

ATHLETICS ROUND UP FOR 5/5/2008

TRACK & FIELD

Team East Lothian gets into their stride.

Athletes from various parts of East Lothian under the combined banner of Team East Lothian participated in the first HASL sponsored track and field meeting at Meadowbank recently, with some fine performances. Perhaps the best race of the day came in the under 17 men's 1500 metre race where five athletes fought out a tactical battle. Ross Matheson (LAC) from Tranent out sprinted Marcus Cram and Lindsay Gordon (LAC) to win in 4m 28.06s, with Peter Loudon (LAC) dipping under 4m40s. All three of the Cleat family from Longniddry were competing with Duncan winning the 400mts in 52.07 and getting 2nd in the 100mts in 11.83s, Rob clocking 55s and 12.41 in the same two events and sister Fiona finished 2nd in the 100mt in 13.29s. Lauren Peffers from Dunbar was very pleased with her run in the 1500mts as she had to chase Jake Whightman (EAC) and clocked 5m06.89s.

Among the young athletes taking part Jenna McDonald won her 100mt heat in 16.61s; Peter Loudon won the Long Jump win 4m89cm; Jack Thomson won the u/15 boys High Jump: Mhairi Cameron clocked 16.35s for 2nd place in her 100mts race and Linzi Moffat clocked 47.18s for her 300mt race. Full results can be found on the Scottish Athletics web site. The next event will be on May 25th at Meadowbank.

CROSS COUNTRY

The East Lothian Primary Schools held their delayed Cross Country Championships at Hall Hill Dunbar last week which saw Yester Primary School take the small schools shield and Dunbar Primary School taking the Large Schools shield. (Team Photo's attached). The races were all over the same 1.2mile course.

Individual placings were: Small School Girls: 1st Bethan McGregor Yester 8m09s
2nd Sally Redpath (StMary's) 8m26s 3rd Kirsty Jeffrey (Ormiston) 8m40s.

Large School Girls: 1st.Jenny McMillan (Dunbar) 8m25s; 2nd Kirsten Bamford (Gullane) 8m20s; 3rd Sally Birell (Kings Meadow) 8m21s:

Small School Boys: 1st.Callum Moffat (Macmerry) 7m47s; Arron Waugh (Ormiston) 7m48s; Harry Steele (West Barnes) 7m48s:

Large School Boys: 1st.Stephen McPherson (Dunbar) 7m02s; 2nd.Gavin Brown (Kings Meadow) 7m10s 3rd Andrew Ferguson (Longniddry) 7m21s.

ROAD RUNNING.

DUNBAR RUNNERS WIN TEAM PRIZE AT NORTH BERWICK

It was 50 years almost exactly since the first Edinburgh to North Berwick 22 mile road race was first staged. Starting at the old Edinburgh Post Office and finishing at the now defunct North Berwick Post Office. The course has had a few changes over the years mainly to ensure safety by not going through Portobello and Musselburgh High Streets on busy shopping days. Although the race was not run every year in the 1960's it was twice extended to the full marathon distance of 26.2 miles.

Prior to the running boom of the 1980's only a handful of experienced and dedicated runners tackled the route, and even in the late 90's numbers never exceeded 100, but on Saturday last a record 137 intrepid stalwarts tackled the race and were favoured by an overcast sky and a slight tail wind.

The 2006 and 2007 winner John McMillan from Kilbarchan was out to try and make it a hat trick of wins, but Hugh McInnes a former cyclist struck out early on and by 5 miles had already established a comfortable lead over Brian Turner of Arbroath and Dunbar RRC's veteran Ian Sills, and club mate Stuart Symington who finished 3rd in 2007 among the chasing group with McMillan. At both 10 miles and 15 miles McInnes had a lead of over one minute, but Sills, who was having his last 'long run' before the Edinburgh Marathon in 3 weeks, gradually reeled the leader in, overtaking Turner and only failing to catch the winner by 12 seconds. McInnes clocking 2hrs 14m 46s. Turner held on for 3rd place and McMillan finished 5th five minutes slower than last year. Dunbar had Symington finish 6th in 2hrs 18m53s and another Vet Stuart Hay, who had competed in a five mile race the day previous finish 9th in 2hrs 23m13s which gave the Dunbar Club the team trophy by a wide margin over Portobello RC. Ian Sills was awarded the O/40 Veterans Trophy and Stuart Symington the o/50 Vets trophy.

Other finishers from East Lothian running clubs were: Richard Taylor (DRC) 23rd 2h31m44s; David Lott (HELP) 31st 2hrs 36m52s; Sandy Wallace (HELP) completed his 24th consecutive run in the event in 2hrs 39m 58s and took the O/55 Vets trophy; Paddy McDonald (HELP) 62nd 2hrs 48m 12s 2nd O/55 Vet. Anne Hay (DRC) LV 96th 3hrs 03m37s; Jan Oliver (MADAC) LV 99th 3hrs04m48s; George Armstrong, who the previous week had completed the Lochaber Marathon in 3hrs 43m finished in 101st place in 3hrs 06m10s; Andrew Anderson (DRC) MV was 103rd in 3hrs 07m11s. Perhaps the biggest smile of triumph of the day came from Clair Simpson (HELP) LV. wife of Sandy Wallace who completed the course in 3hrs 20m44s. 131 runners completed the course.

The event was supported by East Lothian Council and presentations were made by Helen Bruce the Council's Recreation and Leisure Principal Officer who made a special Thank You to Bill Gardner who has for the last 25 plus years been the main co-ordinator of the event, but having recently taken retirement intends to take a step back and travel with his wife Heather who also retired from her post as Community Education Office in North Berwick.

On Sunday last over 8000 runners took part in the BUPA Edinburgh Great Run over 10k starting and finishing in the Meadows provisional information identified three East Lothian competitors taking part. Alan Proudfoot (HELP) finished in 40min and Jamie Cherrie and Neil Jones (DRC) clocked 48mins full results will be published soon.

This week sees the start of the Self Transcendence races on Wednesday evenings in the Meadows starting at 7pm and on Saturday Penicuik Harriers hold their annual 10k Road Race starting at 2.15pm.

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