

# THE WEE COUNTY HARRIER



## Welcome to Number 2

You will note the subtle changes made to this second edition of our newsletter to improve your enjoyment of the articles. This has been made possible with the help and input of Richard O'Grady. Thanks Richard.

Can I thank those who have contributed to December's "Wee County Harrier" and again encourage fellow members to get involved by forward articles including Race Reports, Adverts, Member Profiles, Fitness Articles, Running Experiences for future publications. Further thoughts on what you would like to see in future editions would be most positively received.

Remember this is your newsletter and we need your input so once again if you think you can contribute please forward articles to Sandy Dunn at [sandyandjulia@btinternet.com](mailto:sandyandjulia@btinternet.com)



## ANNUAL GENERAL MEETING

10th JANUARY 2017 - 7.45pm

After training in the Sports Hub Classroom, Lornshill Academy

What's inside\*



RACES & EVENTS



FIND OUT WHO'S WHO IN THE CLUB



JANUARY'S TRAINING SCHEDULE

## HOT OFF THE PRESS!!!!!!

As well as putting in the miles with his ultra running, such as Glenmore 24 where he ran over 100 miles in 24 hours, some of you will be aware that our very own Scott Wilson has been working on his coaching skills with UK Athletics. Over the last 9 months he's been working on his Level 2 Coaching qualification. Not an easy task especially with the running and work getting in the way.

Well I'm very pleased to announce that he's completed the course so is now a fully licensed UK Athletics Level 2 Coach to join Richard O'Grady and Sid Pask.



## Chairman's End of Term Report



Wow, what a year it's been to be a Wee County Harrier. Membership has ballooned over the past few years and we are currently sitting at over 170 members in the senior squad. Where on earth do you start with summing up the year. Well, in short, you can't! So, I will give you my high points of the club over the year. Apologies if I miss anyone out.

Within a few weeks of the AGM we had the Gartmorn 6 which yet again saw the WCH excel in teamwork, friendliness and their trademark good spirited banter. Not long after this we had the club's home event, the Alloa half. Over 80 runners from the WCH! Many pb's were broken that day and off course our very own Eilidh was 1st local female. Eilidh also ran in the Stirling 10k with her dad. The photo of the two of them at the end of the 10k was one of my favourite pics of the year.



Speaking of 10ks, Telfer Grey graduated from the WCH junior section and completed his first 10k at Glasgow in a speedy 37 minutes! Lots of good things to come from that young man.

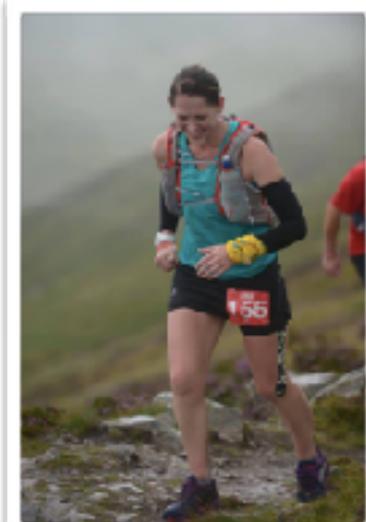
WCH's are not just about road races, we do run in the hills from time to time and the photo of Susan McDiarmid finishing the Alva hill race encapsulates what being a wee county harrier is all about.

In what was traditionally thought to be the ultimate race distance, the marathon, we saw many members excel all over the country in various marathons but I think a special mention must go the guys who



were in the top 3 fastest times for the marathon this year. Calum, Billy and David were all within 6 minutes of each other. It was also David's first marathon in Inverness.

Now we move onto Ultra marathons, which is any race over marathon distance, usually a minimum of 50k or 30 miles'ish. WCH members seem to have taken to ultras in a big way over the last few years and this year was no exception. The highland fling seen some superb performances but this was only a warm up to some of the amazing runs by members.



Iona was 8<sup>th</sup> lady in the west highland way race. The Blue Riband event of Scottish ultra running. She also went on to complete the Devil of the Highlands race completing the West Highland Way triple crown, along with Gordon and Derek Fish. This has only been completed by 164 people in the world. In between these races, Tony, Ally and Graeme went down to Engerland and took part in the Lakeland trail races with Tony bagging a massive PB.

September saw Scott Wilson achieve something he never thought he was capable off. Running over 100 miles in 24hours non stop in the Glenmore 24 hour trail race. This for me was one of the high points of the year and was so proud of what the big man achieved.

Moving on to October we had Wee Eck, a new ultra marathon in Dunoon. WCH took over this race with solo and relay teams. Quite frankly, the teamwork and camaraderie seen on the day was indeed pretty dam awesome. Just look at Lisa Miller's finishers photos as proof of this. Lisa was one of the ultra virgins, who completed their first ultra this year, along with Ed McManus and Ian Hossack (apologies if I missed anyone else)

Also in October, the WCH team of Sandy, Gordon McPherson, Trevor and Sid (all founder members I believe) took Jedburgh by storm and with a combined age of 251 won the team event.

And finally, our national ultra champion! Jane Binnie. This woman proves that things get better with age. Last year she came second in the Scottish ultra marathon series for her age category. This year she went one better and came first!



Sooo, whether we are fast or slow, can run long or short distances, we are all wee county harriers and here is to another great year in 2017 for the WCH.

As Andy Rankin would holler **"MON THE WEE COUNTY!"**

# JUNIOR HARRIERS

by Richard O'Grady

Another year has passed us by in a flash with lots of great achievements by our young athletes. The club continues to grow at such a rate that we've had to close the membership and open a waiting list for new people wishing to join our merry band.



I'd like to take this opportunity to wish all the Junior Harriers a very merry Christmas along with a very happy and hopefully record breaking running for all of you.

Also, a huge THANK YOU to all the coaches & leaders who help out each week to ensure we deliver the best training we can to the Junior Harriers. Without their help the group wouldn't be so successful, thanks.

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## A New Year's Resolution in Reverse

by Christine Caldwell

As the turn of the year approaches, the typical sequence of events involves firstly an episode of intense self-recrimination brought about by a combination of weather-induced confinement and festive over-indulgence, followed by the traditional remedy of "The Resolution", usually a vague and hopelessly unrealistic pledge of future discipline which is unlikely to survive to the end of the week, let alone the year.

The Marcothon challenge provides an opportunity to flip things around, and I think this might be the best thing about taking part in it. Instead of starting the year already in debt to conscience, frantically attempting to make amends for greed and lethargy, this year I'm planning on enjoying a thoroughly relaxing rest day on the first of January, confident in the knowledge this will have been well-earned.



I'm writing this on 18<sup>th</sup> December, Day 18 of the Marcothon, more than halfway through the challenge (which is to run every single day through the month of December). This is my first time taking part in the Marcothon, so I decided not to commit to anything over and above the basic rules, which require a run of at least 3 miles or 25 minutes (whichever comes first) every day. I am aware that other members of the club have devised far more punishing regimes for themselves by way of their own individual Marcothon challenges, but personally I have been going with Marcothon Classic.

And it has been great. It turns out to be surprisingly easy to fit in a half-hour run every

day. In fact, it is so easy that a fellow WCH (who shall remain nameless) confided that one night he was already in his jim-jams before he remembered about the Marcothon, and yet he still managed to motivate himself to change into his running gear to fulfil the day's quota. Nonetheless, the simple fact of ticking off these very modest daily commitments for 31 days in a row adds up to a pretty significant achievement that is genuinely something to feel proud of. So it is no wonder the Marcothon is so popular, and that it continues to draw new followers every year. The power of its appeal is nicely illustrated by another story. My friend (an Italian who works in Vienna), saw my first and only Facebook post

about the Marcothon on 1<sup>st</sup> December, following my debut run. She spontaneously signed up, despite never having heard of it beforehand. To date, she is keeping up the challenge, and also doing a far better job of recording her progress than me. She has posted in the Marcothon Facebook group every day, sharing photos of the fabulous alpine landscapes where she has completed her runs.

So, if you have yet to attempt the Marcothon, my advice would be to give it a go next year. If nothing else convinces you, then just think about how you will feel while others make their resolutions and you have got your feet up. Smug much? Oh yes, big time.

## Why?

### The musings of a marcothoner

by Shona Scheuerl



There I was sitting (knitting as it happens) on the evening of the 30<sup>th</sup> November when my other half (Stephan) asked if I was doing the Marcothon this year. I replied with a very firm 'no'. I successfully completed the Marcothon two or three years ago but I blamed the sudden hike in my weekly mileage for the subsequent pain I had in my foot and knee for the ten months after (learning point there - if I had gone to the physio sooner I would have been fixed sooner too).

Are you?' I asked. 'Yes, but not sure when I will manage tomorrow'. With a course all day at work and a work night out in the evening it looked like the only possible slot was 5.30 am, before work. After a period of time (approximately ten seconds) I decided that if Stef was getting up at 5.30 to run, I may as well run when he gets back and then still be in with a chance to do the Marcothon (see that will power there....).

For those of you who don't know about the Marcothon. It was started by Marco Cosani a number of years ago (2009). A runner from Glasgow, he was struggling to find the motivation to run during the dark winter months and he set himself the challenge to run a three mile loop round his house every day in November. The following month, his wife did the same and so the December Marcothon was started. The rules are simple - run 3 miles, or for 25 minutes every day in December. Marcothon now attracts thousands of runners from all over the world - a staggering thought.

Marcothon, day 1 - incredibly mild and I completed the first of my bonkers, streetlit tour of Tillicoultry.

Problem is, now having sacrificed my cosy bed one morning I had something invested in the challenge and there is one thing I can say about myself and that is I am not a quitter (I'm a 'finish a book even if I am not enjoying it' kind of person).

Ok, so this needs some thought. My average weekly mileage for 2016, up to the end of November was 11.9 with the 22.3 miles being the most I had done in a week (once in August). Some running gurus reckon you shouldn't increase your mileage by more than 10% in a week (be interested to know how many WCH's abide by that rule) so I knew if I was to finish the Marcothon and end up injury free for 2017 I was going to need to be careful. I have tried to keep my weekly mileage as low as I can and so long weekend runs have been shortened. I have now managed day 18 and have slight stiffness in my toe but nothing major.

Problem is, now I have invested a huge amount to Marcothon. I have run many bonkers early, streetlit loops of Tilly (and those of you who know me will know that I struggle with motivation running on tarmac at the best of times). I have run evening runs, squishing in a run before dinner and taxi duties commence. I have run on days when I had no energy and I have made myself run on many days when my motivation really lacked. I ran on a day I knew I was walking up a Munro (my Dad's last one, second time round) as the rules imply I had to run, not walk, 3 miles (I nearly reached 30000 steps that day though and I did get to run the WHW) I have run in between coats of paint on my dining room walls on a day when I had two and a half hours of gymnastics to watch. I have even run with my ten year old (in the dark, with headtorch, up the glen).

This brings me to the title - why? Good question really. And I am still not sure I know the answer. I was trying to explain the Marcothon to friends at work (have you done that and did it make you feel bonkers too?). Saying it out loud really doesn't help. I am not raising money for charity, I am not helping to solve world problems, I already have plenty to do (I work full time and have two kids). So, why? December is a tricky month and certainly makes it more challenging. There are loads of activities, nights out, school carol concerts etc. The weather is, well this year it has been grey. The days are short so even on days where we rushed home from school I still didn't squeeze in a daylight run. That for me has been the hardest this time - I miss daylight, off road runs. Why? Is certainly a question I have asked myself often during my runs.

So what have I gained? My brain is in a much better place than it normally is at this time of year. Running always does help to sort out my thoughts and help me put the world to rights. I have lost weight (not much and I didn't set out to but given how much I am eating, this is quite impressive). I have proved to myself that it is possible to find time for running in my busy schedule and that there is value in slow 3 mile runs. I have enjoyed reaching my daily step count by lunch time most days too. I guess for me the buzz is proving to myself that I can do it. Indeed, Marcothon founder, Marco Consani, says, 'it is not a competition, it is a personal challenge. I guess not everyone will understand that, I also reckon that all runners will!

# Final GrandPrix Tables 2016



WCH Gal's 2016 GP Results Table

Name	Name	Name
Fiona NICHOLL	D15, AHM, G10, BB5, KH3, DPR, S10, AHWM	40
Christine CALDWELL	D15, AHM, DYT, BB5, KH3, DPR, S10, AHWM, Mar	28
Shona Campbell	AHM, G10, DYT, BB5, KH3, PHM, AHWM	28
Claire campbell	D15, AHM, DYT, AHWM	17
Sue Woods	D15, DYT, KH3, S10, AHWM, Mar	15
Iona MACKAY	D15, AHM, Mar	14
Elinor Coombes	DYT, AHWM, Mar	13
Eilidh MACCORQUODALE	AHM, S10	12
Linda Lucey	D15, G10	12
Jane BINNIE	AHM, MLD, BB5, Mar	10
Kara-Jane Baird	G10, BB5	9
SUSAN MCDIARMID	D15, AHM, BB5, S10, AHWM	9
Rowena MCCONKEY	AHM, Mar	7
Jess MACADAM	AHM, PHM	6
JOANNE HEALY	BB5, KH3, DPR	6
Karen Mccluskie	KH3	6
Heather Cassidy	AHM, S10	5
Shona Scheuerl	D15, DYT	5
Ann-marie Marr	B10	4
Charlotte Silvers	D15, G10, Mar	4
Helen FINDLAY	AHM, S10	4
Lisa WATSON	AHM, G10	4
Anne Motion	D15, AHM, Mar	3
CLAIRE WATSON	AHM, G10	3
KIRSTY MCKAY	BB5	3
Nicky MACSWEEN	AHM, BB5, S10	3
DONNA MCNEIL	BB5, S10	2
Elke BRAUN	AHM, Mar	2
Lynn Cuthbertson	AHM	2
Sharon BAILLIE	AHM	2
Susan Westland	D15, S10	2
Ann CASSIDY	AHM	1
Ashley Mylechreest	S10	1
Ava Parker	B10	1
Clare Macdonald	AHM	1
Ellie Gray	S10	1
Heather Kerr	KH3	1
Jevvi LASMANOVA	AHM	1
Jo Crowley	D15, AHM	1
june stewart	B10	1
Karlene Forsyth	B10	1
Kathryn Welch	DYT	1
Kayleigh Coutts	KH3	1
Laura PEDDIE	AHM	1
Lindsay STOTHER	AHM	1
Lisa McCann	AHM	1
Lisa MILLAR	AHM	1
LOUISE HUNTER	BB5	1
Nadine Roy	S10	1
Nichola McKeown	G10	1
RIA HORNE	BB5	1
Sarah Glassey	D15	1
Yvonne Farmer	G10	1
Yvonne Hall	AHM	1

WCH Guy's 2016 GP Results Table

Name	Races Completed in	Name
Robert WARNOCK	AHM, G10, DYT, B10, KH3, PHM, S10, DPR	44
David MCNEIL	AHM, DYT, MLD, BB5, KH3, S10, DPR, Mar	24
Graeme Wilson	D15, G10, BB5, KH3, S10, DPR	24
ALASTAIR OUTRED	D15, AHM, G10, MLD, BB5, KH3, S10, AHWM, Mar	19
Paul EVANS	D15, AHM, G10, DYT, B10, MLD, BB5, KH3, PHM, DPR, Mar	15
edd mcmanus	D15, AHM, DYT, B10, BB5, DPR, AHWM	14
Derek FISH	D15, AHM, G10, DYT	13
Robert PATERSON	AHM, G10, KH3, DPR	12
Derek MCNEIL	D15, AHM, BB5, KH3, S10	11
Ian McFarlane	D15, AHM, G10, DYT, BB5, S10, DPR, AHWM	11
Kevin Boyd	KH3, S10	11
Stewart MCDIARMID	AHM, BB5, AHWM	11
Anthony CASSIDY	AHM, DYT, B10, KH3, S10, DPR	10
Billy TURNBULL	D15, AHM, Mar	10
Gordon MCNEIL	AHM, G10	10
Robbie McKenzie	AHM, G10, MLD, BB5, KH3, DPR	10
Alasdair MACNAIR	AHM, G10, BB5, Mar	9
Calum Brand	S10, Mar	9
David DRYSDALE	AHM, G10, DYT, B10, KH3	7
Robert DAVIDSON	AHM, DYT, MLD	7
Antony BROWN	AHM	6
Telfer Gray	S10	5
Chris McCallum	AHM, MLD, S10, DPR	4
Raymond Wood	D15, AHM, G10, S10	4
Stephen BEVERIDGE	D15, AHM, BB5, S10	4
Andrew RANKIN	AHM, G10, Mar	3
Chris HORNE	D15, AHM, G10	3
Graeme REID	D15, AHM	3
ian hossack	AHM, KH3, Mar	3
Sandy DUNN	AHM, BB5	3
Simon Ladouce	DYT	3
Alan DOIG	D15, AHM	2
ANDREW MOODIE	AHM, G10	2
Danny BAIRD	AHM, S10	2
David KELLY	AHM, G10	2
DAVID MACCORQUODALE	BB5, S10	2
David Parker	B10	2
David SURTEES	AHM, Mar	2
George FURMAGE	AHM, S10	2
James MICHIE	AHM, Mar	2
Ronnie POLLOCK	AHM, DYT	2
Scott WILSON	D15, AHM	2
Alasdair AITKEN	AHM	1
Alastair MacSween	S10	1
Allan Storie	G10	1
Andy Snowdon	S10	1
Barry Evans	S10	1
Eddie CARR	AHM	1
Euan CADGER	AHM	1
George McHardy	DPR	1
Iain MARR	B10	1
Richard O'Grady	S10	1
Ryan Campbell	G10	1
ryan docherty	AHM	1
Scott HONEYMAN	AHM	1
Scott HUNTER	AHM	1
Stephan Dombrowski	AHM	1
Steven young	AHM	1
Trevo ANDREWS	AHM	1
Trevor Martin	S10	1

# Santa Run



The weather was kind again this year for the sixteen juniors and forty adults who turned out on the day. In true WCH style all were winners and all received finishers medals followed by tea/coffee mince pie's and cakes.

Many thanks go out to those who made this such an enjoyable occasion arranging the course, marshalling and catering. Anne's cup cakes deserve special mention and last but not least a big thanks to our hosts who without their support this event might not even be possible, so well done the Lucey's.

Sandy Dunn has put together a short video of the run. So please go to the following You Tube link to view:-

[https://www.youtube.com/watch?v=SuMjv3sRO\\_4&feature=em-upload\\_owner](https://www.youtube.com/watch?v=SuMjv3sRO_4&feature=em-upload_owner)

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## Running Tech

End of season sales are about to start. So, if you are looking for some quality waterproof running jackets follow this link to ten waterproofs that were highly reviewed in 2016:-

[the-10-best-men-s-running-jackets-money-can-buy-right-now](#)

So go on, surf the web and grab yourselves a bargain to run in 2017 and please don't forget Club discounts are available at:

<https://www.sportshoes.com> & [Run4It](#)

Better still pop in and speak to Mandy Williams and team for good advice on running Tech.

Next month we will be looking at whats currently in vogue for running Gels/supplements and what's recommended, let me know what you use and your thoughts as we go head to head with the reviewing experts.

## Race Reports

We have our very own internet Blogger in the club, Iona Mackay.

She's written the article on the next page, but also has many more bloggs on her many running experiences. They make an excellent read so go to the following link to view her work:

<http://www.ionarunningblog.co.uk/>

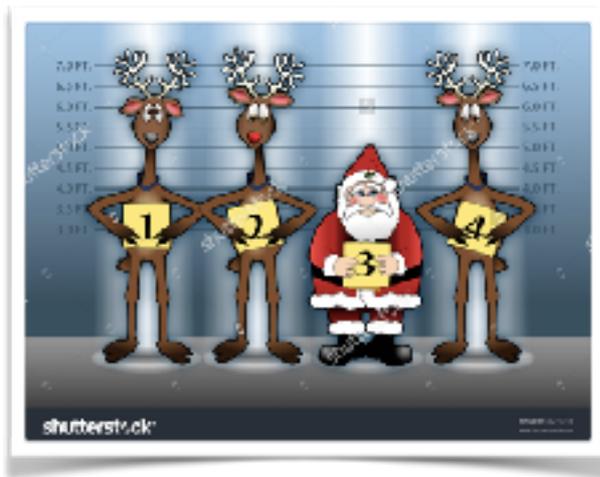


## Rogues Gallery

The Club is now so big, it's difficult to know who's who on training nights.

So the committee hit on the idea of asking members to post a photo onto the club's Facebook page and add a short biography about themselves:-

<https://www.facebook.com/media/set/?set=oa.1225303274182680&type=3>



## Forthcoming Events

### Lindsays National Cross Country Race

Saturday 25 February - Callendar Park, Falkirk is once again the venue for this great event. The races start at 11am with events for all ages:-

>>> [www.scottishathletics.org/lindsays-national-xc/](http://www.scottishathletics.org/lindsays-national-xc/) <<<

### Dumyat Donder

10am - 2nd January

Meet at the Blairlogie Car Park for a wee jaunt up to the top of Dumyat and back.

Then it's cakes & hot drinks!

### Devils Burden

21st January

This is a great team relay event & George is looking for volunteers to run the various legs.

Please contact him for more details.

# Everyone Needs a Goal or Target.

by Iona Mackay

Whether it's work related, sport specific or just something personal, it's always good to have something to work towards.



Now that 2016 is coming to an end, the goals for 2017 are being set. I've had an incredible year and to be honest, I'm not quite sure how I can top it but I need to keep focused and the best way to do that is to set new targets. And then plan to absolutely annihilate them. I'll leave the 2016 review for another post, but I still struggle to get my head round what a magical year it was. I get a real shiver down my spine when I think about what has been accomplished and I wish I could go back and do it all over again!

Winter training is something I struggle with. I hate dark mornings, I hate it when it gets dark really early in the evening and I'm pretty much walking to and from work in the dark. I hate getting home and then having to scrape myself off the couch to get back out for a run when it's freezing/raining/windy/dark. I finish work early on a Friday and I throw myself into my training when I still have sunlight and then fit in a

long run and/or a hill run at the weekend, but the rest of the week is a slog.

## Focus on the outcome, not the obstacles.

However, I do it because once I'm out I love it. The "I can't" or "I don't want to" is all mental and to be able to reach your goals, these need to be pushed aside. I've decided to give the Marcothon another go this year; a personal challenge where you run for at least 3 miles or 25 minutes every day in December and 9 days in, so far so good. December is a hard to month to really commit to training, what with nights out, it being the end of the season and most big races are out the way and also (of course!) Christmas. I've failed twice before, the first year I was loaded with the cold and had the sense to stop and the following year was the year of my appendix fiasco. So fingers crossed for the rest of this month!

Running goals aside, travelling the world is another (long term!) goal. It'll take some time, but we're doing not too bad so far!

The new year brings a new training programme and new races to try and of course, new countries to travel to, but I'll leave that for another post! I haven't booked in for many races yet as my big goal of 2017 is to complete a triathlon in the latter part of the year, but the start of the year will hopefully include the mud fest that is the [Devilla 15k](#), [the Glentress marathon](#), [the Alloa Half marathon](#), [the Cateran 55 mile ultra](#) and the [Great Glen Ultra](#) in July. And by then I hope to be a lot better at not falling off my bike and have got over my fear of open water swimming. Both things that are pretty essential to being able to complete my first triathlon!

And so the year comes to an end. I'm not sure how 2017 can top this year but I'm sure it'll be just as epic! Good luck with your winter training

# JANUARY SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
	<b>Need for Speed</b> Meet: Tullibody Civic Car Park. Session: 80% Intervals with active recovery in between		<b>Shuttle or Bust</b> Meet: Alloa Town Hall Car Park Session: Shuttle runs in Pairs			
9	10	11	12	13	14	15
	<b>Ups &amp; Downs of Running</b> Meet: Lornshill Academy Car Park Session: Two Groups (15 mins for each) 1) Fig 8 Steps Run 2) Kenyan Hill Reps ***AGM in Sports Hub Classroom afterwards***		<b>Fartlek Time</b> Meet: Tullibody Civic Car Park Session: Fartlek session around rectangular route. 80% on long sides, active recovery short sides.			
16	17	18	19	20	21	22
	<b>Hollow Sprints &amp; Zig Zags</b> Meet: Lornshill Academy Car Park Session: Two Groups 1) Sprint Reps 2) Hill Reps		<b>Hollow Sprints &amp; Zig Zags</b> Meet: Lornshill Academy Car Park Session: Two Groups 1) Sprint Reps 2) Hill Reps			
23	24	25	26	27	28	29
	<b>Steady as She Goes</b> Meet: Alloa Town Hall Car Park Session: 10,5, 5, 10 run with 2 min active recovery between		<b>Round &amp; Round</b> Meet: Alloa Town Hall Car Park Session: Two Groups. 1) 10 x 2mins, 1 min rest 2) Alloa Academy Loop			
30	31					
	<b>It's Repeating on Me</b> Meet: Lornshill Academy Car Park Session: Hill Reps					

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

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

**George 07798 615620**