

## CIRENCESTER A.C. Newsletter no. 57

4 September 2008

### HEADLINES

- Marc Fallows' county mile champion as Cirencester dominates at Bourton
- Chris Illman second at Bugatti 10km
- Club road championship building towards exciting climax
- Tony Curry's charity run in the park this Sunday. Please support this important event
- Club's final race promotion for the year, The Cirencester Park 10km, on 28 September
- Club AGM on 16 September

### ROAD AND MULTI TERRAIN RESULTS

#### 17 July, White Horse 5k.

1 Simon Jones (Belgrave) 14.56  
16 Wendy Nicholls (Cirencester, 1st lady) 16.30  
52 Jane Wassell (1st FV40) 18.33  
59 Mark Langman 19.18  
66 David King 19.48  
67 Bryan Reid 19.49. [www.severnac.co.uk](http://www.severnac.co.uk)

19 July, Bourton Mile. Club Championship race. Marc Fallows led home the club, and most of his family, in this unusual race, a straight line road mile finishing in the centre of the village much to the bemusement of sundry coachloads of Japanese tourists.

1 Chris Reynolds (Gloucester) 4.29  
3 Marc Fallows (Cirencester) 4.33 – county champion  
6 Chris Illman 4.44  
7 Bill Leggate 4.45  
8 Adrian Williams 4.46  
15 Wendy Nicholls (3rd lady / 1st FV35) 4.55 – county FV35 champion  
19 David Wright (1st V50) 5.05 – county V50 champion  
28 Stephen Elverd 5.25  
38 Jon Young 5.36  
40 Bryan Reid 5.38  
41 Tony Shelbourn (1st V60) 5.41 – county V60 champion  
46 Dorian Matts 5.50  
63 Luke Fallows 6.39  
67 Casey Fallows 6.51  
86 Callum Fallows 7.29. 103 finished. [www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk)

19 July, Devil's Chimney Chase, "almost" 10k m/t, Leckhampton. Age group wins for two of Cirencester's youngsters.

1 Andy Gore (Cheltenham) 38.49  
19 Ray Murphy (Cirencester, 1st Junior) 45.28  
70 Alice Thomas (1st Junior Lady) 53.03  
114 Renata Sharp 58.09  
136 Barbara Thomas (1st FV50) 1.04.37. 153 finished. [www.almostathletes.org.uk](http://www.almostathletes.org.uk)

24 July, Malmesbury 5k. Club Championship race. Cirencester provided nearly half the field for this low key race on the hilly terrain surrounding Malmesbury. Marc Fallows and Bill Leggate finished a long way ahead of the rest and all were refreshed afterwards with beer and chips at Chris & Pat Riches' abode on a sultry evening.

1 Marc Fallows (Cirencester) 16.46  
2 Bill Leggate 17.03  
7 Jane Wassell (1st lady) 19.18  
10 Tony Shelbourn (1st V60) 19.44  
11 Mark Langman 19.51  
12 Martin Denning 20.06  
15 Nicola Denning (2nd lady) 20.55  
17 Dorian Matts 21.18  
18 Mark Evans 21.52  
20 Alice Thomas (3rd lady) 22.15

21 Rebecca Oates 22.27

23 Chris Riches 23.12

30 Barbara Thomas (1st FV50) 26.38

34 David Edelsten 27.36. 36 finished. [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

26 July, Snowdon Fell Race. Always up for a new challenge, Stephen Elverd travelled up to North Wales for his latest exploits. He writes:

*"The Englishman who ran up a hill and fell down a mountain...*

*The International Snowdon Race is one of the most famous races in the fell running calendar. It's a 10 mile straight up and down route along a gravel track on the highest mountain in Wales (3,560 feet above sea level). Having heard about it from various running mates (including our own David Wright – [ed, it was 28 years ago!]), I decided it was time to give it a go.*

*The build up to the race included five hours stuck in motorway traffic, a mix-up over hotel bookings and one or two nightcaps. Not the best way to prepare for a fell run. We awoke to a rare sunny day in Snowdonia and spent the morning site-seeing, before heading for the 2pm start at Llanberis. As the race combines with carnival day, the town was in full swing. I registered, grabbed my chip and race number and made my way to the start point. Meanwhile Nep caught the mountain steam train to watch proceedings near the summit. My aims were to finish in the top half, achieve a time of around 1.45 and complete the race in one piece.*

*From the start we were greeted with cheers from Llanberis citizens who thronged the streets as we approached the mountain path. For once I resisted the temptation to start too fast and managed to keep a decent pace once the climb started. The track was narrow so it was difficult to overtake, which was lucky as it meant I was forced to run sensibly. All I could hear was the laboured breathing of hot sweaty hill runners and the constant buzzing of a helicopter filming for S4C. I was pleased with my pace and felt pretty good as I approached the ridge for the last mile of climb, only to see the leader come hurtling back down the track. He was soon followed by international runners from Italy, Spain, France and Scotland, as well as top club fell runners and a few Ghurkhas. My pace slowed to a walk as I climbed the steps to the summit, had my number checked, touched the trig point and set off the halfway chip timer. Now it was time for the downhill run.*

*I was feeling confident about my abilities on a downward slope (I still think of myself as a more of a hill walker than a runner) and picked up the pace considerably, when thud! My toe scuffed a rock, I lost my balance and went crashing to the ground. I skidded painfully along the gravel path, scraping my knees, thigh, back and hands. I managed to right myself pretty quickly and a kindly runner thrust a bottle of water at me to clean up. Two minutes later I caught site of Nep at the railway station checkpoint. Her smile of recognition turned to a look of horror as she noticed the blood pumping from my knee. My legs were shaking, perhaps from shock or heat exhaustion, but I still managed to keep momentum. The track soon ended and I was back on the road where I decided it was do or die, sprinting the last 600 yard (well that's what it felt like) and overtaking at least 10 other runners. The cheers of the crowd spurred me on for a final dash to the finish and I crossed the line exhausted, only to be led straight to the Medical Tent for a check up.*

*I had achieved two of my aims, but, for the first time, had paid a little bit of a price. The cut to my knee needed steri strips and my other scrapes had the gravel removed and a lot of antiseptic applied. My hands were very sore and I had a couple of blisters on my feet. However, it was worth it for one of my best running experiences ever. Special thanks to St John's Ambulance, they had a lot of work that day."*

1 Andi Jones (Salford) (up 42.08, down 23.54) 1.06.02

229 Stephen Elverd (Cirencester) (1.06.26, 39.04) 1.45.30. 481 finished.

[www.snowdon.com](http://www.snowdon.com)

27 July, Gloucester ½ Marathon, Newent. Jon Young reports on a tough race in heatwave conditions:

*"Mad dogs and Englishmen. With temperatures forecast to be at least 24 degrees and rising, the Gloucester half marathon, with an undulating route, was certain to be a challenge. Based at Newent leisure centre, the race HQ was not the hive of activity that you might find on a cooler day. On arrival, the runners seemed to be leaving the warm up until later and were divided into two camps, the sunbathers and the shade seekers. Speaking to Dave on the way to the start he assured me it was slightly undulating. Probably didn't want to depress me at the start! Replace "slightly" with "very/frequently" and you have hard work ahead. Watching Dave and Bill disappear into the distance at pace, I did my best to settle into a rhythm, but found it difficult because of the hills and the heat. To hit anything near a pb, I knew I needed to do eight miles in 54 minutes, but this slipped to 57. Not too bad, I thought, considering, and I might get some of that back. However, the splits gradually got slower as the heat intensified, and the 10th mile took 10 minutes [ed: it later transpired that this marker was in the wrong place]. I managed some form of recovery to finish in 1.37. I enjoyed it immensely*

*once it was over, reminding myself that I was there by choice. It's a great course and the marshals & water station crews were fantastic. There was even a supporter spraying people with cold water at one point on the course. What a saint! Well done to the Cirencester runners, especially Dave who came 7th. Wandering around afterwards I found Bill doing what any sane person should have been doing all day - sitting under the shade of a tree."*

1 Garry Payne (George Elliot Striders) 1.15.44

7 David Wright (Cirencester, 2nd V50) 1.20.27 – county V50 champion

16 Bill Leggate 1.22.59

70 Jon Young 1.37.20

95 Trudy Compton 1.41.42. 390 finished. [www.gloucesterac.co.uk](http://www.gloucesterac.co.uk)

27 July, Great Welsh Run 10k, Cardiff (elite women's race). A hip injury prevented Wendy Nicholls being competitive in this high quality race.

1 Rita Jeptoo (Kenya) 31.36

17 Wendy Nicholls (Cirencester) 34.54. 20 finished. [www.greatrun.org](http://www.greatrun.org)

29 July, Bridge Inn 5km, Shortwood, nr Bristol.

1 Tim Elson (Bristol & West) 15.50

28 Jane Wassell (Cirencester, 2nd lady / 1st FV35) 18.43

63 Chris Riches 21.58. 97 finished. [www.bristolandwestac.org.uk](http://www.bristolandwestac.org.uk)

31 July, Gloucester Festival 7m.

1 Gary Hope (Severn) 38.01

24 Alice Thomas (Cirencester) 52.29

31 Barbara Thomas 1.05.46. 33 finished. [www.severnac.co.uk](http://www.severnac.co.uk)

6 August, Bugatti 10k, nr Winchcombe. Club Championship race. Chris Illman was narrowly beaten in his first race back from holiday on this tough course.

1 Jeremy Bradley (Cheltenham) 33.33

2 Chris Illman (Cirencester) 33.50

5 Marc Fallows 35.16

7 Bill Leggate 36.02

29 Stephen Elverd 40.37

34 Tony Shelbourn (2nd V60) 40.55

41 Martin Denning 42.00

54 Mark Langman 43.01

58 Bryan Reid 43.18

74 Nicola Denning (8th lady) 44.02

85 Martin Croucher 44.40

105 Dorian Matts 45.48

133 Alice Thomas 48.13

172 Dick Waldron 49.44

281 Yvonne Binks 56.41

310 Barbara Thomas 58.43

312 David Edelsten 58.48

368 Christina See 1.09.14. 378 finished.

Teams (4 to score): 1 Bourton 36pts, 2 Cheltenham 41, 3 Cirencester 43.

[www.cheltenhamharriers.co.uk](http://www.cheltenhamharriers.co.uk)

9 August, Cranham Boundary Chase 5.8 miles, nr Gloucester

1 Will Joyce (Telford) 32.38

27 Bryan Reid (Cirencester) 41.56. 62 finished. [www.gloucesterac.co.uk](http://www.gloucesterac.co.uk)

21 August, White Horse 5k.

1 Josh Lilly (Severn) 14.50

22 Bill Leggate (Cirencester) 16.40

44 Stephen Elverd 18.14

65 Bryan Reid 19.08

71 Mark Langman 19.52

83 Alice Thomas 20.44

127 Barbara Thomas 25.00. 141 finished. [www.severnac.co.uk](http://www.severnac.co.uk)

26 August, World Firefighter Games, Liverpool. Tim Willson took part in these bi-annual games competing in the marathon. Tired Tim reports:

*"A few details from my recent run in Liverpool. This was my 13th marathon, and although I had put in some miles training I still felt I was not running very fast. Anyway, the weather on the day of the race was perfect for running, cloudy with a slight breeze, and not hot (a typical August day). The marathon*

and half marathon were run together, starting in Walton Park. There were 3.75 laps of this park covering the first 7 miles, with one incline per lap. Then it was out onto the Trans Pennine Trail, a former local railway line used by runners, walkers and cyclists. The route went north for 2.5 miles, through an 'interesting' urban area of Liverpool. In Liverpool they have purple wheelie-bins, several of which had obviously been set alight in the past, leaving black/purple plastic patterns on the path. We then had a 180 degree turn point and ran back on ourselves towards Walton Park, the half marathon runners turning into the park for the final 1.1 mile. Us marathon runners continued along the old railway south, through Knotty Ash, for 6.5 miles before turning round at another 180 degree turn point and running back north to the park, and the final 1.1 mile through the park to the finish. This southern section of the railway was very quiet, and included a mile or two through a deep sandstone cutting, with trees on top complete with dangling roots, looking more like a Thai temple than Liverpool. At about 21 miles I started getting cramp in my left leg, which slowed me down further. I decided to ignore the cramp and just keep going (slowly) to the finish. Fortunately I was able to get a good massage at the finish, although the pain was something else. I am now looking forward to marathon number 14, in a faster time than number 13.

If I had run a couple of minutes faster I would have beaten the V50 silver medalist, so there is hope for me yet. The next World Firefighter Games are in South Korea in two years time, so plenty of time to sort out my training. I did wear my rather stylish 'Team UK shell suit' and I felt right at home in Liverpool."

1 Sojo Lerwis (Venezuela) 2.36.17

29 Tim Willson (Great Britain, 4th V45) 3.51.12. 67 started but "a lot didn't". [www.wfg.com](http://www.wfg.com)

#### **ROAD / MULTI-TERRAIN FIXTURES (Sunday unless stated)**

Severn AC promotions can be entered on the day of the race, most others need to be entered in advance.

7 September, Beacon 10k, Haresfield, nr Gloucester at 10:30. [www.angelsrunningclub.co.uk](http://www.angelsrunningclub.co.uk)

14 September, Witney 10m. **Club Championship race.** [www.witneyroadrunners.org.uk](http://www.witneyroadrunners.org.uk)

14 September, Chippenham ½ Marathon. This is a new race and is being promoted this year as part of Chippenham Harriers 25th anniversary celebrations. [www.chippenhamharriers.co.uk](http://www.chippenhamharriers.co.uk)

14 September, Woodchester Park 8m m/t at 10:30. Challenging off roader in lovely surroundings. [www.stroudac.org.uk](http://www.stroudac.org.uk)

20 September, Midlands 6 stage (men) and 4 stage (women) relays, Sutton Park, Birmingham. Contact captain Adrian Williams for more details.

27 September (Sat), White Horse 5 mile, Sandhurst, Gloucester at 18:00. [www.severnac.co.uk](http://www.severnac.co.uk)

28 September, Cirencester Park 10k at 10:30. This is the last of this year's club race promotions. As ever members are encouraged to run but will also be asked to help out as well. Race organiser David Edelsten advises that 470 entries have already been received and they continue to come in on a daily basis. He will accept up to 600. He further advises that Bob Ferris will be taking responsibility for all organisation on the day of the race, including marshalling of car parks and the course.

[www.cirencester-ac.org.uk](http://www.cirencester-ac.org.uk)

5 October, Cricklade ½ Marathon and 10k at 10:30. [www.crickladefunrun.co.uk](http://www.crickladefunrun.co.uk)

12 October, Chichester 10k. Contact club captain Adrian Williams for more details. **Club Championship race.** [www.chichester10krace.org.uk](http://www.chichester10krace.org.uk)

26 October, Stroud ½ Marathon. **Club Championship race.** [www.stroudac.org.uk](http://www.stroudac.org.uk)

#### **ROAD RACE CHAMPIONSHIP 2008**

Three more races completed since the last newsletter and things are getting interesting. With just three races to go (see fixtures above), both titles are wide open, particularly when scores start to get dropped as only the best eight count. Unofficial scores to date (as only best 8 races count, number run to date in brackets after leading contenders):

Men

Adrian Williams (7 races) 163pts, Bill Leggate (8) 160, Marc Fallows (6) 129, Chris Illman (6) 128, Stephen Elverd (7) 113, David Wright (6) 104, Tony Shelbourn (7) 102, Adam Harborow (5) 100, Martin Croucher (6) 96, Jon Young (5) 74, Bryan Reid (6) 66, Dorian Matts (5) 59, Paul Barlow (3) & Dick Waldron (7) 58, Mark Langman (4) 51, David Edelsten 43, Ian Pople 38, Martin Denning 31, Darren Dent 27, Bob Ferris 24, Robbie Brown 22, Andy Bradley & Terry Ranger 18, Wallace Ascham & Joe Barrowclough 17, Alastair McKeeman & Keith Firkin 16, James Burgess 15, David Freer & Mark Evans 14, Chris Brough, Chris Goldie, Chris Riches & Jim Fallon 13, Rupert Chesmore 12, Mark Gluning 11, Chris Good & Luke Fallows 10, Tim Willson & Casey Fallows 9, Justin Davies, Michael Thomas & Calum Fallows 8, Ken McAnespie 4, Chris Berry 2, Brian Barrowclough 1.

## Women

Alice Thomas (6 races) 122pts, Yvonne Binks (8) 117, Jane Wassell (5) 97, Barbara Thomas (6) 87, Wendy Nicholls (4) 82, Trudy Compton (4) 80, Christina See (6) 75, Jane Stevens (5) 74, Jane Thomas (3) & Nicola Denning (3) 59, Carol Clarke (3) 49, Jenny Manners 43, Sarah Cooper 38, Lynn Ferris 27, Sue Brown 24, Amanda Pizzey 21, Sophie Edelsten 19, Renata Sharp & Rebecca Oates 17, Jessica Nethercott 16, Sue McKeeman 14, Rhiannon Brown 12, Ruth Fulford & Avril Haseler 10, Rachel Jones 9.

In addition, times recorded at any marathon between the dates of February 24 and October 26 will score points in the same format as the races above i.e. as though all competed in one race. The Chichester race, which should be entered early as it's very popular, has been inserted as a suggested idea for a club trip away for the weekend. Of the 13 races, including marathon, best eight scores to count. 20 points will be awarded to the first Cirencester finisher in each race down to one point for the 20th and any subsequent finishers. Male & female championships will be scored separately. Bonus points will be awarded for any personal bests achieved against times published in the newsletter for 2006 and 2007. One bonus point will be awarded for every 15 seconds improvement up to a maximum of two minutes (8pts) for races of up to & including 10k and three minutes (12pts) for longer races. If no qualifying times have been recorded in the last two years, the first run in a championship race in 2008 will form the benchmark for any subsequent bonus points. To qualify for points, runners must be fully paid-up members, be entered under Cirencester AC and be wearing a club vest.

## CHARITY EVENT

Tony Curry does an enormous amount of behind the scenes work for the club. For all three of the club's annual race promotions, plus many other running and duathlon / triathlon events, he is always first to arrive to set up courses and the last to leave. This often represents seven or eight hours work on both race day and the preceding day, when the participants maybe appear for a mere half an hour to race.

A few years ago Tony was diagnosed with diabetes and with typical blunt analysis, questioning of doctors and bloody mindedness, he has been able to control it sufficiently to continue his running. Just two years ago he had more bad news when prostate cancer was diagnosed. Rather than just accept the consequences, Tony has worked tirelessly towards finding out how best to combat this disease, and with massive help from his wife Judy, has again managed to keep his running going and currently he is in good spirits. What he is going through puts into perspective a lot of the problems the rest of us perceive that we have.

It is on the back of these debilitating illnesses that Tony has set up this charity run in Cirencester Park on Sunday, 7 September starting at midday. His aim is to raise the profile of both diseases as well as to raise money for the causes. The event will comprise a five mile run through the park. Tony has attracted some major corporate sponsorship but he needs runners to take part and support from the club into which he puts so much unnoticed effort is greatly needed. The run is being professionally organised by an outside agency but Tony will be looking for as many people in the club as possible to be part of the day. It is not too late to enter: for more information speak to Tony or look up [www.cirencestercharityrun.com](http://www.cirencestercharityrun.com).

## TRIATHLON RESULTS

13 July, Steelman Triathlon, Dorney Lake (1,300m swim, 41km bike, 10km run). Mark Evans was up against Olympic gold medallist James Cracknell in his preferred surroundings of a rowing lake! The swim was shortened from 1,500 because of problems with buoys.

1 James Cracknell (21.14, 59.54, 36.21) 1.59.30

180 Mark Evans (25.16, 1.10.01, 49.18) 2.28.11. 456 finished. [www.humanrace.co.uk](http://www.humanrace.co.uk)

20 July, Eton Triathlon (1,500m swim, 40.8km bike, 10km run). According to Nicola Denning conditions were not great for this event with strong winds affecting all disciplines and making the water on Dorney Lake particularly choppy.

1 Sharkie Jaggard (Thames Valley Tri) (25.30, 1.07.01, 37.22) 2.09.56

156 Nicola Denning (Cirencester) (37.01, 1.31.44, 47.19) 2.56.07. 245 finished.

[www.humanrace.co.uk](http://www.humanrace.co.uk)

27 July, Bath Triathlon (1,500m pool swim, 40km bike, 10km run).

1 Matthew Newman (21.48, 1.06.27, 35.48) 2.04.54

42 Martin Denning (Cirencester) (28.45, 1.16.03, 44.37) 2.31.36. 217 finished.

[www.bathamphibians.co.uk](http://www.bathamphibians.co.uk)

10 August, London (female only) (1,500 swim open water, 38.8k bike, 10km run).

1 Jill Parker (London Tri) (23.50, 1.04.04, 38.34) 2.10.09

155 Nicola Denning (Cirencester) (32.44, 1.19.31, 41.51) 2.40.41. 627 finished.

[www.thelondontriathlon.com](http://www.thelondontriathlon.com)

10 August, Wiesbaden ½ Ironman, Germany (1.9km swim, 90km bike, 21km run). A report has been promised for this event but has yet to be received.

1 Al-Sultan Faris (Germany) (24.18, 2.24.47, 1.18.54) 4.10.26

834 Bob Ferris (Cirencester) (34.54, 3.20.58, 1.55.50) 5.57.04

1282 Dave Edwards (50.20, 3.21.20, 2.33.21) 6.52.17. 1,662 finished. [www.ironman703.de](http://www.ironman703.de)

10 August, Castle Combe Row Triathlon (2.5km row, 20km bike, 3km run).

1 Marius Kwint (Southampton) (10.38, 34.55, 11.30) 58.02

12 Mark Evans (Cirencester) (11.00, 37.54, 14.14) 1.04.08. 37 finished. [www.dbmax.co.uk](http://www.dbmax.co.uk)

24 August, Malmesbury Triathlon (400m swim, 22km bike, 5km run) – no splits available.

1 Julian Hathcher (AVS) 59.09

34 Mark Evans (Cirencester) 1.11.32

46 Bob Ferris (1st V55) 1.12.50

124 Kim Withycombe 1.22.06

146 Chris Riches 1.24.26

148 Trudy Compton 1.24.34

150 Fiona West 1.24.54. 244 finished. [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

### **TRIATHLON FIXTURES**

7 September, Cotswold Sprint tri open water – 400 or 750 swim – 20k bike 2.5 or 5k run.

[www.triferris.com](http://www.triferris.com)

21 September, Highworth – 400m pool swim – 20k bike – 5k run. e-mail [tadpoletoys@aol.com](mailto:tadpoletoys@aol.com)

### **NEW MEMBERS**

Welcome to Andy Hindson and Kevin Snowball who have recently joined the club.

### **SUBSCRIPTIONS**

Subscriptions became due on 1 July. New membership secretary Clare Blampied has sent out renewal reminders to all members. Fees have not changed this year and are £20 for individuals, £30 for family and £15 for junior members. Cheques should be made payable to Cirencester AC and be sent to Clare at 29 The Green, Quenington, Glos. GL7 5BS.

### **ANNUAL GENERAL MEETING**

Under separate cover earlier today all newsletter recipients will have received a notice advising that the club's Annual General Meeting will be held after club training on Tuesday 16 September at 8pm in Cirencester Leisure Centre. This is an important date in the calendar as it allows all paid-up members to voice any comments or concerns that they may have about the running of our expanding and successful club.

More information and news, including past newsletters, can be found on the club's website

[www.cirencester-ac.org.uk](http://www.cirencester-ac.org.uk)

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