

**LIVINGSTON
ATHLETIC CLUB**

LIVINGSTON ATHLETIC CLUB

**A Story of Successful Development:
Work In Progress**

Alistair Dagleish

Club Chairperson

Livingston Athletic Club



**LIVINGSTON
ATHLETIC CLUB**

Jamie McDonald

National Club Manager – East

scottishathletics



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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

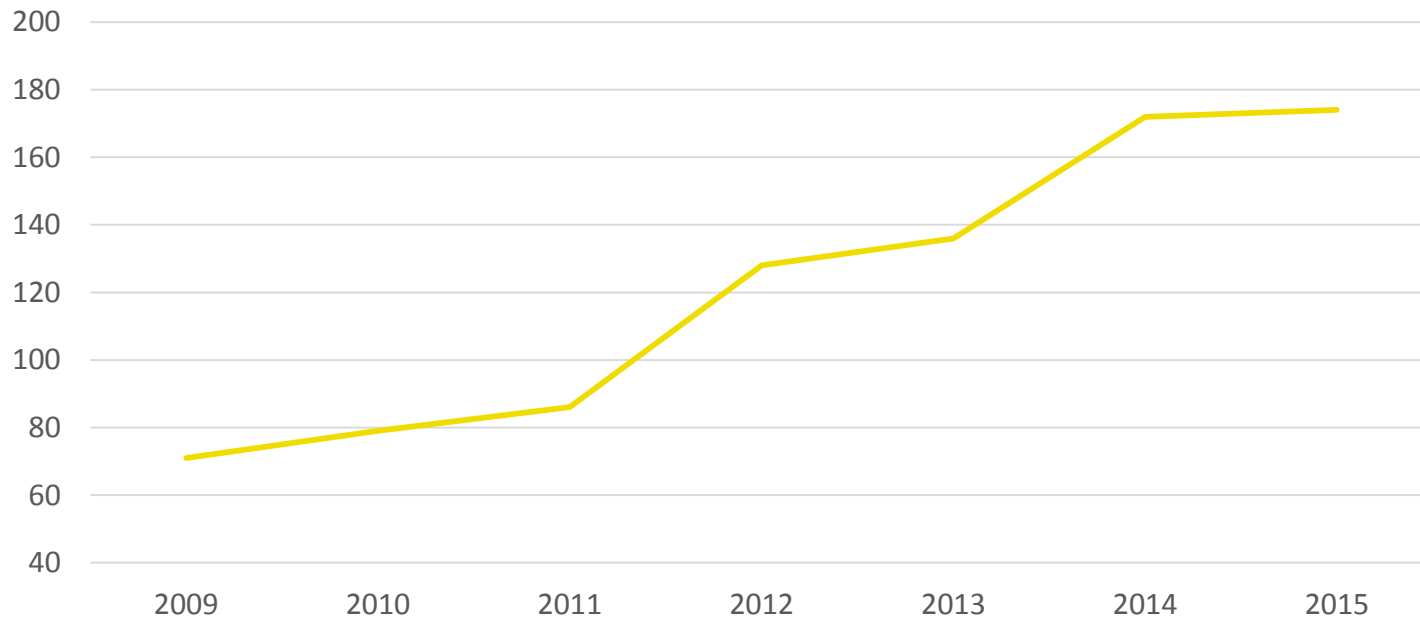
Club Background

- ❖ 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



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%

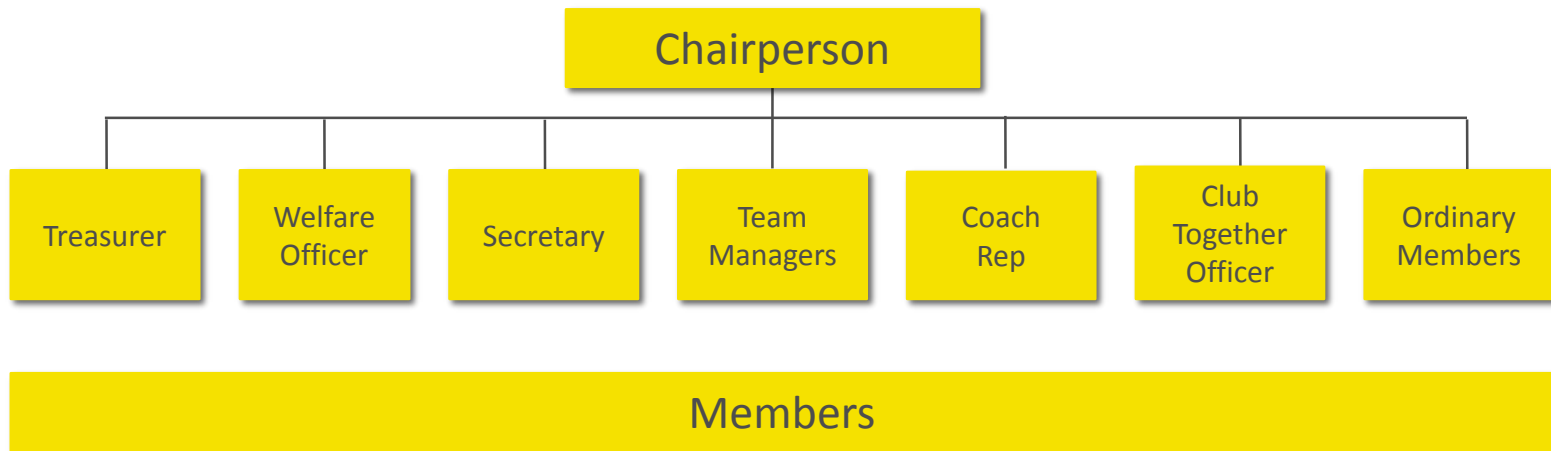
Club Background

- ❖ New track and field facilities at Craigswood Sports Centre in 2011



Legal Status, Governance and Management Structure

- ❖ 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

Legal Status, Governance and Management Structure

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

Financial Management and Planning

Membership Fees

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

Financial Management and Planning

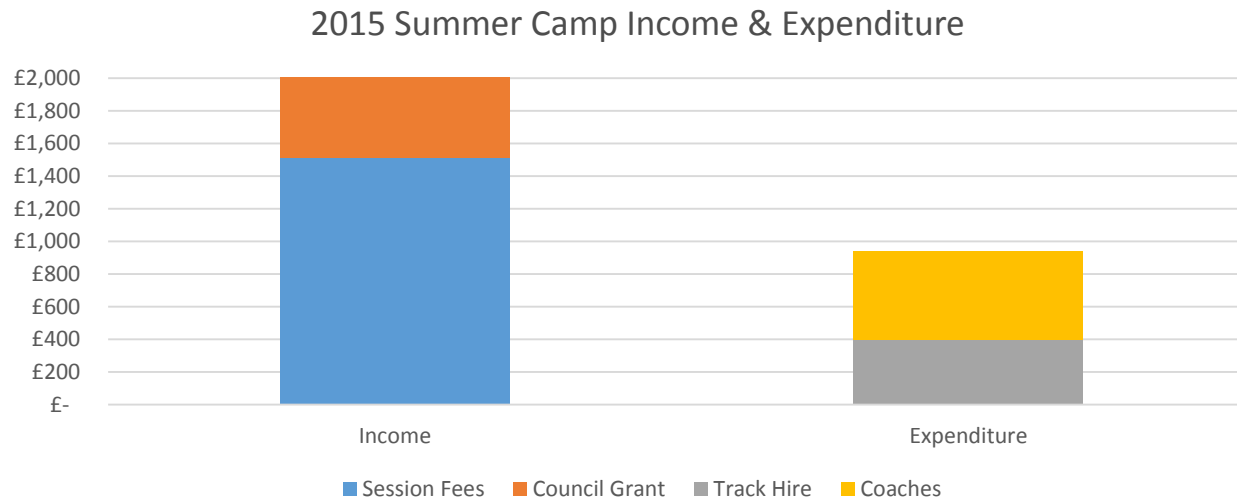
Direct Debits

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

Financial Management and Planning

Structured Fundraising

- ❖ Competitions
- ❖ RJT Centres
- ❖ Summer Camps - 2014 one week, 2015 two weeks, 2016...



Financial Management and Planning

Our Next Steps

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

giftaid it

Club Coaching Structure



- ❖ RJT Centres from 7 to 11 years fully integrated to the club
- ❖ 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
- ❖ 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
- ❖ 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
- ❖ Followed by technical input in event groups

Competition

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

FIXTURES

East District Cross Country League 1

	DETAILS	RESULTS
Event:	East District Cross Country League 1	
Location:	University of Stirling, Stirling	
Type:	Cross Country	
Date:	Saturday, 17th October 2015 @ 12.00 PM	
Age Group:	Under 11 - Senior	
Notes:	Entry Entry on the day. All club members welcome to compete. Check arrangements during the week at training.	
Age Groups	U11: Born 01/09/04 - 31/08/06 U13: Born 01/09/02 - 31/08/04 U15: Born 01/09/00 - 31/08/02 U17: Born 01/09/98 - 31/08/00 U20: Born 01/09/95 - 31/08/98 SEN: Born 31/08/95 or earlier	
Related Pages:	News - East District XC League - Sat 17th Oct	

Course Map & Timetable

LIVINGSTON ATHLETIC CLUB

WINTER 2015/16 FIXTURE LIST

EVENT	AGES	ENTRY	DATE	LOCATION
Scottish Universities Freshers Indoor Match	U20 - Sen	University	Wed 21st Oct	Glasgow
Scottish Athletics Indoor League 1	U11 - U20	Club	Sun 6th Dec	Glasgow
Scottish National 3000m Indoor Championships	U17 - Sen	Club	Sun 3rd Jan	Glasgow
Scottish Athletics Indoor League 2	U11 - U20	Club	Sun 10th Jan	Glasgow
Scottish National Indoor Open Meeting	U13 - Sen	Individual	Sat 16th Jan	Glasgow
Scottish National Senior Indoor Championships	U20 - Sen	Club	Sat 30th Jan	Glasgow
Scottish National U17 Indoor Championships	U17	Club	Sat 30th Jan	Glasgow
Scottish Athletics Indoor League Final	U11 - U20	Select	Sun 31st Jan	Glasgow
Scottish Schools Indoor Championships	U13 - U20	School	Wed 3rd Feb & Thu 4th Feb	Glasgow
Scottish Universities Athletics Indoor Champs	U20 - Sen	University	Sat 6th Feb	Glasgow
Scottish U12 Indoor SuperTEAMS	U11 - U13	Club	Sun 7th Feb	Glasgow
Scottish National Masters Championships	Mas	Club	Sat 13th Feb	Glasgow
Scottish National Indoor Combined Events Championships	U13 - Mas	Club	Sat 13th Feb & Sun 14th Feb	Glasgow
Edinburgh Indoor Open Graded Meeting	All	Individual	Sun 28th Feb	Edinburgh
Scottish National U13/U15/U20 Indoor Championships	U13 - U20	Club	Sat 5th Mar & Sun 6th Mar	Glasgow

INDOOR TRACK & FIELD

EVENT	AGES	ENTRY	DATE	LOCATION
East District Cross Country Relay Champs	U13 - Sen	Select	Sun 11th Oct	Peebles
East District Cross Country League 1	All	Select	Sat 17th Oct	Stirling
Scottish National Cross Country Relay Champs	U13 - Sen	Club	Sat 24th Oct	Cumbernauld
Lasswade AC Open Cross Country Meeting	All	Individual	Sun 1st Nov	Gorebridge
Scottish National Short Cross Country Champs	U15 - Sen	Club	Sat 7th Nov	Glasgow
East District Cross Country League 2	All	Club	Sat 21st Nov	Alloa
East District Cross Country Championships	U13 - Sen	Club	Sat 12th Dec	Livingston
Inter District Cross Country Championships	U13 - Sen	Select	Sat 9th Jan	Edinburgh
East District Cross Country League 3	All	Club	Sat 16th Jan	Broxburn
Scottish National Masters Cross Country Champs	Mas	Club	Sat 30th Jan	Forres
Scottish National Cross Country Championships	U13 - Sen	Club	Sat 27th Feb	Falmer
Secondary Schools Cross Country Champs	U13 - U20	School	Sat 12th Mar	Inverkeithing

CROSS COUNTRY

AGM & Annual Awards Evening – Wednesday 18th November

- 7.30PM @ Craigwood Sports Centre, Livingston (no training).
- AGM first followed by presentation of annual performance & endeavour trophies, then Club Championship trophies.

Ten Pin Bowling Night – Sunday 29th November

- 7.00PM @ Bear Park Golf & Country Club, Livingston.
- £10 for 2 games of bowling, a burger or a pizza and juice (buy soft drinks on the night).
- Register and pay via the club website to reserve your place.

www.livingstonac.com

Competition

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

EVENTS / PROVISIONAL TIMETABLE

TIME	U11	U13	U15	U17	SEN
7.00	Long Jump	Long Jump	High Jump	High Jump	High Jump
		Javelin	Javelin	Shot Putt	Shot Putt
7.30			300m	300m (W)	300m
				400m (M)	400m
7.45	100m	100m	100m	100m	100m
	Shot Putt	Shot Putt			
8.00	High Jump	High Jump		Javelin	Javelin
8.15				Triple Jump (M)	Triple Jump
				Shot Putt	Triple Jump
8.30	800m	800m	800m	800m	800m

Wed 22nd April
May

LIVINGSTON
ATHLETIC CLUB



LIVINGSTON OPEN MEETINGS

Summer 2015

Wednesday 22nd April

Wednesday 27th May

Wednesday 15th July

Wednesday 19th August

6.45 PM – 9.00 PM

Craigswood Sports Centre, Livingston

£3.50 per event

Advance entry only at www.livingstonac.com/open

scottishathletics permit events run under UK Athletics rules

www.livingstonac.com/open

Long Jump	Long Jump	Long Jump
800m	800m	800m
High Jump	High Jump	High Jump
Shot Putt	Shot Putt	Shot Putt
200m	200m	200m
U15	U17	SEN
High Jump	High Jump	High Jump
Shot Putt	Javelin	Javelin
100m	100m	100m
Long Jump	Shot Putt	Shot Putt
	400m (M)	400m
Javelin		
	Long Jump	Long Jump
300m	300m (W)	
1500m	1500m	1500m
U15	U17	SEN
Long Jump		
200m	200m	200m
	Long Jump	Long Jump
	Shot Putt	Shot Putt
800m	800m	800m
High Jump	High Jump	High Jump
Shot Putt		
	3000m	3000m

www.livingstonac.com/open

Competition

Summer OGM Series

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



Pos	Competitor	Entry Name	Age	Team	Seed Rank	Time	Points	Exp	Ph	Result
1	60	Ellie Loring	11	Livingston	2.80m	3.97m	14			14
2	109	Niamh McCreadie	11	Livingston	2.87m	2.70m	15			15
3	62	Laura Pate	12	Livingston	3.00m	2.79m	13			13
4	118	Aimee Scott	12	Livingston	3.06m	2.86m	11			11
5	117	Rhonda	12	Edinburgh	3.21m	2.96m	10			10
6	106	Laibin King	11	Livingston	3.29m	2.76m	12			12
7	107	Rhonda	11	Livingston	3.29m	2.66m	13			13
8	121	Ruby Bick	12	Livingston	3.29m	2.86m	8			8
9	110	Ally Perry	12	Livingston	3.29m	2.66m	14			14
10	111	Chloe Waters	12	Livingston	3.42m	2.66m	15			15
11	116	Mary Robertson	12	Falkirk	3.50m	2.66m	16			16
12	104	Rachel Macdonald	11	Livingston	3.50m	2.50m	17			17
13	122	Anna Swan	12	Edinburgh	3.60m	2.37m	18			18
14	127	Esmé Macdonald	12	Livingston	4.00m	4.00m	1			1
15	125	Lara Ford	12	Edinburgh	4.00m	3.56m	3			3
16	126	Imogen Forrest	12	Edinburgh	4.00m	3.10m	4			4

ENTRY FORM

Livingston Open Meeting

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



Step 1/3

Please submit the form below to enter the Livingston Open Meeting on Wednesday 19th August.

1. Athlete Details

First Name:

Last Name:

Date of Birth: Day Month Year

Gender:

Age Group:

Club:

SA Number:

Contact Email:

2. Events

Event 1:

PB:

PB Year:

SB:

Competition

LIVINGSTON
*CLUB CROSS COUNTRY
CHAMPIONSHIPS*

**Saturday 3rd October
2015**

**Dechmont Law Park,
Livingston**

11.30 - U11 (1.3K)
11.45 - U13 (1.7K)
12.00 - U15/U17W (2.4K)
12.20 - U17M/SEN (3.9K)

Members - Free/£3.50, Guests - £3.50
Pre-entry online only at
www.livingstonac.com/xc

scottishathletics permit event run under UK Athletics rules

New Events for 2015

- ❖ Open Combined Events Championships
 - ❖ Aug 2015 - 87 athletes
- ❖ Club Cross Country Championships
 - ❖ Oct 2015 - 63 athletes

**LIVINGSTON
CLUB CROSS COUNTRY
CHAMPIONSHIPS**

**Dechmont Law Park,
Livingston**

AGE GROUPS	DECLARATIONS CLOSE	RACE START	COURSE
U11G/U11B	11.00	11.30	S-Y-A-H-F (1.3K)
U13G/U13B	11.15	11.45	S-Y-A-B-G-H-F (1.7K)
U15G/U15B/U17W	11.30	12.00	S-Y-A-B-C-G-H-F (2.4K)
U17M/SW/M	11.50	12.20	S-Y-A-B-1-C-D-E-G-H-F (3.9K)

SCALE (METRES)

www.livingstonac.com/xc

**LIVINGSTON
ATHLETIC CLUB**

**OPEN COMBINED EVENTS
CHAMPIONSHIPS**

Saturday 8th August
Craigswood Sports Centre, Livingston

Quadrathlon (U11) £6
Pentathlon (U13 – SEN) £8

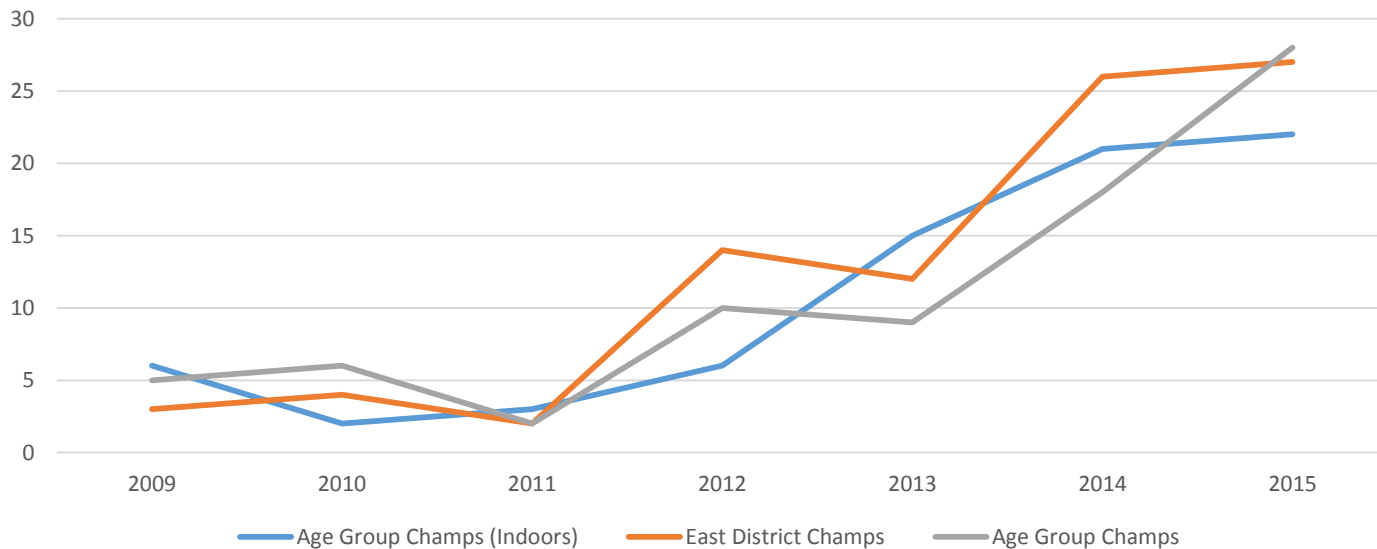
Online entry at www.livingstonac.com/ce
Closing date Sunday 26th July at midnight

Open Mile Championship (U13 – SEN) £4

scottishathletics permit event run under UK Athletics rules
www.livingstonac.com/ce

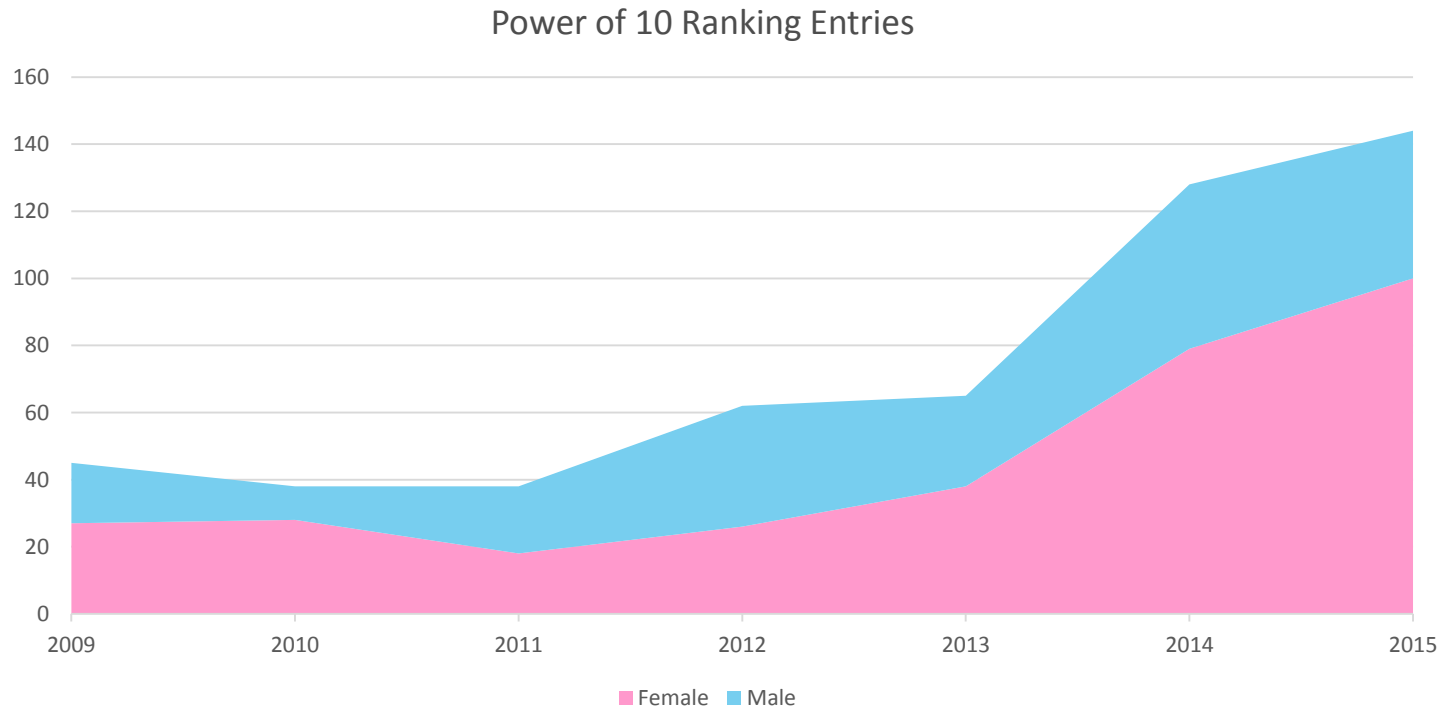
Competition

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



Competition

❖ Increase in athletes reaching Power of 10 entry standard



Competition

Our Next Steps

- ❖ Improved links from schools programme
- ❖ Increase cross country participation



Run, Jump and Throw – School to Club Links




RUN, JUMP & THROW CLUB

■ 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	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
* Dev Squad *						
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

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 wide 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 "...it is widely recognised that Athletic activities: running, jumping and throwing - underpin every sport in Scotland...".

AGES 7-11








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
- ❖ 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

The screenshot shows a web browser window displaying the Livingston Athletic Club website. The main content area is titled "REGISTRATION FORM" and features a section for "Run, Jump & Throw Club @ Craigswood (Ages 7-8)".

REGISTRATION FORM Details:

- Session:** Run, Jump & Throw Club @ Craigswood (Ages 7-8)
- Location:** Craigswood Sports Centre, Livingston
- Dates:** Monday, 14th September 2015 to Monday, 9th November 2015
- Block Length:** 8 Sessions
- Related Pages:** Session - Run, Jump & Throw Club @ Craigswood (Ages 7-8); News - Run, Jump & Throw Clubs (Ages 7-11)

The registration form includes fields for:

- First Name:
- Last Name:
- Date of Birth: Day Month Year
- Gender:
- Contact Mobile:
- Contact Email:
- Emergency Contact Name:
- Emergency Contact Mobile:
- Relevant Medical Details:

Additional website sections visible include:

- HOME**, **NEWS**, **CLUB**, **JOIN**, **TRAINING**, **FIXTURES**, **RESULTS**, **GALLERY**, **ATHLETES**, **RANKINGS**, **CONTACTS**, **LINKS**, **RJT CLUB**, **JOG**
- FIXTURES:**
 - Lasswade Open XC: 01/11/2015
 - National Short Course XC Champs: 07/11/2015
 - East District XC League: 21/11/2015
 - Indoor League: 06/12/2015
 - East District XC Champs: 12/12/2015
 - 3000m Indoor Champs: 03/01/2016
 - Inter District XC: 09/01/2016
 - Indoor League: 10/01/2016
- RESULTS:**
 - National XC Relays: 24/10/2015
 - SU Freshers Indoor: 21/10/2015
 - East District XC League: 17/10/2015
 - Coventry Parkrun: 17/10/2015
 - East District XC Relays: 11/10/2015
 - Helix Juniors Parkrun: 11/10/2015
 - Falkirk Parkrun: 10/10/2015
 - WL Schools XC: 07/10/2015
- CLUB NEWS:**
 - National Short Course XC Champs - Sat 7th Nov: 23/10/2015
 - Winter 2015/16 Fixture List: 22/10/2015
 - Additional Training Opportunities (Ages 12+): 21/10/2015
 - League Reward T-Shirts: 19/10/2015
 - East District XC Relay Champs Results: 18/10/2015
 - Scottish Athletics Annual Awards: 17/10/2015
 - Linlithgow 10K & Fun Run Results: 16/10/2015
 - Tenpin Bowling Night - Sun 29th Nov: 16/10/2015
 - Lasswade Open XC Races - Sun 1st Nov: 16/10/2015
 - National Short Course XC Champs - Sat 7th Nov: 15/10/2015

- ❖ Online registration via club website
- ❖ £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



Communication and Club Website

- ❖ Club Website - Relunched 2008
- ❖ Facebook - 2010
- ❖ Bulk Text Message - 2011
- ❖ Twitter - 2013



Communication and Club Website

- ❖ Club News
- ❖ Email Newsletters

The screenshot shows the Livingston Athletic Club website. The header features the club's name and logo. A navigation menu on the left includes links for Home, News, Club, Join, Training, Fixtures, Results, Gallery, Athletes, Rankings, Contacts, Links, Rit Club, and Jog. The main content area is titled 'CLUB NEWS' and contains several articles: 'National Short Course XC Champs - Sat 7th Nov', 'Winter 2015/16 Fixture List', 'Additional Training Opportunities (Ages 12+)', 'League Reward T-Shirts', 'East District XC Relay Champs Results', 'Scottish Athletics Annual Awards', 'Linthgow 10K & Fun Run Results', and 'Tenpin Bowling Night - Sun 29th Nov'. A 'NEXT FIXTURE' section at the bottom lists the 'Lasswade AC Open Cross Country Meeting'.

CLUB NEWS

Livingston Club XC Championships - Sat 3rd Oct



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

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

The 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 charge. 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 Masters will be combined for medal purposes. Guest are not eligible for medals.

A number of volunteers will be required to help with course marking and marshaling, experience necessary. Please speak to Ian or Lisa at training, or email [ian](mailto:ian@livingstonathletics.com), if you're available to help. All volunteers get a free club t-shirt.

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

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

Related Pages: [Fixture - Livingston Club Cross Country Championships - Sat 3rd Oct](#)
[Entry - Livingston Club Cross Country Championships](#)



Flyer



Course Map



Posted on Monday, 21st September 2015

Communication and Club Website

❖ Results / Athlete Profiles / Rankings

ATHLETE PROFILES

Ian Hardacre

PROFILE RESULTS BESTS AWARDS

Event

2014/2015

100m

02/08/2015	Central & South League	B	3rd	11.97
17/05/2015	Central & South League	A	4th	12.30

200m

19/08/2015	Livingston Open	Heat 1	2nd	23.95	1.7
05/07/2015	Scottish Athletics League	B	1st	24.13	0.1
28/06/2015	Central & South League	A	4th	24.04	

400m

15/08/2015	Senior Champs	Heat 1	4th	51.26	
02/08/2015	Central & South League	B	2nd	50.44	
15/07/2015	Livingston Open	Heat 1	5th	51.59	
		A	3rd	50.91	
		B	1st	51.12	
		Final	3rd	51.67	
		A	4th	53.25	
		A	3rd	51.55	
		Heat 1	5th	52.61	
		Heat 1	3rd	53.19	

Heat 5 1st 2:04.47

2nd	48.62
1st	49.54
4th	3:38.16
1st	3:35.80
1st	3:27.67
1st	3:26.19

RANKINGS

List Season Top

Age Gender

Event Wind Targets

U15 Girls

200m

Rebecca Calder	27.66	Edinburgh	16/05/2015
Iona McDonald	27.82	Edinburgh	16/05/2015
Eve Allison	28.80	Livingston	19/08/2015
Tia Henry	29.20	Wishaw	28/06/2015
Natasha Farrell	29.41	Livingston	19/08/2015
Abby Duncan	29.46	Livingston	19/08/2015
Eilidh Brown	29.62	Livingston	27/05/2015
Taylor-Marie Leek	29.86	Glasgow	04/01/2015
Lorna Ure	30.99	Livingston	19/08/2015
Heather Scott	31.26	Livingston	19/08/2015

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



Marketing and Club Website

Our Next Steps

- ❖ Mobile friendly website
- ❖ Online member's portal



Questions?