

Red Star Newsletter – May 2024

Coventry Spring Meet (28th April)

Stuart Gebbie	100m	2 nd 13.85secs
Kirsty Souter	Club Throw	1 st 15.87m
	Discus	6 th 7.52m
Kyle Brotherton	100m	4 th 16.48secs
	400m	4 th 57.21secs
	800m	1 st 1.56.64
	1500m	2 nd 3.55.32

GAA Sprint Gala (28th April)

Kieran McGhee	150m	19.87secs
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Dunbartonshire AAA 10 miles road race (21st April)

Christopher O'Grady	56 th	71:34
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ScottishAthletics10k Champs @ Crownpoint (26th April)

Christopher O'Grady	13 th	46:08
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Training

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

If any of parents/careers are interested in helping 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.

With the track season well under way now, can any athlete who requires assistance to get to the start line, set up starting blocks, etc please remember to complete an assistance form and hand to track officials when arriving at the athletics venue. Without this, you cannot enter the running track area. If unsure as to the procedure, please speak to one of the coaches who will be happy to offer advice on best way to do this.

Membership (April 2024 to March 2025)

Adults £25

Junior £15

May races

21 st May	Blast @ The Meadows
22 nd May	Land O Burns 10km @ Ayr
23 rd May	Babcock 10km @ Dumbarton
24 th May	Livingston Open Graded
26 th May	Dunblane 12km Road Race
30 th May	Babcock 10km @ Helensburgh

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.

Club Vests/T-Shirt

If anyone has still to receive their club vest or T-shirt, can you please speak to Eddie. A new order will be placed shortly. A free one is given when you pay this year's membership.

Red Star Athletics website (www.redstarac.org.uk)

The new club website is still under construction. In order to show what the club can offer, a cameraman will be at training on Thursday 23rd May to create a short film that will be uploaded to the new website. A good turnout from club members would be appreciated on this night. We are still keen to hear from 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.



<https://www.facebook.com/profile.php?id=100057063896049>



@RedStarAC

Committee:

Secretary Caroline Johnson

President Gordon Robertson Vice President John Kinder

Welfare Officer Laura Gebbie

Athletes Representative Helen Cheyne

Treasurer Eddie McLoone

Members Jim Bradley & John Owens