**Carnegie Harriers Weekly Bulletin 16th November 2018**

**News Flash**

* **Training this week at Pittencrieff Park (Tuesday) and Pitreavie (Thursday)**
* **Still time to put your name down for the East District Cross Country Championships**
* **Entries for Alloa Half Marathon on 31st March 2019 now open**
* **London Marathon – club place update**
* **Social hill run this Sunday – come along and give hill running a try**

**Training etc.**

Details of the training schedule for November and December can be found on the website, with a summary on our official Facebook page.

We continue in **Pittencrieff Park** on **Tuesday** for short hill reps, starting at the bottom end of the park. We had a great turnout last Tuesday, despite missing a few regulars. Let’s see if we can hit 40 this week. On **Thursday** its back to the **Covenanters Rise** circuit for another progressive pace session. This is a particularly good session for building endurance and also managing your pace, especially during the first rep. Good practice for races, where it can be all too easy to get dragged along faster than you intended at the start.

Please make every effort to be on time for the sessions as we don’t want people hanging around with muscles getting cold as that’s how injuries happen. Please dress appropriately (especially for the warm ups and cool downs) and wear hi-viz clothing at all times. Please be aware that you leave any garments, valuables or other personal possessions entirely at your own risk.

As always if you do have a race coming up, we recommend that you reduce the intensity of the session by reducing the number of repetitions and/or the pace at which you run. This will keep you fresh for the race, or aid your recovery afterwards.

Remember also some members come along on club nights and go instead for a steady paced run to taper before, or recover after, a race. This would also suit anyone recovering from illness or injury, so why not join them?

**Tue 20th Nov Pittencrieff Park:** short hill repetitions – 14 x (1 minute uphill effort with 2 minute recoveries back down to start). (14 minutes total effort).

 The session will start at **6.50 pm** prompt at the bottom end of the park.

 If planning to run up from Pitreavie Sport and Soccer Centre, it’s approximately 2 miles (3.2 km) so aim to leave from there at **6.30 pm** for an easy run up.

 If going direct to the Park, meet at the Peacock Café corner of the Glen Pavilion at **6.35 pm** for a group warm up.

**Thu 22nd Nov Covenanters Rise circuit:** Progressive session: 3 x (1-2-3-4-5 minutes at easy pace, marathon, ½ marathon, 10k and 5k pace). 2 minutes recovery between sets. (45 minutes effort in total.)

 Alternative group run – details to be confirmed on the night depending on who turns up.

**Up and Coming Races**

Remember we do only list the up and coming GP events and any other races of particular interest, such as National Championship events. It is your responsibility to keep checking club and online entry websites for details of when entries open, especially for those races which sell out quickly. Useful websites include:

<http://www.scottishathletics.org.uk/events>

<http://scottishrunningguide.com>

<https://www.entrycentral.com>

<https://www.sientries.co.uk/>

https://www.stuweb.co.uk/

When entering races online (using EntryCentral, SIEntries, Stuweb etc.), please do check that your club details are present and update them if necessary, particularly if you have recently joined from another club. It does make things a lot easier when looking to see who may have entered races, and when checking the results.

**2018 Hill Running Grand Prix**

Details of all events can be found on the web site, including a GP points table which has been updated with the most recent race results: <https://www.carnegie-harriers.co.uk/wp-content/uploads/2018/06/2018-Hill-GP_Points_Interim.pdf>

The final event in the Hill Running GP is:

**Sat 22nd Dec Kirk Craigs Christmas Cracker (2018 Hill Running GP Event No 13)**

 11.00 am start, Centenary Hall, Hamilton Street, Tillicoultry

 <http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0330>

**2018-19 Grand Prix Series**

Details of all events can be found on the website, including a GP points table which has still to be updated with the most recent race results: <https://www.carnegie-harriers.co.uk/wp-content/uploads/2018/06/2018-19-GP_Points_Interim.pdf>

The next counter in the 2018-19 Grand Prix will be:

**Sat 8th Dec** **East District XC Championships, Aberdeen (2018-19 GP Event No 9)**

This event is pre-entry only through the club.

Barry and Karen sent out emails on Wednesday 7th November with further details and asking for names. Remember you must be a member of scottishathletics and registered to run first claim for Carnegie Harriers. Please reply directly to them if you are interested in taking part by no later than **Wednesday 21st November** to meet the deadline for submitting entries.

So far we have interest from two ladies and six men as follows – Isobel Burnett, Karen Forsyth, Barry Davie, Derek Fish, John Fulham, Jonathan Millar, Neil McLure and Steve Adam.

Please note that whilst the club pays the entry fees on behalf of members, if you do not subsequently take part you may be asked to pay back the entry monies.

The last event in the 2018-19 Grand Prix is the Alloa Half Marathon for which entries are now open. Details as follows

**Sun 31st Mar Alloa Half Marathon (2018-19 GP Event No 13)**

 10.00 am start, Leisure Bowl, Parkway, Alloa

 <http://www.alloahalfmarathon.co.uk/>

 Entries now open:

 <https://register.primoevents.com/ps/event/AlloaHalfMarathon>

**2018-19 Cross Country Season**

The cross country season continues apace with several events still to take place before the end of the year. Whilst championship events are pre-entry only through the club, and entry to the East District League events is also co-ordinated by the club, there are other open events which members can enter on their own. Further information can be found on the Races Calendar on the club website.

To ensure you receive emails about upcoming cross country events, please check your junk or spam folders on a regular basis and add the following addresses to your contacts (if possible):

Barry Davie (Men’s Captain) – menscaptain@carnegie-harriers.co.uk

Karen Forsyth (Ladies Captain) – ladiescaptain@carnegie-harriers.co.uk

If you don’t appear to be receiving the emails please contact Barry or Karen to let them know.

Sat 17th November – Braid Hills Open Cross Country Races

This year’s event is being organised by club member Arianne Holland, a student at Edinburgh University, and it would be great if members could take part to support her efforts. There are two races (5k or 10k) and entry is via EntryCentral (<https://www.entrycentral.com/braidhills>)

Sat 24th November – East District Cross Country League Race 2, Broxburn

The second of the East District League races takes place next Saturday at Broxburn. Although not a GP counter, we would encourage members to go along and take part. Entry is free and an information sheet is attached.

**Race Round-Up**

Here is a summary of some of last weekend’s key events. I believe a few members took part in the Supernova Kelpies events but due to the numbers taking part over the three days, we have not been able to track down results (especially as nothing came up when searching under the club name).

**Tinto Hill Race (Hill Running GP Event 12)**

The penultimate hill GP race of the year saw two ladies and five men taking the journey down to Tinto, a nice wee hill race. Kevin Davie, completing his sixth counter, was the first Harrier home with a three minute lead over Jonathan Millar. Graham Wilde, in his first hill race, came home ahead of hill captain Colin Reynolds and it was good to see Phil Smithard back out on the hills. For the ladies, Michelle Best had a strong run with Karen Forsyth also having a good run.

**National Short Course Cross Country Championships**

We had five representatives at this event comprising a 4K run for both genders. Well done to Alison (our only female representative), Chris (who broke the 15 minute barrier), Alan, Graeme and Brian (who was a minute faster than last year). There is a short report and photos on Facebook.

**Jimmy Irvine Bella 10K**

Promoted by Willie Scott, this event attracted 11 Harriers despite some pretty horrendous looking conditions on the day. Some great results, despite the weather, with PB’s reported for Steve Adam, Alison Sutherland and Kathryn Fairfield. There is a full report on the official Facebook page, courtesy of Willie Scott.

**Glen Clova Half Marathon**

The indefatigable Jane Macleod was our sole representative at Glen Clova. Don’t know where she gets the energy from.

Well done to everyone who took part in races last weekend.

**General**

Race Reports

We’ve had a good response from you to our request for reports on races in which you’ve taken part so keep them coming. It’s particularly good to read about an event you haven’t done and to bear in mind for the future. If you do write a race report, please email into secretary@carnegie-harriers.co.uk where a member of the committee will post onto the public Facebook page and the website. Please try and accompany any reports with good quality images, if possible.

Social Hill Run – Sunday 18th November

Colin Reynolds will be leading a social hill run on Sunday, starting and finishing at Glenvale Car Park. The aim is to give people an opportunity to give hill running a try. The pace will be easy, regrouping as necessary and all members are welcome. An email was sent out earlier in the week. If you missed it, aim to be at Halbeath Park and Ride for 10.00 am or Glenvale Car Park no later than 10.30 am.

Social Head Torch Run – Sunday 2nd December

Remember to keep the evening of the 2nd of December free for a club social run by torchlight. The start time will probably be around 6.00 pm, the distance will be around 8.5k (or 5.5 miles) and trail shoes are recommended.

The emphasis is on the "social" element of the run, the aim being to run together as a group and have a bit of fun.

Further details will be confirmed nearer the time – keep an eye on Facebook for a further post. Thanks to Gordon Barrie for organising.The distance is 8.5k (or 5.5 miles) and trail shoes are recommended. The emphasis is on "social", the aim will be to run together as a group. There are plenty opportunities to run fast at training and races so this is a nice opportunity to relax and enjoy a bit of running company.

More details will be confirmed nearer the time but for now keep the evening of the 2nd December free if you fancy some nocturnal nonsense. Start time will probably be around 6pm.

Festive Forest Run / The distance is 8.5k (or 5.5 miles) and trail shoes are recommended. The emphasis is on "social", the aim will be to run together as a group. There are plenty opportunities to run fast at training and races so this is a nice opportunity to relax and enjoy a bit of running company.

More details will be confirmed nearer the time but for now keep the evening of the 2nd December free if you fancy some nocturnal nonsense. Start time will probably be around 6pm.

Christmas Night Out – Saturday 15th December

A separate email will be sent out with further details.

London Marathon – Sunday 21st April

An email was sent out earlier in the week regarding this. Just to remind you that if you did not get a place through the main ballot, you have until **Tuesday 27th November** to apply for the club place by sending an email to secretary@carnegie-harriers.co.uk with confirmation of your rejection.

Club Clothing

Neil has now received the pre-ordered club hoodies. If you did not manage along to training last week to get yours, Neil will be at Dunfermline parkrun tomorrow (Saturday 17th) and training on Thursday.

We have recently received a fresh supply of club vests and have a limited stock of training tops etc. (we are reviewing our supplier). If you want to order any item of clothing, you can do so through the members section of the website.

Payment for clothing can be made in cash (exact sum preferred) or by cheque (payable to Carnegie Harriers).

Club Website

Remember to visit the new website at <https://www.carnegie-harriers.co.uk/> for a range of information such as training schedules, GP races lists etc. You must be registered to access the Members’ Only Section so if you haven’t already done so, don’t delay – register today. Simply go to the log-in page (<https://www.carnegie-harriers.co.uk/members/> ) and choose a user name (we would prefer that is it something by which we can readily identify you as we do get some spammers trying to register). Once we authorise your request, we’ll let you know and you’re good to go.

Carnegie Harriers Members Group on Facebook

Please do keep using the Facebook page to arrange activities such as car sharing to races, or to link up and share training ideas, and organise some training runs together.

**Committee Meeting**

The committee met on Monday 12th November and the next meeting will take place on Monday 10th December. As ever, please email details of anything you wish raised with the committee to communication@carnegie-harriers.co.uk or speak to one of the committee members at training.

General Suggestions

If you do have any ideas or suggestions or feedback on anything, please let us know, ideally by email to communication@carnegie-harriers.co.uk. Remember the committee is here to run the club for your benefit and we can only do that if we know what you want from it.

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**RACE RESULTS** (Chip times in brackets where applicable)

Apologies if we’ve any missed any results, particularly for members who may not have entered races as a Harrier. Club details are not always shown in race results, making it well-nigh impossible to carry out a general search for club members who may have taken part, especially for larger races.

**Therefore, if you want to be sure of your results being reported, please email in your results to** **results@carnegie-harriers.co.uk****.** In particular, do let us know if you have taken part in a race whilst away on holiday. Remember that we generally record results using gun time, as this is what determines final race placings.

Remember, if you want to check out parkrun results from up and down the country, go to: <http://www.parkrun.com/results/consolidatedclub/?clubNum=2202>.

**Saturday 10th November**

**National Short Course Cross Country Championships, Lanark**

Senior Women:

 93rd Alison Sutherland 16.43

Senior Men:

 267th Chris Stephenson 14.59

 318th Alan McGowan 15.33

 360th Graeme Wilson 16.13

 391st Brian Miller 16.54

**Tinto Hill Race (Hill Running GP Event 12)**

 70th Kevin Davie 43.31

 104th Jonathan Millar 46.37

 138th Michelle Best 48.43

 153rd Graham Wilde 50.09

 160th Colin Reynolds 51.04

 212th Karen Forsyth 61.53

 218th Phil Smithard 63.04

**Glen Clova Half Marathon**

 261st Jane Macleod 2.23.56 (2.23.42)

**Sunday 11th November**

**Jimmy Irvine Bella 10K**

 87th Alan McGowan 41.00 (40.51)

 115th Steve Adam 42.23 (42.11)

 127th Alison Sutherland 42.38 (42.27)

 157th Michael Bisset 43.40 (43.28)

 199th Laura Muir 45.34 (45.22)

 248th Andrew Spence 47.25 (47.04)

 282nd Lesley Halstead 48.42 (48.27)

 295th Sarah Marshall 48.58 (48.36)

 330th Willie Scott 50.16 (49.53)

 345th Kathryn Fairfield 50.59 (50.22)

 439th Zuleika Brett 55.12 (54.34)

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**DATES FOR YOUR DIARY**

Here is a list of dates which you might find useful to help you plan your activities over the coming couple of months.

Sat 17th Nov Braid Hills Open CC Races

Sat 24th Nov East District Cross Country League Race 2

Sat 8th Dec East District Cross Country Championships **(2018-19 GP Event No 9)**

Sat 15th Dec Festive Forest Run

Sat 22nd Dec Kirk Craigs Christmas Cracker Hill Race **(2018 Hill Running GP Event No 13)**