



Livi Lingo

Jan/Feb/March 2007



National and District Success for Livi Athletes

Congratulations to the Club's New Scottish and East of Scotland Champions!!!

Well done to Craig McDowall, Amanda Campbell and Blair Wood for their recent successes during the Indoor Season. The club now has two new Scottish and East of Scotland Champions. In addition Amanda tops the Scottish rankings in the 300m for her age group.

Details of their performance's are as follows –

Scottish Schools Indoor National Championships (8th Feb 2007)

Craig McDowall – 1st U16 Boys 800m in 2.05.00.
Amanda Campbell – 1st U16 Girls 300m in 42.57.

SAL East of Scotland Indoor Championships (13th/14th Jan 2007)

Amanda Campbell – 1st U17 Womens 300m in 42.53
and 2nd in the 800m in 2.19.27.
Blair Wood – 1st U13 Girls 800m in 2.38.44.



Scottish Masters Cross-Country

On 3rd March, Balbardie Park of Peace in Bathgate hosted the Scottish Masters Cross-Country Championship. A big well done to Yvonne Crilly who took home a bronze medal and Sue McDowall who finished 11th in her age group!

We also had a strong mens team representing us. George Gilhooly - 28th, Christopher Northam - 99th, Steven Thomson - 150th and Andrew Sneddon - 198th.

Needing Kit?

If you're looking for second-hand spikes then contact Yvonne Crilly at the club desk on Wednesday nights.

Also, if you haven't bought a vest or crop top, Yvonne has these in a range of sizes.

Happy Birthday!!!

A big belated Happy Birthday to Fred McCluskie who is now 65 years of age! We hope you had a good one and enjoyed your birthday bash!

JSB Plumbing Forth Valley League

The dates for the Forth Valley League this year are as follows:

Match 1 Thursday 19th April (Craigswood)
Match 2 Thursday 17th May (Pitreavie)
Match 3 Thursday 14th June (Craigswood)
Final Saturday 21st July (Grangemouth)

The Presidents Select will be held on Saturday 1st September at Grangemouth.

Bank of Scotland Indoor Age Group Championship

The Bank of Scotland Indoor Age Group Championships took place on the 17th and 18th February at Kelvin Hall International Arena. We had a few athletes from the club competing over the two days.

On the Saturday, Blair Wood was awarded a bronze medal for the U15 Girls 800m. However, this was after being knocked on her final lap by competitors in the 60m girls race which did effect her time.

On the Sunday, Amanda Campbell won a silver medal in the U17 Womens 800m, running a time of 2:19.87, a very consistent time for her this season.

Louise Crilly finished 5th in the final of the U20 Womens 800m in a time of 2:26.25.

Craig McDowall finished 3rd in his heat of the U17 Mens 800m in a time of 2:06.45. This is also a very consistent time for him this season, although sadly he narrowly missed qualifying for the final.

Christopher Tatton won a silver medal in the U20 Mens Shot Putt, achieving a personal best of 13.40m. However this great effort does not make up for the stupid shorts he insisted on wearing.



SAIL 2006/07

Another winter season brings an opportunity for club athletes from Livingston and District to get out of bed early on a Sunday morning and drag themselves (with the help of a Martin's bus) across the M8 to the Kelvin Hall to compete in the Scottish Athletics Indoor League. The league consisted of three meetings in December, January and February.

This year the club has specifically used these meetings to provide competition over the winter months to existing young athletes as well as providing a competitive experience to new members prior to the 2007 summer campaigns. As a team manager, sadly, it is becoming impossible to fill all events and age groups so that the club can be competitive in this league. This is because a small number of athletes are still failing to realise the importance of advising the team manager when they are unable to accept the clubs invitation to compete. As a consequence, athletes who fail to confirm their availability will not be selected to compete in the club's next representative match. It cannot be stressed strongly enough that a replacement cannot be sought when you do not bother to tell the team manager that you are unable to compete on a particular occasion. Hopefully things will improve in the future.

On a more positive note, there were some very good performances by Livingston athletes in this league. I would like to highlight the following athletes who had some very notable performances –

Nikisha Wright (U11 Girls) 1st in 60m and 2nd in Standing Long Jump (Match 2).
 Rhiannon Armstrong (U13 Girls) 2nd Overall in 200m (Matches 1 & 2) and 2nd in Long Jump (Match 2).
 Blair Wood (U13 Girls) 1st in 800m (Matches 1 and 2) and 2nd in High Jump (Match 2).
 Amanda Campbell (U17 Women) 1st in 300m and 1st in 800m (Matches 1 & 2).
 Scott Malcolm (U11 Boys) 3rd in 600m (Match 3)
 Shawn Wright (U13 Boys) 3rd in 60m (Match 2)
 Craig McDowall (U17 Men) 2nd 800m (Match 2)
 Michael Deegan (U20 Men) 2nd in 60m and 2nd in 200m (Match 2)

(Please note that the results from the 3rd match are not yet available, I can confirm that all the above athletes improved their Personal Best's competing in this league).

Finally, "Athletes of the League" for Livingston were Shawn Wright for the boys and Rhiannon Armstrong for the girls. Both received a spike bag and club t-shirt. Congratulations to them both and thank you to all the athletes who turned out for the SAIL this season.

Alison Grey (SAIL Team Manager)

Club Member Profiles

Every issue we will pick two incredibly lucky athletes to do profiles on. These will then later be placed on the Livingston AAC website www.livingstonaac.com.



Name: Craig McDowall
DOB: 23/05/92
Been a Member for: 5 years
Coach: Alison Grey
Events: 800m & 1500m
Favorite Colour: I don't have one!
Favorite Band: Muse
Favorite Film: Saw Trilogy
Favorite TV Show: Scrubs
Favorite Food: Meat
Favorite Athlete: Ian Hardacre! No.... Mo Fahah



Name: Amanda Cambell
Nickname: Bernie
DOB: 06/11/91
Been a Member for: 2 years
Coach: Alison Grey
Events: 300m & 800m
Favorite Colour: Yellow
Favorite Band: Fall Out Boy
Favorite Film: Too many to list!
Favorite TV Show: Sponge Bob Square Pants
Favorite Food: Green Jelly Tots
Favorite Athlete: Me... In all seriousness Kelly Holmes!

East District Cross Country League

Over the cold winter months, as well as taking part in the warm indoor league, some athletes decided on a different challenge altogether - cross country! This season, the meetings were at Livingston, Kirkcaldy and at Broxburn, which has never hosted a league meeting before. There were many great performances, but most notably was Blair Wood, who managed to finish in the top 15 at all 3 matches!

East District Cross Country Championships

This year, the East District Cross Country Championships returned to Galashiels after a lengthy absence. Although, judging by the athletes reactions, it should possibly have been renamed the Hill Running Championships! Still, at least that way we knew they'd work hard.

Despite the unaccustomed course, all athletes managed to finish in the top 30 within their age groups, 3 of whom managed to get 14th place in their races!!! Well done to all those athletes who turned out!

Representations

Over this indoor season, a few lucky athletes have managed to earn representations, in both track and cross country. Ian Hardacre and Craig McDowall both represented the East district at the Inter-District Cross Country Championships, which also incorporated the Great North Run. Also, Amanda "Bernie" Campbell competed at the Norwich Union Indoor International, representing the East in a 20-minute competition for Scottish Athletes. Competing in the 1000m, Amanda finished 3rd in a time just outside 3minutes!

Fixtures - Outdoor 2007

- Central and South of Scotland Athletics League 29th April
- National Junior League 29th April
- East District Championships 12th/13th May
- Central and South of Scotland Athletics League 20th May
- National Junior League 27th May
- Scottish Schools Combined Events Championships 2nd June
- Scottish Schools Track and Field Championships 8th/9th June
- Scottish U23/U20 Championships 17th June
- National Junior League 1st July
- Scottish Combined Events and Masters Championships 14th/15th July
- National Junior League 29th July
- Central and South of Scotland Athletics League 5th August
- Scottish Senior Championships 12th/13th August
- Scottish U17/U15/U13 Championships 18th/19th August
- Central and South of Scotland Athletics League 2nd September