



IRVINE RUNNING CLUB

Newsletter – October / 2020

Feedback from the first newsletter was good with the only comments concerning misspelling of some committee members names, GDPR compliance and missing a couple of members due to not having e-mail addresses. All in all, a favourable result.

John Surgenor has resigned from the committee due to other commitments and Susan Rhodes will take over as membership secretary until the next AGM. The committee would like to thank John for all his hard work and enthusiasm during his committee years. The committee list on the right has been updated accordingly.

The Irvine Committee for 2020/21 is as follow:

President: Mark Livingstone

Treasurer: Mike Flinn

Membership Secretary: Susan Rhodes

Secretary: Jennie Jackson

Website and IT Manager: Amy Rhodes

Male Club Captain: Stuart Moffat

Female Club Captain: Layna Thompson

Ayrshire Harriers Rep: Dave Campbell

Publicity Officer: Colin Miller

Committee Member: Janet Robertson

Committee Member: Colin Paterson

Committee Member: Gordon Thomson

Junior Section

Club president Mark Livingstone has recently sent out an e-mail to all members regarding the junior section and the importance in making sure that this section continues at the club. The initial task is a 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. We are looking for at least six, three male and three female who will assist Junior coach John McGarry with the training sessions. Full details of requirements are on Mark's e-mail but please feel free to ask any committee member for further information.

Senior Training

We have been spending the last month reviewing the senior training and how we can make it suitable for all standards by creating more structured training sessions. The basis is that the sessions and runs are under the control of a 'leader' who might have assistance and will consist of mainly variations of the same sessions dependant on ability. Routes and distances for runs have been identified and measured and it is important that everyone follows the routes for that date. The website Training page has been updated with the list of leaders, Tuesday sessions, Thursday routes and a calendar with dates and start times. Leaders, session details and any upcoming races are also available. There are also some Saturday morning hill sessions at the beach park, and all are welcome.

The women's sessions are already underway with the men commencing on Tuesday 3rd November with the calendar completed up to the end of 2020. Thereafter it will be in three monthly sections. Please feel free to have a look on the website and contact any of the leaders via the club e-mails if you have any questions or would like further information.

Club website

www.IrvineRuningClub.co.uk

We have been working on tidying and bring the club website up to date. The site will be a point of reference for information about the club, news articles, documents and forms and Training. The site is still a work-in-progress and there are a few pages and links which still need action. Let us know if you have anything which might be useful to include on the site

Covid Procedures

A reminder that the Covid Procedures put in place must be adhered to when meeting at the club for training. You should take note of the Covid 19 Update on the website Home page and be familiar with the contents of the [Covid Risk Assessment](#) which can be accessed from **Documents** on the website Home page. In the first instance before meeting at the club you must add your name to the list on the [Covid Club Procedures](#) which can be accessed under **Forms** on the club website Home Page. Committee members can provide further information if required.

Winter Club Championship

Still waiting on our first points to be scored but it looks like we will get some events through November. The updated scoring events, not yet officially cancelled, are as follow

National CC Relays – 07/11/2020

IRC Xmas Handicap - TBC

Ayrshire Cross-country 14/11/2020

Beith 10K - TBC

IRC Chic Forbes Handicap – 15/11/2020

Masters Relay - TBC

Kilmarnock CC – TBC

Scottish Masters CC – 06/02/2021

IRC Xmas Handicap - TBC

Scottish CC – 06/03/2021

Cyclists v Harriers - TBC

Six stage road relay - TBC

Turkey Trot 10K – 26/12/2020 (TBC)

Chick Forbes Handicap

Date: Sunday 15/11/2020 Time: 9am

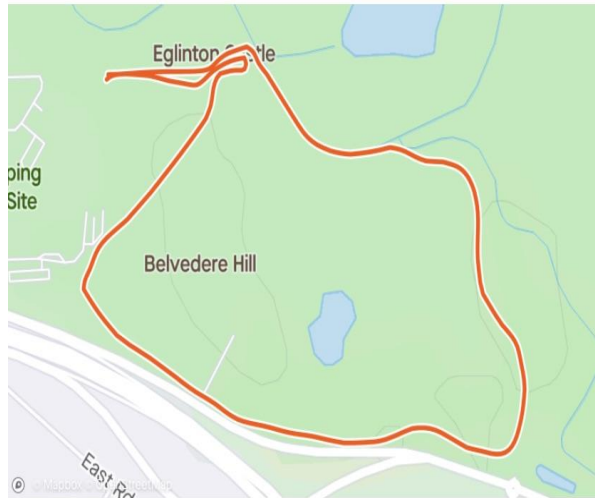
Location: Eglinton Park

The committee have decided to run the event this year in a slightly smaller format than previous years due to the current restrictions. We felt it was important to keep the event running in some form in memory of club stalwart Chick. Unfortunately we are unable to invite the family to the event and also in trying to keep the numbers down have restricted the run to IRC club members only and not Ron's Runners or guests. The location has been changed to

*** Race Results ***

Three of our runners, Michael Rimicans, Lee Shaw and Colin Whitby all competed at the prestigious monument mile at Stirling and closer to home the club organised a one mile and three-mile handicap event. Full reports were in the local paper and can also be accessed from the club website **News** page.

Eglinton Park and start time of 9am (someone suggested 8am but that is a bit early).
The proposed route is almost two miles and is:



Distance	Elevation Gain
3.09 km	29 m
Moving Time	Avg Power
10:37	93 W
Avg Speed	Calories
17.5 km/h	105 Cal

Further details will be issued in the next newsletter.



To finish

Welcome to new members Rachel McLaren and May Sharp. Many of our existing members have years of running experience so feel free to approach them if you have any questions or require any advice.

Good luck to the men's team at the Scottish Cross-country relay championships which once again is being held at Grangemouth. Due to current restrictions clubs can only enter one team.

The Ayrshire Cross-Country championships have been re-scheduled to Saturday 14th November at Scott Ellis playing fields, Kilmarnock. The race is pre-entry only and details can be found on the Ayrshire Harriers or IRC Facebook pages. It would be nice to get a big turnout of Irvine runners at the event.

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