

## **Cirencester Athletics and Triathlon Club**

A victorious Jo Musk returned from the Eynsham 10km bearing no less than four trophies having finished as first lady and first in her LV35 age group. Steady training and focused work with Dave Wright have brought Jo back to winning form and we can look forward to more successes in 2018. Veterans Wendy Nicholls and Gordon Jones also performed well in this highly competitive race.

### **Eynsham 10km, nr Oxford, 10km road**

1 Matthieu Marshall (Southampton AC) 32.52  
45 Jo Musk (Cirencester AC) 37.34 - 1st lady / FV35  
81 Wendy Nicholls 39.20 - 5th lady  
241 Gordon Jones 45.14 583 finished.

Lee Lawrence finished 61st in the Gloucester 10k where Barbara Thomas enjoyed yet another two race weekend.

### **Gloucester 10km, road**

1 Carwyn Jones (Cardiff AAC) 31.19  
61 Lee Lawrence (Cirencester AC) 42.02  
315 Barbara Thomas 55.08  
564 Nina Lawrence 1.08.16 660 finished.

After last weekend's triumphant ultra run, Robbie Brown opted to support his wife and sister around the undulating Wiltshire Half marathon enabling both to achieve PB's. Rhiannon was thrilled to knock three and half minutes from her time for the course of 2014.

### **Wiltshire ½ Marathon, Westbury, 13.1 miles road**

1 Jamie McBrien (Corsham RC) 1.16.01  
131 Robbie Brown (Cirencester AC) 1.45.51  
155 Rhiannon Brown 1.48.41 333 finished.

### **Cyprus Challenge, 4 events over 4 days mixed terrain**

Inspired by James Widdowson's campaign to raise funds for research into Alzheimer's after the death of his father, Ionel Iancu and Nick Wall accompanied him to Cyprus for a challenging four day running event. A 6km time trial was followed by a 11km hill climb and half marathon, where James struggled, to finish with a 10km road race. The results below tell the story of varied running on increasingly tired legs with the evenings' chilled beers helping with the high temperatures.

### **Final standings:**

44 Ionel Iancu total time 3:48:48; 79 James Widdowson 4.11.51  
208 finishers of all four events.

**Day 1 of 4, 6km time trial, road**

1 William Gardner (Airforce 1) 20.19  
35 Ionel Iancu (Cirencester AC) 23.56  
76 James Widdowson 26.29 220 finished.

**Day 2 of 4, 11km trail**

1 William Gardner (Airforce 1) 48.25  
42 Ionel Iancu 1.03.39 71 James Widdowson 1.09.26 213 finished.

**Day 3 of 4, ½ Marathon road**

1 William Gardner (Airforce 1) 1.17.58  
49 Ionel Iancu 1.38.29 97 James Widdowson 1.50.37  
106 Nick Wall 1.53.20 231 finished.

**Day 4 of 4 10k road**

1 William Gardner (Airforce 1) 35.11  
49 Ionel Iancu 42.44 76 James Widdowson 45.19 262 finished.

Last weekend saw Gordon and Rachel Jones complete the “super flat, super fast” Sutton Benger Flyer 5.

**November 19<sup>th</sup> Sutton Benger Flyer 5 mile Road**

1 Josh Dixon (Stroud AC) 26:00.3  
51 Gordon Jones (Cirencester AC) 35:08.2 3rdV60  
136 Rachel Jones 45:33.8 218 Finished

**parkruns, 5km trail**

Jacob McAdam was clearly in attacking mood when he finished second in Slough only three seconds from his Black Park parkrun PB. Younger brother Isaac also finished second at Swindon having been chased by Ian Barrett who finished fourth. David Moss was back on form and Gordon Jones enjoyed a warm up for the Sunday's Eynsham 10k. Alan McAdam and Barbara Thomas ran well while Caroline Cotterell walked and jogged round helping her 77 yr old mother complete her first parkrun well under an hour. Junior Ollie Campbell finished sixth at Chippenham.

Cirencester AC finishers:

**Swindon:** 2 Isaac McAdam (J) 17.31, 4 Ian Barrett 18.07, 80 David Moss 23.11, 104 Gordon Jones 23.58, 141 Alan McAdam 25.18, 191 Barbara Thomas 27.38, 413 Caroline Cotterell 53.49, 415 finished

**Chippenham:** 6 Ollie Campbell (J) 19.02, 166 finished

**Black Park, Slough:** 2 Jacob McAdam 17.54, 502 finished

Robbie Brown had yet another great run in the Brecon Ultra beating many International runners in a highly competitive event. Finishing in 7<sup>th</sup> place ahead of several British Team members, Robbie again demonstrated his position as one of our very best runners. Richard Hurdle also ran well to finish in 25<sup>th</sup> place and Lara Tompson produced a fine result finishing in the dark at the end of a wet and dismal day.

**Brecons Ultra, Wales, 46 miles multi-terrain**

1 Sam Humphrey (Victoria Park Harriers) 6.14.58

7 Robbie Brown (Cirencester AC) 7.10.25

25 Richard Hurdle 8.23.01

184 Lara Tompson 12.05.53 210 finished.

Dave Bell, another top club runner, had a convincing win in the Castle Combe Chilly 10k having led from the gun to finish only 5 seconds short of his PB.

Barbara Thomas found another race to contribute to her annual tally and it was good to see Andrew Jones running competitively.

**Castle Combe Chilly 10km, road**

1 David Bell (Cirencester AC) 32.13

338 Barbara Thomas 54.09

386 Andrew Jones 55.59 700 finished.

Compared to the 46 miles of the Brecons Ultra, the Broadway Marathon should have been a “walk in the park” albeit a very muddy one. Karen Higuera thrived, racing up the long hills and skipping over the mud to finish halfway up the field and second in her age group despite losing her way towards the end. Rupert Chesmore and Liza Darroch enjoyed many stunning views but spent much time wallowing in the mire.

**Broadway Marathon, 26.2 miles multi-terrain**

1 Neil Wicks (Stratford upon Avon RC) 3.21.26

53 Karen Higuera (Cirencester AC) 4.51.24

99 Rupert Chesmore 6.14.54

100 Liza Darroch 6.14.54 - 1st FV60 105 finished.

Elsewhere Martin Croucher ran yet another negative split marathon, this time in Cornwall, club returnee Keith Firkin ran a strong half marathon around Dorney Lake and Rebecca Collier ran the Swindon 10k in Wroughton.

**Cornish Marathon, Callington, 26.2 miles road**

1 Oliver Jones (East Cornwall Harriers) 2.52.49

79 Martin Croucher (Cirencester AC) 3.41.16 410 finished.

**Windsor Autumn Classic ½ Marathon, Dorney Lake, Eton, 13.1 miles road**

1 Oliver Harradence (Royal Sutton Coldfield AC) 1.12.38

82 Keith Firkin (Cirencester AC) 1.36.14 460 finished.

**Swindon 10km, Wroughton, 10km road**

1 Simon Nott (Calne RC) 31.31

234 Rebecca Collier (Cirencester AC) 52.56 507 finished.

## **Parkruns**

Isaac McAdam won the Swindon parkrun although a faster time (17.17) last week had only given him 2<sup>nd</sup> place at Chipping Sodbury. Hot on his heels was Ollie Campbell, two years his junior and achieving a PB for the course.

Cirencester AC finishers:

**Swindon:** 1 Isaac McAdam (J) 17.35, 3 Ollie Campbell (J) 18.19,  
15 Lee Lawrence 20.15, 28 Tom Prosser (J) 21.30, 33 Sam Cook (J) 22.03,  
163 Barbara Thomas 27.08, 418 finished

**Gloucester North:** 83 Ruth Fulford 29.41, 141 finished

**Black Park, Slough:** 13 Jacob McAdam 20.07, 550 finished

**Sodbury Slog, Chipping Sodbury, 9.8 miles multi-terrain**

Jill Hadland proved her love of running through fields of slurry and along mud filled ditches when returning to her favourite Sodbury Slog where, after a great run in chilling wind, she finished 13<sup>th</sup> woman and 4<sup>th</sup> FV35.

1 Phil Radford (Bristol & West AC) 1.02.01

95 Jill Hadland (Cirencester AC) 1.23.04

1161 finished.

**Druid's Ridgway Challenge, Ivingho Beacon to Watlington, 29 miles trail**

Martin Croucher went back to the Ridgeway but, having run the entire 87 miles last year, he restricted himself to the first 29 miles of the Druid's Ridgeway Challenge. A fine start, positively skipping up the first steep hill, enabled him to finish before it got dark (just) and to average around 9 minutes per mile despite tiring and slowing towards the end.

1 Kristian Morgan (Dulwich Park) 3.49.44

25 Martin Croucher (Cirencester AC) 4.40.08

146 finished.

## **parkruns, 5km trail**

Yet again young Ollie Campbell showed us the way with a parkrun win at Chippenham although a faster time at Chipping Sodbury brought Isaac McAdam over the line in second place with brother Jacob only seconds behind in third. Veteran Nick Holliday finished in 16<sup>th</sup> place at Swindon. Under 15 Junior Tom Prosser finished soon after, ahead of super vet Gordon Jones and Sam Cook (who had beaten him at the XC the week before). Jill Hadland ensured Dave Moss took the race seriously but was unable to get anything but a steady run from a tired Martin Croucher. Finally it was good to see Kate Sackett back on form at Stonehouse .

### **Cirencester AC finishers:**

**Chippenham:** 1 Ollie Campbell (J) 18.58, 151 finished

**Chipping Sodbury:** 2 Isaac McAdam 17.17, 3 Jacob McAdam (J) 17.24, 96 Alan McAdam 24.33, 336 finished

**Swindon:** 16 Nick Holliday 20.22, 29 Tom Prosser (J) 21.10, 40 Gordon Jones 21.50, 41 Sam Cook (J) 21.51, 48 Jill Hadland 22.04, 61 David Moss 22.36, 81 Caroline Cotterell 23.02, 152 Martin Croucher 25.39, 209 Barbara Thomas 27.12, 444 finished

**Cheltenham:** 361 Robin Lloyd 35.06, 420 finished

**Stonehouse:** 8 Kate Sackett 22.51, 81 finished

## **Cirencester Athletics and Triathlon Club**

### **Gloucestershire XC League (2 of 4), Charlton Park, Malmesbury**

As the mud deepens the appetite for Cross Country running (with cakes) seems to increase.

#### **Juniors**

Our Junior Boys' teams achieved hard won 2<sup>nd</sup> and 3<sup>rd</sup> places in this month's tough Cross Country meet at Charlton Park. It was exciting to see so many juniors competing and to have two U15 teams for the first time for some years. Henry Sheffield won the U11 Boys to secure 2nd team place with the help of Tom Williams and Zac Humphries. Ollie Campbell found the right race for his U15 age group this time to finish third. His team, with Luke Buck and Archie Sheffield also finished 3rd. A 'B' team of Sam Cook, Tom Prosser and George Masser finished 8th. Our only girl's team, U 11's with Millie Chudley, Emily Swaine and Bella Alcott, ran well to finish 5th.

#### **U11 Girls**

13 Millie Chudley (Cirencester AC) 12.00, 16 Emily Swaine 12.11, 29 Bella Alcott 13.10  
: Team (3 to score): 5 Cirencester AC 58pts

#### **U11 Boys**

1 Henry Sheffield (CAC) 9.19, 12 Tom Williams 10.41, 21 Zac Humphries 11.01  
Team (3 to score): 2 Cirencester AC 34pts

#### **U15 Boys**

3 Ollie Campbell (Cirencester AC) 16.21, 13 Luke Buck 17.20, 18 Archie Sheffield 18.01  
22 Sam Cook 18.39, 27 Tom Prosser 19.14, 42 George Masser 23.31  
Team (3 to score): 3 Cirencester AC 34pts, 8 Cirencester AC 'B' 91pts

#### **Ladies**

It was great to see Jill Hadland returning to XC but she had to run hard in tough conditions to lead the Ladies 'A' team with Kate Sackett and Liz Thomas to finish in 19<sup>th</sup> place. Other welcome returners included Kate Fitton and Lisa Carpenter who, together with Club Captain Pam Wheeler, formed the 'B' team finishing in 32<sup>nd</sup> place.

1 Katrine Svane (Team Bath AC) 26.48,  
56 Jill Hadland (Cirencester AC) 32.53, 68 Kate Sackett 33.23, 107 Liz Thomas 36.19,  
112 Kate Fitton 36.39, 129 Lisa Carpenter 37.43, 162 Pam Wheeler 42.02,  
174 Helen Manners 46.18, 181 Nina Lawrence 49.01 184 finished, Teams (3 to score):  
1 Team Bath AC 12pts, 19 Cirencester AC 231pts, 32 Cirencester AC 'B', 39 closed in

#### **Men**

The men's team need six runners to score and Dave Bell's solid second place enabled them to hold onto fifth place in the league.

1 Ben Price (Cheltenham & County Harriers) 34.53  
2 David Bell (Cirencester AC) 35.18, 23 James Thomas 38.07, 35 Ian Barrett 38.46  
58 Howard Ewan 40.56, 61 Simon Campbell 41.03, 90 Martin Croucher 42.57  
182 Dorian Matts 52.50 202 finished Teams (6 to score):  
1 Cheltenham & County Harriers 43pts, 5 Cirencester AC 269pts, 18 closed in

### **Wickstead Wander, Highworth, 5 miles multi-terrain**

Ian Porter and Barbara Thomas managed to find a local multi terrain race both competing in the Wickstead Wander near Highworth on Sunday.

1 Ed Knudsen (Avon Valley Runners) 31.27

64 Iain Porter (Cirencester AC) 47.37

126 Barbara Thomas 1.03.51 173 finished.

### **Calne Clock Challenge, 5km road**

Last week, just two days before graduating to an older age group Ruth Fulford went to Calne intent on attacking her own FV65 club record for 5kms on road. As a result she knocked 86 seconds from the record and now, officially 70, clearly has no intention of slowing down.

1 Jamie Parkinson (Thames Hare & Hounds) 15.10

54 Ruth Fulford (Cirencester AC) 28.37 - 1st FV65, club FV65 record 117 finished.

### **Parkruns, 5km trail**

This week Ollie Pritchard won another parkrun, slowing slightly at Skipton. Without last week's fancy dress, Isaac MacAdam was second at Swindon and Jacob fifth in Slough. Also in Swindon, Steve Yates was sixth.

### **Cirencester AC finishers:**

**Swindon:** 2 Isaac McAdam (J) 17.45, 6 Steve Yates 19.13, 115 Gordon Jones 24.20, 132 Alan McAdam 24.57, 183 Barbara Thomas 27.13, 454 finished

**Cheltenham:** 218 Ruth Fulford 29.23, 316 Robin Lloyd 34.24, 361 finished

**Black Park, Slough:** 5 Jacob McAdam 17.41, 506 finished

**Skipton:** 1 Oliver Pritchard 17.45, 179 finished