
WCH



Monthly Newsletter – November 2016



Exciting News..... Wee County Harriers is launched Here you go.....

We want to make this Newsletter a very useful tool for the club, but I need your help.

I would like contributions from members including Race Reports, Adverts, Member profiles, fitness articles, running experiences etc. If you would like to get involved or just write a one off article.

Do we have anyone with journalist, social media, admin office, organisation, photography skills that could help with this publication each

month if so please let me know or send your article to Sandy Dunn for inclusion to sandyandjulia@btinternet.com.

Chairmans Report

The Ultra marathon (any race over marathon distance of 26.2 miles, usually 31 miles or 50km) scene has exploded in a big way in recent years with many races selling out in under an hour. At the wee county harriers we seem to have embraced ultra running and indeed have had some success in recent times. Iona being 8th female to finish in the West Highland Way Race, Jane taking first place at the SUMS awards and Gordon, Derek and Iona all completing the West Highland Way triple crown, a feat only achieved by 164 runners in the world.

In recent weeks we have seen our 'wee' club invade Dunoon for the very first Dunoon ultra and we tend to have the biggest club participation at Glenogle, with several members completing their very first ultra here.

So why are ultras so popular, so well suited to the WCH and who can do them?

Ultras, and it is only my opinion, are so popular and well suited to the WCH because they share the same ethos of completion and having fun being more important than finishing times. Yes, times are important, even in ultras, but the camaraderie and overall emphasis of enjoying it and making new friends is what both ultrarunning and the WCH fundamentally share.

So who can do an ultra? You can! Anyone who wants to can run an ultra, as long as they are prepared to put in the hard work and effort into their training. Ask anyone who has ran a marathon and they will tell you that the race is the easy part, its the long training miles that are tough. Getting out of a warm cosy bed at silly o'clock to run silly miles is not easy but if you want to you can. There are many at the club who have ran an ultra so there are plenty of nutters on hand to offer advice, help and run some miles with you if you choose to run an ultra.

Finally

Thanks to our eight new coaches who successfully attended a recent training course held at Grangemouth Stadium.



Mon the Wee County.....

Senior Section



December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Monday extra sessions will be taken by Robert			1 4 Mile Tempo (with a twist?!) TOWNHALL Scott H/ Derek M	2	3	4
5 Intervals LORNSHILL 6pm	6 Steps/ New Session LORNSHILL George/Gordon	7	8 As Tuesday George/David M	9	10	11
12 <u>Hillwork</u> LORNSHILL 6pm	13 12x2mins 17out 15back <u>Townhall</u> Iona/Billy	14	15 As Tuesday Richard/Scott W	16	17	18
19 Intervals LORNSHILL 6pm	20 Mile reps <u>Pleasuregrounds</u> TOWNHALL Claire/Anne	21	22 As Tuesday <u>Kirsty/Anne</u>	23	24	25
26	27 8x3mins 100m sprints TOWNHALL Scott W/ Gordon	28	29 As Tuesday David/Derek	30	31	2 Jan WCH Run <u>Dumyat</u>

Training schedules subject to change on the night depending on weather conditions

Please text if you think you are going to be late and we tell you what way we will be running for our warm up.

Gordon: 07869082013/George 07798615620

Junior Section - Richard O'Grady's Reports

Where's the time gone?

by Richard O'Grady, Junior Harriers Head Coach.

The Wee County Junior Harriers had their 2nd birthday last month and the time has just flown by. When the juniors started we dared to hope that we would have a couple of dozen kids coming along on a Monday evening to training and enjoy running in the same way as us adults do. At the end of year 2 we have 69 juniors on the books and a waiting list. Fantastic!

At the beginning there was a lot of discussion about starting the juniors with some understandable concerns voiced. However, thanks to a very dedicated group of Wee County adult members it has flourished beyond all expectations.

So before I go any further I'd like to personally thank Scott Wilson, Derek Fish, Anne Motion, Jane Binnie, Robert Paterson and Lee Mckemmie for all their support and help. We also have parents and a junior leader who help each week: Liz Crossley, Linda Taylor, Tony Brown and junior leader Keiran Duncan. A really superb team of Coaches and Leaders.

The kids are just great, they turn up each week with so much youthful energy and just want to run and run. Whatever session the coaches put before them they just get on with it and always seem to have fun.

Due to the number of juniors we've had to divide them into four groups:

Red Group: This group focuses on developing each athletes' competitive ethos to prepare them for club and regional events. This will be both for track and multi-terrain endurance running. **Coaches: Derek, Richard & Linda**

Orange Group: This group focuses on developing athletics track skills and building up the young runners endurance capabilities. **Coaches: Scott, Tony & Telfer**

Blue Group: This group should be the feeder into the orange and red groups with the juniors in this group receiving a broad base of running activities with the emphasis on "Fun".

Coaches: Robert, Lee & Kieran

Green Group: This group focuses on introducing the juniors to running, through "Run, Jump, Throw" fun sessions and is mainly for the younger Junior Harriers. **Coaches: Anne, Jane & Liz**

The Junior Harriers doesn't exist just on the annual membership of the juniors as it requires some quite specific equipment and expertise to enable it to run under Scottish Athletics Regulations. So over the 2 years the club has been running I've made 3 applications to the National Lottery for funding and on each occasion been successful. This has allowed us to put several people through UK Athletics coaching courses to become licensed coaches (each costs over £400 and takes 6 months to achieve). We've also held a Jog Leader 1-day course, a 1-day Leading Athletics course, purchased a timing clock and event equipment for races plus lots of training aids to use on Monday evenings. Next year it is my intention to try and secure further funding to further enhance the juniors training experience and development.

Now we have a clear training regime firmly established with many of our juniors really flourishing as excellent runners, it is my intention to start developing the Red & Orange groups

into what Scottish Athletics calls “Development & Event Groups”. This will prepare the juniors in those groups for competition on tracks, cross country and endurance events.

We will then start to encourage them to enter such events and where possible support them to attend and participate.



Alloa Cross Country

Many thanks to David MacCorquodale, David Surtees, Elke Braun, Lydia Mchardy(George), Karen Dawson Williams, Sid Pask, Gordon McNeil, Lou Hunter, Lisa Dreczkowski Millar(callsign ginga whinga), Ron Gray, Ally Macnair, billy nae facebook turnbull, Scott Wilson, Robert Paterson, Nickye MacSween and of course Richard O'Grady who pitched up today to help out at todays cross country. Without you folks events like this just wouldnt happen and almost 900 runners wouldnt get to run. Although a bit chilly today i hope you all enjoyed seeing the athletes , young and old running so well. The next east district meeting is in Broxburn early next year, if anyone is interested in running. Once again many thanks to everyone today. Both myself, the club and Scottish athletics really appreciate it.

Club Kit

We have hooders, zipped and non-zipped and a few fleeces left. Excellent for Christmas presents.

Gordon is looking into getting more of the £16 shower proof anoraks. Still some old style vests, t-shirts and shorts available at half price!

To order your kit, please contact Anne Motion.

Club Discounts

Sportshoes.com for November. it is FHJ7

SAF/Club Rules

SAF/Club rules, here are a few golden rules.

1. As more spot check are being made at races, please do not pass bib number on to other Athletes if transfers are not available, this could result in bans for all SAF races.

3. If you are registering for races and competing club grand prix events you must run in the club vest/ T-Shirt of the club.

If you have any questions or queries relating to any of the SAF/Club rules, please let us know.

Facebook Activity

Due to the above rule changes, if a race does not allow transfers, please do not advertise spare race places on the Facebook page. Please check if transfers are allowed with the race organisers before offering race place.

Club – Santa Run

The Santa run is Sat 17th Dec at Linda Lucy's farm. (Directions to follow) There will be a children's run and an adult run. These are fun runs and most people wear either an Xmas hat, antlers, full Santa suit or something festive. After the runs, there are hot drinks and mince pies, cakes etc. Please forward names to Jane Binnie, Anne Motion, Donna McNeil, David McNeil, Nicky McSween or Alistair McSween.

Club – Christmas Dance Prize Giving

People have been signing up and giving their £20 for the Xmas night. 3rd Dec at Sauchie Hall, 7 for 7.30 start till 1am ish.

Dance format:

- Dinner - please let us know if you have any special dietary requirements.
- Prize Giving
- Games - organised by our very own games master (or mistress) Anne Motion.
- Dancing

Please bring your booze and glasses.

The cost will be £20 per person (everyone's better half is welcome) with money needing to be paid by 29th November.

If you are going then please pay your money to Jane Binnie, Anne Motion, Donna McNeil, David McNeil, Nicky McSween or Alistair McSween - who has another name 😊

Club Grand Prix

Hi,

I'm trying to finalise the Club Championship results for 2016 and I need to get individual's best times for any Marathon's that were competed in throughout the year. In other words if you ran in more than one Marathon, could you send me your best time and the Marathon you competed in to get it.

Also, could anyone who competed in any of the Club's GP races listed below, please respond to this email at to let me know if you got a PB in any of them. <mailto:wat01@btinternet.com>

- Devilla 15K
 - Alloa Half Marathon
 - Grangemouth 10k
 - Dumyat Hill Race
 - Dunfermline Park run (21st May)
 - Bannockburn 10K
 - Milnathort Dash
 - Brig Bash 5
 - Knockhill 3.8
 - Perthshire Half Marathon
 - Stirling 10K
 - Antonine Trail Half Marathon.
- Billy Turbull

Member Of The Month: Telfer Gray



Running Category (M/F, Vet, super vet etc)
Youth /under 17

Why you run - such as: competition, general fitness, lose weight?
For fun and competition

How many years since you started running?
3 years

Favourite race?
East district xc at Lornshill

Favourite race distance?
10k

Favourite training route/session?
54321 x2

Greatest running achievement?
Running Glasgow 10k in 37:54
Where would you like to go on holiday?

Anywhere that has plenty of scenery and lots of areas to be explored that's outdoorsish. Norway has been my favourite so far

Other interests/hobbies apart from running?

Football, hanging out with my friends and playing my playstation

Who would you like to run with? dead or alive

Lionel Messi, Mo Farah Usain Bolt

What's the best thing about running with the Wee County Harriers?

Meeting lots of new people and enjoying the good company that everyone brings. Also learning new training tips and sessions.