



## RESULTS, RESULTS, RESULTS !

Wow ! Easter is behind us together with the Baildon Boundary Way and the traditional Spring marathons – the year seems to be marching on at a hectic pace. However we have the opportunity to pause for a moment and consider some fine ACP performances during April. Thanks to all those who have sent in their results to me – please keep them coming !

So here is our sixth “**Results Roundup**” – as ever it is only as good as the info you send me so apologies if that extra special PB is missing !

Our sixth Roundup will endeavor to recapture the headlines from last month (**April 2022**). Not quite such a busy month of racing as last month (but I did cheat a bit and include the BBW and Manchester Marathon last time) however it has given me the opportunity to slot in some additional info which hopefully will be of interest.

Firstly, **Richard Walker** has provided the **Club Time Trial** results for April – the series kicked off again last month and some swift times are already on the clock. Some challenging markers have been laid down for May – watch this space !

---

Richard has also provided a fascinating glimpse into how **Run Britain** provide **national performance rankings** for all club runners and even more interestingly where our ACP running family sits within those rankings. How do you measure up to Sir Mo Farrer & Co ? Time to find out !

First out of the racing blocks in April was **Debbie Bland** who has been trying to put a series of injuries behind her (plus a dose of Covid in March) and regain her fine form of recent years. Debbie chose the flat fast **Elvington Airfield** race series run by Racebest along the runway at Elvington airbase near York. This huge runway is nearly 2 miles long and designed to take B52 bombers. Debbie didn't quite achieve lift off but in her 10k race she clocked **56:08** on a cloudless and mostly wind free day (headwinds can be a killer here). Some way still to go to get back to her 10k PB of 45:12 but as someone once said "a journey of a thousand miles starts with a single step" !

The next weekend (Easter) saw the traditional **Guisseley Gallop** staged by our neighbours Skyrac AC. This is a challenging off road tour of the woods and trails behind the Westfield Shopping centre heading down towards Esholt for just over 10k.(although due to some "interesting" route finding in the woods a variety of distances were run !). ACP had a fine turn out of eight runners led home by **Richard Walker (43:15)**, **Craig Milner (48:42)**, **Izzy Hainsworth-Brear (58:57 PB)**, **Gina Williams and Brenda Peake (1:02:52)**, **Cheryl Duerden (1:08:58)**, **Mike Jarvis (1:09:23)** and **Holly Marcantonio (1:12:10)**. The race was won by **Jack Cummings** (Ilkley Harriers) in a course record 33:57 whilst first lady home was **Annabel Mason** (Wharfedale) in 46:24. Sadly, Skyrac decided not to validate the course record due to the mix up in route finding !

**Sunday April 24<sup>th</sup>** found **Debbie Bland** in Blackpool ready for a tilt at the **Blackpool Half Marathon**, a course run entirely on the promenade up to Bispham and back. This time the headwind WAS the killer with a stiff Northerly howling down the coast putting Debbie's 1:42:49 PB out of reach and taking huge chunks of time out of everybody. She came home in a creditable **2:09** given the conditions with several runners "blowing up" after going out too fast and running out of gas in the headwinds.

Meanwhile the midweek **Leeds 5k** series continued on the 27<sup>th</sup> with three ACP members trying their luck on the flat track. **Andrew Humphries** continued his fine run of form with a blistering **15:28 (2<sup>nd</sup>)**, **Brenda Peake (21:09)** and **Louise Biddulph (27:38)** both turned in fine performances. ACP currently rank 9<sup>th</sup> in the club table.

Finally **Mike Jarvis** tackled the **Willow Valley Flyer**, a new race organised by the Brighouse Bumble Bees (who else !). This is a 7.5 mile MT race and Mike ran **2:15:56** to finish 62<sup>nd</sup> out of 104 finishers

**April parkruns: - C.R = Course Record: PB = Personal best****April 9th - Roberts Park (Saltaire)**

Andy Gledhill 27:55  
 Louise Biddulph 28:48

**Bradford parkrun**

Jacqueline Reid 27:43

**Chevin Park**

Craig Hoos 22:45

**Fountains Abbey**

Debbie Bland 27:36

**Penrhyn**

Poppy Cartwright 21:37 (2<sup>nd</sup>)

**April 16th – Bradford parkrun**

Andy Gledhill 28:50  
 Louise Biddulph 31:13

**Chevin Park**

Eleanor Thompson 27:22  
 Lynda Parkinson 42:16

**Skipton parkrun**

Margaret Britton 36:42(PB)

**Clitheroe parkrun**

Debbie Bland 29:22

**Armley parkrun**

Craig Hoos 20:50  
 Steve Powell 29:53

**April 23<sup>rd</sup> - Roberts Park**

Richard Haynes 20:44  
 Megan Dennison 27:12  
 Andy Gledhill 29:35  
 Cath Tindall 37:56  
 Steve Tindall 37:57

**Bradford parkrun**

Jacqueline Reid 27:31  
 Simon Walker 29:35

**Skipton parkrun**

Andrew Humphries 16:38(1<sup>st</sup>)  
 Kate Humphries 26:59  
 Margaret Britton 35:33(PB)

**Chevin parkrun**

Helen Alcock 31:07

**Witton Park (Blackburn)**

Debbie Bland 32:06

**Whitby (Cinder Track)**

Craig Hoos 20:33(4th)

**Keighley Cliffe Castle**

Sharon Elms 30:27  
 Susan Hulme 30:57  
 Amanda Connolly 32:13

**April 30<sup>th</sup> Roberts Park (Saltaire)**

Debbie Bland 27:10(1<sup>st</sup>65)  
 Steve Powell 28:49  
 Andy Gledhill 29:48  
 Amanda Connor 32:20(PB)

**Chevin Park**

Andrew Humphries 18:29(1<sup>st</sup>)

**April 30<sup>th</sup> (cont)****Bradford parkrun**

Jemma Lawrence 26:13  
 Jacqueline Reid 27:30(PB)

**Temple Newsam parkrun**

Craig Hoos 21:47(PB)  
 (22 min Pacer)

**Bramley parkrun:**

Richard Walker 19:41(PB)

**Club Time Trials – Richard Reports.....**

"The April time trial is a "wrap" and finished with some "deadline-day" drama, with Pacers heading out to High Royds on the bank holiday Saturday to log a time for April.

Amongst them was **Andrew Smith**, who smashed out a mile in 5 minutes and 8 seconds - the fastest time of the year so far, and 19 seconds faster than his best time from 2021. That's great form to start the year! Our fastest female for April was **Poppy** who completed the mile in a very brisk 6 minutes 47 seconds (although the Facebook news wires tell me she has already gone faster in May!).

In total, we had 31 Pacers attempt the measured mile time-trial through the month of April, which is one more than this time last year, so keep up the great work people! Special mention to **Paul Grindley and Craig Hoos**, keenness personified by having a go at it twice! And both quite a bit faster on attempt number two.

Remember, the biggest improvers through the year win the coveted **Lord Archer award**. In particular, we will be looking for overall improvement in times, plus looking at performances in Quarter 2 (April to June) versus Quarter 3 (July to September). Logging a time every month is by no means essential, but the more attempts you log, the easier it is to track your consistent improvements."

**Runbritain rankings: An explainer: by Richard Walker**

"If you like data, and you enjoy racing, then you will LOVE the Runbritain rankings.

Caution. If you have a bit of a competitive streak like me, then you might become addicted!

What are the runbritain rankings? The website [runbritainrankings.com](http://runbritainrankings.com) describes it as:

“A unique handicap scheme. The runbritain handicap gives runners of all abilities the chance to record their progress and compare their results across a variety of distances and terrains. Search for any distance and any age group”

It works in a similar way to golf handicaps. Having hardly swung a golf club in ten years, my golf handicap would be pretty high. If I was to play a round of golf tomorrow against golfers at the top of their game (who might, for instance, get round the golf course in “par”) then I’d need to be given a LOT of shots head-start to make it a competitive game.

Apparently, the highest handicap index a male golfer can have in the USGA Handicap System is 36.4, so it’s safe to assume my golf handicap would be 36.4. The best local golfers would be known as “scratch” golfers (who have a handicap of around zero). The very best (the professionals) would have a “minus handicap” – these are the golfers that manage to complete their rounds in “under par”.

Runners have their own handicap system, it’s freely accessible online (on the runbritain rankings website, unsurprisingly), and it is a veritable data geeks’ Aladdin’s cave of statistics.

Our handicap system is similar to golf, but with a maximum of +54 to as low as -7.2 (Emile Cairns, Leeds City).

Log in and, assuming you have completed some races and / or parkruns, you can find out where your times put you on the UK “ladder”. There are lots of different rankings to filter on, so you can compare yourself and your team mates against the top runners in the UK over different distances. You can look back on your best times over previous years. You can look up race results, compare your performances against others, stalk the elites... Mo Farah, Marc Scott, Eilish McColgan, Charlotte Purdue – we’re coming for you!

You can see and be inspired by the successes of your (all too modest) club mates too. To (not) name just four, our club is lucky to have both the 121st and 181st fastest W65s in the country at the time of writing, the 393rd fastest M40, and the 26th fastest person in the whole country over the 10-mile distance so far this year.

Once you have created a profile, your “home page” will show you where you are in the national ladder – overall (I’m currently 16,395th), for your gender (I’m 15,216th), for your age category (1,315th) – even for your postcode (9th) and your age category within your postcode (2nd). I’m hunting you down mystery late 40s man in Guiseley somewhere! (It’s the “LS20” bit of the postcode – not you versus the next-door-neighbours). (Hi Julie! #waves).

It is also a good way of setting targets for the year. You could aim to be in the Top 50, Top 20, Top 10 or Top 5 in your Postcode area (yes, it tells you that too). Aim to get your handicap below your age, or into the teens, or into single digits (or aim to keep it that way!). Aim to beat your running buddy, aim to beat your nemesis from another club... (check out the “search club” function).

Joking aside, it can be a very motivating way of monitoring your progression (as well the times you post, the PBs you bag, and how easy or hard your running feels!). It’s a very visible and tangible way of seeing progression on

the data charts provided on the website. Having the “curve” on the chart slanting upwards feels great. Equally, it sometimes doesn’t feel as great to see the curve pointing the other way. Injuries and loss of form sadly happen due to a variety of reasons. We will all, also, “peak” at some point and we will all get older. Our times will inevitably get slower. Our handicaps will inevitably get higher again. But that’s where the age grading system comes in... I’ll leave that explanation for another article.

Here are the top 20 handicaps from the club as of 22nd March. We can check in on the “movers and shakers” towards the end of 2022 once the summer race season is over, if there is interest in this sort of thing!”

### **LADIES:**

1 Poppy Cartwright	SEN	10.3
2 Sarah Lund	V45	11.7
3 Brenda Peake	V45	12.0
4 Kate MacFarlane	SEN	13.1
5 Molina Marshall-Brooksbank	SEN	13.4
6 Gina Williams	V45	14.1
7 Helen Illman	SEN	14.3
8 Francesca Gatenby	V35	15.3
9 Eleanor Thomson	V45	16.2
10 Margaret Britton	V65	16.4
11 Helen Waite	V40	17.4
12 Debbie Bland	V65	17.8
13 Sally Haigh	V55	17.9
14 Megan Dennison	SEN	18.8
15 Sarah Podesta	V45	19.4
16 Rhona Neilson	V45	19.7
17 Jenny Hiley	V35	19.9
18 Helen Alcock	V35	20.2
19 Jenny Sebright-Pickard	V45	21.2
20 Carole M Keighley	V60	21.4

**MEN**

1 Andrew Humphries	SEN	1.8
2 Andrew Smith	V40	0.3
3 Richard Walker	V45	4.2
4 Owain Gwilym	V40	5.6
5 Peter Branney	V40	8.1
6 Jack MacFarlane	SEN	8.1
7 Derek Lee	V40	8.2
8 Craig Hoos	V50	8.6
9 Paul Grindley	V55	13.2
10 Simon Molyneux	V50	13.6
11 Tom Gifford	V35	13.8
12 Robert Dawrant	V40	14.2
13 Chris Hill	V65	14.9
14 Matthew Burnham	V35	15.3
15 William Woodhead	SEN	15.7
16 Graham Turner	V40	15.8
17 Chris Jones	V50	16.1
18 Nicholas Lee	V45	16.4
19 David Stoneman	V45	16.8
20 James Routh	SEN	16.9

**NEXT MONTH WE EXPLAIN “AGE GRADING”**

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](http://www.harrogate-league.org.uk)) - good luck everyone !

## Races Coming Up.....

### May:

15 <sup>th</sup>	Fountains 10k (Ripon)	RB
15 <sup>th</sup>	Wigan Trail 10k	BIZ
15 <sup>th</sup>	Red Tractor Trail Run, Grassington	BIZ
17 <sup>th</sup>	H&DSRL: Nidd Valley	H&DSRL
18 <sup>th</sup>	Askern 10k	UK
22 <sup>nd</sup>	YVAA Grand Prix (Honley)	YVAA
22 <sup>nd</sup>	Cookridge Community Run	UK
24 <sup>th</sup>	YVAA Grand Prix (Kirkstall)	YVAA
25 <sup>th</sup>	Levens 10k (Kendal)	UK
29 <sup>th</sup>	Northallerton 10k	UK
31 <sup>st</sup>	H&DSRL: Thirsk	H&DSRL

### June:

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

### July:

5 <sup>th</sup>	Rochdale 10k	BIZ
8 <sup>th</sup>	St Aidans 10k	RB
10 <sup>th</sup>	Ilkley half	
10 <sup>th</sup>	Bramham 10k	
20 <sup>th</sup>	Priory 10k (Nostell Priory)	RB
23 <sup>rd</sup>	Hampsthwaite Feast 5k XC	RB
26 <sup>th</sup>	YVAA Grandprix – Bingley	YVAA
27 <sup>th</sup>	Leeds 5k series	

**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](mailto:philbland53@hotmail.com)**