



## Stornoway Running and Athletics Club

### SENIOR NEWSLETTER – November 2019

Hello seniors, hope this finds you running well! We don't have a huge amount of racing to report to you this month it's been quiet on that front, we've got updates on Lewis & Harris XC race 2 and Wacky Race 2 for you though. Also we have news of the winning destination of the Euro 2020 club trip vote, selle Eesti! This weekend will see one of the highlights of the island road racing calendar as everyone heads to the lands of the Guga for the North Lewis (Ness) 10k and 5k. Looking forward to seeing a big SRAC turnout remember to wear your red and gold! Also a week later we have a large SRAC squad (26!) heading over to the North District XC champs in Dores near Inverness, including 6 men and 3 ladies, good luck to all. We will close off the month and the running year in usual fashion with the club Christmas handicap then the legendary Flett trek on Hogmanay, always a top day out. Wishing you all a fantastic Christmas and New Year when it comes, make sure you keep getting the miles in to burn off the big feeds!

#### Senior sub group

The next senior sub group meeting will be at 6pm on Tuesday 3rd December in the County Hotel. All senior members welcome! We will be discussing upcoming seniors events, trips, training and any other issues folk want to raise. It's not a Half Marathon meeting and very informal, come grab a coffee and have a yarn it won't be more than an hour – promise!

#### Club prize giving

Save the date 18th Jan 2020 in your diaries there will be a club ceilidh and prize giving that evening, same day as the final race in the local XC series. More details will be emailed out soon!

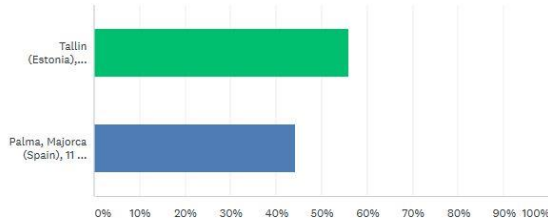
#### Euro 2020 Club trip vote

The results are in and the winner is Tallinn! It was pretty close in the end 19 to 15. So you can go ahead now and enter the race and get planning your travel. We will leave it up to individual groups if you want to travel and stay together but have the usual meet ups for food and drinks before and after the races and also maybe a wee tour! Just a note that the Half and 10k are on the Saturday, the Marathon is on Sunday.

Tallin, Estonia – Marathon, Half, 10km & 5km, 12 and 13 September 2020  
<http://www.jooks.ee/en/tallinn-marathon/>

Please choose from one of the two destination options for SRAC's 2020 European club trip. Please only vote if you are a SRAC club member.

Answered: 34 Skipped: 0



ANSWER CHOICES	RESPONSES
Tallin (Estonia), 12/13 Sept 2020 - Marathon, Half marathon, 10K, 5K	55.88% 19
Palma, Majorca (Spain), 11 Oct 2020 - Marathon, Half marathon, 10K	44.12% 15
TOTAL	34

(Club trip vote result)

### Lewis & Harris XC race 2 (Sat 2nd November)

There was another fantastic turnout on the castle green for race 2 of the series. In the men's race John Hamilton was once again victorious and looks a dead cert to take the overall series title! Kevin Donner had another fine performance finishing second on the day and looking good to secure silver overall. The bronze medal looks set to go down to the wire with Ian Ferris and Stephan swapping round places this time and are now equal on points. Look out for their showdown in race three!

In the ladies race new club member Martha Hamilton was first over the line once again and like her brother looks set to take the overall title. Lorraine Morrison was second on the day and now has a strong grip on second overall. Valerie Hamilton was third lady on the day and will go into the final race as favourite for bronze, although Kirsty Brightwell could push her close! It was great to see so many members taking part – Amy Rigg, Clare Falconer-Flint, Susan Murray, Laura Maciver, Alison Robertson, Mairi Maciver, Brenda Jones and Sue Emmott

The third and final race of the series will be on Saturday 18 January 2020.

Full results here - <https://srac.org.uk/lewis-harris-xc-race-2-2019-20-results/>



(Brenda, Susan & Mairi post XC race 2 – borrowed from Mairi's Strava)

## Wacky Race 2 (Thus 21st November)

There was also a super turnout out at race 2 of the 6 race series with 44 racers taking part! Debutant John Murdo MacAulay was first over the line smashing his estimated time, with Sarah Macleod and Richard Galloway both having flyers finishing 2nd and 3rd. The conditions were perfect for fast running and it showed in the times with most folk dipping under their predicted times.

Susan Murray (not Berry) retained her top spot on the leader board with another fine display, but Richard's great result has closed the lead to just 2 points! Gerry also had a solid run and kept his 3rd place in the table. As always in Wacky Racing everything is still up for grabs, remember it's your best 4 out of 6 scores that count in the end so even if you're in the bottom half at the moment things can change very quickly!

Thanks to Scott Engine Ear for sorting the handicaps for us again, good to see him back in his favourite finishing spot too – first 1 pointer. Also big thanks to Peter and Willie for their help on the night again!

Race 3 will be on the morning of Saturday 21 December, we will update the website soon with details and email everyone that has taken part so far. This will double as the annual club Christmas handicap race, to be eligible to win it you have to run the longer 5.3 mile route! Also remember we will be doing a secret Santa, bring a present suitable for woman or man budget is a fiver.

You can see the results and the leader board here, as well as details of Race 3 on Saturday 21<sup>st</sup> December <https://srac.org.uk/wackyraces/> If any new runners would like to take part in Race 3 just drop an email with a recent 5k or 10k time to [wackyrunners@gmail.com](mailto:wackyrunners@gmail.com)

## Stornoway Half & Heb 3

Entries for the Stornoway Half and 10k on 23 May 2020 are still going well with a smashing 153 at time of writing. Its sure to be an early sell out! You can enter here - <https://www.entrycentral.com/stornoway>

Heb 3 entries will be open at the beginning of December all races date for next summer are confirmed! Benbecula Half will take place on 6th June after they managed to form a new committee with Heb 3 runner Oliver Foote taking over as Chair.

## Results round-up

- 23 November, North League XC Committie Race (Forres), Allan Morrison 61st



(Allan centre, with our u20s Kyle and Daniel, not sure what's more impressive Allan's tartan under armour or the socks – wow!)

## Other news

- Huge congratulation to member, club and island games track and field legend yes and coach Eve (Carrington) Maciver on her marriage to Doug this month!
- The club's best social outing of the year The Flett Trek will be taking place as usual on Hogmanay Tues 31st December. We will send out an email about it soon but in the meantime book a place early by emailing [sracmembership@gmail.com](mailto:sracmembership@gmail.com), we have the lochs 17 seater bus lined up for it.
- Chris Whittington will be taking SRAC's place at the London Marathon next year, he was chosen by ballot from five at the AGM. Chris had missed out in the general ballot 11 times before this! Good luck with the winter training Chris.
- Following the AGM on 11 November the officer bearers (affecting senior side) are:
  - Chair – Colin Tucker
  - Vice Chair – Bethany Spence (NEW)
  - Secretary – Mairi Maciver
  - Treasurer – Norman Ferguson
  - Senior Rep – Adrienne Stewart
  - Senior Ladies Captain – Louise Henderson (NEW)
  - Senior Mens Captain – Norman Ferguson
- Benbecula 10k is confirmed for 14th March next year, we'll hopefully take another big squad down to this great race!

## Training sessions

Current senior training sessions are:

- Monday 6pm - track speed session, meeting at the running track. £2 for members.
- Tuesday 6.15pm - beginners group, meeting in Percival Square (town centre)
- Thursday 5.30pm **NEW TIME** - hill/endurance session, meeting in the Smith Avenue car park.
- Saturday 10am - Cross Country training, meeting outside the An Cotan Nursey behind the Castle. Remember to wear your trail shoes!

## Races & Events coming up

30 Nov 19	North Lewis (Ness) 5k and 10k
30 Nov 19	Club Bingo fundraiser, Caladh Hotel 7pm
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
<b>18 Jan 20</b>	<b>Club Ceilidh &amp; prize giving</b>
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	Benbecula 10k
26 Mar 20	Wacky Race 6 – 5k
23 May 20	Stornoway Half & 10k
06 June 20	Benbecula Half

13 June 20     Skye Half  
27 June 20     Barrathon  
04 July 20     Harris Half

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](mailto:newsletter@srac.org.uk))