

**Aztec 5km, Bristol, 5km road**

Knocking 30 seconds from your PB and the club age group record in a 5 km sprint is no mean feat but to do it less than four weeks after breaking similar records in the Manchester Marathon is something we have come to expect of Kate Sackett. Kate was the only one to be surprised by this achievement in the April Aztec race – we wait to see what she can do in the last two of this nine race series.

1 Phil Beastall (Cheltenham Harriers) 14.54  
107 Kate Sackett 20.43 - 1st FV55, club FV55 record  
158 finished

**Angels 10km, Asleworth, nr Gloucester, 10km road - (very provisional)**

Kate Sackett starred again in the Angels 10k where her age group win was also faster than those of two younger age groups. There were fine runs too from Rachel Ranger and Barbara Thomas (still with a marathon in her legs) and Ruth Fulford.

1 Steve Millward (Gloucester AC) 34.20  
40 Kate Sackett (Cirencester AC) 45.32 - 1st FV55  
74 Rachel Ranger 50.42  
117 Barbara Thomas 57.32  
123 Ruth Fulford 59.01  
146 finished.

**Glastonbury Tor Race, 10km road**

Dave Bell finished fifth in the competitive Glastonbury Tor 10k which follows an undulating route and finishes close to Glastonbury Abbey..

1 Dave Long (Bournemouth AC) 32.27  
5 David Bell (Cirencester AC) 34.09  
570 finished.

**Oldbury White Horse Triathlon, Calne, 400m swim, 20km bike, 5km run**

Terry Ranger struggled in the head wind on the bike section of the Oldbury White Horse Triathlon at Calne but was pleased to complete the event 3<sup>rd</sup> in his age group.

1 Michael Milstead (St Marys Tri Club) (6.01; 32.51; 16.47) 57.05  
69 Terry Ranger (Cirencester AC) (7.54; 39.40; 22.15) 1.12.47 - 3rd V55  
252 finished.

**Oldbury White Horse Children's Triathlon, Calne****Tri-start 2 Ages 11-12years 200m swim, 3km grass cycle, 1.5km run**

Tom Williams entered the Junior triathlon at Oldbury to finish 15<sup>th</sup> boy in his 11-12 age group. After a slow swim Tom fought his way back with a strong cycle and a very good run.

1 Joseph Martindale (unattached) (0.26; 8.26 ; 0.4.51) 17.16  
15 Tom Williams (Cirencester AC) (1.23; 9.24; 5.21) 20.56

## Parkruns

Members returned in greater numbers to Swindon this week. Were they, perhaps, having a quick rehearsal for the event next Saturday when it forms part of the Club Road Race Championship? It should be an exciting event with Adrian William (17.03), Issac McAdam(17.52), Ollie Campbell(19.10), Nick Holliday(19.27) and Simon Campbell(19.51, for once buggy free) all coming in under 20 minutes this week. A time many more of our members are capable of. Kate Sackett (yet again 21.37), Jon Young(21.57), Ivan Quinlan(22.11) and Lisa Carpenter(24.57) will also be pleased with their runs.

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

1 Alex Harris (Devizes RC) 17.00  
3 Isaac McAdam (Cirencester AC) 17.52 - 1st junior  
13 Nick Holliday 19.27 - 1st V55  
24 Simon Campbell 19.51  
60 Jon Young 21.57  
67 Ivan Quinlan 22.11  
163 Lisa Carpenter 24.57  
239 Barbara Thomas 27.02  
500 David Moss 35.24  
580 finished.

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

1 Adrian Williams (Cirencester AC) 17.03 - 1st V40  
292 Denise Ewbank 28.02  
539 finished.

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

1 Jamie McBrien (Corsham RC) 17.00  
6 Ollie Campbell (Cirencester AC) 19.10 - 1st junior  
206 finished.

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

1 Alistair Campbell (Stroud & District AC) 18.23  
9 Kate Sackett (Cirencester AC) 21.37 - 1st lady / FV55  
115 finished.

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Rob Forbes crossed the iconic London marathon finishing line in an impressive 211st place demonstrating his talent running on road as well as on trails and a worthy recipient of last year's Long Distance Runner award. After a fast start Rob settled into consistent running to complete the 26.2 miles more than two minutes ahead of his target. Hopefully the club record of 2.26.23, set by Mike Smith in 2000, will provide him a target for the future. Nick Wall's marathon started with equally consistent running putting him well placed to achieve his sub 4 hour target but around mile 22 an old calf injury forced him to seek treatment from a physio in order to hobble and limp the last four painful miles taking real courage to come in under four and half hours. Our two club places went to Andy Fellows who had to stay home nursing a cold and ear infection and Barbara Thomas who slowed steadily but finished with some five thousand behind her.

**London Marathon, 26.2 miles road**

1 Daniel Wanjiru (Kenya) 2.05.49  
211 Rob Forbes (Cirencester AC) 2.37.36  
20438 Nick Wall 4.29.18  
34129 Barbara Thomas 5.38.52  
39343 finished.

All other club members were clearly too glued to their television sets to find any other races making Sunday a one race day but on Saturday, Martin Croucher's search for long distance training events in his build up to the 56 mile Comrades race took him to Kent where he ran a confidence building 37.5 miles in just over six hours. Martin, looking comically over dressed in order to simulate likely African temperatures, was one of only two able to squeeze 10 laps in before the cut off time in an event where runners can choose to run any multiple of a 3.75 mile lap.

**Wonderland Caucus Run, Samphire Hoe, Kent, 37.5 miles trail**

1 Anthony Moore (unattached) 5.55.13  
2 Martin Croucher (Cirencester AC) 6.07.04  
2 finished

## **Parkruns**

Ian Barrett(17.23) won an increasingly popular Stonehouse, Steve Yates(19.03) was 7th in Swindon where Rachel Ranger(23.15) , Sharon O’Keeffe(29.16) and Nina Lawrence(33.38) all set new PBs with Nina proving her training progress by knocking more than two minutes from hers. Also at Swindon a tardy Simon Campbell(24.01) started his race with the double buggy in the car park and Dave Moss(26.33) took it easy. The usual age group win for Ruth Fulford(28.25) trying out the Chipping Sodbury parkrun and Denise Ewbank(28.29) held her time at Cheltenham. It is worth noting that Rob’s time for the first 5k of the London Marathon(17.36) would have brought him first at both Chipping Sodbury and Cheltenham.

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

1 Ian Barrett (Cirencester AC) 17.23  
119 finished

### **Chipping Sodbury parkrun, 5km trail**

1 Sam Cotterell (unattached) 17.53  
211 Ruth Fulford (Cirencester AC) 28.25 - 1st FV65  
398 finished

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

1 George Watson (Cheltenham Harriers) 18.07  
259 Denise Ewbank (Cirencester AC) 28.29  
458 finished.

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

1 Matt Raymond (Warwick University AC) 16.57  
7 Steve Yates (Cirencester AC) 19.03 - 1st V45  
101 Rachel Ranger 23.15  
131 Simon Campbell 24.01  
208 David Moss 26.33  
282 Sharon O’Keeffe 29.16  
401 Nina Lawrence 33.38  
506 finished.

## **Cirencester Athletics and Triathlon club**

In an impressive run at Yeovil Dave Wright (despite continued injury) knocked 40 seconds off his 10k time achieved early in the year and nipped seconds off the club's already high quality V60 record .

### **Yeovil 10km, road**

1 Yared Hagos (Wallsend Harriers) 31.36

28 David Wright (Cirencester AC) 38.40 - 1st V60, club V60 record

411 finished

Gordon Jones finished 6<sup>th</sup> and won his age group in a select Carterton 5km and good to see wife Rachel taking on the more popular 10k.

### **Carterton 5km road**

1 Dan Blake (Oxford City) 16.03

6 Gordon Jones( Cirencester A C) 21.19 1stV65 44 finished

### **Carterton 10km, road**

1 Chris Krzywiec (N Cotswold Tri & Running Club) 34.41

85 Rachel Jones (Cirencester AC) 58.12 109 finished

## **Parkruns**

PBs for Nick Halliday(19.43), Nina Lawrence(35.10), Rachel Ranger (24.06) and Kate Sackett(21.11) at well attended parkruns up and down the nation but pride of place goes to the Sheffield brothers who both achieved PBs at Stonehouse. Henry(19.16 and aged only 10) was first junior and set a course record for his age group as did older brother Archie(20.07) in the 11 -14 age group. At Chippenham another younger brother – Ollie Campbell (19.16) is starting to put pressure on older brother Luke (18.02) even as Luke fights his way back to form following multiple injuries. The number of age group wins continues to demonstrate the ‘edge’ club training and running can give.

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

1 Nathan Gray (Ellenborough AC) 17.37

14 Kate Sackett (Cirencester AC) 21.11 - 2nd lady / 1st FV55 118 finished

### **Harrogate parkrun, 5km trail**

1 Zeyna Bedru (Harrogate H & AC) 17.08

144 Rachel Ranger (Cirencester AC) 24.06 486 finished.

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

1 Simon Cardnell (Southvill RC) 17.37

202 Ruth Fulford (Cirencester AC) 29.08 - 1st FV65 364 finished.

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

1 Alastair Campbell (Stroud & District AC) 17.27

7 Henry Sheffield (Cirencester AC) 19.16 - 1st junior

9 Archie Sheffield 20.07 103 finished.

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

1 David Withers (Southvill RC) 18.00

2 Luke Campbell (Cirencester AC) 18.02

11 Ollie Campbell 19.16 237 finished.

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

1 Dan Green (Swindon Harriers) 17.27

14 Simon Campbell (Cirencester AC) 19.23

18 Nick Holliday 19.43 - 1st V55

82 Caroline Cotterell 22.54 - 1st FV45

171 Barbara Thomas 26.43

443 Nina Lawrence 35.10 505 finished.

Holly Tugwell and James Thomas led the Ladies and the Men's teams to an exciting double victory at our own Chedworth Roman Trail. Twenty one club members raced and another 50 or so members and their families worked to make the day an outstanding success. In full sun, the going was firm and dry enabling James, Adrian Williams and Bill Leggate to finish in the top five with Robbie Brown not far behind. Holly (1<sup>st</sup> lady and 1<sup>st</sup> FV35) was supported by Sophie Chudley and Trudy Compton. Impressive performances too from Ionel Iancu and Lara Tompson who had both run twenty long miles at Compton the day before.

**Chedworth Roman Trail, 10 miles multi-terrain**

1 Jack Turner (Stroud & District AC) 1.03.15  
2 James Thomas (Cirencester AC) 1.04.24  
4 Adrian Williams 1.05.15 - 1st V40  
5 Bill Leggate 1.06.07 - 2nd V40  
12 Robbie Brown 1.09.59  
21 Holly Tugwell 1.12.37 - 1st lady / FV35  
37 Neil Corbiere 1.16.31  
42 Sophie Chudley 1.16.57 - 6th lady / 2nd FV35  
71 Keith Firkin 1.21.35  
75 Alex Chudley 1.22.32  
82 Ionel Iancu 1.23.18  
94 Andy Hindson 1.25.01  
142 Trudy Compton 1.30.07  
159 Ivan Quinlan 1.31.52  
172 Dorian Matts 1.33.15  
185 Eloisa Townsend 1.34.12  
186 Liz Thomas 1.34.12  
187 David Moss 1.34.13  
236 Rebecca Collier 1.39.09  
257 Lesley Hinsley 1.41.44  
278 Lara Tompson 1.43.36  
319 Chris Goldie 1.47.42  
428 finished.

Barbara Thomas and Rachel Barrow opted for road, running Half Marathons near Devizes and Grove in Oxfordshire.

**Devizes ½ Marathon, 13.1 miles road**

1 Michael Towler (Avon Valley Runners) 1.16.45 (chip time 1.16.44)  
416 Barbara Thomas (Cirencester AC) 2.23.33 (2.22.55) 522 finished.

**White Horse ½ Marathon, Grove, Oxon., 13.1 miles road**

1 James Bolton (Woodstock Harriers) 1.11.30 (chip time 1.11.29)  
453 Rachel Barrow (Cirencester AC) 2.26.18 (2.25.43) 498 finished.

On Saturday, Ionel Iancu started his double race weekend completing the hilly Compton Dowland Challenge in 35th position to be closely followed by Jill Hadland with an age group first. Martin Croucher's training plans dictated he took the twenty miles at an "easy" pace, while Lara Tompson and Rupert Chesmore opted for conversation and Liza Darroch achieved an age group second.

### **Compton Downland Challenge, Oxon. 20 miles trail**

1 Tom Sawyer (Tring RC) 2.19.06  
35 Ionel Iancu (Cirencester AC) 2.53.18  
38 Jill Hadland 2.55.08 - 1st FV40  
62 Martin Croucher 3.14.28  
98 Lara Tompson 3.45.48  
99 Rupert Chesmore 3.45.49  
104 Liza Darroch 3.51.38 - 2nd FV60 150 finished.

Richard Hurdle and Alan Thompson both clearly have far too much energy making them drive all the way to Cornwall to climb over 1000m in two figure of eight laps with another 1,000m of descent added to really trash the legs. This on the back of 22 miles of coastal path in the Exe to Axe the previous weekend not forgetting that Alan and Lara had run the Endurance Life Coastal Trail Series Sussex Ultra (34.1miles) just one week before that.

### **Kernow Vertical KM, St Agnes, Cornwall 15 miles trail**

1 Jacob Dobson 1.50.07  
22 Richard Hurdle (Cirencester A C) 2.20.58  
71 Alan Tompson 2.59.57 101 Finished

Steven James found another Long Distance Walkers event nearer home when running the Pewsey Downs Around Ultra completing the 35 mile course in 5.50 to come in third.

### **Pewsey Downs Around Ultra , Pewsy, Wilts, 35 miles trail**

1 Darren Hartley (unaffiliated) 5.23  
3 Steven James (Cirencester A C) 5.50 around 100 finished the 35 mile route

### **Parkruns**

With so many other races to choose from it was a quiet week for parkruns with Juniors Luke Buck finishing at Chippenham in fifth place and Isaac McAdam going well under 18 minutes to finish 4<sup>th</sup> and 1<sup>st</sup> Junior at Swindon where there were more age group triumphs for Gordon Jones and Caroline Cotterell.

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

1 Adrian Lewis (Aberdare Valley AAC) 18.27  
5 Luke Buck (Cirencester AC) 19.18 192 finished.



**Swindon parkrun, 5km trail**

1 Matt Raymond (Warwick Uni AC) 17.06

4 Isaac McAdam (Cirencester AC) 17.34 - 1st junior

32 Gordon Jones 21.04 - 1st V65

62 Caroline Cotterell 22.12 - 1st FV45

171 Barbara Thomas 26.15

377 David Moss 34.42 449 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.

