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## RESULTS, RESULTS, RESULTS !

Welcome to our seventh **ACP Results Roundup** of 2023.– As I look out of the window whilst compiling this roundup it is pouring with rain and blowing a gale which must mean only one thing – its school holidays !

I'm guessing that the holiday season is impacting the running scene as there are fewer race results reported in this month but still plenty of great running to tell you about from our members, with **Lakeland Trail Ultras** (not for the faint hearted !), **Eccup 10** and a very well supported **Ilkley Half** with some standout performances from our 15 ACP members running.

The final race of the **Harrogate League** season – the Handicap Race - took place on the 20<sup>th</sup> and Debbie Bland bookended the month with a fine race up in Wensleydale – the **James Herriot 14k Trail race**.

This month also featured the start of our new **ACP parkrun Challenge** – run over 16 weeks 15<sup>th</sup> July to 28<sup>th</sup> October, this has sparked a lot of interest and started the competitive spirit going on a Saturday morning. Lots of good feedback so far and still a long way to go before trophies are held aloft at our AGM !

This Roundup will endeavor to recapture the headlines from last month (**July 2023**) – as ever it is only as good as the info you send me so apologies if that extra special PB is missing !

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First race across the start line this month took place amongst the dramatic scenery of the Lake District on the **8<sup>th</sup> July**. **The Lakeland Trails Series** offers a mighty challenge to those who like to run long distances and climb big hills ! The series offers a variety of distances from 14k through 23k, 50k to an

eye watering 100k (62 miles 241 yds in old money) and an even more eye watering 10,500 ft of climb ! The series is exceptionally well organised and supported and the 100k starts at midnight in Ambleside. 102 ran it, amongst which were Pacer Ultra fans **Sarah Lund and Helen Ward**. Climbing out of Windermere towards Rydal Water the route splits from the “shorter” routes and heads along the appropriately named “Coffin Trail” to Grasmere and the Langdale Valley and back to Ambleside via five mountain passes. Sarah and Helen, running as a pair, clocked **21 hours and 24 minutes**. A superb effort when you consider that 26 runners retired along the way and that they were racing against a 23 hour cut off.

We do have sensible Pacers around too and **Janice Chruscht** chose the **23k** (14 miles) route which starts at a more civilised 11am and allows magnificent daylight views across Windermere, Rydal and the Langdale Valley. **Janice clocked 3hrs 56.05** on a warm humid day. Hats off to all three !

The **Eccup 10 miler** which followed this on the **9<sup>th</sup> July** seems a bit tame by comparison but in fact is a stiff test, especially on a warm and humid day. Organised by Abbey Runners and with our second claimer Simon Jones as RD, the race always attracts a big entry (730 this year). Five Pacers gave this a crack led home by **Richard Walker (1:08:28)**, **Nick Lee (1:10:23)**, **Brenda Peake (1:10:48 & 1<sup>st</sup> Fv50)**, **Helen Illman (1:20:37)** and **Debbie Bland, running her last ever race as a Fv65, (1:32:21)**. Race winner was Matt Grieve (Leeds City) in 53:09 and first lady Eilidh Bell (Leeds City) 58:55.

Fast forward a week and the wonderful spell of hot sunny weather during June had collapsed into a semi monsoon ! Sadly this co-incided with the **Ilkley Half Marathon** which always attracts a huge entry (1,758 this year !).

Fifteen Pacers braved the wet conditions and were led home by **Andrew Humphries (1:09:31 & 3<sup>rd</sup> place overall)**, followed by **Richard Walker (1:27:25)**, **Jack Ogalbe (1:29:09)** and **Nick Lee (1:32:18)**. **Brenda Peake** led our ladies contingent across the line in **1:32:28 (2<sup>nd</sup> Fv50)** followed by **Poppy Cartwright (1:38:52)**. **Richard Haynes clocked 1:40:30**, **Richard Crossland 1:42:35**, **Robbie Dawrant 1:47:20** and **Simon Walker 1:53:33**. **Sarah Podesta** running with **Rhona Neilson** crossed the line in **1:59:43 & 2:00:41** closely followed in by **Sophie Bromley (2:02:14)** and **Holly Marcantonio (2:03:00)**.

### **Catherine Moody-Keene (2:13:22) and Heather Fulton (2:18:56)**

completed the Pacers team in what were challenging conditions. Race winner was Lawrence Mc Court (1:07:06) and first lady was Ilkley Harriers Sally Armitage (1:22:19).

Four days later (20<sup>th</sup> July) Pacers were in action again, this time in Ripon for the final race of the **Harrogate and District Summer League** – the handicap race. Due to summer holidays etc the team was a bit depleted but five Pacers gave it their best shot – **Pete Branney (33:49), Owain Gwilym ( 34:39) Richard Haynes (35:27), Aron Fulton (36:43) and Janice Chruscht (44:09)**. - N:B These are “net” times but on Handicap “Gross Times” the sequence looks like this – (18<sup>th</sup>) **Richard Haynes (1:06:28), (63<sup>rd</sup>) Owain Gwilym (1:07:40), (105<sup>th</sup>) Aron Fulton (1:08:14), (171<sup>st</sup>) Pete Branney (1:08:50) and (245<sup>th</sup>) Janice Chruscht (1:09:41)**. **301 ran on the night.**

At this point you will be expecting me to explain how the handicap system works – I can't !! Only one living person has the secret formulae and its not me !. All I can say is that the winner of the **Norman Smith Handicap Trophy 2023** was **Alexandra Whapples (Fv55)** of Vocalink RC in 1:03:58 (Gross time) 42:57 (Net) - who started at 7:42pm.

No ACP runners and riders at the July **Brownlee Track 5k** this month though second claimer **Simon Jones** delivered a swift 17:01

**Debbie Bland** closed off the month by running her first “proper” race as a Fv70, the **James Herriot 14k Trail race** – a tough circuit of the moors and fells above Castle Bolton in Wensleydale with a gruelling one mile uphill start. Although the rain held off it was blowing a hooley which made conditions tricky on the tops.

Debbie duly delivered her first win in her new age group finishing 161<sup>st</sup> / 205 in **1hr 42** and bagged £10 for the family wine fund !

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

No ACP Runners and riders at the latest **Grand Prix at Northowram (Halifax) on 13th July** (runners recovering from Eccup 10 or saving themselves for Ilkley half or more sensibly on holiday !). Next Grand Prix race is on **8<sup>th</sup> August at Pudsey Post Hill**. Only a fiver to enter to cover the bunfight afterwards. This is a hilly mixed terrain race mainly on paths and

trails in woodland. These races are well supported by local clubs and pretty competitive. Don't forget to pre register on line before each race.

Latest ACP standings in the YVAA Grandprix series are :-

**Men: 31<sup>st</sup> / 38 teams. Ladies: 23<sup>rd</sup> / 27 teams.**

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

## **Harrogate & District Summer Race League.**

The series is now over for this Summer (as seems to be the weather !). Final standings as follows :-

**1<sup>st</sup> Mens team:** Harrogate Harriers. **1<sup>st</sup> Ladies team** Wetherby AC.

**Mens Indv:** Chris Ovenden (Skipton): **Ladies Indv.** Emily Legg (Wetherby)

**Handicap Race Winner:** Alexandra Wharples. (Vocalink AC)

## **Club 1 Mile Time Trial Competition.**

The **July** results compiled by Richard :- Andrew Humphries: **4m54s (CR)**  
 Jack Ogalbe. **5m29**, Adam Gerrish. **5:45**, Owain Gwilym.**5:58**, Richard Walker **6:22**, Francis Gatenby.**6:57**, Liam Oliver **7.00**, David Botterill.**7:09**, Hannah Curzon. **7:25**, Liz Porteous.**7:54**, Helen Alcock **8:02**, Kotomi Nakamura **8:03**, Jacque Reid **8:31**, Carole Keighley, **8:38**, Catherine Keene **9:06**, Gemma Sherbourne Jacques, **10:21**

## **ACP Parkrun Challenge.**

July 15<sup>th</sup> saw the start of our new club competition - **the parkrun Challenge**. Run over sixteen weeks the competition awards points to parkrunners each week based on their age grading at parkrun. Bonus points are also available for various achievements (course records, PB's, age group wins etc) - the Age Grading points are awarded every second and fourth week of the month whilst the other Saturdays earn bonus points only. Comp ends 28<sup>th</sup> October.

So far feed back has been positive and we currently (after 3 weeks) have 26 active parkrunners on the ladder scoring points with a tight battle at the top between **Debbie Bland (191.20 points)** and **Margaret Britton (171.78)** with **Craig Hoos** fighting hard for the lads to catch them on **163.99**. Lots of tight battles further down the ladder too. There may be prizes !! The ladder is updated each Sunday once the parkrun results are all on line & updates posted on our facebook page. Here's the full ladder after 3 weeks.....

### ACP parkrun Challenge: Week 3 Positions

Name	Points	Events – (V=Volunteer)
<b>1. Debbie Bland</b>	<b>191.20</b>	<b>3</b>
<b>2. Margaret Britton</b>	<b>171.78</b>	<b>3</b>
<b>3. Craig Hoos</b>	<b>163.99</b>	<b>3(V)</b>
<b>4. Carole Keighley</b>	<b>140.59</b>	<b>2</b>
<b>5. Owain Gwilym</b>	<b>136.40</b>	<b>3</b>
<b>6. Andy Gledhill</b>	<b>132.24</b>	<b>3</b>
<b>7. Jaquie Reid</b>	<b>130.63</b>	<b>3</b>
<b>8. Eleanor Thomson</b>	<b>128.80</b>	<b>2</b>
<b>9. Andrew Humphries</b>	<b>124.35</b>	<b>2</b>
<b>10. Amy Llewellyn</b>	<b>119.52</b>	<b>3</b>
<b>11. David Fox</b>	<b>112.91</b>	<b>2</b>
<b>12. Helen Illman</b>	<b>89.86</b>	<b>1(V)</b>
<b>13. Richard Walker</b>	<b>80.07</b>	<b>1</b>
<b>14. Lee Stokes</b>	<b>65.69</b>	<b>1</b>
<b>15. Kate Humphries</b>	<b>61.29</b>	<b>2</b>
<b>16. Fran Walker</b>	<b>60.05</b>	<b>1</b>
<b>17. Kotomi Carr</b>	<b>58.62</b>	<b>1</b>
<b>18. Helen Alcock</b>	<b>57.29</b>	<b>1</b>
<b>19. Aron Fulton</b>	<b>56.20</b>	<b>2</b>
<b>20. Charlotte Connolly H</b>	<b>55.78</b>	<b>1</b>
<b>21. Megan Dennison</b>	<b>53.61</b>	<b>1</b>
<b>22. Cheryl Duerden</b>	<b>52.14</b>	<b>1</b>
<b>23. Phil Bland</b>	<b>50</b>	<b>V</b>
<b>24. Chris Taylor</b>	<b>48.19</b>	<b>1</b>
<b>25. Louise Biddulph</b>	<b>15</b>	<b>V</b>
<b>26. Carly Dykes</b>	<b>5</b>	<b>1</b>

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

## July parkruns (from 8<sup>th</sup> July)

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

### July 8th

#### Roberts Park

Andy Gledhill 25:51  
Jaquie Reid 29:09

#### Bradford (Lister Park)

Kate Humphries 28:34

#### Woodhouse Moor

Eleanor Thomson 29:01

#### Temple Newsam

Craig Hoos 22:47

#### Fountains Abbey

Aron Fulton 23:47  
Helen Alcock 30:46

#### Ellesmere Port

Amy Llewellyn 27:26

#### Cotsford Fields

Carole Keighley 31:48

#### Cliffe Castle, Keighley

Debbie Bland 28:14(AG)

#### Chevin Park

Fran Walker 26:34

### July 15th

#### Myrtle Park (Bingley)

Amy Llewellyn 27:58AG

#### Oakwell Hall

David Fox 34:43(PB)

#### Whitby

Craig Hoos 21:17

#### Roberts Park

Owain Gwilym 20:16  
Lee Stokes 22:06  
Carole Keighley 29:01(PB)  
Jaquie Reid 29:06

#### Harrogate

Helen Alcock 26:45  
Kotomi Carr 27:21

#### Oswestry

Debbie Bland 28:28CR/AG

#### Bradford Lister Park

Eleanor Thomson 24:29(PB)  
Andy Gledhill 27:01  
Margaret Britton 27:16  
Amy Llewellyn 31:06

### July 22nd

#### Cliffe Castle

Debbie Bland 27:56(CR/AG)

#### Heslington (York)

Aron Fulton 21:03

#### Roberts Park

Andy Gledhill 26:37  
Jaqueline Reid 28:45  
Carly Dykes 35:20

#### Chevin

Amy Llewellyn 33:27

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

**July 22<sup>nd</sup> (cont)**

**Bradford Lister Park**

Andrew Humphries	20:56
Owain Gwilym	24:28
Kate Humphries	26:09
Margaret Britton	26:46(PB)

**Armley**

Craig Hoos	20:40
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**July 29<sup>th</sup>**

**Woodhouse Moor**

Owain Gwilym	22:11
Charlotte Connolly	26:32
Eleanor Thomson	30:47

**Skipton**

Margaret Britton	27:43 1 <sup>st</sup> 65
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**Bowling Park**

Debbie Bland	26:50(CR/PB)
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**Roberts Park**

Andy Gledhill	26:52
Megan Dennison	27:40
Jaquie Reid	28:32
Amy Llewellyn	28:39
Cheryl Duerden	29:57

**Bradford Lister Park**

Aron Fulton	25:45
Helen Illman	27:15

**Fulbourne Hospital**

Fran Walker	25:37
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**Whitby**

Craig Hoos	21:02
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**Myrtle Park (Bingley)**

Carole Keighley	29:03
David Fox	32:03(PB)

**Scunthorpe**

Andrew Humphries	15:33(1 <sup>st</sup> )
Kate Humphries	26:39

**Chevin Park**

Richard Walker	20:53(PB & AG)	Chris Taylor	28:59
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**And in other news.....**

ACP members responded magnificently to a call out for donations of old trainers to be used to help the homeless in Keighley and Bradford. 42 pairs were donated and distributed to those in need.

The club held a family fun day social event in Nunroyd Park on 30<sup>th</sup> July on what turned out to be a fine sunny afternoon. Lots of games and activities on the agenda - an enjoyable afternoon for all. More social events have just been announced for later this year including :-

24 <sup>th</sup> Sept	-	Another family fun day in Nunroyd Park
19 <sup>th</sup> Oct	-	Curry Night at Mumbai Village
19 <sup>th</sup> Nov	-	Club handicap race - Chevin Chase
1 <sup>st</sup> Dec	-	Club AGM & Prize presentations.

## Races Coming Up Soon.....

### August

8 <sup>th</sup>	YVAA Grand Prix (Pudsey)	YVAA
12 <sup>th</sup>	Littondale fete 4 Mile RR	UKR
13 <sup>th</sup>	Preston 10 Mile RR	UKR
16 <sup>th</sup>	Sessay Swift 6k (Thirsk)	UKR
20 <sup>th</sup>	Scourton Feast 10k (N Yorks)	RB
20 <sup>th</sup>	Escrick 10k (York)	UKR
23 <sup>rd</sup>	Leeds 5k (Brownlee Track)	RB
28 <sup>th</sup>	The Denby Dash 5.6 Miles (Hudds)	RB

### September

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

### October

1 <sup>st</sup>	Hopton 10kMT (Mirfield)	RB
1 <sup>st</sup>	Bramham Park Fun Run	UKR
8 <sup>th</sup>	Morley 10k	RB
8 <sup>th</sup>	Richmond Castle 10k	RB
15 <sup>th</sup>	Holmfirth 10k	RB
21 <sup>st</sup>	3 Dales Marathon	RB
22 <sup>nd</sup>	Whixley 5&10k	UKR
25 <sup>th</sup>	Brownlee Track 5k	RB
29 <sup>th</sup>	Accrington 10k	UKR

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

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

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

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**