

Accrington Road Runners Newsletter



July 2022
Issue 2

Welcome to the spring/summer edition of the Accrington Road Runners newsletter. We have had a busy 3 months, with lots of members doing races. We also have quite a few new members who have joined recently, we wish them happy running. Please feel free to chat to your group leader or a committee member regarding any advice or general information.

The team has enjoyed a lovely couple of summer runs at Hurst Green, Clowbridge and the Whitecroft restaurant in Oswaldtwistle. These are really good social events where you can get to know other members of the team, eat some nice food, and try out new routes. We rely on a good turnout to get a group discount for the food, so try to come along.

We are commencing our trial period at Accrington Cricket Club on Tuesday 19th July. We are very excited and looking forward to a new chapter for Accrington Road Runners at our prospective new home. The Cricket Club has undergone a refurb and is under new leadership and looking to merge with local sports teams. Please do try to come along on the first evening and let us know what you think. Some committee members have already tested out the bar facilities! The things we must do for our members!!

We hope you enjoy the newsletter; it is a long one so put the kettle on and settle down with a brew. If you have anything you would like us to add to the newsletter, then please feel free to contact us on:

Dave davearrwelfare@gmail.com

Katharine katharinearrwelfare@gmail.com

Have a great summer of running



Member Profile:

ADRIAN "LEGEND" MELTON



Adrian is one of Accrington Road Runners oldest members and has only been at the club for 5 years! He started running at the age of 70.

Adrian spent his working days as a welding engineer for Burnley Engineering and later as a Consultant engineer.

He has completed 2 marathons both at Blackpool raising money for charity his first ½ marathon was the Great North Run. He loves his trail and fell running and even completed the Stan Bradshaw fell race over Pendle Hill earlier this year.

His love of running started quite unexpectedly. Adrian's wife had been diagnosed with breast and lung cancer. She received chemo and drugs for over six years and fortunately the news is good and she's still with us giving Adrian his orders for car booting. Whilst trying to deal with the impact of his wife's illness his daughter Paula suffered a brain aneurysm. She received treatment which was unsuccessful and she died a few days later. Adrian spiralled into depression he hit rock bottom but thanks to loving family support, help from the mental health team he started to improve and saw light at the end of the tunnel.

His other daughter Sheralyn was organising a charity 10k, she encouraged her Dad to take part. After doing no running since school Adrian thought he'd better do a bit of something so he started running round the caravan park in his walking boots, he found that it improved his mental health and helped him sleep. As his running improved he decided to buy some running kit, the staff at Sports Direct thought him crazy when he asked about trainers. All set in his new kit he did his first park run at Townley Park and on his 70th birthday he ran the charity 10k in Blackpool in under an hour and loved it. He went on to do a lot of the Flyde Coast races and took part in the Accrington 10k. Two years into his running he decided to join a running club and luckily Accrington Road Runners was his choice.

Adrian's message to mental health sufferers is you can get better, it is not easy but don't be ashamed to tell people.

It's good to talk!

Runner achievement:

Well done to Michele Baker who won our second running achievement certificate. Michele has had a great year gaining several PB's and consistently performing very well in races she has taken part in. Michele regularly attends Tuesday night training and has even done a few sessions with group 1. Keep up the great running 😊

Race reports April – July 2022

Pendle Fell Race - Saturday 2nd April

5 runners competed in the short but challenging 4.5 mile fell race up Pendle hill which involved 1500ft of climbing! This classic route takes runners from Barley past Lower Ogden reservoir and then a tough climb to the trig point at the summit of Pendle Hill and back down the same way.

Well done to Glen, Michael, Lisa, Fred and Bethan.

Results:

<https://www.ukresults.net/2022/pendsen.html>



Super Sunday (3rd April)

A busy Sunday with runners competing in fell races, a marathon, duathlon and a triathlon!

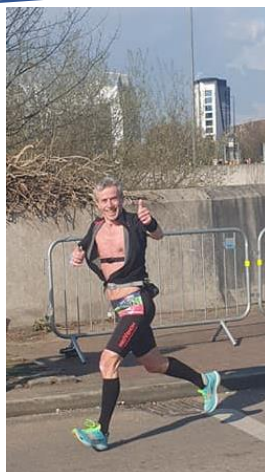
Manchester Marathon

Sue McTigue ran the Manchester Marathon smashing her PB with a fantastic time of 3:06! 5th in her age category.

Paul Calverley finished in a fantastic time of 3:03:34 with an average pace of 6:57 over 26 miles!

John Macholc also completed his 32nd and last marathon!

Well done to you all 😊



Yorkshire Duathlon Sprint race

The duathlon took place at the Croft racing circuit in Darlington. The sprint race involved a fast 5km run – 20km bike – 2.5km run around the racing circuit. Graham had a superb race finishing 6th overall and 1st in his age category.



Splash world Triathlon

Shane Newton competed in a pool based sprint triathlon Based at Dunes Splash World, Southport. The 400m swim took place in the 6 lane 25m pool, the 20km cycle is flat 2 lap closed roads course and the flat 5km run was a single lap around the marine lake.

Arant Haw Fell Race - Sedbergh

Mick Toman competed in his second fell race in 2 days! This one was 7.5 miles in length with over 400m of climbing! The race was part of the Kendal Winter League Series.



Fleetwood 10km

James Mcleod and Richard Smith both ran really well in the Fleetwood 10km.

James finished 4th overall in a super quick time of 36:39!

Richard was pleased with his time of 44:24 which meant he finished in the top 30 runners. Well done

Brun Valley 10km (3rd April)

A great turnout of 20 ARR for the popular Brun Valley trail race which is now in its 4th year. A chilly start greeted the runners with all the talk about which shoes to wear; road or trail shoes. The race starts in the lovely Thompson park then heads out through Netherwood, taking in Rowley Lake and the trails of the picturesque Brun Valley Forest Park. You need to concentrate on this race as it is very easy to take a wrong turn as several of the front runners found out when they missed a crossing across a bridge and carried on another trail before turning back. There is a tough road climb just over half way round before a nice finish for the final 3km with just a few inclines.

Unfortunately, our president Pam was injured so couldn't run but she came along and cheered every runner over the line. You could hear her shouting encouragement at least 300m from the finish line!

Josh Woodstock – 4th overall finisher. Back to his best, must be favourite for the trail race points. #roar!

Dave Savage – His favourite race, done all 4 since it started in 2018. Just a few seconds from his course PB.

Catherine Derbyshire – Great run, 1st in her category. Well done!

Lisa Parker – Ran the Pendle fell race less than 24hrs earlier. Legs must be tired, excellent time.

Martin Bland – Strong race, just a few seconds behind Lisa.

Nancy Bailey – Brilliant running, 1st in her category.

Wendy Barrett – 2nd in her category, very good start to the race season.

Liam Moden – Improving with every race, moving up to group 2 must have helped.

Andrew Hollas – Must like this race as done all 4 since it started. Very consistent running with similar times in 3 out of the 4 races.

Michael Whewell – Nice to see Michael out racing, just a few seconds behind Andrew.

Vanessa Oldham – Great run, a course PB. Over a minute quicker than when she ran in 2018

Rachel Strutz – Looked like she really enjoyed the race from the photo!

Andrew Robinson – Ever present member at all the points races so far this year.

Xuejun Shirley Yuan – Great sprint finish to gain an extra place at the end of the race!

Johnny Oldham – Only his second 10km race. All that training paying off. Managed under 1 hr again.

Helen Dickson – Good start to the season, will get quicker as the year goes on.

Adrian Melton - Legend! Always smiling, great running 😊

Peter Hoyle – Left his wife to catch Adrian. Could be in trouble!

Janet Hoyle – Solid run from the Parkrun queen!

Karen Figiel – Coming back from injury, hope the ankle was not too sore post race.



Pos	Name	Cat	CatPos	Time
4	Josh Woodstock	M40	(002/012)	00:40:41
17	David Savage	M40	(003/012)	00:44:45
28	Catherine Derbyshire	F45	(001/011)	00:47:07
31	Lisa Parker	F40	(003/017)	00:47:37
32	Martin Bland	M55	(007/026)	00:47:42
57	Nancy Bailey	F60	(001/007)	00:50:15
59	Wendy Barrett	F35	(002/016)	00:50:22
66	Liam Moden	M55	(012/026)	00:51:23
72	Andrew Hollas	M55	(013/026)	00:51:58
73	Michael Whewell	M55	(014/026)	00:52:09
91	Vanessa Oldham	F50	(003/023)	00:55:56
95	Rachael Strutz	F40	(006/017)	00:56:12
105	Andrew Robinson	M45	(014/021)	00:56:47
113	Xuejun Shirley Yuan	F45	(004/011)	00:58:12
127	Jonathan Oldham	M50	(012/017)	00:59:48
150	Helen Dickson	F50	(010/023)	01:03:17
157	Adrian Melton	M75	(002/002)	01:04:26
159	Peter Hoyle	M60	(017/017)	01:04:34
182	Janet Hoyle	F60	(005/007)	01:10:00
194	Karen Figiel	F55	(008/010)	01:12:13

Stoneyhurst Triathlon (9th April)

Stoneyhurst Triathlon is based at the famous Stoneyhurst College in the stunning Ribble Valley. It starts with a 400m pool swim, but the real fun starts on the bike as the 20k ride is 'lumpy' and includes the climb up Jeffrey Hill, onto Longridge Fell. The 5k run is a fantastic mixture of road and trail in and around the college campus, before you run down the main driveway to the glorious finish line, in front of Stoneyhurst College.

Well done to Dave Tomlinson and Martin Kerry for completing the triathlon.



Rivington 10 mile Trail Race (10th April)

The name of the race can be a little misleading as the route takes you to the north of Rivington and not up to Rivington Pike. It's a stunning route, which is indeed challenging, with mud, a few gates and stiles, and some undulations totalling around 1000ft of climbing. The terrain underfoot varies from rocky track, to moorland, to woodland trails and even a bit of road and pavement on the southeast corner of Anglezarke. The weather was perfect for racing and you could see for miles once you climbed up to the moors.

12 members took part in the race winning a host of prizes! Glen finished 2nd overall and Josh 4th (both winning their age cat), we won the men's team prize. Nancy, Lisa and Adrian also won prizes. Well done team!

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Seven Sevens British Fell Championships, Northern Ireland (10th April)

If you thought the Rivington 10 mile trail race was tough spare a thought for Debbie Gowans who took on a 30km trail race in Northern Ireland which involved over 2600m of climbing! Thankfully the weather was kind so runners could enjoy fantastic views across the fells. Well done Debbie!



On Saturday 2nd May Debbie also took part in the next English Championship- Guisborough Fell Race. 10 miles with 2625 ft of climb. She smashed it and won her age category, amazing achievement well done Debbie



The Christie Tower Run (10th April)

Pam took on a different type of race to raise money for The Christie charity. The race involves running up 798 stairs in the Beetham Tower in Manchester! Pam completed the challenge in a impressive 9:32 which is around 80 steps per minute! Well done running for such a great cause.

Easter weekend

The Easter weekend was a bit quieter after all the racing over the previous 2 weekends. However Catherine Derbyshire won her age category at the Calder vale 10 mile race and Mick Toman took part in the Rivington Pike fell race.



Clowbridge 5km Spring Series

This 3 race series took place on Thursday evenings towards the end of April/beginning of May. This 5km route consists of running 2 laps around Clowbridge reservoir. This race series proved to be very popular with ARR.

A total of 20 members took part in at least one of the races with 3 runners (Julia H, Dave T and Josh W) taking part in all 3 races in this series.

Congratulations to Josh who was the series winner completing the 3 races in a total time of 58:06 which is a average of 19:35 #roar!



The Clowbridge 5k will be back for the summer series on 7th July, 14th July & 21st July!

Ribby Hall Triathlon (24th April) and St Annes Triathlon (22nd May)

Karen Figiel and Karen Jackson completed the Ribby hall triathlon. This event involved a 400m swim, 17km cycle and a 5km run. Karen J came 3rd in her age category. The ladies enjoyed the event although they had a strong head wind when heading back to their bikes.

The Karen's completed a second triathlon in under a month, this one in St Annes. This race included a 750m swim, 20km cycle abd 5km run. Well done!



Newlands Valley Fell Race (24th April)

5 ARR took on this challenging 11.5 mile route which involves 3,600 ft of climbing! Weather conditions were perfect for racing in one of the most scenic parts of the Lake District.



Wray Scarecrow 10km (23rd April)

James McLeod finished 4th in this 10km race in an impressive time of 38:28! Well done James.

If you thought April was a busy month then May turned out to be just as busy with once again some fantastic achievements. Keep on reading.....

Milton Keynes Running Weekend (1-2nd May)

Despite living less than a minute walk from the start of the Hameldon Hill race, Dave Savage travelled 130 miles to Milton Keynes to take part in the MK running weekend. A 5km PB on the Sunday (19:57) followed by a half marathon the next day (1:33:49). His wife could not understand why anyone would want to run a half marathon on their birthday 😊



Mick Toman – Fell Running

Most weekends Mick can be found running up a hill somewhere in the North West. He has always got time to smile for the camera! Here is a list of the races that Mick has completed in April – July. (There may be more I am unaware of!). Well done Mick!

- Pendle fell race
- Arant Haw fell race
- Newlands Valley fell race
- Rivington Pike fell race
- Hameldon Hill race
- Foe Edge fell race
- Coniston fell race
- Stanhill fell race
- Calderdale Way & Bradford relay
- Mearley Clough fell race
- Blencathra fell race
- Paddy's Pole fell race
- Aggie's staircase



Record Breaking Sue

Sue McTigue has had a superb few months running smashing her PB in most distances and finishing 1st lady in several races.

- At the beginning of June, Sue battled against the wind in the Morecambe 10km but still managed to finish in just over 40 minutes and was the 1st lady finisher
- Sue ran the Manchester half marathon in May in a quick time of 1:27:42 but then smashed her PB a month later in the Southport half marathon, finishing in 1:24:59!
- Finally, while visiting family, Sue had time to run the Ormeau parkrun in Belfast finishing 1st lady in a time of 19:10.

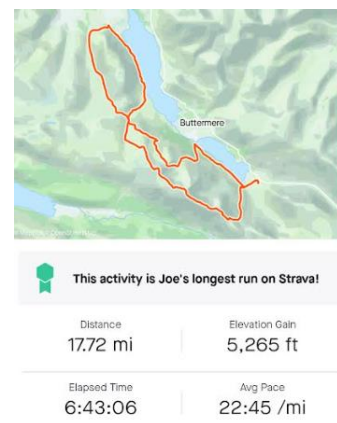
Well done Sue on a superb few months of running!



Joe Lambert epic runs!

Joe has completed some very long races in the past month. Both were advertised as half marathons but the distance turned out to be quiet a bit more. Firstly, at the beginning of May, Joe won the Holcombe Hill half marathon which involved racing for 16.6 miles and 3,000ft of climbing. Joe then entered the Trail Pursuit 'half marathon' which ended up being 17.7 miles and 5,265ft of climbing!

Well done Joe!



Pendle & Burnley Grand Prix Series 2022

The Pendle & Burnley Grand Prix is back for its 36th year in 2022 as gruelling and exciting as ever for all the local clubs involved. There are 13 races ranging from fast 5km road races, fell, trail and even one of the toughest half marathon races in the country. Will anyone complete the grand slam this year and compete in all 13 races?

Race 1 - Hameldon Hill Race

18 members take part in Hameldon Hill Race the first in PBGP series. A tough 6 mile fell race with 1,050 ft of climb.

Glen and Catherine won their age categories, well done 🏆
Shirley and Julie took on their first fell race hopefully not the last.



Race 2 – Pinhaw Trail Race

A few members braved the rain on Friday evening for the 2nd race in the PBGP series. Those going for 9 races to qualify on the leader board can't wait to find out 😊

Glen came 8th out of 179 runners and won his age category V55 🏆

Josh got 2nd in his age category and came 17th overall 🏆

Rachel smashed a course PB 🏆🏆

Well done everyone 🎉



Race 3 – Run Forrest Run Trail Race

Back to familiar ground for this race. The race starts at Clowbridge reservoir which some runners have been to 3 times already in the past month! Weather conditions were perfect for this lovely 5 mile trail race.

12 runners completed the 3rd race in the PBGP series.



Race 4 – Kelbrook Fell Race

Just the 5 ARR took on this race on the 4th June. Sorry for the lack of pictures on this one!

Race 5 – Weets Fell Race

Weets Fell race is a 5.5mile out and back to the trig point which involves 1800ft of climbing. Well done to the 5 hardy runners who took on this challenge. Glen and Josh continue to battle these fell races out between them for top spot!



Race 6 – Barrowford 5km

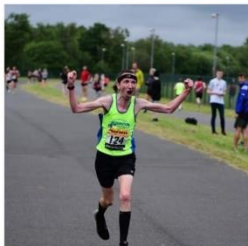
This popular race gives you a chance to run alongside some of the best athletes in the country. This is one of the fastest 5km courses in the country. There are 3 separate races depending on your predicted time. 14 ARR took on this challenge with some amazing results:

Stephen, Glen, James and Josh all ran sub 18 mins!

Glen did a magnificent time of 17:15 fantastic for V55

Wendy, Andy, Darrin, Rachel, Mark all achieved PBs all managing under 25 mins

Adrian was running again coming in under 30 mins



Race 7 - Crooked Billet Trail race

This trail race around the paths above Worsthorne and Hurstwood nr Burnley replaced the cancelled Sabden trail race. 6 ARR battled the sweltering heat on a lovely mid-week evening.



Race 8 – Trawden Trail Race

This popular trail race has been part of the Pendle & Burnley Grand Prix series for many years. A fantastic route which takes you along part of the Pennine way and Bronte Way through fields and country trails before heading back through Wycoller back down to Trawden showground.

9 ARR took part in the race this year. Well done team!



8 races down – 5 to go!

The weekend of 7-8th May was very busy for our runners.

Blacksticks Blue 10km

A fantastic turnout today for the next points road race Blacksticks Blue 10k. A lovely run with a tough hill thrown in at mile 3

Glen won his age category V55

The race organiser told us the following week that we would have won both the men's and ladies team prizes if they were doing them!

Well done everyone



Pendle Clough Race

A tough 14 mile race with over 4000ft of climbing! Well done to Andy who finished 6th overall.

Chorley 2km and 10km

Dave and his daughter Pippa ran the 2km run in Chorley then Dave ran the 10km which is a 2 lap course going through Astley park.



Bluebell Trail 10km

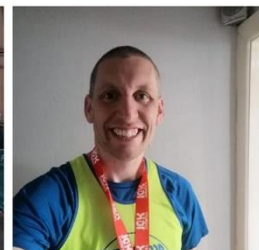
Liam took on this 10.3 mile multi-terrain race, through woodland, canal towpaths, trails and cobbled streets with the occasional hill here and there. It incorporates some of the most scenic views within the heart of Yorkshire, the infamous Trooper Lane and a river crossing to finish.

Hierro New Balance Trail Race, Hurst Green

Julia continued her great form in 2022 finishing 19th overall and 1st in her age category. Well done!

Leeds Half Marathon

Congratulations to Matt who ran his first half marathon. I hope it was not too tough with all them sleepless nights! He was supported by his baby boy at the finish line 😊



Worden Park 10km (15th May)

Team ARR at Worden Park 10k points race today

Brilliant performance from everyone.

Glen was 6th finisher and Wendy won the ladies race with Nancy coming in third!

Age category wins for Glen, Josh, Nancy, Shirley and Vanessa plus the Team won both the mens and ladies team prizes!

Wow what a team, well done to everyone.



Calderdale Relay

The Calderdale relay is one of the biggest off-road running events in the UK. The relay is split into 6 legs with a total distance of 50miles. Runners run in a pair before handing over to their teammates at checkpoints along route. ARR entered 1 mix team for this year's event finishing 24th overall and were the 3rd best mixed team. Well done!

Thanks to Graham for organising. Our next relay event (Bradford relay) is our most popular event with several teams entered. Look out for the race report in June.

https://www.halifaxharriers.co.uk/site/assets/files/3030/resultlistoverallresults_2022.pdf



Great Manchester Run

ARR had runners competing in both the 10km and half marathon. The event is considered to be the 3rd biggest in the country after the London marathon and Great North run. The 10km starts and finishes in Manchester city centre, then out towards Old Trafford, pass the Coronation Street Set and Imperial War Museum. The half marathon follows the 10km route with a 7-mile detour taking in the Eithad stadium.

Look at Sue's half marathon time. Amazing!



great run	
Search Participants	
Finished	
	Michael Whewell 10K, Pen: Orange Bib 1552 Finish Time: 00:51:00 - UNOFFICIAL
	James Donohoe 10K, Pen: Green Bib 8001 Finish Time: 00:56:05 - UNOFFICIAL
	Sue McTigue Half Marathon, Pen: Red Bib 20197 Finish Time: 01:27:42 - UNOFFICIAL
	Steve McTigue Half Marathon, Pen: Red Bib 21824 Finish Time: 01:43:57 - UNOFFICIAL
	Katharine Gregson Half Marathon, Pen: Red Bib 21625 Finish Time: 01:53:40 - UNOFFICIAL
	Vanessa Oldham Half Marathon, Pen: Blue Bib 26273 Finish Time: 01:57:22 - UNOFFICIAL

Stanhill Fell Race (25th May)

We had a great turnout for this mid-week points fell race. We had a ladies race 1,2,3 with Lisa winning, Brontie 2nd and Nancy 3rd

Glen was second in the mens race, just ahead of Team Captain Graham

Lisa, Brontie, Nancy, Glen, Dave Savage and Katharine all won their age categories. What a result from our small team!

It was also Connor Johnson (group 4) first race, quite brave to take on a fell race, well done Connor It's really good to have a local fell race back, the sun came out and we all had a lovely run And thanks to Joe who was at the trig to cheer us on

Everyone got prizes at the presentation which was a really nice touch from the organisers.



Astley Park (2nd June)

Only 5 Team ARR managed to get booked onto the points race Astley Park Trail. This was a replacement for the cancelled Bowley Trail points race. Everyone enjoyed the route



Pen- Y -Ghent (5th June)

Pam, Liam, Joe, Dave and Katharine took part in Peny-ghent race 6.80 miles 1,800 ft climb!



Crazy Cow 10km

Julia and Catharine ran the Crazy Cow 10km in Preston. Julia was first female and Catherine won her age category! Well done ladies.



Freckleton Half Marathon (19th June 2022)

Paul and Laura both had a great run in the oldest half marathon race in the country. Paul finished 23rd overall in 1:28:44. Laura came first in her age group in 1:41:12. Well done!

Race the train – Bury to Rawtenstall

This race will start from Bury train station on the sound of the steam trains whistle. Runners will then set off North along trail paths running alongside the railway lines and Irwell River. The run is from point to point, starting at Bury and finishing at Rawtenstall Station approx. 11 miles in distance. The train takes approx. 1:40minutes. Could you beat the train? Choo Choo!

9 ARR took on this challenge with support from Pam, Liam and Joe. Thankyou!



Parkrun and Breakfast

Our second parkrun and breakfast was a lovely event once again. A lovely run at Burnley Parkrun followed by breakfast and a chat at the garden centre café.



Parkrun Roundup

Thanks to Katharine who organised the first two Parkrun and breakfast.

Keep an eye out for the next event coming soon.



Accrington Road Runners – Park runners

2nd April – 25th June

Parkrun continues to be very popular with our runners. Over 13 Saturday's in April, May and June ARR visited 28 different Parkruns, many local but runners found as far afield as Eden Project in Cornwall.:

Number of ARR finishers – 194

List of park runs attended in April, May & June:

Hyndburn	68
Burnley	66
Clitheroe	21
Skipton	5
Fell Foot	3
Colby	3
Peel	2
Heaton	2
York	2
Bolton	2
Fleetwood	1
Alexandra – Moss Side	1
Bedworth	1
Boston	1
Conway	1
Conyngam Hall	1
Eden Project	1
Kingsbury Water	1
Pennington Flash	1
Preston	1
Southport	1
Tyne Green	1
Wammy	1
Pendle	1
Witton	1
Kew Woods	1
Woodhouse Moor	1
Henley-on-Thames	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.

Aug 3 Wed	Hopwood Trot 5.5 Trail	Club Trail Race
Aug 16 Tues	Handicap Race – Ribble Valley 10k	Summer Run
Aug 20 Sat	Race the Train – North Wales	Social Race
Aug 27 Sat	Pendleton Fell Race	Club Fell Race
Sept 4 Sun	Garstang Half Marathon	Club Road Race
Sept 6 Tues	Calfs Head - Worston	Summer Run
Sept 10 Sat	Hodder Show Fell Race	Club Fell Race
Sept 13 Tue	Switchback Valley Trail Race	Club Trail Race
Sept 25 Sun	Waddington Fell Race	Club Fell Race

Handicap 10k Road Race

Tuesday 16th Aug 2022 – 6.45pm **Roefield Leisure Centre, Clitheroe**

First arranged in 2014, this is our most supported and popular club event. We regularly have over 60 members taking part.

- The race is followed by meal and prizes at The Edisford Bridge Pub.
- The route follows the Ribble Valley 10k course.
- The start will be staggered with runners starting at different times (slower runners first).
- This creates an exciting, close race, hopefully all competitors finishing approximately the same time with everyone having an equal chance of winning.
- To add to the excitement, we have all runners divided into teams.

Although we hope members will run and join us for food afterwards, there is no problem just to run and not bother with the food.

Charge for this event is only £5..... great value for a race and your meal.

Please could you confirm to Graham (text or E-mail) to the following 3 questions

- Running or helping?
- Staying for food?
- Meat or veggie option?

More information see club website.

E-mail – accringtonroadrunners@hotmail.co.uk

Text – 07891-490481

**Please try and support this event, we need enough runners to make it a success.
We also need some non-running helpers**