

ACP Newsletter

April 2017

AIRECENTRE PACERS

PRODUCED BY LOUISE RIX

Greetings!

Am still on the subs-bench watching with amazement as you all complete race after race. Am truly in awe of every single member of this club for giving it everything and doing Team Orange proud!



Don't forget, I am more than happy to include any articles you want to write, or any news you want

broadcast to the club. This newsletter would be very dull indeed if it was just my thoughts! Feel free to contact me with any news, triumphs, PBs or any achievements for inclusion in future newsletters. As usual, I can be contacted via FaceBook or you can drop me an email:- louise.rix@hotmail.co.uk

Louise Rix, Newsletter Secretary

BIRTHDAYS!

May:

- 1st – Stephen Tindall
- 2nd – Natalie Clarkson
- 4th – Craig Hughes
- 5th – Christopher Hill
- 8th – Vicky Jones
- 10th – Mark Connolly
- 15th – Sharon Elms
- 17th – Emma Williment
- 27th – Stephanie Morris
- 29th – Matthew Leonard
- 30th – Ruth Murphy



London Marathon

I am sure I was not alone on Sunday 23 April watching the coverage of the London Marathon and feeling so inspired and emotional. Armed with the VLM app on my iPhone, I followed our members, Rebecca Streets, Vince Murphy and Nick Ford and was absolutely blown away by all of their performances! Rebecca proved her super-human powers finishing in an amazing time of 3.17.02, Vince Murphy coming in at 4.10.23 and Nick Ford not far behind at 4.25.05. Well done to all of you – you did yourselves and the Club proud! Following the Marathon I contacted the intrepid trio for their thoughts.....

Rebecca Denvers (nee Streets!)

"I've just about stopped wearing my slippers to work three days after the London Marathon. The black and departed toenails are well worth it - what an experience! Thank you to all of you who followed me, sponsored me and

sent me words of encouragement. The thing that really makes the London Marathon SO special are all the supporters. I felt like I had the Airecentre Pacers running round with me!

A real highlight for me was turning a corner and seeing Tower Bridge up ahead, I welled up as I ran over it! In the buildup I had really been looking forward to running down the Mall at the end, with Buckingham Palace in front but by the time I got there my legs hurt so much I didn't care whether I was there or running down Guiseley Town Street!

I would urge anyone who has the chance to complete a marathon - London or otherwise. It sounds like a cliché but it really is a life experience."



Vince Murphy

"Another awe-inspiring experience on Sunday. This even truly is a great one that every runner should try and experience. Even though I didn't hit my target, just to be a part of it felt such a privilege. Think that's my last one though. I will officially hand on the marathon baton to the younger brigade!! So grateful to the Pacers for the opportunity though. Thank you".



Nick Ford

"So I did it! I finished the London Marathon alive and well in 4 hours 25 minutes. I have the medal, a T-shirt and the Strava map to prove it. In fact, not only did Strava say I had run 26.2 miles, it actually clocked me doing more miles. I can only put this down to one of three things:

1. I got lost and covered the same bit more than once
2. Weaving in and out of other runners increased the overall distance run

3. Having short, stumpy legs really does mean you have to run further

.....I'll let you ponder that one.

Most people would be able to retell of the months of training that went into preparing for this day but with a combination of being busy at work and just being lazy, I wasn't able to do as much training as I wanted. This, together with many people saying what a fantastic, memorable experience it is and how I need to take it seriously, did actually make me nervous. I never get nervous and this was a feeling I did not like. I just kept thinking, 'Just get round', 'You'll be fine' and 'You've done more than this before', but still a nervous, sickly feeling loomed in me from about 2 days before the event. This feeling didn't leave me until about 5 miles into the race. It was here that I began to find my pace and relax into it. People always say 'The crowd will carry you round' and yes this is true, although you still have to literally run for 26.2 miles, but the crowd is amazing – like nothing I've ever seen before; a constant drone of cheering and clapping, you never feel on your own and with my name on my vest, people cheering me personally was brilliant. Topped only by the handful of ACP members who I knew were in the crowd looking out for me. Luckily I saw them all a couple of times and after stopping for sweaty hugs en route, this really made a difference. The Tuplings, The Tesseypeople, Sue Hunt and Mrs F; your support was really appreciated and much needed.

Mile 19 and my knees began to hurt, not what I wanted or needed but there was less than 6 miles to go and I kept thinking that's 10k. I can do this. The thought that this is a fantastic opportunity for me, one which I'm lucky to have been given helped at this point – there was no way I was stopping.



Each mile marker from this point was a welcomed sign. The famous landmarks helped. Never before have I been on a run with such fantastic views; The London Eye,

Houses of Parliament, Tower Bridge. Then finally Buckingham Palace and onto The Mall. The Finish line was in sight. There was the most amazing cheer from the crowd, I was shattered but the noise was so uplifting, I straightened up, a smile crept onto my face and I was home. I'd done it. It really was as special and as memorable as people had told me it was. The atmosphere at the end and in St. James' Park was unreal, buzzing with people knackered but brimming with pride and so they should be. This is a run I'll never forget and I'm privileged and lucky to have been able to take part.

So thank you so much to everyone who supported me, cheered me on and wished me good luck. Your help and support really did help when I needed it most."

Press Releases

By Mike Jarvis

In the Manchester Marathon 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, with Jody Jill doing a post baby PB of 5.24.58.

Steve Tindall completed the moor and fell Blubberhouses 25miler in 5.30.00, a PB by 17 minutes. Ruth Murphy also competed on the high terrain above Reethy in the Dales Trail 20l posting a time of 3.06.24. Lynda Parkinson romped home in 23rd place in the Temple Newsome Trail Half Marathon in 2.20.30. Catherine Tindall completed the Skipton Triathlon in 1.47.

A strong Pacers contingent took part in the Vale of York 10miler on the hottest day of the year so far. Andrew Barrie 1.23.59, Margaret Britton 1.24.59, Paul Grindley 1.26.30, Rhona Neilson 1.29.11, Sarah Podesta 1.29.49, Ashraf El Kurdi 1.36.56, Alex Carey 1.36.01, Marianne

Smith 1.45.19, Denis Callaghan 1.45.30, Jenna Hawkswell 1.45.50, Donna Stansfield 1.47.43, Jody Hill 1.48.30, Rachael Smith 1.49.06, Cora Dove 1.50.18, Louise Brace 1.50.31, Rebecca Hirst 1.52.45, Angela Hopps 1.51.56, Natalie Clarkson 1.52.16, Susan Hulme 1.52.16, Amanda Connor 1.52.44, Fiona Yeadon 2.12.53.

It is said that everyone has their time to shine, and in the most famous of all the long distance races, the London Marathon, Airecentre Pacers Ladies Captain Rebecca Streets smashed her personal best time for the marathon distance and ran in as 335th woman across the line in an amazing time of 03.17.02. Rebecca, who marks another major life event when she marries fiancée Paul this Saturday, also raised over £1600 for Mencap. Rebecca said finishing the 26.2 mile race was "a true life experience made such by the overwhelming support from friends, family and thousands of total strangers stood at the side of the road cheering, shouting your name and dishing out jelly babies." The winner of this year's Pacer's club ballot, who was mildly exuberant at getting a place to say the least, got across the line in 04.10.23. Men's Captain Nick Ford put his injury disappointment in last year's Kielder Marathon behind him to return a time of 04.25.05.

In the Guiseley Gallop Graeme Cowling was first Pacer home in 48.18, also competing were Paul Grindley, Simon Nutbrown and Mike Jarvis both knocked over 5 minutes off their previous GG PB's, Gavin Birkett, Cathy Stothers, John Tate, Faye Cameron, Chris Hill, Nicky Dewhirst, Izzy Hainsworth Brear, Simon Walker, Bernadette Murby, married Pacers Liz and Dave Cook provided the most romantic touch crossing the finishing line together and Sara Taylor got the best of the Orange Army support as she crossed the line in her first ever race. In the Bolton 10k Jenny Mynett finished in 57.54 and Denis Callaghan in 1.00.17.

Social Events

Nick Ford is currently organising a few socials over the next few months. These include another Family Fun Day on the August Bank Holiday (Monday 28th August) – get this date in your diary – lots of fun and games at Nunroyd Park.

He is also trying to organise a bowling night, and possibly a curry night in May, and perhaps an Italian meal at Cena Bistro in Town Gate, Guiseley in June. More information will be provided by Nick in due course! It would be lovely to see as many as possible at one or more of these socials.

Membership

Firstly a huge well done to Sharon Elms for all her hard work and dedication to renewals this year, the club was at its biggest and it was no easy job chasing up and processing all those forms. Thanks Sharon, much appreciated!

As most of you know after an influx of new members in the New Year, the committee made the decision to close its doors to new members until we could get a more accurate number of our actual runners. Now that we have completed the renewal process we have a better idea of our actual numbers. We are back down to 160-170 rather than the 220-240 where we got to at the end of last year. Now that we have a better understanding of our numbers we are able to organise our Run Leaders/Blue Bibs more effectively and adjust our maximum capacity accordingly. This means we have made the decision to cap our numbers at 200 and train an additional two Run Leaders this year with the potential for two more to train at a later date in the year.

Currently our doors are back open and first priority has been given to those on our waiting list that started at the beginning of the year. As we have limited places available we will be asking that new people wanting to join the club are

already able to run 5k without stopping. It is rare that we ever do 5k without stopping, but we will use this as a way of judging whether people are already runners. The committee has also agreed that no beginner's programmes will be run in the foreseeable future, instead we will be focusing on our own running goals, achievements and consolidating the members we have. The beginner's programmes have been a huge success over the past couple of years, and many members (including committee members) started out at one of these sessions. Many of these beginners have gone on to achieve great things including running 10k's, Half Marathons, Marathons and even Ultra's, and this is testament to their commitment and also support from members of the Airecentre Pacers. The club has blossomed and grown into a network of wonderful people and each weekend when I see all the races and social events people are taking part in, I am reminded how lucky I am to be part of such a wonderful club.

People interested in joining the club can contact us via our Airecentre Pacers email airecentrepacers@hotmail.co.uk at:

As per the rules sent out with membership renewals, new people are asked to trial the club for a minimum of 4 weeks before making the commitment to join.

Lastly thanks to all our Run Leaders and Blue Bibs for the weekly planning of routes and support to all our members. The club couldn't run the way it does without them and the support they offer is invaluable.

Happy Running Everyone!

Rachel Jovanovic

Club Run Leader

Race Calendar

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

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

If you could all start sending me details of races for June, July and August that you have entered for inclusion in future newsletters that would be appreciated.

I love that Park Run is a part of my life. I enjoy going to all the different locations – each one has something different to offer. I think it is wonderful that people of all different ages, abilities and backgrounds come together at gam each Saturday morning and run in hundreds of locations around the country. Very inspiring to know you are part of a huge community of people all doing the same thing. My personal favourites have to be Fountains Abbey, Druridge Bay, Stormont, Clacton-on-Sea and Bushy Park.

I am now looking forward to completing my 100th Park Run in a couple of months' time.



Pic shows Charlotte and Leon celebrating with fizz, wearing their official Park Run tourist "cow cowells"

Charlotte is going to keep us posted as to when her 100th Park Run will be, and so long as it doesn't fall when she is away on holiday, will make it a local one in the hope that some of Team Orange can keep her company and cheer her over the line.

daily basis. Third is Guiseley Theatre, a beautiful local building that is using funds to repair and update (see thank you letter below). We have also donated to Oxford Road Junior School and are hoping to donate to the Guiseley Lights fund. Thank you, Amanda Connolly

Received from Guiseley Theatre....

"Good morning Amanda

It was a most unexpected but very pleasant surprise to meet you in the Theatre on Wednesday evening last, as I emerged from the confines of the Bar (I hasten to explain that I was stocktaking not drinking!).

I would be most grateful if you could pass on to your fellow members of Airecentre Pacers an enormous thank you for the very generous donation of £500.00 to our Theatre. It is very welcome contribution to our efforts improving the Theatre and its facilities for the community of Guiseley and environs, particularly this year as we celebrate the 150th Anniversary of its opening.

We have several on-going projects at the present time:

- Refurbishment of what we know as the "cast" toilets.

- Improvements to Barrett's Bar including knocking through from the Bar to the adjacent Offenbach room to increase capacity – I would just stress that these improvements are not being planned because we are all dipsomaniacs but rather to make the Theatre more attractive to such as celebratory events and weddings which are an important part of our income helping to make the Theatre a true community venue.

- The purchase of a replacement digital piano for the downstairs rooms – our very elderly and long since obsolete original recently groaned and gave up the ghost!

I will of course let you know when the Board have agreed just which of these projects your donation will support.

Park Run Tourist

By Charlotte Willis

I have completed 93 Park Runs in total, at 51 different locations. My 50th different one was completed at Stanley Park in Blackpool on Easter Saturday, a beautiful, well-kept park encompassing a lake and woodlands on a lovely sunny morning.

This coincided with my boyfriend Leon completing all of the Northern Park Runs in England so we had a celebratory glass of prosecco at the end. Please find below details of upcoming races where there will be members of the club taking part.

Charitable Donations

As a club we aim to donate to local charities who help our community. Using money raised from the Chevin Chase race we have been able to donate to Guiseley in Bloom...Barry was delighted that we are continuing support of his charity. They do fantastic work around Guiseley all on a voluntary basis, if anyone would like to join them you won't be turned away! The second is Hug on a Tray lead by Lesley of Chevin Socialites. They provide these Hugs on a Tray and pay for TV for 2 Leukaemia wards at St James's Hospital in Leeds, as well as providing refreshments for the outpatients on a

Once again thank you for your support to Guiseley Theatre and we look forward to welcoming you all for your Annual Awards Party on 24th November.

Sincerely



Chris Ingram

TesseySupport Team

Another year gone by and the London Marathon weekend zoomed in on us. We packed our rucksacks and headed off to London Town taking a sneaky day off work to make a trip to the Expo. We headed

straight out of King's Cross to Excel and spent a couple of hours wandering the stands and

sampling the #RunWithPride beer, twice, tiny cups mind, before heading out to our hotel in Kilburn.



The plan was to do the Wormwood Scrubs parkrun on Saturday morning but I decided to be kind to my feet and save them for all the walking we'd be doing over the weekend. So, we headed to the marathon finish line on Saturday morning instead and joined in the St George's Day celebrations in Trafalgar Square. We had hoped to meet up with Debbie and Phil but our paths didn't cross. However, we did get to meet up with Nick & Clare and the Tuplings for a pre-race pasta fueled lunch – it's hard core spectating!

The weekend is always emotional, filled with memories of watching TV for many

years, then taking part, followed by spectating last year for the first time. That first trip to spectate was to support Ruth, Tony, Margaret and Carole by way of thanks to Ruth for spotting Tess the year before and repaying the favour. Luckily, we did spot Ruth as we were not



fortunate to even catch a glimpse of the other 3 despite tracking them on the app. The first year the app worked brilliantly as we tracked Amanda & co in 2014. It had people with little legs whizzing round, very exciting even from the settee. After the disappointment of the app performance last year we were well and truly spoilt by it this year! We got to see everyone twice!

Ruth joined us with her boys in Narrow Street at around the 14 mile point and we began the arduous task of spotting our runners. We had told everyone where our vantage point would be so they could look out for us too. The first person I recognised was Will Kerr from Saltaire Striders. We then saw Rebecca Cesar de Sa from Skyrac dressed as Wonder Woman in her attempt to get into the Guinness Book of Records. Everyone got a bit stressed as I was shouting for Rebecca thinking it was our very own Streetsy (now Mrs Denvers, so making most of last chance to use that name!) Streetsy flew passed us shortly after and we were all thrilled to see the first of our own. Hot on her heels came Vince who stopped for the longest time, well it felt like that, to hug Ruth and spot his boys. The atmosphere was charged by now. Not long after that Debbie came through, we decided she would be upon us any second according to the app and suddenly she was whizzing past us. Our only near miss at this point was Mr Ford. Luckily Nick saw us and Tess captured an iconic moment of support.

Thrilled to have caught a glimpse of all four of our team we moved on through the crowds to mile 22 to see if we could

do the impossible and spot them all again. The app did not let us down at all. Wonder Woman came through and we anxiously waited for Streetsy, who decided to stop near us at the St John's and perform a crazy kind of dance, which looked like it involved kicking off her shoes. It transpired that she thought her IT band was going and she was trying to stretch it out! Not the easiest of stretches and her marathon fried brain gave her no clues at this stage so she set off again without a stretch! Her friends photo



Streetsy's marathon.

Vince came through looking a bit broken and hopefully was spurred on by our cheers to his great finish. Debbie looking fresh as a daisy sailed by and was captured by her friend in front of Parliament looking like she'd jogged round the park. Then Nick put in his final performance for us and we could stand down in the wait to see the finish results on the app. All in all, it was an electrifying amazing day and we loved every second



of it. Well done Team Pacers you were all Super Heroes. Good luck to everyone who has been spurred on by you guys to enter the ballot for 2018 – let's hope ACP get some ballot places this coming year!

Just think this could be you!

Happy running from the Tesseycoaches x

Discount codes for Trainers

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

This month's code is ---- and is valid until 1st June 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.

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.