

Red Star Newsletter - April 2024**SDS National Cross-Country Championships (3km - Adult) @ Alexandra Park (14th March)**Christopher O'Grady 2nd 15:26Darren Carruthers 3rd 17:18**GAA U12 Fun Day @ Emirates (17th March)**

Isla Amara (Team C) First competition

Thirsk 10 miles road race (17th March)Luke Deighan 4th 48:17**Training**

Monday and Thursday 19:00 to 20:00 @ Crownpoint

If any of parents/careers are interested in helping out at training, please speak to one of the coaches. We are always happy for others to join in and will encourage involvement. We will help with possible training courses.

Membership (April 2024 to March 2025)

Adults £25

Junior £15

April races30th Mar Falkirk Victoria Open Graded @ Grangemouth7th Apr Ayrshire Open Graded @ Riverside Stadium9th Apr Linwood Open Graded (100m, 800m & 3000m)14th Apr Round the House 10km @ Grangemouth17th Apr St Andrews Midweek (multi terrain)20th Apr Flat & Fast (3 & 5km) @ Linlithgow21st Apr DAAA 10-mile road race @ Clydebank23rd Apr Blast @ The Meadows 5km - Edinburgh24th Apr Ron's Runners 5km @ Irvine26th Apr Scottish 10000m Championships @ Crownpoint27th/28th Apr Coventry Spring Meet (Throws)27th/28th Apr Run Balmoral (10km & 5km)28th Apr GAA Sprint Gala @ Crownpoint

Isle of Arran 10km

Newhaven Lighthouse 10km @ Leith

Other Club Information

SDS Junior Track Championships @ Grangemouth

5th June (Entries still to open)

Red Star Games will take place on 23rd June at Crownpoint.

License has been approved by Scottish Athletics

Events will be 50m walk to 3000m on the track and all field events. If interested, please speak to Eddie at training, by telephone (07944322283) or by email

eddiemcloone@hotmail.com

For this event, we will be looking for helpers with various activities over the course of the day. Home baking and raffle prizes for the day would be appreciated. Again speak to Eddie if you can offer any help.

Red Star Athletics website

The current club website has not been refreshed in many years and the software is now obsolete. A website creator

has been contacted and is in the process of upgrading the website to a more modern format that will have more regular updates and be more user friendly.

Hopefully this will be in place soon and when it is, we will be asking for anyone who would be interested in assisting with keeping the site up to date, by adding any new pictures and details of recent competitions and up and coming events. If interested in helping, please let one of the committee know.

Committee:

Secretary Caroline Johnson

President Gordon Robertson

Welfare Officer Laura Gebbie

Athletes Representative Helen Cheyne

Treasurer Eddie McLoone

Members John Kinder & John Owens