

Gloucestershire XC League (3 of 4), Wotton-under-Edge

There were some great performances from Ciren AC members at the third cross country meet at Wotton-Under-Edge. In the Juniors, Finlay Carter and Millie and Izzy Chudley ran for the U11's. Henry Sheffield continued in fine form and won his U13's age group by a significant margin so, with 4 other CAC competitors also racing, this put Ciren first in the team standings. Sam Cook had a good run in the U15's. In the seniors, we had a strong turnout of eight for both teams. For the women, particularly strong performances were seen from Jo Musk who came 19th overall and Kate Sackett who was 1st LV55, finishing with Karen Higuera in hot pursuit 2 seconds behind! For the men, Bill Leggate was 9th overall and first V40, closely followed by James Thomas & Oli Pritchard. An age group win too for Dave Wright and 2nd for Gordon Jones. Running in a chilling wind, despite the sun, all runners managed to safely negotiate a very slippery water-filled ditch to enjoy a great event, lots of cake, camaraderie and brilliant support.

U11 Girls

21 Millie Chudley (Cirencester AC) 11.22, 45 Izzy Chudley 12.28

U13 Boys

1 Henry Sheffield (Cirencester AC) 10.55, 11 Henry Broadley 12.35, 17 Zac Humphries 12.46, 24 Tom Williams 13.07, 31 Andrew Woods 13.36

Team (3 to score): **1 Cirencester AC 29pts**

U15 Boys

12 Sam Cook (Cirencester AC) 19.19

Ladies and V65 Men

1 Rachel Underhill (Cheltenham & County Harriers) 24.16

19 Jo Musk (Cirencester AC) 26.17, 55 Kate Sackett 28.58 - 1st FV55, 56 Karen Higuera 29.00, 59 Gordon Jones 29.33, 92 Jo Roberts 31.58, 95 Sarah Whitehouse 32.11, 114 Liz Thomas 34.11, 118 Pam Wheeler 34.31, 131 Helen Manners 37.16
142 finished

Ladies teams (3 to score):

1 Cheltenham & County Harriers 10pts, **13 Cirencester AC 130pts, 29 Cirencester AC 'B' 301pts**, 31 closed in

Masters (3 to score):

1 Forest of Dean AC 36pts, **4 Cirencester AC 130pts, 15 Cirencester AC 'B' 305pts**, 19 closed in

Men

1 Alex Lawrence (Bath University) 31.34

9 Bill Leggate (Cirencester AC) 33.15 - 1st V40, 22 James Thomas 34.02

41 Oliver Pritchard 35.22, 74 Aaron Willis 38.02, 91 David Wright 39.03 - 1st V60,
127 Lee Lawrence 41.12, 160 Keith Firkin 44.19, 169 Dorian Matts 45.21
192 finished

Teams (6 to score):

1 Cheltenham & County Harriers 35pts, **7 Cirencester AC 364pts**, 21 closed in

Masters (4 to score):

1 Cheltenham & County Harriers 195pts, **8 Cirencester AC 429pts**, 16 closed in

Andy Reading 10km, Bicester, 10km road

Long term member, Bryan Reid ran near his new home in the Andy Reading 10k at Bicester to finish in 51.12.

1 James Eve (Headington Road Runners) 33.17

177 Bryan Reid (Cirencester AC) 51.12 337 finished.

Parkruns 5km trail

A second for Ollie Campbell at Cirencester and a fourth for Jacob McAdam in Haverford West. Welcome to Colin Tapley who ran for the first time at Cirencester where Sam Cook went steady and Simon Campbell was back pushing a buggy. Run of the week to Rob Jones who has been quietly chipping away at his parkrun PB and managed to knock a further 16 seconds off this week. Swindon regulars Gordon Jones, Barbara Thomas and David Moss all had a go but none even came close to their PBs. Ruth Fulford found the going tough at Wetherby and the McAdam family didn't find Haverford West much easier.

Cirencester AC finishers:

Cirencester: 2 Ollie Campbell 19.46, 17 Colin Tapley 22.56, 24 Sam Cook 24.00, 31 Rob Jones 24.40, 120 Simon Campbell 38.17, 136 finished

Swindon: 60 Gordon Jones 22.19, 175 Barbara Thomas 26.47, 178 David Moss 26.53, 414 finished

Wetherby: 32 Ruth Fulford 32.52, 44 finished

Haverford West: 4 Jacob McAdam 21.15, 13 Alan McAdam 26.08, 16 Rachel McAdam 27.19, 37 finished

Cirencester Stumble – 4-6 miles, town streets and 8 pubs

Records may have been broken on Saturday afternoon when some Santa suited members took up to five hours to complete their slowest ever four mile run. They started at Somewhere Else to walk (with Christmas carols from organiser Adrian Williams on the cornet) down to the Fleece, followed by a jog to The Greyhound in Siddington. Next stop was the Bees Knees then The Vaults where there was live music before another longish run up to the Drillmans in Stratton. Progress around the last three pubs lived up to the name of a stumble but there were visits to The Corinium, The Crown and a nice sing song at Porters before the official finish at Somewhere Else. Our thanks to all who stopped in the rain to make donations and the local police force who were out to help as well! In the process everyone had a few drinks and lots of fun raising nearly £900 for MacMillan. Anyone wanting to support us to reach £1,000 should go to <https://www.justgiving.com/fundraising/adrian-williams22> and watch this space for next year!

Westonbirt House Christmas 10km, road

Penny Grayson found an off duty morning to run the Westonbirt House Christmas 10k. Swapping trails for road, she produced a sub 47 minute 10k (just) and we hope she enjoyed the support of other club members who were there marshalling.

1 Andy Gardiner (San Domenico RC) 36.18

60 Penny Grayson (Cirencester AC) 46.59

638 finished.

Skirrid Fell Race, nr Abergavenny, Wales, 5.7km / 450m climb fell

James Thomas braved freezing fog to race up The Skirrid before joining the SJP Christmas celebrations in South Wales. He was one minute faster than last year so may be slightly disappointed to be placed 7th rather than his previous 5th.

1 Mark Hopkinson (Mynydd Du) 29.51

7 James Thomas (Cirencester AC) 32.50

110 finished.

parkruns, 5km trail

This week's parkruns involved battling against bitterly cold, gale force winds but still a win for Ollie Campbell at Chippenham where he was accompanied by Jacob and Rachel McAdam. Runs of the week to Juniors Henry Broadley (13) who finished 10th in 23.01 and Millie Chudley (10) who beat Mum Sophie to finish in a fine 26.25. Dorian Matts also ran well at Cirencester as did Paul Timms in Marlborough and Alan McAdam broke his journey at Moreton in Marsh.

Cirencester AC finishers:

Cirencester: 10 Henry Broadley (J) 23.01, 23 Dorian Matts 24.34, 34 Millie Chudley (J) 26.25, 35 Sophie Chudley 26.26, 88 finished

Swindon: 141 Barbara Thomas 27.27, 291 finished

Chippenham: 1 Ollie Campbell (J) 18.42, 9 Jacob McAdam 21.03, 76 Rachel McAdam 28.07, 126 finished

Marlborough Common: 26 Paul Timms 26.03, 62 Samantha Timms 31.46, 82 finished

Fire Services College, Moreton-in-Marsh: 40 Alan McAdam 25.45, 95 finished

parkruns, 5km trail

This report was filed early because of the Festive season and is therefore restricted to Saturday's parkruns and one race carried over from last week.

parkruns

The combination of a dearth of races and the holiday mood encouraged more members out for a parkrun. Run of the week to the MacAdam and Campbell families who ran at Swindon dressed up as the three wise men and a star from the East together with an (unexplained) Fairy godmother. Jacob, Isaac and Ollie all ran together but left Alan (the senior king) slightly behind while Rachel was clearly enjoying her costume and a good run. Fastest run of the week was by Ian Barrett who was 7th at Swindon in 18.03 while Martin Croucher (just about over jet lag) finished in 3rd in Adelaide in 20.27 and (junior) Luke Buck was 5th at Cirencester with 20.40. Great runs too from James Widdowson, 12th in 23.02 and Karen Higuera in her first parkrun finishing 14th (2nd lady) in 23.08. Rob Jones slowed slightly this week but great to see he was followed by his sometimes training partner Brendan McCarthy and that Paul Barrow was back competing after a long post marathon lay off.

Cirencester AC finishers:

Cirencester: 5 Luke Buck 20.40, 12 James Widdowson 23.02, 14 Karen Higuera 23.08, 42 Rob Jones 25.35, 57 Brendan McCarthy 27.40, 63 Pam Wheeler 28.06, 78 Rachel Barrow 29.44, 90 Simon Campbell 30.59, 117 Paul Barrow 38.08, 127 finished

Swindon: 7 Ian Barrett 18.03, 61 Keith Firkin 22.25, 74 Jacob McAdam 23.023, 75 Isaac McAdam 23.02, 76 Ollie Campbell 23.03, 140 Alan McAdam 24.50, 207 Barbara Thomas 26.39, 220 Rachel McAdam 26.54, 272 David Moss 28.50, 503 finished

Thornbury: 45 Ruth Fulford 30.46, 60 finished

Jubilee Way, Adelaide, Australia: 3 Martin Croucher 20.27, 147 finished

Rudolph's Rampage, Painswick, 7km multi-terrain

Barbara Thomas, who is still working hard to achieve her annual target of 100 races over the year, was halfway up the field in the demanding but definitely "fun" Rudolph's Rampage in Painswick (basically it involves struggling up a big, big muddy hill to run down again.

1 Steve Kenyon (Gloucester AC) 30.42
118 Barbara Thomas (Cirencester AC) 1.01.13
222 finished.

Cirencester Athletics and Triathlon Club 31 Dec 2018

Determined members still managed to find competitive races in the “quiet week”. With the year nearly at an end Barbara Thomas went to Harwicke to be joined by 16 others in running the Pilot Inn 4 which she completed in 34.46 as one more towards her annual 100 race target.

Pilot Inn '4', Hardwicke, nr Gloucester, 4 miles road

1 Chris Brown (Severn AC) 22.05

16 Barbara Thomas (Cirencester AC) 34.46 17 finished.

New member Nicola Wood travelled to Mortimer near Reading for the ten miles of hills and mud involved in the The Gut Buster. Her now regular Thursday morning outings made the first 8 miles feel comfortable but she reported that there was little left for the final two miles when ‘the princess would have given half her kingdom for a road to run on’. But, after struggling past many others who were walking, she finished in 1.42 completely unaware that a fellow club member, was only a minute behind her. In contrast Becky Collier, who was back competing after minor surgery was just thrilled to be running and finishing.

Gut Buster, Mortimer, nr Reading, 10 miles multi-terrain

1 Rob Corney (Reading Roadrunners) 57.27

268 Nicola Wood (Cirencester AC) 1.42.28

272 Rebecca Collier 1.43.29 329 finished.

parkruns, 5km trail

With a plethora of parkruns done and many more to come over the New Year it was mostly regulars who ran this Saturday. Ollie Campbell tackled Pomphrey Hill near Bristol to finish 2nd in 18.35, Ian Barrett was 5th with 17.55 in Torquay while Isaac McAdam was 4th at Chipping Sodbury with 17.45 and the rest of the family in hot pursuit. Run of the week to Rachel who finally came in below 26 minutes with a great 25.45 new PB. Nearer home, Mark Sysum led the team to finish 6th at Cirencester followed by Neil Morrissey and an (unusually) competitive David Moss. Good runs from Dorian Matts and Brendan McCarthy who was back for more. Rachel Ranger post injury and buggy pushing Simon Campbell followed. Kate Sackett nipped round Stonehouse, Barbara Thomas was also on her own at Swindon as was Ruth Fulford at Moreton in Marsh. Slowest runs of the week for Liza Darroch and Rupert Chesmore who were supporting daughter and 7 year old granddaughter round their first parkruns in Gloucester.

Cirencester AC finishers:

Cirencester: 6 Mark Sysum 21.12, 17 Neil Morrissey 23.04, 20 David Moss 23.38, 24 Dorian Matts 24.31, 67 Brendan McCarthy 27.46, 70 Rachel Ranger 27.53, 123 Simon Campbell 33.28, 164 finished

Swindon: 188 Barbara Thomas 27.23, 475 finished

Stonehouse: 12 Kate Sackett 23.33, 82 finished

Chipping Sodbury: 4 Isaac McAdam 17.45, 17 Jacob McAdam 19.49, 85 Alan McAdam 24.27, 119 Rachel McAdam 25.45, 414 finished

Gloucester City: 142 Liza Darroch 34.51, 181 Rupert Chesmore 51.19, 185 finished

Fire Services College, Moreton-in-Marsh: 111 Ruth Fulford 30.46, 180 finished

Pomphrey Hill, Bristol: 2 Ollie Campbell (J) 18.35, 280 finished

Torbay Velopark: 5 Ian Barrett 17.55, 294 finished