



24seven

THE MALCOLM GROUP magazine issue three



Wheely Good Visit

Photo: Tom Nicol, Paisley Daily Express

- In this issue:**
- UKWA Warehouse Manager of the Year**
Pages 3 & 4
 - Malcolm Construction Set for the 2014 Games**
Page 10
 - New Fleet for Malcolm**
Pages 12 & 13
 - For our Younger Readers**
Page 15

Welcome

Welcome to the third edition of 24 seven.

On page 15, we have introduced a section for our younger readers, which will be a regular feature. In this edition we have a Spot the Difference Competition with the chance to win a Malcolm model. So kids get your entries in quick and if there's anything else YOU would like to see in YOUR section please send your suggestions to the email address below.

I hope you all enjoy this edition and please keep the stories coming. Remember, this is your magazine, so if you have any ideas or suggestions I would be happy to consider them.

Helen

Helen Ryan, Marketing Manager

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From the CEO

Firstly, on behalf of the W H Malcolm Board of Directors, I would like to take this opportunity to thank you all for your continued support to The Malcolm Group.

As you are all aware, we are still facing tough market conditions. In particular, we have experienced incredible pressure from our competitors in both the Construction and Logistics sectors. However, we are continually investing in the most modern and technically advanced equipment. Backed by our expert technical support and advice, I believe we offer our customers an excellent service and the widest range of equipment and solutions in the market place. We should continue to believe in ourselves.

Andrew Malcolm,
Chief Executive Officer

New Legislation: Civil Sanctions for Environmental Offences

A new legislative order has been introduced in England to impose civil sanctions on businesses committing certain environmental offences.

Presently, civil sanctions can be used for offences involving harm to water and wildlife or poor drainage and waste management offences. Sanctions can also be enforced if a person gives false information or impedes an investigation by an authorised person i.e. The Environment Agency or Natural England.

The list of offences is extensive but if you would like to find out more about this or if you have any other queries, full information on the order can be found online via Netregs website which is; <http://www.netregs.gov.uk/netregs/legislation/current> or alternatively please contact the Environmental Department.

Think Mean, Think Green

In 2002 the Lean Management Thinking Programme was created by Scottish Enterprise, a Scottish body who help support the growth and development of local businesses.

The purpose of the programme is to help companies make improvements to their operations and implement 'lean' methodology in their day-to-day businesses.

Two teams represented The Malcolm Group on the programme and were charged with piloting schemes at Malcolm Logistics Burnbrae Road and Newhouse depots. One project focussed on minimising the effects of transportation and the other evaluated the use of energy and implementing more environmentally friendly solutions.

Both projects have been extremely successful so far and the benefits are already visible but it is hoped that with company-wide participation this will progress further.



From left to right: James Crowhurst (High Bay), Sabina Sarwar, Stephen Steenson & Alistair Gold (Newhouse).



MalcolM Reduces Marshall's Footprint

MalcolM Logistics has been working closely with Marshall Mono to reduce their CO₂ emissions in line with Government targets; 34% by 2020 and 80% by 2050.

Since rail movements began, 212,000 road miles have been moved to rail, saving somewhere in the region of 341 tonnes of CO₂ helping Marshall's achieve their goal of continual CO₂ reduction.

Depot Relocation

MalcolM Logistics are proud to have been associated with British Gypsum's operation at Kirkby Thore in Cumbria.

Regretfully, as a result of a retendering and reorganisation exercise undertaken by British Gypsum, the contract was awarded to another service provider.

Conscious of the strategic value to our network from having a depot in the area, The Group moved swiftly to open a new facility near Penrith, just four miles west of junction 40 of the M6 motorway and A66 trunk road interchange.

Pleasingly, the majority of the Kirkby Thore employees made it known that if it were at all possible they would prefer to stay with MalcolM Logistics, despite being able to transfer to the new service provider under Transfer of Undertakings regulations and with full continuity of service.

Whilst we could not accommodate everybody in the relocation to Penrith, we are extremely pleased that 22 of our most experienced drivers, administration and traffic staff will still operate within the MalcolM Logistics team under the continuing leadership of Lawrence Fearon.

We wish them all the best in their new location.

And the award goes to...



Stephen Steenson, for the UKWA's Warehouse Manager of the Year.

Despite tough competition Stephen, Warehouse Manager at MalcolM Logistics Newhouse depot, walked away with the award.

The awards ceremony took place at the Dorchester Hotel in London with many members of the United Kingdom Warehousing Association attending.

Congratulations to Stephen and his team for all their hard work and this fantastic achievement.



Q & A with Stephen Steenson

Warehouse Manager, Malcolm Logistics, Newhouse Depot

Our newsletters will always feature a Question & Answer session with a company employee. In this issue we speak with Stephen Steenson.

How did you come to work for Malcolm's?

"I initially started to work on site at Newhouse as an AG Barr employee on the Barrs contract and was approached to move across to the dark side!"

What are the responsibilities of a Warehouse Manager?

"Warehouse Manager is a varied and busy role. I'm responsible for overseeing all of the loading/unloading of products for approximately 12 customers. I'm also in charge of approximately 30 forklift drivers and shunters, forklift truck maintenance, stock controllers and warehouse housekeeping."

Why did you choose this career?

"I thought it would be practical, logical, challenging and rewarding."

What do you think it takes to be successful in this career?

"Like any career you have to be hardworking, enthusiastic and willing to be open minded and think outside the box."

What motivates you to go the extra mile?

"The satisfaction in seeing a job completed to the best of my ability. Maximising warehouse utilisation is a good feeling."

What or who has been the main influence in your career?

"After leaving school at 16 and spending three years in a no-brainer of a job, I decided to return to education in order to enhance my employment opportunities."

Looking back, what are your greatest successes?

"I completed two years of working on Project Logistics in Germany. I was voted the Best Placement Student for 2006/2007 by the CILT in Northern Ireland. My recent UKWA award was also a great achievement."

Do you have any other ambitions you would like to achieve?

"Just to keep learning daily. W H Malcolm is a big animal and every day is a school day."

Given the chance, would you do anything differently?

"Nothing at all, happy enough, life is good."

How did you feel when you received Warehouse Manager of the Year award?

"Very pleased and honoured, not just for myself but for the whole warehouse team at Newhouse. Everyone is as equally important as the next person and the support I receive daily is second to none (no names they know who they are)."

Do you have any hobbies or interests that you enjoy in your spare time?

"Spare time – what spare time? I'm married to Emma and Dad to Daniel who arrived earlier this year. I also run the odd 10k (badly I may add) and hope to complete another marathon in 2011. I follow my national rugby team (not Scotland) but I'm not allowed to mention this too much at Newhouse, as we usually win in both Edinburgh and Dublin."

Do you have any advice for those looking to work in the warehousing/logistics industry?

"On the operations side, it can be very hard work with demanding hours, particularly when new contracts are introduced. However, once these contracts are up and running successfully, the feeling of satisfaction is very rewarding."

How has being part of the Lean Management Thinking Programme helped you tackle any environmental issues?

"Lean Management made me more aware to reduce wastage and that the results could be twofold - namely the obvious financial benefits plus looking after the polar bears!"

The Q&A will be a regular feature in the newsletter. If you have any questions you would like to ask relevant people in the company, please send them to ryanh@whm.co.uk



25 Years Service & Special Long Service Awards

The Malcolm Group once again descended on the Glynhill Hotel in Renfrew for their Annual Dinner Dance. A great night was had by all and Andrew & Fiona Malcolm presented the awards for 25 Years Service, Retirements and Special Long Service. These were given to: (back row from left) **Gavin Summers, Walter Neith, Frank McCartney, Robert English, Andrew Barr, James Wilson, Ian Barrie, John Thomson, Stephen Gilchrist,** (sitting far right) **Margaret Bruce.**

New Arrivals



Stephen Steenson, of Malcolm Logistics and his wife Emma are proud parents to baby Daniel.



Catherine Sloman and her partner Paul Williams, both based at Malcolm Logistics Crick depot are proud parents to baby Alexander.



Peter Baldassara of Malcolm Construction and his partner Ainsleigh are proud parents to baby Isabella.



James Kerr of Malcolm Maintenance and his wife Lynsey are proud parents to baby Oliver.



Lesley Ann Mullen of Malcolm Construction and her husband John are now proud parents to their second daughter Emma.

Longest Serving Employee Ever!

Robert English joined The Malcolm Group on 1st October 1964 and was a driver of the Volvo F86 for sometime. In 1988, he came off the road after 24 years of driving and became Road Foreman, which he did until his recent retirement. A total of 45 years service for Malcolm's makes him our longest serving employee EVER! We would like to wish him a long and happy retirement.



Robert pictured above with Andrew Malcolm.

Bert Jack Retires

Bert Jack of Burnbrae Drive Paintshop has retired. Bert started with Malcolm's in May 2001 as a spray painter and over the years moved on to be our main decals man.



Bert pictured above holding gifts.

We wish Bert a long and happy retirement from all at Malcolm's.

Congratulations

Angela Aitken of Malcolm Construction married her partner Scott McLintock.



Announcements Do you have any special news to share with your colleagues? Email your details and photos for the next edition to: ryanh@whm.co.uk



Malcolm Trial for Waitrose

Malcolm Logistics have recently trialled rail container movements for Waitrose between their Bardon Distribution Centre and Comely Bank and Morningside stores in Edinburgh.

Peter Hume, Area Manager East and Graham Randall, Traffic Manager both of Malcolm Logistics were involved in the planning and management of the first movement which went exactly as planned.

After the first movement Dave Droar, Supply Chain Analyst of Waitrose said, "I'm pleased to pass on that I heard nothing but compliments about The Malcolm Group and your drivers."

The Malcolm Haulage College

Driver CPC



The Joint Approvals Board for Periodic Training has recently approved our Driver Trainers to deliver training that counts towards the Driver Certificate of Professional Competence.

Our Driver Trainers were required to become registered on the Driving Standards Agency's Register of LGV Driving Instructors. Now, when a Driver Trainer delivers the one day Driving Standards & Fuel Efficiency Course

in cab, the driver is credited with 7 hours towards his Driver CPC.

By September 2014, drivers of goods vehicles exceeding 3500kgs Gross Weight must have had 35 hours of approved training to obtain their Driver CPC. Together with the approved classroom training we do, all our drivers will hold their CPC by 2014.

A New Driver Trainer

Adrian Johnstone from Crick is the latest trainer to be registered to the Driving Standards Agency list of LGV Instructors after completing the four day instructors course with the Glasgow Training Group.

Congratulations also go to our other registered LGV instructors: Stephen Devine at Newhouse, Peter McCormick & John Heirs at Burnbrae Road and Graham Lucas at Haydock.

Malcolm's Partner with Glasgow Training Group



The Malcolm Group has taken the decision to enter a partnership with the Glasgow Training Group for Modern Apprenticeships in Driving Goods Vehicles & Heavy Vehicle Mechanics.

Both Groups have worked closely together on this process and so far the feedback from drivers has been extremely positive. The Malcolm Group value the skill levels of their professional drivers and have shown huge commitment throughout the process.

A dedicated Heavy Vehicle Mechanics Modern Apprenticeship Programme for The Malcolm Group has been established with the Glasgow Training Group and to date recruitment has been carried out for apprentices in Linwood, South Street, Beith, Gatenby and Haydock.

Logistics put on quite a show

Multimodal 2010

Malcolm Logistics attended the Multimodal exhibition for the third year in a row.

Almost 4,000 high-profile visitors entered Hall 4 of Birmingham's NEC for the three day event. The show reached another level this year, being on a much larger scale than that of the previous two years. It has fast become 'the event' for the transport and logistics industry.

Malcolm Logistics enhanced their presence at the show, taking a spot in the main thoroughfare. The distinctive multimodal curtainsider and Albion Chieftan also made an appearance. Visitors to the stand were given the chance to take part in the Malcolm Golf Challenge, which proved to be very popular.



Food & Drinks Logistics Show 2010



Malcolm Logistics formed part of the UKWA's exhibition area at the Food & Drinks Logistics show.

Held at Birmingham's NEC, the show supported the Food & Drink Expo 2010 along with seven other co-located Shows. In its inaugural year, it proved to be extremely popular, with visitors representing key logistics and supply chain buyers.

Malcolm Logistics is a loyal member of the UKWA – the UK's only trade association that is dedicated to serving the warehousing and logistics sector.



Careers 2020 formerly known as Scotland's Careers & Jobs Fair, is an annual event bringing together employers, colleges, universities, training providers, professional bodies and career experts under one roof.

Pupils in 4th, 5th and 6th year attended from schools all over the West of Scotland, alongside individuals looking for new jobs and career changes.

The Malcolm Group attended the show with the new exhibition and training unit coupled with a brand new Volvo cab.

With the legal age for obtaining LGV (formerly HGV) licenses being lowered to 18 years of age, through the Young Driver Scheme, this was an ideal opportunity to showcase the company as an industry leading employer with excellent career prospects.

It's all going on at The Heritage C



Pictured above are members of the UKWA along with Malcolm personnel.

Malcolm Hosts UKWA Regional Meeting

Around 20 members from the UKWA attended the regional meeting organised by Freddy Solomon of Malcolm Logistics at the Donald Malcolm Heritage Centre.

Michael Davison, Membership Services Manager for the UKWA commented, "Malcolm's is a huge success story and everyone that attended was thoroughly impressed by the sheer progress the company has made since its inception."

Summerlee Classic Truck and Car Show

Following its £10m refurbishment, Summerlee Museum in Coatbridge held its Classic Truck and Car Show.



Photograph courtesy of The Herald & Times Group.

In true Malcolm style, the heritage collection stood out in the company of 50 trucks, vans and cars from the 1950's and 60's.

As always, the vintage vehicles were a crowd pleaser.

Kids Keep On Truckin'

Since its launch, the Heritage Centre and its vehicles have had many visitors.



Photo: Tom Nicol, Paisley Daily Express

George Johnson with the pupils from East Fulton Primary School.

Recently, it saw two very enjoyable visits from East Fulton Primary School in Linwood and Cochrane Castle Primary School in Johnstone.

East Fulton Primary School visited the Heritage Centre as part of their Enterprise Week. Pupils from primary 5B were shown around the vehicles by George Johnson, learning about the history of each vehicle and how they were used within the running of the company.

At a later date, we welcomed pupils from Cochrane Castle Primary School for a tour organised by primary 7 pupil Leah Hocking. Pupils from primary 4 up to primary 7 attended and were shown around by Malcolm Logistics Driver Trainer, John Heirs.

entre



Best Fleet at Peterborough Heritage Collection

Congratulations to George Johnson and his 19 drivers and supporters who made a huge impact at Truckfest Peterborough.

With a fleet consisting of six Heritage Vehicles, four Tippers, five Logistics Lorries, one Plant Vehicle, one Mitsubishi Pickup, two Trailers and three Semi Low Loaders it was no surprise they came home with the

'Best Large Fleet' Award. George Johnson said, "Well done and thank you to all who attended and helped us achieve such a prestigious award. It was a great achievement in such a huge display of top class vehicles of a very high standard and to win on our first visit was amazing."

Visit from the Bank of England

The Malcolm Group were delighted to host a visit from the Governor of the Bank of England, Mervyn King.



From left to right: Walter Malcolm, George Mitchell, Mervyn King and Andrew Malcolm.

Andrew Malcolm gave a brief history of The Group from the 1930's up to current times. The Governor then gave his views on the UK and world economies. The visit concluded with a tour of The Donald Malcolm Heritage Centre, which the Governor thoroughly enjoyed. Mr King is pictured above with Andrew and Walter, and the Group's Chairman George Mitchell.

Truckfest Ingliston



The Malcolm Group showcased an impressive display of vehicles at Truckfest Ingliston, following their 'Best Large Fleet' Award at Peterborough.

Vehicles from Malcolm Logistics, Malcolm Construction and the Heritage Collection were exhibited at the event.



Malcolm Construction All Set for the 2014 Games

Malcolm Construction have entered into a partnership agreement with three of Glasgow's biggest house builders to secure the successful development of the 38.5 hectares site in Dalmarnock which is a key component in the delivery of the Commonwealth Games in 2014.

The new Athletes Village will provide accommodation and facilities for 6,500 competitors and officials for the games. The partnership with CCG, Cruden and Mactaggart & Mickel Homes will secure work for the next 3 years leading up to the Games and beyond.

After the Games, the Village will be refitted to become a desirable new residential community within the East End of Glasgow, including 300 homes for private housing, 300 affordable homes for rent through local Housing Associations, 100 homes for mid-market rental and a new 120-bed care home for the elderly. All temporary facilities will be removed and the land made available for extensions to the residential neighbourhoods.

Once this is complete the area of the site taken up by the Olympic Committee will be made available for a further 700 houses which will secure work for a further 3 years and beyond.

The masterplan submitted by City Legacy, the company formed by all four partners, has high design and environmental standards and will deliver a minimum 60% reduction in carbon emissions from the new homes to be constructed – a first in Scotland

for a large scale development of over 1,400 homes and the care home. The reduction in carbon emissions on the site will be achieved through sustainable design materials and a combined heat and power plant which will meet the energy needs of the new community.



Construction of the Athletes Village has started and Phase 1 (Games mode) will be complete for January 2014 when the Olympic Committee will then construct the temporary infrastructure to look after the athletes and their support teams.

Charles Lawrence Surfaces & Woodholme Construction Get a Facelift



Charles Lawrence Surfaces and Woodholme Construction have changed their corporate identity to reflect the development of both companies since their acquisition by The Malcolm Group.

The new logos were created around the look and feel of the Malcolm brand, reflecting the positive changes that have occurred in both businesses, whilst creating a strong visual identity.

Successful New Venture for Charles Lawrence Surfaces

Charles Lawrence Surfaces are delighted to have successfully handed over to Leicester City Council, the first of six football centres situated around the City.



Pictured (left to right) are Tony Aitchison, Charles Lawrence Surfaces Construction Director, Pradip Dullabh, Chairperson Leicester Bharat FC, Andrew MacAllister, Charles Lawrence Surfaces Director (Managing) and Harish Ravat, Secretary Leicester Bharat FC.

Charles Lawrence Director (Managing), Andrew MacAllister said, "Our contract forms part of a larger £11.2m project to provide artificial sports pitches, multi-use games areas and six changing room complexes spread over 10 sites. We are particularly pleased to have expanded into a new market with the design and construction of the changing rooms. The end results are a credit to everyone involved."

Estimating Manager, Craig Ford described the projects: "The details of the schemes were the result of many design team meetings and negotiations stretching back to the start of 2009.

Each building complex has a minimum of six changing rooms, a bar/function room, offices and storage along with a full Mechanical & Engineering package.

The pitches utilise the latest synthetic turf technologies to provide the best playing surfaces available."

The investment includes the largest single grant ever made by the Football Foundation. Further contributions came from Leicester City Council, NHS Leicester City, Sport England and the UEFA Jubilee Fund.



Charles Lawrence chauffeured David and Moira in his cherished vintage Rolls Royce for the occasion, taking the bride to the church and the newly married couple to their reception.

Reversing the Rolls

David Fearn of Charles Lawrence Surfaces, acquired by The Malcolm Group in 2006, recently married his partner Moira at Holy Trinity Catholic Church in Newark.

Moira was driven to the church by Charles Lawrence himself in his cherished, vintage Rolls Royce and then the happy couple were chauffeured onto their reception. David has been an employee of Charles Lawrence Surfaces for over twenty years and claimed it was about time Charles drove him, after all of the occasions he has had to collect Charles after a few Chardonnays!

Charles Lawrence commented, "David Fearn has been a credit to the company for over twenty years, both with Charles Lawrence playground and sports surfacing divisions. He has been a tremendously loyal and skilled member of the team."



Reachstackers

Pictured: Konecranes SC45 35 CB5

New fleet for Malcolm...



Triaxle Trailers

Pictured: Triaxle Curtainsider Trailers



Rigids

Pictured: Volvo Rigid Vehicle with Curtain-Sided Body

JCB Low Pressure Machines

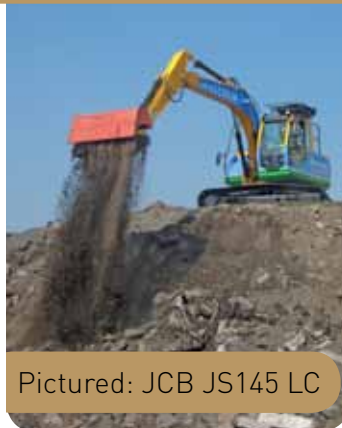
Pictured: JCB JS145 LGP



Malcolm Plant Replacement Programme



Pictured: JCB 3CX Sitemaster



Pictured: JCB JS145 LC



Pictured: JCB JS220 LC

Scania Tippers

Pictured: Scania P380 with Sleeper Cab



A True Star

This year Ian Kittle, Railport Operative of Malcolm Rail D.I.R.F.T, competed in the Marathon Des Sables in Morocco to raise funds for The Starlight Children's Foundation. The foundation grants wishes to seriously or terminally ill children, entertaining children in hospitals and hospices throughout the UK.

The marathon covered 150 miles of blistering heat in the Sahara Desert over a period of 6 days. It is completed in stages, running from 25 miles up to a staggering 50 miles per day.

On stage 4 of the race – 50 miles – Ian sustained a blister on his foot but was determined to carry on. He finished 118th out of 1,026 participants and was the 14th Briton to finish, a fantastic achievement.

Ian does many endurance events for the foundation which are all funded by him and in the last few years he has raised over an amazing £30,000!

All support is welcomed, so if you would like to make a donation please go to www.starlight.org.uk, click 'Donate Now' then just complete your details selecting 'Sponsoring a Friend' as your Media Source to link it to Ian. It's as easy as that!



Ian is pictured above.



Congratulations to the boys and thanks to all of you who donated.

Malcolm's Marchers Do It Again!

ScotPLOD is an organised team endurance walk, totalling 50km. Starting at the MacDonald Cardrona Hotel, Peebles at midnight the team pictured from left: Connor McAlister, David Street, Willie McNish, Andy Rycroft, Jim McAlister, Brian McLaughlin and David Denton walked through the night and the best part of the next day. The event was in aid of Action Medical Research and Tweed Valley Mountain Rescue.

On the day, the Malcolm boys came in 5th out of 17 teams, completing the hike in an astonishing 15 hours, 46 mins – a huge improvement on the last time. The team raised in excess of £4,000 for the charities.



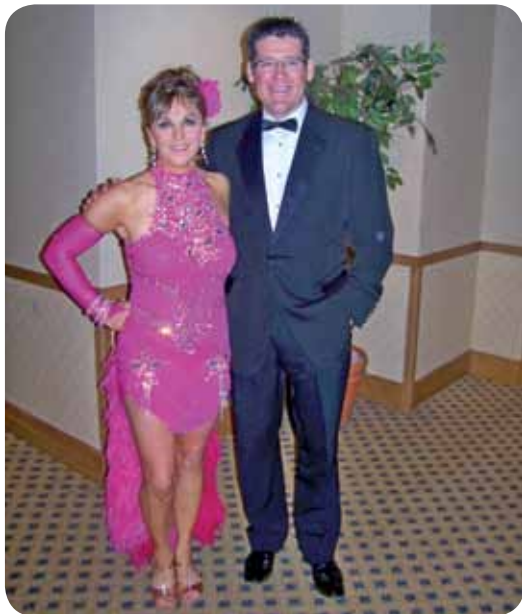
Malcolm Construction Have a Heart

Congratulations to Graham Smith, Contracts Manager for Malcolm Construction who raised £5,310 in aid of the British Heart Foundation.

Pictured is Carol Nicole of the British Heart Foundation receiving the cheque from Graham, as his father Jim looks on. Thanks to all of you who played a part in raising such an impressive total.

Fiona Dances to Victory

Fiona Malcolm fought off stiff competition to secure first place at the Prince & Princess of Wales fundraising event - '(a little less) Strictly Come Dancing'.



Pictured above: Fiona & Andrew Malcolm.



Fiona pictured above with Bobby Cranston.

Dancing the salsa with partner Bobby Cranston - a former Scottish ballroom dancing champion - Fiona looked stunning in TV presenter Carol Smillie's official Strictly Come Dancing dress, wowing the audience with their mesmerising moves.

After telephone votes and adjudicator's marks were collated, two couples returned for the dance off: Bobby Cranston & Fiona Malcolm and Chris Hannah & Suzie McGuire.

The ultimate winners receiving the Mirror Ball Trophy were Bobby & Fiona, who received a standing ovation from both the judges and the audience.

The Malcolm Group sponsored the event, which took place at the Hilton Hotel in Glasgow raising around an incredible £70,000!

Visit the Hospice website at www.ppwh.org.uk



The Prince & Princess
of Wales Hospice

Kids - Name This Area...

Welcome to our new section dedicated to you, our younger readers.

This is YOUR section and we would like YOU to come up with a suitable name.

In addition, if you have any suggestions for what you would like to see in YOUR section then let us know!

In the meantime here is our Spot the Difference competition where you could become the lucky owner of a Malcolm truck! Here's a clue - there are 8 differences to find.

Please send your entries to:

F.A.O Helen Ryan, The Malcolm Group,
Block 20, Newhouse Industrial Estate,
Old Edinburgh Road,
Newhouse ML1 5RY



Malcolm Sports News

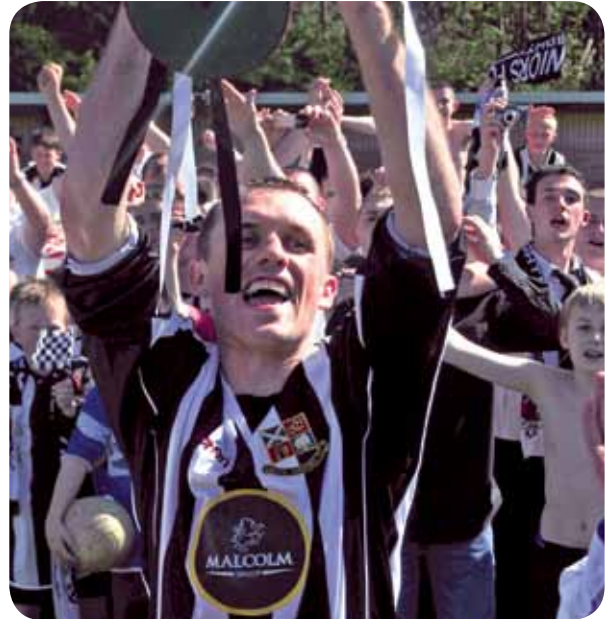
Beith Juniors

The season 2009/10 was once again a highly successful one following on from the club's West of Scotland cup triumph the previous year.

Beith lifted the Super Premier League title for the first time ever after showing remarkable consistency throughout the entire campaign. From a total of 22 fixtures, they won on 17 occasions, drew on 4 and lost only once, amassing 55 points in the process.

This is a truly remarkable achievement for a team from a small community who are competing against much larger clubs with greater resources. By winning the league they now qualify to participate in the Scottish FA Cup where they will be competing against senior opposition.

Who knows? They might even come up against the Old Firm. What an experience that would be!



Life in the Fast Lane!

New recruit, seventeen year old Trainee Traffic Planner, Andrew Tasker from Alloa is a great fan of living life in the fast lane.



With two Scottish Moto-X championships under his belt at the age of 7, his success began early. Since then, Andrew has continued to compete at a high level throughout Scotland, England and Wales, picking up many placings and winning both the Scottish and UK Club Mini Moto Championships in 2007.

Andrew's aim by the end of the season is to finish in the top ten of this year's Scottish Superstock 600 Championship. We wish him every success in the future.

For more information visit www.teamtasker.co.uk

Lenzie Colts

Last season, the Lenzie Colts played in the West Dunbartonshire League, their first year playing in a competitive environment. The boys had a good year finishing runners-up in their section.

They have just returned from their annual trip to Sweden where the Colts had a great tournament, with one team winning the tournament for their age group. We wish the boys the best of luck in the coming season.



Alf's Black Belt Academy

It's been a busy time for the Academy, with members competing in numerous competitions.

6 young members of the Academy are National Champions and will represent the Academy and England at the World Championships in Portugal later this year. We wish them the best of luck.

To find out more and view photo's, visit www.alfsblackbeltacademy.org.uk