



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – April 2018

Hello SRAC its being a busy month for the seniors with the Pentland Road races and the count down to the biggest ever, sold out Sty half now on! There have been lots of members Marathon racing all over the globe this month and we have excellent reports for Caskie in c-c-c-cold Boston and Louise in h-h-h-hot London.

Pentland Road 10k & 5k

There was a great turnout at the Pentland with 96 finishers between the two races, it was a perfect night for it with mild conditions and bit of a tail wind. There were excellent performances by all SRAC-ers including Murdo Alex first male who led from start to finish and Elly Fletcher who was second female in the 10k. It was great to see so many happy faces finishing with quick times and enjoying the burgers and the banter in the Golf Club afterwards.

Thanks to Ross for organising once again! Here are the results in full:

<https://srac.org.uk/pentland-road-10k-and-5k-2018-results/>

John 'Caskie' MacAskill's (cold!) Boston marathon report

In the build-up to my third Boston Marathon on 16th April I had been hoping for cooler conditions than in 2016 when the temperature was in the high 70's, and I was confident it would be after previously seeing the long range forecast. As race day got closer and I jetted off, it was becoming apparent that it would be cooler, very much cooler. The forecast was high winds, heavy driving rain, and close to freezing temperatures. Much of my training had been in similar conditions, but not 26.2 miles at race pace into a 30 mph headwind.

When I left my hotel on race morning it hadn't appeared too bad, very wet yes, but not too windy. As the convoy of buses took us to Hopkinton for the first marathon wave we could see the wind was picking up and there was a lot of slushy snow about, which was later to be 4 inch deep puddles! At the starting area there are tents to keep runners sheltered, but it was impossible to move about much due to the fact the grass had turned into a muddy sludge, the smarter runners had bags covering their feet to keep them dry. I wasn't one of the smarter ones! The temperature at this point was around minus one I think, and it was difficult to keep warm for the 2.5 hour wait for the start. It was a relief to get the race underway to warm up, although the wind-chill was quoted as being about minus 2, and with a freezing deluge of rain. By mile 8 I couldn't even open my energy gels due to numb hands, I think the feet were pretty numb by then too! Even so, I passed the halfway mark well on target to achieve my goal of sub 3 but eventually battling the elements had its effect, I finished in 3:07:56. Disappointed yes, but not much you can do about the weather. A lot of elites dropped out of the race, and the winning times were slower this year. It was also reported that 2,500 runners



were attended by medics during the race mainly with the effects of the cold and wet conditions, with a lot of these runners dropping out completely. I read a couple of days later that 91 were treated in hospital for Hypothermia. It was brutal.

It's still an amazing event, and anyone who gets the chance to do it should do so. Even with the weather conditions it had no effect on the spectator numbers which was phenomenal. After the race Boston shopkeepers were letting runners come in out of the cold to stop shivering and get changed. I got changed in a furniture shop window, that's their sales going downhill now! Would I do it again in the same conditions? Absolutely.

(Caskie will also taking part in the Great Birmingham 10k on Sunday 6th May running for the Celtic Nations team to challenge the England team – good luck!)

Louise Henderson's (hot!) London Marathon report

Advice from a panda

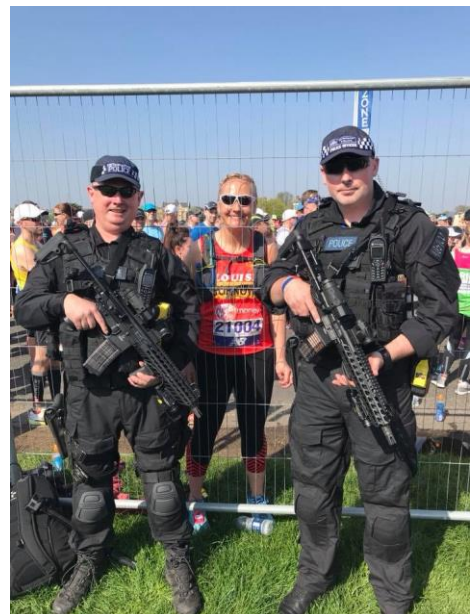
I had been checking the weather reports almost daily in the lead up to London as it was expected to turn pretty hot !! After training knee deep in snow with Karen and James I knew the heat was one of the things that I couldn't do anything about.

So on Sunday 22nd April I was awake about 5 am and couldn't get back to sleep so I got up and had a shower... careful not to get my braids wet (or wake Rick)!! I had decided to get them done by the hairdresser on the Saturday evening so that I would have one less thing to worry about.

About 8 o'clock we headed off to the train station find the blue start in Blackheath park. The train was packed and a bit smelly due to the European male runners and the already stifling heat ! I sat quietly contemplating how the day was going to pan out, whilst listening to some brag and boast about their PBs ,and others who were bragging about what little training they had done to prepare...

We headed towards the hot air balloons that hovered above the blue pen with thousands of others all shapes and sizes, some appropriately dressed, and the womble not so. If anything was sure ... he wasn't beating me .

I said goodbye to Rick who was going to meet me at pen 7 on the outside of the harris fencing as I went scurrying for a clean portaloo. I walked past the female urinals and thought how bad can they be?? It didn't take me long to burl about as I didn't fancy my chances with compression tights and a high seated potty ...i just couldn't !!



So after queuing twice for the portaloo's I made my way to the starting pen. I found Rick who was able to keep me calm until the start, we had planned to meet again between miles 13 and 14 and again at mile 23. Some 40 minutes after the first wave had started I was moving, very slowly and stop start to begin with. It was roasting hot.

Then I had a mini disaster , the elastic bands in my hair keeping the braids in had melted with the heat ... with no spares there was only one thing for it. In my loudest politest voice i roared "has anyone got a spare bobble ?" luckily one female stepped up and saved the day! we chatted until we hit the start line.

Camel back on and wearing my Stornoway vest I was off, after letting the 4:30 pacers go past i tucked in behind the 4:45 guys. The pace was fine, it felt nice and it was a chatty group. This was fine until mile 8 when I needed the portaloos stop. I wasn't feeling too great at this point, the sun was really getting hot and I had pins and needles in my fingers. The Imodium hadn't kicked in ...(sorry)

Whilst in line waiting for the loo, I got chatting to a guy in a panda suit, full outfit, panda head and all. I mentioned my pins and needles and he told me he was a GP and to get eating, "better before you go in there than after". I ate a good few lucozade beans before it was eventually my turn and I did start to feel better. I kept sipping on the tailwind in my camel back and I think that really helped. We also discussed the womble...he too had a score to settle.

The water stations were a disaster in places, very short and people were walking through them due to the heat. There was bottles on the ground that were being kicked under your feet , it was really tricky passing through. I only took water from the stations when i wanted to douse it over my head. I did challenge one or two that had lifted 3 bottles for themselves but was met with a shrug of the shoulders when I told them to consider people behind us. Don't even ask about the cups it was like a paper mache mound in the middle of the road .

I was happy to see Rick at the barrier waving the scotland flag just before mile 14, I stopped for a hug and a few pictures and the all-important refill with icy cold water. then away into the crowds again.

The Isle of dogs...I hate this section, so boring and long. Made worse by the immense heat. I could see the fast guys on the other side of the road heading towards mile 22. I wished I was them! However the weather was taking its toll on them too, i spotted a few at the roadside receiving first aid and watched as a few guys stumbled into the rails with exhaustion. I started to take on the gels at this point. I'm not sure if they really help but they give me a mental boost and anything helps!

I watched runners scramble on the ground for half empty water bottles as the stations ran out. I was so glad I had my own, I had trained with it all winter so it was really a blessing that I was wearing it. There was showers on route, but they were pathetic, 4 little shower heads at the side of the road that you had to queue for!! Really??

I just kept focusing on mile 23, that's when I would see Rick again, that's the point where there's only a 5k to go. I spotted him, and stopped for another emotional hug . By now i was just glad I was still running. I was going to finish.

I loved the last 3 miles, the crowds were out in full support, and I was so grateful they had waited all that time for the guys at the back. People were shouting out my name, I had 2 attempts at putting my name on my vest - and I burnt the first one with the iron. (Thanks to Allan MacIver for coming to my aid with a replacement!!).

I saw big ben and I started to realise I was going to finish. I passed in front of Buckingham palace and started to look at the over head count down gantrys. 800m to go! 285 yards to go! The noise, it was amazing, and then it happened, like it always does a huge wave of emotion.... the tears of happiness. I had just ran my 4th marathon and if you had asked at mile 17...my last !!

Through the finish and I didn't even bother to stop my watch, I didn't actually stop my watch until the following day! Because who cares, I finished along with over 40 thousand others. I laughed, I cried and I had an amazing experience. Something that will stick with me always. My mantra was "committed, determined, and stubborn" and I think that sums me up.

But most of all I was proud, proud to have completed 26.2 miles for Cancer Research and raised over £800.

So a week later, and I've just run my 3.7 miles in memory of Matt who couldn't finish his run on 22nd April.

Anyone want to do Loch Ness? Anyone want to do Loch Ness??

(Here's the results for our three SRAC finishers in London – well done all!)

Place overall	Place gender	Place cat.	Name	Club	Runner no	Category	Half	Finish
16839	4740	947	» Heggie, Hilary (GBR)	Stornoway Runn...	7622	40-44	02:14:13	04:34:12
30931	10975	1483	» Henderson, Louise (SCO)	Stornoway Running...	21004	45-49	02:45:37	05:38:34
1029	1005	662	» Joyce, Andrew (GBR)	Stornoway Runn...	19906	18-39	01:23:15	02:59:19

Racing roundup

Mairi Maciver ran an excellent PB at the Manchester Marathon in 5:26:34

Hamburg marathon – our German friend and member Günter Fuchs finished the Hamburg Marathon in 4:47:55. While Jim Bruce completed leg 2 of the Marathon relay in a team with three German friends, their total time was 4:20:02.

Stornoway Half Marathon and the HEB 3

The Stornoway Half Marathon is now full we reached the 250 limit 5 weeks before the race, waw wee! 100 of these entries are from Lewis and Harris, so we are expecting lots of visitors. There is a waiting list now open on Entry Central with a few folk on it already who will be added to the race if people have to withdraw. There are still lots of spaces in the Stornoway 10k too. www.entrycentral.com/Stornoway

We will need lots of marshals and helpers as normal on the day, we would be really grateful for your help if you are not running or have friends and family who can help too. An email will go out to members about this soon 😊

Remember to buy your ceilidh tickets at registration, it will be a party to Trump all others!

There is also still time to sign up for the Heb 3 srac.org.uk/heb3/

Races coming up

12 May	Daliburgh 10k (11am Daliburgh School)
19 May	Women's Cancer 5k
26 May	Stornoway Half Marathon and 10k
01 & 02 June	LAMM - Scottish Mountain Marathon (in Harris this year)
02 June	Benbecula Half Marathon
02 June	Leanne Fund – Point 5k
09 June	Skye Half Marathon
30 June	The Barrathon
07 July	Harris Half Marathon
21 July	Berneray 10k (probably then, not confirmed)
28 July	Hebrides Triathlon
18 Aug	Reinigeadal hill race – 12km
25 Aug	2 Islands Half Marathon

Happy Running , SRAC Senior Sub Committee

Stornoway Running & Athletics Club




Half Marathon and 10k Ceilidh 2018

Saturday 26th May 2018
8pm until late
Stornoway Golf Club
With music from Tosh and Co.
Tickets £5 each
Tickets on sale at registration and prize giving from 5pm on Friday 25th May at Martin's Memorial Hall

All ticket proceeds will be donated to Alzheimer Scotland (Western Isles)



Come along and join the post-race celebrations – non-runners and families welcome!