

Easter Update!

I thought April was going to be a quiet report but actually it's been quite a challenge to keep on top of.

Race Update

I started off the month at Glenlivet on quite country roads that meander around the River Livet. The 10k starts and finishes at the distillery, it really has amazing views if you can actually find the time to look. Glenlivet was one of my 1st ever 10k's back in 2011 so I really had to PB, thankfully I did by 8:03 and despite the four seasons I drove through on my way there the weather at the start was perfect.

The usual suspects made their way to the last race in the Prom Series for 2022-23. Overall, I was 2nd in my age over the series as was Wilson Willox. Greg Bruce was injured but still managed to limp his way to the finish line to ensure he had competed in all 6. This series starts again in October on the first Friday of the month through until March 2024.

We had a good turnout of 16 runners to our first Summer Race, albeit it didn't feel very summery. Malcolm Taylor had the best start to the series with a 10 second PB from last summer and finished in third spot behind Charlie Noble and Stuart Craib.

1st Marathon of the year was Manchester, sadly Gillian Strachan was out due to injury, but Carol Massie took it on and finished in 3:50:06. It was ideal conditions with a little wind and cloud but not cold like it had been at home. Carol liked the fact that the roads weren't as crowded as London so much that she has entered for a 3rd time and so has her daughter. I wonder how much arm twisting went on there. 😊

During the summer months we try to arrange a run every fortnight in a different village, it's a great way to see the local area but also its such a change having been so restricted during the winter months. Strichen was the first destination for this year with a few different distance making it available to all abilities. We had a huge turnout, it was a bit like trying to count sheep but we think there was about 48 runners from FRC, PAC and Deveron Harriers.

The weekend of the 22nd and 23rd was a big weekend, not only was it the Balmoral Running Festival over the 2 days but was also TCS London Marathon. Keith McIntyre had a fantastic time of 2:39:21, under the tutelage of Total Endurance Nicole Campbell had a cracking 3:13:18 and Shaun Walker romped home with a 4:13:53. This was Shauns second London Marathon and he was very glad the weather was much cooler than his first attempt in 2018 when it was 24 degrees, London has an amazing atmosphere and even having done it before you are never prepared for that noise. I think we agree these were fantastic times – well done folks!

For as big an event as Balmoral Running Festival is we didn't have many entrants. Much the same as last year it was very sunny on the Saturday and a distinct absence of the big orange thing on the Sunday. Laura Clark competed in the 5k in a time of 31:21, Stephen Hadden took on the mighty hill in the 10k in a time of 54:45 and Tracey Weston 1:16:28. I asked Stephen what he thought of "the hill", he said that whilst he had prepared himself for it he still got a shock and was relieved to see the sign saying its all

down hill from here 😊😊 . On the Sunday I did the 15 mile trail race in a time of 2:09:50, my first aim was to PB which unfortunately I didn't but that was no surprise, my second aim was to beat Graeme Clark which I did so that was ok 😊 who finished in a time of 2:23:31.

There has certainly been an uptake on parkrunners this month, 41 runners over 4 weeks visiting Bressay, Ellon, Harrogate, Old Showfield and Torvean. FRC are frequently placing in the top three of most age categories week on week and even occasionally getting a clean sweep – 15th April saw our 65-69 men taking 1st, 2nd and 3rd. Only one member had a PB which was Malcolm Taylor on the 22nd with 14 seconds only to go and PB again a week later taking a further 24 seconds off. Pretty impressive – 24:45 to beat, can he make it 3 in row?

Greg Bruce used this week's parkrun as a warmup for the first of the Peterhead Athletics Club 3k race series which is on the last Saturday or every month through until October, he clocked a time of 12:33 and Wilson Willox was first in his age in a time of 13:32. There is also a Junior Mile but we had no entrants to it.

Month Ahead

Lots to look forward to in May, the month kicks off with the Formartine & Buchan Railway 12-hour race followed by the Forres 10k and the Moray Trail 50 the following weekend. Run Garioch is on the 14th May with the 5k and 10k both selling out and the Half Marathon, it was a cooker last year so it'll be interesting to see how the weather pans out. Gordon Castle 10k is on the 21st May, the Edinburgh Marathon Festival is on the 27th as well as the May edition of the Peterhead 3km and junior mile. Run Buchan this month will take us to Sandhaven on the 3rd of May – meeting at the Meal Mill for 6:15pm hosted by our very own RunBuchan himself then on the 19th May its New Aberdour, we do not have a venue at the time of typing for the 31st but we will keep you posted – if you want to host a run please let Alison West know.

Every year the club gets allocated a London Marathon place based on how many of our members are SAL registered which we then ballot to those who are interested. If you want to put your name in the ballot later on in the year you must be SAL registered and have entered the London Marathon Ballet for 2024 and have been rejected. We will keep you posted of when we are looking for interested parties.

If you want to run in club colours please get in touch with Alison West who has a stock of vests and t-shirts.

As things are getting busier, there is a fair chance I've not included everyone in the role of honours above, but as I said last month if you don't drop me a message there is a fair chance you will get missed.

Until next month.....SloMo.