

# Accrington Road Runners Newsletter

Oct 2022  
Issue 3



Welcome to the Autumn edition of the Accrington Road Runners newsletter. It has been a very busy 3 months since the last newsletter. I do apologise if I have not included every race in the race reports section, there have been so many! Well done to all those who have taken part in races this year, for a small club we have had some great successes. I would like to welcome all the new members, I hope you enjoy your time at this friendly club as much as I have.

We have seen some big changes recently with a new venue and new website. The committee have been working hard to make all this happen. After 37 years the club's base has moved to Accrington Cricket club on Thorneyholme Road, Accrington. Since 1985 the club have been meeting every Tuesday at Wilson's Playing Field in Clayton-le-Moors, however on the 6<sup>th</sup> September we had our first official run from our new venue followed by pie and peas with a quiz. Our new venue will hopefully be home for years to come. The cricket club have kindly said we can share their great facilities.

October will see our annual AGM which is an important night for members of the club to discuss how the club is run. The AGM also will see the changing of the president of the club for the next year. Pam McCullagh's time of president is coming to an end. She has had a tough job over the past two years guiding the club through a pandemic and more recently overseeing changes to the website, a new venue and encouraging runners back after the lockdowns. Pam is always so supportive of the club, you will often find her racing, most of us have heard her swear and shout because she is not enjoying it! If Pam is not racing, she regularly attends events where she will be shouting and encouraging our members on. Thankyou for all your hard work as your time as president of the club. Good luck to Dave Sagar who takes on this role from October 2022-23.



## **Member Profile:**

### **Josh "ROAR" Woodstock**

Josh has been a member for five years. He joined in 2017 after a friend told him his times would improve being part of a club and Josh was going for "good for age" at London .

Josh is a full-time carer for his wife and is a keen darts and pool player. He's a family man and has encouraged his son, Leo 14 years old, to take up running. Leo has "Grand Slammed" the Pendle Burnley Grand Prix this year finishing 2nd in his age category.

Josh is a recovering alcoholic. He spent several years drinking and smoking excessively. His fiancé at the time, now wife, had dealt with an aggressive episode from Josh and she threatened to leave him, it was the wake-up call he needed and he has been sober since 2007. It's not been easy but running helps with the mental compulsions. Josh would do a bit of running for fitness, in 2003 he entered the Accrington 10k for the first time and it took him over an hour to complete. He would train for it a month before whilst drinking and smoking and then do nothing after until the following year when he did it again.

After giving up drinking Josh realised that running was helping him so he started entering a few races for charity. His first ½ marathon was Chester 2012 which he completed in just under two hours. He then went on to do the Manchester Marathon the following year in four hours forty minutes which he struggled with, but he did it. When a work colleague told him he would double his sponsor money if he gave up smoking Josh quit and never smoked since! Manchester Marathon being a favourite with Josh completing it five times.

Since joining in 2017 Josh's times have plummeted. His first year with Accrington he finished second place in the road points races. He was the inaugural trail champion in 2018 and won the vet points road series in 2019.

In 2020 Josh was training for the Manchester Marathon hoping to get "good for age" for London but Covid happened and it got cancelled. Lockdown was tough with his wife being vulnerable so Josh had to isolate. His mental health suffered massively, the compulsion to drink and smoke was stronger than ever. He decided to run at midnight when no one else would be around just one or two miles less than once a week. His fitness levels dropped and Josh was thinking of giving up competitive running and just running socially. Josh and his wife received their vaccines which gave Josh more confidence to go out running during the day, mainly exploring the trails to avoid interaction with others. The run streaks started and speed gradually started to come back. His latest run streak is 275 days.

"You can't beat hard work, you get back what you put in!"

His 10k and ½ marathon times are back to early 2020. He won Clowbridge 5k Spring Series earlier this year and had his first sub 18 5k at Podium. He did his first Grand Slam this year finishing 10th overall and 2nd vet40.

Passing his driving test last year has set Josh a new challenge- to do as many Parkruns as possible in under 20 minutes, currently at 15. Finally Josh feels he is ready to go "good for age" again . He will train for the Manchester marathon next year and try to get under 3hours 10 minutes, a massive difference to his first attempt in 2013.

**No matter how bad things are, never give up!**

## Race reports July – October 2022

Pendle & Burnley Grand Prix series -

July and August saw the last 5 races of this years PBGP series.

### **Race 9 - Hendon Brook Half Marathon – 3<sup>rd</sup> July**

13 runners took on this gruelling race which covered 13.5 miles with 2000 ft of climbing. It is believed to be the toughest road half marathon in the country. Well done team!

This race was the 9<sup>th</sup> in the Pendle and Grand Prix series.



### **Race 10 - Townley Park 10 km – 10<sup>th</sup> July**

11 ARR entered this local 10km race. It was a very hot day which made running a challenge. One of our newest members Ryan Tobin unfortunately succumbed to heat exhaustion less than ½ mile from the end. The medical team were quickly on seen and thankfully Ryan was fine.

Glen won his age category again! Glen and Josh ran sub 40min! Wendy finished 6<sup>th</sup> in the women's race.

Results: <https://www.ukresults.net/2022/town10k.html>



**Race 11 - Padiham Greenway – 14<sup>th</sup> July**

10 members took on this local race It begins with a 2.5km run up the Greenway then the same distance back down. Lots of PBs were recorded. Josh finished in 17:38, Dave Tomlinson gained a sub 20min 5km, Wendy and Julia finished in under 21min and everyone completed the race in under half an hour!



**Race 12 - Worsthorne Fell Race**

The penultimate race of the BPGP series. Josh, Glen, Adrian, Andy H, and Tommo took part. Glen won his age category with Tommo taking second V55.

**Race 13 - Boulsworth Fell Race.**

5 members took part in the final race of the series. A tough fell race with temperatures over 30c!

Back in May, 18 members took part in the first race of the PBGP series but only 2 went on to Grand Slam the full 13 races.



Massive well done to Josh and Andy.H for grand slamming, brilliant achievement!

Leo Woodstock age 14, has also completed the 8 race junior Grand Prix.



### Rochdale 10km – 5<sup>th</sup> July

8 runners took on this 10km points race in Rochdale. Glen finished 7<sup>th</sup> overall in an incredible time of 36:55 only days after completing the Hendon Brook half marathon!

Results:

<https://www.ukresults.net/2022/roch10k.html>



### Royton Trail Race – 13<sup>th</sup> July

While some members were enjoying a run and curry 6 took on the Royton Trail Race which was one of the points races. Glen once again won his age category, Lisa continued her great form finishing 2<sup>nd</sup> lady.



### Widdop fell Race – 14<sup>th</sup> July

Mick T and Joe C took on the Widdop fell race while other members were at Padiham.

Beginning at The Pack Horse Inn, the race begins with a fast paced dash down the road, picking up the trail to the moorlands overlooking Widdop reservoir. The race takes in 7 miles and 1,200ft of Calderdale’s finest fells



### Ingleborough Fell Race – 16<sup>th</sup> July

The July heat wave continued to make very tough running conditions. 6 members raced straight up and back down Ingleborough fell in Yorkshire. Lisa won her age category. Mick did well running his 2<sup>nd</sup> fell race in 3 days!



### Burnley 10km – 17<sup>th</sup> July

Another very hot day for running! 5 members took on the Burnley 10km. This race starts and finishes at Burnley FC

Results: <https://chiptiming.co.uk/events/run-for-all-burnley-10k-2022/>



### Tolkien Trail Race – 23<sup>rd</sup> July

Well done to Shane and Alison who took part in the 6.5 mile Tolkien trail race. This race takes you through the enchanting woods and epic scenery that inspired the stories of "The Lord of the Rings" and "The Hobbit". We also had some ARR members marshalling on the route.



### Hopwood Trot – 4<sup>th</sup> Aug

ARR were well represented in this race, with 12 out of the 189 runners coming from our club. The race consisted of 2 laps running round Hopwood Hall, Middleton. (5.5 mile in total). This was part of the trail championship which has come down to a 2 horse race between Glen and Josh.

Josh beat Glen on this one by 28 seconds! Glen finished 5th. Lisa continued her fantastic form finishing 4th lady . Glen, Josh and Lisa all won their age categories. Tommo ran 38 minutes despite "not feeling it" . Liam and Shane finished close to each other. Vanessa and Janet won their respective household cups against Johnny and Peter. Helen ran her usual steady race whilst Adrian " the legend " enjoyed himself and completed incident free.



### Half marathon races – 7<sup>th</sup> August

Alison took part in the Windmill half marathon while on the same day Sue and Ste McTigue raced in the Lancaster half marathon. Sue won the ladies race in 1:25:26, 5 minutes ahead of the next lady! Ste also got a PB. Well done all!



### Ullswater 20mil trail – 7<sup>th</sup> August

We are not just a running club! A group of ARR runners slowed down their pace for a change to walk the Ullswater 20 mile trail.

They had time to have a good chat while walking round this lovely part of the country.



### Kings Challenge Fell Race, Silsden - 11<sup>th</sup> Aug

6 members took on this 6 mile fell race starting in Silsden, Yorkshire on a lovely mid-week evening.

Lisa was second lady finisher.



### Ron Hill 10km – 13<sup>th</sup> August

Adrian was are only runner in the Ron Hill 10km race in Accrington.

### Blackpool Race the Lights – 14<sup>th</sup> August

Chris W, Michael W and his wife Kathryn all enjoyed running through the lights in Blackpool for this 10km race.





### Clowbridge Autumn Series

This popular race series was back for the autumn. There are 3 races in the series. The 5km race consists of 2 laps around Clowbridge reservoir.



James finished 2nd in the series and Dave T 3rd. Well done!



### Pendelton Fell Race – 27<sup>th</sup> Aug

We had a great turn out for this race. 12 members took on the tough race with brambles, bogs, steep climbs and very rough terrain. It was also a very hot and humid day.

Pam unfortunately had a fall near the start and had her first DNF.

Lisa was first lady finisher and Glen won his age category. King and Queen of the fells this year!

Brontie was second lady finisher and was joined by her sister from Canada.



## Rossendale Summer series

The Rossendale Summer Series consists of four races over four weeks.

Lee Mills, Whittle Pike, Pilgrims Cross and Golf Ball. The best of three to win.

### Lee Mills Fell Race – 27<sup>th</sup> July

This was part of the Fell Championship points race. Many runners have done this route before in the middle of winter so it was a refreshing change to run this in the warm weather! The theme for the summer continued with Glen winning his age category and Lisa finishing 2<sup>nd</sup> lady. Well done all!

### Pilgrims Cross – 17<sup>th</sup> Aug

Lisa, Katherine, Joe and Mick took part in the Pilgrims Cross fell race starting near Helmshore. Lisa was first lady finisher. Well done!

### Golf Ball – 24<sup>th</sup> August

The golf ball race is a 5.5 fell run starting from Loveclough. Runners race up the fell to the 'golf ball' before returning for a quick descent to the finish. The race involved 900ft of climbing! Well done to the 7 ARR who took part.

### Series winners:

- Lisa won the series for the ladies
- Mick T won his age category V55
- Joe C was runner up to Mick





### Garstang half Marathon – 3<sup>rd</sup> September

A great turn out today as 14 members took part in the Garstang 1/2 Marathon points race.

Michelle.B was 4th Lady and won her age category

Nancy.B won her age category

Dave.T won MV60 category

Well done to Shirley & Lucy for completing their first 1/2 marathon, you did amazing!

### Pennie Trail races – September

10 members took part in the Switchback trail race which was part of the Pennine Trails race series.

We also had 5 runners who competed in the 5km Hurstwood Hills trail race.

Joe L and David K completed all 3 races in this series.



### Great Whernside Fell Race – 17<sup>th</sup> Sept

Mick.T, Joe.C and Katharine took part in Great Whernside Fell race.

A short 4 mile 1,500ft climb in Kettlewell

### Waddington Fell Race – 25<sup>th</sup> Sept

7 members took part in the last fell points race of the year. This one involved 1362ft of climbing over 7 miles. Well done to everyone who has taken part in the points races on the fells this year.



## Weekend of 11<sup>th</sup> September

A very busy weekend for ARR with runners taking on fell races, 10ks and half marathons!

In one weekend we had:

**The Great North Run** – 5 runners took part. Well done all!

**Lancaster Jail Break 10km** – Chris W finished first in 36:13! It was also George Leech's first race representing ARR.

**Hodder Valley Fell Race** - 5 runners took part in this points race. Glen won his age cat again.

**Scafel Pike Fell Race** – Lisa P and Mick T took on this challenging fell race.

**Gorple Rocks Trail Race** – Joe L and David K took part in this trail race.



### Lancashireman Off-road marathon

Congratulations to Brontie who completed this gruelling 27mile off road marathon. The race covers off-road moorland, towpaths, fields and hills along the Burnley Way. Brontie was the send lady finisher in a time of 5:04:08.



**Sue McTigue** has had a great season with some amazing times in all distances. Sue had a aim of breaking sub 40min for a 10km this year. She has now done this on several races. See below for some of the times posted over the past few months. Well done Sue! Her husband Steve has also seen his times improving gaining several PB's too.

- Ormeau Parkrun 19:10
- Manchester half marathon 1:24:49
- Media City 10km – 39:22
- Fairhaven Lake 10km – 39:10 (1<sup>st</sup> lady)
- Southport 10km – 38:27

### Northern Relays – 25<sup>th</sup> September

The Northern 6 & 4 Stage relays are held in the shadow of the Etihad stadium in Manchester. We had 19 members compete on this fast course around the sports city complex. ARR entered 2 men teams (6 runners in each) and 2 women teams (4 in each).



## Social Runs

### Whitecroft 13<sup>th</sup> July

ARR enjoyed a run followed by a curry at the Whitecroft in Oswaldtwistle.



### Handicap Race – 16<sup>th</sup> Aug

A big thankyou to Graham who organised a fantastic Handicap race in Clitheroe in August.

Setting of from Roefield Sports centre and running the Ribble Valley 10k route. Great event 55 members ran setting off at different times aiming to all finish together.

The event was followed by an amazing pie and pies at Edisford Bridge

Dave.K won with Michelle.B runner up. Well done both.



## **The Bradford Millennium Way Relay**

Written by Graham Morris

Back in 2006, one of our lady members Kim Lowes suggested we enter The Bradford Millennium Way Relay. The event is one of the north's premier club relays and attracts teams from all over the north and in the early year's teams from Holland.

The event distance is 49 miles starting and finishing at Bradford and Bingley Sports Club. The route is classed as "very undulating", through some stunning Yorkshire Dale's countryside passing through Oxenhope, Laycock, Silsden, Ilkley, back to Bingley.

The race route is divided into 5 Legs with 2 x runners on each leg, thus making a team comprising of 10 x runners.

A team can be made up of men or ladies or mixed (5 x men & 5 ladies)

### **Routes**

#### **Leg 1:** -

Bingley to Penistone

10.4 miles - 1789 ft. climbing

#### **Leg 2:** -

Penistone to Laycock

9.4 miles - 1287 ft climbing

#### **Leg 3:** -

Laycock to Silsden

8 miles - 812 ft climbing

#### **Leg 4:** - BD20 OLH

Silsden to Ilkley,

8 miles - 1304 ft climbing

#### **Leg 5:** - LS29 9JF

Ilkley to Bingley

11 miles - 920 ft climbing

### **Winning Team From 2009**



## Finishing times for our teams

Year	Mixed Team	B Team	C Team	D Team	Vets	Ladies
	Time & Pos	Time	Time	Time	Time & Pos	
2007	7:26 (1st)	8:38				
2008	7:24 (2nd)	8:11	9:05			
2009	6:56 (1st)	7:59	9:20			
2010	6:49 (1st)	7:43	9:05		6:34	
2011	6:31 (1st) Course Record	7:36	8:24	9:02	6:12 (1st) Course Record	
2012	6:54 (2nd)	8:21	8:20	9:53	6:20 (1st)	
2013	-	07:52	07:56	08:10	6:16 (1st)	7:14 (2nd)
2014	7:02 (1st)	8:18	8:32	-	6:23 (1st)	-
2015	DNF	8:17	8:35	08:51	6:33 (2nd)	-
2016	6:55 (1st)	7:53	7:54	9:12		
2017	-	8.25	9.01	-	6:50 (2nd)	7:38 (4th)
2018	07:11	8:12	8:34			
2019	7:22 (1st)	8:02	8:02		6:53(2nd)	
2021	7:23 (2nd)		10:40		7:09 (3rd)	
2022	7:21 (2nd)		9:57		6:54 (2nd)	

### Some interesting facts.....

- We have entered this event for the last 16 years, entering 57 teams in total.
- Over these 16 years we have had 163 different members represent the club
- We have won the Mixed Race 7 x times & been Runners-up 4 x times
- Also won the Vets Race (runners over 35) 4 x times & been Runners-up 4 x times
- We are the most successful club in the relay's history.
- Carole Morris is the only member to have has competed in all events.
- Jo Hosker & Kaye Callaghan only runners to have raced all 5 legs.
- Sarah Ridehalgh fastest all-time female on Leg 5 -1:18 (2012)
- 2011 best event – 5 x teams entered, won the Mixed and Vets Race, both in a course record time.
- In 2007 Julia Hartley, Jo Hosker, Karen Jackson & Carole Morris all represented our club in the first event, 16 “years on” they all appeared in our 2022 team...



**List of appearances of current members**

Name 1	Name 2	Total
Carole	Morris	15
Graham	Morris	14
Debbie	Gowans	12
Martin	Bland	11
Joanne	Hosker	10
Andrew	Bush	10
Kaye	Callaghan	10
Paul	Gallagher	10
Sarah	Ridehalgh	9
Paul	Wickham	9
Mark	Hammond	9
Glen	Goodwin	8
Lisa	Parker	8
Chris	Halstead	8
Kath	Gregson	8
Ant	Ridehalgh	8
Kieth	Robinson	8
Mick	Leeming	8
Michele	Baker	8
Michael	Coward	8
Julia	Hartley	7
Lisa	Boyle	7
Tom	Batrick	7
Paul	Jackson	7
David	Sagar	7
Catherine	Derbyshire	6
Chris	Walton	6
Liam	Modem	6
Martin	Wilcock	6
Janet	Holden	6
Paula	Taylor	6
Mick	Bowkley	6
Neil	Thompson	6
Ruth	Dawson	6
Peter	Hoyle	6
Paul	Wilcock	5
Paul	Corrigan	5
Jim	Donohoe	5
Pam	McCullagh	4
Fred	Green	4
Peter	Blackledge	4
Karen	Jackson	4
Helen	Goodwin	3
Joe	Curran	3
David	Savage	3
Sue	Baron	3
Karen	Figel	3
Amy	Jackson	3
Richard	Smith	3



## Parkrun

2<sup>nd</sup> July – 24<sup>th</sup> September

Hyndburn	85
Burnley	47
Clitheroe	12
Witton	6
Pendle	6
Faskally Forest	4
Haigh Woodland	4
Fleetwood	3
Chester	2
Ellesmere Port	2
Harrogate	2
Kew Woods	2
Morecambe	2
North Yorkshire Water	2
Nothwich	2
Penrhyn	2
Preston	2
Centre Vale	1
Fell Foot	1
Hafan Pwlheli	1
Heaton	1
Isabel Trail	1
Lytham Hall	1
Millfield	1
Nant y Pandy	1
Newark	1
Newborough	1
Northside Beltline	1
Ormeau	1
Ormskirk	1
Pennington Flash	1
Penrhyn	1
Sherwood Pines	1
Skipton	1
St Marys	1
Talkin Tarn Country Park	1
Teignmouth	1
The Leas	1
Vogrie	1

Parkrun remains very popular with ARR. Over the past 3 months there have been 209 Parkruns completed by our members.

The total distance run was 1035km (643 miles).

39 different Parkrun venues were visited. From looking at the list you can see where some of our members have been going on their holidays.

At Faskally Parkrun in Scotland, Dave Savage bumped into the Jackson family by chance over 260 miles from home!

We have had some success recently too:

- James M has won both Hyndburn and Clitheroe
- Glen has won at Witton Park
- Julia first lady at Northwich, Hyndburn and Preston
- Lisa P first lady at Pendle
- Josh has won Witton
- Sue M has won Ormeau

