

Edinburgh Athletic Club: LONG DISTANCE REPORT 2009

A few changes in the club constitution. One effect is that this endurance report now straddles cross country, summer track, three season road and fell running as it runs for a calendar year. Some athletes try all of these and some may focus on one discipline. The male track endurance runners (Wales, Bell, Priestley, Whittaker, O'Hare, Alsop, Ferguson, Ryan, Mann, Calder, Bristow and Dunlop) get a name check in the track report and we have tried to pick up on some three season activity. Looking at Power 10 there are some women who do track and tackle XC too (Stoddart, Hood, Ridley, Ramage, Eravisto, Thom, Blair, Dunnett, Dudgeon, Goodson and Dunn).



A reminder of last season's XC result is below and as many of you know we have had a mixed start to this years XC.

Kim Threadgall won the McDonald Trophy- an historic first.
Vicky Lomax won the Robertson Trophy at KB Course in October.
Bert Farmer event to be organised over Christmas holidays

My thanks to coaches and in particular Sed for his kind words, Garry for helping with some big squad nights on a Thursday, team assistants, sports massage folk and Bob Cockburn, parents group, PR and communications team. My thanks to those members who have resigned: Juan, Lars and Sarah Balancier. Welcome to all new members: if at first what we do is a bit esoteric: ask. We have plenty experienced members who can happily guide you through the mysteries of club athletics.

I thought the policy get together at Meadowbank was a welcome addition to a busy year.

A round up of some of 2009 summer road results (team prizes):

Musselburgh 10k Men

Martin Ferguson
Alistair Hennessy
Richard Meade

Edinburgh 1/2 (Although don't ever recall getting a prize!)

Men

Alistair Hennessy
Chris Hairs
Richard Meade

Women

Niamh Devlin (who was also selected for Eire at World Student games)
Hayley Ovens
Joanne Thom

KB5 Men

Roger Alsop
Adam Chmielowski
Adam Priestley

Lasswade 10 Women

Elaine Davies
Joanne Thom
Debra Murray

Kinross 1/2 m

Steve Maniam
Richard Meade
James Ruskin

Edin marathon (2nd place)

Richard Meade
Jenny MacLean
Malcolm Fraser
Eric Stevenson
Joanne Thom

Hawick 10k

Gareth Gibbs
Kevin Graham
Eric Stevenson

Barrathon

Graham Beal
Stephen Booth
Garry Robertson

Haddington 1/2m

Martin Ferguson
Alastair Hennessey
John Graham

Strathaven 10k

Richard Meade
Gareth Gibb
James Mittra

Hill racing (report from Jonathan Whitehead)

The highlight from an EAC perspective has to be the Commonwealth Games ultra distance and hill running competition held in Keswick in September.

Sue Ridley was selected to represent Scotland in both the hill races. In the uphill only (8km + 850mtrs) Sue finished 18th overall, 5th Scot. 48 hours later she ran the up and down race, on a 9km course of multiple laps around Latrigg, a small grassy hill just to the north of Keswick. Sue ran well to finish 15th overall and 3rd Scot, to be part of a medal winning Scottish Team.

The EAC hill running championship took place at North Berwick Law. Thanks must go to Alex and his team of many helpers in assisting with the organisation and marshalling of the race. 9 EAC members competed, (1 running in the colours of Carnethy) which must be one of the biggest turnouts of EAC runners at any race during the year. Stuart MacLeod was first EAC runner (2nd overall), with Joanne Thom first EAC lady home.

However, it must be debatable whether this race can be considered as a hill race at all and it has been suggested that some proper fell races are selected for future EAC championships. Perhaps the SHR championship races could be used.

Finally, during the year there are a number of races that are used for trials for Scottish Teams. It is always disappointing that when these trials are for junior or youth teams there are never any EAC runners competing. The courses are usually based on the international

style of 'trail running' marked courses, so there is no reason why EAC juniors they should not do well.

Two more issues. Firstly, our club members will be made aware of these opportunities to compete for a Scottish International vest. Secondly, if keeping young athletes in the sport is important, surely we should be encouraging our young athletes to try as wide a range of athletic sports as possible (track, x country, road, hill, orienteering, duathlon, triathlon)?

Ps by slovak: traditionally several of our members have joined second claim that wonderful club Carnethy for hill running and racing. Also it was Sir Robin (former track star of EAC and reserve for World record setting 24 hour track run) who helped hill running get going in Scotland in such an organised manner... so a fine man to follow. But if we got ourselves together along some of the lines above would they need to go second claim?

Cross Country

The table below indicates the men season

| Event | 9/10 | 8/9 | 7/8 | decade | |
|-------------|------|-----|-----|--------|-----------|
| | | | | best | '96 base* |
| League | | 2 | 2 | 1 | 3 |
| East Champs | | 3 | 10 | 1 | 5 |
| National | | 5 | 5 | 2 | 10 |
| Masters | | 5 | 2 | 2 | 14 |
| East Relays | 3 | 5 | 9 | 1 | 7 |
| Natn Relays | 10 | 10 | 8 | 1 | 23 |
| 4k champs | | 3 | 5 | 1 | n/a |
| Six Stage | | 11 | 6 | 1 | 15 |

* this base used as it was the year of men's amalgamation of ESH and EAC. I have taken whichever former club had ranked best at each competition.

Senior women XC

I am glad that Marietta is carrying on. She will be assisted by a very experienced athlete Jo Whitehead.

Livingston relays: 6th

Edinburgh Marathon: Jenny MacLean: 3rd female 2nd Scot

East relays at the Pans, Jenny MacLean, Sarah Hood, Sue Ridley 2nd team but fourth at National.

1st East district league: 2nd team with one match to go at Broxburn.

And to motivate all: EAC won for male and female the overall league trophies 2009/10. Looking forward to the various club nights out and to Christmas Paarlauf.

From the back of the pack (as if):

Hello fellow Athletes,

First off all I would like to thank Alex, Marietta and JHD on the long distance report you see above but most of all Alex as he does a canon of work for the club and I am sure he has got more ammunition than Barry Craighead. The club has been going from strength to strength over the road summer season as you can see from our eleven team prizes. If you were 'unfortunate' enough to be 4th club athlete at any of these races (6th team counter at Edinburgh Marathon) I hope you had a good run. It's always a bit disappointing not to get in the 'scoring 3' but you probably pushed back the positions of the opposition which helped your fellow club members win a team prize so give yourselves a pat

on the back (depending on how good your flexibility is). I hope it won't put you off doing these races again next year because you never know, one of these club members might not be there and 'hey presto' you will be in the team and walk away with a piece of metal, t-shirt or even better a bottle of Beer/Wine!

Looking forward to seeing you all at the up and coming social functions and if anybody says to you "I never knew athletes drank", just tell them it is your petrol!

See you all soon

*Club Captain
Martin Ferguson*



Alex McEwan, and Marietta Beal
November 2009