**Highland Games Scene**

Outside of the dedicated cognoscenti, the highland games circuit can be easily overlooked. Runners of all ages and abilities compete (events are mostly on handicap), and over a variety of distances. The emphasis is on fun, although hard edged competitors can walk away with their pockets bulging. Entry is typically a week in advance. The website of the Association is shga.co.uk, but our own, indefatigable Shane Fenton is the real fount of knowledge. Shane is on Facebook, and posts regular updates on the club’s FB and web pages. Upcoming events not too far away include:

Kenmore Weds 4th July

Luss Sat 7th

Stirling Sun 8th

Alva Sat 14th

Thornton Sun 15th

Burntisland Mon 16th

Inveraray Tues 17th

Lochearnhead Sat 21st

Airth Sat 28th

**Drymen Run for Romania - Saturday 25th August**

The Drymen 10K is now in its 7th year The race includes both road and forest sections - starting near Drymen Primary School on Old Gartmore Road, it heads towards Milton of Buchanan, then up through the Garadhban Forest and along woodland paths, joining the West Highland Way briefly before coming back on to the road for the final stretch back to Drymen Primary.

Watch the 2011 race a thttp://www.youtube.com/watch?v=SYl6FQ1C6f8

The race has a Scottish Athletics permit and permission from Stirling Council and local police.

Entry fees are held at 2011 rates: £13 (£11 for members of Scottish Athletics) until July 31 and £16 (£14) from August 1. Entrants must be 16 years or over. An online entry form is available http://www.blythswood.org/10k/10k/register.php,

**Junior Fiddlers Revised Format**

Colin Partridge tells me:

As a result of feedback from our junior members, I'm pleased to say that the Junior Fiddlers race this coming Wednesday (July 3rd) will be returning to the original handicaped race format. So the Juniors can once again compete for the title of fiddler of the Month. I'll post a bit more details shortly.

I hope to see as many folk out for both the junior and senior races as possible.

**Forfar 10K 19th August**

The Forfar 10KM is organised by Forfar Road Runners and will take place at 11:00am on Sunday 19th August 2012.

Due to safety concerns we are setting a limit of 350 participants on a first come first served basis. Entry on the day will be available if the limit is not reached by the deadline for pre-entry – 12th August 2012.

Your Running Number must be worn on the front of your vest (and visible when crossing the Finish line), this enables officials to know who you are. Take care not to lose or mutilate your number which is not only contrary to S.A.F. rules but also makes the job of the recorders manning the finish impossible.

The start and assembly area:

The assembly area is at MARKET MUIR, FORFAR, and all participants should be at this point no later than 10:45am, they will be then escorted to the start line. Please line up as per your estimated finishing time, the race will start at 11:00. Changing facilities and showers are available within the new club rooms, follow the signs.

Enter via entrycentral.com

**Musselburgh 10K**

Scott Nelson tells me:

Musselburgh 10km road race 21 July. Good flat well run event and it's got plenty cakes :-) .Enter on line early as it fills up quickly. No entry on the day. Would be good to see a mob of Lothian thru there.

10:30 kick off: enter at q-buster.

**West Highland Way Race**

Lothian Running Club veteran duo Jim Alexander and Alan Robertson spent an exhausting weekend taking part in the gruelling West Highland Way Race.

Essentially the object of the West Highland Way Race is simple. You start at Milngavie Railway Station (7 miles north of Glasgow) at 1am on Saturday & run/jog/walk to Fort William Leisure Centre by noon on the Sunday with 35 hours to cover 95 miles including 14,760ft of ascent.

Both have contested the race before so they knew what was ahead of them. After 27 hours 04 minutes and 21 seconds Alan crossed the finish line in 67th place, Jim followed in 81st in 28 hours 38 minutes 09 seconds, which was a PB by a ‘mere’ 15 minutes.

A total of 173 runners set off from Milngavie at 1am on Saturday, and ultimately 119 finished within the 35-hour race time limit. The larger than usual dropout rate was mainly down to the inclement weather. It rained non-stop for the first 12 hours of the race.

**Donkey Brae Sunday 22nd July**

The Donkey Brae is a 7 miler of what I’ve always considered extreme undulation (steps up from the harbour are featured in the last mile). From Aberdour Silver Sands car park, down along the sea at Dalgety Bay, and back, mainly off road. As it’s part of the Aberdour Festival, a large crowd are there to cheer on at the finish, and burgers available. Always a well attended event: 1pm start and warm weather all but guaranteed:

aberdourfestival.org.uk/donkey-brae

A retired gent generally has his garden hose out at Inchcolme Drive. It’s on top of his stepladder and is set to sprinkle. Bless.

**Tuesday 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.

**Helensburgh Half Marathon**

The 2012 Helensburgh Half Marathon organised by Helensburgh AAC will take place on Sunday 5 August 2012 at 9.30am. The race is also host for the West of Scotland District Half Marathon Championships.

The course is flat and scenic, running alongside the Clyde and the Gareloch – an ideal course for a PB. The race starts and finishes at the Pier Car Park on West Clyde Street in Helensburgh Town Centre. SAF road race approved, permit number: 2414

Entry: helensburghaac.co.uk

**July Coaching Rota**

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| --- | --- | --- | --- |
| **Date** | **Location** | **Session** | **Coaches** |
| **Wed 4thJuly @ 7pm** | Inveralmond | Fiddlers Summer course**Committee Meeting Livi Inn 8.30pm** | Gary |
| **Fri 6th July****@ 7pm** | Track | 2 mins run, 2 mins restSprints Intermediate | ScottAlanSaran |
| **Wed 11th July** | Inveralmond |  Group RunsOnly Junior group coach led | TBC |
| **Fri 13th July** | Track | 300mSprints Intermediate | JimAlanRita |
| **Wed 18th****July** | Inveralmond | Resevoir laps | Saran |
| **Fri 20th July** | Track | 200m Sprints Intermediate**Coaches Meeting** | SusanRitaSaran |
| **Wed 25th July** | Inveralmond | Group runsOnly junior group coach led | TBC |
| **Fri 27th July** | Track | 400mSprints Intermediate | ScottRitaSaran |