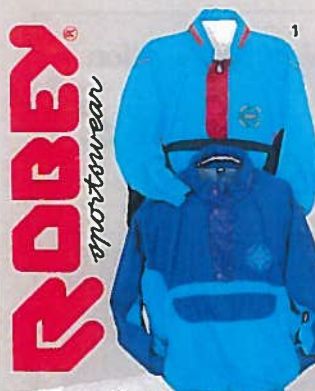


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1 Robey Showerproof Jacket with integral hood, two side and one large pouch pocket, colour ocean/black/indigo, or navy/purple/black, sizes XS, M, L, XL, usual £21.95, offer £18.



2 Robey Niagra Waterproof and breathable raincoat - jacket longer length for better protection two generous pockets and first class hood, 100% waterproof suit, fully taped seams, colours navy/black/indigo or forest green/black/indigo/yellow, sizes S, M, L, XL, XXL (generous sizing), usual £49.95 offer £39.



3 Robey Capelown Shell Pant - 100% polyester cotton shell fabric, 100% cotton lining (single jersey) 2x deep side pockets, extra long zip bottom, nylon slip liner for easy entry, colour black or navy, sizes S, M, L, XL, XXL, usual £24.95, offer £18.



4 Robey Wakes Jacket - 100% polyamide, sizes S, M, L, XL, XXL, colour red/black, or deep ocean/black, £29.99



5 Robey Caster Trackcoat - polyester knitted fabric, sizes S, M, L, XL, XXL, colours red/black/white, or deep ocean/indigo/white, £37.95



6 Robey Caster Junior Trackcoat - colours as above, sizes 30/32", 32/34", £29.95



7 Robey Marway Trackcoat - 100% polyester, colour black/deep ocean or navy/red/royal, sizes S, M, L, XL, XXL, £37.95



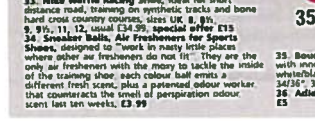
8 Robey Marway Junior Trackcoat - colours as above, sizes 30/32" and 32/34" £29.95



9 Robey Great Britain Shell Suit - 100% polyamide, fully lined, colours navy/indigo or grey/red, sizes S, M, L, XL, XXL, £49.99



10 Robey Agony Shell Suit - fully lined, colours navy/red/white or black/deep ocean/white, sizes M, L, XL, XXL, £59.99



11 Robey Waterproof Jacket - sizes S, M, L, green/white/black or navy/red/white, XL, XXL, £34



12 Robey Long Sleeve Training Jersey - 100% cotton, extra length, colour red, royal, orange, sizes 34/36", 36/40", 40/42", or 42/44" usual £3.95, sale £2.95



9



10



7



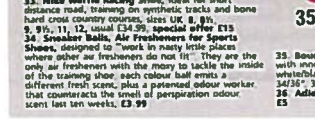
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13 Adidas Equipment Race LD '92, only sizes 6, 7, 7½, 8, 9½, 11, 12, usual £89.99, special offer £39.99



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26 Adidas Tech Star Cross, sizes 6-12 inc ½ sizes, £24.99



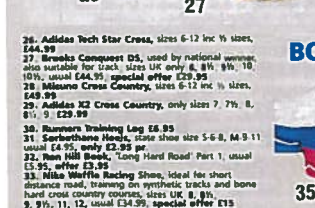
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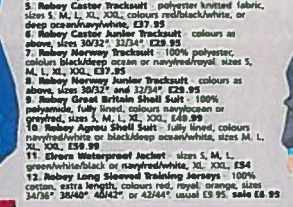
30 Runners Training Leg £6.95



31 Santobathone Hocks, size shoe size 5-6.8, M, 9, 11 usual £4.95, offer £3.95



32 Ten Hill Break "Long Hard Road" Part 1, usual £5.95, offer £3.95



33 Nike Waffle Running Shoe, ideal for short distance road, training on synthetic tracks and bone hard cross country courses, sizes UK 8, 8½, 9, 9½, 11, 12, usual £24.95, special offer £13



34 Sneaker Balls, Air Fresheners for Sports Shoes, designed to "work in nasty little places where other air fresheners do not fit". They are the only air fresheners with the money to tackle the inside of the training shoe: each colour ball emits a different fresh scent, plus a patented odour worker that combats the smell of perspiration odour, scent last ten weeks, £3.99



35 Bourne Sports Two Colour Running Shorts, with inner brief, colour white/royal, royal/white, white/black, black/indigo, royal/white, sizes 30/32", 32/34", 34/36", usual £7.95, offer £3.95



36 Adidas Tube Socks, 34" usual £5.99, 2 pr. £5

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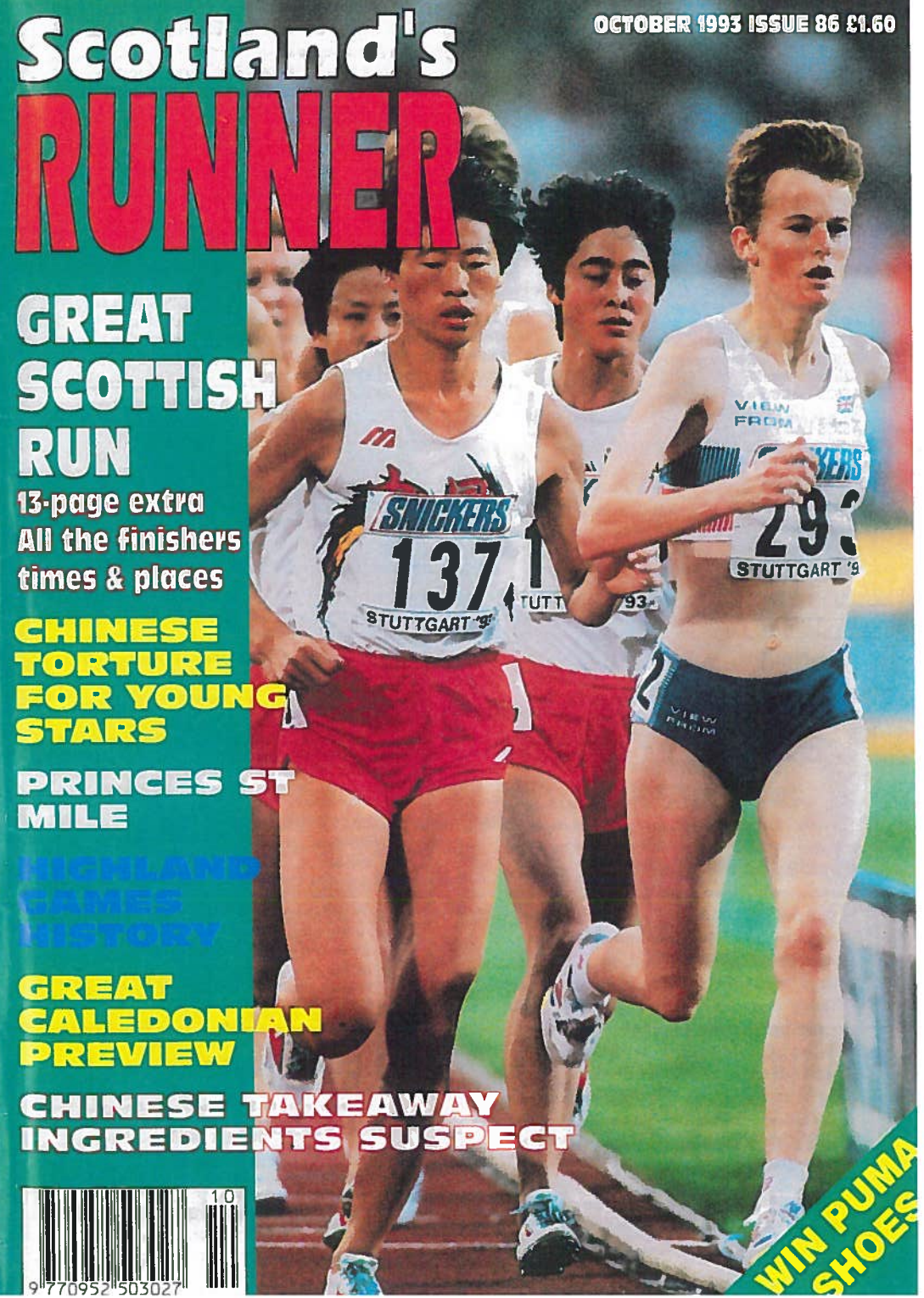
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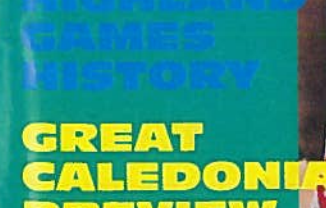
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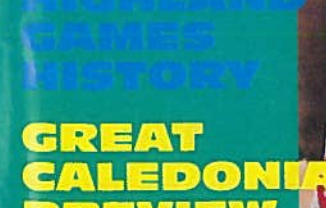
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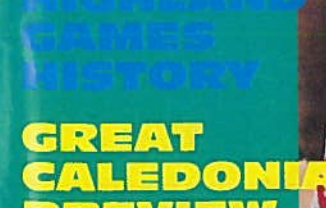
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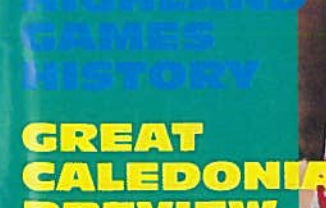
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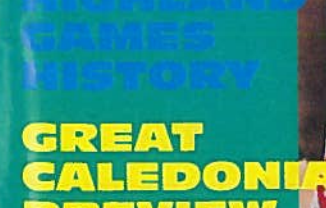
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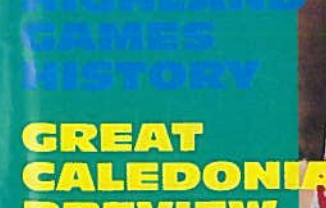
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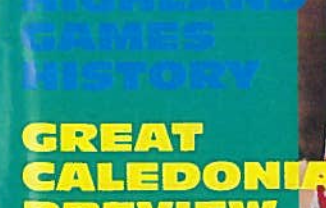
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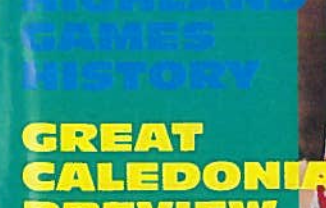
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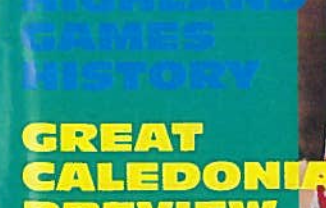
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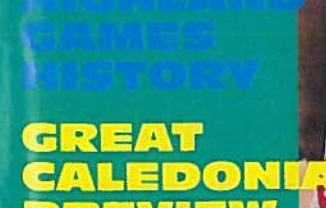
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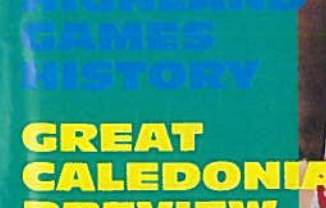
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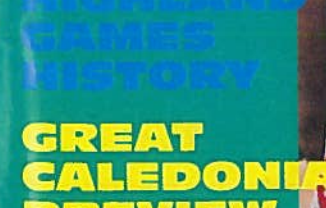
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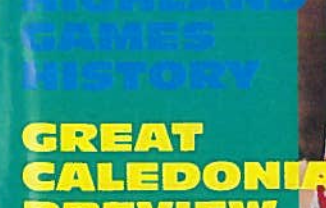
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GREENPEACE

THE SCOTTISH GREENPEACE RUN

Scotland's RUNNER

ISSUE 86

OCTOBER
1993

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A Chinese takeaway with suspect ingredients

China's medal haul was greeted coolly by the German crowd at the World Championships in Stuttgart. They clearly shared the view of those alleging that success came from needles that owed nothing to acupuncture. How could a country with no endurance tradition, no background in the sport, overhaul the world so fast? Just as East Germany once did, without corresponding male success.

The explanation with the greatest currency was that a procession of East German and Bulgarian coaches, the former brotherhood of the needle, had initiated the Chinese.

England-educated Lou Dapeng, a senior member of the council of the International Amateur Athletic Federation, was horrified that his country's efforts should be tarnished. He categorically denied the presence of any East German coaches in Chinese track and field. "Not a single one."

Weng Qingzhang, deputy secretary general of the Chinese Association of Sports Medicine, in London for a world anti-doping conference after the championships, said there was only one coach from the former East German now working in China - one more than Mr Lou admitted to.

Both of the sports mandarins predictably deny any presence of, or approval for, a doping regime. But coaches, doctors, athletes and senior anti-doping control officers remain unconvinced. UK coaching director Frank Dick is on record with the double-edged comment: "The Chinese have clearly benefited from the East German and Bulgarian coaching."

Peter Radford, professor of sports science at Glasgow University, the former Olympic sprint bronze medallist and head of the Sports Council's anti-doping unit, told the anti-doping conference that governments are conspiring to back drug regimes and suggests that individuals, when tested, should also in future be fingerprinted: "to protect the Chinese from unwarranted slurs."

Radford is a diplomat.

But he is clearly aware that western doping officers, despite open visas that permit unannounced entry, are uneasy in China, with streets often unnamed and where features, to Western eyes, are all alike. Doping officers cannot even be certain they are testing the right person.

The fact that the Chinese themselves have detected and reported four offenders to the IAAF in two years cuts little ice. The IAAF's own random out-of-competition anti-doping squad has made four visits to China and has caught three athletes in fewer than 50 tests - more than a 6% strike rate.

Compare this, say the critics, with 704 tests on British athletes when only two positives were recorded - 0.28%.

Nobody cried foul when Seb Coe, Tom McKean and Steve Cram came up the same Stuttgart straight to sweep the 1986 European 800m medals. Nobody suggests that Kenyan domination of men's endurance is drug-fuelled.

China, a nation of more than 1.2 billion has a large population to draw on. Maybe even a new genetic pool, previously unexposed to sport?

The tragedy of our times is that smear and innuendo follow the winner to the tape after every improvement, irrespective of whether it is legitimate. Britain's champions are not immune. There was an angry exchange between UK and foreign athletes in Germany when it was suggested that British success might have been mechanically engineered.

Yvonne Murray and coach Tom Boyle are adamant that cheating is continuing. So too, is Liz McColgan. Both may give up championship athletics if the authorities fail to contain it. But they may only be the first. In the morass of lies and vested interest and with hundreds of millions in TV fees, marketing and sponsorship at stake, separating fact from fiction is near impossible.

But if the IAAF cannot clean up their act - and their spending on anti-doping is paltry - they will have no act.

That's a fact.

Doug Gillon

(Athletics correspondent of THE HERALD)

CoG cap best year

CITY of Glasgow capped their best season in their three-year history when they won the Bank of Scotland Scottish Women's League for the third successive year, at Meadowbank, completing a unique league double for the Glasgow women. But even that success was put in the shade by their earlier victory in the UK women's League, when they captured the first-division title for the first time, writes Doug Gillon.

Unfortunately, unlike the UK men's league, where the winners carry Britain's flag in next year's European Clubs' Championships, the women's entry for that event goes to the winners of the GRE Jubilee Cup - and Glasgow slipped up, fielding an under-strength side in the semis, and did not reach the cup final.

The UK place in the European Clubs went to Essex, who finished a remote third in the league after placing last in the final match. Edinburgh Woollen Mill, runners up for the Scottish title, staged a tremendous Houdini act in the British League.

Bottom, behind Wigan and Birchfield after the first two matches, and apparently doomed to relegation, they grabbed a second in the final match, behind Glasgow, and escaped the drop. The capital side produced the class performance of the meeting, a legal clocking of 11.59 over 100m for Aileen McGilivray, just .09 short of the seven-year-old Scottish native best standing to Sandra Whittaker.

Big point winners for Glasgow were Alison Grey, who took the A shot (15.16) and discus (44.60), Mel Neef, who won the A 400m (55.12) and B 100m (11.90), and Hazel Melvin who won the B high and long jumps (1.70m/5.20m). Other Glasgow winners included Jane Low (400m hurdles, 59.80), Lynn McIntyre (800m, 2-11.23) and Rhona Pinkerton (high jump, 1.70m).

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Whittle plans comeback

BRIAN Whittle has not enjoyed the best of fortune in his attempted transition from 800m to 400m hurdles, falling several times and then damaging a nerve, writes Doug Gillon.

The Ayr Seaforth runner, native record holder at 400m on the flat, ended his season prematurely, requiring surgery on a knee tendon.

He was in hospital for arthroscopic surgery for just one day, and is convinced he will be back next year, challenging for a place in the UK team for the European championships and

Scotland's team for the Commonwealth Games in Victoria. Initially, he thought both knees needed surgery, but it transpired that the problem with one knee was causing trouble on the other side.

Despite his tentative opening at the hurdles, Whittle is still ranked fifth in the UK at the event this summer, and Gary Cadogan, the only man to make the British team for the World Championships: "has done nothing to make me fear that I can't make the grade in the event," said Whittle.

Cantabrian in receivership

LEADING world suppliers of athletics equipment, Cantabrian, have gone into receivership, pending a bid from another company for the factory and existing goods.

Formed in 1912, the British company have supplied every major world athletics competition since 1948. Directors

Anthony Bevan and Sandy Gray leave the company along with 35 staff.

Bevan said: "It is a very sad moment for us. It came about very suddenly at a board meeting two weeks ago. We are now awaiting a bid from another company, but that's it for us. The name will live."

Scotland U-20 win in Devon



Above: The Scottish team being welcomed to Exeter Guildhall by the Mayor.

SCOTLAND supplied 11 individual winners and eight personal bests on the way to victory at the U-20 Inter-Area meeting, staged in the new £3 million Exeter arena in Devon.

The Scots totalled 110.5 points to beat the South-East by four points, with South-West third (78.5) and Hants and Oxon fourth (61.5).

This month's Scotland's Runner/Reebok young athlete

of the month, Barry Middleton of Aberdeen accomplished both in taking the 400m hurdles in 54.9 secs.

Scottish team captain Lorna Silver won her 400m hurdles in 63.2 seconds, while Sinead Dudgeon took the 100m in 12.4 secs.

Other winners: S. Taylor (Pitreevie) 800m (1:54.8); I Mackie (Pitreevie) 200m (22.0); M. Kelso (Carnegie) 2,000m

steeplechase (5:56.9); G. Kerr (Bedford) hammer (58.94m); H. Kerr (Ayr Seaforth) invitation 400m (49.2); H. McCreadie (EWM) discus (39.65m); L. Barnett (Perth ST) shot (12.37m); R. Irving (Wirral) long jump (5.93m); L. Brown (Lochgelly) high jump (1.70m).

Inverness winners

SCOTTISH Schools' champion, David Cotter, received man of the match award for his double win in the United Kingdom auxiliary final of the McDonald's Young Athletes League in Birmingham.

Cotter won the B 100m in 11.45 secs and his speciality, the 100m hurdles, in 13.44. But he only narrowly beat his own Inverness Harrier debutante, Scott Fraser for the award. Fraser won the A 100m and 200m in 11.12 and 22.63 respectively.

Inverness (314 points) recorded the best ever Scottish performance, finishing sixth behind Cardiff (428), Enfield (402), Shaftesbury (346), Wirral (329), and Middlesbrough (327.5), ahead of Telford (308.5) and Medway (302).

No rest

TRIATHLETE Ginny Pollard feels she is due a rest after finishing third in the Scottish half marathon championships, eighth in her age group at the world tri event, and winning the Dumfries duathlon. But the Aberdeen woman says she may tackle the Scottish 10-mile event at Inverness.

Youngsters win 24 more golds

SCOTTISH youngsters continued their run of summer successes by winning all four age group categories at the Celtic Games in Carmarthen.

One week after taking 18 medals at the AAA age group championships at Birmingham the previous weekend, the Scots scored convincing victories in both the girls' and boys' matches, totalling 24 golds from 48 events.

Of the ten records set by Scots, nine came in the boys' match. Three came in field events, with Martin Pate winning the high jump with 2.00m, Bruce Robb the shot with a throw of 15.58, and Peter Fraser reaching 54.62 in the javelin.

The under-15 sprinters, led by record-breaking Andrew Lees (100m in 11.54 secs) and Julian Love (220m in 22.90) set a record of 44.52 secs in the 4x100 relay.

Another came when the senior boys' under 17 team recorded 42.48.

Suzanne McGowan from Motherwell was the only record-breaker in the girls' event, running the 3000m in 40.02.3.

Hammering records

BILL Gentleman, formerly coach to Yvonne Murray, has an undiminished appetite for competition at the age of 53. Competing as a guest in the Border event at Tweedbank, Gentleman hurled the six-kilo missile 50.22 metres for his seventh Scottish best in the event in four years. He has advanced the record from 34m, and hopes to go further next year.

Another veteran on the record trail is Shettleston's John Scott, who established a UK 50-plus record of 14.69m in the revived Glasgow Championships. He launched the hammer five centimetres beyond Eric Barker's UK mark. Scott has traded the record with Barker recently, but the UK outdoor veteran champion's competitive instincts run deep.

In 1971 he lost the Scottish AAA title by one centimetre, to Sandy Sutherland, and earlier he had also placed second, in the hammer, to Laurie Bryce. Scott, a retired police officer, is one of several Scots heading for the world veteran event in Japan.

'New Year' Sprint on Hogmanay

THE 125-year old New Year professional sprints meeting, traditionally staged on January 1 and 2, is to be brought forward to December 30 and 31.

The change will allow Scots athletes to celebrate the New Year in style, but has been pushed for more practical reasons — because of the cost of hiring Meadowbank Stadium at the later date, and to avoid a clash with the New Year's Day football programme.

Promoter Frank Hanlon said: "I hope it will persuade a few more people to come along."

"I know the athletes will

support the meeting whatever day it is."

Staff costs of double or even treble time are believed to have forced Hanlon into switching dates — a move which means that two "New Year" professional sprints meetings will have been staged this year.

Hanlon is thought to have finished off substantially out of pocket after the 1992 and 1993 New Year meetings.

In 1979, quite different circumstances forced a change of date, as heavy snow postponed the meeting until January 13 and 14 when it was run in temperatures of minus14C.

Rare Edinburgh double

EDINBURGH Southern and their female counterparts, Woollen Mill, scored a rare double by reaching the finals of the GRE and Jubilee Cups at Sheffield.

But Southern were unable to improve on their last place of their two most recent appearances in the final.

Their only winner was Glen Stewart, in the 1500m, with 4-

00.75, after a final 800m in 1-54.

The women, having reached the final for the first time in eight years, were a creditable fourth. Aileen MacGillivray was their only winner.

Just pipped by Paula Thomas in the 100m, she conquered unfavourable lane one in the 200m, and clocked 23.66, holding off Thomas at the line.

Panasonic league champs

EDINBURGH AC retained their Panasonic Scottish men's league athletics title at Crownpoint, winning against closest league challengers Shettleston with 23 points to spare.

Scottish international Gary Brown set a league record when he won the 800 metres in 1 min 48.0 secs, to beat Nat Muir's ten-year-old previous best by two seconds. He later took the 1500m in 3-48.04.

Inverness Harriers' Dave Barnetson was another to set a league record, winning the high jump with a clearance of 2.12m.

Dundee Hawkhill's John MacKenzie won the triple jump with a leap of 15.59m — a division two record.

Inverness and Cambuslang were relegated from the first

division, to be replaced by East Kilbride and Clydesdale, promoted from the second.

Haining back and 2nd in Irvine 10k

BRITISH cross-country internationalist Hailey Haining (Nith Valley), racing for the first time since injury forced her to drop out of the British World Championship team two years ago, finished runner-up to Glasgow's Sandra Brannay over 10 kilometres on the roads at Irvine.

Haining clocked 37-08, just over two minutes behind Brannay, while overall victory went to Graeme Wright (Ayr Seaforth) in 31-29.

SAF Roadshow programme

THE SCOTTISH Athletics Federation go on tour this Autumn with a series of "Roadshows", aimed at increasing awareness of their own role and generating discussion on the future of Scottish athletics.

SAF Administer, Neil Park, the Development Officer, Graham Ross, and National Coach Andy Vince will be in attendance at the following venues:

Mon 27th Sep - Queens Park Leisure Centre, Inverness.

Tues 28th Sep - Music Hall, Aberdeen.

Wed 29th Sep - Northern College of Education, Dundee.

Thurs 30th Sep - Heriot Watt University, Edinburgh.

Friday 1st Oct - Alexandra Hotel, Fort William.

Monday 4th Oct - Kelvin Hall, Glasgow.

Tues 5th Oct - Foxbar Hotel, Kilmarnock.

Thurs 7th Oct - Volunteer Hall, Galashiels.

Mon 11th Oct - David Keswick Centre, Dumfries.

No age change this season

THE SAF Council have agreed to suspend implementation of the proposed new age grouping for Road Running and Cross Country events.

Three of the four home countries, England being the exception have now decided against changing the existing age groupings for the coming winter season starting on October 1. The BAF Council will decide on age grouping for the 1994/5 season on December 6.

Affiliated

AN APPLICATION for affiliation to the SAF by Cosmic Hillbushers AAC, a hill running club based in Aberdeen, has been approved.

Meanwhile, two name changes have been given the go ahead — Badenoch and Strathspey AC become The Wolves of Badenoch Running Club, while BRC Road Runners will now compete as Bo'ness Road Runners.

Some consolation for Stuttgart Scots at Sheffield

YVONNE Murray gained some consolation for her World Championship let-down when she won the 2000 metres at the McDonalds Games at Sheffield, writes Doug Gillon.

The Musselburgh woman clocked 5 min 36.03 secs and claimed three satisfying

scalps. Alison Wyeth and Paula Radcliffe, who had beaten the European 3000m champion in Stuttgart, were second and third.

Back in seventh was the Canadian, Angela Chalmers, a much less muscular-looking figure than when she beat Murray for the Commonwealth

3000m crown in Auckland three years ago.

But there was no comfort for Tom McKean who seemed disinterested in his last race of the season. McKean, after being bumped out of a respectable finish in the Stuttgart 800m final, one would have thought had something to prove. But in a race which had 13 starters, he was crowded out at the break and never looked likely to recover.

He finished ninth, in 1-48.54, one place behind Curtis Robb who looked equally uncommitted. Both Robb and McKean complained about the size of the field.

Kenyan swept the first three places, with the world champion, Paul Ruto, second in 1-46.34. Sammy Langat won in 1-46.22 with Martin Steele, first Briton in fourth. It would have served McKean's morale better to go into the winter

with a more positive race to warm him.

Ian Gillespie, though only eleventh in the 1500m, clocked 3-40.72, which at the time of going to press ranked the Birchfield man second Scot this year only behind world indoor silver medal winner David Strang.

City of Glasgow's Jane Low was seventh in the 400m hurdles with 60.68, well down on world champion Sally Gunnell — one of the few times this summer when Low has not gone inside the minute.

Highlight of the meeting were three successive records by Jan Zelezny in the javelin. The Czech, just 6 ft 1 ins and 12 stone 2lbs, opened with a ground record, then a UK all comers' best, and finally a world record of 95.66m. It was the first world record in Britain since Steve Backley in the same event three years ago.



Yvonne chases Alison Wyeth in the McDonald's Games 2000m at Sheffield

University scene revives after long, hard vacation

As the summer ends the universities start a new year in October. Regular readers may have noticed that this column has been absent for much of the summer but this has been due to the hectic social and sporting calendar experienced by the students. So what do students do when they are on leave?

In 1993 the answer was that they all went on holiday. The Scottish Select went to Antrim while Glasgow were still, at time of writing, on their European tour.

The Antrim match was against the Northern Ireland under-20 team and the Irish Universities at the Forum. The happy travellers left Glasgow and arrived in Belfast to be greeted by a bomb alert. "Welcome to Belfast" said one of the locals. Apart from this early scare, there was no sign of the troubles that have plagued the province in recent times.

The first night passed quietly as everyone tried to recover from the journey. The Tuesday morning was spent at the track, perfecting the relay changeovers.

The use of the word "perfect" is entirely appropriate when dealing with the women's team, but the men's team fell short of that mark.

In the women's competition, Lorna Silver was first up in the 400m hurdles. After a long lay-

off with illness she ran a creditable 64.32 secs. After a few more races she will undoubtedly be back down around the one minute mark. The trip probably came too early for her as she had only one previous outing, but despite that she performed well in finishing second.

Next on the track was British Universities champion Jane Fleming in the 100m who maintained her impressive early season form by winning the race in 12.40secs. Despite her unbeaten record as a student in 1993 the tour ended in disappointment for her as she was inexplicably overlooked for the world student games team. As previously stated in this column she has been underestimated for years, but the selectors must take a close look at themselves when they realise their mistake in not selecting Jane for at least a relay place. She has beaten everyone placed in her way over 100m this year. What more can a girl do?

Jane's win was closely followed by victory over 800m for Alison Potts in 2.15.56, although Carol Sharp, running as a guest, crossed the line first in 2.13.30. Suzanne Wood can also be pleased with her third place in 2.18.08.

Elsewhere the women were turning in solid performances

and picking up some useful points. Dawn Burden's 57.99 secs in the 400m was enough for another second place, while Caroline Black's 5.65m long jump also took silver despite competing in three events at one time.

It was the sprint hurdles however that proved to be the highlight of the match. Clare McIntosh ran a legal p.b. of 14.44secs but was narrowly pipped on the line by the young Irish talent Vikki Jamison (14.40secs). Jamison was ahead from the gun, but McIntosh clawed her way back into the race and led from hurdle six until hurdle 10, at which point Jamison just managed to out-sprint Clare to steal it on the line. Sarah Richmond took third in a time of 15.03 secs, although it looked faster as she appeared to be close to the other two on the line. Clare followed up her hurdles run with an impressive debut of 11.0m in the triple jump.

With other good performances from Ruth Girvan (25.53 in the 200m) and Tracy Brindley (second in a tactical 3000m), the women's match hinged on the two relays. The perfect 4x100m team of McIntosh, Black, Girvan and Fleming won impressively n 48.45secs, but defeat in the

4x400m meant that the team had to be satisfied with second place, some three points behind the Irish students.

A men's team weakened by last minute call-offs was never really in the hunt. Missing athletes like Paul Walker, Gregor McMillan, John McFadyen, Phil Mowbray, Graeme Smith, Hugh Watson, Alan Malcolm, Phil Lewis and Lachie Carter, it was almost a reserve tea that travelled and they lost convincingly to the two Irish teams. There were, however, some good individual performances by hammer-thrower Dave Allan (56.58m), Chris Krievs (400m in 49.93 secs), team captain Ken Pearson (400 hurdles in 56.63 secs) and steeplechaser Gordon Crawford (9.16.48). The less-than-perfect 4x100m relay team confounded the management by messing up the final change and being disqualified.

The match was enjoyable, with several personal best performances by the Scots. Most enjoyable however, was the warmth of the welcome extended by the Irish. The hospitality was excellent and the Scots felt quite at home. They also showed the Irish how to party after a match and there were some sorry faces the next morning.

Gordon Ritchie

Help yourself to health in East Kilbride

The Health Yourself scheme was launched towards the end of March with the aim of raising public awareness on health and health related matters in East Kilbride and, in basic terms in allowing the people of East Kilbride to help themselves to facilities and in the long run better health.

Meeting the rising demand in the area for information on health related matters, the programme is the latest in a number of similar District Council initiatives, and these in the past have included fitness testing, sports injuries clinics, sport development courses classes, Shape-Up and health suites at the Dollan Baths and John Wright Sports Centres.

The East Kilbride library has been newly equipped to cope with the expected rush of interest and, over and above existing health information books and leaflets, new additions include videos and audio cassettes and magazine articles. Health Yourself aims to improve the health of the local community by giving people easy access to the

information they need to make more informed choices about their health and life-style.

Prompted into the move at the end of last year the District Council are helping answer questions the public, repeatedly, want to know.

The symptoms of allergies, the side effects of prescription drugs, the benefits of aromatherapy and a fat free diet - including contact numbers for self-help and support groups in the area and where to find local fitness classes.

Recognising the benefits of the scheme in an area such as East Kilbride financial backing was ploughed into the scheme in the form of grants from the Scottish Library and the Information Council. This money has been used to purchase a computer, printer and additional software for the computer to store information for health conscious users. In addition, the computers store information on local groups available.

Once you access the information you will discover there are a wide range of courses and classes - no

matter how fit, or unfit, you think you are. For the over 50's, both men and women, specially designed classes have been created and the exercises taught are gentle and supervised by a specially trained instructor. Pre-school services are also coming to prominence in the bid to teach co-ordination. The age group sessions move right along the line and include junior classes, general fitness and exercise classes to the ever popular yoga.

The council also recognise that no matter how experienced an athlete you are injuries are unavoidable some time. However, the Sports Medicine Centre is there to deal with the problems and is staffed by a doctor or chartered physiotherapist. Those that are not affected by the odd sprain or twisted ankle are able to test just how fit they actually are with the fitness testing centre which can profile your aerobic capacity, lung capacity, flexibility, postural endurance, grip strength, body fat percentage and your blood pressure.

Or for those of you who want to relax, rather than partake in more

strenuous activities, the health suites at the John Wright Sports Centre and the Dollan Baths are open and you can enjoy a full range of health and beauty treatments by a professional beauty therapist and aromatherapist. As well as aromatherapy and Swedish massage - Reflexology is an ancient Chinese treatment that can relieve stress, backache, pre menstrual tension, arthritis and other health problems.

Shaping up to a healthier life with the help of state of the art machines is the aim of Shape Up, the art cardiovascular and strength machines. Flexible and easy to use it is aimed at motivating you to keep exercising over a sustained period of time.

Across the board the Health Yourself scheme is whipping the residents of East Kilbride into shape and in most cases the facilities don't cost the earth. For further information on how you can benefit from the services on offer contact either the John Wright Sports Centre on East Kilbride 37731, the Civic Centre on East Kilbride 71225 or the Dollan Baths on East Kilbride 21357.

HANDS UP FOR SPORT IN EAST KILBRIDE

Over 1 million people said Yes to East Kilbride District Council's sport and fitness programmes last year.



EAST KILBRIDE
DISTRICT COUNCIL

For more information on any of East Kilbride District Council's sporting opportunities, contact the Sports Development Unit, tel: 03552 71225.

And when you see our superb range of classes, courses, top quality equipment and facilities you'll understand why.

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- Squash ● Golf
- Five a side football ● Yoga
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- Gymnastics ● Bodybuilding
- Circuit Training ● Weightlifting
- Over 50s classes ● Classes and courses for children
- ...and much more

Yates gives a straight answer



A sun-filtered, thronging Princes Street provided the perfect venue for what proved, despite previous aspirations about the validity of the world class billing, a true top quality road mile.

The Standard Life Princes Street Mile was described afterwards by Matthew Yates, admittedly as the winner of the men's race a biased commentator, as "definitely the premier road mile in the world."

Yates' obvious delight was highlighted by unconfined celebrations on crossing the finishing line of the revised course after a controlled, carefully judged performance which he attributed, to 'lessons learned from last year, when, after trailing home fifth, he was sick on the steps of The Balmoral Hotel.'

Winning in 3:56 this year he believed the round course - and the closing hill - was every bit as hard as last year, and said: "I think the fact that I won was the only reason I wasn't sick."

The Kenyans struck up an outrageous pace at the starting gun with double world 3000m steeplechase champion Moses

Kiptanui, last year's winner David Kibet, and Spain's Olympic 1500m champion Fermin Cacho, scorching to the front, but the race almost ground to a bizarre halt when Kiptanui took a wrong turning to follow a television bike through the traffic islands just yards away from the clearly coned turn.

Despite the mishap the turn was made in 1:55 and sprinting away from the mistake, conversely, ended their hopes and determined the Englishman's impressive strategic win.

Later Yates explained: "They went faster off the turn and made up five metres on the rest of the field. I stayed calm and collected at that point. If I had gone with them I wouldn't have won."

"I have seen runners take the wrong turning this year, at the Aberdeen meeting, but they should have run the course before the race. Everybody else did."

The front runners who had made all the early pace faded badly. Kiptanui hung on well to finish fourth in 3:58 while Kibet

crossed the finishing line in 4:01 for eighth and Cacho ended in ninth, suffering from a muscle pulled during the earlier blunder.

Obviously, the early leaders misjudged, a mistake not made by Yates who remembered the energy reserve needed after covering the straight course last year.

"I found out about the hill last year," he grinned, with a Citroen car to give his mum for her birthday and \$3,000 richer.

Yates beat countryman John Maycock into second place in 3:57 while American Jim Spivey crossed the line half a second behind, with Steve Cram, enjoying a return from 5000m to the distance he dominated through the 80's, coming fifth in 3:58.

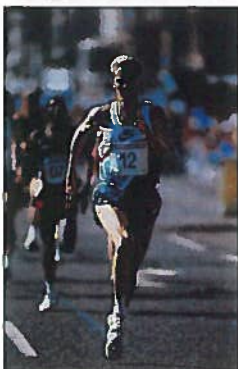
But for Yates the win indicated the world quality that British middle distance running maintains now despite slurs from past greats this year. Steve Ovett enjoyed a race with a group of youngsters in the Race with Stars in the morning and Yates fired a triumphant blast at his friend when asked why his celebrations were so euphoric.

The 24-year-old, whose season was plagued with injury last year, said: "I'm getting fed up with Steve slagging off British middle distance running. World athletics is so much harder now, especially to win middle distance events. But we've got me and Curtis Robb who are up there," he said.



Shock junior women winner Claire Martin (Wales)

Edinburgh confirmed as top road mile



Matthew Yates about to start celebrating

It was interesting that Steve Scott, perhaps the world's greatest, unrecognised 1500m runner of all time, said he believed Yates would be the man to watch for future Olympic honours at that distance.

Scott himself enjoyed his Edinburgh date, winning the Past Master's Mile in a time of 4:14, just ahead of Eamonn Coghlan, both of whom are still very much chasing honours and recognition, despite respective ages of 36 and 40. Both are the front runners in the bid to be the first veteran to break the four minute mile.

Scott said: "I'm just hoping and praying that nobody else does it, so I can be the first."

Scotland's John Robson provided a rare home performance to be proud of with a time of 4:17 in the Past Masters.



Steve Scott, Past Masters winner at 36

The Scots' performances in the International Men's race was poor. Philip Mowbray was best placed in tenth with 4:03; Glen Stewart came twelfth in 4:06 and Gary Brown and Tom Hanlon traipsed over the line fourteenth and fifteenth.

Yvonne Murray raised home hopes in the women's event but could not halt the roll of Irishwoman Sonia O'Sullivan.

Winner of four Grand Prix races already this season with a silver medal in the 1500m World Championships and a fourth place behind the Chinese trio in the 3000m, the 23-year-old looked every inch what she is — world class.

Nervous before the race at the lack of motivation she felt, her failure to 'psych' herself up was not noticeable as she stuck to the shoulder of early front runner Boulmerka, the Algerian Olympic 1500m champion, before easing away with Murray hot on her heels in the home straight. Murray hung on for much of the race but eventually began to struggle as a beaming O'Sullivan piled another garland on to her season's pile, marking a natural progression from last year's second place. Home in 4:25, Murray was behind at 4:26 while last year's victor Ellen Van Langen from Holland was third on 4:29.

Murray was not too upset by her second place and said: "Everyone says I have got home advantage but that hilt gets me every time. It's a bit of fun at the end of the track season. All the girls just go out and have a bit of fun."

The presence of the Scot on her shoulder was, amazingly, never noticed by the Irish woman who said the intensity of the track and closeness of competitors was lost on the open road. Running in only her second road race in two years, O'Sullivan, meanwhile, recognised that her season's fun may soon be coming to a halt.

"I'm probably getting towards the end of my roll," she admitted.

O'Sullivan's season has been dogged by a continued amazing run of results from the dubious Chinese and her happiness at the win was tarnished by the news that five Chinese had beaten the 3000m world record in

the semi-finals of their championship.

"I thought everybody was pulling my leg," the unofficial world number one said. "I'm not surprised at all. We've been hit by three times already this week, so you've just got to accept it. There's nothing you can do about it."

In the junior women's event a truly striking performance stole the show. Claire Martin from Wales knocked 17 seconds off her previous personal best for the mile, taking Lisa Palmer from England and Kirkcaldy's Hayley Parkinson by surprise. Parkinson will be joining Edinburgh University in the autumn to study sociology and enjoyed the visit to her alma mater.

"I was quite pleased," she said, "I had hoped to do better as the girl from Wales has a slower personal best for 1500m. I think she surprised us all."

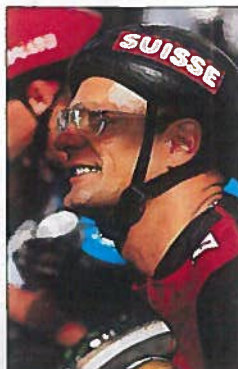
Karen Kirk was placed eighth. In the Junior Men's race Tom Winter of Edinburgh Athletic Club and Scott Taylor from Babcock Thorn Pitreavie were not expected to make any impression against the mighty Vincent Malakwen. Based at the same military camp in Kenya as Moses Kiptanui and with a personal best in the 800m of 1:46.06, he romped the course in 4:14 with Winters running a time of 4:18 and Taylor a second behind in 4:19.

The 19 year old Malakwen said later: "I enjoyed the race but the ground was too hard for me, but then it was my first time in a road mile."

Winter collected a second place to add to an identical result, suffering greatly from a bad turn.

Heinz Frei of Switzerland had no trouble manoeuvring it winning the wheelchair mile in 3:21.

The turn varied from last year's straight mile but the new course provides a better arena for the 25,000 spectators police estimated had turned out for the day. Promoted by Standard Life and supported by Lothian Enterprise and the city council the event is now one of true world standing and Mike Wilson of organisers Gameplan said an announcement would be made in the next four weeks on its future.



Wheelchair winner Heinz Frei
STANDARD LIFE
PRINCES STREET MILE

Men
1, M Yates (Eng) 3min 56sec, J Maycock (Eng) 3min 57 sec, 3, J Spivey (US) 3min 57

Women
1, S O'Sullivan (Ire) 4min 25sec, 2, Y Murray (Sco) 4min 26 sec, 3, E Van Langen (Neth) 4min 29sec

Wheelchair
1, H Frei (Switz) 3min 21 sec, 2, D Holding (Eng) 3min 29 sec, 3, F Waque (Neth) 3min 30 sec

Past Masters
1, S Scott (US) 4:14, 2, E Coghlan (Ire) 4:15, 3, J Robson (Sco) 4min 17sec

Junior Men
1, V Malakwen (Ken) 4min 14 sec, 2, T Winters (Sco) 4min 18sec, 3, S Taylor (Sco) 4min 19 sec

Junior Women
1, C Martin (Wai) 5min 04 sec, 2, L Palmer (Eng) 5min 14 sec, 3, H Parkinson (Sco) 5min 16 sec



Sonia O'Sullivan's Grand Prix roll continued

Yangtse tide starts to flow

by Doug Gillon
Athletics Correspondent of
The Herald

The undying memory of the World Athletic Championships, despite three titles and two world records for Britain, was the Yangtse tide which swept the medals in the women's 3000 metres and with it the hopes of European champion Yvonne Murray.

That memory was reinforced by Chinese victories in the 1500 and 10,000m. And the subsequent demolition of the women's 10,000m record, by 42 seconds — surely putting it beyond the reach of Liz McColgan — concluded a series of races which confirm the end to the West's domination of women's endurance running.

Make no mistake, the Chinese way in athletics is just beginning. And while Britain rejoices in world titles from Linford Christie, Colin Jackson and Sally Gunnell, the orient excess was an awesome reminder that more than 1.2 billion people have the potential to produce a lot of champions. With or without chemical turbochargers.

If Scotland, with a population of just over 5m, can produce a Murray and a McColgan in a decade, statistical probability would give China 240 Murrys and 240 McColgans.

We should bow to the reality that the past few years, with several Scots world-ranked, has been a golden age for Scottish athletics and accept that we must work harder and be better organised if we are to see their likes again.

Six Scots in a near 90-strong UK team was less than we should have expected, but five of the six contested finals.

Murray's was the greatest fall, perhaps because her expectation was highest, after the world indoor 3000m title during the winter and the best summer of her life. Her ninth placing, one better than the Olympics last year and one worse than the '91 worlds, was less disconcerting than the manner of her capitulation.

In an orgy of despair after the three Chinese surged past, she was impotent as fellow Britons, Alison Wyeth and Paula Radcliffe went past to record



Tom Hanlon battling briefly with the Kenyans in the 3000m steeplechase final Picture: Mark Shearman

personal bests, neither ever having beaten her before.

Analysis in the aftermath should have allowed Murray to be less self-critical. The Chinese trio, who had given warning in their own national championships - and without their fastest woman Wang Junxia - raced away in the later stages, covering the final 600m in 1-29 and the last 800 in 2-03 - faster than any Scottish woman has run for two laps this year!

Their last 2000m would have placed them fourth on the world all-time list for that distance, just a fraction outside Murray's British record of 5-29.58.

"I have no excuses," said Murray on reflection, though she made some damning allegations speculating on the manner of her rivals' meteoric rise and best left unreported. "I allowed myself to be intimidated by the Chinese. I knew I had a race on my hands with Sonia (O'Sullivan, who placed fourth), but I could not face the reality of not winning a medal. I had the wrong attitude, an unprofessional one."

"I was there to compete, but I did not. When they went past my heart went and I am angry for not having run my own race, especially given the experience I have."

Her fellow world champion, McKean, coachless, defied all logic by reaching the final of the 800m. But the manner in which he threw up his arms on finishing his semi, knowing he had qualified, perhaps gave a clue to his state of mind. There is the suspicion that in doing so he felt he had achieved some kind of self-perceived goal.

Pamela Murray, the psychologist newly appointed as support services manager by the SAF and now helping McKean, is better equipped to analyse such a gesture, but the Motherwell man, who ran flawlessly through the opening rounds, let his concentration drift on the second circuit of the final.

Paul Ruto, seen as a rabbit for his two more illustrious Kenyan colleagues, remained out in front. McKean and Robb thought it was a ploy, covered Olympic champion Tanui instead, kept another eye on defending champion Konchellah at the rear, then realised too late that Ruto was not coming back.

The Scot drifted into no-man's land, out of medal contention, then was badly bumped by the South African, Sepeng, some 60 metres from the line.

"I'd have been disqualified if I'd done that," he said. But McKean agreed that fifth would

probably have been the most he could have hoped for. In fact he finished last - the same as his only other appearance in the world outdoor final, in 1987.

Tom Hanlon discovered that, as he had feared, a second winter of missed training is no way to prepare for the Kenyans in the 3000m steeplechase. Injury cost him the better part of five months and although there was only one round before the final the Leslie Deans club man had to work hard to survive, getting through as a fastest loser, fifth in 8-23.16.

He thought a fast, even pace, from the gun, was his best hope in the final and tried to ensure that, leading for the opening two laps before fading rapidly to the rear, last of the 15 finishers in 8-45.62. Only the Italian, Lambruschini, third, spoiled a Kenyan sweep.

Karen Macleod almost dropped out of the women's marathon before finishing 16th in 2-41:46, some six minutes outside her best. On a roasting day the Edinburgh Athletic Club woman, an asthmatic, found conditions on the tree-lined route very testing, almost suffering a panic attack as she struggled for air.

However she was just two places and '61 seconds behind England's Marion Sutton, the leading Commonwealth finisher. "I hope that will give me selection for Victoria without having to run another marathon before the Games," said Karen.

MacLeod and Paul Evans were well looked after on the edge of the Black Forest by Ross Hepburn who has lived in the area for 12 years. Hepburn organised outings for the team and acted as a liaison officer, smoothing the party's path.

Vikki McPherson, having qualified belatedly at the World Student Games and probably not fully recovered, found the going tough in her 10,000m heat and was understandably intimidated by the thought that she was Britain's only representative in the event in which Liz McColgan had won the only UK title, in Tokyo.

Liz, back home in Carnoustie, sent an encouraging good luck card, but there was no fairytale end for the Glasgow graduate. McPherson finished 17th, in 33:49.51, with the first 10 qualifying for the final, where yet another China one-two had the sceptics nodding knowingly.

Verity Larby, competing in her first major championships, finished 29th, second Britain in the 10,000m walk with 47:54, almost a minute outside her Scottish record in 72-degree heat and 60% humidity.

"It was a fair walk in the conditions," said Larby, drenched in sweat after finishing 5min 05 secs behind the first winner of the championships, Sari Essayah of Finland.

Larby has set five Scottish records, at 3000, 5000 and 10,000m this year. "That's no big deal," she says. "Because I am the country's only female walker it's a record every time I set a personal best."

The Guildford secretary has shown considerable courage to recover from a car accident last year in which she broke a foot and her nose, losing nine months' training. She still suffers from sinusitis and will

undergo surgery shortly. The 22-year-old Larby is a secretary at Surrey University and one of her colleagues there is former Olympic champion Allan Wells. "He has been a big help to me, with advice and encouragement," she said. "But I was a nervous wreck before the championships. I could not eat or sleep and went to the doctor. But he said it was just nerves."

Larby was fourth Commonwealth athlete to finish, which augurs well for her Victoria hopes next year. "But my real aim is to bring respectability to British women's walking," she said.

But this was a glorious championship for Britain, Christie's 100m win in 9.87 secs should be recorded as the greatest 100m run ever. When Carl Lewis clocked the world record of 9.86 in Tokyo it was on a track which the IAAF would not sanction if it were built today. The surface, exceedingly hard, does not match current specification and the wind speed, at plus 1.2 metres per second in Tokyo, helped Lewis far more than the plus 0.3 which Christie had in Stuttgart.

Bigger, faster, stronger, despite his 33 years, Christie has no reason to retire, other than the desire to finish at the top

and not like the fading Lewis back in fourth as the young pretenders, Cason and Mitchell, made their mark.

Christie was in tears for his pal, Colin Jackson, after the Welshman nipped one hundredth of a second from Roger Kingdom's mark in the 110m hurdles with 12.91 sec and Tony Jarret emphasised the message with second in 13.00, the fastest time ever not to win a race.

Jackson is the first British athlete to set a world hurdles record since his namesake, Clement Jackson, clocked 16.00 for 120 yards hurdles, in 1865.

Jackson started faster (128 reaction time, than anyone in the 100m final) and like Christie laid to rest the myth of US invincibility.

But it was not the perfect race, he touched three flights, his trail leg less tight than optimum and he still insists on dipping for the line five metres out, losing momentum.

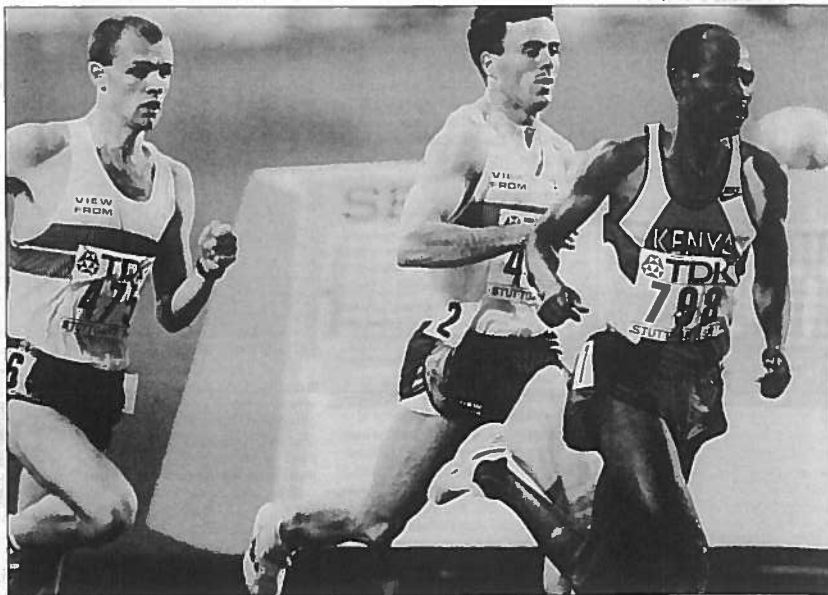
Gunnell is convinced she can demolish the world 400m hurdles record next year. I can go below 52.50," she said, having lowered the seven-year-old world best to 52.74 secs. Gunnell ran 15 strides to flight six and 16s home. "But next year I'll try

15 all the way. I can go much faster."

She knew she could run a record in Stuttgart. What she did not expect was that she would have to do so to win. Sandra Farmer-Patrick was still in front at the final flight and Gunnell had to dig deep as she came home in a time which no Scottish woman has achieved this year for the flat 400m.

She finished five hundredths ahead of the American and 20 inside the old record. It was the first world track best by a British woman since Anne Smith ran 4:17.3 for 1500m in 1967 and the first UK woman to set a world track record in a championship since Ann Packer (800m, 2:01.1) at the Tokyo Olympics.

John Regis broke the UK 200m record with 19.94, collecting silver and Steve Smith, in a lot of pain with a back injury, grabbed bronze in the high jump with 2.37m. There were bronzes from Jon Edwards (triple jump, 17.44m) and Mick Hill (javelin, 82.96m) and the men's 4 x 100 (silver) and women's 4 x 400 (bronze) brought the medal haul to 10, a record for Britain who finished joint fourth on the medal table, with Kenya.



Tom McKean well placed with Curtis Robb in the 800m final but his jubilation on qualifying may have been a giveaway
Picture: Mark Shearman

Liz vows to take on Chinese

LIZ MCCOLGAN has vowed to come out of her career-threatening injury problem fitter than ever and raring to slug it out against the Chinese athletes whose world record beating performances in the 10000, 3000 and 1500 metres have stunned the athletics world, writes Matthew Lindsay.

And it was revealed last month that experts had feared it may have prevented any further involvement in athletics as McColgan was failing to get traction in her leg as she ran.

But those fears were dismissed and now she looks set to make a historic comeback — as the first woman to compete in the Edinburgh to Glasgow Road Race in December.

Speaking at a promotional event for sponsors Asics last month she remained pragmatic about the maligned Chinese female athletes.

She said: "It's obvious there are drugs involved in the performances, but in saying that it's no big shock and I've been up against it all through my career and it just makes me more determined."

McColgan was pleased with the progress her injury is making and hoped it would have cleared up completely by December. Disappointed at missing the World Championships in Stuttgart among other summer events McColgan is determined to use the situation to her advantage.

"It is bad but it isn't," she said. "I would have liked to be running. But I'm getting a

chance to rest it properly and when I come back I'll have a really good season. I will be mentally rested as well as physically and I will be able to run hard."

McColgan also revealed a possible switch in priorities

when she does return to full race fitness.

"Time is on my side and when I do come back I will be concentrating on the London Marathon and, for the first time ever, the World Cross Country Championships," she said.



Liz with Runaway sports proprietor Ron Ballantyne

Here's the chance for 3 lucky winners to each receive a pair of Disc System Blaze shoes for men & women and a Disc System rucksack

PUMA

All you have to do is answer the three questions below.

1. Name 5 Scottish athletes in the British team for Stuttgart?
2. Where were the 1991 World Championships staged?
3. Which world record did Liz McColgan set there the following year?

ANSWERS

1.
2.
3.

Name.....

Address.....

..... Shoe Size.....

Closing date for entries is 21st October. Editors decision is final.
Entries to: Puma Competition No 2, Scotland's Runner, Applejak Studios,
113 St. George's Road, Glasgow G3 6JA.
Usual Scottish Runner competition rules apply.



Whatever injected new life into the traditionally mediocre Chinese athletes at this year's World Championships it certainly wasn't their facilities, or their accommodation and it sure as hell was not the eastern cuisine.

Not, at least, going by the experiences of the four young Scots athletes who returned from ten days in China earlier this month where they took part in the Eric Liddell Foundation training camp.

Star heavies Stephan Hayward and Iain Park, javelin thrower Lorna Jackson and 400 metre hurdler Alison Curbishley were all picked to represent Scotland at the international event in Tianjin from August 26 to September 6.

But after a gruelling 18 hour flight, 400 metre hurdler Curbishley spent two days on a drip of salt, glucose and Vitamin C in a Chinese hospital, javelin thrower Lorna Grant lost half a stone in weight due to a substandard diet and fluid loss and the male members of the party were forced to sleep on the floor because the accommodation they were offered was "rife with dust, with workmen still on the premises" and would have triggered dangerous asthma attacks.

Billed as promoting "educational and sporting excellence" team manager Jim McInnes outlined the pitiful circumstances the cream of Scots athletes were forced to endure, and said: "The accommodation was a bit ropey, certainly dirty, and the toilets were filthy — just a straight pipe, a hose sticking down from the middle of the room and when you washed the water tended not to run away and to slop around on the floor for the rest of the day. And when you are exercising you need to shower."

On arrival Anglo Scot Alison Curbishley took ill with suspected headache and, after suffering communication problems with her Chinese doctors, spent two days languishing in a hospital on a drip. Although she recovered she could not take part in athletics activities.

The food left a lot to be desired as Stephan Hayward explained: "I think I eat more in a day in Scotland than I did in four days in China. The breakfast was cold meat, with cold fried eggs and rubbery bread and warm Coke or Sprite. The highlight of the trip was going to MacDonald's on the Saturday night. They've got a good MacDonald's, at least."

Apart from the heat stroke, weight loss, hospital, cold fried eggs for breakfast and sleeping on the floor - a wonderful experience

And when they did come to train they did not present a healthy advertisement for Scottish Athletics.

Jim McInnes added: "They started at about seven in the morning over there, which is okay for the Koreans or Singaporeans who are used to getting up at five, but in Scotland it's dark at that time. To be honest the Scots looked slovenly — it was a wee bit embarrassing," he said.

After moving sites the male members of the party discovered that their accommodation was not finished, forcing them to sleep on the floor of the girls rooms.

The training they received was not ideal either as hammer thrower Iain Park explained: "They didn't have my event and I had to put up with the discs. Before I went out there my coach wasn't too keen on me throwing a discus because but it was the

only opportunity I had. It was a risk I shouldn't have taken, although I have had no comeback from it."

On the rare occasions the athletes did overcome their difficulties they impressed the coaches on the camp.

"The quality of the coaches was quite high and when we did get going the fitness of our athletes was good, especially Stephan. And when we were doing the 100 metres the coach Boru Boosey, who was an Olympic triple jumper for Great Britain between 1962 and 1972, started shouting to the sprinters 'Look at this guy, he's putting you to shame — look'. Steph was being praised for how fit he was right throughout the competition."

When the party came to competition they performed to the highest standards. Stephan won both the shot and the discus with throws of 14.28 metres and

44.80 metres respectively, with senior implements, and Iain Park was close in the discus with 42.26 metres and secured a similar placing in the javelin with a throw of 45.20 metres. In the javelin Lorna Jackson won her section with a throw of 46.96 metres while managing to throw a personal best of 11.90 metres in the shot putt.

Perhaps the performances were aided by the fact that they had left their accommodation to travel to a nearby Sheraton Hotel to buy some real food.

The final two days of the trip brightened them up with "fantastic" sightseeing in Beijing where they witnessed a sight that finally gave them something to aspire to — the opening of the Chinese Games, which was put on to impress the IOC delegates present to deliberate the venue of the Olympics.

As Stephan put it: "Beijing was a lot cleaner, and I think they have a good chance of getting the Olympics in 2000. The opening ceremony was very impressive in that 70,000 seat stadium."

Despite the rigours of what promised to be an educational trip the group enjoyed their stay and did benefit in some way from the experience.

Iain Park's suspicions about his future road in the sport were confirmed.

"It was a great experience," he said. "It was nice to meet all of the other athletes from the other countries and they did give us good information. One of the coaches suggested that I should try out for the decathlon. I'm 6 foot 4 inches tall and quite skinny and the coach reckons I could make the change. I attempted my first 100 metres over there and recorded an 11.8. So, maybe not this year or next year but I'll give the change serious thought."

Jim said he was touched by the camaraderie and spirit between the different nationalities.

"The general experience was good and there were no cliques or groups and all of the countries got on well together. There were tears and much swapping of names and addresses when they came to leave," he said.

Stephan's verdict: "You had to laugh," he said, and although enjoying the trip offered advice for future athletes: "It moves to a different place next year, but if it was the same place I would definitely advise them to take their own food — something to keep you going."

Record run for flier Flint

RAF man Mark Flint, flew to victory in the Unicorn Leisure Great Scottish Run, earning himself a busman's holiday or two, writes Alasdair Fraser.

Leading the race from start to finish — to shatter both the course record and his own personal best, in 61:56 — the 30-year-old Shropshire man picked up a richly-deserved first prize of £10,000 free air travel and £2000 in cash.

Flint's superiority took even himself by surprise. "I can't



Real flier Mark Flint

believe I led all the way," he said afterwards. "It was a tough race with a good, strong, competitive field. The sharp turns proved a real tester."

Yet, it was those tight corners in the last quarter of the race which he used so expertly on the way to the largest prize of his running career.

From a leading group of six, Flint broke away with Sheffield's Carl Thackery and Leeds' Peter Whitehead just before nine miles. Then at eleven, as Rossendale's Dave Lewis challenged, he surged ahead to open up a half minute lead over the closing two miles. He capped it all perfectly with a breathtaking sprint to the line.

Flint now hopes the performance will clinch a place in the British line-up for the World Half Marathon Championships in Brussels, on October 3.

"Most of the lads in the running for places were here, so hopefully I've done enough to make the team for Belgium," he said, delighted at having knocked fourteen seconds off a personal best set on finishing third in the 1990 Great North Run.

If selected for the World event, Flint appears on course to improve on 29th place in the fixture at Newcastle last year where

the British squad took overall silver.

Last year's World Half Marathon silver medallist, Thackery, and former national cross-country champion, Lewis, were left to battle it out for second — and some battle it was, with Thackery crossing the line less than a second ahead of his countryman.

Lewis, now apparently over the injury problem which forced his withdrawal from the World Championships Marathon team, continued his string of fine Glasgow showings. He was winner in 1991 and second in 1988, 1989, and 1992. The fact that he achieved his fastest ever time in the Great Scottish Run, but his lowest placing, was a testament to the quality on display.

Perhaps the biggest surprise was the absence of Kenyans among the leading group. Race favourite and 1992 world champion, Benson Masya, missed out on his chance of free air travel, but the prize probably was not the most appropriate for him anyway — he withdrew having missed a flight in Nairobi. Swedish-based compatriot, William Mussyoki, who won the race in 1988, had to settle for 12th place in 64:56, some two minutes down on his best. "I feel

ill," was all he would say at the finish.

Peter Whitehead set a personal best time of 1:02:34 to beat Portugal's Paolo Catarino for fourth place.

First Scot for a second consecutive year was Peter Fleming, who set a new Scottish record as well as a lifetime best with his time of 1:02:52.

Fleming said: "I was disappointed with my placing, but delighted with my time."

"I got back to Scotland eleven days ago after spending five weeks training in altitude in Colorado, and that seemed to help greatly."

Fleming is convinced he has stated his case for Commonwealth Games selection, but added: "If I'm not picked by January or February, I won't be taking part. I need to begin my preparations by then." In the meantime, he is preparing for the World Marathon Cup in San Sebastian late this month.

Scottish Cross Country champion, Tommy Murray of Spango Valley, finished 19th in 66:57, before discovering he has been suffering glandular fever.

A Scot took the veteran's prize — Edinburgh man, Brian Kirkwood, of Leslie Deans Racing Club coming seventeenth overall in an impressive 1:06:49.

East Europeans lead women home

Liz McColgan's year-old course record was never under threat in the women's race which was dominated by a Ukrainian and a Russian.

Tatiana Pozdniakova, from Viteba in the Ukraine, and Moscow's Alevina Naumova, tantalised the field and caused endless hilarity as commentators grappled with pronunciation of their names.

Pozdniakova, a former Soviet 10,000m champion who finished 13th in the 1991 Tokyo world championships, was victorious in 1:13:14 — a comfortable 36 seconds clear of Naumova.

A past winner of the Melbourne and Cleveland marathons, the Muscovite was able to put 16 seconds between herself and third placed Suzanne Rigg, the World Cross Country Trials Champion, who clocked 1:14:06.

Neither of the East Europeans spoke English, but communicated their delight through translator and runner in the men's race Leonid Shvetsov from Moscow,

placed 14th. An ashen-faced Rigg, who virtually stumbled across the line, was so exhausted she could barely utter much more at the finish.

Top Scot was Glasgow-born Lynn Harding who clocked 75:40:00 to finish ahead of former Glasgow marathon winner, Sandra Brammy.

Harding, a former Scottish record holder for the marathon, said: "I'm very proud. I was keen to do well when I heard Suzanne was running, and I kept her in my sights for five or six miles. She's a different class, though, and I lost her after that. I'm quite satisfied with my time."

She is another set to compete in the World Marathon Cup in San Sebastian, where she looks in good shape to clinch the Commonwealth Games qualifying time. She finished 11th in the 1990 Commonwealth Games marathon despite fracturing a knee cap.

You could almost smell burning rubber as seventeen year old Ross Low won the wheelchair event. The new BSAD 1500m

champion who holds Scottish titles at 100m, 200m, 400m, 800m, 1500m, 5000m, half marathon and marathon distances, continued his phenomenal success, and at one stage had even passed the lead car.

Sharp turns towards the end of the race slowed him down somewhat, but the Red Star AC athlete from Wishaw still finished eleventh overall in 64:11.

The Great Scottish Run continues to buck the trends of decline experienced by similar races in recent years. An entry of over 8000, not to mention the thousands of spectators who lined the streets, will have delighted race director, Peter MacLean, who has worked hard to see the event progress.

Spectator interest had tailed off after the Glasgow Marathon was terminated several years ago, but this year the attractive field — and hot sunshine — ensured a bumper turn-out.

There were also a further 2350 entrants in the junior races, where Pitreavie's Alasdair Donaldson continued a remark-

able season to clinch first place ahead of David Donnelly (Shettleston) and Alan Reynolds (Cambuslang).

In the girls race, Catriona Morrison of Scotstoun ran a terrific race to pip Karen Kirk (Giffnock North) and Liza Baillie (Avonside Track).



Women's race winner Tatiana Pozdniakova

Ice cream and impending doom

Noddy was there, as was Rupert Bear, Donald Duck and an assortment of extremely fit clowns. Who better than Alasdair Fraser to brave wafts of Ralgex, and disturb some serious stretching just minutes before the start. Pictures by Robert Perry

Scott Yule of Lesmahagow had "done a few one-milers" in the build-up to this, his first Great Scottish Run, with tactics carefully drawn up the night before "down the local".

It was hardly earth-shattering, then, to hear the burly twenty-something year old cheerily reveal: "I won't be threatening the Kenyans this year."

Scott makes no bones about it — he's a fun runner, and the race ahead was something he'd probably rather delay thinking about. "I just want to finish. Survival's the name of the game, I'm afraid," he added, a little more soberly.

Contrast Scott with the quietly confident figure of Robin Murray of Galashiels — about to take on his fourth Glasgow race, with eight or nine half marathons already under his belt this season — and you have an immediate impression of the range of ability and security blanket.

"I'm hoping for 1-27 or 1-28," said Robin, "Glasgow has never been a great race for me, personally, but I've been covering 30 miles a week and feel in great shape now."

But an equally prevalent "what-the-hell" attitude showed up perfectly with one balloon-clad, bucket-strewn fivesome running for charity.

Bill, in fact, is a distinguished sub-three hours marathon man, whose talents have taken him to races in Berlin, New York and Lisbon and who, like Sam, will run in the "Marathon of the Midnight Sun" at Tranel, Norway, next April — a race which sets off in the Arctic Circle's eerie midnight daylight.

The middle-aged group raised £384 in loose change at last year's Run and this year

Mingling with thousands runners in the carnival atmosphere of the pre-race build-up, can almost make you wish that you were a part of it all. Almost, but not quite.

That would be to ignore the millions of calories and gallons and gallons of sweat shed in pain by the collective field of the Great Scottish Run during less-than-glamorous months of training.

Bathed in sunshine, Glasgow Green was a sight for sore eyes, and I was content to mingle with screaming toddlers and smiling grannies — limiting participation to an ice cream and gentle stroll in the park.

The unique, almost celebratory mood of the Glasgow race can't disguise a tangible sense of impending doom during those final minutes, staved off by plenty nervous laughter to match the excessive latherings of deep heat used by all and sundry — the runner's equivalent of a security blanket.

But an equally prevalent "what-the-hell" attitude showed up perfectly with one balloon-clad, bucket-strewn fivesome running for charity.

Bob Woodburn, Sam McCartney, Bill Sandham, Kathy Ready and Derek Wallace — all from central Scotland and all runners capable of recording excellent times — had chosen this race to have a wee bit of fun and collect money for Multiple Sclerosis.

Bill, in fact, is a distinguished sub-three hours marathon man, whose talents have taken him to races in Berlin, New York and Lisbon and who, like Sam, will run in the "Marathon of the Midnight Sun" at Tranel, Norway, next April — a race which sets off in the Arctic Circle's eerie midnight daylight.

The middle-aged group raised £384 in loose change at last year's Run and this year

hoped extra buckets would ensure they exceeded the sum. "They tend to get pretty heavy," revealed Sam, his smile flickering for a second. "But we just take it easy and try and have a good laugh with the crowds on the way round. We're not here to compete — just to savour the special atmosphere and raise a bit of money."

Certainly, the race wouldn't be the same without its emphasis on charity. A shining example was provided by Glasgow mother of eight, Elenor Armstrong, running for the Linburn School for the handicapped.

Her efforts to look after her own disabled son had this year kept training opportunities, but her pride and determination left you with no doubt she would finish — and raise some much-needed cash.

"My son takes up quite a lot of my time, and so this year I'll be happy to finish in around three hours, whereas last year I managed 2-40. This bucket's rather awkward to carry as you know, I know I'll finish."

Then there was Jim Simpson, running for a Bosnian children's charity, who, if not requiring an ambulance by the finish, should certainly have been greeted by men in white coats and hurried into a padded van.

Jim had decided to transform himself into one giant, black jogging dustbin, straddled by a dummy, in his efforts to attract attention and raise cash — not the most comfortable of apparel in the burning sun.

"I've run all six full Glasgow marathons and ran the half last year — but I've never run quite like this. I just hope some clouds follow me round," said Jim, squinting at the cloudless sky. He was confident of raising upwards of £3000.

Pre-race adrenalin can be the cause of a little anti-climax as the starting gun cracks. For the majority of runners, all fired up



A. McKeever, Kilbarchan, tides up after clocking 1.32.4.

and raring to go, the deafening sound is greeted by little more than a shuffle and then a stroll, which finally breaks into a tentative jog as the seething, 12,000-odd legged mass of humanity winds its way further and further up High Street.

One of the most striking aspects of the race is the outspoken sense of comradeship generated among complete strangers, although this wanes noticeably in the toilet queues.

Like pre-race favourite, Kenyan Benson Masaya, some had missed their transport, and there were a few stragglers sprinting to catch the tail end of the field, witness to a scene of devastation.

As the dust settled, a sea of discarded black bin bags, jerseys, hats and drink cartons remained for some 2000 hardy volunteer helpers to clean up — not an enviable task.

But relaxing — parched after my own exertions in the sun — all thoughts turned to another ice cream and the heroics of runners like first-timer, Denise Tweed, from Milngavie; dinner break training specialist from Easterhouse, William Cosgrove; and Glasgow "footballers" Martin Graham and Ian Kelly.

They all made it safely home but, true to form, Scott Yule didn't threaten the Kenyans.



Tired but triumphant in the finishing queue

The following complete list of finishers in The Great Scottish Run held in Glasgow on September 22nd, 1993, was supplied by City of Glasgow District Council, the event organisers.

The first number given is the runner's finishing place, followed by his race number, surname, initials, time (hours, mins, secs) and club, if any.

1. FULTON, M. 1. 56 TELFORD ACRAF
2. THACKERY, C. 1. 29 HALLAMSHIRE
3. LEWIS, D. 1. 20 ROSSEDALE H.
4. 23 WHITEHEAD P. 1. 24 SKYR
5. 19 CATARINO P. 1. 24 BEVICA USON
6. 11 FLENNY, P. 1. 25 LESJIE DEANS RC
7. GREEN, A. 1. 34 WARRINGTON
8. 84 SWANSTON, J. 1. 39 COPELAND
9. 22 RODRIGUEZ R. 1. 37. SAN PAUL
10. 20 PAREDES, J. 1. 40 SAN PAUL
11. 101 LOR, R. 1. 41 RED STAR A.C.
12. 8 WICK, K. 1. 41. KENYA
13. 5 BRE, S. 1. 41.58 BERGEND
14. 26 SHETSON, L. 1. 45. RUSSIA
15. 7990 BROWN, L. 1. 46 LESJIE DEANS RC
16. 7529 THOMSON, C. 1. 46 CAMBUSLANG
17. 25 KIRKWOOD, B. 1. 49 LESJIE DEANS RC
18. 219 BODD, G. 1. 50 STRANRAER A
19. 5721 MURRAY, J. 1. 57 SPANGLER
20. 2012 ROSS, D. 1. 57 LESJIE DEANS RC
21. 67 LYNE, F. 1. 59 METRO ABERDEEN
22. 18 ROSSON, A. 1. 59 LESJIE DEANS RC
23. 105 COHEN, S. 1. 59 LESJIE DEANS RC
24. 212 WRIGHT, G. 1. 59 AYR SEAFORTH
25. 114 CHAPMAN, K. 1. 58 HADDINGTON
26. 126 MARDER, R. 1. 57 MARYHILL H.
27. 7 CAREY, S. 1. 59 WARRINGTON A.C.
28. 647 MCINTOSH, G. 1. 59 MARYHILL H.
29. 111 HARRISON, M. 1. 59. JYRNE
30. 6649 HALL, R. 1. 52 TREVOT H.
31. 120 LEE, M. 1. 53 BELTON
32. 130 KILPATRICK, J. 1. 53 EAST WILKIE
33. 199 MCCULLOCH, R. 1. 55 KILBARCHAN
34. 106 ROBISON, C. 1. 59. IBM SPANGLO
35. 145 WEIR, S. 1. 10.10 BARCOCK THORN P.
36. 115 MACARA, D. 1. 10.35 FALKIRK VICTORIA
37. 116 MCCOUGALL, C. 1. 10.42 CAMBUSLANG
38. 123 LIPPITT, R. 1. 10.56 CARNEGIE H.
39. 18 GORMAN, M. 1. 10.57 CAMBUSLANG H.
40. 8019 ANDERSON, T. 1. 11.1 KILBARCHAN
41. 1025 THOMSON, T. 1. 11.9 CARNEGIE H.
42. 322 CUNNINGHAM, G. 1. 11.38 AYR SEAFORTH
43. 5221 BOVILL, P. 1. 11.50 LINGWISTON
44. 6646 BENNETT, J. 1. 11.57 GREENOCK G.H.
45. 5218 MEYER, K. 1. 12.19 SOUTHERLANDS
46. 143 ROBSON, J. 1. 12.32. DUNDEE A.C.
47. 164 WEIR, W. 1. 12.34 LAW AND DISTRICT
48. 6651 DERRICK, A. 1. 12.43 CALDERGLEN H.
49. 6650 GARDNER, D. 1. 12.48 LESJIE DEANS RC
50. 7531 EVANS, J. 1. 12.59 SHETTLESTON H.
51. 5214 WALKER, M. 1. 13.10 POTTERIES MARATHON
52. 27 POZDNIAKOVA, T. 1. 13.14
53. 6657 GILMOUR, D. 1. 13.14 SHETTLESTON
54. 120 LANG, P. 1. 13.41 SPRINGBURN H.
55. 214 HEARLE, T. 1. 13.49 KILBARCHAN
56. 28 MAHOMVA, A. 1. 13.50 DIVO
57. 146 COOPER, F. 1. 13.54 GIFFNOCK NORTH
58. 147 GEDDES, D. 1. 13.58 GARSBURGH H.
59. 7533 LARLEY, J. 1. 14.0 DUMFRIES & CLYDE
60. 13 RIGGS, S. 1. 14.6 WARRINGTON
61. 118 MITCHELL, M. 1. 14.7 CAMBUSLANG
62. 117 CRAG, B. 1. 14.11 IRYNE
64. 7912 WATSON, H. 1. 14.15 CLYDESDALE H.
65. 132 MCCULLOCH, M. 1. 14.20 FORRES H.
66. 6652 MCCOUGALL, A. 1. 14.24 KIRKINTILLOCH OLYMP
67. 5225 MCGARVEY, B. 1. 14.31 CAMBUSLANG H.
68. 624 MITCHELL, J. 1. 14.37
69. 138 GRAY, A. 1. 14.42
70. 7358 MCARTHUR, J. 1. 14.46 CLYDESDALE H.
71. 8246 DEVROY, B. 1. 15.4
72. 203 GALLAGHER, H. 1. 15.8 BELLALHOUST H.
73. 221 WATSON, P. 1. 15.13
74. 171 DAVIES, M. 1. 15.14
75. 188 SCOTT, C. 1. 15.16 TREVOT
76. 148 ROSSBOROUGH, B. 1. 15.17 CLYDESDALE H.
77. 150 MCCALL, A. 1. 15.20 VICTORIA PARK

78. 6656 BURKE, I. 1. 15.23 PLANET REEBOK
79. 5249 JOHNSTONE, I. 1. 15.25 KIRKINTILLOCH OLYMP
80. 6672 ROBERTSON, B. 1. 15.28 ARRAH
81. 5324 REHFWA, A. 1. 15.31
82. 6660 BURNS, C. 1. 15.33 KIRKINTILLOCH OLYMP
83. 48 MACLAUGH, J. 1. 15.36
84. 3574 HAY, D. 1. 15.42 BELLALHOUST H.
85. 15 HARDING, L. 1. 15.43 HOUGHTON H.
86. 206 HORTON, J. 1. 15.47 SHETTLESTON H.
87. 6664 RANKIN, H. 1. 15.51. J.W. KILMARNOCK
88. 6667 FARQUHARSON, A. 1. 15.54 INVERNESS H.
89. 155 MCCARTNEY, M. 1. 16.8 MARYHILL H.
90. 13 BRANNAN, S. 1. 16.14 CITY OF GLASGOW
91. 5246 LEE, K. 1. 16.15
92. 197 O'DONNELL, J. 1. 16.21 FALKIRK H.
93. 7538 BRIDGES, D. 1. 16.28 REHFWA
94. 200 MCKENNA, R. 1. 16.34 REHFWA
95. 6662 MCCANN, D. 1. 16.35 INVERNESS H.
96. 7536 DUTHIE, M. 1. 16.37 CALDERGLEN H.
97. 5665 ALLISON, G. 1. 16.4
98. 199 BARR, W. 1. 16.43 FORTH ROAD
100. 207 SHEDDEN, A. 1. 16.44 IRVINE
101. 328 MAIN, G. 1. 16.56 METRO ABERDEEN
102. 5247 BRAGMAN, J. 1. 16.58 MARYHILL H.
103. 7543 BIGGALL, A. 1. 17.0 GIFFNOCK NORTH
104. 5232 KINNEAR, C. 1. 17.0 DUMFRIES RC
105. 182 MURRAY, J. 1. 17.0 DUMFRIES RC
106. 6697 CALLARY, L. 1. 17.21 GOVAT H.
107. 314 SCOTT, A. 1. 17.26
108. 232 MCLEAN, J. 1. 17.27 SHETTLESTON H.
109. 149 COMBE, S. 1. 17.28 TREVOT H.
110. 221 WILSON, C. 1. 17.29 CLAREMO
111. 7539 ROSE, A. 1. 17.31. EDINBURGH SEAFORTH
112. 5244 JAMES, K. 1. 17.34 CUMOCK
113. 6655 THALON, J. 1. 17.40 BELLALHOUST H.
114. 6673 TURBETT, C. 1. 17.43 ARRAH
115. 5279 HUGHES, M. 1. 17.45
116. 303 BROWNING, W. 1. 17.47. AYR SEAFORTH
117. 7949 GORDON, I. 1. 17.49 CAMBUSLANG H.
118. 137 FERGUSON, J. 1. 17.53 DUMFRIES R.
119. 12222 FOSTER, M. 1. 17.55 EDINBURGH MARATHON
120. 208 MORREY, K. 1. 17.56 POTTERIES MARATHON
121. 6678 BRENNAN, R. 1. 17.58 CAMBUSLANG H.
122. 383 GOURLEY, J. 1. 18.0 LAW & DISTRICT
123. 130 COOPER, C. 1. 18.1 LAMINGTON
124. 6658 BRIDGTON, W. 1. 18.3 FALKIRK VICTORIA H.
125. 167 DICKSON, E. 1. 18.4 STRANRAER
126. 155 HAMILTON, B. 1. 18.7 STRANRAER
127. 6704 WHITE, O. 1. 18.9 LITTLEWOODS
128. 308 GRANT, H. 1. 18.10 LITTLEWOODS
129. 5223 BARCLAY, S. 1. 18.12 SHETTLESTON H.
130. 195 FERGUSON, M. 1. 18.13
131. 193 WYLIE, A. 1. 18.16 GIFFNOCK NORTH
132. 128 CHRISTIE, B. 1. 18.22 DUMFRIES RC
133. 5250 ALAN, J. 1. 18.25 AYR SEAFORTH
134. 166 ARMSTRONG, H. 1. 18.28
135. 356 SNEEDMAN, J. 1. 18.29
136. 6666 DYER, M. 1. 18.30 CLYDESDALE H.
137. 254 MARLAND, G. 1. 18.31 DUMFRIES R.
138. 155 ALISON, D. 1. 18.34
139. 5241 PETERS, D. 1. 18.37 KILBARCHAN
140. 5231 YOUNG, H. 1. 18.42 STRATHCLYDE POLICE
141. 157 MCPAKE, T. 1. 18.42 CAMBUSLANG H.
142. 176 DUHAI, T. 1. 18.43 SOUTH SHELDS
143. 6702 LANGFORD, P. 1. 18.44 BEDFORD H.
144. 7544 PROCTOR, S. 1. 18.45 E.A.C.
145. 131 GILLON, D. 1. 18.46 SHETTLESTON H.
146. 191 FIDLER, G. 1. 18.49 STRANRAER
147. 283 DICKINSON, A. 1. 18.52
148. 5240 FORD, C. 1. 18.53 STRATHHEARN H.
149. 6664 SAYER, L. 1. 18.55
150. 178 HUGHES, A. 1. 18.56 CAMBUSLANG H.
151. 248 MORAN, D. 1. 18.58 GIFFNOCK NORTH
152. 1288 COOK, M. 1. 18.59 HELENSBURGH
153. 863 BURGESS, J. 1. 19.1
154. 202 MORRISON, J. 1. 19.2 SHETTLESTON H.
155. 6703 COOKE, A. 1. 19.3
156. 230 FAGAN, G. 1. 19.4
157. 245 EAGLESHAM, S. 1. 19.5 CAMBUSLANG H.
158. 190 EVANS, F. 1. 19.7. J.W. KILMARNOCK
159. 6710 BRANNAN, D. 1. 19.10 WESTERLAND
160. 516 HUTCHISON, M. 1. 21.25

160. 51. DAVIDSON, G. 1. 19.12. IBM SPANGLO VALLEY
161. 223 THDALE, S. 1. 19.15 STH SHELDS
162. 358 FLYNN, P. 1. 19.17 EDRI SOUTHERN S
163. 384 CALDWELL, E. 1. 19.19 DUMFRIES
164. 192. MARTIN, J. 1. 19.21. FALKIRK VICTORIA
165. 6684 AGA, A. 1. 19.25
166. 263 COYLE, T. 1. 19.29
167. 231. CHRISTIE, J. 1. 19.31. CAMBUSLANG H.
168. 487. WATSON, G. 1. 19.32. PERTH STRATH TAY
169. 6804 KING, C. 1. 19.33
170. 238. MCKEATING, B. 1. 19.35. TROON
171. 6675 MCPAKE, T. 1. 19.36. SCOTCH VETS
172. 144. ANDERSON, I. 1. 21.53 VICTORIA CL OLYMP
173. 133. KHAMLAN, M. 1. 19.39
174. 224 IRVINE, J. 1. 19.40 BELLALHOUST H.
175. 222 BROWN, B. 1. 19.42 PERTH ROAD
176. 6688 DEVLIN, A. 1. 19.52
177. 5243 BUCHAN, D. 1. 19.53. PENCUK H.
178. 287. McDONALD, P. 1. 19.55. HELP
179. 354. LLANWAL, A. 1. 19.59
180. 5250 SPENCE, B. 1. 19.57. TREVOT H.
181. 302. MATKO, T. 1. 19.58. STRATHCLYDE
182. 6708. MOFFAT, D. 1. 20.0. CAMBUSLANG H.
183. 210. DOWNEY, J. 1. 20.0. LAW & DISTRICT
184. 243. WILSON, S. 1. 20.1. SHETTLESTON H.
185. 425. BUNDY, P. 1. 20.2
186. 390. LAWSON, L. 1. 20.2. CARNEGIE H.
187. 5239. WILLIAMS, G. 1. 20.3. 401. 887. 1144. 20.5. WILSON, S. 1. 20.3
188. 357. GRAY, W. 1. 20.5. HUNTERS BOG TROTTERS
189. 158. MURRAY, T. 1. 20.6. GARSBURGH H.
190. 184. MCANR, E. 1. 20.7. KIRKINTILLOCH
191. 179. LEGGETT, I. 1. 20.12. LIVINGSTON
192. 842. MCINTOSH, D. 1. 20.13
193. 287. MCANR, E. 1. 20.14
194. 841. MARTIN, J. 1. 22.25
195. 6683. BARNES, J. 1. 22.27. YORK. PRIORITY STREET
196. 286. 281. NICHOLSON, B. 1. 22.30. DUMFRIES R.
197. 170. GIBSON, D. 1. 22.30. IRVINE
198. 370. KERR, R. 1. 22.31. DUMFRIES R.
199. 6671. KERR, R. 1. 22.31. DUMFRIES R.
200. 6661. REID, D. 1. 20.25. SPRINGBURN H.
201. 7561. MORGAN, A. 1. 20.30. DESFORD STRIDERS
202. 5251. TURNER, F. 1. 20.32. DURHAM CITY
203. 416. MAJALAY, A. 1. 20.33. FMC CARNEGIE H.
204. 1063. REID, A. 1. 20.36
205. 233. DUTCH, J. 1. 20.39. CRAWLEY
206. 674. WATSON, W. 1. 20.40. VICTORIA PARK
207. 214. MCLECHIE, M. 1. 20.41. VICTORIA PARK
208. 1636. BOYLE, A. 1. 20.42. MARYHILL H.
209. 5248. HARPER, J. 1. 20.42. STRATHCLYDE POLICE
210. 327. MCLECHIE, M. 1. 20.42. VICTORIA PARK
211. 324. THYNE, J. 1. 20.43
212. 323. HAWKINS, I. 1. 20.44. KILBARCHAN
213. 242. SIMPSON, M. 1. 20.46
214. 6714. HART, M. 1. 20.47
215. 5277. PARKER, G. 1. 20.49. MID ARGYLL
216. 215. STEVENSON, J. 1. 20.50. MARYHILL H.
217. 169. RILEY, P. 1. 20.54
218. 228. BROWN, R. 1. 20.57. STRATHCLYDE FIRE BGD
219. 427. RAESIDE, M. 1. 20.57. HELENSBURGH
220. 857. DICK, S. 1. 20.58
221. 256. D'HA, I. 1. 20.59. TWEEDEALE
222. 7540. CAMERON, A. 1. 20.59. WESTERLAND DS
223. 428. CALDWELL, M. 1. 21.0
224. 6719. BICKERTAFF, R. 1. 21.1. HAMILTON
225. 3233. MITCHELL, D. 1. 21.2. KILMARNOCK H.
226. 510. MORRIS, D. 1. 21.2
227. 793. WICKS, F. 1. 21.3
228. 142. MCGREGOR, P. 1. 21.4. VICTORIA PARK
229. 440. WAUGH, S. 1. 21.4. STRATHCLYDE POLICE
230. 5224. DOLAN, T. 1. 21.6. CAMBUSLANG H.
231. 380. EWART, W. 1. 21.6
232. 7545. DICKSON, G. 1. 21.9. GIFFNOCK NORTH
233. 7542. DICKIE, T. 1. 21.10. BELLALHOUST H.
234. 473. CUTHBERT, I. 1. 21.11
235. 568. SMITH, W. 1. 21.12
236. 271. LEWIS, K. 1. 21.15. RED STAR
237. 435. HARRISS, D. 1. 21.16. PITREAVE
238. 555. WATSON, N. 1. 21.17. CATWISS
239. 412. MILLER, R. 1. 21.19. TROON
240. 5233. PRICE, R. 1. 21.22. KILMARNOCK
241. 374. KILPATRICK, J. 1. 21.23. MURSE BURG
242. 593. MORRISON, A. 1. 21.24. ARROATH FOOTERS
243. 211. DICK, J. 1. 21.24
244. 516. HUTCHISON, M. 1. 21.25

245. 310. LEAN, M. 1. 21.26
246. 6680. MCKAY, I. 1. 21.28. SHETTLESTON H.
247. 250. COYNE, A. 1. 21.29. SHETTLESTON H.
248. 259. QUINN, A. 1. 21.31. PLANET REEBOK
249. 441. LAIRD, A. 1. 21.32. EDINBURGH
250. 341. POPE, D. 1. 21.34
251. 6712. FRENCH, N. 1. 21.36
252. 6683. COYLE, T. 1. 21.38. PITREAVE
253. 7535. DICKSON, S. 1. 21.40. SPRINGBURN H.
254. 6686. HAROS, S. 1. 21.41. REHFWA
255. 369. SHORT, J. 1. 21.43
256. 597. DICK, J. 1. 21.45
257. 378. MUSTO, G. 1. 21.46. IRVINE
258. 5229. QUINN, J. 1. 21.46. CAMBUSLANG H.
259. 397. MCCOLL, J. 1. 21.52. BLAYDON H.
260. 144. ANDERSON, I. 1. 21.53. VICTORIA CL OLYMP
261. 216. HYDES, M. 1. 21.54. HEATON H.
262. 408. SODDING, J. 1. 21.55
263. 414. THEAKER, D. 1. 21.55. HELENSBURGH
264. 6679. IS, R. 1. 21.56. EDINBURGH SOUTHERN
265. 403. WARD, J. 1. 21.58. STRATHHEARN H.
266. 6853. FULLARTON, M. 1. 21.59
267. 345. RANKIN, C. 1. 22.0. GIFFNOCK NORTH
268. 201. MCKENZIE, A. 1. 22.1. DUMFRIES
269. 150. SHON, D. 1. 22.2. DUMFRIES
270. 150. SHON, D. 1. 22.2. DUMFRIES
271. 477. WHITE, L. 1. 22.4. 4. TRK C
272. 6696. MUIR, A. 1. 22.8. CALDERGLEN H.
273. 431. GRIERSON, J. 1. 22.9. DUMFRIES R.
274. 446. MCCALL, D. 1. 22.10
275. 5338. STARK, I. 1. 22.11. SPRINGBURN H.
276. 332. RATHESON, I. 1. 22.12
277. 244. MENZIES, G. 1. 22.14. CARNEGIE H.
278. 661. BEATTIE, R. 1. 22.17. LOUDOUN
279. 247. MEEHAN, D. 1. 22.19
280. 1462. CONRAD, D. 1. 22.20
281. 6674. SMITH, I. 1. 22.21. GARSBURGH H.
282. 407. MCANR, E. 1. 22.22. SCOT VETS
283. 811. MARTIN, J. 1. 22.25
284. 811. MARTIN, J. 1. 22.25
285. 6683. BARNES, J. 1. 22.27. YORK. PRIORITY STREET
286. 281. NICHOLSON, B. 1. 22.30. DUMFRIES R.
287. 5240. MCKENNA, J. 1. 22.33
288. 483. COOPER, D. 1. 22.36
289. 204. CONDY, J. 1. 22.37. ARMY
290. 5302. DALZIEL, J. 1. 22.39. KIRK OLYMPICS SYHC
291. 5302. MCCANN, W. 1. 22.40. EAST KILBRIDE
292. 612. JESON, A. 1. 22.41
293. 963. WALKER, R. 1. 22.43
294. 675. MILLIGAN, A. 1. 22.45
295. 439. GRANT, J. 1. 22.47
296. 5248. HARPER, J. 1. 22.49. LAW AND DIST
297. 219. FERGUSON, C. 1. 22.51
298. 7562. DOUGLAS, W. 1. 22.52
299. 217. STEVENSON, J. 1. 22.54
300. 444. O'HOUSE, M. 1. 22.59
301. 362. FRENCH, N. 1. 22.59
302. 307. MCLECHIE, M. 1. 22.59
303. 391. HOOD, I. 1. 23.3. E.A.C.
304. 442. BLUKER, M. 1. 23.5. GIFFNOCK NORTH
305. 6690. ALDERSON, R. 1. 23.6. VICTORIA PARK
306. 7935. BRADY, R. 1. 23.10
307. 512. GABBA, A. 1. 23.14
308. 502. WALLE, I. 1. 23.15
309. 443. PATTERSON, D. 1. 23.15
310. 153. CURRIE, J. 1. 23.16
311. 527. LINDSAY, D. 1. 23.17
312. 5210. DUNN, J. 1. 23.17
313. 388. CARMICHAEL, I. 1. 23.18
314. 6851. PYNER, D. 1. 23.19. BARCOCK PITREAVE
315. 6737. ALLEN, A. 1. 23.20. ARROATH FOOTERS
316. 6719. BICKERTAFF, R. 1. 23.21
317. 217. HOSKOT, D. 1. 23.22
318. 6742. PURDIE, A. 1. 23.25. ARMADALE
319. 8130. RUTCHFORD, R. 1. 23.28. SPRINGBURN H.
320. 490. SHAND, N. 1. 23.32. FLEET FT
321. 331. THOM, D. 1. 23.36
322. 497. MISHIN, M. 1. 23.38

435 218 GLOVER F, 1 25 40 THAMES VALLEY
PARK
437 567 BECKE C, 1 25 42
438 264 CASEY, A, 1 25 45 Scot Vets
438 21 THOMSON, J, 1 25 48 CITY OF
GLoucester
439 117 MONDALL M, 1 25 49
440 1042 MCMAHON F, 1 25 50
441 608 BROWN S, 1 25 50 HM FORCES
442 452 WILSON, 1 25 52 DERWENT
443 1467 MILLER R, 1 25 52
444 668 PATTERSON, 1 25 53
445 336 ANDERSON, 1 25 54
446 6715 AIDUN, J, 1 25 55 STONEHOUSE
447 689 PATT, 1 25 56
448 1006 MCALAN, 1 25 57
449 688 CAMBERGRO, 1 25 58
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1519,1543 MCANULTY,N,1,38,5
1520,5546 CAGNEY,C,1,38,6 STRATH
AT H
1521,2500 RADDER,I,1,38,6
1522,1343 DREW,D,1,38,7
1523,6980 D DONNELL,H,1,38,9
1524,7582 HUGHES,P,1,38,9
1525,557 MACDONALD,I,1,38,10 ST
RATHCLOVE POLICE
1526,6813 FRIHBE,E,1,38,12, NORHAM
RC
1527,4928 HENDERSON,J,1,38,13
1528,6925 KIRK,T,1,38,13
1529,5935 KIRK,T,1,38,13
1530,5611 FINKLEY,A,1,38,16
1531,1333 KNIGHT,J,1,38,16 GREENO
CK GLENPAK
1532,3484 MCCLOUGHAN,C,1,38,17
1533,2535 MCCUNNESS,J,1,38,17
1534,1603 RAE,M,1,38,17
1535,1160 CONNELLY,M,1,38,18
1536,4227 JESSMAN,J,1,38,18
1537,8632 RUSSELL,I,1,38,18
1538,1084 DEES,R,1,38,18 CALDERGRI
EH,H
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1540,844 RIDGELL,G,1,38,19
1541,3356 BRAND,J,1,38,20 ARMAHA
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1542,1016 FOUL,A,1,38,20
1543,1361 EDGAR,A,1,38,21,DUMFRE
S P,C
1544,5966 PETERGROW,D,1,38,21
1545,1766 WALKER,G,1,38,21
1546,1321, MC DONNELL,J,1,38,22
1547,1527, MC DONNELL,J,1,38,23
1548,1486 HALL,A,1,38,25, STRATHCL
H
1549,2566 WILSON,G,1,38,26
1550,3190 FRASER,W,1,38,26
1551,6792, TONNETT,I,1,38,27
1552,8072 REYNOLDS,I,1,38,27
1553,7002 MARSHALL,S,1,38,28 CAT
HNESS
1554,391 MASSEY,J,1,38,28
1555,3263 WEST,I,1,38,29
1556,1628 SHAW,A,1,38,29
1557,1465 LAWNIE,I,1,38,30
1558,1123 DUNN,M,1,38,31
1559,1699 CULLION,J,1,38,31
1560,2796 MCCOWELL,W,1,38,32
1561,7721, MC DONNELL,A,1,38,32 CA
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1562,367, DUNROD,P,1,38,33
1563,2803 LAY,J,1,38,33
1564,7760 MCCORMAN,M,1,38,33 C
ATON A,C
1565,1996 ROBERTSON,J,1,38,34
1566,5661 SMITH,J,1,38,34
1567,1928 PETERS,S,1,38,35
1568,8124 MATHEWS,A,1,38,35 GU
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1569,586 MURPHY,L,1,38,35
1570,2554 KITCHENER,G,1,38,35
1571,1604 CARR,A,1,38,36
1572,2820 WEBB,S,1,38,36
1573,2529 WATSON,J,1,38,37
1574,1453 GOWRAY,M,1,38,38 DUND
E ROAD
1575,338 WJLGE JNR,I,1,38,39
1576,3455 BEST,W,1,38,40 HEATON
1577,709 MURPHY,B,1,38,42
1578,8005 LORD,D,1,38,42 HEWLETT
PIKARD MTD
1579,2029 DAWSON,J,1,38,44
1580,2786 YOUNG,I,1,38,45 KETRO
1581,6788 CUNLIFF,A,1,38,45
1582,156 MURRAY,I,1,38,47
1583,1587 DAWSON,J,1,38,48
1584,1725 MURPHY,B,1,38,48, TENDIT
H
1585,346 POTTIER,I,1,38,48
1586,2303 GRAY,H,1,38,48
1587,3203 MCGRATH,K,1,38,49
1588,2997, OLCHEST,K,1,38,49
1589,586 PRESTELT,K,1,38,49
1590,457 TURNER,H,1,38,50 TON H
D VETS
1591,872 NISBET,J,1,38,50
1592,1357 COLLINGS,R,1,38,50 FRESH
ASH VALLEY RC
1593,2971 WILDMAN,J,1,38,50
1594,2217 CLARK,D,1,38,51
1595,3623 SANDERSON,T,1,38,51
1596,1334, HODGARTH,W,1,38,51, DUNBA
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1597,1473 BELLARBY,J,1,38,51
1598,4393 DONALD,D,1,38,52
1599,508 MATHIE,C,1,38,52
1600,6925 MCALGOUN,J,1,38,52 GAR
C
1601,1869, LYNN,N,1,38,53
1602,2665 RAFFERTY,K,1,38,53
1603,1566 LETHAM,I,1,38,54
1604,113 MCGRATH,J,1,38,54
1605,7913 MCGURR,T,1,38,54
1606,1526 HAMILTON,T,1,38,55
1607,6818 MCALGOUN,J,1,38,55
1608,6836 MAHONEY,I,1,38,56
1609,1524 KEELAN,J,1,38,57
1610,4500 MERVILLE,W,1,38,57
1611,2869 ALEAN,A,1,38,58
1612,1595, ALLAN,I,1,38,58
1613,8177 MATHIE,K,1,38,59
1614,1894 CHISHOLM,I,1,39,0 GIFFN
OCK NORTH
1615,1796 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1616,2630 CLARKE,D,1,39,1, MARYEL
H
1617,6775, SLYTH,D,1,39,1, HARMIL
L
1618,1756 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1619,1543 MCANULTY,N,1,38,5
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AT H
1621,3484 MCCLOUGHAN,C,1,38,17
1622,3535 MCCUNNESS,J,1,38,17
1623,1603 RAE,M,1,38,17
1624,1160 CONNELLY,M,1,38,18
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EH,H
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1629,844 RIDGELL,G,1,38,19
1630,3356 BRAND,J,1,38,20 ARMAHA
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1632,1361 EDGAR,A,1,38,21,DUMFRE
S P,C
1633,5966 PETERGROW,D,1,38,21
1634,1766 WALKER,G,1,38,21
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1636,1527, MC DONNELL,J,1,38,23
1637,1486 HALL,A,1,38,25, STRATHCL
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1638,2566 WILSON,G,1,38,26
1639,3190 FRASER,W,1,38,26
1640,6792, TONNETT,I,1,38,27
1641,8072 REYNOLDS,I,1,38,27
1642,7002 MARSHALL,S,1,38,28 CAT
HNESS
1643,391 MASSEY,J,1,38,28
1644,3263 WEST,I,1,38,29
1645,1628 SHAW,A,1,38,29
1646,1465 LAWNIE,I,1,38,30
1647,1123 DUNN,M,1,38,31
1648,1699 CULLION,J,1,38,31
1649,2796 MCCOWELL,W,1,38,32
1650,7721, MC DONNELL,A,1,38,32 CA
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1651,367, DUNROD,P,1,38,33
1652,2803 LAY,J,1,38,33
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ATON A,C
1654,1996 ROBERTSON,J,1,38,34
1655,5661 SMITH,J,1,38,34
1656,1928 PETERS,S,1,38,35
1657,8124 MATHEWS,A,1,38,35 GU
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1658,586 MURPHY,L,1,38,35
1659,2554 KITCHENER,G,1,38,35
1660,1604 CARR,A,1,38,36
1661,2820 WEBB,S,1,38,36
1662,2529 WATSON,J,1,38,37
1663,1453 GOWRAY,M,1,38,38 DUND
E ROAD
1664,338 WJLGE JNR,I,1,38,39
1665,3455 BEST,W,1,38,40 HEATON
1666,709 MURPHY,B,1,38,42
1667,8005 LORD,D,1,38,42 HEWLETT
PIKARD MTD
1668,2029 DAWSON,J,1,38,44
1669,2786 YOUNG,I,1,38,45 KETRO
1670,6788 CUNLIFF,A,1,38,45
1671,156 MURRAY,I,1,38,47
1672,1587 DAWSON,J,1,38,48
1673,1725 MURPHY,B,1,38,48, TENDIT
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1674,346 POTTIER,I,1,38,48
1675,3203 GRAY,H,1,38,48
1676,3203 MCGRATH,K,1,38,49
1677,2997, OLCHEST,K,1,38,49
1678,586 PRESTELT,K,1,38,49
1679,457 TURNER,H,1,38,50 TON H
D VETS
1680,872 NISBET,J,1,38,50
1681,1357 COLLINGS,R,1,38,50 FRESH
ASH VALLEY RC
1682,2971 WILDMAN,J,1,38,50
1683,2217 CLARK,D,1,38,51
1684,3623 SANDERSON,T,1,38,51
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1687,4393 DONALD,D,1,38,52
1688,508 MATHIE,C,1,38,52
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1692,1566 LETHAM,I,1,38,54
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1694,7913 MCGURR,T,1,38,54
1695,1526 HAMILTON,T,1,38,55
1696,6818 MCALGOUN,J,1,38,55
1697,6836 MAHONEY,I,1,38,56
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1701,1595, ALLAN,I,1,38,58
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OCK NORTH
1704,1796 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1705,2630 CLARKE,D,1,39,1, MARYEL
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1706,6775, SLYTH,D,1,39,1, HARMIL
L
1707,1756 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1708,1543 MCANULTY,N,1,38,5
1709,5546 CAGNEY,C,1,38,6 STRATH
AT H
1710,3484 MCCLOUGHAN,C,1,38,17
1711,3535 MCCUNNESS,J,1,38,17
1712,1603 RAE,M,1,38,17
1713,1160 CONNELLY,M,1,38,18
1714,4227 JESSMAN,J,1,38,18
1715,8632 RUSSELL,I,1,38,18
1716,1084 DEES,R,1,38,18 CALDERGRI
EH,H
1717,5179 WINTERS,L,1,38,19
1718,844 RIDGELL,G,1,38,19
1719,3356 BRAND,J,1,38,20 ARMAHA
LE
1720,1016 FOUL,A,1,38,20
1721,1361 EDGAR,A,1,38,21,DUMFRE
S P,C
1722,5966 PETERGROW,D,1,38,21
1723,1766 WALKER,G,1,38,21
1724,1321, MC DONNELL,J,1,38,22
1725,1527, MC DONNELL,J,1,38,23
1726,1486 HALL,A,1,38,25, STRATHCL
H
1727,2566 WILSON,G,1,38,26
1728,3190 FRASER,W,1,38,26
1729,6792, TONNETT,I,1,38,27
1730,8072 REYNOLDS,I,1,38,27
1731,7002 MARSHALL,S,1,38,28 CAT
HNESS
1732,391 MASSEY,J,1,38,28
1733,3263 WEST,I,1,38,29
1734,1628 SHAW,A,1,38,29
1735,1465 LAWNIE,I,1,38,30
1736,1123 DUNN,M,1,38,31
1737,1699 CULLION,J,1,38,31
1738,2796 MCCOWELL,W,1,38,32
1739,7721, MC DONNELL,A,1,38,32 CA
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1741,2803 LAY,J,1,38,33
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ATON A,C
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1744,5661 SMITH,J,1,38,34
1745,1928 PETERS,S,1,38,35
1746,8124 MATHEWS,A,1,38,35 GU
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1748,2554 KITCHENER,G,1,38,35
1749,1604 CARR,A,1,38,36
1750,2820 WEBB,S,1,38,36
1751,2529 WATSON,J,1,38,37
1752,1453 GOWRAY,M,1,38,38 DUND
E ROAD
1753,338 WJLGE JNR,I,1,38,39
1754,3455 BEST,W,1,38,40 HEATON
1755,709 MURPHY,B,1,38,42
1756,8005 LORD,D,1,38,42 HEWLETT
PIKARD MTD
1757,2029 DAWSON,J,1,38,44
1758,2786 YOUNG,I,1,38,45 KETRO
1759,6788 CUNLIFF,A,1,38,45
1760,156 MURRAY,I,1,38,47
1761,1587 DAWSON,J,1,38,48
1762,1725 MURPHY,B,1,38,48, TENDIT
H
1763,346 POTTIER,I,1,38,48
1764,3203 GRAY,H,1,38,48
1765,3203 MCGRATH,K,1,38,49
1766,2997, OLCHEST,K,1,38,49
1767,586 PRESTELT,K,1,38,49
1768,457 TURNER,H,1,38,50 TON H
D VETS
1769,872 NISBET,J,1,38,50
1770,1357 COLLINGS,R,1,38,50 FRESH
ASH VALLEY RC
1771,2971 WILDMAN,J,1,38,50
1772,2217 CLARK,D,1,38,51
1773,3623 SANDERSON,T,1,38,51
1774,1334, HODGARTH,W,1,38,51, DUNBA
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1775,1473 BELLARBY,J,1,38,51
1776,4393 DONALD,D,1,38,52
1777,508 MATHIE,C,1,38,52
1778,6925 MCALGOUN,J,1,38,52 GAR
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1779,1869, LYNN,N,1,38,53
1780,2665 RAFFERTY,K,1,38,53
1781,1566 LETHAM,I,1,38,54
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1783,7913 MCGURR,T,1,38,54
1784,1526 HAMILTON,T,1,38,55
1785,6818 MCALGOUN,J,1,38,55
1786,6836 MAHONEY,I,1,38,56
1787,1524 KEELAN,J,1,38,57
1788,4500 MERVILLE,W,1,38,57
1789,2869 ALEAN,A,1,38,58
1790,1595, ALLAN,I,1,38,58
1791,8177 MATHIE,K,1,38,59
1792,1894 CHISHOLM,I,1,39,0 GIFFN
OCK NORTH
1793,1796 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1794,2630 CLARKE,D,1,39,1, MARYEL
H
1795,6775, SLYTH,D,1,39,1, HARMIL
L
1796,1756 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1797,1543 MCANULTY,N,1,38,5
1798,5546 CAGNEY,C,1,38,6 STRATH
AT H
1799,3484 MCCLOUGHAN,C,1,38,17
1800,3535 MCCUNNESS,J,1,38,17
1801,1603 RAE,M,1,38,17
1802,1160 CONNELLY,M,1,38,18
1803,4227 JESSMAN,J,1,38,18
1804,8632 RUSSELL,I,1,38,18
1805,1084 DEES,R,1,38,18 CALDERGRI
EH,H
1806,5179 WINTERS,L,1,38,19
1807,844 RIDGELL,G,1,38,19
1808,3356 BRAND,J,1,38,20 ARMAHA
LE
1809,1016 FOUL,A,1,38,20
1810,1361 EDGAR,A,1,38,21,DUMFRE
S P,C
1811,5966 PETERGROW,D,1,38,21
1812,1766 WALKER,G,1,38,21
1813,1321, MC DONNELL,J,1,38,22
1814,1527, MC DONNELL,J,1,38,23
1815,1486 HALL,A,1,38,25, STRATHCL
H
1816,2566 WILSON,G,1,38,26
1817,3190 FRASER,W,1,38,26
1818,6792, TONNETT,I,1,38,27
1819,8072 REYNOLDS,I,1,38,27
1820,7002 MARSHALL,S,1,38,28 CAT
HNESS
1821,391 MASSEY,J,1,38,28
1822,3263 WEST,I,1,38,29
1823,1628 SHAW,A,1,38,29
1824,1465 LAWNIE,I,1,38,30
1825,1123 DUNN,M,1,38,31
1826,1699 CULLION,J,1,38,31
1827,2796 MCCOWELL,W,1,38,32
1828,7721, MC DONNELL,A,1,38,32 CA
T
1829,367, DUNROD,P,1,38,33
1830,2803 LAY,J,1,38,33
1831,7760 MCCORMAN,M,1,38,33 C
ATON A,C
1832,1996 ROBERTSON,J,1,38,34
1833,5661 SMITH,J,1,38,34
1834,1928 PETERS,S,1,38,35
1835,8124 MATHEWS,A,1,38,35 GU
M
1836,586 MURPHY,L,1,38,35
1837,2554 KITCHENER,G,1,38,35
1838,1604 CARR,A,1,38,36
1839,2820 WEBB,S,1,38,36
1840,2529 WATSON,J,1,38,37
1841,1453 GOWRAY,M,1,38,38 DUND
E ROAD
1842,338 WJLGE JNR,I,1,38,39
1843,3455 BEST,W,1,38,40 HEATON
1844,709 MURPHY,B,1,38,42
1845,8005 LORD,D,1,38,42 HEWLETT
PIKARD MTD
1846,2029 DAWSON,J,1,38,44
1847,2786 YOUNG,I,1,38,45 KETRO
1848,6788 CUNLIFF,A,1,38,45
1849,156 MURRAY,I,1,38,47
1850,1587 DAWSON,J,1,38,48
1851,1725 MURPHY,B,1,38,48, TENDIT
H
1852,346 POTTIER,I,1,38,48
1853,3203 GRAY,H,1,38,48
1854,3203 MCGRATH,K,1,38,49
1855,2997, OLCHEST,K,1,38,49
1856,586 PRESTELT,K,1,38,49
1857,457 TURNER,H,1,38,50 TON H
D VETS
1858,872 NISBET,J,1,38,50
1859,1357 COLLINGS,R,1,38,50 FRESH
ASH VALLEY RC
1860,2971 WILDMAN,J,1,38,50
1861,2217 CLARK,D,1,38,51
1862,3623 SANDERSON,T,1,38,51
1863,1334, HODGARTH,W,1,38,51, DUNBA
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1864,1473 BELLARBY,J,1,38,51
1865,4393 DONALD,D,1,38,52
1866,508 MATHIE,C,1,38,52
1867,6925 MCALGOUN,J,1,38,52 GAR
C
1868,1869, LYNN,N,1,38,53
1869,2665 RAFFERTY,K,1,38,53
1870,1566 LETHAM,I,1,38,54
1871,113 MCGRATH,J,1,38,54
1872,7913 MCGURR,T,1,38,54
1873,1526 HAMILTON,T,1,38,55
1874,6818 MCALGOUN,J,1,38,55
1875,6836 MAHONEY,I,1,38,56
1876,1524 KEELAN,J,1,38,57
1877,4500 MERVILLE,W,1,38,57
1878,2869 ALEAN,A,1,38,58
1879,1595, ALLAN,I,1,38,58
1880,8177 MATHIE,K,1,38,59
1881,1894 CHISHOLM,I,1,39,0 GIFFN
OCK NORTH
1882,1796 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1883,2630 CLARKE,D,1,39,1, MARYEL
H
1884,6775, SLYTH,D,1,39,1, HARMIL
L
1885,1756 BOWNE,G,1,39,0 HULLFOT
CNC RHNS
1886,1543 MCANULTY,N,1,38,5
1887,5546 CAGNEY,C,1,38,6 STRATH
AT H
1888,3484 MCCLOUGHAN,C,1,38,17
1889,3535 MCCUNNESS,J,1,38,17
1890,1603 RAE,M,1,38,17
1891,1160 CONNELLY,M,1,38,18
1892,4227 JESSMAN,J,1,38,18
1893,8632 RUSSELL,I,1,38,18
1894,1084 DEES,R,1,38,18 CALDERGRI
EH,H
1895,5179 WINTERS,L,1,38,19
1896,844 RIDGELL,G,1,38,19
1897,3356 BRAND,J,1,38,20 ARMAHA
LE
1898,1016 FOUL,A,1,38,20
1899,1361 EDGAR,A,1,38,21,DUMFRE
S P,C
1900,5966 PETERGROW,D,1,38,21
1901,1766 WALKER,G,1,38,21
1902,1321, MC DONNELL,J,1,38,22
1903,1527, MC DONNELL,J,1,38,23
1904,1486 HALL,A,1,38,25, STRATHCL
H
1905,2566 WILSON,G,1,38,26
1906,3190 FRASER,W,1,38,26
1907,6792, TONNETT,I,1,38,27
1908,8072 REYNOLDS,I,1,38,27
1909,7002 MARSHALL,S,1,38,28 CAT
HNESS
1910,391 MASSEY,J,1,38,28
1911,3263 WEST,I,1,38,29
1912,1628 SHAW,A,1,38,29
1913,1465 LAWNIE,I,1,38,30
1914,1123 DUNN,M,1,38,31
1915,1699 CULLION,J,1,38,31
1916,2796 MCCOWELL,W,1,38,32
1917,7721, MC DONNELL,A,1,38,32 CA
T
1918,367, DUNROD,P,1,38,33
1919,2803 LAY,J,1,38,33
1920,7760 MCCORMAN,M,1,38,33 C
ATON A,C
1921,1996 ROBERTSON,J,1,38,34
1922,5661 SMITH,J,1,38,34
1923,1928 PETERS,S,1,38,35
1924,8124 MATHEWS,A,1,38,35 GU
M
1925,586 MURPHY,L,1,38,35
1926,2554 KITCHENER,G,1,38,35
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1928,2820 WEBB,S,1,38,36
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ORIENTEERING

A welcome end to summer hibernation

THEIR summer hibernation over, Scotland's orienteers are welcoming the deterioration in the weather as they look forward to the resumption of their season.

The level of interest in this rapidly growing sport is demonstrated by the numbers who were set to take part in the Scottish Six-Day Orienteering Event held on Royal Deeside.

There were a remarkable 3700 entries for each day.

The serious competitive action was due to resume on September 18 with the fourth round of Scottish League matches at Barry Buddon, near Carnoustie.

The fifth round of the seven counting events towards the league title will be the first ever Open Event organised by Perth Orienteers.

The final two competitions are at Caldemuir near Peebles and Bennachie, near Aberdeen.

During September and October there were two major junior contests lined up with the Lothian & Borders squad going into the Junior Inter Area Competition as strong favourites and a Scottish international side set to take part in the Junior Home Internationals in South Wales.

League standings

Class leaders after four events.

JUNIORS

M10 M.Strain (ELO).
M11A C.Nisbet (ESOC).
M13A J.Coon (LINOC).
M15A A.Robertson

(INVOC).
M17A W.Clark (ESOC).
M19A J.Turner (Solway).

W10 C.Nisbet (ESOC).
W11A M.McAdam (STAG).
W13A L.Brown (FVO).
W15A J.Coon (LINOC).
W17A J.Marshall (INVOC).
W19A E.Foreman (Tinto).

SENIORS

M21E D.Robertson (CLYDE).
M21S G.McFadyen (STAG).
M35L D.Petrie (CLYDE).
M35S T.O'Brien (STAG).
M40L D.Marshall (INT).
M40S J.Moffat (WFO).
M45L J.Fisher (ECKO).
M45S S.Ambler (INT).
M50L N.McLean (GRAMP).
M50S R.Riemersma (INT).
M55L J.Clark (ESOC).
M55S D.Walkinshaw (CLYDE).

W21E P.Blake (PO).
W21L K.Cairns (CLYDE).
W21S P.Chambers (AUOC).
W35S A.Walder (INVOC).
W35S J.MacGregor (CLYDE).

W40L S.Strain (ELO).
W40S S.Batham (WFO).
W45L M.Brown (FVO).
W45S S.Morris (ESOC).
W50L P.Allan (Tinto).
W55L L.Davidson (INVOC).
M60 K.Davidson (INVOC).
M65 J.McNee (CUNOC).
M70 J.Nisbet (GRAMP).

Edinburgh Southern (ESOC) have qualified for the final of the British Small Clubs Cup to be held in SE England on October 17. It is therefore possible that ESOC may retain the Cup that was first won by a Scottish Club last year by DST Andrews OC (Glasgow) - STAG.

Abbreviations: ELO - East Lothian Orienteers; LINOC - Linlithgow OC; INVOC - Inverness OC; FVO - Forth Valley; CLYDE - Clydeside; INT - Interlopers, Edinburgh; WFO - West Fife; ECKO - Loch Eck, Dunoon; GRAMP - Grampian; PO - Perth; AUOC - Aberdeen University; STAG - St Andrews, Glasgow; ESOC (Edinburgh Southern).

Injecting variety into training

DEREK PARKER'S SCHEDULES

Athletes and coaches should always be on the look-out for new methods of training which will produce improved competitive performance and make work-outs more interesting and enjoyable.

These fresh approaches should also provide increased physiological and psychological responses and give the athlete more confidence to try out different race tactics.

One of the key sessions in the schedule of endurance athletes is the steady, sustained run over distances ranging from three to 22 miles or more depending on age, experience and the event being trained for.

From time to time this particular session can be altered so that the athlete runs at varied paces during the course of the run. For example, an athlete whose steady run of six miles lasts for 36 minutes is running at an average of six minutes per mile.

One alternative is to run alternate 5.30/5.45 miles with 6.30/6.15 miles. Overall he takes the same time (i.e. 36 minutes) to complete the session but the work-distribution involves a greater range of heart-beats per minute, a higher demand on the anaerobic energy systems and increased utilisation of the white, fast-twitch muscle fibres. Tactically and psychologically the athlete is also preparing himself to cope with changing paces during competition.

The list of variations is endless so the imaginative coach and/or athlete has many options. Based on a pace of around six minutes per mile for a normal six-miles training run the choices include sessions such as: - (1) 2 miles in 13.00 + 3 miles in 18.00 + 1 mile as fast as possible; (2) 3 miles in 19.30 + 3 miles in less than 18.00; (3) 2 miles in 11.30 + 2 miles in 13.00 + 2 miles in 11.30 or less; and (4) 2 miles in 13.00 + 2 miles in 12.00 + 2 miles in 11.00. Obviously these targets will be modified to accommodate the athlete's average mile pace over a selected distance. The effects of weather, hills, busy roads, crowded pedestrian walkways and other hazards will have to be considered when planning sessions.

Another option is for the athlete to inject a fast burst of sustained running lasting for 30 to

60 seconds every fifth, sixth or seventh minute of an otherwise steady-state training run. Or he/she can insert a short hill-running session into a run e.g. 15 to 20 minutes steady. I have heard of some athletes integrating a period of stair running into a steady-state outing though obviously great care must be taken when tackling innovative sessions to ensure the avoidance of injuries. Many coaches in the United States intersperse circuit-type activities into aerobic running sessions on the principle that all-round body strength is developed e.g. 10 minutes steady + 30 seconds press-ups/30 seconds sit-ups/30 seconds half-squats + 10 minutes steady run. The series is repeated twice to give an overall total of 40 minutes steady running and 4.5 minutes of circuit-type exercises. Again, care must be taken with sessions such as these which involve the use of a wide range of muscle groups because injuries are most likely to occur when the athlete is experiencing fatigue. Used judiciously and intelligently however they provide excellent work-outs with plenty of variety.

Attempting to cover specific distance targets in specified times is another useful training discipline. Once a month, for example, the athlete could aim to reach a certain mark over a particular training route. Typical sessions could be attaining the five-mile point in a designated time based on previous efforts over the distance e.g. 35 minutes in October, 32 to 34 minutes in November, 30 to 32 minutes in December etc. A similar session would be endeavouring to complete a targeted number of loops on a circular route within a nominated time-scale. To ensure progress the athlete would have to ensure the identification of the exact spot which he/she reached within the time limit.

Most of these ideas can be incorporated into fartlek sessions on the roads/country or on the track. The intensity of efforts can range from easy jogging to flat-out sprinting. The extension can veer from as little as 30 metres/5 seconds to three miles 15 to 20 minutes. Density (i.e. the amount of recovery) can range from pauses of a few seconds to around five minutes depending on fitness, age and ability.

A typical fartlek session done either on the road or along woodland paths or grassland trails could include efforts at a wide range of training/ race paces e.g. 8 x 60 seconds at 5K effort (jog 20 seconds recovery between each repetition) + 4 x seconds at 3K effort (jog 30 seconds recovery) + 2 x 60 at 1500 metres effort (45 seconds recovery jog) + 1 x 60 seconds at 800 metres effort (60 seconds jog) + 1 x 60 seconds full-effort.

Typical track sessions using varied pace efforts to develop

op fitness and the ability to make or respond to race surges include: - 800 metres at 5K effort (30 seconds recover jog) + 200 metres at 1500 metres/3000 metres effort 30 seconds jog recovery) x 5 sets; OR 400 metres at 1500 metres pace (60 seconds recovery jog) + 100 metres at 800 metres effort (30 to 45 seconds jog recovery) x 6 sets.

All these sessions are for athletes of UK international standard. They should be modified to accommodate individual requirements.

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Joanne's summer of success

"That pain in the neck!", was the response which greeted my inquiry about fifteen year old Joanne Walker, the Loudon Runners athlete who has hit the headlines this summer with a string of successes in the javelin.

Couch Kenneth Morton meant it affectionately, but meant it all the same. "She is, shall we say, a little injury prone," said Kenneth, referring to Joanne's tendency to pick up angle injuries quite unrelated, but nonetheless damaging, to her endeavours at the javelin.

The teenager, who lives in Newmills, near Kilmarnock later revealed: "The first time it happened was about three years ago. I broke it when I was sprinting, although I didn't feel a thing until the next day when it was quite swollen."

Over the last two years Joanne has had recurrent problems with both her ankles but, after her latest fine showing at the Exeter meeting, she aggravated the

injury at a disco in the Devonshire town.

In Exeter, competing in the Inter-Area U-20 match in place of Lorna Jackson, otherwise engaged in China, Joanne finished fourth overall – a stunning achievement for a fifteen year old.

"I was quite pleased with that," she says modestly, "particularly since I nearly threw 40 metres."

Joanne is, however, quite used to out-throwing older competitors, being presently top-ranked at under-17 level in Scotland.

At the Celtic Games in Wales she raised her PB from 41.19 to 42.02, to take gold in the under-15 category, adding to a summer of success in which she won the Ayrshire Schools' best field performance at under-17s; took silver in the Scottish Schools' international in Dublin against the best of the home countries, and was also victorious in the West District Championships.

She said: "It's been a fantastic summer for me. Unfortunately though I'm still searching for a



sponsor. I have been trying for a while, but I've just had no luck this year."

It has become apparent recently that, although relatively impoverished for talent at under-23 and perhaps also under-20 level, Scotland has a startlingly talented generation of under-17 and under-15 stars waiting in the wings – Joanne being the perfect example.

But what is equally apparent is, that without the financial sup-

port required by the majority of these champions-in-waiting, to cover costs of competing, travelling, and equipping themselves, many will never realise their potential.

Meanwhile, Joanne has promised to change her ways.

"I'm going to rest over winter, so there should be no more problems with my ankles when I come back."

Couch Kenneth Morton has heard it all before.

Barry overcomes form slump

A mid-season form slump for Aberdeen AC's young 400 metres hurdles star, Barry Middleton, was the cause of some concern – but he needn't have lost too much sleep.

Just weeks later, the eighteen year old stormed to two personal best performances at the English U-20 AAA cham-

pionships in Bedford, where he finished a creditable fifth in the final.

He then surpassed that sparkling showing, with victory in the Dickie Wilmut and Pat Cooper Memorial U20 Inter-Area meeting in Exeter's brand new multi-million pound arena. There Barry made yet another PB – 54.9 seconds, a fraction of a

second quicker than his 55.14 and 55.05 runs in Bedford.

His prolific form is less surprising when you consider that during last winter's indoor season he broke all his outdoor PBs – at 400 hurdles, 400 and 200m flat – before following it up with a searing victory in the Scottish outdoor U-20 championship, in June. He also took the East District flat 400 that month.

"I was quite worried with my performance during the middle of the summer season," says Barry. "I just seemed to lose my way a little, but that's all it was – a loss of form. I guess I was still recovering from a hard indoor season."

Coached by Trevor Madigan at the Aberdeen club, Barry adopted 400 hurdles as his main event three years ago. Earlier in his teens, he was game for any

distance, but excelled at cross country. Now he is determined to specialise in his latest event and continue to squeeze down his personal best.

"I just want to keep improving steadily. That's my ambition for now. I'm also looking ahead to the indoor season and training pretty hard."

As we spoke, Barry was looking forward to stating a Chemical Engineering degree course at Heriot-Watt University, while working part-time over the summer in a shop.

He will, however, stay loyal to his present club in Aberdeen. "I'll check out the University scene and I'm sure it will broaden my horizons – but I'll compete for Aberdeen AC."

His steady, sometimes dramatic, progress suggests that announcement will be music to the ears of the northern club.

Left: Barry in action for the Scots under-20s in Exeter.



Pro Mark makes history



DUMFRIES janitor, Mark McDonald (left), made his mark on athletics history by becoming the first professional to win a Scottish amateur athletics title when he dominated the Scottish heavy events at the Cowal Gathering in Dunoon.

McDonald, a winner at Bellahouston last year, turned professional earlier this season, but took advantage of the new rules on open competition to retain the title.

He was comfortable winner from training partner Mark Hunter (Dumfries). Third equal were Alan Pettigrew (Shettleston) and Bill Sutherland (New York).

McDonald won the shot (14.12m); 28lb for distance (20.92m), was second in the caber and 56lb weight for height (13ft 6in) and third in the hammer (33.56m). Pettigrew won the hammer with 34.76m.

DOUG WALKER, the British junior internationalist from Edinburgh AC, climaxed a remarkable season of sprinting in professional meetings when he won the 80 yards British Championship at the 162-year-old Braemar Highland Gathering in 8.59 secs.

He had already captured the British 110m and 90m titles, at Peebles and Langhild – in fact it was the fifth open meeting sprint success of the season for Walker whose Braemar victims included fellow amateur and Scottish 200m champion Keith Douglas (Edinburgh Southern) and Dave McAllister (Cramlington) third.

Douglas turned the tables in the 100 yards handicap, winning off one yard in 9.48 secs, and Dundee Hawkhill's Terry Reid, back from the USA, staged an outstanding finale to the mile, beating Australian Brett McDonald.

Army high jumper John Renwick, a Yorkshire-based soldier and also an amateur, broke the ground record with 6ft 3.5ins, while Graeme Akland, a lecturer at Edinburgh University, won the hill race in 26-19 ahead of Dave Weir (Perth Strathay) and Tim Griffin (Westerlands).

But the professionals salvaged honour in the heavy event championships, with Alistair Gunn, from Halkirk, taking the overall title. He had individual wins in the 16lb shot, 28lb weight for distance, and heavy hammer, and placed second in the caber, second equal in the 56lb weight for height, and third in the heavy stone.



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P Crawley 4-54.26; 75H; 1, G Redmond (Ire) 11.4, 2, L Fairweather 11.6; 4x100R, 1, Ireland 48.98, 2, Scotland 49.56; HJ; 1, L McConnell 1.71, 1J, 1, G O'Mahoney (Ire) 5.21, SP/DJT C Garden 12.23/40.18, 1J, 1, J Walker 42.02.

Match Results. Boys U/17, 1, Scotland 47pts, 2, Wales 37, 3, Ireland 35 pts, 4, Ulster 24 pts; U/15, 1, Scotland 40 pts, 2, Ireland 31pts, 3, Ulster 26 pts, 4, Wales 23 pts. Boys Combined 1, Scotland 87 pts, 2, Ireland 66 pts, 3, Wales 60 pts, 4, Ulster 50 pts. Girls U/17, 1, Scotland 48 pts, 2, Ireland 36 pts, 3, Wales 35 pts, 4, Ulster 24 pts. U/15, 1, Scotland 42 pts, 2, Ireland 36 pts, 3, Wales 27 pts, 4, Ulster 17 pts. Girls Combined 1, Scotland 90 pts, 2, Ireland 72 pts, 3, Wales 62 pts, 4, Ulster 35 pts. Invitation Events. Boys U/17, 100 R Bailie 11.6. Girls U/17, 100; 1, F Hutchison 12.52, 2, G Hegney 12.62, Girls U/15 100, 1, S Christie 12.70.

HADDINGTON HALF MARATHON, Neilson Park, Haddington.

1, J Ross (LDRG) 67-44, 2, K Chapman (Hel) 68-36, 3, S Weir (Pit) 71-08, 4, S Dempsey V40 (Liv) 72-11, 5, B Howie V40 (ESH) 73-06, 6, C Nichol (Tev) 78-13, 7, S Leonard (EAC) 73-46, 8, A McClinden V40 (Ham) 76-02, 9, J Campbell (Pit) 77-02, 10, D Baker (EAC) 77-36. WOMEN 1, J Thomson (Car) 1-28-38, 2, AM Hughes (Shelt) 1-31-47, 3, J Hastings (EWM) 1-31-56, 4, K Fisher W35 (Ain Park), 5, J Byng W45 (Inv) 1-34-08, 6, W Johnston (File) 1-38-32. TEAMS: MEN, BT Pitreavie 29pt. WOMEN: FMC Carnegie 393 pts.

LARGO LAW 5 MILE HILL RACE, Lower Largo, Fife.

1, D Rodgers (Loch) 29-43, 2, D Crowe (Shelt) 30-39, 3, D Weir (PSH) 30-48, 4, A Spenceley (Carnethy) 31-42, 5, D Cassidy (File) 31-43, 6, P Morrison (Car) 31-47, 7, J Gallacher (Ochil) 31-56, 8, J Douglas (Car) 32-08, 9, J Hampshire (HBT) 32-51, 10, D McLean (Iam HR) 33-13. VETERANS 1, W Hutchison (Carnegie) 33-22, 2, N Bowman (Loch) 34-06.

3, T Ross (File) 34-12. WOMEN 1, J Farmer (Loch) 36-17, 2, C Menheren W35 (C'dale) 37-02, 3, P Rothe W35 (EAC) 37-50, 4, P Leroncello W45 (File) 40-51, 5, H Spenceley W35 (Carnethy) 46-20, 6, K Macgregor W35 (File) 47-10.

NAIRN HIGHLAND GAMES HALF MARATHON

1, F Clyde (Metro) 70-21, 2, G Sim V40 (Moray) 71-59, 3, S Forbes (Metro) 72-44, 4, A Stewar=it (Moray) 72-51, 5, G Milne V40 (Moray) 73-08, 6, G Herbet (I'ness) 74-19. WOMEN 1, A Rodgers (DRR) 1-34-44, 2, R MacKay (Unatt) 1-36-50, 3, G Maxwell (Cait) 1-38-25. TEAMS 1, MRR 11pt, 2, Metro A 11pt, 3, Inv. WOMENS TEAM: 1, Inv.

AUGUST 15

PANASONIC SCOTTISH ATHLETIC LEAGUE (Fourth and Final Match), Div 1 at Crownpoint.

Match result 1, Edinburgh 323pt; 2, Shettleston 300pt, 3, Falkirk Victoria 296 pts, 4, Edinburgh Southern 290 pts, 5, Inverness 271 pts; 6, BT Pitreavie 270 pts; 7, Aberdeen. DUNDEE FC CENTENARY 10,000M ROAD RACE, Denis Park. 1, C Love V40 (DHH) 38-29, 2, A Boyack (St Helens) 40-32, 3, C Nicoll (Unatt) 40-

35, 4, J Evans (DHH) 42-55, 5, T King (DRC) 43-20, 6, A Aitken (Unatt) 47-30. Glen Trool 10 and Hall Mile Hill Race, Galloway Forest Park. 1, T Brannan (Fauld) 1-33-58, 2, R Green (C Douglas) 1-42-38, 3, P Wilson V40 (Troon) 1-46-34, 4, J Keenan V40 (Gall) 1-47-13, 5, R McRae V40 (Gall) 1-49-39, 6, G Jones V40 (Gall) 1-53-52, 7, D Brown V40 (Lanes) 1-54-28, 8, E Brown W35 (Gall) 1-55-18, 9, C Butler (Gall) 1-56-11, 10, T Hancock V40 (Gall) 1-57-07. WOMEN 1, G Jones (Gall) 1-53-52, 2, M McPhail (Gall) 2-06-12. TWEEDSMUIR FAIR 2 MILE HILL RACE, Tweedsmuir.

1, H Hutchison J1 (EAC) 18-41, 2, D Shiell (Car) 18-52, 3, M McGovern (Ilethen) 18-58, 4, J Hampshire (HBT) 18-59, 5, C Turnbull (Norham) 21-00, 6, B Waldie (V40) Carnethy 21-13. WOMEN 1, P Turnbull (Norham) 35-14. Team (Carnthy) 15 pts.

AUGUST 18

CAERKETHON HILL RACE, Edinbrough. 1, J Thin (Car) 12-47, 2, M Rigby (West) 13-00, 3, G Ackland (Liv) 13-24. VETERAN C Shaw V40 (West) 14-25. WOMEN 1, H Diamantides (West) 16-00, 2, J Smith W35 (Per) 18-10, 3, E Scott (West) 18-29.

AUGUST 19

"WITHIN THESE WALLS" 6 MILE ROAD RACE, Barlinnie Prison, Glasgow.

1, P Dymoke (Liv) 28-14, 2, S Dempsey V40 (Liv) 28-51, 3, S Conway (Liv) 29-06, 4, I Seggie V40 (Liv) 29-13, 5, S Begon (Pr Serv) 29-52, 6, T Johnston (Unatt) 30-08, 7, R Brown (File) 31-26, 8, M Francis (Moray) 31-37, 9, P Hyman (Liv) 31-40, 10, A Comer (P head) 32-52.

WOMEN 1, T Thomson (Pit) 34-03. TEAM Liv and Dist AC 10 pts.

21 AUGUST

GREAT WILDERNESS CHALLENGE 25 MILES HILL RACE, Dundonnell.

1, M Dean (FV0) 3-00-01, 2, A Thin (Cait) 3-08-21, 3, A MacKenzie (HHR) 3-20-46, 4, E Lardner (PSH) 3-38-12, 5, N Lancaster (Loch) 3-40-21, 6, F Thin (lady) (MBI) 3-40-27, 7, S Taddacoe V40 (PSH) 3-46-18, 8, P Wilkes V40 (HHR) 3-47-20, 9, C Thomson V40 (HHR) 3-47-20, 10, G Simpson (Metro) 3-51-14, V0/50, J Cunningham (ESRC) 4-04-51. WOMEN 1, F Thin (MBI) 3-43-02, 2, F Findlay (Loch) 4-20-10, 3, T Wilson (Dri) 4-32-02. DRUMCHORK 13 MILE HILL RACE, Aulbha.

1, A Murchison (I'ness) 1-51-59, 2, D Bell (HBT) 1-18-03, 3, K Farquhar (Metro) 1-21-57, 4, C Walton (Liv) 1-25-44, 5, D Easton (FU0) 1-26-30, 6, B Baker V40 (HBT) 1-27-29, 7, A Barr (Mid-Argyll) 1-28-44, 8, W Robertson V40 (Moray) 1-29-02, 9, M Hind (InvOr) 1-29-19, 10, J Bryden (Unatt) 1-34-17, V3 A Brett (HHR) 1-36-51, V50 D McDonald (MBI) 1-54-57, V60, K Williamson (Unatt) 2-01-22. "ROUND THE ISLAND" 10,000 METRES ROAD RACE, Rothsay.

1, C Spence V40 (SpV) 31-04, 2, T McCallion (SpV) 31-37, 3, G Clark (SpV) 32-38, 4, D Duffly V40 (Bella) 33-07, 5, D Hart (FVH) 32-12, 6, T Gillespie (S'burn)

33.49, 7, R Wood V40 (VP) 34-32, 8, J Hughes (Moth) 34-40, 9, B Ayre (Unatt) 34-53, 10, D Ward (Unatt) 35.11. WOMEN 1, C Gibson (SpV) 39-47, 2, S Thomson (Unatt) 46-09. ABERNETHY HIGHLAND GAMES 10 MILE ROAD RACE, Nethybridge. 1, D Runciman (Loch) 51.05, 2, M Wright (Moray) 55.29, 3, G Mitchell V40 (Inv) 57-58. WOMEN: 1, D Gerrison (FFRt) 71.07, 2, J Norgate (Naim) 73-56, 3, G Mollam (Unatt) 78-25.

AUGUST 22

LOMONDS OF FIFE 9 MILES HILL RACE, Galeside.

1, D Roddgers (Loch) 63-18, 2, J Wilkinson (Gala) 63-24, 3, M Rigby (West) 64.19, 4, J Thin (Carnethy) 65-49, 5, G Barlett (Forress) 66.11, 6, N Martin (Lom MR) 66.21, 7, W Rodgers (Loch) 67.17, 8, T Griffin (West) 67.21, 9, A Davis (File) 67.33, 10, J Hepburn (DHH) 67.40. VETERANS 1, D Bell (HELP) 68-51, 2, C Shaw (West) 71-04, 3, R Boswell (Loch) 71.57. WOMEN 1, H Diamantides (West) 77.02 (record), 2, C Menheren (C'dale) 79.32, 3, J Farmer (Loch) 81.56. TEAMS: 1, Lochaber 25 pts, 2, Westerlands 26 pts.

SCOTTISH AND NORTH WESTERN LEAGUE. (4th & Final matches). Div 1 at Wishaw.

MATCH RESULT: MEN: 1, Ayr Sealrorth 544pt, 2, Victoria Park 523pt, 3, Cumnock 512pt, 4, Harnley 478pt, 5, Derwent 435pt, 6, Irvine 431pt, 7, Law 417pt, 8, Kilbarcan 415pt; WOMEN: 1, Derwent 562pt, 2, Cumnock 549pt, 3, Victoria Park 538 Spt, 4, Irvine 495pt, 5, Harnley 44.5pt, 6, Ayr Sealrorth 970pt, 7, Law 390 Spt, 8, Kilbarcan 370 Spt; OVERALL MATCH RESULT: 1, Victoria Park 1061 Spt, 2, Cumnock 1061pt, 3, Derwent 997pt, 4, Ayr Sealrorth 970pt, 5, Irvine 926pt, 6, Harnley 922 Spt, 7, Law 807 Spt, 8, Kilbarcan 785 Spt. FINAL LEAGUE RESULT: 1,

Law & District and Kilbarcan relegated to Div 2. DIV 2 at Coatbridge. MATCH RESULT: 1, EWM/ESH 1067 Spt, 2, Cumbarndall 1005pt, 3, Nith Valley 922pt, 4, Helensburgh 874.5pt, 5, Dumfries 849pt, 6, Livingston 848 Spt, 7, Netherhall 813 Spt, 8, JW Kilmarrock 646pt. FINAL DIV RESULT: 1, EWM/ESH 29pt, 2, Cumbarndall 26.5pt, 3, Nith Valley 23pt, 4, Netherhall 19pt, 5, Helensburgh 16pt, 6, Livingston 12.5pt, 7, Dumfries 12pt, 8, JW Kilmarrock 9pt. EWM/ESH Div Champs Promoted to Div 1 - EWM/ESH and Cumbarndall Relegated to Div 3 - Dumfries and JW Kilmarrock.

DIV 3 at East Kilbride. MATCH RESULT: 1, Carlisle 1083pt, 2, Airdrie 1012 Spt, 3, Springburn/Strathkelvin 966 Spt, 4, Lochgelly 957pt, 5, Kirkintilloch Olympians 847pt, 6, Penicuik 808pt, 7, Lasswade 770pt, 8, Avonside 723pt.

Carlisle Div 3 Champs Promoted to Div 2 - Carlisle & Airdrie. Relegated to DIV 4 - Penicuik & Avonside. DIV 4 at Dumfries. MATCH RESULT: 1, City of Glasgow/Shettleston 1095pt, 2, Falkirk Victoria 1053pt, 3, Annan 937pt, 4, Scottish Borders 857 Spt, 5, East Kilbride 766 Spt, 6, Stewarty 611pt, 7, IBM Spango Valley 527pt, 8, Larkhall 119pt.

FINAL DIV RESULT: 1, City of Glasgow/Shettleston 32pt, 2, Falkirk Victoria 28pt, 3, East Kilbride 21pt, 4, Scottish Borders 20pt, 5, Annan 19pt, 6, Stewarty 11pt, 7, IBM Spango Valley 8pt, 8, Lark Hall 5pt. City of Glasgow/Shettleston DIV 4 Champs. Promoted to DIV 3 - City of Glasgow/Shettleston & Falkirk Victoria Relegated to DIV 5 - IBM Spango Valley & Larkhall.

DIV 5 at Ayr; MATCH RESULT: 1, Corsorphine 1342 Spt, 2, Giffnock North 1202pt, 3, Cockermouth 1030 Spt, 4, Hamilton 1022pt, 5, Workington 797.5pt, 6, Stonehouse 736 Spt, 7, Whittemoss 694pt, 8, Loudoun Runners 498pt.

FINAL DIV RESULT: 1, Corsorphine 33pt, 2, Cockermouth 32pt, 3, Giffnock North 31pt, 4, Whittemoss 29pt, 5, Hamilton 18pt, 6, Workington 16pt, 7, Stonehouse 15pt, 8, Loudoun Runners 12pt. Corsorphine DIV 5 Champs Promoted to DIV 4 - Corsorphine & Giffnock North Relegated and seeking re-entry to the league in 1994 - Stonehouse and Loudoun Runners.

NORTH EAST LEAGUE at Caird Park, Dundee.

MATCH RESULT: MEN 1, Aberdeen 349pt, 2, Inverness 327pt, 3, Dundee Hawkhill 278pt, 4, Perth Strathlay 249pt, 5, Tayside 244pt, 6, File 189pt. WOMEN 1, Aberdeen 264pt, 2, Dundee Hawkhill 250pt, 3, Inverness 206pt, 4, File 153pt, 5, Tayside 145pt, 6, Perth Strathlay 138pt.

FINAL LEAGUE RESULT: 1, Aberdeen 858pt, 2, Inverness 955pt, 3, Perth Strathlay 736pt, 4, Dundee Hawkhill 731pt, 5, Tayside 662pt, 6, File 654pt. WOMEN 1, Aberdeen 858pt, 2, Dundee Hawkhill 687pt, 3, Inverness 825pt, 4, File 478pt, 5, Tayside 373pt, 6, Perth Strathlay 369pt. LEAGUE RECORDS: SEN MEN, SP/DJT, P Allen (PSH) 13.83/43.65 U20, 200 S Ronald (PSH) 23.1, U17, TJ W Stark (Aber) 13.54; U15, 200 M Bruce (File) 23.7. SEN WOMEN: 100H G Murchie (Aber) 15.1; U17, 80H C McLaren (DHH) & K Philip (Aber) both 12.4.

GRAMPIAN TELEVISION ATHLETIC LEAGUE. (Final match) East Div match at Chris Anderson Stadium, Aberdeen. MATCH RESULT MEN: 1, Aberdeen 492pt, 2, Arbroath 476pt, 3, Banchory 400pt, 4, Peterhead 168pt, 5, Montrose 140pt, 6, Ellon 107pt.

WOMEN 1, Aberdeen 422pt, 2, Arbroath 400pt, 3, Banchory 269pt, 4, Peterhead 151pt, 5, Ellon 137pt, 6, Montrose 26pt. FINAL LEAGUE RESULT: 1, Aberdeen 22pt, 2, Arbroath 22pt, 3, Banchory 16pt, 4, Peterhead 12pt, 5, Montrose 7pt, 6, Ellon 5pt. WOMEN: 1, Arbroath 26pt, 2, Aberdeen 22pt, 3, Banchory 16pt, 4, Peterhead 11pt, 5, Ellon 9pt, 6, Montrose 4pt.

AUGUST 24

CERES 8 MILE ROAD RACE, Ceres, By Cupar.

1, M Greally (Pit) 41-42, 2, S Weir (Pit) 42-00, 3, S Ogg (Car) 42-13, 4, M Turner (RAF) 42-23, 5, I Harkness (File) 42-51, 6, I Stewart (Car) 43-02, 7, A Cassidy (File) 43-03, 8, T Graham V45 (File) 43-05, 9, C Meek (Liv) 43-10, 10, G Gillhooly (Liv) 43-12, 11, M McCready V40 (File) 43-14, 12, J Cunningham (File) 43-30. WOMEN 1, M

Robertson W35 (DRR) 52-59; 6, P Leroncello W45 (File) 53-27. TEAMS 1, File 20 pts, 2, BT Pitreavie 23 pts.

AUGUST 25

Scottish Veterans 10,000 metres Road Race, Bannockburn. 1, A McLinden (Ham) 35-44, 2, P Cartwright (FVH) 36-40, 3, J Bates (Camb) 37-10, 4, B Campbell (Ham) 37-39; 5, J Harper (S'burn) 37-51, 6, J McMillan (Kilb) 37-51. Age Groups: 0/40; A McLunden, 0/50; P Cartwright 0/60; H Gibson (Ham) 40-47, 0/70; G Porteous (M'hil) 52-26. WOMEN: 1, J Byng (Irv) 43-48, 2, S Rodger (DRR) 46-23, 3, E McMillan (Kilb) 48-57, 4, G Harper (S'burn) 49-33; 5, K Dodson (Law) 50-28.

TEVIOTDALE 10,000 METRES ROAD RACE, Hawick.

1, J Robson (LDRG) 30-44, 2, A Robson (LDRG) 31-18, 3, D Cavers (Tev) 32-29, 4, K Lyall (ESL) 32-43. VETERAN: A Reid (Tev) 36-04. WOMEN: 1, A MacLeod (EAC) 35-18 (record), 2, M Morton (Bor) 40-20, 3, J Robson (Unatt) 40-28. VETERAN C Purvis W35 (Nor) 48-51.

AUGUST 28

CIBA GEIGY 5 MILE ROAD RACE, Linwood.

1, C Robison (SpV) 25-14; 2, A Walker (Tev) 25-22, 3, G Terney (Kilb) 25-37, 4, T Hearle (Kilb) 25-42, 5, G Fairley (Kilb) 26-09, 6, T Anderson (Kilb) 26-39; 7, E Watt (SpV) 27-27; 8, F Cooper (Giff) 27-35, 9, A Nicholl V40 (VP) 27-37, 10, D Meuse V40 (Kilb) 27-37; 13, R Guthrie V 45 (Belle) 27-43. JUNIOR: C McEwan (Lin) 32-03, 3, EO Brian (GGH) 32-11. TEAMS 1, Kilbarcan 12 pts; 2, IBM Spango Valley 42 pts.

AUGUST 29

MID ARGYLL 9,000 METRES ROAD RACE, Lochgilphead.

1, J Bennett (GGH) 28-31; 2, G Alsopp (Annan) 28-51; 3, R Mcleay V40 (Oban) 28-55; 4, G Clark (SpV) 28-57, 5, W Jukes V40 (GGH) 29-25; 6, G Parker (M Argyll) 29-39, 7, T Gillespie (S'burn) 29-55; 8, J Boyd V40 (Helen) 30-22; 9, D McArthur (M Argyll) 30-25; 10, D padden (Annan) 30-48. WOMEN: 1, E Scott (West) 33-23, 2, B Kitching (Helen) 34-27; 3, J Law (Annochar) 36-50. TEAMS: 1, Greenock Glenpark 26 pts; 2, Mid Argyll 29 pts, 3, Annan Runners 45pts.

ABERDEEN HALF MARATHON (SAF National Half Marathon Champs), Chris Anderson Stadium, Aberdeen.

1, M Carroll (Annan) 65-05, 2, T Mitchell (File) 66-54; 3, F Cheyne (Metro) 67-35; 4, A Robson (LDRG) 68-40; 5, G Grindlay (FVH) 68-59; 6, M Spencer (Swi) 69-11, 7, W McTaggart (Aber) 69-16, 8, C Haskell (DHH) 69-23, 9, C Youngson V45 (A'deen) 71-07; 10, G Sim V40 (Moray) 71-12; 11, W Adams V40 (A'deen) 71-19. WOMEN: 1, E MacKay (Shelt) 1-21-54; 2, J Needham W35 (I'ness) 1-22-24, 3, G Pollard (A'deen) 1-23-40, 4, J Harvey (Shelt) 1-23-56; 5, L Bain W35 (Gar) 1-24-05, 6, H Gaskell W35 (A'deen) 1-25-42. TEAMS: 1, Metro Aberdeen 31pts, 2, Aberdeen 40pts, 3, Moray Roadrunners 43 pts.

TWEEDDALE TEN MILE ROAD RACE, Peebles.

1, P Russell (Forth) 54-43 (record); 2, N Maltman (Tev) 56-06, 3, M McGovern (I'leithen) 56-39. VETERANS 1, T Quigley

(PSH) V40 61-20; V50 G Armstrong (FVH) 62-29. WOMEN: 1, K MacLeod (EAC) 57-49 (record), 2, S Terlanchea (St Albans) 65-55; 3, K Fisher W35 (Ain Park) 69-16.

MOFFAT BEEF TUB HILL RACE, Moffat. 1, (equal) M Patterson (Shelt) and D Shiell (Carnethy) 21-37, 3, R Bues (Traff) 21-46, 4, D Bell (HELP) 22-09; 5, J Blair-Fish V40 (Carnethy) 22-26, 6, W Lawrence (FRA) 22-33, 7, R Longmore (Solv) 22-37, 8, M Canavan U/20 (Pen'K) 23-40; 9, B Bergins (D Park) 23-45; 10, A Murray (Unatt) 23-47. VETERANS: 2, R Blamire V40 (Slew) 23-54; 3, R Turnbull V40 (Tev) 25-59. WOMEN: 1, C Whalley (Liv) 26-13, 2, L Longmore (Solv) 30-42; 3, J Robson (Unatt) 34-09.

TWO BRIDGES (FORTH/KINCARDINE) ROAD RACE, Rosyth.

1, A Stirling V40 (Bo'ness) 3-45.28, 2, A Smith V40 (Tipton) 3-51.47, 3, M Harley V40 (Car) 3-53.22, 4, R Davidson (DRR) 3-53.54; 5, P Rogers (Tipton) 3-57.46, 6, D Beattie V40 (Craw) 4-02.48, 7, M Francis (Moray) 4-03.00; 8, T Glor (W'stock) 4-05.17, 9, A Bottomley (W&B) 4-09.27, 10, C Matheson V40 (Pit) 4-12.03. WOMEN: 1, T Thomson 20th (Pit) 4-26.37, 2, I Clark 59th (arfb) 5-32.37, 3, W Noakes 61st (DRR) 5-41.38. TEAMS: 1, Tipton 26pts, 2, BT Pitreavie 41pts, 3, Sunderland 56 pts.

INVERNESS TO DRUMNADROCHT 16 MILES ROAD RACE.

1, G Laing (I'ness) 1-28.59, 2, B Howie V40 (ESH) 1-29.39; 3, P Waterston V40 (Unatt) 1-31.53, 4, P Matheson (Forres) 1-31.58, 5, P Garner (I'ness) 1-36.42, 6, G Mitchell V40 (I'ness) 1-36.55, 7, L Redfern V40 (I'ness) 1-39.54, 8, R MacDonald V40 (Furgh) 1-39.58, 9, N Waterston (Cait) 1-40.59, 10, N Black V40 (I'ness) 1-42.31. WOMEN 1, R MacKay (I'ness) 1-58-03, 2, H Stewart W35 (C'dale) 2-09.51, 3, B Cumane (BSR) 2-218.14.

GLENNURQUHART HGS ACHMONY HILL RACE, Drumnadrocht.

1, W Rodgers (Loch) 20-58, 2, J Brooks (Loch) 21-00; 3, D Runciman (Kilb) 21-07, 4, G Barlett (Forres) 21-38, 5, M Strachan (DHH) 22-13, 6, S Cameron (Loch) 22-50; 7, G Herbert (I'ness) 23-00; 8, R Boswell V40 (Loch) 23-09, 9, A McLeod (Unatt) 23-16, 10, J Gallacher (Unatt) 23-18. VETERANS: 2, J Knights V40 (Morghy) 25-31; 3, P Fletcher V40 (I'ness) 25-36. WOMEN: 1, H Searle (Loch) 30-15; 2, J Wilson (I'ness) 30-42.

AYRSHIRE COUNTY CHAMPIONSHIP, Dean Park, Ayr.

Senior Men 100/200 M Barron (Ayr) 11.6/24.3, 400 J Lumsden (Ayr) 57.3, 800/1500 G Reid (JW Kilb) 2.04/04.50, 5 MCG Wright (Ayr) 15.08.4, L J A Simpson (Girvan) 50.43. SP/DJT A Mackie (Ayr) 9.13/23.44, JT R Templeton (Cumnock) 38.94. Senior Women 800 L Wilson (Cum) 2.28.2, SP I Lightbody (Loudoun) 8.55, DT/JT G Andrew (JW Kilb) 24.70/23.62; Championship Best Performance U/17 Girls JT J Walker (Loudoun) 33.76, U/15 Girls DT A Hunter (Cum) 19.04, U/13 JT C Collins (Iv) 22.62, U/17 Boys H/TJ M Rocks (Irv) 1.80/12.01;

AUGUST 30

JOHNNIE WALKER 10,000 METRES ROAD RACE, Kilmarnock.

1, T Hearle (Kilb) 31-47 (record); 2, R McCulloch (Kilb) 32-74, 3, C Miller

(Irv) 32-58, 4, J White V40 (Irv) 33-29; 5, T Wilkie (SP V) 34-06, 6, D Mewse V 40 (Kilb) 34-10; 7, D Souler (Ayr) 34-21; 8, J McGladness (Kilb) 34-31; 9, J McKie (Shea) 34-33, 10, J Young (Ayr) 35-01. Women 1, L Cairns (J W Kil) 39-18 (record), 2, S Irvine (Giff N) 39-55; 3, J Byring W45 (Inv) 40-25, 4, S White W35 (Ayr) 40-44, 5, K Stewart (J W Kil) 41-40; 6, L McGarry W35 (Irv) 42-21. Teams Men 1, Kilbarcan 9 pt, 2, Irvine 21pt, Women 1, Irvine 21pt, 2, J W Kilmarnock 22pt.

SEPTEMBER 1

BARRMILL 10,000 METRES ROAD RACE, Galloway.

1, A Russell (Law) 30-40, 2, G Tenney (Kilb) 31-13; 3, G Cunningham (Ayr) 32-17, 4, T Graham V45 (File) 32-44, 5, C Webster (

LOCH LEVEN 1/2 MARATHON, Kinross
1, T Mitchell (File) 68:50; 2, J Douglas
(Carnegie) 70:13; 3, S Ogg (Carnegie) 70:16;
4, R Lippert (Carnegie) 70:17; 5, L
Atkinson (A) 71:16; 6, C Meek (L)
71:38; 7, B Howie M40 (ESH) 72:35; 8, G
Breslin (File) 72:35; 9, D Henderson
(Alm) 72:45; 10, M McGee M40 (File)
72:49; 11, J Cunningham (File) 73:15;
12, P Simpson (Carnegie) 73:28; 13, A
Davis (File) 73:38; 14, R Wood M 40
(DRR) 74:02; 15, I Stewart (Carnegie) 74:
23;

Women 1, M Robertson W45 (DRR) 1-24:
02; 2, J Thomson (Carnegie) 1-28-17; 3,
M McLaren W35 (File) 1-28-48; 4, P
Lemonello W45 (File) 1-30-25; 5, A
Brown (KO) 1-31-09; 6, K Fisher W35 (Ani
P) 1-31-24

Teams 1, FMC Carnegie 17pt, 2, File
19pt; 3, Livingston & District 43pt; 4,
Ainwick 54pt; 5, BT Pitreavie 66 pt; 6,
Edinburgh AC 90 pt;

CITY OF GLASGOW TRACK AND FIELD CHAMPIONSHIPS, Crownpoint

Men Seniors — 100/200 P Mullen (Shett)
11:22/21; 800 C Little (VP) 1-58.9; 1500
A McIndue (S'burn) 4-15.0; 3000 R
McCulloch (Kilb) 9-06.2; HJ J Allan
(C'dale) 2.00; LJ J Whannell (VP) 6.38;
SP G Mathieson (Shett) 13.06; veteran SP
J Scott (Shett) 14.69; V 50 UK & Scottish
record; JT B Hill (Camb) 50.64

Junior — 3000 D Connelly (Shett) 9-
01.8; U/17 1500 A MacDonald (Giff N) 4-
21.0; U/15 200 R Fitzpatrick (Camb) 24.3;
800 J Telford (VP) 2-12.1; LJ R
MacFarland (Renfrew) 5.54; U/13 100 M
Taylor (VP) 13.6; 800 M Howie (C'dale)
2-23.8; HJ C Baillie (VP) 1.50;

Women U/17 100 P Anderson (Cois) 13.0;
U/15 200 M McEwan (VP) 27.2; U/13 700
M Gallacher (Unatt) 15.0;

LUCOZADE MOTHERWELL CHAMPIONSHIPS, Wishaw

Men Senior 1, A Cameron 26pt, 2, P
Meehan 19pt, 3, J Hughes 15pt;
Junior 1, P O'Hare 24pt, 2, K Cullen 23pt,
3, D Kerr 17pt;
U/17 1, E Nugent 19pt, 2, S Gibson 17pt,
3, equal P Lenzie and R Graham 13 pt;
Women Seniors 1, equal J Blair and E
Kirkwood 24pt, 3, G Smith 18pt;
Juniors 1, N Nicholson 26pt, 2, A
Hutches 24 pt; 3, R Muir 20pt;
U/17 1, L Bl Bell 28pt; 2, M Fair 20pt, 3, S
Brown 18pt;

SEPTEMBER 5

CARLUKE 10 MILES ROAD RACE

1, M Carroll (Annan) 50:30; 2, A Russell
(Law) 51:27; 3, D Ross (LORC) 53:10; 4,
P Laing (S'burn) 55:49; 5, A Ward (EAC)
55:54; 6, D Law (Corst) 57:14; 7, C
McShane (WVSRC) 57:25; 8, J Reid (Law)
57:33; 9, B McGarvey (Camb) 57:44; 10,
S McCrae V40 (Camb) 58:01;

Verterns 1, S McCrae 2, I Donnelly V45
(Law) 58:48; 3, I Rennie V40 (JW Kil) 60:
00;

Women 1, S Aitken (Unatt) 70:10; 2, M
Robertson (Carluke) 73:24; 3, K Logan (Moth)
74:02;

SCOTTISH VETERANS 1/2 MARATHON
Lochin, Glasgow
1, C Joss (Bella) 1-15-11; 2, D
Fairweather (Camb) 1-15-46; 3, R Young
(C'dale) 1-17-05; 4, A Hughes (Camb) 1-
18-45; 5, J Harper (Strath Pol) 1-18-52;
6, G Armstrong (Hamp) 1-20-06;
Women 1, J Armstrong (Giff N) 1-27-09;
2, G Harper (S'burn) 1-32-51; 3, E
McMillan (Kilb) 1-43-02; H'cap winner E
Dolan 1-32-51;

STEWARTON 6 MILE ROAD RACE

1, M Ferguson (Kilms) 35-31; 2, P Young
(Girvan) 36-28; 3, W Robb (Stew) 37-15;
4, A Kidd (Stew) 38-13; 5, A McGlenon J
(Ham) 38-55; 6, J Palon VI (Forth) 39-
07; 7, J McPhee (Stew) 39-07; 8, A Dean
(J) (Stew) 39-16; 9, A McPhee (Stew) 39-
59; 10, A Simpson (Girvan) 41-02;
Women 1, N Taylor J (Girvan) 48-46; 2, A
Lucas (Girvan) 50-06; 3, M McClymont J
(Girvan) 52-03;

MORAY ROADRUNNERS 10,000 METRES, Elgin

1, Mick Flynn (Moray) 31-42; 2, G Sim
M40 (Moray) 32-45; 3, F Barton (Keith)
33-15; 4, D Cruickshank (Forres) 33-25; 5,
G Milne M45 (Moray) 33-59; 6, P
Mathieson (Forres) 34-14; 7, K Prosser
(HHR) 34-18; 8, Martin Flynn (HHR) 34-
30; 9, M Thomas (HBT) 34-58; 10, D
Cowie M40 (Forres) 35-12;
Women 1, L Habour (Deeside) 40-43; 2, F
Love (Unatt) 41-35; 3, A Smart
(I'Ness) 42-41; 4, P Wheeler W35 (Moray)
43-02; 5, P Donald W35 (Deeside) 43-40;
Team: Moray Roadrunners 8pt;

ALLEN CAMERON MIDDLETON TRUST 10,000 METRES ROAD RACE, Eilon

1, S Willox (Metro) 36-04; 2, J Bollandine
M50 (A'deen) 36-44; 3, C Noble M40
(F'burgh) 37-05; 4, C Benzie (Metro) 38-
50; 5, S Hastie M40 (P'head) 37-28; 6, S
Mundie (P'head) 38-28; 7, K Tulloch
(Metro) 38-50; 8, M Edwards M 50
(A'deen) 39-00; 9, S MacGregor (Eilon)
39-31; 10, G Sinclair (Unatt) 39-36;
Women 1, N Walters (Unatt) 56-26;
Team 1, Metro Aberdeen 12pt;

TWO INCHES 10,000 METRES ROAD RACE, Perth

1, I Brown (LDR) 30-53; 2, G Grindlay
(FVH) 31-02; 3, M Ferguson (EAC) 31-22;
4, W Grieve (FVH) 31-41; 5, W McArthur
(C'dale) 31-57; 6, P Bowll (Liv) 32-30; 7,
P Prosser (SLH) 32-33; 8, K Dawson (C
Leg) 32-49; 9, T Graham M40 (File) 33-
22; 10, J Evans (Shett) 33-30;
Women 1, A Allen (Arb F) 38-02; 2, J
Robertson (PRR) 38-51; 3, J Thomson
(Carnegie) 40-05; 4, M McLaren W35
(File) 40-22; 5, S M Imash (Arb F) 41-23;

INVERCLYDE ATHLETIC INITIATIVE FESTIVAL OF RUNNING, Greenock

IMB 1/2 marathon 1, T Murray (Sp V) 68-
28; 2, C Spence V40 (Sp V) 70-26; 3, C
Tenney (Kilb) 71-12; 4, J Hamison
(Dumb) 71-29; 5, T McColl (Kilb) 71-53; 7, F
Caldwell V40 (Dumb) 74-37; 8, P Walsh
(Dumb) 74-37; 9, G McGarrion (GGH) 74-
59; 10, P McGreggor V40 (VP) 75-47; 11,
A McDonald (KO) 76-02; 12, W Scally V50
(Shett) 76-25; 13, M Foster (EAC) 76-29;
14, R Jacobson (Blayton) 78-15; 15, G
Hanley (Dumb) 77-38; 16, L Callary
(Govan) 78-09; 17, B Jacobson (Blayton)
78-15; 18, J McMorrow (Moth) 79-07; 19,

C Martin V45 (Dumb) 79-25; 20, A
Sheddon (Irv) 79-52;
Women 1, M Blackie (SpV) 1-23-50; 2, A
M McKee (SpV) 1-26-55; 3, E O'Brien
(GGH) 1-28-36;
Team 1, Dumbarton 19 pt, 2, Spango
Valley 32 pt; 3, Greenock Glenpark 54 pt,
Invitation Stret Mile of Greenock Esplanade
1, G Stewart (Esh) 4-20; 2, G Graham
(C'dale) 4-21; 3, J McKay (Shett) 4-22;
4, G Croil (Camb) 4-27; 5, C Little (VP) 4-
29;

BANK OF SCOTLAND WOMENS ATHLETICS LEAGUE (Final Match)

Division 1 at Meadowbank

MATCH RESULT 1, City Of Glasgow 420
pt; 2, Edinburgh Woolen Mill 348.5pt, 3,
Aberdeen 299.5 pt, 4, Inverness 214 pt, 5,
Edinburgh AC 192 pt, 6, BT Pitreavie 182
pt;

Final League Position 1, City Of Glasgow
17 pt; 2, Edinburgh Woolen Mill 16 pt, 3,
Aberdeen 12 pt; 4, Inverness 8 pt, 5,
Edinburgh AC 7 pt; 6, BT Pitreavie 3 pt;
City Of Glasgow league champions for 3rd
year in a row.
BT Pitreavie relegated to Division 2.

Division 2 at Caird Park, Dundee

MATCH RESULT 1, Dundee Hawkhill 349
pt; 2, Arbroath & District 318 pt, 3, Central
Region 306 pt, 4, Helensburgh 291 pt; 5,
Ayr Sealrorth 239 pt, 6, North Valley 171 pt;
Final League Position 1, Dundee Hawkhill
18 pt, 2, Arbroath & District 13 pt, 3,
Victoria Park 11 pt, 4, Central Region 10 pt,
5, Ayr Sealrorth 8 pt, 6, North Valley 3 pt,
Ayr Sealrorth and North Valley relegated to
Division 3.

Division 3 at Crownpoint

MATCH RESULT 1, Helensburgh 300 pt,
2, File 299pt, 3, Kirkintilloch Olympians
288.5 pt; 4, Tayside 284 pt; 5, Perth
Strathay 260 pt; 6, Kilbarchan 202.5 pt;
Final league result 1, Helensburgh 16 pt,
2, Perth Strathay 14 pt, 3, File 10 pt (854
xxx points); 4, Tayside 10 pt (851 pt), 5,
Kirkintilloch Olympians 10 pt (777 pt) 6,
Kilbarchan 3 pt,
Helensburgh and Perth Strathay promoted to
Division 2, Kirkintilloch Olympians and
Kilbarchan relegated to Division 4.

Division 4 of Grangemouth Match Result 1,
Minolta Black Isle 320.5 pt; 2, Harmony
296 pt; 3, Lochgelly & District 261 pt; 4,
Falkirk Victoria 259.5 pt, 5, J W
Kilmarnock 245 pt, 6, Law & District 152
pt;
Final League Position 1, Minolta Black Isle
18 pt, 2, Harmony 12 pt, 3, Falkirk Victoria
9 pt (767.5); 4, J W Kilmarnock 8 pt
(766pt); 5, Lochgelly & District 8 pt, 6,
Law & District 7pt, Minolta Black Isle and
Harmony promoted to division 3,
Lochgelly & District and Law & District re-
legated to division 5.

Division 5 at Coatbridge

MATCH RESULT 1, Irvine 303 pt, 2,
Livingston & District 298 pt, 3, Airdrie 282
pt, 4, Lossdale 270 pt, 5, Clydesdale 118
pt, 6, Dumfries 98pt;
Final League Position 1, Irvine 17pt, 2,
Livingston 13pt, 3, Lossdale 13pt, 4,
Airdrie 10pt, 5, Dumfries 6pt, 6,
Clydesdale 4pt,
Irvine & Livingston & District promoted to
Division 4, Dumfries and Clydesdale to
seek re-entry to league next year.

BORDER ATHLETIC LEAGUE (Final Match), Tweedbank Stadium, Galashiels

Match Result 1, Scottish Borders 304 pt,
2, Teviotdale 164 pt; 3, Berwick 97 pt, 4,
Eyemouth 40pt;
Final League position 1, Scottish Borders
16 pt, 11 (1124pt) 2, Teviotdale 12 pt
(626pt); 3, Berwick 8pt (400pt); 4,
Eyemouth 4pt (155pt);
Scottish Borders league champions.

UNITED KINGDOM FINAL

MCDONALD'S YOUNG ATHLETICS LEAGUE, Alexander Stadium, Birmingham

Match Result 1, Cardiff 428 pt, 2, Borough
of Enfield 402 pt; 3, Shaftesbury Barnet
346 pt; 4, Wirral 329 pt, 5,
Middlesbrough and Cleveland 327.5 pt;
6, Inverness 314 pt; 7, Telford 308.5 pt, 8,
Medway 302 pt, most of the match (Track)
- D Cothier (Inverness) 100 (114.5); 100
(13.44); Inverness Harriers recorded the
best ever Scottish performance in this event
U/17 100 S Frase 11.12 'B' D Colter 11.45;
200 S Fraser 22.63; B R McGuire 23.82;
400 P Stewart 56.36; B G Chisholm 54.41;
800 G Anderson 21.01; 'B' K McAlpine
2-10.84; 1500 G McAlpine 4-23.59; 3000
A Thompson 9-27.53; 100 H D Colter
13.44; 'B' G Chisholm 15.90; 400 H G
Chisholm 63.82; 1500 S/A Thompson 5-
06.37; 'B' D McRae 5-08.40; 4 x 1000 R
Inverness 45.45 4 x 400 R Inverness
34.53; H J Ruickie 1.75 P U L
MacKay 2.70; LJ S Fraser 5.65; LJ R
McGuire 11.36; 'B' K McAlpine 11.30; SP
R Ruickie 9.66; DT M Colquhoun 26.44;
JT R Ruickie 39.84; HT M Colquhoun
26.06;

U/15 100 A McLean 12.76; 200 M Blake
25.00; 400 M Blake 56.94; 'B' A McLean
57.05; 800 M Blake 2-11.13; 1500 J
McManney 4-53.41; 300 N Cameron 10-
23.39; 80 H S McKenzie 13.32; 'B' J
Hamilton 13.75; 4 x 100 R Inverness
50.18; 4 x 400 R Inverness 4-02.09; H J R
Urquhart 1.45; LJ A McLean 5.50; SP D
Hyland 11.96; DT Hyland 37.64; JT S
McKenzie 39.88; HT R Urquhart 25.94;
U/13 100 A Broadbent 13.60; B M Seaton
13.68; 200 A Broadbent 26.71; 'B' S
Smith 27.39; 800 A Broadbent 2-19.52;
1500 C Cook 5-07.98; 4 x 100 R Inverness
53.60; LJ A Broadbent 4.85;

WORLD MOUNTAIN RACING CHAMPIONSHIP, GAF, France

Men (12,000 metres) 1, M Jones (Eng) 51-
43; 2, D Dunham (USA) 51-48; 3, M
Umbert (FRA) 51-54;
Scots Performances 15, N Wilkinson, 21,
C Donnelly; 42, P Drymore, 44, J
Wilkinson, 65, M Rigby;
Teams 1, Italy 43 pt; 2, France 54 pt, 3,
England 59 pt, 5, Scotland 131 pt;
Juniors Scot Performances 6, J Brooks;
36, M Canavan; 39, S Cameron; 40, H
Hutchison;
Teams 1, Italy 12pt; 2, Czech33pt, 3,
Wales 36pt, 4, England 41pt, 7, Scotland
81pt;

Women (7,000 metres) 1, Guillemot (Fra)
36-11; 2, G Pilger (Austria) 36-45; 3, C
Greenwood (Eng) 37-27; Scots
Performances 29, H Diamantide; 41, C
Menhennet; 42, P Rothe; 47, E Scott;
Teams 1, Italy 17pt; 2, England 26pt, 3,
France 27pt, 11 Scotland 112pt;

SEPTEMBER

19

BRECHIN right of way races, Brechin High
School
INVERNESS 10 mile road race, Inverness
SAF 10 MILE ROAD RACE CHAMPIONSHIP,
INVERNESS

UK women's league qualifier, TBA
OPEN Cross Country aces (men & women),
Lanark

22

SRI Chimney runners are smiles 2 miles,
Meadows, Edinburgh

25

GEORGE Cummings road relay, Kibbarchan
LIVINGSTON & district AAC road races,
Livingston. Further details tel Charlie
Rogerson 0506 32789
NORTH District Cross Country League, Calthness.
Two Breweries 19 mile fell race Traquhair to
Broughton, 12 noon.
MUSSELBURGH decathlon champs. Tweedbank.

26

BLAIRGOWRIE 500 half marathon, Blairgowrie.
SAF 100KM ROAD RACE CHAMPIONSHIP, RIC-
CARLTON, EDINBURGH
SRI Chimney 100KM road race, Riccarton,
Edinburgh

WEST Lothian & Livingston Sport &
Recreation Association present 1993
Festival of Running, 10K race starts
10am, 10m, 10K race starts 10am, 10K race starts
10.30am, Entry fee £1.50.
Duchment Law Park, Deans, Livingston.
Tel 0506 35000. 9am-4pm Monday to
Friday.
PETERHEAD half marathon and fun run.
Entry fee £4 club £4.50 unattached.
Medals to all finishers. Send SAE to Mr
J. Mundie, 1 Abbotswell Rd, Peterhead,
Grampian.
BLACK Meldon hill race at Peebles, 11am.
BUPA Linlithgow 10K road race, 2.30pm.
EAST Neuk 10K road race, Anstruther.

29

SRI Chimney runners are smiles 2 miles,
Meadows, Edinburgh

OCTOBER

2

BALMEDIE Beach Bash, Aberdeen (men &
women)
VICTORIA Park AAC McAndrew Road Relay (SJ).
MORAY Stonerectors Elgin (men & women).
SCOTTISH Nuclear Doon Hill race 11 am
Winterfield, Dunbar 10 1/2 miles on
road and track. Entry £2.50. For details
contact J. Herring, 1 Roseberry Pl.
Dunbar, EH 42 1AQ. Tel 0368 64613.

3

FORRES 6 mile road race (men & women).
FRASERBURGH FC 1/2 Marathon 1.30pm
Start Bellslea Park Fraserburgh. For
details contact Isobel Scott 0346
518503 James Adams 0346 518002.
The 11th open Harvies Blithaton at the
Auchenharvie Centre, Stevenston.
Swimming and running events plus fun
events for all ages. Details contact
Gillian Bone or duty manager, The
Auchenharvie Centre, Salcoats Road,
Stevenston. Ayrshire Tel 0294 605126.
BUPA Great Caledonian Run, Edinburgh
MAYBOLE Charity road race (JS) (men &
women)
STRATHCARRON 10K & fun run - Denny
AF world half marathon champs. Brussels.
BENNACHIE 7 1/2 mile hill race at Dyme,
Aberdeenshire start 2pm
AAA of England 10 mile road race champs.
London to Brighton 55 mile RR
Linwood Community 3 mile RR

9

EASTERN district relay championships, Cupar
(men & women, all age groups).
NORTHERN district relay championships, Muir of
Ord (men & women, all age groups).
WESTERN district relay championships,
Kirkintilloch (men & women, all age groups).

10

LOCHABER Peoples Hall Marathon 12
noon from Leisure Centre Fort William
E/Forms from E. Campbell, Kisimul,
Alma Road, Fort William, Inverness-
shire. PRE E/fee £4 Closing Date 3rd
October Prize list includes Record
Breaking £40 vouchers
BUCKIE 10K road race (men & women - all age
groups)
CITY of Dundee "People's" hall marathon.
Dundee (men & women) (JS)

DINGWALL - Strathpeffer People's race (men &
women)
STRATHCARRON fun run Denny (men &
women)

WEST Lothian & Livingston Sport &
Recreation Association 10K race and 3K
fun race 10K starts 10 am entry fee £3
(£3.50 on the day). 3K starts 10.15am.
Entry fee £1.50. For details contact
0506 35000 9-4pm Mon-Fri

WORLD veteran champs at Muzakki, Japan.
PENTLAND skyline 16 mile hill race at Hillend,
Edinburgh. 11 am
BITS junior fell and hill race champs at Keswick

16

WORLD veterans champs, Japan.
AYRSHIRE CC Relay Championships, Irvine.
DUNBARTONSHIRE CC Relays
RENFREWSHIRE CC Relays, Rouken Glen Park,
Eastwood.
LANARKSHIRE CC Relays, Drumpeller Park,
Coatbridge.
EAST District League, Jack Kane Centre,
Edinburgh.

17

WORLD veterans champs, Japan.
BRITISH Hill Running Relay Championship at
Lauder Hills, WANKLOHEAD
UK 10 K road race champs, Bamsley.
PITREAVIE open women's cross country meeting
including first meeting Scottish women's league.

23

NATIONAL cross country relay championships.
Hawick (men & women - all age groups).
GLASSGOW University inter-schools relay races.
Kelvingrove, Glasgow.

24

Scottish Indoor Young Athletes League meet-
ing (1) Kelvin Hall, West (AM); East (PM).

30

ALLAN Scally Memorial road relay race.
Bathferry
BLACK Isle Festival of Running-
Marathon, half marathon, 10K and fun
run. For details and entry form contact:
Leisure Services, Ross & Cromarty
District Council, Ross House, Dingwall
(tel 0349 63381 daytime) or Ray
Cameron 5 Rose Croft, Muir of Ord (tel
0463 870805 evenings).
MARYHILL Harriers Schools CC league.
MEALL A BUACHALLIE 6 1/2 mile hill race.
Glenmore, Aviemore, 12 noon.
Scottish Primary Schools road Relay
Championships, GRANGEMOUTH Stadium.
GLENPARK Harriers Shields Trophy 5 mile RR.
Inverkip Greenok

31

RUBY, Young Memorial ladies 4 mile rr.
Kilmarnock.
GREENPEACE 10K & fun run, Meadowbank
Stadium

HYDRASUN Open CC meeting (men & women -
all age groups) second women's cross country
league, Aberdeen.

FORT William to Inverness Relay Race
63 miles. All of main roads. Teams of 6.
Record 6 hrs 18 mins. 8.30am SAE for
info from E. Campbell, Kisimul, Alma
Rd., Fort William, Inverness-shire
IAF world marathon cup San Sebastian, Spain.

NOVEMBER

6

North District CC League, Peterhead
Glasgow University 5.5 mile Road Race,
Westerlands.

7

Lasswade Open CC Races, Bonnyrigg.
Dundee Roadrunners 10 mile RR, Templeton
Woods, Dundee
Aberdeen 6 mile RR, Bridge of Don, Aberdeen.

13

Scottish Secondary Schools Road Relay
Championships, Grangemouth Stadium.
Clydesdale Harriers Young Athletes CC Races,
Dalmair.
Glen Clova 13 mile RR

HYDRASUN CROSS COUNTRY MEETING

(SAF PERMIT)

Sunday 31 October, ABERDEEN.

Changing at Bridge of Don Academy Races for all age groups

Entries, £1 per individual, on the day

First race 1.00pm

Further information from Hunter Watson 0224 310352

City of Dundee People's Half Marathon and Children's Fun Runs Sunday 10th October, 1993

Starting Times
10.00am Half Marathon
10.15am Fun Runs

Entry Forms and further information can be
obtained from: City of Dundee District Council
Leisure and Recreation Department Olympia
Centre, Earl Grey Place, Dundee
Tel: 0382 22729

STRATHCARRON HOSPICE 10K FUN RUN SUN 3RD OCT '93

11AM - Denny High School

Isostar Competition

5 lucky winners will each receive an Isostar bag containing cans, powder, towel & sweatshirt.

Isostar is Europe's number one sports drink and has been scientifically formulated to work for everyone involved in sport, not just the elite.

Isostar's isotonic formula (has the same particle concentration as the body's own fluids) means that it is absorbed into the small intestine, faster than water, thus combating dehydration. It provides four types of carbohydrate, for immediate, medium and long term energy, six minerals and nine vitamins, to replace those lost in perspiration.

"Loss of fluid and the loss of the body's carbohydrate stores are the two major causes of fatigue.....the capacity to perform is reduced"
Consensus Statement 1992*

In fact, recent studies have shown that a fluid loss of only 2% of body weight reduces athletic performance by 20%.

As the experts say:

"Ingestion before and during exercise of appropriate fluids will improve performance not just of the elite athlete by of all people involved in sport and physical activity."
Consensus Statement 1993*

Since Isostar's launch in the UK last autumn it has become the official sports drink supplier to the England Rugby Team and was official sports drink at the 1993 London Marathon. For the first time in the Marathon's history, the water and sports drinks stations were separated, allowing Isostar five dedicated drinking points.

A new drink, Isostar Light, was launched recently. It is also isotonic and has the same minerals and vitamins as the standard Isostar but with only 60% of the calories. Isostar Light will therefore be ideal for people who want to limit their calorie intake but still wish to use a fast acting sports drink. The drink will be lightly carbonated and grapefruit flavoured (standard Isostar is still and lemon flavoured).

* The quotes are taken from a consensus statement following a meeting of top UK nutritionists and scientists. For a copy of the full statement, contact: Wander Ltd, Station Road, King's Langley, Herts, WD4 8LJ. Tel: 0923 266122

Please read the details below then answer the 3 questions.

- Who was the male winner of the 1993 London Marathon?
- An isotonic drink has:
 - lower particle concentration than the body's fluids?
 - the same particle concentration as the body's fluids?
 - higher particle concentration as the body's fluids?
- If 2% of body fluid is lost through sweating, performance levels can decrease by up to:
 - 2%
 - 10%
 - 20%

Send your answers on a postcard to:

Isostar Competition
Scotland's Runner
Applejak Studios,
113 St. George's Road
Glasgow G3 6JA.

Entries close 25th October
Usual Scotland's Runner
competition rules apply.



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Thermal tops	£18.50	Wind/Rain Suits	£49.99
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Helly Hansen 1/sleeve	£18.99	Ron Hill Pertex	£39.99
2/sleeve	£16.99	Schrocco top	£39.99
1/2 zip polo	£25.99	Reflective jacket	£37.99
Tights	£17.99	Reflective pant	£23.99
Sub 4 Atrex tops	£15.99	Mountain breeze top	£44.99
with mitts	£15.99	Aquabloc top	£49.99
Atrex tights	£12.99	(100% waterproof)	£49.99
Ron Hill viloft	£15.99	Aquabloc pant	£49.99
long sleeve	£15.99		
turtle neck	£17.99		
ribbed	£19.99		

Tracksters		Sub 4 jacket	£109.99
Ron Hill classic	£16.99	Freestyle suit	£69.99
Reflective	£17.99	(blk/purp)	£179.99
Flash	£17.99	Ron Hill 1/2 zip top	£49.99
Trek	£23.99		
trackster tight	£19.99		
Sub 4 Roadsters	£16.99		

Hat & Gloves
Duofold gloves £5.99, Ron Hill viloft gloves £5.99, Thermal gloves £6.99, Brightlight gloves £5.99, Ski hats £5.99, Helly Hansen gloves £4.99, Sub 4 gloves £7.50, Nike gloves £5.99, Nike hat £9.99, adidas equipment hat £9.99.

Large range of fell shoes and spikes also in stock from sizes 3-13, starting at £18.99 call in or phone for details.

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Large S.A.E. to Wasp Sports, 22 School Lane, Brerton Green, Sandbach, Cheshire CW11 9RN Tel: (0477) 533506 (anytime)

Everything you need to organise a race.

Timing, numbers, medals, course markings, banners, bibs, tee-shirts etc.

Contact Maraquip
15 Davenport Road
Felpham
West Sussex
Tel: 0243 830412

Fax: (0243) - 841731

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DATES AND LOCATIONS

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TUESDAY 28th SEPTEMBER	MUSIC HALL, ABERDEEN
WEDNESDAY 29th SEPTEMBER	NORTH BERN COLLEGE OF EDUCATION, DUNDEE
THURSDAY 30th SEPTEMBER	HERIOT WATT UNIVERSITY, EDINBURGH
FRIDAY 1st OCTOBER	ALEXANDRA HOTEL, FORT WILLIAM
MONDAY 4th OCTOBER	KELVIN HALL, GLASGOW
TUESDAY 5th OCTOBER	FOXBAR HOTEL, KILMARNOCK
THURSDAY 7th OCTOBER	VOLUNTEER HALL, GALASHIELLS
MONDAY 11th OCTOBER	DAVID KESWICK CENTRE, DUMFRIES

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In Attendance

Neil Park	- Administrator
Graham Ross	- Development Officer
Andy Vince	- National Coach

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