

Saturday 10th December 2005

Thirteen runners headed for Irvine on Saturday to take part in the West District Cross Country Championships. The runners did themselves and the club proud at this challenging event.

Under 13 Girls - Nicola Lindsay (1st) place, Megan Gray (18th), Julie Dobbin (27th) and Emma Clarkson (37th) ; 4th placed team

U13 Boys - Billy Clarkson (26th), Thomas Lafferty (47th) and Donald Fingland (49th); 9th placed team

U15 Girls - Kirsty Appleton (22nd) and Fiona Parkin (49th)

U15 Boys - Ross MacDonald (29th) and Allan Jenkins (49th)

Senior/Vet Men - Jamie McMorrow (39th) and John Gourlay (125th)

Well done to all our runners.

For full results click [here](#)

Saturday 3rd December 2005

Cleland Miners Welfare Club was the venue for the Annual Presentation Dance, where over 170 Law athletes and friends gathered to celebrate a very successful year. Club President and Coach, Pat Kelly, welcomed guests and spoke of the year's successes - increased membership, additions to the coaching team and excellent performances at club, district and national levels. Millar Stoddart from Clydesdale Sports Council was invited to present the awards and added his congratulations and encouragement to everyone involved at Law & District AAC.

For a full list of award winners click [here](#)

Saturday 8th October 2005

The cross country season got under way the WEST DISTRICT CROSS COUNTRY RELAYS being held at Dam Park in Ayr. In the Girls 3x2.5k race, the team of Nicola Lindsay (10mins 48secs), Kirsty Appleton (10mins 42secs) and Megan Sydenham (11mins 05secs) finished in 16th place with a combined time of 32mins 35secs. In the boys event there was an incomplete team with Billy Clarkson finishing 30th in the first leg with a time of 10mins 04secs and Ross McDonald climbing to 27th in the second leg with a time of 9mins 11secs. In the Senior Men's event the team finished a very creditable 9th place. The first leg saw Jamie McMorrow run a time of 14mins 07secs to hand over in 13th place. It was then veteran athlete Jimmy McDonald who ran 13mins 58secs to stay in 13th place. Stephen Allen then ran the fastest leg of the quartet with a time of 13mins 55secs, handing over to Mark Hand in 10th place. Mark then climbed another place with a leg of 14mins 03secs.

For full results click [here](#)

Sunday 18th September 2005

The local ST ANDREW'S HOSPICE 10K ROAD RACE once again proved to very popular with not only our club athletes but also another 2,000 athletes. First to finish from the club was Willie Weir who finished a very creditable 10th in a time of 34mins 29secs. There was then a very close battle amongst the next four club athletes with Mark Hand just holding on to finish in 14th place in a time of 35mins 10secs. Finishing 8secs, and one position down was Jamie McMorrow and then a further position down was Stephen Allen in a time of 35mins 28secs. It was then the turn of Jimmy

McDonald who finished in 19th place with a time of 35mins 52secs. It was then two youngsters, Graeme Baird and Gary Grieve to fight it out, with Graeme getting the better of Gary, finishing in 32nd place in a time of 37mins 17sec with Gary finishing 9secs later in 35th place.

[For full results click here](#)

Sunday 18th September 2005

Jackie Gourlay took part in the "WALLACE 700" STIRLING 10k ROAD RACE where he finished in 72nd place with a time of 39mins 38secs.

[For full results click here](#)

Sunday 18th September 2005

With the track season drawing to a close four of the club's athletes travelled to Grangemouth to take part in the very popular PITREAVIE AAC YOUNG ATHLETES TROPHY MEETING. Nicola Lindsay was the star performer continuing her fine recent form when winning the Under 13 800m in a time of 2mins 27.43secs, winning by over 6secs. She then went onto compete in the 200m event where she finished 7th in the B Final with a time of 30.93secs. Finally she then moved on to the Javelin where she finished in 6th place with a throw of 13m 00cm. It was also a busy day for Kirstie Mcleod and Annisa Mouffok who competed in the Under 15 sprint events. In the 75m Hurdles Annisa finished in 5th place with a time of 13.67secs before going on to take 8th place in the 100m with a time of 13.75secs. Also in the 100m, Kirstie McLeod finished 3rd in her heat with a time of 13.96secs. Kirstie then moved up to the 200m where she finished 4th in the final with a time of 28.44secs having qualified from her heat in 3rd place with a time of 29.06secs.

Annisa's young brother Nadir competed in the Under 13s Javelin and Shot Putt where he finished 3rd and 6th with throws of 22m 56cm and 6m 51cm respectively

[For full results click here](#)

Friday 16th September 2005

The up to date SCOTTISH RANKINGS have now been published and both Billy Clarkson and Nicola Lindsay still appear in the top four. Billy has improved by 1cm in the Under 13s High Jump and is now joint 4th in the rankings. Nicola has also set a new personal best of 2mins 28.1 secs and also sits in 4th place in the Under 13s 800m.

[For full rankings click here](#)

Wednesday 7th September 2005

The final FALKIRK OPEN GRADED MEETING saw Stephen Allen record his fastest 1500m of the season when finishing 2nd in a time of 4mins 12.77secs. David Martin, fresh from his recent Long Jump personal best, finished 8th with a jump of 6m 05cm. He then went on to finish 5th in the 200m with a time of 23.77secs.

[For full results click here](#)

Monday 5th September 2005

Jackie Gourlay must have been the furthest travelled athlete when competing in the DAVIS 10k ROAD RACE in California. With over 280 athletes setting off at 8am in 70 degree heat Jackie had an excellent run to finish 20th overall. His time of 40mins 12secs saw him victorious in the M60 category.

[For full results click here](#)

Sunday 28th August 2005

Gordon Douglas was the sole representative at the PAISLEY VISION 10k ROAD RACE where he finished in 78th place in a time of 40mins 02secs.

[For full results click here](#)

Sunday 28th August 2005

Ian Murdoch added another National medal to his collection at the SUNDAY MAIL SCOTTISH CHAMPIONSHIPS & COMMONWEALTH GAMES TRIALS. In poor conditions Ian collected the silver medal in the 3000m Steeplechase finishing in a time of 9mins 07.42secs.

In the Junior Relays the Under 17 Men's team of Timothy Liggat, Stuart Livingston, Gary Grieve and Paul McLaughlin took the Bronze medals in the 4x100m with a time of 46.30secs, narrowly missing the Club Record by less than a second.

[For full results click here](#)

Saturday 27th August 2005

David Martin continued his fine season at the SUNDAY MAIL SCOTTISH CHAMPIONSHIPS & COMMONWEALTH GAMES TRIALS when setting a new personal best of 6m 23cm in the Long Jump.

[For full results click here](#)

Sunday 21st August 2005

Anissa Mouffok was the star performer at the BANK OF SCOTLAND UNDER 15 & 17 CHAMPIONSHIPS. In the Under 15s Javelin competition she took a well deserved Bronze Medal, adding a massive 5 metres to her personal best with a throw of 25m 17cm. It was even more remarkable given that this was her third event of the day, having already finished 6th in her 100m heat in a time of 14.14secs and 7th in the 200m heat with a time of 29.77secs. Kirsty McLeod also took part in the same sprints, finishing 4th in the 100m heat with a time of 13.70secs before being knocked out in the semi-final, finishing 7th in time of 13.61secs. In the 200m Kirsty finished 5th in her heat with a time of 28.83secs.

In the boys sprints Alan Robb had a very busy day competing in both the 100m and 200m. In the 100m he finished a very creditable 7th with a time of 12.51secs, having already set a personal best of 12.34secs in the semi-finals. In the 200m he unfortunately just missed out in a final place, finishing 4th in the semi-final with a time of 26.25secs, having come through his heat in a time of 25.97secs. He was joined in both events by Alasdair Kydd who finished 7th in the 100m and 200m heat with times of 14.05secs and 28.81 respectively. In the High Jump competition Ross McDonald finished in 7th place with a clearance of 1m 50cm.

In the Under 17 Men's age-group Graeme Baird finished 8th in the 1500m steeplechase with a time of 4mins 57.56secs. In the 800m event, nothing more could have been asked from Gary Grieve having set two personal bests in the one day. In winning his heat he set a new personal best of 2mins 04.53secs and then a further personal best of 2mins 03.66secs in the semi-final, narrowly missing out in a final place.

For full results [click here](#)

Sunday 21st August 2005

Two athletes made the journey to Glasgow to take part in the ACHILLES HEEL BELLAHOUSTON 5k ROAD RACE. Ross Penny was first to finish in 33rd place with a time of 18mins 29secs. Jackie Gourlay took 39th place in a time of 19mins 03secs, good enough for first in the M60 category.

For full results [click here](#)

Saturday 20th August 2005

It was a sun baked Grangemouth Stadium which hosted the BANK OF SCOTLAND UNDER 13 & 17 CHAMPIONSHIPS. The highlights of the day came from the two athletes who recently appeared in the Rankings Lists, Billy Clarkson and Nicola Lindsay. Billy picked up a magnificent silver medal in the Under 13 High Jump competition, more than making up for the disappointment he suffered at the Indoor Championships. However, misfortune seems to follow Billy, as he cleared the same height as the winner, a personal best of 1m 46cm, however lost out on the title on count back. In the Girls Under 13s 800m Nicola continued her fine recent form finishing in a time of 2mins 29.24secs to take a well earned bronze medal. She had earlier qualified comfortably from her heat with a time of 2mins 34.31secs.

Although only two medals were won there were a number of personal bests throughout the day. In the Under 17 Men's 100m Tim Liggat set two new personal bests on the way to the final. He won his heat with a new personal best of 11.74secs, before setting a further personal best in the semi-final with a time of 11.70secs. However by his third race his legs began to tire and he could only manage 11.81secs in the final to finish in 8th place. In the 400m event Stewart Livingston also set a new personal best when finishing 5th in his heat with a time of 55.11secs. He then narrowly missed a medal in the 400m Hurdles event, finishing 4th with a time of 61.61secs.

In the Under 13s events Julie Dobbin set a personal best when finishing 7th in her 100m heat with a time of 15.83secs. She then rounded off her day by finishing 8th in her 800m with a time of 2mins 56.84secs and a 22nd in the Long Jump with a distance of 3m 05cm. Also in the 100m was Abby Currie who finished 4th in her heat with a personal best of 13.94secs. Lewis Nicholson had a busy day in the field finishing 7th in the Shot Putt with a personal best throw of 6m 73cm. He also set a personal best in the Discus with 14m 95cm before finishing off his day with another personal best, this time in the Javelin with a throw of 14m 41cm. He was joined in the javelin by Nadir Mouffok who finished in 8th place with a personal best of 21m 25cm. In the 100m, Sean Dunn finished 6th in his heat with a time of 15.08secs.

The busiest athlete of the day was John Greechan who had no fewer than five races. He started off with the 100m heat which he finished in 3rd place with a time of 13.58secs. He then finished 4th in the semi-final with a time of 13.56secs before finishing a very creditable 7th in the final with a time of 13.68secs. He then moved on to the 200m where he once again qualified in 2nd place from his

heat with a time of 28.06secs. In the final, his day's exertions finally caught up with him, finishing in 8th place with a time of 28.32secs.

[For full results click here](#)

Wednesday 17th August 2005

Laurie-Anne McKenna had a worth while trip through to Meadowbank to compete in the EDINBURGH OPEN GRADED MEETING. Competing against many older athletes in the Long Jump, Laurie-Anne jumped 4m 50cm to win the competition. This was after having ran the 100m, finishing 6th in her heat with a time of 13.94ses.

[For full results click here](#)

Wednesday 17th August 2005

Frank Hill travelled through to Bishopbriggs to take part in the CANAL CANTER. Frank finished in 42nd place, covering the four mile course in a time of 28mins 13secs.

[For full results click here](#)

Sunday 14th August 2005

In a cruel twist of fate, the club found themselves relegated from the 1st Division of the CENTRAL AND SOUTH SCOTLAND ATHLETICS LEAGUE having never finished in the bottom two in any of the three matches. However the team can hold their heads up high after the tremendous effort they have put in throughout the season. Final positions were as follows

Sunday 14th August 2005

Gordon Douglas finished 23rd in the FORTH ROAD BRIDGE PITREAVIE 10k road race. In a course which takes in the stunning views from the bridge Gordon finished in 38mins 48secs.

[For full results click here](#)

Sunday 7th August 2005

Jackie Gourlay picked up another victory in the M60 class, this time at the SCOTTISH GAS 10k ROAD RACE at Cramond in Edinburgh. Jackie finished 27th overall in a time of 38mins 13secs.

[For full results click here](#)

Saturday 6th August 2005

Laurie McKenna and Jamie Frame were far travelled when competing in the NITHSDALE AC OPEN MEDAL MEETING. Laurie was rewarded with a win in the Under 15s Long Jump with a jump of 4m 77cm, her second furthest of the season. Later on in the day she took third place in the 100m with a time of 13.9secs. Jamie Frame stepped down in distance, winning the Senior Men's 600m event in a time of 87.4secs.

[For full results click here](#)

Wednesday 3rd August 2005

A handful of athletes travelled through to Grangemouth to take part in the FALKIRK OPEN GRADED MEETING. In the 800m event Jamie Frame finished the first heat in a time of 2mins 03.58secs, taking him to the top of this season's club rankings. The fifth heat saw Billy Clarkson finish in a time of 2mins 41.26secs whilst the eighth heat saw Megan Gray run a time of 2mins 52.7secs. Emma Clarkson ran over 200m in a time of 32.41secs before competing in the javelin where she threw 10m 94cm. She was also joined in the javelin by Megan Gray who finished with a throw of 7m 55cm.

For full results click [here](#)

Monday 1st August 2005

Two athletes have made it into the the top five of the SCOTTISH RANKINGS that were produced today. Billy Clarkson makes 5th place at the moment in the Under 13 High Jump with a clearance of 1m 45cm. In the Under 13 Girls 800m event, Nicola Lindsay is ranked 4th with a time of 2mins 29.6secs.

For full results click [here](#)

Sunday 31st July 2005

Alan Ramage ran in the aptly named DONKEY BRAE 7MILE ROAD RUN along the coastal path from Aberdour to Dalgety Bay. Alan finished in 46th place with a time of 46mins 33secs

For full results click [here](#)

Saturday 30th July 2005

Jackie Gourlay made another trip Eastwards, this time to compete in the MUSSELBURGH 6 MILE RACE held over the famous Race Course. The heavy rain made for difficult conditions however Jackie put them to the back of his mind, finishing in 26th place with a time of 38mins 38secs.

For full results click [here](#)

Sunday 24th July 2005

With the SCOTTISH WOMEN'S ATHLETIC CUP falling bang in the middle of the school holidays the club had a number of absentees, resulting in the team finishing in twelfth position on the day. That being said there were a number of good performances with personal bests being set. The best performances of the day came from Nicola Lindsay and Jodie Frame in the middle distance events. Nicola set a personal best in the Under 13s 800m finishing third with a time of 2mins 31.2secs. In the Under 15s 1500m Jodie also finished in third place with a time of 5mins 15.62secs.

For full results click [here](#)

Wednesday 20th July 2005

Jackie Gourlay bagged his second M60 victory at the SELF TRANSCENDENCE 2MILE SERIES at the Meadows in Edinburgh. On a windy evening Jackie finished in 26th place with a time of 12mins 06secs.

[For full results click here](#)

Tuesday 12th July 2005

Mark Hand kept up his fine recent form finishing 6th at the MOFFAT FESTIVAL OF RUNNING. Competing over the 15km course in ideal conditions Mark finished in a time of 56mins 08secs. He was followed home by Jackie Gourlay who narrowly missed out in the Vets medals, finishing 4th Vet, 24th overall in a time of 63mins 45secs. Close behind was Ross Penny in 26th place with a time of 64mins 16secs.

[For full results click here](#)

Sunday 10th July 2005

The second match of the CENTRAL AND SOUTH SCOTLAND ATHLETICS LEAGUE saw the club travel through to Grangemouth looking for another good performance to cement their place in Division 1. The team put in another solid performance with a number of victories throughout the day. Jamie Frame and Jamie McMorrow got the ball rolling in the Senior Men's 3000m steeplechase winning both the A and B strings with times of 10mins 27.6secs and 10mins 32.4secs respectively. It was then Tom Nicholson, new into the Masters age-group, winning his first event in the 200m with a time of 24.7secs. In the Under 11s 800m R Hill won a closely fought race in a time of 2mins 40.0secs. There was then another double in the Under 13 Boy's Long Jump with Sean Dunn and A Miller winning the A and B string with jumps of 4m23cm and 3m 95cm. The last victory from the Men came in the Under 17 age group when the team of Stewart Livingston, Gary Brown, P McGlaughlin and Gary Grieve stormed to victory in a time of 3mins 42.2secs.

The only victories in the women's events came from Annissa Mouffok. Anissa won the Under 15s Javelin with a throw of 20m 13cm and then took the 75m Hurdles B string with a time of 13.3secs.

[For full results click here](#)

Sunday 3rd July 2005

Only two weeks after the Edinburgh Marathon Jim Rowley made the long journey northwards to take part in the STONEHAVEN HALF MARATHON. He finished 38th overall, 2nd in the M55 category with a time of 1hr 31mins 50secs.

[For full results click here](#)

Friday 1st July 2005

A large contingent of athletes travelled through to East Kilbride to compete in the CALDERGLEN HARRIERS TRAIL RACES. In the Senior 10k race Mark Hand ran well finishing in 6th place in a time of 36mins 57secs. He was followed home by Willie Weir who finished in 14th place, 4th vet, in a time of 38mins 15secs.

In the Over 15s 5k event Graeme Baird narrowly missed out on a medal finishing in 4th place with a time of 16mins 06secs. Next to finish in the mixed race was Megan Sydenham who finished in 22nd place, 5th female, with a time of 20mins 04secs.

The Under 15s 3k event saw no fewer than six athletes compete with Stewart Livingston first to finish in 6th place with a time of 11mins 38secs. Ross Mill and Billy Clarkson had a close battle with Ross getting the better of Billy by 2 places and 2secs, finishing in 14th place with a time of 12mins 44secs. Daniel Grieve was next to finish in 27th place with a time of 13mins 08secs. Exactly a minute later was Kirsty Appleton who finished in 41st place and Emma Clarkson who finished in 60th place with a time of 15mins 21secs.