

Owler Middle Distance Triathlon, including the English Championships, Ashford, Kent, 1.9km swim, 87km bike, 21.1km run

Steve Yates qualified for the English Middle Distance Triathlon Team when coming a stunning fifth (and 1st V50) in the Owler triathlon in Ashford. He completed this equivalent of a half Iron Man in just over four and a half hours starting with an impressive swim and ending with a 90 minute half marathon.

1 Tom Foster (Team Cranc) (32.57; 2.26.45; 1.19.00) 4.22.10

5 Steve Yates (Cirencester AC & Tri Club) (33.13; 2.31.21; 1.30.02) 4.36.33 -
1st V50 118 finished

Blaisdon 10km, Forest of Dean, 10km road

Simon Campbell went to Blaisdon in the Forest of Dean for a Tuesday evening workout to finish twelfth in their small and rural 10km. Kate Sackett and Liza Darroch went home clutching beer and biscuits having won their respective age groups and gained more points toward the County Road Running Championships along with Barbara Thomas.

1 Mark James (Cheltenham & County Harriers) 36.14

12 Simon Campbell (Cirencester AC) 39.14

41 Kate Sackett 46.33 - 1st FV55

95 Liza Darroch 57.56 - 1st FV65

97 Barbara Thomas 58.27

141 finished.

Cheltenham Open Meeting, Prince of Wales Stadium, 800m track

Ten year old Henry Sheffield raced twice around the track at the Prince of Wales Stadium to complete 800m in 2.34.5 - only 4 seconds behind the winner who was at least five years his senior. In subsequent races older brother Archie came second running little more than one second slower and young Sebastien Forest was sixth.

Race 4

1 Chris Picken (Cheltenham & District Harriers, U17) 2:28.6

3 Henry Sheffield (Cirencester AC, U11) 2:34.5

Race 5

1 Emma Bendle (Stroud & District AC, U15G) 2:34.0

2 Archie Sheffield (Cirencester AC, U15) 2:35.9

Race 6

1 James Bagot (Swindon Harriers, U11) 2:42.1

6 Sebastien Forrest (Cirencester AC, U11) 2:55.2

Parkruns

After five consecutive wins at Swindon Isaac McAdam(17.45) was pushed into second place but only after a fine fight. He retained his place as first Junior as did Ollie Campbell (19.03) who was also second but at Chippenham. Swindon also saw Jacob McAdam(18.52) finishing close to his personal best to be followed in by Martin Croucher(19.27) and Nick Holliday(20.06). To mark his one hundred and fiftieth parkrun Dave Moss(21.37) ran at his pace rather than supporting friends and family members. Good to see Caroline Cotterell(36.34) back competing following injury and the usual scattering of age group wins at Swindon, Stonehouse (where Gordon Jones(21.45) was eighth) and Toulouse.

Swindon parkrun, 5km trail

1 Andrew Mitchell (Thames Valley Harriers) 17.29
2 Isaac McAdam (Cirencester AC) 17.45 - 1st junior
5 Jacob McAdam 18.52
8 Martin Croucher 19.27
15 Nick Holliday 20.06 - 1st V55
44 David Moss 21.37
172 Alan McAdam 26.19
193 Barbara Thomas 27.18 - 1st FV60
410 Caroline Cotterell 36.34
472 finished

Stonehouse parkrun, 5km trail

1 Paul Horsfall (unattached) 18.07
8 Gordon Jones (Cirencester AC) 21.45 - 1st V65
84 finished.

Chippenham parkrun, 5km trail

1 Jamie McBrien (Corsham RC) 18.00
2 Ollie Campbell (Cirencester AC) 19.03 - 1st junior
158 finished.

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

1 Matt Ellis (Westbury Harriers) 16.14
13 David Lattimore (Cirencester AC) 30.13 - 1st V65
14 finished

Adrian William put all his running training to good use in a fine sprint finish at the end of the Jenson Button triathlon Eliminator in order to earn a place in the more demanding finals the same afternoon. He joined the triathlon elite lured by the high prize money but was just as pleased to have chatted to Jenson Button as to finish two places higher than the morning.

Jenson Button Trust Triathlon Final, Derby, 400m swim, 20km bike, 5km run

1 Ben Dijkstra (3.09; 27.50; 15.14) 47.14

26 Adrian Williams (Cirencester AC & Tri Club) (4.27; 30.36; 17.32) 54.05

115 finished.

Jenson Button Trust Triathlon Eliminator, Derby, 200m swim, 10km bike, 2.5km run

1 Ben Dijkstra (2.53; 16.20; 8.05) 28.27

28 Adrian Williams (Cirencester AC & Tri Club) (3.45; 16.50; 8.24) 30.24

341 finished.

22/23 July 2017, Cotswold 24 hour, Cirencester Park (9km circuit), trail
Steve James finished 13th in the solo men's 24 hour race in Cirencester Park over the weekend. His average time of 1.02.12 for the 9 km lap was significantly faster than the eventual winner of his category (1.05) which maybe why he had to retire after sixteen and a half hours before reaching his 100 mile target. Steve has recently left the club in search of more convenient training sessions but we can hope that we can field him and another seven strong runners for the relay in the increasingly popular team event next year.

Male individual category

1 Sam Linton 198km

13 Steve James (Cirencester AC) 144km

125 Finished

Cheltenham Triathlon, Boys age 9/10, 130m swim, 2km bike, 1km run

A fine performance including a particularly impressive swim by Sebastian Forrest enabled him to finish fifth in the 9/10 year old category of the Cheltenham triathlon despite (or because of ?) a three week restful holiday from training.

1 Daniel Henderson (2.34; 6.31; 3.40) 14.09

5 Sebastian Forrest (Cirencester AC & Tri Club) (2.34; 7.41; 4.08) 16.25

27 finished.

Parkruns

Our junior quartet continued to dominate at Chippenham this week, all finishing in the top ten. Isaac McAdam(17.58) dipped just below 18 minutes and older brother Jacob(20.03) was only just over the 20 minute target. The Campbell brothers formed the middle of the sandwich with Luke (18.08) showing younger brother Ollie (19.12) his heels for a change in a triathlon free weekend. In the absence of a Swindon parkrun, Barbara Thomas(26.11) ran well at Stonehouse coming first in her age group as usual.

Chippenham parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.58 - also 1st junior
2 Luke Campbell 18.08
5 Ollie Campbell 19.12
10 Jacob McAdam 20.03
109 Alan McAdam 26.45
270 finished.

Stonehouse parkrun, 5km trail

1 Mark Taylor (Frampton Cotterell Harriers) 18.54
85 Barbara Thomas (Cirencester AC) 26.11 - 1st FV60
179 finished

Bourton-on-the-Water Mile, 1 mile road

Robbie Brown flew over the Bourton one Mile finish line in just over five minutes to grab another ten points for the Men's Club Championships in the absence of Adrian Williams. Thirteen year old Luke Buck was a mere four seconds behind to finish as the first Junior of the main race and Howard Ewan was thrilled to achieve his target of being within ten seconds of Robbie. Behind our talented senior and junior runners came a string of veterans with three age groups firsts with Nick Holliday (V55) and Gordon Jones (V65) both comfortably under six minutes. Kate Sackett (FV55) continues to impress and inspire winning the FV45 age group with a nationally highly competitive time for her age group of 6.12 and easing her to the top of the Ladies Club Championship. Finally, of the seven county medals awarded to club members resident in Gloucestershire, three were gold.

1 Dave Roper (Cheltenham & District Harriers) 4.35
15 Robbie Brown (Cirencester AC) 5.10
18 Luke Buck 5.14
19 Howard Ewan 5.19
44 Nick Holliday 5.43 - 2nd V55
48 Gordon Jones 5.48 - 1st V65
66 Kate Sackett 6.12 - 1st FV55
78 Bryan Reid 6.24
79 Zac Humphris 6.27
98 Lisa Carpenter 6.54 - 3rd FV45
100 Caroline Buck 6.56 - 2nd FV50
101 Caitlin Watson 6.56
118 Barbara Thomas 7.28
141 Liza Darroch 8.35 - 1st FV65
156 Ruth Fulford 9.09 - 3rd FV65
178 finished

Race to the Stones, Ridgeway to Avebury, 100km trail

Rob Forbes returned to the Ridgeway in an attempt to repeat last year's triumph in the Race for the Stones. But, despite completing the one hundred kilometre trail some 23 minutes quicker he was pushed into second place.

1 Benjamin Poiraton (unattached) 7.52.55
2 Rob Forbes (Cirencester AC) 7.56.21
961 finished.

Poppit Sands Race, Cardigan Bay, 5km multi-terrain

1 Roscoe Howell (Pembrokeshire Harriers) 18.27

24 Colin Tapley (Cirencester AC) 21.17

100 finished

Parkruns

No PBs this week but Isaac McAdam(17.21) retained his lead at Swindon while older brother Jacob (20.00) took it easy. There was a dramatic finish at Stonehouse with Simon Campbell(19.50) (after a late start) finishing just ahead of Martin Croucher (19.52) and 10 year old Henry Sheffield(19.57) who was also first Junior. In Chippenham the Campbell brothers continued the tradition with younger brother Ollie (18.51) coming in way ahead of his triathlete brother Luke (21.16) and Dave Moss (30.50) ran in Devon.

Swindon parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.21 - also 1st junior

21 Jacob McAdam 20.00

182 Barbara Thomas 27.33 415 finished

Stonehouse parkrun, 5km trail

1 Paul Horsfall (unattached) 18.46

4 Simon Campbell (Cirencester AC) 19.50

5 Martin Croucher 19.52 - 1st V40

6 Henry Sheffield 19.57 - 1st junior 85 finished

Chippenham parkrun, 5km trail

1 James McBrien (Corsham RC) 17.09

6 Ollie Campbell (Cirencester AC) 18.51

26 Luke Campbell 21.16

204 finished.

Bovey Tracey, Devon, 5km trail

1 Adam Holland (Notfast RC) 18.14

80 David Moss (Cirencester AC) 30.50

141 finished.

Frampton-on-Severn 10km, road

After a season of consistent and high quality running, Robbie Brown fought his way to the top of the Men's Club Road Running Championship when coming 9th in the Frampton on Severn 10k earlier in the week. The battle between Robbie and Adrian Williams will continue at the Bourton Mile next weekend. But with a potential four more races in the Championship Rob Forbes or Howard Ewan could yet enter the mix. Bourton could also see a change in the Women's Championship. Can Rachel Ranger fight off threats from Barbara Thomas and Kate Sackett? At Frampton, James Thomas (who prefers to run off road) finished ahead of Robbie in sixth place. Karen Higuera continued to demonstrate her hard won form by achieving a PB to be followed in by Tim Ingham and Rachel Ranger. The club representation was completed by good run from relative new comer, Rachel Barrow.

1 John Parker (Cheltenham & County Harriers) 33.38
6 James Thomas (Cirencester AC) 35.35
9 Robbie Brown 36.23
130 Karen Higuera 47.14
170 Tim Ingham 49.22
183 Rachel Ranger 49.51
338 Rachel Barrow 58.14 485 finished.

New Forest '10', Brockenhurst, 10 miles road / trail

Jo Musk climbed back to the podium in a great return to competitive running when finishing 3rd lady (and 2nd FV35) in the mixed terrain New Forest 10.

1 Adam Stokes (Taunton AC) 54.57
31 Jo Musk (Cirencester AC) 1.07.19 - 3rd lady / 2nd FV35 665 finished.

Evesham Town 10km road

Dave Bell, nursing a slight injury, returned to the Evesham Town 10k, where he holds the course record having won it three times but this year he had to settle for third place.

1 John Parker (Cheltenham & County Harriers) 33.54
3 David Bell (Cirencester AC) 34.35 570 finished.

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

Ian Barrett was also third and first LV40 in a duathlon at Castle Combe.

1 Ben Price (Kinetic One) (9.51; 22.21; 10.16) 43.33
3 Ian Barrett (Cirencester AC & Tri Club) (10.56; 22.35; 11.12) 45.53 - 1st V40
105 finished.

ParkRuns

As usual Swindon saw the fastest club parkrun with Isaac McAdam (17.06) finishing first again and getting close to a sub 17 time. Jacob McAdam (18.44) finished seventh, while Barbara Thomas (27.16) held her age group first coming in just before David Moss (27.36). Ollie Campbell (19.17) finished third and 1st Junior at Southwick but 19.33 only gave Nick Holliday twentieth place at Worcester. While at Llyn Llech Owain (near Llanelli) 21.03 was fast enough to bring Colin Tapley in fourth.

Swindon parkrun, 5km trail

1 Isaac McAdam (Cirencester AC) 17.06 - also 1st junior
7 Jacob McAdam 18.44
163 Barbara Thomas 27.16 - 1st FV60
180 David Moss 27.36
492 finished.

Southwick Country Park parkrun, 5km trail

1 Dan Sault (Devizes RC) 17.32
3 Ollie Campbell (Cirencester AC) 19.17 - 1st junior
303 finished

Worcester Pitchcroft parkrun, 5km trail

1 David Hall (Worcester AC) 16.46 20th in Worcester.
20 Nick Holliday (Cirencester AC) 19.33
226 finished.

Llyn Llech Owain parkrun, nr Llanelli, S Wales, 5km trail

1 Michael Grant (Hunters Bog Trotters) 18.50
4 Colin Tapley (Cirencester AC) 21.03 - 1st V50
64 finished.