**Dunbar to Berwick Coastal Run - Sunday 20th May**

Mike Lieberman reports:

Martin, Val, Edel, Joyce and Robin have organised a Dunbar to Berwick run. There are a number of sections so that like the Fife Coastal run last year we can opt for as many of the legs of the relay as we want.

Janey and I walked the 2nd section at the weekend, it was mixed terrain, hilly and had the most stunning coastal views, it will be a brilliant run.

For those who did not take part last year, this is a relay event, not a race. There will be at least 2 people running each leg, and anyone can join each leg.

There is a detailed route description available and a form to let the organisers know that you hope/intend to join us.

Hope you can make this

We have not followed many parts of the route, though we have visited all the changeovers. The recently designated Berwickshire Coastal Path is way-marked (not very clearly in some sections) and parts are not shown on the OS 1:2500 map, making distance and climb difficult to assess. There are toilets at White Sands, Skateraw harbour and Torntonloch car park and at other places en route, which claim to be open from April.

Links: Most of stage 1 <http://www.visiteastlothian.org/assets/pdfs/Dunbar-Dunglass.pdf>.) and Stage 3<http://coastkid.blogspot.com/2011/04/april-sunberwickshire-coastline.html> The whole of stage 1 is on OS “Explorer” sheet 351. Sheet 346 covers stages 2 – 5.

Val, Robin and Martin

 For more details and an entry form: [martinhyman@clara.co.uk](mailto:martinhyman@clara.co.uk)

**Online entry for outdoor season**

Shane Fenton Reports

Online entry for the 2012 Scottish National Outdoor Championships is now live.

Competitors are encouraged to enter via our website to get a £1 discount per event.

For further information relating to the process of entry or to enter the Scottish National Outdoor fixtures online, click on the title of the event below.

If you are applying for an event online, hit the ‘Apply Online’ button at the bottom of the page to proceed.

<http://www.scottishathletics.org.uk/index.php?p=80&itemType=fixtures&itemId=14904>

**Junior Hill Race League**

The scottishathletics Junior Hill Running League kicks off on Sunday 15 April with the Lomonds of Fife junior race.

Registration opens at midday, at the Purin Hill car park, near East Lomond, (car park is one mile up the hill midway off the Falkland Road A912). No entry fee and a snack and drink will be provided for all runners – and the course will be different from last year!

The under 12s race starts at 1pm, all other races at 1.30pm. All races start and finish near the car park, and ascend East Lomond, with routes varying according to age.

All routes will be marked and marshalled. Under 12 Males and Females 2.5km; Under 14 Males and Females 2.8km; Under 16 Males and Females 5.6km, Under 19 Females 5.6km, Under 19 Males 8.4km. The courses are suitable for hill shoes or trainers, but not for spikes.

Further junior league races will be held at Ben Lomond (May 12) and Menstrie (September 2). The Lomonds of Fife and Ben Lomond races are selection races for juniors born in 1995 and 1996 to represent Scotland at the International Youth Cup, to be held in Ireland on 24 June.

**West Lothian Half Marathon**

Sunday 10th June Bathgate Meadow Park. Half marathon, 2K and 5K event

This year we are looking to change the runs, we have removed the relay event and instead introduced a 2K and 5K event.

The reason for this is we have younger runners wanting to take part but prefer to run as a group than alone in a relay event so to make sure everyone can take part we now have the 2K and 5K event.

As this is a family event, the shorter runs will commence after the half marathon runners have set off. We will also be having bouncy castles for the kids and hopefully some arts and crafts.

If you would like to take part in this year’s event please sign up online at [www.westlothianrun.co.uk](http://www.westlothianrun.co.uk/). Online discounts for early sign ups! Please note to keep costs low we will not be giving away t-shirts however these are available to purchase at an additional cost. These can be pre ordered online when making payment for the events.

**Open Graded Meetings**

This has been covered with younger members on Friday, and flyers distributed: the bare bones are as follows.

Livingston & District AAC are holding 3 open graded meetings at Craigswood Sports Centre, Livingston, during the summer.

Theyare being held on

Wednesday 18th April.

Wednesday 30th May

Wednesday 22nd August

7.00PM – 9.00PM

Craigswood Sports Centre, Livingston

£2 per event

Alistair Dalgleish  
<http://www.livingstonac.com>/open

**Help Required**

Dechmont Law 10km Trail race and Fun Run 10th June

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](mailto:lothiantrailrace@lothianrunningclub.co.uk) , also the source of entry forms.

**NJAL**

Mary Inglis would like interested parties to fill out their NJAL entry forms as soon as. A copy is available as the last page of the March U&R.

**April Training**

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| **Date** | **Location** | **Session** | **Coaches** |
| **Wed 4th April @ 7pm** | Inveralmond | Fiddlers  Summer course | Stuart |
| **Fri 6th April**  **@ 7pm** | Track | 800m off 6 mins  200m off 3 mins  Intermediate(Introductory) | **Rita**  **Jane**  **Saran** |
| **Wed 11th April** | Inveralmond | Craigshill flyover intervals  Meet at Inveralmond (session is 5 min run away) | Murray  Gary |
| **Fri 13th April** | Track | 600m off 5 mins  300 off 4 mins  Sprints  Intermediate | Jim  Rita  Jane  Saran |
| **Sunday 15th April** | Pentlands | Red Moss car Pk @ 10am | Saran |
| **Wed 18th**  **April** | Inveralmond | Craigshill field intervals  Meet at Inveralmond as before | Murray |
| **Fri 20th April** | Track | 400m off 3 mins  off 5 mins  Sprints  Intermediate | Gary  Rita  Jane  Saran |
| **Wed 25th April** | Inveralmond | Craigswood flyover intervals as before | Murray |
| **Fri 27th April** | Track | 200m off 2 mins  off 3 mins  Sprints  Intermediate | Scott & Gary  Rita  Alan  Saran |