**Carnegie Harriers Weekly Bulletin 7th December 2018**

**News Flash**

* **Training this week at Public Park (Tuesday) and Pitreavie (Thursday)**
* **Still time to enter the Festive Forest Run**
* **Final chance to book your place for the Christmas Night Out**

**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, increasing to 22 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 8th Dec** **East District XC Championships, Aberdeen (Road/XC GP Event 9)**

Pre-entry only and entries already submitted.

**Tue 11th Dec Public Park:** 22 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 13th Dec Pitreavie Industrial Estate:** Pyramid session - 2 x (1, 1, 2, 3, 2, 1, 1 minute intervals at 5k pace) with 1 minute active recoveries between intervals and 2 minutes rest between sets. (22 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 15th Dec Festive Forest Run, Blairadam Forest**

**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 will be updated after the cross country on Saturday: <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. Good luck to our representatives:

Isobel Burnett, Karen Forsyth, 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 add the following addresses to your contacts (if possible):

Barry Davie (Men’s Captain) – [menscaptain@carnegie-harriers.co.uk](mailto:menscaptain@carnegie-harriers.co.uk)

Karen Forsyth (Ladies Captain) – [ladiescaptain@carnegie-harriers.co.uk](mailto: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**

Always a bit quieter at this time of year but good to see members still finding the odd race to keep themselves occupied.

**Bob Start Memorial 5K** (Courtesy of Alan McGowan)

Four Harriers, Joy Annette, Gail Beveridge, Andrew Spence and Alan McGowan travelled up to Falkland to take part in the ever popular Bob Stark Memorial 5K trail race. Organised by Fife AC, it’s a tough and undulating course starting in Falkland estate and finishing in the stunning grounds of Falkland Palace.

Alan was first home, followed by Andrew then Joy and Gail. Well done all.

Alan’s full report and some photos can be found on the members group on Facebook.

**Harmeny Pentland Runners 7 Reservoirs Half Marathon**

According to race organisers Harmeny AC, this is “a unique multi-terrain half marathon in the Pentland Hills taking in 7 reservoirs”.

They report that “we had yet another amazing day for this years’ 7R race. Weather conditions were a little damp but not too cold and with no wind it was a perfect day for racing…. Underfoot conditions were a little soggy in places but generally good for running with some excellent times.”

Well done to our representatives Graeme Wilson and Andrew Sim, hope you enjoyed the day.

**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](mailto: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

Many thanks to the 18 hardy souls who turned out for this. Despite the conditions, everyone appeared to enjoy themselves so much that Gordon is already planning another one, watch this space….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 - Saturday 15th December

A further reminder that this year’s Festive Forest Run (for club members only) will take place on Saturday 15th December. The route is approximately 7 miles long and starts and finishes at the Clentry Forestry Commission depot at Kelty (where they sell the Christmas trees). It’s mainly along forest roads but with a few smaller (and slightly muddier in places) paths around Blairadam Forest.

We have 29 entries so far but I’m sure we can do even better. Don’t worry about pace, it’s all about taking part – an opportunity to run somewhere different and socialise with fellow Harriers.

Entries are online via the members’ only section of the website. 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.

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Christmas Night Out – Saturday 15th December

Due to some cancellations, there are still places available for the meal at Grill 48, so it’s not too late if you have a change of mind or circumstances and fancy coming along. Here’s the link to book your place: <https://www.entrycentral.com/event/109128>. Should be a good night out, as ever.

In a change from last year, orders will just be taken on the night. A copy of the main and coeliac menus is attached for information in advance. If you have any specific requirements not covered, please can you contact the restaurant directly to discuss as they are very helpful and will do their best to accommodate you.

Devilla Forest Races – Sunday 17th February

Entries open next Sunday. As in previous years, members are asked **not** to enter at this time. A separate email containing further information will be sent out during the week.

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](mailto: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 committee 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](mailto: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](mailto: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**](mailto: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>.

**Sunday 2nd December**

**Bob Stark Memorial 5K, Falkland**

12th Alan McGowan 20.18

41st Andrew Spence 23.24

65th Joy Gudgin 25.35

97th Gail Beveridge 28.57

**Harmeny Pentland Runners 7 Reservoirs Half Marathon, Pentland Hills**

42nd Graeme Wilson 1.48.27

76th Andrew Sim 2.02.54

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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 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)**