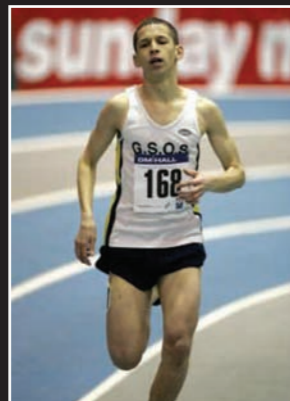


# ATHLETICS



Glasgow School of Sport girls sprint for the line



Kenny Boyd British Champion



Mzuzu Government School medalists



Sean Dimeo powers out of his blocks



## STAFF

Frank Rafferty has led the Athletics programme since 2000 and was joined by Norrie Hay in 2004.

## OUTSTANDING ACHIEVEMENTS

Over the last ten years the athletes have achieved twenty-three Scottish titles in a variety of disciplines. Titles have been won in sprints, endurance, hurdles, high jump, long jump, shot putt, road and cross-country running.

## INTERNATIONAL CAMPS AND EXCHANGES

### MALAWI EXCHANGE

In 2007 Norrie visited Malawi to deliver athletics coaching to 15 schools in the Northern Region of Lilongwe. Fifty schools participated in heats organised by their teachers using the resource materials and equipment shipped to Malawi by the School of Sport. Regional competitions were then organised in Lilongwe by Norrie, accompanied by senior athletics pupil Calum Nicholl. The top 15 schools were awarded an athletics kit bag and coach education.

Six top scoring athletes, over three events, were rewarded with a scholarship visit to Glasgow in March 2008. In Glasgow they trained alongside GSOS pupils and with local athletic clubs. Subsequently Noel Limpenga returned to Malawi to win a National Junior title.

### BRITISH MEDAL WINNERS

- Kenny Boyd Gold:**  
British A.A.A under 17 1500m - indoor
- Laurie McKenna Silver:**  
British A.A.A. under 17 Long Jump - indoor
- Sean Fontana Bronze:**  
British A.A.A. under 17 1500m - indoor
- Claire Macaulay Bronze:**  
British A.A.A. under 17 1500m - indoor

### SCOTTISH RECORD HOLDERS

- Matthew Turner:**  
Scottish Schools over 16 800m - indoor
- Colin Severin, David Ross Hunt and Christopher Hodgkins:**  
were all part of the Scottish under 20 men 4 x 200m record winning relay team
- Mahad Ahmed:**  
under 13 boys 200m Scottish record holder

Main photo: Mahad Ahmed set for action



## INTERNATIONAL REPRESENTATION

1998

1999

2000

2001

2002

Christopher Hodgkins

2003

Christopher Hodgkins

Claire MacAulay

2004

Colin Severin

David Ross Hunt

2005

Charlotte McShane

2006

John Cooke

David Clunie

Stephen Trainer

2007

Matthew Turner

Laurie McKenna

Sean Fontana

Alex Oliver

Melanie Rankin

2008

Laurie McKenna

Jade Barclay

Sean Dimeo

Sarah Smith

Mahad Ahmed

2009

## KEY EVENTS

1998

1999

2000

- Frank Rafferty appointed as High Performance Coach.

2001

2002

- Christopher Hodgkins - National Indoor 200m Title.

2003

- Christopher Hodgkins - Celtic Games International.
- Claire MacAulay - British Schools International.

2004

- Norrie Hay appointed as Assistant High Performance coach.
- Colin Severin - Celtic Games International.
- David Ross Hunt - Celtic Games International.

2005

- Charlotte McShane - British Schools International.

2006

- John Cooke - British Schools International.
- David Clunie - Celtic Games International.
- National and Schools 5000m titles.

2007

- Matthew Turner - Celtic Games International.
- Laurie McKenna - British Schools International, 1500m medal winner.
- Sean Fontana - British Schools International.
- Alex Oliver - British Schools International.
- Austrian 100m hurdles under 20 title.

2008

- Laurie McKenna - British Schools International.
- Jade Barclay - British Schools International.
- Sean Dimeo - Celtic Games selection British Schools International.
- Sarah Smith Celtic Games selection British Schools International.
- Mahad Ahmed - Scottish under 13, 100m & 200m titles.

2009

- 10-Year Anniversary.