



## Welcome to the October 2023 edition of the Motherwell AC Senior Endurance Newsletter.

“What seems hard now will one day be your warmup.”

### Section News

#### Training

Training numbers remain strong on Tuesday & Thursday nights. Saturday morning numbers have picked up for the xc season with lots of new faces and cross-country newbies getting involved. We've been missing some of the more seasoned xc runners and would like to see them attending. All welcome...come along and get involved this winter!

#### Coaching

SE coaches met to discuss the Nov / Dec training schedules. They are now available online...keep an eye out for some exciting training opportunities!

Welcome to our new Coaches!

We are delighted to have 3 of our senior endurance athletes recently step up to join the senior endurance coaching team! Jac Molloy (also Track & Field coach), Colin Gardner and Derek O'Neill, have a wealth of running experience between them and after benefiting themselves from receiving coaching at MAC, have decided to join the coaching ranks! We asked them what they love about running and why they wanted to help:



**Jac Molloy:** “I came into the world of running late in life and very quickly developed a love for it. For everything about the sport, but especially for the community that running brings. I've always enjoyed supporting people, and have had many roles in my career that involve that, so when the opportunity arose to join the juniors coaching team as an assistant coach, it felt right to go for it. Immediately I knew I wanted to take it further and I'm now in the process of doing my level 2! I was then asked to also join the coaching team for Senior Endurance and agreed as I love to help and encourage if I can. Working alongside the coaches at MAC has been amazing as they all bring different ranges of knowledge and experience.”



**Colin Gardner:** “Joining MAC in June 22, I felt at ease on the very first night, surrounded by an amazing group of runners and coaches. The instant support received was fantastic. I knew right away I had made the right decision. I have spent many nights, many sessions talking with coaches to ensure I could get the best out of myself and after an injury spell, I feel like I have come on well this year. Understanding that some of the coaches were stepping back, I thought that I could have an active role in the club and have a positive approach to help others, in the way that I have been supported. Giving back to the club is important and through engagement with the club I have started on my coaching journey. Having now completed my level 1 coaching assistant course, I know I have a long way to go. I have lots to learn and will continue to observe and work with our experienced coaching team. My plan is to work hard to support and help in the development of our athletes in the future.”



**Derek O'Neill:** “I've always run as part of other sports, mostly playing and coaching football. I only really took up running in 2019 and at that point had never run further than 10k! Since joining MAC I've had the opportunity to run and compete in distances and disciplines I'd never done before. The Saturday morning track sessions were new to me and I'm now looking forward to the cross country sessions and races. I love nothing more than putting the trainers on and to get out and explore places, be it the Magnificent 11, the Bowline or the sub run in Glasgow or ticking off Wainwrights in the Lake District. I've been very fortunate over the years to have been supported by clubs, coaches, physios, parents etc. who I've played for, most of whom were unpaid and gave up their time to support the

club and its members. I guess the reason I now coach is to put something back in, as I took plenty out and I realise clubs can't function without their membership.”

Thank you to all three of our new coaches, we look forward to supporting you in your new roles!

Jim Tracey stepped down from the coaching team at the beginning of Oct. As a club, we would like to thank Jim for his years of service with the club. Thank you for your positive attitude and jokes. Enjoy your retirement and see you at training.

#### New Members & Trialists

The following individuals have joined the club since the AGM: Callum Anderson, Briony Balfour, Stevie Pollock, Jaqueline McLachlan, Stuart Macgregor, Andrew Mungall and Catherine Harvey. We pride ourselves on being a community club who are friendly and welcoming so it goes without saying...Welcome to Motherwell AC.

## Track Championship 🏆🥈🥉

The final race of the track championship, the 3000m was run on 16<sup>th</sup> Sept with 11 athletes taking part. This concluded the track championship for this year and we have our medal winners. Male: Jonathan Moore and Davie Gardiner finished with equal points so they share joint gold. Derek O'Neill takes silver on his debut year on the track and David Hoolaghan has demonstrated excellent development over the year, taking the bronze medal. Female: Emma Morris retains her track title by securing the gold medal with Emma Knox taking silver on her return to track running. Phyllis Hands took a superb bronze medal.

## Road Running Championship 🏆🥈🥉

The road running championship ended on 16<sup>th</sup> Oct. After this, points were added for the hypothetical marathon & half marathons to establish our medal winners. All medal winners were consistent in their attendance at the selected championship races and performed well on the day to take home points. Once accumulated these are the results:

Male: Gold Jonathan Moore, Silver Evan Crane and Bronze Ewen Cameron.

Female: Gold Nicole Gierlowski, Silver Maryann Milne and Bronze Lily Jeffrey.

## Time Trial Championship 🏆🥈🥉

The 9<sup>th</sup> round of the 2023 time trial championship took place on Tue 3<sup>rd</sup> Oct with 29 athletes taking part. Marcus Whyte won the men's race in 28.09. Gayle Forbes was the first female home in an excellent personal best time of 26.06 and Jim Tracey picked up the wooden spoon in good spirits. November 7<sup>th</sup> will see the final TT of the 2023 championship. After which we will have our medal winners!

## Cross Country Championship 🏆🥈🥉

The 2023-24 championship got underway on 7<sup>th</sup> Oct at the West District Relay event at Alexandra Park. Motherwell AC were well represented throughout. We had 20 SE athletes running, 4 male teams and 2 female teams. Unfortunately, on the day we had one athlete (Maryann Milne) who fell and injured her ankle during the warm-up meaning she couldn't participate. Very pleased to say it wasn't too serious and she is now on the mend! It was a day of rain, rain and more rain accompanied by lots of mud. There were slips, trips and falls but altogether it was an amazing day out with hard efforts put in across the board!



The second of the championship races for the cross-country season took place at Cumbernauld on Saturday 21<sup>st</sup> of October. This was the National Relays and we 16 SE athletes taking part, 3 male teams & 1 female

team. The weather was on our side as we were graced with sunshine throughout the day. Lots of first timers at this event which was excellent to see and a great club atmosphere all round!

**Breaking News**...Motherwell AC are sitting No.1 in division three of the xc league. This year, Scottish Athletics introduced 3 divisions for xc teams. Points are accrued through participation and this was introduced to boost and encourage participation in xc. We started in the mix in the 3rd division and have worked our way to No.1. How exciting!! 🏆 Will we be able to hold onto our top spot in the division!? See the section below on how you can get involved with the upcoming races.

### Strength & Conditioning



The fourth block of Boxing circuits came to an end this month after 10 months of consistent work. David Hoolaghan, a regular participant had this to say; “Under the tutelage of former British lightweight champion Barry ‘The Business’ Morrison, a hardy group of MAC athletes have been put through their paces for the last 10 months. The boxing training has been a great addition to the club helping provide additional core, cardio and strength-based workouts. Sessions took place on Monday evenings where participants would warm-up, take on pad work with a partner, rounds on the heavy bags followed by a gruelling set of circuits. The workouts

help increase mental strength, muscular stature and mobility. They have been a hit with all who attended with members seeing the benefits in their races. The sessions have now ended but we’ll keep you posted if we can get them going again.”

### Notable Results

Julie McKean takes 2<sup>nd</sup> female in her age category at Somers Point 5k (USA run to remember).

Emma Morris & David Gardiner were selected to represent Scotland at the British & Irish Masters XC.

Jonathan Moore took 2<sup>nd</sup> male at Kilmacolm ½ marathon. Further securing his qualification for a championship place at the London Marathon.

Douglas Samson completed the Ben Nevis ultramarathon. (1 in 3 DNF which emphasises the enormity of this achievement.)

Jim White, Evan Crane, Anthony Devlin, David Gardiner, Ewen Cameron & Russell Beswick all completed Marathons with David Gardiner taking 1<sup>st</sup> in the M50 category at his event.

Emma Morris took 2<sup>nd</sup> overall female at the Scottish Duathlon Championships.

Lilly Jeffrey took 2<sup>nd</sup> female in her age category at the Scottish Duathlon Championships.

Simon Marshall completed the Ochil Ultra.

Evan Crane completed the G2E Ultra (Glasgow to Edinburgh).

Gayle Forbes took 1st place female at the Queens Park 5k festival.



Sunday 1 October saw 24 MAC athletes join over 20,000 other runners in the biggest event in the Scottish Athletics calendar, the AJ Bell Great Scottish Run. There were 10 MAC athletes running in the 10k race followed by a further 14 taking part in the half marathon. A fine display of running from both our new and seasoned members which included lots of PB's in both distances. A special mention must go out to Emma Main, who paced 1:05 for the 10k. It is great to see our members give something back to the running community and of course, Jonathan Moore who was 12th across the line (13th chip time) in a fantastic PB of 1:11:23.

Overall, this demonstrates strength and depth within the SE section as athletes successfully compete at a variety of distances and disciplines across the board.

Well done to everyone on these fantastic achievements!

### Coming Up

#### Cross Country Championship

The next two championship races take place on: Saturday 4th November in Lanark for the National Short Course XC. Saturday 5th December at Strathaven for the West District Championship XC. Athletes are being encouraged to enter whether you've done xc before or not. It's never too late to get involved.

#### Time Trial Championship: November

The final race of the 2023 TT Championship will take place on Tuesday 7<sup>th</sup> November. Will this change the current leaders...

#### Prize Giving

Get your party clothes ready and come along on Friday 10th November to club 100, Motherwell for MAC's prize giving night! This is a fun evening where all medals and trophies are given out including the awards for most improved and meritorious performance. Nice opportunity to get together, celebrate achievements and chat about running!

**Look out for our next Newsletter late December, which will be our Christmas Edition!**

Written by E.Morris, G.Samson & D.Hoolaghan with thanks!