**Carnegie Harriers Weekly Bulletin 2nd November 2018**

**News Flash**

* **Training this week at Pittencrieff Park (Tuesday) and Pitreavie (Thursday)**
* **Anyone for the Lasswade Cross Country on Sunday?**
* **Fancy a head torch run? Read on to find out more.**
* **Entries for Alloa Half Marathon on 31st March 2019 now open. Further details nest week.**

**Training etc.**

The November schedule will be issued shortly, we just have a few details to finalise.

In the interim, we can let you know that we’re returning to **Pittencrieff Park** (aka The Glen0 on **Tuesdays** for some short hill reps (and they are short) in preparation for the Public Park sessions in December. On **Thursdays** we will be meeting up at Pitreavie Sport and Soccer Centre before heading down to the **Covenanters Rise** loop for a slightly different version of progression sessions

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. With the advent of frosty evenings, 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 6th Nov Pittencrieff Park:** short hill repetitions – 10 x (1 minute uphill effort with 2 minute recoveries back down to start). (10 minutes total effort).

 The session will start at **6.50 pm** prompt.

 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 8th Nov Covenanters Rise circuit:** Progressive session: 2 x (1-2-3-4-5 minutes at easy pace, marathon, ½ marathon, 10k and 5k pace). 2 minutes recovery between sets. (30 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 remaining events in the Hill Running GP are as follows:

**Sat 10th Nov Tinto Hill Race (2018 Hill Running GP Event No 12)**

 2.00 pm start, Sports Club, Symington near Biggar

 <http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0108>

 Entries now open: <https://www.sientries.co.uk/event.php?elid=Y&event_id=4799>

**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)**

Further information to follow shortly once details are issued by Scottish Athletics.

**2018-19 Cross Country Season**

There are cross country events every week between now and the end of November giving you plenty of opportunity to get some cross country practice before the next GP event. 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.

Sunday 4th November – Lasswade Open Cross Country Races

Missing your cross country fix this weekend? Why not head over to Gorebridge on Sunday for a wee leg stretch. Further information can be found on the Lasswade AC website (<http://www.lasswade-ac.org.uk/club/?page_id=6361>). You can either enter tonight (Friday) via EntryCentral (<https://www.entrycentral.com/festival/706>) or just enter on the day.

Saturday 10 November - National Short Course CC Championships

We have a total of six Harriers entered - Alison Sutherland, Neil McLure, Chris Stephenson, Graeme Wilson, Brian Miller and Alan McGowan. Barry/Karen will email you next week with further details of the event.

Please note that for events where 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 next email, requiring names for the East District Champs in Aberdeen on the 8th December will be sent once entry details become available from Scottish Athletics.

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>)

**Race Round-Up**

A bit more action last weekend.

**National Cross-Country Relay Championships – Cumbernauld**

Despite several call-offs, we still managed field a total of 14 Harriers for the relays. Judging from the photos it appears that conditions were pretty good for running. Well done to everyone who took part, especially Karen who doubled up, having run the Dumyat Dash in the morning.

**Dumyat Dash Hill Race (2018 Hill Running GP Event No 11)**

3 Harriers took part in this GP counter which Karen described as “brutal”. First home was Kevin Davie who tops the men’s GP, followed by Hill Running Captain Colin Reynolds. Karen’s run takes her to the top of the Ladies GP. Well done all.

**Jedburgh Ultra and Half Marathon**

On Saturday, David Greig took on the challenging 3 Peaks Ultra, finishing a respectable 68th. There was also a relay race for the ualtra. Although we didn’t have a Harriers team entered, Jo Murphy and Iona Mackay were part of a mixed team that won the relay event and set a new course record.

On Sunday, Neil Anderson and Karl Zaczek endured considerably less favourable conditions for the half marathon, but that didn’t prevent Neil achieving a PB. Congratulations Neil.

Elsewhere Michael Bisset was off on his travels again, returning to Switzerland whilst Willie Scott stayed closer to home to tackle the Antonine Trail Race.

**General**

Cross Country Training Session

Club member Neil McLure is planning a cross country training session at 9.30 am on Saturday morning for anyone who is interested. He will be using the Caledonia Heights area (KY11 2WW) where Allan Fotheringham held sessions a couple of years ago. Parking is available close to IDS in Rosyth. There is a post in the Members Group on Facebook for anyone who is interested.

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.

Head Torch Run

Gordon Barrie has put a post of Facebook with a view to setting a date for a social run with head torches. It’s intended as a bit of fun and something different, and will be suitable for all paces. Also good practice for those of you undertaking some of the longer ultras. Gordon will post further details shortly.

Christmas Night Out

A wee reminder that we’re still taking bookings for this year’s Christmas night out on Saturday 15th December at Grill 48 in Dunfermline. As well as a vegetarian choice on the Christmas menu, the restaurant can accommodate requests for gluten free or vegan options, if notified in advance. If you intend to come along please book your place as soon as possible to avoid disappointment as we will not be able to increase numbers once we confirm numbers with the restaurant.

Further information can be found in the Members Only section of the website (<https://www.carnegie-harriers.co.uk/social/>) and a list of who’s going can be found on the Members Forum (<https://www.carnegie-harriers.co.uk/members-forum/topic/christmas-night-out-2018-saturday-15th-december/>). See below for details on how to register for this.

Club Clothing

Neil Anderson, who is responsible for club clothing, had advised that he has received a fresh supply of club vests. If you’ve already ordered one, Neil is hoping to bring them along to the club this week. Don’t worry if you haven’t pre-ordered as Neil has additional items in stock for you to purchase. Remember you need to wear a club vest when competing in GP events and most cross-country races.

The order for pre-paid hoodies has now been sent away. Neil will advise of an anticipated delivery date in due course. We will also provide details of how to place further orders once we update 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 next committee meeting will take place on Monday 12th November. 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 27th October**

**National Cross Country Relay Championships, Cumbernauld**

Senior Women (Team of 4):

 Carnegie Harriers 2 56.28 (incomplete team)

(Alison Sutherland 16.53, Michelle Best 17.28, Karen Forsyth 22.06))

Masters Women (Team of 3):

 14th Carnegie Harriers 1 56.53

(Isobel Burnett 17.49, Kirsty Baird 19.25, Lesley Halstead 19.38)

Senior Men (Team of 4):

 100th Carnegie Harriers 2 1.06.41

(Alan McGowan 15.21, David Cox 15.10, Jonathan Millar 15.38, Stephen Greer 20.30)

Masters Men (Team of 3):

 12th Carnegie Harriers 1

(Neil McLure 15.08, Graeme Wilson 16.10, Steve Adam 16.01))

Carnegie Harriers 3 17.01 (Incomplete team)

(Barry Davie 17.01)

**Dumyat Dash Hill Race, Tillicoultry** (2018 Hill Running GP Event No 11)

 16th Kevin Davie 52.13

 32nd Colin Reynolds 62.59

 38th Karen Forsyth 77.45

**Lausanne 10K, Switzerland**

 400th Michael Bisset 41.45

(Placing based on male competitors only)

**Jedburgh 3 Peaks Ultra**

 68th David Greig 7.10.20

**Sunday 28th October**

**Jedburgh Half Marathon**

 183rd Neil Anderson 1.57.31 (PB)

 232nd Karl Zaczek 2.04.24

**Antonine Trail Race, Croy** (13.8 miles)

 134th Willie Scott 2.17.57

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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.

Sun 4th Nov Lasswade Open CC Races

Sat 10th Nov Tinto Hill Race **(2018 Hill Running GP Event No 12)**

Sat 10th Nov National Short Course CC Championships

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)**