



It's been a while but we are back with more tales from you the club members. Our 25th anniversary year Has been bounding along at some pace. We've had the bash at Headingley. Post Hill and the 10k have been and gone for another year. The Calderdale, Bradford and Leeds relays are all done and dusted and this year we had our own relay with a difference organised by Martin Scott although suggestions that we might be a drinking club with a running problem are surely wide of the mark.

The Road to Hell!- Hardcore at Hardmoors-

This edition includes a tale from our very own Bill Overton exploring an unusual strip of land in Poland and the newly wed Normans are back on the marathon trail in one of their favourite places The Hardmoors. Thanks for all contributions. Hopefully something here for everyone? Read, laugh and enjoy. And good running to all.

Email: pacersnews@hotmail.co.uk

The Road to Hel—Bill Overton

THE ROAD TO HEL!

Well a trail really. And it's Hel with only one "L"

Much to my partners dismay I packed my running shoes before heading off for our break in Poland. We were flying to Gdansk in the north of Poland and then heading east to the city of Elblag.

After visiting family we then travelled west by road to Wladyslawowo a holiday resort on the Baltic coast situated at the entrance to the peninsula known as Hel. Hel peninsula is a very slender strip of sand that is approximately 34km in length.

The width of the peninsula varies from approximately 300 m near Jurata through 100 m in the most narrow part to over 3 km at the tip. Since the peninsula was formed entirely of sand, it is frequently turned into an island by winter storms. Until the 17th century the peninsula was a chain of islands that formed a strip of land only during the summer.

A road and a railroad run along the peninsula from the mainland to the town located at the furthest point, Hel, a popular tourist destination. Other towns, ports, and tourist resorts are Jurata, Jastarnia, Kuznica, Chalupy, and Wladyslawowo.

I managed to find a trail that effectively travelled almost the whole length of the peninsula. It ran through a narrow strip of forested land with the railway on one side and the Baltic Sea and sandy beach on the other. I decided to head out one morning for a run and managed a round trip of almost 22km. I would have travelled further but didn't want to miss breakfast.

It was a peaceful and unspoilt area and it was great to be able at regular intervals to follow any of the many paths to the beach if you so wished. Had I had more time I would have run the whole length and got the train back. Another time maybe!

So I have run on the Road to Hel and lived to tell the tale!

William Overton

The Road to Hel—Bill Overton

The Peninsula is 34 km in length.

Wychodzący z Władysławowa szlak przebiega przez sąsiednie miejscowości Chłapowo i Strzelno. Początkowo jego przebieg pokrywa się z zieloną trasą. Przy ul. Parkowej skręcamy w prawo i dochodzimy do ul. Zeromskiego (DW nr 215). Chodnikiem maszerujemy w ul. Jastrzębia Góra. W momencie mijamy rogatkę Chłapowa i polny drogą maszerujemy w kierunku Strzelna. Dochodzimy do wsi, skręcamy w lewo i chodnikiem ruszamy w kierunku Władysławowa. Mijamy ostatnie zabudowania Strzelna i szeroką gruntową drogą pośród pól, dochodzimy do punktu pomiaru tętna. Za znakami szlaku maszerujemy dalej i za 1,5 km, przecinając Drogę Chłapowską, ul. Zirowską dochodzimy do ul. Sucharskiego. Z chodnika skręcamy do parku, wprost na tablicy z ćwiczeniami. Jeszcze chwila i po pokonaniu blisko 11 kilometrów dochodzimy do punktu, w którym rozpoczynaliśmy nasz marsz.

czas przejścia ok. 2 h
długość trasy 10,8 km

point is located in the Town Park in Zeromskiego Street in Władysławowo. Most of the route is a cobbled road and a surfaced road. Having done warm-up exercises we set off along the park path, turn left and along a narrow path we reach the fork we reach a pulse measurement point and having measured the pulse we walk along the path, following the path along allotments, we leave the park into Zirowska Street. We enter the Park again. Marching along the park path we reach an exercise board. Having done the exercises we walk on and closing the loop we finish our walk.

This almost 11km route is a loop marked with red signs. Most of the route runs along pavements and surfaced roads. The route begins in Władysławowo and runs through the neighbouring villages of Chłapowo and Strzelno. Initially the route overlaps the green route. In Parkowa Street we turn right and reach Zeromskiego Street (the 215 A-road). We walk along the pavement towards Jastrzębia Góra. We pass Cetniewo Central Sports Centre (COT Cetniewo), enter Chłapowo and turn into Chłapowska Street. We reach a brick shrine and turn into Górnicza Street. In a moment we pass Chłapowo turnpike and walk along dirt roads towards Strzelno. We enter the village, turn left and along the pavement set off towards Władysławowo. We pass the last buildings in Strzelno and along the side dirt road among fields we reach a pulse measurement point. Following the route signs we walk on and 1.5km further, crossing Chłapowska Road, along Zirowska Street we reach Sucharskiego Street. We leave the pavement and enter the Park to the exercise board. In a while and after 11km we reach the starting point.

czas przejścia ok. 3 h
długość trasy 15,6 km

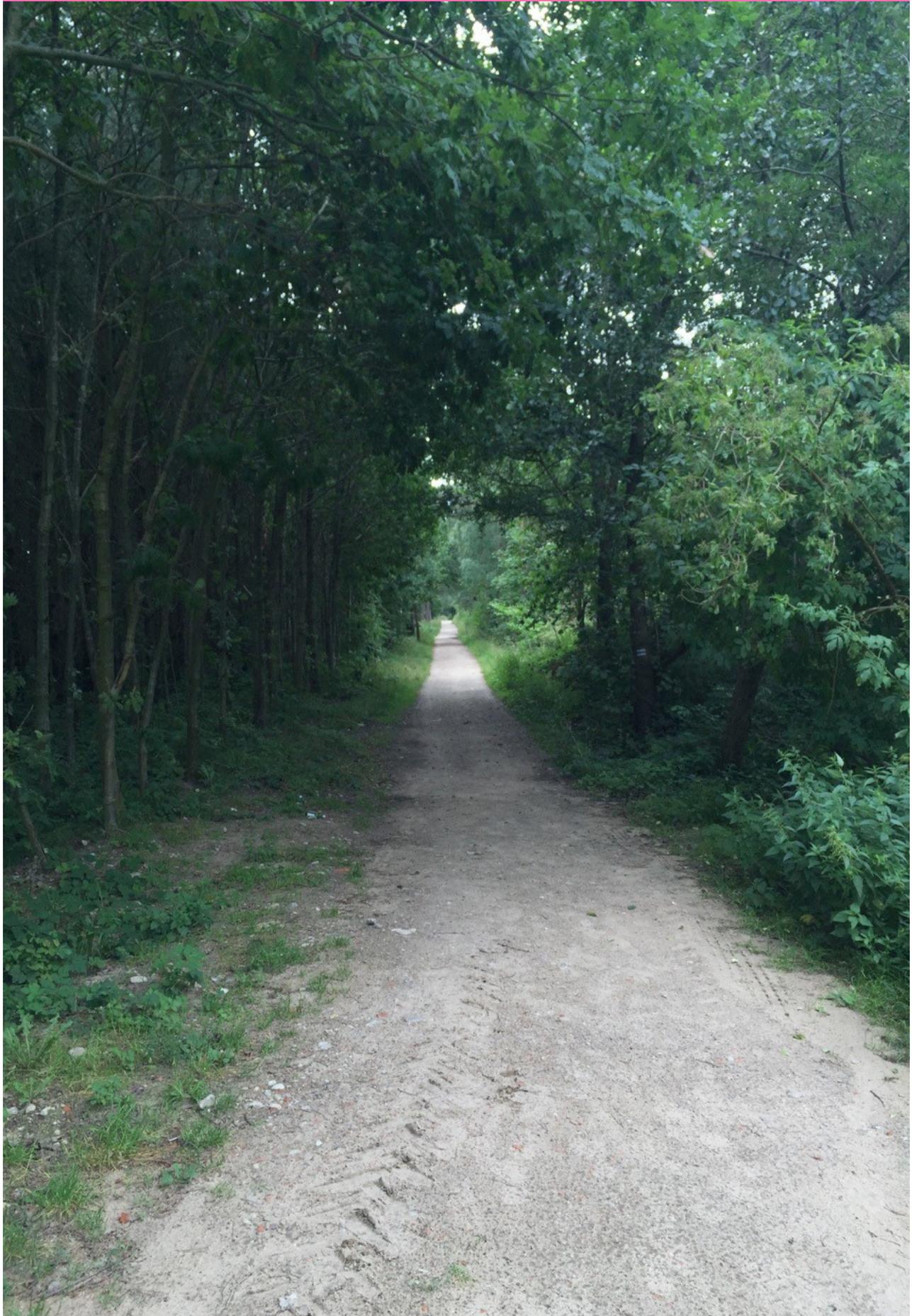
Władysławowo". To 15,6-kilometrowa trasa poprowadzona w formie pętli. Dedykowana jest osobom ceniącym sobie jakość leśnej drogi za wydmami. Długość trasy jest 15,6 km. Trasa prowadzi z punktu pomiaru tętna (wejście nr 7). Po jego zmonitowaniu maszerujemy w kierunku plaży nr 2 na Półwyspie Helskim. Doskonałej jakości leśna droga za wydmami ruszamy w kierunku plaży nr 2. Kolejny zwirot w lewo i rozpoczynamy powrotną wędrowkę w kierunku wyciągu nr 2 skracając w lewo. Tu wykonujemy ćwiczenia rozciągające, których propozycje znajdują się na tablicy z ćwiczeniami. Po wykonaniu ćwiczeń rozciągających, np. silny wiatr, proponujemy wrócić tą samą leśną drogą za wydmami.

The longest of the routes in 'Władysławowo' Nordic Walking Park is a 15.6km loop. It is aimed at fit people. The starting point is situated next to the beach entrance no. 2 on the Hel Peninsula. We set off along an excellent quality forest road behind the dune towards Chalupy. We pass the beach entrance and after 2km reach a pulse measurement point (entrance no. 7). Having measured the pulse we march on and next to the entrance no. 19 we reach an exercise board. By the time we have walked 6km. Having done a chosen set of exercises we walk on. We pass the buildings of Chalupy on the right and near to the entrance no. 24 turning left we enter the beach. We turn left again and we start the return walk towards Władysławowo, visible in the distance. Walking along the beach we pass next entrances and by the entrance no. 2 turn left. We do stretching exercises here, suggestions of which can be found on the board. Having done the exercises we turn back by the pulse measurement point (entrance no. 7) we will walk 4km altogether and if we turn back by the exercise board (entrance no. 19) we will walk 14km. In case of rough weather conditions, e.g. strong wind, we suggest walking back along the same forest road behind the dune.



The Road to Hel—Bill Overton

Hitting the trail.



The Road to Hel—Bill Overton

One of the many paths leading to the beach



Don't forget to pick up your free anniversary mug—Contact Sarah Dutson.



MARATHON NO 125 (HARDMOORS)-Sarah Norman

What a stunning day! There was something about the light today that really lit up the countryside. There was also a lot more bracken and purple heather than usual. The sky looked dark but the sun peeped through a few times especially towards the afternoon. It felt warm and muggy all day but the wind kept us cool when we really needed it.

I struggled at first, thinking I'd left my running legs in Pembrokeshire, I just did what I could. It's a hard start up a steep climb from Chop Gate. I wasn't sure why we'd started so far up the field but Andy was strong going up the hill. We made up some time along the top ridge but really made up time on the road section. I tried to run on the gentle slopes but couldn't keep up with Andy.

We had fantastic views across the 3 sisters and enjoyed the yo-yoing with those not as quick as us on the downs that we caught up with on the ups.

It was dry underfoot especially the section heading to the halfway point where the shorter races drop back down to Chop Gate. This is usually very boggy after Clay Bank to Meed Cragg so that helped our speed.

From that turn I realised I could run up the gentle climbs and as long as I didn't look up I felt I could keep pushing myself. After Bloworth Crossing Andy said lets run to the top, as expected it wasn't the top but we kept pushing. Karen was running with us at this point, her first trail run. She did well but dropped to a walk before the first top, sensible lady!

Marshal Rod was waiting at the turn here, a remote spot as usual for him but no rain! It was warm for us but as we turned the breeze hit us so perhaps it was chilly for him but we loved the coolness. It was wonderful to run down but we knew we had the very steep section from here to the checkpoint before Cockayne. This was the first time I'd seen Jon, the race director's seat reserved for DNFs only!

We made it up the hill to the final checkpoint and Andy said we only had 5 miles to go. He'd downloaded our run from last year so knew it was 27 miles. I kept thinking keep in your head what Jon said it could be nearer 28! Again we ran up the gentle hill and only stopped to walk because of the steep climb out of the nasty gully! Andy's watch had also predicted the last section would be completed in a certain time but we were running 10 minute miles! My watch buzzed to say we'd done 25 miles in 5 hours! I wasn't expecting us to make up so much time! We still had the last nasty climb up to do but knew the majority of that time would be downhill. I talked to another runner Sarah Colquhoun, I was surprised to see her again. She sped off down the hill but we caught her on the last section parallel to the road. Andy overtook her and I soon caught up, I told her to overtake Andy thinking she would be faster. He let her over the style first then paced her back to the hall so she finished seconds in front of us. 5:23:35. 32 minutes quicker than last year, joint 36th. We're both so pleased, all that hard work along the Pembrokeshire Coastal Path that I thought had over tired me was obviously worth doing. A great run, nice weather and wonderful views!

Sarah Norman

MARATHON NO 125 (HARDMOORS)-Sarah Norman



Week ending 4 September 2016

The big team event this weekend was the **Leeds Country Way Relay**, a 64 mile circular route around Leeds, over a variety of terrain, starting and finishing at Garforth. The route is divided into 6 legs generally of between 9 and 11.5 miles with two runners in each team per leg. This year's pairings worked hard in advance recce-ing their individual legs. The A team finished in 7th place overall in a time of 7 hours 57 mins (P.Gaile/J.Boxell 1.23.16, M.Orbell/R.Godden 1.26.58, J.Marshall/K.Pickles 1.16.19 (1st place mixed pair trophy on leg 3), A.Graves/A.Chapman 1.23.42, O.Bayly/O.Roberts 1.14.39, S.Sharman/R.Dixon 1.12.42 (2nd fastest mixed pair on leg). The B team finished in 18th place overall in 8 hours 45 mins (D.Burdon/A.Hardaker 1.28.35, W.Overton/J.Pickles 1.41.09, J Noon/R Noon 1.10.20(2nd fastest on leg), S.Pattinson/C.Smith 1.40.10, G.Leedham/N.Wallace 1.19.43, M.Bullock/S.Corbin-Smith 1.25.26). The women's team finished in 10 hours 29 mins (35th place)(B.Bray/D.Wood 1.44.27, S.Dutson/S.Norman 2.00.16, J.Cooper/S.Demaine 1.46.33, A.Keys/C.Clark 1.48.40, K.Ralph/E. Robinson 1.37.52, E. Allan/D.Kovalsky G 1.31.46). Some great individual performances and well done to all those undertaking their first relay with the club, who I know from the feedback that we have had will vouch to the great camaraderie and spirit of these team events.

In pursuit of more personal goals at the **Wetherby 10K**, a flattish 10k with a lovely final 400m downhill finish were Matt Livesey 35:52, David Woodhead 39:37, Tim Barton 46:20, Brad Strutt 46:31, Carol Parkinson 58:08, John Woodhead 64:22 and Lia De Faveri 71:38

At **South Cheshire 20** mile race sole Pacer Sue Ransome finished in 2:48:08 bringing the trophy for 1st F55 back over the Pennines!

Another veteran performing at the top of their category and bringing back the trophy was V70 Rodney Tor-doff who completed **Tholthorpe 10k** in 54:10. *Rod reports: - The Tholthorpe 10k has a gentle undulating course passing through countryside and finishing at Tholthorpe village green by the duck pond. The course was well marshalled and had two drinks stations at 3.5k and 7k. The day was excellent for running with just a slight breeze. After hurting my back in February at the Huddersfield 10k I was glad to get back to somewhere near decent form and took the 1st Male Vet 70+ award with 54.10. Jonathan Johnson with 33.58 from Harrogate Harriers won the race and Faye Banks of Pontefract A C with 37.38 was the 1st lady."*

Week Ending 11th September

A big weekend for racing this week. Pacers out in the yellow vest all over the county and beyond

The **Vale of York Half Marathon** being the most popular. Over 20 members pounding the 13.1 miles of tarmac in the flatlands of York. Bill first home for the pacers in 1:41:36. Well done to all running. Dveirel Kovalsky 1:55:43, Katy Ralph 1:56:40, Judith Marshall 1:57:13, Ralph McDermott 1:58:26, Adrian Martin 2:00:39, Katie Jones 2:08:14, Mary Liversidge 2:11:32, Cathy Martin 2:16:36, Victoria Benson 2:18:19, Lois Ferraby 2:29:59, Robert Greaves 2:24:47, Owen Houlston 2:24:47, Dawn Taylor 2:25:25, Jackie Baldwin 2:25:24, Andy Hall 2:29:18, Danielle Poutch 2:29:17, Lynne Oxley 2:31:33, Ian Robinson 2:33:15, Stephanie Jordon 2:31:06, Ruth Duffy 2:31:19, Eddie Hewson 2:31:26 and Michelle Dare 2:34:40

Another half marathon slightly higher profile being the biggest half marathon in the world, The **Great North Run**, took place this weekend. Mo cruised to the win but we also had a strong number of Pacers mixing it up with the sanctimonious B,C,D,...list celebs vying for precious BBC airtime. David Semmence leading the Pacers home in 1:36 - many of our number running raising money for various charities; well done to you all. David Hudson 1:43:06, Richard Varley 1:56:38, John O'Callaghan 1:57:34, Andrew Smithurst 2:01:4, Carol Parkinson 2:08:49, Kezzie Medford 2:24:07, Collette Smith 2:26:07, Catherine Cooper 2:26:19, Deborah McDermott 2:27:32

Moving away from the road and onto the fells in gods own county the **Yorkshireman Marathon and Half Marathon** took place this weekend. A high calibre of the Pacers finest fell runners pulled on their studded shoes and traversed the land baking in glorious autumn sunshine. James Clark first home in the marathon taking 4th place overall, Neil Wallace taking a top 30 spot in 4:26, Mark Nolan and Shaun Denham holding hands in the pairs category finishing in 4:37 and Sara Demain also pairing up with a purple imposter finishing seconds outside 6 hours. In the half (15 miles!) Leigh Hinchliffe took 8th place in 2:04, Paul Gaile got an 2nd in his AG prize finishing in 2:10, Anna Keys also winning a prize in 2:16 (1st F Senior? she let 2 FV50's and 1 FV40 beat her though). Also running were Caroline Clark 2:37:04, Mandy Bannister 2:46:58, David Cooper 2:59:08 and Jenny Cooper 2:59:12.

I'll take your one sport antics and raise you two. Andrew Brownell Judd embarked on his triathlon career with the **Leeds Xtra Mile Sprint Triathlon** this weekend completing the event in 1:56:06 just missing out on an Age Group podium finish taking 4th in the 50-54 category.

Running for Science Martin Scott took part in the **Edge Hill medical Research Ultra Marathon**. 35 miles made up of 10 3.5 mile laps around the Edge Hill University campus. The driver behind this was research into 'Gut analysis for Ultra runners'. Martin was on of 22 volunteer runners subject to tests in the weeks leading up to the race and a placed on a high fat diet 10 days out. During the race blood and urine samples were taken, runners weighed and questioned on how they were feeling. Interesting stuff, sure it will be interesting to see the results of this study.

Week ending 18 September 2016

Well the sun was certainly shining on the Pacers this weekend. The big local race of the weekend was the Kirkstall Abbey 7, a 6.7 mile multi-terrain course starting and finishing in the Abbey grounds. Newcomer James Bowell certainly made his presence felt, winning the race in 35:37 (37 seconds ahead of the second place runner!). A great day for the men's team, who took the male team prize with Matt Livesey and James Clark finishing in 7th and 8th place in times of 39:47 and 39:57 respectively. And if that wasn't enough two more of our members Rich Allen 41:10 and Paul Gaile 42:40 (1st MV50) finished in the top 20. Also running were Rob Dixon 44:58, Brian Colling 50:28, Anna Keys 50:37, Dveirel Kovalsky 54:21, Amy Smith 55:12, Mandy Bannister 55:21, Sadie Appleyard 55:28, Emma Robinson 56:40, Claire Bray 58:18, Hilary Taylor 1:00:01, Kirsty Boyle 1:00:55, Carol Parkinson 1:01:43, Mark Crawshaw 1:03:35, Samantha Stewart 1:03:57, Victoria Benson 1:06:45, Paul Dewhirst 1:04:46, John Woodhead 1:11:47 and Lynne Oxley 1:11:58.

Over in Harrogate a brand new race made it onto the race calendar – the Harrogate Haverah 10 mile trail race and a little toughie it proved to be as well. However the stunning scenery certainly made up for the tricky ascents and descents. The course followed a circular route from Beckwithshaw that takes you down Pot Bank and into Haverah Park, then around Beaver's Dyke and John O'Gaunts reservoirs, including the castle remains. Drones following the runners around the course taking photographs, together with a field of sheep who insisted in partaking in the race made it interesting for both runners and spectators! First home on the day were John Marshall (narrowly missing out on an age category prize in his new category) 1:17:16, James Pickles 1:18:10, Garry Leedham 1:21:18, Martin Bullock 1:32:17, Adrian Martin 1:44:22, Ralph McDermott 1:45:59, Cathy Martin 1:51:09, Mary Liversedge and Lynn Arthurs 2:02:34.

Peter Enever and Lisa Jamieson headed across the Pennines to Warrington to take part in the English Half Marathon festival of running. Peter did the half marathon in 1:38:13 and Lisa completed the 10k in 50:22 and was feeling just a little pleased with herself and rightly so! She finished the race 114th out of 779; 29th female out of 472; and 9th in the F40 category. Well done Lisa!

Sue Ransome was the sole pacer taking part in the Hull Marathon and what a great run she had! Finishing 1st FV55 in a very impressive 3:36:04. Sue reports that there was a very good atmosphere and would recommend this marathon.

Overseas Neil Wallace completed the Toulouse Half Marathon in 1:40:22.

Surely the best fun of the day though must have been had at the Pacers 25th Anniversary fun relay. Starting at Pudsey Leisure Centre at 12noon, teams of 4 runners each with a driver, saw their leg 1 runners off. This leg took them on a route over to the Barge Inn at Rodley, where their team mates awaited them, leg 1 runner had to down a drink of their choice, before the leg 2 runner set off on course to the Kirkstall Bridge Inn, where the same ritual was repeated and leg 3 runners returned to the Barge, handing over to leg 4 runners who ran the final leg ending in the Bankhouse Inn Beer Garden. First home – were the aptly named “Inn- Betweeners”, followed closely by Calverley Compatriots, Andy’s Babes and The Love Team! Not forgetting the team of cyclist who completed the entire route twice! This event is sure to become a firm favourite in the Pacers social calendar – roll on next year!

Week Ending 25th September 2016

Marathon Man Morven added another one to his tally this weekend at the **Warsaw Marathon. 3:29:43.** great run! Morven usually backs up his Marathons so no doubt he'll be at another one soon.

A few pacers had the Trots this weekend at the **Sir Titus Trot** race organised by Grim Up North Running. Brad and James in the 10K, James in 46.13 and 2nd with Brad getting a top 10 in 35.45. Grim Up North Running put on a selection of distances to race and Rich Allen chose the half marathon. A win in 1:30 was his reward with a well executed race taking the lead from the gun and staying there.

PACER PROFILE.—Emma Robinson

How long have you been running?

Since this time last year

Your favourite race or training session?

The Northumberland Coastal Run—Beautiful scenery.

Best running advice received or to offer?

From hips to lips on how to use your arms when running up hills.

Other interests/hobbies?

Travelling.

Favourite music/best gig?

Oasis and Kasabian @ Heaton Park.

What film or book would you recommend as a MUST?

A Bronx tale.

Best ever holiday destination and why?

California—3 generations of our family meeting up to spend a week in Santa Barbara. Great food and good fun We all came back about 2 stones heavier.

Your signature cooking dish?

Lamb Dansak.

Favourite word?

Beast.

Pudsey/West Leeds secrets: best bits of knowledge?

Never ever go to the Trinity nightclub on Wesley Square.

Friday evening £200 in your sky rocket, what would you do for the weekend?

Go for a slap up meal and drinks.

Sink, wall, hip, or pocket what do you do with your other hand whilst brushing your teeth?

Sink

Tell 2 truths and 1 lie about yourself.

I was once a table tennis youth champion.

I have a twin sister.

I have flown a plane.



How long have you been running?

April 2015 with Run England— I hadn't run since school 35 years ago.

Your favourite race or training session?

I think the most enjoyable race would have to be round hill, no pressure not enough runners to freak you out just run because you can. The race I'm most happy about would be the Eccup 10, simply because I did pretty well time wise (for me)

Best running advice received or to offer?

I don't think I'm qualified to offer any advice but what seems to work for me is mixing it up, road, trail, hills and most importantly varying the pace. Sure somebody will have told me that though!

Other interests/hobbies?

Over the years I've dabbled in everything outdoor related (except anything to do with a ball) running is the only thing I've stuck with. Love walking on the hills much to the annoyance of the kids! Would spend more time in the Kayak & bike if time was available

Favourite music/best gig?

Music would have to be rock, from a young age I was always at concerts at Georges Hall, Queens Hall, Leeds Uni, Fforde Green to see Motorhead, Saxon, AC/DC to name a few. The best gig however would have to be Paul Carrack, such a class act and such a nice bloke to see.

What film or book would you recommend as a MUST?

Generally speaking I don't read enough but when I find a good book I find it hard to put down and takes over my life for a few days! I've recently been reading the usual running related books which I've really enjoyed. The best book would have to be Guy Martin – when you dead, you dead. I do enjoy a good film but I have a terrible memory so can never remember what they were called or who was in it. Enough said on that one!

Best ever holiday destination and why?

That would have to be Picos De Europa by a mile, travelled around here three times & would go back tomorrow. The scenery is the best I've ever seen, enough touristy things without spoiling it. However get off the beaten track and you can go for days without seeing people if you wanted.

Your signature cooking dish?

Easy, rump steak on the BBQ no flavouring or sticky stuff just plain meat cooked as it should be.

Favourite word?

Ha "rump"

Pudsey/West Leeds secrets: best bits of knowledge?

I live in Farsley and think the history of local villages around Leeds is amazing. Who would have guessed that the DB in Aston Martin cars stands for David Brown which was a factory in Farsley where they produced the engine for the DB2! What about the famous treacle mines of Pudsey, you'll have to Google that one though!

Friday evening £200 in your sky rocket, what would you do for the weekend?

Field, tent, crate of beer, BBQ and plenty of meat = £100 so do it again the following weekend.

Sink, wall, hip, or pocket what do you do with your other hand whilst brushing your teeth?

Had to check on this one, definitely the sink..

Tell 2 truths and 1 lie about yourself.

*I was in the under 13 breaststroke relay team for Yorkshire.
I left England in 88 with £500 to my name to travel around Australia.
I recently decided to become a vegetarian.*



Four little words that runners don't like: "THIS EVENT IS FULL". I remember reading this too often during my first year as a Pudsey Pacer. I'd access an online entry system after being alerted by a post on the Forum only to read I was too late. Grrr. If not already registered on the Forum then you should as there's some really helpful race and running information on offer.

I successfully managed to mend the errors of my ways during the latter part of that year. And I was so glad that I did. With this in mind, I'd like to highlight four autumn/ winter events that in my opinion should be attempted by runners at least once; some are entered on the day, while others require lightning quick reflexes - you might even have to complete an entry form by ink and quill then post off with envelope and sticky thumbnail image of Queen Betty #OldSchool

Bronte Way – 30th October

Brass tacks- - just shy of 8 miles, multi-terrain, flagged or marshalled, stunning moorland views, linear route from Wycoller Country Park to Haworth

USP- - one of only a few races (and not an ultra) where you start over the Dark Side and finish in God's own country

Happy thoughts - crossing Bronte Bridge on the Bradford Millennium Way, the finish on the cobbles of Main Street in Haworth or maybe the soup and pint (usually included in the entry fee)

Tough times - a short, tricky, technical section next to a beck (approx 400m) with bog, rock and camouflage grass

Details - entry £8.00 although advance entry required if you wish to take advantage of the minibus shuttle from the finish to the start (20mins drive). A small bag can be transported from start to finish by race organiser. Otherwise enter at start.

Overall - great value, very friendly event that will leave an autumnal glow on your face and soup warmth in your belly

www.kcac.co.uk/club-races/bronte-way/

Abbey Dash – 6th November

Brass tacks- – yes, you are reading this right, please let me explain. I've neither entered nor raced the AD. And I don't plan on doing so. But the race usually follows the day after the mammoth Tour of Pendle fell race, so as a local race it is a great spectating opportunity. The flat route on closed roads is a straight forward 5km out and back along, ahem, the scenic Kirkstall Road.

USP- – watching the elite jostle for the spoils while the mere mortals compete with pantomime camels and charity sponsored superheroes

Happy thoughts – spectating in a club huddle is a great way to learn the names of other Pacers

Tough times – if stood near me then you might suffer from ‘Wok Shock’

Details - supporting fellow Pacers is richly rewarding and very much appreciated, especially for races like the AD when many attempt a 10km for the first time. Two groups of Pacers usually meet (in the middle) at the main junctions with Kirkstall Lane and Canal Road. Drinks are always arranged post-race.

Overall - free and easy... best way to enjoy a 10km race especially with a coffee in your hand

More info - www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/

Alternative - supporting opportunity at YVAA Spen Vets race on 13th November...did someone say funbus?

Auld Lang Syne 31st December



Dangermouse, Red Leader & Freddie – ALS 2015 (Image: @Braveshorts)

Brass tacks- – a 6mile route in Bronte country that covers tracks, grazing fields and traverses a beck TWICE! Bottle of beer memento and usually an opportunity to race alongside one of the Brownlee brothers and some fellrunning elite.

USP- – a fun-filled fell race where fancy dress is *de rigueur* for the final foray before the arrival of the New Year

Happy thoughts – the return visit to the beck usually provides ideal conditions (wet, slippery, muddy) for full body slides down a steep, grassy field... these are captured on video and provide great viewing afterwards on the large screen in the Sun Inn pub

Tough times – wearing a fancy dress costume that doesn't necessarily adapt well to adverse weather conditions... ironically, my Star Wars X-wing fighter didn't respond well to the onslaught of a moorland wind

Details – entry forms are normally posted online on 31st October and entrants must print, complete and return by post along with the entry fee. The event will reach capacity in days. Even if you are unsuccessful, or don't think the run is for you, then I strongly recommend spectating as you might just see two men in a bath, Jesus with his cross or teenage mutant ninja turtles

Overall – a hard slog that seems like more effort than should be acceptable, but once you've overcome the entry process the event is simply the best fun EVER!

More info - www.woodentops.org.uk/index.php?topic=als&subtopic=home

Alternative – Chevin Chase on Boxing Day (entries open late September and again this will reach capacity very quickly)

Rombald Stride – (tbc, early Feb 2017)

Brass tacks- – a 22 mile walk or a run between numerous checkpoints, each with an assortment of refreshments. A number of moors and multi-terrain footpaths are provided as obstacles between the checkpoints. Foul-weather is optional. Gnarly outlook usually helps. Reccies are usually arranged over the festive season and act as great social outings.

USP- – arguably the toughest navigation of the day is at the primary school race HQ when trying to climb out from the child seating after demolishing your hot meal, dessert and mug of tea

Happy thoughts – inhaling the homemade flapjack and/ or parkin at the checkpoint high on Rombald Moor

Tough times – almost breaking a tooth trying to bite the (frozen) homemade flapjack and/ or parkin at the checkpoint high on Rombald Moor

Details – Like many events the popularity only seems to increase and in 2015 the event sold out a few weeks earlier. Entries are now open for Rombald Stride and can be found here: [www.15thairedale.co.uk/rombalds-stride/] *Overall* – one of the best value for money local events around and a good chance to be photographed by Coach Hardaker after you've just battled up the Chevin at mile 21

Can I run in this costume—Neil Wallace

More info - www.15thairedale.co.uk/rombalds-stride/

Alternative – either the Hedben 22 (also a Long Walking Distance Association event) in January or, a bit further away, the High Cup Nick fell race in East Cumbria with a vista that will take your breath away.

Its all downhill from here. -RS2015 (Image: Andrew Hardaker)



Would you like to get more involved?

Ever thought about getting more involved with the activities of the club? Its not just about serving on the committee, there are so many other things going on.

Our Races.

We currently organize the 10k, Post Hill Challenge and usually host a vets GP and West Yorks cross country event. If you would like to be involved in some way either by helping organize or marshal on the day please let the committee know.

Social Nights.

Every last Thursday in the month we run a social which usually involves a run where our club members can run together and is followed by a social in a local pub/club. In the summer we organize a couple of away runs. If you are interested and willing in organizing a run or a quiz then please let our Social Secretary Sarah Booth know.

Information. And Communication

Don't forget to visit our website for up to date news and training plans.

There is also the forum where discussion on a whole host of topics is available.

Club documents and information regarding committee members is also included within the web pages.

Check it out now at <https://www.pudseypacers.com/>

Did you hear about?

Our August club run organised by Bill Overton.

This was an away run where we all met at Rodley Swing Bridge.

Bill had carefully planned a few routes ably assisted by 2 or 3 leaders who each lead groups sorted on the night to runners desired pace.

The weather was not kind that evening as the rain poured relentlessly with some taking shelter under tree's whilst awaiting instructions from Bill, some wore their water resistant jackets (They would pay the price later) whilst John Marshall did a pretty tidy impersonation of Steve McLaren's "one man and his brolley" moment.

The runs were great they took in much of the canal and a fair chunk of Bramley Fall. Talking of fall's, Melissa Stead decided to include a little swim in the River Aire, Several of her fellow runners appeared unsure whether this was part of the evenings entertainment as they continued to run past but it turned out they were only halfway through a strava segment and the chance of a PR was not to be sniffed at. As it turned out Melissa's transition from run to swim was completed with admirable expertise as she expertly kept her mobile phone and Garmin watch above water. Both remained intact and dry throughout the entire performance.

The run was followed by a few drinks in the Barge pub, we also had a guest runner from Bramley Breezers join us and to say the weather was so poor this was a sizeable turnout. Many thanks to Bill and his helpers for organizing.

NATIONAL

www.ukresults.net

Commonly referred to it's owner/ provider as John Schofield

www.northeasttraces.com

Also contains races just into North and East Yorkshire

www.runbritain.com/races

Broad platform for searching and entering races in the UK

www.fellrunner.org.uk/races

Usually named FRA (fell running association) and provides basic entry requirements and usually link to host club (most are entry on day)

www.bofra.co.uk

Fixtures & Websites

www.racebest.com

Excellent local race provider with growing reputation for new events and quick results

www.countrytrailraces.co.uk

Summer trail series around Leeds - navigation required, but easy and very informal

www.urbantrailrunner.co.uk

Similar to above

www.leedsathletics.net/Leeds_Race_Series.htm

Annual race series with good links to many local and popular races

www.yvaa.org

Both plus 35s (Grand Prix) and Open races across Yorkshire

LOCAL/ REGIONAL

Dates for the Diary

5th October—Committee Meeting.—Pudsey Leisure Centre (7pm)

9th October—Yorkshire Marathon/Yorkshire 10 mile—York.

16th October— YVAA Vets Grand Prix—Pudsey.

23rd October—WYXC Race 1—Dewsbury.

29th October— Wetherby Park Run (In House)

2nd November—Committee Meeting –Pudsey Leisure Centre

6th November—Guy Fawkes 10—Ripley.

6th November—Abbey Dash 10k—Leeds

26th November— Temple Newsam Park Run (In House).

27th November—WYXC Race 2—Pudsey

20th November—YVAA Vets Grand Prix—Spenborough.

7th December—Committee Meeting—Pudsey Leisure Centre

11th December—Leeds Christmas 10k challenge.—JC Stadium
Leeds.

18th December—WYXC Race 3—Skipton

31st December—Pontefract Park Run (In House)

If you want to find out more, or offer a scheduled race that you think other Pacers might be interested in, then why not search and contribute to the online, website calendar:

www.pudseypacers.com

News reports Email pacersnews@hotmail.co.uk