**Running with the Auldyins**

Mike Lieberman writes

I have been a member of Lothian Running Club since it emerged from the break up of Livingston Athletic Club, a club that I had been a member of for quite a few years before that. You would think that I might have noticed that I was becoming one of the more senior members of the club as my times got slower but my age grading got better, and that my PBs were older than most of the club members. But it just crept up on me. It took two good friends, Val Dempsey and Joyce Salvona to very tactfully point out that the frustration of “poor” performances and repetitive injuries could be overcome by adjusting my training and expectations, and I should just enjoy my running.

The final straw was straining both hamstrings after the Jedburgh half marathon three years ago, and I’d run a rubbish time to add insult to injury. My daughter Sarah, who at that time lectured politics, taught aerobics, ran and still had the energy to boss and bully me, enrolled Janey and me into a Pilates class. Absolute success! I haven’t had an injury since. The active stretching and core work have completely sorted my postural problems and released and relaxed muscles that I didn’t even know that I had.

I have now retired from work and am able to train however and whenever I want, if only I’d had the opportunity and/or inclination to train this hard in my twenties and thirties - there again I would probably be a complete wreck by now instead of enjoying a really competitive MV60 (I prefer the term legends) section. It never ceases to amaze me how many old fools there are still running, we are a recognised group and enjoy a very friendly rivalry – more friends than rivals – and look forward to races and events with a renewed vigour. We all have to make changes to our running, adjusting style and tactics, maybe shortening our stride to allow quicker turn-over, lower foot lift, running at a more even pace, and most importantly keeping breathing.

I now run five or six times a week, the fantastic Meadows intervals on a Tuesday run by Martin (probably the best and most enjoyably speed session that there is) and perhaps a Parkrun for a fast 5K, easy runs with friends during the week, and a good long slow distance run with the Sunday Fun Gang that we started about twenty years ago - incredibly four of the original seven or eight still meet up along with anything up to another dozen who have joined us over the years, including quite a few LRC members - Brian Reid, Peter Weeks, Steve Dempsey, Robin Morris, Leanne Webster, Jocelyn Moar, Lucy Galloway, Edel Mooney, Chloe Cox and lots of other stars and celebrities. I noticed in Sarah Inglis’ excellent article in ‘Up and Running’ last month that she thought a Sunday run with friends would be a good idea; it is Sarah, it’s a wonderful way to spend a Sunday morning, running at a pace that allows you to chat to your pals as you run and enjoy beautiful scenery, running ten to fifteen miles using a variety of routes throughout the year. Not every session in the week needs to be run at ‘eyeballs out’ pace, so we run as a group and the miles, mud and hills pass much more comfortably.

We have a good bunch of ‘Legends’ in Lothian Running Club, all running well and enjoying races, running with friends and trying not to look back too far. Perhaps one day we’ll get together and organise an MV60 team to enter a race or relay – it would be good fun if nothing else. It’s twenty one years since I ran a PB in a 10K, ten miles, half marathon or marathon, so I now judge races not by how fast or how slow I perceive my run to have been, but more by the course or the post-race food or more importantly the people I have run with.

Enjoy yourselves running.

**Time to Enter the National Road Relays in Livingston**

Kenny Mearns writes

The Scottish Athletics National Road Relays will once again be held over the popular course at Livingston on Saturday 30th March. Livingston has been the home of the event for the last 15 years and is supported by West Lothian Council, with the assistance of Lothian Running Club.

The men’s relay consists of six legs per team, alternating between a short leg (3.1 miles) and a long leg (5.8 miles). The women’s relay consists of four legs, two long and two short.

This is also the third round of Lothian Running Club’s Club Championship and John Malcolm has come up with a very sophisticated system of calculating your time, whether you run a long or short leg.

As well as medals for the first 3 teams in the men’s and woman’s races there are also medals for the masters (over 35’s) teams – so all ages are encouraged to take part.

If you are interested in running the event please e-mail me at kenmearns@aol.co.uk with your name, date of birth and Scottish Athletics number and whether your preference is for a long or short leg. You must be a paid up Lothian Running Club and Scottish Athletics member to take part. The club subsidise the entry fee and you simply pay the usual match fee of £2 on the day. There will also be sign-up sheets at our training nights.

Details will appear in the Scottish Athletics website shortly (if they are not already there now).

We have planned to do a recce of both legs on the evening of Wednesday 27th March.

Hope to see a large turnout of Lothian runners.

**Scott Fraser's talk about his experience training in Kenya**

Edel Mooney writes

I know quite a few people mentioned to me that they were sorry to have missed Scott Fraser's informal talk about his experience training in Kenya for a month so, I thought up some questions for the benefit of folk who could not attend and of those who attended but wanted to know more. One thing that I thought about after his talk was that, while most of us are never going to set the world on fire with our running speed and talent, but who cares? As long as you do your best and get a buzz from the enjoyment of running and with other fellow runners around you, isn't that what it's really all about?

I'm sure I can say without doubt that all of the LRC members wish Scott the very best of luck with achieving the qualifying time for the 10km at the Commonwealth Games. He is just off it by 37 seconds. Whatever the result, Scott can always say that he gave it his all and will not wonder or ask 'if only'.

**Scott's 5 questions answered:**

a) When training in Iten, Kenya for the month, what would be a typical week of training for you?

Monday (am) 20mins easy warm up (wu) 10x200m 'easy' hill strides 20mins warm down (wd)

(pm) 45mins easy run

Tuesday (am) 20mins w.u. 4-5x1mile (every 7mins). 20mins w.d.

(pm) 30mins easy

Wednesday (am) 75mins easy run (pm) 10mins w.u. 60mins Kenyan/Ethiopian running drills including stair hopping. 10mins w.d.

Thursday (am) 70mins easy

(pm) 30mins easy

Friday (am) 70-90mins fartlek or tempo with differing groups e.g. Tempo with Mo 21km 79mins

Saturday (am) 1hour40mins to 2hours long easy run getting a bit faster towards the end

Sunday (am) 30mins easy or rest. Sunday is Church day in Kenya so there is very little running activity among the locals

b) Did the altitude training affect you in any way especially when you first got out there?

The first few days i was quite tired. I put this down to the travel out there but also the fact i was now living at 2400m altitude. I found the first few nights difficult to get a good night's sleep but seemed to have adapted quite fast. Although I stuck to the plan of taking at least the 1st week easy.

c) In what way has this experience improved you?

The main thing i have gotten out this experience is the attitude of the Kenyans; to training and to life. I'm not sure the altitude training provided much short term benefit but i know the change in my attitude after going to Kenya will bring improvement in my training and hopefully to my results!

d) If you were to go out there again, what would you do differently?

I think i coped quite well with balancing my training to the new environment. I would also try to stay longer :) I possibly could have been more disciplined to not try to run with athletes who are running 1-2 minutes quicker than me on the 10km in training. I got away with it but i could easily have ended up drained or over drained after a few sessions down there.

d) In your own personal opinion, what do you think is the secret to the success of distance running for the Kenyans?

Their lifestyle. Right from the beginning they have to work hard to make things happen for them. Simple things like getting milk and bread each day which we take for granted.

**Our Devil’s Burden Outing**

Edel Mooney writes

Because some of our athletes got injured, sick, had changes of commitments etc., our two Devil’s Burden teams had changed countless times and were still changing on the day. Even so, Lothian RC managed to squeeze out nearly 2 teams. The teams were Saran, Robin, Calvin and Kenny who took the early start. Colin M, Edel and Colin P, Kenton, Sarah and Owen were for the 2nd start.

The weather was dull and bleak but our spirits were bright as ever. Saran was first off in the blue LRC vest. Even though it was a short leg, it was tough going. She came to the finish in a very respectable time, a good 5 minutes faster than Kenton had predicted. Robin and Calvin took the checkpoint card from Saran. They took on the toughest stage with massive climbs and rough terrain over West Lomond and Bishop Hill. They went off course in the mist but still made it through the 6 checkpoints to pass over to Kenny.

Kenny was not looking forward to his leg because of the very steep rough climb facing him at the start and because he wasn’t sure of the route and didn’t cherish the prospect of getting lost. I don’t know how he did it but he successfully found the checkpoint and ran strongly to pass on to ….nobody. We didn’t have a full team.

Colin M had a very fine run in the first team to come in the top 10 and give both Colin P and me a good start in the top half of the field. We both started cautiously but later picked off a few teams that had foolishly gone out too fast. The hills were daunting and laborious but we prevailed. Except for one short deviation, we had no problems following the rest of the field.

Kenton wasn’t ready to start when we arrived because he mistook us for Robin and Calvin. I was a bit affronted at this - am I that ugly? He coped very well with the steep climb and even went on to complete the last leg as well. Last, but not least, was the Lothian duo of Sarah and Owen. Unfortunately, having waited all day to start Owen was still tying his shoe laces when Kenton arrived and got a right bollocking from Mags! Owen didn’t want Jo to know about this so let’s keep it a secret. Nevertheless they ran a good stage over the top of East Lomond and down to the village of Falkland.

The most important people to mention and thanks are:

Mary Inglis for shuttling our bewildered and tired runners between different legs and providing refreshment.

Mags for providing us with tea, coffee, sandwich, jelly babies and telling Mary where to go.

Also Saran & Kenton for providing transport between legs, especially Saran as she had to wait around the longest.

Thanks to all our runners and especially those that came along at the last minute to replace drop-outs. Above all, thanks to Colin P for taking on the headache of getting 2 (well, nearly) teams out and enduring so many changes and frustrations, yet doing a great job at the same time. Without your efforts, we would not have had an enjoyable day out.

Roll on the next race and someone new to write the next race report!

**Polaroid Eyewear Series 2013**

The popular series of Thursday evening (and one Sunday morning) races have announced dates and some enhancements for this year:

Helensburgh 10K - Thursday May 16th 2013

Clydebank 10K - Thursday May 23rd 2013

Dumbarton 10K - Thursday May 30th 2013

Vale of Leven 10K and 5K - Sunday June 9th 2013

They have a few key changes for this year:

A new website with integrated online entry: polaroid-10k.co.uk/

Chip timing combined with your race number will reduce and eliminate mistakes and eliminate chip pick up queues on the day

**National XC Report**

Max McNeill writes

For many the national XC is the biggest event in the Scottish running winter calendar. For me the cross country began back in October when the track and road season had come to an end. All those runs in the wind and snow were just part of the story,however I was regularly reminded by Ross Houston (Central AC) on these runs :winter miles make summer smiles.

The conditions for the races were perfect, sun was shining with no wind at all and the ground reminded me of a golf course short grass and firm, although a very hilly golfcourse!

I arrived around 12noon and headed over to the club tent situated nicely on the hill, as Bethany Nelson came hobbling over with a bandage around her ankle, another reminder of the joys of XC running.

Edel Mooney showed off her new turquoise and green spikes and commented on how dirty mine were as we now have the same spikes.

About 1pm Scott Nelson and I headed out for a warm-up in the woods coming back by the big house just as the women's race began.

Edel had just settled in just behind the leading pack with Sarah just in behind her. Both had excellent races in such a high quality field, contributing to a record high for the women’s team

As the women's race continued I carried out my routine of drills and strides behind the club tent. When I collected my spikes, Scott was casually lying back in a chair without a care in the world. I think Keith had to remind him he was racing in half an hour.

I headed over to the start line when the first of the woman were coming in. Edel shouted over to me to have good race. If I wasn't confident enough I was now.

I started slowly up the first hill although 80% of the runners had charged up. Going around the lake I felt pretty good, like I was jogging. The leaders opened a small gap at the hill behind the lake and then down into the golf course a quiet part of the course ,I settled into sixth. As I came round past the car park there were so many Lothian runners shouting for me. I don't think I have ever been so proud to wear the vest.

Nothing much changed in the race - I remained in sixth until returning into the golf course. I felt good so I moved into 5th place until soon after I got a stitch. I tried to hang on as much as I could but lost 3 places.

As I passed the car park again (in not these exact words), Mary Inglis told me to man up. "Forget about the stitch" she shouted. I remained in 8th place, everything just took care of itself. There was much appreciated support from a lot of people heading towards the finish, and as I crossed the line there was a great deal of relief. All that was left to do was support the men around the 12k course with some fantastic individual runs from the club’s men.

All in all every member gave 100%, and the atmosphere was fantastic.

**Sunday 31st March**

**Beecraigs Country Park Easter 2K 5K & 10K event**

Diane Hardie writes

This is a great family event, a 2K run for the kids with a warm up with Fit Kit the West Lothian Run mascot. All the children taking part in this event receive an Easter egg\*.

After this, we start the 5K and 10K runs. During the 5k and 10K event, we have an Easter egg hunt for the children and some arts and crafts to keep the kids amused with prizes awarded from Fit Kit for the best decorated egg.

Last year’s event saw over 100 runners taking part raising thousands of pounds for local charities. If you are raising money for your chosen charity or local group, let us know who you are raising money for so we can make announcement’s on the day.

Registration opens at 9.30am runs commence at 10.30am Starting from the children's play park.

The 5K record is held by last years winner Andrew Gibson with a time of 20.22 and the 10K by Larry Callary 43.11 also last years winner

Not forgetting our junior runners again the course record is held by last years winner Fraser Morris 7.13

Register online now for your change to take part in this event http://www.westlothianrun.co.uk/2013.htm

Costs

Easter hunt (only) £1

2K £2

5K £5

10K £10

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| **Date** | **Location** | **Session** | **Coaches** |
| ***NEW***  ***Sunday 3rd March***  ***and every Sunday thereafter***  ***EXCEPT 31st March*** | Dechmont Law car park @ 10am  **Minimum age 6 yrs (with parent)** | **Training for a range of ages & abilities** | Martin |
| *Tues 5th March and every Tues thereafter* | The Meadows, Edinburgh  @ 7.30pm for 7.55 start | Intervals | Martin |
| *Wed 6th March* | Inverlamond @ 7pm  **Reflective clothing advised.** | **Fiddlers Handicap**  **Committee meeting @ Fiddlers Inn @ 8.15pm** |  |
| *Thurs 7th March and every Thurs thereafter* | Craigswood Track | Intervals | Steve |
| *Fri 8th March* | Craigswood Track | Invervals | Jim  Saran  Susan  Rita |
| *Wed 13th March* | Inveralmond | Civic Centre 500m lap relay | Martin |
| *Fri 15th March* | Craigswood Track | Intervals | Scott  Saran  Rita |
| *Wed 20th March* | Inveralmond | Road Relay route | Saran |
| *Fri 22nd March* | Craigswood track | Intervals | Scott  Saran  Rita  Alan M |
| *Wed 27th March* | Inveralmond | 100/200/300/400m Civic Centre Intervals | Edel |
| *Fri 29th March* | Craigswood Track | Intervals | Scott  Sarah  Saran  Rita |