



Lothian Running Club

Headlines

Silver for Jo Williams

There was an excellent silver medal for Jo Williams in the Senior Women's race at the East of Scotland Cross Country Championship in Aberdeen. The Lothian runner who finished 8th in 2017 when the event was held in Livingston, covered the 8.5k course within Balgownie Playing Fields in 32 minutes 40 seconds. Central AC's Morag Millar was a comfortable winner in 30m 57s with Annabel Simpson, Fife AC 23 seconds behind Jo in third place in 33.07 Jo was the only LRC member in the Senior Women's event which had a field of 72 runners.

LRC fielded a team in the Senior Men's Masters category, the four finishers who finished in 8th place were, 77th Euan McInnes 33m.24s, 113th Alan Cunningham 36m.10s, 151st Al Murray 38m.49s and 170th Stephen Malcolm 41m.56s.

In the Girls Under-15 4k race Hannah Steel had a good run finishing in 13th of 38 finishers in 17m 09s while in the Boys Under-17 5.5k Ryan Kirkland also turned in a fine performance finishing 21st of 37 finishers in 20m 00s.



Prestigious medals for Max & Malcolm

Lothian Running Club duo Max McNeil and Malcolm Lang enjoyed a successful weekend picking up medals in prestigious team events. Both competitions took place outside Scotland. Over the pond in the United States, Max McNeil put the icing on what so far has been an excellent cross-country season by leading his Oklahoma City University squad to their 4th N.A.I.A. National Championship in Cedar Rapids, Iowa. McNeil was the leading finisher for OCU completing the 8k course within Seminole Park in 24 minutes 43 seconds, and with his Stars team mates packing closely behind him the title was secured.

Down in Swansea, Malcolm Lang pulled on the Scotland vest to represent his country in the British & Irish master's Cross-Country Championships in Singleton Park. Malcolm finished 5th Scot which helped his country to bronze medals in the M40 category behind England and Wales. The Lothian runner completed the 8k course in 27 minutes 56 seconds.





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Victory in Barbados for Sarah

Sarah Inglis retained her Barbados half marathon title on the Caribbean Island on Sunday morning. Last year the Lothian runner crossed the line hand in hand with top Canadian endurance athlete Sasha Gollish this time Sarah came home 23 seconds ahead of her rival. The race had developed into a three-way tussle between Inglis, Gollish and Canadian Olympian Natasha Wodak, on this occasion it was the Scot who prevailed.



Shona runs 99th marathon in Valencia

A trio of Lothian Running Club endurance athletes were in Spain on 1st December to take part in the 38th Trinidad Alfonso EDP Valencia Marathon. The first of the three home was Paul Young who crossed the finish line in 3 hours 19 minutes 25 seconds which was a PB, he beat his previous best of 3:19.30 by a mere 5 seconds which he set in the Edinburgh Festival Marathon back in May. Paul was followed home by his sister Shona who stopped the clock at 3 hours 29 minutes 12 seconds. This was Shona's 99th marathon and she hopes to reach the milestone 100 mark in the Hong Kong marathon in February. Completing the LRC representation was Stephen Malcolm who completed the 26.2 miles in 4 hours 6 minutes 43 seconds.



Category win for Mike in 7 reservoirs



Mike Lieberman was a category winner in the Pentlands 7 Reservoirs Half Marathon. The Lothian runner who finished 44th overall of the 113 finishers was the first male over-60 in 1 hour 49 minutes 51 seconds. Brian Reid wasn't far behind his club mate coming home in 52nd place in 1h 52m 32s. Lynne Gow completed the LRC contingent finishing 95th in 2h 18m 20s.



Lothian Running Club

News

Club Shop

We are delighted to announce that our new club shop is now open for business!

Lothian Running Club in partnership with leading sports brand JOMA , FOOTBALL NATION & Scottish Athletics are now able to supply a range of Lothian branded kit, with Club vests also to follow shortly.

The kit features our new club logo, in most cases with a small printed logo on the chest and a larger printed logo across the back of each garment, with a range of matching leggings and shorts available if required.

All items come in sizes from age 8 to adults XXL and can be delivered to your home or collected from The Football Nation shop on Lothian Road, Edinburgh. Due to a stock issue, only one item, in one size is unavailable - the Adult Long sleeve t-shirt in size L.

<https://www.thefootballnation.co.uk/lothian-running-club-sh...>

Every possible effort will be made to ensure orders are met in time for Christmas delivery where the order is placed no later than 11 December 2018. Therefore, don't delay and get orders submitted as soon as possible.

Any problems or questions, please get in touch.



New Identity for the future

Thanks to everyone for the input on changing the Club Badge, this should give the club a better identity, and help us grow and promote ourselves in future.

Lothian Running Club



News

COACH DEVELOPMENT QUALIFICATIONS/WORKSHOPS



Qualifications

Jog Leader

19HJL002	Kirkwall	03 Feb 2019
19CJL001	Grangemouth	09 Feb 2019
19HJL001	Inverness	09 Feb 2019
19WJL001	Motherwell	16 Feb 2019
19WJL002	Kilmarnock	16 Mar 2019
19GJL001	Aberdeen	27 Apr 2019

Coaching Assistant

19EA001	Edinburgh	19/20 Jan 2019
19WA001	Kilmarnock	09/10 Mar 2019
19GA001	Aberdeen	09/10 Mar 2019
19WA002	Glasgow	16/17 Mar 2019
19CA001	Grangemouth	16/17 Mar 2019
19WA003	Motherwell	27/28 Apr 2019

Athletics Coach

19CC001	Grangemouth	16/17 Feb 2019 (Days 1&2), 30/31 March 2019 (Day 3), 25 May 2019 (Day 4 – Assessment)
19WC001	Kilmarnock	16/17 Feb 2019 (Days 1&2), 30/31 March 2019 (Day 3-Grangemouth), 26 May 2019 (Day 4 – Assessment)
19GC001	Aberdeen	2/3 March 2019 (Days 1&2), 30/31 March 2019 (Day 3-Grangemouth), 1 June 2019 (Day 4 – Assessment)

Coach in Running Fitness

19HR001	Aviemore	2/3 Mar 2019 (Days 1&2), 6 April 2019 (Day 3), 2 June 2019 (Day 4 – Assessment)
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BELIEVE, BELONG, ACHIEVE TOGETHER

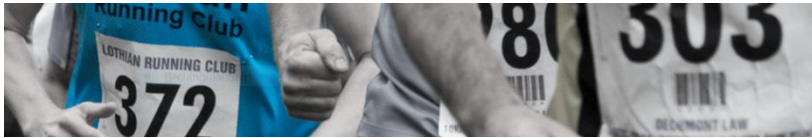


Want to be a coach?

<https://www.scottishathletics.org.uk/coaches/qualifications/>

Members, if anyone wants to get involved in coaching at the club, please have a look at the courses available, funding may be available to anyone interested. Please speak to Kirsty if interested

kmcmechan@hotmail.co.uk



Lothian Running Club

Fundraising

Help raise funds for Lothian Running Club whenever you shop online! Use easyfundraising to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis and ASOS – when you shop, you'll raise a free donation for Lothian Running Club every time, it's that easy!

Help support us:

<https://www.easyfundraising.org.uk/causes/lothianrc/?FBclid=IWAR0TQ6VLQQLFRKWH8BIBL11BVXJHFQ9EOGBSMBXOADMNJFFKJ1ILRHZ5570>



News



Feedback

Following last month's AGM, I would like to take a moment to introduce myself in more detail as the club's new chairman.

For any club member who doesn't know me I can usually be found pushing a buggy around whilst coaching on Tuesday and Thursday nights in Livingston. I have been involved in running for most of my life having started at a club in Hull at the age of 8, through that time I have tried most events and distances, I have been involved in sports coaching in a variety of sports for the last 15 years ranging from schools to national teams, but enough about me lets get on to the main focus of this email, your club.

Over the last year we have seen some great development in the club, with increasing numbers across sessions and a great atmosphere at club sessions. We have started branching out with Parkrun tourism led by Will Moffat and a return of a club newsletter by Danny Kirkland.

As a club we hope to continue this development to ensure we meet the requirements of our members. This is your club and we need to do as much as we can to cater for what you the members want.

To help this the club is currently working on a development plan to help guide the progress of the club in the next few years.

We really need your ideas and feedback to help ensure we are moving the club in the right direction to best meet your needs.

I would like to ask the following,

In the last 12 months.

1. How would you currently rate the club? 1-5 (Where 1 is Poor and 5 is Excellent)
2. What did we do well?
3. What could we improve
4. What do you want from your club?

Please reply via email to chairman@lothianrunningclub.co.uk or owilliamsrun@gmail.com

Please offer your feedback whether big or small, it will help us to develop your club.

Thanks

Owen Williams



Lothian Running Club

Training and Fiddler

First Tuesday of the month = Fiddlers Handicap.

This is a monthly handicapped race, round a circuit of just under four miles. The summer course is a lap on scenic riverside paths. The Winter Course is similar, but on lit footpaths and quiet roads. Both have an alternative Short Course which allows beginners and youngsters to run a shorter 2.5K (U11s should be accompanied/have an adult run with them).

The handicap is intended to give all runners an equal chance of winning. Handicaps are calculated each month based on previous times, with weighting towards the most recent. The latest start times list will be published on the website and made available at the start. Entrants who have not run before are given a guestimate handicap based on a recent race performance or can choose to run with a friend.

It is, of course, possible to fiddle an unduly favourable handicap by deliberately running slowly on successive occasions, before making a bid to become Chief Fiddler. Or you could try training. There are no prizes, but the Long and Short course winner hold the Fiddlers Trophy for one month, and then presents it to the winner of the next race.

Meet-up is from 7pm. Parking and start line is beside St Margaret's Academy carpark.

Lothian Running Club

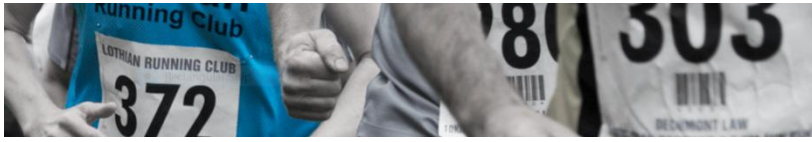
TUESDAY
FIDDLER'S HANDICAP

- Winter course
- Junior Short course
- Meet 7pm
- Park at St Margaret's Academy

Lothian Running Club

TUESDAY

- Club XC training night
- Howden Park, Livingston
- 6:45pm warm up for 7pm start



Lothian Running Club

Training

**Lothian
Running Club**

THURSDAY

- Club Adult & Juniors track night
- Craigswood Sports Centre, Livingston
- 6:45pm warm up for 7pm start
- All welcome

**Lothian
Running Club**

- Junior session
- Dechmont Law
- Park/meet in car park (Behind Deans Community High School).
- 10:30am start.
- Free

SUNDAY



Lothian Running Club



BORDERS XC SERIES

Match 1 - Lauder

OPEN 4 MILES

35 & 3 M50 David Eades 30.06

122 & 1 F20 Mairi Eades

RUN WITH THE WIND 10K

Strathaven

42 Brian Lees 38.54

98 Harry Mulholland 42.21

GLEN OGLE 33 ULTRA

Killin

31 Paul Young 4h 43m 36s

64 Stephen Todd 5:16.29

251 Kirsty Gray 6:27.38

274 Alan Weir 6:39.12

321 Calum Ross 7:07.22

SOONER ATHLETIC CONFERENCE

Oklahoma

Mens 8k xc

2 Max McNeil 25.26

Team 1st

LEEDS ABBEY DASH 10K

11 & 6 Scot Jo Williams 35.25

EDINBURGH MENS 10K

5 Malcolm Lang 33.54

19 Robbie Kennedy 35.00

20 Alan Knowles 35.17

23 Ryan Kirkland 35.27

25 Euan Rennie 35.32
30 Sam McIntosh 36.08
82 Stewart Laing 39.00
84 Kyle Williamson 39.02
239 Andrew Corrigan 42.51
287 Dougie Hunter 43.24
380 Andrea Cameron 44.46
596 William Francis 47.19
712 Scott Balfour 49.27
1088 Simon Yapp 52.59
1207 Kevin Godfrey 54.29
1340 Mike Murray 56.25
1386 Andrew McKenna 57.17
1442 Alan Cunningham 58.23

LASSWADE OPEN XC

Girls Under-15

11 Kara Moffat 14.37 NATIONAL SHORT COURSE XC CHAMPIONSHIP

Lanark

Girls Under-15

21 Hannah Steel 7m 11s.

Under-17 Boys

46 Ryan Kirkland 10.54

61 Louis McDonald 11.17.

Senior Women

8 Jo Williams 13.51

80 Yvonne Crilley 16.18

98 Christine MacVarish 16.50

112 Andrea Cameron 17.09

141 Saran Jones 18.13.

Team:11th of 19

Senior Men

83 Malcolm Lang 13.05

121 Alan Knowles 13.33

214 Euan McInnes 14.29

232 Barry McComish 14.37

280 Will Moffat 15.11

315 Alan Cunningham 15.29

338 Stewart Laing 15.55

384 Calum Ross 16.42

420 Stephen Malcolm 17.38

426 Finlay Slane 17.53

432 Stig Walsh 18.10

441 Jim Alexander 18.29.

Team:22nd of 42

BELLA 10K

49 Kyle Williamson 38.56

63 Ross Williamson 39.48

244 Paul Cackette 46.53

306 Alan Weir 48.24

582 Finished

PETERHEAD 10K

145 Mike Murray 57.50

205 Finished

TINTO HILL RACE

4.4m/1500'

70 John Malcolm 43.48

114 & 14F Christine MacVarish 47.17.



TINTO TIPTOE UNER-12 HILL RUN

Joel Greig[11yrs] 7m 34s

Danny Fletcher [9] 7m 56s

Mitchell Kellock[12] 8.26

Sorley McDonald[11] 10.06

Maycee Kellock[10] 12.25

James Fletcher [14.12].

WOOLER TRAIL MARATHON

14 & 3 M50 Paul Young 4h 57m 27s

15 & 1F Shona Young 4h 57m 35s

183 Finished.

BORDERS XC SERIES[Match 2]

Dunbar

46 & 10 F50 Lorna Eades/

LIVINGSTON AAC OPEN XC

Dechmont

Mens 3.7k

*6th Colin Partridge 14.02
7th Kyle Williamson 14.42
8th Ross Williamson 14.46.*

Under-11 Girls

13th Megan Lang 6.08

Under-11 Boys

8th Danny Fletcher 6.14.

N.A.I.A. XC CHAMPIONSHIP

Iowa

Mens 8k

*9th Max McNeill 24.43
Team - Oklahoma City Stars -1st.*

BRITISH & IRISH MASTERS XC CHAMPIONSHIP

Swansea

Mens M40 8k

*22nd & 5th Scot Malcolm Lang 27m 56s
Team - 3rd*

CANADIAN NATIONAL XC CHAMPIONSHIP

Kingston/Ontario

Women's 10k

9th Sarah Inglis 35m 01s

Team: British Columbia - 1st



*East League xc
[Match 2- Broxburn]
UNDER-11 GIRLS
27 Megan Lang 6.23
35 Eilidh Turner 6.42.
56 Finished*

Team:13th

UNDER-11 BOYS

53 Danny Fletcher 6.26

59 J McGarry 6.44

77 Finished

Team:15th

UNDER-15 GIRLS

14 Hannah Steel 18.22

25 Robyn McDonald 19.27.

49 Finished

Team:13th

UNDER-17 BOYS

12 Ryan Kirkland 21.12

35 Finished

Team 13th

SENIOR WOMEN

34 Yvonne Crilley 25.30

63 Saran Jones 27.39.

111 Finished

Team:21st

Team[Masters]12th

SENIOR MEN

31 Malcolm Lang 30.33

51 Josh Dack 31.27

65 Alan Knowles 31.51

90 Barry McComish 33.52

95 Euan McInnes 34.99

108 Colin Partridge 34.45

111 Colin Eades 35.03

183 Alan Cunningham 38.25

220 Al Murray 41.11

265 Ted Finch 61.06

Team 10th

Team[Masters] 3rd

EAST DISTRICT XC CHAMPIONSHIP

Aberdeen

GIRLS U-15 [4K]

13 Hannah Steel 17.09.

38 Finished.

BOYS UNDER-17[5.5K]

21 Ryan Kirkland 20.00

37 Finished.

SENIOR WOMEN'S [8.5k]

2 Jo Williams 32.40

72 Finished.

SENIOR MEN'S [8.5k]

*77 Euan McInnes 33.24
113 Alan Cunningham 36.10
151 Al Murray 38.49
170 Stephen Malcolm 41.56
Masters Team 8th*

*FORTRESS BARBADOS HALF MARATHON
Bridgetown*

1st Sarah Inglis 1h 24m 35s



Parkrun Results on Website

*<http://www.lothianrunningclub.co.uk/>
<https://www.facebook.com/groups/85842338595/>*
