



Peterhead Athletics Club Members Bulletin #11 April 2024



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 1st bulletin of 2024! 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 has just got underway again. Over the winter months the committee have been busy with the planning for this year's club events. We look forward to seeing many of our members turning out at these once again.

CROSS COUNTRY / TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

CROSS-COUNTRY (XC)

The 3rd North District XC was held at Forres on the 9th December. In the U11 girls race Skye Masson finished 22nd in 8:45. The U15 girls race had two runners, Charlotte Smart finishing 12th in 23:50 and Emma Steel 14th in 25:46. In the senior/masters woman's race Linda McGee finished 25th in 45:37. Running in the senior/masters men race we had Callum Urquhart, Mark Beagrie, Ryan McRae, Richard Masson, Shaun Adam, Sean Gibson, Andy Davidson and Andy Steel. Callum finished 16th (33:30), Mark 18th (33:58), Ryan 26th (35:10), Richie 48th (38:52), Shaun 64th (41:05), Sean 68th (42:06), Andy D 75th (45:55) and Andy S 79th (50:14).

The 4th North District XC was due to be hosted by our club at Aden Park on the 20th January but due to the terrible snowy and icy weather conditions of that week the decision unfortunately had to be taken to cancel the event.

On the 3rd February the final event of the North District XC league took place in Nairn with a new course route this year to avoid running in the watery conditions like previous years. In the U15 girls race Charlotte Smart finished 11th in 24:41. Finley Collins finished in 12th place in 29:52 in the U17 mens race. In the senior/masters woman's race Linda McGee finished 26th in 41:37 and Arlene McRae 39th in 46:38. Running in the senior/masters men race we had Callum Urquhart, Shaun Adam, Andy Steel and Andy Thom. Callum finished 16th (31:52), Shaun 51st (37:00), Andy S 69th (44:45) and Andy T 73rd (53:00).

Final PAC team and individual placings in the various age groups for the North District XC league season were as follows;

U11 girls – 11th (11 teams) Sophie Needs 35th

U13 girls – 10th (10 teams) Sophie Needs 24th

U13 boys – 9th (11 teams) Euan Steel 14th

U15 girls – 4th (9 teams) Charlotte Smart 13th & Emma Steel 18th

U17 men – 7th (7 teams) Finley Collins 17th

Senior Women – 9th (15 teams) Linda McGee 42nd (10th FV50), Arlene McRae 50th (14th FV50), Barbara-Anne Needs 76th (22nd FV40) & Kirsteen Donald 78th (22nd FV50)

Senior Men – 5th (18 teams) Callum Urquhart 12th (3rd U20), Ryan McRae 50th, Shaun Adam 60th, Richard Masson 67th (18th MV40), Andy Steel 70th (6th MV60), Mark Beagrie 84th, David Horne 90th (18th MV50), Allan Bartlett 98th (21st MV50), Sean Gibson 135th, Andy Thom 143rd (38th MV50), Andy Davidson 144th (16th MV60), Derek Isaac 149th (17th MV60) & Billy Riddell 150th (18th MV60)

On the 11th February the National XC Masters Championships were held in Forres where we had Linda McGee and John Robertson both competing for the club. In the combined Masters women and Men 65+ race over 6K, John finished 23rd overall (5th MV65) in 28:31 and Linda finished 53rd overall (9th FV50) in 31:30.

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.

INDOOR TRACK & FIELD

On the 10th December the indoor season got underway with an OGM held at the Aberdeen Sports Village. We had Sophie Needs, Sarah Shields and Katy Bruce all competing in various events. Sophie achieved a new PB in the 60m sprint as did Katy in the Long Jump. Sarah also set herself a PB and club record with a throw of 9.62m in the Shot Put.

On the 7th January at the 2nd indoor OGM event in Aberdeen we had Ava Alexander, Sophie Needs, Sarah Shields and Katy Bruce all competing. Ava smashed her PB in the 60m as did Sophie in the Shot Put. Katy achieved another new PB in the Long Jump whilst Sarah was very close to her previous months record throw in the Shot Put.

On the 21st January at the 3rd indoor OGM event in Aberdeen we had Ava Alexander, Sarah Shields and Katy Bruce all competing. Ava had super day with a hat-trick of PB's in the 60m, Shot Put and Long Jump events.

On the 2nd, 3rd & 4th February the National Indoor Championship Heats Weekend #3 was held at the Aberdeen Sports Village. Ava Alexander, Mark Beagrie and Katy Bruce were all competing to qualify for a place at the finals. Mark and Katy both progressed to the finals but unfortunately Ava didn't make it through even although she put in strong performances and achieved another PB in the Shot Put.

On the 16th, 17th & 18th February the National Indoor Championship Finals were held at Grangemouth stadium. Mark Beagrie ran 8.54s in his 60m Masters semi-final race but this wasn't enough to secure a place in the final. Meanwhile Katy was competing in the Masters 60m, Shot Put and Long Jump events. Katy won gold in the Long Jump and finished 4th in both the 60m and Shot Put.

On the 10th March the 4th and final indoor OGM was held in Aberdeen and we had Ava Alexander, Graeme Small, Sarah Shields, Nicola McDonald and Katy Bruce all competing for the club. Ava was able to improve her PB's in the 60m and Long Jump events. There were also a couple of club records for our two new members Graeme and Nicola in the Shot Put. Graeme (U20M) had a throw of 10.70m and Nicola (W40) 7.38m.

That's it for the indoor season once again. It was a slightly alternative season from regular years due to the Emirates Arena in Glasgow being out of action for the refurbishment and staging of the World Indoor Championships. One club member who did make it into the Emirates this year was our highly experienced club official Alison McGee who was selected to be part of the official's team at the Championships. Alison thoroughly enjoyed her time at the Championships in amongst all the world's top athletics stars and hopes to be selected again to officiate at similar events in the future.

The first local outdoor T&F event of the season is the Spring Open OGM in Aberdeen on the 7th April. We'll cover this and all the other outdoor events in the next bulletin.

ROAD RUNNING / TRAIL / ULTRA

Since our last update in early December.....

On the 31st December whilst on her winter break to Tenerife, Jennifer Robertson ran a 5K race at the San Silvestre Golden Mile event in Playa De Las Americas. Jennifer finished 119th overall in a time of 21:44 and was 2nd in the FV45 age category.

On the 5th January, the 4th race of the Metro Proms 3K winter series was held at the Aberdeen beach promenade with Mark Beagrie, Greg Bruce, Linda McGee and Alison McGee taking part. Mark was 6th in a time of 9:46, Greg 43rd (12:30), Linda 56th (13:18) and Alison 88th (16:36).

On the 2nd February, the 5th race of the Metro Proms 3K winter series was held at the Aberdeen beach promenade with Richard Masson, Jennifer Robertson, Linda McGee, Greg Bruce, Linda McGee, Susan Strachan, Billy Riddell and Alison McGee all taking part. Richie finished 17th in a time of 11:18, Jennifer 29th (12:18), Linda 39th (12:36), Greg 44th (12:48), Susan 47th (13:07), Billy 52nd (13:30) and Alison 77th (16:43).

On the 1st March the 6th and final race of the Metro Proms 3K winter series took place in Aberdeen. With final placings up for grabs in all the age categories there was a turnout of 100 runners for this event. We had Mark Beagrie, Sean Gibson, Richard Masson, Jennifer Robertson, Greg Bruce, Linda McGee all taking part. Mark finished 4th in a time of 9:45, Sean 13th (10:57), Richie 20th (11:16), Jennifer 33rd (12:07), Greg 34th (12:09) and Linda 38th (12:17 – new FV50 club record).

Final overall placings in the series for PAC athletes with 3 best runs to count were as follows;

Mark Beagrie – 3rd (3rd senior men)

Greg Bruce – =31st (7th senior men)

Jennifer Robertson – =31st (3rd FV40)

Linda McGee – 38th (1st FV50)

Susan Strachan – 46th (3rd FV50)

Alison McGee – 92nd (7th FV50)

The Nairn 10K was held on the 3rd March and we had Callum Urquhart, Jennifer Robertson, Linda McGee, Andy Davidson, Arlene McRae and Andy Thom all taking part. Callum finished 9th in 35:33 (1st U20 – new club record), Jennifer (43:07 – 1st FV40), Linda (46:01 – 1st FV50), Andy D (46:44), Arlene (51:52) and Andy T (59:47).

On the 10th March many PAC athletes were taking part in events locally, the highlands and internationally. The Inverness Half Marathon doubled up as the Scottish Championships this year. The list of finishers were as follows; David Horne (1:20:41 – 8th MV50 & new club record), Ryan McRae (1:22:16), James Turnbull (1:22:40), Richie Masson (1:32:27), John Robertson (1:33:44 – 5th MV60), Shaun Adam (1:34:18), Ewan McGee (1:39:18), Joe Strachan (1:47:09), Derek Isaac (1:49:00), Babs-anne Needs (1:53:34), Alison McGee (2:26:34).

Greg Bruce tackled the D33 Ultra along the Deeside way from Duthie Park in Aberdeen to Banchory and back again. Greg completed the 33 mile run in 6h 35:09. Well done Gregsie!

To complete a busy day of running for PAC members, Dave Fraser was taking part in the Barcelona Marathon. In a field of 20,000 runners and despite having to adjust to the hotter temperature and the humidity, Dave ran superbly well to finish in a time of 2:58:29.

On the 17th March, Sandy Hastie's annual charity beach run from Peterhead to the Broch took place. The weather on the day was lovely and sunny for the groups of runners and walkers who completed the 27K along the coast, raising a total of £582 for CLAN Cancer Support in the process. Well done to all who took part.

The Newburgh Beach Bash 10K was held on the 23rd March and we had Mark Beagrie, David Horne, James Turnbull, Bryan Mackay, Linda McGee, Susan Strachan, Alan Yeatman, Teresa Hood and Tracey Weston all competing. In the windy and rainy conditions Mark finished in 2nd place in 39:53 with David close behind in 3rd in 40:01 (1st MV50) and James 5th in 41:13 (3rd SM). Bryan (47:51), Linda (51:31 – 2nd FV50), Suz (53:34), Alan (58:25), Teresa (1:23:23) and Tracey (1:29:45).

On the 31st March the Tom Scott Memorial Road Races were held at Strathclyde Country Park, Motherwell. Taking part in the 10 mile Scottish Championship race was John Robertson. John finished in 188th place (10th MV60) in a time of 70:15. Great running John!

3K / JUNIOR MILE SERIES

It's almost time again for our 3K & Junior Mile series to kick-off once again at the Lido.

The dates for this year's series will be;

Saturday 20th April

Saturday 25th May

Saturday 29th June

Saturday 27th July

Saturday 31st August

Saturday 28th September

For more information on the series keep a look out on the PAC members Facebook page or check the club website using the following link for details - [junior mile & senior 3k \(peterheadathleticsclub.co.uk\)](https://peterheadathleticsclub.co.uk) Sign up is via Entry Central where you can enter the whole series or each event as it comes - [Peterhead Athletics Club 3K / Junior Mile Series #1 - EntryCentral](#)

LONGSIDE LOOP

Our annual Longside Loop 10 mile race will be held on Saturday 4th May. This year the event is kindly being sponsored by local businesses Rora Dairy and Cairngall Motor Services and also Seagate Fabrication for the junior mile races. This is a lovely scenic run around the local countryside and we'd love to see as many of our senior and junior members taking part. Please click on the following link to get signed up - [Longside Loop 10 miles and Junior mile - EntryCentral](#)

If you're not taking part in the run then you can always volunteer to assist us in other ways – marshalling or supplying some fine homebakes & sandwiches to the hungry runners at the end of their run. Please get in touch with our events co-ordinator Linda McGee to offer your support. Our club events simply couldn't go ahead without the continued help from our club members.

CLUB STANDARDS

We hope that many of you are getting on well in your attempts to achieve one of our club standards this year. The qualifying period is open until 30th September 2024, so you all still have plenty time yet to enter events and achieve one. If anyone has achieved their targets already then that's absolutely fantastic. Please get in touch with Mark Beagrie as he will be keeping a note on who will be receiving one of those shiny medals and certificates come prizegiving time.

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 compete for PAC in a minimum combination of 1 running, 1 jumping and 1 throwing event during the indoor/outdoor seasons.

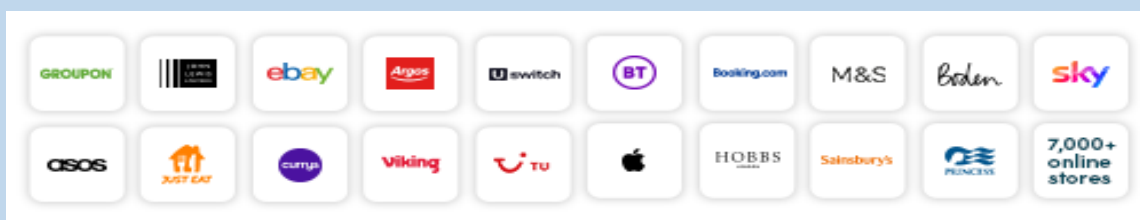
Six of our junior athletes managed to gain an award last year so let's see if more of you can continue to smash your PB's and reach those Purple, Bronze, Silver & Gold targets.



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

Please reference the accompanying events calendar for listings of this year's outdoor Track & Field fixtures and local/popular road running events for the next 6 months. If anyone would like advice on how to enter or help and assistance with travel to/from events then please speak to one of our coaches. If you're targeting a specific race or distance then our coaches would also be happy to give advice on training too.

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 RAL team manager for choosing who might be best suited to certain events.

MEMBER SPOTLIGHT

In this edition of members spotlight, we have featured Dave Fraser. Dave has kindly shared with us his running story.

Running and athletics has always been influential on my life from watching the iconic London Marathon or Olympics whilst growing up to getting outside and running and competing. At 36 I'd lost who I was due to high workloads in my career, studying towards a degree and family commitments. Unfit and ground down I decided things had to change and promised myself to enjoy life more and most importantly get fit. At this time, I was lucky enough to change jobs and start working at St Fergus gas terminal. This meant I could now cycle (and eventually run) to commute back and forth. I love getting out early on the country roads and seeing the wildlife and feeling at peace with nature. Around this time on a training run around Peterhead I bumped into Sandy Hastie, as always, he was encouraging and told me to come back to the club at Peterhead. Of course he was right, the club has always been a great community of runners and by training myself I was missing out on the comradery of being around other like-minded people. It seemed like my life had come full circle and I was back in a community where I had grown up and this only enhanced my enjoyment for running.



It was back in 1993 when I first joined the club, my father was in the RAF and we had just moved to the town. It was summer time when I first went down to the track and trained, Jim Mundie would be there with his whistle and stopwatch training the kids group and then the adults. I also worked with Shona Mackinnon who would be sprint training in the summer as I enjoyed the 100m and 200m as well as competing in the field events especially the long jump and triple jump. I had become a bit of a journeyman in the amateur athletics scene by this time as it was around 1987 that I first started athletics training with Forres Harriers before moving to Elgin AAC where I first competed as a Colt (under 11). I had already run

in some cross country races, including along the famous beach at Nairn and loved it. At Elgin I would compete on the track during the summer and run cross country in the winter, spending long hours travelling everywhere from Scrabster to Irvine. In 1991 I moved to Stornoway and trained with the club up in Lewis but still competed for Elgin and I was also asked to compete for the biggest club in the North at the time which was Minolta Black Isle (now Ross County). This all changed when I came to Peterhead and settled into the club and the area and donned the light blue vest of Peterhead AAC. I competed at both U-15 and U-17 level and we had a great training group with friends I still keep in touch with now. However, training for sprints and jumps in the summer and longer distance in the winter was getting harder and harder to compete at a district level. At the time I just wanted to run and do what I enjoyed and not seeing a more focused approach would reap its rewards. Also at this time, I was doing well with football getting selected to play for Aberdeenshire schools and train with the North of Scotland and I was also asked to trial for the Peterhead U-18s football team and was encouraged to make a choice. In the end nothing materialised from football and with my family moving to Fetterangus I found getting to athletics training more and more difficult. I was also studying for higher exams and looking towards future academics or having to join the world of employment and running took a back seat.

In 1999 I made the decision to follow in my father's footsteps and joined the RAF. This put focus back on training. I enjoyed running around Drinnie's and White Cow's woods, now I was doing it for a purpose, getting ready for basic training. I spent ten years in the RAF again I loved the comradeship and carried on with running and football as a hobby. I never pursued either any further than for fun and although I competed at a good level at both I shied away from making the step up to compete for the RAF. I also found enjoyment in coaching and trained a colleague for Special Forces selection which he successfully passed and joined the SAS. After leaving the RAF I moved back to the North East where forging a career, bringing up a young family and studying filled my life, but something was missing.



Fate has a funny way of circling back and for the last eight years I've been donning the blue vest after that eventful meeting by chance with Sandy. It was great seeing some of the faces I knew growing up and back training with Jim's group. Once again, I've found the love of running and have had the chance to run in the London Marathon and back in the North District cross country league. I'm enjoying the pursuit of training and seeing the growth in master's athletics and finding the balance between competition and fun. I still have goals I want to achieve and enjoy encouraging the younger generations with training and advice. I've found myself wanting to better understand athletics and have studied to aid my knowledge and build training programs to achieve the goals I've set

for myself. Who knows what the future holds, all I know is I'll get there running and it does not matter if it's out in the hills with my dogs or toeing the line of a race it'll be with a smile on my face.

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.

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

Peterhead Athletics Club
Scottish Registered Charity No. SC05127

