



## SENIOR NEWSLETTER – July 2019

Hello SRAC seniors! What a month and what a summer it's been for running in the Western Isles – it's starting to feel like a long time ago already but I think everyone who took part in this year's Heb races will agree they were all crackers. The Barrathon was first up this month (ok end of June but couldn't squeeze it in the last newsletter!) we have a superb report from Maggie on our voyage down south, I'm sure everyone that was on the trip will give it their 'seal' of approval ah oui! This was followed the weekend after by the Harris Half and the end of the Heb 3. We have two reports on the Heb 3/5 experience from club legends Donna and Alan Inglis and new member Alan Kerr who hails from Geelong, Australia. Alan K and his wife spent 8 weeks travelling around the Hebrides while he was taking part in the Hebs. Also a wee report from the Berneray 10k one of the run highlights of the year! A lot of us are now gearing up for the Marathon Hebrides on in a couple of weeks, either the full bhona or the three person team relay. Let's hope for good, not too good, weather and a class evening for the ceilidh on the machair ☺ Also in Aug a few of us are heading back to the brilliant Coll half marathon and the week after that there is the choice of the Calbost Classic (South Lochs premier running event) or the 2 Islands half in Uist. And if that wasn't enough it's the SRAC ladies day too!! Happy training, racing and ceilidh-ing everyone!

### The Barrathon! Maggie's report

Trying to put a race report together for the Barra half is not an easy thing to do as the Barrathon is like no other and there are a number of reasons why. For the SRACers who go, it's not just a race, it's a holiday, a road trip, an education even, as this year we improved our French, Gaidhlig and Dingwallisian. The Barrathon is about the camaraderie, the buffet, the scenery, the camping, the craic, the meeting and making of friends, the ceilidh, the list is endless.

Our trip started on Friday morning with Jim as the driver. Jim does a great job of making the journey there and back as interesting as possible by stopping off in lovely cafes, restaurants and pubs, so we thank Jim for that. We were grateful for every stop on Friday as the sun was splitting the sky and we were keen to feel it on our faces at every opportunity.

We reached Barra/Barrabados/Barradise, in the early evening and were immediately surrounded by the fantastic island hospitality in the Hebridean Toffee restaurant. We sat down with our dinner and

took in the lovely Castlebay surroundings whilst sitting on the decking. Were we really still in the Western Isles? At that point it could have been mistaken for the Med. Everyone was relaxed and happy, a great feeling the night before a race.

The morning of the race looked like promising conditions, a bit cool and cloudy but unfortunately this did not last and shortly before 10:40 the sun came out. Blue skies and heat do not bode well for some Hebridean runners!

For me personally, even though the first 4 miles were hot and tough, I did manage to stick to my time plan, however I would have quite happily given up at that point too, as at times I thought I was going to spontaneously combust with the heat. I came across a fellow Ness Runner and we stuck together for the rest of the run and went through some highs and lows together in those remaining 9 miles. THAT hill (baby mountain) is a killer but the view of Castlebay at the top is such a welcome sight! We crossed the line and the torture of the run was forgotten and you soon can't wait to run the next half.

Soon after, the queue starts for the buffet and what a buffet it is, if Carlsberg did buffets..... No other post-race food can even come close to what the amazing community of Barra manages to give the hungry runners. The seafood alone would be worthy of a place in a fine dining restaurant. The prize giving saw Katie Mackinnon (1st mention) receive a well-deserved prize for finishing 2nd senior lady. Chris Whittington and Norman Ferguson deserve a special mention for the 18 mile run they did as part of his marathon training, a great effort!

There followed an emotional speech from Marion, Katie McNeil's daughter who informed the crowd that the committee was standing down after 20 years. They received a well-deserved standing ovation. Jim delivered a touching speech in recognition of the committee as a whole, but in particular for Katie, who has been the driving force behind the Barrathon for the last 20 years. He presented her with a gift on behalf of SRAC and an amazing homemade card by our very own Alison who was given the task on the way down of making a card with a Harris Gin paper bag and a pen. She loves a challenge and rose to it admirably.

I realise I haven't mentioned a lot about the run itself but as I said at the beginning, the Barrathon is really not about the actual race!

The evening ceilidh was a hit with all who went. Nollie entertained the crowd and kept them on their toes as did the Beinn Lee band in the Castlebay bar. In fact, mentioning no names, (Norman Ferguson) some of the SRACers looked more puffed out at the end of the ceilidh than they did after the race! And some, mentioning no names, (Carol Maclean) had more injuries after all the dancing than they did after the race. If Carlsberg did ceilidhs.....



However, all good things must come to an end and on Sunday morning the long road home beckoned. But we were lucky that the banter bus was just that, full of banter, mostly courtesy of Peat and Diesel. Katie (2nd mention) got her introduction to this interesting band and is now looking forward to hearing more from them.

We took an interesting turn onto the Committee Road, I'm not sure what we all expected from that de tour but it definitely gave us a laugh.

The following has to be sung to the tune of Peat and Diesel's "That's the way we do it on the Western Isles"

There's cows to the left, faoileags on the right

I think we all agree, the views pretty caca (French)  
If you want a party, on this moor, give SRAC a shout  
But don't bother phoning Murdo, he's out for the count

That's the way we do it,  
The way we do it on the Banter Bus!  
(lyrics courtesy of Alison, Srac's artist and composer)

Running is a fantastic sport, it's so inclusive, no matter what your size, shape or age is, running is possible. For some, it's all about the times and there were some amazing times on the day, indeed the female winner, Jennifer Wetton, broke the course record in a time of 1:26 what a fantastic effort! But for others, a race is about completing it and everyone who crosses the line, irrespective of time, achieves something, so well done to each and every one who managed it in Barra.

There isn't much more to say other than Barrathon, you didn't disappoint and we are already looking forward to next year and no matter what happens, the SRACers will be running it, officially or unofficially in 2020.

P.S All the best to Katie Mackinnon (3rd mention) as she prepares to head off to Gibraltar for the Island Games.

Full race results <https://www.barrathon.org.uk/barrathon-results>  
(The new newsletter cover pic at the top of page 1 is of our squad at the Barra start line!)

### **Heb 3 & Harris half race reports, Donna and Alan Inglis**

Ten years ago, Alan, myself and our 3 girls Eilidh, Mhairi & Ishbel spent most of our summer in the Hebrides whilst taking part in the Heb 3. Alan did all 5, I plodded round a few of them and the girls thoroughly enjoyed the fun runs, picking up a few prizes along the way. We had been up to a few races over the following years but exam timetables for the girls and other family circumstances meant we could not participate as much as we had wanted. Roll forward 10 years and Alan turning 50, we decided it was time to do all 5 again. This time there were only the two of us, as the girls were all working, so we decided to take a week's holiday and do the first two, then head up for long weekends to do the other three. A treat for Alan turning 50 was hiring a campervan to tour around in, so on Friday 24th May we headed for Ullapool in 'Heather' and the start of our Hebridean adventure.

#### **STORNOWAY**

Following our first journey on the very crowded Loch Seaforth we arrived in Stornoway and headed to Martin's Memorial church hall and were warmly welcomed by Norman, Gerry and Murdo. Buff bought and numbers uplifted we headed to Laxdale campsite and got settled in our berth. Race day dawned with rain and a bit of wind but nothing could dampen our spirits. We were here in Stornoway, my home town, about to run the half. This is where Alan's running re-started all these years ago (2004). After giving up rugby he decided to take up running half marathons again and trialled Stornoway, completing in 1:57. For Father's Day the girls and I bought him membership and full kit for SRAC and since then he has run many times for Stornoway both at home and away. Being the more seasoned runner Alan is always excited on race day, I am not, I am usually extremely nervous plus a niggle in both glutes was playing on my mind, but our excitement at being here dulled it all. The start on the pier was great and the route a perfect mixture of road and trail. We both especially enjoyed running along Sandwick Bay and by Steinish, then it was into the Castle Grounds and the long climb, I could really feel the glutes hurting by then but the turn after The Creed and the view of the harbour diminished it, plus Alan, always finished well before me but always super supportive appeared at Cuddy Point to encourage me on to finish in 2:07:36, he having finished in 1:31:57. Thanks to the marshalls, spectators and Tony as MC for cheering and encouraging us on. Race done, water bottles collected, we headed over to St Columba's hall for a magnificent buffet, as

commented on at the prize giving by 1st over 60 male, our now good friend Robert from Alchester Running Club, up for the Heb 3 with wife Caroline. Following this, Alan and I headed to MacNeil's for a quick drink before heading up to Laxdale and preparing for the ceilidh. Despite sore legs the dance floor was full every time a Strip the Willow or Dashing White Sergeant came on. It was a great night. We wandered home with Simon and Louise who were staying nearby, for night two in the 'van'.

We spent the next two days touring round Lewis, Sunday we spent up at Port of Ness, Monday a run, then a walk in the Castle Grounds, look round the Lews Castle before heading over to Crossbost and Ranish to have lunch. Then down to Point to visit a very close friend in Portvoller, tea on Bayble beach before finally parking up on the Braighe for the night. Tuesday morning we had a walk on the sands then over the headland towards Swordale before a swim and more importantly a shower at the leisure centre before we headed south to Harris, stopping for a while on each of the beaches. We then took a pitch on the site at Seilebost and enjoyed wine and mackerel salad on the beach looking over to Taransay. Bliss. Wednesday, we hit rush hour traffic just Seilebost with a man astride a quad bike driving his bull, cows, calves and a small pack of sheep up the middle of the main road, we were more than happy to pull in and observe them all before heading down to Rodel where we took time to visit St Clement's church before heading for the ferry mid-afternoon at Leverburgh.

A short crossing later and we were in Berneray. Here things got a little tense as we hadn't booked on to a site and although happy to do 'rough' camping (i.e. no toilet block) everywhere we tried to park was full! As early evening approached we phoned down to Shell Bay Campsite where we were due to stay on the Friday night to ask if they could squeeze us in, which they kindly did. Van parked we headed up the road to the Dark Island hotel for refreshments, taking the back road home via a beautiful white sandy beach. Thursday we had a wee run over the causeways and round the township before breakfast, then we headed back up to Lochmaddy for a bit of touring round there before heading to Balranald Campsite next to the RSPB site. We were booked in here for the night. The rain showers we had managed to avoid most of the day caught up with us early evening. It rained and rained and rained. Strong winds too. We had no phone signal, no Wi-Fi, soggy newspapers and got soaked to the skin anytime we had to leave the van. We were sure there was a beautiful view there and lots of birds to be seen but it evaded us that day. Nothing for it but to open the wine and the beer. Friday dawned much the same, strong winds and heavy rain, so no walks to the beach - we headed south for beautiful Eriskay before setting out our kit for the race the following morning.

## BENBECULA

Race two - Benbecula. Race day dawned fair and the high winds we had been experiencing seemed to have eased... but not for long. Having been told this was the 'easiest' of the Heb half series I was hoping my leg would hold out and not suffer as it did in Stornoway and maybe I would beat my time, how wrong was I. Alan loves this route too with the wide open views of the island but had to admit concentrating on fighting against the wind was exhausting. We both agreed turning into the fierce gale at mile 7 made the following 6.1 miles to the finish line tortuous. By then my glutes were knackered and every step a chore but I was determined to cross the line and eventually did so in 2:23, a bit disappointing. Happily, Alan managed to save the Inglis' name and battling on ran a good race in a time of 1:33 picking up 1st male over 50 to boot! Back at the school, yet another generous buffet and prize giving. As well as a lovely wee trophy Alan received an excellent goodie bag containing smoked salmon, oatcakes, tablet and a good bottle of red wine, all to be well enjoyed back at home. After applauding the other winners and chatting with friends we headed for the ferry and Alan spent some more time there with Robert Kerr who was also thoroughly enjoying his time participating in the Heb 3. Robert had also picked up another 1st over 60 prize that day, he was on a roll! Robert was heading to Plockton for a week then on to Skye for his third and final race.... Or was he?? We decided not to do the journey back to Hawick in one go and headed for Shiel Bridge Campsite - wet, midge ridden, not even basic facilities and most annoying, a very loud booming, banging noise which seemed to stop every time we looked out of the campervan. We wondered if it was another campervan playing loud music with heavy bass but that theory was soon dispelled as we noticed the other campers also looking for the source of the noise. We can only assume it was

some sort of water pump, which cut out every 60 seconds for a 10 second break, then started all over again, all the time!!! Only one solution – open the red wine!!

#### ISLE OF SKYE

Race Three. After a few days at home, Alan back to work in Carlisle and me off to Jackton, Glasgow with Ishbel, both Alan and I managed to squeeze in some much needed physio to ease the muscles then suddenly we were back up the A9 to Skye. This time we were camping at Torvaig. We got the tent up dry but soon the rain and the wind moved in but at least it kept the midges away. We made our way down to the school to pick up our numbers and t-shirts and bumped into fellow SRAC team-mates who were heading up to the hostel at Flodigarry. A break in the weather meant it was too nice to spend the evening in the tent so we headed up towards Kilt Rock and had a wander round. After a disturbed sleep, thanks to some very noisy Italians who appeared late at night and set up camp very very close to us, we woke to a bright morning. It soon became clear there were many of the 998 entrants on the campsite. As Alan and I walked down to the start, the sun began to rise higher in the sky and the temperature heated up. As always Alan was excited and I was nervous especially as the pain in my legs had not shifted. It was very, very, busy at the start line with a wide variety of club vests on show and many different accents. We headed off on the 'new route', taking a left out of the school, there was a substantial first climb lasting 2.75 miles then on towards Tote Before the turn back. I could see Alan up ahead on the climb but then he, like many others, disappeared from me. By mile 8 I was truly in a lot of pain and had to walk/jog, mainly walk, the remainder of the race but at least I wasn't alone, many others struggled due to the combination of hot weather and steep climbs. Alan had felt the effects too and really struggled with the heat and hills but kindly climbed back up the hill to mile 12 to see me in. We were both glad to see the finish line that day with Alan saying "he wished they would change the route back to the old route and run it in the opposite direction". Sadly, no buffet this time so we had a quick shower then headed for the prize giving where our team-mates John, Norman and Murdo picked up a team prize. Well done lads! Obviously, this event had to be celebrated so we headed along to The Isles bar with the SRAC crowd for a few beers and a lot of laughs until they had to make their way to the ferry. Alan and I hauled ourselves up to Torvaig, changed then returned to the town to eat at the Tongadale then some more drinks at the Merchant Bar.

#### ISLE OF BARRA

With a couple of weeks break to fill in before the next race in Barra, we attended Alan's niece's wedding then the Langholm 'Muckle Toon Adventure Festival' before we were back on the trail to the Hebrides. A different route to travel this time, up and sideways to Oban. The weather was hot, hot, hot! Having finally found a place to dump the car for the weekend, we turned the corner only to bump into Martin MacIntyre, also heading to the ferry. Martin reminded us that the last time we met had been in Edinburgh airport in February, he was heading to Wick for work, and we were heading to Bailleul in France for a town twinning running trip. Aboard the ferry the temperature just seemed to rise and rise and everyone was outside on the decks. On arrival we then bumped into Jim and Fiona Bruce and spotted more of the SRAC crowd as they prepared to camp on the shore. Idyllic! We were in a B&B this time just over a mile away at Nask but kind of wishing we were on the shoreline too. On our way along the road a very kind lady sunbathing in her garden asked us if we had far to go and needed a lift! Hosts Babs and Martin were equally helpful and had iced water ready for us after our walk. That evening we took a walk over to Vatersay and enjoyed the slight breeze at the top of the hill. The pressure was off me as my legs were on two weeks rest before my next round of physio, but Alan was slightly concerned about the high temperature and the 'hill' that seemed to have grown much bigger since our last visit. Alan had a bit of a disaster in the race, his slowest of the five halves. Not sure if it was the heat, the hill or old age! Despite his poor run he found the route stunning. A very committed Norman impressed us both when he took off straight after completing the race to secure some more miles towards his marathon training, in addition to that all the walking and dancing he did have his step counter at an amazing amount. I took a walk myself to watch the adults take off, and then the juniors complete their out and back route to the Isle of Barra hotel, nowhere near Norman's steps but very enjoyable.

Following the race there was a bit of time to kill before the buffet opened but it was well worth it with a great spread as always. The remainder of the afternoon was spent along at the Castlebay Hotel with a spectacular view across the bay and to Kismul Castle. Another walk back to the B&B to get changed before another walk back to eat at the Castlebay then enjoy some time at the ceilidh. It was such a beautiful evening Alan and I took time to walk down and sit at the shore for a while, then had a wee nose around the new marina. We met in with a young couple there who asked for directions to the ceilidh. On chatting they revealed they had just married the day before in Colonsay and sailed up to Barra to start their honeymoon. How nice that they got to see Barra at its best in the sunshine. Sunday morning and time to head for the ferry - early. All quiet on the shore front ...

#### ISLE OF HARRIS

Sadly, the last one. Always having another one to go had kept our spirits up. We travelled the 307 miles from Hawick to Uig, the day before, and enjoyed a slightly blustery overnight stay on the campsite close to the ferry. We breakfasted and headed over to the ferry, excited yet a little sad that this adventure was nearly over. On the way up we had asked each other the usual questions, who would be there, who all were running, who would win each category, who were playing at the post-race ceilidh, would we eat in the Harris Hotel or grab chips at AD's on the way to the ferry? One thing we knew for sure, it was going to be a good day. Following a delay of about 40 minutes, due to the mezzanine deck being loaded, the ferry set sail for Tarbert. On arrival mini-buses met the runners and quickly transported them up to the school for the race briefing. As always, we were met with a very warm welcome from Norman, Murdo and Gerry amongst many others. To add to our excitement, we noticed a familiar face coming towards us in the shape of Robert Kerr, Alchester Running Club. Robert had been unable to resist the urge to come back up for the final race of the series and after a mammoth journey involving trains, planes and automobiles here he was all set to discover the beauty of the Isle of Harris.

Robert left with Alan for the bus along with another 180 runners, including 8 SRAC runners, to head down to the start line at Borve. The route starts flat then begins a lengthy climb, interspersed with beautiful beaches and rocky landscape, before the final descent into Tarbert, along to the school, down Old Pier Road to a beautiful finish looking onto West Loch Tarbet. With a challenging elevation profile this was going to test the legs. Meanwhile myself and Jacqui, my new friend from Skye, were kindly offered the chance to go with Gerry by car down past Luskentyre to see the first few runners pass. We jumped at the chance. First to appear over the hill was number 51, Hunters Bog Trotter, Euan Crawford, followed by Ruaridh Campbell of Arbroath Footers, Oliver Foote of North Uist Amateur Athletics Club, Willie Rennie of PH Running Club and first of the SRAC runners, John MacAskill to name a few. Back at the finish line Euan Crawford had maintained his lead throughout and crossed to win in 1:17:26, Ruaridh second in 1:22:14 with Oliver Foote third in a time of 1:22:52. Willie Rennie picked up 1st MV 50 with his time of 1:25:37 and Robert MacDonald 1st MV60 in 1:40:06. Sarah Attwood of Skye & Lochalsh Running Club, 8th overall was 1st lady in 1:29:18 second Calderglen Harrier Julie Beveridge in 1:33:41 then unattached Jennifer Grewar in 1:36:21 for 3rd place. Jenni Jackson of Irvine Running Club was placed 1st FV50 in 1:45:09 with Judith Dobson of Kinross Runners 1st FV60 in 1:41:25. SRAC runners finished as follows: Alan Inglis 23rd, 1:39:19, Chris Whittington 44th, 1:45:39, Allan MacIver 103rd, 2:04:37, Keith Bray 115th, 2:07:52, Seonag MacLeod 123rd, 2:10:00, Sarah MacLeod 137th, 2:15:39, 151st, Alan Kerr 2:21:46.

Success came for Stornoway in John MacAskill, Alan Inglis and Chris Whittington who picked up the team prize, courtesy of local sponsor Essence of Harris. Following the Heb presentation we headed down to the Harris Hotel which was packed out. Drinks bought and music playing, more and more chairs were pulled out and the company round the table grew bigger and bigger. Many stories were swapped, more drinks bought then food consumed when it was time to move the tables and let the dancing begin. Robert Kerr had decided to come along for a short while but thanks to the patience of his taxi driver managed to stay and enjoy learning the steps of Scottish country dancing. Alan and Lynn from Australia, the couple who had met someone wearing a Heb 3 t-shirt whilst on their travels then made the decision to come and do the Heb 3 themselves, had a bit more trouble picking up the steps but thoroughly enjoyed trying. It was a great night. We had hoped the delay experienced on

the ferry in the morning would roll on to the night timetable but a text informed us that the ferry was due in imminently, so we reluctantly left the ceilidh behind, accompanied by some other runners and a very lively shinty crew. The young piper who had been playing at the ceilidh earlier, played us all off the pier and on to The Hebrides. It was amazing.

The Heb 3 is truly something special, we'll definitely be back next year.



(SRAC's Harris half winning team – Chris, Caskie & Allan)

### **The Heb 5 experience, Alan Kerr's report**

I thought I'd put pen to paper to say how much I enjoyed running the Heb 5 and also how much Lynn and I enjoyed the whole experience, not least all the camaraderie that went with it. Each individual run is unique but the Heb 3/Heb 5 series with its legendary T-shirt prize is something truly iconic. When I first became aware of it in 2017 it was a no brainer for me to want to do it and the need to travel from Australia was not going to put me off. It has been a real privilege to participate in each run and the Heb 5 series as a whole, and thank you so much for having us.

Clearly every event is a lot of work and there are many people behind the scenes who I am not even aware of, so please convey our gratitude to all those who were involved. I can't think of any moment along the way where I thought that something could have been done better, so well done and thank you. I'll say a special thanks to Norman for the advice and assistance he gave me (and for co-ordinating the Heb 3 / Heb 5) and also thank you to Jim for the special mention at the Harris presentations.

Each race had its special moments, which I thought I'd include in a brief race summary of each:

#### **Stornoway**

I loved the meandering course. It had it all. Beaches, farmland, suburbs, forests, castles, trout streams, rocky inlets and a marina. There is no better way to see Stornoway and I'm inspired to get a kilt after seeing the SRAC boys at the ceilidh! A special thanks to the multitude of marshalls, without whom I would still be lost somewhere in Stornoway!

#### **Benbecula**

Some who know me might say that my natural state is to be full of wind, but never in my life have I been so full of wind as in the 2019 Benbecula half-marathon! A special thanks to the sheep that

cheered me on at about the 12 mile mark - when the wind nearly had me beat, I heard a lady saying "keep going" but when I looked up all that I could see were two sheep – I knew that the wind had been messing with my head but when that happened I also knew it was really time to get a move on to the finish for a cup of tea and a good lie down! A special thanks to the flag bearers – the Aussie flag made for a great finishing photo for the folks back home. With the benefit of hindsight I loved every step and truthfully I'd do it again in a snap, even in much worse conditions.

#### Skye

A reliable source told me that that here are 72 (yes, seventy two) uphill inclines on the course - clearly some longer than others. For me the hardest (ever so slight as it was) was the last 30 metres up to the finishing line in the school! I enjoyed the festive atmosphere in the large crowd and the lovely course set the tone for the hills to follow on Barra and Harris. I did however find it a wee bit hard! A special thanks to the person who put a bottle of beer in my hand at the finishing line.

#### Barra

What a treat to be involved in the 20th year of the event and to hear the history of the Barrathon and Katie's involvement from the start. Katie must surely have contributed more to running than any non-runner ever! A really wonderful community event and a really wonderful course. The 11 mile hill ran (or should I say walked) true to form – of the 105.5 kms that total the Heb 5 distance the only time I had to walk was on that hill! But every step was joy. The legendary lunch was everything I imagined it would be and more. Special thanks go to the Barrathon Committee; to the whole Barra community ; to the ceilidh committee; to the school kids for the art work in the hall (some of it attached to this email); to whoever turned on such good weather for the day including to the locals who sacrificed their ideal running conditions for the sake of those from warmer climes; and finally to Barra for being Barra.

#### Harris

I had heard that the toilet facilities at Borve provide an essential and ritualistic requirement to the start of the race and I am pleased to report, with thanks, that the facilities were excellent! What a treat to run past those legendary beaches. Comparisons are made to the colour of the water in the Caribbean but I find that somewhat demeaning to the truly remarkable and unique colours of your Hebridean beaches, the colours of which change constantly with the (constantly changing!) weather. Nothing compares to those colours. And then through the fabulous rocky moonscape with distant island views. Wow. It is easy to see how out of the land comes the cloth. Special thanks to the course designer for its downhill finish; to the Harris Hotel for an excellent impromptu aftermath Ceilidh; and to the extremely patient and tolerant crowd on the dance floor for putting up with Lynn and myself who barely know the difference between a Strip the Willow and a Tango.

As with many wonderful experiences once finished, it may come to feel like a dream but I have medals, drink coasters, a water bottle and a bag to remind me that it wasn't and they are all illuminated in the golden glow that radiates from the 2019 Heb 3 T-shirt! And most importantly "rinn mise na coig" is now indelibly part of my lexicon.



(Alan and Lynn at the Barrathon ceilidh & Alan receiving the T-shirt he came all this way for!)

### Heb 3 results

We have a record 102 Heb 3 finishers this year, with 12 runners completing the legendary Heb 5!  
 You can see full Heb 3 results here - <https://srac.org.uk/heb-3-results-2019/>

An excellent 18 SRACers completed the Heb 3 with 3 heroes completing all 5! Alan Inglis, Chris Whittington and Alan Kerr. Very, very well done all enjoy wearing your hard earned T-shirts!

Katie MacKinnon was our only solo SRAC prize winner placing 3rd female overall! SRAC also won the team prize for the first time since 2016 with Norman, John Caskie and Murdo Alex making up the first three counters.

Here are our SRAC Heb 5 and 3 finishers:

Forename	Surname	Stornoway	Benbecula	Skye	Barra	Harris	Heb #	Heb 3	
Alan	Inglis	01:31:57	01:33:20	01:38:22	01:46:12	1:39:19	5	04:43:39	HEB 5!!
Chris	Whittington	01:43:48	01:41:46	01:46:43	01:49:06	1:45:39	5	05:11:13	HEB 5!!
Alan	Kerr	02:18:20	02:15:51	02:19:33	02:24:56	2:21:46	5	06:53:44	HEB 5!!
Norman	Ferguson	01:23:31		01:27:18	01:28:45		3	04:19:34	Winning Team (SRAC)
John	MacAskill		01:26:47	01:29:00		1:28:35	3	04:24:22	Winning Team (SRAC)
Murdo	Mackenzie	01:25:59		01:34:17	01:35:26		3	04:35:42	Winning Team (SRAC)
Katie	MacKinnon	01:31:52	01:34:52		01:40:12		3	04:46:56	3rd Female
Adrienne	Stewart	01:55:16	01:55:28	02:00:21			3	05:51:05	
Kirsteen	Stewart	02:02:56		02:11:04	02:11:48		3	06:25:48	
Allan	Maciver	02:06:31			02:20:39	2:04:37	3	06:31:47	
Seonag	Macleod	02:01:42			02:23:05	2:10:00	3	06:34:47	
Corinne	Maclean	02:08:00	02:09:48	02:22:47			3	06:40:35	

Sarah	Macleod	02:06:02			02:23:05	2:15:39	3	06:44:46	
Karen	Wright	02:10:21	02:19:41	02:20:13			3	06:50:15	
Brenda	Jones	02:20:05	02:15:57	02:27:22	02:28:21		4	07:03:24	
Donna	Inglis	02:07:36	02:23:21	02:33:53			3	07:04:50	
Carol	Maclean	02:23:27			02:27:35	2:19:07	3	07:10:09	
Tricia	Macmillan Shaw	02:23:27		02:34:01	02:46:46		3	07:44:14	

### Berneray 10k+ – Norm’s last minute report because he forgot to ask anyone to write one

The beautiful Berneray 10k is always up there as one of my favourite races of the year, apart from that one year it was on Heb Celt weekend but moving swiftly one, it’s just a stunning route on a stunning wee island. When I put the email out about the banter bus the seats filled up faster than a Peat & Diesel meet and greet. We had a big squad down 21 in total with Willie also taking three of the junior lads for a run out. The race is advertised at a 10k but it’s actually a bit more the final K is a mile, but no really cares because the route is so much fun! It’s a mixture of machair, road and sand, the sandy section is across a tidal beach so they need to time the race make sure it’s out. They were a tad out this year so we had an ankle deep section to contend with on the crossing! It was sunny clear day which makes the run extra stunning if a wee bit tougher.

The team all ran well and managed to pick up a nice haul of prizes, Alison Tiger-Macleod-Macdonald was 3rd Blone, Adrienne was 1st V50 Blone, myself 2nd Cove and John Caskie was 1st V50 Cove. There was a great scoff in the Berneray Hall after the race – soup, sannies, BBQ. Then just before the ferry we took a spin down to West Beach for a cool down dip in the sea, the water was actually quite pleasant!

Here are the full race results (excel download)

[http://www.isleofberneray.com/uploads/1/2/2/4/12244908/berneray\\_10k\\_2019.xls](http://www.isleofberneray.com/uploads/1/2/2/4/12244908/berneray_10k_2019.xls)



(Berneray squad, Caskie missing from pic must have been on a 12 mile warm up!)

## Results round up

- Huge well done all SRAC athletes that took part in the International Island Games, you can check out all of the WI athletics results here:  
<https://www.gibraltar2019results.com/entries.aspx?SportID=2&EventID=0&IslandID=24>

## Other news

- If anyone is free this Saturday 3rd Aug to join us on the club carnival float email [ncfergu@gmail.com](mailto:ncfergu@gmail.com) it's always a great laugh, wigs will be supplied by Tony the Tank!
- Senior sub group: we're planning to hold the next meeting at 6pm on Tuesday 13 August in An Lanntair (in the circular seating area). All senior members are very welcome to come along its very informal, we just grab a coffee and chat about senior stuff! Some of the things we will be discussing are: date for the Scalpay 10k, autumn club social event, a club Euro 2020 trip and senior training.
- Scottish Trail Running Champs, Sunday 1<sup>st</sup> September. The club is taking a team down to this race in Falkland, it is open to all U13, U15, U17, U20 & Sen runners. Like all Scottish Athletics championship events the trip will be funded an amazing 50% by the club. This includes travel, transport, accommodation, food and entry fees. We won't know the exact cost per head until we know how many are going but it will be a maximum of £50 each for the 2 night trip. If any Seniors are interested in going email [info@srac.org.uk](mailto:info@srac.org.uk)

## 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 car park, no fee

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

## Races & Events coming up

03 Aug 19	Beinn Lee Hill Race, 6 miles (Lochmaddy)
04 Aug 19	Ben Kenneth Hill Race, 3.2 miles – longer if you don't do the swim ;) (Lochboisdale)
10 Aug 19	Marathon Hebrides (South Harris)
17 Aug 19	SRAC Ladies day
17 Aug 19	Quiraing 10k (Uig, Skye)
17 Aug 19	Coll Half Marathon (Isle of Coll)
24 Aug 19	Calbost Classic 7 miler
24 Aug 19	2 Islands Half Marathon (Berneray to Lochmaddy)
01 Sept 19	Scottish Trail Running Champs 10k (Falkland)
07 Sept 19	An Cliseam Hill race - TBC
21 Sept 19	Westside Runners 5k & 10k
05 Oct 19	Lewis & Harris XC Race 1
12 Oct 19	North District XC relays (Gordonstoun)
02 Nov 19	Lewis & Harris XC Race 2
07 Dec 19	North District XC Champs (Dores)
07 Dec 19	North Lewis (Ness) 5k and 10k - TBC
18 Jan 20	Lewis & Harris XC Race 3
22 Feb 20	National XC Champs (Falkirk)

Happy Running!

SRAC Senior Sub Committee

Ps. If we miss any race results or if you have any other news to add please email [newsletter@srac.org.uk](mailto:newsletter@srac.org.uk)