



# IRVINE RUNNING CLUB

## Newsletter – May / 2021

A note for your diary will be the club AGM which we are hoping to hold in July. Further details will be sent out once a date has been confirmed.

As mentioned last month remember to complete the membership form and return to Susan. It's important to keep the membership details up to date for communication purposes.

The good news is that races are starting to be publicised with some of the popular local races, including our own 10K, in the process of being advertised. It is advised to register early as the race numbers will be reduced due to Covid restrictions. See under the *Upcoming Events* section of the newsletter for dates.

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

#### Coaching courses

The members on the SA Coaching Assistant course are still working through the various stages which are required to gain the coaching certificate. It has been a long (and sometimes tiresome) process but should be completed over the next few months. The forward plan will be to come up with a coaching strategy which will be geared to all club members.

#### Senior Section

With Covid restrictions having been updated and with the club now open for toilet facilities the senior men's section will return to a 7pm training time at the club. This will commence on Tuesday 25<sup>th</sup> May with further plans to move onto track sessions a couple of weeks later. We would ask that all seniors, apart from the 6pm jogging group, if not already doing so could meet at 7pm from this date.

#### Junior Section

With the delay in the Assistant coaches completing the necessary requirements we will now be looking until after the school summer holidays before progressing with the junior section. This is a bit disappointing as we would have liked to have commenced during the summer holidays but it's important that we have everything in place before moving forward.

## Club Website

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

For information both current and historic on the club and where documents such as membership and Covid club attendance can be accessed.

## Summer Championship

Still waiting on our first results but shouldn't be long now.

## Events

### Upcoming Events

We are looking at running a 2mile time trial on Tuesday 1<sup>st</sup> June 7.15 pm, probably on the same route as the Chic Forbes race. Further details will be sent out.

11/07/2021 – Crieff 10K (online entries open)

07/08/2021 – Dunoon 10K Coastal Road Race (online entries open)

18/08/2021 – Irvine Marymass 10K

22/08/2021 – Kilmarnock 'Roon the Toon' 10K (online entries open)

05/09/2021 – NAAC 10K (online entries open)

### **Marymass Jim Young 10K** (Mike Flinn)

The club is planning to run the Marymass 10K on Wednesday 18 August starting at 1900; it will be a slimmed down version of the usual event with adjustments to reflect the constraints of Covid. Please make a note of this date and if, as has happened in previous years, you could volunteer for marshalling and the other activities which underpin the event, that would be much appreciated.

Any surplus we make from the event goes into the Club Funds and helps to subsidise the fees we pay to the Sports Club, so that is a strong incentive to help out.

Gordon Thomson will be co ordinating the marshalling etc and will be in touch nearer the time.



When reading our recent race report in the Irvine Herald I noticed this picture they had put in the archives section which was from the annual Christmas handicap held on Irvine beach. The event was in 2009 and as Irvine had been hit badly with freezing snow the normal route was unsuitable due to Health and Safety reasons. The race was an out and back and apart from the cold the conditions were fairly good. A few of the runners in the photograph are still with the club.

The club members always looked forward to the Xmas handicap and in days past was one of the main social events at the club. Like the Cyclists V Harriers there is a good festive feel about it with the selection from the prize table all good fun. There were junior races before the senior event which included the under-17 age groups (just under three miles was nothing to them) with the race kicking off at the customary 1pm time slot (the time was changed to 11am a couple of years ago which affected the numbers).

Initially there was a male and female trophy but as the men had the Hamilton Trophy (biggest of them all) the women decided they would like a shot of it also. A vote was taken and there is now only one trophy to compete for rather than two.

There have been two distinct courses with the first one being one large lap of the old Marymass 10K course. This started outside Cunningham house, under the railway bridge and followed the road round to the 'hole in the wall' then back to the start. Similar to the 10K, the course needed to be changed due

to the amount of traffic going into the new retail park (Tesco, etc). The preferred option was the current course round the moor giving a distance of 2.8 miles.

The timing of the race is now around the 28<sup>th</sup> December but various dates were used including Boxing day which certainly clears anything hanging about from the day before.

The handicapping process is difficult, not so much for regular racers, but for those who only do a few races a year and don't come to the club regularly. The priority is to try and not have people winning by 'miles' but to ensure it is a 'close run thing'. We also try to make sure that we get different winners over the years but there are members who have been at this club for a long time and have never had a sniff at winning. We have others who have won more than once but they're in the bad books.

All in all it's a great event and hopefully we can get all club members mixing by enhancing the social aspect this year.

As part of the result page on the club website the Xmas handicap results throughout the years will be published. They are being gathered at the moment but if any members have results then could they send them through for inclusion.

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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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