



Issue 3 PB 2017

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scottishathletics



The official magazine for members of **scottishathletics**

www.scottishathletics.org.uk

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Cover Photo: Callum Hawkins cradles the FPSG Athlete of the Year trophy as he became the first male to win the award since hurdler Allan Scott in 2008. Photo by Bobby Gavin.

*PB will be back in 2018 with three editions across the year. We are looking to publish in mid-March; mid-July and mid-November. Queries or feedback: peter.jardine@scottishathletics.org.uk

scottishathletics



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Mark Munro
Chief Executive
Scottish Athletics



@SALMarkMunro



Changes in culture, mindset and modernisation paying off

It is just over a year since I was appointed full-time in the CEO role, after a few months in an interim capacity. So it seemed like a good time, and a good idea, to put down a few reflections on the past 12 months...

Firstly, I would like to thank our board of directors, our commissions, staff, partners and **scottishathletics** members for their support.

It has been quite a year for athletics in Scotland and it is widely acknowledged that the club support system and Scottish club leaders, club members and coaches have been incredibly successful in terms of developing athletes along the pathway and especially on the world stage.

Equally important, in my view, has been continued growth in club membership; strong event delivery; entries increasing; and some fantastic and innovative best practice within affiliated clubs. This success is unprecedented for a nation of the size of Scotland.

So, if I could summarise the key changes in the sport over the past five years or so in a few words, I would put it down to a change in: **Culture, Mindset and Modernisation.**

Each and every day, on the track, the field, the pitches and parks, the pavement, the mountain, the trail, the gym, and the school or community hall; committed leaders, coaches, officials and supporting personnel are working in clubs and groups across the system supporting over 18,000 athletes to help them achieve their dreams on and off the track.

As the governing body, we have a way to go yet in terms of ensuring a 'great' system of support for our sport. But we are fully committed to reaching that goal within the next two years and beyond, delivering within the current strategy timeframe of Perform When It Counts (2015-2019).

Personally, I have a constant drive and desire for **scottishathletics** to improve as a body. I feel we have to be better; recognise the important contributions of everyone involved in the sport; learn from others where we can; celebrate

successes of everyone at all levels; make fewer mistakes and to learn swiftly from any mistakes we do make. The ultimate target has to be providing an evolving and better service to our members.

In saying that, I must acknowledge we are very lucky in Scotland. We are small and adaptable. We have great club leaders. We have great coaches. We have great technical officials. We have great volunteers supporting all functions of the sport. And we have world class athletes.

Best of all, arguably, we are developing a great mindset which is helping create a winning culture for all. I believe that's bringing the sport together more and more.

For the next phase in our development, we must continue to place the modernisation of clubs and coaching structures at the heart of the sport. We must support key people and invest in the right projects.

We must also recognise the role and impact of good communication within the sport. One of the key success factors in promoting the sport has certainly been the importance of regular and comprehensive website stories and pro-active social media, both nationally by ourselves and locally by clubs.

It is fantastic to see clubs and groups taking up that mantle, with particular growth around regular and effective club Twitter communications.

However, I am well aware that we have a number of areas to address (apparently you're not allowed to say weaknesses any more) if we are going to develop from this solid platform which everyone has contributed to recently

There are a number of areas where we as **scottishathletics** need to continue to focus and arguably, develop even further;

*Continued modernisation of clubs and coaching structures

*Supporting coach and athlete development across the event groups as well as supporting competition development opportunities for talented/progressing athletes

*Recruiting and retaining new officials who contribute to regional leagues and national competitions is critical

*The competition pathway and competition structures – ensuring they are fit for purpose

*Adapting to a modern society and what that means for the sport and the governing body. There are already some excellent examples of progressive work in clubs and events around the equality agenda. We all have a key role to play there.

*Economics of the sport and a need to adapt to the current funding situation within Scottish sport, build a good model of income which must include a stronger input from the commercial sector.

Lastly, and ending on a positive, we recently developed a new brand slogan as we head towards the Commonwealth Games in Gold Coast.

To me, it characterises where the sport is just now; where we feel it should be heading and what we all believe is achievable.



A total of 16 athletes will benefit from the scottishathletics Road Race Grand Prix as nine men and seven women share the overall prize pot of £4000.

Races over the five-event Series offered the chance for athletes to gain 'shares' if they met certain times – with five shares for an A standard and two shares for a B standard.

After tallying up the shares allocated from the times achieved, five men will each receive £270.25 – Wayne Ghebresilassie (Shettleston), Derek Hawkins (Kilbarchan AAC), Robbie Simpson (Deeside Runners), Callum Hawkins (Kilbarchan AAC) and Tsegai Tewelde (Shettleston).

The other four male athletes to receive prize-money are Kristian Jones (Dundee Hawkhill), Craig Ruddy (Inverclyde AC), Jamie Crowe (Central AC), Marc Austin (VP-Glaagow).

On the Women's side of things, Fionnuala Ross was the top earner with her fine runs at the Scottish 10K Champs and the Scottish Half Marathon Champs helping her to the top of the shares table. The

Shettleston Harriers athlete will receive £540.54 under the allocation system.

Six other female athletes also benefit this year – Fanni Gyurko (Central AC), Katie White (Garscube Harriers), Susan Partridge (VP-Glasgow), Gemma Rankin (Kilbarchan AAC), Shona McIntosh (Hunters Bog Trotters) and Annabel Simpson (Fife AC).

Shettleston's Fionnuala Ross made it a hat-trick of victories with a PB performance at the Scottish 10K Champs over her favoured Stirling course.

And Cambuslang Harriers athlete Grant Sheldon added 10K road success to his Scottish 5000m gold on the track, with the international triathlete also hitting fine form in a first official outing at this distance.

Sheldon guided Cambuslang to the men's team title as a run of wins by host club Central AC came to an end as Fife AC took the women's team gold medals.

Congratulations to World Champs 4 x 400m relay silver medallists Eilidh Doyle and Zoey Clark on picking up the Great Scot Awards Sport category accolade.

Eilidh had been at Cumbernauld earlier in the day to present medals at the Lindsays National XC Relays and was joined by Zoey with the pair of course having helped GB and NI to a memorable moment in London in August.

The Great Scot Sports Award, sponsored by QTS, was for: 'Someone who through their hard efforts and determination has achieved extraordinary sporting achievements and demonstrates tremendous dedication to their sport.'

There were a number of Scottish athletes in action at the Frankfurt marathon. Central AC athlete, Fanni Gyurko, was arguably the best performance by a Scottish-based runner, as she came up with a good PB of 2.39.48 (chip time).

number of seminars relevant to gaining employment and on-going development of key skills.

'Through our experience, passion and drive for excellence, we continue to form lasting relationships with clients and candidates alike and we are proud to say we are the preferred supplier of recruitment services to a growing network of many of the world's leading brands.'

*We are also delighted to announce a new partnership between **scottishathletics** and DW Fitness First, the UK's leading gym and retail company, who become Official Retail and Fitness Partner of both **scottishathletics** and **jogscotland**.

DW Fitness First group has 122 gyms and 89 retail stores across the UK, following the purchase of Fitness First in 2016. DW Fitness First group shares our commitment to providing access and opportunities for people to improve their physical activity regardless of whether they are looking to run their first ever kilometre, take on the challenge of a half marathon or simply work towards their own goals.

DW Fitness First's mantra of 'Whatever your Great is' mirrors our own mission to grow opportunities for everyone to experience athletics and running and to enable them to reach their full potential.

FPSG recruited as our new sponsor

scottishathletics are delighted to announce a significant new sponsorship agreement with professional recruitment specialists FPSG.

The partnership will cover the **scottishathletics** and **jogscotland** Annual Awards Dinner, the Indoor Season at the Emirates Arena and the Outdoor Season in track and field.

FPSG have agreed a four-year partnership to support all of these events – and it all started with the 2017 FPSG Awards Dinner at the Hilton Hotel in Glasgow on Saturday 4 November and runs through to the dinner in 2020.

It's another exciting development on the commercial and communications side of **scottishathletics** and we believe the support from FPSG will help us enhance further our awards and our National Championship track and field events.

The FPSG Annual Awards already have an official Media Partner via our association with The Herald, both in the newspaper and online, and that connection will also now stretch to 2020.



Athlete vest numbers for all Scottish Championship events both indoors and outdoors for the next three years will carry FPSG's logo and there will be additional venue branding as well as social media involvement.

We are looking to use the #FPSGathletics hashtag for the FPSG Indoor Season.

John Agnew, managing director of FPSG, said: 'The growth and development of **scottishathletics** over the past few years has been a real credit to all their members and the exciting plans they have for the future, is something that FPSG really want to be involved with.

'We are delighted to be partnering **scottishathletics** over the next four years and looking forward to sharing in their continued success.

'As a partner we can offer employment and training opportunities for members of **scottishathletics**. We will be hosting a

AGM appoints Jack

Lord Jack McConnell, the former First Minister of Scotland, has taken over as the new Honorary President of **scottishathletics**.

Renowned former athlete and politician Sir Menzies Campbell stood down from the role earlier this year following a long period of service.

The Annual General Meeting at the Emirates Arena in September approved a nomination by Harmeny AC to appoint Lord McConnell of Glenscorrodale as a new Honorary President.

Following another change to the Articles, which was agreed during the meeting following a proposal by the Board, the Honorary President role is now a four-year

Roy speaking to her President's Report from the Annual Report and chief executive Mark Munro also addressing the meeting on a number of occasions.

Leslie confirmed the year in question covered by the Annual Report was from 1 April 2016 to 31 March 2017 (taking in the Rio Olympics and Paralympics but not London 2017).

All three office-bearers stressed their thanks and appreciation for the tremendous support the sport receives from the club community - via our athletes, coaches, Officials and volunteers - across Scotland.

With financial challenges out-lined by Mark, the meeting formally agreed some increases in annual membership. These will take



'There were also many other GB Team representations around the world in all disciplines and age groups athletes definitely raised the bar to Perform When It Counts.

'Our partnerships with UK Athletics, sportscotland, SAMH and Scottish local authorities/leisure trusts continue to grow with each playing a major role in the development of athletics in Scotland, and we are grateful for their support.

'Not only did athletes win medals but it was announced that Honours List medals were to be awarded to Jo Butterfield and Libby Clegg (MBE), Linda Nicholson (BEM)

'Well done to all athletes, clubs, officials, coaches and administrators who have made 2016/17 very successful. I want to express my thanks to all members of staff, members of the Board, commissions and committees within **scottishathletics** who have worked hard to develop and improve the delivery and performance of our sport throughout the year.'

Mark Munro highlighted many areas of the sport - addressing both success and growth as well as challenges ahead. In the year in question, there were big increases in entries for events including 33 percent for the Senior track and field and 51 percent for the Masters XC. He spoke about there now being 300 opportunities for athletes in all ages and disciplines to win a Scotland vest for international competition.

Following the AGM, Membership Fees for 2018-19 will be as follows:

Senior Club Member £20
Junior Club Member (U21) £8
U13 Club Member £7
Coach Member £25 (for three years)
Official Member Free
Family Member £47
Friend and Supporter Member £20
Senior Member unattached £45
Over 65 Member £12

Charlotte Morgan, fresh from a seventh place finish at the World Long Distance Champs, and Georgia Tindley took fifth in the women's relay event. Gavin Bryson, Sam Alexander and Tom Martyn were 34th.

Well done to all the athletes, coaches and clubs involved in supplying Scotland with such strong representation once again in hill running on the international stage.



Cross country events like the Lindsays National XC Relays are among those with increased entries

term, with a maximum of two terms to be served. This is in line with similar protocol for the President and the Chair.

There were a number of other appointments approved at a meeting where almost 30 clubs were represented for the voting procedures, thus supplying an effective quorum.

Chairman Ian Beattie patiently led those in attendance through the agenda with Leslie

effect for 2018-19 and will raise around £17,000. These rises are out-lined at the foot of this report.

'This report relates to the period covering 1 April 2016 to 31 March 2017 - an exceptional period as it included the Olympic Games where we had a record-equalling 15 athletes selected equalling the number from the 1908 Games in London and then a strong contingent at the Para Olympics,' said Leslie.

Scotland men took a very creditable third place at the International Hill Relays in Italy at the Trofeo Vanoni event in October.

The team of Robbie Simpson, Ross Gollan and Andy Douglas took third with all three performing superbly in what is regarded as one of the most competitive events globally in mountain running.

Simpson took Scotland through in the lead after the opening leg with Gollan, who had stepped up to the main team with Tom Martyn carrying an injury, then holding



fourth place after his second leg run. Douglas managed to bring Scotland up to third and just held off the challenge from fourth-placed France for a fine team effort.



Loneliness of the long-distance winner

Callum Hawkins has reached the level where his every public performance is accompanied by large crowds and a significant degree of interest in the finishing time.

So there's a certain irony in the fact that almost always Callum runs alone and, particularly in big races, runs without a watch.

It's just the way he prefers it, no matter how hard Garmin obsessives find it to understand. Put it another way: that natural ability to 'run as you feel' is taking him on a thrilling athletics journey.

'I think about 98 percent of my running is done on my own,' said Callum, in a special interview for PB after winning the FPSG Athlete of the Year title with dad Robert named Performance Coach of the Year. (pictured opposite)

'I am comfortable that way and I think it has probably helped me in the marathon. If you have to push it on yourself then only you can do that. Boys at the club sometimes jump in on 400m reps at Linwood now and again and, yes, that helps – but most of my training runs are alone.

'For the marathon, you have to be able to know you can push through the pain sometimes, regardless of what other people are doing.

'I do train with the watch – although that is more to check the distance. When it comes the championship events, I prefer just going out to race. I run as I feel at the point in the race.

'In London, the first 5K did seem slightly

slow so I pushed it on from there. Once a championship race really gets going, mile times are irrelevant anyway.

'Fortunately, both Derek and myself seem to have a natural sense of how fast we are running – we know in ourselves what the pace needs to be at the time.'

If it ain't broke, don't fix it is the phrase which springs to mind. Neither, in a world where social media is often a huge platform for athletes, are we liable to find Callum posting holiday photos on Twitter.

His profile has risen significantly during 2017 but this 24-year-old isn't counting his 'followers' on a daily basis . . .

'It does not bother me too much – what my profile is publicly,' he said.

'To be honest, I like to keep myself to myself. I let my legs do the talking. I see the main thing as going out and performing in the race. That's what I love doing. I am not too worried about the image or profile side of things.'

The route to the top has had hurdles. He went to Butler University in America at a young age – maybe too young – and a troublesome knee injury didn't help. It didn't stop him enjoying life as a student, though.

Mistakes were made along the way, as he admitted candidly.

'I look back now on things that happened a few years and think they happened for a reason,' added Callum.

'I have thought for a while now that if I hadn't come back to Scotland when I did, I probably wouldn't be running now. I've had two knee surgeries and have been quite fortunate to get back. And to actually get to a higher level than before.

'It was while I was at Butler University that I damaged my knee and I still don't quite know how it happened. I've an idea but it was puffy for a year and a half and then, via ultrasound, we found the cartilage had been torn. The first surgery was in 2012 and I didn't really get back into well into 2014 when I ran the Glasgow 2014 qualifying time in California. So that was two years just to get back to where I had been at.

'I probably wasn't the best behaved to be honest, when out there in America. The lessons helped make me the athlete I am today and I have no regrets.



'There are different routes you can take. You look at Chris who was over there young and went right through the system and now Josh is doing the same. Luke Traynor isn't quite the same profile but I think he has benefited a lot from being in America, too.'

'And then there's Laura (Muir), Andy (Butchart) and myself doing it more based in Scotland and in a slightly different way.'

'I think times are changing a wee bit and young athletes are seeing various ways to do it and that leaving Scotland is not necessarily the best option for them. Hopefully Brits and Scots are showing we can compete at the top level globally.'

Callum's 'annus mirabilis' for 2017 actually began three months before the end of 2016.

He cites a Great Scottish Run win, now infamous for the course being short, and becoming the first Scot to medal in the Senior events at the Euro Cross as big moments event before Hogmanay turned and London 2017 loomed larger.

'I guess the 'good year' really started back in October 2016 with the Great Scottish Run win. That set me up for a spell of training ahead of Liverpool and then Chia for the Euro Cross, where I was pleased to get a bronze medal and team gold.'

'I kicked-on from there into Edinburgh. As it happened, I was a little bit fitter then than I had been two or three weeks prior to that at the Euro Cross, which was maybe a wee bit frustrating!

'I took a lot of confidence from Holyrood Park. It wasn't beating Mo Farah, because I don't think he was really in shape at that time and it would be wrong to claim otherwise, but it was the performance and going so close to winning that day which added to my belief for 2017.'

'Then the two half marathons in Japan and New York set me up for the summer in London.'

'Just before we flew from London to Tokyo, the news was breaking about the Great Scottish Run course being

short and the record not standing. I had four or five days to dwell on that prior to having the chance to try and break it. Did I think about it all the way over to Japan? I wouldn't say that but it was 'fuel' for the race out there, yes.

'New York was probably a slightly better performance than the one in Japan – it was a tougher course and stronger competition. I look back now and think New York was easily a sub-60. And there was that 60.00 time in Japan up on the board when I crossed the line. That was a bit annoying.

'I've come to terms with London a bit now. I have looked at the way I ran it, looked at the splits. And there isn't much more I could have done on that day.

'There's always that feeling if I was ten or 15 seconds up the road towards the finish, could I have chased down the guy in third?

'You can always have thoughts like that but really you just have to accept it. It equalled the best finish by a British male in the marathon in the World Champs but, again, on the day that wasn't a huge consolation when you are hoping for a medal.'



Nominees

Sammi Kinghorn:



An amazing year which has seen Sammi set records, win medals and land awards. At the World Para Champs in London she had quite a week – winning gold in the T5 100m and 200m finals and taking a bronze in the 400m as well competing in the 800m. Sammi set a new World Record in the T53 200m final and then moved up distance as she moved to wheelchair road racing at the Great North Run, the Great Scottish Run and Chicago.

Eilish McColgan:



The best season of Eilish's career was crowned in September when she took the Scottish National Record at 5000m at 14.48.49 to add to the 3000m steeplechase she holds from a few years ago. That was only one of a rash of PB performances across a number of distances – including one in the 5000m heats at London 2017. Come the final, Eilish battled to finish in 10th place in her new event and then bettered that time by some 12 seconds for the National Record.

Laura Muir:



Records fell to the vet student from Dundee Hawkhill Harriers during a superb indoor season which saw her claim double gold on a great weekend in Belgrade at the European Indoors – as Laura won both the 1500m and 3000m with championship best performances. In London, Laura doubled up for fourth in the 1500m final and sixth in the 5000m despite her preparations being disrupted slightly by a foot injury in June. The 5000m run in London was Scottish outdoor record at the time.

Chris O'Hare:



Highlight of the year for Chris has to be breaking the Scottish National Record at 1500m – more than 30 years after Chris clocked . He won the British Champs in Birmingham at the head of a Scottish 1-2-3-4 and the Anniversary Games in London. Impressive in two rounds at the World Champs itself, Chris was deeply disappointed with his performance in the final.





U20 Athlete of the Year – Jemma Reekie receives her trophy from Eilidh Doyle



U17 Athlete of the Year – Joel McFarlane receives his trophy from Laura Muir with dad/coach Ian



Masters Athlete of the Year – Philippa Millage receives her trophy from Jenny Meadows



Off Track Club of the Year – Cambuslang Harriers trio Mike Johnston, Justin Carter and Iain Reid with Callum Hawkins



Track and Field Club of the Year – Edinburgh AC's Gary Leek receives the trophy from Sammi Kinghorn



Impact Club of the Year – Springburn Harriers celebrate with Lee McConnell

FPSG Awards Dinner Roll of Honour

Official of the Year: **Janice MacFarlane**

Raymond Hutcheson Trophy for Services to Officiating: **Alison Mathieson**

Volunteer of the Year: **Mark Davidson**

The Eddie Campbell Memorial Award: **Lynn McKenna**

Honary Life Membership: **Eamon FitzGerald, David Lothian**

Impact Club of the Year: **Springburn Harriers**

Track & Field Club of the Year: **Edinburgh AC**

Off Track Club of the Year: **Cambuslang Harriers**

The Tom Stillie Sword: **Mike Johnston**

The Dallas Trust Trophy: **Zoey Clark**

Club Coach of the Year: **James Young**

Development Coach of the Year: **Iain McEwan**

Performance Coach of the Year: **Robert Hawkins**

U17 Athlete of the Year: **Joel McFarlane**

U20 Athlete of the Year: **Jemma Reekie**

Masters Athlete of the Year: **Philippa Millage**

FPSG Para Athlete of the Year: **Sammi Kinghorn**

FPSG Scottish Athlete of the Year: **Callum Hawkins**

Kinghorn's crowning glory



Sir Chris Hoy. Sir Andy Murray. Dame Katherine Grainger.

They are three legends of Scottish sport over the last decade or so in cycling, tennis and rowing and all are also winners of the prestigious Emirates Lonsdale trophy for the Sportsperson of the Year title.

Come September of this year and our own Sammi Kinghorn found herself being added to that illustrious list with a sensational success at the Scottish Sports Awards night in Edinburgh.

The wheelchair racer from the Borders

thus became the first Para recipient of arguably the most prestigious individual award in Scottish sport after a marvellous 2017.

Sammi's success merely under-lined an amazing night for athletics as a sport with five awards picked up in total as well as another four 'honourable mentions' on various short-lists.

scottishathletics were named as Governing Body of the Year for 2017 from a short-list of three - to retain the trophy won 12 months ago.

Laura Muir won Female Athlete of the Year and made the short-list of four for the Sportsperson of the Year Award. Her coach, Andy Young, was named as Coach of the Year.

Sammi missed out on the podium at the Rio Paralympics in 2016 but came back stronger to in her first global titles at the World Para Champs in London in July. She took the 100m and 200m titles in the T53 class and set a World Record in the 200m before also adding a 400m bronze medal. Since then, the focus has turned to the road.

'When you see yourself up against great athletes like Gordon Reid and Danii Joyce,

you don't expect to win,' said Sammi, who won the Para Athlete of the Year Award, as well.

'It is amazing to even be thought of as one of the best Para sports athletes in Scotland but to actually win is incredible. And then to win the Scottish Sportsman of the Year - well, that is something I never thought of.

'To hold the trophy and see Andy Murray's name on it, and other greats from Scottish sport, knowing that your name is going to be there, too, really is quite special.

'There has not been a Para athlete in the past so it feels pretty cool. To have all my family and friends here to see me means the world to me, too. To have people who have stood by you through all the hard times and the good times, and to know they will always be there for you, is very special.'

Callum Hawkins was short-listed for Male Athlete of the Year but had to defer to swimmer Duncan Scott.

Similarly, Leslie Roy, the **scottishathletics** President, was on the final three for Volunteer of the Year - with winner Richard Brickley involved in Para sport in Fife, including athletics.

And there was commendation, too, for Springburn Harriers in making the final five in the Community/School/Hub of the Year Award, with that title headed for Drumchapel Sports Hub in Glasgow.

Maria Lyle was another athlete who made the top three - short-listed for Young Athlete of the Year following her medal-winning performances in London at the World Para Champs.

scottishathletics were crowned Governing Body of the Year at the Scottish Sports Awards - for the second year in a row.

It is another huge compliment for the sport in Scotland after a superb 2017 which saw great achievement at elite level at the World Para Champs and the World Champs as well as strong work by our clubs and continued growth at grassroots level.

Indeed, our submission to the judging panel covered a range of issues and **scottishathletics** was duly short-listed alongside Cricket Scotland and Netball Scotland.

'We are absolutely delighted to win the

Scottish Governing Body of the Year award for 2017,' said chief executive Mark Munro. 'It was a great honour and privilege to even be short-listed again and recognises another fantastic year for the sport across all levels. We know the hard work being put in by other sports, too.

'But this success and winning the trophy itself for me simply recognises the efforts of our massive army of volunteers on the ground that make the sport happen 365 days of the year. Athletes, coaches, clubs, Officials and volunteers should share in the feel-good factor about this, as well as staff. There are so many good things happening in so many areas in athletics in Scotland



but there are challenges, too, and we know that it takes hard work at all levels to generate the kind of development and success everyone wants to see.'

FPSG National Indoor Track & Field Championships 2018



scottishathletics

Emirates Arena, Glasgow



Events	Dates	Entry Method	Entries Open	Entry Deadline
National Indoor 3000m Championships	7th January	Online via BMC	31st October	When Full
National Indoor Open	13th January	Online	15th October	3rd January
National Indoor Senior & Under 17 Championships	28th January	Online	15th October	14th January
National Indoor Combined Events Championships	3rd & 4th February	Online	15th October	21st January
National Indoor 4x200m Relay Championships**	3rd February	Downloadable Form	15th October	21st January
** U13/U15/U17 Semi Finals and Finals will be held on Sunday 25th February as Club:Connect Relays at the Muller Glasgow Indoor Grand Prix				
National Indoor Masters Championships	4th February	Online	15th October	21st January
Indoor Under 12 SUPERteams	11th February	Online/Downloadable Form	15th October	28th January
National Indoor U13 Championships	10th March	Online	15th October	25th February
National Indoor U15 Championships	11th March	Online	15th October	25th February
National Indoor U20 Championships	10th & 11th March	Online	15th October	25th February

NOTES

Club / Relay / SUPERteams entry forms are available to download from www.scottishathletics.org.uk

Due to high entry numbers it is necessary to limit the numbers of entries into some events - these are allocated on a first come first served basis.

Championship Entry Fees

Indoor Open	£7.00	CE Senior/Masters	£15.00
Senior	£11.00	CE Under 20	£14.00
Masters	£10.00	CE Under 17	£11.00
Under 20	£10.00	CE Under 15	£10.00
Under 17	£9.50	CE Under 13	£9.00
Under 15	£8.00		
Under 13	£8.00		
Under 12 SUPERteams	£30.00		
Relays	£10.00		

How to Enter

Entry for SUPERteams event is open online - www.scottishathletics.org.uk

Individual Entries All individual entries will now ONLY be made online at www.scottishathletics.org.uk.

Team Events Relays & SUPERteams will be entered using the form downloaded from www.scottishathletics.org.uk and emailed to: events@scottishathletics.org.uk

Club Entries Club Entry forms are available to download from each fixture on www.scottishathletics.org.uk. These forms should be completed in full and emailed to events@scottishathletics.org.uk

NO individual entries will be accepted by post or by email.
For any problems or questions please email events@scottishathletics.org.uk

Important Information

- NO LATE ENTRIES: **scottishathletics** accept no late entries following the closing date for each championship event. Online entries will close at midnight of the closing date. If you experience any problems please email events@scottishathletics.org.uk BEFORE midnight of each closing date. Emails submitted after this time will not be accepted.
- Where an athlete is affiliated to a Scottish Club, whether first or second claim, athletes must enter a championship event under their Scottish club and must wear the Scottish club colours. **scottishathletics** athletes who in addition to being a member of a Scottish Club are also members of a non-Scottish club should compete for their Scottish Club at **scottishathletics** Championship events.
- **scottishathletics** athletes who are members of more than one Scottish Club can choose which club they intend to represent this must be done at the point of entry. This is regardless of their membership status of each club.
- Athletes may only compete for one Scottish club at **scottishathletics** Championship events over the course of any competition year.
- CLUB ENTRY: Please note that club entry forms should be downloaded from the fixture list, completed in full and emailed to events@scottishathletics.org.uk AND post it in with payment attached.
- If you are experiencing difficulties with entering online, please sure that your online membership is activated. You can check this by contacting **scottishathletics** on 0131 476 7321 or email membership@scottishathletics.org.uk
- Please note: Scottish athletes must be up to date members of **scottishathletics** to enter Championship events.

Age Groups/Qualification

From the 1st of April 2017 UKA age group qualifications are as follows:

Under 12:	Born Between 1st Sept 2006 & 11th Feb 2009	Under 20:	Born Between 31st Dec 1998 & 31st Aug 2001
Under 13:	Born Between 1st Sept 2005 & 31st Aug 2007	Senior:	Born Before - 31st Dec 1998
Under 15:	Born Between 1st Sept 2003 & 31st Aug 2005	Masters:	35 and over on day of competition (5 year age groups)
Under 17:	Born Between 1st Sept 2001 & 31st Aug 2003		

Entry Information

- Scottish club athletes and any unattached athletes participating in these Championships must be up to date members of the **scottishathletics** Membership Scheme. Register online at www.scottishathletics.org.uk or email membership@scottishathletics.org.uk for more information.
- Due to high entry numbers it is necessary to limit the numbers of entries into some events - these are allocated on a first come first served basis. See fixture list for details.
- Club athletes from the rest of the UK are exempt from this requirement within a reciprocal arrangement with the other national associations.
- A draft timetable will be made available on the website before each championship with a provisional timetable provided one week in advance of each championship event. Please note these timetables are PROVISIONAL and are therefore subject to change, please keep this in mind when booking travel/accommodation based on these times. **scottishathletics** are not responsible for any changes to your arrangements due to timetable changes.
- When entering online you will receive one email confirmation from the payment provider. If you do not receive an email, please contact **scottishathletics** otherwise your entry may not be registered.
- Please keep a note of any email reference number and bring this to the Championship as proof of entry. **scottishathletics** reserve the right to decline entry if proof of entry is not submitted on the day of competition.
- Relay Team or Club Entries postmarked after the closing date or without the correct entry and administration fees will not be accepted. No individual entries will be accepted by post.

Advice to Athletes

- Where there are less than three entries to an event the championship Committee reserves the right to cancel the event or downgrade to an invitational competition opportunity..
- All competitions will be run under UK Athletics Rules
- Anti-doping control may be in operation at any of the Championships
- Athletes who are U13/U15 may enter a maximum of 2 events ONLY.
- Athletes who are U17 may enter a maximum of 3 events ONLY.
- Athletes who are U20 may enter a maximum of 4 events ONLY.
- Shot Puts will be supplied by the stadium.
- Competitors must compete in the Scottish Club vest nominated on their entry form or their national vest.
- The first event at each Championships will commence as per the timetable. Athletes should declare their intention to compete 60 minutes before their event.
- Note: The Championship Committee reserves the right to decline any entry. In such cases the competitor will be informed prior to the event.
- Cheques/postal orders should be made payable to **scottishathletics** Ltd in UK STERLING
- Please do not send a stamped addressed envelope

Anti-doping Rules

All athletes and athlete support personnel are bound by British Athletics/IAAF Anti-Doping Rules (which can be found on the British Athletics website www.britishathletics.org.uk). In particular, athletes should ensure that they register any use of prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use (forms can be downloaded from the UKA website). To check the status of your medication please consult the UK Sport Drug Information Database at www.uksport.gov.uk/did. For further information please contact the UKA Anti-doping department on 0870 998 6732 or 0870 998 6766.



Strong will h Team S

'We have come up through the ranks in terms of cross country events or Scottish Age Group Championships on the track. Never ever at that time do you think or believe you will be reaching the Olympics or the Commonwealths - it seems a little bit distant.'

Eilish McColgan

Deep inside the bowels of the London Stadium, with a huge crowd savouring GB and NI Relay successes at the 2017 World Champs and marvellous mascot Hero the Hedgehog up to his tricks, Australia next April couldn't have seemed much further away.

But, one by one, as a group we labelled #SALSuper16 reflected on their performances representing British Athletics at the Worlds, Scottish athletes couldn't help but fast forward a few months.

The words 'Commonwealths' and 'Gold Coast 2018' began to pepper conversations with expectations high for next year's event.

Callum Hawkins even uttered them in the shadow of Tower Bridge only minutes after his superb fourth place in the marathon on the opening Sunday of the Worlds.

Just as Glasgow 2014 has become a distant memory, so will the echoes of London 2017 give way to prospects for the next important date for our elite.

Team capping by the Commonwealth Games Federation and via Commonwealth Games Scotland means it will be a small but select group who head Down Under for the Games in April 2018.

British vests will be swapped for Scotland navy blue and the 'team spirit' could be something special given the connections between many of the athletes, as Eilish McColgan explained.

'I keep saying this and it does feel weird - but it will be like being on a team with a group of your friends,' said the 5000m finalist at London 2017.

'The likes of Chris O'Hare, Lynsey Sharp and myself all grew up together. I don't know Callum all that well as he is a bit younger than me but I knew his brother, Derek, really well back in the day.

'We have come up through the ranks in terms of cross country events or Scottish Age Group Championships on the track. Never ever at that time do you think or believe you will be reaching the Olympics or the Commonwealths - it seems a little bit distant.



'But, back in 2008, there was a group of us at the Commonwealth Youth Games - myself, Lynsey, Chris, Beth Potter and Myra Perkins and we all made the step to Glasgow 2014 a few years later.

'I do think the last Commonwealths came a bit too early for most of us. I think we've proved in 2017 that it is coming around at the right time and hopefully that is the case for that group and the likes of Callum and Jake as well.

'What I am certain of is that a number of the Scotland team for Australia will really feel they can get in contention for medals.'

McColgan could be one of them at 5000m,

bonds help Scotland

with Laura Muir's absence a factor in her favour in that regard.

'I'd be disappointed if I couldn't be in the hunt for medals at the Gold Coast,' said Eilish.

'That is the way I have to approach it. It is exciting and we will all look forward to wearing those Scotland vests again.'

Sharp will feel the same way after making the final in London 2017 - even surviving a DQ decision on the night of the semi-final. After all, there is a family connection.

'You don't get all that many chances in your career to compete for Scotland in athletics - and having grown up with my dad winning five Commonwealth medals and my mum also having run for Scotland at the Commonwealths, then it is important to me,' said Lynsey.

'The Commonwealth Games are important to the Sharp family. It is always nice to be in a Scotland team every so often, rather than part of a GB and NI one, and be with all these Scots who have been performing so well. Australia is quite attractive an idea, too!

'I don't see huge issues over the timing. I don't see Europeans as any more important than the Commonwealths; it worked really well in 2014 when they were very close but I think it can work in 2018, too, with a bit of a gap.

'I see it as a slightly later indoor season, hopefully including the World Indoors, and then getting down to Australia from there to prepare for Gold Coast.'



Insight: by Jenny Meadows

I've really noticed what's happened in Scottish athletics but other nations are noticing it as well.

'Everyone has always looked at it as the Great Britain and Northern Ireland team and they generally wouldn't know who was Scottish, English, Welsh or Irish but I was talking to Ryan Gregson, a top Australian 1500m runner, at one of the Diamond Leagues this year and he was asking what on earth was happening with all the Scottish athletes because they're doing so well.

'In recent years, there's been a lot of strong Scottish females - people like Lynsey Sharp and Eilidh Doyle who have proved their quality over a number of years by winning Commonwealth and European medals but the men to be doing so well, is remarkable.

'For three Scottish guys to take the top three positions in the 1500m is remarkable and for them to be making an established athlete like Charlie Grice miss out on a place in the team was amazing and a few seasons ago, that would have been unthinkable.

'In athletics, a big part of it is having that belief and that mindset and to be honest, I don't know where that's come from or what the catalyst but there's a production line that just keeps improving year on year.

'The Commonwealth Games are coming up and Scotland only have around 20 places available in the athletics team.

'I was speaking to Eilish McColgan recently and I was saying how the Scottish team is like a little community and they're all so supportive of each other but I was wondering if they're looking sideways at what the other athletes are doing because

they're all fighting for this limited number of places at Gold Coast.

'It's really healthy having that kind of rivalry, though. When one person is really dominant in their country in their event and they have selection secured for the big events, I often found that those people go to the major events and they just don't perform as well because they've had it a little too easy.

'So when it's very competitive within events, I think that's a really good thing.

'A lot of the Scottish athletes are based in Scotland, they're coached by Scottish coaches and they're still competing for their clubs and that's something that I really relate to.

'They're showing that hard work and a good attitude stands you in such good stead - you can be in a high-performance centre and have everything around you but that doesn't help you find that mental strength and that's what I think has been so good about Scottish athletics.

'Callum Hawkins was a deserving winner of the FPSG Athlete of the Year title. But you would not have had any arguments if it had been Sammi Kinghorn or Eilish McColgan or Laura Muir or Chris O'Hare.

'Everything within Scottish athletics has come to fruition at the same time, with many people working hard and working together. The infrastructure, the drive, the commitment and the vision is there and will be for years to come in my view.'

'I know Scotland will raise the bar'



Says **Svein Arne Hansen**, President of European Athletics

Three photographs probably capture best the main highlights of another thrilling year for athletics in Scotland.

Callum Hawkins being cheered on by a raucous Tartan Army crowd at the Great Edinburgh International XC at Holyrood Park summed up the excitement of cross country and set the tone for the forthcoming months for the man now named our FPSG Athlete of the Year.

Laura Muir's double gold in Belgrade at the European Indoors in March confirmed the vet student's emerging status and saw her 'stop the traffic' at Glasgow Airport on a day when none other than Nicola Sturgeon went through the Arrivals lounge with less of a fanfare.

And then, come the 2017 World Champs, Eilidh Doyle and Zoey Clark formed 50 percent of a silver medal-winning GB and NI quartet in the Women's 4 x 400m final to join the (small) pantheon of Scots who have won medals at these global champs and complete a memorable summer for Scots in London.

Svein Arne Hansen, President of European Athletics, has a connection with the first two of those photos.

Back in January, he spotted Katie Dunlop's Holyrood image on Twitter and quickly joined in the conversation. The Norwegian tweeted: 'I really love the passion, dress and emotion of the Scottish Athletics fans #WeNeedMoreOfThem'.

Hansen was then of course front and centre when Muir achieved her double gold in Belgrade and indeed later commended the Scot for bodyswerving a 'jobsworth' Official to make sure she managed a lap of honour. The European Athletics President believed it was good for the sport for athletes to 'enjoy the moment'.

So what's behind Svein's apparent tartan bond?

'I always think of Scotland and Scottish Athletics as a little bit like us in Norway - we are neighbours across the North Sea

Photo by Bobby Gavin

after all,' to told PB.

'I believe we have the same kind of mentality for sport. And, at the moment, you definitely have great athletes in Scotland. Of course, I support great athletes from all over Europe.

'Hopefully good performances reflect growth at grass-roots level in Scotland. Development is such an important area in athletics.

'Laura is a fantastic runner and we have a history in Norway with good endurance athletes on the women's side like Greta Weitz and Ingrid Kristiansen, who both used to run against Liz McColgan back in a different era. So middle and long distance running is something we relate to Scotland is strong on that side of things right now.

'Previously Laura has run well in Oslo and then Jake Wightman won the Diamond League 1500m there this year, too, so there are a lot of connections for me.'

An unrelenting sun was blazing down in Bydgoszcz in Poland when we spoke at the Euro U23s last summer.

But Hansen didn't have any trouble casting his mind forward to the indoor atmosphere of the Emirates Arena – and the 2019 European Indoors.

'We are looking forward now to the Euro 2018 Championships next year with a number of sports in Scotland and the athletics in Berlin,' he said first of all.

'Then, early in 2019, the European indoors is coming to Glasgow to the Emirates Arena. It is a great facility and a great competition venue.

'I was there previously for a Grand Prix meeting - early in 2016 - and we were very impressed.'

That visit came at an opportune time as the bidding process closed for the 2019 European Indoors event.

'You have good organisers in Scottish sport and British sport and we feel comfortable that you will put on a great event,' he added.

'There were four candidate venues and there was a process - but the Glasgow bid was the one who came through that as the winner. It was the best option.

'There's always good crowds for athletics in Britain and I am sure that will happen in Scotland. We would love to see the Emirates sold out and for people who love the sport to take the chance to go and see the best of Europe in action competing.'





Joy day for Inverclyde and Edinburgh Uni

Andy Douglas has a reputation as one of GB's leading hill runners, with a string of team medals achieved at World and European level.

But on October 28 he more than proved his value to his club, Inverclyde AC, as a flying start on the first leg set up victory in the senior men's race at the Lindsays National XC Relays.

Record entries made it the biggest day in Scottish cross country for more than quarter of a century at Cumbernauld and the event did not disappoint – with Central AC's five-year run of dominance in the men's race finally ended.

Inverclyde were in fact the last club to win it prior to Central AC, back in 2011, and they did so again thanks to that fine start by Douglas followed by the runs of John Bell, Ross Gray and Craig Ruddy.

Just one week earlier, Douglas had been on a podium in Italy when Scotland took third place in a high class international hill running event.

Holders Edinburgh Uni Hare and Hounds retained their golds in the Women's race while Edinburgh AC similarly successfully defended the Young Females title. Giffnock North AAC took the Young Males race with a stirring anchor leg run from Hamish Armitt – with Eilidh Doyle on hand to present the medals some 16 years since she won gold with Pitreavie AAC.

Inverclyde established an early lead through a great opening leg by Douglas and although Aberdeen AAC later came from fourth to second with a last leg surge from Michael Ferguson, Ruddy brought it home. Central, aided by world class talent Andy Butchart in their recent victories, had to settle for third and the bronzes this time.

Fife AC's Logan Rees and Shettleston's Lachlan Oates were others to have very

impressive individual times on the final leg.

Once again, it proved a superb advert for our sport. With a huge entry field of 2600, finisher numbers look big and the tented village seems to grow year-on-year. The atmosphere that builds up around the park as the races and others warm-up is special and a huge credit must go to clubs galvanised to compete in such force.



'It was a great team effort and we were delighted to take the golds,' said Douglas.

'We came here feeling we might have a medal chance but thought it was quite an open race – probably five or six clubs will have felt they had a chance of winning.

'It's good for guys like John Bell and Ross Gray who have come through the ranks of the club. Ross has stepped up into Senior level and there was pressure on him taking on the third leg with a lead.

'I had just wanted to get us off to a flying start and I'm pretty pleased with 12.09. Sol Sweeney was on the first leg for Glasgow Uni and I was well aware he is a fine junior who has won GB vests at cross country at U20 level. Sol has some top times for 5000m on the track, too, so he pushed me on a bit.

'I was in Italy last week with a Scotland hill running team for an international relay event and we were on the podium there – in third place. So it has been quite a few days for me swapping hills there for the mud and the

cross country here. I really enjoyed it.'

Gray, whose younger brother Ryan has won national titles in the past, has been in the sport 11 years and savoured the moment as he climbed onto the top of the podium in a Seniors event.

'I've been with the club since I was nine and I am 20 now.,' said Ross.

'It feels great to be in a National championship winning team at Senior level. It's take a lot of hard work from all the guys.

'I was standing waiting for the off as John came in and they kept mentioning my name and how I would be taking us out on the third leg in the lead. It was a wee bit nerve-racking, yes!'

Central AC women were superbly-served by Morag MacLarty's fastest run on the second leg of the Women's race but U20 athlete, Kate Gallagher, was over-hauled by Steph Pennycook as Edinburgh Uni Hare and Hounds repeated their 2016 success.

Mhairi MacLennan, on the anchor a year ago, led off the team this year before two new students, Rebecca Johnson and GB international Anna Macfadyen set it up for Scotland international Pennycook.

'We're thrilled to win it for the second year in a row, ' said Pennycook.

'The Uni support my for gym and physio so I want to give something back and it is always good to pull on the green vest. We've a good team last year and then once this year with Rebecca and Anna new to us this year. It was a good mix and there are a number of good first year students in Edinburgh now, although the likes of Laura Stark and Naomi Lang ran for their clubs today.

'I had a wee deficit to make up on Central (Kate Gallagher) when we set off the fourth leg but I managed to get beyond her and then pulled away a bit.

'This sets us up for the season and from my own point of view I am really looking forward to the Lindsays Short Course 4k – because Kirkcaldy is my hometown.'

Edinburgh AC retained the Young Females title from VP-Glasgow and Fife AC. Eloise Walker led home EAC team for the second time after good runs by Katie Johnson and Pippa Carcas.

Giffnock North AAC took the Young Males golds from Edinburgh AC and Garscube Harriers. A fine last leg run by Hamish Armitt proved decisive for Giffnock following the efforts of Reuben MacDonald and Ethan Carolan.

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Lessons learned - Thommo reigns in Glasgow

Apart from the early incline in the middle of Glasgow, the Great Scottish Run half marathon course is renowned as relatively flat and favourable.

Yet, on a sodden Sunday lunch-time at the start of October, it still supplied a steep learning curve for Callum Hawkins and Andy Butchart in their bids to scale the very summit of athletics.

We will come to Butchart's half marathon debut in a moment on a day when English veteran, Chris Thompson, grabbed the headlines and the glory with an advantage of just over 30 seconds come the finishing straight in Glasgow Green.

Hawkins for his part managed to just about out-sprint the tenacious Tsegai Tewelde on the finals strides to take second place and thus retain the Scottish Half Marathon title he had won a year earlier in altogether different circumstances.

Callum was blunt in his assessment afterwards. He had learned he wasn't quite as ready as he thought he was for the kind of challenge thrown up by Thompson on the day and, to an extent, that by Tewelde, too. Getting back up to speed after London 2017 would take a little longer, evidently.

Thompson won the race in 62.44 as the two Scottish Olympians both clocked 63.18. Fionnuala Ross added to Shettleston's decent day with third place in the women's race to take the Scottish Half Marathon gold medal.

Exactly 12 months ago, Thompson told **scottishathletics** - in an interview subsequently published in PB magazine - that he 'wished he was Scottish'. He spoke in glowing terms about the progress of Scottish athletes and his words proved prophetic with 16 selected for the World Champs in London.

'I remember saying that and I meant



every word - in an athletics sense,' smiled Thompson, who is from Hampshire.

'I really do feel it would have been good to be part of that 'band of brothers' kind of thing which seems to be going with Scottish athletes. I could see it back then and the London 2017 selections backed me up. As I said at the time, it has been a breath of fresh air blowing through British athletics.'

Thompson went ahead early in the race and then kept pushing on as much as he could either to hold his advantage or stretch it - with Hawkins and Tewelde in pursuit.

'This is a hard way to beat Callum because he's usually doing this to other athletes,' said 36-year-old Chris. 'At my age I have good days and bad days. This was a good day especially when you're ahead of someone who was fourth at the world championships. It was as much a mental battle as a physical one because he is such a good athlete.'

Hawkins took the Scottish title with Shettleston's Tsegai Tewelde landing the silver medal and Kris Jones the bronze. Anyone who had thought Butchart might have contested those medals was disabused of the notion within the opening mile or so.

Butchart realised very quickly that hitting the pace required for a half marathon was beyond him on the day and instead he settled for engaging with the crowd, some of whom advised him 'Stick to the track'. The Scottish 5000m Record holder most certainly will do so for the moment.

'Whenever it is, somewhere down the line, rest assured the next time I do a half marathon then I will be a lot better prepared,' said Andy, now coached by Terrence Mahon.

'I will have trained longer and harder and I will have a different mindset. I think you need a different approach to run miles at that kind of pace for so long. I'm not moving up to half marathon any time soon, though!'

In the women's race, Commonwealth marathon champion Flomena Daniel was utterly dominant.

The Kenyan who took gold in Glasgow three years ago clearly loves running in the Scottish city and won in a time of 70:17, with Aldershot's Charlotte Purdue second in 72:18 and Fionnuala Ross of Shettleston third in 74:26. Ross won the Scottish title from Gemma Rankin of Kilbarchan AAC, with the bronze claimed by Central AC's Fanni Gyurko.

'I have run a PB so that is a good feeling and my previous was at 75.45 so it is another step forward,' said Fionnuala. 'I think it is just a level of training and racing starting to pay off. I have not changed anything specifically in the last couple of years but it is encouraging that the improvement is coming along for me.'

Scottish Para athlete Derek Rae stuck with Daniel for much of the 13 miles and was rewarded with a 70.06 run that was a PB by a couple of minutes.

Stuart Gibson won the 10K with a run of 31.37 with Shettleston's Alasdair Macleod second in 31.55. Third went to English athlete Darren Thom in 32.55. GB international Rebecca Murray won the women's race in 34.30 from Jenny Bannerman of Inverness Harriers (35.50) and Fiona Bruce of Metro Aberdeen (35.55). There were strong wheelchair 10K performances by Scottish duo Sean Frame and Sammi Kinghorn.



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#peoplemakeathletics

Maryhill Harriers were delighted recently to learn that one of their volunteer coaches, Margaret Peebles, had received a letter from **scottishathletics** to thank her for her contribution to the sport.

Her commitment, replicated by so many folk around the country, certainly fits the bill in our #peoplemakeathletics series.

Here's what Maryhill said about Margaret:

'Margaret has been a committed member of our club since October 2005. During that time, she has fulfilled many outstanding personal challenges. She has completed a number of ultra-marathons, including the 54-mile Highland Fling twice.

'Her dedication is exemplary, and as such she has completed and won the club Merit League on several occasions. Margaret is a highly experienced and encouraging coach and team-mate. She is always there to provide some inspirational and encouraging advice with an ever-calm demeanour.

'Margaret's work with the Junior section of the club has been nothing short of brilliant. In 2008, she took over the running of the Juniors alongside two others. They applied for a grant and were awarded £6,500. This was used to purchase indoor and outdoor run, jump and throw equipment, mini hurdles, two storage cages and Hi-Vis vests.

'At this point there were probably about 10 kids coming along. Margaret's unquestionable commitment to the young people of Maryhill, as well as her popularity, has seen numbers grow and grow. There are now just under 50 active junior members.

'Margaret puts an extraordinary amount of effort into ensuring the Juniors have the best possible experience: she organises participation in local races and cross

country; takes them to the Emirates and Scotstoun stadium for gradings and training sessions; administers a Junior Merit League; and ensures that everyone is recognised at the Award's Night.

'Margaret enjoys the challenges and successes that comes with the Juniors and takes great joy and pride in growing the numbers and seeing the kids who started at primary age still active in the club in their late teens.

'Her son, Ben, now helps coach the Juniors at the club. The impact Margaret has had on the health, happiness and lifestyles of many young people in the Maryhill community cannot be understated.

'Aside from her outstanding work as coach and team member, Margaret is an active Board member. She was, at one point, Vice President of the club, and remains a very high profile and hugely respected member with a lot of responsibility. Margaret is happy to help with anything thrown her way – no task too small.

'The word 'dedicated' cannot be emphasised enough when it comes to Margaret. She is such an integral part of all sections of our club, and is a true ambassador for athletics in the community. We have no doubt she will continue to inspire and encourage many more people – young and old alike.'

'The word 'dedicated' cannot be emphasised enough when it comes to Margaret.'



Turning the clock back in Aberdeen



Aberdeen athletics coaches through the years gathered a couple of months ago to celebrate the work of an early 20th century sporting official at a unique historical presentation.

Aberdeen Sports Village held the opening ceremony in honour of the work of Andrew Ross Scott (A R Scott), a former Scottish Athletics judge and administrator.

Mr Scott's great grandson, Andrew Walker, visited Aberdeen Sports Village with his wife, Hilary, to see the display featuring A R Scott's original timepiece, a unique athletics record book, and the medal awarded to Mr Scott by Queen Alexandra at the 1908 Olympic Games in London.

Mr Scott was an official for over 15 years, taking on the role of president of Scottish Amateur Athletics Association back in 1903.

The Summer Olympics of 1908 was to take place in Rome, but due to an eruption of Mount Vesuvius, the venue was changed to London, with each of the UK nations supplying officials.

When the final of the 400m was declared void due to elbowing the final had to be re-run with only one runner, after the other

athletes refused to take part. Scottish athlete Wyndham Halswelle ran the race to win gold, becoming the only athlete ever to win an Olympic gold medal by a walkover. A R Scott was one of the judges for the historic final re-run.

Mr Walker was given his great grandfather's memorabilia by his mother and approached a current **scottishathletics** coach, Alex McGregor, to find the best way to display the unique pieces.

Mr McGregor decided to approach ASV, having run on the original Linksfield Stadium ash track as a boy over 60 years ago. ASV is based on the same site.

Several seasoned officials from Aberdeen AAClub met Mr Walker to hear the unusual story, which is now on display in a specially produced pod at ASV.

'The display pod is everything I could have wished for,' said Andrew.

'My great grandfather, and my mother, would be very proud to be part of this tremendous facility, which encourages young people to achieve their best.'

Duncan Sinclair, chief executive with ASV, said: 'The story of A Ross Scott and

Wyndham Halswelle is unique and so we are delighted to display the beautiful timepiece, book and medal at our facility.

'It is fascinating to hear about sporting endeavour from over a century ago and it was a great pleasure to meet with so many experienced judges and coaches who came to welcome Mr Walker to Aberdeen.'

Become an Official

Interested in becoming an Official? We would love to hear from you.

These dedicated volunteers lie at the heart of our sport and, without a qualified Official, there is no athlete performance recorded.

That's why we need club folk to think about taking the next step via a course and Shona Malcolm, our Officials' Recruitment officer, is the right person to guide you on the first steps.

Please contact Shona by phone or by email

shonamalcolm@scottishathletics.org.uk

07731 832 567



'Harriers *sprint* through history'

Over a century ago, in 1915, the world was at war with young men being massacred across the battlefields of Europe.

To raise funds for dependents of the soldiers, Greenock Glenpark Harriers organised a gala day in July of that year at Cappielow Park, home of Greenock Morton FC, with some of the best athletes in Britain taking part including many Olympians.

Within that programme, the 100 yards handicap was one of the most popular events with 10 heats, two semi-finals and a final.

When the dust settled, Glenpark Harrier John Kydd Neave had emerged as the winner off a handicap of 8 and a half yards and with victories in all three of his races - each in an impressive 10.15 seconds.

In that final, Neave beat off the challenge of Shettleston Harriers W. Wilson (10 ½ yds) and Geddes of Maryhill (9 yds) and Edinburgh's J.M. Scott (8 ½ yds).

This slice of club history was brought to the forefront of current minds at Greenock Glenpark when they were contacted by John's daughter, Sally Mack, with the offer to loan back to the club the original trophy won in 1915 - and still in remarkable condition. John himself died in 1964 aged 75.

It seemed logical, therefore, to stage a repeat of the event some 102 years later and an inaugural John K Neave Memorial 100m handicap duly took place on a wet night in August.

A great turnout of 62 athletes from aged seven to 67 years ensured the unique age

graded event would feature 10 heats, four semis and a final - similar to what had happened back in the day.

'It is such an honour for this race to be named after my father and I want to congratulate all involved at Greenock Glenpark Harriers,' said Sally Mack.

'My father would have been very proud that so many wanted to participate in this event 102 years after his own success.



'I think it's wonderful that Glenpark Harriers continues to encourage and facilitate the sport of athletics in Scotland. I am sorry I wasn't there in person but hope everyone who participated in the race had a great experience and I send you all my very best wishes and thanks.'

As it transpired, veteran athlete Mick Dunn dragged himself to the starting line to spectacularly win the John K Neave 100m Handicap and collect a 2017 trophy from the club as well as a loan of the original 1915 trophy.

Dunn needed physio to ease off a hamstring strain he incurred in his semi-final heat but then overcame the pain to sprint through the heavy rain for a famous victory.

The 62-year-old, running off 18m handicap, hauled back Frank McMahon, who was off 26m. But the real pressure was coming from behind as Harry McGill (8m) came



charging through. The speedy youngster had moved up to third and with the line in sight over-hauled McMahon but he just ran out of track to deny the jubilant Dunn.

The biggest shock of the night came in the third semi-final, when the hot favourite Joshua Ruddy, who had been quickest in the first round heats, was eliminated when he just failed to catch Harry McGill and Mick Dunn.

In that final were semi winners Frank McMahon, Beth McKenna, Michael Dunn and Paul Beaton alongside the runners-up Ewan Ferguson, Ava Beaton, Harry McGill and Josephine Young.

The heavy rain had returned as the athletes nervously went to their marks. On the starters whistle, the eight finalists hurtled down the track and the outcome remained in doubt until the last couple of strides.

But, after 11 seconds, it was all over and the glory went the way of Dunn . . . who was lofted high onto the shoulders of his team-mates in a fitting memorial to events of July 1915.

*Greenock Glenpark would like to thank the officials who made the 15 races go off like clockwork: Silke Loehndorf, Eileen Stevenson, Nathalie Smith, Terri Wall, Mary McCabe, Ian McKee, Hazel Wiseman, Graeme Crawford, Steven Campbell, Fiona Cushnaghan, Andy MacLean and Ian Hanley.

With thanks to Stevie McLoone





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Coach education vital to avoid eating disorders in athletes



By Susan Egelstaff

Last month I interviewed Jayne Nisbet, the former Scotland international high jumper, who has released a book about her battle with an eating disorder during her athletics career and her subsequent recovery.

Jayne's story, in which she describes contemplating ending everything, was shocking: but, sadly, it was not particularly surprising.

Eating disorders are thought to be roughly twice as prevalent in elite athletes as they are in the general population, meaning it is estimated that around one fifth of elite athletes suffer from this issue at some point during their career.

It is a remarkably high figure and while it is primarily female athletes who suffer, male athletes can also be susceptible.

The issue of eating disorders within elite sport is a delicate one but the fact that so many suffer from such problems means that there has to be more awareness than there currently is.

Slowly, but surely, more athletes are going public about having suffered but it remains something of a closeted issue.

Nisbet's bravery in telling her story must be applauded and it is likely that in opening up about the disorder, she will make it easier for other athletes to broach the subject.

However, it is debatable whether it should only be the athletes who are targeted when it comes to addressing eating disorders within sport.

Nisbet suggests that the priority should be educating coaches as to how to speak to their athletes in order to prevent triggering the start of an eating disorder, and how to approach the subject should they suspect there is a problem.

The majority of coaches in elite sport are male and while it is too much of a generalisation to suggest that male coaches as a whole struggle to communicate effectively with female athletes, there are many examples of insensitivity, to say the least, that I have been subject to and witnessed.

Some of these comments, said to the wrong person, could be hugely damaging and could, potentially, plant the seed that may lead to an eating disorder.

Elite athletes, as a general rule, are perfectionists. They are also, often, extremely driven to the point that their behaviour can become obsessive. Discipline is a quality that is essential in elite sport but it is also one that can allow athletes to take things too far.

Elite athletes are constantly looking for



something that can give them the edge over their opponents, as are their coaches.

Elite sport is a brutal world and more often than not, coaches need to tell their athletes hard truths. The recent stories alleging bullying by coaches towards their athletes are tricky because where is the line between constructive criticism and bullying?

Telling an athlete that they need to lose weight is not, in itself, unacceptable behaviour by a coach. If a couple of extra kilos are holding an athlete back then suggesting they make an effort to shed that

extra weight is not only sensible advice, it is necessary.

Yet time and time again, athletes who have revealed that they have had an eating disorder believe that it was triggered by a comment from a coach.

In top-level sport, where every percentage point matters, being told by your coach, someone whom invariably you trust, that your weight is an issue, can become a focal point and can become the thing that an obsession is based around.

It is arguable whether there is enough

support available to athletes who are suffering from eating disorders. However, it cannot be entirely up to the athlete to admit to having an issue. Coaches have to be trained to spot problems early because, as Nisbet highlights, athletes are often loath to open up about concerns they may be having for fear of appearing weak.

There remains a perception within sport, and elite sport in particular, that any kind of mental health issue is a form of weakness. Until this attitude is overcome, athletes will remain reluctant to address problems such as eating disorders they may be suffering from.

'I genuinely believed what I was doing was helping my sport. But my performances became worse and worse. I had massive issues.'

Jayne Nisbet missed out on the 2010 Commonwealth Games as she battled an eating disorder and other issues.

Thankfully the Edinburgh AC athlete battled back to make Glasgow 2014 and the 29-year-old, who has taken up marathon running, has written a book entitled *'Free-ed'* about her experiences.

'Free-ed' was released in October and Jayne was at Meadowbank for a book launch and signing session, with the personal trainer now based in London.

'It's very exciting. I've wanted to do it for a while. A lot of people were getting in touch about the issues I faced going into the Commonwealth Games – being self-destructive and how I overcame it. A lot of athletes were reaching out and asking for help. It was overwhelming, to be honest, how I was going to deal with all these people contacting me.

'I had massive issues. When someone said I looked healthy, I took it to mean they were saying I looked fat. I had bulimia, which was combined with depression, and I suffered from anxiety for lots of years afterwards.'

Jayne says she now recognises features of her condition, such as extreme behaviour and perfectionist tendencies, going back to childhood.

But it all came to a head in the year before the Commonwealth Games in Delhi in 2010.

She had moved to Loughborough in Leicestershire to train at the High Performance Training Centre, but was not eating properly and went down to a weight which was very low for an athlete of 5ft 8in (1.72m).



Photo by Sue Gyford

'People would say to me: 'You are so skinny', and I would genuinely think they were just jealous.

'I genuinely believed what I was doing was going to help my sport.

'But my performances got worse and worse and I became more and more isolated, to the point where I identified: 'This is not ok, I'm not myself any more'. I completely lost myself.'

'I spent the first couple of years trying to work it out for myself because I was too afraid to speak anyone. By March 2012 I was fluctuating again and I thought: 'Why am I not happy?'

'I got a therapist at that point and he started working through some of my older issues that I didn't even realise existed.

'He unravelled things that I never even knew existed in my head.'

Now having retired from high jumping, Jayne has taken up road running and wants to reduce her marathon time by competing in the London marathon and the New York marathon next year, to celebrate her 30th birthday.

She says the Jayne of seven years ago would not recognise the woman she has become.

'The transformation in my confidence since competing at the Commonwealth Games has been huge,' Jayne says.

'I love an opportunity now to get up and try to inspire people and that's the key thing.

'I want to help people overcome issues to try to get the best out of themselves.'



New cohort joins our National Academy

scottishathletics has launched the next 'year' of our key development programme, the National Academy - and are delighted to welcome 10 new recruits.

The original project was set-up and started back in 2013 with the intention being to better support and direct young athletes, their coaches and parents as they progress towards senior status.

Two residential camps each year plus on-going work and support are provided for athletes in the Year 1 and Year 2 bands with certain performance standards required before invitations are made to join.

This autumn, we have 10 young athletes and their coaches and parents coming on board via the various event groups with one each from Combined Events and Throws; four from Endurance and two each from Jumps and Sprints/Hurdles.

In terms of geographical reach, it's great to welcome Shetland-based Seumas Mackay as a representative of island athletes with the other nine athletes coming from seven other clubs with Kilbarchan AAC (via Cameron Wright and Kirsty Costello) and Aberdeen AAC (via Naomi Lang and Robbie Farquhar) each having two athletes.

There are also athletes from Central AC, Falkirk Vics, Giffnock North, Kilmarnock Harriers and Inverness Harriers and it's also really good to see 10 different coaches involved.

National Academy athletes gathered in mid-October for a training camp in central Scotland and a second such gathering is planned for next April.

Mark Pollard, Performance Manager, said: 'The National Academy camp at Carronvale last week gave us an opportunity to welcome the new Year 1 Athlete 'Teams' into the programme - providing a busy few days of education, training and team building which will set them up well for the winter season ahead.

'Equally it was great to catch up with our Year 2 Athlete 'Teams', to see how they

have progressed in the past 12 months and develop the education themes further with them as they take another step towards Senior athletics.

'Ultimately, the National Academy is about retaining our best young athletes so they are in the sport to make an impact at Senior level.

'It is also about working with the Athletes, Coaches and Parents involved to develop knowledge and provide tools around a range of performance factors (in partnership with the Scottish Institute of Sport), as well as sharing in the experiences of those who have navigated the performance pathway before.

'All of that will hopefully stand these youngsters in good stead to achieve the outcomes of the programme in the years ahead.'

scottishathletics regard the targets of the programme to be as follows:

***Improving the retention rate of our best age group athletes into the Senior ranks**

***Increased representation on GB U18, U20 and U23 teams en route to CWG Gold Coast 2018 and beyond**

***Increased representation on GB Senior teams and GB Performance Programme**

***Greater number of young athletes on CWG 2022 team and beyond**

***More medals at CWG Gold Coast 2022 and beyond**

scottishathletics regard the benefits of the programme (as appropriate) as follows:

***Coach Education Opportunities**

***Athlete Education Opportunities**

***Parent Education Opportunities**

***Subsidised Event Specific Competition Opportunity**

***Physiotherapy / Functional Movement Screening Support**

***Subsidised Training Camp Opportunity**

***Physiotherapy Support**

Year One

Combined Events: Mathew Chandler (Iain McEwan) Central AC

Endurance: Naomi Lang (Andrew Ferguson) Aberdeen AAC; Seumas Mackay (David Wagstaff) Shetland AAC; Lewis Pentecost (John Pentecost) Falkirk VH; Cameron Wright (Robert Hawkins) Kilbarchan AAC

Sprints & Hurdles: Adam Clayton (Ryan McAllister) Giffnock North AAC; Fraser Angus (Donald McIntosh) Kilmarnock Harriers AAC

Throws: Kirsty Costello (Jim Green) Kilbarchan AAC

Jumps: Robbie Farquhar (Kenny Lyon) Aberdeen AAC; Stephen MacKenzie (Dianne Mackenzie) Inverness Harriers AAC

Year Two

Combined Events: Howard Bell (Iain McEwan) Edinburgh AC ; Scott Connal (Iain McEwan) Whitemoss AAC; Holly McArthur (Iain McEwan) Whitemoss AAC ; Joel McFarlane (Ian McFarlane) Arbroath & District AC

Endurance: Adam Scott (Steve Doig) Fife AC ; Jemma Reekie (Andy Young) Kilbarchan AAC; Annabel Simpson (Steve Doig) Fife AC ; Erin Wallace (Dudley Walker) Giffnock North AAC

Sprints & Hurdles: Lewis Brown (Stephen Wallace) Cumbernauld AAC ; Nathan Fleetwood (Eddie Kelly) Law & District AC ; Jade Henry (Chris Baillie) Victoria Park City of Glasgow

Throws: Adam Boyle (Karen Costello) Victoria Park City of Glasgow; Andrew Costello (Chris Bennett) Kilbarchan AAC ; Paddy Dunne (Karen Costello) Inverness Harriers AAC; Emma Rae (Colin McCulloch) Pitreavie AAC

Jumps: Calum Henderson (John Scott) Edinburgh AC; Aidan Quinn (David Watson) Glasgow School of Sport; Alessandro Schenini (David Watson/ Ryan McAllister) Giffnock North AAC

Punching above their weight . . .

By Chris Rainsford

'Whatever Scottish athletes are putting in their porridge for breakfast, it's obviously working a treat'

Plentiful personal bests and top-8 finishes at the recent World Championships continued the definite momentum that's been growing for three years.

Hosting the Commonwealth Games in Glasgow seems to have been a real defining moment for athletics in Scotland.

The likes of Lynsey Sharp, Mark Dry and Eilidh Doyle rose to the occasion on home soil four years ago – and multiple success stories since have shown it to be no flash in the pan.

The sense of momentum is a formula the other home nations would undoubtedly love to bottle for themselves.

In a nation half the size of London, 15 Scots made the British track and field team for the Olympic Games in Rio last year – almost four times the number at London 2012 and the country's best representation since 1972.

It's fair to say that top-10 finishes in distances from 1500m up to the marathon pretty much carried the British track team in terms of its hopes for the future.

The sight of stars like Callum Hakwins and Andrew Butchart bridging the elite and grassroots divide by supporting domestic competition just two months after Rio further pressed home the special momentum brewing.

That Scotland continued to punch above its weight at the World Championships in London earlier should come as no surprise. Scottish athletes accounted for 20% of the British team. In the middle-distance ranks especially, their prowess was more profound (39%).

All three Brits in the women's 5,000m were Scottish. All three men that contested the 1500m came from the same club – Edinburgh AC.

The 16 athletes selected was a record for

the nation – and the production line shows little sign of letting up.

Rising star Erin Wallace picked up the Team Scotland Commonwealth Youth Games Inspirational Award following her superb 1500m gold in the Bahamas this summer.

The award is recognition for an athlete that is making waves in the junior rankings – and aiming to follow in the footsteps of her acclaimed compatriots.

'Seeing all the other Scots do so well at Worlds was very inspiring,' says last year's European Youth Championships bronze medallist.

'It makes you realise that people from the pathway with the same support and facilities have made it to the top, so that means I can hopefully make it too.

'I think the momentum of lots of Scots doing well is helping inspire others to believe in themselves and do well.'

The system **scottishathletics** have put in place and the hard work delivering it is reaping rewards.

Erin is currently part of the National Academy Programme. The programme is the first rung on the ladder through to senior international honours and is supporting more than 30 athletes.

Most of the recent high-flyers started out on the same path which sees athletes invited and pooled into the academy once they hit the right standard or place inside the top-5 on the UK Power of 10 rankings.

Some of the benefits include regular residential camps, in which coaches and parents are also brought in and included as part of the process. Education sessions from physiotherapists, strength and conditioning experts, nutritionists and more lay the groundwork for a future elite-level career.

The proof to the approach is in the pudding. Nine athletes in total competed across the European U20 and U23 Championships this summer. Five came

home with medals.

Opportunities such as the Commonwealth Youth Games also play an invaluable part on the performance pathway. Being exposed to the demands and expectations of major championships and racing against the world's best at junior level can be a real eye-opener – as Erin explains.

'The racing was at a level that I've never properly experienced before,' recalls the Giffnock North AAC starlet.

'Going into the race, I thought I had a chance of medalling as all the girls had very similar times – and 1500s are very unpredictable so you can never be sure. But at about halfway, I wasn't so sure as the leaders seemed a long way ahead. I felt more confident as the race went on, though, and managed to catch them again towards the end.

'The experience was incredible. Everyone was really supportive of each other and the team atmosphere was what made the trip so much better.'

Erin – who also receives support from the national sports charity, SportsAid, to allow her to go on training camps and gain more elite-level experience – wasn't able to go wild in her celebrations.

With 800m heats the next day – Erin eventually wound up sixth in the final two days later – a well-earned spell on the beach in the Bahamas had to be put on hold.

Recharged and with eyes towards the cross country season, Erin continues along the same path trodden by the international stars she now looks up to. She could certainly do a lot worse.'

***A version of this article first appeared on leftspikefanzine.com**



By Fran Brown

Take the social media tool Instagram, glance at a large proportion of Scotland's star athletes and you may feel you have stumbled across a barista's page instead.

As a Sport Science graduate I am arguably more tuned into noticing 'caffeine talk'. This sparked my curiosity as to what the attitude is of other athlete and what may have contributed to their views. So I've asked runners I know from different disciplines, different environments and different levels, for their views on caffeine.

Caffeine. As the most popular consumed pharmacologic (*science of drugs*) and psychoactive (*mind altering*) drug in the world, it is likely many PB readers will have already consumed caffeine today.

It's consumed for a variety of reasons; some like the taste, some use it to wake up in the morning, others socially. However, in sport it is arguably widely thought of as an ergogenic aid, which means performance enhancement.

Caffeine is a stimulant, which can affect many metabolic and physiological aspects. These include the central nervous system, hormonal, metabolic, cardiovascular, and renal functions. Particularly useful for endurance exercise, is caffeine's ability to reduce the respiratory exchange ratio which allows more oxygen to be present.

It has also been shown to increase circulating levels of epinephrine (adrenaline) fat oxidation thus sparing muscle glycogen, a source of fuel for the muscles. Psychologically, it has been reported that caffeine can increase concentration and focused as well as reducing pain perception and fatigue sensations. However, the effect size is impacted by caffeine tolerance, with chronic exposure typically

leading to reduced ergogenic (performance enhancing) effects.

Arguably, the media and star athletes have popularised and emphasised caffeine use. For example, Mo Farah, stated in his autobiography he consumed a triple espresso before major races, which could infer caffeine use is an essential part of his race preparation- thus encouraging. Take the social media tool Instagram, take a quick glance at a large proportion of Scotland's star athletes and feel mistaken you haven't stumbled across a barista's page instead.

This 'coffee-glorification' may subconsciously leak into athletes, in addition to the conscious mind. Personally, I have found caffeine a hard-to-avoid topic amongst fellow runners.

'Oh man I'm tired, I should have had a coffee'

'Nah I prefer the pineapple gels as they don't have so much caffeine'

'I'm torn between a nap or a coffee'.

As a Sport Science graduate I am arguably more tuned into noticing, which sparked my curiosity whether views, and the environmental factors which may have contributed to their attitude towards caffeine.

So I've asked runners I know from different disciplines, different environments and different levels for views on caffeine.

Against

Junior athlete, **Cody Stevenson**, has cut caffeine out after previously using drinks and gels. He first started taking it at age 15, but felt it drained him afterwards. He knows fellow junior athletes already using it, therefore the issue doesn't seem confined by age.

Garscube Harrier coach, **John Bell**, is 'typically old-school' thereby not taking much notice of caffeine.

UK Student athlete **Ross Tennant**, occasionally socially drinks coffee however does not take it for running (ergogenic aid). He felt it did not agree with him and gave him stitches with running. Although he doesn't feel disadvantaged against those using it.

CAFFEINE

Time to wake up



USA student **Jonny Glen**, has a similar 'on the fence' stance. He does not take it as he feels the comedown is high and it's not essential for performance. He would worry about its potential harmful effects.

Another USA student, **Kristin Oakley**, hadn't been to aware of caffeine's presence before moving to America. She drinks it but socially not as an ergogenic aid- she doesn't really think it would give her a competitive advantage. This may suggest environment to caffeine exposure is important in an athlete's choice.



For instance, **Catriona Graves**, an Edinburgh-based student hasn't really been aware of many around her using caffeine as a performance enhancer. She subsequently doesn't drink coffee, but drinks tea.

Junior athlete, **Gillian Black**, is also unsure primarily because of its possible harmful effects. She believes it has negative connotations as a supplement and something artificial. However, she has noticed a lot of fellow athletes using it- but believes the benefits may be more psychological.

Nicky Brechany, a 400-800 runner, has also noticed a lot of her training peers using caffeine, which has made her think about trying it. She has been tempted to try it to get her 'through long competition days', and has discussed caffeine in front of coaches.



CAFFEINE

and smell the coffee?

For

There are, however, those who routinely take caffeine. **Kris Jones** takes caffeine pills, but isn't sure if the effects are a placebo or genuine, but he doesn't care.



It seems to work for him, he feels it makes training and races appear slightly easier.

To be safe, he takes caffeine pills from an internet source and ensure they are safe from contamination/ accidental doping. He finds tablets convenient, as you can easily quantify and tries to abstain from coffee aside from exercise to maximise the effects.

Track and cross-country athlete **Michael Cameron**, uses caffeine only for track races. He uses them for psychological purposes not ergogenic. He started taking caffeine pills 2 years ago to make him psychologically ready to race.

Multi-eventer, **Tom Chandler**, still takes caffeine but has reduced his intake after suffering adverse effects.

Previously, he was taking a 200mg pill in the morning (to get through academic commitments), coffee at lunch, and an energy drink prior to training.

He now just has a coffee in the morning, then an energy drink prior to training if he's tired. He believes the university environment and increased workload (25 hours of academic commitments and 30 hours of training per week) makes it required.

Summary

A number of the athletes asked were

aware of caffeine's use however uncertainty over caffeine was a primary reason for not using it.

Many 'knew a lot of athletes who took it' and had considered using caffeine, but ultimately the majority had decided not to use it.

The uncertainty felt by the athletes, can be mirrored in a lot of the research on caffeine which has produced a mixture of equivocal evidence. Evidence has supported caffeine in the diminishment of fatigue sensations, and in some research has increased performance. However, whether this consequential of metabolic or psychological changes is uncertain.

Additionally, caffeine can impair various nutrient balance, for example it has been shown to inhibit the absorption of iron and increase calcium secretion.

Therefore, athletes taking caffeine, should consider increasing uptake of various nutrients. In general, caffeine use in

sport is likely to continue to be a topic of conversation amongst researchers, athletes. However, there is no right or wrong stance on caffeine and it is up to the individual themselves to decide if it works for them.



For readers considering using caffeine, they should be aware of the following:

*The effects of caffeine are dependent on many factors such as age, gender and body size.

* With high caffeine intake, individuals can become caffeine dependent. This is where without the drug, individuals can be left with nervousness, insomnia and jitteriness.

*Caffeine has a half life- whereby the initial effects will drop but some will still remain. Orally induced modest intake of caffeine will take 30 to 75 minutes for the peak levels of caffeine to be present in the blood, however caffeine will remain in the blood for 4 to 5 hours.





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