***President’s Statement***.

Words are easy to write. It’s harder to write something potent and true that encompasses all our club members. There is no denying that we have been through a testing time recently. I write on behalf of LRC’s new committee and I state categorically that we will strive to bring harmony and unity to our club with the aim of becoming a force to be reckoned with within Scottish athletics.

As we approach another new year our objectives are – ***Total Inclusion***, ***Maximum*** ***Participation*** and a ***Realistic Level of Competition*** for all our members, to **Promote** our club in a positive manner, **Retain** membership, **Recruit** new members, ***Encourage*** more parents to become involved in the running of the club, **Work** on a club development plan for the future, **Establish** links between schools and communities, **Support** members wishing to progress as coaches, **Consolidate** good relations, and liaise, with SAL, Uk:Athletics, West Lothian Council and West Lothian Leisure, and to bring ***transparency*** and ***accountability*** to all our membership. We are after all here to represent all our members. This includes ***coaching education*** and ***athlete development*** (all ages and level of ability) ***training*** ***sessions,*** and ***club management***. If you harbour a desire to attain a personal goal then we will endeavour to assist, advise and encourage. That is our remit.

We are a relatively new committee. We have Kenny Mearns (Treasurer) and Colin Banham (Membership Secretary) continuing in their posts. Saran Jones is our new Coaching Co-Ordinator, Vanessa Anderson as Secretary, Shona Young as Minutes Secretary, David Berrill/Colin Partridge (Joint Men’s Team Captain), Sarah Inglis (Women’s Team Captain), Ted Finch and Kenton Jones (Committee Members). Our aim is to be receptive and work together as a team.

This is an exciting time for athletics. We have the Olympic Games in London next year and the Commonwealth Games in Scotland in 2014. This is a splendid opportunity to focus on our sport, on a healthier life-style, and putting Lothian Running Club to the fore. It was Nelson Mandela who wrote, ‘***Alone I can go*** ***quickly, together we can go far***.’ I believe Lothian Running Club is in it for the long run. So together let’s see how far we can go and how successful we can become.

Colin Meek

Club President.

**Aberdeen**

Only seven Lothian Running Club members made the journey North on Saturday for the Scottish Athletics East District Cross-Country Championships held within the Aberdeen University Playing Fields at Balgownie.
The club had four runners in the 9.7km Senior/Junior Men’s Race and three in the 6.5km Senior/Junior Women’s Race.

**SENIOR/JUNIOR MEN**27 Ross Milne [34.27].
28 & 5th J Max McNeil[34.29]
108 Richard Docherty [44.10]
126 Kenny Mearns [49.39.
135 Completed

**SENIOR/JUNIOR WOMEN**
5 Sarah Inglis [24.31]
41 & 9J Lana Turnbull [29.13]
66 & 8F50 Mags Turnbull[34.39]
72 Completed

**EAST DISTRICT XC CHAMPIONSHIP [CLUB ENTRIES]
SATURDAY 10TH DECEMBER [ABERDEEN]**

**Under-15 Girls**309 Bethany Nelson
**SENIOR / JUNIOR WOMEN**114 Sarah Inglis 115 Margaret Turnbull (F50) 116 Lana Turnbull (U20)
**SENIOR / JUNIOR MEN**201 Colin Banham (M60) 202 Kenny Mearns (M50) 203 Scott Nelson (M40) 204 Ross Milne
205 Ian Leggett (M70) 206 Max McNeill (U20) 207 Richard Docherty (M45)

**Sarah’s Race**

Representing Edinburgh University Hares & Hounds, Lothian Running Club’s Sarah Inglis made a welcome return to form at the weekend by leading home 54 runners to win the Women’s category of the Glasgow University 5 mile Road Race.

The race starts in the Garscube Sports Complex on the outskirts of Glasgow, it then follows a 2 lap course around quiet roads with a good balance of flat running and some hilly sections.

Undeterred by the elements, Sarah turned in a resolute performance to cross the finish line in 28 minutes 47 seconds to repel the challenge of nearest pursuers Gemma Rankin[Kilbarchan AC] 29.02 and Lesley Chisholm[Garscube Harriers]29.03.

In the overall mixed male/female classification Sarah finished well up in 16th of the 187 finishers.

 **Coaching/Helping**

Many of you have been supportive towards the Tuesday night Development Squad sessions and have expressed an interest in helping with the development of your child in sport. We, Lothian Running Club, are keen to accommodate the Development Squad juniors into our club. But for that to happen we really need your help. Below I have copied you all into a course being held in Livingston on 28th & 29th January.  Don't fret about the cost - that can be taken care of by the club & local authority subsidies.

There may also be athletes within our midst who would like to gain this award. By gaining the award you will help get the club through this turbulent time. Please consider my request seriously - can you afford to give up one weekend in January to become an assistant coach? Hopefully the answer is yes. We have a rota system in place and you could offer to help as much or as little as you like. We need new blood if we are to continue as a club. There are people at the club who can advise, support or mentor you if required We are trying to develop plans for the club's future. Community clubs depend upon the goodwill of our volunteers. Let's make Lothian Running Club a force to be reckoned with.

 Can you please send your reply to Saran Jones (Coaching Coordinator), Murray Robertson (Assistant Coordinator), Jane Kirkwood (Assistant Coordinator), Colin Banham (Membership Secretary), or myself Colin Meek.

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| **This is a reminder that there are still places available on the following Coach Education Courses**:           Assistant Coach Award – Saturday 28th and Sunday 29th January 2012 at Craigswood Sports Centre, Livingston. Candidates require to be 18 years old plus.  Cost - £150  Full details of all Coach Education Courses across Scotland can be found at this link: <http://www.scottishathletics.org.uk/index.php?p=26>  There are normally support towards costs for courses from Local Authorities.  In addition to this for 16 – 25 year olds full costs can be paid if candidates put time back into Club. For further information please contact Colin Meek. **LRC MEMBERSHIP 2012** Please note membership fees are due from 1st January 2012.  Membership rates are being held at the previous years levels and can be paid by standing order, cheque or cash.  The adult rate is still £15.   |

**Training**

Following the excellent turnout at the recent Cross Country League match at Dechmont Law, the Club have decided to offer structured training, enabling athletes to get the best possible preparation ahead of the National Cross Country Championships to be held at Falkirk in February 2012.

The sessions on a Wednesday will be held at the Civic Centre on the grass to simulate cross country running. It will be periods of 3 – 4 mins of running, followed by 2 – 3 mins of recovery, depending on individual ability. All levels will be catered for. The session will start at 7.15pm, please ensure you do your warm up first so you are prepared to start the session promptly at that time.

Friday sessions will be held at the track at Craigswood (weather permitting) and will consist of between 30 – 70 seconds approximately of running and 2 mins of recovery again dependent on ability.

All you have to do as the athlete is turn up prepared, wearing the correct footwear, and cold weather clothing.

Remember if you are unsure about anything, ask the coach that’s why they are there, to help and offer any advice if you need it.

**New Editor**

First of all, a round of applause for Lesley McGiffen who has done a sterling job, and put in many hours, over the course of 11 years. I’m now in the hot seat, so please contact the hell out of me with any contributions you have. I’d be particularly interested in race reports/ reminiscences, runner profiles or interesting training tips. My apologies for the late appearance of the December issue: January (hard copy) will be a little late owing to local government holidays. I’m also the club’s Welfare Officeer if you have more serious business.

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**Joke**

“We don’t allow faster than light particles in here”, says the barman.

A neutrino walks into a bar.

Training schedule December/early Jan

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Session** | **Coaches** |
| Tues 20th | Meadows |  | Martin |
| Fri 23rd | Track | 250’s | Susan, Colin & Saran |
| Wed 28th | Inveralmond | Civic Centre | Murray, Saran |
| Fri 30th | Track | 350’s | Scott & Saran |
| Wed 4th Jan | Inveralmond | Fiddlers | Murray, Colin & Stuart |
| Fri 6th Jan | Civic Centre (provisional) | TBC | Jane & Saran |

*Wednesdays – Inveralmond 7pm*

*Fridays – Craigswood 7pm*

Map links are provided (as indeed are all details) under the “Training” section of the club’s website:

lothianrunningclub.co.uk