



IRVINE RUNNING CLUB

Newsletter – November / 2020

With only one week to go until the Chick Forbes handicap it looks like we might eventually get a race underway. For more information see the section on the race.

We also have a contribution on basic nutrition from Jennie Jackson which you might find interesting. There will be more from Jennie in future issues,

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

Training

Junior Section

We have had a good response for assistance for junior section training and will be notifying those who have come forward of what the next stage will be. We would still like another lady to come forward and let Mark know if you are interested.

Senior Training

The training schedules are now underway and there was a good turnout last Tuesday and Thursday for the start of the training plans. The schedules for the night can be found under the club website Training page and on the club noticeboard. The activities have been planned up to the end of the year and will let each member know what we will be doing on the Tuesday and Thursday nights. Also note that the senior men's interval and fast group training currently starts at 6:30pm. We are also introducing hill session training with the first one at the beach park on Saturday 21st November, meeting at the Magnum carpark at 9:25am for a 9:30 start. All are welcome and there will be different options depending on fitness level.

Senior Coaching

In addition to the junior coaching we are trying to do likewise with the seniors. We have now started to formalise our training nights with interval training and Thursday night runs where everyone knows what is on offer and can make a choice as to what is best for them. The next stage will be to have dedicated senior coaches to take the club forward in terms of athlete development and race participation. Progress is being made in this area and more information will be made available in future newsletters.

Nutrition for Runners (Jennie Jackson)

Why should runners bother about eating well? Firstly, good nutrition can maximise performance, by making sure our body systems are working optimally. It also reduces risk of exercise- induced tissue damage and boosts immunity, meaning that we do not miss out on valuable training time due to injuries and illness. Perhaps most importantly, eating the right foods at the right time ensures the body recovers well from training and races, again allowing us to continue to train effectively. And finally, good nutrition helps with weight management and body composition...being too heavy or too thin can both affect performance.

The first rule of good nutrition is to eat a varied and balanced diet. The Eatwell Guide below sums it up. The green and yellow sections are the biggest proportion of the diagram, as most of our food should be fruit and veg and starchy carbohydrates. These are fuel for us, and for our microbiome (the 'good bacteria' that live in our gut). The actual quantity of foods to be eaten depends on the individual. For example, a small female could aim for '5-a day' fruit and veg, but a larger male with higher energy requirements should aim for considerably more for optimal health. We also need regular and varied sources of protein to maintain and repair muscle, dairy foods (or plant-based alternatives) to provide calcium and other minerals, and adequate fat (preferably unsaturated). The foods we should eat less of are highlighted outside the circle (although I know some of us run so that we can eat cake....it's all about moderation!)

The overall aim is for variety and balance and there is more detail here:

<http://fss-eatwellguide.scot/#>

Club website History

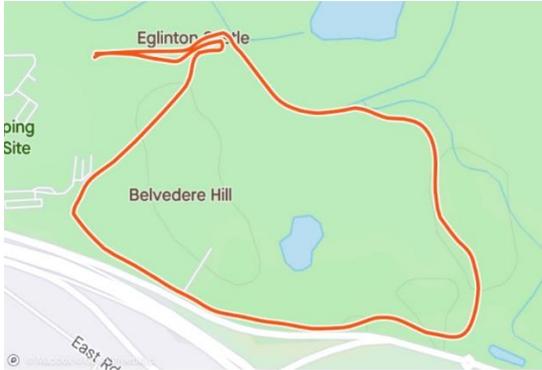
www.IrvineRuningClub.co.uk

The next page to be updated will be the history page which will give details on the club from the YMCA to Irvine AC to to-day. This is a fairly hefty project to do it correctly and I have sourced some very good information. Some of the longer-term members are providing useful and excellent information such as race reports, results and images from the mid eighties to now. The difficult part will be the 60's and 70's, great years for music, but not so great when trying to get any club information. If you feel you have anything which might be useful then please forward it to me.

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	
The Chick Forbes handicap should be the first race (hopefully).	
National CC Relays – Cancelled	IRC Xmas Handicap - TBC
Ayrshire Cross-country Cancelled	Beith 10K - TBC
IRC Chic Forbes Handicap – 15/11/2020	Masters Relay - TBC
SA Short Course championship – 05/12/2020	Scottish Masters CC – 06/02/2021
Cyclists v Harriers - Cancelled	Scottish CC – 06/03/2021
Turkey Trot 10K – 26/12/2020 (TBC)	Six stage road relay - TBC

Chick Forbes Handicap	*** Races ***												
<p>Date: Sunday 15/11/2020 Time: 8:30am Location: Eglinton Park</p> <p>We already have a good number of entrants for this event and entries will close at 8pm on Thursday 12th. Due to the numbers the event will be split into two separate races with the Ladies off first at 8:30 followed by the men at 9:30. We will be taking a photograph of the trophy winner and the fastest Lady and man for the race report so could these people hang around until after the men's race. Some of the anticipated times entered are a bit cheeky (You know who I am talking about!) and these will be adjusted accordingly by the handicapper.</p>  <table border="1" data-bbox="228 1682 727 1888"> <tbody> <tr> <td>Distance</td> <td>Elevation Gain</td> </tr> <tr> <td>3.09 km</td> <td>29 m</td> </tr> <tr> <td>Moving Time</td> <td>Avg Power</td> </tr> <tr> <td>10:37</td> <td>93 W</td> </tr> <tr> <td>Avg Speed</td> <td>Calories</td> </tr> <tr> <td>17.5 km/h</td> <td>105 Cal</td> </tr> </tbody> </table>	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	<p>Currently the National short course championships have not been cancelled and are scheduled to take place 5th December. Entry is by qualification and by posted virtual times with full details on the Scottish Athletics Events page. Let the club captains know if you have managed to qualify.</p>
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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