



Stornoway Running and Athletics Club

SENIOR NEWSLETTER – December 2018

Happy new year SRAC seniors! Hope you all had a great festive period, sorry the December newsletter is a bit late we're just emerging from a food induced coma! There was a lot going on last month with the highlight being our Eilidh Mackenzie was once again crowned cross country Queen of the North in Gordonstoun! Also plenty racing on the island with the Ness 10k, Lewis & Harris cross country and the club Christmas handicap. A big squad of us also saw out the new year in style with the Flett trek in Harris on Hogmanay. Have you all started looking at races for 2019? Now's the time to burn the mince pie reserves and get training for those spring races – happy and healthy training everyone! ☺

North Lewis 10k and 5k

Saturday 1st December saw SRAC-ers travelling north to Ness for one of the highlights of the winter running calendar, the North Lewis 10k and 5k races. This was the 10th anniversary of the race the turnout was a fitting tribute to the great work of the organisers with 57 runners in the 10k and 83 in the 5k. It was great to see the large North Lewis couch to 5k group taking part and completing their first ever race!

It was a strangely calm day for a Ness 10k as we set off it felt odd not to running into a wind tunnel for the first half of the route down to Cross. Murdo Alex led from start to finish to record his third Ness victory, with a good winning margin back to Norman in second, who was closely followed by Jonny Pritchard (running for Calbost) in Third. Owen also had an excellent run finishing fourth overall and one of the runs of the day was James who ran a brilliant PB. Stephan, Colin, Adrienne, Allan Maciver, Anna, Louise, Jim, and Brenda all completed the 10k in excellent times making the most of the good conditions! Amy, Karen, Spike, Tony Tank, and Robert were on great form too representing the seniors in the 5k. Post-race we were treated to the usual North Lewis hospitality with soup, sannies, cakes and DUFF in Spors Nis yum!

10k results - <https://srac.org.uk/wp-content/uploads/2018/12/Ness-10k-2018.jpg>

5k results - <https://srac.org.uk/wp-content/uploads/2018/12/Ness-5k-2018.jpg>



(Some of the crew recovering after all that Ness duff!)

North district cross country championships

The North XC champs took place at Gordonstoun School (posh!) on Saturday 8th December. The Juniors led by Willie, Allan and Lorraine Morrison once again had disputed travel having to get the overnight freight ferry due to weather cancellations on the Friday. The senior troops race's had a later start so were able to travel on the Saturday morning, but it was a long drive! This year both the men's and women's races were harmonised to 8.4k, over a two lap course in the impressive grounds of the private school. In the woman's race Eilidh Mackenzie was Queen of the North once again with an impressive victory to take Gold for an amazing 5th time!! Eilidh pretty much led from start to finish, at the end of the first lap she was being closely followed by two rivals from Moray and Highland hill but stayed strong and wore them down on the quick course to win in the end by a relatively comfortable 16 seconds. Norman Ferguson finished 24th and Allan Morrison 61st in a rapid men's race.



As a result of her performance Eilidh has once again been picked to represent the North at the Inter District cross country in Stirling (new venue) in January. Good luck Eilidh!

Lewis and Harris XC race 1

The first race in the Lewis and Harris XC series took place on Saturday 15th December in the Lews Castle Grounds. There was three SRAC ladies and four men taking part, Alison Tiger finishing third in the ladies race and Murdo Alex was the clear winner in the men's race. Full results are here - <https://srac.org.uk/wp-content/uploads/2018/12/lhxc-race-1-results-dec-2018.pdf>

The second race in the series will take place on Saturday 19th January.

SRAC Christmas Handicap & Wacky Races

A fantastic turnout of 25 runners took part in the annual SRAC Christmas handicap on Saturday 22nd December, which also doubled as Wacky Race 3. Stephan was the SRAC handicap winner and received the famous Rose Bowl, presented to him by Chairman Colin, well done Stephan!

Catherine Maclean was first over the line in the Wacky Race and moves up to first place in the leader board, the ladies are dominating this year with Laura Maciver, Valarie, Brenda, and Karen Wright close behind! Full results and the leader board standings are here - <https://srac.org.uk/wackyraces/>

Wacky Race 4 will be on Thursday 24th January, first runners off at 6pm-ish. It will be new 5k town route, watch the website for details soon!



Flett trek 2018

A top time was had by all on the annual Hogmanay Flett trek in Harris, as always it was a great social way to see out the year. We had 17 folk taking part this year leaving Stornoway early in the dark to start running at first light. Six of us set off to do the longer route starting at Maraig, before joining the rest on the Urgha – Rhenigidale Postman’s trail. The conditions were pretty wet and windy but it just made it all more of an adventure! For the first time on a Flett (maybe) there was no swim in the wee bay, Mark Maciver hurt his ankle on the zig zags and we had to nurse him back to the hostel (get better soon Mark!). We had Willie on Kitchen duty this year so by the time we reached the hostel the food was piping hot and really welcome. We stayed and enjoyed the craic and a few games of heads up for a couple hours before heading home for the bells. Thanks a lot to Jim for driving the minibus and Willie for helping with the food!



(The lads starting the long route)



(The rest of the crew starting at Urgha)



(Waiting in the bay for Mark – Murdo delighted his speedos didn't get wet)



(Craig in the hostel after the run)



(Some of the guys who couldn't make the Flett running the day before to the Iolarie monument)

Stornoway Half marathon and 10k and Heb 3

We are now up to 130 entries in total between the Half and 10k! The early bird entry fee is still available for a few more weeks until 31st January, £22 for standard entry and £20 with Scottish Athletics. Great value by today's standards. 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 eligible 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

Mairi Maciver was successful in the ballot at the AGM for the SRAC place in the London Marathon this year – good luck Mairi and happy training!

The Senior sub group will meet at 6pm on Tuesday 15th January in An Lanntair. Every senior member is welcome along, it's a relaxed meeting where we grab a coffee and discuss senior races, events and issues. It's normally an hour max and we usual meet in the circular seating area across from the entrance to the auditorium.

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

19 Jan 19	Lewis & Harris XC race 2 – Castle grounds
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
23 Mar 19	Dunvegan 10k, Skye
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