



# IRVINE RUNNING CLUB

## Newsletter – December / 2020



At long last we managed to get involved in a race with our own Chick Forbes handicap which was well attended with 25 runners turning out. Following on from this we are now looking forward to our Xmas handicap with full details in this newsletter.

I have also added a bit about my marathon running and how I suffered due to bad (or no) preparation.

The committee would like to wish all members a **merry Xmas** and **happy New Year**.

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

#### Senior Training

As mentioned previously the training schedules are now underway on Tuesday and Thursday evenings. The ladies are getting a good turnout but there are smaller numbers turning out for the men's section with the same half dozen or so turning up on a regular basis. It would be good to get a few more as training together helps to bring everyone on. The schedules for the Tuesday nights and Thursday tempo runs can be found under the club website Training page and on the club noticeboard. As a reminder the senior men's interval and fast group training currently starts at 6:30pm.

### Winter Club Championship

At long last we have managed to get a counting event with the Chick Forbes handicap. Current leaders are Ross Harvey and Jennie Jackson and the next counting event will be the Xmas handicap. The league tables are attached along with the newsletter.

### Summer Club Championship

A recent e-mail was sent out regarding the 2020 club championship and a request for any results to be forwarded. As a reminder the closing date is 31<sup>st</sup> December.

## 2021 Championship

The committee have been looking at the format of the summer championship with a view to making it more interesting and getting more members scoring points. The proposal is to bring the championship in line with what it had been previously and to have a few fun scoring events. The main points are:

- The championship will run between 1<sup>st</sup> April and 30<sup>th</sup> September
- The organiser will look through the Ayrshire published results and calculate the points
- Results from other events such as parkrun and those out-with Ayrshire need to be sent to the organiser
- There will be two track and field training nights consisting of sprints and field events
- To qualify you need six events with four being different. Eg three 5K's a 10K, a half marathon and a 200 metres.
- A league table will go out monthly with the newsletter.

Let the committee know if you have any ideas or have anything you would like considered.

## My marathon experience (Colin Miller)

I always enjoyed sport, playing football and basketball at school with a bit of running then more football into my mid-twenties. However injury finished the football and as the marathon boom had started in the mid-eighties, and as I had always felt I was fairly fit, I decided to enter the Glasgow marathon. It's a bit mad for a first race but that's the way it was then and after three weeks of training, yes that's correct three weeks, I was on the start line. It was the worst race experience I have ever experienced and believe me I've had quite a few since then but this was different. No water or supplements until 14 miles, by mile 16 I knew something wasn't right then the wall by mile 18. I was stopping at every water station, three or four cups of water at least and all the sweets that anybody was handing out. Believe me when I say I was ill after it and for a few days more. What an experience! Instead of packing it in I decided I could do better and joined Irvine AC where almost everyone was training for 'Glasgow'. No run was shorter than 10 miles and then there were the long Sunday runs where every route seemed to have hills in it. The names are still etched in my mind, High Smithstone and Snakers to mention a few. There were no fancy bum bags in those days where you have your water carriers and compartments for all your gels and other fancy goods. Instead some of the experienced marathon runners would go out the day before and 'plant' bottles of water at various points on the route. It didn't always turn out well as there were occasions when we couldn't find them and had to suffer for the rest of the run. I gained a lot of good advice from the club members in those days and one of the exercises, in fact the only one I can remember them ever recommending, was based on two full bottles of water and a plastic bag. The mind boggles but it was very simple and was to strengthen the top of the legs which is important to protect the knees. The bottles go into the bag and then tied onto the ankle area and sitting on a chair you lift your legs up and down horizontally. I have a weight bench which can do similar. That first year at the club my average mileage was up to about 50 miles per week and I was rewarded with taking 42 minutes off my first attempt. Plenty of water at the start and a sip at each water station with supplements when available. By this stage of my running career I was more interested in road and cross-country racing and team events but did one more Glasgow marathon. My training by this point had changed to shorter and faster running including track work every Tuesday with lots of races thrown in. The result was almost the same marathon time as the previous year but I did finish feeling fairly fresh or as fresh as can be after running 26 miles compared to that first awful experience.

## Club Website

[www.IrvineRuningClub.co.uk](http://www.IrvineRuningClub.co.uk)

We have started gathering historical results from our races and Dave Campbell has provided us with the Marymass Jim Young 10K results from 2012 to 2019. The results can be found on the **Races** page beside the 10K information.

We will be looking for older results for the 10K and the other races we are associated with, namely Cyclists v Harriers, 5 mile road race, Chick Forbes and Xmas handicap,

## 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.

## Xmas Handicap

**Date: Monday 28/12/2020 Time: 9:30am**

**Location: Shewalton Moss**

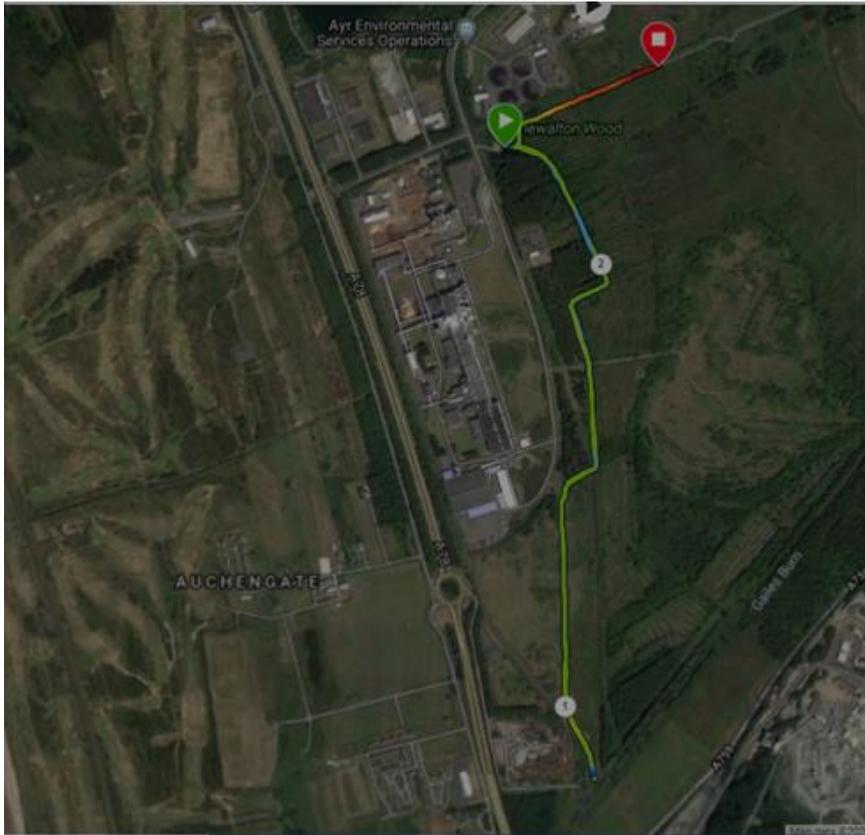
We now have a date and location for the 2020 Xmas handicap which will be held on the cycle path at Shewalton Moss. For those of you not familiar with the location it is a traffic free route behind the paper mill. Similar to the Chic Forbes handicap and to adhere to Scottish Athletics Covid policy we will be setting off in two waves with the ladies at 9:30am and the men at 10:30am. Once again we need pre-entry and the entry form is on the website **Races** page where if you scroll down to the **IRC Xmas Handicap** section you will see the link. We are only asking for your name to be entered unlike the Chic Forbes where we invited members to enter a 'sensible' finish time. The handicaps will be allocated by the handicapper. If you have entered your name and can't make it on the day then you should notify a committee member that you won't be there. Closing date is 27<sup>th</sup> December.

The course itself is 2.5 miles exactly and is flat with not a slope to be seen. The route starts just outside the car park and follows the cycle path to the crossing at the railway line before returning back the same way. Once almost at the start there is a sharp right where the race has four hundred metres to go along a slightly rougher path to the finish. Anyone not intending to run would be welcome to help as marshalls.

The Xmas handicap trophy will be presented after the men's race along with the Chick Forbes trophy.

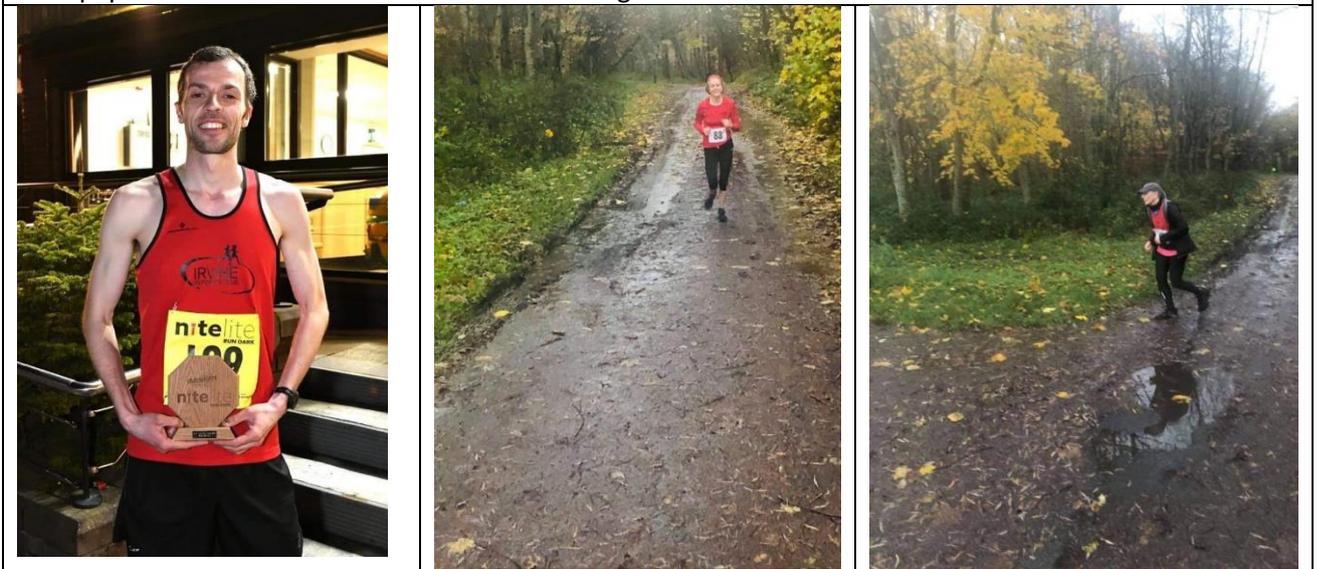
The website will be updated with any other relevant information

## The route



### \*\*\* Race Results \*\*\*

The Chic Forbes 2 mile handicap took place last month at a very muddy Eglinton Park with a good turnout of 23 runners going off in two waves. Fastest time was posted by Ross Harvey (10:28) with Jennie Jackson fastest lady (13:43). The handicap trophy was won by new member Fiona Howie. Full report was in the local paper and is available to view in the News Page of the club website.



*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*