



Second Annual Great Ethiopian Run

12 noon Wednesday 7 October 2009

Cirencester College is running its second half marathon; last year saw 12 teams forge their way around the track 44 times each to complete the half marathon distance. In 2008 participants ranged from students, Cirencester Athletics Club, college staff and college sports teams; it is hoped this year to extend this event to an even wider cross section of the local community

Dan Robinson, Team GB's only male marathon runner at the Beijing Olympics, and Wendy Nicholls, 7th fastest female runner in Britain, started the race off in 2008.

The aim of the event is to provide a mix of competitive team work and running for pleasure whilst raising awareness of the difficulties and

pressures faced by aspiring runners in Ethiopia. Despite poverty and food shortages, Ethiopia consistently provides some of the world's top long-distance runners.

The event is run in small teams with the baton changing hands after every 0.5/1 or 2 km. Currently the world record for the half marathon is 58 minutes 33 seconds for men and 1 hour 6 minutes 25 seconds for women. Running in a relay format will give teams a more realistic chance of matching or hopefully beating these times!

A world record right here in the Cotswolds – we failed last year, but could 2009 be the one?

Attractions and refreshments will be available on the day. Please come



and support the runners and give generously of your time and attention to this unique event.

We would like to invite you to join in this event by entering a team before 28 September, please confirm ASAP as we are limited to 20 teams or come along and support us on the day.

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Aspiration Hope receive a new consignment of equipment from Cirencester Athletics Club

Aspiration Hope (AH) is a small club of young runners based in the Ethiopian capital, Addis Ababa. In February 2007 they had twelve male and ten female members with ages ranging from 16 to 23. Since then the club has grown and become an recognised by the Ethiopian Athletics Federation. But it is more than a club – members support each other in all aspects of life as well as in training or on the track. This is important because nearly all the members have come into the city in search of work or education and have no other family in the city of 5 million.

Cirencester Athletics club have been supporting Aspiration Hope for the last two years. So far they have sent three consignments of running shoes and tops. This photo shows some of the members gathered together to share out one of these consignments..

For a glimpse into the lives of four members – turn over...

Endurance training in Addis Ababa is problematic. There are not really any suitable places to do long distance road running safely. The culture has emerged of road running in the very early hours of the morning. Long distance runs of 30km or 40km are done at 5am or even 4am when the roads quiet and free of traffic fumes.

The runners really appreciate the help that Cirencester club members have provided. They say thank you for all the support you are giving. The running shoes and clothes have been invaluable insupporting runners who are committed and enthusiastic but do not have resources to get the things they need.

Gizaw Abebe

has been running since 2004 and did his first half marathon in August 2009 with a time of 1:08:35. Previously he was running 8,000m cross country event with a Personal Best in Nov 2008 of 23min. He has been a member of AH for one year.



Gizaw is a day labourer. That means he takes whatever casual work he can get. This includes things like construction work and painting. Because he trains in the morning he can sometimes get half day work in the afternoon. He might expect to get 10 Birr (about 50p) for half a days work. He lives with his older sister they share a small room together. He has twice received shoes from Cirencester. He has no other means to obtain shoes. He is training hard to run 5km track and 8km cross country events in the coming year.

Hassen Abdulla, 24 has been running for 8 years and a member of AH for 1 year. His 10km Personal Best of 30:20 was at the Great Ethiopian Run in Nov 2008. He has also done a half marathon in August 2008 in 1:08:00.

He does not work but concentrates on his running with friends supporting him by providing him food. He lives simply and doesn't really have cash.

A month or so ago he noticed some unusual chest and shoulder pains. Over a period of about 3 weeks or so the pains became worse he started getting night sweats and shortness of breath and was unable to sleep on his left side. He went to several different hospitals but they were not able to diagnose any particular problem. Eventually a clinic diagnosed TB. He is now taking medication every morning. This involves daily trips to clinic. He has to be at the clinic at 9:00 am every morning he has to queue for 40-45 minutes. This process is to ensure patients correctly take the tablets they are prescribed and are supervised at the clinic. This treatment programme will continue for 8 months.

Hussein Gosse has a marathon Personal Best of 2:26:50 which he achieved in Nov 2008. He has been in AH for 1 year. He earns his living by pacemaking for famous female runners. He has trained with Asselafech Mergia who got the Marathon Bronze medal at IAAF World Championships in Berlin 2009, Worknesh Kidane who won 10,000m Bronze medal Athens Olympics and Aseda Asefa who was 2nd place in Dubai marathon Jan 2009.

He is paid to do training runs four days a week. The manager he runs for appreciates his reliability and pace consistency. The runs vary to include track, speed training, endurance runs of 35km and 40 km.

The biggest challenge for Hussein is that the training schedule for the runners he is training sometimes clashes with his own training programme. So for example, he was unable to finish the June marathon in Addis Ababa because of over-training with the other runners.

How Aspiration Hope (AH) compare to Cirencester Athletic Club (CAC), Cirencester College (CC) teams, British (UK) & Ethiopian (ETH) runners

Name	Time	Category	From
Half Marathon			
Haile Gabresellasie	59:15	M	ETH
Mustefa Yebe	1:05:00	Male	AH
Paula Radcliffe	1:05:39	F	UK
Nick Rose	1:06:03	M	UK
Derata Tulu	1:07:33	F	ETH
Gizaw Abebe	1:08:35	Male	AH
Mike Smith	1:09:07	Male	CAC
Hassen Abdela	1:10:00	Male	AH
Meaza Wubeshet	1:12:00	Female	AH
Wendy Jones	1:12:48	Female	CAC
Rugby Team	1:15:32	Mixed Team	CC
10km			
Kenenisa Bekele	26:17	M	ETH
Mo Farah	27:50	M	UK
Paula Radcliffe	30:01	F	UK
Berane Adere	30:04	F	ETH
Hassen Abdella	30:20	Male	AH
Gizaw Abebe	31:07	Male	AH
Chris Illman	31:11	Male	CAC
Wendy Jones	33:15:	Female	CAC
Public Services	34:14	Mixed Team	CC
Meaza Wubeshet	35:12	Female	AH

Bizunesh Kibe supported herself for many years by working as a housemaid and fitting her training in wherever possible. She is not now a member of the club and so we don't have her running times but she does tell a tale of being so thirsty that they all drank from a puddle why? Because they have no money to buy water bottles.



Thank you for your support