

Lothian Running Club

Up and Running April 2013

In this month's Up and Running

General Training Tips for April from Angela Mudge

Grangemouth 10k 2012 a step by step account of a classic 10k

CLUB LADIES EXCEL TO TAKE BRONZE AT RELAYS report from the Scottish Road Relays

Help and Prizes Wanted for our Lothian Trail Race/Fun Run on Sunday 9th June

Just to Say thanks...

Coachig Rota April

General Training Tips for April from Angela Mudge (Former World Hill Running Champion)

Know the course profile be it road, cross-country, trail or hill.

Pick a few races each year which you want to peak for and devise your training around these events.

Before an important race you want to ensure that you have completed quality sessions at the same time of day as the race. If you aren't used to running fast at 9am, you will not compete to the best of your ability if you have never run fast at that time of day.

When you have a hectic schedule sit down and work out what availability you have during the day for a run then you are less likely to miss the opportunity if things get even more hectic.

Listen to your body and watch out for symptoms of recurring injury, it's better to take a rest day then cause an injury. Each year do a few new events to keep yourself motivated and give you something to look forward to.

Grangemouth 10k 2012

John Malcolm writes

Now, Grangemouth would probably not be my usual choice of location for a race - my normal criteria are a good view, challenging terrain, some big climbs and fast descents. The industrial estates, A roads and oil refinery fumes of Grangemouth wouldn't normally appeal. But a wise man (Alan Robertson :-)) relayed mythical tales about a flat course and guarantee of attaining a sub-40 time - a goal which has eluded me in all one of my previous road 10ks!

The snowy weather in the week leading up to the race had just about cleared and the topic of discussion beforehand was the wind. Icy cold and strong, it was sure to impact finish times for the field of nearly 700 runners, including 7 Lothian hopefuls.

Lothian Running Club Up and Running April 2013

Euan McInnes and I jogged kilometres 7-8 as a bit of a warm up, turning in to the headwind on the way back - it was good to know what was waiting for us late in the race... and made sure we didn't set off at a ridiculous pace, realising we had to keep something in reserve.

We all started off fairly near the front and Kenton set the pace for the first 5km. I caught up and thought I'd pulled away until a light blue blur (Kenton) appeared on my shoulder at 7km when I was starting to feel sorry for myself and thinking of cruising for the rest of the race. It was just the motivation I needed and we jogged along together in a large group trying to shelter from the headwind, before I managed to pull a few seconds in front towards the end.

Well done to Kenton, Euan, Alan Moffat, Pol McDonald, Shona Young and Kenny Mearns for turning out. There were new PBs for 5 of us - according to Power of 10 that is, I think Kenton's gone faster, previously.

If you're looking for a quick time, Grangemouth is definitely a good one to try... I only noticed one tiny uphill section... it's cheap, local, really well organised and very fast. The goody bag included a t-shirt, Lucozade, Creme Egg, Mars and Milky Way (equivalents!)... all of which were devoured on the short drive home... well not the t-shirt. :-)

CLUB LADIES EXCEL TO TAKE BRONZE AT RELAYS

Shane Fenton writes

So often the standard bearers at the National Road Relays in the past, the Lothian Running Club ladies once again excelled in the latest renewal of the event at Almondvale Livingston on Sunday, with the quartet of Jocelyn Moar, Chloe Cox, Sarah Inglis and Edel Mooney showing excellent form to claim the bronze medals in the Senior Women's race.

The race is run in alternating short legs (3.15 miles) and long legs (5.8 miles).

Jocelyn Moar led the team off on the opening short stage and kept the team well in touch and handed over to Chloe Cox to run the first of the long legs in 11th place.

Chloe produced an excellent run and was soon reeling in a number of her rival teams, and by the time she handed over to third leg runner Sarah Inglis the team had progressed up to 5th place.

With the club's two course record holders Inglis & Mooney running the final two legs, a podium position was now on the horizon, and neither disappointed, with the pair of them

Lothian Running Club

Up and Running April 2013

producing power packed runs which saw them record the 4th fastest times of the day for their individual legs.

Sarah who was only seconds outside her course best time overhauled the runner from Fife AC to hand the baton over to Edel to run the final long leg in 4th place.

The Lothian club's anchor runner has had a vintage winter season and that was maintained with another majestic performance which saw her pass the third place runner from Edinburgh AC (C Team) and was rapidly closing down the second placed runner from Central AC but alas the winning line came too soon so had to settle for 3rd place and the bronze medals.

Edel's final leg time of 34 minutes 04 seconds was also a new club record time, beating her previous best by 11 seconds.

The club also fielded a (B) team and an incomplete team in the Women's race and two teams in the Senior Men's race in which Max McNeil ran the 10th fastest time of the day over the short leg.

The teams from Edinburgh AC [A team] and Central AC were the respective winners of the women's and men's races.

FULL CLUB RESULTS

SENIOR WOMEN

(A TEAM) 3rd – Jocelyn Moar (20m 48s), Chloe Cox (5.27), Sarah Inglis (18.04), Edel Mooney (34.04), Total time 1h 50m 26s.

(B TEAM) 13th & 3rdVet) - Lynne Murray (21. 38), Shona Young (43.24), Saran Jones (21.40), Christine McVarish (40.20).Total time 2h 07m 02s].

(C TEAM) Lana Turnbull (21.04), Jo Hall (37 30).

23 full teams completed.

SENIOR MEN

(A TEAM) 16th – Max McNeil (16.19), Colin Partridge (32.53), Stephen Malcolm (18.48), Scott Nelson (36.09), Alan Moffat (19.49), Donald Shand (37.56). Total time 2h 41m 54s).

(B TEAM) 30th – Chris Northam (20.53), Peter West (40,45), Ian Leggett (24.43), Jim Alexander (42.31), Cliff Dicker (24.09), Paul Young (26.01). Total time 3h 11m 27s

34 full teams completed.

Lothian Running Club

Up and Running April 2013

Help and Prizes Wanted for our Lothian Trail Race/Fun Run on Sunday 9th June

Ted is looking for helpers, marshals, and so on, to make our race run as smoothly as possible. Hopefully there will be lots of LRC members running, but if you or any of your friends can come out and help, this would be very welcome indeed. If interested, please email Ted to let him know that you are available. His contact email is:

trail2013@lothianrunningclub.co.uk

Also, if you have any prizes that you do not want but think would be appropriate as trail race prizes, Ted would be happy to take donations. The link for more information on the race is on the website: <http://www.lothianrunningclub.co.uk/trail-race-2013/>

Just to Say thanks...

Sometimes we forget to say thanks to all those people whose tireless voluntary work makes our running club work so well; these include:

The coaches that give us their time so willingly for the club

The people who stand at the Fiddlers turning to ensure our safety as we run around

The people who make up the results for Fiddlers or organise any of our club races

The announcers at the training sessions or the person that collects money

The committee members, club helpers, parents, club members, friends of club members, marshals,

The people who offer or share car lifts, put up the LRC tent, keep a supply of running club clothing... the list could go on and on...

At the end of the day, they all make a difference in producing the spirit of friendship and achievement that is Lothian Running Club.

Lothian Running Club

Up and Running April 2013

Coaching Rota April

Date	Location	Session	Coaches
<i>Tues 2nd April and every Tues thereafter</i>	The Meadows, Edinburgh @ 7.30pm for 7.55 start	Intervals	Martin
<i>Wed 3rd April</i>	Inverlamond @ 7pm	Fiddlers Handicap NEW! Summer course	
<i>Thurs 4th April and every Thurs thereafter</i>	Craigswood Track 6.50 for 7pm start	Intervals	Steve
<i>Fri 5th April</i>	Craigswood Track	Intervals Field Event practice	Susan Saran Alan Rita
NEW <i>Sunday 7th April and every Sunday thereafter</i>	Dechmont Law car park @ 10am Minimum age 6 yrs (with parent)	Training for a range of ages & abilities	Martin
<i>Wed 10th April</i>	Inveralmond	Howden park Committee meeting @ inveralmond 8.10pm	Saran
<i>Fri 12th April</i>	Craigswood Track	Intervals	Scott Saran Rita
<i>Wed 17th April</i>	Inveralmond	Howden Park Intervals	Edel
<i>Fri 19th April</i>	Craigswood track	Intervals Field Event practice	Susan Saran Alan Rita
<i>Wed 24th April</i>	Inveralmond	Eliburn Reservoir	Martin
<i>Fri 26th April</i>	Craigswood Track	Intervals	Scott Saran Rita