

This is the second issue of the athletics development newsletter and there will be a new one every month, with all the latest information, developments and news within the sport being listed.

MORE SUCCESS FOR GIFFNOCK NORTH AAC ATHLETES

- Congratulations to David Phee in winning the Barrhead 10K Road Race in a time of 33mins 16secs full results can be found on <http://www.barrhead10k.co.uk/>
- The club successfully held the club championships on 21st September 2008 full results can be found on <http://www.giffnocknorth.co.uk/news.htm>
- On 6th September the club travelled to Manchester for the Auxiliary Final of the Young Athletes League finishing well in 6th place with Emma Brown achieving a New Meeting Best Performance of 11.34s in the U15 Girls 75m Hurdles.
- Congratulations to Alan Wylie who was third in a Multi Terrain Race near Garelochhead on Saturday 27th September winning a Silver Salver.
- The Schools Cross Country run by Giffnock North AAC races take place on Sunday 5th October at Rouken Glen Park full details can be found on <http://www.giffnocknorth.co.uk/>

East Renfrewshire Council Athletics News

Anyone interested in paid and voluntary coaching work within Athletics for East Renfrewshire Council please contact the number below. We are always on the look out for new qualified coaches. Coach education and competitive rates of pay exist.



Run, Jump and Throw clubs have proved a success. Numbers have grown in the community athletics programme. Places are still available full details available from. <http://www.eastrenfrewshire.gov.uk/community-life-and-leisure/sports/sports-development.htm>



Bookings are now being taken for the October Holiday Camp which aims to be bigger than ever.

Williamwood High School (Venue: Track / Games Hall) ATHLETICS CAMP (MIXED)

| Date | Time | Age | Cost | Ref |
|---|----------------|------|------|-----|
| 13 th - 17 th October | 10.00am-3.00pm | 5-14 | £50 | A24 |

Lunch included.



**East Renfrewshire
Jogging Networks**
in association with jogscotland

- From 8th October the Wednesday Running Group will be meeting at Eastwood Park Leisure Centre for the winter block.
- A future race date for your diaries Strathaven Striders 10k held on Sunday 23rd November

For further information on anything relating to athletics contact Gordon Robertson, Athletics Development Officer
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