

ACCRINGTON ROAD RUNNERS NEWSLETTER

APRIL 2024

VOL 8



As we stride into the heart of 2024, we have been met with relentless downpours and gloomy skies. The rain has transformed many of our familiar running routes into muddy trails testing our resolve. However, our runners have displayed remarkable resilience, eagerly participating in numerous races across various terrains despite the adverse weather conditions. We once again have had some fantastic performances which you can read about in this newsletter.

We recently held out AGM which has moved from October to April every year. Thankyou to all the members that attended and contributed to the discussions. We welcomed Nick Hargreaves to the committee who has become our new 10km race director. The club would like to thank Neil Thompson for all his hard work in making the 10km race so successful for many years. We also set the fees for the next year. The annual membership has had to increase slightly to £40 which we still think is excellent value for money! If not already done so new members and existing members can sign up by clicking on this link - <https://membermojo.co.uk/arr>

In this newsletter you will see the wide variety of races our members have taken part in. We are sorry if some have been missed out.

MEMBER PROFILE-KATHARINE GREGSON

Our runner this month is our welfare officer Katharine who joined Accrington Road runners in 2013 and has been on the committee since 2022.

When and why did you start running?

I started running in October 2007. I went to watch my brother run in the Lady Godiva 1/2 marathon in Coventry. Watching everyone running that had trained for months was inspiring. So the following week I started with a run/ walk round the block. Determined to keep it up I booked on the Ribble Valley 10k and completed my first 10k that year.

What are your achievements?

I've completed six marathons :

Blackpool 2008, Preston Guild 2012, London 2014, Dublin 2016, Manchester 2021, Leeds Rob Burrows 2023

I did win first lady in a race in Oct 2015. It was a very low key ½ marathon in Stratford upon Avon called Crispin Crispian. It was a race held on St Crispin's day, dressed in medieval fancy dress and a handmade bow and arrows.

What's your most memorable race?

Doing the London marathon dressed as a cave girl with Karen. We got lots of Yabba Dabba Doos as we went round. Last September five of us decided we were going to do the Scafell Pike fell race. It's a 4.5mile 3000ft mountain race. It started at 1pm and the temperature was rising. We'd done Penyghent, Ingleborough and Whernside previously in the year. How hard could it be! The men shot off and myself and Pam stuck together, we were soon at the back. There was a moment not too far into the race where we sat on a style and looked at each other debating whether we should turn around and go back. It was so hot and tough but we'd travelled over two hours to get there so we said we'd carry on a little further and eventually we made it to the summit. The views were amazing, such a clear day I'm so glad we persevered and made it. It took us 2 hours 46 mins and we finished last but we both won an age category prize 🥳

What's your favourite run?

I like doing trail /fell running at the minute. Each run up a hill is always different. The views are amazing. The weather can change so suddenly you can set off and it can be sunny but start climbing and there's snow under foot.

One of my favourite runs of the year has to be the Turkey Trot in December. It signifies the start of Christmas, there's fancy dress, mud and a great atmosphere. A brilliant event to be part of.

What are you most proud of?

I was proud to win the trail champion trophy last year.

Finishing Tour of Pendle in November 2022 was a tough challenge! Nothing can prepare you for the Big End at 14 miles. After already climbing 1000 metres you have to ascend 150 metres of climb in 250 metres, a gradient of over 30'. Staying together as a team and getting each other round.

Last year I encouraged some of my work colleagues to walk a 5k Race for Life. We raised nearly £1000 for Cancer Research. Earlier this year I completed an abseil down Coventry Cathedral to raise money for a local hospice. It was one of the scariest things I've ever done.

Goals for the future.

Just to keep going! I am aiming to do the Pennine Trails marathon in August and there will be a group of us doing the Tour of Pendle again.

Don't be afraid to give things a go. You might enjoy it!



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
Nick Hargreaves	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)



2024 CLUB ROAD RACES

- 1. Dec 10 Blackburn 10k
- 2. Feb 4 Blackburn Winter Warmer 10K
- 3. Mar 3 Red Hot Toddy 10k
- 4. May 12 Blacksticks Blue 10K
- 5. July 7 Hendon Brook Half Marathon
- 6. July 17 Greenway 5k
- 7. Oct 20 Green Drive 5 mile

BLACKBURN WINTER WARMER 2024



We had 24 runners take part in the Blackburn Winter Warmer 10km
James, Glen, Kamil and Catherine won their age categories.
We also won the team prizes for team of 10 & team of 20

RED HOT TODDY 10KM



This race starts with a lap of Centre Vale Park then a steep climb to Sourhall. After the tough climb runners can enjoy the fast decent along Bacup road back to Todmorden.
Leo, Catherine, Kamil and Janet were 1st in their age categories. We also won the mens team prize.



2024 CLUB TRAIL RACES

- Jan 14 East Lancs Hospice
- Feb 24 Standish Hall
- Mar 17 Roddlesworth Roller
- June 19 Hurstwood Trail
- Aug 4 Worsthorne Trail
- Sept 8 Yarrow Valley Splash
- Sept 19 Clowbridge 5k

EAST LANCS HOSPICE 10KM



We had 28 runners take part in the East Lancs Hospice 10km!

James Mcleod (4th), Josh Woodstock (10th) and Kamil Kujawski (12th) all ran sub 40min!

James, Kamil, Catherine D and Adrian all won their age categories!

The Oldhams (Vanessa and Johnny) both got massive PBs on this course 🎉 Andrew Robinson also recored a PB. Well done team!

STANDISH HALL



The wet weather meant this course was very muddy! However this did not stop 19 ARR take part in this points race. We had 3 finishers in the top 10. James 2nd place, Kamil 5th and Josh 10th. ARR won a team prize and there were also prizes for Dave T, Adrian and Janet. Well done team!

RODDLESWORTH ROLLER



The Roddlesworth Roller is a friendly 9km trail race on good paths/roads around lakes and through woods. We had 9 runners take part in this points race with Josh and Janet winning their age categories.



2024 FELL RACES

Mar 23	Boulsworth Bog
May 27	Bowley Hill
June 1	Kelbrook
June 26	Eddies Reveng
July 9	Hameldon Quarry
Aug 28	Holcombe Two Tower
Nov 10	Wadsworth Half Trog

BOULSWORTH BOG FELL RACE



11 members took part in the Boulsworth Bog race which is a 7.5mile race starting at Wycoller. Glen finished 5th overall and Katharine won a prize in her age category. Well done!

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, however the last race of the series at Marl Pitts had to be postponed due to the freezing weather. The race was rescheduled for January 2024.

A special thanks to Graham Morris who arranges race numbers and arrangements for these fixtures.

After 4 races the men's team finished 3rd overall
while the men's veterans team finished 2nd!

Thanks to everyone who took part in the 2023/24
series



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 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

9 runners took part in the re-arranged race at Marl Pitts after freezing temperatures caused the race to be postponed until the 20th January.

The men's team finished 3rd and the Vets 2nd

BEST OF THE REST- ROAD RACES

Stockport Daffodil 10km

- Kamil came 31st in the Stockport Daffodil 10k with time of 37:38, fantastic running!

Williamson Park 10km

- Chris W finished 3rd in the Williamson Park 10km in Lancaster.

Blackpool 10km

- Steve T and Rachel S competed in the Blackpool 10km in February. Steve gained a 10km PB. Well done!

New Longton 10km

- James M completed this 10km in 35:14! Amazing running.

Chester 10km

- Shane raced in the Chester 10km.



BEST OF THE REST- ROAD RACES

Fleetwood 10km

- Kamil battled against the wind to finish 5th in the Fleetwood 10km race!

Three Bridges 10km

- James finished in a very impressive time of 35:48 in this 10km race which takes place in Lancaster.

Brun Valley 10km

- 5 runners took part in the Brun Valley 10km race which starts at Thompson Park, Burnley. Catherine won her age category. Well done!

Chorley 10km

- Shane took part in the Chorley 10km which was a tough race in the heat. Well done!



BEST OF THE REST- HALF MARATHONS

Liverpool

- Jennie took part in the Liverpool half marathon in her hometown.

Inskip Half Marathon

- One of our newest members - Rachel competed in the Inskip half marathon finishing in under 2 hrs. Adrian also took part in this race.
- Rachel also completed the Great NW half marathon in Blackpool.

Wigan Half Marathon

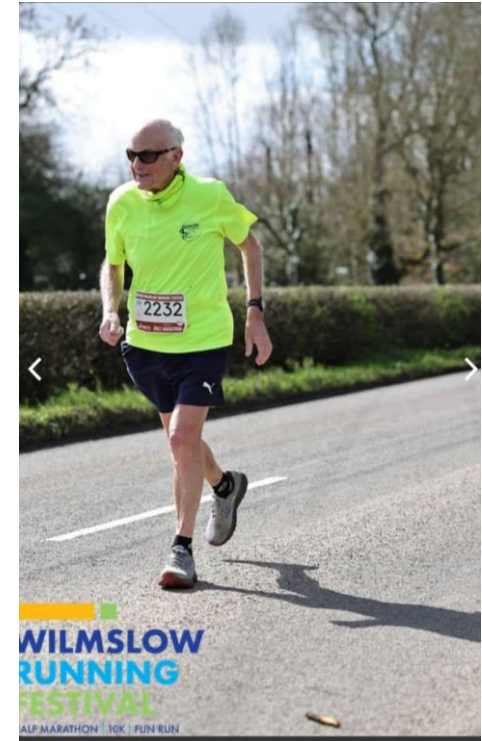
- Chris W came 11th at the Wigan half marathon in a cracking time of 1:21

Wilmslow Half Marathon

- Congratulations to Adrian who took part in the Wilmslow Half Marathon.

Pendine Sands Half Marathon

- Chris W finished 1st, breaking the course record in the Pendine Sands Half Marathon in Pembrokeshire. Around half of this course involves running along the beach! Well done Chris.



BEST OF THE REST- TRAIL RACES

Pendle Way In A Day

- In February, Chris H completed the Pendle Way In A Day Ultramarathon. The race is 45 miles long! Amazing effort Chris!

Leighton Hall Trail Half Marathon

- Vanessa, Johnny, Martin and Dave K take part in the Leighton Hall trail half marathon. This route covers the trails surrounding Silverdale and Carnforth in an area of outstanding beauty.



Christopher Halstead

Yesterday at 8:02 AM · Borough of Pendle, England

PWIAD 45 miles

Pendle Hill (557 m) | summitbag.com



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

Distance
44.72 mi

Elevation Gain
6,791 ft

Moving Time
10:36:18

Avg Pace
14:14 /mi



BEST OF THE REST- TRAIL RACES

Pendle 5 mile trail race

- Helen took part in the Pendle 5 mile trail race. This scenic route starts from Barley and includes tracks, fields, woodland and riverside paths.

Bailden Trail Half Marathon

- 8 ARR took part in this challenging race across woodland trails, canal towpaths and open moorland in the Yorkshire countryside.



BEST OF THE REST- FELL RACES



- **Hoofstones Fell Race**

- Joe, Dave and Martin took part in this 8 mile fell race over the moors near Todmorodon.

- **Hebden Bridge Fell Race**

- 14 members took on the 15 mile Hebden Bridge Fell race in January. This was a tough over hills and moors in West Yorkshire. Well done everyone!

- **Bleasdale Fell Race**

- 11 runners took part in the 5 mile Bleasdale Circle fell race. Glen finished 5th overall and won a prize for being first in his age category. The Oldham family also ran their first fell race.

BEST OF THE REST- FELL RACES



Heptonstall Fell Race

- 4 members took part in the 15 mile Heptonstall Fell Race in March. Katharine and Joe C ran this race the day after competing in the Boulsworth Bog race!

Pendle Dark Dash

- Katharine, Joe and Dave completed the Pendle Dark Dash, a run over Pendle in the dark! The race was all in aid of Mountain Rescue. Our very own mountain rescuer Mike B was on hand to welcome them back

Rivington Pike Fell Race

- Katharine, Vanessa, Johnny, Joe and Dave T all took part in this short but steep race. Joe even cycled there, did the race and cycled home!



MARATHON RUNNING



Well done to the amazing marathon runners that represented the club in March!

Rachel took part in the **Rome marathon** which was tough going in the Italian heat!

Christian, Ryan and Shirley & Andrew S ran the **Manchester marathon**. Christian gained a PB, It was Shirley's first marathon and Ryan's first road marathon!

Pam won the club's **London marathon** place. As you can see by the picture she loved it!



CLOWBRIDGE RESERVOIR SPRING SERIES

The Clowbridge 5km spring race series involved 3 races during April.

We had some fantastic results with Kamil winning the series and new member Hugo finishing 2nd place overall.

Well done to everyone in the team that took part in these races. The first two races were in awful weather!



Series winners » Overall-Overall

Place	Name	Race results	# of races	Total time	Difference
1	Kamil Kujawski Accrington Road Runners	Show	3	58:02.7	-
2	Hugo Philbrow Accrington Road Runners	Show	3	58:09.6	+0:06.9
3	Alfie Walker Rossendale Harriers	Show	3	1:00:50.4	+2:47.7
4	Alex Frost Rossendale Harriers & AC	Show	3	1:04:55.1	+6:52.4
5	David Montague Ribble Valley Runners	Show	3	1:05:40.1	+7:37.4
6	David Tomlinson Accrington Road Runners	Show	3	1:06:44.4	+8:41.7



HAMELDON FELL RACE

The Hameldon Fell race is the first of the Burnley and Pendle Grand Prix series which is always very popular. Anyone going to grand slam this year?

This year we had 24 runners (over 10%) of the field take part in the Hameldon fell race. The race is always a challenge but even tougher this year in one of the hottest days of the year!

Well done to all that took part.

PARKRUN



Many club members went to Pendle Parkrun for Vanessa's Birthday 😊

Below are the Parkrun's members have taken part in between Jan - April 2024

Hyndburn	Torbay
Burnley	Southport
Pendle	Keswick
Preston	York
Clitheroe	Bedworth
Llangollen	Chester
Southwark	Nobles
Clarence	Pennington Flash
Centre Vale	Newborough Forest
Hyde	Queen Elizabeth
Crichton	Ormskirk
Conway	Crewe
Witton	Lytham Hall
Cliffe Castle	Morecambe
Pavilion Gardens	Upton Court
Gloucester	Bolton
Troon	Hove Promenade
Sale	Penrith