

Keeping our community running



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# Stornoway Running and Athletics Club



## NEWSLETTER – December 2016



### Club Development

At a recent meeting of the SRAC Committee it was decided that a number of Sub Groups be set up for two reasons. Firstly, it will help the work of the Committee to be broken down into smaller and more manageable sections and, secondly, it will be easier to promote and arrange events based on each particular area.

The sub groups are:

- Senior Sub Group
- Events Group (for junior events)
- Fundraising & Sponsorship Sub Group
- Financial Planning Sub Group
- Communications Sub Group

So, we decided to start off the Senior Sub Group on a positive note and send out our first Newsletter, and last one of 2016! **It would be great if we could receive contributions from Senior members as we don't always know what everyone is doing.** We have overseas members from Austria and Germany and even from Skye. Some stories and pictures would be very welcome.

Adrienne has agreed to take on the administration of the Senior Sub Group and has enlisted a few willing members. We intend to meet on an informal basis, every 3 to 4 months or as and when required. Adrienne will report back to the main Committee on proposals from the group as well as to the Financial Planning Group if finance is required for events. If you would like to join the group just let Adrienne know ([adriennestewart@btinternet.com](mailto:adriennestewart@btinternet.com)).

### Mod Relay 2016:

SRAC successfully completed the relay from Oban to Ullapool/Stornoway **to promote 2016 Mòd nan Eilean Siar**, and raised money for Macmillan Cancer Support and RNLI. This 161 mile relay was longer than either the Perth (2005) or Thurso (2011) SRAC Mòd runs to Ullapool/Stornoway, and took place on Thursday 13th October (Oban to Drumnadrochit) and Friday 14th October (through Beaully to Ullapool).

SRAC veterans of the previous two relays, Tony Robson and Jim Bruce were joined by other club runners, including Gerald Kalchauer, (who lives in Austria), Norrie Mackay (Calbost Harriers), Norman Ferguson, Kym Bridle, Carolyn Hare, Donnie (Finnacks) MacMillan, Ross Munro & Spike McIntosh. **We raised approximately £1500** and had a marvellous time.



### Races and Events:

Throughout the year there are a number of races and events which the senior members participate in. We have the annual Pentland Road 10k in April and the Half Marathon in May. There is the European trip in October which has been running for a few years now. In December we have the Christmas Handicap race as well as the Flett Trek.

Last year James introduced the **Grand Prix Series of Road Races**. This was based on points for attending a number of events. The main aim was to try to get the senior members together as a Club and attending events as such. The list of races for 2017 is attached as well as the rules for the point scoring. James will coordinate the points and there will be a prize for the winner at the prize giving “do” the following January. We already have the prize winners for male and female for his year but they don’t know who they are yet! If you would like to register your interest in taking part in this series please contact James Mackenzie: [jmackenzie7@hotmail.co.uk](mailto:jmackenzie7@hotmail.co.uk)

In addition to this we have the **Wacky Race series of 5k runs**. These start in the autumn and are usually held on the last Thursday of each month. The series winner is announced at the Pentland Road 10k.



There are a number of other events on the SRAC senior race calendar throughout the year. A number of our members attend the North District Cross Country Championships and the North District Cross Country Relay Championships. Also, **we have two places for the London Marathon in April**. In the summer we help and take part in the Calbost 5k/6k/7k – the distance can vary! This is organised by two long-time supporters of the Club, John and Norrie, who have sponsored SRAC many times throughout the years. There is an **annual European trip** which will be in **Munich** this time (**October 2017**). An e-mail will be sent out to all senior members at the beginning of the year to let them know the details of this. The Munich event includes a marathon, half marathon and 10k, so is therefore open to all abilities. We also make a trip to the Berneray 10k as well as the Scalpay 10k in March.

Within the next few weeks the Half Marathon Group will be meeting to arrange next year's event. The group, who have been involved in organising the event in previous year, include Ross, Tony, Adrienne, Gerry, and Christine K. We will keep you posted on the progress of the event in the next newsletter.

Although there is only 2 weeks to go until the end of 2016, we still have a few events organised. **The last Wacky Race of 2016 will be on 15th December** and we will start at the Golf Club Car Park at **6pm**. On **17th December** we will have the **Christmas Handicap race for SRAC members only**, again, meeting at the Golf Club Car Park, time to be confirmed. All abilities can run as these races are handicapped and in theory everyone should finish at around the same time - and it's all good fun. Bring a gift worth £5.00 and have some hot chocolate, coffee, or beer/wine afterwards.

On Boxing Day we have the **Boxing Day Run** starting at a civilised time of 11.00am. **This is for all the family** and we take a wee trot around the Castle grounds with festive gear on. It's not a race and there will be no one left behind. The final fling for 2016 is the Flett Trek on Hogmanay. Ross will be sending out an e-mail regarding this shortly so please check your e-mails for information on this.

So that's the first newsletter over and done with! Have a good winter break and Happy Running in 2017.



**SRAC Senior Sub Committee**