

Up & Running

November 2008

Issue No. 100

Lothian Running Club

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

AGM

Wednesday November 19th at 8pm

Inveralmond High School

Bring something to share - juice,
biscuits etc

Information from the October '08 Committee meeting.

Hello Everyone,

As I type, the rain crashes on to the window driven by the wind. Not a tempting day to go out for a run, so I'll carry on typing in the warmth for a bit longer! Here are a few things for you to cogitate about before the AGM!

1. It was decided that we should go ahead with arranging the Christmas night out in a hall in Whitburn. More details later in U&R or on the web site. Remember it's on 10th January.
2. Jill has agreed to 'mentor' the junior captains which is to help them to learn more about their role and what they should do in the role.
3. As from 1st January all adult vests will cost £12 and Junior ones £8 each.
4. Lots of coach helpers have come forward to offer help on a Friday night, which is great - please back up your offer with action as your help is much needed.

5. After the business is over at the AGM (Wed 19th Nov.) we will have a chat and some food so please leave time for this sociable part of the meeting. Contributions of food appreciated!

6. Dechmont Law cross country will be over by the time you get this so thanks very much for your help and/or well done for running.

7. Following the Livingston and District AGM they have approached LRC to see what our thoughts are about a 'merger' of the two clubs. There are obviously many aspects to think about including to what degree of merging there could be in the short and long term. Members have a chance to think about this idea before the AGM when there will be a vote for, against and worth considering.

8. Well - no two committee meetings are the same! It's all go at LRC! Hope you can all make it to the AGM.

Happy training till then.

Marsie

Beechraigs Festive Handicap and Cockleroy Chaser, 26.12.08

As temperatures plummet and the nights draw in, the somewhat scary notion that Christmas is not that far away begins to dawn. That also means that Boxing Day and the Festive Handicap are also somewhere on the horizon. Elsewhere in your 'Up and Running' (and on our website)

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you'll find fuller information about the Handicap event. I've already had the first entries from runners who've seen it listed on other websites. There's plenty of time to get your entry in.

If you are not going to run, but don't mind helping out, then I'll need a number of marshals, starting as early as 10.00am on the day to control parking, and thereafter standing at some draughty corner - even on top of Cockleroy - with everything finished before 1.00pm. Let me know if you can help. Thanks

Peter West (01506 492088 or peterwest@blueyonder.co.uk)

Martin's Notes

Sunday Training at Dechmont Law

On Sunday November 9th we are going to meet in Broxburn at 10 am at the foot of the path to the XC course, so as to go for a reccy. So there will be no coached session at Dechmont Law. Same again on December 21st when Ted Finch's Time trial on Trails art East Whitburn looks too good to miss.

Wanlockhead Training Week-End.
Jan 3-4.

I understand that Malcolm Patterson is organising another in this very enjoyable series. Look out for details and book early to be sure of a place

Tracksuits

LOTHIAN TRACKSUITS AVAILABLE TO ORDER-
ALL AGES, ALL SIZES
£35 FOR ADULTS
£29 FOR YOUNGSTERS

£10 DEPOSIT REQUIRED.

ORDER SOON AND HAVE IT BEFORE CHRISTMAS.

CONTACT CAROL MABON
carol.mabon@dlapiper.com
OR EDEL MOONEY
edelmooney75@hotmail.com

Time trial

Sunday 21st December.

Informal, pre holiday, Trail Time Trial on trails around Whitrigg, East Whitburn.

2.5 km or 7.0km - almost all on good trail paths, approx. 100m on a minor road and one other minor road crossing.

Starts from 11:00 to 13:00, this is a time trial so you can turn up and start when you are ready. Electronic Timing (SI) will give you an instant result when you finish. Post run soup, minced pies and mulled wine will be served.

Start is at 4 Bickerton Crofts, Hens Nest Road, East Whitburn, EH47 8RX.
Please park neatly on the access road, not Hens Nest Road.

If you plan to come please send an email to ted@finchhouse.org so that we get enough mince pies.

FINAL DAY WIN CLINCHES SECOND SPOT FOR ROBERT.

Club runners were again in fine form on the final weekend of the 2008 Highland Games season competing at Pitlochry on Saturday and Thornton in Fife on Sunday. At the latter, Robert Inglis knew he had to get points on the board if he was to clinch the second spot in the Scottish Games Association season long points league for 1600/3200 metres events. Robert, in his first full season in the Open events, duly obliged, by taking the runners up spot in the 1600 and then starting from the backmark in the 3200 metres handicap, he readily picked off his rivals to take the victory he required breaking the winning tape in 10m 27.34 secs.

Darren Thomson reached the final of the Open 200 metres handicap where he finished 4th. Youth runners Lauren Arbuckle and Alice Horsburgh reached the final of the Youth's 200 metres handicap where they finished 3rd and 6th respectively, Lauren was also 3rd in the Youth's 800 metres handicap.

On a day when every club athlete who competed won a prize Lana Turnbull also won the Sack Race beating all the boys in the process.

The previous day at Pitlochry where there was a huge entry of runners, Darren Thomson won his heat in the Open 90 metres handicap prior to being edged into third place in the final.

The three club runners in the Open 1600 metres handicap were all in the prizes, Sarah Inglis claimed the runner-up spot

and she was followed over the line by Jill Horsburgh in 3rd and Robert Inglis in 5th. There was a quality field for the SGA 1600 metres championship which is a scratch race, Robert Inglis ran well to finish 5th with victory going to Scotland's top ranked 1500 metres runner [3m44s] Chris McKay from Greenock.

RESULTS

THORNTON

OPEN 200: 4TH Darren Thomson.
OPEN 800: 5TH Sarah Inglis, 7TH Darren Thomson. OPEN 1600: 2ND Robert Inglis, 8TH Sarah Inglis.
OPEN 3200: 1ST Robert Inglis.
YOUTHS 200: 3RD Lauren Arbuckle, 6TH Alice Horsburgh.
YOUTHS 800: 3RD Lauren Arbuckle, 4TH Lana Turnbull 6TH Alice Horsburgh.
YOUTHS 1600: 4TH Lauren Arbuckle, 5TH Lana Turnbull, 7TH Alice Horsburgh.
SACK RACE: Lana Turnbull!!!

PITLOCHRY

OPEN 90: 3RD Darren Thomson.
OPEN 200: 4TH Darren Thomson.
OPEN 1600: 2ND Sarah Inglis, 3RD Jill Horsburgh, 5TH Robert Inglis.
OPEN 3200METRES: 4TH Sarah Inglis, 5TH Robert Inglis, 8th Jill Horsburgh.
SCRATCH 1600 SGA CH. 5TH Robert Inglis.
YOUTHS 800: 4TH Lana Turnbull 9TH Lauren Arbuckle, 14TH Alice Horsburgh.
YOUTHS 400: 4TH Lana Turnbull 6th Lauren Arbuckle, 10TH Alice Horsburgh
Shane Fenton

Comrie Relay

Having spied the relay in the fixtures last year but been unable to go due to an orienteering clash I thought it looked a

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good race to try and get a team together this year for. Marsie, Jim, Colin and Kirsten kindly agreed to join me in Lothian's inaugural entry to the event. We were treated to one of the rare sunny days this summer and as we assembled at the start line I realised too late that long trousers were going to be too hot!

The relay consisted of 4 legs requiring 5 runners (leg 2 was run as a pair). The course was centred around Glen Lednock which was a beautiful valley running north from Comrie. Leg 1 (11km) and 4 (11km) were fully marked and were essentially a mixed terrain trail route through some beautiful woodland and open farmland. Leg 2 (7km) and 3 (13km) required some basic navigation and were out on the open hillside and could be described more as hill race routes.

The race had a record entry this year of 25 teams (it has a maximum limit of 30 teams due to parking restrictions at some of the changeovers). The whole event felt very friendly and was well marshalled with the taped routes clearly marked. At the finish every team was enthusiastically cheered in and then treated to some very good tea and buns

My thanks to the team, we had a great day out and it would be great to try for 2 teams next year.

Lorna

**Lothian Running Club
Festive Frolics, Beecraigs - Friday
26th December, 2008**

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 do not park on the verges but follow signs to the overflow car parks at Balvormie, about 500m jog from the start. Please allow plenty of time to park your car responsibly.

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 during the run - collect this at the start - and your start time will be marked on the back.

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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.

Lothian Coaching Sessions November 2008

Date	Session	Coaches / Helpers
Wed 5	Fiddlers Handicap Winter Course (Reflective Jackets)	Martin + Stuart + June
	Door	Notices
Fri 7	Endurance. 3, 2, 1 minute repeats.	Mary
	Introductory	Martin & Colin Wright
	Door	Notices

Wed 12	Motorway hills	Teresa
	Door	Notices
Fri 14	Own cone session (60 sec hooter) out and back	Susan
	Introductory	Saran & Lisa
	Door	Notices
Wed 19	AGM @ 7pm	Edel
	Door	Notices
Fri 21	Indian file fartlek	Jill
	Introductory	Rachel & Sarah
	Door	Notices
Wed 26	Almond park reps	Saran & Pauline L
	Door	Notices
Fri 28	60 second hooter 100 - 800m	Claire & Rebecca
	Introductory	Edel & Scott
	Door	Notices