



## RESULTS, RESULTS, RESULTS !

“Flaming June” has given way to “Boiling July” as I write this in my home office with every window in the house wide open, reading inspiring stories from **Endure 24** and the **Ilkley Half**. Sadly they will have to wait until next month as there are lots of great ACP performances to report on this month! Thanks to all those who have sent in their results to me – please keep them coming !

So here is our eighth “**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 eighth Roundup will endeavor to recapture the headlines from last month (**June 2022**). – a busy month with a dozen races to report on plus **Harrogate League and YVAA** (Yorkshire Vets) where our runners are making an immediate impact on the age group prizes !

Once again **Richard Walker** has provided the **Club Time Trial** results – this time for June – building on some swift times in May.

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**Otley Chevin Fell race** gets us off the mark this month – appropriately on the **1<sup>st</sup> June** – starting on the cobbles of Station Rd in Otley, this race blasts straight up the side of the Chevin via the White House and emerges onto Surprise View, follows the ridge along before turning sharp left and retracing the same suicidal route back down to Station Rd. On a fine sunny evening our very own “Master of Pain”, **Richard Walker** clocked 22:54 for the 2.9 miles. Skyrac AC’s Charlotte Rawston broke the course record in 19:54 ( her first fell race having just turned 18!)

The following Sunday (5<sup>th</sup>) **Derek Lee** took on the **Grimsby 10k** and clocked **38:46** – a 10k PB for Derek !

Meanwhile **Margaret Britton** donned her cycle helmet and took part in **Le Petit Depart**, a tough 38 mile cycling sportif starting and finishing in Skipton and tracing a route around the Dales – some of you will know that Margaret has been battling to recover from a serious ankle injury so her time of **3hrs:35:26** was all the more impressive. True grit !

One of the local milestones in the racing calendar followed next on **Wednesday 8<sup>th</sup> June** – the **Otley 10** has been a fixture for local runners for many years, famed for its tough hilly 10 mile route through Leathley and Lindley. This year saw a slightly amended route tackled by ten ACP runners along with 274 others. – our runners all ran on or below the 90 minute mark. **Andrew Humphries** led the team home in **57:56 (4<sup>th</sup> overall)**, followed by **Richard Walker (1:06:19)**, **Poppy Cartwright (1:16:47)**, **Brenda Peake (1:18:21)**, **Sarah Lund (1:21:16)**, **Robbie Dawrant (1:22:00)**, **Molina M.B (1:24:06)**, **Tom Gifford (1:24:20)**, **Graham Turner (1:25:04)** and **Sarah Podesta (1:32:35)**. Race winner was Tom Hodgson(Halifax) 54:52 and first lady home Sarah Flaherty (Bingley) (1:06:08)

Another local favourite made a welcome return to the calendar post Covid on **Saturday 11<sup>th</sup> June** – **Up The Odda** is a two lap trail race starting and finishing at Hawkesworth Primary School (for which the race raises funds). The race encompasses a 10k and a new relay format for “Duos”. ACP entered four “Duo” teams – **Team Humphries who clocked 46:11 (1<sup>st</sup>)**, **Team Walker 46:25 (2<sup>nd</sup>)**, **Team Grindley 1:00:43** and **Team Chruscht 1:07:28** – 14 teams ran !

In the main 10k race seven ACP runners took part – **Brenda Peake (57:07 – 2<sup>nd</sup>/20)**, **Graham Turner (58:23)**, **Francesca Gatenby (1:01:19)**, **Eleanor Thompson (1:04:54)**, **Sarah Podesta (1:06:52)**, **Mike Jarvis (1:15:20)**, **Carole Keighley (1:18:34)**. 108 ran – race winners Jack Cummings (Ilkley) 37:38 & Rebecca Flaherty (Bingley) 42:42.

On the same Saturday three Pacers ran the **Summer Extravaganza** – one of Grim Up Norths multi format races - incorporating all distances from 5k to Ultra Marathon – starting and finishing on the Leeds and Liverpool canal at Kirkstall – **Bernie Murby (1:16:44)** and **Sally Russ (1:16:48)** chose the 10k race whilst **Anne Proctor (returning to racing) ran 5k in 37:52**.

The following day three Pacers made the trip up to beautiful Lake Coniston for the **Coniston Marathon and Half**. There was plenty of tough competition with 115 runners entered but **Sarah Lund (4;46:49 & 5<sup>th</sup> place) and Gina Williams (5:06:47 & 13<sup>th</sup>)** turned in fine marathon performances. Our third Pacer **Janice Chruscht** opted for the Half and ran an equally impressive time of **2:23:27** on what is a tough undulating course.

Fast forward to Thursday 16<sup>th</sup> and a quick Fell Race dash up and down **Beamsley Beacon** appealed to **Pete Branney and Gina Williams, Pete clocking 44:44 and Gina 59:27**

**21<sup>st</sup> June** marked the return of the ever popular **Solstice Saunter** running through the glorious valley between Bolton Abbey to Barden and return in aid of Sue Ryder Manorlands Hospice. ACP fielded six runners as follows – **Poppy Cartwright (40:57), Sarah Lund (41:40), Robbie Dawrant (41:43), Amy Llewellyn (55:53), Cheryl Duerden (58:35) and Louise Biddulph (1:00:38)**

**22<sup>nd</sup> June** saw the monthly **Leeds 5k track series** staged on the Brownlee track – ACP have had some great results across the series with **Andrew Humphries** always up amongst the leaders. Andrew did it again finishing 3<sup>rd</sup> on the night in a nippy **15:33**, a performance good enough to clinch 2<sup>nd</sup> place overall across the series – many congratulations Andrew !

Sliding towards the end of the month, Sunday 26<sup>th</sup> was the **ECCUP 10** miler – another very popular local race around the Eccup Reservoir and surrounds, starting and finishing in Adel. Although undulating through mixed terrain it produces a fair share of PB's – our five Pacers all ran some great sub 2 hr times – leading them home **Richard Walker (1:03:54), Brenda Peake (1:16:43), Craig Hoos (1:21:25), Andy Coupe (1:40:41) and Simon Walker (1:42:03)** – Race winner was Graham Rush – Leeds City AC (52:23) and first lady Zara Knappy (Rotherham) in 1:02:28

Meanwhile more reservoir racing, this time around Swinsty up in the Washburn valley where the **Swinsty Trail race** attracted Pacers **Richard Haynes (44:35) and Mike Jarvis (1:01:57)**. Sadly this race didn't attract a big attendance possibly because of the Eccup Race which has a big following

The honour of being “last Pacer racers” in June fell jointly to “flying doctors” **Andrew Smith and Helen Alcock** – Helen tackled the lovely 6kMT evening

race staged by Pudsey and Bramley AC quaintly titled “**Rush Around the Rhubarb**”. It was on her way home from work so she popped in and stewed the Rhubarb in **33:20** despite having to battle a pesky stinger that objected to having its evening disturbed !

**Andrew Smith** decided to have a tilt at a fast time in the annual **Hyde Park Summer Mile** – held in Hyde Park, Leeds (Woodhouse Moor parkrun). This ever popular evening “eyeballs out” one mile blast is run in heats selected according to times estimated by the entrant themselves. Running in the penultimate heat, Andrew clocked a superfast sub 5 minute mile to cross the line in **4:59:30** and finished **17<sup>th</sup> overall out of 278 runners**.

### **Harrogate & District Summer Race League.**

Getting to the “sharp end” of the Harrogate League competition with the two final races of the series in June before the handicap race to be staged at Otley in July. Astrophysicist Brian Cox is trying to work out the final standings !

The third race in the series was staged by **Ilkley** Harriers, starting and finishing at Ilkley RUFC. ACP fielded a strong contingent in what is probably the most local race for us with 17 Pacers taking on a tough ascent up Oowler Park with a kinder mid section and a fast finish down Carters Lane, returning along Denton Road. **Simon Jones** led the Pacers home in **30:25** to claim an excellent 9<sup>th</sup> place followed by **Richard Walker** who bagged **2<sup>nd</sup> Mv45 in 31:47**. Next in were **Richard Haynes (35:28)**, **Craig Milner (36:51)**, & **Craig Hoos (37:05)**. First Pacer Lady home was **Poppy Cartwright in 37:07** with **Brenda Peake** running her close in **37:19 to claim 2<sup>nd</sup> Fv45 prize**.

Our remaining Pacers ran superbly to all finish under 50 mins – **Robbie Dawrant (39:04)**, **Phil Priestley (39:51)**, **Kate Humphries (40:15)**, **Graham Turner (40:22)**, **Francesca Gatenby (41:17)**, **Paul Grindley (42:38)**, **Janice Chruscht (44:45)**, **Helen Alcock (47:14)** **Sophie Bromley (48:15)** and **Carole Keighley (48:17)**. Scott Harrington (Otley) continued his fine form by winning the race in 27:04 whilst Emily Gibbins (Ilkley) was first lady home in 30:31 – 385 ran the race

Next up it was the turn of **Skipton AC** to host the 4<sup>th</sup> race on a challenging course starting and finishing at Aireville Park via Thorlby and Stirton villages. Nine Pacers on duty this time and again all finished well inside the 50 minute mark.

ACP Runners and riders were **Richard Walker (32:01, Derek Lee (33:55), Richard Haynes (34:58), Craig Milner (38:42), Poppy Cartwright once again first Pacer Lady home in 37:53 followed by Robbie Dawrant (38:54), Paul Grindley (44:05), Sophie Bromley (44:52) and Helen Alcock (46:26)**

### **YVAA race series**

ACP have only recently affiliated to Yorkshire Veterans Athletic Association (YVAA) but already our Pacers are making their mark in the race series. The 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.

**Grand Prix Middleton Park, Leeds** (using the PECO course) ran on Wednesday 22<sup>nd</sup> June (7pm) and featured three of our Pacers all of whom claimed podium places – **Richard Walker (36:16 & 1<sup>st</sup> Mv45), Brenda Peake (43:22 & 2<sup>nd</sup> Fv45) and Gina Williams (44:23 & 3<sup>rd</sup> Fv45** – prizes were claimed - many congrats !

The **Eccup 10** (reported on above) was the chosen **YVAA 10 Mile Championship** race this season – always ultra competitive and attracting some of the top runners from across Yorkshire, getting on the podium here is a tall order. **Richard Walker (6<sup>th</sup>/64) and Brenda Peake (5<sup>th</sup>/40)** were very close.

The next **Yorkshire Championship** race was the **Helen Windsor 10k** over in Halifax on 6<sup>th</sup> July (without giving too much away Richard ran a blinder and secured 2<sup>nd</sup> Mv45 spot to put Pacers on the medal table plus he has become 10k “poster boy” on the website !)

The next YVAA Grand Prix race is on 26<sup>th</sup> July at Bingley – full details can be found at <https://www.yvaa.org/event/gp-2022-race-4-bingley/>

Further **Grand Prix** at Stainland (Aug 14<sup>th</sup>), Queensbury (23<sup>rd</sup>) and Ackworth (25<sup>th</sup> Sept). Last two **Championships races**, Major Stone Half (4<sup>th</sup> Sept) & Hull Marathon (25<sup>th</sup> Sept) where YVAA trophies will be presented.

**Don't forget – no entries on the day now for Grand Prix – enter online.**

## **ACP Time Trial Series – June Results. (Richard writes....)**

Well done to all of the June time triallers. We had 14 Pacers do the time trial in June - down a little on previous months - but with lots of great times to celebrate. Special mention to **Craig Hoos** - Mr Consistency - who has taken 1 second off his time every month so far - now down to a PB of 6 minutes 23 seconds. Well done also to **Carole Keighley, Alison Gate, Janice Chruscht, Robbie Dawrant and Richard Haynes** who posted their fastest times of the year so far in June - Richard knocking a big chunk of time off to go sub-6 for the first time. July is already well underway, so get time trialling!

Fastest times of the year so far (in seconds) - so people know what they have to beat!

**Andrew Smith 308 - Richard Haynes 350 - Richard Walker 357 - Derek Lee 367 - Poppy Cartwright 381 - Craig Hoos 383 - Craig Milner 385 - Lee Stokes 391- Robbie Dawrant 411- Sarah Lund 417 - Kate Humphries 428 - Eleanor Thomson 430 - Graham Turner 432 - Paul Grindley 435 - Andy Coupe 461 - Janice Chruscht 481 - Sharon Elms 486 - Isobel Hainsworth-Brear 490 - Louise Kirwin 500 - Alison Gate 503 - Katie Hill 503 - Louise Biddulph 511 - Carole Keighley 525 - Andy Gledhill 527 - Michael Jarvis 531 - Claire McColl 536- Susan Hulme 550 - Jane Walkersmith 550 - Amanda Connolly 555 - Cheryl Duerden 555 - Gemma Sherbourne Jaques 561 - Catherine Brown 563 - Marianne Smith 592 - Carol New 669 - Tracy Michelle 683 - Melissa Owens 684.**

**Coming up next – Junes parkrun times .....**

**June parkruns: - C.R = Course Record: PB = Personal best****June 4th - Roberts Park (Saltaire)**

Robbie Dawrant	24:03
Louise Biddulph	31:07

**Bradford (Lister park)**

Andy Gledhill	26:54
Melanie Grimmitt	29:38

**Chevin Park**

Richard Walker	28:59
Richard Haynes	29:00

**Whitby**

Craig Hoos	21:23
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**Anchorholme, Brigg (Lincs)**

Andrew Humphries	15:58 (1 <sup>st</sup> & CR)
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**Skipton**

Margaret Britton	32:1(PB)
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**June 11th – Roberts Park**

Andy Gledhill	26:51
Megan Dennison	27:01

**Bramley**

Richard Haynes	25:49
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**Skipton**

Margaret Britton	30:37(PB)
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**Bushy parkrun (Herts)**

Craig Hoos	20:48
(75 <sup>th</sup> /1107 !)	

**June 18<sup>th</sup> Roberts Park**

Andy Gledhill	27:36
Megan Dennison	27:47

**Skipton parkrun**

Richard Haynes	21:05
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**Bradford parkrun**

Kate Humphries	24:53
Sally Russ	36:43
Bernie Murby	36:47
Anne Proctor	36:49

**Armley**

Richard Walker	19:06PB
Craig Hoos	20:43
<b>Roundhay Park</b>	
Steve Powell	28:22

**June 25<sup>th</sup> Roberts Park (Saltaire)**

Steve Powell	27:47
Richard Haynes	29:02

**Bradford parkrun**

Amy Llewellyn	28:33
Sally Russ	35:43
Bernie Murby	35:46

**Chevin Park**

Paul Grindley	24:57
Chris Taylor	30:49

**Armley**

Andy Gledhill	26:01
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**Oxford University**

Craig Hoos	21:43
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## 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.

### July:

20 <sup>th</sup>	Priory 10k (Nostell Priory)	RB
23 <sup>rd</sup>	Hampsthwaite Feast 5k XC	RB
24 <sup>th</sup>	Runnable 3&10 mile Trail (Sowerby B'ge)	RB
26 <sup>th</sup>	YVAA Grandprix – Bingley	YVAA
27 <sup>th</sup>	Leeds 5k series	RB
31 <sup>st</sup>	James Herriot 14k Trail (Castle Bolton)	BIZ

### August:

3 <sup>rd</sup>	Flat Cap 5MT (Dewsbury)	RB
5 <sup>th</sup>	Lotherton Hall Trail race (Leeds)	RB
7 <sup>th</sup>	York 10k	Run for All
13 <sup>th</sup>	Littondale Fete 4 mile & Fell race(Arncliffe)	UKR
14 <sup>th</sup>	Mulgrave Castle 10k MT (Lythe, Whitby)	RB
14 <sup>th</sup>	YVAA Grand Prix (Stainland/West vale)	YVAA
21 <sup>st</sup>	Scorton Feast 10k (North Yorks)	RB
21 <sup>st</sup>	Trimpell 20 miler. Lancaster	UKR
23 <sup>rd</sup>	YVAA Grand Prix (Queensbury)	YVAA
29 <sup>th</sup>	Denby Dash (Wakefield)	RB

### September

4 <sup>th</sup>	Wetherby 10k	UKR
4 <sup>th</sup>	Tholthorpe 10k (Boroughbridge)	UKR
7 <sup>th</sup>	Ilkley Incline	RB
10 <sup>th</sup>	Meanwood Valley Trail 7 MT (Leeds)	RB
18 <sup>th</sup>	Skipton Triathlon & Juniors	RB
18 <sup>th</sup>	Stainland Trail race (Halifax)	UKR
18 <sup>th</sup>	Beck Busters 10k & Juniors (Bishop Monckton)	RB
24 <sup>th</sup>	Reservoir Dogs Ultra (Punk Panther)	
25 <sup>th</sup>	Run for Water Aid (Swinsty MT)	RB
25 <sup>th</sup>	Knaresborough Crag Rat 5 mile MT	RB
25 <sup>th</sup>	Sutton Park 10k MT (York)	UKR
25 <sup>th</sup>	YVAA Grand Prix (Ackworth)	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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