**Carnegie Harriers Weekly Bulletin 14th December 2018**

**News Flash**

* **Training this week at Public Park (Tuesday) and Pitreavie (Thursday)**
* **All set for Festive Fun tomorrow?**
* **Results of the training survey revealed**
* **Provisional dates for Devil’s Burden recce runs announced**
* **Enjoyed the first headtorch run? If so, we’ve got another one scheduled for Thursday 27th December**

**Training etc.**

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

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, adding another 2 minutes (total 24 minutes) this week. For these sessions it’s advisable to try to make it along on a regular basis as we build up by two minutes each week.

On **Thursday** please meet at **Pitreavie Sport and Soccer Centre** before heading over to the Industrial Estate for a pre-session warm-up and pyramid session.

Do make every effort to be on time for the sessions as we don’t want people hanging around for too long. Please dress appropriately (especially for the warm ups and cool downs) and wear hi-viz clothing at all times. Remember that you leave any garments, valuables or other personal possessions at the training venues 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 15th Dec Festive Forest Run, Blairadam Forest**

**Tue 18th Dec Public Park:** 24 minutes hill circuit (one side only) (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.

**Thu 20th Dec Pitreavie Industrial Estate:** Pyramid session - 2 x (1, 2, 2, 3, 2, 2, 1 minute intervals at 5k pace) with 1 minute active recoveries between intervals and 2 minutes rest between sets. (26 minutes total effort)

 Meet at Pitreavie Sport and Soccer Centre at **6.30 pm** to head over as part of your warm up. Start time **6.50 pm** at the entrance to Beatsons. If anyone is planning to go direct to the Industrial Estate, please go to the side road where the Dunfermline Press office used to be sited for the group warm-up.

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

**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>

What better way to escape the crowds frantically trying to complete last minute Christmas shopping?

**2019 Hill Running Grand Prix**

We are putting the final touches to the list of races for the 2019 Hill Running Grand Prix and further information will be issued under a separate email. As a spoiler, the first race will be the Greenmantle Dash at Broughton (near Biggar) on 2nd January. A nice wee short race to blow away the cobwebs after the excesses of the festive season, and a good introduction to hill running if you’ve never done it before.

**2018-19 Grand Prix Series**

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

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

**Sat 19th Jan East League XC Race 3, Broxburn** **(2018-19 GP Event No 10)**

 Further info to follow nearer the time

**Sun 24thFeb National XC Championships, Falkirk (2018-19 GP Event No 11)**

 Pre-entry only through club captains, further info to follow

**Sun ?? Mar\* Gartmorn 6, Sauchie ((2018-19 GP Event No 12)**

 Info: 10.00 am start, more to follow

 (\*Date to be confirmed - rumour has it the date will now be 24th March 2019, we will confirm as soon as we know for definite)

**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**

To ensure you receive emails about upcoming cross country events please 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, do check your junk or spam folders first before contacting Barry or Karen to let them know.

**Race Round-Up**

The main event last weekend was the East District Cross Country Championships at Aberdeen. Due to illness and transport problems, only 4 men took part on the day. Conditions appear to have been reasonable and mud was conspicuous by its absence. Well done to everyone.

Elsewhere, only aware of Dave Morton taking part in the Pitreavie Jingle Bell run.

**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.

Festive Forest Run / Christmas Night Out - Saturday 15th December

We look forward to seeing everyone who has entered the run tomorrow (Saturday) morning. Barry has sent emails to all entrants and helpers with further information. Remember spectators are welcome as well.

Also looking forward to catching up with those going along to the night out. Remember it’s 6.00 pm at the East Port Bar or 7.00 pm prompt at Grill 48.

Training Survey

Thanks again for everyone who took the time to complete the training survey. In fact there was such a good response that it’s taken Lesley a considerable amount of time to pull everything together into a manageable format. Many thanks for all your hard work Lesley.

A summary of the results is attached. Although it’s taken time to release this, in the interim we have taken some of your comments and suggestions on board and longer serving members will have seen changes from some of the sessions we have done in the past.

If you have any queries or comments on the survey results, please email them to enquiries@carnegie-harriers.co.uk and they will be passed on to the training group.

Social Head Torch Run – Thursday 27th December

You enjoyed it so much first time around, Gordon Barrie has organised a second run.

The next social headtorch run will take place on Thursday 27th of December. The run will start from the Halfway House Hotel in Kingseat at 6:30pm. The planned route is 11k but there is a 6k option for those who'd prefer a shorter run. The majority of the route is on tarmac, although it will include a section of Townhill Woods, therefore road shoes should be fine.

There is no club training taking place that evening so why not go along and work off some of that Christmas dinner.

Devils Burden Relay – 26th January 2019

This ever popular relay event takes place on Saturday 26th January. As in previous years we are hoping to enter several teams and will be organising recce runs over the different legs of the route in the coming weeks.

At present we’re provisionally looking at Sunday 30th December for a recce of Legs 1 & 2 and Sunday 13th January for a recce of Legs 3 & 4. However, Fife AC (the hosts) have yet to confirm the route. Further details will be issued to members in due course. In the meantime, if anyone is available and willing to lead a recce run on other dates, please let Colin Reynolds know by email to hillcaptain@carnegie-harriers.co.uk.

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.

Devilla Forest Races – Sunday 17th February

Entries open on Sunday. As in previous years, members are asked **not** to enter at this time and a separate email containing further information and asking for volunteers was sent out on Wednesday. If you are willing to help out, you can add your name to the list on the club website (<https://www.carnegie-harriers.co.uk/members-forum/topic/devilla-forest-races-2019/>). Remember you need to be logged in first.

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 10th December. A members’ summary will be issued next week. The next meeting will take place on Monday 7th January 2019. 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 8th December**

**East District Cross Country Championships, Aberdeen (2018-19 Grand Prix Event No 9)**

Senior Men

 111th Neil McLure 35.55

 129th Barry Davie 37.13

 141st Derek Fish 37.59

 150th John Fulham 38.23

**Sunday 9th December**

**Pitreavie Jingle Bell 5K**

 58th Dave Morton 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 15th Dec Festive Forest Run

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

Wed 2nd Jan Greenmantle Dash **(2019 Hill Running GP Event No 1)**

Sat 19th Jan East League XC Race 3, Broxburn **(2018-19 GP Event No 10)**

Sun 24thFeb National XC Championships, Falkirk **(2018-19 GP Event No 11)**