



# Stornoway Running and Athletics Club



*Senior Newsletter  
December 2017  
by Karen and James*



## \* Dancing on ice - the joys of winter training!

Our agility was put to the test in the wake of the recent 'Arctic Blast'. Thankfully, there were no repeats of ice-skating injuries from last year - not naming any names. A bit of the white stuff didn't hold back our hardy runners, and a wintry Sunday Bun Run was enjoyed by all. The things we do for a cake.



## \* North Lewis 5K/10K

As always, a great day out was had at this cracking event. There was a strong SRAC turn out, and our own Murdo Mackenzie and Adrienne Stewart collected some bling (1<sup>st</sup> male and 1<sup>st</sup> Female Vet). Thanks to the organisers for such a fantastic day. The post-race duff always goes down a treat.



### ❄️ **Wacky Races and Christmas Handicap Run**

Unfortunately, the Senior Handicap run had to be cancelled on the day due to the dangerous conditions underfoot. However, we still managed to enjoy a trot around the town followed by Secret Santa presents and Christine K's delicious sticky toffee pudding. The Handicap race will be rescheduled in the New Year.

Allan Maciver was the winner of Wacky Race 2, and the results can be found on the SRAC Run@Leisure Facebook page.



### ❄️ **New Committee**

Chair: Stephan Smit                                      Vice Chair: David Morrison  
Secretary: Robert Emmott                              Treasurer: Paul Finnegan  
Membership Secretary: Susan Murray  
Senior Captains: Karen Mackenzie and Allan Maciver  
Junior Captains: Mary Macleod and Ross Budge  
Kit Manager: Laura Macleod                              Welfare Office: TBC  
Coaching Representative: Hamish Budge  
Parent Representative: Bethany Spence  
Senior Representative: Adrienne Stewart

All of these roles are voluntary and SRAC would like to thank everyone who gives up their time, either in a fixed role or throughout the year. Thanks in particular to our outgoing Chair, James Mackenzie, who has given five years to the Committee. James will continue in his role as Senior Coach.

### ❄️ **Stornoway Half Marathon and 10k**

The Senior Sub Group have been meeting regularly to continue planning this event, which will take place on Saturday 26<sup>th</sup> May 2018. We are pleased to announce that we will be partnering with a local charity for the post-race ceilidh: Alzheimer Scotland Lewis and Harris Branch. We hope that this will encourage the wider community to come out and support the ceilidh and will help to raise awareness of the amazing work that this local charity do. Early entries for the race continue to come in, so get yours in at:

<https://www.entrycentral.com/stornoway> and follow us at:  
<https://www.facebook.com/stornowayhalf/>

## ❄️ North District Cross Country 2017

Allan Maciver led the SRAC contingent on an epic “The Revenant” style-journey to the NDXC Championships in Gordonstoun. After a ten hour journey through the snow and ice, they arrived at 1am in the morning and still managed to compete in the event. Inverness-based Eilidh Mackenzie won her third North District title in five years, and paid tribute to the efforts of her SRAC clubmates in getting to Gordonstoun. Heroes!



## ❄️ London Marathon place

The draw for the London Marathon club entry took place at the last SRAC Committee meeting. Louise Henderson will be waving the SRAC flag this year – well done Louise. We hope to be able to keep you company on your training runs.

## ❄️ Grand Prix

The Grand Prix went down to the wire this year, with all change in the leaderboard after the final event of the series. Winners to be announced at the annual prizegiving.

## ❄️ Upcoming Events

- Santa Run – 23<sup>rd</sup> December 2017
- Boxing Day Trot – 26<sup>th</sup> December 2017
- **Flett Trek – 31<sup>st</sup> December 2017** The Flett Trek will take place as it has always done since it started on Hogmanay. **\*\*\*An email will be sent to SRAC members with arrangements\*\*\***
- SRAC Prizegiving: Saturday 20<sup>th</sup> January 2018 (Stornoway Golf Club)

And so, friends in running, all that remains is to wish you a very Merry Christmas and a Happy New Year. Go easy on the sprouts – faster times don't count if you're wind powered!



*Karen and James Mackenzie*