



# IRVINE RUNNING CLUB

## Newsletter – July / 2021

A reminder that our Jim Young 10K will be held on Wednesday 18 August starting at 1900. If you don't intend running, then it would be appreciated if you could volunteer to officiate on the night.

The club AGM will be held on 6<sup>th</sup> Sept 7.30pm. We are still unsure of the format, physical or virtual, but will confirm in August.

It's good to see that we are now getting Irvine runners competing once again. More details in the results section.

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

A decision has now been made regarding the track area which will be available to the running club. Andy Rennie has agreed to show the club coaches around the proposed area, and this will give us an idea of the suitability regarding the type of coaching we will want to take place.

### Junior Section

The assistant club coaches have now completed all pre-requisites and will shortly be issued with their coaching badges. With the other running based coaches, we will be deciding on a start-up date, probably end August, after the schools re-convene. The general idea is to introduce all aspects of athletics (runs, throws and jumps) and including general fitness into the plan. We would also like non-coaches to help as assistants to the coaches and if interested further information can be provided.

At the moment it is difficult to determine the response we might get but we have already had a few enquiries and as a club member it would be helpful if you can spread the word.

### 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

We are now starting to gather results for the championship and the first league table is attached with this newsletter. There may be a slight adjustment to the scores, but they will all be reviewed at the end of the term. As a reminder you must score in six events where four must be different. All athletics events are included but must be part of an organised event. Due to the restricted events due to the pandemic virtual events are included. If you have any scoring events which have been missed, then forward them to be added. Currently the leaders are John McGarry and Jennie Jackson.

## Events

### Upcoming Events

01/07/2021 to 31/07/2021 – Dundonald 10K (virtual event. 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.



We are now starting to get Irvine runners competing in quite a few events and posting some good times and positions. Top mention must go to John McGarry becoming a Scottish champion once again in his favourite 100 and 200 metres events at the Scottish Masters championships. Not resting on his laurels John also represented the Scottish Veteran Harriers in the inter district event at Nuneaton where he won both the 100 and 200m in the over 70 age group. Brilliant performances.

Jennie Jackson also had a fine run at the Scottish masters 5K road race at Clydebank where she finished 2<sup>nd</sup> in the over 60 category. Jennie also finished 2<sup>nd</sup> in the track 5K at Kilmarnock.

At the same track championships Steven Daye posted a pb time of 16:23 proving that his training is going well.

## From the Archives

### Marymass Sand Run



The above picture was sent in by Andy Rennie and shows the runners at the start of the Marymass Sand run which was held on the Sunday after the Marymass Saturday. It was always a difficult race mainly due to the wind direction and more importantly it was held the morning after the club's Marymas dance at the sports club. Irvine's Jim White is in the centre with a few local runners from the past prominent - Matt Ferguson and Raymond Turley of Kilmarnock and a bare-chested Kenny Philips. The race was the brainchild of Willie Fulton who was also responsible for the Cyclists v Harriers race. The race started outside the Magnum then five miles on the sand almost to Troon harbour where you turned and headed back. Due to the geography of the course hardly any marshals were required, and the turning point was usually someone standing with a stick they had found on the beach. The wind direction was important, and I remember flying the first half then turning into a force 10 gale. Jim White will remember the race when three of us were at the front and decided to stay together on the way back for a sprint finish. The route taken was also important, keep to the sealine and you're fine, stray to the sand dunes and you're not. Another great race 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.*