

In this month – June

More memories, results and comments, from across the last 25 years, including, this time, from the very beginning in June 2000.

June 2000

And so it all began. Lothian Running Club was born. The very first edition of 'Up and Running,' which was the Club's newsletter, in the days before 'this new-fangled interweb thingy', welcomed everyone and included observations of what the fledgling Club offered, and needed to develop. 'My recent attendance at a committee meeting was a real pleasure – a lot of positive people taking things forward in a pleasant atmosphere,' wrote the editor, aka Martin Leadbetter. 'Perhaps this new beginning will give us the impetus to try new things and adopt new approaches.'

By the end of a Club meeting on June 28th, a committee had been formed, all relevant forms had been lodged with SAF (Scottish Athletics) and the application would be considered at their meeting on 24th July. That first committee included:

Lesley McGiffen and Teresa McMenemy – President/Vice President

Martin Hyman – Secretary

Jack Ewing – Treasurer

Colin Meek – Coaching Coordinator

Margaret Turnbull – Committee

Steve Wales – Committee

Louise Boyle - Committee

Saran Jones - Minutes

June 2001

A year down the road, Martin Hyman wrote:

One Year On

Who would have dreamed, when we started out 12 short months ago, that we could achieve so much so soon? I was plagued with doubt. Would we find enough good folk to contribute to the heavy workload required of a successful club? Would we attract enough youngsters to guarantee our future? The answer has been an emphatic 'Yes.' It has been a revelation to see how folk with little or no qualification other than enthusiasm and goodwill, could so rapidly become key figures in sustaining our progress.

We have been coming on so fast that have hardly had time to pause to take stock. No one can fail to notice the achievements of our stars like Ashley (Toner) who has won Scottish and British Championships. I have been greatly impressed, not only by her results but by her modest behaviour, no different from any other member of the club. As a coach I also admire the pace judgement which she shows in her impeccably even interval training. And you will also have seen how this enabled her to come from behind to beat senior male opposition on the trial night on May 23rd and the East Kilbride open meeting two days later!

But our club is not just about stars (and we have many.) We cherish everyone who enjoys having a go and doing their best. So for me, it has been a joy to see youngsters finishing last, with a smile on their face. I did this a lot when I started running nearly 60 years ago, and no one would have guessed

what success 25 years of improvement and enjoyment would bring. It was wonderful that, on our first trial night, 16 entered for the shot putt and 26 for the long jump, even though most of them had only one or two practice sessions.

Perhaps it needed an outsider to tell us just how well things were going. On a recent Sunday our youngsters were training hard and joyously, as usual, in the woods at Dechmont Law. Along came a man taking his deer hounds for a walk. He stopped to watch, and when we finished, he said "It's great to see youngsters enjoying themselves so much. I would like to give you a discretionary grant to support your work." Thank you, councillor Bruce Ferrie, both for £100 and for the encouragement which your recognition has given us.

June 2002

Mike Lieberman had enjoyed a trail race in N. France before heading to the inaugural Lothian Running Club 10k Trail Race and wrote that it *'was by contrast a real off road event. Heavy rain had turned the route to a gloopy mud leading to a number of spectacular slips and falls – learning to fall in mud is one of the great running skills. Everyone who took part enjoyed the varied terrain and attractive scenery and quite a number managed very respectable 10k times. A highly organised and enthusiastic group of club members made the whole thing possible by giving up their time to marshal the route, record results and generally help, when, I am sure, they would rather have been running. In spite of the weather, everyone really enjoyed themselves, there were good performances at the head of the field, and a great deal of fun further back. I would thoroughly recommend this race next year (though I think I should maybe offer to help instead of running.)'*

Here's a selection of pics from over the years:

Colin Meek 2007



Edel Mooney 2007



Marshals 2008



Ted Finch 2008



Scott, Paul and Steven 2011



Kevin 2017



Mags 2017



June 2004

The June Fiddler's Handicap event, held on the first Wednesday of each month, starting near the entrance of St. Margaret's Academy, was won by Pamela Massey who finished at 7:56:43 in a net time of 39:43, taking nearly 3 minute off her previous best. Second was Jill Horsburgh at 7:57:19, her net time of 31:59 being the fastest female time on the night, and third Ted Finch at 7:57:49. Ian Donnan was fastest over the 4 mile route in 21:55.

The Junior Fiddler's event was won by Darren Thomson at 7:56:48 in 11:08, second was Alison MacDonald at 7:58:08 and third was Nicola Bann at 7:58:14. Fastest was Robert Inglis in 10:20 and fastest female was Mhairi Inglis in 11:08.

Winter season XC Awards will be presented at a

FREE BARBEQUE

at Beecraigs Country Park

on Wednesday 9th June 2004

from 6pm until late

- 6-7.30 Organised activities.
- 6.30 Group runs for those who wish. Meet at barbeque site.
- 7.30 Barbeque. Basics supplied, plus what you bring.
- 8.30 Prizegiving

Children's games. Large playpark.

Sausages, burgers, rolls, sauce and juice provided. Please bring extras plus favourite drink if want. Julie Toner to advise on food if required (01506 *****)

June 2011



Top 3 honours for Lothian Ladies at West Lothian Half Marathon: 15th (1st f) Suzie Hannah 1:39:41, 16th (2nd f) Marie Storrie 1:40:26; 27th (3rd f) Shona Young 1:49:48

June 2012

Lothian Running Club veteran duo Jim Alexander and Alan Robertson spent an exhausting weekend taking part in the gruelling West Highland Way Race.

Essentially the object of the West Highland Way Race is simple. You start at Milngavie Railway Station (7 miles north of Glasgow) at 1am on Saturday & run/jog/walk to Fort William Leisure Centre by noon on the Sunday with 35 hours to cover 95 miles including 14,760ft of ascent.

Both have contested the race before so they knew what was ahead of them. After 27 hours 04 minutes and 21 seconds Alan crossed the finish line in 67th place, Jim followed in 81st in 28 hours 38 minutes 09 seconds, which was a PB by a mere 15 minutes.

A total of 173 runners set off from Milngavie at 1am on Saturday, and ultimately 119 finished within the 35-hour race time limit. The larger than usual dropout rate was mainly down to the inclement weather. It rained non-stop for the first 12 hours of the race.

...and again in June 2014



Lothian Running Club veteran Alan Robertson spent an exhausting weekend taking part in the gruelling West Highland Way Race where he turned in his best ever performance.

Alan not only recorded a PB but was also the first runner to finish in the M60 category, crossing the finish line in 77th place after 24 hours 31 minutes and 57 seconds, beating his previous best time by a whopping 44 minutes!

Every year since 1980, on the 3rd Sunday in June, a few hundred hardy individuals take part in one of the most unusual running events in the country, the Seven Hills of Edinburgh Race — a combination of road-running, cross-country, hill-running, and urban orienteering... 14 miles in length and with 2200 feet of ascent/descent.

It attracts runners of all ages and all abilities — from the leading distance-runners who get round in 100 minutes, to the more modest performers who may take up to 4 hours. But they all enjoy the satisfaction of completing one of the most scenic and challenging of sporting courses.



Lothian RC fielded five runner's in the **2014** race with Euan McInnes first to complete the course in 58th place 2 hours 08 minutes 45 seconds, only 7 seconds behind Euan in 59th came Paul Young in 2h 08m 52s. Finlay Slane was 79th overall and 9th in the M50 category stopping the clock at 2h 16m 53s, and in 95th position came Stephen Malcolm with a time of 2h 19m 55s.

Christine MacVarish was the club's only female representative and she finished in 116th place and 15th in the female classification in 2h 22m 35s.

June 2015

Martin Hyman organised a midweek, evening trail race beside the River Avon and along the canal to Xcite Linlithgow. It was a 'mob match' v Linlithgow AC. The event was a handicap event and the first 10 finishers were:

Pos	Name.	Time			Team
		Finish	Start	Taken	
1	Joyce Salvona	19.35	6.56	23.35	Lothian
2	Edel Mooney	19.40	6.59	20.40	Lothian
2	Christine McVarish	19.40	6.59	20.40	Lothian
4	Jo Williams	20.00	7.00	20.00	Lothian
5	Jocelyn Moar	20.11	7.00	20.11	Lothian
6	Mhairi Inglis	20.35	7.00	20.35	Lothian
7	Jill Horsburgh	21.25	6.56	25.25	Linlithgow
8	Karen Duncan	21.41	7.00	21.41	Linlithgow
9	Angus Gallie	22.10	7.01	21.10	Linlithgow
9	Anne Gumbley	22.10	7.00	22.10	-

Martin wrote a comment after the event:

'Times are less important to me than camaraderie and enjoyment.

My running career started 75 years ago as a small sickly child, who attended 10 different schools as a refugee from Hitler. I was often bullied and rarely got picked for games teams, but I liked to run. By the time I was 17, I was the third best cross-country runner in my school and my running continued to improve in the next 17 years or more. The more I ran the more my health improved, and with it my confidence. I only took 4 days illness leave in all my working life. We cannot all win races and set records but my passion is to convince folk to run for enjoyment and to improve the length and quality of their lives.

I also believe that running is most enjoyable in a natural environment and I wanted you to see the exquisitely attractive opportunities that you have on your doorstep. The project succeeded beyond my wildest dreams and I would like to bottle the camaraderie and joy which abounded. My only regret is that I did not have a chance to talk to all of you, runners and helpers, and thank you for your contribution.

Folk were telling me that my organisation was perfect, but the truth is that my energy levels and memory are fast failing and it only worked so well because many old friends and new acquaintances filled in and covered for my mistakes. Thanks to all of you and to everyone who took part in such a wonderful spirit. I would love to see the event continuing in future years but, in truth, it is getting beyond me. However, if Xcite Linlithgow continue to offer such excellent support, I am sure that the folk who did the work this time, could easily manage by themselves. I would gladly offer support, including equipment for course marking, timing, recording, etc. and up to £100 for numbers, prizes and expendables. I even heard rumours that Linlithgow members were considering suggesting that their club have a go.

Mob Match Scores

(Calculated by adding the individual positions of the first 20 finishers for each team.)

Lowest total wins.

Lothian: 432

Linlithgow: 566

In fact the results would have been very close, were it not for the intervention of some formidable Lothian lassies, including members of the reigning Scottish Road Relay Champion team.'

June 2019



Sarah Inglis wins the women's 1500m race at the Vancouver Falcons Mile Meet in 4:14.61