



scottishathletics

and

jog**scotland**

Annual Awards 2023

Saturday 28th October

Hilton Hotel
William Street
Glasgow



Programme of events

From 18.00	Guests Arrive
18.15	VIP Drinks Reception
19.00	All Seated
19.05	Welcome by Bryan Burnett (BBC Presenter and Evening Host)
19.30	Awards Ceremony (Part 1)
20.00	Dinner
22.00	Awards Ceremony (Part 2)
01.00	Carriages

Bryan Burnett

Evening host

Bryan Burnett is a familiar voice at big events and reckons he must have encouraged over a million runners across the start and finish lines of some of the country's biggest road running events.

Having worked at many major championships he recently made his debut as a Cycleball announcer at the UCI Worlds in Glasgow but says he's looking forward to returning to his true love of athletics.

A member of Bellahouston Road Runners, Aberdeen born Bryan has presented many radio and TV programmes over the years and currently presents Get It On, a nightly music show for BBC Radio Scotland.



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 role as 'the voice' of the World Service, Zoë continues to work as a voice artist, copywriter and broadcaster.



President's Welcome



As President of **scottishathletics**, I welcome you all to the 2023 4J Studios **scottishathletics** and **jogscotland** Awards Dinner.

From Oregon to Istanbul, Thailand to Budapest, New York to Poland the past year has seen Scotland's athletes travel the planet, competing with the world's elite and bringing success on a global scale. In doing so, they have enhanced the reputation of **scottishathletics**, our clubs, coaches and officials for their ability to take athletes from grassroots to international success.

However, our success is not just measured in medals. It is in the thousands training and competing day in and out, in all weathers, across all aspects of our sport that includes track and field, hill running, trail racing, cross country, road running, ultra-running, para and masters athletics. This annual awards gathering celebrates all of our successes and how the volunteers, coaches, athletes, **scottishathletics** staff and sponsors worked together to bring this about.

The guest of honour tonight is Eilidh Doyle. Eilidh is Scotland's most be-medalled track and field athlete with 18 medals, and in Rio in 2016 won our first Olympic medal since 1988. Eilidh is the winner of 12 national titles: seven senior, two U23, one U20 and two U17

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

John Rodger,
President, **scottishathletics**

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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.

Graeme Reid (Corstorphine AAC)

As Vice Chair of Corstorphine AAC, a qualified coach and regular volunteer at club events, Graeme's energy and enthusiasm is described as 'infectious'. As well as supporting club activities, he takes a lead role in the club's community outreach and inclusion projects, supporting the delivery of Active Schools sessions in the local area; working hard to introduce frame running sessions to the club; and fundraising alongside local organisations to purchase additional frames.

Craig Stewart (Harmeny AC)

Craig's drive, enthusiasm and forward-thinking approach has helped Harmeny AC to become a successful, welcoming club. This year, Craig introduced a number of the club's athletes to competition for the first time, from working with **scottishathletics** to host a Regional SUPERteams heat for U12s to supporting the club's participation in league competition. He has also recruited a number of new volunteers into the club, with over 80 volunteers getting involved in a number of projects this year under Craig's leadership.

David Wagstaff (Shetland AAC)

David carries out a number of roles for Shetland AAC, from coaching and officiating to administrative roles. Over the past year, he has organised several competitions to ensure that the islands' athletes have been able to compete on a regular basis without the expense of travelling to the mainland. He also acted as Team Shetland's Athletics Team Manager at this year's Island Games, dedicating additional time to supporting the islands' athletes to perform on the international stage.



Nominations for

Para Athlete Performance Coach of the Year

This award recognises the work of coaches working with para-athletes at performance level.

Jamie Bowie

Over the past year, Jamie has supported T35 sprinter Maria Lyle back from injury to fitness. Their year started with top 3 placings at WPA Grand Prix in Dubai, Switzerland and Italy, and then culminated in bronze medals in the T35 100m and 200m at the World Para Athletics Championships in Paris. Jamie was selected as sprints coach for the GB & NI team at the Championships, and he also leads on sprints for the UKA Futures Academy. Jamie's athlete-centred approach ensures the athletes he works with develop and reach their potential.

Steve Doig

Steve Doig's integrated group includes several para-athletes selected to represent GB & NI at the World Para Athletics Championships in Paris. Ben Sandilands won gold in the T20 1500m, with two others from Steve's group also making the final. Two further athletes were selected for the Virtus World Games in Vichy, France where Sam Fernando won silver in the T20 3000m Steeplechase. Steve's expertise and inclusive style is integral to his athletes' success and enjoyment in the sport.

Rodger Harkins

Rodger coaches wheelchair athletes Samantha Kinghorn, Melanie Woods and Ben Rowlings. Samantha won a gold and two silver medals at the World Para Athletics Championships in Paris, and also won titles in the Diamond League, Great North Run and London Big Half this year. Melanie has made significant progress, resulting in personal best performances in several distances and top 3 finishes. Rodger's knowledge of the sport and passion for wheelchair athletics is having a huge impact on his athletes.



Nominations for

Performance Coach of the Year

Nominees in this category have supported athletes to achieve at performance level.

Ross Cairns

Ross coaches endurance athletes from across Scotland to compete on the track, road and cross country. This year has seen a number of athletes under his coaching programme gain National and International success. In particular, Megan Keith, on the back of U23 successes in the summer, gained selection to her first global track championships at the World Championships in Budapest at 21 years old. Ross' long-term commitment to his role as a coach is undoubtedly proving fruitful, with athletes now transitioning successfully into the senior ranks.

Angela Mudge

Angela has coached Scout Adkin to incredible individual and team success over the past 12 months. Scout earned 5th place at the World Mountain and Trail Running Championships in Thailand, and recorded several podium places in WMRA's World Cup series events. Angela gels well with Scout to create a positive training environment that has increased her consistency in recent seasons, providing a balance of encouragement and challenge to support her to deliver her best performances on key competition days.

Liz Nuttall

Liz has coached her daughter Eilish to significant success in 2023 with British records at 10,000m, Half Marathon and 15k. 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 establish a formula that has led to Eilish becoming a contender against the best in the world over a range of distances.

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.

Gary Beggan (Springburn Harriers)

As a combined events coach, Gary supports athletes of all ages across a range of athletics disciplines. He led the club's Summer Camps this year, introducing almost 400 children to athletics during the summer holidays. He also supports coach development within the club, mentoring assistant coaches; supporting the club's young leaders; and encouraging new jog leaders. Gary also regularly supports his own athletes during competition, and brings his joy of athletics to everything that he does.

Kay Cooke (Inverclyde AC)

As coach to the Inverclyde AC ZoominZebras, Kay has introduced a huge number of children to athletics. Kay's leadership helped to ensure success for the club's U11s and U12s in league and SUPERteams competition this year, and Kay supported the delivery of a SUPERteams heat at the club's home track. Despite juggling a busy job, Kay makes time for her club commitments, and has been known to change her plans to help the club out whenever they need.

Frances Wood (Linlithgow AC)

As lead coach of Linlithgow AC, Frances has encouraged others to join the club's coaching team; undertake their own qualifications; and has established a coaching structure within the club that allows for the delivery of a range of sessions throughout the week. Frances has coached both juniors and seniors, and her sessions are described as 'fun and effective'. Introducing club members to track training



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

This year has seen a number of athletes under Ross' coaching programme gain National and International success. In 2023, Megan Keith gained selection to her first senior GB&NI team for the World Cross Country Championships in Bathurst, Australia, before continuing her momentum into the track season by winning the European U23 Championships 5000m in Espoo, Finland. Athletes from Ross' training group also saw success in Schools Internationals and Scottish National Championships.

Steve Doig

Steve coaches athletes from Fife AC and Pitreavie AAC. This year has seen several of his athletes gain national and international selection, including selections for the Commonwealth Youth Games, U20 Welsh International and the World Para Athletics Championships. There was significant success for his athletes, including Caleb MacLeod in the Commonwealth Youth Games and Ben Sandilands in WPA Championships. Steve's commitment, inclusive manner and expertise are instrumental to his athletes' success.

Anne Scott

Anne has coached alongside husband John for over 30 years. Anne takes responsibility for the sprinting aspect of their programme, and this year has seen athletes under her tutelage gain national and international honours. In particular, Alyson Bell returned from the U23 European Athletics Championships with a brilliant gold medal and British U23 Record as part of the GB&NI U23 4x100m Relay team. Alyson also gained selection for her first senior major championships team as part of the 4x100m Relay squad for the World Championships in Budapest.

David Watson

David coaches athletes from different clubs, predominantly across sprint and jumps. Two athletes David works with were selected as part of Team Scotland for the Commonwealth Youth Games in Trinidad and Tobago, with Dean Petterson winning a fantastic silver medal in the 200m. In 2023, David coached multiple athletes to medals at the Scottish Age Group Championships as well as a new Scottish Native record for Dean in the 200m indoors and a Scottish U20 record as part of the Scottish record breaking U20 men's 4x100m Relay team.



Nominations for

Janice Eaglesham MBE Para Development Club of the Year

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

Aberdeen AAC

The 2022 winner of this award has continued to progress in this area into 2023. A number of Aberdeen AAC para-athletes have earned places on local and national performance pathways; and the club continues to support athletes to compete at the right level for them, whether local, national or international. Club coaches have also continued to develop their knowledge, particularly of frame running and wheelchair racing, and have produced resources to support others coaching in these areas.

Perth Strathtay Harriers

Perth Strathtay Harriers prides itself on being a fully inclusive track and field athletics club. The club offers sessions to athletes of all ages and abilities, and finds innovative ways to engage new members. This year, the club's volunteers found working with local ADHD support groups "both challenging and immensely rewarding". The club's partnerships with support organisations in their local area also help to ensure that the club's diverse and inclusive membership continues to grow.

Victoria Park City of Glasgow AC

VPCoG AC supports athletes with a range of abilities through its successful disability athletics sessions. All of the club's coaches are trained in disability awareness, and the club aims to promote good practice in disability sport. Club members have competed for West of Scotland Learning Disability at large events this year, and the club's frame runners have also earned national medals. The club was instrumental in locating a Frame Running Hub at Scotstoun, and has seen visitors from across Scotland borrow bikes, frames and equipment.



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.

Central AC

Central AC experienced a number of successes off-track this year, winning the Men's scottishathletics National Cross Country Team Championship for the twelfth consecutive time and the Men's 12 Stage English Road Relay Championships. The men's team then represented Great Britain at the European Clubs Cross Country. At home, the club hosted a series of cross-country training sessions and events for its junior members; delivered an innovative hill running programme for recreational runners; and held its popular Stirling 10K in September.

Giffnock North AC

In cross country, Giffnock North AC won the Lindsays Trophy, with the club delivering a remarkable 254 finishers across the scottishathletics National Relays, National Short Course and the National Cross Country Championships. Additionally, the club retained the AT Mays and Pat Spence trophies for overall male and female performances at the Lindsays scottishathletics National Cross Country Championships. Giffnock North AC has had considerable representation in West District and Scotland off-track teams this year, alongside athletes representing GB&NI.

Shettleston Harriers

Shettleston Harriers' 2023 started strongly when its women's team qualified for the European Clubs Cross Country Championships. This was a catalyst for their best ever season, winning the Senior Women's scottishathletics National Cross Country and National Road Relay titles for the first time. The club also saw success on the hills with the men's team winning the Scottish national team title this year. The club has also developed a new, dedicated hill running programme to encourage junior athletes in this discipline.



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.

Edinburgh AC

2023 has been a season of rebuilding for EAC, with a return to its home at Meadowbank and an opportunity to revisit the coaching structure within the club. A clear link from Edinburgh Leisure's run, jump, throw sessions into the club's structure has helped a number of athletes to transition to event-specific coaching. EAC athletes also celebrated competition success, from league placings for U13s and U15s, to National success for Seniors. The club is also delighted to be home to two 2023 World Champions.

Harmeny AC

Harmeny AC members entered events in record numbers this year. Over 100 athletes from the club took part in league competition this Summer, ensuring a Harmeny vest is a regular sight on any start list. The club also hosted a number of events itself, encouraging young athletes to compete for the first time in relaxed surroundings. To support this, a number of club members undertook officials' courses this year, including a group of U16s who gained their assistant official qualifications.

Pitreavie AAC

Athlete pathways, coach CPD and competition have been key to Pitreavie's success this year. The club has seen an increase in participation in the U11 and U13 age groups, and has established a masters-specific training group to support athletes of all ages. PAAC has hosted events locally, focusing on participation or performance as required of each meeting. Pitreavie's coaches have considered succession planning, and have support in place to mentor developing coaches.



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

2022 nominee Aberdeen AAC has continued its work to grow its community athletics programme into 2023. The club runs 8 regular community athletics sessions in high-SIMD areas, and recently secured funding to introduce further free sessions in two additional areas of Aberdeenshire. The club also organises a series of free open graded competitions, open to club athletes and members of the local community. Parents are invited to help with officiating, and the club hosted officials' courses locally during the 2022-23 Winter season.

Corstorphine AAC

Corstorphine AAC has placed a major focus on community engagement and membership growth in 2023. In the past year, the club has introduced frame running to its operations, welcoming new athletes and coaches into its membership, and raised over £15,000 towards the costs of frames. Overall, the club's membership increased by 45% this year, and 11 new coaches gained qualifications. CAAC hosts a number of local events, and the entry fee into this year's club championships was a donation to a local foodbank.

Springburn Harriers

Last year's winner of this award, Springburn Harriers, has had another great year. The club's Base Camp and Summer Camp initiatives have helped to increase the club's membership numbers this year, engaging children from over 30 schools in the local area. The club's new Absolute Beginners group has also engaged new adult members, as well as encouraging existing members to gain their coaching qualifications to lead these new groups.

Honorary Life Membership

Introducing the 2023 recipients of Honorary Life Membership to **scottishathletics**.

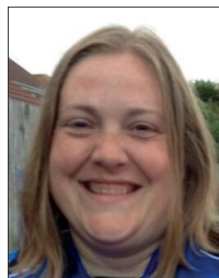
Andy Law (Dundee Hawkhill Harriers)

Andy has been a committed and passionate member of the **scottishathletics** community for around 60 years. As a young athlete in the mid 1960's, he quickly became Renfrewshire Schools' cross country and mile champion. He joined Greenock Glenpark Harriers, representing them in cross country, road races and middle distance. When his sons joined Inverness Harriers in 1990, Andy became a qualified coach, helping to guide the boys to the Scottish Young Athletes title on several occasions. Andy's officiating career then took off, starting on the field before moving to track, but also officiating at many meetings as a timekeeper. Always happy to help wherever needed, Andy has also occasionally been a Starter and Starter's Assistant. He has also always had a passion for cross country and still officiates and referees at many off-track events. Andy has been a valuable and committed member of the Scottish Track Peer Group since 2016, carrying out the role of Head of Allocations with fairness and organisational skill. He also shares his wide knowledge and experience as a mentor, supporting new and progressing officials. After so many years, Andy's love of the sport does not diminish. Still a member of Dundee Hawkhill Harriers, he continues to give a huge amount of time to athletics. Andy's attitude has never changed - he is happy to do whatever is needed to help athletes to have a positive experience.



Elaine Park (Shetland AAC)

Elaine joined Shetland AAC whilst at school, and quickly became a regular club volunteer alongside her competing commitments. Since then, she has become synonymous with athletics in the islands, with every athlete who has passed through the club over the last three decades influenced by her as a coach, club administrator and/or training partner. Alongside coaching and officiating, Elaine is the current chair of Shetland AAC, and has held key roles on the committees of both the Shetland Junior Inter County (JIC) Association and Shetland Island Games Association, supporting the invaluable opportunities these competitions create for island-based athletes. She is currently the Vice Chair of the JIC committee, as well as the Athletics Representative and Travel Organiser. She has also been the Athletics Representative on the Shetland Island Games committee, and is now the association's Travel Coordinator for all sports. At club-level, Elaine regularly gives up her time to accompany teams of all ages to competitions on the mainland: a return trip often of almost 40 hours by ferry and minibus (which she also drives). Without her dedication and travel expertise, many of the islands' athletes would never have had the opportunity to compete away from home. Without Elaine, there would be no Shetland AAC and no athletics provision in the isles. Instead, she ensures that the sport thrives locally, as well as supporting athletes to compete off-island and ensuring a Shetland-presence at national events.



Nominations (continued)

Honorary Life Membership

Joyce Rammell (Nithsdale AC)

Joyce Rammell has been involved in athletics in one way or another for the last 50 years, as an athlete, coach, technical official, league organiser and team manager. She has been the driving force of Nithsdale AC since its inception in the early 1990s, and not only coaches but often provides transport to training sessions to enable athletes from remote areas to take part. Joyce still coaches 2-3 times a week, and has coached young athletes new to the sport right up to Commonwealth Games athletes. Up until a couple of years ago Joyce was also the chair of the Central and South of Scotland Athletics League (CSSAL) and played a large part in organising league meetings. Today, Joyce still provides the league with guidance and support. In addition to her club commitments, Joyce is an accomplished technical official, and was Head of the Field discipline for 8 years. She currently leads the reporting sub-group of the Field Peer Group, using her experience and encouragement to support officials as they progress along the pathway. She is also keen to ensure her beloved club is maintained, and she gives her time and experience willingly to others.



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. 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 **scottishathletics** in the past year.



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.

Rob Dalziel

This year, Rob sat and passed the World Athletics Referee exam, enabling him to now be appointed to Referee and Chief roles internationally. This makes him one of just a handful of top officials in the UK to hold this qualification. However, in addition to his international commitments, Rob is a regular face at club, local and national events in Scotland and enjoys supporting athletes and officials of all ages and stages to develop within the sport.

Ian Mann

As an endurance official, Ian has officiated at a huge number of local, national and international events over the years. Particularly skilled as a timekeeper and time recorder, two very challenging roles, Ian is praised for his 'unflappable' manner of officiating. As of 2023, Ian has officiated at over 200 National and District Cross Country and Road Championship events.

Pauline Pearson

Pauline recently qualified as a level 4 Field official, which required a significant amount of dedication as she travelled from her home in the far north of Scotland to events in the central belt and beyond. She is described as a "supportive, dedicated official" who takes the time to support others in her team during events. She also relates well to athletes of all ages and abilities, as well as to coaches and other officials.

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. He even took 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

jogscotland Achiever of the Year

This award is for 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.

Emma Louise Chegwyn (Ellon Sole Mates)

After suffering hearing loss, balance issues, sickness, and numbness, Emma underwent seven-hour brain surgery in October 2022 to remove a very large benign tumour wrapped around her brain and nerves. She has permanently lost hearing in one ear, and her balance was compromised after surgery, but having learned to walk again, she joined Ellon Sole Mates walkers. She quickly progressed to Learn to Run, and is now an intermediate runner. She inspires the rest of the group with her bravery and her lust for life.

Ruaridh Currie (Carluke jogscotland)

Ruaridh first met members of Carluke jogscotland during a parkrun takeover by the group, when he was at the back of the field and got chatting to the tailrunner, who invited him along. He started out as a beginner, but progressed so quickly that he soon skipped to intermediate level, and in no time was keeping up with the advanced runners. He even changed jobs to make sure he would be free to join the group on a Wednesday night. He is described as “a great demonstration of what jogscotland can help runners achieve.”

Louise Wilson (Killie Striders)

In the spring of 2022, Louise had diabetes, would get out of breath easily, and couldn't manage any form of exercise. She then began a weight loss journey, and started jogging in January 2023. This year, she's gone from being completely inactive to completing 10km runs and raising hundreds of pounds for the nursery where she works in the process. She has grown in confidence this year and is an inspiration to her jogscotland friends.

Nominations for

jogscotland Jog Leader of the Year

Nominees are current and active jogscotland jog leaders who are making a positive impact within their local jog community.

Michael Gowans (Migo Run Club)

Michael creates sessions that are fun and engaging, taking time to explain the purpose of each session and making sure they can be tailored to different ability levels. He listens to, and acts on, feedback, and makes adaptations accordingly. He has hosted collections for local foodbanks and the charity Refuweegee. His sessions are described as 'the perfect tonic', and he is praised as a jog leader with selfless dedication, and is a fantastic motivator.

Paolo Maccagno (Runforever, HMP Grampian)

Paolo leads a running group at HMP Grampian, which aims to help act as a bridge between life inside and outside the prison, particularly in hope of reducing reoffending rates among those who leave. So far, around 70 prisoners have been involved, along with 10 prison staff and several partner organisations. As well as running, sessions include watching inspiring videos and opening up conversations about issues such as mental health and addiction.

Craig Wilson (jogscotland Bridge of Don)

Craig's unwavering dedication and passion for running have inspired numerous individuals on their running journeys. He consistently sacrifices his own runs to support and uplift fellow runners, both at group sessions and during races. He reaches beyond his immediate community by writing a blog about his running experiences, where his candid and relatable storytelling resonates with readers and fosters a sense of connection and camaraderie.



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.

Anster Allsorts

The Allsorts know the positive impact that their group can have on members' mental wellbeing: one of their joggers has described to leaders how they had made plans to die by suicide but said that coming to the first session of an Allsorts Couch to 5K, and having fun, had been the turning point for them. They are still an active member and recently ran their first half marathon. The group has signed up to the SAMH Mental Health Charter for Physical Activity and Sport, and actively encourages the five ways to better wellbeing. Social events and community connections give the group a supportive, family feel.

Janet Farren (Killie Striders)

Since Janet's husband Brian was diagnosed with cancer, they have been through a long and difficult fight. However, despite the stress and uncertainties in her life, Janet continues to attend Killie Striders every week. The group has been a constant in supporting her mental wellbeing, giving her the space and strength to focus on supporting her husband. Janet is described as "a total inspiration" by other members, and in return she praises the support system the group provides, and is proud to be part of a move towards mental health awareness becoming the norm rather than the exception.

Newton Road Runners

In August 2021, a member of Newton Road Runners, Cat Gaskell, sadly lost her life as a result of mental health difficulties. In the aftermath, the club decided to take steps to help their members in future. All of the group's coaches and leaders attended a First Aid Mental Health Awareness course, and the club organised a 3K/10K event to celebrate Cat's life and to raise awareness and funds for mental health charities. This year's event is raising money for SAMH, as the club has now become a signatory to SAMH's Mental Health Charter for Physical Activity and Sport.



for Scotland's mental health



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.

Carluke jogscotland

Carluke jogscotland has been running since 2011, but in the last year has made a real effort to get more involved in its local community. The group has completed two parkrun takeovers, collected donations for a local foodbank, and took part in the town's Gala Day in fancy dress. Members took part in the first Athletics Trust Scotland National Running Week with a special run along the Clyde Valley, and they continue to reach out to the community by making connections with their local Men's Shed.

Fenwick Striders

Fenwick Striders caters to runners of all abilities, and the group's activities have brought a real buzz to their village. The group has helped many members who have battled sickness, mental health issues and bereavements. Members volunteer at their local parkrun, as well as taking part in events further afield. They are a key part of the town's Gala Day, and have strong connections with other local jogscotland groups.

Glasgow FrontRunners

Glasgow FrontRunners is an inclusive group for LGBTQIA+ runners. As well as offering sessions for runners of all levels, the group organises events such as the Outrun race in Kelvingrove Park, which this year welcomed more than 500 participants and 100 volunteers. Nominations praised the group as "a place of total belonging", a real community, supportive of members' wellbeing. Free runs are offered for refugees, and there is a programme for offering pre-loved running kit to those who need it.



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.

Martin Hyman Junior Hill Running Award

This award was established in 2002 as the Eddie Campbell Medal, 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 **scottish**athletics 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 medal 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).



Nominations for

U17 Athlete of the Year



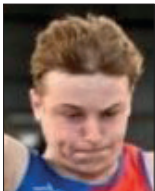
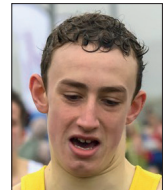
Millie McClelland-Brooks

(Glasgow School of Sport/Inverclyde AC)

The Inverclyde AC/Glasgow School of Sport athlete was prominent over cross country and track in an excellent season. Gold and silver in National XC events were followed by silver in the England Athletics Indoors over 1500m. Millie then represented Scotland over 1500m at the Commonwealth Youth Games in Trinidad and finished sixth in the final.

Oliver Patton (Kilbarchan AAC)

The Kilbarchan AAC athlete raced cross country and track to good effect. Oliver finished second at the Lindsays Short Course, and he won silver at the England Athletics U17 Championships over 1500m. Oliver also won Scottish U17 titles at 1500m and 3000m, and the Men's 2000m steeplechase at the Welsh U20 International.



Louis Whyte (Moorfoot Runners)

A relatively recent recruit to our sport, the Moorfoot Runners jumper had a fine season in the sandpit. Louis won doubles in Long Jump and Triple Jump at both the Scottish U17 Championships and SIAB Schools International, and was the silver medallist in the England Athletics U17 Long Jump. At the Welsh U20 International, the U17 took second in the Long Jump and third in the Triple Jump.



Nominations for

U20 Athlete of the Year

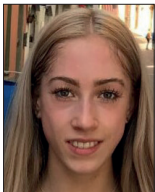
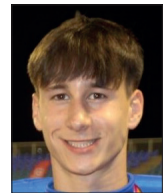


Caleb McLeod (Pitreavie AAC)

The Pitreavie AAC athlete won the Scottish Indoor title at 800m and finished third at the England Athletics Championships. However, Caleb's highlight this year was a superb bronze medal for Team Scotland at the Commonwealth Youth Games in Trinidad this Summer with a strong second lap taking him to the podium.

Dean Patterson (Glasgow School of Sport)

The Glasgow School of Sport sprinter was the men's 200m silver medallist at the Commonwealth Youth Games in a season of fast times and medals. Earlier in the year, Dean won gold at the U20 England Athletics Indoor Championships and a bronze outdoors. He was fourth in the Senior ranks at the British Indoor Championships.

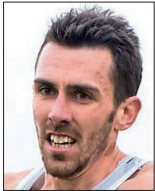


Natasha Phillips (Dundee Hawkhill Harriers)

Natasha burst onto the Scottish road running scene early in the year and took a string of U20 and Senior golds at half marathon, 10-mile and 10K. After winning the England Athletics U20 title over 5000m, Dundee Hawkhill Harrier Natasha won her first GB & NI selection for the European Juniors. She finished an impressive fourth in Jerusalem this Summer.

Nominations for

Masters Athlete of the Year



Andrew Douglas (Inverclyde AC)

This year, Andy made a strong start to his Masters career. He won a double in Mountain Run and Trail Run at the European Masters Off-Road Championships. Andy was also 17th in the Senior race in the up and down category at the World Mountain and Trail Championships in Thailand in November 2022.

Paul Forbes

(Edinburgh AC)

2022-23 saw another fine season for the M65 track athlete, which culminated in a World Masters double over 800m and 1500m in his age category. Paul also set a number of records in British terms indoors and outdoors, including M65 British Mile best at Stirling. He rounded off an impressive year by winning further gold at the European Masters Championships in September 2023.



Alastair Walker

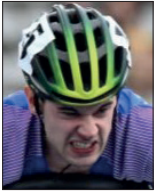
(Teviotdale Harriers)

There was great consistency across a number of disciplines this year, with the Teviotdale Harrier impressive in cross country, road and track. Alastair won World Masters gold over 10K and set an age category World Record for 3000m indoors in January. He recorded British bests at M65 too, and a cross country win at the Masters International.



Nominations for

4J Studios Para Athlete of the Year

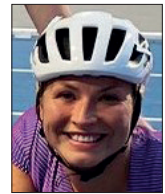


Gavin Drysdale (Red Star AC)

The World Para Championships in Paris were the main focus of the year, and Gavin delivered to take gold once again over 100m in a British 1-2. He also set T72 100m Championship and European Records at 16.66 seconds in so doing.

Samantha Kinghorn (Red Star AC)

Named GB & NI joint captain for the World Championships, the Scot led by example to claim no fewer than four medals. Gold glory in the 100m was augmented by two silver medals over the 400m and 800m distances. On the roads, Samantha won the Big Half and Great North Run half marathon wheelchair races.



Ben Sandilands (Fife AC)

Patient preparation throughout the year paid off for Ben in Paris. Ben faced competition from his own training group, as well as around the globe, in the T20 Men's final and came up with a remarkable closing 200m to overhaul all challenges and land a superb World Championships gold medal.

Nominations for

4J Studios Athlete of the Year

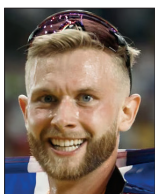
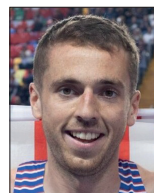


Scout Adkin (Ambleside AC)

The GB & NI hill runner, who emerged via Moorfoot Runners, won a string of team medals with Great Britain at the World Mountain Running champs (two held within the year) – and had a best individual place of fifth. Scout also won her first Lindsays National XC title at Falkirk in February.

Neil Gourley (Giffnock North AC)

A superb indoor season saw Neil win the British title with a 1500m Record and then claim a fine silver medal at European Indoors in Turkey. He won the World Indoor Tour Final, and then the British Men's 1500m outdoor title in Manchester to secure his place in the team for the World Championships in Budapest.

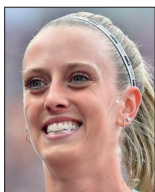


Josh Kerr (Edinburgh AC)

Josh timed his peak performance of the season to perfection to win men's 1500m gold at the World Championships in Budapest against hot favourite Jakob Ingebrigtsen. He set a Scottish Indoor Record for 3000m earlier in the year, and also won the Men's 5th Avenue Mile title in New York on the road.

Laura Muir (Dundee Hawkhill Harriers)

Laura opened up the year with yet another international medal – a European Indoors gold over 1500m. She set a new British Mile Record during the season, and adds a couple of Diamond League race wins to sixth place in the 1500m World Championships final in Budapest. She ended her season with third in the Diamond League final in Eugene.



Jemma Reekie (Kilbarchan AAC)

This year saw Jemma's strong return to full health and fitness with a number of sub 2:00 minute runs for 800m. She went on to win the 800m at the London Diamond League, and won the Women's 5th Avenue Mile. She delivered a solid performance at the World Championships to reach the final and claim fifth place in a high calibre event.

Fundraiser Prize Draw for Athletics Trust Scotland!



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