

ACCRINGTON ROAD RUNNERS NEWSLETTER

APRIL 2023

VOL 5



Welcome to the spring edition of the Accrington Road Runners newsletter. The days are getting longer, spring is on its way and we have managed to run in the light on a Tuesday evening. We will also start to have some of our social/summer runs. These take place on a Tuesday evening with different locations each time. We run in 2 groups then meet back at a pub for food and drinks. See the website for more details.

Race season is upon us, many of our runners have taken part in races since the start of the year and we also have lots of runners taking part in marathon training at weekends. We have several members taking part in the Manchester and London marathon in April. Good luck!

This month we received a letter from East Lancashire Hospice thanking the club for our donation of £150. This money was raised at the Accrington Road Runners 10km. Thankyou to all the members who made this event happen.

We have an exciting new race on offer in July. Liam has set up the 'Reservoir View Fell race'. The race is 11km long and will take runners on to the fells near Hambledon Hill. More details will follow in the lead up to this race.

MEMBER PROFILE - MICHELE BAKER

Michele works as an External Scheduler for Safran Aerospace in Burnley, she has been there for 23 years and loves her job. When not working or running her two granddaughters aged 6 and 3 take up a lot of her time. Michele is currently Accrington Road Runners Membership secretary, organising renewals and England Athletics memberships. She has been on the committee since 2015 and been club president once.

Michele started running in 1999 when she got involved doing Race for Life at Witton Park with a work colleague. They both enjoyed it and did it again the following year. In 2001 they signed up again to Race for Life and whilst training for the 5k they decided to get a charity place for the Great North Run. In September Michele ran her first half marathon with very little training in an amazing time of 2hrs 9mins.

A friend suggested that she should train with a running club - Michele looked at Accrington Road Runners but the Tuesday training clashed with taking her sons to football practice, so she ended up running 4 miles every Wednesday after work with a friend.

Whilst working alongside Barry Brock he talked Michele into coming along to Accrington Road Runners. In September 2008 Michele joined group 3. The first run she did she was hanging on at the back and she thought she was going to die as it was fast! Determined to give it a go, she came back the following week and went into group 4 but only did a week with them before going back to group 3 and staying there. She registered to do her first Marathon, The Preston Guild in October 2012, but shortly before she suffered an injury and gave her place to someone else. Fortunately just after she found out she had got into the London Marathon. In April 2013 she ran her first marathon in a time of 4hrs 7 seconds. The 7 seconds didn't bother her until people kept pointing out she could have got under 4 hours so in April 2015 she went back to London and smashed her time running it in 3:49:48. She has run 7 marathons - Paris, New York and London 5 times - her best time being 3:44:59. Her favourite training run is the Preston Guild wheel. Her favourite race is Blackburn Winter Warmer, and she is not keen on fell running!

Michele has had a fantastic start to 2023 winning her age category in several races and now is a regular runner in group 1.

Michele's message -Get outside: fresh air and exercise is so good for your mental health!





PARKRUN - ADRIAN MELTON

23 ARR members braved the wind and rain on the 7th January to support Adrian's 250th Parkrun. This is a fantastic milestone for someone who only took up running at the age of 70! Well done Adrian!



2023 TRAIL POINTS RACES

Hit the Trail points race:

- 4 members braved the weather to take part in this 5 mile trail race near Stockport. Joe won his first race in his new age category. Pam and Josh bagged 100 point each

East Lancs Hospice 10km:

- We had 35 members take part in this popular local race. The wet weather made the paths muddy but this did not stop some great racing and fantastic results. We had 4 runners in the top 11 and category wins for Josh W, David T, Catherine D & Karen J.



2023 ROAD POINTS RACES

Blackburn Winter Warmer 10km

34 ARR turned out to tackle the dreaded Buncer Lane. James McLeod lead the team in with an 11th place finish. Along with numerous PBs, Michel, Nancy, Kamil and Adrian won their age categories.

We also won a team prize 🏆

Well done to everyone that ran. A great team event!



2023 ROAD POINTS RACES

Garstang Gallop 7mile

23 members took on this 7 mile race which starts and finishes in Garstang. This scenic race takes runners along country lanes on a undulating course.

We had a successful event with 5 finishers in the top ten!

Josh, Nancy, Janet and Adrian all won their age categories

Click here for the full results:

<http://www.garstangrc.co.uk/uploads/1/1/1/1/111171917/gallop23.pdf>

Well done to everyone that ran.



2023 FELL POINTS RACES

Windy Hill Fell Race

The first fell points race of the year took place over the hills and moors near Rochdale. The last half mile uphill to the finish was tough! Dave H led the team closely followed by Andy and Joe. Katharine gained 100 points for the first female ARR finisher across the line.

Although no team prizes were won, Pam did win a box of chocolates during the raffle 😊



HALF MARATHONS

Central Lancashire Half Marathon

Katharine, Shane, Vanessa and Christian raced in this half marathon which goes through picturesque countryside near Lea Town, Preston.

Liverpool Skyline Half Marathon

5 ARR took part in the Liverpool Skyline Half Marathon in March. The route goes from the Pier Head to Sefton Park and back along the prom finishing in front of the Liver Buildings. Scott was the first ARR over the line with an amazing time of 1:26:39! Well done to Scott, Dave, Matt, Stuart and John

Skipton Skiddadle Half Marathon

Despite taking a wrong turn Chris Walton finished 1st in this half marathon!

Great NW Half Marathon

Matthew L and Amy took part in this half marathon which takes place along the promenade in Blackpool.





BEST OF THE REST-FELL RACES



- Dave C and Joe C took part in the Stanbury Splash fell race on the 15th January. This 6.7 mile race crosses moorland tracks with a few river crossings and steep climbs, starting in the quarry bottom at Penistone Hill country park.
- Andy Orr who took part in the Wadsworth Trog, a gruelling 20 mile race with over 3,600 ft of climbing!
- Glen finished 2nd in his age category in the Flower Scar Race on the 19th February. Joe C also raced in the first of 2 races on this weekend.
- Joe C competed in the Midgley Moor 5 mile fell race near Halifax. Team mate Martin Bland also took part



BEST OF THE REST- FELL RACES

- In February 10 members took part in the tough Stan Brad Shaw race which involves racing 15km over Pendle Hill with 2000ft of climbing! Andy Orr lead the team home in a fantastic time of 1hr 20min. Katharine, Andy and Pam all achieved PBs on this race.
- Joe, Dave K, Martin, Liam, Katharine and Pam did the Heptonstall Fell Race, 15 miles and 3,200ft of climbing on this tough and undulating but rather beautiful course. It was extremely muddy and boggy but the views were stunning. The free Thai curry after was a real treat 😊
- Long Mynd Valleys Fell Race (11th Feb). Glen has been focusing on fell races since the start of the year. He raced this 11.5 mile fell run which included 4500ft of climbing!



BEST OF THE REST- ROAD RACES

- Chris W and George L took part in the Run Aintree 10k, Chris paced George round for a fantastic finish in 39:06.
- Chris W, George L, Matt L and Michael W also raced in the Trafford 10km.
- In March the Red Hot Toddy race took place over at Todmorden. Dave S (President Elect!), Michele, Neil and Keith all took part. It's a tough race with a 700ft climb at the start! Dave finished 30th and Michele won her age category
- On 12th March, Karen F & Steve M took part in the scenic 20 mile Trimpell race which takes runners around the Lancashire Lune Valley countryside.



BEST OF THE REST- ROAD RACES

- A bit further afield Karen and Paul raced in the Cyprus 10km. Paul won his age category. Well done!
- Martin and Matt L competed in the Garstang 10km on Sunday 8th January.



BEST OF THE REST- TRAIL RACES

Standish Hall Trail Race

James Mcleod finished in an impressive 7th place in this 10km trail race. Finishing time 40:12

Leighton Hall Trail Race

Chris W raced the 10km finishing in 5th place even though he took a wrong turn and fell over!

Katharine, Vanessa and Dave K did the inaugural half marathon route! This race starts at Leighton Hall before heading out to woodland trails and lovely coastal views of Silverdale.



KAMIL KUJAWSKI

Several months ago we welcomed our youngest member of the club - Kamil. On his first training night he arrived straight from school running in school shoes! He turns up every Tuesday night for training and has represented the club on numerous occasions.

Every race he competes in he gets quicker and quicker! See below for some of Kamil's times to date

19th Feb - Oulton Park 10km - 37:02

12th March - Garstang Gallop 7 mile - 43:20

19th March - Heaton Park 10km - 37:29 (2nd place!)



NEW RACE - RESERVOIR VIEW FELL RACE

Date - Friday 21st July 2023

Race organiser - Liam Moden (ARR)

Race route - Brand new fell race around the hills and fells of East Lancashire, taking in views of Hameldon hill and Mitchell House reservoir. Registration is at Accrington Cricket Club

Link - <https://www.facebook.com/events/583433757074893?ref=newsfeed>

Please help to promote this event.

Marshalls will also be required.



UPCOMING EVENTS

- See the website and Facebook for more information regarding club races.
- <https://www.accrington-road-runners.co.uk/events/>



Diary of Events – 2023

Jan 7 Sat
Jan 8 Sun
Jan 15 Sun

Lancashire XC Championships – Witton
Hit the Trail Race
East Lancs Hospice 10K

Cross Country
Club Trail Race (1)
Club Trail Race (2)

Feb 5 Sun
Feb 12 Sun

Blackburn Winter Warmer 10k
Windy Hill Fell Race – Oldham

Club Road Race (1)
Club Fell Race (1)

Mar 12 Sun

Garstang Gallop – 7-mile

Club Road Race (2)

Apr 2 Sun
Apr 13 Thurs
Apr 23 Sun
Apr 25 Tues

Darwen Half Marathon
Clowbridge 5k
London Marathon
Swan Two Necks - Pendleton

Club Road Race (3)
Club Trail Race (3)
Major Event
Summer Run

May
May 21 Sun
May 16 Tues
May 24 Wed
May 30 Tues

Calderdale Relay
Dog Otter/ Gamecock – Great Harwood
Wesham 10K
Coppice Fell Race

Team Relay
Summer Run
Club Road Race (4)
Club Fell Race (2)

June
June 11 Sun
June 13 Tues
June 16 Fri
June 20 Tues
June 25 Sun
June 27 Tues

Bradford Millennium Relay
New Waggoners - Burnley
Podium 5k - Barrowford
Moleside Fell Race
Trawden Trail
Hapton Fell Race

Team Relay
Summer Run
Club Road Race (5)
Club Trail Race (3)
Club Fell Race (4)
Club Fell Race (4)

July 1 Sat
July 11 Tues
July 12 Wed
July 15 Sat
July 20 Thurs

Gisburn Trail Race
Whitecroft Rest, Oswaldtwistle
Widdop Fell Race
Elswick Express 10 miler
Scorton Supper Run

Club Trail Race (5)
Summer Run
Club Fell Race (5)
Club Road race (6)
Club Trail Race (6)

Aug 15 Tues

Clitheroe – Ribble Valley 10k

Handicap Race

Sept 2 Sat
Sept 5 Tues
Sept 10 Sun

Derwentwater Trail Race
Read Conservative Club
Jailbreak 10k – Lancaster

Club Trail Race (7)
Summer Run
Club Road Race (7)

Oct
Oct 6 Fri
Oct 21 Sat
Oct 28 Sat
Oct 29 Sun

AGM Meeting - Accrington Cricket Club
British Fell Relays - Keswick
Race to the Summit
Accrington 10k we don't run this event; we marshal the route.

Social
Team Relay
Club Fell Race (6)
Marshals Please!

Nov
Nov 4 Sat

Shepherds Skyline

Club Fell Race (7)

Dec 2 Sat
Dec 10 Sun

Presentation Night – Accrington Golf Club
Blackburn 10k -

Social
Club Road Race (2024)