



Welcome to the Spring 2021 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! This is YOUR newsletter so please feel free to contribute ideas, articles, news etc as well as all your running achievements.

What's new?

The big news this time is that, at long last, we are resuming club training runs, limited to groups of six in accordance with the guidance handed down by English Athletics. These sessions are very popular so watch out for the regular weekly announcements on facebook from club secretary Carole Keighley (usually on a Friday) inviting members to book on to a session of their choice.

We also have some actual race results to report this time – very gradually the racing scene is coming back to life and we hope by the summer more races will have opened up. See our race reports section below for further up to date news and information.



Lots of our members will be enthusiastic parkrunners – it's over a year now since we were able to enjoy our regular Saturday morning 5k "fix". The provisional dates for return are Sunday 11th April 2021 for Junior parkrun (ages 4-10 only at this stage). The return of Senior parkrun is planned for Saturday 5th June 2021 – note this is for ENGLAND only – the devolved nations have yet to make a firm decision.

More information can be found on [Parkrun's website](#)

Membership

This time of year is when members are invited to renew their membership (and why wouldn't you!). To date 109 of our members have renewed and we have also have five new members joining us (names below). Welcome to them and a warm welcome back to those who have renewed.

Airecentre Wheelers

Our new cycling section has continued to be popular with members wanting to maintain fitness levels during lockdown. The latest group ride saw Cath and Charlie Tindall lead a 35k ride out via Otley and on to Ilkley. Watch out for the advance notices of rides on the Airecentre Wheelers facebook page.



Social news!

Andrew and Kate Humphries proudly announced the arrival of baby Ralph on 18th February.
Many congratulations!



Welcome to new members!

A big hello from us all to:-
Jacqueline Hallam, Amanda Connor and
Amy Travis who have just joined us.



My favourite run!

This time Margaret Britton tells us about a stunning run in the Spanish Sierra which had a few surprises up its sleeve!

“Riogorde is a small whitewashed village perched high up in the Sierra of Andalucia.

This 10k race is one of a number of village events held to celebrate the annual Olive Oil harvest. The route profile is described as “hilly”. I hadn’t realised quite how hilly until I lined up at the start and the local runners were carrying running poles!

The race started more or less on time – the klaxon having lost its “klax”. Uphill out of the village there was a slight delay due to an “entanglement” with goats. We then followed a trail routes of sharp ascents and descents across the Sierra through olive and almond groves with magnificent scenery all around. Clear air redolent with perfume of wild Jasmine and Thyme.

The small print did mention that last minute changes may have to be made to the route due to “hazards and excitements”. I discovered that this referred to rockfalls, landslides, washed out bridges and for 2019, a 4k detour to avoid Wild Boar piglets playing on the track. Detour versus piglets? No contest.

The last 2km involved a steep descent through the local cemetery avoiding more goats, then uphill for the last time to the finish where we were greeted by cheers, a medal, a running belt, cava and a bottle of the first press olive oil.

A great experience and a wonderful day out – roll on 2022! ”

If you would like to share your favourite training run or race just e-mail philbland53@hotmail.com

Race news

At last a real live race to report back on! On Easter Saturday eight of our members took part in the Punk Panther 34 /42 Mile Ultra race along the Welcome Way – yes you read that right – 34 or 42 miles ! This spectacular route, starting and finishing in Otley takes in Clifton, Denton, Ben Rhydding, Burley Moor, Baildon, Shipley Glen, Esholt before diving back up the Chevin to Pool before the return to Otley. Tiring just to read it! Team ACP (Izzy, Amanda and Sharon) manned checkpoint No 1 at Denton.

The results are in :- Simon Molyneux 6hrs:32, Robbie Dawrant 6:37, Helen Waite 7:14, Louise Holloway & Cathy Stothers 7:37, Richard Walker 8:09 (42miles) Carole Keighley 8:43. William Woodhead 9:25 (too many ciggies – only kidding Woody !).

Here’s some photos from the day – <https://photos.app.goo.gl/JDKqfwaawYhk1b4i6>

Thanks to Izzy, Carole, Cathy & some from me!

Race information links:

ukresults.net

racebest.com/races

runabc.co.uk

fyldecoastrunners.com



Rubbing shoulders with the elite

Our Chairman, Paul Grindley was lucky enough to catch up with the recently crowned European indoor 800 metre champion Keely Hodgkinson in between her appearances on BBC Breakfast and other media assignments. Keely is a student at Leeds Beckett University and is studying criminology with psychology. She combines this with her athletics career and is also British champion over 800 metres. Aged just 19, she secured the European title in Poland earlier this month following a final which featured 3 British athletes for the first time since the Los Angeles Olympic 1500m final in 1984. Indeed, her best time is now under the magic 2 minute barrier having previously run 2.01.16 which she clocked indoors in Vienna in February to secure the under 20 European indoor record.



Her connection with athletics began when, aged just 6 months old, her mum took her to the Commonwealth Games in Manchester. Fast forward a number of years and she began to win races and titles and her focus on the 800 metres started around 4 years ago. She also had to deal with major surgery on her ear when she was 13 which meant she missed almost a full year away from the sport so her achievements are all the more impressive. She has run further distances and competed at the English Schools Cross Country Championships at Temple Newsam (we know how tough and muddy that course can be!) coming 2nd two years ago. Keely gives her perspective on life as an elite athlete and told Paul of her targets and aspirations for next year.

Question: How many times a week do you train?

I train 6 days a week and we do a mixture of speed/interval sessions but I also swim once a week and in fact I started out as a swimmer. I have a treadmill in my room and use that a lot too.

Question: What made you focus on the 800 metres and have you ever thought of doubling up with the 1500 like Kelly Holmes did so successfully ?

I prefer the 800 because it is shorter and the pain does not last as long! I have run the 1500 but not for a while. My last timed race at that distance was 4 minutes 29 seconds when I was 16 so I am hoping for a massive personal best if I tackle the distance again.

Question: Who has inspired you in your athletics career?

I am coached by Jenny Meadows who ran the 800 at the Beijing Olympics in 2008 and she has always been a heroine of mine. I am also a big fan of Jessica Ennis who I remember watching at London 2012 when I was 10 years old.



Question: Do you play any other sport – if only for fun?

I played football in the school team and netball. I played in midfield and my team is Manchester United. I also swim once a week in training

Question: What about your diet, do you have to watch what you eat?

I am part of an elite hub for athletes at Leeds Beckett University and I now have access to a nutritionist as well as a psychologist and physiotherapist. I do love chocolate however and will generally eat what I like.

Question: What about drug testing, are you tested routinely?

I am not currently on the “Whereabouts” drug testing programme but I was tested following my European record in Vienna in February and have been at other championships as a record cannot be ratified until the athlete has been tested.

Question: So Keely what are your targets and aspirations for next year?

I still have my sight set on a European under 20 title in Tallin, Estonia in July and I am also targeting the World under 20 Championships in Nairobi in August.

Question: What about Tokyo?

Before I won the senior title in Poland there was no pressure on me to reach Tokyo. but that’s all changed now . I would need to achieve the Olympic qualifying time which is 1.59.50 outdoors. I think it is within me and who knows? The trials are in Manchester in June .

Question: As you are also a good swimmer, what about triathlon especially being based in Leeds now with its triathlon connections?

I am very much committed to track and the 800 at the moment and in any case, I do not cycle! The swimming is part of my overall training programme for athletics.

Question: We do our 400 / 800 interval sessions in the airport tunnel. Do you fancy coming down one evening and giving our “quicker” runners a lesson in speed?

Let me check my diary and get back to you!

Watch out for Keely in 2021 as she continues her athletics career and we certainly wish her all the best for Nairobi and hopefully Tokyo. She has pencilled in our AGM/awards evening too unless it clashes with a warm weather training camp in Dubai or SPOTY !

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

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