

**2025 October 3**

Special shout out for our club Chairman who has become the First Lady in the club to achieve a Platinum standard.



Lisa Allan has added her name to the clubs platinum hall of fame joining Max Abernethy, Robbie Youngson and Brian Urquhart. Lisa has worked so hard this year and after the last few years of niggles and injuries decided to try shorter races this year. She turned up at her first Proms last winter season with no idea how she would get on to miss out on platinum by a second and this made her think

Mmm maybe I could maybe get a platinum, so went back the following month to take a bit more off. But that seed had been planted so with hard work and determination she did her first ever mile race at Mel's Union Street mile and got her first platinum in an amazing time of 5:44.

So she had Inverness 10k booked but thought she would try a parkrun a few weeks before to see where her fitness lay. Well she didn't make platinum but did end up first overall in the race which a woman winning has only happened a few times.

So on Sunday it was a nervous drive to Inverness as she wasn't sure if she could manage the 40:11 needed as it was what she had achieved at Inverness a few years back. Well the nerves worked for her and she was well under, with 39:34 her first sub 40 in a few years.

5 days on from Inverness it was time to get the same socks, trainers, pants and 2 watches on to go again to see if she could get the treble which is needed to get platinum. A windy first half made for her being a good bit off target pace but that didn't stop her as she motored on and smashed it .

So now we have a Mrs Platinum/Chairman and as a club we are proud of her . Well done Lisa Allan.