

ACCRINGTON ROAD RUNNERS NEWSLETTER

DECEMBER 2023

VOL 7



Welcome to the Autumn/Winter edition of the Accrington Road Runners newsletter. The days are getting shorter, so we are back to road running on a Tuesday evening. There has still been lots of racing taking place during the weekends including fell, road and trail events.

A big thankyou to everyone who was involved in the Accrington Road Runners 10km race on Sunday 29th October. We had lots of positive feedback after the race with lots of runners competing how supportive and cheerful the marshals were around the course. You can read more about the 10km race from our race director Neil Thompson in the newsletter. You can also read about the support the club has provided to a local foodbank and hospice.

The annual AGM was held in October. Members had the opportunity to discuss how the club is run. We also welcomed our new president for the next 18 months - Dave Savage. The date of the AGM will be changed to March every year so it was decided Dave would be president for 18 months rather than re-elect in 6 months. The club would like to thank Dave Sagar for his time as president over the previous year.

MEMBER PROFILE- DAVE SAVAGE

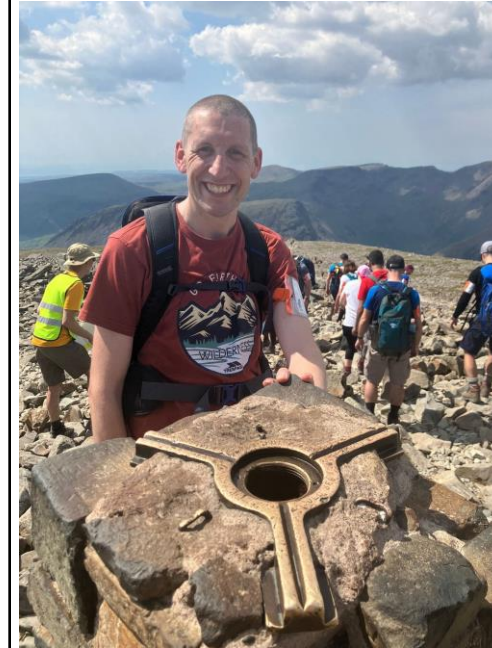
Dave joined the club in January 2017 after running the ARR 10km a few months earlier. He only took up running in his mid-thirties after he decided he would like to do the Liverpool marathon which he ran in May 2017. Dave became a regular runner for the club, competing in many races and taking part in team events such as the Bradford and Calderdale Relays. He was awarded most improved new member in his first year at the club. Dave started running in group 3 but quickly moved up to group 1 and later became a group leader. In 2022, Dave joined the committee as a welfare officer then in October 2023 he was voted in as the clubs President. He is very much looking forward to taking this role on for the next 18 months.

Dave moved to Accrington in 2010 to take up a position of Geography teacher then later Head of Geography at Woodhey High school. He had previously worked as an outdoor instructor in Wales and USA and worked at a Pupil Referral Unit in Liverpool. He lives with his wife Jenny and 2 children. You will often see his daughter Pippa (aged 10) compete in junior races before her dad races! In September 2022 Dave had a career change leaving teaching after 15 years of being a classroom teacher to take up a new role as a Community Rail Officer. His main role is to lead a project called 'Feel Good Field Trips' on behalf of Avanti West Coast and to teach students about rail safety. He is also working on developing Accrington Eco Station.

Running is a big part of Dave's life. He has found it helps with his mental health especially during his days working at a busy high school. Dave found the running club a great way of making new friends after moving to a new town. He enjoys socialising with members at races and watching Accrington Stanley with a group of runners at the club.

Dave's favourite race was the Liverpool marathon. He enjoyed running past his beloved Liverpool FC (not so much going past Everton!) and lots of the major attractions of his hometown. Dave has also enjoyed taking part in trail and fell running over the past few years with the Brun Valley 10km one of his favourite.

Running is the best way to clear your mind and relieve stress



ACCRINGTON ROAD RUNNERS - COMMITTEE

Dave Savage	President and Welfare Officer
Harry Haseley	Vice President
David Mallaby	Committee Chair and Social Secretary
Pam McCullagh	Club Secretary, Run Leader
Neil Thompson	10k Race Director
Fred Green	Treasurer
Liam Moden	Kit Manager, Club races co-ordinator
Graham Morris	Sporting Secretary
Michele Baker	Membership Secretary
Paul Jackson	Park Run & Council Representative
Katharine Gregson	Welfare Officer
Karen Jackson	Club Policies
Josh Woodstock	Committee Member, Run Leader
Chris Halstead	Assistant Race Director

Contacting the club

There are several ways at contacting the club if you have any questions or concerns:

- On a Tuesday evening when we meet for training.
- Facebook messenger
- email for general enquiries

accringtonroadrunners@hotmail.co.uk

The club also have 2 welfare officers which can be contacted using the details below:

Dave Savage (davearrwelfare@gmail.com)

Katharine Gregson (katharinearrwelfare@gmail.com)



AWARDS 2023

CONGRATULATIONS
TO ALL THE AWARD
WINNERS OF 2023



Award Winners 2023

Road Races

Men

Champion	Chris Walton
Veteran Champion	Josh Woodstock (V60 – Joe Curran) (V70 – Adrian Melton)

Ladies

Champion	Michele Baker
Veteran Champion	Michele Baker (V60 – Nancy Bailey) (V65 Janet Hoyle)

Fell Races

Champion - Lady	Bethan Walton
Champion – Man	Dave Hartley

Trail Races

Champion - Man	James McLeod
Champion - Lady	Katherine Gregson

Improvement

Most Improved New Member	Kamil Kujawski
Most Improved:	Scott Slater

Handicap 10k Race

Winner	David Kenneford
Runner-up	Andy Robinson

Club Events – Most Appearances

Man	Liam Moden
Lady	Katherine Gregson

Sporting Award

Nick Hargreaves

London Marathon Draw Winner

Pam McCullagh

ACCRINGTON 10K - A THRIVING COMMUNITY EVENT

Author - Neil Thompson (Race Director)

The Accrington 10K, held on October 29, 2023, by the Accrington Road Runners, was a resounding success, drawing nearly 450 enthusiastic participants. The event showcased the vibrancy and community spirit of Accrington, uniting runners of all ages and abilities.

A distinctive feature of this year's race was the stunning medals and T-shirts given to participants, celebrating Accrington's landmarks. These keepsakes were not only a memento of personal achievement but also a tribute to the town's heritage.

Participants were treated to goody bags, including the locally celebrated cakes from Clayton Park Bakery - a delightful touch that added to the event's local flavor. The commitment to providing such quality goodies reflects the organisers' dedication to making the event memorable for every participant.

The junior race, with nearly 50 young runners, was particularly inspiring. It not only encouraged fitness among the youth but also fostered a sense of community involvement. The success of this segment points to a bright future for the event, with a new generation of runners taking interest.

The post-race activities, including a presentation, raffle, and beverages at The Walton, offered a perfect wrap-up to the day. These social gatherings are crucial in building a sense of community and camaraderie among participants.

The Accrington 10K also stood out for its charitable aspect. The funds raised are a testament to the event's role in supporting not just the sport of running but also the broader community. The upcoming committee meeting to allocate donations underlines the event's commitment to making a positive impact.

Integral to the success of the event were its sponsors: Pierce Accounting, North Lancs Training Group, The Vella Group, Clayton Park Bakery, The Senator Group, Farley's Solicitors, Manchester Cabins, and SHYU Socks. Their support highlights the strong community-business partnership in the area, essential for such community events.

In conclusion, the Accrington 10K was more than a race; it was a celebration of community spirit, local heritage, and charity. Its success is a beacon of inspiration for similar community events, demonstrating how sports can bring people together for a greater cause.

ACCRINGTON 10K - FEEDBACK

Thank you all the Marshalls today
it was so well organised !
The medal and TShirts are Fab !
Makes the 4miles uphill worth it

Excellent organisation as usual and endorse
all the tributes to the volunteers on the
course at the start and finish an amazing
job done by all thanks

Very enjoyable and well organised
event ! Marshals were excellent and
medals and tee shirts the best I've
seen congratulations on running a
cracking event to all involved

Excellent race from
booking through to start
and finish - thankyou



ACCRINGTON ROAD RUNNERS SUPPORTING THE LOCAL COMMUNITY

During November and December many ARR members donated food and other items to Clayton Baptist Church Food Bank. On the 12th December around 30 members ran down to the church to help unload the car with all the donations from the club members. We heard from Pastor Anne who told us how the foodbank operates and how the donations will help. The church have made over 400 Christmas parcels for families in the local area.

On 22nd December, Dave S and his daughter Pippa helped deliver some of these parcels to families in Accrington and Clayton.

Accrington Road Runners have also donated £200 this Christmas to Derian House Childrens Hospice and decorated a 'Tree of Love'

Half of the money was donated by Mark and Rachel Strutz. They won an auction last Christmas but the day out did not happen so they wanted to donate the money to charity. Thankyou so much.

Pam and Katharine visited Derian House to decorate the tree.





RED ROSE 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 to Graham Morris who arranges race numbers and arrangements for these fixtures.



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

Fixture 1 - Vale Park, Todmorden

We had 21 runners (17 men and 4 ladies) competing in the first event of the season. Conditions were good, the course was tough with several climbs and descents with the usual mud!

Our men's team had their best finish with an impressive 2nd place finish overall including 5 men in the top 30. The ladies team finished 10th overall which was a great result considering we only had 4 ladies running.

Fixture 2 - Leverhulme Park, Bolton

17 runners took on this very muddy course which includes a river crossing and steep woodland climb.

The men's team finished 5th overall but an impressive 2nd in the Veterans race. The ladies improved from the last race at Todmorden and finished 8th overall.

Fixture 3 - Sefton Park

Another good turnout. 15 runners (12 men and 3 ladies) travelled by minibus travelled over to Liverpool to take part in this race.

Our men's team finished 6th overall with James, Glen and Josh all finishing in the top 20. Well done!

Fixture 4 - Marls Pitts

Unfortunately, due to freezing temperatures the last race in the cross-country series has been postponed until the 20th January 2024.

2023 CLUB RACES- FINAL STANDINGS

Club Races don't need to be too competitive. We class them as "club events" where our members gather, complete the run and share the usual post-race refreshments. If you want to race that's OK, alternately just run the route and enjoy. We also use the Club Races as a guide for the Most Improved Runner awards and The Club Championships (road, trail and fell). Scores from your best 4 races out of the 7 will count to your final rankings. Scoring: winner of each race 100 points, 2nd place 99 points and so on.



2023 ROAD POINTS RACES

Races		WW10K	GG	DHM	Wes	Pod	Elswick	Jail		Total
Road		Best four scores from all races to count								
Men	Age									
Chris Walton	MSEN		100	100		97	100	100		400
James McLeod	MSEN	100	99		99	99	99			397
Kamil Kujawski	MSEN	99	98		100	100				397
Josh Woodstock	M40	97	97	99	98	96	96			391
George Leach	MSEN	96		98			97	99		390
Adrian Melton	M75	77	81	92	92	90	96			370
Liam Moden	M55	88	87	93	96					364
Michael Whewell	M55	85	85	95				98		363
Scott Slater	MSEN	98				95	98			291
Paul Gallagher	M60	95	94	97						286
Christian Hill	MSEN	84		94	95					273
Andrew Robinson	M45	86	84			92				262
Peter Hoyle	M60	79	82		93					254
Glen Goodwin	M55			96		98				194
David Savage	M40	92	95							187
David Tomlinson	M55		91			94				185
Dave Sagar	M45		83		97					180
Neil Thompson	M40	91	89							180
Martin Bland	M55	90	88							178
Keith Robinson	M55	82			94					176
Martin Kerry	M60	89	86							175
Ryan Tobin	MSEN		96							96
Nick Hargreaves	M45	94								94
Dave Hartley	M50		93							93
Tony Booth	M45					93				93
Joe Curran	M60	93								93
Matt Long	MSEN		92							92
Mark Strutz	M45					91				91
Andrew Orr	M50		90							90
Steve McTigue	M55	87								87
Michael Brooks	M55	83								83
Stephen Teasdale	M50	81								81
Fred Green	MSEN	80								80
Paul Jackson	M70	78								78

Races		WW10K	GG	DHM	Wes	Pod	Elswick	Jail		Total
Road		Best four scores from all races to count								
Ladies										
Michele Baker	W55	100	100	100	100					400
Katherine Gregson	W45	97		95	99	100				391
Nancy Bailey	W60	99	99	99						297
Janet Hoyle	W65	94	98		98					290
Shirley Yuan	W45	95		98						193
Helen Dickson	VW55	93			97					190
Bethan Walton	WSEN	98								98
Pamela McCullagh	W45			97						97
Emma Belton	W40			96						96
Vanessa Oldham	W50	96								96
Karen Figiel	W60	92								92
Karen Jackson	W65	91								91

46 different runners have taken part in a road points race this year!

Congratulations to **Chris Walton** and **Michele Baker** who are the 2023 Road Champions!

2023 TRAIL POINTS RACES

Races		HtT	ELH	Clow	Traw	Sco	Gis	Kes		Total
Trail		Best four scores from all races to count								
Men	Age									
James McLeod	MSEN		100	100		100	100			400
Josh Woodstock	M40	100	99	97	99	99				397
Liam Moden	M55	98	88	92	91	97	95	99		389
Adrian Melton	M75		76	82	90	96				344
Joe Curran	M55	99			98	98				295
David Tomlinson	M55		92	95	97					284
Martin Bland	M55		90		96		97			283
Stephen Teasdale	M50		80	84	93					257
Kamil Kujawski	MJ		98		100					198
Scott Slater	MSEN		97	99						196
Ryan Tobin	MSEN		96	98						194
Ben Lee	M40		94	96						190
Nick Hargreaves	M45		91	94						185
Michael Whewell	M55		85	88						173
Fred Green	MSEN		83	85						168
Peter Hoyle	M60		77	83						160
Graham Morris	M55							100		100
Chris Walton	MSEN						99			99
George Leach	MSEN						98			98
David Kenneford	M50						96			96
Matt Long	MSEN		95							95
Andrew Hollas	M55				94					94
David Savage	M40		93							93
Michael Coward	M50			93						93
Mark Strutz	M45				92					92
Dave Sagar	M45			91						91
Michael Broduy	M55			90	95					90
Scott Howard	M45		89							89
Martin Kerry	M60			89						89
Neil Thompson	M40		87							87
Keith Robinson	M55			87						87
Andrew Robinson	M45		86							86
Andrew Hollas	M55			86						86
Christian Hill	MSEN		84							84
Chris Clarke	MSEN		82							82
Steve McTigue	M55		81							81
Shane Newton	M45		79							79
Jonathan Oldham	M50		78							78
Lee Rosthorn	MSEN		75							75

Trail		HtT	ELH	Clow	Traw	Sco	Gis	Kes		
Ladies										
Katherine Gregson	W45		98	97	99	100				394
Pamela McCullagh	W45	100	94	96	97		100			393
Bethan Walton	WSEN		99	99						198
Nancy Bailey	W60			98	100					198
Vanessa Oldham	W50		96		98					194
Carole Morris	W55							100		100
Michele Baker	W55			100						100
Catherine Derbyshire	W45		100							100
Shirley Yuan	W45		97							97
Janet Hoyle	W65			95						95
Amy Leeming	WSEN		95							95
Karen Jackson	W60		93							93
Rachel Wilcock	W40		92							92
Karen Figiel	W55		91							91

54 different runners have taken part in a trail points race this year!

Congratulations to **James McLeod** and **Katherine Gregson** who are the 2023 Trail Champions!

2023 FELL POINTS RACES

Races		WHF		Mole	Hap	Wid	With			Total
Fell		Best four scores from all races to count								
Men	Age									
Dave Hartley	M50	100		100	100		99			399
Andrew Orr	M50	99		97	99		100			395
Joe Curran	M60	98		96	98	100	98			394
Liam Moden	M55	94		91	93	98	96			381
David Kenneford	M50	97		95	96					288
Martin Bland	M55	96					97			193
Michael Brooks	M55			94	97					191
Kieth Robinson	M55			93	95					188
Andrew Hollas	M55			92	94					186
Tom Pasco	MSEN			99						99
Glen Goodwin	M55					99				99
Scott Slater	MSEN			98						98
Fred Green	MSEN	95								95
Andrew Robinson	M45				92					92

20 different runners have taken part in a Fell points race this year!

Congratulations to **Dave Hartley** and **Bethan Walton** who are the 2023 Fell Champions!

Ladies		WHF	Cop	Mole	Hap	Wid	With			
Bethan Walton	WSEN	99	100	100	100					399
Pamela McCullagh	W45	98	97	99	99	100				396
Katherine Gregson	W45	100								100
Vanessa McCourt	W45		99							99
Angela Clulow	W35		98							98
Rachael Strutz	W40				98					98

2023 TRAIL POINTS RACES



Glen, Carole and Liam represented the club on the last trail points race of the year at the Keswick 10km trail race.

It was a tough race in the heat, however Graham finished in 2nd place overall. Well done!

2023 ROAD POINTS RACES



Jailbreak 10km

The Lancaster Jailbreak route takes part in the Luneside countryside. It is a flat course, but this race has a tough $\frac{1}{4}$ mile finish up to the castle.

Chris W, George L & Michael W competed in the last road points race of the year.

Chris finished 2nd and George got a PB!

2023 FELL POINTS RACES

Martin, Dave H, Andy O, Joe and Liam competed in the **Withins Skyline fell race** which was a points race. Congratulations to Dave Hartley who is the fell champion for 2023.

The photo of the team didn't quite come out as expected. Can you guess the runner by their feet?



The last fell points race of the year was the **Shepherds Skyline fell race**. A tough 6 mile race up and over a very boggy and wet Stoodley Pike. Well done to the hardy group that took part.

BEST OF THE REST - TRAIL RACES


Holcombe Two Towers Race

- 8 members took on this challenging course over Holcombe Moor. Glen and Joe won their age category. Well done!

Ultramarathon


- Nick's latest ultramarathons involved a 35-mile run with almost 4500ft of climbing. A couple of weeks later Nick completed a 40-mile trail run around the Warrington Way! Amazing running Nick 😊.



 Nick Hargreaves ...
Today at 8:42 AM · North York Moors National Park, England

North Yorks Ultra 55km. 6hrs 55min.
4500ft elevation and lots of mud! 🌲🏃
😄😄

Distance	Elev Gain	Achievements
34.39 mi	4,449 ft	🏆🏆🏆 27

 This was Nick's 3rd fastest time in the 50k!



BEST OF THE REST- ROAD RACES

Blackpool Run the Lights 10km

- Peter and Janet took part in the Blackpool 10km 'race the lights' at the end of August.

Keswick Half Marathon

- We had 6 runners take part in the Keswick half marathon. It was hilly and it rained for most of the race!

Warrington Half Marathon

- Chris W & Michael W competed in this half marathon.

Lancaster Fitness Day 10km

- Kamil continued his great form of 2023 finishing this 10km in 36.32!

Chester Metric Marathon

- Susan E took part in this race which is the furthest she has run. Well done!



BEST OF THE REST- ROAD RACES

Rochdale Half Marathon

- Adrian was not content with just the 10km, he ran double the distance completing a half marathon.

Valencia Half Marathon

- Chris W travelled to Spain in October to take part in the Valencia Half Marathon, finishing in an impressive time of 1:19:23

Cromford Cobbler

- Chris H took part in this challenging race in the Peak District. The race covered over 12 miles with almost 2400ft of climbing.

Green Drive 5

- Helen D took part in the Green Drive 5 mile race which takes part on the roads around Lytham.



BEST OF THE REST- ROAD RACES

Alton Towers 10km

- Thrillseekers Bethan, Fred and Chris took part in the Alton Towers 10km then enjoyed an afternoon of riding the rides at the theme park.

Windmill 10km

- Shane and Steve took part in the Windmill 10km in Lytham.

Wesham 10km

- 9 runners competed in the Wesham 10km, a fast course. Well done to Ryan and Susan who both gained a PB.

Christmas Cracker 10km

- Kamil finished 4th place in the Christmas Cracker 10km with a fantastic time of 36:57.



BEST OF THE REST- FELL RACES



Scafell Pike Fell Race

- Pam, Katherine, Joe C, Martin and Dave K took part in the challenging Scafell Pike Fell Race! Most of the team won a prize. Well done!

Langdale Horseshoe Fell Race

- Joe ran the very tough and very foggy Langdale Horseshoe fell race. It's 12.5 miles over fells with 4,600ft climb!

English Fell Championships Results

- Glen has been competing in the English Championship series over 2023 finishing in 7th place overall. A fantastic achievement!

Tour of Pendle

- On the 18th November, 9 members of the team took part in the Tour of Pendle. This is a tough race covering almost 17 miles across the fells around Pendle Hill. A big well done to Glen, Ryan, Chris H, Nick H (only 7 days after his 40 mile ultra!?) Martin, Dave K, Joe, Katharine and Liam



GREAT NORTH RUN

Dave S, Vanessa, Andrew R, Shane N & Andy H all took part in the Great North Run.

The race started off in glorious sunshine however in the afternoon a huge thunderstorm lead to flash flooding with thousands of people left stranded in South Shields!



MANCHESTER HALF MARATHON

Massive well done to the 13 ARR who took part in the Manchester Half Marathon.

Most of group 3 travelled in a minibus to Manchester for the race.

Shirley, Andrew R, Michael, Angela, Ste T, Johnny and Vanessa all got a PB!

The hard work with training paid off.



CLOWBRIDGE RESERVOIR AUTUMN SERIES

The Clowbridge 5km autumn race series involved 3 races during September.

We had some fantastic results with James McLeod winning the series 🏆 🙌

Kamil Kujawski claimed 2nd place, Josh Woodstock finished 4th and Ben Lee finished 7th overall.

Well done to everyone in the team that took part in these races.



PARKRUN

Millwater parkrun Auckland

Parkrun is always popular with our members. ARR did their annual Parkrun takeover in October. Steve Teasdale celebrated his 200th Parkrun with 100 of them taking part at the Hyndburn Parkrun. Karen F completed a Parkrun in New Zealand! Janet and Peter travelled to Poland to complete the Zielony Parkrun as part of their attempt to complete a Parkrun starting with every letter of the alphabet!



Steve
TEASDALE (A3510798)

100

200 parkruns total



FESTIVE FUN!

