



# A.C.E. Race Running Club Newsletter - Summer 2014

## Troon Tortoises 10km



*A big thank you to Troon Tortoises Athletic Club for choosing A.C.E. to be this year's charity to benefit from café sales at their annual 10km event in May. Despite it being a very wet night more than 900 adults took part. And A.C.E. member Iona got the junior event underway on her Running Bike.*

*Good Work Iona!*



## Red Star Championships

For the first time in a number of years it didn't rain at the Red Star Championships on June 14<sup>th</sup>. A total of 13 Racerunners came from as far apart as Aberdeen to the Borders and in between. Although not completely blue skies it was warm and still and as a result there were a large number of new personal best times set on the day. Well done to Maykayla and Kevan (three each in 40m, 60m & 100m), William (60m, 100m & 200m), Gavin (200m, 400m & 800m) and Hannah (100m, 200m & 400m). Keep up the hard work – it's really paying off.



There's time for fun too!

## Queen's Baton Relay

There was great excitement as the Queen's Baton passed through South and East Ayrshire on June 19<sup>th</sup> and 20<sup>th</sup>. Many congratulations to Kayleigh, Gavin and Stephanie's granddad Paul who were baton bearers. Our congratulations go as well to Gordon Rainey and Colin Duthie. Both Gordon and Colin have supported us and other disability clubs over a number of years (Gordon through South Ayrshire Access to Sport and Colin through South Ayrshire Access to Sport, Ayrshire Sportsability and South Ayrshire Council).

## Kilt Walk 2014

We must also send an extra special 'Well Done' to Rhys, a RaceRunner from Glasgow. Rhys recently took part in the 2014 Glasgow Kilt Walk and completed the **10km** course on his Running Bike. This truly is an amazing achievement as Rhys is a wheelchair user who is not able to get about independently.



## Remember to 'Give as you Live'

You can raise money for the club if shop online through 'Give as you Live' (at no extra cost to either you or the club). There are thousands of stores to choose from across all interests & categories. All you need to do is register with 'Give as you Live' and select 'A.C.E. RaceRunning Club' as your cause.



It's easy to use - just follow the link <http://www.giveasyoulive.com/join/ace-racerunning-club/ct50959>.