



RESULTS, RESULTS, RESULTS !

As I write this update we are marching towards the middle of the year at a frightening pace only matched by the number of races hitting the calendar – some held over since the start of the pandemic whilst the major race leagues, Harrogate Summer League and YVAA are hitting their stride. Lots of great performances to report on this month and our members have found all sorts of ways to keep me busy and on my toes ! Thanks to all those who have sent in their results to me – please keep them coming !

So here is our seventh “**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 seventh Roundup will endeavor to recapture the headlines from last month (**May 2022**). Heaps going on with our members getting stuck into road, trail, fell and track racing and a dash of cycling thrown in for good measure by our Airecentre Wheelers.

Once again **Richard Walker** has provided the **Club Time Trial** results – this time for May – building on some swift times in April some even faster times are on the clock during May.

As promised last month I have included an insight into how **Age Grading** works in calculating race performances – ever wondered how, having run yourself into the ground, you end up second best to someone twice your age who ran half as fast ? The secrets are revealed !

We start this month with a correction / apology to **Mike Jarvis** who ran the **Willow Valley Flyer** back on the 1st May. Last month I reported Mikes time for this 7.5MT race as 2:15:56 but after howls of protest from the man himself I discovered that the timers at this race had added an hour onto everyones time ! It could only happen to Mike.....

7th May saw two Pacers take on the **Lakeland Trails 18k** race based around Staveley in the Southern Lakes – **Helen Waite** (1:56:58) and **Janice Chruscht** (2:20:21) enjoyed the scenic undulations of this challenging course.

Just around the corner **Carole Keighley** tackled a 37 mile Ultra taking her from **Barrow in Furness to Keswick** completing this mighty challenge in 9:47:16 – an astonishing feat of endurance !

Third out of the racing blocks in May was **Debbie Bland** who took on the tough **Bluebell Trail Race** – a race with a certain reputation, staged by Stainland Lions RC over in Greetland, that includes every sort of terrain imaginable – lumpy woodland sections, canal towpaths, the infamous Trooper Lane – a 25% gradient on cobbles, Moorland traverse and to finish it all off you wade across the River Calder just before the finish ! Pleased not to be last (or drowned !) Debs finished in 2:17:20 & 2nd Fv65. Having survived this assault course she managed to break her ankle a few days later walking the dog !

On the same day, whilst Debbie was enjoying these delights, nine Pacers took on the **Leeds Half Marathon** along with 3,899 other hopefuls. **Andrew Humphries** took the race by the scruff and posted 1:13:28 to finish in 6th place overall. **Brenda Peake** was chasing him down in 1:39:12 (2nd fv50) followed in by **Kate Humphries** (1:46:43), **Jenny Hiley** (2:03:35), **Eleanor Thompson** (warming up for Edinburgh Marathon) in 2:05:48, **Sharon Elms** (2:10:57), **Simon Walker** (2:11:43), **Amy Travis** (2:11:53) and **Louise Biddulph** (2:19:55). Congratulations all !

Tuesday 10th May – the **Jack Bloor Fell races** run over Ilkley Moor attracted two of our Pacers – **Brenda Peake**, nicely warmed up after the Leeds half and **Gina Williams** who ran together on this tough moorland course up to the Swastika Stones – Gina just pipping Brenda in the results by 1 second ! (1:10:20 & 1:10 21).

(The Jack Bloor Fund was established in 1985 to commemorate the life of Jack Bloor. Jack is a Yorkshire legend. He was a pioneering fell runner and climber who also orienteered, caved and cycled. As well as being an

accomplished athlete in his own right, Jack was a former chairman of the Yorkshire BMC, helped start the Three Peaks Fell Race (which he won 1956) and coached world class orienteers. The Fund awards grants to young sportspeople from Yorkshire who want to improve their physical and/or technical skills in any recognised outdoor adventure sport. For example, they have supported individuals engaged in rock climbing, fell running, orienteering, sailing, cyclocross, kayaking and mountaineering.)

The following weekend (14th) Pacer **Sarah Lund** took on the mighty challenge of **the “Lap”** – sounds innocuous but this race is a 47 mile **Ultra Marathon lap of Lake Windermere** which has to be done within 24 hours (or else !). The race is run twice a year in May (Clockwise) and September (anti clockwise) with the lap record of 6:59:28 (Clockwise) held by a chap called Ellis Bland (no relation !) 08mins. **Sarah ran a fantastic 11:38:39** – a huge achievement.- look out for Sarahs race report in the next newsletter.

Meanwhile out on the East coast the **Ravenscar Half marathon and 10k** attracted Pacers **Nick Leathley** who ran the Half in 2:29:16 and **Craig Milner** the 10k in 1:06:51. Anyone who knows this stretch of coastline will vouch for the fact that there is NO flat ground anywhere and some knee busting climbs and descents !

Next up for our Pacers was the **Cookridge Community Run** – a lovely local 10k trail race run in memory of local runner Gareth Dunn who recently lost his life to Cancer – the race is a fund raiser for Cancer Research UK. The race was a sell out with 400 runners competing along with three Pacers – **Poppy Cartwright** (47:05) **Brenda Peake** (47:55) and **Louise Biddulph** (1:06:14)

The midweek **Leeds 5k** series continued on the 25th with two ACP members trying their luck on the flat track. **Andrew Humphries** continued his fine run of form with a blistering **15:49 (2nd by only two seconds !)** **Brenda Peake (21:38)**.

Right at the end of the month (29th) **Eleanor Thompson** ran the **Edinburgh Marathon** – all that hard training paying off with a great run in **4hrs 48 mins**. On the same Sunday **David Fox** ran the scenic **Northallerton 10k** in 1:10:36.

It would be remiss not to finally mention a race that ended in a dead heat for two of our Pacers when they took part in the **“Race to the Alter”** up in the Lakes – many congratulations to Andrew and Kate Humphries who tied the knot at the finish line on May 23rd !

Harrogate & District Summer Race League.

This mid week summer five race series is now well underway with two events happening in May. The **first race was hosted by Nidd Valley RR** on a course starting and finishing in Bilton, Harrogate. ACP fielded a strong team of 16 runners with **Richard Walker** leading the pack home in 34:24, **Derek Lee** hot on his heels in 36:21 and **Craig Milner** (39:29), **Poppy Cartwright** (39:47) and **Craig Hoos** (39:51) all running sub 40mins. **Brenda Peake** (41:17), **Phil Priestley** (42:59), **Paul Grindley** (43:54), **Graham Turner** (44:12), **Fran Gatenby** (44:13), **Helen Alcock** (49:18) all came home in under 50 minutes. **Megan Dennison** (50:56), **Sophie Bromley** (52:17), **Mike Jarvis** (54:50), **Carole Keighley** (57:02) and **Melissa Owens** (59:00) rounded off a fine team performance all finishing under the hour mark.

The **second race in the series** was held right at the end of the month and hosted by **Thirsk & Sowerby** on a spectacular scenic course around Sutton Bank. Four Pacers made the long trip but were rewarded by fine weather (eventually) and splendid views along the 5.5 mile MT course. **Richard Walker** (30:22), **Craig Milner** (33:45), **Poppy Cartwright** (36:41) and **Carole Keighley** (48:13) flew the flag for ACP.

Next race in the series is much more local – **Ilkley on June 14th !**

YVAA race series

ACP have only recently affiliated to Yorkshire Veterans Athletic Association (YVAA) and the summer race series has just started with the first race at Honley just too early after our affiliation to attract many of our runners. However **Richard Walker** and **Gina Williams** hopped aboard the second Grand Prix race staged by Kirkstall Harriers – a six mile MT trail race out and back from **Kirkstall Abbey**. **Richard** (39:05 2nd Mv45) and **Gina** (49:55) were competing with 245 from various local Yorkshire clubs.

The race series consists of **Grand Prix races** (usually mid week trails of approx 5.5 miles) and **Championship races** (already established club races at the various recognised distances – 5k, 5 miles, 10k, 10 miles etc. where Yorkshire Championship Trophies are awarded.

Next Grand Prix is Middleton Park, Leeds (using the PECO course) Wednesday 22nd June (7pm) and **next Championship race** (10k Road Race)

is the **Helen Windsor 10k** staged by Halifax Harriers – again Wednesday evening, 6th July. £10. Full details at www.YVAA.org.

ACP Time Trial Series – May Results.

Well done to the 21 athletes that attempted the club time trial in May, including seven members who had their first bite of the one mile apple. Of the 14 people who have attempted the course twice already, shout outs to Claire McColl (13 seconds faster), Richard Haynes (19 seconds faster), Poppy Cartwright (27 seconds faster) and Graham Turner (38 seconds faster) – all early contenders for the coveted Lord Archer Award for the biggest improvement.

Just two months into the series and we have 52 laps of the course banked already between us – brilliant running everyone ! If you haven't logged a time yet, don't worry – we are still in the first half of the summer (apparently) and many more days in June left to have a crack at the course (either self timed or as part of the Monday / Wednesday club runs. Latest May times below :-

Richard Walker 6 min 05 secs
Richard Haynes 6 min 10 secs
Poppy Cartwright 6 min 21 secs
Craig Hoos 6 min 24 secs
Craig Milner (2) 6 min 25 secs
Craig Milner (1) 6 min 30 secs
Robbie Dawrant 7 min 18 secs
 Andy Coupe 8 min 00 secs
Isobel Hainsworth-Brear 8 min 10 secs
Louise Kirwin 8 min 20 secs
Louise Biddulph 8 min 31 secs
Claire McColl 8 min 56 secs
 Alison Gate 9 min 01 secs
Susan Hulme 9 min 10 secs
Amanda Connolly 9 min 15 secs
Jane Walkersmith 9 min 16 secs
 Carol New 11 min 09 secs

Coming up next – Mays parkrun times

MAY parkruns: - C.R = Course Record: PB = Personal best**May 7th - Roberts Park (Saltaire)**

Andy Gledhill 28:51

Woodhouse MoorDebbie Bland 27:25 (1st65)**Chevin Park**

Andrew Coupe 28:35

Keighley

Steve Powell 31:07

Potternewton

Richard Walker 20:13

Skipton

Margaret Britton 33:12(PB)

May 14th – Bradford parkrunAndy Humphries 18:18(5th)

Kate Humphries 22:29

Chevin Park

Eleanor Thompson 28:35

Roberts Park

Jaqueline Reid 28:01

Andy Gledhill

Armley parkrun

Steve Powell 28:32

Brighouse parkrun

Craig Milner 20:52

Rickmansworth (Herts)

Craig Hoos 20:46

May 21st - Roberts Park

Andy Gledhill 28:08

Skipton parkrun

Margaret Britton 32:41(PB)

Chevin parkrun

Carole Keighley 32:43(1stFv60)

Ruth Murphy 35:23

Helen Illman 56:52 (TW)

Whitby (Cinder Path)

Craig Hoos 20:23

Oakwell Hall

Craig Milner 22:20

May 28th Roberts Park (Saltaire)

Phil Priestley 23:13

Steve Powell 27:32(PB)

Megan Dennison 27:39

Steve Tindall 29:45(PB)

Cath Tindall 35:29

Bradford parkrun

Andy Gledhill 27:53

Skipton

Margaret Britton 32:48

Bowling ParkCraig Hoos 21:19 (2nd)

Age Grading: An explainer - (courtesy of the Good Run Guide)

What is Age-Grading

Age-Grading is a way of measuring your running performance taking into account your age and gender. It enables you to produce a **percentage score** for each run based on how old you were when you did the run. It also takes into account your gender so you can use the percentage score to compare your performance with other runners, regardless of both age and gender.

The Good Run Guide Log Book also takes into account the hilliness of the run when calculating an Age-Graded percentage, so you can fairly compare your performance between runs, regardless of how hilly there are. This means you can effectively score every run you do.

How is my Age-Graded Percentage calculated?

The calculation uses data collated by the World Association of Veteran Athletics, to adjust your performance for age and gender. It takes World Record performances for each age and distance, for men and women, and uses these as benchmarks. So, for example: if the World Record for a 40 year old man running 10 miles is 46:31 and another 40 year old man runs 10 miles in 58:30, he has an Age-Graded performance of 79.5% (46:31 divided by 58:30).

Why is Age-Grading useful?

...it is possible for two different runners to compare their performance for the same run on even terms...regardless of age and sex.

Motivation - As we get older it is reasonable to expect that we won't be able to run at the speeds we achieved when we were young. This can be demotivating for runners who are 'past their peak' even if they are running well for their age. So, rather than focusing solely on how fast you are running, it can be more motivating to focus on your Age-Graded performance.

Comparing with other Runners - By factoring out age and sex it is possible for two different runners to compare their performance for the same run on even terms, enabling people to compete with each other regardless of age and sex. You will often find that Running Clubs talk a lot about Age-Grading as it provides a way for Club Members to compare their race performances, irrespective of how old they are.

Long-Term Performance Tracking - Factoring out age enables you to see how good your performance is at any time given expected norms for your age. Using this you can track how your performance has changed over the long-term.

Predicting Race Times - You can use your current Age-Graded percentage as a method of predicting finish times for races.

How good is my Age-Graded percentage?

As your score is a comparison with World Record times don't be disappointed if it is a long way from 100%. As a general guide, if your percentage comes out as 90% or above then either your watch has stopped or you can count yourself as World Class! Over 80% is typically National Class, over 70% is Regional Class and over 60% is local Class.

Races Coming Up.....

A list of some 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 !

June:

| | | |
|------------------|--------------------------|---------|
| 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 |
| 14 th | H&DSRL Race 3 (Ilkley) | 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 |

July:

| | | |
|------------------|-----------------------------|------|
| 5 th | Rochdale 10k | BIZ |
| 6 th | Helen Windsor 10k | YVAA |
| 8 th | St Aidans 10k | RB |
| 10 th | Ilkley half | |
| 10 th | Bramham 10k | |
| 20 th | Priory 10k (Nostell Priory) | RB |
| 23 rd | Hampsthwaite Feast 5k XC | RB |
| 26 th | YVAA Grandprix – Bingley | YVAA |
| 27 th | 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 :-

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