

Red Star Newsletter – May 2025

Training

Monday & 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 2025 to March 2026)

Adults £25

Junior £15

Last year only 6 athletes paid their annual membership.

May/June races

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| 3 rd May | GAA Sprints Gala @ Crownpoint |
| | Throws Grand Prix @ Dundee |
| 4 th May | Dick Wedlock 5 @ Cambuslang |
| 6 th May | Linwood Open Graded |
| 24 th May | Stirling University Open Graded |
| 30 th May | 3K on the Green |
| | GAA Miler Meet/ Scottish U17/U20 3K @ Crownpoint |
| 31 st May | GAA Sprints Gala @ Crownpoint |
| 8 th June | Roon the Toon 10K @ Kilmarnock (WC & FR included) |
| 10 th June | Linwood Open Graded |
| 12 th June | Kirkintilloch 10K |
| 13 th /14 th June | SSAA Track and Field Championships @ Grangemouth |
| 22 nd June | Red Star Games @ Crownpoint Home Red Star Games |
| 27 th June | 3K on the Green |
| 16 th /17 th July | U13/U15/U20 Scottish Track Championships @ Aberdeen |
| 23 rd /24 th July | U17/Senior Scottish Track Championships @ TBC |

Other Club Information**Stirling 2025 (Scottish LD Games) 25th to 27th July**

Athletics will take place on 26th July and 7 athletes from the club have entered. More details to follow.

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.

Red Star Athletics website (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.

Up and coming events

If any athletes would like to take part at any up and coming events, please discuss with your coach to allow training to be planned around these key events.



<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