



IRVINE RUNNING CLUB

Newsletter – August / 2021

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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

Club AGM

The club AGM will be held at the sports club on Thursday 9th September at 7:30pm and hopefully we can get a good turnout. A copy of the agenda was e-mailed out and have a think about taking a stint on the committee. Fresh ideas are always welcome and throughout the previous year new initiatives have been introduced with further ones, such as the junior section start-up, in the pipeline. We are looking for members who can assist in running what we have currently introduced or come up with something new which could give a bit of interest to both the senior and junior sections.

Training

Senior Section

The senior men have now started track sessions on a Tuesday night with a good group kicking it off. It would be good to get more members training together as the Tuesday session was always the core session of the runners training week. Other days were important but the Tuesday night session was the main one and it would be nice to get back to that.

With lighting available there will be no reason to completely stop the track sessions over the winter months but we will be looking to continue and mix with interval sessions on the road.

We will also be able to provide individual training schedules if you are interested in targeting a

particular event or improving on your times. Remember the club has experienced runners and it is a good idea to tap into their knowledge.

Junior Section

The start date for the junior section is Tuesday 14th September and a flyer is attached with the newsletter. It would be helpful if the club members could circulate / publicise the flyer as we are in the process of trying to get the word out. Mark Sands has put us in touch with the Active schools coordinator at Irvine Royal who has responsibility for the secondary and the feeder primaries. He should possibly be able to get the word to Greenwood and it's feeder primaries.

For information we currently have six SA coaches available but would like others in the club to get in touch if they would like to get involved by assisting the coaches. Also if you are injured then this is a good way to keep involved with the club or if like me you are reaching the 'twilight years' of your running career then this is a perfect next step.

The basis of the coaching will be in all disciplines of Athletics ie running (sprints, hurdles, distance), throws and jumps and general fitness. For the coaches the next step would be to specialise in a preferred discipline for both older juniors and seniors.

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

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.

We will be uploading Scottish Athletics policies onto the website and these should be read by all club members.

Summer Championship

The updated league table is attached with this newsletter and results are now coming in thick and fast. We have a good number of members on the scoring table and with most of the local races now happening and the re-start of the Eglinton park run more names will be on the table. It is proving difficulty to get the required four different distances with most of the races up until end of September either 5K or 10K events plus a few track meetings. If only two different events are completed then the maximum you can score on is four which is the case at the moment. Currently there is a new men's leader with Steve Daye and Jennie Jackson still in the lead for the ladies.

Events

Upcoming Events

01/09/2021 - Ron's Runners 5K
05/09/2021 – NAAC 10K
11/09/2021 - Skye Half Marathon
12/09/2021 - Stirling 10K
18/09/2021 - Arrochar 10K
19/09/2021 - Scottish 10K
19/09/2021 - Scottish Half Marathon

Race Results

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



Once again John McGarry has brought a British title to Irvine when he won the 100 metres in the over-70 category at the British track and field championships at Birmingham. A hamstring injury caused him not to do the double when he finished 2nd in the 200 metres event.

There have also been good turnouts from the club in a few of the local events and hopefully this will continue for the remainder of the summer.

From the Archives

Irvine Junior section



With the junior section re-starting in a few weeks time then I thought it might be of interest to give a bit of information on the junior section of previous years. The point to note is that in the days when we had a strong competitive senior section we also had likewise with the juniors so hopefully we can go down that same path very shortly. The image is from one of the track leagues Irvine competed in and the coaches are Mary Miller and Morag Burke.

The juniors competed in mainly Cross-country in the winter months and track&field during the summer where the club had a mixture of very good athletes and those who just wanted to come along for a bit of fun and to keep fit. The club competed in the young athletes and Scottish and North West leagues and getting it all organised on match days was a major headache for the team managers and coaches. The senior track league was fine where everyone would get to their event on time but with the juniors it could be a bit of a nightmare, however it all turned out ok in the end.

The club had a good reputation in the track leagues with us getting into the top divisions of the young athletes and Scottish&NW.

Once again they were great days for the club and as we have no plans to enter teams in track&field leagues we would eventually like to see the juniors competing at local, district and National levels and hopefully there will be a knock-on effect with the seniors.

Welcome to new member Cameron Blades who is a regular at the Tuesday night track sessions

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.