



**Fixtures: Pitreavie
AAC Road Running
Championship
Races 2007**

ANY Marathon

East Neuk 10K

Dunfermline Half
Marathon

Black Rock 5

Auld Toun 10K,

Alloa Half Marathon

Strathallan 5

Kinross PTA 10K

Glasgow Half
Marathon

Donkey Brae 7

Two Inches 10K

Aviemore Half
Marathon

George Kirk Picks up Award

George Kirk was awarded honorary life membership of **scottishathletics** at the recent annual awards dinner. As a coach, official, team manager and past president of the club, George has been involved in the careers of many athletes and is an extremely popular and well-regarded member of the club.

East District XC Championship

The East District Cross Country Championships at Galashiels were contested over the most mountainous cross country course you are ever likely to see with glorious sunshine the saving grace as bitterly cold winds swept over the exposed hill side. John Newsom fought hard to remain in contention in the senior race finishing 2nd, thirteen seconds down on world championship steeplechaser Andrew Lemoncello. Kathryn Pennel claimed the clubs second silver medal in finishing second in the under-13 girls event. The under-13 girls team won bronze thanks to a strong run from Sarah Turner to place 9th and Katie Reid in 23rd.

Pitreavie Athletes To Contest 138th New Year Sprint

The 2007 and 138th New Year Sprint is due to be held at Musselburgh Racecourse, on Friday 29th and Saturday 30th December 2006. The 110 metres New Year Sprint, with a £4000 first prize, will be supported by 90 metres open, 1600 metres open, 90 metres veterans, 90 metres youths, 800 metres youths and backmarkers 120 yards events which will take place on Friday. All events feature a handicap starting system. The sprint final on Saturday is due to be held in conjunction with the National Hunt meeting and televised as part of Channel 4's coverage of the day's events. There are a number of Pitreavie athletes entered for the sprint including Stacey Downie, an early favourite off a mark of 16 metres in heat 9. John McDiarmid goes in heat 3 off a mark of 5.75 metres while Craig Robertson is in heat 7 off 7.5 metres and Francis Smith is in heat 10 off 4.25 metres. John Newsom, twice runner up in the event, contests the 1600 metre open off a mark of 55 metres while Kathryn Pennel runs off a mark of 140 metres in the youths 800m.



Bank of Scotland Squad

Sixteen Pitreavie AAC athletes have been named in the latest Bank of Scotland Squad. The squad supports under-17 and under-20 athletes that have achieved the Scottish Power of 10 targets in 2006 and are designed to support Scotland's most talented young athletes. Those named in the squad are as follows:

Males

Ryan Oswald – Sprints
Craig Robertson – Sprints
Dale Carver – Sprints
Michael Burns – Hurdles
Stuart Chisholm – Jumps
Chris Tatton - Throws
Douglas Newsom – Endurance
Tom Fleming - Endurance

Females

Stacey Downie – Sprints
Lauren McManus - Sprints
Stephanie Walker – Hurdles
Eilidh Child – Hurdles
Catriona McKay - Jumps
Caitlyn Mackie – Throws
Siobhan Coleman – Endurance
Rebecca Burns - Endurance

East District XC League

The second fixture of the East District Cross Country League was held at Beveridge Park, Kirkcaldy on Sunday 26th November. The ever improving Katey Turner recorded a good win in the under-11 race with team mate Sarah Hawkins a fine 3rd. Kathryn Pennel stuck in to place 3rd in a highly competitive under-13 race.

Masters XC Championship

Pitreavie had two masters competing for Scotland at the British and Irish Masters Cross Country Championships held at Calendar Park in Falkirk on Saturday 18th November. Alison Whyte, making her debut for her Scotland, competed in the W35 age group placing 13th while Hazel Bradley competed in the W55 age group placing 5th. These results combined with their team mates placings meant Alison picked up a team bronze medal and Hazel a silver in their respective age groups. In the open race Jeff Farquhar placed 13th and Kenny Duncan 35th.

Spikes

The club has a stock of replacement spike pins for sale. They are available to buy from the clubhouse canteen and are priced at 15p per spike. The sizes are 6mm & 7mm (track) and 9mm & 11mm (cross country).

World XC for Edinburgh

Holyrood Park in Edinburgh has been awarded the 2008 World Cross Country Championships. The park has proved to be popular with athletes and successfully hosted the 2004 European Cross Country Championships that saw Paula Radcliff romp to victory. The Inter District championships, in which Pitreavie athletes have the chance to compete, will once again be hosted at Holyrood Park on Saturday 13th January 2007 and televised on the

Pitreavie AAC News



BBC in conjunction with the Nova

International

Races.

Indoor Training Facility

Those of you that have visited Pitreavie Stadium recently will have noticed that construction of the new indoor training facility is well under way. A few members of the club attended a photo shoot as part of the promotion of the new facility.



Devila Forest Race

Barry Davie reports on the Pitreavie AAC festive Devilla Forest Trail Race held on Saturday 16th December 2006.

Given the relentless rain over the past week, Saturday morning was quite pleasant - no wind and just a nip in the air. Steve Newsom was out early marking the course with red spray paint, then promptly informed us on his return we would get wet & mudd, and he



wasn't kidding either!! 17 runners turned up for the race, with numbers slightly down on last year's event. Tulliallan Police College had opened up the changing facilities for us to use, but it was only afterwards we found they had also opened the Pool for us too. Point to note for 2007 - mind your swimming stuff.

11:55 and off we headed to the start, a 200 metre walk away. Steve gave us a course / safety briefing where he kindly informed us of 2 large puddles half way round the course where the water would be nearly up to your knees. The air horn then sounded at 12:10 and we were off. Jeff was straight into the front and he led until the last 2K before missing a turning, allowing Derek Simpson through to take the lead. Derek held on to finish in 35:56 with Jeff just 9 seconds adrift in 36:05. Alex Keenan rounded of the top three clocking 37:22. Pam Gilfillan headed home the two ladies who turned out finishing 14th in 48:57 with Irene Miller 2nd in 53:37. Big thanks to everyone who turned out, especially Steve for marking the route and Carrie and Alexa for timekeeping and results. Full results are available on the website along with a couple of pictures.

Merry Christmas and a Happy New Year