

# BANCHORY STONEHAVEN ATHLETICS CLUB



Season 2019



## Age Group Definitions & Dates

Under 11	Boys & Girls	Aged 9 & 10
Under 13	Boys & Girls	Aged 11 & 12
Under 15	Boys & Girls	Aged 13 & 14
Under 17	Men/Women	Aged 15 & 16
Under 20	Men/Women	Aged 17/18/19

All ages are as at 1st September to 31 August except Under 20 group which is 1st January to 31st December

For Cross Country the Age Groups remain the same category as during the previous Track & Field season



# Club Trophy Winners 2018

## **FERNBANK CUP**

**Women's Senior Champion**, Gifted by David Mitchell Esq

**Shannon Brown**

## **ICFC CARDEN CUP**

**Men's Senior Champion**, Gifted by Industrial & Commercial Finance Corp

**Innes Grant**

## **U15 GIRLS SHIELD**

**Cara Davie**

## **U15 BOYS SHIELD**

**Kane Noble**

## **JUNIOR CHAMPIONS CUP U13 GIRLS**

**Millie McClelland-Brooks**

## **JUNIOR CHAMPIONS CUP U13 BOYS**

**Cameron Scott**

## **MINOR GIRLS CUP U11**

**Lucy McLean**

## **MINOR BOYS CUP U11**

**Luc MacLeod**

## **SUN ALLIANCE CUP**

For the female athlete who, in the opinion of the committee, has shown the most outstanding performance or achievement during the season

**Maddy Silcock**

## **ROYAL BANK CUP**

For the male athlete who, in the opinion of the committee, has shown the most outstanding performance or achievement during the season

**Craig Strachan**

## **THROWS TROPHY**

Best Male or Female athlete showing particular promise in any throwing event

**Rosie Meyer**

## **JUMPS TROPHY**

Best Male or Female athlete showing particular promise in any jumping event

**Ralph Silcock**

## **SPRINTS TROPHY**

Best Male or Female athlete showing particular promise in any sprint event

**Craig Strachan**

## **ENDURANCE TROPHY**

Best Male or Female athlete showing particular promise in any endurance event

**Emma Swanson**

## **CROSS COUNTRY TROPHY**

Best Male or Female athlete showing particular promise in any cross country event

**Clare Stewart**

## **MULTI EVENTS TROPHY**

Best Male or Female athlete showing particular promise in any multi event

**Cara Davie**

## **BALLANTYNE CUPS**

For clubmanship, male and female not already holding a major trophy

**Clare McGarvey & Tom Leeson**

## **COACHES GLASS**

**Clare Creamer**

## **BEST TEAM MEDAL**

**U15 Girls Team, RAM League winners**

Ella Creamer, Cara Davie, Abbie Crawford, Freya Stevenson, Emma Swanson, Sadhbh Goodin, Izzy Thomson, Anna Birch, Izzy Parnaby

## **GORDON LOWE MEMORIAL CUP**

For the athlete who, in the in the opinion of the committee is the most improved or committed middle distance runner of the season. (800m,1500m)

**Kane Noble**

# BSAC Club Champions

	U17 & Senior Women	U17 & Senior Men
1978	Susan Rogerson	Stephen Milne
1979	Tessa Lothian	Kevin Young
1980	Tessa Lothian	Kevin Young
1981	Claire Darragh	Ian Christie
1982	Claire Darragh	Miles Davies
1983	Donna Dey	Andrew Graham
1984	Lisa Herrington	Stephen Thomson
1985	Lisa Herrington	Chris Glendinning
1986	Lisa Herrington	Graeme Cook
1987	Lisa Herrington	Graeme Cook
1988	Lisa Herrington	Alan Mason
1989	Shona Watt	Andrew Brigg & Jonathan Greenwood
1990	Shona Watt	Alexander Dawes
1991	Jennifer Reid	Dinkar Sabnis Jr
1992	Jennifer Reid	Alexander Dawes
1993	Jennifer Reid	Iain Ballantyne
1994	Jennifer Reid	Niall Young
1995	Elinor Light	Iain Ballantyne
1996	Elinor Light	David Paterson
1997	Elinor Light	David Paterson
1998	Louise Kochalski	Fraser Davidson
1999	Louise Kochalski	Fraser Davidson
2000	Alison Culshaw	Fraser Davidson
2001	Premala Fawcett	Fraser Davidson
2002	Catherine Smy	Fraser Davidson
2003	Emma Cloggie	Ross Gray
2004	Emma Cloggie	Ross Gray
2005	Catherine Smy	Ross Gray
2006	Louise Carnegie	Andrew J Ferguson
2007	Megan Albon	Andrew J Ferguson
2008	Caroline Rodger	William Smy
2009	Caroline Rodger	William Smy
2010	Kathryn Christie	Benjamin Rees
2011	Kathryn Christie	Stuart Ferguson
2012	Kathryn Christie	Stewart Clark
2013	Madeline Furnival	Daniel Rees
2014	Madeline Furnival	Daniel Rees
2015	Eve Sealy	Innes Grant
2016	Frances Sealy	Innes Grant
2017	Frances Sealy	Innes Grant
2018	Shannon Brown	Innes Grant

# BSAC Club Champions

	U15 Girls (started 1995)	U15 Boys (started 1995)
1995	Anna Cashmore	Barry Chalmers
1996	Julia Truscott	Chris Ferguson
1997	Julia Truscott	Jamie Reid
1998	Helen Gunn	Steven McIntosh
1999	Rachel Spencer	Neil Fowler
2000	Nicola Stephen	Cameron Gray
2001	Emma Cloggie & Catherine Smy	Ross Gray
2002	Emma Cloggie	Ross Gray
2003	Iona Ingram	Shaun Hunter
2004	Sarah Thompson	Shaun Hunter
2005	Sarah Thompson	Angus Lovell
2006	Megan Albon	William Smy
2007	Jessica Hay	Stewart Clark
2008	Kathryn Christie	James Duguid
2009	Kathryn Christie	Michael Ferguson
2010	Lindsey Young	Daniel Rees
2011	Madeline Furnival	Daniel Rees
2012	Madeline Furnival	Rohan Hutcheon
2013	Rosa Hare	Rory Stewart
2014	Frances Sealy	Innes Grant
2015	Frances Sealy	Craig Strachan
2016	Louise Carmichael	Ralph Silcock
2017	Shannon Brown	Ralph Silcock
2018	Cara Davie	Kane Noble



# BSAC Club Champions

	U13 Girls	U13 Boys
1978	Helen Rogerson	James McGregor
1979	Shona Philip	Stewart Blades
1980	Shona Philip	John Lawrence
1981	Shona Ballantyne	Graeme Cook
1982	Maree Adams	Graeme Cook
1983	Lisa Herrington	Chris Will
1984	Jackie Young	Alan Manson
1985	Vicky Thow	Christian Thynne
1986	Morven Lowe	Dinkar Sabnis Jr
1987	Vicky Bannerman	Scott Burnett & John Cook
1988	Jennifer Reid	John Cook
1989	Jennifer Reid	Neil Strang
1990	Jennifer Reid	Iain Banks
1991	Jennifer Evan & Elinor Light	James Light
1992	Elinor Light	Richard Singer
1993	Lousia Rouse	Daniel Watson
1994	Jenna Christie	Christopher Ferguson
1995	Meganne Paul	Daniel Baker
1996	Shareen Reid	Steven McIntosh
1997	Shareen Reid	Edward Gunn
1998	Rachel Spencer	Jan-Michael Kochalski
1999	Daisy Higginson	Campbell Lawson
2000	Stephanie Brodie	Ross Gray
2001	Alwyn McKenna	Shaun Hunter
2002	Sian Parker	Andrew J Ferguson
2003	Sarah Thompson	Michael Fawcett
2004	Eleanor Workman	Michael Fawcett
2005	Laura Jane Fyfe	Stewart Clark
2006	Kathryn Christie	Jamie Andrew
2007	Kathryn Christie	Michael Ferguson
2008	Lindsey Young	Sean Leith
2009	Kelsey Stewart	Daniel Rees
2010	Eve Sealy	Matthew Duguid
2011	Polly Christie	Angus Forbes
2012	Rosa Hare	Angus Forbes
2013	Frances Sealy	Luke Graham
2014	Eva Snedden	Joshua Benton
2015	Izzy Thomson	Ralph Silcock
2016	Izzy Thomson	Callum Lechateiller
2017	Cara Davie	Jacob Taylor
2018	Millie McClelland-Brooks	Cameron Scott

# BSAC Club Champions

	U11 Girls	U11 Boys
1978	Shona Ballantyne	Roderick McClean
1979	Shona Ballantyne	Graeme Cook
1980	Lesley Sanderson	Graeme Cook + Stuart Gibson
1981	Lisa Herrington + Morag Thow	John Murray
1982	Jackie Young	Martin Girvan
1983	Kirstee Bruce	Alexander Dawes
1984	Sarah Bruce	Dinkar Sabnis Jr
1985	Joanna Dawes	John Cook
1986	Shona Watt	Steven Jerrit
1987	Jennifer Reid	Iain Banks
1988	Jennifer Reid	Iain Banks
1989	Tina MacIntosh	Grant McGillvary
1990	Elinor Light	Fergus Bisset
1991	Erika Sinclair	Fergus Bisset
1992	Jenna Christie	Jamie Wade
1993	Ruth Sinclair	Keith Gray
1994	Shareen Reid	Steven McIntosh
1995	Shareen Reid	Alan Bryce
1996	Zoe Davidson	Cameron Gray
1997	Daisy Higginson	Ross Gray
1998	Kylie Davidson	Ross Gray
1999	Alwyn McKenna	Calum Tilley
2000	Katherine Stephen	Calum Tilley
2001	Sarah Thompson	William Smy
2002	Melissa Muir	Michael Fawcett
2003	Eleanor Workman	William Tubby
2004	Kathryn Christie	Jack Hunter
2005	Kathryn Christie	Hamish Tubby
2006	Lindsey Young	Micha George
2007	Katy Meaden	Daniel Rees
2008	Alisha Rees	Matthew Duguid
2009	Alisha Rees	Angus Forbes
2010	Anna Pyper	Angus Forbes
2011	Anna Pyper	Joseph Wright
2012	Louise Carmichael	Craig Strachan
2013	Kate Hare	Laurence Petty
2014	Izzy Thomson	Laurence Petty
2015	Cara Davie	Jacob Taylor
2016	Rowan Beaton	James Donald
2017	Charlotte D'Arcy	Luc Macleod
2018	Lucy McLean	Luc MacLeod

# Club Records at 31 December 2018

(i)= Indoor record, only noted when better than outdoor record or where no outdoor record exists.

## U11 Boys

Event	Name	Record	Year
60m	Steven McIntosh	8.9s	1994
75m	Craig Strachan	11.15s	2012
80m	Craig Strachan	11.6s	2012
100m	Alexander Dawes	13.6s	1983
150m	Craig Strachan	22.01s	2012
200m	Luc MacLeod	30.09s	2018
400m	Daniel Watson	68.8s	1991
600m	Joseph Wright	1.54.1s	2011
800m	Martin Girvan	2.33.0s	1982
1500m	Martin Girvan	5.18.0s	1982
High Jump	Craig Strachan	1.31m	2012
Long Jump	Dinkar Sabnis Jr	4.37m	1984
Triple Jump	Dinkar Sabnis Jr	8.83m	1984
Javelin	Cameron Hay	28.70m	1982
Discus	Grant McGillvray	21.66m	1989
Shot	John Rennie	7.83m	1982



BSAC 2018 Trophy & Certificate Winners at the Annual Ceilidh and Awards evening



# Club Records at 31 December 2018 continued

## U13 Boys

Event	Name	Record	Year
60m (i) =	Steven McIntosh & Alan Bryce	8.6s	1996
100m =	James McGregor & Richard Singer	13.0s	1978
150m	Murray Allan	22.8s	2013
200m	Craig McCulloch	27.0s	1994
400m	Richard Singer	61.1s	1992
800m	Richard Singer	2.22.1s	1992
1200m	Matthew Brown	4.21.4	2017
1500m	Ewan McMillan	4.52.94s	2010
75m H	Craig Strachan	13.17s	2014
High Jump	Craig McCulloch	1.53m	1994
Long Jump	Dinkar Sabnis Jr	4.99m	1986
Triple Jump	James Light	10.38m	1991
Javelin	Michael Fawcett	30.76m	2004
Discus	Ross Gray	24.74m	2000
Shot 3.25k	Roderick McLean	10.79m	1980
Shot 3k	Drew MacKinnon	6.55m	2018 New
Pentathlon	Ross Gray	1509pts	2000

## U15 Boys

Event	Name	Record	Year
60m (i)	Craig Strachan	7.49s	2016
100m	Craig Strachan	11.45s	2016
200m	Craig Strachan	23.22s	2016
300m	Jack McKeown	42.3s	2018 New
400m	Richard Singer	53.61s	1993
800m	Michael Ferguson	2.07.9s	2009
1500m	Michael Ferguson	4.19.82s	2009
60m H (i)	Craig Strachan	9.02s	2016
80m H	Craig Strachan	11.78s	2016
3000m	Robbie Simpson	9.58.4s	2006
High Jump	William Smy	1.70m	2006
Long Jump	Craig Strachan	5.93m	2016
Triple Jump	Ross Gray	11.50m	2002
Javelin	Rory Stewart	42.27m	2013
Discus	Ross Gray	31.64m	2002
Shot	Roderick McLean	13.14m	1982
Hammer	John Fyvie	39.45m	1998
Pentathlon	Craig Strachan	2650pts	2016

# Club Records at 31 December 2018 continued

## U17 Men

Event	Name	Record	Year
60m (i)	Craig Strachan	7.3s	2018
100m	Craig Strachan	11.0s	2018
200m	Craig Strachan	22.01s	2018
400m	Richard Singer	50.0s	1995
800m	Michael Ferguson	1.59.05s	2011
1500m	David Paterson	4.10.4s	1995
1500m S/C	Stuart Gray	5.00.2s	1995
60m H (i)	Richard Singer	8.56s	1995
100m H	Richard Singer	13.9s	1995
400m H	Richard Singer	55.37s	1995
3000m	Ewan McMillan	9.25.2s	2014
High Jump	William Smy	1.80m	2008
Long Jump	William Smy	6.24m	2008
Long Jump (i)	Dinkar Sabnis Jr	6.43m	1990
Triple Jump	Stewart Clark	12.94m	2009
Pole Vault	Ralph Silcock	2.90m	2018
Pole Vault (i)	Hamish Leeson	2.60m	2013
Javelin	Rory Stewart	47.15m	2015
Discus	John Fyvie	35.01m	2000
Shot	Neil Rogerson	12.00m	1985
Hammer	John Fyvie	47.21m	2000
Heptathlon	Ralph Silcock	3681pts	2018
Octathlon	Dinkar Sabnis Jr	3859pts	1990



# Club Records at 31 December 2018 continued

## U20 & Senior Men

Event	Name	Record	Year
60m (i)	Alexander Dawes	7.3s	1993
100m =	Alexander Dawes	11.3s	1993
100m =	Graeme Cook	11.3s	1987
200m	Graeme Cook	22.8s	1987
400m	Michael Ferguson	49.45s	2013
800m	Michael Ferguson	1.51.78s	2016
1500m	Michael Ferguson	3.45.27s	2016
2000m S/C	Ben Anderson	6.47.8s	1993
3000 m S/C	Andrew J Ferguson	10.26.7s	2015
3000m Track	Michael Ferguson	8.22.66s	2018
5000m Track	Michael Ferguson	14.30.06s	2017
10000m Track	Andrew J Ferguson	34.49.34	2017
10000m Road	Andrew J Ferguson	33.57	2017
Half Marathon	Ben Taylor	86.30	2017
60m H (i)	Daniel Rees	8.92s	2016
110m H	Daniel Rees	15.53s	2015
400m H	Daniel Rees	54.49s	2016
High Jump =	Dinkar Sabnis Jr	1.85m	1991
High Jump =	William Smy	1.85m	2009
Long Jump	Fraser Davidson	6.44m	2005
Long Jump (i)	Stewart Clark	6.45m	2009
Triple Jump	Dinkar Sabnis Jr	14.09m	1991
Pole Vault	Daniel Rees	3.50m	2015
Javelin SM	Tom Leeson	42.94m	2013
Javelin U20	Rory Stewart	43.83m	2016
Discus SM 2kg	Ian Christie	35.34m	1983
Discus U20 1.75kg	Cameron Cowie	36.19m	2017
Shot SM 7.26kg	Ian Christie	12.68m	1979
Shot U20 6kg	John Fyvie	11.57m	2002
Hammer SM 7.26kg	Neil Fyvie	36.89m	1999
Hammer U20 6kg	John Fyvie	45.36m	2001
Heptathlon (i)	Tom Leeson	5148pts	2009
Decathlon U20	Daniel Rees	5852pts	2015

# Club Records at 31 December 2018 continued

## U11 Girls

Event	Name	Record	Year
60m	Kathryn Christie	9.1s	2004
75m	Alisha Rees	10.65s	2009
80m	Louise Carmichael	12.2s	2012
100m =	Lisa Herrington	14.0s	1981
100m =	Jennifer Reid	14.0s	1988
150m	Alisha Rees	21.31s	2009
200m	Alisha Rees	29.78s	2009
400m	Lisa Herrington	72.1s	1981
600m	Anna Pyper	1.56.6s	2011
800m	Kathryn Christie	2.40.3s	2005
High Jump	Ellie Workman	1.40m	2003
Long Jump	Jennifer Reid	4.08m	1988
Triple Jump	Zoe Davidson	8.36m	1996
Javelin	Ellie Workman	18.45m	2003
Discus	Shareen Reid	17.76m	1995
Shot	Sarah Thompson	6.39m	2001

## U13 Girls

Event	Name	Record	Year
60m (i)	Alisha Rees	8.53s	2014
75m	Kelsey Stewart	10.54s	2009
80m =	Frances Sealy	12.0s	2012
80m =	Louise Carmichael	12.0s	2013
100m =	Catherine Cooke	13.1s	1982
100m =	Lisa Herrington	13.1s	1983
150m =	Kelsey Stewart	20.6s	2009
150m =	Alisha Rees	20.6s	2011
200m	Alisha Rees	27.18s	2011
400m	Rachel Spencer	66.1s	1998
600m	Frances Sealy	1.55.9s	2012
800m	Kelsey Stewart	2.22.1s	2009
1200m	Emma Swanson	4.03.32s	2016
1500m	Emma Swanson	5.09.29s	2016
60m H (i)	Shareen Reid	10.87s	1997
70m H	Ella Creamer	11.94	2017

# Club Records at 31 December 2018 continued

## U13 Girls continued

Event	Name	Record	Year
High Jump	Ellie Workman	1.48m	2004
Long Jump	Louise Carmichael	4.72m	2014
Triple Jump	Daisy Higginson	9.29m	1999
Javelin 400g	Ellie Workman	28.47m	2005
Discus	Jennifer Reid	23.50m	1990
Shot	Jennifer Reid	8.27m	1990
Pentathlon	Ellie Workman	2269 pts	2005

## U15 Girls

Event	Name	Record	Year
60m (i)	Alisha Rees	8.0s	2012
100m	Alisha Rees	11.92s	2013
200m	Alisha Rees	24.64s	2013
300m	Cara Davie	43.6	2018 New
400m	Emma Cloggie	59.6s	2002
800m (i)	Emma Cloggie	2.17.6s	2002
800m	Emma Cloggie	2.18.51	2002
1500m	Emma Swanson	4.57.01s	2017
60m H (i)	Georgia Summers	9.62s	2013
75m H	Georgia Summers	11.86s	2013
High Jump (i)	Ellie Workman	1.68m	2007
High Jump	Ellie Workman	1.64m	2007
Long Jump	Rachel Spencer	5.18m	2000
Triple Jump	Frances Sealy	10.22m	2015
Pole Vault (i)	Rosa Hare	2.05m	2014
Javelin 600g	Ellie Workman	28.35	2007
Javelin 500g	Rosa Hare	21.51m	2014
Discus	Daisy Higginson	26.74m	2001
Shot 3.25kg	Ellie Workman	10.02m	2007
Shot 3kg	Mhairi Welsh	8.55m	2015
Hammer 3kg			From 2018
Pentathlon (i)	Ellie Workman	3191pts	2007
Pentathlon	Ellie Workman	3047pts	2007

New weights introduced in 2014 for U15 Girls Javelin and Shot

# Club Records at 31 December 2018 continued

## U17 Women

Event	Name	Record	Year
60m (i)	Alisha Rees	7.61s	2015
100m	Alisha Rees	11.55s	2014
200m	Alisha Rees	23.61s	2015
300m	Kelsey Stewart	38.66s	2013
400m	Kelsey Stewart	55.1s	2013
800m	Kelsey Stewart	2.13.29s	2013
1500m	Briony Curtis	4.47.77s	2000
60m H(i)	Jennifer Reid	9.5s	1993
80m H	Ellie Workman	12.42s	2008
300m H	Jennifer Reid	48.1s	1994
3000m Track	Briony Curtis	10.25.26s	2000
5000m Road	Rhona Auckland	19.01s	2009
High Jump (i)	Ellie Workman	1.71m	2009
High Jump =	Catherine Smy	1.70m	2003
High Jump =	Claire McGarvey	1.70m	2017
Long Jump	Ellie Workman	5.47m	2009
Triple Jump	Catherine Smy	11.13m	2002
Pole Vault	Frances Sealy	2.10m	2017
Javelin 600g	Kylie Davidson	25.61m	2004
Javelin 500g	Alisha Rees	23.19m	2014
Discus	Daisy Higginson	25.53m	2002
Shot 4kg	Jennifer Reid	9.86m	1994
Shot 3kg	Mhairi Welsh	9.18m	2016
Hammer 4kg	Kylie Davison	22.70m	2004
Hammer 3kg	Kate Samuel	21.05m	2014
Pentathlon (i)	Ellie Workman	3337pts	2009
Pentathlon	Ellie Workman	3059pts	2009
Heptathlon	Ellie Workman	4309pts	2009

New weights introduced in 2014 for U17 Girls Javelin, Shot and Hammer

# Club Records at 31 December 2018 continued

## U20 & Senior Women

Event	Name	Record	Year
60m (i)	Alisha Rees	7.43s	2017
100m	Alisha Rees	11.56s	2016
200m	Alisha Rees	23.12s	2017
400m	Kelsey Stewart	53.63s	2017
800m	Kelsey Stewart	2.06.41s	2018
1500m	Rhona Auckland	4.31.96s	2014
1500m S/C U20	Eve Sealy	6.11.21s	2016
3000m S/C	Eve Sealy	13.35.58s	2016
3000m Track	Rhona Auckland	9.18.3s	2015
5000m Track	Rhona Auckland	15.27.6s	2015
5000m Road	Rhona Auckland	15.54s	2014
10,000m Track	Rhona Auckland	32.22.79s	2015
10,000m Road	Rhona Auckland	33.03s	2014
Half Marathon Road	Emma Davidson	1.49.29s	2016
60m H(i)	Ellie Workman	9.61s	2010
100m H	Ellie Workman	16.75s	2010
400m H	Eve Sealy	78.9s	2015
High Jump	Catherine Smy	1.70m	2004
Long Jump	Catherine Smy	5.31m	2004
Triple Jump (i)	Zoe Davidson	10.91m	2003
Triple Jump =	Zoe Davidson	10.61m	2003
Triple Jump =	Catherine Smy	10.61m	2004
Javelin	Donna Dey	33.58m	1996
Discus	Katy Dawes	27.74m	1990
Shot 4kg	Ellie Workman	9.33m	2010
Hammer	Kylie Davison	23.90m	2005
Heptathlon	Ellie Workman	3824pts	2010



## Programme of Events 2019-20

Information and entry details for all Club, YDL and RAM Athletics League events will be emailed to members before the event.

1 June	Scottish Schools Pentathlon Championships and Primary Relays, Grangemouth
2 June	RAM League Match 2, Aberdeen
7 & 8 June	Scottish Schools Pentathlon Championships and Primary Relays, Grangemouth
15 June	U12 Outdoor Superteams, Scotstoun
23 June	YDL competition 3, Aberdeen
30 June	RAM League Match 3, Perth
14 July	National Combined Events Championships, Grangemouth
10 August	U13/U20 National Age Group Championships, Grangemouth
11 August	U15/U20 National Age Group Championships, Grangemouth
17 & 18 Aug	Senior and U17 National Age Group Champs, Grangemouth
24 August	Scottish Athletics Throws Grand Prix, Livingston
31 August	Scottish Athletics Nation Masters 10,000m Champs, Carluke
1 Sept	RAM Athletics League final Aberdeen
3 Sept	BSAC Club Champs (Tuesday), Alexander Park
7 & 8 Sept	BSAC Club Champs, (Saturday and Sunday)
14 Sept	Scottish Athletics Jumps Series (3), Linwood
15 Sept	Scottish Athletics National Relay Champs, Pitreavie
5 October	BSAC AGM, Trophy night & Ceilidh, Venue TBC

Useful websites:

[www.scottishathletics.org.uk/events](http://www.scottishathletics.org.uk/events)  
[www.grampianathleticsleague.synthasite.com](http://www.grampianathleticsleague.synthasite.com)  
[www.thepowerof10.info](http://www.thepowerof10.info)

[www.ssa.co.uk](http://www.ssa.co.uk)  
[www.ukydl.org.uk](http://www.ukydl.org.uk)



# Competitions

## RAM Athletics League

Four matches a year over spring/summer plus a final in Autumn if the age group teams qualifies. Reasonably full range of events with two athletes per event from U11 to Senior.

## Youth Development League

Three matches a year over spring/summer plus a final in Autumn if the club qualifies.

Reasonably full range of events with two athletes per event from U13 to U17.

## Open Graded Meetings

Athletes can turn up and enter these on the day. OGMs provide a great opportunity to gain competition experience or set a new personal best. [Aberdeen Amateur Athletic Club \(AAAC\)](#) host OGMs throughout the year at [Aberdeen Sports Village](#), details posted on our own ([www.bsac.club](http://www.bsac.club)) and AAAC web site. [Grangemouth Stadium](#) normally hold OGMs on the first Wednesday of every month from May to September and indoors from December to March. Other OGMs throughout Scotland can be found at [www.scottishathletics.org.uk/events](http://www.scottishathletics.org.uk/events)

## Scottish Championships

These are the main focus for more competitive athletes. It is the responsibility of athletes to enter themselves for these events. Entries generally close 2-3 weeks before the event. Check Scottish Athletics website for details.

### Scottish Senior Championships

Outdoor varies between June & August, indoor February.

### Scottish Age Group Championships

U13/15/17/20, outdoor mid-late August, indoor early March.

### Scottish Combined Events Championships

U13 to Seniors, outdoor date varies, indoor February.

### Scottish (East) District Championships

Outdoor only in mid May.

### Scottish Indoor Open Event

January, more an open graded than a championship but worth doing

## Scottish Schools Championships (SSAA)

The Scottish Schools Athletics Association organises the following championships:

[Scottish Schools Indoor Championships](#) a 2-day event held on a Wednesday & Thursday in February.

[Scottish Schools Pentathlon & Relay Championships](#) 1st Saturday in June.

[Scottish Schools Championships](#) 2nd Friday and Saturday in June.

See the Scottish Schools website [www.ssaa.co.uk](http://www.ssaa.co.uk) for information on these.

Entry is via your school so speak to your PE department. The championships have qualifying standards.

## Competitions continued

### Cross Country

Season is October - March. These are often mass participation events with perhaps 50 runners in each age group and often over 200 in senior races.

East District Cross Country Relays	U13 - Seniors
National Cross Country Relays	U13 - Seniors/Vets
East District Cross Country League	U13 - Seniors/Vets
East District Cross Country Championships	U13 - Seniors/Vets
Inter District Cross Country Championships	Selection by District Committee

Please note that to take part in regional and national events you MUST be a paid member of Banchory Stonehaven Athletics Club and have a Scottish Athletics membership number (this is detailed on the membership form)

## BSAC Committee & Office Bearers

### Committee:

<b>President</b>	<b>Simon Hare</b>	
<b>Vice President</b>	<b>Pam Auckland</b>	
<b>Secretary</b>	<b>Angela Elliott</b>	
<b>Membership Secretary</b>	<b>Donald Silcock</b> (Banchory)	
	<b>Helen Beeson</b> (Stonehaven)	
<b>Treasurer</b>	<b>Amanda Meyer</b>	
<b>Ordinary Members</b>	<b>Andrew Ferguson</b>	<b>Hugh McGarvey</b>
	<b>Emma Stewart</b>	<b>Elaine Crawford</b>
	<b>Andrea Peake</b>	<b>Allison Darragh</b>
	<b>Susan McLafferty</b>	<b>vacant</b>

### Office Bearers:

<b>Officials Coordinator</b>	<b>Pam Auckland</b>		
<b>Records &amp; Standards</b>	<b>Jane Cloggie</b>		
<b>Welfare Officer</b>	<b>Allison Darragh</b>		
<b>Press Officer</b>	<b>Angela Elliott</b>		
<b>Cross Country Co-ordinator</b>	<b>Alan Sealy</b>		
<b>Kit Officer</b>	<b>Jill Smith</b>		
<b>YDL Managers</b>	<b>Boys: Rob &amp; Annabelle MacLeod</b>	<b>Girls: Allison Darragh</b>	
<b>RAM League Managers</b>	<b>Boys: Claire McGarvey</b>	<b>Girls: Elaine Crawford</b>	
<b>Club Kit Officer</b>	<b>Jill Smith</b>	<b>PBs</b>	<b>Allison Darragh</b>
<b>5 Star Records</b>	<b>Tom Meyer</b>	<b>Web Master</b>	<b>Andy Hubbard</b>

## Club Coaches

### Banchory:

<b>William Russell</b>	Level 4	Performance Coach 100/200/Relays
	Level 3	Sprints and Middle Distance
	Level 2	Endurance, Jumps, Speed & Throws
<b>Alan Sealy</b>	Level 2	Endurance
<b>Tom Leeson</b>	Level 2	Performance Coach - Jumps
<b>Simon Hare</b>	Level 2	Athletics Coach
<b>Hugh McGarvey</b>		Coaching Assistant
<b>Lesley Fletcher</b>		Coaching Assistant
<b>Wayne Goodin</b>		Coaching Assistant
<b>Zoe McCormack</b>		Coaching Assistant
<b>Derek Beaton</b>		Parent helper

### Stonehaven:

<b>Andrew Ferguson</b>	Level 2	Endurance
<b>Ian Steel</b>	Level 2	Group Event Coach
<b>Clare Creamer</b>		Coaching Assistant
<b>Hayley Cameron</b>		Coaching Assistant
<b>Neil Swanson</b>		Coaching Assistant
<b>Elaine Crawford</b>		Coaching Assistant
<b>Claire McGuinness</b>		Parent Helper

### UK Athletics Graded Officials:

<b>Pam Auckland</b>	Level 4	Field Official
<b>Bob Auckland</b>	Level 1	Field Official
<b>Andrew Ferguson</b>	Level 1	Timekeeper
<b>Amanda Meyer</b>	Level 1	Timekeeper
<b>Anne Silcock</b>	Level 1	Field Official
<b>Donald Silcock</b>	Level 1	Timekeeper

### Assistant Officials:

<b>Andrew J Ferguson</b>	<b>Angela Elliott</b>
<b>Shona Grant</b>	

## Club Standards: Male

	Men	U20	U17	U15	U13	U11
<b>60m</b>	7.3	7.5	7.7	8.7	8.8	9.5
<b>75m</b>					10.9	11.7
<b>80m</b>					11.6	12.1
<b>100m</b>	11.5	11.7	12.0	12.7	14.2	15.0
<b>150m</b>					21.1	23.0
<b>200m</b>	23.4	23.8	24.5	26.25	29.75	32.5
<b>300m</b>				44.0		
<b>400m</b>	53.0	54.0	55.5	59.0	68.5	75.0
<b>600m</b>						1.56.0
<b>800m</b>	2.04.0	2.06.0	2.10.0	2.22.0	2.38.0	2.49.0
<b>1200m</b>					4.05.0	4.30.0
<b>1500m</b>	4.20.0	4.25.0	4.35.0	4.55.0	5.25.0	
<b>3000m track</b>	9.30.0	9.40.0	10.00.0	10.30.0		
<b>5000m track</b>	16.45.0	17.00.0				
<b>10,000m track</b>	36.00.0					
<b>60m H indoor</b>	9.3	9.3	9.3	9.6	11.0	
<b>Sprint H</b>	18.0	18.5	16.0	14.0	16.0	
<b>400m H</b>	63.0	64.0	65.0			
<b>3000m S/C</b>	11.00					
<b>2000m S/C</b>		7.30.0				
<b>1500m S/C</b>			5.10.0			
<b>High Jump</b>	1.73	1.70	1.65	1.50	1.25	1.15
<b>Long Jump</b>	5.80	5.70	5.40	4.80	4.00	3.65
<b>Triple Jump</b>	11.80	11.50	11.00	10.00	9.00	
<b>Pole Vault</b>	3.00	2.80	2.65	2.20	2.00	
<b>Javelin</b>	37.00	35.00	35.00	30.00	18.00	16.00
<b>Discus</b>	28.00	25.00	25.00	23.00	14.00	12.00
<b>Shot</b>	10.00	10.00	10.00	9.50	6.50	5.50
<b>Hammer</b>	26.00	25.00	24.00	23.00		
<b>Pentathlon</b>				1600	1200	
<b>Heptathlon (i)</b>	2500	2500	2500			
<b>Octathlon</b>			3500			
<b>Decathlon</b>	3000	3000				

## Club Standards: Female

	Women	U20	U17	U15	U13	U11
<b>60m</b>	8.1	8.3	8.5	9.0	9.3	9.8
<b>75m</b>					11.5	12.1
<b>80m</b>					12.2	12.7
<b>100m</b>	13.0	13.1	13.3	13.7	14.8	15.4
<b>150m</b>					23.0	23.5
<b>200m</b>	27.0	27.2	27.5	28.5	31.5	34.0
<b>300m</b>			45.5	47.0		
<b>400m</b>	64.0	65.0	66.0	67.5	73.0	78.0
<b>600m</b>					1.55.0	2.01.0
<b>800m</b>	2.27.0	2.27.0	2.30.0	2.35.0	2.45.0	2.59.0
<b>1200m</b>					4.20.0	4.50.0
<b>1500m</b>	5.05.0	5.07.0	5.15.0	5.25.0	5.50.0	
<b>3000m track</b>	11.30	11.45	12.00	12.30		
<b>5000m track</b>	20.00.0	20.00.0				
<b>10,000m track</b>	43.00.0					
<b>60m H Indoor</b>	10.3	10.3	10.3	10.5	11.0	
<b>Sprint H</b>	18.0	18.0	13.7	14.1	14.0	
<b>300m H</b>			52.0			
<b>400m H</b>	74.0	75.0				
<b>3000m S/C</b>	14.00					
<b>2000m S/C</b>	9.00					
<b>1500m S/C</b>		7.00.0	7.00.0			
<b>High Jump</b>	1.50	1.50	1.45	1.36	1.20	1.10
<b>Long Jump</b>	4.75	4.65	4.60	4.30	3.80	3.50
<b>Triple Jump</b>	9.50	9.25	9.00	8.50	8.30	
<b>Pole Vault</b>	2.30	2.30	2.30	2.00	2.00	
<b>Javelin</b>	25.00	25.00	25.00	20.00	13.00	11.00
<b>Discus</b>	25.00	23.00	21.00	18.00	13.00	10.00
<b>Shot</b>	8.30	7.60	8.50	7.40	6.00	5.00
<b>Hammer</b>	25.00	23.00	22.00	21.00		
<b>Pentathlon</b>	2200	2200	2000	1750	1500	
<b>Heptathlon</b>	2500	2400	2300			

# Constitution of Banchory Stonehaven Athletics Club

1. The club shall be called Banchory Stonehaven Athletics Club
2. The objects of the Club shall be the promotion of track and field athletics, cross-country running and related activities.
3. Membership of the Club shall be open to all who are interested in taking part in, or assisting with, activities in pursuance of the objects of the Club. Membership is open to all and no application for membership will be refused on other than reasonable grounds. There will be no discrimination on grounds of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex; sexual orientation, political or other opinion.
4. The Club operates an Equal Opportunities Policy where no one is denied the right to equal access on the grounds of age, race, creed, colour, gender, disability, occupation, religion, sexual orientation or political persuasion or marital status or having or not having dependants. There is equality of opportunity in terms of the playing rights and the rights of members to attend general meetings, vote and hold office.
5. (i) Membership of the Club shall be vested in a Committee consisting of: President, Vice President, Secretary, Treasurer, Administrator, Team Manager, Membership Secretary, Club Captains, Male and Female and up to eight members of the Club.  
(ii) The President shall be designated as having responsibility for coaching matters.  
(iii) A Management Committee shall be elected at each Annual General Meeting. Only members are eligible to serve on the Committee.  
(iv) The Management Committee may fill any casual vacancy, which occurs with in it.  
(v) Four members shall for a quorum at Management Committee meetings.  
(vi) The Management Committee shall meet not less than four times a year.  
(vii) The Management Committee shall be empowered to enter into leases of land and other binding agreements on behalf of the Club, subject to the purpose being in pursuance of the objects of the Club.
6. (i) The Management Committee may appoint Sub-committees.  
(ii) Non-members of the Management Committee may be co-opted to Sub-committees.  
(iii) Conveners of Sub-committee shall report to meetings of the Management Committee.  
(iv) The quorum at a Sub-committee shall consist of not less than one half of the members of that Sub-committee.

7. An Annual General meeting shall be held before the end of October each year.
8. The business at an Annual General meeting shall include:
  - (i) Minutes of meetings.
  - (ii) Treasurer's Report and Financial Statement.
  - (iii) President's Report.
  - (iv) Amendments to the Constitution.
  - (v) Election of a Management Committee
  - (vi) Determination of: (a) the subscriptions for the current year and (b) the sessional coaching fee.
  - (vii) Specific items notified in writing to the Secretary by any fully paid up member at least four weeks in advance of the meeting.
  - (viii) Any other competent business.
9. A Special General meeting may be called at any time by the Committee, or upon a written request signed by at least twelve fully paid up members.
10. Each Annual or Special General meeting shall be called by Notice sent to members at least fourteen days before the date of the meeting. The Notice shall enumerate the items of Business.
11.
  - (i) Members under thirteen years of age on 1st September of the current year shall not be eligible to vote at a General Meeting of the club.
  - (ii) Ten members aged thirteen or over on 1st September of the current year shall constitute a quorum at any General Meeting.
12. At any General Meeting, Management Committee meeting or Sub-committee meeting, the person chairing the meeting shall in the event of equality of votes, have a casting vote, as well as a deliberative vote.
13. The financial year of the Club shall end on 31st August.
14. The Club shall affiliate itself to the Scottish Athletics Ltd.
15. The Club colours shall be a royal blue vest with one white horizontal band around the chest.
16.
  - i) Subscriptions shall be payable from 1st April each year.
  - (ii) A new member joining after 1st October will have their membership carried over into the following year.
  - (iii) Any member who has not paid the annual subscription shall be ineligible to vote at any Special General Meeting, to represent the Club in competition and to receive any award from the Club.
17. Any member violating the Rules, or doing anything prejudicial to the interests or good name of the Club, may be expelled or suspended from the Club by the

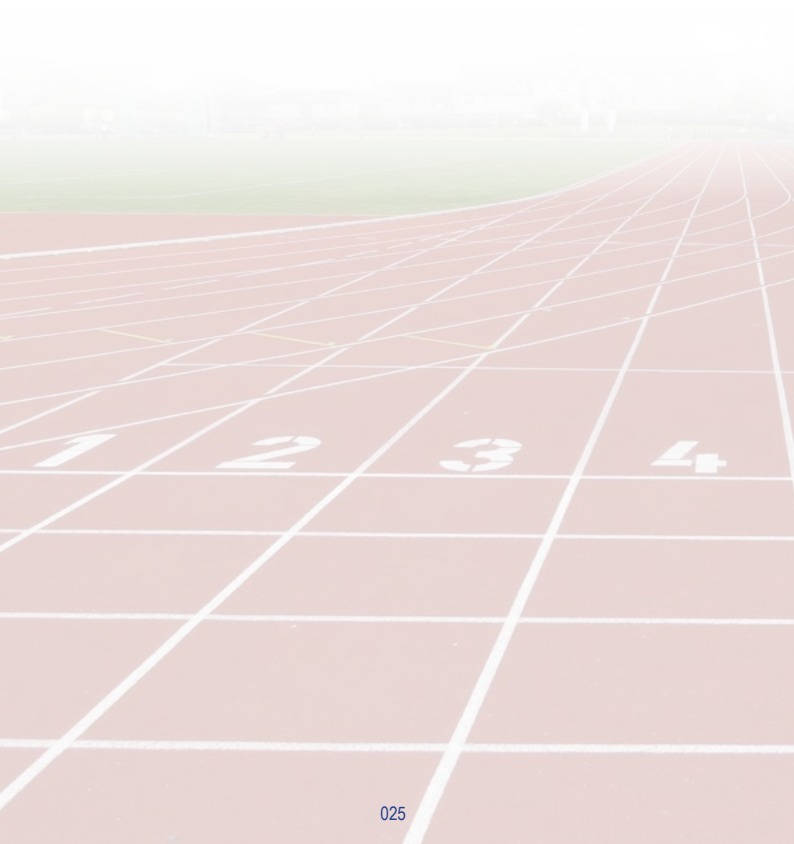
# Constitution of Banchory Stonehaven Athletics Club continued

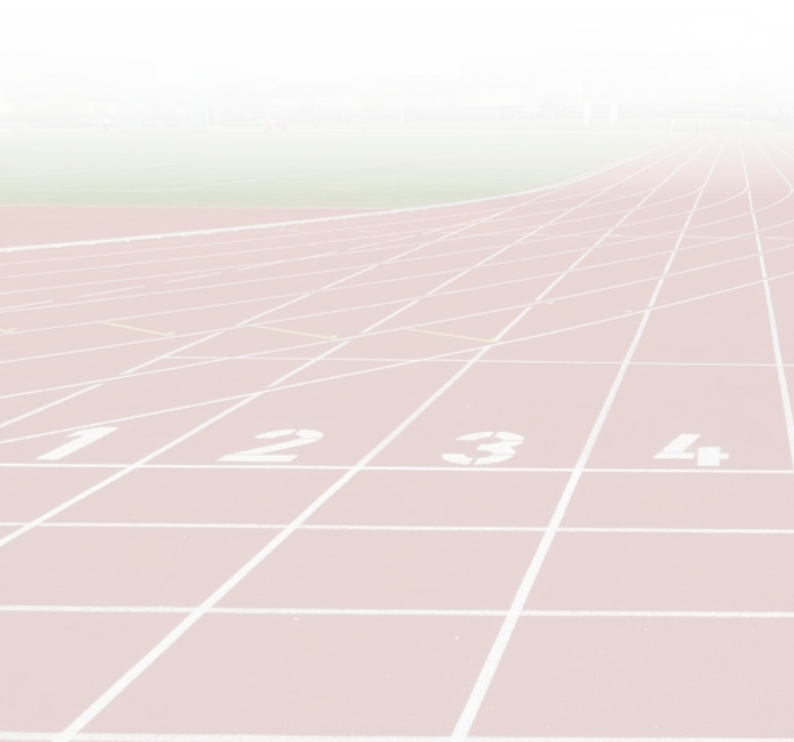
Management Committee at which the matter is considered, and speak in his/her defence.

18. i) A member joining the Club shall provide details of his/her membership of any other Athletics Club.  
(ii) A member wishing to join another Athletic Club should inform the Membership Secretary in writing.  
(iii) A member wishing to resign from the Club should inform the Membership Secretary in writing  
(iv) A member who has not renewed his/her subscriptions by 30th May shall be deemed to have resigned from the Club from that date.
19. (i) No alteration to this Constitution shall be made except at a General Meeting by a vote of a least two thirds of the members present and eligible to vote.  
(ii) Notice of any motion to alter this Constitution shall be made to the Secretary at least four weeks before the meeting at which it is to be considered.  
(iii) The Secretary shall include such a motion in the Notice calling the Meeting.
20. In the event of the Club being dissolved:  
If, upon the winding up or dissolution of the Club there remains after the satisfaction of all the Club's debts and liabilities any property whatsoever, the same shall be given or transferred to some other organisation or organisations having objects (that is, aims and activities) similar to the objects of the Club, such organisation or organisations to be determined by the members of the Club by Resolution passed at a General meeting at or before the time of the dissolution, and in so far as effect cannot be given to such provision then to some charitable objects. Unless the members determine otherwise, the following allocation of assets shall apply:
- (i) All immovable assets shall be transferred to Aberdeenshire Council, or any successor organisation: and  
(ii) All other assets shall be transferred to the Scottish Athletics Ltd., or any successor organisation.
21. Child Protection:  
The Club is fully committed to safeguarding the welfare of all children in its care. It recognises the responsibility to promote safe practice and to protect children from harm, abuse and exploitation. Staff and volunteers will work together to embrace difference and diversity and respect the rights of children and young people.

Amended October 2017







**Front cover image:** BSAC athletes at the Club Championships 2018

**Back cover image:** BSAC U15 Girls, 1st Place RAM Athletics League Final 2018





[www.bsac.club](http://www.bsac.club)

Affiliated to Scottish Athletics Ltd  
[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)