

# LASSWADE

## Athletics Club



### 33<sup>rd</sup> Open Cross Country Meeting



Gore Glen was the setting for Lasswade AC's Annual Cross Country event on Sunday 2 November 2014. With nine events from Under 11 through to Senior Vets the day was eagerly anticipated.

The course had been carefully prepared by volunteers and the usual dose of rain and wind in the week before ensured that conditions were what cross country running is all about. No shortage of water, mud again this year then.

The day itself was basked in glorious sunshine adding to the occasion and although numbers may have been slightly down on previous years the quality of runners were obvious for all to see.

(More on page 2)

### It's a hill, get over it!!!

The Cross Country season is firmly underway and Lasswade are off to a successful start. Hosted this year in Peebles, the East District Relays course was tough, with plenty hills, mud and water hazards usually meant for equestrian eventing.

Pride of place on the day went to the Girls relay team which consisted of Hannah Little, Sarah Tait and Lauren Dickson. They finished second overall in a very strong field.

The club had a total of nine teams, two young female teams, five young male teams, one ladies team and one complete men's team. which was a strong representation in what is hoped to be a successful season. Well done to all!



### Ways to get in touch:

Website: [www.lasswade-ac.org.uk](http://www.lasswade-ac.org.uk)

Twitter: @LasswadeAC

Facebook: Lasswade Athletics Club

Telephone: 0131 561 6512



### 33<sup>rd</sup> Open Cross Country Meeting (contd')

Runners from Pitreavie, Corstorphine, Edinburgh, Mussleburgh & District, Cumbernauld, Airdrie, Giffnock North, Moorfoot Runners, Fife, Livingston & District, Nithsdale, Helensburgh, Kirkintilloch, Falkirk Victoria, Carnegie Harriers, Hunters Bog Trotters, Victoria Park City of Glasgow, Westerlands, Haddington, Penicuik, Lothian Running Club, Anster Haddies, Ferranti as well as Lasswade Athletics were all represented



### CAN YOU HELP ?

Lasswade AC are looking for helpers to assist sprint coaches on Monday and Thursday nights and also someone to help with the jump coaching on a Monday. Anyone willing to help please contact Brian Hood, Club Development Officer on [brian.hood@midlothian.gov.uk](mailto:brian.hood@midlothian.gov.uk) or coaches down at the Dalkeith Campus



### 33<sup>rd</sup> Open Cross Country Meeting (contd')

Winners of the nine races were  
Under 11 Girls Emma Johnson Edinburgh Athletic Club  
Under 11 Boys Harry Henriksen Lasswade Athletics Club  
Under 13 Girls Isla Calvert Livingston & District AAC  
Under 13 Boys Calum Little Cumbernauld AAC  
Under 15 Girls Lauren Dickson Lasswade Athletics Club  
Under 15 Boys Harry Nimmo Giffnock North AAC  
Under 17/20 Women Amy Frankland (U20) Lasswade Athletics Club  
Under 17 Men Cameron Richardson Cumbernauld AAC  
Senior Women Fiona Mathieson (V/O45) Falkirk Victoria Harriers  
Senior Men (includes U20 and Masters) Andrew Lawler (U20) Edinburgh Athletic Club

Prizes this year were presented by Greg Loudon, Lasswade's 400m Commonwealth athlete.



### 33<sup>rd</sup> Open Cross Country Meeting (contd')



Lasswade AC would like to thank all our sponsors,

- John Noble, Electrical Contractor, Bonnyrigg
- Stuart & Stuart
- Kristoffersen Carpets
- Aairecool Technical Services (Penicuik)
- Midlothian Council,
- Basically Tool Hire, Ikea
- Network Rail



## Athletic Leaders Workshop January 2015

Laswade Athletics in conjunction with Scottish Athletics are hosting an Athletics Leaders workshop on 24 January 2015

Based on the Run, Jump and Throw concept, this workshop will give volunteers a basic knowledge of athletics and leadership.

The workshop is designed to give an introduction to leading athletics activities for young / developing athletes. It aims to provide the theory of delivery whilst offering the attendee opportunities to lead activities from a range of task cards

The practical sessions are initially tutor-led, however as much opportunity as possible should be given throughout the workshop for attendees to experience the key elements of leading for themselves.

The workshop will be of 3 hour duration and will take place in The Lasswade Centre

### Who is this workshop for?

Parents and athletes with limited or no knowledge of athletics and coaching.

The workshop will allow clubs to train new volunteers, prior to putting them through any Coaching Assistant course. It will allow volunteers an opportunity to explore leading and give the clubs a chance to see if the volunteer is suitable to take the step into coaching.

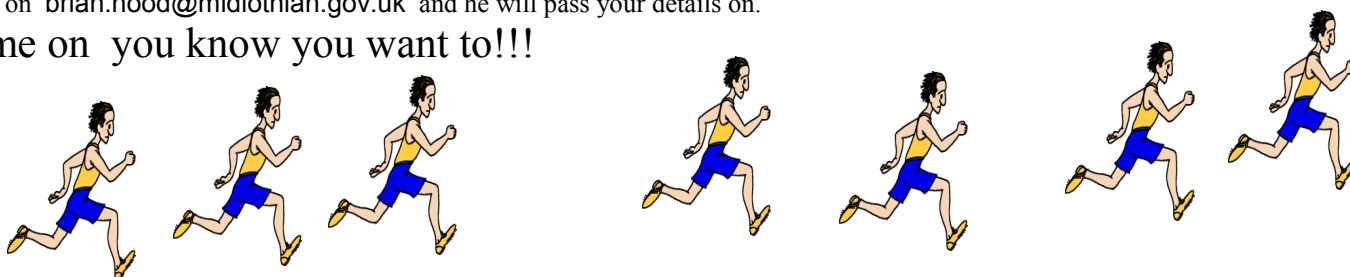
**Anyone interested please contact Club Development Officer Brian Hood at [brian.hood@midlothian.gov.uk](mailto:brian.hood@midlothian.gov.uk) or David Hand**

# ADULT RUNNING SECTION

We are keen to increase members either as social runners or perhaps a bit more seriously whether that is on the track or cross country. Come along to our social runs at Dalketh Campus on Mondays or/and Lasswade High School on a Thursdays at 7pm. Contact there is Wilma Kerr

For those more serious there is a Tuesday run with triathletes in Edinburgh. Think your tough enough? Contact Club Development Officer on [brian.hood@midlothian.gov.uk](mailto:brian.hood@midlothian.gov.uk) and he will pass your details on.

**Come on you know you want to!!!**



## WINTER FIXTURE LIST

	CROSS COUNTRY	
Sat 22nd Nov	East league Alloa	U/11-sen
Sat 6th Dec	East district Dundee	U/13-u/15
Sat 10th Jan	Inter-district-Edinburgh	East district selection
Sat 17th Jan	East district league	U/11-sen
Sat 31st Jan	Scottish masters	Vets
Sun 22nd Feb Falkirk	Scottish cross-country champs	U/13-sen
Sun 15th Mar	Nat road relay champs	Tbc
Sat 29th Mar	Nat road relay champs	Livingston

		INDOOR TRACK	
		<b>Scottish Athletics Champs</b>	
Sat	17th Jan	Scottish Open	Emirates Stadium
Sun	25 <sup>th</sup> Jan	Super Teams	Emirates Stadium
Sun	1st Feb	Scottish Senior Champs	Emirates Stadium
Sat	14th Feb	Age Group Champs	Emirates Stadium
Sun	15th Feb	Age Group Champs	Emirates Stadium
Sat	14 <sup>th</sup> March	Masters/CE Champs	Emirates Stadium
Sun	15th March	Masters/CE Champs	Emirates Stadium
Sat	24th Jan	UKA International Meeting	Emirates Stadium
		<b>Scottish Schools Champs</b>	
Sat	13th Dec	International Pentathlon	Emirates Stadium
Wed	4th Feb	Schools Indoor Champs	Emirates Stadium
Thurs	5th Feb	Schools Indoor Champs	Emirates Stadium
		<b>Indoor League</b>	
Sun	14th Dec	SAIL Meeting 1	Emirates Stadium
Sun	4th Jan	SAIL Meeting 2	Emirates Stadium
Sun	8 <sup>th</sup> Feb	SAIL Meeting 3	Emirates Stadium
Sun	TBC	SAIL Final	Emirates Stadium
		<b>Scottish Universities</b>	
Wed	22nd Oct	Univ Freshers Match Indoor Champs	Emirates Stadium
Sat	7th Feb	Univ Indoor Champs	Emirates Stadium
		<b>Open Graded Meetings</b>	
Wed	3rd Dec	Grangemouth OGM Meeting 1	G/Mouth Indoor Arena
Wed	7th Jan	Grangemouth OGM Meeting 2	G/Mouth Indoor Arena
Wed	4th Feb	Grangemouth OGM Meeting 3	G/Mouth Indoor Arena
Wed	4th March	Grangemouth OGM Meeting 4	G/Mouth Indoor Arena