

Up & Running

January 2008

Issue No. 91

Lothian Running Club

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

Festive Handicap 2007

Nobody got lost, nobody got injured and there were loads of smiles. The 2007 Festive Handicap and Cockleroy Chaser went off fairly smoothly, with numbers holding up in the Chaser and down only slightly in the handicap runs. Heavy overnight rain made the course muddy and slippery in places, particularly coming off Cockleroy, but relatively mild temperatures made it a bit more comfortable for most marshals, with the possible exception of Tosh who toughed it out at the top of the hill!

Thanks go to all who helped, either as course markers, marshals, recorders, results 'fixers', car parking stewards or whatever task undertaken.

Particular thanks go to Jack and Marsie Ewing for their post race hospitality.

The results are up on the Club's website. A few 'bandits' slipped through the handicapping net, but about 75% finished within an 8 minute band so that's not too bad. I'll do some tweaking for next year, and close my ears firmly to some of the sob stories I heard this time round! Well done to everyone who took part. I know too that Martin was also pretty pleased with the entry and effort in the Chaser.

I was a wee bit disappointed that some runners (or supporters) chose to ignore the parking cones on the verges, rather than go the overflow parking. The problem that created

could lead to some difficulties if other motorists report it. Think I need bigger signs for next year. At the moment the plan is to hold it again on Boxing Day 2008. If you have any thoughts about how to improve things, please let me know.

Peter

Festive Frolics 2007

What a great way to run off the excesses of the day before (well at least some of them). Conditions were good - not too cold for the spectators and marshals and the rain stayed away. Perhaps that accounted for the brilliant turn out - 106 in the main event and 25 in the Cockleroy Chaser. Thanks to Peter West and his crew of marshals who set up and organised the race so well, allowing so many of us to just turn up and run. Also thanks to Marsie and Jack for their wonderful hospitality after the race.

Roll on Festive Frolics 2008.

Jill Horsburgh

December Committee Meeting

Hello to all for the first time in 2008, Hope you all had a lovely Christmas and a good wee break over the holidays.

A **Festive Frolick** is certainly about the best way to recover from all the overeating on Christmas day (says I who didn't do it!). Often a good run banishes ills of the body and head even if it is at 11am on Boxing Day

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morning! Well done to all those who took part and thanks to all the marshals. Special thanks to Peter West who organises the race and his family who were on hand helping. We enjoyed having everyone here after; hope the soup was okay and thanks for the food that people brought.

Social evening. The next event on the calendar is the 'not the Christmas' evening out on the 19th January after the cross country at Deans. Buy your tickets from Mags Turnbull.

Membership payment due. Remember that this is the time of year that your membership is due for renewal. Membership forms are on the back of this U&R.

Position holders - A dozen members got together in the Livi Inn after the AGM to 'fine tune' the list of position holders and the following is the resulting list...

Post Holders.

President - Tosh Brannan

Vice President - Jim Alexander (until April)

General Secretary - Martin Hyman

Assistant Secretary - Saran Jones

Minute Secretary - Marsie Ewing

Treasurer - Jack Ewing

Coaching Co-ordinators - Saran Jones and Julie Toner

Fiddlers - Richard Docherty

First Aid - Marsie Ewing, Diana Holt, Lisa McGregor

Fund Raising - Tosh Brannan, Mags Turnbull,
Kit (Vests) - Marsie Ewing, (other kit) Carol Mabon

Ladies Captain Livingston and Edinburgh - Edel Mooney
Junior Ladies Captain - Lauren Arbuckle

Men's Captain - Jim Salvage
Men's Captain in Edinburgh - Mark Kassyk

Junior Men's Captain - ?Daniel
Meeting Representatives - Tosh Brannan, Colin Eades, Saran Jones, Matt Richardson

Membership Secretary - Marsie Ewing
Results - Finding out - Mags Turnbull,
Getting publication - Saran Jones,
Web/U&R/Courier - Peter West, Mary Inglis

Training Fee collection - Julie Toner, and collection team; Jennie Anderson, Carol Mabon, Christine Milne (Fridays), Lisa McGregor, Diana Holt

Membership assistance/advice - Mags Turnbull, Wendy Gibson

Transport/Drivers - Mags and Mike Turnbull, Christine Milne, (Jim Alexander.)

Track and Field - Mary Inglis
Up and Running editor - Lesley McGiffen

Up and Running assistant - Jill Horsburgh, Saran Jones, Peter West, Tosh Brannan, Mags Turnbull
Web Site - Richard Moir, Matt Richardson

Welfare - Teresa McMenemy, Peter

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West

Cross Country Team Managers - Jim Salvage, Wendy Gibson, Saran Jones, Mags Turnbull, Scott Nelson, Mary Inglis, Julie Toner

Cross Country Champs Compiler - Calvin Crane

Announcements - Wednesday - Jill Horsburgh, Tosh Brannan, Friday - Saran Jones, Diana Holt

Coach Level 1 - Jill Horsburgh, and others, (to do course) Jennie Anderson, Scott Nelson, Diana Holt
Coach Level 2 - Names on separate list.

Coach Helpers - Mags Turnbull, Jennie Anderson, Lisa McGregor, Carol Mabon and others.

Event Help - Carol Mabon, Darren Thomson and others

Social Committee - Tosh Brannan, Mags Turnbull, Saran Jones, Jill Horsburgh, Wendy Gibson, Lisa McGregor

Track and Field Programme - Mary Inglis, Saran Jones,

Track and Field Managers - Kariona McIlwraith, Saran Jones, Jill Horsburgh, Darren Thomson, Scott Nelson

Session Planners - All Coaches, Diana Holt, Jennie Anderson

Race Entries - Martin will prepare a "Race Entry Guide" with advice for Jim Salvage, Mags Turnbull and Saran Jones. There will be sub groups for events such as - Trail Race, Trial Nights, etc.

The committee is much as before; Martin, Tosh, Jack, Julie, Saran, Mags, Jim S., Jim A., Ediel, Mary, Teresa, Marsie and anyone else who would like to attend.

We had a very small committee meeting on the 19th December as only five of us could make it.

a.) Please let Saran know if you wish to do a coaching course.

b.) The announcements will be done by Jill Horsburgh on Wednesdays and by Saran Jones on Fridays. The duty coach will explain their own session.

c.) There will be a first aid kit available at each session.

d.) Let Saran know if you would like your name included on a list of helpers for events.

Date of next meeting 16th January 2008

Wishing you all the very best for a good running year in 2008.

Marsie

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

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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" 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.) Can you put in U&R that there will be a coaches meeting on Friday January 11th after training. To all members (and non-members)

Time Trial

We're holding a 800m and a 3000m time trial at the friday night club session at Craigswood on 25th January.
800m starts at 7.30pm

3000m starts at 7.45pm

If it's popular, we'll hold it every 2 months during the year to show yourself how much you are improving.

All are welcome,
Hope to see you there,

Edel

Results

15-12-07 Queens Drive Races

5k

11 - Robert Inglis (U17) 18.12 (2ND u17)

24 - Graham Ackland (V) 19.03 (8th V)

31 - Scott Nelson (V) 19.35 (15th V)

32 - andy Kitchen (V) 19.37 (16th V)

65 - Jill Horsburgh (FV) 23.19 (4th FV)

Juniors 3k

13 - Alice Horsburgh 16.24

15 - Bethany Nelson 17.47

18 - Scott Wilson 20.22

15-12-07

Falkland Trail Race (6miles)

55 - Peter Weeks (MV55) 43.16

16-12-07

Coop Jog Scotland Christmas Cracker
5K

(25) - Rachael MacIlwraith 21.59 (3rd F)

Interval Training

Interval training is an essential part of the preparation of an endurance athlete. The underlying idea is simple and has been well explained before, but it is so important that I beg your forgiveness if I have another try.

Most distance runners base their training on steady runs over varying distances of between about three and fifteen miles. These runs will inevitably be slower than race pace, unless preparing to race very long distance. Now the reason for training is that it has been found that by performing an activity frequently, the body changes to become better at it. We call this adaptation. Think of lifting weights, playing the piano or even typing. So it is reasonable to expect that, by going for frequent slowish runs, you will become good at running slowly. There is much benefit from this. Running slowly you should not get out of breath, so will be able to chat freely with your running companions. You will also keep fitter and healthier than your friends who do not run, and will probably enhance the quality and length of your life.

However if the purpose of your training is to improve your race times then, it is obvious that you will need to train at a faster pace than your best race pace. Obviously you cannot keep this up for the whole race distance, so you break your training up into several short sections, each run **a little faster** than your target race pace. After each run you have just sufficient recovery time to enable you to get your breath back enough to repeat the fast run. (It is better to walk / jog during recovery than to stand still.) Faced with the demands made by running faster than race pace, the body will make adjustments to help it to cope. For example the heart will get stronger, so as to pump blood faster, the blood will make changes to enable it to carry more oxygen, the leg muscles will get stronger and the muscle will change so as to be able to take oxygen from the blood and use it more quickly to make the muscle contract. During each fast run you will produce toxic chemicals which need to be broken down during the recovery period. Interval training improves your tolerance of these chemicals and also the speed at which you can get rid of them.

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How you go about this will depend on the race that you are preparing for and how fast you hope to run it. I will give some examples. Once you have worked this out, you will need to be able to measure how fast you are running. This is easiest done on the track, though I find track training boring. When you have developed a sense of your running speed you may prefer to run off road, perhaps on a circuit with twists, turns and hills. This adds interest and also protects from repetitive use injuries that can develop when each stride is the same. Matt Richardson, who stays in Linlithgow, likes to do reps along the canal where there are marker posts every half mile.

Example 1.

800m reps for a 10k runner

Target 10K Time (mins)	Target Race Lap Time(+ 800m time)	Target Training 800m time(min /sec)	Start Interval (mins)	No of reps
60	2.24 (4.48)	4.38	9	4
55	2.12 (4.24)	4.16	8	4-5
50	2.00 (4.00)	3.53	7	5
45	1.48 (3.36)	3.30	6-7	5-6
40	1.36 (3.12)	3.07	6	6-7
35	1.24 (2.48)	2.44	5	7-8
30	1.12 (2.24)	2.21	4	8-10

Example 2.

400m reps for an 800m runner.

400m reps at faster than 800m pace will inevitably be fast. So the athlete will need to have a long recovery after each run and will only do a few reps.

Target 800m Time (min/ sec)	Target Race Lap Time	Target Training 400m time (sec)	Start Interval (mins)	No of reps
4.00	120	113	5	3 - 4
3.40	110	104	5	4

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3.20	100	95	5	4-5
3.00	90	86	4	4 - 5
2.40	80	77	4	5
2.20	70	67	4	5-6
2.00	60	58	3 - 4	5-7

Note that the times given are a rough guide. An experienced endurance runner will go by "feel" and will learn to do the session keeping each rep at the fastest pace that he or she can maintain for the whole session. Because of progressive fatigue during the session, the athlete will have to run harder for each rep to maintain the desired speed. And the end of the session the athlete will be too fatigued to continue, as at the end of a race.

An athlete who starts too fast and becomes too tired to maintain the desired pace is advised to cut the session short, rather than to do each rep slower and slower.

New Year Athletics Gala

A handful of Lothian R.C. athletes contested the races at the 139th New Year Athletics Gala at Musselburgh Racecourse on Friday 28th December. Lana Turnbull, Lauren Arbuckle and the Stewart twins Ashley and Sarah ran in the heats of the Youths 90 metres handicap, unfortunately on this occasion none of them made it through to the final. An excellent field of 24 lined up for the youths 800 metres where Lauren Arbuckle finished in 9th position with Lana Turnbull 16th.

One runner who did come away from the meeting with prize money was Robert Inglis, coming straight from his work Robert lined up for the Open 1600 metres handicap and turned in a good performance to take 6th place, the final prize money place. A total of 14 runners contested the race. Roberts sisters Sarah and Mhairi were also entered for this race, but the girls have unfortunately been injured and didn't make the starting line up, hopefully both will be back in action soon.

Up and Running articles

If you would like to contribute an article to Up and Running please email to lesleymcgiffen@hotmail.com by the last Wednesday of every month.