

Up & Running

June 2008

Issue No. 95

Lothian Running Club

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

XC awards

BBQ for presentation of XC awards
Wednesday 25th June
@ Beecraigs BBQ area near playpark.

Group runs @ 6.30pm
Food from 7.30pm
FREE for members. Non members £1

SUPPORT RUNNERS WANTED

If you can't sleep during the night of Saturday 21st June, then Mags Turnbull and Jim Alexander are looking for support runners to cover the Kingshouse to Fort William section of the West Highland Way race. There are sections of between 3 and 10 miles, pace will be dead slow, required from around 10pm that night to midday on Sunday.

Contact Mags on 01506 418866 or email magsturnbull@hotmail.com

Will's Bothy

I recently wrote about this old farm building, nestling by a stream high in the border hills south of Hawick. We restored as a memorial to a cherished member Will Ramsbotham.

A group of us is going there on the week-end of June 21 -22 for a bit of work / play or tranquility. We would be delighted for any club members and friends to join us for all or any part of the week-end. If there is sufficient interest I will organise a handicap walk / run (10k / 300m) from the bothy at noon on Sunday. This includes a stiff rough climb through the forest and a section along the spine of Arnton Fell, with beautiful views to the south and west. Once you have a handicap you can start whenever you like. I could also do a 1.5 k version for young folk.

You might like to include in the week-end the classic Eildon 2-hills race. (7k 460m) on Saturday at 3 pm from the Greenyards in Melrose. (Details Paul Morris 01573 460 390).

A problem is that I will be away from June 10-20. So if you want more details ask before I go. Or I will try and leave a sketch map and details in my green box at the club on Tuesday and Friday. The shortest access is a 2 mile walk along a disused railway from the Railway Heritage Site on the B6399 from Hawick to Newcastleton

Club Web Site

[\(www.lothianrunningclub.co.uk\)](http://www.lothianrunningclub.co.uk/)

Our hard-pressed site manager Richard Moir has been assisted in recent months by Matt Richardson. The site now contains lots of "instant" results and photos and has had 20,000 visits.

Photos of our blue vests in action in far Tیره were posted next day. There are photos from the Edinburgh 10k, and further afield at Knockdhu in Northern Ireland. There are good shots from the Highland Fling, whilst Laura Sarkis and Suzanne Swann are shown flying the flag for us in the north-east.

Unfortunately most of our runners, who filled the first five places at the Deans 5k, were not wearing club vests. So the footage was censored. So please get yourself properly dressed so that we can all see you in action.

Martin

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Round Arran Relays Saturday 26th July

Two teams entered for this year's event. Six runners per team to cover the undulating (but scenic) legs ranging from 8-12 miles. As usual, we are planning to camp over the weekend and hope to have a minibus. If you don't like to rough it you can book your own B&B or else come home after the race.

To book your place or get more information, email Jill Horsburgh horsburgh82@btinternet.com

Info from May Committee Meeting

Hello Everyone,
May has come and is now nearly gone. Here we are practically half way through the year and we have had very little warm weather, in fact some days have been miserable with a very cold wind. Although some of us had a beautiful weekend on Tiree for the 10k with wall to wall sunshine! Both the crossings were very calm and we ran in a heat wave! More about that later.

From the committee meeting;

1. **BBQ on the 25th June at Beecraigs**, BBQ site, Balvormie. Group runs start at 6.30pm. There will be food provided; rolls, BBQ things and juice. Bring anything else you might want. This is when the Cross Country prizes are handed out so be there to congratulate all the successful runners over the last season.
2. If you still have not rejoined LRC then please do so - reminders coming.
3. There are not enough Level 2 coaches in the club just now. Please think about becoming a coach and if you have your Level 1, think about doing your Level 2.

4. If your name is down as a Coach Helper then please reply to Saran (even if it is to say you can't come). More Coach Helpers are needed too.
5. If you are selected to run in an event it is important to communicate with the coach or organiser whether you are able to run or not. This way you do not let your team mates down.
6. Trail Race - this year is on the 8th June - more helpers and runners needed. We are still short of marshals for this event - please get in touch with Mags or a committee member if you can help.
7. Well done to Kenton who passed his mini-bus drivers test. Anyone else willing to sit their test? Hope you are enjoying your running or exercise whatever way you raise your pulse rate for half an hour a day!

Marsie

Results

Black Rock 5 - 2nd May 2008

Position	Name	Time
13	Ross Milne	25:18
75 (1 st M60)	Scott Balfour	28:57
167	Mike Lieberman	31:38
211	Jim Alexander	33:13

Edinburgh - North Berwick (22 miles) - 3rd May 2008

Position	Name	Time
25	Steven Laurie	02:34:00
73	Richard Moir	02:51:42
91	Saran Jones	03:01:17
119	Mags Turnbull	03:21:49

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Stuc a'Chroin (14 miles/5000ft) - 3rd May 2008

Position	Name	Time
86	Herbie MacLean	03:22:38
96	Matt Richardson	03:28:51

Edinburgh 10K - 4th May 2008

Position	Name	Time
70 (1 st M60)	Scott Balfour	00:39:22
	David Mabon	00:44:30
	Ted Finch	00:51:21
	Alan Robertson	00:52:57
	Carol Mabon	00:57:28
	Ian Hall	01:05:13

Dumyat - 7th May 2008

Position	Name	Time
90	Matt Richardson	46:26
115	David Mumford	48:09
241	John Coon	66:52

Benromach 10K (Forres) - 10th May 2008

Position	Name	Category	Time
22	Harry Mulholland	M40	38:49
32	Suzanne Swan	FS	41:04

Penicuik Harriers 10K - 10th May 2008

Position	Name	Category	Time
19	Alan McIntosh	M40	40:24

Ben Lomond U16 Girls - 10th May 2008

Position	Name	Time
4	Lana Turnbull	29:36
5	Rachael McIlwraith	31:16

Ben Lomond U19 Men - 10th May 2008

Position	Name	Time
3	Robert Inglis	31:37
5	Alistair Robertson	35:42

Heriot-Watt 'Round the Grounds' 5K Trail Race - 11th May 2008

Position	Name	Category	Time
43	Lana Turnbull	FJ	20:21
46	David Mabon	MV50	20:35
58	Saran Jones	FV40	21:30
64	Jill Horsburgh	FV40	21:55
93	Carol Mabon	FV50	25:37
106	Michael Turnbull	MV50	32:20

Dunfermline Half Marathon - 11th May 2008

Position	Name	Category	Time
8	Ross Milne	MS	1:13:28
53 (1 st M60)	Scott Balfour	M60	1:26:12
436	Diana Holt	FS	1:52:33
546	Neal Drummond	M50	1:59:48

Dunecht Dash 5K - 11th May 2008

Position	Name	Category	Time
10 (1 st F)	Suzanne Swan	FS	19:22

Scottish Orienteering League 2 (White Course), Touch Estate - 11th May 2008

Position	Name	Category	Time
13	Eoin Richardson	4	21:28

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Goatfell - 17th May 2008

Position	Name	Category	Time
21	Tosh Brannan	M40	01:36:49

Loch Leven Half Marathon - 17th May 2008

Pos	Name	Category	Time
18	Andy Kitchin	M40	01:23:05
64	Mike Liebermann	M55	01:32:16
369	Neal Drummond	M50	02:07:54

Cape Wrath Challenge Marathon - 17th May 2008

Pos	Name	Category	Time
13	Alan Robertson	MSV	03:43:29
22	Jim Alexander	MV	04:05:35
40	Jim Savage	MV	04:25:00
41	Mags Turnbull	FV	04:26:00

Tiree 10k 24/5/08 (Full Results not available)

2	Harry Mulholland	38.02	
	Joyce Salvona	41.47	First Lady
	Peter West	43.42	First Vet

Deans Primary School 5k 25/5/08

1	Alastair Robertson	18.22
2	Kenton Jones	18.43
3	Richard Docherty	19.19
4	David Mabon	20.23
5	Alan Robertson	20.38
26	Carol Mabon	26.01

Aberdeen 10k 25/5/08

105	Suzanne Swan	40.48	9 th lady
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Edinburgh Marathon 25/5/08

298	Scott Balfour	03:09:52	1 st M60
513	Scott Nelson	03:18:46	
1308	Laura Sarkis	03:39:12	

European Sprint Orienteering Champs

(Latvia.) 26/5/08

4th Scott Fraser (2 seconds off a medal)