



Welcome to the Summer 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?

Following on from "freedom day" when most lockdown restrictions were lifted in England we are now "free" to operate almost normally with training runs and racing resuming as before albeit with phased race starts and other measures in place to ensure virus spread is kept to a minimum. Please continue to behave responsibly when out running and respect other people's space on pavements and paths. Watch out for the regular weekly announcements on our facebook page from club secretary Carole Keighley (usually on a Friday) inviting members to book on to a club training session of their choice.



In other news, parkrun is back at last so those of us keen on our Saturday morning 5k “fix” can indulge once more. Several courses have changed (Lister Park, Bradford and Woodhouse, Leeds being two big examples) to accommodate better social distancing at mass starts and better finish line management. As ever, our local parkruns are always keen to see you volunteer at the event so log onto their local facebook pages to express an interest- great fun!

We also have some actual race results to report this time – very gradually the racing scene is coming back to life and we hope to see more races opening up as we move through summer. See our race reports section below for further up to date news and information on races coming up in the next quarter.

Membership

Members may be unaware that the club has organized a 10% discount on all products sold via Sportshoes.com plus free shipping worth over £4. Codes are posted on the closed Facebook page each month or you can contact Carly our Social Secretary on carlysocialforacp@hotmail.com.

Airecentre Wheelers

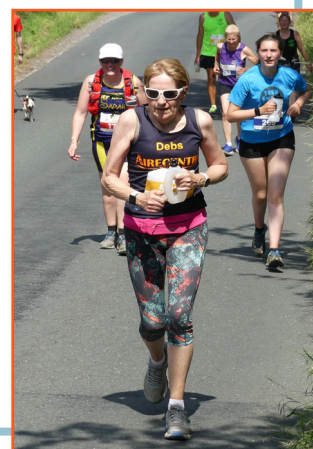
Looking for some ideal “cross training? Our new cycling section has continued to be popular with members wanting to maintain fitness levels during lockdown. Watch out for the advance notices of rides on the Airecentre Wheelers facebook page or post your own invite & see who joins you. All welcome!



Race reports

Proper running races have started to re-appear in the schedules and ACP members have been doing well in those that have been run so far.

One of the first races to run was the ever popular Solstice Saunter in aid of Sue Ryder – an out and back from Cavendish Pavilion at Bolton Abbey. Gemma, Emma and Jen all managed to dodge the killer midges and post good times. Debbie Bland took out the 1st fv65 prize at Harrogate 10k and repeated the feat at the Fountains 10k the following weekend on a scorching hot day.



The club had a fantastic turnout at the Ilkley Half marathon with 29 runners in the frame. Andrew Humphries was our first man across the line and 6th in the race overall clocking a swift 1:14:14



Poppy Cartwright was our first lady in with an impressive 1:43:37 and second lady for us, Margaret Britton also took out the 1st Fv60 race prize in 1:51:48. Izzy (1:57:58), Liam (1:50) and Helen Waite (1:52:05) all scored impressive PB's. Special mention to Carole Keighley who had "warmed up" for this by running the Wharfedale Half Marathon the day before along with Amy Travis who was running her first half.

The Harrogate District Summer Race League has been severely affected by Covid restrictions this year so only two actual races (instead of five) will be run this year – the first race being at Sicklinghall. A select band of three runners made the trip – Richard Walker, Owain Gwilym and Debbie Bland – on a humid evening with a beast of a field to start and finish on. The race distance was slightly shy of 10k. Richard clocked 41:33, Owain 49:02 and Debbie, back in form after injury, 56:49 & 1st F65. Next race is 2nd September at the Great Yorkshire Showground – Debbie has our race numbers !



For pure "hard core" suffering it's hard to beat the Otley Chevin Fell Race – a short, sharp, brutal climb up the Chevin to Surprise View from Station Rd, Otley and a suicidal steep descent back to the finish. Andrew Humphries took out 3rd place in 19:27 whilst Richard Walker clocked 23:39 – hats off gentlemen !

Finally, four Pacers made the trip to Allerton Bywater to run the St Aidens 10k MT – Margaret Britton continued her fine run of form by taking out the Fv65 prize in 53:12



My favourite run!

This time Debbie Bland has submitted her favourite local run which will be familiar to many of us – the circuit of the Washburn Reservoirs, Fewston & Swinsty with Thruscross as an add on if you need the distance.

“I love this circuit as a training run mainly because of the lovely scenery, good level trails, usually quiet if you go early morning or mid week and the variety you can build into the run in terms of distance. Starting at the Fewston main car park and taking in both Fewston and Swinsty its just over 6 miles but you can double up if you need longer distance or just do one if you are short of time & want a speed session.

The trails are well marked and surfaced with three car parks to choose from – the main car park at Fewston / Swinsty has toilets and (bonus!) an ice cream van plus picnic areas and usually plenty of room to park. The bottom car park at Swinsty accessed via Fewston village also has plenty of room but no facilities. The top car park at Blubberhouses, just off the A59, serving Fewston reservoir is smaller also without facilities. This is a good jumping off point if you want to do both Fewston and Thruscross as you can run up the Washburn Valley trail to Thruscross dam and do the circuit there and return to Fewston to circuit that as well.

It's a favourite training ground for our local triathletes so you may bump into “running royalty” such as the Brownlees, Non Stanford and the gang!
Nice and local too”

Upcoming Races

August

14th	Run the Lights 10k (Blackpool)	FCR
18th	John Carr 5k, Saltaire	RB
22nd	Fleetwood Half	FCR
25th	Leeds 5k series	RB
30th	Denby Dash (Huddersfield)	RB

September

2nd	Harrogate Summer league	RB
4th	Wigan 10k	FCR
5th	Harrogate Triathlon(Sprint)	RB
5th	Wetherby 10k	RB
12th	Vale of York Half (Selby)	RB
19th	Beck Busters 10k	RB
19th	Kirkstall Abbey 7	RB
19th	Bramham 10k	BIZ
26th	Knaresborough Crag Rat	RB

RB = Racebest:

racebest.com/races

FCR = Fylde Coast Running:

fyldecoastrunners.com

BIZ = Book It Zone:

<https://bookitzone.com>

Welcome to new members!

A big hello from us all to:-
Amy Costello



Club Time Trials

The club runs a regular One Mile Time Trial on a circuit around High Royds hosted by our resident “Master of Pain” Richard Walker. Here he reports on how his “subjects” are faring over the last quarter – over to you Richard!

“ The summer time trial series – the Club’s monthly 1-mile timed efforts around High Royds – has been underway since April, and there have been some fantastic performances.

So far 44 different club members have attempted the course at least once. 27 club members have attempted the course more than once, and of these 20 have managed to go faster on a subsequent attempt. There have been plenty of PB’s smashed already, with others ducking under some big milestones, including our first sub-5-minute effort!

Plenty of other metronomes out there too, with barely a second between attempts – consistency is the key for Poppy Cartwright, Sophie Bromley, Helen Alcock, Sharon Elms, Sally Russ and Tom Gifford! Shout outs to Peter Branney, Isobel Hainsworth-Brear, Cheryl Duerden and Ewen Pearson who haven’t missed a month and have gone faster each time! ”

RESULTS:

Most improved male – April to June – Ewen Pearson (-1 min 9 secs)

Most improved female – April to June – Susan Hulme (-1min 46 secs)

Most improved male – April to May – Peter Branney (-47 secs)

Most improved female – April to May – Jen Sebright-Pickard (-41 secs)

Most improved male – May to Jun – Ewen Pearson (-1 min 3 secs)

Most improved female – May to Jun – Isobel Hainsworth-Brear (-14 secs)

In the last quarter the speed prizes go to :-

Fastest male: Andrew Humphries 4 min 56 secs

Fastest female: Poppy Cartwright 6 min 21 secs



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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