**Carnegie Harriers Weekly Bulletin 22nd February 2019**

**News Flash**

* **Training at Lapwing Drive and Pitreavie Industrial Estate this week**
* **National Cross Country Champs at Falkirk on Saturday. If not running why not head through and support?**
* **Hill Running GP event next Saturday, who’s up for it?**
* **Anyone want a club hoodie?**
* **Been to a race recently? Why not send in 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.

This Tuesday we return to Lapwing Drive for the fifth and final (for now) tempo run, when we increase to 40 minutes, might throw in something different as it’s the last one! On Thursday, we head over to the Industrial Estate for another mixed pace session, back to the 500m repetitions this week.

**Sat 23rd Feb National Cross Country Championships (2018-19 GP Event No 11)**

**Tue 26th Feb Lapwing Drive:** 40 minute tempo run at threshold pace.

 Session will start at the corner of Ferguson Road and Lapwing Drive at **6:50 pm**. If you are planning to run up from the Pitreavie Sports and Soccer Centre, meet at **6:30 pm** and allow at least 15 - 20 mins to get to the venue. For a shorter run up, there is parking just off Carnegie Avenue, along from the Nationwide offices. Alternatively meet at the session start point, already warmed up (for at least 10 minutes) and ready to run.

**Thu 28th Feb Pitreavie Industrial Estate:** Progressive Pace 500 m efforts:
10 x 500m, with 2 minute recoveries.
Start at slightly slower than your 10k race pace, gradually speed up so that your last repeat is slightly faster than your 5K race pace.

 Session will start at **6:50 pm**. Please meet at Pitreavie Sport and Soccer Centre at **6.30pm** to run over and a group warm-up.

 Please do remember to take **your** full recovery to ensure that you get maximum benefit from the session. The better recovered you are, the harder you can work during the next repetition.

**Sun 3rd Mar Bishop Hill Race (2019 Hill Running GP Event No 3)**

**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. Information is also available on the club website: <https://carnegie-harriers.co.uk/hill-grand-prix/> . A GP table will be uploaded shortly, together with updates on some of the events.

The next events in the 2019 Grand Prix are as follows:

**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>

**Sat 30th Mar Birnam Hill Race (2019 Hill Running GP Event #4)**

12:00 noon start, Birnam, Dunkeld

 <http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0234>

**Sat 13th Apr Screel Hill Race (2019 Hill Running GP Event #5)**

1:00 pm start, Palnackie, near Castle Douglas

 <http://www.scottishhillracing.co.uk/RaceDetails.aspx?RaceID=RA-0021> Please note that for the 2019 race entries will be online: <https://www.entrycentral.com/event/109886>

**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 23rd Feb National XC Championships, Falkirk (2018-19 GP Event No 11)**

Barry and Karen have emailed those who put their names forward to take part with final details of the race on Saturday. If you are no longer able to take part, please let them know as soon as possible. As parking is fairly limited, we would encourage participants to car share as much as possible. Keep an eye on Facebook.

**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>

Note there are only 8 spaces still available as of today.

**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>

**Race Round-Up**

The event of the weekend was our own Devilla Forest 5k and 15k Trail Races. The number of Harriers taking part was restricted as many were helping out with the race, we had around 20 marshals on course as well as those involved in registration and the finish.

A full race report will appear on the club website in due course. There was a strong contingent from our neighbours, PH Racing Club who took a significant number of individual prizes as well as the team prize in the 15k. However, Harriers did manage to claim several prizes (all female) with Joy Gudgin being particularly delighted to place third F50. Well done to everyone who took part.

**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.

National Cross Country Championships – Saturday 23rd February, Falkirk

Tomorrow (Saturday) sees the climax of the cross country season, the National Championships at Falkirk. We have 4 women and 12 men entered. If you have some spare time, why not head through to Falkirk to cheer on our runners. The weather forecast is good and there are caterers on site to keep you going.

The ladies race starts at 1:00pm and the men’s race at 2:50 pm. As parking is very limited, it has been suggested the best place to park could be the Business Park next to Callander Park. The club tent and flag will be there so it shouldn’t be too difficult to find the Harriers contingent. Hopefully see a few of you there.

Allan Scally 4 x 5K Road Relays – Saturday 2nd March

This event, hosted by Shettleston Harriers, takes place around Glasgow Green and is suitable for all abilities. There is a connection with the club as Allan Scally was Sue Walker’s grandfather. Sue is planning to attend and would love to make up a team. So, if you would be interested in taking part, get in touch with Sue.

For further information go to: <http://shettlestonharriers.org.uk/the-allan-scally-race/>.

National 6/4 stage Road Relays – Sunday 24th March

Advance warning of this event, which I know clashes with a couple of other races that weekend. However it would be good if we could try to field a team or two. Further information to follow shortly. We understand scottishathletics will also be looking for volunteers to help out on the day, primarily as marshals.

Club Hoodies

Neil Anderson is currently taking another order for club hoodies. Please check out the members section of the website for further details.

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 4th March. A members’ summary of the meeting which took place on Monday 4th February is attached for your information. 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>.

**Sunday 17th February**

**Devilla Forest 5k**

 16th Dave Morton 20:04

 33rd Kieran Morgan 23:36

 70th Gillian McCracken 26:59

**Devilla Forest 15k**

 24th Kevin Boyd 1:02:23 (1:02:16)

 63rd Alan Murray 1:07:16 (1:07:11)

 83rd Lee Holland 1:08:52 (1:08:45)

 91st Alison Sutherland 1:09:28 (1:09:18)

 96th Graeme Wilson 1:10:08 (1:10:03)

 129th Isobel Burnett 1:12:08 (1:12:01) 1st F60

 146th Michael Bisset 1:13:35 (1:13:21)

 172nd Derek Hunter 1:15:30 (1:15:08)

 183rd Arianne Holland 1:16:35 (1:16:28) 1st FJ

 186th Joy Gudgin 1:16:44 (1:16:19) 3rd F50

 209th Stuart King 1:18:07 (1:17:34)

 215th Gordon Hunter 1:18:36 (1:18:03)

 221st Allan Brannigan 1:18:54 (1:18:22)

 314th Claire Henderson 1:24:43 (1:24:37)

 327th Aileen Morton 1:25:19 (1:24:41)

 415th Stephen Greer 1:33:56 (1:33:24)

 482nd Grant Donachie 1:42:48 (1:42:17)

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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 23rd Feb National XC Championships, Falkirk **(2018-19 GP Event No 11)**

Sun 3rd Mar Bishop Hill Race **(2019 Hill Running GP Event No 3)**

Sun 24th MarGartmorn 6, Sauchie **(2018-19 GP Event No 12)**

Sat 30th Mar Birnam Hill Race **(2019 Hill Running GP Event No 4)**

Sun 31st MarAlloa Half Marathon **(2018-19 GP Event No 13)**

Sat 13th Apr Screel Hill Race **(2019 Hill Running GP Event No 5)**