



RESULTS, RESULTS, RESULTS !

For some time now we have been thinking of how best to reflect all the many achievements of our members in races. Lots of these go unreported but the fact is that, especially in this last quarter, there has been lots to shout about with some stand out results right across the board.

So, for the last three months I have been asking members to report in on their race results with the aim of sharing the good news !

Here is our very first “**Results Roundup**” – as ever it is only as good as the info you send in so apologies if that extra special PB is missing !

This first Roundup will endeavor to recapture the headlines from the last few months since racing re started back in July (remember the Ilkley Half !) – future ones will focus on the month just gone. So here goes.....

July to October Headlines

The lockdown brakes came off in **July** and ACP celebrated with a great turn out of runners in the **Ilkley Half Marathon** – a grand total of 28 ACP runners took up the challenge and all of them managed to get back under the magic 2.5hr mark. The two Andrews (Humphries & Smith) put in a great shift recording 1:14:14 & 1:17:31 respectively whilst Poppy Cartwright was our first lady home in 1:43:37. Perhaps the standout performance of the day was our very own “supervet” Margaret Britton who took out the 1st FV65 prize in a swift 1:51:48 and was second ACP lady home.

AUGUST saw a wide variety of racing - both on two feet, two wheels and the occasional swim thrown in! Amanda Connolly, Claire Hunter, Debbie Bland and Margaret Britton took on the 61 mile “**Yorkshire Lass**” **cycling sportif** starting and finishing at Carlton Minniot near Thirsk and taking in the best hills that Wensleydale had to offer.

Keeping the “cross training” theme going, Amanda Connolly tackled the **Helmsley “Aquathon”** – one length of the 25 metre outdoor pool and a lap of the field! Great fun.....

The serious stuff returned on 18th August with the popular **John Carr 5k** race series based on Roberts Park, Saltaire and climbing up to Baildon Trig and back. Andrew Humphries took out second place (16:04) whilst Richard Walker, Derek Lee and Owain Gwilym all finished within seconds of each other (20:11, 20:17, 20:22.) well into the top half of the field.

Other August Highlights included **Andy Gledhills 250th parkrun** at Lister Park (where else!), the trial running of the new **Chevin Park parkrun** – 13 Pacers helped out on this dummy run and Debbie Bland took out 1st Fv65 and the top age grading at **Harrogate** parkrun in 26:18

SEPTEMBER took off with the second of the **Harrogate Summer League** races held at Harrogate Showground – seven Pacers successfully contested amongst 134 runners – Helen Illman was first lady and Simon Jones took out 5th place. Debbie Bland was 1st Fv65 with Paul Grindley, Melissa Owen and Owain Gwilym also having good runs. The series, truncated by Covid, only ran two “live races” with the rest being virtual. Debbie Bland thought she would try her hand at the Track with an appearance in the **Golden Mile** event at Becketts Park, Leeds. Run as a series of heats based on predicted times, Debbie won her age group in 7:55. The following week three Pacers contested the popular **Wetherby 10k** - Owain Gwilym, Janice Chruscht & Debbie all having good runs in a competitive field.

The **Leeds Half Marathon / 10k** returned on 6th – always a popular race – Andrew Humphries carried his fine form into the Half, coming in 4th in 1:12:16, Poppy Cartwright clocking 1:45:11. Meanwhile in the 10k Andy Gledhill ran 50:21, Claire Mc Coll, running her first ever race, 59:04 and Louise Biddulph only her second ever 10k, 59:58. Many congrats to them!

The 12th saw a busy weekend of racing for Pacers – the **Vale of York half**, the **Great North Run**, **The Yorkshireman** and the **Burnley 10k** all keeping our runners on their toes. The Vale of York Half, on a flat fast course near Selby, saw a particularly fine run by Andrew Smith (1hr 15m) whilst Debbie Bland clocked 1:56 to take out the Fv65 age group trophy. Carly Dykes took on the **Great North Run** in 2hrs 22m. Cathy Stothers and Helen Waite chose a much tougher way to spend their Sunday, running the hilly off road **Yorkshireman Half** out of Haworth. One of the toughest halves in the racing calendar, they came home in 2:51:10 & 2:50:31 respectively. Margaret Britton took it to the Lancastrians over at the **Burnley 10k**, winning her age group comfortably.

Races postponed from Covid lockdown were coming thick and fast – the 20th had the **Kirkstall 7** mile mixed terrain race tackled by Andrew Humphries, Richard Walker, Graham Turner and Louise Biddulph – Andrew running a fine race to finish second in 40:21, Richard in 47:01, Graham 57:19 and newly minted Pacer Louise 1:11:01.

Debbie Bland ventured to the pretty village of **Bishop Monckton** near Knaresborough for the popular local 10k in aid of the village school and ran 57:14

The end of September saw some fine parkrun performances – Andrew Humphries running in 1st at **Lister Park**, Amy Travis and Sarah Hodgkin running their first ever parkrun at **Harrogate**, Graham Turner bagging a PB at **Chevin Park**

Meanwhile Andrew Smith recorded another first place in the **Sir Titus Trott 10 Miler**, Sarah Lund an impressive first place in the tough **North Yorks Moors Ultra** and Debbie Bland ran off with 2nd Fv55 prize at the **Sutton on the Forest 10k**.

Last, but not least Helen Waite and William Woodhead competed in the **Reservoir Dogs Ultra**, part of the Punk Panther series.

OCTOBER

October was “big race month” with London, Manchester, Kielder and Chester marathons all running in the early part of the month followed by Abbey Dash 10k, Bradford City 5&10k and our local favourite, the long postponed ABC 10kMT.

Pacers ran in all of these with some fine performances at the long distances. **London marathon** had Andrew Humphries dipping under the 3 hour mark (2:50:24), Margaret Britton posting 4:04:00, almost an hour under her Good for Age qualifying time and William Woodhead carrying the club place did us proud in 4:56:44.

The **Kielder** race is divided into Full and Half marathon distances plus a 10k – Carole Keighley (5:46:09) took on the full challenge whilst Helen Alcock (2:05:50) ran the Half. We had three runners in the 10k – Gemma Ricketts (46:49), Liz Cooke and Cath Tindall who ran in together (1:12:27)

Debbie Bland sacrificed her London Marathon GFA place to run the **Chester Metric Marathon** (26.2k) and scored a fine 2nd Fv65 place (2:32:49) on a very wet day.

The **Manchester Marathon** is also split into Full and Half distances – Andrew Smith again dipping under the 3 hr mark with a 2:51:17 and Helen Waite (4:02:44) both opting for the full distance whilst Louise Kirwin ran the Half in a shade over the two hour mark (2:01:11)

Next up was the **Abbey Dash** – a flat fast 10k “dash” from City centre out to Kirkstall Abbey and back. A team of nine Pacers took up the challenge, Andrew Humphries (32:33) and Poppy Cartwright (44:41) leading the charge with great runs by Andy Gledhill (49:47), Charlotte Connolly (56:03), Simon Walker (56:20), Amanda Connolly (56:58), Sharon Elms and Sue Hulme (57:11) and Amy Travis (58:34).

Bradford City 5k saw Owain Gwilym run a swift 20:05 to bag 8th place and an age group win whilst Andy Gledhill clocked 52:44 in the 10k, 3rd in his age group.

The **Apperley Bridge Canter (ABC) 10kMT** closed off the month – three Pacers running – Debbie Bland first home in 1:01:06, Andy Gledhill 1:02:09 and Louise Biddulph 1:09:45. A tough woodland outing!

We couldn't leave October without a mention of the **ACP club handicap race** run on the 16th – 7 members took up the challenge (curiously none of our men thought they could beat them so it was an all ladies affair!). Carole Keighley, Janice Chruscht, Sharon Elms, Sue Hulme, Amanda Connolly, Jacquie Hallam along with Amy Travis took part – Amy emerging as the eventual winner ! Congratulations to Amy on her win.

NOVEMBER

Bringing us bang up to date – another very busy month of racing including the re- appearance of the annual “mud fest” that is **PECO Cross Country** – a team game for all the family along the lines of “I'm a Runner, get me out of here”! Also featuring this month, the super hilly **Guy Fawkes 10 miler**, **Bolton Abbey 10k**, **Tadcaster 10 miler** and the mid week **Leeds 5k series** held at the Brownlee track, West Park.

First weekend of the month Janice Chruscht and Helen Waite warmed up for PECO by tackling the tough **Allithwaite 8** up in the Lakes. Included in the price was 1100ft of ascent to the top of Hampsfell where in theory there should have been spectacular views – but it chucked it down! However the gallant pair soldiered on to finish in 1:22:55 (Helen) and 1:41:53 (Janice).

The same weekend Margaret Britton and Carole Keighley ventured into Cheshire for the **Tatton Park Half** – a venture that nearly came unstuck when they saw the first runners pass the car as they were enjoying a pre race snack (NB - always check the start time!). Undaunted they set off in hot pursuit Margaret bagging the 1st FV65 prize in 1:51:42 and Carole running in soon afterwards (2:09:21).

Whilst all this excitement was going on four gallant Pacers took on the hilly **Guy Fawkes 10** out of Ripley Castle – the hills are so steep they actually name them (the “Birstwith Brute” and “For Fawkes Sake” to name but two). Richard Walker turned in a super swift performance to finish in 1:10:17 on a day when the winner ran sub hour and broke the course record. Rhona Neilson (1:29:57), Sarah Podesta (1:32:59) & Debbie Bland (1:33:45 & 3rd Fv65 prize winner) completed the team.

Third race of the day, **Burley Moor Fell 10k Race** saw Robbie Dawrant complete the tough off road moorland course in 1:05:00.

The weekend of 13th November brought a couple of notable Pacers success stories. Within the club we have a small but dedicated band of “Ultra runners”, that is folk who think nothing of running 35-50 miles up hill and down dale across challenging terrain. Catering for these “Ultras” is a race series called **Punk Panther**. The final race in this years series – the 35 mile **“Short Circuit”** – took place with three of our stalwarts taking part – William Woodhead (Sweeper) Sarah Lund who finished 4th on the day and Helen Waite who finished 3rd on the day but more importantly won the whole race series – a magnificent achievement !

Meanwhile Andrew Humphries was winning **Lister Park** parkrun in 17:12 and Andy Gledhill polished off the tough **Bolton Abbey 10k** in 1:11:25

That all brings us to **PECO** on the 14th – Race 1 of a five race Cross country series where getting very muddy is a badge of honour. It's a complicated format that would take a year to fully explain but essentially it's a team race where clubs race against each other with individual runners amassing points for the team and the team totals placing the club on a league ladder split into Mens and Ladies with a shorter 1 or 2 mile race for Juniors. This first race took place at Middleton Park, over a 5 mile course. They are very popular with a thousand runners taking part from 24 clubs. It is also VERY competitive !

So here is how we got on.....

Mens race.

Andrew Humphries	31:08
Owain Gwilym	36:17
Richard Walker	36:18
Derek Lee	37:58
Phil Priestley	44:21
Graham Turner	44:37
Adrian Williams	49:53
William Woodhead	50:33
Simon Walker	51:02

Ladies race

Brenda Peake	42:47
Gina Williams	43:35
Kate Humphries	44:18
Helen Illman	45:27
Helen Waite	48:33
Kate Hill	50:17
Carole Keighley	53:23
Lynda Parkinson	57:18
Melissa Owen	59:32

Junior Race

Evie Walker	15:13 (2 miles)
Monty Walker	09:02 (1 Mile)
Fraser Lee	09:35 (1 Mile)

Tables @ Race 1

Mens Team	4 th (Div 2)	Ladies Team	4 th (Div 2)
Mens Vets	7 th (Div 1)	Ladies Vets	7 th (Div 1)

After all that excitement the following week brought the **Tadcaster 10** mile road race, a fast undulating course through the neighboring villages of Wighill and Towton, starting with a lap of the town centre breweries!

Pacers were well represented but again by an all female team. Our first runner home, Debbie Bland in 1:28:15 followed by Sharon Elms (1:31:00), Rachel Johanovic (1:34:29), Amanda Connolly (1:36:39), Sue Hulme (1:36:24) and Sally Russ (1:48:35)

Most of the last week of November was affected by bad weather but Andrew Humphries managed to squeeze a mid week race into his schedule – the **Leeds 5k series** run on the track at the Brownlee Centre in Leeds. Andrew put in a fine effort to finish 2nd in a very competitive field (15:49).

Coming up next a brief round up of parkrun performances as reported in by you for October and November

October parkruns: C.R = Course Record: PB = Personal best**Oct 2nd - Roberts Park parkrun(Saltaire)**

Owain Gwilym	19:26 (5 th)
Helen Waite	23:15 (3 rd F)
Janice Chruscht	27:23
Sue Hulme	29:41
Amanda Connolly	29:43
Sharon Elms	29:43

Chevin Park parkrun Event 6

Lynda Parkinson	36:20
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Oct 9th - Roberts Park Event 2

Andrew Humphries	16:28 (C.R)
Kate Humphries	29:46

Chevin Park Event 7

Helen Illman	27:43
Janice Chruscht	31:00

Oct 16th – Roberts Park Event 3

Amy Llewellyn	28:07
Jacque Reid	29:24

Chevin Park Event 8

Steve Tindall	31:58(PB)
Cath Tindall	37:17

October 23rd – Roberts Park Event 4

Owain Gwilym	19:03 (PB)
Andy Gledhill	25:29
Debbie Bland	26:42 (CR- Fv65)

Chevin Park Event 9

Richard Walker	21:31
Tom Gifford	24:50
Steve Tindall	32:24
Cath Tindall	36:01

October 30th - Roberts Park Event 5

Sharon Elms	29:30 (PB)
Sue Hulme	29:56
Marianne Smith	31:23
Amanda Connolly	35:19
Bernadette Murby	35:21

Chevin Park Event 10

James Routh	25:56
Megan Dennison	28:54(PB)
Janice Chruscht	32:24
Lynda Parkinson	37:34

Other October parkruns**Oct 2nd Bradford Lister Park**

Stephanie Price	28:17
Louise Biddulph	30:18
Jacque Reid	31:19

Oct 16th Bradford Lister Park

Owain Gwilym	22:04
Louise Biddulph	29:20
Claire Hunter	32:15
Ewen Pearson	41:50

Oct 9th Bradford Lister Park

Owain Gwilym	19:33
Andy Gledhill	25:51
Jacque Reid	30:24

October 23rd Bradford Lister Park

Jenny Hiley	25:51
Ewen Pearson	40:01

Oct 30th Bradford Lister Park –

Andy Gledhill	30:26
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November parkruns :-**6th Nov: Roberts Park**

Andy Gledhill	25:23
Cath Tindall	34:01

Chevin Parkrun

Tom Gifford	25:41
James Routh	26:21
Steve Tindall	33:11

13th Nov: Roberts Park

James Routh	24:03
Andy Gledhill	25:13
Debbie Bland	26:33(CR-Fv65)

Chevin Parkrun

Gina Williams	28:04
Carole Keighley	31:58

20th Nov: Roberts Park

No ACP Runners

Chevin parkrun

Andrew Humphries	17:58
Poppy Cartwright	23:38
Kate Humphries	25:23
James Routh	30:24
Megan Dennison	32:13

6th Nov: Bradford Lister Park

Louise Biddulph	30:38
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13th Nov: Bradford Lister Park

Andrew Humphries	17:12 (1)
Owain Gwilym	22:23
Kate Humphries	27:33
Bernadette Murby	35:02

20th Nov: Bradford Lister Park

Andy Gledhill	24:06
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Woodhouse Moor parkrun

Jacqueline Reid	29:13
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27th November:

No parkruns due to bad weather

That's all folks – don't forget, if you want your name to feature on our monthly ACP "honours board" please respond to my weekly call for results made each Monday on Facebook

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