



Peterhead Athletics Club

Members Bulletin #3

October 2021



www.peterheadathleticsclub.co.uk

WELCOME TO EXISTING AND NEW MEMBERS OF PAC

Hello and welcome to our 3rd bulletin of 2021. We hope you enjoy reading this latest update to what's all going on within your club. Since our last bulletin came out at the beginning of July there has been plenty more athletics activities and club developments to tell you about.

In the past 3 months, we've reached the conclusion of the outdoor track & field season and also our 1st Junior Mile/Seniors 3K series. We have been able to hold our annual club championships once again and have seen some of our members compete for the club in the Scottish track & field age group and masters championships and many other road race and ultra running events.

***** PAC 10K *****

The PAC 10K is back for 2021!!! Not only back but completely different as we now have a new course route which has been designed by our very own Mark Beagrie.

The course was required to be shifted away from our regular established route as for some time we've known that we've outgrown the facilities of the Dales Park pavilion for holding such an event. Also, some issues had arisen with the starting position of the race and this meant that the route was no longer a feasible option. The committee members looked into alternative options and thanks to Mark we were able to come up with a suitable route so that we could continue to stage our 10K event.

The 10K will now start and finish on the track at Catto Park and is scheduled to take place on Sunday 7th November at 11am. The return of our 10K event proved so popular that it was sold out within 24hrs. This year's event is kindly being sponsored by SYMPOSIUM coffee house.

We will need plenty of assistance to stage this event so are counting on as many members as possible to help us out in any way that they can. Juniors, parents, absolutely everyone can have a role to play to help out on the day. Please contact Linda or Mary if you would like to be added to the helpers list.

CHARITABLE CLUB STATUS

We are pleased to announce that the club has successfully been awarded charity status and has now become a Scottish Charitable Incorporated Organisation (SCIO). Many thanks for the work of our vice-chairperson John Diffey who has been overseeing the club's application process.

JUNIOR MILE / SENIORS 3K SERIES

The remaining events of the series took place at the beginning of July, August and September and concluded with a special handicap run for the seniors on the 2nd October.

In July, Joseph Carle achieved a new junior mile record in the U9 boys category and in the seniors race we saw the fastest and most closely contested 3K of the whole series between Mark Beagrie and Ryan McRae who battled each other all the way to the line with Mark taking the honours and only 1 second between the pair. Both Ryan (U20) and

Mark (M35) achieved new club records. The August 3K again saw another fast race between Mark and Ryan with Mark again coming out on top and equalling his course record from the previous month with a time of 10:02. In the 6th and final event of the series in September, a great run by Hollie Steele in the junior mile saw her take 1 second off her pb and U11 girls club record and secure her the title of best junior mile athlete of the whole series. In the 3K we also had more new club records by Ryan McRae (Senior Men), Alison McGee (W50) and John Robertson (M60).

Winners for the 2021 series are as follows:

Fastest Male (Junior Mile) – Jack Findlay
Fastest Female (Junior Mile) – Jessica Needs
Fastest Male (3K) – Mark Beagrie
Fastest Female (3K) – Shelly Lawson
Best Junior Mile age graded performance – Hollie Steele
Best Senior 3K age graded performance – Shelly Lawson

We'd like to thank each and every member who came along to run and support our first ever event series and make it a success. Also, we can't make small club run events such as these happen without the continued help of volunteers. Special thanks go to Jim and Sandra Mundie who assisted us each month with the timekeeping. We hope to see you all back down at the Lido when the 2nd series kicks off again in April.

Questionnaires have been sent out to those seniors who took part in the 3k. We would really appreciate your feedback on this event. If, for any reason you have not received this, please contact club secretary Mary.

TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

TRACK & FIELD

On the 4th July the 2nd RAM athletics league event was held in Aberdeen with Max Taylor, Euan Steel, Alasdair Fraser, Sophie Needs, Jessica Needs, Ellie Hood, Emma Steel, Holly Balloch, Finley Collins, Dave Fraser and Andy Steel all competing for the club. Many athletes achieved new pb's and there were also new club records set by Jessica (U13) 1500m, Andy (M55) 1500m and Dave (M40) 3000m. Well done to Dave, another senior who alongside Andy has taken to giving the track racing a go this year.

On 10th July we had Mark Beagrie competing in the 200m and 800m at the Scottish Masters championships in Kilmarnock. A great run in the 800m in a time of 2:12.46 saw Mark win the gold medal in his Masters M35 category. Another good run in the 200m meant Mark achieved new pb's club records for both events.

On 24th July, it was the turn of John Robertson, who competed at the Scottish Masters 5000m championships in Kilmarnock. John finished 5th in his M60 age category with a time of 20:13.28

On 25th July the Elgin OGM was held at Inverness with Alison McGee competing in the 100m, Shot Put and Discus. Alison set new club records for all these events in the W50 category. Great effort and results Alison!!!

On 6th August at the Livingston OGM it was a family affair with Sophie (80m & 600m), Jessica (100m & 800m) and Babs-Anne (200m) all competing. Well done girls!!!

On 8th Aug, John Robertson competed at the Scottish Masters 10000m championships in Greenock. An excellent run by John in a time of 41:23.20 saw him win the silver medal in his Masters M60 category.

On 29th Aug the Scottish age group championships were held in Aberdeen with Ellie Hood (100m & Javelin), Emma Steel (1500m) and Jessica Needs (1500m & Javelin) all competing for PAC in the U13 girl's category. Well done girls on the new pb's achieved!!!

The final track & field event of the season was the North Area Trophy which was held in Inverness over the weekend of the 25th/26th September with Jakob Whitham (100m, 200m & 800m), Sophie Needs (200m), Jessica Needs (1500m), Ellie Hood (100m, Long jump & Javelin) and Teresa Hood (Javelin) all competing for the club. Some more pb's and great results for both Jessica and Teresa who came away with gold medals in their events.

A huge well done to all our junior and senior athletes who competed and represented PAC at track & field this year.

ROAD RUNNING / TRAIL / ULTRA

Since the last bulletin.....

Ryan McRae ran a brilliant race at the Inverness campus 5k on 23rd July finishing joint 2nd in the first race of the evening in 17:15 (PB & U20 CR).

Parkruns returned on 14th August in Scotland which was a welcome return to many runners. Lots of our members have since been taking part again at various locations all over the UK with some new pb's being made which is always great to see.

Richie Masson took part in the Edinburgh Sunset Marathon on 21st August where he wasn't feeling fully fit but still managed to complete the run in the great time of 4:15:59. The following weekend on the 28th he also took on the mighty challenge of the Speyside Way Ultra 100k from Ballindalloch to Buckie in the time of 14hr 56min.

Also, on the 28th August we had Ryan McRae, Susan Strachan, Graham & Hollie Steele taking part in the Mormond Hill run. Ryan had a very strong race finishing 3rd in 38:00 and Susan finished 20th and was 2nd female in 43:55. Hollie and Graham ran together and finished 47th/48th in 52:03 and 52:05.

Mark Beagrie was running at Huntly's Room To Run 5k on the 4th September where he had a very successful run finishing in 2nd place overall in a time of 16:42 and took home a very nice trophy.

Graham Steele's next challenge was the Braemar Half Marathon on the 5th September where he ran a new pb of 1:28:59.

John Robertson ran in the Scottish 10k Road Race Championships at Stirling on the 12th September where he finished 5th in his M60 age category in a time of 41:26. Well done John!

On the 19th September, Mark Beagrie, Andy Davidson, Ewan McGee and Alison McGee took part in Run Rayne North where they had the option of a 5k or 10k or both. Mark took on the double, running the 5k first and winning the race in a time of 18:07. After a 1hr break the 10k was next up where Mark finished in 2nd place in a time of 39:04. With the combined times of both races he took 1st place and was dubbed King of Rayne. Andy Davidson ran superbly to finish in 47:14 followed by Ewan McGee in 48:33 and then Alison McGee completing the very hilly 10k race in 70:23.

Also, on the 19th September we had Bobby Davidson, Billy Riddell and James Wilson all taking part in the Three Mealls 18k Trail Race at Kinlochleven. A route which saw them climb around 800m in elevation over the first 9k. James finished in 2:22:13 with Bobby next in 2:37:28, followed by Billy in 2:44:42. Well done guys! James' time is even more impressive when taking into account he had already taken part the day before in the Mamores VK, a 5k 1000m accent race which he completed in a time of 1:18:51.

Last but not least for this update, was the Crimond Run Fest 6k on the 26th September where we had lots of members taking part. A special well done to Eddie Fernandes who finished 2nd overall and to Jennifer Robertson as 2nd female finisher.

Results as follows; 2nd Eddie Fernandes 22:34, 4th Dave Fraser 23:25, 5th Mark Beagrie 24:04, 9th Jennifer Robertson 26:17, 13th Ewan McGee 27:37, 16th Kelly Cruden 29:10, 17th Greg Bruce 29:12, 22nd Billy Riddell 30:10, 35th Finley Collins 33:13 and 52nd Alison McGee 41:26.

CLUB CHAMPIONSHIPS 2021

Our annual club championships took place last month when it returned to its regular slot in the events calendar. Championship events were held on Monday 6th, Tuesday 7th, Saturday 11th and Tuesday 14th September. Even though the main competition day on Saturday was a rainy day it certainly didn't dampen everyone's spirits and it was so great to see all the junior and senior athletes competing together at the track once again.

Club Champions for 2021 are as follows:

Primary Girl (U9) – Skye Masson
Primary Boy (U9) – Joseph Carle
U11 Girl – Hollie Steele
U11 Boy – Noah West
U13 Girl – Jessica Needs
U13 Boy – No entrant/champion
U15 Girl – Ellie McGee
U15 Boy – Finley Collins
U17 Woman – No entrant/champion
U17 Men – No entrant/champion
U20 Woman – Ailsa Hood
U20 Men – No entrant/champion
Senior Woman – No entrant/champion
Senior Men – No entrant/champion
Masters Woman – Alison McGee
Masters Men – Mark Beagrie

The Club Champions listed above will each be presented with a trophy at the club prizegiving.

Thanks to all those parents and grandparents who assisted us at the club championships and thanks as always to Jim and Sandra Mundie who are always there to keep things running smoothly with the track events and timekeeping. Special thanks to Teresa Hood who does a great job as always to coordinate the club championships and collate all the results.

CLUB STANDARDS

Well done to all the senior athletes who qualified for one of our newly created club standards. We know it was a rather short period of time in which to have qualified for a standard this year since they were introduced but everyone now has a full year in which to retry or attempt to achieve the next level up. The next qualifying period is from 1st October 2021 to 30th September 2022. Good Luck!

Those who achieved a PAC club standard will receive these at the prizegiving.

As a reminder or to any new members - 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



Well done to Jessica Needs who is the only junior athlete to have qualified for a Thistle Award this year after performances were submitted to Scottish Athletics for calculating the relevant award. To be in with a chance of a Thistle Award, athletes must compete for PAC in a minimum combination of 1 running, 1 jumping and 1 throwing event. We'd like to see many more of our junior athletes achieving these awards so please get your child involved in competing for PAC at as many events as you can.

CLUB PRIZEGIVING 2021

Our yearly club prizegiving will be due to be held at the end of November. We look forward to seeing as many of our members attending as possible so that we can all celebrate and share the successes of our athletes this year. Look out for details on the PAC Facebook members page next month for more details of the venue and time.

OTHER UPCOMING EVENTS

The cross country (XC) season is due to start again very soon with many events scheduled to take place over the next 5-6 months. PAC are a member of the North District for XC and our calendar of events are as follows;

- 9th October – Nairn (North District XC Relay championships)
- 16th October - Forres
- 13th November - Evanton
- 27th November – Inch
- 4th December – Gordonstoun (North District XC championships)
- 22nd January – Peterhead (Aden Park)
- 5th February – Nairn
- 19th February - Forres

Keep an eye out on the North District XC league website for all the information on each event – <https://www.northleague.co.uk/fixtures>

In addition to the events mentioned above our athletes can also enter the Scottish National XC age group, Masters, Relay and Inter District championships as well as other smaller club or independently run XC events.

Other key XC dates are as follows;

- 23rd October – Perth (Scottish XC Relay championships)
- 6th November – Lanark (Scottish XC short course championships)
- 15th January – Venue TBC (Inter District XC championships)
- 12th February – Aberdeen (Scottish Masters XC championships)
- 26th February – Falkirk (Scottish XC age group championships)

Hopefully we can get both junior and senior male & female teams competing for PAC at the XC events this year, especially at our 'home' event at Aden Park on the 22nd January 2022. If anyone would like to take part in XC training, there is a regular training group for the juniors on a Saturday morning, keep an eye on the TeamReach App. For further information on XC events or training, please contact Linda.

For those who don't like running in cold, wet and muddy conditions and very much prefer the track events then don't worry as all going well the indoor track & field season will return as normal for the 2021/2022 season. Indoor OGM's regularly take place at Aberdeen Sports Village from December through to March. The indoor U12's SUPERteams event is scheduled to take place on the 23rd January 2022 at the Emirates arena in Glasgow and is a great event for the youngsters to participate in.

In addition to the ASV and SUPERteams events, the indoor age group/masters and combined events championships are also due to be held at the Emirates arena in Glasgow.

Some key indoor dates are as follows;

18th December – Glasgow 12's Fun Day & Yuletide OGM

8th January – National Indoor Open

22nd January – Scottish indoor championships (Seniors + U17)

29th & 30th January – Scottish indoor combined events championships

6th February – Scottish indoor Masters championships

TBC – Scottish indoor championships (U13 + U15)

Please note that entry to events open well in advance and there will be a limited number of athlete places available. To avoid disappointment, please go to the official SA website events calendar to check entry dates for a particular event and sign up ASAP.

MEMBER SPOTLIGHT

In this edition of members spotlight we have chosen John Robertson.



A brief piece on John just wouldn't do him justice so he has shared with us his athletics story. Sit back, relax and enjoy the ramblings of the Cloth Cap (hankie in the summer) jogger.

I started running in 1970 having been inspired by watching Lachie Stewart winning the Commonwealth Games 10000m in a very wet and windy Edinburgh. I have always run for my local club which reflects my movement, 1970s Cambridge Harriers, a Kent club when my dad took us from my birth place in Glasgow, 1976 to 1980 Edinburgh University, 1981 to 1986 Aberdeen AAC, then from 1991 to the present day in Peterhead. I have never had any natural ability in sport, but I love the idea of sport, so I used to trek across London to Open Graded meetings instead of being crushed under a rugby scrum. In my first year in university I was last in the National Junior Cross Country championships at Bellahouston Park and beaten by 12 minutes in a 7 mile British

University cross country race in Stirling. However, I was inspired to train better and left university with bests of 15:45 for track 5k, 52:40 for 10 miles on the road and 2:38:38 when finishing 13th in the Scottish marathon. The Aberdeen club were very strong at that time, but I trained even harder, averaging over 70 miles per week in 11 sessions and living on 3 Mars bars a day because I missed meals. I ran track for AAAC, highlights being 10:40 for a 3000m steeplechase when I couldn't hurdle, falling over at the start of a championship 5k but still running 15:35 for a bronze, coming second to a Scottish international in 15:20.7 at a league race in Glenrothes, and running 32:40 for 10k in Antrim having been invited over during the 'troubles'. My best runs were in London when I was 263rd for 2:28:21 in the marathon, 3rd fastest on a stage of Edinburgh to Glasgow relay, the 2nd fastest stage time for the National 6 stage road relay at Strathclyde Park. Another highlight was finishing 2nd in the 1983 Peterhead half marathon, 71:19 remains my fastest time. An unusual event was the John O'Groats to Lands End 10 man relay; AAAC finished in 77 hours beating the existing record. It was basically running 85mile intervals in 3 days, so no complaints when Jim gives us 4 x 1mile for a track session!

I married a Peterhead girl in 1985 and took up residence in 1991 so 2021 is my 31st year running in the blue vest. At that time, Alan Reid was winning every cross country league race, youngsters Debbie and Zander Hastie, encouraged by Sandy and Carol, were winning inter-district titles, Sandra and Jim Mundie (as well as the Dobbie's) were time keeping, Ewan McGee and Dave Fraser were boy sprinters, and Leigh Forman (Strachan) and Linda MacIntosh (McGee) were taking part in girls cross country events. Certainly lots of activity, as there is now.

I have always just enjoyed the freedom that running gives. I get to know places really quickly on holiday because I run. The old Formartine-Buchan railway line is a great run to just drift along in the countryside looking for such things as lost wallabies, and we are lucky to have something that resembles a running track at Catto Park. Of course, we have always had, and still do have, 'gems' of people running the club. My 50th year in running (2020) was very different to the others but I am very grateful that I can still hit the streets (or grass verges)!

Well done John for all your achievements in your running career so far. A true gentleman and inspiration to many, we hope to see you continue competing for PAC for many more years to come!

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 Linda McGee;
chair@peterheadathleticsclub.co.uk

Alternatively, you can also email Mary Milne;
secretary@peterheadathleticsclub.co.uk

We'll be back with more news for you in our winter season update. Till then enjoy your running and stay safe & healthy!

