



Peterhead Athletics Club Members Bulletin #7 December 2022



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 4th and final bulletin of 2022! We hope you enjoy reading this latest update to what's all going on within your club. It has certainly been an action packed past 3 months. We reached the conclusion of the outdoor track & field season and also the Junior Mile/Seniors 3K series at the Lido. We held our annual club championships and 10K road race once again, the cross country season is underway and the indoor track & field season has just begun too. We also recently held our annual club prizegiving where plenty awards were handed out to our successful athletes.

CLUB CHAMPIONSHIPS 2022

Our annual club championships took place in September. Championship events were held on Monday 12th, Tuesday 13th, Thursday 15th and Saturday 17th September. This year we were able to invite back our close friends from Ellon AAC again after a 3yr absence to participate alongside us. Even though our gazebo fell victim to the blustery conditions on the Saturday, this didn't stop our junior and senior athletes competing and giving it their all and then coming together to round off the championships with the customary mixed relays.

Club Champions for 2022 were as follows:

Primary Girl (U9) – Yasmin Taylor

Primary Boy (U9) – No entrant/champion

U11 Girl – Skye Masson

U11 Boy – Cian Grant

U13 Girl – Emma Steel

U13 Boy – Angus Robertson

U15 Girl – Jessica Needs

U15 Boy – No entrant/champion

U17 Woman – Ellie McGee

U17 Men – Finley Collins

U20 Woman – No entrant/champion

U20 Men – No entrant/champion

Senior Woman – No entrant/champion

Senior Men – No entrant/champion

Masters Woman – Barbara-Anne Needs

Masters Men – Mark Beagrie

The Club Champions listed above were each presented with a trophy at the club prizegiving. In total there were 13 championship records broken this year and each of the PAC athletes who managed to break these records were awarded with a certificate of their achievement.

Thanks to all the parent helpers 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.

3K / JUNIOR MILE SERIES

Our monthly 3k & Junior Mile series culminated with the final two events held in August and September. In August, Angus Robertson again improved the U13 boys club record for the junior mile by another 3 seconds with a time of 6:53 when he finished 3rd and in the 3k the course record was once again broken by Keith McIntyre (FRC) with his winning time of 9:20. Ryan McRae had a strong run finishing 3rd in a seasons best time of 10:14.

Heading into the final event in September a number of the age category winners had still to be decided so all was to play for. In the U12 junior mile race, a fantastic run by Jakob Whitham saw him not only smash his pb but also take the U13 boys club record from Angus Robertson with a time of 6:45.

In the U16 junior mile race, Kyle Gibson (YMR) broke the course record with a time of 5:21 and pipped Finley Collins to the title. The consolation for Finley was that he achieved a new pb of 5:54 and broke his U17 men's club record too. The final 3k saw another fast race with a number of runners achieving pb's. The race was once again won by Keith McIntyre in yet another course record time of 9:16.

The series winners for 2022 were;

Junior Mile U12 girl – Emily Taylor (Aberdeen AAC)

Junior Mile U12 boy – Harrison Rodland (Unattached)

Junior Mile U16 girl – Jessica Needs (PAC)

Junior Mile U16 boy – Kyle Gibson (Young Meldrum Runners)

3K – U20 woman – no runner with a minimum 3 runs

3K – U20 men – no entrant

3K – Senior woman – Rebecca Clueit (PAC)

3K – Senior men – Keith McIntyre (Fraserburgh Running Club)

3K – FV40 – Kelly Cruden (PAC)

3K – MV40 – Allan Bartlet (Newburgh Dunes RC)

3K – FV50 – Alison McGee (PAC)

3K – MV50 – David Horne (Trythan)

3K – FV60 – no entrant

3K – MV60 – John Robertson (PAC)

Best Junior Mile age graded performance (PAC only) – Jessica Needs

Best Senior 3K age graded performance (PAC only) – John Robertson

Everyone seems to have enjoyed our series this year and we look forward to staging these events again next year.

Please join us for our Santa Mile fun run at the Lido which will be on Sunday 18th December at 10am. All juniors, seniors, parents even granny's or granda's are welcome to attend and run, jog or walk the route. To get in the festive spirit please come along wearing something Christmassy. See you all there!

PAC 10K

Our 10K event was held on Sunday 6th November and was another great success. Max Abernethy of Fraserburgh Running Club was 1st across the finish line in a time of 31:10 and Jennifer Donaldson of Aberdeen AAC was the 1st female finisher in 37:57. Well done to all our PAC athletes, especially David Horne who was 1st MV50, John Robertson 2nd MV60 and Kelly Cruden 3rd FV40. Also a very well done to Ryan McRae and Ross Aird who broke club records in their respective age categories.

Thanks again to all those who volunteered to marshal and help us out on the day, this is always greatly appreciated.

Here's a full list of the PAC finishers;

Male

1. Ross Aird – 35:20 (4th)
2. Ryan McRae – 35:59 (7th)
3. Mark Beagrie – 36:03 (8th)
4. David Horne – 37:27 (10th)
5. Graham Steele – 39:46 (24th)
6. Richard Masson – 41:42 (43rd)
7. John Robertson – 43:46 (50th)
8. Billy Riddell – 51:03 (106th)
9. Joe Strachan – 51:34 (112th)
10. Andrew Thom – 59:29 (167th)
11. Scott Donald – 64:46 (180th)

Female

1. Kelly Cruden – 43:50 (51st)
2. Susan Strachan – 45:31 (63rd)
3. Barbara-Anne Needs – 50:23 (101st)
4. Rebecca Clueit – 50:49 (105th)
5. Kirsteen Donald – 51:06 (107th)
6. Charleen Davidson – 57:14 (146th)
7. Arlene McRae – 57:49 (152nd)
8. Alison McGee – 64:56 (181st)

TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY HIGHLIGHTS

Since our last update in August.....

OUTDOOR TRACK & FIELD

On the 24th August an OGM was held at Aberdeen Sports Village. Running in the 100m we had Hollie Steele (16.26), Jessica Needs (15.22), Finley Collins (14.22), Mark Beagrie (13.71) and Barbara-Anne Needs (18.12) with both Hollie and Jessica achieving new pb's. Mark also took on the 1500m steeplechase and finished in a time of 5:11.09

A few days later on the 27th Aug at the U15 Scottish Championships in Grangemouth Jessica Needs competed in the 800m. Although Jessica was eliminated when finishing 5th in her heat she still managed a new pb and club record time of 2:27.85

On the 2nd September, Jessica was in action again at an OGM in Livingston this time in the 1500m. A superb run saw her take off another 2 seconds from her pb and club record, finishing in a time of 5:01.63

On the 4th September the RAM Athletics League Final was held in Inverness. The age group categories who qualified for the finals were the U13 & U15 girls, U17 men and Senior Women. Representing the PAC/Ellon team that day were - U13 girls - Charlotte Smart, Emma Steel & Hollie Steele. U15 girls - Alix Findlay & Jessica Needs. U17 men - Jack Bruce & Finley Collins plus guest appearance by Jack Findlay for the relay. Senior Women - Barbara-Anne Needs & Katy Bruce. All the athletes did fantastically well with numerous new pb's achieved. There were new club records for both Babs and Katy in the 1500m and also for Alix in the High Jump when she jumped a superb 1.35m, beating the previous record by 10cm. The U13 & U15 girls teams both finished 6th, the Senior Women were 2nd and the U17 men were 1st. Well done guys and well done team PAC/Ellon!!!

On the 11th September the AAAC Championships/OGM event was held at Aberdeen Sports Village. Some great performances on the track saw Jack Findlay break the U15 boys 800m club record with a run of 2:33.84. Jack also had a pb in the 100m as did Max Taylor. Max, Euan Steel and Hollie Steele all got new pb's in the 800m. In the field events, Alix Findlay, Jack Findlay and Max Taylor all achieved new pb's in the Long Jump as did Hollie Steele in the High Jump. Emma Steel got a new pb in the javelin and Max Taylor and Sophie Needs both got pb's in the Shot Put.

The final track & field event of the season was the North Area Trophy which was held in Inverness over the weekend of the 24th/25th September with Sophie Needs (800m), Jessica Needs (1500m), Barbara-Anne Needs (1500m) and Teresa Hood (Javelin) all competing for the club. There was a pb for Sophie, a silver medal for Teresa and wins for both Babs and Jessica. In her final track race of the year, Jessica produced an outstanding performance and achieved her goal of a sub 5 minute run in the 1500m, finishing in a time of 4:59.69. At the same age a certain Laura Muir was only running 5:12 for the 1500m and she hasn't turned out doing too badly at this event has she. Keep it up Jessica!

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

The indoor track & field season has just gotten underway with the 1st indoor OGM held at ASV on the 10th December. There will be another 3 OGM's held in Aberdeen over the next three months so if you much prefer track & field to XC and staying out of the cold then get yourself along to these events.

ROAD RUNNING / TRAIL / ULTRA

On the 21st August, Kelly Cruden ran the Forfar 10k in a time of 43:38 (5th FV40).

On the 27th August the 2nd event of the GEF safari series 2022 – Mel’s Union St mile was held in Aberdeen. Hollie Steele ran in the kids S1-S4 race, finishing 6th girl in a time of 6:31. In the adults race, Mark Beagrie was 6th (4:54) and Graham Steele 22nd (5:44).

On the 28th August the first ever Buchan Trail Marathon was held in Aden Park with the route taking the runners through the trail paths of Aden Park and the nearby areas of Pitfour Lake and Drinnie’s Wood. The race was won jointly by Ross Aird and Robbie Cooman (Fraserburgh Running Club) who both crossed the finish line together in a time of 2:51:05.

Also on the 28th August, Richard Masson ran the Perth 10k in a time of 42:06.

On the 3rd September at the Room To Run event in Huntly, Estelle Maskame ran the 5k in a time of 33:20.

On the 7th September the sixth and final event of the Athletics Trust Scotland Proms 3k Series was held at the Aberdeen beach promenade. John Robertson finished 19th in a superb time of 11:53 to set a new MV65 age group club record.

On the 18th September the 3rd event of the GEF Safari Series 2022 was held at Hazlehead in Aberdeen. Jessica Needs finished 5th place overall in the 5k race in a time of 20:28.

On the 25th September, Crimond Run Fest was held with both a 6k and a 12k run on offer.

6k: Ryan McRae (2nd) – 22:32, Eddie Fernandes (3rd) – 22:53, Jessica Needs (5th) – 24:40, Finley Collins (9th) – 26:35, Graham Steele (19th) – 29:54, Richard Masson (20th) – 29:54, Kirsteen Donald (25th) – 31:29, Arlene McRae (32nd) – 34:00, Alison McGee (40th) – 38:02, Scott Donald (43rd) – 40:34.

12k: Ryan McRae (1st) – 46:47, Sandy Hastie (9th) – 55:38, Graham Steele (11th) – 57:08, Richard Masson (12th) – 57:08, Alan Reid (13th) – 59:01, Rebecca Clueit (17th) – 60:54, Barbara-Anne Needs (18th) – 62:10.

Well done to Ryan who ran so well in both races and also to young Jessica who was 1st female finisher in the 6k.

Also, on the 25th September, Stuart Giles completed the Bennachie Hill Race (13.1k/500m ascent) in 1:37:28.

Well done on this challenge Stuart! Also, Ewan Calder finished 16th in the Balloch to Clydebank Half Marathon with a time of 1:26:07.

Sunday 2nd October was an eventful day for many of our athletes. In Inverness at the Loch Ness Marathon, John Robertson finished in a time of 3:45:22 (6th MV60) setting a new club record in his MV65 age category. In the River Ness 10k – Mark Beagrie (35:48), Ryan McRae (36:29), Richard Masson (41:02), Shaun Adam (43:14), Kelly Cruden (43:25 – 3rd FV40), Barbara-Anne Needs (48:18) and Andy Davidson (49:06).

At the Great Scottish Run 10k in Glasgow, Estelle Maskame completed her run in 1:07:49 and last but certainly by no means least, Charleen Davidson ran the London Marathon in 4:48:36.

On the 7th October the 1st race of the Metro Proms 3k winter series was held at the Aberdeen beach promenade. Kelly Cruden, Linda McGee, Susan Strachan, Alison McGee, Andy Davidson and new club member David Horne were all taking part. David finished 5th in a new MV50 club record time of 10:14, Kelly 27th (12:09), Andy 40th (13:03), Susan 41st (13:03), Linda 45th (13:18) and Alison 77th (16:43).

On the 15th October at the Dramathon – a team consisting of Ryan McRae, Ross Aird, Mark Beagrie and Dave Fraser were winners of the marathon team relay event in a time of 2:36:59 which was some 30mins ahead of the 2nd place team. Another team of PAC athletes - Shaun Adam, Kirsteen Donald, Billy Riddell plus their good friend Derek Isaac finished in 10th place in a time of 3:30:28.

On the 16th October the Middleton Trust runs were held in Ellon.

3k: Jessica Needs - 11:47 (1st Female), Emma Steel - 14:17 & Sophie Needs - 17:38

5k: Mark Beagrie - 17:48, Jessica Needs - 19:55 (3rd Female), Susan Strachan - 22:04 (1st FV40) and Alison McGee - 30:04 (2nd FV50)

10k: Barbara-Anne Needs - 49:03 (2nd FV40) and Andy Steel - 54:14 (14th MV 50)

On the 4th November the 2nd event of the Proms 3k winter series was held at the Aberdeen beach promenade. Taking part this time was Kelly Cruden, Susan Strachan, Linda McGee & Alison McGee. Kelly finished 24th (12:02), Susan 37th (12:39), Linda 54th (13:49) and Alison 81st (16:45).

On the 6th November, Ewan Calder ran the Templeton 10 in Dundee. Ewan finished 10th in the 10mile road race with a time of 65:21.

On the 20th November we had Ryan McRae, Mark Beagrie, John Robertson, Graham Steele, Richard Masson, Barbara-Anne Needs, Kirsteen Donald and Alison McGee all taking part in the Fraserburgh Half Marathon. Ryan finished 8th in 1:21:11, Mark (12th) 1:22:47, John (55th) 1:35:11, Graham (68th) 1:38:34, Richie (98th) 1:46:59, Babs (134th) 1:55:27, Kirsteen (143rd) 1:57:45 and Alison (181st) 2:26:48.

Also, on the 20th November, Ewan Calder finished the Preston 10mile road race in 41st place with a time of 62:51.

CROSS-COUNTRY (XC)

The cross-country season kicked off on the 8th October with the North District XC Relay Championships held at Nairn. We had a junior girls team of Hollie Steele, Emma Steel and Jessica Needs, a Masters woman's team of Barbara-Anne Needs, Susan Strachan and Linda McGee and a Masters Men's team of Graham Steele, Dave Fraser, Richard Masson and Andy Davidson all taking part. The girls team finished 5th out of 11 teams, the women finished 10th out of 15 teams but were the 3rd Masters team so won a bronze medal. The men finished 12th out of 13 teams. Great team effort everyone!

The regular North District XC season began at Nairn on 29th October with a great contingent of 17 athletes there to represent PAC. First up we had Sophie Needs in the U11 girls race finishing 17th and Euan Steel in the U11 boys race finishing 22nd. We then had the U13 girls, Hollie Steele & Emma Steel with Hollie finishing 8th and Emma 11th. In the U15 girls race Jessica Needs finished 3rd and then Finley Collins in the U17 men's race finishing 8th. In the senior/masters woman's race we had Susan Strachan, Barbara-Anne Needs, Linda McGee, Kirsteen Donald, and Arlene McRae all running. Susan finished 23rd, Babs 30th, Linda 36th, Kirsteen 39th and Arlene 45th. Running in the senior/masters men race we had David Horne, Graham Steele, Richard Masson, Shaun Adam, Andy Steel and Bobby Davidson. David finished 22nd, Graham 35th, Richie 55th, Shaun 56th, Andy 75th and Bobby 76th. Well done team PAC!!!

On the 5th November at the National Short Course XC Championships at Kirkcaldy we had Jessica & Barbara-Anne Needs there representing PAC. Jessica finished the U15 girls 2k race in 23rd place out of 102 runners in a time of 7:08. A great result against the top athletes from the whole of Scotland and also when considering Jessica is just in her 1st year as an U15. In the Women's Senior/Masters 4k race, Babs finished 225th out of 260 runners in a time of 19:05. In a field which mostly consisted of younger runners Babs was 43rd/52 in her V40 age category.

On the 12th November the Active schools XC fun runs were held at Dales Park, Peterhead. Well done to all the PAC juniors who took part.

The 2nd North District XC event was held at Evanton on the 19th November. A bus full of PAC athletes made the long journey to the highlands north of Inverness and had a great day out. Sophie Needs finished 23rd in the U11 girls race and Euan Steel 32nd in U11 boys race. In the U13 girls, Hollie Steele was 8th and Emma Steel was 16th. Jessica

Needs finished 3rd in the U15 girls race and Finley was 8th in the U17 men's race. In the senior/masters woman's race we had Kelly Cruden, Susan Strachan, Linda McGee, Barbara-Anne Needs, Kirsteen Donald, and Arlene McRae all running. Kelly finished 16th, Susan 26th, Linda 32nd, Babs 33rd, Kirsteen 41st and Arlene 44th. Running in the senior/masters men race we had David Horne, Graham Steele, Richard Masson, Shaun Adam, Andy Davidson, Bobby Davidson, Andy Steel and Andy Thom. David finished 15th, Graham 28th, Richie 41st, Shaun 50th, Andy D 63rd, Bobby 64th Andy S 65th and Andy T 68th. Well done team PAC!!!

On the 3rd December the North District XC Championships were held at Gordonstoun. We had Hollie Steele, Emma Steel, Jessica Needs, Kelly Cruden, Susan Strachan, Barbara-Anne Needs, Andy Davidson and Andy Steel there representing PAC. In the U13 girls 3k race Hollie finished 7th and Emma 12th out of 22 runners. In the U15 girls 4k race Jessica finished in 3rd place out of 23 runners winning a bronze medal. In the Senior Women/Masters 8k race with 54 runners, Kelly finished 26th (9th FV40), Susan 36th (3rd FV45) and Babs 42nd (5th FV45). In the Senior Men/Masters 8k race with 93 runners, Andy D finished 85th (11th MV55) and Andy S 91st (4th MV60). Jessica, Hollie and Emma have all been selected to represent the North District team for the Inter District Championships at Scone Palace on the 14th January. Well done girls!

Results and information on the North District XC can be found here: (<https://www.northleague.co.uk/home>)

CLUB STANDARDS

Well done to all the senior athletes who qualified for a club standard this past year. This next year's qualifying period started from 1st October 2022 and will run until the 30th September 2023. Good Luck!

Mark Beagrie will be taking over from Calum Sinclair as the person overseeing the club standards so if you have any queries please direct these to Mark. Thanks very much Calum for all your help since we introduced the standards system to the club back at the beginning of 2021.

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 our junior athletes – Jessica Needs (Purple), Alix Findlay (Silver), Jack Findlay (Silver) and Finley Collins (Silver) who achieved a Thistle Award this year.

Indoor and Outdoor track & field results for the season were submitted to Scottish Athletics for calculating the relevant award. Award winners each received a certificate at the club prizegiving.

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.

UPCOMING EVENTS

Here's a list of just some of the events due to take place over the next few months which you may be interested in;

17th December – GAA U12's Fun Day & Yuletide OGM (Emirates Arena - Glasgow)

18th December – Santa Mile fun run (Lido, Peterhead)

6th January – GAA New Year Bash (Emirates Arena - Glasgow)

6th January – Proms 3k Winter Series #4 (Aberdeen)
14th January – Inter District XC (Scone Palace, Perth)
15th January – Indoor OGM #2 (Aberdeen)
21st January – National Indoor Open (Emirates Arena - Glasgow)
22nd January – Indoor U12's SUPERteams (Emirates Arena - Glasgow)
28th January – North District XC event #4 (Peterhead – Aden Park)
28th/29th January – National Indoor Combined Events Championships (Emirates Arena - Glasgow)
3rd February – Proms 3k Winter Series #5 (Aberdeen)
4th February – National Indoor Championships – Seniors & U17 (Emirates Arena - Glasgow)
5th February – National Masters XC Championships (Tollcross Park - Glasgow)
11th February – North District XC event #5 (Forres)
12th February – National Indoor Masters Championships (Emirates Arena - Glasgow)
18th/19th February – National Indoor Championships – U13, U15 & U20 (Emirates Arena - Glasgow)
25th February – National XC Championships (Falkirk)
25th February – Indoor OGM #3 (Aberdeen)
3rd March – Proms 3k Winter Series #6 (Aberdeen)
15th March – Indoor OGM #4 (Aberdeen)
18th March – Young Athletes Road Race Championships – U13-U20 (East Fortune – North Berwick)

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.

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.

ADDITIONAL NEWS

We recently held our annual AGM & Prizegiving at the Peterhead Football Club on the 27th November to hand out many club awards to our successful athletes. Our top awards this year as voted on by the club committee went to; Kelly Cruden (Best Female Athlete), Ross Aird (Best Male Athlete) & Barbara-Anne Needs (Club Member of the Year). As well as the awards we also invited along guest speaker Alice Bruce, who is an ex-Paralympian, to share her experiences with us of competing in Atlanta, USA in 1996.

Also, special mention must go to Linda McGee who stepped down from her role as Chair of the club after two years at the AGM. Linda was also in the role of Vice-Chair for three years prior to this. We give a big thank you to Linda whose impact has helped immensely in making our small club grow into the success it is today. Behind the scenes, her knowledge and organisation are invaluable to us to be able to run the club and we all owe her a large debt of gratitude for all her time and effort. Linda will continue to serve as a trustee and be involved with the club committee.

Finally, we would like to say a huge well done and congratulations to Alison McGee who picked up the award for Technical Official of the Year at the Scottish Athletics annual awards dinner in Glasgow on Saturday 29th October. Alison is a level 3 field official and has volunteered much of her spare time in assisting and staging many indoor and outdoor track & field events throughout the year across the whole of Scotland. Alison thoroughly deserves this prestigious award in recognition of her fantastic efforts.

MEMBER SPOTLIGHT

In this edition of members spotlight we have chosen Ross Aird – winner of the PAC Male Athlete of the Year award for 2022. Ross has kindly shared with us his running story so far.....



It wasn't until a move to Copenhagen late 2014 that my running really started to kick on and the 2016 Copenhagen marathon was the point where I realised I really enjoyed running. Before all that I had ran at school level. I initially joined Peterhead Amateur Athletics Club when still at primary school, taking part in cross countries and carrying this on when I moved up into the Academy. I remember the castle series cross country runs being a highlight at that time. Unfortunately I dropped away from running as I concentrated more on playing football, which is something I regretted later. I always remember it being mentioned that I had lost some of my speed and sharpness when playing football.

Fast forward a few years until my mid 20s and a group of us from work decided to run the Baker Hughes 10k in Aberdeen. I remember running my first 10k and getting an enormous sense of achievement. It wasn't enough at the time to really kick start things but I continued for the next few years entering the Baker Hughes and only really training when that time came around. After a few years of that and getting slightly quicker as it went I decided I wanted to get a sub 40 minute 10k so started doing more treadmill work at

the gym to increase speed. I think I managed to reach 40 minutes and a few seconds in my last Baker Hughes before deciding to move to Copenhagen. It was there that I joined Mikkeller running club and things really started to kick on, maybe mainly as we would all drink beer after the sessions.

I had entered the 2015 Edinburgh marathon before deciding to move but decided not to travel back for this so Copenhagen marathon it was. In the build up to this I also ran my first half marathon and loved it so this built the excitement for the full thing. I completed my first marathon in 3hours 13mins, the main target was just to get round and I think my benefit here was that I didn't fully push myself which made it an enjoyable marathon and encouraged me to go and do more. Then after a conversation in the pub where someone mentioned a sub 3 hour marathon was only 4:15min per km pace, I decided that was the next target for me! That came in Odense in Denmark in 2017 with a time of 2:58. Lisbon in 2018 followed with 2:56 and Edinburgh in 2019 was 2:54. Throughout these were numerous other races but the marathons were always the main focus. Highlights were the Copenhagen half 4 times and the Berlin half as well.

My time in Edinburgh was good enough to achieve a Good For Age entry place in the London marathon for 2020. Unfortunately Covid struck and this was postponed and finally ran in October 2021. For London I decided to really focus and instead of just picking away and making my own plan as I had before I decided to purchase a proper set plan. Following this made a huge difference and I was able to run London in 2:46, an 8 minute PB! Edinburgh followed in 2022 with another PB at 2:44. My target has been 1 marathon a year and the main goal is to run all the big 6 marathons (London, Boston, New York, Chicago, Berlin and Tokyo). Plenty of time for that hopefully. Cross country also still remains a highlight and I hope to get to more of these when family time permits, it can be difficult to juggle with young family but both are rewarding in their way.

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 either our club Chair or Secretary at the following e-mail addresses;

chair-phdathleticsclub@outlook.com

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 e-mail addresses and we can send copies to you.

Wishing you all a Merry Christmas and a Happy New Year!

Looking forward to seeing how you all get on in 2023 and we'll be back with more news for you around springtime.

Till then enjoy your running and stay safe & healthy!

Peterhead Athletics Club

Scottish Registered Charity No. SC051272

