.18) ran well at Gloucester. Martin Croucher(22.13) led a small team at Swindon where Caroline Cotterell(24.44) and Barbara Thomas(27.12) both had age group firsts. Finally in a very atypical moment of competitive running, Helen Manners(32.08) joined the parkrun in Yeovil finishing with 137 runners behind her.

Tamar Trails parkrun, Tavistock, 5km trail

1 Isaac McAdam (Cirencester AC) 17.57 - and 1st junior
2 Jacob McAdam 19.15
35 Alan McAdam 27.32 100 finished.

Colby parkrun, Pembrokeshire, 5km trail

1 James Thomas (Cirencester AC) 18.19
60 Liz Thomas 25.10 202 finished

Chippenham parkrun, 5km trail

1 Tom Allen (Chippenham Harriers) 18.28
18 Ollie Campbell (Cirencester AC) 21.41
37 Luke Campbell 23.26 170 finished.

Gloucester Kingsway parkrun, 5km trail

1 Andy Gardiner (Cheltenham & District Harriers) 17.17
23 Archie Sheffield (Cirencester AC) 21.18 223 finished

Swindon parkrun, 5km trail

1 Felix Wernham (unattached) 17.23
53 Martin Croucher (Cirencester AC) 22.13
112 Caroline Cotterell 24.44 - 1st FV45
113 Nick Holliday 24.45
132 David Moss 25.32
176 Barbara Thomas 27.12 - 1st FV60 436 finished.

Yeovil Montacute parkrun, 5km trail

1 Michael Parrott (Running for Time) 19.04
247 Helen Manners (Cirencester AC) 32.08 385 finished.

Kate Sackett demonstrated her fitness and versatility in two challenging events last week. Firstly she ran the hilly Bugatti 10K race which starts and finishes at the foot of the Prescott Hill Climb. She convincingly won her age category to finish 62nd of the 248 finishers in a time of 47m05s. Also competing were Barbara Thomas (58m29s) and Ruth Fulford (66m24s) to complete the trio of regular Cirencester AC senior lady racers.

A few days later Kate took on the even greater challenge of the Cotswold Classic Triathlon based around the Cotswold Water Park. The race consisted of a 2.1 mile lake swim, 56 mile cycle and half marathon run. She crossed the line a creditable 582nd out of over 800 finishers in a total time of 6hrs4m40s.

Another to run a half marathon last weekend was Martin Croucher who enjoyed the picturesque surroundings of Burnham Beeches in Buckinghamshire. Martin's prolific long distance training runs and races served him well as he finished strongly in 1hr33m20s for 45th place out of nearly 600 finishers. Also racing through the woods were four club members competing in the 10 mile Standish Woodland Chase. Taking a break from triathlons and ultra distance races were Bill Leggate who was first in his age category and third overall in 58m21s and Andy Hindson 39th in 1h20m10s. Pleased to be running again after recent injuries was Rupert Chesmore, 85th in 1h30m56s, followed by age category winner Liza Darroch 119th out of 143 finishers in 1h40m07s.

Cirencester AC's only representative in the recent Gloucester Marathon was Leo Crawford who was using this, his third marathon, as a training run for 42 mile race in Wales later this month. He avoided many of the reported problems incurred by some runners to finish 50th in 3h20m28s, well inside his three and a half hour target.

As usual the club colours were in evidence in several 5k park runs in the UK and abroad. The McAdam family joined over 1200 runners in Bushy Park London, the birthplace of the park run movement. Isaac finished 9th in 17m16s, followed close behind by brother Jacob, 27th in 18m35s and then Alan 453rd in 25m37s. Closer to home Nick Holliday, Caroline Cotterell and Barbara Thomas ran at Swindon where Nick won his age category in 19m57s to finish 16th out of 512 finishers Caroline was next home in 25m45s for 166th place followed by Barbara 212th in 27m09s. Gordon and Rachel Jones were in Scotland so took the opportunity of a Saturday morning race in Inverness. Gordon finished 30th (21m46s) and Rachel 104th (27m05s) out of 182 runners. Meanwhile David Lattimore continued the trend of age category winners with his regular run at Toulouse, clocking 32m24s on this occasion..

European Masters Track & Field Champs, Aarhus, Denmark**V60 5000m**

Dave Wright waded and splashed his way around a flooded track in Aarhus, Denmark to finish a very impressive 6th in the V60 5000m European Masters Championship. The race was won by a mere 100th of a second with Dave only thirty seconds behind the winner. Not satisfied with achieving a time close to his own club age group record in appalling conditions, three days later Dave ran the highly competitive Aarhus Half Marathon to finish 8th V60 in the Euro Champs in 1.25.37. Full results of this open race are not out yet but Dave is rightly pleased that he was the first of the V60 runners to have attempted both the track and road events and looks like bettering another of his own club records by 90 seconds.

- 1 Jaap Stijlaart (Netherlands) 18:00.54
- 2 Licinio Pereira (Portugal) 18:00.55
- 6 David Wright (GB, Cirencester AC) 18.30.89

Brecon Beacons Fell Race, 19 miles / 4500' fell

James Thomas and Robbie Brown ran and finished the 19 miles of the Brecon Beacons Fell Race together joint 7th. The difference in finish times only reflects the time taken to process their timing chips. Our esteemed captains, both lovers of fell running, also managed to lure Ionel Iancu onto the welsh mountains to finish in the top half of the field and Liz was relieved to finish with 4 more behind her.

- 1 Hugh Aggleton (MDC) 2.55.16
- 7 Robbie Brown (Cirencester AC) 3.21.15
- 8 James Thomas 3.21.19
- 25 Ionel Iancu 3.58.16
- 53 Liz Thomas 5.15.35 57 finished.

Westonbirt House 10km, road

Tim Ingham achieved a good time in the Westonbirt House 10k and Hayley Hurdle knocked more than 10 minutes from her best recorded time proving that she is back to running fitness following the birth of Joshua in March this year.

- 1 Lee Stopford (Stroud & District AC) 34.35
- 78 Tim Ingham (Cirencester AC) 46.40 (chip time 46.29)
- 141 Hayley Hurdle 50.04 (49.53) 600 finished.

Parkruns

The club was represented in 7 parkruns in this country and one in France but most notable were the Buck family who finished 4th, 23rd and 40th on Roosevelt Island, Washington D C. In the Lake District, Fell Foot saw three members of the McAdam family finish 1st, 9th and 97th and Gordon and Rachel Jones 45th and 137th. Ian Barrett won at Torbay in 17.40 leading a total of five age group wins and four 1st Juniors (Isaac McAdam(17.49), Ollie Campbell (19.30), Henry Sheffield (19.31) and Luke Buck(20.40). In France, David Lattimore found a tradition he considers worth developing when being treated to champagne, coconut cake and croissants at the finish to celebrate one of the organisers winning 1st lady at a 10k event the previous day.

Roosevelt Island parkrun, Washington DC, USA, 5km trail

1 Travis Boltjes (unattached) 17.02
4 Luke Buck (Cirencester AC) 20.40 - 1st junior
23 Caroline Buck 25.18 - 1st FV50
40 Stephen Buck 28.38 85 finished.

Fell Foot, Newby parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.49 - also 1st junior
9 Jacob McAdam 19.16
45 Gordon Jones 22.40 - 1st V65
97 Alan McAdam 26.00
137 Rachel Jones 28.04 262 finished.

Torbay Velopark parkrun, 5km trail

1 Ian Barrett (Cirencester AC) 17.40 - also 1st V45 245 finished.

Fareham parkrun, 5km trail

1 David Mallard (unattached) 18.02
8 Nick Holliday (Cirencester AC) 20.18 - 1st V55
92 Caroline Cotterell 29.49 184 finished
1 Brendan Morris (Reading RR) 17.13
30 David Moss (Cirencester AC) 20.45 400 finished.

Gloucester North parkrun, 5km trail

1 Edd Charlton-Weedy (Army AA) 18.52
4 Henry Sheffield (Cirencester AC) 19.31 - 1st junior
7 Archie Sheffield 20.36 180 finished.

Stonehouse parkrun, 5km trail

1 Alan Pitt (Stroud & District AC) 18.41
33 Barbara Thomas (Cirencester AC) 26.49 - 1st FV60 91 finished.

Chippenham parkrun, 5km trail

1 Jamie McBrien (Corsham RC) 17.13
8 Ollie Campbell (Cirencester AC) 19.30 - 1st junior 229 finished.

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

1 Jonathan Cartier (unattached) 16.31
30 David Lattimore (Cirencester AC) 32.44 - 1st V65 36 finished.