



## From the Chair, Paul Grindley

“ I would just like to wish all our members and their families well in these very difficult and strange times. I am confident that

we can continue to thrive as a club and continue our ethos of supporting and motivating each other whether that is by gentle cajoling or outright competition in races! Races involving hundreds of runners at a mass start seems a long way off at the moment but we are all doing what we can and I am heartened to see the overall participation in our online challenges which have certainly helped to keep me incentivised and I am sure many of you too. I regard running as a very simple pursuit although it gets harder with age! We have an amazing array of talent across the age spectrum in this club of ours and each and every one of us is able to set and achieve goals by individual and collective effort. Let's keep it up and keep running!”



Andrew Smith, winner of the virtual Summer Solstice race, with his family

## What's new?

Club Secretary Carole Keighley, in VE Day garb, brings us up to speed on latest developments.....

Current club membership stands at a healthy 111 first claim members with a great bunch of enthusiastic runners who are keen to represent the club in the various team competitions and of course individual races once we get the green light from government and England Athletics to re-start.

In line with guidance from England Athletics, our first tentative steps back to club running will feature small groups of four plus a run leader. The groups will meet in the Guiseley area and will each have an objective (Speed, Distance, Hill work etc)

Places on these sessions will be available on a “first come first served” basis and must be booked and confirmed via e-mail. An outline of the options for each week will be emailed to members in the middle of the previous week. Members can then state their preference by return of email to airecentrepacers@hotmail.co.uk. These sessions have proved very popular so book early each week to avoid disappointment.



## Lockdown Competitions

These have been great fun and a life saver in keeping our motivation going when there has seemed like nothing to play for with races cancelled right left and centre.

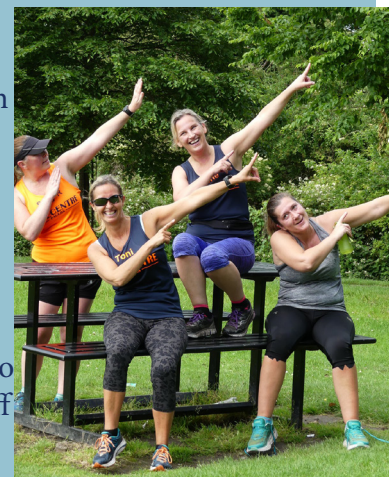
We kicked off with the “19 minute Challenge” – how far could you run in 19 minutes – with five teams operating, this was keenly fought out with Team 2 clocking up an impressive 50.18 kms across their members and Team 1 slightly over 3 kms behind on 44.8kms. We don’t quite know how Andrew H, Owain G and Richard W ended up in the same team but they certainly set a high bar! Top of the podium for speed Andrew Humphries for the lads and Gemma Louise for the ladies.

Next up was “How high can we climb in 30 minutes” – straight out of the SAS training manual! Another keenly fought out battle – some members even resorted to using bikes. Debbie Bland set a high bar early on with nearly 1000ft of climb from Brook Street, Ilkley up Wells Rd to Keighley Gate atop Rombalds Moor. However she was pipped by Poppy Cartwright who realised that setting off from the river gave you a few extra metres of climb! Total metres climbed by all teams 1361. Highest climbing team went to Team 1, with individual records to Simon Jones 428 (running), Poppy Cartwright 336 (running) and Georgie Starkey 335 (cycling).

The Fastest Mile challenge saw Team 2 again grab victory from Team 1 with an average of 6mins 44s across their members, pipping Team 1 (7:58) by almost a minute. Helen Alcock and Tom Crocker lifted the trophy for “Best Pacers” – running even splits for a minimum of 5k – with metronomic consistency (they must have better Garmins than us !)

Our monthly Time Trials usually run around the High Royds course have morphed into solo efforts run over the same distance and several people have set new PBs even without a fellow club member breathing hard down their neck. Also very popular was the “Runopoly” Challenge won by Helen Illman and Nick Leathley.

At least 22 club members had entered the Harrogate 10k which became a “virtual race” after lockdown. This meant that entrants could run a 10k of their choice and e mail Harrogate Harriers with their result which then entitled them to a medal. Amanda Connolly and Sharon Elms stepped up to the plate and organised the 22 into a socially distanced race starting and finishing at club HQ in groups of two setting off at ten minute intervals. The weather was kind and the results fantastic. All agreed it was a great way to spend a Saturday morning with that “race day feel” back again.



Last but not least many congratulations to Andrew Smith, who won the “virtual” Summer Solstice Saunter 5k race outright in a very brisk 16m 59s, and to several of our members who also took part. This race normally runs out and back from the Cavendish Pavilion at Bolton Abbey to raise funds for the Sue Ryder Manorlands Hospice.

Thanks to all those club members who stepped forward to organise these challenges for us whilst coping with busy lockdown lives at home and work.



## My favourite run!

The Wharfedale Half Marathon – Carole Keighley

“One of my favourite runs is the Wharfedale half marathon, which takes place on the first Saturday in June. I’ve been doing this since 2010 and haven’t missed one since then, apart from this year of course.

It starts from the beautiful Dales village of Threshfield near Grassington and takes in some of the most breath taking Yorkshire scenery, including the village of Conistone and the formidable Mastiles Lane, before crossing Threshfield Moor and returning to Threshfield for a grass finish at the Rugby Club. It’s not fast, or for the faint-hearted but is strangely addictive, which is why I find myself going back for more every year. ”

*If you would like to share a favourite training run or race just e mail the Editor*



## Race news

By rights this should be the shortest section of the newsletter due to a mass of cancellations right through the year and of course no park running at the moment – except in New Zealand but that’s quite a trip for a 5k!

Most of the big showpiece races have cancelled now – Great North Run, Manchester marathon etc with only London Marathon holding out until late July before making a decision on their already deferred race in early October.

The good news is that many of our local races have converted to being a “virtual event” so that, providing you run the distance and can show them evidence of your performance, you can still enter and in most cases get your bling. The Harrogate 10k was a great example of how much fun you can still get from participating with club mates in this way.

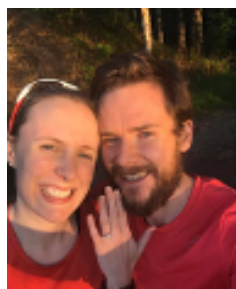
Here are some useful links to race information for when we resume “normal” hostilities !

- ukresults.net
- racebest.com/races
- runabc.co.uk
- fyldecoastrunners.com

## Social news!

It’s always wonderful to be able to report on some “happy events” in these strange Covid times and this time we have not one but THREE bits of news.

Andrew Humphries has found an extra yard of speed to catch up with fellow club member Kate McFarlane and they have become engaged to be married. Many congratulations to a lovely couple.



Owain Gwilym and Clare Hunter report news of their new arrival, baby Gethin and our Chevin Chase race director, Ewen Pearson and his partner Margaret celebrated the arrival of a baby Pacer, Jacob.

Great additions to the team, congratulations and best wishes from us all!





## Welcome to new members!

This year so far we have welcomed seven new members to ACP. A big hello from us all to:- Sam Laurence, Jenny Hiley, Poppy Cartwright, James Routh, Simon Jones, Melissa Owens, and Simon Russ aka "Mr Sally" !



## Training Corner

*In each of our newsletters we will try to pass on some tips on how to improve your running – ranging from warming up right through to Marathon prep. This time here are some hints from Scott Overall, top England runner, on how to improve your 5k times and hopefully score some PBs at our local parkruns when they resume.*

“ Apart from the Mile, the 5k is a difficult distance to train for because, like the mile, it’s not a slow burner and you have to have engines warmed up and ready to fire right from the off. So warming up is key including stretching and some jogging.

Remember the 5k is all about maintaining the pace you want to run for just over 3 miles. A lot of coaches talk about really ‘focusing’ on the 4th kilometre of the race, because that is where the time is lost. Generally people get to 3k on pace and then in the next kilometre tiredness sets in and before you know it, that PB is out of the window.

A good session to do when training for a 5k is 400m reps and the idea is you should do these at the pace you want to race at. For example you might run 10 x 400m, with 60-90 second recoveries, at your chosen race pace. The rest in between them will allow you to recover sufficiently so that you can still run the pace. Over time you should see improvement so that you can lower the time for each 400m. This would be your speed workout.

With the 5k you want to be aerobically strong as well as having the speed in the legs and this is where a [tempo run](#) comes in. A tempo run is a slower than race pace run but done for an extended period of time.

If you were just training for a 5k you wouldn’t need to go any further than 6 miles. The idea is that you would run 6 miles at a pace which is about 40-60 seconds slower per mile than your 5k race pace. This might seem quite quick and if so just start off with a shorter distance, perhaps 4 miles and then build it up. Whichever one of the example sessions feels most difficult to you will probably be the area you need to work on the most. Good luck! ”

We hope you have enjoyed this Newsletter – please feel free to send contributions, comments (constructive please!) and suggestions about what you would like to see more of in the next edition due out in October this year. Thank you to everyone who has contributed and helped this time around.  
Happy Running – Stay Safe!

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