**Carnegie Harriers Weekly Bulletin 28th December 2018**

**News Flash**

* **Club training starts back on Thursday 3rd January at Pitreavie**
* **Recce of Devils Burden Leg 2 on Sunday**
* **Greenmantle Dash on Wednesday, the first Hill GP race of 2019**
* **Congratulations to Kevin Davie and Karen Forsyth, the 2018 Hill Running GP champions**
* **Runners wanted for Devils Burden relays**

Hope everyone had a great Christmas and are now looking forward to 2019.

**Training etc.**

Our training for 2019 gets underway on Thursday 3rd January with a fartlek session to ease you back into things. It would be great to get the New Year off to a flying start with a good turnout of members, especially some of those we have not seen for a while. The full training schedule for January and February will be released under separate cover.

Before then, there are a couple of events taking place if you need a running fix and, don’t forget, there are also parkruns up and down the country – check the individual websites for full details of dates and times.

**Sun 30th Dec Recce of Leg 2 of Devils Burden Relay:** Meet at 10:00 am at Strathmiglo Village Hall (see below for further details). Here is the link to the map for it: <http://www.fifeac.org/files/races/maps/devils_burdens/devils_burdens_leg2.pdf>

**Wed 2nd Jan Greenmantle Dash (2019 Hill Running GP Event #1)**

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

**Thu 3rd Jan Pitreavie Industrial Estate:** 30 minute variable pace fartlek session.

Meet at Pitreavie Sport and Soccer Centre at **6.30 pm** to head over as part of your warm up. 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. Start time **6.50 pm** from there.

**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**

Many congratulations to Kevin Davie and Karen Forsyth, the winners of the 2018 Hill Running Grand Prix. Congratulations also to Aileen Morton, the only other completer in the GP. Well done to everyone else who took part in any of the Grand Prix races, hopefully you’ll make it along to a few more in 2019.

**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. The first two events in the 2019 Grand Prix are as follows:

**Wed 2nd Jan Greenmantle Dash (2019 Hill Running GP Event #1)**

 12:00 noon start, Broughton Village Hall near Biggar, entries on the day.

 <http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0012>

**Sat 9th Feb Carnethy 5 (2019 Hill Running GP Event #2)**

 Entries for this event are by ballot and open on Sunday 7th 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/>

**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 Kirk Craigs Christmas Cracker, the final event in the 2018 Hill Running Grand Prix. Kevin Davie was the sole male Harrier in attendance, needing only to complete the race in order to gain the required points to secure the male GP which is probably just as well as rumour has it he was slightly under the weather!

On the other hand the ladies GP was a very close run affair with everything resting on this final race. Although Michelle Best led the ladies home, followed by Lesley Halstead, attention was focussed on the outcome of the race between Karen Forsyth and Aileen Morton. In the end it was Karen had the better run, thereby winning the ladies GP by a single point.

A number of Harriers took part in the Crossgates Paarlauf on Boxing Day, organised by former club member Ian Johnston. The results can be found below and there is a report and pictures on Facebook.

**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.

Membership Update

In our latest update, we are pleased to offer a warm welcome to our newest members – Jane Maley, Kevin Boyd, Natalie McGill and Lee Holland giving us a total of 113 full members and 3 associate members at the end of 2018.

It’s great to see the enthusiasm of our newer members and the good attendances at recent training sessions. Looking forward to even better things to come in 2019.

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.

As in previous years we are hoping to enter several teams and if you are interested in taking part, please let Colin Reynolds know by email to hillcaptain@carnegie-harriers.co.uk as soon as possible.

We can now confirm that there will be a recce of Leg 2 only on Sunday 30th December. The recce will start at 10:00 am sharp from Strathmiglo Village Hall and will comprise an out and back run of approximately 23 km. We estimate it will take approximately 23/4 hours with stops. Due to the nature of the terrain and possible weather at this time of year, you should carry full body cover, something to drink and eat and wear suitably grippy shoes.

We hope to organise further recce runs over the remaining legs of the route in the coming weeks.

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 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 22nd December**

**Kirk Craigs Christmas Cracker (2018 Hill Running GP Event No 13)**

68th Michelle Best 57.20

 95th Lesley Halstead 68.39

 99th Karen Forsyth 72.56

 100th Aileen Morton 74.26

 101st Kevin Davie 74.31

**Wednesday 26th December**

**Crossgates Boxing Day Paarlauf** (Harriers names in bold)

 1st Willie Rennie & Ross Allan 31:18

 2nd John Crookston & **Andrew Spence** 31:29

 3rd Andrew Thomson & Allan Shields 32:00

 4th **Alan McGowan** & Susan Allan 32:41

 5th David Lyall Henderson & **Willie Scott** 32:53

 6th Allen Marr & **Calum Vallance** 33:02

 7th Rory Grieg & **Gordon Barrie** 33:09

 8th Ian Johnston & **Arianne Holland** 33:29

 9th **Alison Sutherland** & Aaron Bennet 33:39

 10th Wright Beveridge & **Karen Forsyth** 33:41

 11th Gordon Pryde & **David Greig** 34:14

 12th **Steve Adam** & Mairi Dawson 34:34

 13th Chris Russell & Brian Abbot 34:43

 14th **Graeme Wilson** & Ian Hepburn 35:02

 15th Scott Blyth & **Gail Murdoch** 35:08

 16th Bryan Innes & Lorriane Abbot 35:27

 17th **James Adam** & Heather Fraser 35:41

 18th John Beveridge & **Zuleika Brett** 36:21

 19th Paul Kieran & Heather Hepburn 36:37

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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.

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)**

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)**