

Up and Running October 2013

Ian Leggett won the Scottish Masters 5k track championships over 70s division in June

Leggo writes

What is a vet/master? Many definitions spring to mind.

Someone who doesn't know when to quit as a boring old f::t or an inspirational mentor

When asked why.? The answer that springs to mind " because I can" .

Times have changed: masters is a revolution that has sprung up all over the world - many friendships have been formed within the fraternity, and in Scotland the bond is strong with athletes men and women aged 35 or over competing regularly.

The next event for masters is a 10k track championship race at Coatbridge.(start 1pm 20th October). Instead of being a free event they are charging £2 on the day but you must notify Alastair McFarlane almacrun@btinternet.com before Friday 18th October.

If anyone wants any more info about masters events, feel free to ask me:

jleggett1@btinternet.com

Canada ...so far!

Sarah Inglis writes

I have been in Canada for 10 weeks now and, having just completed my first cross-country race, I thought (well...Edel told me,) that I would write an article for the club. I am not promising it will be as adventurous (no sheep to rescue but a chance of bears!) as the recce of Devils Burden, but here goes.

The first race (refusing to call it a 'meet' yet) was an Invitational race in Seattle. This included runners from USA and Canada, mostly university teams, with over 200 athletes in my 6km race. There were some notable differences from Scottish cross-country: (1) No mud (2) No hills (3) wearing racing flats (4) it was 20 degrees. Probably a cheek calling it cross country, but the course suited me. It was 3 laps of roughly 2km loop. The plan was to sit behind leaders until 2km to go and then push on from there. The race set off and I found myself and team-mate Alison at the front, the pace seemed very easy and I was comfortable sitting in. With two laps completed, a girl from a rival University, UBC, then took the lead and upped the pace. I followed and this broke up the leading pack, and coming into the final mile it was race between the two of us for the win. With just under a mile to go I made a effort on the slight incline part of the course and opened up a gap, from there I pushed on to finish, winning by 7seconds. My team-mate Alison finished in 4th and the 4 other girls in the team came close up. This earned us 3rd team place against National Collegiate Athletic Association (NCAA) ranked teams. The team aspect is a massive factor over here, which I am enjoying (as I'm so quiet and reserved!). We have a group of 17 athletes for XC (56 for track), 7 girls/10 guys...all aged 18-25 and although the group isn't as crazy as the Lothian

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gang (you know who you are) they are a very close second so as you can imagine I fit in well. After the race a group cool-down and ice bath in the Seattle Sea was a nice end before the drive back across the US border to Vancouver.

We now have a hard month of training before our next competition in the US on the 12th of October. Good luck to all teams at East Relays.

A few upcoming Races to consider in October and beyond

Here are some races coming up in October (including club championship races) to think about:

Remember to wear your Lothian running vest and do us proud! Vests can be purchased from Dave Berrill. Contact Dave on: davidberrill@lothianrunningclub.co.uk

We also recommend our members to join Scottish Athletics and save money on race entry fees.

All these fixtures below will be on the **Scottish Athletics website** if you need more information on them, go to 'calendar' and the fixtures are there.

5th October MacAndrew Road Relay Race, Jordanhill, Glasgow

5th October Ben Venue Hill Race

5th October Get ready for XC Coaching Session – Deans High School 1pm. Juniors, Seniors and Helpers all welcome. Includes Coaching by our own Edel among others.

6th October Strathcarron Hospice 10k , Denny High School

<http://www.strathcarronhospice.org/forthcomingevents.html>

13th October East Cross Country Relays, Livingston *

Lothian are hosting this one so it would be great to get lots of teams out....it's on our doorstep with plenty of support. If you are not running hen help on the course will be welcomed. You get a grand stand view of all our teams as they pass in a blue blur.

13th October Aviemore Highland half marathon and 10k for all,
Badaguish Outdoor Centre

19th October East Cross Country League, Stirling - hill cross country at Stirling University

26thOctober National Cross Country Relays, Cumbernauld *

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Lothian always have a few teams down for this one. Each team member to do 1 lap (4km cross country)

27th October Jedburgh half marathon and 10k festival

7th December East District Championship, Dundee *

1st February National Masters Championships, Hawick *

22nd February National Championship,- Falkirk *

Also Edinburgh (Cramond) and Falkirk park (Callander park) 5k races are available every Saturday at 9.30am

Asterisk * indicates you should contact Kenny Mearns on 07951 062053, as he coordinates entries for the club.

Edel's General Training tips for October

Avoid energy drinks, they generally have high sugar and high salt. Save your pocket! Big drinks marketing companies won't like me saying this but it's true!

Have positive thoughts when you compete (all psychological) for example, in your head say 'I can do this, I'm fit and I have trained well' (but only if you have!) Stay positive mentally. You have to be thinking positive during a tough workout or race. If you focus on your fatigue or the pain, you will instantly slow down. I always have a phrase or motto I say to myself when the running gets tough. I say, "relaxed and fast," or "stay smooth."

Pace yourself during a race. Do not go out too fast in the beginning of a race. Where you finish is the important part, not where you are at the beginning or middle of the race! I notice so many intelligent people make this blatant mistake.

Keeping Safe These Dark Nights When Out Running

As we are all well aware, the nights are drawing in and we are into the time of year when it is just going to get darker earlier and earlier in the day.

Keeping this in mind, make sure you wear a luminous jacket or running gear when you are out running on the roads and when coming to any of Lothian's training sessions.

Be Seen..Be Safe...

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5th October (between 1-4pm). "Get ready for Cross Country" at Deans HS and Dechmont

Cross Country Coaching Session

An introduction to skills and techniques for junior and senior runners and helpers who may be taking part in forthcoming Cross Country fixtures.

Focused around two informal mini events: a relay and an individual race Lothian RC will cover:

For runners and team helpers:

Preparing for the race, information, clothing and footwear, looking at the course, race tactics, after the run.

For race officials:

Marshalling on the course. start and finish roles.

Race safety.

Contact Ted Finch for more details;: ted@finchhouse.org

Dates of the 2013/14 Borders XC series.

3rd Nov Lauder

17th Nov Gala

1st Dec Moorfoot

12th Jan Norham at Paxton

26th Jan Tweed Striders

16th Feb Dunbar plus prize giving

Details are here: <http://www.bordersxc.com/>

Advance notice: Beecraigs Festive Handicap and Cockleroy Chaser, 26.12.13

The recent mild spell lulls us all into some sense that winter really isn't going to happen this year. It is! And with it comes the Club's annual Festive Handicap and Cockleroy Chaser events, held on Boxing Day. This will be the 26th year of the events - it would have been 28 but for cancellations in 2009 and 2010 due to heavy and deep snow.

For those not familiar with the events, there are 7km and 14km runs around Beecraigs, with start times from 11.00am onwards based on your running 'form,' with a shorter run up and down Cockleroy starting at about 11.15am. Fuller details of the 2013 event will shortly be on the Club's website so you can get your Festive running calendar planned.

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)

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How much do you know about Sport?

(Answers on the next page)

1. In what event is the "Hitch-Kick" an internationally recognised method?

- Javelin
- High Jump
- Long Jump
- Discus

2. Why was the javelin redesigned in 1984?

- The javelin throwers led a campaign because the javelin was too heavy
- The crowds wanted to see bigger and better throws
- The throws were getting too big
- The original design was too easy to tamper with

3. The women's discus weighs 1kg. What does the men's discus weigh?

4. What event do members of the "6 metre club" specialise in?

- Long Jump
- Pole Vault
- Triple Jump
- High Jump

5. Name the 2 cities in the Southern Hemisphere that have hosted the Olympics?

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Answers:

1) The correct answer was Long Jump

When the hitch-kick method is performed correctly, the athlete cycles their arms and legs around quickly to get a slight push off the air.

2) The correct answer The throws were getting too big

The biggest throwers were getting over 100m so if they kept getting bigger, the event would no longer be able to be held in the stadium which had a javelin throw area of only just over 100m. The javelin was changed so the centre of gravity forced the tip down earlier, resulting in a 10% decrease in the distance.

3) 2kg

The men's discus is double the weight of the women's, explaining why the women's world record is further than the men's by a few meters.

4) Pole Vault

Not many more than 10 men have reached the "six metre club". The women's world record for pole vault in 2007 was a mere 5.01m

5) Sydney & Melbourne

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Date	Location	Session	Coaches
<i>Tues 1 Oct and every Tues thereafter</i>	The Meadows, Edinburgh @ 7.30pm for 7.55 start	Choice of intervals	Martin
<i>Wed 2 Oct</i>	Inverlamond @ 7pm	Fiddlers Handicap NEW! WINTER course Reflective clothing	
<i>Thurs 3 Oct and every Thurs thereafter</i>	Craigswood Track 6.50 for 7pm start	Intervals	Steve
<i>Fri 4 Oct</i>	Craigswood Track	12 x 300m Intermediate Sprints	Scott Alan & Saran Rita
Sun 6 th Oct and every Sunday thereafter	Dechmont Law car park @ 10am	Intervals and varying activities off road in wood & field	Martin or alternative coach
<i>Wed 9 Oct</i>	Inveralmond	Inveralmond path reps Committee Meeting 8.15pm	Saran
<i>Fri 11 Oct</i>	Craigswood track	600m/200m x 5 Intermediate Sprints	Scott Alan & Saran Rita
<i>Wed 16 Oct</i>	Inveralmond	Howden park path reps	Edel
<i>Fri 18 Oct</i>	Craigswood Track Coaches meeting after training in pavillion	500m x 3 400m x 4 300m x 5 Intermediate Sprints	Susan Alan & Saran Rita
<i>Wed 23 Oct</i>	Inveralmond	Civic Centre reps	Martin
<i>Fri 25 Oct</i>	Craigswood Track	800m x 2 400m 800m x 2 400m x 4 Intermediate Sprints	Susan Alan & Saran Rita
<i>Wed 30 Oct</i>	Inveralmond	Livi North Station - path hill reps	Martin