

**Assistant Secretary's Information
from the April Committee Meeting**

Hello All,

Help, Help, Help! It seems as if the committee is always asking for help. It's true - we are! There are three events coming up where help is needed and your help would be much appreciated. Please contact Martin (01506 412322) or a committee member if you think you can be at:

Ben Lomond on May 12th

Carmondean Primary school on 27th May or

Dechmont Law for the Trail Race on 10th

June

Preparations for our own Trail Race are well under way but as always more helpers and competitors are needed.

Not to mention the Trial Nights - help needed for all three trial nights on May 4th, June 15th and August 24th.

Thanks for everything everyone does - that's why all these events have gone so well in the past so please continue...

Membership - There has been a great response to the membership reminder/uptake for this year. Only 2 people have resigned and there are a few others who are injured or not running for one reason or another who may decide to join later in the year. Lothian Running Club therefore has about 110 members - thanks for your membership and support.

Coaches - A coaches meeting is to take place in May - date unknown as yet.

Carmondean 2k and 5k - The school are organizing a 2k and a 5k race at the school in Livingston on Sunday 27th May at 9.30am. This run will be instead of the usual Dechmont Law session at 10am.

Anyone who wishes to take part will be welcome.

As above, helpers would be welcome.

Trail Race - Preparations for the Trail Race are under way. Sponsor money is coming in with about 11 sponsors responding to Mags' letters.

Well done to everyone from the club who took part in the London Marathon especially as it was so hot. At this time of year we have not become accustomed to running in the heat here in the sunny north, so it must have added time to their runs.

Doing London Marathon is a fantastic experience and anyone who has ever thought about it really should put it on the 'to do list' and do it.

The number of times in the last 2 weeks I've stood at the back door wanting to wear winter running gear then being brave and setting off in shorts and being thankful as it's actually quite warm once you get going.

The next meeting is on the 16th May 2007.

Happy training and racing,

Marsie.

**EARLY SEASON HIGHLAND GAMES
INFO.**

With the 2007 Highland Games season getting underway at the end of the month here is some useful information on the early Games.

**MAY 26th-BLACKFORD HIGHLAND
GAMES.**

The running event's at this traditional pipe-opener take place on a 400 metre grass track. All the races are handicap's.

OPEN 90 metres,

OPEN 200 metres,

[2006 winner Darren Thomson, Lothian R.C.].

OPEN 400 metres,

OPEN 800Metres and 1600 metres,

YOUTH'S 90 metre's 800 metres and 1600 metres,

[2006, the 800 2nd Colin McDonald, Lothian R.C. and 1600 3rd Robert Inglis, Lothian R.C.]

SUNDAY JUNE 3rd MARKINCH HIGHLAND GAMES.

This is one of the best Games on the circuit for the youth runner's, a relay has been added this year to make it six event's for the under-16s, the prize-money is also good with six prizes in each event.

YOUTH'S 90mts, 200mts and 800mts
[2006 800 1st Colin McDonald, Lothian R.C.]

YOUTH'S 400mts

YOUTH'S 1600mts

[2006 3rd Robert Inglis, 4th Mhairi Inglis, 6th Sarah Inglis].

RELAY, Prize-money to be confirmed.

There is also Open Handicap's over 90mts,200mts,400mts,800mts1600mts,3 200mts and a relay. All have six prizes.

SATURDAY 9TH JUNE, BEARSDEN & MILNGAVIE HIGHLAND GAMES.

In the Open races there are handicap's over 90mts,200mts,800mts and 1600mts while for the youth's there is a 90mts and 800mts.

[2006 90mts 1st Ashley Stewart, Lothian R.C.].

SUNDAY 10thJUNE STRATHMORE HIGHLAND GAMES

Set within the magnificent ground's of Glamis Castle, these Games are ideal for

newcomer's as there is not usually a large turn out of runner's.

A good place to pick up prize-money and league point's. The prize-money goes down to sixth place.

OPEN 90 mts

OPEN200mts,400mts,800mts,1600mts and 3200mts

YOUTH'S 90mts

YOUTH'S 1600mts

S.G.A. League point's on offer at all of these Games with Markinch also counting toward's the FIFE league.
FOR INFORMATION ON HOW TO ENTER ANY OF THE GAMES GET IN TOUCH WITH MARY INGLIS.
by SHANE FENTON[S.G.A.]

Results

Scottish National Road Relay, Livingston
31.03.07

Women A. Leg 1 (short) Helen Murray, 20:13; leg 2 (long) Christine Milne, 36:00; leg 3 (short) Sharon Skivington, 21:16; leg 4 (long) Edel Mooney, 34:47; 6th place.

Women B. Mags Turnbull, 23:05; Anne Ewing 46:34; Carol Mabon, 26:05; Marsie Ewing, 46:39; 27th place.

Men A. Richard Docherty, 18:26; Graeme Ackland, 33:52; Steve Laurie, 18:25; Harry Mulholland, 36:28; Iain Donnan, 15:10; Jack Ewing, 37:06; 28th place

Men B. Jim Salvage, 22:50; Mike Lieberman, 39:21; Alec Agnew, 20:53; brian Welsh, 39:48; Peter Weeks, 21:49; Hugh Miller, 41:31; 46th place.

Men C. Ted Finch, 24:52; Alan McIntosh, 37:23; Mark Kassyk, 26:48; Quintin Agrella, 39:52; David Mabon, 25:13; Calvin Crane, 25:49. (50th place.)

<http://www.lothianrunningclub.co.uk/>

Edinburgh Forthside Half Marathon,
01.04.07

59. Richard Docherty, 1:22:31; 67. Steven Laurie, 1:23:22; 112. Steven Cunningham, 1:26:45; 173. Scott Nelson, 1:29:38; 245. Alan Robertson, 1:32:21; 742. Susan Bruce, 2:10:07; (1075 finishers.)

Belhaven Dunbar 10k, 07.04.07

26. Richard Docherty, 37:29; 52. David Bell, 40:04; 106. Jim Alexander, 43:50; 241. Keith Banham, 53:12; (38 finishers)

Lothian Track Trials, Meadowbank,
08.04.07.

(finals results only shown.)

Men's 800m: 3. Darren Thomson, 2:09:15.

Women's 800m: 2. Sarah Inglis, 2:21:58; Mhairi Inglis, 2:24:14.

U11 boys 800m: 1. Matthew Galloway, 2:52:42

U11 girls 800m: 2. Lauren Arbuckle, 3:01:11

U15 girls 800m: 3. Lana Turnbull, 2:45:85

East District 10k Road Race

Championships, Grangemouth, 15.04.07

In a field of 677 finishers, Christine Milne finished 5th female (75th place overall) in 39:27, with Laura Sarkis 20th (148th) in 42:17 and Margo Welsh 27th (187th) in 44:00, to win the women's team prize. Other places and times: 61. Steven Laurie, 37:59; 67. Harry Mulholland 38:30; 118. Matt Richardson, 41:19; 124. Scott Nelson, 41:33; 136. Brian Welsh, 42:06; 150. Alan Robertson, 42:21; 171. David Mabon, 43:19; 418. Carol Mabon, 52:55; 542. Keith Banham, 59:27; 543. Colin Banham, 59:27. The men's team finished 9th

Meanwhile in the 5km race at the same event, Iain Donnan was a clear winner, finishing in 14:42, over a minute clear of his nearest rival. Lauren Arbuckle (19th, 8:38) and Bethany Nelson (29th, 9:04) both had good runs in the 2km which had 227 finishers.

London Marathon, 22.04.07

1035. Harry Mulholland, 3:03:11; 1356. Richard Docherty, 3:09:02; 1457. Steve Laurie, 3:10:10; 2699. Jeff Thornton, 3:24:56; 13854. Richard Moir, 4:36:26

Run for Kids 15.2km, Melbourne

Lachlan Wallace, 58:47; (go to <http://www.heraldsunonline.com.au/run4t hekids.html> for a video of Lachy finishing in his Lothian vest, race number 2049.)

ON the block Davy Bell

FAVE RACE: London Marathon

HOW LONG RUNNING: 10 Years

BEST PIECE OF ADVICE: Admit to nothing

FAVE FOOD: Tripe and onions

FAVE TV PROGRAM : Master cheff

LOOKING FORWARD TO: 70 wild miles race 9 june

FAMOUS PERSON YOU HAVE MET:

Gordon F***** Ramsey

OTHER HOBBIES: Kayaking and cooking

One thing we did not know about you?: i make a good fruit scone

CLAIM TO FAME: reached the Scottish cup final at under 18 level just after th war

FAVE JOKE: knock knock! Who's there? bigish. bigish who? No thanks not today.

☺ ☺ <h2 style="margin: 0;">Selected Lothian Fixtures Summer 2007</h2> ☺ ☺
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Track & Field

May	4	Lothian Trial Night.	Craigswood
	13/14	East District Championships.	Meadowbank
June	3	Markinsh Highland Games.	Fife
	15	Lothian Trial Night.	Craigswood

Road

May-05	Edinburgh to North Berwick. 11.am	Meadowbank Stadium
12	Penicuik 10k 2.15?	High School Carlops Road
26	Lothian Tiree 10k (1pm) Week-end. Peter West for details.	Tiree
27	Carmondean 5k Run.	Carmondean Primary School
28	Riggs Race (Hilly 6miles) 7.30p.m.	Malleny Park, Balerno
Jun-03	Carluk 10k 12.30pm Fun Run 11.30am	Loch Park Stadium, Carluk
14	Portobello 4 7.15pm & Fun Run 6.45	Portobello Esplanade

Hill / Country

May-09	Dumyat (8k / 380m) 7pm	Stirling Uni
12	Ben Lomond (12k / 970m) 1.00pm & junior age group races.	Rowardennan
13	Heriot Watt 5k Trail Run (1pm) Ask Edel for details.	Riccarton Campus
19	Goatfell Race (13k /880m) noon. Scottish Championship.	Brodick, Isle of Arran
26	Cairnpapple Hill Race (8.5k/160m)	Bathgate Highland Games
Jun-02	Glas Tulaichean Uphill Race (7k/670m) 2pm	Spittal of Glenshee
10	Dechmont Law 10k Trail Race 11am & Fun Run 10.30	Deans High School
23	Eildon 2 Hills (7k/460m) 3pm	Greenyards, Melrose

Wednesday Evenings Training (From Inveralmond Community High School)

May	2	Fiddlers Handicap. Summer course.	Almond Valley
	9	Dechmont Law Woods Reps / or speeding up laps	Deans
	16	Howden Park Relay (<i>Committee Meeting</i>)	Howden
	23	Reservoir Run (7k on trails) / reservoir lap reps.	Eliburn
	30	Howden Park Hills.	Howden
June	6	Fiddlers Handicap. Summer course.	Almond Valley
	13	Dechmont Law Indian File Fartlek	Deans
	20	Howden Park Reps (<i>Committee Meeting</i>)	Howden
	27	Beecraigs Fun, Group Runs & Barbeque (To be confirmed)	Beecraigs Country Park

Club Training Sessions

Day	Time	Place / (Facilities & Cost)	Session	Contact
Sun	10 - 11.30	Dechmont Law Park (Deans) (Free. No facilities used.) Not on race days.	Hill Reps / Trail runs / Interval training / Etc.	Julie, Mary, Martin 01506 200455
Mon	6.30 - 7.30	Bathgate Sports Centre. (Free. No facilities used.)	Road Runs 3 - 7 miles. Ladies' Session.	Lesley 01506 632857
Tue	7.30 - 8.30	Meadows, Edinburgh. (Free. No facilities.)	Interval Training. All age groups.	Martin 01506 412322
Wed	7 - 8.30	Inveralmond High School. (Showers & room. £1 training fee.)	Varied Interval Training. All age groups.	Martin 01506 412322
Thu	6 - 7.30	George Watson's Myreside Pavilion (£1. Showers & bar.)	Steady group runs. (Off-road in summer)	Martin 01506 412322
Fri	7 - 8.30	Craigswood, Livingston. (Track & showers. £1 training fee.)	Varied track sessions. All age groups.	Martin 01506 412322

If a group of you is planning to go one of the above races, or to another race, please let me know in time to try and organise a team.

Martin (01506 412322)