



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – November 2018

Hohoho SRAC seniors, hope you're all fighting fit! Fewer races to report to you this month but there was still a trip to the races in Lanark, an interesting encounter for Günter, and more Wacky Racing. Winter cross country season is well under way, in December we'll have a squad heading over to the North Champs in Gordonstoun and the first local Lewis and Harris race will be taking place. By the way if you would like to get involved with cross country again or for the first time, the club Saturday morning mud session is the place to start (10.30am meeting behind the Castle). The popular North Lewis (Ness) 10k and 5k races also take place at the start of December, it's their 10th anniversary always a great event and worth the going for the duff alone! This will be the last newsletter before Christmas so hope you all have a great one 😊

SRAC AGM

The club Annual General Meeting will take place on Thursday 6th December 2018 at 6.30pm in Committee Room 3 of the Council Offices, Sandwick Road, Stornoway. There are a number of committee members standing down and so there is an opportunity for you to get involved and have your say in how our club is run. If you can't make it then apologies can be submitted by email to – RobertEmmott@dunelm.org.uk

See the agenda and previous minutes here - <https://srac.org.uk/srac-agm-thursday-6th-december-2018/>

National Short Course XC Championships

On Saturday 10th November the National short course XC champs took place in Lanark, as its name suggests this is a short high speed 4k race. Murdo Mackenzie, Jonny Pritchard and Norman Ferguson travelled down from Sty to take part and were joined by Glasgow based Michael MacMillan in the men's race. Eilidh Mackenzie also made the trip from Inverness to run in the ladies race.

The conditions were perfect for running cool, calm and dry but as we ran our route recce warm up we realised this is not what we are used to. The course was flat as a pancake with very little mud, it was going to be rapid! The course has actually on the old Lanark horse racing course, and I felt like an old nag entering the 1.45 at Chepstow wondering where I was going to find some pace form.

First up in the ladies race Eilidh Mackenzie had a great first race of the season coming 28th out of 206 runners. In the men's race 471 runners took part, with Michael 174th, Murdo 177th, Norman 184th and Jonny 212th. The race was high quality and very tightly packed, there were only 23 secs covering all of us. We finished 27th team out of 42, and first North team! Okay only North team there but still we were there.



Connor Maclean now running for Kilbarchan had a brilliant run finishing 8th overall in the men's race, and it was also great to see Joanna Gillies who was running for Strathclyde Uni who finished 117th.

Scottish runners in the forests of Lower Frankonia/Bavaria and other surprises (Günter's report)

The Zeiler Waldmarathon took place on 10 November. Around 900 participants (marathon, half marathon, Nordic walking 7.5 km and 21.1 km) took part. With perfect autumn weather, the course ran through a very beautiful landscape and the event was very well organized. I ran the HM there for the first time and we (Martina did not run, but had important support and photographer tasks) were very surprised to meet Scottish runners before the start. Three of them came from Glasgow (Sam, Allan and Adam), have already run several times in Zeil and really appreciate the event. They had the team name "Zu kalt für den Kilt" (Too cold for the kilt). And another runner (Iain), who has been living in Germany for a long time, had planned his first half marathon.



During the race there another surprising and very nice encounter. A female runner spoke to me about Stornoway. She had read in the starter list that someone was running for the SRAC. Judith was born in Scotland and she told me that she will visit relatives on the Isle of Lewis in May 2019. And that she has already registered for the Stornoway Half Marathon! Of course I highly recommended the Ceilidh to her! So keep an eye out for her on May 25th and cheers Judith.

By the way: I completed the 420 meters of altitude in a time of 1:54:11. And every participant was rewarded this:

So it was a very great running day with a lot of nice experiences and encounters. Maybe www.zeiler-waldmarathon.de will be an option for some of you in the next years?



Wacky races & SRAC Christmas Handicap

Wacky race 2 took place on Thursday 22 November, there was another brilliant turnout of 33 runners completing the three loops of the 'Isles FM' 5k route. Conditions were perfect for running and there were brilliant times all round, a few folk even managed pbs it's great to see everyone improving. Runners were also treated to a fireworks display during the race (Maybury gardens)! You can find the results and updated leader board on the Wacky Races page on the club website - <https://srac.org.uk/wackyraces/> . Laura Maciver has surged into a big early lead but with only your four best scores counting it's still early days and all still up grabs. Gerry took an ominous step up the table to 7th watch out for him as a dark horse this year. Defending champ Adrienne has had a fairly low points start but will be looking to bounce back strong!

The annual SRAC Christmas Handicap will take place on Saturday 22 December, it will also double as Wacky race 3. Start times will be around 10/10.30am TBC, meeting at the golf club car park. There are two route options the 5.3 mile (8.5 km) or 4.1 mile (6.6 km) Castle Grounds loops. If you would like to take part please email Norman at ncfergu@gmail.com saying which distance you would like to run and a recent 5k or 10k time - if you haven't taken part in the Wacky Races this year. The SRAC Christmas Handicap trophy will be awarded to the first club member who finishes the 5.3mile loop.

Also remember to take a secret Santa present with you! Its random selection secret Santa so something suitable for a man, women or child.

Stornoway Half marathon and 10k and Heb 3

The senior sub group met on Tues 6 November to discuss Half Marathon progress. Everything is looking good all urgent tasks have been completed, including all venue bookings and permissions. We also discussed ways to improve the event and races, and what to include as our surprise items in the goodies bags this year.

Entries are still steadily filing up, at time of writing we are up to 92. The early bird entry fee is still available until 31st January, £22 for standard entry and £20 with Scottish Athletics. You can sign up here - <https://www.entrycentral.com/stornoway>

The Heb 3 is free to enter but make sure you do to guarantee a T shirt and eligibly for the prizes. Sign up here - <https://www.entrycentral.com/heb3>. We've also set up a new Heb 3 mailing list for race updates and other Heb 3 news. Click there to sign up for the mailing list – [Join the Heb 3 Mailing list](#)

Other news

London Marathon place - We have a place available in the 2019 London Marathon. If you are interested in running for the club in this event please email Robert - RobertEmmott@dunelm.org.uk by 3 December. If there is more than one expression of interest we will hold a ballot at the AGM.

Training sessions

Current senior training sessions are:

Monday 6pm – Track or road session, meeting on the running track

Thursday 6pm – Hill/endurance session, meeting at the Smith Avenue changing rooms

Saturday 10.30am – Cross county session, meeting at the An Cotan car park behind the castle.

Trail shoes required

Sunday 10.00am – Run and bun easy pace trail run, meeting at the museum car park

Sunday 9.30am – Off road long run on the golf course and mud trails, meeting at the golf club car park. Trail shoes required.

Races coming up

01 Dec	Ness 5k and 10k
08 Dec	North District XC champs
15 Dec	Lewis & Harris XC race 1 – Castle grounds
22 Dec	Christmas Handicap (Wacky Race 3) 5.4 or 4.1 mile Grounds loops
05 Jan 19	Glenmore 10k, Portree, Skye
24 Jan 19	Wacky Race 4 - 5k
02 Feb 19	Glenbrittle 10 mile trail race, Skye
21 Feb 19	Wacky Race 5 - 5k
23 Feb 19	National XC champs
10 Mar 19	Inverness Half Marathon
16 Mar 19	Benbecula 10k
28 Mar 19	Wacky Race 6 (final race) - 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

Happy Running!

SRAC Senior Sub Committee

Ps. If we miss any races results or if you have any other news to add please email ncfergu@gmail.com