**Arran Relay Sat 21st July**

Primer: The Round Arran Relay is the jewel in the crown of team events. Runners set off as near simultaneously as reasonably possible, on three clockwise northern legs, and three anticlockwise southern (bus transport provided). Both halves are from Blackwaterfoot to Brodick (sports pavilion, showers available). Times are aggregated for the (typically 25-30) teams.

The individual legs are between 7.5 and 11.5 miles, and pose unique challenges. Your editor has run them all, either live or as training, and is thus the living, breathing expert. All southern legs are roughly equidistant switchbacks, of 7.5 to 8.5 miles. One North is long and mainly flat, Two North the killer as it’s a long flat run followed by a raking, plodding hill. Once saw an ambitious kid keep up with the pacemakers to Lochranza, and get carted off by anxious organisers after the hill. Three North consists of a downward sweep into Sannox, and a sprint past the castle into Brodick. It’s generally for either speed merchants, or those who would have been shot if they were a racehorse.

The format of the weekend as a club, and this year is still TBC, is that we take a minibus across on the Saturday, early boat, run and then camp (Lamlash or Kildonan), coming back on the Sunday afternoon. Expense is kept to a minimum. Comfort junkies have traditionally taken B&B, perhaps joining the rest for an evening meal, and often staying longer. This also evades the inevitable biblical flood at the campsite. Crazy golf is the tradition for family members too young for the run.

So, we need six adults who like a pleasant run by the seaside: contact Saran (saran.jones@sky.com,). Or myself, if you require more detail on how I heroically beat the bloke who ran into the hedge, that time.

**Free Coached Sessions Through Local Athletic Partnerships**

Colin Meek writes:

There are coached events being offered for free for coaches & athletes to attend. Below are the listed dates and technical events. This is a great opportunity to gain coaching experience.

West Lothian Athletics Partnership – Coaching Sessions – Summer 2012

The three West Lothian Clubs (Livingston and District AC, Lothian Running Club and Linlithgow AC), West Lothian Council, West Lothian Leisure and scottishathletics present a series of coaching sessions throughout the Summer of 2012.

The sessions are aimed primarily at coach development with all coaches/helpers in West Lothian invited to attend. Athletes are also invited to attend, from 11 years of age plus, and who are taking part in athletics regularly.

The focus on each session would be:

Event basics and key technical points

Preparation for competition

Venue: All sessions would take place at Craigswood Stadium, Livingston.

Time: Each session would take place from 7 – 8.30 pm.

Date Area Lead Coach

Tuesday 22nd May Jumps – Long and Triple

Monday 11th June Throws – Shot and Discus

Tuesday 26th June Jumps – High Jump

Monday 30th July Jumps – Long and Triple

Tuesday 14th August Throws – Javelin

Monday 27th August Jumps – High Jump

Cost: The sessions are provided free of charge for athletes and coaches. There is no need to book – please just come along.

Dress: The sessions will take place outdoors so please come dressed appropriately for the sessions

**Tuesday Sessions**

As promised, the club are offering a new training session on Tuesday evenings for the next 2 months, commencing on Tuesday 1st May. The session will be interval training, longer reps, and is suitable for athletes 13 years old and above (juniors and seniors).. The session will be run on paths within Kirkton Park – Edinburgh Road, Bathgate. Meet at the east gate near the tennis courts. Ordinary training shoes or racing flats to be worn. The session starts at 20:05 prompt, and costs £1 for members and £2 for non members. I would advise you to get there around 20mins before the session commences to warm up and familiarise yourself with the venue. Hope to see you there.

Any questions ct.meek@btinternet.com, mobile 07760230292, home 01506 140667.

**Dumyat Hill Race Wednesday 9th May**

A quick reminder that this most popular of up-and-dooners has its annual renewal next Wednesday. Full details:

http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0036

 **Three Lochs**

The Three Lochs Way Diamond Jubilee Relay Challenge is open to teams comprising five runners and will follow the route from Helensburgh, travelling through some of Scotland’s most spectacular scenery, and finishing in Inveruglas near the north end of Loch Lomond. The relay race is split into five, manageable stages of between 2.4 and 6.8 miles in length. The route will be suitable for runners of all abilities and clubs may enter more than one team. Entry will cost £60 per team (£50 for SAL affiliated teams). Entrants must be 18 years or over on June 3, 2012.

The race will start at 10am from the car park at Hill House, Upper Colquhoun Street, Helensburgh G84 9AJ and finish on the access road at Sloy Hydro, Inveruglas. The route:

STAGE 1: Helensburgh Hill House to Black Bridge, Glen Fruin (2.4 miles) — Height gain: 100metres. Gravel and Clay trails, rough trod and open moor

STAGE 2: Black Bridge to Haul Road, Glen Fruin (4.5 miles)

— Height gain: 85m. Tarmac minor road.

STAGE 4: Glen Douglas to Arrochar Station (4.1 miles)

— Height gain: 150m. Crushed rock ‘Land Rover’ track

STAGE 5: Arrochar Station to Inveruglas (6.3 miles)

— Height gain: 150m. Mainly gravel trails plus tarmac service road

Team members will require to register on race day . Registration will take place in Victoria Halls, Sinclair Street, Helensburgh G84 8TU between 8.30 and 9.30am.

Changing facilities will also be available at Victoria Halls from 8.15am.

Further info: threelochsway.co.uk

**Kirkintilloch 10K**

A wee reminder:entries for this year’s race on Thursday 24th June are now online at Entrycentra:l http://www.entrycentral.com/index.php?raceID=101080 Forms for posting will be available shortly on the Kirkintilloch Olympians website.

If you have already entered the Run Kirkintilloch series (competing in all 4 of our road races during the year) then you will automatically be entered for this. Please note that entries for the series are now closed for this year.

**Dechmont Law 10km Trail Race and Fun Run 10th June – Reminder**

The annual Lothian Running Club Trail race will be held this year on Sunday 10th June. The high standard of this popular event depends on the help from club members before and during the event. The event registration will be at Deans Community High School and the event course is on Dechmont Law.

If you are able to help then Ted Finch would like to hear from you. The event can be contacted via lothiantrailrace@lothianrunningclub.co.uk

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| **Date** | **Location** | **Session** | **Coaches** |
| **Tues 1st May @ 8.05pm** **or @****7.55pm** | Kirkton Park BathgateMeadowsEdinburgh | RepsReps | ColinMartin |
| **Wed 2nd May @ 7pm** | Inveralmond | Fiddlers Summer course**Committee Meeting Livi Inn 8.30pm** | Stuart + |
| **Fri 4th May****@ 7pm** | Track | 400m Sprints Intermediate(Introductory) | SaranJaneVanessa |
| **Tues 8th May** | As 1st May |  |  |
| **Wed 9th May** | Inveralmond |  Dechmont Law Reps | Murray & Saran |
| **Fri 11th May** | Track | 800m 200 m off 3 mins Intermediate | JimGarySaran & Jill |
| **Tues 15th May** | As 1st May |  |  |
| **Wed 16th****May** | Inveralmond | Reservoir relay | Murray & SaranGary |
| **Fri 18th May** | Track |  1000m 300m & Field event Sprints Intermediate | SusanGary & JaneAlanSaran & Vanessa |
| **Tues 22nd May** | As 1st May |  |  |
| **Wed 23rd May** | Inveralmond | **West Lothian College 5k**Group runs | Saran |
| **Fri 25th May** | Track | Pyramid sessionField Event Sprints Intermediate**Coaches Meeting** | ScottMurrayJaneSaran & Susan |
| **Sat 26th May** | ***Falkirk Park Run*** | Callender Park 9.30amRegister by Friday night on website Parkrun.com | ***Celebrate Lana’s 50th parkrun*** |
| **Sun 27th May** | *Pentlands* | Easy RunHarlaw Car park @ 10am | Saran |
| **Tues 29th May** | As 1st May |  |  |
| **Wed 30th May** | CraigswoodInveralmond | **Livingston Open Graded Meeting** Enter onlineGroup Runs | Murray/Saran |
| **Fri 1st June** | Track  | 400mSprintsIntermediate | SusanJaneSaran |