



RESULTS, RESULTS, RESULTS !

Welcome to our fourth **ACP Results Roundup** of 2023.– **April** was “Marathon Month” when months of hard slog training in dodgy weather and lots of prayers for an injury free run into the start line all came together for our Pacers running in Manchester and London. Boy oh Boy did it come together in a big way with some excellent performances across the board. Details of the heroics below !

This Roundup will endeavor to recapture the headlines from last month (**April 2023**). Unusually the calendar played ball and ended the month on a weekend so no pinching bits of May this time. I reported on the first week of April in the last edition (Baildon Boundary Way, Bramham Park Trail Race and Guernsey marathon plus parkruns from April 1st) so this months edition will pick up the story with effect from **8th April**

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

We pick up the action on the **8th April** with the **Guiseley Gallop** hosted by our neighbours Skyrac AC. This long established trail race through the challenging ups and downs of Esholt Woods, starting and finishing at the West Park retail centre, always runs on Easter Sunday and is well supported by local clubs. In common with many races this year, entries were down and “only” 230 ran but it was a high quality field with our own **Andrew Humphries** fighting hard for top spot. In the end, after a terrific battle, it ended in a second place finish in **35:37** – no shame in that given that the winner was Dominic Coy (Ilkley) who just happens to be a 2022 Commonwealth Games Triathlon mixed relay silver medalist. Dominic won in **34:22** with brother Nathan **Coy** picking up 8th place in 39:11.

Pacers had six runners involved in addition to Andrew – **Craig Milner (47:20)**, **Aron Fulton(49:36)**, **Liz Porteous (58:36)**, **Izzy H.B (1:03:32)**, **Claire McColl 1:07:47** and **Rachel Jovanovic (1:07:51)**.

The “Ladies Gallop” was no less keenly contested with Rebecca Flaherty (Bingley) taking line honours in 40:58 after being paced round by another Bingley legend, John Convery (41:15) – a good day for the Flahertys as brother Alex took fourth place in the mens race (37:53). It turns out that winner Rebecca is a World Junior Mountain Running Silver Medallist – as I said, a high quality field !

The following week (16th) saw the first of the marathon action taking place in **Manchester** with **Kate Humphries** and **Helen Ward** flying the Pacers banner. Both ladies ran a hugely creditable sub 4hr race – **Kate** crossing the line in **3:41:56** with **Helen** in hot pursuit (**3:57:54**).

Meanwhile the **Vale of York** race, running a double header 10 and 5 mile option, took an undulating course along the quiet roads surrounding Rufforth Airfield. Three Pacers took the 10 mile option with **Brenda Peake** fine tuning her London Marathon prep leading them home in **1:09:33**, **Aron Fulton** in **1:14:10** with **Richard Haynes** hot on his heels (**1:14:12**). **Debbie Bland** took the shorter 5 mile option in keeping with her strategy of dropping down the distances whilst recovering from a string of injuries and finished in **43:22 (1st Fv65)**.

On the same day three Pacers took on the tough 17 mile **Calderdale Hike** around the steep valleys of Calderdale. Founded in 1979 by St Pauls Scouts in Sowerby Bridge as a 50 mile Ultra, the race was reduced in length to provide options to run or walk 16, 26 or 36 Miles and has been a target race for some of the best fell runners in the country, part of the Run Further Championships 2023. **Janice Chruscht (4:08)**, **Louise Holloway (4:09)** and **Carole Keighley (4:45)** took on the 16 mile version (which turned out to be nearer 17 !). Based in Sowerby Bridge the route changes every three years on rotation to give the participants the best views of Calderdale (if you can summon the energy to look up !).

Saturday 22nd April was **Burnsall 10k Trail race** day and the weather laid on a nice reservoir filling monsoon for the participants including our six waterproof Pacers who braved the start line and slogged around the 10k in good times. **Janice Chruscht** was our leading water baby, splashing home in

1:22:42 followed by Adrian Williams (**1:28:56**). Angela Nightingale surfed home in **1:40:46** with David Fox (**1:45:05**) in her wake. **Lynda Parkionson (1:50:56) and Linda Lofthouse (1:51:01)** stuck together (safety in numbers !). A race that could be described as “character building” !

Sunday 23rd was “Marathon Day” once again – the **TCS London Marathon** with a record field of over 48,000 runners converging on the start line at Blackheath to find out whether all the months of training, carbo loading and mental toughening were fit for purpose on the big day. Pacers had a field of seven runners seeking to out run the lead helicopter and all did themselves proud (but they didn’t quite catch the helicopter !)

Brenda Peake was our leading Pacer finishing in a terrific **3:15:08 – 652nd lady home in a field of 20,173 and 31st Fv50**. Only a little over four and a half minutes behind Brenda came **Poppy Cartwright in 3:19:45 & 882nd lady home** closely followed by **Richard Walker in 3:22:16 and Sarah Lund (3:27:32)**.

Our next three runners home were all running their first marathons and raising much needed funds for charity – **Helen Alcock (4:18:34), Sue Hulme (5:16:04) and Louise Biddulph (5:34:04)**. Magnificent efforts everyone !

Follow that as they say !

Well there is an event closer to home that requires the same or perhaps even more endurance than a road marathon – the following weekend the **68th Three Peaks** off road Ultra took place – 23.3 miles & 5,279ft of ascent taking in Penyghent, Whernside and finally Ingleborough with strict cut off check points along the way. Second claim Pacer **Alyson Blakeley** ran **5:10:56** - an astonishing effort on such a tough course.

700 started the race and 119 DNF ! Tom Roach won in an amazing 2:53:28 with Cath Taylor first lady home in 3:34:44. Alyson finished 73rd lady out of 134 starters. 23 ladies DNF.

Meanwhile, on slightly less challenging terrain but blessed with heavy rain for much of the race, **Debbie Bland** bagged 2nd Fv65 prize at the **Melmerby 10k (53:37)** - 281 ran. Winner Joe Gentry 32:09 (Course Record). First lady Davina Ellis (Harrogate Harriers) in 39:08

Finally, to top off a terrific month of Pacer performances, **Derek Lee** ran the **Strathclyde Half Marathon**, storming round in **1:28:18** to finish second overall and first Mv40, bagging a ten minute PB along the way.

YVAA (Yorkshire Veterans Athletics Assoc): 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 Kirkstall Abbey on 23rd May**. Only a fiver to enter to cover the bunfight afterwards. This is a mixed terrain race mainly on riverbank paths and trails in woodland. These races are well supported by local clubs and pretty competitive.

Also coming up (4th 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

PECO

The annual prizegiving presentation took place in late April and William Woodhead attended, representing Pacers in his role as mens team skipper. A great night for Pacers with the **Ladies Team** getting their well deserved trophy as Ladies Div 2 winners and the **Mens team** bagging Div 2 runners up prize.

Kate Humphries won the ladies Fv35 third place trophy – many congrats to everyone who took part in such a successful campaign.

Harrogate & District Summer Race League.

The 2023 summer season is getting underway soon with the first race due at **Knaresborough on 11th May**. These are evening mid week races for affiliated clubs of which Pacers are one. Always well supported and competitive they are a mix of trail and road races, five races in the series at a total cost for all

five of £20 (entries via Racebest portal). The third race is being hosted on **June 8th** by our near neighbours **Dragons RC** and they have asked if we can provide additional support in helping marshal the race if not running. Please let **Poppy Cartwright** know if you can offer to help on the night.

We need more runners to step up for this series – like PECO, the more runners we field the better we do overall as a club.

Club Time Trial Competition.

Every summer (stop laughing !) the club stages a monthly time trial competition around a measured mile course within the grounds of High Royds, Menston starting and finishing just by the cricket field. Hosted and timed by our “Master of Pain” Richard Walker they run on Wednesday evenings – watch out for updates on our club facebook page and Spond. You can also run the course at any time to suit and submit your result to Richard accompanied by appropriate evidence.

Each month Richard publishes the results ladder and the winner of the fastest miler at the end of the season is awarded the Lord Archer award at our club shindig in the Autumn. Here’s the results for April – can you do better ?

Richard writes.....

“Well done to the April time-triallers! May is now GO-GO-GO - Look out on Spond for club sessions that feature the TT - or feel free to self-time the course yourself. Times below - shout up if you're missing!”

<u>Adam Gerrish</u>	5min 45s
<u>Richard Haynes</u>	6min 6s
<u>Owain Gwilym</u>	6min 12s
Richard Walker	6min 15s
<u>Craig Hoos</u>	6min 42s
Graham Turner	7min 4s
<u>Eleanor Thomson</u>	7min 13s
Carl Elliott	7min 15s
<u>Liz Porteous</u>	7min 27s
<u>Janice Chruscht</u>	7min 50s
<u>Katie Hill</u>	8min 1s

Coming up next –April parkrun times

April parkruns (from 8th to 29th April) :

C.R: Course Record: PB: Personal best: TW: Tail walker. AG: Age Grade Winner.

April 8th

Roberts Park

Craig Hoos 21:38
Andy Gledhill 27:47

Woodhouse Moor

Matt Dunwell 36:03

Surfers Paradise (QLD, Australia)

Richard Walker 19:52

Bradford Lister Park

Kate Humphries 25:01

Middleton Park

Eleanor Thomson 26:39

Cliffe Castle, Keighley

Debbie Bland 28:40(PB)

Burnham on Crouch

Sheila Thomas 29:35

Henley on Thames

Sarah Lund 23:55

April 15th

Druridge Bay (Northumberland)

Sheila Thomas 28:29

Sheffield Castle

Andrew Humphries 16:42 (1st)

Skipton

Craig Hoos 22:12

Roberts Park

Owain Gwilym 21:38
Helen Illman 24:12(PB)
Aron Fulton 27:21
Andy Gledhill 28:33
Jaqueline Reid 29:34

Cardiff

Poppy Cartwright 20:05(PB)

Cliffe Castle

Debbie Bland 28:57

April 22nd

Woodhouse Moor

Fran Walker 26:00
Eleanor Thomson 26:04

Dewsbury

Owain Gwilym 21:36

Bradford Lister Park

Debbie Bland 27:09
Andy Gledhill 28:11

Druridge Bay (Northum'land)

Sheila Thomas 44:28(TW)

Roberts Park

Megan Dennison 27:34
Jaqueline Reid 29:55

Temple Newsam

Craig Hoos 22:13

Monsal Trail (Derbyshire Peak)

Andrew Humphries 16:02 (1st)
Richard Haynes 21:23
Aron Fulton 22:52
Kate Humphries 26:17

April parkruns (from 8th to 29th April) : Continued...

C.R: Course Record: **PB:** Personal best: **TW:** Tail walker. **AG:** Age Grade Winner.

April 29th

Roberts Park

Andy Gledhill 27:04
Jaqueline Reid 29:05

Woodhouse Moor

Eleanor Thomson 24:18

Bradford Lister Park

Andrew Humphries 17:27 (3rd)
Kate Humphries 22:36

Faelledparken (Copenhagen)

Owain Gwilym 20:57

Durham

Sheila Thomas 28:12

Rothwell

David Fox 34:56

Roundhay Park

Debbie Bland 27:29 (AG)

Peckham Rye (London)

Jack Ogalbe 18:20

Cusworth Hall

Aron Fulton 27:11

Chevin Park

Richard Haynes 28:53

Whitby Cinder Path

Craig Hoos 20:39 (AG)

Races Coming Up Soon.....

May

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

June

1 st	Apperley Bridge Canter	RB
1 st	Bronte 5 (Haworth).YVAA Championship	
4 th	Grimsby 10k	Tape 2 Tape
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	YVAA Grand prix (Middleton)	see below.
21 st	Solstice Saunter (Bolton Abbey)	RB
25 th	Staveley Stampede 10k	RB
25 th	Trawden 7 MT Trail race.	BIZ
25 th	Southport 10k & Half M	FCR

July

1 st	Blackpool 5/10k	FCR
2 nd	Harrogate 10k	RB
4 th	Rochdale 10k	UKR
5 th	Helen Windsor 10k (Halifax)	UKR
7 th	St Aidens 10k, Leeds LS26	RB
8 th	Baildon Carnival Canter (Baildon Runners)	
9 th	Eccup 10	RB
9 th	Bramham 10k	
9 th	Burnley Townley Park10k	UKR
15 th	Ripon Triathlon	RB
15 th	Tatton Park 5/10k (Cheshire)	RTN
16 th	Bentham Beagles Bash 10k (Road)	UKR
18 th	Golden Acre Relays	RB
19 th	Nostell Priory 10k	RB
22 nd	Hampsthwaite Feast Run	RB
26 th	Leeds 5k (Brownlee Track)	RB
30 th	Rougemont Chase, Weeton, Harrogate	RB

Leeds Marathon (Rob Burrows) 14th 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 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
Road Relays	Holmfirth	4 th 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 (Completed)
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 :-

Phil Bland. e mail: philbland53@hotmail.com