

Assistant Secretary's Ramblings from the December Committee Meeting !

There is to be another Bleep Test on the 31st January 2007.

At the Broxburn Cross Country on Saturday 20th January there will be several 'Managers'! They will be Jack and Marsie Ewing, Jim Alexander and Stuart as well as Mary Inglis at the end. This is so that some of us can be free to run in the cross country. A group of runners has already been on a reccy of the course but there will be another informal one before the race.

Disco. Martin has discovered that the Village Hall in Bellsquarry, Livingston is available for the club disco.

The date is the 20th of January, 2007.

Time 7pm to 11pm,

Bring your own liquid refreshments.

Mary and Julie are coordinating and asking people to bring food.

Please bring a prize for the raffle.

Tickets are on sale for £4 for adults and £2 for kids.

Even if you do not run in a cross country that you have put your name down for, you still have to pay your match fee of £2. This is because the club has already paid for your entry fee. If you put your name down on the board on club night then that means you are committing yourself to doing that event. You really must ask yourself whether you plan to do the race or not before putting your name down. At every event there is a wee jar to put your £2 into and then take your number. If you can't make it to the race please get the £2 to Martin as soon as possible. Thanks.

The new system of an adult taking the 9 to 11 year olds for their warm up on Fridays at the track is working well.

More money - Memberships are due on January 1st 2007. Please rejoin and pay up as soon as you wish your family a Happy New Year! Send to Jack Ewing a.s.a.p.

The secretary says - The staff at Craigswood are being very helpful and will get equipment out with warning (preferably a week's notice).

There will be a coaches meeting on 16th February 2007.

Devil's Burden teams to be entered soon.

The next committee meeting will be on 17th January 2007.

NEW YEAR ATHLETICS GALA
[Musselburgh Racecourse 29th Dec]

Lothian Running Club athletes were well represented at the 138th New Year Athletics Gala at Musselburgh Racecourse on Friday 29th December.

In particular in the two youth's events, five contested the 90metres handicap with no fewer than seven in the 800 metres handicap out of a total field of 26.

In fairness the races were probably a bit too short and sharp for the Lothian youth's at this time of year with most currently in the middle of a hectic cross-country schedule. It was however, great to see them support the S.G.A. event as they do week in week out during the Highland Games season during the summer.

It was good to see a new Lothian R. C. runner, with 10 year old Lauren Arbuckle making her debut under S.G.A. rules, Lauren lined up in the 90 metres youth's heat's alongside fellow club runner's Mhairi Inglis, Lana Turnbull and the Stewart twin's Ashley and Sarah, unfortunately on this occasion none of them won through to the semi-final's. This quintet was joined in the youth's 800 metre's by Sarah and Robert Inglis with the latter getting into the prize-money in fifth place.

In the open event's, John McStewart and Alan Stewart ran in both the 110 metres New Year Sprint and the 90 metres handicap, Darren Thompson also contested the latter.

Hopefully the participation and the success of the Lothian Running Club athletes on the 2006 Highland Games circuit will encourage more from the club to take part in 2007.

Whether you are male or female, a teenager or a pensioner, fast or slow all are given an equal chance due to the unique handicap system.

For further details about taking part in the Highland Games, club members should contact Mary Inglis.

SHANE FENTON[S.G.A].

On The Block

Name: Lana Turnbull
Age: 13 and three quarters
Fav Race: Greenmantle Dash because everyone enjoys their selves and everyone gets wet

Fav Food: Prawn Cocktail on Christmas day
Something you didn't know about me: I walked the West Highland Way this Summer (95 miles)

Something I don't like: Midges and the Cold

Fav T.V programme: Friends

Joke

Q. What kind of shoes are made from banana skins?

A. Slippers.

Lothian Running Club Festive Handicap 2006

Summary Results

135 starters in the combined 7km or 14km races.

Handicap		Gross Time
1. Emma Cochrane	U/A	70:01
2. Mhairi Inglis	Lothian	70:19
3. Kate Kitchin	Lothian	72:03
4.= John Coon	Lothian	72:16
4.= Emily Coon	Lothian	72:16
6. Steve Cottom	Lothian	72:27

7 Km Race

Male		Net Time
1. Mark Arndt	Arbroath AC	25:05
2. Alec Davidson	Falkirk	26:21
3. Martin Caldwell	Corstorphine	A26:47

Female

1. Lorna Eades	Lothian AC	33:47
2. Anne Ewing	Lothian AC	34:57
3. Pauline Jordan-Caws	U/A	35:21

14km

Male

1. Grant Stewart City of Edinburgh 51:09
1. Alastair Anthony Central AC 51:09
3. Stewart Whitlie Carnethy AC 51:16

Female

1. Mhairi Inglis (u17) Lothian AC 60:19
2. Joyce Salvona Lothian AC 63:51
3. Jo Whitehead Cof Edinburgh 64:03

Cockleroy Chaser Fun Run

25 Finishers in the race.

Male

Time

1. Christopher Galloway (age 11) Lothian 4:20
2. Matthew Galloway (9) Lothian 4:32
3. Samuel Galloway (8) Lothian 5:15

Female

1. Laura Van Kreiken (11) u/a 5:02
2. Lauren Arbuckle (10) Lothian 5:05
3. Bethany Nelson (8) Lothian 6:09



January Rota

Date	Session
Wed 3	Fiddlers Handicap - Winter course (Reflective Jackets)
Fri 5	Indian File Fartlek
	9s & 10s
	Introductory
Wed 10	Motorway Bridge Hills
Fri 12	30sec reps on hooter
	300m reps on hooter
	9s & 10s
	Introductory
Wed 17	Almond Park Reps 400m / 450m / 1050m (Committee Meeting)
Fri 19	Accelerations & Jumps
	9s & 10s
	Introductory
Wed 24	Grange Road Relay
Fri 26	100/200/400/800 reps on hooter
	9s & 10s
	Introductory
Wed 31	Bleep Test and Group runs

☺ **Selected Lothian R.C. Fixtures Winter 2006** ☺

Road

Jan	1	Prtobello 4m Promathon (11.30) 2m Junior Race at 11.00?	Seafield
	6	Nigel Barge 5k (2 pm)	Bellcraig Centre, Summerston
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
	31	National Road Relay (Women 4 laps, men 6 laps) 1.30 pm	Livingston

Hill / Country

Jan	2	Greenmantle Dash (2m / 650') and Junior Fun Run (Noon)	Broughton
	13	International & Inter District Cross-Country	Holyrood Pk, Edinburgh
	20	East District League XC	Broxburn
	28	Devils Burdens Relay (10am)	Falkland, Fife
	28	Scottish 4k XC Champs	Bellahouston Park, Glasgow
Feb	10	National XC Champs	Callendar Park, Falkirk
	17	Carnethy Hill Race (6m/2000') 2pm + junior race	Silverburn / Penicuik
	24	Inter Counties XC Champs	Nottingham
March	3	National Vets XC Champs	Bathgate Sports Centre
	17	Chapelgill Hill Race (3pm) & Fun Run (2.30)	Glenholm (S of Broughton)

Note: scottishathletics hill running week-end. Wanlockhead Jan 6-7th is fully booked.

Wednesday Evenings Training (From Inveralmond Community High School)

Jan	3	Fiddlers Handicap. Winter course. (Reflective jackets.)	Almond Valley
	10	Motorway Bridge Hill Reps.	A 89, Dechmont
	17	800m or 2k reps from community entrance (<i>Committee Meeting</i>)	Inveralmond
	24	Grange Road Relay.	Pumpherstons
	31	Bleep test & group runs.	Inveralmond
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.	Pumpherstons
March	7	Fiddlers Handicap. Winter course. (Reflective jackets.)	Almond Valley

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

Note Club Winter Social, Bellsquarry Village Hall. Saturday January 20th.

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)