

# News reports from July to December 2006

## Asda Bag Packing, Friday 15 and Saturday 16 December

A good turnout from athletes and parents resulted in over £1500 being raised from 11 hours of Christmas bag packing. Well done to all those involved. All athletes will benefit from the money raised, which will be used to support training, equipment purchase and transport costs throughout the coming year.

December Press Reports

## LANARKSHIRE AAA CROSS-COUNTRY CHAMPIONSHIPS

Drumpellier Park was the venue for the Lanarkshire AAA X/C Championships on Saturday 25th November. Law & District AAC had an excellent turnout of athletes at this very popular event. Nicola Lindsay triumphed with Gold in the U15, a well-deserved transition from U13, leading her team-mates, Abby Currie (9th), Fiona Parkin (11th) & Emma Clarkson (13th) to the third placed team. Also winning team Bronze were the U11 girls, Ashleigh Anderson (5th), Natasha Dalziel (11th) & Carla Robb (17th). Fine performances from the U13 girls led by Julie Dobbin (8th), Megan Gray (14th), Samantha Stevenson (15th), Chelcie Dalziel (18th) & Gwen Morris (22nd)

Keeping the Club spirits up was Ross Hill who claimed a Silver medal in the U13 boys, Calum Lindsay our only U11 boy competing came home in 12th position. Team Bronze went to our U15 boys led by Ross MacDonald (8th), Josh Ellwood (9th) and Bobby Hill (13th). Barry Spence U17 took 10th position, followed by our Senior Men J. Rowley (19th), Paul Houston (26th) & W. Scoular (28th). Senior Award

Congratulations go to our senior male athletes who received the Award for Most Improved Team in the Scottish Athletics Mens' League. Team Manager, Calum Currie was delighted with the news especially as the team had all performed well and deserved this recognition. Their success in finishing 3rd overall in the league was a great achievement considering the last time a mens' team had represented the Law Club they had come 12th.

3/12/2006

## Tracksuit orders

Jean has received 3 orders to date, but needs 6 before they can be placed with our supplier. If anyone would like to order a tracksuit please contact Jean on 01555 750709.

## Scottish Athletics Awards Dinner

As one of the 4 nominee clubs in the running for the Sunday Mail Athletics Club of the Year Award, a group of Law & District committee members and coaches attended this prestigious event, held on Sat 18th November at the Marriott Hotel in Glasgow. Guest of Honour was Michael Johnson, the 200 and 400 metre legend. Despite not winning the Club of the Year title, the Law contingent enjoyed their evening mixing with the very best in Scottish athletics. Notable guests at the event included David Moorcroft and Alan Wells. The event coincided with the very successful Scottish Athletics International Coaching Conference, which welcomed keynote addresses from both Michael Johnson and Tanni Grey-Thompson. Most of the Law coaching team attended the various conference seminars.

Tuesday 14 November 2006

## Johnnie Walker Kilmarnock XC

Law & District athletes travelled to Kilmarnock on Sunday to tackle an extremely tough, muddy and hilly course and large fields of the best cross country runners in Scotland. They were not disgraced.

In the under 11 girls age group Ashleigh Anderson was in contention when she fell and lay winded for some time before restarting to finish 20th and Clara Robb in her first cross country was 30th after losing her shoes. In the under 13 girls Megan Gray was 11th, Julie Dobbin 17th, Gwen Morris 23rd and Samantha Stevenson 25th

In the under 15 girls race Abby Currie stepping up from sprinting was 20th, Fiona Parkin 23rd and Emma Clarkson 35th

In the under 11s boys race Calum Lindsay was 22nd.  
In the under 13 boys race Ross Hill was 8th and Daniel Grieve 27th  
In the under 15 boys Josh Ellwood was 14th, Bobby Hill 23rd and Thomas Lafferty 27th  
The under 17 boys were represented by Barry Spence who was 23rd  
Senior men Gary Grieve and Pat Kelly were 20th and 40th respectively.  
Ross MacDonald and Collette Bradley fell foul of the conditions when their shoes came off several times and they dropped out.  
These were excellent shows from all present considering the calibre of opposition and the tough course.  
On Saturday Nicola Lindsay tackled the junior Tinto Hill Race where she finished 8th overall and first in her age group. Well done Nicola.

Tuesday 7 November 2006

### **Bag Packing at Asda**

See Pat, Don or Fiona to pick your shift for bag packing at Asda, Hamilton on Friday 15th and Saturday 16th December. All athletes, aged 11 and over, are encouraged to do their bit to support this fundraising activity.

Sunday 5 November 2006

### **Lasswade AAC Open XC Races, Gorebridge**

Six of our athletes made their way to a new venue at Gorebridge, for this long-running fixture in the XC calendar.

In the U11 boys race, Calum Lindsay finished 24th; Ross Hill finished in 3rd place in the U13 race; Nicola Lindsay, 2nd in the U15 girls event; and a strong showing from the U15 boys of Thomas Lafferty, Bobby Hill, Josh Ellwood and Ross MacDonald delivered a team gold, with Ross MacD picking up an award for his individual 3rd place finish; Josh finishing 5th, Bobby 8th and Thomas 10th.

Well done guys!

Saturday 4 November 2006

### **Central Club of the Year award for Law**

Law & District AAC has won Club of the Year in Central area, which covers Glasgow, Inverclyde, North/South Lanarkshire and Renfrewshire. We receive £100 cheque and go forward to the Scottish Final, which is announced at the scottishathletics Annual Awards on Saturday 18th November.

This is a fantastic acknowledgement of the club's efforts to increase membership, develop coaching excellence and athlete performance.

Thank you to everyone who contributed to winning this award.

Saturday 28 October 2006

### **National XC Relays, Cumbernauld**

Only a few teams turned out for the National relays, with many of the younger athletes choosing the training weekend at Inverclyde instead.

In the junior races, the boys team of Ross Hill (U13), Bobby Hill (U15) and Josh Ellwood(U15) finished in 42nd place. For the senior men, Stevie Allen, Jimmy MacDonald, Alaister Russell and Mark Hand competed well to finish 22nd from 94 teams.

Saturday 28 -Sunday 29 October 2006

### **Inverclyde Training Camp**

Twenty members of the club attended a coaching weekend at the National Centre, Inverclyde, organised by Clydesdale Sports Council.

Friday 27 October 2006

### **Bag Packing at Asda**

We have been offered the chance to bag pack at Asda Hamilton on Friday 15 Dec, 6-10pm and Saturday 16 Dec, 10am-5pm. This is a great opportunity to earn lots of money for the club, but we can't do it without plenty of volunteers. If you are available to do a shift on either or both days please give your name to a coach.

### **Lanarkshire Road Relay Champs, 21/10/06**

Some of the members of Law & District entered the Lanarkshire Road Relays on Saturday at Drumpellier Park in Coatbridge where the very best of Lanarkshire distance runners were present. In the senior men's team Steven Allen ran an excellent first leg in 13mins to hand over in third place to Jimmy MacDonald ran 13min30secs in the second leg to maintain third position, handing over to Gary Grieve in his first season as senior. Gary held on to third place running 13min18sec. Alistair Russell, pressed throughout the final leg, ran 13min 10sec to hold on and earn the team a bronze medal.

Those were the only medals of the day for Law although there were brave runs from many of youngsters. In the under 13boys relay, Ross Hill finished in the lead in the first leg and although Gavin Hall and Daniel Grieve ran fine races in their first ever road race they finished just outside the medals.

The under 15 boys of Bobby Hill, Ross MacDonald and Thomas Lafferty were also fourth with a vastly improved run from young Thomas.

Fraser Dickson, another on his first run for the club, competed in the under 17 category and ran well to finish 14th overall.

The girls were well represented with three teams taking part in a mixed age relay. Only two of the girls had run in competitions for the club previously and all can be proud of their efforts. Julie Dobbin handed over in 2nd place to Fiona Parkin and then Cheryl Adam. The team must be pleased with their 5th place.

Caitlin Hall running the furthest she has ever ran kept her team near the front before handing over to Gina Leith who ran well in her first race, with Alison Cameron bringing the team home in 7th place.

There were very good legs run by Leigh Sinton and Emma Watson who may have surprised a few, but not their coaches, by how well they ran.

These were very promising runs from youngsters new to the sport and they will all improve with experience. The club had a few potential stars on show.

Sunday 22 October 2006

### **South Lanarkshire Athletics Squad update**

#### **Training Days**

The next Endurance squad training is scheduled for Saturday 4 Nov at Chatelherault Country Park. Future dates are Sunday 17 December at Kelvin Hall and Saturday 6 January, venue tba.

#### **Carlisle Open Meet**

Members of Law & District AAC won 13 Gold Medals as part of a South Lanarkshire Athletics partnership select who competed at an Open Meeting at Carlisle last month.

Ten teenagers from the club were invited to join counterparts from Larkhall, Cambuslang and East Kilbride to form the successful 39-strong squad, and were responsible for earning almost half of their 25 first-place finishes.

After seeing the side dominate the track and field event by winning a further 15 silver and six bronze medals, Athletics Development Officers from South Lanarkshire Leisure hope that the County Team will become a permanent fixture, competing at the highest level of the sport in the UK.

The Law Contingent was led by double gold medallists Stewart Livingston, Laurie McKenna, Kirstie McLeod and Alan Robb whose efforts helped the club to half of their gold-rush total.

Under-17 runner Stewart, a pupil at Carluke High, won the 400m in 53.6 seconds and 400m hurdles in 57.7sec, as well as coming 4th over 800m. Glasgow School of Sport pupil, Laurie McKenna won the under-

15 100m in 13.4sec and long jump with a leap of 4.77m. Lesmahagow High School pupil, Kirstie McLeod won the under-15 200m in 28.9 sec and the 4x100m relay together with a further two bronze medals in the 100m and a PB throw in the Shot Putt 9.48m. Scottish schools' 200m champion Alan Robb won that event at under- 15 level in a time of 25 sec, and also the 100m in a time of 12.3 sec.

Law's other winners included Gary Grieve, who completed the senior 800m in 2:01.7, Ross MacDonald who won the same event at under-15 level in 2:13.8 and Nicola Lindsay who ran both the under-15 800m and 1500m winning the latter in 5:03.8.

Two more club members came home with medal doubles, including Anissa Mouffok, who won the under-17 javelin with a PB throw of 28.45m and then came third in the 100m. Kyle Nicholson, another Glasgow School of Sport pupil won the under-15 400m in 56.1sec and was second in the 800m.

Fellow Law runner, Josh Ellwood was also selected for the South Lanarkshire side, coming 4th in the under-15 400m just narrowly missing out on a bronze medal.

Wednesday 18 October 2006

### **Annual Presentation Dance, Friday 10 November**

The Annual Presentation Dance will take place on Friday 10 November 2006 at the Cleland Miners Welfare Club. Tickets are available from Don (Wishaw) or Fiona/Alaister (Carlisle). Tickets priced at £25 for family (2 adults & 2 children), adult £8 and U16 £6.

The fun begins at 7pm with the presentation of awards, followed by a buffet and disco.

Sunday 15 October 2006

### **West District XC Relay Championships, Irvine**

Law & District fielded 5 teams in the first XC relay of the season. Best results came from the Girls 'A' team of Julie Dobbin, Fiona Parkin and Nicola Lindsay finishing in 17th place and the Senior Men team of Stevie Allen, Jimmy McDonald, Alistair Russell and Mark Hand, finishing in 10th place.

Saturday 7 - Sunday 8 October 2006

### **British and Irish Junior Hill Running Championships, Belfast**

Three Law athletes, Gary Grieve, Josh Ellwood and Nicola Lindsay, joined the Scottish team as guest runners for their first ever Hill Running champs, taking place on Slieve Gallion, near Belfast. Nicola made the biggest impression, finishing an excellent third in the girls U14 race. All three athletes enjoyed the experience and plan to build on this performance at a Hill Running camp in January.

Sunday 3 September 2006

### **U20 Inter Counties Match, Abingdon**

David Martin, representing Scotland, broke his own Club Triple Jump record with a new mark of 13.55m. Not content with one record, he finished his day with a new Club Long Jump record of 6.55m.

Congratulations to David on his selection for the Scottish team and for his mighty leaps!

Saturday 2 September 2006

### **Lanarkshire AAA Championships, Wishaw**

An excellent day for Law & District with a total of 41 medals being won by our athletes.

GOLD MEDALS were won by Emma Clarkson U15G - H.J. Chelcie Dalziel U13G -100m & 200m, Julie Dobbin U13G - 800m, Gary Grieve Sen.M - 800m, Ross Hill U13B - 800m, Thomas Lafferty U15B - Jav. Laura Livesey U15G - 100m, 200m (PB 28.4) Stewart Livingston U17M - 400m & L.J, Ross MacDonald U15B - 800m, Kirstie McLeod U15G - S.Putt (PB 8.58m) Anissa Mouffok U17W – Jav, Lewis Nicholson

U13B - S. Putt, Fiona Parkin U15G - L.J.(PB 4.39m) William Penn U15B - S.Put, Alan Robb U15B - 100m & 200m, Alasdair Russell Sen.M -5000m.

SILVER MEDALS: Steven Allen Sen.M - 800m, Ashleigh Anderson U11G - 100m & L.J, Gary Brown Sen.M - 100m & 200m, Alice Fingland U13G H.J, Jav. & S.Put (PB 6.88m) Gary Grieve Sen.M – 400m, Sean Paul Henry U15B – 200m, Bobby Hill U15B – 800m & L.J. Ross Hill U13B – L.J, Nicola Lindsay U15G – 800m, Lynn Livesey U15G – 100m, Kirstie McLeod U15G – 200m, Lewis Nicholson U13B – 100m.

BRONZE MEDALS : Chelcie Dalziel U13G – L.J, Donald Fingland U13B – Jav. & L.J, Anissa Mouffok U17W – 100m

On such a wet and miserable day congratulations and very well done go to all our athletes for taking part and thanks to everyone who supported the club on Saturday at this very popular event.

Saturday 26 & Sunday 27 August 2006

### **National Age Group Championships and Senior Relay Champs, Grangemouth Stadium**

Law & District AAC young athletes put their training schedules to the test at the National Championships. Rewards were plenty with well deserved medals, PB results and 2 New Club Records.

The first NCR went to Stewart Livingston on Saturday, when he won GOLD in the U17 400mH in a time of 58.07, later competing in the 200m SF in a time of 24.47. Lewis Nicholson began the honours for U13s with GOLD in Shot Putt, a PB of 14.00 in the 100m and another PB in the 200m, 28.28, which earned him a place in the Final where he came 6th. Ross Hill was on good form progressing to the final of the U13 800m where he finished 5th in a new personal best time of 2.23.40. Donald Fingland completed the U13 boys day with an excellent PB javelin throw of 26.44, placing him 7th in the event. Keeping the family spirit up, Alice Fingland excelled in the U13 hurdles with 2 PBs in a row, coming 6th in the final in a superb time of 12.44. Julie Dobbin took an amazing 8 seconds off her PB in her U13 800m heat, qualifying for the final in a time of 2.30.33, where she finished 8th.

On Sunday the U15s began their campaign. The opening event, 1500m, saw Nicola Lindsay progress safely to the final, where she finished in 6th place. In the 100m Laura Livesey, Lynn Livesey and Kirstie McLeod competed, with Laura securing a SF place in a PB time of 13.48. Over in the Shot Putt Kirstie McLeod threw a PB of 8.46 giving her 7th place, completing her day in the 200m. Kyle Nicholson, representing Glasgow School of Sport won SILVER in the U15 400m, Billy Clarkson competed in the High Jump, while on the track the 800m was underway. Josh Ellwood excelled with 2 PBs, winning BRONZE in an excellent time of 2.09.96. Bobby Hill and Ross MacDonald also competed in the 800m with Ross winning his heat but unfortunately pulling up in the final with an injury. Having come a credible 5th in the 100m final in a PB time of 11.97, Alan Robb brought the U15 champs to an end in a thrilling 200m Final winning BRONZE with another PB time of 24.26.

A New Club Record was also recorded on Sunday with the Senior Men quartet of Calum Currie, Tony Cunningham, David Martin & Paul McLaughlin winning BRONZE in the 4 x 100m in a time of 44.05 .

Congratulations and very well done to all our athletes for their commitment and determination, also to our Coaches for their time, skill, encouragement and “patience” - Thank You!

Saturday 13 August 2006

### **National Junior Relay Championships, 4 x 100m**

8 teams represented Law & District AAC at the National Junior Relay Championships held at Scotstoun Stadium on 13th August. Silver medals were won by the U15 Boys 'A' team of Alan Robb, Kyle Nicholson, Ross Watson and Josh Ellwood. Congratulations boys! The 'B' team were in the same heat, which ran as a final, coming 6th. Our U13 Boys finished 4th in their heat/final. U15 Girls 'A' team of Laura Livesey, Lynn Livesey, Roisin Meehan and Kirstie McLeod came 3rd in their heat in a PB time of 53.52, earning them a place in the final where they finished 5th.

Well done to all our teams for taking part in this highly competitive competition.

**Scottish Rankings as at 29 July 2006**

A number of Law athletes have made the recently released Scottish Rankings:

David Martin, U20 Triple Jump 4<sup>th</sup> Long Jump 7th

Stewart Livingstone, U17 400 H 1st

Alan Robb, U15 200 7th

Kyle Nicholson, U15 400 3rd

Ross MacDonald, U15 800 5th

Ross Hill, U13 800 3<sup>rd</sup> 1500 4th

Lewis Nicholson, U13 Shot 2nd

Congratulations!