

AIRECENTRE PACERS

PRODUCED BY LOUISE RIX

ACP Newsletter

March 2017

Welcome to this month's Newsletter. First of all can I apologise for the delay in sending this out, however, I wanted to wait until Sharon had completed the annual renewals so I had the correct information of all current members. I would also like to say a huge thanks to Sharon for all her hard work renewing the memberships with England Athletics – no easy task! While on this point, I would take this opportunity to advise all members that while the Club handles renewals, any changes in details (name, address etc) must be handled by the individual themselves. To log on to England Athletics to change any details you use your EA number as user name, and the last 4 digits of your EA number are your password. All EA cards will be posted out to the address they hold, and we cannot accept any responsibility in this regard.



inclusion that would be fabulous. I can be contacted by email at louise.rix@hotmail.co.uk or through Facebook

Louise Rix, Newsletter Secretary

BIRTHDAYS!

April:

- 2nd April – Liz Cook
- 2nd April – Julie Rigby
- 3rd April – Charlotte Willis
- 5th April – (John) Ewen Pearson – 50 TODAY – CONGRATULATIONS!
- 5th April – Carly Dykes
- 5th April – Carmen Rowell
- 6th April – George Shaw
- 8th April – Stephen Campbell



- 8th April – Gary Stead
- 8th April – Emma Sebright-Pickard
- 11th April – Rebecca Streets – 30 TODAY – CONGRATULATIONS!
- 12th April – Dave Cook
- 12th April – Sara Taylor
- 14th April – Michael Buckle
- 15th April – Matt Dunwell
- 21st April – Jenna Hawkswell
- 27th April – Becky Dobson
- 29th April – Francesca Gatenby



Press Releases

By Mike Jarvis, Paul Grindley and Rebecca Streets

Athletes from Airecentre Pacers competed in ten events over the first two

weekends of March. Three Pacers completed the Haworth Hobble Ultra-Marathon, 32 miles with an incredible 4396 feet of climbing over moor and fell. Andy North 06.29.38, Nick Jovanovic 06.58.35, Nick Ford 06.58.39, Steve Tindall 07.50.00. William Ben finished the Welcome Ultra Punk Panther 32 miler in 06.24 and claiming 27th place. In the Spen 20 Miler, Vince Murphy finished in 3:12:09, Graham Turner 3:15:11, Debbie Bland 3:15:12, Jenny Mynett 3:19:06, Lynda Parkinson 3:24:18, Sharon Elms 3:54:46 and Carole Keighley 3:54:46

The club fielded full teams in the closing PECO XC, with Nick Jovanovic finishing in 36.04, Adam Johnson 36.42, Paul Grindley 39.20, Mike Jarvis 41.19, Nick Ford 41.20, Chris Hill 42.00, Simon Walker 51.34, Daniel Learmonth 54.22, Dave Cook 1.00.32 for the boys team. The girls' team saw Alex Carey finish in 45.27, Sharon Elms 47.14, Emma Sebright-Pickard 47.21, Carole Keighley 49.18, Amanda Connolly 50.54, Donna Stansfield 53.33, Bernadette Murby 53.52, Jenna Hawkswell 54.09, Liz Churchill 55.09, Heidi Bradshaw 56.35, Catherine Tindall 56.35, Natalie Clarkson 58.17, Susan Hulme 58.32, Liz Cook 1.00.32, Linda Lofthouse 1.01.42. Both teams finished in 8th place in their respective 2nd divisions.

Nick Leathley travelled to Dentdale to run the 14 mile road race which he finished in 1.59.53. In the St. Helens 10k Andrew Barrie came home in 45.50 and Josey Hutchinson 51.11. Five Pacers travelled to the British home of motor racing to run the Silverstone Half Marathon. Joe Wilton finished in a time of 2.08.36 (PB), Jody Hill 2.20.20, Jane Tesseyman 2.21.10, Jeremy Bristow 2.27.08 (PB) and Andrew Tesseyman 2.27.09

In the Roddlesworth Roller Multi Terrain, William Woodhead crossed the finish line in 41.47, Denis Callaghan 55.55. Over in the Blackpool 10 Mile race, Louise Emily Brace finished in 1.59.15 (PB). Five athletes took to the canal paths from Saltaire for the Canal Canter Series, Ruth Murphy completing the half marathon in 2.09.41. Matt Lines was first home in the

10k event finishing in 51.41, Sheila Thomas 55.16, Jenna Hawkswell 1.01.37 and Amanda Connor 1.04.24 (PB).

There was an impressive turnout by Airecentre Pacers in Sunday's Bradford 10k. In wet and windy conditions, several pacers achieved personal bests. First home for the group of 17 was Richard Walker in 40 mins 35 secs and finishing 54th overall. Andy Gledhill finished in 49:19, Chris Hill 49:18 with Matt Dunwell coming home in 1:03:01. For the ladies, Caitlin Walker breezed round in 55:09, followed by Wendy Law in 58:50, Sue Milnes, 59:19, Rachael Smith and Jody Hill just missing the hour mark in 1:00:04, Louise Brace, 1:01:52, Cora Dove 1:02:28, Amy Harris, 1:03:00, Donna Stansfield, 1:03:16, Stacey Singer, 1:04:36, Rebecca Hirst, 1:04:42, Melanie Brabiner, 1:12:24 and Fiona Yeadon And Margaret Harris crossing the line together in 1:15:25

Rebecca Streets continued her fine form and countdown to next month's London Marathon, coming 4th in her category in the Thirsk 10 mile, clocking 1:08:19, followed home by fellow Pacer Adam Johnson who finished in 1:15:57, whilst across the Pennines in beautiful Lancashire, Andrew Barrie completed the Wigan half marathon in a personal best time of 1:44:51.

Not to be outdone, a hardy bunch took on the Bramham Major, a 10k challenge beset with obstacles and plenty of mud. Slipping, sliding around and yes, racing around the undulating course were William "Woody" Woodhead, Jenna Hawkswell, Anne Proctor, Liz Churchill, Vicky Jones, Denis Callaghan, Heidi Bradshaw, Catherine Tindall, Jane Walkersmith and Lynette Clapham.

The weekend of 26th and 27th March were fairly quiet. At the Keighley 5k, Andy Smith finished in first place for the Airecentre Pacers in 18:09. Andy is set to take part in the Manchester Marathon this weekend (his first). In the 10k event, Carly Dykes finished in 1:03:01.

A little further afield in the Coniston 14 miles, Nick Leathley came home in 1:57:09.

The first weekend of April proved another busy one. In the Manchester Marathon, Airecentre Pacer Andrew Smith was 50th overall in his first ever run out at the 26.2 mile distance to record an impressive time of 2.53.11, William Woodhead carved almost half an hour from his previous PB to finish in 3.31.54, Jody Hill did a post baby PB of 5.24.58.

Steve Tindall completed the moor and fell Blubberhouses 25 miler in 5.30.00, a PB by 17 minutes, Ruth Murphy also competed on the high terrain above Reeth in the Dales Trail 20k posting a time of 3.06.24. Lynda Parkinson romped home in 23rd place in the Temple Newsome Trail Half Marathon in 2.10.30.

In the Baildon Boundary Way Half Marathon Richard Walker led the Pacer's contingent home in 1.42.15 and 55th place overall, Rebecca Streets was first woman home for the Pacers in 1.42.56, Nick Jovanovic 1.47.44, Nick Leathley 01:57:06, Cathy Stothers 1.57.16, Graham Turner 2.03.52, Faye Cameron 02:11:27, Carole Keighley 2.37.38.

Sheila Thomas and Laura Wilson travelled to beautiful Nidderdale to run the Fountains 10k, coming home in 59.20 and 1.00.33 respectively. Furthest travelled this weekend was Dan Learmonth who took a morning out from his honeymoon to record a PB in the Crissy Park, Park Run in San Francisco

Race Calendar

Please find below details of races where there will be members of the club taking part.

April

1st - 1st in Dales Challenge 20K

2nd - Manchester Marathon

2nd - Baildon Boundary Way Half Marathon

2nd - Blubberhouses 25 miles

8th April – Vale of York 10 mile

8th – Wensleydale Wander 23 mile

8th – Wensleydale Wander 12 mile

9th – Sheffield Half Marathon

16th – Guiseley Gallop 10K

23rd – Blackpool Half Marathon

23rd – Numinbah Ultra Marathon 50 (Australia)

May

6th – Over the Odda 10K

7th – Ravenscar Half Marathon

13th – Leeds Half Marathon

14th – Riga Half Marathon

27th – Blackpool Promenade 10 Mile

27th – Rock n Roll Liverpool Marathon

June

21st - Solstice Saunter 5 Mile

1 Mile Time Trial - The Lord Archer Award

This award was named after one of our long standing members, Richard Archer. Running with us until injury prevented, Richard was notorious for looping back and adding on. On more than one occasion you would find yourself on the moors at night and returning home beyond 10pm after his "little" extra loops. A true gentleman the Club felt this award was an acknowledgement to his contribution over the many years of his membership.

The monthly time trial is now in its 3rd year and commenced on Wednesday 29th March. To become eligible for the Lord Archer Award you need to take part in at least 4 of the 6, 1 mile Time Trials,

which are held on the last Wednesday of each month, March to August inclusive. The most improved male and female over the 6 TT's will be announced at the AGM and Awards evening in November.

On Weds club night we set off from HQ and make our way to the High Royds estate where the 1 mile TT is set. The mile is timed for everyone taking part and we encourage you all to have a go. Not only is it a chance to time yourself over the distance it's a great opportunity to encourage other club members to challenge themselves month on month and see the improvements.

Some may think...ok I'll take it easy on the first oneI can assure you, you won't! That little competitive devil will be with you and you will chase each other down....and fast...😊

Rachel and I will be there to time you all on the first TT of 2017 and we are really looking forward to it. Don't worry if you weren't able to make the first one, there are still 5 remaining! 🏃

Amanda Connolly

Harrogate District Summer Race League

By Nick Ford

Hi Team,

It's that time of year again... the ever popular Harrogate District Summer Race League,

It costs £10 for your number which covers you for all 5 races. Please note if you say yes I will purchase the number on your behalf and I would appreciate prompt payment please.

To enter let me know and I will put you down. We have 22 places so it is a first come first served basis and it fills up fast.

The dates and locations are listed below however please check their website

www.harrogate-league.org.uk/wp/

HDSRL Race #1 – Harrogate (23rd May)

HDSRL Race #2 – Dragons (1st June)

HDSRL Race #3 – Wetherby (14th June)

HDSRL Race #4 – Knaresborough (20th June)

HDSRL Race #5 – Otley Norman Smith Handicap (6th July)

About the League

The Harrogate District Summer Race League is a friendly league of local running clubs which organises a series of summer evening races each year.

Races are generally 5-6 miles and on the road, although increasingly the races include off-road paths. Distances are approximate and courses are not measured, which simplifies race organisation.

All races are covered by UK athletics licenses.

All races are followed by a social 'supper' provided by the host club. Races are open only to members of affiliated clubs, with no guest runners permitted.

The league competition is followed by a handicap race and presentation evening: there are league prizes for individuals, club teams, and the handicap race.

Jane Tomlinson Leeds 10k

We were recently contacted by the Run for All Team asking for volunteers for the Leeds 10k this year.

"Afternoon. I am contacting you from the Run for All Team and was wondering

if your team would be available to volunteer at the Leeds 10K.

The event takes place on Sunday, 9th of July, and we would really appreciate your help.

Can you please let me know if this is something you would be interested in?"

If anybody would like to marshal at this event, please contact Sharon at Run for All: TheEventsTeam@runforall.com / sharon@runforall.com / phone: 0113 826 7755

PLEASE:

Feel free to contact the Committee members with any comments, queries or suggestion - airecentrepacers@hotmail.co.uk

As already mentioned, this is your club and you have a say as to how it is run.

Committee Meeting

The Committee will next be meeting up on Thursday 13th April – if anyone has any matters they wish to raise, please let a member of the committee know in advance of this date, or e-mail airecentrepacers@hotmail.co.uk

At this meeting, one of the issues we will be discussing is whether or not to re-open to doors to new members. Any thoughts from members on this point are welcomed.

Discount codes for Trainers

Just a reminder that Club members benefit from 10% off, plus free P&P at www.sportsshoes.com

This month's code is **????** and is valid until 1st May 2017.

As usual, please do not share this code online with anyone. Happy shopping!

If you prefer the personal touch, The Yorkshire Runner in Otley gives our members 15% discount in their shop.