**Calderglen Trail 10k 26th June**

Jo Williams writes

For some unknown reason 23:30 on a Thursday night seemed like a good time to enter Calderglen trail 10k race for the following evening - before you ask, no I hadn’t been drinking! So with my entry in the next morning, when I awoke to rain and grey skies I was already beginning to doubt why I had entered, especially as this was to be my first trail race. However by the time Martin, Edel and Mel came to pick me up for the race the rain had subsided and it was looking like good conditions for the race. Arriving at Calderglen Country Park in plenty of time, Edel suggested that we went to recce several sections of the route so that we were prepared for the race and to help us which trainers to wear for the race - I never travel light and had brought with me road shoes, racers and trail shoes. I’m sure that many of you know that hills and off-road running are not my strong point, and until now I had always avoided this by only entering races that are flat and on the road, so the recce didn’t fill me with confidence and I was seriously doubting why this had seemed such a good idea the night before.But seeing the buffet that was on offer once we had completed the race was a great incentive to compete.

I was keen to get going as there were clouds of midges surrounding us, but it was only a couple of minutes until we the start (I still managed to get bitten about 30 times). The first 1.5 miles were quite crowded as the path was really narrow, and it was very uneven underfoot, but after this the field spread out and I began to enjoy myself. It seemed to take my legs a couple of miles to get going, perhaps this was because I had done a track session the night before, but from mile 3 I started to get going. The race was very different from anything I had done before as there were lots of steps, slippery bridges and a low tree branch to duck under, but the scenery was lovely and it made a change from racing on the road. Martin was stood somewhere around the 5.5 mile point cheering us on and shouting words of encouragement, which helped me to keep focused and not let my pace drop for the last bit of the race. As we had recced the course I knew that after the final short sharp uphill it was 300m downhill to the finish, and I definitely felt relieved to reach the top of this hill as my legs were feeling very tired by this point - luckily I still had enough energy left for a sprint finish for the last 300m and managed to finish the race in just under 45 minutes.

Well done to all of the Lothian Runners who took part, especially Edel for coming first female, and thanks to Martin for giving us a lift there and cheering us on during the race. It was a great race with low entry fees, good prize list, lovely scenery and surroundings, and a huge post-run buffet so it would be great to see more Lothian runners there next year - despite the midges, steps and hills I will definitely be taking part again next year (although some practice of running up and down steps is definitely needed)!

**A few upcoming Races to consider in August**

Here are some races coming up in August (including club championship races) to think about:

**Remember to wear your Lothian running vest and do us proud!** Vests can be purchased from Dave Berrill. Contact Dave on: davidberrill@lothianrunningclub.co.uk

We also recommend our members to join Scottish Athletics and save money on race entry fees.

**Balmullo Trail Race at Thursday 8th August , 7.30pm**

Mid-week race organised by Fife Athletic Club. There will be no individual race prizes at this race. For more information, see link

<http://www.fifeac.org/events/fife-ac-events/balmullo-trail-race.html>

**Haddington Half Marathon- Saturday 10th August at 2pm**

This is a very scenic, undulating route with a sharp hill at 0.25 miles, a long hill at 3.5 miles, a sharp hill at 7 and 9.5 miles. There are long flat sections. Although the course is described as undulating it boasts one of the fastest times in the country with a course record of 63 min 31 sec. Registration opens at 12:00pm on the day. Race Numbers can be collected from the registration tent. Limited entries will be accepted on the day with an additional £2 fee.

**Forth Road Bridge Sunday 11th August (CLUB CHAMPIONSHIP RACE)**

The course follows an undulating route through North Queensferry and down to Jamestown where you will now encounter an "out and back" section off approximately 600m, before heading out over the Eastern walkway of the Bridge. The course then heads down the service road that heads under the bridge emerging on the West walkway whereby you head North back across the bridge to finish at the Fife Bridgehead. Advised to enter early as no entries on the day!

**Nigel Barge 10km, Saturday 17th August at 11am.**

The race takes place in Garscube Estate and surrounding roads.

*Registration:*Registration, number pick up and changing facilities (toilets and showers) will be available at Garscube Estate Sports facility. Parking is available.

*Entry Fees:*SAL Registered £8, Others £10. Entry on day may be available if places remain. Postal entries are accepted. Entry forms available at <http://www.maryhillharriers.com/showraces.php?fid=61>

This year we will again be hosting **a 3K Junior Race** starting at 12.30pm for those aged 9-15.(Entry to the junior race is on-the-day only and shall cost £1.)

**Forfar 10km, Sunday 18th August at 11am**

Lovely road race and the weather always appears to be good on the day!

Lothian Ladies have won team prizes in this before. *Online registration will close 1 week before the event, entries will not be available on the day)*. Well recommended.

**Livingston open meeting Wed 21st August, 7pm ,Craigswood track**

<http://www.livingstonac.com/entry.php?fid=1755>

**Perth 10k road race, Sunday 25th August, 11am**

Entry is available through Entry Central and costs £10 for Scottish Athletics members and £12 for non-members

To celebrate the 30th Anniversary of this race, we will be using the original route from 1983 which starts and finishes at the North Inch and follows the riverside path into North Muirton and back along Bute Drive then Gowans Terrace before returning onto the path by the Golf Course then onto the Inch and a race to the finish. The course is flat and offers a good chance of a PB.

**Melrose (Borders) 13.1k, Sunday 25th August at 11am**

The Race started from the old railway station in Melrose, then round the base of the Eildon Hills via Bowden. It was pretty tough with some nasty climbs and fast descents. The race was low key but very friendly and there was a sumptuous buffet afterwards. Limit of 100 so get in quick!

Also Edinburgh (Cramond) and Falkirk park (Callander park) 5k races are available every Saturday at 9.30am (Plus these park runs are **CLUB CHAMPIONSHIP RACES UNTIL END OF SEPTEMBER)**

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

* Never ever ever slow down coming up to the finish line. Run at full speed past the line and then slow down. Many a runner has been pipped to the post because of slowing down!
* Never look behind you in a race, you could fall and it also gives the following competitor encouragement.
* Share transport when going to races- brings about camaraderie, saves the environment and reduces our carbon footprint.

**Reminder**- **Club Championship Races** are coming to a close at the end of September. There is still time to complete 5 races to be with a chance for prizes.

**Suggestion from Edel- Club Ladies Team Captain Needed**

With Sarah Inglis (our previous and very popular Ladies Captain) leaving for new pastures to British Columbia, we need to appoint a New Ladies captain*.*  I would be happy to take on the role of Ladies Captain until the next AGM in November.

As always, it's good to have new blood taking over roles so to all you Lothian Ladies, think about this role for November.

It is always nicer to go to races with other team members and to share transport.

Putting on the Lothian Vests brings about camaraderie and unity. I saw this at the Calderglen 10k trail race where Jo, Mel, Shona, Paul, me and Finlay all proudly showed our unity and did our club proud.

If there are any specific races that you are thinking of going to, make sure you find out who else is interested as well. We have lots of new membersand really good Vets and Senior Runners who can easily pick up prizes at races. Even if we don't win prizes, it still brings about more fun and friendship when there are lots of us running.

**Athlete Profile**

Name: Louise Kerr

Age: 15

 Inveralmond Community High School

What made you decide to start training at Lothian Running Club?

 Because my friends went and said it was good.

 Favourite training and/or competing event and why?

 Sprinting. It takes a lot of training and commitment to beat your PB.

Favourite healthy food?

Pasta.

Favourite pig-out food?

Pizza.

Favourite music?

The Script.

 Tell us an interesting fact about yourself?

I own a snake.

People who inspire you and why?

Jessica Ennis because she is a great athlete.

**The Sun God shines on Round Arran Relay**

Edel Mooney writes

Six Lothian Club Members travelled to Arran to do the 'Round Arran Relay'. Even though it was a much smaller number of athletes compared with previous years, it nonetheless, did not deter the enthusiasm and fun on a small island full of picturesque scenery, variety and heritage.  
  
It was an early start for Mags, Jim, Jocelyn, Dave, Lana and Edel as they had to get the 7am bus from St. Margaret's Academy. Everyone was there on time and it wasn't long before we pulled into Morrison's supermarket in Ardrossan to get the usual breakfast deal. We got on the ferry with full bellies and happy hearts as the clouds were lifting and it looked like it was going to be a scorcher...the weather didn't disappoint...it was a whopping 27 degrees of full-on sunshine...  
  
The ferry ride over to Arran was lovely and refreshing, taking just under the hour. We received our race numbers on the boat and even picked up another runner to complete a full mixed Lothian team.  
  
Lana, Jocelyn, Edel, Dave and Jim all enjoyed their legs and had plenty to chat about when it was all over.  Everyone that ran had some kind of challenge, whether it was hills, distance, competition or heat.  Even though we were delighted to have such good weather, it didn't exactly help in the race!  
  
Before the race, Jim's legs were as white as an albino as he put on his factor 30. Lana was somewhat apprehensive because her section would be the longest distance she has ever run but once that whistle went, she took it all in her stride. Jocelyn Beetroot Moar, who was already badly burnt by the sun was extra vigilant with the suncream. Dave lost his towel at the race headquarters and even though it was an old towel,  never tired of telling us about this and even went looking for it afterwards).  
  
Superwoman Mags (we call her this because she drove the bus, bought the ferry tickets, took us here there and everywhere, looked after our possessions, fed, watered and supported us throughout  the whole weekend) was on hand to sort us out. The only pressure we had was to get on the RIGHT bus and get to our correct start points...something Lothian runners had got wrong on previous occasions. None of us wanted to be the person who got lost or got on the wrong bus and did the wrong leg!  
  
After the race we went for a lovely meal at the Douglas Hotel (thoroughly recommended with a 10% race discount)..we all ordered fish and chips....how creative and original of us. At this stage, Lana and Jim were becoming sullen because they had to get the ferry back that evening to work the next day. The rest of us teased them about the good things we had planned for the next day and what they were going to miss.  After waving goodbye to them at the pier, the remaining three runners (Mags, Edel & Jocelyn) headed back to their camp site where they cackled till dusk.  Dave took the easy option and settled for a B&B for the night.  
  
Camping at Lamlash allowed us to chill out in the evening time. In the middle of the night we were properly entertained by some guy next door shouting obscenities to another guy to tell him to keep his dog quiet. Luckily this didn't go on for too long but we found out the next day that they got their eviction orders as they were both packing as we left the camp-site.  
  
Sunday  
  
Jocelyn and Edel went for a chilled out Sunday morning run cross country around Lamlash....Showers in the campsite were good and after a hearty breakfast, they headed over to Holy Isle with Mags and Dave. What a lovely surprise this island turned out to be...We saw Eriskay ponies, soay sheep and visited the hermit-cave of a 6th century Monk, a painted rock sculpture and an ancient healing spring...Mags splashed her knees with the water hoping that it might cure them so she can run again.  A guide informed us that there were women on the island that were in retreat for four years....yes FOUR years without making contact with anyone from the outside world...bizarre...none of us thought we could cope with that. You couldn't get us to shut up for four minutes let alone four years!  
  
The final hour before home time was spent shopping in Brodick, much to Dave's dismay, who went off looking for his towel instead. The girls (Mags, Edel & Jocelyn), visited  the chocolate shop (as it just happened to be on the way back-no way did we seek it out, I swear). At the end of the shopping spree, there were shopping bags from all of them....no surprise there then.  
  
We had an absolutely lovely relaxing adventurous weekend treat in Arran and I strongly recommend it to anyone interested for next year's Round Arran Relay.

**Donkey Brae July 28th**

Jocelyn Moar writes

It was looking to be more of a 7 mile swim than a run as Brian Reid collected me and we started heading through to Aberdour for the Donkey Brae race. I feel it’s justified to consider yourself a ‘runner’ when you don’t reconsider spending your Sunday morning getting voluntarily soaked running through flood force rain… unless of course your Brian and you just don’t want to lose your £8 entry fee. Brian very kindly drove me through early so I could sort my entry on the day. I was to run in Edels number as she was unable to race and so I ensured the organisers were clear on the fact I was indeed Jocelyn Moar… not Edel Mooney.

As it drew nearer 1pm and all the runners began to arrive it became apparent that Lothian were out in force... a sea of blue vests!! Paul Young, Stephen Malcolm, Jim Alexander, Brian Reid, Mike Lieberman, Suzie Hannah, Shona Young, Mel Zobel and Jill Horsburgh all turned out for the event. After collecting our numbers we headed back to the car for some cover before it was time for a warm up. We got back to the car park and found Mike Lieberman had just arrived, bringing with him his dedicated family for a day of spectating and a good soaking. A special mention must go to his son Nick who had no option but to run on such a fine day having been gifted 3 race entries from his Father as his birthday present. Thanks Dad.

The rain dried up nicely for the race leaving us just a refreshing drizzle to run through. The trails of the race had suffered from the rain and we enjoyed splashing our way through the mud. The final hill was the famous donkey brae steps, actually a welcome sight as you know you are in your last mile. Back over the muddy playing fields for the finishing stretch, and it was a fear of everyone that they may take out a few fellow competitors with an accidental sliding tackle in the final turn home.

Despite my efforts collecting my number in the morning, as I cross the finish line I hear the commentator call out ‘Edel Mooney’ …so Edel if this gets recorded as your worst race time ever then I’m sorry! The soggy conditions didn’t appear to have a negative effect on anyone as everyone came home with happy/relieved faces and race times inside what they had wished for. As the finishers began to gather, and with so many Lothian runners out Mikey spied the opportunity of a team photo.

The Aberdour festival tent provided a welcome selection of post-race goodies... Brian munched his way through a table of chocolate éclairs with his tea, I spent a lot of time hovering by the table offering tasters of delicious assorted flavoured fudge, Nick headed for a beer, whilst Mikey headed off to seek out an ‘Arbroath Smokey’… I watched with intrigue as it appeared from the cloth covered smoky barrel…

A great afternoon, a perfect mixture of trails and road, well organised with great support from marshals. Definitely one for the race diary next year folks ☺

**Northumberland Coastal Race**

Mike Lieberman writes

We’ve been visiting Northumberland regularly since 1984, often to include the Coastal Run organised by Alnwick Harriers. This year is only the second time that the whole of our holiday had been blessed with warm sunshine every day, so waking up to a sea mist on the day of the race was unusually welcome. The mist did clear quite quickly but it was enough to take the edge off the heat. Janey had talked me into buying one of these adjustable, wicking hats that contain cooling crystals - I’d never heard of them either but it actually worked!

The race is a point to point from Beadnell to Alnmouth, 14 miles of beaches, coastal paths and very quiet seaside roads. It is an incredibly beautiful run including, in my opinion, some of the most stunning coastal scenery in Britain, in fact it’s the only race I know where runners stop to take photos.

At the start on Beadnell beach I bumped into former Lothian runner Dave Bathgate resplendent in a St Andrews Cross vest and Alistair Hindle who is a Tuesday regular at the Meadows. It’s a magnificent start, about a thousand runners heading over the sand, splashing through the shallows, heading for Low-Newton-by-the-sea about two miles away along the beach, where a narrow path can be a bit of a bottleneck. The course is actually quite undulating and this combined with running on sand fairly saps the strength from your legs. There are plenty of water stations and typically of the north-east of England lots of vocal support in the three or four small towns along the way taking your mind off aching limbs.

Janey walks quite a lot of the course and hopes to meet up with friends from Claremont Road Runners who have now become walkers, I passed her on the beach leading to Alnmouth with about two miles to go, she shouted out that she thought I was doing OK but that there were a few ‘old fools’ in front of me. The finish is along a fantastic stretch of beach leading to the picturesque town of Alnmouth, as you near the finish the crowds of friends, family and supporters give this a big race feel and even the most tired of runners seem to get a lift and pick up the pace.

After collecting my race polo shirt, water and banana, I met up with Janey, enjoyed a picnic on the beach then went for a walk around the area, a great end to a really good day. This is a really enjoyable and very popular race, entries are online at midnight on a day in January chosen by Alnwick Harriers so you need to keep an eye on their website. This year they introduced disposable timing chips which were attached to your number, there was no mat at the start only at the finish – a clever way of removing registration queues and saving me about twenty minutes of fussing about where on which shoe I should attach the chip. I was very pleased to finish first of forty MV60s, 186th overall in 1 hour 46 minutes and three seconds.

**Coaching Rota for August**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Session** | **Coaches** |
| *Thurs 1st August and* ***every*** *Thurs thereafter* | Craigswood Track  **6.50 for 7pm start** | Intervals | Steve |
| Friday 2nd August | Craigswood Track  7pm | Intervals  Intermediate  Sprints | Scott  Steve  Rita |
| Sunday 4th August and every Sunday thereafter. | Dechmont Law Car Park.  **9.55 for 10.00am start.**  Free - No facilities.) | Training for a range of ages and abilities.  Minimum age 6.  (Under 8 with parent.) | Martin |
| *Tues 6th August and* ***every*** *Tues thereafter* | The Meadows, Edinburgh  **@ 7.30pm for 7.55 start** | Choice of intervals | Martin |
| *Wed 7th August* | Inverlamond @ 7pm | **Fiddlers Handicap**  Summer course |  |
| *Fri 9th August* | Craigswood Track | Intervals  Intermediate  Sprints | Susan  Steve & Alan  Rita |
| *Wed 14th August* | Inveralmond | **TBC**  **Committee Meeting**  **8.15pm** | Edel |
| *Fri 16th August* | Craigswood track | Intervals  Intermediate  Sprints | Jim  Scott  Rita |
| *Wed 21st August* | Inveralmond | Eliburn Reservoir laps or relay | Martin |
| *Fri 23rd August* | Craigswood Track  Mini Meet for U9’s  (Help needed) | Intervals  Intermediate  Sprints | Susan  Saran  Rita |
| *Wed 28th August* | **Meet @ Livi south station @ 7pm** | Murieston red square trail run flour trail.  Coach led junior run | Saran |
| *Fri 30th August* | Craigswood Track | Intervals  Intermediate  Sprints | Scott  Saran & Alan  Rita |