**Carnegie Harriers Weekly Bulletin 9th November 2018**

**News Flash**

* **Training this week at Pittencrieff Park (Tuesday) and Pitreavie (Thursday)**
* **Names required for East District Cross Country Championships**
* **Entries for Alloa Half Marathon on 31st March 2019 now open**
* **Show respect with a Remembrance Run on Sunday**
* **It’s still not too late to book your place for the Christmas night out!**
* **London Marathon – club place update**

**Training etc.**

The training schedule for November and December has now been sent out to members. Details can also be found on the website, with a summary on our official Facebook page.

We continue in **Pittencrieff Park** on **Tuesday** for short hill reps, starting at the bottom end of the park whilst on **Thursday** it’s back to the **Covenanters Rise** circuit for another progressive pace 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.

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 13th Nov Pittencrieff Park:** short hill repetitions – 12 x (1 minute uphill effort with 2 minute recoveries back down to start). (12 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 15th Nov Covenanters Rise circuit:** Progressive session: 3 x (1-2-3-4-5 minutes at easy pace, marathon, ½ marathon, 10k and 5k pace). 2 minutes recovery between sets. (45 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 two 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 are closed and there are NO entries on the day.

**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.

Barry and Karen sent out emails on Wednesday 7th November with further details and asking for names. Remember you must be a member of scottishathletics and registered to run first claim for Carnegie Harriers. Please reply directly to them if you are interested in taking part by no later than **Wednesday 21st November** to meet the deadline for submitting entries.

So far we have interest from two ladyiesand six men as follows – Isobel Burnett, Karen Forsyth, Barry Davie, Derek Fish, John Fulham, Jonathan Millar, Neil McLure and Steve Adam.

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**

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.

Saturday 10 November - National Short Course CC Championships

The National Short Course Championships take place on Saturday through at Lanark and we have 4 men and 1 lady entered to take part. Good luck to Alison Sutherland, Chris Stephenson, Graeme Wilson, Brian Miller and Alan McGowan.

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 mixed bag of events last weekend with Harriers popping up all over the place.

**Glenogle 33**

4 hardy souls braved the conditions on Saturday to take part in this event. Angela Sandilands, having recced the route last year, was fourth lady and first Harrier home. She was followed in by Laura Muir and Alan Murray making their ultra debuts and Andrew Spence in his second ultra. There is a full race report courtesy of Alan on our official Facebook page. Congratulations to everyone on their efforts.

**Elseswhere**

Weather conditions were much better with Niall Patterson reporting that it was sunny with a light breeze and pretty dry underfoot for the three Harriers taking part in the **Lasswade Cross Country** at Gorebridge. A couple more Harriers headed through to **Strathaven** for the 10k there, good to see Kieran back racing.

We had five representatives in the **Edinburgh Mens 10K**, led home by Michael Bisset. Special mention to Clive Cable running to raise funds for prostate cancer, a very worthwhile cause.

Jonathan Millar continues to focus on the shorter stuff, this time the **Templeton 10** in Dundee whilst lastly but by no means least, Jane Macleod was in the Big Apple for the **New York City Marathon**.

Well done to everyone.

**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 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.

Remembrance Run – Sunday 11th November

On Sunday Fiona Rennie and [Pauline](https://www.facebook.com/pauline.walker.376?fref=gs&__tn__=%2CdK-R-R&eid=ARBHH4E_R2vEIBUV3Cb7f0UMejh8RpqP1lksiZcTuIvhMn0yt1O-cdzH0Yrf8MczzjcPszcaY0WOx3BA&dti=220538018435473&hc_location=group) Walker will be running in remembrance - 11 miles on the 11th planning to finish by 11.00am at the Limekilns Memorial. On route, they'll be pausing at the Memorials in Cairneyhill, Crossford, Dunfermline and Pattiesmuir. If you'd like to join them they will be starting from the car park at the Prom in Limekilns at 8.30am. Fiona has put a post (and map) on the Members Group on Facebook.

If you don't want to do 11 miles but would still like to join them for part of it, park in Limekilns and run out to meet them for however far you'd like to do. A great idea to fit in your run and show respect at the same time.

Social Head Torch Run – Sunday 2nd December

If you fancy some nocturnal nonsense, e.g. running about in the woods in the dark then keep the evening of the 2nd of December free for a club social run. The start time will probably be around 6pm, the distance will be around 8.5k (or 5.5 miles) and trail shoes are recommended.

With the emphasis 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 chance to relax and enjoy a bit of running in company. All members are welcome and we'd especially encourage our newer members to come along. Don't worry if you don't have a head torch, we can probably lend you a spare on the night.

Further details will be confirmed nearer the time – keep an eye on Facebook for a further post. Thanks to Gordon Barrie for organising.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.

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Christmas Night Out – Saturday 15th December

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 need to confirm numbers with the restaurant soon.

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.

Festive Forest Run – Saturday 15th December

This year’s members only Festive Forest Run will take place on Saturday 15th December. Full details of the event and how to enter will appear in next week’s bulletin.

London Marathon – Sunday 21st April

For the benefit of anyone who may have missed the recent posts on Facebook, applications for club places for next year’s event only opened on Monday 5th November. We have submitted an application and, based on membership numbers, we should hopefully receive 1 place. We will let you know as we hear anything further.

Club Clothing

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.

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.

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 3rd November**

**Glenogle 33, Killin**

 17th Angela Sandilands 4.38.00 4th F/1st F40

 93rd= Laura Muir 5.25.47

 124th Alan Murray 5.39.15

 134th= Andrew Spence 5.43.35

**Sunday 4th November**

**Lasswade Cross Country, Gorebridge**

Women:

 30th Karen Forsyth 34.25

Men:

 33rd Dave Morton 42.29

 61st Niall Patterson 50.04

**Strathaven Striders Run with the Wind 10K, Strathaven**

 153rd Gordon Hunter 45.02 (44.41)

 199th Kieran Morgan 46.42 (46.33)

**Mens 10K, Edinburgh**

 196th Michael Bisset 42.13 (41.59)

 200th Graham Wilde 42.10 (42.06)

 339th Derek Hunter 44.57 (44.15)

 972nd Karl Zaczek 53.50 (51.35)

 1611th Clive Cable 68.50 (65.17)

**Templeton 10, Dundee**

 24th Jonathan Millar 1.11.27

**New York Marathon**

 31147th Jane Macleod 4.45.02

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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 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)**