

Celebrating 25 years - In this month #3 – March

March is National Road Relay month. Here are memories from 2003 and 2015

National Road Relay March 29th 2003 Lothian Results

Women

Stage/ Team	1	2	3	4
A 7 th	Helen Murray 19.31 5 th	Joyce Salvona 39.08 5 th	Teresa McMenemy 21.56 7 th	Marsie Ewing 41.08 7 th
B 12 th	Jane Moncrieff 22.43 17 th	Val Dempsey 42.54 14 th	Morag McIntyre 23.45 14 th	Kate Kitchin 42.18 12 th

Men

Stage	Team A 11 th	Team B 43 rd	Team C 39 th	Team D 46 th
1	Brian Turner 16.00 6 th	Mike Lieberman 19.51 51 st	Jack Ewing 18.49 46 th	Peter West 18.55 47 th
2	Colin Meek 29.54 5 th	Robin Morris 39.16 58 th	Graham McIntyre 36.25 48 th	Scott Balfour 33.20 34 th
3	Andreas Merdes 16.55 5 th	Alec Agnew 19.24 53 rd	Steve Dempsey 18.44 43 rd	Kenton Jones 19.46 38 th
4	Graeme Ackland 31.10 8 th	Martin Leadbetter 38.04 52 nd	Harry Mulholland 36.30 40 th	Steve Cunningham 40.38 43 rd
5	George Gilhooly 18.18 8 th	Steven Laurie 19.24 47 th	Calvin Crane 22.40 42 nd	Mike Lieberman 20.43 43 rd
6	Dave Simmons 33.17 11 th	Chris Northam 35.19 43 rd	Robin Galloway 35.26. 39 th	Jim Alexander 40.57 46 th

Congratulations to all the above and to the following helpers, without whom runners from all over Scotland could not have enjoyed a great day's athletics:-

Jane Stewart, Teresa McMenemy, Peter West, Fraser Kigscott, Martin Henck, Brendan Toner, Robin Morris, Margaret Turnbull, Hazel Turnbull, Isabell Gardiner and family, Marjorie Smilie, Mary Inglis, Margaret Turner, Mhairi Inglis, Robert Inglis, Sarah Inglis, Ian Briggs, Sam French, Marion West & friend, Douglas West, Margaret Hyman, Neil Kingscott, Philip Kingscott, Saran Jones, John Simpson, Julie Toner, Rebecca French, Ashley Toner, Mike Hammersley, Marsie Ewing, Scott Fraser, Jack Ewing, Mike Turnbull (Mike rescued the event by forcing open a vital gate.)

Apologies to anyone whom I have missed.

Martin



In 2015 - Lothian's Ladies Quartet of Yvonne Crilly, Edel Mooney, Jo Williams, and Sarah Inglis, brought home Gold today at the National Road Relays in Livingston today. Lothian have previously finished 2nd and 3rd in the event, but this was the first win in the Club's History. (Also in this pic are ladies 'B' team members Lana Turnbull, Christine MacVarish , Mhairi Inglis and Jocelyn Moar, who finished 13th team.)

Lothian members were also out in force marshalling along the route, and setting the course beforehand. Well done to all our runners and a big thank you to all the volunteers.

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2004 - Social night invitation

A few of us have been meeting on the last Thursday of each month for a Weatherspoons curry night. £3.99 for a curry and a drink is included. The next evening is Thursday 25th March at 8pm, James Young, Bathgate. Contact Christine for further information.

Arbroath Smokies Women's 10 mile 1st March 2009

Lothian Ladies were "smoking hot" at Arbroath! Lothian Rock!!

March 1st was a great day for the 6 Lothian Lovelies (Carol, Edel, Jill, Mags, Marsie and Saran) that travelled all the way to Arbroath Ladies Only 10 mile race. Marsie was kind enough to bring out her 'people carrier' to hike us all down to Arbroath. It provided us with plenty of room to stretch out and have a blether as us ladies usually do 😊

The weather was kind to us. Sun shone as we ate up ground along the scenic, undulating 10 mile route. Every few miles, there were personal posters stuck in the ground to help us along and keep our spirits up such as "Keep it going" or "the last undulating hill, honest!". The people who organised the race were kind, friendly and helpful.

Lothian Running Club was well represented when it came to the prizes: Edel was first lady home and received a lovely bouquet of flowers for her troubles (i.e blisters, sore feet, tight calves and even more aches and pains than usual!!!)

Lothian Ladies came 2nd team with the help from an amazing run by Saran in 16th position, followed home by Jill in 20th.

It wasn't long before Marsie came along and added a 3rd over 50 prize to the Lothian accolade. Mags seemed to enjoy the run although it was about 60 miles too short!! No, Mags we don't want to do the West Highland Way!!!! Carol stayed up among a large bunch of women and finished in the top half of the field. She impressed us all by her speedy determined finish. You go girl!!

Homemade cakes, buns and sandwiches were a delight after the race and were nicely washed down with tea or coffee. On the way home, our chief tour guide Marsie entertained us with wee stories of 'days gone by' !!!!

We all found the day refreshing with a great sense of camaraderie. Thanks girls for the great day and hopefully we'll all do it again sometime soon.

Edel

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Peter's personal memory from 'Up and Running,' March 2004

In some of my less lucid moments, I relive, with flashes of pain laced with moments of some satisfaction, past glories on the cross country fields of Scotland. Not for me the carefully manicured bowling green surfaces often seen in TV coverage of European venues, including, for the most part, Edinburgh's recent success. Much more likely the ploughed furrow and mud of local farmland or, in the early days, some monotonous Hippodrome. The most boring has to have been the Scottish at Hamilton racecourse at the end of the 1960's, just pipping Ayr racecourse into second place. Much more interesting were the Scottish Schools at Callendar Park, and the National at Duddingston in 1969. Both were negotiated to a 7th place finish, with the latter bringing a team medal as Bathgate

Academy's team finished third in the senior boys event – my only real moment of cross country 'glory.'

There's been plenty of 'glaury' at various events. Right up there in joint pole position were the National in the snow at Hawick and the same event in the slush at Dundee. I remember losing all feeling in my feet as we splashed through the wet slush at the bottom end of Camperdown Park on lap two, knowing that there was still another lap to go. I like to think that I'm properly proportioned – although currently I am the wrong height for my weight! This means that given my height, my feet are quite big, size 11 in fact, or 46 in new money. My shoes are therefore heavier than the average. Add on to that a couple of tons of clinging clay as you trip over a ploughed field – various venues – and I am at a definite disadvantage over some of the lightweights that skim across the surface.

And then there's Irvine. I thought sandy soil was supposed to drain easily. It certainly didn't on a couple of visits to the far West, but at least sand doesn't stick to your feet as you climb the dunes. Most scenic course? Couldn't really tell you – I rarely have time or energy to admire the view during cross country races.

All of which suggests that I don't really enjoy doing cross country. Perversely this is not the case. I still look fondly at other running options during the drive to any race – there might be nice forest trails, or inviting hills or tracks en route and I could run there, finish and be having a warm shower before the cross country race starts. After I've finished a race though – with the exception of the Hawick nightmare – I always feel good, and how good I feel increases in intensity with the nastiness of the conditions.

This long winded piece is just the lead up to me saying I enjoyed my return to cross country at Stirling the other week. The weather conditions were tough – more so for Julie and Mary who had to stand around for ages – and the course was churned up in places, oh, and thanks to whoever moved that tree into my path towards the end of lap 3. Despite all of that I enjoyed my first foray at a race for some time. Now we're at the tail end of the season, I've got plenty of time to sit in my rocking chair with my memories until the next one.

Peter West



March 2013 - Club veteran Ian Leggett was in action at the British Masters Cross Country Championship in Sunderland at the weekend.

Ian, who recently took the silver medal at the Scottish Championships in Forres, finished in an excellent 7th place in the Male over-70 category at Herrington Park.

March 2014

Lothian Running Club members were out in force at Saturday mornings Edinburgh Parkrun to support their club mate Jonathan Barclay who was celebrating the occasion of his 100th Parkrun appearance.

All of them having taken place at the Capital event along the waterfront at Cramond.

John who now competes in the 60-64 age category made his race debut in September 2010 with a 76th place finish covering the 5k course in a respectable 23 minutes 40 seconds. Jonathan, who is also the secretary of the Lothian club, has a PB of 22 minutes 27 seconds which he set back in November 2011. His highest ever finish in the race was a 45th place in December 2011.

On his 100th appearance, he finished in 158th place overall and 8th in his own age category in 22 minutes 49 seconds. A total of 523 runners - boosted by 19 from LRC - took part in Saturday's run the second highest total in the history of the event. While Jonathan was reaching the milestone of 100, three members Robbie Kennedy, Christine MacVarish and Stewart Kennedy were making their race debuts while the trio of John Malcolm, Owen Williams and Neil Graham all recorded PB#s.



CLUB RESULTS

18th John Malcolm [17m 45s]**PB**
 23rd Owen Williams [18m 13s]**PB**
 28th Robbie Kennedy [18m 42s]
 63rd Paul Young [20m 05s]
 84th & 12thF Lana Turnbull [20m 39s]
 85th & 13thF Christine MacVarish [20m 40s]
 87th & 14thF Jocelyn Moar [20m 42s]
 90th & 2nd M60-64 Mike Lieberman [20m 48s]
 109th Brian Reid [21m 26s]
 114th Neil Graham [21m 31s]**PB**
 125th & 22ndF Shona Young [21m 45s]
###158th & 8th M60-64 JONATHAN BARCLAY [22M 49S] 100TH RUN###

208th Cliff Dicker [23m 58s]
214th Ian Hall [24m 08s]
254th Stewart Kennedy [25m 11s]
297th & 65thF Cara McCafferty [26m 19s]
298th Gerry McCafferty [26m 20s]
399th & 118thF Mags Turnbull [29m 14s]
501st Mike Turnbull [34m 50s]
523 Ran

March 2012

D33-DEESIDE WAY ULTRA RACE

A Lothian Running Club veteran female member contested one of Scotland's most gruelling races at the weekend and in doing so set a new personal best for the event.

Mags Turnbull was one of 192 runners who bravely completed the D33 Deeside Way Ultra Race.

The event which is described as 33 miles of 'no frills racing' takes the runners out and back along the Deeside Way starting and finishing in Aberdeen's Duthie Park.

This is not the first time Mags has competed in the event, which is the first race in the 2012 Montane Scottish Ultra Marathon Series.

In 2010 she completed the 33 miles in 6 hours 18 minutes 32 seconds, however on this occasion she bettered that by nearly 33 minutes in crossing the finish line in 5 hours 45 minutes 03 seconds, a truly amazing effort.

This placed the hardy Lothian veteran in 149th place overall and 4th in her own Over-50 female category.



(Not the most complimentary pic of Mags – sorry Mags! PW)