



Peterhead Athletics Club

Members Bulletin #9

August 2023



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 2nd bulletin of 2023! We hope you enjoy reading this latest update to what's all going on within your club. It has been an action packed past few months with many events taking place. We've had 4 out of the 6 races of the Lido 3k/Junior Mile series, the Longside Loop 10 miler, a new 5K race and we even managed to fit in our annual Club Championships into the summer schedule too.

From Track & Field to on the roads there have been some fantastic performances from you all. Our club is continuing to grow in numbers with new members and new faces appearing at our training sessions and races, which is great to see. Whatever your running ability we hope you all feel very welcome and are enjoying becoming a part of the club.

3K / JUNIOR MILE SERIES

The 1st event of the series was held on the 29th April. In the U12's race a fine performance saw Euan Steel take the win in a time of 7:46, closely followed by Ava Alexander (7:49) and then Eve Chalmers (7:56). The U16's were up next and it was James Horne who won this race in a time of 5:52 with Finley Collins 2nd (6:03) and Hollie Steele 3rd (6:06). There was a new club record set by Chloe Pirie (U17W) with her time of 6:44.

The 3K saw 35 runners line up on the start line which is the largest we've had for one of these races at the Lido so was a positive sign that our event is attracting a few more local runners. The race itself saw Mark Beagrie first across the finish line in 10:00 with Ross Aird 2nd (10:02) and Callum Urquhart 3rd (10:09). The 1st female finisher was Kelly Cruden in 12:17 closely followed by Jennifer Robertson (12:20) and then Susan Strachan (12:49).

The 2nd event was held on the 27th May. The U12's race saw the return of last year's overall boys winner Harrison Rodland to win in a time of 6:34, followed by Abbie-Rayne Beedie (6:42) and Jakob Whitham (7:01). In the U16's race, it was Jack Bruce who won in a time of 6:20 with Angus Robertson 2nd in a new U13 boys club record of 6:34 and David Josiah West 3rd (6:47).

In the 3K it was young Callum Urquhart taking the win in 10:11 with David Horne 2nd (10:24) and Graham Steele 3rd (11:06). The 1st female finisher was the impressive veteran runner Anne Howie in 11:54 with Susan Strachan 2nd (12:46) and Linda McGee 3rd (13:39).

The 3rd event was held on the 24th June. It was a great day with some fantastic times from the youngsters. The U12's race winner was Harrison Rodland in a time of 6:07, with Connor Harper 2nd (6:42) and young Aaron Cruickshank 3rd (6:35). Aaron's time smashed the U9 boys club record by well over a minute. The U9 girls record was also broken by Rosie Masson with her time of 9:55. In the U16's race, Finley Collins took the race win in a club record time of 5:34, followed by James Horne (5:43) and Hollie Steele (6:08). There was also a new U13 boys club record set by Noah James West with his time of 6:15.

The 3K race was won by Mark Beagrie in a time of 10:04 with David Horne 2nd (10:22) and Chris Forman 3rd (10:34). The 1st female finisher was Susan Strachan (13:24) followed by Lisa Wallace 2nd (13:43) and Shelley McSeveney 3rd (13:43).

The 4th event was held on the 29th July. It may have been windier conditions this time around but that still didn't stop some athletes from achieving new PB's or even course records. The U12's winner this time was Jakob Whitham in a time of 6:34, with Euan Steel 2nd (6:59) and Jonas West 3rd (7:14). In the U16's race, Jessica Needs won in a new girls course record of 5:27 smashing her previous best by 27 seconds. Finley Collins took 2nd place (5:58) followed by Hollie Steele 3rd (6:07). There was also a new U17 womens club record set Chloe Pirie with her time of 6:43.

The 3K race was won by Mark Beagrie in a time of 9:58 with Callum Urquhart 2nd (10:15) in a new U20 mens club record time and Ryan McRae 3rd (10:31). The 1st female finisher was Susan Strachan (13:03) followed by Linda McGee 2nd (13:17) and Lisa Wallace 3rd (13:42).

We look forward to seeing you all at the Lido again for our next event, which will be held on the 26th August. Remember you have to complete 3 out of the 6 races in the series to be in with a chance of a prize. Sign up is via Entry Central.

At our final event of the series on the 30th September, the club are planning on hosting a BBQ alongside the prizegiving at the Marina Bay Caravan Park. All club members are welcome to attend whether you're planning on competing or not. Come along and show your support to all our junior and senior runners and then enjoy some food and refreshments at the BBQ hut.

BREWTOON LONGSIDE LOOP 10 MILE



Our annual Longside Loop 10-mile road race was held on the 3rd June this year after having to be switched from its traditional spot in May due to it clashing with the King's coronation weekend. We had lovely conditions once again with 90 runners taking part on the day out of a total of 112 entrants. The 1st male and female runners across the finish line were Keith McIntyre (Fraserburgh Running Club) in a time of 57:23 and Tammy Wilson (Jog Scotland Kintore) in a new women's course record of 1:04:13.

The list of PAC athletes taking part were as follows;

Ross Aird (2nd) – 58:29, Mark Beagrie (3rd) – 58:52, David Horne (6th) – 1:00:44, Ryan McRae (9th) – 1:02:50, Graham Steele (12th) – 1:04:35, Shelly Lawson (16th) – 1:08:10, Jennifer Robertson (18th) – 1:11:46, Kelly Cruden (20th) – 1:13:25, Joe Strachan (33rd) – 1:18:54, Kirsteen Donald (42nd) – 1:22:07 Stuart Giles (45th) – 1:22:42, Barbara-Anne Needs (47th) – 1:23:05, Billy Riddell (52nd) – 1:24:57, Stuart Gladstone (59th) – 1:27:36 and Gracie Gray-Giles (78th) – 1:39:43.

PAC athletes who were prize winners in their age categories; Ross Aird (1st SM), Mark Beagrie (2nd SM), Shelly Lawson (2nd SW), Graham Steele (1st MV40), Jennifer Robertson (1st FV40), Kelly Cruden (2nd FV40), David Horne (2nd MV50), Kirsteen Donald (1st FV50) & Billy Riddell (2nd 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, Ben Steele (U8), Olivia Knyihar (U10) and Jakob Whitham (U12) 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.

CLUB CHAMPIONSHIPS 2023

Our annual Club Championship events were held on Monday 26th, Tuesday 27th, Thursday 29th June and Saturday 1st July this year rather than in September. The Club Champions listed below will each receive a trophy at the end of year club prizegiving. In total there were 16 championship records broken this year and each of the PAC athletes who managed to break these records will be awarded with a certificate of their achievement.

Club Champions for 2023 were as follows:

Primary Girl (U9) – Rosie Masson

U11 Girl – Skye Masson

U13 Girl – Hollie Steele

U15 Girl – Emma Steel

U17 Woman – Ellie McGee

U20 Woman – No entrant/champion

Senior Woman – No entrant/champion

Masters Woman – Linda McGee

Primary Boy (U9) – Isaac Bruce

U11 Boy – Jonas West

U13 Boy – Angus Robertson

U15 Boy – James Horne

U17 Men – Finley Collins

U20 Men – No entrant/champion

Senior Men – No entrant/champion

Masters Men – Richard Masson

Thanks to all the parent helpers and volunteers 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.

PAC SUMMER 5K

On the 14th July, our new club event, the Summer 5K was introduced and proved to be a great success. The club were able to get this well known local route accurately measured and create it as a licensed event. We had a turnout of 111 runners on the day from 131 entrants. Despite running into a headwind for the final mile, it still proved to be a fast race with the top 24 finishers all running sub-20 minutes. Keith McIntyre of Fraserburgh Running Club was 1st across the finish line in a time of 16:07 with Jenny Bannerman of Inverness Harriers the 1st female in a time of 18:01. Thanks to MB Plant who kindly sponsored the event and to all those who volunteered to marshal and help us out on the day.

Here is a full list of the 28 PAC finishers;

Male

1. Callum Urquhart - 17:19 (5th)
2. Calum Sinclair - 17:57 (7th)
3. Ryan McRae - 18:00 (8th)
4. Graham Steele - 18:56 (18th)
5. Sean Gibson - 20:17 (25th)
6. Ewan McGee - 20:42 (29th)
7. Shaun Adam - 20:57 (32nd)
8. Lee Morrison - 21:00 (33rd)
9. John Robertson - 21:14 (37th)
10. Andrew Brown - 21:15 (38th)
11. Joe Strachan - 22:39 (49th)
12. Billy Riddell - 23:34 (55th)
13. Stuart Giles - 23:43 (57th)
14. Derek Isaac - 24:12 (60th)
15. Alan McRobbie - 25:04 (66th)
16. Alan Yeatman - 25:05 (65th)
17. Stuart Gladstone - 26:19 (73rd)
18. Andrew Thom - 26:20 (72nd)
19. Nicholas Aiken - 26:33 (77th)

Female

1. Jennifer Robertson - 21:08 (36th)
2. Susan Strachan - 22:19 (44th)
3. Linda McGee - 23:23 (54th)
4. Barbara-Anne Needs - 24:02 (58th)
5. Kirsteen Donald - 24:55 (64th)
6. Jillian Sim - 26:13 (70th)
7. Gaia Podlesny - 27:08 (81st)
8. Alison McGee - 30:18 (90th)
9. Valerie Calder - 35:04 (104th)

PAC athletes who were prize winners in their age categories; Jennifer Robertson (1st FV40), Barbara-Anne Needs (2nd FV40), Graham Steel (2nd MV40), Susan Strachan (1st FV50), Linda McGee (2nd FV50) John Robertson (2nd MV60).

TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

OUTDOOR TRACK & FIELD

The outdoor season got underway with the Spring Open on the 9th April in Aberdeen. We had Olivia Knyihar, Sophie Needs, Ava Alexander, Emma Steel, Euan Steel, David Knyihar, Katy Bruce and Andy Steel all competing for the club. There were a few new PB's for the athletes and a new club record set by Katy (W45) in the 60m (11.30s).

Our athletes were next in action at the 1st RAM Athletics League meeting of the year held at Dundee on the 23rd April. Athletes competing as part of our combined PAC/Ellon team put in some good performances resulting in more new PB's. Babs-anne set a new Long Jump record and U15 girl Alix Findlay managed to hurl the hammer to a new PB and club record distance of 17.84m.

On the 26th April at the OGM in Aberdeen, we had Charlotte Smart, Alix Findlay, David Horne and Barbara-Anne Needs competing. Charlotte ran a new PB in the 200m and Alix set another new club record in the Triple Jump event which was held indoors with a jump of 9.53m. In the 3000m, David Horne ran a superb time of 10:10.69 to set a new

club record in the M50 category. Unfortunately, the timing system malfunctioned for the 2nd heat of the 3000m and poor Babs didn't get an official time recorded. All the effort of 7 ½ laps round the track for nothing is a bit frustrating.

On the 28th April there was the Scottish 10,000m championships held at the Crownpoint track in Glasgow. John Robertson ran very well to finish in a time of 42:58.27 taking home a silver medal in his M65 category.

On the 7th May, Alix Findlay was competing at the Youth Development League (YDL) in Aberdeen in the 100m, Javelin and Hammer events. Another great hammer throw at the event extended her PB and club record to 20.41m.

On the 17th May at the OGM in Aberdeen, there was a re-run of the 3000m for those that were unable to get a time from the previous event. Babs-anne put the disappointment of that last run behind her and ran an excellent time of 13:53.76 to set a new club record in the W45 category.

On the 20th May, the 2nd RAM Athletics League meeting was held in Aberdeen. There were lots more new PB's for our athletes of team PAC/Ellon and also new club records for Chloe Pirie (U17W) 300m & 800m, Jack Findlay (U17M) 400m & Hammer, Finley Collins (U17M) High Jump and Babs-anne Needs (W45) 400m & 800m.

On the 4th June, Alix Findlay was competing at the 2nd Youth Development League (YDL) meeting in Inverness in the Javelin and Hammer. Alix continued her impressive hammer throwing and extended her PB and club record yet again with a throw of 21.18m.

On the 11th June, the 3rd RAM Athletics League meeting was held in Dundee. Again, we saw more superb new PB's for our athletes of team PAC/Ellon and also new club records for Anneke Neumann (U17W) 800m, Jack Findlay (U17M) Triple Jump, Babs-anne Needs (W45) 800m and Andy Steel (M60) Discus.

The age groups from the PAC/Ellon team that achieved enough points and have qualified for the finals in Aberdeen on 27th August are as follows; U13 girls, U15 girls, U17 women, U17 men and Senior Women.
Good Luck at the finals!!!

On the 14th June at the OGM in Aberdeen, we had Richard Masson competing in the 800m and High Jump events. Richie gained himself two new M45 club records with a 2:28.94 run in the 800m and a 1.48m jump in the High Jump.

On the 2nd July, Alix Findlay was competing at the 3rd Youth Development League (YDL) meeting in Dundee in the 200m, High Jump and Hammer. Alix ran 29.45s in the 200m, jumped 1.35m, and also improved on her hammer throwing yet again, extending her PB and club record with a superb throw of 28.21m.

On the 9th July, John Robertson was at Grangemouth competing at the Scottish Masters Championships in the 5000m. John finished 2nd M65 in a time of 20:37.95, gaining himself a silver medal and a new club record.

On the 16th July, the Summer Open OGM was held in Aberdeen. We had Euan Steel, Sophie Needs, Ava Alexander, Emma Steel and Alix Findlay all competing for the club. There were PB's for Euan, Ava and Alix in the Long Jump, Euan and Ava in both the 100m & 200m and also Sophie in the 1200m.

ROAD RUNNING / TRAIL / ULTRA

On the 16th April, Shaun Adam ran his first ever marathon in Manchester. Shaun crossed the finish line in a superb time of 3:39:29. Well done, great achievement Shaun!

The weekend of 23rd/24th April was Run Balmoral, which is always a popular annual event for many of our club runners to participate in.

Primary Boys 1.5K – Euan Steel (8:09)

Primary Girls 1.5K – Sophie Needs (8:17)

Secondary Girls 2.5K – Emma Steel (11:12)

5K – Mark Beagrie (16:49), Ross Aird (17:10), Finley Collins (20:12), Kelly Cruden (21:09), Susan Strachan (21:13), Linda McGee (23:30), Kirsteen Donald (24:01), Andy Steel (24:42), Barbara-Anne Needs (25:08) & Arlene McRae (27:13)

10K – Ross Aird (39:04), Graham Steele (41:25), Stuart Giles (53:51), Barry McGee (64:44) & Andrew Thom (65:32)

Well done to Susan who was 1st place FV50 and Kelly 2nd FV40 in the 5K race.

On the 23rd April, we had Dave Fraser, Richard Masson, John Robertson and Charleen Davidson all running in the London Marathon. All 4 of them achieved new club records in their age categories - Dave (2:54:04), Richie (3:24:41), John (3:27:17) and Charleen (4:50:33). John also received a bronze medal for finishing as 3rd place Scottish M60 as the race also doubled up as the Scottish Marathon Championships. Another great milestone for Richie was that this also marked his 60th marathon run. Well done Richie!

On the 13th May at Forres, both David Horne & John Robertson were running the Benromach 10K (incorporating the North District 10K championships). David finished 15th in 36:40 and John 43rd in 43:16. Both were 2nd in their age categories.

Run Garioch was held on the 14th May in Inverurie.

5K – Mark Beagrie (17:15), Calum Sinclair (19:57), Finley Collins (20:58), Jennifer Robertson (21:13), Kelly Cruden (21:50), Susan Strachan (22:18).

10K – Graham Steele (39:26) and Andrew Thom (1:00:55)

Mark was 4th place overall & 2nd Senior and Jennifer 1st FV40, Kelly 2nd FV40 and Suz 1st FV50 in the 5K race. Graham was 10th overall and 4th MV40 in the 10K. Well done to all!

On the 21st May, Kelly Cruden ran the Great Manchester 10K in a time of 45:17.

The weekend of 27th/28th May was the Edinburgh Marathon Festival events;

Junior 2K: Sophie Needs – 9:50

Junior 5K: Finley Collins – 21:07

10K: Barbara-Anne Needs – 52:01

Marathon: Darren Anderson – 4:06:26

On the 2nd June, we had Calum Sinclair, Richard Masson, Shaun Adam, Ewan McGee and Alison McGee all running the Metro 10K along the Aberdeen beach promenade. Calum finished in a time of 39:20, Richie 41:16, Shaun 43:17, Ewan 46:24 and Alison 1:04:08.

On the 11th June, Ryan McRae, Andrew Brown, Kelly Cruden, Susan Strachan, Andy Davidson, Joe Strachan, Kirsteen Donald, Linda McGee, Gaia Podlesney, Andrew Thom and Nicholas Aiken ran the Fraserburgh 10k. Ryan finished in a time of 38:54, Andrew 45:17, Kelly 45:56, Suz 46:29, Andy D 47:11, Joe 48:54, Kirsteen 51:04, Linda 53:14, Gaia 59:51, Andy T 1:00:35 and Nicholas 1:02:03. Kelly 3rd FV40 and Suz 1st FV50 both picked up prizes.

Also on the 11th June at the Roon the Toon 10K in Kilmarnock, we had Richard Masson competing for PAC. Richie finished in 130th place in a time of 43:15.

On the 18th June, Calum Sinclair ran at the Dunecht Dash 5K. Calum finished in 10th place in a time of 18:28.

At midnight on the 24th June, Jonathan Needs took part in the unique experience of running the length of the Aberdeen Airport runway. Jonathan finished the 4K run in a time of 22:12.

On the 25th June, Calum Sinclair ran the Turriff 10K. Calum finished in 5th place overall and 2nd Senior in a time of 41:43.

On the 2nd July, Stuart Giles ran the Stonehaven Half Marathon. Stuart finished in 158th place in a time of 2:06:31.

On the 9nd July, Mark Beagrie ran the Dundee Half Marathon (Half Dram). Mark finished in 4th place in a time of 1:22:34 and picked up a prize for 2nd Senior.

On the 16th July, Susan Strachan, Stuart Gladstone, Andy Thom all ran at the Chapelton of Elsick 10K. Suz finished 1st FV50 in a time of 47:55, Stuart 57:00 and Andy 1:04:15.

On the 4th August, Mark Beagrie ran in the QA 5K races at Queen Anne High School in Dunfermline. These races attract many of the fastest 5K runners from all over the country due to the flat tarmac course around the High School. Mark finished 4th place in his race in a time of 16:38, which is a new PB and MV35 club record.

On the 6th August, Deveron Harriers held their festival of running in Banff. Mark Beagrie fresh from his trip to Dunfermline was again running in a 5K race, which he won in a time of 18:31. Calum Sinclair in what will most likely be his last run in a blue vest before his switch to Metro Aberdeen finished in 3rd place overall (2nd Senior) in the 10K race with a time of 40:43. All the best Calum. You won't look as good in the yellow & black as you do in the sky blue of PAC.

Also on the 6th 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 (Duncan Lynch, Patricia Willox, 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 4hrs 34mins.

ELLON JUNIOR PARKRUN

A new local junior parkrun was launched on Sunday 25th June at Gordon Park in Ellon. Peterhead Athletics Club helped with the funding for the start-up of this event and we hope that many of you juniors have been along to try out this event already and have enjoyed it. The junior parkrun is a FREE weekly 2K timed event around Gordon Park and is open to juniors aged 4-14 and starts at 09:30am every Sunday.

To be able to participate you can register a junior athlete via the following link:

<https://www.parkrun.org.uk/register/?eventName=gordonpark-juniors>

The junior parkrun website can be viewed via this link: <https://www.parkrun.org.uk/gordonpark-juniors/>

There is also a Facebook page too: <https://www.facebook.com/gordonparkjuniorparkrun/>

CLUB STANDARDS

We hope that many of you have achieved your club standard targets for this year. If not then don't worry, you still have a little bit of time until the end of the qualifying period (30th September 2023) to get those runs done. Please submit your runs to Mark Beagrie (clubstandards@peterheadathleticsclub.co.uk) as he is 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. We hope to see plenty of our juniors reaching those Purple, Bronze, Silver & Gold targets.

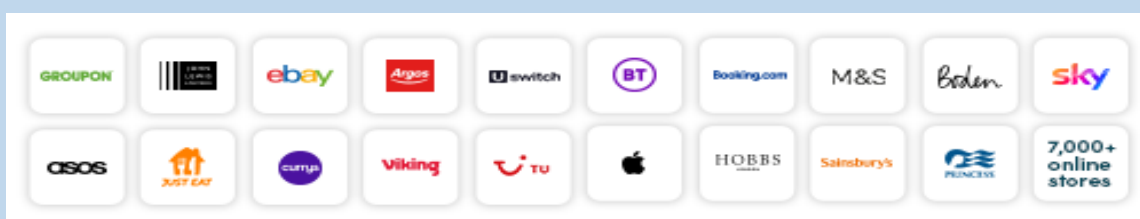


The club are registered with easyfundraising, which means you can help us for FREE. Over 8,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many 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;

12th/13th August – Senior/U17 Scottish National T&F Championships (Grangemouth)

19th August – U15/U20 Scottish National T&F Championships (Aberdeen)

19th August – Mormond Hill Run (Strichen)

19th August – Nairn Half Marathon

20th August – U13/U20 Scottish National T&F Championships (Aberdeen)

23rd August – OGM #4 (Aberdeen)

26th August – Lido 3K/Junior Mile race #5

27th August – RAM Athletics League Final (Aberdeen)

27th August – Run Banchory (1K, 5K, 10K and Half Marathon)

27th August – Buchan Trail Marathon (Aden Park)
2nd September – Huntly Room To Run (Kids fun run, 5K, 10K and Half Marathon)
9th September – Newmacher 10K
10th September – OGM/AAAC Club Championships (Aberdeen)
10th September – Fyvie Castle 5K (plus kids fun run)
16th/17th September – North Area Trophy T&F (Inverness)
17th September – Hazlehead 5K (Aberdeen)
24th September – Crimond Run Fest (Kids fun run, 6K & 12K)
24th September – Bennachie Hill Race
30th September – Lido 3K/Junior Mile race #6 (including series prizegiving and BBQ)
1st October – Baxters Loch Ness Marathon (Inverness)
6th October – Metro Proms 3K race #1 (TBC)
7th October – North District XC Relay Championships (Nairn)
21st October – National XC Relay Championships (Cumbernauld)
21st October – Dramathon (Dufftown)
28th October – North District XC race #1 (Lochaber)
3rd November – Metro Proms 3K race #2 (TBC)
4th November – National Short Course XC Championships (Lanark)
5th November – Peterhead 10K
12th November – Prime Four 3K (Kingswells, Aberdeen)
19th November – Fraserburgh Half Marathon
18th November – North District XC race #2 (Ross County)
2nd December – North District XC Championships (Gordonstoun)

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.

Thank you to the parents of children competing for the club for registering them on the Power of 10 website. 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.

MEMBER SPOTLIGHT

In this edition of members spotlight, we feature Barbara-Anne Needs – winner of the PAC Member of the Year award for 2022. Babs has kindly shared with us her journey into athletics and coaching.



Firstly, I am not one for speaking much about myself, so I would recommend grab a coffee or go for a run beforehand, as this will be more like a bedtime story.

From an early age, I have been involved in various sports at competitive level from Highland Dancing, Tennis, Netball and various school running events. I was born in Johannesburg, South Africa and lived there until the age of 8. I loved watching running events and at that time my inspiration for running was the bare footed runner Zola Budd (though I tried it when I was younger it is definitely not for me now).

Like many in their late teens/early twenties (long time ago) although I kept up with various sports I drifted away from running and instead went and bagged a few Munros including Ben Nevis and enjoyed a bit of cycling. I even completed the Fraserburgh to Dyce cycle challenge with CHHS (never been so glad to end that cycle!).

My better half started to take part in various running events, and when Jessica came along, she too waited at many finish lines for her dad. Finally, a light bulb moment for me, rather than always spectating I could be involved and start taking part in events (4 hours running free time - sign me up).

So with that I joined Peterhead Jog Scotland and started to set myself goals first to actually get going and then to progress. When Peterhead Athletics Club was formed, I joined and a combination between both got my journey back to athletics, particularly running, well under way.

When Jessica started athletics with active schools (early primary years) I began volunteering with them, even running junior jogger sessions along with supporting with coaching at PAC sessions with our wee Sophie at the sidelines watching as too young to take part.

Thanks to PAC, I achieved my coaching assistant licence, and later coach's licence for speed (sprints/hurdles). However, I was keen to further increase my knowledge and during Covid lock down, took further studies to obtain my Scottish Athletics Event Group Licence for Endurance. I was then able to setup the Senior Progressive training group with Alison McGee and it has been great to see this group, and all the athletes that come along to it, go from strength to strength.

Over the years, I have taken part in many varied distance events from 3k to marathon. However, this past couple of years I have thoroughly enjoyed taking part in track and field events and though at the time I wouldn't say it till afterwards but "cross country I really enjoy".

Going forward, I am thankful that as a family unit we all share a love for athletics particularly running, being able to all take part in various events and hopefully keep improving is fantastic. When both girls are old enough the Hairy Haggis relay team at the Edinburgh Running Festival is on the cards.

From a coaching perspective, further developing knowledge and experience is at the forefront in order to help others to develop and support with achieving their goals, as like any sport it's always tough putting in the training or going for a run after a long day but the outcome is well worth it.

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

Peterhead Athletics Club
Scottish Registered Charity No. SC05127

