

Up & Running

May 2008

Issue No. 94

Lothian Running Club

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

NEW GAMES SEASON BECKON'S

The 2008 Highland Games season is now only a few weeks away, and as in previous years it would be great to see athletes from Lothian R.C. give the Games their support.

SUNDAY JUNE 1st MARKINCH

HIGHLAND GAMES

Lothian runners have always turned out in good numbers for this popular Fife event. In the Open events there are handicaps over 90, 200, 400, 800, 1600 and 3200 metres as well as a relay which usually guarantees an athlete his petrol money. Markinch is one of the best on the circuit for Youth runners with six events, 90, 200, 400, 800, 1600 and a relay.

SATURDAY JUNE 21st NEWBURGH

HIGHLAND GAMES

These Fife Games were off in 2007 but have found a new venue for 2008. There are Open events, all handicaps over 90, 200, 400, 800 and 1600 metres and this year a new event a 'Hill Race'. The Youth's are also well catered for with races over 90, 200, 800 and 1600 metres.

SUNDAY JULY 6th CUPAR HIGHLAND GAMES

These one-time amateur Games are now run under S.G.A. rules and are now a very popular event. The Games kick-off with a Road/Hill Race which should suit all you distance runners. There are also Open track events over 100, 200, 400, 800 and 1600 metres, all handicaps. For the Youth's there is a 90, 200 and 800 metres.

SATURDAY JULY 12th ALVA GAMES

These Games are one of the best and most atmospheric on the Games circuit, and this year don't clash with Balloch. On the track there are Open events over 90, 200, 400, 800, 1600 and 3200 metres

again all handicaps. There is also a relay. The Youths have a 90, 200, 800 and 1600 metres. There is also the famous Alva Hill Races with separate events for U/12, U/14, U/17 AND OPEN.

Other Games in the early part of the season which all have running events, include Saturday 31st May Blackford, Sunday June 8th Strathmore, Saturday 27th June Ceres[Fife].

The Games are an excellent family day out, the atmosphere is terrific, you can make a few bob, the banter is great and you will be running in front of a crowd. Mary Inglis has details of how to enter and who to contact for the various Games, get in touch with Mary and she will point you in the right direction.

Shane Fenton[Scottish Games]Results

Results

Edinburgh to North Berwick, 3rd May
25th Steve Laurie 2hrs 34.00
73rd Richard Moir 2hrs 51.42
91st Saran Jones 3hrs.01.17
119th Mags Turnbull 3hrs 21.49

Highland Fling on 26th April

(53 miles Milngavie to Tyndrum)

22nd Davy Bell 9hrs 59mins
96th Jim Alexander 14hrs 9mins
99th Mags Turnbull 14 hrs 9mins
Relay Teams

2nd Lothian Running Club
(Richard Moir, Marie Storrie, Mark Kassyk, Andy Kitchen)

Knock Dhu

In the Under 17 Boy's race, Alistair Robertson was first in a time of 17:53 with Michael Stephens (East Down AC) second. In the Under 17 Girl's race Rachel

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McIlwrath was first in a time of 21:05
with Lana Turnbull second.

Clachnaben Hill Race
Laura Sarkis 38th (out of 63) in around 2
hours (no official time supplied)

Hunters Bog Trot
19th April
12th Ross milne 30.47
56th Robin Morris 38.27

Gala Harriers 10k
49th Marie Storrrie 43.33

Wanted

Technical genius who is able to give us a
break from having to blow the
hooter at sessions.

Can anyone make a disc of the hooter
blowing every 60/30 seconds (coach
can help you in this) so that we can play it
over the tannoy system at
Craigswood, therefore freeing up the
coach to do some actual coaching.....

Let Martin or Saran know.

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

KIT

Due to the overwhelming lack of response
to the kit questionnaire (thank you to
those 2 people who replied - you know who

you are) it was decided at the committee
meeting that at present the club would
supply vests and light fleeces only.

Fleeces will be available in the next few
months.

Dechmont Law 10K Trail Race and 2.5K Fun Run

This year's event takes place on 8th
June. We need lots of helpers (and
runners) to make this a success - so first
of all, if you want to enter the race, you
can download an entry form from the
website. It would be great if you pre-
entered since it gives our results team
less work to do on the day! Secondly, if
you don't want to run, would you consider
helping out? We have a multitude of jobs
on offer, from marking the course to
marshalling, compiling results to giving out
spot prizes. If you can help, let me know
asap.

Lastly, I'm trying to get as many spot
prizes as possible so that those runners,
who make up the bulk of the field but
never make the prize list, can go home
with a little surprise. If anyone would like
to donate something that could be added
to my spot prize pile, I'd be delighted.

Mags Turnbull 01506 418866

ENTER THIS!

Sunday 25th May

Deans Primary School 5k, 2k & 1k

£2 per runner - No entries on the day for
adults.

1k - Nursery age - P2 - 10am

2k - P3 - P 7 and adults - 10.20am

5k adults only - 11am

Register at 01506 411208

Helpers needed - Ring Martin Hyman
412322

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L. R. C. Sessions & Coaches - May 2008

Date	Session			Coaches / Helpers
Fri 2	Pace Judgement (with own cones)			Martin
	Introductory Shot & 300m Height measurements			Susan Jane K
	Door	Lana	Notices	Kenton
Wed 7	Fiddlers Handicap Summer Course			Martin + Saran
	Door	Saran	Notices	Jill
Fri 9	200/400/800 Long jump & 200m O11			Jill Claire
	Introductory			Mhairi & Sarah
	Door	Lana	Notices	Saran
Wed 14	Reservoir Laps			Teresa
	Door	Jill	Notices	Jill
Fri 16	Pyramid session			Susan
	Introductory Long jump & shot			Isobel
	Door	Lana	Notices	Susan
Wed 21	Howden Relay Committee Meeting			Mary & Julie
	Door	Saran	Notices	Jill
Fri 23	Trial Night			All
	Introductory			Saran
	Door	Lana	Notices	Saran
Wed 28	Dechmont			Martin
	Door	Martin	Notices	Jill
Fri 30	Accelerations & jumps			Marsie
	Introductory			Susan
	Door	Lana	Notices	Jill