



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – September 2019

Hello SRAC seniors, cross country (XC) season is here time to look out the grippy shoes and hit and mud and trails!! The first XC training session took place last weekend and sounds like everyone had 'fun' in the mud. We don't have so many island races to report on this month but Seonag brings us a great report on the Westside 10k and 5k which took place in roasting hot conditions, a fitting end to tarmac season! There was plenty of mainland racing though which you can see in the racing round-up. The first Lewis & Harris XC race of the season is taking place this weekend (Sat 5th Oct) followed by the first club mainland trip of the season to the XC Relay Champs in Gordonstoun. We have two full lad's teams heading there but didn't manage to get a lady's team together unfortunately. Wacky Races are also back at the end of the month, with the annual senior social day taking place a couple of days after in the Kingdom of Ness! Plenty going on - happy start to winter training everyone.

Westside 10k & 5k – Seonag's report

This year saw a fantastic turnout from all over the island to the annual Westside 5 & 10K .There was a great atmosphere in the run up to the race which saw 137 entering the 5k and a record 70 entering the 10K, no doubt helped by the uncharacteristically good weather. The crowd were given some optional warm up exercises by the organizers before setting off. Nice start but definitely not the easiest of 10ks with more than one or two hills spread out over the route..felt like they just kept coming! Still nursing a wee injury I ended up walking a bit here and there but fortunately the Barra Mountain blew away any hang ups I had about that months ago! Given the heat and the hills the two water stops were most welcome.

I am probably the worst person to ask to review a run as most if not all the races that I've taken part in so far are akin to childbirth in that they are awful at the time but soon forgotten about afterwards! Having said that I would definitely do it again (the race not childbirth!). A top notch spread of soup and a fabulous selection of sandwiches was put on for all those involved. I wasn't able to stay for the prize giving or raffle draw but I did get a phone call in the evening to say that I had won a bottle of wine followed by another phone call to say I had also won a block of yoga classes in Barvas school, they assured me they would not be phoning a third time! Well done to all those who took part organizing the event, running, marshalling..whatever part you played. Was a

great day and hopefully see you all next year. Ps if anyone fancies giving yoga a go get in touch...a bit too far away for me Pps You can't have the wine.

*In the 10k huge well done to new member John Hamilton on another islands race win, John Caskie on his second place, Marina Murray on winning the first female prize and Lorraine Morrison for finishing first local female! And in the 5k our junior endurance squad dominated again! There was a huge SRAC turnout in both races you can see full results here:

[10k Results](#)

[5k Results](#)



(Selection of race pics, from top left: John & Caskie leading out the field; Adrienne and Chairman Tucker leading a pack with the two Laura's tucked in behind; Gerry with Sarah and James on his shoulder; John; Caskie; Lorraine; Marina; Seonag)

Stornoway Half & Heb 3

Entries for the Stornoway Half and 10k on 23 May 2020 are now open!!

<https://www.entrycentral.com/stornoway> We remain one of the best value half marathons in the country, £23 (£21 with SA discount) early bird until 31 Jan. There's already a great buzz about it after the success of the 2019 race and event, 50 places out of the 300 limit have already gone in the first two days since entries opened! We are largely planning to stick with the same setup as the last couple of years with a few minor tweaks. Let's hope Porter's Lodge is back open by then though.

Heb 3 entries aren't quite open yet, we are waiting to hear the outcome of meetings the Barrathon and Benbecula are holding in October about the future of their races. Fingers crossed everything goes well for them!

Wacky Races 2019-20

The nights are starting get darker, Tesco is stocking up on extra bags of flour that can only mean one thing its nearly Wacky Race time again! Race 1 will be a 5k in the castle grounds on Thursday 24th October, first runner off at 5.30pm. Normal start time will be 6pm but we're starting this one slightly earlier to make the most of the daylight. You can see details of the first race here on the website. Scott 'A Beautiful Mind' Engine Ear has spent the summer working with the top brains at NASA HQ in Washington DC developing a new handicap system for the series (thanks Scott!) so if you ran a race in the 2018-19 series we will be in touch with details and your handicap soon.

If you are new to the Wacky Races you can find more details and how to enter here

<https://srac.org.uk/wackyraces/>



(As usual no expense has been spared on Wacky Race promotional material)

Other news

- **Euro 2020 club trip** – 32 members have voted so far in the poll for the destination of our next European adventure. We will leave it open for another few weeks so that more members can vote <https://www.surveymonkey.co.uk/r/H5ZGDPJ>
- **Senior social day** – we have 22 seniors signed up for our day out in Ness. Final details will be emailed out soon, fingers crossed for good weather!
- **Low Castle Parkrun Quiz Night** – there is a quiz taking place in the golf club on evening of Friday 4th October to raise money for a defibrillator for the castle grounds which has to be in place before the Parkrun can start up. See the full poster at the foot of the newsletter.

Results round-up

- **Scottish Mid Trail Champs** (10km), 01/09/2019 in Falkland Estate: Stephan Smit 102nd 53:20. Second claim-ers: Euan Crawford 9th 34:26 running for HBT. William Macrury 49th 40:51 running for Cambuslang
- **Glenmore 12hour Trail Race**, 07/09/2019: Carolyn Hare 58th, 33.71 total miles covered!
- **An Cliseam Hill race**, 07/09/2019: Doug Rattray 2nd 52:43, Norman Ferguson 3rd 53:24, Jonny Pritchard 6th 1:05:13, Kevin Donner 8th 1:06:03, Neil Macrury 14th 1:19:41, Stephan Smit 15th 1:20:26, Susan Murray 4th lady 1:54:07. Second claim-ers: Morvern Mackenzie 2nd lady 1:14:53 running for Ross County.
- **Masters European Championships** half marathon, 15/09/2019: John Caskie Macaskill 1:27:55. In Jesolo, Italy, John was 3rd place Great Britain athlete in his age category, and 24th in overall age category in championships.
- **Great Scottish Run Half Marathon**, 29/09/2019: Howard Maciver 1:23:54, Howie finished 3rd V55 in the race! This also currently ranks him 2nd in the 2019 Scottish V55 rankings! Our former star Connor Maclean now running for Kilbarchan had an impressive Half debut finishing in 1:11:19, possibly an all-time record by a runner from the Western Isles!?
- **Great Scottish Run 10K**, 29/09/2019: Fiona Mackenzie 1:00:37 and Bethany Macleod 1:11:30.

Training sessions

Current senior training sessions are:

- Monday 6pm – Track sessions meeting at the Stornoway running track, £2 for members
- Tuesday 5.30pm – Trail reps session, meeting the Stornoway Golf club car park, no fee. Trail shoes advised
- Thursday 6pm – Hill/endurance session, meeting at the Stornoway Golf club car park, no fee
- Saturday 10.00am – XC interval training session. Meeting outside the An Cotan Nursery behind the Castle. Bring your trail shoes required!

Races & Events coming up

05 Oct 19	Lewis & Harris XC Race 1
12 Oct 19	North District XC relays (Gordonstoun)
24 Oct 19	Wacky Race 1 – 5k
26 Oct 19	Club senior social day
02 Nov 19	Lewis & Harris XC Race 2
21 Nov 19	Wacky Race 2 – 5k
30 Nov 19	North Lewis (Ness) 5k and 10k
07 Dec 19	North District XC Champs (Dores)
21 Dec 19	Christmas Handicap (Wacky Race 3) – 4.1 or 5.4 miles
31 Dec 19	Flett Trek (Rhenigidale)
04 Jan 20	Glenmore 10k (Portree, Skye)
18 Jan 20	Lewis & Harris XC Race 3
30 Jan 20	Wacky Race 4 – 5k
01 Feb 20	Glenbrittle 10 mile Trail Race (Skye)
22 Feb 20	National XC Champs (Falkirk)
27 Feb 20	Wacky Race 5 – 5k
01 Mar 20	Inverness Half Marathon
14 Mar 20	Scalpay 10k – Provisional date
26 Mar 20	Wacky Race 6 – 5k

Happy Running!
SRAC Senior Sub Committee

(If we miss any race results or if you have any news to add please email newsletter@srac.org.uk)



Organised by Stornoway parkrun committee & Stornoway Rugby Club, with support from Stornoway Golf Club

Fundraising Quiz Night
Friday 4th October, 7.30pm
Stornoway Golf Club

Teams of four:
come along on
your own or as
part of team



Help us raise to money
for a defibrillator, so that
we can start a parkrun in
Lews Castle Grounds!

The defibrillator will be placed in an
accessible location, so will be available
for use by the Rugby Club, the Golf
Club and members of the public.

- parkrun is a timed 5k race, held at 9.30am every Saturday morning
- parkrun is free, for everyone, forever

Children over 4, buggies and dogs on short leads welcome

www.parkrun.org.uk

£5 entry fee per person,
tickets on the door or
contact: stornowayparkrun@btinternet.com

Raffle with
amazing prizes!