
RESULTS, RESULTS, RESULTS !

Welcome to our second **ACP Results Roundup** of 2023 and once more apologies for the slight delay in the publishing due to your esteemed correspondent once again living it up in Spain (top tip – buy shares in Jet 2 !) – Another great crop of results from our Pacers in February so plenty to report on this month.

This Roundup will endeavor to recapture the headlines from last month (**February 2023**) but once again it makes sense to run things up to the time of writing so it also encompasses the first two weekends of March. Things will return to normal when I manage to stop my good lady booking trips away !

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

In last months “Roundup” I covered the **Rombalds Stride** on the 4th Feb with some impressive runs by our 15 Pacers (**Sarah Lund** topping the pile with a sub 4 hour **3:57:56** & 4th in her age group) and the following day **Andrew Humphries** swift **31:18** to earn him 7th place at the **Dewsbury 10k**.

So we pick up the action the following week (11th) and the **Liversedge Half Marathon** – a tough test around the hilly countryside around Roberttown and the Spen Valley. Long known as a good prep race for a Spring Marathon, 363 runners turned up including our own **Poppy Cartwright** who ran a great PB time of **1:35:38** to finish second of eighteen in her age group.

Jacob Shannon (York Knavesmire) took line honours in 1:14:21 and local runner Sally Armitage (Ilkley Harriers) was first lady home in 1:24:53.

Next up on the 19th was another in the Grim Up North series of multi distance events staged along the canal towpath – this latest one with the happy title **“The Bingley Bollocks”** ! Three Pacers turned up along with 16 other curious runners eager to discover what the Bingley Bollocks looked like ! **Claire McColl (30:16 & 2nd lady), Rachel Jovanovic (30:27 & 3rd lady) and Anne Proctor (39:38)** made short work of the 5k out and back course – no feedback yet on what they discovered in Bingley !

Poppy Cartwright took to the Brownlee track in Leeds on the 22nd to contest the latest installment of the **Leeds 5k track series** – running a swift **20:20**. This keenly contested series brings out some fast runners and serial winner Marcos Valero (Valley Striders) was beaten into second place by unattached runner Jamie Rashbrook who took line honours in 15:04. First lady home was Stella Cross(Wetherby) in 18:28.

No results reported in for the last weekend in February but the **5th March** (PECO Weekend) finds us on the sunny Costa del Sol, Spain where the stage belonged to **Margaret Britton (51:58)** and **Debbie Bland (52:51)** who polished off a fine age group 1-2 win in the **Torre de Mar 10k**, planting the ACP flag on the Podium & beating 3rd place by over 12 minutes !

So we end up on the **11th March** in glorious **Dentdale** for the 14.2 mile run up and down the pretty valley. The race raises much needed funds for the local primary school. Given the heavy snowfall of previous days that caused most parkruns and many races to be cancelled it was surprising that this event survived. Three Pacers along with 109 others took part in the race – **Richard Walker first home for us in 1:33:24 (& 3rd Mv45), Nick Leathley (2:22:46) and Carole Keighley (2:31:01)**.

On the same weekend the latest of the Punk Panther Ultra series – **The Welcome Way** – ran along a challenging off road route with plenty of snow, starting at Otley and taking the high moorland above Askwith, Denton and then climbing across the valley to Burley Moor, Baildon and back to Otley via the Chevin. The race offers four choices of distance, 50 miles, 34 miles, 20 miles and a Half Marathon.

Five Pacers chose the 20 miler – **Gina Williams and second claim Alyson Blakely home in 4:30:21, Izzy H.B next in 5:23:15 then Sharon Elms and Sue Hulme in 5:45:22**.

Finally to bring us bang up to date on **12th March** – the **Thirsk 10 Mile Road Race** – a flat(ish) course starting and finishing near Thirsk racecourse with a reputation for dishing out PB's. 751 runners took up the challenge including our own **Poppy Cartwright (1:09:26 & 4th/50) and Brenda Peake (1:11:13 & 5th/82)**. Race winner was Graham Rush (Leeds City) 49:03 and first lady home Faye Birkby (Pudsey) in 1:00:25

Next up – **PECO** - After the first three 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.

In the last Roundup we left the action at **Race 3 (West Park)** which saw the ladies team put a lot of distance between themselves and nearest rivals Horsforth Fellandale and the mens team maintain the pressure on leaders Kirkstall. So all to play for in **Race 4 (Middleton Park, Leeds)** run on **19th Feb**. Pacers fielded eight ladies and ten chaps plus juniors **Monty Walker (9:06)** and **Fraser Lee (9:49)** who ran in the Junior Mile race.

Race 4 : Ladies:

Poppy Cartwright (35:55); Brenda Peake: (35:57); Kate Humphries (37:43), Gina Williams (38:38); Eleanor Thomson (40:59); Catherine Keene (44:05), Carole Keighley (50:00) & Melissa Owen(54:55)

Race 4 : Men:

Andrew Humphries (26:21 & 3rd overall); Richard Walker (32:21); Derek Lee (32:58); Craig Milner (34:37); Richard Haynes (35:11) Ben Karlin (35:42); Craig Hoos (36:54); Paul Grindley (40:36); Chris Hill (42:06) & Andy Coupe (47:08).

Teams (after Race 4):

Mens race: Kirkstall Harriers (2,959), ACP (3,857),

Ladies race: ACP (1,537); Horsforth Fellandale (2,497)

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 4 races:

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

Mens Vets Team: 8th/14. Ladies Vets Team: 4th/14

Both teams ran out of their skins to maintain their high placings in Div 2 with the Ladies team maintaining their advantage at the top over recent close rivals Horsforth Fellandale

So all to play for by both Mens & Ladies Teams in the final **Race 5** coming up on **March 5th at Roundhay Park (Leeds)** with the men needing to put some more points into Kirkstall Harriers ! Double Promotion beckons.....

PECO Race 5 – Roundhay Park

The climax to a terrific seasons racing and both teams **PROMOTED** from Division 2 – many congratulations ! - Here's the scores on the doors !

Race 5 : Ladies:

Poppy Cartwright (34:24); Brenda Peake: (35:21); Sarah Lund (36:19); Kate Humphries (37:03), Gina Williams (39:04); Eleanor Thomson (39:59); & Carole Keighley (48:38)

Race 5 : Men:

Andrew Humphries (26:21 & 4th overall); Richard Walker (31:56); Derek Lee (32:30); Ben Karlin (33:59); Richard Haynes (34:06); Aron Fulton (34:47) Craig Hoos (36:41); Graham Turner (38:41); Chris Hill (43:16) & Andy Coupe (46:45).

Juniors: (265 youngsters ran !)

1 Mile Race: Fraser Lee (10:08). 2 Mile Race: Evie Walker (13:11)

Cumulative FINAL Tables (Div 2) after 5 races:

Mens Team: 2nd/14. (4782 points): **Champs Kirkstall** (3529 points)

Ladies Team 1st/14 (1879 points): **Runners up: Horsforth F'dale** (3249)

Mens Vets Team: 5th/14. **Champs Rothwell Harriers.**

Ladies Vets Team: 4th/14. **Champs. Wetherby**

The PECO Colin Morath Trophy is awarded to the most improved club across the current season – as things stand (after 4 races & not finally updated yet) - **ACP are 5th out of 24 clubs with a 15.3% uplift in performance !**

YVAA (Yorkshire Veterans Athletics Assoc): www.yvaa.org

ACP have affiliated 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 – February parkrun times

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

February 4th

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
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Bradford Lister Park

Andrew Coupe	28:05
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Roundhay Park

Aron Fulton	26:10
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Oakwell Hall

Owain Gwilym	22:12
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Dalby Forest (Pickering)

Craig Hoos	21:30
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Chevin Forest

Jen SP	33:59
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February 11th

Cliffe Castle, Keighley

Debbie Bland	29:06 (1 st Fv65)
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Wanaka (South Isle NZ)

Aron Fulton	22:01
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Whitby

Craig Hoos	21:19
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Oakwell Hall

Dave Fox	38:21
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Roberts Park

Owain Gwilym	20:04
Graham Turner	23:59
Megan Dennison	25:25
Andy Gledhill	26:26
Jaqueline Reid	29:03
Steve Powell	30:10

Woodhouse Moor

Helen Illman	30:02
Matt Dunwell	35:57

Poolbeg (Dublin)

Andy Humphries	16:58 (1 st)
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Woolaton Hall (Notts)

Eleanor Thomson	25:38
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February 18th**Woodhouse Moor**

Matt Dunwell	40:14
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Cliffe Castle

Debbie Bland	29:08 1 st 65
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Puarenga (NZ)

Aron Fulton	22:54
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Bradford Lister Park

Owain Gwilym	20:55
Steve Powell	29:36

Roberts Park

Janice Chruscht	26:02(PB)
Andy Gledhill	27:38
Jaqueline Reid	30:23
Cora Dove	35:05
Cath Tindall	39:14
Steve Tindall	39:16

Potternewton

Craig Hoos	22:16
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February 25th**Woodhouse Moor**

Eleanor Thomson	26:25
Matt Dunwell	35:53

Bradford Lister Park

Aron Fulton	25:47
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Roberts Park

Craig Hoos	21:30
Richard Walker	25:34
Megan Dennison	27:07
Andy Gledhill	27:11
Louise Biddulph	35:05

March 4th**Skipton**

Andy Humphries	16:22 (1 st)
Kate Humphries	26:13

Roberts Park

Aron Fulton	26:25
Jaqueline Reid	28:34
Eleanor Thomson	29:20
Steve Powell	30:01

Armley

Craig Hoos	59:55(TR)
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Oakwell Hall

Andy Gledhill	30:11
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Fell Foot (Windermere)

Janice Chruscht	28:51
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March 11th**Roberts Park**

Craig Hoos	21:00
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Andy Gledhill	26:11
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Races Coming Up Next.....

March:

19 th	Keighley 5k & 10kMT	RB
19 th	Wakefield Hospice 10k (road)	RB
22 nd	Leeds 5k series (Brownlee Track)	RB
26 th	PECO Relays (Bramley)	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
9 th	Helmsley 10kMT	RB
15 th	Wensleydale Wanderer (12 & 22 mile)	UKR
16 th	Vale of York 5 & 10 mile (Rufforth)	RB
23 rd	YVAA Grand prix – Honley	YVAA
23 rd	Brighouse 10k	RB
30 th	Willow Valley Flyer (Brighouse)	RB

May

1 st	Tadcaster Triathlon	RB
1 st	Pendle Hill Fell Race	RB
7 th	Cookridge Community 10k	RB
9 th	Rudding Park 10k (Harrogate)	RB
11 th	H&DSRL Race 1 (Knaresborough) – see below.	
14 th	Harrogate Triathlon	RB
14 th	“The Drop” (York)	RB
20 th	Up The Odda (Hawkesworth)	RB
21 st	Ripon 10 Mile	RB
21 st	Skipton Triathlon	RB
23 rd	H&DSRL Race 2 (Harrogate) – see below.	
24 th	Leeds 5k series (Brownlee Track)	RB
28 th	Northallerton 10k	

June

1 st	Apperley Bridge Canter	RB
7 th	Otley Chevin Fell Race	RB
8 th	H&DSRL Race 3 (Dragons RC) – see below.	
11 th	Marsden 10 Miler	UKR
11 th	Burton Leonard 10k	RB
11 th	Flat Caps 10k	RB
14 th	Otley 10	RB
21 st	H&DSRL Race 4 (Wetherby) – see below.	
21 st	Solstice Saunter (Bolton Abbey)	RB
25 th	Staveley Stampede 10k	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

YVAA Events 2023

Full details of these events are listed at 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 diaries, here’s a list of what is planned for 2023 so far :-

Championship Events.

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

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

Grand Prix Events

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

Harrogate & District Summer Race Series 2023

Summertime PECO ! – a series of five summer evening off road races in and around the Harrogate area, very well supported by all the affiliated clubs & keenly contested. Culminates in the Norman Smith Handicap Race with runners handicapped according to their times across the previous four races.

11th May	H&DSRL Race 1 (Knaresborough)
23rd	H&DSRL Race 2 (Harrogate)
8th June	H&DSRL Race 3 (Dragons RC)
21st	H&DSRL Race 4 (Wetherby)
20th July	Norman Smith Handicap: Ripon

All you need to know & how to enter is on the website

<http://www.harrogate-league.org.uk/wp/>

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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