



# IRVINE RUNNING CLUB

## Newsletter – March / 2021

The good news is that we can now meet at the club and run in company in groups of up to 15 runners. The club remains closed but it shouldn't be long until it is open in some form, possibly toilets to start with.

There was another virtual 3K team relay which went down well and the next one in place is the 50K.

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 Section

We can now meet back at the club but the **Covid Club Procedures** form must be complete prior to turning up. The sessions on the website have remained the same and the plan will be to continue with these and moving onto the beach park once the clocks change. A few weeks there then we can move onto the track once it's safe to do so.

We have five members on the Coach and Leader in Running Fitness courses who will provide coaching for the various groups in the senior section. Once all have completed the courses then the next stage is to plan how to put it all in practice to accommodate the various running groups at the club.

#### Junior Section

Along with the senior running coaches the club is further investing in putting five members on the Scottish Athletics coaching assistant course. This course is the start of the pathway to being a fully qualified and then a specialised coach in a particular discipline. This course gives all round training on the basics of all disciplines of athletics, running, jumping and throwing and the basic all-round fitness of the athlete. These coaches can coach both seniors and juniors and will work with John McGarry the current full SA coach in setting out the training sessions for the juniors.

The recent newspaper report included a mention of the club re-establishing the junior section and hopefully we will get some contact regarding this. For current club members have a think about bringing your own, relatives or friends kids to the club to be part of the juniors. Athletics is a friendly sport and can be done alongside other sports such as football or hockey. In addition to providing a good level of fitness they can have plenty of fun and enjoyment out of it.

We will be preparing for the re-start which will hopefully be once all coaches have completed their courses and which should be in a few month's time. In the meantime the committee members can provide any further information you require.

### Club Website

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

We have added the new Covid link for running from the club. You must enter your name and time you are meeting before turning up. As a reminder the link is on the **Home** page, Under **Forms** and **Covid Club Procedures**

### Events

#### Upcoming Events

- The 50K virtual team event at the end of March. Teams have been selected and individual times will be made available for a newspaper report.
- The Marymass 10K scheduled for August will be discussed next month to decide if the event will go ahead.

#### Results

The 3K virtual team race took place and the winning team consisted of Mike Flinn (15:51), Susan Rhodes (14:55), George Irving (11:14) and Michael Rimicans (9:58). The times for the three fastest men were quite close and these were Michael Rimicans (9:58), Billy Richardson (10:06) and Craig Houston (10:10). For the women, the fastest three were May Sharp (12:15), Jennie Jackson (12:44) and Liz Duncan (14:51).

#### The last organised local road race (Susan Rhodes)



This was Beith 2020 and little did we know that this would be one of the last 10 K races we would be able to run safely. A reminder that races will start again and hopefully we can have a big turnout at the race next year. As we all now know Beith was also cancelled in 2021. Ah well... Maybe 2022.

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## From the Archives

### The Track Leagues



With the recent e-mail regarding an Ayrshire select track and field team I would just like to share a few experiences of our days in the track leagues. At one point we had teams in four different leagues, the Senior Men, the Senior Women, The Junior League and the Scottish & North West League. The first three were self-explanatory but the fourth one was for all members of the club, male and female and Juniors to veterans. The league was open to Scottish and English clubs from the borders and Lake District areas. It was a full bus going to the S&NW league events and Irvine were a division one team which provided tough competition. With all these leagues in place then almost every Sunday during the summer was taken up by them and this involved a lot of travelling.

The included picture is what happens to the team manager when you have won a league title. We won a few men's league titles and being the team manager I knew this was going to happen. No point running because some of our team were very fast and I was carried to the steeplechase water jump and chucked in. All good fun... for them!

Track leagues are very competitive and consist of an 'A' and 'B' string athlete in each event. You also try to cover all the events which means you might do something out-with your comfort zone, for a distance runner that is almost everything else. Luckily we had some good jumpers and multi-eventers but I had a go at a few of the, let's say, scary events. Steeplechase, 400 metres hurdles and Pole Vault. On one of my attempts at the Pole Vault I thought I had actually cleared it as the pole was still in place when I looked round. However the red flag was raised as I had run under it. I never knew as I always closed my eyes when jumping.

Track and field is good fun and hopefully we can get a few 'fun' days during the summer to give everyone a go with no added pressure.

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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*

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