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SCOTLAND'S RUNNER

DECEMBER 1989

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ISSUE 40

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SCOTLAND'S RUNNER

DECEMBER 1989

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INSIDE LANE

I PRESUME there will now be a full and open inquiry into the 1990 Scottish Commonwealth Games athletics selection procedures - and that recommendations will be made to ensure that there is never a repetition.

As I hinted in last month's Inside Lane, the Commonwealth Games Council are, in my opinion, a body of men and women totally ill equipped for the responsibilities entrusted to them. They are unprofessional, clueless about public and press relations, and apparently unsympathetic to the athletes. That they are led by a man who has spent a lifetime in athletics, much of it in the upper echelons, only adds insult to injury.

But that said, why was it so easy for Mr Ewan Murray and his council to twist Scottish athletics round their little digits? The answer, I'm afraid, lies within the upper ranks of the SAAA and SWAAA.

As I understand the situation, the selection policy goes way back to 1988 when the national coach, David Lease, was asked to draw up two sets of Commonwealth Games "guidelines". Mr Lease consulted senior Scottish coaches and also took into consideration a number of criteria, all of which have been well documented in the past.

Mr Lease then presented his "A" and "B" guidelines to the SAAA and SWAAA. It is not clear if his recommendations were followed to the letter - knowing the nature of the athletics beast it is unlikely - but the upshot was that two sets of guidelines were duly published.

Those who could meet the "A" guidelines were thought to be finalists and potential medalists and would

definitely be selected for the Games, while those equalling or bettering the "B" guidelines would certainly be considered for selection, but could not be guaranteed the "trip" or "ride" as it subsequently became known. The system wasn't perfect, but at least everyone knew, to some extent at least, where they stood.

It all started to go terribly wrong when the Games Council told the SAAA's and SWAAA's, in so many words, that the "B" guidelines weren't on as a selection factor.

Instead of taking a stand at that point, and having the foresight to see the corner into which they were being driven, the SAAA's and SWAAA's accepted that the "A" guidelines were in effect to become the Commonwealth Games standards. Quite apart from legitimate doubts about the criteria upon which the standards had been based in the first instance, these "standards" were simply unattainable for many of our international athletes.

In a letter to us this month, Tommy Murray makes the point that there is no good in sending athletes halfway round the world to be jeered at in newspapers for not getting past the first round.

But I would argue, as do other correspondents, that Scotland should be represented in every athletics event at the Commonwealth Games - and the public educated to be prepared for early exits, and also to be aware that all that was being asked was for every Scot to compete to the utmost of their abilities, and if possible set personal bests.

The criteria for selection would then be that the first ranking Scot in every event would automatically qualify, plus any others who met stringent

qualification standards.

I accept that there may well be an argument for laying down a minimum standard to prevent any debacles, but the principle at least should be of one athlete per event.

With due respect to the other sports involved, the Games revolve round athletics and to a lesser extent swimming. Yet the boxers have almost one fighter per weight, and other sports are delighted at their representation.

I don't wish to be seen to be constantly criticising the SAAA's and SWAAA's, but it really is impossible not to point out their inadequacies when you realise how easily they set themselves up for Mr Ewan Murray and his cronies to knock them, and our athletes, down.

Ladies and gentlemen, a full and frank post mortem is required. And in the meantime, could we have more letters from readers, giving your views on how Scotland should be represented at the Games?

WELL DONE, Perth Strathgry Harriers for attempting to initiate a debate amongst clubs on the need, or otherwise, for a Scottish Amateur Athletics Federation (see Up Front).

Apart from our reservation about the word "Amateur" in the title, PSH are absolutely correct to open up the issue. Their resolutions to the SWAAA and SAAA agm's ask that the clubs' views be sought as a matter of urgency.

Readers of this column will know that we are firmly behind the speedy formation of a Federation. We look forward to reporting on the outcome of the PSH resolutions.

Alan Campbell

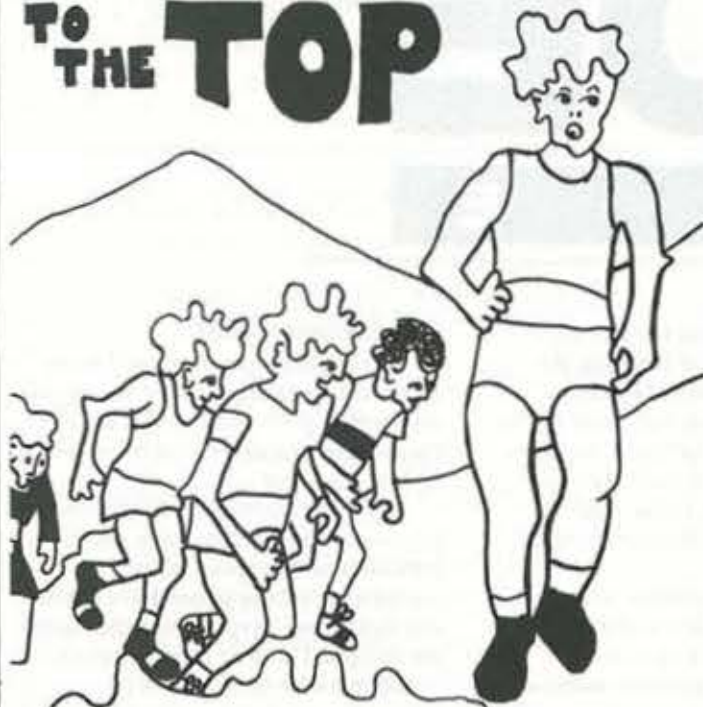
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RACE YOU TO THE TOP



by
SUSE COON

Race You To The Top

By Suse Coon

"THERE'S something in the psyche of a hill runner that is less to do with running and more to do with hills and being inspired by the presence of great landscapes. No matter how much you challenge a hill - and that is after all what it's about - how many times you run up and down its slopes, you'll never conquer him. He'll never submit to your will, compromise for your weaknesses or even condescend to acknowledge your small success....It's this factor as much as any athletic ambition which, it seems to me, attracts the kind of person who enjoys and becomes good at hill running."

The above is a quote from "Race You To The Top", the first book on the Scottish hill running scene, which is written by author and journalist, Suse Coon. Based on the : "You don't have to be mad to marry a hill runner but it helps" principle, the book features 124 pages of background, biography and anecdotes, with photographs and maps. As entertaining as it is informative, the extensive races section is essential reading for anyone racing the Scottish hills.

The book contains light hearted and humorous anecdotes, while at the same time promoting the consideration of issues such as erosion, safety, wilderness areas and attitudes to training. The style may be zany and irreverent but the message is clear - hill running is a growth industry. Take care of it.

Race You To The Top will be available shortly and can be obtained mail order from: Suse Coon Ballencrieff Cottage, West Lothian EH48 4LD, Price £6.95 inc p&p.



ARTHRITIS RESEARCH

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up FRONT

Action by athletes is the answer

THE only people who can remove the Commonwealth Games Council from their positions are the athletes of Scotland - according to Ayr Seaforth's GB internationalist Brian Whittle.

"This group (the council) seems to be accountable to no-one - they can do what they want and get away with it," he said. "But the very people they are accountable to are the athletes whom they are supposed to represent. There has been a lot of private support for the athletes who have missed selection - but not a lot of public action. People are happy if someone else is doing the shouting. Few people have done anything constructive."

Whittle believes that there is not a fair representation of athletes in the team. "Other sports have got what they deserved, but athletics have not," he said. "If the athletes were united and said, 'This isn't on, we are being dealt with harshly,' then something could be done. Do athletes really want these people to be in the position that they can choose the Scottish Commonwealth Games team again in four years?"

He expressed his feelings of absolute frustration at the unapproachability of the Games Council.

Indoor league proposal

A BID is being made at present to start what is believed will be Britain's first indoor athletic league.

The Scottish woman's league and the Young Athlete's league have both been contacted for their opinions on the venture which would supply indoor competition for all age-groups, male and female.

If the league does come into being, the organisers have anticipated it will be called the Scottish Athletics Indoor League (SAIL). It will take place at the Kelvin Hall and is expected to begin in the winter of 1990/91.

"They must know that public opinion is against them, and yet they won't back down and try to communicate. They will not speak to athletes," he said. "They are representing me - I should be able to get an explanation from them. People who govern the sport should be able to communicate with the athletes, but they cannot, so they shouldn't be there!"

Whittle's comments came shortly after his decision to go to the Commonwealth Games after all, following a much publicised period of indecision of whether to compete.

Kirkcaldy plans festive races

A FIFE community effort will be taking place this month in an unusual effort to provide a set of quality races combined with a major fund raising opportunity. Kirkcaldy High School has linked up with the local Lions Club and the school's own community use wing for the event, writes David Cameron.

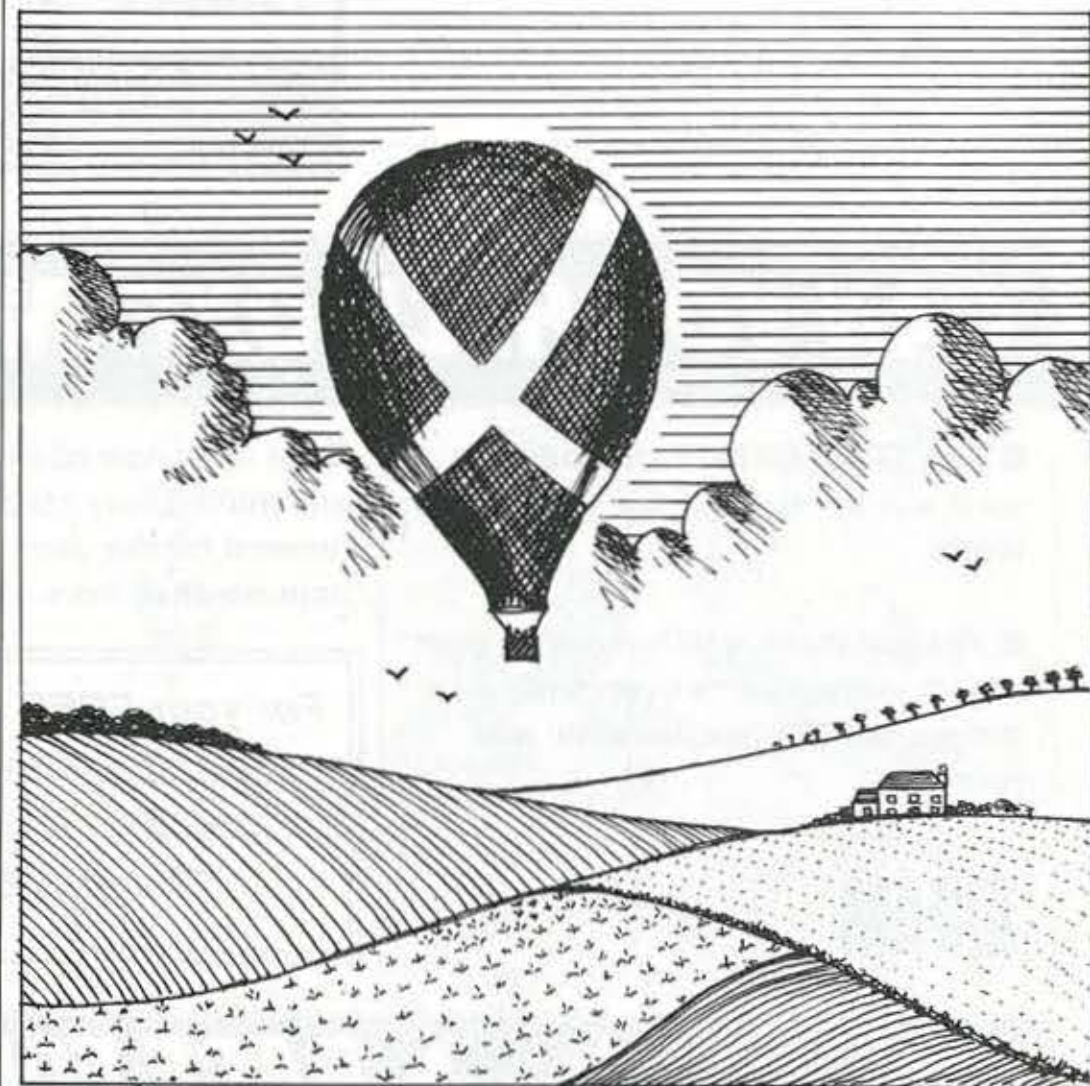
All three are involved in organising a senior 10K on a new stretch of road near the school. Three quarters of the course is flat, smooth and traffic free. It should

provide an excellent opportunity for fast times.

As well as the 10K there will be shorter races for primary school pupils, under 15s and under 18s. Profits will go to the McMillan Nurses.

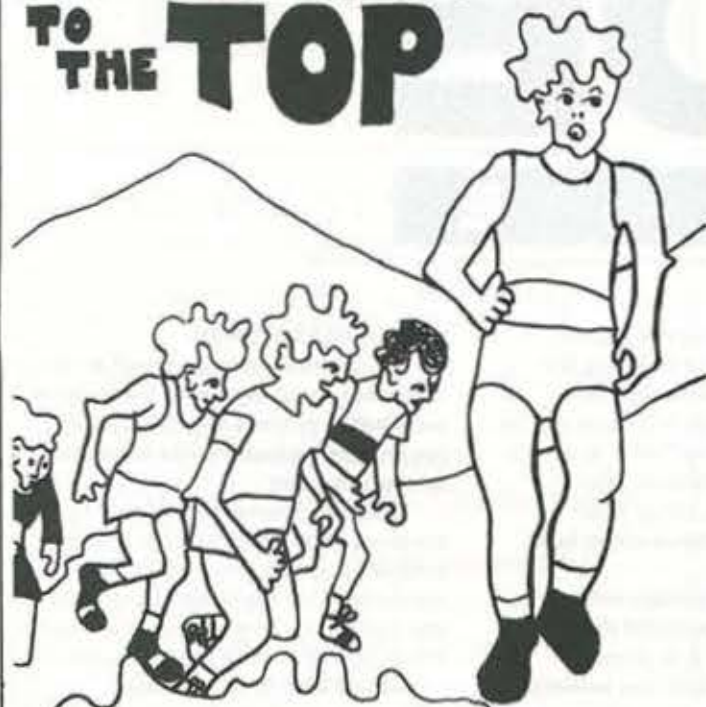
The races start at 10am, and with a December 16 date, it is guaranteed to be a festive and family occasion with stalls, Santa's sledge and various indoor activities going on at the same time as the races.

OUR pictures from the Ayr Land O'Burns Half Marathon (last issue) came from the Ayrshire Advertiser. Apologies to that newspaper for omitting the credit.



Flying high. The Scottish athletics team leave for Auckland, fueled by the comments of the Commonwealth Games Council.

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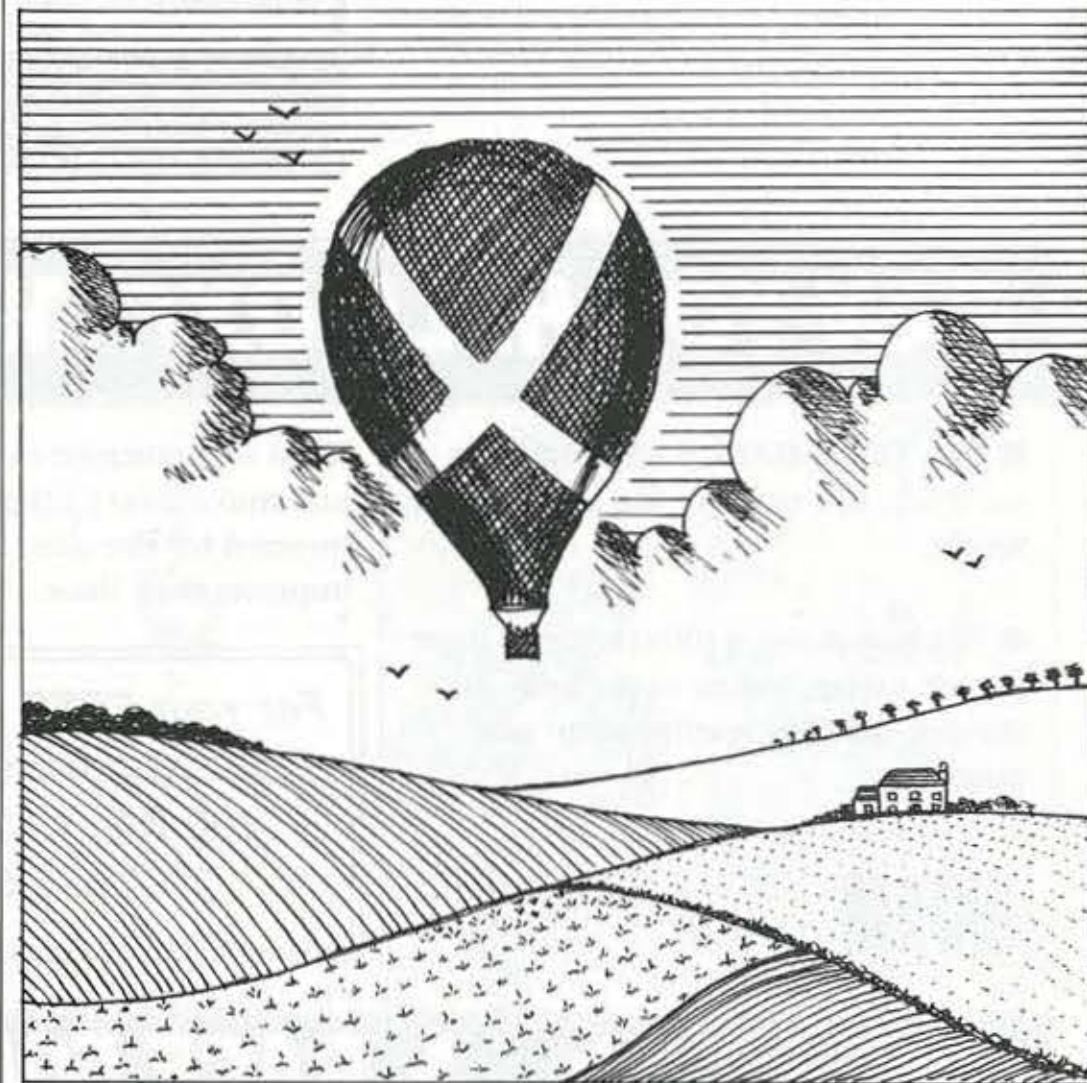
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RACE FOR LIFE

up FRONT

Athletic Academy top of the class

ONE of the most refreshing events in Scottish athletics took place when 480 children from all over the country took part in the "Budget Athletics Academy" in Glasgow's Kelvin Hall.

The 11-14 year olds were given a full, one-day introduction to athletics, and the opportunity to try a range of track and field events.

Several of our top athletes in Great Britain took training sessions and participated alongside the young people. Brian Whittle, who was intrinsic in the organisation of the event was delighted with the its success and hopes to make the Athletics Academy a regular event. He said of the "star coaches", "These guys are brilliant - they have a great rapport with the kids and the kids will listen to them because they are there at the top and have done all this kind of training themselves."

Amongst those taking the sessions were John Regis, Dalton Grant, Tom McKean, Brian Whittle, Jon Ridgeon, Yvonne



Murray, Mike McFarlane and Todd Bennett.

Dalton Grant, the British high jump record holder, stressed the importance of keeping the young athletes interested. "These kids are keen to do sport and so it has to be made fun for them. They shouldn't be pushed too hard, and they shouldn't get too serious about it until they are about 17 years old."

Championships confirmed

THE SAAA and SWAAA have confirmed that the National Senior Indoor Championships will go ahead on December 9 and 10 in the Kelvin Hall.

The contractor carrying out the addition of the track's fifth lane for the European Indoor Championships has agreed to make the dates available. The Scottish Schools AA, have agreed to forego a prior booking which they held for the latter day.

At present the SAAA and SWAAA are seeking a sponsor for the championship. The sponsor for the past two years, Royal Mail Letters had expressed their wish to continue the arrangement but have had to confirm they do not have budgetary provision to continue their association with the event.

Entries for the championships will close on November 18.

RON Ballantine, the owner of the successful "Run - A - Way Sports shop has decided to conduct his business in reverse. He has decided to go to the customer to save the customer having to come to him!

What Ron intends to do is visit athletic clubs on arranged nights to show the gear he has in stock. The beauty of this idea is obvious if you live and run in Inverness and you consider the shop is in Glasgow! Ron has said he is "prepared to travel any distance to give service to the runner."

The idea came to Ron as a result of feedback from some of his customers. "They said it would be great to have a specialist running shop like mine which would be handy for their club." The answer obviously was a travelling shop.

Ron would like to hear from clubs which would like him to visit them and also race organisers who would like him to attend their events - complete with shop. (Tel 041 632 9579 for details.)

A united body

THE first step towards consulting clubs on the desirability of a single, united Scottish athletics body will come on November 25 at the annual general meeting of the Scottish Women's Amateur Athletic Board in Glasgow.

The agm will have before it a resolution from Perth Strathgry Harriers, urging

"that the SWAAA starts negotiations with other athletics governing bodies in Scotland with a view to forming a Scottish Amateur Athletics Federation (SAAF)".

If this is accepted by the meeting, a second resolution will be put forward: "that negotiations should begin as early as possible in 1990".

Acceptance of this would lead to a third, "that the SWAAA executive committee call a special meeting not later than August 1990 to inform clubs of the position of discussions so that a definite answer to a Federation can be given at the agm in November 1990".

It is understood that Perth Strathgry will submit a similar series of motions to the SAAA agm in December.

HFC fifth division

THE HFC Scottish Athletic League has decided to add a fifth division to existing four. At present there are two clubs who wish to join. These are Inverness Harriers and Harlequins AAC.

Any clubs which are interested in joining the league should contact George Duncan, 22, Wilson Street, Perth, PH2 0EX. Tel. 0738 22526.



Yvonne Murray and Tom McKean got together to show off "Sandy the lion" who is part of the official Scottish Commonwealth Games team collection. There is also official Auckland '90 Team Sportswear in white with four colour logo. Telephone 062 081 408 for more details.

REASONS TO BE A CHARITY RUNNER

WITH the 1990 road running season on the horizon, it is time once again to take a look at a few of the national charities prominent on the sponsorship scene.

The benefits of raising money for a worthy cause are well-documented. If you have not already checked-out some charities, why not give it some serious consideration for your oncoming running season.

Oxfam, Britain's best known charity is establishing its own running club - 'Team Oxfam'. Their initial target is a staggering thousand members and Oxfam are proud of the fact that 'Team Oxfam' will be the first running club established by a charity. They are seeking people to run for Oxfam in distance races and fun runs, thus greatly increasing the income from sponsored runners.

Although still in the preliminary planning stages, a 'Team Oxfam' running kit, club newsletters and special runs are all being planned and negotiations are underway for sponsorship for the club. As Ken Hulme, Oxfam's special events organiser reveals, "links with Third World athletes are planned as are twinning projects between runners in the UK and Third World development projects."

Even before its official launch tremendous interest has been shown in 'Team Oxfam' and the linking of running and Third World development. Over 120 runners participated in the Sunday Times fun run for the club and Oxfam and the National Union of Students are in the final planning stages of a national student run with a target of 10,000 students running for Oxfam projects in Southern Africa next spring.

Oxfam are looking for support from individuals and group runners - from club runners to weekend joggers. Already many companies and institutions, field teams in fun runs and this is expected to increase considerably.

Runners interested in joining 'Team Oxfam' should contact Ken Hulme on 0865-510505.

By running for the Scottish Spina Bifida Association

you will be contributing to help all children, young people and adults in Scotland who have spina bifida and/or hydrocephalus.

Spina Bifida is a malformation of the spinal cord which occurs in the very early weeks of a woman's pregnancy and can cause varying degrees of handicap. Sometimes the baby's legs are completely paralysed, sometimes damage is not so severe, and the child learns to walk with the help of callipers and crutches. But spina bifida does not go away or get better, and this means that the baby with spina bifida grows into a child and eventually an adult with spina bifida.

The Association, whose Scottish base is in Edinburgh has 10 branches throughout Scotland who serve members in their locality. Please contact the Association, Freepost, Edinburgh, EH4 0HX, for further information on running sponsorship.

All over the world men, women and children are being jailed, tortured and killed for the non-violent expression of their beliefs. Amnesty International works for the thousands who have been forgotten by everyone except perhaps their families and friends. It has, since 1961, pursued an impartial and apolitical fight against abuses of human rights throughout the world. What might appear to be an almost impossible challenge for any human rights organisation can be tackled by people from all walks of life - Amnesty supporters.

Amnesty International are keen, like all worthwhile causes to attract runners to raise important funding to carry on their vital work. Amnesty sends fact-finding missions to numerous countries to make representations to governments, observe trials and investigate human rights abuses on the spot. Once accurate and detailed information is gathered showing that individuals are 'prisoners of conscience', the cases are usually allocated to one or more of the movement's groups around the country.

For example, there is the case of Orton Chirwa

from Malawi who has been in prison for 8 years of his life sentence which was imposed on him for his peacefully held political beliefs. The Borders Amnesty group have 'adopted' Orton and are writing letters to the President and the authorities of Malawi.

Amnesty's emergency help is powerful and effective technique involving a network of volunteers up and down the country - 90% of the cases adopted since 1961 are now closed. Amnesty works.

Send the coupon attached to Amnesty's advertisement, to find out more about the cause and also to receive an Amnesty t-shirt and Amnesty sponsorship forms.

Sense-in-Scotland is part of the UK wide Sense organisation which developed from a parents group in 1955. They work with, and on behalf of, all who were born deaf-blind or suffered early impairment of both sight and hearing whatever the cause and regardless of other disabilities.

One of the important roles of Sense is to promote the development of community and other services for deaf-blind people. In conjunction with Quarriers Village, they run the only Scottish residential training centre for deaf-blind young adults, Overbridge.

Mark Horton, a student at Overbridge, took part in the Great Scottish last year. Overcoming his blindness, with the help of two Overbridge staff, Alison and Colin, as his guides, Mark finished the course in two and a half hours.

With the help of Sense and their activities there is not much nowadays that deaf-blind youngsters cannot achieve. With help from the Royal National Institute for the Deaf and tactile vibratory pads it is now possible for deaf-blind children to ski!

Contact Sense-in-Scotland at 168 Dumbarton Road, Glasgow, 041-334 9666.

Why not also take a look at the number of other charities who advertise throughout the magazine and decide who you are going to run for in 1990.

CHISA SCOTLAND

"90 YEARS OF CARING"

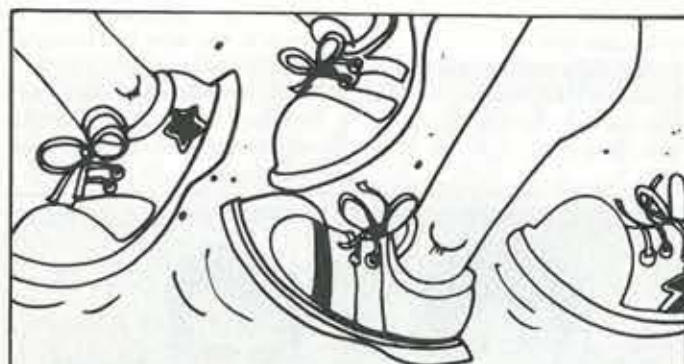
We ask for your help in our work to prevent chest, heart and stroke illnesses and to improve the quality of life for the thousands of Scots who suffer from them.

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The Chest, Heart & Stroke Association (SR)
65 North Castle Street
Edinburgh EH2 3LT
Tel: 031-225 6963



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Make your effort go farthest. Run for the children and young people who are disabled or disadvantaged. Call John Girling on (01)550 8822 for your free running vest, car sticker, sweatband, sponsor form and details.

Barnardos

LETTERS

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

Games selection decisions are justified

97, Kilmacolm Road,
Greenock.

SIR - Now that the dust has settled after the Commonwealth team selection controversy, I'd like to air my views on the subject.

First I'd like to condemn the press for their handling of the decision - by criticising the selectors and becoming all patriotic and telling the public about how "it's the competing that counts, not winning".

If your readers would care to cast their minds back to Edinburgh four years ago, they would remember that these papers carried stories that tore the Scottish team to ribbons because of their poor performances and lack of medal winning athletes.

Another phrase that's being banded about which really gets up my nose is the "Friendly Games". How anyone can call it this is beyond me. After all the boycott threats, political debates and now selection policy wrangles within the four home countries, I'd say they're anything but friendly.

In my opinion, the decision not to take athletes who couldn't meet the qualifying standards was justified. I honestly can't see the point in taking someone halfway around the world to be eliminated in the first round or lapped on the track - and then tell them it was good experience.

Wouldn't it be better to use the money trying to build their confidence and racing ability by getting them more competition abroad, starting with minor meetings and hopefully building to some of the Grand Prix events?

This is a better way to build someone's confidence and give them experience - not throwing them into a major Games to be crucified in front of thousands and then to be humiliated by the press.

Tommy Murray

Athletes seen but not heard

Substation House,
Keylodge,
Kintore.

SIR - It was good to read in Alan Campbell's article that Alan Puckrin was not afraid to comment on the Commonwealth Games Council's selection.

I was pleased to see the comments on how often the elite athletes run for Scotland in international matches. I think we would probably find that some of them have never had a blue vest on since the Edinburgh Games 1986.

The officials of the SAAA and SWAAA must feel very upset when they are allowed to select a Scottish team for international matches, but appear to have next to no say when a team is selected for the Commonwealth Games. These games are the only games when a Scot can compete in their blue vest. At all the other big games it is a GB vest.

Two of the Scottish internationals have made their feelings known through the press and TV. Can we take it from this that the rest are happy with the Mickey Mouse team, or is it a case of being seen and not heard in case the committee pick a few more?

R. Kitchen

29, Braehead,
Beith.

SIR - I noticed in the London Marathon 1990 circulars which are available in TSB banks, that the date of the Beith Harriers McLuckie Trophy has been listed as January 7, 1990. I would like to thank the London Marathon organisers for mentioning this event, but the date is wrong. It will be held on January 2.

I wish the London Marathon all the best.

Jim Swindale

LETTER OF THE MONTH

Selection policy a shambles

42, Barmore Avenue,
Carlisle.

SIR - I would like to congratulate your stand regarding Commonwealth Games selection. Your heading "Disgrace As Scottish Athletes Are Betrayed" really sums it up. Scotland's selection policy is a shambles as the selectors have failed in my opinion to recognise the significance of the Commonwealth Games. This is the only major Games in which Scottish athletes can participate as a team. As it would appear that funding is not the problem, surely "what matters is not winning, but taking part".

The selectors have in my opinion failed to recognise the damage that they may well have done by restricting selection to only a few finalists/medalists. Surely we should be trying to encourage our younger athletes (remember Daley Thompson finished 18th at his first Olympics). If all other countries had taken the same stance as our selectors there would be no Commonwealth Games. How many athletes would have turned up in Edinburgh in 1970 and 1986?

All we can ask of any athlete is to perform to his/her best on the day of competition. As far as I am concerned the number of personal bests set by Scottish athletes would serve as an indicator as to how well our team performed.

As the selectors should be encouraging our athletes, they should select as many members as possible. The very least that they could do is to select a minimum of one competitor per event. I am sure that would act as a spur to our younger athletes as they would know that Games selection would be guaranteed to the "best" in Scotland.

Selection policy must be changed otherwise such a rigid system will have an adverse effect on the future development of the sport in Scotland. However, changes will only come about if Scotland's athletic clubs air their views on the matter. Could Scotland's Runner carry out such a survey? If selection is not changed, Scottish team members should take the difficult decision by boycotting the Games.

One final point, could one inform me as to how many officials will be accompanying our "wee team". I trust that their numbers have also been reduced.

R Benyon,
Ian Skelly Law & District AAC.

Mr Benyon's opinion that all that can be asked of any athlete is to perform his/her best on the day, and that the number of personal bests should provide the best indicator of how our team has performed seems, in our opinion, to be the criteria on which a Scottish team should be selected for the Commonwealth Games. From that position of bias, he is the recipient of this month's Scotland's Runner t-shirt.

NEWSAGENT ORDER FORM

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LETTERS

Proposal for National Novice Cross Country Championships

21, Bogton Avenue,
Glasgow.

SIR - With a full fixture list during the cross country season, the introduction of a new race is always difficult as it requires clubs and individual runners to alter existing habits to participate in the new event.

I am proposing the introduction of a new national cross country championships - an individual and team championship event to be known as the National Novice Championships. This is in part the revival of a championship which was held for over 30 years, ending in 1949 - but without the tortuous, difficult, restrictive rules then governing the event. Under the previous rules athletes were disqualified from competing in the novice championship if they had ever won a prize in a club, county, district, national or open race.

It is now proposed that the race be held annually over a 6 mile/10K cross country course, and would be restricted to competitors who had never won an individual or team prize in the SCCU district or national championships.

Entry for the national senior championships would continue to be unrestricted, with all grades of runners being able to line up on the starting line with Nat Muir, Allister Hutton, John Robson, Tommy Murray, Neil Tenant etc.

However, these runners, and the others of their standard who regularly win the individual and team medals, would be ineligible to compete in the new novice championships. It is proposed that the rules would bar the first three individual medalists and the members of the first three teams from each year's national championships from participation in the novice championships, together with the first three medalists and the members of the winning team in each year's district championships.

It would be desirable to abstract the runners who are deemed ineligible from the results of the past three years national and district championships so that a realistic field of novices would be assembled for the inaugural championships.

The runners who gain the first three individual medals in the National Novice Championship, together with the members of the first three teams to finish in the team championship, would be ineligible for the next championships. This would mean that there would always be new winners in both the individual and team contests each year.

The runners who placed from fourth to tenth individually would know that they would have a chance of individual honours the following year as the three medalists would be ineligible the next time the race was held.

Similarly, the clubs whose teams finished outside the first three would have hopes of team championships medals though the three team medal winning clubs would still be eligible to compete with a different counting six runners the following year.

Emerging and growing clubs, like Haddington, Livingston, Annan, Ayr, Kilbarchan, Fife and Greenock Glenpark, who perform well but are always short of national winning teams each year, could have their moment of glory and their runners gain medals before being restricted to competing solely in the senior national championships.

Every club would have the incentive, rather lacking in existing conditions, to build up a novice team to win a national title. Top clubs like ESH, Cambuslang Harriers, Aberdeen AAC, ESPCAC and Shettleston Harriers would build up and encourage their "B" teams in an effort to gain novice team medals.

Clubs such as these would always wish to be represented in the National Novice Championship meeting, and would have the incentive to recruit and train new senior members to represent the club each year while the top members concentrated on national performances.

The constant turnover of competitors would have the result of providing incentive opportunities for lower standard runners to gain individual or team medals. Newly graduated seniors, who emerge from the junior ranks, would have a better introduction to senior competition

when the top ranked seniors were ineligible for the race and could develop confidence with good, forward positions instead of being outclassed and finishing well down the field in their first years of senior competition.

The constant series of new medalists could bring confidence and success to all levels of clubs instead of confining winning medals to the same individuals and clubs year after year. This could only engender benefit throughout the country in all districts and lead to more enjoyment and greater enjoyment of the cross country sport throughout the winter.

It could be seen as a graduating experience, some runners staying briefly at this level of championship competition and winning medals before progressing onwards, while others would spend a considerable time in the novice race before possibly gaining honours - but always with the incentive that the previous year's medalists had left the field of competition giving them a better chance of success.

It is envisaged that the novice championships would be held in the first half of the winter season, possibly the first or second Saturday in December, so the contestants would have ample time for recovery for the district championships in January, and of course, their annual enjoyable outing in the national senior championships in February.

The event would be staged at venues throughout Scotland as is presently the case with the national, but in a different part of the country from that year's national championship. This would help publicise and develop the sport in different regions of Scotland, and help promoting clubs to gain results in their area.

I have had a favourable response to this proposal from quite a few individual runners and clubs, but wish to get as wide a response as possible from possible participants before taking the proposal any further.

This would of course mean proposing the idea for discussion of SCCU district and general committee levels before making a proposal for consideration of the SCCU annual general meeting. However, the reaction from readers as possible participants would be invaluable so please write with your comments and views containing amendments where judged necessary.

I look forward to hearing from you as your views will be appreciated.

Colin Shields

American seeks race information

712, Grain Exchange
Building,
Minneapolis,
Minnesota,
USA.

SIR - While vacationing in Scotland with my family last summer I picked up a copy of Scotland's Runner. Unfortunately, this was near the end of our trip, so I did not have the opportunity to participate in any of the events which I saw were listed in the magazine.

I am now planning another trip for March 1990. Can you please tell me if there are any distance (half marathon or marathon) races

scheduled for that month? I would welcome the opportunity to participate in one of your races, and I would like to begin planning my itinerary accordingly.

If there are other groups to which I should write, or if it would be better to write at a later date, please give me any advice you may deem appropriate.

Thank you for your assistance. I look forward to the chance to run in Scotland and to purchasing further copies of Scotland's Runner.

Robert C. Mack

Over to you race organisers - you've got the address!

Letters for the next issue of
Scotland's Runner should
reach us by November 24

ALLAN WELLS

NOW we know who is going to the Commonwealth Games and who isn't. To the ones who have been chosen my congratulations, and commiserations to those who missed out. At least nobody had the indignity of being in the team, with a possible medal chance, and then being withdrawn. Mike Edwards, the English pole vaulter, must be feeling a bit fed up to put it mildly.

There appears to be some controversy over his selection and then exclusion from the World Championships. If he was injured he should never have been considered for selection in the first place, and if he was fit and seriously contemplating taking part in the competition what was he doing in a nightclub two nights before he was supposed to compete against the best in the world?

It could be argued that he was trying to relax and this was his way of doing it, but it does seem strange behaviour from a top class athlete. As for the sexual exploits, I think the least said about them the better!

To represent one's country is a great honour and should be treated as such. The Scottish team must remember that the whole of Scotland will be watching the Commonwealth Games in eager anticipation, hoping that somebody will win a gold medal and they can hear "Scotland the Brave" played over the loudspeaker.

We have had a lot of talk about people going for the trip, Scotland's medal chances, and the reasons for taking so many officials, but when all the talking has stopped it is important that the people who are going give a good account of themselves. In an earlier article I forewarned people of the pitfalls of village life, the boredom and the risk of overtraining. So if anybody was thinking what a great time they were going to have, let me tell you a few other home truths.

For a start there is the long trip to get there in the first place. No picnic let me assure you. You have to get rid of jet lag, adjust to different time zones, and get used to living with perhaps a stranger for three weeks. That is the easy bit.

You do know that some of you will have to compete at 9.30am and that



means having breakfast at 6.30, warming up at 8.30, and running as fast as you have ever run in your life at 9.30. Not an easy task. Still want to go?

For the lucky ones who make the final, medals are what it is all about. The colour is important. A gold one will turn you into a hero. A silver one a hero quickly forgotten. A bronze one a figure on the rostrum. This tends to be the view of the fickle public.

In reality, any medal is a great achievement which must not be belittled in any shape or form. If you are in the final and the rest of the field falls over with food poisoning and you win the gold medal, so what? It will not state in the record books, "Joe Bloggs winner of 100m because everyone else had food poisoning".

My advice to those who have been selected is have a good time by all means after your competition is over, and as someone who had to compete on the first day, the last day, and fortunately quite a few in between, remember there are other people still competing so have some consideration and respect for them.

What of the people who have missed out this time? Are you determined to make the next one, or are you so fed up that you are giving up? You have to ask yourself why you were not picked. Lack of money is the easy answer. Lack of performance is a bit harder to swallow.

You may argue that you are young

and would have benefited from the experience. There are no age groups at the Games. Is it better that you experience a first round disaster at a major Games or a personal best at a lesser meeting?

It is easy for me having been to major championships to say that I would not have wanted to go unless I had a chance of a medal, and I know it may be the only chance some people will get to compete at a major championships, but life is hard. It will be hard for you to watch the Games without resentment. You will have to steel yourself to watch your own event, especially when people from other countries run much slower than you.

When people who were picked perform badly, remember you do not know how you would have performed yourself. At the end of the day, the attitude has to be to make yourself so good by the time the next Games come around that the selectors are begging you to compete for Scotland. Motivation of that kind can produce incredible results.

Some people will come back shattered by the experience and never run as well again. Some will be stimulated and will go on to bigger and better things. Whatever happens, remember that someone has to win the medals and it may as well be you as anybody else.

The sight of thousands of people standing up for you, for your anthem, is one that will live with me for ever. The sound of "Scotland the Brave" is emotional and rousing - let us hear it again in Auckland. Nobody will be cheering the team on louder than me, but at the same time I will be remembering the good old days and how it felt to win gold medals for Scotland.

Run to help those who often can't even walk.

Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today. It can play havoc with muscular co-ordination. Most sufferers have difficulty getting around; some are chairbound, or even bedridden.

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It's the only way we'll ever find the cure. And we could well use your help.

Next time you're running, please consider finding sponsors to help the Multiple Sclerosis Society. It will cost you a little time and effort, and your friends a little money.

But it will mean so much to those who live with MS every day of their lives.

MS MULTIPLE SCLEROSIS

We can only find the cure if we find the funds

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COACHING CLINIC

By Derek Parker

ALL athletes require speed whatever their events. But there are different types of speed.

The marathon runner must be capable of running at a sustained, steady-state rate of speed which does not bring about the accumulation of lactic acid. In physiological terms this means the ability to run at as high a percentage as possible of one's maximum oxygen uptake (VO2 max) while maintaining low levels of lactic acid in the working muscles.

For example, former world-record holder Derek Clayton had a VO2 max of around 70 millilitres per kilogramme of bodyweight per minute. Compared to VO2 maxima of many other marathoners, this figure was relatively low. But Clayton could run at around 85 to 90 percent of his VO2 maximum without accumulating debilitating quantities of lactic acid (the product of oxygen debt). So this gave him a major advantage over rivals who had greater VO2 maxima levels — but who could only use a lower percentage of these values.

At the other end of the spectrum is sprinting speed. Basically, the 100 metres event involves (1) block clearance (2) acceleration (3) speed maintenance (4) minimal deceleration. In layman's terms the objective of the sprinter is to reach top speed as quickly as possible, hold top speed for as long as possible, and to slow down as little as possible during the 100 metres race.

It is an over-simplification to describe sprinting as "running fast" and distance running as "running slowly". The distance should be more accurately defined on physiological terminology e.g. sprinting is neuro-muscular (involving the nervous and muscular systems) and anaerobic (done without oxygen) where distance-running is cardio-respiratory (involving the heart and lungs) and aerobic (done with oxygen).

A further difference is that sprint events such as the 100 metres are "explosive" and involve the white, fast-twitch (non-oxidative) muscle fibres. In events such as the marathon, economy of action is the mechanical objective and this is assisted by the efficient utilisation of the red, slow-twitch (oxidative) muscle fibres.

A top class marathon runner, for example, would have around 80 per cent

slow-twitch muscle fibres and 20 per cent fast-twitch. These ratios would be reversed in the muscle composition of the world class sprinter.

The physiological differences between sprinting and marathon-running are reflected in training programmes for these events. The sprinter will concentrate on sessions involving anaerobic, neuro-muscular, fast-twitch processes such as block work, hopping, bounding, weight-training, hills, and short, flat-out speed runs. The marathon runner will emphasise aerobic, cardio-respiratory, slow-twitch physiological responses in sessions such as long, steady running, cross country, interval training, and longer repetitions ranging from 800 metres to around four or five miles.

However, the physiological picture becomes less clear when the athlete specialises in the middle-distance events which traditionally include the 800, 1500, 3000, and 5000 metres.

It is easy to understand why these are described as middle-distance as they combine the speed of the sprinter with the stamina of the long distance runner. Physiologically, they involve specific aerobic/anaerobic ratios and the utilisation of optimum percentages of fast-twitch and slow-twitch muscle fibres.

The 800 metres, for example, requires approximately 33 per cent aerobic energy and 67 per cent anaerobic energy. For the 1500 metres event, the ratio is approximately 50 per cent aerobic and 50 per cent anaerobic energy; for the 3000 metres the figures are approximately 70 per cent aerobic and 30 per cent anaerobic; and for the 5000 metres the ratio is around 80 per cent aerobic and 20 per cent anaerobic.

The muscle-fibre composition of a middle-distance athlete is approximately 60 per cent slow-twitch and 40 per cent fast-twitch. In practical terms, these physiological terms only become relevant when reflected in a training programme.

Working on the basis that the energy requirements of the 5000 metres event are 80 per cent aerobic and 20 per cent anaerobic an athlete training ten times a

week would devote eight sessions to primarily aerobic activity and two sessions to primarily anaerobic activity.

Likewise, working on the basis that the anaerobic aspect of the physiological demands of the 5000 metres involves utilisation of the fast-twitch muscle fibres an athlete training for that distance would have to include a reasonable amount of sprinting in the programme. The bulk of the work, being mainly aerobic, would, however, still emphasise the recruitment of the slow-twitch, oxidative, red muscle-fibres.

The importance of speed to middle- and long distance runners cannot be ignored. Consultation of Soviet physiologist Ozolin's speed reserve formula reveals just how essential it is for distance runners to be able to sprint.

Let us assume, for example, that Runner A is capable of 1 minute 46 seconds (106 seconds) for the 800 metres event. To achieve this time, he must run the equivalent of 8 x 100 metres in 13.2 seconds with NO recovery. Let us also assume that his personal best time for 100 metres is 10.8 seconds.

To calculate Runner A's speed reserve, we subtract his personal best 100 metres time from his average time for each 100 metres in his 1 minute 46 seconds race. This gives a speed reserve of 2.4 seconds i.e. 13.2 seconds - 10.8 seconds = 2.4 seconds.

Let us then assume that our next hypothetical athlete, Runner B, has a personal best 100 metres time of 11.4 seconds but because of high endurance capacity is also capable of 1 minute 46 seconds for the 800 metres.

By subtracting this time from his average time for each 100 metres in his 800 metres race, we learn that Runner B has a speed reserve of 1.8 seconds i.e. 13.2 seconds - 11.4 seconds = 1.8 seconds.

From these mathematical calculations based on measurable athletic performance we therefore reach the following conclusions: (1) Because Runner A has the greater speed reserve he has a better chance of out-sprinting Runner B in the final dash for the finishing line; (2) Because it is easier to develop endurance than speed Runner A has the greater potential for improving his overall performance; (3) basic speed and mechanically sound technique should be developed early in an athlete's career.

COACHING

CLINIC

Similar conclusions can be elicited for longer events such as the 5000 metres i.e. 50 x 100 metres in 16.5 seconds with NO recovery for an athlete capable of covering the distance in 13 minutes 45 seconds.

It is true that on some occasions an athlete who has the ability to sprint fast when tired can defeat an opponent who has superior sprinting speed. But determination, desire to succeed, and immense willpower are invariably the decisive factors on these occasions.

They do not refute, to any great extent, the principle that in a close-run race the competitor with the greater basic sprinting speed will inevitably triumph. Even in 10,000 metres races, it is not uncommon for the final lap to be completed in around 54 seconds i.e. 4 x 100 metres in 13.5 seconds with NO recovery. So it is quite clear that someone with a personal best 100 metres time of just 13.5 seconds is going to have absolutely no chance of achieving a 54 seconds last lap.

Having accepted without reservation the need for good speed even in long distance events the next question is how to develop the athlete's sprinting ability. No matter how slow an athlete imagines himself or herself to be, time must be found to strengthen as far as possible sprinting weaknesses. A chain is only as strong as its weakest link and it can be quite discouraging for athletes to be well up with a bunch of rivals until the last 400 metres and not be able to respond as they surge away over the final stages.

Sprint training can be fitted in at the end of a normal distance-running training session and not need just be restricted to the customary 3 to 5 x 150 metres fast-running with 250 metres jog.

At a British Miler's Club coaching course Harry Wilson told how Steve Ovett's third session on Saturdays could be a series of sprint drills along the following lines: 3 x 60 metres acceleration runs; 3 x 60 metres high knee-lift runs; 3 x 60 metres emphasising heel-flicks towards the gluteals; 3 x 20 metres fast-20 metres slow-20 metres fast; 3 x 20 metres slow-20 metres fast-20 metres slow; and 4 x 60 metres full-effort from standing start. This gave a total of 19 x 60 metres.

Normally, sprint drills and technique work are done at the start of a session when the athlete is not tired - but Harry Wilson's method required the athlete to practise the discipline under conditions of fatigue to simulate actual race situations.

Speed practise sessions can take many

forms and should be fitted into the schedule between one and three times a week depending on the athlete's age, experience, choice of event, and his or her stage of the training cycle.

For example, sessions can be devised in which athletes change pace during sections of repetition runs to create the physiological and psychological environment which they can expect to experience during races.

Tom McNab, one of the first British coaches to use sprint drills in his training programmes, recommends sessions such as 2 x 600 metres during which the first 400 metres are run at 800 metres race pace and the final 200 metres at top speed; or 4 x 300 metres with the first 200 metres at around 80 per cent effort and the final 100 metres building up to full effort; or 3 x 800 metres at around 90 per cent effort with the athlete 'kicking' 200 metres from the finish and then again from 50 metres out.

Harry Wilson's variations on the same theme include 4 x 600 metres in which the first 400 metres are run slightly faster than race pace followed by 100 metres jog then 100 metres sprint (for 800 metres runners); or 4 x 1100 metres in which the first 800 metres are run fast followed by 100 metres jog then 200 metres fast (for 1500 metres runners); or 3 x 1800 metres in which the first 1200 metres are run fast followed by 200 metres jog then 400 metres fast (for 5000/10,000 metres runners).

Discerning coaches and athletes will be aware that all these sessions are aimed at developing the athlete's ability to sprint when tired. Middle and long distance runners wanting to improve basic sprinting

speed will include in their sessions some of the work done by 100, 200, and 400 metres specialists.

This will take the form of the hill, weights, hopping, bounding, and fast, short sprints mentioned earlier in this article. Circuit training is also an important aspect of sprint training and this type of work played a prominent role in the success of 800-metres world record holder Sebastian Coe.

A typical Coe indoor session included exercises such as three sets of five to 12 repetitions of leg-raising from wall bars with the position held for 20 seconds with a 20 seconds recovery; 30 to 60 abdominal sit-ups in 60 seconds; 25 press-ups with feet supported on raised benches; step-ups onto a box until tired; rope-climbing for five minutes; bounding for five minutes; back raises; and depth jumping on and off benches for 20 to 60 seconds in sets of three.

Obviously this form of work-out is more essential for 800 metres runners than for those competing in longer distances. Running 800 metres in 1 minute 50 seconds is the equivalent of doing 2 x 400 metres in 55 seconds with NO recovery - so anyone aiming at such a performance must be capable of a personal best 400 metres time of at least 49.5. That is high quality sustained sprinting and it is only made possible by hard work, constant practice, and mechanically sound, efficient technique.

However, it must never be forgotten that every athlete is an individual and there are many paths to sporting success. The schedules of top class performers are merely guides and should never be followed blindly.



A strong sprint for the line at the end of the 1988 Dunfermline Half-Marathon.

COACHING

CLINIC

The art of coaching is all about prescribing training programmes that take every athlete's individuality and environment into consideration. An inventive imagination, coupled with a sound knowledge of physiological, psychological, and tactical requirements of the event, can devise innumerable interesting schedules which contribute to the enjoyment of the workout.

For example, most people are aware that during the final stages of a middle or long distance race acceleration can be gradual or sudden. The ability to use these tactics (or cope if an opponent employs them) can be developed during the latter stages of a fartlek run when you should already be reasonably tired.

Gradual acceleration can be practised by running a series of repetitions in which

the first 10 seconds are done at a fast stride, the next 10 seconds at 80 to 90 per cent pace, and the next ten seconds at 80 to 90 per cent pace, and the final ten seconds at full-effort.

Gradual acceleration practices can be interspersed with training drills to develop your ability to inject sudden burst of pace. Examples include (a) steady state running for 30 seconds + 5 seconds full-speed + 10 seconds ease + 10 seconds full-speed + 5 seconds ease + 5 seconds full-speed.

The list of permutations is endless and the presence of training colleagues can add a touch of competitiveness and get the athlete used to accelerating and running fast when surrounded by other runners.

The amount and intensity of these repetitions will depend on the discretion of the coach or training squad-leader, but

generally three series of gradual and three series of sudden acceleration practices can be attempted with between one and two minutes recovery.

The objective of this article has been to emphasise the importance of speed in the distance-runner's training programme - but it must never be forgotten that a good endurance base of aerobic running is absolutely essential if high quality sessions are to be maintained without the athlete breaking down physiologically or psychologically.

The key to success is in getting the blend correct. By building a pyramid with a broad foundation of stamina, skill, suppleness, and strength, the successful athlete will attain a speed pinnacle which will enable him or her to reach for the heights of sporting achievement.

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week one

Sunday: 90-120 mins cross country.
Monday: 75-90 mins fartlek inc. 5 x 3 mins fast (3 mins jog recovery) + 6 x 15 secs full-effort (45 secs jog).
Tuesday: 5 to 8 miles steady
Wednesday: 10 miles steady with hills
Thursday: 2 miles steady + 16 x 300m at 5K effort (30 to 45 secs recovery) + 2 miles cool down.
Friday: 30 to 60 mins recovery run
Saturday: 12 to 15 miles steady
Morning runs done 4 to 6 times a week will assist recovery and provide additional mileage.

Week two

Sunday: As week one
Monday: 75-90 mins fartlek inc 4 x 4 mins fast (4 mins jog recovery) + 6 sets of 5 secs sprint + 10 secs ease + 5 secs sprint + 10 secs ease + 5 secs sprint. (60 secs recovery between sets).
Tuesday: As week one.
Wednesday: 10 miles steady inc. 15 mins up/down 150 metres hill.
Thursday: Warm up/cool down as week one + 10 x 500 metres at 5K effort (45 to 60 secs recovery).
Friday: As week one
Saturday: Road/cross-country

Week three

Sunday: As Week one
Monday: 75-90 mins fartlek inc. 10 x 90 secs fast (90 secs jog recovery) + 6 sets of stride 10 secs/run 10 secs at 80-90 per cent effort/10 secs full effort (60 secs recovery between sets).
Tuesday: As week one
Wednesday: 10 miles steady with hills
Thursday: Warm up/cool down as week one + 8 x 600 metres at 5K effort (45-60 secs recovery).
Friday: As week one.
Saturday: 12-15 miles steady
Morning runs as week one.

Week four

Sunday: As week one
Monday: 75-90 mins fartlek inc 15 x 1 min (1 min recovery) + 6 sets of 10 secs full effort/10 secs easy/10 secs full effort (60 secs between sets).
Tuesday: As week one
Wednesday: 8 miles steady inc. 10 x 150 metres uphill/downhill.
Thursday: Warm-up/cool down as Week One + 5 x 1000 metres at 5K effort (90 secs. recovery) or 30 mins. easy if racing on Saturday.
Friday: As Week One.
Saturday: Road/cross-country

race or 12 to 15 miles steady.
Morning runs as week one.

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 to 90 mins. fartlek inc. 10 secs. fast/30 secs. jog + 20 secs. fast/60 secs. jog + 30 secs. fast/90 secs. jog x 6 sets.
Tuesday: 30 mins. steady.
Wednesday: 8 miles with hills.
Thursday: 2 miles steady + 16 x 300 metres at 5K effort (45 to 60 secs. recovery) + 2 miles cool-down.
Friday: rest or 20 to 30 mins. easy.
Saturday: 8 to 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. 24 x 20 secs. fast (60 secs. jog recovery).
Tuesday and Friday: As Week One.
Wednesday: 6 to 8 miles steady inc. 10 mins. running up/down 150 metres hill.
Thursday: 10 x 500 metres at 5K effort (60 to 90 secs. recovery) +

warm-up/cool-down as Week One.
Saturday: Road/cross-country race or 8 to 10 miles steady.
Morning runs as Week One.

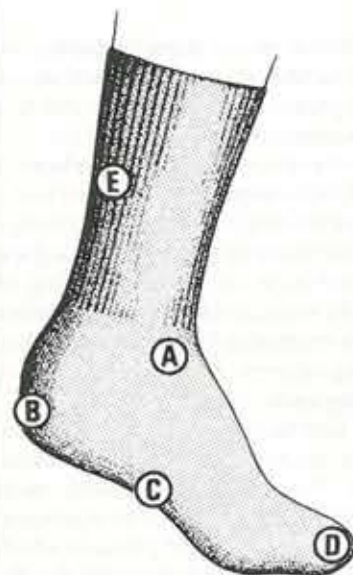
Week Three

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 16 x 30 secs. fast (90 secs. jog recovery).
Tuesday and Friday: As Week One.
Wednesday: 8 miles with hills.
Thursday: 8 x 600 metres at 5K effort (60 to 90 secs. recovery) + warm-up/cool-down as Week One.
Saturday: 8 to 10 miles steady.
Morning runs as Week One.

Week Four.

Sunday: As Week One.
Monday: 75-90 mins. fartlek inc. 10 x 45 secs. fast (2 mins. 15 secs. jog recovery).
Tuesday and Friday: As Week One.
Wednesday: 8 miles steady inc. 8 x 150 metres uphill/downhill.
Thursday: 5 x 1000 metres at 5K pace (90 to 120 secs. recovery) or easy jog.
Saturday: Race road/cross-country or 8 to 10 miles steady.
Morning runs as Week One.

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WOMEN in SPORT

A LONG lost cousin should bring some family companionship to Liz McColgan this year as she spends the next three and a half months on the other side of the world from husband Peter and her relatives.

Liz left for Australia on November 7 along with coach John Anderson to get into some intense training at the Institute of Sport in Canberra. Before she left she told me how she plans to spend the next few months prior to the Commonwealth Games.

"I'll be doing my normal training at Canberra so that'll mean lots of track work and speed work for the next two months. The emphasis will be on the track with two sessions a day - I don't have a long time to build up to speedwork so it'll all be quite intense. I'll also be doing some races while I'm in Australia, like 1500 metres and 800 metres to sharpen myself up," she explained.

Despite the fact that John Anderson is excellent company, I asked her how she manages to entertain herself in these long periods away from home. "I usually manage to find my own entertainment as I'm used to being on my own now as I'm travelling so often, but I've just discovered I have a cousin in Sydney!"

One Saturday morning at the end of October the telephone rang in the McColgan house. The voice on the other end informed Liz he was her cousin John from Sydney. "He's been out there for about 20 years," Liz said, "and he has a young family so he has invited me there for Christmas."

Christmas otherwise would have been spent alone as Peter won't be joining Liz either in Australia or New Zealand for the Games. "Peter's concentrating on his own training this year, and he's going really well," she said. "He's decided to go for the

By Rhona McLeod

European indoors so he won't be meeting up with me."

The two will be separated until February 14, when Liz returns home after the Bali Road Race. It's the longest they will have been separated and by the trepidation in Liz's voice it is a period she is not looking forward to. "I just know that I leave on November 7 and I don't get back until February 14 - I haven't worked out how long it is in between!"

This kind of sacrifice of her home life and dedication to her sport is a quality of McColgan's for which she is well known, but she revealed that prior to her summer lay-off she did not have her usual enthusiasm and drive.

"The stage I was at when I stopped was that I needed a rest. I just wasn't enjoying running. I've been training since the age of 11 and I've sacrificed a lot. I just felt that I wanted to be normal and get back into a social routine. I placed a lot of importance in getting out socialising at nights - but after a while I saw that I hadn't really been missing anything."

Throughout her summer absence from the athletic scene, Liz had been doing very little training. "I would run three miles a day," she said, "and they would be very slow, and then some days I wouldn't do anything at all. I was running between 15 and 20 miles a week, compared

"I just wasn't enjoying running. I've been training since the age of 11 and I've sacrificed a lot..."

to the 90 miles I would usually be doing."

In October Liz returned to her usual amount of training, her rest period over. "Since I started back I am enjoying my training again," she said. "I didn't have the same drive before I stopped and I couldn't push on through when it got hard. I feel very rested now and I can push again when I'm tired. I may not be as fit as I was as I've not been back for long, but I'm aggressive again in my running."

When she gets to Auckland, Liz will have the option to run the 3000 metres as well as her defence of the 10,000 metres gold medal. She says, however, that the decision will be made before she reaches the Games village. "I won't know if I'm doing the two until I see how I'm running around December. I won't run for second or third place in the 3000m - I'm only running to win."

And to the defence of her 10,000m title? Is Liz planning to run for any records on the day? "No, I just want to win. I just want to retain the title." She continued, "I'm not training for the Commonwealth Games in particular. I want to win the gold in the European Championships - that's my real aim for this year."

As Liz prepared to leave for Australasia, I asked her how she felt for our rejected athletes who are left at home. "There are many good Scottish athletes, people who are just below me, who aren't quite British standard for things like the Olympics - what can they train for in Scotland?"

"The Commonwealth Games are the only major championships where Scots can compete as a nation - we don't even have the world cross country championships anymore. I think they are going about it the wrong way and are robbing good athletes of their only opportunity to compete in a major Games."

THE DETECTION OF AN OLYMPIC CHAMPION

Rhona McLeod interviews Claire Cameron, the Glasgow AC discus international with the title of detective constable in Strathclyde Police.

IF you happen to be in Glasgow, have committed some misdemeanour, and you feel the strong hand of one Detective Constable Cameron on your shoulder, don't try and get away - you won't!

Claire Cameron, is a single-minded woman who trains extremely hard, is completely dedicated to her sport, and also has a promising career ahead of her.

In these days of Commonwealth Games rejection, many of our top-flight athletes have sacrificed a career in a bid to reach a higher echelon of competition. However, like Claire, there are many who also need to gain success in other fields and so perhaps never quite reach the top of the athletic tree.

In 1971 Glasgow Athletic Club did not exist - it was Maryhill Ladies Athletic Club in those days, and they held a particularly tortuous Friday night gym session at Westbourne School. At the time, Claire was a 13 year old pupil at the school, and these sessions were her first introduction to the club.

She then became more interested in athletics and started going to the Monday night club training sessions at Scotstoun Showgrounds. "In those days I was doing sprints and hurdles but Jimmy Campbell said I was really a shot-putter because I was tall," Claire reflects.

To most people the ubiquitous Jimmy Campbell needs no introduction. He is probably the force behind Glasgow Athletic Club and is still the present club coach with one of the greatest wealths of experience and success with athletes in Scotland. You may also know him as "Wee Jimmy"!

So it was Jimmy who first put Claire into the club team as a thrower, but after her first competition it was decided that she needed to be stronger. "Apparently I had to do weights," Claire recalls.

"It was arranged that I should go to Bellahouston Sports Centre to meet Heather Yule who was a first year senior in our club. At

that time my hair was long and I was wearing it in a pony tail. When I got into the weights room I undid my ribbon to tighten it up again, just to be told, 'You're here to work - not to look pretty!' Well she was right! As a warm-up to the weights we did ten reps of star jumps, burpees, press ups, squat thrusts, sit ups, and squats, then followed again by nine reps, then eight and so on and so on - till we got to five. Then we went outside to do some hill runs before coming inside to finish off the rest of the circuit! Then we did the weights! I never turned up the following week."

Undaunted by her new student's lack of enthusiasm for her training programme, Heather asked why she never came back and then told Claire that she would meet her again the following Monday. "But then I got fly!" Claire says. "I would watch out

for Heather coming in and just before she did I would start working and pretend I had got half of the session done - weights weren't so bad after that."

Despite only doing half her circuits, success was just around the corner. "The following year I won the silver in the West District Championships for the shot," Claire recalls, "and then when I was an intermediate I won the Scottish title for the shot - that was in 1975 when I was 16."

Two years later, an important stage in Claire's life began when Craigie Street police station in the south-side of Glasgow gained one probationer constable - WPC Cameron. "I didn't actually apply to join the police - it was my father who applied for me," Claire explains. "I had left school and was looking for a job but without success at that stage. The first I knew about

the police was when I received a letter from them thanking me for my application and 'would I please go along for an interview!' At first I was upset, but then the more I thought about it I realised it wasn't such a bad idea."

As there are no other police personnel in Claire's family I was curious as to why her father would apply to this particular profession on her behalf. "He just thought I would be the best person for the job!" she explains.

As a police probationer there is a training period which has to be completed at the police training centre, Tulliallan. "We had to do lots of fitness work, lots of running and swimming," she says. "Then there was a two mile cross country course which we had to cover in 18 minutes, but I managed all the fitness work without any problems."

Meanwhile, Claire had gained her first Scottish vest. "It was at the Under 21 international - and I was 20!" she laughs. "I did the shot but they also asked me to do the discus. I hadn't taken up the discus yet but I did it anyway."

After wrestling a bit with the event Claire entered the British Police



Claire with her gold medal from the Police Olympics.
Photograph courtesy of Chris Kamper and Eastwood Extra

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Claire receives her Strathclyde Police "Sports Personality of the Year" award from Chief Constable Andrew Sloan.

Championships in 1979. Coincidentally the discus was won by another Glasgow Athletic Club athlete - Linda King, but Claire's throw was sufficient to take the silver medal.



The following year Claire decided that her shot putt just wasn't improving. She was going to teach herself how to throw the discus properly and make a serious bid to become a discus thrower. Without the benefit of a coach, Claire practised her technique until she had mastered the full turn.

All the hours of training and hard work paid off when in 1981 Claire won the Scottish discus title. The following year she gained her first senior vest and since then has represented Scotland on 16 occasions.

Like many other athletes whose work involves shift work, Claire has competed under circumstances which most athletes would find intolerable. "At the West District Championships this year I came off night shift at seven in the morning and then competed in the discus at 11.30am. In the afternoon I did the shot-putt, by that stage feeling terrible. You just feel tired and kind of sick if you stay up after a night shift." I suppose this must be comparable to doing a hard days work and then being expected to compete at three in the morning.

Despite the sometime inconvenience of her shift work, Claire commends her bosses and their treatment of her and her

sport as she feels they have been very good when she has needed time off for competitions. She also does not let her irregular hours interfere with her training schedules. "I always go training - no matter how bad I feel. If I do some training I feel better than I would knowing I had done nothing." This must often be a difficult task for her as she generally trains alone out of necessity due to her working hours. Even when Claire is on night shift she tries to sleep through the noise of lawn-mowers and children outside to get up in the early afternoon to train - hardly ideal circumstances for an international athlete.

Through her fatigue due to her job, I asked Claire if she ever felt she would give it up to be a better athlete - but her answer was clear. "I am a dedicated police officer as well as a dedicated athlete and so I've never felt that I want to change my job."

Eighteen months prior to the Edinburgh Commonwealth Games in 1986, Claire enlisted the help of discus coach Des Mardle. Des gave her schedules to do and she occasionally managed to see him in his hometown in Dundee. Meetings were hard for the pair, again due to irregular working hours and the distance between the two - often Claire would meet Des in his lunch hour for a training session.

The result of their partnership was Claire threw the "B" standard for the Games and she hoped was in a position for selection. Like many other Scottish athletes, she had hoped for a good performance at an international match the week before the Scottish Championships in the warmth of Spain's Lloret de Mar. "The discus was supposed to start at 8pm but it was delayed by two hours for some reason. We had been warming up all that time and when we eventually started, the rest of the Scottish team was nearly finished."

The reality of the situation was the discus throwers had to compete in a by now cooled and near empty stadium - so much for being lifted by the occasion. Frustration and hurt meant the Scots' performances were good enough to dominate the competition, but in Claire's case not good enough to improve her chances in her bid for selection.

To her extreme disappointment, she was not selected. "Despite the fact the Games had been boycotted, the excuse was there were not enough beds in Edinburgh," she says. Another disillusioned would-be Commonwealth Games competitor.

To make up for her disappointment, Claire had a ball of a time at the European Police Championships which were held near Madrid later in the year. Claire was by now a well known and respected athlete in police athletic circles and so team officials did not panic too much when she failed to turn up on the field along with the rest of the competitors in her competition.

"We had to report 40 minutes before the competition which is a long time for me because I am terrible for having to go to the toilet before an event," she explained. "I decided to wait outside the report room until everyone else had reported, then go to the toilet and report myself. I was on time but no-one else turned up at all. I waited for ages and ages and then thought

perhaps I'd better go in and report."

Unknown to Claire, there were two doors into the report room and everyone else had used the other one, reported and were now out on the track warming up. After having reported herself, Claire decided it was time to nip to the toilet for the last time before taking to the field. However, she was about to delay herself some more. "It was an open topped toilet and it was sitting right beside the men at the report table. It was so embarrassing that it took me quite a while before I could finally relieve myself with these men sitting right beside me."

Eventually Claire was ready and walked into the arena to a burst of laughter, cheers and applause from the rest of the British squad who were watching from the stand. "I thought I hadn't tucked myself in properly or there was something stuck to my face, but I just carried on anyway. After the event I asked them why they had been laughing. Apparently they had thought it was great that I sauntered out ten minutes after the rest of the field quite unperturbed that the team manager had been looking for me and the other competitors had been out warming up for ages." They had admired Claire's calmness and professional conduct - little did they know she had been standing outside the wrong door for ages and then sitting in the toilet trying to pluck up the courage to "tinkle" with a bunch of Spanish men listening in!

Respect as an athlete and police officer is something Claire has gained plenty of. In her job she has been a detective constable for the past three years with responsibilities in work as traumatic as murders, serious assaults, bank robberies and rape enquiries. She enjoys her work and hopes for continued job satisfaction in the future. She is also ambitious with hopes of promotion in the future.



Eastwood District's Sports Personality of the Year, 1988, with Lady Provost Jean MacFie

In a more jovial mood she says her success in handling prisoners comes from the fact that they take one look at her and say "I'm not messing with her!" She may be belittling her own skills but a prisoner has never escaped her grasp once captured!

Respect for Claire as an athlete is evident as she has received the distinction of being voted the Eastwood District Sports Personality of the Year and she has also been voted the Strathclyde Police sports personality.

One of the highlights of her athletic career came last year when she took part in the Police Olympics in Sydney, Australia. She was the only Scot in the whole competition but we were represented well. Claire won gold in the discus, and silver in the shot with a new PB of 11.43m.

Her main ambitions next year lie in police athletics. The European Police Championships will be held in West Berlin and then the Police Olympics are in Edmonton. At 31 years-old, Claire is not sure about her future in athletics but she says that at the end of the '89 season, that was the first time she didn't say she was going to give it up!



SCOTTISH MEN'S RANKINGS

THESE end of year lists must be accompanied by some reservations as to their completeness. Any errors arising are likely to be the outcome of results from meetings not being received, especially the open meetings at Crownpoint and Grangemouth and the Scottish and North West League. Hopefully, such omissions will not detract from the interest in the lists. All additions and amendments will be gratefully received by Scotland's Runner.

100 METRES

10.2w	David Clark	(ESH)
10.34w	Elliot Bunney	(ESH)
10.42w	Jamie Henderson	(ESH)
10.50w	Mark Davidson	(Ab)
10.52w	Brian Ashburn	(J) (CAC)
10.6w	Alan Doris	(EAC)
10.70w	Neil Turnbull	(ESH)
10.71w	Ewan Clark	(Pit)
10.7w	Darren Galloway	(Y) (Ayr)
10.85	Steve Shanks	(Lark)
10.85w	Rupert Williams	(Hel)
10.86w	Steve Scott	(EAC)
10.86w	Brian Connell	(J) (CR)
10.87w	Craig Duncan	(Shett)
10.89w	Stuart Robertson	(Bells)
10.8	Murray King	(Ab)
10.8	Cameron Sharp	(Shett)
10.92w	Simon May	(J) (Har)
10.96	Callum Orr	(EAC)
10.96	Mark Avis	(J) (EAC)
10.9	Richard Levin	(Bella)
10.9	Norman Shute	(ESH)
10.9	Mark McMahon	(ESH)
10.9	Jim Donnelly	(Gars)
10.9w	C Di Rollo	(J) (GHS)

THE surfeit of windy marks makes analysis difficult, but although not a vintage year at the top, the progress by such as Ashburn, Ewan, Clark, Galloway and May is encouraging.

200 METRES

21.01	David Clark	(ESH)
21.07w	Mark Davidson	(Ab)
21.2w	Brian Ashburn	(J) (CAC)
21.47	Alan Doris	(EAC)
21.47w	Neil Turnbull	(ESH)
21.57w	Brian Whittle	(Ayr)
21.6w	Mark McMahon	(ESH)
21.75w	Andrew Cullen	(Loth)
21.7	Willie Fraser	(EAC)
21.7	Steve Shanks	(Lark)
21.81w	Craig Duncan	(Shett)
21.89	Jamie Henderson	(ESH)
21.95	Ewan Clark	(Pit)
22.03	Simon May	(J) (Har)
22.10	Steve Shaw	(J) (EAC)
22.10	Brian Connell	(J) (CR)
22.11	Steve Scott	(EAC)
22.12	Andrew Walker	(ESH)
22.17w	Darren Galloway	(Y) (Ayr)
22.1	Mal Fairweather	(PSH)

THE standard at the top has slipped from five years ago when there were five athletes at 21.08, but the depth has improved and Ashburn could take times below 21.0.

400 METRES

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	(Shit)
48.8	Malcolm McPhail	(Ayr)
48.94	George Fraser	(S'Il)
49.1	David Young	(B'hl)

49.2	Ian McGurk	(J) (CAC)
49.28	Iain Cumming	(J) (Pit)
49.4	Allan Murray	(JWK)
49.51	Duncan Mathieson	(Ab)
49.51	Grant Purves	(Y) (B'hl)
49.71	Grant Hodges	(EAC)
49.73	Ian Campbell	(ESH)
49.8	S Kay	(J) (ESH)
49.8	Darren Galloway	(Ayr)
49.88	S Chambers	(ESH)
49.90	Tony Barrie	(DH)

STANDARDS are down on 1988 when 20th was reached in 49.51. Davidson moves to 5th on the all-time lists but the "specialist" one-lappers were down on their best. Watch for notable things from first year youth Purves.

800 METRES

1-43.88	Tom McKean	(Bells)
1-46.77	Brian Whittle	(Ayr)
1-47.73	David Strang	(Har)
1-48.08	Nick Smith	(Shit)
1-48.16	Steve Ovet	(AD)
1-48.63	Allan Murray	(JWK)
1-49.5	Ian Hamer	(EAC)
1-50.7	Larry Mangleshot	(NL)
1-50.8	Gary Brown	(EAC)
1-51-07	Adrian Callan	(Spr)
1-51.2	Tom Ritchie	(Pit)
1-51.6	Don McMillan	(EAC)
1-51.9	Peter McDevitt	(Bella)
1-52.0	Ian Campbell	(ESH)
1-52.03	Steven Murray	(JWK)
1-52.2	Iain Cumming	(J) (Pit)
1-52.3	John Divers	(J) (Cly)
1-52.5	Gerry McCann	(Bella)
1-52.6	David Gray	(Ayr)
1-52.68	Stuart Paton	(Bel)

THIS is the first time there have been five Scots under 1-49 in a season and Whittle (6th) and Murray (17) enter the all time top 20. Smith won the UK title before injury ruined his year.

1500 METRES

3-37.40	Steve Ovet	(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	(Shit)
3-46.53	Alan Puckrin	(GGH)
3-46.9	Alan Smith	(ESH)
3-47.2	Peter McColgan	(DH)
3-47.6	Ian Gillespie	(J) (Cly)
3-48.1	Ian Harkness	(EU)
3-48.8	John Mackay	(Shett)
3-49.33	Brian Scally	(Shett)
3-49.5	Gary Brown	(EAC)
3-49.84	Ken Mortimer	(EAC)
3-50.0	Tony Linford	(Spr)

THE list shows improvement over 1988, but the number of home-based Scots included is worryingly low. No Scot

currently looks capable of challenging at top UK level.

5000 METRES

13-39.95	Tom Hanlon	(ESH)
13-45.3	Ian Hamer	(EAC)
13-57.22	Alan Puckrin	(GGH)
13-57.8	Robert Quinn	(Kilb)
14-01.73	Peter McColgan	(DH)
14-05.42	Neil Tennant	(ESH)
14-09.28	Adrian Callan	(S'bn)
14-11.20	Alastair Currie	(Dum)
14-13.27	Gary Grindlay	(ESH)
14-14.16	Robt Cameron	(CR)
14-15.3	Mike Carroll	(Ann)
14-18.90	Iain Matheson	(Ab)
14-21.1	Ian Harkness	(EU)
14-25.63	Peter Fleming	(Bella)
14-26.58	Chris Hall	(Ab)
14-27.12	Malcolm Campbell	(J) (Cly)
14-28.07	Martin Ferguson	(EAC)
14-28.77	Alan Reid	(Coa)
14-31.48	Eddie Stewart	(Cam)
14-34.1	Chris Robison	(SV)

TEN years ago five Scots were under 13-53. This year only Hanlon, in his second event, placing him 7th all-time. Puckrin and Quinn look the likeliest to reach 13-50.

10,000 METRES

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	(Pife)
29-51.6	Tommy Murray	(GG)
30-00.6	Alastair Douglas	(VP)
30-02.6	Fraser Clyne	(Ab)
30-08.8	Alex Gilmour	(Cam)
30-28.8	Charles Haskett	(DH)
30-35.5	Mark Gormley	(Cam)
30-36.0	Charles Thomson	(Cam)
30-43.6	Martin Ferguson	(EAC)
30-57.73	Neil Thin	(ESH)
31-03.8	Callum Murray	(Cam)
31-04.9	David Duguid	(Ab)
31-10.5	Frank Harper	(Pit)
31-11.4	Mike Murray	(Ab)
31-10.5	Frank Harper	(Pit)
31-11.4	Mike Murray	(Ab)
31-35.4	Brian Kirkwood	(EAC)

TWENTIETH place compares favourably with past years possibly due to the inclusion of the event in the Scottish League. 14 of the 20 came from the SAAA championships.

MARATHON

2-12.47	Allister Hutton	(ESH)
2-16.11	Fraser Clyne	(Ab)
2-20.10	Terry Mitchell	(Pife)
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)
2-26.00	John Duffy	(GW)
2-26.32	Allan Adams	(Dum)
2-28.12	Des Austin	(H'gt)
2-29.35	Robert Hall	(Tev)
2-29.40	Colin Youngson	(Ab)
2-30.29	Callum Murray	(Cam)
2-31.31	Mike McHale	(Pit)
2-31.52	Frank Harper	(Pit)
2-31.56	Colin McIntyre	(Fras)
2-32.35	Bob Ronald	(EK)

IN 1984, 22 Scots went inside 2-20; 50 went inside 2-28.

110 METRES HURDLES

14.24w	John Wallace	(N'm)
14.39w	Neil Fraser	(EAC)
14.90w	Craig Duncan	(Shett)
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)
15.62	Callum Orr	(EAC)
15.8	Gary Brown	(Pen)
15.96w	Jason Pender	(Kilb)
16.00w	Fraser McGlynn	(Shett)
16.04w	Paul Allan	(J) (Ab)
16.07	Lincoln Jopp	(S'Uni)
16.0	Roger Milne	(Mon)
16.10w	Ian Black	(J) (ESH)
16.1	David Findlay	(Pit)
16.1	T Golder	(J) (Lass)

THE depth is better than before but Wallace and Fraser are unchallenged at the top. The three top juniors are the best hope.

400 METRES HURDLES

50.79	Mark Davidson	(Ab)
51.95	Mark Fulton	(Sale)
52.4	Roger Harkins	(Shit)
52.67	Malcolm McPhail	(Ayr)
53.41	David Hitchcock	(ESH)
54.06	Nick Taylor	(VP)
54.3	Gary Brown	(Pen)
55.0	Stewart Dempster	(ESH)
55.0	Steve Ledingham	(Ab)
55.0	Ben Thomson	(EAC)
55.03	Stan Devine	(ESH)
55.1	Alastair Taylor	(Inv)
55.39	Ken Anderson	(Nith)
55.69	Douglas Thom	(Mel)
56.1	Tom Nimmo	(J) (FVH)
56.1	Paul Allan	(Ab)
57.2	Jason Pender	(Kilb)
57.3	Duncan MacRae	(Y) (Mer)
57.7	A Paisley	(Y) (Pit)
58.2	W Rutherford	(LG)

LAST year 20th was 58.4, but five and ten years ago it was 57.5 and 57.1 respectively. The top end is healthier though with Harkins (12) and McPhail (15) entering the all-time top 20.

3000 METRES STEEPLECHASE

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	(Hali)
9-12.1	John Pentecost	(FVH)
9-14.46	Ray Cresswell	(Ab)
9-16.8	Jim Orr	(Cam)
9-19.42	Martin Ferguson	(EAC)
9-20.67	Dacit Cavers	(Tev)
9-24.0	David Duguid	(Ab)
9-26.4	Richard Charleston	(Wol)
9-28.13	John Moodie	(J) (Pit)
9-29.2	Frank McGowan	(J) (VP)
9-30.6	Steve Wright	(J) (Ab)
9-30.7	Duncan Storey	(DH)
9-31.86	Russell Boyde	(EU)
9-33.9	Alan Swann	(Shett)

IN line with previous years. George Mathieson enters the all-time list at 16th, although the event maybe needs the top home Scots to start pushing each other more.

HIGH JUMP

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



Music-man Geoff Parsons

1.95	Douglas McIlroy	(Cly)
1.95	Sebastian Whyte	(Y) (Inv)
1.95	Daniel Parrott	(J) (Kirk)
1.92	R Johnston	(Y) (Shett)
1.90	Tab Lamoureux	(StAu)
1.90	Charles Brookman	(EU)
1.90	Paul Masterton	(EAC)
1.90	Iain Black	(J) (ESH)
1.90	Macolm McVie	(J) (ESH)
1.90	Jason Allan	(Y) (CAC)
1.90	Callum Orr	(EAC)
1.90	Paul Allan	(J) (Ab)

NOT only are three juniors in the top four but they now rank third and equal sixth all-time among Scottish high jumpers. Alan Scobie moves to 8th all-time. With four youths above, this may emerge as our strongest event.

POLE VAULT

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)
4.00	John McArdie	(VP)
4.00	Paul Pentland	(EAC)
4.00	Graham Reid	(Cen)
3.80	Adam Anderson	(J) (Nith)
3.80	Callum Orr	(EAC)
3.80	Stewart McMillan	(Pit)
3.80	John Elliot	(EAC)
3.80	Alex McMahon	(Shett)
3.70	Ian Winning	(J) (Pen)

ONLY two Scots have cleared over 4.75 and although America leads the way there is sufficient packing around the 4.00-4.20 range to suggest this event is about to take off.

LONG JUMP

7.34	Craig Duncan	(Shit)
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	(J) (MA)
6.76	Barnaby White	(J) (ESH)
6.75w	Stewart McMillan	(Pit)
6.65w	Callum Orr	(EAC)
6.63	Michael Mather	(Shaft)
6.61	Mark Hamill	(J) (Cly)
6.60	Ewan Clark	(Pit)
6.59	Fraser McGlynn	(Shett)
6.52	Ken Lyon	(Ab)
6.49	David Gormley	(J) (EK)
6.49	Malcolm McPhail	(Ayr)

AT a time when UK jumpers are leaping 8metres, Brian Ashburn is the only new man in the 7-metre club. He and Eric Scott appear to be the best hopes to uplift this stagnating event.

TRIPLE JUMP

15.95	Craig Duncan	(Shett)
15.09	Stewart 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)
13.91w	Mark Craig	(CAC)
13.85	John Brierley	(WLI)
13.82	John Scott	(EAC)
13.68	Paul Allan	(J) (Ab)
13.66	William Leung	(EAC)
13.60	John Gallacher	(Pit)
13.56	Scott Harland	(FVH)
13.55	Ian Hally	(EU)
13.52	Ian Beattie	(Cly)
13.47	Scott McGeoch	(Y) (Kilb)
13.39	Roger Milne	(Mon)
13.32	Norman Ross	(Bella)
13.32	S Waugh	(Y) (Cam)

ONLY Craig Duncan himself has jumped further than his 15.95, while McMillan moves to eighth all-time, with Rooney 11th. Fifth place in



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TALENT TESTING

Rhona McLeod reports on the highly successful method of recruitment adopted by EspcAC which has strengthened their junior teams over the past two years.

WITH youngsters being enticed by leisure activities and sports like football, roller skating, swimming, rugby, gymnastics, hockey and badminton - to name only a few - how on earth do athletic clubs recruit new members?

This was a problem facing Espc Athletic Club and so club coach Walter Bissett and other members of the club's coaching and administrative team got together to try to come up with an idea for a recruitment day.

"We discussed demonstration days where the youngsters would come along to the club and be shown various of the events by our own athletes," Bissett says, "but we decided that these demonstrations tend to put people off as they may be disillusioned and disappointed if they compare their own untrained ability with that of the trained athlete."

The outcome of their discussions was to have a "Talent Testing" day. Bissett explains the logic behind this kind of recruitment drive.

"We wanted to see the all-round natural ability of the young people without imposing any technical restraints on them. Each person would undertake five tests which would involve running, jumping and throwing - all natural abilities which are so often used by youngsters."

The five tests were firstly, sprinting 30m from a flying start with 10m splits recorded electronically; secondly, a standing long jump; thirdly, a vertical jump for maximum height; fourthly, a cricket ball throw for distance; fifthly, a three lap run.

"With the three lap run, it wasn't really the endurance aspect we were looking at," Bissett explains. "Rather than look at the time it took to cover the distance, the coaches were looking at them for style and coordination."

The first testing day was held in October 1988 and was an overwhelming success with over 170 young people from 11 upwards attending. The most important criterion of the day was to be the "fun" aspect of athletics.

"We didn't want it to be regimented in any way but a large club involvement was necessary," Bissett says. "Over 40 people from the club came along to help to get things moving. You've got to keep things ticking over and have the organisation to cope with only 30 turning up if it's a bad day and 200 if it's good."

The result of the first recruitment day was good and the club repeated the exercise on October 8 this year. In order to try to guarantee a good turn-out, Bissett believes that one of the most important factors of the day is the advertising and marketing of it before the event. This is where the biggest costs lie but Bissett believes the day is a waste of time if it's not advertised properly.

The Edinburgh club sent publicity posters to local schools through the schools mailing lists. Bissett says that most areas will have such lists if clubs wish to contact schools in their area. The other medium for advertising was the press. The Edinburgh free newspapers have proven to be popular for publicising such events, and the club advertised details of their recruitment day in two of them. "We found that the angle of testing is quite exciting to people, and that encouraged them to come."

As well as encouraging the youngsters, Walter says it was important to encourage their parents to come too.

"Athletes need supportive parents," he says, "and so we have to sell the idea to them and involve them as well as the kids. They will have to pay for their children's athletics and so it's important they see first hand what the club is like."

On arrival at the testing day, the youngsters were put in groups, each with a club athlete who served as team leader and demonstrator of each of tests. Each group visited a testing station in turn where they were met by a coach who tested each and recorded their result. At the end of the day each one left with a certificate signed by EspcAC "stars" Yvonne Murray and Neil Fraser.

The cost of the day to the club was around £400. "It was a lot because we used Meadowbank and also hired the electric timing," Bissett reflects, "but I don't consider it to be a lot of money for the returns we got. It was partly through our first recruitment day that we attracted the Edinburgh Solicitors Property Centre to be our sponsor. A day like that publicises both the club and sponsor as well as encouraging more young people to take up sport."

In terms of actual returns to the club, all youngsters taking part are invited to join the club, but the ten who recorded the highest scores were encouraged by letter to return to the club and invited to attend a special call-back meeting. These new athletes then follow a general fitness programme for the next few weeks and are told that they may find it hard for the first six weeks and they might be sore, but that will ease off. The parents are given advice too. "Don't spend lots of money on equipment for them - just make sure they have a good pair of trainers!"

From last year's recruitment day, there are many young people who are now members of the EspcAC team. "We wouldn't be as strong as

we are without the recruitment day," Bissett said. "The women's side especially would have gaps and the quality would not be as good."

Some of last year's talent testing day discoveries include Alan Malcolm, a 15 year-old from Haddington who is the present senior boy Scottish champion in the triple jump. Alan also won the East District championships in the high and long jump.

Audrey Martin, 16, from Gifford, features highly in her age-group rankings for the 400m - as do Sinead Dudgeon and Tracey Glass, both sprinters who are ranked in the top ten in Scotland.

Although there has been a fall-off in attendance, the club is still benefiting from around 30 young athletes from that first recruitment day in 1988.

There is no doubt that Walter Bissett and EspcAC have some advantages when trying to organise a talent testing / recruitment day. The club, Edinburgh AC as it was known until recently, benefits from a generous sponsorship from the Espc. It also takes advantage of certain luxuries like a public relations company. Bissett, however, believes that large amounts of money and a PR company are not vital to a successful day.

"Any club can host a successful testing day if they think about the marketing of it. They should contact schools PE departments with a poster if they can and tell them about the day and get them to advertise it at school. If you don't have indoor facilities like the Meadowbank concourse, then any track or even large games hall will do. On a good summer's day, outdoor testing would work very well. Make parents welcome - they have to be supportive to their kids and so you have to sell the idea to them. As long as you have sufficient organisation to get through the day and aren't too ambitious and you have advertised well then there should be no problem."

There's only one thing to say after that - "Get out there and talent test!"



Yvonne and Neil signing Certificates of Achievement at this year's talent testing day.

RHONA McLEOD'S JUNIOR SCENE

Turnout for Freshers Championship is halved

WEDNESDAY October 25, saw one of the last competitions to be held at Kelvin Hall before the closure of the track for alteration, writes Gordon Ritchie.

The second annual Universities Freshers Championship was a reasonably successful event. Last year's inaugural event saw over 120 students competing. This year's turnout was approximately half of that number. There were, however, some unusual sights, like Karen Saville (Heriot-Watt's British Universities' javelin champion) competing in the 60m sprint. There was much speculation in whether she would be able to run that far, but she surprised everyone with a respectable second place (8.4 seconds).

Strathclyde's G Simpson was a narrow winner in the

men's Freshers Championship, defeating Ian Black by one point. His best performance ever was in the 400m (51.7 seconds). Another Fresher to produce a very promising performance was Mark Avis whose 7.4 seconds was enough to win the 60m.

In the women's events, Karen Saville produced the best performance of the day to win the shot with 10.57 metres. The female competition was marred, once again, by the reluctance of the fair sex to participate in sport. This seems particularly prevalent in the late-teens and early twenties, the ages at which most people attend university. Nonetheless, the women who competed appeared to enjoy themselves and will, hopefully, come back next year. What do they say about little acorns and mighty oaks? One can only hope.

ENGLAND DOMINATE SCHOOLS PENTATHLONS

AS ORGANISERS of the first ever U15 schools' indoor pentathlon international, Scotland were disappointed to be the only country not to win a medal, but pleased that the event went well and was appreciated by England, Ireland and Wales, writes Linda Trotter.

As expected, England dominated the event, taking both of the gold medals, whitewashing the girls' event by winning first four places and adding the individual boys' gold medal to their haul. Good though Ricky Glover was (a serious athlete, in the Daley Thomson mould, not just the

star of BBC 1's "Move It" quintathlon and also the megathon), the athlete amassing most points was Susannah Filce, whose main event, high jump, gained 879 points (1.72m). The highest number of points in the boys' event was 827 by Richard Dunne, Ireland's bronze medalist, for his 8.4 second 60m hurdles. The silver medal in the boys' event was won by Darren Yeo of Wales, a very talented athlete, who was actually third in the BSIAB triple jump in Dublin in July.

The best of the Scottish athletes, in fifth place, was, as expected, Katrina Dyer of

ATHLETE PROFILE

NAME: Catherine Murphy

DATE OF BIRTH: 29/12/73

HEIGHT: 5'3"

WEIGHT: 7st 10lbs

CLUB: Glasgow AC

EVENT(S): 80 metres hurdles, long jump

PBs: 80m hurdles: 11.45; LJ: 5.32m

ATHLETIC

ACHIEVEMENTS: 1988 winner of WAAA's junior 75m hurdles title; SWAAA and Scottish Schools 1989 80m hurdles champion, second in long jump; Scottish junior internationalist.

STRENGTHS: Good start and fast hurdle action.

WEAKNESSES: I am poor at



circuits and repetition runs. Poor use of arms as well as a lack of strength.

WHY DO YOU COMPETE: I enjoy the nerves of an uncertain race and I love training.

OTHER HOBBIES: Ice skating, skiing, acrobatics, ballet, going to discos and enjoying myself.

AIMS OUTSIDE

ATHLETICS: To become a doctor or physiotherapist.

Belmont Academy, a competitor who has never let the Scottish Schools down and we are indeed grateful to Katrina for all her hard work this season. The girls' team, which was weakened by the unavailability of Linzie Kerr, and the injury two days before the event to Sandra Gunn, was really unlucky not to take second place (only losing by 56 points to Wales).

The boys fared less successfully. The gamble of taking Colin Wilson of the Gordon Schools paid off. Colin had three no putts in the SSAA Pentathlon in June, but competed consistently well to take eighth place, and was incidentally fifth in the shot with 11.22m. David Brown

(Inverness Royal Academy) was 11th, Darren McPhee (Dingwall Academy) 12th and James Wright (Woodfarm High) 15th. These three boys were first, second and third in our SSAA's Pentathlon Championships and so the selection cannot be faulted.

But I wonder if there are better young multi-events exponents who are never entered for the SSAA pentathlon championships and who are not obvious, as such, at our track and field championships.

Finally, sincere thanks to all officials, many of who volunteered at very short notice and whose skill was appreciated by all athletes from the other countries.

RESULTS



September

13

Sri Chinmoy 2 mile RR, The Meadows - 1, I Archibald (ESPC) 9-33; 2, B Kirkwood (ESPC) 9-36; 3, C McLellan (ESPC) 9-39; 4, R Elphinstone (ESH) 10-21; 5, M Marshall (Ayr) 10-24; 6, S Worsley (L&L) 10-37; V1, H Morrison (ESPC) 11-09; V2, J Cooney (Ferranti) 11-41; V3, M Storie (SVHC) 14-54; L1, CA Gray (ESPC) 11-39; L2, H Oliver (Law) 11-54; L3, J Kane (Sri Chin) 12-23.

17

Great Scottish Run 25K RR, Glasgow - 1, N Rose (Bristol) 78-30; 2, D Lewis (Ross) 78-32; 3, J Scanlon (Eryui) 80-14; 4, T Murray (GGH) 80-27; 5, A Douglas (VP) 80-45; 6, A Girling (Inver) 80-47; 7, J Fitzgerald (Eryui) 80-48; 8, A Walker (Teviot) 81-09; 9, G Laing (Aber) 82-12; 10, S O'Donald (Eryui) 82-32; 11, P Sigmundson (Ice) 84-41; 12, E Wilkinson (C'glen) 85-19; 13, R Thomas (HBT) 85-39; 14, A Adams (V1) (Dumb) 85-49; 15, R Ronald (E Kilb) 85-55; 16, G McIntosh (Giff N) 86-19; 17, I Thompson (Bourne) 86-33; 18, T Anderson (Kilb) 86-36; 19, P Walsh (Dumb) 86-44; 20, A Stewart (Ayr) 86-50; L1, V Marot (Leeds) 89-28; L2, J Swanson (Monk) 94-41; L3, L Watson (LV1) (LOAC) 96-23.

"Round the Walls" Races, Berwick - Seniors: 1, G Nagel (Vall) 33-19; 2, A Russell (Law) 33-45; 3, D McTear (Gate) 33-46; 5, K Lyall (ESH) 34-17; 10, R Hall (Tev) 35-57.

23

Greenock Glenpark H "J.C. Cameron" Trophy 2.5 mile RR Greenock - 1, A Puckrin 12-17 (rec); 2, J Murray 12-22; 3, M McKendrick (J1) 13-05; 4, B McGuinness 13-18; 5, W Jukes 13-27; 6, P Duffy 13-28; V1, R Hodelet (14th) 13-5; L1, E O'Brian (29th) 15-51.

Sentinel Half Marathon, Londonderry - 1, H Cox (GGH) 65-12; 2, G Helme (St Hel) 66-19; 3, D Hooper (Raheny) 67-06.

Cockermouth 10 miles RR - 1, B Emmerson (Tev) V1 52-41; 2, A Bowness (Cope) 53-40; 3, G Byers (Cope) 54-07; 7, B Grieve (Dumb) 55-40; 11, C Kinnear (Dumb) 56-52; 16, S Bennett (Tev) 58-28.

27

Sri Chinmoy 2 mile RR, The Meadows - 1, I Archibald (ESPC) 9-16; 2, B Kirkwood

(ESPC) 9-18; 3, G Brown (Stir Uni) 9-25; 4, T Reid (Stir Uni) 9-26; V1, H Morrison (ESPC) 10-55; L1, CA Gray (ESPC) 11-22; L2, M Anderson (ESPC) 11-26.

October

1

Livingston 6 mile Road Race - 1, A Hutton (ESH) 30-15; 2, N Thin (ESH) 31-14; 3, A Russell (Law) 31-33; 4, A Weatherhead (V1) (ESPC) 31-55; 5, A Ross (ESH) 32-11; 6, A Robertson (ESH) 32-36; J1, A Dolan (ESPC) 34-22; L1, R McAleese (Monk) 38-16; Team: 1, ESH 8 pts.

British Veterans Marathon Championships, Stone - 1, A Adams (Dum) 2-29-32; 2, J Davies (New) 2-29-55; 3, M Noble (Stock) 2-32-16; 4, C Martin (Dum) 2-33-03; 30, R Devlin (Dum) 3-24-18; A McInnes (VP) 1st M60 2-59-38; Teams: 1, Stockport 8-11-35; 2, Stone Masters 8-21-11; 3, Dumbarton 8-26-53.

Fraserburgh Half Marathon - 1, P Cowie (Ab) 72-01; 2, A Stephenson (CR) 73-17; 3, R Cratenby (Coast) 73-46; 4, S Cassells (Ab) 74-07; 5, R Faquhar (Ab) V1 75-12; 6, C Benzie (Ab) 75-18; 7, F Duguid (Ab) V2 75-19; 8, S Willox (Ab) 75-59; 9, P Jennings (Ab) 76-44; 10, P Phillips (Ab) 77-39; L1, U Simpson (Ab) 87-31; LV1, D Gernison (Ab) 92-29.

Dallas to Forres 10K Road Race - 1, G Laing (Ab) 30-43; 2, C Youngson (V1) (Ab) 31-12; 3, G Reynolds (DHH) 31-15; 4, M Flynn (MRR) 31-25; 5, M Murray (Ab) 31-52; 6, S Mackenzie (Inv) 31-52; 7, G Milne (V2) (P'head) 31-57; 8, G Sim (MRR) 32-18; 9, C Hunter (MRR) 32-28; 10, D McGuinness (Unat) 32-42; 11, A Stewart (MRR) 33-22; 12, G Harper (Ab) 33-40; 13, D Ritchie (Forr) 33-44; 14, I Johnston (Forr) 33-46; 15, B Rodgers (J1) (L'aber) 33-52; 16, A Newlands (Coast) 33-52; 17, J Beagrie (L'aber) 33-57; 18, D Morrison (MRR) 34-07; 19, A Pratt (Forr) 34-27; 20, R McDonald (Inv) 34-51; Team 1, Aberdeen 20pts; 2, Moray RR 32; 3, Forres H71. L1, K Doran (MRR) 48-52; 2, J Asher (LV1) (MRR) 48-52; 3, N Birtwell (LV2) (Naim) 50-47; 4, L Shirlaw (Inv) 52-12; 5, M Wheeler (LV3) (Inv) (J) 52-12.

SWCCU and RRA National Road Relay Championships Glasgow - Seniors: 1, GAC (E Grant) 10-04; J McColl 10-15; S Branney 9-40; 2, Glasgow 'B' (J Donnelly) 10-18; E Cochrane 10-20; F Meldrum 11-56; 3, Irvine Cable (V Clinton) 10-44; M McGill 11-32; L McGarry 11-18; 33-34; 4, JWK 35-46; 5, Irvine 'B' 37-09; 6, Cumbernauld 38-03; 7, Vic Park 43-51; Fastest laps 1, S Branney (GAC) 9-40; 2, E Grant (GAC) 10-04; 3, J McColl (GAC) 10-15; 4, J Donnelly (GAC 'B') 10-18; 5, E Cochrane (GAC 'B') 10-20; 6, R McAleese

(Monk) 10-30. Intermediates 1, Aberdeen (S Reid) 9-07; L Davidson 8-55; K Rice 8-32; 26-34; 2, GAC (E Black) 9-00; P Higgins 9-42; S Kennedy 8-45; 27-27; 3, Monk Shett (M Rooney) 9-08; C Fairweather 9-39; K Fox 8-50; 27-37; 4, JWK 27-47; 5, Ayr Sea 28-45; 6, DHH 29-06; 7, VP 29-41; 8, Helensburgh 30-00; 9, Strathkelvin L 30-47; 10, VP 'B' 30-54. Fastest laps 1, K Rice (Ab) 8-32; 2, S Kennedy (GAC) 8-45; 3, D Rutherford (JWK) 8-46; 4, K Fox (Monk) 8-50; 5, L Davidson (Ab) 8-55; 6, E Black (GAC) 9-00.

Juniors 1, Whitburn (K Vidler) 5-15; K Leddy 5-30; J Leddy 5-05; 15-50; 2, Avonside (C Leitch) 5-18; G Leitch 5-29; W Kennedy 5-07; 15-54; 3, JWK (P Gillies) 5-13; L McPhail 5-31; G Syme 5-14; 13-58; 4, Irvine 16-06; 5, GAC 16-15; 6, Ayr 16-17; 7, Strathkelvin L 16-23; 8, VP 'B' 16-25; 9, Aberdeen 16-36; 10, Monk Shett 16-47. Fastest laps 1, CA Boyles (GAC) 4-58; 2, T Reilly (DHH) 5-02; 3, D McNally (VP) 5-03; 4, K McNeill (Monk) 5-04; 5, J Leddy (Whit) 5-05; 6, W Kennedy (Avon) 5-07. Girls 1, Ayr Seaforth (S Scott) 5-18; R Younger 5-46; H Brooks 5-20; 16-24; 2, Vic Park (A Berry) 5-32; E Gorman 5-48; L Beattie 5-16; 16-36; 3, Airdrie (A Keane) 5-42; D McLean 5-37; A Russell 5-18; 16-37; 4, Aberdeen 16-38; 5, ESPC AC 16-47; 6, Kirk Oly 16-48; 7, GAC 16-53; 8, Helensburgh 16-54; 9, Irvine 16-58; 10, JWK 17-00. Fastest laps 1, M Dearie (GAC) 5-14; 2, L Beattie (VP) 5-16; 3 = S Scott (Ayr) and A Russell (Aird) 5-18; 5, H Brooks (Ayr) 5-20; 6 = C Falconer (ESPC) and C Clarkston (Ab) 5-23.

Minors 1, DHH (J Learmouth) 4-26; L Gatherer 4-32; K Stevenson 4-39; 13-37; 2, Lasswade (D Murray) 4-30; M Zalis 4-42; T Neil 4-46; 13-58; 3, Bathgate (D Tinney) 4-39; A Shaw 4-54; L Wason 4-34; 14-07; 4, Teviotdale 14-09; 5, Aberdeen 14-21; 6, ESPC 14-23; 7, JWK 14-30; 8, VP 14-32; 9, Aber 'B' 14-33; 10, Ayr 14-35; Fastest laps 1, C Morris (JWK) 4-21; 2, J Learmouth (DHH) 4-26; 3, D Murray (Lass) 4-30; 4 = S Robertson (ESPC) and L Gatherer (DHH) 4-32; 6, L Wason (Bath) 4-34.

Victoria Park AAC McAndrew Trophy 4 x 3.25 mile road relay race, Scotstoun (144 teams competed) - 1, Falkirk VH (K Rankin (3) 15-28; G McMaster (3) 15-55; J Pentecost (1) 15-16; I Johnston (1) 15-33) 62-15; 2, Teviotdale H (K Logan (4) 15-28; B Emmerson (1) 15-45; A Walker (2) 15-30; D Cavers (2) 15-39) 62-22; 3, Calderglen H (A McLellan (9) 15-47; E Wilkinson (6) 15-59; A Derrick (4) 16-19; R Johnston (3) 15-57) 64-02; 4, Shettleston H (J Hendry 15-59; B Scally 16-22; A Swann 16-12; W Coyle 15-49) 64-22; 5, Cambuslang H (K Dundie 16-26; M Gormley 16-20; A Gilmour 16-06; E Stewart 15-36) 64-28; 6, Kilbarchan AC (G Fairley 15-40; T Hearle 15-37; G Gibson 16-38; T Anderson 16-45) 64-40; 7, Greenock Glenpark (W Jukes 16-46; M McKendrick 16-22; B McGuinness 16-46;

A Puckrin 15-05) 64-57; 8, Edinburgh SPC (K Mortimer 15-57; A Kinghorn 16-42; S Cohen 16-03; C McLennan 16-18) 65-00; 9, Bellahouston H (R Fitzsimmons 15-42; P McDevitt 16-19; A McAngus 16-14; J McNeill 16-51) 65-06; 10, Glasgow University H&H (A Donachie 15-36; A McBeth 16-18; G McCann 16-25; P Fettes 16-55) 65-14; 11, Victoria Park 65-32; 12, Hunters Bog Trotters 65-38; 13, Greenock Wellpark 65-43; 14, Stirling University AC 65-54; 15, IBM Spango Valley 66-00; 16, Clydesdale H 66-30; 17, Springburn H 66-45; 18, Teviotdale H 'B' 66-51; 19, Moir Ayr Seaforth 67-03; 20, Motherwell YMCA 67-17.

Fastest lap times: 1, A Douglas (VP) 15-03; 2, D McFadyen (GWH) 15-04; 3, A Puckrin (GGH) 15-05; 4, J Pentecost (FVH) 15-16; 5 = K Logan (Teviot) and K Rankin (FVH) 15-28; 7, A Walker (Teviot) 15-30; 8 = P O'Kane (HBT) and I Johnston (FVH) 15-33; 10 = E Stewart (Cambus) and A Donachie (GUHH) 15-36; Fastest junior: A McBeth (GUHH) 16-18; Fastest vet, B Emmerson (Teviot) 15-45.

8

Linwood 4.5 mile road run, Linwood - Men: 1, M Mitchell (R'glen) 23-05; 2, A McMann (Pais) 23-20; 3, A Barker (Elder) 25-45; Under 16 boys: 1, B Thomson (Renf) 28-37; 2, B Byrne (Houst) 28-45; 3, P McGregor (L'wood) 29-00; 4, C McBurnie (L'wood) 29-07; vets: 1, B Small (Gla) 26-50; 2, D Wingate (L'winnoch) 31-26; 3, A Ferguson (Pais) 28-50. Women: 1, J Smith (Kilmacolm) 30-14; 2, AM Follan (Pais) 30-30; 3, D Gallagher (L'wood) 50-58; U16 girls: 1, C Follan (Paisley) 29-45; 2, L McMillan (L'wood) 31-26; 3, S Geddes (Houston) 37-25; 4, HA Anderson (J'ston) 39-10; Female vet: 1, C Geddes (Houston) 36-27; 2, J Low (L'winnoch) 36-45; 1st Linwood resident, T Dorrington 28-51.

Fife College Five Ladies 5 mile road race, Kirkcaldy - 1, J McColl (G'gow) 31-47; 2, S Durham (Edin) 32-50; 3, E Tinney (B'gate) 34-25; 4, T Knox (LV1) (B'gate) 34-38; 5, M Healy (Dunf) 34-42; 6, M McLaren (K'caldy) 35-37; 7, C Roy (1st U17) (Pol) 35-42; 8, M Martin (Ceres) 36-10; 9, E Buchanan (LV2) (P'ston) 36-12; 10, G Blake (D'ce) 36-25; 11, J Wilson (Edin) 37-24; 12, K Fisher (K'caldy) 38-02; 13, F Douglas (L'gow) 38-50; 14, J Barnes (G'rothes) 40-35; 15, I McCourt (Call) 40-56; 16, BA Stevenson (LV3) K'caldy) 41-34; 17, A McFarlane (LV4) (StA) 42-34; 18, E Wallace (LV5) (StA) 42-34; 19, H Kuzyszyn (G'rothes) 42-54; 20, E Miles-MacLean (G'rothes) 42-54.

Results continued
on page 35

CATHKIN Property and Insurance Services place considerable importance on their FIMBRA authorisation under the Financial Services Act. Consequently they are able to offer truly "best advice" from the full range of life assurance companies and products available in today's ever changing and increasingly sophisticated financial markets.

As David Lang is quick to point out, independent unbiased advice is becoming increasingly difficult to obtain due to the high number of banks, building societies, estate agents, mortgage and insurance consultants who are "tied" to one particular life company. Sadly the public are to a great extent unaware of their lack of choice and do not appreciate that in most cases they are being penalised in favour of the higher level of commissions paid to "tied agents".

CPIS was formed in March, 1983, to provide building society, estate agency, life, pension and general insurance facilities. "At the time there was only one bank to service a population in excess of 70,000 within walking distance of our original premises in Croftfoot" states Lang, who was instrumental in establishing the firm. By 1986 the company's business had expanded dramatically and David decided to leave the security of the building society world in favour of joining the ranks of the self-employed.

Today approx. 8 per cent of the firm's business is mortgage-related and it has been appointed to provide independent financial services to many of the normal house builders throughout Scotland.

David, an active athlete since the mid 1960's, having represented Scotland at track and cross-country on many occasions over the years, is now fast approaching 40 in a year's time and admits that the fresh challenge of veteran competition will clearly give him the incentive to train harder than in recent years.

Cathkin's commitment to Scottish Athletics last year led to a sponsorship by their subsidiary company, Cathkin Financial Services Ltd, providing financial support of £1,500 to assist David's club, Cambuslang Harriers participation in the European Clubs Cross-country Championships. Cambuslang achieved the highest ever placing by a Scottish club since the event became widely supported in the mid 1970's.

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Portree, ISLE OF SKYE (0478 - 2341)



City of Dundee Peoples Half Marathon -
1, A Douglas (VP) 66-05 (rec); 2, C Haskett (DHF) 66-20; 3, A Robson (ESH) 68-39; 4, R Bell (DHF) 69-23; 5, M Strachan (Fife) 69-37; 6, J Evans (Shett) 69-38; 7, C Ross (DHF) 70-04; 8, R Owens (Boff) 70-52; 9, D Macgregor (Fife) (V1) 71-05; 10, W Adams (AM) V21-09; 12, R Woods (DRR) (V3) 71-56; 11, J Swanson (MSL) 78-03; 12, G Hanlon (DRR) LV1 85-43; 13, S Rodger (DRR) 88-38.

Guinness Tobago Half Marathon -
1, A Hutton (ESH) 65-01 (course rec)

15

P&P of Wales Hospice 4 miles "Round the Loch" Women's RR, Strathclyde Park
1, R Murray (LV1) (GN) 23-37; 2, L Cairns (JWK) 23-50; 3, R Houston (StrAU) 24-01; 4, E O'Brien (GGH) 24-08; 5, M Gemmell (Skelvin) 24-29; 6, J Strawhorn (Loud) 24-57; 7, E Scott (GluU) 25-01; 8, K Hancock (GN) 25-15; 9, K Chapman (LV2) (GN) 25-33; 10, S McGregor (JWK) 25-37; 11, A Hughes (ESPC) 25-51; 12, C McGarvey (Mot) (LV3) 25-55.

Lochaber Peoples Half Marathon -
1, C McLennan (ESPC) 71-09; 2, M Dixon (Loch) 72-00; 3, W Dickson (Law) 72-40; 4, M McCreadie (Fife) 72-53; 5, G McIntyre (Fife) 74-01; V1, M McMillan (Oban) 78-49; V2, D Noble (Skye&L) 81-22; V3, E Scott (ESPC) 81-46; V4, G Clark (ArbF) 83-00; L1, J Armstrong (GiffN) 82-48 (rec); L2, J Harvey (GAC) 89-28; L3, A Donnelly (GAC) 91-35; LV1, S Clark (Skye&L) 92-54; LV2, J Byng (lrw) 95-12; LV O/45, C McKinnon 104-23. Team 1, Lochaber AC; 2, Oban & District; 3, Shettleston Harriers.

SVHCH'cap Half Mara, Grangemouth -
1, R Young (C'dale) 74-20; 2, J Christie (Cambus) 75-09; 3, S McCrae 76-12; 4, H Rankin (JWK) 76-35; 5, S Donnelly (Liv) 77-04; 6, J Gourley (SVHC) 79-16; L1, J Murray (Kilb) 92-45; L2, J McGillivray (Kilb) 109-16; Nom time prize: A Lawson (Dumb) actual time 79-49, nominated time 80-00, difference 11 seconds; Handicap result 1, G Adams (SVHC); 2, J Murray (Kilb); 3, W Robertson (Falkirk).

Bonnybridge 10K Road Race -
1, P Faulds (FVH) 31-30; 2, P Cartwright (V1) (FVH) 34-38; 3, M McQuaid (CR) 34-47; 4, G Johnston (FVH) 35-06; 5, T Johnston (Unat) 35-13; 6, P Laing (Unat) 35-27; L1, G Harrison (Falkirk) 50th o/all.

Birchfield 10 mile RR including final of Adidas Torsion Series Road Races -
1, N Appelby (Birch) 48-30; 5, T Murray (GGH) 50-29; 47, C Martin (Dum) (V6) 56-07; 74, D Branney (West) 59-37; L1, J Hunter (Blay) 53-13 (equal UK best); 2, S Branney (GAC) (LV1) 55-26; L7, H Morton (Irvine) 67-54.

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Stakis 5 mile Road Race, Rothiemurchus -
1, E Nicoll (Loch) 30-07; 2, M McCulloch (Forres) 31-45; 3, R Revill (V1) (Kincaig) 32-34; 4, P Cartwright (V2) (FVH) 32-44; 5, J McCaskill (Bo'ness) 33-59; L1, P Russell (Loudon) 35-54; L2, J Sharp (Clack) 38-27; L3, L Hope (Loch)

Falkirk People's Half Marathon -
1, A Robson (ESH) 67-10; 2, G Laing (Ab) 67-17; 3, G Gerard (HMS Gordon) 67-26; 4, N Thin (ESH) 67-37; 5, K Ross (Chor) 67-42; 6, K Rankin (FVH) 68-13; 7, J Doig (Ab) 68-49; 8, P Faulds (FVH) 69-08; 9, M Coyne (CR) 69-25; 10, M Greally (Pit) 69-37; 11, C McLennan (ESPC) 70-16; 12, R Lippitt (Pit) 70-52; 13, A Robertson (Pen) 71-12; 14, W Day (V1) (FVH) 71-15; 15, M Mitchell (Cam) 71-20; 16, J Evans (Shett) 77-23; 17, J Harrison (Milb) 72-44; 18, C Meek (Whit) 72-49; 19, I Seggie (V2) (Liv) 72-52; 20, J Baird (HELP) 73-01; 22, C Murphy (J1) (Tev) 73-28; 24, D Fairweather (V3) (Cam) 73-41; V4, J Christie (Cam) (38th) 74-36; V5, I Donnelly (Liv) (53rd) 76-17; V6, W Seally (Shett) (54) 76-20; V7, J Kyle (Cum) (56th) 76-24; V8, J McMorro (Moth) (59th) 76-55; V9, A Nicol (CR) (67th) 77-40; V10, R Brown (PRR) (70th) 77-49; J2, S Ker (Kirk Oly) (51st) 75-56; J3, A Niven (Edin) (90th) 79-14; V0/50 1, J Maitland (Loch) (103) 80-11; 2, H Scott (PSH) (114th) 80-51; 3, T Killcullen (YMCA) 80-57; V0/60 1, W Gillespie (FVH) 89-40; 2, J Gillies (SUHC) 92-31; 3, D Hooper (Perth) 100-09; V0/70 1, J Duncan (G'Mouth) L1, C Whalley (Liv) (134th) 81-44; L2, J Stevenson (FVH) (LV1) (172nd) 83-25; L3, J Swanson (Monk) (221st) 85-15; L4, U Simpson (Ab) (242nd) 86-10; L5, M MacKenzie (292nd) (Bord) 87-35; L6, J Stawhorn (Loud) 90-13; L7, M Kealy (Pit) 90-42; L8, L Bright (LV2) 90-50; L9, E Boyd 91-49; L10, S White (Ayr) 91-58; L11, J Byng (lrw) (LV3) 92-03; L12, A M Hughes 92-23; L13, C Cadger (Perth) (LV4) 93-01; L14, A Thomson (Eye) 92-23; L15, I Gibson (LV5) 93-40; LVO45 1, J Byng 92-03. LV0/50 1, J Oliver (Loud) 106-03.

Bairns 1.5 miles Fun Run -
Boys U15 1, C Payton (Hart) 12-03; S Hughes (G'mth) 12-20; 3, C McCowitt (Shotts) 12-26. U13 1, R Smith (G'mth) 12-40; 2, S Grant (Len) 12-46; 3, D McKenzie (Dunf) 13-02. U11 1, A Forsyth (Dunf) 13-03; 2, L Diddcock (Alv) 13-20; 3, F McCordie (Alv) 13-52. U9 1, C Douglas (S'Hill) 15-39; 2, T Barclay (Dunf) 15-42; 3, R Millar (S'muir) 16-12.

Girls U15, 1, G Wilson (Cum) 14-54; 2, L Cherrie (W'cross) 15-35; 3, L Christie (Cum) 16-31; U13 1, C Brand (Arm) 15-37; U11 1, L-J Evans (Stir) 15-10; 2, A McConville (Lan) 16-51; 3, E Grant (Pol) 16-52. U9 1, S Lynch (Linleith) 16-54; 2, L O'Rourke (Gra) 17-57; 3, C Douglas (Falk) 18-15.

Handlin (W) 23.23; 200 'B': 1, J Donnelly (W) 22.34; 2, M Fairweather (E) 22.56; 400: 1, A Walker (E) 48.65; 2, D Mulherson (W) 48.81; 3, M McPhail (W) 49.11; 800: 1, A Murray (W) 1-51.44; 2, P McDevitt (W) 1-53.69; 3, G Gibson (W) 1-54.11; 4, A Bryce (E) 1-54.39; 1500: 1, J McKay (W) 3-48.80; 2, K Mortimer (E) 3-49.84; 3, K Lyall (E) 3-50.11; 4, M Fallows (E) 3-50.76; 5, D Donnett (W) 3-51.30; 6, MIP McCormack (Guest) 3-54.95; 5000: 1, R Quinn (W) 14-08.16; 2, A Reid (N) 14-28.77; 3, E Stewart (W) 14-38.88; 4, G Mathieson (E) 14-40.28; 5, A Douglas (W) 14-49.12; 6, M Ferguson (E) 14-49.49; 7, S Cohen (E) 14-55.59; 10H (+0.53m/s): 1, N Fraser (E) 14.79; 2, C Hogg (E) 15.19; 3, J Render (W) 16.51; 400H: 1, M McPhail (W) 53.62; 2, R Harkins (W) 54.52; 3, S Dempster (E) 57.07; 3000sc: 1, G Croll (W) 9-06.7; 2, J Pentecost (W) 9-12.1; 3, J Orr (W) 9-17.1; 4, D Cavers (B) 9-23.1; 4x100: 1, West 43.52; 2, East 43.86; 3, Borders 44.59; 4x400: 1, West 3-23.24; 2, East 3-37.60; 3, North 3-48.40; HJ: 1, A Scobie (E) 2.00m; 2, N Robbie (B) 2.00m; 3, P Mainwaring (E) 1.95m; PV: 1, D Hamilton (E) 4.45m; 2, I Johnston (E) 4.00m; 3, I McKay (E) 3.80m; LJ: 1, J Scott (E) 6.74m; 2, I Snowball (E) 6.31m; 3, W Leung (E) 5.95m; TJ: 1, S McMillan (E) 14.63m; 2, D Rooney (E) 13.95m; 3, N McMenemy (E) 13.91m; 4, R Brown (W) 13.87m; SP: 1, D Morris (E) 14.43m; 2, G Smith (E) 14.26m; 3, S Alken (E) 14.11m; DT: 1, D Morris (E) 54.18m; 2, A Black (E) 39.20m; 3, B Shepherd (N) 37.92m; HT: 1, R Devine (E) 55.94m; 2, L Nisbet (E) 54.18m; 3, A White (E) 45.40m; JT: 1, A Black (E) 54.44m; 2, A White (E) 50.94m; 3, A Martin (B) 50.44m.

Juniors: 100 (+0.7m/s): 1, B Ashburn (W) 10.80; 2, M Avis (E) 11.11; 3, D Gilmour (W) 11.15; 100'B' (+0.3m/s): 1, M Friel (W) 11.34; 200: 1, B Ashburn (W) 22.09; 2, M Avis (E) 22.55; 3, M Friel (W) 22.98; 200'B': 1, D Gilmour (W) 22.64; 2, C McDaid (W) 22.99; 400: 1, R Beattie (W) 50.71; 2, M Bryson (B) 51.23; 3, T Nimmo (W) 51.52; 400'B': 1, I Priddy (W) 51.28; 800: 1, I Cumming (E) 1-56.61; 2, J McFadyen (W) 1-57.03; 3, A Kinghorn (E) 1-57.41; 1500: 1, A McBeth (W) 4-00.95; 2, A Russell (W) 4-01.68; 3, M Steele (Guest) 4-03.20; 5000: 1, S Rankin (W) 15-17.14; 2, S Wylie (W) 15-18.47; 3, I Falconer (E) 15-18.68; 10H (+0.80m/s): 1, G Smith (E) 15.38; 2, N Taylor (W) 15.77; 3, N Connacher (B) 16.65; 400H: 1, N Taylor (W) 56.22; 2, T Nimmo (W) 56.35; 3, P Urquhart (N) 59.36; 3000sc: 1, F McGowan (W) 9-29.2; 3, J Moodie (E) 9-32.8; 3, S Wright (E) 9-33.0; 4x100: 1, West 43.38; 2, East 46.21; 3, North 46.40; 4x400: 1, West 3-33.97; 2, East 3-47.54; HJ: 1, D Parrot (W) 1.85m; 2, T Golder (E) 1.85m; 3, I Black (E) 1.85m; PV: 1, I Black (E) 4.00m; 2, A Anderson (W) 3.50m; 3, K McDowall (W) 3.30m; LJ: 1, R Burnett (W) 6.76m; 2, B Asburn (W) 6.75m; 3, D Gormley (W) 6.28m; TJ: 1, R Burnett (W) 12.99m; 2, D Gormley (W) 11.82m; SP: 1, L Carter (W) 12.38m; 2, P Quinn (W) 11.27m; 3, D Allan (N) 10.85m; DT: 1, D Allan (N) 39.18m; 2, P Crawford (E) 38.76m; 3, L Carter (W) 38.48m; HT: 1, D Allan (N) 48.28m; 2, L Carter (W) 41.04m; 3, S Burker (W) 38.56m; JT: 1, B Hill (W) 48.42m; 2, P Crawford (E) 46.84m; 3, G Dingwall (W) 46.78m.

Youths: 100 (+0.6m/s): 1, P Kennedy (E) 11.15; 2, S Cummings (E) 11.29; 3, G Purves (B) 11.35; 200: 1, J Adams (W) 23.13; 2, A Carrie (E) 23.16; 3, S Mathers (E) 23.35; 200'B': 1, S Cumming (E) 23.02; 400: 1, G Purves (B) 49.51; 2, P Kennedy (E) 50.04; 3, S Low (W) 52.32; 400'B': 1, D Sutherland (E) 52.11; 800: 1, G Reid (W) 1-56.31; 2, J Gill (W) 1-57.44; 3, D Halliday (Guest) 1-58.91; 1500: 1, G Graham (W) 4-40.94; 2, C Greenhalgh (W) 4-41.17; 3, G Reid (W) 4-41.17; 100H (-0.23m/s): 1, P Simpson (E) 14.2; 2, S McGeoch (W) 14.3; 3, E Nicol (E) 14.5; 2000sc/c 1, M McBeth (W) 6-19.6; 2, B Fraser (E) 6-25.5; 3, S Gilmour (W) 6-30.8; 4x100: 1, West 43.83; 2, East 44.46; 3, North 46.96; 4x400: 1, West 3-29.96; 2, East 3-31.63; 3, Borders 3-45.04; HJ: 1, S Hill (E) 1.90m; 2, F Lewis (N) and J Allan (W), both 1.85m; PV: 1, J Grant (E) 3.40m; 2, D Fitzgerald (E) 3.20m; 3, S Gibson (W) 2.80m; LJ: 1, I Fraser (N) 6.13m; 3, G Booth (E) 6.10m; 3, S Carswell (W) 5.88m; TJ: 1, S Waugh (W) 13.32; 2, M Craig (W) 13.08m; 3, S McGeoch (W) 12.40m; SP: 1, P Beaton (E) 13.61m; 2, J Grundy (W) 13.55m; 3, R Baird (E) 13.25m; DT: 1, R Baird (E) 41.20m; 2, D Harvey (W) 40.26m; 3, J Grundy (W) 39.70m; JT: 1, A Kemlo (E) 43.12m; 2, S Clark (N) 41.58m; 3, P Greenhill (E) 41.02m.

Senior Boys: 100 (+0.4m/s): 1, E Campbell (W) 11.72; 2, S Moir (W) 11.83; 200: 1, C Young (W) 23.78; 2, E Campbell (W) 23.82; 400: 1, C Young (W) 52.47; 2, A Campbell (N) 55.24; 400'B': 1, D Colville (E) 54.68; 2, C Wilson (E) 54.93; 800: 1, S Meldrum (E) 2-05.38; 2, C Wilson (E) 2-10.18; 1500: 1, M McLaughlin (W) 4-18.72; 2, M McIlwraith (W) 4-19.31; 80H (+2.97m/s): 1, I Lind (E) 11.88; 2, S Dillan (E) 12.02; 1500 s/c 1, D Whiffen (W) 4-36.7; 2, I Murdoch (W) 4-37.0; 4x100: 1, West 47.31; 2, East 47.33; 3, North 50.45; HJ: 1, A Malcolm (E) 1.70m; 2, I Lind (E) 1.70m; LJ: 1, C Burns (N) 5.69m; 2, D Reid (B) 5.53m; TJ: 1, S Milne (N) 11.98m; 2, J Wright (W) 11.97m; SP: 1, A Posse (W) 12.99m; 2, S Henderson (E) 12.08m; DT: 1, R Holmes (W) 35.62m; 2, S Bremner (E) 31.58m; JT: 1, H James (E) 45.98m; 2, A Posse (W) 36.56m.

Junior Boys: 100 (+0.7 m/s): 1, M Smith (E) 12.33; 200: 1, I Smith (E) 25.8; 400: 1, D Lees (E) 58.40; 800: 1, K Daley (E) 2-13.1; 1500: 1, D McDonald (E) 4-37.22; 4x100: 1, West 51.46; 2, East 51.50; 3, Borders 55.63; 4, North 56.79; HJ: 1, C Lewis (E) 1.45m; LJ: 1, B Hopewell (B) 5.09m; TJ: 1, J Whannel (W) 10.58m; SP: 1, P Dolan (W) 11.79m; DT: 1, D Murray (W) 26.68m; JT: 1, B Thomson (E) 28.16m.

Final Match Result: 1, West (Seniors) 187pt, Juniors 259; Youths 181; Sen Boys: 166; Jun Boys 130; 923pts; 2, East (Seniors) 241pt; Juniors 107; Youths 188; Sen Boys 151; Jun Boys 157; 844pts.

September

10

Monklands Women's Scottish Cup Final, Coatbridge.
1, Match result: 1, EWM 111; 2, GAC 102; 3, MSL 93. 100: 1, A McGillivray (EWM) 12.3; 2, M Baxter (MSL) 12.5. 200: 1, D Kitchen (EWM) 24.7; 2, G McIntyre (MSL) 25.2. 400: 1, G McIntyre (MS) 55.1; 2, D Flockhart (EWM) 56.4; 3, S Gollen (IH) 59.8. 800: S Gollen (IH) 10:14.8. 4x100: 1, C Henderson (EWM) 1.70; 2, R Pinkerton (GAC) 1.70. LJ: J Ensley (EWM) 5.78. SP: A Rhoads (MSL) 11.61; 2, K Neary (EWM)

August

27

Inter District Match (all age groups) East v West v North v Borders, Grangemouth
Seniors: 100 (+0.9m/s): 1, S Shanks (W) 10.85; 2, D Young (B) 11.15; 3, E Clark (E) 11.15; 4, M Fairweather (E) 11.20; 100'B': 1, A Cullen (E) 11.48; 200 (-0.15m/s): 1, E Clark (E) 22.40; 2, A Cullen (E) 22.74; 3, L

RESULTS

11.9; 3, C Cameron (GAC) 10.90. DT: 1, L Adams (Pit) 42.50; 2, C Cameron (GAC) 40.78; 3, K Neary (EWM) 39.54; 4, H McLeod (IH) 36.72; 5, D Gassney (MSL) 33.92. JT: 1, J Currey (MSL) 39.60; 2, D Sutherland (EWM) 36.52. Match result: 1, EWM 95; 2, Pit 73; 3, GAC 70.

Inters 100: V Friel 12.9. 400: 1, E Grant (Pit) 69.0; 2, S Watt (MSL) 59.3; 3, S Carruthers (Ayr) 59.4; 4, D Swanson (KAAC) 60.3. 80H: 1, C Murphy (GAC) 11.7; 2, S Richmond (PAAC) 12.2; 3, J Sharpe (EWM) 12.3. 300H: 1, S Wood (EWM) 46.7; 2, D Douglas (IH) 47.1; 3, S Old (GAC) 47.7; 4, S Brown (Ayr) 48.5; 5, W Cresswell (Pit) 48.9. 4x100: 1, EWM 49.5; 2, Pit 50.5; 3, GAC 51.0; 4, MSL 51.5; 5, KAAC 51.9. HJ: 1, L Gordon (GAC) 1.65; 2, S Richmond (PAAC) 1.60; 3, G Heriot (EWM) 1.55; 4, M Sinkworth (IH) 1.55. LJ: S Wood (EWM) 5.20. JT: 1, E Grant (AAC) 32.96; 2, G Ablett (EWM) 32.54. Match: 1, Pit 63; 2, GAC 60; 3, Ayr 59.

Girls 100: 1, I Kerr (GAC) 12.8; 2, L Patterson (AAAC) 13.1. 800: I Linaker (Pit) 2:12.4. 75H: 1, S Gunn (Ab) 12.0; 2, C Burr (EWM) 12.3; 3, K Dyer (Ayr) 12.5. 4x100: 1, GAC 50.5; 2, LAC 51.3; 3, EWM 51.8. HJ: 1, K Dyer (Ayr) 1.66; 2, J Read (KAAC) 1.55. LJ: L Kerr (GAC) 5.46. Match result: 1, Aber 63; 2, EWM 61.5; 3, Ayr 50.

Minors 4x100: 1, Aber 55.0; 2, EWM 55.4; 3, Pit 56.6; 4, GAC 56.6; 5, EAC 56.6; 6, Minolta 57.0. LJ: D Quirie (AAAC) 4.51. SP: 1, E Garden (PAAC) 9.97; 2, K Wright (GAC) 8.35. DT: 1, E Garden (Pit) 30.54; 2, L Thompson (EWM) 28.82. JT: L Thompson (EWM) 25.62.

16

Northern District 10K Track Champ - 1, A Reid (Coast) 32:19; 2, C McIntyre (Coast) 32:45; 3, S McKenzie (Inv) 33:28. Open Meeting: Senior 400, D Mathieson (Ab) 50.2; SP/DT, P Allan (Ab) 12.93m/39.56m; Youths: HJ/LJ: I Fraser (Nairn) 1.85m/6.37m; Senior Boys 100/LJ: P Williamson (Inv) 11.8/5.80m; 400 A Campbell (Inv) 56.3; Junior Boys 100, I Wallace (Inv) 12.4; Senior Women, 800, S Gollan (Inv) 2:51.1; Intermediates: HJ, S Fotheringham (BI) 1.60m; Girls: 100, J Ewart (Inv) 12.8; Minors: JT, E McLean (Inv) 23.02m.

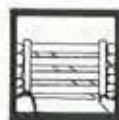
17

Munich v Edinburgh/Scotland Select, Munich. (Scots performances) - Men: 100: 2, D Clark (guest) 10.69; 4, B Ashburn 10.85; 6, A Doris 11.07; 200: 2, B Ashburn 22.04; D Clark (DNF); 400: 1, M McMahon (guest) 47.73; 2, J Nicol 48.23; 5, A Walker 48.56; 800: 1, A Murray 1:48.63; 2, G Brown 1:51.23; 1500: 1, I Hamer 3:43.40; 2, D McMillan 3:43.92; 5000: 1, R Quinn 14:47.88; 4, M Ferguson 15:22.54; 110H: 1, J Wallace 14.29; 4, N Fraser 14.47; 400H: 3, M Fowler 58.68; 4, G Brown 59.20; 4x100: 2, Edinburgh 41.90; 3, Guest Scotland team 42.69; HJ: 2, D Barnetson 2.02m; 3, A Scobie 1.99m; PV: 3, D Hamilton 4.61m; 4, I Black 4.31m; LJ: 3, M Fowler 6.80m; 4, J Scott 6.74m; SP: 3, M McDonald 14.66m; 4, G Smith 14.09m; DT: 2, M Jemi-Alade 46.38m; 3, M McDonald (guest) 45.22m; 4, D Morris 44.30m; JT: 2, J Guthrie 62.72m; 6, J Scott 22.58m. Match: 1, Munich 80pts; 2,

Edinburgh/Scotland select 66pts. Women: 100: 1, A McGillivray 11.94; 2, D Flockhart 12.05; 3, J Kirkby (guest 12.17; 200: 1, D Flockhart 24.50; 2, M Baxter 25.04; 400: 1, D Kitchen 54.27; 2, P Divine 55.57; 800: 1, S Bevan 2:06.14; 2, M Anderson 2:07.38; 3000: 1, L Adam 9:24.18; 2, K MacLeod 9:37.13; 100H: 2, J Kirby 13.94; 3, C Reid 14.62; 400H: 1, G McIntyre 60.80; S Booth (DNF); 4x100: 1, Edinburgh/Scotland select 46.21; 2, Scotland guest team 47.81; 4x400: 2, Edinburgh/Scotland select 3:49.50; HJ: 1, J Barnetson 1.77m; 3, CHenderson 1.74m; LJ: 1, L Campbell 5.96m; 2, J Ainslie 5.83m; SP: 3, A Grey 13.19m; 4, H Cowe 13.06m; 5, N Emblem 11.98m (guest); 6, J Barnetson 11.80m (guest); DT: 3, L Adam 42.04m; 5, A Grey 40.40m; JT: 1, N Emblem 48.04m; 3, J Currie 43.08m. Match: 1, Edinburgh/Scotland select 74pts; 2, Munich select 51. Overall result: 1, Edinburgh/Scotland select 140pts; 2, Munich select 131pts.

21

British Schools Indoor Under 15 Pentathlon Match, Kelvin Hall - Boys: 1, R Glover (E) 60H 8.6; SP 12.47m; 200 24.2; LJ 5.96m; 800 2:19.1 3111 pts; 2, D Yeo (W) 9.4 sec; 11.10m; 23.66m; 6.25m; 2:12.4 3051 pts; 3, R Dunne (I) 8.4 sec; 11.69sec; 5.72m; 2:24.3 3022 pts; Scots: 8, C Wilson (9.5; 11.22m; 25.4; 5.16m; 2:11.8) 2678 pts; 11, D Brown (9.1; 9.39m; 25.0; 5.40m; 2:22.1) 2595 pts; 12, D MacPhee (10.0; 10.35m; 24.8; 5.45m; 2:17.3) 2565 pts; 15, J Wright (10.0; 9.18m; 25.5; 5.51m; 2:21.4) 2397 pts. Teams: 1, Eng 8821pts; 2, Wal 8665; 3, Ire 8132; 4, Scot 7838. Girls: 1, S Filce (E) (LJ 5.21m; 60H 9.6sec; HJ 1.72m; SP 10.06m; 800 2:53.8) 3146 pts; 2, C May (E) (5:04m; 9.6; 1.57m; 8.37m; 2:34.7) 3071 pts; 3, S Dirchfield (E) (5.22m; 9.6; 1.48m; 8.11m; 2:34.4) 2969 pts; Scots: 5, K Dyer (4.70m; 9.9; 1.60m; 6.86m; 2:40.7) 2792 pts; 9, L McKenzie-Wilson (4.85m; 10.2; 1.39m; 6.96m; 2:50.2) 2447 pts; 13, C Legge (4.40m; 10.1; 1.33m; 9.29m; 2:58.7) 2352 pts; 16, L Paterson (4.84m; 10.0; Injured DNF) 1184 pts. Teams: 1, Eng 9186pts; 2, Wal 7646; 3, Scot 7591; 4, Ire 7536.



October

14

Renfrewshire AAA CCC Relay Champs - Senior: 1, Kilbarchan (T Anderson 11:22; T Hearle 10:48; R Harkins 11:09; R Quinn 10:29) 43:48; 2, GWH (DMcFadyen 10:11; F Lennox 11:50; H Muir 12:00; G Gaffney 10:33) 44:34; 3, Spango (W Richardson 11:09; L Spence 11:10; C Spence 11:17; C Leck 10:55) 44:37; 4, GGH 45:32; 5, Kilbarchan 'B' 46:08; 6, GGH 'B' 47:11; 7, GGH 'C'; 8, Giff North; 9, GGH 'D'; 10, GGH 'E'. Fastest: 1, DMcFadyen (GWH) 10:11; 2, R Quinn (Kilb) 10:29; 3, G Gaffney (GWH) 10:33; 4, T Hearle (Kilb) 10:48; 5, C Leck (Spango) 10:55; 6, M McKendrick (GGH) 10:58; 7, R Gardiner (Kilb) 11:41.

Youths 2 mile race: 1, A Barker (Kilb) 9:12; 2, DMcFadyen (Bella) 9:28; 3, R Russell (Bella) 11:45; 4, M Gallacher (Bella) 11:49. Senior boys: 1, GGH (DHill 9:15; J Mearns 8:28; D Jamburri 8:18) 26:01; 2, Spango 26:32; 3, Kilbarchan 29:20; 4, Bella 29:28. Fastest: 1, D Tamburri (GGH) 8:18; 2, J Mearns (GGH), E Dobbin (Spango) 8:28. Junior boys: 1, GGH (A Buchan 10:19; J McFadyen 10:48; A McLaughlin 9:25) 30:32; 2, Bella 31:36; 3, Kilbarchan 31:45; Fastest 1, A McLaughlin (GGH) 9:25; 2, A Austin (Bella) 9:38; 3, E Ferguson (Kilb) 10:17.

East Dist CC League (1st meeting), Alloa Seniors 5.5 miles: 1, P McColgan (DHH) 27:50; 2, C Haskett (DHH) 28:08; 3, S Hale (PSH) 28:17; 4, A Walker (Tev) 28:42; 5, I Harkness (EdU) 28:39; 6, R Hall (Tev) 28:42; 7, G McMaster (FVH) 28:47; 8, M Strachan (Fife) 28:58; 9, K Logan (Tev) 29:03; 10, D Duguid (Ab) 29:05; Teams: 1, Teviotdale 81pts; 2, DHH 128; 3, FVH 161. Youths: 1, S Burch (Pit) 17:55; 2, G Johnston (Pit) 18:02; 3, S Russell (FVH) 18:08; Teams: 1, ESH 22pts; 2, FVH 31; 3, Pitreavie and ESPC 48. Senior boys: 1, A Moonie (Pit) 14:03; 2, G Browitt (Pen) 14:22; 3, M Kelso (Pit) 14:22. Teams: 1, Pitreavie 13pts; 2, Bathgate 10; 3, ESPC 39. Junior Boys: 1, M Daly (ESPC) 10:02; 2, R Hay (ESPC) 10:04; 3, D McDonald (PSH) 10:12; Team: 1, ESPC 9pts; 2, Pitreavie 40; 3, Lasswade 42. Colts: 1, A Ford (ESPC) 6:55; 2, D Campbell (Lass) 7:07; 3, M Munro (Dunbar) 7:08; Teams: 1, Cent Reg 18pts; 2, ESPC 20; 3, Teviotdale 35.

Ayrshire Harriers Clubs Association CC relay championships, Beach Park, Irvine Seniors: 1, Ayr Seaforth (J Strawhorn 11:58; C Brash 11:59; K Penrice 11:41; G Wight 12:10) 47:48; 2, Irvine (C Miller 11:53; B Craig 11:58; J Sturgeon 13:03; J MacNamee 12:16) 49:11; 3, JWK (R Dalziel 12:18; J Monk 12:35; B McEwan 12:19; D Murray 12:01) 49:13; 4, Ayr 'B' 49:22; 5, Cumnock H 50:37. Fastest: 1, K Penrice (Ayr) 11:41; 2, C Miller (Irv) 11:53; 3, J Strawhorn (Ayr) and B Craig (Kilb) both 11:58; 5, C Brash (Ayr) 11:59; 6, D Murray (JWK) 12:01. Youths: 1, JWK (G Reid 10:15; F Coleman 11:32; E Toner 10:39) 32:26; 2, Ayr 33:29; 3, Irvine 34:19; Fastest 1, G Willis (Ayr) 10:55. Senior boys: 1, Ayr (G Willis 10:55; M McIlwraith 11:21; I Murdoch 11:14) 33:30; 2, JWK 34:42; 3, Ayr 'B' 34:58. Fastest 1, G Willis (Ayr) 10:55; Junior boys: 1, Ayr (I Leitch 11:38; C McNaught 13:45; G Docherty 13:07) 37:30; 2, Irvine 37:46; 3, JWK 37:53. Fastest 1, I Leitch (Ayr) 11:38. Senior women: 1, Ayr (S White 13:10; I Fraser 13:27; A Gifford 13:25) 39:42; 2, JWK 40:28; 3, Irvine 42:06. Dunbartonshire AAA CC Relay Champs Senior 4x2.5 miles: 1, Maryhill (D Shearer 14:31; A Currie 13:35; M McCartney 15:14; M Gallagher 14:08/57:28; 2, Clydesdale (P Malpin 14:33; G Higgins 14:25; N McCool 14:37; D Halpin 13:59) 57:34; 3, Clydesdale 'B' (B Potts 14:17; J Austin 14:12; M McDonald 15:10; P Dolan 14:38) 58:17; 4, Stirling Uni (M McGinley 16:13; T Reid 13:31; A Banks 15:19; G Brown 3:59) 59:02; 5, Vic Park (S Barnett

14:27; R Blair 14:34; C Little 14:51; J Doyle 15:10) 59:02; 6, Dunbarton (Pitt 15:02; T Kelly 15:32; P Murphy 15:20; P Walshe 14:46) 60:40; 7, Glasgow Uni 60:50; 8, Westerlands 61:11; 9, Clydesdale 'C' 61:22; 10, Clydesdale 'D' 61:34; 11, Maryhill 'B' 61:51; 12, Milburn 61:55; 13, Kirk Oly 62:09; 14, Clydebank 63:24; 15, Glas Uni 'C' 63:31. Fastest laps 1, T Reid (Stirl) 13:31; 2, A Currie (M'hill) 13:55; 3, G Brown (Stirl) 13:59 and D Halpin (C'Dale) 13:59; 5, W Reid (West) 14:07; 6, M Gallacher (M'hill) 14:08. The first three clubs to finish in the race were disqualified as their first leg runners had gone off the course on a downhill stretch resulting in a shorter course. These clubs were Victoria Park 55:55; 2, Glasgow University 57:06; 3, Clydebank 57:15; Youths: 1, VP (T Healy 8:40; G Graham 8:06; C Greenhalgh 8:36) 25:22; 2, C'bank 26:26; 3, C'dale 26:42; 4, VP 'B' 28:17. Fastest laps 1, G Graham (VP) 8:06; 2, N Freer (C'bank) 8:26; 3, C Greenhalgh (VP) 8:36. Senior boys 1, Clydebank (C Young 8:56; A O'Hare 8:51; D Fotheringham 8:59) 26:46; 2, VP 27:04; 3, C'bank 'B' 27:11; 4, Clydesdale 27:42; 5, Maryhill 30:34; 6, Composite team 31:51. Fastest laps 1, M Smith (VP) 8:46; 2, A O'Hare (C'bank) 8:51; 3, C Young (C'bank) 8:56. Junior Boys 1, Clydebank (S Gibson 9:34; K Reynolds 9:41; D O'Sullivan 10:03) 29:18; 2, Vic Park 29:33; 3, Clydesdale 30:53; 4, Helensburgh 31:56; 5, Clydebank 'B' 32:41; 6, Clydesdale 'B' 32:50. Fastest laps 1, S Gibson (C'bank) 9:34; 2, C Creighton (C'bank B) 9:37; 3, D Gormarr (VP) 9:38.

Northern District CC League, Caithness Seniors (6 miles) 1, A Reid (Coast) 36:27; 2, G Bartlett (Forr) 37:29; 3, I Gollan (Inv) 37:55; 4, C Hunter (Mor) 37:59; 5, S McKenzie (Inv) 38:13; 6, G Sim (Mor) 38:19; 7, G Milne (VI) (P'head) 38:23; 8, G Harper (P'head) 38:39; 9, A Stewart (Inv) 27:00; 3, S Wright (Elg) 27:33; 4, D Hards (Inv) 27:45; 5, B Simpson (Caith) 27:54; 6, M Cow (Inv) 28:31; Teams 1, Inverness H 291pt; 2, Black Isle 281; 3, Caithness 188. Senior Boys 3 miles 1, S Donnat (Forr) 13:14; 2, S Galbraith (BI) 13:19; 3, D Miller (Inv) 13:49; 4, M Anderson (Fras) 14:01; 5, J Brooks (Loch) 13:56; 6, D McAllister (Fras) 14:01; Teams 1, Inverness 285pts; 2, Fraserburgh 282; 3, Black Isle 277. Junior Boys two miles 1, S Cameron (Loch) 9:28; 2, M Johnston (BI) 9:34; 3, V McPherson (Loch) 9:40; 4, J McKillop (Fras) 9:42; 5, A Love (Pet) 9:55; 6, J Coloquhoun (Inv) 9:59; Teams 1, Lochaber 290pts; 2, Frs 287; 3, BI 276. Senior Womens 3 mile 1, S Gollan (Inv) 14:18; 2, H Wiseley (Fras) 14:47; 3, S Farquhar (Caith) 15:51; 4, E Oag (Caith) 15:51; 5, A Ramsay (BI) 16:15; 6, R Davison (Elg) 16:17; 7, K Wilcox (Inv) 16:36; 8, M Loughly (Inv) 14:51; 9, A McLeod (Caith) 16:56. Team 1, Inverness 287pt; 2, Caithness 287; 3, Fraserburgh 188. Juniors 2 miles 1, K Thomson (Fras) 11:01; 2, L Henderson (Inv) 11:10; 3, C Faulkner (BI) 11:21; 4, S McRae (Inv) 11:24; 5, S Bent (Forr) 11:37; 6, L McDonald (Inv) 12:19. Teams 1, Inverness 291pt; 2, Black Isle 280; 3, Fraserburgh 191. Girls 1.5 miles 1, M Smith (BI) 7:53; 2, S Donald (BI) 7:57; 3, J Anderson (Fras) 7:58; 4, D McAllister (Fras) 8:00; 5, L Clark (Fras) 8:03. Teams 1, Black Isle 293pt; 2, Fraserburgh 291; 3, Caithness 261.

EVENTS

November

11

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

NORTH District League, Forres

12

ABERDEEN H&H open road relay.

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

18

FIVE Mile and Young Athletes Handicap, 2pm, Summerston.

GAULDRY CC CC races, Fife.

TEVIOTDALE Harriers open races, Hawick. Details from Teviotdale Harriers Tel: 045072703.

CLYDESDALE Harriers YA races

19

EDINBURGH to Glasgow race

DUMFRIES AAC open CC races

25

BELLAHOUSTON H CC races,

DUNBARTONSHIRE CC Champs

EAST District League, West Calder

EDINBURGH Uni CC race

NORTH District CC Champs.

December

2

EAST Kilbride AAC road races

FIFE AC open races, Kirkcaldy

3

GALLOWAY Harriers open CC races, Newton Stewart

KEYLINE 4 Mile Xmas Handicap Road Race, 2pm near golf course, Peterhead. Orms available from M Macdonald, 13 Prunier Drive, Peterhead.

9

MARYHILL H Schools CC races, 10am Summerston

SCCU v Scot Unis v N Ire v Civil Service, inc Inter District races for junior, senior boys and youths, Cumbernauld.

JACK Crawford RR, Bishopbriggs

NORTHERN District League, Peterhead

SCOTTISH Universities International Cross Country - Details from Cumbernauld and Kilsyth District Council.

9 & 10

SCOTTISH Senior Indoor Champs - Kelvin Hall Int Arena - Details from SAAA 031-317-732011.

14

CELTIC Countries CC Int, Irvine.

16

CHRISTMAS Cracker 10K - 10-30am start from Kirkcaldy High School - £3.00 Entries. Further Details from David Cameron, Kirkcaldy High School (0592) 267111 (1.2 miles race for under 18 & Primary School Race also taking place).



A NEW GENERATION

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9th DECEMBER 1989

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Spring Marathon Vienna 90 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 please 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

IN ONE sense this month's column should be entitled "Off the Veteran Scene" as that more aptly describes some of the things that have, or are about to, happen to me. I'm certainly "off" as far as the SVHC are concerned - for the first time since 1982 I'm not listed as an active member of their executive committee. Admittedly this was by choice following my resignation as president last January over the professional athletes issue, but my ears were not closed to the calls for my complete resignation at the SVHC annual general meeting in October.

My continued campaign for that small group of athletes seems not to be welcome news to a number of diarchs, despite the fact that I have now established that Britain is the odd one out as far as the IAAF are concerned.

Still, I have been a sucker for minority causes, and changing the SVHC constitution in 1983 to let in women after 13 years of male domination was thankfully less controversial. I am therefore delighted that the founding "godfather" of the SVHC nominated Molly Wilmoth as the first female president of the club, when acting president Bill McBrinn declined to take over the formal role as president.

What was even more surprising in some ways was that the accepted nomination for vice president went to Kay Dodson who has done such a good job with the club newsletter over the last two years. The two very capable women have the unenviable task of controlling a male committee of no less than 13 men whose average age works out at around 65 years. That in no way reflects on the potential ability of the committee, and as all but two come from the West of Scotland there should be a degree of bonhomie, but does not make for easy decision making or short committee meetings - good luck ladies!

Willie McBrinn took the unusual step of proposing a motion from the chair that was bound to lead to more controversy. He tried to ensure that the decision to preclude known professionals from competing in the SVHC Championships taken by a majority of one at an executive committee this summer, would not be repeated in any of next year's championship events.

Despite a safeguard amendment that the SAAA rules of competition must be

complied with, the motion was defeated by 14 to 24. Perhaps the simplest answer would be to let the SVHC run their own closed, members only, championships as they now do in the cross country season, and let another club or organisation run a truly open Scottish Championship for veterans, there are certainly sufficient with the necessary knowledge and skill to do so outwith the SVHC.

I am also "off" in another sense. Off on a journey of a lifetime, for me anyway, to Australia and New Zealand where my wife and I are going to spend the first few weeks renewing "auld acquaintances" and having a belated silver wedding celebration. Then mid January I'm being left my own devices as I get to know the New Zealand veteran scene which I hope will include a few runs and races, but most of all include a meeting and interview with Arthur Lydiard, the famous New Zealand coach to athletes like Murray Halberg and Peter Snell. Anyone who read any of his books on running will know how excited I am at the thought of meeting this eccentric but stimulating character.

Next I shall be attending the Commonwealth Games at the end of January into early February, and despite the depleted Scottish team I shall be very much cheering them on whatever they do. With luck and the good offices of Scotland's Runner I shall have the pleasure of sharing the press facilities with the rest of the world's hacks. I had a small taste of that in Edinburgh in 1986 and must say it really opened my eyes into the world of the media.

Finally after the Games, if I'm not too exhausted and hopefully with the help of a Winston Churchill Fellowship grant, I am completing a small piece of research on facilities for coaching disabled athletes in New Zealand. Since February I have been involved in coaching a small group of disabled athletes at Meadowbank and found this an incredibly rewarding experience, but none the less frustrating in trying to get resources and facilities. A recent government report entitled, "Building on Ability", has highlighted the need for a more coordinated approach to

helping all sportsmen and women who have some kind of disability to contend with - maybe this is another "minority" cause to pick up when hopefully the pro's issue is settled.

Due to publication deadlines I am unable to bring you the result of the veterans cross country "international" due to take place on November 5 at Ampthill in Bedford. What I can tell you is that it is not really an international competition in what I understand to be the true sense of the word, but simply an interclub match between the member bodies of the BVAF - another illustration of the internal divisions in British veteran athletics.

The consequence of this was that a number of athletes I nominated last month could not be considered, not because they weren't good enough, but because they were not members of the SVHC. These included our best hope in the M50 category, Don Macgregor, and Scottish veteran hill champion, Peter Marshall. When Scottish pride in cross country is at such a low ebb following the loss of its status at world championship level, surely we must choose the best possible team available. It also demeans somewhat the wearing of a Scottish vest if selection is based in belonging to an "old boys" club.

My short profile this month is the new vice president of the SVHC, Kay Dodson, a 43 year old biochemist from Lanark who came into athletics from a background of mountain climbing and ran her first marathon in 1983 after only four months of training. Her road running and cross country exploits have been very creditable in their own right, but this year she has found her niche in ultra running. In the West Highland Way event she covered the 98 miles in 21 hours 24 minutes, ran the Two Bridges race over 33 miles in 5 hours 19 minutes, was first woman home in the Bolton 40 mile race in 5 hours 57 minutes, and was fifth woman to finish in the 54 mile London to Brighton, clocking 8 hours 15 minutes.

Kay told me that her training consists mainly of her long Sunday run, which is - wait for it - an eight hour run in the hills often on her own, followed by easy runs for the rest of the week. What inspiration, so I'm off for a short twenty miler along the East Lothian coast before breakfast - join me again sometime.

THE 1989 SCOTLAND'S RUNNER ROAD RACE SURVEY

THE END of the year has arrived once more, and so it's time to reflect on the months which have passed - and the road races you have run. The 1988 Scotland's Runner Road Race Survey was such a success that we have decided to do it all over again, but for 1989 of course!

Which road races did you enjoy most in 1989? Will the Land O'Burns be voted the best organised race this year? Will the Falkirk Half Marathon lose its title of "Least scenic road race in 1988"?

Only you hold the answers to these questions and if you answer our survey questions in full you will automatically be entered for our prize draw to win one of ten Scotland's Runner T-shirts.

Please feel free to add your comments (perhaps in the form of a letter) about road racing in Scotland. We will publish the best of these alongside the survey results which will appear early next year.

The answers should be written on a separate piece of paper, and may be included with the Games competition (right). Please remember to give your name and address! The closing date is December 11.

1. How many road races did you run in Scotland in 1989 (please list)?
2. Did you run in any outside Scotland (please list)?
3. Which was the best organised road race you ran in this year (if a tie please state)?
4. Which was the worst organised race you ran in this year (feel free to reply "none" if that is the case)?
5. What age and gender are you?
6. Are you a member of a club (if yes, please state which one)?
7. Which was the most scenic road race you took part in during 1989?
8. Which was the least scenic?
9. What is your favourite distance?
10. What is your average weekly mileage?
11. Have you had to stop training or racing this year because of injury?
12. Which make of shoe did you run in most often in 1989?
13. What is your favourite Scottish road race?

WIN A £3,500 TRIP FOR TWO TO THE AUCKLAND GAMES

Auckland in New Zealand will be the host city for the XIV Commonwealth Games. You and the partner of your choice could be enjoying a fabulous holiday, which includes flights, accommodation and Games tickets, from January 24 to February 3. The prize is worth approximately £3,500.

To be eligible for the competition, you must be a current subscriber to Scotland's Runner. If you are not already you can become a subscriber either by filling in one of the numerous bank order forms which have appeared in Scotland's Runner over the summer, or by sending a £15 cheque to cover a year's subscription.

If you wish to enter, please answer the following three questions, giving your name, address, and telephone number:

1. Which two Scots won their events at this year's World Cup in Barcelona?
2. Which travel company is this competition being run in association with?
3. Who won the Commonwealth Games women's 10,000m title in Edinburgh?

Please send your replies to:
Auckland Competition, 62, Kelvingrove
Street, Glasgow G3 7SA.

If entering the competition and enclosing a subscription remittance, please note that the FREEPOST facility is not available for the duration of this month.

Subscribers who have answered all three questions correctly will be entered into a ballot for the prize. Usual competition rules apply. The ballot will be drawn at 1pm on the closing date, Monday, December 4, and the winner informed immediately. Best of luck!

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 at 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 all standards 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 Sunday 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, Ballencrief Toll, Bathgate. Tel: 0506-56831.

BEITH HARRIERS ATHLETIC CLUB

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.

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, Glenferate, 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, Rankellor 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 Craiglond Gardens, Balloch, G83 8RP. Tel: 0389-52850.

CUMBERNAULD ROAD RUNNERS

Secretary - Mrs Maureen Young, 63, Thornicroft 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 Deepark, 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, Dalmahey Drive, Dundee DD3 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC

Secretary - Mrs Gill Hanlon, 9, Lochinver Crescent, Dundee.

DUMFRIES AAC

All ages, 9-99. Coaching in track, field and cross country. Main training nights: Monday-David Keswick Centre, Dumfries; Tuesday-Maryfield, Georgetown or David Keswick Centre; Wednesday - Lockerbie Academy; Thursday-Locharbriggs School; Friday - Georgetown or Laurieknowe. For further details please contact Angela Coupland (sec) on 0387-710816.

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 IIFC 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).

HARMONY 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 3JT. Tel: 041-775-1551.

LASSWADE ATHLETIC CLUB

Track and field events, road running and cross country. All ages 8 years to adults. Older members especially welcome. Compete in all major track and cross country leagues and national championships. Training Mon/Thurs 6.00/8.30 at Lasswade High School Centre, Bonnyrigg. Sec: Barbara Howie, 123 Newbattle Abbey Crsc. Dalkeith. Tel: 031-663-4697, or contact David Hand, 031-663-0434.

LINWOOD PENTASTAR AC

Training every Monday and Thursday nights in Linwood Sports Centre, Bredland 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 (Membr 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 Balgonnie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB

A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawrock 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 with regular social events. We meet at Elgin Community Centre, Trinity Road, Elgin on Wednesday at 6.30pm and Sunday at 9am. For further details, contact Anne Sum (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

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, Dumbartonshire G83 0RX. 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, Arbutnot 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, Ormisdale 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, STAC, 159, Warriston Street, Carnynte, 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).

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3. **FRANK SHORTER DIAMOND GORETEX SUIT:** Made in Norway from 2 ply Goretex, this top quality suit has a diamond ripstop nylon on the top half of the jacket and nylon on the bottom half and on the trousers. The jacket has polypropylene mesh lining, two zippered side pockets and a detachable hood. The trousers have an elasticated and tie-cord waistband and cuffed legs with 12" zippers. The suit is fully tape sealed. Sizes S, M, L, XL. Colour Black/silver or Royal/silver. Price £149.99 (Top £99.99, trousers £50.00).

4. **FRANK SHORTER RIPTOP GORETEX SUIT:** Made in Norway, this is the only 2 ply Goretex suit on the market where the Goretex is laminated to the inner lining and not the outer shell (which is ripstop nylon). In our opinion this makes the suit more effective. The jacket has a pullover hood with a 1/4 zip down the front and an integrated hood made of ripstop nylon. The trousers have an elasticated and tie-cord waistband and cuffed legs with 12" zippers. The suit is fully tape sealed. Sizes XS, S, M, L, XL. Colours Black or Purple. Price £129.99 (Top £79.99, trousers £50).

5. **REEBOK GORETEX SUIT:** Made in the UK, this is a 2 ply Goretex suit with a diamond ripstop nylon on the top half of the jacket and lightweight nylon on the bottom half and on the trousers. The jacket has a vented back, two zippered side pockets, reflective tape, a velcro attached storm flap covering the full length of the front zip and an integrated hood. The trousers have an elasticated and tie-cord waistband and long leg zips. Sizes S, M, L, XL. Colours Navy/silver or Royal/silver. Price £129.99.

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