



IRVINE RUNNING CLUB

Newsletter – June / 2021

A note for your diary will be the club AGM. This was decided as 6th Sept 7.30pm (almost a year since the last one). Depending on Covid restrictions this will be in person or virtual.

A few more races have now been added to the list and as stated previously it is important to register early as field sizes will be restricted.

We now have a few results available, and these will count towards the club championship.

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

Membership Fees

Just a quick reminder for those who do not pay their Membership Fees by DD/SO. There are still a small number of club members who have still to pay this year's fees. The form to do this can be accessed via the club website and if payment could be made electronically directly into the club Bank Account that would be appreciated.

In addition, could all members complete the membership form and pass to Susan.

Training

Prior to the official commencement of training on the track there are ongoing discussions regarding the use of the track and area inside and immediately around it by the various member groups at the sports club. It is important that the running club has a clear and safe environment, and this will be the basis of further discussion.

In the meantime, if anyone is currently using the track area be safe and observant of others around you, including fellow runners. In wet conditions it is always standard practice to keep off the inside lane of a grass track as this is where most of the damage can occur. Cones or other implements can be used to 'block off' the inside lane. Obviously in very wet weather it is better to stay off the track and use other parts of the field, including the inside track area for training.

Club Website

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

The first race times are now available and will be added to the championship spreadsheet which will be sent out with the next newsletter. Remember to send in any results, including virtual times from organised events, if you want them included in the scoring.

Events

Upcoming Events

01/07/2021 – Dundonald 10K (virtual event. Online entries open)

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

28/07/2021 – Kilmaurs Gala 5K (online entries open)

31/07/2021 - John Lucas Memorial Ultra and Relay (further information from club captains)

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

18/08/2021 – Irvine Marymass 10K (online entries open)

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

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

Race Results

Full reports will follow in the local paper and **News** page of the website.

21/05/2021 – Monument Mile (Stirling): Lee Shaw (5:05); Owen McWilliams (5:27)

04/06/2021 – BMA meeting (Linwood): 3,000 metres Michael Rimicans (9:15); Colin Whitby (9:28)

A day in the saddle (Colin Miller)



We all see ourselves as runners (or athletes if you prefer) but what is an alternative to keeping fit if you have an injury. A few of us have discovered that cycling is a great alternative where the cardio system is getting a workout without the pounding which is the cause of most running problems. A few years ago a few of us got bikes and have the occasional excursion on well documented cycle routes. The beauty is that you can go far, have a good feed then hop back on the bike. The image is from one of our favourite jaunts to Kilmacolm along the

cycle route and back the same way to Irvine, a distance of about 60 miles. We are booked to go round Arran on the 26th of this month and that is a tough one with many miles of torturous climbing. It was bad enough running parts of the island when the Round Arran relay was being held but cycling on a bike is a different proposition altogether. If you have a niggling injury preventing you from running, then get on your bike.

From the Archives

Scottish Cross-Country championships, Beach Park, Irvine



The highlight of the winter running season is the National Cross-Country and Irvine Beach Park was regularly used to host the event. With the Magnum for changing and showering along with it's bar (yes sold alcohol) and restaurant it had everything the organisers needed to run a successful event. The course was ideal for cross-country running and had many vantage points for spectators to view the race. The above image is the cover page from a book by Colin Shields which charts the history of the Scottish Cross-Country Union (SCCU) and was published to mark the centenary year. This is the start of the race and the Irvine runner in the middle of the group is Jim Stevenson with some notable competitors not far in front. On the right with the headband is Nat Muir who holds the record for the number of championship wins.

The Beach Park race started in what at one time was the American Football Field (yes Irvine had one of those also) and headed to the left of the crazy golf pitch and up the small slope. It was like a cattle stampede with the pounding of feet on the hard grass making an amazing noise. Fall at that point and it was very difficult to get back up until the stampede was over. It was also quite dangerous as all runners wore spikes and it is not very pleasant getting 'spiked'.

Cross-country running is all about breaking your stride and apart from the short sharp hills there were other notable features like going onto the sand at the beach then back up the Dragon hill. The hill is bad enough but when your legs are like lead after 150 metres of sand running it is very painful.

It was very unusual for the course to be muddy but that happened one year at the SCCU centenary race. Heavy rainfall leading up to the event and building works around the Magnum created a heavy waterlogged course which you would never have thought possible.

For the club there have been great results by both the men and women throughout the years but one of the top ones was by Lee Richardson (Billy's younger brother) getting a top 10 finish at the Beach Park. A great performance.

There have been many other races at the Beach Park including Ayrshire, District, National and International events and although the changing is no longer available it's good to see Ron's Runners organising the Ayrshire relays over the course.

For all of us who ran the 'National' at the Beach Park, both men, women and Juniors it brings back great memories running on a course at a venue which is sadly missed.

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
