

Up & Running Lothian Running Club

March 2011
Issue No. 127

<http://www.lothianrunningclub.co.uk/>

Club Support

A big thanks to everyone who has offered their help and support to the club recently. We have a new secretary, Saran Jones and we have a new treasurer in Kenny Mearns. Plus a new team of helpers are focusing on supporting our juniors at track events.

Matt Richardson stood down in January as Treasurer after serving the club so well for several years. I'd like to say thank you to Matt for all his help and support in many areas and wish him good luck in moving to Linlithgow to race and coach. Matt will still coaching at Beecraigs and he's offered to extend his sessions to Lothian.

We've had good turn outs at Wednesday training with nearly 30 people attending. It was also good hear that some of our Introductory group have attended our Sunday session. Tuesday sessions for juniors at West Lothian College is going well. Check out the website for sessions in March.

Finally thank you to everyone who has already paid their membership for 2011, if this is still on your list of things to do then remember you can pay via the Internet [see the website] as well as sending your membership details and payment to Colin Banham.

Kenton

EDINBURGH INDOOR OPEN GRADED MEETING
- SUNDAY 27TH FEBRUARY AT MEADOWBANK
STADIUM INDOOR CONCOURSE

Many congratulations to the 9 Lothian junior athletes who took part in the above event. Those competing were Cara Lawrence, Amy Robertson, Lara Dow, Christopher Fletcher, Taylor Barr, Adam Kirkwood, Grant Kirkwood, Sophie Hollingsworth and Connor Baker. For some of them this was their first experience at competition having only just recently signed up to Lothian and they were a credit to

the club. At time of press the final results were not known but these will be posted on the website when available.

It was wonderful to see 9 bright blue Lothian vests competing closely with athletes from all over Edinburgh and the Lothians and we hope that this will be the first event of many for the juniors over the coming year.

Jane Kirkwood, Coach.

National Road Relays

The National Road Relay Championships are fast approaching and is to be held, once again, in Livingston - which has become the home for this event.

It's a great to be part of the Relays - every runner is equally important and it's an ideal opportunity to cheer on your team mates, both before and after your run.

This year, the race is on Sunday 3rd April; starting at St. Margaret's Academy, with a new start time of 1pm.

The format is alternate three mile and six mile stages. The men's 6-person teams run six stages and the Ladies 4-person teams run four stages.

You don't need to be a "Usain Bolt" to compete and we will enter as many teams as we need to for SA and Club members who wish to run.

This event is open only to runners born before 1st September 1993 (i.e. no U17's, sorry).

You will need to sign up at club training, or email Jim Salvage at jimsalvage@aol.com, before Wed. 16th March.

Note that we have a "Trial" over 5.3km on Wednesday 23rd March, starting from the

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Livingston Inn at 7.30 pm. Although this is not a true trial, it allows you to

familiarise yourself with lit parts of the course and helps us to sort out the teams.

We do not have a formal selection committee but our teams are sorted by whoever meets in the Livingston Inn immediately after this trial.

COACHING MATTERS.

This is the same as February piece, partly because U&R was late out and you may have missed it and partly because the song remains the same. Your club needs more helpers. If you are interested in coaching or helping then please get in touch.

Hello. My name is Colin Meek. I was recently appointed Coaching Coordinator for our club. I'm sure that some of us are familiar to each other and that some of us haven't met. I hope to get to know all of you through time. I'm honoured to be back assisting at the club but there's a lot of work to be done.

We are in the midst of a period of transition. The club needs to be stabilised to ensure appropriate measures are put in place to develop the club for the future. I've used this past month or so to observe, listen, get in touch with people, attend sessions, meetings and learn. The facts are that we have over 200 club members. Around 10% of our athletes regularly compete. Of that 10% there are 3% elite or higher standard club athletes. That means we have approximately 180 athletes doing other things. We are here to help develop all athletes regardless of ability. Everyone deserves equal attention and advice. Let us know how we can help you.

I'm aware that it's never easy when someone new takes over a role within the club. I'm also aware that coaching methods or approach can be misconstrued. I'd like to assure every one of you that my main concerns are solidifying the club's base membership, promoting regular, accountable training sessions, encouraging more people to join our club and attend sessions. I'm here to identify key areas where we can improve.

I'm also keen to establish links between schools, community and our club. New members, especially juniors, are the future and lifeblood of sustaining our club.

Presently we are in turmoil due to the fact that Craigswood track is closed for upgrading. The track won't be opening again until springtime, probably April. Presently we are offering the following sessions (see Sessions in Up & Running) – Tuesday – West Lothian College (9-13 year olds), 6.15-7.45PM, Wednesday – Inveralmond Community High School, Livingston – 7.00-8.15PM, and Sunday – Dechmont Law, Deans, Livingston – Group/Recovery runs, Junior Fun sessions, 10.00AM. We are discussing using the new Craigswood facility (when it eventually opens) on Tuesday and Thursday evenings for training. Now we are aware that tradition states that we have previously trained on Tuesday and Friday evenings, but we firmly believe the best evenings to train are Tuesday and Thursday. Bear in mind this is a proposal and nothing has been decided.

Finally, I'm one person. I cannot and will not attempt to do everything on my own. I really do need your help. It may be that you want to be a coach, an assistant coach, or parent helper. I am, and the other coaches are, here to help you. The same goes for the athletes. Anyone at all requiring advice or assistance please feel free to contact me on contact numbers –

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Mobile 07760230292

ct.meek@btinternet.com

Colin Meek
Coaching Coordinator.

Fife Coast Relay

A few months ago we published a suggestion for a Sunday relay over attractive parts of the Fife coast path.

Val and Martin have now planned in more detail. Anyone of any standard is welcome to join in. If you are interested, please read the details which are attached to this copy of "Up & Running", fill in the reply form and get it to Val, Martin, or me,

as soon as possible. We will get back to you with maps and other details, in due course.

Edel

Shane's Results Roundup

BORDERS XC CATEGORY TITLE FOR KATE

Following Sunday's final race of the 2010-2011 Borders Cross Country Series at Dunbar, Lothian Running Club's Kate Kitchin has emerged as the overall winner in the Female 20-34 category.

This years series was reduced to only four races due to the bad weather at the end of last year.

With your best three runs counting towards a runners overall score Kate had two firsts and a second in her category which gave her the title,

On Sunday at Dunbar she finished 54th overall and 4th female.

CATEGORY WIN FOR HERBIE.

Lothian Running Club's Herbie McLean was a category winner at the inaugural Conic Hill Race at Balmaha, Loch Lomond.

Herbie finished 30th overall of the 66 finishers in a time of 35 minutes 48 seconds which was good enough to clinch him the MV60 title.

CUPAR '5'

David and Carol Mabon were among a big field of just under 300 runners who contested the Cupar 5 Mile Race in Fife on Saturday[26th Feb].

David crossed the finish line in 112th place in 33 minutes 18 seconds with Carol completing in 45 minutes 37 seconds for 273rd.

NATIONAL XC CHAMPIONSHIP 2011

[Callendar Park,Falkirk]

Saturday saw the lowest ever turnout of runners from the club at the National XC Championships.

The highlight of the day was Sarah Inglis' silver medal in Womens Under17/Under-20 Race.

A total of 15 runners contested the races. Somewhat disappointingly there was only one youth runner in action with Bethany Nelson contesting the Girls under-13 race.

There was no under-13 boys or anyone in either of the under-15 or under-17 categories.

At under-20 level Sarah Inglis was the only representative in the Womens race with Max McNeil the sole runner in the Mens.

At Senior Women level Chloe Cox was the first runner from the club home in 39th place, she was followed over the finish line by 65th Jocelyn Moar and 80th Lynne Murray, unfortunately there wasn't enough females to count in the team event.

There was a healthier turnout in the Senior Mens Race with nine runners on show,first home was Ross Milne in 74th place, with the first six to finish counting towards the team competition it saw the Lothian club place 14th.

CARNETHY HILL RACE [12th Feb]

41ST 'TISO CARNETHY 5 HILL RACE

66 & 3MJ Alistair Robertson [1.02.56]

72 David Berrill [1.03.19]

122 John Malcolm [1.08.16]

141 Tosh Brannan [1.09.51]

TEAMS: Lothian RC 13th out of 21.

Category win for Ian in Masters XC.

Club veteran Ian Leggett scored a category win at the Scottish Masters Cross Country Championship in Kirkcaldy on Saturday[5th

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Feb].

Running in the Over 60's race Ian placed 7th overall which was good enough to place him 1st in the MV70 category.
A total of 17 runners contested the race.

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Coaching Rota

Day/Date	Session/Venue	Coaches
Tuesday 1 st March	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 2 nd March	Inveralmond Community High School. Fiddler's Handicap. 7.00PM	Stuart, Colin
Sunday 6 th March	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	Jane, Susan
Tuesday 8 th March	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 9 th March	Inveralmond Community High School, Livingston. 7.00PM. Howden Park Interval Session.	Colin
Sunday 13 th March	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	TBC
Tuesday 15 th March	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 16 th March	Inveralmond Community High School, Livingston. Field Reps. 7.00PM	Colin
Sunday 20 th March	Dechmont Law, Deans, Livingston. Junior Session, Group/Recovery Runs 10.00AM	TBC
Tuesday 22 nd March	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 23 rd March	Inveralmond Community High School. 6/4 Stage relay course run. 7.00PM	Murray, Colin
Sunday 27 th March	Beecraigs, 10.30AM Junior sessions, Group/ Recovery Runs	Matt
Tuesday 29 th March	West Lothian College Run/Jumps/Throws 6.15-7.45PM (9-13 year olds)	Jane, Colin, Murray
Wednesday 30 th March	Inveralmond Community High School. 7.00PM Civic Centre Relays.	Colin

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Lothian Club Cross-Country Champs 2010-2011

If you are first of our runners to finish in a race, you score one point. If you are fifth finisher you score 5 points. The club champion is the runner with the *lowest* total for their best 3 races.

The tables below and overleaf show the positions of the athletes who have competed for us in one or more of the listed races this season.

The last column shows the scores and positions of those who have scored in three or more races.

Name	Stirling Oct 16th (u11 up)	Broxburn Nov 20th (u11 up)	E Dist Champs Living ston Jan 15th (u11 up)	Cupar Vets Champs 5th Feb	National 20st Feb Falkirk (u11 up)	Total best
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Girls U 11 (best 2 to count)

Amy Lickley	<u>1</u>	<u>1</u>	<u>2</u>	N/A	N/A	4
N. Gilmor			1	N/A	N/A	

Girls U 13

Bethany.Nelson	<u>1</u>	<u>1</u>	<u>1</u>	N/A	1	3
H.Shanley	2			N/A		

Girls U 15

K. Greig	1	1		N/A		
N.Kellock	2	3		N/A		
A.Horsburgh	3	4		N/A		
M.McLaughlin	4			N/A		
N. Arbuckle		2		N/A		
Lauren Arbuckle			1			

Junior Women (Under 20)

Sarah Inglis (U20)	<u>1</u>		<u>1</u>	N/A	<u>1</u>	3
Mhairi Inglis(U20)	2		2	N/A		

Senior Women

Jocelyn Moar	<u>1</u>	<u>2</u>		N/A	<u>2</u>	5
Edel Mooney		1		N/A		
Chloe Cox			1	N/A	1	

Vet Women

Sarah.Jones (F45)	1		2			
Jill Horsburgh (F50)	2	3				
L.Galloway (V)	3	2				
Lynne Murray(V)		1	1		1	3

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Name	Stirling Oct 16 th (u11 up)	Broxburn Nov 20 th (u11 up)	E Dist Champs Living ston Jan 15 th (u11 up)	Cupar Vets Champs 5 th Feb	National 20 st Feb Falkirk (u11 up)	Total best
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Boys U 11

Andrew.Lickley	<u>1</u>	<u>2</u>	<u>1</u>	N/A	N/A	4
N.Gilmore	2	1		N/A	N/A	
R.Cullen	3	3		N/A	N/A	
A.Lamb	4			N/A	N/A	

Boys U 13

Sam Jones	1		1	N/A		
A.Brady	2			N/A		
Duncan Kuwall		1		N/A		
Iain Horsburgh			2	N/A		
James ackland			3			

Boys U 20 (Junior)

Robert Inglis	1			N/A		
Max McNeill (U20)	2	1		N/A	1	
Alastair Robertson (U20)	3	2		N/A		

Senior Men

Colin Partridge	1			N/A		
M. McNeil		2		N/A		
John Malcolm(V35)		4	2	N/A		
Ross Milne (V35)		<u>1</u>	<u>1</u>		<u>1</u>	3
colin Partridge		3			2	

Vet Men

Ben Hartman	<u>1</u>	<u>1</u>			<u>1</u>	3
Alan McIntosh (M45)	<u>2</u>	7	<u>6</u>		<u>5</u>	13
Kenny.Mearns (50)	<u>3</u>	9	10	<u>5</u>	<u>8</u>	16
M.Kassyk (V)	4	11				
James Alexander (M45)		<u>10</u>	11	<u>6</u>	<u>7</u>	23
Scott Nelson (M40)		<u>3</u>	4	<u>3</u>	<u>3</u>	9
Matt Richardson (M40)		6				
Ian Leggett (M70)			<u>9</u>	<u>1</u>	<u>6</u>	16
Robin Galloway		2				
Graham Ackland(45)			<u>2</u>	<u>1</u>	<u>2</u>	5
Colin Eades(M40)		5	5			
Robin Morris(60)		<u>8</u>	<u>8</u>	<u>4</u>		20
Kenton Jones(45)		<u>4</u>	<u>3</u>	<u>2</u>	4	9

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Alaster Robertson			1			
Alec Agnew			7			

Fife Coast Relay Route

St	Details	Start / Access	Going
1	Dysart to East Wemyss 4 miles	Public CP. Grid Ref 302 928 Turn right off Kirkcaldy - Largo Road A955 on to Dysart West Quality Street. Follow signs to Harbourmaster House / Visitor Centre / Coffee.	Mainly very pleasant
2	East Wemyss to Lower Largo 7.5 miles	Park at GR 341 968 Turn right off A955 in East Wemyss and follow winding road to public car park in East Wemyss.	First mile fine. Then 3 miles on road. Last 3 miles mostly pleasant.
3	Lower Largo to Elie 9 miles	Start at GR 417 025 Access from A915. At east end of Lundin Links turn right down Harbour Wynd just before Mercury Classic Cars, (signposted "Lower Largo ½ mile"). Free CP on left. Short walk down to harbour. 2 good pubs. Railway Inn recommended.	Attractive Very winding on bays and headlands. Cliff-top path section. Last mile through Elie. Beach option depending on tide.
4	Elie to Anstruther 5 miles	Park at GR 495 997 (Public car part east of town and harbour. Toilets)	Mostly attractive paths. Road sections at St Monans, Pittenwean and Anstruther
5	Anstruther to Crail 5 miles	Park at GR 569 034 (pay car park by harbour)	Mostly attractive paths. Short road section at start of last mile.
6	Crail to Kingsbarns 5 miles	Park at GR 620 078 Where A917 turns right angle left in Crail, go straight on down Blacomie Rd for ¼ mile to Blacomie Links Hotel. Turn right down Warsea Rd. Room to park 3-4 cars at road end, by Roomie Harbour. Otherwise park on side of road.	Brilliant section round headland
7	Kingsbarns to Boarhills 4 miles	Park at GR 602 124 Turn right off A917 at start of Kingsbarns. Follow Sea Road ¾ mile to public car park / toilets.	Follows coast for 2 miles. Heads inland on woodland path alongside Kenly Water. Last mile on farm tracks.
8	Boarhills to St. Andrews 4miles	Start at GR 566 143 This is a massive barn. No CP. Where A917 turns right angle left, go straight on into and through Boarhills. Park neatly before road degenerates into farm track. Do not obstruct. Walk on a short distance to changeover. <i>In St Andrews supporters turn right off A 917 just after crossing river, keeping abbey walls on left. Several parking places. Walk on to harbour footbridge, where the run finishes.</i>	Brilliant situations. Sections of rough / boulders / overgrown / steep slopes. Last ½ mile flat by East Sands Finish GR515 166 on footbridge by harbour. Note. Supporters are recommended to visit the amazing Buddo Rock, one mile after the start of the stage.

Extra Hole	"The Tavern" in the village of Strathkinnes GR 478 163. This is 4 miles due west of St Andrews. Parking is very limited but there is a large CP 200m to the west.
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The Grid references refer to OS 1:50,000 sheet 59 or 1:25,000 sheets 367 & 371

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Fife Coast Relay Info

This is Not a Race. Just a social Sunday event to encourage you to explore and get lost, in an attractive part of Scotland.

We suggest 8 stages of 4-9 miles, so that less experienced runners will not be daunted. However runners can elect to run two or more legs, consecutively or intermittently.

Hence a team could consist of anything from four double stage runners, to 8 single stage runners (more still if some chose to run in pairs) You are welcome to make up teams for yourselves or to enter individually and we will allocate individuals to teams. Perhaps you would prefer just one big team with multiple runners on each stage. Supporters would be welcome to set off early and walk a stage.

Overleaf are some details of the suggested stages. We plan to issue a marked map in due course. The course covers less than 50 miles. The whole path is over 80 and is being extended further still. It is way-marked at every turn, but you need to keep a sharp eye out.

If you are short of time you could run an early stage and go home. Or you can follow the whole event and perhaps celebrate with a social meal at the "Extra Hole".

Proposed Dates are May 15th or 22nd.

We need to know your preference. So far there is a roughly equal split.

Organisers

Edel Mooney 01506 438010 edelmooney75@hotmail.com

Val Dempsey 0131 336 3973 dempseyvalerie@yahoo.co.uk

Martin Hyman 01506 412322 martinhyman@clara.co.uk

✂ -----

Please complete this slip and hand it to one of above, as soon as possible.

Name		Tel	
------	--	-----	--

Email	
-------	--

Preferred Date (Tick one or both)	May 15 th	<input type="checkbox"/>	May 22 nd	<input type="checkbox"/>
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Preferred start time	9 am	<input type="checkbox"/>	10am	<input type="checkbox"/>	Other	
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Could you help with transport?	
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Single or multiple leg?

Prefer separate teams or one big team with multiple runners per leg ?

Are you likely to visit the “extra hole”?

Anything
else?