

AIRECENTRE PACERS

PRODUCED BY LOUISE RIX

ACP Newsletter

July 2017

Hello Pacers! Park Run Take Over

Am still not back running, and am beginning to think that maybe I never will be (The Yorkshire 3 Peaks Challenge just about killed me)..... I do still, however,

keep an eye on what everyone is doing, and am blown away by the level of commitment shown by so many of you!



Don't forget, I am more than happy to include any articles you want to write, or any news you want broadcast to the club. This newsletter would be very dull indeed if it was just my thoughts! Feel free to contact me with any news, triumphs, PBs or any achievements for inclusion in future newsletters. As usual, I can be contacted via FaceBook or you can drop me an email:- louise.rix@hotmail.co.uk

Louise Rix, Newsletter Secretary

I would just like to take this opportunity to thank each and every one of you who made the Lister Park Bradford Park Run takeover on 22nd July so special! We literally did take over the park! Many people were unable to help in person on the day, however, still offered support providing cakes and buns in advance to give out after the race. I believe it all went smoothly (well, the weather could have been kinder I guess), and would imagine they would be more than happy to let us take over again in future. I definitely enjoyed the experience, although Carole and I were as nervous as kittens as official timers of the race – no pressure lol!!!

BIRTHDAYS!

August:

7th – Alec Westley

8th – Layla Trantor

16th - Margaret Britton

17th – Beverley Wilkinson

18th – Tony Klejnow

20th – Nick Ford

20th – Margaret Harris

21st – Stephanie Price

25th Lynda Parkinson

28th – Lynne Watson



Social Events

Don't forget the Family Fun Day on the August Bank Holiday (Monday 28th August) which is being arranged by Nick Ford. Get the date in your diary – lots of fun and games at Nunroyd Park.

Liz Cook is also separately organising a BBQ at The White Swan in Yeadon on 16th September. If anybody still wishes to go, I believe you can still sign up, so let Liz know ASAP and get your deposit to her.

Press Releases

By Mike Jarvis

Just the one press release this month:

Among the six thousand runners taking part in the Leeds 10k were a good contingent from Airecentre Pacers. Paul Whiteley was the first Pacer over the line in 44.06 and 375th place and was followed by William Woodhead 44.21, Peter O'Neill 53.21, Andy Gledhill 52.02, Simon Walker 56.16, Matt Leonard 56.53 and Sue Milnes 1.00.55. Also running were Louise Brace, Amanda Connor, Marianne Smith, Cora Dove, Carly Dykes, Gurcharan Davany, Cathy Brown, Vicky Hawley, Melanie Brabiner and Claire Hunter.

Andrew Humphries took 14th place with a time of 39.30 in the Owston Ferry 10k.

The final stage of the H&DSRL, the Norman Smith Handicap took place at Otley and it proved a good night for the Airecentre Pacers as the handicap format led to some strong finishes from team members. Faye Cameron was 23rd in 46.25, Linda Lofthouse 40th in 56.57,

Amanda Connor 41st in 54.57, also running were Nick

Leathley, William Woodhead, Nick Jovanovic, Gavin Birkett, Denis Callaghan, Richard Walker, Rhona Neilson, Graham Turner and Michael Buckle.



The Yorkshire Three Peaks Hike

By Carole Keighley

The Yorkshire 3 Peaks Hike - attended by Tess, Berni, Jen, Layla, Sue, Joe, Paul, Suzanne, Louise (and son Ben), Natalie and Carole, with Jane and Laura offering valuable support throughout.

It was the night before the eagerly anticipated event and disaster struck! Layla informed us that Morrisons had run out of Swiss roll. 'That's it, I'm not doing it.' She declared. Along comes Jen to the rescue, 'It's ok, I've got some from Sainsbury's (?!?!)' Phew - disaster averted.

The day dawned bright and early as most of us had set our alarms for 5:00 am (4:45, Berni - really?) We made our way nervously and excitedly to Horton-in-Ribblesdale to join lots of other bleary-eyed people, wondering what they had let themselves in for. And so we set off at 7:30 on the dot (well 7:32 actually), all excited and eager. As we approach the first peak I inform everybody that, actually I'm scared of heights and will need some assistance for Pen Y Ghent, this being the only peak I remember being a bit scary! A lady with a dog on a very long lead decides to stop on a very narrow bit, holding up hundreds of people with her on one side of the path, the dog on the other and the lead strung across the path! We make it up to the top, thanks

Suzanne for dragging me up that scary bit, and congratulate ourselves on achieving the first peak before 9 o'clock. Jane informs us that Paul the weatherman is behind us, do we want to wait for him? Not on your Nelly!

So we continue on our way, still excited and enjoying the views. Tess astonishes us with his knowledge of tractors, What is the difference between a Massey Ferguson and a John Deere, Tess? It starts to dawn on people that, actually, the next peak is quite a distance. We reach the first meeting point with our wonderful support crew after what seems like hours, oh wait, it was hours! Lunch is hurriedly consumed, feet talced etc, and we carry on. Jen realises she needs a wee and finds a private spot right next to the Settle-Carlisle railway, where she could be seen by hundreds of people!

The slog up to the top of Whernside seems relentless, and Layla suddenly takes off, in a bid to make the top quicker, declaring this her least favourite peak. Joe utters a profoundly unscientific discovery 'There are more uphill than downhill on this walk!' Really? Now everybody wants to know, from those of us that have done it before, (honest - I have got a certificate somewhere!), 'What is the rest of it like?' Unfortunately I can't remember, having blanked most of it out from sheer terror! We amuse ourselves on this long stretch with little



silly games such as the Fitbit heart rate

game. Sue beats it with her ridiculously low 101! 'You are practically comatose, Sue!' There is another comedy moment when Sue bends down to unzip her zip-off trousers and utters the words, 'Who's squirting me?' Only to find she is tipping water out of her bottle on to herself! We discover that Joe seems to have a different outfit for each peak..... We have another short stop at the peak of Whernside for photos, footcare and food, and slivers of memory start to drift back of the descent, I think it might be a bit scary....

I decide that I can't actually do this upright, so I adopt a toddler-style bum shuffle down the perilous steps of the slope. We are heading for the next support meet-up point when we approach one of the awkward gates that only one person can get through at a time. Jen goes through, clutching her flapjack in a small bag, with Berni following closely behind. Jen utters the immortal words 'You've trapped my flapjack in the gate!' and thus 'flapjackgate' is forever sealed in history.

We see our support crew in the distance, what a wonderful sight! The enroute farm cafe, which has much improved over the years, is great, selling everything from sandwiches and drinks, to plasters and spare socks. After a brief stop up from The Old Hill Inn, we carry on, exhaustion and delirium starting to set in! Natalie had been suffering with her Asthma, and reluctantly decides to bow out. (What a trooper!) Paul, Suzanne and I decide to wait by the wall as we don't need anything from the van, so Tess, the intrepid navigator and our wonderful leader, decides to take a slightly different route to meet back with us. He sends the others on ahead, telling them, 'You only have to walk in a straight line.', and goes back for us. At which point they all start floundering around like lost children, saying, 'Where are we? We're lost!' Berni says, 'Who's that woman waving at us? Oh it's Carole!' Tess comes up and says, 'You only had to wait at the gate!' Thank God for Tess! We all start to look with trepidation towards the looming peak of Ingleborough; 'Where is the path?' 'How will we get up there?' 'Don't ask me I can't

remember!' says I. 'Oh wait, there are some scary steps!

At last the final peak is within sight, and after everybody being prodded at some point by Jen's sticks, we slowly start the ascent. I decide I have an undiagnosed breathing problem and Suzanne lends me her inhaler. I've never used one of these in my life, and after a few pointers take a few hits, it's wonderful! Later I am accused of cheating by taking steroids - the injustice of it! There is a dodgy moment when I am clinging on to the wall for dear life, and a man approaches on the descent. 'Don't worry you can pass,' say I, 'unless you also need to cling on to the wall, in which case we're f****d!' We reach the summit - hurray! After congratulating each other and feeling like we have finished, we realise that there's about 5 miles to go. This 5 miles is like one of Rhona's 5 miles, and feels like 35! The descent is torturous, with none of us being able to walk in a straight line, and every rock (of which there are many!) causing severe pain. I realise that we are not all together at this point, but can't quite remember who's in front and who's behind, the trek having addled my brain. I have a Layla moment and have to get to the end, flooring everyone in my path in my eagerness to finish. Luckily there are some decent folks behind who think to look after each other! We all eventually make it back to the cafe within 12 hours - hurray! Suz, Paul and Ben actually run some of the last mile, after manly displays of looping back twice and one-armed press-ups (Paul), and doing 10 press-ups at the foot of Ingleborough (Ben).

All in all it was a wonderful day, with lovely people, but please everybody, do not let me agree to doing it again!

Carole

Baby Boom

Just in case any of you have been living under a rock, I am delighted to share the news that two of our members had added to the Pacer Support Crew!

Emma Williment gave birth to a beautiful baby boy, Thomas, 3 weeks early. After a brief stay in PICU, Thomas was allowed home, and mum and baby are doing well.



A couple of weeks

later, Rachel Jovanovic gave birth to a little baby girl, Thea. Again, both mum and baby are doing well.



Both babies made their Pacer Debut

at the recent Lister Park Run Takeover, and were impeccably behaved!

Congratulations ladies. I look forward to seeing you both soon (with babies, and siblings obviously!)

Discount codes for Trainers

Just a reminder that Club members benefit from 10% off, plus free P&P at www.sportsshoes.com

This month's code is ???? and is valid until 3rd September 2017. As usual, please do not share this code online with anyone. Happy shopping!

If you prefer the personal touch, The Yorkshire Runner in Otley gives our members 15% discount in their shop.

PLEASE:

Feel free to contact the Committee members with any comments, queries or suggestion -

airecentrepacers@hotmail.co.uk

As already mentioned, this is your club and you have a say as to how it is run.