

**Secretary's Ramblings From Martin
Hyman - (Tel. 01506 412322)**

National Road Relay Championships March
31st

The event will take place from St Margaret's Academy, for the 10th consecutive year. The Championships were first held in 1979. They were first held in Livingston in 1988 on a course which was used every second year till 1996, when new housing estates made the roads too busy for safety.

The choice of Livingston more often than all the other venues put together, reflects great credit on our attractive safe footpath network and on the hard work of many of our club members who help at the event. We are looking for helpers for various jobs on the day.

Please let me know if you are available. Entries. I have to post entries on March 15th. Please sign up. You don't have to be a super-star. Although some of Scotland's finest will be running, so will Jog Scotland teams.

Team Trials. From Livi Inn at 7.30pm on Wednesday March 14th. This is not to find out if you are good enough. Just to help us select balanced teams. Everyone is invited to meet in the Livi Inn after, to sort out teams and running order. (Plus fluid replacement)

Scottish Athletics Road Race Grand Prix. This is to happen again this year, with prizes based on best 5 results in five from 10 possible races. The races will be:

1. Inverness Half Marathon
2. Grangemouth 10k
3. Balmoral 10k
4. Dunfermline Half Marathon
5. Jog Scotland 5k (Glasgow)

6. Vale of Leven 10k
7. Edinburgh 10k
8. Glasgow Half Marathon
9. Loch Ness Marathon
10. Jedburgh Half Marathon

Friday Track Training.

Jack Ewing has told me that his preference is for longer road races, and that he enjoys doing 800m reps on the track, but not the shorter distances that we often do. I explained that whatever the main coached session, folk are welcome to do a different session of their choice. Indeed there is usually a group doing 800m reps on a Friday. All we ask is that folk who want to do their own thing, tell the duty coach, so that they can be fitted in safely.

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

In this edition of "Up and Running" there is a list of club clothing available, just contact me on 01506 654242 or at the club, and I will put in your order.

This is the last time I am taking orders for additional kit but hopefully this service will continue if some other member is willing to take the job over. I am happy to continue to give house space to, order more and sell the club vests and the remainder of the long sleeved T-shirts. Please contact me if you would like a wee job in the club and I will give you all the details.

Helpers are needed for the 6 and 4 stage relays in Livingston on 31st March. Please let Jim Salvage or Mags Turnbull know very soon if you can help. It is usually possible to do a job and run in the event

as well so get in touch soon as these sought after jobs may go quickly.

The Treasurer told us that the social event actually made a profit of £57 ! Many thanks to all those who put in lots of effort to make this a success.

Trial nights at Craigswood will be following roughly the same program as last year.

The bleep test worked out well in the new venue of the school dining area at Inveralmond and there is a plan to schedule another one in before the end of the winter.

Does anyone wish to become an official for Scottish Athletics? You could get a snazzy jacket and walk about with a clipboard at events. Let Martin (01506 412322) know if you do.

The rule that students had to run for their university has changed. Rule 5, section 3, clause 1 now says that in open competition if both clubs have a team competing in the same race, the student runs for their own club (first claim) and not the university one.

If any member has anything to discuss with the committee please let me know so that it can be put on the agenda for the next meeting. cathlaw@talktalk. Thanks, Marsie.

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

LOTHIAN RUNNING CLUB KIT

Vests, always in stock
Adult £11, Kids £8

Long Sleeved T-shirts, a few left
Adult only £14

The following can be ordered:
Black Beanie Hat with Lothian Running Club on front £5

Black reversible fleece with LRC embroidered front left on fleece and LRC print across back of waterproof side

Adults £25.00, Kids £16.50

Track suits, T-shirts (black or turquoise)
prices vary according to size

Wanlockhead Weekend

Friday 5th January - Sunday 7th 2007

Martin organised the weekend to Wanlockhead, we've been a few times now and its better every time we go.

This time round was a real mix of ages and abilities. Everyone mixed well and mucked in with the chores.

We arrived on Friday evening about 8pm, it only takes about an hour to get to the Lead Hills, had something to eat, Mhairi and Sarah got the sleeping bags sorted and got talking to some girls from Law & District Athletic Club.

There was about 12 people stayed over on the Friday, (females sleep on mattresses in one room and all males sleep in the hall). Adults shared a bottle of wine (or 2) then it was bed at 10.30pm.

Breakfast was 8am - 9am, then the others arrived, there was 38 people in total,

some we knew, some didn't, but it wasn't long before everyone was chatting away.

We had a meeting to discuss the weekend then it was out for the first of the training sessions, it was a relay so everyone split into teams, it's good fun but don't be fooled thinking this was an easy one, it's a lot harder than it looks! Then it was lunch, homemade soup, bread, salad etc, then out for the first of our longer runs, it was great running up in the hills, the senior men went a different route, we followed a map to a point on the hill, then everyone came back at their own pace.

A few of us went for a short run down past the lead mines whilst others went and got showered.

It was time to get the dinner organised, again everyone helped, some sets the table, some prepare, some cook, Julie makes the custard and others do the washing up.

After dinner we split into groups and discuss each others training methods and what they want to achieve in the next year. It was good to hear other peoples views.

Afterwards all the ladies disappeared to the only pub in Wanlockhead, after a few hours we returned and let the men go out! Sunday was an orienteering session, Scott Fraser organised this, we split into small groups, got map and compass and away we went!

Mags, Pauline, Julie, Lee Ann and myself went together, thank goodness for Lee Ann or we would still be up those hills yet. At one point we couldn't see an inch in front because of the fog, at the top of one of the hills there was even snow! However we had a great laugh, we didn't find all the points we were looking for but

we got the furthest away one, not that it did much good for our score!

By the time we got back (we were last) everyone had lunch organised, after lunch we had a get together and then it was tidy up time.

Everyone had a great weekend, so whether your 13 or 70 get your name down for the next hill training weekend, it's great fun.

Mary.

ON THE BLOCK

Graham Ackland

Age: A little older than my teeth

Weight: more than last year.

Birthplace: London, but spent my childhood in Devon

Favourite race food: Jelly babies

Favourite races: Edinburgh 7-hills, Lairig Ghru, Relays.

Something you didn't know about me: I was once picked for the UK junior team ... at bridge.

Claim to fame: I trained with that Iain Donnan once (and I told him then I'd use it as a claim to fame one day)

Athletics heroes: Dave Bedford, Steve Ovet, Martin Hyman.

Joke: How do you get four elephants in car? Two in the front, two in the back; How do you get two whales in a car? Over the Severn bridge.

Results

National Cross Country Championships,
Falkirk, 10.02.07

U/15 girls: 60. Lana Turnbull, 18:36; U/17 women: 3. Sarah Inglis, 17:45; 10. Mhairi Inglis, 18:45; U/17 Men: 37. Robert Inglis, 24:26; Senior Women: 7. Edel Mooney, 30:36; 52. Helen Murray, 35:21; 89. Kate Kitchin, 37:27; 108. Marsie Ewing, 39:19; 118. Margaret Turnbull, 40:22; (Team 13th.) Senior Men: 7. Iain Donnan, 40:05; 49. Ross Milne, 43:10; 76. Colin Meek, 44:25; 118. Graeme Ackland, 46:15; 186. Alan McIntosh, 49:08; 277. Scott Nelson, 52:37; 324. Dave Bell, 55:12; 352. Steve Dempsey, 57:07; 357. James Alexander, 57:15; 411. Marl Kassyk, 74:20. (Team 13th.)

Carnethy 5 Hills Race, 17.02.07

37. Andy Kitchin, 58:06; 116. Dave Simmons, 64:36; 144. Tosh Brannan, 66:53; 190. Helen Murray, 69:21 (18th female); 207. Scott Nelson, 70:28; 264. Dave Bell, 73:58; 300. Richard Bloom, 74:20; 314. Jim Alexander, 78:20; 381. Calvin Crane, 83:58; 455. John Coon, 95:57.

King's Buildings 5, 24.02.07

16. Ross Milne, 27:35; 25. Graeme Ackland, 28:17; 43. Steven Laurie, 29:41; 55. Alan McIntosh, 30:35; 62. Christine Milne, 30:52; 76. Harry Mulholland, 31:57; 94. Mike Lieberman, 33:33; 103. Dave Mabon, 33:57; 142. Peter Weeks, 36:27; 200. Carl Mabon, 43:17; 209. Keith Banham, 44:36; 210. Colin Banham, 44:36.

**Lothian Running Club weekend to Tiree
10k**

Saturday 26th May 2007, 1.00pm

Tiree is a beautiful island a couple of thousand miles east of Canada. A number of Lothian RC runners have holidayed there in the past and are heading back to the island for the island's 10k after the success of a similar trip last year. Getting there and back is awkward and expensive, but the cunning plan, successfully executed in 2006 has been resurrected to make it possible and keep costs to a minimum, whilst still offering some measure of comfort, with opportunity to see the island. The race will again be a very low key, fun event which will not be a pb one as it includes a stretch along a beach (tide permitting) and last year 'enjoyed' a strong headwind.

The Plan

- Drive by car to Oban (120 miles from Livingston) - car share to reduce cost. Park car in Oban (free.) Unfortunately the ferry leaves at 07.00, and allowing for time to park the cars and get tickets that would mean arriving in Oban before 06.30, leaving (eg) Livingston around 03.30.
- Ferry from Oban to Tiree (via Coll) Cost £22.35 return. Arrive in Tiree at 10.45.
- Hire cars on Tiree (£30 plus fuel - 5 in each car - less than £10 each.)
- Drop off gear at accommodation, 'Alan Stevenson House' at Hynish, operated by the Hebridean Trust. (See <http://www.hynishcentre.co.uk/>) Dinner, bed and breakfast here, in very comfortable bunk bedrooms, for £30.

- Quick recce of course, then the race at 13.00. (Enter yourself, by 19.05.07) Post race last year included sandwiches, cakes, juice, chocolate fountain, fruit and loads of prizes.
- Rest of the day - explore the island, lie on a beach, go to the pub, watch the sunset, etc, etc
- Sunday morning - enjoy an early run then breakfast, see more of the island before heading for the ferry which leaves at 13.15, arriving back in Oban at 17.15. Head home.

Total Cost: Ferry £22.35, Cars on Tiree £10, DBB £30 - less than £65.

What's not included in this: race entry (£3 in 2006 if SAL; enter yourself - details should be on Scottish athletics site soon), car share costs to and from Oban, breakfast and lunch on Saturday, Sunday meals other than breakfast.

Interested? Contact Peter West (01506 492088; peterwest@blueyonder.co.uk) or

Christine Milne (01501 731170) by 23.03.07, with £10 deposit

Dechmont Law 10K Trail Race and 2.5K Fun Run

I'm currently sourcing sponsorship and donations from the local business community for our event. If you think the company you work for might be able to help, let me know and I'll write to them direct. If you'd prefer I can give you a letter to hand to them. The better supported we are, the more we can give the athletes on the day. We'd be delighted to receive cash merchandise, gift vouchers, food or drink, which we can use as prizes, spot prizes or in our goody bags. Cheques payable to "Lothian Running Club".

If you would like to donate an item for the spot prize list then no offers rejected - we were even given a fire extinguisher one year and the winner was delighted with it!

Contact me on 01506 418866 or

magsturnbull@hotmail.com

March Training sessions

Date	Session
Fri 2	Height measurement
	Endurance Session (5min, 3min 1min)
	9s & 10s
	Introductory - Jumping
Wed 7	Fiddlers Handicap - Winter course (Reflective Jackets)
Fri 9	Accelerations & Jumps
	9s & 10s
	Introductory - Running
Wed 14	Road Relay Trial & Group Runs (Livi Inn 7.30)
Fri 16	100/200/400/800 hooter reps
	9s & 10s
	Introductory - Throwing
Wed 21	Almond Park Reps 400m / 450m / 1050m (Committee Meeting)
Fri 23	Pyramid Session
	9s & 10s
	Introductory - Running
Wed 28	Grange Road Relay
Fri 30	30sec hooter or 300m reps
	9s & 10s
	Introductory - Jumping

St Columba's Hospice

Edinburgh Forthside Half Marathon on Sunday 1st April 2007 at the Ocean Terminal, in Edinburgh. Guaranteed charity places for anyone who would like to run in support of St Columba's Hospice. There is no entry fee to pay and minimum sponsorship is only £100

☺ **Selected Lothian R.C. Fixtures - Spring 2007** ☺

Road

March	4	Lasswade 10 12pm	Bonnyrigg
	10	Cupar 5 3pm	Cupar, Fife
	18	Alloa Half Marathon 10am	Lornshill Academy Alloa
	25	Scottish Junior Road Race Champs u13, u15, u17,u20.	Perth
	31	National Road Relay (Woman x 4, Men x 6) 1:30pm	Livingston, St Margarets
April	1	Edinburgh Forthside Half Marathon 9am	Ocean Terminal
	7	Dunbar Boundary 10k 11am	Halhill, Dunbar
	8	Tom Scott 10m & 4m 11am	Strathclyde Park
	15	Grangemouth 10km 12:30, 5k 12:15, 2k Fun Run 12:00	Grangemouth
May	5	Edinburgh to North Berwick	Meadowbank Stadium

Hill / Country

March	3	National Vets XC Championship	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 2.30pm	Glenholm (S of Broughton)
April	8	Grandtully Hill Race (6.4k / 280m) 5pm + junior Race.	Riverside Inn SW of Pitlochry
	21	Hunters Bog Trot (6.4k / 240m) 1pm	Holyrood Park
	28	Knockdhu International & Open Races	Larne, Northern Ireland.
May	9	Dumyat (8k / 380m) 7pm	Stirling Uni
	12	Ben Lomond (12k / 970m) 1.00pm & junior age group races.	Rowardennan

Wednesday Evenings Training (From Inveralmond Community High School)

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	Bleep test & group runs.	Inveralmond
	18	Howden Park Laps.	Howden
	25	Reservoir Run (7k on trails) / reservoir lap reps.	Eliburn
May	2	Fiddlers Handicap. Summer course.	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.	Road Runs 3 - 7 miles.	Lesley

Up & Running
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Lothian Running Club

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

		(Free. No facilities used.)	Ladies' Session.	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)