

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. Thanks to all those who have sent in their results to me – please keep them coming !

Here is our third “**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 third Roundup will endeavor to recapture the headlines from last month (**January 2022**). A much quieter month post Christmas with most of the racing action taking place at the end of the month with the penultimate **PECO** race 4 – **West Park** – being the standout event with lots at stake especially for our ladies team. Not forgetting parkrun of course which also produced some great ACP performances. So here goes.....

Lots of mud to enjoy in January ! All three of our race reports this month feature it in one way or another so lets kick off with the **Harewood Trail Race** – Half marathon and 10k versions on offer held in the expansive grounds of Harewood House on Saturday January 8th. Five of our runners took part with second claim member **Simon Jones** taking line honours in the Half with a rapid 1:25:06. He was being chased by two fast ladies – **Poppy Cartwright**

finishing in 1:52:23 closely followed by **Sarah Lund** only 19 seconds behind in 1:52:42.

Enjoying the shorter version of mud therapy at **Harewood 10k** were **Louise Biddulph** (1:10:02) and **Mike Jarvis** making a welcome return to racing (though I'm not sure he felt that way about it at the end !) in 1:11:16

The very next day our runners made the trip over to another stately home – Temple Newsam House - for the very popular **TNT Temple Newsam Ten**. This is one of those races that fills within hours of going on sale and incorporates a good water splash within the ten mile course around the extensive hilly grounds – sound familiar ? More than a dash of Chevin Chase in this one. Four of our intrepid lady runners made the journey over to East Leeds with **Brenda Peake** (1:31:09) leading our quartet home closely followed by **Sarah Podesta** in 1:39:42, **Louise Holloway-Cathcart** (1:42:29) and **Janice Chruscht** (1:47:02). Conditions on the day were “interesting” to say the least !

Our last “proper” race report for this month featured something very different – a race between runners and mountain bike riders up a steep fell and back down again all hosted by Wharfedale Harriers in the pretty dales village of **Appletreewick**. 186 runners and riders took up the challenge including our own **Alison Bolton** who decided to challenge her MTB riding partner to a “race within a race” for top dog family honours. Discretion prevents me from revealing who ended up doing the washing up but Alison ran a cracking 52:56 in a race where the first 17 finishers were MTB riders (have I given too much away !). If this sort of thing excites you, Bingley Harriers stage a very similar race in the summer – watch this space for the race alert !

That all brings us once again to **PECO !**

This years PECO season is coming to an exciting conclusion, especially for our ACP Ladies team – **Race 4** of the five race Cross country series where getting very muddy, wet and exhausted 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 fourth race in the series took place at **West Park, Leeds** on 23rd January, over an approx 4.5 mile course. Muddy wet fields were the order of the day - 730 ran.

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

Mens race.

Andrew Humphries	26:45
Richard Walker	31:12
Owain Gwilym	32:31
Derek Lee	32:52
Paul Grindley	38:56
Phil Priestley	39:23
Graham Turner	39:23

Ladies race

Poppy Cartwright	34:23
Sarah Lund	36:03
Molina M.B	36:41
Kate Humphries	36:57
Helen Illman	37:17
Francesca Gatenby	37:51
Gina Williams	38:26
Eleanor Thompson	38:31
Kate Hill	44:23
Carole Keighley	46:38
Linda Parkinson	52:44

Junior Race

Evie Walker	14:19 (2 miles)
Fraser Lee	07:57 (1 Mile)

Tables @ Race 4

Mens Team	5 th (Div 2)	Ladies Team	2nd (Div 2)
Mens Vets	9 th (Div 1)	Ladies Vets	4th (Div 1)

Mens team and the Vets dropping a position**Ladies team maintained second spot & Ladies vets down 1 !****Race Winners – Ben Douglas (HPH) (25:55): Alice Leake (29:02)**

This has been a good PECO series for ACP – not only do the Ladies team stand a great chance of ending top of their division, only two points adrift of York Postal and tied for second place with St Therasas but ACP lie third in the race for the **Colin Morath Trophy** awarded to the most improved club – positions are Hyde Park 35.8%, Bradford Airedale 21.8% and ACP 21.7%

It all now hangs in the balance – final race **Roundhay Park 20th February !**

Coming up next a brief round up of parkrun performances as reported in by you for January 2022.....

January parkruns: - C.R = Course Record: PB = Personal best**Jan 1st - Roberts Park (Saltaire)**

Richard Walker	19:48
Andy Gledhill	25:05

Chevin Park parkrun

Tom Gifford	26:59
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Bradford parkrun

Mike Jarvis	31:15
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Woodhouse Moor Leeds

Amy Llewellyn	36:12
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Jan 08th – Roberts Park

Owain Gwilym	19:28
Megan Dennison	25:39 (PB)
Jemma Lawrence	29:11
Jaqueline Reid	29:24
Cath Tindall	37:03
Debbie Bland (TW)	49:56

Chevin Park

Chris Watt	19:44
Bradford parkrun	
Andrew Humphries	16:36
Andy Gledhill	25:17

January 15th - Roberts Park

Craig Hoos	20:59
Megan Dennison	25:32 (PB)
Jemma Lawrence	29:03
Louise Biddulph	30:13
Cath Tindall	36:05
Debbie Bland (TW)	48:02

Chevin Park

Andrew Humphries	19:06
Chris Taylor	29:04
Bradford parkrun	
Owain Gwilym	23:32
Andy Gledhill	26:26
Jaqueline Reid	29:59
Claire Hunter	33:14

January 22nd – Roberts Park

Craig Hoos	20:54
Louise Biddulph	30:05(PB)
Debbie Bland (TW)	43:25

Chevin Park

Graham Turner	27:51
Richard Walker	31:54
Claire Hunter	35:02(PB)

Bradford parkrun

Helen Illman	23:57(PB)
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Andy Gledhill	24:34
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January 29th – Roberts Park

Steve Tindall	31:27
Cath Tindall	36:21
Debbie Bland (TW)	40:59

Bradford parkrun

Andy Gledhill	27:13
Jaqueline Reid	29:17

Woodhouse Moor Leeds

Eleanor Thompson	24:25
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Portrush (N.Ireland)

Amy Llewlylyn	35:17
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Penrhyn (Wales)

Owain Gwilym	20:23
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Claire Hunter	34:20
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A list of races coming up in the next few weeks is on the next page – good luck everyone !

Races Coming Up.....

February:

13 th	Valentines 10k. Lancaster	BIZ
13 th	Liversedge Half	BIZ
20 th	PECO race 5 (Roundhay Park)	RB
20 th	Great North West Half (Blackpool)	FCR
23 rd	Leeds 5k (Brownlee Centre)	RB
26 th /27 th	Stanley Park 10k (Blackpool)	FCR

March:

6 th	Norton 9 (Doncaster)	BIZ
6 th	Haweswater Half (Cumbria)	BIZ
6 th	Ilkley Moor Fell Race (Ilkley Harriers)	
12 th	Dentdale 14	RB
12 th	Lightwater Valley 10k	RB
13 th	Thirsk 10	BIZ
13 th	Spennings 20	BIZ
13 th	Trimpell 20 (Lancaster)	BIZ
20 th	Wakefield 10k	RB
27 th	Keighley 10k	RB

April :

3 rd	Baildon Boundary Way	RB
3 rd	Brun Valley 10k MT, Burnley	UKR
3 rd	Manchester Marathon	
10 th	Arthur James ShakERR (Thackley)	RB
10 th	Runway races – Elvington	RB
10 th	Flat Caps 10k, Sowerby Bridge	RB
15 th	Caldervale 10 miler. Preston	UKR
17 th	Guiseley Gallop	UK

RB = Racebest: FCR = Fylde Coast Running

BIZ = Book It Zone. UKR = UK Results

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 or e mail me at :-

Phil Bland. e mail: philbland53@hotmail.com

