**Carnegie Harriers Weekly Bulletin 11th January 2019**

**News Flash**

* **Training at the Public Park and Rosyth this week**
* **Ballot entries for Carnethy 5 close on Sunday**
* **Who’s up for the cross country next Saturday – our next GP event**
* **Deadline for names for National Masters XC Championships this Wednesday**
* **Devils Burden recce of Legs 3 & 4 planned for Sunday 20th**
* **Been to a race recently? Why not send it a report to let others know about it**

**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.

There was a good turnout for our first full week of training in 2019. This coming week we build on the sessions from last week, adding on a little extra both evenings.

**Tue 15th Jan Public Park:** 28 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 17th Jan Rosyth - Ferrytoll Road Loop:** 8 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.

**Sat 19th Jan East District Cross Country League Race 3 – Livingston (2018-19 GP Event No 10)**

 No pre-entry required for this event, just turn up on the day, register and run. Please remember to wear your club vest as required by the event rules, as well as it being a club counter. See attached information sheet for further details.

**Sun 20th Jan Recce of Legs 3 & 4 of Devils Burden**: further details to follow

**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 attached <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. To take part you need to be 40 or over on race day.

The event comprises two races – all Females and Males aged 65 and above race over a distance of 6,000m starting at 1:45pm. Males aged 40 or over (but under 65) race over 8,000m starting at 2:30pm. Declarations close 30 minutes before each race starts.

All runners must be first claim for Carnegie Harriers and a member of Scottish Athletics. Club vest MUST be worn.

If you would like to take part, please reply to the emails Karen and Barry sent out recently. Please note they will require names by close of play on **Wednesday 16th January.** The names we have so far are: Isobel Burnett, Neil McLure, Phil Smithard and Graeme Wilson.

It is highly unlikely Karen or Barry will be at this race. Tent details etc. will come out with the final email after entries close.

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**

A very quiet week for racing, with only Michael Bisset posting a result from his trip down south, prior to returning to work. Thanks for letting us know.

**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.

With slightly less interest than in previous years, we have enough names to enter three full teams as follows:

**Ladies Team**

Angela Sandilands

Hannah Campbell

Michelle Best

Aileen Morton

**Karen Forsyth [C]**

Alison Sutherland

**Men’s Team**

**Steven Honeyman [C]**

Lee Holland

Neil McLure

Jonathan Millar

Alan Murray

Alan McGowan

**Men’s Team**

**Barry Davie [C]**

Steven Greer

Derek Hunter

Dave Morton

Robin Pate

Stuart King

The names in bold indicate the team captains who will be in touch with their respective teams to collect race entry fees and to organise transport on race day between the different handover points.

We hope to organise a further recce run of Legs 3 and 4 on Sunday 20th January. Further details will be issued in due course. However, if anyone fancies heading out this weekend, please let us know by posting in the Members group on Facebook and by sending an email to enquiries@carnegie-harriers.co.uk so that we can notify those members who are not on Facebook, in particular.

Social Run – Sunday 27th January

Fiona, Pauline, Sue and Ken have offered to lead a social run of around 6 miles on trails near Cairneyhill on Sunday 27th January, starting at 12 noon. The run is mostly off road, on rough ground but isn’t hilly. Off road or trail shoes would be recommended. You will get muddy and we’d recommend that you don’t wear white socks or your best leggings. They’ve manicured the route to remove the worst of the brambles and branches but it will still be a proper trail run. The route will include a visit to the Tuilyies Stanes, the pace will be social and you should expect to be out for ages! Given the pace will be gentle, this shouldn’t be too hard on those who ran the Devil’s Burden race the day before.

Please meet in Cairneyhill at the hairdresser, HB4, where there are few parking spaces and there is also street parking available on Station Road. Car pooling would be sensible though. Please let Fiona, Pauline Sue and Ken know if you are planning to come along – using the members forum (<https://www.carnegie-harriers.co.uk/members-forum/topic/tuilyies-stane-trot-a-social-run/#postid-31> ) or the members Facebook page.

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 around 45 names so still need a few more, to allow for last minute call-offs, including people who would be willing to marshal in the forest or help out at the water station, i.e who don’t want to run. 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 committee met on Monday 7th January 2019 and a members’ summary of the meeting is attached for your information. The next meeting will take place on Monday 4th February. 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.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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>.

**Sunday 6th January**

**Mornington Chasers Regent Park 10K, London**

 65th Michael Bisset 44.37 (44.28)

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**