



ACE RaceRunning – Autumn 2022



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The nights are drawing in and getting chilly and sessions will end on October 10th for this year. This will also be the last session at the Dam Park Stadium. We will restart in 2023 at the new facility opposite Ayr Academy (Riverside Sports Arena).

Competition News

A number of competitions that had originally been scheduled for the season were unable to go ahead for a variety of reasons despite concerted efforts from the organising committees. The GAA Miler meet at Scotstoun did survive and Nici took an impressive 27 seconds off her previous 1500m time with a 7 min 13.96s. And, we were of course able to round off the season with Ayr Seaforth Club Championships. Whilst not a warm day we avoided the rain which is always a bonus!

Saul competed in his first ever Championship and pulled out a magnificent run in the 100m to reduce his previous best by 5.5s.



Tony produced two new PB's in both events: lowering his 100m PB by 3s and a well-paced 400m dropped his PB by

almost 16 seconds. Nici also shaved 0.21s of her 100m PB and 5s off her 400m. In addition, Andrew set season's best times in both his races. The training has all been worth it!

Well Done

Our warmest congratulations to Tony who is this year's recipient of the Ayr Seaforth Commitment to RaceRunning Award. Tony's effort and commitment to training this season has been outstanding and this has resulted in Tony setting new personal bests across all competition distances throughout the summer. Well done Tony – you thoroughly deserve this award. The annual Ayr Seaforth club presentation night is on November 25th.

And Thank you.....

A huge thank you to our volunteers without whom we could not operate – in particular our coach David assisted by Olivia. We very much appreciate that they give their enthusiasm and time to us. Thank you as well to all our club supporters whose support helps us to keep providing this wonderful activity.

And Finally.....

We say good bye to Andrew who has been attending frame running sessions since we started back in 2010. Andrew and his family are soon to move away from the area. We will all miss Andrew very much and wish them all the best in their new home.

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