



IRVINE RUNNING CLUB

Newsletter – September / 2020

Welcome to our first club newsletter which will be e-mailed out regularly, soon after the monthly committee meeting has taken place. The main purpose is to communicate to club members any major talking points and activities which might be coming up. Upcoming races and club events will also be included in the newsletter and we will try to include articles on training and race planning. All members are welcome to include an article in the newsletter and it does not need to be running related (just keep it clean).

Enjoy the read and send us some feedback on how it could be improved or if there is something specific you would like included.

The Irvine Committee for 2020/21 is as follow:

Treasurer: Mike Flinn

Membership Secretary: John Surgeoner

President: Mark Livingstone

Secretary: Jennie Jackson

Website and IT Manager: Amy Rhodes

Male Club Captain: Stuart Moffat

Female Club Captain: Layna Thomson

Ayrshire Harriers Rep: Dave Campbell

Publicity Officer: Colin Miller

Committee Member: Janet Robertson

Committee Member: Susan Rhodes

Committee Member: Colin Paterson

Committee Member: Gordon Thompson

Junior Section

One of the items on the agenda at the recent AGM was the continuation of the junior section, mainly due to the fact that John McGarry is now the only recognised coach (Junior and senior in fact) in the club. The junior section numbers are very low at the moment and currently due to Covid restrictions no club training is taking place. The club has always had a junior section which in the past the numbers were on a par with the senior section and the committee feels that as we are part of a community club the junior section should continue. To move forward a sub-committee will be formed consisting of John McGarry, Mark Livingstone, Colin Miller and Layna Thomson and certain initial actions have been identified:

- Call for volunteers from the club membership who could assist with the training of the junior section. To make it easier a proposal is that the junior training starts from 6pm to 6:50pm which would give the seniors time to train at 7pm.
- The sports club development officer will be contacted regarding recruiting more juniors.
- We need the club to be promoted more within the school system.

We cannot move forward until the first point is complete, therefore we would like anyone who would be willing to help to come forward. Training of the juniors would be discussed prior to any sessions commencing. Could you let the committee know if you would be willing to assist.

Senior Training

Going forward we would like to have a proper coaching structure in the club where we can offer advice on training and create training programmes and schedules for new and existing members. Planning is at an early stage and we will keep you posted over the next few months with any developments.

Winter Club Championship

This year it has been agreed to pilot a winter club championship or to be exact resurrect it from the past. The championship is to encourage participation in championship, Ayrshire, and our own events over the winter months. There are around 15 identified events (best 6 to count) and the scoring format is straight forward. First Irvine finisher in a race gets one point, etc, fastest in a relay or handicap gets one point, etc. As there are two distances in the six stage relay points are awarded against each distance. Obviously with race restrictions quite a few of these events might not take place but hopefully it will pick up near the end of the year. The club captains Stuart and Layna will take charge of the championship and once we start getting some results in a league table will go out monthly with the newsletter. Hopefully, all club members will support this as there are events for all. The counting events are:

West District CC Relays - 10/10/2020	Cyclists v Harriers - TBC
Ayrshire CC Relays - 17/10/2020	Turkey Trot 10K – 26/12/2020 (TBC)
National CC Relays - 24/10/2020	IRC Xmas Handicap - TBC
National Short Course CC - 07/11/2020	Beith 10K - TBC
IRC Chic Forbes Handicap - TBC	Masters Relay - TBC
Kilmarnock CC – TBC	Scottish Masters CC – 06/02/2021
West District CC – 05/12/2020	Scottish CC – 06/03/2021
Ayrshire CC - TBC	Six stage road relay - TBC

Summer Club Championship

In the absence of races, it was agreed to hold two time trials across Irvine moor on the 20th and 27th Sept at 9am. There will be two distances of 1 mile, and 1 ½ or 3 miles. This is all dependant on current restriction policy and further information will be posted regarding these events

*** Race Results ***

Congratulations to Colin Whitby on an excellent 71:48 pb at the County Antrim half marathon. A race report should be in this week's local papers.



To finish

Well done to Janet Robertson who helped her group of ladies complete their couch to 5k

Good luck to the guys on their round Arran cycle on Thursday morning. Unfortunately, I must work that day, but it means there will be a new King of the Mountains. Until next year that is when I will be back.

Contact the committee if there is anything in the newsletter you might want more information on or if there is anything you would like us to include in future issues