

In this Month – September

2000

Linlithgow 10k Results

11 Murray Robertson 34:00, 42 Jack Ewing 37:51, 50 Peter West 38:17, 55 Ian Leggett 38:59, 59 John Paxton 39:12, 60 Martin Leadbetter 39:14, 67 Harry Mulholland 39:44, 73 Kenny Cruickshank 40:03, 75 Christine Rougvie 40:11, 120 Jim Alexander 43:16, 125 Marsie Ewing 43:57, 144 Mags Turnbull 45:38, 145 Jane Moncrieff 45:42, 169 Gillian McFarlane 47:03, 175 I McMillan 47:28, 211 Pauline Hughes 50:11, 212 Linda McMullan 50:12, 213 Delia Leddy 50:13, 226 Lesley McGiffen 51:34. (307 finishers.)

The Club's first National Champions: In hill Running, Ashley Toner (U14) won the girl's event and Iain Donnan (U16) the boy's event at the Scottish Championships, held in Peebles.

2002

Glasgow Half Marathon

Mag's Turnbull reported that 5 of the Club's ladies took part. The weather was the worst ever experienced. Despite torrential September rain, hailstones, thunder and lightning and roads that were transformed into rivers, the girls still enjoyed themselves. A special mention also went to the people of Glasgow who never seemed to notice the weather and lined the streets in their thousands, giving out sweets and fruit.

1:36 – Jim Alexander

1:41 – Teresa McMenemy

1:41 – Claire Shanley

1:43 – Margo Welsh

1:45 – Mags Turnbull

1:47 – Pauline Hughes

'Because of the rain that day, us girls never stuck our noses out of the marquee until 10 minutes before the start time. Jim was all on his lonesome and never saw any of us and we never saw him at all. Wee soul...'

2004

Some 10k results:

Paisley 10k – 12 Brian Turner 24:36, 289 Ted Finch 48:58. 1500 finishers

Stirling 10k – 41 Richard Docherty 38:42 (700 finishers)

St Andrew's Hospice 10k – 68 Kenton Jones 40:14, 235 Ted Finch 45:53 (PB) (2034 finishers)

And a bit further:

Millport 10 miler – 6 Euan McIntosh 58:34, 77 Jim Alexander 72:36 (200 finishers)

2006

Two Breweries

5 Andy Kitchin 3:09:25, 18 Tosh Brannan 3:50:52, 51 Jim Alexander 4:55:43

...and in 2008

Two Breweries

1 Scott Fraser 2:47:30 *'Scott managed to stay in front of Andy Symonds finishing just 20 seconds ahead of him.'* 11 Robin Galloway 3:07:35, 47 Tosh Brannan 3:50:28, 86 John Malcolm 4:26:10 (106 finishers)

2011 - JSB President Select Meeting – Grangemouth – Saturday 3rd September

Many congratulations to Robbie, Tara, Amy, Grant and Christopher who were selected to compete in the President Select Meeting at Grangemouth. Amy got bronze in 800m, Christopher got bronze in Javelin and Long Jump a gold in the relay and Grant got bronze in Javelin, silver in shot and Gold in High Jump. A special mention to Mary Inglis for all her support and assistance.

STIRLING 10K

25	33:36	Ross Milne
28	33:49	Max McNeill
283	43:42	Susie Hannah
290	43:41	Marie Storrie
326	45:04	Leanne Webster
384	46:40	Kenny Mearns
388	46:41	Ian Leggett
394	46:57	Martin Greig

Great North Run



Paul and Shona Young with their medals after finishing, Paul in 1:39:01 and Shona in 1:43:09

2013 - Edel's General Training tips for September

- If you are thinking of doing a race, let other fellow club members know - again this brings about a social and more fun aspect and as previously said, saves petrol
- Always replace fuel stores soon after a training session by eating complex carbohydrate such as a banana or jam sandwich. Glycogen is a form of carbohydrate which is stored in the muscles and liver for energy. And it is the body's main form of fuel for long-term energy. When a person engages in an endurance sport or needs energy for long periods of time, the body continually uses the glycogen to fuel that activity so it needs to be replaced as soon as possible when used up. If you keep it topped up, you will have enough glycogen for 2-3 hours of continuous running so you have no need to top it up during a race or training session.
- Core exercises are important to do. Every movement we make is stabilised by our core muscles. No matter what exercise or sport you do, a strong core will help you improve. When you move your arms or legs, your core muscles should be stable and strong to control the movement. The stronger your core is the better control you will have. In simple terms, it'll be easier and safer to move your arms and legs faster and with more power. That means better performance.

2016

New Club training jackets were available to order. The jackets 'are high quality polyester with the club logo on the front and club name on the back. Reflective strip front and rear. Showerproof /water resistant' and were priced at £55.



2017

Hannah Steel was rewarded for a successful season on the Highland Games circuit by being selected by the Scottish Highland Games Association[SHGA] as the 2017 Female Youth Athlete of the Year.

Hannah competed consistently over the season winning races at the Games at Cupar, Alva, Bridge of Allan, Newburgh, St Andrews, Blairgowrie and Pitlochry. Adding to her wins she also picked up a number of 2nd and 3rd places. In the season long SHGA league for Youth races over 400 metres Hannah finished in third place, a place she also occupied in the Fife HGA league.



Hannah followed in the footsteps of fellow LRC female athletes who have won SHGA Awards: 2005 Sarah Inglis, 2009 Lauren Arbuckle and 2010 Mhairi Inglis.

2020

In September 2020, Martin Leadbetter, the Club's then coaching coordinator, published the Club's **'Junior Strategy.'** Its purpose was *'To refocus and define the role of the club in providing a safe, positive environment that allows young people the opportunity to learn about the sport of athletics and develop fitness and self confidence through participation in groups, training and competition.'*

The forward looking document can still be viewed here:

<https://www.lothianrunningclub.co.uk/2020/09/juniors-a-club-strategy/>