



RESULTS



COMBINED EVENTS  
CHAMPIONSHIPS



APRIL FIXTURES



ATHLETE PROFILE

# NEWSLETTER



The last month has seen athletes from the club compete on a number of different fronts. Whether it was battling the elements while pounding the roads or cross country or running, jumping and throwing in various events at the Emirates Arena, athletes from the club were out in force.

The winter season is now drawing to an end and with British Summer Time just around the corner, the lighter nights will lead to new and exciting opportunities for the club.

**"Anybody can be a runner. We were meant to move. We were meant to run. It's the easiest sport."**

**--Bill Rodgers**

## Scottish Age Group Indoor Combined Events Championships

For some athletes, competing in 1 or 2 events in the one day is simply not enough. Three such athletes are Fraser Gallagher, Shannon McNally and Eilidh Duncan. These athletes recently competed in 5 events at the Combined Events championships at the Emirates . FRASER (pictured top right) continued with his excellent winter form by winning a silver medal in second place. SHANNON (pictured right), in her debut Combined Events competition, also produced an excellent display in finishing in 4th place with EILIDH also performing well but out of the medals on this occasion.

## Cambuslang Harriers Road Races

On 3rd March, a number of athletes took to the roads for the annual Cambuslang Harriers 'Down By The River Races'. Hamish Coutts took a fine 3rd place in the under 15 boys category and Calum Little (pictured right) taking first place in the under 11 boys category. Well done to all who took part.

## Medal Winners

Congratulations to Lewis Brown (2nd in Scottish Schools 400m Under 16), Fraser Gallagher (3rd Shot Put, 3rd Triple Jump, Scottish Indoor Championships U16) and Shannon McNally, (2nd High Jump, Scottish Indoor Championships U16).

Excellent performances from 3 athletes who have performed exceptionally well throughout the winter. Well done!!!

### *Results*



Fraser Gallagher (top), Shannon McNally (centre) and Calum Little (bottom) who have all been in action recently.

The variety of success which athletes have achieved in recent months demonstrates the diversity of talent and opportunities available to all.

## Representative Honours

The performances of some of the clubs young athletes continues to impress and hot on the heels of Cameron Richardson and Tegan Kerr being selected for the West District Cross Country team, Lewis Brown, Daniel Winning and Eilidh Duncan have been selected for the Scottish Schools Team. The club wishes them well and their selections is a reflection of their hard work and endeavour over the winter.

## Road Runners

To all of you parents who are planning on running a 5k, 10k , half marathon or anything of this ilk, then have you ever thought of representing the club while doing so ?



Club road running is not only for the elite and we know from discussions that there are many parents who are or will take to the roads over the coming year.

We are looking to co ordinate this a bit better than we have up until now so keep an eye on the website for developments and let us know if this is something which is of interest to you.

## Club Trip

Thanks to everyone who has registered for the club trip / training weekend. 80 members from the club will now head North for a training and team building weekend in October . There is now a reserve list for places so sorry for those whom we could not accommodate at this time.

Pictured below is the accommodation for the trip ....



.....only kiddin!!!!

## Facilities



The lighter nights will provide us with far greater training options.

As well as the accessible trail runs for the endurance runners, a 400m track will be lined and after successful engagement by the club a brand new long jump pit is being built at Our Lady's High School.



## SAIL Finals and Relays

On Sunday 16 February, 64 athletes from the club attended at the Emirates arena to compete in the Scottish Athletics Indoor League Finals and Relays.

The only team who had managed to reach the last 6 from the League Format in their respective age group, were the under 17 boys team , which consisted of Cameron Richardson, Lewis Brown, Fraser Gallagher and Daniel Winning.

Competing against the best athletes from across the country, the boys performed exceptionally well , achieving 5 personal bests in the 7 events in which they competed. The team came narrowly close to a podium place by finishing in 4th place and only 2 points from a medal winning position.

In the Relay competition, hundreds of athletes competed in the 4 x 200m event.



The under 11 girls team of Emma Jeffrey, Natalie Maxwell, Isabella Knox and Amy Kennedy (pictured above) went one place better by clinching a bronze medal in a very exciting final.

Well done !!!



## Under The Spotlight.

Each month, we will profile one of the clubs athletes in order we can find out what makes them tick. Answering a series of simple Questions will help us get to know the person as well as the athlete. This months sees Beth Tobin come under the spotlight.

Q) Who is your favourite athlete?

A) **Jessica Ennis**

Q) What is your favourite event?

A) **200m**

Q) Who is your most inspirational person, dead or alive?

A) **Stephenie Meyer (author)**

Q) What is your favourite food?

A) **Pizza, but has to be from Asda**

Q) What song do you sing when training alone ?

A) **Can't remember to forget you - Shakira ft Beyonce**

Q) What was the last movie you saw and sum it up in one sentence?

A) **Frozen - Cheesy but still singing the songs**

Q)What is the highlight of your athletic career to date?

A) **Got into the final for 100m at scottish nationals**

Q) What career would you like to have , if not an athlete?

A) **A teacher**

Q) Most embarrassing moment?

A) **A hurdles race at Grangmouth , I fell on my face knocked down the hurdle in front of me by rolling into it but still got up and finished**

# Coaching Update

Thanks to everyone who attended the recent Coaches / Parents Meeting at Broadwood Stadium on 11 March . Dr Paul McCarthy gave an interesting presentation on sports psychology and young athletes and during the evening there was also a lot of good discussion about the positive aspects of the club and areas in which improvements can be made. This feedback will all be considered by the club as we move forwards over the coming weeks and months.

During the course of the last month we have now had 9 further coaches qualifying as Coaching Assistants with a further coach commencing his Club Coach Qualification next weekend



In addition to this , coaches at the club continue to be out in force either delivering training sessions or seeking out CPD events , where they can further improve their skills and knowledge. This is essential if we are going to continue to deliver excellent coaching to the athletes at the club.

On Saturday 21 and Sunday 23 March , 8 coaches attended the National Coaching Weekend at the Emirates Arena , where they enjoyed a variety of workshops and practical sessions, from the likes of Tony Minchello (coach to Olympic Heptathlon Champion Jessica Ennis- Hill, former Commonwealth 5000m Champion Rob Denmark and former Junior World Javelin Champion David Parker

As we approach the outdoor season we are always on the look out for any additional help which you can provide. One such area is Officiating. Don't worry if you have no experience of this, as you will be working along with experienced officials. Whether it is raking a sand pit , holding a stop watch or holding the end of a tape measure, without people to fill these roles the events simply won't take place and / or the club suffers through the docking of points in league matches.



If you coaches can assist in any capacity then please let any of the know.





## April Fixtures

As the winter season draws to an end, the summer season begins in earnest in April and over the next few months there is a wide and varied programme of events.

For those new to the club, we compete in 2 leagues during the summer track season. The JSB Forth Valley League takes place at Grangemouth Stadium on Saturdays. The first 2 matches are relatively brief affairs and only take a morning or afternoon to complete. We are currently in division 1 (3 Divisions).

This League is for under 11,13 and 15 age groups only. There are only very limited events at the initial matches i.e. 2 x track, 1 x field and a relay events per age group. With the club only able to select 2 athletes per event, it will unfortunately be impossible to select everyone who would wish to compete in this event.

The second league is the Scottish Youth Development League, which is for under 13, under 15 and under 17 athletes. For this event, athletes from the club participate in a composite North Lanarkshire Team, comprising of athletes from Cumbernauld , Airdrie and Motherwell, respectively and selection for this team is via the NL Inter Club Match which takes place at Coatbridge on Sunday 6 April.

You should have received a TEAMER notification for this event and athletes will also be handed out slips on club training nights, in order that they can select their events. (you can select up to 3 events).

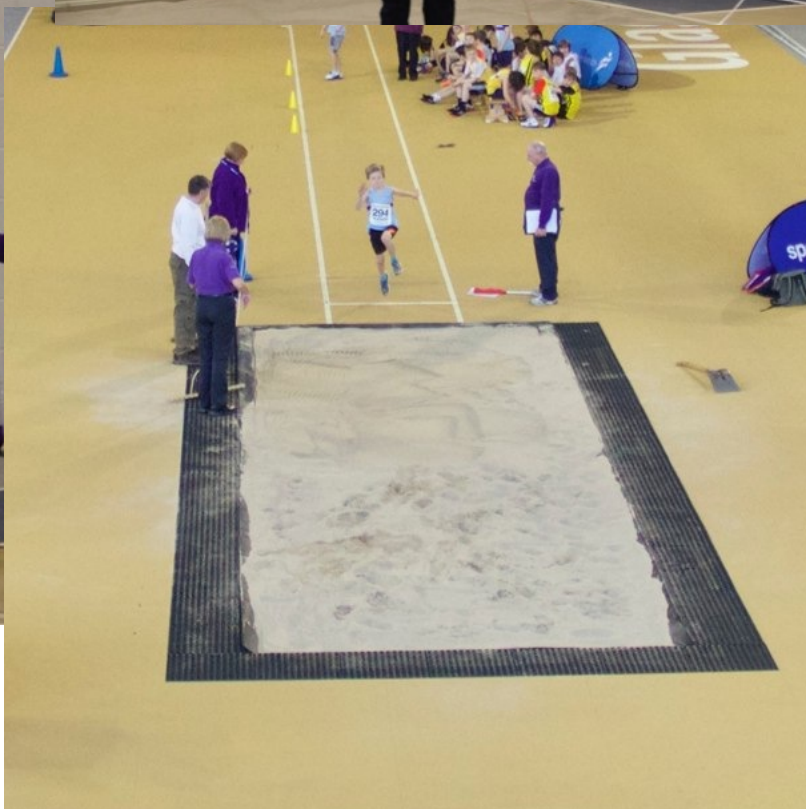
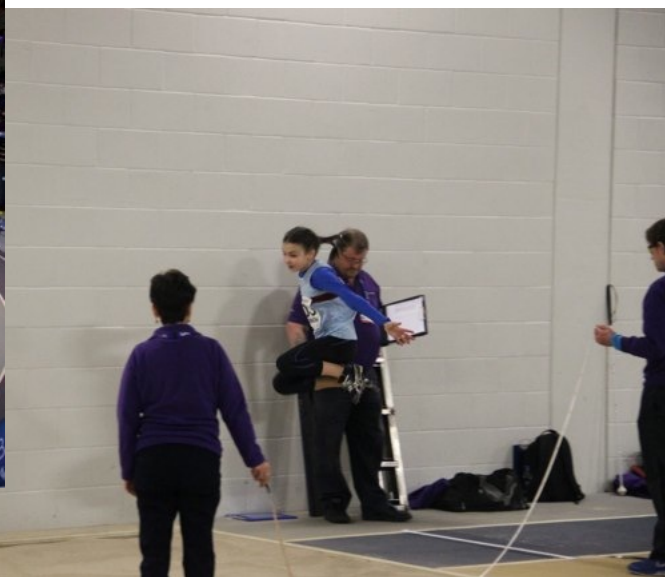
Although athletes compete on an individual basis in this Inter Club match, there is also an overall team award , which Cumbernauld managed to win last year, so hopefully we can hold onto our title!

For those who don't manage to gain selection for either of the above tams, don't worry as there are plenty of other events for all athletes throughout the season. We understand that athletes like to attend events as a team and we will be looking to identify at least one event per month , whether this be track, road or trail where everyone can take part .The key April dates are listed below, although check the webpage for regular updates.

Sunday 6 April	NL Trials / Inter Club Match	Coatbridge	
Saturday 19 April	JSB Forth valley League	Grangemouth	Team to be selected
Sunday 27 April	Youth Development League	Meadowbank stadium	NL team to be selected

# Action

Amie Hendry, Keir McCulloch, Amy Kennedy and Kyle McLaughlin in Long Jump action.



**“Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving.”**

**- Maurice Greene (attributed to Roger Bannister shortly after running the first sub-4 mile)**