



RESULTS, RESULTS, RESULTS !

Welcome to our sixth **ACP Results Roundup** of 2023.— **June** certainly lived up to its nickname “flaming June” with almost wall to wall sunshine all month making for tricky racing conditions. By my count Pacers were in action at eight major races during the month plus several others not quite so well known. Both Harrogate League and YVAA race seasons were also in full swing so plenty to report on this month.

As ever a big thank you to all our members firstly for flying the Pacers flag at these races but also for taking the trouble to report their times to me so full credit can be given. **Richard Walker** has sent me the **June Time Trial** results which suffered a bit from the heat and once again **Helen Alcock** has sent me a fascinating report on our first ever attempt at one of the major relay races – the Bradford Millenium Way Relay which ran on the 11th June.

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

Here is our Twentieth “**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 kick off the action this month very near to home with the **Chevin Fell Race** organised by our neighbours Skyrac AC. On 7th **June** 129 brave souls gathered in Station Rd, Otley to attempt the lung busting fast ascent of the Chevin straight up to Surprise View via the White House steps and then an equally heart stopping fast descent back to Otley. Pacers **Nick Lee (22:10)** and **Eleanor Thomson (28:31)** gave their cardio vascular systems a good work out and lived to tell the tale on a warm evening. Nathan Edmondson (17:06) was the race winner with Charlotte Rawston first lady in 21:06.

The following day, and again close to home, Pacers assisted Dragons RC to stage the **third Harrogate & District Summer Race League race** which started on the old Guiseley to Yeadon railway line (now a cycle track) and followed a 5.5 mile course via Coach Rd and down into Esholt woods returning back to the Kirk Lane Mills finish. Fortunately the ultra dry weather had left the trails through the woods dry so some good times were recorded by the 362 runners including ten Pacers.

First home for Pacers (and 36th overall) was **Richard Walker (37:27)** followed by **Pete Branney (39:40)**. **Poppy Cartwright** was our first lady home (**40:52**) closely followed by **Brenda Peake** who took out the first Lv50 prize in **41:17**. **Aron Fulton (42:28)**, **Richard Haynes (46:52)** **Fran Gatenby (48:10)** and **Sophie Bromley (48:39)** all dipped under the magic 50 minute mark whilst **Janice Chruscht (52:24)** and **Debbie Bland (54:17)** both put in an impressive shift in the conditions. Race winners were Chris Ovenden (Skipton) 31:20 and Emily Legge (Wetherby) 36:08 – both have been in fine form for this series.

Sunday 11th June saw a first for Pacers – participation in one of the big local relay races, the **Bradford Millenium Way Relay**. This is a complete circuit of the Millenium Way footpath that encircles Bradford and created to celebrate the new Millenium in 2000. A tough course run over five legs with over 6,500ft of climb over the five legs starting and finishing at Bingley Cricket Ground, **Leg 1** takes the runners 10.4 miles from Bingley to Penistone Hill, Haworth via 1789ft of climb, **Leg 2** proceeds 9.4 miles to Laycock (Keighley) with another 1287ft of climbing to do. **Leg 3** to Silsden is next stop after 8 miles before **Leg 4** takes the runners up the tough 8.5 mile climb to Ilkley via Addingham Moorside (1261ft) before the **Finale Leg 5** (the “Glory Leg”) 10.7 miles & 1387ft over Ilkley Moor, Baildon Moor & Shipley Glen before finishing the circuit back in Bingley. Runners operate in pairs handing over the baton to the next team at each checkpoint, Crucially the new team cannot set off until **both** arriving team runners have crossed the line !

Pacers fielded two teams – a Mixed Team and a Vets Team and both did remarkably well on another scorching hot Sunday. Here’s how they got on..

Leg 1: Andrew Humphries & Helen Waite (Mixed Team) 2:02:54 (2nd)

Sophie Bromley & Vickie Shanks (Vets Team) 2:07:16 (4th)

Leg 2: Derek Lee & Brenda Peake (Mixed)	1:33:15 (2 nd)
Lee Stokes & Janice Chruscht (Vets)	2:01:37 (6 th)
Leg 3: Aron Fulton & Poppy Cartwright (Mixed)	1:19:05 (2 nd)
Adrian Williams & Helen Alcock (Vets)	1:49:30 (5 th)
Leg 4: Pete Branney & Helen Illman (Mixed)	1:51:14 (3 rd)
Fran Walker & Eleanor Thomson (Vets)	1:58:49 (6 th)
Leg 5: Nick Lee & Kate Humphries (Mixed)	2:03:44 (2 nd)
Gina Williams & Alyson Blakeley (Vets)	1:58:24 (4 th)

Pacers finished **2nd overall** in the Mixed teams category (**8hrs 50 mins 12s**) whilst we finished **5th overall** in the Vets teams category (**9hrs 55mins 36s**)

Pudsey Pacers won the Mixed Teams cat in 7hrs 16m 44s & they won the Vets Teams cat too in 7hrs 00m 56s.

Overall winners (Open Cat) were **Wharfedale Mens 'A'** in 6hrs 13m 33s whilst 'Bingley A' won the Ladies Team prize in 7hrs 38m 59s.

I have attached **Helen Alcocks** account of the day at the end of this Roundup – many congrats to all runners and back up club members who performed so well on a very hot day.

Only three days later and some of these heroes / heroins were performing again in the **Otley 10 mile road race**. A fixture for many years in the racing calendar the route has evolved several times and this years version said goodbye to Leathley Bank and instead a steep offroad climb up to the Lindley Lane before descending once again to the fish farm. Six Pacers tackled this years race with **Andrew Humphries (55:10)** just nudged into second place by Leeds City's Graham Rush (53:47). Second home for us was **Richard Walker (1:07:21)** then **Nicholas Lee (1:15:13 and Robbie Dawrant (1:26:38)**. **Debbie Bland** started her racing career with this race back in 2000 clocking her best time 1:19 but this year she put those 23 years behind her to clock **1:35:31** & take out the 1st Fv65 prize in this her 13th attempt ! 283 ran.

Before we get to **Leeds 10k on 18th June** its worth mentioning that second claim member **Simon Jones** together with his fellow Abbey Runner Thomas Rogerson ran all eleven of the Leeds parkrun courses (that's 55k !) to raise £3000 for Charity – awesome effort guys !

So to the **Leeds 10k** – a big race in the fixture list attracting some top class runners from all over the country to a basically flat fast out and back city centre course. Seven Pacers flew the flag at this one led home by **Jack Ogilve in 37:13**. Chasing him down was **Brenda Peake (41:29)** who fended off 217 other runners in her age group to take out the **1st Fv50 prize**. **Craig Hoos** followed her home in **49:01** whilst **Eleanor Thomson** completed the sub 50 minute quad in **49:01**. **Rachel Jovanovic (1:01:43) & Amy Travis (1:02:14)** ran in together whilst mention must be made of a brave effort by **Claire McColl** who suffered a serious hip injury during the race. She had to hobble the last 2k but carried on to finish in **1:18:42**. She later found out that her hip was fractured and she had to have it pinned – top award for guts and determination ! Get well soon Claire.

Mid week **21st June** saw the fourth and last race in the **Harrogate & District Summer Race league series** – this one staged by Wetherby Runners in Sicklinghall. Eight Pacers turned out to run this one which featured an amended and faster road finish this year. **Andrew Humphries** brought his recent fine form to the party and left the field for dead inside the first quarter mile finishing in first place by a street (**32:13**). Next home for us was **Pete Branney (41:33)** closely followed in by **Poppy Cartwright (43:50)**. **Craig Milner (45:34)**, **Aron Fulton (46:28)**, **Richard Haynes (47:23)** and **Janice Chruscht(53:31)**. **Debbie Bland** capped off a fine Pacers performance by snagging the **1st Fv65 prize in 54:28**.

On the same evening the latest **YVAA Grand Prix** race was running at **Middleton Park, Leeds**. **Richard Walker** ran a fine race in **36:51 (18th / 142)** whilst second claimer **Alyson Blakeley** clocked an impressive **44:12** to finish **13th / 91** in a very competitive Fv45 age group. It's a shame that these two race series have been planned to run on the same nights this year leaving the teams spread too thinly. In the current standings ACP Mens team are **29th / 36** in the table whilst the Ladies team stands **19th / 23**.

Completing a trio of big races all running together on the same evening, The **Solstice Saunter** staged its annual outing in support of the Sue Ryder Charity Manorlands Hospice, Keighley. Always very well supported, this years event

saw **685 runners** tackle the 5 miles of midge infested trails along the Wharfe from Cavendish Pavilion, Bolton Abbey up to Barden Bridge and returning along the North side of the river. Six Pacers joined the party with **Lee Stokes (42:09)** leading them home, **Francesca Gatenby (43:16)** hot on his heels with **Liz Porteous (47:39)** completing a trio finishing sub 50m. **Amy Llewellyn (51:21)**, **Cheryl Duerden (54:57)** and **Ruth Murphy (58:40)** all had fine races. The race was won by Mike Vargas of Hyde Park Harriers in 30:46 whilst first lady home was Kirsty Wicks (Unattached) in 35:07 – I hope someone handed her a Pacers joining form !

The following weekend (**25th June**) another very popular event was being staged in the grounds of Bramham Park near Wetherby. **Endure 24**. A few years back someone had the bright idea of running a 24 hour Team Relay race in which teams competed to see how many 5 mile laps they could complete in 24 hours. No sane person would have given this a chance of succeeding but it is now very popular !

This year Pacers ran three teams – **Chevin Chasers** (**Richard Walker, Poppy Cartwright, Helen Ward and Brenda Peake**) who managed **34 laps (170 miles)** in their 24 hour stint coming a mighty third in their category. Team 2 were the **Guisley Gallopers** (**Eleanor Thomson, Kotomi Nakamura, Alyson Blakeley, Jo Heaton and Cath Keene**). They clocked **30 laps (150 miles)**. Finally our **Juniors Team** covered themselves in glory with Team Walker cleaning up – **Evie finishing in 1st place and Monty 3rd !** A truly awesome Pacers team effort.

The same day something more conventional was afoot in Pateley Bridge – the new **Nidderdale Trail Race**. Starting at the Pateley show ground the 6 mile route climbed up through the woods to the two stone monuments known as Two Stoops high above the Nidd valley and returned to the Show Ground. Described as “challenging”, two Pacers – **Owain Gwilym (52:55)** and **Janice Chruscht (1:11:24)** gave it a shot along with 87 others raising charity funds for the “Cure Parkinsons Disease” charity.

Another very popular event followed this – mid week again – the **Hyde Park Summer Mile**. This event stages 13 heats of 1 mile, racing along the paths at Woodhouse Moor, Leeds adjacent to the University. Entrants are asked to “guesstimate” their best mile time and are allocated into heats with folk of broadly similar racing ability. Slowest racers go off first with each of the 13 heats getting progressively quicker. ACP had two runners in the heats –

Eleanor Thomson in heat 5 in which she ran **6:56** to finish 14 / 25. **Poppy Cartwright**, running in heat 8 clocked a swift **5:53** and 8th / 21 in her heat.

Of the 305 runners competing, the slowest time clocked was 15m 12s whilst the overall **fastest mile time was 4:31** (Mark Bostock, Wakefield) whilst the **fastest lady miler was Frances de la Hoyle who clocked 5:33**. A fun but very competitive evenings racing well organised by Hyde Park Harriers.

The final race in this very busy month was the **Harrogate 10k** on 2nd July – a big race with 740 runners setting off from the Great Yorkshire Showground along a mixed terrain 10k course with a killer climb at the end as the route comes out of Crimple Valley. The race also carries prizes for the YVAA 10k Yorkshire Championships so there is double the chance of winning something ! Surprisingly **Debbie Bland** was the sole ACP flag carrier running a fine race to clock **56:19** on this challenging course. Debbie was on the podium as the **YVAA 3rd place Fv65** in one of her last races in this age group before her “big birthday” on July 10th. Race winner was Ben Douglas (Leeds City) in 34:02 whilst the first lady home was once again Rebecca Flaherty (Bingley Harriers) in 37:14.

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

ACP have affiliated once again to YVAA in 2023.

The next race is the **Grand Prix at Northowram (Halifax) on 13th July**. 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 last race is being hosted on **Thursday 20th July** by Ripon Runners and is the customary series finale **Handicap Race and Trophy presentation evening**.

Club Time Trial Competition.

The **June** results supplied by Richard:- **Adam G:** 6m 6s, **Craig Hoos:** 6m 24s, **Steve T.** 6m55s; **Helen Illman.** 7m 2s; **Fran Walker** 7m 50s, **Janice Chruscht** 7m 52s; **Steffi N** 8m 5s & **Cat Keogh** 8m.27s.

Coming up next – June parkrun times

June parkruns (from 10th June)

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

June 10th

Roberts Park

Andrew Humphries	16:35 (1 st)
Owain Gwilym	20:50
Andy Gledhill	27:04
Kotomi Carr	28:07
Amy Llewellyn	28:35
Kate Humphries	29:13(PB)
Jaquie Reid	29:29
Janice Chruscht	31:51
Aron Fulton	48:16

Bradford (Lister Park)

Jenny Hiley	26:04
Owain Gwilym	23:43
Kate Humphries	25:24

Woodhouse Moor

Matt Dunwell	36:20
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Armley

Craig Hoos	20:46
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Druridge Bay (North'land)

Sheila Thomas	27:19
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Cliffe Castle, Keighley

Debbie Bland	28:42(AG)
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June 17th

Woodhouse Moor

Poppy Cartwright	20:58
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Braunstone (Leicester)

Craig Hoos	21:16
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Skipton

Aron Fulton	30:16
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Roberts Park

Andy Gledhill	27:15
Megan Dennison	28:59
Jaqueline Reid	29:33

Harrogate

Debbie Bland	27:04
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Woolacombe Dunes

Owain Gwilym	25:47
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Druridge Bay (North'land)

Sheila Thomas	27:50
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Chevin Forest

Fran Walker	26:35
Chris Taylor	28:19
Helen Alcock	29:12
Amy Llewellyn	31:06

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

June 24th

Druridge Bay (Northum'land)

Sheila Thomas 27:30

Keswick

Kate Humphries 27:35

Roberts Park

Andy Gledhill 26:00

Megan Dennison 26:42

Jaqueline Reid 29:04

Chevin

Amy Llewellyn 30:12

Bradford Lister Park

Debbie Bland 27:00(1st65)

Whitby

Craig Hoos 21:35

July 1st

Roberts Park

Owain Gwilym 20:19

Megan Dennison 27:51

Andy Gledhill 27:04

Woodhouse Moor

Eleanor Thomson 24:21

Bradford Lister Park

Aron Fulton 32:19

Chevin Park

Helen Ward 25:29

Graham Turner 26:49

Janice Chruscht 31:43

Carole Keighley 34:23

Carly Dykes 36:18

Goole

Andrew Humphries 15:45(2nd)

Cliffe Castle

Debbie Bland 28:11(CPB &AG)

Witney

Megan Dennison 26:46

Myrtle Park (Bingley)

Andy Gledhill 31:15

Penistone

Craig Hoos 21:14

Milford Haven Waterfront(Wales)

Margaret Britton 27:52(CPB & AG)

Druridge Bay (Northum'land)

Sheila Thomas 27:48

New Parkrun Club Challenge Competition.....

A brand new parkrun challenge competition is heading your way soon. It will run from **July 15th** on every **Second & Fourth Saturday** until the end of October and be a points comp based upon your age grading earned at parkruns done on those dates. Bonus points can be earned for Course PB's, "All Time" PB's, First Place (Mens & Ladies), Age Group wins etc. Any parkrun anywhere in the world will count. Additional parkruns completed outside these dates will score bonus points (but not age grade points).

Just a bit of fun and running as a pilot so see what the reaction is. If you like it we'll run it again. A Trophy is up for grabs at the AGM in November!

Watch our ACP facebook page for full details, rules & league table updates !

Races Coming Up Soon.....

July

13 th	YVAA Grand Prix (Northowram)	
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
20 th	H&DSRL Race 5: Handicap & Presentations.	
22 nd	Hampsthwaite Feast Run	RB
26 th	Leeds 5k (Brownlee Track)	RB
30 th	Rougemont Chase, Weeton, Harrogate	RB
30 th	James Herriot 14k Trail race. Leyburn	UKR

August

1 st	YVAA Grand Prix (Queensbury)	
4 th	Lotherton Hall Trail race: Leeds	RB
12 th	Tour de West Leeds-10,28& 50k	RB
12 th	Littondale fete 4 Mile RR	UKR
13 th	Preston 10 Mile RR	UKR
16 th	Sessay Swift 6k (Thirsk)	UKR
20 th	Scourton Feast 10k (N Yorks)	RB
20 th	Escrick 10k (York)	UKR
23 rd	Leeds 5k (Brownlee Track)	RB
28 th	The Denby Dash 5.6 Miles (Hudds)	RB

September

2 nd	Heights 10k & Ultras (Colne Valley)	RB
2 nd	North Leeds Skyline 10k Trail	RB
6 th	Ilkley Incline (1 mile uphill !)	UKR
10 th	Vale of York half & 10k (Wistow)	RB
10 th	Tholthorpe 10k (York)	UKR
16 th	Meanwood Valley Trail race	RB
17 th	Beckbusters 10k (Bishop Monckton)	RB
17 th	Wetherby 10k	RB
17 th	Stainland 10k Trail race (Elland)	UKR
23 rd	Leeds Golden Mile (Track)	RB
24 th	Water Aid 5/10k (Washburn valley)	RB
24 th	Kirkstall Abbey 7	RB
24 th	Knaresborough Crag Rat run	RB
24 th	Sutton Park 10k (York)	UKR
27 th	Leeds 5k (Brownlee Track)	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 – **upcoming races in Red**

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	19th 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.

11 th May	H&DSRL Race 1 (Knaresborough)
23 rd	H&DSRL Race 2 (Harrogate)
8 th June	H&DSRL Race 3 (Dragons RC)
21 st	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/>

THE BRADFORD MILLENIUM WAY RELAY

Coming up next

Helen Alcock has kindly supplied her account of her participation in the Bradford Millenium Way Relay Vets team that finished Fifth on the day – take it away Helen.....

“On Sunday 11th June, 20 pacers, making up 2 teams took part in the annual Bradford Millennium Way Relay. The Millennium Way is a 47 mile circular footpath that goes from Bingley to Penistone Hill near Howarth, over Keighley Moor to the village of Laycock, from there over Steeton Moor to Silsden and then onto Ilkley Moor, Baildon Moor and back to Bingley.

The Relay is held every year and organised by local running club Saltaire Striders. The route is divided into 5 legs of 8-10 miles, with 2 runners on each leg. ACP entered a mixed team, consisting of one man and one woman on each leg, and a vets team (all runners aged over 35).

This was the first time ACP had done this event so there was a lot of learn in terms of the practicalities of getting everyone to their start positions at the correct times and then getting them back to their cars/home at the end. We also made sure that at least one person from each pair had done a recce of the course so they knew where they were going as there are no marshals on the course.

It was a baking hot, sunny day, already quite warm when our first 4 runners set off at 8am and by the middle of the day it was scorching. Despite this all our runners completed their legs in good time and lots went to the end to cheer on our final 4 and stayed for the prize giving. Competition was stiff but our team was 2nd mixed team overall which is fantastic.

Special thanks to Margaret Britton and Sarah Lund who did not run but provided team support, transport & encouragement. Also thanks to the committee who agreed to cover the entry fees out of club funds.

We would love this to become an annual club event and it would be great to have a couple of teams or more next year so if you are interested in taking place watch this space.”

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