

In this Month – December

2001

Lita Allan XC – Kirkcaldy 10.12.01

Girls U13: 3rd team 1. Ashley Toner 9:00 17. Jemma Toner 9:52 30. Rebecca French 10:41

Girls U15: 23. Stephanie Meek 17:12, 28. A. Gardiner 18:45

Senior Women: 2nd team 15. Teresa McMenemy 20:24 17. Gillian Godfree 20:36 22. Marsie Ewing 21:22 30. Mags Turnbull 23:06

Boys U13: 9 Travis Sinclair 8:55 16. Scott Robertson

Boys U15: G Shepherd 14:55

Senior Men: (2nd team) 12. Dave Godfree 44:32 15. Dave Simmons 45:01 24. M Robertson 46:48 31. Steve Dempsey 47:42 33. Chris Northam 48:04 37. Alex Agnew 48:52 39. Jack Ewing 49:00 78. Joh Paxton 55:01 91. Jim Alexander 58:52

2003

National XC Relay Champs, Cumbernauld 06.12.03

Lothian Women finished 2nd team in the senior event. Christine Milne, Gillian Godfree and Helen Murray finished in an overall time of 48:46. The Women's B team of Laura Sarkis, Saran Jones and Marsie Ewing were 23rd.

The **senior men 'A'** team were 16th (out of 128 teams entered) with Graeme Ackland, Tim Lenton and Steve Cottom finishing in 56:46. The 'B' team – Dave Godfree, Andreas Merdes and Rob Lee – were 27th in 59:00, and the 'C' team (all vets) of Alan Shanley, Cliff Acklam and Steve Dempsey were 56th in 64:15.

Girls 'A' team (mixed age groups) were 5th in 32:38, led off by Sarah Inglis (u13), the British Hill Running Champion Jemma Toner (u15) with Laura Bann (u17) on the third lap. The 'B' team was 20th – Mhairi Inglis, Kathleen Dempsey and Ashely Toner – out of 53 entries.

Boys were 31st (out of 71) with Tyrone Watson finishing off for the team in an overall time of 32:20 after strong runs from Robert Inglis and Scott Robertson.

For Sale (December 2003): Martin Hyman writes: "I shall shortly have a spare left hip joint. One careful (!!?) owner. Only about 100,000 miles on the clock."

2004

East District Cross Country Championships, Stirling, 11.12.04

U/13 boys: 39. Zack Jones, 14:14; 51. Grant MacDonald, 16:04

U/15 Girls: 9. Mhairi Inglis, 18:13.

U/15 Boys: 21. Robert Inglis, 16:46; 33. Colin MacDonald, 17:35.

U/17 Boys: 19. Darren Thomson, 20:51; 27. Philip Kingscott, 22:15.

Senior Women: 44. Saran Jones, 23:14

Senior Men (Team finished 9th):

22. Ross Milne, 29:15; 37. Steve Cottam, 29:51; 75. Steven Laurie, 31:49; 101. David Eades, 32:43; 103. Alan McIntosh, 32:55; 116. Alex Agnew, 33:32; 126. Harry Mulholland, 33:58; 141. Kenton Jones, 34:43; 143. Richard Docherty, 34:45; 186. Fraser Kingscott, 37:18; 205. James Alexander, 38:57; 219. Richard Moir, 40:22; 231. Alan Grierson, 42:16.

2007

Results:

Queen's Drive Races, 15.12.07

5k:

11. Robert Inglis (U17) 18:12 (2nd U17) 24. Graham Ackland (V) 19:03 (8th V) 31. Scott Nelson (V) 19:35 (15th V) 32. Andy Kitchin (V) 19:37 (16th V) 65. Jill Horsburgh (FV) 23:19 (4th FV)

Juniors 3k:

13. Alice Horsburgh 16:24 15. Bethany Nelson 17:47 18. Scott Wilson 20:22

Falkland Trail Race (6 miles) 15.12.07

55. Peter Weeks (MV55) 43:16

Coop Jog Scotland Christmas Cracker 5k 16.12.07

25. Rachael MacIlwraith 21:59 (3rd F)

2011

Only seven Lothian Running Club members made the journey North on Saturday for the Scottish Athletics East District Cross-Country Championships held within the Aberdeen University Playing Fields at Balgownie.

The club had four runners in the 9.7km Senior/Junior Men's Race and three in the 6.5km Senior/Junior Women's Race.

SENIOR/JUNIOR MEN

27 Ross Milne [34.27].

28 & 5th J Max McNeil[34.29]

108 Richard Docherty [44.10]

126 Kenny Mearns [49.39.

SENIOR/JUNIOR WOMEN

5 Sarah Inglis [24.31]

41 & 9J Lana Turnbull [29.13]
66 & 8F50 Mags Turnbull[34.39]



2011

Message from the then Club president, Colin Meek:

President's Statement.

Words are easy to write. It's harder to write something potent and true that encompasses all our club members. There is no denying that we have been through a testing time recently. I write on behalf of LRC's new committee and I state categorically that we will strive to bring harmony and unity to our club with the aim of becoming a force to be reckoned with within Scottish athletics.

As we approach another new year our objectives are – ***Total Inclusion, Maximum Participation*** and a ***Realistic Level of Competition*** for all our members, to **Promote** our club in a positive manner, **Retain** membership, **Recruit** new members, **Encourage** more parents to become involved in the running of the club, **Work** on a club development plan for the future, **Establish** links between schools and communities, **Support** members wishing to progress as coaches, **Consolidate** good relations, and liaise, with SAL, Uk:Athletics, West Lothian Council and West Lothian Leisure, and to bring **transparency** and **accountability** to all our membership. We are after all here to represent all our members. This includes **coaching education** and **athlete development** (all ages and level of ability) **training sessions**, and **club management**. If you harbour a desire to attain a personal goal then we will endeavour to assist, advise and encourage. That is our remit.

We are a relatively new committee. We have Kenny Mearns (Treasurer) and Colin Banham (Membership Secretary) continuing in their posts. Saran Jones is our new Coaching Co-Ordinator, Vanessa Anderson as Secretary, Shona Young as Minutes Secretary, David Berrill/Colin Partridge (Joint Men's Team Captain), Sarah Inglis (Women's Team Captain), Ted Finch and Kenton Jones (Committee Members). Our aim is to be receptive and work together as a team.

This is an exciting time for athletics. We have the Olympic Games in London next year and the Commonwealth Games in Scotland in 2014. This is a splendid opportunity to focus on our sport, on a healthier life-style, and putting Lothian Running Club to the fore. It was Nelson Mandela who wrote, ***'Alone I can go quickly, together we can go far.'*** I believe Lothian Running Club is in it for the long run. So together let's see how far we can go and how successful we can become.

Colin Meek
Club President.

2012

Lothian Running Club's Edel Mooney was in celebratory mood after racing to a gold and silver medal at the Scottish Athletics East District Cross Country Championships at Cupar on Saturday.

The Irish internationalist has been in superb form over both road and country this Autumn and Winter and she produced another fine run in Fife. Edel covered the 6,400 metres course over frozen corn-stubble fields in 24 minutes 32 seconds to finish in an excellent 2nd place behind Edinburgh AC's Sarah Hood in the Senior Women's race. This replicated her performance when the event was last staged in Cupar four years ago.



In athletics you are now deemed to be a veteran athlete when you reach the age of 35 and that ruling meant the Lothian runner also took the gold medal in the Women's Over-35 category, and with her club mates Sarah Inglis finishing 13th, Chloe Cox 14th and Saran Jones 63rd, the Lothian ladies finished well up in 5th place in the team competition.



There were fine runs at Under-20 level from both Max McNeil and Lana Turnbull, Max came home in 5th place in the Men's race with Lana 8th in the Women's.



2017

Lothian Running Club's Shona Young will have extra reason for celebrating this festive season after being announced as the overall winner of the Scottish Ultra Marathon Series[SUMS] for 2017. Shona clocked up 26 marathons/ultramarathons this year and topped the Scottish rankings with a total of 1,847 points, the Lothian runner who finished runner up in 2016 was pushed all the way through the series by Iona McKay, Wee County Harriers who finished with 1,801 points with Inch Trail Runner Jennifer Rees-Jenkins in third place with a points tally of 1,749.

Runners can run any number of points scoring races, however only their top four points results count towards their final score. Shona completed her 2017 schedule last week with a first place finish in the over-50 category in the Roseberry Topping Trail Marathon at Guisborough.

Delighted with her seasons running she said: "I am thrilled to have won the series, last year I managed second female, so now that I've managed first place I think I can retire, or try at least to race a little less.

"My highlight of the year has got to be my PB at the Tokyo marathon of 3 hours 16 minutes which

enabled me to get a good for age entry into the Berlin Marathon for 2018. This will be my 6th Major Marathon.



"I have also entered the Boston Marathon in April. I always wanted to return to Boston as my previous experience in 2013 was overshadowed with the two bombs that went off after I had finished the race."

When Shona completes the Berlin Marathon next year she will have then completed the full set of what is classed as the World Marathon Majors, Tokyo, Boston, London, Berlin, Chicago and New York City.

2018

Jo Williams has been rewarded for another fine year competing over roads and cross country by being selected to represent Scotland next month in the Home Countries International XC in Northern Ireland.

It will be successive selections for Jo in this competition after being part of the quartet who won silver medals for Scotland earlier this year when the event was held in Nottingham

Jo will be joined in Dundonald, Belfast on the 19th January by Rebecca Burns [Edinburgh AC], Michelle Sandison [Springburn Harriers] and Mhairi McLennan [Edinburgh Uni Hare & Hounds] to represent the Senior Women's team against the other home nations.

Jo has enjoyed a successful 2018, the Lothian runner helped the East squad to the team title at the Inter-District XC Championship at Holyrood Park in Edinburgh before winning the East League XC match at Broxburn.. Only recently she claimed the silver medal with a second place finish in the East District XC Championship in Aberdeen.

On the road, there was a bronze medal in the 5k Scottish Championship at the Edinburgh Waterfront then along with Sarah Inglis, Lana Turnbull and Siobhan Coleman raced to silver medals in the Scottish road relay championships in Livingston.



Bronze medals were also won in both the Scottish 10k and East of Scotland 10k Championships.

2019

SARAH RETAINS TITLE IN BARBADOS

Sarah Inglis retained her half-marathon title at the Run Barbados Marathon Weekend where over the 3 days she also won the mile and finished runner up in the 10k.

Inglis ended her successful year on a high by completing a hat-trick in the 13.1-mile event on Sunday, adding her win in 82:16 to her joint victory in 2017 and her 2018 triumph.



She also won the women's mile on Friday evening in 5:01 and clocked 36:20 when finishing second in the 10km on Saturday during the three-day festival of running on the eastern Caribbean island.

The women's 10km was won by Canada's Natasha Wodak as she claimed the title for the fourth year in a row in 36:09 and was also second in both the mile in 5:06 and half-marathon in 82:20.

"I'm really happy. Tired, but really happy!" said Inglis, who is based in Canada and has improved across the board in 2019 with PBs in events ranging from 4:11.51 for 1500m up to 72:23 for the half-marathon. "The race went really well and I finished strong so it was really good.

"This is the fastest time I've done out of the three years I've been here. I'm just excited that because the prize is a return trip, I can come back here next year!"

2020 (onwards)

The year will primarily be remembered for the devastation caused by the Covid 19 pandemic. A slight, temporary relaxation of restrictions in December allowed a socially distanced, inaugural running of the Shale Trail race(s), initially offering a 25km but later adding a 50km 'Ultras', a short 8km and a team relay. The restrictions on the 2020 event meant that it was only open to runners in West Lothian who were able to enter the 'Fun Run'!



The event has continued to grow and establish itself in the December calendar, overcoming hurdles including freezing weather, road and path works, and, this year (2025), possible closure of community centre facilities.