

ACCRINGTON ROAD RUNNERS NEWSLETTER

JAN 2023

VOL 4



Welcome to the winter edition of the Accrington Road Runners newsletter. Once again it has been a busy few months with runners competing in many events. We have had festive fun runs, 10km races, cross country, half marathons and even some members compete in marathons abroad!

The Accrington 10km race was back after being cancelled in 2020 & 2021. It was great to see how successful this event was. Thankyou to all of you that helped out on the day and the lead up to the event.

2022 has been a big year for the club. We have seen lots of new members join the club and several leave. The club moved to their new home at Accrington Cricket Ground and there have been some changes on the committee. Dave Sagar is the new president of the club and we have appointed two welfare officers to join the committee.

We have had lots of success this year particularly with the vets men's and women's team at cross country and relay events. There have been several runners finish first at various park runs across the country and lots of members gaining PBs in a range of distances.

The club has enjoyed many social events including park run and breakfast, social runs, Christmas party and a president run.

Best wishes and happy running in 2023!

MEMBER PROFILE

President Dave Sagar

Dave has been with the club for over 10 years and a committee member for 5 years. During covid Dave organised the risk assessments so we could keep the club running. He is now this year's President and says running has changed his life.

Dave is salesman for Elite Hardware, Architectural Ironmongery in Church and owns Ribble Valley craft Gins in Read. He has a 19 year old daughter. He is a big Burnley football fan.

He started running in 2011 as a bet. A friend bet he couldn't run a 10k so on 4th September 2011 he completed the City Of Salford 10k in a time of 45:01 and then went on to complete Great North Run on 18th September in a time of 1:44 and Blackpool to Fleetwood 10 mile on 2nd October in 73:18. The following year he got a place in the London Marathon and ran an amazing first marathon time of 3:37:42.

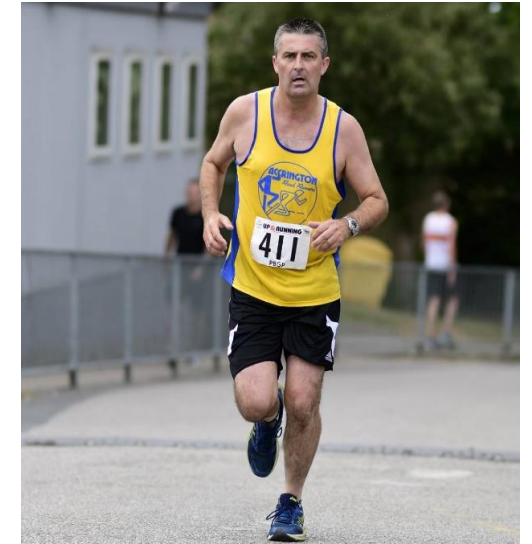
In his first 12 months of running Dave raised over £8000 for Kidney Research UK and East Lancs and South Cumbria Kidney Patients Association, charities close to his heart.

After training on his own he decided to join Accrington Road Runners and would use Tuesday night runs to build up his miles, winning "runner of the month" 3 times in a year. He has completed 13 marathons favourite one being London, the hardest one being Coniston which he signed for as a laugh thinking it would be nice and flat around the lake but it was up around the hills.

In 2018 he became a Grand Slammer completing the Burnley Pendle Grand Prix, one of his favourite series. He won an award for a fast time at Hendon Brook. Some of his memorable runs include the Freckleton half marathon in 2014 where he beat John Wiczorek and Burnley Lions 10k when Glen Goodwin collapsed because of the heat and he managed to beat him.

Dave is legendary for his "pub" runs and his Halloween fancy dress up Pendle Hill which he wants us all to join him on next year.

Dave's message: keep running, it clears your head.



ACCRINGTON 10KM

After a 2 year absence the Accrington 10km was back! A big promotion push during September and October helped make this event a success. The annual race is such an important part of the clubs year. It is the main fundraiser to keep the club going. Thankyou for everyone's effort in the lead up to the race and a huge thanks to all the marshals on race day. The feedback we have received has all been very positive.



MARATHON RUNNING

Our only member competing in the London Marathon was Shane Newton. Well done!

On the same weekend Alison competed in her 12th Kielder marathon! Well done.

We have even have members compete in marathons abroad. John Macholc ran the Budapest marathon while Sue and Steve completed the Frankfurt marathon.



HALF MARATHONS

10 members took on the **Manchester half marathon** at the beginning of October. Some great results:
Sue McTigue - won her age category again. Well done!
Steve McTigue - Steve has recorded several PB's in recent months. Not far off 1hr 40 for a half marathon now!
Matthew Long and our new members Scott Slater and Lee Rosthorn had great runs finishing in 1:32:21, 1:33:41 and 1:42:30 respectively.
Joe Lambert put in a good performance gaining a PB despite suffering from a knee injury. Lucy Taylor - great running, finishing under 1hr 45
Andrew Robinson - comfortably under 2 hrs
Christian Hill - so close to breaking the 2hr mark! Great effort
Chris Walton - finished in a super quick time of 1:17:06

Chester Half Marathon

While many members were running in Manchester, Laura Lewis ran the Shrewsbury Half Marathon winning her age cat in a time of 1:38:49. Well done!

Langdale Half Marathon

Katherine and Joe took on the very tough Langdale half marathon in the Lake District.

Disney Wine and Dine Half Marathon

Chris W finished 16th in the Disney Wine and Dine half marathon in Florida.



CROSS COUNTRY

The Red Rose Cross Country League is a popular race series with our members. Formed in 1970 the league was set up to encourage competitive cross-country running in the local area. The league holds four fixtures each year, usually from October to December. A special thanks has to go to Graham Morris who arranges race numbers and arrangements for these fixtures.

Fixture 1 - Vale Park, Todmorden

14 runners competed in the first Cross-Country race of the season in windy conditions. This tough route had several climbs and plenty of mud! Our Ladies Vet team had an impressive 2nd place finish with our Vet men finishing 4th.

Fixture 2 Townley Park, Burnley

An impressive 20 runners competed in the second race of the series at Townley Park. The Vets Ladies continued their impressive form finishing 2nd with the Vets Men finishing 6th.

Fixture 3 - Sefton Park, Liverpool

The 3rd race of the series involved a bit more travelling over to Liverpool. A good turn out once more for this muddy course. Glen continued his great form winning his age category with some excellent competition from top runners in the North West.

Fixture 4 - Marls Pitt,

The last race of the series took place at the notoriously muddy Marl Pits. The bog pit was kind to us this year and was only knee deep! Both our ladies and mens vet team finished 4th.

Well done to everyone for taking part. XC isn't for everyone but it's terrific fun



Accrington Road Runners
won a number of awards
during the 2022 Cross
Country season:

Vet women – 2nd place team award

Vet men – 3rd place team award

Lisa Parker – 1st place Vet 40

Glen Goodwin – 1st place Vet 55

CROSS COUNTRY AWARDS

2022 AWARDS

Road Races

Man Champion & Vet:

Glen Goodwin
(V70 –Adrian Melton)

Lady Champion & Vet -

Michele Baker

Fell Races

Champion - Lady

Lisa Parker

Champion – Man

Glen Goodwin

Trail Races

Champions - Man

Josh Woodstock/Glen Goodwin
(Joint winners)

Champion - Lady

Lisa Parker

Improvement

Most Improved:

Ben Lee

Most Improved New Member

Jonathan Oldham

Handicap 10k Race

Winner

David Kenniford

Runner-up

Michele Baker

David Graham Memorial Award

David Mallaby

Club Events – Most Appearances

Man

Liam Moden

Lady

Katherine Gregson

Sporting Award

Sue McTigue

London Marathon Draw Winner

Karen Figiel



FANCY DRESS

Some of our members have loved dressing up for Halloween and festive running events! We have had witches, monsters, pumpkins and even a lobster! Which one is the best?



RACE REPORTS

Within Skyline Fell Race

Lisa Parker continued her fantastic form in 2022 by finishing 2nd lady in the Within Skyline Fell Race. This 6.2 mile race includes 820ft of climbing starting in Penistone Country Park.



Autumn Breaker 10km

The Autumn breaker 10km is a two lap race around Stanley Park in Blackpool. James McLeod won the race in an amazing time of 36:40. Well done!



Gisburn Trail Run

4 members got muddy on the Gisburn Trail Run. This popular race sells out every year so you need to be quick if you want to run in 2023.

Preston Western Distributor Road 10km

The Rotary Club of Preston Guild organised a 5 and 10k races along the new Western Distributor Road to mark its opening. 4 members took part, Adrian won his age category.



Green Drive 5

Helen competed in the Green Drive Five which is a 5 mile road race starting and finishing on the historic 18th Century tree-lined footpath of Green Drive, Lytham.

Castle Carr Fell Race.

Mick T and Lisa P took part in the Castle Carr Fell Race which was 15 miles long with 4000ft ascent. A tough race!

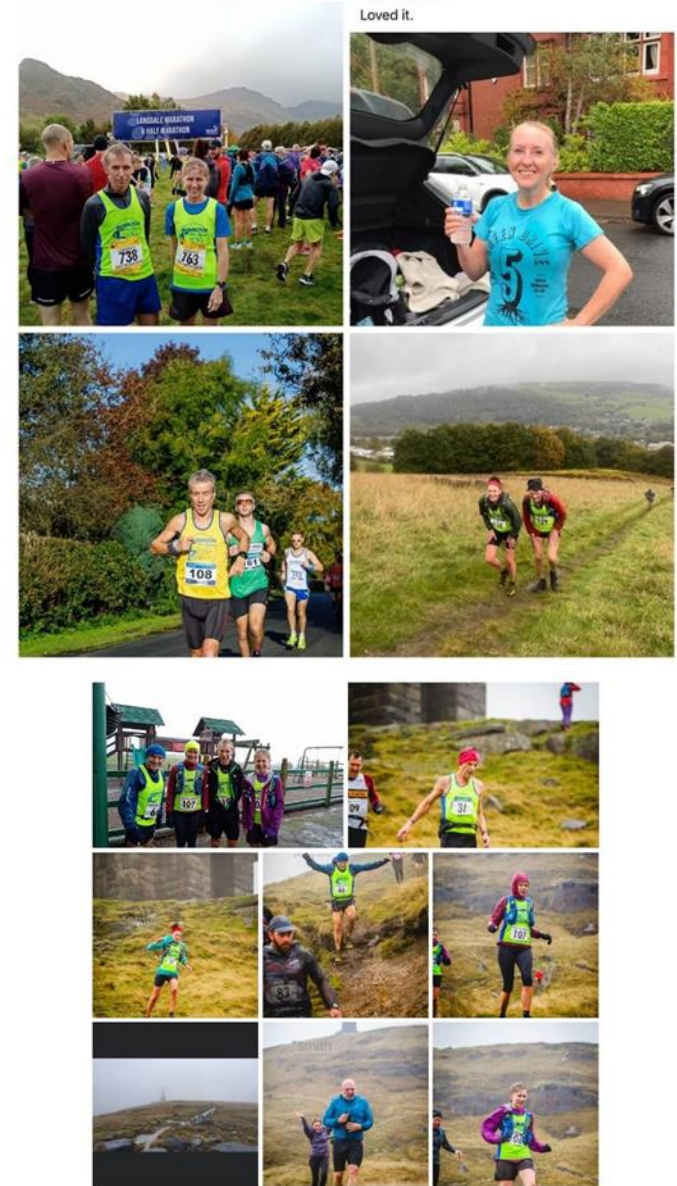
Elswick Express

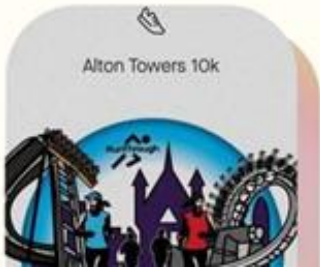
Paul.C got a P.B at Elswick Express 10 mile. Finishing in 6th place

Shepherds Skyline 10k fell race

7 members took part in the Shepherds Skyline 10k fell race in the wind and the rain!

Lisa P finished 2nd female and won her age category. Mick T also won his age category.





Remembrance 10km

It was a lovely day by the seafront at Lytham for the Windmill Remembrance Day 10k.

Well done to Michael, Shane, Johnny, Vanessa, Darrin and Steve on his first race

Alton Towers 10km

Adrenaline junkies Fred and Bethan competed in the Alton Towers 10km before having a day on the rides at the theme park.

Warrington Way Ultra

Nick ran 40km in this ultra-race in 7 hours! Well done!!



Bury 10km

Dave S ran the 1km fun run with his daughter Pippa followed by the 10km race.



Worden Park 10km

Michele and Keith took part in the Boxing Day Worden Park 10km race. Michele is finishing 2022 on top form by winning her age category!



Tour of Pendle

8 members took on this gruelling race which is 17 miles long and has 4800ft of climbing! Glen was our first finisher in 3:01, Lisa continued her tremendous form to finish second lady



Preston 10 mile race

The final points race in the year. Chris Walton finished in an amazing 1:00:33, George Leach was only 2 minutes behind him and Josh just after. All 3 finished in under 1:04 . Karen and Adrian both won their age category.



Blackburn 10km

9 of our members took part. James McLeod finished 12th , Andy R bagged another PB (2 in 2 weeks) Well done to everyone

Myerscough 10 mile race

10 of our runners took part in the Myerscough 10 mile race. Everyone enjoyed it and they got a cheese bomb each Adrian won his age category and Karen F got a PB



Ribble Valley 10km

Another popular race to end 2022. The Ribble Valley 10km starts and finishes at Eidsford Bridge, Citheroe. This year we had 19 runners compete in the sell out race of 1500 competitors. It was a cold morning but thankfully the heavy rain held off until later in the day.

Well done to all runners that took part in this post-Christmas race.

James McLeod was the fastest ARR finishing in 36:16!
Our youngest member Kamil finished in a great time of 38:04.

Matthew L was aiming for a sub 40min 10km. He finished on exactly 40min gaining a PB.



PARK RUN

Saturday morning Parkrun is still very popular with our members. We also have several members who volunteer every week at Hyndburn & Burnley.

1st Oct - 31st Dec

Event	ARR Runners
Hyndburn	93
Burnley	29
Clitheroe	8
Pendle	6
Skipton	6
Harrogate	1
Maryport	1
Cliffe Castle	1
Newby Bridge	1
Sittingbourne	1

Parkrun Takeover

On the 17th October, ARR took over the running of Hyndburn Parkrun. Many thanks for all the volunteers that helped out.



PARKRUN SUMMARY 2022

ARR have completed 705 Park runs during 2022

ARR have competed at 62 different venues



Total distance ran - 3525 km

Top 3

1. Hyndburn - 617
2. Burnley - 177
3. Clitheroe - 49

UPCOMING EVENTS

Diary of events

See the website and Facebook for more information regarding club races.

<https://www.accrington-road-runners.co.uk/events/>

Sat 7 th Jan	Lancashire Cross Country - Witton Park	
Sun 8 th Jan	Hit The Trail Race, Reddish Vale Country Park	Club Trail Race
Sun 15 th Jan	East Lancs Hospice 10km	Club Trail Race
Sun 5 th Feb	Blackburn Winter Warmer	Club Road Race
Sun 12 th Feb	Windy Hill Fell Race	Club Fell race
Sun 12 th March	Garstang Gallop 7 mile race	Club Road Race