

15/06/2007

Lanarkshire Relays update

The Lanarkshire AAA Relay Championships took place at the John Wright Centre, East Kilbride, on Tuesday 5th May 2007. Following on from their success the previous weekend at the Districts the athletes were again on great form winning 5 Gold, 2 Silver and 5 Bronze medals from 12 out of the 14 teams entered by the Club.

Law & District's top performing team were the U17W: Fiona Parkin, Kirstie McLeod, Anissa Mouffok & Laurie McKenna winning the Gold Double for the 4 x 100m (54.3s) and 4 x 200m (1.55.5m). The other Gold Medal winners were U15G 'A' 4 x 100m - Lynn Livesey, Abby Currie, Chelcie Dalziel, Laura Livesey (53.4s), U15G 3 x 800m – Abby Currie, Julie Dobbin, Nicola Lindsay (7.53.6m) U17M 4 x 400m – Craig Allen, Bobby Hill, Alan Robb, Ross MacDonald (3.50.3m). Silver Medalists: U15G 'B' 4 x 100m – Emma Clarkson, Nicola Lindsay, Julie Dobbin, Gwen Morris (58.6s), U15B 4 x 100m – Scott McCrossan, Thomas Lafferty, Ross Hill, Jack Friskey (52.8s). Bronze Medal team winners: U13G 4 x 100m – Leigh Sinton, Emma Watson, Colette Bradley, Ashleigh Anderson (64.7s), U15B 3 x 800m – Scott McCrossan, Ross Hill, Jonathan Velu (7.05.9m), U17M 4 x 100m Craig Allen, Josh Ellwood, Bobby Hill, Alan Robb (56.5s), Sen.M 4 x 100m – Gary Brown, Gary Grieve, Stewart Livingston, Tom Nicholson (48.4s) and Sen.M 3 x 800m – Jimmy MacDonald, Gary Grieve, Stewart Livingston (6.22.4m). Well done to all our athletes for representing the Club and thanks to all those who assisted with the organisation and support on the night. 29/05/2007

WEST DISTRICT CHAMPIONSHIPS, SCOTSTOUN STADIUM, GLASGOW – 12TH/13TH MAY 2007

Law & Districts' girls stole the show for the Club at the District Championships at the weekend. Twenty of the clubs athletes competed winning a total of 16 medals. Two new District titles were claimed and one title retained. Here's how:

The first Gold went to Anissa Mouffok, who retained her U17W Javelin Title from last year with a throw of 25.75m, also competing in the 300mH. Laura Livesey showed excellent form when she took the U15G 100m Gold and her 1st District Champion title, just missing out on a sprint double when she won Silver in the 200m in a PB 27.14s. Laura's twin sister, Lynn also earned her place in the same finals coming 5th & 7th respectively with a PB 28.0s in the 200m. Team-mate, Chelcie Dalziel excelled herself having just moved up to U15G with a Bronze medal in the 100m and a PB 27.79s in 5th position in the 200m finals. Nicola Lindsay earned her District Title with a superb performance in the U15G 1500m in a brilliant PB 4.54.18m to win her the Gold Medal. First Year U17W, Kirstie McLeod had a fantastic run in the 200m to claim the Bronze Medal, she claimed another Bronze Medal in the Shot Putt and put in a super performance in the 300m finals coming 5th in a PB 45.40. Fiona Parkin also 1st yr U17W ran in the same final coming 7th with a PB 46.27s, 5th place in the 300mH PB 51.05 and won a Bronze medal in the Long Jump. Also moving up to U17W, Laurie McKenna, representing Glasgow School of Sport on the day won Silver in the U17W Long-Jump PB 5.23m and a Bronze Medal in the 100m. Abby Currie reached the finals of the U15G 800m and team-mates Emma Clarkson and Alice Fingland competed in the 200m and 75mH respectively. Ashleigh Anderson, came a respectable 6th in the U13G Long-Jump, and reached the finals of the 100m.

Thomas Lafferty won a Silver Medal in the U15B Javelin with a throw of 30.48m, and took the Bronze Medal in the Triple-Jump 9.40m. Donald Fingland also U15 took 4th place with a good effort in the Javelin throwing 24.83m. In the same age group Scott McCrossan ran a brilliant 800m

final earning him the Bronze Medal and club athlete Lewis Nicholson, competing for Glasgow School of Sport, won Silver in the Shot Putt and ran a superb final in the 200m winning him the Bronze Medal and a PB 26.81. Ross Hill, put up a brilliant fight in the U13B 800m winning the Silver Medal in a time of 2.20.48m. In the U7M Alan Robb made his transition from U15B with excellent times in the finals of 200m & 100m coming 5th 24.2s and 6th 12.10 respectively. Craig Allan came a credible 4th in the 400mH final, competing in the High Jump also. Ross McDonald reached the 800m final but pulled out with injury.

The Senior Closed Championships also took place at the same venue where Ian Murdoch earned the 3000m Steeple-Chase Title in a time of 9.27.78m. David Martin won a Silver Medal in the Long-Jump, (Gold U20) and Stewart Livingston, his first year at Senior Level competed in the 400mH final coming 6th.

1/05/2007

Central and South of Scotland League, Div 1, Sunday 29 April

Having won promotion to Division 1 at the end of last season, Law made an impressive start to the 2007 outdoor season with a third place finish at the first match of the CSSAL league. We turned out athletes at U11 through to Senior Women, and were rewarded with a points total in excess of big hitters, City of Edinburgh and Ayr Seaforth. Kilbarchan won the day, with Giffnock taking second place.

Team Manager Pat Kelly says "Well done!" to all our athletes, but urges everyone to keep focused for the next match which takes place on Sunday 20 May at Grangemouth. A good performance there will allow us some room to breathe for the third and final match later in the summer.

Next outing for the Club is the SYAL at Wishaw this Sunday, 6 May.

Competition Updates

Five young athletes from Law & District AAC made their debut over the border during April.

First to shine was U13 Ross Hill, who proudly took his place on the starting line of the London Mini-Marathon. Ross, the current Indoor West & National U13 800m champion, was selected with several young athletes from up and down the country to represent Team Scotland at this very popular and strongly contested event. On Sunday morning, with the sun blazing and temperatures soaring, the race got underway and the young Scottish athletes, running one of their hardest races yet, did Scotland proud. Ross returned home jubilant with his well earned medal, finishing a credible 57th in the 11-12 yrs age group.

Also on Sunday, the UK Finals of Sportshall Athletics took place at the National Indoor Arena, Birmingham. Four Law & District girls added their talents to complete the selection of the U13 Team South Lanarkshire. Chelcie Dalziel, Julie Dobbin, Carla Dunn & Alice Fingland and their team-mates earned their place in Birmingham after an excellent performance in Dundee winning their age group at the Regional Finals in February.

The girls all had a fabulous weekend and thoroughly enjoyed the experience and excitement to be expected at a UK Final. Chelcie and Julie earned 5th & 6th place in their event, with the 4 x 2 relay team just missing out on a medal, coming 4th. Valiant efforts were made by all the girls and they were delighted to have made it to the finals where they finished in 10th place overall on the day. They were extremely proud to be competing in one of the 4 Scottish teams from U13 and U15 girls and boys; 52 teams in total from all over the UK.

Season opener at Nithsdale

At the Nithsdale Open Graded medal meeting in Dumfries on Sunday 15th April, five young athletes from Law & District won 7 medals. Luke Foss, U11 won Gold in the 600m in a time of 1.59.3 and another Gold in his Long Jump of 3.36mtrs. Ashleigh Anderson, U13 had an excellent PB Long Jump of 3.84mtrs winning a Gold medal and another PB 15.2sec in the 100m earning a Silver medal. Megan Gray challenged the U15 Javelin with a PB throw of 13.19mtrs, to Bronze position, followed by Thomas Lafferty, also U15, with a brilliant PB Javelin throw of 31.75mtrs to claim the Gold medal. Kirstie McLeod, U17 ended the successful day for the club with a Silver medal in the Shot Putt.

25/03/07

SCOTTISH ATHLETICS INDOOR LEAGUE FINALS and Relays - SUNDAY 18/3/07

3-MAN TEAM WIN BRONZE MEDAL

An outstanding performance from Law & District's U20 men on finals day earned them a well deserved Bronze Medal. After winning each of their 3 league meetings to compete in the final, only 3 men were available on the day. Gary Grieve, who normally excels in distance events, proved his commitment to the club with valiant efforts in the 60m, 200m, 400m & High Jump. David Martin earned maximum points winning the Long Jump & Triple Jump and Ross Penny completed the trio adding points from the 800m & Shot Put events.

Also earning their place in the Finals, the U13 boys put some great effort into their events, unfortunately finishing outside the medals. Ross Hill winning the 800m, competing in the High Jump also. Sean Houston 60m and 60m hurdles, Shaun Docherty 200m, Calum Lindsay in Long Jump and Kris Stark in Shot Put.

INDOOR RELAYS

A relay competition also took place involving all the clubs from the Indoor League, with fierce performances fighting for the 3 medals in each age group. Law & District had 6 teams: the U15 Girls 'A' team produced a brilliant and exciting run in the Final, winning Silver Medals in a PB time of 1.49.75. Lynn Livesey led the team off handing over to Abby Currie, then Chelcie Dalziel passing on to Laura Livesey, who anchored the team home to a well deserved 2nd place. U17 women also made it to their final with a PB run from Laurie McKenna, Fiona Parkin, Amy Gordon and Kirstie McLeod. Other teams competing were U13 girls with Samantha Stevenson, Leigh Sinton, Collette Bradley and Ashleigh Anderson; U13 boys, with Ross Hill, Sean Houston, Calum Lindsay and Shaun Docherty; U15 boys, with Lewis Nicholson, Jonathan Velu, Thomas Lafferty and Daniel Grieve; and U15 girls 'B' team of Julie Dobbin, Carla Dunn, Emma Clarkson and Roisin Meehan. All put great effort into their runs with some really good performances; many were unlucky to miss out on a place in the final.

British Indoor Masters, Lee Valley, London, 3-4 March 2007

Calum Currie's exploits in London!

Calum had a very successful weekend in London, with some superb runs in both the 60 and 200m. He reached the final of the 60m with a heat time of 7.59, finishing 4th in the final. He did even

better in the 200m where he took silver in a final time of 24.18 secs, defeating the 2 existing outdoor 200m champs, and losing only to the legendary Dalton Powell!

Fantastic sprinting Calum, well done!

3/03/07

ROK Cross Country at Moor Park, Saturday 3 March

The first Law & District Home XC for many years took place on Saturday morning, in damp, cold conditions. As well as being the decider in the club championship series for U15, U13 and U11 age groups, it was also a Clydesdale schools cross country event, organised in conjunction with Martin Webb, South Lanarkshire Active Schools Co-ordinator. School races from P4 to S3 were run over a flat but demanding course around the Moor. The event was sponsored by ROK Construction, the company building the new high school, and on hand to get races underway and present awards was Director, Ken Robertson.

The schools races were very closely contested, with many excellent performances from first time runners, up against more experienced club athletes. The biggest field was in the P6 race, which had over 20 boys and 12 girls on the start line. There were great team performances from the boys from Braidwood and Crawforddyke Primaries, but it was Braehead runner Luke Foss, a Law & District new recruit, that took first place with an excellent sprint finish. The girls race was won by S Jackson from Crawforddyke. The P4 field, although small in number, produced an excellent race with girls winner A Jackson, Crawforddyke, just 7 seconds behind first boy, G Murray from Forth. K Forgie from Crawforddyke held off a close challenge from F Prentice, Braehead, to win the P5 boys race; and in perhaps the closest finish of the day, K Forrest from Lanark Primary finished just 1 second ahead of teammate A Ross in the P5 girls race. The P7 runners lined up alongside S1 and U13 runners from Law & District. It was Crawforddyke that triumphed; D Nicol winning the girls race and S Carmichael the boys. The overall winner of the Primary Shield was Crawforddyke Primary with Braehead picking up the Small School Award. In the secondary races competition for 'top school' was between Lesmahagow, Carluke and Biggar. Although a smaller turnout than from the primaries, there were still some closely contested races. Winners were R Barr, S1 girls; J McCrone, S1 boys; J Ellwood, S2/3 boys and E CLarkson, S2/3 girls. After some nail-biting moments as the points were counted, and recounted, Carluke High was declared Secondary School Champion.

In the club championship event, the U13 girls race was the one with most riding on the outcome. Julie Dobbin was leading the championship on 22 points after 3 races, with Megan Gray just 2 points behind. However, on the relatively short course Julie had the speed advantage and finished first to claim the championship title. In the U11 race, newcomer Luke Foss continued to show his potential with a sprint finish to take the race, and claim second place in the championship. However, it was second placed runner Calum Lindsay who takes the championship title with his consistent performance throughout the winter. In the U11 girls race there were some great performances from N Traynor and R Hands, finishing the race 1st and 2nd respectively. The boys U13 race was won by Daniel Grieve, who finishes 2nd in the championship. Abby Currie completed her cross country season with another win to take the U15 girls title, and in the U15 boys race, Josh Ellwood took an early lead, holding on to it comfortably, to win the race and the championship in style.

Ken Robertson remarked on the number of young people willing to turn out on a chilly Saturday morning and commended all runners for their efforts. He offered ROK's support in making this an annual event, encouraging young people from the Clydesdale area to get fit and keep active.

Same time next year!

28/02/07

ROK Construction, the company building the new Carlisle High School, are sponsoring the club's first "home" cross country event for some years. ROK have supplied medals and trophies for the races which combine club championship races for U15 and younger age groups and Clydesdale schools races. The event is being held at Moor Park on Saturday 3 March from 9am. For further details click [here](#).

22/02/07

Scottish Indoor Championships, 17-18 February 2007

On Saturday 17th February, at the Bank of Scotland U13/U15 National Indoor Champs, Kelvin Hall, Law & District AAC produced an excellent new U13 Scottish Champion in the 800m. Ross Hill took the Gold Medal in a fantastic final run in a new indoor PB time of 2.22.88.

In the U15 400m, Darren Godfrey came 5th in the final and also competed in the 200m. The U15 girls all had excellent results with Laura Livesey reaching the A Final of the 200m in a PB time of 27.18, finishing in 4th place in the final. Earlier in the day she produced a 60m PB of 8.20 which earned her a place in the S.F. Also competing in the U15 200m were Chelcie Dalziel, who won her heat in 28.01, Lynn Livesey and Abby Currie, both 2nd in their respective heats. Abby, continuing to show improvement over longer distances, reached the B Final of the 800m, with a PB of 2.32.98. Julie Dobbin, also running in the U15 800m, came 2nd in her heat.

In the U13 girls, Ashleigh Anderson came 4th in her heat of the 60m and competed in the Long Jump. Samantha Stevenson contested the 800m and 200m.

On Sunday 18th February it was the turn of the U17/U20 athletes. David Martin began the day by claiming the U20 National title in the Long Jump with a PB 6.59m and ended the day with a Silver Medal in the Triple Jump in another PB 13.82m (both new club records!). Alasdair Kydd ran 8.08 in the U17 60m, while Bobby Hill and Josh Ellwood competed in the 800m. Bobby ran an excellent race in a PB time of 2.13.03 finishing, like Josh, 4th in his heat. In the U20 400m, Stewart Livingston had a strong run into 2nd place in his heat in a time of 53.73. The only female representing the club on Sunday was U17 Kirstie McLeod who had a powerful run in the 300m in a PB time of 45.56, taking 9th position overall, and later in the day competed in the Shot Put event.

Three of our athletes, representing Glasgow School of Sport for the championships, were also on show. Lewis Nicholson competed in the U15 200m, coming 2nd in his heat in 27.35, and later in the day the Shot Put with a PB throw of 10.15m. On Sunday Kyle Nicholson ran in U17 400m and Laurie McKenna came 5th in the U17 60m and 4th in the Long Jump. 20/02/07

David Martin reviews his performance at National Indoor Championships, 18 February 2007

Yesterday at the Under 20 Scottish Championships, I recorded a leap of 6.59m to win Gold in the Long jump. Later that day I was unlucky to miss out on Gold in the Triple Jump after leading the competition since the first round with a leap of 13.82m. I was beaten in the last round by Eoin Kelly from Ireland, by one single cm (13.83m). It was a very hard blow to take. I was very disappointed after thinking I had done enough to secure two Scottish titles. Sadly it was not to be. However, two new pb's and club records is ok, considering I am still jumping off short approach. More to come for the 3As next weekend in Birmingham.

Yours In Sport

David Martin

18/02/07

Clydesdale Sports Awards, District Hall, Carluke, Saturday 17 February 2007

Law and District AAC celebrated with a bag full of awards last night at the annual event recognising outstanding achievement from Clydesdale's sportsmen and women.

Nicola Lindsay picked up our first award of the night winning the top award in the Junior Female category. Also nominated and picking up Merit Awards were Laurie Anne McKenna and Kirstie McLeod. In the Junior Male category Law dominated the nominee list with 5 athletes in contention, Josh Ellwood, Gary Grieve, Ross Hill, Stewart Livingston and Alan Robb. In the end, the top award went to badminton, but Alan Robb was delighted to receive the runner-up trophy. Our other athletes all received Merit Awards.

In the team categories we continued to enjoy success: the U15B 4 x 100m relay team* from the Scottish Championships, won the Junior Team Award and, in the same category, the U15B 3 x 800m relay team received a Merit Award. The really good news, however, is that Calum Currie got to collect an award: the Senior Men's 4 x 100m relay squad from the Scottish Champs was one of the two runner-up teams in the Senior Team category.

Well done to all our athletes, and to their coaches, for keeping the club's name in lights.

*Alan Robb, Kyle Nicholson, Ross Watson and Josh Ellwood

15/02/07

National Cross Country Championships, Saturday 10 February 2007

The weather was cold, damp and conditions underfoot were heavy, however Scottish Athletics had a near record turnout at Callender Park, Falkirk on Saturday with the Senior Men's race having over four hundred starters and most of the the age group races having over one hundred runners. The runners could not have asked for a better test and there were several excellent displays from the Law runners, particularly from the younger athletes.

Nicola Lindsay produced Law's best performance of the day in taking the Bronze medal in the under 15 girls age group. Nicola showed real determination to pull clear of most of the field in the latter half of the race and was closing in on second place near the finish.

Her team mate Abbie Currie showed her versatility coming home in 57th place. Well done Abbie! Ross Hill, more than holding his own, in his first year at the under 13 age group finished a very meritable 14th.

In the under 13 girls race Julie Dobbin led the field for some way before tiring into 27th place, a gutsy display by Julie was almost matched by Megan Gray who overcame a bad start, and a long layoff, to finish strongly into 35th position.

In the under 15 boys race, Scott McCrossan, in his first ever cross country race, was a very promising 42nd. Josh Ellwood and Bobby Hill, both returning from illness, were 56th and 65th respectively.

In another huge field, under 17 athlete Fraser Dickson, making his XC debut, finished a good 65th.

In the senior men's race Jamie McMorrow ran well to finish 69th and veteran runners Jim Rowley, Willie Scoular and Pat Kelly were in 284th, 345th and 367th place respectively. Altogether the day was evidence of the improvement the youngsters have made over the winter and gives the club a promise of good displays on the track in the summer.

National Combined Events Championships, Saturday 10 February 2007

Congratulations to Thomas Lafferty, who won Bronze in the Under 15 Pentathlon. Worth missing the XC for!

3/2/2007

National Junior Indoor Relay Champs, Saturday 20 January 2007

Celebrations were with Law & District's U15 girls team of Lynn Livesey, Abby Currie, Chelcie Dalziel and Laura Livesey at the National Jnr. Indoor Relay Champs in Kelvin Hall, Glasgow on Saturday 20th January 2007. After a brilliant run in their 4x200m heat into 2nd place, they then won a Bronze medal in an exciting final, recording a superb time of 1.52.46.

The U17 women had another super run in their heat just missing out on their final by ½ second. Also competing were U17men, U15 boys and U13 girls, all putting great effort into their races.

Scottish Athletics Indoor League, Sunday 7 January 2007

At the second meeting of the Indoor League at Kelvin Hall many great performances were recorded. A special mention for U11 boy Ryan McQuade, in his first competition for the Club: he ran the 60m in 10.43sec. and jumped 1.54m in the Standing Long-Jump, earning 24 points for his team.

With only the top 5 clubs from the morning and afternoon meetings going through to the finals in March, an exciting last meeting this Sunday will see some strong, closely fought competitions throughout the age groups.

24/01/2007

WEST DISTRICT INDOOR CHAMPIONSHIPS – 13TH/14TH JANUARY 2007

Some excellent performances at the West District Champs were achieved by several Law & District athletes over the two days at the Kelvin Hall Arena, Glasgow.

U13 800m Gold went to Ross Hill with a brilliant run in a time of 2.24.94, nearly 6 seconds off the time recorded when he won the same title last year. Billy Clarkson took the U15 High Jump title with a jump of 1.50m.

Nicola Lindsay was rewarded with a Bronze medal for her run in the U15 800m, while her young brother, Calum, had a fine run in the U13 800m. Moving up to U17 this season, Kirstie McLeod came 4th in the Shot Put with a PB throw of 8.32m, just 4cm short of a Bronze medal. This was immediately followed by a great run in the 200m coming 2nd in her heat, earning a well deserved place in the final. Also having a busy day was U15, Darren Godfrey. He reached the final of the 200m, where he set a new personal best time of 27.15sec, and the final of the 800m finishing in 4th place.

U17 800m runner Josh Ellwood made the final of his event where he finished 4th, with another fine performance. Bobby Hill, competing in the same event, was unlucky not to qualify for the final but can be happy with an improved PB.

Back with the 200m, our U15 girls put in great efforts with Lynn Livesey running a PB 28.26sec to 2nd place, earning her a place in the Semi-final. Laura Livesey also made it into the SF but unfortunately had to withdraw. Abby Currie completed the trio with another strong run, also coming 3rd in her 60m heat on Saturday. Paul McLaughlin and Alasdair Kidd also competed in their 60m heats, while David Martin made some good attempts in the Triple Jump and Long Jump and Fiona Parkin U17 earned herself 6th place also in the Long Jump. Julie Dobbin U15 narrowly missed out on a place in the 800m final after a very good run in her heat.

Steven Allen came 4th in the Senior Men 800m.

Three of our athletes, representing the Glasgow School of Sport on the day, also competed over the weekend. Laurie McKenna had an excellent result winning Gold in the U17 Long Jump and 4th place in the 60m final. Kyle Nicholson came 3rd in his heat of the U17 400m, while his brother, Lewis also came 4th in his U15 200m heat and 4th in the Shot Put.

9/1/2007 Press Report

Scottish Athletics Indoor League

The first meeting of the indoor league took place on Sunday 10th December 2006 at the Kelvin Hall, Glasgow. Our only U11 came in the shape of Rory McLaughlan running his first indoor competition, coming a credible 5th place in the 600m in a time of 2.09m. In the U13 girls Ashleigh Anderson and Emma Watson made their indoor debut also running the 60m in 9.52sec and 200m 31.8 respectively helping the U13 girls to 11th position overall. The U13boys are lying 4th, U15girls – 2nd, U15boys – 5th, U17girls – 4th, U17boys – 4th, and Senior Men - 2nd, with only 1 Senior Woman – 7th.

Our next indoor meeting is 7th January 2007 and hopefully our positions can be maintained or improved. WEST DISTRICT XC CHAMPIONSHIPS

The Show Park, East Kilbride was the venue for the West District Cross-Country Championships on Saturday 9/12/06. On a wet & muddy course, due to the continuous rain over the recent weeks, and cold and windy conditions on the day, Law & District's athletes stretched themselves to their limits.

Our only medal came with credit & congratulations to Nicola Lindsay winning a well-deserved silver in the U15.

In the U13 girls races Julie Dobbin came home in 23rd position, while in the U15s Abby Currie 26th followed by Fiona Parkin in 38th.

Following the girls were Ross Hill U13 coming home in a credible 10th position with Josh Ellwood 25th and Bobby Hill 33rd representing U15boys.

Our Senior men were represented by Jamie McMorrow and Paul Houston.

31/12/12006

Jackie Gourlay

Law and District members are saddened by news of the death of one of the club's veteran athletes, Jackie Gourlay, on Boxing Day. The funeral will take place on Wednesday 3 January at St Nicholas' Church, Lanark, at 2.30pm and at South Lanarkshire Crematorium, Blantyre, at 4pm.