

Red Star Championships

Members recently competed at the Red Star Athletics Club Championship at Crownpoint stadium in Glasgow and with some fantastic performances on a warm and dry day claimed 8 medals between them. William (winner of the Ayr Seaforth 'Commitment to RaceRunning' in 2018) took 3 Golds in his class for the 100m (PB), 200m and 400m (PB). Dylan was just behind in the same events with Silver in the 400m and Bronze in the 100m as well as the 200m (PB).



William coming in for Gold in the 100m with Dylan in Bronze position



Tony takes the Gold in the 200m

In his first competition Tony took Gold for his class in the 200m and Bronze in the 100m with new personal best times in both events. All are coached by David Phee at the club.

They were also joined by Gavin who posted solid times in the 100m and 400m in his bid for selection to the

World Para Athletic Championships in Dubai in November this year.



L to R Gavin, David, Tony, Natalie, William and Dylan

Well done for these tremendous performances to the athletes and their coach! Thanks also to our volunteers Natalie & Joe for helping out on the day as well as our RaceRunner's families.

Thank you Barbara !



We have been so lucky over the years to have huge support from the local community. And no more so than from a wonderful lady called Barbara who, with her friends, has filled penny boxes with loose change and to date raised over £430. She is also an expert quilter and has donated to the club many bespoke quilts for our RaceRunners to keep them warm. She has also just completed a quilt each for Olivia & Laura, two of our volunteers. Aren't they beautiful! Thank you Barbara – we are so lucky to receive your support and benefit from your sewing talents.

Janice Eaglesham MBE

With a very heavy heart we end with the terribly sad news that Janice Eaglesham MBE passed away suddenly on July 21st, 2019. Janice was involved in disability sport and athletics for many years in a variety of roles including as current Chair of Scottish Disability Sport, as a coach and a mentor. Janice and her husband Ian set up the Red Star Athletics Club in Glasgow and over the last few years she was heavily involved in the development of RaceRunning in Scotland delivering training programs to clubs as well as coaching athletes. Following the inclusion of RaceRunning in the WPA program, she became British Athletics lead RaceRunning coach. She was an amazing and warm person who did so much for others and will be greatly missed. At this incredibly sad time, our thoughts are with her husband Ian, both their families and her many friends and colleagues.



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