

Up and Running October 2014

The Ben Nevis Race

John Malcolm writes:

The Ascent

Cavalry charge around the shinty pitch;

A mile on road, try not to overcook it;

Gentle run up the rocky tourist path;

Off piste, lactic acid accumulates;

Round a corner, getting steep;

Cross the Red Burn;

Steep, steep, rocky, steep, rocky;

More steep, more rocky, more steep;

[etc etc etc, seemingly forever]

Starts to flatten out... must be nearly at the summit;

10 minutes on, still on the plateau, surely the summit must be soon????

Try not to fall off the North Face;

Summit. Hand in token... now for the painful bit.

The Descent

Run;

Eyes glued on every footfall for ankle-break-prevention-purposes;

Dodge other runners still going up;

Ouch, rocky;

Ouch, steep;

Ouch, more rocky;

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A good scree run;

Boulders;

Phew, boulders and rocks are finished;

Ouch big steep grassy bank;

When is this going to end!?

Not yet, continued big steep grassy bank;

Quads are on fire;

Phew, grassy bank finished;

Cross the Red Burn;

Better get running fast again;

Bouldery steps, fast running, Bouldery steps;

Dodge some tourists;

Treacherous 'short cut' and another treacherous 'short cut';

Fast running, nearly on the road;

Bang, on the road again, legs turn to jelly;

Undulating road (cruel);

Lap of the shinty pitch (cruel);

Finish line - and lie down.

The Aftermath

Fast forward four days and the legs are still complaining; Fast forward four months and entry opens for next year; Fast forward twelve months and it's time for another cavalry charge around the shinty pitch.

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Alan Moffat writes:

Do you want to help the club?

Having spent a number of years doing a part-time degree at night and in my spare time, after I graduated I looked to get fit again. I starting running and a few months in started to really enjoy it. After a quick google search, followed by an email to Lothian Running Club and a friendly reply from Colin Partridge, I found myself at my first training session. I had never trained with a group before and some friendly people really made me feel at ease (including Saran Jones who asked me lots of questions but assured me she wasn't being nosey, she was one of the coaches looking to gauge my level of experience). That was back in 2012.

Since then, my children joined the club and I felt I should give something back, since the club is run by volunteers, many of whom give up their spare time when they could be training themselves. I read a post from Saran Jones the Coach coordinator asking people to think about coaching. I figured, my children were going to the club and I have an interest in coaching, I'll volunteer. I did a 2 day course at Craigswood to become a qualified Coaching Assistant. Since then, I've coached regularly on Friday nights. I've found it very rewarding and the enthusiasm from athletes really makes it a pleasure to do (even in the pouring rain). And I've had the privilege of being the club's Coach coordinator this past year.

The club needs people to run the club. We will always need coaches to run the training sessions. We need other helpers too - assisting the coaches, helping out at events such as the upcoming Cross Country races. We also need people on the committee to run the club.

So, what's the point of all this? Please consider helping out at the club. The more people that help, the smaller the jobs become, the less time is needed by every person and the club benefits from a growing group of expertise, knowledge and energy.

We have 3 committee posts to fill at the upcoming AGM – Treasurer, Club secretary and Coach coordinator.

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Scottish Athletes have lots of opportunities for coaching courses, from parent helpers to athletics coach qualifications – check out:

<http://www.scottishathletics.org.uk/coaches/qualifications/> for details. If you are interested, please let me know and I can give you more information about what's involved. The club will support anyone wanting to do this.

Personally, I'm half way through the next level of coaching course that will allow me to run training session on my own, which will provide the club with another fully qualified coach for our various sessions.

The club will never run out of the need for volunteers.

So, how fit are you?

On 15th October, the Lothian Training session at Inveralmond will again be the Bleep Test.

Can anyone topple the Ironman, Andy Fish, who set the club record of 14.2 at the last test in February this year?

Arranged by Martin Hyman, this session is an ideal opportunity to gauge your fitness, whether you have just finished the track season, gearing up for the Cross Country season, starting a tough winter training block or are new to the club or sport – all members welcome, and in fact encouraged, to come along.

The test involves a "track" 20m long with a line at each end. Each runner stands behind a line at one end and, on the start bleep, runs up their lane, to put a toe on, or over, the far line. Then turns to run back on the next bleep, and so on.

At first the bleeps are very slow (9 seconds to cover 20m. Fast walking pace). If you can just manage this, your fitness is "level 1".

After a minute the bleeps become slightly faster for level 2. After another minute they get a little faster still for level 3.

You go on and on, without a rest. The bleeps get faster at each level till you can no longer keep up. You can't transport oxygen fast enough. Your fitness level is the fastest one that you could manage. Most of you will get up to level 3, unless you are a super vet, or have a health problem. The super fit will get to level 12 or more.

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So, how fit are you? Come along on 15th October at 7pm to Inveralmond to find out.

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Do you use a GPS device when running?

If so, you may already know that Lothian are a club on Garmin Connect. We are now also on Strava. I've added the club and added some segments that mirror some of our club training sessions on Wednesday's - segments are specific sections of road or trail, you run or ride a segment and compare your effort against past efforts, as well as other athletes who've run or ridden the same segment. I've not managed to get round all training routes though so please add new ones if you go to a training night and don't see it as a segment (and don't laugh at my times - I was taking it easy, honest). Feel free to join in.

AGM Notice of Meeting:

The club AGM is scheduled to be held on Wednesday the 19th of November. The meeting will be held in Inveralmond Community High School at 7pm.

Agenda:

The formal business will include reports from 2014 and electing the committee for 2015. Members wishing to raise any issues for discussion should submit these to a committee member before the 12th of November.

Committee Nominations:

Nominations for committee positions should be submitted to the current committee by the 12th of November. The main positions require a proposal and a second from among the current membership. These can be made in writing or by email (AGM Nominations). All nominations received will be publicised in advance of the AGM.

Important Information: There are currently three Key Positions where the current holder has indicated their intention to stand down, and we will be looking for new faces to fill these position, these are:

Secretary

Treasurer

Coaching Co-ordinator

If you would be interested in taking on any of these roles, and would like information about what the role entails, please get in touch. In addition to the committee positions there are many other positions and roles available for anyone who wishes to get involved (see table below). Ask for more information.

Reports:

The audited Financial Report will be presented at the meeting.

Questions and Queries:

Please contact any member of the committee if you have any questions, queries or nominations.

Awards:

The formal part of the meeting will be followed by Club Awards ceremony including Cross Country 2013/14, and Club Championships 2014,

This will be followed by the opportunity to socialise. Any contributions of food and soft drinks would be most welcome.

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Training Rota for October 2014

All sessions suitable for all ages from 6 years + (under 8's must be accompanied by an adult) and adapted for age and ability. Help from parents of younger children for our coaches is most appreciated. Contact info@lothianrunningclub.co.uk if you would like to know more about how you can help.

Sessions at Craigswood SC track, £2 per person or £5 for family. Wednesdays £1 per person
All other sessions free

Date	Location	Session	Coaches
Wed 1st Oct	Inveralmond @ 7pm (Start at entrance to St. Margaret's)	Fiddlers Handicap (Winter Course – revised route) <i>Click here for more details</i> <i>(Reflective clothing a must, required for younger athletes)</i>	No coach
Thurs 2nd Oct And every Thurs thereafter	Craigswood Track 6.50 for 7pm start	Intervals	Steve
Fri 3rd Oct	Craigswood Track, 6.50 for 7pm start sharp	Main: Intervals (see more) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Scott Saran Alan Rita
Sat 4th Oct	Deans Community High School for 2pm	Introduction to Cross Country with the West Lothian Athletics Partnership (see more)	No club coach
Sun 5th Oct And every Sunday thereafter Except 12th Oct	Dechmont Law car park @ 10am	Intervals and varying activities off road in wood & field	Martin (or alternative coach) 5 th Oct – Edel 12th Oct – No coached session (due to Cross Country)
Tues 7th Oct and every Tues thereafter	The Meadows, Edinburgh @ 7.30pm for 7.55 start	Choice of intervals	Martin
Wed 8th Oct	Inveralmond, 7pm	Howden Park Hills (on tarmac) (see more)	Martin

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Date	Location	Session	Coaches
Fri 10th Oct	Craigswood Track, 7pm start	Main: Intervals (see more) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Susan Alan Saran Rita
Wed 15th Oct	Inveralmond, 7pm Committee meeting @ 8.15pm	Bleep Test/Group Runs (see more)	Martin
Fri 17th Oct	Craigswood Track, 7pm start	Main: Intervals (see more) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints Introduction Session	Susan Saran Alan Rita Colin
Wed 22nd Oct	Inveralmond, 7pm	Civic Centre Reps/Relay (see more)	Martin
Fri 24th Oct	Craigswood Track, 7pm start	Main: Intervals (see more) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Scott Alan Saran Rita
Wed 29th Oct	Inveralmond, 7pm	Inveralmond Footpath Reps (see more)	Edel
Friday 31st Oct	Craigswood Track, 7pm start	Main: Intervals (see more) Adapted main: 10 - 16yrs 6 - 9yrs (multi event dev) Sprints	Scott Saran Alan Gordon