

Up & Running November 2007

Issue No. 89

Lothian Running Club

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

Letter from the President YOUR CLUB NEEDS YOU!!!!

As the annual AGM is approaching we need more punters to help with the committee. For this task you will get to sit with beautiful ladies approx once a month or male beefcakes depending what you prefer. Plus Mary Ingils' Jaffa Cake Bars! The more people we have the easier it is to divvy up the tasks we have, such as, driving the big yellow mini bus, handing out race numbers, holding jackets, possibly some computer work or helping put a tick in the correct box for those that are unsure when filling out entry forms. If some people aren't sure about the duties involved please speak to any present committee member and we could give you an insight into these meetings behind closed doors and what we do.
Tosh

Lothian Running Club AGM - Wed 21st Nov 2007 at 7pm - Inveralmond Community High School

Most folk hear the words "AGM" and go into hiding.... Our Club's AGM differs from many others. It is a celebration of the past year's achievements. Our President is wading his way through the many exploits and adventures of the fun runner and serious athlete that makes up this lovely Club, to bring you some highlights from the past year. Not only that, in one corner we have a slide show with hundreds of photos from various events that club members have participated in. In the other, a feast fit for a King (if everyone could bring an item

of finger food for the buffet, perhaps some juice, then there WILL be a feast).

OK, we do have the routine business to get through first; posts to fill and helpers to find, but this is a great chance to get together for a blether, a bite and a trip down memory lane.

Group runs start at 6pm (meet at the Community Reception, a guided run for the young folk is provided too), AGM starts at 7pm, fun and food at approx 8.15pm and kicking out time is 9.30. Hope to see you all there.

Mags Turnbull

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

Time to Move On.

I am proud of what our small club has achieved in its first seven years. Especially that we have been able to find ways for members of all ages and abilities to work together in a spirit of friendship and co-operation.

We have catered for those who have a passion for the sport, and who are fulfilled by striving to be a good as they can. Some of these have risen to international standard. But we have made equal provision for those who just want to use running or jogging as a social activity which contributes to good health. To me it has been fulfilling to see folk who are patently not running fit, feeling comfortable walking round the outside lane of the track, instead of just standing and watching. Above all we have invested

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a lot of time and effort in encouraging juniors, some of them very young, to learn to enjoy our sport.

I have put a lot of effort into these things myself, working with a small team of reliable dedicated helpers. But sometimes I have felt that our efforts have been taken for granted. It is clear to me that the more we do the less others will feel the need to do. On a personal level I am also aware that my powers are fading. So I have decided not to seek re-election as secretary at our club's AGM at Inveralmond on November 21st. Should no-one come forward then I will carry on for the time being whilst alternative arrangements are sought. But I am determined to give up some extra duties, some of which fall outside the remit of club secretary:

1. **Coach Rota.** We need a panel of coaches to decide what sessions to offer.
2. **Announcements.** We need a panel of members to take responsibility for reporting on notable events, giving information about forthcoming events, and explaining the session(s) on offer.
3. **Race Entries.** We need one or more members to start, well ahead of time, to find out who wants to be entered for pre-entry team races and to fill in and send off the forms. Club captains already give a lot of help here. You can also use sign-up sheets, e-mail, phone or whatever.

4. **Lead Coach.** Lots of good folk give willing and able help on a Wednesday and Friday but very few have been prepared to take charge, to arrive early to set-up, to explain and to supervise the session. I intend to do this no more after the end of November, except that I would be happy to set up the Fiddlers and the Bleep Test if required. And I would of course be happy to offer advice if asked. Also I would be delighted to continue to help with youngsters on a Sunday and the Meadows session will continue as for the last 26 years.

So this is an opportunity for younger and more vigorous folk to bring new ideas to help the club to go forward. Please will all of you think about this and see if there is any way, however small, that you may be able to help us? Then talk about it with fellow members and come to the AGM to help ensure a bright future for the club.

Team West Lothian

We have a number of enthusiastic and talented youngsters who enjoy track and field s as well road cross-country and hill, but we do not have enough to form a full team to compete in junior leagues. To overcome this we have got together with the Livingston and Linlithgow clubs and have agreed to form a composite team to compete in the Forth Valley League in 2008. This will give us a series of Thursday evening competitions for athletes in the u11, u13, & u15 age groups.

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To help us to get together and to give our athletes to practise their events we shall have a friendly competition for all three age groups for athletes from the three clubs on the morning of Saturday March 29th. We shall be looking for parents and supporters to help here and to form a panel to help out when the team competes.

Martin

PRIZE TIME FOR ROBERT

Lothian Running Club will be represented at the annual Scottish Games Association[S.G.A.] and Fife Games Association[F.H.G.A.] presentation of awards evening to be held in the Laurel Bank Hotel, Markinch on Saturday 17th November.

Robert Inglis will be picking up two awards, 16 year old Robert won the S.G.A. season long points league for youths in events over 400 metres and was runner up in the [F.H.G.A.] equivalent.

This is the third year in a row this award has been won by a Lothian athlete, with Sarah Inglis winning in 2005 and Mhairi Inglis in 2006, a unique treble by the triplets who are now of age to compete in the Open events on the Games circuit next season.

Lothian athletes or their connections can still purchase tickets for the evening.

Tickets, which are £15 include three course meal and dance band.

Mary Inglis can give you details on how to purchase tickets.

Shane Fenton

Festive Frolicks, Beecraigs - Wednesday 26th December, 2007

Your help is needed.

Information about this year's event is printed elsewhere in this U&R and is on the Club website.

Marshals, including for 'traffic management' at the start, will be required so if you won't/can't or don't fancy running then your talents would be welcome in helping the event go smoothly. Please let me know as soon as possible. Thanks

peterwest@blueyonder.co.uk ; 01506 492088)

Information from the September Committee meeting.

Hello Everyone.

Some days seem to be a bit more chilly now but other days are milder. It seems a good idea to put on an extra layer or long sleeves but you then swelter. What is the weather doing? One thing is for sure, "The nights are fair drawin' in."

It was great to see a big turn out at Linlithgow, both runners and supporters. Thanks for the words of encouragement which generally go unacknowledged at the time but you understand all the energy is focussed into running and concentration, but it's great to hear a cheer!

I'm sure those of us who know and have been 'fixed' by Martin send
Congratulations to Jennifer and Martin

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Henck on becoming grandparents to a wee granddaughter - Leeanne lives very near them so no shortage of babysitters then!

Marsie

Information from the October Committee meeting.

Before we go any further I should tell you that I was not actually at the October committee meeting. We have Martin to thank for the minutes which I will extract things from for your information. The Ewings were away for the October break so there is no Treasurers report either but there is much activity in the household preparing the accounts to be audited in time for the AGM. While we are on the subject of the AGM - It would be great to see as many members as possible. There are a bunch of very active people who do a lot for the club so may I suggest that you show up at the AGM to;

- a) show your support
- b) show your appreciation
- c) offer to do a job
- d) meet other club members
- e) share your ideas for the future of the club
- f) have a chat
- g) have a run
- h) have some food

Don't be frightened or embarrassed - the people who are doing jobs are obviously happy enough doing them or you would have heard before now but some people do multiple jobs and may want to share them out a bit to lighten the load. There could be something that is your forte that would not take you long on a regular basis but is yet another commitment for the person who is already doing other jobs for the club already.

So what's new from the committee?

- 1) More details about the winter social will be announced at the AGM.
- 2) There will be a vacancy to be filled for the position of membership secretary.
- 3) Our co-coaching co-ordinator Claire Shanley has broken her wrist (no, not running but ice skating!) We all send the very best wishes to Claire for a good recovery and better luck to the Shanley family in 2008!
- 4) The next coaches meeting will be on the 26th October.
- 5) Mary and Martin will attend a meeting for Team Forth Valley on the 24th October.
- 6) Team West Lothian - It has been agreed that Linlithgow, Livingston and Lothian will go ahead to form a composite team in 2008. A proposed team time trial to be on Saturday March 28th 2008. Martin will progress team strip. The three clubs will be asked for £100 each towards costs.
- 7) XC - Mary has managed to get managers for all the XC events - well done.
- 8) Team West Lothian - there will be new positions to be filled as helpers and a representative at these meetings.
- 9) AGM - on the 21st November at 7pm at Inveralmond Community High School.
- 10) Date of next meeting - 20th December 2007.

See you on 21st Nov if not before.
Happy running.
Marsie

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On the Block

This month features the husband and wife team, the Welches.

Block One: Margo
Age: 30ish
Fav Race: Linlithgow 10K
Fav Food: Chips
Fav TV: Taggart
Famous Person Met: Alan Rough
Claim to Fame: Marrying Brian
Where do you work? Accountant in Stirling
Best Advice Given? Get a servant called Brain
Fav Joke: Brian taking me for a romantic meal

Block Two: Brian
Age: 40ish
Fav Race: Glasgow $\frac{1}{2}$ marathon
Fav Food: Margos Dumplings
Fav TV: Celtic TV
Famous Person met: Roy Keane
Claim to Fame: Owner of the 1st car to cross the Forth road bridge
Where do you work? Site Manager for Whimpy, not the Burger place.
Best Advice Given? Marrying Margo
Fav Joke: Whats the difference between an elephant and a loaf?
Don't Know??
Well am not sending you for a loaf .

If anyone would like to feature in on the block, especially youngsters and adult helpers please contact Tosh on toshbrannan@hotmail.co.uk

Results

E. District League Cross Country, Broxburn, 20.10.07

U11 girls: 2. Lauren Arbuckle, 6:00; 11. Bethany Nelson, 6:40; 12. Alice Horsburgh, 6:46. The girls were first team.

U11 boys: 2. Matthew Galloway, 5:22 (Matthew was leading with 50m to go but was impeded by a spectator) 9. Sam Galloway 5:52; 21. Austin Storrie, 6:24. The boys were third team.

U13 girls: 17. Marie McLaughlin, 12:34.

U15/U17 girls: 1 Sarah Inglis, 14:40; 2. Mhairi Inglis, 14:46; 19. Lana Turnbull, 16:41; 30. Rachael McIlwraith, 17:27; 47. Ashley Stewart, 21:20. The girls were second team

U15 boys: 28. Daniel McLaughlin, 17:27.

U17 boys: 10. Robert Inglis, 21:28.

Senior Women (5th team): 2. Edel Mooney, 21:59; 34. Helen Murray, 25:40; 41. Laura Sarkis, 25:57; 56. Marie Storrie, 26:56; 75. Lorna Eades, 28:30; 84. Jill Horsburgh, 29:12; 101. Carol Mabon, 34:36.

Senior Men: 15. Ross Milne, 30:55; 69. Robin Galloway, 34:32; 92. Scott Nelson, 35:45; 110. Harry Mulholland, 36:20; 111. Richard Docherty, 36:22; 142. Alec Agnew, 38:04; 143. Matt Richardson, 38:06; 144. Steve Dempsey, 38:06; 198. David Mabon, 41:46; 225. Mark Kassyk, 49:22.

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Lothian Running Club Festive Frolicks, Beecraigs - Wednesday 26th December, 2007

Handicap runs over 7 km and 14 km, first runner starts at 11.00am; Cockleroy Fun Run (1km approx) at 11.15am

The Courses: Both handicap runs use the same, tough loop starting near Cockleroy car park (GR 994744), heading east through Beecraigs, round Beecraigs Loch, up the sawmill hill and returning, via Balvormie, to climb Cockleroy just before the finish. The longer run is two laps of the shorter one. There will be maps available at the start, some marshals on the route and tape at critical unmarked junctions. (You can see a map of the course on the Club website - <http://www.lothianrunningclub.co.uk/>)

Parking: at the start is limited. Please follow signs to the overflow car parks at Balvormie, about 500m jog from the start.

The surface: The surface varies, from short sections on tarmac to firm trails within the woods, to rough tracks with tree roots and includes the ascent and descent (on grass) of Cockleroy. If the

weather prior to the race is unseasonably dry, the course will be very wet and muddy in places. If it is just as rainy as usual it will be very, very wet and if it is unusually wet, then wear flippers! It is ideally suited to studs, but not to spikes. Obviously snow will present different hazards, as will ice if temperatures are low.

Your handicap: You will be given a number to wear - collect this at the start - during the run and your start time will be marked on the back.

After the race: You are welcome to come to Jack and Marcie Ewing's house (GR 975722 - ask if you don't know where it is) for some soup, bread, etc - you can supplement it with your own après race favourite! Results should be available by about 1.30pm and will be posted on the Club's website - <http://www.lothianrunningclub.co.uk/> - , and <http://www.scottishathletics.org.uk/> as soon as possible.

To enter: In advance preferred, by 23rd December, phone Peter West (01506) 492088 or by email peterwest@blueyonder.co.uk (you can enter on the day at Cockleroy Car Park up to 10.30am) Entry is free. When entering, please state which distance you want to run, and give some indication of your current form, eg 10k, 10 mile or half marathon time.

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Lothian Running Club Sessions & Coaches - November 2007

Date	Session	Coaches / Helpers
Fri 2	30 sec hooter reps	Martin Hyman & Stuart Arbuckle
	9s & 10s	Sarah Inglis(if available)
	Introductory	Mags Turnbull & Hugh Miller
Wed 7	Fiddlers Handicap Winter Course (Relective jackets)	Martin Hyman Julie Toner
Fri 9	100/200/300/400/800 hooter reps	Martin Hyman & Stuart Arbuckle
	9s & 10s	Mhairi Inglis (if available)
	Introductory -	Susan Bruce & Jane Kirkwood
Wed 14	Almond Park Reps (Modified to avoid bridges)	Martin Hyman & Marsie Ewing
Fri 16	Indian File Fartlek	Martin Hyman & Mags Turnbull (if req)
	9s & 10s	Julie Toner
	Introductory -	Jill Horsburgh & Parent Helper
Wed 21	Annual General Meeting Group Runs at 6pm	Teresa McMenemy
Fri 23	Endurance session	Willie & Helen McDonald
	9s & 10s	Mary
	Introductory	Julie Toner & Claire Shanley
Wed 28	Motorway Bridge Hills	Martin Hyman & Helper
Fri 30	Hooter session (10-40s, out & back)	Martin Hyman & ????
	9s & 10s	
	Introductory	Mary Inglis & Claire Shanley

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Selected Lothian Fixtures Winter 2007

Road

Nov	4	Templeton Woods 10 miles (10.30 am)	Dundee
Dec	16	Queen's Drive Road Races (From 12 noon)	Holyrood Park
Jan	1	Porty Prom 4m	Seafield Edinburgh
	5	Nigel Barge 10k	Bellcraig Cent Summerston

Hill / Country

Nov	10	Tinto Hill Race (7k/460m) 2pm & Junior race & fun run.	Symington
	10	Braids XC. Women 3m @ 2.00 Men 6m @ 2.30. (No younger athletes.)	Kings Buildings
	25	East District League XC.	Kirkcaldy
Dec	8	East District XC Champs	Stirling University
	26	Lothian Festive Frolics H'cap, 7k / 14k & hill fun run 11am	Beecraigs, Cockleroy CP.
Jan	2	Greenmantle Dash (2m / 650') and Junior Fun Run (Noon)	Broughton
	12	Inter District & International XC	Holyrood Park. Edinburgh
	19	East District League XC	Deans - Dechmont Law
	26	Devils Burdens Relay	Faulkland Fife

Wednesday Evenings Training (From Inveralmond Community High School)

Oct	3	Fiddlers Handicap. Winter course. (Reflective jackets)	Livi Village
	10	Bleep Test & Group runs.	Inveralmond
	17	Modified Almond Park Reps. (Avoiding Bridges) (Committee Meeting)	Howden
	24	Motorway Bridge Hills.	A89 Dechmont
	31	Grange Road Relay.	Pumpherston

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Nov	7	Fiddlers Handicap. Winter course. (Reflective jackets)	Livi Village
	14	Modified Almond Park Reps. (Avoiding Bridges)	Howden
	21	7pm AGM and Social Gathering (Group runs at 6pm)	Inveralmond
	28	Motorway Bridge Hills.	A89 Dechmont
Dec	5	Fiddlers Handicap. Winter course. (Reflective jackets)	Livi Village
	12	Bleep Test & Group runs.	Inveralmond
	19	Almond Park Prize Pace Judgement reps Reps. <i>Fancy Dress?</i> (Committee Meeting)	Howden
	26	No Session.- Merry Christmas	
Jan	2	No Session. (Greenmantle?) Happy New Year.	

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. (Free. No facilities used.)	Road Runs 3 - 7 miles. Ladies' Session.	Lesley 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)