



Peterhead Athletics Club Members Bulletin #10 December 2023



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WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to the 3rd and final bulletin of 2023! We hope you enjoy reading this latest update to what's all going on within your club. The outdoor Track & Field season and the Lido 3k/Junior Mile series concluded in September. The cross country season got underway again in October and our popular 10K road race was held in November. There were many other events in between to tell you about so let's get started

3K / JUNIOR MILE SERIES

The 5th event was held on the 26th August. The U12's race winner was Harrison Rodland in a time of 6:32, closely followed by Aaron Cruickshank in 2nd (6:33) and Euan Steel 3rd (6:57). Euan improved his PB for the 5th time in a row and Aaron took another couple of seconds off his U9 boys club record. Ava Alexander was the 1st girl to cross the line maintaining her good results in the series so far. In the U16's race, Finley Collins again took the win in a time of 5:51, with David Josiah West 2nd (6:22) and Ava Smith 3rd (6:25). Chloe Pirie also improved her U17 womens club record again with her time of 6:35.

The 3K race was won by Callum Urquhart in a time of 10:06 with Chris Forman 2nd (10:46) and Lee Morrison 3rd (11:35). Lee, just like Euan Steel was another of our athletes to have improved his PB for the 5th race in a row. The 1st female finisher was Susan Strachan (13:13) followed by Shelley McSeveney 2nd (14:00) and Kirsteen Donald 3rd (14:24).

The 6th and final event was held on the 30th September. Good weather provided great conditions for these final races which saw many athletes achieving new PB's yet again. The U12's winner was Harrison Rodland in a time of 6:03, with Aaron Cruickshank 2nd (6:25) and Marin Bouvot 3rd (6:33). More junior club records were broken this time by Aaron (U11 boys), Rosie Masson (9:23 - U9 girls) and Jakob Whitham (6:14 - U13 boys).

Finley Collins in his final junior mile U16's race produced a superb PB and club record run to win in a time 5:32 and also take the overall series title too. James Horne was 2nd (5:40) and David Josiah West was 3rd (6:11).

The 3K race was won by Mark Beagrie in a time of 10:01 with James Turnbull 2nd (10:14) and David Horne 3rd (10:17). The 1st female finisher was Susan Strachan (12:58) followed by Kirsteen Donald 2nd (14:25). Cheered on by all the supporters at the finish line, a superbly strong finish saw Alison take 3rd place in a huge PB time of 16:26.

The series winners for 2023 were;

Junior Mile U12 girl - Ava Alexander (PAC)

Junior Mile U12 boy - Harrison Rodland (Unattached)

Junior Mile U16 girl - Hollie Steele (AAAC)

Junior Mile U16 boy - Finley Collins (PAC)

3K - U20 woman - no runner with a minimum 3 runs to count

3K - U20 men - Callum Urquhart (PAC)

3K - Senior woman - Shelley McSeveney (PAC)

3K - Senior men - Mark Beagrie (PAC)

3K - FV40 - Lisa Wallace (TrYthan)

3K - MV40 - Graham Steele (PAC)

3K - FV50 - Susan Strachan (PAC)

3K - MV50 - David Horne (PAC)

3K - FV60 - no runner with a minimum 3 runs to count

3K - MV60 - John Robertson (PAC)

Best Junior Mile age graded performance (PAC only) - Aaron Cruickshank (76.4%)

Best Senior 3K age graded performance (PAC only) - David Horne (84.2%)

It seems that everyone who took part this year had an enjoyable time once again. Great to see more positive feedback about the event and the club from other visiting runners too. We look forward to seeing you all again in April for the start of the next series.

Please join us for our Santa Mile fun run at the Lido which will be on Saturday 16th December at 10am. All juniors, seniors and family members 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!

TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY HIGHLIGHTS

OUTDOOR TRACK & FIELD

On the 6th August, Alix Findlay was competing at the Youth Development League Final in Grangemouth in the High Jump and Hammer events. Alix jumped 1.35m in the high jump equalling her PB, and also improved on her hammer PB and club record with a superb throw of 29.74m.

On the 19th August, we had Alix Findlay and Emma Steel both competing at the U15's Scottish National T&F Championships in Aberdeen. Emma ran the 800m in 3:13.96 and threw the Shot Put 4.98m. Alix was taking part in the triple jump and hammer competitions. Alix, hopped, skipped and jumped her way to 9.63m for a new PB and club record and finished in a very creditable 5th place. In the hammer event, Alix managed a throw of 20.51m.

The next day on the 20th August, we had Ava Alexander and Euan Steel competing at the U13's Scottish National T&F Championships in Aberdeen. Euan ran the 800m in a new PB time of 3:05.99. Ava ran a PB in both the 100m (15.46s) and 200m (32.16s) sprints and also threw the Shot Put for a new PB of 3.76m.

On the 27th August, the RAM Athletics League Final took place in Aberdeen. The PAC athletes in the age groups of the PAC/Ellon team that made the final (U13 girls, U15 girls, U17 women, U17 men & Senior Women) and who competed were – Sophie Needs, Ava Alexander, Charlotte Smart, Emma Steel, Alix Findlay, Chloe Pirie, Jack Bruce, Babs-anne Needs. The final team positions were; U13 girls – 7th, U15 girls – 6th, U17 women – 5th, U17 men – 6th and the Senior Women – 3rd.

On the 10th September the AAAC Championships/OGM event was held at ASV. Aaron Cruickshank (U11) and Sophie Needs (U13) were both competing in the 4 event format of 100m, 800m, Long Jump and 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 16th/17th September with Sophie Needs and Alix Findlay both competing for the club. Sophie was very close to breaking her PB with a run of 3:25.48. Alix earned herself a silver medal in the triple jump with a jump of 8.94m and also in the hammer with a throw of 25.23m. Alix has now switched to Aberdeen AAC as she seeks to progress further with her jumping and throwing. Congratulations Alix, we all wish you the best for the future.

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 begun with the 1st indoor OGM held at ASV on the 10th December. There will be another three 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. The indoor seasons events will be covered in the next bulletin.

ROAD RUNNING / TRAIL / ULTRA

Since our last update in August.....

On the 19th August, Stuart Giles took on the Mormond Hill Run. Stuart finished the 9K run in 22nd place in a time of 48:51.

On the 20th August, Callum Urquhart ran the Forfar 10K in a time of 35:50 to finish 7th place overall and 1st junior male.

On the 26th August, Nicholas Aiken and Stuart Gladstone ran as a team at the Loch Ness 24 and completed a combined 20 laps of the 7K trail route in 24hrs. Well done guys!!!

Also on the 26th August, Graham Steele ran Mel's Mile down Union Street in Aberdeen. Graham finished in 18th place in a time of 5:38.

On the 27th August at the Perth 10K we had 4 runners competing for PAC – Mark Beagrie, Calum Sinclair, Steve McMorrow and Jillian Sim. Mark finished in 6th place in 35:39, Calum 13th in 37:22 and Steve 37th in 42:43. Jillian was running her first ever 10K and finished 183rd in 56:07.

On the 2nd September, Andy Thom ran the Huntly Room To Run 10K in 1:14:15.

On the 9th September, our vice-chair John Diffey reached the fantastic milestone of completing his 100th Parkrun. This is a great achievement. Well done John!

On the 10th September we had Mark Beagrie, Sean Gibson, John Robertson, Shaun Adam, Susan Strachan, Linda McGee and Kirsteen Donald all running at the City of Stirling 10K. Mark finished in a time of 35:32, Sean 42:50, John 43:06, Shaun 43:39, Susan 46:04, Linda 49:05 and Kirsteen 50:25.

On the 23rd September, both Sean Gibson and Jonathan Needs took part in the Beast Race at Knockburn Loch near Banchory. This was a 10K obstacle course race over tough terrain and included giant water slides, icy loch water, thick mud and swampy crossings. Definitely a beastly challenge but sounds like it was a good bit of fun.

On the 24th September, the Crimond Run Fest was held with both 6K and 12K runs on offer.

6K: Ewan McGee (4th) – 26:18, Finley Collins (5th) – 26:50, Jennifer Robertson (6th) – 26:52, Susan Strachan (11th) – 27:40, Alison McGee (29th) – 36:41, Ailsa Hood (42nd) – 44:04, Teresa Hood (43rd) – 44:46

12K: Ewan McGee (5th) – 57:49, Becca Clueit (6th) – 58:15, Stuart Giles (9th) – 59:26

Ewan received a prize for 2nd male finisher in the 6K and also one for being 2nd in the combined 6K/12K results.

On the 1st October seven runners made the journey to Inverness for the Baxters Loch Ness Marathon Festival.

Marathon – Barbara-anne Needs 4:29:56 & Becca Clueit 5:03:43.

River Ness 10K – Steve McMorrow 40:56, Sean Gibson 41:31, Richard Masson 42:09, Shaun Adam 42:49 & Kirsteen Donald 49:05.

On the 6th October the first race of the Metro Proms 3K winter series was held along the Aberdeen beach promenade. Mark Beagrie, Jennifer Robertson, Susan Strachan and Linda McGee were all taking part for PAC. Mark finished 3rd in a new club record time of 9:41, Jennifer 27th (12:25), Susan 35th (12:42) and Linda 49th (13:25).

On the 15th October the Middleton Trust races were held at Gordon Park in Ellon.

3K – Euan Steel 18th (13:32), Andy Steel 25th (14:26), Sophie Needs 32nd (15:18) & Emma Steel 37th (15:47)

5K – Graham Steele 11th (19:50), Finley Collins 17th (21:12), Jennifer Robertson 19th (21:25), Susan Strachan 23rd (22:17) & Barbara-Anne Needs 26th (22:38). Prizes were won by Suz (1st FV50), Jennifer (1st FV40) and Babs (3rd FV40).

10K – Steve McMorrow 15th (40:51), Ewan McGee 32nd (44:57), Stuart Giles 53rd (49:00) & Andy Thom 105th (61:28).

Also on the 15th October, Andy Davidson ran the Manchester Half Marathon in a time of 1:43:51.

On the 3rd November, the 2nd Metro Proms 3K race was held at the Aberdeen beach promenade with Jennifer Robertson, Susan Strachan, Andy Davidson and Alison McGee all taking part. Jennifer 42nd (12:28) Suz 52nd (12:57) Andy 53rd (12:58) & Alison 97th (16:50).

On the 5th November, Andy Davidson ran the Brodie Castle 10K in a time of 47:31.

On the 18th November, Mark Beagrie ran the Gight Castle 8mile trail run and finished in 4th place (2nd Senior male) in a time of 1:01:53.

On the 19th November, we had Callum Urquhart, Chris Forman, Richie Masson, Bryan Mackay, Mark Urquhart and Jillian Sim all running the Fraserburgh Half Marathon. Callum 8th (1:21:26), Chris 13th (1:24:47), Richie 38th (1:33:46), Bryan 47th (1:38:19), Mark 82nd (1:46:10) and Jillian 175th (2:09:03). Callum's time earns him a new U20 men's club record.

On the 1st December, the 3rd race of the Metro Proms 3K winter series was held at the Aberdeen beach promenade with Mark Beagrie, Linda McGee and Alison McGee taking part. Mark won the race in a time of 9:44, just 3 seconds shy of his 3K PB. Linda was 47th in 13:01 and Alison 87th in a new 3K PB time of 16:25.

CROSS-COUNTRY (XC)

The cross-country season kicked off on the 7th October with the North District XC Relay Championships held at Nairn. We had a junior girls team of Sophie Needs, Emma Steel and Charlotte Smart, a junior boys team of Jakob Whitham, Euan Steel and Finley Collins, a Masters woman's team of Linda McGee, Barbara-Anne Needs and Susan Strachan and a Masters Men's team of Dave Fraser, Graham Steele, Richard Masson and David Horne all taking part. The girls team finished 8th the boys were 9th. The Masters women finished 7th and the Masters men were 4th. Great team effort everyone!

The regular North District XC season began with the Lochaber AC event at Fort William on the 29th October. Only three PAC athletes made the long journey there to compete. This classic course in the foothills of Ben Nevis is a true test of cross country running and first up in the U13 boys 3.4K race was Euan Steel who finished in 9th place. Callum Urquhart and Andy Steel were the other two PAC runners taking part in the mens 8.5K race. Callum finished in 17th place (3rd U20) and Andy was 61st (8th M60).

The 2nd North District XC was the Ross County AC event held at Evanton on the 18th November. The conditions were very wet and muddy but produced probably the largest amount of runners at a NDXC event in years. In the U13 girls race Sophie Needs finished 20th in 19:29 and in the U13 boys race Euan Steel finished 21st in 16:44. The U15 girls race had two runners, Charlotte Smart finishing 23rd in 28:21 and Emma Steel 24th in 29:49. In the senior/masters woman's race we had Barbara-Anne Needs, Kirsteen Donald, and Arlene McRae all running. Babs finished 38th (48:38), Kirsteen 40th (49:16) and Arlene 45th (51:06). Running in the senior/masters men race we had David Horne, Allan Bartlett, Ryan McRae, Richard Masson, Shaun Adam, Derek Isaac, Billy Riddell and Andy Steel. David finished 25th (35:06), Allan 30th (36:06), Ryan 33rd (36:33), Richie 55th (39:06), Shaun 74th (42:01), Derek 85th (47:16), Billy 88th (48:03) and Andy 91st (49:27).

On the 2nd December the North District XC Championships were held at Gordonstoun. In the U13 girls 3K race Sophie Needs finished 17th in 21:01 and in the U13 boys 3K race Euan Steel also managed a 17th place finish in 18:02. In the Senior/Masters women's 8K race, Linda McGee was 33rd (4th W50) in a time of 39:07 and Barbara-Anne Needs 47th (11th W45) in 41:57. In the Senior/Masters men's 8K race, David Horne was 41st (3rd M50) in a time of 30:46, Richard Masson 70th (9th M45) in 34:51 and Andy Steel 89th (6th M60) in 41:50.

PAC 10K



Our 10K event was held on Sunday 5th November and was another great success. Keith McIntyre of Fraserburgh Running Club was 1st across the finish line in a time of 33:03 and Robyn Pinder of Metro Aberdeen RC was the 1st female finisher in 37:54. Well done to all our PAC athletes, especially

Susan Strachan who was 1st FV50, Kirsteen Donald 2nd FV50, Lee Morrison 2nd MV50, Bryan Mackay 3rd MV50 and Shelly Lawson 3rd SW.

Thanks again to all those who volunteered to marshal and help us out on the day, this is always greatly appreciated. The event was once again sponsored by Symposium Coffee House and we're extremely grateful to Paul Haggath for his continued support.

Here's a full list of the PAC finishers;

Male

1. Mark Beagrie – 35:54 (12th)
2. Ross Aird – 36:19 (14th)
3. Callum Urquhart – 36:31 (17th)
4. Chris Forman – 37:51 (22nd)
5. Ryan McRae – 39:10 (26th)
6. Graham Steele – 40:32 (30th)
7. Steve McMorro – 40:45 (32nd)
8. Richard Masson – 41:19 (36th)
9. Lee Morrison – 42:49 (45th)
10. Bryan Mackay – 42:57 (47th)
11. Mark Urquhart – 47:18 (80th)
12. Stuart Giles – 49:08 (92nd)
13. Andrew Brown – 49:39 (94th)
14. Billy Riddell – 50:46 (100th)
15. Finley Collins – 55:11 (123rd)
16. Andy Thom – 64:36 (151st)

Female

1. Shelly Lawson – 41:42 (37th)
2. Susan Strachan – 46:05 (71st)
3. Rebecca Clueit – 47:00 (77th)
4. Shelley McSeveney – 48:41 (89th)
5. Kirsteen Donald – 49:48 (95th)
6. Gaia Podlesney – 56:10 (130th)
7. Jillian Sim – 57:50 (134th)

CLUB STANDARDS

Well done to all the senior athletes who qualified for a club standard this year, especially to both John Robertson and David Horne who achieved the top DIAMOND award with their phenomenal efforts. John managed to run all 6 distances this past year with 5 times achieved at diamond level and the other at gold.

This next year's qualifying period started from 1st October 2023 and will run until the 30th September 2024. Good Luck!

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 six junior athletes who achieved a Thistle Award this year – Alix Findlay (Gold), Finley Collins (Bronze), Jack Findlay (Bronze), Angus Robertson (Bronze), Jack Bruce (Purple) & Charlotte Smart (Purple).

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

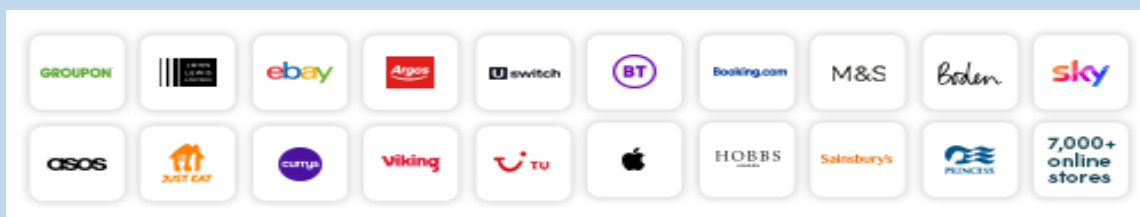
To be in with a chance of a Thistle Award, athletes must compete for PAC in a minimum combination of 1 running, 1 jumping and 1 throwing event. We would like to see many more of our junior athletes achieving these awards so please get your child involved in competing for PAC at as many events as you can.



Please help the club raise funds - the club are registered with easyfundraising, which means you can help us for FREE. Over 8,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for us no matter what you're buying. All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations will help the club so much, so please download the app or visit the website to sign up to support us at <https://www.easyfundraising.org.uk/causes/peterhead-athletics-club/>

Also, if you're planning to go on holiday, you can raise FREE funds using easyfundraising for Peterhead Athletics Club when you book. Whether you're booking your holiday, or a short-getaway, if you book via easyfundraising on TUI, Booking.com, Expedia, First Choice, Hotels.com, Cottages.com, easyJet holidays, PurpleParking, plus 250+ other well-known travel brands, you'll raise free funds for us at no extra cost to you.

You can also raise money by booking your airport parking, transfers and even your foreign currency and travel insurance!



UPCOMING EVENTS

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

16th December – Santa Mile fun run (Lido, Peterhead)

5th January – Metro Proms 3K race #4

7th January – Indoor OGM #2 (ASV)

13th January – Inter District XC Championships (Renfrew)

20th January – North District XC race #4 (PAC – Aden Park)

21st January – Indoor OGM #3 (ASV)

2nd February – Metro Proms 3K race #5

3rd February – North District XC race #5 (Nairn)

3rd/4th February – National Indoor Championship Heats weekend – ASV
11th February – National XC Masters Championships (Forres)
16th/17th/18th February – National Indoor Championship Finals (Emirates Arena Glasgow or Grangemouth)
24th February – National XC Championships (Falkirk)
1st March – Metro Proms 3K race #6
10th March – Indoor OGM #4 (ASV)
10th March – Inverness Half Marathon & 5K
17th March – National Young Athletes Road Races (Greenock)
23rd March – National Road Relay Championships (Livingston)
23rd March – Newburgh Beach Bash 10K

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>) & Entry Central.

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.

Please register yourselves on the Power of 10 website if you've not already done so. If you're new to the club or still haven't done so then click on the following link to get setup: [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 especially for the likes of the PAC/Ellon RAL team manager for choosing who might be best suited to certain events. This also applies to any adults too who are new to competing for PAC or have not registered themselves on this website before. You can also link past performances at events you competed in before joining the club too. Just follow the information on the website or contact the website admin to help you to do this.

Could we also ask that members ensure that their personal details are correct on the running websites that they are signed up to (Entry Central, Parkrun, RunBritain & PO10, etc.). Especially our new members who may not have changed things to list themselves as being a member of PAC. We try our very best to capture all of the details of the events that our members compete at for the club but if you're not listed as being PAC you may get missed off from being mentioned in the results which we don't want to happen.

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 & Prize-giving at the Apex Church Hall on the 30th 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 - Susan Strachan (Best Female Athlete), John Robertson (Best Male Athlete) & Ewan McGee (Club member of the Year). As well as the awards we also invited along Jane Davidson from Aberdeen AAC (current Scottish Senior Women's champion in both the 110m hurdles and 100m) to be our guest speaker for the evening. Well done to all our winners!

Stepping down from their roles within the club committee this year were John Diffey (Vice-chair) and Stephanie Steele (Welfare Officer). Both have served the club well over the past three years, especially John who was instrumental in helping the club to achieve charity status. Also, leaving the committee this year were – Jennifer Robertson and Linzi Findlay. Thank you very much to you all!

MEMBER SPOTLIGHT

In this edition of members spotlight, we have featured Susan Strachan – recent winner of our PAC Female Athlete of the Year award.



A bit about my running journey, which all started for me at the age of 36, back in 2009. With no history or interest in running but seeing the streets of Peterhead glowing with hi-viz, I went and joined Jog Scotland to see what it was all about.

I always remember running 30 seconds and wondered how I would ever manage a minute the following week, so I dragged Mark my hubby out in the snow to practise. I would say the hardest was 2 minutes when I thought it felt more like 20!!!

I did my first official 10K at the Aberdeen Baker Hughes in May that year in 57 minutes, then in November 2009 ran the Broch Half Marathon in 2hrs 4mins but wasn't mentally or physically ready, so nearly crawling and crying to the finish line, I said never again.

Fast forward to March 2012, I was ready for the Inverness Half Marathon. We all say never again, but I stuck to a training plan & finished smiling this time in 1 hour 50 minutes.

I loved being part of PJS and wouldn't be where I am today without it, so I decided I wanted to give a little back & became a Jog Leader. Doing what I enjoyed doing most of all, encouraging others & watching dreams come true for others.

The marathon bug had hit, lots from the club were doing marathons, so I thought if they can do this so can I. Loch Ness was my first marathon in 2012, followed by Edinburgh in 2013 where I got a qualifying time to gain a place in the London marathon in 2014. Things didn't go to plan so I went back in 2015 to get my marathon PB in 3hrs 40mins. My last marathon was Loch Ness in 2015, back to where it all began.

I couldn't have done any of these races or the training without the support of my running buddies, especially Linda McGee who was always by my side, not to mention Mark my husband, we continued to share our love for running. He is my No 1 supporter & my rock.

My friendships are never ending, I have made so many good friends over the years near and far, this is my motivation to sign up to races so I can socialise with all these lovely people again.

I have really enjoyed my cross-country races & love going on our road trips and meeting up with all my friends from around the North District.

Lastly track, what can I say it's a love/hate but it's a great night to be part of and the support and welcoming we give each other is truly amazing. I started track sessions with PAC back in 2016 and none of these training sessions are possible without one special man, Jimbo, who we all love very much even though I moan the most but I always leave with a smile...Oh & did I say it's always WINDY at the track!!!

So, 50 is the new 20 and yes I have rocked it just for you Johnny boy, grateful for all my achievements this year and previous ones too, memories I will cherish forever.

Running has never come easy to me but I have worked hard to reach my goals. Telling myself – YES YOU CAN!

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. Alternatively, all previous bulletins can now be found on the club website.

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

Looking forward to seeing how you all get on in 2024 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. SC05127

