



Peterhead Athletics Club
Member's Bulletin June 2021
www.peterheadathleticsclub.co.uk



WELCOME TO EXISTING AND NEW MEMBERS OF PAC

I hope you enjoy reading this bulletin. This is our 2nd bulletin of 2021 and an update from March's edition to let you all know what's going on within your club and how things are progressing.

In the past three months we've seen our new Junior Mile/Seniors 3K series get underway, held the virtual Longside Loop 10 mile road race, juniors and seniors have been able to return to training sessions and we've also had the return of actual proper competitive events.

The committee are still meeting once a month via Zoom and continuing to develop plans for improving the club with our main focus currently being on the switch of the club to charitable status.

JUNIOR MILE / SENIORS 3K SERIES

Our new monthly PAC Junior Mile / Seniors 3K series, held at the Lido, began in April. The 1st event unfortunately had to be held as a virtual but nonetheless we got off to a great start and many of you got down there to run the route and posted some fantastic times. In May, the juniors were allowed to compete together but seniors had to again do their runs virtually. Many athletes were able to improve their times though with Hollie Steele (U11), Cooper McKinnon (U11) and Finley Collins (U15) achieving new club records. The latest event in June saw the seniors able to compete together for the first time, and again we had many setting new pb's and new club records for Hollie Steele (U11) Jack Findlay (U15) in the junior mile and Ryan McRae (U20), Shelly Duncan (SW), Ross Aird (M35), Alison McGee (W50) and Billy Riddell (M60) in the 3K.

Remaining dates for the 2021 series are as follows:

Saturday 3rd July
Saturday 7th August
Saturday 4th September
Saturday 2nd October (handicap run)

PAC members of all ages and abilities are welcome and encouraged to attend these events. Updates and results for each event are posted on the PAC Members Facebook page so keep an eye out for these. Remember there will be awards for the fastest male & female junior and senior competitors and also for the best age graded performances too, so plenty still to aim for.

We hope we can count on the continued support of our members for this event as our aim is for this event to potentially become a proper licenced event and therefore we would be able to invite along runners out with our own club to participate. The Peterhead Marina Bay Caravan Park have shown their support for our event and we hope that this is a partnership that will continue to grow too.

BREWTOON 10 MILE VIRTUAL RUN



As you know we had to cancel our annual Longside Loop 10 mile road race again, but were able to offer it as a virtual event instead. Over the course of Friday 14th – Monday 17th May, entrants to the virtual event were able to either run the existing 10 mile route or a 10 mile route of their choosing. We had a total of 106 entries with 86 runners posting their times on to the results website. We even had entries from as far afield as Dundee, Bristol, Cardiff and Cambridge.

The top five male & female finishers were as follows;

Male

1. Keith McIntyre - 53:53
2. Dave Fraser – 60:09
3. Ross Aird – 60:13
4. Mark Beagrie – 61:04
5. Ryan McRae – 61:45

Female

1. Jennifer Robertson – 68:17
2. Kelly Cruden – 76:51
3. Susan Strachan - 77:48
4. Alison West – 79:00
5. Lynn-Marie Masson - 81:12

Brewtoon Brewery once again very generously sponsored this event. All those who completed the 10 mile route and posted their time, received a medal, bottle opener and Brewtoon voucher. Well done to all those that took part, we look forward to seeing you all when staging the proper event once again in May 2022.

TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

Over the past couple of months as COVID restrictions have eased we've been delighted to see many of the juniors and seniors back in action and out competing in the blue vest once more.

TRACK & FIELD

In May we saw the return of Track & Field events with two North East OGM's being held at Aberdeen as part of the SA Together Apart club competition. Over two weekends of action on the 16th & 23rd May, athletes competed in 100m, 200m, 800m, 1500m, 3000m, javelin and long jump. Many of our athletes succeeding in achieving new pb's and setting new club records. New CR's for Jessica Needs (U13) 800m & 1500m, Finley Collins (U15) Javelin, Mark Beagrie (M35) 1500m and Andy Steel (M55) 3000m. Well done to all and especially Andy who was not fazed by going up against much younger athletes and now doubles the number of seniors who have competed for PAC in Track & Field to two.

On 29th May we had Teresa Hood and Ellie Hood competing in the javelin down at Grangemouth for the 1st event of the Throws Grand Prix series. Well done Ellie on your new javelin pb!

Next up on the 6th June the 1st RAM athletics league event of the season was held in Aberdeen. Unfortunately this year it was not possible to stage the usual league format with points being awarded to the clubs and instead the event followed the similar format of the 1st Together Apart OGM. Athletes competed in 75m hurdles, 200m, 800m and Shot Put. Again, many of our athletes succeeded in achieving new pb's and setting new club records. New CR's for Hollie Steele (U11) 800m, Jack Findlay (U15) 800m and Finley Collins (U15) shot put. The 2nd RAM athletics league event will be on the 4th July and will follow the same format as the 2nd of the Together Apart OGM's.

Most recently on the 19th June we had the very youngest athletes in the club competing for PAC in the U12's SUPERteams event in Aberdeen. This is a fun event which aims to give the young athletes their first taste of competitive athletics. PAC had 2 boys teams and 1 girls team entered into the event. PAC boys 'A' team – Cooper McKinnon, Jakob Whitham, Alasdair Fraser & Alfie Burton; PAC boys 'B' team – Angus Robertson, Euan Steel, Max Taylor & Cain Burton and PAC girls 'A' team – Ellie Hood, Emma Steel, Hollie Steele & Sophie Needs.

The SUPERteams results were as follows; PAC boys 'A' team – 19th/21, PAC boys 'B' team – 20th/21 and PAC girls 'A' team – 24th/26. Hollie Steele (U11) set a new club record for the 75m sprint. A huge well done to all our young athletes for your fantastic efforts!!!

ROAD RUNNING / TRAIL / ULTRA

Official running didn't really kick off till May/June time due to Covid restrictions.

We had two members take part in the Benromach 'Back to Basics' 10K race in Forres. Mark Beagrie finishing 1st in a time of 35:48 (new M35 CR) and Calum Sinclair finishing 10th in 37:16 in a competitive field of 24 runners.

At the Fraserburgh 10K we had a great turn out of our members, 11 to be exact. It was an extremely hot and humid day but well done to all who ran. Here's a list of the PAC finishers;

Male

1. Mark Beagrie - 36:43 (7th)
2. Ryan McRae - 37:45 (12th) new U20 CR
3. Graham Steele - 41:18 (23rd)
4. Richard Masson - 44:48 (37th)
5. Calum Sinclair - 48:01 (45th)
6. Bobby Davidson - 50:13 (55th)
7. Andy Steel - 53:07 (67th)

Female

1. Jennifer Robertson - 43:06 (30th)
2. Susan Strachan - 45:47 (39th)
3. Kelly Cruden - 46:29 (44th)
4. Alison McGee - 70:58 (83rd)

There have also been a few trail and Ultra races which our members have been participating in with the likes of the Loch Morlich 5K, The Cairngorm Ultra 62K and The Dearg Up n' Doon 32K.

Mark Beagrie ran in the Loch Morlich 5K finishing 1st place in a small field of runners.

Graham Steele ran the Cairngorm Ultra 62K finishing 37th in a field of more than 100 runners.

James Wilson ran the Dearg Up n' Doon Finishing 63rd in a field of well more than 100 runners.

Well done to you three for running in events outwith the normal Road/Track races.

CHARITABLE CLUB STATUS

As many of you know the members recently voted in favour of PAC progressing with becoming a charitable club. This is a lengthy process and our vice-chairperson John Diffey is busy beavering away in the background with all the necessary paperwork that this requires. Many athletics clubs in Scotland have already moved to becoming a charitable club and we hope that by following in this trend it will allow us to grow our club by receiving charitable donations and gaining better access to funding and grants. The club will still be the same as it is and continue to function as normal. The changes being made are merely in the background with paperwork and accounting etc. and having all the committee members become trustees of the club. We have received advice and assistance from AAAC who have already gone through this process and we are grateful to them for the help given to us.

CLUB STANDARDS

We hope that the senior athletes in the club have taken up the challenge of gaining a club standard for their particular age category since these were introduced in March. As a reminder you will have until the 30th September 2021 to complete the challenge within the qualifying period for this year.

There are 5 standards available, DIAMOND, GOLD, SILVER, BRONZE and COPPER. These in turn are set for 6 race distances - 3K, 5K, 10K, 10 Miles, Half Marathon & Marathon.

Awards - You will have to complete **THREE** out of the six distances at or below the times stated for your age category, you can of course complete up to all six distances, if you so wish, within the qualifying period. To obtain your standard, simply submit your three best runs out of however many distances you have completed. For full details visit - www.peterheadathleticsclub.co.uk/clubstandards

A reminder to parents of our junior athletes that the club have registered with Scottish Athletics for their Thistle Awards Scheme. To be eligible for an award, athletes must have competed for PAC in a minimum of 1 run, 1 jump and 1 throw (unfortunately all SUPERteams events apart from the 75m do not count towards this award). Athletes competition performances will then be submitted to SA and they will calculate the relevant Thistle Award. There are four different levels of Thistle Awards to achieve – GOLD, SILVER, BRONZE & PURPLE. Awards will be handed out to our juniors at the end of year prize-giving.

CLUB CHAMPIONSHIPS 2021

We expect to be able to hold our annual club championship events this year at the end of the track & field season. Dates are still to be finalised but this should be sometime around early to mid-September. Keep an eye out for announcements nearer the time on the PAC Facebook Members page.

COMMONWEALTH GAMES 2022

The response for a proposed organised club trip to Birmingham in 2022 was very poor. As a result the club has decided not to progress with these plans any further.

MEMBER SPOTLIGHT

In this edition of members spotlight we have chosen our very own Graham Steele.



Graham has been a member of Peterhead Athletics for a few years now and for those who know Graham well you will know that running runs in the family, with daughter and junior member Hollie who might well be as quick as Graham one day or even quicker. Graham is willing to participate in many events for the club, ranging from fast 3K's to cross country running but it's clear to see that Graham's favourite runs are those that go on for what must feel like forever as he loves Marathons and seems to do well in the Ultra races also.

His most recent run was the Cairngorm Ultra Trail run on June 5th which was a crazy 62km long and to top it off the following weekend he ran a great race at the Broch 10K. We would like to wish Graham good luck in his future runs which over the next 3-4 months will be, a hill race at Mormond, a 6K at Crimond and then the Glasgow Half Marathon and last but not least the Manchester Marathon. Good luck Graham!

Should you require further information on any of the above or have items you would like us to include for any future club bulletins, please contact myself, Linda chair@peterheadathleticsclub.co.uk



secretary@peterheadathleticsclub.co.uk

coach@peterheadathleticsclub.co.uk

ENJOY THE SUMMER!!! We'll be back with another update for you in the autumn.