**Carnegie Harriers Weekly Bulletin 21st December 2018**

**News Flash**

* **Seasons Greetings to all**
* **No training this week**
* **Provisional dates for Devil’s Burden recce runs announced**
* **Enjoyed the first headtorch run? If so, we’ve got another one scheduled for Thursday 27th December**
* **Devilla Forest races sell out in record time!**

**Wishing all our members a merry Christmas.** Hope Santa has been paying attention to all those dropped hints and brings you some lovely running related goodies.

**Training etc.**

There is no official training this week. Our first training session of 2019 will take place on Thursday 3rd January. We are just putting the finishing touches to the schedule which will be released shortly under separate cover.

However there are a few races and events to ensure you get your running fix over the Festive season. Here is a selection below and, don’t forget, there are also parkruns up and down the country – check the individual websites for full details of dates and times.

**Sat 22nd Dec Kirk Craigs Christmas Cracker (2018 Hill Running GP Event No 13)**

 The final event in the 2018 Hill Running GP.

**Thu 27th Dec Social Head Torch Run:** Meet at **6:30 pm** at the **Halfway House Hotel** in **Kingseat.** See below for further details.

**Tue 1st Jan Portobello Promathon:** A change from parkrun. What better way to blow away that New Year’s Day hangover, build up an appetite for your steak pie (or whatever is traditional in your household) and get 2019 off to a running start? Even better, all the net proceeds from the event go to charity – this year it’s MND (Motor Neurone Disease). Enter via EntryCental:

 <https://www.entrycentral.com/form/101759>

**Wed 2nd Jan Greenmantle Dash (2019 Hill Running GP Event No 1)**

 Full details of the 2019 Hill Running GP will be issued under separate cover.

**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 an up to date GP points table: <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>

Escape the mayhem of last minute Christmas preparations and shopping.

**2019 Hill Running Grand Prix**

We are putting the final touches to the list of races for the 2019 Hill Running Grand Prix and further information will be issued under a separate email. As a spoiler, the first race will be the Greenmantle Dash at Broughton (near Biggar) on 2nd January. A nice wee short race to blow away the cobwebs after the excesses of the festive season, and a good introduction to hill running if you’ve never done it before.

**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 next counters in the 2018-19 Grand Prix will be:

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

 Further info to follow nearer the time

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

 Pre-entry only through club captains, further info to follow

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

 Info: 10.00 am start, more to follow

 (\*Date to be confirmed - rumour has it the date will now be 24th March 2019, we will confirm as soon as we know for definite.)

**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**

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**

The main event last weekend was the Festive Forest run. There is a full report on the run on our official Facebook page (<https://www.facebook.com/carnegieharriers/>) and the club website (<https://www.carnegie-harriers.co.uk/festive-forest-race-report-2018/>) which also contains a link to some photos from 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 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.

Training Survey

If you have any queries or comments on the survey results which were sent out with last week’s bulletin, please email them to enquiries@carnegie-harriers.co.uk and they will be passed on to the training group.

Social Head Torch Run – Thursday 27th December

You enjoyed it so much first time around, Gordon Barrie has organised a second run.

The next social headtorch run will take place on Thursday 27th of December. The run will start from the Halfway House Hotel in Kingseat at 6:30pm. The planned route is 11k but there is a 6k option for those who'd prefer a shorter run. The majority of the route is on tarmac, although it will include a section of Townhill Woods, therefore road shoes should be fine.

There is no club training taking place that evening so why not go along and work off some of that Christmas dinner.

Devils Burden Relay – 26th January 2019

This ever popular relay event takes place on Saturday 26th January. As in previous years we are hoping to enter several teams and will be organising recce runs over the different legs of the route in the coming weeks.

At present we’re provisionally looking at Sunday 30th December for a recce of Legs 1 & 2 and Sunday 13th January for a recce of Legs 3 & 4. However, Fife AC (the hosts) have yet to confirm the route. Further details will be issued to members in due course. In the meantime, if anyone is available and willing to lead a recce run on other dates, please let Colin Reynolds know by email to hillcaptain@carnegie-harriers.co.uk.

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

Blink and you missed it. Entries opened at 9:00 pm last Sunday and by 9:25 pm the 15K race was full with 550 entries, with the waiting list of 150 also filling up by 11:10 pm. A first for the 5K, it sold out by 10:35 pm on the night, with the waiting list of 40 filling up by early afternoon on Monday. A fantastic response from runners wishing to take part so it’s now up to club members to make sure we deliver another memorable event.

To do this we need around 50 volunteers to assist on the day. Many thanks to those who have already put their names forward. If you are willing to help out, you can add 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 10th December. A members’ summary is attached together with that for the November meeting. Apologies for the fact these have not been issued for some time. In future, the summaries will be posted on the website.

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 15th December**

**Festive Forest Run**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Neil McLure | 47:12 | 1st M |
| 2 | Alan McGowan | 48:23 | 2nd M |
| 3 | Steven Honeyman | 48:28 | 3rd M |
| 4 | Jonathan Millar | 48:32 |  |
| 5 | Angela Sandilands | 49:08 | 1st F |
| 6 | Alan Murray | 49:27 | 1st M40 |
| 7 | Dave Morton | 50:29 |  |
| 8 | Brian Miller | 52:53 |  |
| 9 | Michelle Best | 54:19 | 2nd F |
| 10 | Allan Brannigan | 55:36 | 1st M50 |
| 11 | Andrew Spence | 56:14 |  |
| 12 | Derek Hunter | 56:18 |  |
| 13 | Niall Patterson | 56:29 |  |
| 14 | John Hynd | 56:37 |  |
| 15 | David Greig | 56:53 |  |
| 16 | John O'Connor | 56:58 | 1st M60 |
| 17 | Arianne Holland | 56:58 | 3rd F |
| 18 | Stuart King | 57:59 |  |
| 19 | Gail Murdoch | 60:09 | 1st F50 |
| 20 | Joy Gudgin | 60:15 |  |
| 21 | Lesley Halstead | 60:23 | 1st M40 |
| 22 | Kathryn Fairfield | 62:57 |  |
| 23 | Kathy Hill | 65:58 |  |
| 24 | Phil Smithard | 66:34 | 1st M70 |
| 25 | Karen Forsyth | 67:19 |  |
| 26 | Stephen Greer | 67:51 |  |
| 27 | Karl Zaczek | 69:16 |  |
| 28 | Neil Anderson | 69:27 |  |
| 29 | Jane MacLeod | 71:25 | 1st F60 |
| 30 | Bill Fairley | 74:16 |  |
| 31 | Clive Cable | 76:36 |  |
| 32 | Sue Walker | 80:48 |  |
| 33 | Pauline Walker | 80:48 |  |
| 34 | Fiona Rennie | 80:48 |  |

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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 22nd Dec Kirk Craigs Christmas Cracker Hill Race **(2018 Hill Running GP Event No 13)**

Wed 2nd Jan Greenmantle Dash **(2019 Hill Running GP Event No 1)**

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

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