

ACP Newsletter

May 2017

AIRECENTRE PACERS

PRODUCED BY LOUISE RIX

Summer is here!

Now the light nights are with us, more and more of our runs are off-road, which I know a lot of members love! I too love the off road routes, but for those more observant members, you may have noticed that I am still not back running with you guys.



Am still hoping I will return, but things have just conspired against me of late! I will however, be there to cheer you on in races whenever possible!

As usual, I look forward to hearing about triumphs, PBs and any achievements for inclusion in future newsletters. Feel free to contact me with any news you want broadcast to the club. As usual, I can be contacted via FaceBook or you can drop me an email:- louise.rix@hotmail.co.uk

Louise Rix, Newsletter Secretary

Press Releases

By Mike Jarvis

Andrew Smith was the fastest Airecentre Pacer around the revised 5k route for the first of this year's John Carr Series, finishing 24th in 17.30. Andy Gledhill saw his fine form in the early part of the year bring further rewards as he scored a 22.30 PB. Also competing were Richard Walker 19.14, Mike Jarvis 23.35, Faye Cameron 24.16, Joe Wilton 24.23, Alex Carey 24.38, Laura Wilson 28.19, Dave Cook 30.26, Cath Tindall 31.49, Liz Cook 31.49, and Dawn Winkley in her first race 32.20.

A long dry end to Winter ensured the ground was iron hard for Over The Odda, the most challenging cross country 10k on the local circuit. Airecentre Pacers brought both a big cohort of athletes to the race, and a similarly

large contingent of supporters around the course. Richard Walker finished 26th in 46.54, Gavin Birkett 54.40, Simon Nutbrown 54.54, Graham Turner 55.03, Cathy Stothers 56.19, Francesca Gatenby 56.58, Vince Murphy 58.22, Mike Jarvis 59.19, Fay Cameron 1.00.37. Also competing were Jenny Mynett, Stephen Tindall, Alex Carey, Sheila Thomas, Izzy Hainsworth-Breear, Denis Callaghan, Andrew Tesseyman, Gary Stead, Carole Keighley, Ruth Murphy, Julie Stead, Jane Tesseyman, Jody Hill, Wendy Law, Donna Stansfield, Toni Walker-Smith, Sharon Warrington, Rachael Smith, Berni Murby, Cath Tindall, Rebecca Hirst, Cora Dove, Cathy Brown, Dave Cook, Susan Hulme, Natalie Clarkson, Shelagh Hopkinson, Liz Cook, Heidi Bradshaw, Melanie Brabiner, Ewen Pearson and Tracy Gudgeon.

Nick Leathley finished the scenic Ravenscar Half Marathon in 2.04.15, a full 10 minutes faster than his time in last year's race.

There was a good turnout from the Airecentre Pacers at this year's Leeds Half Marathon. Richard Walker ran another in form race for a personal best of 1.30.12 and claimed 217th place. Following were Paul Whiteley 01.41.42, Michael Buckle 01.45.44, and Vince Murphy 01.50.08. Sarah Podesta was first across the line for the ladies in 02.01.30. Also competing were Simon Walker PB 02.03.28, Carole Keighley 02.04.28 and 12th in the F55 cat, Andrew Tesseyman, Sharon Warrington PB 02.07.45, Nick Ford, Tracy Gudgeon, Peter O'Neill, Bernadette Murby, Marianne Smith, Daniel Learmonth PB 02.25.34, Donna Stansfield PB 02.27.41, Susan Hulme, Natalie Clarkson, Louise Brace PB 02.30.11, Catherine Tindall.

In the second stage of the John Carr 5k's Andy Smith was placed 31st in 17.51, Andy Gledhill 22.47, Francesca Gatenby produced another good run to lead the ladies team home in 23.19, Alex Carey 25.30, Joe Wilton 25.51. Also running were Wendy Law 28.31, Carly Dykes, Dave Cook PB 29.39, Cath Tindall, Liz Cook, Laura Wilson, Dawn Winkley.

Ruth Murphy travelled to the Latvian capital Riga and returned an impressive 02.15.30 for the half marathon in sweltering temperatures.

Airecentre Pacer Andrew Smith ran 17.24 in the 3rd and final race of the John Carr 5k series and was placed 3rd overall in the 35 Vet category. Margaret Britton's strong form in 2017 continued as she ran 1.51.45 in the Chester Half Marathon. Isobelle Hainsworth-

Brearran ran a PB in the Harewood Salomon Sunset 10k in 59.28. Andrew Barrie ran his first ever marathon in the Liverpool Rock and Roll Marathon.

The first race of the Harrogate & District Summer League was held in Harrogate in hot and humid conditions. Richard Walker led the way for the Pacers in 39.45 followed by Ladies Captain Rebecca Streets in 42.10 who achieved 3rd place in her category. Also competing were Nick Jovanovic 44.13, William Woodhead 45.05, Pal Grindley 45.24, Gavin Birkett 47.22, Michael Buckle 47.25, Graham Turner 49.16, Mike Jarvis, Rhona Neilson, Margaret Britton, Carole Keighley, Denis Callaghan, Amanda Connor and Linda Lofthouse.

16th – Chase the Train 8.4 miles
16th – Pudsey 10k
20th – HDSRL 5/6 miles
21st - Solstice Saunter 5 Mile
21st – Tempsey Torture 11.5km
25th – Glorious Gargrave 5k, 10k, ½ and full

July

2nd – Harrogate 10k
6th – HDSRL 5/6 miles
8th – The Yorkshire 3 Peaks Challenge (walk)
9th – Eccup 10 mile
9th – Leeds 10k
15th – DT30 (30 mile)
19th – Roundhay Rampage 10k
29th – Tough Mudder 10-12 miles
29th – North Wales 1/2
30th – James Herriot Trail 14km

Race Calendar

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

August

20th – Middleton Massive 9.5km
26th – Blackpool Illuminations 10k

September

3rd – Wetherby 10k
10th – Vale of York ½
24th – Isle of Axholme ½

June

1st - Apperley Bridge Canter 10k
1st – HDSRL 5/6 miles
3rd – Wharfedale ½
3rd – Calderdale Way Ultra (50mile)
7th – Bardsey Bound Trail
7th – Otley 10 mile
9th – Blaydon Races 5.6 miles
14th – HDSRL 5/6 miles

BIRTHDAYS!

June:

3rd June – Faye Cameron

4th June – Elizabeth Aylotte

4th June – Jane Tesseyman

4th June – Cora Dove

5th June – Sheila Thomas

9th June – Hanna Wilcock

11th June – Nick Leathley

19th June – Catherine Brown

25th June – Rachel Morris

27th June – Yvonne Hampshaw

27th June – Bekki Hirst

27th June – Toni Walker-Smith

30th June – Claire Hunter

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 2 July 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.