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Central AC Open Cross Country 13/2/10 @10.15a.m. Queen Victoria School – Dunblane
Interested athletes should enter at the venue on the day. – all “Open” races run like this
It’s a case of turning up and running!

Indoor Match 2 3/1/10 – cancelled by the organisers and could not be rescheduled
Indoor Match 3 21/2/10 – please email Bill Heirs indoorathletics@gmail.com if you wish to be considered for this league meeting. (Open to all paid up members from 9 years to 19 years)

Next schools race – 13/3/10 at St Flannans (enter via your school/ if your school is not taking part you can run for the club)
National Junior Road Race Champs – 21/3/10 (names to Ada U13, U15, U17 U20 only)

**Dates for
your
diary**

This summer the club will be competing in the CSSAL league.

Dates for your diary are –

Sunday 25th April Grangemouth

Sunday 23rd May Dumfries

Sunday 27th June Linwood

There is usually a Pre season Track meeting for all age groups at Grangemouth prior to the start of the track season. It is usually at the end of March. Further details will be included when Central Athletics let us know.

Results

West Districts Cross Country –

- U13 girls - Emma Canning 10th (selected to represent West district at Inter District Championships); Victoria Robertson 39th;
- U13 boys - Christopher Macdonald 18th; Fraser Connal 50th; Callum Dewar 53rd
- U15 boys - Gavin Alexander 11th (selected to represent West district at Inter District Championships); Callum Heirs 20th; Andrew McCormack 27th
- U17 girls - Alex Lamond 3rd (selected to represent West district at Inter District Championships)
- U17 boys - Scott Lawrie 21st

Indoor League Match 1

- U11 boys - Max Mcluskey 60m-10.62; Scott Connell 600m-2.01
- U13 boys - Mark O’Brien 60m-9.98; 200m 36.0; Jack McCabe 800m-2.47.7; Long jump-3.21m
- U13 girls - Lauren Hall Shot putt-3.82m, 60m-9.62; Perri McLuskey 800m-2.48.6, High jump-1.15m; Victoria Robertson 200m-36.0; Emily Jones Long jump-2.34m
- U15 boys - Michael Symington 60m-8.41, Long jump-4.1m; Fraser Connal 200m-32.4; Christopher Macdonald 400m-70.1; Kieran Pugh Shot putt-4.9m
- U15 girls - Erin Drummond 60m-9.76, 200m-32.3; Nicole Tucker 60mH-12.38, Shot putt-4.51m; Emma Canning 300m-46.9; Ellis McLuskey High jump-1.0m, Long jump-2.99m
- U17 boys - Scott Lawrie 800m 2.18.3, 400m 60.9, Long jump 4.49m
- U20 men - Craig McIntyre 800m-2.11.3, 400m-58.0
- U20 women - Alex Lamond 800m-2.29.3

- As always, remember to keep your Club **and** Scottish athletics membership fees paid up to date in order to be eligible to compete for your club. **FEES NOW OVERDUE** Remember to check with Ada that you have registered with Scottish Athletics.
- A new procedure will be issued shortly instructing parents on a suitable and safe method of uplifting children U16.
- A parent rota will begin shortly. All parents will be encouraged to assist in the supervision of children in the hall a few times per calendar year.. We need to do this