

In this month – MAY

Another collection of memories, results and comments, from across the last 25 years, this time from the month of May.

May 2001 – Foot and Mouth disease restrictions led to the cancellation of many events, not to mention curtailing a huge amount of off-road training. Martin Leadbetter reported from the front line:

'The most dramatic effect of the current Foot and Mouth outbreak, as it affects runners, is the number of runs that are no longer available to us. Our little Saturday band has been struggling through Almondell Country Park every Saturday morning for 19 years, right back to the time when we could keep up with Jim Wilson. It emphasises how lucky we are to be so close to many beautiful sites and how we possibly take them for granted. I'm almost tempted to say, however, that the outbreak has been worth it if it means I don't have to suffer the Two Cairns ordeal this year! I will miss the Canal relay though.'

May 2004 – Fixtures

01.05.04 – Edinburgh to North Berwick – LRC results

9 th	-	Donald Shaw 2:19:45
25 th	-	Alan Shanley 2:30:42
34 th	-	Dave Bell 2:27:14
48 th	-	Mike Lieberman 2:42:52
76 th	-	Jim Alexander 2:54:18
82 nd	-	Margo Welsh 2:57:02
96 th /97 th	-	Mags Turnbull and Theresa McMenemy 3:02:11
124 th	-	Jim Salvage 3:25:46
126 th	-	Alistair Guy 3:26:33

16.05.04 – E. District Championships – Meadowbank

22.05.04 – Cape Wrath Marathon – LRC result

4 th	-	Jim Alexander 3:42:40
1 st Lady		Teresa McMenemy 3:50:04
2 nd Lady		Mags Turnbull 3:51:39
20 th	-	Jim Salvage 4:35:33
21 st	-	Alistair Guy 4:40:32

24.05.04 – Balerno Riggs Race

28.05.04 – LRC Trial night – Craigswood

30.05.04 – Dechmont Law 10k Trail Race – LRC result

1. Iain Donnan 31:30; 4. Ross Milne 33:48; 7. Donald Shaw 35:19;
11. Alan Shanley 36:41; 14. Christine Milne 37:29; 15. Steven Laurie 37:42;
18. Alan McIntosh 38:20; 24. Alex Agnew 38:47; 33. Mike Liberman 39:58;
36. Kenton Jones 40:30; 37. Jim Alexander 40:31; 40. Hugh Miller 40:49
42. Willie MacDonald 41:10; 54. Alan Robertson 43:43; 61. Laura Sarkis 44:11;
67. Bobby Campbell 45:15; 72. Jim Salvage 45:41; 97. Alistair Guy 49:09

May 2005

Lothian Running Club runners have had a busy week, competing in local races as well in the classic 'Edinburgh to North Berwick' race, and the Edinburgh 10k. In the Club's own 4.2 mile 'Fiddler's Handicap,' Helen MacDonald was first back at 7:58:13, improving her pb by 2 minutes. Val Finch was second and Saran Jones third. Fastest on the night was Steve Cotton in 23:15, with Sarah Inglis fastest female in 27:03. The shorter 1.8 mile race was won by Rona Leslie, finishing at 7:57:29, also improving her pb, by 1:39. Second was James Sneddon, who was also fastest male in 13:05, and third Maurice Thomson. Fastest female was Lana Turnbull in 12:12.

Bright, clear conditions with a cold tailwind helped Lothian's ladies team to a first team place in the Edinburgh to North Berwick 22 mile road race. The Club's positions and times were: 29. Richard Docherty, 2:31:49; 46. Mike Lieberman, 2:41:42; 67. Jim Alexander, 2:51:41; 76. Richard Moir, 2:54:21; 90. Jim Salvage, 3:03:27; 91. Teresa Mcmenemy, 3:03:27; 97. Margaret Turnbull, 3:05:13; 112. Pauline Hughes, 3:14:18; 114. Julie Toner, 3:14:46.

Over the shorter 10k distance in Edinburgh's Great Caledonian 10k, supervet Scott Balfour finished 68th out of a field of nearly 5,500, in 37:01. Other positions and times were: 109. Martin Leadbetter, 38:42; 385. Alan Robertson, 42:45; 682. Laura Sarkis, 44:54; 1274. Ted Finch, 47:59; 1398. Robert Hope, 48:32; 1934. Kate Docherty, 50:49; 5084. Val Finch, 69:15.

May 2007 – Results

Heriot Watt University 5k Trail Race

12. Robert Inglis (1st Jun) 17:17; 22. Richard Docherty 18:10; 25. Darren Kinsella 18:16; 31. Scott Nelson 19:00; 41. Dave Mabon 19:46; 46. Richard Moir 20:11; 53. Joyce Salvona 20:18; 81. Marsie Ewing 21:31; 82. Lana Turnbull 21:36; 92. Jill Horsburgh 22:00; 95. Matthew Galloway 22:13; 96. Lucy Galloway 22:14; 129. Carol Mabon 25:32; 148. Neal Drummond 28:04; 154. Anne Platt 28:37; 158. Margaret Hyman 28:53; 164. Samuel Galloway 29:54; 165. Robin Galloway 30:04; 175. Michael Turnbull 31:50; 181. Hazel Turnbull 33:26; 188. Jim Salvage 36:13

Great Ocean Road Marathon, Victoria, Australia

Lachy Wallace (marathon dist) 3:31, full event (45km) 3:51:12

Tiree 10k

1st Richard Docherty 37:23; 6th Peter West (2nd V50) 41:05; Alan Robertson (3rd V50) 41:56; Margaret Hyman 3rd FV50 61:03

Edinburgh Marathon

49th Steve Laurie 2:56; 74th Scott Balfour 2:58; 1178th Mags Turnbull 3:49

May 2012

Xcite 5k Road Race



Scott Nelson and Yvonne Crilly battle it out

There was an exciting finish to the West Lothian College Xcite 5k Road Race at Livingston on Wednesday evening. It saw Brian Turner prevail by 1 second over Barry Paterson [Falkirk V H] to win the race for an 8th time. Only 9 seconds separated the top four in the Men's race with Turner winning in 17 minutes 06 seconds.

In winning the Women's race, Sarah Inglis set a new course record crossing the finish line in 18 minutes 04 seconds which was over 2 minutes clear of her nearest pursuer Yvonne Crilly [Livingston AC] 20M 22S who was 1st female veteran. Lothian Club duo Lana Turnbull [21.42] and Jill Horsburgh [23.34] filled 3rd and 4th places.

There was a good turnout of Lothian RC members who made up a quarter of the 44 runner field.

May 2015

Conditions were cold, wet and windy along the Edinburgh waterfront on Wednesday evening for the annual **Scottish Athletics 5k Road Running Championships, Silverknowes**

The weather might well have been invigorating but so was the performances of the Lothian Running Club members who turned out in good numbers.

Not for the first time it was the ladies who stole show, Sarah Inglis took the individual women's title and gold medal while there were silver medals for Edel Mooney in the women's veterans category and in the women's team competition.

Sarah, who has had an excellent 2015 so far both indoors and out, crossed the finish line in 16 minutes 27 seconds, just outside the course record and 18 seconds clear of runner up and fellow Scottish internationalist Jo Moultrie, VP Glasgow [16.45] with Steph Pennycook, Fife AC [16.59] in third.

Edel Mooney almost emulated Sarah in the women's veterans category finishing a mere 3 seconds behind Lesley Chisholm, Garscube Harriers.

It was also silvers for the club ladies in the team competition, just failing to replicate their gold winning performance in the recent Scottish Road Relays championship. Fife AC took the team honours on this occasion.

Max McNeil was the first of the club's finishers in the Men's race crossing the finish line in 21st place with an excellent time of 15m 34s.

CLUB RESULTS

21st Max McNeil[15.34]
42nd & 1st F Sarah Inglis [16.27]
56th Malcolm Lang [16.56]
101st Andrew King[17.38]
113th & 2nd FV Edel Mooney[17.47]
153rd Alan Moffat [18.26]
192nd Scott Nelson[19.20]
199th & 29th F Lana Turnbull [19.32]
208th & 31stF Mhairi Inglis[19.49]
213th Calum Ross[19.53]
220th & 34th F Christine Milne [20.04]
261st Jim Alexander[22.06]
263rd Colin Wishart[22.12]
314 Completed



May 2015

The amazing recent medal winning run by club athletes continued on the Island of Tiree at the weekend where members were in action in both the 10k and half marathon, in the latter Alan Robertson took the M60 winners prize while in the 10k Peter West who finished 8th overall was the victor in the MV55 category and runner up in the MV40. Marsie Ewing and Lesley McGiffen also contested the 10k finishing 33rd & 59th respectively. Conditions were cool in a strong SE wind, with the rain arriving for the Half Marathon finishers.

10K 8th Peter West 44:31 (2nd V40; 1st V55); 12th Jack Ewing 45:22; 33rd Marsie Ewing 51:54; 59th Lesley McGiffen 59:40 - 155 finishers

Half Marathon 36th Alan Robertson 1:46:36 1st V60 - 137 finishers



Alan Robertson finishes Tiree Half Marathon 2015.

May 2017

Lothian Running Club's Max McNeil produced one of his best ever runs to lead home over 9000 runners as he raced to victory in the Oklahoma City Memorial Half Marathon. The race is run to commemorate the Oklahoma City bombing on April 19, 1995. Along the way, runners pass 168 banners, each bearing the name of one of those who were killed in the Oklahoma City bombing.



McNeil who is currently studying at the Oklahoma City University completed the 13.1 mile course through the streets of the city in 1 hour 09 minutes 51 seconds which was almost three and a half minutes clear of his nearest pursuer. It wasn't the quickest the Uphall Station athlete has ran for the distance, in 2014 he recorded a time of 1h 08m 02s in the Edinburgh Running Festival half marathon.

May 2019

Lothian Running Club's Jo Williams produced a PB run in the Edinburgh Half Marathon to finish on the podium in third place behind Molly Browne 1:18.27 and Sarah Potter 1:18.51. Jo's time of 1 hour 19 minutes 23 seconds was over 3 minutes quicker than her previous best of 1:22.51 set in the Balloch to Clydebank half marathon back in 2016.

In the Men's race Kei Mak finished in 91st place in 1h 21m 50s. There was also a podium place for Alan Knowles in the 5k event with a fine second place in 17m 45s only 5 seconds behind the winner Cameron Bullen, Team East Lothian. Iain Cameron contested the full marathon and sneaked inside the three and a half hours mark with a finishing time of 3h 29m 56s.

LRC results from the Edinburgh Marathon Festival.

Marathon-Iain Cameron 3:29.56, Brian Morris 4:40.59, David Meek 4:54.51.

Half Maraton-Jo Williams 1:19.23, Will Moffat 1:21.44, Kei Mak 1:21.50, Al Murray 1:30.58, Dougie Hunter 1:37.02, Samantha Paterson 2:53.28.

10k-Stephanie Amies 66.72. 5k-Alan Knowles 17.45.

And finally, also May 2019

Lothian Running Club's Josh Dack led home over 500 runners to win **the Sunderland City 5km** . The Saturday evening race provided a thrilling finish with Josh [15.57] prevailing by a mere one second from Nick Hardy, Tipton Harriers[15.58] with Sam Beckett, Crook & District AC[16.30] back in third.

517 runners finished the race

The winners time of 15m 57s was the second time in just over a week that Josh has dipped under 16 minutes for the 5k distance, a week past Friday in the Scottish 5k road championship the Lothian runner recorded a PB time of 15m 48s on the Edinburgh waterfront course.