



# Peterhead Athletics Club Members Bulletin #5 May 2022



[www.peterheadathleticsclub.co.uk](http://www.peterheadathleticsclub.co.uk)

## WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 2<sup>nd</sup> bulletin of 2022! We hope you enjoy reading this latest update to what's all going on within your club. Within the past 3 months, both the cross-country and indoor track & field seasons have concluded and the outdoor track & field season got underway again in mid-April. The club committee have also been busy behind the scenes with the planning and organising of the Lido 3k/Junior Mile series and the 10mile Longside Loop event.

### 3K / JUNIOR MILE SERIES

Taking onboard some of the feedback from last year's series there were changes made to the format for this year. Both the 3k and Junior Mile routes were officially measured and we gained a licence from Scottish Athletics so that we could open the event up to not just PAC members but runners of all other clubs. Thanks to all the committee and club members who are helping to make this a successful new club event – much appreciated. We must also mention the Peterhead Marina Bay caravan park whose kind assistance and understanding are allowing this monthly series to take place. The 2022 series just kicked off this year on the 30<sup>th</sup> April with 65 runners taking part on the day out of a total of 84 entrants. Full results for April's event have been posted on our PAC Facebook page. We have had some club records broken already in the Junior Mile by Angus Robertson (U13), Jessica Needs (U15) and Finley Collins (U17) and in the 3k by Valerie Calder (W55).

For more information on the series please check the PAC members Facebook page or the following link for details - [junior mile & senior 3k \(peterheadathleticsclub.co.uk\)](http://peterheadathleticsclub.co.uk) Sign up is via Entry Central and our next event in the series will take place on Saturday 28<sup>th</sup> May.

## CROSS COUNTRY / TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

### CROSS-COUNTRY (XC)

The 5<sup>th</sup> XC event of the North District XC season was held at Nairn on the 5<sup>th</sup> February with 9 PAC athletes competing in some very tough conditions. First up we had U11 girls Hollie Steele and Sophie Needs with Hollie finishing 8<sup>th</sup> in 7:56 and Sophie 18<sup>th</sup> in 11:08. We then had the U13 girls of Jessica Needs and Emma Steel with Jessica finishing 6<sup>th</sup> in 15:19 and Emma 20<sup>th</sup> in 23:51. Finally in the senior/masters men's race we then had Mark Beagrie, Dave Fraser, Graham Steele, Andy Steel and Andy Thom all running. Mark finished 15<sup>th</sup> in 40:06, Dave 17<sup>th</sup> in 42:24, Graham 22<sup>nd</sup> in 44:40, Andy S 35<sup>th</sup> in 60:10 and Andy T 37<sup>th</sup> in 69:35.

Also, on the 5<sup>th</sup> February the Scottish Masters XC Championships took place in Aberdeen at the Balgownie playing fields where we had Linda McGee, Richie Masson and John Robertson representing PAC. Linda completed the women's 6.06k course in 30:49 finishing in 11<sup>th</sup> place in the W45 category. In the masters men's race over an 8.03k course, Richie finished 37<sup>th</sup> in the M45 category in 34:43 and John finished 16<sup>th</sup> in the M60 category in 36:19.

The 6<sup>th</sup> and final event of the North District XC season was held at Forres on the 19<sup>th</sup> February with 9 PAC athletes competing. In the U11 girls race we had Hollie Steele and Sophie Needs with Hollie finishing 5<sup>th</sup> in 6:04 and Sophie 14<sup>th</sup> in 8:36. We then had Jessica Needs in the U13 girls race finishing 8<sup>th</sup> in 14:49. In the U15 boys race Finley Collins finished 11<sup>th</sup> in 23:30. In the senior/masters women's race we had Barbara-Anne Needs and Katy Bruce with Babs Anne finishing 23<sup>rd</sup> in 38:07 and Katy in 28<sup>th</sup> in 49:14. Finally in the senior/masters men's race we then had Mark Beagrie, Andy Davidson and Andy Thom all running. Mark finished 18<sup>th</sup> in 38:20, Andy D 36<sup>th</sup> in 48:11 and Andy T 45<sup>th</sup> in 63:05.

Final PAC team and individual placings in the various age groups for the North District XC season were as follows;  
U11 girls – 2<sup>nd</sup> (7 teams) Hollie Steele 5<sup>th</sup> & Sophie Needs 13<sup>th</sup>  
U11 boys – 7<sup>th</sup> (10 teams) Angus Robertson 26<sup>th</sup>, Jakob Whitham 29<sup>th</sup>, Alasdair Fraser 32<sup>nd</sup>, Max Taylor 39<sup>th</sup> & Euan Steel 42<sup>nd</sup>  
U13 girls – 4<sup>th</sup> (10 teams) Jessica Needs 8<sup>th</sup>, Emma Steel 16<sup>th</sup> & Ellie Hood 39<sup>th</sup>  
U15 boys – 5<sup>th</sup> (8 teams) Finley Collins 14<sup>th</sup>, Jack Findlay 24<sup>th</sup> & Jack Bruce 28<sup>th</sup>  
Senior Women – 5<sup>th</sup> (16 teams) Linda McGee 19<sup>th</sup>, Barbara-Anne Needs 25<sup>th</sup>, Alison McGee 27<sup>th</sup> & Katy Bruce 38<sup>th</sup>  
Senior Men – 4<sup>th</sup> (17 teams) Mark Beagrie 16<sup>th</sup>, Dave Fraser 17<sup>th</sup>, Graham Steele 23<sup>rd</sup>, Andy Steel 36<sup>th</sup>, Andy Thom 40<sup>th</sup>, Ryan McRae 62<sup>nd</sup>, Ross Aird 67<sup>th</sup>, Richard Masson 79<sup>th</sup>, Andy Davidson 87<sup>th</sup> & Jonathan Needs 99<sup>th</sup>

On the 26<sup>th</sup> February the Scottish National XC Championships were held at Callendar Park in Falkirk. Our only representative for the club at the event was Jessica Needs. Jessica competed in the U13 girls race and out of 140 runners she finished in an excellent 31<sup>st</sup> place.

Well done to all the PAC athletes who participated in the Active Schools Run4Fun XC series that ran from December to April. As these were only fun runs, no official placings or timings were recorded.

This concludes the cross country season for another year. A massive well done to all those who have come along to these events and competed for PAC. See you all in October to do it all over again!

### **INDOOR TRACK & FIELD**

On the 6<sup>th</sup> February the 3<sup>rd</sup> AAAC OGM was held at the Aberdeen Sports Village. We had Max Taylor, Hollie Steele, Jessica Needs, Georgia Milne, Finley Collins, Jack Bruce, Barbara-Anne Needs and Katy Bruce all competing in either the 60m sprint, 60m hurdles, shot put or long jump events with many achieving new pb's in the 60m sprint. There were also new club records in the shot put for Max Taylor (U11B) 3.80m and Katy Bruce (W40) 5.85m.

On the 6<sup>th</sup> March the 4<sup>th</sup> and final indoor AAAC OGM was held at the Aberdeen Sports Village. We had Sophie Needs, Alasdair Fraser, Jessica Needs, Jack Bruce, Barbara-Anne Needs, Jonathan Needs and Katy Bruce all competing in either the 60m sprint, shot put or long jump events with many achieving new pb's. There were also more new club records for Katy Bruce (W40) in the 60m (10.64s) and long jump (2.55m).

That's it for the indoor season once again. Always a bit short and sweet but hopefully we'll see you all again come December.

### **OUTDOOR TRACK & FIELD**

The outdoor season got off to a great start on the 17<sup>th</sup> April at the Spring Open OGM at Aberdeen Sports Village. We had Max Taylor, Euan Steel, Joseph Carle, Hollie Steele, Alasdair Fraser, Jessica Needs, Alix Findlay and Andy Steel all competing in either the 60m sprint, 300m, 800m, 1500m, shot put, long jump or javelin events. There were new club records set in the 300m for Jessica Needs (U15G) 49.84s and Andy Steel (M55) in the 60m – 10.49s & 300m – 55.00s.

On the 24<sup>th</sup> April at the Elgin AAC OGM in Inverness we had Jessica Needs competing in the 200m and 800m. An excellent run in the 800m saw Jessica take nearly 4 seconds off her pb, which now stands at 2:34.

On the 29<sup>th</sup> April, John Robertson competed at the Scottish 10,000m Championships held at Crownpoint in Glasgow. John finished 2<sup>nd</sup> in his M60 age category in a time of 42:39 and picked up a silver medal. Yet another one to add to his collection. Well done John!

## **ROAD RUNNING / TRAIL / ULTRA**

On the 4<sup>th</sup> February the 5<sup>th</sup> event of the Proms 3k Winter Series was held at the Aberdeen beach promenade. This time we had Mark Beagrie, Kelly Cruden, Ewan McGee and Alison McGee taking part. Mark finished 3<sup>rd</sup> in 10:01, Kelly 29<sup>th</sup> in a superb new pb time of 11:48, Ewan 48<sup>th</sup> in 12:53 and Alison 86<sup>th</sup> in 18:27.

On the 4<sup>th</sup> March the 6<sup>th</sup> and final event of the Proms 3k Winter Series was held at the Aberdeen beach promenade. This time we had Richard Masson, Kelly Cruden and John Robertson taking part. Richie finished 24<sup>th</sup> in 11:35, Kelly 29<sup>th</sup> in 11:49 and John 30<sup>th</sup> in 11:51 which is also a new club record in the M60 age category.

On the 6<sup>th</sup> March we had 3 PAC runners at the Nairn 10k. John Robertson finished 46<sup>th</sup> in 42:27, Andy Davidson 84<sup>th</sup> in 46:05 and Andy Thom 148<sup>th</sup> in 53:20. John was 2<sup>nd</sup> in his M60 category. Well done guys!

On the 13<sup>th</sup> March we had Dave Fraser, Kelly Cruden, Joe Strachan, Shaun Adam, Barbara-Anne Needs and Charleen Davidson all running the Inverness Half Marathon. Dave finished in a time of 1:21:53, Kelly 1:39:46, Joe 1:49:29, Shaun 1:51:41, Babs-anne 2:00:51 and Charleen 2:16:00. Sophie and Jessica Needs both ran the 5k fun run but no official times are given for this run.

On the 19<sup>th</sup> March the Invercairn Fun Runs took place at Inverallochy with the options of a 3k, 5k or 10k run. Hollie Steele, Graham Steele and Alison McGee ran the 5k route and Richie Masson, Ewan McGee and Andy Thom did the 10k route. As these were classed as fun runs, no official times were recorded.

On the 20<sup>th</sup> March the Young Athletes Road Races were held in Greenock. Jessica Needs ran in the U13 girls 3k race and finished in 20<sup>th</sup> place out of 65 runners in an excellent time of 11:56. Great running Jessica!

On the 26<sup>th</sup> March at the Newburgh Beach Bash 10k we had Kelly Cruden, Susan Strachan and Alison McGee running for PAC. Kelly finished 33<sup>rd</sup> in 46:48, Susan 56<sup>th</sup> in 49:47 and Alison 249<sup>th</sup> in 77:50. Kelly was 3<sup>rd</sup> in the women's Vet40 category and received a prize. Well done ladies!

The weekend of the 23<sup>rd</sup>/24<sup>th</sup> April was Run Balmoral and the first time the event has been able to be held since 2019. A large contingent of PAC kids and adults competed at this very popular event over the course of both days.

Primary Boys 1.5k – Noah West, Jonas West, Alasdair Fraser & Euan Steel

Primary Girls 1.5k – Hollie Steele, Emma Steel & Sophie Needs

Secondary Boys 2.5k – Finley Collins

Secondary Girls 2.5k – Jessica Needs & Ellie Hood

5k – Ross Aird, Mark Beagrie, Susan Strachan, Ewan McGee, Linda McGee, Jonathan Needs, Andy Steel, Ailsa Hood, Arlene McRae, Alison McGee & Teresa Hood.

10k – Dave Fraser, Ross Aird, Graham Steele, Kelly Cruden, Ewan McGee, Barbara-anne Needs, Andrew Thom, Jonathan Needs, Estelle Maskame, Katy Bruce & Alison McGee

Duathlon – Ewan McGee

3 Mile Trail – Kirsteen Donald

15 Mile Trail – Ewan McGee

Well done to Kelly Cruden who was 1<sup>st</sup> place FV40 in the 10k race and received a prize.

Ewan McGee was crazy enough to sign up to the Devil of Deeside challenge which was a combination of the 5k, 10k, Duathlon (6k trail run, 16k cycle, 5k trail run) and the 15 mile trail run. Ewan finished in 42<sup>nd</sup> place out of the 77 athletes who completed the challenge in a time of 5hr 49min 18s.

Many athletes have as usual also taken part in several Parkruns over the past few months too. If you're new to the club or have recently started running, then the weekly 5k Parkrun events are a great way to keep motivated and for

setting yourself some personal goals to achieve. Our nearest Parkrun is held in Ellon. For more details you can visit: [www.parkrun.org.uk/ellon/](http://www.parkrun.org.uk/ellon/)

## **CLUB STANDARDS**

We hope that many of you are already getting on well in your attempts to achieve a club standard this year. The qualifying period is open until 30<sup>th</sup> September 2022, so you all still have plenty time yet to enter events and achieve one.

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](http://www.peterheadathleticsclub.co.uk/clubstandards)



A reminder to parents of our junior athletes that the junior version of club standards are the Thistle Awards. The club are registered with Scottish Athletics for this and 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 during the indoor/outdoor seasons. We'd like to see as many of our junior athletes achieving these awards as we can so please get your child involved in competing for PAC at events.

## **OTHER UPCOMING EVENTS**

As we now move into a busier outdoor season once again, here's a list of just some of the events due to take place over the next couple of months;

- 7<sup>th</sup> May – Longside Loop 10 Mile race (plus junior mile run)
- 8<sup>th</sup> May – RAM athletics league #1 (Aberdeen)
- 14<sup>th</sup>/15<sup>th</sup> May – East District Track & Field Championships (U13+ / Grangemouth)
- 18<sup>th</sup> May – OGM (Aberdeen)
- 4<sup>th</sup> June – Queen's Jubilee 70 lap challenge (Catto Park)
- 5<sup>th</sup> June – RAM athletics league #2 (Aberdeen)
- 12<sup>th</sup> June – MND Scotland charity 5k fun run (Catto Park) in support of an ex PAC member
- 15<sup>th</sup> June – OGM (Aberdeen)
- 3<sup>rd</sup> July – RAM athletics league #3 (Perth)
- 9<sup>th</sup> July – Scottish Combined Events + Masters Championships (Dundee)
- 10<sup>th</sup> July – Scottish Combined Events + Masters 5000m Championships (Dundee)
- 24<sup>th</sup> July – Summer Open OGM (Aberdeen)

There are of course numerous other road running, trail or ultra events on the athletics calendar which you can check on the SA events website (<https://www.scottishathletics.org.uk/events/>) or on the likes of runABC Scotland (<https://runabc.co.uk>).

Please note that entry to events open well in advance and there is normally 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.

Could the parents of children competing for the club please register them on the Power of 10 website [Power of 10 User Login \(thepowerof10.info\)](https://thepowerof10.info) It's free to register so will not cost you anything. The benefit of being registered to this athletics website is that all your results from the events you compete in are collated together and listed in one place. This makes for a great reference point when tracking an athletes performance. For example;

Event	Perf		Pos		Venue	Meeting	Date
60	8.88	0.2	2	3	Aberdeen	Aberdeen AAC Spring Open	17 Apr 22
60	9.00	i	1	2.7	Aberdeen	Aberdeen AAC Open Graded Meeting	6 Mar 22
800	3:14.19	i	5	P1	Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22
60HU17W	10.03	i	1	1	Aberdeen	Aberdeen AAC Open Graded Meeting	6 Mar 22
60HU17W	10.17	i	7	P3	Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22
60HU17W	10.30	i	3		Aberdeen	Aberdeen AAC Open Graded Meeting	16 Jan 22
60HU17W	10.66	i	4	2	Emirates Arena	4J Studios scottishathletics National Indoor Open	8 Jan 22
80HU17W	15.14	-1.4	3		Aberdeen	Aberdeen AAC Spring Open	17 Apr 22
HJ	1.38	i	2		Aberdeen	Aberdeen AAC Indoor High Jump	14 Mar 22
HJ	1.30	i	7	PB	Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22
PV	1.85	i	4		Aberdeen	Aberdeen AAC Indoor Pole Vault	16 Mar 22
LJ	4.25	i	4	A	Aberdeen	Aberdeen AAC Open Graded Meeting	16 Jan 22
LJ	4.24	i	6	PA	Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22
LJ	4.11	i	10	A	Aberdeen	Aberdeen AAC Open Graded Meeting	6 Mar 22
SP3K	7.62	i	3	C	Emirates Arena	4J Studios scottishathletics National Indoor Open	8 Jan 22
SP3K	7.31	i	16	P	Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22
SP3K	7.16	i	2	B	Aberdeen	Aberdeen AAC Open Graded Meeting	16 Jan 22
JT500	16.05		4		Aberdeen	Aberdeen AAC Spring Open	17 Apr 22
PenIU17W	2054	i	16		Emirates Arena	4J Studios scottishathletics National Indoor Combined Events, Relay & Masters 3000m Championships	30 Jan 22

This also applies to any adults too who are new to competing for PAC or have not registered themselves on this website before.

As always, we'd love to see and hear about who's all been out and about competing in the blue vest. Please feel free to share a wee photo or some info of what you've been up to on the PAC members Facebook page.

## **MEMBER SPOTLIGHT**

In this edition of members spotlight we have chosen Mark Beagrie – winner of the PAC Male Athlete of the Year award for 2021. Mark has kindly shared with us his running story so far.....



For me, running had always been something I enjoyed but never actually got into until I was about 32/33. During my amateur football years I did the odd Baker Hughes 10k which would have taken me around 44-47mins. Apart from the Baker Hughes runs I also did the Edinburgh Marathon in 2015 which turned out to be a bit of a reality check for me as it was brutal. The reason for doing the marathon was that in 2014 after a football match I had ended up with a collapsed lung due to my ribs compressing onto my right lung and popping it. Not an ideal situation to be in to say the least but after a week in hospital and an operation to superglue my lung to my cavity wall I was slowly on the mend again. I didn't want to be continually scared about my lung or my breathing so I got two of my mates to sign up to the marathon with me. Not training enough for the marathon was an understatement but I finished it in 4:01:22.

Between Fiona and I we decided that I would give up the football and move on to something else. This turned out to be Bobby Davidson nagging me to come along to Jog Scotland. So, in 2017 I joined Jog Scotland and met a great bunch of people there and that's where my running really kicked off. Early on I

wanted to improve and get quicker but it was tougher than I thought and a struggle to pick up the pace even when doing the 5k. After a while of really enjoying my running and seeing some improvement I then got easily persuaded to come along and try the track sessions with coach Jim Mundie. In all honesty I was like whoa this is tough and I feel out of my depth here but I knew if I wanted to get better I would just need to stick at it. At this point it was late 2018 and I set myself targets of sub 20mins for 5k and sub 40mins for 10k and I thought for sure with Jim's coaching I will manage to get there. When lockdown then happened in early 2020 I think it actually helped me a lot as with no FOMO on races I just trained and gained more speed and confidence. When races did eventually come back it showed me that the training had been working as my 5k time was now down to 17:00 and my 10k time down to 35:41 which was a big improvement of my times of 44-47mins from some 4 years previously. I would definitely classify myself as a 5-10k road runner but I will turn my hand or feet to any athletics event on the go from 60m sprints to 1500m or long jump or shot put. I wouldn't say I have a particularly favourite event but I definitely do lean towards the shorter events or the ones with the least amount of effort time required. Just flat out for the shortest time possible haha.

It's hard to pick a highlight of my relatively short running career so far but my favourite two would be; coming 2<sup>nd</sup> in the 800m at the 2021 Scottish Athletics Masters Championships but finishing 1<sup>st</sup> in my M35 age category to get the gold medal and also when finishing 1<sup>st</sup> at the 2021 Back to Basics 10k event at Benromach in a small but very competitive field of about 30 runners. It was my first time at Benromach and it was a great feeling finishing 1<sup>st</sup> and achieving my first sub 36mins 10k time of 35:48 – my second fastest time to date.

My goals for the future is to just try and keep progressing myself forward as much as I can, becoming faster and stronger and aim for as many PB's as I can get because at the end of the day it's just you running against you and no one else. I'd also like to aim for beating my marathon time at some point in the future and hopefully knock off an hour or so. It's maybe something I can look to achieve within the next 5 yrs.

## **CONTACT INFORMATION**

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](mailto:chair@peterheadathleticsclub.co.uk)

Alternatively, you can also contact Mary Milne;

[secretary@peterheaathleticsclub.co.uk](mailto:secretary@peterheaathleticsclub.co.uk)

If anyone has missed or would like to read any of the previous bulletins, then please get in touch on the above mentioned email addresses and we can send copies to you.

We'll be back with more news for you later in the summer. Till then enjoy your running and stay safe & healthy!

**Peterhead Athletics Club**

**Scottish Registered Charity No. SC051272**

