

Up & Running August 2007

Issue No. 86

Lothian Running Club

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

For Sale

You may be aware that I used to sell all sorts of running stuff but gave this up last summer. Now that I'm back from holiday and in 'clearing out junk' mode, I've come across a couple of pairs of unsold Walsh PB Xtreme trainers, sizes UK 6 and UK 8. I'd forgotten I had them! The current RRP of these is £60, although I have seen them on the web at £54. I'm offering these for sale at £35 each pair and will donate £5 a pair to Club funds. Give me a call (01506 492088) or email (peterwest@blueyonder.co.uk) if you are interested. Pete

Herbie Rides Again

Super vet Herbie McLean formally of broxburn, now living at altitude in Kellin, Perthshire, won the Scottish trial at Glenshee and picks up another Scottish vest.

Herbie is sixty something years old and features in this months on the block. For those that do not know Herbie he can be seen at most races as a wee quiet man, but something you didn't know is that, in his earlier days, Herbie used to be a professional boxer, holding 4 Scottish titles over various weights and was no 2 in Britian, only to Ken Buckannan who stood in his way to be number one. Herbie has fought all over the world representing Scotland, including Russia and Nigeria.

Fav Food Apples

Hobbies Sailing

Famous Person Mohamad Ali

Best Advice Given If at first you don't succeed get someone else to do it.

Good Luck to Herbie on his travels again to Bludenz Austria on September the 23rd.

Tosh

August Training Sessions

Date	Session
Wed 1	Fiddlers Handicap - Summer course
Fri 3	10-50 sec hooter reps
	Introductory - Throwing
Wed 8	Almond Park Reps (Or Dechmont Law if works obstruct)
Fri 10	Speed Endurance Session - 3 minutes, 2 minutes, 1 minutes X3 (4 minutes Rest between Sessions)
	Introductory - Running
Wed 15	Howden Park Hills (Committee Meeting)
Fri 17	100/200/300/400/800 hooter reps
	Triple jump
	Coaches' Meeting
Wed 22	Reservoir Run (7k on trails) / Reservoir timed laps / Relay
Fri 24	Trial Night.
Wed 29	Howden Park Relay
Fri 31	30sec hooter reps
	Introductory - Running

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Arran Relays 21st July

Two teams ventured over the water to take part in the annual Round Arran Relay. No records were broken but everyone had fun and enjoyed the weekend. Weather was fab for the campers (not kidding, raining at home) and it was nice to see Saran, our ex-pat club member from down under (Scarborough, not Australia). We had some new faces running this year and really hope the hills didn't put them off! I'm open to bribery for Leg 3 North next year....

Mags

CLUB	Lothian Running Club "A" (mixed)			CLUB	Lothian Running Club "B" ladies		
LEG	RUNNER'S NAME	TIME	POS.	LEG	RUNNER'S NAME	TIME	POS.
N1	Jim Salvage	01:34:11	16th	N1	Teresa McMenemy	01:34:11	3rd L
N2	Jim Alexander	01:32:00	20th	N2	Mags Turnbull	01:52:44	20th
N3	Brian Welsh	01:09:13	9th	N3	Marie Storie	01:14:53	4th L
	NORTH TOTAL	04:15:24			NORTH TOTAL	04:41:48	
				S1	Marsie Ewing	00:56:58	14th
S1	Jane Moncreiff	00:59:00	17th	S2	Susan Bruce	01:35:28	21st
S2	John Bruce	01:27:09	19th	S3	Margo Welsh	01:01:28	3rd L
S3	Neal Drummond	01:25:36	20th		SOUTH TOTAL	03:33:54	
	SOUTH TOTAL	03:51:45			N/TOTAL	04:41:48	
					S/TOTAL	03:33:54	
	N/TOTAL	04:15:24			TOTAL	08:15:42	
	S/TOTAL	03:51:45					
	TOTAL	08:07:09					

Ian Hodgson Relay

A GREAT MOUNTAIN RELAY EVENT NOT TO BE MISSED!

Dear All,

The Ian Hodgson Relay is soon coming up so I need to know who's interested in taking part this year. For those of you that don't know about it.

1. It's a **challenging** mountain relay for experienced fell runners who must be capable of navigating in the hill and in adverse weather conditions.
2. For each team, we need 8 runners (4 pairs) There **MUST** be a skilled navigator in each pair.
3. Team categories are Open, Women, Mixed, Vet Men only (vet men are considered 40 yrs and over)
4. It is a tough challenge but the scenery and experience is amazing.

The club has agreed to pay for entries (£ 50 / team) but not for travel and accommodation.

When 1st Sunday in October. Start time is 10am. Should recce the course on Friday or Saturday at the latest

Where From Sykeside Camp site beyond the south end of Ullswater in the Lake District.

Stages 1st stage is 12km, 800m climb. Toughest stage. Demanding navigation.

2nd stage is 7km, 300m climb. Mostly good running. One short steep descent on grass.

3rd stage is 12km, 770m. Mostly good running. More ascent than descent.

4th stage is 7.5km, 600m Very steep ascent to start. Long tough final descent. More descent than ascent.

Accommodation: Bunkhouse or camping accommodation available at the start (Sykeside camping)

Book early to avoid disappointment. Contact: www.sykeside.co.uk or phone 01768482239
Edel Mooney (em59@hw.ac.uk) 077 68826772

Tosh Brannan (toshbrannan@hotmail.co.uk) 01501 772358

REPLY FORM (return by email or direct)

Name	<input type="text"/>
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Email	<input type="text"/>
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Mobile No	<input type="text"/>
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I would like to take part:

Definite	<input type="checkbox"/>
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Probable	<input type="checkbox"/>
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Possible	<input type="checkbox"/>
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Preferred Leg (if any)	<input type="text"/>
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Lift offered	<input type="checkbox"/>
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Lift needed	<input type="checkbox"/>
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