**Carnegie Harriers Weekly Bulletin 4th January 2019**

**News Flash**

* **Training at the Public Park and Rosyth this week**
* **Recce (social run) of Devils Burden Leg 1 on Sunday**
* **Runners wanted for Devils Burden relays**
* **Names sought for National Masters XC Championships**
* **Been to a race recently? Why not send it a report to let others know about it**

Hope everyone had a good new year. Great to see a lot of you out and about, whether taking part in races or just taking advantage of time off work to run during daylight hours.

Unfortunately it’s back to work for most and a return to normal routines, including club training. The training schedule for January and February was issued last week and further details can be found on the club website.

**Training etc.**

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.

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.

**Sun 6th Jan Recce of Leg 1 of Devils Burden Relay:** Meet at 9:15 am at Strathmiglo Village Hall or 9:45 am at Falkland Village Hall (see below for further details). Here is the link to the map for it:

 <http://fifeac.org/files/races/maps/devils_burdens/devils_burdens_leg1.pdf>

**Tue 8th Jan Public Park:** 26 minutes hill circuit (both sides of dual carriageway) (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 10th Jan Rosyth - Ferrytoll Road Loop:** 7 x 3 minutes ad 5K pace with 1 minute recoveries (21 minutes total effort).

Session will start at the blue gates leading to the Industrial Estate on Ferrytoll Road at **6.55 pm** to allow sufficient time for the run down from Pitreavie Sport and Soccer Centre.

 If you don’t wish to run quite so far to and from the session, options for parking include Ferrytoll Park and Ride, Kings Road near Camdean Primary School, or on Hilton Road.

**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.

**2019 Hill Running Grand Prix**

Full details of the Hill Running Grand Prix for 2019 were sent out under separate cover last week. Information is also available on the club website: <https://carnegie-harriers.co.uk/hill-grand-prix/>

With Event No 1, the Greenmantle Dash, having already taken place, the next two events in the 2019 Grand Prix are as follows:

**Sat 9th Feb Carnethy 5 (2019 Hill Running GP Event #2)**

 Entries for this event are by ballot and open from Monday 7th January to Sunday 13th January. Full details of the entry process can be found on the Carnethy Hill Running Club website: <http://carnethy.com/carnethy-organised-races/carnethy-5/>

**Sun 3rd Mar Bishop Hill Race (2019 Hill Running GP Event #3)**

2.00 pm start, Portmoak Village Hall, Scotlandwell

<http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0018>

**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 remaining counters in the 2018-19 Grand Prix are:

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

 Info sheet to be issued nearer the time <http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/East%20District%20League/ED%20League%20Home.html>

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

 Pre-entry only through club captains, further info nearer the time

**Sun 24th Mar Gartmorn 6, Sauchie ((2018-19 GP Event No 12)**

 Info: 10.00 am start, Sauchie Hall, Sauchie near Alloa

 Entries now open: <https://www.entrycentral.com/form/100946>

**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 National Masters Cross Country Championships take place on Saturday 2nd February in Hawick in the Scottish Borders. Karen and Barry have only just received the Entry forms from Scottish Athletics today (Friday). Once they have time to check out the details they will send out emails with further information.

If you are 40 or over on race day and would like to take part, please reply to Karen and Barry when they email you. Please note they will require names by close of play on **Wednesday 16th January.**

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**

Tilli 10K

SIx Harriers took part in the inaugural Tilli 10k organised by PH Racing Club. Congratulations to Gail Murdoch for placing 2nd V50.

Greenmantle Dash

Seven Harriers (plus one in disguise as a Harie) made the trip down to Broughton for the first event the 2019 hill running GP. Barry Davie led the troops home, followed by Lee Holland making his first appearance for the club, having re-joined us after an absence of a few years. The ladies were led home by Michelle Best, who finished just seconds ahead of Dave Morton, then Aileen Morton, Karen Forsyth and finally Frances Beattie making a rare appearance on the hills. Well done all.

Elsewhere

Jonathan Millar was the sole Harrier at the Portobello Promathon whilst Niall Patterson was in action up in Aberdeenshire at the Lumphanan Detox 10k – sounds like a good one after the excesses of the festive season.

**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.

Devils Burden Relay – 26th January 2019

This ever popular relay event takes place on Saturday 26th January. Full information on the event can be found on the Fife AC website: <http://www.fifeac.org/events/fife-ac-events/devils-burdens/1315-devil-s-burdens-2019.html>.

If you are not familiar with the route, Leg 1 is a trail run along clearly marked tracks and farm roads, Legs 2 and 3 are run in pairs and over rough hill ground and finally, Leg 4 whilst going up and over East Lomond, is also over well-defined paths. Legs 2 and 3 are more suitable for relatively experienced hill runners but Legs 1 and 4 are well within the capability of most club members.

Traditionally the club has entered four or five teams of 6 (i.e. between 25 and 30 runners). Interest this year has been slightly disappointing with only 9 people so far having expressed an interest in taking part. They are Michelle Best, Hannah Campbell, Barry Davie, Karen Forsyth, Steven Greer, Lee Holland, Aileen Morton, Dave Morton and Alan Murray. I’m sure we can get a few more to allow us to enter at least three teams.

If you are interested in taking part, please let Colin Reynolds know by email to hillcaptain@carnegie-harriers.co.uk as soon as possible, but no later than **Wednesday 9th January** to give us an opportunity to choose teams and allocate which legs people will run to give you an opportunity to recce the routes ahead of race day.

There will be a recce of **Leg 1** (Falkland to Strathmiglo) on **Sunday 6th January 2019.** The recce will start at 10:00 am sharp from the car park at the Duck Pond at Falkland:

<http://www.streetmap.co.uk/map.srf?x=324751&y=707476&z=106&sv=324751,707476&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=525&ax=324751&ay=707476&lm=0This>

There are two options:

Option 1: run one way only to Strathmiglo, approximately 7.5k (4.5 miles)

Option 2: run to Strathmiglo and back, a maximum distance of approximately 15k as there is a shorter way back if you want a change of scenery.

To accommodate this, we will meet at Strathmiglo Village Hall at 9:45 am to drop off cars for those who wishing to do Option 1. Suggest meeting at Halbeath Park and Ride by no later than 9:00am to head up to Strathmiglo to drop off cars, or pick up anyone who wishes to go there direct to leave their car, before heading on to Falkland.

You might want to bring along some money as there are several options in Falkland and the surrounding area for a coffee and cake afterwards!

We hope to organise further recce runs over the remaining legs of the route in the coming weeks.

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 for both races filled up on the day and the waiting lists for both events are also full. However, we hope to offer race places to at least some of those on the waiting lists and will start to look at this shortly.

Firstly, we need to confirm how many places we need to set aside for our own club members. Ideally we need around 50 volunteers to assist on the day. Currently we have 37 names so still need between 10 and 15, to allow for last minute call-offs, including at least another 6 or 7 people who would be willing to marshal in the forest or help out at the water station. Therefore if you have not already come forward to assist on the day, please let us know as soon as possible, (also indicating whether or not you want to run) by adding 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 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 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 29th December**

**Tilli 10K, Tillicoultry**

48th Davie Clark 41.16

 64th Dave Morton 42.28

 109th Kieran Morgan 47.24

 111th Gail Murdoch 47.54 2nd V50

 122nd Willie Scott 48.45

 137th Karl Zaczek 50.46

**Tuesday 1st January**

**Portobello Promathon**

 70th Jonathan Millar 25.11

**Wednesday 2nd January**

**Lumphanan Detox 10K, Aberdeenshire**

 243rd Niall Patterson 52.43 (52.22)

**Greenmantle Dash, Broughton** (2019 Hill Running GP Event No 1)

 22nd Kevin Davie 20.36

 35th Lee Holland 22.33

 50th Michelle Best 23.55

 51st Dave Morton 23.59

 84th Aileen Morton 28.28

 87th Karen Forsyth 28.39

 97th Frances Beattie 30.54

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

Sat 2nd Feb National Masters Cross Country Championships, Hawick

Sat 9th Feb Carnethy 5 **(2019 Hill Running GP Event No 2)**

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