
EAC Endurance Runners, *Happy holidays*

by *SLOPAK and andy*

Happy holidays from Club Executive and club captains Cooke and Ferguson. Hope you are all training away. If you feel the motivation slip over the next few weeks turn up at the sessions listed below. There is also the chance of improving your position in the Club XC champs monitored on the website.

If you cannot make the sessions or are away home, Alex MacEwen has offered a few bread and butter suggestions below. Ian Clifton who recently retired from the Executive after many years of service has also offered a few pointers. Those members who are obviously training hard (and capitalising on some ability and competitive drive) are name checked on EAC website and in Keith Riddleys e newsletter. The

results from the East Districts at Cupar across the age groups were impressive as was the turnout. At a higher competition level club members have been competing at Eikidin, Crans Montana, Liverpool and Puna. Get an atlas (or do we google these days?) to see the geography. A special thanks to all website managers and contributors as this is providing an up to date view of club activities, issues and a core of archive material. Many of you may be reading my original parchment scribed onto the e thingy site. And some old harriers will be running around with the document stuffed in their knapsack. Whatever medium, I hope the message is a good one.



Endurance Holiday sessions

Sunday 14th December – Caulstane Slap Hill Run over 6 wild miles First Runner off 10.00am from baddingsill reservoir.

Tuesday 16th December – Paarlauf/Dreilauf 10k Relay fancy dress and food and prizes. Meadowbank 1900hrs. Entry slips with coaches; Fisher, Johnstone, Jones and MacEwen.

Wednesday and Thursday normal sessions at Meadows. More Paarlauf.

21st December – Queens drive 5k road race 1300 hr start, 1500 hours food.

23rd/24th December no session; go for a therapy run on the grass or in a forest.

Christmas Day sees the 30th anniversary of Robins road /trail run lasting 60 minutes Holy Corner to Braids Trig Point, meeting at Holy Corner 0900 hours.

26th December – Gullane an old harrier favourite. Meet at Gullane Bents car park 1000 hours. Led by Captain Howie. Can you beat the bents?

Saturday 27th December – Robertson Handicap Trophy Flotterstone Ranger Hut 0930 hours, first away at 1000 hrs.

Will young Cameron defend his trophy? Guests are welcome particularly old boys as the recently married Bob Wiseman.

Tuesday 30th long 2 hour max hill run (with short cuts) run to the borestone behind Carllops, 1000 hrs village hall car park.

Hogmanaay: 60 minute therapy run from Dreghorn Rifle range car park at 1400 hrs

1st January – Promathon 4 mile road race. Portobello 11.30am.

2nd January – Green Mantle Dash at Broughton 2.5 mile hill run 1200 hrs.

6th January track session at meadowbank.

Races for club members

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. We may have too much to do to win the mens Sandilands Shield but we lead in the vets and the women are in second. We are aiming to capture the overall club Champs trophy which reflects on all age groups performances over the three meets. So all can run and all can count.

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. All four named Championship races must be pre-entered and are open to all club members. Tell Team managers.

London Marathon; we have three guaranteed entries. If you want to compete under the club colours talk to alex over the holidays. Entries close 10 th January. You pay your own transport and hotels though.

Sessions

Sessions. Try and find a forest or golf course. Run with the wind in your hair.

3 sets of 5x1 minute runs with 1 min jog

4x8 minute runs with 2 min jog

6 fastish efforts of 2.5 minutes with 4 minute easy

5x4 minutes with 2 min jog

8x45 seconds with 45 sec jog and run 25 brisk minutes

And for those lacking stamina : get some brisk 60 minute runs in . Note the national are long courses of 12k and 8k for women.

Ian Clifton (who trained he says modestly at the back of Ian Stewart and Jim Brown) writes xc has great benefits to all endurance athletes as it builds strength and stamina. Soft underfoot conditions can allow a high volume of work mixed with more intense sessions. Most athletes train daily with a mix of LSD, intense sessions, alternating easy and hard sessions including parlauf! Read Cerutti and look at the performances of such greats as Jim Alder or Fergus Murray. Compare the performances from 20 to 30 years ago with those today. Be pragmatic , encourage athletes to try different thing . Enjoy the camaraderie of training and competing.



Captain's Words

The Club has been going from strength to strength over the winter with our great results at Cupar a brilliant end to the Competitive year.

1. Girls under 13, 2nd Team.
2. Girls under 15, 1st Team.
3. Girls under 17, 2nd Team plus 3rd individual
4. Boys under 13, 1st Team plus 1st individual!
5. Boys under 15 2nd Team plus 2nd individual.
6. Boys under 17 1st Team plus 1st individual.

And you lot managed to not let the Kids put you in the shade (but watch your backs, they grow up fast).

7. Senior Women 1st Team and 1st individual (you can't do any better than that!)

Well done Freya, winning by over a minute!

8. Senior Men 3rd Team and 1st vets Team, well done Lads.

Only Two Vets scored in the Senior Team (we won't count the M35's) which is good for the future.

Just to say everybody keep the good work going.

Hopefully most of you will have raced at least 5 times now. The next Target races are:

1. East League Sunday 18th January
2. Scottish 4k Champs (one to get your cheeks blowing!) Sunday 25th January (Glasgow).
3. Over 35 Masters Champs Saturday 7th February (Irvine).
4. National Champs Saturday 21st February (Falkirk)
5. 6/4 Stage Scottish RELAY Champs Saturday (Livingston)

You Should all be coming into good from now as your Training and racing should be complementing each other.

We Train to Race but also a hard Race is like a deluxe Training session. Training helps our racing but also racing also helps our training ,it's a win win situation. So get racing!

Some people actually train harder than they race, this should be avoided at all costs.

I said in our last newsletter that your best races occur between races 6 to 10, you will all now be reaching that target in your programme.

Do not be surprised if you suddenly find 30 seconds in a race. It wasn't 'suddenly' it has been all the hard work you have been putting since October.

So if you feel great in a race in the New Year go for it you have earned the right to run faster.

Hopefully see some of you at the Endurance Holiday Sessions or even better in a pub.

You don't have to "kill yourself" in these sessions/ races 85% will be sufficient.

Save the good runs for the New Year.

All the best for now

Martin Ferguson

