



ACE RaceRunning - Autumn 2021



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Sessions have now ended for 2021. We have had a wonderful season, our Frame Runners have worked really hard and, after a year off, their efforts have been rewarded with huge improvements in their times since we returned in April.

Competition News

September saw the return of open Disability Athletics competitions for the first time in 2021 with Perth and the Scottish Disability Sport Senior Athletics Championships at Grangemouth as well as Ayr Seaforth Club Championships.



21 Frame Runners took part at Perth from all around Scotland!



Five of our athletes competed at the Ayr Seaforth Championships over 100m and 400m distances. A summer of solid training paid off with a number of new PB's – including one despite a shoe coming off halfway round!



Nici in her first season put in a great series of races to take 2 Gold and 1 Silver medals at Perth and then continued her good form at Grangemouth taking another 2 Golds, steadily improving her PB's as well.

Our Congratulations to Jessica who is this year's recipient of the Ayr Seaforth Commitment to RaceRunning Award. Her effort and improvement over the summer has been outstanding and thoroughly deserves this award which she will receive at the annual Ayr Seaforth club presentation night.

London Marathon – Last year Matt Humphreys from Nottinghamshire made history by becoming the first person to take part in the London Marathon on a Running Frame, although not in London due to Covid. Delighted to say that this year he was able to complete it in front of the crowds who lined the route in London, taking 22 minutes of his time. A fantastic achievement and showing Frame Running to a whole new audience.

And Thank you.....

A huge thank you to our volunteers at the club and especially with the extra challenge of covid restrictions this year – Laura, Natalie, Olivia, Eoin and our coach David. We couldn't do this without them.

Thank you as well to all our club supporters whose support helps us to keep providing this wonderful activity.

Best Wishes from all at ACE RaceRunning and Keep Safe

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