



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – July 2018

Hello SRAC seniors, hope you are all recovering well post Heb 3 season! What an end to the series it was with big SRAC turnouts in Barrabados and Harridise, the weather gods were kind for both races especially Barra – made for thirsty work! The stunning Berneray 10k also took place this month but the weather gods had a change of heart, none the less the SRACers did us proud. Hope you enjoy this month's reports and banter from Murdo Alex and Allan!

Barrathon – Murdo Alex's report from Barrabados

June's Barrathon had been on my mind for some time. I won't lie- it was mainly the post-race buffet and ceilidh that were taking up my thoughts. This race would be different for me though. After gaining entry to the race Norman Ferguson thought it would be a good idea to try and persuade me to cycle to the race over two days then undertake the half marathon. I didn't need much convincing. No bother I said! It was only closer to the time the reality started sinking in.

The plan was to cycle from the Butt of Lewis to Berneray on day one and Berneray to Barra on the second day. With plenty training under his belt Norman was quite ready for the challenge. With my longest training cycle being 38 miles I was crapping myself a bit about the 100 or so miles we had to pedal on day one. We set off from the Butt at 8am with the aim of a 6.30 ferry on our minds. By the time we reached the Callanish Stones I was tired to say the least. However, with a cake and the national drink I was well set up for the next leg. When Louise Henderson passed me I was pushing the bike up the Clisham looking far from happy (so she tells me anyway). After a stop in Tarbert for a bite we completed the last leg of the day.

After an overnight stop at the Berneray Hostel we were ready for the final push to Eriskay and then onto Barra. Day two was much easier on the body, with less hills and we made it to Eriskay in plenty time for a few refreshments at the local tavern. After a short ferry crossing we were finally here. After 11 hours in the saddle over two days and 160 or so miles we were finally in Barra for my first experience of the best race about, or so I'd been told.

The rest of the running club crew joined up with us at the race entry to pick up numbers etc. After waiting an age for food some of us were off to set up camp at Vatersay Beach. I hadn't used my tent in a wee while so just assumed all the stuff would be there. Lo and behold the tent pegs were missing. Luckily Allan Maciver had a two man tent and didn't mind my sleep talking.

After a foggy day on Friday, Saturday was an absolute scorcher! For many runners the Barrathon was their third Heb race. My own aim was just to make it to finish line. It was great to see so many SRAC runners toeing the start line. One loop of the island was a great way of seeing most of Barra for the first time. Norman was the first club runner over the line with 1.40.32. Then the rest of us started trickling in with everyone sharing their experiences of the race. I think with the warm conditions and the hilly route the times were a bit slower than expected but that didn't dampen spirits.

After the race I stuck close to Norman and Willie Macrury as they seemed to know what the island famous buffet was all about. Norman has got the knack of knowing exactly where the queue for the feast begins down to a fine art. I couldn't believe my eyes at the sight of all the treats on offer. There

was even enough for seconds. Yes and thirds! By the time the ceilidh came round in the evening I was seriously flagging from the cycle and run and couldn't even muster one dance. Not like me. After a good night's sleep in the tent we were off home. Luckily we got a lift back as I couldn't even look at my bike at that point.

As I first timer to the Barrathon I absolutely loved it. I'll definitely to back if I can get entry and would encourage everyone else to do the same. Maybe I'll leave the cycle next time though!

271 Finishers, 14 SRAC

Norman Ferguson	1.40.32
Murdo Mackenzie	1.47.57
Alex Healey	1.58.16
Alison MacDonald	2.01.03
Adrienne Stewart	2.06.19
Amy Cunningham	2.13.53
Maggie Macleod	2.13.54
Clare Falconer-Flint	2.22.43
Christine Kennedy	2.25.27
Jim Bruce	2.26.29
Allan Maciver	2.27.46
Brenda Jones	2.29.09
Carolyn Hare	2.29.38
Carol Maclean	2.33.04



Harris half and the Heb 3

The final 2018 Heb race took place at the beginning of July in Harris. Incredibly the 200 entry limit for the race was reached in February this year, it's great to see the Harris half and the Hebs in general become more and more popular. It was good conditions for the race with little wind, a big difference from the monsoon last year! First man home was Ewan Crawford of HBT and first lady was Kerry Price who was part of a large contingent from 'Rebel PT' in Aberdeen. John Caskie was our highest placed SRAC cove in 6th, he also won 1st MV40 and 1st Local male prizes. Adrienne was first SRAC blone home.

182 finishers, 17 SRAC

John Macaskill	1.26.34	Karen Wright	2.17.01
Murdo Mackenzie	1.30.40	Carol Maclean	2.17.01
Andy McMahon	1.33.32	Carolyn Hare	2.17.28
Owen Davies	1.34.47	Keith Bray	2.18.50
Adrienne Stewart	2.02.36	Allan Maciver	2.21.28
Graeme Miller	2.03.13	Louise Henderson	2.24.22
Christina Clelland	2.11.48	Clare Falconer-Flint	2.25.40
Donald Macdonald	2.12.20	Mairi Maciver	2.34.47
Maggie Macleod	2.15.10		

<https://srac.org.uk/wp-content/uploads/2018/07/Isle-of-Harris-Half-Marathon-2018-Results.pdf>

The Heb 3 this year had a record 89 Finishers, with 17 folk completing all 5 races! 15 SRAC-ers completed the Heb 3, with an extra special mention for Adrienne, Carol Maclean and Claire Falconer-Flint who completed all 5. An amazing achievement given all the hard work and amount of traveling required to make it round all 5, big well done wear your 'Rinn mise na còig' t-shirts with pride!

A huge thanks must go to Peter who is stepping down as Heb 3 organiser, he puts in so much work behind the scenes that no one sees and kept the series going really well the last number of years growing it to record numbers of finishers! We hope to see Peter back running round all the Hebs next year – I think he needs another special challenge this winter to get him motivated! ;)

We had three SRAC Heb 3 Prizewinner heroes this year, massive congrats to:

Adrienne Stewart – 1st Female V55

John Macaskill – Alternative Heb 3, 1st MV40

Andy McMahon – 1st Male V50

<https://srac.org.uk/wp-content/uploads/2018/07/Heb-3-results-2018.pdf>

Berneray 10k – Allan's report

Saturday 14th July saw a small party heading for the 10k on the Island of Berneray. James, the designated driver for the day, rallied the troops for an early start to catch the ferry, and talk on the way down was.....will we run the Harris half again if the ferry is cancelled? Luckily, it wasn't!

Summer was definitely postponed for the day however! Back to normal, with sideways rain blowing at around 40mph! It wasn't really about times, just getting round! It didn't stop raining until we were back in Stornoway, we were that wet, we barely even noticed that the tide on the beach crossing hadn't really gone out all the way!!!! Who am I kidding???. Flippers next year!

Caskie was top finisher on the day, and along with Jim, Colin, Clare, Brenda, James, Owen and myself, was delighted to see the awesome soup after the race! No flies this year though! Happy days! Allan

http://www.isleofberneray.com/uploads/1/2/2/4/12244908/10krace_2007_-_onwards.xls



Racing roundup

Golden eagle challenge, Harris – Murdo Alex, Marina Murray, Adrienne, Elly Fletcher and Keith Bray all took part in teams in the new duathlon challenge organised by the Leanne Fund. It includes a tough 10mile off road run section. Murdo Alex was first to finish the run section and was part of the winning team!

Hebridean Triathlon – a massive well done to Laura B Macleod for completing the whole Heb Tri solo, 1500m swim, 40k bike and 10k run. It includes the tiring Westside 10k route at the end, an amazing achievement!

Other news

Online entries are now open for the Scalpay 10k - <https://www.entrycentral.com/scalpay10k>
More details here - <https://srac.org.uk/scalpay10k/>

Races coming up

05 Aug (Sun)	Ben Kenneth hill race, 7.30pm, Lochboisdale Pier
11 Aug	Skye Bridge 10k, Kyleakin, 12pm
18 Aug	Reinigeadal hill race – 12km
25 Aug	Calbost Classic 7 mile road race
25 Aug	2 Islands Half Marathon
01 Sept	Scalpay 10k
01 Sept	Tong 5k Macmillan Cancer Support run/walk, 12pm
22 Sept	Westside Runners 5k and 10k, Shawbost
20 Oct	Clisham hill race
01 Dec	Ness 5k and 10k
25 May 19	Stornoway Half Marathon
10 Aug 19	Marathon Hebrides, Harris

Happy Running , SRAC Senior Sub Committee