

Volume 1 | Issue 11  
September 2022



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## RESULTS, RESULTS, RESULTS !

A bumper edition of Results Roundup this month containing some remarkable racing outcomes.

The big ticket events, the Autumn Marathons, fell on the first weekend of October and I've shoehorned those important results into this edition so you don't have to wait a month to find out who did what ! A "Septober" edition !

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

So here is our eleventh "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 eleventh Roundup will endeavor to recapture the headlines from last month (**September 2022**) and a smidgeon of October. – lots going on including **Great North Run, Yorkshireman Marathon & Half, Berlin, London, Chester and Kielder Marathons.**

Once again **Richard Walker** has provided the **Club Time Trial** results – this time for September – the last month of the summer series! Richard will keep the final consolidated results for the series and the "Lord Archer" prizes under wraps until our annual prizegiving & AGM now rescheduled for December 2<sup>nd</sup>.

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Finally **Andrew Humphries** has provided a fascinating insight into his prep and terrific performance in the **Berlin Marathon**

**Lakeland Trails Series** kicks off our September report, this time the lovely **Cartmel 18k**. Anyone who knows the South Lakes will know how scenic (and challenging!) the terrain is – 434m of climb on this edition. **Janice Chruscht, Sarah Lund and Helen Waite** flew the ACP flag, Janice and Sarah crossing the line together in 2:23:15. Still waiting on Helens result.

On the same weekend one of the biggest local races ran at Wetherby racecourse (not over the jumps !). **Wetherby 10k** is very popular but this year clashed with the Leeds Country Way Relay (an all day circuit of the Leeds Country Way Trail around Leeds). **Louise Biddulph** was our only runner at Wetherby, crossing the line in 1:10:34.

A big weekend followed on the 11<sup>th</sup> with Great North Run, Vale of York Half & 10k plus the Yorkshireman Marathon & Half all taking place. ACP well represented in all of these.

**Great North Run** is huge – 60,000 runners running 13.1 miles from the City Centre out to South Shields on the coast with the Red Arrows as pacers ! We had five runners taking up the challenge – **Jamie Westwood (1:23:12), Kate Humphries (1:43:47), Eleanor Thompson (2:10:58), Sam Lawrence (2:25:59) and Andrew Coupe (2:29:05)**.

**The Vale of York Half** runs around the pretty villages and rural countryside between Sherburn and Selby so is a good flat(ish) PB course – **Brenda Peake**, tuning up for her big marathon date in October stormed around in **1:34:51** closely followed across the line by **Richard Haynes (1:39:13)** and **Holly Marcantonio (2:08:16)** – 707 ran the Half.

The **Yorkshireman Marathon and Half**, run by Keighley & Craven AC, has a well deserved reputation as one of the toughest trail races you can do. Taking in the spectacular moorland scenery above Haworth, Oxenhope and Hebden Bridge it takes in Bronte landmarks like Top Withens and features a brutal finish climb up a cobbled street to the Primary School in Haworth.

Our ACP “tough nuts” were **Louise Holloway (5:58:40)** and **Carole Keighley (7:38:57)**. There is a “pairs” competition too and **Cathy Stothers** along with **Helen Waite** crossed the line together in **5:58:31**. Meanwhile in the **Half**, **Gina Williams (2:30:49), Alyson Blakely (2:47:40) and Lee Stokes (2:53:12)** all turned in terrific performances.

Hot on the heels of this lung buster came the **Meanwood Valley Trail Race** on the 17<sup>th</sup> – a challenging 7 mile trail race on the lovely Meanwood Valley Trail which meanders through North Leeds and has some surprising “undulations” to keep runners interested along the way. 188 runners took up the challenge including our own **Sharon Elms** (1:25:36), **Amanda Connolly** & **Sue Hulme** who dead heated on 1:30:11

**Debbie Bland**, coming back from injury, chose the **Beckbusters 10kMT** in aid of Bishop Monkton Primary School – not really the best therapy for healing broken ankles with some challenging nobbly riverbank sections, stiles and a stream crossing at the end. She battled through in 1:02:17, pride and ankle intact !

Pacers had a good showing at the **Bradford city centre 10k**, which, as it says on the tin, is a circuit of city centre Bradford. Our four Pacers all ran well with **Jenny Hiley** taking ACP line honours (51:51) followed by **Andy Gledhill** (53:20), **Katie Hill** (57:16) and **Claire McColl** (1:01:02). 1,100 ran this busy race won by Jack Cummins (Ilkley) in 31:29 and first lady Becky Penty (York) in 34:42.

**Derek Lee** capped a fine weekend of Pacers racing by snagging a fine **18:58** to finish 9<sup>th</sup> and secure a PB at the **Cleethorpes 5k**.

The following weekend (24<sup>th</sup>) the latest installment in the **Punk Panther Ultra** series – **Reservoir Dogs** – ran. On a route devised by the Punk Panther team, Reservoir Dogs takes in beautiful waterside vistas as it passes by seven reservoirs. The route takes in Lindley Wood, Swinsty, Fewston and Thruscross reservoirs, before going on to John O’Gaunt, Beaver Dyke and Scargill reservoirs; Eccup reservoir is added to the longer route, while areas of note on the trail include Stainburn Forest and Almscliffe Crag. Half marathon to ultramarathon distances.

Distances: 13/20/32/50 miles : Climb: 1400/1900/3500/4600 feet

Four pacers took up the challenges of the 20 mile route – running as a group, **Sharon Elms, Amanda Connolly and Sue Hulme finished in 5:31:10**. Sadly **Amy Travis** had to retire part way through but still a magnificent effort by all on this tough route.

The following day (25<sup>th</sup>) three Pacers took to the water and bike to race the local **Ilkley Triathlon**. This is a Sprint Distance Tri – 500m pool swim, 14.5k bike and 4.8k run. **Paul Grindley** clocked 1:38:42, **Melissa Owens** (1:39:14) and **Amanda Connolly**, still with the previous days Punk Panther race in her legs clocked 1:41:33 and the fastest swim of the trio! Terrific stamina.

**Louise Biddulph** also raced – the **Tissington Trail Half Marathon** running 2:31.

Meanwhile **Debbie Bland** continued her recovery programme with a run out at the **Hopton 10k** – another tough woodland trail race with a mile of tarmac at either end, based on Hopton Primary School, Mirfield. (for which the race raises funds). Debbie ran 1:12:30

In another local trail race, the popular **Kirkstall 7** – an out and back from Kirkstall Abbey via Newlay to Calverley Bridge and back. **Craig Milner** was our ACP flag bearer, crossing the line in 52:23 (55<sup>th</sup>/255).

Saving the best til last, **Andrew Humphries** took on the fast **Berlin Marathon** – this course has long been regarded as the quickest course of the major city marathons and so it proved on this day. Not only did the mens world record fall but Andrew who had trained hard to break 2hrs 30m clocked **2:29:46** – a magnificent achievement! Andrew has agreed to share his journey with us and I have printed it later in this Roundup.

The **Leeds 5k Track Championship** series followed mid week – **Poppy Cartwright and Brenda Peake** joined the 93 who ran on the Brownlee centre track. **Poppy recorded 20:15** to finish 41<sup>st</sup> whilst **Brenda**, continuing a fine run of form, clocked **20:38** to finish 45<sup>th</sup> & 1st in her age group of 7. Great times.

At this point I would normally shut up shop but with three major marathons running on October 2<sup>nd</sup> all with Pacers involved I decided to squeeze them into our “September” report !

ACP had four runners involved in the **London Marathon** – **Kate Humphries** first home for us in 3:50:49, **Charlotte Connolly** (5:23:23), **Jen SP** (5:41:58) and **Heather Freeman-Dawson** (5:43:17)

Meanwhile **Chester Marathon** entertained **Poppy Cartwright (3:31:02)** and **Sarah Lund (3:37:01)** – both terrific times for the event.

.....and finally... **Carole Keighley** took on the **Kielder Marathon** after warming up on the Yorkshireman the week before ! She crossed the line in 5:46:54 – Bravo Carole !

## **Berlin Marathon**

– **Andrew Humphries** shares his training plans and how it went on the day.

“As some of you already know, I was selected to be part of the Zwift Academy Run Team. As a bit of background, Zwift is an online platform that supports cycling and running online. It makes treadmill miles a lot more bearable and has been great for my training since Ralph arrived.

In November 2021, I took part in a selection process that involved various workouts and ultimately interviews and eventually got selected to be part of the team. The goal of the team is to compete (and try PB) in a big city marathon - in this year’s case, Berlin. Zwift and their partner sponsors then

supply everything required to build towards the event - hence why I have been running in quite a few new pairs of adidas trainers recently!

Since April/May I have been coached by Terrence Mahon (US marathon coach) and Jen Rhines (x3 Olympian) to try run a sub 2.30 marathon at Berlin. It was a tough schedule but managed to stay on track (mainly thanks to Kate being so supportive whilst she was also training for London marathon!).

We flew out to Berlin a few days before the race and had an amazing few days with The Running Channel (video to follow!), as well as Adidas and Maurten nutrition to ensure that all focus was on the marathon. The race itself was incredible. I have been lucky enough to run London marathon a few times and the support was on a similar level.

The course itself is incredibly flat! I set out at a couple of seconds faster per KM than the target goal pace. I went through half way in 1.13.30 and it felt relatively comfortable. I managed to hold the pace until 39k, when unfortunately my hamstrings started to cramp! I focussed on trying to stay strong and finish the run whilst calculating the speed I needed to run to make the finish line. I passed under the Brandenburg gate and I realised that a sprint finish would be required to achieve under 2.30. I started to sprint and ignored the cramp and managed to finish the marathon in 2.29.46.

It was an experience I'll never forget or be able to replicate! The support from Kate, our families, the team at Zwift and all of you that have joined me on training runs has been incredible and it wouldn't have been possible without the support. Time to get back in the pacers vest for cross country season!"

**Andrew** has also kindly offered to pass on his advice to anyone preparing for a marathon – an offer that is surely of great value to anyone whether a first time marathon runner or seeking to improve on current performance,

### **ACP Time Trial Series – September Results.**

Richard writes.....

Well done to the 9 Pacers that took on the 1-mile Time-Trial course in September. Our fastest female was Poppy Cartwright who took a PB and also (unverified) the female course record with a super speedy 6 minutes 10 seconds. Shout out to Poppy too for being the sole Pacer to manage a time trial on each of the 6 months from April to September - fantastic commitment!

Our fastest male for the month was Andrew Humphries, just 3 seconds outside his own Course Record at 4 minutes 59 seconds - and fastest time recorded for 2022. A big 2022 PB too this month for Sharon Elms (7 minutes 48 seconds). But who will win the coveted Lord Archer Award for this year for the biggest improver?

All will be revealed (and trophy presented) at the AGM in December. We have had 30 Pacers do at least 2 x timed attempts, and 21 Pacers have done at least 3 x timed attempts - so the competition is fierce!

### Coming up next – September parkrun times .....

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

#### September 3rd – Skipton

Margaret Britton 27:27

#### Bradford (Lister park)

Andy Gledhill 25:38

#### Roberts Park

Steve Powell 29:52

Jaqueline Reid 30:05

#### Horton Park

Debbie Bland 29:26

#### Woodhouse Moor

Eleanor Thompson 27:01

#### Skipton

Margaret Britton 31:55

#### Coldhams Common (Cambs)

Richard Haynes 20:26

#### Cassiobury (Watford)

Craig Hoos 21:19

#### Chevin Park

Chris Hill 30:34

#### Swansea Bay

Graham Turner 23:53

#### September 10th – Roberts Park

Andy Gledhill 26:09

Megan Dennison 26:34

Debbie Bland 28:03(1<sup>st</sup> 65)

Steve Powell 29:23 (25<sup>th</sup>)

#### Chevin Park

Craig Hoos 23:30

Eleanor Thompson 39:39

#### September 17th Roberts Park

Andy Gledhill 27:20

Jaqueline Reid 29:09

#### Keswick

Margaret Britton 26:56

#### Woodhouse Moor

Richard Walker 19:37

Eleanor Thompson 24:35

#### Harrogate

Debbie Bland 28:15

#### Myrtle Park (Bingley)

Poppy Cartwright 22:46 (1<sup>st</sup>)

Sarah Lund 24:05

Kate Humphries 26:15

#### Chevin Park

Janice Chruscht 29:38

#### Whitby (Cinder Path)

Craig Hoos 21:00

**September 24th****Roberts Park (Saltaire)**

Megan Dennison	26:56
Andy Gledhill	27:01
Jaqueline Reid	29:15
Cath Tindall	42:25
Steve Tindall	42:26

**Huddersfield**

Craig Hoos	20:44
<b>Skipton</b>	
Margaret Britton	28:12

**Darlington**

Debbie Bland	27:27(1 <sup>st</sup> 65)
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**Armley**

Steve Powell	27:36
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**Rothay**

David Fox	32:21
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**Races Coming Up.....**

A list of some races coming up in the next few weeks - keep a watch out on facebook for **Richard Walkers** "heads up" notifications on upcoming races too.

**October**

16 <sup>th</sup>	St Aidens Trail Half M	RB
16 <sup>th</sup>	Holmfirth 10k	
22 <sup>nd</sup>	Settle Loop 10MT	RB
22 <sup>nd</sup>	Nidderdale Way Ultra	UKR
23 <sup>rd</sup>	Whixley 5/10k (York)	UKR
26 <sup>th</sup>	Leeds 5k series (Track)	RB
30 <sup>th</sup>	Bradford City Runs (5k,10k,13.1)	BIZ

**November**

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

**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 :-

**Phil Bland. e mail: philbland53@hotmail.com**