



Fixtures – Sep-Oct 06

2/09 Ben Nevis Race

2/09 Forth Valley Presidents
Select – Grangemouth

2/09 Tayside & Fife Combined
Events– Caird Park, Dundee

3/09 Great Scottish Run

6/09 Grangemouth open graded

10/09 Pitreavie AAC Young
Athletes Trophy Meeting

17/09 City of Stirling 10k –
University (championship race)

17/09 Tayside & Fife Track &
Field Championships – Caird
Park, Dundee

24/09 East Neuk 10K
Anstruther (championship race)

24/09 Linlithgow 10k & Fun
Run

30/09 Five Hills Of Fife,
Falkland

1/10 Loch Ness Marathon
(championship race) & 10k

1/10 Great North Run –
Newcastle

1/10 Strathcarron Hospice 10k
& Fun Run – Denny

14/10 East District XC Relays –
Dulloch Park, Dunfermline

21/10 XC League – Livingston

28/10 Scottish XC Relays –
Cumbernauld

28/10 UK XC Challenge -
Birmingham

BAL PLATE FINAL

Pitreavie finished a creditable second place at the British Athletics League Plate Final at Bedford on Saturday 19th August. The team had qualified for the plate final after finishing second at the semi-final match in Stoke. The senior team (which included many talented juniors) were runners-up at the Plate competition behind a strong Channel Islands team. There were a total of nine track victories in a fantastic team effort leaving the team bemused as to why we were not awarded the most improved club award. Victories came from Francis Smith 400mH and 110mH, Ross Kirk 400m, John Newsom 5000m, Stacey Downie 200m, Eilidh Child 400mH, Lauren Candlish 800m, Men's 4x100m, Women's 4x100m. The trip was made possible thanks to funding from **Forfab** and **DP Services (Scotland) Ltd.**

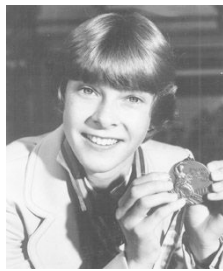
Scottish U13, U15 & U17 Championships

Caitlyn Mackie, Douglas Newsom and Craig Robinson collected national titles at Grangemouth in the Scottish U13, U15 and U17 Championships (26-27th August). There were also many other individual performances from Pitreavie athletes that, although perhaps not enough for a medal, were of a high standard that athletes and coaches should be proud of. Caitlyn Mackie became Scottish Champion in the Discus with a throw of 33.83m while also taking silver in the Hammer (40.02m). Douglas Newsom took the under-17 800m title in 2:02.00 in a slow tactical race by breaking away from the field over the last 100m and Craig Robinson won the under-15 800m in a highly respectable time of 2:08.36. Kathryn Pennel came through the field to take second in a very close under-13 800m race. Megan Frail placed second in the under-15 75m Hurdles event. Claire Duncan also secured silver in the under-13 200m with a time of 28.12. Rebecca Law was a fine third in the under-13 Long Jump with a best of 4.30m.

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50th Celebrations: Dinner & Ceilidh

Tickets for the Club's 50th Anniversary Dinner & Ceilidh on Friday 15th September are still available but don't leave it too late to get yours. The Venue is the Forrester Park Golf Resort in Cairneyhill. Contact Norman Gardiner for tickets. The price is £30, which will include a welcoming drink.



Forth Valley League Champions!

Pitreavie under-11, U13 and U15s were crowned JSB Plumbing Forth Valley League Division 1 champions for 2006. The young athletes produced many spirited performances over the season and team managers Yvonne Brigain and Dave Fox deserve thanks for their work.

Scottish Championships

Francis Smith created a bit of history when he completed an unusual double at the Scottish Senior Championships at Scotstoun (12-13th August). Smith took gold in the 400m hurdles (52.86 seconds) before returning on Sunday to take the 110m hurdles (14.54 seconds). It is 51 years ago since this was last achieved when Clive Dennis won both in 1955. Nick Smith won the 200m (21.98 seconds) while John Newsom placed second in the 5000m (14 minutes 38.44) and Eilidh Child took second in the 400m hurdles (60.75 seconds).

Forth Bridge 10k Race

The Pitreavie AAC organised Forth Bridge 10k race once again proved to

be a tremendous success. Thanks should go to Barry Davie and the road running crew for all their hard work both on the day and in the months before. The race was won by Keith Hood (Corstorphine AAC) while the first lady finisher was Margaret Imlah

Latest Club Records

2006 has seen a host of club records broken. Here is a run down of those so far (at 29/08/06):

- 75mH** U15 Megan Frail 11.41s
- SP** VW35 Norma Bruce 8.56m
- 1 Mile** VW35 Alison Whyte 6:04.04
- TJ** Club/U20 Catriona McKay 10.70m
- 3x800m** U15 Boys – McLean-Toremar, Young & Robinson 6:34.16
- 4x100m** U11 Girls – Reid, Turner, Hawkins, Easton 63.7s
- 400mH** Club/Senior Francis Smith 51.52s
- 400m** VM45 Ian Moodie 58.15s
- 400mH** VM45 Ian Moodie 60.41s
- 100m** VW65 Esther Linaker 15.44s
- Ultra 50k** VM50 Colin Mathieson 3:43:47
- 2000m s/c** VW35 Alison Whyte 8:06.77
- 1500m s/c** Club/U17 Rebecca Burns 5:39.20
- Ultra 100K** VM50 Colin Mathieson 8:46:36
- Pentathlon** Club/Senior Ladies Jemma Scott 3824pts
- Pentathlon** U15 Allan Smith 1428pts
- 200m** VM50 Roy Buchanan 27.60s
- 60mH** U20 Eilidh Child 8.89s
- Indoor TJ** Club/U20 Catriona McKay 10.79m

Kingdom Athletic Debut Season In Top Flight

Kingdom Athletic, a combined team of Pitreavie and Fife AC athletes, enjoyed terrific success in their debut season in the National Junior League Northern Premier Division. Kingdom placed third, way above initial expectations.

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Athletes, coaches, team managers and parents deserve full credit for their achievements in this competition which involves much travelling and the associated expenses.

Cross Country Season

The cross-country season is once again upon us and this year we are looking for a much improved turn out of athletes at all ages. Cross-country is not only for endurance athletes as it can also play an important role in the winter training of sprinters and field eventers. It's a great way to improve your strength and endurance and is often a fun day out. Check-out the calendar page on the **scottishathletics** website for the full fixture list. The opening race is the East District Cross Country Relays, to be held at Dulloch Park next to Tesco in Dunfermline. This event is for U11 to senior and veterans. George Kirk and Pauleen Norman are once again the male and female team managers.

Monthly 5 Mile Handicap Series

The club handicap was started around 1988 to provide runners with a regular measure of their running form and fitness - a time trial over 5 miles is an ideal predictor of times at longer distances (e.g. 10 miles, Half Marathons). The handicap race is held on the last Tuesday of the month between January and September where it sees runners set off at intervals based on their previous performances. Points are accumulated each month according to finishing positions and at the end of the year points from the runners best 8 races are totalled together to give them an overall standing. Trophies are awarded for the Male & Female category winners alongside other prizes for the top 10 runners.

With only 1 race to go this year, the final on September 26th, it's turning out to be quite tight at the top. There are 5 men and 5 women making up the top 10 positions. Colin Simpson, Stuart Forrester, Kenny Duncan and Stephen Skene are all in the running with only 22 points separating all 4 of them. Meanwhile the next 3 places are occupied by Bizzy Cleary, Lauren Mitchell and Christine Syme and only ONE point separate all 3, this could turn out to be the closest woman's race in many year's....The prize giving for this year's series is likely to be held in the club canteen one Thursday night after training – date & time TBC later. Watch out for full results in the next edition.

Pitreavie AAC Road Running Championship

The Road Running Championship is made up of a series of 12 races of varying distances through out the year. Points are awarded for both male & female Seniors, Vets and Super Vets. Points from the runner's best 8 races go towards their end of year score. It's now at the stage of the season where there are only 4 road running championship races remaining - Stirling 10K (17/09) and the East Neuk 10K the week after (24/09). These are followed by the Loch Ness Marathon (1/10) and then lastly the Glen Clova Half Marathon (11/11).

The **Stirling 10K** entry has now closed. It appears that at least 19 Pitreavie athletes have entered though. The popular **East Neuk 10K** on 24th September has a limit of 350 runners. Full details of this event can be found at <http://haddies.4t.com> again I would recommend pre-entering this race. You also get a feed afterwards along with a T-Shirt - not bad for a fiver!!

Entry to the **Loch Ness Marathon** has closed so hopefully a few Pitreavie

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runners have been able to enter. This event also incorporates a 10K race as well (not one of our counters though). So if you fancy a trip away then you can still enter this up to 15th September. Both events take place on Sunday 1st October. The Marathon starts at 10am

And finally the popular **Glen Clova Half Marathon** on Saturday 11th November rounds the year off. This race is also pre-entry and with a limit of 300 you'd be advised to enter early. Entry details can be found on the Forfar RR website www.forfarroadrunners.com or through the links section of www.pitreavie-aac.co.uk There is a good social event post race. A Ceilidh is put on in the evening in the Hotel. A large crew of Pitreavie folk will be staying up for this as it has been excellent in previous years. The hotel is apparently full this year - probably by most of us!! However there are bunkhouses behind the hotel, but you'd need to check availability with the hotel itself. The hotel has a website as well at www.clova.com

In the senior men's standings only 6 points are separating the top three. Ever improving Graham Crane has a slight edge over Alex Keenan. Graham is on 25pts while Alex is 2 pts further back on 23. Barry Davie sits in 3rd on 19pts. The male vet category is being headed up by Allister Johnston. The super vets is another close affair with 3 runners all in contention. Colin Simpson heads Stuart Forrester by just a few points while John Davie is only another 2 points behind Stuart.

The senior women's standings are currently being led by Lauren Mitchell with Pam Gilffilan and Lesley Allan only a few points further back. The vet category is being headed up by Irene Miller with Bizzy Cleary only 1 point behind. The super vets are being led by

Pam Pattison with Jackie Baxter only a few points further back.

Athlete Assassination!!!

Name: Francis Smith.

Coach: John MacDonald and Paul Allan helps out.

Hometown: Rosyth.

Work: Civil Service.

Favourite event:

400m Hurdles.

Personal best: 51.52s

Greatest athletics achievement:

Winning the Scottish Championships, European Club Cup and representing Scotland.

Favourite training session: Any Hurdles session.

Worst training session: 500,400,300,200,100 with 1 min recovery.

Athletics ambitions: To represent Great Britain and make the next Commonwealth Games.

Best thing about athletics: The enjoyment and the winning.

Worst thing about athletics: Finishing 2nd.

Favourite meal: Pizza, love it!

Favourite bands: Hmm don't have one. I do listen to dance music to get ready to run.

Most annoying habit: Talking too Much!!



John Newsom (with thanks to Barry Davie for the road running stuff)

If you know of anyone that is not on the email list to receive this newsletter then just let me know.

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