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August 2022



RESULTS, RESULTS, RESULTS !

I know it's a cliché but I've got to say it - **Phew, What a Scorcher !** If you raced in August you will have had a torrid time on some hot days. For some odd reason this month our Pacers have been doing far more racing off road, fell racing and all sorts of adventurous stuff – perhaps it was the prospect of some refreshing river crossings that spurred folks on !

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

So here is our tenth “**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 tenth Roundup will endeavor to recapture the headlines from last month (**August 2022**). – a much quieter racing month due to family holidays I guess – the **YVAA** season is coming to a close with two more Grand Prix races put to bed this month and only one more to come (Ackworth on 25th September)

Once again **Richard Walker** will provided the **Club Time Trial** results – this time for August – those times are coming down !

Steve Tindall kicked off our racing month by strapping on his trail shoes for the first time in ages and running the **Roundhill Fell race**. This race, organised by Otley AC starts off in the village of Timble and heads off up the trail to Beamsley Beacon and back via Denton Moor. Steve clocked 1:49:04 – 126 ran.

The following week (13th) the off road theme continued with “**Team Alcock**” descending on the **Arncliffe Gala Fell Race**. The Arncliffe Gala is a typical Dales village celebration featuring local produce stalls, terrier races, coconut shies etc. It also hosts a lovely 4 mile road race out and back along the valley and as a finale, a spectacular dash up and down the local fell. **Helen**, husband **David** plus **Charlie** and **Alfie** took on the Fell race challenge with David leading the team home in 13:44 (20th/134) followed by Helen in 22:47 (105th/134). Charlie had a great race in the under 9’s crossing the line in 06:27 (6th/27) with Alfie finishing in 13:49 – a great effort !

Readers of last months “Roundup” will recall the **Endure 24hr Race** at Bramham Park in which our Pacers did so well. On the **19th August** a “mini” version of the same relay format was staged around **Leeds City Centre Docklands**. This time the challenge was to complete as many one mile laps as possible in one hour. **Richard & daughter Evie Walker plus Carole Keighley**, standing in for an injured Paul Grindley, clocked up a fantastic 10 laps in the hour. Pacer **Janice Chruscht** also took part (but dare I say, moonlighting for another team !)

On the 20th **Team Alcock**, encouraged by their storming of the Arncliffe Fell Race the previous week, returned to the fray at **Gargrave Show**. Minus husband David this time, **Helen, Charlie and Alfie** took on this challenging 5k course over varied terrain complete with river crossing and a steep climb up Flasby Fell. Helen crossed the line in an impressive 44:51 whilst Charlie, running in the shorter under 12’s race clocked 8:33 (11th) and Alfie 11:59 in the under 9’s race. Bravo !

Just a day later **Louise Holloway-Cathcart and Janice Chruscht** ran the inaugural Jane Tomlinson “**Yorkshire Dales Festival Trail race**” – an interesting format running the 16 miles from Ribbleshead Viaduct back to Settle complete with 1500ft of climb (no flat ground around there !).

Race participants were ferried out to Ribbleshead by coach, dropped off and told to head back to Settle with all speed ! **Louise** nicked Pacer line honours in 3:29:48 whilst **Janice**, hot on her heels crossed in 3:31:31 – a great effort on a warm day especially when the organisers had neglected to provide the promised water station at 7 miles !

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.

Two YVAA Grand Prix races took place during the month – first off at **West Vale, Halifax** on the 14th organised by Stainland Lions RC. **Richard Walker** was our lone Pacer standard bearer at this race picking up the 2nd Mv45 prize in 39:20 although recent second claim member **Alyson Blakeley**, running for her first claim club Roundhay Runners, knocked off the 1st Fv45 prize in an excellent 48:49. Stainland have taken the series by storm this season and it was hoped that the rest would have a good chance of stealing a march on them at this, their home race. No such luck ! Stainlands Gav Mulholland claimed first spot in 34:01 and Mags Beever first lady prize in 40:05 – 142 ran.

The second and penultimate Grand Prix in the series was hosted by **Queensbury**. This time Richard left it to the Pacer ladies to carry the flag and they didn't disappoint – **Gina Williams** taking the 1st Fv45 prize in 50:51 (13th lady / 75) with second claimer **Alyson Blakeley** breathing down her neck in 50:52. Line honours were exactly the same as at West Vale (36:25 & 41:57).
190 ran

The **overall YVAA standings** are interesting – in our first season ACP stand 17th in the league table of 32 clubs – a magnificent effort given that only four Pacers have participated so far. Points are awarded at each race dependent on placing and so far **Richard Walker** sits in 8th place out of 45 runners in the M45 category with 1131 points from four races, **Gina Williams** 4th /34 in her Fv45 group from four races (535 points). **Brenda Peake** 24th in the same category (138 points from 1 race), **Helen Waite** 23rd/31 in her Fv40 group (127 points from 1 race). **Alyson Blakeley** (2nd claim) lies 2nd in the Fv45 group (679 points from 5 races).

The last **Grand Prix** race is coming up at Ackworth (Sept 25th), 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/>

ACP Time Trial Series – August Results.

Well done to the 41 club members who 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! Our “Master of Pain”, Richard Walker, was still compiling the August results at the time of writing so they will appear in the ACP Summer Club Newsletter due out shortly after this Roundup.

Coming up next – August parkrun times

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

August 6th – Oakwell Hall

Jodie Bennett 36:23

Roberts Park

Andy Gledhill 25:29

Megan Dennison 28:27

Jaqueline Reid 29:15

Steve Tindall 38:25

Scunthorpe

Andrew Humphries 15:56(2nd)

Kate Humphries 27:41

Chevin Park

Chris Taylor 30:42

August 13th –Roberts Park

Craig Milner 23:35

Evie Walker 25:24

Eleanor Thompson 25:55

Monty Walker 26:12

Richard Walker 26:15

Debbie Bland 30:51

Fountains Abbey

Richard Haynes 23:00

August 20th Roberts Park

Craig Hoos 21:15

Craig Milner 23:48

Andy Gledhill (300th) 26:02

Janice Chruscht(25th) 26:06(PB)

Megan Dennison 29:19

Debbie Bland 29:41(1st65)

Carole Keighley 32:08

Steve Tindall 36:58

Bradford (Lister park)

Richard Walker 18:47

Roundhay Park

Debbie Bland 33:33

Skipton

Margaret Britton 31:55

Norwich (Sloughbottom)

Eleanor Thompson 26:00

Whitby (Cinder Path)

Craig Hoos 20:54

Armley

Craig Hoos 20:57

Andy Gledhill 25:03

Skipton

Margaret Britton 29:12

Delamere

Amy Llewellyn 33:47

Skipton

Margaret Britton 31:40

Ellesmere Port

Amy Llewellyn 28:09

August 27th Roberts Park (Saltaire)

Andy Gledhill	25:29
Sharon Elms	28:16(PB)
Amy Llewellyn	28:38
Amanda Connolly	30:32

Chevin Park

Graham Turner	26:22
Eleanor Thompson	30:03
Julie Stead	34:42

Bradford Lister Park

Debbie Bland	29:33(1 st 65)
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Newbury (Berks)

Megan Dennison	27:24
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Skipton

Margaret Britton	31:44
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Whitby (Cinder Track)

Craig Hoos	21:28
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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.

September

4 th	Wetherby 10k (cash entries on the day)	UKR
4 th	Tholthorpe 10k (Boroughbridge)	UKR
4 th	Major Stone Half	YVAA
7 th	Ilkley Incline (1 mile)	RB
10 th	Meanwood Valley Trail 7 MT (Leeds)	RB
18 th	Skipton Triathlon & Juniors	RB
18 th	Stainland Trail race (Halifax)	BIZ
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
26 th	Leeds 5k series (Track)	RB
30 th	Bradford City Runs (5k,10k,13.1)	BIZ

November

5 th	Tatton Park 10k /Half M	RTN
6 th	Guy Fawkes 10 (Ripley castle)	BIZ
6 th	Cop Hill Fell Race, Meltham	RB
6 th	Derwentwater 10. Keswick	RB
12 th	Wharfedale Skyline Ultra	Punk Panther
13 th	Run Bolton Abbey (various distances)	RB
19 th	Holly Hustle (Meanwood valley)	RB
20 th	Preston 10	BIZ
20 th	Tadcaster 10	RB
23 rd	Leeds 5k series (Track)	RB
27 th	Skipton Santa Fun Run	RB

NB: YVAA Grand Prix races are now online entry only – no entry on the day. See www.yvaa.org for details

RB = Racebest: FCR = Fylde Coast Running

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

RTN = Run Through North

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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