

CIRENCESTER A.C. Newsletter no. 58

28 September 2008

HEADLINES

- Wendy Nicholls in Great Britain team for World ½ Marathon Champs in Rio de Janeiro.
- ... Nicholls second fastest in Midland Road Relays
- ... and second overall in White Horse '5'.
- Men qualify for National Relays.
- Tony Curry raises over £8,000 in Cirencester Park charity event.
- Chris Illman wins club's Cirencester Park 10k promotion in autumnal sunshine.

NEWS

Next week Wendy Nicholls will be flying down to Rio de Janeiro in Brazil for the World ½ Marathon Championships to be held on Sunday 12 October. This is Wendy's 5th full Great Britain international vest and her third in the World Championships; she is the only athlete to have been selected for each of the last three such events. The team selected by UK Athletics was Wendy plus Liz Yelling, who ran in the Olympic Marathon in Beijing, and Michelle Ross-Cope, a regular adversary of Wendy's. Unfortunately Yelling has subsequently had to withdraw from the team as a result of a fractured rib. All at the club wish Wendy good luck for what will be a fantastic and well earned experience in South America. Follow www.iaaf.org for results.

ROAD AND MULTI TERRAIN RESULTS

7 September, Beacon 10k, Haresfield, nr Gloucester.

1 Dennis Walmsley (Bourton) 34.27
5 David Wright (Cirencester, 1st V50) 35.25
21 Tony Shelbourn (1st V60) 39.37
31 Bryan Reid 40.53
42 Trudy Compton 42.16
65 Alice Thomas 45.36
113 Jane Stevens 53.01
116 Barbara Thomas 53.23. 140 finished. www.angelsrunningclub.co.uk

14 September, Witney 10m. Club Championship race. Adrian Williams virtually guaranteed overall victory in this year's club championship as he led home Cirencester's disappointingly small contingent and garnered maximum bonus points in the process with a fine run on a tough course. Trudy Compton kept alive her hopes of snatching the ladies championship, which is now likely to go down to the last race of the season at Stroud. Martin Croucher took some photographs at the race and they can be viewed on the club's photo website: enter www.snapfish.co.uk then log in using e-mail address of cirenac@hotmail.com and password of cirenac.

1 Nigel Marley (Alchester) 55.41
6 Adrian Williams (Cirencester) 58.06
66 Nicola Denning (6th lady / 3rd FV35) 1.11.42
71 Trudy Compton 1.12.20
74 Bryan Reid 1.12.50
133 Dick Waldron 1.20.47 – club V65 record. 220 finished. www.witneyroadrunners.org.uk

14 September, Bristol ½ Marathon. A fine personal best by Stephen Elverd as Chris Illman found the cobbles a bit too uncomfortable in his attempt to erase the existing club record.

1 Tom Payne (Winchester) 1.05.48
15 Chris Illman (Cirencester) 1.11.25
226 Stephen Elverd 1.25.19
2636 Wallace Ascham 1.47.34. 9,681 finished. www.bristolhalfmarathon.com with photos on www.marathon-photos.com (Cirencester race numbers 128, 10860 & 10008).

14 September, Chippenham ½ Marathon. A wonderful race put on by Chippenham Harriers to celebrate the club's 25th anniversary. There was almost universal praise on the Runners World website forum, an unprecedented state of affairs as the people who contribute usually do so to complain about something. A fine course, initially through the town centre then out into the countryside going through idyllic villages full of cheering supporters. Even a few hills in the last three miles didn't dampen the enthusiasm as support here was vociferous and genuine. And what facilities! The race finished in the cricket ground just a few yards from a two storey clubhouse with full changing facilities, a bar and a

restaurant. These facilities are shared by the local community with the running, cricket, hockey & tennis clubs and are second to none. If only Cirencester could do the same! Race results were posted on a noticeboard almost as soon as runners finished and full results were published on Chippenham Harriers' website by Sunday lunchtime, before most runners got home. If this race is put on again in 2009 it shouldn't be missed and should perhaps be included in the club championship.

1 Dave Mitchinson (Newham & Essex Beagles) 1.10.09

11 David Wright (Cirencester, 1st V50) 1.16.47 – club V50 record

210 David Fong 1.36.07

240 Terry Ranger 1.37.35. 1,097 finished. www.chippenhamharriers.co.uk and photos on www.sportcam.net (Cirencester race numbers 1267, 962 & 721).

14 September, Woodchester Park 8m m/t. It appears that Alice Thomas didn't feel that eight miles was enough so she went on a detour during the race due to an errant marshal and ran the best part of two miles further than the race distance.

1 Rob Gornall (Stroud) 50.47

84 Alice Thomas (Cirencester) 1.24.31

86 Barbara Thomas 1.25.51. 95 finished. www.stroudac.org.uk

20 September, Midlands 6 stage (men) and 4 stage (women) relays, Sutton Park, Birmingham. Once again club captain Adrian Williams put a great deal of effort into getting teams entered into these prestigious relays, the sort of races that a club aspiring to greatness need to get involved in. For the men there was the added target of making the top 20 so as to qualify for the National in a few weeks time. Team manager Justin Nicholls picks up the story of the day:

“So, here we are again, the Midland road relays. One ladies team and two mens teams. Plus me, Justin Nicholls, the best looking Team Manager that Cirencester AC has ever produced!

After a few encouraging words in the direction of some members of the men's team (do not go shopping on the way) we all managed to arrive in plenty of time for the start of the ladies race. The team had a mix of youth and vast experience; the three young ladies new to this event, if they had any, hid their nerves very well.

*The race was on a challenging course - a lot more time is spent running up hill than down. First to go was the evergreen Wendy Nicholls, with her white socks pulled up to her knees and the red shades in place it certainly looked like she meant business. After talking to almost every person on the start line, she finally let the starter know she was ready, and the race was under way. After a good start it was not surprising to see Wendy in the first two at the last km but in the end she had to concede the lead to (quote) “a ***** track runner” in a time of 14:33 (2nd fastest of the day).*

Handing over to a eagerly awaiting and slightly nervous looking Jane Thomas, setting off in second place did not seem to faze this young runner as she set off with a look sheer determination that did not leave her until she had crossed the finish line (see snappish photos for proof of this look) coming home in 18:28 and 16th. Jane handed over to an ever smiling young Jenny Manners, who fresh from her superb debut in triathlon, was still in drafting mode, when an ambulance made its way up the finishing straight to tend to an exhausted runner, Jenny tucked into its slipstream and sprinted her way to the finish 14th in a time of 17:52. Alice Thomas had the task of bringing the team home and running the glory leg. Having the entire team cheering her as she came up the finishing straight spurred her on to great finish in a time of 18:29 to bring the ladies home in 21st. A great day for the ladies who now can look forward to the nationals.

The men's race was over a slightly longer course. The A team had set themselves the arduous task of finishing in under two hours. So it was up to the fast feet (and if you wear trainers with flames on they had better be fast) of Chris Illman to get the team off to a flying start. The young man did not disappoint, handing over in a time of 18:53, equalling last year's national time, in 14th pos. Marc Fallows was next to take the baton, having been able to arrive with plenty of time to warm up, plus the entire Fallows clan to shout him on certainly did the trick as the big man ran a superb time of 19:16, 28 seconds faster than his time in last year's national race. He gained two places to finish in 12th. Adrian Williams had a very high standard to follow after the first two legs, and did just this by knocking 55 seconds off his time from last year's nationals to come home in 19:43 (15th).

Bill Leggate came into the race with a few worries, not so much the calf injury, but would his beloved Gloucester rugby team be able to play without him in the stand. After a great deal of debate, and a few reassuring words it was thought that they might just get through the day without him, and it proved a good decision as Bill handed over in a time of 20:57 and 18th. Paul Barlow did very well to concentrate on the race with all the excitement going on in the Barlow household, what with the soon arrival of 'Robinho' Barlow and the Man City take-over, but concentrate he did to give another solid display in his RED vest, coming home in 20:37 and 21st pos. David Wright: what a great run this man had! Having been a late entry into the team and having only 48 hours notice to gear himself up [ed: it

was actually only 15 hours after a late Friday night call up], *David produced the run of the day. Slightly perspiring and doing the Wrighty shuffle faster than has been done for a long time, David came up the finishing straight to get the loudest applause of the day from Team Ciren. In a time of 20:20 and gaining one place to finish 20th overall in a team time of 1:59:46, sub 2 hours job done and qualification for the national guaranteed.*

The B Team was headed off by Adam Harborow, and after wisely deciding to save his energy and not do any shopping the morning of the race, Adam set off and sensibly tried to run his own race and not to get carried away with the sea of sub 19 min men, to come home in a time of 22:49 in 81st pos.

Martin Croucher set off and soon settled into his running picking off three runners to hand over to Bryan Reid in a time of 23:12 (78th). For one reason or another Bryan did not want the glory leg this time. With the pressure off his shoulders he was able to relax, even if it was only slightly. The big man of the second team had a great run and was able to pick off three more runners to hand over in a time of 23:51 in 75th pos.

With all the technology in running nowadays, long socks, fancy daps, computers on the wrist, Robbie Brown has found a new one! Four staples in his head (from rugby) and they must work because he had by far the fastest run of the team to hand over in 21:52 gaining eight places to hand over in 67th. David Fong set off with his lucky cap glued firmly in place and had a strong run to bring it home in time of 23:33 holding 67th pos. Mark Langman was not one to go for the small running shorts that the other 499 runners chose to wear, so off he set with his baggy England football shorts fluttering gently in the wind. Putting them to great use and using them as a sail, he cruised past three more runners to finish in a time of 23:30 to bring the team home in an impressive 64th overall in 2:18:47.

So that's the end of another successful Midland road relays, and on to the nationals on 18 October. A special thanks to captain Williams for setting the wheels in motion and getting three teams organised, and somehow managing to predict the times of all our runners to within seconds of their total finishing times. Thanks for all the cheer leaders (more are welcome) who got sore hands clapping by the end of the day.

Final thought Robbie Brown did say that one more rugby injury and he would quit the silly game! Carlsberg don't make team managers, but if they did!"

Women (4 x 4.315km)

1 Charnwood 59.55

21 Cirencester 1.09.22 – number in brackets position after each stage

Wendy Nicholls 14.33 (2) – 2nd fastest stage overall

Jane Thomas 18.28 (16)

Jenny Manners 17.52 (14)

Alice Thomas 18.29 (21)

60 teams finished plus 10 incomplete teams

Men (6 x 5.847km)

1 Bristol & West 1.46.51

20 Cirencester 'A' 1.59.46 – number in brackets position after each stage

Chris Illman 18.53 (14)

Marc Fallows 19.16 (12)

Adrian Williams 19.43 (15)

Bill Leggate 20.57 (18)

Paul Barlow 20.37 (21)

David Wright 20.20 (20)

64 Cirencester 'B' 2.18.47

Adam Harborow 22.49 (81)

Martin Croucher 23.12 (78)

Bryan Reid 23.51 (75)

Robbie Brown 21.52 (67)

David Fong 23.33 (67)

Mark Langman 23.30 (64)

80 teams finished plus 26 incomplete teams. www.race-results.co.uk with lots of photos courtesy of Bill Leggate, Paul Barlow & Wendy / Justin Nicholls on the club's Snapfish photo website.

27 September, White Horse 5 mile, Sandhurst, Gloucester. In a final workout before the World ½ Marathon Championships in Brazil, Wendy Nicholls wasn't far off winning this race outright, which should send her off in fine fettle.

1 Gary Hope (Severn) 26.34

2 Wendy Nicholls (Cirencester, 1st lady) 28.15. 35 finished. www.severnac.co.uk

28 September, Cirencester Park 10k. A gloriously sunny autumnal day greeted the 600 entrants to this popular race put on by Cirencester AC. The course was changed this year to make it into one lap starting and finishing near the race HQ at Cirencester College. This was generally greeted positively by the runners, not least because it avoided the need to climb Big Bertha twice, with the only negative comment being the narrowness of the start near the caravan park. All went well in the race and the club dominated at the front: Chris Illman getting back to winning ways in a competitive race with the team prize also going to Cirencester ahead of arch rivals Bourton. With the County 10km Championship Race incorporated there were age group medals for Alice & Jane Thomas, Nicola Denning, Yvonne Binks, Chris Illman, Adrian Williams, David Wright and Tony Shelbourn. A big thank you to all who marshalled and made this another successful event for the club, with particular thanks to David Edelsten who is now standing down from the onerous task of race director.

1 Chris Illman (Cirencester) 32.36

4 Adrian Williams 34.02

10 David Wright (1st V50) 35.07

12 Marc Fallows 35.37

26 Joe Barrowclough 37.41

54 Tony Shelbourn (2nd V60) 40.03

69 Kevin Snowball 41.11

87 Martin Croucher 42.07

88 Nicola Denning 42.08

96 Nathan Barrowclough 42.50

121 Alice Thomas 44.27

140 Andy Bradley 45.33

148 Jane Thomas 45.57

150 Chris Riches 46.00

167 Wallace Ascham 46.50

183 Rhiannon Brown 47.16

191 Mark Langman 47.46

298 Brian Barrowclough 52.44

310 Glen Day 53.28

322 Barbara Thomas 54.01

331 Chris Berry 54.20

363 Yvonne Binks 55.59

427 Fred Robson 61.13 – inaugural club V75 record.

477 finished. www.cirencester-ac.org.uk with photos on www.yourraceday.co.uk

ROAD / MULTI-TERRAIN FIXTURES (Sunday unless stated)

5 October, Cricklade ½ Marathon and 10k at 10:30. Entries now closed. www.crickladefunrun.co.uk

12 October, Chichester 10k. Contact club captain Adrian Williams for more details. **Club**

Championship race. www.chichester10krace.org.uk

18 October, National 4 (ladies) and 6 (men) stage road relays, Sutton Park, Birmingham.

26 October, Stroud ½ Marathon. **Club Championship race.** www.stroudac.org.uk

CLUB RANKINGS

As ever the Stroud ½ Marathon provides the finale to this year's club road running championship.

Here are the current club rankings at that distance (note that many records set at Stroud):

U20: 1.14.16 Chris Illman, Stroud 2006;

Senior: **1.09.07** Mike Smith, Stroud 2000; Senior ladies: 1.17.42 Ellen Leggate, 2001;

FV35: **1.12.48** Wendy Jones (Nicholls), Reading 2007;

V40: 1.17.26 David Wright, Stroud 1999; FV40: 1.22.56 Jane Wassell, Stroud 2007;

V45: 1.19.59 Brian Wither, Stroud 1992; FV45: 1.38.30 Molly Fisher, 1991;

V50: 1.16.47 David Wright, Chippenham 2008; FV50: 1.43.20 Carol Clarke, Stroud 2002;

V55: 1.42.06 Chris Riches, Stroud 2007; FV55: 1.39.55 Carol Clarke, Leeds 2006;

V60: 1.31.54 Tony Shelbourn, Bourton 2008; FV60: 2.08.03 Yvonne Binks, Stroud 2007;

V65: 1.46.49 Dick Waldron, Stroud 2007;

V70: 1.58.19 Fred Robson, Cricklade 2004.

ROAD RACE CHAMPIONSHIP 2008

With just the Chichester 10k and Stroud ½ Marathon to go the club championship is reaching an exciting climax. Club captain Adrian Williams all but sealed his very well deserved victory at Witney

but in the ladies championship there is all to play for. Trudy Compton's maximum bonus points at Witney have projected her into contact with leader Alice Thomas. Unofficial scores to date (as only best 8 races count, number run to date in brackets after leading contenders):

Men

Adrian Williams (8 races) 195pts, 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, Dick Waldron (8) 88, Bryan Reid (7) 85, Jon Young (5) 74, Dorian Matts (5) 59, Paul Barlow (3) & 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, Trudy Compton (5) 111, Jane Wassell (5) 97, Barbara Thomas (6) 87, Wendy Nicholls (4) 82, Nicola Denning (4) 79, Christina See (6) 75, Jane Stevens (5) 74, Jane Thomas (3) & 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.

Full rules on the championship published in previous newsletters.

CHARITY EVENT ONE

On 7 September Tony Curry promoted a five mile run in Cirencester Park in aid of diabetes and prostate cancer. The event went off very well with 70 runners taking part in the run. About 30 members either ran or officiated, a disappointing number for a club of our size and given the nature of the event. However, with some good corporate support Tony is very pleased to announce that he has already received nearly £8,000 and hopes that with pledges this total will increase to £8,500. He also hopes to put on a similar run next year. Highlight of the day, particularly for Tony, was the sight of his consultant Ranjan Thilagarajah not only driving all the way down to the event from Essex but also taking part in the run despite having no running experience. It certainly brought tears to Tony's eyes. Full details can be found on www.cirencestercharityrun.com although the result is slightly wrong as Chris Illman (who won) and Wendy Nicholls (6th) wore wrong numbers.

CHARITY EVENT TWO

Following her VSO secondment to Ethiopia last year, club member Liza Darroch has helped to organise a "Half Marathon for Ethiopia" run this Wednesday, 1st October, at Cirencester College commencing at 1pm. This event has been set up to raise awareness of the difficulties and pressures faced by students within Ethiopia. The idea is for small teams to run the half marathon in relay fashion on a track marked out on the grass. For more details contact Rich Stonebridge or Isiah Young on 01285 626293 or look out for Liza at the club on Tuesday evening. Olympic marathon representative Dan Robinson will be taking part.

TRIATHLON RESULTS

7 September, Ironman UK, Sherborne (3.9k swim, 180k bike, 42k run). Although Cathy Cook is no longer a member of Cirencester AC, avid newsletter readers will have tracked her attempts over the last couple of years at qualifying for the elusive World Ironman Championships held in Hawaii every year. Well this year she has made it! Here are her brief thoughts:

"Just to let you all know that I've done it! I've finally qualified for Hawaii. I thought my chances were low as there were 26 people in my age group and only one slot available. I didn't even bother renewing our passports which run out this November. That's how much I didn't think it would happen. On a cool and very windy day the swim went well and I felt good but slightly disappointed with my time. Thought I might go under the hour. Bike is my weakest discipline but I've been helped this year by a guy called Mark Stenning and the bike strategy was to ride the first lap steady, second moderate to hard and then stay strong on the last lap. I stuck strictly to this game plan and although my bike time was slower than the women around me by about 10-15 mins, I was strong enough to tackle the rolling three loop marathon course. Despite pretty bad stomach problems and plenty of portaloos I felt strong on the run and only one guy overtook me. I had the second fastest run split out of the all the women including the pros and I know I could have gone faster if I hadn't had to stop all the time.

I'm very pleased to have qualified by right being the first in my age group by about 1hr 20 mins and also 10th overall in the ladies. So as long as the passports come through in the post on time, we're off to Hawaii on 5 October. It's going to bankrupt us ever so slightly but I have to grab this opportunity while I can because I don't want to spend the rest of my life wrecking my body trying to do this! Still can't believe I've done it!"

1 Stephen Bayliss (45.55, 5.09.05, 2.56.05) 8.53.59

112 Cathy Cook (10th lady / 1st FV40) (1.02.10, 6.32.37, 3.22.25) 11.05.15.

1,193 finished. www.ironmanuk.com

7 September, Cotswold Sprint triathlon (750m swim, 20k bike, 5k run).

1 James Gilfillan (Primera Bournemouth) (10.30, 29.18, 16.25) 56.15

26 Niel Dunnage (Cirencester) (13.35, 32.03, 20.17) 1.05.57

59 Bob Ferris (1st V55) (14.14, 35.36, 20.25) 1.10.17

75 Mark Evans (14.55, 34.59, 22.31) 1.12.27

115 Jenny Manners (2nd Junior Lady) (12.35, 40.23, 22.02) 1.15.02

133 Terry Ranger (15.35, 38.29, 22.24) 1.16.30

135 Kim Withycombe (13.47, 41.16, 21.31) 1.16.35

214 Dave Edwards (19.44, 39.26, 23.04) 1.22.16

226 Jane Thomas (3rd Junior Lady) (14.22, 47.27, 21.33) 1.23.24. 361 finished. www.triferris.com

7 September, Cotswold Short triathlon (400 swim, 20k bike, 2.5k run).

1 Laurence Hughes (Team Tri) (5.58, 36.41, 9.50) 52.31

49 Clare Blampied (Cirencester) (12.32, 48.12, 12.07) 1.12.53. 57 finished. www.triferris.com

14 September, London Duathlon, Richmond Park. (10k run, 20k bike, 5k run).

1 Julien L'Homme (Oxford Tri) (31.16, 35.56, 16.04) 1.25.09

311 Mark Evans (Cirencester) (41.28, 40.14, 22.14) 1.47.25. 1,767 finished.

www.thelondonduathlon.com and photos on www.sportcam.net

14 September, Orca Classic Triathlon, Dorney Lake (1.5k swim, 40k bike, 10k run).

1 Jamie Hinton (20.15, 57.19, 39.04) 1.58.34

81 Bob Ferris (Cirencester) (26.44, 1.12.47, 46.05) 2.27.48. 388 finished. www.tri247.com

CROSS COUNTRY

The cross country season is nearly upon us. The club's main focus is once again on the Oxford League. This constitutes five races always held on the first Sunday of each month. For newer members – there are lots – this league is very much a team affair. There is no entry fee payable – the club pays a fee covering the whole season – and you do not need to enter in advance. Just turn up on the day with club vest and usually £1 for parking, then race. In the men's race each team comprises seven runners and in the women it is three to score. In both cases the more that run the better as the club can then finish A, B, C, D teams etc. The courses are usually muddy but great fun and there is always a really good atmosphere. Full results are always published on the league website by the evening of race day.

2 November, Oxford League at Ascott-u-Wychwood. A big turnout is needed for the first race of the winter to build momentum from the start. Ascott is just beyond Burford so is no great distance away. If going independently, take the A361 out of Burford towards Chipping Norton, then right onto the B4437, probably signposted to Ascott. The course is on the right of this road and there will probably be signs to the "XC" on a small right hand turn before reaching the village. The car park is in a field for which there is usually a £1 charge levied. The club erects a tent at the race so look out for lingering members in red & black congregating around the temporary HQ. If you have any problems please contact club captain Adrian Williams on 07703 188773 or adrian@dmfocus.co.uk. The women start at 11:10 and the men at 11:40. The course includes a water jump and a few hills. There should be a map to the race on the league website www.oxonxc.org. The rest of the fixtures are as follows:

7 December, Culham Park, nr Abingdon

4 January, venue to be arranged

1 February, Cirencester Park

1 March, Clanfield

The club is also affiliated to the Gloucestershire Cross Country League although the races are not seen as a priority, more an additional availability of off road racing if required. Therefore it is left to individuals to either enter in advance or on the day of the race. Races are all on Saturday afternoons and this winter's fixtures are as follows:

11 October, Bourton-on-the-Water

15 November, Blackbridge, Gloucester

13 December Plock Court, Gloucester

7 February 2009, Leamington Spa
For more details see www.glosaaa.org.uk

ANNUAL GENERAL MEETING

31 members attended the club's AGM at Cirencester Leisure Centre on 16 September. Unfortunately the three committee members who stood down at the end of the year just finished have not been replaced leaving the committee short on numbers. The officers of the club for the year ahead are as follows:

Chairman – Bob Ferris
Secretary – Dick Waldron
Treasurer – Colin O'Hare
Captain – Adrian Williams
Membership secretary – Clare Blampied
Junior section – Tim Collings
Committee member – Tony Curry

In addition David Edelsten had formally advised the committee in advance of the meeting that he will no longer be taking on the onerous task of Race Director of the Westonbirt 10km or Cirencester Park 10km races in 2009. He will continue for the time being to organise the Chedworth Roman '10'. The Chairman stated that this was a key role to fill and that volunteers would be needed. A vote of thanks was given to the superb job done by David Edelsten over the years at these club race promotions.

There was also a vote, which was sustained by a majority vote, to change the club name to Cirencester Athletics & Triathlon Club. The argument for this change being that people trying to source a triathlon club in the area might not realise that we cater for that discipline. It later transpired that this vote was invalid as the change had not been notified in advance of the meeting.

Dick Waldron advised that due to significant changes in relation to the infrastructure and regulations governing UK Athletics, all clubs must revisit their rules and constitution. He tabled a bound draft new Constitution for the AGM to review and approve. After some discussion it was decided that it was not feasible to ask members present to digest 14 pages of the draft booklet having not viewed it prior to the meeting. Therefore a Special General Meeting will be called at a time to be confirmed to run through and approve the Constitution. As some changes were highlighted at the meeting, not least the change in name of the club, another draft will be produced and circulated to all members before the Special General Meeting.

MISCELLANY

... as promised last month, here is an article written by Bob Ferris on the Germany 70.3 Half Ironman (see newsletter no. 57 for results):

"For those of you unfamiliar with triathlon, 70.3 represents the distance in miles you cover during the race. The race took place in the thermal spa town of Wiesbaden.

David Edwards and myself decided that it was a race worthy of our presence. Friends of mine (yes I do have some) in Cambridge recommended the race but warned us it was hilly, in my wisdom I decided that people from Cambridge don't know what a real hill looks like, was I wrong! The fact that the Wiesbaden wine festival coincided with the race had no bearing on our decision whatsoever.

So on the 6th August Dave, Sarah and their two children, Callum & Lucy plus Barnes and myself departed for Germany to start partying, I mean preparing. Dave was a little apprehensive due to his lack of run training (injury) plus he does not feel comfortable in the water. He would rather deal with a bunch of drunken yobs on a Saturday night than swim in open water (he's a policeman). On the bright side he was cycling very well and he also decided that he would be too knackered by the end of the bike to run anyway.

The swim (1900m) took place in Schiersteiner Hafen this is a marina off the river Rhine. It is an out and back swim with the swimmers being kept about 50m apart on the outward and return leg. With it being a marina there seemed to be no current so it was more like a lake swim rather than a river swim, the water temperature was 24c but wetsuits were still allowed, much to Mr. Edwards relief. With 2500 entries you start in a wave system. Pro men go first, then all the ladies right the way down to (I hate writing this bit) my start the men 50 – 70+.

Dave started 10 minutes in front of me and had a good swim, he described it as 49 minutes thinking I am going to drown and 1 minute of thinking I made it. The only start after us more senior athletes was the relay, the down side of this was you would have some out and out biker over take you going up hill faster than I can ride down the thing.

The bike course consisted of one 90km lap on closed roads through some spectacular countryside. The first 10 – 12k was flat but after that you seemed to be going up or down and in my case off. The first

hill was 8k in length, you kept approaching various bends where you are thinking that must be the top, only to discover it just keeps going. It was at this point that I learnt that some German words sound just like English words. During the race briefing we were told that once you reached 80k it was all down hill back in to Wiesbaden, needless to say you went passed the 80k mark and climbed for a good mile. The final approach in to Wiesbaden was one of the best race atmospheres I can remember experiencing, the noise gave you goose bumps, it made the London Marathon seem like Cirencester 10k.

The run section (21.1k) consisted of three 7k and a bit laps. You started with a 1k dog leg into town the rest of the course was through parks with one small section down the street, even the park sections were well supported but nothing like transition area or the town section. During each lap you were handed a different colour band to wear, this indicated which lap you were on. It's a real pig to see someone with all three bands when you only have one, but great when you have three and they only have one.

The temperature on the bike felt very comfortable (it was a cloudy day) but was a lot warmer and humid than I realized on the run, both Dave and myself found that this took a lot out of us on the run. At least I managed to stay upright during the run, which is more than can be said about my biking and just in case Barnes should read this I was not going too fast when I came off, well maybe just a little bit.

I managed to finish in just under six hours but the star of the show was Mr. Edwards who managed 6hrs 52mins 17secs and considering he has never done this distance before, plus very little run training and a fear of water (there is water in beer Dave), it was a very good performance. Mind you his comment to me at the end did sum up the day "[ed: expletive deleted] hell Ferris, that was hard". I could not agree more, I might even go back next year."

... our popular American member Bryan Reid will soon be moving to an airbase in Suffolk and, although he promises to visit the club regularly, he will be greatly missed for his contribution to Cirencester AC as a regular racer, including vital efforts in relays, and as a socialite in Somewhere Else on a Tuesday evening. For that reason we are planning to give Bryan a good send off on Sunday 2 November. Nothing has been formally organised yet but the plan is to meet at Somewhere Else at 7pm for a drink with the possibility of moving into town for some food later on. All members are welcome although note that Somewhere Else is currently occupying the premises of the former Marlborough Arms just around the corner whilst undergoing a major refurbishment. This is a good opportunity to remind all members that a good group meet at the pub after training on Tuesdays and all are welcome for a relaxing drink and some affable & convivial chat about anything from the toughness of the night's session to the state of the US economy and whether beer is good for running (the consensus being yes it seems!).

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

www.cirencester-ac.org.uk

David Wright

wrights@tesco.net

01285 641224 / 07816 664549