

# Up & Running

July 2008

Issue No. 96

Lothian Running Club

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

## West Highland Way Race - 21st June

Runners have to jog, walk or crawl the 95 miles from Milngavie to Fort William. The race starts at 1am on the Saturday morning and cut-off time is 35 hours later at noon on the Sunday. Phew - just made it then! Weather was dry during the first day but late on Saturday evening we had torrential rain and high winds for about 8 hours! Made negotiating the Devil's staircase a tad interesting..

Special thanks to our Support Crew - Teresa McMenemy, Jim Salvage, Allister Guy, Mark Kassyk, Mike, Hazel and Lana Turnbull, Jack and Marsie Ewing and Marsie's sister Mora (straight from Australia). Thanks too go to Jennie Anderson for popping out to Tyndrum to shout words of encouragement. Couldn't have done it without you all.

31st	Davie Bell	21hrs 54mins
76th	Jim Alexander	29hrs 56mins
87th	Mags Turnbull	32hrs 21mins

Mags

## GAMES SUCCESS FOR CLUB RUNNERS

Athletes from the Lothian Running Club have been in action on the Highland Games circuit during June.

### Markinch Highland Games

First port of call was the Markinch Games where Lana Turnbull had a most successful afternoon.

Lana won the Youths 400 metres handicap in 54.39 seconds, she was then runner-up in the Youths 800 metres and also reached the final of the Youths 200 metres finishing in eighth place.

Lauren Arbuckle had two fourth places in the Youths 800 and 1600 metres respectively.

Mother and daughter, Jill and Alice Horsburgh made their Games debuts here and didn't leave empty handed, Jill came home in fifth place in the Open 3200 metres handicap with Alice occupying the same place in the

Youths 1600. Darren Thomson was fastest heat winner in the Open 90 metres but slipped at the start of his semi-final which put paid to his chances.

Lana Turnbull also won the medal for the 'Best girl athlete on the day'.

### STRATHMORE HIGHLAND GAMES

Robert Inglis and Rachael McIlwraith made the trip to Glamis Castle for the Strathmore Games on a glorious sunny afternoon.

It saw Robert win his first race since stepping up from the youths to the Open events.

His victory came in the 3200 metres handicap where he broke the tape in 9m07.25s. Robert was also third in the

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Open 1600 metres handicap.  
Competing at only her second Games, Rachael McIlwraith was also a prize winner with a second place in the Youths 1600 metres handicap and a third in the final of the Youths 200 metres handicap.

## NEWBURGH HIGHLAND GAMES

Rachael McIlwraith was the only athlete from the club to make the trip to Fife for the Newburgh Highland Games. Rachel ran in four races. She was just pipped by the narrowest of margins in her heat of the Youths 90 metres, she then won her heat in the Youths 200 metres before going on to finish in fifth place in the final. Rachael then turned in an excellent run to place second in the Youths 800 metres before rounding off the afternoon with a fifth place in the Youths 1600 metres.

## BUSY TIME COMING UP ON GAMES CIRCUIT

July is always a busy time on the Games circuit and it would be great to see the Lothian Club well represented at all of the Games throughout the month.

Here are the Games I recommend you try and get too.

## SUNDAY 6TH CUPAR GAMES

Races from 90 metres up to 1600 metres in the Open with races for the Youths over 90, 200 and 800 metres. There is also a hill/road race at the start of the Games for those of you who like more of a stamina test.

## SATURDAY 12TH ALVA GAMES

Don't miss this one Alva is one of the

best and most atmospheric Games on the circuit with plenty of races in both the Open and Youths.

For the Youths there are races over 90, 200, 800 and 1600 metres as well as separate Hill Races for u/17s, u/14s and u/12s.

There are six Open races from 90 up to 3200 metres as well as the Famous Alva Hill Race.

## SATURDAY

### 19TH LOCH LOMOND GAMES[BALLOCH]

Set within the grounds of the Balloch Castle Country Park on the banks of the Loch this is another popular Games. Open events from 90 through to 3200 metres with races for the Youths over 90, 200 and 800 metres.

## MONDAY 21ST BURNTISLAND GAMES

It is reckoned there are 30,000 people in Burntisland on Games day which makes for a great atmosphere.

The Games are always on the the first Monday of the Fife Trades holiday fortnight.

Once again there is plenty races for both the Open and the Youths.

## SATURDAY 26TH JULY AIRTH GAMES

Six races from 90 to 3200 metres in the Open with a 90 200 and 1600 metres for the Youths.

## SUNDAY 27TH ST ANDREWS GAMES

Another popular Games in a lovely setting, always a big crowd, hundreds of foreign visitors.

Six races in the Open and four in the Youths.

It would be great to see some

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newcomers give some of the games a go  
you won't be disappointed.  
Contact Mary Inglis for details on how  
to go about entering any of the  
aforementioned events.

Shane Fenton[Scottish Games]