



LIVI LINGO JAN/FEB 04



So that was season 2003 but what did we achieve? Here is a small recap and if you need to find out more your going to have to look over all last seasons Livi Lingo's.....

- Scottish and North West League, retained league position.
- Competed in the Reebok International Cross Country Championships where Rosanna Mooney ran for the East of Scotland.
- Competed in 3 Kelvin Hall Indoor League meetings.
- Competed in 6 Forth Valley League meeting narrowly missing out on holding on to our league position.
- Competed in the Women's league as part of a east of Scotland select team.
- Offered the opportunity for coaches and officials to attend courses, fully funded by the Club.
- Louise Crilly won the 100m and 200m at the Scottish Schools Championships. Rosanna Mooney represented Scotland in the 800m and Cross Country. These achievements were recognised at the Best of the West Awards run by West Lothian Council.
- Supported West Lothian Leisure in putting together a West Lothian select Sports Hall team to compete against other districts at a Meadowbank select event.
- Competed in the East District and Scottish Cross Country Championships.
- Spent £2500 on new Club track suits.
- Held three Open Grade Track meetings at Craigswood.
- Competed in the Lothian Trials and Junior Relay Championships.
- Held annual Club championships.
- Arranged a Club fun day to Craigtoun Country Park.
- Fred McCluskie represented the Club when he officiated at the 10th Spar European Cross Country Championships held in Edinburgh in December.
- Held a presentation disco.
- Represented the Club at the National Volunteers week initiative.
- Packed bags in Asda.
- Sourced a Club banner.
- Female athlete of the year was Louise Crilly. After achieving a third place in the 200m at the Scottish Senior Championships and winning a place on the Scottish team in the Celtic games where she won individual 3rd in the 200m before helping the relay team to 1st in the 4 x 100m.
- Male athlete of the year was Scott Boyle. Not only did Scott have a solid season at 100m, 200m he even managed to squeeze in a 400m in one of our open grade meetings. But the highlights of his year may have been the 11.07 at the Scottish Championships in August,
- Offered training opportunities 5 days a week so no one could say they didn't have opportunities to put in that extra effort.

BIG THANKS

Our Athletes contributed to the success of the Club through 2003 but they could not have done this without the help of a great team of organisers and committee members so in no particular order a big thanks from everyone to:

Yvonne Crilly, Karen Rogers, Jenny McDermott, Fred McCluskie, Catrina McIlwraith, Alison Grey, Margaret Grey, Robert Rogers, Joe McDermott, Sue McDowell, Rickie Gallon, Peter McLaren, Neil Boyle, Linda Rosie and Steve Thomson.

ps Not forgetting the Staff at Craigswood

Lothian Region Sports Hall Event

Once more Alex McEwan has asked the Club to support this years Lothian Region Sports Hall event to be held at Meadowbank Stadium. Kids from West Lothian get to compete in a select team against other regional teams across the east of Scotland. Last year the team reached the Semi Final narrowly missing out on a place in the final. This year three pre selection evenings have been arranged at Craigswood. With the support of our Coaching team, and a wild, mad, not to mention loud bunch of kids from several schools throughout West Lothian we must find a team that will get us through to this years final due to be held sometime in March. Not everyone who attends the pre selection evenings will get through this time but we hope everyone enjoyed perhaps their first experience of Sports Hall Athletics. If you did why not come every week ask at the Club desk for more details or call Steve Thomson on 01506 855150 for more information.

Livingston and District AAC returned with a haul of medals from The East District Indoor Championships at The Kelvin Hall on Sat 17th and Sun 18th Jan. Three Gold, Three Silvers, Two Bronze and a string of personal best times and distances made this one of the Clubs most successful championships in recent years.

Star performers on the day were Louise Crilly who won Gold and Silver in the sprints. Craig McDowell who on top of several fine Cross Country runs this year won Gold in the Under 15 boys 800m and Christopher Tatton who marked his return to the Club this year with Gold in the Shot Put

Event	Pos	First Name	Surname	Perf
U 13 G 60m		Jenny	Rogers	9.63sec
U 13 G Shot Putt		Jenny	Rogers	4m 55sec (PB)
U 13 G Long Jump		Jenny	Rogers	3m 53cm
U 13 G 800m	6 th	Jenny	Rogers	2min 57sec
U 15 G 60m		Jenny	Crilly	9.46 sec
U 15 G Shot Putt		Jenny	Crilly	6.41m
U 15 G Long Jump		Jenny	Crilly	3.15m
U 17 G 800m	5 th	Robyn	McDowell	2min 32sec
U 17 G Long Jump	3 rd	Carol	Simpson	4m 66cm
U 17 G 200m		Carol	Simpson	28.14sec (PB)
U 17 G 60m	1 st	Louise	Crilly	7.87sec
U 17 G 200m	2 nd	Louise	Crilly	
U 17 G Shot Putt	2 nd	Stephanie	Tugman	8m 45cm
Sen W 1500m	3 rd	Avril	Gardner	5min 9sec
Sen W 3000m	2 nd	Avril	Gardner	11min 9sec
U 15 B 800m	1 st	Craig	McDowell	2min 33.59sec (PB)
U 15 B 800m	4 th	Ian	Hardacre	2min 42.71 sec (PB)
U 15 B 200m	4 th	Ian	Hardacre	31.98 sec (PB)
U 17 B 1500m	3 rd	David	McIlwraith	4min 38sec (PB)
U 17 B 800m	5 th	David	McIlwraith	2min 10.38 sec (PB)
U 17 B Shot Putt	1 st	Christopher	Tatton	11m 65cm
U 20 M 800m	5 th	Grant	Forrester	2min 9sec
U 20 M 800m	6 th	Darren	Tang	2min 14 sec
U 20 M 400m		Darren	Tang	57 sec
U 20 M 400m		Craig	Andrew	55.18 sec
Sen M 60m	6 th	Scott	Boyle	7.32 sec

Results from the second Indoor meeting at
The Kelvin Hall on Sunday 4th Jan 03

U 13 G 60m	9	Helen Wilkes	11.74
U 11 G 60m	4	Laura Rooney	
U 11 G 60m		Katherine McKain	
U 11 G 600m	3	Laura Rooney	2m 11.5
U 11 G 600m	8	Rachael Rooney	2m 16.1
U11 G SLJ	8	Rachael Rooney	1.38
U 13 G 60m	9	Helen Wilkes	11.74
U 13 G 60M H	6	Rachael McIlwraith	13.51
U 13 G 200m	8	Rachael McIlwraith	37.60
U 13 G L Jump	6	Jenny Rogers	3m 22
U 13 G S Putt	6	Helen Wilkes	4m 64
U 15 G 60m	14	Shona Thomson	9.93
U 15 G 60m H	5	Jenny Crilly	12.02
U 15 G 60m H	7	Sarah Rosie	12.75
U 15 G 800m	9	Sarah Rosie	3m 04
U15 G 800m	12	Adele Haddow	3m 34.4
U 15 G 200m	10	Shona Thomson	34.7
U 15 G L Jump	7	Sarah Rosie	3m 26
U 15 G S Putt	9	Jenny Crilly	5m 58
U 17 G 60m	4	Carol Simpson	8.62
U 17 G 60m	9	Lynsey Barrett	9.54
U 17 G 800m	3	Robyn McDowell	2m 37
U 17 G 200m	4	Carol Simpson	8.62
U 17 G 200m	7	Lynsey Barrett	9.54
U 17 G 300m	9	Robyn McDowell	50.4
U 17 G Tripple J	3	Carol Simpson	8.17
U 17 G S Putt	6	Lynsey Barrett	4.83
U 20 W 800m	1	Mhairi Walker	2m 23.3
U 20 W60m H	1	Mhairi Walker	60.9
U 20 WHigh J	2	Mhairi Walker	1.45
U 20 WTrpple J	2	Joanne Simpson	8.76
U 20 W 200m	2	Joanne Simpson	30.01
U 20 WS Putt	2	Joanne Simpson	6.15
U 11 B SLJ	1	Daniel Wilkes	1.76
U 11 B SLJ	9	Martin Jones	1.24
U 11 B 600m	6	Daniel Wilkes	2m 27.1
U 11 B 600m	9	M Ward	2m 47.5
U 11 B 60m	5	Alex Wilson	10.12
U11 B 60m	9	Stephen Watson	10.88
U 13 B 60m	8	Chris Wilson	10.16
U 13 B 60M	10	Tim Jones	11.21
U 13 B 800m	1	Craig McDowell	2m 36.1
U 13 B High J	4	Michael Johnston	1.10
U13 B 300m	4	Craig McDowell	52.3
U 13 B S Putt	14	Tim Jones	3.28
U15 B 60m	8	Aaron Stewart	9.28
U15 B 800m	9	Iain Hardacre	3m 02
U15 B 200m	10	Aaron Stewart	32.0
U15 B 400m	9	Iain Hardacre	72.2
U15 B Tripple J	6	Aaron Stewart	7m 56
U 15 B S Putt	6	Moses Johnston	6m 70
U17 B 60m	9	Kevin McCann	8.22
U17 B 800m	3	David McIlwraith	2m 11.0
U17 B 400m	5	Kevin McCann	59.4
U17 B 200m	7	Chris Tatton	25.7
U17 B H Jump	7	Willie McDonald	1.25
U17 B S Putt	1	Chris Tatton	10.11
U 17 B Tripple J	5	Dougie Shaw	8.07
U 20 M 60	2	Alistair Tatton	7.26
U 20 M 200m	5	Alistair Tatton	23.8

Club Track Suits

Can we remind everyone the importance of wearing your club colours and track suit when representing the Club.

Not only does this make it easier for the Team managers and helpers to identify everyone. It makes us look so much better, so please stop wearing all that designer gear from the Pound Store and Woolworths and get your track suits back on

We still have a selection of track suits left so if you've shot up in the last few months, didn't get one when they were first issued or have joined in recent months speak to Karen Rogers who will get you sorted out.

Where else can you get a Nike track suit for £10 or a rain jacket for £20 or £25

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.

Free Trip to the 2008 Olympic Games

The Club does not just need athletes. We need coaches and officials. Did you know that we get 20 points at league meetings where we can provide Club officials. Its a great way to support the Club, help us compete at the highest levels which helps the athletes, and you get to have fun without ever having to get your training shoes dirty

Scottish Athletics run Officials Workshops throughout the year most are held on our door step at Grangemouth Stadium and what more the Club will cover any fee.

Courses last just a few hours with time off for good behaviour and lunch (which is also free).

Athletics are always looking for the support of officials and its a great way to support the Club. Who knows where it may lead the 2008 Olympics!

Last year the Club had one official represent the Club at the Spar European Cross Country Championships and two attended the World Seniors Athletics Champinships in Costa Rico.

If you want more information ask at the Club desk or speak to anyone of the committee.

East District Cross Country

IT'S BEEN A long time since Liz McColgan (Dundee Hawkhill) toed the line at a East District Scottish Championship and its a far cry from World cup success which she achieved in Tokyo. However in Falkirk on the 10th Jan her relentless style and face etched with determination familiar to anyone who watched "that night" in Tokyo were back. Liz broke the field on the first lap, and destroyed it on the second.

But did we care, no we didnt, because the real Champions were not far behind with Sue McDowell finishing 6th in her race in a time of 30min 16 sec , Yvonne Crilly finishing 7th in her race in a time of 27min 09sec and supported by Avril Gardner in a time of 25min 48sec the three brought our ladies team home in 10th place just in front of Abedeen Metro and Corstorphin AAC

In the junior races Craig McDowell just couldnt hide his enjoyment at finishing 6th in the under 13 race in a time of 12min 15sec lying 10th with less than 800m to go Craig pushed for home taking 6th, Craig was joined by Iain Hardacre who ran on strongly towards the end to claim a top twenty finish in a time of 13min 23sec.

It was also good to see Jenny Crilly back competing again. Jenny had a difficult time towards the end of last year when injury and an accident kept her away from training for several weeks, Jenny had a top 30 finish in her race in a time of 13min 46sec and now she's back we look forward to seeing those times tumbling.

In the mens race Steve Thomson was happy with 29th place in a time of 39min 07sec perhaps if he had laid off the Miller and Selection boxes over Christmas he could have lost those 7 seconds.

Its now on to Stirling for our cross country runners and the Scottish Championships so good luck to everyone.....

Snowman tips for winter running

SOCKS

Try to keep your feet dry and warm, make sure to pack a dry pair of socks in your backpack to change into after running outside. If there is any slush around, your socks will be too wet to wear indoors after running.

LAYERS

Wear lots of layers for winter running to be toasty warm and comfy.

AFTER YOUR RUN

After your run drink a glass of water, change into dry warm clothing.

RUNNING SHOES

Wear running shoes with good treads on the bottom to grip

HATS AND GLOVES

Stock up on hats and gloves. You lose more heat through your head and hands than anywhere else when it's cold outside.

FIND THE MAGIC

If you dress right in the winter, you will stay toasty warm when you run. You are outside feeling very comfortable, when others are afraid to step out their doors. It's like magic...winter and running.

Final Dates For Membership Renewal

Cut off date for renewing your 2004 membership will be the 31st January. Anyone not having renewed their membership by that date will no longer be a member of the Club and therefore cant participate in Club events including competitions or training.

Beginning Running: First Steps Toward a Better Life

Now Christmas is over perhaps your thinking about running to get fit for Spring. You needn't compete to be serious about running. Running with Livingston is a good way to make new friends and have fun. Heres a few tips:

If you're thinking about running why not aim for 5 kilometers (3.1 miles) it's the place to start. It's the most-common race distance if you ever want to give it a try . Most runners finish 5Ks in 30 minutes or less, slightly under a 10-minute mile pace. Try training by time, not distance. Wear your watch and tell yourself you are going to stay out for 30 minutes (or "on" 30 minutes if you are training on a treadmill and we have six new ones at Craigswood).

If you can't run continuously that long, start by:

- * Running five minutes, walking five minutes, then repeating.
- * Running as far as you can, then walking until you catch your breath and can run again.
- * Running very slowly.

If 30 minutes is truly too long for you, try going out for 10, 15, 20 or 25 minutes (using the same teqnic) and work your way up from there. Whichever method you choose, make sure that you feel comfortable and are not overwhelming your body. An illness or injury won't get you closer to your goal.

If you can exercise four to five times per week, you'll increase your distance and speed and – who knows -- shed a few pounds too. Running partners can boost your distance and motivation so why not ask at the Club instead of just dropping off the kids. I know, I know - you think its crazy you like watching Corri or the Champions League running is not for you.

The most important thing is to enjoy yourself, at the Club you can choose different routes or try adding cross-training to your exercise routine on a fixed bicycle or tred mill go on give it a go what have you got to loose.

Got a Lingo article why not send it to the worlds longest e-mail address
thomsonfamily@uphallscotland.freeserve.co.uk and we will make sure it's in next month