



Newsletter



March 2013

This latest Club Newsletter contains important information on summer training group times, and league and championships fixtures details. There is also news on the club's recent successes, and information on ways in which people can become involved with the club.

Summer Training Groups (from 8th April)

Endurance, Hurdles,
Jumps & Throws **Mon & Thurs 7:00-8:30pm**
Junior Sprints **Mon & Thurs 7:00-8:15pm**
Senior Sprints (A Sobik) **Mon 7:00-8:30pm**
Multi Events/Induction **Mon 7:00-8:15pm**
Multi Events **Thurs 6:00-7:00pm**
Adult Running Group **7:00-8:00pm**

Please note: The sports halls are not available for training during the summer season.

U20 Women win Scottish Indoor League

The Club's U20 Women won this season's Scottish Athletics Indoor League, and finished second in the 4 x 200m Relay Championships.

Team:

Amy Frankland,
Ellen Kristoffersen,
Erin Feeley,
Rachel Robertson,
Sarah Szymanski & Sophie Elder (Sophie not in photo).



New Sprints Group

A new sprints group will start on Thursday 11th April, 7:00-8:15pm, coached by Caroline Wylie. All those currently in the Monday Sprints Group, or other Events Groups are welcome.

Adult Running Group

Parents and friends, please come and join our adult running group. The group is open to all abilities, running on Mondays from 7:00-8:00pm.

Can you help?

We are always looking for new coaches, helpers, team managers and committee members. If you can help, please contact: caroline.wylie@midlothian.gov.uk

Social Committee

The club would like to set up a social/fundraising committee. If you'd be interested in organising a ceilidh or other social events, please contact: caroline.wylie@midlothian.gov.uk

Achievements

Lasswade Athletics Club athletes have had some excellent results recently, to check out the latest news visit the club's website: www.lasswade-ac.org.uk

Provisional Fixture Dates for Summer 2013

Day	Date	Event	Venue	Age Group	Entry
Sun	7 April	Lothian Trials	Meadowbank	All	Individual
Sat	20 April	Men's League	Kilmarnock	U20 – Senior	Team
Sun	21 April	Women's League	Meadowbank	U13 – Senior	Team
Sat	27 April	Forth Valley (AM)	Grangemouth	U11,U13,U15	Team
Sat	28 April	YDL(U17/20)	Liverpool	U17-U20	Team
Sun	5 May	YDL(U13/15)	Wishaw	U13-U15	Team
Sun	12 May	CSSAL	Grangemouth	All	Team
Sat	18 May	Forth Valley (PM)	Grangemouth	U11, U13, U15	Team
Sun	19 May	Women's League	Aberdeen	U13 – Senior	Team
Sun	19 May	Men's League	Grangemouth	U20 – Senior	Team
Fri/Sat	24/25 May	East Districts Champs	Meadowbank	All	Individual
Sat	1 June	Schools Multis Champs	Grangemouth	All	Schools
Sun	2 June	YDL(U13/15)	Grangemouth	U13-U15	Team
Sun	2 June	YDL(U17/20)	Manchester	U17-U20	Team
Fri/Sat	7/8 June	Schools Champs	Grangemouth	All	Schools
Sat/Sun	15/16 June	European U20 Et U23 Trials	Bedford	U20 Et U23	Ind Et Team
Sun	16 June	Masters Et Relays Et 10000m	Grangemouth	All	Individual
Sun	23 June	YDL(U13/15)	Kilmarnock	U13-U15	Team
Sat	29 June	CSSAL	Wishaw	All	Team
Sun	30 June	YDL(U17/20)	Meadowbank	U17-U20	Team
Sat	13 July	Multis Et SuperTeams Champs	TBC	All	Ind Et Team
Sun	14 July	Multis Et U18/20 3000m Champs	TBC	All	Individual
Sat	20 July	Schools International	Dublin	All	Invitation
Sun	21 July	Mens League	Grangemouth	U20-Senior	Team
Sun	21 July	EAC Open Graded	Meadowbank	All	Individual
Sat	28 July	YDL(U13/15) Final	Grangemouth	U13-U15	Team
Sun	28 July	YDL(U17/20)	Preston	U17-U20	Team
Sat	3 Aug	Celtic Games	North Wales	U16 Et U18	Invitation
Sat	3 Aug	Forth Valley Final	Grangemouth	U11, U13, U15	Team
Sun	4 Aug	CSSAL	Kilmarnock	All	Team
Sat	10 Aug	Seniors Et Parallel Success Champs	Scotstoun	Seniors	Seniors
Sun	11 Aug	Seniors (Finals Day) Champs	Scotstoun	Seniors	Seniors
Sat	17 Aug	U14&18 Age Groups Champs	Aberdeen	U14 Et U18	U14 Et U18
Sun	18 Aug	U16&20 Age Groups Champs	Aberdeen	U16 Et U20	U16 Et U20
Sun	25 Aug	Men's League	Aberdeen	U20-Senior	Team
Sun	25 Aug	Women's League	Scotstoun	U13-Senior	Team
Sat	31 Aug	Forth Valley Select	Grangemouth	U11, U13, U15	Invitation
Sat	31 Aug	UK U15&17 Age Groups	Bedford	U15 Et U17	Individual
Sun	1 Sept	UK U15&17 Age Groups	Bedford	U15 Et U17	Individual
Sat	7 Sept	YDL(U13/15) Final UK	Birmingham	U13-U15	Team
Sun	8 Sept	YDL(U17/20) Final UK	Birmingham	U17-U20	Team
Sun	8 Sept	Pitreavie Trophy	Pitreavie	All	Individual
Sat	14 Sept	UK School Games	Sheffield	All	Invitation
Sun	22 Sept	Lasswade AC Club Champs	Meadowbank	All	Individual

Our athletes in the news

Pupils at Cuiken Primary school in Penicuik, Midlothian, celebrated after it was revealed their team scooped gold in the Edinburgh Marathon Festival junior school competition 2012.

Team members Oliver Snodgrass, 10, his brother Thomas, 12, and their class mate Joshua Grahame, 12, were presented with a trophy to mark the launch of this year's competition. Oliver finished fourth in the 1.5km race with an impressive time of five minutes, 44 seconds, Thomas finished fourth in the 3km race with a time of 11 minutes and 40 seconds while Joshua finished 13th with a time of 12 minutes and 35 seconds.