**TIREE 10K 2012**

Peter West reports

For a few years now there’s been a group from the Club going to the Tiree 10k. This year’s race has now been fully advertised and application forms are available from http://www.tireefitness.co.uk/. The date has moved back to its original weekend, Saturday 26th May.

I’ve already had some interest but I’d like confirmation from anyone who is thinking of going. There are 18 places available in total, though this can vary a bit according to the make up of the group. Alan Stevenson House was fully refurbished in 2011 and the rooms are 2 or 3 bedded ones, so the number available would depend on people being able to share. The cost is £31 per person per night, to include dinner, bed and breakfast. You could opt to stay for only 1 night (Saturday) or for 2 nights if you added on Friday, though the Friday night would be B&B only – no dinner provided. You have to organise/share transport which adds cost, including £18.50 return ferry fare. (Taking a car across costs £95.00 return!)

I need to confirm numbers for accommodation, and pay a deposit fairly soon, so if you want to come and do one of the most relaxed, picturesque 10k races around, then let me know as soon as possible, and no later than 10th February. Give me a call (01506) 492088 or email me at peterwest@blueyonder.co.uk

**BORDERS XC SERIES (BERWICK)**

Shane Fenton reports

Ally Robertson and Kenny Lind contested the penultimate meeting in the 2011/12 Borders Cross-Country series at Berwick on Sunday 29th.

Ally finished 8th overall and 3rd in the 16-19 years category with Kenny finishing 53rd.

In the overall classification after six races Robertson is currently in 2nd place in the 16-19 category.. The 7th and final meeting of the series takes place at Norham on Sunday 19th Feb.

DEVILA FOREST 15K & 5K (NEW RACES)

Carnegie Harriers presents the Devilla Forest 15 and Devilla Forest 5, two new trail races through the Devilla Forest near Kincardine.

WHEN: 11am, 26 February 2012

WHERE: Scottish Police College at Tulliallan near Kincardine.

WHAT: The Devilla Forest 15 is 15KM (9.3miles)

 TheDevilla Forest 5 is 5KM (3.1 miles)

 The DF15 follows a relatively flat 15KM circular loop of Devilla Forest,taking in a mix of fire-roads, paths and single track. The route skirts3 lochs and goes through a variety of sheltered woodland. Ground conditions vary from boggy to hardpacked.

 The DF5 follows a similarly flattish 5KM loop around the Moor Loch. Both routes are 99% off-road but suitable for ordinary trainers or trailshoes (although not suitable for spikes). The courses will be fully marshalled and signposted.

 HOW MUCH: The DF15 entry fee is £9.00 (SAL) and £11.00 (non-SAL)

 TheDF5 entry fee is £4.00 (SAL) and £6.00 (non-SAL)

ENTERING: Via the EntryCentral website until 24 February2012, at www.entrycentral.com/index.php

 Limited entry on the day available at a small surcharge

 BENEFITS: Great courses, slick organisation, indoor changing facilities, showers, tea and cakes, generous prize list. The courses follow much of the old trail race, and Carnegie have never run a bad event yet.

**BROXBURN XC**

West Lothian Courier reports

LOTHIAN Running Club ladies team clinched fourth place in the East of Scotland Cross-Country League 2011-2012 series after a finale in Broxburn.

Over 600 athletes of all ages took to the field in West Lothian with Lothian Running Club fielding a total of 30 runners.

The biggest representation was in the Senior/Junior Mens race where 11 lined up.

Max McNeil was first back for the club in 24th place overall and fifth junior, covering the five mile course in 30 minutes and 43 seconds. Ally Robertson followed him home in 55th with Graeme Ackland as the first club veteran over the line in 100th place.

A handful of club members contested the Senior/Junior Women's 3.5 miles race with Sarah Inglis producing a fine run to finish in third place in 21 minutes and 38 seconds.

Lana Turnbull was next to cross the line in 59th and eighth Junior with leading club veteran Jill Horsburgh coming in 66th place.

There were strong performances in the youth age group races too with a fine turn out of six runners from the club lining up for the combined Under 17/Under 15 Girls two miles race in the younger category.

Keri Greig was first home in 11th overall place and fifth at the Under-15. When all the results over the three meetings at Stirling, Livingston and Broxburn had been tallied, it showed the combined Lothian female squad had finished in a marvellous fourth place out of 35 teams. The male contingent also fared well to place 12th out of 36 teams.

Lothian club results from Broxburn are as follows:

Under-11Boys [1 mile]: 56th Robbie Fleming [9.54]. 58 ran.

Under-11 Girls [1 Mile]: 15th L.Anderson [8.56], 20th K.McIntosh [9.09], 30 E.McComisky [10.04]. 35 ran. Under-13 Boys [1.25 miles]: 26th Iain Horsburgh [10.03], 49th S.McDonald [12.16] 50 ran. Under-13 Girls [1.25 miles]: 29th Tara Walsh [11.49], 36th Hannah Stewart [12.53]. 39 ran. Under 17/Under 15 Girls [2 Miles]: 11th and 5u/15 Keri Greig [16.49], 34th and 20u/15 Bethany Nelson [19.42], 43th and 24u/15 Alice Horsburgh [22.58], 44th and 16u/15 Cara McCafferty [23.09], 45th and 17u/15 Kelsie Baird [23.32], 46th and 18u/15 Louise Kerr [23.38]. Senior/Junior Women [3.5 miles]: 3rd Sarah Inglis [21.38], 59th J.Lana Turnbull [27.19], 66th and 28th veteran Jill Horsburgh [28.04], 82nd 38th veteran Shona Young [29.25], 88th and 42nd veteran Mags Turnbull [30.04]. 93 ran. Senior/Junior Men [5 miles]: 24th and 5th Junior Max McNeil [30.43], 55th Ally Robertson [33.10], 100th and 27th veteran Graeme Ackland [35.00], 136th and 44th veteran Richard Docherty [37.18], 147th John Malcolm [37.54], 161st and 61st veteran Kenton Jones [39.07], 188th and 80th veteran Stephen Malcolm [41.01], 197th and 89th veteran Jim Alexander [41.53], 201st and 92nd veteran Kenny Mearns [42.20], 217th and 106th veteran Ian Leggett [44.32], 323rd and 118th veteran Ian Finch[48.17]. 242 ran***.***

**BACK AT CRAIGSWOOD**

We are back at Craigswood on Fridays in February.

Following 6 weeks of training at the Civic Centre, we have decided to move back to Craigswood again.

BUT! We are still not able to train on the track if it is zero degrees or lower. Therefore be mindful of the temperature on Fridays. If it’s close to zero then check the website homepage and / or phone the sports centre on 01506 775870 to make sure the session is going ahead.

A decision will be made at 5pm on whether to go ahead or not, so check after this time.

If the track is closed we will train at the Civic Centre, training will be offered for all age groups. I would have to say that the Civic Centre has seen popular and varied sessions – a tribute to coaches and members.

**GARY BAIRD & RITA BARR**

Colin Meek reports

Congratulations to Gary Baird & Rita Barr on attaining their Level 1 Assistant Coach status in the last weekend in January. We welcome you both to our coaching staff.

**EXCITING STUFF**

Ted Finch is in the throes of trialing a swipe card system for possible use in future Fiddlers events. It would be in essence similar to Parkrun procedures, and has already involved a lot of hard work from the indefatigable Ted. Off topic, but the syntax of whether it should be Fiddler’s, Fiddlers’ or Fiddlers, would baffle a Philadelphia lawyer.

**FEBRUARY TRAINING**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Session** | **Coaches/Helpers** |
| Wed 25th Jan | Inveralmond | Howden Park | Murray, Saran |
| Fri 27th Jan | Civic Centre | Intervals | Susan, Colin, Saran |
| Wed 1st February | Inveralmond | Fiddlers | Murray, Saran, Stuart, Vanessa, Mike |
| Fri 3rd Feb | Craigswood track | Intervals | Jane, Susan, Saran |
| Wed 8th Feb | Inveralmond | Howden Park | Murray, Saran |
| Fri 10th Feb | Craigswood track | Intervals | Jim, Saran, Alan |
| Sunday 12th Feb | Falkirk | XC course | TBC |
| Wed 15th Feb | Inveralmond | Civic Centre | Colin |
| Fri 17th Feb | Craigswood track | Intervals | Scott, Saran |
| Wed 22nd Feb | Inveralmond | Howden Park | Murray, Saran |
| Fri 24th Feb | Craigswood track | Intervals | Jane, Matt, Alan |
| Wed 29th Feb | Inveralmond | Civic Centre | Colin |

Fridays – Craigswood 7pm

Sundays – Dechmont Law Car Park 10am

Last Sunday of month – Beecraigs, Balvormie Car Park 10am

Map links for meeting points for:

Dechmont Law

Beecraigs Country Park

Inveralmond High School

Craigswood Sports Centre