

# Field Newsletter (23) July 2026

Welcome to July. Lots of events to enjoy including the Commonwealth Games. Good luck to those involved.



What is the answer to this cryptic clue?

**THE LEAST, IMPORTANT CONSIDERATION FOR FIELD OFFICIALS. –**

**ATHLETES** – is an anagram of ‘the least’

## Congratulations

Delighted to announce that Pauline Pearson has just received confirmation of World Athletics Referee Bronze Level as from 18/05/26.

It will come as no surprise to anyone watching Pauline in action at Athletics meetings that her energy and commitment will have allowed this very busy woman to add another accomplishment. Well done and very well deserved.



## Thank you to Moira Logan who agreed to write a message for the Newsletter

Thank you so much for all who have been in touch

I had a lot going on in May with hospital appointments and tests etc and so didn't manage to attend any of the Athletics events last month, but hope to attend some soon. One of my issues is going to be keeping my oxygen tank dry though and with our unpredictable Scottish weather, I'm not quite sure how well I'll cope. But I'll give it a go and see how I manage.

I am looking forward to playing an active part in all aspects of Field Officiating, when I am able to do so.

I was finally told that they will add me to the waiting list for a double lung transplant, however, unfortunately that is not now the case due to issues with some bacteria, and now waiting to speak with a consultant to confirm next steps.

Thank you so much for thinking of me though and I will keep reading the Newsletters.

I look forward to seeing you all soon.



## Congratulations to Ricky and Fiona Taylor who celebrate 50 years of married life on the 2<sup>nd</sup> of July.



Great to share your beautiful wedding picture.

Ricky has been involved in Athletics during all 50 years and a successful involvement in a sport he loves has been matched by a very successful and happy marriage.

And the smile is still exactly the same!

Hope you enjoy celebrating 50 golden years.

## Safety of spectators at every event

It is always hard to cope with everything at a busy meeting particularly if there is a shortage of officials, but it has come to the attention of Moira Nisbet that at a recent event, on a number of field sites, parents, coaches and children (not competing) were allowed to stand in the infield.

Officials present must ask non-competitors to move away, as we should not be allowing parents/coaches on the infield when a competition is underway – every supporter should be behind the barriers on the straight track or behind the wall.

Fortunately, no harm came but we must be consistent and make the rules clear to those who may be at an athletics' meeting for the first time. We need to keep everyone safe. Parents watching at the Long Jump might step back onto the track when a race is being run and following safety rules at any throws area is clearly paramount.

It is hoped that at every event the more experienced officials take the lead in ensuring this happens and that Field Referees are vigilant and ready to insist on safety rules being followed but ultimately it is the responsibility of all officials.

## Thoughts from the field...

Factor 50, plus wet gear just in case. Yo, global warming even affects athletics. As we gear up for a busy July and August it is important to look after ourselves so others won't have to. Keeping hydrated is essential so including a decent water bottle that keeps liquid cold is ideal. I usually put ice in first. As temperatures rise perhaps including a hydro tablet might help too. Hats and cap go some way to protecting your head, but can leave the back of the neck exposed so either a polo neck with collar or a buff goes some way to help.

Enjoy the sun and no doubt the rain. And if lightning strikes, leave all implements in the field when you gracefully leg it inside!

## July and August– Field Events

|             |                        |                                           |               |                       |                                                                                                      |
|-------------|------------------------|-------------------------------------------|---------------|-----------------------|------------------------------------------------------------------------------------------------------|
| Sun, 05 Jul | League                 | Scottish National Athletics League        | Aberdeen      | Leslie Roy            | <a href="mailto:leslie.roy1@virginmedia.com">leslie.roy1@virginmedia.com</a>                         |
| Sun, 12 Jul | League                 | Central & South Scotland League Div 1     | Grangemouth   | Barbara Knox          | <a href="mailto:cssal1972@gmail.com">cssal1972@gmail.com</a>                                         |
| Sun, 12 Jul | League                 | Central & South Scotland League Div 2 / 3 | Crownpoint    | Barbara Knox          | <a href="mailto:cssal1972@gmail.com">cssal1972@gmail.com</a>                                         |
| Sun, 12 Jul | League                 | RAM League - East                         | Dundee        | Carol Rose            | <a href="mailto:carolrose@hotmail.co.uk">carolrose@hotmail.co.uk</a>                                 |
| Sun, 12 Jul | League                 | RAM League - North                        | Inverness TBC | Carol Rose            | <a href="mailto:carolrose@hotmail.co.uk">carolrose@hotmail.co.uk</a>                                 |
| Sun, 26 Jul | Championship           | Ayrshire T&F Championships                | Kilmarnock    | William Marshall-Watt | <a href="mailto:secretary@ayrseaforth.co.uk">secretary@ayrseaforth.co.uk</a>                         |
| Sat, 04 Jul | Open Graded            | Pursuit 5000m                             | Stirling      | Michael Wright        | <a href="mailto:michaeledwardwright@hotmail.com">michaeledwardwright@hotmail.com</a>                 |
| Sun, 05 Jul | League                 | Scottish National Athletics League        | Aberdeen      | Leslie Roy            | <a href="mailto:leslie.roy1@virginmedia.com">leslie.roy1@virginmedia.com</a>                         |
| Sun, 12 Jul | League                 | Central & South Scotland League Div 1     | Grangemouth   | Barbara Knox          | <a href="mailto:cssal1972@gmail.com">cssal1972@gmail.com</a>                                         |
| Sun, 12 Jul | League                 | Central & South Scotland League Div 2 / 3 | Crownpoint    | Barbara Knox          | <a href="mailto:cssal1972@gmail.com">cssal1972@gmail.com</a>                                         |
| Sun, 12 Jul | League                 | RAM League - East                         | Dundee        | Carol Rose            | <a href="mailto:carolrose@hotmail.co.uk">carolrose@hotmail.co.uk</a>                                 |
| Sun, 12 Jul | League                 | RAM League - North                        | Inverness TBC | Carol Rose            | <a href="mailto:carolrose@hotmail.co.uk">carolrose@hotmail.co.uk</a>                                 |
| Sun, 26 Jul | Championship           | Ayrshire T&F Championships                | Kilmarnock    | William Marshall-Watt | <a href="mailto:secretary@ayrseaforth.co.uk">secretary@ayrseaforth.co.uk</a>                         |
| Sat, 08 Aug | Scottish Championships | Combined Events & Masters Championships   | Grangemouth   | Ally Love             | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |
| Sun, 09 Aug | Scottish Championships | Combined Events & Masters Championships   | Grangemouth   | Ally Love             | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |
| Sun, 16 Aug | League                 | Youth Development League Final            | Grangemouth   | Leslie Roy            | <a href="mailto:leslie.roy1@virginmedia.com">leslie.roy1@virginmedia.com</a>                         |
| Sat, 22 Aug | Scottish Championships | U14, U16 & U20 Championships              | Grangemouth   | Ally Love             | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |

|                |                           |                                 |             |           |                                                                                                      |
|----------------|---------------------------|---------------------------------|-------------|-----------|------------------------------------------------------------------------------------------------------|
| Sun, 23<br>Aug | Scottish<br>Championships | U14, U16 & U20<br>Championships | Grangemouth | Ally Love | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |
| Sat, 29<br>Aug | Scottish<br>Championships | Senior & U18<br>Championships   | Aberdeen    | Ally Love | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |
| Sun, 30<br>Aug | Scottish<br>Championships | Senior & U18<br>Championships   | Aberdeen    | Ally Love | <a href="mailto:alasdhair.love@scottishathletics.org.uk">alasdhair.love@scottishathletics.org.uk</a> |