

# Roll Of Honour

# Year Book 2020

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## Scottish Vests

Eloise Walker U20 Liverpool Cross Challenge.  
Eloise Walker U20 Home Countries International Stirling

## East District Vests

Pippa Carcas U17 Run Stirling, Inter Counties Cross Country Loughborough  
Chloe Cox Senior Run Stirling  
Michael Christoforou Senior Run Stirling  
Dylan Daunt U13 Run Stirling  
Elaine Eadie Inter Counties Cross Country Loughborough  
Katie Johnson U15 Run Stirling, Inter Counties Cross Country Loughborough  
John Lenehan Inter Counties Cross Country Loughborough  
Anise Macaulay Orr U15 Run Stirling  
Daska MacDonald U13 Run Stirling  
Megan McKay U13 Run Stirling  
Hugh Morrow U17 Run Stirling  
Rose Newman U17 Run Stirling  
Isla Scott-Pearce Senior Run Stirling, Inter Counties Cross Country Loughborough  
Sorcha Shepherd U15 Run Stirling, Inter Counties Cross Country Loughborough  
Lauren Wilson Senior Run Stirling

## National Records

Alisha Rees 60m Indoors 7.32, Scottish Record  
Cal McLennan 1500m (Decathlon) 4:15.98 Warsaw Scottish best performance  
Eloise Walker 3K Indoors 9:21.30 Indoors Scottish Record  
Jake Wightman 1000m Indoors 2:17.51 Boston, British Record  
Jake Wightman 1500m 3:29.47, Monaco, Scottish Record

## Club Records

### Indoor

Bera Ajala U20 Triple Jump 14.64m  
Paul Forbes Scottish Masters M60 800m 2:18.84  
Rob Henderson U17 Long Jump 6.61m  
Katie Johnson U17 1500m 4:36.84  
Josh Kerr 800m 1:47.37  
Alisha Rees 60m 7.32  
Eloise Walker U20 1500m 4:24.52  
Eloise Walker U20 3K 9:26.13 (although faster than the National Record, it was a mixed race and is thus a National Best Performance and a Club Record)  
Jake Wightman 1000m 2:17.51



## Outdoor

Bera Ajala (U20) Triple Jump 15.37m

Katie Johnson U17 800m 2:08.35 Meadowmill

Jake Wightman 1500m 3:29.47, Monaco, Scottish Record

## Indoor Championships

### GB Championships

Alisha Rees 2nd 60m

Courtney Macguire 3rd Pole Vault

### Scottish Masters Championships

Richard Clark M40 3rd 200m

Cath Ferry W45 2nd

Paul Forbes M60 1st 800m

Sharyn Ramage W55 2nd

### British Masters Championships

Paul Forbes 1st 800m

### Scottish Championships

#### Seniors

Alexandra Burns 3rd Long Jump

Emma Canning 2nd Long Jump

Gillian Cooke 3rd Pole Vault

Mhari Prentice 1st 400m

Katie Purves 2nd 60mH

Alisha Rees 1st 60m

Che Richards 2nd Long Jump

Eloise Walker 3rd 1500m

Sarah Warnock 1st Long Jump

#### U20

Bera Ajala 1st Triple Jump

Fabian Despinoy 3rd 800m

Katie Johnson 1st 800m, 2nd 1500m (Katie is an U17)

Max Leslie 3rd 200m

Mollie Reville 1st Long Jump (Molly is an U17)

Callum Simpson 1st High Jump

#### U17

Katie Johnson 1st U17 1500m, 1st 800m

Cameron Forbes U17 2nd High Jump, 3rd 60mH

Rob Henderson 2nd U17 Long Jump

#### U15

Carly Smith 1st 800m

#### U13

Dashka Macdonald 3rd 1500m

Megan McKay 1st 800m



Photo Credit: Paul Forbes

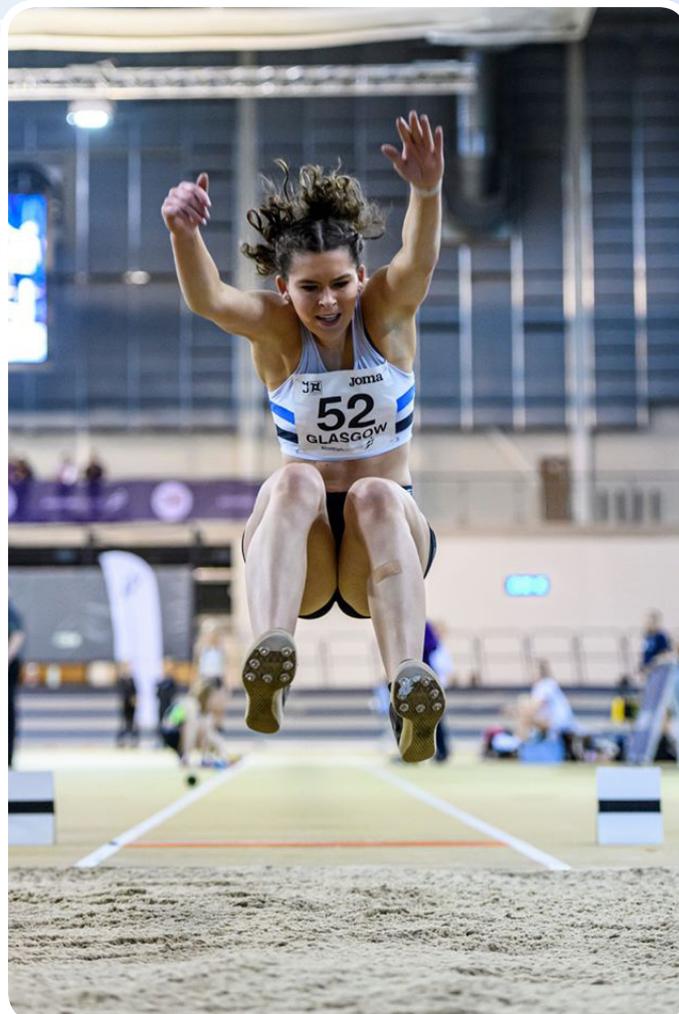


Photo Credit: Bobby Gavin

## Combined Events Championships

Cal McLennan Senior 3rd 4720 points

## Scottish 3K Championships

Eloise Walker U20 Gold

Leon Johnson M40 Gold

Katie Johnson U17 Silver

## National Indoor Relay Championships

4 x 200m Seniors Gold

Emma Pedrana, Isla Innes, Sarah Malone, Stacey Downie

4 x 200m U13 Girls Silver

Marianna MacLean, Katie Reid, Charlotte Smart, Jedidah Ajala

## England Athletics Championships

Callum Newby U20 Silver Combined Events

## BUCS Championships

Calum Henderson 3rd Long Jump

Alisha Rees 2nd 60m

Eloise Walker 3rd 1500m

## Wanamaker Mile New York

Chris O'Hare 1st

## Outdoor

### British Championships

#### Finalists

Hannah Cameron 6th 800m 2:09.46

Joe Ewing 5th 800m 1:50.13

Eloise Walker 9th 1500m 4:19.24

Jake Wightman 2nd 800m 1:46.26

### New Year Sprint

Stacey Downie 3rd

### Monument Mile Classic

Katie Johnson (U17) 3rd in Womens Elite race



Photo Credit: Bobby Gavin

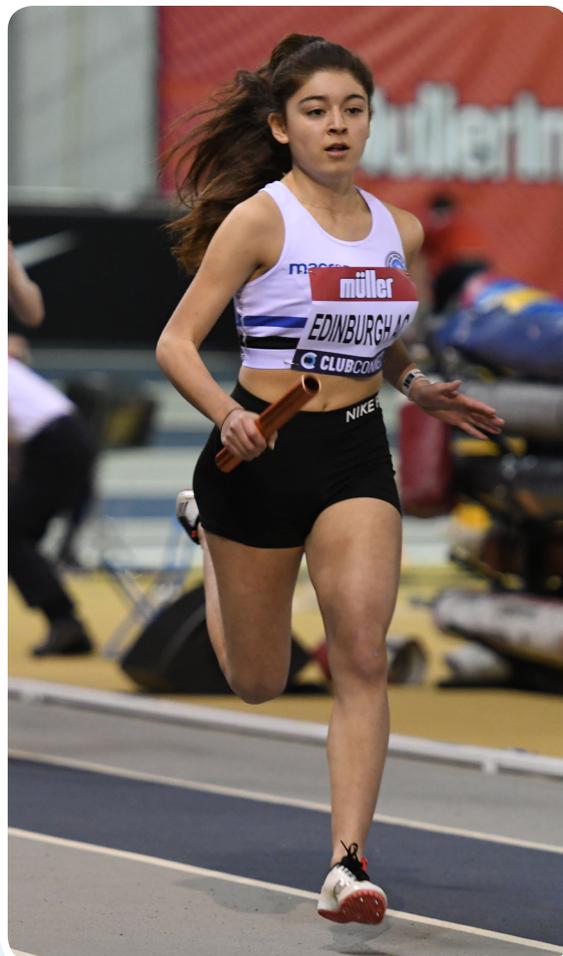


Photo Credit: Gary Leek

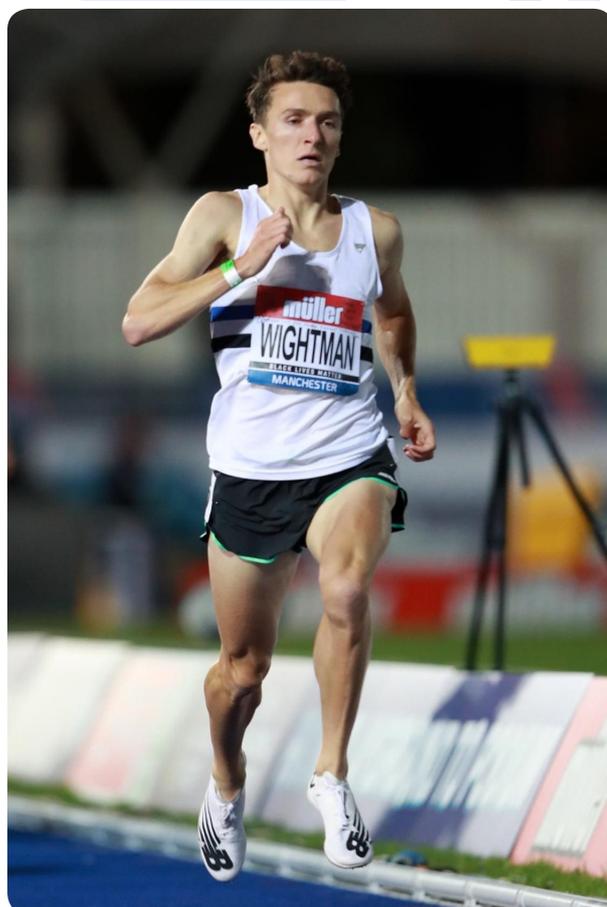
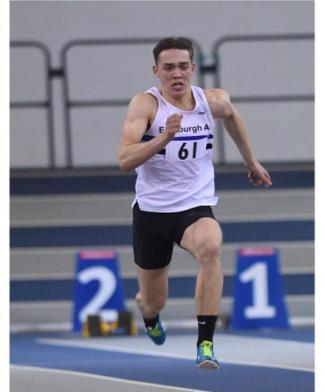
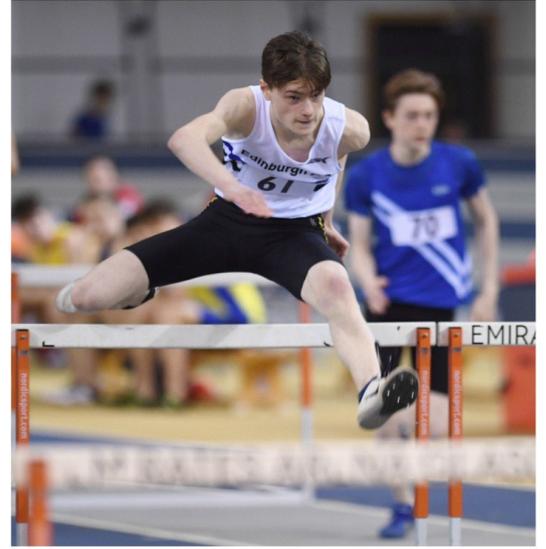


Photo Credit: Via British Athletics/Getty Images



Photos by: Gary Leek

# Road Races

## Scottish Veterans Road Relays

2nd Team Leon Johnson, Stuart Johnston, Mark Thornton-Smith, John Lenehan

## Scottish Young Athletes Road Races

U/13 Girls, Megan McKay, Jessica Taylor, Dashka Macdonald 2nd Team

U/15 Girls, Katie Johnson, Anise Macaulay Orr, Roxanne Wright 2nd Team

U/17 Women, Cade Wright 2nd

## Edinburgh Men's 10K

Neil Renualt 1st Male

Stuart Johnston 7th (1st over 40 Male)

Isla Scott-Pearce 1st Female

Jaqueline Rainger 2nd Female, 1st over 40 Female

Amanda Woodrow 3rd Female



Photo Credit: Bobby Gavin

## Allan Scally Road Relay

Trophy Winners and course record, Jake Wightman, Mike Christoforou, Joe Ewing and Andy Fyfe

Tillicoultry 10K

Jim Scott 3rd V65

## Bert Farmer Paarlouf

1st Flo Tornay and Iain Craven

2nd Kev Hamilton and Iain McDonald

3rd John Lenehan and Mhairi Ferguson



Photo Credit: John Lenehan

## Scottish Mid Trail Championships

Women Team Gold Hazel Maccormick, Rebecca Frake, Elaine Eadie, Sue Ridley

1st V50 Sue Ridley, 2nd V50 Karen Dobbie



Photo Credit: John Lenehan

# Cross Country

## Pat Spence Memorial Trophy

Edinburgh Ladies awarded the trophy for the seasons top performing Scottish Club.

## Celtic and Home Countries International XC Stirling

Eloise Walker 4th

## National XC Championships

Freddie Carcas 1st U20 Men

Cade Wright 3rd U17 Women

U17 Women 1st Cade Wright, Tallulah Wright, Pippa Carcas

U13 Girls 3rd Dashka Macdonald, Jessica Taylor, Anna Cruden, Megan McKay

## Short Course XC Championships

### Senior Men

3rd Freddie Carcas, Michael Christoforou, Joe Ewing, Iain Whitaker

### Senior Ladies

3rd Lauren Wilson, Hannah Cameron, Zoe Bates, Rebecca Burns

### U15 Girls

2nd Katie Johnson, Anise Macaulay Orr, Carly Lynne Smith

### Individual

Freddie Carcas 1st U20 Men

Katie Johnson 2nd U15 Girls

Leon Johnson 2nd V40 Male

Jenny MacLean 2nd V40 Women

## National X Country Relays

Senior Women 2nd L. Wilson , L Stoddart, H.Cameron, R.Frake

Masters Men 3rd I.Craven, S.Johnston, R.Meade, L.Johnson

Masters Women 3rd overall and 1st V50, Sue Ridley, S. Ramage, J. Morrow

Young Females 3rd D. Macdonald, K. Johnson, P. Carcas

## Scottish Masters XC

V50 Womens Team 3rd Shona Adam, Karen Dobbie, Sue Ridley

V40 Jenny Mclean 2nd

## Ulster XC Championships

Lauren Wilson 3rd

## Inter Counties XC Loughborough

Pippa Carcas East Scotland Team 1st



Photo Credit: Bobby Gavin



Photo Credit: Bobby Gavin



Photo Credit: Dani P Rivera



Photo Credit: Neil Renton

## East District XC Championships

U15 Girls 1st Katie Johnson  
U13 Girls 3rd Megan McKay

### Team Medals

U13 Girls 1st Megan McKay, Dashka Macdonald, Anna Cruden  
U15 Girls 2nd Katie Johnson, Sorcha Shepherd, Anise Macaulay Orr  
Senior Women 3rd Chloe Cox, Rebecca Frake, Amy Vincent, Elaine Eadie

## East District XC Relay Championships

Young Athletes Females 3rd Megan McKay, Sorcha Shepherd, Katie Johnson  
Young Athletes Male 1st Patrick Barnes, Ross Dewar, Hugh Morrow

## Stirling XC Challenge

U17 Pippa Carcas 3rd  
Senior Michael Christoforou, Gold Team medal with Scotland East  
Senior Lauren Wilson, Gold Team medal with Scotland East

## British XC Challenge

U20 Milton Keynes, Eloise Walker 1st

## East District XC League

### Final League Positions

U11 Girls 1st  
U13 Girls 2nd  
U15 Girls – U17 Women 1st  
Senior Women 1st  
The Women's /Girls Team were overall League Winners.  
U11 Boys 1st  
U13 Boys 1st  
U15 Boys 5th  
Senior Men 5th

## Edinburgh AC Cross Country Grand Prix

1st Female Elaine Eadie  
1st Male Iain Macdonald  
1st V40 Female Jenny MacLean  
1st V40 Male Leon Johnson  
1st V50 Female Sue Ridley  
1st V50 Male Dani Rivera  
1st V60 Eric Stevenson



Photo Credit: John Lenehan

# TRACK & FIELD RANKINGS 2020



# INDOOR MALES

60	Michael	Olsen	Sen	6.83	22 February 2020	Emirates
60	Berachiah	Ajala	U20	7.15	01 March 2020	Emirates
60	Rohan	Green	Sen	7.16	26 January 2020	Emirates
60	Max	Leslie	U20	7.26	12 January 2020	Emirates
60	Calum	Newby	U20	7.28	01 February 2020	Emirates
60	Kieran	Kivlin	Sen	7.30	26 January 2020	Emirates
60	Ross	Edmonds	Sen	7.31	8 February 2020	Emirates
60	Tom	Kelly	U17	7.31	06 February 2020	Emirates
60	Cal	McLennan	Sen	7.41	01 March 2020	Eton
60	Calum	Holmes	U20	7.47	06 February 2020	Emirates
60	Mateo	Hughes	U17	7.56	26 January 2020	Emirates
60	Alastair	Holmes	U17	7.58	06 February 2020	Emirates
60	Lachlan	Gray	U20	7.62	12 February 2020	Grangemouth
60	Alex	Poustie-Williamson	U17	7.64	20 December 2019	Emirates
60	Max	Mayer	U20	7.75	6 February 2020	Emirates
60	Cameron	Forbes	U17	7.76	18 January 2020	Emirates
60	Benjamin	Roger	U17	7.91	12 January 2020	Emirates
60	Alan	Rouf	U15	7.99	27 October 2019	Emirates
60	Gary	Leek	V55	8.02	2 February 2020	Emirates
60	Thomas	Russell	U15	8.02	01 December 2019	Emirates
60	Omar	Bajo	U15	8.13	01 March 2020	Emirates
60	Aidan	Morrice	U13	9.30	27 October 2019	Emirates
60	Arran	Batchelor	U13	9.34	01 December 2019	Emirates
60	Archie	Smart	U11	9.61	27 October 2019	Emirates
60	Zac	Turtle	U11	10.19	12 January 2020	Emirates
60	Patrick	Pim	U11	10.85	01 December 2019	Emirates
200	Max	Leslie	U20	22.22	29 February 2020	Emirates
200	Tom	Kelly	U17	23.28	06 February 2020	Emirates
200	Ross	Edmonds	Sen	23.54	8 February 2020	Emirates
200	Mateo	Hughes	U17	23.54	06 February 2020	Emirates
200	Ewan	Purves	U17	24.26	18 January 2020	Emirates
200	Benjamin	Roger	U17	24.40	06 February 2020	Emirates
200	Oliver	Finlayson	U17	24.74	6 February 2020	Emirates
200	Alastair	Holmes	U17	24.92	27 October 2019	Emirates
200	Thomas	Russell	U15	25.46	01 December 2019	Emirates
200	Omar	Bajo	U15	25.88	01 March 2020	Emirates
200	Daniel	Lavery	U17	26.61	26 January 2020	Emirates
200	Alan	Rouf	U15	26.67	12 January 2020	Emirates
200	Richard	Clark	V40	27.27	18 January 2020	Emirates
200	Arran	Batchelor	U13	30.15	29 February 2020	Emirates
200	Aidan	Morrice	U13	30.87	27 October 2019	Emirates
300	Mateo	Hughes	U17	37.51	06 February 2020	Emirates
300	Benjamin	Roger	U17	38.22	06 February 2020	Emirates
300	Oliver	Finlayson	U17	38.88	6 February 2020	Emirates
400	Ross	Edmonds	Sen	51.28	8 February 2020	Emirates
400	Ewan	Purves	U17	51.63	06 February 2020	Emirates
400	Angus	McGregor	U20	53.64	6 February 2020	Emirates
400	Connor	Collins	Sen	54.15	8 February 2020	Emirates
400	Oliver	Finlayson	U17	56.29	26 January 2020	Emirates
400	Leo	Dickson	U17	56.62	27 October 2019	Emirates

400	Oskar	Triffitt	U20	57.11	6 February 2020	Emirates
400	Andrew	Taylor	Sen	57.68	8 February 2020	Emirates
400	Richard	Clark	V40	60.81	2 February 2020	Emirates
400	Paul	Forbes	V60	62.28	18 January 2020	Emirates
400	Patrick	Barnes	U15	63.96	01 December 2019	Emirates
400	Fergus	Pim	U15	65.35	12 January 2020	Emirates
600	Patrick	Pim	U11	1.59.29	12 January 2020	Emirates
600	Zac	Turtle	U11	1.59.78	12 January 2020	Emirates
600	Reuben	Lees	U11	2.03.04	01 December 2019	Emirates
<b>800</b>	<b>Josh</b>	<b>Kerr</b>	<b>Sen</b>	<b>1.47.37</b>	<b>23 February 2020</b>	<b>Emirates</b>
800	Fabian	Despinoy	U20	1.57.61	1 March 2020	Emirates
800	Tom	Ireland	U20	2.05.85	1 December 2019	Emirates
800	Ewan	Purves	U17	2.07.45	12 January 2020	Emirates
800	Muir	Gillespie	U17	2.09.11	18 January 2020	Emirates
800	Andrew	Taylor	Sen	2.10.12	8 February 2020	Emirates
800	Ross	Dewar	U17	2.11.65	12 January 2020	Emirates
800	Connor	Collins	Sen	2.11.68	8 February 2020	Emirates
800	Paul	Forbes	V60	2.18.84	18 January 2020	Emirates
800	Finlay	McWilliam	U15	2.19.74	12 January 2020	Emirates
800	Jay	Stewart	U17	2.23.56	18 January 2020	Emirates
800	Patrick	Barnes	U15	2.25.57	12 January 2020	Emirates
800	Alasdair	McCorquodale	U15	2.27.05	6 February 2020	Emirates
800	Gregoire	Boyadjian	U15	2.31.72	01 December 2019	Emirates
800	Fergus	Pim	U15	2.34.17	27 October 2019	Emirates
800	Jamie	Duncan	U13	2.39.88	01 December 2019	Emirates
800	Alexander	Clayton	U13	2.46.14	27 October 2019	Emirates
800	Murray	Gillespie	U15	2.50.35	18 January 2020	Emirates
<b>1000</b>	<b>Jake</b>	<b>Wightman</b>	<b>Sen</b>	<b>2.17.51</b>	<b>25 January 2020</b>	<b>Roxbury</b>
1000	Cal	McLennan	Sen	2.41.26	04-05 January 2020	Sheffield
1000	Calum	Newby	U20	2.53.91	04-05 January 2020	Sheffield
1500	Chris	O'Hare	Sen	3.36.40	28 February 2020	Boston
1500	Joe	Ewing	U20	4.04.08	06 February 2020	Emirates
1500	Ross	Dewar	U17	4.23.36	18 January 2020	Emirates
3000	Michael	Christoforou	Sen	8.17.37	3 January 2020	Emirates
3000	Andrew	Fyfe	Sen	8.35.07	3 January 2020	Emirates
3000	Sam	Brown	U20	9.02.41	3 January 2020	Emirates
3000	Leon	Johnson	V40	9.07.57	3 January 2020	Emirates
1 Mile	Chris	O'Hare	Sen	3.55.61	08 February 2020	New York
60H	Calum	Newby	U20	8.33	20 December 2019	Emirates
60H	Cameron	Forbes	U17	8.54	26 January 2020	Emirates
60H	Cal	McLennan	Sen	9.15	04-05 January 2020	Sheffield
60H	Joshua	Rankin	U17	9.47	27 October 2019	Emirates
60H	Vharish	Rajakumar	U15	9.91	18 January 2020	Emirates
60H	Harry	Nussey	U15	10.80	01 December 2019	Emirates
60H	Arran	Batchelor	U13	11.31	18 January 2020	Emirates
60H	Arran	Batchelor	U13	11.49	29 February 2020	Emirates
60H	Nicholas	Robertson	U13	13.45	27 October 2019	Emirates
heptathlon	Cal	McLennan	Sen	4739	04-05 January 2020	Sheffield
heptathlon	Calum	Newby	U20	5224	04-05 January 2020	Sheffield
high jump	Callum	Roger	U13	1.30	12 January 2020	Emirates
high jump	Ruaridh	Black	U15	1.35	12 January 2020	Emirates
high jump	Sam	Bartlett	U15	1.45	01 December 2019	Emirates
high jump	Oliver	Odquist	U17	1.55	27 October 2019	Emirates
high jump	Cole	Mapara	U17	1.60	6 February 2020	Emirates

long jump	Cal	McLennan	Sen	6.47	04-05 January 2020	Sheffield
<b>long jump</b>	<b>Rob</b>	<b>Henderson</b>	<b>U17</b>	<b>6.61</b>	<b>6 February 2020</b>	<b>Emirates</b>
long jump	Calum	Newby	U20	6.72	04-05 January 2020	Sheffield
long jump	Calum	Henderson	U20	6.91	16 February 2020	Sheffield
pole vault	Alex	Sotton	Sen	2.20	11 February 2020	Grangemouth
pole vault	Lachlan	Gray	U20	3.80	11 February 2020	Grangemouth
pole vault	Cal	McLennan	Sen	4.07	02 February 2020	Emirates
pole vault	Calum	Newby	U20	4.33	04-05 January 2020	Sheffield
shot 3	Nicholas	Robertson	U13	6.72	12 January 2020	Emirates
shot 4	Fergus	Pim	U15	5.84	01 December 2019	Emirates
shot 4	Alan	Rouf	U15	8.71	27 October 2019	Emirates
shot 4	Andrew	Paton	U15	9.26	12 January 2020	Emirates
shot 5	Oliver	Odquist	U17	6.25	01 December 2019	Emirates
shot 5	Joshua	Rankin	U17	7.70	27 October 2019	Emirates
shot 5	Alastair	Holmes	U17	9.64	27 October 2019	Emirates
shot 6	Calum	Newby	U20	13.87	04-05 January 2020	Sheffield
shot 7.26	Elliot	Armstrong	U20	9.82	14 February 2020	Sheffield
shot 7.26	Cal	McLennan	Sen	11.98	01 March 2020	Eton
triple jump	Findlay	Donegan	Sen	11.85	8 February 2020	Emirates
<b>triple jump</b>	<b>Berachiah</b>	<b>Ajala</b>	<b>U20</b>	<b>14.87</b>	<b>01 March 2020</b>	<b>Emirates</b>



Photos by:  
Bobby Gavin  
thatonemoment.co.uk

# INDOOR FEMALES

<b>60</b>	<b>Alisha</b>	<b>Rees</b>	<b>Sen</b>	<b>7.32</b>	<b>14 February 2020</b>	<b>Sheffield</b>
60	Sarah	Malone	Sen	7.74	8 February 2020	Emirates
60	Katie	Purves	Sen	7.83	18 January 2020	Emirates
60	Stacey	Downie	Sen	7.96	8 February 2020	Emirates
60	Ellie	O'hara	U20	8.01	6 February 2020	Emirates
60	Katie	Reville	U20	8.08	1 December 2019	Emirates
60	Alexandra	Burns	Sen	8.24	18 January 2020	Emirates
60	Lulu	MacLeod	U17	8.28	6 February 2020	Emirates
60	Anna	Widdowson	U15	8.30	1 March 2020	Emirates
60	Catriona	Pennet	V35	8.32	12 January 2020	Aberdeen
60	Molly	Reville	U17	8.36	27 October 2019	Emirates
60	Esther	Watson	U17	8.41	26 January 2020	Emirates
60	Sarah	Burns	U15	8.49	4 December 2019	Grangemouth
60	Sophie	Holmes	U15	8.71	12 January 2020	Emirates
60	Lily	Murchison	U17	8.71	1 December 2019	Emirates
60	Jedidah	Ajala	U13	8.74	6 February 2020	Emirates
60	Charlotte	Smart	U13	8.88	27 October 2019	Emirates
60	Chloe	Lam	U15	8.93	27 October 2019	Emirates
60	Connie	Sanderson	U13	9.00	29 February 2020	Emirates
60	Elaine	Forbes	V45	9.23	8 January 2020	Grangemouth
60	Kyna	Forbes	U15	9.60	8 January 2020	Grangemouth
60	Gracie	Mitchison	U11	9.79	12 January 2020	Emirates
60	Olivia	Kelly	U13	9.95	29 February 2020	Emirates
60	Isabella	Lindsay	U11	9.96	1 December 2019	Emirates
60	Ellie	O'Connor	U11	10.67	27 October 2019	Emirates
200	Stacey	Downie	Sen	24.85	23 February 2020	Emirates
200	Sarah	Malone	Sen	25.03	8 February 2020	Emirates
200	Holly	McArthur	Sen	25.21	8 February 2020	Emirates
200	Katie	Reville	U20	25.93	1 December 2019	Emirates
200	Alexandra	Burns	Sen	26.75	18 January 2020	Emirates
200	Anna	Widdowson	U15	27.33	1 March 2020	Emirates
200	Marissa	Maclean	U17	27.36	05 February 2020	Emirates
200	Lily	Murchison	U17	27.54	1 December 2019	Emirates
200	Molly	Reville	U17	27.56	27 October 2019	Emirates
200	Lulu	MacLeod	U17	27.58	12 January 2020	Emirates
200	Anise	Macaulay Orr	U17	27.61	5 February 2020	Emirates
200	Laura	Robertson	Sen	27.94	8 February 2020	Emirates
200	Susanne	Anderson	U17	27.95	1 December 2019	Emirates
200	Katie	Johnson	U17	28.00	18 January 2020	Emirates
200	Sarah	Burns	U15	28.31	27 October 2019	Emirates
200	Jedidah	Ajala	U13	28.74	1 December 2019	Emirates
200	Charlotte	Smart	U13	29.01	27 October 2019	Emirates
200	Chloe	Lam	U15	29.60	27 October 2019	Emirates
200	Amy	Rutherford	U15	31.84	01 March 2020	Emirates
200	Olivia	Kelly	U13	33.29	29 February 2020	Emirates
300	Isla	Innes	U20	41.37	06 February 2020	Emirates
300	Katie	Johnson	U17	42.28	22 February 2020	Sheffield
300	Anise	Macaulay Orr	U17	44.59	1 December 2019	Emirates
300	Carly	Smith	U15	45.46	12 January 2020	Emirates
300	Susanne	Anderson	U17	45.56	27 October 2019	Emirates
300	Sophie	Holmes	U15	45.61	27 October 2019	Emirates

300	Megan	Barnes	U17	45.84	06 February 2020	Emirates
300	Maddie	Wilson	U17	46.04	27 October 2019	Emirates
300	Jessica	Lorimer	U17	47.24	6 February 2020	Emirates
300	Chloe	Lam	U15	48.61	1 December 2019	Emirates
400	Mhairi	Patience	Sen	56.41	26 January 2020	Emirates
400	Stacey	Downie	Sen	57.36	22 February 2020	Emirates
400	Emily	Craig	Sen	58.65	15 February 2020	Sheffield
600	Mhairi	Patience	Sen	1.33.86	3 January 2020	Emirates
600	Holly	McArthur	Sen	1.34.31	3 January 2020	Emirates
600	Emily	Craig	Sen	1.36.62	3 January 2020	Emirates
600	Ellie	O'Connor	U11	2.07.42	12 January 2020	Emirates
800	Hannah	Cameron	Sen	2.08.87	22 February 2020	Emirates
800	Katie	Johnson	U17	2.10.93	23 February 2020	Sheffield
800	Emma	Canning	Sen	2.19.30	2 February 2020	Emirates
800	Carly	Smith	U15	2.20.03	1 March 2020	Emirates
800	Anise	Macaulay Orr	U17	2.22.93	1 December 2019	Emirates
800	Megan	McKay	U13	2.30.47	29 February 2020	Emirates
800	Molly	Kidd	U17	2.32.58	12 January 2020	Emirates
800	Tallulah	McMorris	U15	2.39.21	1 December 2019	Emirates
800	Joanna	Hirst	U13	2.40.54	29 February 2020	Emirates
800	Lola	Lawson	U13	2.40.72	29 February 2020	Emirates
800	Hannah	Little	U20	2.40.78	12 January 2020	Emirates
800	Kate	MacPhail	U13	2.44.54	29 February 2020	Emirates
800	Catherine	Ferry	V45	2.45.87	20 December 2019	Emirates
800	Jessica	Lorimer	U17	2.46.35	1 December 2019	Emirates
800	Alannah	Macaulay Orr	U15	2.46.76	1 December 2019	Emirates
800	Gracie	Croall	U15	2.48.58	12 January 2020	Emirates
800	Skye	Valente	U13	2.48.90	1 December 2019	Emirates
800	Annabelle	Van der Merwe	U13	2.53.85	12 January 2020	Emirates
800	Sharyn	Ramage	V55	3.07.25	2 February 2020	Emirates
<b>1500</b>	<b>Eloise</b>	<b>Walker</b>	<b>U20</b>	<b>4.23.32</b>	<b>23 February 2020</b>	<b>Emirates</b>
<b>1500</b>	<b>Katie</b>	<b>Johnson</b>	<b>U17</b>	<b>4.33.69</b>	<b>29 February 2020</b>	<b>Emirates</b>
1500	Pippa	Carcas	U20	4.40.78	5 February 2020	Emirates
1500	Emily	Strathdee	Sen	4.44.77	19 January 2020	Cardiff
1500	Sorcha	Shepherd	U17	4.54.93	5 February 2020	Emirates
1500	Dashka	MacDonald	U13	5.10.65	29 February 2020	Emirates
1500	Carolyn	Cameron	Sen	5.12.24	26 January 2020	Emirates
1500	Catherine	Ferry	V45	5.26.02	18 January 2020	Emirates
1500	Susan	Ridley	V50	5.35.57	2 February 2020	Emirates
1500	Ellie	Lorimer	U13	5.47.52	29 February 2020	Emirates
1500	Lucy	Bellamy	U15	5.49.11	1 March 2020	Emirates
<b>3000</b>	<b>Eloise</b>	<b>Walker</b>	<b>U20</b>	<b>09.21.30</b>	<b>12 February 2020</b>	<b>Athlone (IRL)</b>
3000	Katie	Johnson	U17	10.01.60	3 January 2020	Emirates
3000	Hannah	Cameron	Sen	10.02.01	3 January 2020	Emirates
3000	Emily	Strathdee	Sen	10.03.99	16 February 2020	Sheffield
3000	Zoe	Bates	Sen	10.07.56	15 February 2020	Sheffield
3000	Pippa	Carcas	U20	10.09.96	3 January 2020	Emirates
3000	Cade	Wright	U20	10.13.42	3 January 2020	Emirates
3000	Tallulah	Wright	U20	10.43.35	3 January 2020	Emirates
3000	Lydia	Blythe	Sen	10.50.33	8 February 2020	Emirates
3000	Carolyn	Cameron	Sen	11.02.65	08 February 2020	Emirates
3000	Roxanne	Wright	U17	11.02.9	3 January 2020	Emirates
3000	Catherine	Ferry	V45	11.51.69	3 January 2020	Emirates
3000	Karen	Dobbie	V50	11.54.09	3 January 2020	Emirates

3000	Susan	Ridley	V50	12.03.76	3 January 2020	Emirates
3000	Sharyn	Ramage	V55	13.13.96	3 January 2020	Emirates
4 x 200	E. Padrana, I.Innes, S. Malone. S.Downie		Sen	1.42.29	1 February 2020	Emirates
4 x 200	E.MacLean, L.Murchison, E.Macintyre, K. Johnson		U17	1.48.46	1 February 2020	Emirates
4 x 200	A.Widdowson, S. Burns, C.Lam, E.Morris		U15	1.51.98	1 February 2020	Emirates
4 x 200	C.Smart, K.Reid, J.Ajala, M.MacLean		U13	1.55.82	1 February 2020	Emirates
60H	Katie	Purves	Sen	8.59	26 January 2020	Emirates
60H	Holly	McArthur	Sen	8.64	14 February 2020	Sheffield
60H	Emma	Canning	Sen	8.86	12 January 2020	Aubiere
60H	Catriona	Pennet	Sen	9.13	26 January 2020	Emirates
60H	Molly	Reville	U17	9.16	06 February 2020	Emirates
60H	Bethany	McAndrew	U20	9.19	14 February 2020	Sheffield
60H	Eilidh	MacIntyre	U17	9.24	26 January 2020	Emirates
60H	Laura	Robertson	Sen	10.38	8 February 2020	Emirates
60H	Rosie	Foster	U15	10.95	1 March 2020	Emirates
60H	Kyna	Forbes	U15	11.12	4 December 2019	Grangemouth
60H	Connie	Sanderson	U13	11.69	27 October 2019	Emirates
60H	Emily	Young	U13	12.05	27 October 2019	Emirates
60H	Carly	Smith	U15	14.01	2 February 2020	Emirates
high jump	Freya	Ballantine	U13	1.10	27 October 2019	Emirates
high jump	Joanna	Hirst	U13	1.19	29 February 2020	Emirates
high jump	Eve	Chalmers	U13	1.35	12 January 2020	Emirates
high jump	Carly	Smith	U15	1.43	2 February 2020	Emirates
high jump	Rosie	Foster	U15	1.45	12 January 2020	Emirates
high jump	Isla	Stewart	U15	1.45	6 February 2020	Emirates
high jump	Jessica	Forrest	U20	1.50	12 February 2020	Grangemouth
high jump	Amy	Chambers	Sen	1.55	15 February 2020	Sheffield
high jump	Emma	Canning	Sen	1.69	2 February 2020	Emirates
high jump	Emma	Nuttall	Sen	1.80	11 January 2020	Loughborough
long jump	Isabella	Lindsay	U11	1.42	12 January 2020	Emirates
long jump	Gracie	Mitchison	U11	1.61	27 October 2019	Emirates
long jump	Joanna	Hirst	U13	3.63	27 October 2019	Emirates
long jump	Rosie	Foster	U15	3.92	12 January 2020	Emirates
long jump	Marianna	MacLean	U13	3.93	12 January 2020	Emirates
long jump	Anna	Widdowson	U15	4.16	12 January 2020	Emirates
long jump	Sarah	Burns	U15	4.34	1 December 2019	Emirates
long jump	Carly	Smith	U15	4.50	2 February 2020	Emirates
long jump	Katie	Cowan	U17	4.69	18 January 2020	Emirates
long jump	Jessica	Forrest	U20	4.69	6 February 2020	Emirates
long jump	Josie	McDonald	U20	4.74	8 February 2020	Emirates
long jump	Esther	Watson	U17	5.25	06 February 2020	Emirates
long jump	Bethany	McAndrew	U20	5.30	8 February 2020	Emirates
long jump	Lucy	Davison	U20	5.35	18 January 2020	Emirates
long jump	Alexandra	Burns	Sen	5.66	18 January 2020	Emirates
long jump	Molly	Reville	U17	5.70	6 February 2020	Emirates
long jump	Emma	Canning	Sen	5.73	26 January 2020	Emirates
long jump	Ellie	O'hara	U20	5.78	6 February 2020	Emirates
long jump	Sarah	Warnock	Sen	6.29	26 January 2020	Emirates
pentathlon	Carly	Smith	U15	2302	01-02 February 2020	Emirates
pentathlon	Emma	Canning	Sen	3792	01-02 February 2020	Emirates
pole vault	Cerys	Scott Hobbs	U20	2.60	10 March 2020	Grangemouth
pole vault	Rosie	Browne	U20	2.86	8 February 2020	Emirates
pole vault	Gillian	Cooke	V35	3.14	26 January 2020	Emirates

pole vault	Courtney	MacGuire	Sen	4.11	25 January 2020	Cardiff
shot 2.72	Charlotte	Smart	U13	4.30	1 December 2019	Emirates
shot 2.72	Jedidah	Ajala	U13	5.02	12 January 2020	Emirates
shot 3	Rosie	Foster	U15	6.33	1 March 2020	Emirates
shot 3	Nimi	Fakunle	U15	6.88	1 December 2019	Emirates
shot 3	Bea	Rait Bailey	U15	7.17	12 January 2020	Emirates
shot 3	Susanne	Anderson	U17	7.51	1 December 2019	Emirates
shot 3	Carly	Smith	U15	7.71	2 February 2020	Emirates
shot 3	Jessica	Forrest	U20	8.23	5 February 2020	Emirates
shot 4	Jessica	Forrest	U20	7.94	1 December 2019	Emirates
shot 4	Emma	Canning	Sen	9.66	12 January 2020	Aubiere
triple jump	Kyna	Forbes	U15	9.21	8 January 2020	Grangemouth
triple jump	Josie	McDonald	U20	9.39	8 February 2020	Emirates
triple jump	Ellie	O'hara	U20	11.59	26 January 2020	Emirates



Club Record



National Record

Photos by: Bobby Gavin thatonemoment.co.uk



# OUTDOOR MALES

60	Max	Leslie	Sen	7.26	22 August 2020	Meadowmill
60	Mateo	Hughes	U17	7.71	22 August 2020	Meadowmill
60	Cameron	Forbes	U17	7.81	22 August 2020	Meadowmill
60	Gary	Leek	V55	8.73	22 August 2020	Meadowmill
100	Michael	Olsen	Sen	10.77	04 September 2020	Sportcity
100	Cal	McLennan	Sen	11.23	12 July 2020	Nuneaton
100	Alex	Poustie-Williamson	U17	11.53	29 August 2020	Meadowmill
100	Cameron	Forbes	U17	11.93	29 August 2020	Meadowmill
100	Mateo	Hughes	U17	12.13	13 September 2020	Meadowmill
100	Oliver	Finlayson	U17	12.41	13 September 2020	Meadowmill
100	Rory	Brogan	U15	12.89	13 September 2020	Meadowmill
100	Omar	Bajo	U15	12.96	13 September 2020	Meadowmill
150	Max	Leslie	Sen	16.78	23 August 2020	Meadowmill
150	Mateo	Hughes	U17	17.67	23 August 2020	Meadowmill
150	Toluwaleyi Samuel	Okpage	U17	17.71	23 August 2020	Meadowmill
200	Alex	Poustie-Williamson	U17	23.23	30 August 2020	Meadowmill
200	Mateo	Hughes	U17	23.74	30 August 2020	Meadowmill
200	Oliver	Finlayson	U17	25.15	12 September 2020	Meadowmill
200	Rory	Brogan	U15	25.75	12 September 2020	Meadowmill
200	Omar	Bajo	U15	26.32	12 September 2020	Meadowmill
400	Cal	McLennan	Sen	49.73	22 August 2020	Warsaw (POL)
400	Ewan	Purves	U17	50.47	23 August 2020	Meadowmill
400	Leo	Dickson	U17	56.10	29 August 2020	Meadowmill
<b>800</b>	<b>Jake</b>	<b>Wightman</b>	<b>Sen</b>	<b>1.44.18</b>	<b>08 August 2020</b>	<b>Ostrava (CZE)</b>
800	Josh	Kerr	Sen	1.46.69	21 August 2020	Portland (USA)
800	Joe	Ewing	U20	1.49.70	15 August 2020	Dortmund (GER)
800	Ross	Dewar	U17	2.08.9	23 August 2020	Meadowmill
800	Mark	MacDermot	Sen	2.09.4	22 August 2020	Meadowmill
800	Lewis	Orr	V45	2.17.27	30 August 2020	Meadowmill
800	Paul	Forbes	V60	2.21.21	3 October 2020	Stretford
<b>1500</b>	<b>Jake</b>	<b>Wightman</b>	<b>Sen</b>	<b>3.29.47</b>	<b>14 August 2020</b>	<b>Monaco</b>
1500	Josh	Kerr	Sen	3.34.53	31 July 2020	Newburg (USA)
1500	Joe	Ewing	U20	3.44.88	25 August 2020	Stretford
1500	Peter	Cameron	Sen	3.56.12	23 September 2020	Wimbledon
1500	Cal	McLennan	Sen	4.15.98	23 August 2020	Warsaw (POL)
1500	Mark	MacDermot	Sen	4.34.61	13 September 2020	Meadowmill
1500	Ross	Dewar	U17	4.38.38	13 September 2020	Meadowmill
1500	Patrick	Barnes	U15	4.43.89	13 September 2020	Meadowmill
1500	Lewis	Orr	V45	4.55.13	13 September 2020	Meadowmill
1500	Paul	Forbes	V60	5.00.18	13 September 2020	Stretford
1500	Dylan	Daunt	U13	5.11.06	13 September 2020	Meadowmill
1500	Gavin	Phillip	V50	5.24.43	13 September 2020	Meadowmill
1500	Josh	Daunt	U13	5.42.77	13 September 2020	Meadowmill
Mile	Alex	Carcas	Sen	4.12.24	18 September 2020	Stirling
Mile	Peter	Cameron	Sen	4.20.92	18 September 2020	Stirling
Mile	Myles	Bax	Sen	4.36.36	18 September 2020	Stirling
Mile	Paul	Forbes	V60	5.10.97	18 September 2020	Stirling
Mile	Peter	Graham	V35	5.14.77	18 September 2020	Stirling
Mile	Lewis	Orr	V45	5.14.90	18 September 2020	Stirling
Mile	Iain	Craven	V40	5.26.10	18 September 2020	Stirling
Mile	Gavin	Phillip	V50	5.35.70	18 September 2020	Stirling
Mile	Stephen	Croft	V45	5.36.22	18 September 2020	Stirling

3000	Freddie	Carcas	Sen	8.14.19	15 September 2020	Stretford
3000	Alex	Carcas	Sen	8.23.54	15 September 2020	Stretford
3000	Peter	Cameron	Sen	8.27.75	23 September 2020	Wimbledon
5000	Freddie	Carcas	Sen	14.24.13	05 September 2020	Aberdeen
5000	Alex	Carcas	Sen	14.53.55	05 September 2020	Aberdeen
5000	Joe	Arthur	Sen	14.55.31	05 September 2020	Aberdeen
5000	Mark	Nixon	V35	15.39.55	05 September 2020	Aberdeen
110H	Cal	McLennan	Sen	16.44	16 August 2020	Nuneaton
decathlon	Cal	McLennan	Sen	6559	22-23 August 2020	Warsaw (POL)
discus 2	Cal	McLennan	Sen	35.42	02 August 2020	Nuneaton
high jump	Cameron	Forbes	U17	1.84	12 September 2020	Meadowmill
high jump	Cal	McLennan	Sen	1.77	26 September 2020	Belfast
high jump	Sam	Bartlett	U15	1.51	29 August 2020	Meadowmill
javelin 800	Cal	McLennan	Sen	45.80	23 August 2020	Warsaw (POL)
javelin 800	Calum	Newby	U20	37.87	23 August 2020	Meadowmill
long jump	Calum	Newby	U20	6.93	22 August 2020	Meadowmill
long jump	Cal	McLennan	Sen	6.53	22 August 2020	Warsaw (POL)
long jump	Rob	Henderson	U17	6.52	13 September 2020	Meadowmill
long jump	Mateo	Hughes	U17	5.74	29 August 2020	Meadowmill
pole vault	Cal	McLennan	Sen	4.00	23 August 2020	Warsaw (POL)
shot 7.26	Cal	McLennan	Sen	11.89	12 July 2020	Nuneaton
<b>triple jump</b>	<b>Berachiah</b>	<b>Ajala</b>	<b>U20</b>	<b>15.37</b>	<b>13 September 2020</b>	<b>Meadowmill</b>

## CAL MCLENNAN'S MAGICAL 1500M



His full event stats from the meeting are as follows:

100m | 11.50 753 points

LJ 6.53m 704 points

Shot | 11.57m 580 points

HJ 1.72m 560 points

400m 49.73 827 points

110m Hurdles 16.85 640 points

DT 32.42m 512 points

PV 4.00m 617 points

JT 45.80m 527 points

1500m 4:15.98 839 points (Scottish all time best)

Total points 6559

Photo Credit: Moments In Sport Via Cal

WARSAW, 23 August 2020. Edinburgh AC's Cal McLennan won the 1500 in the decathlon in 4:15.98 to record the fastest 1500 metres by a Scot in a decathlon event, bettering Brad McStravick's 4:18.41 in 1980.

Cal finished 4th overall in the Decathlon at the Inter Europol meeting in Warsaw, Poland at the meeting.



# OUTDOOR FEMALES

60	Sarah	Malone	Sen	8.03	22 August 2020	Meadowmill
60	Connie	Sanderson	U13	9.06	22 August 2020	Meadowmill
60	Elaine	Forbes	V45	9.13	22 August 2020	Meadowmill
100	Holly	McArthur	Sen	12.08	29 August 2020	Meadowmill
100	Anna	Widdowson	U15	13.70	29 August 2020	Meadowmill
100	Sarah	Burns	U15	13.95	13 September 2020	Meadowmill
100	Elaine	Forbes	V45	14.39	29 August 2020	Meadowmill
100	Connie	Sanderson	U13	15.35	13 September 2020	Meadowmill
150	Holly	McArthur	Sen	18.21	23 August 2020	Meadowmill
150	Esther	Watson	U17	20.73	23 August 2020	Meadowmill
200	Holly	McArthur	Sen	25.53	12 September 2020	Meadowmill
200	Sarah	Burns	U15	28.52	12 September 2020	Meadowmill
200	Anna	Widdowson	U15	28.62	30 August 2020	Meadowmill
200	Elodie	Viguiar	U13	31.32	30 August 2020	Meadowmill
200	Kate	MacPhail	U13	32.11	12 September 2020	Meadowmill
300	Katie	Johnson	U17	42.59	29 August 2020	Meadowmill
300	Anise	Macaulay Orr	U17	43.25	29 August 2020	Meadowmill
400	Emily	Craig	Sen	58.71	29 August 2020	Meadowmill
800	Hannah	Cameron	Sen	2.08.29	4 September 2020	Sportcity
<b>800</b>	<b>Katie</b>	<b>Johnson</b>	<b>U17</b>	<b>2.08.35</b>	<b>30 August 2020</b>	<b>Meadowmill</b>
800	Anise	Macaulay Orr	U17	2.19.70	30 August 2020	Meadowmill
800	Megan	McKay	U13	2.30.10	30 August 2020	Meadowmill
800	Jessica	Taylor	U13	2.35.86	6 September 2020	Aberdeen
800	Freya	Pryce	U15	2.41.4	23 August 2020	Meadowmill
1500	Eloise	Walker	U20	4.17.36	15 September 2020	Stretford
1500	Katie	Johnson	U17	4.33.87	3 October 2020	Stretford
1500	Anise	Macaulay Orr	U17	5.02.19	13 September 2020	Meadowmill
1500	Dashka	MacDonald	U15	5.17.93	13 September 2020	Meadowmill
1500	Megan	McKay	U13	5.24.28	13 September 2020	Meadowmill
1500	Jessica	Taylor	U13	5.24.88	13 September 2020	Meadowmill
1500	Anna	Cruden	U15	5.27.56	13 September 2020	Meadowmill
1500	Freya	Pryce	U15	5.31.14	13 September 2020	Meadowmill
Mile	Katie	Johnson	U17	4.50.14	18 September 2020	Stirling
Mile	Hannah	Cameron	Sen	4.52.18	18 September 2020	Stirling
Mile	Pippa	Carcas	U20	5.11.33	18 September 2020	Stirling
Mile	Isla	Scott-Pearce	Sen	5.13.27	18 September 2020	Stirling
Mile	Nikki	Gibson	Sen	5.27.10	18 September 2020	Stirling
Mile	Carolyn	Cameron	Sen	5.38.65	18 September 2020	Stirling
3000	Katie	Johnson	U17	9.59.21	19 September 2020	Stretford
5000	Rebecca	Burns	Sen	18.19.38	5 September 2020	Aberdeen
100H	Holly	McArthur	Sen	14.44	11 September 2020	Meadowmill
400H	Emily	Craig	Sen	61.30	4 September 2020	Sportcity
discus 1	Emma	Solley	U20	24.00	13 September 2020	Meadowmill
high jump	Kyna	Forbes	U15	1.41	12 September 2020	Meadowmill
javelin 600	Emma	Solley	U20	32.55	23 August 2020	Meadowmill
long jump	Molly	Reville	U17	5.82	29 August 2020	Meadowmill
long jump	Ellie	O'hara	U20	5.31	22 August 2020	London
long jump	Esther	Watson	U17	5.21	13 September 2020	Meadowmill
long jump	Elaine	Forbes	V45	4.04	12 September 2020	Meadowmill
shot 4	Holly	McArthur	Sen	12.38	30 August 2020	Meadowmill



Edinburgh Athletic Club (SCIO) Registered charity in Scotland No. SC048693

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# WHAT'S BEEN HAPPENING

**STAY  
SAFE**

**STAY  
FIT**

**STAY  
WITH  
IT!**  
#EacTogether 



 **LOCKDOWN**  
**LINGO**   

# Virtual Road Races

## Scottish Athletics Virtual 1 Mile

Joe Ewing 2nd Male  
Hannah Cameron 2nd Female  
Katie Johnson 1st U15G  
2nd Female Team  
2nd Mens Team  
3rd Masters Men Team

## Edinburgh AC Virtual 13.1K

1st Male Stuart Johnston  
1st Female Chloe Cox

## Edinburgh AC Virtual 10K

Neil Renault 1st Male  
Lauren Wilson 1st Female

## Robertson's Virtual 5K

1st Mark Thornton-Smith  
1st Female Chloe Cox

## Edinburgh AC Virtual 5K

1st Male Leon Johnson  
1st Female Chloe Cox

## Edinburgh AC Virtual 2 Miles

1st Male Stuart Johnston  
1st Female Chloe Cox

## Edinburgh AC Virtual 1 Mile

1st Male Andy Fyfe  
1st Female Elaine Eadie

## Edinburgh AC Virtual Handicap Grand Prix

1st Robin Kyle

## 4J Studios 3K Virtual Relay

1st Jessica Taylor, Freya Pryce, Megan McKay, Daska Macdonald

## Sri Chinmoy 3 x 1 mile Arctic Ocean Virtual Relay

### All Female

1st "Cameron's and Cox", Chloe Cox, Hannah Cameron, Carolyn Cameron  
2nd "EAC High Vis", Victoria Ballie, Isla Scott-Pearce, Sarah Douglas

### All Male

1st "Ewing and Auld Codgers", Joe Ewing, Leon Johnson, Stuart Johnston.  
3rd "Two Pete's and One Hen", Peter Simpson, Peter Graham, Scott Henderson



## Mixed

1st and 2nd overall, "Who needs a paddle when you have two Orr's" Richard Meade, Lewis Orr, Anise Orr  
2nd "Magnanimous Milers", Issy Menzies, Richard Clark, Terry Roberts

## Men Vet 50

1st "Old Codgers (Edinburgh AC), Jim Scott, Stephen Ingledeew, Kevin Illingworth

## Women Vet 50

1st "EAC Golden Vintage" Janet Dunbar, Shona Adam, Sharyn Ramage

## 1 Mile Rankings Overall

1st Joe Ewing 4.18

2nd Leon Johnston 4.38

7th Hannah Cameron 5.19

# BERA AJALA JUMPING SUCCESS



Photo credit: Bobby Gavin



Photos by: Anne Scott

A huge congratulations to the club's Triple Jump young star, Bera Ajala who has been awarded two trophies for his performances at the Scottish Schools Champs last year. He takes the Eric Liddell trophy along with the Bob Stevenson trophy.

Bera won the Scottish title with a personal best jump of 14.94m into a -1.2 wind.

Well done on your awards Bera and excellent performances. Sending congratulations also to his coaching team Anne and John Scott along with his family.

More recently at the Scottish Athletics 4J Studios Open series at Meadowmill Bera leapt out to 15.37m in the Triple Jump with the second best of all-time at U20 on the Scottish rankings.

Bera's leap also took him to second on the UK rankings for this year and was a big improvement on his PB.

# DAWN TO DUSK RELAY

By John Lenehan

Thanks for his kind permission to use for this publication.



Edinburgh AC vests were prevalent across the city on summer solstice day as two teams of athletes completed a 250-mile “Dawn to Dusk” relay, raising almost £1000 for Scran Academy, a local charity currently delivering meals to isolated and vulnerable people in the community.

Some 70 club members were each allocated a starting time at 30 minute intervals between 5am and 9:30pm. Each athlete completed their 30 minute run and then “handed over” to the next runner, in an unbroken sequence from dawn until dusk. Coronavirus restrictions led to some inventive and socially-distanced relay

change-overs, whether in person or via social media.

The relay was the brainchild of club member Emma Laverie, who was ably assisted on the organising committee by Hannah Waugh, Nikki Gibson, Karen Dobbie and Elaine Davies. Laverie explained: “As a club we haven’t been able to run together recently, but we’ve been using social media to keep in touch. We thought a continuous, socially-distanced relay would be a great way to see everyone in their club vests again. It was so much fun watching the day unfold on social media!”

Organiser-in-chief Laverie fittingly finished off the relay by running up the iconic Arthur’s Seat at sunset. She was delighted with the club’s response, enthusing: “Everyone really got behind the relay, and people were so generous with their donations. Scran Academy are a brilliant charity which has adapted to meet the changing needs of vulnerable people at this time.”

John Loughton, founder and CEO of Scran Academy, outlined: “We are a small catering charity, empowering young people to gain skills. To date we have delivered 80,000 healthy meals to those alone, at risk or struggling. For so many, we are like another emergency service, and we are often the only human interaction that people have.”

Loughton continued: “Edinburgh AC runners have really stepped up for those hardest-hit by the coronavirus situation. The money raised will enable us to provide over 7000 meals, which proves the power of the community rallying together. People can donate, learn more or volunteer at addresses below.

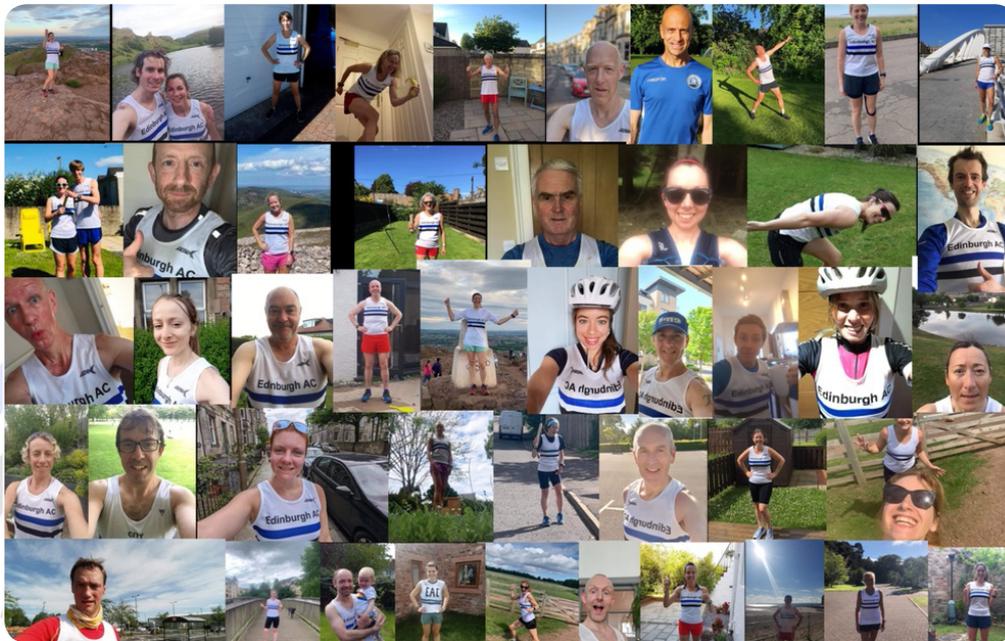


[www.scranacademy.com](http://www.scranacademy.com)

[www.justgiving.com/crowdfunding/scranmeals](http://www.justgiving.com/crowdfunding/scranmeals)

Club coach Alex MacEwen was effusive in his praise for the event, saying, “Our organising committee did a super job. It was an inspiring and galvanising day, bringing the club together for the first time in 100 days. Seeing everyone’s pride in pulling on their club vests again was fantastic.”

Top marathon runner Pete Simpson summed up the buoyant mood, recounting, “I’m sure I wasn’t the only one who went to bed feeling chuffed that night, proud that I’d played my part in what was undoubtedly a special day for everyone associated with the event, and knowing that our efforts would help the local community as well.”



## Introducing John Lenehan

John has started to write articles, mainly for the Evening News about club activity. These articles have not only been of great interest to the athletes but also for extended club exposure in the press so many thanks to John for his valuable contribution to the club.

John is from Northern Ireland and has always liked sport. He often ran to the beach at home for fun and general fitness. At the age of Eighteen in 2003 he ran the Belfast marathon and soon after this moved to Aberdeen in search of work. While there he joined Metro Aberdeen Running Club and started to enjoy his running. After taking his running more seriously he landed up with a bad foot injury just as University was finishing. From here he started on his travels to a few different countries, which lasted a few years before ending up in London.

While in London he started doing Ironman Triathlons but eventually escaped the City and made his way back to Scotland where he then joined Edinburgh AC. In between his injuries he started to put together a few new pb’s and in 2019 had a really good year, qualifying for and competed in the Ironman World Championships. He surpassed his own expectations by winning World Silver Medal at the World Sprint Triathlon Championships as a master M35. Looking forward to 2020 until it was all thrown into touch by the pandemic.

He took to writing about athletics inspired by the club winning the Allan Scally Relays early this year, spearheaded by our International Star, Jake Wightman. He asked if could write an article which was subsequently published by the Evening News. Since then has continued to write and has had a few more published in the newspaper. A couple of those are kindly reproduced for inclusion in this years publication.



# PETE SIMPSON

By John Lenehan

Eighteen months ago, Edinburgh Athletic Club member Pete Simpson was nearing the finish line of the London marathon, a sub-3 hour time within sight. The next thing he remembers was waking up in hospital, having suffered a cardiac arrest just 500 metres from the finish line. In an incredible turnaround, Simpson has battled back and completed three marathons, most recently last week clocking a fantastic 2:46.

Originally from Thurso and now working as an actuary in Edinburgh, Simpson had always enjoyed sport. An increased focus on athletics saw him notch a number of Personal Best times throughout 2018. He said, "As I became a more experienced runner I found the longer runs most enjoyable. This made marathons a good fit for me, so I planned to do my first marathon in London in April 2019."

The 34-year-old could never have imagined that his first marathon would end in such frightening circumstances. He explained: "I suffered a sudden cardiac arrest and collapse about 500m from the finish, triggered by a severely low red blood count. I was effectively clinically dead, and I'm told I was showing no signs of consciousness. I had to be put in an induced coma, and the hospital machines kept me alive."

Simpson wondered if he would ever run again. But with the support of medical personnel, family, friends and clubmates, he determinedly worked his way back. He said, "My cardiologist was brilliant and helped come up with step-by-step plans, recognising that recovering mentally would be helped enormously if I could get back to running."

Following a well-managed recovery programme, Simpson gradually ticked off various milestones, getting back to running 70-80 miles per week. He then made the courageous decision to return to marathon running, saying: "I love the feeling of improvement and achievement that running can bring. I decided to enter the Loch Rannoch marathon in October 2019 due to its more low key nature."

Thanks to John for his kind permission to use for this publication.

Given everything he had been through, Simpson delivered an almost miraculous performance and fought his way to third position overall in a time of 2:54. He was elated, recounting: “The feeling of crossing the finishing line at the Loch Rannoch marathon after what happened in London remains one of my best moments!”

A sense of unfinished business remained, and Simpson then turned his attention to the 2020 London marathon. But the coronavirus situation put paid to all racing in the first half of 2020, and Simpson admitted: “It’s been tough and a bit lonely at times. Sport is a big hobby and I do miss the camaraderie of group training and mass events.”

Solo “virtual racing” became the “new normal” for runners in the summer of 2020, whereby runners complete a set distance on a given day, and then upload their times to a centralised results processing platform. In the absence of conventional events, Simpson took on two “virtual” marathons in 2020. Both of these were over a 19-lap course at Edinburgh’s Meadows.

Simpson’s first virtual marathon saw him cut his personal best by over five minutes, while his second attempt yielded another personal best with an impressive 2:46 clocking. He enthused, “It was an unbeatable feeling, seeing finishing times which show you’ve dug in, worked hard to better yourself and overcome tough challenges. I plan to continue with marathon running, and hopefully next year there will be normal races again!”



A popular figure within Edinburgh Athletic Club, Simpson received “Volunteer of the Year” by the Endurance section for his work in organising various club races and events. He was also presented with a club vest to replace the one paramedics had to cut off him in order to perform CPR after his collapse in London, a gesture which he admits made him very emotional.

Senior club coach Alex Macewen had nothing but praise for Simpson, affirming: “His London experience and response to it illustrates the determined character of a fine distance runner. His wise and careful comeback to exercise, training and competition is a lesson we could all learn from. He knows his strengths, and is always reflective in seeking improvements. His knowledge of the senior membership and his volunteering within the club adds so much. He’s very inspirational!”



## IMPROVISING ATHLETES AND VOLUNTEERS

Athletes came up with innovative ways with their coaches in order to stay fit and stay focused during the lockdown. Officials, trustees, coaches and the Management Committee all hold regular zoom meetings to keep the communication going during these difficult times.

Taking part in mainly Virtual events has been the way forward of late. Many have managed to compete again in mainstream events including the Scottish Athletics 4J Studios Open Meetings.





## KATIE BREAKS 46 YEAR OLD RECORD

Katie Johnson ran 2:08.35 in the U17 800m at Meadowmill to break Ann Clarkson's 46 year old record of 2:08.8, set at Crystal Palace in 1974.

## SA VIRTUAL MILE 8 - 11 MAY

40 EAC athletes tested themselves over a virtual mile. Well done to all – some great results below, out of a total field of around 1250 entrants.

Joe Ewing: 2nd male (4:16)  
Hannah Cameron: 2nd female (5:01)  
Katie Johnson: 1st U15G (5:15)  
Men: 2nd team  
Female: 2nd team  
Masters Men: 3rd team

### OTHER EAC VIRTUAL EVENTS

VIRTUAL 10K

VIRTUAL 2 MILES

VIRTUAL HALF MARATHON

ARCTIC OCEAN VIRTUAL RELAY

VIRTUAL 5K

## 4J STUDIOS VIRTUAL RELAY

Well done to Jessica Taylor, Freya Price, Megan Mackay and Daska McDonald, who won the 4J Studios 3k Virtual Relay.

## ROBERTSON'S VIRTUAL 5K TROPHY

### By Alex Mcewan

Congratulations to Mark Thornton-Smith on winning Robertson's Virtual 5K Trophy and running a decent PB to do it, with over 70 runners including some guests who train with EAC and a couple former members it was a record turnout beating the previous best of 42 real entrants in April 2001 over the Kings Buildings route.

Mark has been with us many years and contributed to many Cross Country teams.

Fastest Male was Andy Fyfe 14.52 and Andy also leads the Series.

First Female to cross the virtual line was Eilidh Gillanders with a new PB.

The fastest Female was Lauren Wilson 17.49 and Chloe Cox is the leading Female in the Series.

Janet Dunbar has the sparkling trophy and we can arrange a handover hopefully this year.

My thanks for Peter Simpson who yet again did the handicapping and results but took it all to a new virtual level and is handling the summer Grand Prix, Pete was of course last year's endurance volunteer of the year.



Photos credit: J P Durand via Athletics Weekly

## SUB 3:30 1500M FOR JAKE

**Jake Wightman** took Scottish Men's 1500m running into new territory on a sensational night in Monaco.

Jake savoured the Diamond League experience in Monaco to take his own Scottish 1500m Record under 3 minutes 30 for the first time.

And he's now second on the British all-time list with that time, remarkably, quicker than anything ever run by Seb Coe, Steve Cram and Steve Ovett – with Mo Farah the record holder.

Jake took third place in an amazing race to clock 3:29:47 and break the Record he set in Doha last November (3:31.87).

## SUPERTEAMS CHALLENGE 3

Well done to the 6 girls from Derek and Duncan's group, who took part in the 3rd Scottishathletics Superteams Challenge. The U13 girls team of Connie Sanderson, Emily Young, Adora Sotannde and Libby Harrison finished in a very creditable 7th place. Highest placer was Connie, who finished in 8th place, followed by Emily who finished in 16th place. In the 75 M sprint Adora finished with the 2nd fastest time, closely followed by Connie, who recorded the 3rd fastest time.

In the U11 girls we had 2 competitors, Gracie Mitchinson and Lana Mapara. There was a 5th place finish for Gracie in the Overhead throw and despite only having 2 team members the girls finished above a number of other full teams.



#### Who inspired you to start athletics and why

I was able to spend more time with my brother and my parents which made Athletics so fun for me. I took inspiration from the constant motivation of my brother Jake and effort level of my parents taking me to training and races constantly.

#### What is your memorable moment of your career

My most memorable moment was winning my first NCAA title in 2017 because at that point I knew I could make my hobby my career.

#### During the pandemic what has kept you focussed on and off track

This is a really rough time for everyone and for me I was able to be grateful that I had a job and that I was still able to get better every day.

#### Advice to pass on to our youngsters today

Enjoy the experiences of club running because it was some of the most fun times of my career. Also know that there is a framework at Edinburgh AC that can make you become one of the most elite runners in the world. Scotland's a pretty awesome place to be from when it comes to running!

## **BERA AJALA**



Photo credit: Bobby Gavin



#### Who inspired you to start athletics and why

I was inspired to start athletics by my grandma who used to always cheer me on during primary school sports day. She made me love the pressure and competition aspect of athletics while also telling me to train hard and enjoy the sport.

#### What is your memorable moment of your career

My most memorable moment was representing Scotland U20's team at the Welsh International in 2019. I produced a personal best of 15.00 metres which placed me top of my age group in Scotland and the club.

#### During the pandemic what has kept you focussed on and off track

What has kept me focused, is the idea of representing Great Britain and obtaining my first GB vest. World and European Championships are coming fast and I have targets to meet to be able to compete in these competitions. I also have a hunger to keep improving physically and mentally and training is a big part of that. Off the track I am motivated by having a wealth of knowledge and one day I want to be the owner of my own profitable business while making money from the computer science industry.

#### Advice to pass on to our youngsters today

I'd say they should keep their options open with events. Don't rush to specialise in one event but instead enjoy the many events and coaches that Edinburgh Athletics offers. You'll meet life long friends and build important relationships in each event group. I only specialised 2 years ago and I've been with Edinburgh for 5+ years now. I would also say to be consistent with training. Always turn up and try your best, trust your coaches knowledge and their plan for you.

# ALISHA REES



Photo credit: Bobby Gavin



## Who inspired you to start athletics and why

I have two older brothers and when I was younger all I wanted was to be like them. They also did athletics and I used to always go and watch them train or compete so as soon as I was old enough I joined my local athletics club.

## What is your memorable moment of your career

Probably world juniors bronze medal in the relay or getting my first senior GB call up. Competing for GB seniors for the first time was a big realisation that I can make it on these teams and compete with the best girls not only in the UK but world wide as well.

## During the pandemic what has kept you focussed on and off track

Not going to lie I did find it really difficult to stay fully motivated during lockdown. But one thing that kept me going was all the hard work I'd already put in I didn't want to go to waste. I knew my competitors would still be training hard and I didn't want to fall behind for next season.

## Advice to pass on to our youngsters today

Just 100% enjoy athletics and have fun with it! For me when I was younger I loved going training and competing so I could hang with my friends as well as train. It gives you the best of both worlds.

# KATIE JOHNSON



Photo credit: Bobby Gavin



Photo credit: Kenny Leek

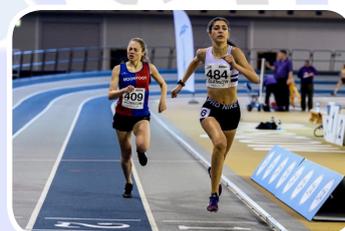


Photo credit: Bobby Gavin

## Who inspired you to start athletics and why

When I was 6, I went to a Star Track course with Sed Remally where we did a mixture of running, jumping and throwing activities and I really enjoyed it. A couple of years later I then decided to join an athletics club and competed in the Forth Valley League. I got a lot of motivation from seeing my times on paper and trying to improve them each race. I also really loved winning races!

## What is your memorable moment of your career

When I won the English U15 1500m championships in my first year of the age group with over a 5 second PB. It was a massive surprise as my PB wasn't anywhere near the fastest and I was in last place after 300m! Every lap I moved further and further up the field and on the last 200m I managed to pick up the pace massively to overtake the leader and win. During the pandemic what has kept you focussed on and off track Not going to lie I did find it really difficult to stay fully motivated during lockdown. But one thing that kept me going was all the hard work I'd already put in I didn't want to go to waste. I knew my competitors would still be training hard and I didn't want to fall behind for next season.

## During the pandemic what has kept you focussed on and off track

I saw it as a perfect opportunity to build up my aerobic base and without races I was able to have a long period of uninterrupted training. I was also very focused on training hard to get fast for future races and improve upon my times from last year.

## Advice to pass on to our youngsters today

Try not to get phased by setbacks and injuries as almost every athlete will get their fair share of them.

# JAKE WIGHTMAN



Photos credit: J P Durand via Athletics Weekly



Photo credit: Mark Shearman

Photo credit: WhiteFlyer Photography



## Who inspired you to start athletics and why

My Mum and Dad inspired me to take up athletics, as they were both decent runners. My Mum went to the 1988 Olympics for the marathon, and my Dad went to the Commonwealth Games for the marathon also. We were always surrounded by running as kids and I'm just glad I haven't ended up as a marathon runner!

## What is your memorable moment of your career

My most memorable moment so far is getting a bronze medal at the Commonwealths in 2018. It was my first major medal and came after my 4th race in 5 days as I did both the 800 and 1500m. My Dad was doing the stadium announcing for the race too, so was a pretty cool experience to hear his voice as I crossed the line.

## During the pandemic what has kept you focussed on and off track

During COVID I've stayed motivated by remembering that no training goes to waste. Even if there's no races coming up, all the hard work will pay off at some point, when we finally can. Off the track I've tried to stay busy and made more of an effort to keep in touch with the people I've been unable to see.

## Advice to pass on to our youngsters today

My advice to younger athletes is to make sure you make the most out of your time with the club! Enjoy training with club mates and all the competitions together, as they're some of the best experiences, and funnest memories you'll have from the sport.

# BETH DOBBIN



Photo credit: Mark Shearman



## Who inspired you to start athletics and why

I was inspired to start athletics by my dad as he had such a love for sport and exercise and he really passed that on for me when we started to go for runs together when I was younger.

## What is your memorable moment of your career

My most memorable moment in my career was winning British champs in 2018 as it was against a lot of athletes I have looked up to for years and it earned me my first GB vest and an opportunity to run in the London Olympic stadium.

## During the pandemic what has kept you focussed on and off track

During covid I have kept focused by taking each day as it comes and trying not to think too far ahead. I found it useful to stick to a good routine.

## Advice to pass on to our youngsters today

My advice to youngsters is to make sure your life outside athletics is an environment that you can thrive in, a happy athlete off the track makes a happy athlete on the track so make sure you have other things in your life to take your mind off athletics.

# CHRIS O'HARE



Photo credit: Simon Cooper/PA Wire



Photo credit: Courtesy chrisoharesport.com



Photo credit: Via Chris

## Who inspired you to start athletics and why

My desire to be just like my older brother, Ryan, got me into the sport. I really only joined the school cross country team so that I could do what Ryan was doing. Realizing that I was good and had a talent kept me running and inspired me to take it more seriously.

## What is your memorable moment of your career

2014 Commonwealth Games in Glasgow. My first major championship was the year before in Moscow. Having been through a major championship in a very foreign country, getting to experience a major champs in my own country was surreal. The deafening noise when I was announced on the start line is something I will never forget.

## During the pandemic what has kept you focussed on and off track

I am fortunate enough to live in an area where tracks are open to the public so I didn't experience as many logistical issues as many. The emotional side was a different story, it was really difficult to know whether or not I was going to be racing at all. I ended up having to shut my season down before I had the opportunity to race anyway due to injury. That being said, while all other events were being canceled but the Olympics hadn't yet been postponed, I don't think I slept for at least a few days. Having a wife and two kids, I had a bit more to worry about than a lot of other professional athletes because I was also concerned about their health if I travel and bring home a virus.

## Advice to pass on to our youngsters today

Always remember to have fun. As you get more serious in the sport, it is easy for training and racing to become more of a job and less fun. Whenever you feel yourself not having fun or being too stressed, try to rework how you think about the sport and remember why you are doing it. That being said, hard work is necessary!



# JOE EWING



Photo credit: Bobby Gavin



Photo credit: Courtesy of Joe



Photo credit: Steve Adam

## Who inspired you to start athletics and why

Originally, I ran as part of a school training group so it was always natural for me to look up to former pupils of my school such as Lynsey Sharp and Jake Wightman. The older I've gotten, the more I've been exposed to these athletes and their professional practices, allowing me to not only improve in an athletic sense, but also allowing me to get all of the little things right out with training. It's hard not to look at the successes of people like Jake and think that he came from a very similar background to me, why can't I do that too?

## What is your memorable moment of your career

My most memorable moment in athletics probably comes from after the British Senior Champs this year where I finished in 5th place. I think this was such a big deal for me because it was my first senior championships racing against the big guys who I had watched on tv in the previous years. And, as the champs were live on BBC, I received lots of the messages from my friends who had previously never really understood the level at which I compete. This was one of the first times I really received recognition from people outside of my immediate circle.

## During the pandemic what has kept you focussed on and off track

Lockdown was obviously a hugely challenging time for all athletes, especially those who had gone from being at school with a set daily routine to suddenly being thrust into a whole lot of free time with very little to do. For me, I chose to plan my days around my runs, which allowed me to keep some sort of structure in my life. This was instrumental in keeping me motivated in athletics and in general life, which ultimately contributed to me competing well once races started to pop up. I basically used the time as an opportunity to strip back my life, which allowed me to focus on the things that really mattered to me.

## Advice to pass on to our youngsters today

In my opinion, the biggest factor which contributes to me competing well is my level of enjoyment. Personally, I find that I compete best when I am happy in other areas of life along with athletics, so my advice to younger athletes would be to not become fully immersed in athletics. Although it is important to focus on your sport, try to find other hobbies which allow you to remove yourself from the pressure of training and competing.



# XC ROUND UP 2019/20

By John Lenehan

Photos courtesy of John



Edinburgh Athletic Club's senior athletes had a successful winter 2019-2020 cross-country season. The club's annual Cross-Country Grand Prix, rewarding consistent high performance throughout the 10-race season, was hotly contested.

Elaine Eadie finished as top female, while clubmates Lauren Wilson, Rebecca Frake, Hannah Cameron, Chloe Cox, Jenny MacLean, Nikki Gibson, Sue Ridley and Isla Scott-Pearce were in close contention.

Iain Macdonald pipped Iain Whitaker, Florent Tournay, Leon Johnson, Mike Christoforou and Myles Bax to the men's title.

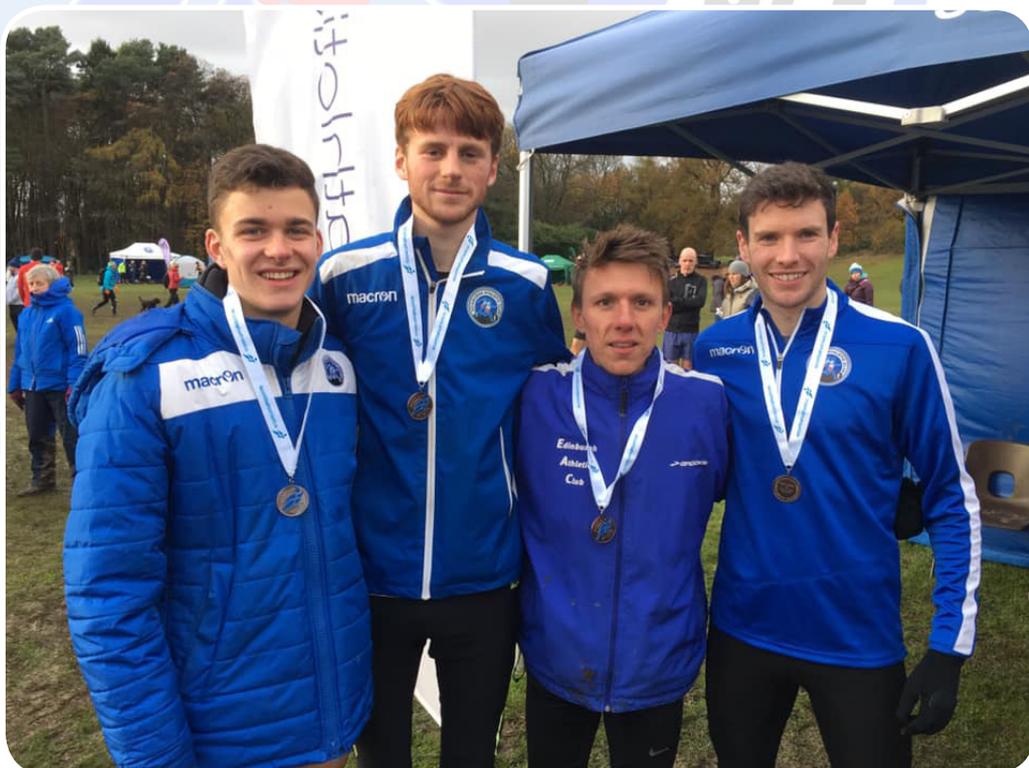
Jenny MacLean and Leon Johnson won the V40 prizes, while Sue Ridley and Dani Rivera won the V50 spoils. Eric Stevenson clocked an impressive nine races to win the V60 category.

V50 female Sue Ridley led her clubmates Sharyn Ramage, Jill Morrow, Karen Dobbie and Shona Adam to win team golds in both the National Relays and National Masters fixtures. Ridley was elated to become National V50 champion, enthusing: "I was shocked but

delighted to cross the finish line in first place. My team-mates produced fantastic runs to earn team golds, and this felt extra special."

Further success came at the National Relays as senior females Lauren Wilson, Lauren Stoddart, Hannah Cameron and Rebecca Frake battled to silver medals, pipping Giffnock North and Inverness Harriers by a handful of seconds. Iain Craven, Richard Meade, Stuart Johnston and Leon Johnson secured bronze in the V40 category.

The fast and furious National Short Course Championships saw senior females Lauren Wilson, Hannah Cameron, Zoe Bates and Rebecca Burns take bronze, one point behind Fife AC.





The senior men repeated this achievement, with Freddie Carcas, Mike Christoforou, Joe Ewing and Iain Whitaker narrowly beating Cambuslang to bronze by a single point. Leon Johnson landed a superb individual V40 silver.

Chloe Cox and Iain Whitaker had super runs at the highly competitive East District Championships, and both deservedly qualified for Scotland East vests as a result. The UK Challenge in Stirling saw Cox, Whitaker and their Edinburgh AC clubmates Lauren Wilson, Elaine Eadie and Mike Christoforou compete for Scotland East in the Inter District races.

Eadie, clubmate Isla Scott-Pearce, and Gala Harrier Sara Green travelled to Loughborough for the UK Inter County Championships, representing Scotland East.

Promising junior athlete Pippa Carcas and her Scotland East team mates Anna Hedley, Rosie Davidson and Georgia Ledingham raced to gold in the Under 17 race. Scotland West took silver.



Carcas, a GB mountain runner, said: "These results show the depth we have in the Scottish cross country scene. Our experience from earlier in the season meant we knew how to attack the race.

It paid off and we were able to secure gold!" Meanwhile, Edinburgh based Ulsterwoman Lauren Wilson had a fantastic run in the Ulster Championships, with third place putting her amongst the best athletes in the province.

The final race on the 2019-2020 cross-country calendar was the ever popular National Championships.

Despite stormy conditions, thousands of runners took to the Falkirk course.

*Thanks to John for his kind permission to use for this publication.*





## ALEX MACEWEN



### What inspired you to take up coaching and when

It was later when I started work that I recognised the inspiration of a geography teacher and a PE teacher over seven years at secondary in early seventies. At various jobs, I realised teaching staff and teaching children and as a volunteer coaching seniors were all worthy pursuits.

### Memorable coaching moment

Lots of memorable moments which is one of the joys. Its more than the medals or the certificates its that sense of "we have done it, well done".

### During lockdown what kept you focussed when couldn't coach

During this time I had several ploys. At end of every run or walk, I picked up a small stone on the route brought it back and built a cairn! It was the chance as I was tidying and filing to reflect and recall all the good and not so good moments. It was the realisation to move slowly and take in that silence.

### Advice to youngsters today from a coaching point of view

Watch and listen to a teacher you admire. How do they inspire you? Oh and volunteer to help!

## ANNE SCOTT

### What inspired you to take up coaching and when

I enjoyed the sport and wanted to continue in the sport coaching came first then team management. Can't remember feels like a long time ago, some 30 years anyway.

### Memorable coaching moment

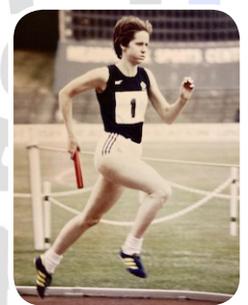
I have two. Firstly, I was team managing on the day Gillian Cooke achieved the Long Jump qualifying distance for the 2006 Commonwealth Games in Melbourne. Celebrated by throwing my clip board (which had a metal clip on it) in the air. Luckily for me I didn't injure anyone. Second assisted in transitioning Gillian from athletics to Bobsleigh, and in her first year in her new sport became World Champion, the first and only British brake woman to win a world title.

### During lockdown what kept you focussed when couldn't coach

I continued to post sessions and keep in touch with athletes. To be honest kinda enjoyed the time off which I used to reflect and recharge my batteries.

### Advice to youngsters today from a coaching point of view

Try different events and find one that suits and you enjoy. Be patient and listen to your coach. Always keep speed in your training and don't be scared to ask why you are doing things, especially as you get older. There is longevity in the sport, from junior right through to master if you choose to do so. Most of all have fun because once you get hooked and up your training days its got to be fun.



# ERIC FISHER

Photo credit: Courtesy of anentscottishrunning.com



## What inspired you to take up coaching and when

I always enjoyed taking part in sports and had some success with football while at primary school. I was selected to play for the Leith school team and while in the Boys Brigade I was also selected to play for the Leith Battalion team for three seasons. I won the B.B. district cross country and the half mile track championship, this for me was the best result of all. At the age of 17, and being a Staff Sergeant, I was asked to take over the B.B. P.E. class which meant I would have to attend Training Classes which were held at the National Training Centre at Carronvale, Larbert. The residential weekend classes were led by Tutors and final year students from Jordonhill School of Physical Education. When I gave up playing football and joined E.A.C. in 1964 I helped out by taking some of the younger athletes for a road run but it was not until 1970, following the commonwealth games, that I really started to coach when Meadowbank was swamped with youngsters all wanting to be Lachie Stewarts.

## Memorable coaching moment

I have many special moments from coaching and they are wide ranging from new starts learning that they have run a P.B. (after explanation of P.B.), or Seeing many of my charges winning their nation championship or representing their country in major competitions.



## During lockdown what kept you focussed when couldn't coach

During lock down I consider myself fortunate that I have a small garden where I spent a good deal of time and I have been completing a book for my grandchildren. It is called 'My Grandparents Journal'. It contains our family tree, stories from my childhood, family traditions and holidays. They are all supplemented by photographs down through the years.

## Advice to youngsters today from a coaching point of view

Advice to youngsters, don't be in a hurry to have success. Take your time, listen to your coaches and enjoy the wonderful sport of athletics.

# ENID JOHNSTONE



## What inspired you to take up coaching and when

I started coaching when my daughter started athletics although I did do a little before I had children at that time there were a lot of athletes and very few coaches.

## Memorable coaching moment

I always remember when coaching Emily Dudgeon when she said she can't do 200's and I said no such word in athletics as can't well cannot then.



## During lockdown what kept you focussed when couldn't coach

Kept focused by sending different schedules and Ideas although was a lot harder for some people.

## Advice to youngsters today from a coaching point of view

Try different ideas to vary training as much as possible.



Photos courtesy of Keith

# KEITH RIDLEY

What inspired you to take up coaching and when  
1998 - when my son took up athletics I wanted to get involved in the sport again after 20 years as an athlete.

## Memorable coaching moment

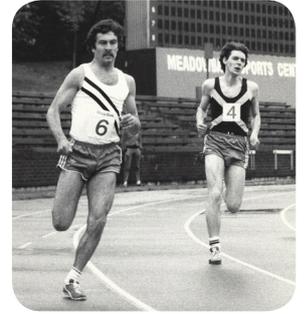
2011 - One of my athletes, Tom Holligan, winning gold in 200m at European Youth Olympics followed 6 weeks later with gold again in 200m at the Commonwealth Youth Games.

## During lockdown what kept you focussed when couldn't coach

Lots of walking and rediscovering parts of Edinburgh and in particular Holyrood Park that I hadn't seen for many years.

## Advice to youngsters today from a coaching point of view

1. Train consistently throughout the year - set a regular pattern.
2. Don't ignore injuries.
3. Enjoy competing (when lockdown allows) - it's why you're in the sport.
4. Listen to your coach!



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# ANNUAL JUNIOR AWARDS 2020



## CROSS COUNTRY AWARDS 2019/2020



**U11 GIRLS** 1st Joanna Hirst  
2nd Lauren Russ  
3rd Annabelle Van Der Merwe

**U13 GIRLS** 1st Megan McKay  
2nd Dashka MacDonald  
3rd = Jessica Taylor  
3rd = Anna Cruden

**U15 GIRLS** 1st Katie Johnson  
2nd Sorcha Shepherd  
3rd Anise MacAuley Orr

**U17 WOMEN** 1st Pippa Carcas  
2nd Rose Newman  
3rd Hannah Little

**U11 BOYS** 1st Reuben Lees  
2nd Josh Daunt  
3rd Lukas Sonnenville

**U13 BOYS** 1st Dylan Dunt  
2nd Ben Turtle

**U15 BOYS** 1st Aidan Bradley  
2nd Alexander Miller  
3rd Wilbur Mansell

**U17 MEN** 1st Muir Gillespie



## 4J STUDIOS SCOTTISH ATHLETICS AWARDS 2020

# JAKE JOINT WINNER - PERFORMER OF THE YEAR



Photo credit: Courtesy of Jake

Congratulations to **Jake Wightman** sharing Performer of the year at the 4J Studios Scottish Athletics Awards 2020 alongside Laura Muir and Jemma Reekie.

Well done from all at Edinburgh AC along with your dad and Coach Geoff and family.

Extended congratulations to both Laura and Jemma along with coach Andy Young and both families.



Photo credit: Via Scottish Athletics

# MOIRA MAGUIRE - LIFETIME MEMBER AWARD

## FROM PARTICIPATION TO ADMINISTRATION



Congratulations to our President **Moira Maguire** who received a Lifetime Membership at the 4J Studios Scottish Athletics Annual Awards.

Moira (Walls) competed at the 1969 European Championships, Athens, then in the high jump at the 1970 Commonwealth Games in Edinburgh.

She won the bronze medal, and is the only Scottish high jumper to have won a Commonwealth Games medal. She also competed in the high jump at the 1976 Summer Olympics in Montreal.

Photo credit: Bobby Gavin



# CROSS COUNTRY GRAND PRIX RANKINGS

2019/2020

# MENS RANKINGS

RANKING	NAME	POINTS	No. OF RACES	AGE CAT
1	Iain MacDonald	139	8	Sen
2	Iain Whitaker	131	6	Sen
3	Florent Tornay	109	5	Sen
4	Leon Johnson	106	6	V40
5	Michael Christoforou	104	5	Sen
6	Myles Bax	99	6	Sen
7	Dan Rivera	87	7	V50
8	Martin Ferguson	85	6	V50
9	Iain Craven	83	7	V40
10	Gavin Phillip	80	10	V50
11	Stuart Johnston	74	5	V40
12	Malcom Fraser	69	6	Sen
13	Tom Leeman	67	6	Sen
14	Joe Ewing	66	3	U20
15	Mark MacDermot	60	4	Sen
16	Richard Meade	60	4	V40
17	Jose Leon	58	5	Sen
18	Lewis Orr	55	6	V40
19	Terry Roberts	55	4	Sen
20	Tom Ireland	49	4	U20
21	Kevin Hamilton	48	3	Sen
22	David Cross	47	6	V50
23	Dougie Gowan	45	8	V40
24	Malcolm Parry	45	5	V40
25	Dave Clements	43	6	V40
26	Mark Thornton Smith	42	2	Sen
27	Matt Davies	42	2	Sen
28	Callum Reid	40	2	Sen
29	Dermot Bailie	37	3	V40
30	Max Carcas	35	7	V50
31	Andy Latham	35	4	V50
32	Robin Kyle	33	2	Sen
33	David Steel	26	7	V50



RANKING	NAME	POINTS	No. OF RACES	AGE CAT
34	Michael Cameron	26	1	U20
35	Freddie Carcus	26	2	U20
36	Iain Niblock	25	2	Sen
37	Sam Macneil	23	1	Sen
38	Sam Brown	20	1	U20
39	Eric Stevenson	20	9	V60
40	Gavin Bryson	19	1	Sen
41	Patrick Fenn	19	5	V40
42	Callum Phillip	17	1	U20
43	Nicholas Wolverson	16	1	Sen
44	Steven Watters	12	1	Sen
45	Alex MacEwan	12	8	V60
46	Nick Keith-Barnett	10	2	Sen
47	Paul McBrian	10	2	Sen
48	Grant Noble	9	1	V55
49	Robert Hamilton	9	1	V40
50	Terry Johnstone	8	2	V50
51	Darren Blyth	7	1	Sen
52	Brian Howie	6	4	V60
53	Argy Rizos	5	2	V40
54	Peter Graham	5	1	Sen
55	Xavier Despinoy	4	1	Sen
56	Patrick Lucchesi	1	1	V55
57	John Lenehan	1	1	Sen
58	Kevin Graham	1	1	Sen

Photo Credit: Dani P Rivera



# WOMENS RANKINGS

RANKING	NAME	POINTS	No. OF RACES	AGE CAT
1	Elaine Eadie	58	8	Sen
2	Lauren Wilson	38	4	Sen
3	Rebecca Frake	36	5	Sen
4	Hannah Cameron	35	4	Sen
5	Chloe Cox	32	5	Sen
6	Jennifer McLean	32	5	V40
7	Nikki Gibson	31	5	Sen
8	Susan Ridley	27	6	V50
9	Isla Scott-Pearce	26	4	Sen
10	Zoe Bates	19	2	Sen
11	Amy Vincent	15	3	Sen
12	Elaine Davies	14	6	V40
13	Karen Dobbie	12	3	V50
14	Hannah Waugh	12	3	Sen
15	Lucy Marshall	10	2	V40
16	Janet Dunbar	10	1	V50
17	Lauren Stoddart	9	1	Sen
18	Maria Boland	9	3	Sen
19	Rachel Kline	9	2	Sen
20	Hazel MacCormick	8	1	Sen
21	Sharyn Ramage	8	5	V50
22	Rebecca Burns	7	1	Sen
23	Shona Adam	7	6	V50
24	Mhairi Ferguson	6	1	Sen
25	Jocelyn Moar	4	1	Sen
26	Anne Peat	4	1	V50
27	Bea Winkler	3	1	U20
28	Jill Morrow	2	1	V50
29	Jane Carcas	1	1	V50
30	Sarah Douglas	1	1	Sen
31	Lucia Montgomery	1	1	U20
32	Cath Ferry	1	1	V40



# IT'S OFFICIAL!

A SELECTION OF OUR MANY CLUB OFFICIALS WHO MAKE IT HAPPEN



# WE COULDN'T DO IT WITHOUT YOU





## ROLL OF HONOUR 2020

Layout and design by **GARY LEEK** (Head of Communications)

**DEREK COGLE** - Compiling of performances for Roll of Honour

**XAVIER DESPINOY** - Compiling of Club Rankings

Photos Credits include: **Bobby Gavin, Gary Leek, Gettys Images, John Lenehan** and more mentioned throughout.

Special thanks to all the **Coaches, Team Managers, Officials, Management Committee, Trustees, all the families and supporters**

**STAY  
SAFE**

**STAY  
FIT**

**STAY  
WITH  
IT!**  
#EacTogether



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