

In this Month – November

The offering for November is a bit 'thin.' There's not that much in the various archives that I can access that's not simply repetitive, eg AGM reports, cross country results lists, etc.

Post 2015, I guess Facebook had taken over as the main way of getting info around, but that makes it difficult (for me) to extract archive info.

Sorry about that. PW

2000

Martin Leadbetter stepped down as editor of the Club's 'Up and Running' newsletter, and was replaced by Lesley McGiffen. (Lesley performed this role for over 10 years.) Welcoming Lesley to the role, Martin was less welcoming of the 'combination of accumulating war wounds and advanced old age' that were affecting him, meaning that his training was restricted and that his running times were suffering.

22nd of November that month saw the Club's first AGM. President Teresa McMenemy was able to report that, since formation, the Club and its members had done so much, none of which would have been possible without the enthusiasm and commitment of club members. The first 'AGM confirmed' committee was:

President/Vice President: Teresa McMenemy/Lesley McGiffen

General Secretary: Martin Hyman

Treasurer: Jack Ewing

Membership secretary: Steve Wales

Coaching coordinator: Colin Meek

General committee: Louise Boyle, Saran Jones, Gillian McFarlane, Margaret Turnbull.

2004

East District XC League – Dechmont Law, 13.11.04

U/11 girls: 47. Mhairi McLeod 10:38; **boys:** 15. Daniel McLaughlin 7:29, 50. Andrew Cottom

U/13 girls: 13. Lana Turnbull 13:12, 20. Alison McDonald 13:51; **boys:** 33. Zack Jones, 35. Grant MacDonald 12:46

U/15 girls: 2. Sarah Inglis 16:02, 7. Mhairi Inglis 16:46; **boys:** Robert Inglis 15:36, 18. Colin MacDonald 16:09

U/17 girls: 2. Laura Bann 15:55; **boys:** 22 Darren Thomson 23:55

Junior Men: Fraser Kingscott 34:58.

Senior Women: 31. Saran Jones 25:39, 35. Laura Sarkis 26:05, 43. Margo Welsh 26:52, 45. Margaret Turnbull 27:08.

Senior Men: 16. Ross Milne 27:45, 24. Graeme Ackland 28:17, 38. Steve Cottom 28:50, 74. Coline Eades 30:52, 79. Steven Laurie 31:05, 95. Kenton Jones 31:40, 98. Alex Agnew 31:40, 101. Chris Godfree 31:43, 104. Alan McIntosh 31:49, 125 Harry Mulholland 32:41, 143. Neil Morgan 33:28, 144. Richard Docherty 33:30, 175. David Bell 35:11, 183. Mike Lieberman 35:34, 184. Hugh Miller 35:36, 194. Richard Moir 36:14, 195. Jim Salvage 36:14, 197. Cliff Acklam 36:28, 214. Nick Lieberman, 37:49.

2006

Braid Hills XC, 11.11.06 – 24. Ross Milne 34:25, 71. Andy Kitchin 37:53, 186. Peter Weeks 46:50

2009

Tinto Hill Race: 39. Colin Meek 38:18, 126. Alistair Robertson 44:37, 128. John Malcolm 44:43, 153. Jocelyn Moar 45:47, 155. Mark Anderson 45:58, 212. Jim Alexander.

'Colin did well, as usual, while Alistair was slowed a bit after a nasty fall. Both Jocelyn and Mark enjoyed their first hill run.'

2012

The club had four runners in the Tinto Hill Race with Cloe Cox finishing in an excellent 3rd place in the Women's race. A massive field of 259 finished this year's race held in very heavy muddy underfoot conditions.

The first club runner to complete the 4.4 mile course with a climb of 1500 feet was David Berrill in a time of 39 minutes 41 seconds. He was closely followed over the line in 41st by John Malcolm [40.38.] Next came Chloe Cox 47th [40.57] which also placed her a fine 3rd in the Women's classification. Jim Alexander completed the club representation crossing the finish line in [47.31] for 142nd place.



Chloe Cox



Jim Alexander

2015

To bring this year's AGM to a close, LRC continued the recent tradition of holding a short prize giving and awards ceremony. First off, prizes were awarded for the 2015 Club Championship Grand Prix.

The evening was rounded off by presenting a selection of awards for achievement and contribution to the club over the past year. As ever it's tough to pick out just a few people for recognition and there was more than one contender for all these awards.

The award for Most Improved Athlete was not awarded, and the Club were still looking for nominations for this award

Club Awards 2015

Club awards were based on nominations from club members with the final result decided on by a panel of committee members.

Award for Best Male and Female Senior Athlete

- Sarah Inglis
- Malcolm Lang



As well as anchoring our Ladies team to a Gold Medal in the National Road Relays, and contributing to a Team Silver Medal in the 5km Champs along with her Individual Gold, Sarah has seen tremendous success over in Canada, most recently winning the CIS National Championship and being nominated their Athlete of the year.

Malcolm Lang has been one of our strongest senior male performers all year, winning the Club Championship Grand Prix for the second year running, and consistently coming out top against his main club rivals.

Award for Best Male and Female Junior Athlete

- Nicole Furness / Nicole Dredge
- Andrew Jackson



The 2015 award for Best Female Junior athlete was shared between **Nicole Furness** and **Nicole Dredge**. The two youngsters both competed well in different arenas making it difficult to compare the two. Nicole F, in her first year with the club produced over 10 PB performances in the 60m, 100m, and 200m over the course of the year, and was selected to compete in the President's Select Match of the Forth Valley League, where she helped the relay team to a silver medal. Nicole D performed well in the longer distance events 800m and 1500m and was also selected for the President Select match where she produced a new 800m PB. In addition, Nicole competed well over the cross country season to win the Clubs Cross Country Championship last year.

The award for Best Junior Male goes to **Andrew Jackson**. Like Nicole, Andrew was also prolific in producing PBs in the 60, 100, and 200m over the course of the year.

Award for Endeavour and Commitment

This year's award for Commitment and Endeavour goes to **Aiden McGinty**. Aiden, in his first year with the club, has shown a great attitude and enthusiasm both at training and in participating on the track, and in cross country.



Fiddler of the Year

A new award this year which was not announced at the AGM, goes to **Sorley Macdonald** who was the most prolific winner of the Club's Fiddler's Handicap event in 2015.