

Up & Running

December 2007

Issue No. 90

Lothian Running Club

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

Information from the AGM on 21-11-07.

Hello Members,

What a superb turn out for the AGM.

Well done everyone and thanks for coming out on a dark winters' night.

There was lots of food left over some of which you will see again on Boxing Day!

Thanks to Peter West and co. for co-ordinating a good 'slide show' which we were able to enjoy while eating and drinking.

The meeting went a bit like this...

- 1.) Our President (who has gallantly said he would continue to be our President) Tosh thanked everyone who helps throughout the year; committee, coaches, Up and Running producers, sponsors and anyone else who has done jobs.
- 2.) We have held quite a few events during the year e.g. the Trail Race, the Trial Nights, the Road Relays, the East District League, the Christmas Handicap, the Fiddlers, BBQ's, club social at Bellsquarry and thanks to all those concerned for their efforts in organising them.
- 3.) Team West Lothian starts in 2008 and there will be an event at the end of March with the Livingston and Linlithgow clubs.
- 4.) Tosh read out a list of achievements (lots) of members (lots - well done) - details from Tosh.
- 5.) A plea for helpers. Pink sheets were circulating for those willing to fill in their name to do a job. It was decided that there would be a meeting in the Livi Inn on Monday 3rd December to finalise names with jobs. A full list of

office bearers and committee members will be published in U&R in the January edition.

- 6.) The Treasurer thanked all those who collect in the money. The income was within £150 of last year. We have 127 members. Our assets amount to £2,814.25 in the bank and a stock of vests. While we have spent less on some things the hire of the track at Craigswood has gone up to £50 for each Friday night. Members agreed to Jack's proposal that the fees should stay the same for 2008.
- 7.) Martin then told us a little anecdote about "The Well" (ask Martin if you want to hear the full version!) The message being that the village needed other people to learn to ride a bike/ the club needs others besides Martin to learn and to do jobs. See point 5 for further discussion.
- 8.) We were reassured by a show of hands that there will be plenty of volunteers.
- 9.) Date of next meeting - 20th December 2007.

All the best for another happy year of running. Marsie

**Lothian Running Club's "Not the Christmas" Night Out
Saturday 19th January 2008
Livingston Football Club 7pm**

For our winter social, we have organised a disco, a buffet and a bar, and there's a quiet spot if you just want a chat. Subsidised ticket price for Club Members is £5 for seniors and £3 for

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juniors, and price for Non-Members is £10 for seniors and £5 for juniors. Entry is by ticket only, so order your tickets in advance from Mags Turnbull, Mary Inglis or Tosh Brannan.

We will be holding a raffle to raise money for club funds. We'd be grateful for any raffle prizes (unwanted Christmas presents, gift vouchers, wine, choccies, anything). Hand to Mags, Mary or Tosh, or bring on the night.

The East District Cross Country is on at Dechmont Law the same day. Anyone competing in the XC from outwith the Livingston area is invited to go home with a local club member to shower and change before heading off for the party. Contact Mags Turnbull on 01506 418866 or magsturnbull@hotmail.com and we'll put you in touch with a host. If anyone is interested in hotel accommodation, the Travelodge Livingston is 2 mins walk from Livi FC. At the time of writing, family rooms are available for £19 per night! www.travelodge.co.uk

So come along and enjoy the party, and this time - no cooking or clearing up afterwards!
Mags

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

Moving On. Thank you so much for turning up in such large numbers to the AGM. Especial thanks to the very many folk who offered to take on jobs to help out. Note that we will be meeting at the Livi Inn at 7pm on Monday December 3rd. (prawn sandwiches organised by the

treasurer) to sort out groups to work together on different jobs.

League XC at Dechmont Law. The third and final East District cross-country league race is at Dechmont Law Park. There have been changes to all courses, some of them considerable. There will be guided runs round the new courses, as part of our Sunday session, at 10 am on Sunday December 9th. Come along and experience Huff Hill and Puff Brae and gain home knowledge advantage. Details are on the "Flyer" which is included in this issue.

Hill Running Week-end. The traditional winter week-end is being held at Walockhead as usual, on January 5th / 6th. It is under the new management of Malcolm Patterson (0141 632 6986). Book early to avoid disappointment. (Martin has forms.)

London Marathon Entries Two months ago I asked if anyone need an entry. If anyone responded at that time I failed to note it. I shall be allocating shortly. Please remind me if you did mention it. Or tell me now if you are interested.
Martin

THE CHARISMA REMAINS The New Year Sprint better known as the "Powderhall" is Scotland's most famous athletics event, and has been held annually since 1870, and not even war or weather has interrupted the historical spectacle.

This years race run over 110metres at Musselburgh Racecourse carries a first prize of £4000 and has attracted 101 entries including males and females

teenagers and pensioners.

The race features a unique handicap system designed to ensure that any runner whatever their age or sex has a chance in theory of lifting the big prize. For years the little stadium at Powderhall was host to this famous event, in those days unknown runners trained in secret, their identities shrouded in anoraks and balaclava helmets, favoured men would feign injury and disguise their true form in the hope of fooling opponents, the handicapper and most importantly the bookmakers.

Adam Crawford, a Glenrothes man, and handicapper of the big race for the past 29 years cites the golden rule of handicapping which has been handed down from his predecessors. When a man says he has no chance, he needs only half a metre to win. The handicaps are based on a man's best ever performance and all winners have shown their best. The young runner hiding his form, improving fast, getting a fair mark, given a special preparation is the man to win.

Some of the stories about this famous event are fascinating. Take for instance the name Albert S. Grant the S stands for Spence which used to be his running name. Spence was one of Powderhall's great champions, and many older readers will no doubt remember him. Legendary is the story of the Spence camp emptying their winnings from a bulging briefcase all over a bed at the Waverly Hotel, Edinburgh. Another man from the North of England, says he knows the pressure. He once saw all the money that had been bet on him pinned to the mattress of his bed, all of it on him, and he felt sick. They leaved his shoes so he would just win his heat, and he lost, it's frightening.

The days of huge betting coups are long gone but the charisma remains with the dream of winning the Big Sprint the aim of every runner.

Veteran Tony Bowman of Leeds is the defending champion, but only one man Willie McFarlane of Glasgow [1933-34] is the only athlete to retain the title in the 138 years of the races history.

On December 28th the heats will be run off in close succession, heat after heat runners go to their marks as if to execution the next 11 seconds will tell if all the weeks of preparation have been worth it. It's now sudden death, the hard luck stories will be told and argued into the night. The following day the cross-ties and final will be run. For the victorious athlete it will be champagne, reporters and photographers, for the losers, well there is always next year.

LOCAL INTEREST

Lothian athletes entered for the big race are Alan Stewart[22mts], Blackburn his father John McStewart[27.50mts], Armadale and last years runner-up Walter Hunter[20mts], Polmont. Lothian R.C. are well represented in the supporting events at Musselburgh, Sarah, Robert and Mhairi Inglis will contest the Open 1600 metres Handicap which has total prize money of £500 with the victor picking up £275. In the Youths events Lana Turnbull, Lauren Arbuckle, as well as Ashley and Sarah Stewart are declared to run in the 90 metres and 800 metres handicaps both carry first prizes off £100. The heats for the Big Sprint along with all the supporting events take place on Friday 28th December with the semi-finals and final of the Big Sprint in conjunction with a National Hunt race meeting on Saturday 30th December. SHANE FENTON.