

Red Star Newsletter - June 2024

4J Studios Open @ Grangemouth (11/12th May)

Kieran McGhee	100m	12.95secs
	200m	26.39secs

Seated Throws GP @ Crownpoint (25th May)

Kirsty Souter	Club Throw	1 st 16.80m
	Discus	1 st 7.56m

Helensburgh 10km road race (30th May)

Christopher O'Grady	127 th	41:58 (PB)
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Scottish Secondary Schools @ Grangemouth (1st June)

Layla McCloskey	100m
	200m

SDS Junior Championships @ Grangemouth (5th June)

Layla McCloskey	100m	2 nd 26.11secs
	200m	2 nd 56.53secs
	Seated Discus	2 nd 5.30m

Brian Goodwill 10km road race (7th June)

Christopher O'Grady	41:10 (PB)
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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

June races

12 th June	Ayrshire Open Graded
13 th June	Kirkintilloch Canal Races 10km
14 th June	Livingston Open Series
15 th June	Run Loch Lomond
18 th June	Blast @ The Meadows

23rd June Red Star Games @ Crownpoint

Other Club Information

Red Star Games will take place on 23rd June at Crownpoint. 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. Speak to Eddie if you can offer any help, eddiemcloone@hotmail.com (07944322283)

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 and good progress is being made. If anyone has any pictures or other information, they would like to be uploaded to the website, let Eddie know. 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