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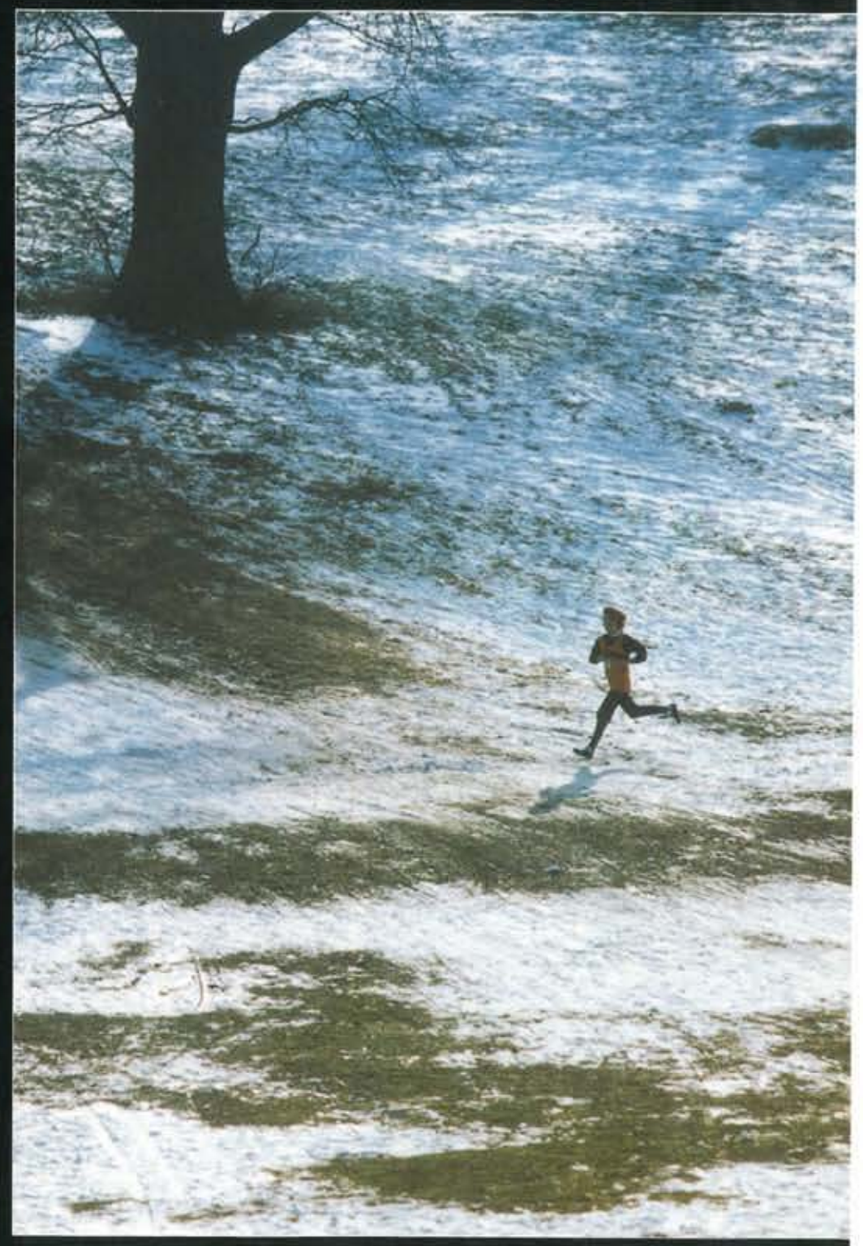

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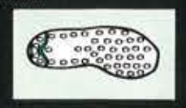

STABILITY

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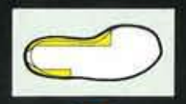

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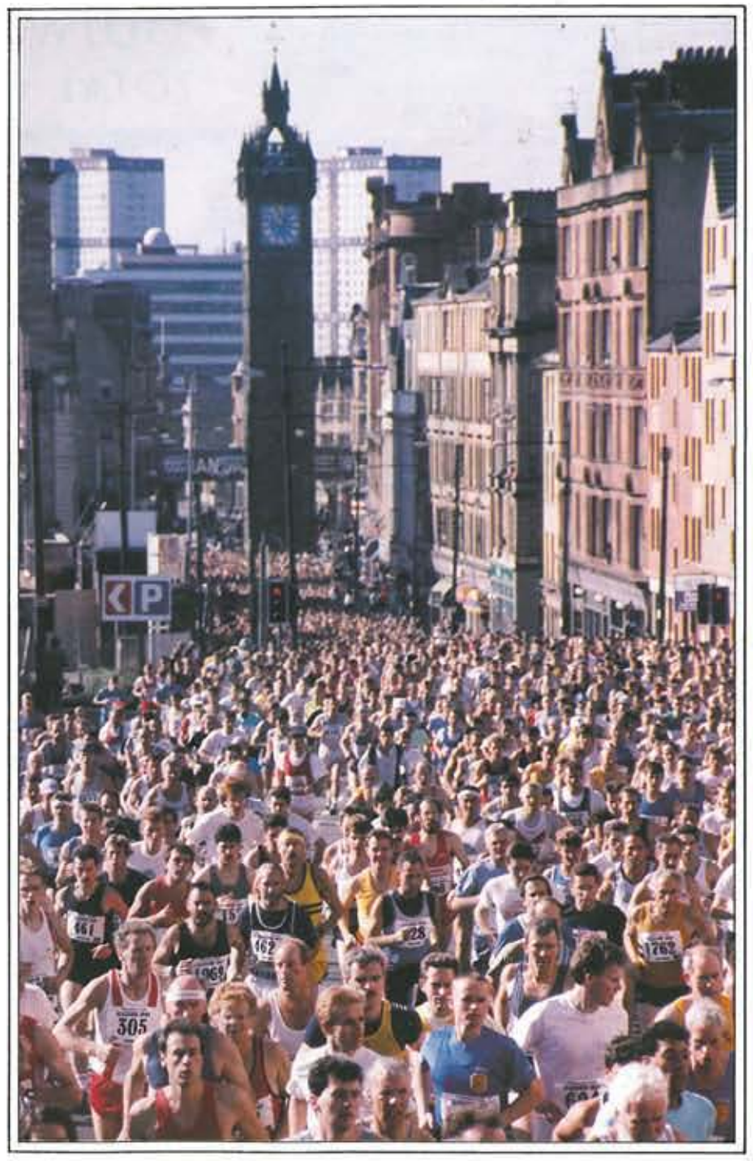

DISGRACE AS SCOTTISH ATHLETES ARE BETRAYED

SCOTLAND'S

RUNNER

NOVEMBER 1989 | CONTENTS | ISSUE NO 39

CONTENTS

REGULARS

5 INSIDE LANE

7 UP FRONT

11 LETTERS

13 ALLAN WELLS

15 COACHING CLINIC

22 WOMEN'S RANKINGS

23 WOMEN IN SPORT

28 WOMEN'S RANKINGS

Ayr Land O' Burns, P44.

FEATURES

19 PITREAVIE AAC
Ken MacKay writes this month's club profile on his Fife club.

31 BATHGATE TRACK
Suse Coon reports from the new sports complex in Bathgate.

35 PETER McCOLGAN
A profile of the Irishman who wants to run for Scotland.

38 GREAT SCOTTISH RUN
Peter Devlin captures the magic of the Glasgow event on film.

REGULARS

24 MEN'S RANKINGS

39 AGE GROUP RANKINGS

41 RESULTS

44 AYR LAND O' BURNS HALF MARATHON

45 EVENTS

46 VETERAN SCENE

47 JUNIOR SCENE

48 SPORTS NETWORK

Editor: Alan Campbell
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INSIDE LANE

SO they confirmed our worst fears. Twenty two athletes and nine of those in only three events!

As stated in last month's Inside Lane, this could have a similar effect on athletics as the formation of a British team had on cross country - i.e. there is no major event which the good, but not the elite, Scottish athlete can strive for.

Arising from the policy adopted, I would make the following comments:

1. I accept that if Scotland took a larger team they might not get many more medals, but for many Scots the main incentive to watch the Commonwealth Games is to see how the Scottish representative does.

2. The appeal of athletics to the viewers lies in the spread of countries winning events and competing. Scotland might win a higher proportion of medals in some other events but in many events the opposition is restricted to the home countries, Australia, Canada and New Zealand.

3. I can assure Mr (Ewan) Murray that no athlete would go to New Zealand for "the trip". When an athlete is representing his/her country with millions of viewers watching, and he/she fails, the last thing on your mind is "the trip", but rather where is the first flight home?!

4. In international matches it takes more than a handful of good events to do well in the match as a whole. Therefore, this action has discouraged athletes in the 20 out of 36 events in which no one was taken, thus ensuring that the standard will drop further and meaning that Scotland can only compete on equal terms with the likes of Iceland, Cyprus, Catalonia and Northern Ireland. (Also, how often do the elite athletes run

for Scotland in international matches? This means that in some cases the selectors will have to call on athletes who have just been passed over for a Commonwealth Games place.)

Finally, this is not a personal grouse. Although I achieved the second and third fastest times over 5,000 metres this year I did not reach what was one of the "easier" A standards. For the time being I will keep training, but I know some who are going to train less and enjoy life more, and if I am offered the chance to enhance my career at the expense of my running the choice will be very difficult.

Could I take this opportunity to wish all those athletes going to New Zealand all the best and pose one final question . . "Given that the size of the team is smaller than anticipated, does this mean that less officials will be required?"

THE words to your left are not mine, but those of athlete Alan Puckrin, whose letter was the first "grass roots" correspondence the magazine received in the wake of the infamous "nobody is going along just for the trip" fiasco.

I hope the colours on the front cover will convey this magazine's feelings towards Mr Ewan Murray and his ilk. And if you feel there is a juxtaposition between the picture on the cover and the statement underneath it - don't. That Scottish athletics has just gone through a "boom" period for the past four years, thanks to the road race levies imposed on ordinary runners like you and I, and yet we are still sending the smallest team to the Games for 23 years, speaks volumes not only for the muppets on the Commonwealth Games Council but also the truly amateurish way athletics is promoted in Scotland.

Scottish athletics needs a revolution from the grass roots to arouse it out of its torpor and complacency. To the Alan Puckrins of the sport I can only advise you to get active within your clubs, take up positions within the various governing bodies - and ensure that the next batch of young athletes are not betrayed in the manner that you were.

FINALLY, to end - thank heavens - on a positive note, heartfelt congratulations to Tom McKean and Yvonne Murray on their magnificent wins in the World Cup at Barcelona.

Both, I'm sure, would join the rest of us in saluting that coach extraordinaire, Tommy Boyle, who has triumphed despite, not because of, the Scottish athletics system.

Alan Campbell

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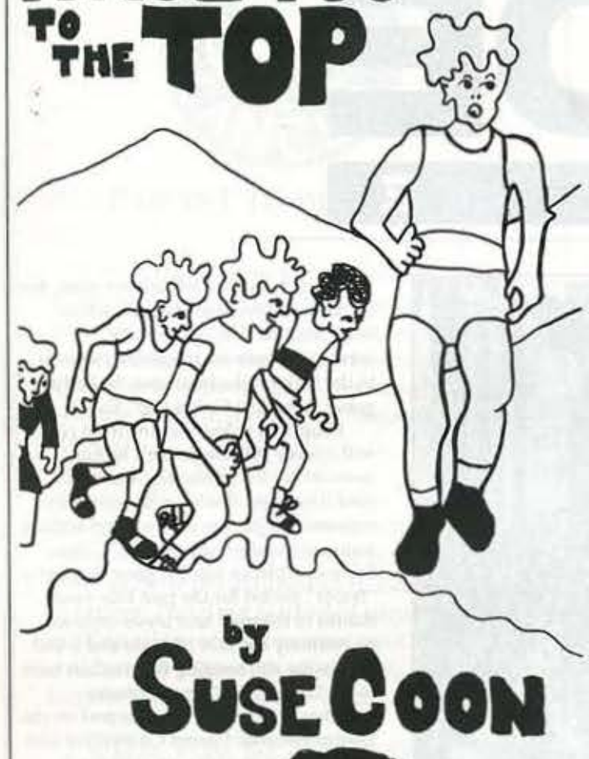

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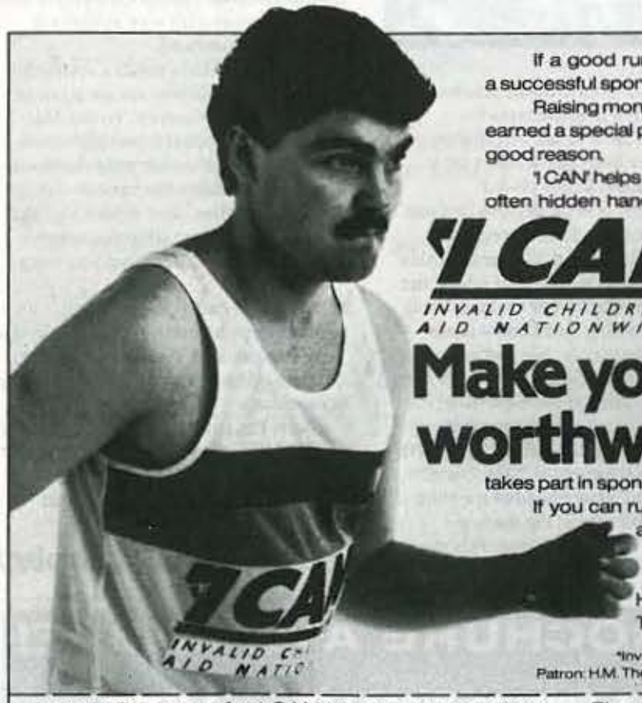

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up FRONT

Games places to be appealed

ONLY 22 athletes received the approval of the Commonwealth Games Council to compete in the 1990 Games in Auckland. The SAAA's and the SWAAA's had requested that 38 athletes be considered but the council, led by chairman Ewan Murray, was unsympathetic to their requests.

Murray said, "Nobody is going along just for the trip."

Scottish women's team manager Ruth Booth said she was both, "upset and amazed", about the lack of places awarded to the women's team. Granted only 10 places, the SWAAA's had appealed for another eight places.

Mrs Booth said " The Commonwealth Games Council has done a great injustice to women's athletics. The other eight athletes we proposed are of good quality, and they have all proven and bettered themselves this season. I am a little surprised that Mr Murray thought we would have selected athletes in the category of 'going along for the ride".

Mrs Booth continued by talking about the effects the team size will have on Scottish women's athletics at the grass roots level.

"There are many clubs and coaches who are trying to encourage girls into the sport, but if they see such a small team going to Scotland's major competition then it knocks everything that we are trying to do on the head."

Following a meeting on October 4, the SWAAA has decided to write to the Commonwealth Games Council to request a further meeting to again try for a further eight places for the women's team.

Men's team manager Bob Greenoak said " I have made it clear how unhappy I am about the number of places we have been given." The SAAA's have decided to bring their next general purposes meeting forward to October 16 to review the situation.

ALTHOUGH entries will definitely NOT be accepted on the day, there is still time to enter the Falkirk Half Marathon, which again looks like having an entry in excess of 2,000 on October 22.

Organiser John Fairgrieve said that postal entries would be accepted as late as possible, but pointed out that on the day his priority was to ensure those who had pre-entered were properly catered for.

There will be pipe band entertainment for families and friends at Grangemouth Stadium.

Left: Record breaking Ron Murie and Robert Bird at the end of a successful season for Scotland's disabled athletes. *See P43.*

Juniors in France disallowed to run by the SAAA

THE excitement of competeing in the World Hill Running Championships was denied to two of our junior hill runners after they had paid their own way to Die in France to take part in the event, *writes Suse Coon.*

The two boys had been recommended by the Scottish Hill Runners' Association to compete in the championship, but were turned down by the SAAA because they weren't thought good enough. The boys said that they had turned up in the hope that they might be allowed to run and at least complete a team. They had permits, and the French organisers were willing to accept them, but the SAAA team manager Jim McInnes felt unable to overturn his committee's decision. Scotland's sole junior competitor Billy Rogers ran the 7.7K race, with 460m climb and 460m descent alone and well below his potential in 39th place.

Ann Curtis, SHRA convener and women's team manager, said she personally was very disappointed when the SAAA's made their decision and immediately wrote to them proposing that one of the boys, Paul Fettes was more suited to this type of course. But the SAAA's couldn't be swayed.

Fettes did however manage to impress when he took part in a 16K race as an unofficial competitor. He finished the race as first junior and even managed to beat former Scottish champion and internationalist Andy Curtis.

The opportunity to compete over European courses in the razamatazz atmosphere of continental events would have been marvellous experience for our youngsters, never mind how well they did in the end. And isn't that what junior racing is all about?

Ann Curtis wishes it to be made clear that she understands Jim McInnes was in a difficult position regarding allowing the boys to run, and doesn't wish to be seen as critical of him or his decision. But the original committee decision must be challenged by anyone who cares about the future of this sport.

FROM October 30, the Kelvin Hall's indoor track will be closed for three months to allow a fifth lane to be added in preparation for Glasgow hosting the European Indoor Championships. When asked why the work could not have been carried out in the summer months, the Kelvin Hall's general manager Peter Eadie said:

"There have been lots of discussions involving Glasgow District Council and people like the British Amateur Athletic Board, and so projects like this do not happen overnight. The district council granted approval for the work in December 1988, but since then the price has escalated so much that we have had to put the process back and repeat the proceedure of meetings again."

At the moment Mr Eadie is in discussions with the contractors to retain the track to hold national indoor championships on December 10 and 11.

The work in total will cost £500,000 and will include a fifth lane, a permanent scoreboard, and a (much needed!) upgrading of the public address system.

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up FRONT

STA to send full team to Games!

THE Scottish Triathlon Association selection committee has decided to send a full team of ten triathletes to take part in the Commonwealth Games triathlon in Auckland on January 28.

John O'Donovan, FFT Stonehaven and Bud Johnston, East Kilbride, as well as Ginny Pollard (FFT) and Sylvia Cranstoun (Fairport TC) have been preselected for the Games.

Hugh Wilson Race

AFTER consultation with, and full support of, the late Hugh Wilson's family, East Kilbride AAC are renaming their long established winter road race in his memory. The race will be referred to as the "East Kilbride Hugh Wilson Memorial Road Race".

The race this year will take place on Saturday December 2, and it is to be hoped that there will be a good turnout of Hugh's old friends and contemporaries.

A separate fund has been set up to procure a worthy trophy for the race and several contributions, mainly anonymous, have been received. Should any club or individual also wish to contribute in any way they are advised to contact Alan Hill, 6, Heather Place, Lenzie, Glasgow; or any other East Kilbride AAC member.

Scottish athletics much the poorer following the death of Dora Stephen

SCOTTISH and British athletics lost a loyal servant, top official, generous benefactor and dear friend with the untimely death of Dora Stephen on September 20, after a long and courageous fight against cancer. Despite major surgery some three and a half years ago, Dora steeled herself to "do her duty", and duly took her place amongst the judges at Edinburgh's Commonwealth Games in 1986. Such was the spirit of Dora Stephen which transmitted to all with whom she came in contact, an infectious enthusiasm for athletics and all that was best in the sport.

Dora Stephen had been honorary secretary and vice president of the Scottish Women's Amateur Athletic Association, serving during that time on various British Amateur Athletic Board Committees. She will perhaps be better remembered as the driving force, together with her husband Bob, behind the revival of Shettleston Harriers Ladies, latterly Monklands Shettleston Ladies AC, of which club she was president at the time of her death.

It is no exaggeration to say that without Dora's commitment and loyalty there would be no club, let alone the successes that the past 18 years have brought to the club. In recent years they won the Scottish League Division 1 title and the Scottish Cup, while in UK competition her club gained entry to the Access UK Women's League, moving from Division 4 to Division 1 in double quick time. Dora was during this season the Division 2 secretary of the Access UK Women's League, a further indication of her devotion to the continued provision of the best possible competitive opportunity for the athletes.

It was strange indeed to attend any meeting and not find Dora Stephen on the officials' list. Invariably track referee or chief track judge, she was one of Scotland's most experienced officials with Commonwealth Games, European Junior Championships, Europa Cup, Grand Prix and countless internationals at all levels to her credit. Notwithstanding this level of involvement, inter clubs, open meets and indeed the Glasgow Primary School Championships were regular entries in her diary. It was quite in character that despite her illness Dora continued officiating almost to the end.

Beyond the mainstream of club and international athletics, Dora Stephen was a key figure in the organisation which developed the Glasgow Marathon/ Great Scottish Run to the second largest mass start race in Britain with an entry in excess of 20,000. Importantly for Dora, this development was aimed both at the quality athletic end and at the fun runner raising pots of cash for charity.

It is clear that Dora Stephen made a major contribution at all levels of our sport and was respected and revered by generations of athletes, officials and administrators alike. All are the poorer for her passing. To all of us whose lives Dora touched, we are indeed the richer for that experience. We who knew her will not forget her.

Our sincere condolences go to Dora's husband Bob, her daughter Linda, an accomplished junior hurdler whose career was ended by injury and who is now team manager of Monklands Shettleston Ladies, and to her son Iain.

Iain D. Robertson

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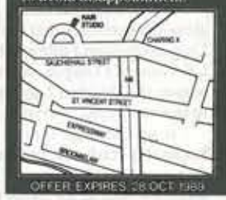

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LETTERS

Please send your letters, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Don't go cap in hand to your doctor for the Pill

Catherine Street,
Kirkintilloch.

SIR - I am writing to express my concern about your article in the September issue on pre-menstural tension. I feel your author could have been a little better informed, having omitted a number of important qualifications about use of the Pill.

The account was unnecessarily complicated by avoidable medical jargon, but more seriously the article gave an incomplete account of the information available on the subject, leading, I believe, to the unjustifiable conclusion that the Pill is the best answer for "serious athletes".

In addition, several medical inaccuracies were present. I accept you need to be succint, but surely the author might have presented a fairer account of available evidence before promoting the Pill for committed athletes.

I feel the article should have noted the following:

Although the Pill often helps PMT, it can also make it much worse.

The progesterone-only Pill (the mini pill) does *not* stop a woman bleeding. She will continue to have regular periods and these, in fact, may be heavier.

Recent data have shown that there could be much more serious side effects of long term use of the Pill, including an increase in the risk of breast cancer. Indeed, I feel your article downplayed the risks of the Pill. These were mentioned in one short paragraph.

There are other "natural" remedies available for PMT, which may be more effective than the Pill. These include magnesium and zinc supplements in addition to Vitamin B6 and Evening Primrose Oil.

Finally, I believe your promotion of the Pill could lead to a less than serious consideration of the dangers of sexually transmitted diseases - including papova virus (linked with cervical cancer) and aids. If a woman is on the Pill she may feel less of a need to use condoms - so putting herself at extra risk.

Thus for a woman athlete to make her informed choice, I feel that your article required a more balanced illustration of the pros and cons of the Pill.

The answer may not be to go cap in hand to your GP for the Pill, however serious your commitment to sport.

Dr Lizabeth Jordan

Not viewed with Rose-tinted glasses at all

Carradale,
Mary Street,
Dunoon,
Argyll.

SIR - I would like to make some comment on Nick Rose (professional athlete) winning the Glasgow 25K. When are the SAAA going to waken up and stop this farce?

Nick Rose has been allowed to compete in an SAAA sanctioned event for the past two years. Quote made by a female television reporter at the finish of the Great Scottish Run last year: "Nick is now a professional athlete who makes his living entering races like this."

I ignored it last year, but not this year. I wonder how many vouchers for Marks and Spencers he took back to England with him? Would some SAAA official kindly tell us all why this was allowed?

David Martin,
Spango Valley AC.

Letters for next issue should reach us by October 27

LETTER OF THE MONTH

Mud, mud, glorious mud!

5 Holmlea Drive,
Kilmarnock.

SIR - The whiff of liniment is in the air as the cross country season for 1989-90 gets underway. Not for the the fainthearted, cross country denies its followers those luxuries normally associated with big time athletics. No all-weather tracks here. Nor even a place to shelter from the elements.

To some, it must appear to be a senseless activity, plodding one's way around a trail anything from one to five miles in length through muck and glaur. Through wind throwing icicles in your face, exhausted, lungs bursting - and for what?

Why do we do it? Why do apparently sane members of our community turn out almost every weekend during the winter to run, coach, organise and officiate at cross country meetings?

Don't believe what you see on the box. The grounds of Cardiff Castle and Irvine Beach Park are for the media and the spectator and are certainly not typical. Travel with us to Cumnock, to Pitreavie, or stay with us to sample the delights of Dean Park Estate, Kilmarnock, and we'll show you what real cross country running is all about. And that is - mud, rain, snow, ditches, fences, wellies and waterproofs. Sandra Branney, the current holder of the Scottish Women's cross champions admits to being able to run in only one race each year. This is the national championships, held over firm contours of the Beach Park at Irvine.

So why then the need for athletes to pit themselves against the elements? Is it a compulsion to compete at all costs? Or a weird kind of masochism known only to the running fraternity?

I stood at the finish line after last season's inter-county races at Halifax. I saw smiles the width of a steeplechase barrier on the face of 12 year old girls who had just done Scotland proud. They were competing against the best that England and Wales could put up against them and had made it through with heads held high. Soaked, shoes missing, faces skelping, lungs bursting, they received nothing more than the complete satisfaction of knowing that all their training had allowed them to compete at the highest level. That, my friends, is what cross country running is all about.

Now, where did I put those wellies?

Ronnie Syme,
Johnnie Walker Kilmarnock Harriers.

** Ronnie is the winner of this month's Scotland's Runner t-shirt.*

LETTERS

Livingston . . .

7, Lennox Drive,
Faifley,
Clydebank.

SIR - I am writing to you concerning the Livingston Half Marathon. This was my first time running in it. I found that the course was fair, but when I came to the finish line I found myself without any drink or snack available.

It wouldn't have been so bad if there was a snack bar you could pay and get whatever you want. As to the following Sunday, I ran the Ayr Half Marathon, where at the finishing line they handed all competitors bananas, apples, milk, macaroon bars, bovril, tea, coffee, etc.

Thumbs up for the Ayr Half Marathon, but Livingston, I'm afraid, was disappointing.

M Ramzan

. . . I presume

121, Main Street,
Shotts,
Lanarkshire.

SIR - I am writing to inform your readers of what I believe to be a new Scottish record (if not indeed a British one), set by the organisers of the Livingston Half Marathon on Sunday, August 27.

I am referring to the £7 entry fee charged to those who entered on the day for this event. I appreciate the advantages to organisers of pre-entries, and the "inconvenience" of the late ones, but surely to penalise runners in this way is over the top.

I have competed in half marathons up and down the country over the last few years, have learned to take the good with the bad, and I am generally appreciative of the hard work and effort put in by the organisers. However, I find it difficult to understand how I can pay £3.50 for a half marathon one week and have to pay double the following week for a race that can best be described as "average".

It is to be hoped that other race organisers do not followthe lead of Livingston as they surely will be cutting off the hand that feeds them.

Ron Ellis,
Law and District AAC.

Change of Ayr

6, Heather Place,
Lenzie,
Glasgow.

SIR - How disappointing to prepare for Christmas and then Santa does not turn up!

That's how I felt with regard to the Ayr Land O' Burns Half Marathon. Having competed in most of the previous "halfs", and as I believe the course to be one of the fastest around, I decided to have a serious attempt at a PB this year. I actually overcame the temptation to run the Inverclyde Marathon to ensure that I would have no excuses.

I trained specifically for this event, and knowing the course, knew exactly what my mile splits were to be. What a waste of time! Four days prior to the race in came the details - a major course change from the scenic flat route to the boring housing-scheme hills behind Ayr.

This change was certainly not to the benefit of the runners and, based on comments made during, as well as after the race, will not benefit Mr Larkin and his organising committee (the police and refreshment people excluded).

I firmly believe that in future all events organisers should detail the course prior to taking entry fees. I will not consider Ayr again until I am assured the course is returned to its previous status.

My vote for best course, tough but honest, goes this year to Dumfries Half Marathon. Their organisation also was second to none.

Alan R Hill,
East Kilbride AAC.

A great success

6, Denholm Crescent,
East Kilbride.

SIR - Having recently completed the Motorola Fun Run, I would like to praise its organisers. On completion the athletes were given a drink and a mini Mars bar (it was only a mini race, 4.2 miles).

Refreshments were cheaply priced, this being important as most people don't run with their cheque book. Some larger, longer runs tend to charge extortionate prices for refreshments, which, coupled with a large entry fee makes me feel that they are profit oriented.

The idea of a 4.2 mile run is exciting as it gives people of all ages a chance to run alongside the big names. Seeing a stream of runners ahead of me and behind me gives me hope that there is a place for the short race in the athletic calender, for those unable to complete a half marathon.

May I wish the run every success in the foreseeable future and also congratulate the organising club, Motorola Joggers, on their excellent organising success.

John Stevenson

Road survey

8, Maree Terrace,
Ellon,
Aberdeenshire.

SIR - I have been following your magazine for a year now, and while being impressed by the contents and realisation that Scotland deserves its own magazine, I feel that the publication is not being utilised fully (this is not a criticism but meant as a piece of constructive advice). Please bear with me.

My suggestion is for Scotland's Runner to use its independance. While national publications rave about races in Torquay, Reading and Barnsley, why don't we in Scotland carry out a survey by the most important ingredient - the runner/jogger to find out just what are the best Scottish runs.

Different sections spring to mind: best marathon; best half marathon; best 10K; favourite other; most scenic; flattest course; best organised.

This would be beneficial to the many runners who, like me, look at a racing diary and don't know one run from another, especially when being far removed from the Central belt.

Also, if a race was sub-standard the organisers of that event would have to improve or risk losing out (this is not a dig at St Andrews!). The opposite, of course, also applies, with the organisers who give that little bit more being deservedly rewarded.

Perhaps you would be kind enough to set up a poll. The time of year is right with the road running season coming to a close.

Can I suggest that votes are cast for the top five in each of the named sections, and a best overall race. I will stand up and be counted by stating my favourites:

Best half marathon - Montrose/Stonehaven; best 10K - Inverness; favourite other - Glasgow 25K. most scenic - Loch Rannoch; Flatest - Aberdeen Wildlife 10K; best organised - Glasgow/Stonehaven; Best overall - Glasgow 25K.

James Walker

Great minds! James obviously started reading the magazine just after the results of our 1988 Road Race Survey were published, and we can assure him that the 1989 survey will be launched soon.

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ALLAN WELLS

IT STARTED with a casual remark made to John Brown back in 1986. Then three years later the phone rang. "What did I hear you ask?" I said. John Brown had asked me to officiate at a Scottish junior international.

It was at the European Championships in Stuttgart and I happened to ask how to become involved in an official capacity in athletics and why top athletes were not asked to consider such posts when they retired. The answer was that nobody was ever asked because it was assumed that nobody would be interested in doing it. I really only asked out of curiosity, and not with a view to becoming an official myself.

John Brown happened to remember that conversation and thought of me when a position arose with the junior commission. But nothing was further from my mind when the telephone rang and I was asked, by the Dairy Crest junior commission, to be administrator to the junior team in Dumfries. I was stunned.

I always wanted to remain in Scottish athletics in some capacity and I also felt that I could give a lot back to the sport but unless you are asked then there is nothing you can do about it. There is no substitute for experience, and to this end I felt that there was no better experienced athlete than myself. I knew what it felt like to win and I also knew what it felt like to lose. Anyway, back to the telephone call. It may come as a surprise to some people that I was asked, and also to others that I accepted.

One of the reasons why I accepted was that during my long and illustrious career as an athlete I have encountered good officials and bad officials. The good ones turned themselves outside in to make life easier for the athlete, the bad ones just went along for the ride. I am not pointing the finger at anyone, but if the hat fits, then wear it. Anyway, I always had Margot to do my officiating for me so it was never too much of a problem. But having seen the good and the bad I felt that I knew what was required of me to make the juniors respond.

Although I was an administrator, this did not stop me talking to the athletes

and listening to their problems. Often young athletes have good ideas but are totally ignored. I was also surprised to find that lots of athletes still have problems with equipment and facilities. It always is a pity that when you need the help the most it is never there, and once you have achieved something everyone wants to help! Another reason I accepted was that I felt that my presence could inspire the juniors to produce better performances. Having an Olympic gold medallist on your side must be worth at least two personal bests! As it turned out there were approximately 13, and that was in adverse conditions.

If you have shown that you can do it then the youngsters respect you and listen to what you have to say. It is easier to communicate with them as you both have a common goal.

Although I was Scottish junior triple jump champion (*I was!* Check the record book) there was no junior commission, no junior tracksuits, and definitely no Olympic gold medallist administrators! Therefore I was interested to find out what the juniors were like and also to see if we had some up and coming athletes in the making. I found the junior scene refreshing and alive with enthusiasm. The attitude was one of 100 per cent commitment and nobody was there for the ride, albeit that it was a short ride anyway!

Some of the athletes performed above my expectation, and it will be interesting to note how many of these athletes make the senior grade in a few years time. Stephen Ritchie has already been chosen for next years Commonwealth Games team and with the junior commission already working towards the 1994 Commonwealth Games in Victoria in Canada, I am sure a few more present day juniors will be in attendance,

It is important that these athletes compete against juniors from other countries otherwise they become very insular and although they may be the best in Scotland for their age, their performance may still be quite ordinary in world terms. By broadening their horizons, they learn that not only do they have to train harder - but also they have to keep competing against these people and gradually whittle down the difference in performances and perhaps be alongside them at senior level.

The team spirit at that match was superb. If the junior commission can continue to harness that spirit and give them added incentive by having matches against other countries I am sure the level of performances in Scottish athletics will improve.

I am glad to report that not only was I happy working with them, but they were happy working with me. Apparently there has been a positive feedback from both the athletes and the officials regarding my involvement. The whole exercise regarding the athletes, the Dairy Crest junior commission, coaches and myself was a huge success and one which hopefully will be repeated many times in the future.

Johnnie Walker

Best wishes to the SCCU from the official sponsors of Kilmarnock Harriers

SCCU CENTENARY SEASON

THE Scottish Cross Country Union's year of centenary celebrations got off to a stylish start as the first run of the season, at Bishopbriggs, was performed in authentic Victorian attire.

Complete with long shorts, button-down semmits, "sannies", centre partings and stuck on moustaches, the harriers set out to run over the trails once used by the Dennistoun Harriers in the 1890's. They ran the course in the traditional three packs, slow, medium and fast, each pack being accompanied by a pace and whip to regulate the pace.

The harriers were seen to complete the six mile course "head back", Eric Liddell style. Rather than trying to emulate another of our famous figures from the past, they were trying to keep their moustaches from falling off.

As the season continues, the national championships have this year been distributed around the country.

October 29 sees the centenary cross-country relay championships being held in Inverness. The SCCU decided that the north should host the first event while the weather is still kind and travelling is easy.

It is the turn of the south in February as the veterans' championships take place in Dumfries. The national championships will take place in the west with the well established venue of Irvine being utilised once again.

The final national championship of the year will take place in the east, with the six stage road relay championships being held in Livingston.

On the social side, receptions are being held in honour of the SCCU - by the government in Edinburgh Castle, by Edinburgh District Council, and by Glasgow District Council in the City Chambers.

In February the exact day of the formation of the SCCU will arise and to mark the occaision the SCCU will hold a committee meeting in the same location as that innaugural meeting. In 1889 the building on the corner of George Square in Glasgow was the Royal Hotel. Now a firm of accountants work on the site and it is their conference room which will be used in February as it is believed to be closest to the original meeting room.

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COACHING • CLINIC •

By Derek Parker

EVERY coaching programme must take into account each individual athlete's choice of event, training opportunities, temperament, age, experience, ability, and strengths and weaknesses.

But within the context of individualisation there are general principles which must be observed and adhered to if the athlete is going to achieve his or her potential — which is the ultimate objective of participation in sport.

There are six main components of any properly-planned coaching schedule and careful consideration should be given to each if the maximisation of performance is to be attained.

These are suppleness, skill, speed, stamina, strength, and (p)sychology. In the following paragraphs we shall examine each in its turn.

(1) SUPPLENESS: Sometimes referred to as flexibility, suppleness basically refers to the range of movement through which a joint can be taken. Although obviously essential to a sprinter and hurdler, it is also important to distance runners — most of whom pay far less attention to it than they should do. Suppleness is not an end in itself. Its prime functions are (1) to enable the athlete to run faster by increasing the range of movement through which the arm, shoulder, hip, and ankle joints can be taken; (2) allowing him or her to run farther and at a lower energy expenditure by eradicating or reducing muscular tension; and (3) minimising the risk of injury by establishing a safer and more mechanically-sound technique. The lack of suppleness and how it can impair performance can regularly be seen at the end of cross-country or road races when many distance-runners attempt to outsprint an opponent in the closing stages. Their friends among the spectators are exhorting them to "use your arms" or "lengthen your stride" — but all to no avail. The reason is obvious. They lack suppleness in their arm and shoulder joints — so while their legs are pattering along in fast, but very short, strides and their arms are driving fast, but through a vastly-reduced range of movement, they are being overtaken and outsprinted by more supple opponents with smoother technique.

Perhaps if these athlete's had spent a little more time developing and improving flexibility they would have acquired a more efficient, rangier technique which would have at least given them a better chance of acquitting themselves well in a fast finish. Unfortunately, far too many distance-runners are obsessed with mileage mania and they believe that any training other than running is a waste of time.

Nothing could be farther from the truth. It is not just the legs that run nor is it just the heart and lungs which are important. An athlete runs with his entire body and mind so if any chain in the physiological and psychological link is neglected then the entire performance will fall apart. All athletes should endeavour to devote 10 to 15 minutes every day to suppleness training, working on exercises which emphasise the shoulder, hip, ankle, knee, and spine joints. Such exercises will include toe-touching, arm-circling, leg-swinging, trunk-rotation, and backwards and forwards bends. During mobility training the athlete should take the joint to the farthest range of its movement, hold the position for 20 to 30 seconds, relax, then repeat three of four times. A typical sequence of exercises would be (a) lean forward with legs straight, touch the toes for 30 seconds x 3 with 10 to 20 seconds pause; (b) kneel on floor then lean backwards for 30 seconds x 3 with 10 to 20 seconds pause; (c) link hands behind the shoulders for 30 seconds x 3 with 10 to 20 seconds pause. There are hundreds of suppleness exercises and details of these can be found in instructional booklets or by attending coaching courses or organised training sessions.

(2) SKILL: Often referred to as technique, skill can be described as the physiologically-efficient execution of a movement patterns designed to produce a smooth running action at as low an energy expenditure as possible.

COACHING
• CLINIC •

Skill is another aspect of training which many athletes, particularly distance-runners, tend to ignore. Like suppleness, it is not an end in itself. It is a means to an end — and that end is to enable the athlete to run faster over a stipulated distance, expending as little energy as possible, and directing all his or her efforts towards travelling between a starting and a finishing point as quickly as possible. It is sound coaching theory to instil a mechanically-correct technique in an athlete before progressing with the speed, strength, and suppleness aspects of the training programme. Practice does not necessarily make perfect — it only makes permanent. Bad practice will result in a permanently bad technique. Only *good* practice will make perfect. There are a number of themes which can be worked upon during a technical, or skill ,training session. The athlete can, for example, concentrate on keeping his or her feet and knees pointing in a forward direction while running. All effort directed sideways or inwards is wasteful, slows the athlete down, and must be eliminated. The athlete must also work at maintaining sound, efficient technique while under pressure from opponents or fatigue. Keeping the neck, shoulder, arm, and upper body muscles as relaxed as possible is the key to preserving the skill factor during these stages. Clenching the fists, gritting the teeth, and tensing the muscles is counter-productive. These are all bad, mechanically-unsound habits which prevent one group of muscles relaxing (the antagonists) while the other group contracts (the agonists) during the movement process. Distance-running technique differs from sprinting technique. In distance-running the arms are carried fairly low and swing slightly across the body to balance the leg action. A vigorous arm action is highly-wasteful in energy expenditure terms at normal distance-running speed. Carrying the arms high is also fatigue-inducing and has the added disadvantage of restricting the breathing capacity and reducing the athlete's oxygen-intake. However, the opposite applies when the athlete is sprinting.

Because of the powerful, eccentric (i.e. off centre) thrusts of the driving leg against the body while the athlete is sprinting, the upper body twists and turns considerably. To counteract this energy-sapping and mechanically-inefficient tendency, the sprinter must drive vigorously with his or her arms to keep the trunk and upper body steady. The sprinter's technique exemplifies Sir Isaac Newton's theory that for every action there is an equal and opposite reaction. The fast, vigorous arm action absorbs the powerful reaction of the eccentric leg thrust on the body and helps the athlete to run in a straight line at the most economical energy expenditure. The golden rule is that the faster the athlete runs the faster he or she must work his or her arms — and that is something which distance-runners should never forget. Hundreds of road and cross-country races are lost during the last few strides because many athletes are unable to change from a steady-state running technique to that of a sprinting technique during the final dash to the finish.

(3): **STAMINA** : Sometimes referred to as endurance, the acquisition of stamina has an important role to fulfil in the training programmes of all athletes. The distance-runner's stamina is primarily cardio-vascular/heart-lung endurance (i.e. aerobic). The sprinter's stamina is mainly neuro-vascular/nervous-muscular systems endurance (i.e. anaerobic). The distance-runner cultivates *general* endurance while the sprinter develops *speed* endurance. General endurance is improved by long, steady-distance training runs, fartlek, and interval sessions such as 30 x 200 metres which raise the heart-rate to around 160/180 beats per minute then allow it to drop to around 110/120 beats per minute within a recovery period of 30 to 90 seconds before embarking on the next repetition. Speed endurance is improved by running faster at, or sightly above, race speed in sessions which entail fewer repetitions and higher heart-rates ie around 140 to 180 beats per minute. For an athlete hoping to run 800 metres in two minutes (ie 4 x 200 metres in 30 seconds with *no* recovery) a typical session would be 2 x 4 x 200 metres in 28 seconds with 30 to 60 seconds recovery between repetitions and two laps jog recovery between sets.

Again it should be emphasised that it is advantageous for a distance runner to be able to call on his or her anaerobic or speed endurance capacities at certain points of races, especially the finish during a final sprint for the tape. And a good aerobic/general endurance base will allow a sprinter to maintain a high fitness base throughout the competitive season and enable him or her to cope with the physiological and psychological pressures of having to produce top class performances in heats, semi-finals, and final within just a few hours.

(4): **STRENGTH**: The normal definition of strength is the ability of the body to exert force against resistance. There are different forms of strength but for training purposes these can be divided into: 1) general strength; 2) gross or absolute strength; 3) elastic strength; and 4) strength endurance. General strength refers to the ability of groups of muscles such as the abdominals and the dorsals to maintain body posture and stabilise the trunk - around which the arm and leg levers are rotating to bring about movement. Although the abdominals and dorsals do not themselves contribute directly to human movement, they provide the vital link between upper and lower body and facilitate the breathing processes. These muscles can be strengthened by exercises such as sit-ups and back lifts. Gross strength refers to the maximum force which an athlete can exert against resistance in a single, or group of single, efforts. Although it forms the basis for a strength training programme, specific gross strength training is normally used only by field event athletes, particularly throwers. An example of gross strength work using weights would be four to six sets of one to two repetitions of lifting weights at 85 per cent to 95 per cent of the athletes maximum lifting ability. Elastic strength, sometimes referred to as power work, is a combination of strength x speed. It is the main form of strength required by sprinters and middle distance runners. Using weights, it would involve fast, explosive lifting of three sets of six to eight repetitions at around 70 to 75 per cent maximum.

A word of warning however. Athletes should only embark on a weight training programme under expert supervision and provided they have stopped growing skeletally. There are other enjoyable forms of strength training which do not involve lifting weights eg hopping , bounding, hurdle-jumping, and throwing medicine balls. Jumps decathlons provide an excellent incentive and athletes can also test themselves by participating in some of the British Milers' Club leg power tests eg standing long jump from two feet aiming at a target of their own height plus 25 per cent; verticle jump aiming for a height of 20 to 25 inches from a standing position; and covering 25 metres with 10 hops on each leg. Strength endurance is that form of activity which can be seen at the end of 400 metres events when athletes are managing to maintain momentum under conditions of extreme fatigue. Important to middle distance runners particularly, it is best developed by sandhill running, harness running, and sessions such as 3 x 6 x 60 metres full effort sprints with 20 seconds to turn around and five minutes between sets.

(5) **SPEED**: This refers to the rate or pace at which a given distance can be covered. Speed is specific to the event. The sprinter will be aiming for flat out effort over a relatively short distance while the marathon runner will be aiming to sustain a brisk steady pace over 26.25 miles. Sprint speed is anaerobic (without oxygen) while marathon-running speed is aerobic (with oxygen). Middle-distance athletes will be training for both sprint speed and fast, steady speed. That is why training for the 1500 metres event should be 50 per cent aerobic and 50 per cent anaerobic. When one considers that world class 5000 metres athletes such as Said Aouita can run 400 metres in under 47 seconds it can be seen just how vital sprinting speed can be for competitors in longer distances. Speed is a combination of stride length x stride rate (cadence). Therefore an athlete with a stride rate of five strides per second and a stride length of seven feet is travelling at a horizontal speed of 35 feet per second (5x7 = 35).

It is important to remember, however, that stride length is dependent on leg drive. The more vigorously the athlete pushes backwards against the ground the more the lead leg will reach forward and upwards in reaction (Newtons theory of action and reaction very much in evidence again). In practical terms this means that the faster the athlete runs the longer his or her stride will be - and this dictum applies to sprinters and distance runners. If the athlete deliberately reaches out with the foreleg to artificially increase stride length the foot will come down ahead of the body and act like a brake. This is known as overstriding - a fault caused by the athlete ignoring the technical principle that stride length is commensurate with rear leg driving action.

In conclusion, it should be emphasised that speed is dependent on skill, strength, suppleness and stamina. The athlete must have acquired the skill to perform the leg and arm movements correctly, the suppleness to allow the arm and leg levers to rotate efficiently on the shoulder and hip axes, the strength to drive against the track or road, and the stamina to maintain the action for as long as possible and to minimise the deceleration processes. Speed is also dependent on weather, running surfaces, race conditions, level of competition, and the athlete's state of fitness. It is best developed by isolation drills such as high knee lift and elbow drive running, downhill running, handicap races in training, and sessions at, or faster than race pace.

(6) **(P)SYCHOLOGY**: The athlete's mental state is the switch which activates all the physiological processes and transforms chemical energy in the body into mechanical energy and movement. By developing a positive self-image, by being resilient to all the vicissitudes of training and competition, by visualising success, and by working diligently towards his or her chosen goals, the athlete blends skill, suppleness, strength, stamina, and speed to make dreams becoming realities.

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week One

Sunday: 90-120 minutes cross-country.
Monday: 75-90 mins. fartlek inc. 30 x 30 secs. fast (60 secs, jog recovery).
Tuesday: 8 miles steady.
Wednesday: 10 miles steady inc. 10 x 150 metres up/down fairly steep hill.
Thursday: 2 miles steady + 5 x 1000 metres at 5K pace (90 secs. rest) + 2 miles cool down.
Friday: 30 to 60 mins. recovery run.
Saturday: 12 to 15 miles steady.
Morning runs of 30 minutes' duration done 4 to 6 days a week will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 20 x 45 secs. fast (90 secs. jog recovery) + 3 x 15 secs. sprints (60 secs. jog recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady run on hilly course.
Thursday: 2 miles steady + 6 x 800 metres at 5K pace (45-60 secs. rest) + 2 miles cool down.
Friday: As Week One.
Saturday: Road/cross-country race or 12 to 15 miles.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 15 x 1 min. (1 min. and 2 mins. jog recovery respectively) + 3 x 15 secs. sprints (60 secs. jog recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady inc. running up/down 150 metres hill for 15 mins. counting number of repetitions.
Thursday: 2 miles steady + 12 x 400 metres at 5K pace (30 to 45 secs. recovery) + 2 miles cool down.
Friday: As Week One.
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 8 x 2 mins. fast (90 and 120 secs. jog recovery) + 3 x 15 secs. sprint (60 secs. jog recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady on hilly course.
Thursday: 2 miles steady + 25 x 200 metres at 5K pace (20 to 30 secs. recovery) + 2 miles cool down.
Friday: As Week One.
Saturday: Road/cross-country race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB LEVEL ATHLETES

Week One

Sunday: 75-120 mins. cross-country.
Monday: 75-90 mins. fartlek inc. 20 x 30 secs. fast (90 secs. jog recovery).
Tuesday: 30 mins. steady.
Wednesday: 8 miles on a fairly hilly course.
Thursday: 2 miles steady + 5 x 1000 metres at 5K pace (90-120 secs. recovery) + 2 miles cool down.
Friday: Rest or easy 15-20 mins.
Saturday; 10 miles steady.
Morning runs, if done, should be confined to easy 20 minutes jogging two to three times a week to assist recovery.

Week Two

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 12 x 45 secs. fast (2 mins. 15 secs. recovery) + 3 x 15 secs. sprinting (60 secs, recovery).
Tuesday and Friday: As Week One.
Wednesday: 6 to 8 miles steady inc. 6 x 150 metres up/down fairly steep hill.
Thursday: 2 miles steady + 6 x 800 metres at 5K pace (60 to 90 mins. recovery) + 2 miles cool down.
Saturday: Road/cross-country race or 8 to 10 miles.

Week Three

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 10 x 1 min. fast (2 mins. jog recovery).
Tuesday and Friday: As Week One.
Wednesday: 6 to 8 miles incl. 10 mins. running up/down 150 metres hill, counting number of repetitions.
Thursday: 2 miles steady + 12 X 400 metres at 5K pace (45 to 60 secs. recovery) + 2 miles cool down.
Saturday: 10 miles steady.

Week Four

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 5 x 2 mins. fast (2 and 3 mins. jog recovery) + 3 x 15 secs. fast (60 secs. fast (60 secs. recovery).
Tuesday and Friday: As Week One.
Wednesday: 8 miles on fairly hilly course.
Thursday: 2 miles steady + 25 x 200 metres at 5K pace (30 to 45 secs. recovery) + 2 miles cool down.
Saturday: Road/cross-country race or 8 to 10 miles steady

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club PROFILE

PITREAVIE AMATEUR ATHLETIC CLUB

Long jumper Ken McKay reports on some of the history and names behind his club, Pitreavie AAC

IN 1954, a cinder track was opened by the Carnegie Trust at the Pitreavie Playing Fields, and this resulted in the forming of Carnegie Amateur Athletic Club. Two years later, the trust relinquished responsibility for organising the club, and from this Pitreavie Amateur Athletic Club was born.

Thirty three years later the club has progressed from a size of about ten athletes, and competitions against such extinct clubs as Kircaldy YMCA, Edinburgh Eastern Harriers, St Modens AAC and Tillicoultry and Hillfoots AAC, to a club of over 400 members and, taking all sections and age-groups into consideration, reached the heights of probably one of the top three clubs in Scotland. Needless to say the club is proud of this progress over a relatively short period of time.

Membership grew slowly but gradually throughout the 1960s and success came mainly on an individual basis, such as John Linaker being selected for the Commonwealth Games in Kingston in 1966 in the 3000m steeplechase. It was in fact the next Commonwealth games in Edinburgh in 1970 which brought the first major influx of athletes into the club, and this led to the club being able to enter teams into the various Scottish Leagues

The number of athletes coming to the forefront of athletics began to grow from here and most people over the age of 35 will remember the Pitreavie "Golden Girls" of the early '70s. These were our highly successful groups of track and cross country athletes such as Karen Williams, Kerry Robinson, Sandra Gammack who used to clean up in races throughout the country. A much more athletic bunch than our well known Channel 4 "Golden Girls"!

The year 1980 brought the Moscow Olympics and every wee lassie in Great Britain wanted to become another Linsey Macdonald, so needless to say we had quite a few from the Dunfermline area. This further influx of athletes into the club helped give us that little bit more depth we needed for the next stage in out progression. The clubs grew in strength and this resulted in the success of all track and field teams with the women qualifying for the UK League, the men's team becoming firmly established in the top half of the Scottish League, and reaching the semi-final of the GRE Cup and becoming increasingly dominant in the Scottish Young Athletes League.

The most recent development in the club came in 1984 with, from the prompting and initiative of John Macdonald, Linsey's father, a jogging section being started in the club. This has since grown into a very

club PROFILE

PITREAVIE AMATEUR ATHLETIC CLUB

successful road running section for men and women with such as Frank Harper going on to represent Scotland in marathons and many veterans becoming involved in the club again to find they have just as active a place in the club as the youngsters.

When 1986 brought the Commonwealth Games back to Edinburgh, with it came Pitreavie AAC's largest representation ever at a major Games. The club was represented by five athletes - Ken McKay, Stewart Maxwell, Linsey Macdonald, Pat Rollo and Liz McArthur. In Auckland it looks like being represented by at least one athlete, high jumper Stephen Ritchie.

The club has obviously to be thankful of the work done by the coaches and committees throughout the years. In the late 1960's and early 1970's Jimmy Bryce and Peter Beveridge were mainly responsible for the coaching side. Peter is still producing international throwers and Jimmy is best known for his success with Linsey Macdonald and has since gone on to develop Lochgelly AAC. The number of coaches and their experience has increased through the years, and such as Graham McDonald, John Macdonald, John Wands, Norman Gardiner and Eamon Fitzgerald have coached a number of Scottish internationalists at different levels.

Many people have put time and effort into the club's development through the committee and the club still has one of its original members from 1954, Graham McDonald, serving on its committee. The club developed greatly on the financial side during the 1970's and early 1980's and this was mainly due to the incredible work of Tom Robinson, an ex-treasurer of the club. Throughout these years Tom couldn't park his car in his garage for jumble sale items and ran more white elephant stalls than Edinburgh Zoo. This development was vital to the club as it began to travel far and wide for team competitions.

A main force in the 1980's development has been Norman Gardiner, wife of athletics widow Liz Gardiner. Norman (and his poly bags) has probably been at more meetings within and outwith the club, pushing the club's image, than any other club member in that time, along with being men's team manager during the track season.

The club is looking forward to the future with great anticipation. The young boys have achieved terrific success in the Scottish Young Athletes League in the last five or six years, having won it three times over that period. Craig joiner (sprints), Mathew Kelso (middle distance), Andrew Paisley (hurdles) and Stewart Allan (long/triple jump) are only a few achieving outstanding success as

Above, Pitreavie AAC on show at Dunfermline's Kingsgate shopping centre. The club exhibited items such as Linsey Macdonald's Olympic bronze medal and a full display of national trophies, international vests and tracksuits. As well as receiving many enquiries to join the club from youngsters and would-be helpers, the club boosted its funds by £460 from a raffle and bottle stall. Right, Sarah Richmond.

club PROFILE

PITREAVIE AMATEUR ATHLETIC CLUB

youngsters and along with junior men such as Stewart McMillan (decathlon) and Steven Ritchie (high jump) the Pitreavie men's team looks like being very strong in years to come with the aim of achieving UK League status.

Not forgetting the female side (as if any female allows anyone to forget them) the club has firmly established itself in Division 4 of the UK League and has many outstanding developing young athletes, none more so than Isabel Linaker.

Fastest ever in Britain as a 13 year old over 1500 metres and getting close to breaking 2-10 for 800 metres. Phenomenal! Being carefully coached by her father John, Isabel looks like being one of the most outstanding athletes the club has ever had.

In the girl's age group, Eleanor Garden seems to break either a club or some league record every time she competes in the shot. These two youngsters along with such as Alison and Evelyn Grant (long jump/sprints) Sarah Richmond (hurdles) and the club's only senior Scottish champion this year, Lesley Adam (discus) will ensure much success for the women's track team in the future.

There has also been increasing success on the country and roads in the last few years with some of the younger athletes named earlier being very successful in the cross country and Ken Duncan, Frank Harper, Jackie Ferrari and Linda Barclay just some of the athletes making Pitreavie AAC's name better known in road racing circles.

Above, Pitreavie club coaches, from left, Robert Cherrie, Ester Linaker, John Gibson, John Linaker, Sandra Hardacre, John Wands, John Macdonald, Monica Burke, Ian Morris, Ian Drummond and George Kirk. Top, Steven Ritchie.

SCOTTISH WOMEN'S RANKINGS

100 metres
CGA = 11.45

11.71w	Janis Neilson	(EW)
11.72w	A'leenMcGillivray	(EJ)(EW)
11.8	K'leen Lithgow	(EJ)(NV)
11.8w	Morag Baxter	(EJ)(MSL)
11.9	Jocelyn Kirkby	(NSP)
11.92w	Dawn Flockhart	(EW)
12.0w	Lorraine Dick	(MSL)
12.06	Alison Thomson	(Pit)
12.12w	Lorraine Campbell	(EW)
12.3w	Andrea Jackson	(MSL)

200 metres
CGA = 23.40

23.91	Angela Baxter	(GAC)
23.97	Janis Neilson	(EW)
24.20	Dawn Kitchen	(EW)
24.3	Ruth Girvan	(EJ) (NV)
24.5	K'leen Lithgow	(EJ) (NV)
24.5	Dawn Flockhart	(EW)
24.7w	Morag Baxter	(EJ)(MSL)
24.8w	Gillian McIntyre	(MSL)
24.82	Alison Thomson	(Pit)
24.89w	Morag Todd	(MSL)

400 metres
CGA = 52.20

53.67	Dawn Kitchen	(EW)
54.71	Mary Anderson	(EAC)
54.83	Gillian McIntyre	(MSL)
55.1	Dawn Flockhart	(EW)
55.20	Patricia Devine	(EAC)
56.2	Mary McClung	(EJ)(WK)
56.42	Alison Thomson	(Pit)
56.6	Denise Knox	(EJ) (MC)
56.76	Wendy Steele	(EW)
56.81	Sarah Booth	(EW)

800 metres
CGA = 2-02.00

2-00.80	Yvonne Murray	(EAC)
2-03.43	Lynne McIntyre	(GAC)
2-04.94	Karen Hutcheson	(BH)
2-05.41	Mary Anderson	(EAC)
2-06.14	Sue Bevan	(ESL)
2-07.95	Janet Stewart	(VP)
2-08.88	Liz McColgan	(DH)
2-09.2	Rhona MacKay	(Leic)
2-09.94	Linda Smith	(EAC)
2-10.5	Laura Adam	(SNH)

1500 metres
CGA = 4-08.50

4-03.13	Yvonne Murray	(EAC)
4-08.14	Lynne McIntyre	(GAC)
4-11.33	Karen Hutcheson	(BH)
4-17.66	Laura Adam	(SNH)
4-21.45	Liz McColgan	(DH)
4-21.46	Rhona McKay	(Leic)
4-23.64	Sue Bevan	(ESL)
4-26.2	Vicki Vaughan	(Pit)
4-28.2	Isabel Linaker	(J) (Pit)
4-30.50	Carol-Anne Bartley	(GAC)

3000 metres
CGA = 9-00.00

8-38.51	Yvonne Murray	(EAC)
8-44.93	Liz McColgan	(DH)
9-00.61	Karen Hutcheson	(BH)
9-07.61	Laura Adam	(SNH)
9-22.98	Karen MacLeod	(EAC)
9-25.34	Vicki Vaughan	(Pit)
9-26.00	Sandra Branney	(GAC)
9-32.2	Sally Goldsmith	(EW)
9-32.33	Alison Harker	(EW)
9-39.0	Lynn Harding	(HH)

5000 metres

15-14.53	Liz McColgan	(DH)
16-08.15	Sandra Branney	(GAC)
16-10.98	Karen MacLeod	(EAC)
16-51.1	Linda Bain	(Ab)
16-58.56	Lynn Harding	(HH)

10,000 metres
CGA = 32-20.00

33-40.3	Sandra Branney	(GAC)
33-55.2	Karen MacLeod	(EAC)
34-00.4	Lynn Harding	(HH)
35-48.2	Celia Duncan	(AFD)
36-28.6	Julie Armstrong	(GFN)
36-42.9	Heather McDuff	(EAC)

Marathon
CGA = 2-35.00

2-31.45	Lynn Harding	(HH)
2-33.04	Sheila Catford	(L'ds)
2-35.03	Sandra Branney	(GAC)
2-43.18	Louise Van Dyck	(ESL)
2-49.08	Leslie Watson	(LO)
2-58.06	Jill Danskin	(LO)
3-00.59	E Walls	(StA)
3-01.51	Renee Murray	(Giff)
3-03.39	Karen Hancock	(Giff)
3-06.36	Margaret Stafford	(Ab)

100m Hurdles
CGA = 13.40

13.79	Jocelyn Kirkby	(NSP)
14.0	Julie Mulcock	(BN)
14.09w	M'lle McGuiness	(EJ)(MSL)
14.1w	Clare Reid	(EW)
14.33	Jane Low	(GAC)
14.58	Jayne Barnetson	(Inv)
14.87w	Clare MacIntosh	(EJ) (GAC)
14.9	Sarah Richmond	(J) (Pit)
14.9w	Elizabeth Dempsey	(EW)
15.0	Isobel Donaldson	(GAC)
15.01w	Shona Urquhart	(EW)

400m Hurdles
CGA = 58.00

60.0	Gillian McIntyre	(MSL)
60.21	Sarah Booth	(EW)
63.0	Isobel Donaldson	(GAC)
64.7	Margaret Southerdon	(Wie)
65.1	Jayne Barnetson	(Inv)
65.2	Elizabeth Dempsy	(EW)
65.3	Shona Urquhart	(EW)
65.5	Kirsty Baird	(EJ) (KO)
66.0	M'lle McGuiness	(EJ) (MSL)
66.1	Hazel Edgar	(EJ)(NV)

High Jump
CGA = 1.88m

1.91	Jayne Barnetson	(Inv)
1.78	Rhona Pinkerton	(GAC)
1.75	Caris Henderson	(EW)
1.70	Jackie Gilchrist	(Pit)
1.70	Karen Hambrook	(Ash)
1.70	Emma Lindsay	(EJ) (EW)
1.70	Nicola Murray	(GAC)
1.68	Shona Urquhart	(EW)

Long Jump
CGA = 6.40m

6.29w	Karen Hambrook	(Ash)
6.11w	Lorraine Campbell	(EW)
6.07	Janice Ainslie	(EW)
5.96	Jayne Barnetson	(Inv)
5.74w	Alyson McGregor	(EJ) (MSL)
5.72	Emma Lindsay	(EJ) (EW)
5.68	Rhona McLeod	(GAC)
5.67	Ruth Irving	(J) (Wirr)
5.63	Andrea Jackson	(MSL)
5.62	Caroline Black	(EJ) (EW)

Shot Putt
CGA = 16.25m

13.97	Mary Anderson	(EAC)
13.83	Alison Grey	(J)(EAC)
13.06	Helen Cowe	(Ab)
12.93	JM Thompson	(EJ) (Sale)
12.28	Shona Urquhart	(EW)
12.06	Andrea Rhodie	(EJ) (MSL)
12.01	Marlene Murphay	(GAC)
11.94	Rosemary Chrimes	(Hale)
11.80	Jayne Barnetson	(Inv)
11.09	Karen Neary	(EW)

Discus
CGA = 53.00m

45.08	Alison Grey	(J)(EAC)
44.50	Leslie Adams	(Pit)
43.68	Claire Cameron	(GAC)
43.68	Helen Cowe	(Ab)
43.06	Karen Neary	(EW)
41.26	Alison Hammerton	(MSL)
40.86	Rosemary Chrimes	(Hale)
40.78	Susan Freebairn	(GAC)
40.02	Mary Anderson	(EAC)
37.48	Heather MacLeod	(EJ)(Inv)

Javelin
CGA = 55.00m

49.08	Nicola Emblem	(EJ) (EW)
48.08	Shona Urquhart	(EW)
45.76	Janelle Currie	(MSL)
43.14	Jayne Barnetson	(Inv)
42.08	Karen Savill	(EAC)
41.90	Mary Anderson	(EAC)
41.04	Isobel Donaldson	(GAC)
39.78	Marlene Murphy	(GAC)
36.60	Linda Lowe	(EJ) (Ork)
37.84	Diane Sutherland	(EW)

Heptathlon
CGA = 5500

5803	Jayne Barnetson	(Inv)
5364	Shona Urquhart	(EW)
4812	Emma Lindsay (EJ)	(EW)
4700	Isobel Donaldson	(GAC)
4582	Jackie Gilchrist	(Arm)

THE summer's track and field competitions have now finished - except for the chosen few Scots who must now prepare to face the best of the Commonwealth in Auckland. All in all, it has been a very mixed season.

Comparing Scottish performances with the best in the United Kingdom, using the NUTS rankings as a yardstick, we find that our women sprinters (100,200,400) have had a lean time, with only four girls featuring in the top 20 lists. Dawn Kitchen, after a long competitive season, placed highest with eighth spot in the 400 metres.

Undoubtedly, Scotland's strength lies in the middle and long distances. Here we have Britain's undisputed No.1 at 1500m and 3000m, Yvonne Murray - a courageous Grand Prix and World Cup winner who also ranks third at 800 metres to underline her supremacy as a track competitor.

Lynne MacIntyre (11th at 800m and third at 1500m - fifth in the Commonwealth) did extremely well in a "comeback" season, while Karen Hutcheson improved to spread her talents widely with British rankings at 800m, 1500m, mile and 3000 metres. A case for more specialisation here? Mary Anderson, Liz McColgan and Laura Adam also placed in one or more UK lists.

Over the longer distances our talent again showed up well for a small nation. Karen McLeod, Lynn Harding, Sheila Catford and Sandra Branney were prominently placed - not only in the UK lists but also the Commonwealth rankings. The achievements of GAC's first veteran Sandra Branney, in our Scottish lists at no less than five events from 1500m to marathon, as well as the Commonwealth "frame" at 10,000m and marathon, are worthy of note. Again, would greater specialisation be advantageous?

Unfortunately in the hurdles, jumps and throws, the position generally is less rosy, with only a smattering of UK placings - except, that is, for the precocious talent of Jayne Barnetson! The Inverness all-rounder's high jump 1.91m is still the best by a British athlete this year, and second highest in the Commonwealth (below Australian Vanessa Ward's 1.98m); while her tremendous all-round improvement has given her a heptathlon total of 5803 points, for third in Britain and fourth in the Commonwealth behind Jane Fleming (Australia) and Kim Hagger and Judy Simpson of England.

Ian Steedman

WOMEN in SPORT

By Rhona McLeod

APART from the dismally small size of the women's athletic team which has been chosen for the Commonwealth Games, bitterness and rejection has surrounded the comment by Ewan Murray, chairman of the Commonwealth Games Council, whosaid: "We want only athletes of distinction to represent Scotland in the Games. No-one is going along for the trip."

To Dawn Kitchen, an 1986 Games athlete, and many other hopefuls who were not selected these words are scathing and hurtful. "If only he realised the time and dedication that has been invested to get to this standard. No-one would be going along just for the trip," said Dawn.

This season has been her most successful ever. "I gained my senior GB vest for the individual 400m, I was in the British 4 x 400m team and I was the 4 x 400m reserve for the Europa Cup at Gateshead. I also got a PB of 53.67 and so was running faster than ever."

Did Dawn believe she would be selected? "To be honest,I knew that if they stuck to the guidelines then I wouldn't go, but I thought if they were taking others then I would go as I really came through this year. I don't feel bitter towards the four girls who were selected but who didn't make the standards - they were selected on their Commonwealth rankings.

"If you take an event like the 400m, there might be five Canadians ahead of you in rankings, but only three of them will be able to go to the Games. That effectively brings you up the rankings - but that didn't seem to have been considered. I just feel I should have been given the chance."

I asked Dawn why she thinks such a small team is being sent. "I just don't know, I don't understand why if money's not a problem - I'm so annoyed that it might be thought we'd be going along for the trip."

And so what is the future for Dawn?

"I'll be 28 in March and so after this I'm saying to myself, will I just pack it all in, is it worth going on?"

Unfortunately, another of our most talented Scottish athletes, Angela Baxter (ne Bridgeman), did not even get near the point of being considered for selection.

Angela, like many other women in the Scottish athletic scene took up an American scholarship and studied at Brigham Young University in Utah. With a view to competing in Auckland, she organised herself to complete her finals in April and return home at the earliest point to train hard and compete in as many meetings as possible in a bid to gain selection.

All went according to plan. Angie came home and everyone remarked on how fit and strong she looked. Her first aim was to win the Scottish 200m title at Crownpoint in July. This she did, and although her time of 24.22 was not spectacular she felt that with more competitions the standard was achievable.

On August 26 her seasons plans began to crumble. "I was at a UK league match and I began to hear these rumours - 'Angie can't compete for Scotland, she isn't eligible.' It was news to me, I didn't know what they were talking about."

A phone call from Ruth Booth at last cleared up the situation. There are three criteria, one of which must be fulfilled to be eligible to compete for Scotland. These are: 1. Parentage - Angela's parents are West Indian. 2. Birthplace - Angela was born in London and moved to Scotland when she was six months old. 3. Residency - an athlete must reside in the country for the six months immediately prior to selection. Angela only managed to return home five months before selection.

You can imagine the disbelief and disappointment of this 25 year-old athlete to be told she is no longer eligible to compete for her homeland. This is an athlete who has competed for Glasgow Athletic Club all through the junior ranks; who has competed for Scotland in the previous two Commonwealth Games, winning a relay bronze in Brisbane, and has been a member of the Scottish senior team since she was 16.

Presumably the residency rule is applicable to those who might try to compete for Scotland under a flag of convenience. Angela is clearly a Scot and has invested thousands of hours and no doubt pounds over the years to compete with distinction for her country. Rules may be rules, but surely this is the exception.

Angela competeing in the 200m at the 1986 Commonwealth Games.

"I just don't understand why all this has happened this year. In 1986 I came back from the States *two weeks* before the selection date for the Edinburgh Games and I was selected for the team - no problem. I hadn't been back in the country for six months! What was I supposed to do this time - even if I had known about the six months residency rule it would have meant missing my finals and not graduating till next year to make sure I was back in Scotland on time."

Is this the kind of disruption in her life that was honestly required?

"I know that people might be saying, 'she didn't make the qualifying so she hasn't got a case.' You have to remember that I got very little opportunity to compete in the calibre of competition that would have got me the time. Once it was discovered I was ineligible, I wasn't selected for any internationals. I missed about three of them. I was running so well in training that I *know* I would have got the qualifying time for the 200m with more competitions behind me. I just didn't get a fair shot at it."

How does Angela feel now, compared to her feelings returning home from America in the early summer?

"I was excited then. I knew I was running well and I was pleased that I had got over my knee problems. I was happy to be training at home again and looking forward to a short winter training and the the Games. And now - I'm not looking for selection anymore. I'm just so disappointed that something so minor can make me miss out. I don't know what I'm going to do now about my athletics."

The whole scenario is a confusing and bitter one. Angela was brought up in Scotland, holds a British passport, and yet cannot compete for Scotland. "The irony is, I could have competed for England because I was born in London. At the WAAA's Championships, the English trials, I was fifth in the 200m. Ahead of me were Linda Keogh who doesn't want to double up events and so will miss the 200m, and Sally Ann Short who is Welsh. I could have been the third qualifier! "

And the reasons why Angela did not pick up an English vest? Because she has loyalty to Scotland and does not want to run under a flag of convenience!

Perhaps the saddest thing about these two women is not their circumstances but the confusion and despondency they both feel. Neither are sure about their future in the sport due to their rejection, and yet both are fitter than ever and have competed with distinction for their country

SCOTTISH MEN'S RANKINGS

100 METRES
CGA = 10.38

10.34w	Elliot Bunney	(ESH)
10.42w	Jamie Henderson	(ESH)
10.50w	Mark Davidson	(Ab)
10.52w	Brian Ashburn	(CAC)
10.55w	David Clark	(ESH)
10.70w	Neil Turnbull	(ESH)
10.71	Alan Doris	(EAC)
10.71w	Ewan Clark	(Pit)
10.85	Steve Shanks	(CAC)
10.85w	Rupert Williams	(Hel)

200 METRES
CGA = 20.80

21.01	David Clark	(ESH)
21.07w	Mark Davidson	(Ab)
21.47	Alan Doris	(EAC)
21.47w	Neil Turnbull	(ESH)
21.57w	Brian Whittle	(Ayr)
21.75w	Andrew Cullen	(Loth)
21.78w	Mark McMahon	(ESH)
21.81w	Craig Duncan	(Shet)
21.86	Willie Fraser	(EAC)
21.89	Jamie Henderson	(ESH)

400 METRES
CGA = 46.75

45.92	Brian Whittle	(Ayr)
46.9	Mark Davidson	(Ab)
47.67	Mark McMahon	(ESH)
48.06	Jim Nicoll	(PSH)
48.17	Andy Walker	(ESH)
48.25	David Mulheron	(Shtt)
48.8	Malcolm McPhail	(Ayr)
48.94	George Fraser	(S'll)
49.1	David Young	(B'hl)
49.2	Ian McGurk	(CAC)

800 METRES
CGA = 1-47.00

1-43.88	Tom McKean	(B'hl)
1-46.77	Brian Whittle	(Ayr)
1-47.73	David Strang	(Har)
1-48.08	Nick Smith	(Shft)
1-48.63	Allan Murray	(JWK)
1-49.5	Ian Hamer	(EAC)
1-50.8	Gary Brown	(EAC)
1-51.0	Larry Mangleshot	(NL)
1-51-07	Adrian Callan	(Spr)
1-51.1	Steve Ovett	(AD)

1500 METRES
CGA = 3-40.00

3-37.40	Steve Ovett	(Ann)
3-38.9	Ian Hamer	(EAC)
3-42.42	Tom Hanlon	(ESH)
3-43.42	Don McMillan	(EAC)
3-43.74	Larry Mangleshot	(NL)
3-44.14	Alastair Currie	(Dum)
3-45.1	Robt Cameron	(CR)
3-45.5	Hamish McInnes	(OG)
3-46.06	Adrian Callan	(Spr)
3-46.26	Nick Smith	(Shft)

5000 METRE
CGA = 13-45.00

13-39.95	Tom Hanlon	(ESH)
13-45.3	Ian Hamer	(EAC)
13-57.22	Alan Puckrin	(GG)
14-01.73	Peter McColgan	(DH)
14-03.80	Robert Quinn	(Kilb)
14-05.42	Neil Tennant	(ESH)
14-09.28	Adrian Callan	(S'bn)
14-11.00	Alastair Currie	(Dum)
14-13.27	Gary Grindlay	(ESH)
14-14.16	Robt Cameron	(CR)

10,000 METRES
CGA=28-20.00

29-22.5	Mike Carroll	(Ann)
29-33.4	Duncan McFadyen	(GG)
29-42.0	Chris Robison	(SV)
29-42.2	Alan Robson	(ESH)
29-50.2	Terry Mitchell	(Fife)
29-51.6	Tommy Murray	(GG)
30-00.6	Alas. Douglas	(VP)
30-02.6	Fraser Clyne	(Ab)
30-08.8	Alex Gilmour	(Cam)
30-28.8	Charles Haskett	(DH)

MARATHON
CGA = 2-13.00

2-12.47	Allister Hutton	(ESH)
2-16.11	Fraser Clyne	(Ab)
2-20.10	Terry Mitchell	(Fife)
2-20.37	Hamilton Cox	(GG)
2-20.57	Jim Doig	(Ab)
2-21.39	Alan Robson	(ESH)
2-21.40	Andy Daly	(Bella)
2-22.23	Chris Robison	(SV)
2-22.36	Bill Tweed	(Jer)
2-24.50	Jim Dingwall	(Hull)

110 METRES HURDLES
CGA = 14.00

14.24w	John Wallace	(N'm)
14.39w	Neil Fraser	(EAC)
14.90w	Craig Duncan	(Shet)
14.91w	Colin Hogg	(ESH)
15.07w	Duncan Mathieson	(Ab)
15.22	Paul Warrilow	(ESH)
15.26w	Iain McGillivray	(Elan)
15.34	Allan Leiper	(Ald)
15.50	Graeme Smith	(EAC)
15.51	Mark Davidson	(Ab)

400 METRES HURDLES
CGA = 51.50

50.79	Mark Davidson	(Ab)
51.95	Mark Fulton	(Sale)
52.4	Roger Harkins	(Shtt)
52.67	Malcolm McPhail	(Ayr)
53.41	David Hitchcock	(ESH)
54.06	Nick Taylor	(VP)
54.3	Gary Brown	(Pen)
55.0	StewartDempster	(ESH)
55.0	Steve Ledingham	(Ab)
55.0	Ben Thomson	(EAC)

3000 METRES STEEPLECHASE
CGA = 8-38.00

8-16.52	Tom Hanlon	(ESH)
8-44.35	Peter McColgan	(DH)
8-52.32	George Mathieson	(ESH)
9-00.50	Ian Steel	(ESH)
9-03.55	Graeme Croll	(EK)
9-10.90	Robert Carey	(Ann)
9-11.24	Ken Stirrat	(Hall)
9-14.46	Ray Cresswell	(Ab)
9-16.0	John Pentecost	(FVH)
9-16.8	Jim Orr	(Cam)

HIGH JUMP
CGA = 2.18

2.28	Geoff Parsons	(Lon)
2.18	Stephen Ritchie	(Pit)
2.11	David Barnetson	(Inv)
2.11	James Stoddart	(Bell)
2.08	Alan Scobie	(Irv)
2.05	Ben Thomson	(EAC)
2.00	Neil Robbie	(HW)
2.00	Scott Hill	(EAC)
2.00	Paul Mainwaring	(Pen)
1.98	P Forsyth	(Stew)
1.98	Duncan Mathieson	(Ab)

POLE VAULT
CGA = 5.05

4.65	Eric Fliszar	(DH)
4.61	Doug Hamilton	(ESH)
4.40	Allan Leiper	(Ald)
4.40	Iain Black	(ESH)
4.30	Donald Darroch	(DH)
4.20	Jim Johnston	(ESH)
4.20	Stuart Ryan	(G'hd)
4.20	Ian McKay	(EAC)
4.20	David McLeod	(Bella)
4.10	Andrew Wake	(Bell)
4.10	Duncan Mathieson	(Ab)

LONG JUMP
CGA = 7.60

7.34	Craig Duncan	(Shtt)
7.23	Mel Fowler	(IH)
7.11	John Scott	(EAC)
7.09	Ken MacKay	(Pit)
7.08	Duncan Mathieson	(Ab)
7.08	Brian Ashburn	(CAC)
6.94	Eric Scott	(Hel)
6.94	Ian Snowball	(EAC)
6.78	Ben Thomson	(EAC)
6.77	Richard Burnett	(MA)

TRIPLE JUMP
CGA = 16.00

15.95	Craig Duncan	(Shet)
15.09	Stuart McMillan	(DH)
14.88	David Rooney	(EAC)
14.20	Geoff Parsons	(Lon)
14.07	Neil McMenemy	(N'm)
14.04	Mel Fowler	(VP)
14.01	Russell Brown	(CAC)
13.91	Mark Craig	(CAC)
13.85	John Brierley	(WLI)
13.82	John Scott	(EAC)

SHOT PUTT
CGA = 17.50

17.78	Steve Whyte	(Lut)
14.86	Darrin Morris	(Pit)
14.78	Mark McDonald	(Dum)
14.78	Gordon Smith	(Ab)
14.27	Russell Devine	(EAC)
14.22	Steve Aitken	(DH)
14.19	Rob Smith	(EdU)
13.81	Neil Mason	(Fife)
13.58	Graeme Stark	(Roth)
13.39	Michael Jemi-Alade	(ESH)

DISCUS
CGA = 56.50

55.02	Darrin Morris	(Pit)
51.30	Michael Jemi-Alade	(ESH)
49.08	Steve Whyte	(Lut)
46.90	Mark McDonald	(Dum)
45.10	Russell Devine	(EAC)
40.64	Alex Black	(ESH)
39.38	Bruce Shepherd	(Elg)
39.00	Paul Allan	(Ab)
38.92	Doug Aitchison	(PSH)
38.64	Keith Christie	(ESH)

HAMMER
CGA = 65.00

67.82	Steve Whyte	(Lut)
58.46	Laurie Nisbet	(ESH)
57.46	Russell Devine	(EAC)
53.10	Robert Meikle	(ESH)
52.42	Andrew Hall	(Hill)
51.26	Russell Payne-Dwyer	(Bch)
50.94	David Valentine	(Cam)
50.10	David Gisbey	(ESH)
49.54	Adam Whyte	(EAC)
49.18	Alex McIntosh	(ESH)

JAVELIN
CGA = 74.00

69.20	Roddy James	(ESH)
67.44	John Guthrie	(ESH)
61.62	Stewart Maxwell	(Wirr)
57.64	Stewart McMillan	(Pit)
56.90	Adam Whyte	(EAC)
56.50	Alex Black	(ESH)
56.02	Alas. Robertson	(Med)
55.46	J Grant	(Lor)
55.38	Finlay Hunter	(EAC)
54.10	Alex McIntosh	(ESH)

DECATHLON
CGA = 7100

7144	Duncan Mathieson	(Ab)
6593w	Callum Orr	(EAC)
6563	Stewart McMillan	(Pit)
6560	Paul Allan	(Ab)
6441	Allan Leiper	(Ald)
5533	Michael Mather	(Shaft)
5468	Adam Anderson	(Nith)
5340	James Malcolm	(Loth)
5235	John Culshaw	(Tam)

AS USUAL, in a review of performances there are good points and bad. In 1989, Tom McKean and Tom Hanlon both established themselves on the world scene, and they were two of six athletes to set Scottish national records, along with Mark Davidson (400H), Geoff Parsons (HJ), Roddy James (JT) and Duncan Mathieson (Dec).

Great promise is shown in the high jump where four athletes have burst into the all-time top 10, three of them still in the junior ranks. The pole vault, while not making advances at the top, is building up a healthier depth with 15 athletes now vaulting 4 metres.

The standard in the distance events is poor, however. From the 1500 metres, where only one home-based Scot (Hanlon) can make the top 10, to the 10,000 metres, there appears to be no Scot capable of a serious challenge in the UK Champs, let alone Christchurch. And the least said about the discus the better, where only five Scots can make the UK top 100.

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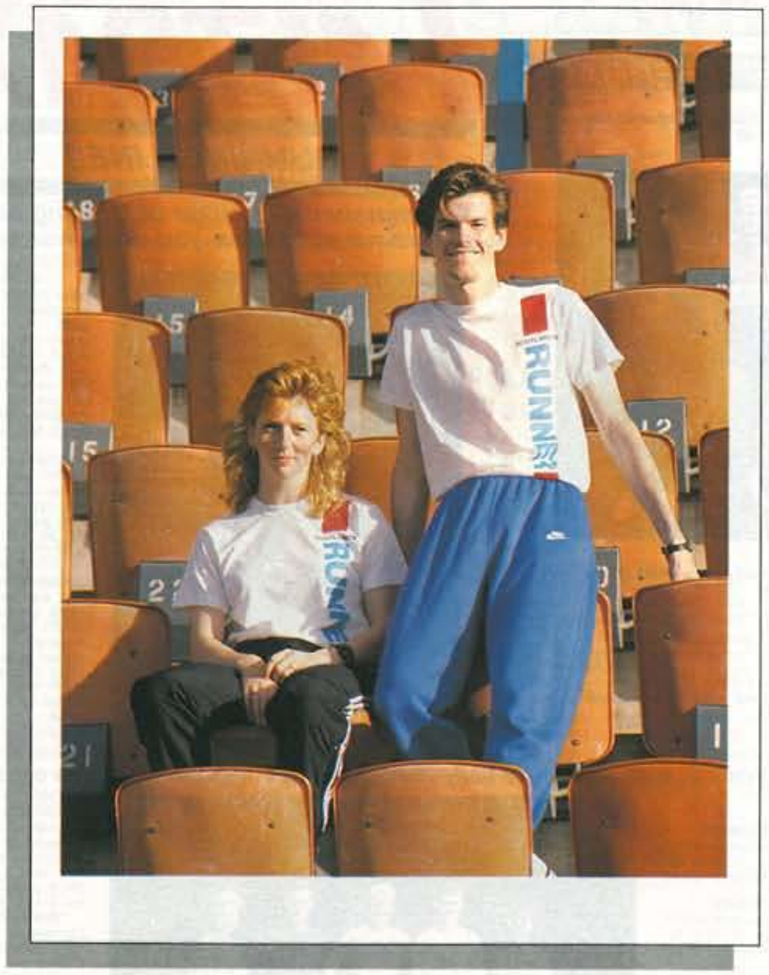

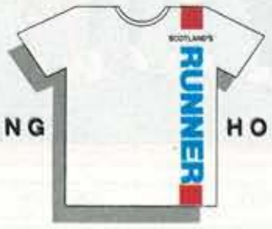

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EQUIPMENT SUPPLIERS TO SPORT

Bathgate's new indoor track - the first of its kind in Europe!

Suse Coon reports onthe latest addition to West Lothian's sporting facilities.

NOVEMBER 4 is the provisional date for the opening of Bathgate's exciting new sports complex. The centre, located in Balbardie Park of Peace, comprises a prestigious sports centre and the innovative 140m x 20m "Rubb" building, donated by the Rover group. This houses Europe's first indoor 13-lane 100m sprint track, along with high jump and pole vault facilities. Complementing the Park's existing Spiketop decathlon area and 200m bend and the full sized tartan track at Craigwood in Livingston, this will give West Lothian's athletes unrivalled facilities.

Although not to be a major competitive centre, SAAA secretary Bob Greenoak described it as: "An absolutely fantastic centre, the best in Europe, and a great back up training facility for the Kelvin Hall".

International sprinter Elliot Bunny has trained at Balbardie for years. "It'll be great winter training for me," he said. "Somewhere warm and dry and just round the corner!"

The days when this area was a spoil heap are long gone, if not forgotten. In 1980, West Lothian District Council created the Park of Peace with a Par 3 golf course and football pitches. These were followed with a BMX track and play areas, and in 1984 with the athletics area.

In 1987, when Leyland Trucks closed down, the Rubb building, a double-skinned PVC covered canvas construction "tent" was offered to the local community. A feasibility study was undertaken, which indicated the linking of the building with a proposed sports centre and a covenant taken out to cover the estimated £1.7 million cost of relocating the Rubb building and constructing the new centre.

Because of the instability of the ground, there was only one suitable location for the proposed complex. This involved siting the buildings in a prominent spot, adjacent to the Belvadere housing scheme. Another problem was that the established and popular BMX track had to be relocated along with the old play area.

But that's history!

You feel very small on the first entering of the vast pale yellow arched tunnel of the double skinned building.

"There are four playing hall areas," centre manager Mike McGhee told me proudly, "each approximately 32 metres by 18 metres. Although primarily an athletics facility, we can also accommodate cricket, archery, hockey, volleyball, indoor, tennis, badminton, five-a-side football and almost anything else anyone cares to put to us."

Assistant manager Gillian Boyce explained, "The Spiketop base is ideal for athletics and the play top gives it a spongier feel which makes it good for racquet sports."

Elliot Bunney who is looking forward to "warm and dry" training conditions this winter.

Mike again, "Extra high lux lighting is on hand for the archery, which will also help television cameras, when necessary. There are facilities for senior and junior long jump and triple jump, as well as high jump and pole vault, and we can accommodate both standard and new poles."

For serious work-outs, a high tech room is available, where you can exercise on bio-cycles, rowing machines and bio-climbers with video displays. And if this isn't enough, you can move on to the Olympic weights room, where a variety of loose weights and conditioning equipment can be found.

"The idea is that some of this equipment is aimed specifically towards athletes - the multi hip exerciser and others to cover the full range of body muscle groups. Our staff will be trained in the use of this equipment and we can make up personal fitness programmes to suit, keeping the information in personal booklets. Anyone using this equipment must satisfy us that they're fit enough and knowledgeable enough to use it safely. Organised groups can use the whole suite under the supervision of their own coach. We've looked at different market segments and can come up with different packages to fit," says Mike McGhee.

The disabled are well-catered for too. Entrance to both the Rubb building and the sports centre is suitable for wheelchair access, and programmes for the disabled will be put on through Special Olympics manager David Hammond.

Mike has had a number of enquiries from local - and not so local - clubs, but as yet the programming is not complete. There will be open evenings beginning on October 30 for clubs and business organisations to come and see the facilities. The key word is flexibility. As regards athletics, there will be two open evenings per week and it's hoped to keep at least part of the track free at any time for hire by clubs.

There will be off-peak times when all the rates wil! be reduced to encourage the unemployed and schoolchildren. We'll be housing two open sprint meetings before

the end of the year, as well as the Lothian Schools Badminton Championships, Scottish Highland Dance Championships, Scottish Short Tennis Championships and an archery competition with a 'come and try it' element".

All the local schools have been contacted and shown round the facility. "We'll welcome them with open arms," enthused Mike. Compared with other activities, athletics is unbelievably cheap. Forty pence for a child for a three hour session! That must be the greatest bargain around.

"This is a tremendous facility", he added. "It's going to raise the standard of sport in West Lothian very much. In the last ten years, the district council has been very involved in that." Indeed, Bathgate AAC boasts five Scottish champions.

But not only local athletes will benefit.

David Lease explains, "Its advantages are quite special because athletes can run the full length of their event up to 110m hurdles, which they can't do anywhere else. (Bathgate has a 28m run-off.) For some athletes it's like outdoor running under cover.

"Secondly, it's combined with a sports centre so that the athletes can go straight from weight training to the track. For power athletes, that's essential. Also, there's a nice park and decathlon area so it's as complete a facility as you get anywhere. Anyone who feels they need the full 400m track can take the 10 minute trip down the motorway to Craigswood."

The rest of the complex is very broadly based, with cafeteria and bar facilities, a 5-lane indoor bowling rink, a VIP committee room with full conference facilities, up-market childsplay area which will be staffed for five hours a day, and a large general purpose hall, suitable for activities such as toddlers gymnastics, aerobics, or arts and crafts usage. Already an arts development officer is in post and has plans for face painting, puppet shows and other activities.

Balbardie Park of Peace is quite a sporting facility in other ways too. The international BMX track was relaunched six weeks ago. There is a popular Par 3 golf course, a synthetic turfed football pitch in the amphitheatre and jogging trails around the park. Aptly for the park, the Sri Chinmoy Mile Group have mapped their third peace mile (the other two being in Glasgow and Edinburgh) which will soon be marked out.

Bob Greenoak says, "Its success as an athletics facility will depend on how West Lothian project it and encourage people to come. Most of these indoor centres can pack five-a-side all day. Finding a compromise is difficult."

Gillian's response: "Mike and I have a lot of work to do in marketing the complex, but the building's there and the standard is fantastic."

Mike agreed. "It has to be successful, both for the public and for the district council. If it's successful, it leads the way to even bigger projects in the future."

"Dreaming of preparing for the Commonwealth Games on an indoor 100m track!"

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BRITAIN'S LONGEST STRAIGHT INDOOR ATHLETICS TRACK

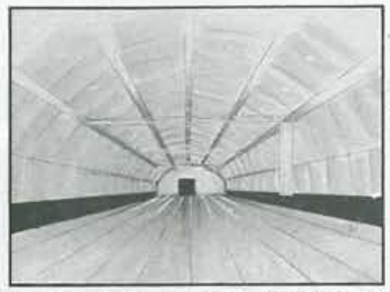
THE Charles Lawrence Scotland Arena, which forms the main feature of the new Bathgate Sports Centre opening on October 27, is described by Scotland's national athletics coach, David Lease, as realising one of his dreams for Scottish athletics - a covered track that will allow athletes to continue their outdoor training indoors to exactly the same standards, but freed from the distractions and the injury dangers of Scotland's winter wind and weather.

Unlike all other indoor facilities in Scotland, the new arena's use is hardly limited by length or height. The synthetic-surfaced area is 130 metres long and 20 metres wide, with 13 standard sprint lanes marked out and spectator alleys each side. The building's central height of nine metres is ample for pole vaulters of international standard, and it is wide enough for high jumpers.

Two pole-vault boxes and separate long-jump and triple-jump pits are included in the run-out area at one end of the track, and when the full track is being used for sprinting are covered with boards coated with the synthetic track material.

The synthetic sports-surface specialists Charles Lawrence Scotland Ltd, who have given their name to the arena under a three year sponsorship arrangement, developed a new version of their outdoor "Spiketop" athletics surface for this application. It combines the firm granular-rubber base of the outdoor surface for this application. It combines the fine-grain spray-coat that allows the arena to be used for other sports too - as the economics of running a community sports centre demand.

For athletes, it provides the firmness they need for speed, while being rather kinder to joints, as befits what is primarily a training track. For players of 5-a-side football, hockey, volleyball, badminton and tennis, it allows repeated twisting and turning without injury and (for those that need it) provides true bounce.



An artists impression of the "Rubb" sports arena.

All the athletics hardware, as well as that for ten other sports to be played at the Bathgate Sports Centre, and all the equipment for the weight-training and physical conditioning rooms, has been supplied by the Charles Lawrence associated company Cardinal Sports Ltd.

The new arena is believed to be the longest indoor track in Britain with a proper athletics surface. It is suitable for competitive sprinting at all distances up to 110 metres hurdles, and will be used for races occasionally; but it is seen primarily as a training venue, complementing the indoor oval tracks at Glasgow's Kelvin Hall and Edinburgh's Meadowbank. The site at Bathgate, midway between Edinburgh and Glasgow and adjacent to the M8 motorway, is readily accessible for the whole of Scotland's central belt.

David Lease plans to use the arena regularly for training Scotland's national Junior squad, and it will also prove an ideal learning environment for training the next generation of coaches, vital to the future of Scottish athletics. An education course for more than 40 coaches is one of the arena's first bookings.

The arena is expected to be in hot demand for training Scotland's Commonwealth Games squad during November and December, when the Kelvin Hall track is closed in preparation for the European Indoor Championships next March.

West Lothian District Council have a history of innovative boldness in their choice of sports facilities. In 1985 they were the first in Britain to adopt Charles Lawrence's patented "Spiketop Decathlon" concept for the outdoor training track at Bathgate. The aim of the "Decathlon" is to pack the most action into the least space at a cost typically one-third that of a complete 400-metre track.

The track consists of a 110-metre and a 60-metre straight connected by a curve, and with the smaller straight doubling as a runaway for long jump, triple jump and pole vault. In the angle, and all usable simultaneously, are a high-jump fan, shot circle, hammer and discus cage and javelin runway.

The "Spiketop Decathlon" is constructed to full IAAF standards, and although primarily intended for training allows serious competition in ten events (hence its name). It can either be expanded into a full track later when funds permit, or can be built where there is no room for a full track.

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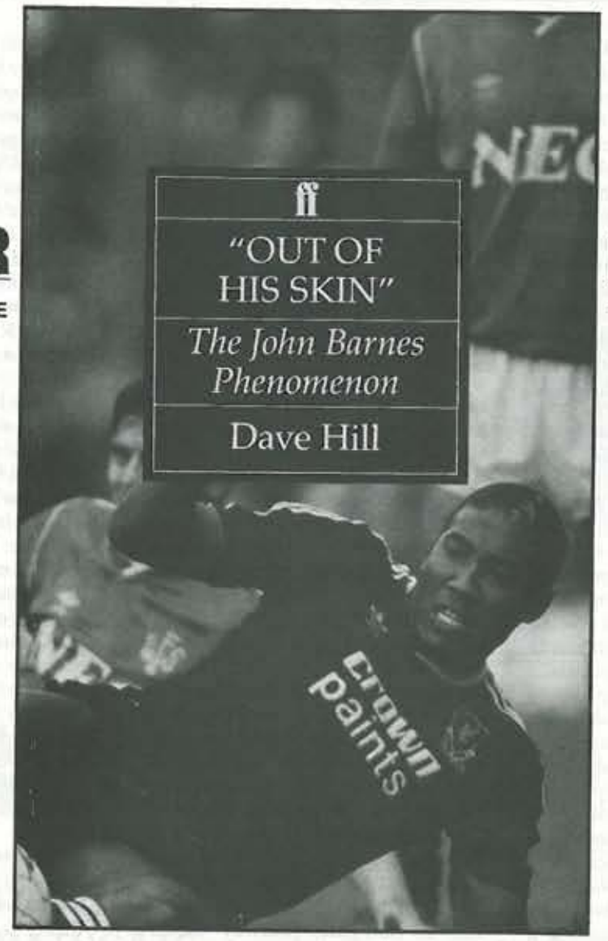

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Peter McColgan's Country

Have you ever heard the one about the Irishman who went to America and became a Scotsman?

By James Allan

IT'S hard to believe, but Peter McColgan wasn't an Irish boy wonder of athletics. He didn't even run competitively until he was in secondary school. Peter attended the Christian Brothers school in Omagh, and it was there he took his first fast steps in the running world.

"We'd do three mile runs in PE once in a while. Then there was school sports day and the like. I never actually joined a running club until I was 17," he says.

Peter seems to have drifted into running, but even on the strength of these infrequent three milers he had an inkling of where his future lay.

"I always felt I was more suited to longer distances. But bar school sports days and the odd fun run I did no races. Nobody ever said to me you've 'X' amount of talent, come and join a club.

"In our area very few teenagers wanted to run - they wanted to do anything bar run, go out and enjoy themselves. So training sessions at the club were just a few youngsters and myself. We had no coach as such. It was just people connected with the club that watched over track sessions. It was a pretty loose arrangement. We would do the usual 400, 600, 1000 reps."

He's the first to admit his training wasn't that structured at this stage. A Tuesday track session would take him through to the Thursday one, and sometimes he wouldn't train again till the following Tuesday if he couldn't be bothered. Peter had obvious natural talent but he wasn't channelling it properly.

Then there came a change in Peter's life when he left school and started work in the local tax office. This led to him meeting Malcolm McCausland, a talented local coach who also worked there. He took Peter under his wing and began coaching him.

The improvement in Peter's ability was dramatic. The running was always there; he just hadn't had anyone around to bring it out of him.

Under Malcolm, Peter took to the track and began performing well. He finished second and third in 1980 and 1981 in the Northern Ireland 3,000 metres junior championships. He also showed up well in local road and country races. Peter is modest about his youthful achievements, but he does remember running 4-01.1 for 1500.

Greater things were to come however. In 1982 Peter McColgan was a name up at the front in all the local cross-country races. It was all part of his gradual build-up to the Northern Ireland junior cross-country championships. He finished second on that important day and was on the plane for Rome and the World CC Championships, where he finished 74th. The experience obviously made a tremendous impression

on him, and he still has a postcard with the signatures of such greats as Miruts Yifter, Alberto Salazar and Kedir on it in his scrapbook.

Peter finished 1982 ranked fourth in the British junior lists for the 3,000 steeplechase. Steeplechasing was something that he always felt well suited to.

"I'd always enjoyed jumping over things. I remember when I was younger I'd always jump over walls between the houses in our street. I'd never need to put my hands on the walls, I'd just hurdle them so I suppose I was quite a natural hurdler."

Peter worked his way through early 1983 in the tax office and on the roads and country of his native Ireland. The hard slog paid off handsomely when he made the World CC Champs again, this time as a member of the senior team. Peter didn't manage to join Bekele Debele and Carlos Lopes intime for their frantic dash for the line, but he did finish up as first Northern Irish man home. He was pleased with that and with his first senior vest.

Now that he was in the men's rank Peter was acutely aware that he had to produce man-sized times. He didn't disappoint. He set about reshaping his track times with a vengeance. By the end of the summer he was down to 3-46 for 1500 and 8-16 for 3000. Add a 9-03 for the 3000 metres steeplechase in the Scottish Championships, and one Peter McColgan was starting to fulfil his promise.

The next decision he was about to make was all about fulfilling his promise and maximising his potential.

"A coach from the Sparta Club in Derry phoned and said he could get me across to the states if I wanted. I said yes, so a coach in America got my number. He phoned me at two in the morning, I well remember. Within 10 days myself and my clubmate David O'Hara were away."

It was a giant-sized step for two Irishmen, this resettlement in America. "I was quite apprehensive about leaving home, my work and my family. It made it easier going with David. He was dead keen on going across."

The pair were soon in the thick of it in their new environment. But not everything was to their liking.

"We had a coach for our team. We had to call him "coach" all the time which was a bit funny. Our basic day went like this. You'd get up in the morning, do a three mile run round the golf course at about 8 o'clock, then have a bit of breakfast, then go to class from 9 to 12 or 1. I was just doing a general requirement education, you do that before you start specialising."

The school Peter was at was Rick's Junior College, in Ricksburgh, Idaho. The first thing the lad had to contend with was the weather.

"The temperatures were so extreme out there. We arrived on the 19th of September, by the 21st there was a foot of snow. Sometimes the temperature would drop to 20 below.

Other things weren't so hard to take to.

"I enjoyed the fast food. I'm not a fussy eater anyway. But we had no social life. The school was run by Mormons and we were treated like wee kids. It was bed at

ten, and people actually came round and checked you were in your bed. You had to wear your hair short and you couldn't drink tea or coffee because it had caffeine in it. Alcohol was out - definitely no alcohol."

Even if some of these things were a bit hard to take, Peter had discovered one light on the horizon in the slim shape of a pretty Scots miss. He and Liz Lynch had fallen together because they were both strangers in a strange land. It wasn't long before their relationship became a bit more meaningful.

They were both running well under this new regime. The indoor season was a peculiar highlight for the pair.

"I'd never run indoors before. In fact I'd barely seen an indoor track. But out there you had to run indoors pretty much all the time, certainly for your track work. I remember once doing road reps in 60o below. It was just a dry coldness. I had on three layers and when I finished I looked like an old man. I was so frozen up you could have snapped my eyelashes or my hair clean off."

The danger of going bald apart, Peter was adapting well to his new life. He returned home to Ireland in the summer of 1984, having finished his junior year and come to an important decision. He and Liz would change colleges.

So come September 1984 the pair were back in America, this time in Alabama at their Senior College. Peter was to spend the next few years there but it was to take him until 1985 before he felt he was improving again.

"I started getting better, I'd got into a routine. Training with the boys, going to classes, then training again with the team at 3 o'clock. I was training consistently and not missing any days. I had lots of races as well which suited me as I like competing. They didn't force us. Our coach looked after us. I remember doing the indoor championships and running the heats of the mile, then two hours later doing the final of the two miles. The next day I'd do the final of the mile followed a couple of hours later by the mile leg of the medley relay. I was averaging 70 miles a week with two or three track sessions, depending on what races I had."

It certainly paid off for Peter, as by the end of 1985 he'd got his steeplechase personal best down to a highly respectable 8-42. Now he was operating in a rather classy neighbourhood. He was also ranked fourth in the US for the indoor 3000, two seconds behind Doug Padilla and some three seconds ahead of such names as Sydney Maree and Yobes Ondieki.

But if 1985 had been memorable, then 1986 was to outdo it in every sense.

In early '86, Liz Lynch was to fall out with the college in a stupid row over winnings in an race.

"Liz was done for making money on the roads. It was just their stupid rules.

"Eventually they sacked the coach and asked her to come back. But they'd done her favour telling her to get lost because she was over here running well."

And how! She was running so well that she ran away with the Commonwealth 10,000 title that glorious afternoon in Edinburgh. What with that fabulous victory and the twosome getting engaged it would be easy to forget Peter's achievements for the year. Which would be unfair, for not only did he improve on all his track pb's but he finished a wonderful 2nd to Olympic steeplechase champion Julius Korir in the NCAA Steeplechase. It was Peter's proudest moment - that and breaking four minutes for the mile the same year.

Sadly he didn't have the fantastic Games that his new fiancee did, although being disappointed with seventh place in the Commonwealth steeplechase final showed how high he now set his sights.

In late '86 he was a man in a quandary.

Left: The now familiar sight of Peter running in the Dundee Hawkhill Harriers vest.

"I realised that I wasn't bothered about Alabama anymore because the coach wasn't there and Liz wasn't there. It was completely different, but I stuck it out to Christmas."

He made up his mind over the festive period that he wasn't wanting to go back Stateside. And it wasn't long before a letter was winging its way across the Atlantic.

"Dear Coach,

"I'm not coming back . . . "

So Peter and Liz were together in Scotland. Much of their year was spent getting ready for their forthcoming wedding. In the less romantic world of running, Liz's career was going from strength to strength as she powered her way to the very top. Sadly, Peter's career wasn't quite in the same ascendancy. He couldn't quite recapture the stunning form he had in the States. Peter was to race frequently for his adopted club Dundee Hawkhill Harriers, but his results were up and down like a yo-yo. He would have great runs in the likes of the E to G, and then struggle to complete a mid week track session.

It was obvious that something was wrong but it wasn't until the following year that Peter started to get to the bottom of his problem. He went to get tests done - he had blood tests, breathing tests, test tests . . . You name it, he got it. But nothing really was definitely proved. It was obvious he had some sort of viral problem holding him back. It was a horrible position for an ambitious international athlete to be in. Peter would get himself into shape and then for no apparent reason he would struggle to complete a training jog. This pattern continued for the year and into this start of the current one.

Peter got so down about the whole thing that he contemplated packing the whole lot in.

"The main reason was Liz was running so well and I was running terrible and making excuses. I couldn't help feeling it looked bad."

Thankfully thoughts like that don't get much time to stay in Mr McColgan's head - mainly due to Mrs McColgan!

Liz always says I've far more natural talent than her. She says I'm lazy and goes mad at me."

Peter is the first to admit that having such a famous and talented wife can work against your own ambitions, but he also fully appreciates her motivating influence.

"She's so into it. It's so natural to get up in the morning and go for a run with her."

Happily, in the season past Peter was showing the odd sign of a return to his former form. Unfortunately his lack of a solid winter background let him down at the crucial championship races. Recently he's been training hard for a serious winter campaign getting ready for his prospective place in the Irish team at Auckland in the Commonwealth Games. Sure, he hadn't quite done the qualifying standard but he was a seasoned international, surely they'd give him a place?

In the well publicised events of the last few weeks you will no doubt have read that Peter McColgan was not one of the names selected in Northern Ireland's Commonwealth Games team. The story is that seven athletes had attained the required standard for their events. The Irish selectors decided they would take a further three. Peter was not one of the crucial three. The news was broken to him by fellow Irish international, Mark Kirk.

"Mark phoned me and told me he'd heard I wasn't in the team. I couldn't believe it. I was shocked and saddened. I was almost in tears."

Peter wasn't being a prima donna by any means. The place that could, and almost should, have been his by rights was taken by a woman 1500 metre runner, ranked only 20th in the UK!

The next morning, Sunday, September 17, Peter McColgan made a momentous decision. With two letters, he resigned from the Irish AAA and applied to join the Scottish AAA. He has been told that he will be considered for Scottish selection after the Games.

"I don't know what the Irish selectors were thinking about. They obviously think I'm a spent force but I'm not, and I'll prove it.

"I'm not bitter, just sad. I know all the Irish selectors and I've always had good words for them.

Strangely enough, being ignored by his own country may turn out to be a blessing in disguise for Peter. By his own admission he sometimes lacks dedication. That's changed now following recent events.

"I'm highly motivated to give it a good go. My injuries and illness are away. I've been doing a good 70 miles a week recently and I'll keep that up to Christmas. My aim is for the European Indoors."

"I'm confident that I'll be running for Scotland really soon. I'm happy with my decision and Liz has backed me all the way."

We Scots are perhaps the lucky ones, for we seem to have adopted a real patriot.

"I'm definitely getting a kilt, I'll be a real Scotsman, you wait and see. Ha-ha!"

It looks like Northern Ireland's loss will be Scotland's gain, for the way Peter McColgan is feeling he's got more than a few things to prove. And I think he'll do it.

Typical winter training week

Sunday: (am) Track or road session or long run; **(pm)** 4 x 1000m in 2.35, 5 minutes recovery.
Monday: (am) 5 miles steady: **(pm)** 20 min fartlek.
Tuesday: (am) 5 miles steady: **(pm)** Track or road (4 x 600 in 90 sec, 5 minutes recovery).
Wednesday: (am) 5 miles steady; **(pm)** 7 to 10 steady.
Thursday: (am) 5 miles steady; **(pm)** Track or road (8 x 300 in 43/44, 3 minutes recovery).
Friday: (am) 5 miles steady; **(pm)** 6 mile stepping stones (5 min mile, 6 min mile x 3).
Saturday: (am) 5 mile steady; **(pm)** Race or steady 7 miles.

In winter, reps are sometimed done on the road. In summer they're always on the track. These are standard sessions for the year but are done *flat out* in summer.

JUNIOR, YOUTHS, AND SENIOR BOYS RANKINGS

Juniors

100m

10.52w	B Ashburn	(CAC)
10.86w	B Connell	(CR)
10.9w	C di Rollo	(GHS)
10.92w	S May	(Har)

200m

21.2w	B Ashburn	(CAC)
22.03	S May	(Har)
22.10	S Shaw	(EAC)
22.10	B Connell	(CR)

400m

49.2	I McGurk	(CAC)
49.28	I Cumming	(Pit)
49.8	S Kay	(ESH)
50.2	G Cook	(DHH)

800m

1-52.2	I Cumming	(Pit)
1-52.3	J Divers	(CAC)
1-53.5	G Stewart	(CAC)
1-53.6	A McBeth	(EK)

1500m

3-51.41	I Gillespie	(CAC)
3-53.2	A McBeth	(EK)
3-55.91	F McGowan	(VP)
3-59.4	D Tune	(Hull)

5000m

14-27.12	M Campbell	(CAC)
15-10.13	M McCartney	(EAC)
15-13.4	J Moodie	(Pit)
15-16.72	S Rankin	(PVH)

2000m s/chase

6-00.5	K Stirrat	(Ox U)
6-02.66	S Wright	(Ab)
6-04.78	J Moodie	(Pit)
6-18.2	A Thain (Y)	(DSMC)

3000m s/chase

9-15.5	K Stirrat	(Ox U)
9-27.0	D Tune	(Hull)
9-28.13	J Moodie	(Pit)
9-29.2	F McGowan	(VP)

110m hurdles

14.86	I McGillivary	(Elan)
15.03	P Warrillow	(ESH)
15.3	G Smith	(EAC)
15.41	N Taylor	(VP)

400m hurdles

54.06	N Taylor	(VP)
56.1	T Nimmo	(PVH)
56.1	P Allan	(Ab)
57.3	D Macrae	(MCS)

High jump

2.18	S Ritchie	(Pit)
2.11	D Barnetson	(IH)
2.11	J Stoddart	(Bell)
1.95	D Parrot	(KO)

Pole vault

4.40	I Black	(ESH)
3.80	A Anderson	(Nith)
3.70	I Winning	(Pen)
3.40	K McDowall	(EK)

Long jump

7.08	B Ashburn	(CAC)
6.77	R Burnett	(Mid A)
6.76	B Whyte	(EU)
6.61	M Hamill	(CAC)

Triple jump

13.68	P Allan	(Ab)
13.29	B Whyte	(EU)
12.99	R Burnett	(Mid A)
12.71	A Welch	(Ban)

Shot putt

14.53	N Mason	(Fife)
14.31	R Baird(Y)	(PVH)
14.24	P Allan	(Ab)
13.73	L Carter	(CH)

Discus

42.26	P Allan	(Ab)
40.52	R Baird(Y)	(PVH)
40.46	N Elliot	(Hel)
40.36	D Allan	(IH)

Hammer

48.84	D Allan	(IH)
41-04	L Carter	(CH)
40.74	S Irvine	(MCS)
40.72	D Minty(Y)	(Pet)

Javelin

55.46	J Grant	(Lor)
52.74	N Fearnley	(Glen)
51.96	G Dingwall	(Shett)
50.54	B Hill	(Cam)

Pentathlon

3264	E Scott (Y)	(Hel)
2869	M McVie	(Eac)
2737	D Hathway	(GWC)
2731	P Crawford	(PSH)

Decathlon

6243	P Allan (Ab)	
5802w	I Black	(ESH)
5553w	A Anderson	(Nith)
4523	N Elliot	(Hel)

Youths

100m

10.7w	D Galloway	(Ayr)
11.08	R Slater	(Dun)
11.1w	C Allan	(IH)
11.15	P Kennedy	(EAC)

200m

22.1	D Galloway	(Ayr)
22.53w	P Kennedy	(EAC)
22.56	D Clelland	(Forth)
22.6	A Carnie	(Ab)
22.6	R Slater	(Dun)

400m

49.51	G Purves	(BH)
49.8	D Galloway	(Ayr)
50.04	P Kennedy	(EAC)
51.2	I Murray	(IH)

800m

1-53.4	J McFadyen	(GGH)
1-57.44	J Gill	(CH)
1-55.6	G Reid	(JWK)
1-57.2	A Cameron	(Bella)

1500m

3-56.4	G Reid	(JWK)
4-01.1	G Graham	(VP)
4-04.7	G Hart	(S'brn)
4-04.8	F McNeill	(Leeds)

3000m

8-46.5	N Freer	(CAC)
8-51.2	G Reid	(JWK)
8-58.0	M McBeth	(Cam)
9-02.7	E McCafferty	(Cam)

1500m s/chase

4-33.01	M McBeth	Cam)
4-34.2	D Hards	(IH)
4-38.6	S Burch	(Pit)
4-45.8	D Whiffen	(Nith)

2000m s/chase

6-13.25	A Thain	(CAC)
6-15.3	M McBeth	(Camb)
6-21.3	E McCafferty	(Cam)
6-23.00	D Hards	(IH)

100m hurdles

14.12	K Milligan	(DSMC)
14.2	P Simpson	(Pit)
14.3	M Lor'n-Smith	(IH)
14.3	S McGeoch	(Kilb)

400m hurdles

56.08	A Paisley	(Pit)
57.4	I Murray	(IH)
58.3	I Dickie	(Ayr)
58.3	D Wight	(EAC)
59.1	D hards	(IH)

High jump

2.00	S Hill	(EAC)
1.95	S Whyte	(Gola)
1.92	R Johnston	(Shett)
1.90	J Allan	(CH)

Pole vault

3.60	J Grant	(Las)
3.20	D Fitzgerald	(Pit)
3.00	S Gibson	(CH)
2.81	G Monaghan	(QVS)

Long jump

6.94	E Scott	(Hel)
6.45	D Galloway	(Ayr)
6.44	I Paget	(Kils)
6.44	M Craig	(St Al)

Triple jump

13.91	M Craig	(StAl)
13.47	S McGeoch	(Kilb)
13.32	S Waugh	(Camb)
12.98	S Whyte	(Gola)

Shot putt

13.95	O Ev't-St'man	(Gord)
13.64	K Gordon	(Pit)
13.61	P Beaton	(Pit)
13.55	J Grundy	(Hel)

Discus

41.40	R Baird	(PVH)
41.32	K Gordon	(Pit)
40.06	J Grundy	(Hel)
38.84	E Nicoll	(EAC)

Hammer

47.88	S Bunker	(Hel)
40.16	D Minty	(Peter)
33.04	J Grundy	(Hel)
30.80	R Baird	(PVH)

Javelin

47.78	E Scott	(Hel)
47.42	C McAulay	(Glen)
47.14	M Wishart	(EAC)
46.16	S Petrie	(DHH)

Pentathlon

3064	I Dickie	(Ayr)
3049	G Graham	(VP)
2976	D Stephen	(Pet)
2871	I Paget	(Kils)

Senior Boys

100m

11.0	C Joiner	(Pit)
11.3	E Campbell	(Cam)
11.5w	A Campbell	(IH)
11.7w	E Dale	(Glam)

200m

22.72w	C Joiner	(Pit)
23.6	E Dale	(GIAC)
23.78	S Moir	(Ayr)
23.9	D Reid	(BH)

400m

52.06	C Young	(CAC)
52.15	A O'Hare	(CAC)
53.4	R Wilson	(CR)
53.6	C Joiner	(Pit)

800m

1-58.10	C Young	(CAC)
1-59.3	I Forbes	(Ston)
1-59.6	A O'Hare	(CAC)
2-02.0	J Thomson	(CH)
2-02.18	M Dobbin	(Bath)

1500m

4-14.39	M Kelso	(Pit)
4-16.1	A Moonie	(Fife)
4-18.72	M McLaughlin	(Cam)
4-19.3	M McIlwraith	(West)

1500m s/chase

4-33.33	M Kelso	(Pit)
4-36.7	D Whiffen	(Nith)
4-37.0	I Murdoch	(Ayr)
4-43.8	D Smith	(ESH)

80m hurdles

11.88w	I Lind	(Ab)
12.0	D Brown	(IH)
12.02w	S Dillon	(BI)
12.3	I Hamilton	(GreH)

400m hurdles

64.1	D Galloway	(C'hd)
64.6	J Gooding	(Ran)
65.2	R Harding	(EAC)
66.1	S Ronald	(C'hd)

High jump

1.89	G Woods	(Cam)
1.80	I Lind	(Ab)
1.75	K Bremner	(Gol)
1.73	A Malcolm	(EAC)

Long jump

5.85	C Burns	(Ork)
5.79	P Williamson	(IH)
5.75	D Reid	(BH)
5.75	I Lind	(Ab)

Triple jump

11.98	S Milne	(Nth)
11.97	J Wright	(Bell)
11.76	D MacPhee	(D'wl)
11.74	G McGuire	(Bell)

Pole Vault

2.70	R Craig	(StAl)
2.60	M Liu	(EAC)
2.50	A Wood	(QVS)
2.50	M Vidler	(EAC)
2.50	P Nyhlin	(ESH)

Shot putt

13.91	I Love	(Pen)
12.99	A Possee	(Dunf)
12.76	A McKenzie	(IH)
12.28	R Holmes	(Hel)

Discus

40.66	K McCann	(MCS)
37.06	C Joiner	(Pit)
35.62	R Holmes	(Hel)
34.30	I Love	(Pen))

Hammer

49.26	G Easson	(Tay)
36.94	K McCann	(MCS)
36.64	S Gardner	(QVS)
31.50	R Hyslop	(Gala)

Javelin

45.98	H James	(Mon)
43.68	D Smith	(L&L)
41.18	A Possee	(Dmf)
39.72	R Holmes	(Hel)

Pentathlon

2711	D Brown	(IRA)
2703	D MacPhee	(D'wl)
2521	J Wright	(W'fd)
2462	J Cook	(Ban)

THE latest changes in rankings come from the inter-district match at Grangemouth. The number of personal bests achieved by young athletes in this fascinating meeting suggests that more competition could raise standards.

Yet this surely does not apply to those involved in the various successful leagues now operating. They probably have as much as they can manage in terms of competition and of travel costs etc.

It is all the others who miss out, and club officials and coaches should perhaps take more notice of the many open graded meetings now in existence which can provide experience and stimulus to better things!

Happily the lists already show many fine performances. Athletes like Brian Ashburn, Paul Allan and Ian Black leave most seniors trailing, and the top *three* high jumpers have only Geoff Parsons to catch!

Jeff Carter

IDEAL weather conditions added to the success of the 1989 Thomas Cook Great Scottish Run as Glasgow once again experienced the excitement and festivities of thousands of runners taking to the streets. A total of 3,433 runners completed the 25km course raising tens of thousands of pounds for charities along the way.

Nick Rose was the race-winner, closely contested by Dave Lewis. For Rose at 38, the victory was sweet - as he said, "it was nice to beat the youngsters!" He collected the first prize of £1500 and a Mini City car.

The first woman home was Veronique Marot, beating the rest of the female contingent by over five minutes.

Race director Bob Dalgleish has already confirmed that next year's race will take place on September 30.

Photographs clockwise from top left: Leslie Dunlop and Maureen Easson take a well earned rest at the finish; race winners Nick Rose and Veronique Marot; one man and his dog, Ian Wilkie and running partner Ben; view of the start from the top of High Street; Mickey Mouse earning buckets of cash for Cystic Fibrosis Research.

Photographs by ***Peter Devlin.***

EURO-JUNIORS, INTERS, JUNIORS AND GIRLS

Euro-juniors

100m

11.72w	A'leen McGillivray	(EWM)
11.8	Kathleen Lithgow	(NV)
11.8w	Morag Baxter	(MSL)
12.2w	Ruth Girvan	(NV)
12.45w	Kirsten Henshelwood	(GAC)

200m

24.3	Ruth Girvan	(NV)
24.5	Kathleen Lithgow	(NV)
24.7w	Morag Baxter	(MSL)
24.9	Emma Lindsay	(EWM)
25.6	Denise Knox	(M&C)

400m

56.2	Mary McClung	(JWK)
56.6	Denise Knox	(M&C)
57.73	Fiona Calder	(IC)
57.8	Diana Rubertazzi	(ACMAS)
58.34	Pamela Stovell	(GAC)

800m

2-11.7	Sharen Witorski	(Lng)
2-13.7	Hayley Haining	(NV)
2-15.6	Sonia Grainger	(EWM)
2-16.1	Lesley Svaasand	(Pit)
2-17.8	Pamela Stovell	(GAC)

1500m

4-35.27	Hayley Haining	(NV)
4-43.16	Onya Grainger	(EWM)
4-49.6	Diana Watson	(ACMAS)
4-49.9	Lindsay Cairns	(JWK)
4-54.4	Catriona Williams	(DHH)

3000m

10-15.4	Lindsay Cairns	(JWK)
10-28.4	Catriona Williams	(DHH)
10-29.4	Vikki McPherson	(TT)
10-35.4	Marlene Gemmell	(S'kelv)
10-39.2	Julie Guy	(GAC)

100m hurdles

14.09w	M'chelle McGuiness	(MSL)
14.87w	Claire McIntosh	(GAC)
15.3	Emma Lindsay	(EWM)
15.4	Lorna McCulloch	(Pit)
15.5w	Ruth Girvan	(NV)

400m hurdles

65.3	Michelle McGuiness	(MSL)
65.5	Kirsty Baird	(KO)
66.1	Hazel Edgar	(NV)
66.6	Kirsty Morrison	(GAC)
66.9	Anne Steele	(ESPC)

High Jump

1.70	Emma Lindsay	(EWM)
1.60	Fiona Silver	(DHH)
1.55	Julie McNeil	(EWM)
1.55	L Patton	(StNin)
1.55	S Morris	(GlasH)
1.55	Karen Houston	(MSL)
1.55	Katrina Ogg	(Arbr)

Long Jump

5.74w	Alyson McGregor	(MSL)
5.72	Emma Lindsay	(EWM)
5.65	Caroline Black	(EWM)
5.57w	Linda Davidson	(Ab)
5.36	Nicola Barr	(EWM)

Shot Putt

12.48	Nicola Emblem	(EWM)
12.13	Andrea Rhodie	(MSL)
10.38	Sharon Morrison	(ACMAS)
10.35	Susan Mitchell	(GAC)
9.91	Jane Ritchie	(Arbr)

Discus

37.48	Heather McLeod	(Inv)
34.94	Nicola Emblem	(EWM)
34.50	Kirsty Armstrong	(PSH)
33.76	Gillian Gipson	(Morp)
33.02	Lisa O'Keefe	(EWM)

Javelin

49.52	Nicola Emblem	(EWM)
36.72	Linda Low	(Ork)
35.42	LKesley Ann Burt	(MSL)
34.38	Jane Ritchie	(Arbr)
33.18	Jill McNidder	(Kilb)

Heptathlon

4812	Emma Lindsay	(EWM)

Intermediates

100m

12.00w	Alison Edmonds	(Inv)
12.1	Hazel McKay	(Inv)
12.2	Kirsty Andison	(Gates)
12.3	Katrina Leys	(Ab)
12.3w	Fiona Vance	(EWM)

200m

25.0	Alison Edmonds	(Inv)
25.2	Fiona Vance	(EWM)
25.40w	Valerie Friel	(EWM)
25.5	Katrina Leys	(Ab)
25.7	Jane Fleming	(GAC)

400m

57.71	Carmen Collins	(Fife)
57.9	Evelyn Grant	(Pit)
58.19	Dawn Burden	(Airdrie)
59.3	Fiona Watt	(MSL)
59.75	Susan Carruthers	(ACMAS)

800m

2-14.1	Vicki Lawrence	(B&F)
2-15.6	Roma Davidson	(Inv)
2-18.4	Laura Thoumire	(EWM)
2-21.0	Jane Wolfendale	(VP)
2-21.16	Sharon Telfer	(ACMAS)

1500m

4-34.8	Katrina Rice	(Ab)
4-51.6	Rachel Houston	(MYM)
4-52.95	Alison Grossett	(Pit)
4-54.3	Laura Thoumire	(EWM)
4-54.57	Audrey McBride	(H'burgh)

3000m

10-34.5	Claire Roy	(B'gate)
10-47.7	Donna Rutherford	(JWK)
11-19.1	Caroline Follan	(Kilb)
11-33.9	Aileen Ramsay	(MBI)
11-49.48	Petra Lynch	(EWM)

100m Hurdles

14.9	Sarah Richmond	(Pit)
15.3w	Alison Grey	(ESPC)
15.42w	Beverly Ross	(DHH)
16.6	Lorna Silver	(DHH)

80m Hurdles

11.4	Catherine Murphy	(GAC)
11.84	Sarah Richmond	(Pit)
11.89	Jennifer Sharp	(EWM)
12.0	Debbie Douglas	(Inv)
12.1w	Esther Sneddon	(CR)

300m Hurdles

44.7	Fiona Watt	(MSL)
45.59	Ruth Irving	(Wirral)
45.8	Nicola McCall	(MSL)
45.8	Suzanne Wood	(EWM)
46.1	Shelagh Brown	(ACMAS)

High Jump

1.74	Wendy McDonald	(Camb H)
1.70	Hazel Melvin	(TT)
1.65	Linda Gordon	(GAC)
1.64	Sharon Balfour	(Fife)
1.63	Catherine Guthrie	(ESPC)

Long Jump

5.67	Ruth Irving	(Wirral)
5.32	Catherine Murphy	(GAC)
5.31	Debbie Douglas	(Inv)
5.26	Suzanne Woods	(EWM)
5.26	Alison Grey	(ESPC)

Shot Putt

13.83	Alison Grey	(ESPC)
10.72	Lynn Dobie	(EWM)
10.35	Lynne Barnett	(PSH)
10.29	Tracy Shorts	(Kilb)
10.02	Lorna Jackson	(Tays)

Discus

45.08	Alison Grey	(ESPC)
32.50	Lynn Dobie	(EWM)
31.24	Paula Brigan	(EWM)
31.20	Aline Cross	(Ork)
29.08	Heather Murray	(H'burgh)

Javelin

38.64	Lorna Jackson	(Tays)
34.46	Joanna Ablett	(EWM)
33.56	Evelyn Grant	(Pit)
32.68	Julie Aitken	(Montr)
31.44	Fiona Anderson	(NV)

Heptathlon

4210	Evelyn Grant	(Pit)
3814	Sarah Richmond	(Pit)
3756	Louise McMillan	(Bo'ness)
3493	Tracey Kerr	(Mel)
3455	Kerry Wallace	(H'burgh)

JUNIORS

100m

12.1	Myra McShannon	(GAC)
12.3	Linzie Kerr	(GAC)
12.3w	Elaine Julyan	(ACMAS)
12.5w	Louise Paterson	(Ab)
12.6w	Alexandra Garden	(Pit)

200m

25.29w	Myra McShannon	(GAC)
25.6	Elaine Julyan	(ACMAS)
25.6w	Karen Sutherland	(EWM)
25.9	Louise Paterson	(Ab)
26.4	Alexandra Garden	(Pit)

800m

2-12.3	Isabel Linaker	(Pit)
2-17.09	Alison Potts	(VP)
2-17.37	Lorraine Stewart	(ESPC)
2-18.0	Carolanne Boyes	(GAC)
2-20.4	Alison Cheyne	(B'gate)

1500m

4-28.2	Isabel Linaker	(Pit)
4-49.9	Lorraine Stewart	(ESPC)
4-51.2	Deborah McInally	(VP)
4-53.96	Yvonne Reilly	(DHH)
4-55.1	Wendy Kennedy	(Avon)

75m Hurdles

11.7w	Sandra Gunn	(Ab)
11.8	Katrina Dyer	(ACMAS)
11.9w	Emma McLaughlin	(EWM)
12.0	Catriona Burr	(EWM)
12.3	4 athletes	

High Jump

1.66	Katrina Dyer	(ACMAS)
1.62	Linzie Kerr	(GAC)
1.55	Julie Reid	(Kilb)
1.53	J Brume	(StLeon)
1.53	J Dale	(Wgtn S)

Long Jump

5.48	Linzie Kerr	(GAC)
5.31	Caroline Pritchard	(MSL)
5.11	Alison Hird	(CR)
5.10	Sarah Ramminger	(Arb)
5.07	Katrina Dyer	(ACMAS)

Shot Putt

10.72	Tracey Johnston	(MBI)
10.45	Stephanie Robin	(H'bgh)
10.22	Leigh-A Cunningham	(Pit)
9.88	D Cameron	(NeSch)
9.66	Christine Legge	(Mont)

Discus

31.36	Helen McCreadie	(H'burgh)
30.04	Margt Young	(EWM)
28.18	Tracey Johnston	(MBI)
28.08	Stephanie Robin	(H'burgh)
27.42	Raka Samson	(ACMAS)

Javelin

30.06	Margaret Wilson	(Avon)
29.30	Janet McTurk	(DAAC)
29.00	Susan Ritchie	(Arb)
27.52	Tracey Johnston	(MBI)
27.20	Margt Young	(EWM)

Pentathlon

2766	Katrina Dyer	(ACMAS)
2491	Linzie Kerr	(GAC)
2442	Lesley Herd	(ESPC)
2358	L McKenzie-Wilson	(Morr Ac)
2352	Christine Legge	(Mont)

GIRLS

100m

13.2w	Fiona Lumsden	(Ab)
13.2w	Judith Reid	(GAC)
13.5	Lynn Fraser	(Irv C)
13.5w	Lyndsey Crook	(MSL)
13.6	4 athletes	

200m

26.4	Judith Reid	(Ab)
27.8	Fiona Lumsden	(Ab)
27.9	Lynn Fraser	(Irv C)
28.1	Katy Philip	(Ab)
28.2	Susie Robertson	(Ab)

800m

2-28.42	Helen Brooks	(ACMAS)
2-29.0	Kerry Stewart	(JWK)
2-29.46	Alison Russell	(Airdrie)
2-29.57	Rachel Bee	(EWM)
2-29.6	Kerry Harrison	(L&L)

70m Hurdles

11.9	Stacey Moxey	(EWM)
12.0	Karen McNamee	(MSL)
12.1	Jennifer Donald	(MBI)
12.2	Jo-Ann Murray	(Law&D)
12.27	Nicola Adams	(ESPC)

High Jump

1.42	Julie Brown	(Mel)
1.35	Dawn Ladsley	(Pit)
1.35	Kirsty Halliday	(NV)
1.35	Lesley Shorthouse	(Loch)
1.35	Karen Hay	(VP)

Long Jump

4.78	Lesley Shorthouse	(Loch)
4.70	Donna Quirie	(Ab)
4.56	Lynn Fraser	(Irv)
4.52	Julie Robin	(H'burgh)
4.52w	Susie Robertson	(Ab)

Shot Putt

10.84	Eleanor Garden	(Pit)
10.48	Julie Robin	(H'burgh)
9.41	Hazel Crow	(L&L)
8.35	Kathryn Wright	(GAC)
8.30	Linsay Munro	(EWM)

Discus

30.54	Eleanor Garden	(Pit)
28.82	Louise Thomson	(EWM)
23.88	Linsay Munro	(EWM)
21.52	Heather Lang	(CR)
20.30	Lindsay Ross	(NV)

Javelin

28.42	Julie Robin	(H'burgh)
27.24	Elaine McQueen	(Inv)
26.00	Louise Thomson	(EWM)
24.30	Heather Lang	(CR)
23.94	Hazel Crow	(L&D)

Ian Steedman

RESULTS

August

20

Inverclyde Festival of Running -
10K: 1, P Cuskin (Valli) 29-49 (rec); 2, A Gilmour (Cam) 29-55; 3, M Cox (GGH) 30-01; 4, G Gaffney (GWH); L1, S Crawford (GAC) 38-05 L2, R Murray (Giff N) 38-32; L3, H Oliver (Law) 39-32; LV1: 1, E McGarvey (Irvine); o/40: M Small (Clyd); 0/45 J Byng (Irvine); 0/50 R Fordyce (GN); V3 F Grossan (GN); MV 0/45 1, D Martin (SV); 2, D McNeill (GGH); 3, D Campbell (Epv); V 0/50 1, H Rankin (JWK); 2, J Irvine (GN) 3, A Gallacher (Epv); V/0/55 1, K Munro (Gla); 2, I McGarry (Mot); V/0/60 1, R Donald (Gars); 2, J McCallum (P Glas) V /70 A McLean (GGH)
Marathon; 1, G Spring (Lut) 2-25-22; 2, J Duffy (GWH) 2-26-00; 3, F Harper (Pit) 2-31-52; 4, R Ronald (EK) 2-32-35; 5, P Walsh (Dum) 2-33-23; 6, A Fair (Tev) 2-34-03; 7, D Fairweather (V1) 2-34-27; 8, J McLaughlin (Unat) 2-40-22; 9, J Doyle (VP) 2-41-18; 10, B Carty (V2) (Shett) 2-42-41; V0/40 1, I Donnelly 15th (Liv) 2-47-53; 2, R Kirkton 20th (Milb) 2-50-50; 3, J Harkness 23rd (Bella) 2-53-24. V/0/45 1, B Carty 10th (Shett) 2-42-41; 2, H Laidlaw 36th (SVHC) 2-58-28; 3, G Inglis 61st (Spring) 3-11-55. V0/50 1, J Boyle 29th (SUHC) 2-56-30, 2, C Culter 76th (GiffN) 3-16-42; 3, S Campbell 94th (Bella) 3-22-46.
V0/55 1, W Stoddart 16th (GWH) 2-48-26; 2, A Donald 21st (KO) 2-52-10; 3, H Gibson 35th (Hamilton) 2-58-19; V0/60 1, H Currie 33rd (VP) 2-58-40; V0/75 D Morrison (Shett) 3-45-44; L1, J Harvey (GAC) 3-06-23; L2. K Todd (LV1) (JWK) 3-14-15; L2, E O'Brien (GGH) 3-14-46; LV1, 0/35, C McGarry (Mot) 3-17-48; LV 0/40 L Hogg (Ham) 4-00-36.
SWCCU + RRA Champ 1, J Harvey (GAC); 2, K Todd (JWK) 3, E O'Brien (GGH)
Teams: 1, Shett 39pt; 2, Dumfries 89; 3, Law 121.

Isle of Man Half Marathon -
1, J Baird (HELP) 75-00; 2, D Einn (WAC) 76-29; 3, R Jones (Barr) 76-55

26

Inverness to Drumnadrochit 16 mile RR
1, R Thomas (HBT) 1-22-21; 2, K Rankin (FVH) 1-23-20; 3, W Day (V1) (FVH) 1-24-06; 4, D Powter (Canada) 1-25-50; 5, I Moncur (DHH) 1-26-46; 6, P Garner (Inv) 1-29-13; 7, A Stewart (Moray) 1-29-35; 8, R McDonald (Inv) 1-30-50; 9, G Ewing (V1) (Inv) 1-32-00; 10, I Robertson (DHH) 1-32-01; V3, R Macdonald (Fra) 1-33-53; L1, M MacDonald (Pit) 1-54-33; L2, L Gray (LV1) (Unat) 1-59-45.

Two Bridges 36.25 mile RR, Rosyth -
1, M McGeoch (Card) 3-36-02; 2, G Williams (Tred) 3-39-44; 3, G Large (Read) 3-43-41; 4, D Kelly (Barr) 3-45-18; 5, A Stirling (V1) (FVH) 3-45-40; 6, A Smith (Tip) 3-47-42; V2, D Ritchie (Forr), 9th, 3-55-07; V3, T Williams (Tip), 11th, 3-58-00; V4, S Bennett (Tev), 15th, 4-07-00; VO/50, J Whitter (Wig), 23, 4-14-39; L1, G Blake (DRR), 59, 5-11-59; L2, K Dodson, 62, (Law) 5-19-50; Serv1, G Russell, 32 (RAF Kinloss) 4-23-36; **Teams:** 1, Woodstock 29 pt; 2, Pitreavie 35; 3, Tipton 36.

27

Aberdeen Half Marathon, Aberdeen -
1, C Haskett (DHH) 67-36; 2, D Beattie (DHH) 68-18; 3, G Laing (Aber) 68-28; 4, D Duguid (Aber) 68-36; 5, J Doig (Aber) 69-06; 6, B Tweed (Jersey) 69-57; 7, M Hoey (Chor) 70-22, 8, S Watson (Chor) 70-33; 9, E Wood (Chor) 7,0-55; 10, R Taylor (Aber) 71-00. V1 C Fay 11th (Black) 71-12; V2, G Milne 12th (P'Head) 71-20; V3 C Youngson 15th (Aber) 72-02; V4, W Adams 17th (PO) 73-03; L1 S Branney 24th (GAC) (LV1) 74-50 (rec); L2, M Stafford (Aber) 111th 86-49; L3, D Germison 133rd (Aber) (LV2) 88-14; L4, A Campbell 172nd (Unat) 91-40; L5, S Richardson 182nd (Unat) 92-40; L6, R Clerk 191st (Unat) 93-16.

Marymass 10 mile Sand Run, Irvine -
1, G Tiernay (Kilb) 53-29; 2, D Meuse (Kilb) 55-51; 3, D Crumpton (V1) (Lin) 56-45; 4, M Ferguson (Kilb) 57-13; 5, J Gemmell (Cum) 58-37; 6, J McMillan (V2) (Kilb) 58-43; 7, I McKenna (V3) (Irv) 59-21; 8, R McClymount (Irv) 59-30; 9, D King (V4) (Irv) 60-27, 10, A Duncan (Irv) 61-28; L1, M McGill (Irv) 69-16; L2, M Robertson (LV1) (Troon) 75-27; L3, K Melville (LV2) (Irv) 78-32.

Livingston Half Marathon, incl SAAA Peoples Half Marathon Championship
1, D Swanston (Eng) 63-44; 2, P Wise (Eng) 64-43; 3, N Smith (Eng) 64-43; 4, F Clyne (Sco) 65-57; 5, C Hall (Wal) 66-07; 6, G Booth (Norf) 66-09; 7, W Robertson (Bella) 66-19; 8, P Howarth (Wal) 66-27; 9, M Carroll (Sco) 67-12; 10, K Chapman (HELP) 71-19; 11, T Anderson (Kilb) 71-20; 12, E Ranicar (V1) (FB) 71-20; 13, D Anderson (Brough) 71-20; 14, W Jukes (GGH) 71-27; 15, I Seggie (V2) (Liv) 71-28; ; VO/50: 1, W McBrinn (Shett) 77-14; 2, I Leggatt (Clyd); 3, A Shaw (GN); 4, H Muchamore (HELP); VO/60, 1, H Mitchell (Shett); L1, M Reddan (LV1) (Liv) 83-00; L2, V Fyall (LV2) (DRR) 84-15; L3, M Robertson (LV3) (DRR) 86-37; **Team:** 1, Eng 3 pts; 2, Wal 13; 3, Sco 13.

28

JWK 10K Road Race, Kilmarnock -
1, R Hill (Ayr) 33-28; 2, A Derrick (C'glen) 33-44; 3, J Thomson (Irv) 33-46; V1 J Miller (Irv) 35-23; L1 M Dunlop (Irv) 37-52, L2 K Todd (LV1) (JWK) 39-47; L3, L McGarry (Irv) 40-03; L4, J Byng (LV2) (Irvine) 41-09. **Team** 1, Ayr 14pt; 2, Irvine 29.

September

2

Tain Peoples 10K Road Race, Tain -
1, R McDonald (Inv) 33-25; 2, D Bow (Naim) 34-20; 3, S REilly (RAF) 34-34; 4, G Ewing (V1) (Inv) 34-54; 5, D Leslie (Inv) 35-14; 6, G Mitchell (V2) (Inv) 35-6); V3 C Campbell (Unat) 37-31; L1, F Farquhar (Wick) 39-53; L2, L McLardy (BI) 43-16; L3, L Gray (Unat) 44-42; **Team** 1, Inverness 10 pts.
3.5 mile Fun Run: 1, H McKenzie (Unat); 2, S Urquhart (BI); 3, D Walker (Unat).

3

Mid Argyll 9K RR, Lochgilphead -
1, W Jukes (GGH) 28-20; 2, G Brewster (RAF) 29-00: 3, D Campbell (Oban) 29-32; 4, K Sealy (Kin) 30-01; 5, D Martin (V1) (EPV) 30-12; 6, A Brown (W'Lands) 30-15. V2 D Guy (GGH) 7th 30-23; V3 D McNeill (GGH) 9th 30-55; L1, F Woddell (Unat) 39-45; L2, N Thomson (Jnr) (MA) 40-15; L3, N Thomson (MA) 41-32.

Ayr Land o' Burns Half Marathon -
1, H Cox (GGH) 64-57 (rec); 2, J Graham (HELP) 65-37; 3, A Gilmour (Cam) 65-53; 4, E Stewart (Cam) 66-03; 5, C Haskett (DHH) 66-24; 6, G Booth (Norf) 66-29; 7, P Fox (DHH) 69-21; 8, P O'Donoghue (Aber) 69-44; 9, K Rankin (FVH) 69-47; 10, M Coyne (CR) 70-09; 11, M Mitchell (Cam) 70-21; 12, C McLennan (ESPC) 70-24; 13, D Murray (JWK) 70-33; 14, A McLellan (C'glen) 71-06; 15, A Adams (V1) (Dum) 71-19; 16, B Craig 71-24; 17, A Stewart (Ayr) 71-25; 18, T Anderson (Kilb) 71-30; : V2, J Kyle, 36, (Cum) 74-20; V3, A Nichol, 48, 76-08; L1, J Armstrong (GN); L2, J McColl (GAC); L3, R Murray (LV1) (GN); L4, R Kay (GAC); L5, H Oliver (Law);

Forth Road Bridge 10K RR -
1, A Hutton (ESH) 29-28; J Robson (ESH) 29-37; 3, T Murray (GGH) 29-49; 4, D McFadyen (GWH) 29-56; 5, A Douglas (VP) 30-00 6, S Gibson (HBT) 30-01, 7, F Clyne (Aber); 8, P McColgan (DHH); 9, F Harper (Pit); A Robson (ESH). L1 V Marot (Leeds) 33-38; L2, L McIntyre (GAC) 34-16; L3, S Catford (Leeds) 34-36.

6

Seagull 5K RR -
1, A Reid (Coast) 14-23; 2, G Laing (Ab) 14-57; 3, M Murray (Ab) 15-14; V1, G Milne (Peter) 15-34; V50 D Deacon (Peter) 17-49; L1, H Wisely (Fra) 17-56; 2, S Reid (Ab) 19-17; 3, AM Mitchell (Fra) 20-14; LV1, J Hogg (Ab). MU15, 1, M Anderson (Fra) 16-42; LU15, 1, L Forman (Pet) 19-38.

9

Loch LevenHalf Marathon (461 ran) -
1, C Haskett (DHH) 67-29; 2, L Atkinson

DESPITE the very wet conditions, the Two Bridges Race still attracted over 100 starters from all parts of the United Kingdom on August 26.

At the five mile point a group of 10 runners had a 50 yard lead over a smaller group, all being one minute ahead of the remainder. At the first refreshment point in Culross the race pattern was starting to emerge, with the eventual winners all in the leading group, but it was after crossing Kincardine Bridge that Mick McGeoch of Cardiff Les Groupiers AC moved ahead of fellow Welshman Gwyn Williams of Club 69 Tredgar, both breaking from the group comprising Alan Smith and Delroy Barnes, both of Tipton Harriers, along with Andrew Battyne and Tom Glare of Woodstock Harriers. These were closely followed by the local runners, Mick McHale and Ian Mitchell, both of Pitreavie AC, along with Andrew Stirling of Falkirk Victoria. The three strongest teams had all their three runners in the first 20 at this stage, and it was only the interchange thereafter that would decide the team winners.

McGeoch maintained a good pace through Grangemouth and Bo'ness, but Williams kept him in sight about 200 yards adrift. Geoffrey Large of Reading AC had moved into third place, providing the prospect of all principal places being filled by first timers to this event. Meanwhile David Kelly of Barrow AC was moving up through the field to challenge Andrew Stirling for fourth place.

Crossing the Forth Road Bridge, Gwyn Williams was just 500 yards behind McGeoch, while Geoff Large was three and a half minutes further back. So to the finish at the Civil Service Sports Centre, the wettest Two Bridges Race in 22 years produced the first Welsh success. McGeoch arrived in 3-36-02, followed by Gwyn Williams in 3-39-44. Geoff Large arrived third in 3-43-40, followed by the fast finishing David Kelly (3-45-8), who outsprinted Andrew Stirling to take fourth place. Stirling had the consolation of being the first Scot, the first veteran, and also the first local to complete the course. Further back, Tipton, Woodstock and Pitreavie were closely contesting the team event and the outcome was a win for Woodstock (7th, 10th, 12th) edging out Tipton, last year's winners.

Two women braved the elements to run this 36 mile ultra event, with Gail Blake of Dundee Roadrunners finishing 59th of the 82 finishers to take the women's prize.

THE picturesque Fife village of Ceres, which hosts the oldest Highland Games in Scotland, promoted its amateur event, the Ceres 8 on September 5, in aid of Heartstart and other local charities, ***writes Graham Bennison***. Roderick Bell of Dundee Hawkhill was first back to the village green ahead of club colleague George Reynolds. Ceres resident Tony Martin placed a fine third taking the prize for first local.

Muriel Muir made it three consecutive wins, with Dundee Roadrunners clubmate Margaret Robertson second, and first woman veteran. Sam Graves of Fife AC took the veterans award well clear of second placed veteran George Angus (Dundee YMCA).

RESULTS

BY CONTRAST to last year's Ben Nevis Race, this year's race on September 2 was held in superb weather conditions. If anything, the 395 starters found it a little too hot on the lower half of the mountain, *writes Graham McNab.*

After the halfway mark at the Red Burn, the cooling temperature made the going a little easier, and ensured that there were going to be some good times. Visibility at the summit was good and with a wind speed of 0-3mph and a large crowd around the summit cairn, there was little to hold the runners back.

The Ben was its usual treacherous self in descent and claimed its annual toll of twisted ankles with the upper half being very unstable and the Red Burn scree getting lower and lower each year. Fortunately for the uninitiated, the grassy bank was drier than it had been in previous weeks and most runners managed to spend a lot of time on their feet - an unusual feat when the grassy bank is wet!

The good conditions were reflected in the fact that the winner, Keith Anderson from Ambleside AC, descended the 4406ft mountain in a time of 27-45.

Unfortunately, many of the top hill runners were missing from this years race, due to preparation for the World Mountain Racing Cup in Die in France, but this did not stop local Scottish international hill runner David Rodgers, also racing in France, from finishing fourth (1-35-14) in a race which was otherwise dominated by Englishmen.

fit was good to see that this year the Ben Nevis Race Association had learnt some valuable lessons from last year's near tragic race when several runners were close to death on the mountain due to atrocious weather conditions. They insisted that everyone who took part in the race was equipped with full body cover and carried out spot checks on runners prior to the start - sensible precautions on a very unpredictable mountain.

MORAY Roadrunners held their first 10K race which started and finished in the Cooper Park, Elgin, on September 10, *writes Ann Sim.* 149 runners took part with Chris Hall (Aberdeen AAC) dominating the event, winning in a time of 30-41, while Margaret Stafford made it an Aberdeen double by winning the women's event in 38-04.

The organising committee were delighted with the extremely favourable response they have had about the course, prizes, spot prizes and the excellent tea provided by the members after the event. Let's hope they can make it an annual event!

THE junior men's race opened the fifth Hill Running World Cup in Die, France, on September 16, *writes Susie Coon.* British athletes were always going to find it hard, running over courses of quite a different character from our mud, heather and scree - and in temperatures of 95 degrees.

The junior race followed a figure of eight route along fast paths that were narrow and made it difficult to overtake. The Scots interest here was centred on Billy Rogers, of Glamaig fame, the only junior approved by the SAAA to run, but he finished a disappointing 39th, affected, no doubt, by the lack of team support (see news story). Billy, after all, is no mean runner, currently fifth in the Scottish senior championship.

Better luck in the women's race, which covered the same course, with a spectacular run by Tricia Calder. Although recent mum Penny Rother was missed, the Scottish women finished fifth overall. This may sound a come-down from their bronze medal position last year, but competition in the women's scene is really fierce these days.

Our best result came in the men's short course, a slightly longer and higher level route over 10K with 695m of ascent and descent. Colin Donnelly blazed round to finish second and Brian Potts had an exceptional run in 12th place. The team finished third overall, only one point behind the Swiss.

In the long course race, the Colombian who won ran what was regarded as an exceptional time of 1-11-37. The British took lots of places in the final short steep descent, Jack Maitland finishing in 1-16-44, but Ian Mathieson had to be helped away suffering from heat exhaustion after finishing. Many others also found themselves with this problem.

THE idea of the Forth Road Bridge 10K was only conceived in June. The celebrations were being held at South Queensferry and not including North Queensferry, so members of Pitreavie AAC decided to stage a spectacle of our own, *writes John Leitch.*

Liz McColgan's coach wouldn't let her run, so we persuaded her to be our "patron" and start the race for us. Unfortunately, the person I entrusted the starting gun to (which was a revolver firing blanks) only out one cartilage in and fired the chamber the wrong way. Russian Roulette.

Liz fired three times and nothing happened. She put the gun to her head in mock suicide - if it had fired, the muzzle blast would probably have killed her. Mind you we would have got television coverage then!

So, Alan Robson shouted "Ready - Go" and started running. Everyone followed on. He took some nibbing afterwards about running off three yards before shouting go!

The first three miles were fast and closely contended. They ran it in 12.5 minutes (phew) and slowed in case they burned out.

By five miles it was between Allister Hutton and John Robson, with John looking the stronger up to the middle of the Bridge coming home when he started to "tie-up" and Allister changed up a gear over the last half mile.

The women's race was a bit one sided with Veronique Marot stamping her authority. However, what a surprise performance from Lynn McIntyre in beating Sheila Catford.

All in all, it was a good natured event with perfect weather to offset the spectacular backdrop of the Forth Road Bridge.

Our thanks to all our sponsors and especially to Pitreavie AAC, where officials did the timing and organised the finish and results. Without their help we would have been struggling.

(Eng) 68-40; 3, R Owens (Unatt) 71-13; V1, R Wood (DRR) 72-57; V2 D Morgan 76-35; V3 R Ross 77-34; L1, V Simpson (Aber) 84-37; L2, G Hanlon (DRR) 87-22; L3, J Ferrari (Pit) 89-43; Locals 1, T Quigley 79-56; 2, J Barley 84-03; 3, W Hinchcliffe 84-40 (all Kinross) Team 1 Kinross.

10

Stranraer Peoples Half Marathon -
1, G Tenney (Kilb) 69-24; 2, P McGregor (VP) 71-08; 3, S Dickson (V1) (Gall) 71-46; 4, G Livingston 72-49;, R Pyatt 74-31; 6, T Allan 76-16; V2 J Irvine (GiffN) 76-49; L1, E McCrae (LV1) (Gall) 90-33; L2, I Wilson 104-04; L3, M McPhail 105-28; Locals: 1, S Dickson (Gall) L1, E McCrae (Gall).

Moray Roadrunners 10K RR (149 ran) -
1, C Hall (Aber) 30-41; 2, G Milne (V1) (P'Head) 32-36; 3, A Stewart (Mor) 34-09; 4, R McDonald (Inv) 34-26; 5, S Forbes (Aber) 34-44; 6, G Ewing (V2) (Inv) 35-27; V3 D Ritchie (Forr) 35-35; L1, M Stafford (Aber) 38-04; L2, C Milne (Garmouth) 45-06; L3, C Scott (E Suth) 46-25; **Team** 1, Aberdeen 16pt **LT1**, Moray Roadrunners.

Round Cumbrae 10 mile RR (206 ran) -
1, E Stewart (Cam) 49-51; 2, G White (Ayr) 51-30; 3, A Daly (Bella) 52-17; 4, C Thomson (Cam) 52-28; 5, R Thomas (HBT) 53-04; 6, M Mitchell (Cam) 53-10; V1, D Crumpton 14th (Lin) 55-37; V2, D Dukes (Irvi) 57-41; **VO/50** 1W Stoddart (GWH) 21st 58-12; 2, I McKenna (Irv) 37 60-00; L1, S Branney (GAC) (LV1) 12th 54-38 (rec); L2 M Rennie 64th (GN) 64-25. **Teams** 1, Cambuslang 11 pt; 2, Ayr Seaforth.

12

Dumfries 10K RR -
1, S Gibson (HBT) 30-30 (rec); 2, B Emmerson (Tev) 30-52; 3, B Kirkwood (EAC) 31-00; **V1**, J Knox (Gala), 11th 34-17; **J1**, M Brydson; **SV1**, J Buchanan (ADAC) 38-44, 53rd, **L1**, A Armstong (BH) (J1) 38-18 (rec), 49th, **L2**, H Haining (NV) 39-01, 55th, **L3**, K Howe (BH) 39-20, 60th, **(LV1)**.

August

26

Achmony Hill race, Drumnadrochit -
1, I Matheson (Ab) 21-39; 2, G Bartlett (Forr) 21-57; 3, D McGuinness (Read) 22-19; 4, R Hobson (Bed) 23-18; 5, I Wallace (HBT) 23-26; V1, R Collins (Unat) 26-12; V2, D Robertson (CV) 31-38; V3, E Campbell (Loch) 31-45; L1, L McLardy (BI) 30-08; L2, M Fraser (Unatt) 57-41

29

Dundee Hawkhill Centenary Hill Race
1, P McColgan (DHH) 16-21; 2, P Fox (DHH) 16-23; 3, D Beattie (DHH) 16-50; 4, M Ferguson (ESPC) 17-05; 5, J Thompson (HHH) 17-18; 6, D McGonigle (DHH) 17-30; V1, G Milne (P'head) 18-30; L1, M Muir (DRR) 19-42

September

2

Ben Nevis Hill Race -
1, K Anderson (Amble) 87-41; 2, I Ferguson (Bing) 91-49; 3, R Whitfield (Bing) 92-28; 4, D Rodgers (Loch) 95-14; 5, I Holmes (Bing) 95-40; 6, R Jamieson (Bing) 96-59; 7, D Davies (V1) (Kehog) 97-18; 8, P Marshall (V2) (HELP) 97-33; 9, S Jackson (Horwich) 97-37; 10, T Laney (Clayton) 97-41; V3, J Shields (Clyd), 19, 100-30; L1, B Redfearn (CHR), 153, 2-03-10; L2, L Hope (Loch), 157, 2-03-59; L3, S Taylor (Horsforth), 170, 2-05-39; **Team**: 1, Bingley 10 pts; 2, Ambleside 22; 3, Kendal 48; 4, Clayton-le-Moors 48.

9

Knockfarrell 6.5 mile HR, Strathpeffer-
1, I Matheson (Aber) 32-24; 2, G Bartlett (Forr) 33-08; 3, R Wilby (V1) (BI) 35-35; 4, F Duguid (V2) (Aber) 36-16; 5, E Butler (Aber) 36-28; 6, P Garner (Inver) 36-41; V3, G Ewing (Inver), 7, 37-20; L1, C Willcox (Inv), 17, (L.V1) 44-37; L2, K Butler (Aber), 70, 46-30; L3, C Blyth (Aber), 21, 49-03; Team: 1, Aberdeen 10 pts.

10

Corriejarrick 16 mile HR, Fort Augustus
1, J McKay (HBT) 1-51-07; 2, J Beagrie (Loch) 1-53-29; 3, B Edridge (V1) (Unat) 1-54-53; L1, J Berrow (Killin) 2-21-51.

August

19/20

International Combined Events Match USSR v Great Britain, Kilv, USSR -
1, E Hjamjaljainen (USSR) 7891 pts; 8, D Mathieson (GB/Aber) (11.01; 7.08; 12.57; 1.98m; 49.73; 15.65; 34.88; 4.10; 49.10; 4-59.67) 7061pts (2nd best ever perf).

26

Glenurquhart Highland Games, SAAA National Heavy Event Championship - SP/Scots HT/56lb wt over bar/caber 1, S Aitken (DHH) 13.90m/34.72m/13'5"; **28lb wt for dist** R Meikle (ESH) 20.18m; **Champ result**: 1, S Aitken (DHH) 21 pt; 2, R Meikle (ESH) 8 pt; 3, B Shepherd (Elg) 7 pt. **Men 100/HJ**: D Barnetson (Inv) 11.1/1.83m
Women: 100/200/HJ/LJ: J Barnetson (Inv) 12.8/27.0/1.45m/5.17m; **400/800**: S Gollan (Inv) 63.4/2-24.6 (rec); **SP**: H Cowe (Aber) 12.77m (rec)
Athlete of the Games: Male: M Fowler (Inv); Female, J Barnetson (Inv)/S Gollan (Inv) (Joint).

Forth Valley League Div 1 & 2 (Final Match), Pitreavie Stadium -
Div 1: 1, Pitreavie 21 pt; 2, ESPC 17.5; 3, Lasswade 17; 4, ESH 16.5; 5, Harmeny 8; 6, Penicuik 4.

RESULTS

Div 2: 1, FVH 23pt; 2, Liv&Dist 20; 3, Lochgelly 16.5: 4, Corstorphine 10; 5, Linlithgow 9.5; 6, Bo'ness 2.

Cowal Highland Gathering, Dunoon - Invitation 1500: 1, D Donnett (Spring) 4-01.7; 2, G Stewart (C'bank); 3, A McBeth (EK); **Youth 800**: 1, J McFadyen (GGH) 1-57.9; 2, G Graham (VP);
Scottish Heavy Throwing Events: 1, W Sutherland (USA) 26 pt; 2, M McDonald (Dumf) 25 pt; 3, W Weir (CR) 19.5 pt; 4, R Renner (USA) 16 pt: **SP**: 1, M McDonald 14.33m; 2, W Weir 12.35m; 3, W Sutherland 11.90m; **28lb Wt Dist** 1: 1, W Sutherland 21.08m; 2, M McDonald 19.06m; 3, R Renner 18.44m; **Scots HT**: 1, W Sutherland 32.26m; 2, M McDonald 31.18m; 3, W Weir 29.14m; **56lb Wt for Height**: 1, W Sutherland 3.95m; 2= J Young (Saltcoats) & M McDonald 3.65m; **Caber**: 1, W Weir: 2, M McDonald; 3, W Sutherland.

30

Pitreavie AAC OGM, Pitreavie Stadium
200: 1, M Avis (ESPC) 23.0; 2, P Allan (Pit) 23.5; **800**: 1. C Murphy (Pit) 1-58.2; 2, K Mortimer (ESPC) 1-58.8; **3000**: 1, M Greally (Pit) 8-47.2; 2, C Murphy (Pit) 9-06.1; **HJ**: 1, E Fitzgerald (Vet) (Pit) 1.60m; **SP/DT**, D Morris (Pit) 14.85m/55.02
Youths: 200: 1, C Joiner (Pit) 23.4; 2, D Colville (Pit) 24.6; **HJ/LJ**, D Fitzgerald (Pit) 1.70m/5.33m; **SP/JT**: P Beaton (Pit) 13.37m/37.10m
Women: 200, P Divine (ESPC) 26.0; **800**: 1, S Grainger (EWM) 2-19.3; 2, C Gray (ESPC) 2-21.6; 3, C Smith (EWM) 2-21.6

September

2

Octavians Relay Meeting, Meadowbank
SAAA 1600m Medley Relay Champs: 1, Shettleston 3-26.33; 2, JWK 3-26.98; 3, ESPC 3-30.78; 4 x 100m: 1, Scottish select (E Bunney, D Clark, J Henderson, C Sharp) 40.70; 2, Aberdeen 43.04; 3, Shettleston 43.16; **J**, 4 x 100: 1, ESPC 44.95; 2, Ayr 46.78; **Senior Boys** 4 x 800: 1, Clydebank AC 8-31.1 (UK best performance)

Women: 1, SWAA team (G McIntyre, M Anderson, D Flockhart, D Kitchen) 3-38.18; 2, EWM 4-04.00; 3, Ayr 4-06.40; **Senior** 4 x 100: 1, Ayr 49.03; 2, ESPC 49.12; 3, EWM 50.09; **Girls** 4 x 100; 1, Aberdeen 54.43; 2, espc 55.72; 3, Pitreavie 65.58; **Girls** 3 x 800; 1, Pitreavie 7-43.37; 2, ESPC 7-55.09; 3, EWM 7-57.53.

9

Scottish Vets 10K Track and Pentathlon Champs, Coatbridge -
10,000: 1, I Seggie (Liv) 33-02; 2, A Adams (Dum) 33-04; 3, C Martin (Dum) 33-33; 4, I Briggs (Liv) 33-39; 5, H Watson (Clyd) 33-43; 6, J Christie (Cam) 33-49.
0/50 1, W Stoddart (GWH) 35-30; 2, W McBrian (Shett) 35-39; 3, D Keenan (VP) 37-19; 4, T Stevenson (GWH) 37-25; 5, S Lawson (M'Hill) 0/60 37-31; 6, T O'Reilley (Spring) 38-32.
Pentathlon 0/40 1, G Smith (VP) 2116pt; 2, B Collie (Bella) 1845pt.
0/50, J Freebain (SVHC) 3143pt; 2, J Scott (Renf) 2825pt; 3, R Lennox (Cam) 2290pt
0/55 1, J Christie (VP) 2292pt 2, T McManus (Renf) 2204pt; 3, S Petty (SVHC) 2044pt;
0/60 1, G Bridgeman (SVHC) 3129pts.
Women 0/35 1, S Johnston (Oban) 2558pt; 2, I Morrison (Lark) 1650pt; **0/40** 1, J Hogg (Aber) 2450pt, 2, J Rammell (Aber) 2267pt.

Scottish YAHS Meeting, Livingston -
Boys 100, 1, A Arthur (Black) 2, J Greenaway (Pit); **200** 1, A McDougall (FVH); 2, C Love (Whit); **400** 1, B Boyle (Bath); 2, S Calder (Pen); **800** 1, N Shaw (Pit); 2, L Jones (Arb); **1500** 1, D Carty (Bath); 2, G Brtowitt (Pen).
Girls 100, 1, L Dow (Pit); 2, D Palmer (EAC); **200**, 1, L Dow; 2, S Wilson (Loch); **400** 1, L Dow; 2, L Shaw (Arb); **800** 1, L Watson (Bath); 2, S Morris (Bath); **1500** 1, J Robertson (EAC); 2, C Falconer (EAC).

Falkirk DC Mini Minors HG -
Overall winners Boys P Abiodium (CR) (Colt) **100** 1, 13.9; **200** 1, 29.4; **SP** 3, 6.67.
Girls J Reid (Bnchory) (Girl) **200** 1, 29.5; **LJ** 1, 4.19; **SP** 3, 6.54.
Jun Boys o/all K Doly (EAC) **800** 1, 2-17-0; **1000 s/c** 1, 3-10.0
Minor Girls o/all R Thomson (EWM) **100** 1, 15.2; **200** 1, 31.9.

SCOTTISH athletes broke world and national records in 1989 and produced fine performances in national and intentional competition, *writes Pete Wyman.*

The year started promisingly in May at the Fife Invitation Games. The high points of this meeting were Robert Baird being the first Scottish wheelchair athlete to break 20 seconds for the 100 metres, Ronnie Murie winning the 400m wheelchair race in an impressive 1-25 and Caroline Innes achieving a fine sprint double.

July saw two Scottish teams acquitting themselves successfully in international competition. The Scottish mentally handicapped team came second with 14 medals in their inaugural World Championships. The gold medalists were, Angus Watt in the 110m hurdles, Bernadette Mackenzie in the 100m hurdles, Christie Burns in the high jump and Peter Meechan in the long jump.

The Robin Hood International Games for people with cerebral palsy were equally successful with Scottish athletes breaking three world records. Ann Woffinden achieved world records in both the shot putt and medicine ball thrust with distances of 2.92m and 7.58m respectively. Colin Keay broke his own world record in the 400m running a time of 60.05. Fellow Paralympic Champion Jimmy Sands won the inaugural track 5000m and 1500m races. Fine sprint doubles were achieved by Danny Furey in the 200m and 400m and Caroline Innes in the 100m and 200m.

In September a small team of 11 athletes came back from the BSAD athletic championships with 16 medals. Best performances included gold in the 100m, 200m and 400m for Colin Keay, Ann Woffinden's gold in the shot putt and club throw, as well as a silver in the 100m. Danny Furey from Dundee also made a clean sweep in the wheelchair leg push 100m, 200m and 400m events. Also, Robert Bird got a fine bronze in a highly competitive 100m event.

ESH included three races for wheelchairs in their open meetings this year.

THERE are not many races in the country that can claim a 33% in crease in runners after only one year, but this was the case for the second Dumfries 10K road race, organised by the Dumfries Running Club on the evening of Tuesday, September 12, *writes Stephen Mohan.* The race started and finished at the David Keswick Centre.

The organisers were highly delighted with the turnout (especially for a midweek event) and runners travelled from as far as Glasgow, Edinburgh, Newcastle and even St Helens in Merseyside and all points in between.

One of the attractions, apart from a fast, flat, accurately measured course, was that prizes and trophies were awarded to all categories and age-groups of runners - with no less than 41 prizes on offer for individuals and teams!

The big four at the front of the race were all well known runners from other parts of the country and in a close race Stuart Gibson finished 18 seconds inside last years course record of 30-48 set by A Shepherd of Cinncinatti, Ohio. Stuart was 22 seconds ahead of veteran Brian Emmerson of Teviotdale Harriers. Brian Kirkwood of Edinburgh AC and John Connally of Gala Harriers both ran very well to record excellent times.

The women's race was very competitive with Alison Armstrong of Carlisle being too strong for Hayley Haining of Nith Valley AC. A good day for the Carlisle club was completed by the excellent times of Kathy Howe and Margaret Mackenzie.

The organisers were delighted with the response of the runners who took part and many of them commented on the superb facilities at the David Kesswick Stadium and even this early, many were heard to enquire on the date of the 1990 race!

GARY Spring from Luton had reason for a double celebration after his win in the Inverclyde Marathon. As well as competing in his first ever marathon, it was also his birthday. Twenty six year old Gary finished ahead of local runner John Duffy in a time of 2-25-22. First woman home was Julie Harvey, the 29 year old Glasgow AC runner in a time of 3-06-23. Julie is only now returning to full fitness after being run over by a car on her way to work last November. Over 240 runners took part in the event.

Paul Cuskin, an English International, won the 10K event. Paul, a civil servant from Gateshead, completed the distance in 29-49. First woman home was Glasgow AC's Susan Crawford.

FAIRPORT Triathlon Club hosted the second Scottish short course championships in July, and had 85 starters ion the day. The 1.5K swim in Monikie Reservoir was quite warm, but most competitors chose to wear wet suits.

First out of the water was Scott Rioch in a time of 22-08, followed by Ian Keith and Stewart Black. For the women it was Ginny Pollard and Sylvia Cranston (23-24 and 23-28).

On the 40K bike section the lead positions were all to change, with John O' Donovan in first position (62-08) ahead of Bud Johnston (63-01) and Geoff Buchan (65-07). Pollard was ahead of Cranston by seven seconds in a time of 69-20.

A superb run by Johnston gave him a decisive win in 2-03-42, followed by O' Donovan (2-06-04), who also won the male vets prize. Geoff Buchan was third with Cameron Angus fourth after a very fast run.

For the vets, Mike Joiner was second and John Smith third. The women's title was again won by Pollard, followed by Cranston and Lorna Cooper.

SCOTTISH triathlon champions in their respective categories, Ginny Pollard, John O' Donovan and Bud Johnston travelled to Milton Keynes for see the British Championships on September 10.

Race day proved rainy, cold and very windy. The lake was at a warm 69F and the triathletes followed a complicated and confusing route of the lake with Pollard losing her bearing and "landing" at one point. Robin Brew, former international swimmer, exited the water first, followed three seconds later by silver medallist at the world championships, Glenn Cook. The Scots had good swims, with Pollard manageing to come out in fourth place in the women's race, only 24 seconds behind Cathy Bow.

Glenn Cook soon took the lead in the men's race, whilst in the women's race Bow had a very strong cycle ride to catch European long course champion Sarah Coope. The exceptionally windy conditions at the two lap bike course favoured the strong men. O' Donovan powered through in the fifth fastest time of the day to lead into the run. Pollard set off on the run with a deficit of four minutes on Bow and Coope, but failed to catch either athlete despite putting in the fastest women's run split of the day.

Johnston had a solid race, taking many places in the run section, and despite his inability to match the prowess of the multisport athletes from the South finished a creditable 16th in what was undoubtedly the strongest men's field ever assembled at a British race. Cook was penalised two minutes for cycling in the transition area, but still convincingly won the race with a world class performance.

Meantime, O' Donovan was making sure the British veterans' title was coming to Scotland for the first time, recording a 33 minute 10K run and getting a place in the top 30 overall.

Our thanks to all those who took the trouble to submit reports to these pages. Send a succinct report of YOUR event to the usual address!

race feature

Ayr Land O' Burns Half Marathon

SUNDAY, September 3 saw the Ayr Land O'Burns Half Marathon maintain its position as the largest race at this distance in Scottish athletics, with many of the country's top runners among the 2,100 plus entry, ***writes Ron Wylie.***

An entirely new route was established to ensure the absence of the traffic congestion evident in past years and the course, while proving faster than previously, contained a number of tight and tricky turns.

Hammy Cox of the Glenpark club in Greenock was the first of the 1, 524 starters past the post and of course he set a record, inevitable in the light of the new route chosen by the organisers. In front virtually from the start, Cox stormed home a clear 40 seconds ahead of his nearest opponent in a time of 64-57. Runner up was John Graham (65-37).

First woman home was Julie Ann Armstrong (129th overall), who clocked a time of 81-30. Allan Adams of Dumbarton (71-19) was winner of the male veteran's prize, while Renee Murray of Giffnock North took the women's veteran prize in 83-37.

Troon's Alistair Stewart was the first local runner to cross the finish line, taking 16th position overall (71-25), while clubmate Sandra White was the first local woman in 93-20.

Hazel Findlay was the last person to cross the line in just under three hours, but even though she was suffering from sprained tendons and cramped leg muscles, Hazel was not going to be stopped from completing the course, and boosting her chosen charity by some £200.

The light breeze made running a comfortable exercise on this mild September Sunday and the excellent administration, organisation, and "apres race" facilities had everyone from Hammy Cox to Hazel Findlay looking forward to 1990 and another Ayr Land O'Burns Half Marathon - which unlike the legendary King Canute, is able to stem the tide of current trends and go from success to success.

Nick not Larkin about

KYLE & Carrick sports development officer Nick Larkin is justifiably proud of his achievements as race organiser of the Ayr Land O'Burns Half Marathon, in particular its position as the event voted tops by readers of Scotland's Runner in 1988.

However, despite the success of the 1989 race, Larkin remains anything but complacent - a firm believer in the maxim that one is only as good as one's last success.

September's race proved that Larkin and his associates are not the sort of people to stand still and bask in the glory of past successes.

A new route, a new medal, and entertainment for children of all ages ensured that loyalty to the Ayr event will be strong in the years ahead

Larkin believes that the personal touch makes the Ayr event special, with competitors appreciating the choice of hot and cold refreshments and the provision of such extras as apples, bananas, macaroon bars and bin liners after the race.

On the medical side, Larkin agreed to the provision of a fifth refreshment/ first aid station at the crucial 12.5 mile mark, and intends retaining the facility in 1990.

"Our priority at all times, " says Larkin, "is the runner, no matter his or her ability. This is their race, and their needs, priorities and aspirations are taken into account at every turn in our planning, our preparation and our organisation."

EVENTS

October

14

DUMBARTONSHIRE CC relays

EASTERN District League, Alloa

NORTH DCC league, Caithness

21

EAST District Relays, Dundee

NORTH District Relays, Muir of Ord

WEST District Relay Champs

22

FALKIRK Half Marathon - starts 10.30am. For details contact the race secretary (0324) 486711.

28

NAT CC Relay Champs, Inverness

29

OPEN CC Races, Stewarton

November

4

ALLAN Scally Memorial Road Race, 2.30pm Baillieston

BLACK Isle Marathon, Half Marathon and 10K - Please note new date, not in October as previously advertised. Details - Ray Cameron (0463) 870805

MARYHILL Harriers Schools league races, 10am, Summerston

5

ABERDEEN AAC open races

DUNDEE RR Astral 10 miles

LASSWADE AC CC races - details tel: 031-663-4697

11

GLASGOW University road race, 3pm Westerlands - The General Portfolio 5 miles - further information tel:041-334-3240.

NORTH District League, Forres

12

ABERDEEN University Hares and Hounds open road relay.

JOHNNIE Walker Kilmarnock H&AC open races, Kilmarnock & Loudon District Sports Council open X-country meeting - all agegroups, male and female. 1pm start, declerations from 12 noon at St Josephs Academy, Kilmarnock.

18

FIVE Mile and Young Athletes Handicap, 2pm, Summerston

GALDREY CC CC races, Fife

TEVIOTDALE Harriers open races, Hawick. Details from Teviotdale Harriers Tel: 0450 72703.

CLYDESDALE Harriers YA races

19

EDINBURGH to Glasgow race

DUMFRIES AAC open CC races

THE GENERAL PORTFOLIO GLASGOW UNIVERSITY ROAD RACE 5 MILES

At 3pm Saturday
11 November, Westerlands, Anniesland Cross.

ENTRIES £1-00,
FROM 12.30 -2-30pm
Further information :
041 334 3240

LASSWADE ATHLETIC CLUB
OPEN CROSS-COUNTRY MEETING
On SUNDAY NOVEMBER 5
At Poltonhall Recreation Grounds, Bonnyrigg
Midlothian
(Under SWCCU and SCCU Rules)
Entry Fee: Seniors £1 All others 70p
Declarations at Lasswade High School Centre
Supported by Run-A-Way Sports
SPONSORED BY RITZ VIDEO FILM HIRE
TEL: 031-663 0434 For further details.

TEVIOTDALE HARRIERS CLUB
22nd ANNUAL OPEN RACES
WILTON LODGE PARK, HAWICK
SATURDAY, 18th NOVEMBER
First event at 1 p.m.
All age groups (male and female)
Individual and team prizes
Enquiries to: Mrs K. Pringle, 31 Chay Blyth Place
Hawick, Roxburghshire.
Telephone (b) 0450 73214 (h) 0450 72703

Spring Marathon Vienna April 22, 90

Vienna. A metropolis for all seasons. Especially in spring. Everybody gets on the move. This is the best time to invite everyone to grab their shoes and start running. Get to know Vienna in a run. With a NEW course which is flatter and faster than ever before.

Bring your family and friends to Vienna! The **"Spring Run Vienna"**, an additional competition, will be performed parallel to the Spring Marathon.

For Information pleas contact the secretariat:
Enterprise Sportpromotion, Columbusgasse 66/8
A-1100 Vienna, Phone: (0222) 602 17 20, Fax: 602 17 22

the VETERAN SCENE

With Henry Muchamore

THE IAAF veterans committee met in Barcelona on September 3 and discussed a number of important items, including a report I was asked to submit on the background to pedestrianism (professional athletics), following reports that other countries, including Australia, were allowed to have professional athletes competing in Eugene, Oregon, in the World Championships, and Britain could not.

The outcome was an explanation of the position by the WAVA president, Cessar Bacalli, which highlighted that this was a domestic problem for Britain to sort out, rather than an international one, as IAAF rule 53 (1) enables professional veterans to compete in closed competition against amateurs.

I have consequently submitted two amendments to the SAAA for a change in the constitutional rule on membership, and on the rules governing competition, which will hopefully ensure that the SAAA can comply with the IAAF regulations. It has been a long battle, and as the new BAF commission on veteran athletics takes shape Mike Wren, the secretary of the BVAF, has made a personal statement. He hopes that: "The formation of the BAF offers an opportunity to integrate veterans with the rest of the athletic fraternity."

The only way this can come true is by those of you who nod your heads in agreement when you talk to me to follow that up by making your views known and using your voting powers to change things when issues are raised at agm's such as SVHC, BVAF, SAAA and even the BAAB.

Just to give an example of the daft state that athletics is in over "professionals", I attended - only to watch - a small professional Games which included cycling, heavy events and footracing. The top prize of the afternoon was the national final of the 300 yards where the winner received £300. The rest got nothing. The winner of the mile got £50, the rest nothing.

I have also attended and participated in two delightful races in the Borders. One under SAAA rules and another under AAA rules. Both gave a very enjoyable tea and a very extensive list of prizes. I was lucky and picked up something in both, one a voucher and the other a cheque for a fiver - I have cashed neither.

I know for a fact that other athletes received both vouchers and cheques for quite nice sums. Am I a professional? What in all honesty is the difference? I actually spent more than £5 in petrol getting to the event - do I just put it down to "expenses"? Or do I open up a trust fund for a fiver? I would like to hear from others who must have experienced these same dilemmas, but just kept quiet about it.

Another subject raised at the IAAF veterans committee was a woman's age!

Now every decent man knows that is not a subject for discussion, especially with certain ladies who are "ageless", such as Lesley Watson, whose ventures into ultra distance running certainly keep her looking very trim. A certain journalist who shall be nameless, but has an interest in hill running, ventured to ask the said lady how old she was after she finished second in the Great Scottish Run. Her curt reply was 37, and he had the audacity to check it out to discover an error of seven years! I will leave you to guess which way?

The IAAF agreed not to change the status of veteran women from 35 to 40. At one time I was for equality, but if this happened we would see a dramatic fall off in veteran women's competition and that would be sad. One veteran who is not shy about her age, and really is 37, is Tricia Calder, "a housewife from Duns", as one of newspaper described her.

She certainly is a very talented lady with interests not only in cross country running but hill running and triathlons as well. This year she has been the clear winner of the women's section of the Hill Runners Championship, and on consecutive days at the World Hill Running Championships in France finished sixth and seventh in the women's events. She clocked 3-11 to break the Two Breweries 18 mile (5000ft) record and is set for international honours over the country this winter. Indeed, if Scotland is looking for a boost she could well get it at the international veterans' cross country event in Bedford in November 5, if the women's team of, say, Sandra Branney, Chris Price (if she fit again) and Tricia were picked.

At the time of writing the Scottish team manager is unable to identify what the teams are likely to be, but I hope I may be forgiven for making one or two suggestions, especially as some runners did approach me on the subject. In the M40 group, Colin Youngson, Brian Emmerson and Ian Seggie are all going well, with Peter Marshall clinching the Scottish Hill Runners Championship to keep in form. From the West, Colin Martin had some excellent runs on the roads, most recently to be third in the BVAF Flying Fox Marathon in Stone (2-33).

In the M45 category it is not so easy - Allan Adams and Bob Young stand out, along with Frank Wright from the West, and Jack Knox seems the best pick from the East. Bill Scally, Tony McCall, and Bernie McMonagle and an improving Peter Cowan could all be in with a chance.

In the M50 group the great news is that Don Macgregor is back in action after his long lay off. He clocked 70-55 in the hilly Blairgowrie Half Marathon, and that has only been beaten by the great Welsh wizard Taff Davies (69-46) this year.

In the over 60's group, Alastair McInness broke three hours for the first time in Stone on October 1, and if Hugh Currie were available along with Ben Bickerton again it could be a good squad. There would always be 75 year old Dave Morrison to call on if they needed a reliable runner. He broke two world records in one race in the SVHC 10K Championships, taking the 5K on route.

I have just been told that the Kelvin Hall is out of action all winter to enable the fifth lane to be added on for the European Championships. Having had my first taste of the "boards" last year I was looking forward to giving it another go, but that's life - could Glasgow have not done the job in the Summer months and given it time to be tried and tested?

Next month's column will hopefully bring you the results of the vets cross country international, and I shall be telling you a little of who I am hoping to meet on the Veteran Scene when I am "down under" from December to March. So, if there is a budding "amateur" journalist among the ranks who wants to take over this spot - maybe permanently - just let the editor know. I'm sure he'd help you as he has me.

RHONA McLEOD'S JUNIOR SCENE

SUCCESSFUL DAY FOR SCHOOLS - DESPITE "FLOGGING A DEAD HORSE"!

ON September 17, 130 enthusiastic and talented young athletes gathered at Grangemouth Stadium for the SSEB coaching day for the best under 17 year old track and field competitors, ***writes Linda Trotter.***

Over 150 had been invited but holiday weekend commitments, injury, sprinting at Crystal Palace (what an excuse for Myra McShannon and Linzie Kerr!!) biathlon championships (Isabel Linaker and Donald Watt) and general unavailability reduced the figures. As one totally honest triple jumper wrote: "I felt my loyalties lay with my football team as it was to be a difficult match against last season's winners." Undoubted star of the day was internationalist Ingram Murray who, although actually too old (at 16!) had come down to support the usual talented north schools contingent, bruised and bandaged after a contretemps with a Renault 5 - its injury: a shattered windscreen!

The coaches were as dedicated and stimulating as usual, and the SSAA wish to thank them all for their continued support. The athletes were younger than usual. At the track and field international in Dublin, all but four of the Scottish team had come through the coaching days - that era is over and another wave is about to break on the beach of international selection. From Dublin, Craig Joiner, Claire Roy, Debbie Douglas, Carmen Collins, Jane Wolfendale, Mark McBeth, Shelagh Brown, Hazel Melvin, Katrina Dyer, Lorna Jackson, Joanna Ablett and Gary Woods were in evidence, and from the 1989 cross country team, Carolanne Boyes, Rachel Hough, Alison Potts, Geoff Browitt, Stuart McKay, Gillian Fowler, Debbie McInally and Jan Roxburgh - so you can see the nucleus of the 1990 international teams are there as backbone - but so much exciting talent is still to come through - from school sports to area championships, to national championships, to inter area events to international selection.

It would be gratifying to think that every potential SSAA internationalist had at least been invited to the September coaching day, however, some technical events continue to cause problems - I refer of course to the pole vault and hammer - in the former discipline the coach was "unavailable on the day" and in the latter, none of the athletes who were selected were able to attend.

Not necessarily my sentiments, but indeed some that I heard expressed on the day: "How much more can the SSAA be expected to flog a dead horse?"

All the athletes present were invited to complete a questionnaire, the value of which they could take as they wished. Over 100 were returned, and while it might be statistically satisfactory to record that the most admirable athlete is Tom McKean closely followed by Yvonne Murray, Steve Backley, Dalton Grant and Daley Thomson) it might be more interesting to pick out some of the highlights - no names, no embarrassment.

Athletic Ambition? To become an international pacemaker; to be so very good at sport that I don't have to work; to be taller.

Worst ever experience? Being lapped in a 1500m; being dropped to a U15 B Rugby team, due to an attitude problem; turning the wrong way at the end of a Pipe Band Display.

Finally, the 1988/89 SSAA results book is now available, and can be obtained from me at 14, Heriot Court, Glenrothes, KY6 1JE.

New students need education in athletics

FOLLOWING upon the successes of last season, the new university term brings some hope for the future, but also numerous problems, ***writes Gordon Ritchie.***

The continuing problem is the graduation of athletes and experienced organisers. This leaves a massive void to be filled by novices who only just learn how to run an athletics club when it is their turn to graduate too. However, this is a difficulty which we just have to learn to live with.

The hopes are high for this term. The return of Linsey Macdonald to Edinburgh University to continue her studies will be a great boost to an already strong women's team, although the last time I saw Linsey she was in no condition to boost any team. Hopefully she will enjoy an injury free season next year. Personally, I cannot wait to see her back in a Scottish Unis vest.

Also on the comeback trail is Melanie Neef. The Glasgow University sprinter ran in only one university meeting lat year, but was so far ahead of her rivals that we can look forward to her return to competition with great anticipation.

The plans for the winter season are well underway. The Scottish Universities Indoor Championships will take place on Wednesday February 14. Once again, these will be sponsored by the Glasgow Sports Promotion Council.

On Sunday February 25, the Scottish Universities International will be held. With the proposed extension to the Kelvin Hall track to include a fifth lane, the match is likely to be a Scottish Unis v Loughborough students (the holders of the trophy) v Birmingham University v East District v West District. Hopefully we will avoid the unfortunate clash of dates that spoilt this and other matches in 1989.

If I were a gambling man, my money would be on Edinburgh to clean up the domestic honours again, with Loughborough to retain their international trophy. However, a word of warning to George Duncan and his Scottish League team. The universities were stung by their humiliating defeat at Grangemouth in May. Next summer you will not find it so easy.

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle Place, Aberdeen, AB1 8NL. Tel: 0224-310352.

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71, Braeside Place, Aberdeen. Tel: 0224-314861.

ARBROATH FOOTERS
All shapes and sizes, young or old, welcome. Meets every Thursday 7.30pm, Sundays 10.00am at Arbroath Sports Centre. All distances catered for. Secretary - Bill Powell, 11, Glenmoy Place, Arbroath DD11 5JL.

ARBROATH & DISTRICT AC
Track and field events, road running and cross country. All ages catered for from 8 years upwards. New members in the upper age groups especially welcome. Qualified BAAB coaches available at all training sessions. Participants in the cross country leagues, women's league, and young athletes league. Secretary - Mrs Frieda Ritchie, 24, Rowan Path, Arbroath. Tel: 0241-74680.

ARDROSSAN ATHLETICS CLUB
Small friendly club invites novices or experienced runners with an interest in cross country and/or road racing. Contact Sean Warden on Ardrossan 61970.

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tuesdays (mixed) and Thursdays (women) and fun runs on Sunday mornings. Visitors to Arran always welcome at these sessions. Contact Colin Turbett (sec.) Tel: Shiskine 427.

BATHGATE ATHLETIC CLUB
A small friendly club for allstandards of athletes from 8 years upwards taking part in track and field running and cross country. We meet for training on Tuesday and Thursday nights at 6.30pm and Sundy afternoons at 12.30 in the Balbardie Park of Peace. Everyone is welcome so if you are interested in joining us please contact Carolyn McDonald, Cluancoil, Ballencrieff Toll, Bathgate. Tel. 0506-56831.

BEITH HARRIERS
Serious runner, fun runner or novice. Do you wish event information? Phone Jim Swindale, 29 Braehead, Beith, Ayrshire KA15 1EF. Tel: Beith 4156 - Answering machine for further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at Nethercraigs Sports Ground, Corkerhill Road, from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday from 7pm till 9 pm. Friendly club catering for all ages from veterans and anyone who enjoys running - serious athlete or fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec: Maggie McGregor, Glenfernate, Enochdhu, by Blairgowrie, Perthshire. Tel: 025081-205.

BRECHIN ROAD RUNNERS
New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wednesdays at 6.30pm and Sundays at 9.30am. For further information, contact club secretary: Mr Alan Young, 11, Gellatly Place, Brechin. Tel: 03562-3807.

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meets every Tuesday and Thursday 7pm; Saturday 2pm; Sunday 11.30 am. Further information: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB
For hill and cross country running in the Lothians. Regular training sessions and all standards welcome. Sec: Andrew Spenceley, 26, Rankellior Street, Edinburgh EH8. Tel: 031-667-5740.

CENTRAL REGION AC
Large friendly club catering for all standards and ages, track and field, cross country and road running. For further information, Tel: John Dickson on Stirling 71627.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel: Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

CLYDESIDE ORIENTEERS
The premier orienteering club for Glasgow and surrounding area caters for competitors of all standards and abilities - from novices to internationalists - at a variety of events throughout the year. Enquiries welcome to: Shona Dickie, 57 Craiglomond Gardens, Balloch, G83 8RP. Tel 0389 52850.

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63, Thorniecroft Drive, Condorrat, G67 4JT. Tel: (0236) 733146. We cater for all abilities from absolute beginner. Males/females aged 16 and over are welcome to contact the secretary or call at Muirfield Community Centre Weds and Thurs at 7pm and Sat at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday from 7pm at Broomfield Park, Cumnock. All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging centre. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday 7pm at Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road for male and female, coaching available. All age groups nine and upwards catered for. Contact: Gordon K. Christie, 767, Dalmahoy Drive, Dundee DD3 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC
Secretary - Mrs Gill Hanlon, 9, Lochinver Crescent, Dundee.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday-St Joseph's Playing Fields, Dumfries; Tuesday-David Keswick Centre, Marchmont, Dumfries; Thursday-St Joseph's. For further details please contact Angela Coupland (sec) on 0386-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 9 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Monday and Thursday (7pm) at the John Wright's Sports Centre/ East Kilbride Stadium. Contact: Sheila MacDougall (sec),71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

EDINBURGH SPARTANS
Brand new, extremely small athletic club hopes to attract sufficient members to put a team in the Fourth Division of the HFC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM
Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Peter Black, 32, Baberton Mains Wynd, Edinburgh. Tel: 031-442-1506.

FIFE AC
Covering Kirkcaldy district, North East Fife and beyond, catering for all ages and all disciplines including track and field, hill running, cross country and roads. Whether you're a beginner or serious athlete we have something for you. Depending on your area, contact: Kirkcaldy - Dave Lawson (Burntisland 874489); Ian Gordon (Glenrothes 755405); Cupar - John Clarke (Cupar 53257); St Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec. Bill Logan on Forfar 67256 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary C.M. Angus, 2, Learig, Forth. Tel: Forth 811150.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Young athletes (male 14-18) Tuesday night 7pm. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012. Young athletes contact Alan MacDonald, Tel: 0259 60075.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches are BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on Weds evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, General Secretary, 29, Apsley Street, Partick, Glasgow G11 7SP. Tel: 041-339-5860.

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourock.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon & Wed nights 7pm Neilson Park, Haddington (young athletes coaching, Knox Academy). Other times and places by arrangement. All ages, standards, road, cross country, hill, track and easy keep fit runs. Come along or contact Sec David Jones, 7, Letham Mains, Haddington EH41. Tel Haddington 2685.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

HARMENY ATHLETIC CLUB
Meets in south west Edinburgh every Mon and Wed. Caters for a wide range of abilities in all aspects of athletics, including track and field, cross country, road running and hill running throughout the year. For more info on track and field, contact Ken Jack on 031-449-2910; the remainder Ian Hislop on 031-441-1604.

KILBARCHAN AAC
Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3TJ. Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights in Linwood Sports Centre, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtier on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small, friendly club looking to become larger and friendlier club. All age groups required, male and female, track and road. road and cross country, also anyone with coaching skills very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Please contact Mrs Sheena MacFarlane, Tel: 0383-739681 (Memb Sec).

LOMOND HILL RUNNERS AND AAC
New members sought. Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7-9pm, Sunday 8pm at Glenwood High School, Glenrothes. Sec - Allan Graham, 12, School Road, Coaltown of Balgownie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlaverock Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS
We meet and train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 'till 9pm. All standards of runners welcome. For information contact: Geoff Lamb (sec), 7, Golfhill Drive, Bonhill, Dumbartonshire. Tel Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club. Regular social events. We meet at the Deaf Institute, Institution Road, Elgin on Wednesday at 7pm and Sunday at 9am. For further details, contact Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-41543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

NAIRN DISTRICT AC
Track and field meet Tuesdays 7-9pm in Nairn Academy. Road Runners (18 and over) meet Thursdays 7.30-9pm at the Sea Scout Hut at the harbour. All welcome, and further details available from Danny Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PENICUIK HARRIERS
Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross country and hill running. Regular training Mondays and Wednesdays. Sec - Dave Cairns, 18, Crockett Gardens, Penicuik EH26 9BB (Tel: 0968 75920).

PERTH ROAD RUNNERS
Meet at Perth Fitness Centre, Glover Street, Perth, on Tuesday and Thursday nights and Sunday morning. Men and women welcome. For further details, contact Mrs J Hume, 19a, Barossa Place, Perth.

PETERHEAD AAC
Meets every Monday and Thursday, 6-7.30pm, from March to October at Catto Park, Peterhead, and from October to March at the Community Centre, Peterhead. All ages welcome. Club Sec: Mrs M. Macdonald, 13, Prunier Drive, Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. We meet Tuesday/Thursday 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

SCOTTISH HILL RUNNERS ASSOCIATION
Sec. - Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels.

SHETTLESTON HARRIERS
Non members welcome for track and field, cross country, road running and hill running. Coaching available most nights at Crownpoint Stadium and club runs on Tues and Thurs from the clubhouse, Barrachnie. For further info, please contact John Donnelly on East Kilbride 42867.

SOLWAY STROLLERS
We are a small friendly club and train every Tuesday and Thursday evening between 7 and 8pm. We welcome all standards of runners, male and female. Road running, cross country and fell races all catered for. Our club premises are in Castle Douglas Squash Club, Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec, Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire G83 ORX. Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan, 22, Lawsondale Drive, Westhill, Skene, Aberdeen.

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar Road, Crossford, Dunfermline KY12 8XY. Training - Dunfermline Community Centre. Telephone: 0383-733370 day; 731063 evening.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford Square, Murray, East Kilbride. Tel: EK 45780.

FAIRPORT TRIATHLON CLUB
Sec - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan, Bowmont House, Arbuthnott Place, Stonehaven. Tel: 0569-62845.

STIRLING TRIATHLON CLUB
Our regular training session is 8am Saturdays at the Rainbow Slides Leisure Centre.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant. Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU. Tel: 031-442-2201.

EDINBURGH SOUTHERN OC
One of Scotland's biggest and oldest orienteering clubs; we cater for runners of all standards. Regular training and social events. Members mainly from Edinburgh and Midlothian. Further info and copy of club newsletter from Katy Lessells, 40, Ormidale Terrace, Edinburgh. Tel: 031-337-1144.

PERTH ORIENTEERS
Tayside's premier orienteering club! We cater for beginners and internationalists alike. For a copy of our latest newsletter, contact club sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS
Orienteer in a range of fine venues in Southern Scotland. An established series of club events takes place annually, with training events and other regular competitions. All ages and abilities from complete novices upwards are most welcome. Sec - Diana Turner, Shinnel Cottage, Tynron, Thornhill DG3 4JT.

ST ANDREWS ORIENTEERING CLUB
Promoting and developing orienteering in the City of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members always welcome. Contact: Terry O'Brien, STAG, 159, Warriston Street, Carntyne, Glasgow. Tel: 041-770-7618(h); 041-774-9718 (Ext PE department (w).

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from the Trossachs and also Glasgow and environs. We run at 12.30pm Sundays. Further info from Ainslie Kyd, Forest Hill House, Aberfoyle (Tel: 08772-269).

RUNNING PARTNER REQUIRED
I normally train four times a week, 25-30 mpw, but would like to get down to seven minute miles eventually. I know I could do this with a training partner of that speed. I have done 1-42 for the half marathon, and am female, aged 27. Please contact Donna Munro, 17, Canning Street, Dundee.

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