



PITREAVIE

AMATEUR ATHLETIC CLUB

(ESTABLISHED 1956)



Affiliated to: SCOTTISH ATHLETICS LIMITED
and DUNFERMLINE & WEST FIFE SPORTS COUNCIL

Athlete And Youth Representative Update – November

Lasswade AAC Open Cross Country Races:

- The first cross country fixture in November was none other than the Lasswade AAC Open Cross Country Races held at Gore Glen, Gorebridge on Sunday 2nd November.
- **Under 11 Boys (1 mile)** – Campbell Dowie – 2nd – 6:13 and Conor Gourlay – 3rd – 6:16
- **Under 13 Girls (2 mile)** – Jemma Jamieson – 10th – 14:12, Ailsa Barr – 11th – 14:18, Kalie Gostick – 22nd – 15:20 and Maya Hutcheon – 26th – 15:43. The team of Jemma Jamieson, Ailsa Barr and Kalie Gostick gained 4th place in the team places with 43 points.
- **Under 13 Boys (2 miles)** – Lewis Blair – 2nd – 12:21, Euan Johnston – 6th – 12:47 and Conor Allan – 12th – 13:48. This team of boys managed to gain silver medals for second team finishing in 20 points.
- **Under 15 Girls (2 miles)** – Emily Nicholson – 5th – 12:44, Zoe Nicholson – 8th – 13:13, Ciara Bowman – 10th – 13:29, Evie Coyle – 20th – 14:34 and Alice Pearson – 27th – 16:38. The team of Emily Nicholson, Zoe Nicholson and Ciara Bowman earned a silver team medal with 23 points.
- **Under 15 Boys (3 miles)** – James Adam – 3rd – 18:43, Alex Johnston – 4th – 19:16, William Cain – 6th – 19:32 and Liam Murray – 14th – 23:40. The team of James Adam, Alex Johnston and William Cain picked up a gold team medal with a points total of 13.
- **Under 17/Under 20 Women (3 miles)** – Leah Davie (U17) – 4th – 21:17 and Amy McAlpine – 9th – 27:41
- **Under 17 Men (3.8 miles)** – Tyler White – 4th – 24:08, Connor Collins – 7th – 24:49, Andrew McNair – 10th – 26:19 and Corey Smith – 11th – 27:00. The team of Tyler White, Connor Collins and Andrew McNair won a gold team medal with 21 points.
- **Senior Men/Under 20 Men (6 miles)** – Ben Potrykus (U20) – 5th – 36:08 and Colin Lamont – 33rd – 41:43



First Youth Social Night A Success:



- On Friday 7th November around 20 athletes from various groups in the club met up for a couple of hours to socialise and christen the new pool and table-tennis tables in the clubhouse. There was also an X-box which permanently had a huddle around it, Wii and other bits and pieces.
- Up in the cafe some younger siblings sat and watched a DVD supervised by a few parents who were having a good blether and a cuppa (Ali Johnston is getting a huge thumbs up for the hot chocolate). Other parents were happy to drop off the kids for a few hours and get some peace.
- All in all it was a really good/relaxed night and great to see the athletes mixing. Feedback was good, the girls perhaps would like a couple more activities (afraid Fifa 15 just wasn't hitting the spot with them) and we will get this organised for the next one.

- The plan is to make this a monthly Youth Club and hold them on the first Friday of the month. We are conscious that things get a bit hectic in December so we will postpone the next one until Friday 16th January so that communication can get going again for when the athletes come back to training after the xmas break.
- Longer term, this will also be a good wee fundraiser for club funds without being too expensive for parents. Cost was £2.50 which included some refreshments and most kids came along with a fiver so they could grab some extra juice and mix-ups from the cafe.
- These events will be a "turn up on the night" format so put the date in the diary and we might see you there in January.

Scottish National XC Short Course Championships:

- The first individuals cross country championship race was the Scottish National Short Course XC Championships on Sunday 9th November at Bellahouston Park, Glasgow.
- **Under 15 Girls (2000m)** – Iona Crawford – 11th – 7:37, Ciara Bowman – 25th – 8:01 and Zoe Nicholson – 22nd – 7:56. This team of girls managed to come 5th with 58 points.
- **Under 15 Boys (2000m)** – James Adam – 11th – 6:46, Ben Grant – 12th – 6:46, William Cain – 44th – 7:27, Dylan Thomson – 51st – 7:53 and Liam Gillan – 64th – 9:04. The team of James Adam, Ben Grant and William Cain came 4th with 67 points.
- **Under 17 Women (3000m)** – Leah Davie – 9th – 11:32
- **Under 17 Men (3000m)** – Tyler White – 25th – 10:19, Corey Smith – 44th – 11:25 and Andrew McNair – 47th – 11:40. This team placed 11th in the team positions with 116 points.
- **Senior/Under 20 Women (4000m)** – Rebecca Burns – 14th – 15:00 and Amy McAlpine (U20) – 103rd – 20:40



Scottish East District XC League – Match 2:



- The second match of the Scottish East District XC League series took place in Alloa at Lornhill Academy on Saturday 22nd November.
- **Under 11 Girls (1600m)** – Isla Booth – 17th – 7:30, Kerry MacNulty – 22nd – 7:40 and Abbie Chisholm – 29th – 7:55. This team of girls came 7th with 68 points.
- **Under 11 Boys (1600m)** – Conor Gourlay – 4th – 6:20 and Ross Birrell – 23rd – 7:01
- **Under 13 Girls (2700m)** – Sarah Coutts – 1st – 11:41, Jenny Gillanders – 4th – 12:00, Jemma Jamieson – 18th – 12:45, Lauren Blair – 19th – 12:45, Jennifer Brydon – 28th – 13:14, Skye Marshall – 32nd – 13:22 and Ailsa Marsh – 36th – 13:33. The team of Sarah Coutts, Jenny Gillanders and Jemma Jamieson came 2nd with 23 points.
- **Under 13 Boys (2700m)** – Lewis Blair – 7th – 11:20, Euan Johnston – 22nd – 12:06 and Arran Robertson – 34th – 12:34. This group of boys were 6th position in the teams placing with 63 points.
- **Under 15 Girls/Under 17 Women (3700m)** – Emily Nicholson – 6th – 15:50, Zoe Nicholson – 11th – 16:16, Leah Davie (U17) – 12th – 16:22, Iona Crawford – 21st – 17:07, Ciara Bowman – 26th – 17:43, Sophie Telfer – 27th – 17:46, Molly Cunningham – 65th – 25:36, Hannah Gillan (U17) – 66th – 25:36 and Erin Graham (U17) – 67th – 25:37. The team of Emily Nicholson, Zoe Nicholson and Leah Davie gained 2nd place in the team positions.
- **Under 17 Men (5600m)** – Tyler White – 18th – 23:32, Andrew McNair – 23rd – 26:10

and Corey Smith – 26th – 26:54. This team came 7th in the team positions.

- **Senior/Under 20 Women (5600m)** – Rebecca Burns – 9th – 24:32
- **Senior/Under 20 Men (8200m)** – Colin Lamont – 97th – 38:39 and Neil McLachlan – 124th – 40:01

Christmas Craft Workshop:

- There was a craft workshop that took place on Tuesday 25th November at 6:30 in the clubhouse to raise some money for the club. This was organised by Nicola Moriarty.
- The cost was £10 per person and included refreshments, all materials and a step-by-step demonstration to make your own hand felted fairy which will be completely unique.
- This workshop was primarily aimed at parents (and their friends) and provided an enjoyable couple of hours whilst athletes were training.
- The results were fabulous and many parents can't wait for the Easter Craft Workshop!



Race Night:

- A massive thank you to all who attended tonight's racenight. Everyone will agree it was a fantastic night for the youngsters and for the adults.
- We have managed to raise £405 and as the night was such a success we will hopefully run another evening soon.
- The Race Night was held on Friday 28th of November 2014 at the Civil Service Club in Rosyth.
- People bought horses for £5 and the winning owner in each race recieved a bottle of spirits or bubbly.
- There was also Irish Bingo and a few other games on the night which everyone enjoyed.
- This along with the Social Nights has been the first social events the club has held in a long time and it's planned to keep them going.



Cross Country Fixtures:

Date	Meeting	Venue	Requirements
January			
Saturday	10/01/15 Scottish Inter – District XC Championships	Holyrood Park, Edinburgh	Scottish Athletics select athletes based on performance at Scottish East District XC Championships (Top 8 at East District Championships gives automatic selection)
Saturday	17/01/15 Scottish East District XC League – Match 3	Broxburn Academy	Open to all athletes. No pre-entry required. Just turn up and run
Saturday	31/01/15 Scottish National Masters XC Championships	Kilmarnock Academy Recreation Ground (Ayrshire Athletics Arena)	The XC Representative (Penny Hicks) will enter athletes. Please register your interest to compete
February			
Sunday	22/02/15 Scottish National XC Championships	Callendar Park, Falkirk	The XC Representative (Penny Hicks) will enter athletes. Please register your interest to compete
March			
Sunday	15/03/15 Scottish National Young Athletes Road Race Championships	TBC	The XC Representative (Penny Hicks) will enter athletes. Please register your interest to compete

- To enter any of the above events then please contact the Cross Country Team Managers.
- The Cross Country Team Managers for the season 2014 – 2015 are Penny Hicks and Louisa Nethery.
- For more information please view our website - <http://www.pitreavie-aac.co.uk/index.php/about-pitreavie-aac/xc-cross-country>



Indoor Fixtures:

Date	Meeting	Venue
December		
Sunday	14/12/14 Aberdeen AAC Indoor Open Graded Meeting Scottish Athletics Indoor League – Match 1	Aberdeen Sports Village Emirates Arena, Glasgow
January		
Sunday	04/01/15 Scottish Athletics Indoor League – Match 2	Emirates Arena, Glasgow
Wednesday	07/01/15 Grangemouth Stadium Indoor Open Graded Meeting	Grangemouth Stadium
Saturday	17/01/15 Scottish National Indoor Open	Emirates Arena, Glasgow
Sunday	25/01/15 Aberdeen AAC Indoor Open Graded Meeting	Aberdeen Sports Village
February		
Sunday	01/02/15 Scottish National Senior Indoor Championships	Emirates Arena, Glasgow
Wednesday	04/02/15 Grangemouth Stadium Indoor Open Graded Meeting	Grangemouth Stadium
Sunday	08/02/15 Scottish Athletics Indoor League – Match 3	Emirates Arena, Glasgow
Saturday	14/02/15 Scottish National U13/U17 Age Group Indoor Championships	Emirates Arena, Glasgow
Sunday	15/02/15 Scottish National U15/U20 Age Group Indoor Championships	Emirates Arena, Glasgow
Sunday	22/02/15 Aberdeen AAC Indoor Open Graded Meeting	Aberdeen Sports Village
Saturday	28/02/15 & 01/03/15 Scottish National Combined Events & Scottish National Masters Indoor Championships	Emirates Arena, Glasgow
March		
Wednesday	04/03/15 Grangemouth Stadium Indoor Open Graded Meeting	Grangemouth Stadium

By Corey Smith

