



RESULTS, RESULTS, RESULTS !

Happy New Year everyone and welcome to this our 14th edition of **Results Roundup** – not a vintage month for race results due in part to folk concentrating on their Christmas shopping and not helped by the long spell of really icy weather through December BUT racing there was, including some great **PECO** results, the ever popular **Auld Lang Syne Fell** race featuring fancy dress aplenty, a scary **Winter Solstice** headtorch adventure in the dark around Bingley St Ives and the small matter of that little race we ourselves stage on Boxing Day !

As per usual I've attached a more comprehensive list of upcoming races to tempt you all at the end of this Roundup.

Here is our fourteenth “**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 (**December 2022**)

No one sent me any race results prior to the second **PECO Cross Country** race of the season held out at **Temple Newsam, Leeds on 18th December** so lets kick off with that :-

Given that both our Ladies and Mens teams are in great form there was a fair bit at stake following on from a close run contest at Middleton Park in Race 1 between ourselves and Kirkstall Harriers. 412 Men and 304 Ladies contested **Race 2** on a tough and muddy course around **Temple Newsam Park**, featuring the mother of all water jumps and some pretty intimidating slippery climbs.

Both mens and ladies teams fielded eight Pacers plus **Fraser Lee** flying the Pacers flag in the **Junior 1 mile race** in which he finished a notable 35th / 130 in 8:22. Bravo Fraser – Here’s how the big boys and girls got on !

Ladies:

Brenda Peake (36:52); Poppy Cartwright (37:28); Sarah Lund (37:36); Kate Humphries (38:35); Gina Williams (39:03); Eleanor Thomson (40:47); Catherine Keene (44:09) & Carole Keighley (52:19)

Men:

Andrew Humphries (26:18 & 3rd overall); Aron Fulton (33:21); Richard Walker (33:35); Derek Lee (33:47); Ben Karlin (34:43); Craig Milner (34:53); Graham Turner (38:29); Paul Grindley (43:23).

Teams (Race 2): Mens race: Kirkstall Harriers (814), ACP (940), Ackworth (1016): **Ladies race:** ACP (362); Horsforth Fellandale (363), Kippax (791). *Counter intuitively the least points scored means the higher up the table you are as points are awarded according to your race place (1st = 1 point, 10th = ten points and so on).*

Cumulative Tables (Div 2) after 2 races:

Mens Team: 2nd/14. Ladies Team 1st/14

Mens Vets Team: 6th/14. Ladies Vets Team: 4th/14

So all to play for by both Mens & Ladies Teams in Race 3 coming up on **January 22nd at West Park (Leeds)**

Hot on the heels of PECO another “mudfest”, but this time in the dark. It took place along the trails of Bingley St Ives – a **Winter Solstice race** organised by Sue Ryder in aid of Manorlands Hospice and a twin of the Summer Solstice race run along the trails of Bolton Abbey on mid summers day. Organised into a 10k and 5k race, 184 runners decided they liked the idea of running in lots of mud in the dark with just headtorches for illumination !. Eleven of our Pacers also liked the idea, eight brave souls running the full 10k whilst three more sensible folk thought that 5k might be wiser just four days before Christmas !

Here's how they fared.....

10k Race: Richard Walker (46:46 & 6th overall); Derek Lee (47:43); Sarah Lund (1:01:25 & 2nd Fv45/18); Brenda Peake (1:01:25 & 4th Fv50/18); Cathy Stothers (1:02:17 & 1st Fv55/9) Izzy H.B 1:08:56 (4th Fv55); Janice Chruscht 1:23:34 & Heather F.D (1:23:35)

5k Race Louise Biddulph (39:27), Amanda Connolly (44:02) & Sally Russ (45:00)

On Boxing day it was the turn of our very own **Chevin Chase**, a 40 year old institution in the racing calendar, this year with a much expanded entry list of 2000 runners which sold out well before race day. In the event there must have been some serious Christmas hangovers amongst that entry because 1,542 turned up on the day and enjoyed good racing conditions along with the usual ample serving of mud & water. Four Pacers took up the challenge, **Richard Walker (50:37)**, **Aron Fulton (52:23)**, **Poppy Cartwright (53:53)** and **Holly Marcantonio (1:15:11)**. Race winner this year was **Dom Coy (U/A) in 38:29** whilst first lady home was **Alice Leake (Leeds City) in 47:16**

The following day **Debbie Bland** raced the **Jolly Holly Jog**, a lovely 10kMT race hosted by Ripon Runners and taking in the trails around the Studley Royal & Fountains Abbey deer park. Another “mudfest” but mercifully rain free, **Debbie ran 1:07:29** to finish 435th/572.

The racing month closed off on New years Eve 2022 with the traditional **Auld Lang Syne** Fell Race – a 6.7 mile muddy slog around Haworth Moors taking in Penistone Hill, Top Withens, Ponden Clough and Stanbury and including a not inconsiderable 1000ft of climb. Its also traditional to wear fancy dress and there were some interesting sights to behold at the Finish !

Four crazy Pacers had a crack at this – **Gina Williams (1:12:28)**, **Alyson Blakeley (2nd claim 1:15:47)**; **Louise Biddulph (1:43:58)** and **Carole Keighley (1:44:02)**

Coming up next – December parkrun times

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

December 3rd –

Cliffe Castle, Keighley

Debbie Bland 30:06 (1st Fv65)

Pontefract

Owain Gwilym 21:16

Armley

Richard Walker 19:54

Chevin Forest

Graham Turner 26:30

Skipton

Margaret Britton 27:22(1st Fv65)

Frickley

Aron Fulton 27:34

Bradford Lister Park

Andrew Humphries 18:16(2nd)

Craig Hoos 21:40

Andy Coupe 27:38

Roberts Park

Andy Gledhill 22:52

December 10th

Chevin Forest

Craig Hoos 23:50

Bradford Lister Park

Andrew Humphries 16:09(1st)

Woodhouse Moor

Owain Gwilym 21:22

Jodie Bennett 30:46

Witton (Blackburn)

Aron Fulton 26:41

Roberts Park

Andy Gledhill 25:43

Megan Dennison 25:45

Debbie Bland 28:18

Jaquie Reid 28:54

Cath Tindall 37:11

December 17th

Woodhouse Moor

Aron Fulton 26:46

Scunthorpe

Andrew Humphries 16:45(1st)

Chevin Forest

Owain Gwilym 23:54

Roberts Park

Andy Gledhill 27:36

Eleanor Thomson 28:24

Cath Tindall 37:02:34

Steve Tindall 37:03

December 24th Christmas Eve

Bradford Lister Park

Craig Hoos 21:19

Cliffe Castle

Debbie Bland 30:03

Potternewton

Aron Fulton 24:58

Sandall

Andrew Humphries 18:18(1st)

December 24th Christmas Eve (cont)

Chevin Forest

| | |
|-----------------|-------|
| Richard Walker | 29:09 |
| Helen Alcock | 31:09 |
| Janice Chruscht | 32:08 |
| Steve Tindall | 33:41 |
| Cath Tindall | 39:20 |
| Sarah Podesta | 45:37 |
| Rhona Neilson | 45:41 |

Roberts Park

| | |
|-------------------|-------|
| Owain Gwilym | 21:41 |
| Andy Gledhill | 26:25 |
| Andy Coupe | 28:03 |
| Amy Llewellyn | 30:01 |
| Sharon Elms | 30:38 |
| Amanda Connolly | 31:53 |
| Rachael Johanovic | 31:53 |
| Sue Hulme | 32:47 |
| Bernadette Murby | 34:42 |
| Sally Russ | 34:42 |

Christmas Day

Chevin Forest

| | |
|--------------|-------|
| Owain Gwilym | 24:48 |
| Aron Fulton | 25:32 |

Roberts Park

| | |
|----------------|-----------|
| Craig Hoos | 21:11 |
| Megan Dennison | 24:44(PB) |
| Andy Gledhill | 27:48 |

Cliffe Castle

| | |
|--------------|-------|
| Debbie Bland | 30:11 |
|--------------|-------|

New Years Eve

Woodhouse Moor (Leeds)

| | |
|--------------|-------|
| Steve Powell | 31:15 |
|--------------|-------|

Bradford Lister Park

| | |
|----------------|-------|
| Richard Walker | 19:14 |
|----------------|-------|

Chevin Forest

| | |
|-----------------|-------|
| Janice Chruscht | 32:45 |
|-----------------|-------|

Whitby Cinder Path

| | |
|------------|-------|
| Craig Hoos | 21:05 |
|------------|-------|

Roberts Park

| | |
|---------------|-------|
| Sarah Lund | 21:42 |
| Helen Alcock | 27:44 |
| Andy Gledhill | 27:46 |

Just for the record...(again!)... The long standing national Ladies parkrun record was broken (3rd December) by **Samantha Harrison** running **15:37**!!
Not to be outdone, **Melissa Courtney** decided to give herself an early Christmas present and shaved another 6 seconds off that record on Christmas Eve! (**Now 15:31**)

The Mens record, which has stood since 2012 is still held by **Andrew Baddeley (13:48)** – something to aim for!

More useless facts! The **average finish time** at parkrun uk is **29:02** and over **7 million PB's** have been recorded since parkrun began.

Races Coming Up Next.....

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 |
| 16 th | Leeds Foodbank Run (Kirkstall Abbey) | Run Leeds |
| 19 th | PECO Race 4, Middleton | RB |
| 22 nd | Leeds Track 5k (Brownlee Centre) | RB |

March

| | | |
|------------------|-------------------------------|-----|
| 5 th | Norton 9 (Doncaster) | UKR |
| 5 th | Lightwater Valley 10k (Ripon) | RB |
| 5 th | Haweswater Half (Road) | UKR |
| 11 th | Dent 14 | RB |
| 11 th | Holly Hustle 11kMT (Meanwood) | RB |
| 12 th | Thirsk 10 Mile Road race | UKR |
| 12 th | Bradford 10k (road) | RB |
| 12 th | Trimpell 20 (Lancaster) | UKR |
| 19 th | Keighley 5k & 10kMT | RB |
| 19 th | Wakefield Hospice 10k (road) | RB |

April

| | | |
|------------------|-------------------------------------|-----|
| 1 st | Chevin 14k Trail race | BIZ |
| 1 st | Monsall Trail Half M | BIZ |
| 2 nd | Baildon Boundary Way | RB |
| 2 nd | Brun Valley 10k (Burnley) | UKR |
| 9 th | Guiseley Gallop | UKR |
| 15 th | Wensleydale Wanderer (12 & 22 mile) | UKR |
| 16 th | Vale of York 5 & 10 mile (Rufforth) | RB |

Manchester Marathon: 16th April: London Marathon 23rd April

RB = Racebest: FCR = Fylde Coast Running

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

RTN = Run Through North

That's all folks – Happy New Year & 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