



# Orkney Athletic and Running Club

Newsletter August 2021



**DATES FOR YOUR DIARY**

**Junior Training Term: 17<sup>th</sup> August – 30<sup>th</sup> September**

\*\*\*\*\*

Kirkwall Half Marathon, kindly sponsored by



Sunday 22<sup>nd</sup> August

\*\*\*\*\*

**Club visit from highly esteemed coach, Conrad Milton**

**Tuesday 7<sup>th</sup> September**

\*\*\*\*\*

Orkney Athletic and Running Club Championships, generously sponsored by



Sunday 19<sup>th</sup> September at The Pickaquoy Centre

\*\*\*\*\*

**Orkney Athletic and Running Club Awards Ceremony**



**Thursday 2<sup>nd</sup> December**

## Everyone Back On Track!

We are absolutely delighted to be restarting training for our youngest athletes! Thanks to our new volunteers coming forward and completing their first phase of training, our primary athletes will join us from the start of this term. Graham, Lyle, Richard and Tegan are really looking forward to getting started with them.

Some of our secondary athletes' groups have changed slightly recently and we are pleased that Craig Mitchell is going to be working with one of them. Mark is working well with Kevin on jumps now and we hope to welcome Craig Drever back to the throws group with John soon.

Massive thanks to Aly and our original coaches for helping our new coaches get this far, as well as funding from



## Officially Awesome!

Thanks to our recently appointed officials coordinator, Kay, we have several volunteers going through their Level One training this month. A big shout out to Cindy, Emma, Inga, Joseph, Kay, Mairi, Scott and Sheila for taking the time to do this and to Scottish Athletics for providing the training. Again, we are grateful to have had help in funding this from

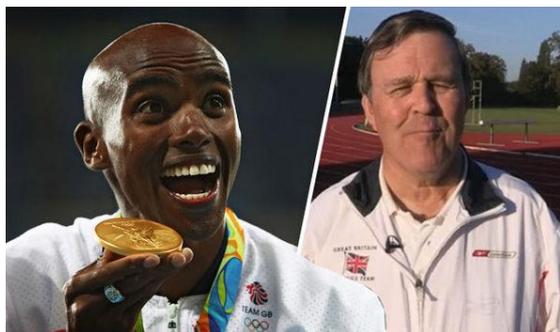


This is a welcome boost in our mission to have as many qualified officials ready as possible in time for our home Island Games in 2025. We really appreciate all of the time and expertise our team of officials put into our Club. We have a wealth of experience for a peedie club.

## PLEASE REMEMBER

**\*\* Let your coach know if you are not coming to training. You can contact them through your group chat or send a message to the Club Facebook page. \*\***

**\*\* Bring a face covering to training. You must wear a face covering when using the toilets. Also, spikes must always be removed when entering Picky...even if Inga is not there to remind you! 😊\*\***



## Upcoming Visit from Esteemed Coach And Former British Team Manager, Conrad Milton

We are extremely excited to let you know about what promises to be a real highlight of the year for our club. Conrad Milton, who is a former National Coaching Secretary and National Team Manager, has coached 39 international athletes including Sir Mo Farah (the most

successful British track athlete in modern Olympic Games history), Hayley Yelling (European Cross Country Champion in 2004 and 2009) and Paula Fudge (winner of 3000m at the 1978 Commonwealth Games and first official holder of the 5000m World Record).

He has been coaching for over fifty years and is presently a Level 4 Performance Coach to athletes from several clubs and he is attached to Windsor Slough Eton and Hounslow Athletic Club. At the start of this year, Conrad was presented with the Dave Sunderland Coaching Award by England Athletics and they described him as being 'generous with his time and wisdom and always willing to share his experience and tips with others.'

We are absolutely thrilled to have found out just how true that is, as Conrad has offered to come to our training sessions and give a talk whilst he is on holiday in Orkney! He will be coming along to our track and field training on Tuesday the 7<sup>th</sup> of September and we will then head into the cinema to listen to him talk about his experiences and answer any questions you may have. We are very grateful to the Pickaquoy Centre for sponsoring this event by giving us the use of their facilities. What an opportunity! We really hope that as many of our secondary and senior athletes and coaches as possible will attend. We also invite family members to come too. We would like as many people as possible to benefit from Conrad's generosity with his time and wisdom, so we need to know numbers attending from our Club. If there is space left over, we will open it up to other clubs. Please email [welfare@orkneyathleticclub.co.uk](mailto:welfare@orkneyathleticclub.co.uk) before Monday the 23<sup>rd</sup> August to let us know how many seats you would like to reserve. Don't miss out!

## COMPETITIONS

It has been great to get so many competitions under our belts this season ...and it's not over yet! We've had three open graded meets and two 10k races that have been hugely successful. We are so thankful to the athletes who have taken part and given their all and to the organisers, officials and sponsors. Some of our athletes have been representing the Club further afield over the summer as well. Taylah Spence set a new Orkney record in the 100m at the Glasgow Sprint Gala, placing highly in that and the 200m; Max Linklater won the Scottish Athletics Jumps Grand Prix in the U15 high jump; and Abi Coltherd and Jamie Sutherland both competed really strongly in open meets in Inverness and Shetland respectively. On the road, Colin Barnett was second male in the Ultra X Scotland 50k; whilst in the Moray Way 50 mile race, Michelle Green was the fourth woman; and in the Glenogle 33 mile Ultra Sarah Scarth was the fourth woman to finish and Ailsa Cunrow was third out of the 50+ women. Huge congratulations to you all! If any other athletes have been competing south, please let us know. Taylah and Tegan are representing Orkney at the Scottish Athletics Senior Championships in Grangemouth this weekend and Max, Abi, Jamie, Emily Molly and Rafi are off to the Scottish Athletics U15 and U13 Championships in Aberdeen at the end of the month – good luck everyone! We are hoping to take a group of athletes to compete in the North Area Trophy in Inverness next month as well. On home ground, we still have the Kirkwall half marathon, the Dounby 10k and the Club Championships to look forward to. There's still lots of competing to be done! As well as all of the competitions, don't forget that parkrun is on every Saturday morning. Covid didn't stop lots of people getting out and running, as they took part in 'coronarun' in their own area each week, but it's been great to see lots of familiar and new faces gathering back at the Peedie Sea the past few weeks.

*If you travel outwith Orkney to represent the Club in competitions, the Club offers a subsidy of £25 for regional competitions and £50 for national competitions. Please contact Jane, our treasurer, at [treasurer@orkneyathleticclub.co.uk](mailto:treasurer@orkneyathleticclub.co.uk) to enquire about this. We also strongly advise you to contact your Community Council for financial assistance with any cost incurred whilst representing Orkney in away competitions.*