

CIRENCESTER A.C. Newsletter no. 59

27 October 2008

HEADLINES

- Wendy Nicholls 40th in World ½ Marathon Championships in Brazil.
- Adrian Williams seals club road running championship.
- Trudy Compton snatches ladies crown with final flourish.
- Promising performance by inexperienced ladies team in National Road Relays.
- Wendy Nicholls wins Stroud ½ Marathon.
- Oxford Cross Country League starts this Sunday.
- Annual dinner and awards evening on 29 November.

INTERNATIONAL RESULT

12 October, World ½ Marathon Championships, Rio de Janeiro. For the third successive year Wendy Nicholls was selected to compete for Great Britain in the World Championships, a magnificent achievement, this time in the exotic location of Brazil (next year the championships are in Birmingham!). Here is her report on an epic trip:

“Well it was a complete surprise to get selected for these championships; I didn’t run the qualifying race in Glasgow, choosing to run the Bristol Half instead and my season’s best was marginally outside the qualifying time. Although, I had raced lightly this summer I knew I was in pretty good shape so I sent back UKA’s acceptance letter and put in the best four weeks training that I’ve ever done. Much to my dismay UKA requested that I didn’t run the Bristol Half, so I opted to run the White Horse 5 mile race instead as a sharpener for Rio. The Bristol prize would have been £1,500 but I was very happy and contented with my Cadburys Chocolate Fingers from winning the White Horse 5.....NOT! That race and my training showed I was in good shape and I boarded the plane to Rio full of confidence and eager to put in a good performance for myself and team GB. Unfortunately, a full team wasn’t sent after Liz Yelling pulled out due to injury so the team consisted of me and Michelle Ross-Cope from Stoke AC. Once again UKA decided not to send a men’s team.

This was the third consecutive year that I’d been picked for these championships and because I hadn’t been 100% satisfied with the two previous performances, I intended to make up for it in Rio – 3rd time lucky and all that! Unfortunately, it was not to be. After three cool, breezy wet days the weather turned and on race morning it was hot, sunny and humid – not ideal race conditions for me! Standing on the start line towards the back I emptied a bottle of water over my head and shoulders to cool off. I started off relatively steady and by 5km I knew a PB was not going to happen and by 10km I was overheating and in trouble. I always had Michelle in my sights and other competitors were generally running slower than usual because of the conditions – I wasn’t the only one finding it tough! The course through Rio was spectacular and during the race I kept saying to myself ‘relax, ignore the heat and enjoy it!’ but that’s easier said than done. I ran the final few kilometers embarrassingly slow and I was so happy to see the finishing line. At the end I was violently sick and bitterly disappointed but I ran the best I could on the day and was very proud to be representing my country again.

The trip to this spectacular city was brilliant. All the athletes stayed at the beach front ‘Intercontinental Hotel’ and training consisted of early morning runs along a 1.5km long white sandy beach. On the first day there Lord Coe walked over and introduced himself. I had to try really hard to compose myself and not to get all tongue-tied. During my school days he was my sporting hero, so to actually meet him was a dream come true. He came across as a very pleasant guy, very witty and easy to talk to and by the end of the week we were on first name terms!

Rio is famous for the beautiful scenery and it didn’t disappoint one bit. The views from the top of ‘Christ the Redeemer’ and Sugar Loaf Mountain was breathtaking and ones that I will remember for a long time.

Next year Birmingham will be hosting the event. The course should be flat and fast and hopefully, the weather will be cool and ideal for running ... bring it on!”

1 Lorna Kiplagat (Netherlands) 1.08.37

40 Wendy Nicholls (Great Britain) 1.18.52. 60 finished. www.iaaf.org

ROAD AND MULTI TERRAIN RESULTS

27 September, White Horse 5 mile, Sandhurst, Gloucester.

Apologies to Wendy Nicholls for an error in this result as posted in the last newsletter. She finished second overall in the race in 27.15 not 28.15 as stated. The winner, Gary Hope from Severn, ran 26.34. www.severnac.co.uk

30 September, Bridge Inn 5km, Shortwood, nr Bristol.

1 Greg Halliwell (Yate) 16.07

76 Chris Riches (Cirencester) 21.48. 123 finished. www.bristolandwestac.org.uk

5 October, Cricklade 10k.

1 Gary O'Brien (Swindon) 34.25

2 David Wright (Cirencester, 1st V50) 35.00

3 Paul Barlow 35.33

39 Alice Thomas (4th lady) 44.14

110 Barbara Thomas 52.42. 245 finished. www.crickladefunrun.co.uk

5 October, Cricklade ½ Marathon.

1 Kevin Smith (Swindon) 1.17.38

105 Richard Kiessler (Cirencester) 1.45.57. 230 finished. www.crickladefunrun.co.uk

5 October, Great North Run ½ Marathon. Cirencester's sole representative in the country's largest race was 73 year old Bill Eaton.

1 Tsegey Kebede (Ethiopia) 59.45

36,435 Bill Eaton (Cirencester) 3.27.25. www.gnr.realbuzz.com

12 October, Chichester 10k. Club Championship race. Despite a rash of late withdrawals due to injuries and a GB vest in Rio, the club still managed more runners on the start line at Chichester than had been achieved at the last club race nearer to home at Witney. The race incorporated the English AAA Championships hence the very high standard. The captain produced a solid run after a leg problem had incapacitated him all week, and finally nailed the club championship for 2008. The real battle was amongst the ladies: both Trudy Compton and Yvonne Binks leapfrogged long time leader Alice Thomas with their runs. Both just missed gaining any bonus points for personal best times leaving Compton three points clear of Binks, with Thomas a further six points behind in third place going into the final event at Stroud. All to play for ...

1 Russell Dessair-Chin (Australia) 29.38

59 Adrian Williams (Cirencester) 34.09

169 Stephen Elverd 39.29

172 Tony Shelbourn (2nd V60) 39.31

255 Bryan Reid 42.09

261 Trudy Compton 42.16

869 Yvonne Binks 56.07. 1,244 finished. www.chichester10krace.org.uk

12 October, Swindon ½ Marathon.

1 Dave Roper (Cheltenham) 1.14.34

29 Adam Harborow (Cirencester) 1.26.46

637 Renata Sharp 1.57.13. 1,434 finished. www.swindonhalfmarathon.co.uk

12 October, Swindon m/t fun run. Although termed a fun run, which formed part of the Swindon ½ Marathon day, this was a proper race and is therefore worth recording in the newsletter. At first glance Martin Croucher's performance seems somewhat below par until the race photographs reveal all: he ran as Silvester, a comic book character by all accounts, as proved here, http://www3.marathon-photos.com/scripts/event_entry.py?job=Sports%2FCPUK%2F2008+Sports%2FSwindon+Half+Marathon&match=3126 at least his costume was in Cirencester colours!

1 Heath Bampton (Swindon) 29.57

19 Alice Thomas (Cirencester, 3rd lady) 36.41

26 Colin Tapley 38.53

60 Barbara Thomas 43.30

69 Martin Croucher 45.16. 294 finished. www.swindonhalfmarathon.co.uk

12 October, Mendip Muddle 20km m/t. Taken from race description: "*The route is tough (there is 420m of climb), but very interesting, set in some of the finest scenery in the West Country. There are Roman lead mines, underground rivers, a nature reserve, open moorland, potholes, an ancient rabbit warren, an Iron Age fort, deciduous and conifer forest, and prehistoric tumuli.*" See also miscellany below for more on Keith Firkin's adventures around the country.

1 Richard Phillips (Serpentine) 1.23.52

16 Keith Firkin (Cirencester) 1.38.07. 279 finished. www.westonac.co.uk

18 October, National 4 stage women's relays, Sutton Park, Birmingham (4 x 4.315km). A weakened team compared to the Midlands Relays a few weeks earlier but great to see that the three teenagers who competed in both events all raised their game for the National and ran considerably faster than before. Unfortunately, despite qualifying the men's team were unable to compete due to the ravages of multiple injuries.

1 Aldershot 57.24

69 Cirencester 1.14.54 – number in brackets position after each stage

Jenny Manners 17.33 (78)

Jane Thomas 18.03 (69)

Barbara Thomas 21.18 (77)

Alice Thomas 18.00 (69)

100 teams started and 81 finished. www.race-results.co.uk

19 October, Leicester Marathon. Taking a leaf out of Stephen Elverd's book from last year's club championship, crafty Trudy Compton went up to Leicester for some points to solidify her chances in the club's road race championship. A very fine 3h 34m later she not only virtually guaranteed her first title but was also within four minutes of the club FV40 marathon record. Hard to deny victory to somebody with this determination – well done Trudy!

1 Steve Bateson (East Hull Harriers) 2.31.32

144 Trudy Compton (Cirencester, 12th lady) 3.34.52

465 finished. www.leicestermarathon.org.uk

19 October, Abingdon Marathon. Another solid effort from the super consistent Terry Ranger.

1 Steven Neil (Pudsey & Bramley) 2.32.25

315 Terry Ranger (Cirencester) 3.41.43. 647 finished. www.abingdonamblers.co.uk

19 October, Dartmoor Vale Marathon. Rupert Chesmore reports:

"The Dartmoor Vale Marathon could tick all the boxes for a suitable club outing. Only two hours down the M5, a 10k, half and a full marathon, all based on Newton Abbott Racecourse, good organisation, numerous marshals, mementoes, what could go wrong? Best read the route description: 'undulating'. A Q-shaped course with one lap for the half and two for the full marathon but throw in at least six Big Berthas per lap for entertainment and bang goes any chance of a PB. One hill alone was 2/3rd mile long of BB's gradient with a camera crew at the top. The downhill parts were into a stiff breeze so no chance of catch-up either. Part was on B-roads the rest on very rural lanes and flurries of sweet chestnuts falling from the trees made you want to 'keep up the pace'. Number two son drew the short straw (and early start) with his bike to offer support and he was able to criss-cross the route and appear at suitable gateways to provide toffees, jelly babies and encouragement especially when the runners thinned out on the second lap. Not an event to revisit but certainly a good work out if you are into more extreme things, and certainly more interesting and panoramic than Abingdon which was held on the same day."

1 Alan Ryder (Erme Valley) 2.48.39

77 Rupert Chesmore (Cirencester) 4.22.14. 108 finished. www.dmvmarathon.org.uk

19 October, Cabbage Patch 10m, Twickenham. From the editor: revisiting old haunts, I knew I was ready to get back under the hour after many years of injury and frustration – the mantra a reminiscing Bob Ferris and I have oft repeated on Sunday morning training runs: if it's an hour it must be 10 miles! – and I was not disappointed. Despite wet & windy conditions there were plenty of others to work off on a scenic course that hugs the River Thames between Twickenham, Kingston & Richmond. The resultant time, ranked 5th in the country in 2008 at V50, helped take the gloss off the fact that a 55 year old had beaten me: the phenomenal Martin Rees from Neath, who won the Bourton 10km outright last year, finishing 4th overall in 53.21, a new V55 world record, his sixth at various distances. Mmm, now there's a thought ... take another 3 minutes off my time in just over 3 years and I've got a world record ... that would show those young upstarts Nicholls & Illman a thing or two! There would be a barrel of beer on the counter at Somewhere Else that Tuesday evening for sure. Reality is, of course, that the 3 minutes and more will go in the opposite direction as senility sets in. Oh well, worth dreaming. The overall winners – literally in terms of the leading man – won £600 each whilst the rest of the prize winners won ... a cabbage.

1 Scott Overall (Blackheath) 48.28

16 David Wright (Cirencester, 1st V50) 56.24 – club V50 record

1,482 finished. www.cabbagepatch10.com (race no 1399 for photos).

26 October, Stroud ½ Marathon. Club Championship race. On a damp but warm morning, Trudy Compton, fresh from her marathon seven days earlier, did what was necessary to come home victorious in the ladies road running club championship. Ushered home by new club V55 record holder Bob Ferris, Compton only had to finish to ensure victory and join the injured Adrian Williams on the podium for 2008. Elsewhere there were some big personal best times from Jon Young and Mark Langman, with Stephen Elverd, Tony Shelbourn (with another age group best) and Richard Kiessler all also bettering their previous club marks. Shelbourn also had the dubious pleasure of being announced as the winner of the Female V60 award! The editor, with another age group best, gallantly let Wendy Nicholls finish ahead of him – if truth be known there was never going to be a contest with 400 to go, even with an errant car almost carving Nicholls in two – to easily win the £500 first lady prize.

1 Neil Renault (Long Eaton) 1.05.25 (chip time 1.05.25)
19 Wendy Nicholls (Cirencester, 1st lady / FV35) 1.15.16 (1.15.14)
20 David Wright (1st V50) 1.15.21 (1.15.18) – club V50 record
110 Stephen Elverd 1.25.13 (1.25.08)
187 Jon Young 1.29.37 (1.29.31)
189 Tony Shelbourn (2nd V60) 1.29.41 (1.29.11) – club V60 record
214 Mark Sysum 1.30.35 (1.30.28)
269 Mark Langman 1.33.04 (1.32.47)
272 Martin Croucher 1.33.10 (1.32.54)
284 Nicola Denning 1.33.52 (1.33.36)
376 Trudy Compton 1.37.40 (1.37.00)
377 Bob Ferris 1.37.42 (1.37.04) – club V55 record
525 Kim Withycombe 1.42.32 (1.42.07)
534 Richard Kiessler 1.42.48 (1.41.29)
538 Chris Riches 1.43.01 (1.41.49)
1160 Yvonne Binks 2.02.06 (2.00.20). 1,642 finished. www.stroudac.org.uk plus photos on www.photo-fit.net

ROAD / MULTI-TERRAIN FIXTURES (Sunday unless stated)

2 November, Tewkesbury 5m www.tewkesburyac.co.uk
9 November, Sodbury Slog 9m m/t. Entries closed. www.sodburyslog.co.uk
30 November, Eynsham 10km. www.eynshamroadrunners.org.uk
25 January 2009, Slaughterford 9m m/t, nr Corsham. Another popular off roader with entries always closing early. www.chippenhamharriers.co.uk

ROAD RACE CHAMPIONSHIP 2008

With captain Adrian Williams always in control of the men's championship thanks to some fantastic personal best times through the year, recent attention has focused on the battle for honours amongst the ladies. With a month to go it was any one of three ladies in with a chance with teenager Alice Thomas heading veterans Trudy Compton and early season leader Yvonne Binks. Despite a great effort by Binks, including trekking down to Chichester and garnering maximum bonus points yesterday at Stroud, the indefatigable Compton ran Chichester 10k, Leicester Marathon and Stroud on consecutive weekends to come home the winner. A great season and well done to all participants. The next championship will start in February 2009 at Bourton for the super fast 10km. Look out for entry forms for this popular race, they usually come out in late November. Unofficial scores subject to final scrutiny:

Men

Adrian Williams 196pts,

Bill Leggate 160pts,

Stephen Elverd 149pts,

David Wright 136, Tony Shelbourn 134, Marc Fallows 129, Chris Illman 128, Martin Croucher 110, Bryan Reid 102, Adam Harborow 100, Jon Young 95, Dick Waldron 88, Mark Langman 66, Dorian Matts 59, Paul Barlow 58, Bob Ferris 47, David Edelsten 43, Ian Pople 38, Martin Denning 31, Darren Dent 27, Chris Riches 24, Robbie Brown 22, Andy Bradley & Terry Ranger 18, Wallace Ascham & Joe Barrowclough 17, Alastair McKeeman, Mark Sysum & Keith Firkin 16, James Burgess 15, David Freer & Mark Evans 14, Chris Brough, Chris Goldie, & Jim Fallon 13, Rupert Chesmore & Richard Kiessler 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

Trudy Compton 176pts,

Yvonne Binks 145pts,

Alice Thomas 122pts,

Wendy Nicholls 102, Nicola Denning 98, Jane Wassell 97, Barbara Thomas 87, Christina See & Jane Stevens 74, Jane Thomas 59, Carol Clarke 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.

CROSS COUNTRY RESULTS

11 October, Gloucester League, Cotswold Farm Park, Guiting Power, nr Bourton-on-the-Water. A tough new course and somewhat overdistance looking at times. Good runs from both club participants.

Ladies:

1 Steph Lane (Bourton) 25.57

39 Jane Thomas (Cirencester, 4th junior) 32.01. 94 finished.

Men:

1 Julian Emery (Clevedon) 40.27

14 Paul Barlow (Cirencester) 46.04. 162 finished. www.glosaaa.org.uk

25 October, Birmingham Cross Challenge, Senneleys Park. Fine run by Marc Fallows in high quality race incorporated within the Birmingham League.

1 Jean Ndayisenga (Birchfield) 31.33

67 Marc Fallows (Cirencester) 35.06. 641 finished. www.race-results.co.uk

CROSS COUNTRY FIXTURES

2 November, Oxford League at Ascott-u-Wychwood. This Sunday sees the first of the Oxford League fixtures and the men are defending champions. 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. There is a full timetable of junior age group races before 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.

7 December, Culham Park, nr Abingdon. Culham Park is located off the A415 between Abingdon and Clifton Hampden. From Abingdon take the A415 east and turn left at the sign for Culham No.1 site (this is the first turning before Culham Science park). There is a £2 car park charge. The women start at 11:10 and the men at 11:40. The course is very spectacular with some grassy footpaths along a flat towpath, countered by a series of roller coaster muddy climbs and drops. Great for spectators too!

4 January, venue to be arranged

1 February, Cirencester Park

1 March, Clanfield

Further Glos league fixtures:

15 November, Blackbridge, Gloucester

13 December Plock Court, Gloucester

7 February 2009, Leamington Spa

TRIATHLON RESULT

5 October, Barcelona Triathlon (1,500m swim, 40km bike, 10km run).

Nicola & Martin Denning competed, here is Martin's report:

"Fly and tri, a trip to Barcelona. As two oversize bags squeezed into the x-ray machine at Heathrow, there seemed little point worrying further, if all else failed and the bikes failed to arrive or were crushed beyond all recognition, we could have a weekend on the beach. We had a while to reflect on the year that had brought us to Heathrow; injuries that had taken months to overcome, a lack of proper training, recovering race pace and finally a mad-cap scheme hatched over a glass of wine one late summer evening. "Oh look, the Barcelona tri in October only costs 54 Euros to enter, that's half the price of London." I said "We could go for our wedding anniversary!" Nicola quickly called the double bluff, entries were made and a couple of weeks later everything was in place for a weekend away.

We had booked a hotel on the sea front, opposite the race HQ and about 1 mile north of the Olympic village. Ever ready for a challenge, we set about catching the train from the airport to the city centre and then the Metro out to the hotel. The plan was doomed to failure so for future reference I recommend a large taxi for 40 Euros.

Saturday morning arrived and we strolled along the central promenade to registration to be met by a queue that must have been 200 deep. Further investigation revealed that this queue was for wetsuit hire so within 5 minutes we were registered and scouring the very limited Expo for essentials. We spent a few minutes imagining how transition would be set-up for Sunday and checked the beach for

swim-start and run-in. We both have to admit to being slightly surprised at the choice of beach, perfectly clean, a shallow slope, fine sand and gentle breakers – but we were the only two people who were not as nature intended.

A couple of hours of bike re-build back in the hotel room and a test ride before lunch revealed everything was working well with a minimum of fettling. Time for some sight-seeing. Barcelona seemed to be a city that did not wow with first impressions, more enclosed than London or Paris and work in progress rather than a work of art, but I suspect it has strength in depth that we did not have time to properly explore. In the evening we took the Metro to the Olympic village which housed a good choice of restaurants nestled around the modern marina.

Early Sunday morning and no time to wait for hotel breakfast, so bikes and kit packed and a short ride across to a chilly transition. The morning revealed a well set out transition area in the centre of the athletics track with well signposted entries & exits. The bike & helmet check into transition revealed a cross-national issue as most of the UK entrants turned up with tri-bars fitted, but the race rules allowed drafting and this required road race bars. Faced with a mounting number of "illegal" bikes the organisers were forced to let everyone through with the comment that "you will be disqualified from racing" – as if we intended to win! The numbered racking was already filling at 8am, although it quickly became obvious that the 1st wave hadn't gone. An announcement in Spanish and much later English revealed an hour's delay to reset the swim course buoys after some rough overnight weather. This schedule seemed to change throughout the morning without further announcement as the organisers raced to finish before the roads re-opened. The general atmosphere was friendly and multi-national with plenty of people willing to offer help and advice if required. There was a mix of swim outfits from Speedos for the brave minority, to shorties and full wetsuits for the majority. Arriving at the start just in time to hear a brought forward 2 minute warning, meant going in at the back. A couple of large breakers to wade through and into a wave of 300 swimmers. Starting out of position meant that it was a boisterous start, with a couple of hearty leg tugs from behind, plenty of foot tapping ahead and a rogue arm knocking water into the goggles. Everything settled down past the first buoy of the 2 lap, triangular course, although the slight swell and sun made sighting the buoys extremely difficult – just hope that the person in front is going the right way. The swim flew past; time to kick the legs to the shore, swimming as far as possible up to the beach. Out of the surf and onto the beach, up a short ramp and across the promenade to transition, pulling arms and torso out of the suit. As usual, the wet-suit required an enormous effort to peel off and the legs started to hint of cramp. Bikes shoes on, helmet, glasses, number, bike and run for the exit.

The bike course was an attractive two lap route around the city, flat with some sweeping turns and a number of tight 180° about-turns. It was excellently organised and marshalled given the city location and number of junctions that needed closing. The roads were mostly fast and smooth, 28–30mph was possible on the flat when you could pick up a faster rider or group to draft. The route was a little disorientating due to the number of turns and it was necessary to keep an eye on the distance to make sure that the 2nd gel pack went down and the juice was drained before 2nd transition. The well matted & grass transition area was ideal for bare-foot running to ditch the bike. The run was a flat, 3 lap course to the Olympic village and back, but the late start meant that the temperature was up and even the sea breeze did little to help keep cool. The route started to get busy as the sprint and super-sprint competitors caught up, but on mostly wide promenades there was plenty of room to negotiate a path through. Finally, a trademark finishing sprint to the "whoops and hollers" of the massed crowd to be greeted with a medal and water. The water stations along the run route struggled to keep up and the finish was a huge bottle-neck but overall probably the most enjoyable tri that we have done to date.

The local sea-front cafes were busy, but close, good value and with a good turnover of tables. So time for a well deserved bite to eat and beer, before heading back to the hotel to pack the bikes. The journey from the room to the lobby with the bikes convinced us that a taxi to the airport was the right decision and soon we were sat in the Iberia lounge with a glass of fizzy reflecting on a tiring but rewarding weekend. Results were available on the website by Monday lunch-time, revealing that the standard was more consistently high than generally encountered in the UK. The winner averaged 39s per 50M swim, 26mph on the bike and then ran sub 32min for 10k. We both finished about a third of the way down the respective male & female fields.

Top Tips: get to know your local plumbers' merchant as large diameter pipe insulation might just save the bike frame; public transport is not designed for carrying bike bags; no need for trunks on the beach on Saturday; don't rely on finding somebody at the event with a decent pump; don't expect to buy food at the venue; if you want a relaxed trip stay for an extra day and finally don't throw the car park ticket away."

1 Ivan Raña Fuentes (Spain) (19.18, 56.43, 31.56) 1.50.54

264 Martin Denning (Cirencester) (28.59, 1.05.57, 42.34) 2.23.36

632 Nicola Denning (35.13, 1.19.20, 43.15) 2.44.10

892 finished. www.barcelonatriathlon.com

12 October, Hawaii Ironman (3.8km swim, 180km bike, 42km run). Former member Cathy Cook achieved her ambition by qualifying for and competing in the famous Hawaii Ironman. Just five weeks after her qualifying race she performed extremely well in tough – hot, windy – conditions.

1 Craig Alexander (Australia) (51.43, 4.37.19, 2.45.01) 8.17.45

959 Cathy Cook (1.09.12, 6.31.33, 3.36.37) 11.26.49. 1,636 finished. www.ironman.com

DUATHLON NEWS & FIXTURES

Second claim member Dave Roper, a regular attendee at Tuesday night club sessions, won the World Duathlon (running & cycling) 20-24 age group gold medal at the recent championships in Rimini, Italy. The Cirencester connection also involved another member, Dave Newport, who was the GB team manager for the event. www.tri247.com

The next Cirencester Park off road duathlon will take place on Sunday 16 November. This event consists of 2 mile run, 10 mile bike, 2 mile run (or 1-5-1 novice / youth event), all off road. For regulars please note that this year there is a new two lap bike course. More details on www.triferris.com

JUNIORS

The newsletter tends not to give much information out in relation to the junior section of the club. Periodically, however, it is important to flag up this vital cog in the Cirencester AC wheel. Under the control of Colin Tapley and Tim Collings the juniors meet every Wednesday evening at Kingshill School and the youngsters take part in a number of events. For example in the last few weeks 10 year olds Hannah Tapley and Elisha Kell have taken part in two Fun Runs finishing 1st & 2nd U16 at Longworth and 3rd & 4th U16 at Cricklade where Sarah Kiessler was not far behind either. The juniors have their own newsletter and website www.cirenhares.co.uk which can be accessed via the club's main site. It is to be hoped that there will, as ever, be a good turnout of the juniors in the Oxford League starting on 2 November.

NEW MEMBERS

Neville Prinsloos, Ben Rosedale, John Evans, Mark Sysum (excellent club debut at Stroud ½) John Milloy and Matt Shannon have all joined Cirencester AC recently and one or two more are in the process of signing the forms. Welcome to all.

EXTRAORDINARY GENERAL MEETING

As stated in the last newsletter, it was agreed at the club's AGM in September that a separate meeting would need to be called to discuss and ratify the proposed new Constitution of the club following significant changes in relation to the infrastructure and regulations governing UK Athletics. This meeting will be held at Cirencester Leisure Centre on Tuesday 18 November at 8pm.

ANNUAL CLUB DINNER

The club's annual dinner and awards evening will this year be held at The Stratton House Hotel in Cirencester on Saturday 29 November. Price is £30 per head, which includes some wine on the table and, of course, the disco afterwards. Lynn Ferris and Trudy Compton are organising this year's event but Lynn is now away on holiday for three weeks and Trudy is working in Dorset. For more information or to book your places in their absence see Yvonne Binks or Linda Greening on Tuesday evenings. When booking, please choose from the following menu:

Starters: Creamed Leek & Potato Soup; Chicken Liver Parfait with Plum & Apple Chutney; Prawn & Crayfish Salad with Lime Mayonnaise; Roasted Mediterranean Vegetable Terrine with Dressed Leaves.

Main course: Roast Turkey with Chestnut & Cranberry Stuffing, Chipolata and Gravy; Braised Beef with Red Wine, Button Mushroom and Baby Onion Sauce; Fillet of Salmon, Dressed with Lemon & Dill Yoghourt; Vegetable Wellington with White Wine & Herb Sauce.

Sweet: Christmas Pudding with Brandy Sauce; Fruits of the Forest Cheesecake; Profiteroles with Chocolate Sauce.

MISCELLANY

... as alluded to last time, Bryan Reid is moving to Suffolk via a trip home to the USA. To celebrate his time with us we are hoping to give him a good send off next Sunday, 2 November. All are welcome for a drink at the Marlborough Arms (a pub that is being used by Somewhere Else whilst their

premises are being refurbished) at 7pm. Anyone interested is then welcome to join Bryan for a curry in town. This is a great opportunity to introduce some social activity within the club as well as to wish Bryan Bon Voyage, so please turn up and enjoy the experience.

... following a previously cancelled effort, the club's ultra runner Rupert Chesmore is at long last about to embark on his long awaited special run, as he explains: *"Following the success (?) of Dartmoor [ed: see results section] I am going ahead with my 100 miler on November 15/16. Starting at 9am on the Saturday I am going to run from Winstone to Sapperton and back 10 times (GPS measured). Anyone is welcome to join in at any time. Provided I get the signs from Dave Edelsten, it should all be marked as well. My office here at Winstone is the base/HQ and will be arrowed off the A417 at the Highwayman junction (the pub with the stagecoach in the car park). Anyone wanting to run at night please wear something reflective. It should take 24-26 hrs and any donations/contributions are going to Liza's Ethiopian charities. Whoever answers my mobile (07973-159218) on the day/night will be able to tell you which end of the loop I am. Look forward to seeing anyone at any time whether on foot or a bike."* This is a daunting task for Rupert and he would clearly love to see as many members as possible not only come down but also join in for a short run with him so please give him some support. He advises that the 3am slot is proving very popular so far!

... Rupert definitely has a new rival for the club's ultra distance guru. In recent weeks Keith Firkin has competed in some tough long distance, off road & fell races as follows:

Stretton Skyline (18 miles, 4,500ft climbing), 33rd in 3:18:12

Back Forest (17 miles, 5,200ft), 33rd in 3:59:00

Grin 'n' Bear (15 miles, 1,900ft), 22nd in 2:35:30 – then the next day (!) ...

Moors & Tors (20 miles, 3,700ft), 27th in 3:58:23

Mendip Muddle (20km, 1,400ft), 16th 1.38.07 (see results above)

Hogweed Muggle (15½ miles, 1,300ft), 10th in 2:12:59

There is [relative] sense in all this madness; at the start of November Keith is off to run in the Himalayan 100 mile stage race held over five days, the third of which incorporates the Mount Everest Challenge Marathon. See www.himalayan.com for more details and hopefully see next newsletter for Keith's report.

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