

141st Eglinton Parkrun 21st Nov 2015

A cold morning on Saturday but calm and ideal for running although the rather big puddles had a decent layer of ice broken during the run. A slightly disappointing 93 runners braved the cold conditions but Irvine Running club had a healthy 9 members running, this is they:

Alan Douglas 1st SM 30-34
Paul Lafferty 1st SM 20-24
Jim Sneddon
John Surgenor 1st VM60-64
Joe McNamee
Richard Dennis
Mike Flinn
Pamela Porteous
Bob Nicol

We also had three members doing stewarding and they were Liz Colquhoun Ross Laye and John Miller. Well done to all who represented our club on Saturday.

142nd Eglinton Park Run 28th Nov 2015

It was a miserable wet and very windy morning for the park run but 84 hardy runners turned up to run in the very muddy conditions. As it would be the Ayrshire cross country championships on the Sunday, many runners would be keeping themselves for the championships. Irvine had 4 runners on Saturday and they were

John Surgenor 1st VM60-64
Joe McNamee
Mike Flinn
Liz Colquhoun

We had 2 members stewarding and they were Alan Douglas and John Miller. Well done to all the members who represented the club at the event and good luck to all running on Saturday.