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Friday, 15th July 2011

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Strong show for Leggate in the Upton triathlon

Thursday, July 14, 2011



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TEN Cirencester members made the trip to Upton upon Severn for the annual triathlon.

Bill Leggate finished 12th overall, aided by the third quickest run split of the day.

He edged past Ed Coxwell-Rogers, who knocked 19 minutes off his previous best for the course.

Ed Sinton and Martin Pulley both performed strongly to break two-and-a-half hours, while Chris Brough had a solid showing in his debut triathlon.

Trudy Compton ensured the women were not left out, returning to competition after maternity leave

Results: 12 B Leggate 2.16.30; 22 E Coxwell-Rogers 2.20.47; 54 E Sinton 2.27.30; 60 M Pulley 2.28.20; 76 B Ferris 2.31.02; 99 C Brough 2.35.02; 115 T Ranger 2.36.46; 142 L Davies 2.41.27; 161 D Edwards 2.43.22; 211 T Compton 2.57.28

Adrian Williams was best placed of the Cirencester finishers at the Frampton 10k.

He finished sixth, while Mark Sysum was just outside the top ten.

Results: 6 A Williams 34.21, 11 M Sysum 36.31, 180 J Widdowson 46.43, 245 C Bevis 51.15, 285 M Thomas 53.25

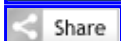
Marc Fallows led the way for Cirencester as he finished second in the Swindon Parkrun race, his time of 18.18 particularly noteworthy for the fact that he ran while pushing his young son ahead of him in a buggy. There were also new course personal bests for Colin Tapley, Lindsay Crew and Richard Crew.

Results: 2 M Fallows 18.18, 13 M Croucher 20.51, 36 C Tapley 22.06, 69 S Crew 24.45, 95 L Crew 26.19, 96 N Fallows 26.21, 103 R Crew 26.56

Geoff Wells was the lone Cirencester finisher at the Evesham Vale 10k, recording a time of 47.40 in 185th position.

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