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## RESULTS, RESULTS, RESULTS !

Welcome to our third **ACP Results Roundup** of 2023.– Another great crop of results from our Pacers in **March** - this month's theme is Globetrotting ! Our runners must have been watching the excellent new BBC series “Race Around the World” looking at the race reports coming into me from all corners of the globe – Guernsey, Australia, South Africa, New Zealand. Sadly it's looking as though Craig Hoos may have lost his title of “Most well travelled Pacer Racer” – but he did manage a visit to Hull right at the death !

This Roundup will endeavor to recapture the headlines from last month (**March 2023**) but as usual it makes sense to run things up to the time of writing so it also encompasses the first weekend in **April**. Slightly shorter than usual you'll be pleased to hear, because I reported on a big chunk of March in the last Roundup (up to the 12<sup>th</sup>)

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

So we pick up the action the following week (18<sup>th</sup>) with the Trail Outlaws **Kielder “Dark Skies” marathon** (a little bit longer than a marathon at 26.5 miles but no one thought of that when they created Kielder Water up in Northumberland!). As if that bit of extra distance wasn't challenge enough our four Pacers thought “why not run at night ?” The clue is in the name “Dark Skies” – this area is renowned for its wonderful views of the solar system with almost no light pollution on this circuit of the huge Kielder Reservoir.

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Sadly for our star gazers the Milky Way didn't show up but our runners put on a great show all of their own – **Brenda Peake** leading them home in **4:42:42**, 7<sup>th</sup> Lady / 64 and 1<sup>st</sup> Fv50 ! **Sarah Lund** was breathing down her neck in **4:42:50** (8<sup>th</sup> lady) with **Helen Ward** 10<sup>th</sup> lady in **4:44:58** and Gina Williams

just a minute behind in **4:45:56** (12<sup>th</sup> lady). Sarah, Helen and Gina dominated the Fv40 group taking 6<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> places.

Meanwhile, at the same event, **Carole Keighley** ran the 10 mile route in 1:51:49 taking out 2<sup>nd</sup> Fv60 and well up in the top third of the 393 runners.

The following day (19<sup>th</sup>) in the same part of the world **Nick Leathley** ran the **Alnwick Castle half marathon** finishing 3<sup>rd</sup> Mv60 in **2:18:34**.

Much closer to home Grim Up North staged the **Spring Canal Canter 5k** and **Rachel Jovanovic (28:18)**, **Claire Mc Coll (28:19)** and **Anne Proctor (34:47)** took up the challenge.

On what turned out to be a busy weekend of racing **Liz Porteous and Debbie Bland** ran the **Keighley 10k**. Following a new route this year the race avoided the town centre and headed out towards Keighley Golf Course and then headed back along the canal towpath towards East Riddlesden where, after a bit of a bog trot across a very wet field, it emerged back on the road at East Riddlesden Hall to head back for the finish in Victoria Park. **Liz clocked 51:03** and **Debbie 56:04 (3<sup>rd</sup> Fv60)**.

The following weekend three Pacers took on an epic challenge of running the **Dales Way** long distance path from Bowness on Windermere back to Ilkley. This 78 mile route traverses some spectacular scenery, flirting with the Three Peaks at Ribbleshead and picking up the infant River Wharfe at Hubberholme before heading off down the Wharfe Valley to Ilkley via Grassington and Burnsall. With mixed weather and very wet conditions underfoot, **Carole Keighley, Louise Biddulph and Debbie Bland** made short work of the first two stages, stopping at Kendal and then Dent before heading off over Blea Moor to Ribbleshead and on to Hubberholme en route to Ilkley.

Sadly Debbie had to bow out at Dent having contracted food poisoning but Carole and Louise pressed on completing the challenge on Monday 27<sup>th</sup> after four hard days of Run/Walking. Congratulations to them and happily after a few days Debbie recovered sufficiently to get back in the saddle again for Bradford parkrun the following weekend !

Sneaking into the first weekend of April for our finale !

New member **Jack Ogalbe**, racing for the first time in his Pacers vest, took on the tough **Bramham Park Trail half marathon**. Jack opened his Pacers account with a superb first place in 1:34:54 !

Meanwhile, quite a long way South, **Sarah Podesta** journeyed back to her home island of **Guernsey** to tackle the islands marathon. On an eventful day which saw her carefully curated musical motivation disappear off into the grass at the 13 mile mark, Sarah pressed on silently and finished in 4:25:45 (gun time) and then had to go off in search of her lost tunes ! Happily they were eventually re discovered in the long grass so smiles all round.

Last but not least the 2023 **Baildon Boundary Way** took place on the 2<sup>nd</sup> April – as tough a test of stamina as you will get at half marathon distance with plenty of mud after a wet week prior. Three Pacers took up the challenge and all had good races – **Tom Gifford** was first Pacer home in **2:15:06** followed by **Graham Turner in 2:17:20** and not far behind, **Sophie Bromley in 2:21:00**. The race winner was Ilkley Harrier Jack Cummings continuing his winning form from the Keighley 10k taking the tape in a blistering 1:21:03 – first lady home was Hinda Hardaker (Keighley & Craven) in 1:43:34.

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

ACP have affiliated once again to YVAA in 2023. This will give our members aged 35+ 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.

The next race is the **Grand Prix at Honley (Huddersfield) on 23<sup>rd</sup> April**. Only a fiver to enter to cover the bunfight afterwards. This is a mixed terrain race mainly on paths and trails in woodland with a fair bit of climb in the first half. These races are well supported by local clubs and pretty competitive.

Also coming up (4<sup>th</sup> June) is the **YVAA Road Relay Championships** held just outside Holmfirth. Based at Cartworth Moor cricket club the relays will be 3 x 1 mile out and back laps on very quiet lanes. Teams of three in the usual age groups (£18 per team). Medals and prizes in all age groups. 2pm kick off.

Full details at [www.yvaa.org](http://www.yvaa.org)

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

## March parkruns (from 18<sup>th</sup> to April 1<sup>st</sup>) :

C.R = Course Record: PB = Personal best: TW = Tail walker

### March 18<sup>th</sup>

#### Roberts Park

Andy Gledhill	27:05
Jaqueline Reid	29:35
Cath Tindall	39:43

#### Woodhouse Moor

Matt Dunwell	37:25
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#### Bradford Bowling Park

Aron Fulton	25:52
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#### Bramley Park

Richard Walker	20:13
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#### Cliffe Castle, Keighley

Debbie Bland	28:46 <b>PB</b>
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#### Whitby Cinder Path

Craig Hoos	21:24
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#### Chevin Forest

Helen Illman	26:14
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### March 25<sup>th</sup>

#### Mole Valley (Surrey)

Aron Fulton	24:49
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#### Scunthorpe

Andrew Humphries	16:16 (3 <sup>rd</sup> )
Kate Humphries	25:18

#### Pontefract

Craig Hoos	22:03
Janice Chruscht	26:22

#### Roberts Park

Andy Gledhill	26:20
Jaqueline Reid	28:29

#### Woodhouse Moor

Eleanor Thomson	31:40
Matt Dunwell	37:13

### April 1<sup>st</sup>

#### Woodhouse Moor

Matt Dunwell	35:55
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#### Cross Flats (Leeds)

Eleanor Thomson	24:55
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#### Bradford Lister Park

Andrew Humphries	17:54 (4 <sup>th</sup> )
Aron Fulton	24:28
Debbie Bland	28:00 (1 <sup>st</sup> 65)

#### Chevin Forest

Steve Tindall	32:51
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#### Roberts Park

Andy Gledhill	30:35
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#### Hull

Craig Hoos	20:53
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#### Bramhall

Fran Walker	25:11
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#### Druridge Bay (Northum'land)

Sheila Thomas	28:39
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#### Airlie Beach (Qld, Australia)

Evie Walker	23:32
Richard Walker	23:47

#### Knysna (South Africa)

Jodie Bennett	26:15
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## Races Coming Up Next.....

### April

9 <sup>th</sup>	Guiseley Gallop (entries on the day ok)	UKR
9 <sup>th</sup>	Helmsley 10kMT	RB
11 <sup>th</sup>	Bunny Run No 2 (Haworth): Wharfedale Harriers.	
15 <sup>th</sup>	Wensleydale Wanderer (12 & 22 mile)	UKR
16 <sup>th</sup>	Vale of York 5 & 10 mile (Rufforth)	RB
18 <sup>th</sup>	Bunny Run No 3 (Haworth): Wharfedale Harriers	
23 <sup>rd</sup>	YVAA Grand prix – Honley	YVAA
26 <sup>th</sup>	Leeds Brownlee Centre 5k series	RB
23 <sup>rd</sup>	Brighouse 10k	RB
30 <sup>th</sup>	Willow Valley Flyer (Brighouse)	RB

### May

1 <sup>st</sup>	Tadcaster Triathlon	RB
1 <sup>st</sup>	Pendle Hill Fell Race	RB
7 <sup>th</sup>	Cookridge Community 10k	RB
9 <sup>th</sup>	Rudding Park 10k (Harrogate)	RB
11 <sup>th</sup>	H&DSRL Race 1 (Knaresborough) – see below.	
14 <sup>th</sup>	Rob Burrow Leeds Marathon	RFA
14 <sup>th</sup>	Harrogate Triathlon	RB
14 <sup>th</sup>	“The Drop” (York)	RB
19 <sup>th</sup>	Sugarwell Hill Rumble 10kMT (Leeds)	RB
20 <sup>th</sup>	Up The Odda (Hawkesworth)	RB
21 <sup>st</sup>	Ripon 10 Mile	RB
21 <sup>st</sup>	Skipton Triathlon	RB
21 <sup>st</sup>	Grassington Trail Race	BIZ
23 <sup>rd</sup>	H&DSRL Race 2 (Harrogate) –	see below.
23 <sup>rd</sup>	YVAA Grand Prix (Kirkstall) -	see below
24 <sup>th</sup>	Leeds 5k series (Brownlee Track)	RB
28 <sup>th</sup>	Northallerton 10k	

### June

1 <sup>st</sup>	Apperley Bridge Canter	RB
7 <sup>th</sup>	Otley Chevin Fell Race	RB
8 <sup>th</sup>	H&DSRL Race 3 (Dragons RC) –	see below.
11 <sup>th</sup>	Marsden 10 Miler	UKR
11 <sup>th</sup>	Burton Leonard 10k	RB
11 <sup>th</sup>	Flat Caps 10k	RB
14 <sup>th</sup>	Otley 10	RB
21 <sup>st</sup>	H&DSRL Race 4 (Wetherby)	see below.
21 <sup>st</sup>	YVAA Grand prix (Middleton)	see below.
21 <sup>st</sup>	Solstice Saunter (Bolton Abbey)	RB
25 <sup>th</sup>	Staveley Stampede 10k	RB
25 <sup>th</sup>	Southport 10k & Half M	FCR

Manchester Marathon: 16<sup>th</sup> April: London Marathon 23<sup>rd</sup> April  
Leeds Marathon (Rob Burrows) 14<sup>th</sup> May

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

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

**RTN = Run Through North: RFA = Run For All**

## YVAA Events 2023

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 diaries, 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
Road Relays	Holmfirth	4 <sup>th</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

## 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.

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

**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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