

# Up & Running Lothian Running Club

May 2011

Issue No. 129

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

## COACHING MATTERS.

Another successful month for our club - We have around 20 juniors competing in the Forth Valley League on Saturday 30<sup>th</sup> April. This is a positive step forward in our development. We also have new people offering to help. This can only bode well for the future. We also have many seniors competing at various events. Training sessions are well attended. This could be because we cater for all level of ability and openly welcome anyone to participate. We, as coaches, understand that not everyone has the same target, the same fitness level, or time or motivation to train.

At the last committee meeting we discussed holding raids to certain events during the course of the year. Such as the Park Runs, which are 5k races held in Glasgow & Edinburgh. We also discussed team selection for Championship & Relay events, both Junior & Senior. A brief synopsis is that we should work as a core group aiming for specific events. For these events a criteria will have to be met to determine which team you will compete in. For further information regarding this please contact me or one of our other coaches. We're always willing to discuss matters with you.

Track Update – The re-opening of the track has been put back another week until 9<sup>th</sup> May. Neil Boyle and the staff are keeping us informed. As you can see from the back page we have sessions taking elsewhere for the month of May. So it looks like June before we are using the track again. On that note – we still have to decide which are the best nights for us to train. So watch this space or check out club website.

We're trying something new this month. We're going to be meeting at the named training venue and not at Inveralmond Community High School. The 1<sup>st</sup> one takes place on Wednesday 11<sup>th</sup> May at Dechmont Law, Deans. There is parking available in car park behind Deans Community High School. Dechmont Law offers us a safe environment (off road) to train. We can do interval sessions, hill reps & relays. We will be meeting at 7.00PM with the session commencing at 7.20PM. Please give your thoughts on this

idea. And perhaps you know of other places within West Lothian that we could use for a training session. If so then let us know.

Enjoy your running.

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](mailto:ct.meek@btinternet.com)

Colin Meek

Coaching Coordinator.

## Sunday 8th May for Litter Clean Up At Dechmont Law (after training)

It's great that we're now into the Summer period and the days are getting brighter and longer!

On **Sunday 8th May**, the West Lothian Environmental Wardens are asking Lothian Running Club to choose a section of Dechmont Law Park where we can pick up litter and leave it spick and span.

The plan would be to train as usual at Dechmont Law at 10am, then after training, we get the black bags and pickers to go litter picking for as long as you want. The Environmental Wardens will collect the bags later in the day.

**So come on everyone, let's make a difference to our lovely Dechmont Law. Even bring a friend and lets make our training area litter free!**

Edel

## Results

### CATEGORY WIN FOR HERBIE

The clubs **Herbie McLean** claimed a category win in the Stuc a 'chroin 5000 hill race from Strathyre at the weekend. Herbie finished 104<sup>th</sup> overall covering the 22 km course in 3 hours 35 mins 24 secs, this was good enough to

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take the MV60 category title.

Finishing almost 30 minutes ahead of Herbie in 55th place and 7th MV50 Was the clubs only other representative in the race **Tosh Brannan** who came home in 3 hours 05 minutes 16 seconds.

#### **BRAVE FIVE COMPLETE GRUELLING RACE**

Lothian Running Club were well represented in the gruelling Montane Highland Fling Race on Saturday [30th April].

The 53 mile multi terrain run along the West Highland Way from Milngavie to Tyndrum saw five club runners among a total of 321 who completed the course.

First club man home in 10 hours 02 minutes 12 seconds was **John Malcolm** in 58th place.

John was followed by Alan Robertson in 181st in [11hrs 43mins 20secs. The clubs only female entrant was **Saran Jones** who finished 217th and 40th female in [12hrs 16mins 29secs].

Completing the club contingent were **Jim Salvage** [13hrs 32mins 58secs] and **Jim Alexander** [13hrs 33mins 00secs].

Going by their times and finishing places of 289th and 290th it appears the two Jim's accompanied each other over the course

#### **JSB Plumbing League, Grangemouth - Saturday 30th April**

Many congratulations to all the junior Lothian athletes who took part in today's event at Grangemouth. Under 11's -**Robbie Fleming** and **Sarah McCormack** competed for the first time ever in the 200m and Long Jump.

U 13's- **Luke McKenzie** new club member and a first time competitor competed in the 1500m and **Kelsie Baird**, also new to Lothian Running Club ran an excellent 200m race as did **Lara Dow**. **Tara Walsh** represented the club once again in the High Jump and 1500m race in which she showed not only her talent for longer distance running but keeping enough energy back for a good sprint finish.

U 15's- **Duncan Kuwall** competed in the 1500m and **Grant Kirkwood** had a busy meet doing the 200m, Javelin and Shot Putt. **Taylor Barr** and **Louise Kerr** ran excellent 200m races and **Lauren Arbuckle** and **Bethany Nelson** ran well at the longer distance of 1500m.

Unfortunately we were only able to submit one relay team and our Under 15 girls (Louise, Lauren, Bethany and Taylor) had an excellent race finishing 2nd or 3rd. *Jane Kirkwood, Coach*

#### **Round Arran Relay**

It's that time of year again and as summer approaches I'm looking for team members for the Round Arran Relay. This must be one of the friendliest races ever (with the exception of hill relays). The idea is that teams of 6 cover the whole circumference of the island. Legs range from 7.5 miles to 11 miles, all are scenic and undulating if not downright hilly. Teams can be male, female or mixed (to my knowledge we have never won any prizes but always have a good time). We usually take a mini-bus and camp overnight although it is possible to get there and back in a day. The race is on Saturday 23rd July so we leave Livingston at 7am for the ferry from Ardrossan, usually returning by about 7.30pm the following day. Let me know if you are interested.

Jill Horsburgh 07714 328098  
horsburgh82@btinternet.com

#### **Stop Press**

Tiree 10k. Full race report next month but a big thank you to Peter West for organizing this trip. A fabulous weekend was had by all.

Date for Diary

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Coll 10k and half marathon - Saturday 20  
August

## Fife Coast Relay

**45 miles from Dysart to St Andrews - Sunday May 22<sup>nd</sup> - 10am Start**

**Organisers**  
Edel Mooney 01506 438010 [edelmooney75@hotmail.com](mailto:edelmooney75@hotmail.com)  
Val Dempsey 0131 336 3973 [dempseyvalerie@yahoo.co.uk](mailto:dempseyvalerie@yahoo.co.uk)  
Martin Hyman 01506 412322 [martinyman@clara.co.uk](mailto:martinyman@clara.co.uk)

**Note** that this is not a race but a fun run and day out. Anyone is welcome to come and join in any stage or stages, whether they have previously “signed up” or not. However to ensure that the whole route is covered we propose the following “skeleton” deployment.

Stage	Miles	Start	Names
1	4	Dysart	Lucy Galloway, Leanne Webster
2	7½	East Wemyss	Robin Galloway, Edel Mooney
3	9	Lower Largo	Valerie Dempsey, Robin Morris
4	5	Elie	Brian Reid, Jill Horsburgh
5	5	Anstruther	Brian Reid, Jill Horsburgh
6	5	Crail	Mike Lieberman, Jim Milner
7	4	Kingsbarns	Mike Lieberman, Jim Milner
8	4	Boarhills	Edel and mob

**Participants.** The following is a list of those whom we believe to have “signed up”:

Name	Phone	email	Offer lifts	Post Race
Valerie Dempsey	0131 3363973	dempseyvalerie@yahoo.co.uk	✓	✓
Lucy Galloway	0131445 5021	lucy.robingalloway@blueyonder.co.uk		
Robin Galloway	0131445 5021	lucy.robingalloway@blueyonder.co.uk		
Jill Horsburgh	01506 890064	horsburgh82@btinternet.com		✓
Martin Hyman	01506 412322	martinyman@clara.co.uk	✓	✓
Mike Lieberman	0131 445 2211	Mike.lieberman@blueyonder.co.uk	Probably	✓
Jim Milner		jbmilner@blueyonder.co.uk		
Edel Mooney	01506 438010	edelmooney75@hotmail.com	✓	✓
Robin Morris	0131 447 8846	robin@rlmorris.co.uk		
Brian Reid	0131 45 3607	emsreid@aol.com		
Jim Scott		jim.f.scott@blueyonder.co.uk		
Leanne Webster	07762 136 185	lwebster1982@yahoo.co.uk	✓	likely

We apologise if we missed anyone, but please come and run anyway.

**Transport** Please make your own arrangements to share transport. Martin will be happy to ferry any driver back to their car after they have run.

**Route.** We have copies of maps showing details of all the stages and changeover points. We would like to give one to each of you. We can also give copies of the route description previously published. Please ask one of us, if you do not have these.

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## Coaching Rota

Day/Date	Session/Venue	Coaches
Sunday 1 <sup>st</sup> May	Dechmont Law, various sessions going on.	Jane, Susan
Tuesday 3 <sup>rd</sup> May	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 4 <sup>th</sup> May	Inveralmond. Summer Fiddler's Handicap 7.00PM	Colin, Stuart Parent Helpers
Sunday 8 <sup>th</sup> May	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	Susan, Jane
Tuesday 10 <sup>th</sup> May	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Colin, Jane, Murray
Wednesday 11 <sup>th</sup> May	Dechmont Law. Interval Training & Hill runs. Go straight to venue for 7.00PM.	Murray, Colin
Sunday 15 <sup>th</sup> May	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	Jane, Martin
Tuesday 17 <sup>th</sup> May	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Murray, Jane, Colin
Wednesday 18 <sup>th</sup> May	Inveralmond Community High School, Reservoir Relays 7.00PM. Committee Meeting 8.15PM	Teresa
Sunday 22 <sup>nd</sup> May	Dechmont Law, Livingston Junior Session, Group Recovery Runs	Colin, Jane
Tuesday 24 <sup>th</sup> May	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Murray, Colin, Jane
Wednesday 25 <sup>th</sup> May	Inveralmond Community High School, Oakbank Session 7.00PM	Edel
Sunday 29 <sup>th</sup> May	Becraigs, 1k, 2k, 3k	Matt, Colin, Jane

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	events & Relays 10.00AM	Parent Helpers
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