

Up & Running September 2007

Issue No. 87

Lothian Running Club

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

September Sessions

Date	Session
Wed 5	Fiddlers Handicap - Summer course
Fri 7	Height Measurement
	Accelerations and jumps
	9s & 10s
	Introductory - Throwing
Wed 12	Motorway Bridge Hills
Fri 14	Pyramid session
	9s & 10s
	Introductory - Running
Wed 19	Almond Park Reps (Committee Meeting)
Fri 21	Endurance session 3 minutes, 2 minutes, 1 minute X3 (4 minutes Rest between Sessions)
	9s & 10s
	Introductory - Jumping
Wed 26	Grange Road Relay
Fri 28	30sec hooter reps
	9s & 10s
	Introductory - Running

UNIQUE FAMILY TREBLE

August has been a brilliant month on the Highland Games circuit for Lothian R,C, athlete Robert Inglis which culminated in him winning the Scottish Games Association's points league for youth athletes in distance events.

Victories at Inverkeithing and Crieff had propelled Robert, who has improved enormously this season to the top of the table.

However, Birnam Highland Games on the last Saturday in August would be Robert's last two races as a youth athlete [the triplets turned 16 on the 28th] and he had to collect another five points to clinch the title and ensure none of his

rivals could catch him at the final games of the season at Blairgowrie and Pitlochry. Robert didn't let his supporters or himself down and maintained his recent good form to win both the 800 and 1600 metres handicaps and more importantly gather the crucial points he required. His league victory also created a unique family treble, as the previous two seasons the league has been won by his sisters, Sarah in 2005 and Mhairi in 2006. Robert who also finished runner up in the Fife Games league will collect his awards at the Scottish Games Association's annual presentation evening on Saturday 17th November in Markinch.

Robert, Sarah and Mhairi will make their Open races debut at the final Games of the season at Pitlochry on September 8th.

AUGUST RESULTS

INVERKEITHING

YOUTHS 800-1ST Robert Inglis, 4th Mhairi Inglis.

YOUTHS 1600-2ND Robert Inglis, 4th Mhairi Inglis, 5th Lauren Arbuckle.

BRIDGE of ALLAN

YOUTHS 90-3RD Lauren Arbuckle.

YOUTHS 400-2nd Lana Turnbull.

YOUTHS 800-2ND Robert Inglis.

CRIEFF

OPEN 90- 6TH Darren Thomson.

OPEN 200- 6TH Darren Thomson.

INVITATION 90- 6TH Darren Thomson

YOUTHS 90 - 6TH Lauren Arbuckle.

YOUTHS 200- 6TH Lauren Arbuckle.

YOUTHS 1600- 1ST Robert Inglis, 5th Lauren Arbuckle.

BIRNAM

YOUTHS 800- 1ST Robert Inglis.

YOUTHS 1600- 1st Robert Inglis, 2nd Lauren Arbuckle.

by SHANE FENTON.

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Hello again,

Everyone will have a story to tell about their summer holidays, or more than one story, so in the coming months readers of U&R would like to read about them, so get finger to keyboard in the idle moment when you don't really need to be watching TV!

Here are 2 wee epics of ours...

Wee epic no 1.

Jack and I did a long walk in the holidays that we have often thought about but have had reasons not to do. Now that we have another driver in the family (at least we did until he went to Australia last week for 9 months) it made travel arrangements easier.

With our sacks very carefully packed with not a gram more than necessary, Alistair drove us to Linlithgow station at the crack of dawn to catch the train to Blair Atholl. Marsie was jabbering on about getting a coffee in the Mill there to set us up on our way, only to find that it did not open for another half hour. We could walk a fair way in that half hour so I am still waiting for that coffee! 'The Tilt' is a walk (or a mountain bike ride) following the river Tilt north to the White Bridge near the Linn o'Dee. The river valley is so 'V' shaped that one never stops finding it a wonder of nature to carve out such a perfect shape.

We walked 18 miles on the first day and a further 18 on the second day. Our camp site was by the river with views of the Tilt to the south and the Lairig Ghru to the north which is where we were heading the next day. As the sun set we were driven into the tent by the midges!

The mist was down to about 2,000 feet the next day and the going was fairly wet underfoot until we got to the top where the Pools of Dee are surrounded by boulders. In the mist it was quite eerie. By arrangement we met up with Christine and Harry who had walked miles in to meet us. They also laid on the sunshine in the Rothiemurchus Forest, a car, food and a wee malt to send us on our way back to Linlithgow by train! And Alistair was able to collect us in the car to drive us home. Luxury. Our admiration for those of you who have done the LG race grew that day.

Another wee epic.

Our neighbour (Scottish Vet Ladies Cycling Time Trial Champ) was to have a team of teachers for the Aberfeldy Half Ironman Triathlon from the school she teaches at. Some weeks ago the swimmer dropped out so she asked our daughter Anne to do the open water swim of 2k in Loch Tay - fine. 3 days before the event the runner dropped out so she asked me to do the run - a half marathon. Well those of you who know me will know that I have not done a half for years - not so fine! Next day I woke up with a cold so phoned various friends to see if there was someone who knew they could do it. No luck. By Friday evening I felt okay and realised I actually quite wanted to do it. ?fine! Katie herself told us she did not feel great either. So the plan was to finish rather than to race it - ha! Anne and I got there for 7.30am, briefing at 8.10am, water temp 13.5 deg C. Brrrr. Anne's swim went well (in her new tri wet suit) she was out of the water in 33 minutes. Katie rode a stormer up to Rannoch, round the loch and back to Aberfeldy, overtaking all but about 5 or 6

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guys. No pressure there then Marsie! It was cool and damp, well wet actually. The route was scenic (past JK Rowling's country pad) with undulations but no big hills. No pain until mile 10 when just about everything from the waist down hurt. Lots of men passed me but only one woman and she was in a team too. So we finished 13th team overall and I was amazed; maybe it was short; but I did 1:47:49. What a team - Katie is talking about doing another one - oh oh!

Marsie Ewing.

Information from the July and August Committee meetings.

Hello Everyone,

Hope you are having a good summer. In between the showers it can be very warm and sunny but timing the run when it suits you best can be very tricky! At least it is still mild and hypothermia is not too much of a worry, yet.

My apologies for not getting the July information to you in the August U&R but the Ewings were (and still are) experiencing internet problems. We have lost track of how many conversations we have had with India. So, if your email to us has gone un-answered we are sorry, but we will answer when we eventually get re-connected.

The above was combined with going on a long walk (more later) and a holiday so I missed the deadline. Still, I will try to deliver a 'bumper' edition this time!

What's new?

- 1) The XCite 10K is going to be on a different course from before but plan 'a.' for a new course went wrong when the council decided to

close the path for alterations - hope you enjoy the new course.

- 2) There was a coaches meeting on 17th August (see below).
- 3) If anyone has anything they want to discuss/put in Up and Running/moan about, Tosh is happy for you to get in touch with him.
- 4) Contributions for U&R from juniors or adults are always appreciated.
- 5) The Cross Country prizes will be presented at the August 24th Trial Night. There will also be a BBQ after all the events are over, when the prizes will be handed out. Come and join in the events - there is something for everyone.
- 6) Hodgson Relay is on the first weekend of October. Tosh and Edel have recruited enough for one team to be entered. This is a great team run in the Lake District - hilly as you might expect, and an ability to navigate essential - but worth the journey.
- 7) There is Heritage Lottery money available for coaching course fees. If you are interested in becoming a coach or wish to upgrade your Level please get in touch with Martin for more information.
- 8) Team West Lothian - (TWL) Geoff Wightman of SAL has suggested that the three clubs (LRC, Livingston and Linlithgow) get together as a competitive unit, to pool coaching, transport costs, develop initiatives, increase local authority support and raise the profile of athletics (to recruit athletes and volunteers and in the media). As a result of a meeting

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- held to take this another step further, the feedback to LRC committee was very positive. So much so that there will be another get together some Monday night in September, with representatives, hopefully from all 3 clubs, probably at Craigswood. After that we will nominate a representative from LRC. Have no fear - this does not spell the end of LRC - we will continue as we do now but this should provide an avenue for athletes to go on to higher levels of competition.
- 9) Team Forth Valley - (TFV) - There is *also* a proposal (and you thought I was going mad repeating myself!) for Forth Valley clubs to support Team Forth Valley in Premier League North for the season 2008. TFV (Falkirk Victoria, Central AC, Livingston AC, LRC and Airdrie) is in the position of being promoted to the Northern Premier League but this would incur additional cost for travel and accommodation. The committee discussed the pro's and con's of becoming part of TFV. We wondered what the coaches/athletes feel about this but felt that if we had a financial input we would also have a say in TFV. There was a feeling that we wanted to be kept informed about fixtures and costs but would not make a decision just yet.
- 10) It would be good to know for the next meeting if you want to become a committee member or to resign from your post. Please

think about what job you would like to do and talk to someone about it. Some members do more than one job or always get landed with a job because no one else will do it, and it would be good to share these jobs round a bit more!

- 11) From the coaches meeting - a.) Any more parent helpers who would care to put their name on the list to help? b.) Arrangements for the introductory group seem to be going well. c.) Edel has 2 new sessions she will introduce soon. d.) Next coaches meeting will be in November.
- 12) The next committee meeting is on the 19th September 2007.

Phew - hope you were able to make sense of all of the above! If you have any questions, please ask a member of the committee: Julie, Mags, Jim x 2, Martin, Marsie, Tosh, Edel, the Inglis', Jack and Teresa.

Look after the injuries and or happy training.

Enjoy what's left of the summer.

Marsie Ewing

On the block - Scott Fraser

Fav food: chocolate crepes

Fav race: Glas Tulaichean Uphill Race

Who is your hero: Walker Texas Ranger

:)

Tell us a joke: Three blondes were walking through the forest when they came upon a set of tracks.

The first blonde said, "Those are deer tracks."

The second blonde said, "No, those are

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elk tracks."

The third blonde said, "You're both wrong, those are moose tracks."

The blondes were still arguing when the train hit them.

Where do you go on holiday: Going to Spain this year

Something we dont know about you: I speak Norwegian and Swedish

Whats your job: I'm a student at Edinburgh University :) I do some part-time work drawing orienteering maps.

Whats your other hobbies: Like to go swimming in lakes, travelling and meeting new people. Also like to party every now and again.

Whats your main race for this year: World Orienteering champs in Ukraine (20th August)

What will you be doing in 5yrs time: Good question. Hopefully have a job i enjoy and live in an area with good running possibilities.

Fav tv program: Dallas

Results

North Berwick Law, 01.08.07

67. Jim Alexander, 26:46. 142. Bobby Campbell, 31:55 (197 finishers)

Scottish Gas 10k, 05.08.07

40. Scott Nelson, 38:51; 41. Steve Cunningham, 38:52; 113. Jim Alexander, 44:01 (452 finishers)

Caerketton Hill Race, 08.08.07

50. Helen Murray, 18:57 (65 finishers)

Haddington Half Marathon, 11.08.07

63. Peter Weeks, 1:36:54; 180. Jennifer Laing, 2:02:50 (210 finishers)

World Mountain Trophy Trial Races, Aberfoyle, 11.08.07

Junior Women: 1. Mhairi Inglis, 18.34.

Senior Women: 1. Edel Mooney, 37:04

Forth Road Bridge 10k, 12.08.07

51. Brian Welsh, 42:06; 70. Jim Alexander, 43:41; 74. Margo Welsh, 44:23; 112. Teresa McMenemy, 46:47; 209. Carol Mabon, 54:09; 210. Margaret Turnbull, 54:10; (304 finishers)

Red Moss Revolution, 15.08.07

9. Ross Milne, 38:02 (80 finishers)

Lomonds of Fife Hill Race, 19.08.07

72. Herbie Mclean, 2:08:48 (124 finishers)