



President Chat

Welcome to the March 2026 edition of the club newsletter, it's published every 4 months to keep you up to date with what's going on at the club and to give you a round up of recent results.

Following the clubs AGM in November I will be continuing as club president at least for the coming year. There is still a lot of work I would like to do to try to promote the club locally and to increase the membership and the participation in athletic competition. The club hopes to build stronger links with both the local primary and secondary schools and we hopefully be holding some athletic taster sessions in our feeder schools.

The club will be reintroducing a club championship for the outdoor season using the club open graded meets to facilitate this. Entry into one of the clubs three open graded meets will automatically enter you into the club championship with your best time being used as your entry. Over the three meets we will try to cover as many track distances as we can and we will hold a field events day towards the end of the outdoor season.

The club also plans to hold a prize giving/social event at the end of October so please keep an eye on our social media platforms for further information over the summer period.

I have made the highlights section slightly smaller to try to focus on some of the outstanding performances we have had over the winter period but a full list of results for club athletes can be found on the clubs website and also on the Power of 10 website.

If you haven't done so already please follow the club on its social media platforms for regular updates and information on events. Please read on to find out what has been going on at the club over the last few month and if you have any question or suggestion please let us know.

***Richard Farquhar
President Kilbarchan AAC***

For general enquiries about the club and any questions about membership
please contact: Kilbarchanaacbusiness@outlook.com

DEREK HAWKINS - CLUB DEVELOPMENT OFFICER

Since the last newsletter, my main area of focus has increasing competition participation and creating more participation opportunities. There has been a lot of great strides in achieving this with athletes of all ages within the club. For our younger athletes we have had three Inter Club competitions with Inverclyde AC. In September we held a track event at Linwood for u13 athletes who competed in the 75metres, Long Jump, Javelin and 600m. In November both clubs held cross country events with the first hosted by IAC in Gourrock. 20 athletes from the club competed in u11 and u13 . Two weeks later, it was our turn to host in Foxbar and an incredible 57 KAAC athletes turned up to compete in u9, u11, and u13 races! This was also the first time we have used the course and one we definitely will look to use again.



September also saw the return of the Winter League (known to many as the Cowper Trophy) – a cross country/road/hill running winter league competition for u20-masters athletes and has been a huge success. Special mention must go to Michael McEwan – one of our senior endurance coaches – who led on this project and created a fantastic model.

We are looking at creating opportunities for other events/disciplines and any feedback on this is welcome – please feel free to contact me on cdokilbarchan@outlook.com.

To help continue improving participation throughout the club, I have also created a short questionnaire for parents/guardians which will be sent out very soon.

Derek Hawkins
Club Development Officer
Kilbarchan AAC
cdokilbarchan@outlook.com

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KILBARCHAN AAC CLUB QUESTIONNAIRE

Over the last couple of years we have noticed a reduction in the number of members participating in organised competition. This has not been specific to any particular part of the club but more generally across all areas and age groups. Participation in competition is a key element of an athletics club and something that we must encourage and foster throughout the club from the Trackstars to the senior athletes and road runners.

With that in mind we have put together a very short questionnaire that we would like all members or parents to complete. This will only take a few minutes but will be really important in giving us an understanding of what you think being a member of an athletics club is all about. Equally importantly it will also give you a chance to let us know what we could do better and possibly gives us some ideas on how to makes these improvements.

The questionnaire will be posted in your SPOND group in the next week and we would really appreciate you taking the time to complete it and we will provide feedback in the next newsletter.

There will be a separate questionnaire for the Trackstars and this will be emailed out to all the parents in the group.

This is something that is really important to the club's future growth and success and I would ask that you take the time to complete this questionnaire when it is posted.

Thank you in advance

Richard Farquhar
President Kilbarchan AAC

DATES FOR YOUR DIARY

THESE ARE THE LOCAL EVENTS WE THINK YOU SHOULD CONSIDER ENTERING !!!

Kilbarchan AAC open graded meets:

Open grade meet 1 - Tuesday 14th April 6.30pm, Linwood track (home track)

Open grade meet 2 - Tuesday 5th May 6.30pm, Linwood track (home track)

Open grade meet 3 - Tuesday 9th June 6.30pm, Linwood track (home track)

GAA Miler meet 1 - Friday 24th April 6.30pm, Crownpoint Sports Complex Glasgow.

GAA Miler meet 2 - Friday 22nd May 6.30pm, Crownpoint Sports Complex Glasgow.

GAA Sprint Gala 1 - Saturday 12th April 12pm, Crownpoint Sports Complex Glasgow.

GAA Sprint Gala 2 - Saturday 26th May 12pm, Crownpoint Sports Complex Glasgow.

West District Track and Field Championships

Saturday/Sunday 16th and 17th May, Ayrshire Athletics Arena Kilmarnock.

Road Races:

Stride Athletics - Flat n Fast 3K and 5K races, Saturday 18th April Linlithgow.

Falkirk Victoria Harriers - Round the Houses 10K and fun Grangemouth.

Shettleston Harriers 10K and 3K fun run, Sunday 10th May Glasgow Green.

Troon Tortoise AC 10K, Wed 13th May Walkers Hall Troon

**Other races can be found on the on the
Scottish Athletics *Just Go* web page under the events section**

MEET THE COACHES - MULTI EVENTS COACH JASON PENDER

The intention of my group is to promote an interest in multi events. Ideally the athlete would want to compete in the pentathlon at a younger age and go on to compete in the heptathlon or the decathlon. This is not always the case and as a compromise I have athletes that do sprints and long jump, sprints and throws and if I have an athlete who is not sure what they want to do we will try a bit of everything. The most important thing from my perspective is that they enjoy training and are willing to compete for the club.



For the group to develop I'm looking for more (parent) volunteers to help out with the group so we can support the athletes working on different events. Volunteers need to be Disclosure checked by through the club welfare officer (Janet Gillham) and if they show an interest, the club will put them through coaching courses. The club trains 6pm to 7.30pm Tuesday and Thursday and sometimes until 8pm in the summer when the weather is good. I run hurdle sessions at the weekends when I can however this can be difficult as I am often officiating at events.

What's my background? I've been a club member since age 18, running marathons, then switching to 400m hurdles then 110m hurdles. 17 district medals and two silver national medal (relays). I began coaching while still competing primarily sprint hurdlers and my group won at least seven golds at Scottish Championships before I took a break when my daughter was born. Various roles staggered my return to coaching and now my group is for the promotion of multi-events which includes hurdling.



KILBARCHAN LIFETIME MEMBERSHIP AWARDS

Following a the club Annual General Meeting in November it was agreed that lifetime membership would be awarded to three people who have dedicated a vast amount of time and effort into the club or have represented the club on the work stage.

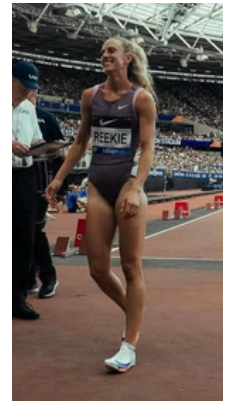
Jason Pender

Jason has given service and contribution to the club as an athlete, coach, team manager, official and Trustee/Committee member. Jason started out as a hurdler for the club, and following his retirement as an athlete, has become one of Scotland's top officials, having represented the club at various international competitions as an official.



Jemma Reekie

Aside from all her achievements representing the club at the highest level, she's been a club member for 15 years, came back to help out with the younger endurance groups where possible and has never forgotten her roots. Jemma has represented the club on the Olympic, World, European and Commonwealth stage, picking up medals, running Scottish records and firmly cementing herself as one of Britain's best ever female middle distance runners!



Robert Hawkins

One of the original members of the modern club, attending the very first session, Robert has served the club as an athlete, Trustee/Committee member and coach. Robert won national championships as an athlete and following retirement, turned to coaching. Now with over 20 years of coaching, Robert is regarded as one of the best distance running coaches in the UK. Many of his club member athletes have gone on to win national titles and also coached at least 8 members to GB vests -



Callum Hawkins, Derek Hawkins, Lewis Hannigan, Jack Patton, Oliver Patton, Fraser Gilmour, Garry Rankin, and Euan Gillham, with Callum and Derek both representing Scotland at the Commonwealth Games and Great Britain at the Olympic Games.

These awardees will join our other lifetime members and there will be a page dedicated to all these recipients on the clubs official website.

VOLUNTEERS NEEDED

KILBARCHAN AAC

**THIS CAN BE AS A COACH OR BEHINDS THE SCENES HELPING WITH THE
GENERAL RUNNING OF THE CLUB.**

**THE CLUB ALSO PROVIDES TEAM MANAGERS, OFFICIALS AND
TIMEKEEPERS FOR EVENTS**

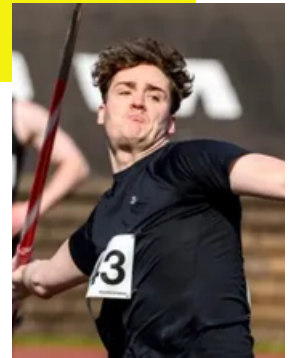
**IF THIS IS SOMETHING YOU MIGHT BE INTEREST IN PLEASE CONTACT THE CLUB
KILBARCHANAACBUSINESS@OUTLOOK.COM**

CLUB AWARDS 2025



Oliver Patton - General Society Award for performance at national / international level.

Scott Hopper - Buddies Award for outstanding effort in field events



AJ Campbell - The Iain Cosgrove Award for young sprinter/hurdler



Victor McGregor - The Lilius Trophy (male athlete endeavour award)



Roz Teasdale - The Cath Geddes Award (female athletic endeavour)



Roz Teasdale - Winner of the Donald Crawford 10.5 mile handicap race.

Ania Doswell - Winner of the Christmas 4.5 mile handicap road race.



WELL DONE TO ALL THIS YEARS (LAST YEARS) WINNERS!!

WINTER 2025 - 26 HIGHLIGHTS

UK NATIONAL CHAMPIONSHIPS - BIRMINGHAM



A massive well done to Jemma Reekie who won the British indoor 1500m title in February this year with a time of 4:26:26.

OLIVER PATTON

SCOTTISH ATHLETICS UNDER 20 ATHLETE OF THE YEAR 2025

Oliver won the 2025 Scottish Athletics U20 Athlete of the Year award at the annual national awards dinner in November last year. Oliver is a Kilbarchan athlete who is currently studying and competing for **Oklahoma State University** in the United States.

Oliver represented Great Britain & Northern Ireland at the 2025 European U20 Championships in Finland and won the 1500m gold at the British U20 Championships in Birmingham in July 2025.

In early January this year he became Kilbarchan AAC's first athlete to run a **sub-4 minute mile**, clocking a time of **3:59.18** before improving this later in the same month with a time of **3:58.58**.



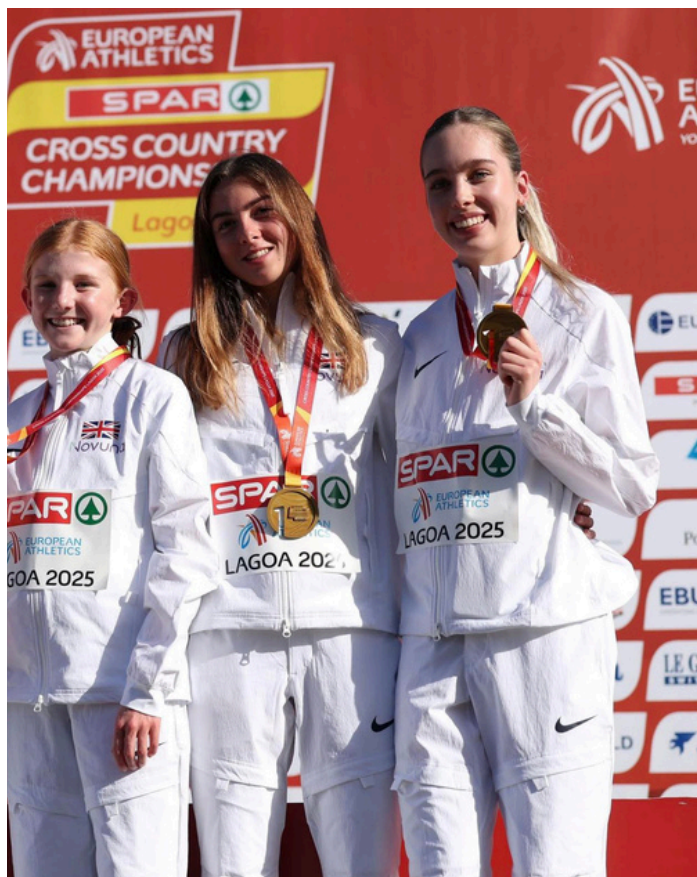
Congratulations to Oliver, his family and coaches on a fantastic and very well deserved awards!!

WINTER 2025 - 26 HIGHLIGHTS

ZARA REDMOND

Zara has had a fantastic cross country season this year transitioning successfully into the Under-20 age group. She secured her first automatic GB selection by finishing fifth overall (and fourth at the U20 level) at the National Cross Country Challenge in Liverpool in November.

In December she competed at the European Cross Country Championships in Portugal and was part of the GB **GOLD** Medal-winning U20 women's team. She topped this off by being part of the GB team who took **BRONZE** in the World cross country Championships in January in Florida USA.



Well done and congratulations on all your achievements over the winter season.



WINTER 2025 - 26 HIGHLIGHTS

JIMMY IRVINE BELLA 10K ROAD RACE

Congratulations to **Lewis Hannigan** for picking up second place in the Jimmy Irvine 10K road race in November. In wet and windy conditions Lewis managed to pick himself up from an early fall to finish a fantastic second (30:25) with his teammate **Ewan McKerral** coming in a on 5th with a time of 32:19.



SILVERSTONE RUNFEST NOVEMBER 2025

Congratulations to **Skye Williams** and her dad **Fraser** who travelled down south to race around the iconic Silverstone race track. Skye won the women's 5K breaking the 20 minute for the first time running 19:45. Fraser took on the half marathon distance with a time of 1:22:01. Well done to the father and daughter pair.



WEST DISTRICT CROSS COUNTRY CHAMPIONSHIP - DECEMBER

The west district cross country championship saw a huge turn out for Kilbarchan across all the ages groups with over 30 of our athletes braving the wet and muddy conditions in what was a great day competition. The under 13 girls took **SILVER** competing over 3.2K (**Skye Williams, Kira Mitchell, Rebecca McCulloch, Emily Watt and Bridget Walsh**) and it was **BRONZE** for the under 20 men's with a team consisting of **Joshua Mungin, Ruairidh Miller, Andrew Shorts and Ryan Fitzpatrick** who were running over 6.4K.



WINTER 2025 - 26 HIGHLIGHTS

CLUB CHRISTMAS SANTA DASH - DECEMBER

The Christmas Santa dash is a bit of fun for our junior athletes just before Christmas and we do encourage as many of our younger athletes to take part as possible. Parent and siblings are also welcome and dressing up is encouraged and there is usually selection box for all participants young and old.



CLUB RACES - CHRSTMAS HANDICAP RACE AND THE DONALD CRAWFORD 10MILE HANDICAP RACE

Also run over the Christmas period are the Christmas handicap race over 4.5 miles and the Donald Crawford handicap race run over a much more challenging and hilly 10 miles in and around the country roads of Kilbarchan. Both were very well handicapped resulting in very close races with **Ania Doswell** winning the Christmas handicap race and **Roz Teasedale** taking top spot in the 10 mile race.



WINTER 2025 - 26 HIGHLIGHTS

BEITH HARRIERS NEW YEAR 10K AND JUNIOR RACE

A strong start to the new year in the Beith Harriers new year 10K and junior road race with **Roz Teasdale** taking **SILVER** in the V40 female race and a trio of Kilbarchan Athletes taking **GOLD** (**Skye Williams**), **SILVER** (**Kira Mitchell**) and **BRONZE** (**Rebecca McCulloch**) in the junior race.



GRANGEMOUTH NEW YEAR SPRINT EVENT

Daniel Bruce was in excellent form in the 110m sprint event at Grangemouth in January progressing through the heats and semi finals before winning the final in a time 11.51. His training partner Oran McShane also competed in both events coming 4th in the 200m final in a time of 22.07 after qualifying from the heats.



WINTER 2025 - 26 HIGHLIGHTS

GLASGOW GAA INDOOR MEET EMIRATES ARENA - JANUARY

The highlight of a great meet for Kilbarchan's middle distance runners was a new club record in the 3000m senior men's race set by **Jack Patton** in a time of 7:56:59. Congratulations to Jack to and his coaches on another record broken.



SCOTTISH INTER DISTRICT CROSS COUNTRY CHAMPIONSHIPS

Congratulations to the Kilbarchan athletes who were selected for Scotland West at the Scottish Inter District Championship and Alexandra Park in January. A great days racing and good performances from all our athletes.

U13 GIRLS

- SKYE WILLIAMS - 13TH
- KIRA MITCHELL - 21ST

U13 BOYS

- ANGUS FARLEY - 19TH

U15 BOYS

- JAY JENKINS - 40TH

U17 BOYS

- FINLAY MITCHELL - 39TH

SENIOR & U20 WOMEN

- ROSILAND TEASDALE - 73RD

SENIOR & U20 MEN

- EWAN MCKERRAL - 40TH
- RUAIRIDH MILLER - 60TH

EAP INDOOR INTERNATIONAL EMIRATES ARENA GLASGOW

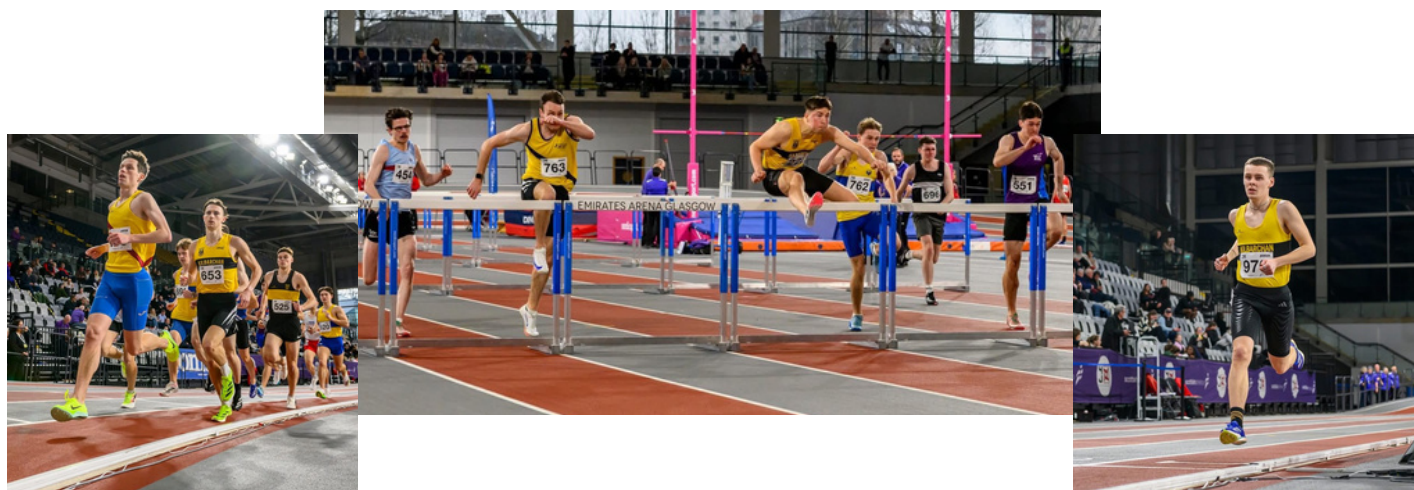
Congratulation to the Kilbarchan athletes who competed in the EAP international meet at the Emirates Arena in Glasgow in February. A fantastic experience for some of our older athletes and something for our younger athletes to aspire to. Well done to **Jack Patton, Lewis Hannigan, Alastair Street** and **Joshua Mungin**.

WINTER 2025 - 26 HIGHLIGHTS

SCOTTISH NATIONAL INDOOR CHAMPIONSHIPS

A good turnout of senior athletes for the national indoor championships in February saw **Scott Connal** retain his 60m hurdles indoor title with a time of 8.24. Scott also had the qualifying time to compete in the UK National Indoor Championships in Birmingham also in February.

Joshua Mungin took **SILVER** in the 1500m senior men's race with a time of 4:02:41 and **Alistair Street** took **GOLD** in the 1500m race in the under 18 category.



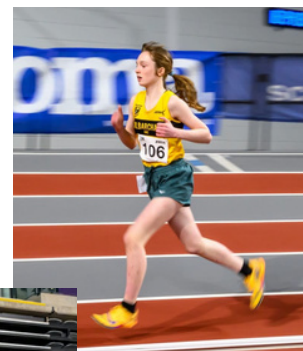
Superb performances from **Nicky Cowan** in the masters saw him take **DOUBLE GOLD** in both the 60m (M35) in a time of 7:37 and in the the 200m (M35) with an equally impressive time of 24.59.



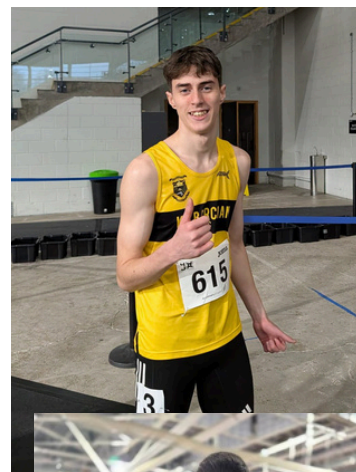
WINTER 2025 - 26 HIGHLIGHTS

SCOTTISH NATIONAL INDOOR CHAMPIONSHIPS

In the younger ages groups **Alice Madden** finished an impressive 4th in the combined event championships in what was her first national event representing Kilbarchan. Alice had PBs in three of the five events and set a new club record for Indoor pentathlon. Alice followed this up a few weeks later by taking **GOLD** in the high jump event. Well done and congratulations on your achievements over the indoor season.



Maxwell Mungin took an excellent **BRONZE** in the 800m in the under 16 age category running a PB of 2:09:43. **AJ Campbell** also took **BRONZE** in the 400m in the under 18s with a time of 50.42.



In the U14 60m **Rosie Stein** got faster as the rounds progressed and was pushed into 5th place in a very fast and competitive final. A second PB in the 200m later that afternoon wasn't quite enough to make it two finals in the same day.



WINTER 2025 - 26 HIGHLIGHTS

SCOTTISH NATIONAL INDOOR CHAMPIONSHIPS

Last but no least the senior men took the **BRONZE** in 4 x 200 relay with a storming last leg by Stephen Johnson.

Team: **AJ Campbell, Oran McShane, Daniel Bruce and Stephen Johnson.**



Well done to all of those who took part in the national indoor championship and we hope you enjoyed the experience. Competition is an integral part of athletics and being part of an athletics club. The results for all the Kilbarchan athletics can be found on our results page or on the power of 10 website.



Full results can be found on the power of 10 website with the results section on the club website detailing Kilbarchan athletes achievements.

WINTER 2025 - 26 HIGHLIGHTS

SCOTTISH SCHOOLS INDOOR CHAMPIONSHIPS EMIRATES ARENA - FEBRUARY 2026

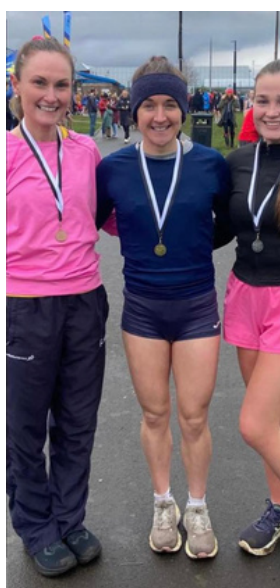
The Scottish Schools Indoor Championships took place in early February with some great performances from our athletes. **AJ Campbell** took **GOLD** in the 400m in the U18 age category with a **championship best** of 49.86. **Daniel Bruce** continued his good winter form taking **SILVER** on U20 400m events (50.50) with **Ruaridh Miller** taking **BRONZE** in the 800m U20 with a time of 1:57:14.

Oran McShane was 4th in the U20 200m final with a time of 23.66 and **Rosie Stein** made the final of the U14 60m.



ALLAN SCALLY ROAD RELAYS

A fantastic turnout of athletes for this very popular road relay with Kilbarchan putting out eight teams with four athletes in each team. The men's A team finished 5th overall and a special mention for **Lewis Hannigan** who represented Glasgow University and helped his team finish 2nd overall running the second fastest leg of the day.



RENFREWSHIRE ROAD RACES

A great day of racing and some great performances across all the age groups. It was teams wins for the under 17 men (**Alistair Street, Alexander Massie, Lucas Watt and Finlay Mitchell**), and the U13 Girls (**Kira Mitchell, Safia Dalling, Tania McCay and Connie Nyamurundira**) and third for the for the U13 boys (**Angus Farley, Blair Wright, Dylan Condie and Sam Doswell**). Individual medals went to **Alistair Street** who took **GOLD** in the U17 men, **SILVER** for **Kira Mitchell** **BRONZE** for **Elsbeth Kerr** in the senior women (pictured).

WINTER 2025 - 26 HIGHLIGHTS

INTER COUNTIES CROSS COUNTRY

WOLLATON PARK NOTTINGHAM



Congratulations to Ruaridh Miller and Alistair Street who were selected for the West of Scotland team competing in the inter counties cross Country event in Nottingham in March. Ruaridh Miller was the 10th Scot and the 5th West counter with Alistair the 2nd Scot and the 2nd West counter. These fine performances resulted in team **GOLD** for Scotland West.



KILBARCHAN AAC CROSS COUNTRY RACE

SHANKS PARK JOHNSTONE

Finishing off the winter season was the clubs own cross country race held at Shanks Park in Johnstone. Some last minutes changes due to the Paisley half marathon did nothing to stop around a hundred of the clubs athletes competing over varying age ranges and distances. For the first time we had under 9s and under 11s competing over shorter distances with some of our older athletes assisting in the warming up our young athletes and pacing their races. A fantastic mornings competition for all and we hope to continue with some club events for our younger athletes moving into the outdoor season.



KAAC ROAD RUNNERS



The Kilbarchan Senior Road Runners meet regularly on a Monday and a Thursday evening from 7pm until around 8:40pm. Our members range from runners who focus on 5km, 10km and half marathon races all the way through to serial marathoners and ultramarathoners. We don't just stick to roads either, but most of our sessions are road or track based.

Since our last newsletter item (in July 2025!) things have changed dramatically for the group. We launched our 'Winter League' - a series of 11 races (and two virtual races) where all senior runners (and U20s) are competing for three parallel championships: the male and female 'scratch' championships and our overall 'graded' champion.

At the point of writing there is only one fixture remaining: the KAAC XC Championships on 22nd March. In the male scratch championship, Euan McCracken leads by 7 points from Stuart Kerr, with Fraser Williams 9 points further back. In the female scratch Elspeth Kerr has had an amazing season, leading by 11 points from Roz Teasdale, with new member Ania Doswell sitting in third place.



The overall championship, which is age and gender graded, is a much closer affair: Euan McCracken leads Stuart Kerr by 0.3 points, and Stuart leads Elspeth by 0.4! There are 6 runners all within 3 points of the top spot, so the XC Championships on 22nd March has a lot at stake! The Winter League has really inspired participation for the Senior Road Group, providing a focal point for many runners and helping grow a real sense of community and club spirit.



KAAC ROAD RUNNERS



The National XC Relays in October had a large entry as a result of its inclusion in the league, and several club races have had record entries for recent times. 15 runners braved the Donald Crawford Cup won by Roz Teasdale, 24 runners braved some chilly conditions for the Xmas Handicap Race, won by Ania Doswell (and a course record for Ewan McKerral) and 21 runners braved a cold, dark track for the Killer Mile cheered on by the Trackstars with Stuart Kerr pipping Euan McCracken (4:51.0, PB) with a fantastic 4:48.6.

For several years the Alan Scally Relay has been a focal point for the club and the group. This year we entered 8 teams (one of the biggest club entries in the country). The Men's A team finished 5th overall with a time of 1:00.40 for the 4x5km route. The Female A team finished 7th overall (with a certain Elspeth Kerr running one... or two... of the fastest legs of the day).

Over the past year or so the Senior Road group has gone from strength to strength. We have increased our membership and, most importantly for me as coach, we have increased our participation in races. Alongside this have come some significant increases in performance as well, with many group members PB-ing over mile, 5km, 10km and half marathon distances. We have also started to build better connections with other training groups in the club, from Trackstars to U20s, and I hope to continue making gains here over the next few months as well!

Our group caters for all and the Senior Road Runners are always happy to accept new members, whether your 5km time is 16 minutes or 36 minutes, if you are an experienced athlete or returning to running after long time away. Our summer training will focus on continuing to build endurance as many group members have 5k, 10k and HM goals to work towards, but summer also brings about an opportunity to do some training on firm trails. This will suit any athlete who is looking to build a base and good running habits.

If you are interested in joining our group then contact Michael McEwan (mikemcewan@hotmail.co.uk).



KAAC TRACKSTARS

Athletic training group designed for children from ages 5 - 10. These are held on Mondays or Wednesdays at the track, On-X sports centre Linwood.

6.45pm - 7.30pm Kilbarchan Mini Trackstars 5 - 7 years

7.00pm - 8.00pm Kilbarchan Trackstars 7 - 8 years

7.00pm - 8.30pm Kilbarchan Trackstars 9 - 10 years

The groups will be in blocks around school term times and you will be asked to sign up and pay for each block.

Queries: Kaactrackstars@outlook.com

Book: <http://kilbarchan-aac.class4kids.co.uk>

All junior athletes coming for the first time should be accompanied by parent, guardian or responsible adult with consent for athlete to take part.

KAAC TRACKSTARS EASTER ATHLETICS CAMPS - APRIL 2026

The club will be running Easter athletics camps on the second week of the school holidays from Monday 13th April to Friday 17th April. The camps will run from 10 am to 2 pm concentrating on different events each day. Bookings have to be for the full week and athletes should bring a packed lunch (30 minute lunch break).

The cost for the full week is £70 booking link below:

<https://kilbarchan-aac.classforkids.io/camp/323>



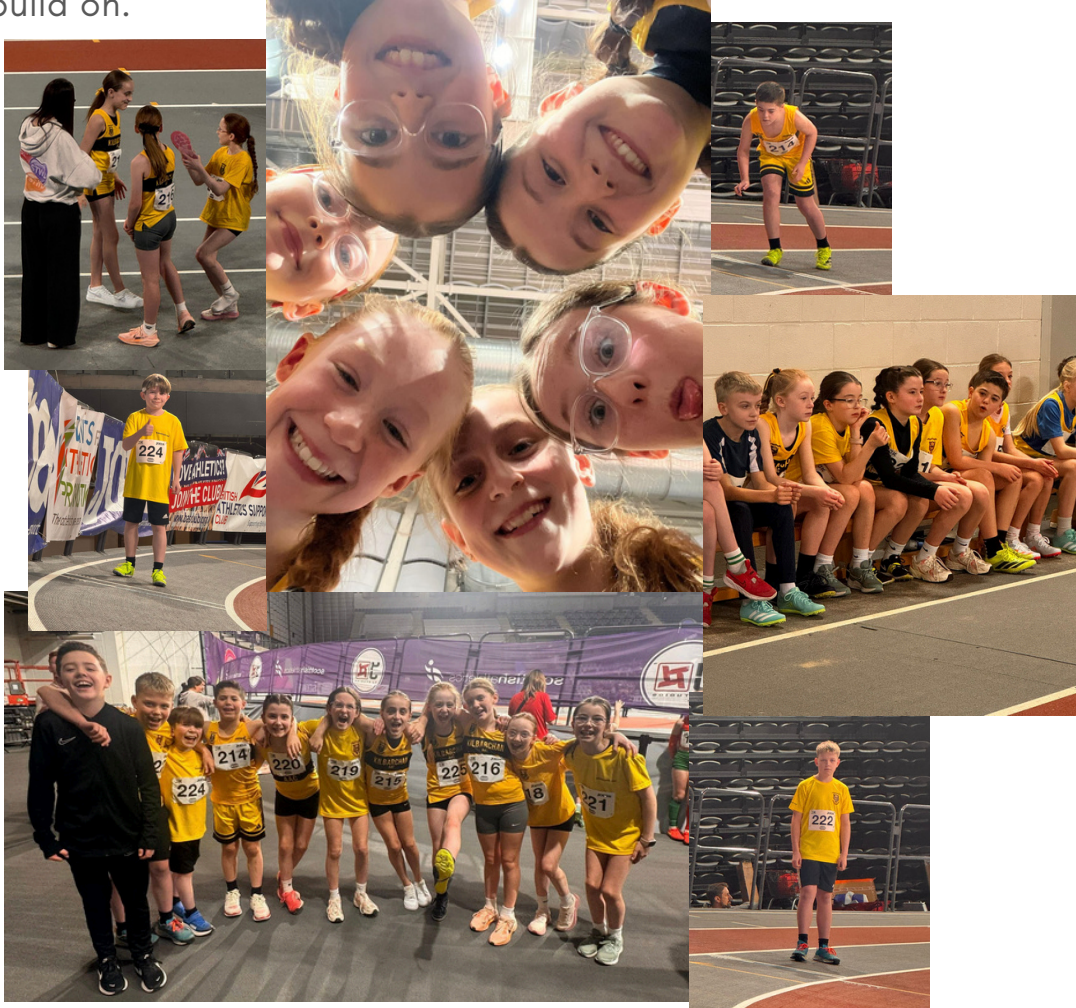
KAAC TRACKSTARS

SUPERTEAMS COMPETITION - EMIRATES ARENA FEBRUARY 2026

What a day at the National Indoor SuperTeams in February! Some of our U12s stepped onto the national stage in the yellow and black and absolutely delivered with a fantastic 11th overall out of 35 clubs. An outstanding team performance in a huge field – packed with talent from across the country.

From fast sprints and brave jumps to throws, relays and relentless support for each other, this group showed exactly what Kilbarchan AAC is all about – Effort, teamwork, confidence and pride in the vest.

So proud of every athlete who competed today – the attitude, energy and togetherness were top class! Massive experience, big memories made, and plenty to build on.



WELFARE UPDATE

A warm welcome to all new Club members!

Throughout the Autumn /Winter Season, new members have joined the Club, and it is a good time to remind everyone of their responsibility as a Club member.

It is the responsibility of everyone in the club (coaches, parents, helpers, athletes) to protect children from harmful behaviour. The job of the Club Welfare Officer (CWO) is to manage any concerns about children within the club.

We hope that children should feel confident to speak to their coach or other trusted adult about any concerns they have, and they should be encouraged to do so. The coaches work hard to be approachable and friendly! Any adult should also feel free to raise any concerns either with a coach or with the Club Welfare Officer. All our coaches undergo safeguarding training as part of their coaching licence and all coaches and helpers are PVG checked.

As Club Welfare Officer I am the point of contact for anyone with concerns about welfare issues and these concerns will be kept confidential. Concerns of any sort can be discussed with a coach, who will pass the concern on to me if necessary, or with myself by emailing me on welfarekilbarchanaaac@outlook.com , or completing the welfare concerns enquiry contact form on the welfare page of our website.

We have recently appointed a second Welfare Officer for the club - Fraser Williams. You may well know Fraser who is one of our coaches and I am delighted that he has offered to take on this additional role. Please feel free able to speak to Fraser or myself about any concerns.

On joining the club everyone is required to agree to adhering to the Codes of Conduct. These are on the website, and it is vital that everyone pays attention to them. Of particular importance is the thoughtful use of social media - please use it, and remind children to use it, with care and respect for fellow athletes.

Janet Gillham
Club Welfare Officer.

PICTURE BOARD - HAVE YOU MADE IT ON !!!



RENFREWSHIRE ASPIRING ATHLETE FUNDING PROGRAMME

We're Here to Help and Support Local Athletes!

Our RAASP Card is here to help aspiring Renfrewshire athletes with access to OneRen training facilities.

Renfrewshire Aspiring Athlete Support Programme (RAASP) is a partnership with OneRen, Renfrewshire Council and Renfrewshire Community Sport Hubs, which aims to support aspiring athletes competing at an elite level and residing in Renfrewshire.

This program helps athletes achieve their individual aims and aspirations with free access to OneRen facilities.

For eligibility criteria and information on making an application:

<https://www.oneren.org/sport/aspiring-athletes/>

CLUB KIT



Club kit can be purchased from Migo sports in Glasgow. Further details on the club website including contact details

<https://kilbarchanaac.org.uk/kit/>