

LASSWADE

Athletics Club



BRITISH INDOOR 800m CHAMPION



Lasswade Ac has a new British Champion in Guy Learmonth. Guy won Gold on Sunday 15 February 2015 in Sheffield at the Sainsbury's British Indoor Championships. Leading from gun to tape in the 800m Guy was pushed all the way but held on in a dramatic finish.

Afterwards a delighted Guy was quick to praise the people who have supported him in reaching this milestone. None more so than his family, coaches and friends .

And so it is on to the European Indoor Championships this month in Prague.

Congratulations from all at Lasswade Athletics Club . Great to see the club vest winning on the national stage. Well Done!

Ways to get in touch:

Website: www.lasswade-ac.org.uk

Twitter: @LasswadeAC

Facebook: Lasswade Athletics Club

Telephone: 0131 561 6512



LASSWADE 10 MILE ROAD RACE 1 MARCH 2015

Rosewell was the setting for the start of the Lasswade 10 Mile Road Race on 1 March 2015. The weather on the lead up to the day was windy and wet so why should it be any different for the race? 450 Signed up to take in the sights of Rosewell, Roslin, Auchendinny and Rosslynlee and climbs and descents of over 1900 feet which all goes to make this course a real challenge. Add the weather on the day – Snow, rain, hail and wind in abundance and this made the event not one for the faint hearted.

Supported by Run and Become, Whitehill House Golf Course and Midlothian Council and assisted on the day by Police Scotland, Council Staff as well as Whitehill Welfare FC, Lasswade AC put on a fantastic event. The club was inundated with emails and messages of thanks including:-

I'd like to thank you for a fantastic turn out from your race officials and marshals. Despite the horrible weather, they all shouted encouragement with smiles on their faces. I appreciated their efforts and the great spread put on at the end. I think Whitehill Welfare also deserve a pat on the back for putting up with such a bunch of runners using their facilities - Moorfoot Runners

We would like to say a huge thank you to Lasswade AC for organising a great race today, we really appreciate you going to so much effort! The course was well marshalled and marked very clearly with no doubt as to what the route was. Great support from the marshals and thanks to the team of kids at the end for dishing out the medals and water - they must have been as cold as the runners were. What can we say about the fantastic spread of food afterwards, it was incredible?! Please also pass on our thanks the officials and time-keepers. Penicuik Harriers will be back next year! - Penicuik Harriers

To the race itself and with a quality field Derek Hawkins from Kilbarchan AAC won through in a fantastic time of 51 minutes 8 second some distance ahead of the chasing pack (Ross Houston Central AC, David Millar Irvine RC)

Congratulations to everyone involved

For more pictures please visit Bob Marshall Sports Photography

<https://picasaweb.google.com/113562417702657933373/LASSWADE10MILERRACE2015?>



National Cross Country Championships , Callendar Park, Falkirk

February saw The National Cross Country Championships at Callendar Park in Falkirk. Numbers supporting this event was the biggest in 20 years and despite the cold and wet weather and mudbath appearance most appeared to cope with the conditions overhead and underfoot admirably.

All runners are to be commended as conditions worsened with stray Gazebos strewn across the course like tumbleweed as the day went on.

Performance of the day goes to the u15 Girls team who finished 3rd overall. So a podium place for Sarah Tait , Lauren Dickson, Eilidh Brown and Lauren Wilkie

Other performances on the day

Under 13 boys - Graham Lambert (40th), Kurt Robertson (86th)

Under 13 Girls – Hannah Little (58th), Ellie Baxter (109th), Kaerdy Macdonald (113rd), Abby McGlone (141st)

Under 15 Boys – magnus tait (18th), Jamie Darling (39th), Thomas Snodgrass (88th), Euan Mackay (116th), Daniel Kelly (118th) Ben Keay (121st), Euan McAllister (128th)

Under 17 Boys – Kyle Mackenzie (61st), Sam Talebi (74th) Cameron Steven (DNF)

Amy Frankland representing Edinburgh University Hare & Hounds (but really a Lasswade athlete) finished 12th in the under 20 women's race.

Senior Men - Martin Gore (79th), Owen Miller (145th), Paul Benham (199th) Doug McDonald (427th)

SPRING / SUMMER FIXTURES

Day	Date	Event	Venue
SCOTTISH	CHAMPIONSHIPS		
Fri	22nd May	East District Champs	Grangemouth
Sat	23rd May	East District Champs	Grangemouth
Sun	7th June	Scottish Masters Champs	Grangemouth
Sat	20th June	Scottish Superteams	Grangemouth
Sat	11th July	Scottish Combined Events Champs.	Pitreavie
Sun	12th July	Scottish Combined Events Champs.	Pitreavie
Sat	1st Aug	Celtic Games	Grangemouth
Sat	15th Aug	Scottish Senior Champs	Aberdeen
Sun	16th Aug	Scottish Senior Champs	Aberdeen
Sat	22nd Aug	Scottish Age Group Champs	Grangemouth
Sun	23rd Aug	Scottish Age Group Champs	Grangemouth
Sunday	6th Sept	Relay Fest	Grangemouth
SCOTTISH	SCHOOLS		
Fri	5th June	Scottish Schools Secondary Relay Champs	Hutchesons Grammar
Sat	6th June	Scottish Schools Pentathlon & Relay Champs	Grangemouth
Fri	12th June	Scottish Schools Champs	Grangemouth
Sat	13th June	Scottish Schools Champs	Grangemouth
Thurs	18th June	Scottish Schools Inter Area & Disability Champs	Grangemouth
Sat	18th July	Schools International	Grangemouth
SCOTTISH	UNIVERSITIES		
Sat	25th April	Outdoor Championships	Grangemouth
LEAGUES	MEETINGS		
Sat	6th June	UKWAL	Meadowbank
Sun	9th Aug	UKWAL	Scotstoun
Sun	26th April	SWAL	Aberdeen
Sun	14th June	SWAL	Meadowbank
Sun	30th Aug	SWAL	Grangemouth
Sun	5th April	Lothian Trials	Meadowbank
Sun	10th May	SAL	Grangemouth
Sun	14th June	SAL	Inverness
Sun	5th July	SAL	Kilmarnock
Sun	30th Aug	SAL	Meadowbank
Sun	3rd May	YDL U13/U15 Div 2	Kilmarnock
Sat	30th May	YDL U13/U15 Div 2	Grangemouth
Sun	21st June	YDL U13,U15 Div 2	Kilmarnock
Sun	9th Aug	YDL Final	Grangemouth
Sun	26th July	YDL U17/U20	Scotstoun
Sat	18th April	Forth Valley League	Grangemouth
Sat	16th May	Forth Valley League	Meadowbank
Sat	27th June	Forth Valley League	Grangemouth
Sat	5th Sept	Forth Valley League	Meadowbank
Sun	17th May	CSSL Div 2/3	East Kilbride
Sun	28th June	CSSL Div 2/3	Grangemouth
Sun	2nd Aug	CSSL Div 2/3	Kilmarnock

SPRING SUMMER FIXTURES (Contd)

Sat	11th April	Pitreavie Club Champs	Pitreavie
Sun	12th April	Pitreavie Club Champs	Pitreavie
Sun	6th Sept	Pitreavie Young Athletes Trophy	Pitreavie
Wed	22nd April	Livingston OGM	Craigswood
Wed	27th May	Livingston OGM	Craigswood
Wed	15th July	Livingston OGM	Craigswood
Wed	19th Aug	Livingston OGM	Craigswood
Sat	8th Aug	Livingston Combined Events Meeting	Craigswood
Sat	9th May	East Lothian OGM	Meadowmill
Tues	23rd June	East Lothian OGM	Meadowmill
Tues	11th Aug	East Lothian OGM	Meadowmill
Sat	29th Aug	East Lothian OGM	Meadowmill
Wed	29th April	Dunren OGM	Linwood
Wed	6th May	Falkirk OGM	Grangemouth
Wed	3rd June	Falkirk OGM	Grangemouth
Wed	1st July	Falkirk OGM	Grangemouth
Wed	5th Aug	Falkirk OGM	Grangemouth
Wed	2nd Sept	Falkirk OGM	Grangemouth
Sat	28th March	Wishaw OGM	WishawSat
AREA SCHOOLS			
Wed	3rd June	Edinburgh Sec Schools Champs	Meadowbank
DISABILITY MEETINGS			
Sunday	29th March	Central Time Trials inc. SDS Squad	Grangemouth
Wed	3rd June	SDS Junior Track & Field Champs	Grangemouth
Wed	10th June	Fife Disability Track & Field Champs	Pitreavie
Wed	9th Sept	SDS Senior Track & Field Champs	Perth

CAN YOU HELP ?



Lasswade AC are looking for helpers to assist on Monday and Thursday

Anyone willing to help please contact Brian Hood, Club Development Officer on brian.hood@midlothian.gov.uk , 0131 561 6512 or coaches down at the Dalkeith Campus

COME ALONG—HELP US OUT !!

Congratulations to David Hand who wins this season's Michelin man look alike. He fought off some stiff competition at the Falkirk XC where several ran him close

