



LIVI LINGO MAY 03



Best In the West Sporting Honour

West Lothian Council held its third annual 'Best in the West' awards to recognise the county's top sporting performers on the 7th April and the event at Howden Park Centre turned out to be another glittering occasion

In total 31 awards were given out in a broad range of different sporting activities. The awards were decided after members of the general public were asked to submit nominations. Following last years event where Mairi Walker picked up the nights top award for her fantastic contribution to athletics in 2001/02 the Club were delighted with the recognition given this year to Kirsty Hunter, Louise Crilly and Rosanna Mooney.

Kirsty was the Scottish indoor pentathlon, highjump and 200m champion and the Scottish 100m and 200m champion and Scottish outdoor 100m and 200m champion; Rosanna Mooney represented Scotland in the 800m and cross country events while Louise Crilly won the 100m and 200m races at the Scottish Schools Championships.

Biggest congratulations to all three girls and lets see who can join them at next years event

Club Track Suits

At the last AGM we said we were committed to raising the profile of the Club and one of the points raised were that many other Clubs looked more professional in their Club track suits. Over the last few months we have been running a competition to design a club track suit and have received several very strong entries with lots of great ideas and designs these are being judged over the next few weeks and an announcement on the winner will be made we hope at the first Club open grade meeting of the season.

Built on the back of the interest this competition has generated we have selected a track suit for the Club and have invested just over £2,500 in tracksuits and matching rain jackets. To recoup some of this money we will be charging £10 for a track suit (made by a company called Adidas) and if you wish you can also buy a rain jacket costing £20 for kids and £25 for adults. In addition we will be looking for an opportunity to run a bag packing day at Asda so watch the Lingo for more information.

Lets hope all your winter training has gone well as the Club open athletic meeting dates are getting closer when you will get a chance to show how all your hard work is starting to pay off. This years open grade meeting are:

Meeting 1	Wednesday 28th May 03	Start 6.45pm Finish 9pm
Meeting 2	Wednesday 25th June 03	Start 6.45pm Finish 9pm
Meeting 3	Wednesday 27th Aug 03	Start 6.45pm Finish 9pm

Events and times for the first meeting on the 28th May are as follows

Start Time	Track	Field
7.00pm	100m (80m for under 11s)	Shot Putt
7.30pm	800m	Long Jump
7.45pm		Javelin
8.00pm	3000m U17F - all M	High Jump
8.30pm	300m U17F only	
8.30pm	400m U13 - Sen M	

Why not pick up your entry forms at the Club desk. You can even enter on the nights up to 30 minutes before each event. **HELPERS** if you are not participating we will need helpers on the night to , rake the sand pit, measure the field events, help with scoring, make teas and coffees (how about handing in some baking). We are also hoping to run a lotto bonus ball draw on the evening to raise funds at 50p per ticket with half the money raised going to the Club. Again ask at the Club desk if you can offer some help.

Bring a friend! Got a friend who is looking for something to do now the nights are a bit brighter. School holidays coming with not much to do. Why not ask them along to the Club? We are offering them the opportunity to join the Club for the first month without having to make a committment to the Club through the summer. All they will be asked to pay is their £1.50 training fee. Ask at the Club desk for details.

Running Shoes + Spikes

Do you have a pair of spikes in your cupboard which are too small or surplus to requirement? If so please bring them on a Wednesday evening to Craigswood. There are plenty of youngsters who would be willing to pay a few pounds for a decent second hand (foot!) pair.

YOUR LINGO

This is your lingo , but unless you let us know that you have been doing how are we going to include your news. You may have a friend who has competed out with Club at school events School or a local Galaday race. Why not drop a note to the Lingo and we will include it in the next edition. You can do this by passing a note in at the Club desk or e-mail the editor at:

thomsonfamily@uphall
scotland.freeserve.co.uk
(possibly the longest e-mail address in the UK!)

Event	Pos	Heat	First Name	Surname	Perf
SM 100m	3	R1	Neil	Boyle	11.84
SM 100m	4	R1	Alistair	Dalgleish	12.61
SM 100m	1	R2	Scott	Boyle	11.87
SM 800m	1	F	Grant	Forrester	2.04.43
SM JT	1	F	Grant	Forrester	39.27
SW 100m	2	F	Fiona	Stewart	14.17
SW 200m	1	F	Keri	Nicoll	13.42
SW 200m	3	F	Mhairi	Walker	14.22
SW 200m	4	F	Fiona	Stewart	16.5
SW 400m	2	F	Keri	Nicoll	64.31
U11B 60m	4	H1	Bruce	Johnston	10.34
U11B HJ	1	F	Bruce	Johnston	1
U11B LJ	7	F	Bruce	Johnston	2.69
U11B SP	1	F	Bruce	Johnston	5.12
U11G 200m	1	R1	Rachel	McIlwraith	38.08
U11G 200m	2	R1	Laura	Rooney	38.29
U11G 200m	4	R2	Rachel	Rooney	39.07
U11G 200m	6	R2	Ciara	Thomson	40.18
U11G 60m	2	R1	Rachel	McIlwraith	11.04
U11G 60m	4	R1	Rachel	Rooney	11.24
U11G 60m	2	R2	Laura	Rooney	10.88
U11G 60m	5	R2	Ciara	Thomson	11.94
U11G Sp	1	F	Rachel	McIlwraith	4.73
U13B 100m	2	H1	Craig	McDowall	15.23
U13B 100m	3	H2	Sean	McFarlane	16.55
U13B 200m	3	H1	Craig	McDowall	32.46
U13B 800m	2	F	Craig	McDowall	2.37.23
U13B HJ	1	F	Sean	McFarlane	1
U13B LJ	5	F	Sean	McFarlane	2.55
U13G 100m	2	R1	Jennifer	Rogers	15.59
U13G 100m	4	R4	Jennifer	Crilly	15.69
U13G 200m	2	R2	Jennifer	Rogers	32.49
U13G 800m	2	F	Jennifer	Rogers	2.48.07
U13G JT	4	F	Jennifer	Crilly	11.81
U13G LJ	16	F	Jennifer	Rogers	2.9
U13G SP	4	F	Jennifer	Crilly	5.37
U15B 800m	1	F	Dean	Crawford	2.26.49
U15B HJ	2	F	Dean	Crawford	1.4
U15G 100m	2	R1	Robyn	McDowell	14.34
U15G 100m	1	R2	Stephanie	Innes	14.34
U15G 100m	1	R3	Carol	Simpson	14.35
U15G 100m	4	R3	Lynsey	Barrett	15.45
U15G 200m	2	R1	Carol	Simpson	29.14
U15G 200m	3	R3	Lynsey	Barrett	31.54
U15G 800m	9	F	Robyn	McDowell	2.45.61
U15G LJ	2	F	Carol	Simpson	4.2
U15G LJ	13	F	Robyn	McDowell	3.03
U15G SP	4	F	Lynsey	Barrett	6.25
U17M JT	2	F	Stewart	Semple	14.21
U17M LJ	4	F	Stewart	Semple	2.91
U17M SP	3	F	Stewart	Semple	5.46
U17W 100m	4	R1	Lauren	Prentice	13.84
U17W 200m	3	R2	Lauren	Prentice	29.17
U17W 800m	8	F	Linsay	Nicoll	2.45.30
U17W HJ	5	F	Lauren	Prentice	1.35
U17W SP	4	F	Stephanie	Tugman	7.65

LOTHIAN TRIALS

With the Lothian Trials held again this year at Meadowbank on the 13th April it was an early chance for several of our athletes to gauge themselves against the best in the Lothians at this very early stage in the year. Now I don't know what some of the coaches have been doing to them over the winter or what the Mums have been feeding them on but the athletes collectively put in fantastic performances. The two star performers on the day were Grant Forrester and Bruce Johnston with 2 first each. Grant in the 800m and Javelin, Bruce in the High Jump and Shot Putt. Other winners were Keri Nicol in the 200m, Rachel McIlwraith in the Shot Putt, Sean McFarlane in the High Jump, Dean Crawford in the 800m. A special thanks to all the athletes who choose this event to participate for the first time like Rachel Sutherland who had never started a race before, well done Rachel for starting at the top.

The days full results are over

SAF Help

Over the last few weeks we have contacted Scottish Athletics (SAF) and requested they came along to the Club to review how we do things. We have a meeting with them on the 12th May and over the months ahead we will be working with them to raise standard in all aspects of the Club and see this as something to help push us to the next level. So if you see some strangers in pin striped suits and running shoes its probably just them, I'm sure their not so bad, why not introduce yourself.

Junior Relay Championships

Scottish Athletics will be holding their Junior Relay Championships at Pitreavie Stadium on Sat 31st May and Sunday 1st June. Entries for both days close on Friday the 9th May so if you want more details or to enter speak to your coach.

ps did I mention that prize money at all age groups will be £25 for first £15 for second and £10 for third

U11 Triathlon ,Ever fancied trying a Triathlon, think you could swim a mile, cycle 50 kilometers then run a marathon, well dont worry this triathlon is slightly different. Sprint, Shot Putt and Long Jump Pitreavie Stadium on Sunday the 1st June ask at the Club desk or your coach for more details

Why do Athletics?

Athletics is Britain's most successful international sport
Athletics is a healthy, lifestyle, fitness activity.
Athletics is leading the fight against doping and drugs
Athletics has events for every ability and every shape of person
Running, jumping & throwing forms the basis of almost every other sporting activity
Athletics will keep you fit
Athletics is a friendly, social sport for all the family
Athletics has a broad appeal for, young and old

So why not ask a few of your pals if they fancy giving Athletics a chance for a few weeks who knows they may even like it!

Mum and Dad, you don't have to compete we need volunteers, coaches & officials who all play a key part in running the Club so why not come along and join in, Athletics is fun that's a promise!

Have you joined Scottish Athletics

What are the benefits of becoming a member of Scottish Athletics?

You will receive

Fixture lists with details of Road Races, Highland Games and other athletics events throughout the year across Scotland.
Three issues of PB - the only magazine dedicated exclusively to athletics in Scotland - every year.
Entry qualification for scottish athletics Championships and organised events.
Entry forms for scottishathletics Championships.
£2 discount at scottishathletics permitted events, including Road Races, Track and Field events, Hill Races and more.
Public Liability Insurance cover at all events permitted by scottishathletics.
scottishathletics Membership Card.
Information on clubs in your area.
£30 worth of Bourne Sports vouchers.
15% discount on house valuations and surveys with DM Hall.
Eligible for one year's free membership if you purchase a mobile phone through www.e2save.com.
As well as receiving direct benefits you will also be supporting the work of scottishathletics in developing and promoting athletics throughout Scotland.
Your support will help us...provide programmes and activities to encourage the fitness of more young people, deliver scottishathletics Championships, develop jogscotland, a national campaign to get Scotland running with hundreds of jogging groups and thousands of new race entrants, organise courses for officials and coaches introduce a new scottishathletics Road Race series and new road rankings, improve the scottishathletics website to include on-line membership, competition entries and an improved news and results service, promote a new programme to bring support and added finance to clubs and local developments. Improve the scottish athletics website
For your one-year membership of scottish athletics write to

Membership Administrator, scottish athletics, Caledonia House, Redheughs Rigg, South Gyle, Edinburgh, EH12 9DQ

If haven't done it why not do it today

Sprint Legend Passes on Tips to Rising Start

Young athletes were fortunate enough to receive coaching from one of Scotlands greatest ever track stars when Alan Wells took a special training day at the Kelvin Hall last month. This was through the Bank of Scotland talented young athlete programme which aims to help promising youngsters develop. So listen to your coach try your best and who knows next time we will have to run a bus to accommodate all the athletes who will be invited from the Club.

Keep on Running

Just when most of us thought the Cross Country Championships were finished Dean Crawford pulled on the spikes for one more time. Dean competed in the Scottish Boys Brigade cross country championships at Bellahouston Park finishing 9th out of the field of 95, time for a rest now Dean, and to look out the track spikes.
Well done.

International Athletics

Ask at the Club desk for details on the Norwich Union International Athletics meeting at Scotstoun Stadium, Glasgow on Sunday 29th June.
This is a great opportunity to see the best in UK, European and World Athletics on your door step. If there is enough interest we would consider running a bus to this event. We could get a 20% discount on a booking of 20 which would work out at about £10 for adults and £5 for concessions tell the Club desk if you would be interested and we will investigate further.

CLUB BANNER

Can you help! The Club are considering getting a banner produced which we could take along to track meetings. This would help in raising the Club profile and be great for assisting members friends and anyone else who wants to find out where we may be hiding.

Do you know where a banner can be made?
How much do they cost?
Could you help design a Club banner?
Why not drop a note to the Lingo.

Scottish and North West Sunday
20th April

Event	First Name	Surname	Perf	Neil	Allardyce	16.2sec
80m	Rachel	Mcllwraith	15.1 sec	Neil	Allardyce	4.33m
Long Jump	Rachel	Mcllwraith	2.57m	Neil	Hardacre	
80m	Laura	Rooney	15.1 sec	Ian		
800m	Laura	Rooney	3min 15.4 sec			4.72m
Javelin	Jennifer	Crilly	11.75m	Ian	Hardacre	
High Jump	Jennifer	Crilly	1.1m	Arron	Stewart	3.79m
Javelin	Adel	Haddow	6.65m	Craig	McDowall	2.59m
Long Jump	Adel	Haddow	2.58m	Craig	McDowall	2min 40sec
Long Jump	Shona	Thomson	2.42m	Neil, Ian, Arron, Craig		
100m	Shona	Thomson	16.5 sec			
100m	Jill	Rogers	15.7 sec	Discus	Michael	14.64m
High Jump	Jill	Rogers	1.1m	100m	Michael	15.4 sec
800m	Jill	Rogers	2min 50.1sec	Javelin	Michael	22.06m
4 x 100m	Jill, Shona, A, Jennifer			400m	Kevin	59.8sec
				Shot Put	Kevin	6.97sec
High Jump	Stephanie	Innes	1.15m	100m	Kevin	13.6 sec
Javelin	Stephanie	Innes	10.05m	Shot Put	Stuart	5.52m
High Jump	Carol	Simpson	1.10m	Discuss	Stuart	13.24m
Long Jump	Carol	Simpson	4.51m	High Jump	Stuart	1.2m
100m	Carol	Simpson	14.3 sec	Shot Put	Douglas	4.65m
Javelin	Kelly	Gallon	14.7m	100m	Douglas	16.9sec
Discus	Kelly	Gallon	15.33m	Discus	Douglas	13.65
Long Jump	Robin	McDowall	3.27m	400m	David	63.8sec
800m	Robin	McDowall	2min 50.4sec	Long Jump	David	4.39m
Discus	Laura	Barrett	14.68m			
4 x 100m	Carol, Laura, Stephanie, Robin			Discus	Neil	21.91m
				100m	Neil	12.1sec
Long Jump	Lindsay	Nicol	3.59m	400m	Darren	55.7sec
300m	Lindsay	Nicol	50.8sec	400m	Craig	59.7sec
800m	Lindsay	Nicol	2min 49sec	100m	Stuart	11.8sec
300m	Louise	Crilly	42 sec	Shot Put	Grant	9.99m
100m	Louise	Crilly	13.2 sec	800m	Grant	2min 4sec
				Shot Put	Gary	7.90m
High Jump	Carrie Ann	Tugman	1.2m	Triple Jump	Gary	9.92m
400m	Joanne	Simpson	66.2m	4x 100	Darren, Gary, Craig, Stuart	
Javelin	Joanne	Simpson	19.58m			
Long Jump	Joanne	Simpson	4.48m			
Javelin	Lorraine	Forrester	15.53m			
100m	Lorraine	Forrester	14.2sec			
Long Jump	Fiona	Stewart	4.2m			
Shot Put	Fiona	Stewart	6.51m			
100m	Michelle	Henderson	14.0sec			
800m	Avril	Gardner	2min 37 sec			
4 x 100m	Joanne, Michelle, Lorraine, Fiona					

Having won promotion last year Easter Sunday saw the Club competing in the first league meeting of the Season. Our aim this year is to finish 5th or above which will hold our position in the league in itself a fantastic achievement when you see the strength of the teams we will come up against. Despite it being Easter Sunday we had most events covered and details on everyone's performance are noted over. Alison had a surprise at the end of the meet when we choose performances of the day for each age group who were rewarded with Safeway Eggs (sorry Fred but they still tasted great!). In the boys events the eggs were collected by Craig McDowall, Mike Mooney, Stuart Semple and Grant Forrester but a mention also has to go to Kevin McCann who wasn't far behind. In the Girls team the prizes went to Laura Rooney, Jill Rodgers, Stephanie Innes, Lindsay Nicol, and Joanne Simpson with Louise Crilly very close however she wouldn't have swapped the Easter egg for the PB she achieved in her first 300m of the season, which also included a win over her previously unbeaten nearest rival. Well done everyone and a **BIG** thanks to **Allison Grey** roll on the next competition