

NEWS RELEASE

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Jack takes it all in his stride

Process Operator Jack Lawrie relishes the challenge of overcoming any engineering hurdles he may face in his daily work at ExxonMobil's Fife Ethylene Plant.

And Jack (23), who lives in Crossgates, faces lots of them in his spare time – as he is also a championship hurdler!

In fact former Beath High School pupil Jack is currently the second fastest Scottish athlete at the 400m hurdles.

Now he is aiming to make the team for the next Commonwealth Games in Birmingham in 2022, having narrowly missed out on the last one in Australia in 2018.

"I was disappointed not to make it last year, but now I am training hard six days a week to be in with the best possible chance of making the team in 2022," said Jack, who originally comes from Cowdenbeath.

"As well as maths and science I always loved running and athletics at school. When I was about 14 I was invited to the Regional Schools Championships and then the Scottish Inter-Regional Schools event.

"I also played football at the time, but I decided I was better at running, so I concentrated on that and I have represented Scotland and GB on many occasions.

"My dream is to take part in a Commonwealth or even an Olympic Games."



Jack is a member of Pitreavie Athletics Club in Dunfermline and fits all his training around his busy full-time work schedule.

“Sometimes I will be out training first thing in the morning before I start work and others it will be late at night. It can be a hassle if I’ve had a busy shift but I just have to keep that end goal in sight.”

And his dedication to his training is the same as he applies to his work ethic.

“I was lucky to be accepted for an apprenticeship six years ago and I’ve never regretted for a minute taking that route instead of going to university,” he added.

“I really enjoy working at FEP with a great team and it’s our job to ensure the equipment and processes are always safe and secure.

“I will have been working here four years come January and hope I will have as much success in my job as on the athletics field.”



Action photos courtesy of SportScotland