

## **In this Month – July**

Putting together a collection of snippets from July over the years proved harder than most months. I don't have many 'July' Up and Running newsletters. Probably a number of reasons for that – holiday time means no one was around to produce them being the main one I suspect. Even the Club's website archive is 'thin' for July. And hardly any photographs! However, here you go. **PW**

### **2001**

**Club Event** – From the committee: 'It was suggested that the Club should organise one or more races, for example revive the 10k off-road races and fun runs at Dechmont Law and Beecraigs. A ladies only race was also proposed. Please let us know what you think, and if you would like to help.'

#### **Brig Bash 5 miles, Bridge of Earn 10.07.21**

1<sup>st</sup> Colin Meek 20:21, 10. Brian Turner 26:47, 18. Paul Blanc 27:32, 25. Euan McIntosh 28:36, 45. John Paxton 30:26, 58. Peter Weeks 31:19, 95. Jim Alexander 34:14, 139. Carolyn Moon 39:04.

### **2005 Results**

#### **Stonehaven Half Marathon 03.07.05**

22. Richard Docherty, 1:27:04, 73. Richard Moir 1:37:45

#### **Self Transcendence 5k, Meadows, Edinburgh 06.07.05**

3. Colin Meek 16:12, 9. Murray Robertson 17:39

#### **Crieff 10k 17.07.05**

68. Jim Alexander 45:20, 119. Jim Salvage 49:35

### **2008 July Committee Meeting notes**

1. There is a need for parent helpers at the Wednesday and Friday sessions. It is to become a condition that if your child (under 11) attends and is a member you will be put on the rota to help once a month.
2. The BBQ and presentation of prizes at Beecraigs went well. There is a suggestion of changing the venue for next year but no final decision yet.
3. We had a brief discussion or 'debriefing' about the trail race and generally the feedback was very positive. There were a couple of minor administrative hiccoughs but nothing drastic.
4. Unfortunately one of our young members was involved in a road traffic accident while on holiday. We wish you the best and a speedy recovery Molly.

### **2008 Results**

#### **Mount Ephraim 10k, Kent 31.07.08**

32 (of 180) Mike Lieberman 44:14

### **Northumberland Coastal Race, 14 miles, 20.07.08**

139 (of 800) Mike Lieberman 1:39:59

### **Donkey Brae 7, 27.07.08**

45. Mike Lieberman 48:49, 199. Neal Drummond 64:15

## **2011 - Martin's Sunday Sessions**

### **Dechmont Law Park**

I have run in 36 different countries, but I can think of no better place to train than Dechmont Law Park. Running round and round a track can be boring. So can road running. Also pounding on a hard surface takes a toll on the joints. I loved running free on trails and grass, through woods and open ground, uphill and down dale. When I was in my prime I had no track to train on, but I trained in the countryside and was able to race under 29 minutes for 10k on a number of occasions.

Our club has produced a number of champion runners, like Ashley and Jemma Toner, Iain Donnan, Scott Fraser and the Inglis triplets, all of whom train regularly at Dechmont Law Park. And athletes from other parts of Scotland also train there. So too do other runners who never aspire to be champions but just want to keep fit and enjoy running with friends in an attractive environment.

From the time when the club was first formed we met there on Sunday mornings at the car park, behind Deans High school, for group runs, with a coach on hand to look after younger folk.

During a recent transitional period, we have not been able to offer a coached session, but this will resume on Sunday August 7<sup>th</sup>, meeting at the car park at 10 am. This will be available free, every Sunday except the last Sunday of each month, when Matt Richardson offers a session at Beecraigs Country Park. These sessions will be open to all, but under eights must be accompanied by a parent. The normal routine is that the youngest athletes walk with the coach to the chosen start point for the session. Others do a warm up run of between 1k - 6k, in groups. The young runners start with suitable activities such as mini relays jumping over logs and zig-zagging between trees. To finish there is usually a session suitable for older athletes as well. This might take the form of a relay with different length legs, or hill repetitions. Adults can join in this too, but some prefer to just continue their group runs.

### **Martin Hyman**

### **SENIOR TITLE FOR SARAH 17.07.11**

Sarah Inglis won her first Scottish Seniors title at Sunday's Scottish National Championships at Scotstoun.

### **Women's 5000m Final**

1st Sarah Inglis Lothian Running Club 16:58.35

2nd Fiona Matheson Falkirk Victoria Harriers 17:00.57

3rd Kara Tait Kilmarnock H & Ac 18:03.63

4th Carole Setchell Shettleston Harriers 19:19.79

## **BACK TO BACK ORKNEY WINS FOR JOCELYN**

Lothian Running Club's Jocelyn Moar won the 2011 Stromness Shopping Week 10k on Orkney for the second successive year.

Jocelyn who comes from the island completed the undulating course in 41 minutes 30 seconds which was a whopping 52 seconds quicker than her time 12 months prior.

## **2012**

### **Bob Graham Round**

I made an attempt on the Bob Graham Round in early July. I imagine not everybody's heard of it, so either Google or read the excellent book Feet in the Clouds. I can even lend you it, if you want.

In summary, it's a fell running challenge where the objective is to start in Keswick High Street, run around 42 Lake District peaks, then get back to Keswick within 24 hours. Depending on who you speak to, the route's between 65 and 72 miles, with between 25,000ft and 28,000ft of ascent/descent. Not easy.

It's not a race, but something you can start at any time, on any day of the year. It just so happened that I, and three other friends I was running round with, chose one of the weekends with severe weather warnings. But we had decided on that date, and logistics were in place, so off we went.

Long story short, I didn't quite make it round all the way, completing 3 of the 5 legs. The weather on the first few legs was pretty bad, with zero visibility, strong winds and heavy rain. We finished leg 1 half an hour behind schedule – the only positive being that we managed to successfully find the correct route off one of the three peaks... getting lost on the other two!

Leg 2 was equally bad but with the added complexity of darkness, running the leg from 10pm - 3am. Some of the peaks were difficult to locate, on a wide ridge with no visibility. By the end of the leg our morale had plummeted and hopes of finishing in under 24hrs were looking slim.

But we continued and the weather on leg 3 was great! Unfortunately, at this point we were so far behind schedule, and the night had taken so much effort, that we only managed to keep a decent pace for half the leg. Then our energy levels sunk to new lows and it was a long slog to the next checkpoint, where we called it a day. Not before my hill running shoes decided to disintegrate on Scafell Pike, meaning a botched repair job for the 3000ft descent to Wasdale!

So, overall, it was a really good weekend. I definitely didn't recce the route enough beforehand, so this was a good experience for my second attempt, in 2013. Thanks also to Louise, Jane and club members Abbie Malcolm, Dave Berrill, Davie Bell and Alan Robertson for support.

John Malcolm

## **2013**

### **Edel's General Training Tips for July**

- When overtaking an athlete in a race, overtake decisively. Don't give them a chance to hang in and overtake you at the finish.

- If you are racing with an athlete, try and shelter behind them because then you are doing less work because of wind shelter so run just behind them and let them do the work.
- Make sure your shoes are well tied before a race. Nothing as awful as having to stop mid-way during a race, losing your rhythm and momentum.

### **Donkey Brae 28.07.13**

Jocelyn Moar writes

It was looking to be more of a 7 mile swim than a run as Brian Reid collected me and we started heading through to Aberdour for the Donkey Brae race. I feel it's justified to consider yourself a 'runner' when you don't reconsider spending your Sunday morning getting voluntarily soaked running through flood force rain... unless of course your Brian and you just don't want to lose your £8 entry fee. Brian very kindly drove me through early so I could sort my entry on the day. I was to run in Edels number as she was unable to race and so I ensured the organisers were clear on the fact I was indeed Jocelyn Moar... not Edel Mooney.

As it drew nearer 1pm and all the runners began to arrive it became apparent that Lothian were out in force... a sea of blue vests!! Paul Young, Stephen Malcolm, Jim Alexander, Brian Reid, Mike Lieberman, Suzie Hannah, Shona Young, Mel Zobel and Jill Horsburgh all turned out for the event. After collecting our numbers we headed back to the car for some cover before it was time for a warm up. We got back to the car park and found Mike Lieberman had just arrived, bringing with him his dedicated family for a day of spectating and a good soaking. A special mention must go to his son Nick who had no option but to run on such a fine day having been gifted 3 race entries from his Father as his birthday present. Thanks Dad.

The rain dried up nicely for the race leaving us just a refreshing drizzle to run through. The trails of the race had suffered from the rain and we enjoyed splashing our way through the mud. The final hill was the famous donkey brae steps, actually a welcome sight as you know you are in your last mile. Back over the muddy playing fields for the finishing stretch, and it was a fear of everyone that they may take out a few fellow competitors with an accidental sliding tackle in the final turn home.

Despite my efforts collecting my number in the morning, as I cross the finish line I hear the commentator call out 'Edel Mooney' ...so Edel if this gets recorded as your worst race time ever then I'm sorry! The soggy conditions didn't appear to have a negative effect on anyone as everyone came home with happy/relieved faces and race times inside what they had wished for. As the finishers began to gather, and with so many Lothian runners out Mikey spied the opportunity of a team photo.

The Aberdour festival tent provided a welcome selection of post-race goodies... Brian munched his way through a table of chocolate éclairs with his tea, I spent a lot of time hovering by the table offering tasters of delicious assorted flavoured fudge, Nick headed for a beer, whilst Mikey headed off to seek out an 'Arbroath Smokey'... I watched with intrigue as it appeared from the cloth covered smoky barrel...

A great afternoon, a perfect mixture of trails and road, well organised with great support from marshals. Definitely one for the race diary next year folks ☺

## 2019

Running in the colours of Great Britain & Northern Ireland Sarah Inglis proudly represented Lothian Running Club in the European 10,000 metres Cup in London on Saturday evening. And in doing so picked up a team gold medal as part of the six member squad of the women's team.



Sarah shows off her Team GB & NI European gold medal[/caption]

The race which was incorporated into the Night of 10,000 metres PB's meeting at Parliament Hill in Highgate has an inovative format Over the years the atmosphere developed as spectators took ownership of #Lane3BeerNCheer ethos, circus entertainment, 'lactic tunnels of love', a home straight pedestrian bridge, infield spectating, live music, back straight DJ and Legends Seminar. It has been described as the Glastonbury of the 10,000 metres. The world's most exciting track meet. The future of athletics.

Sarah was one of three Scots in the GB & I team who were led home by Eilish McColgan[31:16.76] who finished third, the English trio of Alice Wright[32:27.57], Verity Ockenden[32:34.47] and Charlotte Arter[32:40.63] crossed the finish line in 9th, 12th and 14th respectively with Sarah[32:52.51] finishing 17th and fellow Scot Mhairi MacLennan[32:58.42] 20th.

On what was a great night for Scottish Athletics the race was won by Stef Twell[31:08.13] who took the British title as she wasn't representing GB & NI.

## 2024

Nine pineapples, Nineteen teams, Infinite fun.

The club fielded a record nineteen teams at the Sri Chinmoy Mile Relays on Wed 24th July and were rewarded with a number of wins across various categories.

Leading the club home to finish in first place were David, Moray, and Ryan.

