

## Red Star Newsletter - December 2024

### Training

Monday 19:00 to 20:00 @ The Emirates (for winter months only)

Thursday 19:00 to 20:00 @ Crownpoint

The club only exists through volunteers and we are always keen to have new people on board. At training nights, we need help with taking an attendance register, helping with the sessions (whether that is collecting javelins once they've been thrown to helping with the session itself. If interested, speak to any of the coaching staff.

We will help with possible training courses.

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

### August races

1 <sup>st</sup> Dec	Borders Cross Country Series @ Peebles
8 <sup>th</sup> Dec	Little Elf and Santa Dash @ Annan
14 <sup>th</sup> Dec	GAA Yule Tide Open Graded and Fun 12s @ The Emirates
15 <sup>th</sup> Dec	East Lothian Open Cross Country @ North Berwick
17 <sup>th</sup> Dec	Blast @ The Meadows
22 <sup>nd</sup> Dec	Santa Dash @ Edinburgh
26 <sup>th</sup> Dec	Festive Handicap @ Beecraigs Park
29 <sup>th</sup> Dec	Tilli 10km @ Tillicoultry
2 <sup>nd</sup> Jan	Lenzie Jog
5 <sup>th</sup> Jan	Borders Cross Country Series @ Hawick

### **Other Club Information**

#### **AGM**

The AGM will be held on Monday 13<sup>th</sup> January at Crownpoint. It would be good to have a good turn out from everyone involved in the club, and new faces on the committee or undertaking some of the key roles.

#### **Club Vests/T-Shirt**

An order for some new vests and T-shirts has been made and should be here soon. Let Eddie Know if you are interested in buying one.

#### **Monthly Athletics Facility pass**

If you ask at the reception of either Crownpoint, The Emirates or Scotstoun, for a monthly athletics facility pass, there is a saving to be made. You need to set up a monthly direct debit. If you use other facilities within Glasgow Life, there may not be a saving.

#### **Christmas and New Year holidays**

The club will finish on 19<sup>th</sup> December for 4 weeks over Christmas and New Year. There will be a fun night on Monday 16<sup>th</sup> December at The Emirates. Training will start again on Monday 13<sup>th</sup> January 2025.

Happy Christmas and all the best for 2025.

### **Red Star Athletics website ([www.redstarac.org.uk](http://www.redstarac.org.uk))**

The new club website is live but is still being updated. 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>



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#### **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