



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – March 2019

Hello SRAC seniors! Lots to report to you this month, we have great trip reports from Mairi at the Inverness half and Alison Tiger has a report from the squad day trip to the Benbecula 10k. Also Louise has the latest report on the Couch to 5k group (who are doing amazing!) and there is an update on the final wacky race, can't believe they're finished already! In March the senior group launched a new structured training plan for runners working towards the Stornoway Half and 10k, the plan works in with the regular club training sessions including the Sunday morning long run and post run coffee in the Castle. We hope to keep the momentum going after Sty Half and pick our next target races to train towards as a group, see details and a link to the plan below. The Pentland 10k and 5k is our next major race on the island in two weeks time and they are already both full, no one can resist the lure of a cheeky Macleod & Macleod burger (or suitable vegetarian/Jonny vegan alternative)!! Happy healthy training everyone!

Inverness Half (Mairi's report) – Sunday 10th March

The Inverness half marathon is always a great spring focus for winter training and this year the weather seemed to want to make the SRAC team feel at home! The day before was a beautiful spring day but obviously just too much to ask for it to hold out until race day.

The weather on the Sunday morning was as bleak as all the Saturday long runs we had completed the previous weeks so, if nothing else, at least we were prepared! Thankfully the main race hub is in the sports centre which ensured everyone was able to keep warm and dry before being piped by the Royal British Legion pipes and drums to the start line. At times the scenic views from the route were obscured by freezing, driving rain and wind but thankfully there's always a warm welcome in the Highlands and the support lifted the moods of the drenched runners. The route itself is a great race for all abilities and seemed to be a good opportunity for a PB (although, not if you are still suffering from concussion it appears!). Inverness gives you the experience of a large race but still manages to keep it friendly and benefits from amazing volunteers and good organisation. Nice medal and tee shirt at the end along with post-race food although there was no tea left by the time I had crossed the line and we had little time to spare before leaving to catch the ferry!



A friend had travelled up from Chester for the race and he spent some time with some of us before and after the race and it was great to hear how much he enjoyed it. He also commented on how nice

it was to see such a supportive team who were genuinely there for each other. Nothing we didn't know already but it's always lovely to hear from someone else. Our team on the day was 7 strong from SRAC and it was great to have the red and gold family for support.

Fantastic finishing times from all the SRAC runners:

Ian Wilson 01:55:38

Adrienne Stewart 01:57:35

Kirsteen Stewart 02:01:22

Carol Maclean 02:09:20

Corinne Macdonald 02:12:01

Yvonne Mackay 02:31:45

Mairi Maciver 02:32:21

Congratulations to Corinne on a fantastic time on her first half marathon.

1st overall woman was Liz Abott, Lytham St Annes road runner 01:16:52

1st overall man was Robbie Simpson, Deeside runners 01:06:15

Benbecula 10k (Alison's report) – Saturday 16th March

Maggie and I started up a 'couch to 5K' type Running group in Ness last October. Our aim was to try and get more locals to take part in our annual Ness 5/10K, especially aiming at complete beginners. This proved to be a complete success and the group decided they wanted to keep meeting up to run 3 times a week and so we did! As the miles were increasing, we decided that the Benbecula 10K would be the next race that the group could train for and 9 of us headed down on the 16th March. We had an early departure from town at 6.45am and had a full team of 17 on the SRAC minibus. Once we got Maggie's huge picnic hamper packed in, the door was then shut (who knew that the bus wouldn't start with the door open!?) and the minibus headed off for Leverburgh with Jim Bruce driving.

I had never ran in Benbecula before, so it was quite good not knowing the course and I think we were all looking forward to a change of scenery. The weather was in our favour, a bit chilly and damp but with hardly any wind in comparison to what we had been training in. The early start and the journey made us feel a bit colder and stiffer at the start but once we got going we were all set to see what was ahead of us. The course was really enjoyable, mostly flat and the last stretch was a long straight bit of road which was quite tough as you could see so far ahead, it felt like it was never ending. It was a welcomed sight to see the first 3 SRAC finishers (Jonny, Norman & Murdo) when I eventually turned in to the school and the final stretch was then a surprise lap of the running track. There were mixed reports on the track finish but I thought it gave a good wee speed boost at the end. I was delighted to come in as 2nd female and later found out that Johnny had won the race with Norman finishing 3rd, so a good haul of 3 trophies on the minibus home. There was also a load of PBs happening, so everyone seemed happy but nobody was as delighted as Adrienne who for the first time beat Colin Tucker in a 10K!

One of the highlights of the day was seeing the Ness crew crossing the line. Having only started on walk/runs last October to then run a full 10K was a massive achievement! I think Benbecula was the perfect first 10K and they have now signed up for the Pentland road and SY 10K and half marathon. This was their first experience of a running trip and they all commented on how encouraging the whole SRAC group were to them. Thanks to Jim for getting us there and back in one piece. Maggie's picnic hamper was demolished on the journey home. Those of you who never got to share it, remember to choose your seats wisely on the next road trip!

You can see full results from the race here - <http://runbenbecula.btck.co.uk/10km/10km-2019>

Also see our new cover photo at the top of the newsletter for the Benbecula squad pic!

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

This is week 8 of the couch25k group and last week a few brave ladies have joined in the Thursday SRAC session. This consisted of a hill session based along Springfield road, which was well out of their usual comfort zone. They got over their initial fears and really gave is great effort which resulted in them buzzing when they finishedand were still smiling !

So that the rest of the group didn't miss out on the runners high, I dropped a "hillette" bomb on them on Monday last week. There was a few moans to begin with, but once they got over it, they loved the extra wee odd hillette rep or 2 being added on!! As Allan says - you are going to do one at a time!! (How many is my prerogative) and thanks to Allan for covering week 7 for me.

With only 2 weeks to go until the Pentland road 5k the competitive spirits are gaining momentum! I think most, if not all of the group have signed up, even if they did have to be bribed with beer and a burger. Hopefully we will inspire a few to join the club after the race! Give them a high 5 if you see them!! They deserve it!!



Wacky Races

Wacky Race 6 took place on Thursday 28th March, this was the last race in the series and for a special 'treat' we decided to use the proposed route for the new Stornoway parkrun. 22 runners braved the windy cold night to take part, the route started and finished on Cuddy Point so not much shelter. On the night wacky debut runner Gary Muir had a great run to be first over the line. The overall wacky championship went right down to the wire, before the start of the race almost twenty different runners could still finish in the top three. The super computer has calculated the final standings but we won't announce them until we have a wee prize giving. Next year we will be ditching the computer and using Scott 'a Beautiful mind' Engine Ear for the calculations, he had everything worked out mid race! All we'll say is the top six in the table are all ladies, so stand down lads! You can see the results here and the final table when it is published - <https://srac.org.uk/wackyraces/>

Btw the new parkrun route was ace! Next time you're in Tesco please consider putting some blue bag tokens in the Stornoway parkrun slot at the door.

Stornoway Half marathon and Heb 3 news

Entries continue to fly in at record pace for the Stornoway Half we now only have 22 spots left in the race so looks like we will sell out before race day! The Stornoway 10k is also proving really popular with just 31 spots remaining. It is going to be a brilliant event, with two thirds of those entered

coming from the mainland, let's hope the weather is kind to us! We will soon be looking for volunteers to help on the day with anything from marshalling to handing out goody bags, also on the Friday with course set up and course breakdown after the race. If any members are not able to run on the day or you have and family or friends who could help (on Saturday 25th May) please email half@srac.org.uk thank you!

You can still sign snap up one of the remaining spots here - <https://www.entrycentral.com/stornoway>

The Heb 3 is now technically full (130 entries) as we are limited by our budget for the T-shirts, but if any members still want to take part give us a shout heb3@srac.org.uk. Benbecula Half joined Barra and Harris on the sold out list this month, and Skye has only 70 odd spots left out of 1000! Also keep in mind we will have SRAC minibuses going to Benbecula, Skye and Barra. We will email everyone with details closer to the time.

Results round up

Carolyn Hare, 53.20 - Dandara 10k , Inverurie, Sunday 24 March

Training sessions

Current senior training sessions are:

Monday 6pm – Track sessions meeting at the Stornoway running track, £2 for members

Thursday 6pm – Hill/endurance session, meeting at the **Stornoway Golf club cark park**, no fee

Sunday 10.00am – Easy paced long run, meeting at the car park behind Lews Castle, no fee

You can see details of the SRAC Stornoway Half Training plan here:

<https://srac.org.uk/wp-content/uploads/2019/03/SRAC-senior-training-plan-Stornoway-Half-Marathon-10k.pdf>

Races coming up

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 to Lochmaddy (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 newsletter@srac.org.uk