**Festive Handicap 26/12/11**

I feel that this no-longer-annual event showed the strengths of our club, our sport, and Peter West’s organisational abilities, not necessarily in that order, or equal measure. The disappointment of the last two years’ cancellations, coupled with a decent day’s weather, meant we had a huge entry: 124 finishers, and this on Boxing Day. We even had to open an overspill car park, much to the chagrin of the dog walker who obviously parks across that “no parking” sign every day, and saw no reason to change his routine. Full results are on the website, but let’s at least say well done to Colin Meek, who won the two lap event (but only after a close vote), and also to Val Dempsey and Val Finch on exemplary performances. I had a moment of personal embarrassment when I gave a frank appraisal of John Malcolm’s abilities to a lady spectator, who subsequently turned out to be Mrs Malcolm. Big thanks to all who ran/helped/watched.

Neal D

**Cockleroy Chaser 26/12/11 – Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pos** | **No.** | **Time** | **Name** | **Club** | **Age** |
| **1** | **52** | **4.06** | **Andrew Fischbacher** | **Linlithgow** | **13** |
| **2** | **13** | **4.45** | **Iain Horsburgh** | **Lothian** | **12** |
| **3** | **79** | **4.52** | **Ross McKinnel** | **-** | **12** |
| **4** | **54** | **5.34** | **Alice Horsburgh** | **Lothian** | **14** |
| **5** | **53** | **5.40** | **Clare Fishbacher** | **Linlithgow** | **12** |
| **6** | **56** | **6.00** | **Eoin Richardson** | **Linlithgow** | **8** |
| **7** | **78** | **6.28** | **Katie McKinnel** | **-** | **10** |
| **8** | **59** | **6.40** | **Sam Dudchenko** | **-** | **6** |
| 9 | 31 | 6.43 | Abbie Malcolm | Lothian | 8 |
| 10 | 57 | 10.31 | Kate Richardson | - | 5 |

Congratulations to Andrew on a very fast time despite the gale, and also to all who were smiling at the finish.

 Many thanks to Lesley the entries taker. Nicola got up before dark and set up everything. Ted and Val did the finish banner. Hazel was the smile judge, Tim the muddy patch judge and Colin the recorder. Thanks also to Douglas who marshalled on top of Cockleroy. He had to anchor himself to the trig point and crouch behind it, till mike the fireman rescued him.

Martin

**Portobello Promathon**

Lothian Running Club had half a dozen runners amongst the huge field of over 400 who chose to blow away the New Year celebraion cob-webs by contesting the Portobello Promethon 4 mile Race and Fun Run on New Years Day.  
Gerry McCafferty was the first club runner home in 99th place in 26 minutes 05 seconds, he was closely followed by 106th Brian Reid[26.18] and 109th Mike Lieberman[26.30].  
Jill Horsburgh was the club’s only female representative and she covered the waterfront course in 28 minutes 31 seconds which placed her 165th overall and 3rd FSV.  
Jill’s son and daughter Iain and Alice did well in the Fun Run with Iain crossing the line in first place and Alice the first female.

**Fiddlers Route Change**

The winter Fiddlers course has been changed. For the next 3 months we are trying new routes for both the Juniors and Seniors. The start / finish has been moved to Quarrywood Court, <http://g.co/maps/4tj47>. This is just the other side of the underpass.

The Senior course is 2 laps of the normal road route , with a distance of 5K The junior route is a straight out and back along Main Street, again the usual route without the section alongside St Margaret’s.

It would be fair to say that the change has not met with universal approval: a lively debate is currently in progress on the club’s Facebook page.

This month’s Up and Running is the equivalent of reheated Xmas leftovers, thanks to the season. In future editions, there will be a revival of the old “runner profile”. I will be sending out questionaires, and none shall escape. Any other suggestions or contributions will be gratefully received.

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**Training**

Following the excellent turnout at the recent Cross Country League match at Dechmont Law, the Club have decided to offer structured training, enabling athletes to get the best possible preparation ahead of the National Cross Country Championships to be held at Falkirk in February 2012.

The sessions on a Wednesday will be held at the Civic Centre on the grass to simulate cross country running. It will be periods of 3 – 4 mins of running, followed by 2 – 3 mins of recovery, depending on individual ability. All levels will be catered for. The session will start at 7.15pm, please ensure you do your warm up first so you are prepared to start the session promptly at that time.

Friday sessions will be held at the track at Craigswood (weather permitting) and will consist of between 30 – 70 seconds approximately of running and 2 mins of recovery again dependant on ability.

All you have to do as the athlete is turn up prepared, wearing the correct footwear, and cold weather clothing.

Remember if you are unsure about anything, ask the coach that’s why they are there, to help and offer any advice if you need it.

|  |  |  |  |
| --- | --- | --- | --- |
| Wed 11th | Inveralmond | Howden Park hills | Muray, Saran |
| Fri 13th | Civic Centre | Invervals | Scott, Matt |
| Wed 18th | Inveralmond | Civic Centre | Colin |
| Fri 20th | Civic Centre | Intervals | Jill, Saran |
| Wed 25th | Inveralmond | Howden Park | Murray, Saran |
| Fri 27th | Civic Centre | Intervals | Susan, Colin, Saran |

Sunday Sessions – Please note there are no coached sessions @ Dechmont on Sundays but some seniors still meet there at 10am to go for a run. (May be difficult for some time in January as trees down on paths)

There is no coached session @ Beecraigs in January