



Welcome to the winter edition of our club newsletter. Seasons greetings to all our members and wishing everyone a safe and happy 2021 – it can only get better! 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 (once we get back racing again!)

What's new?

Stop Press! Following the government announcement introducing a new national lockdown for England commencing Monday 4th January, all club runs have been suspended until further notice. The committee are giving consideration to the introduction of various lockdown challenges again (remember Runopoly?). Watch for further announcements via social media and the website in due course – meanwhile take care and stay safe!

AGM

Our very first “virtual” AGM was held successfully on 27th November – a trip into the unknown is always a bit nerve wracking and there were some butterflies as the big night approached but thankfully after some hard work behind the scenes all appeared to work well. Thanks to those on the committee who worked so hard to make it happen and to all our members who put their faith in Zoom!



The existing committee were re-elected unopposed.

For a full list see our website: <https://airecentrepacers.com/our-club/committee/>

Prizes were awarded to the following members :-

Peco medals (for Valour - to those who raced all five races!): **Richard Walker, Evie Walker, Monty Walker, Simon Molyneux, Chris Hill, Faye Cameron and Carly Dykes**

Time Trial - **Andrew Smith and Izzy**
 Chevin Chase handicap - **Izzy again!**
 19 minute challenge - **Gemma Ricketts and Andrew Humphries**
 Elevation challenge - **Simon Jones and Poppy Cartwright**
 Even Splits - **Helen Alcock**
 Runopoly- **Helen Illman and Nick Leathley**



Special Award for outstanding dedication and commitment – **Carole Keighley** who, amongst many other things, has just achieved her personal milestone of running 2000 miles in 2020 – Bravo!

Run leaders will also receive a medal for their sterling support especially during lockdown.

Well done to everyone who won an award and thanks to all members for keeping club spirit going this year!

TV & Radio Stars!

Our very own Ruth Murphy embarked on a new stage and screen career appearing as a competitor on ITV's evening game show, The Chase. Ruth had a great cash builder round clocking up £5000 into the pot but sadly the Chaser was on form and caught her before she could bank her winnings! Better luck next time Ruth.

Meanwhile BBC Radio Leeds picked up on our cancellation of the Chevin Chase and requested an interview to discuss the race background history etc. Race Director Ewen Pearson stepped up to the mic and his piece can be heard on the Richard Stead show which went out on Christmas Eve and should be available on catch up via iPlayer.

Airecentre Wheelers

Despite some inhospitable winter weather our new cycling section has completed several rides up and around the Dales to Bolton Abbey via the back roads to Ilkley and a couple of trips out to Kirkby Overblow near Wetherby. Watch out for the advance notices of rides on the Airecentre Wheelers Facebook page.



Social news!

Congratulations to Pacers Andrew Humphries and Kate McFarlane who got married over the festive period!!

Welcome to new members!

A big hello from us all to:-
 Sarah Lund, Chris Watt and Derek Lee who have just joined us.



My favourite run!

No favourite run submitted this time but Janice Cruscht has submitted a fascinating piece about her quest to clock up 1000 miles of running in a year and how being a member of ACP helped her to achieve her objective – fantastic stuff Janice !



“At the beginning of the year I decided to set myself a challenge. I'd seen the Run 1000 Miles challenge in Trail Running Magazine and wondered if it was something I could do? 1000 miles in a year sounded a lot and was something I'd never achieved before even though I had been running for many years. I worked it out - 19 miles a week, EVERY week, for the WHOLE year. It was certainly going to be a challenge but one that I decided I wanted to take on!

I only joined the Pacers back in November 2019. Over the years I'd toyed with the idea of joining a club but had always dismissed it as something I didn't need to do. As soon as I joined, I wondered why I hadn't done it sooner?!? Being part of a club has really upped my running game this year. Since joining, I've been regularly attending the weekly club runs and have also done many other runs with friends I have made through the club. Some memorable runs include the Rombalds Stride training sessions last Winter and Summer evening runs across the Moors to the 12 Apostles. Not to forget, what will forever be known as the Washburn Washout (10 miles around the Washburn Valley in a crazy thunderstorm) - that was certainly character building! Joining the Pacers has really taken my love of running to the next level!

In March when lockdown happened and we were only allowed to leave our homes once a day for our daily exercise, running became more important than ever - it was my saviour! We couldn't run as a club anymore, but continuing to get out there for my runs kept me calm amidst the uncertain and quite frankly scary times we found ourselves in. I found a real love for the trails, choosing to run off-road as much as I could. We are so lucky to have so many beautiful places to run around here, my favourite place to go being Burley Moor - I just never tire of those views! Getting up onto the Moors, away from it all, was escapism at its best in those early lockdown days!

With my extra enthusiasm as a “Pacer” and spurred on by the sense of needing to keep active during a scary time, the miles ticked by. Plus anyone who knows me well knows how much I LOVE a challenge! I was easily hitting above 100 miles a month with my biggest monthly mileage being 154 miles in June. On the 3rd of September I completed my challenge while on holiday in the Lake District. If someone had told me at the beginning of the year that I would be completing the challenge nearly 4 months early I never would have believed it! I feel proud of what I have achieved with my running this year and definitely think being part of the Pacers has helped me to achieve this. Now that I've achieved my Run 1000 Miles challenge, the only thing left to do is to figure out what my next running challenge should be? ”



New Year Quiz - Guess the Run Leader

Our run leaders are a varied and interesting bunch, (no, really!) and to prove it we have a little known, interesting fact about each of them. However, in time honoured tradition, we have jumbled these up and all you have to do is match the fact to the Run Leader and the person with the most correct entries will win a prize kindly donated by our chairman Paul Grindley who has assured me that it will not be a discarded, unwanted Xmas gift such as the Leeds United Quiz Book!!

If you wish to enter, please send your entries to Paul directly by Facebook messenger or by email to paul.grindley63@btinternet.com by no later than 31st January. The lucky winner will be contacted and the prize personally delivered (Covid securely!). NB, run leaders can enter too but your score will be adjusted by minus one point!!

Run Leader

1. Ruth	2. Carol	3. Paul	4. Helen	5. Dorothy	6. Richard	7. Andrew H	8. Sharon
9. Janice	10. Amanda	11. Izzy	12. Cath	13. Andy G	14. Lynda	15. Margaret	

Little known, interesting fact

- Swam for Yorkshire and competed in the trials for the 1986 Commonwealth Games
- Hitched a ride on Ed Sheeran's tourbus
- Cycled the length of the Leeds/Liverpool canal
- In 1983, was part of a mixed team which came first in the Rombalds Stride
- Once fell in the canal on a run whilst being distracted by a heron
- Met Bobby Charlton at an engagement party in the 1970s
- Lived and studied in France for a year and is also a qualified scuba diver
- Sang at the Royal Albert Hall
- Coached a rugby team that played at Wembley
- Aged 10, sang in a choir at the Sydney Olympics torch ceremony and the Sydney Opera House
- In 1972, scored a penalty against the Manchester City and later England, goalkeeper
- Was president of the students' union at 6th form college
- Appeared as an extra on Emmerdale in a running scene
- As a learner motor cyclist, had an accident when they came off in rush hour traffic after colliding with a football – clue , it was a long time ago!
- Went to school with Glenda McKay of Emmerdale fame

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

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