

Up & Running

January 2009

Issue No. 102

Lothian Running Club

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

Lothian Running Club New Year Party

Saturday 10th January 2009

Livingston Football Club

7.30pm to Midnight

Tickets cost £6 adults, £4 kids
Disco, Finger Buffet and Raffle
Donations for Raffle Prizes would be very much appreciated

Buy your tickets from Mary, Mags or any other committee member

Cash or cheques payable to "Lothian Running Club"

"NO ENTRIES ON THE DAY"

Festive Frolics 2008

The 2008 Festive Handicap and Cockleroy Chaser enjoyed a record combined entry, with around 180 finishers, made up of runners from all over the country. First runner back in the 'Cockleroy Chaser' was 9 year old Ross McKinnell in a time of 4:42, closely followed by Alice Horsburgh (11) in 4:45, with Ian Horsburgh (9) third in 4:52. Youngest finisher was two and a half year old Ethan West. The judges on the finish line were very impressed by the smiles as runners completed the course and a generous sprinkling of juice, Kit-Kats and Penguins was handed out.

The first three finishers in the Handicap event were David Murdoch (Edinburgh Uni. Tri Club) at 12:08:25, Annie Ewing (EU Tri Club), 12:08:26 and Jonathon Whitehead (Edin. AC) at 12:09:25. Fastest men's times over the 14km course were Mark Johnston (Bellahouston), 49:57, with joint second Iain Donnan and Scott Fraser in 50:55, both of whom were doing 'a training run.' Fastest women were Kim Threadgill (Edin. AC), in 58:31, Annie Ewing in 62:26, and Suzanne Matonti in

63:58. Fastest over the 7km course were Mark Arndt (Arbroath AC), 25:45, Robert Inglis 25:54 and Alastair Robertson 26:23 and in the women's event Sarah Inglis 26:46, Moira Davie (unatt.) 31:05 and Rachel McIlwraith, 32:01. Full results (version 3!) are on the website.

Nearly 40 Club members ran in the 7km/14km event, which is also a record, and with strong representation from youngsters in the Chaser event, there was plenty of evidence that there is still a sizeable pool of enthusiasm around. With so many running, it meant that volunteers to marshal were a bit thin on the ground however, and there's one or two things that I'll have to think about ahead of the 2009 event. Thanks, though, to everyone who helped, including almost every able bodied adult in my family, Mike (for giving up his run) and Hazel at Balvornie, Lesley at registration and Cockleroy, Ian Garvie at the car park and the deer farm, Ted for his clocks, Martin and his helpers for the finish and the Chaser loop, and anyone else who stepped in in the manic moments! Lastly a big thank you to Jack and Marcie for their hospitality after the event - don't know who's to 'blame' for the dumpling but it was brilliant.

PW

Secretary's Notes

Holyrood Park Races January 10th
There are open Road races on the Queen's Drive. Junior Winter Run at 11am, Senior at Noon.

Iain Donnan is running in the 4k international cross-country at 1.07 and Sarah Inglis and Edel Mooney are competing for the East in the Inter

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District Junior / Senior Women's 5.6 k race at 1.35. The men's 8.5k race is at 1.55. I believe that these XC races will be on BBC TV.

Race Entries.

A reminder that entries for major races do not make themselves. Someone has to send your details and pay your fee, at least 2 weeks in advance. Please do not hope that someone will be contacting you, but look at the fixture lists or the "Up and Running" back page, plan your races and tell us. Note that when we enter you, you owe us £2 whether you compete or not. In fact the match fee that the club pays is often more than double that amount.

Please also tell us whether you need or offer lifts. Sharing lifts saves petrol and promotes club togetherness. For League races you do not need to enter in advance, but it is still good to share lifts. The last league race on Sunday January 18th is from a new venue Queen Anne School on the NW of Dunfermline. This is on the west side of the A823 Auchterarder road, about one km north of its junction with A 907.

Martin (01506 412322)

CLUB ATHLETES IN ACTION AT 140th NEW YEAR GALA.

The club was again well represented at the New Year event at Musselburgh Racecourse on Sunday 28th December. The shorter races, similar to those run at the Highland Games are probably not suited to many of the athletes at this time of year who are currently in the midst of a busy cross country season..

Lana Turnbull along with twins Sarah and Ashley Stewart contested the Youth's 90 metres Handicap but all went out in the heats.

Lana along with club mates Lauren Arbuckle and Alice Horsburgh also ran the Youth's 800 metres Handicap, a big field of 25 runners lined up with Lauren 11th, Lana 13th and Alice 18th. Robert Inglis who has had his handicap shortened following a successful summer Highland Games season was in the 18 runner line up in the Open 1600 metres Handicap, but could never really get into contention and finished in 12th place. Armadale veteran John McStewart ran both the 110 metres New Year Sprint and the Veteran's 90 metres Handicap both times going out in the heats only marginally however in the latter.

SHANE FENTON

Minutes of Committee Meeting

Held at Inveralmond High School at 8.15pm on Wednesday 17/12/08

Change of Treasurer.
Matt Richardson is now the Treasurer.

Club Social (Jan 10th).
Club social will be at Livingston FC. Tickets at £6 for adults, £4 for children for sale by Mary, Mags and Martin. Please bring raffle prize if possible.

Development Group Arrangements.
The following had been agreed:
The club would be assiduous in welcoming visiting athletes to training.
The Development Group coaches would work closely with and support, our coaches in integrating visiting athletes into our training.

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We would uphold club policy that, after 4 visits, athletes are required to become members, (though we would not implement this too rigorously.)

Code of conduct.

It was agreed:-

That foul language was not acceptable at the club.

That, whereas athletes were always welcome to do their own training independent of the club session, they must always notify the duty coach of their intention, prior to the session and must carry out their session wherever the duty coach deems to be safe and appropriate.

Any athlete who fails to comply with the above will be required to leave the session.

Announcements on Friday would routinely draw attention to 2. (above.)

Coaching Matters. There would be a Coaches' Meeting on January 19th.

A. O. B.

Trail Race entry fees. Agreed to keep the same as last year. (£4 / £6 non SAL, plus £1 for e.o.d.)

Date of Next Meeting. - Jan 21st 2009

Cockleroy Chaser 26/12/08 - Results

Pos	Time	Name	Age
1	4.47	Ross McKinnell	9
2	4.45	Alice Horsburgh	11
3	4.52	Ian Horsburgh	9
6	5.24	Amy Lickley	9
7	6.03	James Ackland	9
9	6.06	Andrew Lickley	8
10	6.23	Bethany Nelson	10
19	8.24	Scott Nelson	6
20	8.27	Seam Mitchell	7

Many thanks to Lesley the entries, Ted the clock. Douglas and other marshals and any one else who helped. Particular thanks to Neal Drummond, International Athletics Federation smile prize awarder and to Sweat Shop for donating Superior Race Numbers

Thanks also to all who finished with a smile, and particularly to the very young and the senior athletes who were willing to challenge Cockleroy hill.

Apologies if the results are a dog's breakfast, owing to the fact that the Fun Run disorganiser was far too old to cope. If your names are miss-spelled or your times or positions are wrong, please let him know. If it cannot be put right, please feel free to demand your money back.

Martin (01506 412322)

martinyman@clara.co.uk

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If you are first of our runners to finish in a race, you score one point. If you are fifth finisher you score 5 points. The club champion is the runner with the *lowest* total for their best 3 races.

The tables below and overleaf show the positions of the athletes who have competed for us in one or more of the listed races this season.

The last column shows the scores and positions of those who have scored in three or more races.

Name	Livingston Oct 18 th (u11 up)	Broxburn Nov 22 nd (u11 up)	E Dist ChampsDec 8 th Cupar(u13 up)	Dumfermline Jan 18 th	Vets Ch	National	Total best
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Girls U 11 (best 2 to count)

B Nelson	1	1					
A.Licktay	2						

Girls U 13

Lauren.Arbuckle	1	1	1				
M.McLaughlin	2						
Alice.Horsburgh	3	2	2				

Girls U 15

Girls U 17

Rachael.McIlraith	1	1	1				
Lana.Turnbull	2	2	2				

Junior Women (Under 20)

Sarah Inglis	1		1				
Mhairi Inglis	2	1					

Senior Women

Edel Mooney	1		1				
A.Ewing	2						
M.Storrie	3	1					

Vet Women

Helen Murray (v)	1	1					
Sarah.Jones	2	2	2				

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(F45)							
Jill Horsburgh (F45)	3	3	3				
Lorna Eades (F40)	4	4	4				
Mags Turnbull (F50)	5		5				
T. Miller (v)	6						
C.Mabon (V)		5					
Lynne Murray(F40)			1				

Name	Livingston Oct 18 th (u11 up)	Broxburn Nov 22 nd (u11 up)	E Dist ChampsDec 8 th Cupar(u13 up)	Dumfermline Jan 18 th	Vets Ch	National	Total best
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Boys U 11

I.Horsburgh	1	1					
<u>S.Jones</u>	2						

Boys U 13

Connor Anderson	1	1					
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Boys U 17

Alistair.Robertson	1	1	1				
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Boys U 20 (Junior)

Robert. Inglis	1	1	1				
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Senior Men

B. Turner	1	2					
I. Hall	2						
R. Milne		1	1				
David Berill			2				

Vet Men

Graham Ackland(V)	1	1					
Scott Nelson(V)	2	2	1				
K.Jones (V)	3	4					
Colin. Eades(V)	4	3	2				
H. Mulholland(V)	5						
Steve Dempsey(V)	6						
M.Richardson (V)	7	5					
Peter Weeks(V)	8	6					
A. McIntosh(V)	9	7					
Alec Agnew (V)	10						
M. Anderson(V)	11	8					
David Mabon(V)	12	9					
Robin Morris(V)	13						
Jim Alexander(V)	14	11					
D. Bell(V)		10					
Mark Kassyk			3				