

Up & Running

October 2009

Issue No. 110

Lothian Running Club

<http://www.lothianrunningclub.co.uk/>

Note for diaries:

AGM

Wednesday 18 November

Further info. to follow next month

Information from the September '09 Committee meeting!

Hello Everyone,
Hope you are all well and the running is going better than mine! Some of us are finding shorts too cold to run in so have progressed on to the three quarter length breeks, so ,sadly summer must be over and the weather getting more autumnal! Here are the main points from the last meeting:

- 1.) The introductory group has grown (!) and now numbers can be up to 14 on Friday nights at the track.
- 2.) Various people are in the process of organising social events for the club so watch this space...
- 3.) Reduced spending/increasing income will be on the agenda at the AGM.
- 4.) It is important that experienced track users share their knowledge of track etiquette with newcomers. This will not only make the new people feel more welcome but avoid accidents.
- 5.) The last trial night was a success and fun but the BBQ was not well attended and hard work for the organisers.
- 6.) The AGM is on the 18th November - put that in your diary now! Please think about what wee job you could do and let the committee know. Anything helps!
- 7.) LRC needs a President - do you know an enthusiastic person who could do this job? Job description

available! Ask a committee member.

Hope to see as many as possible at the AGM.

Happy running. Marsie

Beebraigs Festive Handicap and Cockleroy Chaser, 26.12.09

Get it into your diary now. Planning is well underway - the permissions have been granted, the permit application has been made, safety pins sharpened and the hill made steeper. Fuller details of the 2009 event will shortly be on the Club's site so you can get your Festive running calendar planned.

If you are not going to run, but don't mind helping out, then I'll need a number of marshals, starting as early as 10.00am on the day to control parking, and thereafter standing at some draughty corner - even on top of Cockleroy - with everything finished before 1.00pm. Let me know if you can help. Thanks

Peter West (01506 492088 or peterwest@blueyonder.co.uk)

Portobello Aquathlon 27-09-09

Amy and Andrew Lickley limbered up for the Linlithgow Fun Run with the Portobello Aquathlon - 150m swim in the pool and 1500m run on the promenade. Racing 8-10 year olds from all over Scotland, Amy was 3rd of 14 girls in 8:58, and Andrew 5th of 8 boys, in 9:18. Both kids lost ground slightly on the swim but held their own in the run.

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Lothian Juniors well represented at Linlithgow

Yes there was a 10K in Linlithgow this weekend, but our younger runners competed over (approximately) 1500m in the hotly contested Fun Run. First Lothian runner home was Iain Horsburgh in 14th place (7:05), followed by sister Alice (7:20, 24th), Bethany Nelson (7:39, 35th), Amy Lickley (7:47, 43rd), Andrew Lickley (7:48, 44th), Scott Nelson (8:30, 87th), Aine Bailey (9:25, 154th), Sophie Hollingsworth (9:30, 160th), Erin Taylor (9:55, 172nd) and Eilidh Anderson (11:30, 217th). One notable achievement in the senior race - Chris Beamish of Linlithgow, who many of you will know from recent Friday nights at Craigswood proved he has more fast-twitch fibres than brain cells by running two fixtures in one day. He completed the Dumfries half marathon on Sunday morning, finishing in 20th position in 1:24:46. Clearly he didn't save too much for the afternoon fixture, finishing a merely respectable 94th in 45:18!

ANOTHER AWARD FOR LAUREN

A club athlete is set to pick up a prestigious award later in the year. Lauren Arbuckle has been rewarded for her consistency on this summer's Highland Games circuit. The 12 year old was named at the weekend as the Scottish Highland Games Association's 'Female athlete of the Year'. The Addiewell youngster was also the winner of the SHGA's season long points league for youth's in races over 800 metres.

Linlithgow 10K ACTION

There was a large turn out of runners from the club at Sunday's Linlithgow 10K Race, first back in 22nd place was Alistair Robertson 39 mins 23 secs, followed home by, 33rd Scott Nelson 40.36, 36th Alan

McIntosh 41.00, 44th Matt Richardson 41.55, 46th Alan Robertson 41.57, 50th Peter West 42.20, 69th David Mabon 43.59, 114th Jill Horsburgh 46.25, 145th Saran Jones 47.55, 223rd Jim Salvage 51.13, 237th Colin Banham 51.37, 276th Robin Lickley 51.14, 291st Mary Little 53.41, 320th Pauline Hughes 55.17, 335th Carol Mabon 56.27, 484th Grainne Kelly 75.56. 491 finished. Elsewhere, David Berril finished 14th [38.47] in the Pitlochry 10k while in Fife, Peter Weeks came home 58th [42.51] in the East Neuk 10k at Anstruther.

Scott Fraser wins the Two Breweries

Scott Fraser achieved a brilliant win at the Two Breweries hill race. Scott managed to do just enough to stay in front of Andy Symonds, finishing just 20 seconds ahead of him (2:47:30). Robin Galloway took to the hills again managing an excellent 11th place (3:07:45). Tosh Brannan was 47th (3:50:28) while John Malcolm finished in 86th position (4:26:10). We were well represented! 106 finished.

Drummond vs Gebreselassie

Berlin 20/09/09 While there was plenty of action for the sprinters at the weekend, long distance fanciers shifted attention to Germany - 42.195Km of flat, if warm (24deg), conditions. Firstly, it has to be said, the handicapper killed off genuine competition by setting Haile off a good 16 minutes ahead of me, as opposed to about 2hr 15min behind, which would have ensured a proper contest.

Opportunity for cheating - you might have skipped from 21Km to 37Km via a refreshing beer - was effectively nixed by split timing pads every 5Km. Long but well supported slog around the city - you cross The Wall four times - with a bit of

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a noodle near the end before the final turn into the last 1Km and a bit up the main drag. "Under Den Linden, Tomasz?" "Ja. Finishing straight, Neal." The most welcome words I had ever heard from a fellow runner. Through the Brandenburg gate, under the banner and it's medal and story time. With typical teutonic efficiency, your finishing certificate with split times is on hand as you leave the finish area. 4:25:56, and most of me still hurts. Thanks to many fellow members for help, advice and encouragement. Neal D.

ROSS & MATT IN 10K ACTION

Ross Milne and Matt Richardson were the club's representatives at the Stirling 10k event on Sunday [20th Sept]. Ross was an excellent 13th in 32 minutes 10 seconds while Matt also turned in a fine performance to finish 155th in 39 minutes 45 seconds. [Race report from Matt to follow, hopefully]. A total of 839 runners completed the course.

London Marathon

Every year I apply for guaranteed club entries for the London Marathon and so far have received a couple each time usually in late November.

So far I can remember only two members (Ann Kirkwood and John Malcolm) expressed an interest for the 2010 event. Assuming that no more apply and that the tickets arrive, then they will have the entry. If more apply, then priority will be given to folk who have entered themselves, but have not been successful. After that I will draw lots. (Unless people agree on a better method.)

Colin Banham

Before a Wednesday club session I sometimes need to go and mark a course, or cut back obstructing branches and undergrowth. When I went to prepare for the Oakbank Bing session recently, I found that the council had already been and done a very good job. (This was unusual because the normally don't seem to bother keeping paths open.) But I was mistaken, because a little bird told me that Colin Banham had been at work with his strimmer. Thanks to Colin and to other folk who quietly give a hand to the club, without being asked.

Club Cross-Country Champs

In this issue are details of our Club's Cross Country Champs. For some of the events listed, you can just turn up on the day but you have to enter at least two weeks in advance for Scottish and District Championship races. Jim Salvage is in charge of our entries and you can tell him direct if you want to be entered.

Tel: 01501 732876 email:

jimsalvage@aol.com Or you can sign up on lists that we bring to club training sessions. We always have problems because some folk put off signing up till it is too late. Surely it is better to sign up if you may be able to run even, if you lose £2, than to wait till it is too late? *Also when you enter it is very helpful if you tell us if you will be able to offer a lift to someone who needs one.*

West Lothian Schools Cross County Champs

This event is at Dechmont Law on Wednesday November 4th. Starts from 1.10pm - 2.40pm. If anyone happens to be free that day I would appreciate a hand with setting up in the morning, or marshalling in the early afternoon.

Jocelyn's Flying Machine Question

Jocelyn Moar is a young lass who began running earlier this year. She comes from Orkney, but stays in Edinburgh. She started training at our Meadows session a few months ago and has just joined our club.

Her first race was our 10k trail race, where she did well to finish in the top half of the women's field. Next she ran the Sri Chinmoy 5k at the Meadows and finished in the top third. She has just been back to Orkney where she finished 7th overall, and first woman in the Dounby 10k road race!

I compare Jocelyn's startling progress with my own career. When I was a nine year old cub scout, I failed my athlete's badge three times. But 10 years later I had progressed to become the third best distance runner in my school. I was inspired by this progress and keen to find out if I could get better still. There was only one way to find out. So I carried on planning appropriate training and doing it relentlessly, and improved for the next 15 years. I never won an Olympic gold medal nor set a world record. But I really enjoyed trying. Jocelyn is anxious to know how good she can be, and I am sure that she will enjoy finding out.

Anyway besides talking about training and racing, Jocelyn recently asked me a strange question from her dad, who has a

pilot's licence. Here is the question and the answer, which may amuse you:-

From: [Jocelyn Moar](#)

I have a question, slightly more odd than usual, for you this week.... did you ever manage to fly in a figure of 8? My Dad googled you on the computer and was intrigued to discover it was you who attempted to pedal the flying machine, as he can remember being fascinated with the experiment when he was a young boy! He found some articles on the internet but they don't say what the outcome of the experiment was and he is very keen for me to ask you about it?!

Answer

Re flying. No I failed by a wide margin. Here are some details, accompanied by a warning that recollections become increasingly unreliable with time:

There was, as your dad will know, a money prize offered for the first man-powered flight, on a figure of 8 course, round 2 posts a mile apart. Many teams entered. I do not recall how much the prize was - if I ever knew - and it was not a consideration for me. Some entrants had big resources and financial backing.

A team of aeronautical engineering students, from Southampton University, asked me to be their pilot. As far as I know their resources were very limited. They built their plane round a racing bicycle in a leaky hanger at Lasham glider base. It was made of balsa wood, like a model aircraft. It was covered in thin paper, coated with the lightest available dope. It had an 80 foot wingspan but weighed about as much as an average person (I remember the precise

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wing-span, but doubt if I ever knew the precise weight. And I am too old to be a googler, so your dad probably knows much more than me!

Anyway I do recollect the following:

My home was eight or more hilly miles from the airfield. I had no car, (which helped me to become quite a good runner!) so I cycled there.

First I needed a series of lessons to become a glider pilot. This went OK.

Then I had to learn to pedal the machine so fast that it accelerated to take-off speed and took off. This equated to something like a 200m flat-out sprint to near exhaustion, whilst operating the controls to stop a wing dipping and scraping the ground, and then activating the elevator. I was just about capable of this, but only if there was no wind at all, or if there was a light straight-on headwind. (But gliding airfields are usually sited high, to gain wind exposure.) So the team would phone me whenever the forecast was favourable and they were free. Which was very infrequent.

Anyway I did manage to master take off! Furthermore, once in the air, we had the benefit of a hovercraft ground effect i.e. the plane rode on a cushion of air deflected under the wings. But only if the plane was very low and therefore vulnerable to the slightest dipping of a wing. The good thing was that if you could manage to take off and keep the wings level, it was possible to fly in a straight line with an energy expenditure less than my maximum oxygen capacity.

So I was spending time getting the hang of doing this, after an exhausting take off.

The next stage, which I never got near to, was to perform turns at the end of the mile. Because you have to "bank" to turn, you will inevitably scrape the inside wing, unless you climb high enough to avoid scraping. In doing so you lose the ground effect. So when you climb you have to pedal at a rate in excess of maximum oxygen consumption. Unless you can manage this very quickly, you will soon reach the point of complete exhaustion. I never got near to a realistic attempt.

I have to say that I did enjoy the challenge. The student team, led by a very bright lassie, were good to be with. But long waits for favourable weather were against us and meantime the balsa wood absorbed water in the damp hanger and the weight of the aircraft increased very considerably.

So far as I know, no-one won the prize. I believe that it was just possible that our team could have won if they had had better resources. Possibly a top-class 3k runner would have been better suited to the needs, than a plodding 10k runner. But we shall never know, and I have no regrets!

Martin

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L. R. C. Sessions & Coaches - Oct 2009

Date	Session	Coaches / Helpers
Fri 2	Pyramid session (time not distance)	Steve
	Introductory group	Saran
	Juniors	Colin/Murray/Jane
	Door	Notices
Wed 7	Fiddlers - Winter course <i>Reflective vests</i>	Martin & Stuart (Livi Inn) & Teresa (roundabout)
	Door	Notices
Fri 9	400m reps (off 3 mins)	Scott
	Introductory group	Saran
	Juniors	Colin/Murray/Jane
	Door	Notices
Wed 14	Almond Park Reps (Meet near Fiddlers start)	Martin
	Door	Notices
Fri 16	200m reps	Murray
	Introductory group	Matt
	Juniors	Colin/ Jane
	Door	Notices
Wed 21	Bleep Test & Group Runs	Martin, Saran, Edel
	Door	Notices
Fri 23	60 sec hooter session	Edel
	Introductory group	Kenton
	Juniors	Colin/Murray/Jane
	Door	Notices
Wed 28	Motorway Bridge Hills	Jill
	Door	Notices
Fri 30	800m reps	Claire
	Introductory group	Darren & Stuart
	Juniors	Colin/Murray/Jane
	Door	Notices

Sunday 4	Dechmont	10.30am	Matt
Sunday 11	Dechmont	10.30am	Martin
Sunday 18	Dechmont	10.30am	Martin
Sunday 25	Dechmont	10.30am	Matt

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Lothian Club Cross-Country Champs 2009-2010

To score in the Club Championships you must have competed in at least three of the races (excluding relays) listed below. (At least 2 for u11.) If you are first of our runners to finish in a race, you score one point. If you are our fifth club finisher you score 5 points. The club champion is the runner with the **lowest** total for their best 3 races. (2 for u11)

Date	Fixture	Venue	Management	
Sat Oct 10	E Dist Relays	Prestonpans, E Lothian	Mags T	Stuart Arbuckle
Sat Oct 17	E Dist League	Stirling	David Berrill	Claire Shanley
Sat Oct 24	National Relays	Cumbernauld	Martin H	Stuart A ?
Sun Nov 22	E Dist League	Dunfermline	Teresa M	Jim S
Sat Dec 5	E Dist Champs	Dechmont Law, (No u11)	Mary Inglis	Jill Horsburgh
Sat Jan 16	E Dist League	Broxburn	Saran Jones	Martin H
Sat Feb 6	Vets Champs	Forres	Look after themselves?	
Sat Feb 20	National Champs	Falkirk, (No u11)	Martin H	? ?

Age Groups

XC Age Group	Born Between	
u11	1/9/98	31/8/00
u13	1/9/96	31/8/98
u15	1/9/94	31/8/96
u17	1/9/92	31/8/94
U20 (= Junior)	1/9/89	31/8/92

Notes

1. There is no u11 competition in the District and National Championships.
2. You must be a member of **scottishathletics** to compete in any of the listed races. Juniors u17 can have one year's free membership. (Membership forms from Martin.)
3. Anyone can enter for any of the above fixtures. (Only junior relay teams are subject to selection.)
4. There are many other cross-country fixtures listed in the **scottishathletics** fixture booklet. Some of these may be listed in the "Up and Running" fixture page. You can enter yourself for any of these but they will not count towards the club championships.
5. Entries for the East District League races are taken on the day. **For all other races you must enter in advance.** The club will see to this if you notify us at least two weeks beforehand. Entries secretary: Jim Salvage (0150 1732 876 jimsalvage@aol.com)
6. A match fee of £2 is payable for each race entered.
7. For club championship purposes vets are over 40

Management Help

We need at least two parents or supporters to assist at each fixture, with jobs like collecting numbers from registration and giving them out, walking the course with youngsters, looking after kit etc. If you may be able to help at one of the above fixtures, **please** let me know. Martin (01506 412322)