



Peterhead Athletics Club Members Bulletin #6 August 2022



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 3rd bulletin of 2022! We hope you enjoy reading this latest update to what's all going on within your club. Within the past 3½ months, the club held the 10mile Longside Loop road race again, the Queen's Platinum Jubilee 70 lap event took place, the Lido 3k/Junior Mile series has been ongoing, and we've also witnessed a very busy outdoor track & field and road race schedule. It's been absolutely fantastic to see so many of you out competing for the club in the blue vest. As always, our team of committee members have been meeting to plan and organise current and future club events for the benefit of all our PAC members.

BREWTOON LONGSIDE LOOP 10 MILE



We had a lovely sunny day on the 7th May for our annual Longside Loop 10-mile road race. It was great to be able to stage this event again for the first time since 2019 and we had 121 runners taking part on the day out of a total of 156 entrants. The 1st male and female runners across the finish line were Robbie Cooman (Fraserburgh Running Club) in a time of 57:25 and Emma Murray (Jog Scotland Kintore) in a new women's course record of 1:05:32.

The list of PAC athletes taking part were as follows;

Ross Aird (4th) – 58:44, Graham Steele (20th) – 1:09:39, John Robertson (21st) – 1:09:52, Shelly Lawson (22nd) – 1:10:18, Andrew Norris (23rd) – 1:10:42, Jennifer Robertson (25th) – 1:11:20, Kelly Cruden (28th) – 1:12:42, Richard Masson (37th) – 1:14:57, Susan Strachan (45th) – 1:17:29, Andrew Davidson (56th) – 1:22:03, Stuart Giles (64th) – 1:24:17, Kirsteen Donald (75th) – 1:26:52, Joe Strachan (90th) – 1:31:00, Barbara-Anne Needs (91st) – 1:31:29, Gracie Gray-Giles (104th) – 1:34:43 & Ryan McRae (DNF).

PAC athletes who were prize winners in their age categories; Ross Aird (1st SM), Shelly Lawson (1st SW), Jennifer Robertson (1st FV40), Kelly Cruden (2nd FV40) & John Robertson (3rd MV60).

Brewtoon Brewery once again very generously sponsored this event with all runners receiving a well-deserved beer alongside their medal. Well done to all the kids who ran in the Junior Mile fun runs which were sponsored by Seagate Fabrication. PAC juniors, Zoe Rucroft (U10), Hollie Steele (U12), Angus Robertson (U12) and Jessica Needs (U14) each received a trophy for winning the races in their respective age categories. Thanks very much to our tremendous team of volunteers who helped us out on the day.

3K / JUNIOR MILE SERIES

Our monthly 3k & Junior Mile series continued with events held in May, June and July. In May, Jack Bruce broke the U17 men's mile record set in April by Finley Collins by 1 second with his time of 6:13 and then in June's event came a flurry of excellent times and new records. Finley Collins broke Jack Bruce's record set just a month earlier with a first ever sub 6 minute run by Finley of 5:59. Jack was just behind him though in 6 minutes exact so these two looked set to battle it out between each other till the end of the series to see who owns the bragging rights in their category. Jessica Needs ran extremely well, mixing it up with the boys and beating them to the line with also her first ever sub 6 minute mile run in a time of 5:54. This improved not just her own U15 girls record but also the girls junior mile course record too. Angus Robertson improved his own U13 boys club record by 7 seconds with a time of 6:56. There were also new course records set by Kyle Gibson (Young Meldrum Runners) with 5:28 in the Junior Mile and by Jack Cardno (TrYthan) in the seniors 3K with 9:53. In July's Junior Mile, there was no catching Jessica Needs as she powered away to another sub 6min of 5:56 in the U16's race. In the 3k event a fast race was anticipated with some speedy runners

entered. This proved to be correct when Keith McIntyre stormed round and obliterated the course record by 29 seconds with a time of 9:24. Jack Cardno was 2nd and 2 seconds better than his previous best run in 9:51, followed by PAC's Mark Beagrie in 3rd with a seasons best time of 10:13.

There are still two more events of the series left to go so for those members who haven't yet come along to support or participate in the event please do so. We have received positive feedback that this is a fun and friendly event from some of the athletes who have attended from other clubs. Exactly what we want to hear as we try and build upon and expand our club events.

Sign up is via Entry Central and our next event in the series will take place on Saturday 27th August. For more information on the series please check the PAC members Facebook page or the following link for details - [junior mile & senior 3k \(peterheadathleticsclub.co.uk\)](#)

TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

OUTDOOR TRACK & FIELD

The outdoor season continued with the 1st RAM athletics league East District meeting at Aberdeen on the 8th May. As part of the combined PAC/Ellon AAC team we had Sophie Needs, Carlie Steele, Euan Steel, Angus Robertson, Alasdair Fraser, Charlotte Smart, Hollie Steele, Emma Steel, Alix Findlay, Jessica Needs, Anneke Neumann, Georgia Milne, Finley Collins, Jack Bruce, Katy Bruce & Barbara-Anne Needs all competing in various events. Many new pb's were achieved and one new club record was set by Jack Bruce in the U17M 400m with a time of 69.79s. This event was a chance for many of our young athletes to return to competitive T&F athletics as part of a team after such a long time away due to covid and indeed was the first time that a few had ever competed at all. Well done team, great effort!

The Scottish Track & Field District Championships were held at 3 venues around the country on the 13th, 14th & 15th of May. Jessica Needs competed in the U15 girls 800m at the North District Championships in Inverness. Continuing her good start to the season, Jessica finished in 3rd place in a new pb time of 2:33.71, winning herself a bronze medal. Ewan Calder competed in the Senior Men's 800m at the West District Championships in Kilmarnock. Although Ewan finished 2nd in his heat with a new pb and club record time of 2:04.11 it was not enough to secure him a medal as his time was 7th fastest overall.

On the 18th May an OGM was held at Aberdeen Sports Village. Jessica Needs competed in the 100m (15.55s) and 300m (49.56s) events achieving 2 new pb's.

On the 27th May an OGM was held in Livingston. Jessica Needs competed in the 200m (31.24s) and 800m (2:35.50) events achieving a new pb in the 200m. Ewan Calder also competed in the 800m, shaving 2 hundredths of a second off of his pb and club record, finishing in a time of 2:04.09.

On the 3rd June at the GAA Miler Meeting, Ewan Calder competed in another 800m race, this time finishing in a time of 2:04.31.

On the 4th June a special one-off event for the Queen's Platinum Jubilee, which was organised by our vice-chairperson John Diffey, was held at the Catto Park track. The 70 lap challenge could be done individually or in teams and a uniquely special medal and certificate was awarded to all those who participated. Well done to all those who took part and especially to Andrew Norris, Graham Steele, John Robertson and Richard Masson who all showed great endurance by each completing the 70 laps (28k/17.5m) of the track by themselves.

The 2nd RAM athletics league East District meeting was held in Aberdeen on the 5th June. Competing for the combined PAC/Ellon AAC team this time we had Sophie Needs, Carlie Steele, Euan Steel, Angus Robertson, Charlotte Smart, Hollie Steele, Emma Steel, Alix Findlay, Jessica Needs, Anneke Neumann, Georgia Milne, Jack

Findlay, Finley Collins, Jack Bruce, Mark Beagrie, Katy Bruce & Barbara-Anne Needs. Again, many new pb's were achieved and there were 6 new club records set – Angus Robertson U13B 1200m (4:43.99), Jack Findlay U15B shot put (7.87) & 1500m (5:43.13), Finley Collins U17M High Jump (1.51) & 1500m (5:19.88) and Barbara-Anne Needs W40 1500m (6:45.57).

On the 15th June an OGM was held at Aberdeen Sports Village. Jessica Needs and Alix Findlay both competed in the John Crossman 800m which is a specific event for girls aged 11 – 16. Jessica finished in 2nd place in yet another new pb time of 2:30.58 with Alix 10th in 3:10.13. Jessica & Alix then both took part in the javelin event with both girls achieving new pb's – Alix (12.68) and Jessica (12.29). Finley Collins competed in the high jump achieving another new pb and U17M club record with a jump of 1.52.

The 3rd RAM athletics league East District meeting was held in Perth on the 3rd July. Making the trip down to Perth to compete for the combined PAC/Ellon AAC team this time were; Sophie Needs, Carlie Steele, Euan Steel, Hollie Steele, Emma Steel, Alix Findlay, Jessica Needs, Georgia Milne, Jack Findlay, Finley Collins, Jack Bruce, Ewan Calder, Katy Bruce & Barbara-Anne Needs. Once again, many new pb's were achieved and there were 5 new club records set – Alix Findlay U15G Hammer (16.32), Jack Findlay U15B Hammer (15.75), Jack Bruce U17M 400m (1:08.30), Finley Collins U17M Javelin (19.79) and Barbara-Anne Needs W40 800m (3:17.60).

The age group categories who qualified for the finals were the U13 & U15 girls, Senior Women and U17 men. Good luck to the athletes who will be competing in Inverness on the 4th September.

On the 9th July at the University of Birmingham Track & Field Festival, Ewan Calder competed in another 800m race, improving his pb and Senior Men club record yet again with a time of 2:02.71.

On the 9th/10th July the Scottish Masters Championships were held in Dundee. John Robertson competed in both the 1500m & 5000m events. In the 1500m, John came 2nd in his M60 age category with a new pb and club record time of 5:34.25, earning himself a silver medal. In the 5000m, John just missed out on a medal, finishing in 4th place in a time of 20:25.83. Also competing at Dundee in the 5000m was Mark Beagrie who won the gold medal in his M35 age category, finishing in a time of 17:24.09. Very well done guys!

On the 16th July, Euan Steel, Emma Steel, Alix Findlay and Jack Findlay all competed at the Inverness Highland Games. Euan (U11) and Jack (U15) both won their Shot Put events.

On the 24th July the Summer Open OGM was held at Aberdeen Sports Village. We had Jakob Whitham (200m, 1200m & LJ), Jessica Needs (1500m & LJ), Barbara-Anne Needs (Javelin), Katy Bruce (100m, LJ, SP & Javelin) and Teresa Hood (Javelin) competing. There were new club records for Jessica (U15G) in the 1500m, improving on her own record with a time of 5:13.85 and also for Katy Bruce (W45) in the long jump with a jump of 2.54m.

On the 31st July an Elgin AAC OGM was held in Inverness. Sophie Needs competed in the 100m and achieved a new pb time of 21.33s. Jessica Needs ran in the 1500m race and absolutely smashed her new pb and club record set only a week before with a time of 5:04.05. Jessica's performances have gone from strength to strength this season and the reward for this latest run was a place on not just this seasons U15 girls rankings for 1500m but the seasons all time UK rankings. Well done Jessica!

On the weekend of the 13th/14th August the Scottish Seniors/U17 Championships were held at Aberdeen Sports Village. Jessica, an U15, was able to compete against the older girls in the U17 age category in the 1500m and although she didn't qualify for the final, she acquitted herself very well and gained some great experience. She finished 9th in her heat in a time of 5:04.71, just shy of her pb. Finley Collins competed in the U17 men's High Jump event and finished 8th with a jump of 1.47m.

ROAD RUNNING / TRAIL / ULTRA

On the 4th May the 2nd event of the Athletics Trust Scotland Proms 3k Series was held at the Aberdeen beach promenade. Kelly Cruden and Andrew Davidson were the two PAC athletes taking part. Kelly finished 20th in a superb new pb time of 11:44 with Andy 29th in 12:48.

On the 15th May the Run Garioch 5k, 10k, Half Marathon and kids events took place in Inverurie.

2k (girls 10 – 12's race): Hollie Steele – 8:31

5k: Mark Beagrie – 17:09, Jessica Needs – 20:08, Kelly Cruden – 20:46, Andrew Davidson – 21:51 & Finley Collins – 25:16. There were awards for Jessica (1st F18), Mark (3rd SM), Kelly (1st FV40) & Andy (2nd MV50)

10k: Richard Masson – 42:59, Barbara-Anne Needs – 54:37, Andrew Thom – 56:56 & Estelle Maskame – 1:08:20

On the 21st May, Sandy Hastie's annual beach run from Peterhead to Fraserburgh took place. After a 2 year covid break it was back for the 33rd running of the event. Sandy has been organising this run from the very beginning and all donations he receives from the people coming along to run he gives to a selected local charity.

On the 22nd May the 1st event of the GEF safari series 2022 was held at the Prime Four location in Kingswells Aberdeen. Taking part in the 3k race was Andrew Davidson who finished in 17th place in the "A" race in 12:54.

Also, on the 22nd May, Richard Masson ran the Great Manchester 10k in a time of 42:51.

The weekend of 28th/29th May was the Edinburgh Marathon Festival events.

Junior 5K: Jessica Needs – 20:16 & Finley Collins – 21:55. Jessica was 3rd place female in a new pb time.

5K: Billy Riddell – 24:05 & Barbara-Anne Needs – 26:51. Billy was 1st place MV60.

Half Marathon: Shaun Adam – 1:44:44 & Estelle Maskame - 2:46:39

Marathon: Ross Aird & Dave Fraser. Ross in a new pb and club record (M35) time of 2:44:00 and Dave also in a new pb and club record (M40) time of 2:54:39.

On the 1st June the 3rd event of the Athletics Trust Scotland Proms 3k Series was held at the Aberdeen beach promenade. Kelly Cruden finished 19th in a time of 12:01.

On the 3rd June we had John Robertson, Kelly Cruden, Richard Masson, Ewan McGee and Alison McGee all running the Metro 10k along the Aberdeen beach promenade. John finished in a time of 41:25, Kelly 44:03, Richie 45:03, Ewan 49:05 and Alison 1:06:31. John was 2nd MV60 and Kelly was 4th FV40.

On the 12th June a charity 5k run/walk was held at Catto Park in support of ex PAC member John Pascoe who was diagnosed with the condition MND. In a great show of solidarity, many PAC and Jog Scotland members turned out to take part in the 5k for John. Incidentally, John still holds 5 club records in the M50 age category and I'm sure many of these will continue to stand for a while yet.

Also on the 12th June, Ryan McRae, John Robertson, Kelly Cruden, Stuart Giles, Barbara-Anne Needs and Joe Strachan ran the Fraserburgh 10k. Ryan finished in a time of 37:17, John 42:17, Kelly 44:19, Stuart 49:00, Babs-Anne 53:50 and Joe 55:07. Kelly was 1st FV40 and John was 3rd MV60.

On the 26th June there was the Collieston Multi-Terrain Challenge. In the 10k race, Mark Beagrie finished in 1st place in a time of 40:28, Graham Steele 7th in 44:28 and Andy Thom 92nd in 1:12:43. Finley Collins ran the 3k race and finished in 4th place in 13:39.

On the 8th July, Ryan McRae ran the Campus 5k at Inverness. Against a very competitive field of athletes, Ryan finished in 28th place in a time of 17:28.

On the 17th July, Richard Masson, Kelly Cruden, Stuart Adam, Susan Strachan, Billy Riddell, Kirsteen Donald and Andrew Thom all ran the Chapelton of Elsick 10k. Richie finished in a time of 44:06, Kelly 48:15, Stuart 48:29, Susan 49:35, Billy 53:23, Kirsteen 53:52 and Andy 1:01:40.

On the 3rd August the 5th event of the Athletics Trust Scotland Proms 3k Series was held at the Aberdeen beach promenade. Kelly Cruden finished 14th in a time of 11:45.

On the 7th August the Railway Relay took place along the old Buchan and Formartine railway line from Peterhead to Ellon via Longside, Mintlaw, Maud & Auchnagatt. Alison McGee was in a team consisting of 4 other fellow runners from Fraserburgh Running Club (Robbie Cooman, Laurella Noble, Angela Long & Tracey Weston) and ran two legs of the nine leg relay route. Alison's team finished the ±27mile route in a time of 3hrs 53mins.

Also, on the 7th August, Ross Aird ran the Dyce Half Marathon, finishing 9th place overall in a time of 1:20:01 and setting a new club record in the M35 age category.

On the 13th August, Stuart Giles ran the Mormond Hill Race finishing in 29th place in a time of 51:06. A tough wee run of around 9k with a climb of approximately 600ft. Well done Stuart!

On the 14th August, Mark Beagrie, Shaun Adam, Kirsteen Donald, Billy Riddell, Barbara-Anne Needs and Andy Thom all ran the Deveron Valley 10k. Mark finished in 1st place in a time of 37:38, Shaun 51:40, Kirsteen 55:12, Billy 56:47, Babs-Anne 1:00:44 and Andy 1:09:36.

CLUB STANDARDS

We hope that many of you have already achieved your club standard goals this year and are looking forward to picking up a lovely shiny medal and certificate for your efforts at the club prizegiving.

This year's qualifying period ends on the 30th September, so you still have little bit of time left 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



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 have competed for PAC in a minimum combination of 1 running, 1 jumping and 1 throwing event during the indoor/outdoor seasons this year. We hope that many juniors have been able to attain either a purple, bronze, silver or gold award. Those that have done so will be able to pick these up at the end of year prizegiving.

CLUB CHAMPIONSHIPS 2022

We plan to hold our annual club championship events once again at the end of the track & field season on the week commencing Monday 12th September. The club championships are always a fun and enjoyable time for both junior and senior athletes to have a go at all the track & field events on offer and there's always plenty encouragement given to all the athletes, especially if you're attempting to fling a javelin or throw a shot put for the first time in your life. Please come along, get involved and make this a fantastic week of events.

OTHER UPCOMING EVENTS

Here's a list of just some other events due to take place over the next couple of months;

24th August - OGM (Aberdeen)

27th/28th August - Scottish U13/U15/U20 Championships (Grangemouth)

28th August - Buchan Trail Marathon (Aden Park)

3rd September - Huntly Room To Run (Half Marathon, 10k, 5k & Junior runs)

4th September - RAM Athletics League Final (Inverness)

7th September - Athletics Trust Scotland Proms 3k (Aberdeen)

11th September - OGM/AAAC club championships (Aberdeen)

25th September - Crimond Run Fest (Half Marathon, 12k, 6k & Junior run)

8th October - North District XC Relay Championships (Nairn)

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.

Again as a reminder to parents of children competing for the club, please could you 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 athlete's performance.

Again, this also applies to any adults too who are 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 Linda McGee – current club chair and recipient of the PAC Club Member of the Year award in 2021. Linda has kindly shared with us the story of her athletics career and association with Peterhead Athletics Club.



I first joined Peterhead Amateur Athletics Club (PAAC) as it was known then at the young age of 8 in 1981. Training was also over at Catto Park but at that time it was a grass running track. Coached by a certain Jim and Sandra Mundie, who thankfully are still heavily involved with the club and affectionately known to us all.

My preferred events were 800m, 1500m, javelin and discus. I travelled far and wide over Scotland with the club, competing also at the Grampian League and Castle Series Cross Country events. The venues may have changed for Cross Country but the cold, wet and dubs certainly haven't. I loved going away to these events, with a big bus full of members and coaches, best bit was always stopping off for a chippy on the way home! Sometimes we even stayed over at Youth Hostels for events further afield. I've lots of fond memories of these days.

By the age of 16, unfortunately my interest and motivation had dwindled, and I sadly left the club.

Once I had my family, I started to go out jogging on my own to keep myself fit but then Jog Scotland came to town! I joined Peterhead Jog Scotland initially with their 'Mums on the Run' group, which then eventually led me to becoming a Jog Leader with them. My first race was the Peterhead 10k in 2008 and since then I've lost count

of the events attended, the miles ran, and the medals gained. I think that my proudest achievement must be running the London Marathon in 2015 in a time of 3hr 34mins, I just loved the atmosphere of the event.

With the help of other Jog Leaders and other keen volunteers, in 2014 we reformed Peterhead Athletics Club so that kids and juniors could participate in not just running but also athletics in the town. A handful of us then went and attended the Assistant Coaching course to allow us to run these junior sessions and I have since gained my level 2 in Athletics Coaching. Now 8 years later I'm delighted to say that the club is going from strength to strength, and I'm still heavily involved with the club.

The main thing that my love of running has given me is such a huge friendship circle, whether it be training buddies or getting to know fellow runners from various clubs. The social aspect and camaraderie that comes with not just attending these races, but also at our training sessions is second to none. The encouragement and support that the running community gives to one another still amazes me. My plan is to continue running as long as my legs allow me too.

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-phdathleticsclub@outlook.com

Alternatively, you can also contact Mary Milne;

secretary-phdathleticsclub@outlook.com

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 year. Till then enjoy your running and stay safe & healthy!

Peterhead Athletics Club

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