

CIRENCESTER A.C. Newsletter no. 60

27 November 2008

HEADLINES

- Men & women finish fourth in first Oxford League fixture, Marc Fallows second in men's race.
- Wendy Nicholls wins Tewkesbury '5' in new course record.
- Trudy Compton, Yvonne Binks, Tony Shelbourn & David Wright win county age group road race championships.
- Nicholls, Wright & Adrian Williams selected to run for Gloucestershire in South West Road Championships – Nicholls wins ladies race.
- Keith Firkin & Rupert Chesmore complete very different 100 milers.
- Fallows makes top three in competitive Gloucestershire league.
- Club dinner & awards evening this Saturday at Stratton House Hotel.

CROSS COUNTRY RESULTS

2 November, Oxford League at Ascott-u-Wychwood. With so many out injured and others running at Tewkesbury in a bid to secure county road titles, this was always going to be a difficult day at the office. Amongst the youngsters, run of the day was Rhian Gardner's fine second place in the U11 girls race. Only three ladies made the start line for the club, which was very disappointing, but they ran well to secure fourth place on the day. Jane Thomas, still only 17, had a storming run to be first U20 home, this was a real breakthrough for someone who has been promising much in recent times. Hopefully the youngsters can get some more support in the later fixtures.

The men struggled in their first fixture as defending champions but thanks to some cajoling by captain Adrian Williams a decent squad was mustered. Marc Fallows achieved his best ever position of second, Williams just missed out on his top 10 target with another good run and Paul Barlow defied lack of sleep following the birth of his new daughter just two days earlier, to help the team out, fantastic loyalty to the cause. With Charles Woodd making one of his rare but very welcome appearances and Messrs Brown, Harborow & Elverd revelling in Ascott's mud & hills, a very decent fourth place was secured and with a points score that keeps the club in contact with the leaders. Bill Leggate took some photographs at the race and they can be viewed on the club's photo website: enter www.snapfish.co.uk

U11 Girls: 2 Rhian Gardner 3.50, 9 Emily Moss 4.04, 21 Hannah Tapley 4.22, 24 Elisha Kell 4.25, 31 Alice Moss 4.38.

U11 Boys: 3 Alex Chantler 3.35, 15 Casey Fallows 3.56, 23 James Chantler 4.07, 39 Callum Fallows 4.42.

U15/17 Girls: 21 Rebecca Oates (U15) 16.33.

Women:

1 Rachel Elliott (Team Kennet) 19.40

12 Jane Thomas (Cirencester, 1st U20) 21.52

27 Alice Thomas 23.12

46 Rhiannon Brown 24.58. 121 finished.

Teams (3 to score): 1 Team Kennet 17pts, 4 Cirencester 85.

Men:

1 Steve Kimber (Headington) 30.41

2 Marc Fallows (Cirencester) 31.34

11 Adrian Williams 32.25

16 Charles Woodd 32.53

32 Paul Barlow 34.20

48 Robbie Brown 35.46

79 Adam Harborow 37.23

119 Stephen Elverd 39.21

165 Dorian Matts 41.40

197 Chris Riches 44.50

242 Brian Barrowclough 53.00

245 Michael Thomas 56.15. 248 finished.

Teams (7 to score): Div 1, 1 Headington 125pts, 4 Cirencester 307; Div 3, 1 St Edwards School 491pts, 17 Cirencester 'B' 1,596. www.oxonxc.org.

15 November, Gloucester League, Blackbridge, Gloucester. A fine run from Marc Fallows in a top quality field. Just a day after an excellent third place in a major schools race, Jane Thomas continued her recent impressive form and is rapidly becoming a competitive athlete as she closes in on her 18th birthday.

Ladies:

1 Sue Harrison (Leamington) 23.40
18 Jane Thomas (Cirencester, 3rd junior) 28.34
89 Christina See 38.36. 98 finished.

Men:

1 Josh Lilly (Severn) 30.41
3 Marc Fallows (Cirencester) 32.19
16 Paul Barlow 34.11. 175 finished. www.glosaaa.org.uk

ROAD AND MULTI TERRAIN RESULTS

2 November, Tewkesbury 5m. Wendy Nicholls demolished the existing course record despite cold, windy conditions. With Tony Shelbourn (V60) and Yvonne Binks (FV60) already secure in age group gold medal positions in the Glos County Road Race Series it was left to David Wright (V50) and a resurgent Trudy Compton (FV40) to grind out enough points to join them. They both succeeded with Compton coming from nowhere in the rankings until the last two races and just pip her two main rivals.

1 Mike Cadman (Bournville) 25.58
5 Wendy Nicholls (Cirencester, 1st lady) 27.35 – course record
7 David Wright (1st V50) 27.44 – club V50 record
48 Tony Shelbourn (2nd V60) 32.02
59 Bryan Reid 32.33
97 Trudy Compton 34.31
203 Barbara Thomas 40.45
234 Jane Stevens 43.01
283 Christina See 47.07. 328 finished. www.tewkesburyac.co.uk plus photos on www.yourraceday.co.uk

5 November, Algarve Challenge, Portugal: 8km xc Bill Leggate booked this competitive running trip before unfortunately getting himself injured. He manfully got through three of the four races but missed the last event, a 10 miler. The day after he returned to Blighty his worst fears were confirmed when an x-ray and MRI scan revealed a stress fracture in his shin.

1 Dave Mansbridge (Telford) 30.11
5 Bill Leggate (Cirencester) 34.17

5 November, Algarve Challenge, Portugal: 1 mile track

1 Dave Mansbridge (Telford) 5.10
4 Bill Leggate (Cirencester) 5.25

5 November, Algarve Challenge, Portugal: 6.5km beach

1 Dave Mansbridge (Telford) 24.34
4 Bill Leggate (Cirencester) 25.14

9 November, Wiltshire 10km, inc South West Championship, Chippenham. England Athletics put on regional road races as an extra tier of competition to be used as stepping stones to national level events. This race was one such event and was incorporated into the Wiltshire 10km. County teams from Cornwall, Devon, Somerset, Avon, Dorset, Wiltshire & Gloucestershire were invited. On a wild, windy morning and on a course more suited to mountain goats, Wendy Nicholls led home the county ladies team to gold medals with a comfortable win. Due to a late withdrawal, Alice Thomas, at the race anyway, was drafted in as a late replacement for the county to cover for any problems befalling the leading three runners. As a consequence she walked away with an England Athletics South West region gold medal as all team members were so rewarded. Adrian Williams had a good tussle with two county team mates, Alistair Lockey from Bourton and Jon Norris from Cheltenham (Jon is also a second claimer for Cirencester, so Adrian probably spent most of the run trying to persuade Jon to run in the next Oxford League race!), with Lockey just prevailing. David Wright was fourth man home (of six) to close the team in, frustratingly just out of the medals. The county team manager, the ubiquitous Norm Lane from Bourton, took great pleasure afterwards in telling the fifth man home for the county that at 17 he was a third of Mr Wright's age!

1 Simon Plummer (Woodford Green / Wiltshire) 31.45
14 Adrian Williams (Cirencester / Gloucestershire) 35.05
20 Wendy Nicholls (1st lady / FV35) 35.53
21 David Wright (1st V50) 36.00

86 Alice Thomas 45.17

149 Barbara Thomas 53.11. 206 finished.

Teams: Men (4 to score) 1 Devon, 4 Gloucestershire, Women (3 to score) 1 Gloucestershire.

www.wiltshire-athletics.org.uk

9 November, Sodbury Slog 9m m/t. Lots of lovely mud!

1 Owain Jones (Salomon) 58.08

111 Stephen Elverd (Cirencester) 1.19.26

823 Christina See 2.07.09. 1,024 finished. www.sodburyslog.co.uk

9 November, Phoenix, Arizona 10km, USA. Just a few days after receiving a fine send off from the club over a few beers and a curry, Bryan Reid turned out in the desert heat of Arizona.

1 Andrew Lemoncello (Flagstaff / UK) 30.33

67 Bryan Reid (Surprise, Arizona / Cirencester) 41.45. 2,162 finished.

25 November, Bridge Inn 5km, Shortwood, nr Bristol. An excellent return to racing for Justin Nicholls after a long lay off.

1 Dan Moore (Bristol & West) 15.31

13 Wendy Nicholls (Cirencester, 1st lady) 17.00

19 Justin Nicholls 17.48

42 Keith Firkin 19.11

71 Chris Riches (3rd V55) 20.54. 117 finished. www.bristolandwestac.org.uk

CROSS COUNTRY FIXTURES

Oxford League www.oxonxc.org :

7 December, Culham Park, nr Abingdon. A really good turnout is needed for this fixture from both men & women. 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! Contact club captain Adrian Williams for any more information on 07703 188773 or adrian@dmfocus.co.uk .

4 January, Drayton School, Banbury

1 February, Cirencester Park

1 March, Clanfield

Gloucestershire league www.glosaaa.org.uk :

13 December Plock Court, Gloucester

7 February 2009, Leamington Spa

Championship races:

10 January, 2009, County Championships, Tewkesbury www.glosaaa.org.uk

24 January, Midlands Championships, Mansfield www.midlandathletics.org.uk

ROAD / MULTI-TERRAIN FIXTURES (Sunday unless stated)

30 November, Eynsham 10km. www.eynshamroadrunners.org.uk

27 December (Saturday), Pilot Inn '4' miles, Hardwick nr Gloucester www.severnac.co.uk

1 January 2009 (Thursday), Pilot Inn '5' miles, Hardwick nr Gloucester at 11:30 www.severnac.co.uk

4 January, Gloucester '10', Quedgley, at 10:30. County series race. www.gloucesterac.co.uk

25 January, Linda Franks 4.2m at 11:00. Sketchy details so far but apparently part of county race series for 2009. www.almostathletes.org.uk

25 January, Gloucester Marathon, Quedgley, at 11:00. www.beyondthelimitations.co.uk

25 January, Slaughterford 9m m/t, nr Corsham. Another popular off roader with entries always closing early. www.chippenhamharriers.co.uk

22 February, Bourton-on-the-Water 10km. **Club championship event.** This is one of the fastest courses in the country and as a consequence one of the most popular races. Entry forms have not yet been issued but keep an eye out for them on www.bourtonroadrunners.co.uk and then enter promptly as the race is likely to be full very early in the new year. Some forms will be put on the club's noticeboard at the leisure centre.

GLOUCESTERSHIRE COUNTY ROAD RACE CHAMPIONSHIP 2008

This championship is open to all clubs in Gloucestershire and is run on similar lines to our own road series with best eight from 12 races through the year counting towards the final scores. In 2008 Cirencester managed four age group winners as follows:

FV40 Trudy Compton

FV50 Yvonne Binks
V50 David Wright
V60 Tony Shelbourn

The trophies were awarded at a reception in Gloucester on 19 November where a special award was also made to Fred Robson for his participation in the series at 78 years of age. Full results and more detail on www.runnerduck.co.uk/running where the first few races of the 2009 championship can also be viewed.

LONDON MARATHON

As usual the club has received three guaranteed entries for the 2009 London Marathon. Priority for these sought after numbers will be given to members who have had their original entry returned from the initial race ballot. It appears that this year there may not be many so anybody else interested in entering may also have a chance of a place. Please contact club secretary Dick Waldron on richard.waldron5@btopenworld.com by Friday 12 December if you would like a place. A ballot will then take place at club training on Tuesday 16 December and the successful applicants will be advised to start training!

DUATHLON RESULT

16 November, Cirencester Park off road duathlon. A fine club debut for Ben Rosedale in this local fixture organised by Kev & Lorraine Ferris. Alice Thomas won the novice race. The new bike course was deemed to be a great success by all apart from an unfortunate competitor from Reading who fell off and broke his leg.

Main race (2 mile run, 10 mile bike, 2 mile run):

1 James Turner (14.02, 42.15, 15.30) 1.13.25

18 Ben Rosedale (Cirencester) (15.30, 47.38, 15.36) 1.20.23

37 Mark Evans (17.11, 47.02, 17.56) 1.24.46

159 Chris Goldie (19.32, 1.04.52, 20.44) 1.47.05. 188 finished.

Novice race (1 mile run, 5 mile bike, 1 mile run):

1 Nick Browning (7.33, 22.37, 8.29) 40.20

6 Alice Thomas (Cirencester, 1st lady) (8.50, 27.25, 9.00) 46.33

19 Rebecca Oates (9.09, 30.39, 9.41) 50.54. 62 finished. www.triferris.com with photos on www.dephoto.co.uk

100 MILER No. 1

3 to 7 November, Himalayan 100 mile stage race. Keith Firkin was our man in the mountains:

"So it's over, I surely could not have run any quicker & definitely, in places, not been slower. Even now the memory of the first day's running adventure is starting to fade along with the emotions, but before a step was taken you have to get to the start line ...

Arriving at Terminal 5 & still with my luggage was a simple enough task but as I walked through the revolving doors my mind decided to test my mental nerve. "Are you sure about this?" Now having given the mental preparation as little thought as possible, to avoid such a moment was neigh on impossible - still I did what any self respecting runner does and just kept taking another step forward. Arriving at the hotel in Delhi in the early hours of the morning, I discovered I was sharing a room with a fellow competitor who had been safely tucked up until my gentle tapping awoke him. How can you get to know someone in 30secs whilst undressing for bed three feet from them? You cant! I spent the little that remained of the night more awake than alive. The adventure had begun.

The following day was spent travelling onward to our base camp in the Himalayan foothills. During this time some 30 oddballs spent many an hour asking questions about locations, running habits & pretty polite stuff - this was the one & only time. So with just a day to go & the whole group assembled, we spent the time trying to understand the chaotic but effective baggage arrangements which turned out to be a fine piece of logistics, but no one knows how.

Day 1 - 24 miles with 8,000ft of ascent

After all the team bonding of the previous day the eventual winner turned up on the start line wearing long socks & speedo's - enough said! It's fair to say everyone ran the first 400m & it's fair to say that at 405m we all understood the effect running at altitude would have, you walk. No matter how much you want to run it will not happen. Imagine a plastic bag over your head with two pinholes for oxygen intake. My time for day one was 5:32, it took the Land Rover with lord only knows which bags five hours to cover the same ground.

Interesting facts: 95% of participants became delirious because of the altitude & gradient, the other 5% became delirious because of the heat; one faller at the first - well done Antonio for getting back in

the saddle & completing the whole five days with her left hand heavily bandaged; three nano seconds - the total amount of time spent by all competitors looking up - unfortunately two of those caused Antonio's fall.

Day 2 - 20 miles with only 1,000ft of ascent

Once again we awoke to an early breakfast & by this time the toilet humour was in full flow. When you share a hut with 30 other inmates the barriers are soon broken, unless you wear speedo's. Day two was an out & back course so you understood the return journey. Once again walking uphill was completely the norm. Myself, well I was fortunate enough to catch a big wave at the turning point & fairly ripped through the field on the return until I hit a 1:1000 hill which stopped me dead. Having climbed the previous day thru jungle, the stunning & varied scenery was akin to The Hobbit, I swear was asked for directions by a Hobgoblin. After the run it was all into the dining hall for curry.

Interesting facts: 50% of people who were already on Diamox to hold altitude sickness at bay; 15% the number of people affected by the curry; 10% the number of people affected by altitude but who carried on regardless.

Day 3 - 26.2 miles The Everest Challenge marathon with 6,000ft of descent

Starting at the same location as day two and with Mt Everest & his buddies firmly hidden in the clouds we all started at a somewhat lethargic pace. But no matter it was still a race and by now you had a good idea of your overall standing & would do anything to protect that position - and I mean anything! So pretty soon race mode kicked in & the field strung out. I was grateful for the big descent at 16 miles having paid for yesterday's folly. As pleasant as the downhill section became for scenery & minimal effort you knew that the quads would be irretrievably scarred by the end. Being told I had 10 miles to run when my finely tuned mind knew there was only six was not what I needed. As it happened the overall distance was long but believe me when I say I covered several sections of the downhill on my derriere by default such was the gradient.

Interesting facts: 12hrs - the time for one competitor took to finish - that took some doing; 50% the number of runners fooled into thinking the hard work was done!; 100% the number of runners who couldn't give a stuff about the bag logistics.

Day 4 - 13 miles with only 2,000ft of descent & 2,000ft of ascent

What better way to start a race on sore quads than to go downhill for four miles. From somewhere we all started to find our running legs going uphill, well nearly all of us, to the end. This was the first day where everyone stayed at the finish line to applaud, cheer & support all of the adventurers.

Interesting facts: 1hr 27mins the winners time; three hours the time for sun bathing in the afternoon; 0.02% the total time spent talking about running ever again; 100% the number of children living in poverty but smiling all the same; 100% the number of embarrassed Westerners asked to perform at the cultural evening.

Day 5 - 17 miles

Having wrecked our calves in the final four miles of day four it was only right to start with 10km uphill. Still at least when we got to the top there would be respite. No chance! No one cared about positions, no one cared for isotonic refreshments but every last one of us prayed to finish, how cruel it would have been to cramp up, ping a muscle, loose control of yourself a few hundred metres short of the finish line. The gods were with us - we all finished, we all congratulated each other for the moment was to be lived.

Try an ultra for size - It's what your childhood is all about."

Himalayan 100 result

1 H Gantioler (Austria) 14hrs 58 mins (incorporated within: Everest Challenge Marathon, 1st 4:32)

7 Keith Firkin (Cirencester) 18hrs 44 mins (incorporated within: Everest Challenge Marathon, 8th 5:32)

60 participants. www.himalayan.com

100 MILER No. 2

15 to 16 November, Winstone to Sapperton 100 mile time trial. You wait years to hear of one 100 miler and then, of course, another follows almost immediately! Whilst Firkin took the high route and very lazily took five days over his 100 miles, Rupert Chesmore chose an altogether different method of clocking up the magic distance as he reveals:

"The Winstone 100 was truly a good example of how generous club members are with their time and efforts to help support a fellow member raise some money and complete an ultra. Not many other clubs of any activities could boast any members voluntarily getting up at 2am on a cold November morning and help a deranged colleague stagger up and down a road for the sake of their sport.

The bare facts of the event were that I ran 10 times from Winstone to Sapperton and back, exactly 10 miles each trip. As flat as the Cotswolds are (not) it was a kind route with obvious hills that easily

broke the laps into running and walking sections. Starting at 9am on the Saturday morning I cracked off 10 miles in 1.30, 26 miles in 4.20, 50 in 9.30, got to 65 and then the wheels came off the waggon. Despite following a tried and tested food/isotonic/rest pattern, sheer exhaustion and muscle debilitation set in and my pace dramatically reduced. Technically called a 'double-negative-split' (the elite runners would not understand this) the last 10 miles took 4 hrs and I finished at 12.45pm on Sunday.

Moments of entertainment/distraction:

- Jenny Hill describing the aroma of her coat.
- spending an evening running with my bank manager and not discussing my overdraft.
- Liza being asked by a passing car driver at 2am on seeing me collapsed on the side of the road whether such an event had any effect on my sex life..... and Liza replying that she might have to wait a couple of days!
- if I had not turned around at Sapperton I would have got as far as Exeter in the same time.

Those club members who were so generous with their time were:

Carol Clarke, Dave Edelsten, Ian Pople (x2 inc 2am), Sue Brown, Chris Goldie, Alice Thomas, Barbara Thomas, Angus Wood, Dave and Claudie Wright, Cathy Cowell (x2 inc 2am), Jenny Hill (x2), Sandra and Jerry Elphick (x2), Yvonne Binks and Linda Greening.

So far I have raised nearly £500 towards:

- (i) Aspiration Hope, the Club for young runners in Addis Ababa.
- (ii) 'For Ethiopia', a Bristol based charity providing water and supporting schools in rural areas.
- (iii) Trampled Rose, a hostel for girls waiting for operations at the Fistular Hospital (ask Lynn Ferris for info.)

Finally I would not have been able to have completed the distance without help from my 13 year old daughter Maddie who cycled 60 miles on the support bicycle and Liza who did most of the preparations, completed the final 40 miles with me and gave so much support both mental and physical in order that the distance could be completed. Truly a team effort.

Results: 1st Rupert Chesmore 27hrs 45mins (inaugural V50 Record?). No. of starters 1. No of finishers 1.

In the style of Sir Steve Redgrave.....NEVER again.”

NEW MEMBERS

Frenchman Souheil Djelouah, familiar to many down at the club in recent times, has now joined Cirencester.

EXTRAORDINARY GENERAL MEETING

In the very convivial atmosphere of Somewhere Else bar, a short EGM was held to ratify the club's new constitution. The only matter raised at the meeting was any change to the club name following some discussion at the AGM held in September. Following the committee's recommendation it was agreed that the club's name would not change but that reference to triathlon would be flagged up on the front of the constitution, thus: Cirencester Athletics Club (incorporating Cirencester Triathlon Club). The constitution was adopted unopposed by the members present.

MISCELLANY

... congratulations to Mika & Paul Barlow on the birth of their daughter Kanna on 30 October at “a good running weight” per Paul of 5lb 14oz.

... Lisa Darroch reports on an unusual event originally flagged up in Newsletter No. 58: “Way back in early October, six stalwart members represented the club in a half marathon relay organised by students of Cirencester College to raise awareness of the life and performances of young runners in Ethiopia. There were two main challenges: firstly, to complete the whole distance (rounded up to 22km) in less than the times produced by the young Ethiopian runners, and secondly to run one 500m lap in 1 min 27 or less in order to equal the speed in which Haile Gebrselassie recently ran an entire, world record breaking, marathon (a mind numbing 85 (ish) laps).

Seven teams took part and the winner, in 75.32, was the College rugby team with the Public Services team just behind in 75.38. So we all failed in the first challenge but four runners did equal or beat the lap time of 1.27. Jordan Legge and “Dec” both ran a lap in 1.24 (the former did so on the final lap to secure the Rugby team's win, producing a Lewis Hamilton style nail biting end), while Dave Hands and Andy Baker equalled the 1.27.

Cirencester AC's team started seriously with our own Wendy Nicholls taking time off from her pre Rio training to run one demonstration lap supported by captain Adrian Williams. She was followed by Cathy Cowell, Ian Pople and Yvonne Binks but Dick Waldron and Bob Ferris proved the backbone of

the team. Dick took over the baton whenever required and provided ten crucial laps throughout the event with times ranging from 1.52 to 2.25. Bob, using it as the afternoon's training, churned out his fourteen laps in one consistent block – the fastest (his penultimate) in 2.14 and the slowest (his first) in 2.30. The total relay event was completed in around 100 minutes but the timing went a bit hazy at the end as the last three laps were run by all the team in a group.

Other club members appeared in two other teams – Colin O'Hare ran nine laps for the science team with times ranging from 2.08 (his first) and 2.28 (half way through). In a scheme worthy of Colin and his fellow scientists this team ran each of the last nine laps as a series of four sprints with Colin running the last quarter of each lap. Jo Green and Liza Darroch, when not helping with the organisation of the event, ran five and ten laps for the Access team respectively. The Access team got off to a great start with six laps from Dan Robinson. The Beijing Olympic marathon runner who very kindly came over from Stroud leaving his new born son, to lend his support by running six early laps and clock times between 1.32 (his penultimate) and 1.41 (his fourth lap).

The event was a spirited mix of serious running and great competitiveness from the college teams and more relaxed fun running. Maths lecturer Mark Venn joined in on his rowing machine by ROWING the full half marathon distance in a stunning 1 hour 27 minutes. A good time was had by all and thank you to all those from the club who contributed and helped raise the £280 for Aspiration Hope Runners. College sports lecturers were so pleased with the organisation and involvement of the students that they are hoping that this will become an annual event. For more information and some photos check out the Cirencester College web site – www.cirencester.ac.uk.”

Liza has just returned from a month in Ethiopia – hence the delay in the appearance of this piece in the newsletter. She was able to pass £400 over to the Aspiration Hope Runners who plan to use it to help with the costs of coaching, transport to events and registration with the Ethiopian Athletics Federation. She brought back photos which she promises she will put on her Blog (www.liza2vso.org.uk) soon.

... whilst a good number of members retire to the comforts of Somewhere Else bar every Tuesday after training – after all there needs to be some incentive to come down to the club on cold, wet winter evenings! – it is good to encourage others to join in for a drink and a chat. The next such club evening will be a festive one on Tuesday 16 December. Remember, all are welcome every week so if you enjoy this or can't make it then there will be an even more festive get together the following Tuesday! ... as evident from the previous note, Tuesday training will continue right up to Christmas. The leisure centre will be closed on Christmas Day, Boxing Day and New Year's Day. Between Christmas & New Year it is open from 8am to 1.30pm only so there won't be a club session on Tuesday 30 December. ... the club website is currently undergoing a major makeover. Keep an eye out on www.cirencester-ac.org.uk over the next few weeks as exciting changes materialise. More detail to follow next month relating to both the website and the newsletter.

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