

RUNNERS PREPARE FOR ROAD AND TRACK EVENTS.

Athletes from East Lothian of all ages shapes and ages and abilities were out on both the roads and track last week-end preparing for the Spring and Summer events ahead.

On Saturday last Dunbar Running Club hosted their annual 10k (6.2mile) Boundary Race with a total of 320 finishers bracing the cold wind from off the Forth. Dave Simpson from Carnegie Harriers romped home over 2 minutes ahead of the field in 32m49s from Dave Beagley of Arbroath leading home the Veteran runners. Alistair Morrison of Garscube Harriers finished in third spot another half minute behind. The local Club not only did an excellent job of organisation but provided the winning team with its top veterans getting five of their runner's home in the first 23 places. Ian Sills 5th 35m 25s was in a tight finish; Ian Rowlands 8th 36m17s; Grant Noble 12th 36m57s; George Gilhooley 22nd 38m02s;and Richard Taylor 23rd 38m04s.

Leading lady was Alison Rowatt u/a in 21st place in37m44s.

A total of 25 local runners from Dunbar, Musselburgh and Haddington Club's competed and full results can be found on the DRC web site

www.dunbarrunningclub.supanet.com

Such was the good performance of the Dunbar Veterans that they would have been well up the field in the SAL Scottish National Road Relay Championships held at Livingston on the same day. Sadly none of the local clubs had teams entered for this championship event and highlights the dilemma of finding a way round a crowded fixture list of road race events.

On Sunday a heavy early morning snow fall made the staging of the HASL track and field trials at Meadowbank questionable, but by the time the first event started the snow had turned to rain and eventually some sunshine, but the biting wind persisted throughout the day. Young athletes from all over the Lothian's and Borders took part in the trials testing out their winter training and with electronic timing available it was a good opportunity for the athletes to test themselves and for team managers to consider selections for the forthcoming league events in the Spring and Summer. With full authenticated results not fully available the most notable performances of East Lothian athletes included: Mairi Cameron (HELP) u/11Girl.1st 100m 16.25;1st 200m 35.98 and 3rd 800mts 3m19.39. Just beaten on the line my club mate Emily Watson in her first track race. Gemma Bolton (DRC) did a double in her events winning the 100mts 13.5s and the 200m in31.95s. In the under 11 Boy's events Cameron Law (DRC) had an excellent double win in the 100m 15.43 and 200m.32.61s; In the Under 13's Kirsty Purves(HELP) won her 100m race in 15.03s; Mhairi Howard (MADAC) won her 200m event in 33.15s and Kieran Sim (MADAC) was 2nd in his 100m in 12.54s. Hamish Law won his 200mts and was 2nd in the 100m in 14.63s. Rachel Lindsay was a winner in the U/15G 200m in 27.99s. Among those young athletes from East Lothian who compete for other clubs there were excellent performances from Peter Loudon (LAC) winning the u/17 boys 800m in 2m11.36s; Emily Owens (EAC) won the U/17 800mts in 2m 33s holding of a fast finish from Olivia Mackenzie 2m37s. Olivia is off to compete for East Lothian at the London Marathon Young athletes races this week-end.

Fiona Cleat (EAC) took the last event the 300mts in 43.46s Brother Duncan winning the 200mts in 23.58s and Sarah Warnock(EAC) stepped up to the Senior Women's 100mts and finished 2nd in 13.14s to Louise Dickson (EAC) in 12.61.
Full details and results will be put on the SAL web site www.scottishathletics.co.uk

Team East Lothian will be holding their regular training session at Meadowbank this Saturday morning 9.30am and any athlete from East Lothian who was unable to take part in the trials and wishes to be considered for the team should come along as opportunities will be given.

Several local runners from East Lothian will be taking part in the full London Marathon on Sunday morning and details of their performance will be available next week.

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