



RESULTS, RESULTS, RESULTS !

It doesn't seem five minutes since our last Results Roundup hit the airwaves but here we are in April already heading for Easter with a bumper crop of race results to report. Thanks to all those who have sent in their results to me – please keep them coming !

So here is our fifth “**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 fifth Roundup will endeavor to recapture the headlines from last month (**March 2022**). I've cheated a little bit because March ended just a day or two before a very busy race weekend which technically was April 2nd / 3rd – but we make up our own rules so I've sneaked those in as well !

Thankfully March was a kinder month weather wise (could it have been worse than February ?) and I guess that is reflected in some of our results.

I'm not sure what conversation took place between **Amanda Connolly**, **Sharon Elms** and **Sue Hulme** over strong cocktails but somehow they contrived to agree to tackle the infamous **Armley Gotts Park Steps reps**. For those unfamiliar with this physical challenge (it really belongs in some sadistic reality TV show) it involves running up and down a steep flight of 161 steps as often as possible until your heart gives out ! Believe it or not there is a website devoted to this madness. Our gallant trio gave it their best shot and completed 15 flights in one hour. This is a calorie burn of 1000 and listed benefits include – Toning of Bum and Thighs (I haven't verified this yet), Burns twice the amount of fat than a normal run, Low impact & safe for knees

and Improves bone strength. Just awesome stuff ladies – for those who need their bum toning up here's the link to the website <https://armleysteps.co.uk/>

How do you follow that ? Well on **12th March** four of our lady runners ventured up to Dent in the Northern dales to run the lovely **Dent 14 mile road race**. Now I can say that I have run this race in prep for my 2015 London Marathon attempt and it is a lovely race in idyllic Dales countryside. The race raises funds for the local village school. Adding to the allure is the fact that Dent boasts two terrific pubs but I'm sure that didn't play into the decision to run it. First home for ACP in **1:55:09** was **Sarah Lund followed by Helen Waite (2:11:34), Carole Keighley (2:21:42) and Janice Chruscht (2:30:11)**

The following day a posse of six Pacers made the trip up to **Thirsk** for the annual 10 mile road race – a gently undulating PB course starting and finishing at Thirsk racecourse. **Andrew Humphries** ran a superb race to finish **4th overall in 53:48, Richard Walker** (tuning up for Manchester Marathon) **next in 1:02:44** and followed in by **Derek Lee (1:11:05), Owain Gwilym (1:13:04), Brenda Peake (1:14:00) and Poppy Cartwright (1:14:01)**

Andrew obviously had the bit between his teeth because the following week he, together with partner Kate, ran the **Grasmere 10k Trail race** up in the Lakes – a lovely course starting and finishing at Grasmere Showground and taking in Rydal water and caves along the way. This time he took top podium spot in **39:45** with **Kate** on his heels in **56:15**.

Just to cap a fine week of running **Andrew** took on his fellow “fast lads” in Racebests mid week **Leeds 5k series** track race at the Brownlee Centre in Leeds finishing a superb **4th** out of 162 competitors in **15:54**

The next weekend (26th) brought something altogether different – the **Blubberhouses 25** – a tough moorland traverse across Denton and Blubberhouse moor, taking in Beamsley Beacon along the way. Organised by the Nidderdale LDWA this is another race I have actually done many moons ago when it was still a 25 miler but new paths have resulted in a slightly shorter 24 mile course starting and finishing at Bland Hill, Norwood and taking in Blubberhouses and Thruscross along the way. A tough old race on any day but three of our Pacers were blessed with perfect sunny weather – **Helen Waite** completing the course in **5hrs 10mins** closely followed in by **Cathy Stothers and Louise Holloway – Cathcart in 5hrs 20m**

The following day some more conventional road racing to report – the **Keighley 10k** was contested by Pacers **Brenda Peake (45:08), Poppy Cartwright (49:51), and Mike Jarvis (1hr 10m)**. Both Brenda and Poppy took out 3rd place in their respective age groups – no mean feat in a very competitive race.

Meanwhile a long way South, **Amanda Connolly and daughter Charlotte** ran the **Cardiff Half marathon** – Charlotte putting one over on Mum in **2hrs 04m** with Amanda very close behind in **2hrs 25m**.

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

They thought it was all over – well it is now !

The final act of the PECO season took place in Bramley Falls Woods on the 13th – **the PECO Relays** – three tough 2.5 mile laps. Sadly no Pacers participation this time but the winners were **Horsforth Harriers** in a cumulative time of **41:19** followed by **“Premature Acceleration”** (Hyde Park Harriers incognito) in **41:50** and third **Abbey Runners in 42:47**

Just a reminder of how a fine PECO season ended for us :-

Mens Overall (.666 ran)

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

Ladies Overall (490 ran)

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

Juniors Placings:

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

Last but not least – the bit of April that became March (but I couldn’t leave you a whole month without reporting on some fine Pacers performances in the **Manchester Marathon** and the **Baldon Boundary Way**).

Andrew Smith and Richard Walker were our marathon heroes – Andrew lived up to his designation as the “Flying Doctor” recording a fine sub 3hr run

in **2:48:44** (that's more or less 6.5 min mileing !) with Richard just behind him in **3:03:59** – huge congratulations to them both.

Closer to home nine Pacers took on the tough **Baldon Boundary Way** with **Brenda Peake** leading the team home in **1:52:41** followed by **Sarah Lund (1:54:34)**, **Poppy Cartwright (1:56:39)**, **Craig Milner (1:59:19)**, **Gina Williams (2:07:17)**, **Cathy Stothers (2:14:08)**, **Graham Turner (2:14:35)**, **Izzy Hainsworth-Brear (2:17:05 PB)** and **Louise Biddulph (2:42:58)**.

The race was won by **Phil Boynton** of Horsforth Harriers in **1:22:23** and first lady home was **Charlotte Mason** (City of York AC) in **1:33:00**

Wrapping up the racing report for the month is new member **Richard Haynes** who ran a great **43:50 PB** in the **Bramham Park 10k Trail Race**

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

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

March 5th - Roberts Park (Saltaire)

Craig Hoos	20:51
Cath Tindall	39:27
Steve Tindall	39:28

Bradford parkrun

Andrew Humphries	16:30
Owain Gwilym	23:25
Kate Humphreys	24:18
Jaqueline Reid	29:22
Steve Powell	29:39
Andy Gledhill	42:26

March 12th – Roberts Park

Mathew Tupling	25:10
Jemma Lawrence	26:27(PB)
Andy Gledhill	27:00
Louise Biddulph	29:25

Chevin Park

Kate Humphries	26:09
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Bramley parkrun

Richard Walker	20:47(3 rd)
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Bradford parkrun

Jaqueline Reid	29:19
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Cliffe Castle (Keighley)

Owain Gwilym	21:26(2 nd)
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Oxford (University Fields)

Craig Hoos	20:59
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March 19th - Roberts Park

Megan Dennison	26:56
Debbie Bland	28:29
Louise Biddulph	29:10
Amanda Connor	34:51
Cath Tindall	36:51
Steve Tindall	36:52

Bradford parkrun

Andy Gledhill	27:43
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Woodhouse Moor parkrun

Amy Llewellyn	30:50(PB)
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Armley parkrun

Richard Walker	19:17
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Skipton parkrun

Steve Powell	29:39
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March 26th – Whitby (Cinder Track)

Craig Hoos	20:11(PB)
Debbie Bland	27:40 (1 st AG)

Roberts Park (Saltaire)

Jemma Lawrence	26:16(PB)
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Bradford parkrun

Jacqueline Reid	28:01
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Chevin Park (ACP T/O)

Amy Llewellyn	29:43
Steve Powell	30:24(PB)
Andy Gledhill	34:15
Lynda Parkinson	37:36
Andrew Humphries	49:01(TW)

April 2nd Roberts Park (Saltaire)

Megan Dennison	25:38
Debbie Bland	27:35
Cath Tindall	37:53

Bradford parkrun

Andrew Humphries	16:14(PB)
Kate Humphries	26:21
Jacqueline Reid	28:01
Andy Gledhill	29:50

Chevin Park

Richard Haynes	24:11
Tom Gifford	25:16
Lynda Parkinson	34:29(PB)

Cassiobury (Watford) parkrun

Craig Hoos	21:57
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A list of races coming up in the next few weeks – don't forget that we are now affiliated to **Yorkshire Veterans Athletics Association (YVAA)** and are now entitled to enter their races for a nominal race fee – check out the website for details <https://www.yvaa.org> - and keep a watch out on facebook for **Richard Walkers** “heads up” notifications on upcoming races too. Harrogate and District Summer Race League races are also on the way (www.harrogate-league.org.uk) - good luck everyone !

Races Coming Up.....**April :**

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
24 th	Barnsley 10k	BIZ
24 th	Bolton 10k	BIZ
24 th	Brighouse 5/10k	UK
30 th	Coniston Fell Race	UK

May:

1 st	Morecambe Half M / 5k	UK
2 nd	Tadcaster Triathlon	RB
8 th	Bluebell Trail race (Halifax)	UK
8 th	Blacksticks Blue, Preston	UK
10 th	Rudding Park Trail race	RB
15 th	Fountains 10k (Ripon)	RB
15 th	Wigan Trail 10k	BIZ
15 th	Red Tractor Trail Run, Grassington	BIZ
17 th	H&DSRL: Nidd Valley	H&DSRL
18 th	Askern 10k	UK
22 nd	YVAA Grand Prix (Honley)	YVAA
22 nd	Cookridge Community Run	UK
24 th	YVAA Grand Prix (Kirkstall)	YVAA
25 th	Levens 10k (Kendal)	UK
29 th	Northallerton 10k	UK
31 st	H&DSRL: Thirsk	H&DSRL

June:

1 st	Chevin Fell race	RB
9 th	Bronte 5 mile (Haworth)	YVAA
11 th	Up the Odda (Hawksworth)	RB
12 th	Burton Leonard 10k	RB
12 th	Marsden 10	UK
14 th	Vale of York 10	RB
18 th	Baildon Trig Challenge	RB
22 nd	YVAA GP – Middleton Park	YVAA
25 th	Ripon Triathlon	UK
26 th	Eccup 10	RB/YVAA

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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