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FEBRUARY 1990

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ISSUE 42



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SCOTLAND'S RUNNER

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Editor: Alan Campbell
Associate Editor: Doug Gillon
Assistant Editor: Rhona McLeod

Events and results: Colin Shields
Photographer: Peter Devlin
Designers: Jim Divine/Tom Hanlon

Columnists: Fiona Macaulay, Henry Muchamore, Derek Parker, Allan Wells

Advertising Manager: Fiona Caldwell
Circulation: Lynn Bell
Administrator: Denise Baptie

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up FRONT

Aberdeen AAC road-runners to form breakaway club

ABERDEEN Amateur Athletic Club, whose road-racing teams were among the most successful of the 1980s, is faced with losing some of its best runners to a breakaway club, writes Robin Mathison.

Since application forms were sent out at the turn of the year, around 30 people have already applied to join Aberdeen Running Club, sponsored by the city's Metro Hotel, attracted by the idea of a club catering specifically for road-runners.

Fraser Clyne, World Cross Country internationalist and former Commonwealth Games team member, is among those supporting the move and he is in no doubt over the need for such a club.

While insisting that he is not the main force behind the breakaway, he says, "Over the past few years people have begun to realise that a special road-running club is required. Membership of Aberdeen AAC has risen from 40 original members to around 600, which means that road-running is not getting enough attention.

"They do a great job, but there is definitely room for a separate club."

The idea began to really take shape in the last six months, according to Clyne. Three letters were sent to Aberdeen AAC's committee, without official written response, asking for negotiations with a view to still running with the club, but under a separate sponsor - Metro.

The owner of Metro Hotel, George Mitchell, is providing the financial backing for the club. An initial sum of £500 is on the table, with the promise of further cash,

and he has also offered the runners use of training and social facilities at his properties.

While the group is presently training at Aberdeen AAC's venue, they may move to Norwood Hall, a luxury property owned by Mitchell on the outskirts of Aberdeen.

Clyne stresses that they are not trying to pressure runners to leave Aberdeen AAC or to become an "elite club" and that, so far, the new membership covers a wide range of abilities.

Hunter Watson, secretary of Aberdeen AAC, said he was at a loss to explain why the runners should want to leave the club, and does not agree that road-running is not properly catered for. He points to the success of the club's success in the Edinburgh to Glasgow relay in particular with three wins and four third placings during the last decade.

"This is not the form of a club which doesn't look after its road-runners," he said.

Hunter Watson said that Aberdeen AAC were prepared to let the road-runners organise their own fundraising etc, whilst staying within the club, but would not accept the separate sponsorship of Metro. He added: "If people are running for Aberdeen AAC, it should be under the name Aberdeen AAC."

Most of the new club's organisers are presently occupied with trying to find members and arranging training runs for all standards. They plan eventually to enter all members as a club in around six events, and to improve the social aspects.

They were due to make their debut as a club at Crathes on January 28.

"PLANT a dart in the Heart" may not sound a good way to get fit, but it's just one of the many events being organised this year by Struth, the heart charity which aims to encourage Britain to enjoy fitness and healthy living, whilst raising vital funds for heart research at the same time.

The organisation has set a target of £3 million, and are appealing to sports clubs and individuals to hold a fundraising event this year for the Funfit Great Britain campaign. All funds will go towards research at St Thomas' Hospital in London.

The campaign was launched on January 27, and information can be obtained from Struth, 209A Headstone Lane, Harrow, Middlesex.

Off to Auckland

ONE shameless couple from Haddington will bravely face Ewan Murray and confess to going to Auckland "just for the trip". They are David and Margaret Jones, the winners of the Scotland's Runner/Chequers-Travel Commonwealth Games competition.

David, 63, is the secretary of HELP and still runs for the club. Margaret, who describes herself as a "keen spectator" said, "I was absolutely dumbfounded when I heard that David had won as I didn't know he had even entered the competition!"

They left for Auckland on January 21, for a two and a half week holiday at the Games.

Nicky on top form for Games

A THREE metre improvement and the scalp of Fatima Whitbread was the prize for javelin thrower Nichola Emblem at a recent Commonwealth Games warm-up meeting in Sydney.

The 18 year old from Edinburgh, a late addition to the Scottish team, threw 55.56m to take third place behind Australians Sue Howland, making a come-back after a two years suspension for drug taking, and Kate Farrow.

Whitbread, finishing in fourth place, managed a distance of only 54.88m, her shortest throw in competition in twelve years.

English bid to reverse BAL decision

BRITAIN'S biggest clubs look set to join forces in a bid to reverse the British athletic League's recent eligibility rule change, following last month's article in Scotland's Runner which exposed the potentially disastrous effects on Scottish clubs, writes Charles Bannerman.

The BAL rule change prevents athletes from competing in other leagues for clubs other than their BAL clubs. In last month's issue, the serious implications for Scottish clubs were highlighted through the situation of Inverness Harriers.

When Phil Green, secretary of BAL Division 1 champions Haringey, read the article he immediately contacted the Inverness club pledging the London outfit's support in getting the change reversed. Mr Green is also hopeful that other big English clubs like Shaftesbury and Bilston will be similarly minded.

"We were never all that happy with this rule change which was brought in at the instigation of Leeds city in a misguided attempt to prevent athletes drifting from small clubs to large," explained Mr Green. "But when we realised the extraordinary problems caused for Scottish clubs like Inverness, we resolved to make an

attempt to get back to the status quo and we are very confident that we can achieve this."

It is perhaps no coincidence that it is Haringey, who have the services of Brian Whittle, the best known athlete affected by this rule, who are spearheading this move for a change back. Whatever Whittle may decide to do if the issue was forced, the London club would lose - either in the form of the athlete's services or in goodwill if he was compelled to turn his back on Ayr Seaforth. But Inverness officials are convinced that Mr Green's offer of support is also being made in good faith and as a genuine effort to prevent smaller clubs from losing out.

Meanwhile, Scottish League supremo George Duncan has confirmed what he knew already - that opposition within Scotland to the rule change is almost unanimous. That will certainly reinforce the big English clubs' determination to see a change back, so when Duncan travels south to meet with BAL representatives on February 7 there is likely to be a two pronged attack backing the status quo, coming both from within and outwith the BAL setup.

*See letters page for opposite viewpoint from John Lunn of Leeds City AC.

**"As an equal
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SGT. MAJOR KRISS AKABUSI.



up FRONT

AIMS remit extends to ultras

THE Association of International Marathons and Road Races (AIMS), the body responsible for recognising quality road running events throughout the world and setting laws and regulations for the sport to follow, has widened its remit by recognising ultra distance events. The first ultra race to officially be recognised as an AIMS event is the Sydney to Melbourne Road Race, known as the Westfield Run.

AIMS president Bob Dalgleish said, "Previously all events had to

be officially measured and certified. However, for ultra events exact course measurement is not as significant as insuring that the event is of a suitable quality and has adhered to the appropriate medical standards required."

The AIMS board took the decision to waive their strict stipulation on course measurement for ultra-distance events at a recent meeting in Chicago. The door is now open for other ultra events to receive proper recognition in world athletics.



VICE chairman and chief executive of the Scottish Sports Council, Ken Hutchison, has retired.

Aged 55, Mr Hutchison (above) spent 26 years in sports administration, and was appointed chief executive of the council on its formation in 1972. He had previously served with the Scottish Council of Physical Recreation.

A spokesman for the sports council said it could be a month or so before the position would be filled.

Popular St Aloysius event returns

KELVINGROVE Park, Glasgow will be the venue for a high class Road Relay Race on Wednesday February 14. The Race, organised by St Aloysius College, was first run in 1989 and attracted schools from all points in the U.K. The winners on that occasion were Royal Grammar School, Newcastle, and they will return this year to defend the title.

The format of the race is

unusual and involves six runners of different ages competing in descending order (over 17 first and under 13 last). Although the whole race lasts almost 50 minutes, last year's event finished with only four seconds separating the first two teams. The beauty of a road relay is the see-saw effect as teams produce their "star" runner and this made for more than one exciting moment last year.

Obituaries

SCOTTISH athletics suffered an untimely loss in December with the death of Peter Arthur Black. This on his 47th birthday.

Although he was devoted to his Edinburgh Woollen Mill club, he encouraged and assisted athletes of many clubs at Scottish squad days: such was his love of youth and his ability to motivate. Testimony to this was shown by the attendance at Waviston Crematorium, Edinburgh on December 8 - over 400 people inside and many outside paying their respects to a much loved and respected person.

Peter's first love was soccer where he represented Edinburgh schools and was a life-time supporter of the Heart of Midlothian FC. He came to athletics through his daughters and became an excellent coach and administrator. He coached many young Scottish sprint champions and national representatives in his club. As match secretary he worked wonders in always getting out the best possible team - no easy task.

Peter organised the EWM Indoor Championships at Meadowbank and more recently at the new Balbardie Centre in Bathgate. These meetings were well supported and again success was a reflection of the man.

In his work as an accountant with Lothian Health Board he was involved with many of the new procedures in National Health Service accounting. A consultant said to me recently that at meetings, Peter presented explanations with a clarity that medical practitioners could understand - another difficult task!

Peter Black's athletics was a family involvement. Daughters, both gifted, brought him into the sport along with his wife Helena, who became a grade 1 track judge and an able administrator. Our sympathy goes to the whole family and may his strength carry them through a difficult time.

George Sinclair

FOLLOWING a brave two and a half year battle against cancer, Perth Strathay Harriers athlete Ian Howie has died at the age of 28. Ian passed away peacefully just a day after receiving a telephone call from Steve Overt and a visit from St Johnstone Captain Don McVicar.

Born and brought up in St Monans, Ian began his distinguished athletics career while a student at Stirling University. On moving to Perth in the early 1980's to take up a post as a computer programmer with General Accident, he joined Perth Strathay Harriers and helped to establish, and then coach, the expanding distance running section.

An accomplished runner, Ian held the club marathon and 10,000 metres records and won many local races. He was particularly proud that he was the holder of the course record of the Elie Road Race, the closest to his home.

Ian also figured prominently in the Harriers' track and field team and continued to participate in Scottish League events during breaks in his treatment. When his illness worsened, Ian refused to be beaten and took over the announcer's role at events - with only a hint of bias towards his own Perth club.

As a hard-working member of Perth Strathay, and a former men's team captain, he helped to establish the North Inch Relay and Vinnoull Hill Race, events which now attract nationwide support.

The committee, coaching staff, officials and athletes of Perth Strathay Harriers will long remember Ian's wonderful contribution to the club and Scottish athletics. He carried the burden of repeated chemotherapy and radiotherapy treatment with great courage, and we were tremendously proud of him. Our deepest sympathy goes out to his family, friends and colleagues.

Norman Watson

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SPORTING biographies are as a rule tedious and trite, particularly when the subject is still an active in his or her chosen field. But every so often an exception emerges; one such case is *Linford Christie: An Autobiography*.

Published by Century Hutchinson under the Stanley Paul imprint (£12.95 hardback), this book makes compulsive reading. Although it might have been more correct to have delayed publication until Christie's athletics career was finished, his presence in the Ben Johnson affair must have made a compelling case for the publishers to get a book on the shelves while the issue was still "hot".

Indeed, the chapter devoted to that sad episode, entitled Bitter Tears, is the most fascinating in the book (although not the most harrowing). Readers will recall that traces of ginseng were found in Christie's test sample after the 200m in Seoul. His account of his 24 hours of hell after being pulled aside by the British team manager, Mike Turner, and being told that an illegal substance had been found in the sample, speaks volumes for the paranoia which had set in amongst officialdom following the Johnston revelations.

He describes how he was hauled in front of Turner, team doctor Malcolm Read, and BAAB chairman Ewan Murray:

"I was grilled; there is no other word for it. I felt that I wasn't being believed. They were making me feel like a criminal. It indicated how everyone had been affected by the Ben Johnson affair, how easy it would have been to start a witch hunt."

Christie, an outspoken anti-drugs campaigner, continues: "I had got to the stage where I myself believed that somehow I had taken steroids, and was on the point of admitting that I was on hard drugs. I now understand how innocent people under intense interrogation admit to crimes they have not committed, and how after they have been interviewed, women can feel guilty when they have been raped. I used to be sceptical about that, but not any more."

"... In the end I broke down. I cried. I was shaking."

Christie was of course cleared, albeit with as little grace as the chairman of the IOC's medical committee, Prince Alexandre de Marode, could muster.

The most harrowing chapter in the book, however, is on the harassment which Christie and his family were subjected to over the years by the police in London. On one occasion they came to the Christie household looking for Linford's brother:

"We were all being punched and kicked. Dad was pushed along the passage, into the kitchen. He asked why they were constantly hitting him when he was not retaliating. He was knocked unconscious. When he came round, they dragged him outside and flung him in his night-clothes into a car and handcuffed him."

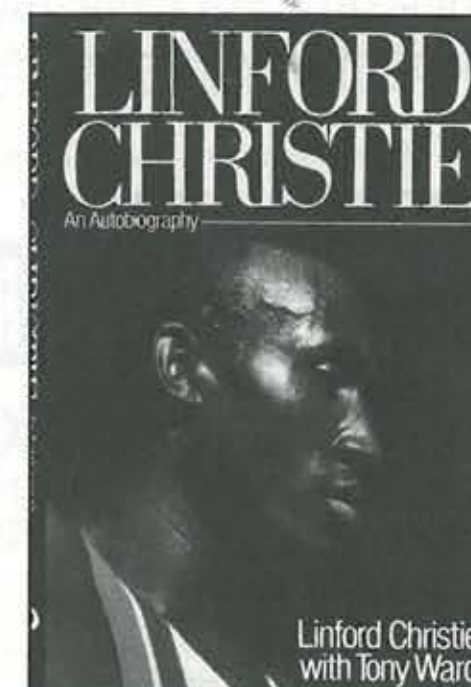
"I was dragged down the hard concrete steps on to the pavement. A policeman kicked my testicles hard. 'This one's for Brixton,' he shouted."

From all of the above you will have gleaned that *Linford Christie: An Autobiography* is anything but bland. It is a most illuminating read about aspects of British life both inside and outside of athletics (on the former, incidentally, Christie is quite open about his tempestuous relationship with national coach Frank Dick).

The paradox is that despite all, Christie remains one of nature's gentlemen, one of the most pleasant characters you could wish to meet. The book was published too early to recount his captaincy of the triumphant British men's European Cup team, but his appointment to that position, and the dignity with which he upheld it, was the perfect response to the racists and bigots in British society, including, it has unfortunately to be said, members of the Metropolitan Police.

A.C.

WIN A COPY OF LINFORD CHRISTIE'S BIOGRAPHY!



SCOTLAND'S Runner has three copies of *Linford Christie: An Autobiography* for readers to win. Illustrated throughout, including colour sections, this book (price £12.95) is a must for all athletic fans.

The usual competition rules apply, and to enter readers have to answer the following three questions:

1. In which country was Linford Christie born?
2. Where did Linford Christie win his European Championship 100m gold medal?
3. What was Linford Christie's position in the Rome World Championships 100m final?

Please send your answers, on a postcard or the back of an envelope, to: Linford Christie Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. Entries must be received by February 22, and in the event of a tie the winners will be drawn by ballot. The winners will be notified immediately, and their names and addresses published in the April issue of Scotland's Runner.



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LETTERS

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No mention of SAAA or SWAAA

42, Barmore Avenue,
Carlisle.

SIR - I feel that I must reply to Eric Simpson's letter which was published in last month's Scotland's Runner.

To be fairly blunt, it would appear to me that Mr Simpson has got his underpants in a twist regarding his facts. If he had taken the time to read my letter, he would have noted that at no time did I mention, or use the words, SAAA/SWAAA. I will admit that I did use the term selectors, and it would appear that this is where any ambiguity may lie.

The word selectors was carefully chosen. Whilst other bodies in the sport may have submitted a list of proposed athletes for consideration to the Games team, in the final instance selection was determined by "selectors". (How else can one describe them?). I fully realise that this may be a play of words, but my intention was, "If the shoe fits..."

I also note that my question regarding the number of officials going to the Games upset him. He may have known the answer - I did not. I am indebted for his reply, but why did Mr Simpson have to add the phrase, "as far as I know", if he was so sure of his facts.

The main purpose of my previous letter was to try and bring about some form of dialogue from officials and athletes, but it would appear that only a few people are concerned about our meagre Games representation.

We in the athletics world have already lost our "right" to compete as a nation in the World Cross Country Championships, and if selection policy is not changed, is it possible that future participation in the Games may be in jeopardy?

Robert Benyon,
Ian Skelly/ Law & District AAC.

Games selection an unrealistic aim

76, Barnhill Road,
Dumbarton.

SIR - As one of the British international athletes left at home after the selections for the Commonwealth Games, I feel quite qualified to put pen to paper - as you requested in your last issue of Scotland's Runner.

I feel that, on the face of things, I have no complaint about being left at home. I did not do the qualifying standard!

It is the fact that people were selected who hadn't done the standard, and then more people who hadn't done the standard were added, which makes me feel hard done to.

Yes, I think that the SAAA and SNAAA did a very good job in getting those people selected, and they are to be commended. But, and it's a big but, those same people should share some of the blame as they also agreed to the standards being set as they were.

I also think that if they were so unhappy about the number of athletes going, they should have pulled out the whole athletics team until they got what they wanted - but, like the setting of the standards, they did not stand up and be counted against the Commonwealth Games Council. You just have to look at the UK rankings for last year to see that the standards were outwith the capabilities of 90 or 95 per cent of British athletes, never mind Scottish ones.

My thoughts go out to all Scotland's up and coming athletes in every event as I feel it gives them very little to go for. If I was coaching a possible international athlete I would tell them to aim only at British selection and forget about trying to get into a Scottish Commonwealth Game team - that way it gives them something realistic to go for!

Lorraine Campbell

LETTER OF THE MONTH

Remember the true spirit of the Commonwealth Games

36, St Giles Square,
Camelon,
Falkirk.

SIR - In 1914-18, during the first German gas attack at Beaumont Hamel, High Wood, Canadian and Scots formed links in blood and death. At Gallipoli, the Anzacs wrote a saga in blood, death and misery.

In the inter-war years Britons emigrated to these countries, forging ties of blood, kith and kin. What was called a special relationship was formed.

In 1939-45 there was Dieppe and the Canadians, a tragic episode. In Malaya and Singapore, Australians and Scots forged links in adversity, blood and death. The book, "The Great Betrayal", does not show our potential masters in a favourable light it all re this shameful piece of history.

Neither fight was our Commonwealth friends' but they chose to support us in our dire hour of need. The Edinburgh Friendly Commonwealth Games showed the true value of these Games to us and our Commonwealth cousins. Nothing should allow them to be devalued or not allow their presentation.

Scotland should have sent a full team of our better sportspersons, irrespective of medal potential. In this case taking part is of the greatest import, winning a bonus. Added to this is the fact that selection is of greater possible attainment than the Olympics.

The British Government should unequivocally underwrite the cost of Commonwealth Games. To then it is only money - the ones who enabled us to hold them at all gave their all. And never returned home.

We will remember them - in sport.

H.McGinlay

The Hugh Wilson Memorial Race

40, Randolph Drive,
Clarkston,
Glasgow.

SIR - Please will you pass on my thanks to everyone who turned up either to participate or spectate at the Hugh Wilson Memorial 10,000m race at East Kilbride on Saturday, December 2. I very much appreciated the event.

Hugh always said that you couldn't find a more genuine crowd than runners. It's true!

Caroline Wilson (Mrs)

Letters for the next issue of Scotland's Runner should reach us by February 9

LETTERS

The view of an ambitious but fair-playing English club

654, Whitehall Road,
Leeds.

SIR - I'd be grateful for the opportunity to state my case over the question of secondary first claim rules (surely a contradiction in terms?) on two grounds: as the originator of the proposal which formed the basis of the new British Athletic League rule; and the statistician mentioned in the comments from Inverness Harriers.

I can only say that I found the comments expressed in the article concerned parochial to the point of purblind insularity; and while I realise that a Scottish magazine is bound to express the opinions and favour the interests of Scottish clubs (indeed, it would be remiss if you didn't), I would like to present the point of view of the other side of the house - the team manager of an ambitious, but fair-playing, English club trying to make progress in the British League.

My club, Leeds City, is in Division 2 this year. On the evidence that I have collected while compiling the UK men's rankings, I can state with certainty that had the new rule not been passed we would have been facing a Scottish club (no names) whose team could have incorporated members of four other Scottish clubs and one English club - and an English club (again, no names) which last year turned out five Scots from three separate clubs, including a healthy slice of the middle-distance squad of one outfit.

Now, Leeds City will take on any club in straight competition; but, as I said at the agm of the British League, we do not propose to take on confederations! Quite simply, in any form of equity, it is not fair.

Nor does it seem to me fair and equitable that a person can turn out in the British League for one club on one weekend, and pick up the award as "athlete of the month" in the Scottish League in the next, whereas an English athlete cannot do likewise. For whatever reason, it is just not on that some people should have two bites at the cherry.

I can understand, and sympathise with, Inverness Harriers in particular; but I feel that if Charlie Forbes wants to seek the right people to put the blame on, he should lay off the British League and go squarely for the real cause of the trouble - the club officials who, without thought for the consequences, voted in the change in the SAAA laws on secondary first claim. While the concept was, as it was up to last year, limited to the northern area of Scotland, it could be seen to be an attempt to overcome the physical isolation of places like Inverness, and even if someone like myself didn't altogether agree with it, there was a clear logic behind it.

However, the extension of the Law has opened up a can of worms. Whatever the intention of those who framed it, the outcome has seen situations arise which would be laughable if, as an English official, one wasn't on the receiving end of them - surely it was not the intention of the framers of the Law to see an athlete from a Scottish First Division outfit represent one of his divisional rivals in the BAL, and then in the same season turn out for his original club in their attempt to qualify themselves?

Nor, for that matter, can I see it as logical that the "opening out of opportunities for League competition" in this particular way is any encouragement to the smaller clubs in Scotland: indeed, I'd see it as an open encouragement for out-and-out poaching by the bigger outfits.

After all, what sort of publicity would be thrown at the committee of any smaller club who actually had the temerity to refuse a request from a young athlete to compete as secondary first claim to a bigger club - especially if the lad in question had, as many do, a pushy and litigious parent with a penchant for writing to newspapers?

What seems to be worse is the opportunity that this Law has given for the creation of bad blood. It's one thing for the English clubs to moan about the effects; everybody who has much to do with the "upper end" of athletes is well aware that there are people and organisations who will exploit any available loophole in any system in their single-minded (or bloody-minded) search for "success", and that the import of the occasional Scotsman had been a feature long before the change of rule. It's quite another when a club ranking list from one particular club about halfway up the Scottish League is accompanied by a letter giving details of a rival's "outsiders", couched in tones that suggest a considerable grievance. It's another when one also hears in conversation an attempt by one

club to register as secondary first-claim an athlete who wasn't even a member and hadn't been approached; and while I can't vouch for the truth of some of the comments I've heard, that they're even made seem a clear sign that the law is creating more trouble than it's worth. For all the highly-publicised incidents in the BAL, it seems to me that the real damage this Law is doing is within Scotland itself.

Finally on this matter, I'd take issue with Charlie Forbes on one point; he's reading the BAL rule from the wrong end. If the wording is studied, the only penalty imposed at any point is on the BAL club involved; the intention is not to prevent Inverness using people, but to prevent BAL clubs from doing so.

The effect is to put all BAL clubs on the same footing, and all registered athletes on the same footing - you are either a member of the club concerned or you're not. The English athlete has little choice; if he decides for whatever reason he "needs" a BAL club, he has to move, and if he hasn't a good case has to serve nine months' suspension from all competition in team events. What Brian Whittle can do must be (and I know is) singularly galling to (say) Mark Benson or Simon Fielding - all the new rule does is restore equity.

In short (I have to say it, though I'll lose friends and probably influence nobody north of the Border), compared to the simplicity and straightforwardness of the English first-claim rule, Scottish rules are a mess; not only over the question of secondary first-claim, but in their odd belief that Roxburgh, Selkirk and Peebles, plus parts of Berwickshire, are in athletic terms a foreign country (that, as an outsider, is how I interpret the situation of the Borders AAA - no doubt if I'm wrong I'll be corrected).

It has to be admitted that the whole question of first-claim rules is one which the new British Athletics Federation will need to look at, since, like so many other of our rules, they were written before the advent of league competition, and do not take into account that, for the majority of athletes, such competition is now a major, if not the major, focus of attention.

Related to the above, from my own personal point of view, is the listing for the UK men's club rankings; and at this point may I take up a point with the gentleman who wrote (under an assumed name) to Scotland's Runner just after the 1988 list was published.

I agree totally that such rankings don't say all there is to say about clubs; but they were never intended to! I started them as a service to clubs, and their only uses (apart from giving me hours of harmless amusement on winter evenings) is to give clubs an indication of their progress in track and field, and act hopefully as a spur to greater efforts. I certainly never intended them to be taken so seriously that people fall out with each other - or me - over their composition.

However, from the start - or for at least as long as I've been getting Scottish information - I've stuck to the practice of giving an athlete who has double representation (which effectively means Scots and Northern Irish) to one club only.

In the past I've tried to apply the criterion of counting people for the club they most regularly turn out for - for example last year I counted Callum Orr for Charnwood, rather than EAC, because he'd turned out three times in Midland League matches for the former, as against once for the latter. In 1989, due to what I've seen as abuse of the secondary first-claim rule, I've tended to count all Scots who made double appearances for their Scottish club (except, again, Orr, where the "Whittle Syndrome" seemed to apply in reverse!). This has actually affected at least one athlete who has recently returned north after prolonged residence in England and membership of an English club, but I've felt the need to be consistent.

Within Scotland, any secondary first-claim athletes, at any level, have been returned to their original club, if that club bothered to send me a completed sheet, or if I have been able to secure their club's performances from a good range of results (like David Young for Black Hill).

However, it has meant I've had to phone every Scottish club that has replied to me and ask them about their list, which is a bit of a labour. Basically, again to answer Charlie Forbes - send me a three-deep sheet and I'll rank you with all such people.

My last word goes back to my last year's article. The secondary first-claim business would perhaps not have occurred if the Scottish League

Linford for the New Year Sprint?

24, Victoria Green,
Dunblane.

SIR - As usual I spent part of the New Year celebrations at Meadowbank watching the professional meeting which I always enjoy, and this year was no exception. I would, however, like to make a few observations, and hope that coming from an amateur athlete they are not too naive.

1. Is it not time for this meeting to be moved back to its roots at Powderhall? The vast emptiness of Meadowbank does not provoke the same atmosphere as the Powderhall Stadium. Certainly the athletes would not be running on tartan - the sprints would be held on grass - but it was good enough for George McNeill when he won the 110 metres handicap.

2. Why are the purses for the middle distance events not a bit more generous? They seem to have remained static for a long time now. By the time an athlete from Kendal comes up to run the 1,000 metres and pays for his accommodation, the first prize of £100 would hardly cover expenses.

3. Is there any reason why in the sprint heats the best markers are put together so that heat 1 has the best athletes and heat 18 has only veterans? Because of the handicapping system everyone, in theory, has an equal chance of winning, so a man off 24 metres could be put in the same heat as a man off three metres. Surely the heats should be made up randomly? Vets championships could be held separately.

4. I always find it disappointing when there is a poor turn out for events. This year, for example, a field of 49 was listed in the programme for the 1,600 metres, but only 17 competed. Is there some ruling that could be made to ensure schools do not just enter athletes as a matter of course

without the athlete having any real intention of running? After all, the handicapper has to spend time giving all these athletes marks.

5. With the revival of New Year football, the footballers' sprint is no longer seen at this meeting, but there is nothing to take its place. There are a lot of people like myself who are not just there for the betting, and some other forms of entertainment might help to pep up the meeting in the lead up to the big races. A tug o' war? A pipe band?

Or what about a women's sprint? The only senior woman I saw competing was Lorraine Johnstone. Despite the handicap system, women rarely get through heats. It might be surprising the number of women attracted to the meeting if there was a handicapped race especially for them (or does the mere thought make the hardened pros shudder?).

6. Lastly, I would love to know what would happen if Linford Christie, John Regis, Elliot Bunney, Jamie Henderson et al decided to go for the New Year 110 metres Handicap next year. It would certainly be beneficial for those intending competing indoors.

If these athletes did compete, in the New Year Sprint, would those in authority ban Britain's best sprinters from competing in "amateur" athletics again? The £1,500 purse for the Sprint would be peanuts for a person in Linford Christie's position.

There has been a lot of talk recently about the New Year meeting dying a slow death. But judging from the amount of names on the programme and the punters watching the meeting, there is still a great interest. If Scottish athletics was open, as it should be, I reckon this meeting could be one of the most attractive on the sporting calendar.

Fiona Laing

found a way to extend an "open-door" policy to even the smaller clubs, as the English and Welsh Leagues do; and I would respectfully float the idea of regionalised divisions (perhaps of six clubs) below a certain level.

A Northern Div. 4/Galloway Div. 4/Borders Div. 4 situation might just attract the Helensburgh's, Black Hill's and Black Isle's into the "mainstream", and make athletes less likely to feel that the only way to progress is to rush off to Edinburgh. Similarly, the clubs further north have to be prepared to have a shot at the BAL; I know that Aberdeen's potential travel would be formidable, but I also reckon that if they got in the sponsors would on their past record be sympathetic. To give away the

Clearly the president they would like to forget

3, Amisfield Park,
Haddington.

SIR - My December column seems to have ruffled a few feathers once again amongst the veteran fraternity. Not for the first time, I hasten to add, my column has never intended to be malicious, but sadly if that is the way some interpret me that's up to them. My dear Scottish Mum used to say "If the cap fits..." I reply not to defend myself, but to correct both Mr McGinlay and Mr Muir on some key points.

Firstly, it was not "Henry's motion". The discussion was set off by the acting president, Bill McBrinn. Indeed, it was my suggestion at one point that because of the confused amendments it may be better withdrawn to prevent the meeting dividing on the matter. What does not come over is that despite the suggested safeguards requiring organisers to comply with the SAAA rules it was still overturned - that seems to me a "diehard" attitude.

With respect to the notion of a Scottish Association of Veteran Athletes, this suggestion was originated during the long debate with the SCCU over five year age groups for veterans as a means of overcoming some of the major shortcomings of the SVHC constitution.

Mr Muir, in a letter to me following my resignation, wrote: "I believe that the level of commitment, experience and imagination which you brought to the committee will be sorely missed... many thanks for all your efforts, for all of the vets. We'll be the poorer without them."

Sadly, these seem to have been hollow words if he feels the challenges that I set the vet's committee in my letter, "The Way Forward", to all members have been only acrimony he has met. Yes, I did offer my continued services to the committee, and I accepted the technicality of not being past president, but I noted that the new notepaper on which the reply was sent showed Bill McBrinn as "president". If the SVHC was so concerned about its correct procedures, surely this should have been vice president or acting president.

Clearly I'm the president they would like to forget, but then I recall one of my first duties as the SVHC general secretary was to listen to a long harangue about the previous incumbent, and I had the task of writing to WAVA in an effort to discredit the said person. Sadly there are some very sharp knives around. My only consolation is that the pen is mightier than the sword.

Finally, I feel that any consideration of my SVHC membership is my affair. Who knows, I might decide to join the New Zealand Veterans' Association. I understand Kiwi feathers don't get easily ruffled.

Henry Muchamore

chance without a shot is only to encourage the haemorrhage to the Lothians. If the BAL ruling persuades a few clubs of that, it might not have done Scottish athletics a disservice.

John Lunn,
Leeds City A.C.

P.S. If anybody wants to have a face-to-face constructive argument about all this, I'll be at Meadowbank on May 12; so long as you don't mind me concentrating some of the time on how the Leeds lads are doing!



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ALLAN WELLS

A black and white photograph of a young man with dark hair, smiling and holding two Olympic medals on ribbons. He is wearing a white V-neck shirt with dark trim. The medals are silver and feature the Olympic rings.

Whatever you decide to do just pray that if you are running 60 metres indoors that the electronic timing and photo finish equipment is working because it is a desperately difficult job to separate six athletes coming through the line together.

WOMEN in SPORT

HOW did the training go over the festive season ladies? My Thursday jaunts to Meadowbank came to a halt in the name of late night shopping. Arranging and attending Christmas parties and dances left me more knackered than a week of training for the 400 metres hurdles. While for many athletes Christmas may signify a drop off in training, for a few that time of year means high intensity training and a lifestyle for three or four weeks totally alien to most of us at any time of year. So if you will excuse the intrusion of a male man of the opposite gender into this column, read on...

I was quick-stepping round the Christmas dance floor my favourite ex-pro athlete, Andy Sobik. We executed a balletic dip over the raffle table to get a better look at the prizes. "Could do with that bottle of Johnnie Walker," he said. (He in fact drew a tin of shortie, but that's neither here nor there.) I told him I was on a "prep" for my Christmas dinner. My diet for a couple of weeks has been positively frugal and this despite attending numerous kiddies' parties with lots of spare goodies up for grabs. At the mention of the word "prep" the floodgates opened and Mr Sobik revealed his experiences as a professional athlete getting ready for one particular New Year 110 metres sprint.

While your normal punter was out bouncing cheques, partying and stuffing herself, Andy was on a three week preparation for THE SPRINT. He "prepped" at his mother's house, but sometimes athletes are removed from the home environment altogether if the coaches think it more beneficial. For three weeks Andy Sobik's routine was as follows:

Seven o'clock, get up and have a raw egg mixed with sherry, then a brisk two mile walk wearing layers of clothes to keep out the cold and home for two poached eggs on toast and one cup of coffee. Then it was back to bed and sleep until noon. Another brisk two mile walk was followed by steak(s) or sometimes half a chicken with chips and masses of green beans and Brussels sprouts, mandarins and bananas. Bed at 1.30 pm until 4.30 pm when it was down to the track for training. This was followed by the same meal as at lunchtime and he was in bed by 10 o'clock.

Nothing at all was allowed to hassle or worry the athlete and no phone calls were

With Fiona Macaulay

allowed. Everything was concentrated on the New Year Sprint. Andy Sobik sums up his mental state at this time as "terrific", and his physical state as "horny as hell and extremely flatulent." He defies anyone to eat the same amount of protein and green beans he did in the same space of time.

Sometimes he wondered if the theory behind the "prep" was winning the Sprint by jet propulsion. Also, because he was virtually cut off from the outside world it meant no contact with women, real torture for someone like Andy Sobik. He can remember trying to bring up the subject of his desperate need for some female company with his physiotherapist. He got as far as: "Denis, ... em Denis ... Oh, it doesn't matter."

"Andy, son," said the physio. "You don't have to tell me. You're feeling horny aren't you?"

Somebody once told him that boxers in training would have cotton reels sewn on to the backs of their pyjamas so that they would not lie on their backs, the sleeping position associated with naughty dreams. (Is that really true, or is Mr Sobik having me on?)

On Christmas Day he was allowed one glass of white wine and could eat what he wanted within reason, but as he was still going to bed to sleep, it must have been like spending Christmas with Scrooge. While everyone else was getting stuck into their second helping of Chrissy pudding and wondering how on earth they could contain themselves until the Queen's speech, Andy Sobik was walking briskly round the housing estates cutting a sinister figure hunched up underneath layers of clothes, hat and hood.

He was once stopped by the police, and after he explained what he was doing they took his name - and then asked what the odds were on him. On Hogmanay while you and I were watching "Scotch and Wry", putting black bun on a plate and rummaging in the lobby press for a bottle of last year's home-made ginger wine, Andy was tucked up in bed trying to sleep at 10 o'clock despite the incessant noise of revelry.

He says that since turning amateur he finds training, especially at Christmas and New Year, very lonely. Going to the track as a pro was like meeting your family with people buzzing around concerned only for his welfare and driving him for rubs and to training.

Every pro athlete wanted to be selected to go on a "prep" as it was reckoned that a good one was worth an extra two metres. There was tremendous competition within the school, especially if there were two athletes on a "prep". According to Sobik it was like, "keeping two bulls in the same field". With the high protein diet and lack of female company he found himself sitting in the canteen at Meadowbank eyeing up and growling at even the old wifes serving behind the counter.

The "prep" gave him such a feeling of self-belief and arrogance that it was a matter of asking: "who's going to be second?" Not surprisingly, he felt on a tremendous downer for about two weeks after it was all over, but then it was back to training and, "here we go again", looking forward in January to the next New Year meeting.

The year Andy won the 90 metres sprint he did not make the 110 metres final and can remember going down to the concourse after the meeting and hearing some punter, obviously with money on him for the 110, grumble: "He ran like a tumshie." Yes, and after what I've consumed over the festive season I'm running like a tumshie too.

I do not remember as a competitive athlete finding it particularly difficult to train over the festive period, but with three kids I certainly do now. I was not at the time, but am now, very grateful to Mr Sobik for dragging me out of the house the day after the Christmas dance and making me run a few miles with him. It gave me a new lease of life as I was totally fed up with shopping crowds, wrapping paper, and sending sincere seasonal greetings to people I sincerely hope I will not be greeting in person in the near future, if ever, again.

Immediately after the run I got stuck into making crackers with the kids out of toilet roll holders and crepe paper.

"This is like bloody Blue Peter," said Andy Sobik. "I'm away back to Moffat. See you at the New Year Sprint."

COACHING CLINIC

By Derek Parker

WITH the advent of the New Year, the thoughts of many athletes will be directed towards the track season now just a few months away.

Specialists in middle-distance events will be attaining their maximum mileages during January, February, and early March. Sprinters will be hoping to increase the amount of fast running in their early schedules if weather and track conditions permit.

For other athletes, the major competitions along with the men's and women's national cross-country championships during the first two months of the year will be the prime attractions.

But whatever their events, all runners have one thing in common at this time of the year - they want to keep clear of injury or illness which will interfere with their training programmes and curtail their progressive accumulation of speed, strength, skill, stamina, skill, and psychological preparation for the rigours of competition.

Proper warm-up and cool-down procedure, correctly-fitting shoes, and a training and racing programme which provides adequate rest and recovery periods as well as intelligently-planned hard work-outs will all help to reduce the risk of injury.

But sadly all too many athletes succumb to winter maladies such as cold and 'flu which cause them to miss several days or even weeks of training. Sometimes the effects of these illnesses linger on for ages and threaten to ruin everything the athlete has been working on for so long.

This can be frustrating and depressing - but the very harmful, and sometimes even fatal, consequences of colds or 'flu to an athlete must never be ignored. All illnesses, no matter how trivial, deplete to some extent the ability of the body and mind to cope with stress.

So to impose a demanding training load on a body, i.e. a human physiological system already weakened by ill-health, is to court disaster and, in some extreme cases, literally to dice with death.

No one should ever train while suffering from 'flu or a chest cold in the erroneous belief that they will be sweating the infection out of their bodies. And even when athletes have been given the medical all-clear, they should resume training very

gradually and allow themselves plenty of time to build back up to their state of fitness before the onset of the illness. They ignore the consequences of too speedy a comeback at their peril.

For years medical experts have been attempting to find ways of beating 'flu and the common cold but it seems the most we can do is minimise the risk of infection by taking certain precautions.

Avoiding sudden drops in temperature, particularly after training, is one step which the athlete can take to reduce the chances of catching 'flu or the cold. Wrapping up adequately to accommodate one's own individual ability to cope with low external temperatures is also important.

This does not necessarily mean that on a cold night every athlete should only venture out on a training run clad in several layers of clothing and covered from head to toe in thick, woolly garments.

It is essential to remember that every single person responds in his or her own individual manner to cold temperatures. Some never seem to warm up and only feel comfortable wearing a lot of clothing when they go out on a training run. Others heat up quite readily and sweat profusely on what seems like a freezing, cold night to the average person.

It is all just a matter of common sense and the acquisition of the self-knowledge and self-awareness which enables each individual to determine in advance his or her reaction to varying degrees of cold.

The human body generally responds far better to cold than to heat and it can be surprising just how quickly an athlete warms up once the training run gets under way. Just because it is cold when he or she steps outside the door does not necessarily mean it will still be cold twenty minutes later.

Athletes should learn to evaluate the effect which their training base and their choice of route will have on the temperature and dress accordingly. For example, if the starting point of a training run is at the top of a hill or in an area exposed to the wind and rain it will obviously be cold when the runner sets

out. But if the training route leads down onto lower ground or into the shelter of trees and high buildings the climate is going to be much warmer - particularly as the pace increases. Obviously, the situation will be reversed - if the run starts on lower, sheltered ground then goes up into the hills and other open areas. Then the effects of cold will become apparent and the athlete may well be wishing he or she had put on an extra layer or two of clothing.

An important factor to remember here is that it is not enough just to know the temperature or listen to the weather forecast before embarking on a training run. It is absolutely vital to take into consideration the effects of the wind ie the wind chill factor. There is deep wisdom in the axiom that the temperature reveals how cold the weather is but the wind determines how cold the weather feels.

Without underestimating the dangers of becoming cold during a training run, it is generally accepted that in Scotland real risks of hypothermia ie subnormal body temperature occur only in very extreme weather conditions. For example, according to the Equivalent Chill Temperature charts devised by Dr Charles Egan of Colorado State University, an athlete would be in little danger until he or she was training in a temperature of 15 degrees Fahrenheit and running into a 30 miles per hour wind. This would have the same chilling effect as calm -25 degrees Fahrenheit weather and could cause freezing of the flesh within 60 seconds.

Also according to Dr Egan, an athlete would be in great danger if training in a temperature of -15 degrees Fahrenheit into a 35 miles an hour wind. This would have the same chilling effect as calm -75 degrees Fahrenheit weather and cause freezing of the flesh in 30 seconds.

I quote these figures merely to show that very seldom will the average athlete encounter really dangerous cold weather in this country - unless he or she competes or trains on the mountains or fells. In these circumstances, it is absolutely imperative that all athletes should follow implicitly the safety codes detailed by race organisers and by the governing authorities of fell and hill running.

Just in case these figures invoke thoughts of hibernation among runners, it should be pointed out that in this country training and racing in heat during the

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summer months is a far greater danger than running in the wind or cold.

However, undue stress on the physiological system (with the consequent risk of fatigue or stress-related ailments) can be minimised by the athlete endeavouring, as far as possible, to run into any wind on the first part of the work-out and then to run with the wind at his or her back on the return phase.

The reasons for this advice are obvious. If an athlete runs with the wind on the outward phase, the body will heat up because of the brisk, wind-induced pace

and the lack of cooling effect from the wind. Then, after he or she has worked up a sweat then turns round into the wind on the way back and slows down, the body will rapidly cool down and become vulnerable to colds, 'flu, and various other maladies. Because a person's response to cold is individual, it is impossible to generalise on just how much clothing he or she should put on during winter training nights. As a rule of thumb, it is better to avoid large, bulky garments which can be very uncomfortable and cause excessive perspiration, sometimes almost to the point

of dehydration. It is considered better to wear two or three layers of lighter clothing on the upper body so that if the runner becomes too hot he or she can discard one or two of the garments and tie them round the waist, ready for use again if feelings of coldness return.

It is very often a good idea to keep the extremities i.e. the hands and feet well wrapped-up with gloves and socks since these, being farthest from the heart, get colder sooner. And since around 60 to 80 percent of the body heat is lost via the head, it can be useful to wear a cap of

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week one

Sunday: 90-120 minutes cross-country.

Monday: 75-90 minutes fartlek inc. 30 secs fast (15 secs jog) + 45 secs fast (30 secs jog) + 60 secs fast (45 secs jog) + 60 secs fast (45 secs jog) + 45 secs fast (30 secs jog) + 30 secs fast x 4 sets with 3 to 5 mins jog between sets.

Tuesday: 5 to 8 miles easy/medium pace.

Wednesday: 10 miles steady with hills.

Thursday: 12 x 400 metres at 5k effort (25 to 30 secs. recovery) + 2 miles warm-up/cool down.

Friday: 30 minutes easy.

Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 minutes' duration three to six times per week will assist recovery/provide additional mileage.

Week two

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 1 min. fast (30 secs jog) + 2 min. fast (1 min jog) + 3 mins fast (3 mins jog) x 3 sets.

Tuesday: As week one.

Wednesday: 10 miles steady

inc. 15 mins uphill/downhill on 150 metres slope.

Thursday: 25 x 200 metres at 5k effort (20 to 25 secs. recovery).

Friday: As week one.

Saturday: Race or 12 to 15 miles steady.

Morning runs as Week one.

Week three

Sunday: As week one

Monday: 75-90 mins. fartlek inc. 2 mins fast (30 secs jog) + 30 secs fast (90 secs jog) x 8 sets + 10 secs fast/10 secs ease/10 secs fast (1 min between sets).

Tuesday: As week one.

Wednesday: 10 miles steady inc. hills.

Thursday: 4 x 1200 metres at 5k effort (90 to 120 sec. recovery).

Friday: As week one.

Saturday: 12 to 15 miles steady. Morning runs as week one.

Week four

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 3 x 10 x 30 secs fast (30 secs. between repetitions/3 to 5 mins between sets).

Tuesday: As week one.

Wednesday: 10 miles steady inc. 10 x 150 metres uphill/downhill.

Thursday: 8 x 600 metres at 5k effort (45 secs. recovery).

Friday: As week one.

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

CLUB LEVEL ATHLETES

Week one

Sunday: 75-120 mins. cross-country.

Monday: 75-90 mins. fartlek inc. 24 x 20 secs fast (60-40-20 secs. recovery jog).

Tuesday: 30 mins. steady.

Wednesday: 8 miles steady with hills.

Thursday: 12 x 400 metres at 5k effort (30 to 45 secs. recovery) + 2 miles warm-up/cool down.

Friday: Rest or 20 to 30 mins. easy.

Saturday: 8 to 10 miles steady. Morning runs, if done, should be confined to 20 to 30 minutes' easy jogging two to three times per week to assist recovery.

Week two

Sunday: As week one

Monday: 75-90 mins. fartlek inc. 16 x 30 secs fast (60-45-30 secs. recovery jog).

Tuesday and Friday: As week one.

Wednesday: 6 to 8 miles steady inc. 10 mins. running up/down 150 metres hill.

Thursday: 25 x 200 metres at 5k effort (30 secs. recovery).

Saturday: race or 8 to 10 miles steady.

Morning runs as week one.

Week three

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 10 x 45 secs fast (75 secs. jog recovery).

Tuesday/Friday: as week one.

Wednesday: 8 miles with hills.

Thursday: 4 x 1200 metres at 5k effort with 2 to 3 mins. recovery.

Saturday: 8 to 10 miles steady. Morning runs as week one.

Week four

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 20 x 30 secs. fast (60-45-30 secs. recovery jog).

Tuesday/Friday: As week one. **Wednesday:** 8 miles steady inc. 8 x 150 metres uphill/downhill.

Thursday: 8 x 600 metres with 60 to 75 secs. rest.

Friday: As week one

Saturday: Race or 8 to 10 miles steady.

Morning runs as week one.

some sorts to minimise the loss of warmth.

For many athletes, the worst aspect of cold-weather training is taking that first, vital step out of the door - but once the run gets under way, the feelings of achievement and exhilaration make it all worthwhile.

It is well worth remembering that the main hazards of cold-weather running, particularly at night, are caused by icy roads and pavements which runners can slip on and injure themselves. Skidding motor vehicles pose another danger so extra vigilance and careful consideration of safe training routes must be exercised.

One problem which I believe is all too often under-estimated in this country is the effect of air pollution, especially fumes from vehicle exhausts, on the athlete. Much has been said and written about the dangers of cigarette-smoking and its 'passive' effects on the health of people who do not smoke.

Yet little has been said about the ill-effects which carbon monoxide, sulphur dioxide, unburnt hydrocarbons, and lead have on pedestrians, including runners and joggers. Perhaps I am being cynical - but it would appear that the reason why politicians, health experts, journalists, and others who could draw attention to the problem fail to do so because they themselves contribute to it by using leaded petrol and driving vehicles which have not been fitted with anti-pollutant catalytic converters.

But if the dangers of air pollution are hushed up in this country, they are the subject of considerable debate in the United States. Dr Stephen Ayres of the St Vincent Hospital, New York, claims that athletes inhale more pollutants than the average person because they breathe deeper (hyperventilate) during exercise. He points out, however, that for the normally healthy person the benefits of training outweigh the theoretical harm created by environmental and atmospheric pollutants. But Dr Ayres still advises athletes not to train too hard on smoggy days.

According to the American Medical Association, the main problem caused by air pollution is that it affects the oxygen-carrying capacity of the blood because it interferes with the red cells.

This automatically causes athletes to slow down in much the same way he or she would be forced to run at a reduced tempo at high altitudes because of the rarefied oxygen levels.

The problem can be so bad in some

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American states and cities that athletes are advised to train at certain 'safe' times of the day to avoid the bulk of pollution from vehicle exhaust fumes. Some studies have indicated that concentrated carbon monoxide fumes can extend to around twenty metres on either side of main roads - so many athletes regard that as the 'danger zone' and keep as far away as possible.

Most newspapers in the United States carry air pollution indexes detailing the chemical contents of the atmosphere. Perhaps that is something we should consider doing in this country - particularly now that some traffic policemen in places such as London take the problem of atmospheric pollution so seriously they now wear smog masks while on duty. Perhaps, too, one of Scotland's running

doctors might like to conduct a survey into the effects of vehicle fumes on the athlete and submit his/her findings to the editor of this magazine.

It should be emphasised, however, that according to the medical evidence from the United States athletes would have to breathe in atmospheric pollutants for weeks and months for it to pose any real health dangers.

So athletes should not be discouraged from running in winter. Common sense, dressing appropriately, and getting out into the countryside - or even on to golf courses or parks - for training in fresh air will all help to see you through the winter without too many interruptions and take you nearer to your sporting targets in the year ahead.



■ Dress appropriately and train right through the winter months.

SCOTTISH INDOOR CHAMPIONSHIPS 1989

VISITORS from the south proved hard to beat in December's Scottish Indoor Championships, none more so than Linford Christie. Christie captured a titled double winning the 60m and 200m titles with grace and apparent ease, writes Rhona McLeod.

It was the shorter race which aroused most enthusiasm with Scots Jamie Henderson and Elliot Bunney amongst the challengers. Michael Rossweiss, the rangy 24 year old Birchfield Harrier was another top quality addition to the field.

The result was a good one for Christie, proving his fitness with a winning time of 6.64. Rossweiss took the silver in 6.71 leaving Edinburgh Southern team-mates Henderson and

Bunney to fight for the bronze. Henderson, up with Christie at 40m, took third place, while Bunney, disappointed with a poor start, was fourth.

In the 200m Christie was unchallenged, winning the event in 21.31 with his nearest opponent nearly a second behind.

The 400m final was a much awaited event with the prospect of the clash of Marks - McMahon, Thomas and Davidson. In the first semi-final the keen competitiveness began with 400m hurdler Mark Davidson winning in 48.82 with Mark McMahon letting the gap narrow only by one hundredth of a second.

The final was a cat and mouse affair with Birchfield Harrier Mark Thomas beating

Scottish internationalists McMahon and Davidson into second and third places respectively.

Tony Morrell proved a point as he showed his calf injury problems were over when he won the 1500m in 3:44.09. His success was all the sweeter as he beat last years winner, Mark Kirk from Ballymena, by over three and a half seconds. Ikem Billy dropped out of the event after a slight clash of legs - however, he was keen to let a certain Mr Cram know that he was not injured!

There was disappointment for Inverness Harrier Neil Fraser as he tried to reach the Commonwealth Games qualifying time for the 60m hurdles. The necessary time of

8.00 seconds was wickedly elusive, beating him by one hundredth of a second. But Fraser's time of 8.01 was impressive, especially as it was set after he had cracked the first hurdle badly.

The men's high jump also raised hopes for two athletes of Games selection. James Stoddart and David Barnetson both came perilously close to achieving the indoor standard of 2.16m. However, the pair had to be satisfied with 2.10m clearances, and third and fourth places.

Judith Robinson, a well known Northern Ireland face in Scotland, scored a double by winning the 60m and the 60m hurdles. These results proved that all was going well in her Commonwealth

Games preparation. In the hurdles event Robinson proved a welcome hare to Jocelyn Kirby who was trying for Games selection. Despite setting a Scottish native record of 8.62, Kirby did not get near the standard time of 8.40.

There was a return to competitive athletics for Pitreavie's Linsey Macdonald who underwent ankle surgery in April. Linsey qualified for the final of the 800m by winning her heat with control. She faced the experience of Olympic 800m athlete Lorraine Baker in the final, and, after a rush for the first bend, the race settled down. With the time at

1:32 with 200m to go, Macdonald chased Baker all the way home to finish in the very creditable time of 2:07.83 behind Baker's 2:06.03.

The 1500m produced the strongest women's field of the meeting with the English trio of Christina Cahill, Diane Edwards and Ann Williams challenging for the title. In the end it was Edwards' day as she proved to be the strongest of the pack running from the front. Edwards, finishing in 4:19.46, was followed home by Williams (4:20.11) and then Cahill took third place (4:20.23).



RESULTS

Men: 60m: 1, L Christie (TVH) 6.64; 2, M Rossweiss (Birch) 6.71; 3, J Henderson (EdU) 6.83; 4, E Bunney (ESH) 6.88; **200:** 1, Christie 21.31; 2, M Ray (Winds) 22.28; **400:** 1, M Thomas (Birch) 47.26; 2, M McMahon (Har) 47.82; 3, M Davidson (AAAC) 48.41; **800:** 1, C Silvester (Birch) 1:54.87; 2, P Wyman (ESPC) 1:55.22; **1500:** 1, T Morrell (W&B) 3:44.09; 2, M Kirk (Bally) 3:47.73; 3, L Looney (Bel) 3:52.03; **3000:** 1, N O'Brien (Stret) 8:10.70; 2, P McColgan (DHH) 8:16.51; **60m H:** 1, A Tulloch (W&B) 7.93; 2, N Fraser (IH) 8.01; 3, J Wallace (N&E) 8.09; **HJ:** 1, G Parsons (LAC) 2.23; 2, J Holman (SC) 2.16; 3, J Stoddart (GUAC) 2.10; 4, D Barnetson (IH) 2.10; **PV:** 1, G Jackson (W&B) 4.50; 2, I Black (ESH) 4.30; 3, E Fliszar (DHH) 4.20; **LJ:** 1, C Duncan (Shett) 7.22; 2, K McKay (PAAC) 7.15; 3, B Asburn (CAC) 7.09; **TJ:** 1, V Samuels (W&B) 16.05; 2, S McMillan (PSH) 14.44; **SP:** 1, M McDonald (Dum) 14.74; 2, J Nicholson (Warr) 14.34.

Women: 60m: 1, J Robinson (LVAC) 7.71; 2, D Brown (EWM) 7.76; 3, J Kirkby (NSP) 7.80; **200:** 1, R Girvan (NV) 25.66; 2, L Marshall (L&D) 26.08; **400:** 1, G McIntyre (MSLAC) 55.83; 2, L Marshall (L&D) 56.91; **800:** 1, L Baker (Cov) 2:06.03; 2, L Macdonald (PAAC) 2:07.83; **1500:** 1, D

Edwards (Sale) 4:19.46; 2, A Williams (Sale) 4:20.11; 3, C Cahill (Gates) 4:20.23; **3000:** 1, K Hutcheson (Berry) 9:23.59; 2, B Walker (West) 9:45.38; **HJ:** 1, H Melvin (TT) 1.72; **LJ:** 1, S Urquhart (EWM) 5.49; **SP:** 1, A Grey (ESPC) 13.34; 2, H Cowe (AAAC) 13.25.



Diane Edwards leads the women's 1500m with Annadale's Ursula McKee taking on some of the front running.

Medical student Linsey Macdonald returning to competition by winning her 800m heat.

Photographs: Top: Another winning leap for Geoff Parsons as he clears 2.23m. Middle: Northern Ireland's Commonwealth Games hurdler Judith Robinson leads Jocelyn Kirkby (4) and Clare Reid (5) off the last hurdle. Bottom: Linford Christie powers ahead leaving Michael Rossweiss (11) Jamie Henderson (13) and Brian Ashburn (8) in his wake.

EURO-JUNIORS, INTERS, JUNIORS AND GIRLS

Euro-juniors

11.72w	Aileen McGillivray	(EWM)
11.8	Kathleen Lithgow	(NV)
11.8w	Morag Baxter	(MSL)
12.2w	Ruth Girvan	(NV)
12.45w	Kirsten Henshelwood	(GAC)
12.49	Rebecca Stevenson	(GAC)
12.7	Fiona Moncur	(DHF)
12.7w	Christine Russell	(GAC)
12.8w	Caroline Black	(EWM)

24.3	Ruth Girvan	(NV)
24.5	Kathleen Lithgow	(NV)
24.7w	Morag Baxter	(MSL)
24.9	Emma Lindsay	(EWM)
25.5	Mary McClung	(JWK)
25.6	Denise Knox	(M&C)
25.62	Rebecca Stevenson	(GAC)
25.7w	Michelle McGuinness	(MSL)

56.2	Mary McClung	(JWK)
56.6	Denise Knox	(M&C)
57.73	Fiona Calder	(IC)
57.8	Diana Rubertazzi	(MAS)
58.34	Pamela Stovell	(GAC)
59.1	Siobahn Coyle	(MSL)
60.0	Ainsley Normand	(VP)

2-11.7	Sharen Witorski	(Long)
2-13.7	Hayley Haining	(NV)
2-15.6	Sonia Grainger	(EWM)
2-16.1	Lesley Svaasand	(Pit)
2-17.8	Pamela Stovell	(GAC)
2-18.1	Ainsley Normand	(VP)
2-18.68	Kirsty Baird	(KO)
2-20.1	Debbie Kelly	(L&D)
2-20.38	Anne Steele	(ESPC)

4-35.27	Hayley Haining	(NV)
4-43.16	Sonya Grainger	(EWM)
4-49.6	Diana Watson	(MAS)
4-49.9	Lindsay Cairns	(JWK)
4-54.4	Catrina Williams	(DHF)
4-58.16	Vikki McPherson	(TT)
5-03.8	Ainsley Normand	(VP)

10-15.4	Lindsay Cairns	(JWK)
10-28.4	Catrina Williams	(DHF)
10-29.4	Vikki McPherson	(TT)
10-35.4	Marlene Gemmell	(Skelv)
10-39.2	Julie Guy	(GAC)
10-59.6	Yvonne Ewing	(Avon)
11-04.5	Michelle Jeffrey	(Pit)
11-23.2	Hayley Haining	(NV)

14.09w	Michelle McGuinness	(MSL)
14.87w	Claire McIntosh	(GAC)
15.3	Emma Lindsay	(EWM)
15.4	Lorna McCulloch	(Pit)
15.5w	Ruth Girvan	(NV)
15.8w	Kathleen Aburn	(GAC)
16.47w	Gail Murchie	(Ab)
16.6	Fiona Silver	(DHF)
16.7	Sandra Shaw	(A&D)
16.7w	Hazel Edgar	(NV)
16.8	H Duncanson	(Aln)

400m hurdles

65.5	Kirsty Baird	(KO)
66.0	Michelle McGuinness	(MSL)
66.1	Hazel Edgar	(NV)
66.6	Kirsty Morrison	(GAC)
66.9	Anne Steele	(ESPC)
67.4	Mary McClung	(JWK)
68.2	Fiona Silver	(DHF)

High Jump

1.70	Emma Lindsay	(EWM)
1.60	Fiona Silver	(DHF)
1.60	Julie McNeil	(EWM)
1.55	L Patton	(StNin)
1.55	S Morris	(GlasH)
1.55	Karen Houston	(MSL)
1.55	Katrina Ogg	(Arbr)
1.53	Elaine Quinn	(L&D)

Long Jump

5.74w	Alyson McGregor	(MSL)
5.72	Emma Lindsay	(EWM)
5.65	Caroline Black	(EWM)
5.57w	Linda Davidson	(Ab)
5.36	Nicola Barr	(EWM)
5.33	Lorna McCulloch	(Pit)
5.24	Julie McNeil	(EWM)

Shot Putt

12.48	Nicola Emblem	(EWM)
12.13	Andrea Rhodie	(MSL)
10.38	Sharon Morrison	(MAS)
10.35	Susan Mitchell	(GAC)
9.91	Jane Ritchie	(Arbr)
9.87	Julie McNidder	(Kilb)
9.58	Linda Low	(Ork)
9.53	Heather McLeod	(Inv)
9.35	Anyia Adam	(Mont)
9.14	Tracy Brigain	(EWM)

Discus

37.48	Heather McLeod	(Inv)
34.94	Nicola Emblem	(EWM)
34.50	Kirsty Armstrong	(PSH)
33.76	Gillian Gipsen	(Morp)
33.02	Lisa O'Keefe	(EWM)
31.72	Tracy Brigain	(EWM)
31.32	Anyia Adam	(Mont)
29.84	Andrea Rhodie	(MSL)

Javelin

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

Heptathlon

4812	Emma Lindsay	(EWM)
3345	Julie McNeil	(EWM)

Intermediates

100m

12.0w	Alison Edmonds	(Inv)
12.1	Hazel McKay	(Inv)
12.2	Kirsty Anderson	(Gates)
12.3	Katrina Leys	(Ab)
12.3w	Fiona Vance	(EWM)
12.4	Fiona Watt	(MSL)
12.4	Jane Fleming	(GAC)
12.51	Valerie Friel	(EWM)

200m

25.0	Alison Edmonds	(Inv)
25.2	Fiona Vance	(EWM)
25.40w	Valerie Friel	(EWM)
25.5	Katrina Leys	(Ab)
25.7	Jane Fleming	(GAC)
25.8w	Fiona Watt	(MSL)
25.85	Sharon Oxley	(Pit)
25.9	Lynn MacDonald	(Kilb)
25.9	Kirsty Anderson	(Gates)

400m

57.71	Carmen Collins	(Fife)
57.9	Evelyn Grant	(Pit)
58.19	Dawn Burden	(Aird)
59.3	Fiona Watt	(MSL)
59.4	Susan Carruthers	(MAS)
59.5	Audrey Martin	(ESPC)
60.3	Diane Swanson	(Kilb)
60.56	Laura Thumire	(EWM)
60.74	Lynsey Simkin	(L&D)

800m

2-14.1	Vicki Lawrence	(B&F)
2-15.6	Roma Davidson	(Inv)
2-18.4	Laura Thumire	(EWM)
2-21.0	Jane Wolfendale	(VP)
2-21.16	Sharon Telfer	(MAS)
2-21.6	Mary Rooney	(MSL)
2-22.2	Katrina Rice	(Ab)
2-23.1	Susan Barrie	(MAS)
2-23.2	Kerrie Fox	(MSL)
2-23.5	A Patterson	(BHS)
2-23.50	Lisa Davidson	(Ab)

1500m

4-34.8	Katrina Rice	(Ab)
4-51.6	Rachel Houston	(MYM)
4-52.95	Alison Grossett	(Pit)
4-54.3	Laura Thumire	(EWM)
4-54.57	Audrey McBride	(Hel)
4-55.5	Marion Wilson	(Fife)
4-57.08	Suzanne Kennedy	(GAC)
4-58.47	Lisa Davidson	(Ab)
4-59.2	Claire Roy	(B'gate)
5-00.6	Adrienne Murphy	(Tev)

3000m

10-34.5	Claire Roy	(B'gate)
10-43.9	Susan Reid	(Ab)
10-45.3	Alison Grossett	(Pit)
10-47.7	Donna Rutherford	(JWK)
11-19.1	Caroline Follan	(Kilb)
11-32.1	Lisa Davidson	(Ab)
11-33.9	Aileen Ramsay	(MBI)
11-49.48	Petra Lynch	(EWM)

100m Hurdles

14.9	Sarah Richmond	(Pit)
15.3	Alison Grey	(ESPC)
15.42w	Beverly Ross	(DHF)
17.4	Susan Fotheringham	(MBI)
17.6	S Simpson	(Peter)

80m Hurdles

11.4	Catherine Murphy	(GAC)
11.84	Sarah Richmond	(Pit)
11.89	Jennifer Sharp	(EWM)
12.0	Debbie Douglas	(Inv)
12.1w	Esther Sneddon	(CR)
12.2	Hazel McKay	(IHF)
12.4	Fiona Watt	(MSL)
12.4	Nicola McCall	(MSL)
12.5w	Beverly Ross	(DHF)
12.62	Lorna Silver	(DHF)

Pentathlon

2808	Louise McMillan	(B'ness)
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300m Hurdles

44.7	Fiona Watt	(MSL)
45.59	Ruth Irving	(Wirral)
45.8	Nicola McCall	(MSL)
45.8	Suzanne Wood	(EWM)
46.1	Shelagh Brown	(MAS)
46.47	Claire Old	(GAC)
46.5	Debbie Douglas	(IHF)
46.7	Tracey Kerr	(Melr)
46.8	Kerry Wallace	(Hel)
47.18	Jennifer Sharp	(EWM)

High Jump

1.74	Wendy McDonald	(Camb)
1.70	Hazel Melvin	(IT)
1.65	Linda Gordon	(GAC)
1.64	Sharon Balfour	(Fife)
1.63	Catherine Guthrie	(ESPC)
1.62	Susan Fotheringham	(MBI)
1.60	Claire Herriot	(EWM)
1.60	Sarah Richmond	(Pit)
1.60	Louise McMillan	(B'ness)
1.60	Karen McNeil	(Dumf)

Long Jump

5.67	Ruth Irving	(Wirral)
5.32	Catherine Murphy	(GAC)
5.31	Debbie Douglas	(IHF)
5.26	Sharon Woods	(EWM)
5.26	Alison Grey	(ESPC)
5.16	Fiona Watt	(MSL)
5.16	Greer Inglis	(Cumb)
5.15	L Morris	(Hutch)
5.13	Alison Grant	(Pit)
5.11	Sharon Balfour	(Fife)
5.10	Z Gardner	(WS)

Shot Putt

13.83	Alison Grey	(ESPC)
10.72	Lynn Dobie	(EWM)
10.35	Lynne Barnett	(PSH)
10.29	Tracy Shorts	(Kilb)
10.02	Lorna Jackson	(Tays)
9.66	Stephanie MacKenzie	(IHF)
9.60	J McDonald	(Aln)
9.44	Paula Brigain	(EWM)
9.33	Sheena Lyall	(ESPC)
9.19	Julie Aitken	(Mont)

Discus

45.08	Alison Grey	(ESPC)
32.50	Lynn Dobie	(EWM)
31.24	Paula Brigain	(EWM)
31.20	Aline Cross	(Ork)
29.32	D Fletcher	(PSH)
29.08	Heather Murray	(Hel)
28.92	Tracy Shorts	(Kilb)
28.40	Sheena Lyall	(ESPC)
27.52	Yvonne Cresswell	(Pit)
27.00	Lorna Jackson	(Tays)
27.00	D Ramsay	(WS)

Javelin

38.64	Lorna Jackson	(Tays)
34.46	Joanna Ablett	(EWM)
33.56	Evelyn Grant	(Pit)
32.68	Julie Aitken	(Montr)
31.44	Fiona Anderson	(NV)
31.04	Lesley A. Croll	(Pit)
30.80	Jacqueline Cameron	(GAC)
30.10	Tracey Shorts	(Kilb)
28.78	Sheena Lyall	(ESPC)
28.58	Lee-A. McNaught	(Mont)

Pentathlon

2808	Louise McMillan	(B'ness)
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EURO-JUNIORS, INTERS, JUNIORS AND GIRLS

2728	Debbie Douglas	(IHF)
2701	Fiona Watt	(MSL)
2540	Susan Fotheringham	(MBI)
2469	I Rodger	(SHS)

Heptathlon

4210	Evelyn Grant	(Pit)
3814	Sarah Richmond	(Pit)
3756	Louise McMillan	(B'ness)
3493	Tracey Kerr	(Mel)
3455	Kerry Wallace	(Hel)
3063	Yvonne Cresswell	(Pit)

Juniors

100m

12.1	Myra McShannon	(GAC)
12.3	Linzie Kerr	(GAC)
12.3w	Elaine Julian	(MAS)
12.4	Samantha Brown	(MAS)
12.5w	Louise Paterson	(Ab)
12.6w	Alexandra Garden	(Pit)
12.7w	Beverley Hudart	(VP)
12.7w	Lee Cunningham	(Fife)
12.77w	Karen Sutherland	(EWM)
12.8	Katrina Steel	(Ab)

200m

25.29w	Myra McShannon	(GAC)
25.6	Elaine Julian	(MAS)
25.6w	Karen Sutherland	(EWM)
25.9	Louise Paterson	(Ab)
26.4	Alexandra Garden	(Pit)
26.6	Nicola McLeod	(EWM)
26.7	Rhona Livingston	(EWM)
26.7w	Catrina Harris	(GAC)
26.71	Carolyne Pritchard	(MSL)
26.8	Kirsty O'Donnell	(MSL)
26.8	Victoria Maitland	(Kilb)

800m

2-12.3	Isabel Linaker	(Pit)
2-17.09	Alison Potts	(VP)
2-17.37	Lorraine Stewart	(ESPC)
2-18.0	Carolanne Boyes	(GAC)
2-20.4	Alison Cheyne	(B'gate)
2-21.59	Zoe Meiklem	(Pit)
2-21.88	Debbie Church	(MAS)
2-22.2	Karen McNeil	(MSL)
2-24.58	Caroline Friel	(EWM)

1500m

4-28.2	Isabel Linaker	(Pit)
4-49.9	Lorraine Stewart	(ESPC)
4-51.2	Deborah McNally	(VP)
4-53.96	Yvonne Reilly	(DHF)
4-55.1	Wendy Kennedy	(Avon)
4-55.8	Lesley Chisom	(SAC)
4-57.6	Alison Cheyne	(B'gate)
4-58.0	Sandra Purdie	(Tev)
4-59.8	Alison Potts	(VP)

75m Hurdles

11.7w	Sandra Gunn	(Ab)
11.8	Katrina Dyer	(MAS)
11.9w	Emma McLaughlin	(EWM)
12.0	Catrina Burr	(EWM)
12.3	Sarah Christie	(DHF)
12.3	Theresa Crossie	(MSL)
12.3	Catrina Legge	(Mont)
12.3w	Louise Paterson	(Ab)
12.4	Lisa Ferguson	(IHF)
12.4	Mgt McWhannell	(KO)
12.4w	Tracey Quigley	(MSL)
12.4w	Emma Hume	(EWM)

High Jump

1.66	Katrina Dyer	(MAS)
1.62	Linzie Kerr	(GAC)
1.55	Julie Reid	(Kilb)
1.53	J Brume	(StL)
1.53	J Dale	(WS)
1.50	Lynsey Burley	(Cum)
1.50	Emma Thorington	(EWM)
1.50	Yvonne McAuslin	(GAC)
1.47	Carolyne Pritchard	(MSL)
1.46	Sarah Ramminger	(Arbr)

The Kelvin Hall

- adding a fifth dimension

THE Scottish Multi Events National Championships on February 3 and 4 mark the start of the next phase of the Kelvin Hall International Sports Arena. This event will be the first to take place after the completion of recent renovation and modifications.

The well publicised "fifth lane" adds a further dimension to the athletics facilities and will be a superb addition in providing for a greater number of athletes in heats and finals. This is obviously a major attraction for television and spectators. Many emotive comments have been made

about this particular feature and there is no doubt that it will be of great benefit to the stronger athletes. However, many experts believe that it is going to be very, very fast, and the forthcoming events featuring the cream of European athletes should bear this out.

The most noticeable new feature spotted is the Alpha Numeric 10-line scoreboard, installed by Omega Electronics (who incidentally are contracted to the European Athletics Association for the forthcoming European Indoor Championships).

The scoreboard, along with permanent facilities for photo-finish and timing, is a much needed feature which will further enhance facilities for spectators and officials alike.

To complement the scoreboard and spectator information, the much criticised public address system has been removed and replaced with a new technology system which is comparatively new to this country. Athletes, officials and spectators will now have access to total information, both orally and visually, while the old speakers have been utilised in other ancillary areas within the building.

All of these works and further modifications that have been made should further enhance the arena's reputation in world standings for international athletics in particular. It shows the commitment that Glasgow District Council have, and the desire to maintain the Kelvin Hall in the front line of international athletics allocation.

Two years after renovating the Kelvin Hall at a cost of £6.3m, a further £600,000 has been spent on renovations and it is envisaged that further improvements will be made in future years.

Most of these renovations were carried out with the European Indoor Championships in mind. These championships are secondary only to the World Championships and the allocation of such an event is a

major coup for Glasgow and Scottish athletics. World class athletes from around Europe will descend upon the city, but hopefully will be given a run for their money by the British athletes returning from the Commonwealth Games in New Zealand.

Prior to the European Championships, the athletes from the German Democratic Republic will grace the boards against the might of Great Britain. The arena will thus have had the honour of seeing teams from the four strongest athletics nations in the world over a two year period in Glasgow, following last year's triangular match between the UK, USSR and USA. The East Germans intend to field a strong team who will stay in Glasgow for the European Championships the following weekend.

The 1989 Scottish Championships were held in the middle of the renovation work in December of last year, and the home Scots' performances were used as guidelines to select the team to compete against Wales, Northern Ireland, Belgium and Norway on February 17. This is an excellent additional event this season.

Brian Whittle was recently appointed to run the Glasgow Athletics Development Scheme. This scheme ran for a six month pilot period under the auspices of the Manpower Services Commission and proved highly popular with schools in the Glasgow area, attracting in the region of 600

to 1,000 youngsters each week to the Kelvin Hall. Brian, with the backing of Peter Fleming and many coaches "weel kent" in Scottish circles, are planning to recommence the scheme in March and it is hoped that it will provide solid base for the future of Scottish athletics.

Subject to availability around events, the athletics arena will be available for training purposes from the beginning of February, and individuals and clubs are invited to make full use of the available track and equipment. Plans are afoot to provide throwing nets and vaulting harnesses in the near future, and the indoor facilities will continue to be a catalyst for promoting Scottish athletics, particularly with the many youngsters coming through the development scheme, schools and clubs.



The Scottish Indoor Athletic Championships held in December gave the public a glimpse of the "fifth lane" which is currently being constructed in preparation for the European Indoor Championships.

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XIV COMMONWEALTH GAMES

AUCKLAND 1990



WHO are Scotland's real medal hopes? Apart from Tom McKean, which Scottish male is ranked seventh in the world?

DOUG GILLON assesses the hopes and realities of the Scottish team.

WHILE most of the media has focused on Tom McKean as the leading Scotsman in contention for a Commonwealth Games medal, Tom Hanlon has gone about his preparations wearing a resigned smile.

The Edinburgh steeplechaser was ranked seventh in the world in 1989, and fifth in the Commonwealth - exactly the same status as Bellshill's McKean enjoys at 800 metres.

These are statistics which appear largely to have been buried amid all the ballyhoo which inevitably descends on the talented McKean every time a major championship comes around. It is bad enough that McKean should have to shoulder the bulk of national aspirations in men's athletics, but even worse that Hanlon's less publicity nurtured talent has gone largely unacknowledged.

It is a picture which the normally quiet graphic artist sees as being distorted and unfair. "And I'm not afraid to speak out about it," he says.

"Tom McKean, Yvonne Murray and Liz McColgan have done well, but they've won quite a lot of money and have a great deal of private sponsorship. It makes me laugh when I hear them going on about the assistance they require.

"People like me need the backing just

as much, but it pisses me off to hear everyone whinging on about why they can't make it to the top."

Hanlon is not complaining so much about the lack of personal sponsorship - his principles have forced him to give up his own backing - as the perception that everything must be laid on for the superstars.

"I don't like being beholden to people," he says. "I had a good job in Edinburgh, and the company were most supportive. But with the Commonwealth, and hopefully European Championships as well, this year, it was going to mean my asking for a lot of time off.

"So I gave up work three months ago. The sport will probably have cost me about £10,000 over the past year.

"I moved from 21st in the world in 1988 to seventh last season - the same as Tom McKean, but I made less money than in 1988.

"I ran seven races, and there was no money in three of them. I ran for Britain in the Europa Cup - no pay, and in the World Cup - no pay, and was proud to do so. But I also ran in the Koblenz Grand Prix - and there was no cash there either. People seem to think that when you are near the top, there is a fortune to be made, but that just isn't so."



Hanlon had some harsh words too for his countrymen who complain about not getting trips to warmer climes to help them chase good performances. "They are

always whinging on about that," he says. "Then they are looking for someone else to do the work and tow them to a fast time. They are such a bunch of wimps - they won't take it out themselves. They just haven't got the bottle, yet it is the only way they'll learn.

"I got two of my personal bests, Scottish records, last year at Crystal Palace, which, to be honest, is a hopeless track for distance runners. It is time we just got out there and got on with it."



With Hanlon ranked third fastest of those actually due to compete in Auckland, you can count on him to have a go, irrespective of reputations.

But his sentiments, expressed above, cannot be directed at his fellow Scots medal contenders in New Zealand.

McKean, for all his past failings - and he has had the guts to admit them publicly - showed his mettle at the national championships last year with a solo native record, and by being the only man to beat Olympic champion Paul Ereng, whom Kenyan officials have said will not run in Auckland.

McKean now has the maturity to thwart the inevitable Kenyan team tactics and put Sebastian Coe's swansong out of tune. And don't rule Brain Whittle out of the final

shake-down, although realistically this has to be considered a learning experience for the likeable big Ayrshire man. With him having categorically ruled out the 400m, the relay looks his best hope of returning with a medal. The same applies to the US-based student, David Strang.



McKean's stablemate Murray has never been afraid to run from the front, and neither has McColgan. Both of them are genuine gold medal contenders, Murray at 1500 and 3000, McColgan at 3000 and 10,000. When these two good friends get onto the track for the 3000m final on Sunday, January 28, personal warmth will get the big freeze, but this should prove the hottest moment of the Games for Scottish fans.

McColgan, in excellent early-season form with a 8-43 run in Sydney, knows she cannot hope to beat Murray in a sprint. Her inevitable tactic must be to take it out fast from the gun. Murray knows she has only to hang on, and the gold should be at her mercy. But Dundee's McColgan can be counted on to make this the most painfully-earned medal of Murray's career.

Angela Chalmers and Lynn Williams of Canada will be danger figures, but with only eight girls under nine minutes last year, Fifer Karen Hutcheson should be well placed to qualify.

Hopefully by the following Friday and Saturday the big two will have recovered sufficiently to challenge for the medals again, in the 10,000 and 1500m respectively.

Lynne McIntyre, with solid warm-up outings at 1500 and 800m, is beginning to regain the form which took her to the Olympic 1500m as a teenager, and cannot be discounted as an outside medal prospect in the metric mile. If she does, husband Paul McIntyre will deserve a medal too. The Springburn Harrier, a doctor and sports medicine enthusiast, has played a big role in putting Lynne back on the track.

And whatever Nicky Emblem achieves in the javelin, she already justified her late addition to the team - and the campaign which helped put her there - by improving her personal best to 55.56m to beat Fatima Whitbread for the first time.



But the great Scottish sprint tradition of recent Games seems sure to founder. The times recorded during their build-ups by Elliot Bunney, Jamie Henderson, Dave Clark, and Janice Neilson suggest they will do very well to progress beyond the semi-finals. And Linford Christie may be in for a shock, and find Jamaica's Raymond Stewart too hot to handle in the 100m.

Craig Duncan will have to wait until the final day, Saturday, February 3, for the triple jump action, where 16.32m, his own personal best, would be a worthy target.

For throwers Darren Morris and Stephen Whyte, and 10,000m runner Karen MacLeod, surpassing previous bests must also be the realistic aspiration.

Geoff Parsons, redoubtable competitor though he is, will do well to approach his high jump silver of 1986, while his Pitreavie colleague, Stephen Ritchie, might just concentrate on absorbing as many lessons as possible on his first taste at this level. If Sheila Catford and Lynn Harding can produce their best times, neither should be too far out of the medal chase.

Shona Urquhart could get close to a heptathlon medal, and in the decathlon Duncan Mathieson could raise his Scottish record close to 7500 points if everything slots into place. His Aberdeen clubmate, Mark Davidson, despite an upsetting initial outing in Australia, is capable of claiming a final place in the 400m hurdles.

If the team carry the nation's hopes even close to these targets, nobody will be able to accuse them of going for the trip.

All photographs were taken at the XIII Commonwealth Games in Edinburgh. Left to right: Tom McKean tries to kick from Steve Cram; Yvonne Murray; Geoff Parsons salutes the crowd; Delight for Liz McColgan as she wins the 10,000m.

Photographers: John Burles, Ray Smith and John Scott.

EVENT	NAME	PERSONAL BEST	COMMONWEALTH RECORD	6th PLACE IN EDINBURGH	AUCKLAND PERFORMANCE
100m	Elliot Bunney	10.20	9.83	10.42	
	Jamie Henderson	10.21	9.83	10.42	
	Dave Clark	10.49 (i)	9.83	10.42	
200m	Clark	21.01	19.86	20.98	
	Henderson	21.11	19.86	20.98	
	Bunney	21.14	19.86	20.98	
400m	Brian Whittle	45.22	44.17	47.24	
800m	Whittle	1-46.77	1-41.73	1-49.04	
	Tom McKean	1-43.88	1-41.73	1-49.04	
	David Strang	1-47.4	1-41.73	1-49.04	
1500m	Tom Hanlon	3-38.5	3-29.67	3-55.28	
400m hurdles	Mark Davidson	50.79	47.82	50.82	
3000m s/c	Hanlon	8-16.52	8-05.35	8-43.96	
High jump	Geoff Parsons	2.30m	2.34m	2.10m	
	Stephen Ritchie	2.18m	2.34m	2.10m	
Triple jump	Craig Duncan	16.08m (16.32w)	17.57m	15.86m	
Shot putt	Stephen Whyte	17.78m	21.68m	16.99m	
Discus	Darren Morris	55.02m	67.32m	56.00m	
Hammer	Whyte	67.82m	77.54m	67.96m	
Decathlon	Duncan Mathieson	7144pts	8847	7424	
100m	Janice Neilson	11.54	10.87	11.59	
200m	Neilson	23.30	21.72	23.87	
1500m	Lynne McIntyre	4-05.95	3-59.96	4-16.81	
	Yvonne Murray	4-01.20	3-59.96	4-16.81	
	Karen Hutcheson	4-09.46	3-59.96	4-16.81	
	Murray	8-29.02	8-28.83	9-09.35	
3000m	Liz McColgan	8-34.1	8-28.83	9-09.35	
	Hutcheson	9-00.61	8-28.83	9-09.35	
	McColgan	31-06.99	31-06.99	32.56.78	
10000m	Karen Macleod	33-17.08	31.06.99	32.56.78	
	Lynn Harding	2-31-45	2-23-51	2-37-57	
	Sheila Catford	2-33-04	2-23-51	2-37-57	
Javelin	Nicola Emblem	52.46m	77.44m	53.32m	
	Shona Urquhart	52.58m	77.44m	53.32m	
Heptathlon	Urquhart	5517pts	6623	5632	

The above table includes some events in which competitors were not originally selected, but are likely to compete.

The Commonwealth Games -

For Love or Money

FOR all but the top rank of athletes, representing Scotland in the Commonwealth Games is the highest honour to which they can aspire. British, and therefore European or Olympic selection, is a leap too far for most.

But it can be a costly ambition to pursue, not just emotionally - as those rejected by officialdom have already learned - but financially. At least £10,000 per year is what several of the Auckland Scots calculate athletics is costing them. Tom Hanlon, Lynne McIntyre, Craig Duncan and Brian Whittle all reckon that to be around the sum they have sacrificed. Career prospects are also laid on the line, which is fine when you have the earning power of a McColgan or McKean, but even the likes of Brian Whittle know you cannot pay the grocery bills with European medals, either indoor or out.

Whittle and Duncan among others have had to turn down jobs, but all seem to deem it worthwhile for the honour of representing Scotland.

For McIntyre, that Commonwealth Games equation came true in 1986. The 13th Games in Edinburgh provided the scene for her proudest moment in a successful international athletics career.

Wearing the blue vest of Scotland in Meadowbank was more fulfilling to the Glasgow woman than any other of the numerous occasions when she has competed for Scotland. "At Commonwealth Games time, it becomes very important to be Scottish," Lynne says, "and because they are the 'Friendly Games', it is so much better that we compete as a small country.

"I think that if we competed as a Great Britain team, the Games would be viewed in a different light - it would be just another competition. A further reason we should hold onto our independence in the Games is that as the English are so good they would make up most of a GB team - there would be few Scots in it."

(There aren't many Scots in the Scottish team - Ed.)

The Commonwealth Games can provide Scottish athletes with the level of competition to inspire them and promote pride in themselves and their performances. Not all international appearances for Scotland can do this, as Lynne recalls: "I think the worst I have ever felt in a Scottish vest was when we competed against Birchfield and the

Midlands. There we were, a national team taking on competition from an English club and a region! It was an opinion of our standard before we even started."

Janice Neilson, the ill-fated Edinburgh sprinter, knows what her proudest moment will be. "When I actually get out there in a Scottish vest in Auckland and run!"

Selected for the 1986 Games - but then injured, and selected for the Seoul Olympics 4 x 100m squad - but not given a race, Janice has had a successful but punishing career. All being well, she now looks



Murray and McIntyre facing stiff competition at the 1986 Games. Photograph by Ray Smith.

forward to her time in Auckland. Like Lynne, Janice feels it is important to compete as a Scot in the Games. "The Commonwealth Games are now the only major Games at which we can compete as a nation and so it is important that we remain a Scottish team. If we competed under the British flag I believe it would take away the flavour of the Commonwealth Games."

For Craig Duncan, his proudest moment in a Scottish vest came when he broke the Scottish triple jump record in Spain in 1986. However, the magnitude of the Commonwealth Games has not been erased from Duncan's memory, as his performance in the Edinburgh Games constitutes his saddest moment in his athletics career. "I just felt that I let a lot of people down as I had been competing so well up till then. I expected the Games to be the highlight of my season but it didn't turn out that way."

For Duncan's high standards, a seventh place in the final was not good enough, such was the strength of his feelings that the Games could inspire excellence.

To Duncan the pragmatist, competing for Scotland means that he can make the Commonwealth Games team. "I couldn't make the team if it was a GB team. However, I will say that competing for Scotland in the Games supplies a solid grounding for many athletes that would not otherwise be available."

He continues, "All Commonwealth Games athletes can learn more in the two weeks of the Games than five or ten years of competing in Scottish internationals. That is the kind of grounding that is necessary to go on and compete at top class level."

Not as romantic perhaps as his countrymen and women, Duncan says he would not be concerned if in the future it was decided to present a GB team at the Games.

"The Commonwealth Games are such a fiasco at the Scottish organisational level, I feel things would be far superior if they were put on a GB level. Speaking as a Scot, I wouldn't know the rest of a GB team and so the intimacy would be lost, but as things stand, I don't know all the Scottish team for Auckland.

"I think that Scottish athletes could benefit from the organisation of a British team, but many would not get the competition in the first place and so Scottish athletics would lose out greatly."

Lynn Harding and Karen Hutcheson are a couple of our representatives in Auckland who disagree with some of Duncan's un-nationalistic sentiments. As Harding says, "To me it means everything to compete for a Scottish team in the Games. I am proud to be Scottish." Pride for her country is also felt by Hutcheson. "I feel a lot of loyalty for Scotland," she admits, "if it was a British team it wouldn't mean the same - I get more satisfaction running as a Scot in this event."

Perhaps some of the emotion fuelling the comments of these two women comes from the fact both live and work in England. To compete for Scotland must be almost like coming home.

By Rhona McLeod
and Doug Gillon

RESULTS



November

5

Guy Fawkes Gallop, Edinburgh
1, Steven Heaps (Hagger A.C.) 17:53; 2, Richard Wall (Hunters BT) 18:25; 3, John Coon (L&D) 18:30; 4, Alasdair Campbell (Wester) 19:12; 5, Ian Davidson (Carnethy) 20:09.
Women: 1, Sheila Heaps (Hagger A.C.) 20:17; 2, Ina McIntyre (L&D) 20:47.

11

Edinburgh SPC AC McDonald Trophy 2.5 mile RR, Sighthill, Edinburgh -
Fastest: 1, C McLennan 12:05; 2, M McCartney 12:25; 3, A Kinghorn 12:27; Youth: 1, D Smythe 12:33; Handicap Result: 1, M McLeod 16:05; 2, D Sharkey 16:13; 3, M McCartney 16:25.

12

Aberdeen AAC Skol 6 mile RR -
1, F Clyde 30:16; 2, Saxon 30:45; 3, M Murray 31:03; 4, R Taylor 31:50; 5, S Wynn 32:19; 6, E Butler 32:37; 7, W Adams (V1) 32:29; 8, P Benzie 33:35; 9, S Wilcox 33:35; 10, S Forbes 35:50; V2, F Duguid 33:52; V3, D Grubb 35:51; L1, V Simpson 37:13; L2, J Nuttall (LV1) 39:21; L3, N Gernison (LV2) 39:39; L4, N McKinnon (LV3) 39:49.

18

SSAA Road Relay Champ, Grangemouth -
Senior Boys O/15: 1, St Aloysius 25:56; 2, Boclar Acad 27:18; 3, Balwearie HS 27:14; Fastest: 1, M McIlath (St Aloy) 8:22; 2, G Graham (Boc) 8:24; 3, G Willis (Prestwick) 8:34.
Senior Boys U/15: 1, Douglas Acad 29:40; 2, Fraserburgh Acad 30:08; 3, Boclar Acad 30:41; Fastest: 1, C Humphrey (Boc) 9:34; 2, M Smith (Douglas) 9:44; 3, M Anderson (P'burgh) 9:47.
Primary Boys: 1, St Matthews, B'briggs 18:50; 2, Dunbar Acad 19:06; 3, Millersneuk School, Lenzie 19:27.
Senior Girls O/15: 1, St Leonards 23:11; 2, Glasgow HS 23:40; 3, Hermitage Acad 23:45; Fastest: 1, J Fraser (St Leon) 7:29; 2, A McBrice (Herm) 7:33; 3, M McLeod (Geo Wat) 7:34.
Junior Girls U/15: 1, Musselburgh GS 23:37; 2, Geo Watsons 23:50; 3, Strathaven 23:50; Fastest: 1, I Linaker (Queen Anne HS) 6:43; 2, G Scott (Beeslock) 7:00; 3, H Kilday (Dingwall) 7:10.
Primary Girls: 1, Fraserburgh Acad 20:29; 2, St Matthews, B'briggs 20:32; 3, Royston 20:54.

Aberdeen University Ferryhill Motors Road Relay Race, Beach Esplanade -
Men: 1, Hunters BT 67:24; 2, Ferryhill Motors 67:41; 3, Ab Uni 68:10.
Fastest Laps: Long stage: 1, I Matheson (FM) 20:13; Short stage: 1, M Murray (FM) 12:19.
Women: 1, Les Rapides Select 54:23; 2, Aberdeen AAC 55:13; 3, Aberdeen B 58:54.
Fastest Laps: Long stage: 1, M Stafford (Ab) 24:16; Short stage: 1, H Waseley (LRS) 14:31.

December

2

Teviotdale Harriers Burns Club Road Races, Hawick -
Seniors H'cap: 1, I Mordie 15:42; 2, M Bryson 16:09; 3, R Templeman 16:14; Fastest time: 1, D

Cavers 11:30
Youths/senior boys: 1, B Weir 12:56; 2, D Hughes 13:06; 3, S Hogg 13:14.
Colts: 1, K Strathdee 9:42; 2, M Brown 9:44; 3, A Ferguson 9:46.
Senior Women: 1, L Knox 11:26; 2, G Renwick 11:42; 3, M Parker 11:57.
Girls: 1, L Haggan 8:04; 2, L Bell 8:17; 3, L Blacklock 8:24.

Aberdeen University Cross Country Race, Seaton Park, Aberdeen
1, J Farquhar (HBT) 16:28; 2, R Herries (Aber Uni) 16:32; 3, E Butler (Aber) 17:02; 4, J McKay (HBT) 17:10; 5, C Dodge (Aber Uni) 17:30; 6, equal, I Fraser (Aber Uni) and C Benzie (Aber) both 17:40; H'cap: 1, D Gordon (Aber Uni) 17:40; 2, M Campbell (Aber Uni) 20:55; 2, D Gernison (Aber) 20:58.

East Kilbride Festival of Running, East Kilbride: Hugh Wilson Memorial 10,000 metres
1, P Fleming (Bella) 29:28; 2, A Hutton (Est) 29:48; 3, W Nelson (Law & Dist) 30:10; 4, I Campbell (DHF) 30:14; 5, E Stewart (Cambus) 30:17; 6, A Gilmour (Cambus) 30:24; 7, G Braidwood (Spring) 30:28; 8, T Murray (GGH) 30:30; 9, R Johnston (C'glen) 30:31; 10, J McKay (Shett) 30:35; 11, M Gormley (Cambus) 30:44; 12, W Coyle (Shett) 30:47; 13, A Weatherhead (V1) (ESPC) 31:06; 14, G Croil (B Kilb) 31:26; V2, A Adams (Dumb) 20th 32:29; V3, I Burke (Bella) 23rd 32:50; L1, C A Bartley (GAC) 82nd 36:12; L2, J Donnelly (GAC) 94th 36:50; L3, R Murray (Giff N) 109th 37:47.

Team 1, Cambuslang H 39pts. Veterans Team 1, Cambuslang H.
Youths 1, A Adams (Dumb) 20:20; 2, C Greenholgh (Vic Park) 20:37; 3, S Gilmour (Vic Park) 20:44; 4, A Smith (B Kilb) 20:55; 5, T Healy (Vic Park) 20:58; 6, S Fleming (C'glen) 21:34.
Senior Boys 1, M McLaughlin (Cambus) 15:19; 2, I Richardson (Cambus) 15:40; 3, D Fotheringham (C'bank) 15:46; 4, I Forbes (S House) 16:00; 5, C Steele (Vic Park) 16:01; 6, P League (Shett) 16:13.

Junior Boys 1, M Smith (Vic Park) 9:45; 2, D Gorman (Vic Park) 9:51; 3, B Kelly (Vic Park) 10:01; 4, S Aitken (Cambus) 10:12; 5, J Thomson (Avonside) 10:17; 6, M Mabon (J W Kiln) 10:21.
Colts 1, A Colsh (Vic Park) 4:30; 2, D Gow (Shett) 4:30; 3, A Sandilands (Avonside) 4:36; 4, S Hodgson (Cambus) 4:37; 5, S South (Cambus) 4:39; 6, B Philbin (Avonside) 4:44.

3

Turkey Trot 5 1/2 mile Road Race, Wolverhampton
1, A Morrell (W&B) 24:43; 2, A Douglas (Vic Park) 24:51; 3, A Jackson (Stow) 25:01; 3, D Donnett (Spring) 25:11.

Peterhead AC Keyline 4 Mile Road Race, Peterhead
1, C McIntyre (P'burgh) 19:42 (record); 2, R Ceswell (Aber) 20:34; 3, S Wynn (Aber) 20:43; 4, J McMillan (P'Head) 21:37; L1, D Porter (Reebok) 24:32; L2, M Bryce (P'Head) 26:55; L3, B May (P'Head) 27:01.

Sorn Chase 11/2 Mile Road Race, Sorn Aymhine
Men 1, C Souter (Cumnock) 23:25; 2, G Tenney (Kilb) 23:33; 3, D Auchie (Dalry) 23:46; V1, J Kelye (Grove) 25:40; V2, D Ward 26:42; V3, R Chyney (Grove) 26:44.
Women 1, H Haining (Nith V) 27:06; 2, S McDonald 29:11; 3, J Strawthorn (Loudon) 29:26; LV1 G Craig 31:45; LV2 M Low 32:14; LV3 D Lucas 32:49.

2,500 metres Boys 1, D Whiffen (Dumfries) 8:39; 2, S Schudel 9:27; 3, J O'Hara 9:43.
2,500 metres girls 1, M Morton 10:26; 2, J Fraser 11:07; 3, A Farrell 11:07.
Colts 1, H Brown 10:34; 2, A Cardie 10:45; 3, K Mullen 11:29.
Minor girls 1, F Andrews 12:02; 2, A Jamieson 12:28; 3, K Elliot 12:30.

January

6

Maryhill Harriers Nigel Barge Trophy Race
1, A Douglas (VP) 21:48; 2, P Fleming (Bella) 21:49; 3, A Dinnet (Spring) 22:14; 4, B Nelson (L&D) 22:14; 5, A Callan (Spring) 22:16; 6, G Grindlay (FVH) 22:18; 7, E Stewart (Camb) 22:22; 8, G Braidwood (Spring) 22:35; 9, J Quinn (Moth) 22:50; 10, C Thomson (Camb) 22:57; 11, G Stewart

(Clyde) 23:04; 12, J Pentecost (FVH) 23:10; 13, B Coyle (Shett) 23:26; 14, D Cameron (Shett) 23:29; 15, J Hendry (Shett) 23:20.
Team: 1, Springburn H 16pts; 2, Shett 32pts; 3, Bella 61pts.
Senior Women 1, S Crawford (GAC) 26:20; 2, J Donnelly (GAC) 26:49; 3, C Barclay (GAC) 27:15; LV1, R McAleese (Shett) 27:00.
Vets: 0/40 1, I Seggie (Liv) 24:23; 0/45, 1, R Young (Clyde) 24:48; 0/50, 1, I Leggat (Liv) 25:39; 0/55, 1, H Rankin (K11) 25:46; 0/60, 1, S Lawson (Mary) 28:59.
Junior 1, G Stewart (Clyde) 23:04.

Advertising Feature

OMEGA ELECTRONICS

OMEGA Electronics is the world's leading producer of athletics timing systems and scoreboards. Although Omega are the Olympic timekeepers, the same basic equipment is utilised at all levels of competition, even down to local school events or small regional competitions.

Whichever the sport, Omega systems are modular, enabling the end user to configure them to meet his particular requirements and indeed to add further items to the basic system as and when finance permits.

It is widely assumed that electronic timing systems are expensive - but this certainly need not be the case. An electronic athletics timing system, complete with a start pistol and transducer, portable wiring harness (to connect 100, 200, 1500 and 400 metre start areas to the computer), set of photocells and tripods is available from around £3,500.

It is also assumed that these systems are only useful during competitions themselves. Again, this is categorically not the case - many people find them just as useful for training purposes and specifically utilise them to analyse athletes' performances in many different ways.

Although many Scottish competitors will feel that they are "hard done by" they are probably more fortunate than those south of the border - certainly with regard to such high level timing devices than can be used during training. At the present time, the two facilities that have the most comprehensive set of timing equipment are the Kelvin Hall Arena in and Meadowbank Sports Centre.

However, one should not merely consider track events. Those competing in field disciplines should not be forgotten. Sophisticated electronic distance measurement equipment should be capable of direct connection to field display boards, to instantly show the official result, be it a height as in the pole vault, or the length of an achievement such as in discus or javelin. Such equipment is in use at Meadowbank, which is believed to be the only venue in the British Isles which does have this on-line facility, thereby cutting down the risk of human error when manually transferring results either on to a field display board or into the results system.

So much for stadium-based events. There has been a tremendous upsurge in road events over the past few years, whether a 5K, fun run or a full marathon! It is now almost inconceivable to contemplate organising such an event without the use of a marathon clock - or in the larger events, a series of marathon clocks.

These can either be mobile devices, mounted on a car roof rack, or - typically larger, but still self-contained - units to place near the finish line or on the finish gantry. Omega clocks are entirely self-contained, requiring no external power source and once again, courtesy of the Scottish Sports Council, are available as part of the "pool" of equipment located at the Kelvin Hall. However, even if these devices are not available (which is becoming increasingly the case due to demand outstripping supply), they can very easily be rented from Omega who will even arrange return transportation if required.

It is understood that not every venue has finance available for the permanent installation of any of this equipment and, of course, the "pool" of equipment at the Kelvin Hall may not meet requirements of several different event organisers at the same time. Under such circumstances, equipment - and indeed operators - can be supplied by Omega at a heavily subsidised cost.

THE 1989 SCOTTISH ROAD RACE SURVEY

Compilation and report by Rhona McLeod



Survey Letters . . .

Entry fees are too steep

2a, James Campbell Road,
Craigie,
Ayr.

SIR - I would like to make a couple of further comments to the survey.

One is regarding the price of entry fee for races. I know it takes a great deal of money, time and effort to organise a race, but some entry fees are a little steep. Taking into account the cost of travel, food etc, it can be a costly day out. Maybe cutting out the medal would help. After all, nearly all runners throw them in a drawer.

But on the whole, running in road races throughout Scotland is good value for money.

I'd just like to make a special mention for the Dornoch Festival 10K. It is the friendliest race I've ran in - from the people of Dornoch right through to the race organisers, well done.

Robert Campbell

Results please

117, Stewart Drive,
Cambuslang.

SIR - I have pleasure in returning my response to the 1989 Road Race Survey. I believe that as a general rule, road races in Scotland are organised to a satisfactory standard. Certainly no event in which I have participated in 1989 has merited the title "worst organised race".

I have one criticism, however, of certain race organisers. Many runners like to obtain copies of the results of races in which they have taken part. Indeed, they are often willing to pay for a results list. Many race organisers provide a good results service. In other cases, however, it seems to be virtually impossible to acquire a set of results. In my view, an adequate results service is an essential component of a well organised event and it would be advantageous if all race organisers recognised this fact.

F McCrossan

Stonehaven "takes the cake!"

26, Riverside Road,
Glasgow.

SIR - All the races I ran gave me much enjoyment. Even with some shortcomings, such as the muffed measuring of the course in the Adidas Series 10K; the balloon-burst start of the Kodak Glasgow 10K; and the total lack of results service for the Aberdeen Milk 10K because it is only a fun run - a fun run which fields more runners than the concurrently run Aberdeen Milk Marathon and consequently is a mainstay of the longer run.

Every race ever organised must fall short of someone's expectations. Conversely, the races that seem less than perfect before the start even, can come up trumps in some way: the least scenic candidate, Grangemouth's Women's Own 10K Fun Run, is not in my programme to delight the eye, but because Grangemouth is the flattest course I ever run, therefore I gain my fastest 10K time there. The scenery in this case is only a blur!

In my experience, there is one exception to all this and I have wracked my brain trying to find a fault. The Stonehaven Half Marathon, however, had no let-downs. The race was full of little bonuses, and if we are dealing in superlatives, Stonehaven takes the cake:

- *Most scenic, without a doubt.
- *Most friendly, before, during and after.
- *Hilliest, but what goes up must come down.
- *Best weather conditions: I put that one in even though Kincardine and Deeside DC had little to do with it!
- *Best watering stations, with:
- *Best positioning of people, and:
- *Most choice of liquids.
- *Which leads me to the finish, which we were all aiming for as fast as possible after all, where we were given the:
- *Most attractive medal, and where we found the:
- *Best choice of eats and drinks I have ever seen, and the crowning glory to soothe the aching joints, the:
- *Most generous addition: a free swim in the magnificent pool in Stonehaven just by the finish line, and then the:
- *Fastest race results. In the next week we had been sent a copy of the local paper's special race pull-out with all the times, positions, and photos too.

The Ayr Land O' Burns Half Marathon just could not come up to that standard, however good it is, not with all the media hype in the world.

Needless to say, I look forward to testing the consistency of all these races again in 1990. As I said before: all races are enjoyable, some races are more enjoyable, and one was the most enjoyable.

Day Campbell

Meet me in Mull

Lochgilphead,
Argyle.

SIR - I look forward to reading your road races survey results early in 1990, and take this opportunity to recommend a new event to your readers.

If you are looking for scenery, then there is no way you can improve on the Isle of Mull Half Marathon, as 50 lucky runners in 1989 will testify.

The course starts at Duart Castle and is fairly flat and fast, winding north west with superb views of the Sound of Mull and Morvern on your right, and the mountains of Mull on your left to finish at Glenforsa Hotel. May I add that the organisation matched

the scenic route and glorious weather in July 1989.

The 1990 Isle of Mull Half Marathon is scheduled for Sunday July 1, and if you are interested in sampling the Mull scenery and hospitality write to Duncan McIver, Dunard, Tobermory, Isle of Mull, Argyll and reserve an entry form.

Bill MacCallum

Look out for more survey letters in next month's Scotland's Runner

1989 ROAD RACE SURVEY

A TOTAL of 56 Scotland's Runner readers responded to the 1989 Road Race Survey - and the results in some cases could not have been more different from our 1988 responses!

Our 56 readers entered an enormous total of 680 road races in 1989 (again we excluded road relays and hill races from the survey).

These were:

Great Scottish Run	22
Ayr Land O' Burns	21
Falkirk Half	21
Dunfermline Half	15
Inverness Half	15
Kodak Glasgow 10K	13
Livingston Half	12
Stonehaven Half	12
Grangemouth 10K	11
Alloa Half	10
Glenrothes Half	10
Dundee Half	9
Loch Leven Half	9

Irvine Harbour Half	9
Adidas 10K	8
Edinburgh Half	8
Edinburgh 10K	8
Haddington Half	8
Luddon Half	8
Aberdeen Half	7
Aberdeen 10K	7
Dundee 10K	7
Inverness 10K	7
Dyce Half	6
Forfar 15	6
GP Aberdeen 10m	6
Helensburgh Half	6
Irvine Valley Half	6
Lochaber Half	6
Montrose Half	6
Peterhead Half	6
Selkirk Half	6
Aberfeldy Half	5
Arbroath Half	5
Ballater 10m	5
Black Isle Half	5
Cumnock Half	5
Haddington 10m	5
Lasswade 10m	5
Skye Half	5

Adidas 8K	4
Adidas 5K	4
Blackrock 5	4
Burntisland Half	4
Campbeltown Half	4
Ceres 8m	4
Dundee 10m	4
Dundee RR 10m	4
Forth Road Bridge 10K	4
Glasgow University 5m	4
Inverclyde Festival 10K	4
Kirkcudbright Half	4
Moray Half	4
Ravenscraig Half	4
Nigel Barge	4
Roevin Aberdeen 10K	4
Aberdeen Marathon	3
Black Isle 10K	3
Clydebank Half	3
Donkey Brae 7.5m	3
Dumfries Half	3
Dundee HH 10K	3
Dundee Half	3
Dunfermline 10K	3
Elgin Half	3
Forth Bridges Half	3
Fraserburgh Half	3

IBM Inverclyde 10K	3
Johnstone 10K	3
Kirkcaldy Half	3
Livingston 10K	3
Lochaber Marathon	3
Loch Rannoch Half	3
Penicuik - Howgate 10K	3
Pollok 10K	3
Round Cumbrae 10m	3
Skol 6, Aberdeen	3
South Queensferry Half	3
Sri Chinmoy 2m, Glasgow	3
Sri Chinmoy 2m, M'dows	3
Aberdeen AAC Half	2
Anstruther Half	2
Arisaig - Mallaig 10m	2
Ayr Seaford 10K	2
Balloch - Clydebank	2
Beith Civic	2
Beith RR	2
Bill Elden Memorial	2
British Airways 10K	2
Buckie 10K	2
Cowal Police Half	2
Cupar 6m	2
Dingwall 10K	2
Dornoch Festival 10K	2
Dornoch Half	2
Dunbar 10K	2
Dundee Marathon	2
Glasgow University 10K	2
Glen Nevis 10K	2
Haddington 5m	2
Inverclyde Marathon	2
Jack Crawford Cup	2
Jimmy Moore 15K	2
Kilwinning 10K	2
Landmar Festival RR	2
Linwood Ciba Geigy RR	2
Mauchline 9m	2
Mid Argyll 9K	2
Mill Lum Kinghorn 10K	2
Monklands Half	2
Queensdrive 3m	2
Renfrewshire 5m	2
Renfrewshire 10m	2
Sorn Chase 4.5m	2
Sri Chinmoy Peace Mile	2
St Andrews Half	2
Stranraer Half	2
Strathclyde Runners Mile	2
Strathclyde Runners 5m	2
St Mungo 10K	2
Tain Half	2
Two Ferries Race	2
Troon Tortoises 10K	2
Woman's Own 10K	2
Plus 98 events	1

AGAIN, as in 1988, the most popular race with Scotland's Runner readers was the Great Scottish Run.

But despite the fact the Great Scottish Run scored the highest amount of participants in the survey, the number dropped by 21 in a survey with 14 fewer respondents. The 1989 survey sees the Glasgow event being very closely followed by the Ayr Land O' Burns and the Falkirk Half Marathon, while in 1988 it was the



1989 ROAD RACE SURVEY

run-away winner by 11 votes.

The Land O' Burns event this year finds itself in second equal position compared to last year's fourth place.

Greatly improved from last year is the fourth placed Dumfermline Half Marathon which has leapt from its 16th place ranking of 1988.

Again in 1989, there were clashes of events which inevitably disrupted some race programmes. The Clydebank and Dumfermline Halves again chose the same sunny June day to host their events. In 1988 Dumfermline scored only five respondents better - in 1989 the difference was 12.

May 21 brought a five-way clash of events as the Aberdeen Milk Marathon, Glenrothes Half, Forth Bridges Half, Oban Half and Cummnock Half all sent runners on their way. The 22 respondents who turned out on the day chose Glenrothes (10), Cummnock (5), Forth Bridges (3), Aberdeen (3) and Oban (1).

Had these events not clashed one could speculate that the Glenrothes and Forth Bridges events may well have increased their numbers due to their close proximity.

A small event with large popularity is the Loch Leven Half. According to our respondents its more popular than the "biggies"



like the Edinburgh and Aberdeen half marathons. A certain appreciation for the more rural races has generally appeared in the survey with the Highlands and Islands being very evident in your responses.

Q2. Did you run any road races outside Scotland?

No	26
Great North Run	13
London Marathon	10
Berlin Marathon	4
Bradford Half	2
Reading Half	2
Plus 43 events	1

A WELL travelled lot you seem to be this year with a total of 74 races being run outside Scotland. In 1988, with more respondents, you ran a measly 49 races outside the country.

It has to be said, however, that a certain James Joyce, formerly with DHH and now running out of Stoke on Trent, contributed significantly to this total by running a total of 21 races outside Scotland!

Gaining again in popularity this year was the London Marathon with 10 respondents compared to the three of last year. The Great North Run again holds its leading position with 13 votes compared to last year's 11.

It has to be mentioned that the Berlin Marathoners have gained another disciple as the three of '88 are the four of '89!

Q3. Which was the best organised road race you ran in this year?

Great Scottish Run	8
Stonehaven Half	6.5
Berlin Marathon	4
Falkirk Half	3
Ayr Land O' Burns	2
Dundee 10m	2
Kirkcudbright Half	2
Blairgowrie Half	1.5
Aberdeen Marathon	1
Berlin Marathon	1
Black Isle Half	1
Dornoch Festival 10K	1
Dumfries RC 10K	1
Elgin Half	1
Forfar 15	1
Great North Run	1
Inverness 10K	1
Inverness Half	1
Kodak Glasgow 10K	1
Lochaber Half	1
London Marathon	1
New York Marathon	1
Moray Half	1
Stornoway Half	1
Two Ferries RR	1
Aberdeen Half	0.5

Aberfeldy Half	0.5
Anstruther Half	0.5
Dundee Half	0.5
Dundee 10m	0.5
Dumfermline Half	0.5
Glenrothes Half	0.5
Grangemouth 10K	0.5
Haddington Half	0.5
Haddington 5	0.5
Helensburgh Half	0.5
Irvine Valley Half	0.5
Kirkcudbright Half	0.5
Livingston Half	0.5
Lochaber Marathon	0.5
Luddon Half	0.5
Mid Argyll Half	0.5
Moray RR 10K	0.5
Mull Half	0.5
Sorn Chase	0.5

LAST year's organisational winner, the Ayr Land O' Burns was ousted from the top by last year's second placed Great Scottish Run. The consistency of the Glasgow District Council team again shone through this year maintaining them a top slot. According to this year's respondents, the Ayr race could only finish a disappointing fifth.

Coming from almost nowhere, the Stonehaven Half Marathon has risen from one point and equal 19th place last year, to 6.5 points and second place in 1989.

And so to the Berlin Marathoners! With 100% conviction, they have all voted their event the best organised of the year!

Q4. Which was the worst organised race you ran in this year?

"None"	31
Edinburgh Half	2
GP Edinburgh 10K	2
Helensburgh Half	2
Irvine Harbour Half	2
Livingston Half	2
St Andrews Half	2
Adidas 10K	1
Ayr Land O' Burns	1
British Airways 10K	1
Buckie 10K	1
Burntisland Half	1
Falkirk Half	1
Great North Run	1
Johnstone 10K	1
Kodak 10K	1
Oban Half	1
Whitegate Run	1

NO CLEAR winner (or rather loser) in this category in 1989. Perhaps all organisers in general should take credit for the massive 31 votes from those respondents who were unable to select a badly organised race. In the 1988 survey only 26 out of the 70 respondents

selected the option "none" compared to 31 out of 56 in 1989.

Q5. What age and gender are you?

Males (51)	
Average age	36.41
Oldest	63
Youngest	19
Females (5)	
Average age	39.58
Oldest	41
Youngest	38

WHAT happened to all you female runners? There were only five female respondents in total compared with 51 males. Congratulations to our oldest respondent, 63 year-old David Jones who by coincidence was the winner of our trip to the Commonwealth Games.

Q6. Are you a member of a club?

No	16
Aberdeen AAC	3
EspcAC	3
Giffnock North	3
Haddington ELP	3
Forfar Roadrunners	2
Hunter's Bog Trotters	2
Kinross Roadrunners	2
Lochaber AC	2
Anster Haddies	1
Arbroath Footers	1
Badenoch & Str'spey AC	1
Calderglen Harriers	1
Cambuslang Harriers	1
Central Region	1
Clydesdale Harriers	1
Dumfries Running Club	1
Dundee Hawkhill H.	1
East Kilbride AAC	1
Edinburgh Southern	1
Ellon & District AAC	1
Kilbarchan AAC	1
Linwood Pentstar AC	1
Mid Argyll AC	1
Minolta Black Isle	1
Moir Ayr Seaforth	1
Motorola Joggers	1
Scottish Veteran Harriers	1
Dundee Uni. Harriers	0.5
Greenock Glenpark	0.5

WITH 40 of our respondents being affiliated to a club, this shows a better representation for the clubs than last year's survey. The best represented club in 1988 was the SVHC with two votes over Giffnock North. This year the Giffnock club has maintained a top place but the vets have responded only once.

The reason for the two 0.5 scores at the end is Donald Shaw, a Dundee University student with eligibility for both his club

1989 ROAD RACE SURVEY

Greenock Glenpark and his university harriers.

Q7. What was the most scenic road race you took part in in 1989?

Stonehaven Half	4.5
Selkirk Half	3.5
Aberfeldy Half	3.5
Loch Leven Half	3
Skye Half	3
Arisaig - Mallaig	2
Ballater 10	2
Blairgowrie Half	2
Cumbræ 10	2
Dumfermline Half	1.5
Alloa Half	1
Black Isle Marathon	1
Black Rock 5	1
Braes 3 miles, Paisley	1
Burntisland Half	1
Coniston 14	1
Cove & Kilcreggan	1
Cupar 6	1
Dingwall - Evanton	1
Dornoch Half	1
Edinburgh - N. Berwick	1
Eymouth Half	1
Forfar 15	1
Forth Road Bridge 10K	1
Helensburgh Half	1
Jimmy Moore 15K	1
Kirkcudbright Half	1
Lochaber Half	1
Luddon Half	1
Lukemia Half, Dunoon	1
Motherwell Harriers 10K	1
Mull Half	1
No preference	1
Paris 20K	1
Rothiemurchus 5m	1
Two Ferries	1
York Half	1
Ayr Land O' Burns	0.5
Berlin Marathon	0.5
Black Isle Half	0.5
Moffat 15K	0.5

WITHOUT a doubt, the scenic races are to be found far away from the central belt!

Congratulations to the Stonehaven Half for coming tops against such keen competition as Selkirk, Aberfeldy, Loch Leven and Skye.

Last year's winner, the Ayr Land O' Burns race suffered heavily in this category due to a change of route which angered many of our readers. "Go back to the old attractive route," is the message loud and clear!

Q8. Which was the least scenic road race you took part in during 1989?

Falkirk Half	11
Aberdeen 10K	3
Ayr Land O' Burns	3
Grangemouth 10K	3
Livingston Half	3

Aberdeen Half	2
Clydebank Half	2
Edinburgh Half	2
Inverness 10K	2
Monklands Half	2
None	2
Clydesdale 5	1
Dundee Half	1
Glenrothes Half	1
Grangemouth Half	1
GP Aberdeen 10m	1
Great North Run	1
Great Scottish Run	1
Inverclyde 10K	1
Johnstone 10K	1
Kirkcaldy Half	1
Kodak 10K	1
Marine Harvest 10K	1
Mid Argyll 9K	1
Motherwell Half	1
Oban Half	1
Potters Half	1
Roevin 10K	1
Women's Own 10K	1

AND THE resounding winner for the second year is the Falkirk Half Marathon! By an even greater margin this year the Falkirk / Grangemouth race has been voted the least scenic and yet the race remains one of the most successful and popular in the country. The pragmatists amongst you said, "It's not scenic - it's flat and fast!"

Congratulations once again to John Fairgrieve and his team for making such a big impression!

One turn-up for the books can be found with 1988's most scenic race being voted the second equal least scenic race in 1989. Pull your socks up Land O' Burns!

A sigh of relief for the Great Scottish Run. After coming a close second to Falkirk in 1988, only one vote was recorded this year.

Q9. What is your favourite distance?

Half Marathon	33
10K	12
Marathon	4
10 miles	4
5-10K	3

SORRY marathon organisers!

Q10. Which make of shoe did you run most in in 1989?

Nike	15
Reebok	14
New Balance	8
Asics	5
Brooks	5
Hi Tec	3
Adidas	2
Arrow	1
Kahru	1
Saucony	1
Tiger	1

TRENDS don't seem to change too much with the top three manufactures being exactly the same as last year. The gap, however is narrowing as Nike are no longer the run-away winners.

Q11. What is your favourite Scottish road race?

Stonehaven Half	8
Great Scottish Run	6
Ayr Land O' Burns	3
Kirkcudbright Half	3
Moray Half	3
Aberdeen Marathon	2
Aberfeldy Half	2
Dundee Half	2
Falkirk Half	2
Anstruther Half	1
Arisaig - Mallaig	1
Black Isle Marathon	1
Black Isle Half	1
Black Rock 5	1
Campbeltown Half	1
Clydebank Half	1
Cupar 6	1
Dornoch Festival 10K	1
Dundee HH 10K	1
Dundee RR 10m	1
Elgin Half	1
Kodak Glasgow 10K	1
Lochaber Half	1
Loch Leven Half	1
Montrose Half	1
Mull Half	1
No preference	1
Rothiemurchus	1
Cumbræ 10	1
Selkirk Half	1
Skye Half	1
Sorn Chase	1
Tom Scott 10	1
Two Ferries	1

HEARTIEST congratulations to Audrey Lockhead and John Wombell and their team at Kincardine and Deeside District



Council. The Stonehaven Half Marathon was obviously a resounding success! What is more remarkable is that from less than 500 competitors in the event, 12 of them responded to our survey - eight of which voted it as their favourite race in the land!

The reason for their success could be the new route they adopted this year - it was after all voted the most scenic road race of the year by our survey respondents. Another factor could be the reorganisation of their finish area to give competitors lots of space. At an organisational level Stonehaven did very well being voted the second best organised race of the year. All in all, an excellent record!

The star of last year's survey was undoubtedly The Ayr Land O' Burns gaining over five times as many votes than any other event in this category. Having slipped to third equal place our readers are obviously unhappy about the changes which have been made to what was a highly successful formula.

Congratulations to all of you - runners and organisers alike who give of your time and money to ensure the Scottish road running scene remains as strong as it is. Thanks to all who participated in this survey. As promised, a draw from all 1989 respondents for 10 Scotland's Runner t-shirts, produced the following winners: Russell Taylor, Ellon; Marilyn Brown, Braco; Ian Verlaque, Paisley; Alex Cunningham, Hawick; Mrs A Quigley, Kinross; Douglas Brown, Dumfries; Graham Shaw, East Kilbride; Bill Ogg, Kirkton of Skene; Philip Leslie, Kirriemuir and Edgar Ramage, East Kilbride.

RESULTS



November

12

JWK Harriers Open CC Meeting Dean Castle Country Park, Kilmarnock

Seniors: C. Souter (Cum) 32-11; 2, G. Tenney (Kilb) 32-36; 3, A. Costigrove (Kilb) 32-37; 4, D. Murray (JWK) 33-00; 5, J. Strawhorn (Ayr) 33-08; 6, W. Richardson (D) 33-19; 7, D. Auchie (Dal) 33-21; 8, I. Connel (Loud) 33-28; 9, R. Daziel (JWK) 33-50; 10, J. Gennell (Cam) 33-55; 11, H. Rankin (JWK) 34-20; 12, R. Cheyne (Irv) 34-52; 13, M. Fergusson (JWK) 35-04. Teams: 1, Cumrunn 36; 2, JWK 24; 3, Irvine 59. Vets team: 1, JWK.

Youths: 1, G. Reid (JWK) 21-27; 2, E. Tonner (JWK) 22-14; 3, S. Russell (FVH) 22-29; 4, R. Blackburn (JWK) 23-04; 5, I. Craig (Ayr) 23-20; 6, P. Casson (Der) 23-23; 7, J. Ayr 23; 8, Springburn 39.

Junior Boys: 1, G. Willis (Ayr) 10-39; 2, D. Whiffen (Nith) 10-43; 3, P. Allan (Ayr) 10-46; 4, I. Murdoch (Ayr) 10-52; 5, D. Kerr (SV) 11-02; 6, C. Stevenson (Der) 11-10; Teams: 1, Ayr 8 pts; 2, Pitreavie 36; 3, JWK 43.

Junior Boys: 1, C. Thompson (JWK) 11-57; 2, C. Bewley (Der) 12-01; 3, I. Leitch (Ayr) 12-05; 4, M. Mahon (JWK) 12-23; 5, J. Thompson (Aven) 12-25; 6, K. Mason (Cum) 12-26. Teams: 1, JWK 12 pts; 2, Derwent 27; 3, Ayr 29.

Colts: 1, G. Murray (Airdrie) 5-49; 2, G. O'Donnell (Spring) 6-00; 3, R. McDonald (Spring) 6-01; 4, I. Sim (JWK) 6-12; 5, G. Malloy (Spring) 6-13; 6, M. Paton (Spring) 6-14. Teams: 1, Springburn 10 pts; 2, Airdrie 19; 3, Springburn 31.

Women: 1, H. Haining (Nith) 24-07; 2, J. Robertson (Ayr) 25-16; 3, I. Cairns (D) (JWK) 26-15; 4, L. McCarty (LV1) (Irv) 26-33; 5, H. Morton (Irv) 26-57; 6, C. Gibson (EJ) (SV) 28-22; 12, V. M. Robertson (Toun) 30-21; 13, V. A. Miller (Irv) 31-35. Teams: 1, Irvine 20 pts; 2, Ayr 26; 3, Loudon 30.

Intermediates: 1, D. Rutherford (JWK) 12-03; 2, K. Stewart (JWK) 12-38; 3, J. Roxburgh (Irv) 12-57; 4, S. Barrie (Ayr) 13-13; 5, L. Flannery (Aird) 13-50; 6, S. Carruthers (Ayr) 13-59.

Junior: 1, M. Watson (Ayr) 12-47; 2, A. McMannus (Irv) 12-59; 3, G. Syme (JWK) 13-04; 4, M. Woodcock (Der) 13-05; 5, C. Miller (Irv) 13-12; 6, P. Gillies (JWK) 13-15; Teams: 1, Irvine 17 pts; 2, Ayr 26; 3, JWK 26.

Girls: 1, H. Brooks (Ayr) 12-25; 2, K. Stewart (JWK) 12-35; 3, R. Durkin (Nith) 12-56; 4, C. Falconer (Isp) 13-07; 5, A. Russell (Aird) 13-26; 6, J. Gillies (Irv) 13-29. Teams: 1, Espc 25 pts; 2, Airdrie 25; 3, JWK 33.

Minor Girls: 1, C. Morris (JWK) 6-09; 2, J. Ward (Pit) 6-18; 3, T. Neil (Law) 6-36; 4, A. Church (Ayr) 6-39; 5, C. McLean (SV) 6-44; 6, S. Robertson (Espc) 6-47; Teams: 1, Ayr 31 pts; 2, Pitreavie 33; 3, JWK 36.

18

Teviotdale Harriers Open CC Races, Wilton Lodge Park, Hawick

Seniors: 1, W. Nelson (L&D) 15-36; 2, K. Lyall (ESH) 15-44; 3, J. Connolly (Gala) 15-49; 4, K. Mortimer (ESPC) 16-14; 5, G. Phillip (ESPC)

16-28; 6, A. Ward (ESPC) 16-37; 7, R. Templeman (Tev) 16-42; 8, C. Meek (Whitburn) 16-50; 9, J. Cooper (Spring) 16-53; 10, N. Renton (Gala) 16-55. V1: 2, Bankowski (ESPC) 17h 17-22; V2: J. Knox (Teviot) 20h 17-46; V3: D. Cairns (Penicuik) 30h 18-23. Teams: 1, ESPC 15 pts; 2, Teviotdale 30; 3, Gala 29.

Youths: 1, D. Slyth (ESPC) 12-37; 2, K. Fotheringham (Gala) 12-52; 3, L. Cuthbertson (ESH) 12-53; 4, N. Johnston (ESH) 13-05; 5, D. Kinghorn (ESH) 13-20; 6, B. Wear (Teviot) 13-20. Teams: 1, ESH 12 pts; 2, ESPC 22; 3, Geo Heriots 37.

Senior Boys: 1, C. Stenson (Der) 10-47; 2, D. Hughes (Tev) 10-51; 3, E. McIntosh (Whitburn) 10-55; 4, P. Nylis (ESH) 11-06; 5, P. Nichol (C'mouth) 11-08; 6, H. Hutchison (ESPC) 11-09. Teams: 1, ESPC 26 pts.

Junior Boys: 1, K. Daley (ESPC) 5-54; 2, C. McCann (ESPC) 6-06; 3, S. Fisher (Derwent) 6-11; 4, P. Morrow (Derwent) 6-13; 5, R. McNaughton (ESPC) 6-13; 6, C. Bewley (Derwent) 6-15. Teams: 1, ESPC 8 pts; 2, Derwent AC 13 pts; 3, JWK 43 pts.

Colts: 1, G. Murray (Airdrie) 3-52; 2, S. Clelland (Der) 4-00; 3, B. Hughes (Tev) 4-01; 4, D. Campbell (Lass) 4-06; 5, K. O'Neill (Aird) 4-08; 6, M. Renwick (Tev) 4-52. Teams: 1, Teviotdale 17 pts; 2, Airdrie 20; 3, 3, Lockermouth 42.

Women: 1, A. Armstrong (Bor) 14-17; 2, M. Anderson (ESPC) 14-56; 3, K. Hogg (LV1) (Pen) 15-08; 4, E. Ryan (LV2) (ESPC) 15-56; 5, N. McGraw (LV3) (Tweed) 16-13; 6, M. Parker (LV4) (Tev) 16-30. Teams: 1, Berwick AC 34 pts.

Junior: 1, J. Leddy (Whit) 12-35; 2, B. Wilson (Bor) 12-44; 3, J. Renwick (Tev) 12-54; 4, K. Vidler (Whit) 13-19; 5, S. Fowler (Pen) 13-24; 6, P. Falton (Whit) 13-27. Teams: 1, Whitburn AC 11 pts; 2, Derwent 27; 3, Ayr 29.

Colts: 1, G. Murray (Airdrie) 5-49; 2, G. O'Donnell (Spring) 6-00; 3, R. McDonald (Spring) 6-01; 4, I. Sim (JWK) 6-12; 5, G. Malloy (Spring) 6-13; 6, M. Paton (Spring) 6-14. Teams: 1, Springburn 10 pts; 2, Airdrie 19; 3, Springburn 31.

Women: 1, H. Haining (Nith) 24-07; 2, J. Robertson (Ayr) 25-16; 3, I. Cairns (D) (JWK) 26-15; 4, L. McCarty (LV1) (Irv) 26-33; 5, H. Morton (Irv) 26-57; 6, C. Gibson (EJ) (SV) 28-22; 12, V. M. Robertson (Toun) 30-21; 13, V. A. Miller (Irv) 31-35. Teams: 1, Irvine 20 pts; 2, Ayr 26; 3, Loudon 30.

Intermediates: 1, D. Rutherford (JWK) 12-03; 2, K. Stewart (JWK) 12-38; 3, J. Roxburgh (Irv) 12-57; 4, S. Barrie (Ayr) 13-13; 5, L. Flannery (Aird) 13-50; 6, S. Carruthers (Ayr) 13-59.

Junior: 1, M. Watson (Ayr) 12-47; 2, A. McMannus (Irv) 12-59; 3, G. Syme (JWK) 13-04; 4, M. Woodcock (Der) 13-05; 5, C. Miller (Irv) 13-12; 6, P. Gillies (JWK) 13-15; Teams: 1, Irvine 17 pts; 2, Ayr 26; 3, JWK 26.

Girls: 1, H. Brooks (Ayr) 12-25; 2, K. Stewart (JWK) 12-35; 3, R. Durkin (Nith) 12-56; 4, C. Falconer (Isp) 13-07; 5, A. Russell (Aird) 13-26; 6, J. Gillies (Irv) 13-29. Teams: 1, Espc 25 pts; 2, Airdrie 25; 3, JWK 33.

Minor Girls: 1, C. Morris (JWK) 6-09; 2, J. Ward (Pit) 6-18; 3, T. Neil (Law) 6-36; 4, A. Church (Ayr) 6-39; 5, C. McLean (SV) 6-44; 6, S. Robertson (Espc) 6-47; Teams: 1, Ayr 31 pts; 2, Pitreavie 33; 3, JWK 36.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

19

Dumfries AAC Open Races, Dumfries - Seniors: 1, G. Crawford (Spring) 28-15; 2, J. Connolly (Gala) 28-37; 3, B. Kirkwood (ESPC) 28-37; 4, C. Souter (Cum) 29-08; 5, L. Crawford (Spring) 29-08; 6, G. Tenney (Kilb) 29-08; 7, C. Cumnock; 8, Dumfries.

Junior: 1, S. White (Dumf) 29-49; 2, I. Woodson (Bord) 30-46; 3, S. Kerr (KO) 31-34; 4, J. Knox (Gala) 31-20; 5, V. M. Scott (Der) 31-30; 6, S. McGrae (Cum) 31-54.

Women: 1, S. McGregor (JWK) 19-08; 2, H. Morton (Irv) 19-37; 3, G. Walker (Cum) 19-52; 4, D. Turner (Sol) 21-19; 5, J. Hume (Afton); 6, L. Wilson (Cum).

Intermediates: 1, S. Armstrong (Bord) 18-33; 2, A. Armstrong (Bord); 3, M. Morton (Cum) 18-33; 4, D. Turner (Sol) 21-19; 5, J. Hume (Afton); 6, L. Wilson (Cum).

Junior Boys: 1, G. Willis (Ayr) 10-39; 2, D. Whiffen (Nith) 10-43; 3, P. Allan (Ayr) 10-46; 4, I. Murdoch (Ayr) 10-52; 5, D. Kerr (SV) 11-02; 6, C. Stevenson (Der) 11-10; Teams: 1, Ayr 8 pts; 2, Pitreavie 36; 3, JWK 43.

Junior Boys: 1, C. Thompson (JWK) 11-57; 2, C. Bewley (Der) 12-01; 3, I. Leitch (Ayr) 12-05; 4, M. Mahon (JWK) 12-23; 5, J. Thompson (Aven) 12-25; 6, K. Mason (Cum) 12-26. Teams: 1, JWK 12 pts; 2, Derwent 27; 3, Ayr 29.

Colts: 1, G. Murray (Airdrie) 5-49; 2, G. O'Donnell (Spring) 6-00; 3, R. McDonald (Spring) 6-01; 4, I. Sim (JWK) 6-12; 5, G. Malloy (Spring) 6-13; 6, M. Paton (Spring) 6-14. Teams: 1, Springburn 10 pts; 2, Airdrie 19; 3, Springburn 31.

Women: 1, H. Haining (Nith) 24-07; 2, J. Robertson (Ayr) 25-16; 3, I. Cairns (D) (JWK) 26-15; 4, L. McCarty (LV1) (Irv) 26-33; 5, H. Morton (Irv) 26-57; 6, C. Gibson (EJ) (SV) 28-22; 12, V. M. Robertson (Toun) 30-21; 13, V. A. Miller (Irv) 31-35. Teams: 1, Irvine 20 pts; 2, Ayr 26; 3, Loudon 30.

Intermediates: 1, D. Rutherford (JWK) 12-03; 2, K. Stewart (JWK) 12-38; 3, J. Roxburgh (Irv) 12-57; 4, S. Barrie (Ayr) 13-13; 5, L. Flannery (Aird) 13-50; 6, S. Carruthers (Ayr) 13-59.

Junior: 1, M. Watson (Ayr) 12-47; 2, A. McMannus (Irv) 12-59; 3, G. Syme (JWK) 13-04; 4, M. Woodcock (Der) 13-05; 5, C. Miller (Irv) 13-12; 6, P. Gillies (JWK) 13-15; Teams: 1, Irvine 17 pts; 2, Ayr 26; 3, JWK 26.

Girls: 1, H. Brooks (Ayr) 12-25; 2, K. Stewart (JWK) 12-35; 3, R. Durkin (Nith) 12-56; 4, C. Falconer (Isp) 13-07; 5, A. Russell (Aird) 13-26; 6, J. Gillies (Irv) 13-29. Teams: 1, Espc 25 pts; 2, Airdrie 25; 3, JWK 33.

Minor Girls: 1, C. Morris (JWK) 6-09; 2, J. Ward (Pit) 6-18; 3, T. Neil (Law) 6-36; 4, A. Church (Ayr) 6-39; 5, C. McLean (SV) 6-44; 6, S. Robertson (Espc) 6-47; Teams: 1, Ayr 31 pts; 2, Pitreavie 33; 3, JWK 36.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

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Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

Greenock Wellpark Harriers Stoddart Cup 5 mile CC Race, Greenock - 1, D. McFadyen 14-59 (rec); 2, G. Gaffney 15-16; 3, H. Muir 18-23; 4, G. Newman 23-35; 5, H. Docherty 24-44.

S. Jarvie (Inver) 34-45; Teams: 1, Inverness H 6pt. Youths: 1, B. Fraser (B Isle) 21-46; 2, P. Watt (Inver) 21-53; 3, D. Hards (Inver) 22-59; 4, S. Wright (Elgin) 23-06; 5, I. Murray (Inver) 23-15; 6, S. Ross (B Isle) 23-22.

Teams: 1, Inverness H 10pt. Senior Boys: 1, D. Millar (Inver) 15-45; 2, S. Allan (B Isle) 15-50; 3, J. Donald (Forr) 15-55; 4, S. Calbraith (B Isle) 16-15; 5, J. Brookes (Loch) 16-27; 6, A. MacRae (Inver) 16-33.

Teams: 1, Inverness H 14pt; 2, Menolia Black Isle AAC 19pt; 3, Forres H 34 pt. Junior Boys: 1, M. Johnston (B Isle) 11-18; 2, A. Love (P'burgh) 11-23; 3, M. Wood (Orkney) 11-32; 4, S. Sutherland (Inver) 11-40.

5, E. McGee (P'head) 11-51; 6, T. McKillop (P'burgh) 11-53. Teams: 1, Menolia Black Isle AAC 19 pt; 2, Fraserburgh R 24pt; 3, Inverness, 26 pt.

Eastern District CC League (2nd Match), West Calder - Seniors: 1, D. Cavers (Tev) 25-36; 2, C. Haskett (DHD) 25-42; 3, J. Pentecost (FVH) 25-49; 4, S. Hale (PSH) 25-51; 5, I. Campbell (DHD) 25-58; 6, S. Cohen (ESPC) 26-03; 7, G. Grindlay (FVH) 26-09; 8, D. Duguid (Ab) 26-11; 9, I. Steel (ESH) 26-17; 10, D. Bain (FVH) 26-21.

Teams: 1, FVH, 64 pt; 2, Teviotdale, 130; 3, ESPC 174; 4, ESH, 221; 5, Cen Reg 229; 6, Aberdeen 304. Aggregate team scores: 1, Teviotdale 211; 2, DHD 225.

Youths: 1, D. Slyth (ESPC) 19-29; 2, S. Russell (FVH) 19-34; 3, E. Calvert (Ab) 19-45; Teams: 1, GSH 26pt; 2, ESPC 31; 3, Pitreavie 40.

Senior Boys: 1, A. Casey (QVS) 11-00; 2, D. Cary (Bath) 11-09; 3, S. Meldrum (Pit) 11-16; Teams: 1, Bathgate 15pt; 2, ESH 26; 3, ESPC 44.

Junior Boys: 1, K. Daley (ESPC) 9-18; 2, R. Hay (ESPC) 9-24; 3, B. Boyle (Bath) 9-28; Teams: 1, ESPC 8pts; 2, Lassewade 38; 3, Pitreavie 41.

Colts: 1, A. Ford (ESPC) 7-09; 2, S. Scott (Ard) 7-19; 3, J. Moodie (Dun) 7-26; Teams: 1, ESPC 27pt; 2, Pitreavie 47; 3, Dumbart District 48.

Presto Open CC Races, Riverside Bowl Gatheshead - Invitation 1900 metres: 1, P. McColgan (DHD) 5-07.

Open 6,900 metres: 1, C. Walker (Gate) 20-17; 2, P. Roden (E Chesh) 20-27; 3, P. Toole (Stret) 20-37; 4, A. Douglas (V) 20-42; 5, J. Robson (ESH) 20-50; 6, R. Quinn (Kilb) 20-52; 21, Kiyall (ESH) 21-22; 22, J. Goldier (ESH) 21-27; 23, A. Russell (Law & Dist) 21-27.

Women 3,500 metres: 1, R. Smythe (Lough) 11-56; 2, L. Roden (E Chesh) 12-24; 3, L. Holbick (Lough) 12-31; 4, H. Haining (Nith) 12-44; 5, A. Harker (EWM) 12-46.

Bellahouston Open CC Races, Bellahouston Park - Seniors: 1, T. Murray (GGH) 31-43; 2, P. Fleming (Bella) 31-46; 3, E. Stewart (Cam) 31-58; 4, G. Braidwood (Spring) 32-14; 5, D. Runciman (Cam) 32-42; 6, G. Croll (EK) 32-50; 7, J. Orr (Cam) 33-13; 8, J. Brown (SV) 33-30; 9, J. Cooper (Spring) 33-32; 10, G. Terney (Kilb) 33-36; 11, I. Burke (Bella) 25th 34-40; 12, S. Wylie (Cam) 32nd 34-54.

Teams: 1, Cambuslang 15pt; 2, Bellahouston 34; 3, East Kilbride 37.

Youths: 1, G. Reid (JWK) 22-43; 2, A. Cameron (Bella) 22-51; 3, S. Ellis (Law) 23-00; 4, E. Tonner (JWK) 23-29; 5, M. Hand (Law) 24-00; 6, A. Smith (EK) 24-04; Teams: 1, Law 16pts; 2, JWK 20 pts.

Senior Boys: 1, G. Willis (Ayr) 17-37; 2, I. Richardson (Cam) 17-59; 3, I. Murdoch (Ayr) 18-19; 4, D. Kerr (SV) 18-28; 5, M. McIlraith (Ayr) 18-47; 6, D. Tanburini (GGH) 18-47.

Teams: 1, Ayr 9pts; 2, Cambuslang 30; 3, JWK 35.

Junior Boys: 1, A. Horrocks (Cam) 8-45; 2, M. Mason (JWK) 8-51; 3, J. Thomson (Aven) 8-54; 4, A. Placentini (Cam) 8-58; 5, C. Thomson (JWK) 8-59; 6, F. McDougall (EKW) 9-01.

Teams: 1, JWK 17pt; 2, 34; 3, Springburn 46.

Colts: 1, G. Murray (Aird) 6-58; 2, R. McDonald (Spring) 7-07; 3, S. South (Cam) 7-08; Teams: 1, Springburn 12 pts; 2, Cambuslang 18; 3, Airdrie 23.

Scott's Runner February 1990

Lanarkshire AAA County CC Champ (held in conjunction with above races)

Seniors: 1, E. Stewart (Cam) 31-58; Team: Cambuslang.

Youths: 1, A. Cameron (Bella) 22-51; Team: Law.

Senior Boys: 1, I. Richardson (Cam) 17-59; Team: Cambuslang.

Junior Boys: 1, A. Horrocks (Cam) 8-45; Team: East Kilbride.

Colts: 1, G. Murray (Aird) 6-58; Team: Springburn.

Scottish Womens West District CC Champ, Rouken Glen Park.

Seniors: 1, C. A. Bartley (GAC) 20-43; 2, E. Cochran (GAC) 20-54; 3, J. McCall (GAC) 21-05; 4, V. McPherson (Troon) 21-12; 5, R. McAleese (MSL) (LV1) 21-16; 6, V. Clinton (Irv) 21-42; 7, J. Armstrong (Giff) 21-49; 8, J. Donnelly (GAC) 22-05; 9, M. Gennell (S'Kelvin) 22-07; 10, J. Robertson (Ayr) 22-15.

Teams: 1, GAC 6pts; 2, Irvine 39; 3, Giffnock North 44; 4, Glasgow Uni 49; 5, Kilbarchan 66; 6, Law 78.

Intermediates: 1, R. Houston (GAC) 13-11; 2, K. Stewart (JWK) 13-27; 3, A. Barker (Kilb) 23-44.

Senior Boys: 1, E. Dobbin (Spango V) 11-13; 2, D. Kerr (Spango V) 11-17; 3, D. Tamburini (GGH) 11-23; 4, J. Mearns (GGH) 11-34; 5, M. Mitchell (GGH) 12-14; 6, D. Hill (GGH) 12-14.

Teams: 1, Greenock Glenpark H 12pt; 2, IBM Spango Valley AC 16pt; 3, Kilbarchan AC 28pt.

Junior Boys: 1, A. McLaughlin (Lin Pent) 11-13; 2, B. McLean (Spango V) 11-30; 3, R. Girvan (Kilb) 11-46; 4, D. McCallum (Kilb) 12-01; 5, N. Mooney (Spango V) 12-12; 6, B. McMenamin (Lin Pent) 12-22.

Teams: 1, Linwood Pentstar 14pt; 2, Kilbarchan AC 16pt.

Fire Ac Lita Allan Memorial Cross Country Meeting including Scottish Womens Cross Country League at Beveridge Park, Kircaldy.

Grade 1

GLENROTHES HALF MARATHON

SUNDAY

20th MAY, 1990

(10.30am start)

SAAA, SWAAA, SWCC &
RRA Permits, Medals for
finishers, Car Parking,
Changing, Showering, On
site swimming pool and cafe.

Entry £4.50

Prizes for Race and Vets winners

3 MILE FUN RUN

Starts 10.45 a.m. 50p entry Prior to,
(After the Half Marathon) or on the day

Entry Forms, send S.A.E. to:

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE



VIEWFIELD ROAD

GLENROTHES

FIFE

KY6 2RA

For details call 0592 771700

Organised by Fife Institute of
Physical and Recreational Education
and Glenrothes Twin Town
Olympiad Committee



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Rail Bridge Centenary Half Marathon and Fun Run

Main Sponsor Digital Equipment Scotland Ltd
Butlaw, South Queensferry

digital

Sunday 29 April 1990 Start 11.00 am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)

£4 Half Marathon ☐ Please tick
£2 Fun Run (5 miles) ☐ as appropriate

"People's" Permit

I enclose my Cheque/PO for the entry fee for the race payable to the
Queensferry and District Community Council.
I agree to the organisers' right to refuse any entry without being bound to
assign a reason.

I declare that I am physically fit and waive and renounce any rights and
claims for damages I may have against the
organisers for any loss/injury as a result of participation in the event.

Signed _____
(signed by parent or guardian if entrant is under 18 years of age)

Date _____

PLEASE PRINT Return to: Forth Rail Bridge Centenary Half Marathon
Jim Faulds, c/o 17, Linn Mill, South Queensferry.

Name _____

Address _____

Name of Club _____
Hrs Mins Day Mth Yr

Estimated time _____ Date of Birth _____

Age on day of race _____
MALE ☐
FEMALE ☐

Closing Date 21 April 1990

All proceeds from the two events will be donated to recreational facilities for
children.

Further Information and running numbers will be forwarded as soon as possible.

A Commemorative Medal will be given to all runners
completing the event.

Half Marathon run under the Rules of the SAAA, SWAAA and SWCC, RRA

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IAAF World Cup marathons in Hiroshima, Seoul and Milan.

A training diary is probably the simplest but most valuable sporting aid for runners.
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£15.00 on the date shown and annually thereafter the same sum on the anniversary of that date being my subscription to Scotland's Runner magazine and debit my/our
account accordingly until countermanded by me in writing.
Return to ScotRun Publications, FREEPOST, Glasgow G3 7BA. NO STAMP REQUIRED

EVENTS

January

20

SCUU EASTERN District CC Championships, Galashiels

SCUU WESTERN District CC Championships, Troon

28

KIRKINTILLOCH Olympians Open Road Race, Kirkintilloch.

February

3

ROUND the Loch Races - Strathclyde Park. Men (all age groups) and senior women - Details: W Marshall. Tel (0698) 61848.

EAST District CC League, Falkirk

RENFREWSHIRE AAA Road Race Championships, Bellahouston

STRATHKELVIN Schools CC League Race, Kirkintilloch

3/4

SAAA, SWAAA Combined Events and Relays Championships, Kelvin Hall

4

SVHC Cross Country Championships, Dumfries

CUMNOCK Open CC races - Details from (0290) 24876.

PAT Spence Memorial Women's CC Race, Inverkip Estate, Greenock.

8

DUMBARTON AAC 8 Miles Club CC

10

SCOTLAND v Greece v Hungary v Yugoslavia v Czechoslovakia (indoor match), Athens.

EDINBURGH Southern Harriers Open CC Races, Edinburgh

NORTH District CC League, Inverness

MARYHILL Harriers Club CC, Summerston

WELLPARK Harriers McLaren Cup 9 Miles CC - Gateside, Greenock

VICTORIA Park Club CC Championships, Milngavie

GLENPARK Harriers Willow Bowl, Greenock

11

24TH ANNUAL Grangemouth Round the Houses Road Races (10K) - Start 2.45pm. Enter on the day - Details from John Fairgrieve (0324) 486711.

LOUDON Runners Open CC Races, Galston

17

SCOTLAND v Belgium v Ireland v Norway v Wales, Kelvin Hall.

CARNETHY Five Hills Race, Penicuik

STEWARTRY AAC Open CC races

SPANGO Valley Brian Cunningham Trophy 5.5 mile road race, Greenock.

18

SAAA U.20 Indoor Championships, Kelvin Hall

LOCHABER AC Glen Nevis Riverbank 6 miles CC, Fort William

23

GB v GDR Indoor match Kelvin Hall

23/24

AAA/WAAA Dairy Crest Under 20 Championships, Cosford

24

SCCU National CC Championships, Beach Park Irvine.

25

SCOTTISH Universities v Loughborough v E/W Districts, Kelvin Hall

LOCHABER AC Caol 10,000m RR, Townpark, Fort William

SWCCU National CC Championships, Aberdeen

28

APPLETON Trophy, Universities Indoor Championships, Kelvin Hall

March

3

BALLOCH to Clydebank 12.25 miles Road Race

FIFE AC 6 mile Road Race, Cupar

NALGO British CC Championships, Strathclyde Park

TEVIOTDALE CC Champs, Hawick

GLENPARK Harriers Trophy Race for Young Athletes, Battery Park, Greenock

3/4

EUROPEAN Indoor Championships, Kelvin Hall

AAA/WAAA Combined Events and Relays, Cosford

4

ANNAN and District AC Open CC races - Registration 11am - 12.30pm. First race 1pm prompt - Details from David Hopper (04612) 4682.

LASSWADE AC 10 Mile Road Race, Bonnyrigg

9

GB v USA, Cosford

9/10

AAA/WAAA Senior Championships, Cosford

10

INTER Town Sports Hall Athletics - Details from Grangemouth Sports Complex (0324) 486711.

MOTHERWELL DISTRICT SPORTS ADVISORY COUNCIL

are sponsoring
ROUND THE LOCH RACES
for men (all age groups) and ladies
STRATHCLYDE PARK
ENTRY 60p - £1.50. ENTER ON DAY
PRIZES

CONVENER: W. MARSHALL. TEL: M'WELL 61848
SAT MORNING 3RD FEB 11am START 1st RACE

ARE YOU DOIN' THE FRUIN? Sunday 1st April 1990 at 1pm. GLEN FRUIN ROAD RACE

14.6 undulating, scenic miles which will fair take your breath away!
Medal to all finishers.
Entry forms from: Sheila Ramsay, 38F East Argyle Street, Helensburgh
G84 7RR.

Sponsored by **Polaroid**

WEST HIGHLAND WAY RACE 7th JULY 1990

Start 0300 hrs - Milngavie Station

95 miles along one of the most beautiful long distance routes in the world
From Glasgow - European City of Culture 1990 to Fort William at the foot of Britain's highest mountain.

After 15 miles of road, 72 on trails and 8 miles fell the prize giving will take place in the Nevisbank Hotel, Fort William on the Sunday afternoon. Entries (by mid-May) restricted to 80 in interests of conservation. Contact the organisers for more details -

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20 SHANDON CRESCENT
EDINBURGH EH11 1QF



THE DUNFERMLINE HALF MARATHON

(inc Scottish People's Half Marathon Championship)

PITTENCRIEFF PARK

SUNDAY 10 JUNE

9.30 am



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All enquiries to:
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The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211

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SPORTS COUNCIL

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MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



20TH MAY, 1990 - WISHAW SPORTS CENTRE STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11.00 am PROMPT. UNDER S.A.A. AND S.W.A.A. LAWS
OFFICIAL ENTRY FORM

SURNAME
CHRISTIAN NAME
ADDRESS

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE

PREVIOUS BEST TIMES

HOW DID YOU LEARN OF
THE HALF MARATHON?

ENTRY FEE £3.75 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL

(Including your name/address on reverse side)

I hereby declare that I will be 18 years (male) 17 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate entirely at my own risk and cannot hold Motherwell District Council or the sponsors responsible for any injuries suffered by me in this event, or for any property lost during the race or in the designated changing areas.

I enclose the entry fee of £3.75 together with an 12" x 9" S.A.E. for acknowledgement and race literature. Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature _____

Return entry to: RACE DIRECTOR,
WISHAW SPORTS CENTRE,
WISHAW, ML2 0HB
☎ WISHAW 355821

NUMBER	DATE RECEIVED	S.A.E.	CHEQUE/P.O.	CASH	INITIALS

FOR OFFICIAL USE ONLY



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1990 GOLD & JUBILEE CUPS

DATES OF COMPETITION

Round 1 - May 6th Semi-Finals - July 15th
Round 2 - June 24th Final - August 18th/19th

CLOSING DATE FOR ENTRIES: 22nd JANUARY 1990

*If you have not yet received your clubs
Entry forms, please telephone:
021 - 353 8273 or write to the address below
for your 1990 entry form.*

To: The Cup Secretary, Maurice Millington
Linx Fitness Factory
2 All Saints Road, Kings Heath,
Birmingham B14 7LL

NINTH LOCH RANNOCH MARATHON

(INCORPORATING THE FOURTH LOCH RANNOCH
HALF MARATHON)

Sunday, June 24th, at 11am.

(under SAAA and SWAAA, SWCCC & RRA Rules)
(BARR Grade 2)SPONSORED BY BARRAT
INTERNATIONAL RESORTS

RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS
THERE IS ALSO THE CHANCE TO RUN IN A HALF MARATHON
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COURSE ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE
LIST INCLUDING WEEKEND BREAKS, AND ABOVE ALL A
FRIENDLY ATMOSPHERE.

Entry forms from:

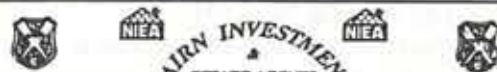
Arthur F. Andrews, Loch Rannoch Marathon,
Rannoch School, Rannoch, by Pitlochry, Perthshire,
PH17 2QQ (PLEASE SEND SAE).
TEL: (088 22) 372 (Eve).

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN IN THE
HEART OF THE HIGHLANDS ON JUNE 24TH?

CLACKMANNAN DISTRICT SPORTS COUNCIL

Eighth annual Alloa Half Marathon. Sponsored by the
Alloa Advertiser, on Sunday 25th March 1990. Permits
issued by the S.C.C.U. and the S.W.A.A.A.
Prizes for all categories including team prize and medals
to all finishers.

Entry forms from:
Clackmannan District Council,
Dept. of Leisure and Recreation
29 Primrose Street,
ALLOA



SUNDAY 4th MARCH 1990
10K and Fun Run
START 2 PM

SCENIC COURSE AROUND NAIRN DISTRICT. MEDAL FOR
ALL FINISHERS IN 10K. CERTIFICATES FOR ALL
FINISHERS IN FUN RUN. PRIZES FOR ALL CATEGORIES
IN 10K. ENTRY FORMS AVAILABLE FROM DANNY BOW,
16, GLEBE ROAD, NAIRN IV12 4ED. TEL: 0667 52208

Organised by Nairn Road Runners and Nairn DAAC
Sponsored by Nairn Investments, 10-16, High Street,
Nairn. Tel: 0667-52289.

28TH ISLE OF MAN EASTER ATHLETIC FESTIVAL 13TH, 14TH AND 15TH APRIL, 1990

Promoted by the MANX ATHLETIC CLUB
(Under A.A.A. and W.A.A.A. Laws)

GOOD FRIDAY IN DOUGLAS (First Race 7.15 p.m.)

Senior Mens (incl. Juniors, Youths, and Vets) 5 miles
Ladies (15 & over) Road Race 5 miles
Senior Mens and Ladies Race Walk 5 miles

EASTER SATURDAY IN PEEL (first race at 2.15 p.m.)

Senior Mens Fell Race (incl. Juniors, Youths and Vets) 4 miles
Ladies (15 & over) Fell Race 3 miles
Junior Ladies (13 & 14) Hill Race 2 miles
Boys (13 & 14) Hill Race 2 miles
Girls (11 & 12) Hill Race 1 1/2 miles
Colts (11 & 12) Hill Race 1 1/2 miles

EASTER SUNDAY IN DOUGLAS (first race at 10.30 a.m.)

Mens Road Relay 4 x 4 miles
Ladies Road Race 4 miles
Boys Road Race 3 miles
Junior Ladies Road Race 3 miles
Girls Road Race 2 miles
Colts Road Race 2 miles

(All ages as at midnight 31st March/1st April 1990)

Prizes: 1st 25 Men. 1st 10 Ladies. Veterans BVAF grade 1 and 1st 3 in other classes.
1st 3 Mens and Ladies teams per day and over three days. 1st Vets team per day and
over three days. Other classes depending on entry.
Entry Fees for Weekend: Senior including Junior Men and Vets £6.00. Ladies £4.00.
All others £2.00 (plus 50p for unaffiliated runners).

For further information contact: Graham Davies, 'Thisledome', Brookfield
Terrace, Foxdale, Isle of Man.

ALL ENTRIES TO BE IN BY 31ST MARCH, 1990

EVENTS

11

THE Smokies Ten - women's only race
- Arbroath, Angus.

UK Trial for World CC team,
Bellahouston Park

BVAF CC Championships, London

16

UK Civil Service Indoor Athletic
Championships, Kelvin Hall

17

CLYDESDALE Harriers "Dunky
Wright" 5.5 miles Trophy Race

WELPARK Harriers CC race, Greenock

17/18

GB v USA v USSR, Cosford

18

FALKIRK Open Graded Meeting -
(0324) 486711 for details

INVERNESS District Council People's
Half Marathon and Fun Run - Entry
forms from all sports shops or Turnbull
Sports (0463) 241625.

CONFINED Meeting, Kelvin Hall

SVHC Alloa - Bishopbriggs 8 stage
road relay race

TEVIOTDALE 1894 Trophy CC Race -
Hawick Moor Race Course

24

SCCU National Six Stage Road Relay
Championships, Livingston

25

XVII IAAF World Cross Country
Championships

CLACKMANNAN District Sports
Council People's Half Marathon, Alloa
- entry details - Clackmannan District
Council Department of Leisure and
Recreation, 29 Primrose Street, Alloa.

BANK of Scotland White Caterthun
Race, Brechin - Race starts 1pm. 11.5
miles with climb of 700ft. Route
follows road and then cross country to
Pictish fort on top of the White
Caterthun hill. Race finishes at Brechin
High School. Entries: Alan Young, 11
Cellatly Place, Brechin.

SVHC Indoor Championships, Kelvin
Hall

THE Great York Run 1990.

LOCHABER Glen Nevis 10 Miles RR
(1st race in spring RR challenge), Fort
William

31

SCCU Centenary Season Closing Event
(still to be decided).

MARYHILL Harriers Bannerman
Trophy CC race, Summerston

April

1

POLAROID Glenfruin RR - Details:
Sheila Ramsay, 38F East Argyll Street,
Helensburgh.

7

BELHAVEN Brewery Dunbar
Boundary Race 10K. Details: Hugh
Rooney, 7 Warrander Crescent,
Dunbar. Tel. (0368) 64064.

8

SELKIRK People's Half Marathon,
Selkirk.

16

NORTH East Midlands Wildlife 10K
Easter Run. Details and entries: J
Stubbs, 9 Kirkland Close, Castle
Donnington, DE7 2QY. Tel Derby
812041.

At the time of going to press a full list
of SWCCU fixtures was not available.

Come to the 2nd Annual CUMNOCK OPEN CROSS COUNTRY RACES

ON
SUNDAY, 4TH FEBRUARY
AT

BROOMFIELD PARK,
CUMNOCK
MALE & FEMALE, ALL AGE
GROUPS. 1ST RACE 1.30PM.

ORGANISED BY:
CUMNOCK & DISTRICT AC
DETAILS: TEL 0290-24876

THE ROBISON & DAVIDSON 10TH DUMFRIES HALF MARATHON

(Organised by Dumfries Running Club)

SUNDAY, 24TH JUNE 1990

11.15am Start. Finish in Dock Park, Dumfries
SAAA, SWCCC&RRA Rules

* THE RACE WINNER - £300
INCREASING TO £1,000 *

for a new course record of 63 mins or better

- * Prizes in all categories at least double last year's levels
- * 38 Individual and Team Prizes in all categories
- * 200 Spot Prizes
- * Medals to all finishers presented by Nithsdale District Council
- * First Class Changing & Showering Facilities
- * Scenic Town, Country & Coastal Route accurately measured to Scottish AAA standards.

Entry Fee £4.50, or £5.00 including results service

Entry Forms, send SAE to:

Steve Mohan,

Race secretary,

92, Lockerbie Road,

Dumfries DG1 3DL.

Closing Date June 18th

2.5 mile Primary & Secondary Fun Run during Main Event

No entry form, no entry fee -

Come along ready to run!



SUNDAY 18TH MARCH

(under SAAA/SCCU/SWAAA/SWCCU&RRA rules)

- * Accurate and fast course through the streets of the Highland capital, Inverness. * Extensive Prize List, over £2,000 for all categories, including individuals, veterans, athletic clubs, works teams and pub teams.
- * Beautiful commemorative medal for all half marathon finishers
- * Superb organisation and full facilities.

ENTRY FORMS AVAILABLE FROM ALL SPORTS SHOPS IN SCOTLAND, OR
THROUGH TURNBULL SPORTS, 10 CHURCH STREET, INVERNESS. TEL:
(0463) 241625.

Date for your Diary

GOUROCK HIGHLAND GAMES

at Gourock Park
on Sunday 13th May 1990

Athletics including Half marathon; Cycling; Wrestling;
Highland Dancing; Tug o' War; Pipe Bands; Sideshows.

Further details from: The Hon. Secretary, c/o Recreational
Services, Inverclyde District Council, Greenock PA15 1LQ.

RHONA McLEOD'S JUNIOR SCENE

THE UNKNOWN TRUTHS OF THE "INTERNATIONAL TRIP"

Commonwealth Games triple jumper Craig Duncan writes about just some of his experiences as an internationalist.

WHEN one reads articles on international athletes, in magazines such as this, the impression given is of a glamorous lifestyle, jetting off on organised trips abroad to far flung exotic locations. However, for Scottish international athletes this is not always the case.

Picture the scene - no international departure lounge, but George Square on a cold, wet Sunday morning. After huddling together for over an hour, a group of athletes pile on the team bus going to Stranraer.

Choppy seas and a long trip later, we were glad to reach our accommodation, an agricultural college in the depths of the Antrim countryside. At the end of a tiring day it was tea and sandwiches before heading off to bed.

Much to the surprise of officials, at the team meeting the following morning, roll call revealed that we were two middle distance runners short. On leaving the meeting the Scots had to seek out the Irish and Spanish coaches for more detailed information about the match itself.

In an effort to increase international relations, a sweepstake was run on the 1500m. Contributions came in thick and fast from Spanish, Irish and Scots alike, swelling the coffers in the jackpot.

The highlight of a dull meeting was undoubtedly the 1500m, the sight of dozens of athletes and coaches standing trackside with watches poised urging the leaders to speed up or slow down depending on

their particular chosen winning time. The winnings duly shared between a Spaniard and an Irishman, were used to buy the first round of drinks at the disco that night.

There was an improvement in the mode of transport in 1989, but the arrangements left a little to be desired. There was the ridiculous sight of Scottish officials boarding the afternoon flight to Ireland. Left behind to catch a later flight were two athletes, one of whom was competing in the opening event that evening. As a result, the athletes took a taxi ride reminiscent of the whacky races to arrive five minutes before the opening event was to begin. Competing without a warm up or kit, the athlete was confronted by a Scottish official asking why he wasn't wearing a Scotland vest.

Perhaps this particular incident was revenge on the athlete for consuming six pints of beer at the previous Scottish Championships before providing a sample for a drug test!

Regretfully such an epic feat could not be repeated at the 1989 West District Championships. As no drug tests were performed, crates of beer were loaded into the back of an official's car. This was much to the disappointment of an irate group of Shettleston athletes, whose cries of "test me, test me," fell on deaf ears.

As I pack for Auckland I now realise that after 10 years of international competition I will at last fly off to that exotic location in the sun, so perhaps all the effort was worth it in the end.

The Scottish Schools Athletic Association Calendar of Events 1990

February

- | | | |
|----|--------------------------------------|-------------|
| 11 | Indoor track and field championships | Kelvin Hall |
|----|--------------------------------------|-------------|

March

- | | | |
|----|---|-------------|
| 10 | Secondary schools cross country champs. | Irvine |
| 18 | Jumps day | Balbardie |
| 25 | Squad coaching day | Grangemouth |

April

- | | | |
|----|--|-----------|
| 7 | U/15 & U/17 SIAB CC international | Coventry |
| 21 | Primary school's cross country champs. | Kirkcaldy |

April 21-May 25

- | | | |
|--|---|--------|
| | World School's Gymnasiade track and field | Bruges |
|--|---|--------|

June

- | | | |
|----|--|-------------|
| 9 | Primary/secondary relay championships & Secondary pentathlon championships | Grangemouth |
| 16 | Girls track and field championships | Glasgow |
| | Boys track and field championships | Grangemouth |
| 20 | Secondary schools inter-area track and field | Grangemouth |

July

- | | | |
|----|---|-----------|
| 21 | U/17 SIAB Track and Field International | Edinburgh |
|----|---|-----------|

August

- | | | |
|--|--|---------|
| | U/15 BBC Quintathlon event (provisional) | England |
|--|--|---------|

September

- | | | |
|----|--|-------------|
| | Final trials for U/15 pentathlon international | Kelvin Hall |
| 16 | Squad coaching day | Grangemouth |

October

- | | | |
|--|--------------------------------------|---------|
| | U/15 Indoor pentathlon international | Cosford |
|--|--------------------------------------|---------|

November

- | | | |
|----|--|-------------|
| 15 | Special schools indoor track and field | Kelvin Hall |
| 17 | Primary & secondary road relay champs. | Grangemouth |

December

- | | | |
|---|---|-------------|
| 8 | U/16 indoor track and field international | Kelvin Hall |
|---|---|-------------|

For teachers:

April

- | | | |
|-----|-----------------------------------|-----------|
| 2-5 | BAAB teacher's certificate course | Balbardie |
|-----|-----------------------------------|-----------|

RHONA McLEOD'S JUNIOR SCENE



ATHLETE PROFILE

NAME: Mary McClung

DATE OF BIRTH: December 19, 1971

HEIGHT: 5'4"

WEIGHT: 8st 8lbs

CLUB: Kilmarnock Harriers

EVENT(S): 200m, 400m, 800m

PBs: 200m - 25.5; 400m - 56.20; 800m - 2-14.0

ATHLETIC ACHIEVEMENTS: Current Scottish and West District Euro-junior 400m champion; Scottish junior and senior internationalist; Great Britain junior internationalist.

STRENGTHS: stamina, strength and finishing speed

WEAKNESSES: unconfident, slow starting speed

WHY DO YOU COMPETE: Because I love competitions and I love to meet people. Most of all I think it is because I love the thrill of the challenge and of course winning.

OTHER HOBBIES: Discos, parties, meeting people and driving.

AIMS OUTSIDE ATHLETICS: I haven't really given much thought to this but I think I have more of a fantasy than anything, and that is to own a bar or night club on a Caribbean or Hawaiian island.

Students travel to France

AFTER several years of trying, the Scottish Universities have finally succeeded in organising a European tour. A small party of athletes (20 in number) have been invited to attend the opening of a new eight lane indoor track at Lille in France, writes Gordon Ritchie.

At the time of writing, the team has not been finalised, but several athletes who just missed out on selection for the Commonwealth Games will be spending January in France. Among those who fall into this category are James Stoddart and Linsey Macdonald.

The athletes will spend four days in France, during which time they will compete in an event which comes close to the

standard of the French National Championships, followed by a low-key event at Villeneuve. If previous trips to foreign parts are anything to go by, the standard of athletics produced by the students will only be matched by the standard of hospitality and merry-making. Some graduates have already expressed an interest in joining us, but they will be left at home to look enviously over the Channel.

CLOSER to home, the annual Universities' Indoor Championships will be held at the Kelvin Hall on Wednesday February 14. Last year's inaugural event was a modest

success, and a larger turnout of athletes would be of benefit this year. Despite this, there were some notable performances, including a sprint double by Alan Doris and victory for Stuart McMillan in the triple jump. The event is again being sponsored by Glasgow Sports Promotion Council.

As usual, entry to the actual arena for the public will be free of charge, subject to payment of the standard entry charge to Kelvin Hall. The first event is at 2.30pm, and the programme runs until 9.30pm.

CONGRATULATIONS to Edinburgh's Jamie Henderson and Glasgow's James Stoddart who both won bronze medals at the National Indoor Championships. Jamie was

first Scot in the 60 metres, losing to Linford Christie and Michael Rossweiss. James narrowly failed at the Games qualifying standard of 2.16m in the high jump, but cleared 2.10m to finish equal third.

Elsewhere, Gerry McCann made a bold bid for victory in the 1500 metres, but his suicidal first 400m in 60 seconds took its toll in the closing stages and he finished well down the field. He was also involved in an incident with English international Ikem Billy, which saw Billy withdrawing from the race apparently injured.

In the end, it had little effect on the result as Tony Morrell was clear and comfortable in front. Gerry, however, will never be allowed to forget the fastest 400m of his life and his desperate bid for stardom.

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.

A.C. MOIR AYR SEAFORTH
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr, 7-10pm on Tuesdays and Thursdays, also 11am-1pm, Sundays. Four different leagues competed for. Secretary Glen Harrower, 4 Blackburn Drive, Ayr. Tel: 0292-261956. Road race secretary Bill Boyde, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

ANNAN & DISTRICT AC
All ages 9-90 and all standards catered for. Coaching in: track, field, cross country and road running. Training sessions: Tuesday, Wednesday, Sunday. More information available from sec. David Hopper, 7, Argyll Terrace, Annan. Tel: 04612 4682.

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

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

ARDROSSAN ATHLETICS CLUB
Small friendly club invites novices or experienced runners with an interest in cross country and/or road racing. Contact Sean Warden on Ardrrossan 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, Ballencrieff 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 EH18. 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.

CLYDESDALE 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 Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

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

DUNDEE ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tuesday and Thursday at 6.30pm and Sundays at 10.30am at Loch Leven Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wednesday at 6.15pm for track and field coaching at Caird Park. For further information contact: Gill Hanlon, 9, Lochinver Crescent, Dundee DD2 4UG Tel: 67026.

DUMFRIES AAC
All ages, 9-90. 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 - Lochbarbriggs 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 HFC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

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

ESPC ATHLETIC CLUB
Welcomes enquiries from prospective new members. All age groups catered for - male or female. Coaching by BAAB qualified coaches in most events. Training sessions at Meadowbank, Saughton or Duddingston. Contact sec: M. Reid. Tel: 031 334 6996.

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, Leairg, 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 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. 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, Gourack.

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 track and field, cross country, road running and hill running throughout the year. For more info contact Ken Jack: 031-449-2910; or Ian Hislop on 031-441-1604.

HYNDFORD HARRIERS
Friendly, recently formed club looking for new members: male and female. All age groups and standards are welcome. Training: Lanark Grammar School, Thursdays 6.30pm to 9pm. For further info, contact A. McCrindle, 45 Stannmore Cres, Lanark ML11 7DF. Tel: 0555 2460.

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 Cresc. 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, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtier on 041-887-4705, or Mr W. Toole on Johnstone 25306.

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

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, Coatstown of Baigownie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawerock 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, Merrylees, 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, Dumfrieshire. Tel Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. Meet at Elgin Community Centre, Trinity Road, Elgin on Wed. at 6.30pm and Sunday at 9am. Further details from: Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. For more information contact: Clare

McGarvey at 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: Jill Sales, 45 Bavelaw Crescent, Penicuik EH26 9AV (Tel: 0968 75462).

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

PETERHEAD AAC
Meets every Mon. and Thurs. 6-7.30pm, from March to October at Catto Park, Peterhead. 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 club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. Meet Tues/Thurs 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

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

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

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

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

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and

cross country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire G83 0RX. Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan, 22, Lawsonsdaile 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, Arbuthnot Place, Stonehaven. Tel: 0569-62845.

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

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

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

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

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

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

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