

CIRENCESTER AC and TRIATHLON CLUB

Chester Marathon, 26.2 miles road, National Masters Championships. This is a story of team spirit and commitment from a group of CAC ultra runners who set out to encourage seven “marathon virgins” to take part. Rupert Chesmore, Liza Darroch and Martin Croucher, with support from Dan Finchett, guided and helped to achieve greatness for the group. On the day, with a goal of four hours hanging over many of them, Caroline Buck ran with a broken toe, Lisa Stevens with a recent wedding behind her and Martin Croucher needing to qualify for his umpteenth Comrades Marathon; everyone covered themselves in glory. Also, Liza (stomach cramps) won a National gold medal/CAC age group record and Rupert Chesmore (groin strain) set a CAC age group record.

Results. 1 Mohammed Abu-Rezeq (Altrincham & District AC) 2.25.20, 634 Martin Croucher 3.26.32, 713 Dan Finchett 3.29.43, 1118 Kate Sackett 3.47.50, 1445 Lisa Stevens 3.59.25, 1517 Caroline Buck 4.01.22, 1552 Rachel Ranger 4.02.54, 1579 Jo Roberts 4.04.41, 1613 Rupert Chesmore 4.06.51, 1964 Liza Darroch 4.24.58, 2258 Gary Wood 4.41.49. 3800 finished.

Bournemouth Marathon, 26.2 miles road. Meanwhile, on the south coast Rachel Barrow just missed her five-hour target whilst Paul was delighted to finish what might be his last marathon.

Results. 1st Iain Trickett (Dorset Doodlers) 2.25.45, 1769 Rachel Barrow 5.05.31, 2159 Paul Barrow 6.32.10. 2160 finished.

Cricklade ½ Marathon, 13.1 miles road. A revitalised Simon Campbell just stayed ahead of the intrepid Neil Corbiere in a close fought battle. Lee Lawrence set a very good time to finish 32nd and there were many positive results in mid-field. Rachel Jones, in her first half and Karen Carter were encouraged home by Club Chairman Pam Wheeler.

Results. 1st Sam Upton (Witney Road Runners) 1.14.20, 8 Simon Campbell 1.22.57, 11 Neil Corbiere 1.24.33, 32 Lee Lawrence 1.32.08, 167 Rebecca Collier 1.57.04, 168 Lesley Hinsley 1.57.04, 235 Karen Carter 2.13.43, 236 Rachel Jones 2.13.43, 237 Pam Wheeler 2.13.44. 252 finished.

Cricklade 10km, road. Great things are always expected of Dave Bell and he ran another fine race to win at Cricklade whilst Sophie Chudley made it a Ciren double as she was first lady home and first FV35. David Wright is also having a wonderful season and he came in seventh and was, unsurprisingly, first V60 with Caroline Cotterell finishing 4th lady.

Results. 1st Dave Bell 32.24, 7 David Wright 38.24, 10 Sophie Chudley 39.37, 18 Nick Holliday 41.07, 26 James Widdowson 44.24, 28 Caroline Cotterell 44.27, 35 Gordon Jones 46.07, 95 Barbara Thomas 53.52, 146 Helen Manners 59.27, 183 Nina Lawrence 1.04.34. 235 finished.

Oxford ½ Marathon, 13.1 miles road.

After the event Tom Renton-Rose said, “I found it tough and feel I should have done better” which sums-up so many of us at the end of a hard race. He still finished in the top twenty percent with Penny Grayson in the pack.

Results. 1 Ben Cole (Tonbridge AC) 1.08.37, 1349 Tom Renton-Rose 1.42.53, 6876 Penny Grayson 2.35.06. 8648 finished.

parkruns, 5km trail. With bad weather and so many CAC runners at other events the highlights at parkrun were a second lady finish for Corinne Clark and a third for Caroline Cotterell as her warm-up for Cricklade.

Results.

Cirencester: 9 Sam Cook (J) 22.39, 27 Caroline Cotterell 25.35. 111 finished

Swindon: 16 Corinne Clark 20.34, 183 Barbara Thomas 27.34. 377 finished

Chippenham: 18 Ollie Campbell (J) 21.54. 152 finished

Colney Lane: 48 Alan McAdam 25.00, 79 Rachel McAdam 28.18. 152 finished.

Belated and renewed congratulations to Adrian Williams whose great performance at the World Age Group Duathlon Champs in Denmark in July was recently upgraded to bronze medal status following the disqualification of a Spanish athlete for drugs violations and now for another fine performance and 4th place at Bowood House this week end. Congratulations too, to son Tom who was 6th in his 11-12 age group and young Millie Chudley finishing 19th in her 9-10 age group.

Bowood House Duathlon, Calne, 5km run, 21km bike, 5km run (splits to follow)

1 Geoff Owen (unattached) 1.07.09

4 Adrian Williams (Cirencester AC & Tri Club) 1.20.15 120 finished.

Bowood House Duathlon, Calne, junior races

Age 9-10, 1.2km run, 3km bike, 400m run

19 Millie Chudley (Cirencester AC & Tri Club) (7.59; 11.33; 2.37) 22.09

Age 11-12, 1.2km run, 6km bike, 400m run

6 Tom Williams (Cirencester AC & Tri Club) (7.15; 13.52; 2.27) 25.38

Gloucestershire XC League (1 of 4), Old Down Country Park, Thornbury

The new cross country season kicked off in Thornbury where our four teams celebrated two birthdays, enjoyed atypically warm and dry conditions and ate cake.

After many individual battles against fierce competition and strong winds our one junior team finished 4th, the Ladies (with 3 to score) 11th and 29th and the Men (needing 6 to score) 6th. Our "senior" teams fared slightly better in the Masters with 10th and 20th for the Ladies (still 3 to score) and 3rd for the men (with a reduced 4 to score) so giving us a firm platform on which to build over the next three meets. A particular welcome to X country newcomers including Eleanor Sheffield, Alexi Shea and Rachel Jones and a warm welcome awaits any other members wanting to give it a go.

Juniors

U11 Girls 25 Eleanor Sheffield (Cirencester AC) 12.15

U13 Boys 1 Henry Sheffield (Cirencester AC) 11.52

21 Tom Williams 13.56

32 Henry Broadley 14.14

33 Zac Humphries 14.20

Team (3 to score): 1 Team Bath AC 27pts, 4 Cirencester AC 54pts

U15 Boys 8 Archie Sheffield (Cirencester AC) 23.39

U17/U20 Boys 13 Luke Buck (Cirencester AC) 29.17

Ladies

1 Jessica Gibbon (Bath University) 25.53

17 Corinne Clark (Cirencester AC) 31.11

39 Alexis Shea 34.05

52 Kate Sackett 35.13

116 Pam Wheeler 42.40

120 Rachel Jones 43.29

125 Helen Manners 45.28

130 Ruth Fulford 49.23 133 finished

Teams (3 to score):

1 Cheltenham & County Harriers 18pts, 11 Cirencester AC 108pts, 29 Cirencester AC 'B' 317pts, 31 closed in

Masters (3 to score):

1 Stroud AC 73pts, 10 Cirencester AC 207pts, 20 Cirencester AC 'B' 375pts, 20 closed in

Men

1 Dominic James (Cheltenham & County Harriers) 35.41

10 Bill Leggate (Cirencester AC) 38.21

19 James Thomas 38.51

25 Oliver Pritchard 39.45

27 Charles Woodd 40.00

75 David Wright 44.11

109 Lee Lawrence 46.08

140 Tim Ingham 48.08

166 Keith Firkin 51.02 208 finished

Teams (6 to score):

1 Cheltenham & County Harriers 51pts, 6 Cirencester AC 265pts, 21 closed in

Masters (4 to score):

1 Cheltenham & County Harriers 111pts, 3 Cirencester AC 252pts, 21 closed in

Cardiff ½ Marathon, 13.1 miles road. Results were late last week but both Paul and Sam Timms were pleased with their times on this fast course.

1 Jack Rayner (Australia) 1.01.01 (chip time 1.01.00)

2641 Paul Timms (Cirencester AC) 1.48.06 (1.46.54)

8555 Samantha Timms 2.19.05 (2.12.46) 18983 finished.

Great West Run ½ Marathon, Exeter, 13.1 miles road. This weekend Martin Croucher took it easy accompanying work colleagues round a very wet Exeter.

1 Peter Le Grice (Bristol & West AC) 1.06.23 (chip time 1.06.22)

681 Martin Croucher (Cirencester AC) 1.51.53 (1.49.59) 2217 finished

parkruns, 5km trail

Run of the week goes to an ever improving James Widdowson, thrilled to be 7th at Cirencester where super vet Gordon Jones was 10th. Junior Ollie Campbell continued his fight back to top form by coming 3rd at Chippenham and Ken Wells popped for his annual(?) parkrun in Weymouth .

Cirencester AC finishers:

Cirencester: 7 James Widdowson 22.05, 10 Gordon Jones 22.47, 129 finished

Swindon: 20 Jacob McAdam 20.39, 106 Alan McAdam 24.31, 126 Lisa Carpenter 25.27, 169 Rachel McAdam 27.27, 174 Barbara Thomas 27.36, 310 David Moss 33.20, 421 finished

Chippenham: 3 Ollie Campbell (J) 18.23, 152 finished

Torbay Velopark: 51 Martin Croucher 25.11, 160 finished

Weymouth: 266 Ken Wells 38.29, 286 finished

Stroud ½ Marathon, 13.1 miles road

For once, Dave Bell found the tough competition he needs on his doorstep and the Stroud Half Marathon produced many good performances on a perfect autumn morning. Dave was satisfied with his fight from 6th to 3rd place finishing in 1.10 and only failing to catch the race winner (who was said to be preparing for a sub 2.15 marathon) and Ben Price from Cheltenham – his usual local competition. Ian Barrett continued a good season to finish in 1.21 and Sophie Chudley's 1.26 earned her a prize as 3rd local lady. Tim Ingham knocked yet more seconds from his recent PB and Constant Fischer and James Widdowson both ran well. The battle between Kate Sackett and Karen Higuera continued with Kate proving fitter on the day. Gordon Jones showed he should race the greater distance more often and Rupert Chesmore and Liza Darroch (like Kate) were pleased to be racing only two weeks after the Chester Marathon. Good to see Louise Horner Baggs joining the team and congratulations to an ailing and weary Barbara Thomas who drew on enormous mental strength to drag herself cross the line.

1 Andrew Davies (Stockport Harriers) 1.08.05
3 David Bell (Cirencester AC) 1.10.15
33 Ian Barrett 1.21.24 (chip time (1.21.22))
75 Sophie Chudley 1.26.16 (1.26.12) - 5th lady
223 Tim Ingham 1.35.20 (1.35.02)
260 Constant Fischer 1.36.43 (1.36.32)
352 James Widdowson 1.40.14 (1.39.56)
436 Kate Sackett 1.43.26 (1.43.08)
534 Karen Higuera 1.45.43 (1.45.24)
544 Gordon Jones 1.46.09 (1.45.51)
651 Rupert Chesmore 1.50.02 (1.49.26)
782 Louise Horner-Baggs 1.54.32 (1.53.44)
1038 Liza Darroch 2.02.28 (2.01.52) - 1st FV70
1298 Barbara Thomas 2.15.35 (2.14.12) 1670 finished.

Note: Stroud Half was the final race in the Club Road Running Championships and looks to have caused little change in the placings but, as any marathons completed have yet to be included, the official results will be announced next week.

Abingdon Marathon, 26.2 miles road

Congratulations too to Lesley Hinsley and Rebecca Collier who had their first go at a marathon and, we understand, talked non stop for all the 26.2 miles round Abingdon to finish in a respectable 4.23 and raise thousands of pounds for the Teenage Cancer Trust.

1 Maciej Bialogonski (Bristol & West AC) 2.26.56
677 Lesley Hinsley (Cirencester AC) 4.23.36 (chip time 4.22.19)
678 Rebecca Collier 4.23.36 (4.22.19) 747 finished.

Great South Run, Portsmouth, 10 miles road

Nick Holliday, Caroline Cotterell and Paul and Sam Timms joined over eleven thousand others in the Great South Run in Portsmouth. Nick, who was recovering from food poisoning, had to settle with completing the 10 miles in 1.09.

1 Chris Thompson (Aldershot Farnham & District) 46.56

525 Nick Holliday (Cirencester AC) 1.09.10

1082 Caroline Cotterell 1.14.20

2200 Paul Timms 1.20.13

7788 Samantha Timms 1.40.13 11601 finished.

parkruns, 5km trail

Our (older) juniors dominated again this week with a fine win by Ollie Campbell at Swindon where Luke Buck was 7th. Run of the week to Corinne Clark who continued her fight for a sub 20 time finishing 2nd lady with a new parkrun PB. The McAdams were minus their speedy sons and it was left to Pam Wheeler and Thomas McNally to represent the club in our local Cirencester parkrun while Jason Humm finished 9th at Cheltenham.

Cirencester AC finishers:

Cirencester: 57 Pam Wheeler 27.17, 81 Thomas McNally 29.26, 163 finished

Swindon: 1 Ollie Campbell (J) 17.51, 7 Luke Buck (J) 19.12, 22 Corinne Clark (2nd lady) 20.10, 98 Kerrie Smith 23.54, 111 Alan McAdam 24.25, 169 Rachel McAdam 26.18, 486 finished

Cheltenham: 9 Jason Humm, 19.07 446 finished

CLUB CHAMPIONSHIP RESULTS NOW OUT

Bill Leggatte and Kate Sackett emerge as well deserved 2018 Road Race Champions after six or more great results in the qualifying races. Bill who shot to the top after a very quiet 2017, was also first in the Club Runner Champs but, owing to a bar preventing one runner receiving both awards, this award for 2018 goes to Nick Holliday. Club Runner is designed to reward both improvement and participation so no surprise then that, after a season long battle between Kate and Karen, this went to Karen Higuera. Congratulations to all four and members are advised to check the rest of the results on our web site - they may find some interesting surprises.

Gloucester 10km, Haresfield, 10km road

Another great run from Dave Bell when he finally succeeded in cracking a sub 32 minute 10k target in Gloucester but a quality field pegged him to 12th place. It is worth noting that Dave will have to reduce this PB by a further 41 seconds to threaten the club absolute record of 31.11 set by Chris Illman in 2008. Sophie Chudley also went well finishing in 39.10 and Joyce Matthews popped up again to be followed in by (a recovered) Barbara Thomas.

1 Peter LeGrice (Mounts Bay Harriers) 29.44

12 David Bell (Cirencester AC) 31.52

79 Sophie Chudley 39.10

195 Joyce Matthews 46.39

387 Barbara Thomas 54.56 787 finished.

Calne Clock Challenge 10km, road

Dave Wright chose Calne to attack and beat his own age group record finishing in 12th place in 38.18. Caroline Cotterell was also first in her FV45 age group and her time of 44.52 gave her 4th lady.

1 Thomas Davies (Team Bath AC) 34.59

12 David Wright (Cirencester AC) 38.18 - 1st V60, club V60 record

55 Caroline Cotterell 44.52 - 4th lady / 1st FV45 326 finished.

Calne Clock Challenge 5km, road

Also in Calne, Sally Jamieson finished the 5km course in 26.35 and Ruth Fulford set an inaugural club V70 Record of 29.51.

1 Matthew Green (Newbury AC) 16.36

51 Sally Jamieson (Cirencester AC) 26.35

69 Ruth Fulford 29.51 - inaugural club FV70 record 147 finished.

Snowdonia Marathon, 26.2 miles road

Tom Purnell romped up and down the slopes of the Snowdonia marathon to finish 173rd in a field of over 2000.

1 Russell Bentley (Eryri Harriers) 2.38.21

173 Tom Purnell (Cirencester AC) 3.32.44 2186 finished.

Beachy Head Marathon, Sussex, 26.2 miles trail

Martin Croucher went back to Beachy Head to revitalise his target of completing his 100th marathon there this time next year. In a fine imitation of Dad Terry, Martin “pottered round” taking photographs of the stunning scenery and eating anything and everything he was offered while still managing to finish in (just) under 5 hours.

1 Andy Coley-Maud (Clapham Chasers) 2.49.02

732 Martin Croucher (Cirencester AC) 4.57.31 2212 finished.

parkruns, 5km trail

Cirencester played host to some pretty speedy newcomers this week and Run of the Week goes to Jo Roberts who returned to park running full of marathon training to finish within 90 seconds of her best time set on the (faster) Swindon course over four years ago. Again club representation was poor but Paul and Sam Timms kept her company. James Widdowson continued to chip seconds away in the fight back to his PB, also set in Swindon, but way back in 2012. Swindon saw a steady run from Alan MacAdam while wife Rachel showed great consistency finishing in 26.18 for the third time in her last five parkruns. Finally, even when Kate Sackett took her foot (slightly) off the pedal (back up in Workington), she finished as 2nd lady.

Cirencester AC finishers:

Cirencester: 27 Jo Roberts 24.08, 38 Paul Timms 25.21, 89 Samantha Timms 30.13, 150 finished

Swindon: 93 David Moss 24.04, 106 Alan McAdam 24.39, 148 Rachel McAdam 26.18, 182 Barbara Thomas 27.26, 461 finished

Evesham: 16 James Widdowson 22.01, 125 finished

Workington: 17 Kate Sackett 22.43, 136 finished