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# EAC Endurance Runners, Winter review

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by SLOPAK and andy

A quick tour over the results so far throw up a number of things. A large number of athletes have scored for the club. Rarely do we put out our strongest squads. Results are a bit mixed and on the male side down a bit on last season. Masters featuring in senior competition and counting. Maybe you see it different.

## Women

National XC (1st) - F Muirray, Palmer, McLean  
East XC relays (6th) - Sharp, Sinclair, Harrison/Logan.  
National XC relays (5th) - Ovens, Harrison, Ridley  
League (3rd) - Colquhoun, Logan, Sharp, McLean, D Murray, Hood, Palmer, Ramage.  
East XC Champs (2nd) - McLean, Ridley, Hood.  
4k XC Champs (1st) - Palmer, F Muirray, McLean.

## Men

National XC (5th) - Stewart, Roxburgh, Ottemoller, Henderson, Thin and Beal.  
East XC Relays (9th) - Whittaker, Riddell Lyall, Beal.  
National XC Relays (8th) - Stewart, Whittaker, O Hare, Bell.  
Vets (3rd) - Thin, Ward, Ferguson, Lyall.  
League (2nd) - Seniors Mareque, Stewart, O Hare, Ottemoller, McDonald, Ward, Lyall, Ferguson, Laycock, Hennessey, Beal, Whittaker.  
Vets (3rd)  
4k XC champs (5th) - Bell, Lisgo, Whittaker, Beal.  
East Champs - 10th!!!! Stewart, Ferguson, Ward, Fraser, Hennessey, Laycock.  
Masters XC Champs (2nd) - Mareque, Ward, Thin, Beal.

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Looking ahead there is still the Four/Six Stage road relay championships before the summer. Endurance runners in the summer have a choice of competition outlets. There are track races for league points, championships and open graded. There are hill and trail races and the Scottish Hill Runners publish a super programme which explain safety and the hill race classification system as well as a guide to running times. This helps you train for that race!. Most of you will probably decide to tackle road races. As many of you know there is a Road Race Grand Prix covering a range of races from 5k to 10k to half marathon. These will make up our target races.

EAC will also pay entry to the **four/six stage road relay championships** on Saturday 5th april at Livingston. If you cannot run the club has to steward a section of the course and Alex and Enid Johnstone will be looking for volunteers to steward the traffic free course.

EAC also organise and steward a number of other events: **Scottish Gas 5 and 10k races, North Berwick Law Race** and the **Edinburgh to North Berwick Race**. If you can help out please contact Alex McEwan - THANKS.

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## Target races 2008

March 9th: **Inverness Half Marathon**  
March 30th: **Welcome World 5k** at Edinburgh  
May 4th: **Dunfermline Half Marathon** and championships  
June 15th: **Scottish 10k champs** at Vale of Leven  
July 3rd: **5k Corporate Challenge**  
August 3rd: **Scottish Gas 10k**  
September 7th: **Glasgow Half Marathon**  
September 14th: **Stirling 10k**  
October 5th: **Loch Ness 10K**  
October 19th: **Jedburgh Half Marathon**

Points awarded for 6 best events to male, female, club and masters. Our club Edinburgh AC will pay entry fee via Alex MacEwan ONLY to 10k championships and Dunfermline ½ m scottish championships assuming:

- you are a fully paid up club member
- your entry is with Alex in good time before the closing date OR

If you want to enter yourself tell Alex and he will arrange a cheque to cover your fee. You enter the others under your own steam.

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*We are always looking for helpers. Any budding managers who want sport experience for their CV or personal statement, talk to Alex McEwan to see how you can help.*

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☆ **EAC Annual Dinner** ☆  
**11th April**  
at  
Royal Over-Seas League,  
100 Princes St, Edinburgh

For more details please contact Graham Beal.

RSVP: Graham Beal  
Email [graham.beal2@selex-sas.com](mailto:graham.beal2@selex-sas.com)  
Tel 0131 468 3396

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**EAC AGM – 7.30pm Tuesday 8th April at Meadowbank.**  
All welcome