



THE CITY OF EDINBURGH RUNNING FESTIVAL – OPEN RUNNING AS IT SHOULD BE

IN THIS ISSUE

# Meggetland Awaits...

by Andy Cullen



It's hard to believe that it's a year since the last event but it's nearly time again to welcome everyone to Meggetland. Fingers crossed that we get a good night and some fantastic racing. As I'm sure you are aware we try to continually innovate and improve the experience for athletes, spectators and sponsors alike and this year is no different. We hope you like what we've done but as always we welcome any feedback you have, good or bad!

## Attention Adult Event Winners!

In a change to previous years, presentation to all Adult event winners will take place at the end of the meeting in the hospitality area of Borourghmuir RFC. where the athletes will be introduced and a sponsors representative will make the presentation. Spectators are welcome to join us in hospitality after the last event has finished.

**Check out page 2 for additional changes that all athletes need to be aware of.**

## Record on-line Entries

We've had a fantastic response to on-line entries with the highest number ever.

## New Sponsors

We are delighted to announce two new sponsors for this year. The first sponsor is Davidson Chalmers, Scotland's leading commercial law firm who are sponsoring the Adult 1600m. You can read more about Davidson Chalmers in this newsletter.

The second new sponsor is C'est si bon, a beautiful boutique in the heart of Edinburgh which provides unique and chic designer ladies clothing

C'est si bon is a fitting sponsor of our ladies invitation 110m and is delighted to be partnering with the City of Edinburgh Running Festival for 2015.

## FOR MORE INFORMATION

Contact Sarah Gilchrist  
Phone 0131 229 8482  
Email cest\_si\_bon@hotmail.co.uk

## Nutrition

Do you really know the best nutrition to make you a better athlete? Read our informative article on sports nutrition



## Spotlight on Sponsor

We find out about Davidson Chalmers, an Edinburgh based law firm and why they partnered with CERF.

## FUNDRAISING

We will again be fundraising on the 3rd to support Gemma Scott achieve her racing goals. Gemma is an accomplished wheelchair athlete and we are delighted to support her in any way we can.



# Spotlight on Sponsor

by Rob McNally

The City of Edinburgh Running Festival is delighted to welcome Davidson Chalmers as a new sponsor for 2015.

Rob McNally, Director of Marketing & Business Development tells us about the firm and why they wanted to get involved with CERF....



**Davidson Chalmers.**  
We mean business.



No two businesses are the same. Neither are law firms.

At Davidson Chalmers we listen to make sure we fully understand your situation.

Then, we personalise our legal solutions for you and your business.

## Core Values

Leadership, teamwork, shared responsibility and respect are the principles that define our business culture. We are an inclusive firm rooted in the core values of excellence, loyalty, respect, initiative, and integrity. We put a lot of effort into ensuring that we provide the highest quality commercial legal advice to our clients in an environment that is professionally and personally rewarding.

This is what makes Davidson Chalmers different.

## Delivering Solutions

We provide clear, practical and commercial legal advice for every client. We deal with the details whilst never losing sight of what you really want to achieve. Our legal teams deliver solutions that are focused on your needs, your business and your world.

## Leading

Our approach is always partner-led. While much has changed since Davidson Chalmers' formation in 1993, our commitment to listening to our clients has not. Client satisfaction and loyalty have helped us to grow from a two-partner business to our

current position as a leading commercial law firm in Scotland.

## Legal Solutions

We work with successful organisations of various sizes in a broad range of market sectors including owner-managed businesses, SMEs, financial institutions, healthcare providers, manufacturers, house builders and energy companies as well professional firms and individuals. All rely on us for legal solutions that build success. Our clients know they can depend on us to deal with their important transactions and resolve complex business issues.

## Proud Sponsors

As a firm based in the centre of Edinburgh, Davidson Chalmers is proud to sponsor the 2015 City of Edinburgh Running Festival. It's been very rewarding to see Davidson Chalmers play its part in bringing this unique sporting event to our city.

### FOR MORE INFORMATION

Phone 0131 625 9191  
Web [www.davidsonchalmers.com](http://www.davidsonchalmers.com)

## Calcutta - are you coming along?

On Friday 26th June at 7.30pm, the draw for the OrthoLink 110m Sprint will take place at Boroughmuir RFC. Once the draw is made Bob Inglis will auction off the heats. The money taken will then be paid out on first, second and third in the sprint final. If you have bought the heat that contains the winner you will win the first prize with the second and third picking up minor prizes.

Also attending on the night will be a bookmaker offering long odds on the OrthoLink Sprint, the first time this has happened for a summer games meeting in a long time

It's a real fun evening, entry is free and everyone is invited.



## Attention All Athletes Bibs for all Events

Athletes in **ALL** events, including heats will run in bibs and **not** with their BA numbers. All events will be run using the existing coloured bib system. In events where there are more than 8 runners athletes will run in white numbered bibs.

## New Signing In Process

CERF committee has taken the decision to trial a new signing in process. Traditionally athletes can declare for all events they have entered before the meeting commences. However, if for example an athlete reaches the final of the Open Sprint and decides not to contest the 200m but fails to unregister for the event, he/she will be announced as a runner. This is extremely confusing for officials, spectators and bookmakers.

To avoid this at this year's meeting **Declarations and bib collection for all events will take place between twenty minutes and ten minutes prior to the commencement of the relevant event. No late declarations will be allowed.**

# Athlete Q&A

With Cal McLennan

*Edinburgh athlete Cal is an exciting young decathlete and 400m runner competing in both the amateur scene and games circuit. Here Cal gives us an insight into the life of a young athlete and student.*



**Q. Tell us what a typical day in the life of Cal McLennan is like?**

A. School, eating, training....school, eating, training.

**Q. What are your tips for pushing yourself on tough days at training?**

A. We have a great training group with a good chemistry and keep each other going through tough times

**Q. What was the last film that you watched?**



A. Jurassic World

**Q. Tell us the five foods you couldn't live without?**

A. Bananas, Chicken, Porridge, Sweet corn and Chicken tikka masala

**Q. What keeps you going after the disappointment of losing a race?**

A. The desire to try and win the next race.

**Q. Do you have any guilty food pleasures?**

A. Fudge doughnuts!

**Q. What school do you attend?**

A. Royal High School, Edinburgh

**Q. How many hours do you train a week?**

A. Roughly 12 hours mixing track, field and gym.



Who's that guy with the famous athlete? Oh, it's Colin Jackson ☺

**Q. What is your best win to date?**

A. Has to be breaking the Scottish record a few years ago with three friends in the 4x100m relay.

**Q. What is your favorite part of being involved in Athletics**

A. Meeting new people at competitions

**Q. Who is your sporting hero?**

A. Usain Bolt

**Q. If you could go to dinner with any celebrity, who would it be?**

A. Usain Bolt of course!!

**Q. Do you have any other family members that are sporty?**

A. Yes, very competitive household. Even my 84 year old gran runs and believes she can beat us all!

**Q. What kind of music do you listen to?**

A. Most music, I'm rarely seen without earphones in.

**Q. Is there one thing you're really bad at?**

A. Getting up for school every morning!

**Q. Is there something people reading this wouldn't know about you?**

A. I have a very embarrassing YouTube video that I uploaded when I was 10. It now has millions of views!!!



Cal with his sporty Gran a couple of years back

TECHNICAL CORNER

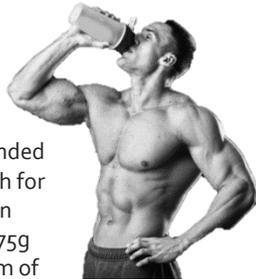
by Emma Inglis

# Nutrition - Did you know....



Good nutrition is essential for athletes of any age to achieve peak performance and the nutritional needs for a runner in their twenties does not differ greatly from that of a runner in their fifties. Although, nutritional guidelines become more important with age as older runners cannot maintain unhealthy eating habits without having an adverse effect on performance and recovery in the same way that younger runners may be able to.

The same principles apply to older and younger runners in terms of carbohydrate and protein intake. Carbohydrates should make up more than half your energy intake and are essential to support a quick recovery, to delay fatigue and maintain energy levels. Protein is essential to the diet as it provides the body with amino-acids which help repair muscle damage and replace protein used during a workout. The Reference Nutrient Intake (RNI) is the recommended intake which is enough for most of the population and for protein it is 0.75g of protein per kilogram of body weight per day. Depending on the frequency and intensity of the exercise that is being done, protein intake for athletes only needs to be increased slightly above recommendations that apply to the rest of the population.



Micro-nutrient intake is also important, vitamins and minerals aid your body in converting energy from protein, fat and carbohydrates into energy your body can use and help with the general health of your muscles. Vitamin D is important as it aids the absorption of calcium, which is important for bone health, and can aid muscle recovery. With age, there is a reduced ability to synthesise vitamin D so it is important that older runners include vitamin D rich foods in their diet such as milk, yoghurt, fortified



cereals, salmon, sardines and eggs. Eating a diet rich in fruits and vegetables will provide you with adequate quantities of vitamins and minerals but also help with recovery in both older and younger runners. The antioxidants in fruits and vegetables can help to slow down the ageing process and the effects age has on performance. As we age, our body is less able to protect itself from free radicals, which antioxidants protect the body from, and so increasing antioxidant intake may help with performance and recovery in older runners.

One of the main differences in nutritional requirements of a younger and older runner is that as you age you become more at risk of dehydration meaning fluid intake becomes

even more important. Increased age causes decreased amounts of sweat to be produced, a decreased sensitivity to thirst and electrolyte balance changes with age. Older runners should try to drink around 150-350ml of fluid



approximately every 15-20 minutes during exercise to replace fluids and electrolytes. Older runners are also more likely to suffer from damage to muscles and are unable to repair this damage as quickly between workouts. It can help to have a good sports drink containing both carbohydrates and protein post workout.

With age, most adults who lead a sedentary life will put on weight due to a lower resting metabolic rate. The good news for older runners is that in people who stay active this often does not occur and in some cases, endurance athletes have been shown to have the same resting metabolic rate in their fifties as people in their twenties who are doing the same exercise. So combining an active lifestyle with good nutrition will improve health in the long term, help with performance and recovery and may help to delay the effects of aging.

The City of Edinburgh Running Festival is supported by

