

LIVINGSTON ATHZETCLUB

A Story of Successful Development: Work In Progress



Alistair Dalgleish

Club Chairperson

Livingston Athletic Club





Jamie McDonald

National Club Manager – East

scottish athletics





LIVINGSTON ATHLETIC CLUB

What We Will Cover

- Background of the Club
- Legal Status, Governance and Management Structure
- Financial Management
- Communication and Club Website
- Coaching Structures and Coach Development
- Competition Opportunities
- School to Club Links and Run, Jump and Throw Satellite Sections
- Any Questions

Club Background

- Founded in 1972
- Based in Livingston and mainly at Craigswood Sports Centre
- Club Accreditation Foundation Award in April 2012
- Joined CTO programme in December 2013
- Club Accreditation Podium Award in February 2015



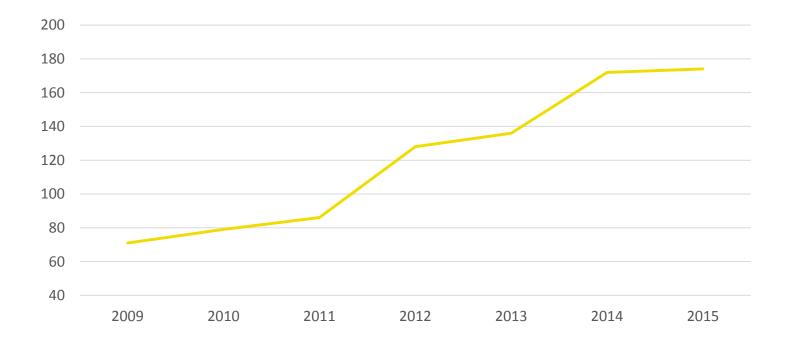
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LIVINGSTON ATHLETIC CLUB

Club Background

- 2009 71 club members
- 2015 174 club members + 70 RJT members





Club Background

	2009	2015	Increase
Athletes	59	137	132%
Coaches	6	18	200%
Officials	4	14	250%
Other Volunteers	2	5	150%
Total	71	174	145%

Club Background

New track and field facilities at Craigswood Sports Centre in 2011

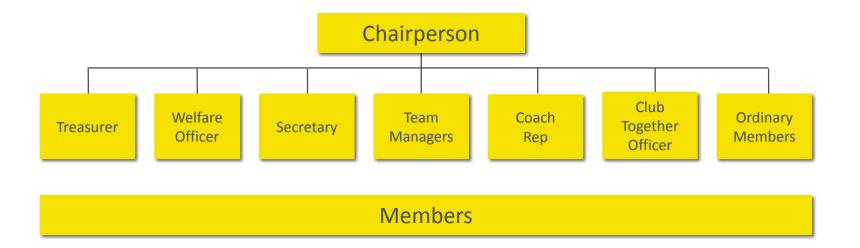
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Legal Status, Governance and Management Structure

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- Unincorporated organisation since founded 43 years ago.
- Robust procedures Constitution, Welfare, Code of Conduct, Equity, Risk Assessments
- Committee structure



Legal Status, Governance and Management Structure

- Detailed three year development plan for Podium Award
- In process of Changing legal status Scottish Charitable Incorporated Organisation
- The process:
 - Leadership conference and discussed options/rationale
 - Drafted new constitution
 - ✤ Held EGM
 - Applied to OSCR
- Developing Partnerships Steering Group and Local Athletics Partnership



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Legal Status, Governance and Management Structure

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Our Next Steps

- Management Board with appropriate sub groups especially finance and coaching
- 🔅 Business Plan
- Review governance procedures in line with new legal status
- Maximise new legal status especially around gift aid

Membership Fees

- 2009 Annual membership fee + weekly training fees
- 2010 Single monthly fee for membership and training payable by standing order

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- 2012 Took responsibility for SAL membership fees
- 2015 Fees
 - £12 per month for 1 training session per week
 - £18/£24 per month for 2/3 training sessions per week
 - £6 per month for Students

Direct Debits

- Changed from standing orders to direct debits in 2014
- Why?
 - Reduced administration setting up new members
 - Simplified process to change fees
 - Immediate notification of cancellations and missed payments

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- Monthly reports
- Single monthly payment in club bank account
- Direct Debit service provided by First Capital's 'Sports Club Subs' service

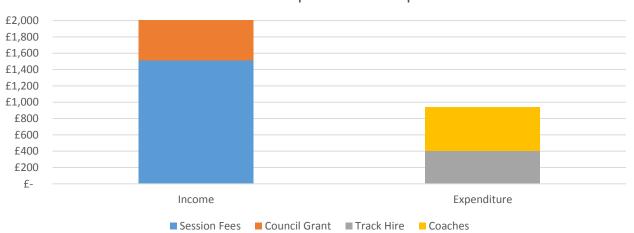
Costs



Structured Fundraising

- Competitions
- RJT Centres

Summer Camps - 2014 one week, 2015 two weeks, 2016...



2015 Summer Camp Income & Expenditure

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Our Next Steps

- Sustaining Club Together role for next three years beyond December 2016
- Maximising new legal status especially utilising gift aid

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Club Coaching Structure



 RJT Centres from 7 to 11 years fully integrated to the club

VINGSTON

- Recruited 11 new coaches/leaders in last two years
- Volunteers recruited in other areas to support this growth
- Self employed coaches in throws/jumps and RJT Centres
- Regular parents evenings
- Added two extra training nights

Club Coaching Structure



 Jumps/throws identified as gaps in athlete pathway

VINGSTON

- Two event group coaches to help retain older athletes
- Jumps 8 athletes
- Throws 6 athletes

Coach Development

Coach Development Workshops	Dates	Deliverers
PCS Double Goal Coach	Nov 2013	Lindsay Mcmahon
Child Protection – Safeguarding in Sport	January 2014	Sportscotland/Children 1st
LTAD Multi Event Development – 8 to 12	March 2014	Alex MacEwan
Jumps	April 2014	Bryan Roy
Sprints and Relays	May 2014	Rodger Harkins
Throws	June 2014	Hugh Murray
Endurance Workshop	September 2014	Robert Hawkins
Leading Athletics	November 2014	Brian Winning
Endurance	December 2014	Robert Hawkins
Jumps	January 2015	Darren Ritchie
Inclusion Workshop	February 2015	Shona Malcolm
Throws	February 2015	Hugh Murray
Hurdles	March 2015	Allan Scott

Partnership
 Working – through
 LAP (three clubs)
 including promotion
 and finance

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 Utilising event group coaches – free club visits - and follow ups

Coaching Structure and Coach Development

Our Next Steps

Coaching Structure

- Stronger coaching sub group
- Introduce Disability/Inclusion section
- Introduce jogscotland section/s
- ✤ 9 12 year old multi event stage self employed
- Introduce Conditioning/Physical literacy session
- Coach Development
 - Foundation Course Athletic Development & Physical Preparation level 1

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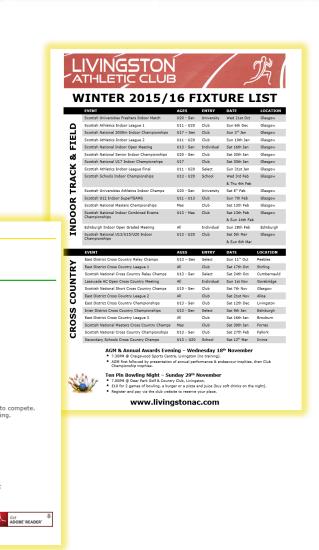
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Followed by technical input in event groups

- All relevant fixtures on club website
- Full details what, where, when, who, how to enter

FIXTURES

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	A State	2	-/	Event:	East District Cross Country League 1
				Location:	University of Stirling, Stirling
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		Lasswade Open XC	01/1	Туре:	Cross Country
Type Age Category	×	 National Short Course XC Champs 	07/1		
		East District XC League	21/1		
1 - 30 of 32	Page 1 <u>2</u> ≥	 Indoor League 	06/1	Date:	Saturday, 17th October 2015 @ 12.00 PM
EVENT	DATE	 East District XC Champs 3000m Indeor Champs 	12/1		
Lasswade AC Open Cross Country Meeting	01/11/2015	Inter District XC	09/0		
Scottish National Short Course Cross Country Championships	07/11/2015	Indoor League	10/0		
East District Cross Country League 2	21/11/2015		100	Age Group:	Under 11 - Senior
Scottish Athletics Indoor League 1	06/12/2015	RESULTS			
 Scottish East District Cross Country Championships 	12/12/2015		24/10/		
 Scottish National 3000m Indoor Championships 	03/01/2016		21/10/	Notes:	Entry
Inter District Cross Country Championships	09/01/2016	East District XC League	17/10/	notesi	Entry on the day. All club members welcome to c
 Scottish Athletics Indoor League 2 	10/01/2016		17/10/		Check arrangements during the week at training.
 Scottish National Indoor Open Meeting 	16/01/2016		11/10/		check arrangements during the week at durinig
East District Cross Country League 3	16/01/2016		11/10/		Age Groups
 Scottish National Senior Indoor Championships 	30/01/2016		07/10/		U11: Born 01/09/04 - 31/08/06
 Scottish National U17 Indoor Championships 	30/01/2016				U13: Born 01/09/02 - 31/08/04
 Scottish National Masters Cross Country Championships 	30/01/2016	CLUB NEWS			U15: Born 01/09/00 - 31/08/02
 Scottish Athletics Indoor League Final 	31/01/2016	National Short Course XC	23/1		U17: Born 01/09/98 - 31/08/00
 Scottish Schools Indoor Track & Field Championships 	03/02/2016	Champs - Sat 7th Nov	23/1		U20: Born 01/09/95 - 31/08/98
 Scottish Schools Indoor Track & Field Championships 	04/02/2016	 Winter 2015/16 Fixture List 	22/1		SEN: Born 31/08/95 or earlier
 Scottish Universities Athletics Indoor Championships 	06/02/2016	 Additional Training 	21/1		
 Scottish U12 Indoor SuperTEAMS 	07/02/2016	Opportunities (Ages 12+) League Reward T-Shirts	19/1	Related Pages:	News - East District XC League - Sat 17th Oct
 Scottish National Indoor Combined Events Championships 	13/02/2016	East District XC Relay	18/1		
 Scottish National Masters Indoor Championships 	13/02/2016	Champs Results			
 Scottish National Indoor Combined Events Championships 	14/02/2016	 Scottish Athletics Annual Awards 	17/1)	PDF	
 Scottish National Cross Country Championships 	27/02/2016	Linlithgow 10K & Fun Run	16/1	A	5
Edinburgh Indoor Open Graded Meeting	28/02/2016	Results		Course Map &	
 Scottish National U13/U15/U20 Indoor Championships 	05/03/2016	 Tenpin Bowling Night - Sun 29th Nov 	16/1	Timetable	
 Scottish National U13/U15/U20 Indoor Championships 	06/03/2016	-Lasswade Open XC Races -	16/1	(interable	
 Scottish Schools Cross Country Championships 	12/03/2016	Sun 1st Nov			
 Scottish National Junior Road Race Championships 	02/04/2016	 National Short Course XC 	15/10/		



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Summer OGM Series

- Missing link in club competition structure
- Trial event in 2011
- Now four events per year
- Up to 280 athletes and over 400 performances per event
- Well supported by club volunteers



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www.livingstonac.com/open

Summer OGM Series

- Online entries via club website
- Online payment via PayPal
- Event administration and results using Hy-Tek Meet Manager

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ENTRY FORM

PayPal[®]

ACTIVEHY-Tek

Livingston Open Me	eeting
Event:	Livingston Open Meeting
Location:	Craigswood Sports Centre, Livingston
Date:	Wednesday, 19th August 2015 @ 6.45 PM
Related Pages:	Fixture - Livingston Open Meeting News - Livingston Open Meeting - Wed 19th Aug News - Livingston Open Meeting - Club Highlights
Flyer Timetable	✓ Set adder reader. ▼
Please submit the form below t 19th August.	Step 1/: o enter the Livingston Open Meeting on Wednesday
1. Athlete Details	
First Name:	
Last Name:	
Date of Birth:	Day \vee Month \vee Year \vee
Gender:	~
Age Group:	
Club:	
SA Number:	
Contact Email:	
conduct Ennom	
2. Events	
Event 1:	✓
PB:	
PB Year:	∠ v
SB:	

HIGSTON



New Events for 2015

Open Combined Events Championships

- ✤ Aug 2015 87 athletes
- Club Cross Country Championships
 - Oct 2015 63 athletes



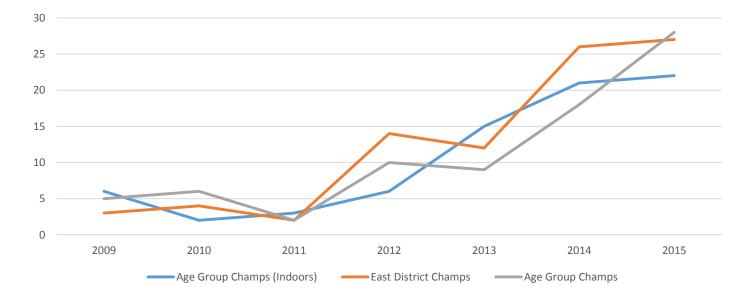


VINGSTON

LIVINGSTON ATHLETIC CLUB

Competition

- National and District Championships club submit and pay for entries
- Age Group Championships
 - ♦ 2011 2 athletes
 - ♦ 2015 28 athletes



LIVINGSTON ATHLETIC CLUB

Competition

Increase in athletes reaching Power of 10 entry standard



Power of 10 Ranking Entries

Female Male

Our Next Steps

- Improved links from schools programme
- Increase cross country participation





Run, Jump and Throw – School to Club Links



■ Craigswood Sports Centre ■ Deans CHS

Broxburn Academy

DAY	TIME	LOCATION	AGES	SESSIONS	DATES	COST
Monday	6.00PM - 7.00PM	Craigswood Sports Centre	Ages 7-8	8 Sessions	14 th Sept - 12 th Oct & 26 th Oct - 9 th Nov	£30
Wednesday	4.30PM - 5.30PM	Broxburn Academy	Ages 8-11	8 Sessions	16 th Sept - 14 th Oct & 28 th Oct - 11 th Nov	£20
Friday	1.00PM - 2.00PM	Deans Community High School	Ages 8-11	8 Sessions	18 th Sept - 16 th Oct & 30 th Oct - 13 th Nov	£20
Friday	2.45PM - 3.45PM	Craigswood Sports Centre	Ages 8-11	8 Sessions	18 th Sept - 16 th Oct & 30 th Oct - 13 th Nov	£30
Friday * Dev Squad *	3.50 PM - 5.20 PM	Craigswood Sports Centre	Ages 9-11	8 Sessions	18 th Sept - 16 th Oct & 30 th Oct - 13 th Nov	£45
Saturday	10.00AM - 11.00AM	Craigswood Sports Centre	Ages 8-11	8 Sessions	19 th Sept - 17 th Oct & 31 st Oct - 14 th Nov	£30



G

Athletics training tailored for 7-11 year olds.

- This part of the Club focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop. Youngsters are introduced to a range of athletic events, basic skills, balance, coordination and speed sessions; the essential ABC's of all sports. The programme is based around Athletics, but the skills acquired can be extremely beneficial to children across a vide variety of sports. The Club operates in a safe, relaxed and friendly environment, allowing children to enjoy their experience, make new friends and to progress athletically. Scottish Athletics state⁻¹... It is videly recognised that Athletic activities: running, jumping and therains or underno more received to Borthold ...
- throwing underpin every sport in Scotland...*.



www.livingstonac.com/rjt

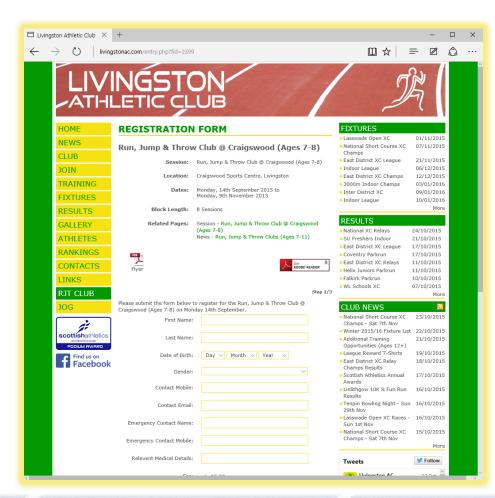
- Six satellite centres established
- 70 participants Ages 7 to 11
- Fully integrated to club with club coaches and supported by CTO

NGSTON

HEFTIC CL

- Significant schools programme in West
 Lothian and linked to Active Schools team
- Promotion
- Primary School aged athletes attend two RJT blocks
- Secondary School aged athletes attend taster/induction block
- Regular parents evenings

Run, Jump and Throw – School to Club Links



 Online registration via club website

JGSTON

HEETIC CLUB

£20/£30 per 8 week block

Run, Jump and Throw – School to Club Links

Our Next Steps

- Increase number of RJT centres linked to schools
- Provide appropriate competition opportunities to RJT athletes







HAGSTON



Communication and Club Website

Club News

LIVINGSTO

CLUB NEWS

LUB

OIN

RAINING

IXTURES

RESULTS

GALLERY

ATHLETES

RANKINGS

CONTACTS

INKS

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RJT CLUB

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PODILM RW

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Email Newsletters

	Į
e to Livingston & District AAC. Founded in 1972 and based at Craigswood	FIXTURES
Entre, Livingston, we are West Lothian's track & field athletics club. [More] B NEWS	Lasswade Open XC National Short Course XC
National Short Course XC Champs - Sat 7th Nov	Champs East District XC League
The National 'Short Course' Cross Country Championships take place on Saturday 7th November at Bellahouston Park in Glasgow. There	Indoor League East District XC Champs

Livingston AC

Only a few days left to enter the "Short Course" XC Champs in Glasgow on Sat 7th Nov. Check club website for

The National 'Short Course' Cross Country C on Saturday 7th November at Bellahouston are separate races for each age category and are: Course Distances U15: 26 U12: [More] Inter District XC Indoor League Winter 2015/16 Fixture List

A full list of cross country fotures and indoor track is field foctures for the 2015/2016 Winter season can be found on the fixtures section of the club website. The fixture pages are regularly updated with the... [More] National XC Relays SU Freshers Indo

Additional Training Opportunities (Ages 12+) · East District XC Leag The club now offers three training sessions per week at Craigswood Sports Centre for Coventry Parkrun athletes aged 12+ who compete regularly in team competitions and who are East District XC Relay repared to put in the effort to progress. Monday 7.0... [More]

Helix Juniors Parkrun League Reward T-Shirts Falkirk Parkrun At training this week, the next batch of t-shirts will be presented to athletes who have reached the milestones of representing the club in 10 league matches and 20 league matches since the last • WL Schools XC presentations. More details about the ... [More]

East District XC Relay Champs Results

The club was represented in the Scottish East District Cross Country Relay is last Sunday by three junior teams. The event was held at Peebles fo ear on a challenging hillside course. The t... [More] Additional Training Opportunities (Ages

Scottish Athletics Annual Awards East District XC Relay As another successful athletics season comes to an end, we're excited to announce that the club have been shortlisted for the Champs Results "Impact Club of the Year" award at the Scottish Athletics Annual Awards at the end of October, Congratulati... [More]

Linlithgow 10K & Fun Run Results Tenpin Bowling Night 29th Nov Eight athletes from the club were in action on Sunday 20th September at Linkthgov AC's local road races. Five junior athletes were amongst 217 athletes competing in the Fun Run. The course, approximately 1.75 km... [More] National Short Course Champs - Sat 7th Nov

Tenpin Bowling Night - Sun 29th Nov Sunday 29th November there is a junior athletes night out with pin bowling and food at Deer Park, Livingston. The cost is £10 for ernes of bowling, a burger or pizza and juice. Athletes should g money if they want... [More]

NEXT FIXTURE

Event: Lasswade AC Open Cross Country Meeting Location: Gore Glen Woodland Park, Gorebridge

CLUB NEWS 1 - 30 of 1375

 Lasswade Open XC 	01/1 1 - 50 01 1575
National Short Course XC Champs East District XC League Indoor League Solom Listrict XC Champs 3000m Indoor Champs Inder District XC Indoor League	NEWS National Short Course XC Champs - Sat 7th Nov Winter 2015/16 Foxture List Additional Training Opportunities (Ages 12+) League Reward T-Shirts
RESULTS	 East District XC Relay Champs Results
National XC Relays	Scottish Athletics Annual Awards
SU Freshers Indoor East District XC League	1/10 7/10 Linlithgow 10K & Fun Run Results
Coventry Parkrun East District XC Relays	7/16 1/10 Tenpin Bowling Night - Sun 29th Nov
Helix Juniors Parkrun	1/10 Lasswade Open XC Races - Sun 1st Nov
Falkirk Parknun WL Schools XC	National Short Course XC Champs - Sat 7th Nov
	East District XC League - Sat 17th Oct
CLUB NEWS	East District XC Relay Photos
National Short Course XC Champs - Sat 7th Nov	Club Championships Highlights
Winter 2015/16 Fixture List	22/1
 Additional Training Opportunities (Ages 12+) 	
League Reward T-Shirts	19/1 Livingston Club XC Championships - Arrangements
 East District XC Relay Champs Results 	East District XC Relay Champs - Sun 11th Oct
 Scottish Athletics Annual Awards 	17/1 Livingston Club XC Championships - Sat 3rd Oct
Linlithgow 10K & Fun Run Results	 Pitreavie Young Athletes Trophy Meeting Highlights
 Tenpin Bowling Night - Sun 29th Nov 	Forth Valley President's Select Match Highlights
Lasswade Open XC Races - Sun 1st Nov	16/1 Grangemouth Open Graded Meeting Highlights
National Short Course XC	15/1 Men's League & Women's League Highlights
Champs - Sat 7th Nov	More
Tweets	V Follow
Livingston AC	23.0a

CLUB NEWS

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DATE

23/10/2015

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21/09/2015

21/09/2015

21/09/2015

20/09/2015

19/09/2015

19/09/2015

Livingston Club XC Championships - Sat 3rd Oct



HNGSTON

ATHLETIC CLUB

ngston will be holding at Club Cross Country Championships for the first time on rday 3rd October at Dechmont Law Park to kick start the cross country season.

timing and distances of the event are also intended to provide a practice ortunity in preparation for the East District events later in October.

event is open to athletes in all age categories from under 11s (9+) up to seniors masters.

Livingston members paying monthly membership fees, entry will be free of ge. For everyone else the entry fee is £3.50 which can be paid online via PayPal.

Livingston members, Club Championship medals will be presented on the day for 2nd/3rd place for each age group (U11/U13/U15/U17/SEN). U20s, Seniors and ters will be combined for medal purposes. Guest are not eligible for medals.

umber of volunteers will be required to help with course marking and marshaling. xperience necessary. Please speak to Ian or Lisa at training, or email Ian, if re available to help. All volunteers get a free club t-shirt.

, Jump & Throw" club members are also encouraged to compete as local club nts are an ideal introduction to competition.

her details including a timetable are available in the flyer and course map below.

ated Pages: Fixture - Livingston Club Cross Country Championships - Sat 3rd Oct Entry - Livingston Club Cross Country Championships

POF Course Map Flyer

PDF



Posted on Monday, 21st September 2015

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HOME		UB		FIXTURES • Lasswade Open	XC 01/11/2015		200m 19/08/2015 05/07/2015 28/06/2015	Livingston Open	В	2nd	23.95 24.13
NEWS	RESULTS East District Cross	UB		 Lasswade Open National Short C 			200m 19/08/2015 05/07/2015 28/06/2015 400m	Livingston Open Scottish Athletics League Central & South League	B A	2nd 1st 4th	23.95 24.13 24.04
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NEWS	East District Cross	Country League 1 ETAILS RESULTS		 Lasswade Open National Short C Champs East District XC Indoor League 	Course XC 07/11/2015 League 21/11/2015 06/12/2015		200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League	B A Heat 1 B	2nd 1st 4th 4th 2nd	23.95 24.13 24.04 51.26 50.44
NEWS CLUB JOIN	East District Cross	ETAILS RESULTS		Lasswade Open National Short C Champs East District XC Indoor League East District XC 2000m Indoor C	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015		200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs	B A Heat 1 Heat 1	2nd 1st 4th 4th 2nd 5th	23.95 24.13 24.04 51.26 50.44 51.59
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NEWS CLUB JOIN TRAINING FIXTURES	East District Cross U11 Boys Elliot Frame U13 Girls	ETAILS RESULTS	h 10:-	Lasswade Open National Short C Champs East District XC Indoor League East District XC 30000 Indoor C Inter District XC Indoor League RESULTS	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings V	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 Heat 1 A B Final A	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25
NEWS CLUB JOIN TRAINING FIXTURES RESULTS	East District Cross U11 Boys Eliot Frame U13 Girls Isla Calvert Sophie Ure	ETAILS RESULTS 4tl 6tl	h 10:-	Lasswade Open National Short C Champs East District XC Indoor League East District XC S000m Indoor C Indoor League Indor League ReSULTS National XC Reli SU Freshers Ind	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings V		200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 Heat 1 A B Final A A	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES	East District Cross U11 Boys Elliot Frame U13 Girls Bala Calvert Sophie Ure U13 Boys	ETAILS RESULTS 4ti 6ti 51	h 10: st 13:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League Resultrs Resultrs National XC Rele SU Freshers Ind East District XC	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 List Season Rankings \checkmark Age Under 15 \checkmark Gender Event 200m	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015 15 ✓	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A B Final A A Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS	East District Cross UI11 Boys UI13 Girls UI3 Girls UI3 Boys UI3 Boys UI3 Boys UI3 Boys UI3 Boys UI3 Boys	ETAILS RESULTS 4tl 6tt 51	h 10: st 13: ith 11:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor Indoor C Inter District XC Indoor League RESULTS National XC Rels SU Freshers Ind East District XC Coventry Parkru	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings \checkmark Age Under 15 \checkmark Gender Event 200m \checkmark	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 Heat 1 A B Final A A	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS	East District Cross U11 Boys Elliot Frame U13 Girls Bala Calvert Sophie Ure U13 Boys	ETAILS RESULTS 4ti 6ti 51	h 10: st 13: ith 11:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League RESULTS National XC Rele SU Freshers Ind East District XC Coventry Parkru East District XC Helix Juniors Park	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings \ Age Under 15 \ Gender Event 200m \	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61 53.19
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS	East District Cross UI11 Boys UI13 Girls UI3 Girls UI3 Boys UI3 Boys UI3 Boys UI3 Boys UI3 Boys UI3 Boys	ETAILS RESULTS 4tl 6tt 51	h 10: st 13: ith 11:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League Tast District XC Indoor League RESULTS National XC Rele SU Freshers Ind East District XC Coventry Parkru SEast District XC Helix Juniors Par Falkirk Parkrun	Course XC 07/11/2015 League 21/11/2015 Of/12/2015 RANKINGS List Season Rankings V Age Under 15 V Gender Event 200m V	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A B Final A A Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61 53.19
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS	East District Cross D U11 Boys • Elliot Frame U13 Girls • Isla Calvert • Sophie Ure U13 Boys • Fraser Morris • Alastair Marshall	ETAILS RESULTS 4tl 6tt 51	h 10: st 13: th 11: th 12:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League East District XC Indoor League ReSULTS National XC Rele SU Freakers Ind East District XC Edikrick Parkrun East District XC Helix Juniors Parkrun Falkirk Parkrun WL Schools XC	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 List Season Rankings V Age Under 15 V Gender Event 200m V	Season 2014/203	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015 15 \sigma' T	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.65 53.25 51.55 52.61 53.19
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS	East District Cross U11 Boys Elliot Frame U13 Girls Isla Calvert Sophie Ure U13 Boys Fraser Morris Alastair Marshall U15 Girls Holly White	ETAILS RESULTS 4ti 51 25 38	h 10: st 13: th 11: th 12:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League East District XC Indoor League ReSULTS National XC Rele SU Freakers Ind East District XC Edikrick Parkrun East District XC Helix Juniors Parkrun Falkirk Parkrun WL Schools XC	Course XC 07/11/2015 League 21/11/2015 Of/12/2015 Champs 12/12/2015 Ist Season Rankings × Age Under 15 ✓ Gender Event 200m ×	Season 2014/203 Female V Wind Legal V	200m 19/08/2015 28/06/2015 400m 15/08/2015 15/07/2015 15/07/2015 T Edinburg	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open Top 10 ~ argets ~ h 16/05/2015	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB	East District Cross U11 Boys Elliot Frame U13 Girls Isla Calvert Sophie Ure U13 Boys Fraser Morris Alastair Marshall U15 Girls Holly White U15 Boys	ETAILS RESULTS 4ti 51 25 38 30	h 10: st 13: th 11: th 12: th 12:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League East District XC Indoor League RESULTS National XC Rele SU Freshers Ind East District XC Hefix Juniors Par Faith Parkrun WL Schools XC COVENTY Parkrun WL Schools XC CLUB NEWS National Short C	Course XC 07/11/2015 League 21/11/2015 Of/12/2015 RANKINGS List Season Rankings V Age Under 15 V Gender Event 200m V	Season 2014/202 Female > Wind Legal > 27.66	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015 15/07/2015 T Edinburgl Edinburgl	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open Top 10 ~ Top 10 ~	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd 1st	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61 53.19 2:04.47 48.62
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB JOG	East District Cross U11 Boys Elliot Frame U13 Girls Isla Calvert Sophie Ure U13 Boys Fraser Morris Alastair Marshall U15 Girls Holly White	ETAILS RESULTS 4ti 51 25 38	h 10: st 13: th 11: th 12: th 12:	Lasswade Open National Short C Champs East District XC Indoor League RESULTS Coventry Parkru East District XC Helix Juniors Parkru Fakkirk Parkrun WL Schools XC O Champs - Sat 71	Course XC 07/11/2015 League 21/11/2015 06/12/2015 RANKINGS List Season Rankings V Age Under 15 V Gender Event 200m V U15 Girls 200m • Rebecca Calder • Iona McDonald • Eve Allison	Season 2014/203 Female ~ Wind Legal ~ 27.66 27.82	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/2015 15/07/2015 15/07/2015 T 5/07/2015 15/07/2015	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open Top 10 ~ Top 10 ~	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd 1st 2nd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61 53.19 2:04.47
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB JOG	East District Cross	ETAILS RESULTS 4ti 51 25 38 30	h 10: st 13: th 11: th 12: th 12:	Lasswade Open National Short C Champs East District XC Indoor League SU Freshers Ind East District XC East Dist	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings \checkmark Age Under 15 \checkmark Gender Event 200m Rebecca Calder Iona McDonald Eve Allison Tia Henry	Season 2014/203 Female > Wind Legal > 27.66 27.82 28.80	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd 1st 2nd	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.61 53.19 2:04.47 48.62
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB JOG	East District Cross U11 Boys Elliot Frame U13 Girls Isla Calvert Sophie Ure U13 Boys Fraser Morris Alastair Marshall U15 Girls Holly White U15 Boys Aladan Brady Senior Men Ryan White	ETAILS RESULTS 4ti 51 25 38 30	h 10: st 13: th 11: th 12: th 14: th 14:	Lasswade Open National Short C Champs East District XC Indoor League East District XC Indoor League Indoor League South Strict XC Indoor League Substrict XC Indoor League Substrict XC Indoor League Substrict XC Indoor League Substrict XC East District XC Coventry Parkru East District XC Cubertry Parkru WL Schools XC Champs - Sat 7 Winter 2015/16 Additional Traini Opportunities (A	Course XC 07/11/2015 League 21/11/2015 O6/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings \checkmark Age Under 15 \checkmark Gender Event 200m \checkmark U15 Girls 200m Rebecca Calder I ona McDonald Eve Allison Tia Henry Natasha Farrell	Season 2014/203 Female > Wind Legal > 27.66 27.82 28.80 29.20	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 3rd 3rd 2nd 1st	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 51.55 52.61 53.19 2:04.47 48.62 49.54
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB JOG	East District Cross U11 Boys U11 Boys U13 Girls U33 Girls U33 Govent Sophie Ure U33 Boys Fraser Morris Alastair Marshall U15 Girls Holly White U15 Boys Aidan Brady Senior Men Ryan White	ETAILS RESULTS 4ti 6ti 51 25 38 30 40 40	h 10: st 13: th 11: th 12: th 14: th 14:	Lasswade Open National Short C Champs East District XC Indoor League RESULTS Coventry Parkru East District XC Helix Juniors Parkru Fakkirk Parkrun WL Schools XC Champs - Sat 7 Widdfi 2013 Frain Opportunities (A League Reward East District XC East District XC Champs - Sat 7 Widdfi 2013 Frain Opportunities (A East District XC League Reward East District XC	Course XC 07/11/2015 League 21/11/2015 06/12/2015 Champs 12/12/2015 RANKINGS List Season Rankings ✓ Age Under 15 ✓ Gender Event 200m ✓ U15 Girls 200m Rebecca Calder Iona McDonald Eve Allison Tia Henry Natasha Farrell Abby Duncan	Season 2014/202 Female > Wind Legal > 27.66 27.82 28.80 29.20 29.41	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 3rd 1st 2nd 1st 2nd 1st	23.95 24.13 24.04 51.26 50.44 51.59 50.91 51.12 51.67 53.25 51.55 52.51 53.19 2:04.47 48.62 49.54 3:38.16
NEWS CLUB JOIN TRAINING FIXTURES RESULTS GALLERY ATHLETES RANKINGS CONTACTS LINKS RJT CLUB JOG	East District Cross U11 Boys Elliot Frame U13 Girls Isla Calvert Sophie Ure U13 Boys Fraser Morris Alastair Marshall U15 Girls Holly White U15 Boys Aladan Brady Senior Men Ryan White	ETAILS RESULTS 4ti 6ti 51 25 38 30 40 40	h 10: st 13: th 11: th 12: th 14: th 14:	Lasswade Open National Short C Champs East District XC Indoor League Su Freshers Ind East District XC Coventry Parkru East District XC Helix Juniors Par Falkrk Parkrun WL Schools XC O	Course XC 07/11/2015 League 21/11/2015 06/12/2015 RANKINGS List Season Rankings ✓ Age Under 15 ✓ Gender Event 200m ✓ U15 Girls 200m Rebecca Calder Iona McDonald Even Alison Tia Henry Natasha Farrell Abby Duncan Etilidh Brown	Season 2014/203 Female > Wind Legal > 27.66 27.82 28.80 29.20 29.41 29.46	200m 19/08/2015 05/07/2015 28/06/2015 400m 15/08/2015 02/08/2015 15/07/	Livingston Open Scottish Athletics League Central & South League Senior Champs Central & South League Livingston Open	B A Heat 1 B Heat 1 A Final A A Heat 1 Heat 1	2nd 1st 4th 2nd 5th 3rd 1st 3rd 4th 3rd 5th 3rd 5th 3rd 1st 2nd 1st 1st 1st	23.95 24.13 24.04 51.26 50.44 51.55 50.91 51.12 51.67 53.25 51.55 52.61 53.15 2:04.47 48.62 49.54 3:38.16 3:35.80

Communication and Club Website

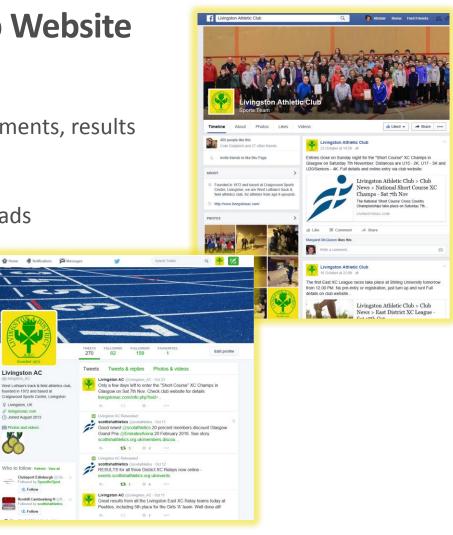
Social Media

- Entry reminders, training arrangements, results
- Facebook Page for club
- Facebook Groups for training squads

Bulk Text Messaging

Last minute reminders





HNGSTON

Marketing and Club Website

Our Next Steps

- Mobile friendly website
- Online member's portal



GST



Questions?