

Accrington Road Runners Newsletter



March 2022
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Welcome to your new Accrington Road Runners newsletter which we hope you find interesting and informative. Newsletters will be published every 3 months. We would love to hear about any races that you have taken part in. We have the club races which can be found at the end of the newsletter but there are so many more races that runners take part in. Please share with us any races that you have taken part in so we can publish them on the next newsletter.

Dave Savage (davearrwelfare@gmail.com) and Katharine Gregson (katharinearrwelfare@gmail.com) will be collating information on races so please email at one of the email addresses above or contact them on Facebook.

After a couple of years of so much disruption, and cancelled races it has been nice to welcome some sort of normality back at the start of 2022. So many of our members have been racing this year on road, trail and on the fells. Race reports from can be found in this newsletter.

The clocks have now gone forward so we can finally start to enjoy running in the day light on a Tuesday evening. We have now moved back to meeting at Great Harwood show ground at 6:20pm for a 6:30pm start every Tuesday.

Unfortunately, we have not been able to secure the use of the track at Wilsons on a Thursday despite Graham's best effort. However, there are usually at least 2 runs on a Thursday evening that members are welcome to attend. Keep an eye on notices on the website/Facebook or ask your group leader to be added to the ARR WhatsApp group for notifications on these runs.

Member Profile:

President Pamela McCullagh.



Pamela McCullagh: Accrington Road Runners answer to Gordon Ramsey.

Due to the pandemic Pam is the first president to run for two consecutive years 2020 to 2022. Being president means she represents the club and its members, gives out prizes etc. If you need to know anything Pam is the one to ask. If she doesn't know she will get back to you with an answer. She has even managed to get an updated new website authorised by the committee. She is a team player and believes everyone should be included in all events. One of her favourite events being Bradford relays where various teams of all abilities take part. Cross Country season is always top of Pam's list although Marl Pits December 2021 might have put her off for good. We had gale force winds, sleet and rain but it all added to the mud and bogs en-route.

Pam joined Accrington Road Runners in 2016 after suffering with mental health problems. She had read that exercise helped and saw couch to 5k advertised by Sam Hughes and gave it a go. Since then she has gone on to run 5 marathons- not that she tells anyone- Manchester 2018 being her favourite. Her claim to fame is being the first Accrington Road Runner female to "Grand Slam" - complete all 14 races in the Burnley Pendle Grand Prix not only once but twice!

Pam has a love of going to the theatre with her son and watching live bands. She has 2 dogs: Molly and Pearl. If you run with Pam you will lose her as she has probably stopped to talk to a dog along the way, if it's a Staffy or a German Shepherd you could be there some time. When running with Pam never talk to her on a hill as the answer may not be pleasant...

Pam's running Top Tip: Never trust a trump after mile 20 on a marathon.

Races 2022

Lancashire XC—Witton Park—8th Jan 2022

A Fantastic performance at the start of the year from our Cross-Country Team at the Lancashire Championships. As current Red Rose Vet Champs in both the Men's & Ladies, we hoped to continue the success into this event.

Our teams didn't disappoint we recorded our best result in these championships. Both Ladies and Men's teams being "crowned" Lancashire Veteran Champions and the only senior club to have both ladies & men on the top tier of the podium.

Winning men's team: Glen, Dave Hartley, Josh, Andy Orr, Chris Halstead & Graham

Winning ladies' team: Debbie, Lisa P & Julia

East Lancs Hospice 10km

Despite not being a points race a fantastic 25 Accrington Road Runners lined up for an old favourite, the East Lancs hospice 10km. This race has a mixture of woodland trails, canal towpaths and public footpaths. This is certainly a race of 2 halves! The first half involves a steady climb which includes a narrow muddy section through woodland. It is important to get into race position here as over taking can be a challenge. Once the steep climb up to the park is done the second half of the race is much more enjoyable. Runners can enjoy a lap around Cutwood park before running back down to the canal and back towards Great Harwood.

Accrington Road Runners were well supported, being cheered on by no less than 10 other team members who were not racing (and Pam's hounds!). Thanks for the support!

Three Dave's were the first 3 ARR over the line. Dave Hartley finished in a fantastic time of 40:37 and was 12th overall (1st in his age category). Julia carried on her great form from 2021 into the new year and was 3rd lady finisher with Catherine Derbyshire close behind being the 4th lady to finish and first in her category.

Nancy Bailey, Paul Jackson and Adrian Melton also won their category. Well done! Overall, we had 6 ARR's winning their category. What a great start to 2022 for our small club. A shout out also has to go to Christian Hill who got a 10km PB, finishing under 50 min for the first time.



Blackburn Winter Warmer 10km

Our first points race of 2022 saw 29 ARR line up in early February for another favourite; the Blackburn Winter Warmer. Runners were keeping a close eye on the weather after torrential rain and strong winds the day before the race. There was some standing water on parts of the course from the previous few days weather but on race day despite a fresh breeze the weather was kind to us!

The race starts with a lap of the running track before making our way out of Witton Park to start the 400m gruelling climb up Buncer lane. The climb continues for another 500m until the Clog and Billycock is reached. It would be very tempting to stop here for refreshments but runners can continue knowing that hardest part of the run is now behind you. The next 7km is almost all downhill with a short incline just before entering Witton Park again. The race finishes with another lap of the running track cheered on by lots of spectators.

A lovely medal, goody bag and a cake sale greet the runners once they cross the finishing line.

Results can be found on the ARR website.



Stan Bradshaw Fell Race

10 hardy runners braved appalling conditions in February to recce the Stan Bradshaw route. Thankfully on the day of the race the sun was shining with amazing views across the fells. 14 runners took on the gruelling 10 mile race with 2000ft of climbing over Pendle hill.

Seasoned fell runners Glen and Graham battled it out towards the front of the field. Glen finished in a fantastic time of 1:17:05 with Graham only 25 seconds behind. Lisa P who loves the fells was the 3rd ARR to cross the finishing line and was 5th lady overall. Joe C and Dave T also finished in a great time, Joe had not even done the recce and just winged it! Debbie G won her age category followed by the magnificent 7 of Joe, Pam, Andrew, Wendy, Rachael, Katharine and Liam who ran together. Great team effort! Finally, we have the legend Adrian who completed the course in 2hr 40 min. Well done everyone 😊

Pos	M	F	Name	Cat	CatPos	Time
29	28		Glen Goodwin	M50	(005/060)	01:17:05
31	30		Graham Morris	M50	(006/060)	01:17:30
89		5	Lisa Parker	F40	(003/022)	01:25:56
94	88		Joe Lambert	M5	(040/057)	01:26:54
114	106		David Tomlinson	M50	(036/060)	01:29:40
116		9	Deborah Gowans	F50	(001/011)	01:30:12
232	185		Joe Curran	M50	(059/060)	02:15:21
234		49	Pamela McCullagh	F40	(019/022)	02:15:27
235	186		Andrew Robinson	M40	(047/048)	02:15:28
236		50	Wendy Gaynor	FS	(017/017)	02:15:29
237		51	Rachael Strutz	F40	(020/022)	02:15:34
238		52	Katharine Gregson	F40	(021/022)	02:15:36
239	187		Liam Moden	M50	(060/060)	02:15:47
244	189		Adrian Melton	M70	(006/007)	02:40:25



Super Sunday

Glorious spring sunshine created perfect running conditions on both road and fells. There were some fantastic performances as detailed below:



Wigan Half Marathon

Michele Baker had a fantastic run finishing 1st in her age category and 7th lady overall! James Mcleod finished in an impressive time of 1:22:53 and was 6th overall finisher!



Ian Roberts Memorial Fell Race

Pam, Joe, Katharine and Liam also made the most of the nice weather to take part in a fell race over at Marsden Moor, Yorkshire. The views look stunning!

Wilmslow Half Marathon

Brontie continued her great form in 2022 recording a half marathon PB in an impressive time of 1hr 44min. Bet that lager tasted good at the finishing line!



Heptonstall Fell Race

Heptonstall in the Upper Calder Valley is a 25km race over steep sided wooden valleys, upland valleys and boggy moorland! Hannah Jarvis was the first lady finisher. Well done!

The Best of the Rest

St Helens 10km – 6th March

Dave Savage battled the race out with Heath Barnes. Both runners ran most of the race toe to toe with Dave finishing just 11 seconds ahead in 40:34. Both runners smashed their PB on this race.

Tempest Trail and Leighton Hall Trail Races – Saturday 26th March

Another perfect weekend for running with lovely spring sunshine for 2 scenic trail races. 6 ARR took part in the 10k Tempest Trail Race within the grounds of Broughton Hall near Skipton.

As the 6 runners set off on the Tempest Trail, Pam and Katharine started their race just bit further to the north on the lovely trails around Silverdale which is an AONB.

Pam and Katharine have done an impressive number of races already this year!



Worlds Steepest Street Run – 26th March

While we had runners tackling trails in the North of England, Laura took part in 'The World's Steepest Street Run'!

This 6km race in Harlech, North Wales starts with a gruelling run up Ffordd Pen Llech which at the steepest point has a gradient of 37.45%. Well done Laura 😊



Parkrun Roundup

The idea of parkrun was conceived by Londoner Paul Sinton-Hewitt in 2004. Paul had just lost his job and got injured giving him time to go ahead with a plan he had been mulling over for a while. On 2nd October 2004, 13 runners lined in Bushy Park, London to compete in the Bushy Park time trial which would develop into Parkrun.



In 2007 the second 'time trial' began at Wimbeldon common followed by a further 5 locations the same year. In mid 2008 the name was changed from time trial to Parkrun. The number of Parkrun venues quickly started to increase across all parts of the UK and in 2009 the first international parkrun started up in Copenhagen.

Today there are over 1500 parkruns globally with 250,000 runners and over 30,000 volunteers taking part in the free 5km event every week.

Accrington Road Runners – Parkrunners

1st January – 26th March

Parkrun is very popular with ARR members. Not only with runners but also volunteers. Thankyou to all members who give up their time on a Saturday morning to help out. Here are some stats for the first 3 months of the year.

Number of ARR finishers – 140

List of park runs attended this year:

Hyndburn	71
Burnley	35
Heaton Park	9
Clitheroe	8
Witton	4
Skipton	3
Trentham	3
Roding Valley	2
South Shields	2
Fleetwood	1
Leas Parkrun Minster	1
Newby Bridge	1



Diary of events

We are now entering the peak running season with lots of races on offer across the country. Thanks to Graham Morris and Dave Sagar who have put together a list of club events and summer runs for this year. Please see below for the events over the next few months. It would be great to see as many ARR as possible at these events. See the website or Facebook for more information.

Apr 3 Sun	Brun Valley Trail 10k	Club Trail Race
April 10 Sun	Rivington 10m Trail Race	Club Trail Race
Apr 26 Tues	Wellsprings – Pendle Hill	Summer Run
May 8 Sun	Blacksticks Blue 10k	Club Road Race
May 15 Sun	Calderdale Relay	Team Relay
May 15 Sun	Worden Park 10k	Club Road Race
May 17 Tues	Bayley Armes – Hurst Green	Summer Run
May 24 Tues	Stanhill Fell Race	Club Fell Race
June 2 Thurs	Bowley Trail Race	Club Trail Race
June 12 Sun	Bradford Millennium Relay	Team Relay
June 14 Tues	New Waggoners - Burnley	Summer Run
June 19 Sun	Race the Train – Bury	Club Trail Race
July 5 Tues	Rochdale 10k	Club Road Race
July 12 Tues	WhiteCroft Indian - Oswaldtwistle	Summer Run
July 13 Wed	Royton Trail Race	Club Trail Race
July 27 Wed	Lee Mills Fell Race	Club Fell Race