



RESULTS, RESULTS, RESULTS !

Welcome to our fifth **ACP Results Roundup** of 2023.– **May** is usually the transition point from the winter race season. PECO is wrapped up and put to bed and Harrogate & District Summer Race League starts up again and all those summer races that we seem to have been doing for ever – Eccup 10, Otley 10, ABC, Bronte 5 etc – pop into the calendar. Sad to see that some old favourites have bitten the dust due to lack of support – Ripon 10, Staveley Stampede, Norton 9 to name but a few. I guess that with the increase in living costs, (including race entry fees !), folk are being a bit more prudent and choosy with their race entries.

No such problems for the main event in May – the **Rob Burrow Leeds Marathon & Half** – an event that captured the imagination of thousands of local runners who have been inspired by the courage and support from family and friends for this sporting legend. Not least Kev Sinfield and his Rhinos team mates at Headingley. As well as the Pacers results I've included a brief roundup of experiences as shared by our runners on the day – emotional, inspiring, hard course, huge support etc.

Pacer **Helen Alcock** also took the trouble to submit an account of her **London Marathon** experience and I've attached that whilst it is still fresh in everyones minds (& hamstrings !). Thank you Helen

This Roundup will endeavor to recapture the headlines from last month (**May 2023**). I've managed to shoehorn the first June weekend in as well given May ended just prior.

Here is our Nineteenth “**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 **May** (7th) was the **Bluebell Trail** race – a 10 mile mixed terrain race starting and finishing at Heath Rugby Club, Stainland, Halifax and hosted by Stainland Lions RC. The route is “challenging” to say the least, starting with a tour of woodland between Stainland and Copley (hilly, muddy, rooty !) before emerging for some respite on the Aire and Calder navigation towpath and then ascending the high ground above Halifax past the Beacon via Trooper Lane (one of the steepest cobbled streets in Yorkshire). It then dives back down to the valley bottom before a grand finale – a crossing of the River Calder just before the finish line.

You are thinking “ who would be mad enough to run this” ? Look no further than **Debbie Bland** who took up the challenge for the second year in a row to finish in **2:19:00 (2nd Fv65)**. Being pipped to 1st by a lady who waded past her in the river didn’t help the mood !

On the same weekend **Margaret Britton** travelled to much posher parts to run the **Alderley Edge 10k**. This area is home to top Manchester football players and their WAGS but Margaret had her sights firmly on the task in hand to finish in **56:29 (2nd Fv65)**.

Next up was the “main event” – The **Rob Burrow Leeds Marathon and Half** set up to raise funds for the MND charity – Rob having been a sufferer of Motor Neurone Disease for the past few years. To say this event captured the imagination of Leeds runners, young, old, experienced and first timers, is an understatement and everyone spoke of the huge crowd support along the route. Runners started in Headingley and ran out to Adel before rejoining the main A660 at Bramhope. The route then dived down Creskeld Lane to Arthington before heading into Pool and Otley where runners turned to tackle the stiff climb out of Otley up the main A660 and back to Headingley via Bramhope. The Finish at Headingley Stadium was rated by everyone as a very emotional experience.

25 Pacers took on the marathon challenge on a really warm day whilst one (Donna Stansfield) ran the half. For some of our runners this was their second marathon in a month having done London or Manchester previously !

First Pacer home was **Jack Mc Farlane in 3:00:18** whilst **Brenda Peake** was our first lady across the line in **3:27:04** followed by **Sarah Lund (3:35:24)** and **Helen Ward (3:48:28 PB)** – sub four hours on this course “impressive”!

Robbie Dawrant (4:09:20), Tom Gifford (4:11:09) were next in followed by **Gina Williams** & second claim **Alyson Blakely** running together **(4:11:56)**. Nine more Pacers ran under 5 hours – **Steve Turnbull(4:15:08), Fran Gatenby (4:21:02), Fran Walker (4:21:23), Louise Kirwin (4:37:12), Eleanor Thomson (4:40:49; Sophie Bromley (4:49:04), Izzy (4:52:08), Liz Porteous (4:52:30) and Sharon Elms (4:54:00)**.

Five Pacers managed to beat the 6 hour clock – **Lee Stokes (5:02:59); Graham Turner (5:07:04), Cat Keene (5:08:36), Angela Nightingale (5:36:02) and Carole Keighley (5:45:49)**. Next in was **Helen Alcock** who was a doubtful starter after suffering with an injury following her London Marathon run only weeks before **(6:19:26), Cath Tindall (6:43:35)** stopped to help **Carly Dykes (6:53:50)** who was suffering badly in the latter stages & ran in with her to the finish – a great demonstration of team spirit and support and a gutsy finish from Carly.

Finally, **Donna Stansfield** ran the Half in **2:38:11** on her recent return to running – many congratulations to Donna and all who ran a difficult course in such warm conditions.

This being a new event, the runners were asked for feedback on what went well and what went not quite so well. Here's a distillation of the feedback from Pacers who ran – **On the plus side**, Great atmosphere and crowd support, big emotional rush from the arrival of Rob and Kevin in the stadium, the knowledge that a huge amount has been raised to aid research into MND, sense of great achievement having conquered such a brutal course on a hot day. – **Not so good** – Chaotic, congested arrival arrangements, especially bag drop and lack of signage, Limited toilets, Course management left a lot to be desired, lack of water stations on a hot day and no evident first aid points plus the merger of the Half with the Full marathons didn't work well. It would have been nice to have an option to plant a tree rather than take a medal / T shirt and finally the stadium arrival atmosphere for the slower runners was a disappointment after all the on course support. Lots of learning points for the organisers there !

After all that excitement it was something a bit closer to home on **May 20th** – **Over the Odda 10k MT** which raises funds for Hawksworth Primary school. Always a firm favourite with local clubs, 102 runners took up the challenge to run 10k across mixed terrain with a 5k option available too and a teams event running alongside. Five Pacers took up the 10k option, **Richard Haynes**

leading the Pacers home in **52:17** and **Helen Ward** our first lady in **57:03** followed by **Eleanor Thomson (1:00:51)**, **Izzy (1:08:43 & 2nd Fv50)** and **Carole Keighley (1:20:01)**. In the Teams event **Team Illman ran 57:43** to be placed 6th / 12 teams. Overall race winner was Chris Holdsworth in 37:36 and local lady Rebecca Flaherty (Bingley) (43:00).

The following bank holiday weekend (**28th**) 995 runners took up the chance to run the **Bradford 10k**, a city centre circuit with plenty of “undulations”!. Four Pacers gave this a shot – **Andy Gledhill (57:44)**, **Amanda Connolly (1:03:01)**, **Claire Mc Coll** (returning after a 5 week lay off) **1:04:17** and **Sally Russ (1:14:58)**.

Race winner was Joe Wilkinson (Bingley) in a very swift 31:22 and first lady Jasmine Wood (Durham City) in 35:33 – they must have jumped all the red lights in Bradford to get those times !

On the same day marathon fever struck again – this time in **Edinburgh** with Pacers **Derek Lee (3:55:42)** and **Ben Karlin (4:01:20)** putting in two fine performances to straddle the four hour mark on another warm day.

Bank Holiday Monday was **Ilkley Trail Race** day. This well established spring bank holiday fixture starts at the foot of Curley Hill in Ilkley and blasts off up the steep hill before peeling off into Middleton Woods and climbing up towards Langbar before descending across fields & woodland to return the way it came, finishing at Ilkley Lido

Renamed in honour of Ilkley Harriers coach Pete Shields who passed away recently, the race saw 178 runners battle it out with Ilkley Harriers top duo Tom Adams (39:16) and Nathan Edmondson (40:03) take line honours whilst in the ladies race those Bingley Flahertys were at it again with a win for Sarah this time in 49:09. Second Claim Pacer **Alyson Blakely** ran a good race to finish in **1:02:04** on this challenging mixed terrain course.

To cap off the month, two races on the same night – the ever popular **Apperley Bridge Canter** (or ABC to its friends) starts and finishes on the playing fields at Woodhouse Grove school whilst the course winds its way up through the Woodlands area above the school for some “mixed terrain excitement” in the woods. On an already gloomy evening and starting at 7.30pm navigation through dense woodland wasn’t easy – headtorches would have been useful ! – but this didn’t stop Pacer **Andrew Humphries** and Leeds

City's Ben Douglas leaving the rest of the field well behind with Andrew dropping Ben in the last mile to win the race in **35:02** by 16 seconds ! This broke the stranglehold held over the race by Woodhouse Grove PE teacher Phil Tedd who has won this race three years running (this time Third). Alice Leake (Leeds City) ran her usual commanding race to finish in 40:40.

Seven Pacers tried to keep up with Andrew with **Craig Milner (46:50)** nearest followed by **Kate Humphries (53:05)**, **Eleanor Thomson (57:00)** and **Debbie Bland (1:02:13)** who scooped £20 for the family wine fund winning 1st Fv65 ! **Izzy** was hot on her heels in **1:03:24** with new member **Andy Coupe finishing in 1:09:26** and **Amy Llewellyn** running a good race in **1:10:28**.

Meanwhile, over in Haworth the long established **Bronte 5 mile race** was running its double circuit around Penistone Hill above the town finishing at the cricket club. Hosted by Keighley & Craven this doubles as the Yorkshire 5 mile Championships in the Yorkshire vets series. Tom Hodgson (Halifax) claimed the crown with Eleanor Bolton (Salford) taking the ladies tiara. Our lone Pacer, **Richard Walker**, ran a fine race to finish in contention (31:50).

.....and finally ! **Carole Keighley**, along with 232 others, battled her way round the **Wharfedale Half** on a very warm day starting and finishing in Grassington. Carole clocked **3:08:18 to be 3rd Fv60** whilst the following day **Craig Hoos** ventured out to the East coast to run the **Mulgrave Castle 10k** – an interesting mixed terrain course run in the private grounds only open once a year and featuring one of the steepest finishes on the racing circuit (I did warn him !) Craig ran a great time to finish **27th / 70 in 53:49**.

Airecentre Wheelers – Being a Rebel !

Ever felt like being a rebel ? Margaret Britton and Debbie Bland, aided and abetted by Margarets husband Peter did just that ! Whilst all their running mates were getting ready to run the Leeds Marathon, Debbie and Margaret were heading South to Kings Lynn to start riding the “Rebellion Way”.

This 200 mile cycle ride took them from Kings Lynn to Sheringham and on to Norwich returning to Kings Lynn via Thetford on quiet country roads and enjoying the best that rural Norfolk had to offer. Sadly, on the first day and only 17 miles into the ride, Margaret destroyed the rear mech on her bike riding up a steep hill. Unable to source a replacement part the team had to

return to Yorkshire on a flying visit to collect her second bike and return to Sheringham the same evening, arriving at 1am ! After that, all was plain sailing until they were arriving back into Kings Lynn on the penultimate day only to find her replacement bike had developed a serious problem with the head set. A couple of hours and a shower of ball bearings later Peter had secured a temporary fix which got them on to Sheringham to collect the car !

The verdict – a lovely adventure peppered with moments of “what the hell do we do now!”

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 Middleton Park (Leeds) on 21st June**. Only a fiver to enter to cover the bunfight afterwards. This is a mixed terrain race mainly on paths and trails in woodland. These races are well supported by local clubs and pretty competitive.

Full details at www.yvaa.org

Harrogate & District Summer Race League.

Always well supported and competitive these 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.

Club Time Trial Competition.

The May results are eagerly awaited – Richard Walker is sweating the numbers and all will be revealed on the club Facebook page soon.

Coming up next – May parkrun times

May parkruns

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

May 6th

Roberts Park

Craig Hoos	20:49
Andy Gledhill	26:57
Eleanor Thomson	27:29
Amy Llewellyn	27:57(PB)
Jenny Hiley	29:10
Jaqueline Reid	29:14
Sue Hulme	31:01
Julie Stead	33:29

Bradford (Lister Park)

Andy Humphries	17:00(1 st)
Owain Gwilym	23:43
Kate Humphries	25:24

Armagh (Ireland)

Aron Fulton	25:44
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Chevin Park

Richard Walker	25:42
Fran Walker	26:36

Cleethorpes

Lee Stokes	21:28
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Druridge Bay (North'land)

Sheila Thomas	28:14
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Cliffe Castle, Keighley

Debbie Bland	28:30(PB)
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Potternewton

Poppy Cartwright	22:26(1 st)
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May 13th

Woodhouse Moor

Matt Dunwell	36:58
Eleanor Thomson	51:34(TW)

Thornes Park (Wakefield)

Craig Hoos	21:00
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Skipton

Aron Fulton	28:49
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Roberts Park

Andy Gledhill	26:58
Jaqueline Reid	28:46

Fountains Abbey

Richard Haynes	21:16
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Chevin Forest

Amy Llewellyn	30:51
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Bowling Park (Bradford)

Debbie Bland	27:17 (1 st 65 AG)
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May 20th

Woodhouse Moor

Matt Dunwell	36:40
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Cleethorpes

Lee Stokes	24:02
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Normanby Hall

Andy Humphries	16:55(1 st)
Kate Humphries	22:30 (3 rd)

Druridge Bay (Northum'land)

Sheila Thomas	28:35
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C.R: Course Record: PB: Personal best: TW: Tail walker. AG: Age Grade Winner.

Roberts Park

Andy Gledhill 26:33

Holyrood

Fran Walker 26:03

Sherwood Pines

Janice Chruscht 25:42(1st AG)

Armley

Poppy Cartwright 20:49(2nd)

May 27th

Roberts Park

Owain Gwilym 20:19

Megan Dennison 27:51

Andy Gledhill 27:04

Woodhouse Moor

Eleanor Thomson 27:13

Matt Dunwell 36:55

Bradford Lister Park

Jenny Hiley 26:25

David Fox 31:09

Fell Foot (Windermere)

Poppy Cartwright 21:02

Sarah Lund 24:08

Janice Chruscht 27:58

Helen Ward 28:32

Clumber Park

Andy Humphries 16:42(1st)

Kate Humphries 23:50

Cliffe Castle

Debbie Bland 28:43(AG)

3rd June

Roberts Park

Andy Gledhill 27:54

Megan Dennison 28:10

Aron Fulton 30:18

Bradford (Lister Park)

Andy Humphries 17:31(2nd)

Jenny Hiley 26:11

Roosevelt Island (DC. USA)

Claire Hunter 39:42

Thornham Walks (Norfolk)

Sheila Thomas 30:04

Armley

Eleanor Thomson 23:44

Whitby

Craig Hoos 21:22

Chevin Forest

Jack Ogalbe 19:29

Owain Gwilym 21:57

Chris Taylor 30:45

Cliffe Castle

Debbie Bland 28:31(AG)

Races Coming Up Soon.....

June

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
21 st	Leeds 5k (Brownlee Track)	rb
25 th	Run Nidderdale (6 mile MT)	RB
25 th	Trawden 7 MT Trail race.	BIZ
25 th	Southport 10k & Half M	FCR
28 th	Hyde Park Summer Mile	RB

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 Park 10k	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

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 :-

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