

CIRENCESTER A.C. Newsletter no. 61

18 December 2008

HEADLINES

- Wendy Nicholls tops UK 5mile rankings for 2008.
- More training shoes needed for Ethiopia.
- Top 10 finish for Paul Barlow in Gloucester League.
- Wendy Nicholls wins 10km and ½ marathon in Barbados.
- Men move up to second in Oxford League ...
- ... Jane Thomas, Adrian Williams break into top 10 at Culham Park.

CROSS COUNTRY RESULTS

7 December, Oxford League at Culham Park, Abingdon. Despite a poor overall turnout the men's team improved their overall standing to second in the league thanks in part to fine debut runs from Rob Forbes and Matt Shannon, the latter's effort being particularly impressive given that he waited for the whole field to go past him near the start, before being able to retrieve his shoe lost in the mud! Captain Adrian Williams achieved his aim of breaking into the top 10 for the first time. The ladies improved their score thanks to another barrier breaking run by Jane Thomas, emulating Williams with a first top 10 finish just a day after finishing fourth in the County Schools Championships, and a big improvement from Rhiannon Brown who paced her run perfectly. Unfortunately the team dropped one place in the standings. Generally, for a club with as many members as Cirencester, turnouts were poor. Bill Leggate took some excellent photographs at the race, including of Dorian Matts who unfortunately pulled out due to a hamstring tweak, and they can be viewed on the club's Snapfish photo website. U11 Girls: 11 Rhian Gardner 4.25, 17 Hannah Tapley 4.41, 18 Elisha Kell 4.45, 20 Charlotte Hood 4.47, 23 Emily Buck 4.51.

U15/17 Girls: 22 Rebecca Oates (U15) 17.59.

Women:

1 Melissa Hawtin (Oxford City) 20.08

9 Jane Thomas (Cirencester, 2nd U20) 22.35

25 Rhiannon Brown 24.35

26 Alice Thomas 24.49

59 Sue Brown (2nd FV55) 28.03

75 Barbara Thomas 29.42

85 Christina See 30.52. 105 finished.

Teams (3 to score): Division one, 1 Team Kennet 15pts, 4 Cirencester 60.

Overall (after two races): Division one, 1 Team Kennet 32pts, 5 Cirencester 145.

Men:

1 Nigel Marley (Alcester) 31.54

5 Marc Fallows (Cirencester) 32.14

9 Adrian Williams 32.40

12 Charles Woodd 33.04

23 Paul Barlow 34.48

24 Rob Forbes 34.55

57 Matt Shannon 37.24

91 Stephen Elverd 39.28

112 Bryan Reid 40.37. 199 finished.

Teams (7 to score): Division one, 1 Headington 167pts, 2 Cirencester 221.

Overall (after two races): Division one, 1 Headington 292pts, 2 Cirencester 528.

www.oxonxc.org.

13 December, Gloucester League, Plock Court, Gloucester. A storming personal best top 10 finish for Paul Barlow and yet further improvement from Jane Thomas were the club highlight's at a flooded Plock Court which necessitated last minute course changes reducing the distances run.

U17 ladies:

1 Alice Thomas (Cirencester) 10.24. 2 finished

Ladies:

1 Sue Harrison (Leamington) 18.24

13 Jane Thomas (Cirencester, 2nd junior) 21.22

54 Barbara Thomas 25.38

68 Christina See 28.44. 76 finished.

Teams (3 to score): 1 Stroud 25pts, 13 Cirencester 135pts.

Men:

1 Julian Emery (Clevedon) 25.08

7 Paul Barlow 26.48. 130 finished. www.glosaaa.org.uk

ROAD AND MULTI TERRAIN RESULTS

27 November, Thanksgiving Day Classic '10', Peoria, Arizona, USA. A personal best for Bryan Reid on an undulating course in the second of his races during a short sojourn back in America before taking up his new post in Suffolk.

1 Carsten Von Kuk (Germany) 55.48

63 Bryan Reid (Surprise, Arizona / Cirencester) 1.10.36. 546 finished. www.arizonaroadracer.com

30 November, Eynsham 10km. Only Jane Stevens & Christina See were brave enough to face the freezing elements facing runners at Eynsham.

1 Steve Kimber (Windsor, Slough & Eton) 32.23

386 Jane Stevens 54.12

451 Christina See 59.25. 530 finished. www.eynshamroadrunners.org.uk

6 December, Jog & Jingle 5km, Sarasota, Florida, USA. Sparing no expense, the newsletter sent a reporter out to this big race in Florida and this is what Tony Shelbourn had to say:

“David Edelsten and Tony Shelbourn, two of the more geriatric members of the club pre-entered this flat, mixed road and trails 5K and arrived at the crack of dawn. An 8:00 start in a mild and muggy 10°C is not too bad particularly once the sun has climbed above the live oaks festooned with Spanish moss: it promised to be a glorious day! We gave a glancing thought to the early morning runners in Cirencester and agreed that sunshine and 18°C was much better than Gloucestershire had to offer. The Jingle and Jog, in support of a local children’s charity, gets its name from the speed of the latter half of the field (should be called the Jingle, Jog, Walk and Shuffle) but it was for a good cause and, as it turned out, David carried the honour of CAC on his shoulders – do runners carry honour on their shoulders or should it be in their legs? David set off with about 300 others and at the start two 30/40 something Hispanic runners were in the lead and they were still substantially in the lead as they crossed the line. The field was really spaced out and although the winner’s time was 16:48 the age group times did not follow the runners normal aging process with the older runners, in the main, outperforming the youngsters. David finished in a comfortable ninth position in the 60-65 age category, a very sound performance as a “doctors visit knee” had not allowed him to run for weeks. This age group was one of the toughest with the winner coming in well under the 20:00 mark. The course is absolutely flat and the majority of it is out and back with a winding trail to the finish but, as with most American races the prize is really the food at the finish. There were sliced oranges and melons, bananas and various flavours of bagels with different cream cheeses. All of this was in addition to a free shirt in a shoe bag along with the usual giveaways but at \$20 for a pre entry and \$25 on the day, I think that the British prices are more realistic. There again, it was in a good cause. Shelbourn wimped out after having pulled a calf muscle which, he claims, is giving him a lot of gyp. He is bemoaning his lot as, after a season of 25 races and 1,400 miles he pulled a muscle after taking time off. He’d heard that Coe and Ovett used to take a month off each year so, learning from the masters he adopted the plan and has been lame ever since – gives a genuine foundation for his lame excuses for not doing well. It’s always an experience running a new race over a new course so the two Cirencester representatives left Sarasota feeling relaxed and happy, albeit with none of the silverware.”

1 Richardo Lomas 16.48

132 David Edelsten (Cirencester) 27.25. 274 finished.

6 December, Run Barbados 10km. Having finished third in last year’s half marathon, Wendy Nicholls received an invitation back and did considerably better this time around. Despite the threat of returning to form husband Justin chasing her down (he apparently got a lot of stick in the local press for being beaten by his wife!), a comfortable win ensued in the Saturday afternoon 10km. This was followed a few hours later (5am start on Sunday) by an emphatic nine minute victory in the half marathon on an out and back course that went through the island’s capital Bridgetown and along the famous west coast before retracing its route. The two victories ensured that, notwithstanding the current state of our parlous currency, a further week on the island for the Nicholls family was more than catered for by race winnings. A return to the island beckons in 2009!

1 Robert Kiprotich (Kenya) 29.57

14 Wendy Nicholls (Cirencester, 1st lady) 35.57

25 Justin Nicholls 39.41. 261 finished. www.runbarbados.org

7 December, Run Barbados ½ Marathon.

1 Robert Kiprotich (Kenya) 1.08.07

10 Wendy Nicholls (Cirencester, 1st lady) 1.20.57. 153 finished. www.runbarbados.org
7 December, Luton Marathon. Jon Young trained very hard for this race and reports on what happened on a very icy morning in Bedfordshire: *"Unfortunately the race was cancelled due to a car crashing on the course 15 minutes before the start. A possible delay of 30 minutes turned into an hour and then the decision to cancel. Not sure which is worse - the missed pb ... or the missed opportunity to see more of Luton!"* www.lutonmarathon.org.uk

14 December, Forest of Dean Trail Run 5km. Derek Gardner's first race in a Cirencester vest resulted in a top three finish in this traditional pre-Christmas race.

1 Freek van Arkel (Forest of Dean) 19.44

3 Derek Gardner (Cirencester) 20.39. 23 finished. www.blacksheepsports.co.uk

14 December, Wyvern Christmas Cracker 10km m/t, Weston-super-Mare. Martin Croucher ran as his alter ego Silvestor, complete with Christmas hat, in this traditional race on the sands and roads at Weston.

1 Peter Monaghan (Torbay) 33.50

352 Martin Croucher (Cirencester) 50.06. 1,210 finished. www.westonac.co.uk where photos can also be viewed (race no. 433 for Silvestor).

CROSS COUNTRY FIXTURES

Oxford League www.oxonxc.org :

4 January, Drayton School, Banbury. The men moved up to second overall after the last fixture so a big effort now needed to close the gap on Headington especially with our home fixture to follow. The women start at 11:20 and the men at 11:50. Directions: from the centre of Banbury take the A422 Banbury to Stratford Road. Drayton school is about 1½ miles to the northwest of Banbury – turn left at the traffic lights after the Banbury Cross roundabout if coming into Banbury from Chipping Norton direction. Please note this extract from the league website: *"... there is building work going on at Drayton School but this won't be affecting the hosting of the race. However please note parking is available in both car parks, with access through the alleyway between the school gym and the all-weather pitches. Probable access to the start will be across the running track. Please keep to the perimeter of this in order to keep mud to a minimum. Finally, the car park charge will be £1 and refreshments will be available."* Contact club captain Adrian Williams for any more information on 07703 188773 or adrian@dmfocus.co.uk .

1 February, Cirencester Park

1 March, Clanfield

Gloucestershire league www.glosaaa.org.uk :

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, Severn AC races can be entered on the day)

27 December (Saturday), Pilot Inn '4' miles, Hardwick nr Gloucester at 11:30 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

18 January, Highworth Team ½ Marathon. An unusual team race that has proved popular with the club over the years. Up to 10 runners per club can run - there is no entry fee - and five score in the team race one of whom must be a lady. Club captain Adrian Williams will be coordinating the club entry so contact him if wanting to run a low key but thoroughly enjoyable (also, it has to be said, somewhat hilly!) Sunday morning run.

25 January, Linda Franks 4.2m, Gloucester 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

8 February, Dursley Dozen m/t at 10:30. Another superb multi-terrain race that has been going many years. The first mile is straight uphill. Highly recommended. www.g4cio.demon.co.uk/ddozen

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 available from www.bourtonroadrunners.co.uk but enter now as the race is likely to be full imminently.

ANNUAL DINNER & AWARDS EVENING

The club's annual dinner, disco and awards evening was held at The Stratton House Hotel this year.

Award winners were as follows:

Ladies cross country champion: Jenny Manners. Runner-up: Alice Thomas.

Men's cross country champion: Marc Fallows. Runner-up: Bill Leggate.

Ladies road race champion: Trudie Compton. Runner-up: Yvonne Binks.

Men's road race champion: Adrian Williams. Runner-up: Bill Leggate.

Athlete of the year: David Wright.

Veteran of the year: Tony Shelbourn.

Triathlete of the year: not awarded.

Club member of the year: David Edelsten.

Team of the year: Paul Barlow, Marc Fallows, Bill Leggate & Adrian Williams who ran in all five of the Oxford League fixtures last winter, leading to the men's momentous first ever overall victory in the league.

View Jon Young's images of the evening on the club's Snapfish website.

LONDON MARATHON

The three guaranteed places given to the club have been taken up by Stephen Elverd, Adam Harborow & Rob Forbes. All three tried to enter the race through the normal ballot system but were unsuccessful, they therefore got priority for the club allocation. Two others asked to be considered, Liza Darroch & John Milloy, having not originally tried to enter. Should any ailment or injury befall the lucky three then one of these two will get a chance to run.

ROAD RACE CHAMPIONSHIP 2009

Stephen Elverd has taken over the running of this championship in 2009. The qualifying races are as follows (Sunday unless stated):

22 February, Bourton-on-the-Water 10km www.bourtonroadrunners.co.uk

8 March, Salisbury '10' miles www.salisbury-arc.org.uk

19 April, Highworth '5' miles www.swindonweb.com/hrc

21 May (Thu), White Horse 5km, Sandhurst, Gloucester www.severnac.co.uk

7 June, Fairford Festival 10km www.fairford.org

2 July (Thu), Aerospace '5' miles, Cheltenham www.cheltenhamharriers.co.uk

6 July (Mon), Frampton-on-Severn 10km www.stroudathleticclub.org.uk

18 July (Sat), Bourton '1' mile www.bourtonroadrunners.co.uk

5 August (Wed), Bugatti 10km, nr Winchcombe www.cheltenhamharriers.co.uk

6 September, Beacon 10km, nr Gloucester www.angelsrunningclub.co.uk

13 September, Chippenham ½ Marathon www.chippenhamhalfmarathon.co.uk

4 October, Cricklade 10km www.crickladefunrun.co.uk

25 October, Stroud ½ Marathon www.stroudathleticclub.org.uk

In addition, times recorded at any certified marathon between the dates of February 22 and October 25 will score points in the same format as the races above i.e. as though all competed in one race. Of the 13 races, plus marathon, best eight scores to count. As last year, one race slightly further afield has been included, the Salisbury '10' and that is why there are 13 races and not 12. 20 points will be awarded to the first Cirencester finisher in each race down to one point for the 20th and any subsequent finishers. Male & female championships will be scored separately. Bonus points will be awarded for any personal bests achieved against times published in the newsletter for 2006 and 2007 and now also available on the website. One bonus point will be awarded for every 15 seconds improvement up to a maximum of two minutes (8pts) for races of up to & including 10k and three minutes (12pts) for longer races. If no qualifying times have been recorded in the last two years, the first run in a championship race in 2009 will form the benchmark for any subsequent bonus points. To qualify for points, runners must be fully paid-up members, be entered under Cirencester AC and be wearing a club vest.

UK RANKING LISTS

Wendy Nicholls tops the UK ranking lists over 5 miles for 2008. She is the only female runner to have dipped below 27 minutes. This is a considerable achievement and the first time that a Cirencester member has ever been ranked number one in the country. She also tops the veteran rankings at 10 miles. Herewith a list of members making the UK top 50 in relevant age groups (for more details log on to www.athleticsdata.com):

U23: Chris Illman, 12th ½ marathon; 14th 5miles; 17th 10km; 33rd 5km.

V50: David Wright, 6th ½ marathon; 7th 10miles; 11th 5miles; 16th 10km.

V60: Tony Shelbourn, 19th 5km, 36th 10km, 40th 5miles.

Overall ladies: Wendy Nicholls, 1st 5miles; 6th 10miles; 9th 10km & ½ marathon; 15th 5km.

FV35: Wendy Nicholls, 1st 5miles & 10miles; 2nd 5km; 3rd 10km; 5th ½ marathon.

SOCIAL & TRAINING

On Tuesday 30 December the leisure centre closes at lunchtime so there will not be an organised club run in the evening. On the suggestion of Adrian Williams, there will be a number of members meeting there at 10am for a session probably involving some efforts up at the polo grounds. All are welcome. There was a good gathering of members for a pre-Christmas drinks & social at The Marlborough Arms (aka Somewhere Else) after training on 16 December and a very convivial atmosphere ensued. It has therefore been suggested (that's what newsletter editors are for!) that this becomes a regular get together on the first Tuesday of each month. As Bob Ferris pointed out when this was suggested to him, it will be particularly timely in January as it coincides with Tony Curry's return from Australia and he will think that it has been arranged especially for him. Thus a club Curry night without the spice (apart from Tony's colourful language, of course).

MISCELLANY

... to view some spectacular images from Keith Firkin's Himalayan 100 mile adventure as reported in the last newsletter, click here <http://www.flickr.com/photos/hsr2008>

... Jon Young and Adrian Williams enjoyed the delights of the Scottish Highlands for a long weekend in November. Jon reports on the experience: *"Inspired and energised by our experience last year, Adrian & I returned to Balmoral for another training weekend organised by Running The Highlands. After a diversion to Exeter airport due to fog at Bristol we eventually headed north to Aberdeen. Within 30 minutes of our arrival we had bolted down some lunch and were heading for the hills for the first of our three guided runs. While there was a timetable of runs, talks and stretching sessions for the weekend, the relaxed atmosphere made it easy to opt in or out of anything. These weekends see lots of repeat custom and there were five returning guests on this one, including one who had become a guide. It was good to see some familiar faces as well as meeting new ones.*

The main focus for this weekend was the opportunity to measure our VO₂ max, with an exercise physiologist, Dr Andrew Middlebrooke. For Adrian and me, this took place on Saturday morning, with the prospect of a long run in the hills ahead of us in the afternoon. The VO₂ max test involved running on a treadmill at a fast pace for about 15 minutes, with the pace and gradient increasing every 30 seconds or so after about eight minutes. The idea is to reach maximum pace and effort to measure heart rate and oxygen utilisation at this point. From these it is then possible to determine heart rate training zones. Adrian was first on, but his test came to an abrupt halt after 10 minutes when the fuse blew on the treadmill - his training has clearly gone up a gear in the last year. Luckily he did not injure himself and the treadmill was soon up and running again, with Adrian having to start from scratch. Running fast for 15 minutes sounds easy enough but as the pace and gradient increase and the adrenalin kicks in, it is surprising how exhausted you become, exacerbated by the mask you wear to measure your breathing. With encouragement from Andy as he upped the tempo, we reached our lung-busting, leg-wobbling maximum and he stopped the test as our VO₂ max plateaued and in my case before I fell flat on my face.

Lunch was followed by a 13 mile run up into the hills and across wind swept moors, then back to base for a massage, tea & cakes. Before dinner we had a presentation by Andy which gave us the science behind VO₂ max. Andy has worked with many different athletes including paralympians David Weir and Tanni Grey-Thompson and he gave us a useful insight into what our tests would reveal. Following dinner he discussed the results with each person who had taken the test that day. Adrian scored 66 and I scored 63, and based on these scores, Andy suggested ways in which we might work to improve our training and therefore our race results.

Sunday was more relaxing with a session focussing on core work followed by a choice of speed reps, hill work a guided run or doing nothing. Adrian and I were led by Davie, the guest turned guide, on a seven mile run up into the hills, with the ultimate water station included at a series of waterfalls. The views across to the snow-capped Cairngorms were fantastic and the exhilarating descent gave us a real runner's high. Adrian & Davie finished off with some serious speed work, repeating the sessions which Sonia O'Sullivan had led on a weekend in September. I chilled out by the side of the forest track and took a few photos.

Once again, a relaxing weekend in stunning countryside. Club expedition next year anyone?"

... a request from Liza Darroch: *"More trainers for Ethiopia please! Thank you again to everyone who gave their unwanted trainers for me to share with Aspiration Hope running club members in Ethiopia.*

But when I was back there in November I realised that they were falling apart – see photo on club web site and more were needed. So when you treat yourself to a new pair of running shoes for Christmas please ask yourself if your old ones, or the ones lying unloved at the bottom of the cupboard, still have a few more miles in them. Ethiopians tend to be small and very light on their feet so the smaller sizes and lighter styles are always the most useful but any shoes (up to about a 45 – size 11) will be gratefully received by these young runners. Those who are working earn less than £1 per day and new trainers are something they can only dream of.

I am planning to send another consignment around the end of February so between now and then please bring any contributions to the club on a Tuesday evening or, if this is a problem, ring me on 01285 641707 and we will arrange to collect them. Thank you – I promise your effort will be much appreciated.” See photograph on Home page of club website.

... struggling for a stocking filler this Christmas? Stephen Elverd has found the perfect present: “I popped into Waterstones in Cirencester and had a look at books in the running part of the sports section. Came across a book called The Marathon and Half Marathon by Graeme Hilditch and couldn’t believe my eyes. In the chapter on speed training there are loads of photos of a Cirencester AC session at Deer Park School. Pancho, Wendy, Bill, Bob, Kveta & Jenny Manners are all pictured.”

CONCLUSION

Enough of my dulcet tones. I have had the pleasure of editing 61 of these newsletters since starting them in 2004 and hope that there has been plenty of variety for all to enjoy the read. That has certainly always been the intention. Unfortunately this will be my last edition. Four and a half years is long enough for anyone to keep the same job within the club and it’s time I moved on. I’ve been very lucky in that the club is currently as strong as it’s ever been, which has made producing the monthly tome an absolute pleasure. The newsletter has created an historical record of all the successes and can be used as an archive by the club accordingly. I would also like to thank all contributors over the years, the most prolific being Tony Shelbourn, Rupert Chesmore and Stephen Elverd.

This change coincides with some exciting developments on the club website, instigated by club captain Adrian Williams and being developed with others under his stewardship. There is still a lot of work to do but eagle eyed members will already have seen some changes including all individual road times & cross country positions throughout the life of the newsletter. The website will be updated on a weekly basis starting in January and will be much more topical and informative than previously with races, fixtures and social events all right up to date; headlines, club championship scores and Home page photos updated regularly. In fact everything that is currently published in the newsletter. In addition, a lot of the photos that appear on the club’s Snapfish website, where they can be purchased online at incredibly cheap prices, can also now be found on the club’s main website under News. If anyone has any thoughts on these changes please contact Adrian on adrian@dmfocus.co.uk. Please also continue to forward to me at wrights@tesco.net any results, reports on races or running related articles as they will be incorporated into the website in the News section from January.

The only effective change, therefore, is that instead of getting an e-mail landing in your inbox each month, you must remember to log on to www.cirencester-ac.org.uk on a regular basis for all up to date news. Don’t forget!

I am also in the process of setting up a running blog diary. Anyone remotely sad enough to be interested in this can find it at www.wrightyrunning.blogspot.com.

Thanks for reading and putting up with me. I’ve had fun. Have a great Christmas and a fit & healthy New Year.

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