

EAC LONG DISTANCE REPORT 2008-09

The harrier tradition of EAC can be traced back to 1885 and ESH directly to 1897. Fees were one old shilling! Along the way various clubs as Canon AC, Braidburn AC and Edinburgh Harriers have been absorbed into the club. So we have a tradition to uphold and a wealth of experience to take account of. I hear a number of older members want to gather their memorabilia: any body got a home for it?

A sports club should train, compete and put on events: we do all this. We provide "endurance training" across the age bands and in the case of younger age groups try and build in the LTPD principles. We also try and work together as a club and we have been heartened by all the endeavours since amalgamation.

We organise a number of events from local handicaps to major events for club athletes and recreational runners. We also assist at a number of events.

- 5/10K at Cramond sponsored by Scottish Gas and Run and Become
- Edinburgh to North Berwick 22 mile
- Queens Drive
- North Berwick Law Race: cancelled this year due to dangerous weather
- Road Relay Champs at Livingston
- Edinburgh marathon
- Nova Edinburgh Runs in winter and spring

So thanks to all members, friends and family who do their bit for these events: well done. I read in the lifestyle magazines that volunteering raises your self esteem. So for all those who want to help step forward to the Executive and we can gladly direct you. The club website has a good contribution from the harrier side but it always needs fresh content. If communication is your thing talk to Messrs Cogle, Brown and Little. I should thank Ian Gunn for his many years of service. Mention too of Laycock and Ridley for their assists. I am sure the coaches, team managers, sponsors sports shops and masseurs have done their bit; thanks

In the winter, cross country tends to provide quality competition for all juniors, seniors and masters. We have tried to introduce new members to the Borders League which is a bit less intimidating than the traditional hard core fixtures. In the summer, we have a choice as track, hill, road and increasingly adventure racing offer competition outings. There are championship events in all these disciplines.

In the Scottish Marathon Champs, Richard Meade was 6th. In the Half Marathon Champs, Thin, Bell, Middleton and Jurasinki were the team. In the 10k Road Champs: Thin, Yujiro, Alsop and Hennesey all were counters. If you fancy some track, talk to Keith Dunlop or Martin Ferguson. Better still try the club championships on Sunday 12th April.

Senior endurance women

East district relays: 5th, National Relays: 5th, East district league: 2nd, East district championships: 1st (Freya Murray winner), National 4K cc championships: 1st (Freya Murray winner). National CC championships: 2nd (Freya Murray winner).

As winning team of the national CC championships last season, a team of four women (Jenny McLean, Kim Threadgall, Niamh Devlin and Sarah Hood) also ran at the McCain cross challenge in Liverpool (European trials) and were invited to Turkey as UK representative. Five members of Edinburgh AC ran in the Holyrood Inter-County races. Freya Murray, Jenny McLean and Sue Ridley for East and Niamh Devlin and Sarah Hood for Scottish Universities. Jenny McLean won the Scottish

Masters in Irvine. Freya Murray has been selected to run in the World Championships in Jordan.

On the indoor circuit Cath Ferry, Sharyn Ramage and Sue Ridley wore club colours and came away with medals from 800 to 3000. Also forgot to mention that both Freya and Jenny were in the winning East of Scotland team in Nottingham inter-counties (Freya 5th, Jenny 35th). Mention too for Lauren Stoddart who stepped up to juniors.

Men Results in target events

East relays: 5th Priestley, Alsop, Beal and Thin.

National relays: 10th Wales, O'Hare, Priestley and Bell.

District champs: 3rd Bell, Thin Alsop, Stewart, Beal and Ottemoller.

District masters: 1st Thin, Beal and Alsop.

National: 5th Bristow, Bell, Thin, Henderson, Ferguson and Ottemoller.

Masters: 5th Alsop, Ottemoller, Ferguson and McEwan.

4k XC: Whittaker, Priestley, Calder and Mareque.

East league: 2nd and winning vets.

Kim Threadgall won the McDonald Trophy. A historic first! Kim went on to lead the Speights Coast to Coast challenge in NZ.

Andy Laycock won the Robertson Trophy at Flotterstone.

This year the Bert Farmer Memorial took the form of a hilly road paarlauf as part of our Christmas series of events including the highly attended track paarlauf with over 60 runners including many younger members ably looked after by Eric, John and Gail.

The table below indicates the men season

Event	8/9	7/8	6/7	decade	
				best	'96 base
League	2	2	2	1	3
East Champs	3	10	3	1	5
National	5	5	4	2	10
Masters	5	2	2	2	14
East Relays	5	9	3	1	7
Nat Relays	10	8	5	3	23
4k champs	3	5	2	1	n/a
Six Stage	n/a	6	1	1	15

Champions of tomorrow.

East district relays the boys coming out on top winning the young males. The girls finished in 4th place.

East League Livingston 18th October

Josh Kerr won the U/11 and his brother Jake Kerr won the U/13. Jake Wightman was 3rd in U/15 and Andrew Crighton won the U/17. In the girls Ali hunter won the U/13, Rachael Dunn was 6th U/15 and Laura Goodson was 2nd U/17.

Scottish Relays Cumbernauld

Young males finished in 7th place. The girls finished like in the east district, just out the medals in 4th place.

East League Broxburn 22nd November

Josh Kerr and Jake Kerr won their age group. Andrew Crichton won U/17. Ali Hunter also continued success finishing in 1st place in the U/13. Laura Goodson finishing in 2nd place.

East District Cupar 6th December

We had great success in East District Jake Kerr again won U/13, Jake Wightman 2nd U/15 boys and Andrew Crichton won U/17 boys. The girls- Ali Hunter was 6th U/13 girls, Rachael Dunn 4th U/15 and Emily Dudgeon 3rd U/17 girls but also were 1st team in under/13 boys, under/17 boys and under/15 Girls- 2nd in Under/15 Boys under/13 girls and Under/17 girls. After the east district selection was made for Inter-District the club had the most selected by far by any club: 8 girls and 8 boys.

Inter-District Edinburgh 10th January

Ali Hunter was 7th in the U/13 girls, Rachael Dunn 4th U/15 Girls, Emily Dudgeon 2nd U/17 Girls Jake Kerr won U/13 Andrew Crichton 5th in U/17. The east won overall.

East League Dunfermline 18th January

U/11 Megan Stretton 4th, U/13 Girls Ali Hunter 3rd, Millie - U/15 Rachael Dunn 4th Olivia McKenzie 5th U/17 Laura Goodson 2nd, Sam Blair 4th. U/13 Boys Jake Harrison 3rd U/15 Jake Wightman 2nd - U/17 Andrew Crichton ran well to win. At the end of the three meetings we won the overall female and male trophies.

Celtic 18th January

Emily Dudgeon was selected for the Celtic Under/17 and finished in 3rd place.

Scottish Championships 22nd February Falkirk

U/15 Rachael Dunn ran a superb race to finish in 2nd place with Olivia McKenzie 11th. U/17 Girls Emily Dudgeon again running well to Finish in 2nd place. Jake Kerr continued his superb form to win U/13 boys. U/15 boys Jake Kerr did well to finish in 4th place. Female teams- U/13 2nd, U/15 1st this is the first time for about ten years u/15 team has won. U/17 2nd and also won female overall trophy. Male Teams – U/13 2nd U/15 5th- U/17 5th. The following athletes were selected for Inter-Counties Emily Dudgeon, Rachael Dunn and Jake Wightman. Emily, Rachael and Jake Kerr have also been selected for London Mini Marathon to end a superb Cross-Country season.

Road Championships March 22nd

U/15 Emma Dunnett finished in 2nd place followed by Olivia MacKenzie 10th. Blair Wood finished 17th to give us gold medal for the team to end a superb season.

Looking ahead

we will publish a range of competitive opportunities including the Stewarts Road Grand Prix series. If a race is also a Championship event the club pays the fees subject to a performance standard. The Power of 10 rankings is a good guide.

More red shorts

All club get together for a training session, lunch, games and some theory... an away day?

A financially successful 5/10k race at Cramond and Queens Drive

The Inch project crawls forward. We have been offered a “pay and play” entry fee which would allow changing and runs/sessions from the Inch and after go to the bar. Sponsors such as Asics Mizuno and 1000 mile must be thanked.

Shoe of the year may be Walsh, Tiger Cub or Karhu!



By Alex McEwan, Enid Johnstone and Marieeta Beal
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