



scottishathletics

and

jogscotland

2022 Annual Awards

Saturday 29th October 2022

Hilton Hotel, William Street, Glasgow

Programme of events

- 18.00 – 19.00** Guests Arrive and seated
18.15 VIP Drinks Reception
19.00 All Seated
19.10 Welcome by Bryan Burnett (BBC Presenter and Evening host)
19.30 Awards Ceremony (Part 1)
20.00 Dinner
22.00 Awards Ceremony (Part 2)
23.00 Music from DJ Anorak
01.00 Carriages

Bryan Burnett

Evening host

Bryan Burnett is one of Scotland's best-known presenters for the many radio and TV shows he has fronted over the years. Aberdeen-born Bryan currently presents Get It On, a nightly music show for BBC Radio Scotland.



A keen runner, Bryan is also the announcer at many of the country's top running events including the Loch Ness Marathon and the Great Scottish Run.

He worries that he now spends more time talking about running than actually running, but he is delighted to return as the host of our annual awards show this year.

Zoë Diamond

Evening host

Zoë has worked in broadcasting for many years. Most people recognise her voice from Newsbeat on Radio 1, the Shipping Forecast on Radio 4, as 'the voice' of the BBC World Service, or from calling RBS to hear their bank balance. She's done everything from editing the foreign desk at Sky News and presenting on BBC World to being the voice of a VW Polo.



Zoë was the Voice of God for the Glasgow 2014 Opening Ceremony and also Announcer at the European Indoor Championships in Glasgow in 2019. These days, as well as her continuing role as 'the voice' of the World Service, you will also hear her speaking between the programmes on BBC One, where she works as a Continuity Announcer / Director.





Professor Ron Morrison

President, **scottish**athletics



As President of **scottish**athletics, I welcome you all to the 2022 4J Studios **scottish**athletics Awards Dinner.

What a year it has been. At the elite end of our sport, we can identify World, Commonwealth and European medal success of **scottish**athletics athletes, coaches and officials in track & field, hill running, cross country, road running, ultra-running, para and masters athletics. With the easing of Covid-19 restrictions, a welcome return to more competitive and higher participation of athletic activity can be seen.

This annual awards gathering celebrates what is good in our sport. The major challenge is how to support athletes. Clubs, commissions, the **scottish**athletics board, **scottish**athletics staff, sponsors, coaches and many others all participate to deliver the sport. As is the tradition, the awards are mostly about volunteers, coaches and athletes, but the huge contribution of the **scottish**athletics staff and sponsors must not be forgotten.

The guests of honour tonight are Katherine Merry (Olympic Bronze medallist in 2000 in Sydney, Australia; a career best of 49.59 in 2001; and mentor to Keely Hodgkinson) and Geoff Wightman (a former CEO of **scottish**athletics; coach to Jake; and stadium commentator extraordinaire). We are in safe hands – no one is going to be bored tonight.

We will hear more of the successes of **scottish**athletics throughout tonight's dinner.

So let us relax and have an enjoyable evening re-acquainting with and meeting new friends as we celebrate this year's achievements.

Athletics Trust Scotland Raffle Prizes

scottishathletics' partner charity Athletics Trust Scotland is hosting tonight's raffle. A QR Code to enter is printed on the back of this programme. Prizes on offer include:

- 1 Night's stay at the Hilton
- 12 Month subscription to Athletics Weekly
- £30 Active Root Voucher
- £30 Run4It Voucher
- FN Teamwear Vouchers
- Bottle of Prosecco
- Box of Chocolates





Nominations for

Impact Club of the Year

In recognition of the great work that is going on in athletics clubs across Scotland this award will recognise the club that has made a major impact over the last 12 months. It recognises, amongst other criteria, growth, retention, recruitment, and development of the club's business.

Aberdeen AAC

Aberdeen AAC has delivered free sessions within high-SIMD communities across the city, as well as at the club's Aberdeen Sports Village base for young athletes in the local area. The club has also seen its disability athletics offering grow, with frame runners and wheelchair athletes now an integral part of the club. The club's free-to-enter competitions have been popular, also offering an opportunity for new volunteers to learn about officiating or coaching.

Pitreavie AAC

More than 200 young athletes now participate in Pitreavie AAC's RJT programme, with the club also working in collaboration with Fife Active Schools to deliver two additional free sessions each week. The club's inclusion work has grown its frame running group, and a Masters T&F training group has been established. A number of coaches and officials have completed courses this year, with mentoring in place to support developing volunteers.

Springburn Harriers

Springburn's fundraising efforts this year enabled the club to purchase high jump equipment, broadening the range of athletics disciplines available to members. The club's young leader programme has supported a number of young people to embark on the coaching pathway, and over 50 teens are working towards their Duke of Edinburgh's Award through supporting the club. The club's new events team also staged a number of local races.





Nominations for

Janice Eaglesham MBE Para Development Club of the Year

Presented in memory of the late Janice Eaglesham, this award will recognise the innovation shown by clubs to develop athletics provision for, and the performances of, athletes with a disability.



Aberdeen AAC

Para-athletes are fully integrated into Aberdeen AAC, both in training and competition. The club also assists athletes to attend events, often helping to arrange the transportation of equipment, and fundraises to ensure that each frame runner or wheelchair athlete has their own frame or racing chair. Club members have helped to organise events with Grampian Disability Sport, and coaches have trained college students to help to deliver para-events.

Stirling University AC

This year, Stirling University AC went above and beyond to support a new seated throws athlete who joined the club. Teammates help to collect equipment, and the club's coach adapted sessions to suit the individual needs of each athlete. The club also promoted disability awareness across the university, and assisted an athlete to gain his international classification.

Team East Lothian AC

Team East Lothian's all-abilities performance squad has enjoyed success locally and abroad this year. The growing number of the club's para-athletes have been supported by newly-recruited coaches, and the club's partnership with the local university has opened up new opportunities for people to benefit from frame running. The success of the club's para-athletes and volunteers serves as inspiration to up-and-coming young athletes within the club.





Nominations for

Volunteer of the Year

This award allows us to reflect on the great impact of the thousands of volunteers that contribute to the development of athletics clubs in Scotland every year and recognise one individual as our Volunteer of the Year. Nominees have demonstrated an outstanding commitment to the sport and their club over the last 12 months.

Stuart Donnelly (Team East Lothian AC)

Stuart is the chair of Team East Lothian, as well as being a qualified coach and official. He regularly volunteers up to four nights per week, as well as supporting events at the weekend. His fundraising efforts have also made a significant impact on the sport both within East Lothian and nationally. Stuart brings a huge level of energy and professionalism to volunteering, and has been instrumental in the club's progress in recent years.

Andrew Ronald (Falkirk Victoria Harriers)

Andy is very passionate about athletics. He is a key figure in cross country, providing announcements and commentary at a range of XC events before he puts his spikes on to compete too. He is also a well-known voice in track and field, commentating on a number of events at Grangemouth Stadium. Additionally, he is one of the main facilitators of the Falkirk Primary Schools League and has supported the delivery of Scottish Schools events on many occasions.

Maureen Stewart and Annabel Bain (Stornoway RAC)

Maureen and Annabel coach a group of U13 athletes in Stornoway, as well as supporting the club to provide competition opportunities for athletes at home and on the mainland. The two organised trips for SRAC athletes to compete in the RAM League and North District Championships, as well as helping to organise club competitions and club social events on the island. They also ran a hugely successful summer holiday club for young Western Isles athletes.





Nominations for

Technical Official of the Year

The Technical Official of the Year Award is presented to an official who has shown excellent commitment and dedication in contributing to the success of their own discipline as well as the wider sport during the past year, demonstrating personal growth and support for their officiating colleagues.

Nicola Cameron

Nicola is a level 3 photofinish official, who started her officiating journey as a volunteer before working her way up through the officiating levels. During the 2021-22 indoor season, she was regularly part of the Friday set-up team, arriving early to set up equipment for the following day's meeting. Her attention to detail and willingness to learn make her a valuable asset to the discipline.

Alison McGee

Alison is a level 3 field judge who, from her base in Peterhead, travels to officiate in Aberdeen regularly, as well as making the journey further south to support members of her club in league matches and national championships. She is a committed volunteer who is always eager to learn and develop, whilst also supporting the newer officials she works with to have an enjoyable event experience.

Claire Shanley

Claire is a level 3 photofinish official and athletics-parent who got involved in officiating whilst her daughter was competing. She is not only a competent, diligent official in her own right, but she is willing and able to support newer members of her team as they learn the ropes during events. Her calm manner during a busy meeting is admired and appreciated by her team.



Nominations for

Raymond Hutcheson Services To Officiating

Raymond Hutcheson first became involved with athletics as a runner with Larbert AC. While he was still an athlete Raymond became interested in timekeeping and was soon questioning the accuracy of times being returned by official timekeepers. Following his qualifications as an official timekeeper he was instrumental in setting up training courses, testing and grading timekeepers in Scotland - even taking the AAA course twice to ensure he was still up to standard.

As well as timekeeping at top events all over Britain including the 1970 and 1986 Commonwealth Games Raymond became fully involved in and became an expert in the early use of photofinish camera systems. With a keen interest in photography the mixing of chemicals to produce the photos had Raymond in his element. It was indeed Raymond who amended Colin Jackson's World Record breaking run over 60m hurdles at the Kelvin Hall in 1994 to just equalling the record. A decision which was not contested highlighting Raymond's reputation for accuracy.

Accuracy in photofinish and timekeeping were not Raymond's only interests, he would also travel all over Scotland by public transport with his specially calibrated bicycle to officially measure road race courses and was well known to produce measurement reports of the highest quality with meticulous sketches detailing mile markers. As in timekeeping he led the way in supporting and developing training for new course measurers.

Raymond received a lifetime award for services to **scottishathletics** in 2004 and the Tom Stillie Award in 1980. He passed away in 2007 aged 77.



Nominations for

Track & Field Club of the Year

This Award recognises a club that has shown development in track and field; meets the needs of all athletes at every age and stage of their development; has performed well across the year and has shown a strong improvement in performances; and demonstrates an innovative approach to competition, supporting its athletes in gaining experience in track and field athletics.

Aberdeen AAC

Aberdeen AAC's long term athlete development philosophy has paid off this year with a number of young athletes progressing to succeed at Senior and U20 level. The club was represented at four major Championships this year by its female sprinters but has also focused on growing its grassroots offering by recruiting new coaches for its U11 and U13 age group as well as staging a number of free competitions at Aberdeen Sports Village.

Giffnock North AC

Giffnock North athletes won national medals across all age groups this year, as well as being represented at four major international championships. The club aims to break down participation barriers by providing entries and multiple training venues to enable athletes from all backgrounds to participate in athletics. The club has also recently established a facilities committee to support the club's ambitions in this area.

Law and District AAC

Law and District aims to provide a clear pathway with opportunities for all athletes U11 to Masters. The club has recruited more coaches this year and has seen a number of young athletes progress to win medals at U17 and U20 level. Club athletes also participated in the World Masters Championships, demonstrating success across all ages. The club's coaches often meet socially to share best-practice, reflecting on feedback to improve further.



Nominations for

Off-track Club of the Year

This Award is for the club that has demonstrated development in off-track events (hill, cross-country, fell, road); meets the needs of all athletes at every age and stage of their development; has performed well across the year and/or shown a strong improvement in performances; and demonstrates an innovative approach to competition, supporting their athletes in gaining experience in off-track running.

Giffnock North AC

Giffnock North athletes have performed exceptionally well in off-track events. From international to grassroots level, the club has supported its athletes to compete and improve. An Inter Counties win and a British Cross Challenge win were particular highlights. The club also recognises the efforts of volunteers, coaches and families towards the club's success in competition, with a focus on both quality and quantity contributing to the club's outstanding year.

Lochaber AC

Lochaber AC supports off-track athletes of all abilities to discover and explore the outdoors. As experienced event organisers, the club hosts a number of local, district and national competitions, as well as supporting members to travel to and participate in a range of cross country and ultra events. With a focus on sustainability, the club has also reviewed its use of technology and works with local outdoor shops to stock suitable equipment.

Team East Lothian AC

Team East Lothian views cross country as a key element in the development of distance athletes. The club has been represented in a range of cross country, road, trail and hill events this year, with one athlete's selection for the U18 Mountain Running Cup a highlight. The annual Team East Lothian Cross Country now attracts athletes from across Scotland, and the club's Athlete Grants programme supports and encourages athletes of all disciplines.



The Tom Stillie Sword

Tom Stillie was born in 1915 in Alva and enjoyed a successful spell in textiles as an assistant designer. He enlisted in the Argyle and Sutherland Highlanders in 1940 and was subsequently commissioned into the Black Watch. However, he was seriously wounded towards the end of the war and the injuries he received affected him for the rest of his life.

In 1945 he was appointed lecturer in textile design at the Scottish Woollen Technical College. He had a keen interest in athletics, although his war wounds prevented him from competing, and was President of the Scottish Amateur Athletics Association. He showed an active interest in researching the history of tartan and tweed design and collecting fabric manufactured locally.

The Tartan used in the Commonwealth Check for the 1970 Commonwealth Games was designed by Tom Stillie and used for the Scottish female team uniform, and fabric samples from Lochcarron and Gardiners of Selkirk. He died on 23rd March 1978 while still in post as Senior Lecturer in Design at the Scottish Woollen Technical College.

The Tom Stillie Sword is awarded to the individual who is seen to have contributed most to **scottish**athletics in the past year.

Nominations for

jogscotland Leader of the Year

Nominees are current and active jogscotland Jog Leaders who are making a positive impact within their local jogging community.

Tony Beacom (jogscotland Hatton)

Despite facing his own health issues this year, Tony has been a dedicated jog leader to his group, checking in with members through messaging and social media whenever he was unable to attend a session. He is described as "the linchpin of our group and community," and members of his group have greatly valued his support on their journeys from non-runner to runner.

Rachel Cox (Monkton Milers)

One Monkton Miler said Rachel's "enthusiasm and energy is electric". She is a dedicated jog leader who supports her group members and gets involved in a wide range of jogscotland initiatives. On top of being a mum and working full-time for the NHS, Rachel is a selfless jog leader who can challenge and encourage every member of her group regardless of their background or ability.

Sheila Johnston (Callander Saturday Morning 5K)

Sheila has created a fantastic group to bring together people of all ages and abilities to run or walk on a Saturday morning. Her enthusiasm is described as "infectious", and she is the biggest cheerleader of the group's participants. She helps all group members equally, and helps members to complete challenges they would never have dreamed of before meeting her, often travelling to support them at events.



Nominations for

SAMH Mental Wellbeing Award

This special award is for someone who has used jogging to improve their own or others' mental wellbeing and can be an individual member, jog leader or jog group.

Irvine Running Club

The jog leaders of Irvine Running Club openly encourage members to talk about mental health as much or as little as they feel able to or want to, and offer support in a non-judgemental setting. They are also open about their own mental health challenges and are willing to share their own experiences of how running has changed their lives for the better.

Gavin Matthew (jogscotland Hatton)

When Gavin joined jogscotland Hatton, he found running lifted his mood, he enjoyed socialising with the group, and he was open with group members about the mental health challenges he had experienced. He came out of his 'buckie' and grew in confidence as he racked up the miles, even completing his first half marathon in August. He is now an enthusiastic advocate of the mental health benefits of running, talking publicly about his own journey to encourage others.

Catriona Whitelaw (Milestones jogscotland)

Cat is a popular jog leader who has supported joggers through beginners' nerves and anxiety to build their confidence in running. She has helped members through difficulties like illness and bereavement, and always makes time during sessions for joggers who want to chat about their mental wellbeing. She and the group regularly fundraise for charity, most recently raising over £2,000 for the hospital ward where a group member has been receiving treatment.



Nominations for

jogscotland Group of the Year

This award is for community or workplace groups that demonstrate membership engagement and growth, health improvement and any other achievements.

Buggy Fitness Group Dunfermline

BFG is a friendly, welcoming group, inspiring and supporting the parents, carers and children who attend. From stretches to beep tests to timed runs, the group enjoys a variety of activities, while also helping and reassuring each other when dealing with toddlers on the move or comforting crying babies. Members feel they have made friends for life and youngsters learn that physical activity is fun.

jogscotland Aquithie

Founded in 2020, jogscotland Aquithie began with solo runs during lockdown as the community grew on social media and gathered in person as soon as regulations allowed. As a group, members set themselves the challenge of training for a half marathon. Despite personal set-backs, they supported each other to complete their winter training. They crossed the finish line together and raised £3000 for Mental Health Aberdeen.

Killie Striders

Killie Striders has been operating for 10 years but since leader Rosie McGrane took over a year ago, membership has gone from 30 joggers to 100+. The group is described as welcoming, encouraging and friendly, with new members put at ease within moments. Joggers wait by the finish for the final runner to cross the line no matter how long it takes. The group fundraises for two charities each year.





Nominations for

jogscotland 20th Anniversary Achiever

This award celebrates the achievements of jogscotland members throughout jogscotland's 20-year history. It recognises someone who has overcome great odds to get active, who is inspiring others or has achieved more than they ever thought possible on their running journey.

George Findlay (Anster Allsorts)

The driving force behind Anster Allsorts, George's enthusiasm motivates the entire group. From an initial 8 joggers, George has grown the group to over 90 members over the past 10 years. He gets the Allsorts involved in many jogscotland initiatives as well as innovative events of his own devising. He has established groups for all levels of jogger as well as Jeffers and walkers, and has raised thousands for charity.

Jim Glennie (On The Run Cumbernauld)

Jim has been an inspiration to runners in Cumbernauld since the early days of jogscotland, initially leading a group with North Lanarkshire Leisure, then setting up the independent OTR Cumbernauld 10 years ago. His quiet, unassuming manner is described as very supportive and encouraging to the hundreds of joggers he has led over the years. A runner himself since the early '80s, Jim has decades of experience and shares it generously.

Toni McIntosh (Toni's Tigers)

Toni was one of the first jog leaders trained when jogscotland launched 20 years ago. She has faced injury and mental health challenges but talks about them openly to make others feel less alone. She now enjoys seeing Toni's Tigers thrive under the guidance of new jog leader Rhona, and remains a great supporter of the jogscotland ethos, having herself helped so many people to get active over the years.



Honorary Life Memberships

Introducing the 2022 recipients of Honorary Life Membership to **scottishathletics**.

Sandra Hardacre (Livingston AC)

Sandra's first involvement in cross country was as the Under 13 National Champion in 1975, but few could have forecast the lifetime contribution she would make to our sport. Sandra began officiating in 1996 with the SWCCU, and has since officiated at numerous National and District cross country and road running events in a host of senior roles. She also officiated at the European Cross Country Championships in 2003 and the World Cross Country Championships in 2008. She is now the **scottishathletics** East District Road and Cross Country commission Secretary; President of the East District Cross Country League; and a member of the Road and Cross Country Commission.



Sandra is also a well-respected level-4 Track official with a range of national and international experience, as well as an esteemed coach with Livingston AC who has coached endurance athletes from club level to GB vests.

John Rodger (Kilbarchan AC)

A stalwart of Kilbarchan AAC, John has been involved in athletics in Renfrewshire for decades. John was instrumental in campaigning to get a synthetic track at Linwood (opened by Steve Ovett OBE in 1991), and followed this up with further fundraising to extend the track from 6 to 8 lanes in 1999.



Following early retirement from his career in telecommunications, John was race director of the inaugural Paisley 10km Road Race (and 3km fun run), and held this post for 7 years. He is still involved today on race day to ensure everything goes smoothly. John also helped to establish, and currently chairs, the Renfrewshire Local Athletics Partnership. He is a selector and team manager for club, district and national teams, and served as the Convenor of the **scottishathletics** Road and Cross Country Commission in seasons 2014-15 and 2020-21.

Elizabeth Wilder (Victoria Park City of Glasgow AC)

Liz has been involved in athletics for over 50 years. A talented sportsperson herself, she qualified as a PE teacher in 1968 and has been involved in a range of sports as an athlete, coach and official.



Liz's officiating career began as a jumps official. She soon qualified as a Grade 4 UKA Field Official and worked her way up to Grade 1 before the Commonwealth Games in Edinburgh in 1986, where she was a Field Judge. She has worked with athletes at club and league level right up to the Olympic Games, at which she was Combined Events Referee in 2012.

Liz has also worked tirelessly on many groups such as the UKA Field Peer Group, **scottishathletics** Peer Group, Officials Commission, Timetabling Group and Facilities Group. Over the years, she has passed her knowledge on to new officials through acting as a mentor and as a UKA Tutor.



Nominations for

Para Athlete Performance Coach of the Year

Steve Doig

Steve Doig's training group includes several para-athletes who train inclusively with mainstream athletes. He has seen success with personal best performances from Owen Miller and Ben Sandilands, with times that would take them to the top of the WPA rankings. Derek Rae has transitioned from the marathon to 1500m and, under the guidance of Steve, has made significant progress. Steve's expertise and inclusive style is integral to his athletes' success and enjoyment in the sport.

Rodger Harkins

Rodger coached Samantha Kinghorn and Melanie Woods to 3rd & 4th place finishes in the Commonwealth Games T53/54 1500m. Both athletes are making significant progress and setting PBs across a range of distances. Ben Rowlings has also recently joined the coaching group, and Rodger is supporting him back from injury. Rodger was relatively new to wheelchair racing prior to working Samantha and Melanie but he has developed himself rapidly in this area, which has been a key reason for the continued progress of each athlete.

Joyce Rammell

Joyce has played a major part in the success of wheelchair athlete Sean Frame's best season to date. Under her guidance on the track aspect of his training, Sean was selected for the Birmingham Commonwealth Games and finished in 2nd place in the T53/T54 Marathon. As well as his road success, Sean has set PBs on the track across multiple distances. Joyce's support and experience has had a big influence on Sean's success and continued progression as an athlete.





Nominations for

Performance Coach of the Year

Liz Nuttal

Liz has coached her daughter Eilish to significant success in 2022. Eilish's performances have steadily progressed over the past decade but this season saw her deliver world class performances that resulted in multiple medals on the international stage. Based overseas, Liz continues to coach her UK-based daughter successfully through a combination of remote coaching and training camps. She works tirelessly in the design and refinement of the training programme to ensure that Eilish is now a contender against the best in the world.

Geoff Wightman

Geoff has coached his son Jake to incredible success in 2022. Following Geoff's development of Jake's training programme since 2021, this year has seen Jake win medals at World Championships, Commonwealth Games and European Championships over 1500m and 800m. Jake claimed Scotland's first individual win at the World Championships in over 30 years, and the improvement of Tom McKean's long standing Scottish 800m record was another highlight in a season of exceptional performances.

Andy Young

Andy has once again coached Laura Muir to incredible success in 2022 – with Laura ultimately winning medals at World Championships, Commonwealth Games and European Championships over both 800m and 1500m. Andy carefully planned Laura's training and competition plan, despite significant injury challenges this year, resulting in Scotland's first individual medal at the World Championships for over 30 years, a double medal haul for Scotland at the Commonwealth Games and retention of Laura's European title over 1500m.





Nominations for

Performance Development Coach of the Year

This award recognises the coach who has had an impact on the development and performances of the athlete(s) they are working with.

Ross Cairns

Ross coaches endurance athletes from a range of clubs across Scotland. This year has seen a number of athletes under his coaching programme gain national and international success, most notably Megan Keith who won an historic gold medal at the U20 European cross country championships. Ross' long-term commitment to coaching is proving impactful, with his athletes beginning to transition successfully into the senior ranks.

Alison Grey

Alison coaches throws and combined events athletes from a range of clubs. This year has seen a number of athletes under her tutelage gain national and international honours. Paige Stevens returned from the U18 European Athletics Championships with a brilliant bronze medal in the shot putt, and Meghan Porterfield recorded Scottish U17 records in both shot and discus, the latter a record that had belonged to Alison herself.

David Watson

David coaches athletes from different clubs, predominantly across sprints and jumps. Two athletes David works with, Libby White and Dean Patterson, made the finals of the European U18 Champs in Jerusalem, with Dean even landing a bronze medal in the relay. In 2022, David coached multiple athletes to medals at UK and Scottish Age Group champs as well as UK Indoor U17 records for Dean and Libby.





Nominations for

Community Club Coach of the Year

This award recognises the contribution of the thousands of coaches delivering regular training sessions in our member clubs.

Mags MacRae and Nigel Thomson (Orkney ARC)

Mags and Nigel are motivational, inspirational and dedicated coaches. As the club's Coach Rep, Mags is supportive of new coaches developing within the club, as well as working hard to continue learning herself. Despite facing health issues, Nigel continues to be an inspiration to the athletes he coaches. This year he competed alongside his athletes in his first 100m race since his diagnosis.

Colin Thomas (West End Road Runners / Bellahouston Harriers)

Colin's weekly West End Road Runner sessions accommodate around 50-60 runners across 3-4 groups of different abilities. He has influenced a number of WERR athletes to take part in regional and national competitions this year, particularly at Masters level. Colin has also delivered successful inter-club events between WERR and Bellahouston Harriers, for whom he also coaches.

Rachel Watson (Aberdeen AAC)

Rachel is an enthusiastic and committed young coach with Aberdeen AAC (and previously with Haddington RC) who provides enjoyable, fun sessions for children attending club and community athletics sessions. Rachel coached over 120 children at the club's five athletics camps during the summer, is a team manger for the club's girls' team and mentors other young coaches within the club.



Martin Hyman Junior Hill Running Award

This award was established in 2002 as the Eddie Campbell Award, endowed by Lochaber AC in memory of the late Eddie Campbell of Fort William who holds the record for the most Ben Nevis Races, having participated in the event 44 consecutive times, during which he won the race on three occasions. In 2022 the award was renamed the Martin Hyman Junior Hill Running Award in memory of Martin Hyman, latterly of Lothian AC, who died in 2021 and was an inspirational supporter, race organiser, mentor and coach for junior hill running.



The **scottishathletics** Hill Running Commission, in accordance with guidelines, will decide the winner of the award from a short-list drawn up by the national selectors. The winner will be decided at the end of the hill running season of each year. The award is presented to the athlete who has shown excellence combined with sportsmanship in hill races.

This award recognises consistently high performance, sportsmanship and attendance throughout the season on Scottish hill races, particularly in relation to age group peers. It is awarded to someone who has annually shown commitment to, and high performance at, the Scottish Junior Championships and Junior League as well as outstanding achievements at the Junior Home International, WMRA Youth Challenge or WMRA World or EAA European championships (UK teams).

The George Dallas Memorial Trophy



Becoming a member of Maryhill Harriers in 1906, George Dallas was an athlete of unsurpassable versatility, winning races at all distances from 100 yards to 10 miles at the highest level. He was equally at home on the track and over the country - a highlight of his career being his win in the Scottish Championships at 440 yards. He was also a prolific winner of handicap events, often running from the virtual scratch mark.

After serving in the First World War in 1914-18 in the Royal Garrison Artillery, George, as Brigade Sports Officer, won the Second Army Cross Country Championships in Cologne from over 1000 competitors.

On returning to "Civvy Street", George then turned his hand to the administrative side of the sport and swiftly became the Honorary Secretary of the Scottish Cross Country Union, a post which he held for an unprecedented period of 40 years.

The George Dallas Trust annually awards the George Dallas Memorial Trophy to the person or persons who in the judgement of the trustees, have achieved distinction in, or made a material contribution to, cross country, road running, track and field or hill running in Scotland in the preceding calendar year, whether they be athletes, administrators, coaches or otherwise involved in the sport.



The Commonwealth Games Achievement Award

We are delighted to have a special Commonwealth Games award for 2022.

This award comes up each time Team Scotland competes at the Commonwealth Games, and allows us an opportunity to celebrate a fine performance, a medal moment, or simply a wonderful memory inspired by an athlete.

Four years ago, our recipient was Jake Wightman after Gold Coast 2018. Jake 'doubled up' in the middle distance events in Australia and took bronze in the Men's 1500m final after finishing fourth in the 800m final only a couple of days earlier.

Four years prior to that, our Glasgow 2014 Commonwealth Performance Award winner was Lynsey Sharp. Lynsey memorably took silver in the Women's 800m final at Glasgow 2014 – after being ill less than 24 hours prior to that Hampden race.

With eight medals achieved by the athletics team at Birmingham 2022 – the best tally for Team Scotland at the Commonwealth Games for 40 years – there is no shortage of possibilities for this year's recipient . . .



Eight will be great . . . Scotland's Birmingham 2022 Medals



22 4J STUDIOS 2022 Annual Awards

Nominations for

U17 Athlete of the Year



Corey Campbell (Team East Lothian AC)

The Team East Lothian athlete demonstrated his potential across disciplines and distances – including indoors, cross country and outdoors. Corey set age group records at 1500m and 3000m, and won a number of significant events at U17 level including National XC, SIAB 3000m, Welsh U20 International 3000m and England Athletics Indoor 1500m. At U18 level, he represented GB and NI at the Europeans and took sixth place in the 1500m final.

Dean Patterson (Glasgow School of Sport)

The Glasgow School of Sport athlete started the year with a Scottish Indoor Record for U17 at 200m (21.40) and he followed that up with a Senior appearance for Scotland in the DNA International at the Emirates Arena.

Dean reached the final of the European U18s in Israel over 200m and took bronze with the relay team. A series of title wins at U17 level over the season included SIAB, the England Athletics Indoors and Scottish Championships (indoors and outdoors).



Libby White (Ayr Seaforth)

The triple jumper from Ayr Seaforth has had a fantastic 12 months in the field. There was a Scottish Record performance at 12.63m and a number of title wins in the U17 age group, including the England Athletics U17 Indoors, SIAB and the Scottish Championships. Libby won GB and NI selection for the European U18 Championships and made it to the final. She also took second place in the Welsh U20 International.



Nominations for

U20 Athlete of the Year



Megan Keith (Inverness Harriers/Edinburgh University H&H)

The Inverness Harriers athlete moved to Edinburgh to study and continued her excellent progress in road and cross country events. A superb performance in Dublin last December was the highlight as she became the first Scot to win European U20 Cross Country gold and victory led GB and NI to team medals. Megan was then fifth in the World Universities XC in Portugal as one of the younger athletes in a strong global field.

Tendai Nyabadza (Harmeny AC)

The Harmeny AC teenager has made steady progress from the younger age groups over the past few years, and now a breakthrough. Impressive selection times at 1500m and 3000m saw Tendai race for GB and NI at the European U18 Championships in Israel in the shorter of those distances. He seized his opportunity to take a fine bronze medal in a year where he followed that up with second at the Welsh U20 International in Swansea.



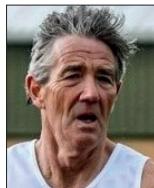
Paige Stevens (Falkirk Victoria Harriers)

The thrower from Falkirk Victoria Harriers has enjoyed a truly memorable year as she stepped up to international level with GB and NI. An early season PB ensured selection by British Athletics for the European U18 Championships in Israel. And Paige made the most of the moment with another PB to make the final and then bronze in the U20 shot putt event – thanks to yet another PB in the final round (16.69m). Paige continued that good form across events later in the season including Scotland international appearances.



Nominations for

Masters Athlete of the Year



Paul Forbes (Edinburgh AC)

The Edinburgh AC athlete went to the Commonwealths three times in his career – and is still tearing up the track at M65. Paul has been outstanding at British, European and World level over 800m, 1500m and the mile in his category, setting numerous global bests. Paul won an 800m 1500m double at the World Masters.

Fiona Matheson (Falkirk Victoria Harriers)

The evergreen Falkirk Victoria Harriers athlete has had (another) exceptional year. Indoors, Fiona set world records over 1500m and 3000m in the W60 age band, and further won British titles in her age group over the same distances. She is the Scottish champion at 5000m, too.



Charlotte Morgan (Carnethy HRC)

The masters hill runner is a former winner of this title who continues to excel, via the V45 age bracket and often still competing against Seniors. Charlotte competed around Europe to win the World Long Distance Mountain Running series by the end of 2021 after a number of strong performances. She was also second in the WMRA World Cup Series.

Alastair Walker (Teviotdale Harriers)

Teviotdale Harriers are hugely proud of Alastair's regular achievements and rightly so. At the World Masters in Finland, he took double gold after competing over 5000m and 10000m. Earlier, at the Scottish Indoor Championships, he had set a world record at 3000m. Road records also followed.



Nominations for

4J Studios Para Athlete of the Year



Sean Frame (Red Star AC)

The wheelchair racer was thrilled by his first Commonwealth Games selection – and didn't he capitalise on the opportunity! Sean delivered a superb, gritty performance over a tough and hilly course to land the Commonwealth silver medal despite that silver position changing hands a couple of times over the closing stages in Birmingham. Sean had fine performances on the road both before and after the Games, too.

Samantha Kinghorn (Red Star AC)

Samantha favours the shorter wheelchair races and continued to improve her times there with some strong pushes at the WPA Grand Prix in Notwil. Then, at the Commonwealth Games, it was back to the 1500m for the third time in her career – with a podium reward this time as the Scot followed two Australians home for third place. It was a special feeling for Samantha after finishing fifth in Glasgow and fourth in Gold Coast.



Melanie Woods (Red Star AC)

After a steep learning curve in her first year at international level in 2021, Melanie continued her rise with personal bests and improvement at a number of distances. Good performances at the WPA Grand Prix in Notwil exemplified that progress prior to a first appearance for Team Scotland at the Commonwealth Games. Fourth place in the 1500m final represented a very solid debut on a truly memorable night in front of family and friends.





Nominations for

4J Studios Athlete of the Year



Eilish McColgan (Dundee Hawkhill Harriers)

It has been a record-breaking 12 months for Eilish both on the road and on the track – with a Scottish 10000m mark which had belonged to mum and coach Liz arriving via a superb solo effort in Holland. What followed was a remarkable ‘double-double’ of podium finishes at Birmingham 2022 and Munich 2022. Eilish thrilled Team Scotland with 10,000m gold in the Alexander Stadium and added 5000m silver. In Germany, it was 10,000m silver and 5000m bronze.

Laura Muir (Dundee Hawkhill Harriers)

Injury early in the year threatened to blunt Laura’s ambitions but we need not have worried. Ultimately, the 29-year-old delivered big time on the big stage with four major medals from four finals. Laura took bronze in an epic Women’s 1500m final in Oregon and then doubled up at Birmingham to take 800m bronze and 1500m gold. In Munich, she successfully defended her European title at 1500m.



Jake Wightman (Edinburgh AC)

One look at Power of 10 for this year lays bare Jake’s awesome race record for 2022 – with top three finishes in more than 15 races. Oregon proved his stage as he claimed gold in the Men’s 1500m and he followed that up with bronze in a fast Commonwealth Games final in Birmingham. Jake then switched to 800m and duly took European silver and the long-standing Scottish Record from Tom McKean. Jake also set Scottish Records at the mile and 1000m this year.





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