

Up & Running July 2007

Issue No. 85

Lothian Running Club

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

Assistant Secretary's Information from the June Committee Meeting

Good afternoon Everyone,

So much happens in May and June that it is hard to find a minute to sit down at the computer but here I am, at last, putting off my run for you guys so that you can be up to date with all the committee news and views! Aaah!

The Trail Race is over, the club BBQ will be over by the time you get this and lots of other things too, but hopefully the school holidays will bring a less frantic pace and a time to relax in the sun!?

Trail Race

After paying out expenses and SAL fees the Trail Race made a profit for the club and so the piggy bank has more in it to keep us going. Most of you will be aware that hiring Craigswood, mini bus hire, etc. all cost money so it's good to know there is money in the bank. Thanks go to our sponsors for their support and to entrants for their entry fee. Many thanks again go to Mags Turnbull who works away on preparations for this race from way back and asks for very little help. This time must have been extra hard given all the other things that were going on in Mags' life. Please let us all do more to help you next year, Mags.

Coaching

There will be a coaches meeting on the 17th August. Any coaches willing to lead a session should get in touch with Julie or

Claire so that this can be filled in on the schedule for the coming month.

Cross Country

It may be a bit early to be thinking about this but Martin has been asked to repeat the good job he did in organizing the local cross country races again for the 2007/8 season. It was decided that we would swap the dates of two of them. The newly discovered Broxburn course (you can tell Martin is an orienteer!) would be better taking place on October 13th in case the weather gets chilly especially as there are no facilities really close to the course. A good spot but exposed if the wind gets up. The other league event in our neck of the woods is at Deans/Dechmont Law and this is to be on January 19th 2008. As there are facilities close by and the run goes partly through the woods the weather can throw what it wants at us and it will be sheltered - well more so than at Broxburn!

6 and 4 Stage Road Relays are on the 5th April 2008.

The XCite 10k and 2.5k at Craigswood, Livingston will be in September. The organizers have roped Martin into organizing a 2.5k race for the kids. Nearer the time volunteers will be asked to help at this race but will also be able to take part in the 10k. Sounds like a good job for parents who will be able to marshal, cheer and run!

SAL AGM is on Saturday 11th August at 10am at Scotstoun.

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Trial Night on August 24th organizers are Jill Horsburgh and Susan Bruce. They will be looking for helpers so please get in touch with one of them or a coach if you can help on the night. There will be a BBQ afterwards.

The next meeting is on the 18th July 2007.

Anything you want more information about - contact me on Cathlaw@talktalk.net or phone 01506 654242.

Enjoy the holidays and if you are not going away I hope it's sunny where you are. Marsie.

Secretary's Notes

Carmondean "Run for Life"

One of our local primary schools decided to take a bold step by organising a set of races, in order to promote the benefits of exercise and tackle the increasing unfitness of our population. They started with a "1k" for nursery pupils and primary 1 & 2 and parents. Then a 2k for primary 1-7, parents and other juniors and then a 5k for adults.

Despite the fact that the school was very inexperienced in these matters and the weather was unkind, the event was a huge success. There was almost a 100% turn-out of pupils and great enjoyment.

Another objective of the event, which was related to the fitness campaign, was fund-raising towards the cost of having a trim course installed at the school. This had been costed at £7,000. Remarkably the event raised a little more than this! A number of our members took part and filled the leading positions and many

members helped out also. Their efforts were much appreciated and the school has asked me to pass on their thanks.

Hill Running Junior Home International.

This annual event is held in England, The Irish Republic, Northern Ireland, Scotland and Wales in turn. There are individual and team age-group competitions for selected athletes from the above countries, but the races are also open to anyone to enter for the British Junior Championships. This year the event will be held in South Wales on October 14th. Mary Inglis will be a Scotland Team Manager. There will be selection races at Bonaly (In the Pentlands near Colinton) on Sunday September 2nd. Separate races for: u19, (born 1988, 89, & 90 but only 89 & 90 to compete in the International) This race is also open to senior men and women. u16, (born 1991 & 1992.) u14 (born 1993 & 1994.) There is no International u14 race, but the winners can travel with the Scottish team and compete in the British u14 Championships. There will be a short hill fun run also. In conjunction with these races there will be a subsidised Junior Development Week-end using good accommodation next to the course. Catering by Mary, Mags and Pauline. The programme will include a course inspection on Saturday afternoon. Note that the last such week-end was oversubscribed and late applicants were turned away.

Details from Martin.

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Highland Games

We're now into July and this is when the Highland Games season gets into full swing, and in the last few years this is when the Lothian R.C. runners usually start to make an impact. Hopefully it will be the same again this summer, if it ever arrives.

Here are some of the Games I would recommend.

SATURDAY 14th JULY ALVA GAMES.

These are one of the best Games on the circuit and the atmosphere is great. They won't be over populated with athletes as there are games on at Jedburgh and Balloch the same day. It's a good meeting for youths with seven races, on the track there is a 90,200,800 and 1600metres all with good prize money down to six places. There is also youth hill races with separate races for u/17,u/14 and u/12.

There are open events over 90,200,400,800,1600 and 3200metres all handicaps. And of course the famous Alva Hill Race.

MONDAY 16thJULY BURNTISLAND GAMES.

Leave early for here the place is absolutely jam packed with people which creates the unique Games atmosphere that you don't get at the amateur meetings. There are Open events over 90,200, 800, 1600 and 3200 metres with youth races over 90,200 and 800.

SATURDAY 28th JULY AIRTH HIGHLAND GAMES.

Like Alva one of the nearer to home Games for Lothian runners.

There are races over 90,200,400,800,1600 and 3200 metres

for the seniors with the youths having handicaps over 90 and1600 metres.

SUNDAY 29th JULY ST.ANDREWS GAMES.

Another one of those not to be missed Games, again the atmosphere is tremendous. These games have always been well attended by Lothian R.C. athletes in recent years, hopefully they will be again. The youth runners from the club have always left with a fair share of the prize money particularly the Inglis trio, on one occasion they finished 1-2-3 in a race, Sarah must like the sea air here as she has won three times in the last couple of years. Again six prizes in each event, 90,200,400,800,1600,3200 metres open events with the youths having races over 90,200,1600 and 1600metres.

It would be good to see some new runners appear at some of the games like they did at Markinch in June, make an effort, it's worth it. Mary Inglis will fill you in with all the info you require

SHANE FENTON[S.G.A.]

Midsummer antics (or how to beat Robert Inglis in a race)

Beecraigs County Park is the venue for two of Lothian Running Clubs finest social events each year. Obviously the highlight is Peter's Festive Frolics held on Boxing Day - OK not strictly a social because you have to do a bit of hill running first before you get your soup and other goodies but it's not TOO serious. And half way through the year, allegedly at midsummer is Mags's legendary BBQ. Here the

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emphasis is more on the food, with some hardy souls doing a couple of miles around the loch to build up an appetite.

Whilst Mags stood and cooked sausages and burgers for what seemed like hours on end I kept the children (and some of the more adventurous adults out of the way by sending them off on a treasure hunt. Everyone seemed to have fun and arrived back (eventually).

First prize was won by The Committed Coaches (Claire Shanley and Susan Bruce) who had already had a run. A close second and fastest course time, were The Glamour Girls - Lauren Arbuckle, Alice Horsburgh and Lana Turnbull.

Other teams doing well were Lothian Loafers (Edel Mooney and Rachael McIlwraith), Hearts (Iain Horsburgh with Big and Little Scott Nelson) and Terrie's Terrors (Terry, Bethany Nelson and Rebecca Shanley).

The prize for the longest course time was won by Hazel's Horrors (Hazel Turnbull helped or hindered by Robert Inglis and Stuart Arbuckle). OK guys, it wasn't a race but there was a time penalty- that's why the prize was only a Tunnock's caramel wafer!! Obviously Hazel knew how much food her Mum had brought and had no worries about missing out on a burger!

So...the moral of the story is, if you want to beat Robert Inglis in a race, throw a few clues and questions in there. It's the only way you ever will!

Jill Horsburgh

Friday and Wednesday coaching sessions for July

Date	Session
Wed 4	Fiddlers Handicap - Summer course
Fri 6	Accelerations and jumps
	9s & 10s
	Introductory -
Wed 11	Reservoir Run (7k on trails) / Reservoir timed laps
Fri 13	Pyramid session
	9s & 10s
	Introductory -
Wed 18	Howden Park Reps (Committee Meeting)
Fri 20	30 sec hooter reps
	9s & 10s
	Introductory -
Wed 25	Dechmont Wood Reps Or speeding up laps
Fri 27	100/200/300/400/800 hooter reps
	9s & 10s
	Introductory -

I would be delighted for another coach to nominate and lead one of the sessions or a different session, provided that they do so in advance.

I am available throughout, but am happy to turn up and help, or to keep out of the way, any time, provided that I know beforehand.

Martin

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*If you become unavailable please try
and arrange a swap and let Claire know.*

Coaches	
Stuart Arbuckle	01501 763712
Susan Bruce	01506 463551
Steve Cottom	? ?
Iain Donnan	07857 453 001
Marsie Ewing	01506 654242
Scott Fraser	0131 654 0874
Isabell Gardiner	01506 882043
Jill Horsburgh	01506 890064
Martin Hyman	01506 412322
Mary Inglis	01324 851285
Willie McDonald	01324 851590

Coaches (Continued)	
Teresa McMenemy	01506 419421
Colin Meek	01501 740667
Edel Mooney	077 688 26772
Claire Shanley	01506 439208
Julie Toner	01506 200455
Helpers	
Jane Kirkwood	01506 461037
Helen McDonald	01324 851590
Hugh Miller	01506 429708
Margaret / Mike Turnbull	01506 418866