



# IRVINE RUNNING CLUB

## Newsletter – September / 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: Colin Miller

Male Club Captain: Stuart Moffat

Female Club Captain: Layna Thompson

Ayrshire Harriers Rep: Dave Campbell

Social Media: Amy Rhodes

Committee Member: Janet Robertson

Committee Member: Karen Figgins

### Club AGM

The club AGM this year was a face to face meeting held at the sports club with a healthy 22 members attending. There were a few changes on the committee with Karen Figgins coming on and Colin Patterson and Gordon Thompson leaving. All members should now have a copy of the minutes.

### Training

#### Senior Section

Tuesday and Thursday training session details for the next couple of months have now been produced and copies can be provided by the club captains or viewed on the club website.

As stated in the last newsletter 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 junior section has started and as expected it will be a slow process to get decent numbers. At the moment we are still waiting for full distribution of our flyer to the local schools and before this happens we need to provide some information about the coaches to the Active Schools Co-ordinators. This is in progress at the moment and should be with them this week.

## 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.

As stated last month the Scottish Athletics policies are now on the website and these should be read by all club members.

There is all a list of historical race results on the website which makes for good reading. If anyone has any results for the missing years then could they forward them to me for inclusion.

## Summer Championship

The updated league table is attached with this newsletter and we are now getting close to the cut-off date for results which is 30<sup>th</sup> September. Current leaders are still Steve Daye and Jennie Jackson and the table will give details on who is leading the various age groups. The club will be holding the following track races in order to allow members to pick up a few more points so if you have an interest in picking up one of the trophies then it would be worthwhile taking part in them.

21/09/2021 7pm - 1 mile

28/09/2021 7pm - 3K

## Events

### Upcoming Events

21/09/2021 - Club 1 mile track

28/09/2021 – Club 3K track

09/10/2021 - West District CC Relays, Glasgow (pre-entry, club captains for info)

23/10/2021 - National CC Relays, Perth (pre-entry, club captains for info)

31/10/2021 - Chick Forbes handicap

06/11/2021 - Short course CC championships, Lanark (pre-entry, club captains for info)

04/12/2021 - West district CC championships, Glasgow (pre-entry, club captains for info)

19/12/2021 - Cyclists v Harriers

27/12/2021 - Christmas handicap

## Race Results

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



Two victories in local races was a good end to the diminished summer road racing series. First up was Ross Harvie at the Rons Runners 5K followed by Steve Daye at the NAAC 10K. There were also age group wins at both these events for both the men and ladies.

Also one which has been missed was the Lamlash Trail Race across in Arran where Craig Houston was placed 3<sup>rd</sup>.

## Winter Club Championship

With the summer championship now reaching a close we will try again for the winter championship which turned out to be a damp squid last year. The championship is to encourage participation in championship, Ayrshire, and our own events over the winter months. There are 16 identified events (best 6 to count) and the scoring format is straightforward. First Irvine finisher in a race gets one point, etc, fastest in a relay or handicap gets one point, etc. As there are two distances in the six stage relay points are awarded for each distance. We might still be having some race restrictions which could affect a few of these events but so far it is looking promising. Stuart Moffat will take charge of the championship and once we start getting some results in a league table will go out monthly with the newsletter. Hopefully, all club members will support this as there are events for all. The counting events are:

09/10/2021 - West District CC Relays, Glasgow (pre-entry, club captains for info)

TBC - Ayrshire CC Relays

23/10/2021 - National CC Relays, Perth (pre-entry, club captains for info)

31/10/2021 - IRC Chic Forbes Handicap - TBC

06/11/2021 - Short course CC championships, Lanark (pre-entry, club captains for info)

TBC - Kilmarnock CC

04/12/2021 - West district CC championships, Glasgow (pre-entry, club captains for info)

TBC - Ayrshire CC - TBC

19/12/2021 - Cyclists v Harriers

TBC - Turkey Trot 10K

27/12/2021 - Christmas handicap

TBC - Beith 10K

TBC - Masters Relay - TBC

12/02/2021 - Scottish Masters CC, Aberdeen

26/02/2021 - Scottish CC, Falkirk

TBC - Six stage road relay

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*No 'From the archives' this month as I've run out of time but will be back next month (bet you can't wait!)*

*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.*

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