**Carnegie Harriers Weekly Bulletin 23rd November 2018**

**News Flash**

* **Training this week at Pittencrieff Park (Tuesday) and Pitreavie (Thursday)**
* **Entries for Alloa Half Marathon on 31st March 2019 now open**
* **London Marathon club place – deadline for applications is Tuesday**
* **Entries open for Festive Forest Run**
* **Festive Forest Run recce this Sunday**

**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 (15 this week), starting at the bottom end of the park. We had a good turnout on Tuesday and although some people may have been put off by the heavy rain late afternoon, it was dry by the time the session started and the wind was mainly behind us on the efforts.

On **Thursday** we’re holding a three mile time trial, which will comprise two loops of a slightly undulating circuit. There will be two start times, with slower runners going off five minutes earlier.

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.

**Sat 24th Nov East District Cross Country League Race 2 – Broxburn**

**Sun 25th Nov Festive Forest Run recce –** meet 9.30 am at Forestry Commission depot at Clentry or 9.10 am at Queen Anne High School to car share.

**Tue 27th Nov Pittencrieff Park:** short hill repetitions – 15 x (1 minute uphill effort with 2 minute recoveries back down to start). (15 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 29th Nov Three mile time trial**: meet at Pitreavie Sport and Soccer Centre at 6.30 pm for “registration” and briefing. Start time 7.00 pm

**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 and entries have now been submitted to Scottish Athletics, comprising 2 ladies and 6 men as follows:

Ladies: Isobel Burnett and Karen Forsyth

Men: Steve Adam, Barry Davie, Derek Fish, John Fulham, Neil McLure and Jonathan Millar

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](mailto:menscaptain@carnegie-harriers.co.uk)

Karen Forsyth (Ladies Captain) – [ladiescaptain@carnegie-harriers.co.uk](mailto: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 24th November – East District Cross Country League Race 2, Broxburn

The second of the East District League races takes place on 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, if you missed it last week. A few people have indicated they are planning to go along and there is a post on Facebook regarding car share if you’re interested.

**Race Round-Up**

Here is a summary of some of last weekend’s key events when virtually all the action took place off-road in one guise or another. Great to see Derek Cassells appearing on the results from Largo Law and don’t be fooled by Jane Macleod’s time – the route at Glentress is challenging to say the least. The twins also travelled to the Peebles area for their final ultra adventure of the year. Great efforts from everyone whose results are reported at the end.

**British & Irish Masters Cross Country International, Swansea (6K)**

Isobel Burnett was selected to run for Scotland and finished a very credible 5th in her age group category. She reports that the race in Singleton Park was all on grass on an undulating course with good ground conditions and a beautiful day weather-wise. There were 31 Scottish women taking part and every Scottish women’s team was placed 1st, 2nd or 3rd so everyone came home with a medal! The men had pretty good results too! Well done Izzie.

**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](mailto: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 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 emphasis is on the "social" element of the run, the aim being to run together as a group and have a bit of fun.

Organiser Gordon Barrie has confirmed the following details about the run.

Distance is 8.5k, road shoes should be fine as a lot of the route is on decent paths. All members welcome, especially our newer ones. The aim will be to run together as a group at a pace everyone is comfortable with.

Starting point is 6:30 pm at the small Lochore Meadows car park just outside Kelty. To get to this car park drive through Kingseat and on towards Kelty. At the first mini roundabout in Kelty (at the No. 1 Goth pub) take 3rd exit. At the next junction turn left onto B996 and after about 400m turn right and car park is at the bottom on the right. Car share if you can please.

If anyone is worried about finding the car park then make your way to the old Halfway House Hotel in Kingseat for 6:15 pm and you can follow me.

If you don't have a headtorch don't fret, there will be spares available if you need one. Gordon has posted on Facebook asking that you let him know if you’re planning to go along, as there will be post run treats, and if you do need a head torch.

It should be a fun experience so we'll hopefully see a good turn out.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 reminder that this year’s Festive Forest Run (for club members only) will take place on Saturday 15th December over a near 7 mile trail route around Blairadam Forest, starting and finishing at the Clentry Forestry Commission depot at Kelty (where they sell the Christmas trees). Entries are online via the members’ only section of the website, we have received 13 so far. Here is the link again for anyone who needs it (<https://www.carnegie-harriers.co.uk/members-2/festive-forest-race-2018/>). See below for further details on accessing the website.

A Recce run will take place on Sunday 25th Nov starting at 9:30 am, led by Karen Forsyth. The run will give members the chance to have an easy paced run around the route, stopping at various points to get their bearings and re-group. If anyone wants to car share to Blairadam, we suggest leaving Queen Anne at 9:10 am on Sunday.

London Marathon – Sunday 21st April

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](mailto:secretary@carnegie-harriers.co.uk) with confirmation of your rejection. The list so far is:

Zuleika Brett, Kathryn Fairfield, Joy Gudgin, Alan McGowan, Gemma McKee, Brian Miller, Dave Morton, Alan Murray and Andrew Spence.

The draw will take place on **Thursday 29th November** at Pitreavie Sport and Soccer Centre, at around 6.30 pm.

Club Clothing

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.

If you have forgotten your log in or password, please send an email to [secretary@carneige-harriers.co.uk](mailto:secretary@carneige-harriers.co.uk) and we’ll sort it out for you.

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](mailto: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](mailto: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**](mailto: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 17th November**

**British & Irish Masters Cross Country International, Swansea (6K)**

5th F60 Isobel Burnett 27.41

**Livingston Open Cross Country**

Senior Men:

11th Dave Morton 15.41

**Largo Law Hill Race**

13th Derek Cassells 52.41

49th Michelle Best 61.03

**Glentress Winter Trail Half Marathon, near Peebles**

357th Jane Macleod 2.39.40 (2.39.25)

**Sunday 18th November**

**Tweed Valley Forest Ultra Trail Race**

55th Pauline Walker 6.30.41 (6.30.32)

56th Fiona Rennie 6.30.48 (6.30.39)

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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 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)**