scottishathletics

National Officials Conference

Sunday 1st November 2026

Carnegie Conference & Events Centre

Alistair Aitchison

Chair of
Officials Commission

Update from scottishathletics

Alasdhair Love

Head of Competitions

Measurements

Contacts:
2026 Outdoors 823
2025 Outdoors 812
2024 Outdoors 837
2023 Outdoors 757

Individuals:
2026 Outdoors 208
2025 Outdoors 220
2024 Outdoors 219
2023 Outdoors 226

Average at each championship day:
Level 1 – 10 (2025 10 2024 10 2023 10)
Level 2 – 13 (2025 09 2024 13 2023 10)
Level 3 – 11 (2025 10 2024 09 2023 09)
Level 4+ – 28 (2025 24 2024 27 2023 25)

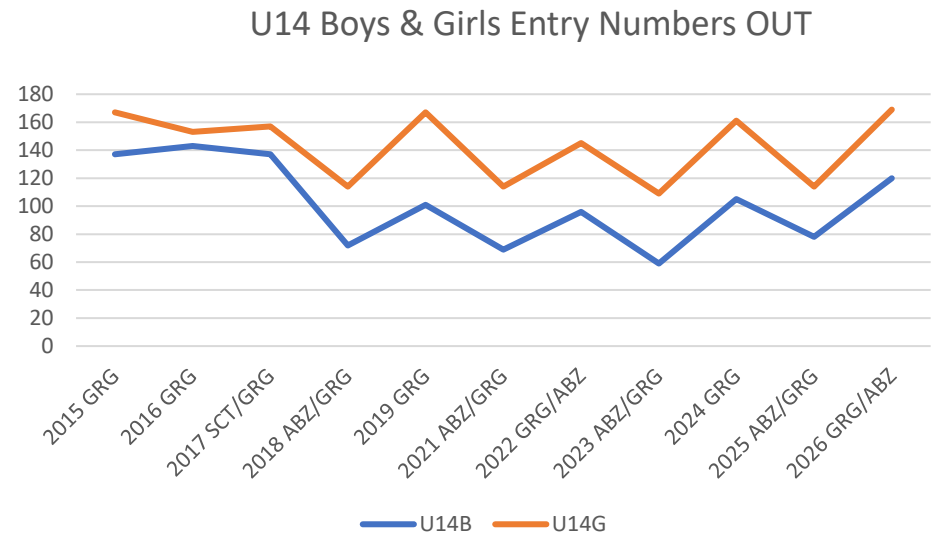
Level 1 Officials supporting championships – 56
(2025 69 2024 64 2023 33)

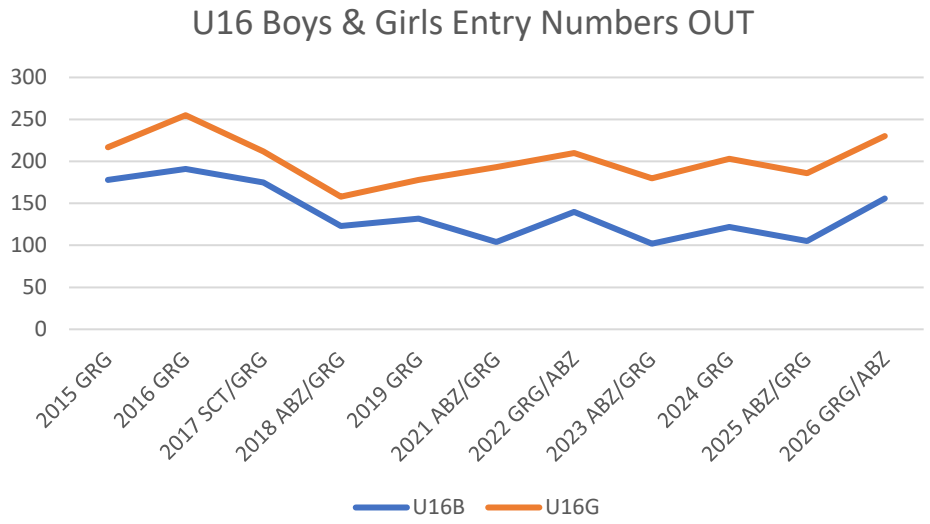
Measurements

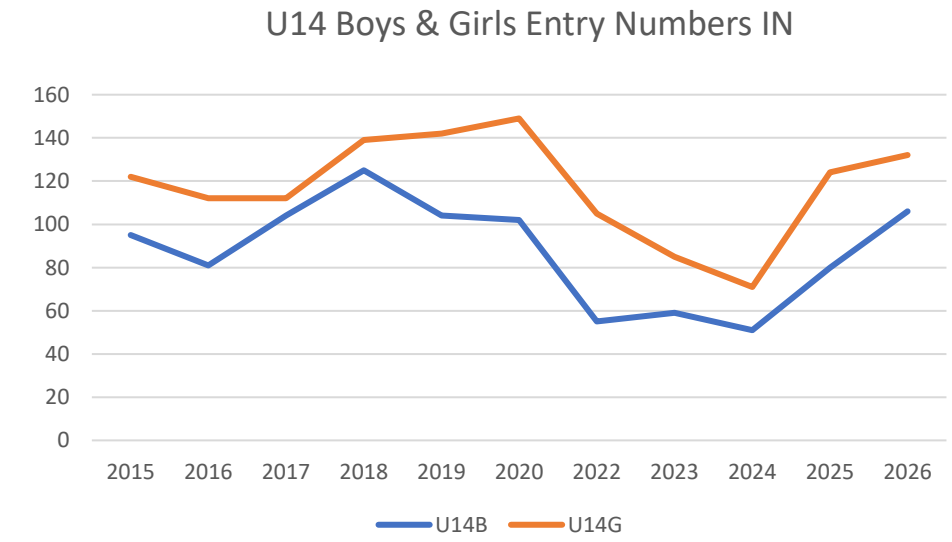
Amount	Season
£6,900	2023/24 Off Track
£6,300	2024 Indoor
£11,800	2024 Outdoor
£6,000	2024/25 Off Track
£8,350	2025 Indoor
£14,105	2025 Outdoor
£4,600	2025/26 Off Track
£10,700	2026 Indoor
£17,300	2026 Outdoor

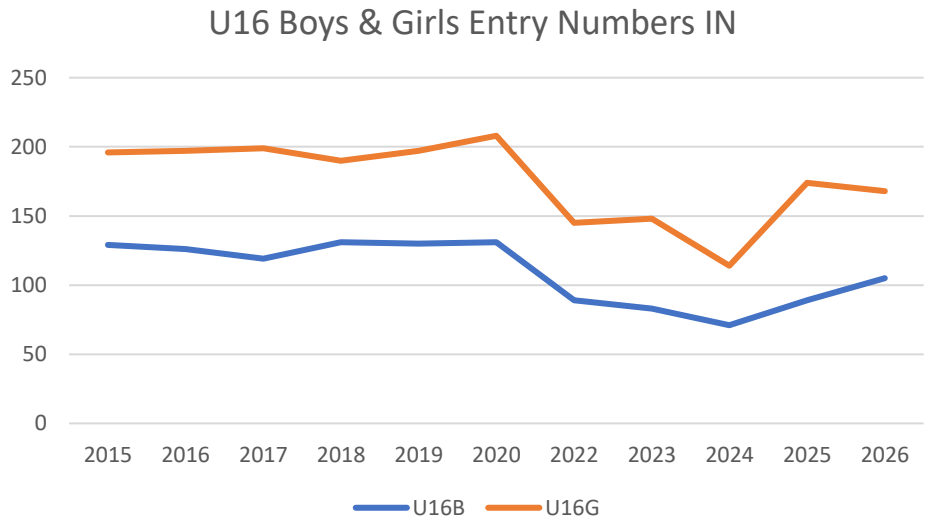
Average Age
2019 58.9
2024 59.2
2025 59.3
2026 61.1

Measurements

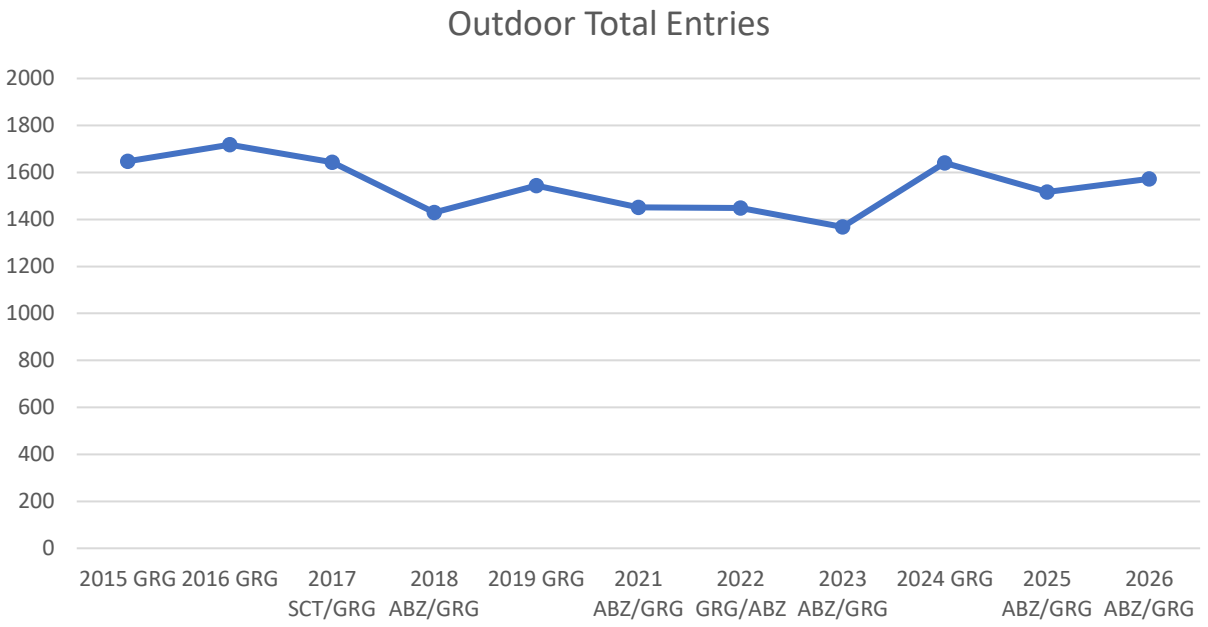


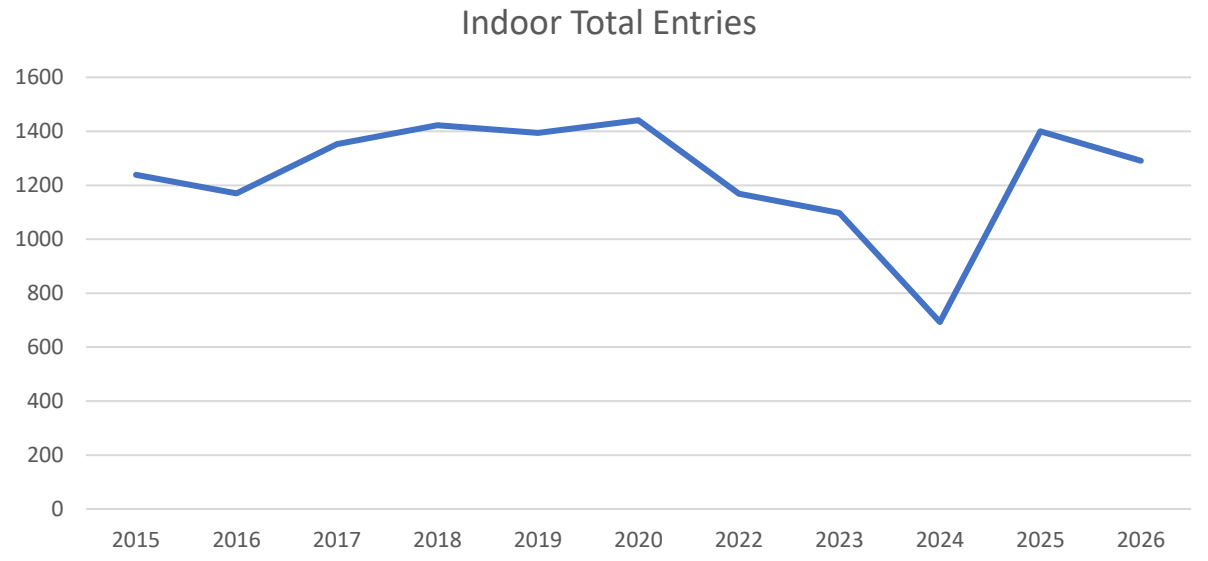






Measurements





Measurements

Education

April 2025 – March 2026
2026 Training Day 80 attendees
2026 Conference 79 attendees
Level 1 11 courses 93 attendees

April 2024 – March 2025
Training Day 88 attendees, 14 courses 110 attendees

Age Groups

1st January 2026

Competition Changes

Road & Cross Country

Recognise more than the top 3

U14 4th-12th

U16 4th-9th

U18 4th-6th



First event under these changes

Short Course XC on 7th November 2026

Competition Changes - Reflection

Indoor SUPERteams

- Flexible club based entry successful – no longer must be a team of 4
- Non scoring relay under review, potential to add an additional individual hurdles race.

Outdoor SUPERteams

- Incorporated two of the five regional heats within district weekend timetables – significantly shorter than the draft timetable.

Competition Changes - Reflection

District Weekend

- Traditional Championship for U16s delivered – increased entry in the West District in this age group.
- East and North suffered with Aberdeen as a venue.
- Main format changes affected U14s
  - Delivery requires some refinement, overall successful first delivery.
  - Improvements – better promotion, team element, smoother delivery, event presentation

Competition Changes - Reflection

National Outdoor Open

- Duplication of other Level 2 events at this time of year
- Suitable opportunities elsewhere GAA, Miler Meet, Scottish National Athletics League
- Other Fixture congestion and availability of officials

Will not be scheduled for 2027

Guess Who?



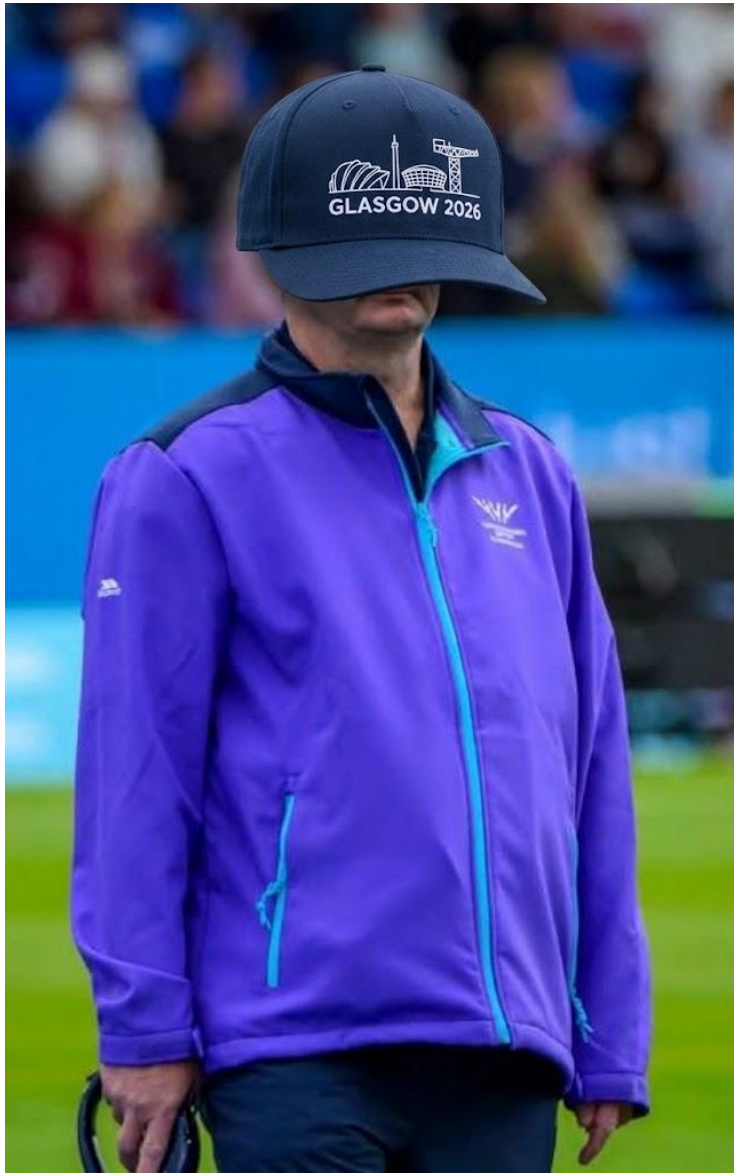
Guess Who?



Craig Armstrong



Guess Who?



Kevin Rose



Guess Who?



Ken Davies



Guess Who?



Joyce Wighton



Guess Who?



Jim Oliver



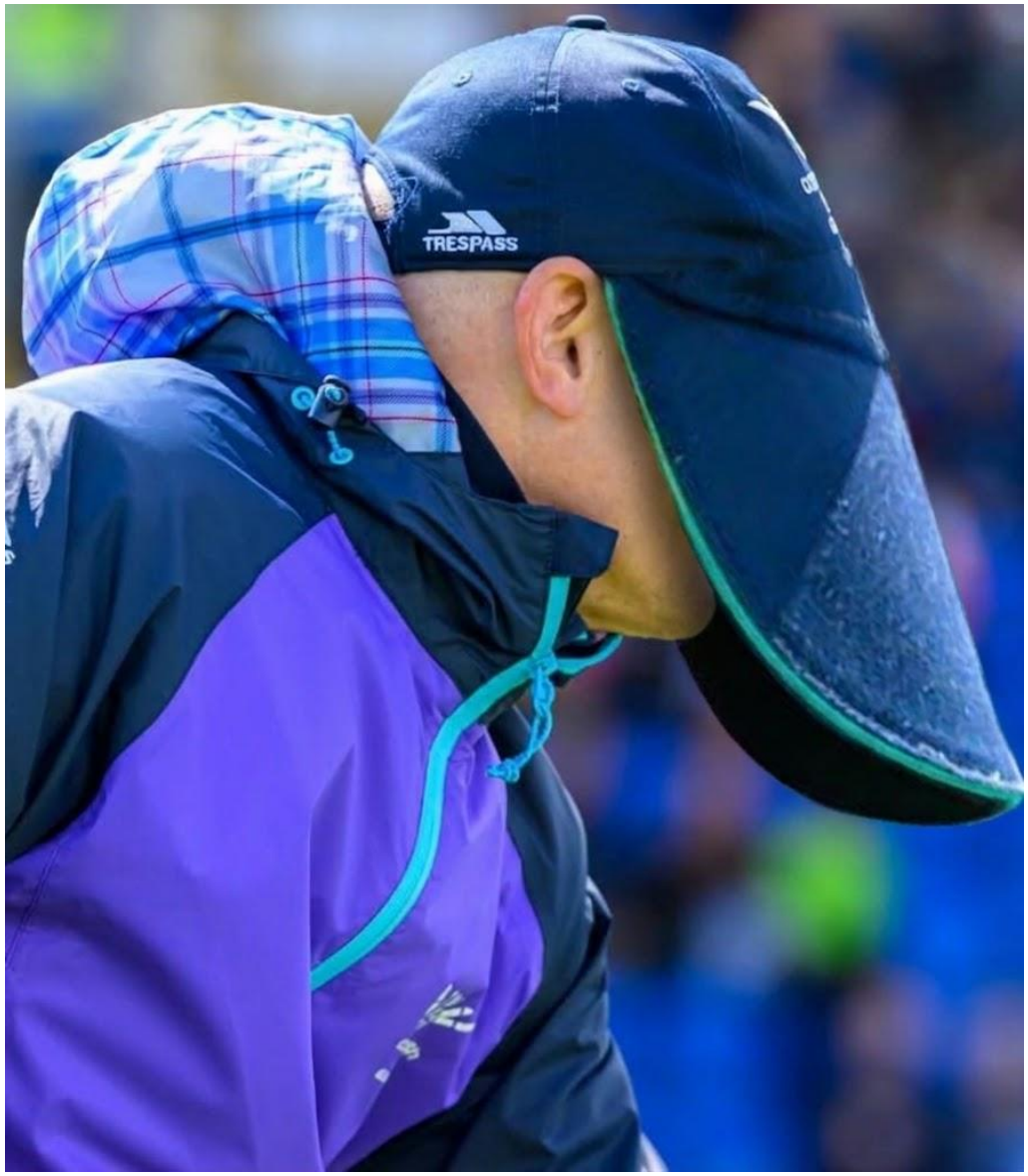
Guess Who?



David Rose



Guess Who?



Ian Douglas



Guess Who?



Angela Lorimer



Guess Who?



Claire McIntosh



Tie Break



Officials Welfare

Ian Macfarlane

Welfare &
Compliances Manager

scottishathletics

OFFICIALS, WELFARE & SAFEGUARDING

Working together to create safe athletics environments

IAN MACFARLANE

Welfare & Compliance Manager • Scottish Athletics



OFFICIALS CONFERENCE

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Welfare is already part of every event

WHAT WELFARE OR SAFEGUARDING CHALLENGE ARE OFFICIALS MOST LIKELY TO ENCOUNTER?

DISTRESSED ATHLETES

PARENT BEHAVIOUR

COACH BEHAVIOUR

INCLUSION ISSUES

WELLBEING CONCERNS

UNCERTAINTY ABOUT REPORTING

Welfare is already part of what officials do every day.

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Safe events help everyone thrive

SAFETY

People feel protected and supported

RESPECT

People are treated with dignity

EVERY PARTICIPANT DESERVES

TO THRIVE

INCLUSION

People know they belong

A POSITIVE EXPERIENCE

People want to return

DISCUSS • What makes an event feel safe and welcoming?

My role is to support, protect and develop

01

SUPPORT

Clubs
Officials
Coaches
Volunteers
Athletes

02

PROTECT

Welfare concerns
Safeguarding cases
Compliance matters

03

DEVELOP

Training
Guidance
Resources
Positive culture

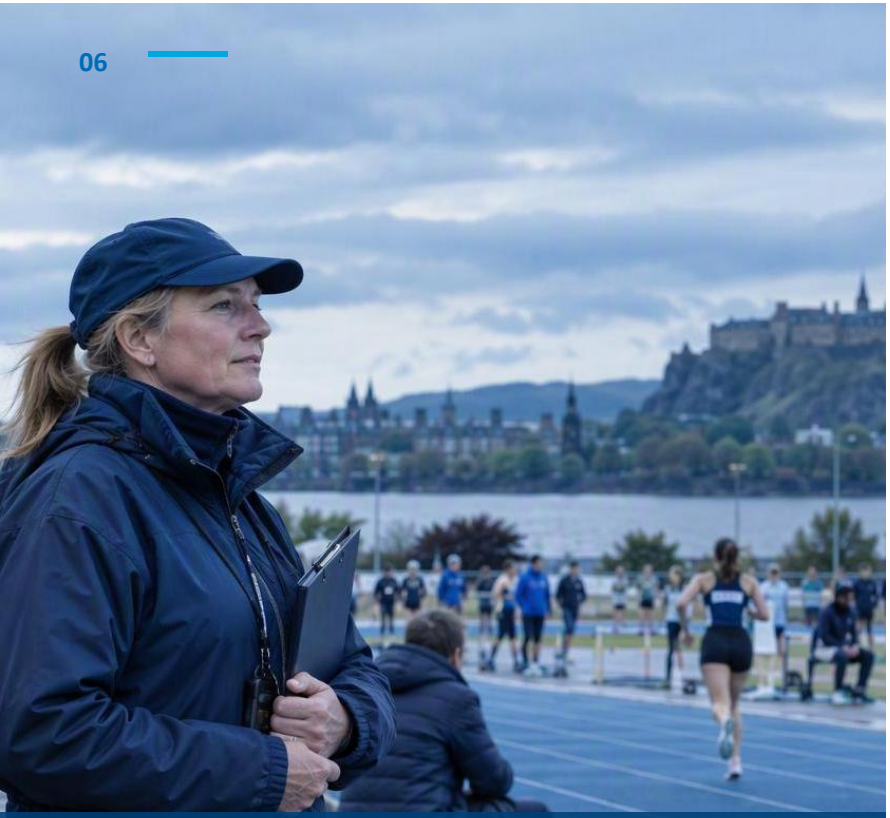
You do not need to manage concerns alone.

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Welfare runs through the whole event



Welfare is not a single action—it is present at every stage.



ATHLETES
COACHES
PARENTS
VOLUNTEERS
SPECTATORS

Officials see the bigger picture

You move through the venue and connect parts of the event that others may only see separately.

- **NOTICE** when something is not right
- **INFLUENCE** the culture around you
- **PROMOTE** positive experiences
- **SUPPORT** wellbeing and inclusion

SAFE SPORT IS EVERYONE'S RESPONSIBILITY.

Welfare is helping people thrive—not only preventing harm

CHILD WELFARE

RESPECT

INCLUSION

THRIVE

MENTAL HEALTH & WELLBEING

SAFE PARTICIPATION

INTEGRITY

Welcome people • communicate respectfully • notice anxiety • make it safe to ask for help

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Every interaction leaves an impression

Think about the
best official
you have worked with.

What made them memorable?

RESPECTFUL

FAIR

CALM

SUPPORTIVE

APPROACHABLE

PROFESSIONAL

A respectful explanation or a few encouraging words can change someone's day.



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See the person before the performance

Every athlete arrives with a different emotional context.

SUCCESS

DISAPPOINTMENT

ANXIETY

PRESSURE

DISTRESS

"If this was your child, how would you want them to be treated?"

THE WAY WE RESPOND CAN HAVE A LASTING IMPACT.

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Calm, listen and support—do not investigate

DO

- Stay calm
- Show empathy
- Listen
- Provide reassurance
- Seek support
- Involve appropriate adults

AVOID

- Dismissing concerns
- Public confrontation
- Making assumptions
- Conducting investigations

YOU DO NOT HAVE TO SOLVE THE PROBLEM TO MAKE A DIFFERENCE.

Four steps turn uncertainty into action

01

RECOGNISE

Notice concerns

02

RESPOND

Listen & reassure

03

RECORD

Document facts

04

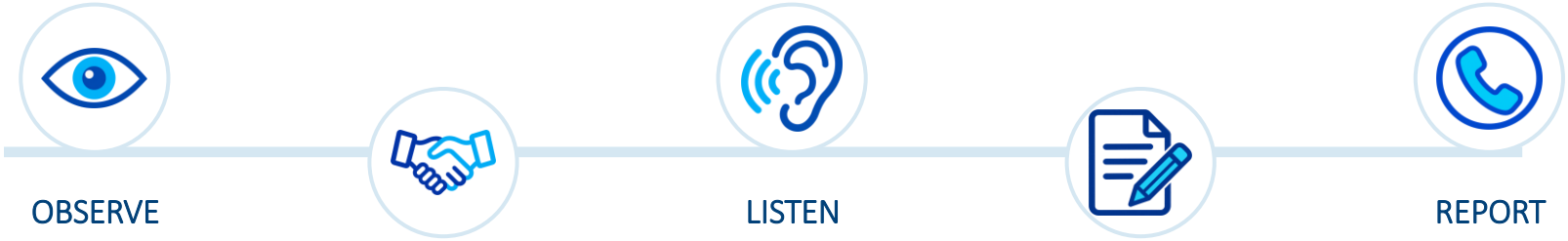
REPORT

Pass concerns on

NOTICE. LISTEN. RECORD. REPORT.

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Good welfare practice is five small actions



OBSERVE

Notice what is happening

APPROACH

Be calm & available

LISTEN

Give space to speak

RECORD

Keep factual notes

REPORT

Pass it on promptly

Small actions can make a significant difference.

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A genuine concern is enough to act

YOU DO NOT NEED PROOF.

If something does not feel right, seek advice or make a report.

REPORT WHEN…

- ✓ Something does not feel right
- ✓ A concern is disclosed
- ✓ You witness poor practice
- ✓ Someone's welfare may be at risk

NOT REQUIRED Investigate • establish proof • have every fact

IF IN DOUBT, REPORT OR SEEK ADVICE.

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Know who to contact—and when

IMMEDIATE DANGER?

CALL 999

If someone is at immediate risk of harm, contact the Police without delay.

Do not wait to gather proof before seeking help.

WHO TO TELL

01 **AT THE EVENT**

Tell the event welfare lead or Meeting Manager.

02 **THROUGH YOUR CLUB**

Tell the Club Welfare Officer.

03 **FOR A SAFEGUARDING CONCERN**

Email the Scottish Athletics Welfare Team or submit the safeguarding form online.

CONTACT **SCOTTISH ATHLETICS WELFARE TEAM**

welfare@scottishathletics.org.uk

WELFARE WEBSITE ↗ REPORTING FORM ↗



Supporting the people who support our sport

MENTAL HEALTH & WELLBEING FOR OFFICIALS

OFFICIALS MAY EXPERIENCE

Long competition days
Difficult conversations
Pressure & responsibility
Challenging incidents

THE HUB OFFERS

Practical wellbeing guidance
Mental health resources
Self-care tools
SAMH partnership resources
Support & signposting

SCAN THE WELLBEING HUB

LOOKING AFTER YOURSELF HELPS YOU SUPPORT OTHERS.

Five things to remember

01 Welfare is everyone's responsibility

02 Officials play a vital role

03 You do not need all the answers

04 Recognise • Respond • Record • Report

05 Support is available

THANK YOU

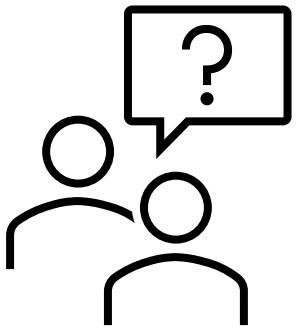
QUESTIONS?

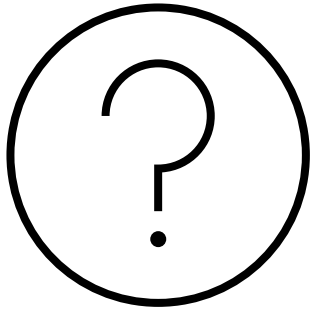
Ian Macfarlane
Welfare & Compliance Manager
Scottish Athletics

Safe, welcoming and positive athletics environments are created by people—and officials are central to that culture.

Officials Welfare

Any Questions?





“I’m here” Champions Update

Where We’ve Been

Scottish Athletics and SAMH

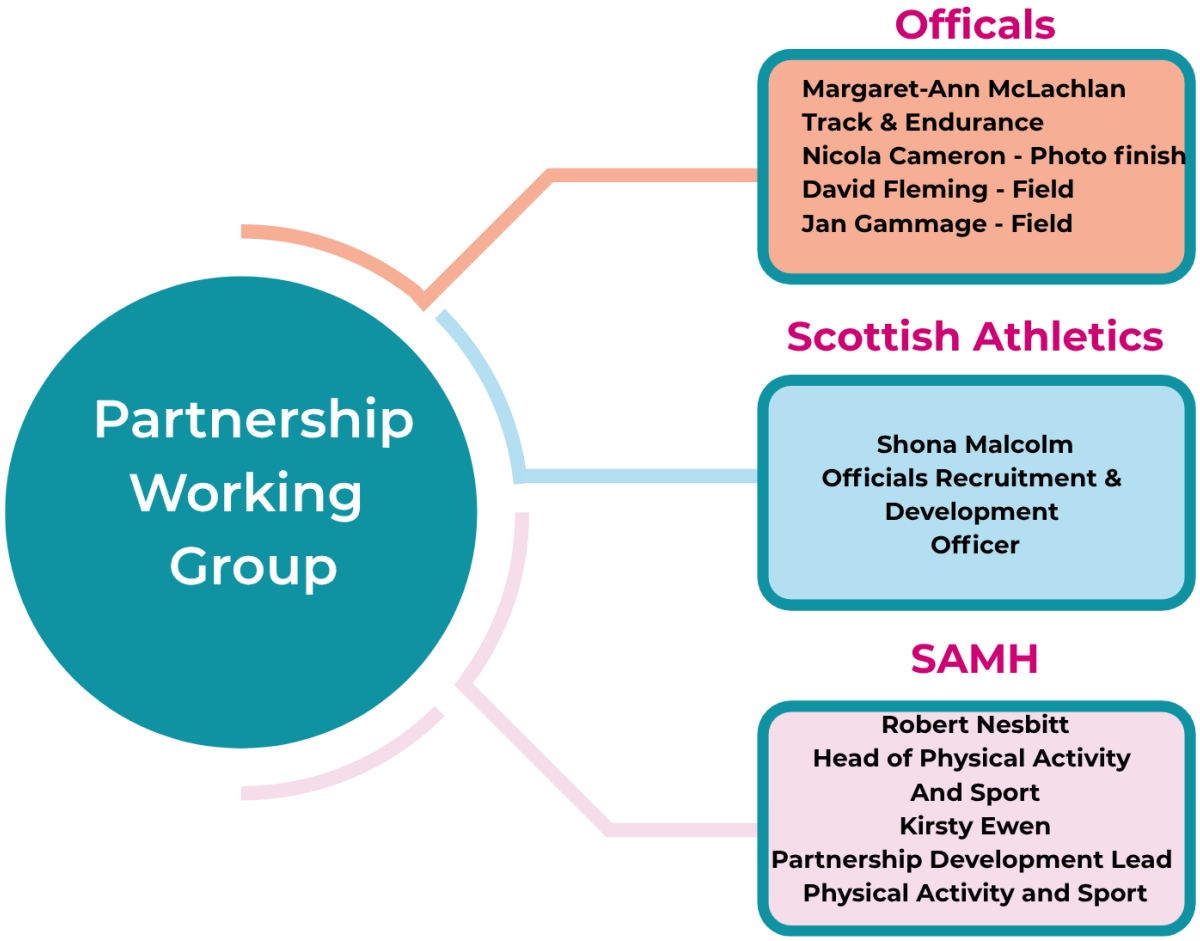
Where We Are

Scottish Athletics Officials

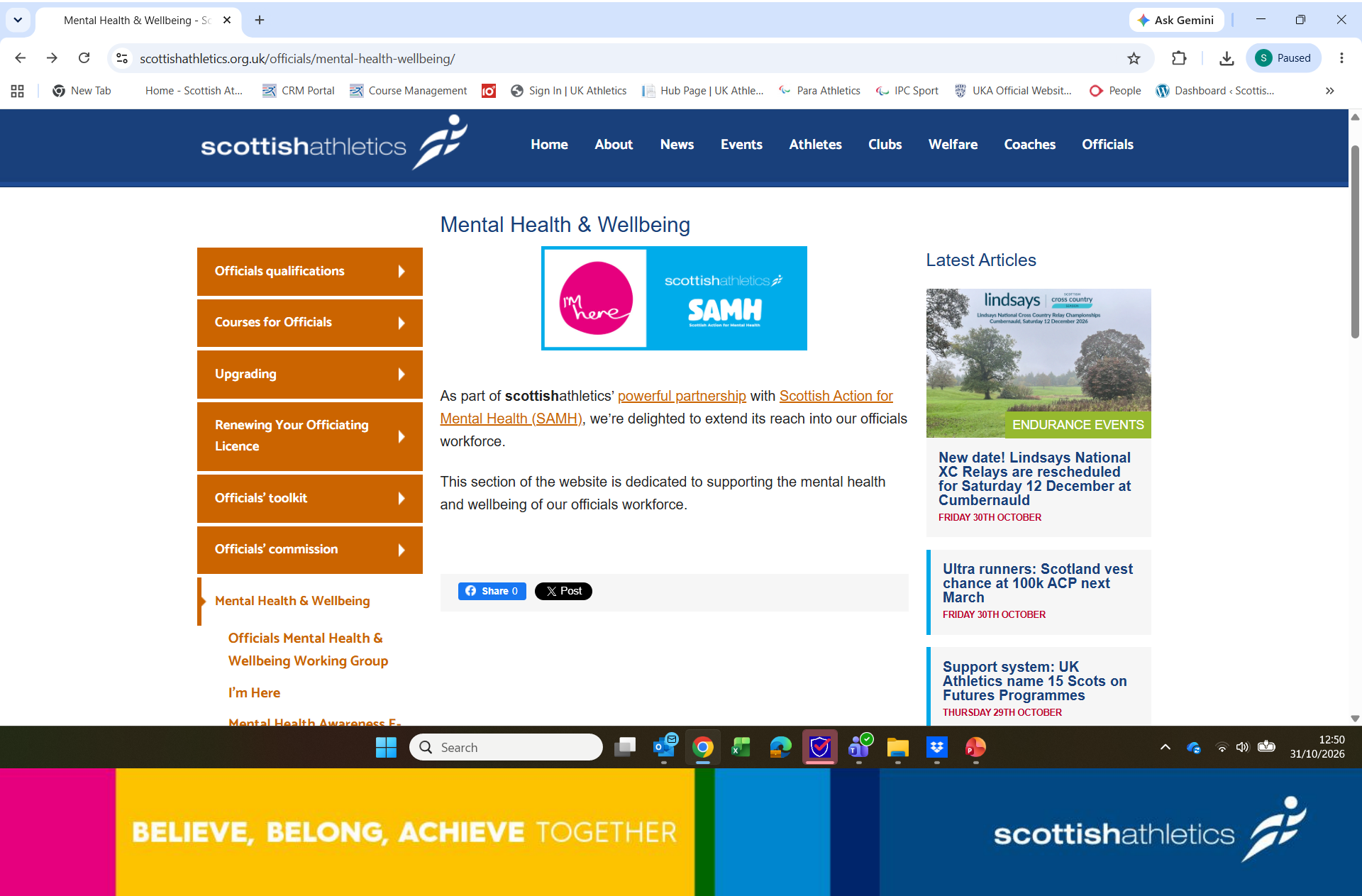
Where We’re Going

Ongoing Support for Officials

Working Group



Current Resources



The I'm here Champions For Official by Officials

Where We Are



Jan & Gary Gammage

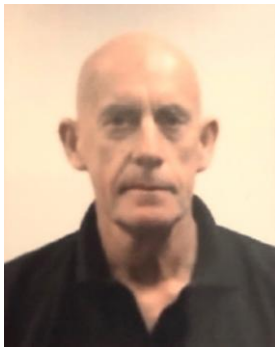
Alison Marden



Barbara Knox



Bob Webster



Caroline Johnston



David Fleming



Kizzy Donnelly



Marc Ritchie



Margarete-Ann



Nicola Cameron



Sharon Taylor



Lorna Rogers



Shona Malcolm



Current Resources

Building Connections

Culture and Values

Recognising Good Practise

Safe & Supported Environments

Creating Mentally Healthy Environments For Officials By Officials

When thinking about mentally healthy environments we should think also the culture we create, the team spirit and the values we live by.

What changes can you and other officials make to help ensure events are mentally healthy environments?

Buddy System

Having a wellbeing buddy can be really helpful. This is a person you trust, know well and someone who you feel safe going to when you need support. Similarly, it is someone who you feel confident in supporting too!

Identify a family member, friend or colleague who can be your buddy. You don't need to tell them but it is often helpful as this can open up positive conversations.

Remind yourself that this is your buddy and keep that in the back of your mind.

We can at times feel down, stressed or worried, during these times you could reach out to your buddy.

However, when you are happy and feeling good it can be useful to share this with them too!

Connect with each other, have a quick chat to ask how they are doing and each share a high point and a low point of the week.
Often we don't like sharing emotions with others and can find it difficult. By practicing and being more open we take small steps to help ourselves and others.
It helps us build connections, give, learn and take notice, things which have a positive impact on our wellbeing.



SAMH

Scottish Action for Mental Health

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Q&A











Comfort Break

Back in the room at 11.20am

Please take your seats…

Table 1	Table 2	Table 3	Table 4
Brenda Stephen	Eloise Rogers	Moira Logan	Keith Plenderleith
Gary Woods	Frank Coyle	Lesley Rogers	Peter Gray
Craig Armstrong	Caroline Johnston	Jason Pender	George Sneddon
Margaret Daly	Heather Stewart	Linden Nicholson	Rebekah Rose
Heather Cherrie	Kira Mourao	Winifred Walsh	Michael Clelland
Angela Lorimer	David Cairns	David Rose	Caitlin Watt
Stuart MacPherson	Carol Rose	Sue Maughan	Barry Connal
Gordon Baird	Brian Brown	Stephen Wallace	Isabel Baird
Alistair Aitchison	Margaret-Ann MacLachlan		Ian Macfarlane

Table 5	Table 6	Table 7	Table 8
Anne Stevenson	Rene Rogers	Amparo Ruiz-Prado	Lorna Rogers
Derek Ball	Evelyn Roxburgh	Brian Nisbet	Val Murdoch
Rona Sneddon	Avril Pearson	David Hoole	Moira Maguire
Gary Gammage	Jan Gammage	Pam Auckland	Jane Dunlop
Laura Gebbie	James Oliver	Kevin Rose	Moira Nisbet
Joyce Wighton	Brian Burgess	Norma Bruce	David Fleming
Sandra Hardacre	Alasdhair Love	Perter Ramsay	Hazel Wilson
Mark Stringer	Ann Malcolm	Kren Stevenson	David Rose

Scenarios

Margaret-Ann MacLachlan

Scenario 1

Athlete Competing in Two Events

An athlete is entered in both the 200m and the long jump, with the events taking place at overlapping times.

The athlete completes rounds one to three of the long jump. An official then approaches the athlete to call them to the start of the 200m. The athlete says that they do not wish to compete in the 200m and subsequently records a DNS, despite having declared for the event.

The coach of the athlete claims that they were told by a field official on site that it was OK not to do the 200m as it would just be marked as a DNS.

The long jump continues. After round six, the Meeting Manager decides that the athlete should be disqualified from the long jump competition because they had failed to participate in the 200m.

The decision is challenged by the athlete's team manager, resulting in a discussion involving the Track Referee, Meeting Manager, National Technical Delegate and Field Referee. It is ultimately decided that the athlete's results from rounds one to three will stand, as these took place before the relevant cut, but that the athlete will be disqualified from rounds four to six because of their failure to participate in the 200m.

The athletes best and gold medal winning jump occurred in round two.

The decision creates a further practical issue, as the long jump medals have already been presented. A replacement medal subsequently has to be obtained and presented to the athlete.

Scenario 1 – Discussion

- What should happen when an athlete is entered in two events taking place at the same time and chooses not to participate in one of them?
- Who should make the decision about any potential consequences for the athlete's participation in the other event?
- At what point should that decision be made?
- How should officials deal with situations where the relevant rules appear to create an unexpected or unclear outcome?
- What communication should take place between the Meeting Manager, Track Referee, Field Referee and other relevant officials to ensure that a decision is made consistently and, where possible, before the competition has concluded?
- How should officials handle the situation where a decision could affect results or medals that have already been confirmed or presented?

Scenario 2

Athlete Becomes Distressed During a Discussion

An official is speaking to an athlete about an incident that has occurred during competition. During the conversation, the athlete becomes visibly upset and starts crying.

The official is unsure whether they should continue discussing the incident, stop the conversation, or ask another official, coach or team manager to assist.

The athlete's support team subsequently raises concerns that the athlete was distressed on the field of play and that they were not allowed to approach or speak to the athlete at the time.

Scenario 2 - Discussion

- What should an official do when an athlete becomes visibly distressed during a conversation?
- Should the discussion about the competition issue continue, or should it be paused?
- Who should the official involve if the athlete needs support?
- When should a situation that initially appears to be a competition issue be treated as a welfare concern?
- What role can a coach, team manager or other appropriate person play in supporting the athlete?
- How should officials balance the need to deal with a competition matter with the welfare of the athlete?
- What should be recorded or communicated following an incident of this nature?
- Are officials clear about the point at which they should seek assistance from the appropriate welfare or safeguarding person?

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Keep welfare central when decisions are challenged

A young athlete becomes visibly distressed following a competition decision.

PAIR / SHARE • 3 MINUTES

01 What would you do?

02 Who would you involve?

03 What support might be required?

04 Would you record or report anything?

The aim is not a perfect answer—it is confident, welfare-centred thinking.

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You are not on your own

ADVICE

- Welfare support
- Safeguarding guidance
- Case advice

TRAINING

- Workshops
- Learning opportunities
- Conference development

RESOURCES

- Welfare webpages
- Mental Health & Wellbeing Hub
- Policies & guidance

WELFARE RESOURCES

IF YOU'RE UNSURE, ASK.

Advice is part of the support—not a sign you should already know.

Scenario 3

Athlete Missing from the Seeding

Twenty-eight athletes are in the call room for a girls' 800m and are preparing to go to the track after being seeded into three heats.

During the final checks, it becomes apparent that one of the athletes has **not been seeded**, despite having correctly declared for the event, she is ranked 8th based on the declared seed times.

The heats have already been prepared and printed, with **nine athletes in Heat 1, nine in Heat 2 and ten in Heat 3**, with Heat 3 being the fastest of the three heats. The maximum permitted number of athletes in a heat is ten, so the additional athlete cannot simply be added to the fastest heat without changing the seeding.

The athletes are already in the call room and are lined up to be taken to the track.

Scenario 3 – Discussion

- What should the officials do when an athlete has been omitted from the seeding despite correctly declaring for the event?
- Who should take responsibility for resolving the issue?
- Should the existing heats be re seeded, or could an alternative arrangement be considered?
- How should the decision balance fairness to the athlete who was missed against the athletes who have already been correctly seeded?
- What information should be communicated to the athletes and coaches?
- Who has the authority to make the final decision if there is disagreement between officials?
- What should be done to prevent the same issue occurring once the competition is underway?

Additional Information

- If the athlete concerned was the fastest ranked athlete in the event, would that change your approach?

Scenario 4

An incident in Call-Room

You are Call Room Referee at an international event. One of the judges, when checking the bag of a hammer thrower, finds a toy gun.

Questions for discussion

What action, if any, would you take?

Scenario 5

Convenor at District Cross Country League Match

You are a late stand in for the Convenor (Race Director) at a District Cross Country League match. The event and course were widely advertised 6 months prior to the event, with the local club confirming they would provide catering, welfare facilities, set up course and help out with some marshals. A timetable and course map were posted online and sent to clubs. This event is very popular and clubs throughout the district entered teams across all ages. A good day of competition is expected.

You arrive 2 hours before the first race. The car park marshal warns you that the pavement to the building is a bit slippery. At this point 2 volunteers start gritting the area. The weather forecast predicts snow later in the day and the ground is hard.

In the building, you note that soup is being prepared and there are trays of sandwiches/cakes.

You walk to the course and slightly ahead you see the set up team heading off with relevant equipment.

You have a list of officials. Although there are not as many as you would like, all areas are covered with minimum numbers. You start setting up declarations, signage, results room and check toilet facilities. You welcome officials as they arrive and, most importantly, hand out tea tickets and radios.

The teams start to arrive and the coaches walk the course with the u12 athletes. Coaches come to you complaining that the course is unsafe, there are overhanging branches and slippery tree stumps. The race referee has not arrived yet. The start team, as a favour, decide to set up the finish funnels as well as the start. Unfortunately, the area is different to that shown on the map.

Scenario 5

What would you do?

The declarations team call you as there are no numbers for two clubs but they have confirmation they have entered. The coaches want to walk the course with the athletes and they are getting a bit “tetchy” with the declarations team.

What would you do?

The marshals are starting to arrive and you think there may not be enough marshals.

What would you do?

After a while you realise there is no first aid, but you believe 2 officials and 1 coach have first aid knowledge.

What would you do?

The race referee arrives.

What would you do?

The marshals are waiting to go to their marshalling duties but the chief marshal is still out on the course and they do not have a radio.

What would you do?

The setup team arrives and state that, due to the ground being so hard, they have had to change the course.

What would you do?

It starts to snow.

Remember the first race has not started yet.

Scenario 6

Faulty Equipment

At the National Age Group Championships, the rope for releasing the locking pin on the right-hand gate at the hammer cage has fallen off.

The next event due in the cage is the under 16 Boys Hammer with 8 entries.

Scenario 6 - Discussion

Questions for discussion

- **What are your options**
- **Who gets involved**
- **Who makes the final decision**
- **Would your decision be different if the next event was the Discus**

Scenario 7A

Trials or Replacements

You are the Chief Judge for the Pole Vault at the Senior Championships. The stadium is very noisy, with a large crowd cheering for athletes competing in track events and loud music playing through the stadium speaker system.

You instruct the officials responsible for adjusting the bar to raise it to the next height. They begin moving the uprights and coordinating with one another to position the bar correctly in windy conditions.

Once you believe the bar is in place, you instruct the official on the time clock to start the clock. Two athletes subsequently complete successful attempts at this height.

One of the athletes then approaches you and queries whether the bar has been set at the correct height.

Scenario 7A - Discussion

Questions for discussion

- What would you do
- What are your options
- Who makes the final decision

Scenario 7B

Scenario 7b – Trials or Replacement

You are still the Chief Judge for the Pole Vault at the Senior Championships. There are now only three athletes remaining in the competition, and the bar has been raised to 5.70 m.

The competition is at the second-attempt stage. One of the athletes has left the field event after clearing the previous height to compete in the 200m and now returns to the Pole Vault, asking to take their attempt at 5.70 m.

Scenario 7B- Discussion

Questions for discussion

- What would you do
- What are your options
- Who makes the final decision

- Would your decision be different if this was a lower-level meeting or a local schools match

Scenario 8

What makes a good official

No matter your discipline there are attributes that are universal in what makes a good official.

List and explain what you think these qualities may be.

Are there any specific qualities required for your discipline

Scenario 8 – Discussion

Consider the following

- Communication under pressure- Quick decision.
- Challenging conversations with Coaches, Athletes, Fellow officials
- Newer officials how do you offer support particularly at the start of the event?
- Creating teamwork
- Dealing with experienced officials who want to do it their way
- Support when something goes wrong, how to recover and learn.

Scenario 8B

What makes a better official?

Lunch Time!

12:40 – 13:40

After Lunch go straight to your workshop

Para Rules - INSPIRED

Endurance – An International Event - INNOVATION

Would you Allow It – WISDOM

From Local Meeting to Major Championship – THIS ROOM

An Athlete's Journey from Grass Roots to Commonwealth Games

Nikki Manson

SA Performance Team

The Work Behind the Performance/Selection

Mark Pollard

Post Event Control
At
The Commonwealth Games
Glasgow 2026

Brenda Stephen

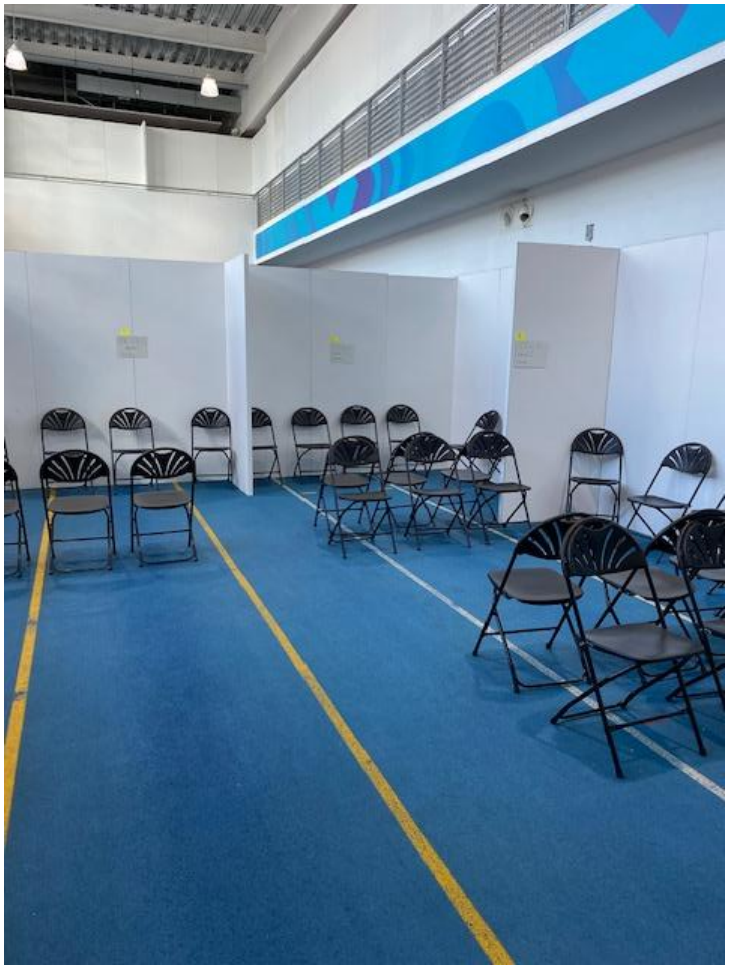
If you look up Post Event Control in the Rule book you will find it does not exist, so preparing to be Post Event Control Manager was an interesting challenge.



I did get information just before we arrived on where I would be – and it turned out to be a great space.

One of my best decision was investing in 6 small whiteboards, which proved an excellent way to ‘relabel’ the bays as the races arrived.





As the name suggests PEC controls everything to do with athletes after their event. We received Accreditation, Confiscations and Kit from Call Room and arranged these ready for the athletes' r







Monday 27/07 Morning

EVENT START	EVENT	GENDER	STAGE	ARRIVE ON SITE	INTROS	EVENT STARTS	Post Event Time	Official	
10:10	400m Hurdles R 1	M	Heat 1	10:04	10:08	10:10	10:11	A	
10:18	400m Hurdles R 1	M	Heat 2	10:12	10:16	10:18	10:19	B	
10:26	400m Hurdles R 1	M	Heat 3	10:20	10:24	10:26	10:27	C	
10:34	400m Hurdles R 1	M	Heat 4	10:28	10:32	10:34	10:35	A	
10:40	100m R1	M	Heat 1	10:34	10:38	10:40	10:41	B	
10:46	100m R1	M	Heat 2	10:40	10:44	10:46	10:47	C	
10:52	100m R1	M	Heat 3	10:46	10:50	10:52	10:53	A	
10:58	100m R1	M	Heat 4	10:52	10:56	10:58	10:59	B	
11:04	100m R1	M	Heat 5	10:58	11:02	11:04	11:05	C	
11:10	100m R1	M	Heat 6	11:04	11:08	11:10	11:11	A	
10:30	Long Jump Qual A	M	Qual A	10:00	10:27	10:30	11:15	B	**
11:16	100m R1	M	Heat 7	11:10	11:14	11:16	11:17	C	
11:22	100m R1	M	Heat 8	11:16	11:20	11:22	11:23	A	
11:28	100m R1	M	Heat 9	11:22	11:26	11:28	11:29	B	
11:34	100m R1	M	Heat 10	11:28	11:32	11:34	11:35	C	
11:40	100m R1	M	Heat 11	11:34	11:38	11:40	11:41	A	
12:00	110m Hurdles R 1	M	Heat 1	11:53	11:58	12:00	12:08	B	
12:07	110m Hurdles R 1	M	Heat 2	12:00	12:05	12:07	12:09	C	
12:25	100m R 1	W	Heat 1	12:19	12:23	12:25	12:26	A	
12:31	100m R 1	W	Heat 2	12:25	12:29	12:31	12:32	B	
11:50	Long Jump Qual B	M	Qual B	11:20	11:47	11:50	12:38	C	
12:37	100m R 1	W	Heat 3	12:31	12:35	12:37	12:38	A	
12:43	100m R 1	W	Heat 4	12:37	12:41	12:43	12:44	B	
11:55	Hammer Throw	W	Qual	11:25	11:52	11:55	12:47	C	
12:49	100m R 1	W	Heat 5	12:43	12:47	12:49	12:50	A	
12:55	100m R 1	W	Heat 6	12:49	12:53	12:55	12:56	B	
13:01	100m R 1	W	Heat 7	12:55	12:59	13:01	13:02	C	
13:07	100m R 1	W	Heat 8	13:01	13:05	13:07	13:08	A	
13:16	T38 100m R 1	W	Heat 1	13:10	13:14	13:16	13:17	B	
13:23	T38 100m R 1	W	Heat 2	13:17	13:21	13:23	13:24	C	
13:30	Session Ends					13:30	13:30		

ace needed for Field

I was all prepared with Day 1 Duty Sheet only to find that the 400m Hurdles were dropped to be replaced on another day by 3 Semi Finals.

Fortunately, TIC came to the rescue and ran off copies from my Memory Stick once the changes were made.

My notion of a set timetable was obviously misconceived.

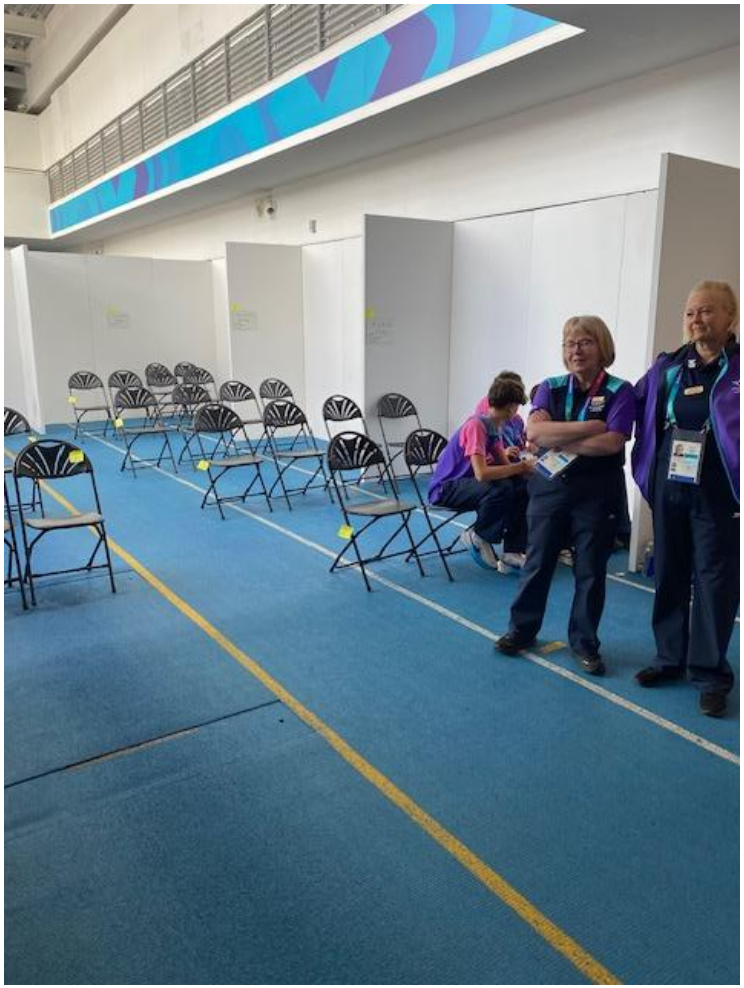


The Doping Team were regular visitors

The Transponder Team worked just outside our door



We had hardly any time to relax!!

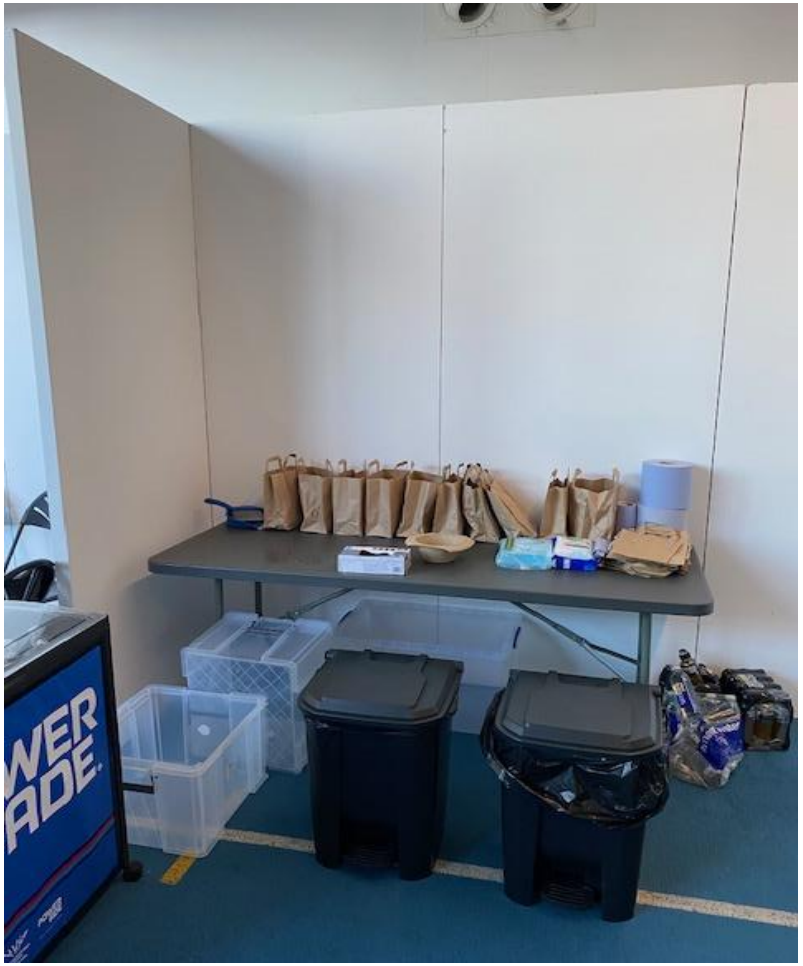


PEC has the reputation for being a cross between a Sick Bay and an Emotions hub and it certainly lived up to its reputation after the heats of the 400m, when the area looked more like an Emergency Triage.



We had the great bonus of the Medical Team's base just across the corridor.

We were very proud of our sick bay which evolved over the course of the week.



We were constantly reorganising the chairs to suit and when we had 4 Relay Races arrive within 30 minutes the place was organised chaos.

Statistics

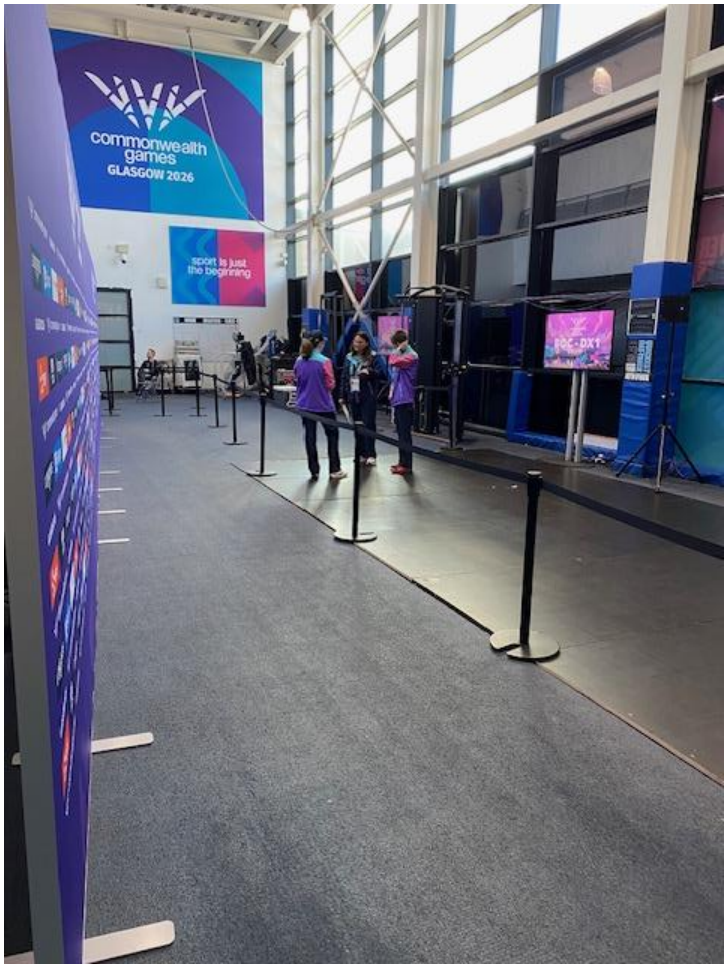
8 teams of 4 all with accreditation and ‘stuff’ to collect X 4



We met every athlete, every star performer and every first timer. Every event had athletes who were elated and those deeply disappointed, and we tried to provide a safe space for both emotions.

These pictures are from the Media Zone and it was our major challenge!!





This is the Media Zone before the rush. Lots of cameras from lots of countries and interviews taking a looooonnnnggg time!

But athletes on the whole were great to work with.

I was lucky to have a great team of officials and volunteers and as this was most likely my last international experience it was a great way to finish.



The PEC Family Pictures













Presentation of Service Awards

5 Years Service Awards

- Craig Armstrong
- Lesley Rogers
- Caroline Johnson
- Kia Mourao
- Laura Gebbie
- Karen Stevenson
- Stephen Wallace

10 Years Service Awards

- Moira Logan
- Stuart MacPherson
- Carol Rose
- Kevin Rose

15 Years Service Awards

- Margaret Daly
- Brian Burgess

25 Years Service Awards

- Jim Oliver

UK Athletics

40+ Years Service Awards

- Rona Sneddon
- George Sneddon



Thank you
&
Safe Travels!

