



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – January & February 2019

Hello SRAC seniors! Another two for one edition this month, January was a quiet-ish month racing wise but February saw plenty going on for our seniors. It's been a funny time for run training with a spell of snow and ice that had a lot of us running on the dread-mill for a few weeks to the now tropical t-shirt weather, island training is never dull! Cross Country season drew to a close with races 2 and 3 in the local series and the trip to the (Grand) National XC in Falkirk. Hope you enjoy a wee break now before the summer road training starts. We have a first report this month from Louise who has started a new couch to 5k group which is going really well and keeps growing! We look forward to following their progress over the next few months. The Wacky Races are also heating up with just one race to go now in March the title is still up for grabs! Happy and healthy training everyone 😊

Lewis and Harris XC race 2 & 3

The final two races in the Lewis & Harris Cross Country series took place on 19th January and 16th February. In race 2 the first three lads of the line were Murdo Alex, Allan Morrison, and Kevin Donner. And the first three ladies were Alison MacDonald, Amy Cunningham, and Brenda Jones.

The overall series results and race 3 results are still to be finalised, we will report in the March newsletter!

Scottish National Cross Country

The final race in the XC season took place in Callender Park in Falkirk on Saturday 23rd Feb. We had a large squad of SRAC runners, 16 in total, but after a few call off just 3 seniors. It's always one of the best club road trips and events of the year. The atmosphere, the buzz, the camaraderie is like no other running event! Due to the timings of the various junior races we arrived at the park at 9.30am, the senior race not starting until 2.50pm, however there was no time to get bored. The day was filled with buzzing about the park supporting the juniors, some more than others - Coach Willie '30,000 steps' Macrury. Murd and Norm even ended up having a coffee with Andy Butchart and convincing him the Pentland 10k is the fastest race in the land – so who knows we might see him there!

Anyway, the racing, the start of the men's race feels like a battle scene from Braveheart. You march down to the start line from the tented village, each club has their own tents. Everyone is spread along a huge starting line and when the gun goes there is a mad dash up the first hill with the ground rumbling and the crowds roaring. Underfoot conditions were very dry and good by Cross Country standards which made for a super-fast race. There were over 700 folk in the men's race with



Norman finishing 190th and Murdo Alex 217th. Andrew 'Keggs' Mackenzie did finish but had chip issues so his place wasn't recorded.



(The view from Island Hill down towards the start/finish of the battle)

Wacky Races

Wacky Race 4 was scheduled to take place at the end of January but had to be cancelled twice due to dodgy snowy and icy conditions. Come time for race 5 however on 21st Feb the weather was unseasonably warm 12C with little wind, a great night for running. 18 runners took part with Howie Maciver crossing the line first smashing his handicap in a great time of 20:11. He was followed by Alison Robertson and Laura Maciver, both of them ran their quickest times of the season. Laura moved back to the top of the leader board and now looks favourite to take the title, but given the Wacky Race scoring system nothing is certain. The final race will be on Thursday 28th March.

You can see the table, results and details here - <https://srac.org.uk/wackyraces/>

Wacky Race awards – we are planning to hold a Wacky Race dinner and awards night on the evening of Saturday 30th March. It will be a relaxed fun night with lots of awards, if you would like to join us please email wackyrunners@gmail.com

Couch to 5k group update (Louise's report)

So we have just completed week 5 of the couch to 5k program and already the group are planning their first 5k!! We started off on a cold and wet Monday at the end of January with a group of 6 beginners and now have a group of 12 and counting. We are following the jog Scotland 10 week program for level one. So far so good. We have a 30 week program planned, if I can keep a hold of them for that long one or two have turned up too early and been pulled round the track by Adrienne! Week one consisted of walk jog combinations, 10 sets of 30 secs jogging followed by a 30 second walk recovery. All done at their own pace. We have been using the bus turning area behind the school which is well lit and pretty quiet (and flat - for now).



Every week the group have been given 'homework' which consists of repeating the session again. A group chat was quickly set up and there is regular chat and catch ups with those who have met up mid-week. On Monday the group had a natural split between those complete beginners and those that were just out of touch with running. So we now have 2 groups within the group.... this wasn't planned, planning is key! I was stood in the middle of the road, calculating the various rest periods for each group. Never been so glad to be wearing 2 watches! I was terrified I was going to have them doing too little or too much. Anyway lesson learnt. After 5 weeks they are all jogging for 4 minute reps. Pretty impressive for all of those that never thought they could.

The plan as a group is to complete the Pentland Road 5k in April which I am sure they are all capable of. I have bribed them with beer and burgers and cake at the golf club afterwards. I have been lucky with my shifts so far, and thankfully I have a few volunteers to help me out if I ever get stuck at work.

Stornoway Half marathon/10k and Heb 3 news

Since the turn of the year the entries have been flying in we are now up to 270 entries in total between the Half and 10k! The Half is now 75% full and is on course to sell out soon, its shaping up to be an amazing record event. You can sign up here - <https://www.entrycentral.com/stornoway>

The Heb 3 is very, very, very close to capacity there are only 3 guaranteed places left. We aren't advertising this fact widely as we don't want to spread panic. Sign up here - <https://www.entrycentral.com/heb3>. The Heb races are proving to be even more popular this year, Barra sold out in 3 minutes and Harris sold out before the end of January. There are still some places left in Benbecula and Skye but both are also getting close to capacity.

Other news

- Pentland Road 10k and 5k entries are now open! Details and the link to sign up are here <https://srac.org.uk/pentland/>. This year's race will be on Friday 12th April, spaces are limited so please sign up early. There will be the usual social burger and drink for everyone in the Golf Club after the race. Make sure you get your place on the start line alongside Mr Andrew Butchart!!
- The Benbecula 10k is taking place on Saturday 16th March, we have booked a minibus for SRAC members to do a day trip from Stornoway to the race. 11 members have already booked a seat on the bus so there are still a few left, if you would like to come please email sracmembership@gmail.com. If you haven't run it before its quite a flat quick route and there is normally a great scoff after the race! It starts and finishes at Linciate school. The club will cover the costs of the minibus for members, so you will only need to pay your ferry passenger ticket and race entry on the day.

MACLEOD & MACLEOD BUTCHERS

PENTLAND ROAD 5K & 10K

FRIDAY 12TH APRIL 2019

The fastest & flattest course in the Western Isles!

Free burger & drink for every finisher

10k £12, 5k £8 (£2 discount for SA members)
Entries close 5th April. Collect numbers from 5pm in the Stornoway Golf Club on race day

ENTER @ WWW.ENTRYCENTRAL.COM/PENTLAND
MORE INFO @ WWW.SRAC.ORG.UK/PENTLAND

- The Westside runners 5k and 10k date has been confirmed as 21st September this year.

Results round up

- Eilidh Mairi Macleod had a couple of impressive early season runs on her full senior debut at the National Indoor Senior Championships on 27th Jan. She narrowly missed out on the 6 athlete 400m final with a really strong 61.06 run in the heats - ranking her in the top 10 in Scotland (a list led by Eilidh Doyle no less), and then 4 hours later ran an excellent 27.03 in her 200m heat. Both are Island Games qualifying standards.
- Norman Ferguson and Murdo Mackenzie made the trip over to Skye on 2nd Feb again this year for the Glenbrittle (almost) 10 mile trail race. This year the route was covered in snow which made things interesting and it was once again a SRAC 1 and 2.

Training sessions

Current senior training sessions are:

Monday 6pm – Track or road session, meeting on the running track

Thursday 6pm – Hill/endurance session, meeting at the Smith Avenue changing rooms

Sunday 10.00am – Run and bun easy pace trail run, meeting at the museum car park

Races coming up

02 Mar 19	WIIGA 5k (Lews Castle Grounds)
10 Mar 19	Inverness Half Marathon
16 Mar 19	Benbecula 10k
23 Mar 19	Dunvegan 10k, Skye
28 Mar 19	Wacky Race 6 (final race) - 5k
12 April 19	Pentland Road 10k and 5k
25 May 19	Stornoway Half Marathon
01 Jun 19	Benbecula Half Marathon
08 Jun 19	Skye Half Marathon
29 Jun 19	The Barrathon
06 Jul 19	Harris Half Marathon
10 Aug 19	Marathon Hebrides, Harris
24 Aug 19	2 Islands Half Marathon, Berneray (not confirmed)
21 Sept 19	Westside Runners 5k & 10k

Happy Running!

SRAC Senior Sub Committee

Ps. If we miss any races results or if you have any other news to add please email sracmembership@gmail.com