**Membership 2013**

At the Annual General Meeting in November the following annual membership fees for 2013 were approved:-

Senior - £16.00

Junior (under 21) - £10

Family (parents and children under 21 at same address) - £32

Non-competing membership - £5.

Membership fees are now due and the 2013 membership renewal form can be found in the ‘About’ section of the club’s website. It is important that the form is completed by all members this year, even if you have completed one in previous years. Please take your time to read the form, from which you will note makes reference to agreeing to abide by the club’s code of conduct, which can also be found in the ‘About’ section in the club’s website.

There are a number of ways in which you can pay this year’s membership fee:-

* Posting a cheque made payable to Lothian Running Club to the membership secretary along with the completed form. Please do not send cash through the post. The address is detailed on the membership form.
* Handing the completed form in at any of our training sessions on Wednesday, Thursday or Friday nights, together with your cheque or cash.
* If you wish to pay the fees directly into the club’s bank account, please send an e-mail to the Treasurer at kenmearns@aol.co.uk who can supply you with the Bank Account details.

Finally, we would encourage you to sign-up electronically to receive e-mails from the club. You can do this by scrolling down to the very bottom of the ‘About’ section of the clubs website and filling in your details.

**Scottish Master Indoor Champs**

John Legget writes

Could I draw attention to the Scottish Masters Indoor track Championships for 2013? They will be held in the new Emirates Stadium in Glasgow next to Sir Chris Hoy Veledrome which is next to Celtic Park.

This is the venue for Commonwealth Games in 2014.

I've been assured the track is a lot better than the Kelvin Hall with hydraulic bankings. Closing date for entries is 27th January event is 10th February and is for over 35s. For younger members 19th January sees an National Open event, entries close 4th January 9th February has National Combined events as well as 3000m Championships

Why not give it a try?

**Scott Fraser’s Kenya Adventure**

Martin Hyman writes

Scott showed talent as a distance runner from his early teens. He won the Scottish and British Junior Hill Running Championships on a number of occasions. He is exceptionally well organised and a leading exponent of the three stage pathway to success:

* Set yourself goals.
* Plan the best way to achieve the goals.
* Carry out the plan relentlessly.

Scott decided to try orienteering, after enjoying the navigation exercise at a winter hill running training camp at Wanlockhead. He lived in a large council estate at Mayfield and was one of only three in his year at school to go to university. The other two dropped out in the first term. Scott graduated with honours and then moved to Sweden, the home of orienteering. Scott became a world-class orienteer and finished fourth in a World Championship.

In 2011 Scott decided that, whilst continuing his orienteering, he would also aim to represent Scotland at 10000m in the 2014 Commonwealth Games. He drew up his plans. Since he had never run 10k he entered an evening open meeting in Stockholm. He had not had time to prepare for this, but was very well paced for more than half way by Iain Donnan (A Life Member of LRC who has run 13.53 for 5k) Scott finished in 30.15. His next attempt was in the Swedish Champs in August 2012. No one wanted to lead, although there were some fast Africans in the field. Scott had to set the pace and finished third in 29.37. His next 10k will be in California in April.

Meantime Scott is preparing assiduously. He is training at altitude in Kenya for four or five weeks. (See his first report below.) Before catching a plane on December 11th he did a short session of rep. miles on the track, starting every 7 minutes: 4:39 - 4:38 - 4:37 - 4:23. He said that he was not pushing himself! The first three were in trainers and all were faster than I could ever have done in training.

Scott will run in the “National” Cross-country in Calendar Park Falkirk on February 23rd. He will arrive on Wednesday 20th and go straight to recce the course. It would be really good if there were lots of other blue vests racing there.

Scott’s email, sent 20/12/12

**Hello from Kenya**

That’s me been in Iten for one week now. I have a attached my training log from 9th December, if you’re interested.

*(Some athletes train too hard at training camps and this is especially dangerous at altitude where oxygen is scarce. Iten is nearly twice as high as Ben Nevis, so Scott is using a heart monitor and other tests, to check that he does not overdo it.)*

In short I seem to have adapted to quite well to the altitude. I think it helps coming here with a good base of training behind me and not too fatigued from training. Nevertheless I took the first week relatively easy to be sure but I found myself recovering quite fast from the easy runs, so have been training twice per day no problem. I think the fact I am doing nothing but running and now running at 6am and 4pm I am getting plenty recovery between them. I did 15x1min this morning on the undulating trails – it felt tough but it was OK (the run in the afternoon was my lowest average Heart Rate).

We are living in Kenyan accommodation (next door to Linet Masai) which costs €80/month (Kenyans pay €20). We have a cook who makes us 2 hot meals a day and she costs €70 for the month. We pay for the food but she buys all the local fresh produce and gets all Kenyan prices (if we go we would probably get charged double). I am also getting sports massage (€4 for 80mins). This way we are avoiding the very expensive altitude training centre where all the Europeans go (€35/day) and we are meeting all the locals - every morning I go to my Kenyan friend Meshak for Kenyan tea and some yugali and listen to the local Kenyan gospel/reggae music. Meshka is 28:50 10k runner and he makes good training company! On Saturday I have been invited to his brother’s wedding near the border with Uganda which will be interesting! The Kenyans are some of the nicest people I have ever met and their relaxing lifestyle is somewhat like therapy for me away from the busy European lifestyle. No stress. I will show you the photos in February.

The area is very hilly and when it’s raining the mud sticks to the shoes like clay, making them very heavy. Not a problem though, just makes it more relevant for orienteering, but most of the track athletes stay in the gym on these days, so I have the trails to myself, with some Kenyans.

Scott

**Sunday Training at Dechmont Law**

Martin Hyman reports

We are very fortunate to have Dechmont Law park on our doorstep. An extremely attractive area with hills and flat parts, woodland and open land, some of it mown grassland, cinder tracks and grassy footpaths.

Folk have trained there on Sunday mornings since our club began and before. We used to offer coached session for all comers there, but it lapsed under new management, though some seniors have continued to train there. I am planning to revive it, starting on February 4th. Here’s how it will work:

* The session is free, because park is free.
* It is for anyone of any age and standard, though under 8s should be accompanied, till they are confident on their own.
* Some seniors do their own training, usually involving repeat laps of a beautiful, but often muddy, 5k circuit.
* Youngsters join a coached session. The younger ones walk with the aged coach to the chosen start point - usually using the shelter of the woods in the winter. Older ones do a cross-country loop in groups, finishing at the chosen start point. Training usually starts with runs over short laps involving jumping over logs and zig-zagging round trees. There are games which involves skills like starting, time-keeping baton changing and pace judgement.
* The session usually ends with a slightly more formal exercise which may involve interval training over a choice of lap lengths, a repetition relay, or pace judgement laps. Adults are encouraged to join in, after their run. I am anxious that runners of all ages should train together whenever this is practicable, so as to bring harmony to the club.
* Note that I never tell athletes what they must do, except if it involves their safety or that of others in the group. I aim to explain what is available and what is its purpose. Then each athlete can choose whether or not to try it and how many times. Those who opt out can choose to observe, or to help by time-keeping, etc. It sometimes happens that those who opt out soon decide to have a go, and become the most enthusiastic of all.
* The session usually continues regardless of weather, but athletes are advised to bring plenty of warm and waterproof clothing, particularly during the eleven or so months of the Scottish winter.
* Offers of help with running the session will be greatly appreciated.

The traditional meeting time was 10am, so this will be the “default” time. There was a brief try for 10.30 but this was not very popular. However some athletes are in favour of changing to 9.30 so as to leave more of the rest of the day free. I am happy to go with whatever most members prefer.

Please let me know, or tell club captains Sarah Inglis or Scott Nelson.

I end by repeating a poem by a charming young lass called Megan.

But on we ran

 Dressed in hats and scarves and gloves

Off we went to running club

Up and down the Dechmont hill

Everybody felt the chill

The ground covered in snow and ice

None of us even looked twice

The snow lay like cotton wool

The air around us very cool

From the sky down fell the snow

But no one even thought to slow

The cold wind stung our nose

The snow nipped our toes

We told ourselves that we could

And kept on running through the wood

No snow or ice could stop us running

Nothing can stop us from coming

Some people would ask us 'Why?'

We would say that we love to run

Through rain, snow, sleet or sun

**By Megan Balharrie**

**Edel's General Training Tips for January**

* Keep a training diary-it really motivates and inspires. In my diary I always have the distance or time I ran for, what he conditions were like and how I felt.
* Getting an adequate amount of sleep is vital for good health and ensures you are fresh and focussed for training. Deprive yourself of some hours of sleep and you lose out in so many ways. We sleep to rest our bodies and exercise our minds, to practise our breaststroke and perfect our tennis serve, to store what we learned yesterday and recall what happened a decade ago. We sleep to grow taller, slow the ageing process and heal our wounds.

* Train consistently and regularly. Training hard for 2 weeks and then dropping off, rarely achieves the results you are hoping for. **CONSISTENCY IS KEY TO IMPROVEMENT**.
* Don't let the bad weather put you off running. We live in Scotland so we expect variable weather conditions! As Billy Connolly once said 'there is no such thing as bad weather, just the wrong clothing'. Wrap up well before you go out and get out there! You will feel great once the training is over and you will feel satisfied that you didn't allow the weather to beat you.
* Have a training plan and year planner. Plan your races-prioritise the races you really want to do well in and train consistently for them.
* Approach it like a project. Know your start point, an achievable end point and then look at how you can achieve it and on what time scale. Once you have your plan, set smaller goals along the way so you can track your progress. Most importantly, get some advice, whether it’s from an instructor or a fit friend, on how to keep things interesting. Then record how you get on – it helps to show progress.’

**January Coaching Rota:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Session** | **Coaches** |
| **Tues 1st Jan @ 7.55pm *and every Tuesday*** | The MeadowsEdinburgh | Intervals No session on New years day | Martin |
| **Wed 2nd**  **Jan** | ***Meet directly at Fiddlers start*** | FiddlersWinter courseReflective clothing advised |  |
| **Thurs 3 Jan @ 6.50 and every Thursday** | Track @ Craigswood  | Intervals | Steve Cottom |
| **Fri 4th** **Jan** | Track | Main sessionSprintsIntermediate | ScottRitaSaran & Alan |
| **Wed 9th****Jan** | Inveralmond |  Inveralmond Bridge reps | Saran |
| **Fri 11th** **Jan** | Track | 600’sSprintsIntermediate | JimRitaSaran & Alan |
| **Wed 16** **Jan** | Inveralmond | Howden Hills | Edel |
| **Fri 18** **Jan** | Track | Main sessionSprintsIntermediate | ScottRitaSaran  |
| **Wed 23 Jan** | Inveralmond | Civic Centre | Martin |
| **Fri 25th** **Jan** | Track | Main sessionSprintsIntermediate | SusanRitaSaran & Alan |
| **Wed 30 Jan** | Inveralmond | Civic Centre | Martin |