

SCOTTISH ATHLETICS 100 HOUR VOLUNTEER AWARDS

Loran Mathieson

Douglas Holland

RCAC Best Newcomer 2013 *Awarded to m or f, who is a newcomer to the club and has show outstanding effort and determination*

Noah Henry

Committed, able and competitive in competition & training, a major player in the highly successful U12s Superteam & Petrofac League winning team. A true future star.

Runner Up

Morag Hickey

This young lady shows lots of determination and puts 100% effort in every task on training nights and I am looking forward to seeing her compete on the track and field this coming season.

RCAC Most Improved Athlete 2013

Adam Maclellan

This young man has gone from strength to strength in his cross country season. With an unorthodox style of running, that I'm still working on, he was our highest placed athlete in the North

Runner-Up

Calum Coul

Competing across the disciplines this young man has tried has hand at most things, with definite improvements all round. He has competed in the Petrofac league, Youth Development League, North XC and National XC. I look forward to more improvements this coming season.

RCAC Coach's Award 2013 - Male - The male club member who has tried their utmost in the field of athletics, not necessarily in a winning capacity, but have shown a high degree of endeavour in competition and training

Douglas Holland

Committed, able, genial, focussed, youngsters listen to him and work for him, if there's something to be done on club nights or competitions, this young man does it, brilliantly, thinking it out and offering great options. A mainstay of the club in competition and training, I can't imagine the club without someone of this ilk

RCAC Coach's Award 2013 Runner-Up - Male

Alexander MacKay

Quiet & committed, this young man listens at training, gets on with it, and competes solidly in every discipline in league competitions and I've even seen him smile. He has a promising athletics future ahead of him.

RCAC Coach's Award 2013 - Female --The female club member who has tried their utmost in the field of athletics, not necessarily in a winning capacity, but have shown a high degree of endeavour in competition and training

Mhari MacPhail

A real team player in what is nominally a singleton sport, she will try her hand at almost any discipline, our only female triple jumper this season. Quietly getting on with it she has set 9 Pbs this season. On club nights she will try her hand at most anything, even if it means plodding round the 400m grass track in what looks to me like her least favourite event. I'm delighted to present this award to

RCAC Coach's Award 2013 Runner-Up - Female

Loran Mathieson

A long term member, this young lady has done just about everything in the club, cross-country, TnF, coaching, helping out with memberships, registers and handling subs. Last season she was our sole Senior Lady entry in the Petrofac League. I wish she would try XC again, I could do with the company. Well done to Loran Mathieson

The club members (m&f) who have tried their utmost in the field of athletics, not necessarily in a winning capacity, but have shown a high degree of endeavour in competition and training

RCAC Club Champion – Female The club athlete who has competed at the highest level and or made the highest contribuion in the field of athletics

Heather Bruce

This young lady has represented the club at shed loads of competitions, competing in the Petrofac League, Scottish North District Championships, North of Scotland Schools Championships and National Indoor Championships, setting 5 PB. She also helps lead groups during training, is very committed to her sprinting and I hope to see her hurdling very soon. This years Club Champion is;

RCAC Club Champion – Male - The club athlete who has competed at the highest level and or made the highest contribuion in the field of athletics

Hamish Kerr

A plethora of performances on the track, field and cross-country this season. He has hurdled, sprinted, jumped, thrown and cross-countryed for the club, competed in the North of Scotland Schools Championships and was selected for and competed for Team North in the Youth Development League, setting 8 Pbs this season. A great team player and deserved winner of the Club Champion Award.

RCAC Personality Of The Year - Secret Ballot

Members vote for the athlete (m or f) whom they think has given the best performance / best club ambassador / makes them happy etc

Douglas Holland – with 40% of the total vote

Douglas polled 40% of the total vote, with comments such as:
lovely,genuine,friendly,encouraging,great coach for the younger kids,
funny and always in a good mood, trains hard and helps coach a lot,
great and inspiring young leader,always keen for a good race and is
full of spirit, BECAUSE HE IS AWESOME.

Overall T & F Runner Up

U10G	RCAC T & F Runner-Up	Katie Waters
U10B	RCAC T & F Runner-Up	Gregor Todd
U12G	RCAC T & F Runner-Up	Rachael Todd
U12B	RCAC T & F Runner-Up	Noah Henry
U14G	RCAC T & F Runner-Up	Erin Robinson
U14B	RCAC T & F Runner-Up	Jacob Henry
U16G	RCAC T & F Runner-Up	Eilidh Gunn
U16B	RCAC T & F Runner-Up	Hamish Kerr
U18W	RCAC T & F Runner-Up	Catriona Holland
U18M	RCAC T & F Runner-Up	Douglas Holland
Senior W	RCAC T & F Runner-Up	Nil
Senior M	RCAC T & F Runner-Up	Nil

Overall T & F Champion

U10G	RCAC T & F Champion	Ellie MacKintosh
U10B	RCAC T & F Champion	Jamie Clarke
U12G	RCAC T & F Champion	Sarah MacKay
U12B	RCAC T & F Champion	Arran Buchanan
U14G	RCAC T & F Champion	Kilda Lynch
U14B	RCAC T & F Champion	Finlay Clarke
U16G	RCAC T & F Champion	Beth McBride
U16B	RCAC T & F Champion	Danny Ogilvie
U18W	RCAC T & F Champion	Joanna MacDonald
U18M	RCAC T & F Champion	Matthew Paterson
Senior W	RCAC T & F Champion	Loran Mathieson
Senior M	RCAC T & F Champion	Dave Ogilvie

Overall XC Runner Up

U11G	XC Runner-Up	Nil
U11B	XC Runner-Up	Kian Kelt
U13G	XC Runner-Up	Rebecca Coul
U13B	XC Runner-Up	Lewis Urquhart
U15G	XC Runner-Up	Kilda Lynch
U15B	XC Runner-Up	Hamish Kerr
U17W	XC Runner-Up	Nil
U17M	XC Runner-Up	Nil
Senior W	XC Runner-Up	Mari Gilmour

Overall XC Champion

U11G	XC Champion	Lily Belle Kelt
U11B	XC Champion	Alex Ellen
U13G	XC Champion	Rona Robinson
U13B	XC Champion	Sean Kelt
U15G	XC Champion	Erin Robinson
U15B	XC Champion	Adam MacLellan
U17W	XC Champion	Catriona Holland
U17M	XC Champion	Nil
Senior W	XC Champion	Dana Robinson

	Best Throw	Result	Name	Best Sprint			
U10G	Best Throw	Shot Putt 2.94m	Katie Waters	U10G	Best Sprint	150m 27.51	Ellie MacKintosh
U10B	Best Throw	Shot Putt 3.335m	Gregor Todd	U10B	Best Sprint	150m 28.67	Jamie Clarke
U12G	Best Throw	Javelin 7.16m	Rona Robinson	U12G	Best Sprint	150m 25.04	Sarah Mackay
U12B	Best Throw	Discus 24.97m	Arran Buchanan	U12B	Best Sprint	100m 14.50	Finlay McNaught
U14G	Best Throw	Shot Putt 7.52m	Rowan Todd	U14G	Best Sprint	200m 30.11	Heather Bruce
U14B	Best Throw	Javelin 30.63	Ewan Ogilvie	U14B	Best Sprint	100m 15.36	Alexander MacKay
U16G	Best Throw	Shot Putt 5.88m	Beth McBride	U16G	Best Sprint	200m 31.84	Beth McBride
U16B	Best Throw	Discus 27.30	Danny Ogilvie	U16B	Best Sprint	100m 13.10	Danny Ogilvie
U18W	Best Throw	Javelin 24.05m	Joanna MacDonald	U18W	Best Sprint	300m 46.97	Catriona Holland
U18M	Best Throw	Shot Putt 10.45	Johnny Grant	U18M	Best Sprint	400m 57.11	Douglas Holland
Senior W	Best Throw	Discus 13.40m	Loran Mathieson	Senior W	Best Sprint	100m 17.30	Loran Mathieson
Senior M	Best Throw	Discus 33.22m	Dave Ogilvie	Senior M	Best Sprint	Nil	
	Best Endurance			Best Jump			
U10G	Best Endurance	600m 2.21.88	Ellie MacKintosh	U10G	Best Jump	Long Jump 2.67	Ellie MacKintosh
U10B	Best Endurance	600m 2.14.35	Jamie Clarke	U10B	Best Jump	Long Jump 2.73	Jamie Clarke
U12G	Best Endurance	800m 2.14.27	Sarah Mackay	U12G	Best Jump	Long Jump 3.31m	Sarah Mackay
U12B	Best Endurance	600m 2.03.19	Noah Henry	U12B	Best Jump	High Jump 1.15	Noah Henry
U14G	Best Endurance	1500m 5.39.08	Erin Robinson	U14G	Best Jump	Long Jump 3.48	Erin MacKay
U14B	Best Endurance	800m 2.41.14	Finlay Clarke	U14B	Best Jump	High Jump 1.35	Finlay Clarke
U16G	Best Endurance	800m 2.55.88	Eilidh Gunn	U16G	Best Jump	High Jump 1.30	Eilidh Gunn
U16B	Best Endurance	800m 2.25.41	Finlay Todd	U16B	Best Jump	High Jump 1.64	Danny Ogilvie
U18W	Best Endurance	800m 2.51.72	Catriona Holland	U18W	Best Jump	Triple Jump 8.58	Mhairi MacPhail
U18M	Best Endurance	800m 2.21.69	Douglas Holland	U18M	Best Jump	Long Jump 4.03	Matthew Paterson
Senior W	Best Endurance	Nil		Senior W	Best Jump	Long Jump 3.21	Loran Mathieson

Senior M Best Endurance

Nil

Senior M Best Jump

Nil