

Secretary's Note From Martin Hyman - (Tel. 01506 412322)

In this issue you can find a list of track and field fixtures, compiled by Mary Inglis. If you are interested in any listed fixture, please tell Mary or Helen MacDonald, and they will explain how to enter and will try to help coordinate lifts.

We also print the programme for three trial nights. The success of these depends on a large number of volunteers working well together. For each trial night we ask for two leaders who will allocate jobs to volunteers. Please let me know if you could help.

Martin (01596 412322)

Assistant Secretary's Information from the March Committee Meeting

Hello All,

The March meeting went like clockwork, not that all the committee meetings don't, and we did not have the janitor chasing us out!

There are only a few things to mention as a result of the meeting.

Membership - We will be chasing up any previous members who have not re-joined. You might not have paid up because it has slipped your mind or that the cheque is in the post but if you really don't want to be a member for this year it would be great if you could let a committee member know then you won't be bothered by anyone trying to make you re-join. Reminders will be coming soon.

Coaches - If any Level 2 coaches want to take a session then please let Julie or

Claire know so that this can be scheduled in to the monthly rota.

A coaches meeting will take place in April but the date has yet to be confirmed.

Do not move - Martin always arrives early at the track and spends time arranging things for the session e.g. putting out cones. It has been noticed that on a few occasions someone has very helpfully tidied up the track and put the cones away again off the track! Martin has now made signs to say not to move them until the session is over. Your help is appreciated but after everyone has finished their session and not before, thanks.

Trail Race - Preparations for the Trail Race are under way. Sponsor money is coming in with about 11 sponsors responding to Mags' letters.

Trial Nights - (Not to be confused with the trail race). There are dates for the three nights during the summer. The 4th May, 15th June and the 24th August. We have names to organize the first event but need volunteers to organize the June one and the August one. Please contact a committee member if you would like to do this. Thanks.

I will sell off 2 kids track suits and the few remaining bits of kit I have in our hall at the first trial night. Vests are always available.

10th 6 & 4 - By the time you get this, the 6 and 4 stage relay will be over but this is always a great event, running (ha) for the 10th time. I think, and I'm sure others will join me in congratulating Martin Hyman for being the mastermind and continuous

organizer of this spectacular annual relay event on the calendar in Livingston. Teams of runners come from all over Scotland to take part, and thanks to Martin and the platoons of helpers, leave having had a well planned and enjoyable run. No wonder more and more teams enter.

The next meeting is on the 18th April 2007.

Happy Easter, from Marsie.

Trossachs Duathlon 24/03/07

Run Up Ben Venue 7 Miles.

The run was quite scenic once you were at the top. Coming down was totally murder. You were slipping all over the place as there was snow and ice at places. Some of the women runners were up to their knees in mud. You run back the way you came from to collect your bike from the transition area.

Next was 15 miles on forestry tracks, not! There wasn't much road to allow you to get going. It was all loose stones interspersed with boulders and a deep gully! I've never had my bike out for over a year and I felt we were going up hill all the time. If the weather had been bad, we would have been in trouble. A lot of people had punctures and cuts to knees and elbows. I was lucky to get no puncture - I'd forgotten my repair kit! Tosh Brannans chain came off 3 times.

Finished the bike, back to the transition area to start the 2 ½ miles run, over the hills, again. I could hardly move at the beginning of the run, some of the hills seemed more like mountains. The weather didn't help as it was pretty warm, but then I did run with full body cover, just in

case I got cold. Finally on the last hill the marshall said "last 400 metres", and I thought he was pulling my leg until I turned the corner and seen the finish. What a relief.

Caught up with Tosh and Davie Bell. Tosh thought it was great (not sure of his judgement). Davie enjoyed it too except for the bike ride. I did enjoy it, once I had finished. It was all for a good cause, Angela Mudge had organise in memory of her sister Janice who died of cancer, so all the money raised went to Cancer Research. I don't know if this was a one off event or will continue next year. So for any of you looking for your next challenge, this could be it. There was a team event so you can split the pain.

Results:

Tosh Brannan 3hrs 24 min

Davie Bell 3 hrs 34 min

Jim Alexander 3hrs 53 min

Cheers, Jim.

GIVE THE 'GAMES' A GO THIS SUMMER.

The 2007 highland Games season is just around the corner with the first Games taking place at Blackford in Perthshire on the last Saturday in May, the season then runs right through until the middle of September when it culminates with the Pitlochry Games.

Lothian Running Club athletes won races on both the opening and closing days last summer and many more times in between amassing a fair amount of prize-money in the process. Hopefully their success on the Tartan Tour in 2006 will encourage more of the club's runners's to give the Highland Games a try in 2007. Races range from 90metres sprints through to 3200metres and Hill Races, and it doesn't matter whether you are male or female,

fast or slow, old or young there will be a race for you and nearly all are handicapped to give everyone an equal chance.

Local Games up and down Scotland may not be on the grand scale of the Olympics, and you certainly don't get knighthoods for winning, but these intimate gatherings in romantic settings are no less revered. Competition is still serious, and better still you don't have to wait four years for the next meeting! in many cases only a day with Games nearly every Saturday and Sunday during the season.

No two Games on the circuit are alike with each having it's own unique atmosphere, what , with the stirring sound of the pipes all around, a visitor may be forgiven for thinking the tourist board has set this up for his benefit. Far from it, what you see on a Games Day has it's root's back in the mists of antiquity, long before the camera, or indeed the tourist was invented. From the mid- 19th century onwards, Highland Games have taken place throughout Scotland. And they are now one of the countries major tourist attractions with thousands of spectators from home and abroad attending each year. there is likely to be something for everyone at these local Games and in this lies a great deal of their charm. they are not only a splendid spectacle, but they are also essentially a local holiday and high day , when the kilt that has been perfectly preserved in mothballs for the greater part of the year is taken out and donned by

contestants and spectators alike, It's a day to be enjoyed and savoured.

Wherever you go in the World, and if Scotsmen have settled there you'll find Highland Games, San Diego, Seattle, Stone Mountain in Georgia, far- off Waipu and Auckland in New Zealand- there's even one in South Africa now.

But wherever you are, your eyes and ears will whisk you back to the country where it all began, and the green at Blackford or Alva or Ceres or Braemar.

Give it a go this summer you won't be dissapointed just ask the Inglis's, the Stewart twins, the McDonald's, Darren Thomson and Miss Turnbull they all had a Highland Fling in 2006 and all won races and more importantly enjoyed themselves. Mary Inglis should shortly have all the details you need so get in touch with her.

by SHANE

FENTON[S.G.A.]

Results

Scottish Secondary Schools Cross Country, Beach Park, Irvine (10th March).

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

U17 Girls

4th Sarah Inglis (17m 17 secs)

9th Mhairi Inglis (17m 35 secs)

I think top 8 then a further 2 (based on recent performance) qualify for British schools on 31st March in Ireland so Sarah should be in and finger's crossed for Mhairi

U15 Girls

37th Lana Turnbull (14m 29 secs)

Lothian Club Cross-Country Champs 2006-2007

If you are first of our runners to finish in a race, you score one point. If you are fifth finisher you score 5 points. The club champion is the runner with the lowest total for their best 3 races.

The tables below and overleaf show the positions of the athletes who have competed for us in one or more of the listed races this season.

The last column shows the scores and positions of those who have scored in three or more races.

Name	Livingston Oct 21 st (u11 up)	KirkCaldy Nov 26 th (u11 up)	E Dist Ch Dec 9 th Gala	Broxburn Jan 20 th (u13 up)	National Falkirk Feb 10 th	Vets Ch March 3 rd Bathgate	Total best
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Girls U 11 (best 2 to count)

Lauren Arbuckle	<u>1</u>	<u>1</u>	N/A	<u>1</u>	N/A	N/A	3
Marie McLaughlin	2	2	N/A		N/A	N/A	
Alice Horsburgh	<u>3</u>	<u>3</u>	N/A	<u>3</u>	N/A	N/A	9
Hazel. Smith	4		N/A		N/A	N/A	

Girls U 15

Lana Turnball	<u>1</u>	<u>1</u>	<u>1</u>	1	1	N/A	3
Ashley Stewart		2	2				
Sarah Stewart		3	3				

Girls U 17

Mhairi Inglis	<u>1</u>		<u>1</u>	<u>2</u>	2	N/A	4
Sarah Inglis	<u>2</u>			<u>1</u>	<u>1</u>		4

Senior Women

Edel Mooney	1				1	N/A	
Kate Kitchin		<u>1</u>		<u>1</u>	<u>2</u>	N/A	4

Vet Women

Marsie Ewing (v50)		<u>1</u>	<u>2</u>		<u>2</u>	3	5
Mags Turnball (v40)	4	<u>2</u>		<u>1</u>	<u>3</u>		6
Helen Murray (v)	<u>1</u>		<u>1</u>		<u>1</u>		3
Jill Horsburgh (v)	<u>3</u>	3		<u>2</u>		<u>2</u>	7
Lorna Eades (v)						1	
Helen McDonald (v)	5						
Susan Bruce (v)				4			
Theresa McMenemy (v45)	2		3				
Claire Shanley	6						
Carol Mabon (V)		<u>4</u>		<u>3</u>		<u>4</u>	11
Pat Wickstead (45)						<u>5</u>	

	Livingston	KirkCaldy	E Dist Ch	Broxburn	National	Vets Ch	Total
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Name	Oct 21 st (u11 up)	Nov 26 th (u11 up)	Dec 9 th Gala	Jan 20 th (u13 up)	Falkirk Feb 10 th	March 3 rd Bathgate	best
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Boys U 13

Christopher Galloway	1					N/A	
Daniel McLaughlin		1	1			N/A	
Joe McLaughlin		2				N/A	

Boys U 17

Robert Inglis	<u>1</u>	<u>1</u>	<u>1</u>	1	1	N/A	3
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Boys U 20 (Junior)

Darren Thomson	1		1			N/A	
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Senior Men

Ross Milne	<u>1</u>	<u>2</u>	<u>1</u>	2	2	N/A	4
Donald Shaw	4					N/A	
Colin Eades(35)	<u>3</u>	<u>4</u>	<u>3</u>			6	10
Hugh Miller		5				N/A	
Murray Robertson						N/A	
Steve Laurie	<u>2</u>	<u>3</u>	<u>2</u>			N/A	7
Roger Goddard						N/A	
L. Wallace						N/A	
Iain Donnan		<u>1</u>		<u>1</u>	<u>1</u>	N/A	3
Matt Richardson				4		N/A	
Scott Nelson(35)				3	3	4	?

Vet Men

Alan McIntosh	<u>3</u>	<u>3</u>		3	3	<u>2</u>	8
David Bell	<u>5</u>			<u>4</u>	<u>4</u>	5	13
Jim Alexander	<u>6</u>	<u>6</u>	<u>3</u>	6	6	9	15
Graham Ackland	<u>1</u>				<u>2</u>	<u>1</u>	4
Richard Docherty	<u>2</u>	<u>2</u>	<u>1</u>	2		3	5
Steve Dempsey					5		
Harry Mulholland		4	2				
Alec Agnew	<u>4</u>	<u>5</u>				<u>7</u>	16
Jim Salvage	7		4				
Mark Kassyk	8	<u>8</u>	<u>5</u>		<u>7</u>		20
Andy Kitchen		1		1			
David Mabon		<u>7</u>		<u>5</u>		<u>8</u>	20
Colin Meek					1		
Peter Dymoke						10	

Club Sessions/ Coaches & Helpers - April 2007

Date	Session	Coaches/Helpers
Wed 4	Fiddlers Handicap - Summer course	Start - Martin Footbridge- Willie
Fri 6	Endurance Session (5min, 3min 1min)	Martin, Stuart
	9s & 10s	
	Introductory	Mary, Jane
Wed 11	Howden Park Reps	Martin, Iain or Hugh
Fri 13	100/200/300/400/800 hooter reps	Martin, Mags/Mike
	9s & 10s	Julie
	Introductory	Marsie, Susan
Wed 18	Howden Park Reps (Committee Meeting)	Martin, Helen
Fri 20	Pyramid Session	Martin
	9s & 10s	Teresa
	Introductory	Edel, Scott
Wed 25	Reservoir Run / Pace judgment laps	Martin, Teresa
Fri 27	30sec hooter or 300m reps	Martin, Mags/Mike
	9s & 10s	Claire
	Introductory	Julie, Hugh or Iain

Track and Field 2007

Sunday April 8 th	Edinburgh & Lothian Trials	Meadowbank
Wed May 2 nd	Open Graded Grand Prix 1 *	Falkirk
Fri May 4 th	Lothian Club Trial Night	Craigswood
Sat /Sun May 12/13 th	East Dist Champs	Meadowbank
Thurs May 24 th	Open Graded Grand Prix 2 *	Edinburgh
Sunday June 3 rd	Markinch Highland Games	Fife
Fri/Sat June 8/9 th	Scottish Schools Champs	Grangemouth
Friday June 15 th	Lothian Club Trial Night	Craigswood
Wed June 27 th	Open Graded Grand Prix 3 *	Linwood
Wed July 11 th	Open Graded Grand Prix 4 *	Glasgow
Sunday August 5 th	Bridge of Allan H' Games	Nr Stirling
Sunday August 12 th	Perth Highland Games	Perth

Sat/Sun Aug 18/19 th	Scottish Championships	Grangemouth
Friday August 24 th	Lothian Club Trial Night	Craigswood
Saturday Aug 25 th	Open Graded Gr Prix Final *	Dundee
Sat September 8 th	Pitlochry Highland Games	Pitlochry

* The Open Graded Grand Prix Series is for u17, u20 and Seniors. *

For further information please contact:

Mary Inglis	01324 851285
Helen MacDonald	01324 851590

Lothian Running Club Trial Nights Programme for 2007

Our trial nights are scheduled as part of our regular Friday evening training programme at Craigswood Sports Centre. They are intended to offer an informal introduction to competition over a range of events. There will be no charge, other than the normal £1 training fee. We plan to practise for field events on previous Friday evenings. Athletes may be discouraged from attempting events for which they have not trained previously.

The programme will be flexible and the rules will be interpreted sympathetically.

All performances will be recorded and certificates of performance will be issued to all athletes. Our officials will be volunteers and we rely on senior athletes and parents to help out with tasks like taking entries, assisting at field events, etc.

May 4 th	
Organisers Julie & Mary	
3000m(o11)	7.05
LJ (o13)	7.05
Shot (u13) #	7.05
Hurdles #	7.20
800m(o11)	7.30
L J (u13) #	7.45
Shot (O13)	7.45
40m #	8.00
200m (o11)	8.10

June 15 th	
Organisers	
50m #	7.05
H J u11 #	7.15
300m (u13)	7.15
Javelin (o11)	7.20
400m (o13)	7.20
1500m (o11)	7.40
Javelin (u11) #	7.45
H J (o11)	7.45
4x 100m	8.15

Aug 24 th	
Organisers	
100m	7.05
50m #	7.10
TJ (o11)	7.10
TJ (u11) #	7.40
Mile H'Cap (o12)	7.40
12 Lap Relay	8.10
BBQ from 8.15	

signifies events suitable for the introductory group.

Note

Athletes must sign up for their event by 7pm (or tell the secretary in advance.)

So far as possible athletes will be allowed to leave a field event for a track event and to return later.

Athletes of any age may enter any event, unless an age limit is stated.

Selected Lothian R.C. Fixtures - Spring 2007

Track & Field

May	4	Lothian Trial Night	Craigswood
	13-14	East District Championships	Meadowbank
	21	u20 Championships	Scotstoun

Road

Apr	1	Edinburgh Forthside Half Marathon 9am	Ocean Terminal
	7	Dunbar Boundary 10k 11am	Halhill, Dunbar
	8	Tom Scott 10m & 4m 11am	Strathclyde Park
	15	Grangemouth 10k 12.30, 5k 12.15, 2k Fun Run 12.00.	Grangemouth
May	5	Edinburgh to North Berwick. 11.am	Meadowbank Stadium
	26	Lothian Tiree 10k (1pm) Week-end. Peter West for details.	Tiree
	27	Carmondean 5k Run	Carmondean Primary School

Hill / Country

Apr	8	Grandtully Hill Race (6.4k / 280m) 5pm + junior Race.	Riverside Inn SW of Pitlochry
	21	Hunters Bog Trot (6.4k / 240m) (1pm)	Holyrood Park
	28	Knockdhu International & Open Races	Larne, Northern Ireland.
May	9	Dumyat (8k / 380m) 7pm	Stirling Uni
	12	Ben Lomond (12k / 970m) 1.00pm & junior age group races.	Rowardennan
	13	Heriot Watt 5k Trail Run (1pm) Ask Edel for details	Riccarton Campus
	19	Goatfell Race (13k / 880m) noon. Scottish Championship	Brodick, Isle of Arran
	26	Cairnpapple Hill Race (8.5k/160m)	Bathgate Highland Games
Jun	2	Glas Tulaichean Uphill Race (7k/670m) 2pm	Spittal of Glenshee
Apr	8	Grandtully Hill Race (6.4k / 280m) 5pm + junior Race.	Riverside Inn SW of Pitlochry
	21	Hunters Bog Trot (6.4k / 240m) (1pm)	Holyrood Park
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	26	Cairnpapple Hill Race (8.5k/160m)	Bathgate Highland Games
Jun	2	Glas Tulaichean Uphill Race (7k/670m) 2pm	Spittal of Glenshee

Wednesday Evenings Training (From Inveralmond Community High School)

April	4	Fiddlers Handicap. Summer course.	Almond Valley
	11	Bleep test & group runs.	Inveralmond
	18	Howden Park Laps.	Howden
	25	Reservoir Run (7k on trails) / reservoir lap reps.	Eliburn
May	2	Fiddlers Handicap. Summer course.	Almond Valley
	9	Dechmont Law Woods Reps / or speeding up laps	Deans
	16	Howden Park Relay (Committee Meeting)	Howden

23	Reservoir Run (7k on trails) / reservoir lap reps.	Eliburn
30	Howden Park Hills	Howden

Club Training Sessions

Day	Time	Place / (Facilities & Cost)	Session	Contact
Sun	10 - 11.30	Dechmont Law Park (Deans) (Free. No facilities used.) Not on race days.	Hill Reps / Trail runs / Interval training / Etc.	Julie, Mary, Martin 01506 200455
Mon	6.30 - 7.30	Bathgate Sports Centre. (Free. No facilities used.)	Road Runs 3 - 7 miles. Ladies' Session.	Lesley 01506 632857
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.	Martin 01506 412322
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 one of the above races, or to another race, please let me know in time to try and organise a team.

Martin (01506 412322)