

The April edition of 'In this Month' looks at a number of years from April 2003, right up to April 2018. A mix of race results will bring back memories of now forgotten names, as well as several who are still regularly competing for the Club. PW

April 2003

A group from the Club went on a hill running training weekend to Laggan. All attending had a great weekend, enjoying the running, and also sharing all the 'domestic' during their stay. An 'Up and Running' article was headed '**Laughs in Laggan**' and here are some selected comments:

Martin Hyman: I didn't do a lot of running at the weekend so I can't tell you much about how this went. But I did enjoy myself thoroughly. I had been getting a little depressed at home, with non stop news of bombing, mass destruction, decapitation, liberation, friendly fire, pictures of maimed children, and so on. Why do folk put so much effort into killing?

At Laggan we left all this behind. It was great to see folk from all over Scotland come to share their joy at being fit and able to run, and their delight at the mountain scenery. Special thanks to the many folk, adults and juniors who did more than their share of work in the kitchen allowing me to sit around and enjoy the sunshine.

Sarah Inglis: At Laggan, I enjoyed the hot, hot, sunny weather and swimming in the freezing river.

Mags Turnbull: Best thing about the weekend were the views at the top of the hill, and the company too.

Helen Murray: Highlights for me, apart from the weather of course, were:

1. The chance to put faces to names. Always good to get to know more clubmates.
2. The killer mile – truly lived up to its name.
3. Running up Gael Charn on Sunday with Graham, Kyle and Scott. What great views. Graham's first Munro – hopefully the first of many

Hazel Turnbull: My favourite bit about Laggan was when we met new runners and we had to work together.

Jemma Toner: My favourite was the 1 mile trail in the forest. It was quite a steep climb, but the descent was great. I also thought it was funny when my mum sat on her camp bed and it collapsed.

Julie Toner: My best moment was the relay round the grassy hill on Saturday morning. I was in a team with Jemma and Sarah (from Lochaber). We were 4th, not my usual last! I also thought the custard after dinner on Saturday was excellent. (Wonder who made it?)

National Road Relay 2003 – a sorry tale from Martin Leadbetter

April, for me, began with an ill-advised run in the Road Relays when suffering from what proved to be a chest infection. This event still stands as a tribute to Martin Hyman and a full team of willing helpers ably backs him up. I'm sure he still gets moans but it is as well run an event as I have ever seen.

I had hoped my illness would get me out of running but that would have left us one short and Dave Simmons' pleading meant I had to do my bit. I did think I was hallucinating at the start but those bright flashes before my eyes were only Mike Lieberman's socks. Being a local is no advantage as I found out when a 4 year old member of the Deans Young Team swiped at me with half a plank as I passed by. If he hadn't had three wee mates from his nursery with him I'd have had him!

April 2003 Results

Belhaven Best Boundary (multi terrain)

1st team – Lothian RC

5.	Andreas Merdes	33:33
7.	Euan McIntosh	34:34
12.	George Gilhooley	35:26
82	Jim Alexander	42:01
210	Alistair McKenzie	51:31

Kinross 10k

9.	Euan McIntosh	33:46 PB
35.	Harry Mulholland	37:07 PB
40.	Christine Rougvie	37:47 PB
49.	Mike Lieberman	39:38
81.	Jim Alexander	42:23

April 2004

National Road Relay

Women

Stage	1	2	3	4
	Short	Long	Short	Long
	Laura Sarkis 21:45	Christine Milne 35:42	Teresa McMenemy 21:25	Helen Murray 39:09
	14 th	5 th	6 th	6 th

Men

Stage	Team A	Team B	Team C
1 Short	Steve Laurie 29 th 18:19	Kenton Jones 39 th 19:22	Jim Alexander 49 th 20:53
2 Long	Andreas Merdes 24 th 32:30	Dave Simmons 33 rd 34:25	Mike Hammersley 49 th 39:35
3 Short	Donald Shaw 19 th 17:43	Alec Agnew 33 rd 19:30	
4 Long	Brian Turner 19 th 31:54	Peter West 32 nd 36:46	
5 Short	Harry Mulholland 18 th 18:03	Murray Robertson 32 nd 18:17	
6 Long	Steve Cottom 17 th 31:53	Alan McIntosh 32 nd 36:40	

April 2005

Paris Marathon

10252	Teresa McMenemy	3:43:24
14245	Mags Turnbull	3:56:20
15598	James Savage	3:59:56
19043	Allister Guy	4:13:51

April 2006

Grangemouth 10k

36.	Colin Meek	35:17	
40.	Murray Robertson	35:27	
66.	Donald Shaw	37:12	
71.	Harry Mulholland	37:20	
77.	Steve Dempsey	37:37	
95.	Alan McIntosh	38:32	
106.	Christine Milne	39:02	1 st V35
162.	Alan Robertson	41:40	
165.	Jack Ewing	41:46	
424.	Kate Docherty	51:48	
487.	Keith Banham	54:57	
Men's team 7 th . VMen's team 4 th . 672 finishers			

April 2010

D33 Ultra – Deeside Way Race

34	Alan Robertson	4 hours 54 minutes
76	Jim Alexander	6 hours 11 minutes
80	Mags Turnbull	6 hours 18 minutes
88	Mark Kassyk	7 hours 15 mins

Hunters Bog Trot

Five LRC members contested the Hunter's Bog Trot Hill Race , 6.4km/240m climb at Salisbury Craggs Edinburgh on 17.04.2010. Jocelyn Moar produced a fine finish to finish 36th overall and 4th female in a time of 37:20. First club male over the line was Brian Reid , 39:35 followed by 53rd Mike Lieberman 41:30 and Kate Kitchin 57th and 9th female 42:05. Making up the club representation was Jill Horsburgh who came home in 66th and second FSV in 43:20

April 2012

Central Park was awash with bagpipes and kilted runners on Saturday, [April 7] taking part in the annual Scotland 10k Run . The race, which celebrates Scottish music and culture, is run on the classic New York course, covering one lap of Central Park's six-mile loop. Among the 8000 taking part was Lothian Running Club's Brian Morris who completed the course in 1 hour 02 minutes 09 seconds.



Lothian Running Club's only two runners in Sunday's Tom Scott Memorial 10 mile Race both came away with category wins.

Max McNeil turned in a fine performance to finish in an excellent 16th place overall and winner of the Junior Under-20 category, Max covered the 10 mile course within Strathclyde Park in 56 minutes 05 seconds.

At the other end of the age spectrum, the evergreen Ian Leggett outshone many of his younger rivals to claim the win in the Male over-70 classification, his time of 1 hour 22 minutes

11 seconds also placed him 196th overall of the 239 finishers.

April 2013

So often the standard bearers at the National Road Relay's in the past the Lothian Running Club ladies once again excelled in the latest renewal of the event at Almondvale Livingston on Sunday, with the quartet of Jocelyn Moar, Chloe Cox, Sarah Inglis and Edel Mooney showing excellent form to claim the bronze medals in the Senior Women's race.

The race is run in alternating short legs[3.15 miles] and long legs[5.8miles].

Jocelyn Moar led the team off on the opening short stage and kept the team well in touch and handed over to Chloe Cox to run the first of the long legs in 11th place. Chloe produced an excellent run and was soon reeling in a number of her rival teams, and by the time she handed over to third leg runner Sarah Inglis the team had progressed up to 5th place.

With the club's two course record holders Inglis & Mooney running the final two legs a podium position was now on the horizon, and neither disappointed with the pair of them producing power packed runs which saw them record the 4th fastest times of the day for their individual legs. Sarah who was only seconds outside her course best time overhauled the runner from Fife AC to hand the baton over to Edel to run the final long leg in 4th place.

The Lothian club's anchor runner has had a vintage winter season and that was maintained with another majestic performance which saw her pass the third place runner from Edinburgh AC [C Team] and was rapidly closing down the second placed runner from Central AC but alas the winning line came too soon so had to settle for 3rd place and the bronze medals. Edel's final leg time of 34 minutes 04 seconds was also a new club record time beating her previous best by 11 seconds.



April 2015

Lothian were well represented in the first match of this years [Forth Valley League](#) with several athletes claiming PB's including Nicole Dredge with 1st place in U13 800m; Jack Hendry PBs in 200m and 800m in U13; Aiden McGinty PBs in 200m 800m and long jump in U11 and Erin Steel PB in U15 200m. Hannah Steel was 3rd in U13 800m.





DUNBAR 10K

40th Stephen Malcolm [41.10]
 49th Finlay Slane [41.56]
 62nd Calum Ross [43.15]
 130th Jim Petrie [48.40]
 174th & 37thF Cara McCafferty [51.43]
 175th Gerry McCafferty [51.46]
 193 rd Cliff Dicker [53.20]
 197th & 52ndF Kirsty McMeechan [53.28]
 271 Finished

April 2017

Lothian Running Club were well represented in the Jim Dingwall 'Round the Houses' 10k race in Grangemouth. The club had a dozen runners among the 620 who set off in glorious weather from Grangemouth Stadium. Josh Dack in 21st place was the first blue vest home completing what was a new course for this years race in 34 minutes 08 seconds, following Josh over the finish line was Colin Partridge who was 53rd in 35.58, next home in 97th place was Alan Knowles who recorded a personal best time of 37m 41. Mhairi Inglis who was the only LRC female member in the race came home in 39m 39s to place 142nd overall and 17th in the women's category.

The overall race winner was Wayney Ghebresilassie, Shettleston AC in 30.55.

Full LRC results were: 21 Josh Dack 34.08, 53 Colin Partridge 35.58, 97 Alan Knowles 37.41PB, 142 & 17F Mhairi Inglis 45.18, 190 Calum Ross 42.14, 279 Martin Leadbetter 45.18, 282 Neil Graham 45.25, 320 Kenny Mearns 46.52, 352 Jim Alexander 48.14, 362 Jim Petrie 48.39, 488 Mike Murray 55.19, 589 Ian Leggett 61.46. 619 Finished.



Josh at Grangemouth



Time is running out to place your order for a new Club Jacket. To secure your jacket send an email to club_kit@lothianrunningclub.co.uk with your contact details and requested size. If you are unsure of your size we will have some samples available this coming Thu and Fri at Craigswood.

Cost is £65

April 2018



There was excellent 800 metres performances from a trio of Lothian Running Club athletes at the recent Livingston Open meeting at Craigswood Stadium.

Of the 8 heats run Robbie Kennedy was the fastest on the night with his time of 1:57.75 just outside his PB which he had set just a few days earlier.

Both Ryan Kirkland and Hannah Steel ran in heat 3, Ryan was recording his first official 800 metres time in crossing the finish line in 2:14.77 to finish in 2nd place.

Hannah once again lowered her 800m PB with her time of 2:24.78 placing her 2nd under-15 on the night. Hannah has now taken 8 seconds off her PB since the turn of the year.