

# Up & Running Lothian Running Club

February 2011

Issue No. 126

<http://www.lothianrunningclub.co.uk/>

## Tiree 10k 2011

For a few years now there's been a group from the Club going to the Tiree 10k. This year's race has now been fully advertised and application forms are available from <http://www.tireefitness.co.uk/>. The date has changed and it's moved to the 30<sup>th</sup> April, the May Day holiday weekend.

I've already had confirmations of interest from a total of 11 people, which leaves space in the accommodation I've booked for up to another 7. The place has been fully refurbished and the rooms are 2 or 3 bedded ones, so the number still available would depend on people being able to share. The cost is £31 per person per night, to include dinner, bed and breakfast. You could opt to stay for only 1 night (Saturday) up to 3 nights if you added on Friday and Sunday. You have to organise/share transport which adds cost, including £17.30 return ferry fare.

I need to confirm numbers for accommodation, and pay a deposit fairly soon, so if you want to come and do one of the most relaxed, picturesque 10k races around, then let me know as soon as possible, and no later than 22<sup>nd</sup> February. Give me a call (01506) 492088 or email me at [peterwest@blueyonder.co.uk](mailto:peterwest@blueyonder.co.uk)

## WE WANT YOUR UNWANTED GIFTS

If you have any new and unused Christmas gifts please consider donating these as spot prizes for the forthcoming 10th Lothian Running Club Trail Race.

Please contact Mags or myself or bring along to the club at the next opportunity.

Also, we are always in need of new sponsors who would be willing to support this event by giving a donation, no matter how

small. If you work for a company, or know of a company, who would be willing to help us then please let me know.

Thank you,  
Jim Salvage

## COACHING MATTERS.

Hello. My name is Colin Meek. I was recently appointed Coaching Coordinator for our club. I'm sure that some of us are familiar to each other and that some of us haven't met. I hope to get to know all of you through time. I'm honoured to be back assisting at the club but there's a lot of work to be done. As some of you may know recently Martin Hyman resigned from the club. Martin's official role was as club secretary. But Martin filled many more roles than that. I was saddened by Martin's resignation but understood his reasons. I've always got on and worked well with him. His presence around the club will be sorely missed.

We are in the midst of a period of transition. The club needs to be stabilised to ensure appropriate measures are put in place to develop the club for the future. I've used this past month or so to observe, listen, get in touch with people, attend sessions, meetings and learn. The facts are that we have over 200 club members. Around 25% of our athletes regularly compete. Of that 25% there are 3% elite or higher standard club athletes. That means we have approximately 150 athletes doing other things. We are here to help develop all athletes regardless of ability. Everyone deserves equal attention and advice. Let us know how we can help you.

I'm aware that it's never easy when someone new takes over a role within the club. I'm also aware that coaching methods or approach can be misconstrued. I'd like to assure every one

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of you that my main concerns are solidifying the club's base membership, promoting regular, accountable training sessions, encouraging more people to join our club and attend sessions. I'm here to identify key areas where we can improve. I'm also keen to establish links between schools, community and our club. New members, especially juniors, are the future and lifeblood of sustaining our club.

Presently we are in turmoil due to the fact that Craigswood track is closed for upgrading. The track won't be opening again until springtime, probably April. Presently we are offering the following sessions (see Sessions in Up & Running) - Tuesday - West Lothian College (9-13 year olds), 6.15-7.45PM, Wednesday - Inveralmond Community High School, Livingston - 7.00-8.15PM, and Sunday - Dechmont Law, Deans, Livingston - Group/Recovery runs, Junior Fun sessions, 10.00AM. We are discussing using the new Craigswood facility (when it eventually opens) on Tuesday and Thursday evenings for training. Now we are aware that tradition states that we have previously trained on Wednesday and Friday evenings, but several of us firmly believe the best evenings to train are Tuesday and Thursday. Bear in mind this is a proposal and nothing has been decided.

Finally, I'm one person. I cannot and will not attempt to do everything on my own. I really do need your help. It may be that you want to be a coach, an assistant coach, or parent helper. I am, and the other coaches are, here to help you. The same goes for the athletes. Anyone at all requiring advice or assistance please feel free to contact me on contact numbers -

Home 01501 740667

Mobile 07760230292

ct.meek@btinternet.com

Colin Meek  
Coaching Coordinator.

## Results

### 3RD FOR KATE AT BERWICK

Kate Kitchen finished 3rd female in the second event of the Borders Cross-Country series of races at Spittal Beach Berwick on Sunday.

Kate who was the club's only representative finished in 61st place overall and 3rd female in a time of 20 minutes 34 seconds.

### DEVILS BURDENS

Lothian Running Club fielded two teams in Saturday's Devils Burdens Hill Relay held over the Lomond Hills from Falkland in Fife.

It is now the biggest hill running event held in Scotland, a relay race over 31km consisting of four legs for teams of six, with two of the legs run in pairs.

Over 600 runners making up 105 teams contested the event.

Lothian Running [B] team finished in 31st place overall and 20th in the Open competition with the club's [A] team 51st overall and 6th in the mixed category.

### BUPA GREAT WINTER RUN

The club were represented in both the Bupa Great Winter 5k Run and Bupa Great Winter Junior 2.5k Run at a snow covered Holyrood Park on Saturday [8th Jan].

In the 5k event Graham McIntyre was first back in 58th place in 20 minutes 49 seconds he was followed over the line by 168th Paul Young [23.42], 201st Neil Graham [24.12] and 314th and 45th female Shona Young [25.53]. 1267 completed.

Brother and sister Andrew and Amy Lickley contested the Junior race with Andrew 14th in his age group in 10 minutes 07 seconds with

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Amy 23rd in her category in 10.46. Earlier in the day Paul and Shona Young both ran the Edinburgh 5 Parkrun with Paul finishing 26th of the 75 finishers in 22.49 with Shona 49th and 7th female in 24.11.

LEG 3 Tosh Brannan & Robin Morris[1-18-52]-2-29-57].  
LEG 4 Alan McIntosh [33.53]-Total [3-03-50].

51 Lothian RC [A]MIXED]

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LEG 1 Saran Jones & Jim Alexander[54.53].

LEG 2 Jill Horsburgh [39.14]-[1-34-07].

LEG 3 Edel Mooney & David Berrill[1-15-45]-[2-49-52].

LEG 4 Colin Meek [28.44] Total [3-18-36].

LEG 2 Alistair Robertson [26.55]-[1-11-05].

## Lothian Club Cross-Country Champs 2010-2011

If you are first of our runners to finish in a race, you score one point. If you are fifth finisher you score 5 points. The club champion is the runner with the *lowest* total for their best 3 races.

The tables below and overleaf show the positions of the athletes who have competed for us in one or more of the listed races this season.

The last column shows the scores and positions of those who have scored in three or more races.

Name	Stirling Oct 16 <sup>th</sup> (u11 up)	Broxburn Nov 20 <sup>th</sup> (u11 up)	E Dist Champs Livingston Jan 15 <sup>th</sup> (u11 up)	Cupar Vets Champs 5 <sup>th</sup> Feb	National 20 <sup>st</sup> Feb Falkirk (u11 up)	Total best
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### Girls U 11 (best 2 to count)

Amy Lickley	1	1	2	N/A	N/A	
N. Gilmor			1	N/A	N/A	

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**Girls U 13**

Bethany.Nelson	1	1	1	N/A		
H.Shanley	2			N/A		

**Girls U 15**

K. Greig	1	1		N/A		
N.Kellock	2	3		N/A		
A.Horsburgh	3	4		N/A		
M.McLaughlin	4			N/A		
N. Arbuckle		2		N/A		
Lauren Arbuckle			1			

**Junior Women (Under 20)**

Sarah Inglis (J)	1		1	N/A		
Mhairi Inglis(J)	2		<u>2</u>	N/A		

**Senior Women**

Jocelyn Moar	1	<u>2</u>		N/A		
Edel Mooney		1		N/A		
Chloe Cox			<u>1</u>			

**Vet Women**

Sarah.Jones (F45)	1		2			
Jill Horsburgh (F50)	2	3				
L.Galloway (V)	3	2				
Lynne Murray(V)		1	1			

**Boys U 11**

Andrew.Lickley	1	2	1	N/A	N/A	
N.Gilmore	2	1		N/A	N/A	
R.Cullen	3	3		N/A	N/A	
A.Lamb	4			N/A	N/A	

**Boys U 13**

Sam Jones	1		1	N/A		
A.Brady	2			N/A		
Duncan Kuwall		1		N/A		
Iain Horsburgh			2	N/A		
James ackland			3			

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**Boys U 20 (Junior)**

Robert Inglis	1			N/A		
M.McNeill (J)	2			N/A		
Alastair Robertson (U20)	3	1		N/A		

**Senior Men**

Colin Partridge	1			N/A		
M. McNeil		2		N/A		
John Malcolm		4	2	N/A		
Ross Milne		1	1			
c. Partridge		3				

**Vet Men**

Ben Hartman	1	1				
Alan McIntosh (M45)	2	7	6			
K.Mearns (V)	3	9	10			
M.Kassyk (V)	4	11				
James Alexander (M45)		10	11			
Scott Nelson (M40)		3	4			
Matt Richardson (M40)		6				
Ian Leggett (M60+)			9			
Robin Galloway		2				
Graham Ackland			2			
Colin Eades(M40)		5	5			
Robin Morris(V)		8	8			
K. Jones		4	3			
Alaster Robertson			1			
Alec Agnew			7			

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## Training Sessions for February

Day/Date	Session/Venue	Coaches
Tuesday 2nd February	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 3rd February	Inveralmond Community High School. Fiddler's Handicap. 7.00PM	Colin, Stuart
Sunday 6th February	Dechmont Law, Deans, Livingston. Group/Recovery runs, Junior fun sessions. 10.00AM	TBC
Tuesday 8th February	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 9th February	Inveralmond Community High School, Livingston. 7.00PM. Civic Centre Interval Session.	Colin, Saran
Sunday 13th February	Dechmont Law, Deans, Livingston. Group/Recovery runs, Junior fun sessions. 10.00AM	TBC
Tuesday 15th February	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 16th February	Inveralmond Community High School, Livingston. Motorway Hill Reps. 7.00PM	Colin
Sunday 20th February	Dechmont Law, Deans, Livingston. Group/Recovery runs, Junior fun sessions. 10.00AM	TBC
Tuesday 22nd February	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 23rd February	Inveralmond Community High School. Civic Centre Session – 3 x's 1 mile relays. 7.00PM	Teresa, Colin
Sunday 27th February	Dechmont Law, Deans, Livingston. Group/Recovery runs, Junior fun sessions. 10.00AM	TBC