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CLUB NEWSLETTER - Winter 2023/24

Happy New Year, happy new newsletter!

This is the first of hopefully a few newsletters dotted throughout the year to keep you up-to-date with all the goings on with the athletics club. If you have any results, news or announcements you would like us to share; send an email to commsmanager@centralathletics.com

In October we held the 2023 AGM with a fair turnout, lots of ideas and some very delicious cakes. New members, volunteers and ideas for the club are always welcome, so please do get in touch.

YOUR NEW COMMITTEE:

President: Paul Davies

email: president@centralathletics.co.uk



VP and Membership Secretary:

Colin Sinclair

email: membership@centralathletics.co.uk

Secretary: Andrew Irvine

email: secretary@centralathletics.co.uk



Treasurer: Cameron Mine

email: treasurer@centralathletics.co.uk



Club Together Officer: Dave Ingram

Welfare Officer: Alan Hume

Communications Officer: Kimberley Milne

Past President: John MacDonald

Past President and Men's team

manager: Derek Easton

Women's team manager: Louise Torr

Junior team manager: Martin Mckinley

Stirling Representative: Beccy Osborn

Alloa Representative: Dave Ingram

Balfron Representative: David Eckersley

Callander Representative: Craig Walker

Statisician: Kenny Pearson

Club Kit and Website: Hugh Buchanan

SCOTTISH ATHLETICS AWARDS EVENING



It was a great evening out for Central AC at the annual Scottish Athletics 4J Studios Annual Awards Dinner in Glasgow on Saturday 28 October.

The first award was the club winning the title of Off-Track Club of the Year.

And the major excitement was the award of the Tom Stillie Sword to our star adult endurance coach, Derek Easton. The Tom Stillie award is presented to the person who has contributed the most to Scottish Athletics within the preceding year.

Congratulations to everyone involved!

LONDON MARATHON PLACES AVAILABLE

The club has been given 2 places for the London Marathon 2024. If you are interested, please get in touch with Cameron Milne (email: treasurer@centralathletics.co.uk) as soon as possible to register your interest !!

CLUB KIT UPDATE



We've updated the range of club kit available through FN Teamwear. The changes include adding a bobble hat (£6.85) which is available in adult and children's sizes. Other changes are a refresh of the t-shirts and sweatshirts to bring in more recent items from the Joma range. Full details of all the kit are available on the [Club Kit](#) page of the website.

CENTRAL AC END OF SEASON CELEBRATION



A great evening was had by all at the recent awards night and end of season celebration.

The trophy winners were announced on the night:

Joe Allan Trophy for best performance by an under 13 at the club championships

Girls: Rachel Carvel High Jump
Boys: Sam Nicolson 1500m

Bob Crawford Memorial Trophy for best Javelin Performance over the season

Female: Caitlin
Male: Douglas Fleming

Best performance by a senior boy thrower at club championships

Lewis Miller: Shot Putt

Jimmy Millar Trophy for horizontal jumps

Female: Loren Stewart (Long Jump)
Male: Lewis Miller (Long Jump)

Best Performance by any athlete at the club championships

Dara Clark: High Jump U15G

Fraser Shield for Most Improved Athlete

Female: Aaliyah McCloud 300m
Male: Dylan McCulloch 400m

Robert Shephard trophy for outstanding contribution by a female athlete to club performance

Emily Stanford

Isobel Robertson Trophy for outstanding contribution to young athletes leagues

Male: Cameron Tanner
Female: Ella Tanner

Congratulations to them, to all the award winners and all the other athletes competing for the club. The certificate winners, time trial and club championship prizes can be found on the Facebook page and the website!

GRANGEMOUTH STADIUM

Grangemouth Stadium that the club and its athletes use week in week out for training and competition has been ear-marked for closure by Falkirk Council in November 2025. A petition has been made to show how much this would impact our athletes and why it must stay open. **Please join us in supporting the petition**

<https://www.change.org/p/halt-the-potential-closure-of-grangemouth-stadium-preserve-a-community-national-asset>

PODFATHER STIRLING 10K

SAVE THE DATE!
SUNDAY 8TH
SEPTEMBER 2024



Planning for the 2024 edition of The Podfather Stirling 10k is well underway and we are very excited that the event has been chosen to host the Scottish 10k Road Race Championships. We would like to thank the Podfather team for again being the title sponsor of the event as this is the 3rd year of their sponsorship and their support has allowed the event to bring in a number of new initiatives and now be recognised as one of the premier running events in Scotland.

The 2k for ages 5-9 and 3.5k for ages 10-14 return after proving very popular this year and entries for all three events go live on 6th January on Entry Central. Due to the incredible feedback we had this year, we are expecting a high level of interest in all three events in 2024. Race date is Sunday 8th September 2024.

We are always looking for volunteers, so let us know if you can help on the day if you aren't running of course!

SUMMER RACE SERIES

Plans are being made for a Central AC summer race series in which we challenge you to participate in a number of local races throughout the summer months. Keep an eye out as more details of this will be announced very soon!



JUNIOR CLUB UPDATE:

from Martin McKinley

East District Cross Country Relay Championships, Livingston, 7th October

Biblical rain greeted us for the first XC of the season with some athletes unable to get there due to the weather and several more unable to get home afterwards! We were still able to field 2 full girls teams and 3 full boys teams for the junior events. Tessa Gray, Emily Stanford and Niamh McKinlay were first Central girls and took 17th place overall followed by team 2 consisting of Olivia Denholm, Ella Tanner and Leah Brown in 33rd place. Standout performance from Emily who picked up 15 places as she ran a strong second leg. Jack Campbell, Harrison MacMillan and Alex Dunlop were our first boys team home in 15th place. Thomas Arnott, Cameron Tanner and Scott Hill were next in 26th place, closely followed by Leo Chan, Rory MacMillan and Conall Paterson in 28th place. Boy's performance of the day was a tough call but Harrison edged it picking up some 14 places during his leg however Thomas's first run out was strong and both Rory and Alex picked up a good number of places on their legs.

East District Cross Country League Race 1, Kirkcaldy, 14th October

Unlike Livi a week earlier, this race was held in glorious sunshine with not a drop of mud in sight. That said, we struggled for numbers with no U13 boys or girls and no U11 girls. Sam White was our sole U11 boy and ran fantastically to take 9th place. Harrison (5th) and Rory MacMillan (7th), Joel Gillan (10th) and Cameron Tanner (31st) picked up 1st place in the U15 boys team event. Henry Crossley (29th) and Conall Paterson (36th) were our representatives at U17M. Our girls took 8th place in the combined U15/U17 race with Leah Brown leading us home (35th) followed by Niamh McKinlay (46th), Tabitha MacKenzie (49th) and Ella Tanner (60th).

National Cross Country Relay Championships, Cumbernauld, 21st October

It was a tough day for our junior girls at Cumbernauld but they stuck to their task and shout out to Katherine Mitchell who made it round despite being in a huge amount of pain to allow her team to complete the race. First girls team in were Jessica Walker, Ella Tanner and Leah Brown finishing in 51st place overall. Next came Erin Combe in her debut race, Katherine Mitchell and Niamh McKinlay in 58th place. We had 3 boys teams for this one again and the Central A team of Thomas Arnott, Gavin Rodger and Alex Dunlop came in 38th place overall, followed by Cameron MacKenzie, Sam Nicholson and Scott Hill in 48th and Zackary Walker, Ben Homoncik and Conall Paterson in 50th spot.

Alex stood out picking up 6 places on his leg but great to see both Sam and Ben hold their own running up an age group and still getting some overtakes in.

Short Course Cross Country Championships, Lanark, 4th November

Emily Stanford had a great run finishing in 12th place in the U15 Girls race, followed home by Ella Tanner in 85th and Norah Thompson in 96th for a team placing of 14th. Injury denied us a scoring team for U15 Boys but Harrison (13th) and Rory MacMillan (27th) ran well in what was a very fast race. Central's U17 women took 9th place in the team event, led home once again by Leah Brown (42nd) and followed by Niamh McKinlay (45th), Robyn McKerracher (49th) and Tabitha MacKenzie (55th). Yet more injuries left Alex Dunlop as our only representative at U17 Men level and he ran a great race to finish 32nd in a time of 10m 13seconds.

East District Cross Country League Race 2, Dundee, 18th November

A few more athletes competing in the younger age groups for race 2 which was welcome, however further injuries meant we were without any U17 men this time out. Sam White was our only U11 boy once more and as in the first race of the season, he performed brilliantly taking 9th place. Zackary Walker got off the mark in the league this season coming 59th in the U13 boys race. Our U15 boys looked really quick with Harrison in 2nd place followed by Rory (5th) and Joel (9th) to take a very clear 1st place for the team. Great to see Hannah Inman in her first race of the season and what a start – confidently working through the field to finish up in 3rd place in the U11 girls race. We had a couple of U13 girls this time around with Erin Coombe (42nd) and Jessica Walker (57th) enjoying good runs in the mud. We had a great turnout for the combined U15/U17 girls race. Emily Stanford was first in (19th) followed by Niamh McKinlay (34th), Leah Brown (45th), Katherine Mitchell (54th), Tabitha MacKenzie (62nd), Fia Watkin (63rd), Ella Tanner (75th), Evie Low (79th) and Norah Thompson in 85th place. This time they took 7th place in the team scoring so some steady improvement.



ALLOA CLUB UPDATE:

from Dave Ingram

Meeting twice a week we have about a dozen dedicated athletes who are turn up to train in all weathers. Across the summer months we have covered most athletics disciplines and several of our athletes have taken part in school, club and open competitions, some for the first time.

We are now focussing on fitness and conditioning along with keeping an eye in with more technical events as we move into our winter training and are enjoying one night a week indoors at Lornshill.

CLUB START UPDATE:

from Dave Ingram

With over 50 members aged 5-11 each week, we have a lot of fun teaching the basics of running jumping and throwing. With athletes of all abilities, it's a mix of fundamentals and encouraging the more able to take part in competitions and events. No two training nights are the same at Club Start and thanks to some brilliant volunteers in the form of Central's teenage athletes we offer a fun session of athletics each week for our youngest athletes.

SENIOR MENS TEAM UPDATE:

The Senior Men's Endurance Group got the Cross Country season off to an impressive start with team victories at the National XC Relay Championships, the National Short Course XC Championships, the East District XC Championships, and by qualifying for the European Club Championships in Portugal in February.

There were numerous individual performances that are worth mentioning! However, in the interests of brevity, highlights include Jamie Crowe taking the National Short Course XC title and the East District XC Championships with fellow club member and Olympian Andrew Butchart being up the runner up. Calum Phillip displayed fine form taking a strong 2nd place at the Scottish Student Championships.

BALFRON UPDATE:

from David Eckersley

In Balfron we have a young group of athletes (9 – 13 years old), who are just having their first experiences of athletics. We try to introduce some basic running skills, jumps and throws with some fun as well. We usually have about 18 athletes attending on a Tuesday night and have 7 athletes on a 4 week trial. There has been a steady increase in interest in athletics this autumn from the local area.

We have great coaching support from Gordon Bell and Mark Hill and support from several teenagers during D of E. We have a flood lit astro pitch and tarmac areas to use in the winter at Balfron High School and in the summer we use the grass pitches, 100m track and long jump/ throws area. We share a store with Balfron HS.

We have had limited interest in competing at present but keep encouraging.

Thomas Arnott and Scott Hill had several strong runs in the East and National XC relays.

Balfron had a good turnout at the first Central XC series in Callander on 25/11/23.

Thomas Arnott had a great run and was first U13 boy on the day, Jack Morrison was 7th U11 boy and Louis Maynard put in a great effort in the U15 boys race.

Annie Arnott was second U11 girl, 1 second behind the winner. Charlotte Stevenson had a good run in the U13 girls race.



For the men's masters, Scott Brember and Charles Graham-Marr took fine victories in the M50 and M65 categories respectively, and Hugh Buchanan a well deserved 3rd place in the M60 category at the East District XC Championships.

Focus in the new year shifts to the culmination of the East District XC League, with the club is also sitting well clear at the top. Beyond that the famous mud of Callander beckons with the National XC Championships!

SENIOR WOMENS TEAM UPDATE:

from Louise Torr



The 2023/24 Winter season has seen a fantastic number of athletes compete for the club in the U20 through to Masters Women's categories. The season started with a cross country training session and brunch outing back in September to build some team spirit and cross-country confidence.

It was an excellent turn out for the first relay event of the season with 5 teams out at a very soggy Livingston. The first ladies team came home in 8th place with some very strong individual performances, Jennifer Wetton having the 7th fastest performance that day.

Out at Cumbernauld for the National relay champs, the girls put in solid performances for the first team place of 9th, with a strong team of Jennifer Wetton, Kim Milne, Tuscany Wright and Heather Scott. The 2 other full teams finished in 23rd and 28th places with a fourth incomplete team also taking part.

In the league races, whilst Kirkcaldy was fairly quiet with only 2 athletes racing, we had 6 athletes out at Dundee in proper wet and muddy cross-country conditions. Central AC finished in third team place that day with Morag Millar running strongly and finishing in overall second

place in the race.

At the National Short Course Cross Country Champs, there were 7 athletes out there and the first team finished in 14th place.

The final calendar year event of 2023 was the East District Cross Country champs in Aberdeen. Given the distance to travel, it was excellent to see 7 ladies out there taking on the 8.5km course. It was an extremely cold day, with temperatures not getting above freezing. The ladies team came home in 6th place and Tuscany Wright finished a very respectable 6th in the U20 race.

With another 5 races on the calendar to go (East League Bathgate 27th Jan; Masters National XC Champs, Forres 11th Feb; National XC Champs, Falkirk 24th February; the Alan Scally Road Relays, Glasgow Green 2nd March; and National Road Relays Champs, Livingston 23rd March) there is still more success to come for the Central AC ladies.

A particular shout out needs to go to Liam McCabe who has been super helpful with team management assistance to Louise! Thank You!



DID YOU KNOW? In 2024 Central Athletics **turns 50!** We plan on organising some celebrations throughout the year, so keep an eye out!



That's all for now folks!

But to keep up to date with the latest info be sure to check the [Facebook page](#) and the club website:

www.centralathletics.co.uk