

Summer update

Endurance athletes have been competing during the Summer months on the track in various leagues, Scottish Championships and International Masters Championships, on the roads and on the hills. There was a good turnout at road 10k and ½ marathon champs picking up team medals for Juhiro Iida, Pete Middleton, Neil Thin, Matt Bell and Roger Alsop. Kim Threadgall is going well on the Stewarts Grand Prix. Grant Stewart, Sue Ridley and Stuart Fraser were selected for International honours on the hills. WE organised successful 5/10 k races at Granton which helped swell club finances. Thanks to over 60 volunteer members who planned and helped on the day.

Captains Comments

Hello fellow athletes,

Alex asked me to let you know the Club is resurrecting the club cross-country championships this year, the rules are as follows:

Points will be awarded to the first six finishers in five x country races, the races are:

The three East district league races, East district x country champs and National x country champs.

There will be seven points up for grabs for the 1st member of the club to finish, five for the 2nd placed finisher, four for 3rd place, then three, two, one (Ted Rodgers!) Points for the 4th, 5th and 6th finishers.

I'm sorry if it sounds a bit elitist but in all these races it is the first six finishes that count to make up our first team.

It is after all the Club X country championships.

There will be a separate junior championship because they have a separate race at the National, but the juniors can count for the senior team at the other four races. So don't be afraid young lads to overtake the senior men and if you overtake a person who looks like he has been scalped, you have just passed a vet. The scoring is the same as the seniors.

There will also be vets championships. In the East League it is the First three Vets over forty that count but I am aware there are so b****y many of us so we will make the scoring the same as the senior men and juniors. Unlike the junior men, the vets can score twice because they do the same five races as the seniors. The first three vets count in the East district x country vets champs a race held within at the east champs but beware, there are only gold medals for this one and thanks to Scottish Athletics and over thirty fives count.

So, try and plan your x country season and peak for the right races.

An ideal plan would be:

The 1st couple of races should just be to get rid of the cobwebs.

Races 3 and 4 should give you a feeling of where you are fitness wise and to start aiming high.

Races 5-7 should ideally be your best races as by now you have covered a wide range of distances, anything between 4km-12km. If 10km is your ideal race distance, you have raced under race distance e.g. ran faster than 10k pace and over race distance, giving you extra strength.

Everybody is different and you might find you run better races 8-10 depending on your state of fitness when you started racing.

It is also a good idea not to race every week as this could lead to you being burned out by Xmas.

Once a fortnight is ideal and if you feel you have raced too much you can count the 4km relays as half a race as 4km is the shortest race you are going to run on the country and you should recover from it quickly.

Anyway, happy racing and hopefully you will be seeing the back of my head at a race soon!

Martin Ferguson.

WINTER CROSS COUNTRY FIXTURES

Sunday 5th October 4k	Club handicap McDonald Trophy FlotterstoneInn road
Saturday 11th October	East Relays (Prestonpans/Meadwomill) 4*4k probably flat
Saturday 18th October	First East League at Deans, Livingston Hilly with fast running
Saturday 25th October	National Relays (Cumbernauld)4*4k .. hilly
Saturday 2nd November	Lasswade (this is not a target race)
Saturday 15th November	Braid Hills (this is not a target race)
Saturday 22nd November	Second east League at Broxburn 10k hilly with some fast running
Saturday 6th December	East District Champs (Cupar) 10k men probably hilly and maybe plough
Sunday 21st December	EAC Queens Drive Race over 5k; compete or help
Saturday 10th January	Nova Edinburgh 'Great' Cross Country International/Inter district
Sunday 18th January	last league race at a new course in Dunfermline Queen Anne School
Sunday 25th January	scottishathletics National 4K Champs (Glasgow)
Saturday 7th February	National Master's Champs (Irvine)10k tempo course unless a windy day
Saturday 21st February	ScottishPower National Cross Country Champs (Falkirk)12k men grassy with a few slopes
Saturday 4th April	6/4 stage road relay champs at Livingston

London Marathon; see Alex if you are interested in a club guaranteed entry or run the qualifying standard 3.15 for women and that brings several of our members within that standard. Also help or compete at Edinburgh to North Berwick road race in May.

BORDERS XC SERIES 2008/2009

The Borders Cross Country League is a friendly 'low key' series. The venues are located in various towns throughout the Borders. The courses are all in the 4-5 mile range though some are definitely more demanding than others. It is very good value for money! You only need to register at the first event you turn up at, after which you hold on to your running number and re-use the same number at all races. If you have never taken part in the Borders Cross Country League, this could be the year that you discover this great little league. Some people use these races as an introduction to cross country You do not have to compete in all 6, you do not even have to compete in 4, even if you just want to run in a couple of them, you can still contribute to our team score, just turn up and join in. This year we may introduce a meeting point on the South of Edinburgh for anyone wanting to car share, (perhaps Straiton or Dobbies?) where we can pool cars. The official site for the Borders series is: <http://www.norhamrc.co.uk/> and follow the link to Borders XC Series. The dates for this year have not yet been finalised, but all 6 races will fall between November and February.

TRAINING

Tuesday 1900 hours meadowbank stadium

Thursday 1900 hrs Meadows Green Pavilion

Saturday 1000 hrs Meadows

Sunday Craiglockart Tennis Centre 0900 hours

If you have not worn a spike since last winter, break them in or come to training now and get the feel again of spikes on grass.

Management

The mens teams for masters, juniors and seniors is managed (some would say mismanaged) by alex macewen. You can talk to him by email alex.mcewan@westlothian.gov.uk or at training sessions or working hours 01506 776178. The womens team is managed by marietta beal . We operate a target race policy for which entry fees are paid by the club and entries are usually two weeks in advance. Try and let managers know if you want to compete so as we can enter the athlete and control our costs. Times is hard! Members can enter open races or do Borders League but fees are the responsibility of the individual in these cases. For target Races we try to share transport and travel in good time to get there , park, sort teams, numbers, complete team sheets and warm up . Alex tries to assemble athletes at the venue in the Sportshall /changing. This saves athlete and manager trying to find each other on the course. It helps calm the nerves and make for better race prep.

Website Three things. The club has a decent site on which you can read more information on training sessions. You can add direct race reports and articles . It was built by voluntary effort and backs up the sterling weekly newsheet sent by Keith Ridley.

Website – www.edinburghac.org.uk

it's your website so we would like your contributions. If you have any pictures, reports or information you'd like to post on the Club site, please contact:

Derek Cogle D.Cogle@napier.ac.uk, **Graeme Brown** graemehbrown@googlemail.com or **Martin Little** [ml@martinlittle.com](http://martinlittle.com)