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## RESULTS, RESULTS, RESULTS !

Welcome to our first **ACP Results Roundup** of 2023 and apologies for the slight delay in the “arrival of your service” due to your esteemed correspondent living it up on the Costa Blanca ! – All good things must come to an end and I returned to an impressive crop of results from our Pacers in January so plenty to report this month.

This Roundup will endeavor to recapture the headlines from last month (**January 2023**) but due to our arrival back into the country last Saturday (4<sup>th</sup> Feb) I’ve exercised editorial prerogative and extended this months report to include the first weekend in February – so in fact this months Roundup is technically Jebruary (or Fanuary which ever takes your fancy !).

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

First race out of the blocks in 2023 (7<sup>th</sup> January) was the **Sir Titus Winter Trot** which as per usual featured a feast of options ranging from Ultra & Full Marathon, 20 Miles, Half M, 10 Mile, 10k and 5k, all utilising the canal towpath and starting / finishing at the home of Sir Titus Salt himself, Saltaire. On a very wet day our four Pacers took the only sensible option – keep it short and sweet ! **Rachel Jovanovic and Claire Mc Coll (30:57) plus Bernie Murby and Sally Russ (53:22)** completed the 5k option and must have thought it would have been drier to have swum the 5k instead !

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The next day all that rain had made the course for the **Temple Newsam 10** even more interesting than usual !. Famous for its epic mud, large puddles and steep muddy climbs the course had been expertly “manicured”by 700 PECO runners in December so it was in great shape to welcome another 790 runners. In horseracing parlance the going could be described as soft to squelchy.

No excuses could be offered by our two gallant Pacers – **Brenda Peake (1:19:35 & second of 61 in her age group) or Gina Williams (1:27:11 & 8<sup>th</sup> of 87 in her age group)** – they had both been part of the advance PECO course preparation party in December so knew what to expect ! Congrats to both Pacers on a great run in the conditions. The race was won by James Eaton (Tadcaster) in 58:02 whilst first lady home was Fay Clarke (Abbey Runners) in 1:13:59.

Fast forward to January 15<sup>th</sup> and the ever popular **Brass Monkey Half Marathon** staged for the 40<sup>th</sup> time this year by York Knavesmire Harriers. This race is so popular that you need to get up in the middle of the night to make sure you get an entry when the starting gun is fired on the website. Despite that it attracts a class field and is very competitive – 1,625 turned out to run this year including four of our finest – **Andrew Humphries (1:10:09 & 15<sup>th</sup> overall), Richard Walker (1:23:44), Brenda Peake (1:34:24), and Kate Humphries (1:38:48)**. The Winner, Joe Sagar, ran 1:06:21 just holding off Kieran Walker by six seconds ! 4<sup>th</sup> and 5<sup>th</sup> places were even closer (4 secs). Menstons Georgia Malir took the ladies prize in 1:15:10.

Next up – **PECO - Race 3** in the series ran at **West Park, Leeds** on the 22<sup>nd</sup>. After the first two races in the series Pacers teams were flying high having carried their good form from 2021/22 season into this years series so there was a fair bit at stake following on from two close run contests at Middleton Park in Race 1 between ourselves and Kirkstall Harriers and 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.

Another great turnout with both mens and ladies teams fielding eleven Pacers plus **Fraser Lee** flying the Pacers flag in the **Junior 1 mile race** in which he finished a notable 65<sup>th</sup> /166 in 7:37 – nearly a minute quicker than last time. Bravo Fraser – Here’s how the big boys and girls got on !

### **Ladies:**

**Poppy Cartwright (30:24); Brenda Peake: (32:00 & 6<sup>th</sup> / 52); Sarah Lund (32:16 & 7<sup>th</sup>/52); Kate Humphries (32:57 & 8<sup>th</sup>/36); Molina M.B (33:00) Gina Williams (33:38 & 12<sup>th</sup>/52); Eleanor Thomson (35:17); Catherine Keene (38:33), Charlotte Bourne (39:40), Carole Keighley (45:32) & Melissa Owen(50:32)**

**Men:**

**Andrew Humphries (24:05 & 10th overall); Jack McFarlane (27:03)  
Richard Walker (28:46); Aron Fulton (29:54); Craig Milner (30:07);  
Richard Haynes (30:34) Ben Karlin (31:53); Craig Hoos (32:24); Graham  
Turner (34:08); Paul Grindley (35:51) & Andy Coupe (40:10).**

**Teams (Race 3):**

**Mens race: Kirkstall Harriers (842), ACP (955),**

**Ladies race: ACP (296); Horsforth Fellandale (604)**

*Counter intuitively the least points scored means the higher up the table you are as points are awarded according to your race place (1<sup>st</sup> = 1 point, 10<sup>th</sup> = ten points and so on).*

**Cumulative Tables (Div 2) after 3 races:**

**Mens Team: 2<sup>nd</sup>/14. Ladies Team 1<sup>st</sup>/14**

**Mens Vets Team: 8<sup>th</sup>/14. Ladies Vets Team: 4<sup>th</sup>/14**

Both teams ran out of their skins to maintain their high placings in Div 2 with the Ladies team scoring a huge victory over recent close rivals Horsforth Fellandale to further extend their lead at the top.

So “no pressure” but all to play for by both Mens & Ladies Teams in Race 4 coming up on **February 19th back at Middleton Park (Leeds)** with the men needing to put some points into Kirkstall Harriers !

Sneaking into February now (**Saturday 4<sup>th</sup>**) – sitting at 32,000ft en route back to Leeds sipping my first Vino Tinto of the day and thinking of the 431 brave souls beneath me lining up for **Rombalds Stride** ! Organised by the local Scouts this is as tough as it gets, a veritable “bogfest” across Hawksworth and Ilkley Moors starting at West Park Retail in Guiseley and finishing at St Oswalds School. The route taking in Ilkley, Ben Rhydding, Menston, Otley Chevin and descending into Guiseley through the “backdoor”. 23 miles of fun and frolics with both runners and walkers taking part !

A great ACP turnout for this – seventeen Pacers took on the challenge including second claimer Alyson Blakeley. Here’s the scores on the doors....**Sarah Lund (3:57:56 & 4<sup>th</sup>/34), Graham Turner (4:12:20), Tom Gifford (4:16:29), Gina Williams (4:27:29), Alyson Blakeley (4:28:55), Helen Waite (Ward) 4:39:08, Simon Molyneaux(4:51:40), Brenda Peake (5:03:35 & 5<sup>th</sup>/26), Fran Gatenby(5:08:30), Helen Alcock (5:08:31), Janice Chruscht (5:14:31), Lee Stokes (5:20:06), Steve Tindall (5:45:23), Carole Keighley (6:07:14), Megan Dennison (7:33:41) & Cath Tindall (7:33:44).**  
*N:B Result for William Woodhead still awaiting confirmation (5:30:30)*

There were some really tight finishes with Sarah Lund just holding off Sara Elliot (Otley AC) by 5 seconds and Tom Gifford keeping Ilkleys Rebecca White at bay by even less (3 seconds !).

It has to be said that by the time we touched down at LBA around mid day both the mens winner Graham Pearce (Pudsey & Bramley) 2:43:18 and the ladies winner Jane Mc Carthy (Ilkley Harriers) 3:14:36 were showered and changed and on the way home ! The 431<sup>st</sup> came in at 9:34:51.....

The final footnotes to this “hybrid month” belong to **Andrew Humphries** who ran the **Dewsbury 10k** the following day. This has become a huge race attracting some of the finest runners from around the country – 2211 ran on the day, Andrew running a superb race to achieve a top ten finish (7<sup>th</sup>) in **31:18**. The winner ran 29:55 (Omar Ahmed, Birchfield Harriers) and the first lady home ran 34:23 – a very swift Fv45 runner from Liverpool and Sefton Harriers, Kirsty Longley.

And as they say on News at Ten – “and Finally” the stage belongs to **Margaret Britton** who polished off a fine age group win in the **Torremolinos Half Marathon** planting the ACP flag on the Podium in 1:57:36.

**YVAA (Yorkshire Veterans Athletics Assoc): [www.yvaa.org](http://www.yvaa.org)**

ACP will be affiliating once again to YVAA in 2023. This will give our members access to a range of Championship and Grand Prix events covering Road, Off Road and Fell events at a variety of venues across Yorkshire. I will be posting listings of events in our monthly Roundup and on Facebook page.

**Coming up next – January parkrun times .....**

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

**January 1<sup>st</sup>. (Sunday)**

**Cliffe Castle, Keighley**

Debbie Bland 30:04 (1<sup>st</sup> Fv65)

**January 7<sup>th</sup>**

**Whitby**

Craig Hoos 21:31

**Oakwell Hall**

Dave Fox 38:21

**Roberts Park**

Megan Dennison 25:39

Jaqueline Reid 29:59

Andy Gledhill 30:01

Cath Tindall 37:37

Steve Tindall 37:38

**Chevin Park**

Aron Fulton 22:34

Richard Haynes 22:53

Kate Humphries 26:29

Louise Biddulph 39:04

Matt Dunwell 43:15

**January 14<sup>th</sup>**

**Woodhouse Moor**

Richard Walker 25:40

**Cliffe Castle**

Debbie Bland 30:16

**Chevin Forest**

Claire Hunter 38:45

**Bradford Lister Park**

Aron Fulton 24:25

**Roberts Park**

Sarah Lund 22:12

Eleanor Thomson 25:02

Fran Gatenby 27:20

Andy Gledhill 29:57

Helen Alcock 31:11

Carole Keighley 31:17

**Bramley**

Matt Dunwell 39:22

**Middleton Park**

David Fox 37:19

**January 21<sup>st</sup>**

**Woodhouse Moor**

Eleanor Thomson 32:17

Matt Dunwell 36:44

**Myrtle Park (Bingley)**

Craig Hoos 22:21

**Roberts Park**

Owain Gwilym 20:08

Craig Milner 20:12(PB)

Andy Gledhill 27:16

Amy Llewellyn 28:25

Jaqueline Reid 28:30

Steve Powell 29:38

**Bramley**

Richard Walker 26:45

**January 28<sup>th</sup>**

**Chevin Forest**

Steve Tindall 33:33

Cath Tindall 38:18

**Roberts Park**

Craig Milner 20:43

Andy Gledhill 27:14

Jaqueline Reid 29:35

**January 28<sup>th</sup> (cont)****York**

Owain Gwilym 19:44

**Woodhouse Moor (Leeds)**

Eleanor Thomson 26:26

Matt Dunwell 36:05

**Chevin Forest**

Janice Chruscht 32:45

**Roberts Park**

Sarah Lund 21:42

Helen Alcock 27:44

Andy Gledhill 27:46

**Armley**

Steve Powell 30:08

**Bradford Lister Park**

Aron Fulton 22:25

**Whitby Cinder Path**

Craig Hoos 21:16

**February 4<sup>th</sup>****Roberts Park**

Craig Milner 19:58(PB)

Richard Haynes 20:28

Andy Gledhill 26:20

Jaqueline Reid 28:27

David Fox 31:56

**Woodhouse Moor**

Matt Dunwell 40:40

**Bradford Lister Park**

Andrew Coupe 28:05

**Roundhay Park**

Aron Fulton 26:10

**Oakwell Hall**

Owain Gwilym 22:12

**Dalby Forest (Pickering)**

Craig Hoos 21:30

**Races Coming Up Next.....****February**

12 <sup>th</sup>	Liversedge Half	UKR
16 <sup>th</sup>	Leeds Foodbank Run (Kirkstall Abbey)	Run Leeds
19 <sup>th</sup>	PECO Race 4, Middleton	RB
22 <sup>nd</sup>	Leeds Track 5k (Brownlee Centre)	RB

**March**

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

## April

1 <sup>st</sup>	Chevin 14k Trail race	BIZ
1 <sup>st</sup>	Monsall Trail Half M	BIZ
2 <sup>nd</sup>	Baildon Boundary Way	RB
2 <sup>nd</sup>	Brun Valley 10k (Burnley)	UKR
9 <sup>th</sup>	Guiseley Gallop	UKR
15 <sup>th</sup>	Wensleydale Wanderer (12 & 22 mile)	UKR
16 <sup>th</sup>	Vale of York 5 & 10 mile (Rufforth)	RB
23 <sup>rd</sup>	YVAA Grand prix – Honley	YVAA

**Manchester Marathon: 16<sup>th</sup> April: London Marathon 23<sup>rd</sup> April**

**RB = Racebest: FCR = Fylde Coast Running**

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

**RTN = Run Through North**

### YVAA Events.

Full details of these events are listed at [www.yvaa.org](http://www.yvaa.org) together with how to enter etc. As an affiliated club all our members over the age of 35 can enter. The events are divided into Championship races – generally established events such as Harrogate 10k for which YVAA prizes are awarded to age group winners – and Grand Prix events organised by local clubs and generally off road / trail events. To aid diary planning here's a list of what is planned for 2023 so far :-

### Championship Events.

Cross Country –	Beverley racecourse	12 <sup>th</sup> March
5 Miles –	Bronte 5 (Haworth)	1 <sup>st</sup> June
10k	Harrogate 10k	2 <sup>nd</sup> July
10 Miles	Tadcaster 10	19 <sup>th</sup> November

5k, Half M, Full M & Fell Race – all still to be confirmed.

### Grand Prix Events

1. Honley (Huddersfield) 23<sup>rd</sup> April
2. Kirkstall 23<sup>rd</sup> May
3. Middleton (Leeds) 21<sup>st</sup> June
4. Northowram (Halifax) 13<sup>th</sup> July
5. Queensbury 1<sup>st</sup> August
6. Fitzwilliam (South Yorks) 1<sup>st</sup> October
7. To be Confirmed

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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