

HADDINGTON EAST LOTHIAN PACEMAKER

CHAIRMAN'S ANNUAL REPORT – OCTOBER 2006

The past twelve months has been another productive and enjoyable year for the club and all the members in competition, training and socially.

The club is managed successfully by the committee of dedicated members who give up much of their spare time to ensure the smooth running of our activities. Secretary, Paddy McDonald, Brian Carr as Membership Secretary and Alan Proudfoot as Treasurer all ensure the organising of events and the efficiency of the administration. George Armstrong, Frank McPartland, Claire Simpson Judith Donaldson and Joe Forte have all assisted and Krish Bissoonauth is our leader in the Junior section of the club. We will hear more about the junior section in Krish's report. I am indebted to them all and I am sure I speak for the whole membership in passing on the thanks for their achievements. Our two races sponsored by Asics were once again well supported and very successful. Special thanks are due to Paddy MacDonal and his dedicated team of club officials and other members and their contribution to raising the club profile and attracting income cannot be underestimated. Thanks are also due to other organisations for their help and support during these events. Our members have also assisted in other races and particularly in the Edinburgh Marathon.

Members have travelled the length and breadth of the country and sometimes abroad to compete on the roads, hills and cross-country and had a mixture of success. It is difficult to pick out outstanding achievements without missing others, but some members have made the headlines and kept the HELP name at the forefront of Scottish Athletics.

The Eastern Borders Cross Country series was staged for about the fourth year and our club was well represented again with members taking age category trophies at the end. The second year of the East Lothian Summer Series was once again very successful when HELP, Dunbar and Musselburgh all hosted two races and the competition was based on a handicap which rewarded the most improved athletes in the end.

Brian Marshall has had another successful year on the hills by winning races at Glamaig, Merrick, Criffell and Ben More on Mull. Once again he is placed well up in the Scottish Championships. George Armstrong and Paddy McDonald are due a special mention for getting out and representing the club so often throughout the year. Perhaps the most notable achievement of the year was Joe Forte's incredible fourth placing in the West Highland Way Race running the whole 94 mile distance in 18 and three-quarter hours. A special mention also goes to Chris Kinghorn who, last weekend, completed an incredible 26th Great North Run

Of course the club is much more than just about taking part in races and members take a lot of enjoyment from training together on Wednesdays, along the beach on a Sunday and at other sessions throughout the week notably with Tom Harley or George Armstrong with his Jog Scotland girls. We have always been a very sociable club and this past year has been no exception with many events being successfully held and including :-

- The Goats Gallup in November. This year's one will take place in a few weeks.
- The three peaks challenge took place again last November when Karen Meikle and Brian Carr both completed the whole course.
- A Christmas night out at the Indian restaurant.
- The Rome Marathon was the 2006 club tour when a few ran, supported by friends and partners. Everyone had a good run and the few days in the Italian capital was enjoyed by everyone.
- A social night was held at Tynninghame Village Hall.
- The Carfraemill run took place in the summer and was probably the most successful in years with 30 runners taking part and another 10 joining us for the meal.
- An event which wasn't strictly a club activity but involved many members was the celebration of Dave Jones' 80th birthday in September when about about 20 of us walked up Lammerlaw with Dave on a glorious sunny day. Festivities continued at Tynninghame with lots of food, drink and chat.

Our web site is now up and running although further development is planned and our thanks go to Jean Jumelle for all his work.

The club is vibrant and in a healthy condition and we should all look forward to another year of enjoyable training, competition and sociable companionship.

Sandy Wallace
Club Chairman