



the Bletha

October 2016
Issue no:1



Huge Bella turnout at Victoria Parkrun

newsheet from Bellahouston Roadrunners

BELLA LADIES BAG BRONZE IN GREAT SCOT RUN

Over eighty Bellahouston Road Runners took part in a fantastic Great Scottish Run on 2nd October 2016. Our women's team won bronze and it was PBs galore for Bellas - with over 20 PBs

Club President Richard Leyton said, "Congratulations to Bellas Deborah Gray who took Women's Masters Bronze and Louise Ross and Mhairi Hill who won Bronze Team medals. And amazing to see so many famous purple vests taking part in Scotland's premier half marathon."

"It was a beautiful day for a run and the crowds were fantastic. And Bellas enjoyed an avalanche of PBs. We even went for a few celebratory beers afterwards."

Roz Wilson club member organised twenty-two bellavolunteers to help run the event of over 10,00 runners.



Bryan Burnett @bryan1965 · 3h
Well done team @bellaroadrunner. Looking good at

Fifty-seven Bellas ran the half marathon and five ran the 10k. Bellas clocked sixteen PBs. Judith Macgregor got two HM PBs in a week the first in Dumfries then GSR 1:35:59. Bruce Carmichael led in Bella men in 1:12:52 followed Iain Burns and Marc Bromwich with a PB

The women's team result cements a great summer winning Dumfries and

Girvan half and third at Paisley 10k. Others who did not manage to clock their top time reported a fantastic run, with great crowds in almost perfect conditions. And Bellas made their way to the pub afterwards for a few celebratory beverages.



Beer Bevvying bellas



Kevin Queenan and Mandy Morgan celebrating PBs



A few of the 22 Bella volunteers

Roz said, "A big thank you to everyone who gave up their time. These events could not run without volunteers, its good fun and a great way to give back to the community. And of course our club gets a wee donation which always helps."

These events rely on volunteers, its a great way to give back to the community.

Chief coach to launch a winning plan

BLETHA EXCLUSIVE

Coaching boss Gerry Scullion, is working on a new coaching plan.

Gerry said, "This will formalise who we are, and what we want our coaching to achieve. It will be an overview of our training aims, consider opportunities beyond our main training sessions such as uncoached runs, easy runs after race weekends and cross country training. We will plan coaching support and development. And how we work with others, like inviting Derek Hawkins (Kilbarchan AAC) to provide support - and developing our coaches by attending Scottish Athletics and other events.



Gerry Scullion, headcoach running Victoria Parkrun

The plan is based on the members summer consultation. We will incorporate the feedback. I attended excellent presentations from both Laura Muir and Jenny Meadows'

coaches, run by Scottish Athletics. It was so useful to hear of their experiences developing their athletes.

We will also set out how we risk assess routes, ensure

we're insured, and plan those nights when conditions mean we need to change a session. Overall this will help structure our provision of coaching and the training we offer.

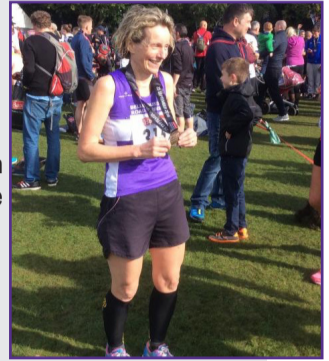
This is essentially about us taking our club to the next level. We are part of Scottish Athletics 20:20 Group, showing we're held in high regard by our governing body who have welcomed our approach.

Whatever, we'll keep the plan short and an easy read and aim to have it ready for December, other pressures permitting. But we are still writing it. So if you are keen to help please speak to me or other coaches at the club."

BELLARESPPECT FOR FIFTY MARATHONS LUCY

Lucy Mackay completed her 50th marathon this year. Let the Bletha say that again. Lucy completed her 50th marathon this year. Bella respect!

For her 50th race, Lucy took on the Loch Ness marathon to raise money for Tools For Solidarity which gives old tools a new lease of life in developing countries. The stunning running even made it into the Evening Times. Lucy's first race was a 10k in 1997.



Return of the juice

Bellajuce - 30% fresh orange, 70% water - is popular with Bellas. Bletha understands no other club serves this unique drink.



The move to Craigholme saw the end of the end of run drink, leaving Bellas feeling parched and bereft. However at Nethercraigs Terry Nimmo came to the rescue. She now has one of the most important positions at the club. Re-hydration team chief

Terry said, "Thanks to Anne Campbell, Elizabeth Hughes, Terry Nimmo, John McGeehan, Kenny McDonald and Mark Wilson. They're the caring bunch who look after their fellow runners ensuring you always refreshing cold water and juice when you return from training.

As well as rehydrating, its a great time to discuss training, exchange tips and catch up on recent races. And to look out for new members and make them feel welcome"

Best ever turnout for Paisley

Over 50 Bellas ran the Paisley 10k in August - with 3rd place for the Bella ladies team.- Ann Robin, Louise Ross & Mhairi Hill. First home for Bellahouston men was Darren McQuade



Bella on the Telly

Scott McCue got the club a great name-check on BBC Radio Scotland, to talk about the Great Scottish Run.

Elizabeth Hughes and Roz Wilson were on BBC1 Adventure Show - running West Highland Way Relay across Rannoch Moor. We put in six relay entries teams. A great way to spend the longest day of the year. We'll be back!





Marathon Beers for Bellas

At least 40 Bellas had an afternoon in the Lebowskis Pub in Pollokshields, to cheer on Scotland's Calum Hawkins in the Olympic marathon.

Judith, came with a small dog Rudy, Henry came on his bike, Kevin and David downed six beers each, chief coach Gerry - one of the last to leave the pub - was last seen doing press ups on the floor of the posh southside wine bar.

Jimmy Irvine is a sell-out

The Jimmy Irvine 10k, on Sunday 13 November is 650 runner sell out. The event is organised by Bellahouston Roadrunners.

Henry Merryweather, race director said, "This is one of the most popular 10ks in the running calendar. People come from across Scotland to run it. See you at the Jimmy"

BELLA ELECT PARK RUN PRESIDENT

Bellahouston Road Runners elected their new president **Richard Leyton** at their October AGM.

Richard, a popular choice, was already well known to Bellas. He made his mark by setting up Glasgow's first, and most successful Parkrun in Pollok Country Park.

Nominating Richard, outgoing president Brian O'Donnell said that he was 'by far the best qualified man for the job. He joined the club about a decade ago, loves running, and setting up one of the most successful park runs in Scotland showed he had the skills to move our club on to the next stage.

Richard said 'I had not really expected the role but I am delighted to be elected president of this famous club. I want to thank Brian on behalf of the club.

I have only just started and I'm already seeing how much

work Brian did for us. It's a new committee catchphrase "that's another job Brian did."



Bella president running Parkrun

Richard outlined his priorities to the Bletha, he says "we need to get the SCIO transition done. It'll put the club in a really strong position.

Brian and previous committee did a fantastic job getting us into this position, its impor-

tant we keep the momentum going.

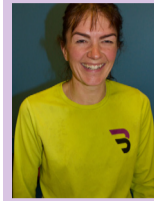
Its also important we have fun, we are a running club after all and I am keen it's an enjoyable and productive experience for everybody on the committee too, perhaps a chance to develop, contribute, and make a difference.

"It is also important that the committee involve wider membership. We are a growing club and we must engage the members, and I know so many want to help where they can which only be a good thing.

We have the juice group, and stats group, which are good examples of informal ways that everyong can muck in and help, and soon the coaching sub-committee will be up and running. I hope other groups and committees will follow soon."

Richard and Henry have already improved access to the forum website.

Bletha with Louise...



So Louise, Why do you run? I got back to it in late 20s. Its keeps me fit and helps control weight. I love running with the Bella Posse, always great company!

Best run ever? In New Zealand, ran in Cromwell beside a lake and in forest, stunning views, off road, so peaceful. Bliss!

What other sport would you like to be good at? Swimming, I find it really hard. I am getting lessons to master crawl but I feel so unfit when trying to swim.

What you do when not running? I work and have 2 young children! I would like to say read, drink, eat out, theatre, cinema & gigs. My bank balance is glad I don't have time!

What do you say to yourself when a run gets tough? I picture how far I have left and imagine its one of my regular routes and tell myself to tough it out, its what you've trained for!

Best advice from a Bella? Jane Wild before a marathon. 'You can go 5-10 sec/mile quicker to bank it, but no more or you'll pay for it later.'

What don't we know about you? I have worked in various places like Auckland, Christchurch, Melbourne, Southampton, Devizes, Cardiff, Leeds before settling back in Glasgow.

Cold baths recovery? Tried once brutal!

Thanks Louise! :)

RUNNING THE WORLD

Bellas run events the world over.

Bruce Carmichael, Rekyavic Marathon he said, "I crossed the line and a lady congratulated me for coming 3rd, and asked me to write my name on a bit of paper - difficult to do straight

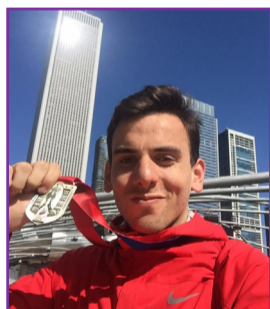


Alison in Berlin

after a marathon." **Alison Brown, Berlin marathon**, She said "It really is as flat as they say, and support all round the course. Any quiet spots are livened up with bands: Springsteen tributes, oompah bands, alpine horn trios and Dolly Parton look-alikes."

Jill Herbert, Venice marathon, saying it "starts in an idyllic village, through Italian countryside, before taking in St. Mark's Square and over 14 iconic Venetian arched bridges. Not to mention the boat ride

to the start line!" **David Hulse and Micheal Lancaster, Chicago Marathon** **David said**



David in Chicago

"Phenomenal experience, stunning skyline, huge support flawless organisation; one for your bucket list. Go Cubs!"



Stephen in Lisbon

Stephen Bell Lisbon Marathon, "It starts in Cascais 20 miles from Lisbon then a run along the coast, Tagus River estuary, through Estoril and the finish at the modern expo area. Rock bands on route. And a Magnum at the finish!"

Record club champs

A record number of Bellas completed the club championship in 2015/16 season.

Its great to see a record number completing the club championship.

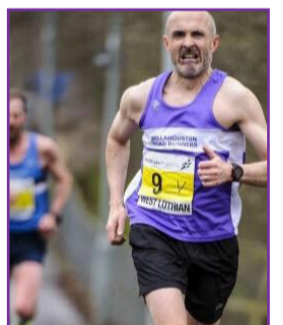
The Championship is 7 races - at least 2 short, 2 medium and 2 long - from a list of races published by our captains on the forum. Points are awarded in each run.

Club President Richard Leyton said, "This demonstrates how

well our training structure is working, it shows the brilliant job of the captains and coaches, and enthusiasm of members.

"I hope we'll see even more people getting involved, trying new events, distances and surfaces, and hopefully lots of PBs and prizes, in the 2016/17 championship."

Bella Captains have published the new championship races, which kick off with the Jimmy Irvine 10K. Get booking!



Beastie Boys for Scotland

Russell Whittington and Graeme Paterson (photo) are both selected to run for Scotland in the Great British and Irish Masters XC at Tollcross Park in November

Russell also won a British Masters M45 silver medal at the Neil McCover Memorial Half Marathon.

Graham Paterson is affectionally known as 'Beast' for his motivational coaching style. Chief coach Gerry said "fully deserved for both, BEAST!"

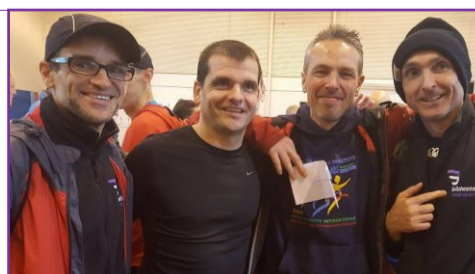
BELLAS BRING IN A SUMMER OF BLING



Captains Iain Burns and Shona Donnelly have hailed a great summer of results - for Bella Roadrunners

Russell Whittington won silver for V45 West District 5000m on 29th July.

In Dumfries half (left) 2nd male **Craig Reid**, 2nd female: **Ann Robin** 1st vet female **Judith Macgregor**. 1st male and 1st female team prize too, **Craig,**



Iain Burns, Hamish Barbour & Ann, Judith and Tomoyo Fujiwara

At the George Cummings Relay, **Russell Whittington, Andy**

Campbell, Greig Glendinning, and Graeme Paterson scooped the vets team prize (above). **Elaine Somerville** was third October Dunoon 50k

ultra **Craig Reid** was first at Pollok Parkrun. Ladies team were 3rd at **Barry Buddon** half.

Robbie Hayman was 1st at the Tyree ultra. **Grant MacDonald** who finished 2nd at the Chorely 6 Hour Race clocking 73.48k.

At the Girvan Half, **Bruce Carmichael** and **Debs Gray** won 2nd and Bellas won male and female team prize.

theBletha is designed & edited by Danny Phillips. It is printed on behalf of Bellahouston Roadrunners. Thanks to Maz, Roz, Alison, Gerry, Richard, Jill, Louise and David for contributions.