

Saturday 20 May 2006

Scottish National Masters Championships, Scotstoun Stadium

An excellent weekend for our masters athletes. M40 100m Calum Currie SILVER 11.98, Tom Nicholson 4th 12.42. M45 100m David Kydd 4th 12.93. M35 100m Eric Dunn 4th 12.81. M35/40 800m Stephen Allen GOLD 2.02.80. M45 800m Jimmy MacDonald GOLD 2.04.35. M40 200m Calum Currie GOLD 23.60, Tom Nicholson BRONZE 24.71. M45 200m David Kydd 6th 26.55.

Tuesday 16 May 2006

LANARKSHIRE AAA RELAY CHAMPIONSHIPS, JOHN WRIGHT SPORTS CENTRE

The following teams represented Law & District AAC at the above champs:

U11 Boys 4 x 100m Jake Wilson, Lewis Wilson, Ryan Cairns, Deklon Herriot

U11 Girls 4 x 100m Lauren McDonald, Ashley Anderson, Emma Watson, Anna Phillaben

U13 Boys 4 x 100m Sean Gordon, Ross Jackson, Sean Houston, Lewis Nicholson

U13 Girls 4 x 100m Leigh Sinton, Rebecca Cairns, Collette Bradley, Alex Carmichael

U15 Boys 4 x 100m Alan Robb, Ross Watson, Ross Ireland, Kyle Nicholson GOLD MEDAL

U15 Girls 4 x 100m Abby Currie, Megan Cairns, Louise Sloan, Kirstie McLeod BRONZE MEDAL

U17 W 4 x 100m Cheryl Adam, Alison Cameron, Alison Nicol, Anissa Moufokk BRONZE MEDAL

Sen.M 4 x 100m Tom Nicholson, Tim Liggatt, Gary Brown, Gary Grieve

U13 Boys 3 x 800m Daniel Grieve, Ross Hill, Thomas Lafferty SILVER MEDAL

U13 Girls 3 x 800m Julie Dobbin, Alice Fingland, Gwen Morris

U15 Boys 3 x 800m Josh Ellwood, Ross MacDonald, Bobby Hill GOLD MEDAL

U15 Girls 3 x 800m Fiona Parkin, Amy Gordon, Nicola Lindsay BRONZE MEDAL

Sen.M 3 x 800m Gary Brown, Gary Grieve, Pat Kelly BRONZE MEDAL

Sen.M 4 x 400m Tom Nicholson, Paul Houston, Gary Grieve, Gary Brown

U17W 4 x 200m Anissa Mouffok, Alison Cameron, Kirsty Appleton, Kirstie McLeod BRONZE

Saturday 13 - Sunday 14 May 2006

West District Championships, Meadowbank Stadium

Several Law & District athletes enjoyed the sweet taste of success at the district champs, whilst others took a step nearer with personal best performances.

In the middle distance events, Ross Hill and Ross MacDonald claimed 800m West District titles at Under 13 and Under 15 respectively. Alan Robb, Under 15, won Gold in the 100m and silver in the 200m. Lewis Nicholson continued to dominate in the U13 Shot Putt with a Gold winning throw, followed up with a 5th place finish in 100m final. Sean Dunn also competed in 100m. Anissa Mouffok took Gold in the women's U17 Javelin. In the seniors, David Martin won Bronze in Long Jump, Donna Spence competed in 100m and Gary Grieve competed in the 800m. Stewart Livingston won Silver in U17m 400m, followed by Silver in 400m hurdles. Kirstie McLeod won Bronze in U15G Shot Putt, and also competed in 100m and 200m. Other U15 girls competing were Abby Currie in the 100m and the final of the Long Jump, Fiona Parkin, 800m and Long Jump and Nicola Lindsay, 800m, where she qualified for the final. U13G Julie Dobbin reached the final of the 800m where she came 5th.

Our two Glasgow School of Sport athletes were performing for their school; Kyle Nicholson winning Silver in U15B 400m and Laurie McKenna winning Gold in the U15G Long Jump. Laurie also reached the final of the 100m.

Results on scottishathletics website (some missing, some errors!).

Sunday 7 May 2006

Scottish Young Athletes League, Wishaw

Some great performances by Law & District athletes resulted in the team ending the day in 3rd position on the table.

Sunday 30 April 2006

Scottish Athletics League

The senior men's team made a great start to the outdoor season, finishing in third place behind Giffnock and Ayr, in the Division 2 opener held at Wishaw. Full results are available [here](#).

Sunday 23 April 2006

Central and South of Scotland Athletics League, Ayr

The first league match of the season saw some excellent individual and team performances from under 11's through to masters, in both track and field events. Law finished the match in first place putting us at the top of the league. Full results are available [here](#).

County Races at London Mini-Marathon

Nicola Lindsay was part of the Scottish squad that headed south for the junior marathon races, run over the last 2.65 miles of the marathon course. Nicola, running as a youngster in the 13-14 Yrs race, crossed the famous finish line in a time of 16mins 1sec, in 20th position.

Well done Nicola!

Saturday 22 April 2006

Scottish Primary Schools Cross Country Championships

Law athletes Ross Hill and Julie Dobbin took part in the annual XC event, held this year at Kirkcaldy High School. Both runners were in the P7 events, Julie finishing 11th in the L-Z Girls race and Ross finishing both his race and the overall championship in 4th place.

Well done to both.

Monday 10 April 2006 South Lanarkshire Athletics Partnership Training Opportunities for Officials

Parents, friends and athletes are being encouraged to get involved in officiating at athletics meets. Without this involvement there will be fewer and fewer opportunities for our athletes to compete, as organisers struggle to stage events due to shortage of officials.

Officials' courses will run on Saturday 24 June 2006 at the John Wright Sports Centre, East Kilbride. Courses will be in Field, Track, Starter/Marksman, Intro to Announcing, Photo Finish, Timekeeping and Administration.

Interested parties should give their name and the course they wish to attend to Pat Kelly as soon as possible.

Sunday 9 April 2006

Tom Scott Memorial Races

Over 200 runners took part in the 10 mile race, held annually to commemorate the running talents of local athlete Tom Scott. Jamie McMorrow was the best placed Law athlete finishing in 13th place in a time of 58mins 11secs. The other Law athletes taking part were Gordon Douglas, James Rowley, Chris Barbour and Chris Lennox.

In the first ever 4 mile TS race, Gary Grieve ran superbly to finish in 2nd place in a time of 24:46 15 seconds ahead of team mate James MacDonald who finished 4th. The third Law representative was William Scoular, who finished in 14th place in a time of 28:53.

Well done to our 10-milers and our 4-milers!

For more information on this event visit the Tom Scott Memorial Road Race website at www.tomscottroadrace.co.uk

Nithsdale Open Graded Meet

Kirstie McLeod was in promising form at her first outdoor meet of the season, held at the David Keswick Centre, Dumfries. She took silver in the 100m, bronze in the 200m and silver in the Shot Putt, with a new PB of 7.74m.

Well done Kirstie!

Sunday 26 February 2006 ADAC River Races

Law athletes enjoyed a successful day at the annual river races event held in Annan, Dumfriesshire. Medals and trophies were won in almost every race, with Law winning top team awards in the under 13 boys, under 13 girls, under 15 boys and under 17 male races.

Results by age group:

Under 11 Girls
Under 11 Boys
Under 11 Team
Under 13/Under 15
Under 17 Females
Under 17/Under 20/Senior Male

Saturday 18 February 2006

Scottish Power National Cross Country Championships

Callendar Park, Falkirk was the setting for the annual XC Championships and it wasn't just the weather that was in fine form. In the Under 13 age group Nicola Lindsay ran a hard race to finish 2nd and claim a well deserved silver medal. Other runners in this age group were Julie Dobbin, 48th place; Megan Gray, 77th place and Thomas Lafferty, 97th in the boys race. In the Under 15 age group races, Fiona Parkin finished 67th and in the boys race, Allan Jenkins finished in 80th place.

In the older age groups, Law & District was well represented by Graeme Baird and Gary Grieve, finishing 25th and 30th respectively in the Under 17 race and by Jamie Frame, who finished in 20th place in the Under 20 race. Over 400 athletes took part in the senior men's race including three of our own, Jamie McMorrow, 112th, Jackie Gourlay, 266th and Gordon Douglas, 341st.

Coach Pat Kelly, testing himself after injury, ran a good part of the race, much to the delight of and with lots of encouragement from the younger athletes.

Well done to all our runners.

Full results on SAL website

Meanwhile...

DM Hall Combined Events Championships

Ross MacDonald was forced to choose between the XC Champs and the Combined Events Champs due to the unfortunate scheduling of these two events on the same day. Having opted for the latter Ross arrived at Kelvin Hall with a gruelling five events ahead of him. He competed well in the Under 15 pentathlon, finishing second in both the high jump and the 800m. Unfortunately, it wasn't enough to medal and his points total of 1785 placed him 4th overall.

Well done Ross.

Full results on SAL website

DM Hall Scottish Masters Championships

The Law and District Masters team had an excellent champs winning 2 Golds and 2 Silvers between sprints and the 800m events.

Calum Currie, Tom Nicholson and David Kydd were in action over 60m and 200m. All reached finals, with Calum bagging silver medals in both events. Over 800m, Stephen Allen took top honours in the M35 final with Jimmy McDonald doing the same in the M45 final.

It's great to see our coaches performing at the highest level.

Well done to all our masters athletes.

Full results on SAL website

Saturday 4 - Sunday 5 February 2006

Bank of Scotland National Indoor Championships

18 Law and District athletes travelled to Kelvin Hall for the age group Scottish championships. Saturday saw the highlight of the weekend - a new Scottish under 13's record of 9m 51cm and gold medal in the Shot Putt for Lewis Nicholson. Lewis broke the previous record by 11cm.

This performance capped a day full of great results and disappointments. Sprinter Alan Robb, fresh from Scottish district gold in the 200m was firm favourite to take the Scottish title but was suffering from a bad cold and having bravely fought his way to a bronze in the 60m final he finally succumbed to his lack of fitness and was unable to reach the 200m final. Ross McDonald got himself a well-deserved Bronze in the 800 under 15's final. Kirstie McLeod was involved in both the 60m and 200m, which had so many competitors that 13 heats was needed with only the winner guaranteed a place in the next round. Kirstie was placed second in her heat and just missed out. Ross Hill was very unlucky in the under 13's 800m when another athlete ran in front of him resulting in him finishing second and missing out in the final. Other good performances came from Bobby Hill, 5th 60m heat, Daniel Docherty, 6th 60m heat, Billy Clarkson, 4th 800m heat, Emma Clarkson, 4th 800m heat, Fiona Parkin, 2nd 800m heats and Lewis Nicholson rounding up his day by winning his 200m heat to get to the final.

Laurie McKenna, competing for Glasgow School of Sport, took bronze in the U15 Girls Long Jump with a jump of 4.89m.

Sunday was the turn of the older athletes and once again Law and District made its mark. David Martin won bronze in the men's long jump, Erin Burns finished 5th in the high jump final, Gary Grieve, 3rd 800m heat, Timothy Liggat, 4th 60m semi final, Anissa Mouffok, 5th 60m heat, Alasdair Kydd, 6th 60m heat, Stewart Livingston, 3rd 400m heat and Paul McLaughlin, in his first major championship, just missed out on the medals with a 4th place in the 60m final. Full results are available on the SAL website.

Saturday 13 - Sunday 14 January 2006

West District Indoor Track and Field Championships

20 athletes took part in the first championship event of the indoor season. A total of 13 medals were won over the two days. Some excellent performances, including PBs were achieved. Club results can be found here and full results are available on the SAL website.