



RESULTS, RESULTS, RESULTS !

For some time now we have been thinking about how best to reflect all the many achievements of our members in races. Lots of these go un reported but the fact is that there has been lots to shout about with some stand out results right across the board. So I have been asking members to report in on their race results with the aim of sharing the good news !

Here is our second “**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 second Roundup will endeavor to recapture the headlines from last month (**December 2021**). Lots going on with most of the racing action taking part at the end of the month with two big **PECO** races – **Temple Newsam** and **Middleton Park** – keeping members busy during mid December. Not forgetting parkrun of course which also produced some great ACP performances. So here goes.....

First line honours this month go to **Margaret Britton** running the **Yule Yomp** at Tatton Park, Cheshire in 56:01(1st fv65) and **Andy Gledhill** who journeyed over to Blackburn for the highly competitive **Blackburn 10k**. The race starts and finishes inside Blackburn Rovers Ewood Park stadium and follows a fast course producing some quick times – race winner Matt Ramsden finished in 31:24 and even more impressively, the Mv80+ winner ran 55:24 ! Andy clocked a highly respectable 51:31 so honour was preserved ! 778 ran.

The **Leeds 5k** series concluded for the year – this series of 5k track races is held at the Brownlee centre at West Park and the overall winner is the runner who amasses the least cumulative time over the whole series which ran monthly from May until December. Not all runners are able to run all of the races – 148 only managed one amongst which was our own **Andrew Humphries** who came through 6th overall out of that group with a swift time of 15:49 achieved in the November race which in fact he finished in second place by just 12 seconds !

Heading into Christmas **Debbie Bland** took on the **Travellers 6** – a tough, hilly 10k hosted by Denby Dale AC and taking a looped out and back course above Denby Dale village between Wakefield and Huddersfield. On the day it was so foggy that it was difficult to spot who was who out on the course – Debs ran a fine race but was pipped on the line for the age category win by Madeleine Stansfield (Dewsbury) by just a few seconds. Maddie confessed afterwards that seeing Debs name on her ACP vest in front had given her the incentive to haul her in ! Debs clocked 56:48.

The next race featuring Pacers was our very own **Chevin Chase** featuring a couple of Olympians on Boxing Day plus 1028 attempting to chase them down – complete with snow, plenty of deep mud and puddles but universally enjoyed by all ! ACP had eleven runners racing, including some of our most recent recruits. **Andrew Humphries** led the charge with 42:34 (8th), followed by **Chris Watt** (46:39), **Jack McFarlane** (52:16) and first lady home for us **Poppy Cartwright** (57:05). Hot on her heels was **Brenda Peake** who just missed out on a sub 1hr time by 5 seconds, **Kate Humphries** (1:03:24), **Gina Williams** (1:10:03), **Lucy Morrish** and **Eleanor Thomson** who finished within seconds of each other (1:11:41 & 1:11:45), **Alison Gate** (1:16:49) and a valient effort by **Dave Cook** to knock it off in 1:40:56. Well done all and special well done to all our runners who volunteered to marshal the race & run as Sweepers in pretty cold conditions.

Debbie Bland followed up her marshalling stint on Boxing Day by taking on the **Ribble Valley 10k** – billed as a “fast out and back” course based in Clitheroe, it doubles as the North of England 10k championships and so attracts a quality field – confirmed by the fact that the first three male runners all clocked under 30 minutes (28 for the winner !) with the first three ladies home in 31 mins. Astonishing running on such an undulating course. Debbie has a PB of 47:37 in this race but now running at the top of her age group she

was unable to quite match the winning times, running her fastest 10k since 2019 to finish in 53:36. - 1,120 ran.

The following day (28th December) **Margaret Britton** ran the **Jolly Holly Jog** – a scenic out and back 6 mile multi terrain race starting and finishing at Ripon Rugby Club taking in the scenic delights of Studley Royal deer park. Margaret ran a great race in muddy and hilly conditions finishing just a shade over the hour in 1:00:23 (2nd fv65/15). She had 690 other runners for company !

That all brings us to **PECO !**

Unusually in December two PECO cross country races ran – Races 2 & 3 of the 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 second race in the series took place at **Temple Newsam Park** on 5th December, over a 5 mile course. St Therasas AC who hosted had taken delight in creating one of the hilliest, muddiest challenges ever including a “water jump” that was more akin to a diving pool! - 877 ran.

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

Mens race.

Andrew Humphries	28:51
Richard Walker	33:30
Owain Gwilym	34:39
Derek Lee	36:21
Paul Grindley	40:51
Phil Priestley	42:16
Graham Turner	43:05
Adrian Williams	48:34

Ladies race

Sarah Lund	38:03
Poppy Cartwright	38:16
Kate Humphries	40:52
Brenda Peake	41:10
Gina Williams	41:13
Helen Illman	41:22
Carole Keighley	47:40

Junior Race

Evie Walker	16:23 (2 miles)
Monty Walker	08:02 (1 Mile)

Tables @ Race 2

Mens Team	4 th (Div 2)	Ladies Team	2 nd (Div 2)
Mens Vets	8 th (Div 1)	Ladies Vets	3 rd (Div 1)

**Mens team stayed 4th with the Vets dropping a position
Ladies team climbed two places & Ladies vets up 4 !**

The third **PECO** race & second of the month returned to the venue of Race 1 – **Middleton Park**, South Leeds on 19th December. A very damp month had seen an already muddy course become an even bigger “mud fest”

Mens race.

Andrew Humphries	29:17
Richard Walker	34:44
Derek Lee	37:16
Paul Grindley	42:26
Adrian Williams	50:29

Ladies race

Poppy Cartwright	38:55
Sarah Lund	40:11
Brenda Peake	40:11
Helen Illman	42:11
Kate Humphries	42:11
Gina Williams	43:15
Katie Hill	50:28
Carole Keighley	51:12

Junior Race

Evie Walker	16:20 (2 miles)
Fraser Lee	07:37 (1 Mile)

Tables @ Race 3

Mens Team	6 th (Div 2)	Ladies Team	2 nd (Div 2)
Mens Vets	9 th (Div 1)	Ladies Vets	4 th (Div 1)

**Mens team drop 2 places with the Mens Vets dropping one position
Ladies team stay 2nd just one point off top. & Ladies vets drop 1**

Race Winners – Marcos Valerios (28:32): Sarah Leake (32:17)

Coming up next a brief round up of parkrun performances as reported in by you for December.....

December parkruns:- C.R = Course Record: PB = Personal best

Dec 4th- Roberts Park (Saltaire)

Owain Gwilym	19:41
Helen Illman	24:21
Megan Dennison	26:49

Chevin Park parkrun

Janice Chruscht	31:39
Gina Williams	29:00

Bradford parkrun

Andy Gledhill	29:30
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Dec 11th – Roberts Park

Debbie Bland	29:48
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Chevin Park

Tom Gifford	25:40
Steve Tindall	31:58(PB)
Cath Tindall	37:17

Bradford parkrun

Jaqueline Reid	29:24
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December 18th - Roberts Park

Robbie Dawrant	21:41 (PB)
Andy Gledhill	24:43 (PB)
Debbie Bland	26:25 (CR)

Chevin Park

Steve Tindall	33:16
Cath Tindall	37:06

Dec 25th Myrtle Park parkrun

Debbie Bland	30:26
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Dec 25th Bradford parkrun

Owain Gwilym	21:42
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Dec 25th Chevin Park

John Tate	25:52
Andy Gledhill	29:09
Steve Tindall	34:49

Cath Tindall	36:48
Megan Dennison	52:34

And finally.....

A correction / omission from last months Results Roundup with apologies to **Francesca Gatenby** who I managed to miss out from the Kielder Half Results

1:56:24 & 35th lady home – fantastic stuff !

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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