**Arran Relays - Saturday 21st July**

This is a favourite event on the Club calendar. The Round Arran Relay is a 6 stage relay race. Each team comprises 6 runners who will cover stages varying in distance from 7.5miles to 11.5miles. The race starts at Blackwaterfoot and each stage is run as a separate race finishing in Brodick. The overall winners are determined by the total times for each stage. We have a minibus booked and plan to camp on Saturday night (or book your own B&B) returning to West Lothian around 7.30pm on Sunday evening. Spare camping equipment available to borrow. If you don't want to stay over, you can easily return home after the race. The usual format is that Saturday evening we have a nice walk to a local pub for a meal. On the Sunday morning some of us will have an easy run before breakfast or take a walk along the shore. Lots of options before home time: a long trail walk, climb a hill, visit the Castle, shopping etc etc. It is a great weekend and a nice way to meet other Club members.

This year we have only been able to secure 1 team. Although this means we can only have 6 folks in the LRC relay team, there is room for plenty more runners to come along. Some of us are not worried about being in the LRC relay team so this will free up some relay legs. We can either 'double up' or there are ALWAYS other clubs desperate for folks to fill slots in their teams so anyone who wants a run will get one.

Confirmed folks to date are Suzie Hannah, Richard Docherty, Stephen Malcolm, Finlay Slane (Finlay - please contact me, I need your email address to send you info), Teresa & Jim Salvage, Jim Alexander, Mags Turnbull. If I have missed anyone let me know.

So - if anyone fancies it, please get in touch and I'll send you details. This event will be subsidised by Club.

Mags

magsturnbull@hotmail.com

**Kirkintilloch 10K June 14th**

More than 120 runners have already signed up for this year’s Kirkintilloch 10k race. If you have not done so already, we are accepting entries for this fast race held mainly on the flat towpath of the Forth & Clyde Canal. You can enter online through EntryCentral (http://entrycentral.com/index.php?raceID=101080) or use the attached entry form by post.

Entry is only £7 (SAL) of £9 (non-SAL) if pre-entered and entry on the day will be available at +£2.

All finishers will receive a renowned Kirkintilloch Olympians goody bag.

The race starts at 7.30pm.

**Vive la Revolution**

Red Moss Revolution

Pentland Hills Wednesday 20th June 7:30

Hill running ace John Malcolm says: I think this might be the closest hill race to Livingston and it's a really accessible race for anyone wanting to try hill running. Would be great to see a few from the club coming along.... who's in?

Fast running on tracks and footpaths, with one climb up Hare Hill, and steep descent to Greencleuch. Note: the climb up Hare Hill and descent to Greencleuch is the same as for the Pentland skyline route, but rather than climbing Black Hill, the race follows the contouring foot path to West of Black Hill to cross the causeway and return round back of Threipmuir reservoir to finish at Red Moss Car park.

http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0209

**Linlithgow 10K 30th September**

Renewal of this popular end of season event is due in no small measure to the efforts of our (sometime) own Matt Richardson.

RACE DATE

The 20th edition of the Linlithgow 10K Road Race is organised by Linlithgow Athletic Club and will take place at 2.30pm on Sunday 30th September 2012.

RACE START POINT

The race starts in Linlithgow High Street and finishes in the historic Linlithgow Palace Peel area.

RACE NUMBER

Your race number must be collected in Linlithgow on the day of the race, between 12pm – 1.30pm; location to be advised.

NUMBERS ARE NOT TRANSFERABLE.

TRAVEL and PARKING

Linlithgow is a well connected town with access to both M9 and M8 motorways.

Linlithgow railway station is a short walk from the start and finish.

There are several car parks in the town. Examples: (1) The Oracle factory car park - off the Blackness Road to the east of the town. (2) New station overflow car park off the Edinburgh Road to the east of the town (adjacent to cricket club). (3) Long stay car park adjacent to Tesco's. (4) Loch side car parks, accessed from Water Yett and St Ninians Way. (5) Weekend car park behind County Buildings. (6) The Vennel car park at the Cross (charges).

Entries are available through Entrycentral: http://www.entrycentral.com/index.php?raceID=101641

**LT’s 50th Parkrun**

Well done veteran Parkrunner Lana Turnbull: the video says it all:

http://www.youtube.com/watch?v=NzHv5kcwH0E&feature=youtube

Seven Hills of Edinburgh

Every year since 1980, on the 3rd Sunday in June, a few hundred hardy individuals take part in one of the most unusual running events in the country, The Seven Hills of Edinburgh — a combination of road-running, cross-country, hill-running, and urban orienteering... 14 miles in length and with 2200 feet of ascent/descent.

It attracts runners of all ages and all abilities — from the leading distance-runners who get round in 100 minutes, to the more modest performers who may take up to 4 hours. But they all enjoy the satisfaction of completing one of the most scenic and challenging of sporting courses. An event of great character, and with a tremendous friendly atmosphere on the day, it's THE event that everyone — Edinburgh-based or otherwise — should do at least once!

Entrycentral again: https://www.entrycentral.com/index.php?festivalID=null&raceID=101087

THE COURSE: Starting from Calton Hill, entrants are to make their way round the 7 hills of Scotland's capital city on foot, a distance of about 14.2 miles, with about 2200 feet of ascent/descent. Competitors have to find their own route, as the course is not marked, but they must pass through the 6 checkpoints in the following order: The Castle (esplanade); Corstorphine Hill; Craiglockhart Hill (East); Braid Hill; Blackford Hill; and Arthur's Seat… with Calton Hill being the Start and Finish point. Competitors must punch their race-number at each checkpoint.

The RACE: 10.15 am start. The race is for those of reasonable sporting fitness who want to complete the course at a good pace. (Those who can do a half-marathon in 1 hour 40 or less should probably enter The Race rather than The Challenge.) The Race is held under UK Athletics rules, and is a scottishathletics Permit Event.

The CHALLENGE: 9.45 am start. The Challenge is for those who simply wish to complete the course in their own time... running, jogging, perhaps walking some bits. The later checkpoints will be staffed on the basis that competitors will be able to complete the course in no more than 4 hours.

**Newer Training Sessions**

The Tuesday night sessions at Bathgate (Kirkton Park Tennis Courts, 8:05pm) are certainly a big hit. The format is mainly intervals, and Colin assures me he can accommodate all abilities from the active but senile, up to his own level. Tuesday is nicely placed in the week so as to be nicely after weekend exertions, but well in advance of the next bout.

Saran and Kenton have also been organising ad hoc sessions in the Pentlands of a Sunday morning. Again, a wide spectrum of ability is catered for, and lifts are usually available. Saran is [saran.jones@sky.com](mailto:saran.jones@sky.com).

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| **Date** | **Location** | **Session** | **Coaches** |
| **Fri 1st June** | Track @ Craigswood | 400m  Sprints  Intermediate | Scott  Rita  Saran |
| **Tues 5th June @ 8.05pm**  **7.55 pm** | Kirkton Park, Bathgate  Meadows, Edinburgh | Intervals  Intervals | Coach Meek  Martin |
| **Wed 6thJune @ 7pm** | Inveralmond | Fiddlers  Summer course  **Committee Meeting Livi Inn 8.30pm** | Stuart + Vanessa |
| **Fri 8th June**  **@ 7pm** | Track | Station to Station  Sprints  Intermediate | Coach Meek  Jane  Saran |
| **Tues 12th June** | As 5th June |  |  |
| **Wed 13th June** | Inveralmond | Reservoir Laps | Murray & Saran  Gary |
| **Fri 15th June** | Track | 200m  Sprints  Intermediate | Susan &Gary  Rilta  Saran |
| **Tues 19th June** | As 5th June |  |  |
| **Wed 20th**  **June** | Inveralmond | Oakbank | Murray & Saran |
| **Fri 22nd June** | Track | 1 min run, 2 min rest  Sprints  Intermediate  **Coaches Meeting** | Coach Meek  Jane  Saran & Vanessa |
| **Tues 26th June** | As 5th June |  |  |
| **Wed 27th June** | Inveralmond | Group runs | Scott |
| **Fri 29th June** | Track | 400m  Sprints  Intermediate | Jim  Gary  Saran |