



Peterhead Athletics Club

Members Bulletin #12

August 2024



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Welcome to our 2nd bulletin of 2024! 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, the Summer 5K and also our annual Club Championships.

LIDO 3K / JUNIOR MILE SERIES

The 1st event of the series was held on the 20th April. In the U12's race, Aaron Cruickshank was 1st in a time of 7:05, followed by Lauchlan Beedie (7:13) and Robert Irvine (7:17). The U16's were up next, with Struan McKay winning this race in a time of 5:56 with Harrison Rodland 2nd (6:31) and Angus Robertson 3rd (6:34).

The 3K had the biggest turnout we've seen at this event with 46 runners lining up on the start line. Hamish Battle was first across the finish line in 9:44 with Kyle Gibson 2nd (9:58) and James Turnbull 3rd (10:12). The 1st female finisher was Kelly Cruden in 12:26, closely followed by Louisa Lawrie (12:33) and Emma Fraser (12:34).

The 2nd event was held on the 25th May. The U12's race was won by Connor Harper in a time of 6:29, followed by Jess Davidson (6:33) and Blake Bremner (6:58). In the U16's race, it was James Horne taking the win this time in 5:35 with Struan McKay 2nd (5:43) and Harrison Rodland 3rd (6:18).

In the 3K it was Kyle Gibson with the win in a very speedy 9:35, with Ryan McRae 2nd (10:07) and Callum Urquhart 3rd (10:16). The 1st female finisher was Becca Clueit in 12:36 with Sarah Garden 2nd (13:38) and junior woman Anneke Neumann 3rd (13:42). Anneke's time set a new club record for the U17W category.

The 3rd event was held on the 29th June. It was a great day with some fantastic times from the youngsters. The U12's race saw two impressive young girls from Young Meldrum Runners leading the way with Jess Davidson winning in a time of 6:11, followed by Coco Czekalowska in 2nd (6:22) and Blake Bremner 3rd (6:52). In the U16's race, Harrison Rodland (5:57) was just able to hold off Hollie Steele (5:58) for the win with Noah James West coming 3rd (6:11).

The 3K race was won this time by Calum Sinclair in a time of 10:20 with David Horne 2nd (10:23) and Sean Gibson 3rd (10:43). The 1st female finisher was Elle Robertson (12:20), followed by Jennifer Robertson 2nd (12:35) and Louisa Lawrie 3rd (12:56).

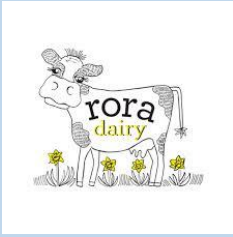
The 4th event was held on the 27th July. The U12's race winner for the 2nd time in a row was Jess Davidson in a time of 6:17, with Ollie Mitchell 2nd (6:36) and Blake Bremner 3rd (6:51). In the U16's race, Sam Brooks was 1st (6:15) followed by Noah West (6:24) and Lewis Geddes (6:32).

The 3K race was won by Mark Beagrie in a time of 10:10 with Sean Gibson 2nd (10:57) and Steve McMorrow 3rd (11:14). The 1st female finisher was Elle Robertson (12:23) followed by Louisa Lawrie 2nd (12:42) and Sarah Garden 3rd (13:24).

We look forward to seeing you all at the Lido again for our next event, which will be held on the Saturday 31st August. Remember you must complete a minimum of 3 out of the 6 races in the series to be in with a chance of the winning a trophy in your age category (3 best times to count). Juniors who complete at least 3 out of the 6 races will each receive a medal.

At our final event of the series on the 28th September, the club will again be 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. Please come along and show your support to all our junior and senior runners and then enjoy some food and refreshments at the BBQ hut (10am – 1pm).

LONGSIDE LOOP 10 MILE



Our annual Longside Loop 10-mile road race was held on the 4th May and therefore coincided with Star Wars Day (May the 4th be with you!). This year the event was jointly sponsored by local Longside businesses - Rora Dairy and Cairngall Motor Services. The junior mile was once again kindly sponsored by Seagate Fabrication.

A record number of 181 runners took part in the event, earning themselves one of our eagerly sought after bespoke Star Wars themed medals. The 1st male and female runners across the finish line both broke the 10-mile course records proving that the force was indeed strong with them on the day – Ian Allen (Spa Striders) 54:36 & Louise Cartmell (Moray Road Runners) 1:04:05.

The list of PAC athletes taking part were as follows;

Callum Urquhart (4th) – 58:58, Ryan McRae (5th) – 59:15, Ross Aird (6th) – 59:40, Chris Forman (11th) – 1:01:52, Mark Beagrie (18th) – 1:05:11, Steve McMorro (23rd) – 1:06:04, Sean Gibson (28th) – 1:09:30, Lee Morrison (33rd) – 1:10:11, Bryan MacKay (36th) – 1:10:55, Graham Steele (37th) – 1:10:55, Shaun Adam (42nd) – 1:11:23, Jennifer Robertson (50th) – 1:12:32, Andrew Brown (53rd) – 1:13:58, Richard Masson (69th) – 1:18:03, Linda McGee (74th) – 1:18:20, Susan Strachan (81st) – 1:19:35, Kelly Cruden (82nd) – 1:19:35, Shelley McSeveney (83rd) – 1:19:35, Scott McRae (103rd) – 1:23:00, Arlene McRae (110th) – 1:23:59, Babs-Anne Needs (118th) – 1:26:26, Maria Willox (126th) – 1:29:23, Jillian Sim (147th) – 1:38:30, Alison McGee (161st) – 1:44:26, Charleen Davidson (162nd) – 1:44:32, Andy Thom (181st – tail runner) – 2:24:14

PAC athletes who were prize winners in their age categories; Callum Urquhart (1st SM), Ryan McRae (2nd SM) & Ross Aird (3rd SM), Jennifer Robertson (2nd FV40), Linda McGee (2nd FV50) & Susan Strachan (3rd FV50).

Well done to all the kids who ran in the Junior Mile fun runs, we also had a record numbers of juniors taking part in these too. PAC juniors, Noah West (U14B) and Chloe Pirie (U16G) 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.

PAC SUMMER 5K



Our Summer 5K was held on the evening of Friday 21st June and was once again kindly sponsored by MB Plant. We had a turnout of 112 runners on the day from 138 entrants. The good conditions and route helped many to achieve some fast times and PB's. Ben Seath (Metro Aberdeen RC) was 1st across the line in a time of 16:06, breaking the course record by 1 second which was set last year by Keith McIntyre in our inaugural event. The first female finisher was Robyn Pinder also of Metro Aberdeen RC in a time of 17:56 and 9th place overall. Robyn broke the female course record too, beating Jenny Bannerman's time from last year of 18:01.

Here is a full list of the 30 PAC finishers;

Male

1. Mark Beagrie - 16:51 (4th)
2. Callum Urquhart – 17:18 (6th)
3. Dave Fraser – 17:39 (7th)
4. David Horne – 17:50 (8th)
5. Chris Forman – 18:23 (11th)
6. Steve McMorro – 19:19 (13th)
7. Graham Steele – 19:33 (15th)
8. Lee Morrison – 20:05 (19th)
9. Bryan Mackay – 20:09 (20th)
10. Finley Collins – 20:41 (27th)

Female

1. Jennifer Robertson – 21:03 (33rd)
2. Sarah Garden – 22:26 (43rd)
3. Arlene McRae – 24:16 (51st)
4. Barbara-Anne Needs - 24:18 (50th)
5. Anneke Neumann – 24:23 (52nd)
6. Kirsteen Donald – 24:35 (53rd)
7. Sophie Willox – 25:53 (61st)
8. Gaia Podlesny – 27:19 (68th)
9. Alison McGee – 29:02 (78th)
10. Adele Smart – 37:54 (102nd)

11. Andrew Brown – 20:43 (28th)
12. Shaun Adam – 20:49 (30th)
13. John Robertson – 20:59 (32nd)
14. Ewan McGee – 21:50 (39th)
15. Greg Bruce – 22:03 (40th)
16. Joe Strachan – 25:51 (63rd)
17. Andy Thom – 26:09 (64th)
18. Bobby Davidson – 26:43 (67th)
19. Stephen Bruce – 29:55 (83rd)

11. Tracey Weston – 40:32 (112nd (tail runner))

PAC athletes who were prize winners in their age categories; Callum Urquhart (1st U20M), Anneke Neumann (1st U20F), Dave Fraser (1st MV40), Jennifer Robertson (1st FV40), David Horne (1st MV50) & Arlene McRae (1st FV50).

In the build up to the Summer 5K event the club ran its first ever Couch to 5K group, offering a 7-week training session plan and support to any runners who wanted to be able to complete a 5K run. Lead by Barbara-Anne Needs and with fantastic support to all the runners from Alison McGee, Linda McGee, Andy Thom, Arlene McRae and Valerie Calder, this group proved a great success. Over the weeks it was brilliant to see all the runners progress and gain in confidence and then to finally cheer them across the finish line as they successfully completed their goal.

Thanks to all those who volunteered to marshal and help us out on the day. We really appreciate everyone's efforts as we can't possibly do these types of events without your continued assistance.

CLUB CHAMPIONSHIPS 2024

Our annual Club Championship events were held over the course of 5 days on the 24th, 25th & 27th June and the 1st & 2nd July this year. The Club Champions listed below will each receive a trophy at the end of year club prizegiving. In total there were an amazing 21 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 2024 were as follows:

Primary Girl (U9) – No entrant/champion

U11 Girl – No entrant/champion

U13 Girl – Hannah Bruce

U15 Girl – Charlotte Smart

U17 Woman – Jessica Needs

U20 Woman – Ellie McGee

Senior Woman – No entrant/champion

Masters Woman – Sarah Shields

Primary Boy (U9) – Noah Whitham

U11 Boy – Blake Bremner

U13 Boy – Euan Steel

U15 Boy – Noah James West

U17 Men – Jayden McLeman

U20 Men – Finley Collins

Senior Men – Sean Gibson

Masters Men – Stuart Giles

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.

TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

OUTDOOR TRACK & FIELD

The outdoor season got underway with the “Under the Lights” OGM in Inverness on the evening of 23rd March. Although the event did end up being cancelled due to the wet weather conditions, there were some of the field events that were able to be concluded. Sophie Thompson (U15G) competed in jumps events with a high jump of 1.25m and a long jump of 3.27m. Nicola McDonald competing in the women's hammer had a best throw of 24.65m.

At the Spring Open on the 7th April in Aberdeen we had Sophie Needs, Ava Alexander, Angus Robertson and Lewis Geddes all competing for the club in various events. There were a few new PB's for the athletes and a new club record set by Angus (U15B) in the 60m (9.60s).

On the 24th April at the OGM in Aberdeen, we had Sophie Needs and Lewis Geddes both competing. Sophie got a new PB in the 200m (37.73s) whilst Lewis ran a PB in the 1500m (5:57).

Our athletes were next in action at the 1st RAM Athletics League meeting of the year held at Perth on the 27th April. Although this date coincided with the popular Run Balmoral event, we still managed to have Liam Davie, Nathaniel Smart, Charlotte Smart, Sophie Thompson, Sarah Shields, Nicola McDonald, Katy Bruce and Lisa Shearer all competing for the PAC team and putting in some good performances resulting in more new PB's. Sarah (W35) set new club records in the 100m (16.70s), High Jump (1.15m) and Shot Put (8.90m) as did Nicola (W40) in the Shot Put (7.75m).

On the 15th May at the OGM in Aberdeen, we had Sophie Needs and Nicola McDonald competing. Sophie got a new PB in the 100m (17.75s) and Nicola got a new PB and club record in the hammer (28.69m).

A few days later on the 19th May, Sophie Needs was competing at the Youth Development League (YDL) in Dundee in the 75m, Javelin and Shot Put events. Sophie got a new PB in the 75m (13.86s) and the Javelin with a throw of 9.84m.

On the 23rd May we held the first of our new track & field series at Catto Park with the SPRINTS event. All club members of all ages were invited to take part in the 60m (U9's only), 100m and 200m. Finley Collins broke the U20 men's 100m club record with a time of 12.91s.

On the 25th May at the Throws Grand Prix held at Grangemouth we had Sarah Shields and Nicola McDonald both competing in the Shot Put and Discus events. Sarah achieved club records with a throw of 9.51m in the Shot Put and 22.20m in the Discus.

On the 6th June we held the second of our track & field series with the JUMPS event. Athletes were able to compete in the High Jump and Long Jump events with Chloe Pirie (U17W) and Sarah Shields (W35) breaking club records with Long Jumps of 3.29m for Chloe and 3.35m for Sarah.

On the 9th June the 2nd RAM Athletics League meeting was held at Dundee. There was a good turnout of PAC athletes with some wearing the blue vest for the 1st time to compete for the club. There were many new PB's achieved in the various running, jumping and throwing events with Isla Davidson (U20W) and Babs-Anne Needs (W45) breaking club records with Long Jumps of 2.82m for Isla and 2.83m for Babs.

On the 12th June at the OGM in Aberdeen, we had Lewis Geddes competing in the 800m (2:49) and Javelin (9.85m) events.

On the 16th June, Sophie Needs was competing at the YDL in Inverness in the 75m (13.92s), 1200m (5:25) and Shot Put (4.83m) events.

On the 7th July, the 3rd RAM Athletics League meeting was held in Aberdeen. Again, we saw more superb new PB's for our athletes of team PAC and also new club records for Sarah Shields (W35) in the hammer (21.86m) and also Nicola McDonald (W40) in the hammer (29.02m).

The only age group from the PAC team that achieved enough points to have qualified for the finals this year in Inverness on the 25th August were the Senior Women. Good Luck at the finals ladies!!!

Over the weekend of 13th/14th July, the Scottish National Masters Track & Field Championships were held at Dundee and we had Sarah Shields, Nicola McDonald, Mark Beagrie and John Robertson all competing for the club.

Sarah won two golds in her W35 category in the Shot Put and Discus. Nicola won a silver and two bronze in her W40 category for the hammer, Shot Put and Discus. Nicola's discus throw of 23.56m was a new PB and club record. Mark (M35) won gold in the 400m with a new PB and club record time of 59.88s and finished 4th place in the 1500m. John (M65) ran the 5000m and finished in 4th place in his age category, just missing out on a medal but improving his club record with a time of 20:29.43.

On the 4th August, the Summer Open OGM was held in Aberdeen. We had Ava Alexander, Sophie Needs, Lewis Geddes, Sarah Shields, Mark Beagrie and Barbara-Anne Needs all competing for the club. There were club records broken by Lewis (U15B) in the 1500m (5:36.87) and by Sarah (W35) in both the Shot Put (9.73m) & Discus (22.61m).

On the 7th August at the OGM in Aberdeen, we had Lewis Geddes competing in the 100m (13:96), 1500m steeplechase (6:40.52) and Javelin (11.35m) events.

On the 11th August we had just the one single competitor taking part at the Scottish age group Championships held at Grangemouth. Sophie Needs (U13G) took part in the Javelin and Shot Put and achieved new PB's in both events. Well done Sophie!

On the 15th August we held the third our track & field series at Catto Park with the ENDURANCE event. The U9's ran a 600m, U11's ran a 800m and everyone else in age groups U13+ ran the 1500m. Noah Whitham set a new club record with his time of 2:25 for his 600m run. Leighton McLean (U15B) ran 5:21 in the 1500m and broke the record set just 11 days earlier by Lewis Geddes.

ROAD RUNNING / TRAIL / ULTRA

On the 7th April Arlene McRae ran her first marathon at the Brighton Marathon event. Arlene was running in support of her friend for a charity and completed the course in 6hr 18mins.

Also on the 7th April, Tracey Weston was in London for the London Landmarks Half Marathon. Tracey completed her run in a time of 3hr 15min.

On the 14th April the P&J Live Run Fest was held at the arena in Aberdeen. Chloe Pirie completed her first 5K race in in a time of 28:52. 10K – Steve McMorrow (1st MV40 – 41:15), Mark Urquhart (48:36), Andy Thom (59:56), Alec Watson (1:02:55), Alison McGee (1:04:43) & Tracey Weston (1:25:25).

Also, on the 14th April we had 3 PAC runners taking part in the Manchester Marathon – David Horne running his first marathon (2:56:58), Graham Steele (3:18:40) & Richie Masson (3:33:42).

The Mersey Tunnel 10K in Liverpool was also on the 14th April. Billy Riddell completed the 10K race in 49:23 and was 3rd in his MV65 category.

On the 21st April, we had John Robertson, Stuart Gladstone, Babs-Anne Needs and Nicholas Aiken all running in the London Marathon. Their finishing times were as follows; John (3:31:24), Stuart (4:02:54), Babs (4:25:17) and Nicholas (4:43:33).

Also, on the 21st April and just a week after running the Manchester Marathon, Richie Masson was in Elgin to run the Moray Marathon. Richie completed the run in 3:56:35 to notch up yet another marathon to his impressive tally.

The weekend of 27th/28th April was Run Balmoral, which is always a popular annual event for many of our club runners to participate in.

Primary Boys 1.5K – Ben Steele (8:32)

Primary Girls 1.5K – Ava Alexander (7:33)

Secondary Boys 2.5K – Euan Steel (11:25)

Secondary Girls 2.5K – Sophie Needs (11:10), Emma Steel (11:13) & Georgina Robertson (12:51)

5K – Mark Beagrie (17:24), Ryan McRae (17:30), Ross Aird (17:46), Sean Gibson (19:35), Finley Collins (20:53), Jennifer Robertson (20:59), Kelly Cruden (21:11), Linda McGee (21:59), Susan Strachan (22:32), Babs-Anne Needs (24:00), Arlene McRae (24:08), Stuart Gladstone (24:40), Kirsteen Donald (25:18), Gaia Podlesney (27:01), Andy Thom (28:08), Heidi Morrison (29:45), Jonathan Needs (29:53)

10K – Graham Steele (41:12), Mark Beagrie (42:32), Stuart Gladstone (58:10) & Teresa Hood (1:16:41)

Well done to Linda and Susan who were 1st and 2nd place FV50 finishers in the 5K race.

On the 28th April, Richard Dodunski was in Carnoustie for the Barry Buddon Fast Half Marathon. Richard completed the run in a time of 1:44:03.

Also on the 28th April, Steve McMorrow was in Perth for the Tay Ten. Steve completed the 10mile race in a time of 1:05:57, finishing in 22nd place.

On the 3rd May, Mark Beagrie was competing at the Scottish 5K championships at the Sri Chinmoy 5K race at Silverknowes, Edinburgh. Mark finished in a time of 16:41 and 106th place in the Senior Men category.

On the 11th May at Forres, both Derek Isaac and Billy Riddell were running the Forres Harriers 10K. Derek finished in 51:33 and Billy 54:36.

Run Garioch was held on the 12th May in Inverurie.

1K – Ben Steele (4:35)

5K – Finley Collins (20:41), Graham Steele (22:22), Anneke Neumann (24:25) & Andy Thom (28:34)

10K – Teresa Hood (1:12:50)

Half Marathon – James Turnbull (3rd Senior Men 1:25:25)

On the 25th May we had Mark Beagrie, Greg Bruce and Teresa Hood taking part in the Barra 10K at Oldmeldrum. Mark finished in 5th place in a time of 40:21, Greg (1:03:55) and Teresa (1:19:52).

Also, on the weekend of 25th/26th May was the Edinburgh Marathon Festival events;

Junior 1.5K – Ben Steele (7:16)

Junior 5K – Finley Collins (20:29) & Sophie Needs (28:26)

10K – Babs-Anne Needs (52:58)

Marathon – Chris Forman (2:57:36), Graham Steele (3:25:34), Andrew Brown (3:38:46), Richard Masson (3:51:55), Mark Urquhart (4:00:07) & Richard Dodunski (4:15:54)

On the 7nd June, we had Mark Beagrie, James Turnbull, Steve McMorrow, Shaun Adam, Bryan Mackay, Becca Clueit, Andy Thom and Alison McGee all running the Metro 10K along the Aberdeen beach promenade. Mark finished in a time of 35:46, James 35:59, Steve 39:42, Shaun 42:42, Bryan 42:48, Becca 45:43, Andy 55:36 and Alison 1:00:19.

On the 9th June, Bryan Mackay, Andy Davidson and Tracey Weston ran the Fraserburgh 10K. Bryan finished in a time of 42:40, Andy 50:33 and Tracey 1:17:22.

At midnight on the 22nd June, Jonathan Needs took part in the Aberdeen Airport runway. Jonathan finished the 4K run in a time of 20:19.

On the 23rd June, Teresa Hood ran the St Cyrus 10K. Teresa finished her run in a time of 1:12:55.

On the 28th July, Lee Morrison and Teresa Hood ran the Alford 10K. Lee finished 14th (2nd MV50) in a time of 43:36 with Teresa completing her run in 1:09:18.

On the 11th August, Deveron Harriers held their festival of running in Banff.

5K – Mark Urquhart (23:32), Ava Alexander (34:54) & Laurie Alexander (34:54)

10K – Bryan Mackay (42:10 – 1st MV50), Shaun Adam (44:48), Alec Watson (57:00) & Teresa Hood (1:11:32)

Apologies if anyone or any races that club members have participated in have been missed out. All efforts are made to track the available race results.

ELLON JUNIOR PARKRUN

The Ellon junior parkrun celebrated its first year recently at the end of June. A few of our junior members have taken part in these events over the year and it's another good wee challenge besides our Junior Mile at the Lido to have a go at. The junior parkrun is a FREE weekly 2K timed event around Gordon Park in Ellon and is open to juniors aged 4–14yrs old 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 2024) 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 at an official event. We hope to see plenty of our juniors reaching those Purple, Bronze, Silver & Gold targets.



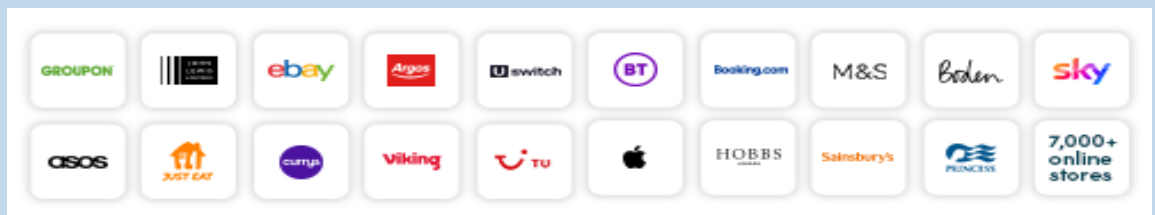
So far the club has managed to raise £295 from our club members doing their online shopping via easyfundraising. Thank you very much to those that have helped fund our cause. You can continue to help the club raise funds. It's very easy and completely FREE!

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. 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;

- 24th August – Monument Mile Classic (Stirling)
- 24th August – Newmacher 10K
- 25th August – RAM Athletics League Final (Inverness)
- 25th August – Run Banchory (1K, 5K, 10K and Half Marathon)
- 25th August – Perth 10K (plus 3K & 1.5K fun runs)
- 31st August – Lido 3K/Junior Mile race #5
- 31st August – Mel's Mile (Union St, Aberdeen)
- 31st August – Mormond Hill Run
- 31st August – North Area Trophy T&F (Inverness)
- 7th September – Huntly Room To Run (Kids fun run, 5K, 10K and Half Marathon)
- 8th September – OGM/AAAC Club Championships (Aberdeen)
- 8th September – Podfather Stirling 10K (3.5K & 2K fun runs)
- 12th September – PAC Track & Field #4 (Throws)
- 14th September – Crathes Castle Half Marathon & 5K (1.5K fun run)
- 15th September – Half BraemarAthon & 10K
- 21st September – Beast Race (Knockburn Loch, Banchory)
- 22nd September – Fyvie Castle 5K (plus kids fun runs)
- 28th September – Lido 3K/Junior Mile race #6 (including end of series prizegiving & BBQ)
- 29th September – Crimond Run Fest (Kids fun run, 6K & 12K)

29th September – Baxters Loch Ness Marathon (plus 5K, 10K & kids fun run)

4th October – Metro Proms 3K race #1

5th October – North District XC Relay Championships (Nairn)

6th October – Prime Four 3K (Kingswells, Aberdeen)

12th October – North District XC race #1 (Forres)

19th October – Dramathon (Dufftown)

19st October – National XC Relay Championships (Cumbernauld)

1st November – Metro Proms 3K race #2

2nd November – National Short Course XC Championships (Kirkcaldy)

3rd November – Peterhead 10K

16th November – North District XC race #2 (Evanton)

17th November – Fraserburgh Half Marathon

30th November – North District XC Championships (Gordonstoun)

6th December – Metro Proms 3K race #3

7th December – North District XC race #3 (Aden Park)

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 chosen to feature our long time club member Jennifer Robertson and her journey into running.



At school I wasn't very sporty and I never won anything on sports day but I did like the competitiveness of it and I would always try my best and give 100% even if my best at times meant I finished last. Roll on a good few years and 3 kids later at the ripe old age of 31 I decided to join Peterhead Jog Scotland in August 2008. At the time they were starting a couch to 5k beginners program with a 30 second jog then a 30 second walk slowly building up to a steady nonstop run over 5k. I felt such a great sense of achievement completing my first 5k and even more so knowing I did it without stopping. My time back then was irrelevant and I was soon back with the group building up to do my next challenge which was to complete a 10k run again without stopping. By April 2009 I had completed my first 10k in a time of 55 minutes and although my time was still not important to me, I was starting to take note and, in my head, thinking I can go quicker. It was after completing this 10k training block with Jog Scotland I started looking online signing up and taking part in local events and fun runs. With each run I would start to take more and more notice of my times and I started competing against myself with each run trying to beat my previous time.

I guess you could say I now had the running bug and in 2010 I signed up for my first major event heading over to America to take part in one of the world most famous races the New York Marathon. Unfortunately, with my inexperience and not knowing just how big a challenge this was my preparation was all wrong and I picked up an injury in the weeks leading up to the race so was unable to give it 100%. In the end I had to concentrate on just getting round the course trying to enjoy every minute of it taking it all in as I ran/walked round the 7 boroughs of New York. It really did live up to all expectations and the buzz around New York on marathon day was something special and I managed to hobble my way round the 26.2 mile course in 5 hours and 25 mins. Being relatively new to running and considering my lead up to the day wasn't the best I was still pretty pleased with my run. New York was definitely a turning point for me as I knew with the right training and staying injury free, I could have done a lot better so with that in mind I took my new found love for running to the next level and started attending training sessions being run by Jim Mundie and Jim soon became not just my coach but a great friend and someone I look up to and definitely someone who as shaped me into the runner I am now. I also became a member of Peterhead Athletics Club and Jim started introducing track sessions into my training plans and these sessions really helped me improve my stamina and overall running fitness. I became stronger with each training block and over the years my race times improved drastically and not only was I achieving great personal best times I was also competing with others around me and finding myself getting placed and sometimes even winning my race category picking up prizes and awards. Over my best years I managed to achieved personal best times of 19 minutes 31 seconds for my 5k, 40 minutes 32 seconds for my 10k and 1 hour 30 minutes for my Half Marathon time.

One of my best running highlights was being able to run in the London Marathon in 2013 for Scottish Cot Death a charity that was close to me during this time having a friend who had recently lost a son to cot death and together we raised a phenomenal amount of money for the charity. On race day I had a very good time of just over 3 and a half hours which made the whole experience even more enjoyable. Although this was a fantastic time for me over this distance of 26.2 mile and nearly 2 hours quicker than my first attempt in New York again the competitive side of me came out and I wanted to do it all over again only this time I wanted to do it in under 3 hours 30 minutes. I went back to London in 2015 and ran my personal best time of 3 hours 28 mins, absolutely delighted that I reached my goal. Looking back if someone had told me I would be able to run these times when my running journey started with Jog Scotland, I would have laughed at them and said no way. Although I'm still training almost as hard now as I did back

then I know age is playing a factor and my ability to hit these times are behind me but with age comes different race categories and being able to still compete with others in my age category the buzz that comes with racing is still there and keeps me going. Without clubs like Jog Scotland and Peterhead Athletics and of course Jim Mundie I probably would have given up running a long time ago but it's through these clubs and running communities I have met some wonderful people and over the years these like-minded runners have become great friends both inside the running community and also outside socially. If I could pass on one bit of advice to anyone thinking about taking up running or looking to improve your running times it would be to join a local running club or running group as not only will you be made very welcome but you'll find it so much easier achieving your goals with like-minded people around you.

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 (Ewan McGee) or Secretary (Mary Milne) 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

