**Carnegie Harriers Weekly Bulletin 30th November 2018**

**News Flash**

* **Training this week at Public Park (Tuesday) and Pitreavie (Thursday)**
* **Entries for Alloa Half Marathon on 31st March 2019 now open**
* **Entries open for Festive Forest Run**
* **Festive Forest Run recce this Sunday morning**
* **Social Head Torch run this Sunday evening**

**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.

Change of venues for December. At this time of year, the weather can be unpredictable and we may need to change the session and /or venue, or even cancel it altogether at short notice. We will make every effort to let you know in good time, by posting on Facebook and, if possible, by email. So, if the weather is particularly bad, please check Facebook and your emails for updates.

On **Tuesdays** we’ll be in the **Public Park** (that’s the one close to the main railway station) for the traditional pre-Christmas hill circuits, starting off at 20 minutes this week. For these sessions it’s advisable to try to make it along from the start of the block as we build up by two minutes each week.

On **Thursday** we’ll be meeting at Pitreavie Sport and Soccer Centre for a pre-session briefing before heading over to the Industrial Estate for a pyramid session.

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.

**Sun 2nd Dec Festive Forest Run recce –** meet at 9.30 am at Forestry Commission depot at Clentry or 9.10 am at Queen Anne High School to car share.

**Sun 2nd Dec Social Head Torch Run** – meet at 6.30 pm at the small Lochore Meadows car park just outside Kelty – see below for further details

**Tue 4th Dec Public Park:** 20 minutes hill circuit (session will be explained before we start).

 The session will start at **6.50 pm** prompt from the bandstand.

 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 sharp** for an easy run up.

 If going direct to the Park, meet at the band stand at **6.35 pm** for a group warm up, which will include a recce of the circuit for anyone who has not done these sessions before.

**Thu 6th Dec Pitreavie Industrial Estate:** Pyramid session - 2 x (1, 2, 3, 2, 1 minute intervals at 5k pace) with 1 minute active recoveries between intervals and 2 minutes rest between sets. (18 minutes total effort)

 Meet at Pitreavie Sport and Soccer Centre at 6.30 pm for pre-session briefing. Start time **6.50 pm** at the entrance to Beatsons.

**Sat 8th Dec** **East District XC Championships, Aberdeen (Road/XC GP Event 9)**

 Pre-entry only and entries already submitted.

**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**

Effectively only one cross country event still to take place before the end of the year, for which entries have already been submitted.

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.

**Race Round-Up**

Doesn’t appear to have been a lot going on last weekend.

**East District Cross Country League Race 2, Broxburn**

8 Harriers headed through for this event, which took place on a somewhat muddy course. There were reports of several fallers during the meet but not aware of any Harriers taking a tumble. That’s one of the many pleasures of cross country.

Karen was the only female representative for the club. The men were spread throughout the field and were led home by Chris Stephenson. Mark Gaddess made his debut for the club, hopefully the first of many appearances. Well done to everyone.

**Blairadam Forest Winter Challenge Race** (Courtesy of Gordon Barrie)

5 Harriers took part in the most recent offering from PB Timing. The route was just over 5 miles (8km in new money) around Blairadam heading up to the radio transmitter and then back down. The start was a tough uphill slog for about 2 miles but this meant there was a fast(ish) downhill finish to look forward to. There were a few large puddles to negotiate with most runners favouring the "plough straight through" approach.

Congratulations to Angela Sandilands who was first lady overall, and well done to Stevie Greer who had obviously not had enough mud at Broxburn the day before. Gordon’s full report will appear on the official Facebook page and website in due course.

**Time Trial (Club Members Only)**

Although this was not a race, it is worthy of comment. A total of 22 club members (plus one guest who we hope will soon join up) were not put off by conditions earlier in the day and came along for what is intended to be the first of a series of time trials over the coming year. The idea was to set a benchmark time against which to assess your performance next time around and hopefully see an improvement as a result of regular attendance at training.

There were two starts with the first group of those who anticipated they would be a bit slower going off five minutes ahead of the rest. This meant there was less waiting around at the end for everyone to finish. There was a shower of rain as the runners headed down to the start but thankfully it dried up once they were underway. The times are listed at the end.

Well done to everyone who came along, hopefully get a few more next time. Judging by the comments on Facebook most of those who took part “enjoyed” it. Thanks to Val and Allan Macaulay and Kayleigh who recorded the finish times and order, to Pauline and Fiona for encouraging the runners on the way round and to Lesley for adding it to the schedule.

**General**

Race Reports

After an initial good response to our request, the reports on races in which you’ve taken part have tailed off. It doesn’t need to be War and Peace or a contender for the Man Booker prize, just a few lines to give a flavour of the event. It’s good for members to read about an event they haven’t done and to bear in mind for the future.

Please email reports into secretary@carnegie-harriers.co.uk and 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 turnout.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. The route, mainly along forest roads but with a few smaller (and slightly muddier in places) paths around Blairadam Forest, is approximately 7 miles long and starts and finishes at the Clentry Forestry Commission depot at Kelty (where they sell the Christmas trees).

We have 21 entries so far. 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.

Don’t worry about pace. A copy of last year’s results are attached from which you will see that a group took it nice and easy on the way round and just enjoyed being out in the company of fellow Harriers.

A recce run will take place on Sunday 2nd December starting at 9:30 am, led by Barry Davie. 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

Congratulations to Zuleika Brett who was successful in the draw for the club entry for the 2019 London Marathon.

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 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 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 24th November**

**East District Cross Country League Race 2 - Broxburn**

Senior Women:

 99th Karen Forsyth 30.50

Senior Men:

 113th Chris Stephenson 35.05

 169th Barry Davie 38.06

 201st Graeme Wilson 39.28

 203rd Brian Miller 39.45

 246th Derek Hunter 44.02

 257th Mark Gaddess 45.57

 263rd Stephen Greer 49.25

**Sunday 25th November**

**Blairadam Forest Winter Challenge Race**

 22nd Angela Sandilands 36.37 1st F

 39th Gordon Barrie 40.05

 82nd Claire Henderson 45.52

 96th Stephen Greer 47.20

 105th Jane Macleod 49.38

**Thursday 29th November**

**Time Trial (2.8 miles)**

 1 Alan McGowan 17.49

 2 Dave Morton 19.05

 3 Graham Wilde 19.32

 4 Brian Miller 19.57

 5 Gordon Barrie 20.01

 6 Derek Hunter 20.54

 7 Stuart King 21.13

 8 Gemma McKee 21.28

 9 Barry Davie (+Keira) 21.30

 10 Gail Murdoch 21.42

 11 Joy Gudgin 22.13

 12 Kathryn Fairfield 22.42

 13 John Hynd 23.02

 14 Kathy Hill 24.02

 15 Karen Forsyth 24.28

 16 Zuleika Brett 24.52

 17 Natalie Mc Gill 24.56 (Guest)

 18 Gail Beveridge 25.17

 19 Ronnie Hunter-Blair 26.04

 20 Aileen Morton 26.35

 21 Clive Cable 26.59

 22 Karen Rennie 27.26

 23 Stephen Greer 27.44

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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 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)**