



LIVI LINGO SEPT/OCT 03



Phew !

Club trips , Club Championships, Trophy nights, Open Championships, President Select Meetings and the final North & South West league match of the season, the last two months have been an extremely busy time.

The Club committee would like to recognise the support we have been given by the officials who supported our Open grade and Club Championship meeting over the season. They all turned up over the season in sun and rain (thank fully there was no snow) Without their continuing support we could never have managed to run our Club competitions so big thanks to them all.

New Disco Night

Check inside for details on the rearranged Disco / Prize giving presentation

Saturday 11th October we are bag packing at ASDA Livingston in aid of Club funds from 9.30 am to 5.30pm. All members will be expected to support this event which is required annually to support club funds., Names and times when support can be given should be confirmed to the Club desk (or call Steve 855150) Everyone representing the Club should where practical wear Club colours

Scotland Vest For Livi Runner

Louise Crilly has made the club proud once again when she was chosen to represent Scotland at the Celtic Games in Belfast.

Scotland have a particularly strong squad this year, so to be chosen was a great honour and credit to her ability.

The Celtic Games consists of athletes from Scotland, Wales, Ireland and Ulster and was the second time Louise had represented Scotland. The Teams that went over were Girls Under 15 and 17 and Boys Under 15 and 17

Louise was 3rd in the 200m with a time of 25.94sec and helped the Scotland to win the 4x 100m relay Scotland came 1st in all age groups.

Congratulations Lousie fantastic achievement.

Craigtoun Park St Andrews

Big thanks to everyone who found the time to join the Club at the fun day at St Andrews on Sunday the 31st Aug. A special thanks also to Martins Coaches who provided the bus for free as a thanks for the support we have given them over the year.

On the day Boats, Trains, Putting, Rounders, Barbecue Trampolines, Pet Zoo and The Adventure Fort kept all the Adults entertained so were sure the kids had fun too.

Big thanks to Sue McDowell and Stewart Mcllwraith for keeping everyone fed on Burgers and Sausages but if anyone want 50 veggie burgers ask at the Club desk because they didn't go to well.

If you've had a day trip somewhere over the summer that you think everyone would enjoy why not write your idea down and pass it to the Club desk so we can keep it in mind for next year.

New Banner

Big thanks to the Rooney Family who arranged for a friend to make the Club Banner. This has already been used at the last league meeting at Scoutstoun and at the Club Championships. Look out for it if you turn up to support the Club at any events it will be strategically placed to ensure everyone is aware of where we are congregating. If you are organising a Club event and want to use the banner ask at the club desk and we can arrange for it to be made available.

Disco/presentation evening

Unfortunately the venue for the Club disco/presentation evening had been doubled booked and we had to cancel the evening. This has now been re-arranged for Saturday the 25th October and anyone who had already purchased a ticket can re-use the ticket on the new date (or have their money refunded if the new date doesn't suit). At £2.50 tickets are shifting fast so if you were hoping to come please check soon with the Club desk, details are:

Date - Saturday 25th October

Venue - Community hall behind the Chapel in Livery Street Bathgate

Times - 7.30pm to 11pm

Tickets £2.50 (everyone asked to bring a plate for a communal buffet)

The premises are licensed and under 16s must be accompanied by an adult

FORTH VALLEY LEAGUE

Yvonne Crilly would like to thank all the athletes who took part in the Forth Valley League this season. It was great to see the athletes so enthusiastic, especially turning up to face the brutal elements at Pitreavie.

For some of the athletes it was their first taste at competition and the weather didn't put them off. They were keen to go back for more!

Unfortunately this year we dropped down from Division 1 to Division 2, this was not due to lack of talent or effort but due to the lack of competing U11 boy and U15 boy members.

Hopefully next year we will have a full team which will help us rise back up to Division 1.

I would also like to thank Carrie-Anne, Fred, Carol and Sue for helping out. A special mention to Sue for taking over while I went off on a cruise (I don't think Troon to Belfast counts Yvonne) O.K. while I braved the Irish sea.

I would also like to thank the parents , it's not easy trying to get the children over to Craigswood for 5.30 in the evening when your just coming home from work and getting tea ready.

Well done everybody. Yvonne

Not all Fun and Games

One of the committee spent almost 5 hours at this years Scottish Athletics Annual General meeting in Perth on the 30th Aug. Hours of fun so if you fancy a trip next year I'm sure he won't mind swapping places.

CROSS COUNTRY TRAINING

Cross Country training has started at Dechmont Law on Saturday and Sunday mornings.

We will be meeting at the walker's car park next to the Deans Community High School at 10.15am for a 10.30am start

The training will be aimed at athletes of all ages and abilities. If you are interested in giving it a go see you any Saturday or Sunday morning or ask at the Club desk for more details. If you are coming to training some things you will need.

- change of foot wear
- something waterproof
- hat
- plastic bag for your dry clothes
- old towel
- drink

enthusiasm and nothing you don't mind getting dirty

Annual General Meeting

On Wednesday 12th November we will be holding the Club's Annual General Meeting at Craigswood Sports Centre starting at 7.15pm.

The Club needs volunteers so this is a chance for everyone to take up a position within the Club. Positions we need to fill include:

President
Vice President
Secretary
Treasurer
Committee Members
Club Captains

The Club can only be progressive if we get fresh ideas and support so please come forward and help us keep the Club on top.

This is also your chance to air your views on how the Club is progressing so please support the meeting thanks.

On Saturday the 25th October the first Cross Country race of the year takes place at Deans Community High School in Livingston.

Ask at the Club desk of your coach for more details and watch the notice board for start times.

If your not running why not come along and support the Club , its on the door step