



KILMARNOCK HARRIERS & ATHLETIC CLUB NEWS

THE PRESIDENT'S INTRO



It gives me great pleasure as Club President to welcome the first issue of the 'CLUB NEWS LETTER'. The plan is to produce this news letter,

quarterly, and is another measure taken by your committee to improve our overall communication across the club.

Communication is a real challenge for us today, mainly because of the continued success in the growth, not only in numbers but also in the diversity within the club. We have:

- The junior group a real dynamic element within the club. The successful growth of which, is largely due to the development strategy of our Coaching facilitator, Jim Goldie.
- The under 20 and senior group, covering track, road, cross country and hill racing
- The 6 o'clock, road running group
- The 7 o'clock, introductory fitness group

All these groups total in excess of 250 members.

Supporting all these activities is a network of 12 qualified and practicing coaches with a further 4 members qualifying as level 1 coaches within the next few weeks, plus some group leaders, so keeping everyone up to speed in what is happening within the club is a major task.

The Club News letter will have regular items like race fixtures, club results, up and coming events, special performances by individual athletes, fundraising events along with, special features on the development of our athletic partnership with East Ayrshire Council leisure department and covering the progress on the planned all weather track

complete with international class facilities. The real success of the News Letter will depend a great deal on the contribution by all of us in helping our dedicated reporters be aware of 'news worthy' items. So let us make this Club News Letter, a real communication tool.

Jim Young



ENTER NOW!

Please help us find a name for this Newsletter !!

A years free subs are the prize and all ideas should be submitted by the 1st of May 2010 to the Club Secretary at: hannkies97@aol.com

6PM JOGGING GROUP

The 6pm group has a steady core of 20 regular runners. We meet at Kilmarnock Academy on Tuesdays and Thursdays at 5.50pm for a 6pm start.

We're working on a 4 weekly winter schedule which is mainly road running, but also includes a couple of training sessions in the Kay Park.

The Spring Schedule will be introduced in March when the evenings are lighter and we can start to go a bit further afield. Sunday runs are at 9.30am from Kay Park, covering distances of around 10 miles.

Several runners are training for Alloa Half Marathon, Troon 10k and of course Ruby's Run.

Sharon, Wendy, Fiona and Eve who joined after taking part in the 10 week beginners course last year, are going to compete in the Women's 10k this year.

The girls have made great progress and are now running with us on Sundays, comfortably completing 9 miles last Sunday.



Some of the Seniors at last years Arran Relays, one of many Club events throughout the year.

WHEN THE GOING GETS TOUGH!

Brian McEwan competed on the 31st January in Tough Guy (Heroes). This race, which is described by the organisers as the toughest test of its kind anywhere in the world, takes you over an obstacle course built from 15metre high trees. It includes going beneath razor wire, running through flames before diving into mud. Other features include narrow tunnels, filled with murky water, a wall climb before diving into the freezing lake and a barbed wire crawl to name just a few of the obstacles.

Brian completed the first part of this race in 3rd place. However, as he had to endure the obstacle part of the course, he fell back. He managed in the top 80 through the line, frozen and exhausted by the course, but relatively happy.

OTHER NEWS

Devils Burden Relay

Falkirk (Saturday 23rd January)
The "The Ayrshire Laddies" (consisting of Ayrshire club members) competed in this race. Kilmarnock Harriers running were Stephen Chard (first leg with Ian McManus), Adrian Chard (Second), Alasdair Murray (Third leg with Ian McNee), Roddy Pugh (Last). The team came in 101st

LSK Supplies Open Veterans Road Relay (SVHC)

Strathclyde Park (Sunday 24th January)
Four V35 teams took place in this national event. Team A came in 3rd place (Brian McEwan, Scott Martin, George Irving and Keith Haining) and Team B 10th (Les McDerment, David White, Connell Drummond and Michael Corson). We also fielded a C Team (Matt Ferguson, Alasdair Murray, Kenny Wales and Ian McAughtrie) and a top 10 Female team (Paula Wilson, Elizabeth McDerment and Fiona Herbertson).

4k National Cross Country Championship

Bellahouston Park (Sunday 31st January)
4 men ran the 4K (Cammy Wilson 29th,

James Wales 45th, Ross Connelly 48th and Les McDerment 67th) The 4 runner team was 8th place. Paula Wilson was the only female to run and came in 28th.

Scottish Athletics National Masters CC Championships

Forres (Saturday 6th February)
Paula Wilson was the only female and came in 27th. Scott Martin was 24th in the Mens race and Brian McEwan 27th.

Scottish National Cross Country Championships

Falkirk Callendar Park (Saturday 20th February)
Elizabeth McDerment competed in the Woman's race and came in 117th. Cameron Wilson, James Wales and Ross Connelly competed in the U20 senior men's race. They came in 19th, 20th and 24th position respectively. 6 senior men competed. Andy McGhee (88th) was the first for Kilmarnock, followed by Scott Martin (121st), Connell Drummond (175th), David White (212th), Leslie McDerment (217th) and Ian Goudie (400th).

UPCOMING EVENTS

Jack Crawford Springburn Cup
Leisuredrome, Bishopbriggs
(Saturday 16th January)*

Balloch To Clydebank Half Marathon
Loch Lomond Shores, Balloch
(Sunday 14th March)

Alloa Half Marathon
Leisure Bowl, Parkway Alloa
(Sunday 21st March)**

Scottish Athletics Road Relay Champs (6 & 4 Stage)
Almondvale
(Saturday 03rd April)*

Lochaber Marathon
An Aird, Fort William
(Sunday 18th April)***

Virgin London Marathon
Sunday 25th April***

* Winter Championship

** Summer Championship

*** Best Marathon time can count towards Summer Championship



FRIDAY 26TH MARCH

NEPAL PHOTO SHOW & TALK

“ Since I was a teenager I always dreamt of visiting Mount Everest, as in my early years I was into hill walking and climbing and was an admirer of guys like Dougal Haston, Hamish McInnes, Chris Bonnington to name but a few. ”

So in March 2006 I fulfilled my dream and visited Mount Everest Base camp (18,500ft) in Nepal. It was my first visit to this country. It was quite an experience in many ways. Nepal is a country of extremes, as it's one of the poorest countries in the world and also hosts 8 of the 10 highest mountains in the world. So from basic living conditions to rubbing shoulders with Mount Everest and the smiling faces of the Nepalese it left quite an impression on me.

I returned in 2007 and was able to ascend Mera Peak (Nepal's highest trekable peak at 21,550ft) and returning from this visit I got in tow with Dr Mike Steven from Banchory and the Helambu project. Over the last couple of years a few of us from Scotland and further afield have been raising funds to build and support at school in Gangkhatka which is in the Helambu region of Nepal, which lies about 2 days travel from Kathmandu.

I returned in November of 2009 and witnessed the beautiful new school which lies about 20 minutes from the small village surrounded by mountains.

It's increasingly difficult to think of new ideas to raise funds for the future plans for the school and surrounding area. As some of you may recall I walked the length of Scotland in 2008 to raise funds, this time around it's less physically challenging but no less mentally challenging, and I'm pleased to say the Harriers have agreed to help promote the event.

I'm holding a film show to share with you some of my many photographs from my visits to Nepal. I'll do my best at saying a few words but be well warned public speaking ain't me!

So please come along to the show and support Helambu project on Friday 26th March at the Howard Centre, Kilmarnock. It starts at 7.30pm and entry is £4.00.

Tickets can be obtained from me (reply to newsletter@kilmarnockharriers.com), or pay on the night.

Matt Dodds



2010 ANNUAL GENERAL MEETING

All members are invited to attend the Annual General Meeting of Kilmarnock Harriers and AC and if they are available to do so they should be there on the night.

We would encourage your attendance, participation and contribution to how we continue to progress the club.

The AGM will be held on **Friday 19th March** at the Broomhill Hotel, London Rd, Kilmarnock at 7pm.

INTRODUCTORY & FITNESS

Four new members have recently joined and all are doing very well.

Well done to Liz Mackie for getting a shiny new pb in the Glasgow Park Run. Currently the group are working towards 5k and 10k.

The group meets:

Tuesdays - Games Hall
Kilmarnock Academy @ 6.45pm

Thursdays - Upper Gym Hall
Kilmarnock Academy @ 6.45pm

7PM ROAD RUNNING GROUP

We're continuing to see out the remainder of the winter, with only a few weeks left pounding the streets of Kilmarnock, before "Summer" arrives and we return to the country roads.

This year, with a good few members preparing for April marathons, numbers have been good and the pace steadily picking up as the weeks go on, as we all eye up the progress of each other. We've introduced an "every man for himself" spell within each run - 5-10 minutes midway through the run - when it is

literally that, allowing everyone to run at their own "flat out" pace for a period before regrouping.

Regularly on the pace are Mike Scott, Billy Robertson and of course Mark Hamilton and John Cairns. Special mention to John Parker and Paul Bennie who have shown some strong improvement in recent months.

Sunday morning long runs have also been well attended with mileage now up at around 18-20 as marathons loom.



WHY JOIN THE HARRIERS?

The benefits of joining any running club are huge, and at Kilmarnock Harriers we like to think that we offer more than most.

With a number of very experienced coaches, and group leaders, the Harriers cater for anyone from those starting out in the sport with the goal of keeping fit, to people whose aim is to improve performances and to compete at the best of their ability. As you can see from the number of groups featured in this initial edition of the Newsletter there really is something for everything, and the social side and the opportunity to meet a large number of people from all walks of life is yet another benefit.

The cost of joining the Harriers is minimal, and aside from the above, we offer:

- The opportunity to represent the Club at many races throughout the year as an attached runner.
- Four free to enter Club races per annum where refreshments are supplied afterwards free of charge.
- A Club vest as part of you're first years entry fee
- Four Newsletters per annum.
- Being kept informed of Clubs affairs through various means of communication, and the opportunity to contribute towards the general running of the Club.
- The opportunity to gain a London Marathon Place through the Club draw held after every Christmas Handicap.

There are many other benefits, these are just a few so if you fancy coming along one night to try - Please do so !!

WEEKEND TRIP

The Harriers have for the past few years had a team building outward bound weekend and are toying with the idea of going to Lochgoilhead this year. We have been there before and found the activities both fun and challenging. I have enclosed a "show interest slip" which we need to see if the interest is there. Due to bus costs this would probably need to be capped to 45 - 50 athletes. This year the payment would have to be met in full as last year the club had to subsidise a trip fairly heavily due to a lack of fundraising. So cost would be approximately £150.00 We realise this is expensive but that is what it costs and the coaches also pay their own way. The dates are Friday 17 September till Sunday 19 September. The website is lochgoilhead.org.uk for anyone to check it out. If the trip did go ahead the deposit would be £60.00 non refundable

and payment would have to be made in full by end of June. This could be made by monthly installments. The go/no go decision would be made by the "show interest slips" which should be returned by first week in March.

Please return the slip below.

Athletes Name.....
 Coach name.....
 D.O.B.....
 Male or Female (please circle)

I would be interested in my child attending Lochgoilhead for the weekend and understand that £60.00 deposit would be non refundable if they were unable to attend.

Signed

JUNIOR MEDALS

The junior section will be having a parent's evening on 26 March at 7.15 to be held in Kilmarnock Academy Assembly Hall. During the evening the junior athletes will be awarded their "Shine Award Medal" so parents should come along to help them celebrate their successes and achievement. We will also give an update on how the new facilities are coming along and time will be available for parents to have a chat with coaches. We are also hoping that Yvonne Murray former Commonwealth Champion will come along to inspire our young athletes. So please come along with your children and support your club. Information about the proposed Lochgoilhead trip would also be passed on and if going ahead

the show interest slips would be collected along with deposit payment.

The junior section will be running a bus to The Scottish Junior Road Championships to be held at Roukenglen Park on Sunday 21 March. Yvonne will be giving letters to athletes.

The first Track and Field event for Kilmarnock Harriers will be on 11 April at Dam Park in Ayr and is ideal for all, from beginners to seasoned athletes. We will be running a bus and would like many athletes to attend as this is what they train for. It is very relaxed and a good introduction to competition for younger or less experienced athletes. An open graded meeting means athletes should compete against others of the same ability so is very inclusive no matter of ability.

Finally, for all Open Graded Meetings / Club Championships events etc, assistance is always required to help stage these events. All parents are reminded they should help out at a minimum of one such event per annum.

STOP THE PRESS!

In the past few days, an additional 4 members of Kilmarnock Harriers and AC gained the **UKCC Level 1 Coaching qualification in athletics.**

Further proof that you're forward moving Club is always striving to improve facilities and conditions for our Members.



As a number of members are doing Marathons or indeed other events in the forthcoming months and may be considering doing so for charity (an excellent motivating tool), the following charity may be of interest.

Member Lindsay McMahon is involved in the charity which provides sporting opportunities for young people with disabilities through a 3 day come and try event and other sports festivals. The charity also provides grant funding for clubs and individuals who are involved in sporting activities

for young people with disabilities. Over the years the club has had young members with disabilities competing for the club such as Vicki Griffin (learning disabilities), who went on to successfully compete at the Special Olympics, such athletes would be eligible for this funding.

If you require more information on this or indeed wish to donate / do something in aid of the cause, please visit: www.ayrshiresportsability.org.uk or contact Lindsay in person anytime or on **07717 693 232** (day time).

One final thing - anyone interested in supporting the cause will be provided with a t-shirt and sponsor forms.