

ADAC 2016 WINTER FESTIVAL

Mark Whitelaw followed up his triumph in the 2015 ADAC Summer Festival with first place in the Winter Festival held over the weekend of 29th to 31st January.

The Festival was held in good natured spirit and encouraged club members to tackle one or more of three challenging courses as an intense training boost. The weekend started at a windy but mostly dry Lockerbie on Friday night for a 4.2 mile road run. 21 runners took part in the event with Whitelaw being first home in 25.15, followed by Andy Render (26.15) and Michael Kerr (27.42). Unfortunately Emma Kerr took the wrong route on the first lap so the ladies' honours on Friday went to Linda Cameron, Nicola Kennedy and Yvonne Kerr together with a time of 39.24.

Saturday morning saw the Festival move to Langholm and a new course for the ADAC race portfolio as 12 runners took on the road course from Kiln Green car park up the Newcastleton road and onwards to the McDairmid Monument before retracing their steps back down for a 5 mile distance. Conditions for the run were dry other than a few flakes of snow near the summit and a strong wind which was in the runner's faces as they came back down the hill. Again Whitelaw was fastest in a superb time of 33.42 closely followed by render (34.34) and Graham McLellan third in 37.00. The four ladies taking part (the three from Friday were joined by Louise Hopper) kept each other going and were unable to be separated at the finish clocking 57.42.

After two races Whitelaw's cumulative time was 58.57, Render in 2nd on 60.49 and McLellan in third on 64.57.

The third event was two laps (4 miles) of the forest trail around Brownmoor near Ecclefechan. The wind from Saturday had died away and although there was the threat of rain the weather stayed dry again for the third event. The trail has recently been improved by the forestry management which made for good running conditions for the 17 runners on the day. Whitelaw completed his dominant weekend with a time of 30.34 and was again followed home by Render with a time of 31.07 and McLellan third in 32.18. Unfortunately Yvonne Kerr was unable to compete on Sunday so it was left to Kennedy and Cameron to battle out the ladies competition and it came down to a blanket finish where they were unable to separate them in a time of 51.20.

Seven runners completed all three runs:

	Lockerbie	Langholm	Brownmoor	Total
M Whitelaw	25.15	33.42	30.34	89.31
A Render	26.15	34.34	31.07	91.56
G McLellan	27.57	37.00	32.18	97.15
A Cameron	34.45	51.21	42.35	128.41
A Creighton	36.36	49.23	45.13	131.12
L Cameron	39.24	57.42	51.20	148.26
N Kennedy	39.24	57.42	51.20	148.26

In total 27 runners took part in one or more runs. Thanks go to all who help spread the word, provided tea, coffee, hot water, chocolate biscuits or jelly babies!

Full Results

	Lockerbie	Langholm	Brownmoor	Total
Mark Whitelaw	25.15	33.42	30.34	89.31
Andy Render	26.15	34.34	31.07	91.56
Graham McLellan	27.57	37.00	32.18	97.15
Alan Cameron	34.45	51.21	42.35	128.41
Alan Creighton	36.36	49.23	45.13	131.12
Linda Cameron	39.24	57.42	51.20	148.26
Nicola Kennedy	39.24	57.42	51.20	148.26
Michael Kerr	27.42	37.38	-	-
Andrew Kennedy	30.20	41.48	-	-
Billy Kerr	35.46	51.21	-	-
Yvonne Kerr	39.24	57.42	-	-
Darren Foley	31.15	-	35.10	-
Richard Smith	32.15	-	38.03	-
Joe Boardman	32.16	-	34.34	-
Jonny Minto	35.10	-	47.10	-
Barry Fitzgerald	35.41	-	42.21	-
Kevin Plummer	27.47	-	-	-
Alan Reville	31.39	-	-	-
Ernie Bryden	31.55	-	-	-
Richard Murray	36.31	-	-	-
Emma Kerr	Ooops!	-	-	-
Louise Hopper	-	57.42	-	-
Chris Palmer	-	-	36.45	-
Rosie Allen	-	-	37.42	-
Andy Carruthers	-	-	39.20	-
Janet Priestley	-	-	39.30	-
Nigel Priestley	-	-	40.50	-