



RESULTS, RESULTS, RESULTS !

Its hard to believe but Results Roundup celebrates its first birthday this month ! That's twelve months of recording some great ACP racing outcomes as we emerged from the pandemic embargo.

Here's a few interesting facts collated from the last years editions – we have flown the **Pacers flag** at no less than **124 different races** all over the country and a couple overseas.

We have completed **410 parkruns at 50 different venues** ranging from **Portrush** in Northern Ireland to **Exmouth** in Devon and **Strathclyde to Scunthorpe** with lots in between! Top of the pops with Pacers was **Roberts Park with 142 visits**, followed by **Chevin on 69** just pipping **Lister Park into third spot on 68**. **Skipton & Woodhouse Moor, Leeds tied on 17 each**. **Craig Hoos** made a valient effort to get **Armley (13) & Whitby Cinder Path (10)** into contention but he does have the consolation prize of being our most travelled parkrunner ! Meanwhile **Andy Gledhill** clocked up his **300th** parkrun & **Debbie Bland** her **250th**

The parkrun “Speedypants” prize goes to to **Andrew Humphries** (no surprises there then !) who broke the course record at **Brigg** with a blistering **15:58** only to go 2 seconds faster at **sunny Scunny** but finish second in **15:56**. **Richard Walker and Derek Lee** have been hunting him down all year with Richards magnificent **18:47** at Lister Park just pipping **Derek** to the runners up spot (**19:00**). Our speedster lady parkrunner was **Sarah Lund (Exmouth 21:34)** whilst **Debbie Blands** Fv65 course record at Roberts Park set exactly a year ago still stands (**26:33**)

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

So here is our twelfth “**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 twelfth Roundup will endeavor to recapture the headlines from last month (**October 2022**)

No **Time Trial** results to report this time – the Summer series has now ended. 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 2nd**.

No harm in repeating those early October Marathon results as reported last month.....

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.

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

On the same weekend **Craig Milner** took to the trails, running the **Kirkstall 7** which is a long established 7 mile trail run starting and finishing at Kirkstall Abbey, covering the riverside paths and fields along the Aire Valley out to Rodley and back. 255 ran with Craig finishing well up in 58th (**52:23**)

In a similar vein, **Debbie Bland** took on the much hillier **Hopton 10k MT** race using the woodland paths and trails around Mirfield with a mile of tarmac to start and finish. Another popular race run in aid of the local Primary school, Debbie, who was testing out her recently injured ankle, ran **1:12:30**.

The following weekend (9th) saw a new race enter the calendar – the **Morley 10k**. Run by the Morley running club the race starts at Morley Bottoms with a 1.5k steep climb up to the town centre and covers a roller coaster route around the town which includes a lot of climbing, culminating in a steep finish up the hill into the town centre past the Town Hall to finish in Queen Street. **Brenda Peake**, warming up for her Yorkshire Marathon the following week, ran a superb race to finish 1st Lv45 and second lady overall in **43:36** whilst **Debbie Bland** also won her Fv65 age group in **56:58**. 744 ran.

Moving on a week (15th/16th) the South Pennines were the stage for a Pacers day out to Derbyshire for the **Ladybower Reservoir Trail Ultra** set in the magnificent scenery surrounding a pretty empty reservoir with wonderful views on a sunny day to take the mind off the pain of the Ultra! Running alongside the Ultra was a Half Marathon option which our intrepid team of **Janice Chruscht** and **Louise Holloway** reported as rather long at 14.7 miles!

Running together they clocked **3:11:28**. Meanwhile **Helen Waite, Sarah Lund and Carole Keighley** took on the long route (50k) – Helen running a terrific time of **6:28:23** (3rd in her age group), Sarah **7:28:16** (2nd in her age group) and Carole, with Kielder Marathon still in her legs, finishing in **9:25:23**

The following day (16th) the Pennine theme continued, **Debbie Bland** taking on her third hilly race in a row – the **Holmfirth 10k**. This race has two previous incarnations as the Holmfirth 15, then the 10k run around the town of Holmfirth in Summer Wine country and now recently revived on a new route based in the village of Hade Edge perched high up alongside Holme Moss. The route is a hilly loop starting with a 2k climb up Hade Edge to then descend around the huge Winscar Reservoir before turning back at Dunsop Bridge and climbing back up to the 8k marker, ending with a fast descent to the finish on a playing field ! Debbie finished in just under the hour (**59:42**)

A longer challenge awaited runners of the **Yorkshire Marathon** running out of York on the 16th – **Brenda Peake and Andrew Humphries** flew the Pacers flag and both had excellent races, all the hard lead up training paying off for Brenda who finished in **3:21:46** whilst Andrew, fresh from his heroics in Berlin just weeks before, ran another sub 3 hr race in **2:54:53**.

Much further South second claim runner **Alyson Blakeley** ran the **Bath Half Marathon** which attracted a top quality field of 6,900 runners from all over the country. Finishing well up in the top third of the race, Alyson finished in 1:50:54.

The following week (23rd) Leeds hosted its own prestige 10k, the hugely popular **Abbey Dash**, well known as a fast PB course out and back from Leeds City Centre and turning at Kirkstall Abbey. 3,751 runners took up the challenge including seven of our Pacers led home by **Poppy Cartwright (42:39)**, **Richard Haynes (43:14)**, **Robbie Dawrant (44:13)** and **Craig Hoos (45:16)**, Second claim **Alyson Blakeley (48:44)** new member **Liz Porteus (49:23)** and **Eleanor Thompson (50:13)** all at or under the 50 minute mark. Race winner was Andy Milligan in an astonishing **29:22**, First Lady home was Jessica Warner-Judd in **32:18**.

The Leeds and York 5k series have been ticking along all season giving the fast mob an outlet on the track to post some startlingly fast times – our own **Richard Walker** gave the York track a pasting, clocking **18:53**, just a smidgeon outside his previous best at Lister Park parkrun of 18:47 whilst **Poppy Cartwright** shot round the Leeds circuit in **20:07** (rumour has it that may be a PB for Poppy?)

We've reached the end of October and on the 30th it was left to **Andy Gledhill** to post a **26:25** at the **Bradford City 5k** whilst **Debbie Bland** ventured over the "Dark Side" to take on the Lancastrians in the **Accrington 10k** – another hill fest with the first 5k all uphill but a consolation 2k fast finish. Debbie grabbed the spoils winning her age group of five in **58:26**.

The final act of the month was our very own **Club Handicap race** where Pacers gather to run the Chevin Chase route and guess their finishing time (no watches/phones/Sat navs/ secret clocks allowed! The winner is the Pacer who arrives back with a time nearest to their "guesstimate". All this is followed by a hearty club breakfast (which probably accounts for the fact that 13 Pacers

turned out of bed on a Sunday morning to run!). So here are the runners and riders with predicted time followed by actual time in red :-

Sue H	1:31:25 (1:36:44);	Tom	1:12:32 (1:09:33)
Helen A	1:29:00 (1:35:16)	Izzy	1:18:44 (1:21:06)
Kate	1:10:19 (1:07:44)	Cat	1:21:43 (1:22:57)
Amanda C	1:30:50 (1:36:44)	Liz	1:17:33 (1:22:57)
Gina W	1:12:10 (1:07:44)	Graham	1:10:30 (1:08:22)
Richard W	0:55:55 (0:58:29)	Carole K	1:22:00 (1:35:16)
Sharon E	1:22:15 (1:36:44)		

Looking at these times there were some very hungry Pacers keen to get back early for breakfast – Richard, Kate, Gina, Tom & Graham ! – and Graham nicked the top spot with a difference of 2:08 (but only after a stewards enquiry).

Poor Cat ,who had come along for a “try out” for the club, was not officially a member at this stage so her magic 01:14 was ruled inadmissible by the race referee! Fortunately, she has not held it against us and has subsequently become a “proper” Pacer – welcome Cat.

Coming up next – October parkrun times

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

October 1st – Armley

Craig Hoos 21:01

Wakefield (Thornes Park)

Jodie Bennett 28:10

Potternewton

David Fox 33:30

Chevin Park

Steve Tindall 32:48

Cath Tindall 38:18

Janice Chruscht 54:45(TW)

Bradford Lister Park

Andy Gledhill 27:28

Debbie Bland 27:42(1st 65)

Steve Powell 28:00 (PB)

Jaqueline Reid 30:11

October 8th – Roberts Park

Andy Gledhill 27:29

Debbie Bland 28:18(1st 65)

Amy Llewellyn 28:33

Jaqueline Reid 29:02

Armley

Craig Hoos 21:03

Andy Coupe 27:05

Chevin Park

Louise Biddulph 33:52

Woodhouse Moor

Richard Walker	19:01
Eleanor Thomson	24:33

Merthyr (Wales)

Amanda Connolly	29:29
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Clumber Park (Notts)

Steve Tindall	29:24
Cath Tindall	36:03

Exmouth

Sarah Lund	21:34
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October 15th - Roberts Park

Craig Hoos	21:31
Aron Fulton	27:49
Jaqueline Reid	29:57

Bradford Lister Park

Kate Humphries	26:38
Debbie Bland	27:58

October 22nd**Roberts Park (Saltaire)**

Andy Gledhill	26:45
Chris Taylor	47:51

Armley

Steve Powell	28:13
Craig Hoos	58:46(TW)

Bowling Park (Bradford)

Debbie Bland	29:09(1 st 65)
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Horton

Aron Fulton	25:06
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Roundhay

Andrew Humphries	16:52 (1 st)
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Skipton

Margaret Britton	28:11
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Chevin Park

Graham Turner	26:08
James Routh	29:32

October 29th**Woodhouse Moor (Leeds)**

Richard Walker	19:07
Eleanor Thomson	25:33(50 th)
Debbie Bland	27:48(250 th)
Carole Keighley	28:45
Jacqueline Reid	29:56

Chevin Park

Craig Milner	22:48
Owain Gwylym	24:46
Aron Fulton	29:29
Helen Illman (TW)	1:01:16

Roberts Park

Megan Dennison	25:36
Andy Gledhill	26:53
Cath Tindall	38:27

Bradford Lister Park

Andrew Humphries	19:14
Kate Humphries	24:01

Beacon (Litchfield)

Steve Powell	28:11
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Whitby (Cinder Path)

Craig Hoos	21:32
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Strathclyde Park

Derek Lee	19:00
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Skipton

Margaret Britton	28:19
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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.

November

12 th	Wharfedale Skyline Ultra	Punk Panther
13 th	Run Bolton Abbey (various distances)	RB
18 th	York 5k	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
26 th	Ravenstonedale 10k (Howgills Harriers)	
27 th	Skipton Santa Fun Run	RB
27 th	PECO race 1 (Middleton Park)	RB

December

4 TH	Myserscough 10 (Garstang)	UKR
10 th	Christmas Cracker Ultra (35mls)	UKR
18 th	Bedale Christmas 5k	RB
18 th	Travellers 6, Denby Dale	RB
18 th	PECO race 2. Temple Newsam	RB
26 TH	Chevin Chase	
27 th	Jolly Holly Jog, Ripon	RB
27 th	Ribble 10k (Northern Champs)	UKR

January 2023

8 th	Temple Newsam 10	UKR
22 nd	PECO Race 3 West Park	RB
28 th	Kirkstall/Calverley Cutter 16kMT	UKR
29 th	Meltham Tough 10k	UKR
29 th	St Annes 10	BIZ

February

4 th	Rombalds Stride	RB
5 TH	Muddy Boots 10kMT, Ripon	RB
12 TH	Liversedge Half	UKR
19 th	PECO Race 4, Middleton	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 :-

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