

Up & Running

July 2009

Issue No. 107

Lothian Running Club

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

Information from the June 09 Committee meeting.

Hello Everyone,

June already and it seems to have come so quickly - where did the first half of the year go? This is the weekend of the longest day or the shortest night and although it is great to have such long hours of daylight this signals the start of the 'nights fair drawin' in! Too pessimistic really so let's enjoy the start of the warm weather! Here's the news from the last meeting.

1. The presentation of the Cross Country awards which was organised, admittedly at short notice, was poorly attended so the committee has had discussions about how this will be done next year. We will let you know arrangements nearer the time.
2. Just as a reminder - the Sunday Dechmont Law session is now at 10.30am not 10.00 as before.
3. It has been a trend in recent months that the club's funds are on the decline. Apart from the Trail Race, which is an earner for us, our outgoings seem to be greater than the incomings. If anyone has any ideas as to how this can be reversed then please let a committee member know. It may be necessary to increase membership fees, increase strip fees or fund raise but we need to stop losing money. Let us know your ideas for raising money.
4. Instead of hosting the cross country league LRC will be hosting the East District Championships instead. Date to follow.
5. Although Livingston will be hosting the Road Relays next year there will be slight changes to the route due to alternative facilities. This follows some unpleasantness from other users on the day.

6. Very last call for all those unpaid memberships! NB If you are competing in a club vest you MUST be a member.
7. The Trail Race was a great success as usual. Many thanks to Mags Turnbull again for all her hard work.
8. Another reminder that if you go to a Wednesday session without going to Inveralmond first you must still pay your £1 training fee. Thanks.

School holidays start this week so hope everyone has a lovely summer.

Good running and just the occasional ice cream!

Marsie

Hill Race in Holyrood Park

More than twenty thousand folk from all over the world have signed up to join the clan gathering in Edinburgh on July 25th and 26th. An arena to seat three thousand spectators, is being built on the area of the Edinburgh cross-country for heavy Highland Games events. Associated with this will be a two-lap hill race on July 26th over a beautiful course in the Arthur's Seat area. Entry costs only £3. Give it a try. I have course maps and entry forms. Martin (01506 412322)

Comrie Hills Relay - Sunday September 13th 2009

Who's interested in competing in this event?

It's a 4 stage relay organized by Strathearn Harriers in Crieff.

All stages are from 7-13km with climbs between 400m and 700m. 2 stages are rough and unmarked and 2 are on marked tracks. One stage is run in pairs so 5 people needed for a team.

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If interested see website www.strathearnharriers.org.uk and then let me know so I can organize teams. Edel (em154@hw.ac.uk or 07768826772)

West Highland Way Race 2009

The West Highland Way runs from Glasgow to Fort William, 95 miles long, with 14,000ft of ascent and descent, the majority of which is rough trail. Most walkers complete the route in 5-7 days but each year a race is held with a time-limit of 35 hours. The race record stands at 15hrs 44mins, held by top UK ultrarunner Jez Bragg.

Part of the race rules requires you to have a back-up crew, including a runner or two who can accompany you in the latter stages when you're tired [,delirious and hallucinating]. My team consisted of Louise Newman (my partner) and Lothian runners Mark Kassyk and Alan Robertson. I can't stress enough how grateful I am to them for their excellent support throughout the weekend and to Mags Turnbull for helping put the team together after my initial back-up pulled-out.

And so, for the past six months I've been training for this daft race and lined up with 140 other runners at 1am on 20th June, including fellow Lothian Jim Alexander. Mags Turnbull and Davie Bell unfortunately decided to pull out before the race but I'm sure they'll be back fighting fit in 2010.

You start the race running with a headtorch but gradually the day starts as you continue to push forward at a slow but manageable pace. The majority of the field will continue to run in to a second night without stopping and without sleep. Not the leader, though, Carnegie Harrier's Scott Bradley who finished in a

superb 16hrs 11 mins or the first lady Sharon Law (19hrs 55mins). Last year I ran this race in just over 25 hours and really struggled, walking mostly, from just over half-way. This time I was focussed on running well for as long as possible and on sneaking under 24 hours if possible. Fueled by Coke, Red Bull (yup, gave me wings) and tea(!) I'm really happy to have continued running strong to the finish in 22hrs 34mins, which was well within target.

Congrats also to Jim Alexander (supported by Lothian's Mags, Jim Salvage, Teresa McMenemy and Allister Guy) who also ran a PB by over an hour.

Results:

- 1 Scott Bradley (Carnegie) 16hrs 11mins
 - 2 Jan Lantrik (Netherlands) 16hrs 21mins
 - 3 Richie Cunningham (Carnegie) 16hrs 24mins
 - 14 Sharon Law (unattached) 19hrs 55mins
 - 31 John Malcolm (Lothian) 22hrs 23mins
 - 82 Jim Alexander (Lothian) 28hrs 52mins
- 122 finishers from 146 starters
John Malcolm

Tracksuits

If anyone wishes to order an adult or children's tracksuit can they please let me know ASAP. I also have a number of adults and children's fleeces in stock. If I don't have your size I can easily order. Carol Mabon

Tele No: 01506 881993

Email: carol.mabon@hotmail.co.uk

West Lothian Sports Scholarship

West Lothian Council offer free access to training facilities to athletes who have represented East District or who have shown potential to do so. I have just been sent a revised application form and would be pleased to pass one on and to advise as needed. Martin

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L. R. C. Sessions & Coaches - July 2009

Date	Session		Coaches / Helpers
Wed 1	Fiddlers - Summer course		Martin & Stuart
	Door	Notices	Jill
Fri 3	200m (or longer)		Murray
	Introductory group		Scott
	Juniors		Colin
	Door	Notices	
Wed 8	Almond Park		Teresa
	Door	Notices	Jill
Fri 10	60 second hooter		Susan
	Introductory group		Stuart
	Juniors		Colin/Murray
	Door	Notices	
Wed 15	School Field Committee meeting		Edel
	Door	Notices	Jill
Fri 17	Parlauf		Claire
	Introductory group		Mary
	Juniors		Jane
	Door	Notices	Kenton
Wed 22	Howden park		Martin
	Door	Notices	Jill
Fri 24	30 second hooter		Susan
	Introductory group		Saran
	Juniors		Jane
	Door	Notices	Kenton
Wed 29	Oakbank		Martin & Jill
	Door	Notices	Jill
Fri 31	Variable intervals		Steve
	Introductory group		Matt
	Juniors		Jane
	Door	Notices	Kenton