



Welcome to the autumn edition of our club newsletter. Our aim is to keep you abreast of all the news and views in our great running club – there's lots going on! The Newsletter will appear four times a year – Spring, Summer, Autumn and Winter – and more frequently if you want it to!

What's new?

Sadly, after a lot of soul searching and risk assessment, the Committee has taken the decision to cancel this year's Chevin Chase. The uncertainty surrounding the progress of Covid 19 and constantly changing local restrictions meant it was impossible to plan a safe event that fitted the safety requirements.

This will be a big blow to club finances but club treasurer Nick Leathley is confident we can weather the storm if we are careful. On a more positive note the club has just completed its allocation of money from last year's race with a record £2,500 given to five local good causes - Guiseley in Bloom, AVSED, Guiseley Theatre, Guiseley Christmas Lights and Hug on a Tray.

On the same theme, this year's AGM, scheduled for Friday 20th November, will have to be a "virtual" edition with all the fun and frolics happening on line. Carly Dykes will be letting us all know the arrangements soon. With very little racing going on the annual prize giving is also being re thought – watch this space!

Despite these continued Covid restrictions the club has been busy on all sorts of fronts with the group runs now successfully established and ever popular – watch out for the weekly prompts via facebook and make sure you book your place in advance. Groups are still limited to five runners plus a run leader and they book up quickly! Don't forget your high vis and preferably a head torch for the off road runs.

Airecentre Wheelers is our new “informal” club cycling section. The idea is to provide a hub through which those wanting to ride with other members who use cycling as cross training can get together informally for trips out on two wheels.

Thirty two members responded positively to the proposal and the hub now lives on line – just search facebook for Airecentre Wheelers to log your interest. Road and off road cyclists are welcome BUT you must arrange your own insurance – British Cycling offer an excellent scheme.

Runs are already taking place with the inevitable focus on good tea rooms and chat!



My favourite run!

The Great North West Half Marathon – Paul Grindley

This time thanks to Paul Grindley for his report from the “Costa del Blackpool” ! If you would like to share a favourite training run or race just e mail the Editor - philbland53@hotmail.com

“ This is usually run in Feb and takes place on Blackpool's North shore which is not the most picturesque part of this iconic resort. I spent many a “happy” time as a child here being sandblasted and shivering whilst eating jam butties and mithering (Mancunian for pestering) my mum for change for the penny falls or the helter skelter.

The race is totally flat and takes you back and forth along the promenade but you don't even run past the tower or any other landmarks. It is quite possible the most mundane course I have ever encountered! However it's my favourite because it was the first time I went under 1 hr 30 for a half (actually smashed it in 1-26) whilst it reminds me of my childhood and crying when my candy floss blew off the stick to be snaffled by a giant seagull - I am still terrified by birds flapping near me. It is a definitely a Pb course but only if it's not windy (!!) and afterwards you are of course guaranteed to find cheap fish and chips! ”



Race news

Since our last newsletter there has been some actual racing taking place, some real proper stuff where social distancing makes this possible, however the majority converted to “virtual” racing – do the distance, send in your performance link to verify and the bling then arrives in the post!

Virgin Money London marathon eventually arrived at this solution allowing an astonishing 45,000 runners to compete worldwide using an app to record time and distance on Sunday October 4th running their own 26.2 mile course. Our own Margaret Britton ran from Hawksworth via Ilkley to Bolton Abbey, returning via Nessfield and the Iron Bridge to finish triumphant at the Fox in Menston where celebratory drinks awaited! The plan was to get under 4hrs 30m but, aided by training buddy Debbie Bland, Margaret nailed it in 3hrs 59:01. Many congratulations !



Meanwhile, back on August the 1st (Yorkshire Day no less) we organised a club “Virtual” Flat Cap 5 – a race traditionally run mid week by Dewsbury RR and where a requirement to wear a flat cap is pretty much mandatory! Starting and finishing at HQ, Richard Walker kicked off proceedings at 8am and ten runners followed at 10 min intervals. with Richard, cap slightly askew, back in a blistering 31:46

On 15th August Andrew Humphries celebrated his recent engagement to Kate in style by completing his first Ultra marathon – the entire Nidderdale Way starting and finishing at Ripley Castle. 52 miles of slog – seen here approaching Hampsthwaite at approx. 48 miles! Andrew completed the course in a little over 11 hours, coming an amazing 6th place!



September saw a flurry of activity - Carole Keighley and Helen Waite knocking off the Burnsall Trail Half (a Due North race) whilst Andrew Smith, 10 days later, won outright the canal based Sir Titus Trot Half M in 1:21:53. Carole and Helen, together with Louise Holloway Cathcart, Cathy Stothers and Janice Chruscht also ran the Ilkley Skyline i.e. a route that traces all the skyline you can see from Ilkley – a real toughie!

Octobers big shout out – another for Carole Keighley who ran the “Virtual” Kielder Marathon around Kielder Water in Northumberland, dragging husband John round on his bike for “support” and nearly killing him in the process!

Finally, we have a couple of members who are very quietly achieving some awesome running milestones.

Janice Chruscht had set herself a challenge to run 1000 miles in 2020 – i.e. 19 miles a week, EVERY week, for the WHOLE year - something she doubted would be possible. But achieve it she did and three months early whilst on holiday in the Lakes. Janice has written a fascinating piece describing how she did it and we will be publishing it in full in the next newsletter. Meanwhile many congratulations to her and to Andy Gledhill who is also closing in on two big milestones – he is just a couple of parkruns short of his 250 and also on track to achieve 2020 k's in 2020 (1,262 miles!)



Social news!

It's always wonderful to be able to report on some "happy events" in these strange Covid times and this time Tom Gifford stole the show with this lovely pic of one of our youngest members, 2 month old baby Chloe dressed in her super ACP baby grow.

I have a feeling that these may catch on in the colder months – do they do adult sizes?



Welcome to new members!

This year so far we have welcomed seven new members to ACP.

A big hello from us all to:-
Sarah Hodgkin, Heather Freeman-Dawson, Dean Beaden and Phil Priestley



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.

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 December this year. Thank you to everyone who has contributed and helped this time around.
Happy Running – Stay Safe!

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It's often said that the most important part of running is what you do BEFORE you hit that start line, whether it is a training run or races before the big day. Sounds boring but.....

Thinking about what and when you eat and drink prior to a race is very important, especially for endurance events like marathons but also to give you that all important ability to give your best on the day at any distance.

This process needs to happen in the days before you train or race – runners who try to hydrate or cram gels down just hours before a race will fail – the body needs time to process and digest it all first to deliver that peak performance.

Here's a link to a great article that highlights all the main points you need to know: [How to fuel training runs](#)

Next quarter we'll cover another oft ignored skill – warming up!

