

# Up and Running May 2014

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## All roads lead to London

Neil Graham writes

In the summer of 2013 I took the decision to join Lothian Running Club, with the help of my wife. She had the Facebook account and was doing all the communicating, however this did lead to one or two members believing I possibly had a weekend female name (not naming names John).

With the help of coaches and other members I found my race times coming down and training was becoming more pleasant. Well training was better because I got to speak to others, maybe a little too much at times.

After failing in the London Marathon ballot for the 8th year on the bounce. I was searching for a spring marathon. In October I was delighted when I heard that the club were going to have an internal ballot for members.

On Friday 25th October 2013 I was working late as normal, held on in Dundee. I was sitting in Burger King with colleagues having a break when I received an email from John Malcolm informing me that I had a place in London Marathon, stunning.

So I put down my burger and vowed that I would train to make sure I would not let anyone down, including myself.

I started training in November using Runners World sub 3 hour 45 minute 18-week plan.

My training assisted me win the Fiddlers in December (my first and only running trophy).

Training over Christmas was tough, despite one or two comments from family and friends I only missed one day running over the festive period.

I ran the Bupa Winter Run at Holyrood in January and managed to knock over a minute off my 5k times, a good start. I decided to increase the mileage of my training, doing two runs a day. Sometimes with the nature of my work, I can be held on to the early hours of the morning, which means I miss out on training runs. So if I managed to get a run in before work I could keep on course. So my alarm would go off at 04:30 four mornings a week so I could get a six mile run in before starting work in Edinburgh at 07:30. If things went to plan and I had a normal 8-hour day I could fit another run in at night. Adding a few runs home from Fettes to Livingston all helped get my mileage up to 60 miles a week.

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The help of the club, intervals on Wednesday nights with Edel, Martin, Saran and then the track on a Friday formed a great back bone for my training plan.

Next up was Devilla Forest Run, after initially thinking I had run an amazing time, I discovered some Muppet had changed the route to shorten it by 2.5 k, never mind, still my first venture into off road running. On to Inverness Half marathon, 1 hour 36 minutes, knocking over 3 minutes off my PB, almost 6 minutes off in a year.

I also started adding Park Runs to my training and managed 21 minutes 22 seconds another PB.

On to Alloa Half, 1 hour 38 minutes still very happy with my run. Then the road relays, now this was another level, I managed a long leg in just over 40 minutes.

That was training done, only the small matter of the marathon to be run.

NOW LONDON

We travelled down on the Friday morning and made our way to the expo, to buy everything that had Virgin London Marathon written on it. By now it was hitting home, that I was about to run the London marathon.

On the Saturday we carried out a recce of the route. We used the train links to the start line so there were no nasty surprises on the morning of the race. We walked to Greenwich Village to identify suitable places for my wife to watch the race.

All training done, carb loading done, and here we go.

I was in the blue start, in pen 5. The start area was buzzing; beautiful clear skies, and warm sunshine, not like my normal Livingston running conditions.

I crossed the start line after almost 6 minutes; the pace was slow due to the sheer numbers. Still, it was London and I was part of it.

After a few miles the red and green starts merged and the crowds of runners increased. The support from the off was amazing.

I caught sight of my wife at 6 miles, it's always such a shot in the arm when you see someone you know. Onto Cutty Sark, by now I had decided to enjoy this one. I had been unable to make my way through the crowds of runners so just kept a steady pace and started to wave and thank the support who called out my name.

Crossing Tower Bridge during the marathon is something people should do once in their life. Amazing! For the first time in my life I was disappointed as this marathon appeared to be going too quickly I cannot explain the effect the crowds had on me, I was delighted I put my name on my Lothian vest. People screaming my name, spurring me on.

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Through Canary Wharf huge crowds again, people offering sweets, oranges even phone numbers, yes phone numbers. Water stops appeared to be every mile, and they were needed.

I caught my wife again at miles 15 and 20, a great effort by her to make it around the city too.

Then the Embankment, what an end to the race, the noise, the atmosphere and energy took my breath away. I spent the final 3 miles waving to everyone and yes Edel surprisingly speaking to one or two as well.

Big Ben welcomes you and you know its just a mile to go, at no stage did I feel done, my pace had not changed once, never too hot and never struggled so my training had paid off, yes I could have pushed harder but I will get a PB at other races not London.

So on to Buckingham Palace and the Mall and then it was over. A very strange feeling crossing the line, another marathon done, but knowing no other marathon will ever come close to London.

A few recovery beers were in order with fellow runners.

Our flight home was late on the Monday so we spent the day wandering around the City of London, and it was during my reward burger in McDonalds that I noticed the one and only Mo Farah was in the same restaurant so I took the opportunity to get a picture to round off the weekend.

What an amazing weekend, a stunning race, great crowds all made possible through Lothian Running Club. A huge thank you to all for making this possible, the best thing I did in 2013 was join the club.

So as I was leaving London I was turning my thoughts to my next challenge and wondering what was next. However when I got home I opened my emails to see I had been successful in the ballot for the Chicago Marathon in October, so a couple of days off then back to training.

Isn't life great!

Thank you all.

### **Some reasons why you should try the Donkey Brae (Sunday 3<sup>rd</sup> August)**

Neal Drummond writes

The Donkey Brae is 11.25K. You have never tried beyond 10K before.

It's fine and scenic. It's well run, and there is the opportunity to eat a venison burger at the end. Or to jump in the sea. I did once. A kindly old gent who lives in Dalgety Bay sits his garden sprinkler atop his stepladder, at the end of the drive. So, it's a run through shower, just like at those big events. If you time it right and drop behind everybody, the bloke from Radio Forth will see your number and announce your brave efforts to the crowd. The crowd is very large. They have come to play on bouncy castles and eat venison burgers, not to see you. But they cheer, just the same. If you have a lucky number, you win a shower gel, or a pot of jam.

On the other hand, you start well above sea level, drop down, climb back up, drop down again, and you're still only half way, so.... You are constantly reminded of what sea level is, as it is visible. There is an actual flight of stairs to climb up, in the last mile. Whatever people tell you about the

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unpredictability of the Scottish weather, the DB is always on the hottest day of the year. And it starts at 1:00pm. I ran it seven times, and got inside my target time once, the year I trained really, really hard and concentrated solely on the one event. A chap once described the DB to me as “a savage mistress”, and I think he was only half joking.

Mike Lieberman will beat you.

### **ERN LP Run 2014**

Ruth Monfries writes

I'm helping organise Edinburgh Running Network's annual LP Run which is on 25 August at Meadowbank Stadium. We're hoping to get runners from different clubs taking part.

Here's a brief summary of the event, and link to details on the ERN club site and EntryCentral.

For anyone who likes running and eating cake - here's a unique chance to do both - you can have your cake and eat it!

It's the annual LP run ... the winner is the person who runs furthest (round the Meadowbank Stadium track) in 33 1/3 minutes (the length of an LP!). All entrants get to choose a (music) track, which is blasted out over the speakers as you run. To celebrate ERN's 10th birthday, this year you can choose a tune from the year you were 10. The race is on Sun 24th August at 11am.

If you're talented in the kitchen, you can also bring along a cake. Prizes are awarded on the day for the Tastiest Cake, the Best Dressed Cake and Best Traybake. Then they all get scoffed!

There are prizes for first male/female, several spot prizes and a memento for all runners.

<http://www.edinburghrunningnetwork.co.uk/events/LPRun/>

<http://www.entrycentral.com/LPRun>

Your help would be really appreciated. This year proceeds are being donated to Capability Scotland.

### **Round Arran Relay Saturday 19th July 2014 at 12.30**

Our club has a long involvement in this race. There are 6 stages each between 7.5 miles & 11.5 miles. It is not a real relay because runners on each stage are taken by bus and all runners on each stage start at the same time.

Please check out the race website: <http://www.roundarranrelay.co.uk/race-info.html>

We are only guaranteed one competitive team but there will be opportunities to join other incomplete teams.

North Stage 1 Blackwaterfoot to Pirnmill 11.5 miles (undulating)

North Stage 2 Pirnmill to Bogullie 10.5 miles (major climb towards the end)

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North Stage 3 Bogullie to Brodick 11 miles (downhill and flat)

South Stage 1 Blackwaterfoot to Lagg Inn 7.5 miles (sharply undulating)

South Stage 2 Lagg Inn to Whiting Bay 8.5 miles (quite hilly)

South Stage 3 Whiting Bay to Brodick 8.5 miles (some longish climbs)

The bus will leave sharp from St. Margaret's Academy at 7am on Saturday morning, catching the 9.45am Calmac ferry from Ardrossan to Brodick (the ferry takes about 55 mins).

Some people go for the race only and come back on the 4.40pm or 7.20pm ferry that evening.

After the race we generally all have an evening meal in either Lamlash or Brodick. Then the bus goes to a campsite in Lamlash (about 3.5 miles south of Brodick)

On Sunday we go for a run together and then explore the island before catching the 4.40pm ferry back home.

Please note:

The club subsidises the weekend but a £10 deposit is required to secure a place.

If you arrange and pay for your own transport & accommodation your £10 deposit is refunded.

If you come on the bus but don't use the campsite (ie, arrange your own accommodation) the cost will be £30

If you come on the bus and use the camp site, the cost will be £45

(Please note you will have to provide your own camping equipment, although breakfast/snacks will be provided)

If you have any questions or would like to secure a place, please contact Edel on [e.mooney@hw.ac.uk](mailto:e.mooney@hw.ac.uk) or Mags on [magsturnbull@hotmail.com](mailto:magsturnbull@hotmail.com). Please answer all questions below.

Name:

SAL No:

Preferred leg/ no preference:

£10 deposit included:

Email address:

Camping?

Transport required?

Other comments:

# Up and Running May 2014

## Training Rota for May 2014

All sessions suitable for all ages from 6 years + (under 8's must be accompanied by an adult) and adapted for age and ability. Help from parents of younger children for our coaches is most appreciated. Contact [info@lothianrunningclub.co.uk](mailto:info@lothianrunningclub.co.uk) if you would like to know more about how you can help.

Sessions at Craigswood SC track, £2 per person or £5 for family. Wednesdays £1 per person  
All other sessions free

Date	Location	Session	Coaches
Fri 2 <sup>nd</sup> May	Craigswood Track, 7pm start	Main: Intervals ( <a href="#">see more</a> ) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Susan Saran Alan Rita
Sun 4 <sup>th</sup> May And every Sunday thereafter	Dechmont Law car park @ 10am	Intervals and varying activities off road in wood & field	Martin (or alternative coach) (11 <sup>th</sup> May - Robbie Kennedy)
Wed 7 <sup>th</sup> May	Inveralmond @ 7pm (Start at entrance to St. Margaret's)	<b>Fiddlers Handicap</b> (Summer Course)  <i>Click <a href="#">here</a> for more details</i>	No coach  (Help: Ted F)
Thurs 8 <sup>th</sup> May And every Thurs thereafter	Craigswood Track  6.50 for 7pm start	Intervals	Steve
Fri 9 <sup>th</sup> May	Craigswood Track, 7pm start	<b>60<sup>th</sup> Anniversary of the 4 minute</b> <i>Night of mile races for all ages &amp; abilities</i>	Saran Alan Rita
Wed 14 <sup>th</sup> May	Inveralmond, 7pm Committee meeting @ 8.15pm	Civic Centre Reps / Relay ( <a href="#">see more</a> )	Martin (Admin: Colin P)
Fri 16 <sup>th</sup> May	Craigswood Track, 7pm start	Main: Intervals ( <a href="#">see more</a> ) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Susan Alan Saran Rita
Wed 21 <sup>st</sup> May	Inveralmond, 7pm	Dechmont Law Woods Reps ( <a href="#">see more</a> )	Edel (Admin: John B)
Fri 23 <sup>rd</sup> May	Craigswood Track, 7pm start	Main: Relay ( <a href="#">see more</a> ) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Susan Saran "" Rita
Wed 28 <sup>th</sup> May	Inveralmond, 7pm	Eliburn Reservoir Reps ( <a href="#">see more</a> )	Martin (Admin: John B)
Fri 30 <sup>th</sup> May	Craigswood Track, 7pm start	Main: Intervals ( <a href="#">see more</a> ) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Susan Saran Alan Rita

