

THE WEE COUNTY HARRIER

| | |
|---|----|
| Editor's Blog | 1 |
| Chairman's Report | 2 |
| 20-minute Super Healthy Spanish like Omelette | 5 |
| Dumyat Donder | 6 |
| 2017 New "Most Improved Runner League" launched | 7 |
| MIRL Events & Dates for 2017 | 8 |
| Grand Prix | 8 |
| Kirsty & Harrys December 2016 Challenge | 9 |
| February 2017 Club Training Schedule | 10 |
| Quiz Corner | 11 |
| Hot Off the Press | 13 |

What's
inside*

>>Click on the page number to jump to that page<<

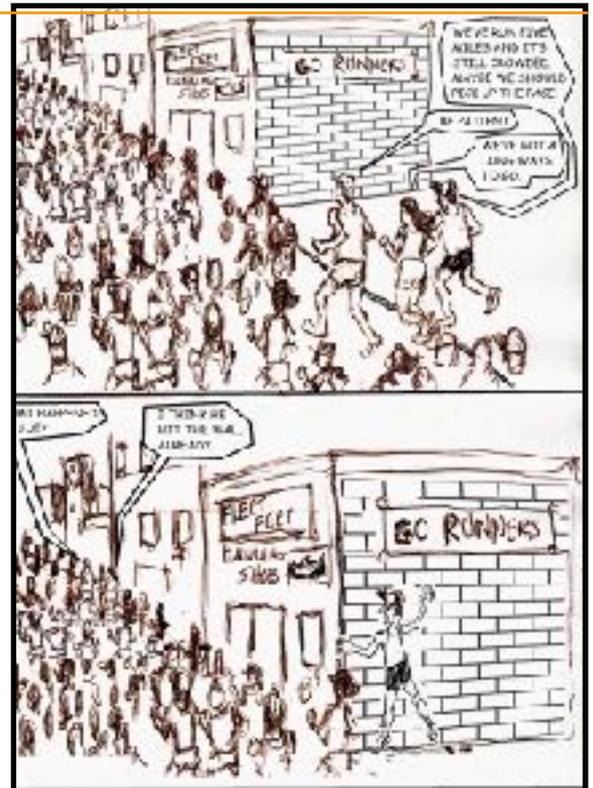
Editor's Blog

Can I take this opportunity to wish each and every WCH a happy and prosperous new year as again we all become focused on our running season and goals whilst competing both club and individual events.

January of course sees our AGM where our new committee will be elected to help take the club forward through 2017 and I'm sure we all will give them our continued support. As both Senior and Junior numbers increase so have the pressures on coaching staff to both maintain and improve training sessions they deliver. We can help massively by listening carefully to there briefs, instructions and maintaining safe running practices with particular consideration to road crossings and pedestrians remember be courteous, safe and have fun.

Do check out Facebook for WCH extra training runs that are posted by many members, Steven, Gordon, Claire, George, Andy and Iona to mention a few. Please join the runs that take your fancy there is much variety and remember you will always be made welcome in the traditional WCH way. Don't forget your January VXX7 discount at <https://www.sportsshoes.com> and your 10% discount at Run4it <http://www.run4it.com/Bridge-of-Allan-Run4It-Running-Shop-s/7691.htm>.

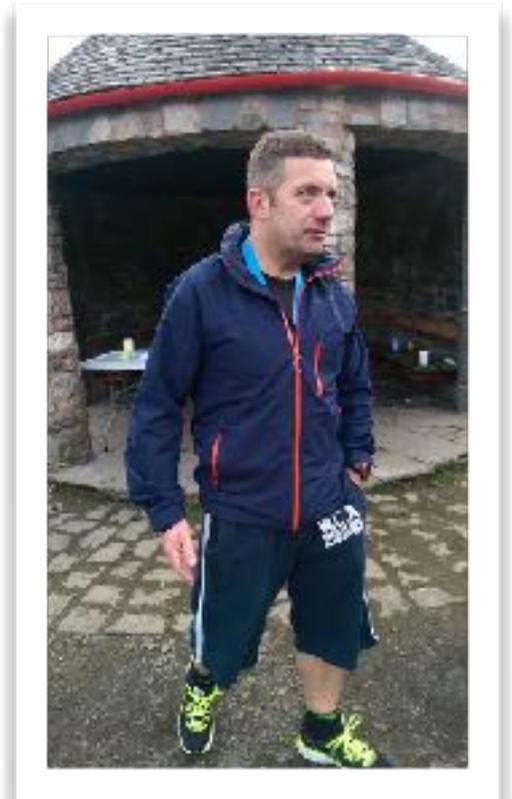
Please keep sending me your contributions to our newsletter at sandyandjulia@btinternet.com



Chairman's Report

I hope everyone had a good time over the festive season and are raring to go for what I am sure will be another great year for the WCH.

Last year, we saw so many achieving great things within the club. It can sometimes be a bit overwhelming seeing others achieve the things they do, thinking we will never get close to achieving a fraction of what some do, especially if you are sidelined with injury or just simply lost your mojo. Remember most in the club started somewhere and have felt how you have felt, but through years of hard and consistent training have got them to where they are. Scott Wilson didn't suddenly decide to one week run 103 miles. Neither did Christine Caldwell suddenly decide she would run a marathon so fast that she would qualify for the Boston Marathon, one of the oldest and most prestigious marathons in the world. They managed this through hard, consistent work in training and outwith training on their own over many months and years. So have a wee bit patience, work hard and believe in yourself. Still not convinced? Step forward Iona Mackay, who two years ago struggled to get up Dumyat on the 2nd Jan due to a then mystery illness. But, with a heap of patience, tonnes of hard work, determination/stubbornness and self belief achieved great things last year.

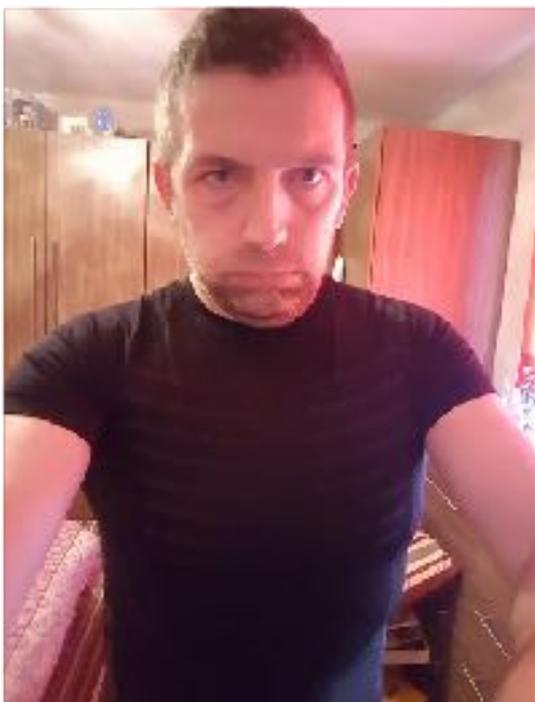


Finally as many of you begin training for your first marathon in Stirling, the phrase “it wont be easy but it will be worth it” has never applied so much. It wont be easy, there will be times you want to give up (when this happens don't keep quiet let us know and we will gladly give you the kick up the bum/ encouragement you need) but I can 100% say without any chance of contradiction that it will be worth it when you cross that finish line and not only achieve but surpass your goals.

George Furmage

Message from Richard:

George didn't submit this photo with his article, but it reinforces his last paragraph very well as he posted it on Facebook after a very early morning run with the comment “Ooooft that was fun i think lol”





2016 saw a very successful Gartmorn 6.

Both the junior and senior sections continue to flourish and show no signs of diminishing.

We have seen many great successes and achievements from members throughout the year, especially in the ultra running scene.

Launched Survey Monkey to get member's feedback:

- On the back of this we added 9 new coaches
- Richard ran a successful technique course
- Sid has devised a marathon schedule for Stirling marathon which members should find helpful.
- We also successfully introduced working in groups with little or no issues
- New training tops to address the issue of who's who
- Communication improved along with the addition to the newsletter
- Committee are far more approachable
- Sessions explained - Richard has sent email out detailing sessions

New modern looking and up to date kit

Club benefits now include 30% of more miles, 10% and free delivery from SportShoes.com and now 10% at Trespass

Not all been good and some hard decisions have had to be made in recent months:

Due to members swapping numbers we had to come up with and enforce a disciplinary procedure

More recently we have withdrawn our support from the Round the houses 10k

All in all, 2016 was a pretty good year by all accounts and 2017 should see us continue to go from strength to strength.

Finally it was sad to see Fiona Nicholl ending her tenure after seven years as club treasure we are much indebted for her efforts over the years in what is be in no doubt a most crucial position. We are pleased to announce the vacuum left by Fiona will be filled by Gordon McNeil and will be assisted by Donna McNeil both parties need no introduction.



WEE COUNTY HARRIERS

INCOME & EXPENDITURE ACCOUNT TO 31 DECEMBER 2016

Notes to the Accounts

1. **Membership Fees :** Total membership for the year has increased for both senior and junior members. A small amount of junior membership fees have been received in cash and used for junior expenses and float. These figures have not been included in these accounts.

2. **G6 & SM11 Income:** This includes race income for both the Gartmorn 6 and Sheriffmuir 11 races. The reason for the difference in race takings from 2015 to 2016 is that income of £1,046 for the 2016 G6 race is included in the 2015 accounts as it was received through entry central in October, November & December. The 2016 race is not open yet so no income has been received.

3. **Grant Income for the Junior Club** was secured of £777 and this was used to fund coach sets, ladders, hoops etc.... The items of expenditure to offset this grant amount are included under other expenses.

4. **Donations** A couple of donations were made to the club during the year.

5. **Clothing** The income from the club clothing during the year was £2,354. Cash received last year but still to be banked in early January amounts to £329. Cash remains to be collected from members also. Income was offset by the cost of club clothing during the year of £2,810.19. A stock of both senior and junior clothing is held at the end of December.

6. **Other income** For the seniors this relates to G6 lunch donations of £225.90 and excess Christmas night out takings (raffle ticket money after expenses paid out) of £217.18 etc.....

7. **G6 & SM 11 Expenses** Total expenditure of £1,321.10 relates to hall hire, trophies, medals, cash prizes, St Andrews First aid, general kitchen expenses etc etc..... Hall hire for the 2017 G6 race is included. Part of the reason for the variance in the costs from 2015 to 2016 is due to radios being purchased were purchased last year at a cost of £743.88.

8. **Race Fees** 2016 fees include the Devils Burden & East District Cross Country fees.

9. **Donations** Made to Sports Council award of £50 and to Lorraine Robinsons Just Giving page related to the Dunoon Ultra marathon of £100.

10. **Other expenses** The main items of expenditure for the Seniors is first aid training & kits, Alloa half massage costs, Xmas prizes, expenses and hall hire, expenses for the BBQ, flowers, affiliation fees to Clacks Sports Council, costs for engraving trophies, track hire, Scottish Athletics Affiliation fees etc.....For the juniors the other expenses relate to the purchase of the items covered by the grant amount above plus expenses for Xmas and Halloween.

11. **Club SAF Fees** Payment made to the Scottish Athletics on behalf of every club member.

| Notes | Junior 2016 | Senior 2016 | Total 2016 | Junior 2015 | Senior 2015 | Total 2015 | Variance |
|-------------------------------------|-----------------|-----------------|-----------------|------------------|-----------------|------------------|-------------------|
| | £ | £ | £ | £ | £ | £ | £ |
| Income: | | | | | | | |
| Membership Fees | 350.00 | 3,120.00 | 3,470.00 | 330.00 | 2,502.00 | 2,832.00 | 638.00 |
| G6 & S11 Race Income | 80.00 | 2,575.60 | 2,655.60 | 0.00 | 3,711.00 | 3,711.00 | -1,055.40 |
| Grant Award | 777.00 | 0 | 777.00 | 4,750.00 | 0.00 | 4,750.00 | -3,973.00 |
| Donations | 0.00 | 105.00 | 105.00 | 50.00 | 20.00 | 70.00 | 35.00 |
| Club Clothing | 0.00 | 2,354.00 | 2,354.00 | 540.25 | 2,186.90 | 2,727.15 | -373.15 |
| Other Income | 0.00 | 443.70 | 443.70 | 0.00 | 1,165.01 | 1,165.01 | -721.31 |
| Total income | 1,207.00 | 8,598.30 | 9,805.30 | 5,670.25 | 9,584.91 | 15,255.16 | -5,449.86 |
| Expenditure: | | | | | | | |
| G6 & S11 Race Expenses | 0.00 | 1,321.10 | 1,321.10 | 0.00 | 2,693.90 | 2,693.90 | -1,372.80 |
| Race Fees | 124.00 | 227.00 | 351.00 | 11.20 | 168.80 | 180.00 | 171.00 |
| Donations | 0.00 | 150.00 | 150.00 | 0.00 | 2,200.00 | 2,200.00 | -2,050.00 |
| Other expenses | 1,127.37 | 2,164.68 | 3,292.05 | 3,396.51 | 1,999.08 | 5,395.59 | -2,103.54 |
| Club Clothing | 0.00 | 2,810.19 | 2,810.19 | 4,051.87 | 3,502.08 | 7,553.95 | -4,743.76 |
| Club SAF Fees | 315.00 | 1,144.00 | 1,459.00 | 287.00 | 910.00 | 1,197.00 | 262.00 |
| Total expenditure | 1,566.37 | 7,816.97 | 9,383.34 | 7,746.58 | 6,217.23 | 19,220.44 | -9,837.10 |
| Surplus / (Deficit) for year | -359.37 | 781.33 | 421.96 | -2,076.33 | 3,367.68 | -3,965.28 | - 4,387.24 |

WEE COUNTY HARRIERS

BALANCE SHEET TO 31 DECEMBER 2016

| | 2016 | 2015 |
|--|------------------|------------------|
| | £ | £ |
| Cash at bank and in hand (£20) c/f | 2,164.93 | 6,130.21 |
| Surplus / (deficit) for year | 421.96 | -£3,965.28 |
| Closing bank and cash in hand balance | £2,586.89 | £2,164.93 |

I certify that these accounts show a true and fair view of the Wee County Harriers financial position as at the 31 December 2016.

Fiona M Nicholl

Fiona M Nicholl, ACMA CGMA
09 January 2017

20-minute Super Healthy Spanish like Omelette

Thanks to Ray Woods for this article. Anybody else got a recipe or health tip they want to share?



INGREDIENTS

Splash of olive oil
1 big, or 2 small Sweet Potatoes
1 big, or 2 small onions (red or white)
4 eggs
1 Bell Pepper (any colour, red is best)
Splash of milk (Semi skimmed or full fat)
Half teaspoon of Turmeric Powder
Half teaspoon of Paprika (smoked is best)
4 cm of firm chorizo sausage (cured)
Sprinkle of salt
(Optionally mushrooms)
(Optionally grated cheddar cheese)



This twist on a Spanish omelette is not only super tasty, it is super healthy too, making a great recovery food for runners. You can cook and eat it right away, but pre-cooking it to eat cold brings out the flavours even more.

1. Set a medium pan with 3cm of water to boil. **TIP:** Putting a lid on the pan increases its efficiency and it will boil more quickly
2. Peel and chop the sweet potato into rough cubes, 1 to 2 cm across and place in the pan of hot water. These will take only 8 to 10 minutes to cook. A fork will glide easily through a cube when cooked. Drain and leave to steam dry
3. Set a medium frying pan on a medium heat with a dash of olive oil
4. Peel and rough chop the onion and place in the frying pan
5. Rough chop the bell pepper and place in the frying pan
6. Occasionally stir the onion/pepper until the onion has softened
7. Break and whisk the eggs with a splash of milk
8. Sprinkle the Turmeric, Paprika and Salt over the onion/pepper and stir in
9. Toss in the sweet potato (and optional mushrooms) and give it a good stir
10. Turn a grill onto high, for later
11. Turn up the pan heat and pour the egg evenly over the mixture. Cook on high for 2 minutes, then reduce to medium for another 2 or 3 minutes. Take off the heat when you can smell burning!
12. Place the frying pan and contents under the grill. Watch until it starts browning on top (optionally, once brown, sprinkle on grated cheese and grill again until bubbling)
13. Remove and let it cool (it will continue cooking in the pan a little) then slide onto a plate after breaking the egg sealed around the edge of the omelette
14. Serve slices like pizza



WHY SO GOOD?

After a run you need protein to repair any muscle damage caused, and the **eggs**, chorizo and cheese are a good source. The **onion** promotes collagen that supports healing and the immune system. The **turmeric** has antioxidant and anti-inflammatory properties to calm swollen joints. **Paprika** is high in Vitamin A and E aiding cell development and blood vessels. **Bell peppers** have antioxidant vitamins A and C, iron, vitamin B6 and protein. The **sweet potato** is high in Vitamin A that supports growth, eye health and the immune system. As well as protein, the **chorizo** provides essential amino acids aiding tissue repair. Even the **olive oil** is a good source of antioxidants. So this omelette makes the perfect choice for the hungry athlete.

Oil is a good source of antioxidants. So this omelette makes the perfect choice for the hungry athlete. **eggs** and the immune system. As well as protein, the **chorizo** provides essential amino acids aiding tissue repair. Even the **olive oil** antioxidants vitamins A and C, iron, vitamin B6 and protein. The **sweet potato** is high in Vitamin A that supports growth, eye health and the immune system. As well as protein, the **chorizo** provides essential amino acids aiding tissue repair. Even the **olive oil** is a good source of antioxidants. So this omelette makes the perfect choice for the hungry athlete.

Dumyat Donder



January 2nd saw a wee county traditional donder up Dummy. This is a easy paced run up to the summit of one of the best known hills in the Ochils. No speed is too slow and as with all things wee county, everyone is welcome.

This year the weather was kind to us and as the garmin/suunto struck 10 David Mcneill started 33 of us on our merry way. David was struggling with manflu but still came out on the day to see us off and provide goodies afterwards.

It wasn't long before, we started climbing up the steep wooded area with some thinking what the heck they had let themselves in for, but all were encouraged this was the worst bit. We were soon joined by Sid and Ellie, who went to Blairlogie, oooops my mistake.

Thankfully, due to the cold scottish weather the ground was more solid and not as muddy as previous years. It was not long before we reached the summit of Dumyat, everyone slapping the cairn because, well that's what you do is it not. As the speedier ones waited in a wee sheltered bit on everyone getting to the top , it was time for a new tradition when members of the wch went selfie mad at the top, or should this be welfie. With everyone at the top we got a kind gentleman from central athletic to take a photo of us freezing our butts off trying to look like it was a summers day and not windy at all! It never ceases to astound me how much the club has grown over the years. My first Dumyat run with the wch had just 15 runners.

With group photo taken, it was time to haul ass and make our way home. I ran down with Gordon's oldest son Robert Gordon and what a pleasure it was to run with someone so young who clearly has the trademark Mcneill mountain goat legs.

Returning to the carpark, all 40 (more joined on the way up) of us were greeted by David who had set up a table with Hot drinks and cakes. Cakes were provided by David's friend, Gillian Harrison and Christine Caldwell. Boy did they go down a treat. It wasn't long before we retreated to our cars, heading home to hot showers and off course facebook to see everyone's photos, no matter how daft we looked in some a big thanks from David McNeil to all attend that day great turnout...

So until next year, same time same place.....

2017 New “Most Improved Runner League” launched



In previous years the MIRL has been contested by a handful of members and has caused some confusion over some 'rules' as members get more competitive. The club has gotten bigger over the years and has needed to adapt and so does the Most Improved Runner League to make it more accessible to all members. For the first half of the year we will hold an event/race for club members only with times logged, we will even give you a race number. During the second half of the year we will run these events again to see if you can improve on your previous times.

This should be easy to manage, organise understand and more importantly open and winnable by every member of the club, not just a few. If you improve your time by xx% then you will get xx points, if you are slower by xx% then you will get -xx points and so on and so forth. We will endeavour to provide monthly updates in the newsletter as the results come in. This idea may not be perfect but it is one we hope will appeal to the majority of members as it is both free, inclusive and on training nights. I am sure there will be some issues throughout the year as this is all new so please bear with us. Hopefully, it will be successful and all members will enjoy.

Benefits over the old MIRL :-



and on club nights



to enter No de



M.I.R.L. 2017



How much: **FREE**

When: **1st Tuesday of every month (apart from parkrun)**

Who: **Open to every member in the club. Like the club this is TOTALLY inclusive.**

How it works:

- On the 1st Tuesday of each month (February-June) we will hold an event/race/time trial.
- Each event will be different terrain. So expect road, trail and off course hills
- Each event will be of different lengths. Short enough for speed freaks and long enough for those who like to be out longer but more importantly every event should doable by every member
- For first 5 months you set the best time you can in each event. Then in the following 5 months (July - November) we do the same 5 events. If you improve by say 3.14% from feb-jul then you get 3.14 points. If you are slower by 5% then you lose 5 points.
- After each event (jul-nov) we will publish a leaderboard to allow members to see where they are.
- For the purposes of this league, speed is not an issue. So whether you can run a 13 min mile or 5 min mile it matters not. Its about YOUR improvement, not how fast you can run
- **Cheating is allowed!** Run slower if you want to show a big improvement, win the trophy and cheat yourself and fellow club mates. If you see anyone 'blagging' it then feel free to heckle them, naming and shaming, but remember always in fun. :) But in all seriousness please do not cheat yourself or your clubmates by putting in an under par performance.
- **Important rule:** Club vest/top **MUST** be worn at each event or you will not be allowed to take part.
- If you do not want to take part in the event, then by all means do the warmup/cooldown but please do not wear your club vest so we know. Hopefully, we will have an alternative session for those not wishing to enter but we obviously hope that most members will participate.
- Cant make an event? Sorry but tough luck. First tuesday of each month it is. Besides, your best 4 events will count, so do not worry if you miss an event
- Remember its supposed to be fun but also a competition. Apply yourself and you could win it
- At the start of the year you will get a number. This will be your number for the year. Please wear it to events as it will make timekeeping so much easier for us

MIRL Events & Dates for 2017

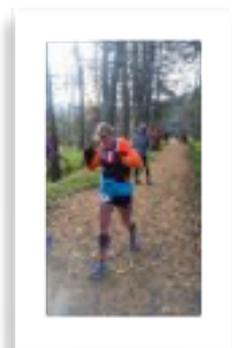
| Event | Distance | 1st Date | Event | 2nd Date |
|-------|----------|---------------|-----------------------|---------------|
| 1 | 3 | Sat 4th Feb | Parkrun | Sat 4th Nov |
| 2 | 1 | Tues 7th Mar | Pleasure Grounds Loop | Tues 4th July |
| 3 | 6 | Tues 4th Apr | Gartmorn 6 | Tues 1st Aug |
| 4 | 7 | Tues 2nd May | Jerah Loop | Tues 5th Sept |
| 5 | 4 | Tues 6th June | 4 Mile TT | Tues 3rd Oct |

Grand Prix

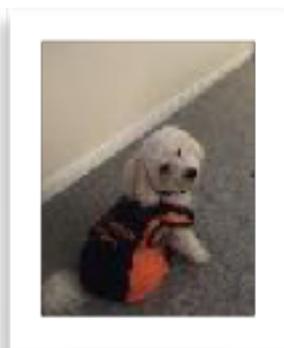
The Club Grand Prix race entry latest updates.
Please check websites and get signed up a.s.a.p. to save disappointment

| | | | |
|-----------------------------------|-----------------------|--|--|
| Devilla Forest | 15k Trail | Sunday Feb 19th. | Sold out. Contact aoutred@sky.com for possible late entry. |
| Alloa Half Marathon | 13.1mile Road | Sunday Mar 19th | Open: http://www.alloahalfmarathon.co.uk/ |
| Grangemouth | 10k Road | | Removed from Grand Prix event list. |
| Stirling Marathon | 26.2mile Road | Sunday May 21st | Open: www.greatrun.org/stirling-scottish-marathon |
| Dunblane | 7.5mile Road | Date to be confirmed - Sunday 28th May | www.entrycentral.com/dunblaneroadrace |
| Black Rock (Kinghorn) | 4.3mile Mixed | Provisional Date Friday 23rd June. | Sells out very quickly - Website http://www.blackrock5.org |
| Bannockburn | 10k Road | Date to be confirmed - | last year was Sunday 19th June |
| Brig Bash (Bridge of Earn) | 5mile Road | Date to be confirmed | - last year was Wednesday 6th July. - Entry Central |
| Aberdour Donkey Brae | 7mile Mixed | Date to be confirmed | http://www.aberdourfestival.org - last year was 31st July - We hope to make this a club day - further details to follow. |
| Stirling | 10k Road | Date to be confirmed | last year was Sunday 11th September |
| Strathcarron (Denny) | 10k Road | 30th Anniversary. Date to be confirmed | last year was Sunday 25th September |
| Antonine Trail Race (Croy) | 13.8mile Trail | Date to be confirmed | last year was Sunday 31st October |
| Marathons | | Any Marathon before end of October. | Best time counts but excludes Stirling Marathon as separate event |

Kirsty & Harrys December 2016 Challenge



MARCATHON



BARCATHON



'Barking mad.' Me? I couldn't wait for the 1st of December this year as I was planning to do the Marcothon. I have completed this event twice previously and what a sense of achievement it gives you. Every thing started 'pawsitively'. I love wrapping up and going out in nice cold, crisp mornings. Running in the morning is great as it allows me to exercise my four legged friend, the infamous harry the harrier, at the same time. A couple of days I had to dig deep and give myself a talking to in order to get my run done, but I did it.

Once I got out I was fine and felt chuffed with myself. Days 1 to 14 went well however I started to feel 'ruff'. I fought it for about four days until after 'pawing' for thought and with a heavy heart, I made the hard decision to stop the challenge. This made me 'as sick as a dog'. Whilst I didn't like doing this I knew it was the correct call. Over the last few years I have learnt the hard way that you must listen to your body. There is absolutely no point in making yourself more ill by 'hounding' yourself to keep on running.

I ended up not feeling up to running for about ten days. I felt annoyed that the lurgy had hit me during the marcothon. When I felt up to running I struggled mentally to get out and pound the streets again. 'How much fitness will I have lost?' was what was going through my head. On Christmas Day I went out a 3 mile run. The motivation behind this was to be able to eat chocolates the rest of the day without feeling guilty! I enjoyed being back out but it was difficult. After that first run back I just tried to ease myself back into it gently. I had planned a number of races next year. Many of them opened (and sold out) over the festive period. Given that I found short runs hard I didn't know what to do about these races. However, I went ahead and entered them in order to throw myself back into training. So far, touch wood (she says as she touches her head), this is working. With my first ultra of the year on 11th March, a mere 9 weeks away, I am trying my best to stick to the training schedule. I feel that if I had not entered this race I would be struggling to get my mojo back.

At the start of 2016 I struggled with illness which saw me suffer from fatigue and actually cry before my long runs. I eventually took the whole of February off and stuck to walking harry. On the back of my mind though was the Paris marathon which was on the 3rd April. I decided to run this with my two 'chums' Claire Watson and Jane Binnie to celebrate my 40th. Luckily I got my health back by the start of March and I started very small runs and built myself up again. Once again, knowing that I had Paris all booked helped (forced) me to get back out running. Incidentally we had a great weekend in Paris with many 'tails' to me and I would highly recommend it to anyone.

Running is great fun and I have made the most awesome 'pals' within the club but listen to your body. Yes it's good to push yourself but your health comes first every time, don't 'terrier yourself up' about having to rest. It might take time to get fitness back but you will. Set yourself short, medium and long term targets and you will get there and as Dad's Army Private Jones' (showing my age there) used to say **'don't panic'**.

Click on link to see Harrys reaction the mums getting her running mojo back >>>>
<https://www.facebook.com/kirsty.mckay.71/videos/526492357449894/>

February 2017 Club Training Schedule

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|--|-----|--|-----|-----|-----|
| | 31st Jan | 1 | 2 | 3 | 4 | 5 |
| | Tempo / Hillreps Coach: George Meet: Lornshill Academy | | Hill Repeats Coach: Gordon Meet: Lornshill Academy | | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Hill Sprints / Out & Back Coach: Gordon / Billy Meet: Alloa Town Hall | | Hill Sprints / Out & Back Coach: Anne / Scott H Meet: Alloa Town Hall | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Hellreps "Feel the lurve" Coach: Derek Meet: Alloa Town Hall | | 4 mile Tempo Run with a new sting in the tail. Coach: David / Donna Meet: Alloa Town Hall | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Gean Loop Pleasure Grounds Coach: Iona / Kirsty Meet: Alloa Town Hall | | Gean Loop Pleasure Grounds Coach: Richard / Scott W Meet: Alloa Town Hall | | | |
| 27 | 28 | | | | | |
| | Nevis Crescent - Figure of Pain! Coach: Claire Meet: Alloa Town Hall | | | | | |

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

Quiz Corner

Below are 5 questions some true and some false. Can you guess which is which? Click on the answer you think is correct and see where it takes you!

1. Signs Urge Runners to Stop Pooping on Illinois Path ([abc7chicago.com](#))

The Public Works Department [says] for the past two years someone has been using the bathroom on the bike trail. When asked how he knows it's human poop, supervisor of Public Works Scott McKay said, "Well, animals don't carry toilet paper and then stuff it in the top."

True or False?

2. Marathon Organisers Will Require Guides for Headphone Users ([mlive.com](#))

Stating participant post-race feedback and liability issues, organisers of the Battle Creek Marathon have announced that runners who insist on using headphones during its event must be accompanied by a "hearing guide." The guides, who must undergo special training, will alert their music-listening runners to hazards, help others safely pass them, and so on. ... "Runners who are visually impaired have used guides in races, with great success," Race Director Tom McGill said. "We figured, why not do the same with the hearing impaired?"

True or False?

3. Wild Sheep Tangled Around Tree Rescued by Jogger ([9news.com.au](#))

Krystof Wlodarczyk was cutting through the woods near his home recently when he came across a panicked domestic sheep caught by its large twisted horns. Determined to set it free Mr Wlodarczyk leaped to action, using his hands to carefully release the animal.

True or False?

4. 'Terror Owl' Awaits Relocation After Wreaking Havoc on Dutch Town of Purmerend With Silent Aerial Attacks ([independent.co.uk](#))

Some of the attacks left victims needing hospital treatment, with two runners needing stitches for head wounds inflicted in a swooping aerial assault on Tuesday. One of the runners required six stitches for gashes caused by the bird's talons.

True or False?

5. London Eatery Bans 'Disgusting' Runners ([dailymail.co.uk](#))

An East London Bistro has barred groups of sweaty runners from its premises, calling them "off-putting" and bad for business. The manager of the restaurant near a park popular amongst runners, said that the number of sweaty, hungry runners crowding its all-you-can-eat brunch buffet had gotten out of control. "They're disgusting, is what they are," said owner Brent Sturbridge. "They come in here soaked through in sweat and smelling terrible. They're driving away the decent folk."

True or False?

Runners Wordsearch

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| r | i | r | i | l | r | a | c | e | e | u | p | e | n | h |
| e | s | p | a | l | r | l | x | l | a | n | u | o | l | c |
| s | e | u | p | n | x | x | r | u | u | p | p | n | i | w |
| m | i | l | e | s | i | p | e | k | l | m | l | s | u | s |
| s | w | e | a | t | i | u | t | a | e | r | l | l | r | u |
| o | p | l | n | n | d | u | a | t | i | p | i | c | e | p |
| c | r | u | n | l | e | u | w | u | n | m | h | i | n | s |
| k | i | a | l | n | r | n | l | r | u | e | l | l | n | e |
| r | z | p | e | p | i | s | n | s | e | t | l | b | i | s |
| e | e | m | n | s | t | r | u | t | e | s | a | u | w | i |
| n | e | a | l | e | e | e | f | r | e | c | t | p | r | c |
| i | s | r | k | y | e | n | e | o | l | a | a | p | s | r |
| a | x | c | t | e | c | n | x | h | l | y | c | r | a | e |
| r | i | e | i | r | x | u | p | s | i | s | i | l | l | x |
| t | x | k | l | a | w | r | a | e | i | p | a | a | p | e |

laps race exercise miles tickets tired trainer runner
winner fun sweat public water prize run rest
shorts cramp tempo walk sock lycra hill wch

Wee County Harriers Quiz Night

4th FEBRUARY 19:00 for 19:30 Start

at Cambus Bowling Club

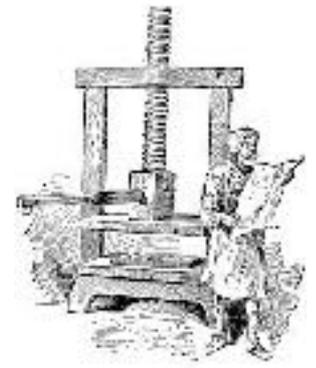
£3 per head

Tables of 4

Individuals are welcome as we can make up teams on the night



Hot Off the Press



Finally, lots going on and to be communicated over next few weeks:

Gartmorn 6

We will be looking for lots of helper so if you can please do help. If you want to enter the race, please do not! depending on how well the race sells and if we get enough helpers, the committee hope to offer members entry cheaper than your average runner.

Social Committee Quiz

A fee folks had asked about bringing kids along. Unfortunately after much discussion, it has been decided that as this is a senior event then everyone attending must be over the age of 16. It is hoped that during the summer months that the social committee will organise events for the junior section and we will off course have the Andy Harker BBQ races.

Club Memberships

following on from survey monkey feedback, the committee has decided to increase memberships to £25(single) and £40(family). This will mean that when you join this year you will be asked your t shirt size. you will then be supplied with a technical training top with the wch logo front and back to be worn at training. Your name will also be on your top. It is hoped that it wont be long before most people stop calling each other thingymabob or wotshername etc. Additional tops will be available at a cost of £7. Please bear with us in this process as it is a massive undertaking and your patience will be appreciated. As an added bonus, while stocks last you will also get a free water bottle.

Tresspass Discount

I have been in contact with a rep from Tresspass who has agreed to give us a 10% online discount code. This is Vbe8479Z

Mountain Warehouse

10% off Mountain Warehouse in Sterling Mills and Stirling thanks to Lisa McNeill. Hopefully we will see more suppliers giving us the same kinda discount. if you know of anywhere that might be willing to do the same, please get in touch or give them my number (07798615620) or my email.

Cheers

George