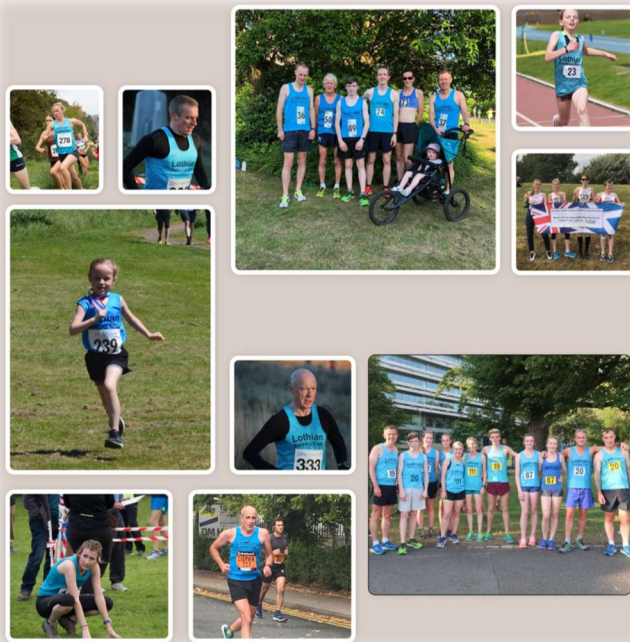




Lothian Running Club

Lothian Running Club Newsletter



Up and Running

Lothian Running Club

Newsletter

March 2019



Lothian Running Club

Headlines

Sarah goes 10th on Scots all-time 10,000 metres

Running in a high-quality Pacific Pursuit 10k race in San Diego, CA. Sarah Inglis ran the 10th fastest track 10,000 metres all time by a female Scot as she crossed the line in 4th place in 32 minutes 36.89 seconds. This was the quickest over the distance by a Scot since May 2017.

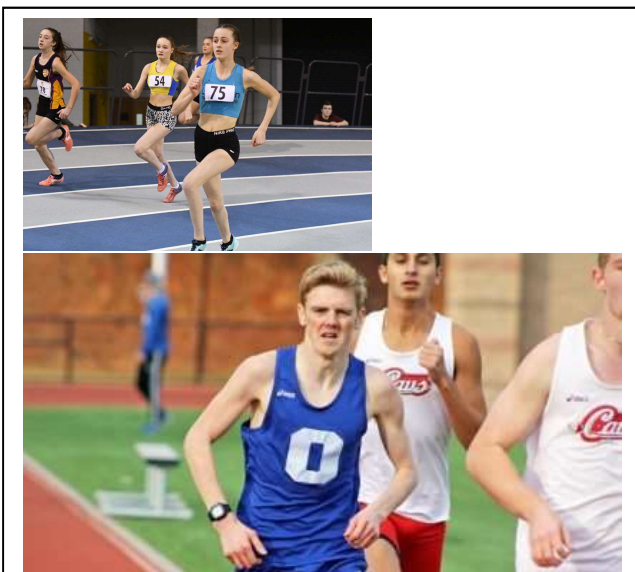
It was also a PB for the Lothian Running Club member with her time almost 2 minutes quicker than her previous best of 34:29.29 set in the Highgate Harriers Night of 10ks meeting at Parliament Hill in 2016.



Hannah makes 'A' final at Scottish School

Hannah Steel was among 40 runners who made up six heats in the Girls Under-16 800 metres at the recent Rotary International Scottish Schools Indoor Championship at the Emirates Arena in Glasgow.

Hannah produced a fine run to place 2nd with her time of 2 minutes 25.58 seconds good enough to qualify her for a place in the 'A' final.



Qualifying Standards for Max

Lothian Running Club's Max McNeil hit the NAIA[A] qualifying standard with a fine run in the 5000 metres at the Pittsburgh State Invitational meeting in Kansas.

Running for Oklahoma City Max finished in 10th place stopping the clock at 14 minutes 55 seconds well inside the required A standard of 15.06.

A fortnight after having achieved the N.A.I.A. 'A' standard over 5000 metres Lothian Running Club's Max McNeil has now acquired a similar standard over 3000 metres with a PB run.

Competing in the Pittsburgh State Indoor Gorilla Classic McNeil, who was running for the Oklahoma City University finished in 8th place in a time of 8 minutes 29.95 seconds which was well inside the A standard time of 8m 40s. His time was also the quickest he has run over the 3000 metres distance, bettering his previous best of 8:35.83 set at a BMC meeting in Glasgow in August 2014.



Lothian Running Club

Headlines

Category win for Ryan in Glasgow 5 Miler

LRC junior athlete Ryan Kirkland was the leading Under-17 in the Glasgow University 5-mile road race at the Garscube Sports Complex.

Ryan completed the course in 28 minutes 48 seconds which also placed him a creditable 25th overall out of 195 finishers.

Club veteran Kenny Mearns also had a good run placing 135th overall and 5th M55 in 38 minutes 29 sec



Category win for Kyle at Devilla Forest

Lothian Running Club duo Kyle Williamson and Brian Lees picked up category prizes in the Carnegie Harriers 15k Devilla Forest Trail Race. The course which starts and finishes within the grounds of Tulliallan Police College attracted almost 550 runners.

There were good performances from LRC runners with Kyle Williamson the leading junior and Brian Lees who was 3rd in the M50 category.

Will Moffat led home the Lothian contingent in 30th place with Christine MacVarish the clubs leading female in 7th place and 5th F40.



Category win for Stewart in Murcia

Lothian Running Club's Stewart Laing enjoyed a good run in the Murcia Marathon in Spain.

Held over a flat, fast circuit Stewart managed to sneak under the 3 hours mark with his time of 2 hours 59 minutes 46 seconds placing him 22nd overall and 1st in the over-50 veteran category.



Lothian Running Club

Headlines

Good weekend for Ryan

Ryan Kirkland was the winner of the Scottish Cycling, running and outdoor pursuits show Dri-athlon on Saturday 2nd March and on Sunday 3rd was 1st place in the Stroke Association 10k



Category win for Kyle at Devilla Forest

Great running today from Lothian RC at the Lasswade 10 miler. results below 25th Will Moffat 66m 78 Secs. 28th Ross Williamson 67m 21 secs. 43rd and first Under 20 Kyle Williamson 69m 11 secs. 57th Sandy Orr wearing LRC vest for first time in 70m 39 secs. 187th Jim Alexander 84m 29 secs. 200th Alan Weir 86m 10 secs. 4th Male team overall Will Moffat Ross Williamson and Kyle Williamson.



Thank You

Huge Thank you to Shane Fenton for collating the results for the club, without them this news letter would be a whole lot harder to compile.





Lothian Running Club

News

Club Shop

We are delighted to announce that our new club shop is now open for business!

Lothian Running Club in partnership with leading sports brand JOMA , FOOTBALL NATION & Scottish Athletics are now able to supply a range of Lothian branded kit, with Club vests also to follow shortly.

The kit features our new club logo, in most cases with a small printed logo on the chest and a larger printed logo across the back of each garment, with a range of matching leggings and shorts available if required.

All items come in sizes from age 8 to adults XXL and can be delivered to your home or collected from The Football Nation shop on Lothian Road, Edinburgh. Due to a stock issue, only one item, in one size is unavailable - the Adult Long sleeve t-shirt in size L.

<https://www.thefootballnation.co.uk/lothian-running-club-sh...>

Every possible effort will be made to ensure orders are met in time for Christmas delivery where the order is placed no later than 11 December 2018. Therefore, don't delay and get orders submitted as soon as possible.

Any problems or questions, please get in touch.



New Identity for the future

Thanks to everyone for the input on changing the Club Badge, this should give the club a better identity, and help us grow and promote ourselves in future.

Lothian Running Club



News

New Event

Edinburgh Landmarks Tour.

Sunday April 7th, 2019

An Urban rat race around Edinburgh visiting some of the iconic landmarks the nation's capital has to offer. Teams of between 1 to 5 people will compete against the clock to visit as many of the 15 checkpoints as possible and returning to the Salisbury arms in under the allotted time of 3 hours.

Runners can also choose to use public transport if they think they will struggle to run for 3 hours which will open the race up to everyone including the juniors

IE a team of 2 adults and up to 3 children can purchase a family day travel ticket for £8:50, they can then run from the start to the castle, then run through the gardens to catch a tram to Murrayfield, run across to the zoo then catch the bus down to the Royal Yacht etc

Competing teams will have to take a selfie of themselves outside each checkpoint to prove they have been there.

Hopefully we will all finish in the beer garden of the Salisbury Arms by 12 where the teams will upload the selfies to the club FB page. The team adjudged to have the best pictures by the attending committee members will be declared the winner and collect their financial rewards.

Timings

08:45 - Safety Brief and Declaration that you're happy to run at your own risk.

08:55 - Final mad panic getting everything ready.

09:00 - Race Start. Outside the Common Wealth Pool

12:00 - Race finish inside the beer garden of the Salisbury Arms.

Entry Fee

Any item of Baby Products, new and unused

IE: Baby Shampoo - Lotion - Oil - Nappies etc which will be donated to the local Edinburgh Food bank situated in Broomhouse.

Checkpoints

Royal Botanical Gardens - Dynamic Earth - Royal Observatory - Edinburgh Castle - Top of Arthurs Seat - Edinburgh Zoo - Scottish National Monument - Any Coffee/Cake shop having cake/coffee/beer/ice cream etc - Royal Yacht Britannia - Murrayfield Stadium - Any church at Holy Corner - Scottish Parliament - Statue of Greyfriars Bobby - St Giles Cathedral - The Grange, Scotland's National Cricket Ground.

Suggested Kit List

Dress to run for the weather conditions on the day

Mobile Phone that takes selfies

Money for Bus tickets Optional

Lothian Buses day Tickets - Adult £4 - Child £2 - Family £8:50

Any questions please feel free to get in touch with me either through Social Media outlets Andrew Corrigan or email me at muddysox@outlook.com.



Lothian Running Club

News

COACH DEVELOPMENT QUALIFICATIONS/WORKSHOPS



Qualifications

Jog Leader

19HJL002	Kirkwall	03 Feb 2019
19CJL001	Grangemouth	09 Feb 2019
19HJL001	Inverness	09 Feb 2019
19WJL001	Motherwell	16 Feb 2019
19WJL002	Kilmarnock	16 Mar 2019
19GJL001	Aberdeen	27 Apr 2019

Coaching Assistant

19EA001	Edinburgh	19/20 Jan 2019
19WA001	Kilmarnock	09/10 Mar 2019
19GA001	Aberdeen	09/10 Mar 2019
19WA002	Glasgow	16/17 Mar 2019
19CA001	Grangemouth	16/17 Mar 2019
19WA003	Motherwell	27/28 Apr 2019

Athletics Coach

19CC001	Grangemouth	16/17 Feb 2019 (Days 1&2), 30/31 March 2019 (Day 3), 25 May 2019 (Day 4 – Assessment)
19WC001	Kilmarnock	16/17 Feb 2019 (Days 1&2), 30/31 March 2019 (Day 3-Grangemouth), 26 May 2019 (Day 4 – Assessment)
19GC001	Aberdeen	2/3 March 2019 (Days 1&2), 30/31 March 2019 (Day 3-Grangemouth), 1 June 2019 (Day 4 – Assessment)

Coach in Running Fitness

19HR001	Aviemore	2/3 Mar 2019 (Days 1&2), 6 April 2019 (Day 3), 2 June 2019 (Day 4 – Assessment)
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Want to be a coach?

<https://www.scottishathletics.org.uk/coaches/qualifications/>

Members, if anyone wants to get involved in coaching at the club, please have a look at the courses available, funding may be available to anyone interested. Please speak to Kirsty if interested

kmcmechan@hotmail.co.uk



Lothian Running Club

Junior Parkrun



West Lothian Council

27 February at 11:36

A wee reminder that the Craigswood junior parkrun will start from this Sunday, 3 March, and will take place every Sunday thereafter from 9.30am. It's a 2k run (jog or walk) for children aged from 4-14 years, held at Xcite, Craigswood Livingston every Sunday morning.

The parkrun is open to all, free, and safe. The course is marshalled so that juniors will be in sight of at least one marshal at all times.

Runners should register via the parkrun web site <https://goo.gl/ksRGRo>

The run is for juniors only. Grown-ups can go with juniors but should not carry them round or encourage them to go faster than they want.

Parents and older juniors are welcome to sign up as volunteers and join in with the fun by contacting craigswoodjuniors@parkrun.com



A parent or guardian accompanies under 11s to and from the event



For children aged 4 to 14

THE JUNIOR PARKRUN CODE



Parents and guardians can take part too



Please pay attention to the pre-run briefing



Respect the park and other park users



Let children walk, jog, hop, skip and run for fun!



No dogs allowed



Only children to enter the finish funnel



No barcode, no time





Lothian Running Club

Memberships

At the Annual General Meeting in November the annual membership fees for 2018 were approved: -

Membership Fees

Senior – £20.00.

Junior (under 21) – £10.

Family (parents and children under 21 at the same address) – £40.

Non-competing / Second Claim membership – £5.

The Membership year runs annually from the 1st of January. New members joining late in the year should contact the membership secretary as a discounted rate may be available. Membership will lapse automatically if not renewed by the end of January the following year.

New Members

Please contact the membership secretary via email, or as at a Training session for an application form.

Membership Renewals

Members are expected to renew their membership by the end of January each year. You can (re)join using the Q-Buster link below or download the LRC-Membership-Form(Word) or (PDF). Please note, that existing members are asked to complete a membership form each year as the information we require may have changed.

Please take your time to read the form which makes reference to the club's Code of Conduct which can also be found in the 'About' section in the club's website,

The information you provide on the form and the way use it is governed by our Privacy Policy

Parents please note the sections that need your signature on behalf of Juniors.

New Members Welcome Pack

Our New Members Welcome Pack contains useful information for New, existing, and Prospective Members.

Ways to pay

There are a number of ways that you can pay this year's membership fee: -

Online. Visit: <https://www.q-buster.co.uk/>

Posting a cheque made payable to Lothian Running Club to the membership secretary **along with the completed form**. The address is detailed on the form. Please do not send cash through the post.

Handing the completed form in at any of our training sessions on Thursday nights together with your cheque or cash.

If you wish to pay the fees directly into the club's bank account, please send an e-mail to the treasurer treasurer@lothianrunningclub.co.uk who can supply you with the Bank Account details. Please complete the renewal form separately.



Lothian Running Club


First Tuesday of the month = Fiddlers Handicap.

This is a monthly handicapped race, round a circuit of just under four miles. The summer course is a lap on scenic riverside paths. The Winter Course is similar, but on lit footpaths and quiet roads. Both have an alternative Short Course which allows beginners and youngsters to run a shorter 2.5K (U11s should be accompanied/have an adult run with them).

The handicap is intended to give all runners an equal chance of winning. Handicaps are calculated each month based on previous times, with weighting towards the most recent. The latest start times list will be published on the website and made available at the start. Entrants who have not run before are given a guestimate handicap based on a recent race performance or can choose to run with a friend.

It is, of course, possible to fiddle an unduly favourable handicap by deliberately running slowly on successive occasions, before making a bid to become Chief Fiddler. Or you could try training. There are no prizes, but the Long and Short course winner hold the Fiddlers Trophy for one month, and then presents it to the winner of the next race.

Meet-up is from 7pm. Parking and start line is beside St Margaret's Academy carpark.



Lothian Running Club

TUESDAY

FIDDLER'S HANDICAP

- Winter course
- Junior Short course
- Meet 7pm
- Park at St Margaret's Academy
- Food Bank donation entry



Lothian Running Club

TUESDAY

- Speed/Endurance focused – aimed at Road Season
- All welcome (Age 13+)
- Meet/Park at Civic Centre (Parkrun finish)
- Additional parking at Livingston FC stadium.
- 6:45pm warm up for 7pm start
- Free session



Lothian Running Club

Training

**Lothian
Running Club**

THURSDAY

- Club Adult & Juniors track night
- Craigswood Sports Centre, Livingston
- 6:45pm warm up for 7pm start
- All welcome

**Lothian
Running Club**

- Junior session
- Dechmont Law
- Park/meet in car park (Behind Deans Community High School).
- 10:30am start.
- Free

SUNDAY



Lothian Running Club



BORDER XC SERIES

Berwick

SENIOR MENS RACE

29 David Eades 26.25

Scottish Athletics Indoor League

Emirates Arena/Glasgow

U11B – 60m Danny Fletcher 10.86[PB], Standing Long Jump Danny Fletcher 1.33m [PB].

600m – Jay McGarry 2:28.55 [PB].

U13B – 200m Sorley McDonald 34.03 [PB], Long Jump Sorley McDonald 3.18m [PB]

Shot Putt – Sorley McDonald 4.61m [PB].

U15G – 300m Eilidh Turner 52.17 [PB], 800m Eilidh Turner 2:51.98 [PB].

U17W – 60m Robyn McDonald 8.58 [PB], 200m – Robyn McDonald 29.00 Long Jump Robyn McDonald 4.42m.

U17W – 300m Hannah Steel 45.42 [PB], 800m Hannah Steel 2:23.11 [PB].

U20M – 400m Ryan Kirkland 60.20 [PB], 800m – Ryan Kirkland – 2:15.01

NEW YEAR ATHLETICS GALA

Meadowmill

Youth's 800 mts H/Cap

6 Hannah Steel [140m] 2mm 2.01s

PORTOBELLO PROMETHON

4 MILES

8 Robbie Kennedy 20.42

9 Malcolm Lang 20.55

235 Christine Wegelius 33.40

289 Mags Turnbull 37.00

TILLI 10K

Tillicoultry

33 Brian Lees 39.18

37 Alan Cunningham 39.38

66 Harry Mulholland 42.54

88 Andrea Cameron 48.18

SCOTTISH 3000 METRES INDOOR CH

Emirates/Glasgow

Race [e]

6 & 1 M40 Malcolm Lang 9:16.08

Race [j] mixed

3 Alan Cunningham 10:44.53

SCOTTISH ATHLETICS INDOOR LEAGUE [2]

Emirates/Glasgow

Provisional results

Under-11 Girls

600m- 9th Megan Lang 2:09.6.

Under-11 Boys

600m - 16th Danny Fletcher 2:21.84 PB.

Standing Long Jump- Jay McGarry 1.00m

Under-13 Boys

800m- 8th Aaron Smith 2:40.95 PB, 200M- 11Th Aaron Smith 31.48 PB

Long Jump- Sorley McDonald 3.21m

Under 15 Girls

800m- 21st Eilidh Howard 2:59.15, Long Jump - Eilidh Howard 3.32m.

Under-17 Women

800M - 2nd Hannah Steel 2:27.15, 300m - 12th Hannah Steel 46.45.

60m - 14th Robyn McDonald 8.70 PB.

Under-20 Men

800m - 6th Ryan Kirkland 2:13.91 PB.

PORTOBELLO PROMETHON 4 Miles

8 Robbie Kennedy 20.42

9 Malcolm Lang 20.55

235 Christine Wegelius 33.40

289 Mags Turnbull 37.00

BORDERS XC SERIES

Paxton House/Berwick

30 & 3 M50 David Eades 29.07.

147 & 10 F50 Lorna Eades 38.04.

GREAT STIRLING CASTLE RUN[7.4K]

Stirling

22 Kyle Williamson 32m 02s

26 Ross Williamson 32.20

152 Stephen Malcolm 37.15

253 Andrea Seabrook 39.45

770 Mike Murray 47.19

934 Al Aitken 50.53

SCOTTISH INTER-DISTRICT XC CHAMPIONSHIP

Stirling

SENIOR WOMEN 6K

8th & 3rd East Jo Williams 22.16
Team-1st East

UNDER-15 GIRLS 4K

29 Hannah Steel 17.02
Team-2nd East

HOME COUNTRIES XC INTERNATIONAL

Dundonald/N. Ireland

SENIOR WOMEN[8k]

31st & 3rd Scot Jo Williams [30m 04s]

SKULL TRAIL SERIES [Race1 - 4k]

Balbirnie Park/Markinch

WOMEN'S CATEGORY

2nd & 1st F50 Shona Young 36m 39s
159 Finished

EAST DISTRICT XC LEAGUE [Match 3]

Livingston

Under-11 Girls[1.6k]-29 Megan Lang 7m 20s.

Under-11 Boys[1.6k]-60 E Fletcher 7.18, 84 J McGarry 8.05.

Under-13 Boys[3.2k]-16 S Gollings 12.16, 61 A Smyth 13.45, 91 S McDonald 16.31.

Under 15/17 Girls[4k]-18 Hannah Steel 16.53, 29 C McClung 17.49, 34 Robyn McDonald 18.28.
Team 6th of 16.

Under-17 Boys[6.4k]-18 Ryan Kirkland 23.46.

Senior Women [6.4k]-37 Christine MacVarish 27.53, 47 Christine Mulholland 28.36, 56 Andrea Cameron
29.06, 89 Saran Jones 31.28.
Team-11th of 27, Masters 6th of 22.

Senior Men[9.6k]-57 Sam McIntosh 34.21, 92 Euan McInnes 36.38, 99 Owen Williams 37.10, 118 Barry
McComish 38.16, 128 William Moffat 38.33, 142 D Baxter 29.10 144 Alan Cunningham 39.10, 145 David
Eades 39.14, 195 P Evans 42.13, 197 D Hunter 42.19, 247 Jim Alexander 47.28.
Teams-11th of 34, Masters 8th of 24.

X BORDER 10K
Gretna/Carlisle

423 Brian Morris 57.56.

SCOTTISH UNDER-17 INDOOR CHAMPIONSHIPS
Emirates/Glasgow

Girls 800M

Heat- 4 Hannah Steel 2:24.37

EAST LOTHIAN OPEN CROSS COUNTRY
Dunbar

Girls Under-11[2k]

5 Amber Cunningham 9.59

12 Hannah Knowles 11.10

Boys Under-13[2k]

3 Danny Fletcher 9.12

UW INVITATIONAL
Seattle/Washington

Women's 5000m

2 Sarah Inglis 15:35.89 PB

BUCHLYVIE 10k

37 & 3F & 2 F50 Christine Mulholland 43.54

38 & & M50 Harry Mulholland 44.16

PITTSBURG STATE INVITATIONAL
Kansas

Men's 5000m

10 Max McNeil 14.55 [NAIA- A - Standard]

EDP MURCIA MARATHON
Spain

22 & 1 M50 Stewart Laing 2:59.46.

SCOTTISH MASTERS ROAD RELAY CHAMPIONSHIP

Strathclyde Park

16th-Lothian 'A' James Beattie 21.15, Alan MacKay 23.30, Will Moffat 22.38, Barry McComish 23.10.[Total time 90.33].

33rd-Lothian 'B' Alan Cunningham 22.31, Brian Lees 23.00, James Byrne 27.56, Ross Williamson 23.16. [Total time 96.43].

52nd & 12th MV50-Lothian 'C' Dave Mabon 27.23, Alan Weir 27.33, Andy McKenna 32.47, Jim Alexander 28.35.[Total time 1:56.18].

BORDERS CROSS COUNTRY SERIES [Match 6]

Hawick

10th M50 David Eades 33.41

1st FJ Mairi Eades 35.48

10th F50 Lorna Eades 42.18

160 Finished

HAWICK ULTRA 8 HOUR RACE

INDIVIDUAL RACE

Stephen Todd 45.7 miles

53rd Calum Ross 39.9 miles

71st & 22ndF Linda Garratty 36.8 miles

RELAY

1st Managed Disintegration

Jim Beattie, Brian Lees, Barry McComish, Alan Mackay [69.988 miles]

SCOTTISH MASTERS CROSS COUNTRY CHAMPIONSHIP

Hawick

Women

17th & 6th F45 Christine MacVarish 28.38

30th & 10th F45 Christine Mullholland 31.28

38th & 5th F55 Saran Jones 32.13

44th & 10th F50 Shona Young 32.34

55th & 12th F40 Andrea Seabrook 35.41

65th & 17th F50 Teresa Lynch 38.11

75th & 17th F40 Claire Cunningham 46.08

Teams-F50 - 4th, F40-50 5th

Men

73rd & 23rd M45 Will Moffat 34.00

89th & 28th M45 Alan Cunningham 34.54

123rd & 26th M55 Kenton Jones 37.33

132nd & 33rd M40 38.22 Alistair Murray 38.22

134th & 34th MV 50 Andrew Corrigan 38.31

KIRKINTILLOCH 12.5K

263 Brian Morris 74.50
310 Finished

GORILLA CLASSIC
Pittsburg

Men's 3000m

8th Max McNeil 8:29.95 PB

N.A.I.A. [A] Standard.

CARNETHY '5' HILL RACE
Silverburn/Penicuik

6 MILES/2,500FT

214 & 25F & 7TH F40 Christine MacVarish 1h 17m 53s
244 & 44 M50 Paul Young 1h 20m 13s
378 & 69 M50 Sandy Mudie 1h 32m 35s
400 & 75 M50 Kevin Godfrey 1h 35m 20s.
478 Finished

MEN'S RACE

8 Josh Dack 36.14.

315 Finished.

WOMEN'S RACE

1 Jo Williams 36.48

335 Finished.

PACIFIC PURSUIT WOMEN'S 10,000 METRES
San Diego

4th Sarah Inglis PB [10th Scottish all-time]

RUN WITH THE WIND HALF MARATHON
Strathaven

113 Ryan Ferguson 1h 45m 45s

142 Finlay Slane 1h 48m 14s

324 Finished

DEVILLA FOREST 15K

Tulliallan

30th Will Moffat 63.14
34 Ross Williamson 63.36
37 Kyle Williamson 63.59
39 Al Aitken 64.18
46 Brian Lees 65.07
82 Christine MacVarish 68.35
130 Andrew Corrigan 72.11
216 Alan Weir 1:18.39
274 Gerry McCafferty 1:22.07
339 Kevin Godfrey 1:26.13
446 Lynne Gow 1:38.39
450 Brian Morris 1:39.13

543 Finished

GLASGOW UNIVERSITY 5 MILES ROAD RACE

Garscube

25th & 1st U-17 Ryan Kirkland 28.48

135th & 5th M50 Kenny Mearns 38.29.

SKULL TRAIL RACE[4 MILES]

Balbirnie Park/Markinch

118 & 1 M70 Mike Murray 45,46
162 Finished

GLENTRESS TRAIL MARATHON

96 & 10 M50 Andrew Corrigan 5h 14m 37s
114 & 13 M50 Sandy Mudie 5h 27m 03s
157 & 14 F40 Linda Garratty 6h 47m 11s
165 Finished

GLENTRESS HALF MARATHON

258 & 16 M50 Andrew Corrigan 2h 22m 48s
323 & 21 M50 Alan Weir 2h 29m 22s
568 Finished

National XC Championship [2019]

2019 – FALKIRK

Under-13 Boys [3.1k]

65 Jonathan Collings 13.37

185 Finished

Under-15 Girls[4.1k]

49 Hannah Steel 18.11

105 Robyn McDonald 20.53

114 Finished

Under-15 Boys[4.1k]

60 Murray Close 16.17

146 Finished

Under-17 Men[6k]

29 Ryan Kirkland 23.58

92 Finished

Senior Women[10k]

97 Christine MacVarish 49.12

319 Finished

Senior Men[10k]

116 Josh Dack 39.45

172 Sam McIntosh 41.29

212 Euan McInnes 42.21

213 Colin Partridge 42.24

245 Barry McComish 43.29

258 James Beattie 43.43

353 Alan Cunningham 46.03

364 Will Moffat 46.13

403 Brian Lees 47.20

540 George Gilhooley 50.22

666 Kenny Mearns 55.16

670 Jim Alexander 55.32

686 Stig Walsh 57.35

701 Kevin Godfrey 59.02

719 Ted Finch 1:19.48

719 Finished

Team: 18th out of 42.

Total club finishers: 21

Parkrun results on <http://www.lothianrunningclub.co.uk/category/results/>