



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – Dec 2019 & Jan 2020

Happy new year seniors, two for one edition this month! Sorry no big yarns for you this month there's been so much going on we're not had time but here's a catch up with all the racing and trips from the past two months and the exciting things to come! Happy and healthy training everyone.

National Cross Country Championships

Could any senior members that would like to run in the National XC champs in Falkirk on Saturday 22nd Feb please get in touch by close of play Wednesday 5th of Feb, email sracmembership@gmail.com. It will be a two night trip Friday to Sunday usually costing around £60. This includes entry fee, ferry, minibus travel, hostel accom and meals in the hostel – great value and always the best club trip of the year! Both the lady's and men's race are 10K.

Senior sub group meeting

The next senior sub group meeting will be on Wednesday 5th February at 6pm in the County Hotel, all senior members welcome along! It's just a very informal chat about senior club trips, events, training and any other issues.

Club prize giving and ceilidh – NEW DATE!

Just in case you didn't hear this will now be held on Saturday 15th February in the Caladh Hotel, there will be a buffet, live ceilidh band and awards ceremony! It is £10 for senior members, pay at the door but you need to book a place here by 8th February please so we know how much grub to order <https://www.eventbrite.co.uk/e/91282832409>

Tallinn Club Euro trip 2020

If you are planning to come on the club trip remember to enter one of the races here: <http://www.jooks.ee/en/tallinn-marathon/tallinn-marathon>

Tallinn is pretty small and it should be easy to meet up there but try and book accommodation close to 'Freedom Square' where the races start in the Old town if you can. Once you're signed up drop an email to sracmembership@gmail.com and we will start a mailing list.

North Lewis (Ness) 5k and 10k (30th November)

The weather at the Ness 10k can always be a bit of lottery but this time we got an absolute belter of a day making for some cracking times around. A large squad of SRACers travelled up and came away with most of the prizes, our winners were:

1st John Hamilton 34:59, 2nd Murdo Alex 35:18, 3rd Jonny P 36:41. Howie Maciver 1st Vet
1st Marina Murray 42:40, 1st Vet Lorraine Morrison

See full results here - [10K Results](#)

In the 5K our junior endurance squad were on fire taking all but one the prizes, full results here - [Results](#)

North District XC Championship (7th December)

A big SRAC squad took a trip over to Dores near Inverness for the North Champs this included six hardy seniors. Both the lady's and men's race was over a 8.5K two loop course on a classic soggy XC day. The juniors came away with a great haul of seven medals, while the seniors had good solid performances all round.

Senior ladies

- Martha Hamilton 39:47, 24th
- Lorraine Morrison 40:39, 27th

Senior Men

- John Hamilton 29:24, 13th
- Murdo Mackenzie 30:21, 19th
- Norman Ferguson 30:58, 22nd
- Allan Morrison 38:03, 59th

SRAC Christmas Handicap/Wacky Race 3 (21st December)

There was another great turnout of 38 runners for Wacky Race 3 with excellent running conditions, apart from the soggy bog up Willowglen! The race also doubled at the SRAC Christmas Handicap.

The winner of both the SRAC handicap and Wacky Race 3 was Keith Bray who has a storming run, followed home by Ali Henderson and Willie Mitchell. Well done guys! Keith also took over the no 1 spot at the top of the Wacky Race leaderboard, jumping ahead of Susan Murray and Richard Galloway who despite their 1 point scores are still in very strong positions. Diane Morrison and Catherine Campbell also made big strides up the table with their excellent points hauls, former champ Adrienne had another solid score and is well in contention too. Despite finishing 5th Valerie Hamilton was top points scorer on the day with the bonus 5 points for being one of the runners finishing closest to her predicted time giving her 22 points on the day.

Well done everyone that took part! Next race will be Thursday 30th January.

[Full Wacky Race 3 results](#)
[Wacky Race Leaderboard](#)

Flett trek 2019 (31st December)

The 2019 Flett trek marked the 30th time this annual club tradition has taken place since Ross Munro and Dougie Flett came up with the idea in 1989. The outing is as popular as ever and we just about managed to squeeze everyone onto a minibus and a couple of cars. Eric from the Gazette was along this year and wrote a great wee report which includes the history of the trek, read it here - [Eric Mackinnon's report](#)

Eric also took some cracking pics, here are a wee selection.



Lewis & Harris XC race 3 results and series winners (18th January)

The Senior prizes winners from the 2019/20 series were:

Ladies:

Gold – Lorraine Morrison

Silver – Kirsty Brightwell

Bronze – Laura Maciver

Men:

Gold – Kevin Donner

Silver – Ian Ferris

Well done all! Race 3 results here:

<https://srac.org.uk/lewis-harris-xc-2019-2020-race-3-results/>

Stornoway Half & Heb 3

Entries for the Stornoway Half and 10k on 23 May 2020 are still going well with a smashing 277 at time of writing. Both races are on course to sell out soon! You can enter here -

<https://www.entrycentral.com/stornoway>

Heb 3 entries are now open! And already three quarters full so make sure you sign up asap to guarantee a T. Benbecula Half entries opened in December and the Barrathon entries will open on Tues 4th Feb at 7.30pm, be prepared! Harris is now full with a waiting list open and Skye is filling up steadily. Enter the Heb 3 and links to the other races here- <https://srac.org.uk/heb3/>

Results round-up

- (Big) Donnie Macleod made a superb return to track action in the red and gold recording a 400m time of 51.19 and finishing first in his race at the Scottish National Indoor Open at the Emirates Arena

Other news

- In case you missed it in the PB magazine read the Scottish Athletics Article on SRAC here, big thanks to Ross for helping with the content - <https://srac.org.uk/wp-content/uploads/2020/01/SAL-article.png>
- Pentland Road 5k and 10k – will be on the evening off Friday 10 April, entries are opening soon!
- SRAC to go to Parkrun on mass! We're making a plan that as many Senior and Junior SRAC runners as possible will go to the new Lews Castle Parkrun on Saturday 7th March in club colours. Remember to register for Parkrun here <https://www.parkrun.org.uk/register/>
- 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 – Brenda Jones (NEW)
 - Senior Lady's Captain – Louise Henderson (NEW)
 - Senior Men's Captain – Norman Ferguson

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 - 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 Jan	Wacky Race 4 – 5k	Sty Golf club car park
01 Feb	Glenbrittle 10 mile Trail Race	Skye
15 Feb	Club Ceilidh & prize giving	Caladh Inn
22 Feb	National XC Champs	Falkirk
27 Feb	Wacky Race 5 – 5k	TBC
08 Mar	Inverness Half Marathon	
14 Mar	Benbecula 10k	Liniclate
21 Mar	Western Isles XC Champs	Berneray
26 Mar	Wacky Race 6 – 5k	TBC
10 Apr	Pentland Road 5k and 10k	
23 May	Stornoway Half	
06 June	Benbecula Half	Liniclate
13 June	Skye Half	Portree
27 June	Barrathon	Castlebay
04 July	Harris Half	Tarbert
12 Sep	Tallinn 10K/Half/Marathon Club Trip	

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)