



RESULTS, RESULTS, RESULTS !

Wow ! What a month for results – first the World Athletics Championships from Eugene, Oregon and then some edge of the seat stuff from the Commonwealth Games – but we can do better than that !

Thanks to all those who have sent in their results to me – please keep them coming !

So here is our ninth “**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 ninth Roundup will endeavor to recapture the headlines from last month (**July 2022**). – a busy month once again – four main events 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 July – the competition is really hotting up like the weather.

Endure 24 - somebody somewhere once had the bright idea of racing to see how many 5 mile laps each clubs team could run in relays across 24 hours. Sounds mad ? Little did they know how wildly popular this event would become – a bit like a cross between a running event and a music festival. Staged near Bramham the event took place across two days 1st & 2nd July and included a juniors race featuring our very own **Evie Walker** who nicked the top prize as first female and her brother **Monty** who scored a highly creditable 4th place.

In the adults event we had the ACP “Dream Team” of **Poppy Cartwright, Richard Walker, Simon Jones, Carole Keighley, Helen Waite and Sarah Lund** who managed to run **170 miles** (34 laps) in total across the 24 hours.. ACP also scored 4th /83 in the Small Teams category and overall ran in 19th out of 850. *Don't miss Sarahs terrific article that she has kindly provided for the Summer Club Newsletter, due out end of August. Many congrats everyone !*

The following day (3rd July) we had a double header – the hugely popular **Leeds 10k** which attracts a high class field of runners from all over the UK – 3,029 ran this years race – and the **Harrogate 10k**, run along a challenging course around the lanes and trails surrounding Crimble, starting and finishing at the Great Yorkshire Show Ground.

Two Pacers ran the **Leeds 10k** – **Brenda Peake and Claire Mc Coll**. Brenda clocked a hugely impressive **43:18** to finish 281st / 3029, 22nd lady to finish and 6th/360 in her age group in a top class field. Claire also had a great race just dipping under the hour mark in **59:44**. The winner clocked **31:21** and first lady **35:03** which gives an idea of how competitive this was !

Mike Jarvis was our lone Pacer in the **Harrogate 10k**, crossing the line in 1:01:09 – 486 ran.

Next up was the **Helen Windsor 10k** staged by Halifax Harriers on roads and trails around Greetland Moor – a mid week evening race that doubled up as this years **YVAA 10k Championship** with trophies up for grabs. **Richard Walker** was our Pacer in with a chance of securing a pot for the mantlepiece and he duly delivered in **39:38, 2nd Mv 45 and 22nd out of 263** finishers. Thomas Hodgson (Halifax) was first home in a course record 33:09 whilst Fiona Davies (Rotherham) was first lady in 40:19 – Fiona holds the ladies course record set in 2019 (38:34)

The following weekend (10th July) on one of the hottest summer days ever, the **Ilkley Half Marathon** was staged. Pacers fielded a strong team of 16 and first home, **Andrew Humphries**, very nearly pulled off a superb win but found the last mile a real battle in the heat and finished **4th in 1:14:24**. **Poppy Cartwright** was next across the line in an equally impressive **1:41:36** just pipping **Richard Haynes (1:41:40)** and **Robbie Dawrant (1:43:14)** who in turn just pipped **Brenda Peake (1:43:27)**. Another tight finish between **Kate Humphries (1:51:33)** and **Tom Gifford (1:51:45)** kept the tension high with

Gina Williams (1:54:36) completing the sub two hour finishers – no mean feat on such a hot day ! Next across the line were **Rhona Neilson (2:03:03)**, **Janice Chruscht (2:07:55)**, **Helen Alcock (2:09:42)** and **Louise Kirwin (2:09:48)**. Four more Pacers yet to come – **Sophie Bromley (2:12:41)**, **Simon Walker (2:14:36)**, **Katie Hill (2:16:19)** and **Heather Freeman-Dawson (2:28:16)** completing a fine ACP team performance in the most challenging conditions – bravo everyone !

Harrogate & District Summer Race League.

The final race of this years Summer Race League season took place in Otley, hosted by Otley AC – traditionally they host the final race which is a handicap of approx 5 miles (rumour has it that only Otley know the scoring system !).

After wading through the facts and figures I've opted to show the results on a net time basis which produces the correct order of merit in the handicap. We had twelve Pacers running on a staggered start basis so here goes ! First home for us & 28th on the night, **Richard Walker**; - 2nd & 32nd on the night, **Derek Lee**; - 3rd and 58th on the night, **Craig Milner**; - 4th & 73rd on the night, **Robbie Dawrant**, - 5th/77th, **Poppy Cartwright**, - 6th/80th, **Richard Haynes**, - 7th/84th **Brenda Peake**; - 8th/145th **Paul Grindley**; - 9th/176th **Janice Chruscht**; - 10th/177th **Gina Williams**; - 11th/185th **Sophie Bromley** & 12th/194th **Helen Alcock**. The race winner (on net time) was **Ben Holmes** of Harrogate Harriers (29:56) but the first runner physically across the line having being second to set off was **Sarah Bostock** of Ripon (1:05:00) having held off all the competition to win the Norman Smith Handicap Prize !
Phew.....

I have attached the full season end results across all the five races, including the age group prizewinners at the end of this Roundup – It will come as no surprise that Otley AC & Harrogate Harriers dominated the team prizes with Scott Harrington (Otley) taking the Mens individual prize and young rising star Emily Gibbins (Ilkley) the Ladies.

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.

As reported above the **Yorkshire Championship 10k** race was the **Helen Windsor 10k** over in Halifax on 6th July - Richard Walker ran a blinder and secured 2nd 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** was on 26th July at Bingley in the one monsoon we’ve had in this hot dry month ! Four brave Pacers turned up to do battle on a course that ran from Bingley Cricket ground and covered the surrounding trails & canal tow path. **Richard Walker** continued his fine form in the series **finishing first Mv45 in 39:09** (about the only prize that eluded a strong Stainland Lions team who took out the top three mens places and first ladies prize in addition to almost everything else !)

Recent second claim recruit **Alyson Blakely**, (running for her first claim club Roundhay on the night) took out the **1st Fv45 prize in 48:32** whilst her racing buddy, our own **Gina Williams**, came in a second behind to claim **2nd Fv45**. **Helen Waite (51:39)** completed a good night for Pacers in horrendous conditions. 226 ran.

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

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

ACP Time Trial Series – July Results. (Richard writes....)

The sizzlingly hot July temperatures didn't stop the Pacers from tackling the High Royds 1-mile time trial course, and despite the heat more than half of the athletes recorded Season Best times!

Special mentions to Derek Lee for a blisteringly fast PB of 5 minutes 34 seconds, Poppy Cartwright who equalled her PB, and Paul Grindley who returned to "sub 7".

Derek Lee 5m 34s
Richard Walker 6m 4s
Poppy Cartwright 6m 18s (SB)

Craig Hoos 6m 20s (SB)
 Liam Oliver 6m 46s (SB)
 Sarah Lund 6m 50s (SB)
 Molina Marshall-Brooksbank 6m 52s (SB)
 Paul Grindley 6m 55s (SB)
 Kate Humphries 7m 1s (SB)
 Craig Milner 7m 4s
 Francesca Gatenby 7m 5s (SB)
 Chris Taylor 7m 42s (SB)
 Eleanor Thomson 7m 48s
 Isobel Hainsworth-Breare 8 10s (SB)
 Sharon Elms 8m 22s
 Katie Hill 8m 26s
 Amy Travis 8m 50s (SB)
 Carole Keighley 9m 1s
 Louise Biddulph 9m 5s
 Amanda Connolly 9m 16s
 Susan Hulme 9m 28s

Well done to the 41 club members that have now recorded at least one time this year. Remember, a minimum of 3 timed attempts are required to qualify for the coveted Lord Archer Award!

Coming up next – July parkrun times

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

July 2nd – Horton Park

Steve Powell 29:06

Chevin Park

Richard Haynes 21:40
 Sharon Elms 30:16
 Sue Hulme 31:32
 Amanda Connolly 32:45
 Sally Russ 38:48
 Bernie Murby 38:52

July 9th – Roberts Park

Andy Gledhill 26:36

Bradford (Lister park)

Jaqueline Reid 28:33
 Andy Gledhill 29:32
 Debbie Bland 1:00:23TW

Harrogate

Craig Hoos 22:02

Armley

Steve Powell 27:26(PB)

Norwich

Margaret Britton 27:04

Chevin ParkChris Taylor 28:57
Janice Chruscht 52:51 TW**July 16th Roberts Park**Richard Haynes 20:43
Andy Gledhill 27:36
Debbie Bland 46:31TW**Wetherby**

Craig Hoos 21:24

July 23rd Roberts Park (Saltaire)Andy Gledhill 26:09
Steve Powell 28:05
Amy Llewellyn 29:16**Chevin Park**

Megan Dennison 44:57(TW)

Conyngham (Knaresborough)

Craig Hoos 22:38

Skipton

Margaret Britton 28:10

July 30th**Fell Foot (Windermere)**

Janice Chruscht 26:59(PB)

Roberts Park (Saltaire)Craig Hoos 21:22
Andy Gledhill 26:33
Andy Coupe 28:18
Eleanor Thompson 34:43
Debbie Bland 41:11(TW)**Whitby (Cinder Path)**

Craig Hoos 21:08

Chevin ParkChris Larkin 23:46
Andy Coupe 29:24
Janice Chruscht 30:44
Steve Tindall 31:56**Bradford parkrun**Andrew Humphries 16:45(1st)
Richard Haynes 21:01**Harrogate**

Debbie Bland 43:15(TW)

Myrtle Park(Bingley)

Eleanor Thompson 27:36

Chevin Park

Helen Alcock 30:15

HARROGATE & DISTRICT SUMMER RACE LEAGUE AWARDS 2022

TEAM PRIZES

Main team	Winner	Otley AC
Main team	Second	Harrogate Harriers & AC
Ladies team	Winner	Harrogate Harriers & AC
Ladies team	Second	Wetherby Runners AC
Male Vets team	Winner	Harrogate Harriers & AC
Ladies Vets team	Winner	Harrogate Harriers & AC
Supervets team	Winner	Harrogate Harriers & AC
Elite team	Winner	Otley AC

INDIVIDUAL PRIZES

First Male	Scott Harrington	Otley AC
First Female	Emily Gibbins	Ilkley Harriers
Second Male	Ben Holmes	Harrogate Harriers & AC
Second Female	Emily Legg	Wetherby Runners AC
Third Male	Tom Calvert	Knaresborough Striders
Third Female	Heather Tuffs	Thirsk & Sowerby Harriers

Male Veteran Categories

V40	Scott Harrington	Otley AC
V45	Paul Richardson	Harrogate Harriers & AC
V50	Martin Lofthouse	Nidd Valley Road Runners
V55	Darren West	Harrogate Harriers & AC
V60	Lenny Lennox	Ripon Runners
V65	Geoff King	Harrogate Harriers & AC
V70	Ken Souyave	Ilkley Harriers
V75	Chris Brown	Ripon Runners

Female Veteran Categories

V35	Esther Harrison	Thirsk & Sowerby Harriers
V40	Kate Archer	Ilkley Harriers
V45	Gill Edmondson	Wetherby Runners AC
V50	Amanda Spencer	Wetherby Runners AC
V55	Rachel Gaunt	Skipton AC
V60	Alison Bennett	Ilkley Harriers
V65	Jane Holmes	Harrogate Harriers & AC

Under 18	Male	Edward Hobbs	Otley AC
Under 18	Female	Emily Gibbins	Ilkley Harriers
The Norman Smith Handicap	Winner	Sarah Bostock	Ripon Runners
	Second	David Whapples	Vocalink Running Club
	Third	Mark Walker	Harrogate Harriers & AC

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.

August:

13 th	Littondale Fete 4 mile & Fell race(Arncliffe)	UKR
14 th	Mulgrave Castle 10k MT (Lythe, Whitby)	RB
14 th	YVAA Grand Prix (Stainland/West vale)	YVAA
21 st	Scorton Feast 10k (North Yorks)	RB
21 st	Trimpell 20 miler. Lancaster	UKR
23 rd	YVAA Grand Prix (Queensbury)	YVAA
29 th	Denby Dash (Wakefield)	RB

September

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

October

2 nd	Hopton 10kMT (Mirfield)	RB
2 nd	Kirkstall 7MT	RB
2 nd	Pontefract Half M	RB
9 th	Richmond 10k	UKR
9 th	Melmerby 10k	RB
9 th	Morley 10k	RB
16 th	St Aidens Trail Half M	RB
16 th	Holmfirth 10k	
22 nd	Settle Loop 10MT	RB
22 nd	Nidderdale Way Ultra	UKR
23 rd	Whixley 5/10k (York)	UKR

RB = Racebest: FCR = Fylde Coast Running

BIZ = Book It Zone. UKR = UK Results. YVAA= Yorkshire Vets

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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