



# Endurance Runners

## NEWSLETTER *by SLOPAK and andy*

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**Hi Athletes,**

*Welcome to the first edition of our winter news sheet, I hope you like it. It's written by athletes for athletes and the purpose of it is to give you some information and guidance over the coming months.*

*The Cross-Country/winter season is more structured than the track and field/summer months so I would start thinking of your racing plans now and have a good idea of what they will be by the end of this month.*

*You can't go wrong with the three east district league races or six border races, East and national relays for starters. But first have a plan of what you to do up till Christmas then you can reflect over your Christmas pudding and a few beers of were you were in September, were you are now (Christmas) and were you want to be in February. By this I mean fitness wise and race position wise.*

*I will write a more intense coaching article for you all in our next newsletter entitled: Intensity, duration and frequency. But on a lighter note I am still writing an article called: How to confuse your opponents: Running uphill backwards, they won't know if you're coming or going!*

*Hopefully see most of you at our club handicap on 3rd October.*

*Remember: Running is simple, athletes complicate it for themselves.*

*Enjoy the newsletter*

**Martin Ferguson, Club Captain**

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### **Everything you ever wanted to know about EAC....**

I'm increasingly getting asked what the club is about and what exactly we do. So here is a whistle-stop tour of everything you ever wanted to know about EAC (and possibly a little bit more)....

EAC's harrier tradition can be traced back to 1885 so we've got a wealth of tradition and experience behind the club. We've also got a broad range of talent among our members, competing in all the athletic disciplines (track and field, cross country, road racing and fell running).

Fees have gone up just slightly since the days of the one shilling membership many years ago but remain good value today! Adult fees are currently £40 which helps support our three hundred plus members who are competing across all of the disciplines and represent all age groups. The fees only contribute to the running costs as we're lucky to have the very valuable support of our executive, coaches and team managers on a voluntary basis who all help out for their love of the sport.

In addition to fees, we also run some key events each year to raise funds for the club: the Scottish Gas 5k/10k, the Queens Drive races, the Berwick Law Race and Highland Games also contribute.

Club members in turn get access to coached training sessions, free entry to target events as well as the camaraderie and support that goes with being part of a club.

I often get asked what standard you need to be to join the club. While we aim to attract the best running talent in the area, we also welcome members who enjoy running but don't necessarily intend to compete at the highest level. We encourage all our members to train and compete so that they get the most out of themselves.

In terms of standards, we assume that members will be training three times a week when they join and have raced before. For adult members, the structured training sessions are aimed at those who have run a 10k in 47 minutes or less. For those that aren't quite yet at this level, we have a good relationship with Jog Scotland and also run a Wednesday women only group.

For those at a higher level, we aim to improve performance so that members can count for the team in races, be selected for inter-districts races and win championships as an individual or team member. All the coaches are qualified and keep their skills updated.

Club membership also comes with the benefit of a 10% discount at some of Edinburgh's top running shops including Run Become and Run 4It - ideal for stocking up on cold weather gear for winter!

*Alex McEwan*

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***McDonald Trophy over 6.5 k at KB course 1430 hours 03/10/09, presentations and beer afterwards***

## Women's Cross Country

Our women's cross country team seems to get stronger each year and we're hoping to get even more of our female club runners taking part this year.

To the seasoned runners, you know the drill and please let me know as soon as you can which races you plan to take part in. The more notice you can give for relay races the better so I have time to put together the teams. Can you also let me know if you need a lift or can offer a lift to any of the races?

To those new to cross country and interested in taking part, please give it a go. League races are friendly and there is always great camaraderie from being part of a team. Many a runner has made the move from road to cross country for the first time and never looked back!

One investment worth making if you haven't taking part in cross country before is to buy a good pair of shoes. Most seasoned cross country runners will have either a set of spikes, some grippy trail shoes or 'studs' (hill running shoes). Everyone has different preferences so ask around at a training session and you'll find plenty of people willing to offer advice to any first timers. Or check out 'Run & Become'!

Unlike road races, cross country championship races (including relays) are entered centrally by the team captain. Have a look at the race schedule below and let me know which races you plan to enter so I can make sure your name is down on the list. You don't have to pre-enter for league races, (three in total) but could you still let me know whether you are planning to do these so I can look out for you on the day?

If you would like your name added to the endurance EAC women email list or if you've any questions, please email me at [Mvanderlinden@qmu.ac.uk](mailto:Mvanderlinden@qmu.ac.uk) or ask at a Thursday training session.

Thanks, *Marietta*

### Upcoming races:

- 3 October – **Club handicap** over 4k
- 10 October – **District XC relays** 4x4k Prestonpans
- 17 October – **first league race** at Stirling University, probably 8k
- 24 October – **National 4x4 k relays XC** at Cumbernauld
- 22 November – **second league race** at Queen Anne, Dunfermline
- 5 December – **District XC champs** 8/10k at Livingston deans
- 16 January – **last league race** at Broxburn, 10k
- 31 January – **National 4k Championships** at Bellahouston
- 6 February – **National Masters XC champs** at Forres over 8/10k
- 20 February – **National long course XC champs** 8/12k

### Selection only:

- 14 November – **Masters home countries XC**
- 21 November – **Scottish Unis XC champs**
- 9 January – **Inter-districts** at Edinburgh
- 6 February – **BUSA XC champs**

### Other noteworthy events:

- 1 November – **Lasswade XC**
- 22 December – **"Bert Farmer" track paarlauf**
- 20 December – **Queens' Drive 5K road race**
- Xmas Holiday – **Blackford Hill Robertson Handicap** 6.4 k
- 10 April – **National road relay championships** at Livingston
- 25 April – **London marathon**: the club usually gets three guaranteed entries; see Alex if you're interested
- Lochaber marathon**: fastest course in the UK
- First Saturday in May: **Edinburgh North Berwick 22 mile road race**.

See the fixtures page of our website for details of additional races we are targeting this year and qualifying standards for refunded club entry for championship races.

This is far from an exhaustive list and another cross country series you may be interested in entering is the Borders Cross Country League

### Borders Cross Country League:

If anyone is looking for an introduction to 'real cross country' this is it! Although comparatively 'low key', these races have become increasingly popular over the last few years as more people find out about them. They now have larger numbers taking part and all standards of runners. So whether you are a beginner or an international, you can have some good fun and some good competition in these very enjoyable races.

The series includes 6 races from mid November to early February, and are organized by Borders clubs. The races are all about 4 or 5 miles in length and feature a wide variety of courses:

- **Norham**: Fields then, a muddy steeply banked valley with several stream crossings, (there is a rope to help you up one of the hills!)
- **Berwick**: Dunes and the beach. Wet feet if the tide's wrong and a stretch of nice soft sand for the finish.
- **Lauder**: On the Southern Upland Way, if you're not going up, you're coming back down.
- **Dunbar**: Swamp, sand, river crossing and forest trails, the tide dictates how wet you get!
- **Peebles**: Fields, riverside paths, hills, forest trails, great variety.
- **Galashiels**: Woodland tracks plus sloping fields on the hillsides above Gala.

Races start at 12.00, registration is an hour before this. Last year the cost was £10, which covers entry to all 6 races.

A memento is awarded to all runners who complete 4 out of the 6 rounds. Category prizes (5 year age groups) are awarded on the basis of an individual's total score from their best 4 rounds. An interclub trophy is awarded on the basis of the best four totals of 3 runners in each round. The prize giving is held immediately after the last round.

I would certainly encourage everyone to take part, whether just for the experience and the social side OR to help us win prizes (individual and team). Everyone who has taken part in any of these races, usually rave about how much they enjoyed them and on how they will be back for more next year. You can't get a better recommendation than that!

When the dates are published for this years races, I will post them onto our website and you can then slot them into your diaries.

See you in the Borders.  
*Garry*

# ATHLETE Q&A

**Jenny McLean** kicks off our new series of Athlete Q&As. If you'd like to nominate someone to complete the next Q&A, please email [vjlomax@hotmail.com](mailto:vjlomax@hotmail.com).

**Name:** Jenny MacLean

**I've been a member of EAC for...** almost 6 years

**My PBs are...** Mostly well overdue for an overhaul! 5K 18:08 (Silverknowes 2005), 5mile 30:07 (KB5 2008), 10K 35:25 (Derby 2009), 10mile 62:10 (Burton on Trent 2008), Marathon 79:47 (Dunfermline 2007) and Marathon 2:51:37 (Edinburgh 2009)

**My greatest achievement is...** winning the 2009 Masters XC title in snowy Irvine just edges ahead of my 3rd place in the Edinburgh Marathon. That and becoming owner of my own Personal Training business in May 2009 - scary, but exciting!

**My first race was...** a local women's 5K in Warrington in 1995. It was a baking hot evening & I was chuffed to get round in 28mins - things have progressed a little since then!

**My top three races are...** The Corrieyairack Challenge (very hilly duathlon in the Highlands), The Derby 10k (bit of a soft spot for it - was my first 10K back in 2002 & I've since won it twice) and The Loch Ness Marathon (tough race, great scenery & always makes for a brilliant weekend away)

**My favourite training run is...** along the Water of Leith in Colinton Dell - fabulous scenery no matter what time of year & miles & miles of paths. Of course, Thursday night training at the Meadows is always good for a burn-up & a bit of social chit-chat too...

**My most embarrassing race/race disaster was...** the Glasgow half marathon. The year it was actually properly hot... Spent the last 5 miles seriously wanting to stop but knew the race route was the best way back, got passed by all & sundry to run 1:26ish when I'd been looking for a PB and then to add insult to injury, found there was only hot tea & coffee available at the finish. I very, very nearly sat down & cried!!!

**The night before a race I always...** Sleep badly. I get far too excited & lie awake planning everything that's going to happen the next day.

**The one race I'd like to do one day is...** NOT the Marathon De Sables - are they totally insane???

**When I'm not running I'm...** Dashing around. Have just taken over a Personal Training Business and am very busy with seeing clients, Marketing & general admin. Not very good at relaxing.

**My post run treat is...** variable - could be a juicy steak, chocolate, a big glass of wine or possibly all three depending on the plans for the evening & the next day's training.

**The best thing about running in Edinburgh is...** the variety. You've got rivers, canals, off-road cycle paths, parks, proper hills and the coastline, all easily accessibly from your front door.

**My top running tip is...** Consistency. Whatever your goals, you've got to keep at it regularly to progress and achieve them.

**My pet hate is...** How long a list do you want - I do a really good impression of Mrs Angry? People running & cycling with headphones on - sorry, but it's anti-social and it really is dangerous!

**My sporting hero is...** Paula Radcliffe. Predictable, but I really admire her persistence in the face of setbacks and am totally in awe at the amount of training she puts in. She was on the bus just in front of me on the way back to the race hotel after the 2007 GNR. Despite having a throbbing ankle (don't ask - shouldn't have run!), I still managed to be dead excited.

**Most people don't know that I...** used to be a black belt in Ninjutsu - I'm a dab hand with a sword or a blowpipe!

**The piece of running kit I couldn't live without it...** Decent trainers. Can't run without them.

**My ideal day would include...** a leisurely breakfast with my husband, Euan. Followed by a sunny run or cycle together out in the countryside, with a lunch stop at a fantastic café somewhere. Day could be rounded off with a lively & sociable Ceildih somewhere, dancing till the music runs out. Or skiing, shopping, adventuring, going to the theatre, fancy meal out etc, etc, etc...

**My earliest memory is...** Living in Libya aged 4 & going to the bakery to get fresh bread from the wire baskets on the floor which seemed at least 6 foot high to me at the time!

**A common misperception of me is...** that I'm always serious & focussed. I actually have a great talent for total silliness & love a good laugh & good company.

**My favourite place in the world is...** anywhere scenic with my husband Euan. Hot, cold, hilly, flat, I just love being outside - especially in the sunshine.

And finally.....

For all other news/and information check the website which is updated regularly: [www.edinburghac.org.uk](http://www.edinburghac.org.uk)

We want to give you the information you need about the club and we're keen to hear your feedback and ideas. If there is something you want to see here or on the website or if you simply have a question about the club, please let us know!

## Training sessions

As well as the women's Wednesday sessions mentioned, we also train at the following times:

- Tuesday 7pm, Meadowbank
- Thursday 7pm, Meadows
- Saturday 10am, Meadows
- Sunday 9am, Long run meeting at Craiglockhart Sports Centre

We try to encourage members to compete both individually and as part of a team and there is a ranking process in place. All members can compete in any fixture but if it is a target event, tell the team manager.

If any of the endurance group would like help and advice on planning and building a customised training schedule, whether for general improvement or to target a particular event or race, please contact the coaches (Alex or Garry) who will be happy to help.