



RESULTS, RESULTS, RESULTS !

Seasons Greetings and Welcome to this our 13th edition of **Results Roundup** – one of the great things about being in the “hotseat” writing all this up each month is to see how many more club members are entering and doing well in races and, as you will see from this months report on the **first PECO** race of the season, how our strength in depth across both Ladies and Mens teams has improved over the last twelve months. A fair sprinkling of first places, age group and age grading wins too !

A warm welcome to our new members who joined us in November, we hope you will enjoy running with us especially in the team events such as PECO where that strength in depth counts for so much.

So as we hurtle towards Christmas all the old seasonal race favourites appear on the horizon – **Auld Lang Syne fell race, Muddy Boots 10k, Jolly Holly Jog and our very own Chevin Chase** with a scarcely believable 2000 runners signed up to blast off on Boxing Day ! Plus the **second PECO** cross country scheduled for **December 18th at Temple Newsam**, Leeds. I’ve attached a more comprehensive list of upcoming races to tempt you all at the end of this Roundup.

Here is our thirteenth “**Results Roundup**” – as ever it is only as good as the info you send me so apologies if that extra special PB is missing !

This Roundup will endeavor to recapture the headlines from last month
(**November 2022**)

First race out of the blocks on 5th November was the **Burley Moor Fell Run**, an 11k route starting and finishing at Scalebor Park, Burley in Wharfedale and taking in a good slice of moorland terrain and trails between Burley and Ilkley with 250 mtrs of climb. 154 runners took up the challenge including seven Pacers (we count Alyson Blakeley as one of our own despite officially being “second claim” with us from her club Roundhay Runners !). First Pacer home and third overall in the race was **Andrew Humphries in 45:13** followed by **Richard Haynes (53:16)** and new member **Aron Fulton (56:54)**. **Kate Humphries** was our first lady Pacer home in **1:03:01** with **Gina Williams** hot on her heels in **1:03:04**. **Graham Toms** was next home in **1:04:39** and **Alyson Blakeley in 1:04:55**. Race winner was young Ilkley Harriers rising star Edward Hobbs in 42:50, first lady Sarah Gibbs in 52:07.

The following day, **Sunday 6th**, saw more racing fireworks with the ever popular **Guy Fawkes 10 mile road race** hosted by Nidd Valley. This challenging (aka Hilly!) ten mile route around lower Nidderdale starting and finishing at Ripley Castle takes in several climbs with apt names such as the “Birstwith Brute” and “For Fawkes Sake”. Six Pacers (all ladies!) strapped on their climbing gear and did themselves and the club proud – **Brenda Peake** first Pacer home in (1:15:04), **Sarah Lund** (1:17:41), **Sarah Podesta** (1:32:08), **Jenny Hiley** (1:36:31), **Debbie Bland** (1:37:00 & 3rd Fv65) and **Louise Biddulph** (1:54:50). 786 ran.

Sunday 13th saw a Pacers expedition to the seaside at Lytham St Annes for the hugely popular **Windmill 10k** (named after the landmark windmill on the foreshore at Lytham). This was Remembrance Sunday so the race is always marked by the two minutes silence just prior to the start which was immaculately observed. A pancake flat out and back course on the prom, the curse of the seaside is always a brisk onshore headwind, this time on the inbound leg. **Margaret Britton (54:03)** and **Debbie Bland (56:46)** cleaned up in the Fv65 age group taking first and second prizes in a group of 28 runners.

On the same day another of our second claim runners, **Simon Jones** cleaned up in the **Bolton Abbey half marathon** taking first place (no times yet available).

Sunday the 20th brought the **Tadcaster 10 mile** road race – not quite as severe a test as Guy Fawkes but has its own “moments” – this recently revived race run by Tadcaster Harriers attracted 716 runners on a day that started damp and gloomy but improved to bright sunshine for the finish. Team ACP consisted of

Debbie Bland (1:31:49), Sharon Elms (1:35:48) and Amy Travis (1:45:14) on a day when the first four finishers clocked under the hour for ten miles ! City of Leeds runners Graham Rush (50:04) and Sarah Potter (57:13) took line honours.

On the same day a very different race was taking place up in the Yorkshire Dales. **The Wensleydale Wedge** is a spectacular 23 mile trail route taking in the best of the Dales scenery around Hawes, Castle Bolton and Askrigg where the race starts and finishes. The route is roughly as long as the Three Peaks but with less climbing (though 1,030 feet of climb is quite enough for most folk!). **Carole Keighley and Helen Waite** took up the challenge along with 230 others and finished in a very creditable **6hrs 59m**.

Louise Biddulph chose climbs of a different sort when she took part in the **Alton Towers 10k** down in Staffordshire. The route description is probably one of the most exciting you'll come across ! – *“An undulating 10k loop within the iconic Alton Towers resort. Starting and finishing outside the Towers, the route begins with a loop of the Dark Forest, which includes the rides TH13TEEN and Rita. The route then passes in front of the Towers and into X-Sector around Oblivion and the Smiler, before going past the lake into CBeebies Land, where you'll meet characters like the Teletubbies! You'll then pass Mutiny Bay (and some angry pirates) and through Katanga Canyon, before making your way down to Nemesis. You'll then leave the resort for a section around the car parks and internal road network, before turning back into the resort at Galactica, and into the creepy Haunted Hollow. A final loop around the Dark Forest brings you back to the Towers for the finish. Now time to enjoy all the rides!”* - Yes – free entry to the rides is included in the race entry if you can reserve enough energy to enjoy them!. Louise must have been chased by the Pirates because she clocked 1:05:01. Sounds like a great day out !

Just three days later the latest installment of the **Leeds 5k & Club Championships** took place at the Brownlee Track. **Poppy Cartwright** was our sole representative this time, running a superb **20:09**. Marcos Valerios (15:30) and Hannah Cairns (18:28) won this edition.

Last, but certainly not least we arrive at 27th November – **PECO Sunday** Following on from a successful campaign last season when the Ladies team missed out on promotion to Division One by a whisker, Pacers were looking to build on those performances at **Race 1 Middleton Park**. They did that, the **Ladies team** romping home in **First** place beating a strong Kirkstall team into second **391 to 733** with York Tri in third on 778. Confusingly in this league,

because finishing places translate into points, the lower the aggregate scores the higher up the table you go!

The **Mens team** reversed that result by coming a close second to the Kirsktall men **834 to 1,095**. So here come the Individual Scores.....

MEN		LADIES	
Andrew Humphries	28:03	Poppy Cartwright	35:28
Jack McFarlane	32:16	Sarah Lund	36:41
Richard Walker	32:38	Molina M B	37:21
Aron Fulton	34:08	Kate Humphries	37:57
Richard Haynes	35:14	Gina Williams	38:06
Craig Hoos	38:00	Eleanor Thomson	42:01
Graham Turner	38:59	Francesca Gatenby	42:02
Phil Priestley	41:35	Charlotte Bourne	45:17
Paul Grindley	44:42	Catherine Keen	46:34
Andy Coupe	47:45	Katie Hill	48:54
		Carole Keighley	53:57
		Melissa Owen	1:00:32
Juniors 2 mile race:		Evie Walker	15:55 (28 th / 64)

We had a great turnout by both **Mens (10)** and **Ladies (12)** and that's important because no matter where you finish in the race (unless in last place!) you are effectively putting daylight between your team and whoever finishes behind.

Age Groups matter too because if your team fails to field a runner in any of the age bands (35+,45+ 55+ & 65+) you are awarded last place – therefore in a field of 1000 runners you bag a 1000 points penalty which drags your team placement backwards! So we need to get our “Vintage” runners (as they call them in Scotland) up and running if at all possible. It gets more complicated

but I won't go on – only two people in the whole world understand how it really works !

ACP Mens Vets team finished in mid table (7th / 14) on 1261 trailing the leaders Rothwell Harriers (713)

ACP Ladies Vets team are fighting a much tighter race finishing 5th /14 with 841 points, Nidd Valley leading on 674 but only a small handful of points separate us from Ilkley in 4th and Horsforth Fellandale in 3rd.

Next PECO Race is Temple Newsam on December 18th.

And finally..... getting into the seasonal spirit, **Margaret Britton** took on no less than 1717 other Santa's in the **Skipton Santa Fun Run** – an annual institution that sees everyone dress up as Santa & have a run. No results as yet but it's a safe bet that Margaret was one of the first down the chimney!

Coming up next – November parkrun times

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

November 5th –

Cliffe Castle, Keighley

Debbie Bland 30:22 (1st Fv65)

Woodhouse Moor, Leeds

Steve Powell 28:16

Fell Foot (Windermere)

Janice Chruscht 28:27

Chevin Forest

Eleanor Thomson 26:42

Chris Taylor 31:24

Roberts Park

Craig Milner 21:12

Craig Hoos 21:32

Andy Gledhill 26:32

David Fox 32:31

Bowling Park

Owain Gwilym 22:25

November 12th

Whitby Cinder Path

Craig Hoos 21:17

Bradford Lister Park

Andrew Humphries 15:58(1st)

Kate Humphries 26:27

Roberts Park

Andy Gledhill 25:58

Holly Marcantonio 27:48

Huddersfield

Owain Gwilym 21:13

Druridge Bay (Northumberland)

Sheila Thomas 29:14

Armley

Richard Walker 19:27

Chevin Forest

Aron Fulton 33:30

Steve Tindall 33:37

Cath Tindall 38:23

November 19th**Woodhouse Moor**

Chris Hill 26:20

Rothwell

Dave Fox 33:21

Chevin Forest

Graham Turner 26:56

Bramley

Poppy Cartwright 22:07

Morecambe

Margaret Britton 26:10

Bradford Lister Park

Debbie Bland 27:20(1stFv65)

Cannons Park (North London)

Craig Hoos 21:26

Roberts ParkOwain Gwilym(100th) 21:06

Janice Chruscht 27:03

Andy Gledhill 29:13

Jaqueline Reid 29:14

Steve Tindall 29:34

Cath Tindall 36:00

November 26th**Bradford Lister Park**

Owain Gwilym 25:51

Steve Powell 29:29

Chevin Forest

Steve Tindall 32:22

Woodhouse Moor (Leeds)

Eleanor Thomson 32:50

Roberts Park

Aron Fulton 22:15

Andy Gledhill 26:43

Debbie Bland 26:50

Jaqueline Reid 28:47

Skipton

Margaret Britton 27:39

Sheffield Castle

Craig Hoos 22:24

Beatrix Park (Netherlands)Richard Walker 20:06(1st)

Sharon Elms 29:57

Sue Hulme 29:58

Amanda Connolly 29:58

Just for the record..... The long standing national Ladies parkrun record has just been broken (3rd December) by **Samantha Harrison** running **15:37**. Apparently Samantha is a distance endurance runner who was persuaded to come along to parkrun by a friend. Not bad for a first timer!! The Mens record, which has stood since 2012 is still held by Andrew Baddeley (13:48) – something to aim for!

Club Time trial 2022

The “final, final” results of our club Time Trial competition together with the **Lord Archer Awards** for the overall winners were announced at the club AGM. For those who couldn't attend (or can't remember the night at all !!)

Richard Walker writes.....

Summer feels like it's long gone in these current arctic conditions, but that's no reason not to look back on the final results from this year's 1-mile time trial with warmth in the heart and the memory! As you know, the time trial is a 1-mile course around High Royds, where Pacers are encouraged to go “eyeballs out” and improve their times across the year.

We had nineteen athletes make at least 3 attempts at the course, thus qualifying for the coveted Lord Archer Award for biggest improver. Well done to **Susan Hulme, Richard Walker, Carole Keighley, Richard Haynes, Amanda Connolly, Craig Hoos, Sarah Lund, Sharon Elms, Craig Milner, Louise Biddulph, Alison Gate, Graham Turner, Claire McColl, Katie Hill, Kate Humphries, Paul Grindley, Andrew Smith and Janice Chruscht** for running the requisite three attempts (or more in some cases).

Special mention though to the dedication of **Poppy Cartwright** who was the only Pacer to post a time across all six of the summer months. Poppy wasn't far off winning the improver award too, but as consolation she ends the year with the **new course record** to her name – **6 minutes 10 seconds** posted in September, a big improvement on 6 minutes 47 from back in April. Our second fastest female was **Sarah Lund (6:41)** and third was **Molina Marshall-Brooksbank (6:52)**.

Our fastest males this year were **Andrew Humphries (4:59** – 3 seconds off his own course record), **Andrew Smith (5:08)** and **Derek Lee (5:34** – and a big improvement on the 6:07 he posted in April).

Onto the **prize winners** – if you were at the AGM you know who they were already! The **men's award goes to Richard Haynes**, who just pipped **Paul Grindley** to the Award with times that improved across the early part of the summer in particular – (Apr 6.29, May 6.10, June 5.50, Aug 5.58). The **ladies award goes to Sharon Elms**, who just pipped Poppy to the prize. Sharon started the year well (8.06 Apr, 8.30 June, 8.22 July), but came back flying even faster in September with a **7:48** to scoop the Award.

Well done everyone – looking forward to the 2023 instalment already!

Coming up next – our club annual awards.....

Club Annual Awards

Every year at the AGM the club presents prizes to Pacers in recognition of their outstanding performances throughout the year – here’s this years “Roll of Honour”.....

Pacer of the year	Sarah Lund
Club Handicap Winner	Graham Turner
Lord Archer Awards (TT)	Richard Haynes & Sharon Elms
Best Continued Improvement	Poppy Cartwright
Most Improved	Louise Kirwin
Promising Newcomers	Brenda Peake, Gina Williams, Eleanor Thomson
Club Recognition Awards	Richard Walker, Janice Chruscht Phil Bland
Team Spirit Award	Jaquie Reid, Sue Milnes, Andy Coupe
Endurance Running Award	Sue Hulme, Cathy Stothers Louise Holloway
Outstanding Achievement	Andrew Humphries (Berlin Marathon 2:29)
PECO (all races attended)	Andrew Humphries, Richard Walker, Derek Lee, Gina Williams, Kate Humphries, Carol Keighley, Evie and Monty Walker, Fraser Lee.
H&DSRL (all races attended)	Richard Walker, Craig Milner, Poppy Cartwright
<u>Age Groupers awards</u>	
Open (under 40 !)	Poppy Cartwright (5k,10k, Half & Full)
Ladies 40-44	Janice Chruscht - 5k & Half M. Francesca Gatenby (10k) Heather Freeman-Dawson. Full M
Ladies 45-49	Brenda Peake – 10k, Half & Full M
Ladies 50-55	Sharon Elms (5k & Half M) Cathy Stothers (Full M)
Ladies 55-59	Izzy ! (5k,10k,& Half M)
Ladies 60-65	Carole Keighley(5k,10k,Half & Full M)

Age Groupers awards (cont)

Men 40-44	Andrew Smith (10k & Full marathon)
Men 44-49	Richard Walker(5k,10k Half & Full M)
Men 50-55	Craig Hoos (5k & 10k)
Men 60-65	Nick Leathley (Half marathon)
Men 60-65	Andy Gledhill (5k & 10k)

Congratulations everyone !

Races Coming Up.....**December**

10 th	Christmas Cracker Ultra (35mls)	UKR
18 th	Bedale Christmas 5k	RB
18 th	Travellers 6, Denby Dale (10k)	RB
18 th	PECO race 2. Temple Newsam	RB
26 th	Chevin Chase (Full !!)	
27 th	Jolly Holly Jog, Ripon	RB
27 th	Ribble 10k (Northern Champs)	UKR
31 st	Auld Lang Syne Fell Race	(Wharfedale AC)

January 2023

8 th	Temple Newsam 10	UKR
8 th	Garstang 10k (Lancs)	BIZ
21 st	Inskip Half M (Elswick, Preston)	BIZ
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
29 th	St Aidens Winter Beast (6.66 miles)	RB

February

4 th	Rombalds Stride	RB
5 TH	Muddy Boots 10kMT, Ripon	RB
5 th	Dewsbury 10k	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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