

Newlands Lawn Tennis Club

President's Report

Dear Members,

It is a pleasure to present this year's President's Report. As I reflect on the past 12 months, the overarching theme is clear - we are building on exceptionally solid foundations while continuing to evolve to meet the needs of our members today and in the future.

Building on Solid Foundations

Our overall purpose as a club is simple: to provide outstanding facilities and opportunities for members to play and enjoy racket sports. This year, we have seen record membership numbers and court utilisation, which demonstrates both the strength of demand and the success of the offering we provide.

On the sporting front, we have enjoyed exceptional performances across our sections. Competitive success, strong internal competitions and vibrant social play all point to a healthy and thriving sporting culture.

Financially, the Club remains in a strong position. Careful stewardship over a number of years, has allowed us not only to operate prudently, but also to invest with confidence. Coupled with our fantastic facilities, this puts us in an enviable position compared with many clubs.

A Members-First Approach

Membership and Waiting List

As we flagged at last year's AGM, we anticipated that we would reach membership capacity in 2025. Earlier this year, we therefore introduced a waiting list.

This decision was taken with a members-first mindset. Our priority is to ensure that all of you, our existing members, have appropriate access to courts and facilities while ensuring the Club remains financially sound. We are currently at approximately 1,290 members and we will monitor closely how the introduction of a waiting list impacts both access and member retention.

There is, of course, a balancing act. There are certain categories, such as squash, where we may still have capacity to admit new members, but this is not the case for tennis or padel. We have also observed that some members initially join primarily for padel but, when those courts are full, choose to play tennis instead. In many respects, that is exactly the type of cross-usage we want to see - vibrant, flexible use of all our facilities.

Café Dropshot

In my view, the café has been a great success for the club. It provides an excellent service to members, and we are extremely grateful to Ruth and her team for the hard work and commitment they bring.

While membership numbers were growing, the café also proved to be an effective recruitment tool, attracting non-members to the Club environment, many of whom subsequently joined. However, growth has also brought challenges, particularly around non-member access and capacity constraints within the café itself.

As a result, it has been agreed that the café will move to a members-and-guests-only model. The offering is likely to be slightly streamlined, with an initial focus on a simpler menu for example, soup and sandwiches. The aim is to maintain a high-quality, sustainable service that supports the Club's core purpose.

I would encourage all members to support the café wherever possible. If it is not used, it will not be viable. It is a wonderful asset, whether for a post-match coffee, a catch-up with friends or even celebrating a family milestone, so please make the most of it.

Continued Investment

We have continued to reinvest significantly in our facilities. This year alone has seen:

- Resurfacing of outdoor tennis courts
- Energy-efficient LED lighting installed on the indoor tennis courts
- Acoustic curtains installed in the padel courts
- £50,000 committed to gym improvements
- A range of smaller but important upgrades across the Club

Looking ahead, we have a multi-year spending plan that will deliver over £1 million of improvements.

In the short term, toilet facilities will be upgraded. We are also exploring a larger project to enhance and modernise the changing rooms, improving the overall member experience and the way facilities are used. We hope these improvements will be well received and will further strengthen the quality of the club environment.

Continued Professionalisation and Governance

As we noted last year, the Club today is unrecognisable from where it stood 30 years ago. Not only have the facilities evolved, but so too has the way the Club operates. We are on a continual journey to professionalise and improve our governance structures.

We are incredibly fortunate to have an outstanding team of staff. In particular, I would like to recognise Aileen, Val, Kayleigh and the wider team. Aileen and her colleagues deliver the Club's operational plan at a level that would simply not be achievable through a purely volunteer committee structure. This evolution is both natural and necessary as we grow.

Our objective is to strike the right balance between members' representatives setting the strategic direction with professional staff delivering it effectively and efficiently.

We remain hugely grateful to all committee and sub-committee members who generously give their time in support of the Club. Voluntary contribution remains central to who we are.

To reflect the changing operational model, we have proposed an amendment to the constitution to reduce the required number of committee members from 10 to a minimum of 6. This recognises that several historical committee roles are now covered by paid employees who are doing an excellent job.

Importantly, this does not diminish the importance of member voice. We are committed to ensuring the Club is run in the best interests of members. If you have any concerns, ideas or feedback, please reach out to me directly.

Future-Proofing the Club – The Outlook

In my view, the primary role of the committee is to ensure that we leave the Club in a better position for future generations than the one we inherited.

We are currently in a very strong position with excellent facilities, high membership numbers and strong court usage. However, we would be remiss not to keep a close eye on the wider racket sports landscape.

Padel and pickleball are experiencing exponential growth with new facilities emerging across Glasgow and beyond. While this presents exciting opportunities, it also requires us to think carefully about how we futureproof the Club and continue to provide the best possible facilities for our members.

We are, however, approaching practical limits in terms of the land available for development and this will present challenges. There are no immediate plans for major changes, but we will continue to monitor the landscape carefully and ensure members are fully involved in any future discussions or developments.

Conclusion

In summary, the Club is in excellent health - sportingly, financially and operationally. We are building on strong foundations, putting members first, professionalising our governance, and planning responsibly for the future.

Thanks to our staff, committee members, volunteers and most importantly to all of you, the members, for your continued support and engagement. Together, we will ensure the Club continues to thrive for many years to come.

Thank you.

Paul McGettrick

NLTC President

Tennis Report

Introduction

In 2025 the Tennis Committee invited all members to share their views through a Club wide survey, and we were delighted with the response. Listening to our members has enabled us to shape clear priorities for the year ahead, whether that means increasing opportunities for social tournaments, expanding Club night sessions or enhancing competitive pathways.

The most significant development at Newlands this year has been the installation of 7 new artificial clay courts, a transformative investment that allows for high-quality, all-weather play. The courts look superb, and member feedback has been overwhelmingly positive.

To ensure we continue to deliver an excellent playing and coaching experience, the Club has also introduced a waiting list for new senior members which will help us maintain a healthy coach-to-member-to-court ratio and preserve the quality of access that members value.

Tennis at Newlands

Tennis at Newlands continues to thrive with year-round coaching, competitions, leagues, social play and events, there truly is something for everyone. We encourage all members to follow our social media channels to stay informed about team performances, player achievements, and the latest club news.

We also operate active WhatsApp groups, which are ideal for arranging matches, sharing updates, and connecting with fellow members. To join, please contact Reception or one of our coaches.

Adult members can also connect via the MyCourts booking system. Please ensure your contact details are up to date and that you are opted-in to receive Club emails.

Box Leagues

In 2025, we delivered 3 highly successful rounds of the Box League in both Singles and Doubles, with over 150 members participating in each round. The standard of tennis continues to rise, and the Box League remains one of our most effective ways of integrating new members into the Club.

Regardless of ability, the Box Leagues offer a welcoming and competitive environment to meet fellow players and find matches at the right level.

A sincere thank you to everyone who took part - your enthusiasm makes these leagues such a success. The leagues are hosted online, making it simple to record scores, track World Tennis Number ratings, and monitor standings.

[Box League Round 10](#)

Pickleball

Pickleball continues to grow in popularity at Newlands. Played on a smaller court, it is a fun, accessible sport suitable for all ages and abilities. Reflecting this growth, we have marked our mini courts with permanent pickleball lines to better support our expanding community. There is also a group of members who play regularly on Friday lunchtime and if you would like to get involved, please contact Reception to be added to the Pickleball WhatsApp group.

League and Cup Tennis

This year, we entered approximately 80 teams across a range of leagues and competitions, providing extensive opportunities for mini, junior, and adult members to represent the Club. In total, over 450 members competed in team tennis during 2025 - a tremendous achievement.

Adult Leagues

[Glasgow Property Letting West of Scotland Summer Season 2025](#)

[Glasgow Property Letting West of Scotland Winter Season 2025](#)

Junior Leagues

[West of Scotland Youth League & National League Summer 2025](#)

[West of Scotland Winter Youth League 2025](#)

County, National and GB Selection

Congratulations to all players selected for county and national training programmes, and to those who represented the West of Scotland, Scotland, and Great Britain throughout the year.

We are particularly proud to see members aged 7 to 70+ competing and excelling - a powerful reminder that tennis truly is a sport for life!

Team Captains and Volunteers

Our thanks go to the many team captains, parents, and volunteers who give their time to organise and support both junior and senior teams. Your contribution is vital to the smooth running and continued success of club tennis.

We are also extremely grateful to the volunteers who assist with maintaining our grounds and courts. Your dedication ensures our facilities remain among the best in the country.

Competitions

Many of our players compete regularly in local and national events, achieving numerous successes throughout the year. While it's impossible to list them all, we encourage members to follow our social media channels to celebrate these achievements.

Looking ahead to 2026, we aim to expand our internal competitions across all ages and standards, alongside introducing more social events and one-day matchplay opportunities for juniors and adults alike.

Tennis Club Championships

The 2025 Club Championships were a highlight of the calendar with strong entries and excellent competition across all categories.

Our 2026 Championships will run throughout the summer, culminating in finals weekend in September - always one of the standout events of the year.

A link to the 2025 event and all results - [Newlands Club Championships 2025](#)

Events and Bookings

Newlands remains a central hub for tennis events throughout the year. Hosting competitions and training events is a core part of our identity and ensures the Club remains at the forefront of tennis in Scotland. Notable events hosted include:

GB Visually Impaired Tournaments

GB Learning Impairment Tournaments

West of Scotland Mini Red Leagues and Talent ID

LTA British Tour

Strathclyde University Training and Championships

Newlands Junior Open

Tartan Cup - Gay and Lesbian Tennis Association (GLTA)

West of Scotland County Training and Inter County Matches

Tennis Coaching

Jennifer and Caitlin Steel (aka Steel Tennis) and their coaching team continue to deliver a comprehensive and inclusive programme designed to cater for all ages and standards. Participation continues to grow, with over 200 adults and 350 juniors regularly attending coaching sessions or individual lessons. In response to high demand, additional sessions have been added throughout the year.

We are delighted to welcome Gillian McIlroy to the coaching team. Gillian has already made a strong impression with her energy and innovative ideas.

Free classes are available across various age groups and abilities, and coaches are available for practice hits and private lessons. Further details and contact information can be found on the noticeboard, website or via Reception.

2025 Tennis Committee

Tracy Edward – Tennis Convenor & LTA Main Club Contact

Calum McKnight

Alan Dickson
Cindy McNeill
Kirsty Maclean
Chris Murphy
James Docherty
Sam Forbes - LTA Welfare Officer

The Welfare Officer plays a crucial role in promoting safeguarding to ensure a safe, inclusive environment for all members. Sam continues to fulfil this important responsibility, and we extend our sincere thanks for her ongoing commitment to the Club.

Tracy Edward
Tennis Convenor

Padel Report

Courts

The demand for padel courts remains very high with weekday evenings and weekends at almost full occupancy. Weekdays are also busy, often with non-members who can book up to one week in advance.

The quality of the padel courts at Newlands is considered to be high amongst players.

An issue with water ingress and drainage was identified towards the end of 2025, leading to damp and slippery conditions on court 1 in particular. This has now been rectified after significant works taking place to seal both the inside and the outside of the courts. Sound insulation by means of acoustic curtains was installed around the courts in April 2025 to address local noise concerns. This has not affected play in any way.

Competition

Newlands entered 2 teams in the Men's LTA National Padel League for 2025. The A team won all of their matches, securing promotion for next year. The women's team reached the semi-final of the Division 2 play-offs.

In the Scottish Padel Cup, the men's and women's teams both reached the semi-final.

Newlands will host its first LTA Padel tournament (Grade 4) over the 18th and 19th of April 2026, welcoming players from across the country and giving Newlands an opportunity to showcase our facilities for quality padel.

Coaching and activities

The padel offering at Newlands has expanded to include box leagues, group and private coaching, tournaments, social events and Club nights. This makes Newlands an attractive place to play padel and has contributed towards growing membership and consistently high court occupancy rates.

Weekly group padel lessons began on 1st August 2025 and have been extremely popular with both members and non-members. Lessons with Gary McIntyre take place on a Friday afternoon between 2-5pm. These groups are helping to develop a padel community at Newlands, with many players meeting for the first time at lessons and going on to arrange padel matches outside of classes. Spaces are however limited and members have commented on the need for regular group lessons on weekday evenings to accommodate regular working hours. This would need to be balanced with member demand for court bookings at peak time. In the meantime, members can continue to book private individual or group lessons with Gary at a time that suits.

A number of social padel tournaments have taken place throughout the year, which are always well attended and enjoyed by players. We will continue to run these regularly.

To date, over 140 different players have joined group lessons and social tournaments in Newlands since they began in August. Around half of these players are Club members.

The members' Club night was moved from a Saturday evening to a Friday evening. It has since been better attended and attracted a broader range of players, with many staying on from the Friday group lessons to enjoy match play or further coaching at Club night.

Gary McIntyre
NLTC Padel Coach

Following on from several successful seasons of growth within the Club, the focus for 24/25 season has been to use that momentum to create something even bigger. We set out with a clear ambition: to be the best squash club in Scotland with an active and engaged community - furthermore, become the thriving hub of junior development all pathways. This report reflects a year of incredible energy on and off the courts, driven by our commitment to provide the best possible squash and racketball experience, and the hard work all members put in to achieving their own success - whether that is playing a squash match for the first time to winning national titles! While it is impossible to capture every moment in this report, the following pages highlight the key programmes, events, and achievements that keep Newlands at the forefront of squash and racketball in Scotland.



THE VISION

TO BE THE BEST SQUASH CLUB IN SCOTLAND, KNOWN FOR AN ACTIVE AND ENGAGED COMMUNITY OF PLAYERS AND COMPREHENSIVE COACHING PATHWAYS FOR ALL LEVELS, UNDERPINNED BY A THRIVING JUNIOR SECTION.



MISSION

TO PROVIDE AN EXCEPTIONAL SQUASH AND RACKETBALL EXPERIENCE FOR EVERY MEMBER, DELIVERING HIGH-QUALITY COACHING AND A WELCOMING ENVIRONMENT THAT INSPIRES PLAYERS TO STAY ACTIVE AND CONNECTED.



GOALS

- 1) INCREASE PARTICIPATION OPPORTUNITIES BY HOSTING CLUB EVENTS MONTHLY
- 2) FORMALISE AND PUBLISH ALL COMPETITION, PLAY, & COACHING PATHWAYS
- 3) DOUBLE JUNIOR PARTICIPATION AND OPPORTUNITIES IN SQUASH
- 4) INCREASE SOCIAL MEDIA PRESENCE

COACHING

Our free-to-member squash and racketball sessions are central to development at Newlands. Designed as a stepping stone for all, these weekly sessions provide the skills and confidence required to move into our formal coaching programmes and join the wider Club community. No matter your starting point, we provide the pathway to help you progress. These sessions are:

- Mon 6pm:** Adult improvers session continues to a social session aimed at fun and matchplay from beginner to lower team level
- Tue 6pm:** Women's only training
- 7.30pm:** Racketball Social
- Thu 7.30pm:** Squash Social
- Sat** Saturday Junior Squash **1pm** under 10s and **2pm** over 10s – a session for all juniors to come and enjoy squash setting us up for further success across the generations!

Our daily timetable now supports every stage of the Newlands pathway, from team training to our comprehensive junior programme. With seven new sessions added this year (and more coming!), we offer something for everyone. A full schedule is available at reception. Many thanks to our dedicated coaching team, whose hard work and consistent, high-quality delivery remain the key of our club's success.

KEY ACHIEVEMENTS

A huge congratulations to all of our members on their own individual achievements last season. There are far too many to individually highlight but here are some key mentions:

- **Newlands 1s**, West League Open Div 1 Champions
- **Sophie Ballentyne**, U11 British National Champion/ U13 and U11 Scottish National Champion
- **Ella Bannister**, U17 Scottish National Champion
- **Alan Susskind**, O65 National Racketball Champion
- **Matt Bedwell**, Mens Racketball champion

LEAGUES

Newlands remained a powerhouse in the 24/25 Open West League with eight team - the highest representation of any club in the West. Our 1st team secured a fourth successive Division 1 title in a thrilling four-point finish. Meanwhile, our Women's team claimed a superb second place, showcasing a lineup of future stars. With three Racketball teams and a Junior West League side also competing. Huge thanks to our dedicated captains for their tireless weekly commitment.



COMPETITION AND EVENTS



Newlands also continues to be a premier hub for competition, hosting a wide range of events that span from social grassroots to top-class standards. Key highlights from our calendar included:

- **Scottish Squash Junior Nationals:** A weekend showcasing the country's elite young talent. Hosting this event allowed our own junior members to compete on 'home soil' and served as an inspiration for our emerging players.
- **UK Racketball Open:** Now a staple in our diary, this event attracts top players from across the UK. Our collaboration with UK Racketball remains a valued partnership, providing our members with the opportunity to spectate and compete against a high national standard.
- **Scottish Racketball National Championships:** As the biggest event in the Scottish racketball calendar, we were proud to host this great competition. It was a fantastic showcase of the sport's longevity, bringing Scotland's best players to our courts.

WHAT'S NEXT?

As the current season nears its conclusion, with team standings and international representations being finalised over the coming months, we look forward to our Club Championships. This event serves as the season ending - a celebration of our collective success and the competitive spirit that defines Newlands. Be sure to follow our social media channels for updates on these events. The conclusion of the league season does not mean a quiet summer. The Club will continue to host a wide range of squash opportunities alongside the launch of the racketball season. We are constantly evolving our coaching programmes to enhance both the volume and quality of sessions available to our members. Furthermore, we have revamped our Box Leagues and introduced monthly competitions to ensure match-play opportunities remain high during the West League off-season.

Finally, I would like to thank you, the members, for the incredible support you show one another – particularly in encouraging our juniors as they grow within the sport. It is fantastic to see Newlands so busy and serving as a true springboard for success at all levels. I look forward to seeing you on the courts, and for those who haven't picked up a racket yet—there has never been a better time to start!

Matt Bedwell *Head Squash & Racketball Coach*

House Report

The past year has once again highlighted the importance of maintaining and improving the essential infrastructure that keeps the Club running smoothly. Much of our focus has been on the ongoing upkeep of plumbing, heating, electrical systems, and the general fabric of the building. While the Club remains in good condition overall, the Scottish weather continues to test us, and further roof repairs were required during the winter months. Storm damage also affected perimeter fencing, which has now been fully repaired.

Routine but important maintenance has taken place throughout the year, including unblocking external drains, upgrading ageing plant equipment in the boiler room, and repainting several areas of the Club. Additional areas have been identified for future attention as part of our rolling maintenance plan.

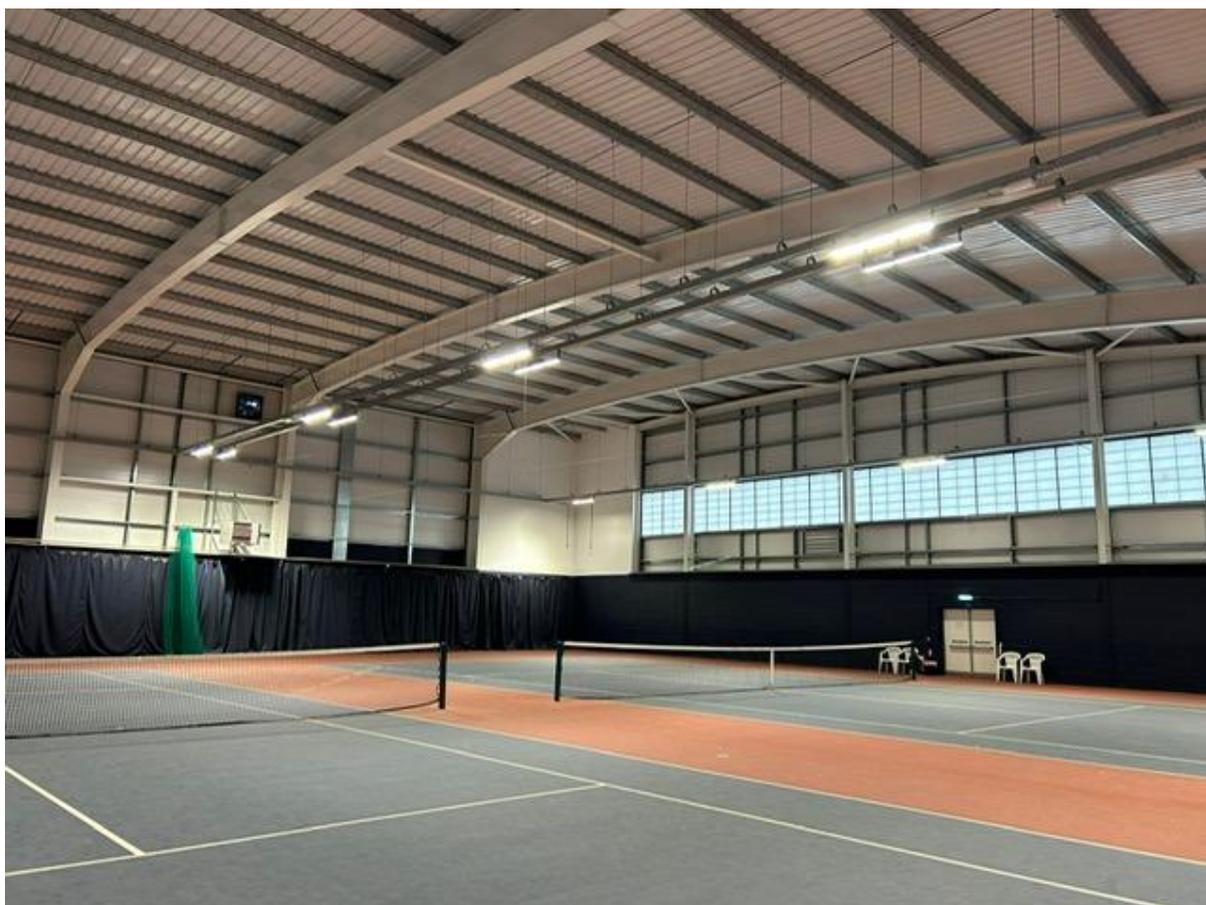
The resurfacing of the outdoor tennis courts in July and August 2025 was a major project. The new premium artificial clay surface has significantly enhanced playability and drainage. A new fence with kickplates was installed at the entrance to Court 3 to help retain clay on the courts but access to Courts 4–7 remains through the existing gates. Members are kindly reminded to sweep the courts after use with the dragmats provided when conditions are dry, and to clean their shoes on the mats provided before entering the Clubhouse.

The padel courts also required attention due to water ingress at the base of the outer curtain, which caused slippery conditions on court. Our contractor has now sealed both the interior and exterior, resolving the issue.

The installation of new LED lighting on the indoor courts was completed last month, providing an improved playing experience whilst delivering meaningful energy savings.

Looking ahead, we continue to prioritise investment in our facilities. The main gym is scheduled for an upgrade in April 2026, including new equipment, flooring and lighting, representing an investment of approximately £50,000. The next project will be the refurbishment of the upstairs ladies' toilets, with completion targeted for the autumn once the design is finalised. The downstairs toilets and changing rooms are also due for a major overhaul. This is a larger undertaking and planning will begin once funding is secured.

We remain committed to ensuring the Club environment is a safe, functional and enjoyable environment for all members and we appreciate your patience and support as we continue to improve our facilities.



New LED lighting on indoor courts installed by Glasgow Electrical Testing

Advertising and Sponsorship

Our main sponsors this year are Amiry & Gilbride Pharmacy, Belhaven Brewery, Corum Property, D C Lighting, H W Tankel Diamonds, Sportex, Target Communications, The Glasgow Tree Surgeon and Thomas McMaster & Son Builders. We are delighted to have them all on board and would like to thank them for their continued support.

We are always keen to enlist additional sponsors and have sponsorship opportunities available in other areas of the Club such as our padel courts, indoor tennis courts, outdoor tennis courts 1 & 2 and the beer garden.

Please contact Reception for more information on sponsorship rates.

E G Kent
House Convenor

Grounds Report

Our Club has continued to grow and prosper during the last twelve months. Some of the major projects we completed included the resurfacing of our outdoor courts, updating the indoor tennis court lights to energy-saving LED lighting and essential maintenance jobs on the new padel courts. Of course, these are just the main highlights because in the background many ongoing maintenance and Club upkeep work was going on. This included court cleaning, heating repairs, gym maintenance, car park repairs, grass cutting, tree and hedge pruning etc. The list goes on and reflects how big the Newlands operation has become and how much work is involved to maintain the high standards we all enjoy.

As the Club grows, we have assembled a list of certified tradespeople who cover the major tasks, including electrical work, heating, roofing, tree surgery, and garden maintenance. Over the last year, we have spent in the region of £60k using contractors to cover basic upkeep work. This figure would be much higher, with a concurrent knock-on to Club costs, if we used professionals for every daily small job. This year, our wee band of volunteers covered work including repairing and replacing windbreaks, maintaining gym machines, repairing potholes in the car park, collecting rubbish, replacing lightbulbs, fixing new pictures and poster boards in place, sweeping courts of leaves and debris, clearing out store cupboards, building new cabinets and garden benches, repairing uneven slabs, fixing broken tennis nets, putting up new internal dividing nets, power washing the showers, small painting jobs, new flower tubs etc. This is just a sample of the tasks the team covered.

Can I take this opportunity to thank the following people for their hard work and can-do attitude in supporting our Club - Spud Ingles, Ike Grant, George McCann, Bruce Malone, and of course Tom Culshaw. The average age of this group, including me, is around the century mark and not getting any younger. We are always looking for new volunteers to join the team. Even if you have limited time, feel free to speak to staff and offer any help you can.

I would also like to take this opportunity to give a special mention to Bruce Malone for the incredible amount of unsung effort he puts into charity programmes related to our Club. Thanks also to my black van - you might have noticed it in the car park at times covered in posters for my books. It continues to do sterling work on behalf of the Club and has become a silent member of our work team.

Thanks as always to our Club staff and Club Manager, Aileen, for their incredible work to keep the Club running smoothly. Finally, I would like to thank the Club members for their cooperation and support during my tenure as Grounds Convenor.

Richard M Pearson
Grounds Convenor

Bar & Social Report

The Club is a popular venue for hosting a variety of functions and can be adapted to cater for large or small gatherings. This past year we have had a busy calendar of events for members from boozy bingo nights which included a Halloween theme, monthly Quiz Nights, annual Christmas kids party, Padel social events as well as tennis team get-together evenings and squash & racketball events. Our Club championship finals in all disciplines are a great way to meet people and watch the amazing talent we have in our own Club and the bbq afterwards is much enjoyed by all! The outside sporting events held at the Club show the high standard of facilities we have here at Newlands, including our Beer Garden and Gazebo.

The Club in conjunction with Cafe Dropshot have provided Supper Club evenings as well as Sunday roasts and burgers while watching 6 Nations rugby.

Our annual McMillan coffee morning was very successful again this year, thanks to all involved. We continue to support our food bank initiatives as well as toys at Christmas and Easter egg donations and re-cycling bike appeals to help those less fortunate, so many thanks to members for your support over the last year.

We also have a new smart television in the bar as well as multiple new Sky Q boxes to show all the top sporting events on Sky Sports and TNT, as well as a fab new darts board and a pool table so plenty to enjoy while having a well-priced drink at the bar! Thanks to Kayleigh and her bar team for keeping bar running smoothly.

We welcome any ideas for social events or functions you might want to run or hold at the Club and would encourage members to enjoy the social side of the Club that we are so lucky to have.

Shirley Pearson
Bar & Social Convenor

Gym Report

Main Gym

The main gym continues to be a highly valued facility, with steady use from first thing in the morning until 10pm close. Members make use of the space both independently and through one-to-one pt sessions, primarily with Jacquie Baird. Throughout weekdays and evenings, the gym remains consistently active, with a mix of individual training and small group sessions. Weekend usage is also strong, and many members also use the gym for warm-ups before matches.

Ongoing monitoring and maintenance are carried out effectively by our reception team, who promptly identify and address any issues, coordinating with suppliers, managing improvements and ensuring that future planning aligns with trainer feedback and financial considerations. The main gym remains a first-class facility and a significant asset to the Club. **An extensive upgrade of the main gym is due to take place in April 2026 which will include new equipment, flooring and lighting. Exciting times!**

Small Gym

The small gym continues to be well used, both by members training independently and by those working with trainer Andy Carr, who delivers one-to-one sessions, small group training and new-user inductions. Matt Carrigan also makes regular use of the space for his one-to-one sessions.

The gym is well equipped and has benefited from further enhancements this year, including additional equipment, ambient lighting, and the safety flooring installed last year. Together, these improvements contribute to a high-quality training environment for all users.

Overall Use and Acknowledgements

Both gyms remain extremely well used and continue to provide excellent facilities for members. Sincere thanks go to reception staff, trainers and cleaning staff for their ongoing work and support in maintaining such high standards.

If I could just add a polite reminder to all gym users that all equipment should be put back in the correct place after use to help us keep the gym a tidy and safe place for all members.

Convenor's Note

Due to family illness, I am no longer able to continue in my role as Gym Convenor, but I hope that I have made a small contribution to the success of our gym, whether through cleaning equipment, washing windows, maintaining floors and sills, or even the occasional painting project!

I will continue to support the Club by coordinating the various charity and community initiatives that the Club decide to prioritise throughout the coming months.

Charity and Community Projects

Over the past year, our members have generously supported a wide range of community initiatives, including:

Food Bank Appeal
Cycle & Scooter Re-cycle Project
Easter Egg Appeal
Macmillan Cancer Coffee Morning
Woodfarm High School National 5 PE Exam Support
Food Bank Appeal 2
Salvation Army Christmas Toys Appeal
Newlands Kids' Christmas Party

Planned Projects for 2026:

Food Bank Appeal: 2nd – 16th February
Easter Egg Appeal: 16th – 30th March
Cycle & Scooter Re-cycle Project: 1st – 15th June
Macmillan Cancer Coffee Morning: 25th September
Food Bank Appeal 2: 16th - 30th October
Salvation Army Christmas Toys Appeal: 30th November – 14th December
Newlands Kids' Christmas Party: date tbc

Bruce Malone
Gym Convenor