



IRVINE RUNNING CLUB

Newsletter – January / 2021

Happy New Year and hopefully we can get a few races in this year. It was disappointing having to cancel the Christmas handicap but the committee felt there was no other option.

At this time of the year clubs would be looking forward to competing in the Masters relay and cross-country, the National cross-country and six stage road relay but now find themselves in another lockdown situation. It's important that we all adhere to government and Scottish Athletics directives in relation to Covid and we will eventually get back to some sort of normality. The club is currently closed and members should not meet there until further notice.

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 training from the club is suspended and group training not allowed then we haven't updated the training schedules until we know when we will be able to resume normal training activities. When this happens we will update the training page on the website with the club training day sessions. In the meantime you should keep your training going albeit by running by yourself. The temptation due to having more time on your hand is to pour into the training and overdo it causing illness or injury. With no apparent races on the horizon there is no point in training like a demon but keep it steady then increase the intensity when you can start to focus on races. Mixing what you do will help to keep you injury free and will exercise those muscles our type of running doesn't get near. My weekly exercise regime taking into account I am working five days a week, consists of three runs, two sessions on my bike turbo trainer (hellish!) and a nice long walk on a Sunday. Not much running to make me faster but my legs are feeling a lot fresher when I do go for a run. Weight sessions are also useful, especially as we get older and the muscles go to pot. You don't necessarily need to go to a gym, a few weights in the garage or kettlebells will do.

Junior Training

No updates as yet but we are still working on re-establishing a junior section.

Winter Club Championship

Unfortunately it doesn't seem we will get any more races and rather than have virtual times the championship will be suspended. Hopefully all will be back to normal by September this year and we can get a proper championship underway.

Summer Club Championship

The results for the 2020 championship have now been gathered and the points totals calculated. It was decided to only have an overall winner, adjusted by age category, for the men and women and no age group categories. The final positions are as follow:

Position	Male	Av. Age Grading	Female	Av. Age Grading
1	Michael Rimicins	76.98	Jennie Jackson	84.48
2	Peter Taylor	71.83	Liz Colquhoun	63.36
3	Mike Flynn	71.24	Joyce Stewart	63.03

Well done to Michael and Jennie.

2021 Championship

The proposal for the 2021 championship was detailed in the last newsletter and will commence on the 1st April.

Club Website

www.IrvineRuningClub.co.uk

The club website results page has now been updated with the results provided by Dave Campbell of the 10K, Cyclists V Harriers, 5 mile road race and Round Arran Relay. We are trying to get as many of the historical results onto the site so if you have any we currently don't have could you forward them on for inclusion.

Virtual Team Race.

You will have received an e-mail from Amy regarding a virtual team event now been organised. This is a bit of fun and keeps everyone involved in club activities. Full details were on the e-mail

Ladies Training Weekend (Susan Rhodes)

In November 2019, twelve ladies from the club took part in a training weekend. They went away to a beautiful area of the country near Fort William from Friday to Sunday. The weekend consisted of plenty of running but also there was a lot of fun with games, drinking and eating. They also took part in the Fort William Park Run on the Saturday morning. They had planned another weekend away in November 2020 however due to Covid-19 it had to be cancelled.

The ladies are planning a trip this November again. The cost is approx. £50 for two nights accommodation. Should you be interested please ask any questions you may have in the Irvine Running Club WhatsApp group where the attendees from the weekend will gladly let you know all about it. Should you wish to go £50 can be sent to the Irvine Running Club bank account by bank transfer but please make sure you notify Layna and Mike Flinn (The Club Treasurer) that you have done so.



From the Archives

Circa: early 80's



You might recognise the little fella on the left, still running and still a club member. This would have been the Marymass sports which was one of the athletics events we organised on the second week of the annual Marymass festival. The sports were held on the Tuesday night at the sports club track and attracted competitors, junior and senior, from all the Ayrshire clubs and beyond. The last event was the Marymass mile for seniors which attracted some very good athletes with the trophies being presented by the Marymass queen and her entourage. On the Wednesday night we had the Marymass 10K which followed a different course from the current one. Further information on the old route can be found on the website results page. On Saturday evening the club hosted the Marymass dance at the sports club and you needed to be in quick for your tickets as this was a very popular social event. We were then up early on Sunday morning for the 10 mile sand run. With sore *heids* from the night before we lined up outside the Magnum and headed onto the beach where we ran for five miles almost to Troon harbour before following the same route back. As you can imagine the race was dictated by which direction the wind was blowing. A Southerly was good, a Northerly not so good as it was in your face on the way back. The club also presented an award to the runners who had performed best over the three events. Happy Days!

If any of the sand run results are available could you forward them on to me and I'll get them onto the website.

To Finish

Welcome to new member Collette Austin. Feel free to ask any member for information or advice

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
