

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

President's address

It's the evening before the National Road Relays and I'm in the 1st team tomorrow. That means all you fast guys are either doing something else or having a rest! Normally I'd relish the chance to compete but my foot hurts as I'm recovering from a small injury and I'm probably going to make it worse by running.

I'm not looking for sympathy :) My situation just reminds about the lengths we all go to run and to help our club. So thanks to everyone who has been putting in loads of effort recently helping the club :)

Marsie our Minute Secretary scribbled her last set of minutes in March. After 10 years of supporting the club she is taking a well earned break. So a BIG thank you Marsie for all your help.

The track should be opening soon and we have been looking what training evenings and training session to put on in Livingston. We have published an on-line survey which we would really like you to complete, there are about half a dozen questions, which should take you 5 minutes or less to complete.

There is a link on the website in one of the latest news sections, posted around the 3rd of April if you're reading this article later in the week / month. The survey will close at the end on the second week of April, so please complete it ASAP.

Kenton

Have your say

The club is interested in hearing your views about coaching and training. Please have a look on line or access it by using the following address:

; <http://www.surveymonkey.com/s/TPFG8T5>

COACHING MATTERS.

Spring approaching and things are going well during this transition period. Some coaches have moved on along with parent helpers but new people are coming on board. This bodes well for the future of our club.

Recently we have had an influx of around 30 new junior members. We have also taken a group of 15 junior athletes to an Open Graded meeting at Meadowbank. This was the first time in competition for all of the athletes and they performed to a high level, and represented the club fantastically and responsibly. Another Open Graded meeting takes place on 3rd April, again at Meadowbank. We have 16 junior athletes signed up to go. Sunday 3rd April will be a busy day as our senior athletes (Male & Female) compete in the Road Relay Championships in Livingston. We have 5 teams taking part. This is a major upturn in participants for both events, and hopefully a step to greater things for us at Lothian Running Club.

More positive news is that numbers have increased on Sunday mornings at Dechmont Law and Beecraigs. Thanks to Mike, Susan, Jane and Matt for contributing to sessions. Tuesday evening sessions continue to be well attended with 3 sessions/age groups being catered for. Any junior aged between 9 and 13 are welcome to attend. Wednesday nights also thrive with great enthusiasm and attendance. There's a buzz about the place again. Thanks to everyone who helps.

On the track refurbishment - The latest news is that we could be training on a new track on or around 1st May. Committee members and coaching staff are still in discussions as to which would be the best nights to train.

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Anyone interested in gaining coaching experience or qualifications then please feel free to speak to me or any of the other coaches. Or it could be that you're a parent, grand parent or guardian who wishes to help at the club. Please make yourself known.

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

Race Results

Lothian Running Club's Sarah Inglis brought her 2010-2011 cross-country season to a successful conclusion by claiming an individual bronze medal and team silver at Saturday's Home Countries International Cross Country held at the Greenmount Campus, Antrim, Northern Ireland.

This was also the Edinburgh University students final cross country appearance at Under-20 level.

Sarah was part of a Scottish quartet who contested the Women's Under-20 race over a 5400 metres course.

In the early stages of the race it was Inglis along with English duo Hannah Walker and Grace Nicholls who set a strong pace and gradually opened up a gap on the chasing pack, as the race progressed it was Walker who surged clear and she would race on to take the title.

The battle for the runners up spot saw Nicholls get the better of Inglis over the last lap, the latter however maintained her form all

the way to the line and her tenacious performance was rewarded with a bronze medal completing the course in 19 minutes 36 seconds.

With Sarah's team mates Beth Duff and Jo Moultrie coming home in 5th and 9th places respectively the Scottish team took the silver medals, 10 points behind winners England.

It has been another good cross country season for the Lothian club athlete who, after returning from a knee injury added to Saturday's medals with silvers in both the National and East District Championship's and gold in the Scottish 4k.

STRATHCLYDE PARKRUN

Lothian Running Club's **Suzie Hannah** recorded a new personal best at Saturday's [19th Mar] Strathclyde Parkrun.

Running in the race for the fifth time Suzie covered the 5k course within Strathclyde Park in 21 minutes 07 seconds, this placed her 28th overall and 3rd female and bettering her previous best time by a whopping 39 seconds. A total of 136 runners completed the course.

BALLOCH TO CLYDEBANK HALF MARATHON

March] Balloch to Clydebank Half Marathon was Shona Young who completed the course from the Loch Lomond shores in 1 hour 46 minutes 41 seconds.

This placed Shona 256th of the 446 finishers and 21st in the FV40.

45TH ROUND THE HOUSES 10K

Lothian Running Club had seven runners among a field of 650 that contested Sunday [27th March] Round the Houses 10k race from

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Grangemouth Stadium.

First club runner home in 34th overall and 3rd MU-20 WAS **Max McNeil** in 35minutes 33 seconds.

Max was followed over the line by 259th **Paul Young** [45.22], 260 and 1st MV70 **Ian Leggett** [46.16] 270th **Stuart Bird** [46.16], 297 **Kenny Mearns** [47.00], 367th & 9th fv40 **Shona Young** [49.06] and 539th **David Wardman** [57.25].

Round the grounds 5k

Lothian Running Club's Brian Turner raced to victory in Sunday [20th March] Heriot-Watt University Run the Grounds 5k Trail Race. Brian crossed the finish line in a good 16 minutes 11 seconds.

Young Athletes Road Race

The club's only representative at Sunday's [20th March] Young Athletes Road Race Championships at Rouken Glen was **Max McNeil**.

Max contested a very competitive Under-20's race and finished 23rd of the 30 runners covering the 5k course in 17 minutes 07 seconds.

Dechmont Law 10K Trail Race and 2.5K Fun Run Sunday 12th June

In case you don't know, this year is the event's **10th anniversary** so it would be great to make it extra special. If you don't have anything on that day, why not sign up and enter? If you could enter in advance, that would save the results team so much time on race morning and also means I have an idea of how many race mementos to buy! If you are free that day, but don't plan on running, you could support the Club by volunteering to do

one of the jobs below. I've shown the time you'd be expected to be on the job:

- 08:00 Folks to set out the course (loads), but note Martin will have half the course set up already, 7am would be good
- 08:00 Folks to set up Tent and transfer goodies from car park to Tent
- 08:45 Direction notices in school (1 person)
- 08:45 Registration Team (3 or 4 folks, could be 10K runners who don't need a warm up!)
- 08:45 3rd person to help the Results team
- 10:00 Marshalls (15-20 folks) - fun run starts at 10.30/10K starts at 11.00
- 10:00 Funnel marshall
- 10:00 Timekeepers and Recorders (2 each, past experience would be great)
- 10:00 Give out goody bags/refreshments at finish (2/3)
- 10:30 Photographer
- 11:15 Give out drinks to 10K runners at bench at end of lap 1 (2 fun runners?)
- 12:15 Clear away the course (loads)
- 12:30 Present prizes in school

First and foremost I'm looking for folks to RUN, and next on my list is VOLUNTEERS ON THE DAY... so If anyone can help, please drop me a note at magsturnbull@hotmail.com or call 01506 418866.

Mags

Race entry forms available from the Trail Race page on the Club website www.lothianrunningclub.co.uk or enter online at www.entrycentral.com

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Coaching Rota - April		
Day/Date	Session/Venue	Coaches
Sunday 3 rd April	No Supervised session. Road Relays/ Meadowbank Open Graded Meeting.	
Tuesday 5 th April	West Lothian College Run/Jumps/Throws 6.15- 7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 6 th April	Inveralmond. Summer Fiddler's Handicap 7.00PM	Colin, Stuart Any Helpers Available?
Sunday 10 th April	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	Colin?
Tuesday 12 th April	West Lothian College Run/Jumps/Throws 6.15- 7.45PM (9-13 year olds)	Colin, Jane, Murray
Wednesday 13 th April	Inveralmond Community High School, Reservoir Relays 7.00PM	Colin? Teresa
Sunday 17 th April	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	Colin? Susan, Jane
Tuesday 19 th April	West Lothian College Run/Jumps/Throws 6.15- 7.45PM (9-13 year olds)	Murray, Jane, Colin
Wednesday 20 th April	Inveralmond Community High School, School Field Reps. 7.00PM	Colin?
Sunday 24 th April	Dechmont Law, Livingston Junior Session, Group Recovery Runs	Colin, Jane (Bring your eggs!)
Tuesday 26 th April	West Lothian College Run/Jumps/Throws 6.15- 7.45PM (9-13 year olds)	Murray, Colin, Jane
Wednesday 27 th April	Inveralmond Community High School, Oakbank	Colin?

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	Session 7.00PM	
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