

# J Selected Lothian Fixtures Late Summer 2008 J

## Track & Field

<b>August 3</b>	Bridge of Allan Highland Games (10yrs upwards)	Bridge of Allan, Nr Stirling
<b>10</b>	HASL League (All Ages & standards)	Meadowbank
<b>16</b>	Livingston Club Champs (all ages) (Lothian members welcome)	Craigswood
<b>22</b>	<b>Trial Night and BBQ</b>	Craigswood
<b>23</b>	Scottish u13 and u17 Champs	Grangemouth
<b>24</b>	Scottish u15 and u17 Champs	Grangemouth
<b>Sept 13</b>	Pitlochry Highland Games	Pitlochry Recreation Ground

## Road

<b>August 3</b>	Edinburgh 5k & 10k (10.30)	Granton, Edinburgh
<b>10</b>	Perth 10k (1pm)	Perth
<b>17</b>	Forfar 10k (11am)	Market Muir, Forfar
<b>Sept 7</b>	Moray Marathon, Half Marathon and 10k	Elgin
<b>14</b>	Stirling 10k (10am) & 2k Fun Run	Forthbank Stadium
<b>21</b>	Linlithgow 10k (2.30pm) & Fun Run	Linlithgow

## Hill / Country

<b>August 2</b>	Creag Dubh (7k / 350m) 3.15pm	The Eilean, Newtonmore
<b>9</b>	World Trophy Trials (Senior & Junior Men & Women)	Cairngorm (Nr Aviemore)
<b>17</b>	Lomonds of Fife 17.5k / 950m (1pm)	Strathmiglo, Fife.
<b>Sept 14</b>	Comrie Hills Relay (4 stages = 43k / 2150m) 10am	Comrie Nr Creiff
<b>21</b>	Junior Home International Trials, Fun Run & Open Race	Bonaly, Edinburgh
<b>27</b>	Two Breweries 29k / 1 500m noon	Traquair to Broughton

## Wednesday Evenings Training (From Inveralmond Community High School)

<b>Aug 6</b>	Fiddlers Handicap. Summer course.	Almond Valley
<b>13</b>	Reservoir Laps	Eliburn
<b>20</b>	Howden Park Laps ( <b>Committee Meeting</b> )	Howden
<b>27</b>	Dechmont Law Woods or Hill Reps	Deans HS
<b>Sept 3</b>	Fiddlers Handicap. Summer course.	Almond Valley
<b>10</b>	Reservoir Laps	Eliburn
<b>17</b>	Howden Park Hills ( <b>Committee Meeting</b> )	Howden
<b>24</b>	Dechmont Law Woods or Hill Reps	Deans HS
<b>October 1</b>	Fiddlers Handicap. <b>Winter course.</b>	Almond Valley

## Club Training Sessions

Day	Time	Place / (Facilities & Cost)	Session	Contact
Sun	10 - 11.30	Dechmont Law Park (Deans) (Free. No facilities used.) <b>Not on race days.</b>	Hill Reps / Trail runs / Interval training / Etc.	Julie, Mary, Martin 01506 200455
Tue	7.30 - 8.30	Meadows, Edinburgh. (Free. No facilities.)	Interval Training. All age groups.	Martin 01506 412322
Wed	7 - 8.30	Inveralmond High School. (Showers & room. £1 training fee.)	Varied Interval Training. All age groups.	Saran 01506 490507
Thu	6 - 7.30	George Watson's Myreside Pavilion (£1. Showers & bar.)	Steady group runs. (Off-road in summer)	Martin 01506 412322
Fri	7 - 8.30	Craigswood, Livingston. (Track & showers. £1 training fee.)	Varied track sessions. All age groups.	Martin 01506 412322

***If a group of you is planning to go to one of the above races, or to another race, please let me know in time to try and organise a team.***

***Martin (01506 412322)***

## Secretary's Notes (From Martin)

**Co-Operation** We broke away from Livingston & District athletic club eight years ago because of the hostile manner of their senior management became intolerable. Now the old guard has gone and the new management is friendly and co-operative. They have played a vital role in forming a composite Team West Lothian to compete in the Forth valley league. This has given our youngsters valuable experience of track and field competition.

Now the Livingston club has invited us to take part in their track & field Championships at Craigswood on Saturday August 16<sup>th</sup>. There is a range of events for all age groups. Entries close on August 7<sup>th</sup> so you will need to hurry. I have forms and will pass them on to the organisers if you get them to me quickly.

They are also looking for helpers so if any parent is going and is prepared to give a hand, please let me know.

### Hill Running

**Iain Hodgson Mountain Relay.** No-one has responded to last month's request to hear from folk who would help organise a trip to this event, so I assume that it is dead, However mountain relays are quickly growing in popularity - 98 teams competed in the Devils Burdens Relay in Fife in January this year.

**The Comrie Hills Relay.** is a newer event over a tough course from Comrie on September 14<sup>th</sup>. Please let me know if you are interested.

**Junior home International at Bonaly Sunday October 12<sup>th</sup>.** This event takes place annually with England, Irish Republic, Northern Ireland, Scotland and Wales hosting it in turn. Besides the International team competition the races are also open to all juniors for three age group championships.

**Selection Races** for Scottish teams will be held over the same courses on September 21<sup>st</sup>. I have been lumbered with organising these courses and would appreciate offers of help. Note that there are Open Races for adults on both dates and a fun run on September 21<sup>st</sup>. I can supply course maps and profiles, directions and a helicopter for those who find it too tiring running uphill!

Martin (01506. 412322)