

**Assistant Secretary's Information from
the January Committee Meeting.**

The Trail Race which LRC hosts annually will be on the 10th June this year.

Don't forget - If you wish to continue your membership of Lothian Running Club you are now due (overdue) to pay. Put this job top of your 'to do list' for today.

There will be a coaches meeting on the 16th February.

Remember to pay your Match Fee at the Cross Country events and Devils Burden. £2 in the wee jar thanks - even if you don't run.

Scottish Athletics - oops - scottishathletics - are hosting a series of Roadshows following the approval of the Developing Performance Strategy in November 2006 to "help communicate the key messages and opportunities for those involved with the sport". The Roadshows nearest here are Roadshow 5 in Edinburgh (Meadowbank Lounge 2) on Tuesday 13 February 2007 and Roadshow 6 in Stirling (Forthbank Stadium, Dumyat Suite) on Monday 19th February 2007. If anyone would like to attend you can just go or phone Ewen Cameron on 0870 145 1510.

The next committee meeting will be on the 21st February 2007.

p.s. I would just like to add that although I had not been to the Monday night ladies group run from Bathgate Sports Centre for a very long time, I went last Monday. It was great to see so many girls there and that this session is very much alive and thriving as part of the club routine gatherings and an

enjoyable run with a blether thrown in!! If you don't have time to run in daylight in the winter, this is a great session to attend, varied distances, varied pace - Mondays at 6.30 from the Sports Centre at Balbardie, Bathgate.
Marsie

On the Block

Name: Marsie Ewing (Marsie is an abbreviation of the Gaelic name Marsaili meaning Marjory and it's not even my first name!!)

Age: I'll be over 50 for ever.

Favourite TV: I pretend I don't watch much TV but I do like Green Wing and Have I Got News for You.

Favourite food: Anything that someone else has cooked.

Favourite Races: The first race I ever won was the Knock Hill Race in Crieff which is still a favourite, the Glasgow Ladies 10k till it got too expensive and Barra half marathon.

Something You Didn't know about me: Very horsey in my teens, competed in Gymkhana and Show Jumping.

Favourite Joke: Whats orange and sounds like Parrot?

Answer: A carrot!

Name: Anne Ewing

Age: 19

Born: Perth RI

Favourite TV: er

Favourite Food: Carrots

Favourite Races: st andrews 200, carnegie swimming pool

Something you didn't know about me: I'm a student therefore I have to wear pyjamas for around 20 hours a day - it's the law.

Favourite Joke: knock knock, who's there?, nobody, nobody who,

Food as Fuel

A car engine mixes petrol with oxygen in air and burns it to produce movement and waste heat.

- Our muscles do the same, but the fuel is called food.
- The oxygen is carried from the lungs to the muscles by red blood cells.
- The food is carried from our stomach and intestine dissolved in the fluid part of blood.

If you put egg and chips, or a bowl of cereals, in a car petrol tank, the engine will not be able to burn it. Your muscles have similar problems. The muscles are very particular about what fuel they burn. Fortunately our body is more clever than a car engine and can overcome the problem - given time.

You must understand that your gullet, stomach and intestine are a winding tube passing through you from your mouth to your anus. Unless you are able to change the food into microscopic particles which can pass through the walls of your intestine, it will never get into the blood and be carried to your muscles. It will just pass through you and out of your rear end!

Breaking down the food into manageable microscopic particles is called digestion. Digestion takes time. 2-3 hours for carbohydrates (potatoes, bread, pasta cereals etc.) which make the best fuel; longer for fatty food. When you are nervous (before a race?) digestion takes longer. Sugar and sugary drinks are very quickly absorbed, but a surge of sugar in the blood can cause other problems. So sugary "sports drinks" are best avoided.

The Moral. Never eat shortly before running. Having food in your stomach or intestine when you run will not make you run faster. It is just a weight handicap, and it can give you stitch. Try to leave at least 3 hours between eating and racing and 2 hours before training. If the meal is heavy, or fatty, you need longer still. You should know that anyone who eats healthily, with plenty of carbohydrate in their diet, normally has enough fuel stored in their muscles and liver for at least two hours of continuous very hard running.

Martin

2nd Annual H.W.U 'Round the grounds 5km FUN RUN' - 13th May 2007 at 1pm.

It promises to be bigger and better than last year. **The FUN RUN is open to EVERYBODY-Staff, students and all members of the public.**

We are encouraging all levels of fitness from Walkers right up to serious athletes.

The course is a scenic combination of road and trail paths.

It's only 2 pounds to enter. Enter on the day at the Sports Centre (upstairs) between 10am-12.30.

There are PRIZES GALORE.....

1st Male and Female junior (under 20yrs)

1st, 2nd, 3rd Male and Female

1st HWU Sports Club Male and Female (3 to count per team)

1st overall team Male and Female (3 to count per team)

1st over 40 & 50 yrs Male and Female

1st Jogscotland runner Male and Female

The Charter cup will be presented to the first Heriot Watt Sports Male and Female team (the Charter Cup was specially commissioned in 2005 to mark the 40th anniversary of the universities royal charter) Both winnings teams in last years event were from the H.W.U's Boat Club. They will be endeavoring to retain their title this year!

Presentations will be held at the Student Union and a raffle will follow.

Everyone that competes receives at goody bag at the end.....

The main objectives for this event are as follows:

To promote health and fitness of all ages and levels of fitness- we really want everyone (no-matter what age or what level of fitness you are at) to increase awareness of the benefits associated with exercise and good health.

It is a means of promoting the H.W.U. Athletics Club. This year, the athletics club has enticed a big number of athletes to the club. We organise weekend away training camps to get fit and have fun too.....

We mean for it to be an event that everyone can prepare for and look forward to. It will be a fun day out and will promote friendly competitiveness among sports teams: Heriot-Watt University has kindly offered us a Quaich for best HWU Female/Male Club. It allows people to run around and appreciate our lovely picturesque grounds here on the campus.

We (H.W.U Athletics Club) are pleased to be holding the 2nd ever 5km 'Round the grounds' FUN RUN/WALK

SO COME ON EVERYBODY.....START TRAINING NOW.....

Cross Country Championships

1. You must be a member of Scottish athletics to compete in any of the listed races. Juniors u17 can have one year's free membership.
2. There is no u11 competition in the District and National championships.
3. There are many other cross-country fixtures listed in the Scottish athletics fixture booklet. Some of these may be listed in the "Up and Running" fixture page, but they will not count towards the club championships.
4. Entries for the East District League races are taken on the day. For all other races you must enter in advance. The club secretary will see to this if you notify him two weeks beforehand.

All male teams are 3 to count apart from the Senior Men which is 6 to count. As from season 2003/04 all female teams are now also 3 to count. Under 15 Girls/ Under 17 Women have a combined team

XC Age Groups

U11 Born between 1/9/95 and 31/8/97
U13 Born between 1/9/93 and 31/8/95
U15 Born between 1/9/91 and 31/8/93
U17 Born between 1/9/89 and 31/8/91
U20(=junior) Born between 1/9/86 and 31/8/89

Race Times are: **NEW**

Under11 Girls and Boys	1.00pm
Under13 Girls and Boys	1.15pm
Under15 Girls and Boys and U17 Women	1.35pm
Senior/Junior/Master Women and U17 Men	1.55pm
Senior/Junior/Master Men	2.30pm

Club Cross Country Championships

To score in the club championships you must have competed in at least three of the races (excluding relays) listed below (At least 2 for u11)

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 26th (u11 up)	E District Ch Dec 9 th Galashiels	Broxburn Jan 20th (u13 up)	National Falkirk Feb 10 th	Vets Ch March 3rd Bathgate	Total best
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Girls U 11 (best 2 to count)

Lauren Arbuckle	1	1	N/A	1	N/A	N/A	3
Marie McLaughlin	2	2	N/A		N/A	N/A	
Alice Horsburgh	3	3	N/A	3	N/A	N/A	9
H. Smith	4		N/A		N/A	N/A	

Girls U 15

LanaTurnball	1	1	1	1		N/A	
Ashley Stewart		2	2				
Sarah Stewart		3	3				

Girls U 17

Mhairi Inglis	1		1	2		N/A	
Sarah Inglis	2			1			

Senior Women

Edel Mooney	1					N/A	
Kate Kitchin		1		1		N/A	

Vet Women

Marsie Ewing (v50)		1	2				
Mags Turnball (v40)	4	2		1			
Helen Murray (v)	1		1				
Jill Horsburgh (v)	3	3		2			
Helen McDonald (v)	5						
Susan Bruce (v)				4			
Theresa	2		3				

McMenemy(F45)							
C. Shanley	6						
C. Mabon (V)		4		3			

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Boys U 11 (best 2 to count)

Matthew Galloway	1		N/A		N/A	N/A	
C. Swan	2		N/A		N/A	N/A	

Boys U 13

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

Boys U 17

Robert Inglis	1	1	1	1		N/A	
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Boys U 20 (Junior)

Darren Thomson	1		1			N/A	
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Senior Men

Ross Milne	1	2	1	2		N/A	
Donald Shaw	4					N/A	
Colin Eades	3	4	3			N/A	
Hugh Miller		5				N/A	
Steve Laurie	2	3	2			N/A	
Ian Donnan		1		1		N/A	
S.Nelson				3		N/A	
M.Richardson				4		N/A	

Vet Men

Alan McIntosh	3	3		3			
David Bell	5			4			
Jim Alexander	6	6	3	6			
Graham Ackland	1						
Rich Docherty	2	2	1	2			
Harry Mulholland		4	2				
Alec Agnew	4	5					
Jim Salvage	7		4				
Mark Kassyk	8	8	5				
Andy Kitchen		1		1			
D. Mabon		7		5			



Selected Lothian R.C. Fixtures Winter / Spring 2007



Road

Feb	17	Edinburgh Uni 5 & 10m road races (2pm)	Kings Buildings
March	4	Lasswade 10 (12 noon)	Bonnyrigg
	10	Cupar 5 (3 pm)	Cupar, Fife
	18	Alloa Half Marathon (10am)	Lornshill Academy, Alloa
	25	Scottish Junior Road Race Champs u13, u15, u17, u20.	Falkirk
	31	National Road Relay (Women x 4, men x 6) 1.30 pm	Livingston St Margaret's
April	1	Edinburgh Forthside Half Marathon 9am	Ocean Terminal
	7	Dunbar Boundary 10k 11am	Halhill, Dunbar

Hill / Country

Feb	10	National XC Champs	Callendar Park, Falkirk
	17	Carnethy Hill Race (9k / 750m) 2pm + junior race 1.55	Silverburn / Penicuik
	24	Inter Counties XC Champs	Nottingham
March	3	National Vets XC Champs	Bathgate Sports Centre
	11	Gartmorn 6m & 2m junior trail race. 10.30 & 10	Sauchie, Alloa
	17	Chapelgill Hill Race (2.4k /430m) (3pm)	Glenholm (S of Broughton)
	17	Congrie Conga Fun Run 1.2k /150m (2.30)	Glenholm (S of Broughton)
April	8	Grandtully Hill Race (6.4k / 280m) 5pm + junior Race.	Riverside Inn SW of Pitlochry
	21	Hinters Bog Trot (6.4k / 220m) (1pm)	Holyrood Park

Wednesday Evenings Training (From Inveralmond Community High School)

Feb	7	Fiddlers Handicap. Winter course. (Reflective jackets.)	Almond Valley
	14	Motorway Bridge Hill Reps.	A 89, Dechmont
	21	Almond Park Reps. (400m / 450m / 1050m) (<i>Committee Meeting</i>)	Almond Valley. Howden
	28	Grange Road Relay.	Pumpherstoun
March	7	Fiddlers Handicap. Winter course. (Reflective jackets.)	Almond Valley
	14	Road Relay Trial & Group Runs. Start 7.30	Livi Inn
	21	Almond Park Reps. (400m / 450m / 1050m) (<i>Committee Meeting</i>)	Almond Valley. Howden
	28	Motorway Bridge Hill Reps.	A 89, Dechmont
April	4	Fiddlers Handicap. Summer course.	Almond Valley
	11	Howden Park Laps	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)