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## 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 fourth “**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 fourth Roundup will endeavor to recapture the headlines from last month (**February 2022**). Did it ever stop raining ? Certainly there were some terrific stoic performances in the face of monsoon conditions at times – hats off to all our members who ignored the worst that the weather could throw at us. So here goes.....

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Lots more mud to enjoy in February ! All of our race reports this month feature it in one way or another except one lucky runner who escaped over to Spain – more of that in a moment !

**Richard Walker** kicked off the month on Saturday February 5<sup>th</sup> with a cracking Half Marathon performance in the **Grim Up North Leodis Half -** 1:30:14 and second place on a route that takes in trail, canal towpath and muddy fields – not for the faint hearted !

On the same day in virtually monsoon conditions the annual **Rombalds Stride** 23 mile endurance epic run by the local Scouts took place taking in much of the high moorland ground between Guiseley, Hawksworth, Burley Woodhead and Ilkley via Addingham Moorside, returning via Menston and a nice little climb up the Chevin past the Whitehouse on tired legs before finishing at Guiseley St Oswalds School. Thirteen of our gallant runners took up the challenge led home by **Robbie Dawrant (4:09:15)** and chased home by **Sarah Lund (4:16:06)**, **Louise Holloway – Cathcart (5:03:16)**, **Cathy Stothers (5:03:47)**. Closing in fast were **Gina Williams (5:12:04)** and **Brenda Peake (5:12:13)**. Just shading the six hour mark were **Janice Chruscht (6:00:45)**, **Steve Tindall (6:04:23)** and **Carole Keighley (6:04:45)**. Next a trio of **Ruth Murphy (6:39:08)**, **Sue Hulme (6:39:33)** and **Sharon Elms (6:39:34)**. Finally, still well under the 7 hour mark, **Shaun Richardson (6:49:00)**. Congratulations all for showing “True ACP Grit” – what doesn’t kill you makes you stronger !

Special mention must be made of **Evie Walker** (daughter of Richard) who took part in the **West Yorkshire Junior Cross Country Trials** – Evie was ranked 28<sup>th</sup> overall and 10<sup>th</sup> in the Leeds Schools group, an excellent performance building on her fine runs in this years Junior PECO series. A rising star !

On **Sunday 6<sup>th</sup> February** in equally wet and squally conditions the very popular **Dewsbury 10k** ran – a fast PB course in better conditions, this was a tough outing for the 2000 runners who took part. **Andrew Smith** took the race by the scruff and ran **33:43** to finish 39<sup>th</sup> out of 2,026 whilst **James Routh** ran an equally creditable **55:19**

On the same day **Andy Gledhill** took a trip to the seaside to run the **Southport”Mad Dog” 10k** in **53:22** ( he said you needed to be a mad dog to run at Southport in a force 9 gale !). Meanwhile, ignoring doctors advice to rest her injured knee, **Debbie Bland** couldn’t resist the lure of the **Muddy Boots 10MT** – a race that lived up to its name in all respects ! Plan A was not to run, Plan B was to jog round with the sweepers which swiftly turned into Plan C – “Go for it”! - 1hr14:49 was the outcome with the sweepers long gone. Fortunately the knee held up.

One of our members was far more fortunate with the weather – **Margaret Britton**, on holiday in Spain, raced the **Torremolinos Half marathon** and,

bathed in warm Spanish sunshine, she turned in a fine run -**1:57:00** – to win her age group. Not a drop of mud in sight ! Life is so unfair.....

**February 13<sup>th</sup>** saw **Mike Jarvis** return to racing for the second time after his Harewood heroics last month – this time taking on the **Grim Up North Settle 10k**. Mikes original race report is unprintable in its original format but suffice to say that he stuck at the task and came home 17<sup>th</sup> out of 35 in 1:01:30. The clue was in the race title Mike – Grim !!

**February 23<sup>rd</sup>** was the resumption of this years **Leeds 5k track series** staged at the Brownlee track in West Park – no mud here, just a bunch of fast runners bidding for glory across a series of “eyeballs out” blasts down the track. You can’t keep **Andrew Humphries** away from stuff like this and he delivered a fine performance to finish 4<sup>th</sup> on the night in a competitive bunch of fast lads, running in on **16:14**. **Owain Gwilym (19:46)** and **Brenda Peake (21:38)** also turned in great performances – this is the place to come for speed work !

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

This years PECO season all came to an exciting conclusion in this 5<sup>th</sup> and last race of the series, especially for our ACP Ladies team – **Race 5** 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 fifth race in the series took place at **Roundhay Park, Leeds** on **20<sup>th</sup> February**, over an approx 4.5 mile course. All to play for in Ladies Division 2 where promotion was tantalisingly within grasp, the team 2<sup>nd</sup> in the Division after race 4. After a full week of heavy rain Roundhay Park was a swamp and conditions could be described as “sticky” – not ideal for mounting a last push.

Despite the awful conditions on the day four ACP men and seven ladies turned up to do battle but it was all a big ask to try to haul in a strong St Theresa’s ladies team and York Postal mounted a big final push to creep over the line in first place overall to clinch top spot in Ladies Division 2 (ACP in a close third) with St Theresa’s taking out the Ladies Vets Div 1 title (ACP in 4<sup>th</sup>)

For the men the name of the game was consolidation and despite slipping a place in Div 2 they finished the series mid table in 6<sup>th</sup> (winners Rothwell) whilst the mens Vets team finished in 9<sup>th</sup> (winners Hyde Park).

Lots of credit to everyone who competed in some pretty dreadful conditions and lots of momentum to build on for next year.

So here is how we got on both in Race 5 and in the overall series standings.

### **Mens race 5.**

|                  |       |
|------------------|-------|
| Andrew Humphries | 28:42 |
| Richard Walker   | 31:40 |
| Owain Gwilym     | 35:48 |
| Paul Grindley    | 39:02 |

### **Ladies race 5**

|                  |       |
|------------------|-------|
| Poppy Cartwright | 37:03 |
| Gina Williams    | 38:11 |
| Kate Humphries   | 39:11 |
| Eleanor Thompson | 39:36 |
| Katie Hill       | 47:40 |
| Louise Biddulph  | 51:09 |
| Carole Keighley  | 52:20 |

### **Final Tables @ Race 5**

|           |                         |             |                         |
|-----------|-------------------------|-------------|-------------------------|
| Mens Team | 6 <sup>th</sup> (Div 2) | Ladies Team | 3 <sup>rd</sup> (Div 2) |
| Mens Vets | 9 <sup>th</sup> (Div 1) | Ladies Vets | 4 <sup>th</sup> (Div 1) |

### **Mens team dropping a position**

### **Ladies team dropped to third spot & Mens /Ladies vets no change**

### **Race 5 Winners – Ben Douglas (HPH) (26:35): Eve Whittaker (30:20)**

By my reckoning, across the whole five races, ACP fielded 10 men and 14 ladies plus our three fabulous Juniors, Evie and Monty Walker and Fraser Lee a great effort. Here's the **final standings** in the individual tables – take a bow everyone ! :- (N:B-not everyone ran every race, some only one)

### **Mens Overall (.666 ran)**

|                  |                      |
|------------------|----------------------|
| Andrew Humphries | 3 <sup>rd</sup> /666 |
| Richard Walker   | 62 <sup>nd</sup>     |
| Owain Gwilym     | 106 <sup>th</sup>    |
| Derek Lee        | 133 <sup>rd</sup>    |
| Paul Grindley    | 319 <sup>th</sup>    |
| Phil Priestley   | 404 <sup>th</sup>    |
| Graham Turner    | 443 <sup>rd</sup>    |
| Adrian Williams  | 563 <sup>rd</sup>    |
| Wm Woodhead      | 624 <sup>th</sup>    |
| Simon Walker     | 628 <sup>th</sup>    |

### **Ladies Overall (490 ran)**

|                   |                       |
|-------------------|-----------------------|
| Poppy Cartwright  | 27 <sup>th</sup> /490 |
| Kate Humphries    | 61 <sup>st</sup>      |
| Gina Williams     | 64 <sup>th</sup>      |
| Helen Illman      | 80 <sup>th</sup>      |
| Sarah Lund        | 99 <sup>th</sup>      |
| Eleanor Thompson  | 204 <sup>th</sup>     |
| Katie Hill        | 217 <sup>th</sup>     |
| Carole Keighley   | 239 <sup>th</sup>     |
| Molina M.B        | 284 <sup>th</sup>     |
| Francesca Gatenby | 300 <sup>th</sup>     |
| Helen Waite       | 369 <sup>th</sup>     |
| Lynda Parkinson   | 431 <sup>st</sup>     |
| Louise Biddulph   | 433 <sup>rd</sup>     |
| Melissa Owen      | 470 <sup>th</sup>     |

### **Juniors Placings:**

|                         |  |
|-------------------------|--|
| <b>Years 2-4 Boys:</b>  | Monty Walker 22 <sup>nd</sup> /49. Fraser Lee 23 <sup>rd</sup> /49 |
| <b>Years 7-8 Girls:</b> | Evie Walker 18 <sup>th</sup> /61                                   |

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

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

**Feb 5th - Roberts Park (Saltaire)**

|                 |           |
|-----------------|-----------|
| Phil Priestley  | 23:03(PB) |
| Louise Biddulph | 30:07     |
| Jemma Lawrence  | 30:59     |
| Debbie Bland    | 41:41(TW) |

**Whitby (Cinder Track)**

|            |       |
|------------|-------|
| Craig Hoos | 21:21 |
|------------|-------|

**Bradford parkrun**

|                  |                          |
|------------------|--------------------------|
| Andrew Humphries | 16:24 (1 <sup>st</sup> ) |
| Kate Humphreys   | 23:37                    |
| Andy Gledhill    | 27:33                    |
| Stephanie Price  | 29:17                    |

**Woodhouse Moor Leeds**

|               |           |
|---------------|-----------|
| Amy Llewellyn | 33:17(PB) |
|---------------|-----------|

**Rothwell parkrun**

|              |                         |
|--------------|-------------------------|
| Owain Gwilym | 19:38(3 <sup>rd</sup> ) |
|--------------|-------------------------|

**Feb 12th – Roberts Park**

|               |       |
|---------------|-------|
| Owain Gwilym  | 20:10 |
| Andy Gledhill | 26:12 |
| Debbie Bland  | 28:28 |

**Chevin Park**

|             |       |
|-------------|-------|
| Tom Gifford | 25:35 |
|-------------|-------|

**Woodhouse Moor**

|                |       |
|----------------|-------|
| Richard Walker | 18:59 |
|----------------|-------|

**Rothwell parkrun**

|            |       |
|------------|-------|
| Craig Hoos | 21:17 |
|------------|-------|

**Feb 19<sup>th</sup> - Roberts Park**

|                 |           |
|-----------------|-----------|
| Debbie Bland    | 28:15     |
| Louise Biddulph | 28:29(PB) |

**Bradford**

|               |       |
|---------------|-------|
| Andy Gledhill | 34:56 |
|---------------|-------|

**Armley parkrun**

|            |       |
|------------|-------|
| Craig Hoos | 21:18 |
|------------|-------|

**Woodhouse Moor**

|                |       |
|----------------|-------|
| Richard Walker | 19:09 |
|----------------|-------|

**Feb 26th – Whitby (Cinder Track)**

|            |       |
|------------|-------|
| Craig Hoos | 20:54 |
|------------|-------|

**Crossflats**

|              |       |
|--------------|-------|
| Owain Gwilym | 19:55 |
|--------------|-------|

**Bradford parkrun**

|                 |       |
|-----------------|-------|
| Jacqueline Reid | 30:26 |
| Andy Gledhill   | 53:01 |

A list of races coming up in the next few weeks is on the next page – good luck everyone !

## Races Coming Up.....

### March:

|                  |                         |     |
|------------------|-------------------------|-----|
| 12 <sup>th</sup> | Dentdale 14             | RB  |
| 12 <sup>th</sup> | Lightwater Valley 10k   | RB  |
| 13 <sup>th</sup> | Thirsk 10               | BIZ |
| 13 <sup>th</sup> | Spennithorne 20         | BIZ |
| 13 <sup>th</sup> | Trimpell 20 (Lancaster) | BIZ |
| 20 <sup>th</sup> | Wakefield 10k           | RB  |
| 27 <sup>th</sup> | Keighley 10k            | RB  |

### April :

|                  |                               |     |
|------------------|-------------------------------|-----|
| 3 <sup>rd</sup>  | Baildon Boundary Way          | RB  |
| 3 <sup>rd</sup>  | Brun Valley 10k MT, Burnley   | UKR |
| 3 <sup>rd</sup>  | Manchester Marathon           |     |
| 10 <sup>th</sup> | Runway races – Elvington      | RB  |
| 10 <sup>th</sup> | Flat Caps 10k, Sowerby Bridge | RB  |
| 15 <sup>th</sup> | Caldervale 10 miler. Preston  | UKR |
| 17 <sup>th</sup> | Guiseley Gallop               | UK  |

### May:

|                  |                               |    |
|------------------|-------------------------------|----|
| 1 <sup>st</sup>  | Morecambe Half M / 5k         | UK |
| 2 <sup>nd</sup>  | Tadcaster Triathlon           | RB |
| 8 <sup>th</sup>  | Bluebell Trail race (Halifax) | UK |
| 8 <sup>th</sup>  | Blacksticks Blue, Preston     | UK |
| 10 <sup>th</sup> | Rudding Park Trail race       | RB |
| 15 <sup>th</sup> | Fountains 10k                 | RB |
| 18 <sup>th</sup> | Askern 10k                    | UK |
| 22 <sup>nd</sup> | Cookridge Community Run       | UK |
| 25 <sup>th</sup> | Levens 10k (KENDAL)           | UK |
| 29 <sup>th</sup> | Northallerton 10k             | 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 :-

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