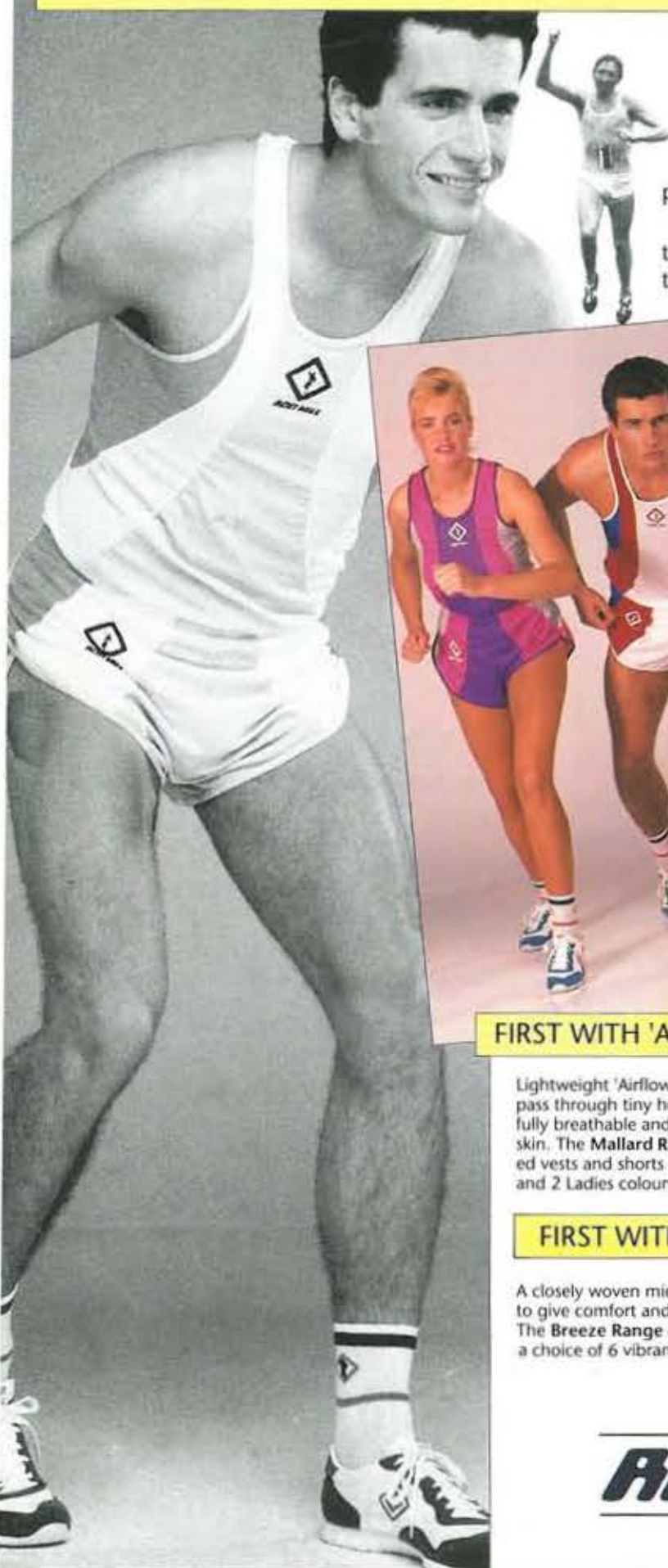
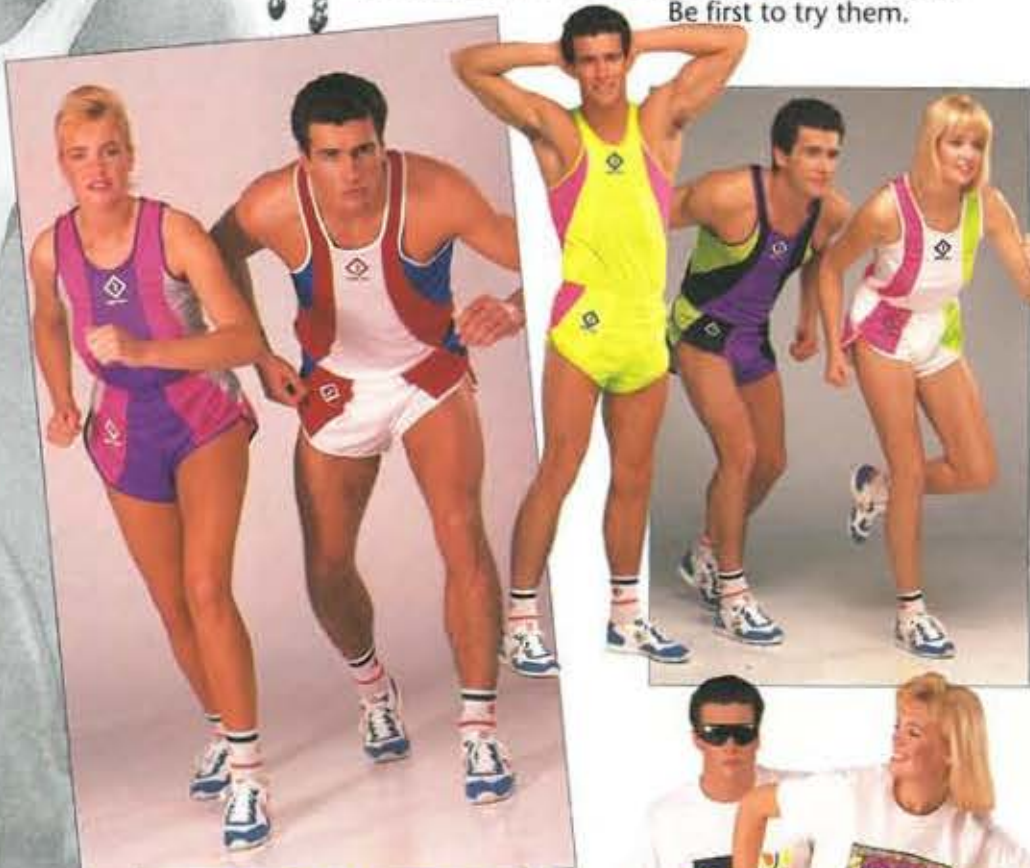


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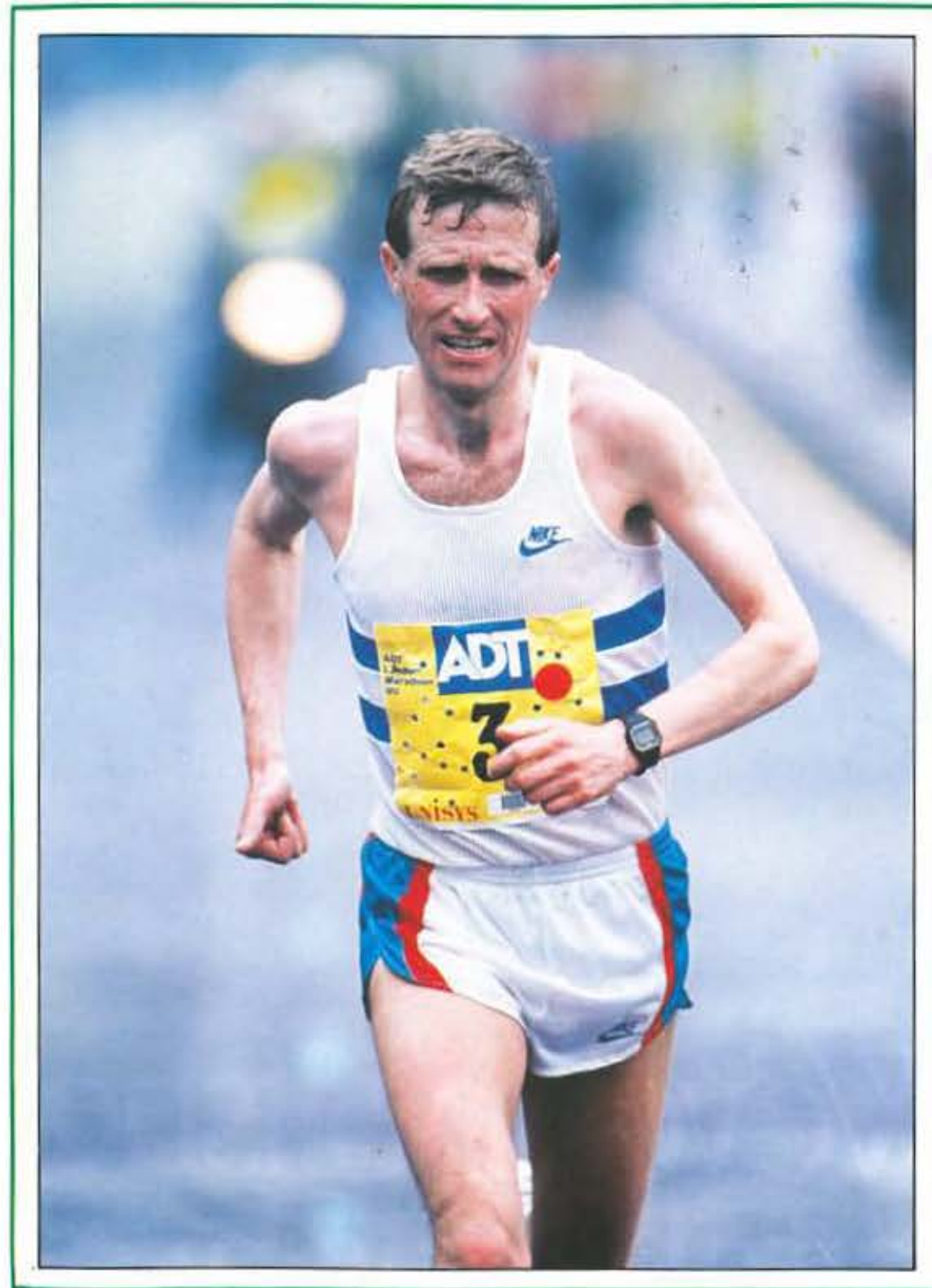
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CONTENTS

ISSUE NO 46

REGULARS

5
INSIDE LANE

7
UP FRONT

9
NORTH EAST NOTES

11
LETTERS

15
ALLAN WELLS

20
1990 SCOTTISH
INDOOR BESTS

23
ALL-TIME SCOTTISH
YOUTHS RANKINGS



Forth Bridge Centenary Half Marathon

FEATURES

16
COACHING CLINIC
Derek Parker looks at sprint
speed and its role in the
programme of distance runners.

29
IT'S HUTTON
Winning the ADT London
Marathon hasn't mellowed
Allister Hutton's attitude, as
Russell Smith finds out.

33
HIGHLAND GAMES
Willie Robertson marks the start
of the new season by looking
ahead to the prospects of our
best amateur and professional
heavyweights.

REGULARS

28
SAUCONY
COMPETITION

31
SCOTTISH
SCHOOLS

35
RESULTS

40
EVENTS

48
SPORTS
NETWORK

50
CLASSIFIEDS

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INSIDE

L A N E

SADLY, but predictably, it hasn't taken long for the wrath of European athletics to fall on Glasgow, and the Kelvin Hall in particular.

Nobody should be in any doubt as to the connection between the mishaps of the European Indoor Championships and the recent decision to award Cosford, rather than the Kelvin Hall, the European Indoor Grand Prix meeting on February 11 next year. And that is only the start of what may be an indefinite period of quarantine for the Kelvin Hall.

The venue is, in short, taking the rap. But it wasn't the Kelvin Hall management who organised the European Championships. It wasn't the Kelvin Hall management who bickered over facilities for the media. But it's the Kelvin Hall which is paying for the shortcomings of the organ-

ising committee and the bullish attitude of some within Glasgow District Council.

Next year, as this year, there will be three televised indoor meetings in Britain. With the European indoor event going to Cosford, and the AAA Championships at the same venue being another certain televised event, it is more than conceivable that the Kelvin Hall won't feature at all amongst the big meetings of 1991.

Then, the following year, the new indoor track at Birmingham will open. Where, one wonders, does that leave the Kelvin Hall?

The irony of the situation is that Glasgow probably supports grassroots athletics more than any other city in Britain, what with its development scheme and various other promotions. The televised spectacles at the Kelvin Hall are very

much the cream - but if these are taken away from the city indefinitely, will the commitment to grassroots athletics also fall away?

As the Kelvin Hall conversion was funded by the Scottish taxpayer and ratepayer - not, let it be said, by councillors and officials - the current state of affairs cannot be allowed to continue.

It's not good enough for Glasgow to protest that they obeyed to the letter their contractual obligations to the European indoor Championships - there must be a gesture of reconciliation made to the BAAB, and urgent talks held to ensure that the Kelvin Hall resumes its rightful place at the forefront of British indoor athletics.

Alan Campbell

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up FRONT

Sponsor sought

AS we went to press there was some concern that the prestigious IAC Grand Prix meeting scheduled for Meadowbank on July 6 might not take place.

Previous sponsors Miller Lite pulled out last Autumn, and it is understood that no alternative sponsor had been found by as late as May 10. In view of the enormous amount of organisation involved in such a venture, the future of the meeting was due to be discussed by organiser David Bedford and the hosts, Edinburgh District Council, on May 16.

Sponsor found

HAVING been without a sponsor for the last two years, the Scottish Young Athletes League have secured a three year deal with Woolworths, writes *George Duncan*. The company is putting £300,000 into athletics in Great Britain to further the improvement of the younger athlete, particularly at club level.

Woolworths has decided that the way to assist clubs is through supporting the established young athletes leagues throughout the UK - the Scottish Young Athletes League will receive £6,000 per year for the next three years to administer the league.

At the league agm it was decided that the winning club of 1990 would be heavily subsidised to travel to Birmingham to compete in the UK Auxiliary Plate Final on September 1. Inverness Harriers have represented Scotland for the last two years, and just ask any member of that club of the benefits accrued.

After all track hire and administration expenses have been paid, all surplus funds will be returned to clubs in the way of travelling grants to assist clubs in reaching the competition venues.

Part of the £300,000 put into athletics by Woolworths will be laid aside towards development. Having already submitted our plans for Scotland, we are presently negotiating on this matter and all will be revealed in a later issue of Scotland's Runner.



A FIELD of around 500 is expected for the Polaroid People's 10K Road Race on June 24. The organisers promise a large number of spot prizes, as well as voucher prizes for the top athletes.

Entry details for the event, one of many supported by Polaroid, appear in the events section.

MORE than 50 entries have been received for the Bruichladdich Islands Peak Race, which gets underway from Oban on May 18 and finishes at Troon on May 20. Look out for a full report from the event, which combines 120 nautical miles and a total climb of over 11,500 feet, in the next issue.

ABOVE, runners in the Forth Rail Bridge Centenary Half Marathon
Picture by PETER DEVLIN.

HUGH Muir's Open Forum series will resume next month.

IN 1990

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up FRONT

Ellon gets new track

THE fledgling Ellon and District AAC is about to sprout Royal wings. The three year old club's new £82,000 all-weather quarter track will be formally opened by Princess Anne on Friday, July 13, writes Russell Smith.

It was February when Gordon District Council found they had the surplus cash to fund the 110m track, bend and adjoining throws areas - complete with floodlights.

Explained Bob: "The grant was made on the understanding that the money would be used before the end of the financial year."

Ellon's luck was running true to form when the club discovered that Hunter Construction - the company responsible for the work on Aberdeen's international-class facilities at the Chris Anderson Stadium - would be working on another project in the area.

Added Bob: "The company agreed to add our track to their existing workload, and the work began late in February."

With luck, Ellon and District athletes are looking for a new track-and-field deal by May, with the Royal opening planned for July. Until now, the local club have been restricted to training sessions on the wide open spaces of Ellon Academy's playing fields.

"We just cannot believe that the days and nights of wet and soggy grass are going to be a thing of the past," said Bob Duncan as he viewed the developing track-and-field facilities which are located at The Meadows.

"One day this could well become a full 400m set-up," he added.

Meantime, the quarter track becomes an integral part of an exciting sports complex as it adjoins football, rugby and hockey pitches used by four other clubs.

On the future development of athletics, he added: "This four-lane quarter track will be the launching pad for a massive recruitment drive for members."

New sponsor

THIS year's Great Scottish Run, again over 25K, is to be sponsored by Diet Coke. The announcement was made in Glasgow on May 10.

NORTH EAST NOTES

LONDON'S cool conditions could have revived the marathon hopes of Aberdeen AAC's Jim Doig. The Scottish international emerged from the winter doldrums to post a 2-17-58 in overall 44th place on fellow-Scot Allister Hutton's big day.

Doig slices 27 seconds off his previous best, set in Dublin in 1988, to finish second Scot and eighth Briton. It was all so different from the Falkirk Half Marathon in October when the oil company engineer ran so badly that he elected to call it a day.

The lure of a second sunshine trip to the Bermuda Marathon in January helped to rekindle the interest. "It all really began to click again at the Inverness half in March," said Jim.

But London was a no-go area until a fortnight before the race. Even then, coach Brian Scobie had to pull a few strings to get Doig to the Greenwich starting line.

"The conditions were just right," said the runner who lives in the small Deeside village of Kincardine O'Neil.

The North-east had equally good reason to celebrate the London run of Doig's fellow international Charlie McIntyre (Fraserburgh Running Club). McIntyre revelled in the rain to finish 101st in a 2-25-28. Charlie's delight can be judged from the fact that it was the first time he had broken the 2-30 barrier.

NOTHING official as yet ... but race co-director Graham Milne looks set to end his ten-year connection with the City of Aberdeen Milk Marathon.

Graham, a top-flight veteran in his own right, recently made the move from the Buchan village of Longside to Elgin to accommodate a new teaching appointment. Travelling difficulties will almost certainly rule out any official interest in Aberdeen's 1991 event.

As to Graham's future club allegiance, he plans to remain a first-claim Peterhead AAC competitor, linking up with Moray Road Runners for Elgin training sessions.

The predicted Milne departure will leave the Aberdeen race without three of its longest-serving officials. Former chairman Edwin Reid and the race general manager have already tendered their committee resignations.

FRASER Clyne's worries about his springtime fitness evaporated with a double helping of success in the space of 24 hours.

The Metro Aberdeen RC star won the annual Craig Dunain hill race before returning to home base for a 69-44 triumph in the Aberdeen AAC Half Marathon the following day.

Metro's growing influence on the North-east road race scene was reflected in the fact that they produced seven of the top ten finishers in the half marathon.

But Aberdeen AAC retained their stranglehold on the veteran prizes when they produced a 1-2-3 with the evergreen Colin Youngson (72-28), Charlie Simpson and John Gallon.

A FIFTH place 2-41-03 in the Lochaber People's Marathon guaranteed Kenny Rankin (Falkirk Victoria Harriers) success in the Lochaber springtime three-race series which ranged from 10k through 10 miles to the marathon.

Don Ritchie (Forres Harriers) won the marathon on a day that again reflected Fort William's far-travelled appeal.

Elizabeth Walls (St Albans Striders) retained her women's title from a field including entries from Alnwick Harriers, Wigan Phoenix, Accrington Road Runners, Blackheath Harriers, Serpentine Running Club and the York Priory Street Panthers!

A FEMALE team prize is on offer for the first time at what has become Aberdeen's annual summer evening seaside spectacular.

The Roevin Charity 10K Road Race, which has a 7.30pm kick-off at the Beach Esplanade on Tuesday, June 19, will this year be in aid of the Grampian Bone Scanner Appeal.

Aberdeen AAC will be well to the fore in the race for the first female team prize.

Russell Smith



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ADDRESS

LETTERS

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

Yvonne reached the top before becoming a research subject

22, Craiglockhart Terrace,
Edinburgh.

SIR - As Yvonne Murray's coach for nine years, it is with no small interest that I have followed the references to her career (J. Brown (twice), D. Scott, Allan Wells and others). I now feel that I should enter the fray in my own "write".

I will be interested to see if my letter is published since, except for the Glasgow Herald (September 1988), all other papers and periodicals have ducked the issue by not printing my comments on glaring inaccuracies re Yvonne's time with me.

Let us dispel once and for all the myth in current vogue that she could only front run. I know Allan (Wells) had his plate full with Cameron Sharp (200m) and Drew McMaster (100m) in the 1982 Scottish Championships at Grangemouth or he might have noticed a young (17 year old) girl tracking people, including Keri Robinson who was 12 seconds faster, for 2700m before unleashing a treble kick at 2700, 2800 and 2900m to destroy both the field, her personal best, and the Scottish native record by 12 seconds.

We can remember 1983, on a wet track at Meadowbank, where she tracked former world record holder Paula Fudge for 4,900 metres before sprinting past to take gold in her first attempt at 5K.

Twice in 1986 she tracked Budd before sprinting past off the final bend, once to take the Commonwealth 2K record, less than one second off the world record, and the second time reducing her 3K best to 8-37.15 (still her second fastest run) to take



From left to right: European indoor 3,000m silver; European indoor 3,000m gold; European outdoor 3,000m bronze, European indoor 3,000m bronze, Commonwealth 3,000m bronze. Europa Cup 3,000m silver not in picture.

the only track medal by a British woman in the Stuttgart Europeans.

In 1987 at Crystal Palace she came into the home straight eighth, then sprinted past such as Shireen Bailey to finish a close fourth in 2-00.8 (still her best) behind Melinte (Olympic gold), Wade (Commonwealth gold), and Kratochvilova (World gold).

I purposely selected different distances spanning five years to defeat the arguments that it was possibly a one-off occurrence. I can, if desired, quote numerous other examples from my 1979-87 racing log book.

As for "head down not getting anywhere" by D. Scott, who, I am told, "helps" by letting his runners run beside her when she trains, I have included a photo of the major medals which she gained before she was 23.

European gold indoors 1987 (three years before McKean, and she took seven seconds off the old record), European silver indoors 1986, European bronze indoors 1985, European bronze outdoors 1986 (beating among others Samolenka), plus Commonwealth bronze 1986 (behind the 1984 Olympic bronze medallist and the

world indoor gold medallist, and in front of the 1984 silver medallist).

This is not to mention her Scottish, British and Commonwealth (2) records, both indoor and out from 800m to 10,000m. A record only Aouita can match.

We hear a lot about medical back-up (useful) and scientific analysis - limited value as it works on averages and has not had enough unique elite athletes to get a really significant quantity of results.

Tom McKean, like Yvonne, reached the top before becoming a research subject.

All in all, I am tired of having my methods and achievements with Yvonne disparaged by writers supposedly quoting Mr Boyle and Yvonne herself. If the quotes are accurate I am surprised at the ethics of the people involved.

If they are not, then I suggest sports writers should refer to the other party involved to produce balanced accounts.

Allan, I feel, should stick to what he knows well, as I thought his article on preparation was excellent and very similar to the path which I followed with Yvonne in using well tried and tested methods.

I would be willing to prove to anyone that Yvonne ran at least as fast before Boyle as after from taped evidence. How fast can she actually run now? With me she was c. 12.7/100, 26.7/200, 39.8/300 and 56.3/4x400 relay split.

As regards an ability to understand scientific research, I will just sign myself,

William A. Gentleman,
BSc. Hons Zool. Edin.,
MSc. Zool. Edin.

LETTERS FOR THE NEXT ISSUE
SHOULD REACH US BY JUNE 1 TO
BE CONSIDERED FOR PUBLICATION

LETTERS

"Mr Boyle does not have responsibility for athletics in Scotland"

89, Hamilton Road,
Motherwell.

SIR - Must we really have another full page of J. Brown's tendentious outpourings next month? Come off it, J. Brown, "Who's stolen your scone?"

Is the disquippant Brown a gentleman? Examination of the lists of officials and current Scottish coaches in athletic clubs, however, shows the absence of such a Brown gentleman.

J. Brown has the advantage over the rest of us who read this excellent magazine - his given address, for J. Brown's reasons, is short and untraceable. In March, when my reply was published, I received phone calls and letters supporting me, rather than the adroitly malefic logorrhea which J. Brown used to attack the excellent Scottish athletics coach, J. Boyle.

This year, at the main cross country venues of Aberdeen, Irvine and Bellahouston Park, there were, I believe, a small number of athletes (very young to young) from Bellshill Harriers competing. Moderate to good performances were attained by all of these. In the last two years, four runners under the Bellshill YMCA athletic club received national selection as a result of their performances.

At each of the above venues, the total number of young athletes competing was well into the thousands, coming from clubs all over Scotland. This year is no different from any over the last five or six years, yet as those cohorts of athletes progress through junior/senior/youth ranks, the number of participants drops and the standards achieved within a cohort widens.

In adulthood, each athlete follows a training programme set by/agreed by/discussed with each coach/athlete. What is good for one may not be entirely suitable for another. I am thinking particularly here of young athletes who follow religiously a training schedule which in itself did not have predetermined objectives, other than satisfying the personal whims of this type of "coach".

As this athlete grows physically and intellectually he/she becomes aware of the poor quality given in younger life, and then when international demands are made, those earlier instilled deficiencies prevent performances which would please even J. Brown.

Mr Boyle does not have responsibility for athletics in Scotland, yet this gentleman (Brown) is alluding that through selected performances of Yvonne Murray and Tom McKean, Mr Boyle's coaching is at fault. I admit in my previous letter, I referred to J. Brown as myopic.

This I withdraw; reading both letters and his interpretation, including his arithmetic, he is probably more accurately presbyopic.

This archivist gentleman (a keeper of records - no matter how selective these may be) has something in common with the following quotation from an article by Doug Gillon in the January 19 edition of the Glasgow Herald, 1985. I quote:

"I stared incredulously as... produced from his pocket a record form completed in every detail save the time."

This was in reference to a particular Scottish coach who recorded every detail about a particular race, and who could produce past times in past races, as articles over the next four or five months by Doug Gillon indicated. The athlete in question, from the first week in May until approximately 21 days later, ran seven national/international races at distances 800/1500/3000/ and 10,000m, all of the times etc being meticulously annotated, in a manner not unlike our magazine archivist Brown. However, if coaches throughout Scotland, as a result of Brown's letters, look at their schedules, training programmes etc, and ultimately ignore his preteristic jealousies, then so be it.

In Scotland today, we have thankfully athletes who can perform with honour and distinction in the international arena. My disappointment is our lack of strength in depth across the spectrum of athletics from field events to running.

In 1985, when the standards for Commonwealth Games were published, the time expected for the women's 800m was 2:00.00. Recall the fiasco concerning standards for last year's Commonwealth Games.

When these standards are set they take cognizance of international times and those which won at previous Games, and the hope/expectation is that up-and-coming athletes will not only aspire to those set levels, but reach or even surpass them.

They can only reach these PB's through the dedication, support and participation by themselves and their coaches.

What doesn't help is some carping critic who attempts to denigrate the performances of two of Scotland's best athletes through his inference that their coach is not fulfilling the non-participative J. Brown's expectations.

Jim McGrane

One athlete per event

22, Wilson Street,
Perth.

SIR - It seems to me that Hugh Muir's plea for better representation for athletics in the 1994 Commonwealth Games is like a "voice crying in the wilderness", so I thought I would add some additional support. I more or less agree with Hugh. But we must be constructive and put forward a proper plan for athletic representation.

Let me therefore put forward definite proposals:

1. That Scotland send a minimum of one athlete per athletic event.

2. That Scotland send teams for all relay events.

3. Any further competitors must reach a standard criteria.

This would in effect mean that in the "weaker" Scottish events we would at least have Scottish participation, and in our stronger events we could have up to three competitors. If these proposals were adopted, athletes would have a clear goal to achieve: being the best at his/her event in Scotland.

I believe that the "Cinderella" events need a considerable boost, and the best way to do so is to announce that Scotland fully supports our "Friendly Games". Surely the basis of all sport is participation. The broader our base, the higher our apex!

Again, let us be constructive. To achieve our wishes, we may need to convince the Commonwealth Games Council for Scotland that this is our wish. How do we achieve this? The agm's of the SWAAA and SAAA are the place to bring these proposals. Let them be discussed and voted upon, and then our delegates are left in no doubt as to the wishes of the clubs.

Some will say that it is a hard way to learn, being thrown in as a "no-hoper" at a major event. I would argue that it is the right place to learn your trade.

An athlete's dream is to represent Scotland. Let us try to fulfil a few more dreams in 1994 by starting to plan now.

G. Duncan,
Secretary,
Perth Strathgait Harriers.

Letter on professionalism "totally misses the point"

72, Montrose Terrace,
Edinburgh.

SIR - Your May issue contained a letter from Alex Muir, supposedly replying to a letter contained in the April issue written by a "professional" athlete. Whether the letter his is replying to is the one written by myself or Max Reid is not clear, but either way I must point out that he has totally missed the point.

My letter was not at all concerned with money, but was a criticism of the restrictive practices of the SAAA in limiting where and when an athlete may compete. I was attempting to show what a much better sport we could have, and how much greater the opportunities for participation there would be, if these practices did not exist.

To emphasise this point I gave the example of the enlightened approach to this matter in Australia, which is the only other country in the world with a comparative structure.

If, however, Mr Muir is referring to Max Reid's letter, then again he appears to be totally on the wrong track.

My interpretation of this letter is that he (Max Reid) is attempting to highlight the hypocritical situation whereby big money earners such as Carl Lewis would be welcomed to an SAAA competition, but at the same time they would ban from competition (even closed to veterans) a 71 year old former alcoholic who only took up athletics after reaching the age of 60.

Apparently the latter is a "professional".

With no disrespect intended to Max Reid, at his competitive standard as an "amateur" he would probably earned precisely £0.00 in the duration of his athletics career, so I am quite sure he is not bemoaning the fact that there is not enough money around in "professional" athletics.

In fact, the use of the word "professional" is a complete misnomer and the continued use of it is the only criticism which could be levelled at the Scottish Games Association over this

matter. A much more accurate term would be prizemoney athletics (or perhaps even open athletics). What is in a name anyway?

Both my letter and Max Reid's letter were mainly concerned with the grassroots participation (say club standard), not international standard athletics with all the sponsorship and publicity it brings.

Therefore, apart from possibly one event per year, Mr Muir's point concerning these factors is largely irrelevant. While I may agree that "professional" athletics in Scotland is in decline, I think it would be fair comment to say that all athletics in Scotland is currently in decline.

Indeed, there have been articles in past issues of Scotland's Runner regarding this issue.

Finally, the "them" and "us" tone set in Mr Muir's letter is precisely that which I was criticising in my previous letter. To suggest that this magazine is for "amateurs" and should not contain letters from "professionals" borders on the ridiculous. We are all athletes who enjoy the sport of athletics.

Just look at the number of Scottish international athletes produced over the last 15 years with direct connections with coaches and athletes who have come through the "professional" ranks.

Indeed, I even attended a BAAB coaching course at Inverclyde National Sports Centre, where the example training sessions for sprinters were taken directly from a well-known "professional" coach.

Perhaps the trouble is that in Glasgow you have very little contact with the so-called "professionals".

However, the rest of the country is not so isolated. Go along to Meadowbank and you will find "amateurs" and "professionals" training side by side in the same squads. Could you spot the difference?

I suggest, Mr Muir, not on your nelly!

Scott Brodie

15, Frankfort Street,
Glasgow.

Put an end to the hypocrisy which exists at present

SIR - I am prompted to write in reply to Mr Alex Muir's letter in the May issue. He has clearly got the wrong end of the stick.

Far from diminishing, professional athletics are on a greater scale than they have ever been before. They are called international amateur athletics; and to paraphrase John Walker, "they are infiltrated by greed and corruption".

No lesser luminaries than Sebastian Coe and Steve Ovett have, in their autobiographies, called for the sport to go open. This would put an end to the hypocrisy which exists at present.

My main gripe, which I have highlighted in a previous letter, is the persistent discrimination by the SAAA against those athletes who compete on the Scottish Games Association circuit, and also to their threatened outlawing of club athletes who wish to compete on this circuit. I defy

anyone to defend this attitude.

In his letter, Mr Muir decries the apparent lack of sponsorship in this circuit. I would like to point out that these Games are run by, and for, the benefit of the local communities. They are part of a rich Scottish culture, and well supported by local businesses.

Incidentally, it may surprise Mr Muir and others of his ilk to learn that we participate not just for the monetary prizes but also for the camaraderie and the enjoyment of being part of this Scottish tradition, as well as for our love of athletics.

Lastly, surely Mr Muir is not implying in his final paragraph that we have no business reading or corresponding through the pages of the Scotland's Runner. Contrary to his opinion, we are all Scotland's runners!

Max Reid

P.S. Both this magazine and The Punter are excellent Scottish sports magazines. Long may they flourish.

Lack of results

3, Kilmardinny Drive,
Bearsden.

SIR - What has happened to your usually extremely efficient results service? When I received the May issue of Scotland's Runner I was looking forward to reading the results of the SWCCU Championships which were said in the April issue to be following next month.

As this was my best race of the season and our club (Glasgow AC) won the senior and intermediate team prize, I was very disappointed to find that not only these results, but all races which took place over the past month or so, had been left out.

Jennifer Cuthill (16)

(You're quite correct, Jennifer - apologies again, and also to Mrs K. Clark of Fraserburgh. Last issue's results arrived too late for inclusion, but in the case of the "Scottish", both we and our compiler are still awaiting the results from the SWCCU - Ed)

Advice required

5, Burnton Place,
New Cumnock
Ayrshire.

SIR - Could my question be answered: on preparing for the London Marathon I set my peak date as March 31. On that day I ran 24 miles, that week the total miles being 52.5. The weeks previous were 43.5, 53, 50, and 53 miles.

My training started for the marathon on January 22. The three weeks before the marathon were 32, 30, and 11 miles. The point being on my 24 mile run I had little or no aches or pains in my legs, but on the marathon day I had trouble with my legs from 19 miles.

My training area being very hilly, help for the failure would be appreciated.

D. Sanderson
(Male, aged 64)

P.S. Time for 24 miles 3-44; time for London Marathon 4-38

LETTERS

Scots should support Lochaber

33, Rossie Place,
Edinburgh.

SIR - I am writing this letter to you having completed this weekend a very enjoyable day at the Lochaber People's Marathon in Fort William. It still fills me with surprise that, this time every year, hundreds of fellow Scots spend vast amounts of money and travel enormous distances to compete in the London Marathon.

Whilst admittedly the actual run itself may be an enjoyable experience, from my own visit I felt that before and after the event you were herded into the start and away from the finish areas as quickly as possible and no interest was shown towards individual runners.

Lochaber is a different experience entirely. This was my second visit to the event, and the difference in the intervening year is amazing. Easy to see numbers every mile, prominent signs telling you when you were approaching a drinks station, sponging point, or first aid centre, and dedicated volunteers helping out at each of them and conveying the impression that they were enjoying themselves and that you were not being a nuisance to them.

There was even someone at each of the five mile marks shouting out your times, which is helpful and saves having to look at your watch every so often.

However, if you are one of those runners who only performs well if being cajoled, then this isn't the place for you as you can literally go for miles without seeing another person. But frankly, I for one can do without some of the abuse thrown at you in the way of "encouragement".

At the finish every runner was announced home as they crossed the line, and given a drink of water, a carton of juice, and a Mars Bar, as well as their medals. After showering and changing, every runner had the opportunity to go to the cafe the organisers had laid on and get free tea or coffee and some free refreshments to eat.

For those that bothered to stay behind for the prizegiving, virtually everybody bar a few (including myself) seemed to be getting a prize as the list was as long as the entry list and took some time to get through.

It annoys me that with so much effort being put in by the organisers to give the runners everything they could possibly ask for, that more and more runners don't support events such as this.

It's not as if Fort William is at the opposite end of the earth, and the hospitality you get from the organisers and the townsfolk alike is something to be seen to be believed and makes the journey all the more worthwhile.

And as for scenery, the only reason that this doesn't win the most scenic race awards is that not enough people enter the event to make it a winner. It really did have breathtaking views and with the weather as good as it was that day, Stonehaven or Selkirk don't even come close in my judgement.

As a vast proportion of the runners in the field came from south of the border, it annoys me that in a few weeks time I'll probably meet someone at another race who'll be bemoaning that the number of really good races in Scotland is on the decline. Well, it's not surprising if Scottish runners don't support excellent home events such as this.

So, if you get a knock-back from London again next year, instead of just sitting back with your feet up watching the London event on the box and maybe going out for a training run later in the day, get out and enjoy a beautiful part of Scotland and take part in this race.

Perhaps the running surfaces aren't as great as in London, and if you like being pampered I'm sorry there's no carpets for you on this course, but then again if I'd wanted to run on carpets I could always stay at home and run around my bedroom for three and a half hours, couldn't I?

Keep up the good work with the magazine, and how about giving events such as this more coverage rather than your usual big race coverage?

Keith R. Gooch

On the trail of Beatrix Potter

27, Atkinson Road,
Hawick.

SIR - You may be interested to hear of a run being undertaken by employees of Roxburgh District Council, with the support of the council in aid of the British Diabetic Association and the Carlisle branch of the Multiple Sclerosis Society.

The district council are corporate members of the Beatrix Potter Society, and when a point-to-point charity run was suggested they proposed a Beatrix Potter theme.

The run started at Beatrix Potter's cottage at Hilltop, near Sawrey, Lake Windermere, and will take eleven stages of between nine and twelve miles with one stage being run every week.

The first stage started on Tuesday, May 8, passing through Ambleside to the Kirkstone Inn. Proceeding via Patterdale, Motherby, Greystoke and Low Braithwaite in subsequent stages, the run passes through Carlisle on Tuesday June 5 and Longtown on June 12.

Scotland will be entered near Kershopefoot on June 19 when the runners reach Newcastleton Square. On June 26 and July 3 the runners proceed via hill country in Roxburgh district to arrive at Hawick Town Hall.

July 10 takes the runners over part of the previous Sunday's Hawick Half Marathon course and to Ancrum village, where Beatrix Potter's brother once had a farm. The final leg marks a change from the Tuesday evening format and is scheduled for the afternoon of Wednesday July 18, when the runners proceed from Ancrum to Kelso Town Hall, where they will be met by members of the Beatrix Potter Society, some of whom will be here from America and Canada.

The run will mainly be held on minor roads and bridleways, although geographical constraints will dictate some sections being run on classified roads. Runners intending to do the whole route are myself, Andrew Medley, Dave Kemp and veteran John Milne, formerly of Linlithgow.

We are all slow joggers but hope to be joined on some legs of the run by Grant Moyes, a prominent veteran with Teviotdale Harriers and winner

of the Teviotdale Harriers Cup in 1987.

The Multiple Sclerosis Society are providing a t-shirt for each runner which will give a corporate identity.

Because of an early season injury and commitment to the long-distance charity run, I am not entering so many half marathons as last year, but hope to do South Queensferry, the Luddon, Carlisle, Kirkcudbright, Hawick, Haddington and Eyemouth half which I haven't done before, as well as repeating Dumfries, Falkirk, Campbeltown and the Land O' Burns, all of which I enjoyed last year. But I won't be repeating last year's feat of 12 half marathons in the 13 Sundays, May 14 to August 6.

Your magazine gives very good coverage of the Scottish scene and the more important "foreign" events; so much so that I have stopped my subscription to an (English) running magazine whose main focus of activity was the home counties and rarely mentioned anything happening north of Watford gap.

I think, however, a sports injury clinic column might be of interest. This is a subject some of the English magazines do. After eight seasons of trouble-free racing I had my first experience of injury caused through overdoing it, having had achilles tendon stress, hamstring injury and painfully swollen varicose veins in the right leg at the back end of 1989, start of 1990.

Whether this was caused by too many races in 1989, or not making due allowance for the change of training terrain when I moved to Hawick, is unknown. Certainly, after long level runs around Glasgow, Renfrew, Paisley, and Linwood, it is a culture shock to not be able to go more than a mile or so around Hawick without being faced by steep hills. Good for stamina but takes getting used to.

Alex Cunningham

LETTERS
CONTINUE
ON PAGE 21

ALLAN WELLS

SCOTLAND won the Grand Slam, Allister Hutton won the London Marathon, and Stephen Hendry won the World Snooker Championship! All we need now is for Tom McKean to win the 800m at the European Championships and we will have completed our own Grand Slam.

The one common thread which runs throughout these performances is that nobody, except perhaps the people involved, actually expected them to win. So what is it in the Scottish character that can produce these performances, especially when we are the underdogs, and why can we not harness it to produce more world class performances?

If we look at the performances again we find that the other common thread was that they were all competing against the English! In Allister Hutton's case, although there was a cosmopolitan field he was competing against the English for a place in the European team. If the talent is there when we compete against the English, then surely it must be there when we compete against the rest of the world.

The Scots have a chip on their shoulder when it comes to the English: so for that matter do the Welsh and the Irish, and this chip seems to be the major incentive to produce the goods against the "Auld Enemy". Whereas, when we compete against the rest of the world we do not actually believe in ourselves enough to go out and do head to head battle the way we do in Britain.

This all seems to boil down to confidence. In order to win a competition, whether it be the club championship or the Scottish Championships, you have to actually believe that you can win.

It is no good beating people when you know the field and know how well you should do. What is important is that you have enough faith in your own ability to go onto the track believing that you are the person to beat and nobody else matters.

In doing this, you should not only be concerned for yourself but leave



everyone else to worry about themselves. How often when you are warming up do you look at you opposition and think how fast *he* looks, how strong and powerful *he* looks, and before you know it you have just talked yourself out of the race and you have not even left the warm-up area!

The important thing to remember is that if you are watching your opponents, there is a strong possibility that the other athletes are watching you! If you are running around getting worried about other people then it shows. It shows in your face and also in the way you present yourself.

A confident athlete gives off an aura of confidence which says that he is in the shape of his life and there is no way that anyone is going to be him. Now it may be at the end of the day that he is beaten, but at least he has given himself a realistic chance of winning by not being put off by the others in the race.

Athletics is one of the sports that lays the athlete wide open to showing up any weaknesses in character or in ability. There is nowhere to hide when you are on the track. You cannot blame the boat, the gun, the horse, or any other outside body that is used in a sport. There are no team members to prop you up or hide

behind when you are having a bad day. It is you against the rest. If you have any psychological weaknesses then they are bound to be shown up at some stage in your career - and remember, it could be in front of millions. A physical weakness is easier to handle as you can at least do something physical about it, but what do you do when your weaknesses are only shown up in major championships?

Pressure is often blamed for poor performances when, in fact, pressure is self-inflicted. It stems from lack of the confidence, whether in yourself or the people around you.

The ability to cope with pressure is also in the athlete's own hands. Some people revel in facing big challenges and others shy away from them just in case they cannot cope. Others try hard to cope, but at the end of the day they just do not have what it takes to be able to handle a high pressure situation. The problem with this complaint is that sometimes it shows itself up early and sometimes does not emerge until the athlete is competing at world class level.

In the early stages the athlete often gives up, unable to handle even a club competition, but what becomes of the world class athlete unable to reproduce world class performances? So, next time your favourite athlete does not produce the goods, ask yourself how *you* would have coped with the situation.

FINALLY, congratulations to Liz and Peter McColgan, who are expecting their first child. As the father of two children produced by two athletes, all I can say is, "Good Luck!" I run more after Zoe and Simon in a day than I ever did in a week on the track!

It seems to be a fact, especially in long-distance runners, that the mother comes back a stronger and better athlete than before. If that is the case, then we can look forward to more world class performances from Liz.

Put your feet up now Peter, because it will be a while before you get peace to do it after your child is born!

COACHING

• CLINIC •

IN previous articles the importance of speed in all athletics events has been emphasised. This month we shall examine the concept of sprint speed and its role in the programme of distance runners.

What is sprinting? The correct answer is that sprinting is neuro-muscular and anaerobic. Neuro-muscular means that it is dependent on the nervous and muscular systems coordinating effectively and efficiently with one another. Anaerobic means that it is performed in the absence of oxygen, i.e. in a physiological situation where there is a state of oxygen debt.

The prime differences between sprinting and distance running is that sprinting is neuro-muscular and anaerobic, while distance running is cardio-vascular-respiratory and aerobic. This means that distance running depends mainly on an efficient heart-lungs system as well as the ability to transport inspired oxygen to the working muscles. Distance running is also mainly aerobic, i.e. the oxygen requirements can be accommodated by the oxygen breathed in during the actual event.

Many people are unclear about the aerobic and anaerobic aspects of running. However, if we consider the time it takes for an athlete to sprint 100 metres we can achieve a greater understanding of these physiological terms. Depending on ability, the time required by sprinters to run 100 metres will vary between ten and thirteen seconds.

During that time the athlete will breathe in on just a couple of occasions. It has been suggested that some 100 metres sprinters do not breathe in at all during the few, vital seconds it takes them to cover the distance.

Whether the athlete breathes once or twice or not at all during that 100 metres sprint, one fact is obvious. The sprint will be over before his or her oxygen uptake and transport system can circulate the oxygen via the lungs, heart and arteries to the working muscles. So, because the 100 metres sprint is performed in the absence of oxygen it is said to be anaerobic (from the Greek words "an" meaning "without", "aer" meaning "air" and "bios" meaning "life") in content.

This physiological truism can be further illustrated by the realisation that the total oxygen requirement of an all-out 100 metres

By Derek Parker

sprint in ten litres. But because the oxygen intake is reckoned to be around half-a-litre at the most, the athlete is said to be running under a 99 to 100 per cent oxygen debt. This means that ten litres of oxygen will be required to disperse the waste products which accumulate from the 100 metres sprint effort. But - and this point is important - the oxygen debt will only be repaid after the cessation of the effort. These factors all provide an insight into the anaerobic processes involved in flat-out sprinting.

As the distance of sprint events increases, the anaerobic-aerobic ratios alter significantly. Whereas the 100 metres is virtually 100 per cent anaerobic, the 200 metres is approximately 95 per cent anaerobic and five per cent aerobic. The 400 metres is approximately 83 per cent anaerobic and 17 per cent aerobic.

It is not my intention to venture too deeply at this stage into the more arcane realms of physiology. However, coaches intending to work at the highest level, and athletes wanting to learn as much as possible about their events, should familiarise themselves with the chemistry of muscular contractions and energy sources such as the alactic and lactic acid systems along with the adenosine triphosphate, adenosine diphosphate, creatine phosphate, and phosphate conversion processes.

Before proceeding to the practical aspects of sprint training and its relevance to distance running, one final aspect of exercise physiology should be considered. People who are born with a high proportion of white, fast-twitch muscle fibres will excel in explosive, anaerobic athletic events such as sprinting, jumping and hurdling. People with a high ratio of red, slow-twitch muscle fibres will be best suited to distance events.

This is because the white muscles fibres are basically non-oxidative and function efficiently in the absence of oxygen, i.e. in anaerobic events such as sprinting. Red muscle fibres are basically oxidative and function efficiently in the presence of

oxygen, i.e. in aerobically-based exercise situations such as distance running. Some athletes have a very high proportion of both sets of fast and slow-twitch muscle fibres. These are the men and women who can record excellent performances in events ranging from sprints to long distances.

Most people, however, are born with high ratios of one type of muscle fibre and low proportions of the other. Eighty to twenty per cent ratios are not uncommon. These points must be kept in mind because obviously some men and women will be more suited genetically and hereditarily to certain types of running than others. And since it is generally accepted that it is far easier to improve endurance than it is to improve speed, the athlete who regards himself or herself as lacking in speed may seem to be at an initial disadvantage.

This, however, is negative. Everyone, no matter how slow in terms of sheer speed, can acquire the ability to run faster. By the acquisition of good technique, greater mobility, more strength and an improvement in neuro muscular co-ordination, considerable gains can be made over a period of time. Equally important, he or she can learn to use as judiciously as possible what speed is possessed in the most appropriate situations to maximise performance in the competitive environment.

I am thinking particularly of the ability of inject sudden surges of increased tempo into periods of steady-state running - and also of the capacity to sprint to the very best of one's ability at the end of a race when one is feeling tired. It is worth remembering that it is not necessarily the fastest sprinter who triumphs during those last few, vital yards of a keenly-disputed contest. It is the man or woman who can sprint fastest *when tired* who is successful.

Every athlete, irrespective of the distance at which he or she competes, aims at improving what is described as horizontal speed. This is the product of stride length and stride rate or cadence. Let us consider the following example:

Athlete A has a stride length of seven feet and a stride rate of five strides per second. By multiplying the stride length by the stride rate, we learn that this athlete has a horizontal speed of 35 feet per second (7 feet x 5 strides per second).



Athlete B has a stride length of 8 feet and a stride rate of 4.5 strides

per second. Using the same formula we discover that this particular athlete has a horizontal speed of 36 feet per second. So, although Athlete B has a slower stride rate than Athlete A, he is still running faster because of his superior optimum stride length. Over 100 metres he would be approximately three yards ahead of his rival.

It is absolutely imperative, however, to remember that optimum stride is the objective. If the athlete overstrides, the foot will land on the running surface ahead of the body and cause a slowing effect. If he understrides, his legs will be moving like pistons, but he could be virtually running on the spot. So, the acquisition of optimum stride length and its integration with optimum stride rate is the key to successful sprinting. This principle applies as much to distance-runners attempting to speed up as it does to 100 metres specialists.

The utilisation of a correct sprinting technique is crucial to the ability of the athlete to run at top speed. Many distance runners fail to use their arms effectively when they try to speed up during the final stages of a race. They merely increase their rate of striding, and wonder why they are not moving much faster. It should always be remembered that the arms, being lighter than the legs, move at a quicker tempo. Therefore it is a truism that arm speed initiates and dictates leg speed.

Equally important is the fact that the proper use of the arms when the athlete sprints enables the large muscle mass of the upper body to be kept stable and steady. One of Newton's Laws states that for every action there is an opposite and equal reaction. The eccentric (i.e. off-centre) thrust of the legs driving against the body causes the trunk to twist and turn. This uses up a vast quantity of energy and effort if unchecked. So, to absorb the eccentric thrust of the legs against the body the

opposite and equal reaction is provided by the strong, powerful arm drive which maintains upper body stability and eliminates the grossly wasteful twisting and turning propensity of the upper body and trunk.

In distance running the arm carriage is fairly low and is used merely to balance the gentle thrust of the legs against the body. But in sprinting the arms are driven much more powerfully and vigorously at a force and effort commensurate with the more dynamic leg action. Ideally, the hands should come up to a point just below the chin for men and just above the hips for women.

In the backward drive the upper arm should be roughly parallel to the ground - but definitely *no higher*. The angle between upper and lower arm should be approximately 90 degrees to provide the short-lever position which is conducive to greater speed. The hands should be lightly cupped and the fingers and thumbs placed loosely on top of one another. There must be *no* tension or clenching of fists as this impairs the quality of the muscular contractions.

All arm movements must be backwards and forward, i.e. on a sagittal plane. The knee and foot placements must also be in a straight line. Any movement directed inwards or outwards is economically wasteful and directed away from the direct line of running. The head should be kept perfectly still and steady with the eyes looking directly ahead. Looking upwards or downwards restricts breathing, causes tension in the muscles, and can force the athlete to run in a zig-zag direction.

Running skill and technique is not an end in itself. Its true objective is to enable the athlete to run faster and farther at the lowest possible cost in energy expenditure. It is an aspect of training which should be incorporated into every athlete's schedule. There are several methods by which this can be done, depending on the time which

the athlete has available for training each day and week.

Special skill sessions can be programmed. Steve Ovett used to spend an hour on Saturday afternoons working on sprint drills. Typical sessions included: 3 x 60 metres accelerations; 3 x 60 metres high knee-lifts; 3 x 60 metres flicking the heel up towards the gluteals; 3 x 20 metres fast + 20 metres slow + 20 metres fast; 3 x 20 metres slow + 20 metres fast + 20 metres slow; 4 x 60 metres full effort from standing start.

Other alternatives are to include skill and technique practices during the latter stages of the warm-up or at the end of a fartlek session. For example, a session of 5 x 3 minutes fast with two to three minutes jog could be followed by 6 x 10 seconds stride + 10 seconds full effort + 10 seconds ease down - or 6 x 10 seconds full effort + 10 seconds ease down + 10 seconds full effort. Although skill and technique sessions are usually prescribed before more demanding elements of the training programme, it benefits a distance runner to practice them later on in the session from time to time to get used to performing and maintaining the correct skill patterns under conditions of fatigue.

One final word about technique which should be of interest to potential coaches intending to sit examinations. It is current coaching theory that the correct technical model should be developed before speed is introduced at faster levels. This basically means that faster running should only come into the programme once the athlete has acquired the ability to perform the actual running skill to a satisfactory standard at lower tempo.

Sprinting speed is also dependent on mobility. This is a commodity for which distance runners are not renowned. Yet one does not need a degree in physiology to understand that if an athlete does not possess sufficient mobility in the arm/shoulder and leg/hip joints then his or her

COACHING

CLINIC

ability to achieve optimum stride length and a vigorous arm drive is going to be impossible.

There is only one solution - and that is to include five to ten minutes' mobility work in the daily programme. This will involve exercises such as arm and leg circling and swinging as well as many others designed to give greater flexibility in important joint complexes, and which have the added benefit of helping to reduce the incidence of injury.

Full details of mobility exercises are available in various text-books. A word of warning, however. When doing mobility work, you must not over-stretch or indulge in bouncing, jerky movements. These will result in injury and immobilisation. The correct procedure when stretching is to take the joint or muscle group to the farthest point at which the athlete feels comfortable. The position is then held for between ten and thirty seconds before returning to normal. This is known as the "stretch-hold-relax" procedure.

An additional reason why distance

runners should include mobility sessions is that constant high mileages and pounding on hard, unyielding roads can cause the muscles at the backs of the legs to tighten and shorten. As well as increasing the risk of injury in these areas, the contraction processes can in extreme instances pull the spine slightly out of alignment and prematurely end a person's athletic career. By regularly stretching these muscle groups within the safety limits previously described, the risk of injury can be considerably reduced.

Sprinting speed is also influenced by strength, particularly leg strength. We have already been reminded of Newton's Law which states that for every action there is an equal and opposite reaction. Another of the great scientist's laws was that an object remains inert, i.e. at rest until force is applied to it to initiate movement. The application of strength to the running body enables the athlete to accommodate these scientific principles of movement.

I have mentioned earlier that arm speed dictates leg speed and initiates an increase

in tempo. In other words, the state of inertia is being overcome by the assistance of arm and shoulder strength. The degree to which this can be done will depend, of course, on the athlete having reasonably good upper-body strength.

If the arms and shoulders are weak the amount of strength and the period for which they can work efficiently will be vastly impaired. So, to gain upper-body strength, the athlete must include exercises such as press-ups, pull-ups and rope-climbing (for arms and shoulders), sit-ups, back lifts and abdominal curls from wall-bars (stomach and back muscles), as well as hill-running, step-ups, bench jumps and hopping and bounding for the legs.

Weight-training is also very effective in increasing strength but this must only be done under the supervision of a highly-qualified or knowledgeable instructor. Weight-training can cause injuries - some serious - if not done properly, so it should not be attempted unsupervised. In a future article, I shall describe strength training in greater detail.

COACHING

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The principle that for every action there is an equal and opposite reaction can be seen when an athlete sprints. The harder and more powerfully he or she pushes backwards against the running surface, the faster and more vigorously he or she will move forward. Also, by developing a strong leg drive with the rear leg fully extended in the push-off phase the athlete will attain greater knee-lift of the front leg - bringing it into a position where the upper leg is parallel to the ground and there is a 90 degree angle between the thigh and lower limb. During the recovery phase, the high kick-up of the leg behind the gluteals will produce a short lever capable of being moved at maximum, or close to maximum, speed.

From the preceding paragraphs it will be seen that sprinting is a highly-specialised activity requiring a technique and skill which must be assiduously worked for over lengthy periods of time.

The difficulty confronting the distance runner is that he or she must be able to change from a steady state running action to a sprint style as and when the occasion demands.

One suitable method of acquiring this technique is to run repetitions at varied speeds with or without recoveries between increases in tempo. For example, instead of simply doing a session of 6 x 800 metres at 5000 metres pace with 100 metres jog recovery in 30 to 45 seconds, the athlete could do 600 metres at 5000 metres pace followed by 75 metres jog recovery in 25 to 35 seconds, then 200 metres at 1500 metre pace with 100 metres jog recovery in 30 to 45 seconds. Six sets of these repetitions would be performed, giving a total distance of 4800 metres.

A similar session without a recovery between tempo increases would be a 10 x 500 metres with the first 400 metres run at 5k pace before the athlete steps up the

speed over the final 100 metres to simulate a race surge. Recovery periods between repetitions would be around 45 to 90 seconds depending on the athlete's ability, experience and state of fitness.

Finally, to get the full flavour of fast sprinting over a prolonged period, there are few better sessions than that popularised by Arthur Lydiard, coach to great athletes such as Peter Snell and Murray Halberg.

This involves the athlete covering a distance of between two and three miles jogging for 50 metres then sprinting for 50 metres - providing a session of something like 32 to 48 x 50 metres with 50 metres jog. A more gentle variant would be eight to twelve laps of jogging round the bends of running track and sprinting along the straight sections.

This would provide a session of 16 to 24 x 100 metres with 100 metres recovery jog.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross-country/grass running.
Monday: 5k session (25 x 200m with 15 to 20 secs recovery).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 3000m session (8 x 400 m with 30 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 mins four to six times a week will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One.
Monday: 5k session (6 x 800m with 30 to 45 secs recovery + 1 x 200 m full effort).
Tuesday and Wednesday: As Week One.
Thursday: 1500m session (2 x 3 x 500m with 45 secs recovery between reps/5 to 10 mins between sets).
Friday: As Week One.

Saturday: Race or 12 to 15 miles. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5k session (5 x 1000m with 45 to 60 secs recovery).
Tuesday and Wednesday: As Week One.
Thursday: 3000m session (10 x 300m with 20 to 30 secs recovery).
Friday: As Week One.
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5K session (12 x 400m with 20 to 30 secs recovery).
Tuesday and Wednesday: As Week One.
Thursday: 1500m session (2 x 5 x 300m with 20 to 30 secs recovery between reps/5 to 10 mins sets).
Friday: As Week One.
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cross-country/grass running.
Monday: 5K session (25 x 200m with 20 to 30 secs recovery).
Tuesday: 30 mins steady.
Wednesday: 5 to 8 miles steady.
Thursday: 3000m session (8 x 400m with 30 to 45 secs recovery).
Friday: Rest or 15 to 20 mins easy.
Saturday: 8 to 10 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins easy running, two or three times a week.

Week Two

Sunday: As Week One.
Monday: 5k session (6 x 800m with 45 to 60 secs recovery + 1 x 200m full effort).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 1500m session (2 x 3 x 500m with 45 to 60 secs recovery between reps/5 to 10

mins between sets).
Saturday: Race or 5 to 8 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5k session (5 x 1000m with 45 to 90 secs recovery).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 3000m session (10 x 300m with 30 to 45 secs recovery).
Saturday: 5 to 8 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5k session (12 x 400m with 30 to 45 secs recovery).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 1500m session (2 x 5 x 300m with 30 to 45 secs recovery between reps/5 to 10 mins between sets).
Saturday: Race or 5 to 8 miles steady.



Two runners warm up prior to the Forth Bridge Centenary Half Marathon on April 29. PHOTOGRAPH BY PETER DEVLIN.

SCOTTISH INDOOR BESTS 1989-90

Men

60 Metres

6.81	Jamie Henderson	ESH
6.85	Elliot Bunney	ESH
6.92	Brian Ashburn	C'bank
7.00	Darren Galloway (J)	Ayr
7.09	Richard Levin	Bella
7.11	Scott Cummings (J)	ESH

200 Metres

21.86	Jamie Henderson	ESH
21.90	Mark Davidson	Aber
22.64	Pat Shannon (J)	Bells
22.69	Stuart Robertson	Bells
22.76	Gregor McMillan	Bella
22.79	Ewan Clark	Pit

400 Metres

46.52	Brian Whittle	Ayr
47.82	Mark McMahon	ESH
48.36	Gregor McMillan	Bella
48.41	Mark Davidson	Aber
48.51	George Fraser	Sand
49.18	David Mulheron	Bella

800 Metres

1-46.22	Tom McKean	Bells
1-48.97	Brian Whittle	Ayr
1-52.9	Gary Brown	ESPC
1-53.56	Alastair Currie	Dumb
1-54.0	Ian Hamer	ESPC
1-55.22	Peter Wyman	ESPC

1500 Metres

3-46.26	Alastair Currie	Dumb
3-47.99	Peter Wyman	ESPC
3-53.5	Ian Hamer	ESPC
3-54.55	Gary Brown	ESPC
3-55.54	Pat Duffy	GGH
3-56.10	Nick Smith	Shaft

3000 Metres

8-09.95	Alastair Currie	Dumb
8-16.51	Peter McColgan	DHH
8-17.13	Robert Quinn	Kilb
8-27.41	Ken Mortimer	ESPC
8-29.36	F. Zacharogiannis	StAu
8-31.42	Alastair Douglas	VP

60 Metres Hurdles

7.97	John Wallace	Newham
8.01	Neil Fraser	Inv
8.46	Iain McGillivray	Elan
8.57	Duncan Mathieson	Aber
8.59	Colin Hogg	ESH
8.64	Graeme Smith (J)	Aber

Compiled by: Arnold Black

High Jump

2.24	Geoff Parsons	London
2.15	David Barnetson (J)	Inv
2.10	James Stoddart (J)	Bella
2.04	Neil Robbie (J)	Pit
2.00	Stephen Ritchie (J)	Pit
2.00	Paul Manwaring	Penicuik
2.00	Alan Scobie	Irvine

Pole Vault

4.30	Iain Black	ESH
4.20	Eric Fliszar	DHH
4.10	Stephen Greig (J)	Stret
4.00	Stuart Ryan	Spango
4.00	John McArdle	Lough

Long Jump

7.22	Craig Duncan	Shett
7.21	Ken McKay	Pit
7.09	Brian Ashburn (J)	C'bank
7.00	Duncan Mathieson	Aber
6.87	Eric Scott (J)	Helen

Triple Jump

15.02	Craig Duncan	Shett
14.44	Stuart McMillan	PSH
14.43	Neil McMenemy	Central
13.77	Russell Brown	C'bank
13.54	John Gallagher	Pit

Shot Putt

16.72	Steve Whyte	Luton
15.14	Robert Smith	EVAC
15.10	Mark McDonald	Dumfr
13.46	Paul Allan	Aber
12.97	Stuart McMillan	Pit

Heptathlon

4629	Paul Allen	Aber
4116	Iain Black	ESH
4062	Paul Masterton	ESPC
3930	James Malcolm	Wirr
3900	Adam Anderson	Nith

Women

60 Metres

7.68	Donna Brown	EWM
7.76	Jocelyn Kirby	NSP
7.84	Lorraine Campbell	EWM
7.86	Lorraine Dick	Shett
7.87	Lorraine Marshall	Liv

200 Metres

24.96	Gillian McIntyre	Shett
25.20	Ruth Girvin	Nith

25.47	Lorraine Dick	Shett
25.58	Donna Brown	EWM
25.97	Lorraine Marshall	Liv

400 Metres

54.27	Gillian McIntyre	Shett
56.91	Lorraine Marshall	Liv
57.29	Gillian Coubrough	Kilb
57.9	Linsey Macdonald	Pit

800 Metres

2-07.22	Linsey Macdonald	Pit
2-13.6	Isabel Linaker (I)	Pit
2-15.22	Janet Stewart	Glas
2-16.89	Sarah Booth	EWM

1500 Metres

4-17.2	Karen Hutcheson	Berry Hill
4-22.79	Lynne MacIntyre	Glas
4-23.19	Susan Bevan	Essex
4-43.63	Carol Ann Gray	ESPC
4-46.27	Caroline Smith	EVAC

3000 Metres

9-23.59	Karen Hutcheson	Berry Hill
9-23.89	Susan Crawford	Glas
9-41.06	Susan Bevan	Essex
9-46.92	Annette Bell	Lincoln

60 Metres Hurdles

8.52	Jocelyn Kirby	NSP
8.67	Claire Reid	EWM
9.02	Shona Urquhart	EWM
9.23	Janice Ainslie	EWM
9.28	Sarah Richmond	Pit

High Jump

1.80	Wendy MacDonald	Camb
1.72	Hazel Melvin (I)	Troon
1.70	Jackie Gilchrist	Pit
1.70	Rhona Pinkerton	Glas

Long Jump

6.07	Karen Hambrook	Ash
5.86	Lorraine Campbell	EWM
5.84	Janice Ainslie	EWM
5.58	Ruth Irving (I)	Wirral
5.49	Shona Urquhart	EWM

Shot Putt

13.96	Alison Grey	ESPC
13.25	Helen Cowe	Aber
12.17	Shona Urquhart	EWM
11.72	Jayne Barnetson	Inv

Pentathlon

3240	Janice Ainslie	EWM
2895	Sarah Richmond	Pit
2866	Caroline Black	EWM

LETTERS

Letter defending officials is well wide of the mark

18, Redford Avenue,
Edinburgh.

SIR - As I have previously commented on the organisation of the Commonwealth Games Council for Scotland under its recently and justifiably deposed chairman Ewan Murray - through your columns as well as those of the Glasgow Herald and the Scotsman - it is with some hesitation I do so once again. The trigger for this is Colin Shields' letter in your May issue.

Mr Shields is, of course,

perfectly correct to highlight the important, indeed necessary, contribution made to athletics by officials and administrators. The tasks attached to such positions should be undertaken effectively, efficiently, and competently, most especially at Scottish national level.

The fact of the matter is that this has manifestly not been the case with Scottish athletics under the stewardship of Ewan Murray. Those of us who had drawn public attention to the manner in which these matters were handled did so

because of the gross deficiencies which were apparent over many months.

For my part, it had nothing whatsoever to do with attacking officialdom just for the sake of it, but was rather a specific challenge for certain individuals to accept their responsibilities, and for them to be honest enough to admit any mistakes made. That no such action was taken to acknowledge the great disquiet surrounding the whole affair is in many ways the crux of the matter.

As an interested outsider, I got the distinct impression that officials like Ewan Murray were not only divorced from, and oblivious to, the needs and aspirations of Scotland's athletes, but also by their offhand, though extremely rare, responses to

criticism, seemed to inhabit a different world together.

Therefore your correspondent Colin Shields should realise that this was in no way a blanket condemnation of athletics bureaucracy, the vast majority of whom no doubt perform sterling service to the sport through a great deal of voluntary, time-consuming, and unglamorous work.

The point at issue was the inability of certain officials to discharge their duties in a reasonably competent manner. I suspect that even the tiniest hint of public remorse by Mr Murray, or his associates, would have been welcomed by those athletes most affected. This was not to be so, alas.

Neil R. MacCallum

McGonigle's tribute to the Forth Bridges Half Marathon!

16, Beveridge Place,
Kinross.

SIR - Today I competed in the Forth Bridges Centenary Half Marathon, a run to celebrate 100 years of the Forth Railway Bridge.

The race appeared to be well organised, with good marshals and a well laid out route. This illusion soon vanished as the finish came into sight. I realise that at 2-30 to finish I wasn't in Liz McColgan class, but twelve weeks after given birth to a baby daughter I was proud of my performance.

Obviously the race organisers had mistaken this half marathon for an Olympic trial and had given up on any more runners coming in, for they were already packed up to leave. Still, not too proud to be last in, satisfied just to have completed the race, I went to collect my medal, only to find out they had run out of them 45 minutes earlier.

After being told to pre-enter by the organisers because they expected a large number of late entries, I find it unbelievable that not enough medals were ordered.

I realise that these medals were specially engraved for the centenary, and would be of no use next year, but it is not uncommon for race organisers to use their "standard" medal when they do run out - exchanging them when engraved ones became available as has happened in some of my previous races.

At least then at the end of your race you have something to show for your effort (all this assuming the organisers tell you you are getting last years medal). I wonder how many runners today have engraving on their medals?

So, all you runners of today's "special event", check the back of your medal assuming you were in soon enough to collect one. If you were fast enough to collect your "special medal" perhaps you could tell me if you were fast enough to get a banana and Caramel Wafer - I would like to know what time I needed to do to get a bit of fruit and a biscuit!

On a final note, I appreciate the more runners in the race the more money generated for charity, but, as other race organisers have found out, it is better to limit your numbers and have that limit reached every year, than to find numbers dwindling as unsatisfied runners refuse to re-enter!

For thirteen miles the race was run,
The Forth Bridge Centenary, just for fun,
To celebrate a hundred years of the Forth railway,
This was going to be a special day!



The race well organised, good marshals and route,
To get back into halves this would suit,
A hard, hard run, harder than twelve hours labour,
But the finish so close and a medal to savour!

Now a medal and a biscuit would do just right,
But where's the officials? There's no one in sight!
No medal, no biscuit: can this be fair?
Did the organisers miscalculate or don't they care!

Too many runners, entering on the day,
And us coming in at the end having to pay,
Me and my friends have run many races,
And always at the end were greeted with smiling faces.

Now the moral of this tale is plain to see,
It's the fun in the running that's important to me,
To take that away is surely a crime,
Without it me and my friends won't be back next time.

One tired and depressed mother about to feed a screaming baby!

Hjordis Hill

SCOTTISH YOUTHS:

All-time best lists compiled by JEFF CARTER



100m		400m		5000m		100mH	
10.62w (10.75)	Elliot Bunney	46.5	David Jenkins	14-37.0	Ken McCartney	3'0"	
10.70w (10.93)	Jonathon Stark	48.8	Peter Campbell	14-48.8	Nat Muir	13.29w	Doug Campbell
10.70w (10.89)	Stephen Graham	48.9	Ray Nelson	14-56.2	Paul Bannon	13.37	Stuart McAslan
10.72	Peter Little	49.0	George Fraser	14-57.2	Laurie Reilly	13.51w	Andrew Thain
10.80w (10.84)	Steven Shaw	49.1	Andrew Kerr	14-59.0	Andrew McKay	13.74w (13.92)	Graeme Smith
10.90	Darren Galloway	49.1	Martin Johnston	15-26.6	Mark Watt	13.87w	Gordon McNair
10.96w	Gavin Fergie	49.1	Scott Holden	15-29.1	Scott Reid		
11.04	John Dawson	49.3	A'drew Gunther	15-36.1	Steven Marshall		
11.07	George McNeill	49.4	James Nicol	15-38.6	Ian Matheson		
11.08	Chris Conway	49.5	Steven Shaw				
11.08	Roddy Slater	49.51	Grant Purves				
Hand		800m		1000m s/c		Hand	
10.5w (10.6)	Peter Little			2-45.9	Ian White	13.3	Doug Campbell
10.6w (10.9)	Jamie Henders'n	1-50.8	John Rigg	2-50.6	Robert McLean	13.3	Stuart McAslan
10.7	Stephen Graham	1-52.4	Terry Young	2-51.5	Ian Stewart	13.5	Andrew Thain
10.7	Elliot Bunney	1-52.46	Nick Smith	2-51.7	John McGill	13.6	Ang's McKenzie
10.7	Norman Shute	1-52.5	D'vid McMeekin	2-51.8	John Gallagher	13.6w	Graeme Smith
10.7w (10.9)	Cameron Sharp	1-52.9	Richard Youngs	2-52.0	Robert Foy	13.6w	Nick Taylor
10.7	Steven Shaw	1-53.4	David Strang	2-52.2	Nicholas Soutar	13.7 (110y)	Gordon McNair
10.7w	Darren Galloway	1-53.4	John McFadyen	2-53.4	R. Berry	13.7	Lewis Dick
10.8	David Jenkins	1-53.64	Glen Stewart	2-55.1	Paul Forbes	13.7	Geo McCallum
10.8	Drew McMaster	1-53.9	Alistair Currie	2-55.3	D. Thom		David Colford
10.8	Eric Forbes					3'6"	Geo McCallum
10.8	Jonathon Stark					14.94w (15.76)	
10.8	Steven Robert's'n						
10.8	Brian Milne						
200m		1500m		1500m s/c		Hand	
21.24	Peter Little	3-48.2	G'm Williamson	4-19.4	Ken Stirrat	14.9w (15.1)	Geo McCallum
21.38w (21.64)	Elliot Bunney	3-50.50	Alistair Currie	4-19.6	Nigel Jones	15.5	Paul Warrillow
21.82	George McCall'm	3-52.1	Sam Wallace	4-20.2	Ian Steel	15.5 est	Stuart McAslan
21.94	John Dawson	3-52.6	Glen Stewart	4-21.4	John Graham	15.7w	David Findlay
22.01	Jonathon Stark	3-54.3	Richard Youngs	4-23.00	David Tune		
22.03w (22.18)	Darren Galloway	3-55.0	John Robson	4-25.0	Frank Boyne	3'3"	Geo McCallum
22.09	Stephen Graham	3-55.2	Stuart Paton	4-25.32	David McShane		
22.18w	Colin Forsyth	3-56.2	Robert Cameron	4-25.6	Alastair Thain		
22.31	Craig B'nnig't'n	3-56.4	Gordon Reid	4-26.3	Daniel McGinley		
22.41w (22.89)	Alan Dunlop	3-56.66	Martin Hughes	4-26.6	Euan Martin		
22.41	Eric Walls						
Hand		Mile		2000m s/c		Hand	
21.0	Peter Little	4-09.6	Alistair Currie	5-52.4	Stuart Kirk	15.0	Stew't Chisholm
*21.2w (21.9)	Hugh Baillie	4-10.9	Hugh Barrrow	5-53.5	Stuart Paton	15.2	Alan Erskine
21.7	Drew McMaster	4-10.9	Tom Hanlon	5-57.10	Ken Stirrat	15.3	Alan Erskine
21.8	Jonathon Stark	4-17.9	Peter Stewart	5-57.91	Ian Steel	15.3w	A'gus McKenzie
21.8	Brian Milne	4-18.2	John Lees	5-58.39	Andrew McKay	15.3w	Ian Gray
21.8	Steven Shaw	4-18.2	Gordon Reid	5-59.9	Scott Holden	15.3w	Nick Taylor
21.8	Jamie Henders'n	4-18.2	Glen Stewart	6-03.8	Gordon Faulds	15.5	Guy Richardson
21.9	David Clarke			6-10.1	Steven Wright	15.6	Paul Warrillow
22.0	Graham Macolm	8-25.2	G'm Williamson	6-10.3	Andrew Russell	15.7	Ross Summerfld
22.1	David Jenkins	8-29.6	Ross Copestake	6-11.39	A'gus Henders'n	15.7	David Findlay
22.1	Roger Jenkins	8-33.4	Alistair Currie	6-11.4	Nigel Jones	15.8 (120y)	Lewis Dick
22.1	Bryan Dickson	8-33.8	Laurie Reilly			15.8	Brian Denison
22.1	Bruce Livingst'n	8-34.0	Stuart Paton				
22.1	Steven Robert's'n	8-35.47	Colin Wallace				
22.1	Darren Galloway	8-36.26	Mal'm Campbell				
		8-36.27	Terry Reid				
		8-36.8	Ken McCartney				
		8-39.0	Paul Bannon				
		8-39.0	Adrian Callan				
3000m		3000m s/c		3000m s/c		200yH	
				9-11.2	Andrew McKay	22.9	H'sh Robertson
				9-19.1	Ian Steel	23.0	Gil Borthwick
				9-39.5	Ken Stirrat		
				9-43.1	David Marr		
				9-52.1	Will'm Gemmell		
				10-12.4	Nigel Jones		
				10-22.2	Paul Forbes		
				10-28.8	Robert McColl		
400mH		400mH		400mH		400mH	
				3'0"	Peter Campbell		
					Geor McCallum		
					Nick Taylor		
					Stuart Taylor		
					Robin Johnson		

2'9"		14.43		1.75kg		Javelin	
55.45	Nick Taylor	14.28	John Milne	52.50	Paul Mardle	800g (old specification)	
55.6	James Gillespie	14.06w (13.92)	Hugh Davidson	45.04	Russell Devine	61.24	John Evans
56.0	And'w Gunther	14.01	Norman Ross	43.38	Darrin Morris	56.48	Danny Scullion
56.1	Jonathon Gorrie	14.00	David Kidner	41.42	Keith Christie	56.00	Doug Cameron
56.2	Iain Cuthbertson	13.94	R'bt Drummond	40.64	Dominic Crolla	49.64	James Laird
56.6	George Nugent	13.93i (13.53)	Gus McKenzie			49.12	James McBride
56.7	Ronald Bradley	13.91	Ian Tomlinson				
56.8	Andrew Paisley		Mark Craig	53.80			
56.87	Andrew Bruce			53.74			
57.1	Gerard Bollen			50.92			
High jump		Shot		1.5kg		800g (new specification)	
2.08	Ross Hepburn	13.42	S'dy Sutherland	49.26	Paul Mardle	57.96	Roddy James
2.06	Geoff Parsons	13.36	Paul Mardle	48.94	H'sh Davidson	55.38	Peter Nicolson
2.06	David Barnetson	13.22	Mitchell Smith	46.44		52.34	Jeremy Jowett
2.06	Steven Ritchie	13.11		45.66		50.64	Fraser Norris
2.03	Brian Burgess			45.46			
2.00	Stuart McAslan			45.24			
2.00	Tom Leighton			44.20			
2.00	Eddie Leighton						
2.00	Scott Hill						
1.98	Gus McKenzie						
1.98	Craig Talbot						
Pole vault		6.25kg		1kg		700gms	
4.44	Gordon Rule	14.31	Robert Baird	61.20	Paul Mardle	60.64	Roddy James
4.00	Iain Black	14.04	Darrin Morris	56.88	J. MacKillop	58.82	J. MacKillop
3.85	Allan Leiper	13.97	Neil Mason	56.84	Paul Stewart	57.70	Paul Stewart
3.85	Andrew Wake	13.97	Doug Sutherland	56.60	Ken Holmes	57.02	Ken Holmes
3.75	David Hunter	13.29	William Smith	56.32	Jeremy Jowett	56.32	Jeremy Jowett
3.71	Stew't Anderson	13.07		56.12	John Evans	55.82	John Evans
3.70	Doug Hamilton			55.04	Andrew Bruce	55.04	Andrew Bruce
3.60	Geoff Brown				Gavin Brewer		Gavin Brewer
3.60	Callum Knox				Fraser Norris		Fraser Norris
3.60	John Grant				Peter Nicolson		Peter Nicolson
Long jump		5.44kg		Hammer		1600m walk	
7.20	Hugh Davidson	16.03	Mike Lindsay			8-00.6	James Shirazi
7.12	Peter Little	16.00	S'dy Sutherland				
6.94	Eric Scott	14.58	James Jamieson				
6.91	Martin Scott						
6.90	Peter Cameron						
6.90w (6.85)	Brian Milne						
6.89	Ian Anderson						
6.86	H'sh Robertson						
6.86	David Kidner						
6.86	David Clarke						
Triple jump		4.54kg		5kg		3000m walk	
44.92	Craig Duncan	18.09	S'dy Sutherland	46.44	Lawrie Nisbet	12-49.4	Mike Dunion
42.30	H'sh Robertson	17.35	Mike Lindsay	43.44	Brian Riddles	13-33.0	David Buchanan
41.00		16.69	H'sh Davidson	41.06	Chris Black		
38.66		16.08	James Hogg	38.18	Eric Irvine		
38.62		15.81	Mitchell McKay	36.64	Lawrie Bryce		
Discus		2kg		6.25kg		10,000m walk	
						46-09.8	Mike Dunion

Photograph: Roddy James, by Peter Devlin.

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By Alex Gorman

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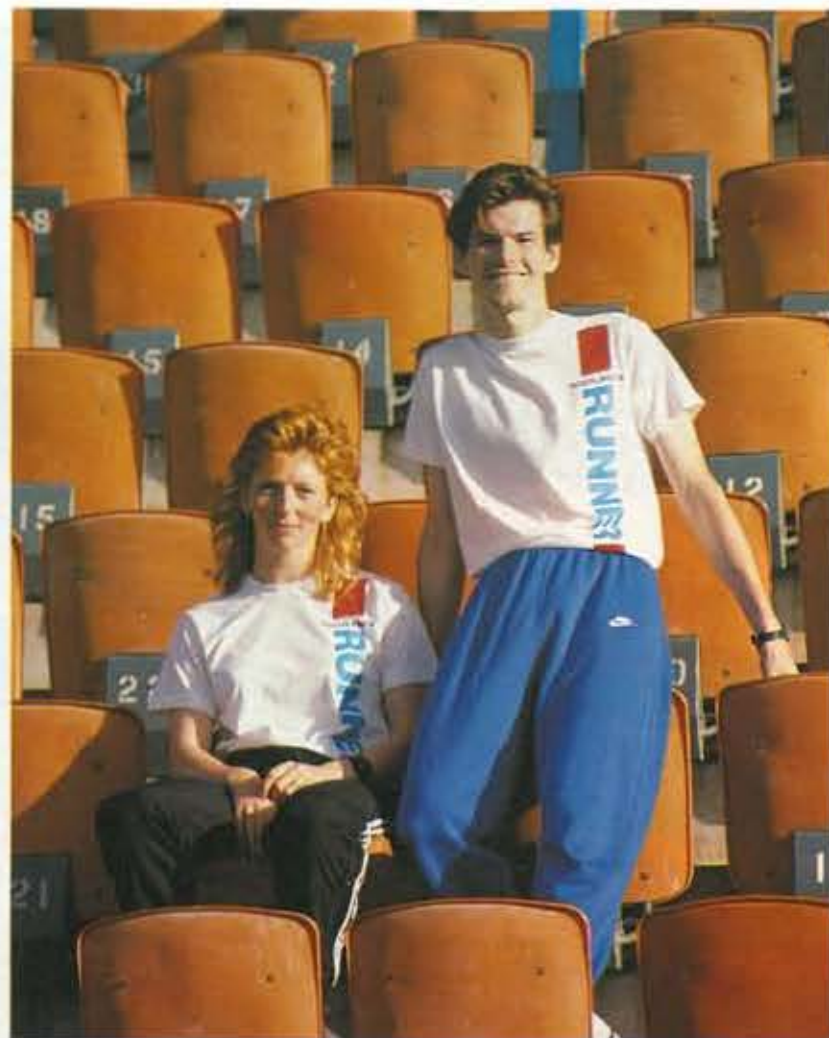
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HUTTON HITS HOME!



Words: Russell Smith

Photographs: Mark Shearman



SCOTTISH athletics administrators would be wrong to think that Allister Hutton's bold front-running ADT London triumph has taken the edge off his belief that the country's middle-distance and marathon runners are getting a raw deal.

On the contrary, the indications are that the 35-year-old Edinburgh Southern Harrier will use his capital success to promote a re-think at the top.

Only a handful of SAAA officials escaped Hutton's scathing comments as he told Scotland's Runner: "In all the years I have been in the sport I've always had more encouragement from my club that I've ever had from the governing body."

And the glory of London took a back seat as Scotland's new running hero

used his own pre-Commonwealth Games experience to illustrate his frustration with officialdom. Where, he wondered, was the common courtesy of a reply when he sent a letter indicating that he did not want to run in the marathon in Auckland?

"Surely it warranted some sort of response from the SAAA, even if it was only to ask why the top man in the event didn't want to compete," said Hutton. "But they didn't even acknowledge my letter."

On the question of whether he would have been interested in a place in the 10,000m, Hutton said: "I did indicate that I did not have the qualifying standard for that distance."

But hints, nods, and blind horses came into the picture when he

highlighted the fact that other countries are never reluctant to nominate an athlete for more than one event - with the choice being left to the individual.

"They knew the score," claimed Hutton as a prelude to his view that the Commonwealth Games standards were way out of line with reality. "A 28-20 for the 10,000m was bordering on stupidity," he added.

And he was equally scathing about the 2-13 guideline for a marathon place.

"England and Wales didn't demand that kind of standard," said the runner, who is one of only five Scots to have returned a sub 2-13 marathon. Only a

Continues on Page 30

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HUTTON HITS HOME!

Continued from Page 27

handful of distance runners in the whole of Europe could have matched up to the Scottish qualifying demands, he added.

"It would have been good for Scottish athletics, and marathon running in general, if we had been offered a realistic standard, if common sense had prevailed at official level." The SAAA are simply not doing enough to encourage runners in the middle-distances when you see Scotland miss out on a chance to be represented at the Commonwealth Games."

He added: "I'm speaking as a runner who has come up through the ranks, from 5,000m to the marathon, when I say that we have lost our way since the days of Ian McCafferty, Ian Stewart, Lachie Stewart and Jim Alder.

"Surely it must be worrying to those in charge that we have witnessed a sharp decline in performance standards in recent years."

Scotland's unrealistic 2-13 guideline also came across when Hutton turned his attention to his automatic selection for the European Championships in Split later this year.

"The 2-15 requirement speaks for itself," said the Edinburgh runner who is determined to reap the benefits of a long rest before turning his attention to Yugoslavia.

"There is always the danger of trying to get back too soon," he warned. "As of now, I'm going to take it day-to-day and week-to-week. There is no set plan for the months ahead."

Coach Alan Storey will be one of the first to know Hutton's thinking on how he should approach the European Championships. "But everything is flexible," emphasised the runner who admitted he will be side-stepping many



of the requested personal appearances that will come his way in the wake of the London glory.

"People tend to forget how you react to running a marathon. Mentally, I'm on a high. Physically, I'm run down and tired. It's all a question of being given time to recover," said the man whose marathon days began on a low note.

But the memories of how he quit after 15 miles of a 1980 race have been

buried in the consistency he has shown in London (five times), Chicago (twice), Oslo, and New York during the intervening 10 years.

"London has been good for me," said Hutton in what many will regard as an understatement in view of his 1985 personal best of 2-09-16 and the overdue 1990 triumph in a 2-10-10 which ranks the Scot as the fastest over-35 Briton of all time.

THIS year's ADT London Marathon set a new world record of 24,871 finishers - 2,219 more than in 1989. The last of these crossed the finish line at 7.45pm, over ten hours after the starting gun was fired!

Average times recorded by the first 10 men were 2-11-07, and 2-29-39 for the first 10 women. The

statistics make London faster than its traditional marathon rivals, Rotterdam and Boston.

Both winners of the ADT/BSAD Wheelchair London Marathon broke existing course records.

Sweden's Hakan Ericsson finished in 1-57-12, and Denmark's Connie Hansen in 2-26-15 to take

31 minutes off the women's record.

Rosa Mota, the Portuguese Olympic and world champion, has become the first to confirm that she will compete in the 1991 ADT London Marathon - an event which will incorporate the International Amateur Athletic Federation's World Cup. Application forms for the 1991

event are now available at any TSB bank branch.

The 1991 ADT London Marathon will be the third to be sponsored by ADT, which specialises in electronic security protection and vehicle auctions.

The women's race was won by Wanda Panfil of Poland (seen above with Hutton) in 2-26-31.

SCOTTISH SCHOOLS

FOLLOWING the SSAA Cross Country Championships at Irvine on March 10, 32 athletes were selected to represent Scotland in the British Schools' Cross Country International in Rugby on April 7. The course was excellent, with very varied underfoot conditions and plenty of uphill/downhill stretches.

In the first race, under 15 girls, there was tremendous pressure on Isabel Linaker (Queen Anne High), who was third in the same race last year (not first, as announced on the day and widely reported in the press afterwards).

As usual, the entire English team bombed to the front, but Isabel confidently moved through, taking the lead after three-quarters of a mile, closely followed by Angela Foster of England. Thereafter these two ran a race of their own, but in the end Angela proved the stronger to win by 19 seconds, with Isabel actually apologising at the end for letting us down by not winning - but, to the entire Scottish squad, she proved to be a true champion.

The team finished second to England, who in fact, won all the team awards, with virtually no competition, and all individual awards, apart from Isabel's silver medal.

Thereafter, the results did not make good reading, with all other teams finishing fourth, although there were some good individual performances, perhaps especially from Stuart Mackay (Inverness Royal Academy) who stepped into the captain's responsibility at the last moment, following the withdrawal of St Aloysius College's Mark McBeth (the schools' and national champion) on the morning before the match. Mark's illness was a serious blow to the team, not only denying them of a possible medallist, but reducing the U/17 boys' team to seven runners.

In the U/17 girls' team, Debbie McNally (Park Mains High) also had to call off because of flu, but luckily, Yvonne Reilly (Monifeith High) was able to accept the last minute invitation to compete and ran well to finish the fourth Scottish counter in her race. Sandra Purdie (Hawick High), captain Alison Potts (Williamwood High) and team cheer leader, Alison Cheyne (Bathgate), all ran a good race.

From the ultimate achievement for a schools' athlete of international honour, the scene shifts to the real beginnings of schools cross country participation - the playing fields of Kirkcaldy High on April 21. This was the fourth year of the Scottish Power Primary Schools' Championships and the numbers have stabilised at just



Finn Aberdein

over 1,000, divided fairly equally over the four races.

The decision to prohibit spikes (and heavily studded football boots) was truly vindicated when a competitor from Ross-shire fell in the second race and could have been seriously injured had the following trampling feet been more lethally shod. Although St Matthews, Bishopbriggs, continued to dominate the award ceremony, the trophies were more widely distributed than in 1989, going to St Margaret's, Aberdeen, and Alexandra, Airdrie, as well as to the 1989 road relay champions - Fraserburgh Central and St Matthews.

One of the outstanding competitors was the national champion, Jennifer Ward of Crossford, whose winning time of 6-40 in the 1978 girls' race would have given her 6th place in the older boys' race.

A very popular medallist was Finn Aberdein of Stromness, Orkney. This is the third year that a boy from Orkney has won a medal - in 1988 it was Marcus Wood, 1989 Erlend Johnson, and now, in 1990, Finn. When asked how long it had taken him to reach Fife, the reply was, "A long time." There's no disputing that fact!

FINALLY, from the hard work and effort that the Association had put into ensuring that as many young athletes as possible could participate at a national championships, it was disappointing to read Mr Stewart's complaint, printed in last month's Scotland's Runner, taking the Association to task for *again* snubbing his

daughter for not selecting her for the international in Rugby and issuing a vague threat should she be "snubbed" again. On behalf of the Association, may I finish the SSAA report by making the following points arising from Mr Stewart's letter.

1. Is it right that a 13 year old insists on running, against her parents' wishes?

2. Is it right that a very young athlete is allowed to run with an ear and throat infection, along with a heavy cold and taking penicillin? I think that most people would consider this misguided and irresponsible.

3. None of the selectors informed Mr Stewart, "not to worry as a couple of places would be held back for such cases as Lorraine's" - presumably Mr Stewart's quotation.

4. Most of Mr Stewart's statistics were taken for 1989. We selected a team for 1990.

5. Lorraine was not "snubbed" in 1989. Only in the most exceptional circumstances would a 12 year old be taken to an international.

6. Both the SSAA and the national championship results were taken into account for the selection of the 1990 teams. Lorraine finished 14th in the SSAA and eighth in the nationals. There was absolutely no guarantee that her illness would have cleared up to allow her to run to her potential a few weeks later.

7. The "so-called selectors" picked a team that finished second to England, all competitors running very well. Even if Lorraine had been selected and had won the event, Scotland would still have finished second. The opportunity was given to the girls who had proved themselves at the Magnum in the SSAA Championships, and who certainly did not let their country down.

Whose place would Mr Stewart have taken for Lorraine? Presumably Louisa Shaw's? Louisa, eighth in the SSAA Championships, finished 16th in the international, the fifth Scottish Athlete, and excellent run.

8. As Lorraine was also entered for the indoor track and field championships in February over 60m and 200m, perhaps Mr Stewart is upset that she is not sprinting for Scotland in Bruges!

9. Lorraine is entered by her *school*. It would be interesting to know what the *school* view of Mr Stewart's letter would be.

Linda Trotter

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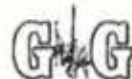
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HIGHLAND GAMES

THIS year might prove a turning point in amateur Highland Games. It is generally agreed that the recently formed Highland Games Commission is a step, if somewhat belated, in the right direction.

A coaching scheme has been initiated by the commission, with Kenny McDonald and John Freebairn appointed as principal coaches. Incredibly, the SAAA had previously no policy on coaching these traditional events (shot excepted).

Bearing in mind that since 1986 the SAAA has lost four of its best throwers to the professional ranks, one cynic suggested that the new coaching scheme would be welcomed by those throwers who will eventually join the pro circuit. I think, though, he made a point. It is time the SAAA gave serious thought on ways of stopping this haemorrhage from the section of our sport with the least strength of numbers.

The effects of the commission are unlikely to be fully felt this year. I believe they have recommended rule changes in the 28lb weight, and the introduction of youth throwing at a number of Games.

The season started with Gourock on May 13, a report on which will follow next issue. This year should see some interesting new faces at the Games. Both Steve Whyte and Bob Smith are threatening to turn out at Highland Games this year.

The top amateur Games thrower should be Dumfries shot putter Mark McDonald. By all accounts he is throwing well in training. Steve Aitken (Dundee Hawkhill) has returned from his brief encounter with American collegiate athletics. Now that the saga regarding his reinstatement is satisfactorily cleared up with the SAAA, Steve might prove the best all-round thrower this season.

Look out too for Lawrie Nisbet (ESH). Scotland's leading wire hammer thrower for a number of years, Lawrie has turned his principal training efforts to Highland Games events. I would not be surprised if one of this trio joins the

THE start of the Highland Games season is marked by the first of a regular series of columns on the Scottish heavyweight scene by WILLIE ROBERTSON

professional ranks before the end of the season.

In the north, Bruce Shepherd (Elgin) is the thrower most likely to dominate the amateur circuit. Bruce is one of the more entertaining heavies on the circuit with his rotational shot and his own distinctive style in throwing the 28lb weight.

Last year's heavyweight champion, Bob Meikle (ESH), will, I expect, restrict his outings because of his farming activities. But rumour has it that Eddie Coyle, one of our track referees, is dusting down his kilt for a comeback as



a competitor. Eddie, no doubt, will be joining the two other veterans, John Freebairn and Walter Weir, in the annual sport of handicapped arm twisting.

The professional season kicks off, as always, with Blackford on May 26. The standard here looks as high and competitive as ever, despite the loss of a number of throwers who were attending Jakarta Games.

Kilbirnie and Blair Atholl games take place on May 26 and 27. Both Games are organised by Dougie Edmunds, the former Scottish shot putt champion. Dougie's Games are a well presented combination of heavy events and strongman contests. The prizes on offer are considerably greater than those on the established professional circuit. A number of top "amateur" throwers from outside Britain regularly compete at his Games.

Former Edinburgh AC shot putter Eric Irvine won the professional Scottish Championship at Crieff last year, beating Geoff Capes in both shot competitions in the process. Geoff will probably only make an occasional jaunt into Scotland this season.

Eric's main rival for the Scottish Championship this year comes from Alister Gunn (Halkirk), who makes up for his lack of size with an incredible athletic ability. His hammer technique is considered the best in the professional circuit. Another former EAC man, George Patience (Tain), has developed into a formidable force; he should not be far behind Eric and Alister.

The standard of throwing at professional Highland Games is generally, at the moment, remarkably high; certainly in comparison with the current amateur levels. It is extraordinary that a sport largely based on small Highland communities can, with a club system and effective coaching, generate such high standards.

Finally, former Olympian Chris Black is making a comeback after being out for a year through injury. He assures us he is a new man after a knee and horrific neck operation, and one can only admire his competitive spirit. Good luck, Chris.

RESULTS

McDowell (St And) 15-21; 10, K. Gardiner (Bears) 15-30; 11, G. Syme (Grange) 15-35; 12, J. Mendum (Currie) 15-42; 13, S. McCruden (Nairn) 15-46; 14, L. Stewart (Muss) 15-48; 15, L. Henderson (Shaw) 15-49. Teams: 1, Dingwall Acad 123pt; 2, Castlehead HS 256; 3, Strathaven Acad; 4, Kirkintilloch HS 271; 5, Glasgow HS 274; 6, St Leonards 293; 7, Bishopbriggs HS 294; 8, Balvearie 320; 9, Bearsden Acad 330; 10, Boclair Acad 356.

U14: 1, K. Gormley (M Ersk) 8-52; 2, M. Smith (Ding) 8-55; 3, K. McNally (Dumf) 9-04; 4, G. Brooks (Marr) 9-11; 5, V. Clark (mont) 9-12; 6, C. Watt (Doug) 9-17; 7, S. Sheddon (Herm) 9-18; 8, L. Durkin (Sang) 9-20; 9, H. Steedman (Dumf) 9-24; 10, J. McLagan (St Al) 9-27; 11, E. Gorman (Doug) 9-28; 12, S. Scott (Hunt) 9-35; 13, J. Forsyth (Dunf) 9-39; 14, K. O'Gara (Mearns) 9-41; 15, J. Brown (Bal) 9-42. Teams: 1, Dingwall Acad 103pt; 2, Hawick HS 143; 3, Dunfermline HS 203; 4, Douglas Acad 205; 5, Glasgow HS 264; 6, St Aloysius 240; 7, Lesmahagow HS 302; 8, Marr Coll 313; 9, George Watsons 334; 10, Mary Erskines 344.

ESPC v British ATCC Young Athletes CC Match, Turnhouse -
 Juniors: 1, M. Steel (ESPC) 18-48; 2, A. McGahey (ATC) 18-55; 3, A. Dolan (ESPC) 19-25; Team: 1, ESPC 10pt; 2, ATC 11.
 Youths: 1, A. Hawks (ATC) 19-29; 2, I. Perivale (ATC) 19-29; Teams: 1, ATC 6pt; 2, ESPC 18.
 Boys: 1, K. Clark (ATC) 20-22; 2, T. Stead (ATC) 20-38; 3, D. Lavery (ATC) 21-07; 4, R. Williams (ESPC); Team: 1, ATC 3pt; 2, ESPC 9.
 Overall: 1, ATC 21pt; 2, ESPC 37.

11

Flockhart Memorial CC Races, Bellahouston Park -
 Seniors: 1, A. Walker (Fev) 28-40; 2, A. Gilmour (Cam) 28-56; 3, E. Stewart (Cam) 28-57; 4, D. Anderson (Bor Dys) 28-57; 5, C. Thomson (Cam) 29-08; 6, B. Emmerson (V1) (Fev) 29-27; 7, I. Elliot (V2) (Fev) 29-43; 8, J. Austin (Clyd) 29-57; 9, M. Smiley (Spa) 30-04; 10, M. McQuaid (CR) 30-07; V3, M. Taylor (Self) 31-02; J1, S. Barnett (VP) 19th 31-40; Teams: 1, Cambuslang 37pt; 2, Spango V 89; 3, Bellahouston 107.
 Youths: 1, C. May (Liv) 18-21; 2, B. Fraser (BT) 19-30; 3, R. Woodhall (Liv) 19-17; 4, C. Suttle (Liv) 20-14; 5, B. Arnott (Pit) 24-05.
 Senior Boys: 1, S. Royle (Liv) 15-22; 2, P. Allan (Ayr) 15-22; 3, D. Tamburini (GGH) 15-53; 4, S. Allan (Bl) 15-56; 5, D. Kerr (Spa) 16-02; 6, S. Rigby (Liv) 16-05; Team: 1, Liverpool 27pt; 2, Ayr Sea 39.
 Jun Boys: 1, R. Burney (Liv) 8-16; 2, D. McDonald (PSH) 8-35; 3, S. Gibson (Cbank) 8-36; 4, P. Lamb (Liv) 8-44; 5, M. Cunningham (Liv) 8-50; 6, D. Price (Liv) 8-57; Team: 1, Liverpool 16pt; Girls: 1, M. Smith (Bl) 9-26; 2, K. McNally (Nith) 9-32; 3, H. Brooks (Ayr) 9-39; Teams: 1, Kirk Oly 19pt; 2, Kirk Oly B 30; 3, Vic Park 32.
 Minors: 1, V. Forbes (Ayr) 9-26; 2, A. Church (Ayr) 9-32; 3, H. Brooks (Ayr) 9-39; Teams: 1, Ayr Sea 8pt; 2, Vic Park 20; 3, Vic Park B 44.

17

GWH Elliot Cup 5 mile CC Race, Greenock -
 1, G. Gaffrey 27-35; 2, T. Bird 28-58; 3, F. Lennox 31-27; H'cap: 1, P. McLaughlin (8-00) 41-47; 2, F. Lennox (4-00) 42-27; 3, G. Gaffrey (Scratch) 42-35.

18

Teviotdale H 1894 Cup CC Race, Hawick Moor Race course -
 Senior Men H'cap: 1, M. Davidson 20-09; 2, A. Renwick 20-16 (V1); 3, F. Cannon 20-25; Fastest: 1, D. Cavers; Vet, A. Renwick.
 Women: 1, S. Purdie; 2, J. Renwick; 3, J. Hewitt.
 Girls: 1, L. Brydon; 2, L. Thomson; 3, A. Blacklock.
 Sen Boys: 1, D. Hughes; 2, B. Wear; 3, G. Hodgins.
 Colts: 1, C. Dalgleish; 2, R. McIlrain; 3, C. Bain.

Tayside AAC Open CC Meeting, Arbroath -

Senior: 1, I. Campbell (DHF) 24-50; 2, D. Arnott (Pit) 25-34; 3, G. Hanlon (DRR) 25-50; 4, D. Crowe (DHF) 26-11; 5, J. Kennedy (VP) 26-20; 6, G. Mitchell (DHF) 26-30; 7, D. McNicol (Fife) 26-32; 8, D. Knight (PSH) 26-33; 9, M. McCreadie (Fife) 27-07; 10, C. Rollo (DHF); V1, J. Linaker (pit) 27-11; V2, R. McCloud (Tayside) 28-47; V3, G. McLean (KO) 29-13; V50: S. Cromer (DHF) 32-05. Teams: 1, DHF 11pt; 2, Pitreavie 30; 3, Fife 34.
 Youths: 1, J. Gowans (Tay) 17-52; 2, M. Hand (Law) 17-57; 3, J. Black (DHF) 18-19; 4, B. Thomson (Fife) 18-20; 5, S. Low (VP) 19-06; 6, A. Kings (Pit) 19-32. Teams: 1, Fife 19pt; 2, Tayside 24.
 Sen Boys: 1, D. Carty (Bath) 16-25; 2, J. Marrs (KO) 16-30; 3, C. Steele (VP) 16-42; 4, N. Shaw (Pit) 16-54; 5, C. Paxton (Bath) 16-55; 6, L. Vidler (Whit) 17-33. Teams: 1, Kirk Oly 17pt; 2, Bathgate 24.
 Jun Boys: 1, B. Boyle (Bath) 9-03; 2, D. McDonald (PSH) 9-05; 3, D. Gorman (VP) 9-23; 4, S. Furnace (Bath) 9-32; 5, S. Kennedy (VP) 9-34; 6, A. Donaldson (Pit) 9-38; Teams: 1, Vic Park 17pt; 2, Bathgate 18; 3, Perth Strathay 28.
 Colts: 1, A. Forsyth (Pit) 9-11; 2, P. Herron (Arb) 9-12; 3, S. Roy (Pit) 9-26; Teams: 1, Pitreavie 17pt; 2, DHF 36; 3, Bo'ness 37.
 Women: 1, J. Ferrarri (Pit) 18-23; 2, A. Dickson (Law) 18-29; 3, K. Buchanan (Pit) 19-27; 4, A. Stewart (KO) 19-55; 5, C. Gray (KO) 20-33.
 Intermediates: 1, C. Roy (Bath) 18-34; 2, S. Couits (DHF) 18-40; 3, S. Kennedy (GAC) 18-47; 4, R. Wilson (Fife) 18-58; 5, S. Wright (Tay) 19-40; 6, K. Fulton (Whit) 20-30.
 Juniors: 1, I. Linaker (Pit) 9-11; 2, A. Cheyne (Bath) 9-50; 3, J. Leddy (Whit) 10-04; 4, L. Shaw (Arb) 10-13; 5, S. Hannon (DHF) 10-16; 6, J. Morris (DHF) 10-19; Teams: 1, Bathgate 17pt; 2, DHF 21; 3, PSH 39.
 Girls: 1, V. Clark (Tay) 9-03; 2, E. Gorman (VP) 9-19; 3, J. Forsyth (Pit) 9-23; 4, K. Brady (Tay) 9-29; 5, L. Dow (Pit) 9-41; 6, L. McCartney (Tay) 9-46; Teams: 1, Tayside 11pt; 2, Pitreavie 29; 3, DHF 30.

Minors: 1, J. Ward (Pit) 7-07; 2, K. Stevenson (DHF) 7-10; 3, L. Gatherer (DHF) 7-23. Teams: 1, DHF 9pt; 2, Pitreavie 21; 3, Bathgate 22.

Bank of Scotland Round-the-Castles Series, Haddo House, Tarves -
 Minor Girls (1 ml): 1, D. McAllister (Fra) 7-24; 2, I. Clark (Fra) 7-41; 3, H. Smith (Ab) 7-43; 4, L. Robinson (Ab) 8-08; 5, T. Macintosh (Banch) 8-12; 6, J. MacLean (Fra) 8-15; 7, N. MacDonald (Pete) 8-23; 8, F. Dey (Ab) 8-28; 9, C. Paterson (Fra) 8-30; 10, E. Light (Banch) 8-37.
 Colts (1 ml): 1, A. Skene (Fra) 7-14; 2, A. Basil (Ab) 7-18; 3, D. Orr (Gar) 7-23; 4, R. Foster (Unat) 7-32; 5, J. Light (Banch) 7-35; 6, F. Bisset (Banch) 7-40; 7, F. Ross (Unat) 7-42; 8, B. Dobbie (Pete) 7-53; 9, N. Imrie (Ab) 7-56; 10, N. Minty (Pete) 7-57.
 Girls (2 mls): 1, M. Smith (Bl) 13-53; 2, C. Clarkson (Ab) 14-25; 3, J. Reid (Banch) 14-40; 4, K. Phillip (Ab) 14-53; 5, C. Sutherland (Banch) 14-59; 6, M. Keenan (Ab) 15-06; 7, M. Simpson (Ab) 15-12; 8, D. Wright (Fra) 15-42; 9, T. Clark (Fra) 15-45; 10, V. Cowe (Fra) 15-58.
 Junior Boys (2 mls): 1, T. McKillop (Fra) 12-36; 2, A. Love (Fra) 12-40; 3, G. Thomson (Fra) 12-49; 4, C. Smith (Ab) 12-58; 5, E. McGee (Pete) 13-03; 6, J. Erridge (Ellon) 13-06; 7, S. Covington (Ab) 13-10; 8, S. Bruce (Ab) 13-33; 9, S. Mitchell (Unat) 13-57; 10, R. Milne (Pete) 13-57.
 Junior Women (2 mls): 1, R. Bellamy (Pete) 14-28; 2, L. Forman (Pete) 14-33; 3, N. Clarkson (Ab) 14-37; 4, H. Pirie (Ab) 14-43; 5, D. Cheyne (Ab) 15-09; 6, J. Dawes (Banch) 15-49; 7, F. McKay (Fra) 15-59; 8, L. Elrick (Ellon) 17-42; 9, R. Robinson (Ellon) 18-51; 10, L. Anderson (Ellon).
 Senior Boys (2 mls): 1, B. McAllister (Fra) 12-11; 2, M. Barber (Ab) 12-20; 3, T. Leach (Gar) 12-33; 4, M. Anderson (Fra) 12-40; 5, A. Simpson (Fra) 12-49; 6, C. Pucci (Ellon) 13-08; 7, J. Murdoch (Pete) 13-17; 8, D. Strachan (Pete) 13-20; 9, D. Eaton (Unat) 13-25; A. Gray (Pete) 13-33.
 Inter (3 mls): 1, K. Rice (Ab) 19-34; 2, S. Reid (Ab) 21-03; 3, G. Sinclair (Ab) 23-32; 4, J. Grams (Ab) 24-17; 5, I. Fowley (Fra) 28-15.
 Youths (3 mls): 1, A. Findlater (Unat) 18-03; 2, J. Main (Ab) 19-56; 3, D. Allsop (Unat) 20-11; 4, D. Beaton (Ab) 21-04.
 Senior Men (4 mls): 1, R. Creswell (Ab) 26-34; 2, C. McIntyre (Fra) 27-03; 3, J. Mackay (HBT) 28-02; 4, C. Farquharson (HBT) 28-10; 5, S. Cassels (Ab) 28-15; 6, N. Milosorov (Ab) 28-16; 7, P. Jennings (Meiro) 28-26; 8, E. Butler (Ab) 28-30; 9, C. Noble (Fra) 28-39; 10, R. Sutherland (Ab) 28-59.
 Vet Men: 1, G. Milne (Pete) 28-23; 2, M. Edwards (Ab) 28-41; 3, A. McDonald (Ab) 29-41; 4, I. Fraser (Unat) 29-46; 5, J. Gallon (Ab) 30-18; 6, J. Smith (FFT) 31-08; 7, B. McPherson (Unat) 31-10; 8, C. Summers (Ab) 31-11.
 Women (3 mls): 1, M. Duthie (Fra) 18-47; 2, S. Lanham (Ab) 19-25; 3, D. Porter (Ab) 19-40; 4, J. Shand (Ab) 20-08; 5, R. Buchanan (Pete) 21-26; 6, M. Brice (Pete) 21-52.
 Vet Women: 1, H. Wisely (Fra) 19-18; 2, J. Nuttall (Ab) 21-29; 3, N. MacKinnon (Ab) 22-10; 4, C. Blyth (Ab) 22-30; 5, K. Butler (Ab) 22-34; O. Fraser (Ab) 22-47.

Gordon Primary Cross Country Championships, Haddo House, Tarves -

**Primary 5 Boys: 1, D. Cumming (New) 8-28; 2, S. Mathieson (New) 8-35; 3, T. Wharton (Mid) 8-39; Team: 1, DHF 9pt; 2, Midmar 15; 3, Insh 20.
 Girls: 1, S. Matthews (Mid) 9-18; 2, E. Blyth (Mid) 9-59; 3, M. Smith (Dav) 10-03; Team: 1, Midmar 7pts; 2, Daviot 14; 3, Newmachar 33.
 Primary 6 Boys: 1, G. Birnie (Hunt) 7-39; 2, S. Smart (Mid) 7-59; 3, D. Duthie (Insh) 8-05; Team: 1, Huntly 13pts; 2, Insh 28; 3, Midmar 32.
 Girls: 1, F. Smith (Insh) 19-01; 2, L. Pitman (Dav) 9-15; 3, A. Henderson (Hunt) 9-26; Teams: 1, Daviot 14pts; 2, Insh 20; 3, Huntly 21.
 Primary 7 Boys: 1, B. Scott (Hunt) 7-36; 2, S. Davidson (Inv) 7-51; 3, N. Sandilands (Hunt) 7-55; Team: 1, Huntly 11pts; 2, Inverurie 28; 3, Insh 30.
 Girls: 1, A. Robinson (Insh) 8-12; 2, J. Hesketh (Mon) 9-10; 3, S. Robertson (Dav) 9-16; Team: 1, Insh 21pts; 2, Midmar 31; 3, Inverurie 33.
 Overall team (best three from six races): 1, Huntly 45pts; 2, Midmar 53; 3, Daviot, Insh 61.**

Gordon District Confined Cross Country Championships, Haddo House, Tarves -

**Senior Men (5 mls): P. Jennings (West) 28-26; 2, P. Malone (West) 31-59; 3, G. Sinclair (Inv) 32-46.
 Vets: 1, A. McDonald (New) 29-41; 2, J. Sue (Inv) 30-01; 3, P. Leat (West) 31-49.
 Women (5 mls): 1, D. Porter (West) 19-40; 2, J. Shand (West) 20-08; 3, F. Gerrie (Ellon) 29-55.
 Vet women: 1, C. Blyth (Mid) 22-30; 2, S. Taylor (Alb) 23-09; 3, S. Findlater (Ken) 24-26.
 Youths (5 mls): 1, A. Findlater (Ken) 18-03; 2, D. Allsop (Hunt) 20-11.
 Intermediate Women (5 mls): 1, K. Rice (West) 19-34; 2, G. Sinclair (West) 23-32.
 Senior Boys (2 mls): 1, T. Leach (Inv) 12-33; 2, C. Pucci (Ellon) 13-08; 3, D. Eaton (Ellon) 13-25.
 Junior Women (2 mls): 1, N. Clarkson (New) 14-37; 2, H. Pirie (Dyce) 14-43; 3, D. Cheyne (West) 15-09.
 Junior Boys (2 mls): 1, C. Smith (West) 12-55; 2, S. Covington (Ellon) 13-10; 3, K. Daw (Ellon) 15-16.
 Girls (2 mls): 1, C. Clarkson (New) 14-25; 2, M. Simpson (Dyce) 15-12; 3, N. Turner (Ellon) 19-30.
 Colts (1 ml): 1, R. Forster (Ellon) 7-32; 2, N. Imrie (West) 7-56; 3, S. Turner (Ellon) 8-48.
 Minor Girls (1 ml): 1, L. Robinson (West) 8-08; 2, C. Pirie (Dyce) 8-42; K. Ramsay (Bal) 8-58.**

24

Scottish Boys Brigade CC Champs, Craigie Estate, Ayr -
 Seniors: 1, B. Thomas (Gla) 16-14; 2, J. Craig (Miln/Beer) 16-36; 3, J. Reid (Wish) 16-37; 4, S. Heming (EKO) 16-52; 5, A. McDonald (EKO) 16-54; 6, B. Neill (Gla) 17-11; 7, S. Purvis (EKO) 17-23; 8, S. Lauchlan (N Ayr) 17-28; 9, C. Reddie (Dunf) 17-30; 10, G. James (Gla) 17-43; Teams: 1, Glasgow 37pt; 2, E. Kilbride 58; 3, Edinburgh 76; 4, N. Ayrshire 82; 5, Wishaw 100; 6, Falkirk.
 Intermediates: 1, S. Mackay (Inv) 10-07; 2, A. Moore (M/B) 10-28; 3, I. Richardson (Gla) 10-32; 4, S. Burns (Ed)

10-35; 5, J. Mearns (G'rock) 10-38; 6, G. Mulholland (N Ayr) 10-52; 7, A. Macrae (Inv) 10-58; 8, G. Campbell (Inv) 11-00; 9, D. McMurdo (Lennox) 11-00; 10, M. McKeaton (Wish) 11-04; Teams: 1, Inverness 37pt; 2, Glasgow 48; 3, Edinburgh 72; 4, Milngavie/Bearsden 80; 5, N. Ayrshire 104; 6, Aberdeen 113.
 Juniors: 1, K. Daley (Ed) 7-48; 2, M. Anderson (Ed) 8-00; 3, A. Moore (M/B) 8-12; 4, S. Thomson (Ayr) 8-15; 5, P. Paterson (Dunf) 8-18; 6, J. Erridge (Ab) 8-19; 7, C. Taylor (Gla) 8-21; 8, A. Calder (Ham) 8-27; 9, S. Carrick (EK) 8-27; 10, B. Kelly (M/B) 8-28; Teams: 1, Edinburgh 77pt; 2, E. Kilbride 89; 3, Glasgow 115; 4, N. Ayrshire 124; 5, Greenock 124; 6, Dundee 125.

31

SCCU Centenary Young Athletes Races, Holyrood Park -
 Youths: 1, D. Slythe (ESPC) 15-30; 2, S. Gilmour (VP) 15-43; 3, N. Latimer (Har) 16-11.
 Sen Boys: 1, G. Browitt (Pen) 11-23; 2, D. Carty (Bath) 11-24; 3, P. Looge (Shet) 11-49.
 Jun Boys: 1, K. Daley (ESPC) 7-16; 2, D. Gorman (VP) 7-29; 3, S. Furness (Bath) 7-35.

April

21

Scottish Primary Schools CC Championships, Kirkcaldy -
 Boys (born 1979): 1, M. Munro (Dun) 6-30; 2, F. Aberdeen (Strom) 6-33; 3, R. Pollock (Ard) 6-35; 4, J. Wilson (Dol) 6-39; 5, R. MacDonald (Bish) 6-40; 6, A. Hodgson (Bark) 6-41; 7, A. Colish (West) 6-47; 8, K. Cormack (St Gab) 6-53; 9, S. McEwan (Coul) 6-53; 10, S. Grant (Lenz) 6-54; Team: 1, St Matthews 44 pt; 2, Dunbar 50;
 Boys (born 1979): 1, A. Sandilands (Kirk) 6-38; 2, D. Maguire (Moss) 6-47; 3, G. MacDonald (Glen) 6-48; 4, K. O'Neill (Aird) 6-52; 5, M. Paton (Bish) 6-53; 6, B. Hughes (Haw) 6-56; 7, S. Phillips (Aird) 6-58; 8, C. Campbell (Ding) 7-01; 9, C. Macintosh (Law) 7-03; 10, R. Stewart (Mon) 7-05; Team: 1, Alexandria 27pt; 2, St Matthews 36; 3, Lawhead 62; 4, Geo Watsons 82; 5, Dingwall 96; 6, Stew Mel 110.
 Girls (born 1978): 1, J. Ward (C'ford) 6-40; 2, J. Robertson (Roy) 6-45; 3, C. Morris (St Mat) 6-55; 4, S. Jack (C'robie) 6-58; 5, D. McAllister (Fra) 6-59; 6, M. Dearie (Garr) 7-03; 7, L. Jackson (Wish) 7-06; 8, L. Scott (Bish) 7-08; 9, K. Snape (Aber) 7-15; 10, V. Forbes (Ayr) 7-19; Teams: 1, Fraserburgh 41 pt; 2, St Matthews 68; 3, Mary Erskine's 90; 4, Craighall 123; 5, St Mary's Bath 131; 6, Dollar 133.
 Girls (born 1979): 1, J. Anderson (Fra) 7-06; 2, K. McNab (Dol) 7-17; 3, N. Stephen (Aber) 7-18; 4, L. Wight (Geo Wat) 7-17; 5, L. Falconer (Ros) 7-26; 6, J. Mair (Haw) 7-30; 7, M. Ritchie (Dumf) 7-33; 8, A. Shaw (Bog) 7-36; 9, R. McCallum (Ding) 7-37; 10, R. Friend (Aber) 7-37; Teams: 1, St Margarets, Aber 48 pt; 2, Trinity Hawick 61; 3, Geo Wat Coll 74; 4, St Matt, B' brigs 94; 5, Hawick 99; 6, St Helens, B' brigs 131.

RESULTS



March

10

Dunbartonshire AAA Balloch to Clydebank RR -
 1, J. Duffy (GWH) 63-03; 2, K. Rankin (FVH) 63-05; 3, W. Robertson (Bell) 63-11; 4, B. Pitt (Dum) 63-28; 5, D. Halpin (Clyd) 63-52; 6, J. Evans (Shet) 63-55; 7, J. Cooper (Spring) 64-48; 8, W. McTaggart (Gla Un) 64-54; 9, J. Harrison (Milb) 65-07; 10, W. Day (FVH) 65-20; 11, P. Dolan (Clyd) 65-45; 12, G. Terney (Kilb) 65-49; 13, A. Daly (Bella) 65-55; 14, A. Adams (V2) (Dum) 65-57; 15, J. Hanrathy (Clyd) 66-06; 16, J. McNeill (Bell) 66-13; 17, D. Lothian (FVH) 66-21; 18, P. Walsh (Dum) 66-38; 19, R. Hubbard (SMC) 66-59; 20, H. Watson (V3) (Clyd) 67-18; V4, P. McGregor (VP) 23rd 67-34; V5, A. McMahon (Kilb) 24th 68-05; V6, W. Scally (Shet) 25th 68-06; L1, R. Murray (LV1) (GN) 89th 75-53; L2, R. Kay (GAC) 110th 75-53; L3, K. Hancock (GN) 111th 79-02; L4, M. O'Neill (West) 130th 82-16; L5, L. Brown (LV2) (KO) 145th 83-53; L6, M. Sinclair (GAC) 162th 86-43. Teams: 1, FVH 29pt; 2, Clydesdale 31; 3, Bellahouston 32; Dunbartonshire AAA champion: B. Pitt.

11

Edinburgh Uni 5 Mile RR -
 1, A. Robson (ESH) 24-49; 2, B. Kirkwood (ESPC) 24-52; 3, K. Mortimer (ESPC) 25-48; 4, C. McLennan (ESPC) 26-17; 5, A. Ward (ESPC) 26-33; 6, D. Law (Cont) 26-37; 7, C. Hunter (MBT) 26-47; 8, D. Gouldsbrough (ESH) 27-17; 9, J. Jarris (Jl) (Edin Un) 27-21; 10, Z. Barkowski (VD) (ESPC) 27-25; Team: 1, ESPC 9pts.

Smokies Ten Women's 10 mile RR, Arbroath -
 1, E. McColgan (DHF) 57-40 (rec); 2, M. Muir (DRR) 62-24; 3, J. Armstrong (GAC) 62-40; 4, D. Porter (Ab) 63-59; 5, A. Rose (DU) 65-36; 6, S. Cranston (Mont) 66-13; 7, LVI, G. Hanlon (DRR) 66-34; 8, LV2, S. Rodger (DRR) 67-32; 9, LV3, M. Robertson (DRR) 67-44; L50, 1, E. Fairweather (DRR); 2, J. Hamilton (Arb); 3, J. Wood-Allen (Dun);

17

Clydesdale H Dunky Wright Memorial 5.5 mile RR, Clydebank -
 1, A. Hutton (ESH) 25-37; 2, W. Coyle (Shet) 26-17; 3, E. Stewart (Cam) 26-35; 4, T. Hearle (Kilb) 26-40; 5, C. Thomson (Cam) 26-47; 6, W. Robertson (Bell) 26-50; 7, B. Pitt (Dum) 27-07; 8, M. Gormley (Cam) 27-23; 9, C. Spence (Spa) 27-43; 12, J. Harrison (Milb) 27-48; 13, D. Halpin (Clyd) 27-49; 14, E. Wilkinson (Cal) 27-58; 15, J. McNeill (Bell) 28-00; 16, P. Dolan (Clyd) 28-11; 17, D. Williams (Bell) 28-17; 18, D. Williams (Cbank) 28-51; 19, J. Harrathy (Clyd)

28-51; 20, M. Gallagher (Mary) 28-58; V1, R. Young (Clyd) 26th 29-18; V2, A. Blackley (West) 35th 29-48; V3, T. McColl (Dumb) 59th 31-51; V4, N. Singh (Mary) 67th 32-24; V5, W. Parker (VP) 73rd 32-45; V6, J. Evans (Ayr) 75th 32-52; V50, J. Haldane (Mary) 82nd 33-36; V60, W. Marshall (Moth) 60th 31-33; L1, L. McIntyre (GAC) 36th 29-50; L2, E. McBrian (MSL) 66th 32-11; L3, E. Grant (GAC) 69th 32-27; L4, R. Murray (LV1) (GN) 76th 33-00; L5, K. Hancock (GN) 86th 34-34; L6, J. Stewart (GAC) 87th 34-47; LV2, M. Small (Clyd) 107th 39-04; LV3, J. Cusick (Clyd) 114th 45-25; Teams: 1, Cambuslang 16pt; 2, Bellahouston 38; 3, Clydesdale 39.

GGH Singlehurst Shield 5 mile RR -
 1, H. Cox 24-10; 2, B. Dunn 25-10; 3, B. McGuinness 25-30; 4, T. McAllion 25-59; 5, I. Cameron 26-01; 6, P. Russell 26-06; 7, T. Curran 26-08; V1, R. Hodelet 15th 28-25; V2, D. McNeill 18th 29-26; V3, J. Smith 20th 3-00; L1, E. O'Brien 23rd 31-05 (rec); L2, J. Smith 28th 33-29.
Club Champ: 1, D. Shaw 21pt; 2, C. Hendry and I. Cameron 19; V Champ: 1, D. McNeill 37pt; L Champ: E. O'Brien 30pt.

18

David Cumming Trophy 7 mile RR, Kilbarchan -
 1, T. Anderson 38-58; 2, D. Meuse 39-48; 3, D. Petrie 40-43; 4, J. McMillan (V1) 41-14; 5, A. McMahon 42-32; 6, E. Taylor 46-03; Hcap, M. Moore (LV1) 54-59.

Inverness Half Marathon (+400 ran) -
 1, C. Haskett (DHF) 67-49; 2, J. Doig (Ab) 68-48; 3, G. Laing (Ab) 69-26; V40: 1, G. Sim (Mor) 71-39; 2, G. Mitchell (Inv) 76-00; 3, J. Smith (HLP) 77-04; V45: 1, D. Ritchie (For) 74-08; 2, A. Whyte (Bl) 76-41; 3, R. Brown (Unat) 77-17; V50: 1, T. Gosten (DDR) 82-02; 2, C. Gilmour (Unat) 84-36; V55: 1, T. King (Fife) 84-43; L1, J. Swanson (MS) 77-17; L2, M. Stafford (Ab) 84-42; L3, J. Robertson (Blair) 89-16; LVI, M. Stafford.

RESULTS

(Loch) 60-16; 11, J. McMillan (V2) (B) 60-57.

Bank of Scotland White Catherun 11.5 Mile Race, Brechin (101 ran) -

1, E. Butler (V1) (Ab) 69-23; 2, J. McKay (HBT) 70-31; 3, R. Brown (HBT) 70-51; 4, D. Dawson (HBT) 70-54; 5, M. Thomas (HBT) 71-15; 6, J. Farquhar (HBT) 72-00; 7, A. Aitken (Ab) 72-13; 8, P. Butcher (Arb) 72-35; 9, B. Maker (V2) (HBT) 73-38; 10, E. Rennie (Ab) 73-53; V3, G. Angus (DYM) 73-57; V4, C. Love (DHH) 76-07; L1, T. Respinge (DRR) 85-18; L2, S. Rodger (DRR) 89-07; L3, S. Cluley (For) 90-44; L4, I. Clark (Arb) 91-39; L5, F. Nicholson (For) 92-39.

Alloa Half Marathon (800 ran) -

1, A. Robson (ESH) 68-33; 2, M. Coyne (CR) 69-53; 3, J. Evans (Shett) 69-58; 4, T. Thomson (CR) 70-03; 5, D. Anderson (Bro Dys) 70-52; 6, G. Tenney (Kilb) 71-49; 7, A. Stirling (V1) (FVH) 71-59; V2, P. Paterson (CR) 75-49; V3, J. Kyle (Cum) 76-19; L1, J. Swanson (MSL) 78-37; L2, J. Robertson (Ayr) 79-38; L3, R. McAleese (LV1) (MSL) 81-47; LV2, R. Murray (GN) 82-48; LV3, J. Ferrari (Pit) 90-04; Teams 1, Cent. Region; 2, FVH; L Team: 1, Giff. North.

31

Sri Chinmoy Peace Mile, Bathgate -
Boys: 1, B. Boyle 5-16; 2, D. Stewart 5-50; 3, M. Boyle 6-11;
Girls: 1, A. Cheyne 5-37; 2, C. Roy 6-07 (all Bathgate); 3, E. Stoll (EWM) 6-17.

City-Pier-City Half Marathon, The Hague, Holland -

1, M. Tenkate (Holl) 62-24; 7, H. Cox (GGH) 64-04 (pb and fastest Scot 1990).

April

1

PSH North Inch Road Relays, Perth -
1, Ed Uni (D. Arnott 14-46; H. Nicholson 15-10; J. Garland 14-29; A. Eyre-Walker 14-25) 58-50; 2, Peterhead (S. McMillan 15-24; G. Milne 15-10; P. Scott 14-48; A. Reid 14-00) 60-22; 3, PSH (D. Knight 15-02; M. Paxton 16-37; R. Wilson 15-47; E. Bell-Scott 15-23) 62-49; 4, Pitreavie 63-43; 5, PSH B 63-46; 6, DRR 64-57; 7, Peebles 66-30; 8, Fife AC 66-51; 9, PSH C 67-46; 10, Pitreavie B 68-36.
Juniors: 1, PSH (M. Hawkins 18-45; C. Hughes 17-57; K. Smith 16-45; R. Soutar 16-43) 70-10.
Women: 1, DRR (M. Muir 16-57; T. Respinge 18-37; G. Hanlon 18-23; S. Rodger 18-52) 72-49.
Fastest Laps: 1, A. Reid 14-00; 2, A. Eyre-Walker 14-25; 3, J. Garland 14-29; 4, D. Arnott 14-46; V1, I. G. Milne 15-10; L1, M. Muir 16-57.

Dyce Half Marathon -

1, C. McIntyre (Fra) 71-17; 2, M. Cumming (Met) 72-52; 3, B. Adams (V1) (Ab) 73-22; 4, P. Jennings (Met) 73-42; 5, C. Noble (Fra) 74-28; 6, S. Forbes (Met) 74-37; 7, A. Neaves (Met) 75-11; 8, D. Whyte (Ab) 75-41; 9, J. Stewart (Met) 75-48; 10, C. Benzie (Ab) 75-52; V2, F. Duguid (Ab) 77-12; V3, M. Edwards

(Ab) 77-13; L1, U. Simpson (Ab) 86-39; L2, J. Nuttall (LV1) 93-02; L3, M. MacDonald (Pe) 86-20; L4, K. Butler (LV2) (Ab) 96-56; L5, B. Kerr (LV3) (Ab) 98-24.

DHH 10K RR, Caird Park, Dundee -
1, C. Haskett (DHH) 30-34; 2, I. Campbell (DHH) 30-50; 3, N. Muir (Shett) 30-53; 4, C. Ross (DHH) 32-20; 5, T. Thomson (CR) 32-32; 6, B. Cook (DHH) 32-38; 7, B. Pattison (Ox) 32-45; 8, R. Bell (DHH) 32-54; 9, D. Hamilton (DHH) 33-04; 10, B. Anderson (DRR) 33-22; V1, T. Graham (Fife) 43-31; LV1, J. Carroll (DRR) 41-31; LV2, A. Strachan (DRR) 42-39; LV3, D. Leddy (Whit) 46-40; Teams 1, DHH 7pt; Vets: 1, Fife AC 80pt; Women: 1, DRR 202 pt; Women Vets: 1, DRR 202pt.

Polaroid Glen Fruin 14.6 mile RR, Helensburgh. (187 ran) -

1, A. Daly (Bella) 77-10; 2, G. Fairley (Kilb) 77-50; 3, G. Tenney (Kilb) 77-58; 4, J. Harrison (Milb) 78-17; 5, E. Wilkinson (Cal) 78-37; 6, R. Hubbard (SMC) 79-51; V1, P. McGregor (VP) 12th 81-44 (rec); V2, H. Watson (Clyd) 14th 82-02; V3, R. Young (Clyd) 16th 82-53; V4, C. Martin (Dumb) 83-54; V5, J. Gormley (Bella) 42nd 91-13; L1, J. Robertson (West) 34th 88-34; L2, M. O'Neill (West) 97th 101-53; L3, H. Stewart (Clyd) 108th 103-43; LV1, J. Murray (Kilb) 137th 1-51-03; Teams 1, Kilbarchan 18pt; 2, Clydesdale 50.

7

Tom Scott Memorial 10 mile RR, Law to Strathclyde Park -

1, G. Braidwood (Spring) 47-20; 2, F. Clyne (Met) 47-30; 3, P. Fox (DHH) 47-42; 4, C. Thomson (Cam) 47-43; 5, P. Faulds (FVH) 48-04; 6, W. Nelson (Law) 48-24; 7, A. Gilmour (Cam) 48-48; 8, H. McKay (Fife) 48-56; 9, E. Stewart (Cam) 48-56; 10, K. Mortimer (ESPC) 49-08; 11, D. Frame (Law) 49-18; 12, D. McGonigle (DHH) 49-29; 13, C. Youngson (V1) (Ab) 49-31; 14, K. Rankine (FVH) 49-33; 15, D. Anderson (Bro) 50-10; 16, A. McLellan (Cal) 50-16; 17, I. Seggie (V2) (Liv) 50-21; 18, C. McDougall (V3) (Cal) 50-26; 19, A. Adams (V4) (Dumb) 50-32; 20, C. Martin (V5) (Dumb) 51-31; 21, B. Grieve (Dunf RC) 51-43; 22, W. Weir (moth) 51-48; 23, C. Ross (Shett) 51-50; 24, D. Murray (FVH) 52-06; 25, T. Anderson (Kilb) 52-08; 26, W. Broton (FVH) 52-13; 27, D. Gardiner (Moth) 52-16; 28, R. Young (V6) (Clyd) 52-21; 29, P. McGregor (V7) (VP) 52-21; 30, I. Briggs (V8) (Liv) 52-25; V9, J. Christie (Cam) 39th 53-14; V10, W. Mitchell (Cam) 40th 53-19; V45, A. Adams; V50, I. Leggart (Liv) 47th 53-56; V55, J. Irvine (GN) 68th 55-30; V60, W. Marshall (Moth) 89th 56-53; L1, P. Rother (ESPC) 105th 57-54; L2, J. Donnelly (GAC) 115th 58-40; L3, H. Morton (Inv) 144th 61-07; L4, J. Harvie (GAC) 155th 61-53; L5, A. Hughes (ESPC) 172nd 63-36; L6, J. Byng (Inv) (LV1) 182nd 64-25; L7, H. Stewart (Clyd) 186th 65-36; L8, A. Harvie (MSL) 192nd 67-32; L9, D. Monteith (LV2) (SUMC) 197th 68-38; L10, M. Hyman (Liv) (LV3) 200th 70-11; LV4, D. Moore (GAC) 202nd 72-07; Teams: 1, Cambuslang 20pts; 2, FVH 43; 3, Liv & Dist 94; 4, Law & Dist 94;

Vet Team: 1, Liv & Dist 94 pt; 2, Dumbarion 104; 3, Aberdeen 109.

Bellhaven Dunbar Boundary 10K RR -
1, J. Graham (HELP) 29-52 (rec); 2, J. Ross (HELP) 30-06; 3, D. Downie (Spring) 30-18; 4, G. Crawford (Unat) 30-20; 5, R. Hall (Tev) 30-56; 6, P. Embleton (Unat) 30-57; 7, A. Robson (ESH) 31-59; 8, A. Collan (Spring) 32-25; 9, L. Crawford (Spring) 33-49; 10, J. Cherrie (ESH) 33-52; V1, J. Reid (Lim) 35-00; V2, D. Jeffrey (Dun) 35-37; V3, R. Martin (Forth) 35-39; L1, J. McCall (GAC) 36-35; L2, K. Hogg (Ren) (LV1) 38-59; L3, C. Whalley (Liv) 39-13; L4, E. Ryan (ESPC) 41-14; L5, R. McDonald (Wye) 41-24; Loc 1, D. Mackie (Dunb) 44-24.

8

Selkirk People's Half Marathon -

1, M. Carroll (Ann) 66-43 (rec); 2, A. Robson (ESH) 67-35; 3, R. Hall (Tev) 68-54; 4, I. Elliot (V1) (Tev) 70-10 (rec); 5, K. Lyall (ESH) 70-20; 6, D. Henderson (Anni) 70-40; 7, G. Tenney (Kilb) 71-02; 8, A. Jenkins (ESPC) 72-28; 9, C. McLennan (ESPC) 72-44; 10, P. Russell (JH) (Forth) 73-32; 11, A. McNeill (Dov) 73-56; 12, R. Elphinstone (ESH) 74-09; 13, A. Fair (Tev) 74-50; 14, J. Smith (V2) (HELP) 75-57; 15, M. McGovern (J2) (Unat) 76-07; V45: 1, M. Walker (Gos) 76-31 (rec); 2, J. Howarth (Unat) 86-42; V50, I. S. Reid (Roe) 77-12 (rec); 2, C. Armstrong (HELP) 82-55; L1, R. McAleese (MSL) (LV1) 81-51 (rec); L2, D. Porter (Ab) 84-55; L3, A. Bland (Kend) 88-35; LV2, M. Sinclair (GAC) 91-42; LV3, N. McGraw (Una) 93-03; Teams: 1, ESH 19 pt; 2, Teviot 20.

11

SCS 10 Mile RR Champ, Strath Park -
1, M. Gormley (BT) 53-05; 2, J. Baird (SO) 55-40; 3, E. Butler V1 (BT) 57-02; 4, F. Duguid (BT) 57-57; 5, J. Duffy (IR) 58-08; 6, R. Downie (BT) 58-35; V3, R. Rochford (BT) 59-51; L1, C. A. Gray (SO) 68-44; L2, S. Craig (IR) 69-05; L3, B. Sloss (LV1) (IR) 83-13; L4, I. Carson (IR) 83-13.

14

Renfrewshire 10 mile RR, Greenock -
1, I. Murphy (C' Dale) 51-33; 2, C. Spence (Spa) 52-18; 3, G. Gaffrey (GWH) 52-49; 4, G. Tenney (Kilb); 5, B. McGuinness (GGH) 55-00; 6, J. Harrathy (C' Dale) 55-08; 7, P. O'Kane (HBT) 55-14; 8, J. Thomson (Inv) 55-29; 9, C. Leck (Spa) 55-36; 10, I. Cameron (GGH) 55-43; 11, A. McMahon (Kilb) 55-55; 12, S. Hodge (Spa) 56-15; 13, P. McLean (Milb) 56-40; 14, T. McCaillan (GGH) 56-44; 15, D. McLaughlin (GGH) 56-50; V1, J. Gallacher (Spa) 17th 57-11; V2, K. McKinley (GN) 22nd 59-03; V3, F. Healy (GN) 25th 59-47; L1, E. O'Brien (GGH) 49th 64-41; L2, J. Harvey (GAC) 54th 66-17; L3, J. Byng (LV1) (Inv) 65th 69-02.

15

Scottish Vets 5K RR, Blackpool Prom -
1, B. McMahon (Shett) 17-58; 2, W. McCann (EK) 18-52; 3, J. Gourlay (Law) 19-04; 4, D. Turnbull (EK) 20-41; 5, G. McKirdy (EK) 20-52.

Haddington 10 mile RR, Neilson Park, 1, J. Ross (HELP) 51-31; 2, A. Robson (ESH) 53-24; 3, J. Evans (Shett) 53-34; 4, R. Bell (DHH) 53-47; 5, M. Turner (Ab) 54-09; 6, A. Stirling (V1) (FVH) 54-35; 7, G. Tenney (Kilb) 55-26; 8, I. Baird (HELP) 55-38; 9, I. Seggie (V2) (Liv) 56-03; 10, S. Clark (ESH) 56-04; 11, K. Whiteford (Unat) 56-04; 12, A. Cunningham (HELP) 57-27; 13, N. MacDonald (ESH) 58-07; 14, M. McGovern (Unat) 58-10; 15, C. Smith (Port) 58-11; V3, K. Summersgill (Nor) 16th 58-14; J1, G. Morrison (Unat) 61-06; L1, R. McAleese (MS) LV1, 35th 63-15; L2, J. Kane (GAC) 64th 67-36; L3, M. McLaren (Fife) 73rd 69-26; L4, R. MacDonald (Wye) 81st 70-39.

Aberdeen AAC Half Marathon Champ, Bridge of Don -

1, F. Clyne 69-44; 2, D. Duguid 70-12; 3, R. Taylor (G) 70-53; 4, M. Murray 71-40; 5, C. Youngson (V1) 72-28; V2, C. Simpson 78-11; V3, J. Gallon 78-24; L1, J. Nuttall (LV1) 93-10; L2, A. Cassells 98-01.

Lochaber AC Glen Bank 5.5 mile Race, Fort William -

1, D. Runciman (Cam) 25-39; 2, D. Rodgers (Loch) 27-14; 3, A. Reid (Dart) 27-45; V1, T. O'Reilly (Spring) 32-41; L1, S. McGregor (JWK) 36-22.

21

Jock Semple Memorial 3 x 3.15 mile Road Realy Race, Dalmeir Park -
1, Clydesdale (I. Murphy 17-09; P. Halpin 19-03; P. Dolan 18-06) 54-18; 2, GGH (P. Duffy 17-50; W. Dunn 19-08; A. Puckrin) 54-30; 3, Ayr Sea (B. Boyd 18-40; J. Stewart 18-53; G. Wright 17-37) 55-10; 4, Calderglen 55-50; 5, Bella 56-08; 6, Maryhill 56-33; 7, Clydesdale B 56-45; 8, Bella Vets 58-06; 9, GGH Vets 58-36; 10, Cambuslang 58-46; 11, Ayr B 59-58; 12, Kirk Oly 60-17; 13, Bella C 60-23; 14, Calderglen B 60-29; 15, Vic Park Vets 61-21; Fastest Laps: 1, I. Murphy 17-09; 2, A. Puckrin 17-32; 3, A. Derrick (Cal) 17-36; 4, G. Wright 17-37; 5, P. Duffy 17-50; 6, A. McLellan (Cal) 17-52; Veterans: 1, I. Burke (Bella) 18-21; 2, R. Young (C' Dale) 18-47; 3, W. Marshall (Cam) 19-05; Women: 1, J. Donnelly (GAC) 21-03; 2, E. O'Brien (GGH) 21-51; 3, H. Stewart (C' Dale) 23-02.

22

TSB Lochaber Marathon, Fort William -
1, D. Ritchie (Forr) (V1) 2-34-01; 2, D. Henderson (Milb) 2-36-14; 3, C. McLellan (ESPC) 2-39-05; 4, P. Paterson (CR) (V2) 2-39-23; 5, K. Rankin (FVH) 2-41-03; 6, J. Harrison (Milb) 2-41-42; 7, M. Francis (Forr) 2-43-43; 8, A. Nicol (CR) 2-45-48; 9, W. Day (FVH) 2-50-21; 12, D. Campbell (Ob) 2-51-13; 13, M. McMillan (Ob) 2-56-06; 14, J. Reeves (Hav) 2-58-10; 15, D. Murphy (Forr) 2-59-56; L1, E. Walls (St Alb) 23rd, 3-09-05; L2, T. Respinge (DRR) 41st, 3-23-01; L3, J. Thorn (Mid Ches) 52nd, 3-29-36; LV1, K. Dodson (Law) 57th, 3-41-37.

St Andrews Charity Half Marathon -
1, B. Anderson (DRR) 72-52; 2, D. McNicol (Fife) 73-49; 3, D. Macgregor V1 (Fife) 73-58; 4, McCreddie (Fife) 75-13; 5, G. Hanlon (DRR) 75-44; 6, W. Adams V2

RESULTS



March

11

Criffel Hill Race, New Abbey -

1, M. Rigby (West) 50-05; 2, W. Ranshortham (Liv) 51-07; 3, D. Weir (PSH) 51-17; 4, I. Murphy (Clyd) 51-30; 5, B. Grieve (Dunf RC) 52-28; 6, J. Shields (V1) (Clyd) 53-25; V50, B. Kettles (Law) 62-43; L1, J. Fenna (Bord0) 70-12; L2, H. McPherson (Clyd) 71-19; L3, G. Paul LV1 (Car) 73-23; L4, H. Spenceley (Car) 76-35.

April

14

Craig Dunain HR, Inverness -

1, F. Clyne (Met) 34-02; 2, W. Ramsbotham (Liv) 34-34; 3, D. McGonigle (DHH) 34-49; 4, G. Bartell (Forr) 35-09; 5, D. Crowe (DHH) 35-16; 6, G. Sims (V1) (Mar) 35-24; V2, E. Butler 7th (Ab) 36-16; L1, J. Norgate (Nairn) 49-30.

21

Ben Rha HR, Thurso -
1, S. Cassells (Ab) 47-48; 2, R. McDonald (Inv) 48-56; 3, H. McGinley (Lom) 51-09; 4, A. Thin (Caith) 51-31; 5, R. Worth (Unat) 52-35; 6, A. McDonald (Caith) 53-18; V1, G. Clark (Arb) 54-11; V2, I. Hay (Inv) 54-55; L1, A. Cassells (Ab) 68-27; L2, C. Donett (Caith) 71-52; LV1, I. Clark (Arb) 69-23; LV2, R. Bruce (Wick) 85-59.

28

Scree 4 mile HR, Castle Douglas

1, M. Rigby (W) 28-26; 2, G. Bartell (Forr) 28-44; 3, A. Eyre-Walker (HBT) 29-25; 4, B. Grieve (Dunf) 29-33; 5, S. Bennett (W) 29-38; 6, D. Weir (PSH) 30-21; 7, J. Aitken (HELP) 30-31; 8, D. Milligan (V1) (Sol) 30-58; 9, J. Hampshire (HBT) 31-30; 10, I. Auchie (Dol) 31-34; V2, D. Chadderton (Sol) 33-51; V3, K. Paterson (Sol) 36-09; V50, K. Wood 39th (Cal) 40-46; L1, T. Calder (LV1) 16th (ESPC) 32-37; L2, L. Longmore 41st (Ann) 41-22; L3, D. Turner 43rd (Sol) 41-54.

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EVENTS

May

16

SHEETLESTON OGM, C'point.

SRI Chinmoy 2 mile RR, Meadows. Tel 031-336-2349.

TROON Tortoises 10K RR.

SAL v Unis v Juns, Grangemouth.

18-21

BRUICHLADDICH Islands Peak Race, Oban-Troon. Details - Curly Mills, 5, Seaford View, Kinghorn, Fife. Tel: 0592-890408.

19

GOAT FELL Race, 2.15pm start, Ormidale Park, Brodick. Details - (0770) 2140.

SAAA N District Champs, Inverness. Further info: 031-317-7320/1.

STUC A' Chroin Hill Race, Strathgry, Perth.

20

JOHNSTONE Rotary Club 10K and Fun Run, Johnstone.

MOTHERWELL Ravenscraig Half Marathon, Wishaw. Details

**NEW CUMNOCK
10 MILE AND 3
MILE FUN RUN**

**SUNDAY 17 JUNE
1 p.m.**

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J. Hume,
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- Race Director, Wishaw Sports Centre, Wishaw, ML2 OHB.

SOLWAY League, Annan.

SWAAA Ev Wmatch, Coatbridge.

HFC Bank SAL, D1 & 2, Glasgow/Aberdeen; D3 & 4, Meadowbank.

HUGHES Glenrothes Half Marathon, Glenrothes. For details call (0592) 771700.

23

KINNOULL Hill Race, Perth.

SRI Chinmoy 2 mile RR, Meadows. Tel 031-336-2349.

26

BATHGATE & West Lothian Highland Games and Hill Race, Bathgate.

BENS of Jura Fell Race, Isle of Jura.

KIRCUDBRIGHT Academy Milk Half Marathon, Kircudbright. SCOTTISH YAHs, Bathgate.

BANK of Scotland Western Isles Half Marathon, Stornoway, Lewis. Details - Alan Cunningham, Burncrook, Upper Bayble Point, Isle of Lewis, PA86 OQH.

SAAA E&W District Champs, Meadowbank and Dam Park. Tel 031-317-7320.

27

CAITHNESS Northern People's Half Marathon, Thurso. Noon start, entries accepted on day - £4.

**BO'NESS
HARRIERS A.A.C.
10K ROAD RACE**

SUNDAY 17th JUNE

AT
BO'NESS RECREATION
CENTRE

ENTRIES £3.00
Accepted until 10.15 a.m.
MEN: 17 & Over
WOMEN: 18 & Over

FURTHER INFORMATION:
0506 - 827872

Prizes inc Caithness glass & spot prizes - tea and sandwiches after. E and info from J Cassells, 12, Lythmore Rd, Thurso, Caithness.

LIVERPOOL Womens' 10K/The Great North-West Run. Details - 051-225-5315.

CITY of Aberdeen Milk Marathon, Aberdeen. Details - Marketing Services Ltd, 4 Bon Accord Crescent, Aberdeen AB1 2DH.

COWAL Police Half Marathon, Dunoon. Entries from Police Station, Argyle Road, Dunoon. (0369) 2222.

EDINBURGH and District Athletics League, Pitreavie.

FORRES Harriers 10K, Forres.

MONKLANDS Scottish Women's Cup Semi-final, Coatbridge. Details - Jim Brown (0236) 31524.

30

AULD Toon 10K, Dunfermline. Details - C&G Sports, 0383-737545.

PITREAVIE OGM, Pitreavie.

SRI Chinmoy 1 mile RR, Meadows Tel 031-336-2349.

BANK of Scotland Eyemouth Road Races. D - Mr D.S. Miller, 5, Priors Walk, Coldingham TD14.

June

2

EAST Kilbride 10K Summer Track Race, East Kilbride.

**6th Mountain View Dairy
10 Miles (Abbeytown, Carlisle)
All Comers Fund-raising
Road Run plus 5-mile
Fun Run (for under 16)
(Under AAA, WAAA Rules)
SUNDAY 3 JUNE - 1.30p.m.**
Free tea, parking, souvenir mugs and certificates to all finishers plus individual cup & gift vouchers to main winners.
For entry forms: Telephone (Abbeytown, Carlisle) 61060 or 61273 or 61798

GLENGOYNE Gallop, Blanehead.

HADDINGTON Festival Five Mile Road Race, Haddington. D - 062082-4023.

HFC UK Championships.

INVITATION Meeting, Annan.

LILIAS Day RR, Kilbarchan.

ROSS-SHIRE 10K RR, Muir of Ord.

SHOTTS HG and Groat RR.

SWAAA Combined Events Championships, Grangemouth.

3

AIRDRIE Highland Games.

CUMBERNAULD Half Marathon, Cumbernauld. D - Rec & Leisure Dept, Council Offices, Bron Way, Cumbernauld.

EAST Neuk of Fife Half Marathon, Anstruther. Contact David Maiden, 24, Viewforth Place, Pittenweem, Fife.

FORTH Road Runners 10K RR.

HFC UK Championships.

IRVINE Valley Half Marathon.

LARKHALL - Wanlockhead Relay.

SAAA/SWAAA Relay Champs, Grangemouth. Tel 031-317-7320/1 for details.

SCOLTY Hill Race, Banchory.

6

AYR Seaforth 10K Road Race.

FALKIRK OGM, Grangemouth. Tel 0324-486711.

HILL of Tarvit Race, Ceres.

SRI Chinmoy 10K RR, 7pm, Meadows. Tel 031-336-2349.

8

HUNTER'S Bog Trot, Edinburgh

9

HAMILTON District Sports Festival and Gala, Hamilton.

KIRKCALDY DISTRICT PEOPLE'S HALF MARATHON



NEW FOR 1990 !

NEW DATE

SUNDAY 24TH JUNE 1990

9.10 a.m.

NEW COURSE

TWO LAP, WITH START/FINISH IN BEVERIDGE PARK.
Numbers sent out to pre-entrants.

PLUS TWO NEW RACES

A 10K AND A STREET MILE

THE KIRKCALDY CARAVAN CENTRE 10K (9.00 start)
1-lap, start and finish in Beveridge Park

THE SAAB STREET MILE (10.00 a.m. start)
A fast point-to-point finishing in the Beveridge Park

and for children and joggers, a bigger and better fundraiser

THE FORBO-NAIRN FUNRUN (11.15 a.m. start)
Start/finish in the Beveridge Park
FREE pre-entry by sponsor form

SAE for application form to HALF-MARATHON
EVENTS,
Fife College of Technology, St. Brycedale Avenue,
Kirkcaldy KY1 1EX.

SPONSORS

KIRKCALDY DISTRICT COUNCIL; BOOKER BELMONT
WHOLESALE; DONALD HEGGIE GROUP
(COACHBUILDERS); CAFE CONTINENTAL, KIRKCALDY;
SHELL EXXON; LAIDLAW FIFE LTD; FORBO-NAIRN;
FIFE BUILDING SUPPLY; BRIAN GRIEVE (HAIRDRESSERS,
KIRKCALDY);
JHP TRAINING LTD; ROYAL BANK (KIRKCALDY
BRANCH).

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

the **LUTON** international



**COMMEMORATIVE
MEDAL**

**PRIZES
FOR ALL
SECTIONS**

**FAST
COURSE**

Town Hall, Luton

and 10k

**FREE BUS
TRAVEL**

22nd July 1990

**FREE
DESIGNER
COMMEMORATIVE
CERTIFICATE**

**OVER
£5000**

**FANCY
DRESS
PRIZES**

WORTH OF CASH PRIZES

**FREE
EXHIBITION**

**PLUS
TROPHIES**

**FREE
CAMPING**

SUB 2.15 = £1000 BONUS

**COURSE SUITABLE FOR
WHEELCHAIR ATHLETES**

**FREE
HALL
ACCOMMODATION**

**FREE
RACE
RESULTS**

**EXCELLENT
COURSE
SUPERVISION**

Please complete this form carefully: the recording of your performance in the race is dependent on it. Use only block capitals and numerals. Write only one letter per box. Leave blank unused boxes. Information will appear in the programme and results as entered here.

Postage and envelopes for race details and results are included in the entry fee which is £6.50 (£6.00 for club runners). MINIMUM AGE - 18 (22.7.90).

Surname

First or Given Name

Address

Date of Birth Best time for distance

Country Male/ ☐ Female ☐

Accommodation Required (please tick) ☐ Free Hall Accommodation ☐ Free Camping ☐

Passport No.

Phone No Date

Signed Club or Team

Please tick boxes where appropriate. ☐ Wheelchair ☐ Blind ☐ Handicapped

Money orders/cheques made payable to Luton International Marathon Ltd, and sent to Luton Town Hall, Luton, Beds LU1 1BR, England.

RM1

10th ANNIVERSARY BLAIRGOWRIE KILL-KWIK PRINTING HALF MARATHON



strathtay
coaches

Organised by Blairgowrie & District Tourist Association Under S.A.A.A. & S.W.A.A.A. Rules

**SATURDAY 1ST SEPTEMBER 1990
AT 1.30PM
FROM BLAIRGOWRIE RECREATION CENTRE**

Prizes for all Individual Categories and Teams

WORTH
2000

**SPOT PRIZES GALORE
MEDALS TO ALL 1/2 MARATHON FINISHERS
MEDALS TO ALL FUN RUN (3.7 MILES) FINISHERS**

Entries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Entry Fees: 1/2 Marathon - £4 Affiliated, £4.50 Non-affiliated, £5 on day)
Fun Run - £1 on the day. Age 9 - 90.

Entries accepted on the day.
If entering on the day, do so before 1.00pm - Entries limited to 500.
Entrants are asked not to appear at the Recreation Centre until 12 Noon.
A light snack and swim are available and free of charge until 4.30pm.
Prize Giving - 4.00pm.

Printed by



Dundee/Perth

SPONSORS:-

S.L. Hill, florists - Strathtay Buses - Dundee Runner
Scottish Post Office Board - Graphic Information Systems
Plusboard - And Blair Sports - Proctors Insulation
Connaghan - Blairgowrie Motor Services
Trophies by Roy Sim Antiques & Interiors / & Victor and Sons

Printed by



Dundee/Perth

Printed by Kwik Printing (Dundee & Perth)

CUNNINGHAME

coasts ahead...

SUNDAY, 4th May THE CUNNINGHAME CENTER (10 Mile Road Race)
SATURDAY, 19th May THE COATFELL HILL RACE, ARRIAN
SUNDAY, 10th June ARDROSSAN HIGHLAND GAMES LARGES TO ARDROSSAN ROAD RACE (12 Miles)
MONDAY, 18th July SALTCOATS ROUND-THE-ROUSES ROAD RACE (4.5 Miles)
SUNDAY, 22nd July IRVINE HARBOUR FESTIVAL, HALF MARATHON
SUNDAY, 5th August THE CORRIE CAPERS ROUND ARRIAN RELAY RACE
SUNDAY, 9th September THE ROUND CUMRAE ROAD RACE

For Entry Forms & Race Information (Please enclose an S.A.E.)

Contact:

Cunninghame District Council
Department of Leisure, Recreation & Tourism
25 Montgomerie Crescent
SALTCOATS KA21 5BT

Tel: (0294) 602617



For details, phone Cunninghame Coastline - Large 686786
or Cunninghame Infoline - Large 673765
or Visit Large Tourist Information Centre



EVENTS

SSAA Pentath & Relay Champs, Grangemouth. Tel 0324-486711.

SRAKIS Fun Run Series, Aviemore Gala Day Playing Field. D - 0479811-431.

FRANK Sinclair RR, Greenock.

10

DUNFERMLINE Half Marathon, Dunfermline. D - 0383-723211.

ARDROSSAN HG, including Largs to Ardrossan RR (13 miles). Tel 0294-602617.

MONKLANDS Festival 7 mile RR. D - 0236-62453.

SCOTTISH YALW, D1&2, Wishaw.

ST Fergus Gala Road Race.

BOS WAL D1, Meadowbank; D2, Inverness; D3, Grangemouth; D4, Crownpoint; D5, Pitreavie.

13

ESH OGM, Meadowbank. D -

Mr Nickson, 4, Old Farm Road, Edinburgh.

KILWINNING Acad Fest of RR.

SRI Chinmoy 2 miles RR, 7pm Meadows, Tel 031336-2349.

14

FORTH Valley League, D1, Livingston; D2, Pitreavie

16

DUNBAR Civic Week Doon HR.

GLEN Rosa Race, Arran.

SCOTLAND v Greece v Ireland v Portugal (women), Athens.

SSAA Championships, boys, Grangemouth; girls, Crownpoint

17

AFTON Water 10, New Cumnock. D - 0290-32811.

BO'NESS 10K Road Race, Bo'ness. D - 0506-827872.

FALKIRK HG, Callender Park, Falkirk. Tel 0324-486711.

MID Argyll Half Marathon and Fun Run, Lochgilphead, 2pm start. Details - Mr F Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 10.30am, entry £4. D - Mr Barnett, 14, Andownie Rd, Arbroath. Tel: 0241-79934/ 0241-75966.

ST Andrews Ladies 5 Mile. 11am start, Kilryment School. D - Mitch McCreadie, 39, Boase Avenue, St Andrews KY16 8BX.

PRINCE and Princess of Wales Women's 10K and Open 5K. D - 73, Carlton Place, Glasgow G5

BEITH Civic Open 4.6 Mile Road Race. Details from James Swindale, 29, Braehead, Beith, Ayrshire. Tel: Beith 4156.

PETERHEAD Half Marathon.

HFC Bank Scottish League D1 & 2, Coatbridge; D3 & 4, Crownpoint

19

ROEVIN 10K RR, Aberdeen.

20

CORT Ma Law Hill Race.

SRI Chinmoy 2 Mile RR, The Meadows, 7pm. Tel 031-3362349.

21

LASSWADE AC Women's 6K RR

23

SAAA Under 20 Champs, Meadowbank; SWAAA, Grangemouth. Tel: 031-317-7320.

SKYE Week 90 Half Marathon. Details - Nigel Wilson, Portree House, Portree, Isle of Skye.

24

BUCKIE Half Marathon, Buckie.

DUMFRIES Half Marathon. E forms from: Steve Mohan, 92, Lockerbie Rd, Dumfries DG1.

THE CUMBERNAULD HALF - MARATHON

SUNDAY JUNE 3RD 1PM

Organised by

SUNDAY JUNE 3RD 1PM

Recreation Leisure Services

ENTRY FORM

Check entry form in packet, complete all sections in BLOCK CAPITALS and return to: Cumbernauld Half Marathon, Recreation and Leisure Services, Leisure Office, 100, West Road, Cumbernauld G67 4JZ

Full details are given in the entry form. Please read the entry form carefully. Please note that entries will not be accepted unless accompanied by the correct fee. The correct fee is £3.50 for all runners. Please note that the correct fee is £3.50 for all runners. Please note that the correct fee is £3.50 for all runners.

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INVERCLYDE ATHLETIC INITIATIVE INVERCLYDE FESTIVAL OF RUNNING

10K ROAD RACE — Sunday, 17th June, 1990.

INVERCLYDE MARATHON — Sunday, 19th August, 1990

Incorporating the SCOTTISH PEOPLES MARATHON and the S.V.H.C. MARATHON CHAMPIONSHIPS

Organised by Inverclyde Athletic Initiative with assistance from Inverclyde District Council and RESOL

Results issued by IAI and RESOL

Sponsored by IBM, Greenock

Competitors (please PRINT All appropriate information)

Surname _____ First name(s) _____

Street _____ Country _____

Postcode _____

Club Name _____

Male/Female (M/F)

Veteran (Male 40 and over/female 35 and over)

Unaffiliated (i.e. NOT a member of affiliated club)

Age on Day of Race (MUST BE 18 OR OVER)

Event entered (Marathon/10K)

Entry fee £ (10K - £10.00; Marathon - £40.00 (\$4.50 unaffiliated))

SVHC Member (YES - EVHC Marathon championship only)

Anticipated time: hours: _____ mins: _____

Cheques/postal orders should be made payable to:
INVERCLYDE ATHLETIC INITIATIVE and sent to:
Joe Gallagher, 4 Millburn Court, Inverkip, PA16 0DX.

Price list. — MEDALS TO ALL FINISHERS

Open (All athletes)

Open FEMALE (All female athletes)

Veteran MALE 40-44, 45-49, 50-54, 55-59, 60 and over

Veteran FEMALE 35-39, 40-44, 45-49, 50 and over

Affiliated club teams MALE (2 to count)

Affiliated club teams FEMALE (2 to count)

Entries will not be acknowledged but a race package will be issued at least two weeks prior to the event. I waive any rights and claims against the organisers for any loss/injury as a result of participating in the event.

Signature _____

Date _____

INVERCLYDE ATHLETIC INITIATIVE IS A COMMITTEE SET UP BY THE THREE INVERCLYDE CLUBS, GREENOCK GLENMARK HARRIS, GREENOCK WELLFARE HARRIS and BIRNHEAD VALLEY A.C. TO HELP PROMOTE ATHLETICS IN THE INVERCLYDE COMMUNITY

THE MACALLAN MORAY PEOPLE'S MARATHON AND HALF MARATHON AND 10K RACE

Sunday 5th August 1990

BARR GRADE 1



11a.m. START

Scenic rural and coastal route with panoramic views of the Moray Firth. Attractive medals, prizes and trophies.

Entry forms available from Ed McCann, Department of Recreation, 30/32 High Street, Elgin, Moray, Scotland. IV30 1BX

10K START

or set a personal best time in the Dornoch 10K

THE TOUGHEST HALF-MARATHON IN THE NORTH

SATURDAY 7th JULY START - 3pm

ENGRAVED GLASSWARE TO ALL HALF-MARATHON FINISHERS. MEDALS TO ALL 10K FINISHERS £500 in prizes for Half Marathon - inc. £100 for 1st Prize plus £100 if new course record established Trophies for Half Marathon and 10K

Entry forms from Mr S. Grant, Craigellachie, Dornoch, Sutherland

FINISH

EVENTS

FALKLAND Festival Hill Race.

LAIRIG Ghru HR.

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch. Details from 08822-322.

SCOTTISH and NW League D1, Ayr; D2, Wishaw; D3 & 4, Meadowbank; D5&6, E Kilbride.

KIRKCALDY District People's Half Marathon. SAE for application to Fife College of Technology, St Brycedale Ave, Kirkcaldy KY1 1EX.

POLAROID People's 10K. Dand forms from: Polaroid (UK) Ltd., Vale of Leven Ind Estate, Dumbarton. 0389-54141.

WOMEN'S Own 10K Run, Grangemouth. Tel 0324-486711.

27

ANNAN 6 Mile Road Race

DAVID Keswick Centre Open Graded Meeting. Details from 0387-69423.

PITREAVIE OGM.

SRI Chinmoy 1 mile RR, 7pm, The Meadows. Tel 031336-2349.

PORTOBELLO Fun Run

30

CAIRNGORM Uphill Race

AAA/WAAA Junior Champs

July

1

CUPAR Highland Games - D from Jack Weir on 0334-53451.

CUMNOCK Half Marathon

ISLE of Mull Half Marathon

SCOTLAND v Iceland v Ireland v Wales (m&w), Iceland.

SCOTTISH Young Athletes League West, Divs 1&2, Ayr.

STONEHAVEN Half Marathon. D - 0569-62001.

FALKIRK Open Graded Meeting, Grangemouth. Tel 0324-486711.

SRI Chinmoy 2 Mile Road Race, The Meadows, 7pm, Tel 031-336-2349.

STAKIS Fun Run Series, Dulnain Bridge Hall. D - 0479-811-431.

NEWBURGH 5 Mile RR.

5

BRIMMOND Hill RR, Aberdeen.

6

IAC Meeting, Meadowbank.

BLACK Rock 5, 7pm, Kinghorn, Fife. More details from Ian Mitchell, 17, Templars Crescent, Kinghorn, Fife.

7

UKWL, Div 1, Croydon.

BAL, Div 2, London.

DORNOCH Festival Half Marathon and 10K, Dornoch. D - Mr S Grant, Craigellachie, Dornoch, Sutherland.

FORRES Highland Games.

MAMORE HR, Kinlochleven.

MOFFAT Weavers Chase, Moffat.

SAAA Multi Events Champs, Dam Park Ayr. Tel 031-317-7320.

8

SHISKINE Valley Half Marathon.

TEVIOTDALE Half Marathon, Hawick. D - 0450-78698.

STAKIS Fun Run Series, Laggan Village Hall. D - 0479 -811431.

BoS NE League, Inverness.

GENERAL Portfolio, Edinburgh 10K, Meadowbank.

10

EWM Road Race, Moffat.

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 1st July

Main Sponsors: Kincardine & Deeside District Council

† Entries limited to 2000 runners

† Entry fee £5.00

† Medals to all finishers

† Free swim in Scotland's only outdoor heated swimming pool

Entry forms, send S.A.E.: Race Administrator, Leisure & Recreation Section, Kincardine & Deeside District Council, Viewmount, Stonehaven.

Closing date 16-6-90

STAKIS FUN RUN SERIES

(Under SAAA, SCCU, SWAAA, SWCC & RRA Rules)

SENIORS 18 years & over JUNIORS 14 years/under 18 years
Distance - approx 6 miles Distance - approx 3 miles

9th June Aviemore - 1st July Dulnain Bridge - 8th July Laggan - 14th July Boat of Garten - 22nd July Kincaig - 16th September Carrbridge - 21st October Rothiemurchus (Aviemore)

AGE AS AT DATE OF FINAL RUN - 21st OCTOBER 1990
PRIZES - AT EACH VENUE - CASH VOUCHERS - (1 WINNER - 1 PRIZE)

All finishers will receive a signed Certificate of Time Achieved

ENTRY FEE PER RUN - Seniors £2 Juniors £1

ENTRY FORMS AVAILABLE FROM MRS AUDREY MACKENZIE, 10 DALFABER ROAD, AVIEMORE, PH22 1PU TEL: 0479 811 431

CAMPBELTOWN FESTIVAL WEEK HALF MARATHON

(Under SAAA, SWAAA, & SWCCU & RRA Rules)

Sunday 15th July at 2p.m.

New design medals to all finishers
Good changing facilities with shower and free swim

Entry fee - £4.00

Voucher prizes and spot prizes

Entry forms from:

Martin Grady,

2 Knockscalbert Way,

Campbeltown. PW28 6TA

Assisted by

S Kintyre Sports Council



EAST NEUK OF FIFE HALF MARATHON

SUNDAY 3rd JUNE at 2.15pm

This fully "permitted" Half Marathon takes in some of the most picturesque and beautiful coastal and countryside scenery in Scotland. The course winds its way through the harbour town of Anstruther, before turning up into the hinterland, passing through many of the small villages and hamlets that go to make up this part of the East Neuk of Fife. A warm welcome awaits you and we're sure you'll enjoy yourself throughout the day, even during the race!

Entry forms are available from:
The Race Convener,
24 Viewforth Place,
Pittenweem,
Fife. KY10 2PZ.

* Increased Prize List

- * Prizes for Breaking the course records
- * Included in the Fife Half Marathons Electric Competition

KINROSS ROAD RUNNERS LOCH LEVEN HALF MARATHON

Saturday 8th September 1990

Start 1.00 p.m.

FOR ENTRY FORMS SEND S.A.E TO:
Loch Leven Half Marathon,
c/o 5 George Drive,
Kinross KY13 5AE

Also available at Dundee Runner or C & G Sports, Dunfermline

EXTENSIVE PRIZE LIST INCLUDING TEAM EVENT
SPONSORED BY A.M. GRAPHICS, GLENROTHES

HELENSBURGH PEOPLES HALF MARATHON

(Under SAAA/SWAAA/SWCC & RRA Rules)

SUNDAY 22nd JULY STARTING AT 9.30 a.m.

FAST AND FLAT COURSE

SEAFRONT START AND FINISH

MEDAL & CERTIFICATE TO ALL FINISHERS

PRIZES AWARDED THROUGHOUT FIELD

ENTRY FEE £3.50 (£4.00 UNATTACHED)

RACE LIMIT 500 - ENTRIES CLOSE 18th JULY 1990

DON'T DELAY - APPLY TODAY

TO: SHEILA RAMSAY, 38F EAST ARGYLE ST, HELENSBURGH G84 7RR



SPONSORED BY
DOUGLAS BUCHANAN
INSURANCE



..... VERY IMPORTANT DATE FOR YOUR DIARY
MONKLANDS DISTRICT COUNCIL
HALF MARATHON
SUNDAY 5th AUGUST
Starts 10.00 a.m.

This years run will be over a new and improved course with part of the course passing through the Drumpellier Park and gardens.

* MEDALS FOR ALL FINISHERS *

* EXTENSIVE PRIZE LIST *

FIRST YEAR FOR TEAM ENTRIES

Application forms available from Local Sports Centres near you or by calling Monklands Leisure Centre, Coatbridge, (0236) 31181 or D. Morrison, (0236) 66010

REMEMBER...

....5th August5th August....5th August....



OPENING TRACK MEETING AT THE EVERHOLM, ANNAN

on

Saturday 2nd June commencing 12noon

All meetings under SAAA SWAAA Rules

"The Edinburgh Woollen Mill Trophy Meeting"

Between

Solway League Select - J.W. Kilmarnock - Shettleston Harriers - Men

and

Solway League Select - Edinburgh Wollen Mill - Glasgow Athletic Club - Women

Two open graded meetings have been organised for Wednesday, 18th July and 15th August for all age groups

For further details telephone the Track on 04612 - 5874

What else is happening?

For a great day out why not come to Annan on the 30th June for the Scottish Pipe Band Championship, including a full day's entertainment programme.

♦ Jousting ♦ Tug of War ♦ Trampoline Acts ♦ Face Painting ♦ Dog Display Team

Set in 26 acres the Everholm Sports Complex includes:
6 Lane Synthetic Track, Conditioning Room, Trim Trail, Changing & Showering Facilities & Putting Green.



Polaroid SPONSORED

"10K PEOPLES RACE"

(under S.A.A.A. and S.W.A.A.A. Laws.)

STARTING AT.....

10a.m. Sunday ...

... 24th June 1990

Christie Park Alexandria...

SUPPORTED BY

Lucozade
SPORT



AND

RON HILL SPORTS LTD

— IN CONJUNCTION WITH —



Vale of Leven
HEALTH PROMOTION PROJECT

"FUN RUN"

(ENTRY ON THE DAY)

Details & Forms from:
Polaroid (UK) Ltd., 10K Peoples Race,
Vale of Leven Ind. Est., DUMBARTON.

Tel. (0389) 54141

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME.....

FORENAME.....

ADDRESS.....

POSTCODE.....

Please tick M or F and V, where appropriate

MALE FEMALE VETERAN

NAME OF ATHLETIC CLUB/NON ATHLETIC CLUB:

* NO AFFILIATED ATHLETES IN NON-ATHLETIC TEAM EVENT*

DATE OF BIRTH..... Age on Day.....

Competitors must be 18 yrs of age on or before the day of the race.

I wish to enter the Polaroid Peoples 10K to be held on the 24th June, 1990. I am medically fit to participate at my own risk and cannot hold the organisers responsible for any injury sustained by myself, or for any lost property during the race, or from changing rooms.

Signed:..... Date:.....

Please answer the following questions:

1. Is this your first 10K event?
2. How did you hear about the event?
3. What is your occupation?

DETACH THIS PART, SEND WITH ENTRY FEE AND REMEMBER TO ENCLOSE A STAMPED ADDRESSED ENVELOPE (9" X 6")

TO: Polaroid (UK) Ltd,

Vale of Leven Ind. Estate, DUMBARTON G82

ONLY PRE-ENTRIES REQUIRED FOR THE 10K

ENTRY FEE: £3.00 Affiliated Athletes

£3.50 Unattached Athletes

(50p surcharge to pay SAAA/SWAAA Levy)

Entries close 18/06/90

NO ENTRIES WILL BE ACCEPTED ON THE DAY

WEST LOTHIAN AND LIVINGSTON SPORT AND RECREATION ASSOCIATION

presents
the

LIVINGSTON HALF MARATHON 1990

and

MILK FUN RUN

Assisted by
Bathgate Amateur Athletic Club

SUNDAY 26th AUGUST 1990

at 10 a.m.

Start/Finish at Howden Park, Livingston.

- * Commemorative Medals and Certificates to all finishers
- * Trophies in all categories (incl. best fancy dress)
- * Extensive veterans prize list
- * Changing/parking facilities
- * Wheelchair entries welcome
- * Entry fee £4.50 (affiliates) £5.00 (non-affiliates) (£6.00 after 12/8/90)

ENTRY FORM

SURNAME..... SEX.....
FIRST NAME.....
POSTAL ADDRESS.....
TOWN.....
COUNTY..... POST CODE ESSENTIAL.....
DAYTIME TELEPHONE (STD CODE ESSENTIAL)..... HOME TELEPHONE (STD CODE ESSENTIAL).....
DATE OF BIRTH..... AGE ON DAY OF RACE..... WHEELCHAIR ENTRANT (PLEASE TICK).....
FIRST CLAIM AFFILIATED CLUB.....
BEST TIME..... WHERE ACHIEVED.....
Please enter me for the Livingston Half Marathon 1990, I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee cheque/postal order to Livingston Half Marathon before 12/8/90. No acknowledgement - check Bank statement for confirmation of entry.

Signed..... Date.....

Completed entry to Race Secretary, 98 Kenilworth Rise, Dedridge,
Livingston, West Lothian.

Annual Sponsored Event for Highland Hospice GREAT WILDERNESS CHALLENGE '13'

(Under SAAA, SWAAA, SWCC & RRA Rules)

POOLEWE, WESTER ROSS

SATURDAY 18 AUGUST, 10.30 a.m.

- * Multi-terrain hill race, dramatic scenery
- * Excellent facilities with showers
- * Full safety, radio, & medical back-up
- * Extensive prize list for Individuals & Teams
- * Commemorative medal to all finishers
- * Accommodation arranged on request

Entry forms from: A. MacRae, 11 Mellon Charles,
Aultoea, Ross-shire IV22 2JN or telephone
Mairi MacKenzie 044586 424 (p.m.)

ASSOCIATION OF THE FRIENDS OF THE RAEDEN CENTRE



The Friends of Raeden are seeking runners who can obtain sponsorship this summer for the Raeden Centre, which provides comprehensive assessment, treatment and educational services for children with developmental problems in Grampian Region and the Orkney and Shetland Islands.

For further information contact:

Douglas Sim, Hon. Secretary, Friends of Raeden,
Raeden Centre, Midstock Road, ABERDEEN AB2 4PE.

Tel: (0224) 868034

Course Record Male 1 hr 05.08 Steve Kenyon
Female 1 hr 15.41 Sharon Astley

FYLDE BOROUGH COUNCIL'S 8th WINDMILL 1/2 MARATHON

under AAA and WCCA laws

SUN 2nd SEPTEMBER 1990 10 a.m.

Applications limited to 3,000
Closing date 13th August 1990.
Strictly no late entries.

- * OPEN TO ALL OVER 17 YEARS
- * Accurately measured fast flat course
- * Mile marked throughout; medical facilities
- * 3 Feeding Stations on Course
- * Spot Prizes
- * Caravan and Camping facilities available

Complete and send with entry fee of £4.00 (affiliated), £4.50 non-affiliated and SAE for numbers and details to the address below. ONE ENTRY PER SAE WHICH MUST BE 10" x 8". APPLICATIONS NOT COMPLYING WILL NOT BE ACCEPTED. CHEQUES PAYABLE TO "WINDMILL HALF MARATHON", MARATHON HQ, TOWN HALL, LYTHAM ST ANNES FY8 1LW. TEL: (0253) 721222 NUMBERS AND DETAILS TO BE DESPATCHED WEEK COMMENCING 13th AUGUST 1990. NO ACKNOWLEDGEMENTS WILL BE SENT. ALL 1989 FINISHERS WILL RECEIVE APPLICATION FORM DIRECT

Leave blank First name Surname Club, leave blank if unattached Age (if Vet)
Address Fee enclosed Tick if Female
County Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part nor for any loss of property. I am medically fit and am an amateur as defined by the AAA/WCCA.
Post Code Tel. No. SIGNED..... DATE.....

Dunfermline District Council

presents

THE DUNFERMLINE HALF MARATHON OF 1990

(inc THE SCOTTISH PEOPLE'S HALF MARATHON)



Pittencreeff Park
Dunfermline
Sunday 10th June
9.30 am

Entries & Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211



Principal Sponsor

Reebok

Dunfermline
Building Society

- * Are you going to be there?
- * Entries are 300% up on last year.
- * Don't Delay - Apply Today.

Prizes: Special for 1st man and woman (Plus Additional Prize to 1st man and 1st Woman if Course Record is broken)
1st - 25th Men
1st - 10th Women
1/2/3 Male, 1/2 Female Teams
Prizes for ALL Vet. Groups
Commemorative Tee-Shirts to 25th-50th Men
1st-25th Women



SUPERB SEASIDE COURSE ALONG THE PROMENADE
OF LYTHAM ST ANNES. BRING THE FAMILY FOR THE
WEEKEND. TAKE IN BLACKPOOL LIGHTS

ACKNOWLEDGED AS BEST 1/2 MARATHON IN THE
NORTH WEST

COMMEMORATIVE MEDAL TO ALL FINISHERS

Assisted by:



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 Boyd, 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 at Ardrossan 61970.

ARRAN RUNNERS

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

BATHGATE ATHLETIC CLUB

A small friendly club for all standards of athletes from 8 years upwards taking part in track and field running and cross country. We meet for training on

Tuesday and Thursday nights at 6.30pm and Sunday afternoons at 12.30 in the Balbardie Park of Peace. Everyone is welcome so if you are interested in joining us please contact Carolyn McDonald, Cluancoil, Ballencreeff 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: Mark Tulley, Barnhill, Balbrogie, Coupar Angus. Tel: 0828 27601

BRECHIN ROAD RUNNERS

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

CAMBUSLANG HARRIERS

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

CARNETHY HILL RUNNING CLUB

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

CENTRAL REGION AC

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

CLYDESDALE HARRIERS

Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel:

Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

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 Craiglemond 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 AND DISTRICT ATHLETIC CLUB

Meets every Monday at Netherthird P.S. and every Wednesday 6.30pm at Cumnock Academy Games Hall. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. 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, Dalmahey 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 Lochee 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-Locharbriggs School; Friday - Georgetown or Laurieknowe. For further details please contact Angela Coupland (sec) on 0387-710816.

EAST KILBRIDE AAC

All age groups and standards welcome from 11 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 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: Elsie Morris, 5 Blantyre Terrace, Edinburgh Tel: 031-447-4865.

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: Brian Hendry on Forfar 64124 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 Brian Hendry, 8 Muir Place, Forfar. Tel: 0307 64124.

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, 72, Orchy Crescent, Bearsden, Tel: 942-9421.

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 Packrin, 14, Caledonia Cres, Gourrock.

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).

HARLEQUINS AAC

A small informative club, aimed at men and women, young and old, fit and unfit. We are based in Central Scotland and cover track and field, cross country, road and fell. We are also involved in the Scottish Athletics League and GRE Cup. Anyone interested should contact: Stuart McKenzie, 39, Graham Avenue, Larbert. Tel: 0324-556840.

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 Stanmore Cres. Lanark ML11 7DF. Tel: 0555 2460.

JW KILMARNOCK HARRIER AND AC

All ages and abilities welcome at club nights, Tuesdays and Thursdays from

7pm at Scott Ellis Playingfield, New Mill Road. Scope for established athletes and beginners to compete in four national leagues in track and field. Enthusiastic road running section welcomes serious runners, beginners and joggers. New coaches always wanted. No experience necessary. Enquiries to Ian Aird, 0560-20738.

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 - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

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. McAtter 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, road and cross country, also anyone with coaching skills very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Details Sheena MacFarlane, Tel: 0383-739681.

LOMOND HILL RUNNERS AND AAC

Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7-9pm, Sunday 8pm at Glenwood High School, Glenrothes. Sec: Allan Graham, 12, School Road, Coaltown of Balgonie. 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 Tuesdays and Thursdays 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS

Train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 till 9pm. All standards of runners welcome. For information contact: Geoff

Lamb (sec), 7, Golfhill Drive, Bonhill, Dumbartonshire. Tel: Alex. 59643.

MORAY ROADRUNNERS

Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. 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 information contact: Clare McCarvey 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

Small informal club meeting Tuesdays and Thursdays at 7pm in the Perth Fitness Centre, Glover Street, Perth. Joggers and runners of all abilities welcomed. Sec: Stuart Tedcastle, 234 Oakbank Road, Perth, PH1 1DS.

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.

PORTOBELLO RUNNING CLUB

Runners of all standards are invited to run with us on Wednesday evenings and Sunday afternoons. For more details of our sociable, seaside club contact Sec: Ian Borrowman, 63, Montpelier Park (F3), Bruntsfield, Edinburgh (Tel: 031 228 6108).

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.

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. Details: John Donnelly on East Kilbride 42867.

SOLWAY STROLLERS

Small friendly club, trains every Tuesday and Thursday 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. Details: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria G83 0RX. Tel: 0399-53931.

SCOTTISH TRIATHLON CLUB

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

AYRODYNAMIC TRIATHLON CLUB

Sec: 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

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

EAST KILBRIDE TRIATHLON CLUB

Sec - Neil Duncan, 223 Logans Road, Motherwell, ML13PH. Tel: 0698 867660.

FAIRPORT TRIATHLON CLUB

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

FLEET FEET TRIATHLON CLUB

Sec: John O'Donovan, Bowmont House, Arbutnot Place, Stonehaven. Tel: 0569-62845.

STIRLING TRIATHLON CLUB

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

WESTER HAILES TRIATHLON CLUB

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

EDINBURGH SOUTHERN OC

One of Scotland's biggest and oldest orienteering clubs. Regular training and social events. Further info 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. Sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS

All ages and abilities from complete novices upwards most welcome. Sec - Diana Turner, Shinnel Cottage, Tynron, Thornhill DG3 4JT.

ST ANDREWS ORIENTEERING CLUB

Promoting orienteering in Glasgow, Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members welcome. Contact: Terry O'Brien, Tel: 041-770-7618(h); 041-774-9718 (Ext PE dept(w)).

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RUNNERPRINT/WINNER, HALSTEAD HOUSE, 6-8 ST. JAMES ROW, BURNLEY, LANCs BB11 1DR

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Felpham
West Sussex
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