

## **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 seasons 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. A 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 as Bob Cockburn, Parents group, PR and communications team . My thanks to those members who have resigned as Juan, Lars and Sarah. 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 also selected for Eire at World Student games  
Hayley Ovens  
Joanne Thom

### **KB5 Men**

Roger Alsop  
Adam Chmielowski  
Adam Priestly

### **Lasswade 10 Women**

Elaine Davies  
Joanne Thom  
Debra Murray

### **Kinross s1/2 m**

Steve Maniam  
Richard Meade  
James Ruskin

### **edin marathon (2<sup>nd</sup> 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 Half**

Martin Ferguson  
Alastair Hennessey  
John Graham

### **Strathaven 10k**

Richard Meade  
Gareth Gibb  
James Mittra

### **Hill racing (report from JHD)**

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? If we encourage our young athletes to try a wide a range of sports as possible, (track, x country, road, hill, orienteering, duathlon, triathlon)?

### 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	3	23
4k champs		3	5	1	n/a
Six Stage		11	6	1	15

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

### Senior women XC

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

Livingston relays: 6<sup>th</sup>

Edinburgh Marathon: Jenny MacLean: 3<sup>rd</sup> female 2<sup>nd</sup> Scot

East relays at the Pans , Jenny Maclean, Sarah Hood, Sue Ridley 2<sup>nd</sup> team but fourth at National.

1<sup>st</sup> East district league: 2<sup>nd</sup> 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 Paarlaf



Alex macewen , and Marieeta Beal  
November 2009