



LIVI LINGO JULY/AUG 03



Holiday Season

By the time most of you pick this up the holiday season will be well upon us, schools will have broken up and the fortunate ones will be thinking about two weeks in the sun at Portobello or midge swatting on the West Coast. Just a reminder that the Club continues right through the summer there may be a few evenings when the programmed events for a Club night have to change as coaches are on holidays but that's the times when parents and friends can step forward to lend a hand!

Big thanks this month must go to Kellie Gallon and Karen Rodgers. Kellie for those who missed the news won our design a track suit competition. Kellie's entry among the many we received are currently on display on the Club notice board which is located in the rear corridor of the Craigswood Centre just before you leave the building to go out towards the track.

BIG BIG thanks must also go to Karen Rodgers (and her hubby) for co-ordinating and organising the purchase of the Club track suits and rain suits. For those who missed last months Livi Lingo the new Club track suits (produced by our main sponsor Nike!) will cost £10 to members and £25 to non members with the rain jackets costing £25 for members and non members.

Karen has a few left and her hubby is worried that when he opens the case on holiday it will be packed with enough matching track suits for Karen him and the kids to last a fortnight. For those who are heading to the sun Karen can provide gents crop top track suits and knee length shorts or was there perhaps something wrong with the size of the track suit I decided to get?

If you have bought a track suit and have any problems with it please speak to any one of the team on the Club desk. At only £10 for a Nike track suit we are hoping that every one in club will consider purchasing one . It already looks fantastic to see people wearing them round the Club but what a fantastic impression it will give when we meet for our next league meeting, we will be points up before we start. Wonder if you get points for the best dressed team , perhaps I should look into that.

Dates for the Diary

This years Club Championships will take place at Craigswood Sports Centre on the 14th September. Entry forms and a programme of events will be available soon, so watch out at the Club desk and listen carefully to Club night announcements for more news. If you still don't know what's going on ask at the Club desk.

On Sunday the 31st August we will be funding a trip to Craigtoun Country Park in St Andrews for everyone in the Club (and few friends) . The bus will leave Craigswood at 10am returning just after 6pm. All you need to bring is a packed lunch , something warm and waterproof (well it is St Andrews) and lots of energy. There will be a barbecue and the customary game of rounders where the boys will wallop the girls no change there. Watch the board for more details or ask any of the committee team

At the end of September we are hoping to hold a Club Championship Party/Disco (Tea Dance for the over 70s Fred!). A provisional booking has been made for the community hall behind the Chapel on Livery Street in Bathgate. More details will be available soon however for now mark this in the calendar at home. Everyone will be made welcome, these are licensed premises so children need to be accompanied by an adult. We held an event here last year and it was a great success. Again watch out for more details in the weeks ahead.

Club Volunteers

Ever thought about becoming a Club volunteer why not only turn this months livi Lingo on its side but your normal Wednesday evenings. Lets move away from dropping of the kids and racing home to Coronation Street. Why not stay on one night get involved and see what you can offer the Club or perhaps what we can offer you. If you don't fancy a committee, coaching or coaches assistant role, perhaps you want to pull on those training shoes and give jogging a try. We have several enthusiastic parents who would be only to happy to jog a few miles with you. Who knows perhaps you might even enjoy it but it will do your health the world of good and you can always find out what happened on Coronation Street at work tomorrow!

First Open Grade

Once we got the initial admin under control the first Open Grade Meeting of the year finally got underway. The bus load of kids from Fauldhouse who turned up 10 minutes before we were due to start didn't help but we were grateful to see them and hopefully that all had a great time.

Big thanks has to go to the Officials who came along to help they never let us down and how they managed to control all those under 11s in the 80m is a complete mystery.

Peter Crawford had his first experience of managing a field event which he won't forget in a while. Offering to support one of the events poor Peter got the short straw other wise known as the Long jump. It seemed that every kid who turned up on the night fancied a turn at the long jump and by 9.45pm and having raked about 15 tonnes of sand Peter and his team had worked their way through all the competitors. The next Open Grade was on the 25th June details of which are listed over leaf.

| Event | Pos | First Name | Surname | Perf |
|-------------|-----|------------|------------|--------|
| U 11 G 80m | 2 | Cara | Thomson | 14.6 |
| U 11 G 80m | 3 | Helen | Wilkes | 15.9 |
| U 11 G 80m | 1 | Laura | Rooney | 13.2 |
| U 11 G 80m | 2 | Rachael | McIwraith | 13.6 |
| U 11 G 80m | 3 | Rachal | Rooney | 13.6 |
| U 11 G 80m | 2 | Jodie | Bell | 14.3 |
| U 11 G 80m | 3 | Kirsten | Clark | 14.8 |
| U 13 G 100m | 4 | Sarah | Rose | 15.2 |
| U 13 G 100m | 5 | Jenny | Crilley | 15.2 |
| U 13 G 100m | 6 | Chleo | Anderson | 15.5 |
| U 13 G 100m | 7 | Jade | Bell | 20.1 |
| U 15 G 100m | 1 | Carol | Simpson | 13.8 |
| U 15 G 100m | 5 | Lyndsey | Barrett | 15.0 |
| U 15 G 100m | 6 | Lynette | Jonning | 20.9 |
| U 17 G 100m | 1 | Louise | Crilly | 12.9 |
| U 20 W 100m | 2 | Kerry | Nichol | 13.8 |
| U 20 W 400m | 1 | Kerri | Nicoll | 63.5 |
| U 11 G 800m | 1 | Laura | Rooney | 3 10.4 |
| U 13 G 800m | 1 | Jennifer | Rodgers | 2 43.6 |
| U 13 G 800m | 3 | Adele | Haddow | 3 25.8 |
| U 15 G 800m | 3 | Lauren | Cunningham | 2 43.3 |
| U 17 G 800m | 3 | Robyn | McDowall | 2 40.0 |
| U 11 G SP | 1 | Rachel | McIwraith | 4m 73 |
| U 13 G SP | 2 | Jennifer | Crilly | 6m 02 |
| U 15 G SP | 1 | Kelly | Gallon | 7m 52 |
| U 17 G SP | 1 | Steph | Tugman | 7m 85 |
| U 13 G Jav | 1 | Jennifer | Crilly | 15m 16 |
| U 13 G Jav | 2 | Sarah | Rosie | 12m 12 |
| U 13 G LJ | 3 | Chloe | Anderson | 3m 10 |
| U 13 G LJ | 4 | Jennifer | Rodgers | 3m 09 |
| U 13 G LJ | 5 | Sarah | Rosie | 3m 04 |
| U 15 G LJ | 1 | Carol | Simpson | 4m 36 |
| U 15 G LJ | 3 | Robyn | McDowall | 3m 22 |

| Event | Pos | First Name | Surname | Perf |
|--------------|-----|------------|-----------|--------|
| U 11 B 80m | 2 | Daniel | Wilkes | 12.2 |
| U 13 B 100m | 1 | Arron | Stewart | 15.2 |
| U 13 B 100m | 3 | Graham | Cross | 18.0 |
| U 13 B 100m | 4 | Peter | Thon | 20.7 |
| U 15 B 100m | 1 | Kevin | McCann | 13.2 |
| Sen Men 100m | 5 | Stuart | McCabe | 13.9 |
| U 15 B 400m | 2 | Kevin | McCann | 61.6 |
| Sen M 400m | 1 | Grant | Forrester | 54.1 |
| Sen M 400m | 5 | Stuart | McCabe | 64.1 |
| Sen M 400m | 5 | Stephen | Blane | 57.4 |
| U 13 B 800m | 1 | Ian | Hardacre | 2 57.3 |
| U 15 B 800m | 2 | Dean | Crawford | 2 24.0 |
| U 17 M 800m | 1 | David | McIwraith | 2 12.9 |
| Sen M 800m | 3 | Daren | Tang | 2 11.3 |
| U 17 B SP | 2 | Stewart | Semple | 5m 69 |
| U 13 B Jav | 2 | Duncan | Walker | 17m 53 |
| U 13 B Jav | 3 | Kenneth | Alexander | 10m 76 |
| U 17 B Jav | 1 | William | McDonald | 20m 41 |
| U 17 B Jav | 2 | Stuart | Semple | 13m 62 |
| U 17 B Jav | 3 | Douglas | Shaw | 13m 41 |
| U 13 B LJ | 1 | Arron | Stewart | 3m 75 |
| U 13 B LJ | 2 | Ian | Hardacre | 2m 96 |
| U 15 B LJ | 1 | Dean | Crawford | 3m 82 |
| U 17 B LJ | 1 | David | McIwraith | 4m 31 |
| U 13 B HJ | 1 | Arron | Stewart | 1m 20 |

Club Constitution

It's several years since the Club constitution has been updated and with the help of Scottishathletics (SAL) we are looking to update it this year. SAL has forwarded us an example in hard copy and if any one has access to a PC and fancies taking the time to change this into a soft copy it would be most appreciated. Ask at the Club desk for more details.

National Volunteers Week

Volunteers week is a national campaign now in its 19th year in which groups of organisations all over the country get together to support each other and encourage volunteers to participate in many activities. The sports unit at West Lothian Council ran a Valuing Volunteers workshop on the 1st June which the Club were happy to support. This covered many topics including: Strengths and weaknesses in Clubs, ways to recruit potential volunteers, matching skills of volunteers to Club tasks, mentoring, training and rewarding volunteers.

If you would like to help the Club in any way don't hesitate contact me Steven Thomson or ask at the Club Help desk its never to late to start

Athletics Summer Camp

This camp is being held at Bathgate Sports Center using the indoor and outdoor track and moves you on from Startrak towards Club athletics. International athletes, National Champions and Senior Coaches have been present over the last three years. They cover getting fit for athletics, jumps, hurdling, middle distance and throws such as shot or javelin. If your aged between 10 and 13 there will be something in the camp for you it runs between the 4th and 8th Aug starting at 1pm finishing at 3pm cost £10 call 776295 for more detail

Ukathletics.net or scotishathletics.org are the official web sites for athletics in the UK why not log on for details of your sport

LOUISE HITS THE MEDAL RUN

Louise Crilly turned in a start performance at the Sunday Mail Scottish Senior Championships at Glasgow's Scoutstoun Stadium. Pushed all the way to the line Louise was chased by Michelle Henderson piping her close club friend by less than 200th of a second. Louise time of 25.65 sec saw her finish 3rd just behind Natalie Beattie from Pitreavie and Sara Whigham from EWM, watch out girls Louise has you in her sights!

As well as Lousie and Michelle the Club here represented by many excellent performances we had:

In the mens 100m

| | |
|--------------|-------|
| Scott Boyle | 11.07 |
| Neil Boyle | 11.43 |
| Darren Tang | 11.78 |
| Craig Andrew | 12.00 |

In the mens 200m

| | |
|-------------|-------|
| Darren Tang | 24.24 |
|-------------|-------|

In the womens 200m

| | |
|--------------------|-------|
| Louise Crilly | 25.65 |
| Michelle Henderson | 25.82 |
| Fiona Stewart | 29.24 |

Womens long jump

| | |
|---------------|---------|
| Fiona Stewart | 4m 39cm |
|---------------|---------|

Listen to your coach - Warm Up & Warm Down

Stretching well before and after every run will minimise the risk of injury and help your body cope with the physical stress placed upon it, thus enabling you to get the best from every session.

To gain the maximum benefit from your stretches, remember these points:

- Always jog to warm-up before your stretch - a warm muscle is more pliable.
- Ease into the stretch - never jerk, bounce or force a muscle.
- Take a deep breath and exhale as you stretch, holding it in for ten seconds.
- Muscles are at their most receptive to stretching after a long run, so take the time to cool down fully.

Post Training Warm Down

When doing the track sessions always do a good warm up and warm down, stretching is as important to training as the actual running, when warming down always do a little light stretching afterwards. This maintains the length of the muscle. The jogging should eliminate or should I say help to eliminate any lactic acid that may have built up during the interval session.

Tip from the Top PACE YOUR RACE

Coaches and exercise physiologists agree that even-pace is the best way to achieve optimum performance in distance running. It's well known that going too quickly in the early stages of a run can cause severe difficulties in the later stages. In perfect conditions on a dead flat course, even-pace would give you a good performance.

Second Open Grade Meeting Results

Everything is in place the weather is warm dry and perfect for Athletics, Linda has bought extra tuck for the tea and coffee counter all that's missing is the Athletes!. Numbers attending were well down on last month however everyone who competed appeared to enjoy it. See you all back in August

| Event | | First Name | Perf |
|-------------------|---|------------------|----------|
| U11 G 80m | 1 | Laura Rooney | 13.3 |
| | 3 | Racheal Ronney | 13.8 |
| U11 G Shot Put | 1 | Helen Wilkes | 3m 40cm |
| | 2 | Racheal Rooney | 3m 03cm |
| U13 G 100m | 1 | Sarah Rosie | 15.2 |
| | 2 | Lynette Jennings | 20.3 |
| U13 G 70m Hurdles | 1 | Jennifer Crilly | 15.4 |
| U13 G 1500m | 1 | Jenny Rodgers | 5 26.1 |
| U13 G Shot Put | 1 | Jennifer Crilly | 5m 84cm |
| | 2 | Sarah Rosie | 5m 36cm |
| U13 G Javelin | 1 | Jennifer Crilly | 15m 71cm |
| | 2 | Sarah Rosie | 15m 36cm |
| | 3 | Jennifer Rodgers | 10m 33cm |
| U15 G 200m | 1 | Robyn McDowell | 31.4 |
| U15 G 1500 | 1 | Robyn McDowell | 5 24.6 |
| U15 G Shot Put | 1 | Kellie Gallon | 7m 18cm |
| U15 G Javelin | 1 | Kellie Gallon | 12m 47cm |
| U15 G H Jump | 1 | Robyn McDowall | 1m 10cm |
| U17 G 200m rd1 | 1 | Louise Crilly | 26.3 |
| U17 G 200m | 1 | Louise Crilly | 26.2 |
| U17 G Shot Put | 1 | Stephanie Tugman | 7m 97cm |
| U17 G Javelin | 1 | Stephanie Tugman | 16m 02cm |
| U20 G Sen | 2 | Keri Nicoll | 28.2 |
| | 3 | Fiona Stewart | 28.9 |
| U11 B 80m | 1 | Daniel Wilkes | 12.3 |
| | 3 | Jordan Sharp | 13.5 |
| | 4 | Scott Beattie | 15.7 |
| U13 B 100m | 1 | Ian Hardacre | 15.4 |
| | 3 | Sean MacFarlane | 15.8 |
| U13 B 200m | 2 | Ian Hardacre | 32.5 |
| | 3 | Sean MacFarlane | 33.9 |
| U13 B 1500m | 2 | Craig McDowell | 5 22.2 |
| U15 B 200m | 1 | Kevin McCann | 26.2 |
| U17 B 200m | 1 | Jamie Davidson | 25.2 |
| U17 B Javelin | 1 | William McDonald | 21m 49cm |
| | 2 | Stewart Semple | 16m 47cm |
| | 3 | Donald Shaw | 14m 42cm |
| U20 S M 200m rd1 | | Scott Boyle | 23.3 |
| U20 S M 200m | 1 | Scott Boyle | 23.2 |
| U20 S M 200m rd1 | | Darren Tang | 24.6 |
| U20 S M 200m | 3 | Darren Tang | 24.6 |
| Sen Men 200m | 4 | Stuart McCabe | 27.0 |

Forth Valley League

Where have all our under 11 boys gone? Despite the best efforts of everyone involved in this years Forth Valley League the lack of competing under 11 boys is hitting the team hard. We have picked up almost no points in the two league meetings todate and unfortunately this will almost certainly see us drop back down into division 2 next year. The final league meeting of the year is on the 2nd Aug, detailed below are the results from our last meeting on the 19th June

J S B Plumbing Forth Valley League

Division 1 - 19 / 06 / 03 - Pitreavie

U/11 Girls

| A | |
|------------------|--------|
| 100m | |
| 5 R Mcllwraith | 18.3 |
| 800m | |
| 3 L Rooney | 3.08.0 |
| Shot Putt | |
| 2 R Mcllwraith | 4.78 |
| 4x100m | |
| 4 Liv | 72.4 |

U/13 Girls

| | |
|------------------|--------|
| 100m | |
| 4 R Sutherland | 16.7 |
| 1500m | |
| 1 J Rogers | 5.47.0 |
| Shot Putt | |
| 2 J Crilly | 6.46 |
| 4x100m | |
| 3 Liv | 62.8 |

U/15 Girls

| | |
|------------------|--------|
| 100m | |
| 3 C Simpson | 14.6 |
| 800m | |
| 4 R McDowell | 2.47.8 |
| High Jump | |
| 2 S Innes | 1.25 |
| 4x100m | |
| 4 Liv | 59.6 |

U/11 Boys

U/13 Boys

| | |
|------------------|------|
| 100m | |
| 5 A Stewart | 16.3 |
| 400m | |
| 2 C McDowell | 72.1 |
| High Jump | |
| 2 A Stewart | 1.15 |
| 4x100m | |
| 4 Liv | 64.5 |

U/15 Boys

| | |
|------------------|------|
| 100m | |
| 5 M Johnston | 15.8 |
| 400m | |
| 3 K McCann | 60.4 |
| Long Jump | |
| 2 K McCann | 4.82 |

Total Track after 3 meetings

| | |
|---------------------|-----|
| 1 City of Edinburgh | 753 |
| 2 Pitreavie | 662 |
| 3 Central | 612 |
| 4 Corstorphine | 517 |
| 5 Livingston | 470 |
| 6 Lasswade | 378 |

B

| | |
|-------------|--------|
| 5 C Thomson | 19.9 |
| 2 R Rooney | 3.10.5 |
| 5 R Dooney | 2.94 |

| | |
|--------------|--------|
| 3 C Anderson | 16.0 |
| 1 J Crilly | 6.10.5 |
| 1 C Cameron | 6.44 |

| | |
|--------------|--------|
| 4 L Barratt | 16.2 |
| 4 S Innes | 3.26.1 |
| 3 R McDowell | 1.05 |

| | |
|---------------|------|
| 5 S McFarlane | 18.1 |
| 3 R Hardacre | 74.6 |
| 3 I Hardacre | 1.05 |

| | |
|--------------|------|
| 3 D Crawford | 65.3 |
| 3 D Crawford | 4.22 |

Total Field after 3 meetings

| | |
|---------------------|-------|
| 1 Pitreavie | 258.5 |
| 2 City of Edinburgh | 253.5 |
| 3 Central | 232.5 |
| 4 Livingston | 209.0 |
| 5 Corstorphine | 200.0 |
| 6 Lasswade | 129.5 |

Extra Opportunity for Sprinters

Scottish 100m and 400m athletes have been given some extra competition opportunities at the Grangemouth Open Graded Meeting on Wednesday 6 August.

TIMETABLE:

6:30 Sprint Hurdles - Open Graded
6:45 (approx.) 4 x 100m woman - SAL Invitation
6:55 (approx.) 4 x 100m Men - SAL Invitation
7:00 (approx.) 200m - Open Graded
7:35 (approx.) 400m Woman - SAL Invitation - one heat
7:40 (approx.) 400m Men - SAL Invitation - one heat
7:45 (approx) 800m Open Graded
8:10 (approx.) 4 x 400m Woman SAL Invitation
8:20 (approx.) 4 x 400m Men SAL Invitation
8:30 (approx.) 3000m Open Graded

**Move over Jlo there
are two new Jenny's
on the block!!**

Jennifer Crilly and Jennifer Rodgers did fantastically well at the Scottish Championships held at Grangemouth on the 6th July

Jennifer Crilly acheived a personal best in both the Shot Put and Javelin events, she made 6.61m in the Shot Put finishing 6th before stepping up and throwing 15.99m in the Javelin, Step back that 16m is not to far away now!

Jennifer Rodgers had a PB of 12.94m in the Discus finishing 4th topped that with a great 6th in the 200m with another PB of 31.7 and just when we thought she had done enough she pulled out all the stops for another 4th in the 800m with a time of 2 min 40 sec