

Up and Running December 2012

Outgoing President's Cheerio and Thank You

Colin Meek writes

Thanks to everyone who attended our 2012 AGM in November. I also give thanks to my fellow committee members, coaches, volunteers, and parent helpers for making our club a success during the past year. And also, well done to our athletes for their fantastic performances and achievements. It's a heart warming sight to see so many cyan blue vests running around the country. I'd like to take this opportunity to wish our new committee members all the best for the future. We have many opportunities to develop our club in 2013.

But remember your club can't run without you or your help.

Have a Merry Christmas and a Happy New Year.

Keep on running!

East District XC Championship

Shane Fenton writes

The East District Cross Country Championships will be on Saturday, 8 December 2012 at Cupar with changing in Bell Baxter High School. (This is the principal race for selection of athletes for the East District Team to run in the Inter District Race at Holyrood, Edinburgh on 5 January 2013.)

The Timetable at Cupar is as follows:-

- 11.30 am UNDER 13 GIRLS, 3,200 metres
- 11.45 am UNDER 13 BOYS, 3,200 metres
- 12 noon UNDER 15 GIRLS 4,000 metres
- 12.20 pm UNDER 15 BOYS, 4,000 metres
- 12.40 pm UNDER 17 & UNDER 20 WOMEN, 5,000 metres
- 1.00 pm SENIOR WOMEN, 6,400 metres
- 1.30 pm UNDER 17, 6,400 metres, & UNDER 20 MEN, 8,000 metres
- 2.00 pm SENIOR MEN, 9,500 metres

As a reminder, so you know your age group:-

Under 13's are those born between 1/9/99 and 31/8/01

Under 15's are those born between 1/9/97 and 31/8/99

Up and Running December 2012

Under 17's are those born between 1/9/95 and 31/8/97

Under 20's are those born between 1/9/92 and 31/8/95

Senior are born before 1/9/92

Club Championships 2013

John Malcolm writes

We've been doing some work to look at how we could set up a club championship for next year and have come up with a format as described below. This post focuses on seniors – I'd also like your thoughts and ideas on a junior championship.

The objective for year one is to keep it simple, and encourage participation – fast track races, long ultras, tough marathons and arduous hill races might be included in future if there is a demand but we're not proposing to include these in year one.

We're still finalising the list of races, which are based on feedback from members in a previous Facebook post – we want to get permission from the various race directors that they're happy for us to use their race as a championship counter. Races will run from March to September and vary from 5k to half marathon and road to trail to hill.

Confirmed races so far are:

- Dechmont Law 10k
- Linlithgow 10k
- Lasswade 10 miler
- West Lothian College 5k
- Murieston 6k Trail Race
- Red Moss Revolution
- Turnhouse Hill Race
- Loch Leven Half Marathon

Up and Running December 2012

It would be great to get your feedback on the proposed format below – are there any changes you'd like to see to make this better in year one or a future year? Are you likely to participate?

Please leave a comment or join in the discussion on the club's Facebook page.

Championship Purpose

There will be prizes for high-placing competitors but the main purpose is to encourage participation and a high Lothian turnout at some good local races.

This will hopefully encourage new members to come along to train with the club and encourage our athletes to take part in events they may otherwise have missed.

Entry Criteria

Entry to the club championship is included as part of your club membership – all Lothian athletes are eligible for entry by officially participating in the designated club championship races.

A broad range of local events have been chosen in the championship's first year. The following criteria have been applied to races deemed eligible for inclusion in the championship:

- *Officially sanctioned race

- *Relatively local

- *Low cost / Value for money entry

- *Straightforward entry process

- *Entry places are relatively easy to attain

- *Accessible to the vast majority of club runners, e.g. fast track races, tough hill races, ultras and long road races haven't been included this year but may be considered in future

- *Race directors are happy for the race to be included as part of our championship

Up and Running December 2012

Scoring

Lothian athletes must complete 5 of the designated races to complete the club championship

You will be awarded points based on your finish position against all other competing Lothian athletes – i.e. first Lothian athlete will be awarded 1 point, second will be awarded 2 points, tenth 10 points etc

Your best five races will count towards your final score

To be eligible for championship points, you must finish the race and be allocated an official result

You must be a Lothian member at the time of the race, i.e. if you sign up in August, pre-August results won't be included in your final result

Members are encouraged to wear their club vest to championship races.

If a designated championship race is cancelled or postponed, an alternative race may be added at the discretion of the club's committee.

Prizes

One prize will be awarded to the athlete with the lowest overall score in the following age categories:

M = 39 and under

MV = 40-49

MSV = 50- 59

M60 = 60-69

M70 = 70+

F = 39 and under

FV = 40-49

Up and Running December 2012

FSV = 50-59

F60 = 60+

Your final championship age category will be your actual age category during your first completed championship race

In the event that no one from a given age category completes 5 races, no prizes will be awarded in this category

In the event of a draw in an age category, additional criteria will be added to separate the runners, including the criteria below in the following order:

*Number of championship races completed (highest total is declared the winner)

*Total number of points (lowest total is declared the winner)

*Head to head (first placed runner most frequently is declared the winner)

*Dechmont Law 10k finish place (first placed runner will be declared the winner. Not invoked where a runner was a race marshal)

*A tie is declared

A small prize will be awarded to all runners completing the club championship

Up and Running December 2012

December/January coaching rota:

Date	Location	Session	Coaches
Tues 4th Dec @ 7.55pm and every Tuesday	The Meadows Edinburgh	Intervals	Martin
Wed 5th Dec	Inveralmond 7pm	Fiddlers Winter course Reflective clothing advised Committee meeting @ Livi Inn 8.15pm	
Thurs 6 Dec @ 6.50 and every Thursday	Track @ Craigswood	Intervals	Steve Cottom
Fri 7th Dec	Track	Main session Alternative session Sprints Intermediate	Susan Scott Rita Saran & Alan
Wed 12th Dec	Inveralmond		TBC
Fri 14th Dec	Track	Main session Alternative session Sprints Intermediate	Susan Scott Rita Saran & Alan
Wed 19 Dec	Inveralmond		TBC
Fri 21 Dec	Festive Track session ☺	Main session Sprints Intermediate	Scott Rita Saran & Alan
Wed 26th Dec	Boxing day handicap race	Boxing day handicap race	See website for details
Fri 28th Dec	Track	Main session Sprints Intermediate	Scott Rita Saran

Up and Running December 2012

Date	Location	Session	Coaches
Tues 1st Jan @ 7.55pm and every Tuesday	The Meadows Edinburgh	Intervals <i>No session on New years day</i>	Martin
Wed 2nd Jan	<u>Meet directly at Fiddlers start</u>	Fiddlers Winter course Reflective clothing advised	
Thurs 3 Dec @ 6.50 and every Thursday	Track @ Craigswood	Intervals Not 3rd Jan	Steve Cottom
Fri 4th Jan	Track	Main session Sprints Intermediate	TBC Rita Saran & Alan
Wed 9th Jan	Inveralmond		TBC
Fri 11th Jan	Track	Main session Sprints Intermediate	TBC Rita Saran & Alan
Wed 16 Jan	Inveralmond		TBC
Fri 18 Jan	Track	Main session Sprints Intermediate	TBC Rita Saran
Wed 23 Jan	Inveralmond		TBC
Fri 25th Jan	Track	Main session Sprints Intermediate	TBC Rita Saran & Alan
Wed 30 Jan	Inveralmond		TBC