



May 2015

Pudsey Pacers Newsletter

Proud to be a Pacer

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Many thanks to all who have contributed or assisted with this edition - apologies in advance for any errors or minor inaccuracies.

Any offers of future help gladly accepted: pacersnews@hotmail.co.uk

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Measuring up in May

What's more difficult - putting in the miles and racing on your own or forming part of a team? Well, in May a record equaling number of Pacers turned out on a warm, sunny day to conquer the hills of the **Leeds Half**: no half-measure indeed! And two teams collectively produced amazing performances at the **Calderdale Way Relay** event.

Many Pacers were attempting the Leeds half race as their first attempt at the 13.1mile distance, while others were seeking milestone targets and possible PBs. In this edition there is a contrasting illustration from a first-time half marathon runner and also from a PB-chaser. Karen Fawcett describes her race on PAGE 7 while on PAGE 8 Rhea Sutcliffe talks through the strides she took towards a return to an illusive milestone target. The Club would like to thank all Pacers who supported on the day: cheering, motivating and cajoling others, from various points on the course.

More obvious teamwork was witnessed one-week later at the Calderdale Way Relay: two Pacer teams, 12 sets of pairs, all tackling a scenic and yet challenging 56 mile loop around the Calder valley. Would cut-offs be avoided, could the baton

be passed from pair to pair, and would there be bacon sandwiches at the start of Leg 2?! @magic_medic Bill Overton presents his account on PAGES 5-6.

A particular **acknowledgement and thank you to Captain Dave Burdon**, who again managed, maneuvered and manipulated the Calderdale Way pairings, to create two competitive teams: each excelled when many faster, more experienced Pacers were absent or injured. Bravo!

In addition to these events, over three-consecutive Wednesdays a posse of Pacers headed down to Esholt to battle with themselves, each other and inter-club nemeses, as part of the **John Carr Series**: there would be triumphs, tussles and no half-measures (well, maybe only in distance, and erroneous placement of a traffic cone...).

Rich Allen generously - and frequently humourously - shares his John Carr experiences, particularly after having sought biomechanical advice from Dr. Tom Hughes: TRI-Mechanics. His report is published on PAGES 9-10.

Who said this... "I realised Ferraris are not me...my running trainers are the most important things I own"

Neil McAndrew - Jenson Button - Ronnie O'Sullivan - Gordon Ramsay?

Fellrunning? Me? I don't think so... Well, some Pacers did say in the Annual Survey they'd like to try. The perfect opportunity is soon approaching...

Beamsley Beacon

Thursday 18th June at 7.15pm
Addingham, near Ilkley
Approx 5miles/ 900 feet ascent
£5.00 to enter (on the night)
Let's make this race YELLOW!

OUR MAN IN AFRICA
PAGES 11-12



BLAST FROM THE
PACER PAST
PAGE 15

ENGAGEMENT
CONGRATULATIONS
ANDY NORMAN
&
SARAH BOOTH



Note to Pacers

Consider yourself a bit creative?

Do you wish to see different stories about the club and running?

Why not consider offering to be on a rota as the...

NEWSLETTER EDITOR

Do you have 4-5 hours per month that you could volunteer towards the club?

Maybe you, and other Pacer friends, would like to share the duties for just one-month?

See any committee member for further information and details.

CLUB SOCIAL RUNS

Thanks to Sarah and Andy following the huge success of the April club run and social - great run, excellent quiz and amazing raffle prizes!

If any other Pacer would like to organise either the monthly club run and/ or social, then please see a committee member.

Help will always be on hand to make this a success.

Similarly, maybe there's a Pacer who'd like to be a **Club Social Secretary**...?

OTHER TEAM RELAY EVENTS

Wed 3rd June - Badgerstone Relay

7.30pm, Ilkley

Sat 20th June - YVAA Road Relays

Tbc, Roberts Park, Saltaire

Tues 30th June - Danefield Relay

7.00pm, Otley Chevin

Fri 17th July - Washburn Valley Relay

7pm, Swinsty Reservoir, (Adv entry ONLY)

Wed 23rd July - Golden Acre Relay

7.30pm Lower Field (East), GAP

FANCY SOME CREDIT

Please let the Pacer News know **if you've entered or completed a race:**

Your Name

Event

Distance

Time

Weather

Brief context - weather, emotions, organisation etc.

Also, if entered as a Pudsey Pacer then

YOU SHOULD be wearing a Club vest

- see Sarah Turner or John Marshall

for sizes/ cost.

Looking Ahead, Not Behind - Inspiration



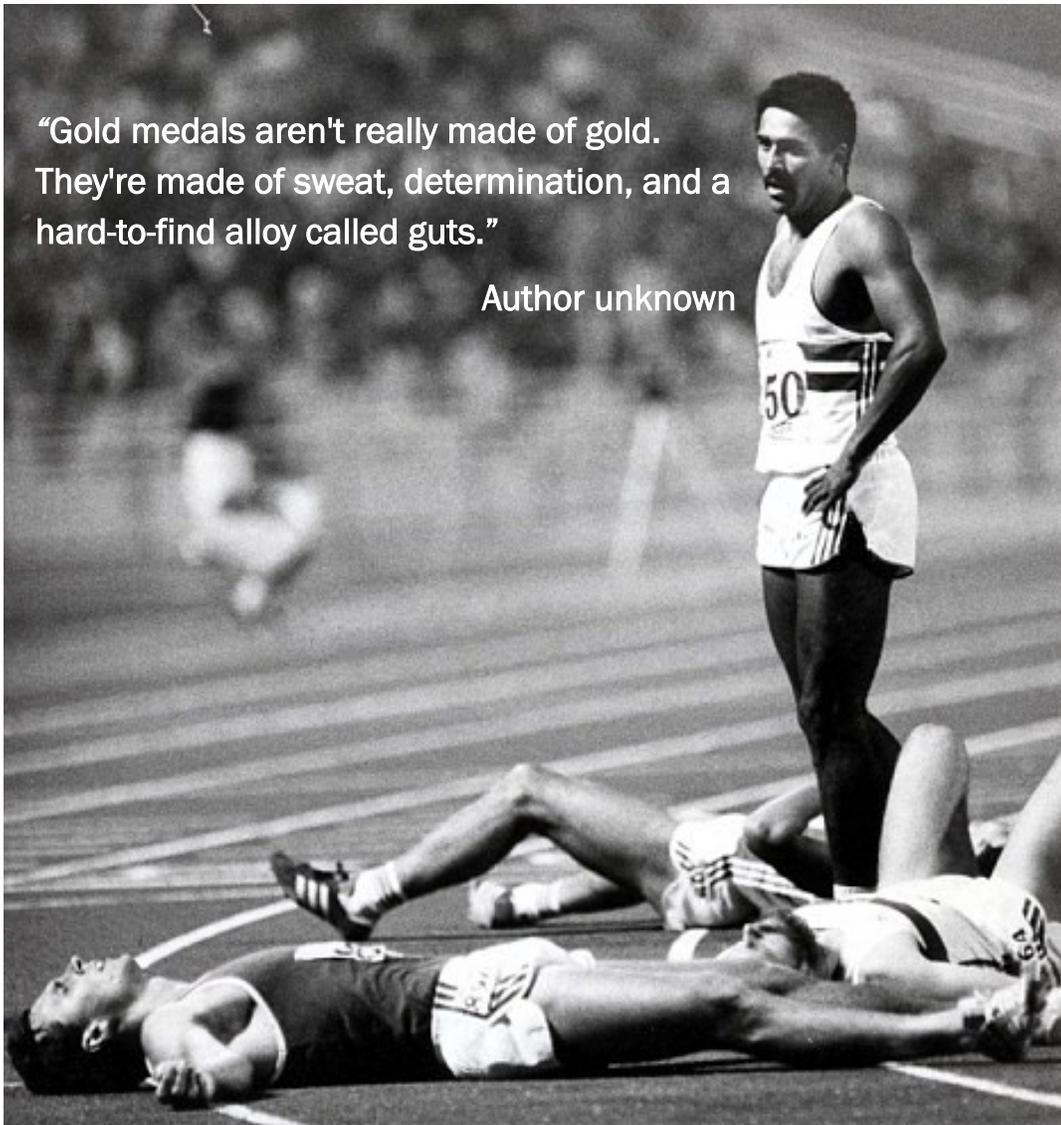
**"Your mind will quit 100 times
before your body ever does"**

Author unknown

Well done James Clark - battling through weather most foul at the North Lincolnshire half, ignoring every nipple scrape, mile after mile of repeated torture, and demonstrating that us Pacers are indeed made of stronger stuff: Ooorrraaa!!

**"Gold medals aren't really made of gold.
They're made of sweat, determination, and a
hard-to-find alloy called guts."**

Author unknown



Captain's Report - Dave Burdon

Hi everyone.

What a good turnout for the Pacers at Kirkstall Vets race. It was good to see so many yellow vests, I reckon there were over 40 of us there. Some of you were new to Vets races and hopefully you enjoyed the event and have got the taste for more. Keep looking for those announcements from our Vets Co-ordinator Neil Wallace. The Grand Prix races come thick and fast over the next few weeks and there are also the [YVAA Championship] road relay's to look forward to on Saturday 20th June. We should be able to get a good turnout given that most of us won't be racing on Sunday (day of our 10k race).

Our 2 teams did really well in the Calderdale Way Relay on May 17th: our A team finished 21st and the B team were 59th out of a total of 88 teams. Well done to our 24 runners, a fantastic team effort from all involved. Next up is Bradford Millennium Way on 28th June. We have 3 teams entered and those involved are now busy with their reccies. I have picked the teams but its not too late to put yourself forward as a reserve. This is especially important for the Pacer women as we currently have an exclusive ladies team that only contains one reserve who is currently struggling with an injury. My concern is that if anyone else pulls out we will not be able to maintain that team as a ladies team, so any offers of help will be gratefully received.

If you missed out on the Calderdale or Bradford, I will be taking names for the Leeds Country Way soon. That event takes place on Sunday 6th September.

If you are not sure about your ability to tackle the longer relays then why not try one of these races coming over the next few weeks: Danefield, Badgerstone, Washburn and Golden Acre Park are all fairly low profile and of a shorter distance, and teams are usually arranged on the night broadly depending on who turns up.

Dave

First Bash At Calderdale Glory - Leg 6...William Overton

The annual Calderdale Way Relay is organised by Halifax Harriers and is now in its 31st year. The relay is based upon The Calderdale Way, which is a 50 mile (80km), long distance footpath in West Yorkshire. Calderdale Way is circular and was devised in the 1970's to draw attention to some of the attractions in the district of Calderdale. The race route is divided into 6 legs, which because of the nature of the terrain, vary in lengths and difficulty.

Leg 1 Clayhouse Park, West Vale to Cragg Vale (Hinchcliffe Arms) **10.55 mls**

Leg 2 Cragg Vale to Todmorden (Centre Vale Park) **8.46 mls**

Leg 3 Todmorden to Blackshaw Head **4.8 mls**

Leg 4 Blackshaw Head to Wainstalls Road **9.36 mls**

Leg 5 Wainstalls Road to Shelf (Bridle Stile Road) **7.55 mls**

Leg 6 Shelf to West Vale **10.5 mls**

Race Day: There was an air of anticipation and much discussion - lots of runners talking race strategy and sizing up of opponents. I had all of my kit and was ready to go. It was overcast with a little drizzle in the air and a cold breeze. I was feeling confident. I was accompanied by my running partner Dave Butler. We had gathered at Shelf the start of leg 6. Neil Wallace and Darren 'Basher' Barham were soon able to set off when the "A" team leg 5 finishers came in before the cut off.

A great crowd of runners responded to the mass start at 2pm, by hurling themselves forward along the perimeter of the field, jostling for position, before descending into the woods. The route then followed some steps down before crossing a beck. I set off with them, determined not to be at the back or getting held up at pinch points. I probably got carried away with the moment, making my first mistake by starting too quickly; I think my partner Dave was a little surprised.

Zig-zagging through the woods I felt good and not unduly stressed. We worked our way through this section until leaving North Wood and snaking diagonally up a field to a stile. Eventually we reached the village street at Norwood Green. Running on, we passed the Old White Beare Pub. Soon, we had to turn right into a field and then left and forwards over a slight ridge to cross the A58 Leeds/Halifax road – there is a wonderful view here of the Wyke viaduct.

It was also at this point that I realised that I was going to have to dig deep. I didn't seem to have the strength that I normally have at this stage of a race. Something wasn't right. We continued on and while on the flat I was able to maintain a reasonable pace. It was the inclines that were having the most effect upon me, more so than usual. I was determined not to let my partner down.

As the route passes through Brighouse we reached the first section of canal towpath behind Sainsbury's running under several bridges. We left the canal, crossing Elland Road before turning left up into Freemans Wood. This for me was a beautiful section of the leg - forest trail with carpets of Bluebells. But today it was the hardest - the first section a short but steep ascent, followed by a descent down a flagstone path, past a farm and onto the next ascent. Although not as severe as the last, this climb was long and steady. And then followed by another short, steep ascent, along the edge of a field. I was suffering!

CONTINUED NEXT PAGE

...Continued: Calderdale Glory - Leg 6

It was here that I began to appreciate the team spirit that underpins these events. My running buddy Dave Butler was a true gent. He was looking out for me at every turn and as soon as he saw that I was struggling he slowed it down. He kept me going and gave me bagfuls of encouragement when I needed it. He nursed me through the tough section and then motivated me to give every ounce on the final stretch to the finish. I am only sorry that I didn't quite have enough in the tank, to catch the pair in front of us, who I think were only 12 seconds ahead at the finish. Dave Butler you were a star!

It was a beautiful leg and very runnable. I had a great time even though I struggled on the day. The team spirit was amazing. The pie and peas were marvellous, as was the post race pint and the company. I would recommend these events to everybody.

Me and Dave Butler (Team B) - 1:36:18 (57th out of 88 on Leg 6)

Leg 6: Fastest - 1:07:12 (Holmfirth Harriers)

Overall 88 teams - Team A: 21st place (7:13:59) Team B: 59th place (8:34:48)

Winning Team Overall - Calder Valley Fell Runners (5:53:06)

A reet animal - The Tiger's Todger

"The Tiger's Todger: how can I not enter a race with a name like that!" I thought. Hence my trip down the M1 on a blustery and wet Wednesday afternoon wondering just what I had let myself in for.

The TT is one of a series of five races organised by Totley AC, who are based in south west Sheffield, on the edge of the Peak District. It is approximately 9.6 km (5.7 miles) long with a total climb of around 259 metres (850 feet) so a category B Short race. The start and finish was at Sheffield Tigers rugby club on the Hathersage road.

So, what was it like? 248 runners lined up at 7:30 pm on 6th May, as the showers were starting to clear. We set off out on to the main road then had a mile downhill to the entrance to Whirlowbrook Park. This was the start of a long climb on a path up the valley through woods and which came out at Ringinglow (familiar to Sheffield half marathoners). It wouldn't have been too bad if the climb had not been into the strong breeze!

From Ringinglow we climbed again up through a forestry plantation then out on to the open moor and round the Oak Stones, with views over the surrounding moors. . At last we could put our backs to the wind. There was a section over a rough moorland track then through the edge of the plantation, probably the best bit as I was nicely warmed up and could keep my pace. The end of the race was a mile down a road where I was really able to push it, only to find that there was a short sharp up in the middle of the rugby club back to the start; ouch!

The result; I finished in a time of 56:22 (and 226th out of 247 finishers) so I was well and truly "at the tail end of the Tiger's Todger". As it was my first race since New Year's Day I was happy with that. It was a bit of a trek to get there but a super little race to blow away the cobwebs mid week.

Leeds Half Marathon - first timer

11th May 2005: Hawksworth Road with a friend, bowls of jelly babies in hand for the passing Leeds Half Marathon runners and caught up in the moment we had the 'mad' idea of signing up to run the following year.

Unfortunately my friend had to bail out due to family commitments, so I found myself having to make a decision as to whether I also bailed out. I had only run four 10k races previously so my confidence level was pretty low with regards to running a Half Marathon. I shared my concerns with Ralph McDermott and Mel Cairns who both assured me with proper training I could do it.

I asked around to see if anyone else would like to train with me and was overwhelmed by the response and I emphasised to them 'If I can do it, then you can too'!

Mel designed a training programme and we sat down with, Head Coach Jon Prideaux, to discuss how we would implement this.

The first thing Jon advised was to obtain a heart monitor so I could calculate my heart rate beat per minute and calculate the pace I should run for my base foundation.

I learnt about building my aerobic motor, fuel tank, anaerobic threshold, lactate turn point, vo2 max together with the four primary energy systems - aerobic lipolysis[fats], aerobic glycolysis[carbs] and anaerobic glycolysis and phosphagen or sprinters energy system.

Jon has a wealth of knowledge and although at times it was like learning a foreign language, it did make sense and he continued to be the back bone of our training programme.

The initial seven weeks of our training programme was all about time running and conditioning to be able to run for two hours, gradually increasing the time each week.

We then moved onto distance and started at 8 miles moving up to 12 miles over the next ten weeks.

10th May 2015: the day had arrived and I felt so nervous. Club vest on, jelly babies and glucose tablets in my bum bag, nero zero drink prepared.



My running partner, Sharon Tracy, and I ran the whole route together and had lots of encouragement along the way from family, friends and PP. The hardest parts I found was the Ring Road to Lawnswood Roundabout and then Abbey Road leading onto Kirkstall Road.

It was an emotional day and such a tremendous achievement for the whole of our training group. Many of us never in a million years would have thought we could run such a distance.

Would I do another Half Marathon ?

Immediately after the run – no, never again !

The following day – well maybe.

Day after – yes definitely: bring on Leeds Half Marathon 2016.

A huge thank you from me to Jon P, Mel, Ralph, Elaine and all the Half Marathon Training Group – we did good guys x

KAREN FAWCETT

Leeds Half Marathon - PB seeker

On Sunday 10th May I lined up at the start of the 30th Leeds Half Marathon. Full of porridge and trepidation. I have had the privilege of calling myself a runner for over a decade. And I'm certainly no stranger to racing. But the start-line nerves never fail to make an appearance. I tell myself adrenaline is preparing my body for the 13.1 miles ahead. The usual doubts and questions enter my mind like familiar but unwelcome guests.

"Have I trained enough? Do I have the speed? Will the hills get the better of me? And what's that golden orb in the sky? The Met Office app never mentioned SUN! Who invited the sun? I will surely burn to a crisp or melt somewhere on Stonegate Road." I was grateful for the starting gun to silence my train of thought.

I was aiming for 1 hours 40 minutes. I have run this race several times in the past. In fact, despite its undulating course, my half marathon PB of 1:35:43 was at Leeds back in 2007.

Since then I've had two children and a three and half year break from regular running. This was to be my third attempt of running sub-1:40, having narrowly missed out at Leeds last year (1:40:24) and at Oulton Park in March 2015 (1:40:39).

I hadn't done any recent specific half marathon training as the race coincided with my marathon training schedule for Liverpool in June. I was confident that I had the endurance but suspected the lack of speed and hill work (in an effort to prevent injury) would show.

I set off too fast, running the first mile at 7:14 min/mile pace. I gradually slowed myself down and soon the hills did their best to kill my pace. I was suffering in the heat and found the long uphill sections more of a slog than usual. I often wouldn't drink during a half. But soon I was grateful for the sight of the water station appearing in the distance, like an oasis in the desert. Most of the bottled water was poured over my head in an attempt to keep cool. For some unknown reason, I decided to forego the energy gel I carried with me, and ended up shoving numerous Haribo sweets in my mouth, handed out by a generous spectator. Running and keeping pace whilst chewing these little creatures proved a challenge in itself!

The support on the course was wonderful. The fellow Pudsey Pacers were an invaluable cheering squad; giving a much needed boost to this overheated, fatigued

runner with a belly full of water and sugar.

By the time I hit Kirkstall Road, I didn't have as much remaining in the tank as I would have liked. I thought back to the same race a year earlier where I felt like I was skipping along the same stretch of road, high-fiving smiling children and grinning at a steel band. This time was more grimacing than grinning.

I dug as deep as I could and eventually crossed the line in 1:40:11, narrowly missing my goal for the third time in a row. BY 11 SECONDS! My initial reaction was one of disappointment. But, after time to reflect, I realised I had just run my fastest half marathon in over 6 years. I later found out I was 52nd female and 30th in my age and gender category. This information definitely softened the blow.

What would I have done differently? Set off more conservatively? Trained on more hills? Avoided Haribo greed? Probably all of the above. But mainly I will aim to be kinder to myself. To enjoy my running and celebrate my achievements. Will I be back next year? Almost certainly – and this time without those pesky 11 seconds.

RHEA SUTCLIFFE



'The Things I'd Do For A Blonde' ...Rich Allen

I've been running with Pudsey Pacers for 4 years now during which time I've been making gradual improvements in my running times. I've always felt though that when running I'm somehow working against my body rather than with it, leading to an inevitable injury tightrope where, on almost every run, something is either aching or complaining - I never remember any aches and pains when I enjoyed running as a child; yes, I'm no spring chicken, but at only 36 years old surely my body shouldn't be complaining so loudly, and when it does, I've always asked why?

In December 2014, I decided to go to a talk on biomechanics which had been arranged by Pudsey Pacers and was delivered by Dr. Tom Hughes. All of the aches and niggles that he described were the same issues that I was having: Tight IT bands, troublesome calves, sore Achilles, Plantar Fasciitis, etc. Alarmingly, my first thought was 'should I call someone' as this guy has obviously been stalking me! As part of Dr. Tom's presentation - a strategy which he's named Tri-Mechanics, as he's also a triathlete - he provided several useful nuggets of information during the talk, which I implemented immediately: such as performing one legged squats in a mirror and the 'brushing your teeth for lunatics' game, where you stand on one leg, with your eyes closed, while cleaning your gnashers. Now, I don't claim to know how exactly these things helped my running. But I do know that within weeks, I'd taken 23 seconds off my 5k PB, stopped twisting my ankles (which I'd done at least once a week for years) and my pearly whites were, well... for once pearly white!

I then booked myself in at Tri-Mechanics for a full 2 hour assessment, including: a slow motion treadmill video to check my running form, a strength and flexibility diagnosis, trainer selection and some nutrition information - especially pre-race, as this is an area where I've made some serious

judgement errors in the past! Armed with this fresh knowledge, a new regime and a medicine ball (sold separately, and not taken on runs) I was keen to see if seemingly improved balance and flexibility would translate to faster times.

I thought the John Carr Series would be an ideal gauge - the series consists of 3x 5k races held on consecutive Wednesdays every May. Anecdotally, these races are held in memory of former club member who died tragically aged only 30. After each race you get a choice of either a Mars or Snickers at the finish line (or sometimes two, thanks Morv Wallace...) and at the final race, for those who've completed all 3, a rewarding bottle of Saltaire Blonde.

John Carr #1

I approached the first race, with just a few bits of information from other Pudsey Pacers who told me 'It's a good 30 seconds faster than other 5k's' and 'don't go out too quick'. I decided as I have a tendency to do, to ignore the second bit of advice. I gunned it down the first hill figuring that I'll do the first mile quicker and then hang on for dear life. The tactic worked until about half way. I felt as if I was running through glue and, as I slowed, fellow Pacer Al Chapman came tearing past and immediately opened up 20+ yards on me. I focused on relaxing, closed the gap slightly and figured I'd have a go at him on the final descent; I'd become familiar to passing Al towards the end on the Parkruns - it had become something of a tradition. I knew he was no Usain Bolt, not even a Yohan Blake. Alas, it was not to be though: he finished incredibly strong on the final downhill section, with me 3 seconds behind. We'd both smashed our PBs by almost 40 seconds, with lots of other Pacers doing similar. I felt great. And even better, I had no aches or pains.

CONTINUED NEXT PAGE



'a bit more Blonde' ...Rich Allen

John Carr #2

A week later came around before I'd had much of a chance to think about it. Al found himself in the wrong place at the wrong time 3 days earlier at the Leeds Half Marathon, Al is a cracking half marathon runner and so I commandeered him and his abilities to help get me round in a new pb, where yet again he pipped me to the post by 3 seconds. I was very tired on the day, the Leeds Half was still in my legs so I focused on the stretching and massage exercises I'd been shown and went for a gentle jog to get things moving. I didn't think I was in very good shape, and felt that it would be more of a war of attrition against my new nemesis, Al, with whoever was least tired coming out on top. I was negative enough beforehand that even Mark 'the end is nigh' Smith told me to pull myself together and be a little more positive.

That must have done the trick: at the start I set off with positive intent; I checked my watch after the first mile - 5 seconds quicker. Great, let's keep this up. The second mile, (which had wounded me in race 1) faster still. I knew that I was in with a shout of a good time by the time I got to mile 3, and possibly levelling 1-1 the series with Al. Towards the finish I felt strong and was pleased to knock several more seconds off the PB. The course was longer this week, but that didn't stop several other Pacers also clocking PBs. Club Captain Dave Burdon as 'Adjudicator' told me and Al that it was all to play for in race 3...

John Carr #3

I'd messed up this one before it even began. I still had the 2 previous John Carr races and the Leeds Half in my legs and decided to go for a gentle Parkrun on the Saturday which I inevitably turned into a race.

I then stupidly went training the day before and to ensure that I was definitely broken in time for the race, when the coach Jon Prideaux, wisely suggested me and Anna Keys (with one and a half marathons and a Bluebell trail in her legs) should miss out the final mile effort of the night, Anna listened, I didn't. OWN. WORST. ENEMY.

I had a weapons-grade coffee about an hour before the start to negate some of the tiredness and decided and to be all tactical and clever this week. I knew I didn't have the legs for a fast race so I decided I'd sit on Al's shoulder and attempt a break away towards the end, or maybe talk him into submission. I watched Adam Graves - on a welcome return back to racing - sail down the first hill in front of me and my stupid brain had a better, more pain-soaked idea. I got to the brow of the hill and brain, sensing Al was close behind, decided to sprint down the hill to open up a large gap and possibly instil the idea into him that I might not be absolutely shattered. Great - I'm 600 metres into a 5000 metre race and I'm spent! Thanks brain...thanks a lot!

The rest of the race was inevitably hard. I sheltered behind other runners into the headwind and tried to stick close to other runners. I felt that it was unavoidable that Al would catch me and I knew I'd no answer if he did; about a dozen runners did pass me throughout the race, but none of them in Pudsey yellow.

Thank you to all the Pudsey Pacers who came down to support us each week - it really makes a difference when you can count the seconds between 'well run Rich!' and the expected 'get him Al!'. I finished the race with a slower but decent enough time, equipped with the knowledge that sometimes when racing, as in life: you've just got to wing it...

Our Man in Africa...and beyond

AL CHAPMAN

Apart from running, one of my main passions is travelling and I've been lucky enough to backpack my way through many continents and regions ranging from South America, Africa, Asia, the Middle East to Australasia. A great trip for me is all about good food, beautiful scenery, captivating ruins and meeting great people, all of whom have a tale to tell. However, my adventures would not be complete without getting on my trainers and going for a good run in the sunshine. There's nothing better than the freedom it gives me, and the sights and sounds that present themselves that otherwise I wouldn't have experienced.

I've run around the ancient city walls of Jerusalem and Pingyao (China) and through the arid terrain of Namibia, with antelope bounding forty metres in front of me, and along Copacabana beach in vibrant Brazil. Each one offers me a different experience and enables me to cover more distance than I could achieve by walking alone.

Running abroad is not always straightforward, sometimes the cities are so large that finding a route can prove tricky. I've got lost on many occasions with my terrible sense of direction, but somehow I've always found my way back. Finding a suitable location can sometimes be troublesome, this is often where a bit of improvisation comes in, there'll always be a side street or mini road circuit somewhere that can be repeated as part of a speed work or tempo session. I've also encountered some risk; whilst in India, in order to avoid the extreme heat I often ran at twilight and on the odd occasion didn't make it back in time before sunset (as beautiful as it was). As a result, my return was on pitch black roads, and I had to avoid trucks and buses with headlights coming straight towards me. Needless to say, my last few miles were very quick!

My most recent trip was in April and involved travelling to Ethiopia and Somaliland. Whilst in Berbera (Somaliland), the only place to train was a barren dust covered football pitch. I decided to make it an interval session, running the length of the pitch at a sprint and using the width of the goal end as a recovery period. I was joined by three or four enthusiastic youngsters and, partly due to the heat and humidity and partly due to the fact that they were super fit, I had to dig in extra hard. By the end of the session I was having to extend my recovery period in order just to hold them off. I guess my competitive nature comes out wherever I am in the world, and of course by the time I finished it was dark and I got lost just for a change!



... more 'Africa and beyond'

Ethiopia also gave me many wonderful running experiences. One memorable moment came whilst out on a long run. By chance I ran past the local primary school just as the children were leaving for the day. I was greeted by hundreds of children cheering and clapping and shouting Faranji (a non offensive term meaning foreigner), an amazing feeling. On a different occasion I ran past a large group of people singing, the beauty of their harmonious voices will remain with me for a long time. Another unplanned benefit of training in Ethiopia was the altitude. Ethiopia generally lies high above sea level and the capital Addis Ababa sits at around 7,500ft. It took me several weeks to acclimatise and I often experienced a tightness in my chest and the feeling that I couldn't quite draw enough air into my lungs.

I battled through all this and upon my return I discovered that I was fitter and stronger than I'd ever been - putting down PBs at John Carr and having a great Leeds half marathon, recording my personal course record after an epic 13.1 mile battle against Rich Allen. Sadly the altitude effect has now worn off, so it looks like it's back to the tried and tested methods to try and maintain my speed and endurance.

The highest altitude I've ever run was at 13,700ft whilst in Salar de Uyuni, Bolivia. It was a very uncomfortable experience, the wind was blowing hard and I literally couldn't get enough air into my lungs to feed my oxygen starved muscles. It ended up a very slow run but I was pleased to complete it.

Despite all my running around the world, I've never raced abroad. This year I've been lucky enough to get a place at the Berlin marathon in September, and whilst this is a great opportunity to hopefully put down a quick time, the mini road and rail trip around Poland and Germany will give me as much pleasure as the race itself.

Finally, a friend of mine lives by the motto, 'to live is to run': I'd like to modify that... to live is to *travel and run!*

AL CHAPMAN



Race Reports

Other April reports:

11 May 2015

At the North Lincolnshire Half Marathon, in very wet conditions on Sunday 3 May James Clark finished in 16th position in 1:19:31.

At Stainland in the **BlueBell Trail** a quartet of pacers tackled the infamous Trooper Lane, on a re-routed course to avoid the even more infamous river crossing at the end of the race. Neil Wallace was first pacer home in 1:38:38, with Anna Keys 1:39:09, Harriet Kirk 1:53:49 and Anne Gowing 2:13:39.

"A picture perfect, May Day trail race" is how the **East Leeds 10K** was billed. It is a fast flattish trail race along public footpaths and bridleways in and around St Aidan's Country Park. James Clark was second overall in 37:09, followed by the 1st Female prize winner Karen Pickles 40:33, Paul Mortimer 54:51 (PB) and Mary Liversidge 58:47

Overseas at the **Belfast Marathon** Paul Gaile ran in a strong time of 3:03:42.

This week saw the first of a series of the three fast mid week John Carr 5K races, with a number of pacers out chasing PBs. Results were Al Chapman 17:29, closely followed by Rich Allen 17:32, Sam Cook 18:49, David Cooper 20:02, Morven Wallace 20:10, Andy Green 20:20, Mark Smith 21:09, Andrew Smithurst 22:57 (PB), Jenny Cooper 23:10,

Nic Anness 23:44 (PB), John Pop 24:04, Andrew Allen 24:43, Jennifer Baldwin 25:21, Debra Tomlinson 26:00 and Melissa Stead 26:04.

The big local race this weekend was the **Leeds Half Marathon**, in which the club was well represented by a large contingent of pacers (62 at last count). A battle was on for first Pacer home and it was all to play for on Kirkstall Road as Rich Allen sat on the shoulder of Al Chapman who held him off until the end finishing in 1:22:05 with Rich three seconds behind in 1:22:08 (PB). Veteran of the Leeds Half running it for either the 25th/26th time was John Halliwell in a time of 1:29:56 followed by Simon Coughlan 1:30:21, Sam Cook 1:33:01. First Pacer lady Beth Bray 1:33:04 crossed the line with Andrew Hardaker recording the same time, Peter Enever 1:37:04, Mark Pawson (see BBC Look North twitter feed) 1:38:13, Anna Keys 1:38:36 holding off a charge by William Overton 1:38:55 (pb), Garry Leedham 1:39:36, Desiree Normington 1:39:39, Rhea Sutcliffe 1:40:11, Andrew Green 1:40:52, Darryl Stead 1:42:39, Martin Booth 1:43:10, Steve Pattison 1:44:39, Nicky Tschemitz 1:46:36, Lisa Heath 1:48:18, Paul Holt 1:48:32, Natalie Tordoff 1:49:46, David Weed 1:50:07, David Nunn 1:50:28, Andrew Brownell-Judd 1:50:38, Nicky Anness 1:53:49, David Semmence 1:53:58, Andrew Smithurst 1:54:03 (pb), Richard Varley 1:54:51, Roy Bamford 1:57:31, Andrew Byrom 1:58:02, David Harrison 1:58:48, Coleen Carter 2:01:27, Mick Liversidge 2:03:12, Adrian Martin 2:03:20, Caroline Parish 2:06:09, Judith Marshall 2:06:24 (PB), John Woodhead 2:06:40, Mary Liversidge 2:06:54, Debra Tomlinson 2:08:13, Cathy Martin 2:09:26, Melissa Stead 2:12:53, Danielle Poutch 2:18:29, Will Thwiate 2:19:28, Katie Jones 2:20:55, Mel Cairns 2:23:17, Don Stead 2:24:19, Elaine Rushworth 2:30:37, Ralph McDermott 2:33:50, Jennifer Watson 2:33:51, Dawn Taylor 2:34:09, Joanne Smith 2:34:37, Jackie Baldwin 2:34:42, Katie Allan 2:35:05, Nicola Smith 2:37:50, Ruth Duffy 2:37:51, Rebecca Cumberworth 2:39:39, Fiona Harrison 2:42:08, Sarah Whittaker 2:42:36, Karen Fawcett 2:52:32 Sharon Tracey 2:52:32, Lynne Oxley 3:00:02 and Rachel Kirk 3:14:21.

Sarah Booth and Andy Norman did the **Kintyre Way** race on Saturday 9 May, finishing 9th in 7 hours 30 minutes. The race consisted of 36.5 miles of hard packed track but with stunning scenery over to the Scottish islands.

Race Reports

18 May 2015

Sunday 17th May: arguably the big reporting news of the week was the two Pacer teams competing in the challenging and high-quality field of the **Calderdale Way Relay** – the event attracted 88 teams to race 6x legs in pairs and cover the 56 mile length of the route. On race day the weather was drizzly and cool early on, including a stiff westerly wind that made Legs 1-2 especially hard-going. Running conditions were much improved later as the sun peeked out and the wind dropped. Good support was offered on most legs, especially from Mark Smith, Captain Dave Burdon and Tina Dickinson.

Leg (1) 10.5m: Jim Cantwell/ Leigh Hinchliffe 1.24:45 (15/15); Garry Leedham/ Robert Samuel 1:43:12 (60/ 60)... Leg (2) 8.5m: David Cooper/ David Kirk 1:15:03 (33/ 24); Jenny Cooper/ Sara Barton 1:26:40 (59/ 60)... Leg (3) 4.8m: Luke McQuade/ James Clark 0.38:41 (6/ 19); Shaun Denham/ Steve Pattison 46:42 (34/ 57)... Leg (4) 9.4m: Karen Pickles/ Suzy Sharman 1:23:39 (35/ 21); Sharon Hague/ Caroline Clarke 1:35:07 (58/ 56)... Leg (5) 7.5m: Darren Burnley / John Marshall 1:01:44 (15/ 19); Nic Anness/ Lisa Jamieson 1:26:49 (76/ 63)... Leg (6) 10.5m: Darren Barham/ Neil Wallace 1:30:07 (44/ **21**); Dave Butler/ William Overton 1:36:18 (57/ **59**)

Team A:21/ 88- 7:13:49; Team B:59/ 88 - 8:34:48; *Winner: Calder Valley – 5:53:06*

Massive acknowledgements to first-time relay Pacers Garry and Sara, those team players that stepped-in late as replacements and to Captain Dave for keeping it all together! Great result – well done Team Pacers!

Also on 17th May, a solitary Pacer headed up north for the multi-terrain **Ripon 10**. Andrew Byrom finished the challenging, undulating course in 1:27:48

Winner – 58.48

Four yellows braved themselves up, round and **Over the Odda 10k** on 16th May – the course and event is growing in popularity, and first Pacer home was Andrew Green 51.10 followed closely by Anna Keys 51:02. Brad Strutt 55:36 and Sadie Appleyard 59.05 completed the turnout on a busy weekend.

Winner – 39.19 (M) / 47.13 (W)

The second fixture in the **John Carr Series** was notable for several reasons: another bumper Pacer participation, warmer temperatures and for a second week the course was measured incorrectly; this time slightly longer! Still, a few Pacers secured PBs so try arguing the course validity with them... first home (and displaying a 'Rich' vein of form) was **Rich Allen 17:26 (PB)**; followed by Al Chapman; 18:06 Sam Cook 19:17; Dave Cooper 19:46; **Neil Wallace 19:54 (PB)**; Andy Green 20:19; Morven Wallace 20:33; Sally Corbin-Smith 21:08; Mark Smith 21:23; Jenny Cooper 22:56; Andrew Byrom 23:14; Andrew Smithurst 23:36; Nic Anness 24:07; Jennifer Baldwin 25:33; Debbie Tomlinson 26:20; and Melissa Stead 27:10

Winner – 15.41 (M)/ 17.28 (W)

A belated acknowledgement and congratulations to Debbie Tomlinson who was awarded 3rd F50 from the first JC fixture which doubled as a YVAA Championship race – very well done!

On Tuesday 12th the wind blew strong and the sun shone brightly as five fell-baggers headed to the **Jack Bloor Fell Race**: a tough, self-navigational route comprising 6 checkpoints on a 5mile route through heather, some bog and round the Rombald trig point. First yellow home was Luke McQuade 46:39 followed by Mark Nolan 51:32 and a great women contribution from Sharon Hague 56:15, Caroline Clarke 1:02:28 and Sara Demaine 1:21:16. Great moor running from all.

Winner - Jack Wood (Ilkley Harriers) 40:10/ Claire Green (Pudsey & Bramley) 48:25

Race Reports

25th May

On Bank Holiday Monday, 10 Pacers traveled along the Wharfe valley to the challenging but hugely enjoyable **Ilkley 7mile trail race**. The skies were grey and temperatures very cool as a large number of runners turned up to enter on the day. With one eye on other race fixtures in the next week, most Pacers were adamant that the race would just be a steady run. James Clark was first Pacer to return back through the bluebell woods and down the steep, Curly Hill to cross the line in 44:20. He was then followed by Rob Samuels 50:27; Arthur Creek 51:07; Dave Butler; Neil Wallace 54:35; Brad Strutt 57:26; Andrew Byrom 1:04:02; Melissa Stead 1:09:19; John Woodhead 1:11:26 and Carol Parkinson 1:19.47.

Andy Norman and Sarah Booth had another gigantic weekend over the North Yorkshire Moors, successfully completing the **Hardmoors 160** - that's ONE-HUNDRED and SIXTY MILES!!!

Perhaps the greater challenge (for down on one-knee cramp...) and success of the weekend is the announcement of **Andy and Sarah's engagement**:

All at Pudsey Pacers are delighted at the news - congratulations to you both!

Earlier in the week, James Clark and Mark Nolan headed east for the **Askern 10k** which for a mid-week race fixture attracted an amazing 772 runners! James strode home in 29th place in a time of 36.28 while Mark finished in 103rd place, and belted out a sub-40 time of 39:54: excellent running to both.

And lastly, the final **John Carr race** was held on Wed 20th May - the weather was mild, the wind was back and nobody was really sure if the cone was placed in the corrected spot! Good running to all and an encouraging return to form by first home Adam Graves 17:11; then followed by Rich Allen 17:41; Al Chapman 18:22; Dave Cooper 19:46; Andy Green 20:02 Beth Bray 20.18 Andy Hardaker 20:19 Morven Wallace 20:31 Mick Hern 20:49; Mark Smith 21:38; William Overton 22:04; Jenny Cooper 22:50; Nic Anness 24:07; Jennifer Baldwin 25:32; Debra Tomlinson 26:29; Melissa Stead 27:00

*Nailed a PB, been somewhere different,
or nearing your 50?*

*Any Pacer wishing to be recognised for a Parkrun PB
or Milestone appearance?*

Then why not keep the Club informed

- see Pacer News contact email on Newsletter last page.

Race Reports

31st May

Traveling sowf down to Lundin was Bill Overton who attempted the **London Bupa 10k** while suffering from a mild case of male influenza. He manfully battled through and completed in 47:17.

A posse of Pacers pitched up, on a sunny and dry evening, to the **second YVAA Grand Prix** fixture hosted by Kirkstall Harriers. Excellent turnout, almost as many as Leeds Half marathon. Really well done to all, especially to the first-timers and a handful of non-scorers. First home and followed by a vast yellow army was James Clark 35:51 then Rich Allen 37:36, Paul Gaile 38:41, A. Graves (NS) 38:42, A. Creek (NS) 40:2, John Halliwell 40:59, Rob Dixon 41:46, Anna Keys (NS) 42:25, Rob Minto 42:53, Mark Pawson 43:02, Dave Cooper 43:13, Neil Wallace 43:21, Sharon Hague 44:10, Dave Burdon 44:21, Chris Smith 45:34, Brad Strutt (NS) 45:51, Lucy Armstrong 46:12, Mark Smith 46:25, W. Overton 47:24, Phil Lonsdale 47:46, Lisa Heath 48:34, Sue Ransome 48:45, Tim Barton 48:49, Andrew Byrom 49:51, David Byrom 49:54, Jenny Cooper 50:15, Mandy Bannister 50:17, Nicola Bradford 50:33, Nic Anness 50:45, Neil Berry 51:48, Mick Liversidge 52:01, Tim Ayres 52:06, Ralph Mcdermott 53:48, David Harrison 54:38, Paul Mortimer 54:41, J. Woodhead 55:47, Mary Liversidge 57:24, Peter Binnie 62:18, Joy Good 58:33, Michelle Dare 60:49, and Allison Mortimer 73:59.

Congratulations to James Clark who finished 3rd overall and age category winners Sharon Hague (1st W45), Paul 'Merv' Gaile (1st M45) and Sue Ransome (1st W55).

And the races just keep on coming – on Thursday 28th May, Horsforth Harriers hosted the **Apperley Bridge Canter** on a revised course that again avoided the canal towpath, but maintained the challenging climbs up from Woodhouse Grove School. The rain passed through before the start and the sun shone out; the air was cool and there was still a stiff breeze. Leading back the pack was Arthur Creek 41:35, followed thereafter by Andy Green 43:44, Darren Darham 44:39, Dave Butler 44:47, Neil Wallace 46:02, Bill Overton 47:43, Garry Leedham 47:45, Brad Strutt 48:11, Mark Smith 48:54, Sue Ransome 50:48, Nicky Tschernitz 52:09, Jenny Cooper 52:36, Andrew Tams 52:53, Claire Bray 53:35, Tim Ayers 54:55, Hilary Taylor 55:11, Andrew Allan 56:32, Lynn Arthurs 59:53, and Danielle Hawnt 1:02:22.

A number of Pacers supported the inaugural **Horton Parkrun** in west Bradford. The course is a challenging three-lap route with undulating gradients that one Pacer has described as a bit of a 'rollercoaster'.

Three bold Pacers headed up to the south-west lakes for the **Duddon Fell Race** as part of the 2015 English Fell Championships: Sharon Hague completed the tough, boggy, rocky 18miles/6000ft long race in 4:26:56, while Caroline Clarke and Steve Boom both showed good 'return from injury form', competing in the short race, finishing together in 2:11:21. Great running all three.

And lastly, another three Pacers headed, with passports in hand, to the Scottish capital for the **Edinburgh Marathon Festival**: Andrew Brownell-Judd successfully completed the full marathon in 4:17:53 while Mick and Mary Liversidge each bagged massive half marathon PBs. Mick smashed the milestone of 2 hours with an impressive time of 1:56:04, while Mary erased a huge 10 minute chunk from her previous time, finishing in 2:01:28. Awesome running to all three tartan terrors!

Blast From The Pacer Past

Jim Wheldon produced an excellent result at the **Lochaber Marathon** on Sunday, 24 April. He came in 44th place overall in a time of 3 hours 10 minutes and was 3rd in his age category.

In the tough **3 Peaks Race** on Sunday, 24 April Neil Armitage completed in 4 hours 22 minutes
Shaun Denham in 4.38
Martyn Finn 4.41
Dave Burdon 4.49
and Rob Kilner in 4.58.

In the **Sheffield Half Marathon** on 1 May James Clark had an excellent time of 1 hr 26,
James Rivington 1.45
Graham Howell 1.48
and Arthur James 2.17.

**NEWSLETTER
MAY 2005**



NOW WE ALL NEED A GOAL TO LOOK FORWARD TO IN LIFE AND MINE IS NOW SET FOR THE LAST SUNDAY IN APRIL 2006. I HAD HEARD ABOUT THIS EVENT MANY TIMES AND ALWAYS THOUGHT "I CANT DO THAT, IT'S FOR PROPER RUNNERS, NOT REAR GUNNERS LIKE ME." BUT IF I NEVER TRY, I WILL NEVER KNOW.

Leeds Half Marathon 15 May 2005 Official Results

Nigel Armitage	1.17
James Clark	1.25
David Burdon	1.29
Dave Butler	1.30
Gary Phillips	1.31
Andy Barrett	1.34
Mark Dixson	1.36
Martyn Finn	1.36
Roy Bamford	1.37
Rob Kilner	1.39
Paul Smith	1.40
Gareth Farrer	1.43
Lynne Barrett	1.44
Dominic Egan	1.45
Mel Atkinson	1.45
Cathy Plant	1.45
Michael Turner	1.45
Stephen Mitchell	1.47
Graham Howell	1.47
Chris Wilson	1.54
Joanne Knowles	1.54
Don Stead	1.55
Alyson Glover	1.56
Graham Brown	2.01
Jo Park	2.08
Pam Johar	2.09
Arthur Wood	2.10
Jane Cleary	2.11
Laura Jenner	2.12
Raymond Broadhead	2.12
Joy Good	2.14
Richard Walker	2.16
Arthur James	2.17
Joanne Tiffin	2.19
Dave Williams	2.26
Debra Sharp	2.30

Dates for your Diaries

June 2005

Pudsey Pacers' Club Run - Thursday 30 June 2005

To celebrate the 15th Pudsey 10k Challenge the next club run will be the **The Pudsey 10k Handicap!** (Crutches and wheelchairs are not required).

All members who come to the June club run will run the club's 10k route, with their In House handicap rate. The slower runners in the club will start the 10k first, then the slightly faster runners will go, then the next, then the next, until the faster runners are set off last. The idea is that all the Pacers will arrive at the finish line in the park at the same time. Please don't worry; this is not a race, just a bit of fun!

Karrimor (or less) Backpack - Ed

Firstly: yes, at a moment of weakness, I decided to line the pockets of the man often cited as the hand-brake (and car-crash) of Newcastle FC. Let me be clear: I now acknowledge the purchase was impulsive, so plumped for a cheapish 12L option - importantly, I don't need to wear a running backpack very often so the chance buy was considered a reduced risk. Second, the main compartment supported a large water bladder (sold separately), which was my key requirement, plus also a side pouch and two helpful hip-pockets, for energy gels, compass and party poppers. The first two times I used (including during Rombald Stride: 22 miles) I gained severe chaffing on neck from abrasive straps. I used recreationally in between races. Next long race was the Three Peaks during which (only 4 miles into 23) the waist strap lost the battle with my 'verandah over the toy shop'! Emergency knots and basic scout skills applied, I continued; although unable to access one of the critical hip pouches.

Cost: £20 - Comfort: 3/5 - Utility: 4/5 - Durability: 2/5 - Overall Grading: 2/5

Summary: be bold, buy big and NEVER purchase important running gear on impulse

KIT CATASTROPHES

OR GEAR GLEE...?

If you have bought running trainers, clothing or accessories, and would like to share your personal review with others, then please send your comments (Brand - Model - Price - General Characteristics) to the newsletter email:

pacersnews@hotmail.co.uk



DISCOUNTS

As a Pacer you're entitled to an advertised discount from local web retailer, Sportsshoes.com.

A monthly code is posted to the Member's Section of the website.

To access the section, you must firstly register as a member on the Forum - see PAGE 2 of April 2015 Newsletter.

Other local shops will also offer analysis/ discounts, if you present your EA membership card.



BAGGY-BAGGY-BAGGY- OI !!

No, not the chant of fans from a Midland football club, but the merits from wearing a black bin-bag prior to races.

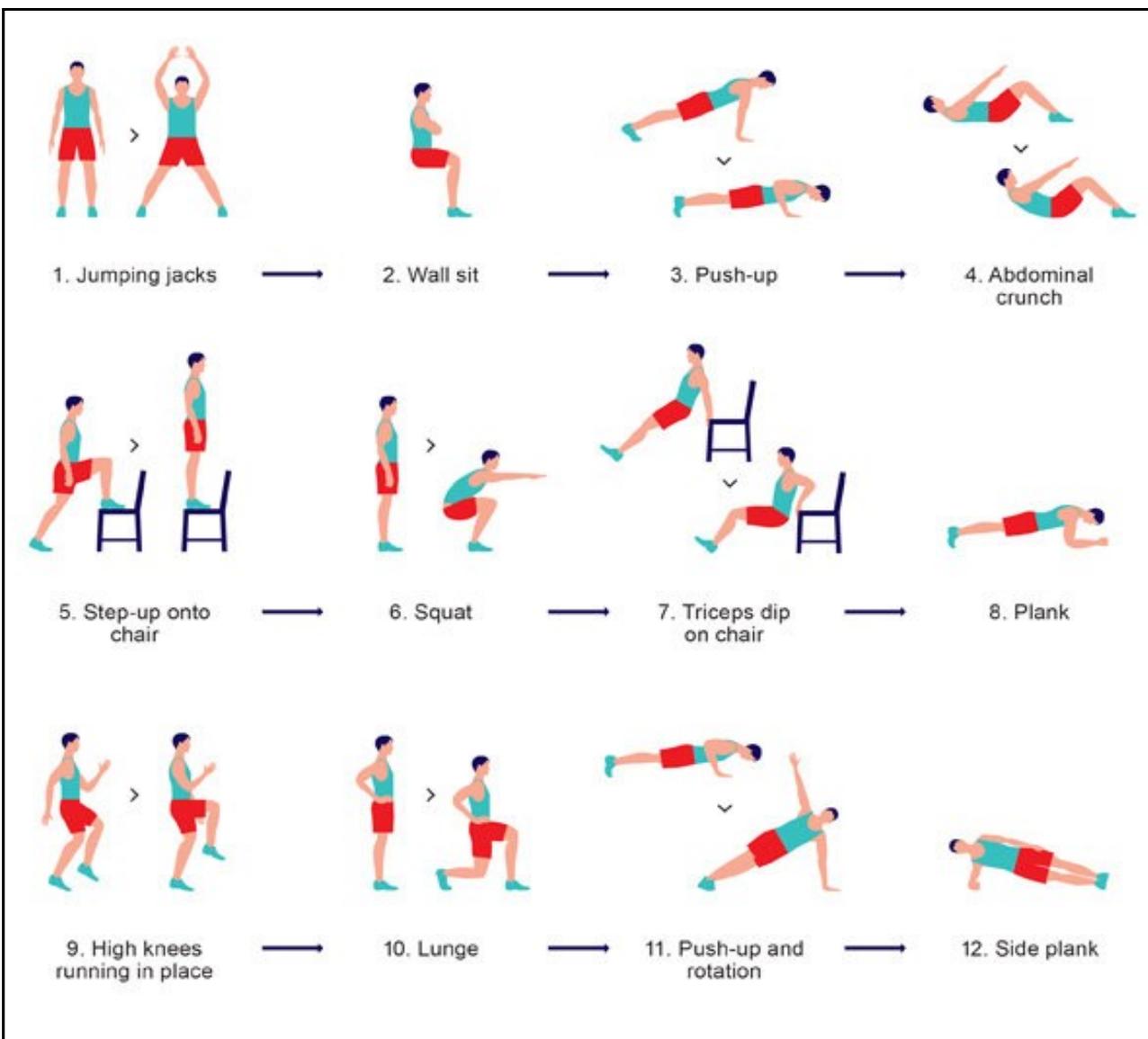
If the weather is wet and cool then creating a head-hole and wearing a bag is ideal - especially for large participation events. Keeps you warm until the gun. Also reminds you to put out the wheelie bin on Tuesday! You can shout out that you're 'Batman no more', then remove, tie and throw at a spectator who comments 'keep going' or 'nearly there'...

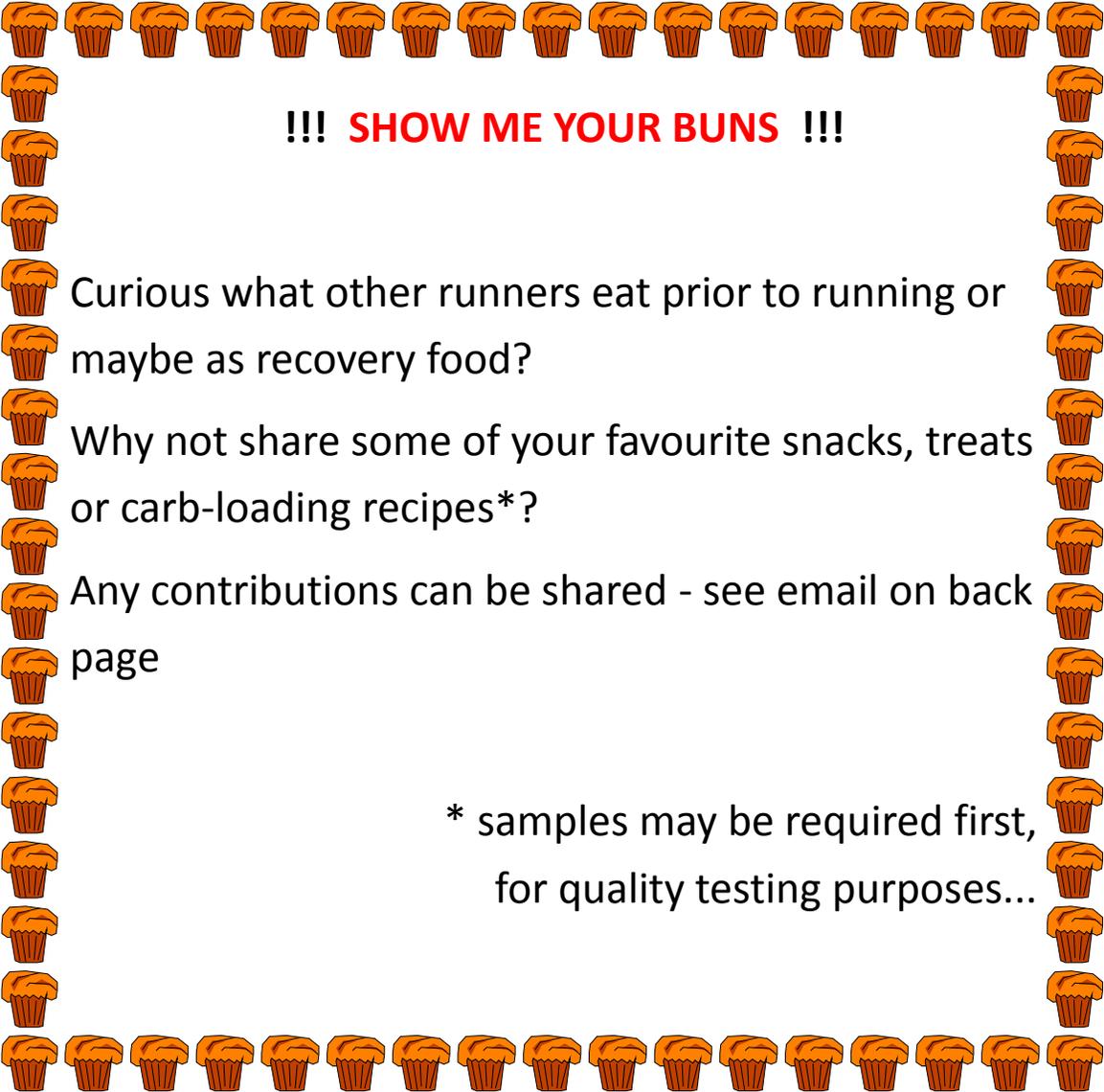
Consider balancing your running with a spot of core conditioning - many physios and specialist injury professionals will supplement any diagnosis with strength exercises.

Why not reduce the risk of injury and try a daily (or regular) routine similar to the workout below. When completed properly and on a frequent basis these will strengthen your core, improve balance and provide additional agility.

A suggestion would be to attempt 1, 2, 8, 9 and 12 for a set time (perhaps 20 seconds). All other exercises could be completed by selecting a specific number to complete. After a suitable time where you experience no aches or pains then consider increasing the duration/ quantity.

For full instruction and details on how best to complete each exercise, please search via the internet or consult a qualified professional.





!!! SHOW ME YOUR BUNS !!!

Curious what other runners eat prior to running or maybe as recovery food?

Why not share some of your favourite snacks, treats or carb-loading recipes*?

Any contributions can be shared - see email on back page

* samples may be required first, for quality testing purposes...

The Pacer Lexicon

Efforts:

Structured or agreed distance/ time, whereupon a coach or run leader may instruct runners to apply an increased pace up to, but not exceeding, race conditions. Often an effort may correspond to a Strava segment owned by some lithe ectomorph: eg. "The next effort will be from Jacksons to the Fire Station at Swinnow"

Bonking:

Gradually decreasing fuel levels suddenly render a runner incapacitated and unable to perform at an expected level: may display symptoms such as dizziness, incoherent speech and/ or tropical rainforest sweating. Acceptable to bonk on the Sabbath as nothing immoral or sexual; only related to extreme exercise: eg. "Ey-up, best get out those jelly babies - this one looks like she's bonking..."

Pootle:

Leisurely running pace, commonly witnessed when applied as a group, where conversation can be continued and yet miles still recorded. May be enforced when supporting newer runners or stretching legs days ahead of a long race: eg. " Anyone fancy a gentle pootle along the canal on Thursday morning?"

Keep Going:

Common phrase, annoyingly offered by the goodwill of non-running supporters, sometimes during the early stages of a race. Often supplemented or followed by the equally frustrating use of 'nearly there'. Likely to be met, at best, with a polite smile but more likely a glazed, dispirited look from most runners.

Eye-balls out:

Unusual description, commonly associated with short/ fast races, or speed training, when one is in pursuit of a PB or a Strava segment Course Record: "Them races at the John Carr Series are blinking fast... there's not much fun there... it's pretty much 'eye-balls out' all the way".

Next month: 'Fartlek, 'Jelly Legs' and 'Nearly There'



THE MUGGING

When my guard was down they attacked from behind.

With a blow to the head, now I wake up to find.

There is a sort of red mist in front of one eye.

My tongue is all rubbery and my mouth is so dry.

There is a part of my head that floats on its own.

And a pain when I move, that just makes me groan.

My stomach and its contents have ceased to be friends.

They are now parting company, via both ends.

I ought to get up, but I am frightened to try.

I just want to lie here and hope that I die.

I cannot understand how I came to be caught,

By those two nasty muggers: Red Wine and Port.

Dates for the Diary

Jun 6	Wharfedale Trail Half Marathon
Jun 7	YVAA Grand Prix - Loftus & Whitby
Jun 10	Badgerstone Relay
Jun 10	Otley 10 (& Jenny Cooper's ' <i>special</i> ' birthday run)
Jun 11	Haworth 5 (YVAA Championship)
Jun 18	Beamsley Beacon Fell Race
Jun 18	Rush Around the Rhubarb (& Junior Races)
Jun 20	Saltaire Road Relay (YVAA Championship)
Jun 21	PPRC Pudsey 10k – 25th running of the event!
Jun 23	YVAA Grand Prix - Alwoodley
Jun 28	Bradford Millennium Way – team relay event
Jun 30	Danefield Relay
Jul 5	Eccup 10
Jul 5	Trawden 7m Trail
Jul 7	YVAA Grand Prix - Crossgates
Jul 15	Wakefield Priory 5k/ 10k
Jul 17	Washburn Relay
Jul 21	YVAA Grand Prix - West Vale

News reports Keep Neil Wallace, our news reporter, updated with your latest race news so that your efforts in the yellow vest are recognised by others.....
Email pacersnews@hotmail.co.uk