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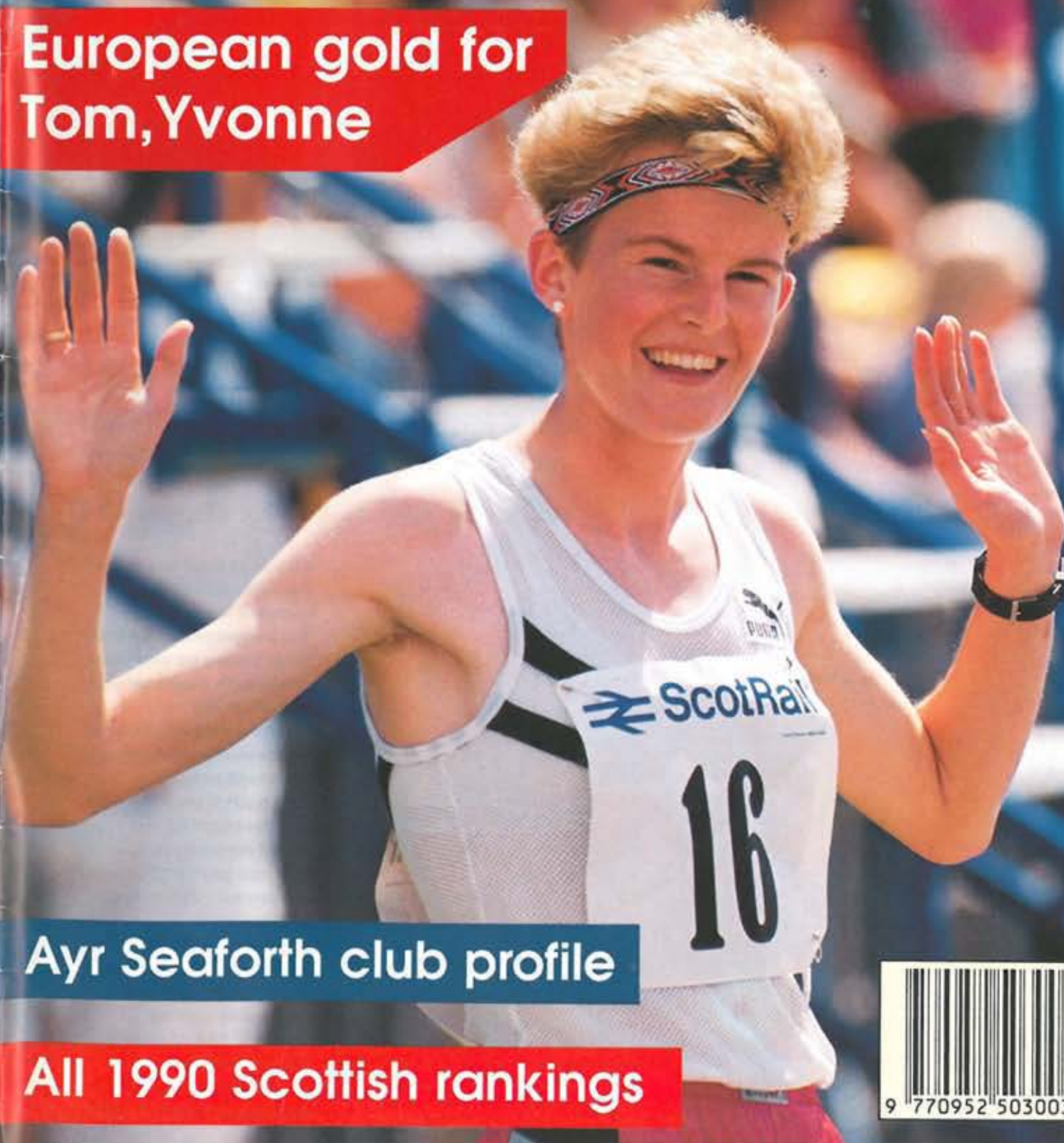
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INSIDE LANE

TOM McKean may be to the English language what I am to 800 metre running, but his succinct two-liner after Yvonne Murray had won the 3,000 metres in Split was an appropriate summarisation of a golden night.

"We did the biz," said an ecstatic Tom. "That's sweet."

Perhaps only Tom McKean and Tommy Boyle will ever know just how sweet. But for the rest of us, sharing their joy from afar, it was a night to savour alongside the greatest Scottish sporting triumphs.

I will leave it to Doug Gillon to report first hand in the next issue on the celebrations in Yugoslavia, but on a personal note my thanks to all the British athletes in Split, their coaches, and their back up supports for giving us something to really celebrate on this, the fiftieth issue of Scotland's Runner.

Might even Mr J. Brown of Marchmont, Edinburgh, be moved to lifting pen to paper in the next week or two?!

THE pleasure of seeing Scotland's Runner reach its 50th issue has, however, been somewhat offset by the very bad news from Dingwall that Jayne (Davison) Barnetson's athletics career has been terminated before her enormous talent got a chance to fully blossom.

The ankle injury sustained at the 1986 Commonwealth Games in Edinburgh - an event which more or less coincided with the launch of this magazine - has finally forced her out of the sport at the age of 22. Heaven knows what Jayne might have achieved in the heptathlon had her ankle held up, and I don't think it would be outrageous to describe her as potentially one of Scotland's finest all-round athletes ever.

If a magazine like Scotland's



Jayne Barnetson . . . her loss is a sad blow to Scottish athletics.

Runner has any rationale, it is to provide a platform of encouragement, however inadequately we may sometimes appear to be doing it, to young athletes. At the very least, just seeing their name in print is a boost to many people (of all ages!), and an encouragement to improve further.

Although her many successes were due entirely to herself, her family, her coaches, and her club, in many ways Scotland's Runner, because of its own youth, could identify with Jayne

Barnetson as being the perfect example of what would one day, hopefully, be a successful new generation of Scottish athletes.

Nothing is ever lost, and we can only hope that a cure can be found for the Barnetson ankle, but in the meantime we wish this natural sportswoman every success on the amateur golf circuit.

Four our part, we will mark our anniversary by resolving to make greater efforts to publicise the achievements of Scotland's junior athletes - particularly the bright crop of young ladies who are following in Jayne Barnetson's footsteps.

FINALLY, and this really is glasnost running amok, congratulations to Scottish Athletics for bringing well thought out proposals for a Scottish Amateur Athletic Federation in front of clubs and their members in Edinburgh on September 29.

The restructuring of the sport to bring all its components under one organisational umbrella is long overdue - although no doubt there will be strong opposition from the traditionalists to overcome before such a federation becomes reality.

Having had only a short time to study the proposals being put to the meeting on the 29th, it would not be proper to comment on them in detail, but suffice to say that they appear - to this observer at least - to make a great deal of sense.

There are of course quibbles - such as the retention of the word Amateur in the proposed title - but on first glance the document looks a more than useful basis upon which to put Scottish Athletics' house in order.

Alan Campbell

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up FRONT

Greenock Glenpark veto proposals for Inverclyde AC

PROPOSALS to amalgamate the three athletic clubs in Greenock and form a new club called Inverclyde AC have failed dismally after a long period of investigation and discussion, writes Colin Shields.

Proposals for amalgamation were rejected last year by the oldest club, Greenock Wellpark Harriers, who elected to stay independent and celebrate their centenary in 1990-91. Greenock Glenpark Harriers and IBM Spango Valley AC, after consultation with their members, each nominated delegates to form a joint committee to investigate the feasibility of the proposals.

Glenpark, principally a road and cross country running club, this year fielded a team in Division 5 of the Scottish Athletics League which won promotion to Division 4. The track runners in the clubs were keen on the amalgamation, with added strength from Spango Valley AC and their coaching strength going to form a firm foundation for the future.

Glenpark have only one unqualified coach and few youngsters, whereas Spango Valley have many youngsters and qualified coaches.

Both clubs held special general meetings on the same night at opposite sides of Greenock, and the proposals were considered by crowded meetings.

While Spango Valley approved the proposals by a large majority, Glenpark rejected them by 35 votes to 4 and stated their firm intention of remaining independent.

Repercussions were swift with Alan Puckrin, the originator of the

proposal and the hard working secretary of Glenpark, announcing his resignation in favour of joining Caledon Park Harriers as a first claim member.

Puckrin was joined by Pat Duffy, runner up in the Scottish Championships 800m in July, and both intend to seek competition with the Edinburgh club in Division 1 of the Scottish League and in the British Athletic League next summer.

Indoor dates confirmed for 90-91

THE next Scottish Indoor Championships will be held at the Kelvin Hall on January 26 and 27, and could be preceded by a home international the previous weekend.

Announcing dates for the 1990-91 season, the SAAA and SWAAA have left January 19/20 and March 9/10 free for a possible international match. The first major championships of the season will be the West and East districts, on December 1 and 2 respectively.

The SAAA Under-20 Championships will be held on either January 19 or 20 (depending on international dates), with the SWAAA's on February 24. The combined multi-events and relay championships are on Feb 16-17.

FEDERATION PROPOSALS TO BE DISCUSSED IN EDINBURGH

AN open meeting is to be held in Edinburgh on Saturday, September 29, to give clubs and members the opportunity to consider proposals for a united athletics body - tentatively called the Scottish Amateur Athletic Federation.

The meeting, in Meadowbank Stadium's lecture theatre, has been called following discussions between the six governing bodies which at present rule over the sport, often with overlapping functions.

These are: The Scottish Amateur Athletic Association, the Scottish Womens' Amateur Athletic Association, the Scottish Cross Country Union, the Scottish Womens' Cross Country and Road Running Association, the Scottish Schools' Athletic Association, and the Scottish Borders Amateur Athletic Association.

These discussions have led to representatives forming the view that the following advantages would be among those accruing from a united athletics federation (presumably quite apart from the saving in paper and ink of a single name!):

- * An improved public image of how athletics is run, and better development of the sport.
- * Common general policies for Scottish athletics.
- * Less administrative and committee duplication.
- * Promoters and clubs would need to apply for permits to one body only.

Great race gets underway!

THE Sun Life Great Race from Glasgow to Edinburgh was due to start from Glasgow at 11.15am on September 2, as we went to press.

The race, which is being covered extensively on British Satellite Broadcasting, is something of a departure in British athletics, its format being more like a major cycling road stage race. The concept is an interesting one, however, and may lead to other such events.

Among those due to start on the three week race were New Zealander Rod Dixon, Kenyan Paul Kipkoech and David Moorcroft, with the Scottish interest being provided by John Graham, Fraser Clyne and - in English teams - Peter McColgan and Peter Fleming (Wolverhampton), and Hammy Cox (Red Counties).

Fraser Clyne will be keeping a race diary for Scotland's Runner - so look out for his report in next month's issue!

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up FRONT

Springburn looking for centenary information

SPRINGBURN Harriers are appealing to anybody with photographs or memories of the club to attend a meeting at Bishopbriggs on October 5.

The Harriers will celebrate their centenary in 1993, and to mark the occasion hope to publish a book. Groundwork has already started, with photographs dating back to 1907 having been unearthed, but as club member Graham Crawford remarks: "There are a lot of gaps between then and now!"

The meeting on October 5 will be held in the lounge of Huntershill House Outdoor Centre, and the club's centenary committee will be on hand to record reminiscences and, hopefully, take temporary possession of photographs pertaining to the club, which will be passed on to club historian Sam McComish before being returned.

The meeting, from 7pm to midnight, will be informal, and refreshments provided. Particularly welcome will be information relating to the origins of the club, which is believed to have sprung from meetings held in Springburn wash-house.

Further information is available from D. McFarlane, 6, Gallan Avenue, Summerston, G23.



IAN Campbell and Mike Carroll (above) gave Scotland victory in the home countries international at Livingston on August 26.

David joins FVH

SCOTTISH 800 metres champion David Chamberlain has joined Falkirk Victoria Harriers.

The 21 year old student, whose English club is Borough of Enfield, wants to represent Scotland as his mother hails from Stirling.

FVH, having just won the Second Division of the Panasonic Scottish League have ambitious plans for next year:

"If Dundee Hawkhill (runners-up in Division One at their first attempt) can succeed, then so can we," says team manager Dave Lothian, who claims to have other big-name signings up his sleeve.

Meanwhile, the league has announced the match awards for the final meetings. Top award in the First Division at Meadowbank went to Shettleston's Craig Duncan for his league record triple jump of 15.87 m.

The other winners also all broke divisional records! The were: Div 2: Alan Murray (JWK) 800m 1-51.72; Div 3: Neil Mason (Fife) shot 14.45m; Div 4: Russell Devine (Inverness H) shot 13.86m/ discus 43.70m/ hammer 57.72m; Div 5: Alan Puckrin (GGH) 800m/ 1500m.

DUE to a mix-up with numbers on the day, the senior boys' 800m at the Annan and Eskdale DC and EWM trophy (June 2) was won by James Tonner of JW Kilmarnock Harriers and not his clubmate R. Young, as reported in our August issue.

John is champ

THE new Scottish People's marathon champion is John Duffy of Greenock Wellpark Harriers, who won the Inverclyde Marathon in a time of 2-25-28 on August 20. Second was Euan Wilkinson of Calderglen Harriers (2-28-12), with David Fairweather (Cambuslang) third home and first veteran in 2-32-12.

Glasgow AC's Rosemary Kay set a personal best of 2-54-15 in winning the (non-title) women's race - and was also twentieth overall.

Newspaper executive Hugh Currie (Victoria Park), a sprightly 68, set new Scottish and British age group records when finishing an incredible sixteenth in 2-51-39.



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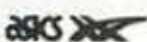
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Arguments for youngsters taking up serious athletics

14, Burnieboozle Place,
Aberdeen.

SIR - From time to time one reads that Scottish athletics would be healthier if youngsters were not introduced to training and competition as early as nine years of age. This is a view which I do not share for several reasons, including the following:

1. Youngsters can enjoy athletics, especially its social aspects, as much as senior athletes. In fact, young people can probably derive as much benefit from their membership of athletic clubs as they can from the more traditional youth organisations.

2. With the reduced emphasis given to athletics in schools, it is unlikely that so many athletes would be coming through to senior ranks if clubs had nothing to offer young athletes.

3. When young athletes join clubs, parents become available for administration, coaching, and officiating to the benefit of all in the club.

These points might be conceded by those having reservations about young children taking up athletics, but it might be countered that, in the long term, progress would be greater if a later start were made. This argument is a theoretical one, and it is only now that evidence is becoming available that high performance at senior level is possible, even where active involvement with athletics began at nine or ten years of age.

Among the athletes in Aberdeen AAC who have come through all the age from colts or minors to seniors there are the following four:

Paul Allan, a British under 23 decathlon internationalist; Helen Cowe, Scottish women's shot putt champion and top of the Scottish women's discus rankings; Mark Davidson, Scottish 400m hurdles champion and a member of the Scottish team that was second in the 4x400m at the Commonwealth Games; Duncan Mathieson, Scottish long jump champion and

eighth in the Commonwealth Games decathlon.

I cannot believe that Aberdeen is the only club in Scotland with high performing seniors who started young, and would be interested to hear of others.

W. Hunter Watson

Get a grip, Mike

Flat 5,
35, Clydebrae Street,
Glasgow.

SIR - Regarding the diary article on "fag reek" at Crownpoint.

Would Mike Raker confirm that he does not drive a petrol-fuelled car, does not, on principle, travel by any form of transport which pollutes the atmosphere with lead, and does not use anything but ozone friendly products?

If he cannot do so, perhaps he should remember that quality magazine paper has a cost in trees. You would do better to worry about the rain forests, Mike.

A Butler

On the Brightside

192, Kirkton Avenue,
Knightswood,
Glasgow.

SIR - I would like to say thanks to Polaroid officials for a very well organised 10K road race held in June. Despite the heavy rain I really enjoyed it, and also received two medals, both the best ever. One was for being the oldest runner and also a nice spot prize.

I am still waiting on my certificate for the Brightside 10K Road Race. So far three have gone missing in the post.

Joe Cascarina (71+)

Future promise in Waterford!

99, Sunnyside Road,
Aberdeen.

SIR - In recent times it has become fashionable to be, to say the least, somewhat critical of almost every aspect of Scottish athletics. I, however, have news for your readers: Scottish women's athletics is truly alive and well and has great promise for the future!

How could anyone make such an extraordinary public statement without fear of ridicule? The answer is simple - I have recently returned from Waterford, host city to this year's girls' Celtic International.

Here I had my faith in Scottish athletes fully restored as I witnessed a Scottish team dominating the competition - 16 wins out of 35 events - to produce one of the biggest winning margins ever achieved, including some ten personal best performances.

The team not only competed with great credit, they possessed a team spirit seldom witnessed in athletics and were superbly captained by Alison Grey, an inspired choice by the outstanding management team of Maureen Burdett and Aileen Samuel. Add to this three knowledgeable, hard working, and caring coaches in Dave Lease, Tom Bolan and Roly Hill, physio Gill Spanilie, and the end result was unbeatable.

The whole weekend was well organised by the hosts and everyone's enjoyment was there for all to see - to be a Scot was a source of pride and pleasure and it is some time since I experienced such a rewarding trip.

Sadly, though, it must be mentioned that media coverage of the event was brief, and consisted mainly of the overall score. Perhaps a Scottish success story without a hint of controversy is not considered newsworthy - a pity. This magnificent squad certainly deserved better.

Miller Mathieson

Common sense next year, please

33, Abbey Road,
Riverside,
Stirling.

SIR - It was ironic that in the week the Scottish Athletics' Club was launched in a bid to give competitors more of a say in the running of the sport, we should see what appeared to be an example of lack of consideration on the part of officials.

I was one of 66 entries for the men's 5000 metres at the ScotRail National Championships, and was warned in the provisional timetable that as a result of the heavy entry, heats may be held. Fair enough, but why the heats were scheduled for 10.45am on the Saturday is beyond me.

I turned up at Crownpoint at 9.30am to be told 30 minutes later that since only half of those entered had appeared, the race would be run as a straight final (surprise, surprise). This meant runners who had psyched themselves up for an early race had to hang around for over five hours. I know of one runner who had to get a 6.20am train from Dundee to make the original declaration time for the heat.

I'm speaking as someone who probably would not have qualified from the heats. My aim would have been to get a fast time, like many other runners in the championships who have no realistic hope of anything else. I'm pretty certain I would not have achieved that in a heat held only hours before a final. Please let's have some common sense next year.

Michael McQuaid,
Central Region AC.

Russell Smith's North East Notes

Festival of running for Aberdeen?

ATHLETICS may yet gain a comforting consolation prize from the news that the City of Aberdeen Milk Marathon has reached the end of the road.

Moves are already afoot to replace Scotland's longest running 26.2 mile event with a two-day sporting festival which will have a high-quality 10K as its major attraction.

The last weekend in May is being earmarked for a festival which could kick off with a 'Come and Try It' multi-sports day at the city's Chris Anderson Stadium on the Saturday. The following day would be devoted to athletics, the high profile 10K being followed by a track and field meeting at the stadium.

There are those who would also like to see Aberdeen's famous Union Street used for a one mile road race.

Existing marathon committee members are reluctant to say too much at this stage. But it is no secret that they are encouraged in their plans for the future by the news that the existing sponsors are likely to endorse a two-day festival.

The City of Aberdeen District Council and the Aberdeen and District Dairy Council have been long-standing backers of the Milk Marathon and 10K Fun Run which have drawn thousands of road runners to the Granite City over the years.

Says marathon committee member Bill Deacon: "We are reluctant to let the marathon go. But it is common sense to channel all our energies into something new at a time when we are pushed to get a field of 200 for the marathon."

"It makes sense to upgrade a 10K which already attracts upwards of 1400 on the day."

It is a sentiment which will be echoed by the North-east's leading road runners.

Fraser Clyne and others have long argued that the 10K course, which uses the full length of Union Street, is



The finishing line for the Aberdeen Marathon, but perhaps the start of a much bigger weekend event in the Granite City.

potentially one of the fastest in Britain.

But it would be wrong to forget just how much the Aberdeen Marathon has contributed to the Scottish road running scene since Mel Edwards had the foresight to get it up and running in 1979.

There was a tremendous sense of satisfaction in the winning performance of Graham Laing (Aberdeen AAC), an up-and-coming distance runner who was later to confirm that promise by representing Scotland in the marathon at the 1982 Commonwealth Games in Australia.

Laing was to repeat his race success in 1980 with a 2-19-33 time which found an interested audience in England.

It is history now that the introduction of an international team contest in 1981 was to herald a remarkable English domination of the following nine years.

Only Hammy Cox (1988) was able to break the white-vested stranglehold on a prize which has gone the way of Max Coleby (1981), Gerry Helme (1982), Kevin Johnson (1983), Mark Burnhope (1984), David Catlow (1985), Ray Maule (1986), Ian Corrin (1987), Ian Bloomfield (1989) and Chris Tall (1990).

It is little wonder that Great Britain marathon coach Allan Storey always looked on

the annual Granite City fixture as the ideal trial ground for future English stars.

By contrast, the Scots and Welsh enjoyed the lion's share of success in the women's race. Anglo-Scot Leslie Watson set the ball rolling in 1979, to be followed by another Anglo, Katy Fitzgibbon, in 1981. The trend was resumed by Linda Bain (1983 and 1984), Carol Ann Gray (1987) and Eileen Masson (1988). The Welsh success of Jacqueline Hulbert (1982) has since been supplemented by Liz Hughes in 1989 and 1990.

The list of Aberdeen also-rans is, in its way, a tribute to the pulling power of the event. Fraser Clyne, Don Macgregor, Jimmy Dingwall, Colin Youngson, Doug Cowie, Kevin Best, Don Ritchie, Jim Goldring, Jim Alder, Frank Harper, Terry Mitchell and Priscilla Welch never quite made the winner's rostrum.

And there will always be a special place of honour for Charlie Noble, the Fraserburgh runner whose love-hate relationship with the windblown Aberdeen circuit began when he finished 50th of the 59 finishers in Graham Laing's 1979 race.

Charlie at least earns his little bit of running history by being the only runner to compete in - and complete - all eleven modern day Aberdeen marathons.

Clyne still the king of the road

FRASER Clyne's plans to run the Sun Life Great Race were put on hold for the 50 minutes 49 seconds it took him to win the General Portfolio 10-mile Road Race at Aberdeen.

The Aberdeen Metro AC runner had the double satisfaction of collecting the points which will almost certainly guarantee a third Scottish road racing championship success. But the victory was not without its moments of doubt.

Aussie holidaymaker Dean Giblin, a runner with a 63-45 half marathon to his credit, was just five seconds down on Clyne's five mile split of 24-20. But a combination of Clyne's local knowledge and the blustery conditions put paid to any thoughts of an upset.

The battle into the wind was reflected in Clyne's homeward leg of 26-29 for a winning margin of 71 seconds.

Said Clyne: "I didn't have a clue that Giblin was in the field. I just assumed that it must be some visiting English runner."

Gateshead-based David Robertson (Saltwell AC) filled that bill with a 53-12 third place on a day when leading Scottish veterans Colin Youngson and Bill Adams enjoyed their own personal battle for the top over-40 spot. Victory went to Youngson in a new vet race record of 54-49.

Sandra Branney (Glasgow AC) maintained her winning Aberdeen profile of recent years with a solo performance in the women's ranks. The 36 year old Great Britain marathon international finished 16th overall in 58-10.

Then, on August 26, just a week before the start of the Sun Life Great Race, Clyne won the Aberdeen Half Marathon in 66-40, ahead of former Aberdeen clubmate Chris Hall (67-55) and Jim Evans of Shettleston (68-42). Aileen Wilson of Dundee Hawkhill won the women's race in 82-47.

ALLAN WELLS

ONCE again the selection committee came unstuck with their choices for the European Championships. It does not matter how carefully the committee seems to orchestrate the selection policy, someone somewhere feels hard done by. Once again the controversy pertains to the middle distance events, and again there does seem to be strong cases for and against.

Having been in a similar situation myself when the Commonwealth Games were held in Edinburgh, I can sympathise with those left out - although I was reigning Commonwealth champion at the time and therefore I can also feel for Steve Cram in his desire to defend his title.

The old system of pre-selection was criticised, but as long as the athlete showed qualifying times before the selection date then I saw no harm in this method. It allowed potential medal winners to build up for major championships in the way that they wanted to prepare, instead of having to interrupt training and racing schedules to take part in trials.

After all, if the athletes were not good enough to win the trials, then there was no way they were going to win a medal at the championships, and the reason for pre-selecting them was that they were world class athletes and would be automatically selected anyway.

This was shelved because in certain events Britain had a wealth of world class talent and there was no room left for up and coming world class performers.

We then tried the American system of everyone having to compete in the trials, and the first two past the post were automatically selected. This caused more unforeseen problems because some of our world class athletes were unable to compete due to illness and injury, thus allowing less talented athletes to be picked and world class athletes left at home.

The latest way of picking first only past the post has still come unstuck. It



left Tony Morrell, who incidentally had the fourth fastest time in Europe, being omitted to make room for Steve Cram. It left Matthew Yates chasing a qualifying time that he was supposed to already have, and Les Samuels winning a place in the team running 46.73!

Therefore it would seem that no matter which way the selectors try to be fair, somebody somewhere is going to feel suitably aggrieved. So is there a selection policy that works?

The biggest problem is that athletes are human beings and their bodies do not always do what they want them to do at a given time. Peter Elliot must have been feeling well put out by the fact that at the beginning of the season, with nothing at stake, he was performing way ahead of anyone else, and then when he needed to be at his best he was continually having niggling problems. Steve Cram thought his troubles were over when he got rid of his achilles injury, only to find that the "dreaded lurgy" was waiting for him round the next turn!

Basically the problem lies in having too much talent in depth in some events, and not enough in others. If every event was as strong as our middle distance ones then we could adopt the American

system of first past the post, but it isn't so is there any better way?

IN the case of the men, the European Championships looked - at the time of writing before the championships had begun - like being a bumper championships for Britain if the current world ranking list was anything to measure prospects by.

Apart from Daniel Sangouma, there was no other European outside Great Britain in the World top 10 ranking list up to and including the 800m.

The 1500 metres and the rest of the distance events had a few Italians and Spaniards, but where were the great Eastern Europeans? Apart from the throwing events, there was a complete void on the track in the men's events.

The women were customarily well to the fore as usual, so where were the men? It is possible that they were lying low waiting to catch the rest of Europe unawares, but to be completely unheard of is a bit worrying.

It would appear that the swing in men's world sprinting supremacy has swung back firmly towards the Americans, as was the case in the 1960's. The Kenyans, Algerians and Moroccans hog the middle distances, with Europe figuring strongly in the long distance events.

The high jump, long jump and triple jump are evenly split between Europe and the USA, with Europe having a firm hold on pole vault and throwing events.

It will be interesting to watch the medals table, because, for the first time in a long day, I do not think we will see the customary domination by the USSR and East Germany.

Perhaps Britain could lift a record haul, and for the first time split the big two?

COACHING

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FOR most people, athletics is all about competition, prizes, personal best times, and races. Without the stimulus of competition, the lure of rewards, and the desire to prove their sporting prowess to themselves and other people, these men and women would have no involvement in athletics.

Runners who come into this category are society's "achievers" and "doers". They keep a careful record of all their races, training sessions, distances run, times recorded, and recoveries between repetitions. Details of opponents, tactics, running tracks, and road and cross country courses are all carefully noted in diaries along with information about weather, prevailing wind conditions, and uphill and downhill gradients. Stop watches, computers, and measuring devices are indispensable tools of their trade. Everything must be exact and precise with absolutely nothing left to chance.

Competitive athletes, particularly at higher levels, regard their bodies as machines. Much of their time is spent in laboratories and clinics where they are tested for blood lactate levels, maximum oxygen uptake values, haemoglobin content, muscle fibre classification, and other physiological responses.

If these men and women are among the sporting elite, they are also likely to employ the services of tax consultants, financial advisers, agents, and public relations executives. The monetary incentives are so immense that many modern athletes could be categorised as business people in tracksuits, running shorts, and vests.

Invariably when financial carrots are dangled, human values, standards, and ethics are frequently discarded. Top athletes are tempted to compete at "big money" meetings, instead of supporting events within their own communities and inspiring their fellow citizens.

They avoid one another as much as possible to maintain their bargaining power by not being seen to be beaten. And they very often refuse to represent their country at international competitions so that they can participate a few days later in races offering lucrative prizes.

The ignominy of "professional" athletics reaches its nadir in the concept of athletes being rewarded handsomely

By Derek Parker

when, in the guise of pace-makers, they deliberately drop out of races which, from the start, they have no intention of finishing.

These money-making absurdities fall an immeasurable distance short of the moral ideals and principles of amateur athletics. The word, "amateur", comes from the Latin, "amare", which means "to love". So, an amateur athlete is a man or woman who loves athletics for its own intrinsic sake, and whose participation eschews all thought of material or tangible rewards such as money, television sets, cars, household goods, and other enticements of an acquisitive, consumer society.

People who compete solely to win prizes love the rewards better than the sport, so cannot, in the true sense of the word, be deemed as amateurs. For them, athletics is merely a means to an end - and that end manifests itself in the gathering of material objects and the accumulation of more money in their trust funds.

Materialism, in a philosophical and sociological context, is the doctrine which refutes the independent existence of spirit and soul. It claims that matter is the only reality, and that all human activity, including recreation, has its ultimate base in prevailing economic systems such as capitalism and communism.

In other words, each individual man and woman is merely one tiny cog in a vast, ever-rolling money-making process. The inherent value of the individual personality and its unique humanity is submerged in the economic systems to which he or she belongs.

Professional athletics (by that I mean the branch of our sport hypocritically described as "amateur") perpetuates, in my opinion, the doctrine of materialism in sport and encourages the attitude that human activity is only worthwhile if its outcome is economic, monetary, or material reward.

Nothing could be further from the truth. The word, *recreation*, literally means "to re-create, to make new again, and to heal and restore something to its original condition".

The true significance of athletics as a

recreational activity is that it enables the individual person, irrespective of his or her social or economic situation, to re-create, replenish, and revive the physical, mental, and spiritual qualities and resources depleted, exhausted, and drained by the responsibilities, rigours, and demands of everyday life and its social, economic, domestic, and employment obligations.

Athletics is an activity which reminds us that it is the heart, the mind, and the soul which makes the body rich - and that true wealth is to be found in mental and physical health, inner peace, serenity, and tranquillity.

One only has to read about the innumerable breakdowns, injuries, psychological stresses, and hospital visits incurred by so many top athletes to confirm that, for those unfortunate men and women, athletics is definitely not recreational.

The constant travelling, the fear of failure, the lack of recovery sessions and phases between training sessions and races, the obsessive fear of missing out on money-making opportunities, and the compulsive desire to cram as much competition as possible into relatively short careers takes its dreadful toll of their finite mental, physical, and spiritual resources.

Such was never the purpose or objective of athletics. Men and women belong to the human race and not to the rat race. Our lives are a pilgrimage and a voyage to self-discovery, self-knowledge, and self-fulfilment.

Athletics is a vehicle which transports us in the age-old quest to find out who we really are behind the everyday mask or "persona" which we present to the world. It is an activity which gives us insight to our own unique role in the seemingly incomprehensible scheme of things, and provides us with an incentive to constantly seek the highest, the truest, and the most noble human qualities and ideals within ourselves as thinking, feeling, understanding, and sentient men and women.

The advice of the philosopher, Nietzsche, that we cast not out the heroes in our souls, is an ever-present reminder that everyone can perform great deeds commensurate with his or her own ability level at any given moment - and that while



there can only be one winner in a race there need never be any losers.

"The mind is everything and what you think you become," claimed the Buddha more than 2000 years ago. More recently, Ralph Waldo Trine pointed out that: "Within yourself lies the cause of whatever enters into your life. To come into the realisation of your own awakened powers is to be able to condition your life in exact accord with what you want to be."

Translated into an athletics context, the message of these inspired thinkers and innumerable others is that true fulfilment from sport seldom, if ever, depends on the number of medals won, or the amount of money in trust funds. It comes when running enables us to see ourselves as we really are, when it helps us to harmonise with our environment and our fellow humans, and when it attunes us into the mighty life flow of which we are all, in our own unique way, such an important part.

One does not need the adulation of cheering crowds in packed stadia or being constantly in the public eye to find the true peace, the self-discovery, and the serene self-knowledge which running provides. Indeed, such virtues are unlikely to be savoured in any public arena or ultra-competitive situation where the ancient adage of the Roman emperors is never far away: "The world's glories soon fade and wither."

The finest and most memorable rewards which athletics can bestow are, instead, invariably to be found in quieter atmospheres where, alone or in the company of a few close friends or training colleagues, one can run at a "meditative" pace, absorb all the sights and sounds around, and develop a degree of self-awareness and improved consciousness which induces feelings of great contentment and wellbeing. A form of athletics nirvana, in fact.

Our lives are a series of the feelings experienced universally by every man and

woman on the physical, psychological, and spiritual journey from infancy to complete awareness and maturity. For the runner, these sensations, impulses, and emotions can have their most sublime expression in incidents or events of a seemingly trivial nature - but those whose memory lingers long in the mind and is indelibly imprinted on the tapestry of the consciousness.

For many athletes it can be the remembrance of a run through a local woodland on an autumn morning when the golden-brown, red, russet, and orange leaves dangle from the trees before drifting down onto sylvan paths where they form a crisp, crackling carpet underfoot. For others it can be an outing on a winter's afternoon, when the pale sun setting beyond a frost-mantled hilltop crested with the skeletal branches of leafless trees beckons like a glowing flame encouraging the athlete to keep running all the way to the summit.

On days such as these, the athlete has the feeling that he or she could run forever and each step and footfall comes so easily and effortlessly that time becomes an eternal instant and nothing else matters but the beauty and glory of that particular moment.

It is on occasions such as these that we can clear our minds and get all the problems and difficulties of everyday living into perspective. Our bodies, minds, and souls are renewed, rejuvenated, and invigorated as the oxygen-rich blood flows freely through our arteries and veins.

Stimulated by the beneficial effects of exercise, the brain helps to release myriads of hormones responsible for giving us a tranquillising feeling of well-being as we experience the "runner's high" syndrome, and imagine we are running on air. So by participating in recreational, rather than professional or commercial athletics, we are being effectively re-created.

One of the benefits of recreational running is that you can go as far as you like

as fast as you like and whenever you like. You are not the slave of a schedule or stopwatch and you enjoy your run as an end in itself rather than as the means to an end. It is the present that matters - not the future - and you do not feel guilty about falling short of a particular daily or weekly mileage total.

You can allocate yourself a specified time target for your session although whether you run all or part of the route is entirely up to yourself. You do not even have to be specific about the training route and you can make the course up as you go along.

Generally speaking, however, the minimum time for your session should be at least thirty minutes, although the pace and distance are whatever you personally decide. You should endeavour to exercise four to six times a week, and once you establish a pattern you will soon discover that you look forward eagerly to those precious moments when you can leave your family, social, economic, and work commitments aside for a short while and be the person you were really meant to be as you "do your own thing" athletically in pleasant, convivial surroundings.

You will quickly establish your own favourite running routes and training areas which you will identify with and come to regard as your own sacred retreats where your energy and life forces are renewed and restored. Keep a record of your memories and experiences which come your way while running and before long you will regard each outing as yet another adventure on the journey of life.

As you run along sun-gilded paths and across heather-scented moorlands - or anywhere else which appeals to you personally - always remember that the way we live our lives today determines how our lives will be lived in the future. There comes these magic moments of awareness when one realises that our possessions are our limitations and that all

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too often, in the perpetual quest for material wealth, too many people become blind to the true meaning of life and its purpose.

In the book, "Hunza Health Secrets", author Renee Taylor tells how the inhabitants of Hunza in Central Asia regularly live until well past the age of 100 and where nonagenarians and centenarians toil in the fields on mountainsides at elevations of thousands of feet.

The Hunza eat lightly and their entire lifestyles depend on walking and running as there is no public or private transport to take them from one place to the other. The elderly have a high status in the community and the absurd Westernised notion that people should be compulsorily retired from work at a certain age is non-existent.

The Hunza do not live by the clock or the calendar. Time is judged by the coming and going of daylight and the seasons. There is no crime in Hunza and hospitals and banks are absent as these are never needed. Time is regarded as an opportunity

for self-development and self-expansion - unlike in our own culture where time is seen as an enemy and another step nearer the grave.

"We have just enough of everything but not enough to make anyone else want to take it away from us," the leader of the Hunza people told Renee Taylor. "Ours could be called the happy land of just enough," he added.

Relaxation, cheerfulness, and the ability to work and travel at a slow but steady pace throughout one's life is the keynote to Hunza longevity and contentment. According to Renee Taylor, journeys of 120 miles are fairly common and there is an absence of the ultra-competitiveness and tempestuous pace of living that bedevils Western culture, including sporting activities such as athletics which generally reflects the prevailing cultural, economic, and sociological values of the societies in which they take place.

It is not my intention to debunk or deni-

grate competitive athletics. Competition, if approached sensibly, can be life-enhancing and can provide each individual with a feeling of achievement, confidence, and self-esteem.

But all too often the desire to excel at all costs can become unhealthy and produce stress-related ailments and problems if pursued too relentlessly or obsessively for material reward or in the vain attempt to fulfil unrealistic, unattainable ambitions.

So, to minimise the risk of breakdown there comes a time when all athletes, irrespective of their objectives or the level at which they compete, must discard (even temporarily) the destructive, negative consequences of over-zealousness in their sport and replace them with the therapeutic, constructive, and positive benefits of recreational running.

Because it is by re-creating ourselves in our re-creational activities that we discover the meaning and purpose of our lives.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross country running.
Monday: 75 to 90 mins fartlek session inc 30 x 30 secs fast with 60-45-30-15 secs recovery jog.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 5K session (3 x 1600m with 60 to 90 secs recovery + 1 x 200m full effort 90 secs after final 1600).
Friday: 30 mins. easy.
Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30 mins duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 20 x 45 secs fast with 60-40-20 secs recovery jog.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K sessions (4 x 1200m with 45 to 75 secs recovery + 1 x 200m full effort 90 secs after final 1200).
Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 15 x 60 sec fast with 60 and 30 sec jog recovery alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (10 x 300m with 20 to 35 secs recovery + 3 x 150m full effort with 250m jog starting 90 secs after final 300).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sundays: As Week One.
Monday: 75 to 90 mins fartlek inc 12 x 75 secs fast with 90 and 60 secs recovery jog alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (5 x 1000m with 40 to 60 secs recovery + 1 x 200m full effort 90 secs after final 1000m).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cross country running.
Monday: 60 to 75 mins fartlek inc 20 x 30 secs fast with 60 and 30 secs jog recovery alternately.
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady.
Thursday: 5K session (3 x 1600m with 90 to 120 secs recovery + 1 x 200m 90 to 120 secs after final 1600).
Friday: Rest or 10 to 15 mins easy.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins easy running 2 to 3 times a week.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 12 x 45 secs fast with 90 and 45 secs jog recovery alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (4 x 1200m with 75 to 120 secs recovery + 1 x 200m full effort 90 to 120 secs after final 1200m).

Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 x 60 secs fast with 2 mins and 1 min jog recovery alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (10 x 300m with 30 to 60 secs recovery + 3 x 150m full effort with 250m recovery jog 90 to 120 secs after final 300).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 8 x 75 secs fast with 120 and 75 secs jog recovery alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (5 x 1000m with 60 to 90 secs recovery + 1 x 200m full effort after final 1000m).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.



LIVINGSTON HALF MARATHON



IEUAN Ellis of Wales (above) won the Livingston International Half Marathon from over 800 runners on August 26, but his time of 64:57 in warm conditions never looked like threatening the £10,000 on offer to the winner if he broke 62 minutes. Second was Annan's Mike Carroll, who had been leading until the eight mile mark, in 65:34. Carroll, Ian Campbell and Hammy Cox won the team event for Scotland.

Somewhat controversially, Scotland did not field a women's team - a strange decision given that the winner was Joyce Salvoona and that any team fielded would have stood a great chance of winning.

For many spectators, the hero of the hour was competitor 387 (left), who staggered and fell two or three times before collapsing over the line and being led away. A year's free subscription to Scotland's Runner for the gentleman - in recognition of his courage - if he identifies himself.

PHOTOS BY MAURICE McDONALD.

1990 SCOTTISH RANKINGS

Men

100m		
10.39w	David Clark	CPH
10.41w	Jamie Henderson	CPH
10.53w	Elliot Bunney	CPH
10.51w	Alan Doris	ESP
10.64w	Darren Galloway (J)	Ayr
10.70	Neil Turnbull	CPH
10.70w	Douglas Walker (Y)	ESP
10.73	Br'n Ashburn (10.5w)	CAC
10.78w	Roddy Slater (J)	DHS
10.80w	Stephen Shanks	Lark

200m		
20.75	David Clark	CPH
21.25	Neil Turnbull	CPH
21.3	Darren Galloway (J)	Ayr
21.3w	Elliot Bunney	CPH
21.55	Alan Doris	ESP
21.7w	Mark Davidson	Ab
21.79w	Douglas Walker (Y)	ESP
21.86i	Jamie Henderson	CPH
21.89w	David Cleland (J)	FVH
21.9	Stephen Shanks	Lark

400m		
46.52i	Brian Whittle	Ayr
47.14	Mark Davidson	Ab
48.04	George Fraser	San
48.3	David Mulheron	Bell
48.32i	Mark McMahon	CPH
48.36i	Gregor McMillan	DHH
48.4	Amir Savage (J)	CPH
48.5	Grant Hodges	ESP
48.68	Elliott Bunney	CPH
48.7	Jim Nicoll	PSH

800m		
1-44.44	Tom McKean	BYM
1-45.47	Brian Whittle	Ayr
1-46.90	David Strang	Hgy
1-49.42	Stuart Paton	Bel
1-49.5	Tom Hanlon	CPH
1-50.6	Gary Brown	ESP
1-50.7	Andrew Walker	CPH
1-51.2	Larry Mangleshot	WGn
1-51.72	Alan Murray	JWK
1-51.8	Gary Brown	ESP

1500m		
3-39.95	Ian Hamer (W)	ESP
3-45.05	Larry Mangleshot	WGn
3-45.26i	Alistair Currie	Dum
3-45.33	Steve Ovet (E)	Ann
3-45.76	Tom Hanlon	CPH
3-46.4	Stuart Paton	Bel
3-47.46	Mark Fallows	ESP
3-47.5	David Donnet	CAC
3-47.8	Ian Gillespie	CAC
3-47.95	Tom McKean	BYM

5000m		
13-25.63	Ian Hamer (W)	ESP
13-48.86	Peter McColgan (NI)	DHH
13-50.33	John Robson	CPH
14-07.9	Peter Fleming	Bell
14-09.2	George Braidwood	Spr
14-09.91	Robert Quinn	Kilb
14-10.5	David Donnet	CAC
14-10.9	Steven Doig	OG
14-11.91	Chris Robison	SV
14-13.0	Neil Tennant	CPH

10,000m		
28-30.44	Ian Hamer (W)	ESP
29-37.04	Peter Fleming	Bel
29-59.43	Mike Carroll	Ann
30-03.04	Alastair Walker	Tev
30-04.7	Iain Campbell	DHH
30-09.5	Bruce Chinnick	Forr
30-09.84	Chris Hall (W)	DHH
30-22.61	Chris Robison	SV
30-23.32	Doug Runcieman	Cam
30-32.64	Peter Fox	DHH

Marathon		
2-10-10	Allister Hutton	CPH
2-17-58	Jim Doig	Ab
2-20-40	Frank Harper	Pit
2-25-28	John Duffy	GWH
2-25-28	Charlie McIntyre	Fras
2-27-05	Douglas Cowie	RAF
2-28-01	Alasdair Keen	Derby
2-28-12	Euan Wilkinson	Cald
2-28-53	Jim Dingwall	Hull
2-28-57	Stewart Asher	FAC

3000m s/c		
8-16.31	Tom Hanlon	CPH
<i>(Scottish record)</i>		
8-34.10	Peter McColgan (NI)	DHH
8-48.94	Graeme Croll	Cam
8-50.6	George Mathieson	CPH
8-58.5	John Steel	CPH
9-05.5	Ken Stirrat	OxU
9-19.03	David Ross	CPH
9-20.3	Timothy King	Sale
9-21.98	James Orr	Cam
9-20.2	Tom Ulliot	B&H

110mH		
14.28	Neil Fraser	Inv
14.28w	John Wallace	New
14.95w	Paul Warrillow	CPH
15.03	Duncan Mathieson	Ab
15.08w	Ian McGillivray	Ela
15.22w	Graeme Smith (J)	ESP
15.46w	Graham McAnany (J)	CPH
15.53w	Fraser McGlynn	She
15.62w	Colin Hogg	ESP

400mH		
51.9	Mark Davidson	Ab
52.49	Malcolm McPhail	Ayr
53.4	David Hitchcock (E)	CPH
53.46	Rodger Harkins	She
54.2	Douglas Thom	DHH
54.26	Peter Campbell	Sto
54.6	Ken Anderson	NV
54.77	Alistair Taylor	Inv
55.16	Tom Nimmo (J)	FVH
55.22	Steve Ledingham	Ab

High Jump		
2.30	Geoff Parsons	Lon
<i>(Scottish Record)</i>		
2.15	David Barnetson (J)	Inv
2.13	Stephen Ritchie (J)	Pit
2.08	Alan Scobie	ESP
2.07	Duncan Mathieson	Ab
2.05	James Stoddart	Bel
2.04i	Neil Robbie	Mel
2.01	Malcolm McVie (J)	CPH
2.00	Andrew Edgar (Eng)	CPH

Pole Vault		
4.50	Eric Fliszar (US)	DHH
4.40	Martin Smith	CPH
4.35	Stephen Greig (J)	Str
4.30	Ian McKay	ESP
4.30	David McLeod	Bell
4.25	Michael Nicoll	Hav
4.20i	Iain Black	CPH
4.20	Stuart Ryan	SV
4.20	John McArdle	Lou
4.20	Duncan Mathieson	Ab
4.20	Paul Pentland	ESP
4.20	Allan Leiper	Ald
4.20	Adam Anderson	NV

Long Jump		
7.55	Brian Ashburn	CAC
7.35	Craig Duncan	She
7.29w	Duncan Mathieson	Ab
7.10w	Eric Scott (J)	Hel
7.04	Melville Fowler	Inv
6.95w	Paul Allan	Ab
6.78	Mark Craig (Y)	CAC
6.76	Geoff Parson	Lon
6.74	William Leung	ESP
6.66i	John Scott	ESP

Triple Jump		
15.90	Craig Duncan	She
14.98	Neil McMenemy	CR
14.42w	Duncan Mathieson	Ab
14.29	Rodger Harkins	She
14.17	Russell Brown	CAC
14.10	William Leung	ESP
14.07i	Rory Birbeck (Y)	Hynd
13.98	John Brierley	New
13.87	S. Clelland	GU
13.80	Jamie Henderson	CPH

Shot Putt		
17.24	Stephen Whyte	Lut
15.14i	Robert Smith	CPH
15.10	Mark McDonald	Dmf
14.91	Steve Aitken	DHH
14.74	Russell Devine	Inv
14.57	Gordon Smith	Ab
14.45	Neil Mason (J)	Fife
14.37	Graeme Stark	Rth
14.35	Darrin Morris	Pit
14.25	Adam Whyte	ESP

Discus		
58.36	Darrin Morris	Pit
<i>(Scottish record)</i>		
50.00	Michael Jemi-Alade	CPH
47.54	Stephen Whyte	Lut
47.32	Russell Devine	Inv
46.00	Mark McDonald	Dmf
42.54	Kenga Kubota (Ja)	ESP
41.26	Jamie Malcolm	Wir
40.52	Paul Allan	Ab
40.30	Duncan Mathieson	Ab
40.00	Stuart Ryan	SV

Hammer		
61.90	Russell Devine	Inv
60.78	Stephen Whyte	Lut
56.16	Lawrie Nisbet	CPH
53.30	Andrew Hall	Hill
53.22	Robin Meikle	CPH
53.10	Russell Payne	Bir
49.90	Doug Aitchison	PSH
49.58	Chris Edgar (Y)	FVH
49.46	Adam Whyte	ESP
47.76	David Valentine	Camb

Javelin		
62.04	Stewart Maxwell	Pit
59.92	John Guthrie	CPH
59.50	Stewart McMillan	Pit
59.00	Alex Black	CPH
59.00	Chai Huat Ng	She
57.70	Adam Whyte	ESP
57.06	Nils Fearnley (J)	Gle
55.90	Duncan Mathieson	Ab
54.58	Jamie Grant (J)	Lor
53.56	M Sanei	GU

Decathlon		
7535	Duncan Mathieson	Ab
7039	Paul Allan	Ab
5830	Eric Scott (J)	Hel
5759	Allan Leiper	Ald
5663w	Stuart Ryan	SV
5639	Alistair Taylor	Inv
5556	Michael Standen (E)	PSH
5541w	Paul Masterton	ESP
5503	Jamie Malcolm	StA
5477w	James Malcolm	LAC

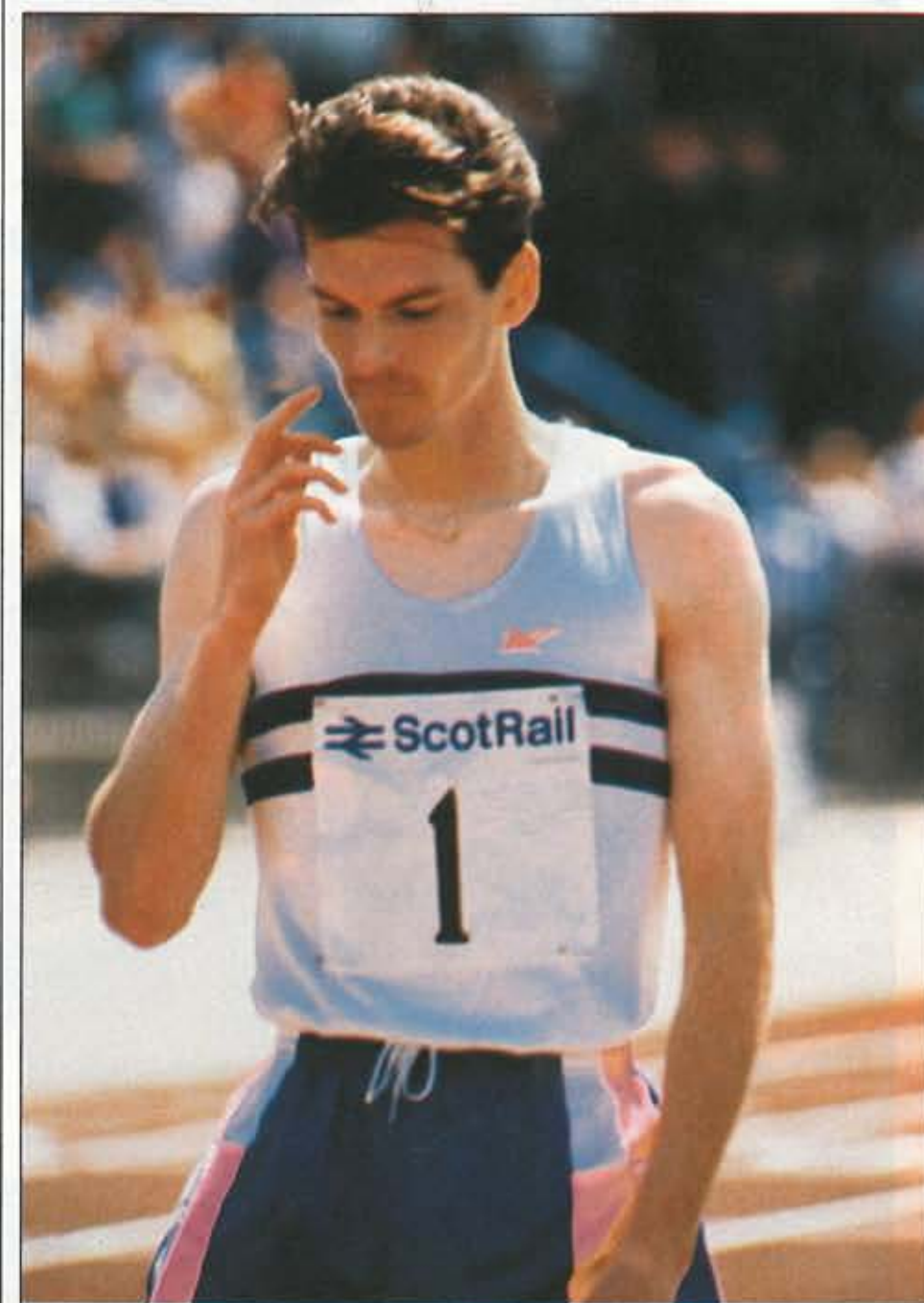
COMPILED BY ARNOLD BLACK

ALTHOUGH there is a lack of star quality in the performances, the depth of the men's lists compares favourably with the last three years. Indeed, there has been sustained improvement over that period in the tenth mark in five of the events- 5000 metres, pole vault, shot putt, discus and decathlon.

Last year, only six shot putters broke 14 metres and seven discus throwers broke 40 metres; this year it's ten in each event.

Four youths make the list - sprinter Douglas Walker, long jumper Mark Craig (who made the top ten in 1989 in the triple jump); octathlon champion Rory Birbeck in the triple jump, and hammer thrower Chris Edgar.

Two of our top sprinters, Jamie Henderson and Elliot Bunney, feature in unusual places for them - Bunney with a 48.68 400m, Henderson a 13.80 triple jump. And then there's Duncan Mathieson . . . eight times!



Tom Hanlon . . . one of three athletes who set Scottish records this summer, his 8-16.31 in the 3,000m steeplechase standing alongside Geoff Parsons' 2.30m in the high jump and Darren Morris's 58.36 in the discus. PHOTOGRAPH BY PETER DEVLIN.



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AGE GROUP RANKINGS COMPILED BY JEFF CARTER

Junior			PV			400m			12.68			4-40.6		
10.64w	D Galloway	Ayr	4.10i	S Greig	Str	49.87	G Purves	Bla	12.68	D Sabnis	Mary	4-40.6	K Daley	ESP
(10.7)			(4.00)			50.5	C Young	CAC			Ban	4-46.2	M Anderson	Fra
10.78w	R Slater	Dun	4.10	J Grant	Lass	51.2	I Murray	IH				4-54.0	D Casey	QVS
(10.94)			3.55	E Scott	Hel	51.4	K Mackie	CPH						
10.85w	D Clelland	FVH	3.30	D Fitzgerald	Pit	51.5	J Jardine	FAC						
(11.3)			3.20	D Barnetson	IH									
10.97w	J Adams	Ayr												
(11.4)														
11.09w	S Brown	NV												
(11.4)														
200m			LJ			800m			SP 5kg			80mH		
21.3	D Galloway	Ayr	7.10w	E Scott	Hel	1-54.7	J Gill	Cam	13.76	D Minty	Pet	11.51	G Adams	Ayr
21.89w	D Clelland	FVH	6.62	M Hamill	CAC	1-55.16	C Young	CAC	13.58	I Love	Pen	11.61	I Hamilton	CAC
(22.3)			(6.88)			1-56.7	D Halliday	She	13.51	A Mackenzie	IH	11.68	P Knapp	Ayr
22.13w	R Slater	Dun	6.57i	N Elliot	Hel	1-57.2	R Hooton	DSM	13.31	D Tanner	Dumf	11.94	C Frew	Ham
(22.5)			(6.29)			1-59.12	N Johnstone	CPH	13.05	E Lister	Esp	11.99	D Ablett	CPH
22.16w	J Adams	Ayr	6.57	C McDaid	ClyH									
(22.89)			6.44	I Fraser	Nal									
22.48	P Shannon	BYM												
400m			TJ			1500m			DT 1.5kg			400mH		
48.4	A Savage	CPH	13.01	C MacDonald	ESP	4-02.8	F McNeil	Lee	43.84	E Lister	ESP	64.8	D Mont'mery	Cas
49.41	P Shannon	BYM	12.93	S McGeoch	Kilb	4-03.5	D Halliday	She	41.36	R Birbeck	Hyn	66.8	G MacLennan	Cas
49.5	G Simpson	Cam	12.88	S Whyte	Gol	4-04.67i	M McBeth	Cam	40.78	A Harvey	Ayr			
49.6	I McGurk	CAC	12.81	I Fraser	Nairn	(4-19.5)			39.94	K Kay	Str			
49.63	I Priddy	CAC	12.76	A Robb	Hut	4-07.5	R Hooton	DSM	38.44	K McCann	MCS			
800m			SP 6.25kg			2000m/c			HT 5kg			HJ		
1-52.3	J McFadyen	GGH	14.91	N Mason	FAC	6-15.0	M McBeth	Cam	60.62	C Edgar	FVH	1.86	S McKinley	Pit
1-53.6	I Campbell	Arb	13.57	A Bryce	Glen	6-15.8	D Hards	IH	54.42	G Kerr	Bed	1.73	M McDougall	IH
1-53.90	A Kinghorn	ESP	12.48	M Bowman	Dum	6-28.5	E Calvert	Ab	49.50	D Minty	Pet	1.70	A Thomas	Bel
1-54.02	G McDowall	IH	12.28	R Baird	FVH	6-30.0	S Meldrum	Pit	48.18	E Lister	ESP	1.67	P Gill	GlasA
1-54.44	G Graham	VP	12.26	P Beaton	Pit	6-31.7	E McCafferty	Sto	46.40	S Bunker	Hel	1.65	M Allan	Elg
1500m			DT 1.75kg			100mH			JT 700g			PV		
3-52.98	A Russell	CAC	41.24	N Elliot	Hel	14.0	A Tupman	ESP	50.16	P Greenhill	Arb	2.70	S McLean	QVS
3-54.2	I Campbell	Arb	39.02	A Mathieson	LeAc	14.04w	S Dillon	MBI	48.22	R Birbeck	Hyn	2.60	A Wood	QVS
3-56.6	G Graham	VP	39.94	R Baird	FVH	(14.2)			47.02 (B)	N Dempsey	MCS	2.60	P Clark	QVS
3-58.26i	A Kinghorn	ESP	39.94	P Crawford	PSH	14.14w	I Dickie	Ayr	46.88	J Wishart	EA	2.50	R Dunn	EA
3-58.37i	D Priddy	Har	39.02	M Bowman	Dum	(14.20)			46.78	H James	Mon		F Anderson	Bee
5000m			HT 6.25kg			400mH 2'9"			LJ			TJ		
14-37.2	M Campbell	Win	53.38	C Edgar (Y)	Sale	57.4	D Hards	IH	6.19	S Milne	Ork	11.95	S Milne	Ork
15-00.30	S Wright	Ab	38.48	D Barnett	PSH	57.75	I Murray	IH	5.79	M McManus	Ham	11.91	A Blackie	VP
15-23.43	S Whyte	Cam	34.00	E Oliver	IH	57.8	O Brume	Fett	5.73	D Steel	Ayr	11.81	J Whannel	VP
15-35.7	N Freer	CAC	30.26	C McGrath	QVS	59.35	M Milne	Cas	5.69	A Blackie	VP	11.63	D Mont'mery	Cas
15-38.5	A Moss	Doll				59.37	I Dickie	Ayr	5.68	J Whannel	VP	11.40	K Kelly	Doug
2000m/c			JT 800g			HJ			SP 4kg			DT 1.25kg		
6-05.21	S Wright	Ab	57.06	N Fearnley	Gle	1.93i	R Birbeck	Hyn	12.27	K Campbell	MYM	35.16	K Campbell	MYM
6-07.42	A Russell	CAC	54.58	J Grant	Lor	(1.90)			12.16	G Ferguson	Law	35.02	L Robinson	Dumf
6-18.5	I Campbell	Arb	51.98	B Hill	Cam	1.90	P Birrell	Pit	12.02	J Duffus	Kel A	34.08	N Beaton	Pit
6-19.7	T Healy	VP	51.76	G Dingwall	She	1.90	A Malcolm	ESP	11.97	R Wilson	CR	33.50	S Sneddon	TAC
6-21.51	R Crook	Pit	51.26	P Crawford	PSH	1.85i	I Lind	Ab	11.91	N Beaton	Pit	33.34	S Bremner	Nairn
110mH 3'3"			Decathlon			400m			HT 4kg			JT 600g		
14.54w	G Smith	ESP	6180	E Scott	Hel	53.16	R Wilson	CR	50.60	R Mackinnon	QVS	48.14	N Dempsey	MCS
15.2	D MacRae	MCS	5303	S Greig	Str	53.3	D Colville	Pit	(best ever by a Scottish boy)			44.90	S Wands	Doll
15.3	N Penny	DSM	5050	J Grant	Lass	53.8	C Buck	MCS	31.70	A Shepherd	IH	38.98	M Bytheway	CrCas
15.6	K Campbell	MCS	5031	N Elliot	Hel	54.1	A Prophet	CAC	30.72	S Sneddon	TAC	38.34	D Ablett	CPH
16.2	B Foster	DSM	4752	K Pearson	CR	54.2	C Wilson	Ab	28.02	J Law	QVS	37.64	B Thomson	Mon
400mH 3'0"			Youths			800m			WITH the end of the track season fast approaching, we would be grateful for notice of any revisions to the above rankings.			National coach Tony Chapman was another key figure in a move which found an ally in R. A. Wakefield, director of parks to the then Royal Burgh of Ayr Corporation.		
56.16	T Nimmo	FVH	100m			2-04.7	J Douglas	MYM	Please send alterations to Jeff Carter at Scotland's Runner (62, Kelvingrove Street, Glasgow G3 7SA.)			Recalls Glen Harrower: "The new club worked very closely with Mr Wakefield on		
55.6	N Taylor	VP	110m			2-05.2	J Tonner	JWK						
56.4	D Wright	EA	11.0			2-05.28	R Wilson	CR						
57.5	O Brume (Y)	Fett	11.06w			2-05.53	A Smith	Ayr						
58.6	P Simpson	Pit	11.3			2-05.74	K Nicol	Nairn						

club PROFILE



AT first glance, A.C. Moir Ayr Seaforth feature all the vital ingredients of a successful athletics club - 500 members, excellent track and field facilities in a modern stadium at Dam Park in Ayr, and the backing of a three year sponsorship deal.

Yet general secretary and treasurer Glen Harrower rests uneasily on the laurels he is entitled to claim for the part he has played since becoming involved with the club almost 16 years ago.

"I dread to think how we would be able to cope if the club were to get much bigger. We simply don't have, or cannot get, the coaches to handle any more athletes," he says.

Revealing that continued club appeals for help had fallen on deaf ears, Glen adds: "We're standing on the brink of a situation where we could well lose some of the coaches we do have if they were to be asked to increase their workload. It has become a Catch 22 situation."

In common with many clubs, AC Moir Ayr Seaforth's major problem is an acute lack of field events coaches. Says Glen Harrower: "It means so much when ESPC high jumper Alan Scobie finds the time to come down from Irvine for a specialised coaching session at Dam Park. It just goes to show that you can never be complacent on the basis of what you have achieved."

AC Moir Ayr Seaforth have achieved a great deal, particularly in recent years.

Words: Russell Smith
Photos: Peter Devlin

A trip down Seaforth's memory lane goes back to the late 1950's - and the days when Ernie Thursby, Alan Lindsay and Matt Gibson were the stalwarts of Ayr Athletic Club. But things were moving in another area of the town. Down Seaforth Road to be exact.

Initially the would-be second club were having little in the way of luck, having tried and failed to gain SAAA registration. Nothing daunted, the building Seaforth engineered the obvious move - a merger that saw Ayr Seaforth take its first step on the road to success.

Glen Harrower singled out retired police chief inspector Alex Stewart as the driving force behind the new club which was to leave the humble surroundings of King George Playing Fields in favour of a new base at a Dam Park, which has undergone a dramatic change of character in the intervening 30 years.

National coach Tony Chapman was another key figure in a move which found an ally in R. A. Wakefield, director of parks to the then Royal Burgh of Ayr Corporation.

Recalls Glen Harrower: "The new club worked very closely with Mr Wakefield on

the development and planning of the old Dam Park Stadium."

But AC Moir Ayr Seaforth's real progress was reflected in the events of 1987, when proud members watched the official opening of a revamped stadium, complete with an eight lane all-weather track.

"That was something special," says Harrower as he reflected on the second major stroke of luck which was to come the way of the club in February 1989.

"That was when we signed the three-year sponsorship with Alex Moir, a local building contractor. There are clubs who look on sponsorship as a mixed blessing, something to be regarded with suspicion. We don't entertain any such fears. Alex Moir has made it clear that it is down to us what we do with the money."

AYR Seaforth are justifiably proud of Brian Whittle's status as the club's first Olympic athlete. But other names hold a special place in the memory of those who have been around the Dam Park Stadium scene for more years than they care to remember.

Step back to 1960 and you come up with a medley relay squad which set a new Scottish native record - at Ardeer, of all places. Seaforth, still a strong relay-orientated club, have good reason to remember Cochrane Stewart (440yds), Frank McCarvel (220yds), Jim McLatchie (880yds) and Neil Duff (220yds) as the men



ABOVE, just some of the 500 members of AC Moir Ayr Seaforth AC pictured before training at Dam Park Stadium. On the previous page, female sprints coach Maureen Harrower keeps a watchful eye on Susan Carruthers, Amanda Rubertazzi, Louise Thompson, Joanne Symington and Elaine Julian, while on the page opposite male sprint coach Frank Galloway tells son Darren that he doesn't care if Ronald Reagan and George Bush are dummies, there's no way that Ayr Seaforth are going to endorse Desperate Dan's candidature for President of the United States in 1994. Below, Scottish 400m hurdle internationalist Malcolm McPhail.



who put the new club on the Scottish athletics map.

There are no less proud of the fact that Neil Duff was considered good enough to become one of the first Scots to gain an athletics scholarship, in Texas. Today, Duff is a highly respected and successful American businessman.

The 1960's were to produce others who laid the foundations of success - British junior high jump champion Billy Adams, whose son Grant is a rising 800m hurdles star at senior boys level; Ross Billson, a contemporary of Menzies Campbell; Maybole-based lawyer Jack Boyd, a winner of what was then regarded as the Scottish half mile title.

The list grows with sprinter Robin McCrindle - now a professor in Canada - and John Ferguson, a useful middle distance competitor who still retains his Seaforth connection as a coach and secretary of the club's cross country section.

And there will always be a special place for Ricky Taylor, the runner who produced a Scottish junior national best of 52.9 seconds for the 400m hurdles at Herford in West Germany on September 14, 1968, and who later represented Scotland in the 1970 Commonwealth Games in Edinburgh.

Seaforth club records show that

Taylor's West German performance stood the test of time until present day star Malcolm McPhail lowered the figure to 52.49 earlier this year.

Unhappily, the 1970's never quite matched the 1960's in terms of quality. Indeed, Seaforth's future was in doubt when they had a brief flirtation with Ayrshire Amateur Club, which had been set up to make the county a force in Scottish athletics.

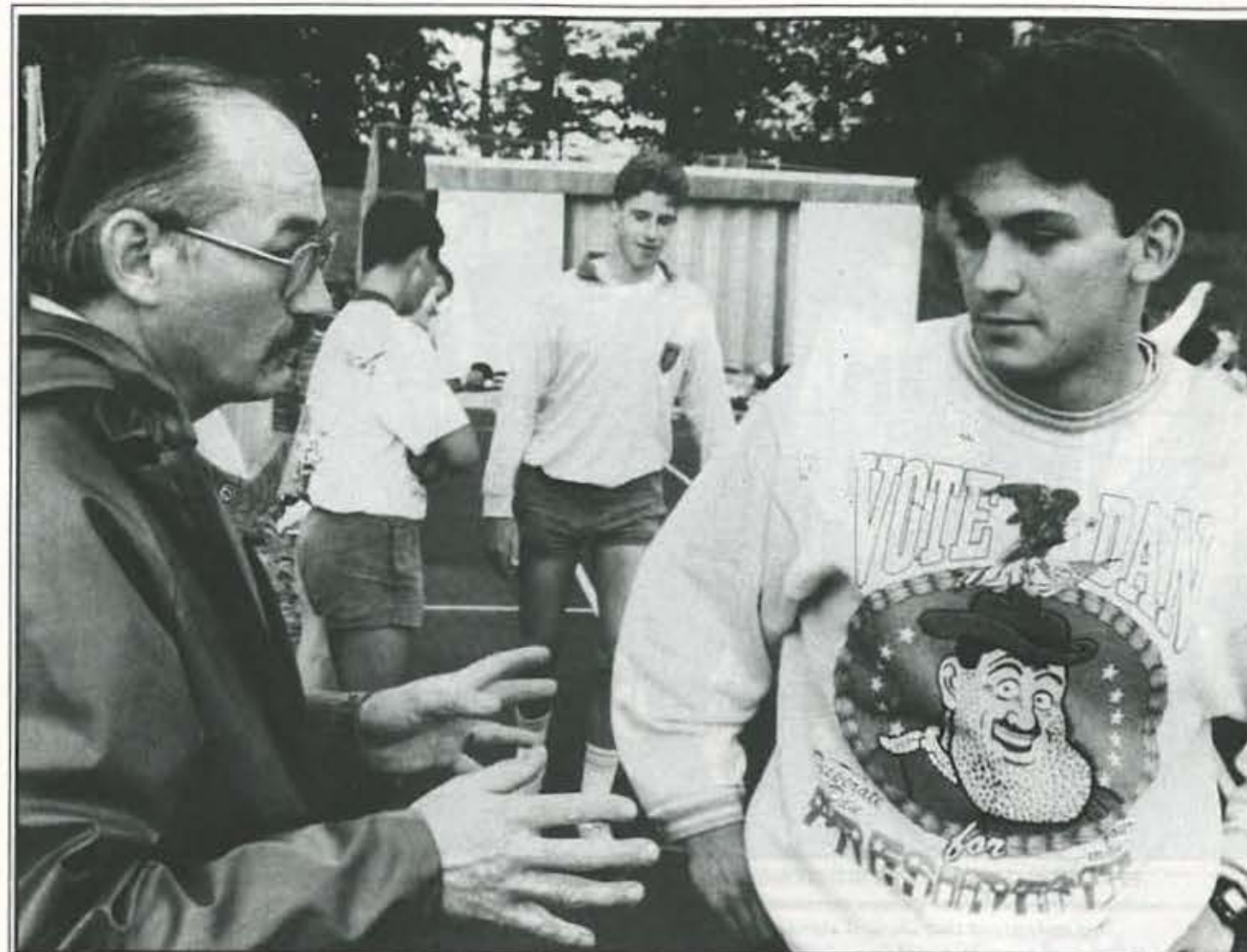
"The less said about that episode the better," says Glen Harrower. "Let's just say that Seaforth emerged as a stronger club in its own right."

And he has no doubt how the transformation came about. "We suddenly realised that the club was going nowhere without its own youth policy."

That, today, remains the philosophy of a club which is brimming over with the kind of talent which brings a glow of satisfaction to club president Bill Beattie and his committee.

Scottish athletics is already alive to the potential of youngsters like Darren Galloway, a young man who dominates the national junior sprint rankings with best times of 10.64 (wind assisted) in the 100m, and 21.3 in the 200m.

"He really is quite outstanding," says



Glen Harrower, confident that Galloway will realise his immediate ambition of competing in next year's European Junior Championships.

Harrower is no less enthusiastic about the multi-events promise of 16-year-old Ian Dickie, ranked third at the time of writing in the Scottish youths 100m hurdles with 14.4 (w).

There is the same exciting future in prospect for Paul Allan, who tops the senior boys 1500m steeplechase rankings with a 4-37.9, and Stuart Moir, son of the club sponsor Alex Moir, who currently holds pole position in the senior boys 100m and 200m with returns of 11.2 (w) and 22.4 (w) respectively.

Gary Willis and Grant Adams are two others to note from the ranks of a club which has struck an equally rich seam of female talent.

Glen Harrower's list of "those to follow" begins with a word of sympathy for intermediate Katrina Dyer, the 15 year

old who revealed a full range of track and field potential when winning a Scottish Schools' pentathlon title at Aberdeen last year.

Says Glen: "Unfortunately, Katrina is suffering from breathing problems. She accepts it is going to take time before she is back to anything like her best."

Injury rather than illness has haunted the promise of three other up and coming youngsters. Sprinter Elaine Julian (15) saw her World Schools Championship hopes dashed in Bruges when a leg injury ruled her out of the 100m. Raka Samson (15) broken her leg while competing in her school sports. Largs-based Samantha Brown has been struggling to beat a stress fracture.

But there have been compensations - like the performances of 13 year old Louise Thomson, the girl who represented Scotland in the recent Celtic International.

All-rounder Debbie Church and Susan Carruthers, the 16 year old who was second

to Aberdeen's on-form Louise Paterson in the Scottish 400m championships, have also shown they can reach the top.

Explains Glen Harrower: "It's changed days from 15 years ago when the club consisted of 25 members, none of them under the age of 15!"

IT has been a season of mixed luck for AC Moir Ayr Seaforth in league competition. Both the men's and women's teams have been relegated from Scottish League Division 1 status.

But the strength of the younger brigade is reflected in the Scottish Young Athletes League (West) with a tenth triumph in the past eleven years. Only Clydebank (1988) can claim to have broken Seaforth's west coast monopoly.

However, the Dam Park flying squad had to give best to East winners Inverness Harriers in the Scottish (North and West) Division 1 competition.

EVERY athletic club looks for some form of inspiration.

In AC Moir Ayr Seaforth's case it comes from the veteran performance and encouragement given by 37 year old Christine Brown.

"She really is quite a remarkable lady, an absolute gem to have in the club ranks," says Glen Harrower.

Christine's husband Keith and daughter Sheila can only stand and wonder at where mum

finds the stamina to battle it out with the best British vets in a string of events ranging from the hurdles to the long jump and the hammer.

Clubmate Jane Robertson is another Seaforth member reach-

ing for higher things. Her decision to concentrate on hill running has brought the reward of a competitive trip to Austria as a member of the four-strong Scottish women's team for the world hill-running championships.



ACMOIR Ayr Seaforth are set to break new ground at their next annual general meeting when Maureen Harrower becomes the club's first woman president.

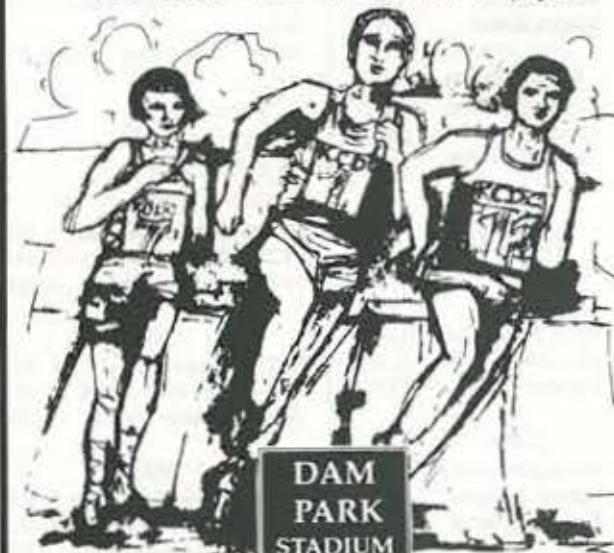
It is understood that she will also become the first woman president of a mixed club. Mrs Harrower, wife of the president general secretary and treasurer, will succeed Bill Beattie. The club's road racing and cross country sections are under the direction of Bill Boyd and John Strawhorn respectively.

The club's coaching team is (back row, left to right): Hugh Muir, Bill Beattie, John Ferguson, Ian Dickie, David Walton, Jack Harris, Bill Legg, Billy Adams. Front row: Maureen Harrower, Vicky Samson, Bill Harton, Frank Galloway, Glen Harrower, and Jim Craig. Not in picture are John Brooks and Bert McKay.

Below: Malcolm McPhail, Darren Galloway and Jamie Adams.



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1990 SCOTTISH RANKINGS

Euro-Juniors

100m		
12.12w	Alison Edmonds	IH
12.45w	Lorna McCulloch	Pit
12.49	Colette Hynd	Pit
200m		
24.9w	Leigh Ferrier	GAC
25.1	Alison Edmonds	IH
25.7	Fiona Calder	Irv
400m		
57.2	Leigh Ferrier	GAC
57.4	Fiona Calder	Irv
57.6	Mary McClung	JWK
800m		
2-11.69	Hayley Haining	NV
2-15.90	Catherine Cecil	EdU
2-17.4	Mary McClung	JWK
1500m		
4-28.0	Hayley Haining	NV
4-36.3	Katy Rice	Ab
4-41.0	Vikki MacPherson	GAC
3000m		
9-50.0	Vikki MacPherson	GAC
10-22.8	Alison Grossett	Pit
10-28.1	Lindsay Cairns	JWK
100mH		
14.18w	Sarah Richmond	Pit
14.47w	Lorna McCulloch	Pit
14.67w	Jennifer Sharp	EW
400mH		
63.5	Hazel Edgar	NV
65.9	Audrey Martin	ESP
66.6	Anne Steele	ESP
High Jump		
1.80i	Wendy Macdonald	Cam
1.67	Katherine Guthrie	ESP
1.65	Sarah Richmond	Pit
1.65	Louise McMillan	EW
Long Jump		
5.75	Caroline Black	EW
5.34	Sharon Wood	EW
5.25	Heather McLeod	IH
Shot		
14.29	Alison Grey	ESP
11.62	Andrea Rhodie	MSL
11.21	Gail Hornby (E)	MSL
Discus		
46.76	Gail Hornby (E)	MSL
44.70	Alison Grey	ESP
37.46	Heather MacLeod	IH
Javelin		
56.96	Nicola Emblem	EW
52.48	Gail Hornby (E)	MSL
37.24	Linda Low	ESP

Heptathlon

4130	Evelyn Grant	Pit
4017	Sarah Richmond	Pit
3929	Louise McMillan	EW

Intermediates

100m		
12.1	Lorraine Nicholson	GAC
12.2w	Katrina Leys	Ab
12.4	Kirsty O'Donnell	Kirk

200m		
24.7w	Louise Paterson	Ab
25.28w	Lorraine Nicholson	GAC
25.47w	Kirsty O'Donnell	Kirk

400m		
57.24	Louise Paterson	Ab
58.41	Carmen Collins	Pit
58.77	Susan Carruthers	Ayr

800m		
2-16.7	Alison Potts	GAC
2-18.2	Lisa Davidson	Ab
2-19.5	Kirsty Stewart	JWK

1500m		
4-45.18	Alison Potts	GAC
4-52.6	Louise Cormack	ESP
4-54.3	Yvonne Reilly	DHH

3000m		
10-11.10	Louise Cormack	ESP
10-42.7	Sandra Purdie	Tev
10-45.3	Jillian Grams	AB

80mH		
11.30	Catherine Murphy	GAC
11.69w	Shona Fleming	MSL
12.03w	Suzanne Wood	EW

300mH		
43.53	Catherine Murphy	GAC
44.2	Suzanne Wood	EW
44.87	Shona Fleming	MSL

High Jump		
1.74	Hazel Melvin	Tro
1.70	Joanna Ross	Kil
1.65	Linda Gordon	GAC

Long Jump		
5.93w	Ruth Irving	Wir
5.52	Carolyne Pritchard	MSL
5.50	Shona Fleming	MSL

Shot		
11.82	Lynne Barnett	PSH
10.61	Stephanie Robin	Hel
10.21	LeighAnn Cunningham	Pit

Discus		
37.06	Helen McCreadie	Dum
34.70	Aline Cross	Ork
31.42	Stephanie Robin	Hel

Javelin

42.60	Lorna Jackson	Tay
39.30	Karen Elliott	Carl
35.90	Joanna Ablett	EW

Heptathlon

3931	Louise Paterson	Ab
3640	Elaine Donald	Hel
3612	Esther Sneddon	CR

Juniors

100m		
12.2w	Myra McShannon	GAC
12.4	Linzie Kerr	GAC
12.4	Kathryn Gray	GAC

200m		
25.2	Myra McShannon	GAC
25.8	Sinead Dudgeon	ESP
25.81w	Catrina Harris	GAC

800m		
2-09.6	Isabel Linaker	Pit
2-17.11	Gillian Fowler	GAC
2-18.7	Carolanne Boyes	GAC

1500m		
4-23.45	Isabel Linaker	Pit
4-52.5	Eleanor Reid	NV
4-53.1	Lorraine Stewart	ESP

75mH		
11.24w	Sandra Gunn	Ab
11.33w	Catrina Burr	EW
11.72w	Sarah-Jane Rammingier	Arb

High Jump		
1.58	Julie Reid	Kil
1.58	J Brume	StL
1.56	Linzie Kerr	GAC
1.56	Sarah-Jane Rammingier	Arb

Long Jump		
5.62w	Linzie Kerr	GAC
5.56 - eq. Scot Best		
5.37	Fiona Allan	Rudd
5.15	Sarah-Jane Rammingier	Arb

Shot		
11.47	Julie Robin	Hel
10.56	Eleanor Garden	Pit
10.25	Kim Cassidy	ESP

Discus		
36.66	Julie Robin	Hel
30.88	Eleanor Garden	Pit
29.22	Louise Thomson	EW

Javelin		
32.22	Wendy McFarlane	Mon
30.80	Margaret Wilson	Av
28.46	Elaine McQueen	IH

Pentathlon

2867	Debbie Church	Ayr
2682	Sarah-Jane Rammingier	Arb
2620	Linzie Kerr	GAC

Girls

100m		
13.16w	Emma Redhead	Carl
13.23w	Susan Black	Mel
13.25w	Carolyn Rose	Pit

200m		
27.7	Jennifer Reid	Ban
27.8w	Lyndsay Dodds	ESP
27.94w	Natalie Hynd	Pit

800m		
2-22.5	Helen Steedman	Pit
2-24.4	Jennifer Ward	Pit
2-27.0	Julie Robertson	ESP

1500m		
4-55.9	Pamela Crawley	GAC
5-06.4	Helen Steedman	Pit
5-06.7	Rebecca Durkin	NV

70mH		
11.63w	Kathryn McKenzie	Cai
11.8	Stacey Moxey	EW
12.02w	Claire Middleton	Ab

High Jump		
1.42	Donna Palmer	ESP
1.40	Susan Goldie	JWK
1.40	Lynsay Still	Ab

Long Jump		
4.61	Donna Palmer	ESP
4.59	Jane Dougall	FVH
4.56	Fiona Paul	EW

Shot		
10.62	Catherine Garden	Pit
10.14	Nandeep Dhaliwal	GAC
8.25	Lindsay Ross	NV

Discus		
35.68	Catherine Garden	Pit
27.34	Nandeep Dhaliwal	GAC
26.32	Lindsay Ross	NV

Javelin		
26.40	Heather Lang	CR
24.80	Fiona Hunter	Arb
22.62	Kelly Sloan	Hel

Pentathlon		
2289	Donna Palmer	ESP
2261	Jennifer Reid	Ban
1984	Denise Smith	Ann

NOTIFICATION of any amendments should be sent as soon as possible to Arnold Black via: Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

COMPILED BY ARNOLD BLACK

Women

100m		
11.68w	Aileen McGillivray	EWM
11.83	Janis Neilson	EWM
11.93w	Melanie Neef	GAC
12.06w	Lorraine Dick (12.0)	MSL
12.12w	Alison Edmonds	Inv
12.13w	Dawn Kitchen	EWM
12.16w	Morag Baxter	GAC
12.19w	Ruth Girvin	NV
12.27w	Donna Brown (12.2)	EWM
12.28w	Mhairi Marr	SAC
12.1 (H)	Lorr'ne Nicholson (I)	GAC

200m		
24.06	Melanie Neef	GAC
24.23w	Janis Neilson	EWM
24.32	Aileen McGillivray	EWM
24.4	Dawn Kitchen	EWM
24.6	Gillian McIntyre	MSL
24.62	Ruth Girvin	Nith
24.7w	Louise Paterson (I)	Ab
24.8	Pat Divine	ESP
24.8	Dawn Flockhart	EWM
24.9w	Leigh Ferrier	GAC

400m		
53.25	Dawn Kitchen	EWM
54.27i	Gillian McIntyre	MSL
55.22	Pat Divine	ESP
56.5	Fiona Meldrum	GAC
57.0	Susan Bevan	Ess
57.19	Denise Knox	Mid
57.2	Leigh Ferrier	GAC
57.24	Louise Paterson (I)	Ab
57.4	Fiona Calder	Irv
57.55	Dawn Flockhart	EWM

800m		
2-02.78	Yvonne Murray	ESP
2-04.43	Lynne McIntyre	GAC
2-05.63	Susan Bevan	Ess
2-07.0	Laura Adam	Ste
2-07.22i	Linsey Macdonald	Pit
2-08.2	Janet Stewart	GAC
2-09.2	Karen Hutcheson	BHM
2-11.45	Sheila Collan	Inv
2-09.6	Isabel Linaker (J)	Pit
2-11.69	Hayley Haining	NV

1500m		
4-07.68	Yvonne Murray	ESP
4-08.02	Liz McColgan	DHH
4-08.88	Lynne McIntyre	GAC
4-10.28	Karen Hutcheson	BHM
4-18.66	Laura Adam	Ste
4-19.09	Rhona Makepeace	Lei
4-20.56	Susan Bevan	Ess
4-23.45	Isabel Linaker (J)	Pit
4-28.0	Hayley Haining	NV
4-28.32	Elsbeth Turner	GAC

3000m		
8-39.46	Yvonne Murray	ESP
8-43.14	Liz McColgan	DHH
8-48.72	Karen Hutcheson	BHM
9-12.70	Laura Adam	Ste
9-23.89i	Susan Crawford	GAC
9-35.22	Annette Bell	Lin
9-39.21	Jo-Ann Scott	Dar
9-41.06i	Susan Bevan	Ess
9-41.8	Carol-Anne Bartley	GAC
9-43.37	Sandra Branney	GAC

5000m		
16-05.6	Laura Adam	Ste
16-20.59	Karen McLeod	ESP
17-08.6	Louise Vandyck	Ess

10,000m		
32-23.56	Liz McColgan	DHH
34-24.71	Karen McLeod	ESP
36-25.0	Janette Stevenson	FVH
36-41.84	Marie Duthie	Fra

Marathon		
2-36-42	Sheila Catford	Lds
2-47-24	Lynn Harding	Hou
2-54-15	Rosalind Kay	GAC
2-55-23	Renee Murray	Giff

100mH		
13.76w	Julie Vine	Bou
13.86w	Claire Reid/Doris	EWM
14.18w	Sarah Richmond	Pit
14.43	Catherine Murphy (I)	GAC
14.47w	Lorna McCulloch	Pit
14.67w	Jennifer Sharp	EWM
14.76	Jane Low	GAC
14.94	Shona Urquhart	EWM
15.4	Tracey Kerr	Mel

2-11.45	Sheila Gollan	Inv
2-09.6	Isabel Linaker (J)	Pit
2-11.69	Hayley Haining	NV

33

RESULTS

8

Shettleston H OGM, Crownpoint - 100/200: S Shanks (CAC) 10.7/21.9; 2, D Stark (JWK) 22.0; 1500: 1, P Duffy (GGH) 3-51.2; 2, C Bruce 3-51.9; 5000: 1, P Fleming (Bell) 14-07.9; 2, G Braidwood (Spr) 14-09.2; 3, D Donnet (Spr) 14-10.5; 4, R Quinn (Kil) 14-12.6; 5, T Hearn (Kilb) 14-14.1; 6, J McKay (Sh) 14-16.4; 7, B Coyle (Sh) 14-18.2; DT: 1, N Elliot (Hel) 41.30m; 2, E Scott (Hel) 40.32m.

18

GRE Mens Plate Final, Gateshead - 1, Havering AC 128.5 pts; 2, Team Solent 123; 3, Dundee Hawkhill 90; DHH placings: 100: 7, P Ewing 11.61; 200: 7, Ewing 23.08; 400: 3, G McMillan 48.81; 800: 5, I Campbell 1-54.54; 1500: 1, P McColgan 3-48.60; 5000: 2, J Hill 14-46.32; 10,000: 1, C Ross 31-18.56; 110H: 6, N Conacher 16.74; 400H: 6, D Thom 55.02; 3000H: 3, D Storey 9-31.98; 4x100: 6, DHF 44.50; 4x400: 5, DHF 13-23.74; HJ: 3, N Robbie 2.00m; PV: 4, C Scott 3.50m; LJ: 6, D Thom 6.37m; TJ: 5, D Pacione 12.66m; SP: 1, S Aitken 14.84m; DT: 8, S Aitken 35.12m; HT: 6, S Aitken 37.18m; JT: 8, N Robbie 42.10m.

23

Junior International, Skien, Norway - Scots: Men 100: 3, D Galloway 10.92; 6, E Scott 11.34; 800: 3, J MacFadyen 1-54.7; 3000: 2, M Campbell 8-28.10; HJ: 1, D Barnetson 2.10m; LJ: 3, E Scott 6.97m; Women 100: 1, M Neef 11.89m; 2, A McGillivray 11.96; 100H: 3, J Vine 14.09; HJ/LJ: K Hambrook, 2.17m; 2, 5.90m; DT: 2, A Grey 41.78m.

25

Scotland v Wales v N Ireland, Annan (Jun) - Scots: 100 (+ 3.8): 1, D Galloway 10.66; 4, R Slater 10.91; 200 (+ 2.6): 1, Galloway 21.43; 2, D Walker 21.83; 400: 3, I Priddy 49.54; 4, P Shannon 50.16; 800: 1, J MacFadyen 1-57.2; 2, G McDowall 1-57.4; 1500: 1, A Russell 4-04.19; 3, I Campbell 4-04.76; 5000: 1, M Campbell 15-08.34; 3, S Wylie 15-30.22; 110H (+ 4.0): 1, G Smith 15.1; 5, N Penny 16.3; 400H: 1, T Nimmo 55.4; 4, D Hards 56.8; 3000H: 1, S Wright 9-43.63; 5, D Slyth 10-17.03; 4x100: 2, Sco 42.30; 4x400: 1, Sco 3-21.85; HJ: 1, D Barnetson 2.13m; 2, S Ritchie 2.03m; PV: 1, S Greig 4.35m; 5, J Grant 3.60m; LJ: 2, E Scott 7.03m; 4, C McDaid 6.62m; TJ: 2, R Birbeck 13.51; 5, S McGeoch 12.70m; SP: 1, N Mason 14.86; 3, A Bryce 13.43; DT: 3, N Elliot 42.16m; 6, R Baird 37.88m; HT: 2, C Edgar 54.98m; 4, G Kerr 46.02m; JT: 2, P Crawford 54.42m; 4, B Hill 53.78m; Result: 1, Scotland 168.5 pts; 2, Wales 140; N Ireland 84.5.

Invitation events: BMC 1500: 1, D Wilson (NI) 3-45.84; 2, P Taylor (COP) 3-47.02; 3, R Fitzsimmons (Bell) 3-48.70; 4, G Cough (NI) 3-49.80; 5, A Callen (Spr) 3-50.11; 6, J Johnston (FVH) 3-51.76; 7, D Donnet (Spr) 3-52.28.

Women's Golden Sprint: 100 (+2.3): 1, M Neef (GAC) 11.83; 2, S O'Connell (Bally) 11.88; 3, K Mills (Loggan) 12.03; 4, R Girvin (Nith) 12.17; 5, L Dick (MSL) 12.24; 100H (+3.2): 1, M Baxter (MSL) 11.97; 2, L Nicholson (GAC) 12.03; 3, M Marr (Kew) 12.31; 4, A Curie (GAC) 12.54; 200 (+3.1): O'Connell 24.03; 2, Neef 24.06; 3, Girvin 24.22; 4, Mills 24.35; Nicholson 25.42; 200H (+2.0): 1, Dick 24.37; 2, M Marr (Stew) 25.60; 3, Currie 25.79; 4, F Meldrum (GAC) 25.91.

Overall: 1, Neef 35.89; 2, O'Connell 35.91; 3, Mills 36.38; 4, Girvin 36.39; 5, Dick 36.97.

Please send results to Colin Shields, c/o Scotland's Runner, 62, Kelvingrove Street, Glasgow G3.

July

21

Glamaig 4.5 mile HR, Sligachan, Isle of Skye - 1, A Kitchen (Liv) 46.02 (rec); 2, B Rodgers (Loch) 47.08; 3, J Wilkinson (Gala) 48.28; 4, A Dyche (Cly) 49.58; 5, D Bell (HELP) 50.00; 6, D Rodgers (Loch) 50.48; V1, P Marshall (HELP) 52.42; L1, T Calder (ESP) 56.10 (rec); L2, L Hope (Loch) 66.02; L3, R Longmore (Ann) 77.37; J2, J Brooks (Loch).

28

Half Ben Nevis HR, Fort William - 1, M Dixon (Loch) 62.33; 2, I Woods (Army) 62.34; 3, F Everett (J1) (Loch) 64.33; 4, S Hicks (Arm) 64.47; 5, A Dyche (Cly) 65.25; 6, B Rodgers (T2) (Loch) 65.32; V1, R Shields 11th (Cly) 72.24; V50: M Waddle (Gate) 64th 96.02; L1, C Swain (Inv OC) 82.29.

Dundonnell 3 Tops HR, Gairloch - 1, R Wilby (V1) (BD) 65.30; 2, C Scott (NCS) 69.30; 3, M Wilson (Inv) 71.25; 4, G Clithers (Ann) 73.12; 5, N Ross (Ann) 73.39; 6, K Richardson (V2) (Gair) 74.05; V3 J Boal (VC) 74.16; L1, L Fisher (LV1) (Nai) 83.03; J1, D Vicket (Un) 78.46.

Snowdon International Mountain Race - 1, L Frwgon (Italy) 63.43; 2, R Bergstrandt (Eng) 65.01; 3, J Lenihan (Ire) 65.23; Scots: 10, D McConigle 68.27; 12, J Wilkinson 68.53; 19, D Rodgers 70.20; 25, I Davidson 71.44; L1, T Calder 77.25; Ment: 1, Eng; 2, Ire; 3, Italy; 4, Sco; 5, Wal; 6, N Ire; WomT: 1, Eng; 2, Sco.

Melante HR, Fort William - 1, M Rigby (W) 30.08; 2, J Brooks (Loch) 32.24; 3, K Manning (CLM) 32.29; 4, S Hicks (Arm) 32.52; 5, A Dyche (Cly) 33.14; 6, P Hughes (Loch) 33.39; V1, G McConnachie (21st) (Loch) 39.01; L1, C Proctor (Man) 34th 43.08; Teams: 1, Lochaber; 2, Ambleside.

August

4

Cow HR, Fort William - 1, R Boswell 19.30; 2, W Fraser 21.01; 3, J Maitland 21.03; 4, J Boral 21.05; 5, G McKinnon (J1) 21.10; 6, R Cant (V1) 22.13; (all Loch).

Ord HR, North Kessock, Inverness - 1, G Laing (Ab) 30.31; 2, S McKenzie (Inv) 30.52; 3, J McKenzie (Un) 31.01; 4, D Bow (V1) (Nai) 32.51; 5, K Farquhar (Un) 33.06; 6, R Wilby (V2) (BD) 33.22; 7, G Mitchell (V3) 33.33; 8, P Garner 33.59; 9, G Whyte 34.09; 10, P Brown (all Inv) 35.13; J1, G Blair (BD) 35.53; J2, A Wilby (BI) 36.13; J3, E Naismith (BI) 37.15; L1, S Falconer (B) 47.29.

Creag Dubh HR, Newtonmore - 1, J Wilkinson (Gala) 28.18; 2, A Farringham (Gala) 28.20; 3, B Rodgers (Loch) 29.28; 4, D Rodgers (Loch) 30.44; 5, W Gaunt (Pud) 30.47; 6, K Rodd (Un) 30.53; V1 P Marshall (HELP) 11th 31.15; V2 D Milligan (Sol) 32.26; L1 J Robertson (Ayr) 38.07.

5

Burnawark HR, Ecclefechan - 1, R Carey (Ann) 35.37; 2, P Bradley (Pud) V1 37.21; 3, C McCann (Ann) 37.30; 4, A Forrester (Bord) 37.39; V2, T Buchanan (Ann) 42.19; V3, C Graham (Ann) 43.30; L1, I McCall (Dumf) 48.14; Team: 1, Annan.

11

Alval Lango Law HR, Lower Largo - 1, J Hampshire (HBT) 30.10; 2, D Crowe (DHF) 30.26; 3, N McDonald (Met) 31.05; 4, M Bowman (RM) 31.36; 5, I Wilson (Car) 32.04; 6, I Whittier (PSE) 32.08; 7, I Kirkland (DRR) 32.16; 8, A Cassidy (Rife) 32.25; 9, K Inoue (Ferr) 32.29; 10, M McGeadie (Fife) 32.30; V1 S Campbell (Cly) 33.06; V2, L Fortune (Fife) 33.33; V3, R Nicol (Fife) 33.44; L1, B Redfen (Cor) (Sh) 31.55 (rec); L2, P Rother (ESP) 35.26; L3, J Farmer (Oct) 38.49.

18

Great Wilderness HR, Dundonnall - 25 miles: 1, J Doig (Ab) 2-57.22; 2, B Preece V1 (Ab) 3-08.24; 3, J Farquhar (HBT) 3-08.59; 4, A McKenzie (Inv) 3-13.36; 5, B Maher (V2) (HBT) 3-14.00; 6, K White (Arm) 3-21.19; 7, H Dean (LI) (Forth) 3-23.37 (rec); 8, B Edridge V3 (Cly) 3-27.22; 9, M Hartley (Mac) 3-53.23; 10, K Burns V4 (Car) 3-35.56; L2, M Gallagher (DP) 4-16.35; L3, F Finlay (Un) 4-21.56; V50: P Brooks (Loch) 3-49.34 (rec); 13 miles: 1, G Grant (Inv NSC) 1-17.33 (rec); 2, N McDonald (Met) 1-18.53; 3, A Thin (Ca) 1-20.50; 4, J Kirkland (DR) 1-21.32; 5, G Gray (GraO) 1-22.45; 6, P Wilson V1 (DR) 1-23.12 (rec); 7, P Courie (Met) 1-23.35; 8, G Simpson (Met) 1-26.53; 9, D Wilson (Un) 1-26.09; 10, A Cunningham (Sto) 1-28.08; V2, N Cameron (BD) 1-41.31; V3 J Farquharson (Un) 1-49.16; L1, F Thin (BI) 12th 1-30.42 (rec); L2, T Respinge (DR) 1-47.42; L3 M McKay (Un) 2-00.00; V50, A Duncan (Comb) 2-34.21; J1, A Murdoch (Un) 1-37.40.

Arrochar Alps HR, Arrochar - 1, W Gaunt (Pud) 3-19.00; 2, D Bell (HELP) 3-26.05; 3, I Murphy (Cly) 3-34.15; 4, J Aitken (HELP) 3-39.55; 5, R Boswell (Loch) 3-40.19; 6, A Brown (W) 3-45.25; 7, I Wallace (HBT) 3-46.20; 8, R McIntroy (Hel) 3-46.45; 9, G Bryan-Jones V1 (CR) 3-50.32; 10, P Hughes (Loch) 3-51.51; V2, D Milligan (Sol) 11th 3-52.30; V3, D Armour 13th V50 (SVH) 3-57.30; V4 J Lightwood (SVH) V3 4-44.20; V5 T Ritchie (W) 4-51.45; V6, G Webster (LeeU) 4-52.25; L1, S Watson (Val) LV1 4-37.50; L2, J Schreiber (LeeU) 5-47.15; L3 S King (Cly) 6-16.15; Team: Lochaber 30 pts.

Tweedsmuir Fair HR, Tweedsmuir - 1, B Rodgers (Loch) 18.46; 2, W Gaunt (Pud) 19.16; 3, D McGoughie (DHF) 19.26; 4, J Brooks (Loch) 20.25; 5, D Shields (Car) 20.47; 6, P Brand (Liv) 21.02; 7, I Wallace (HBT) 21.37; 8, P Rogerson (Ann) 22.03; 9, A Morton (Car) 22.15; 10, S Burns (Loch) 22.32; V1 D Gray (Un) 24.52; V2, J Buchanan V50 (Ann) 25.55; V3, R Smith (Loth Pol) 27.05; L1, L Longmore (Ann) 27.58; L2, J Schreiber (Leeds U) 28.15; Team: 1, Lochaber 18 pts.

29

Tweedsmuir Fair HR, Tweedsmuir - 1, B Rodgers (Loch) 18.46; 2, W Gaunt (Pud) 19.16; 3, D McGoughie (DHF) 19.26; 4, J Brooks (Loch) 20.25; 5, D Shields (Car) 20.47; 6, P Brand (Liv) 21.02; 7, I Wallace (HBT) 21.37; 8, P Rogerson (Ann) 22.03; 9, A Morton (Car) 22.15; 10, S Burns (Loch) 22.32; V1 D Gray (Un) 24.52; V2, J Buchanan V50 (Ann) 25.55; V3, R Smith (Loth Pol) 27.05; L1, L Longmore (Ann) 27.58; L2, J Schreiber (Leeds U) 28.15; Team: 1, Lochaber 18 pts.

25

Achmony HR, Drumadrochit - 1, I Matheson (TVH) 21.58; 2, D McGuinness (HELP) 22.59; 3, G Crawford (ESP) 23.23; 4, R Wilby V1 (BI) 23.49; 5, J Maitland (Loch) 24.29; 6, P Brown (Inv) 24.53; 7, A Banks (Loch) 25.06; 8, A Brett (BI) 25.44; 9, P Fletcher (Inv) 25.55; 10, R Aitken (CR) 26.01; V2, R Collins (Inv) 29.14; V3, E Campbell (Loch) 34.16.

30

Donkey Brae 7 mile RR, Aberdeen - 1, J Duffy (GWH) 36.37; 2, C Meek (Whit) 37.44; 3, I Hornsby 38.58; 4, T Mitchell 39.37; 5, R Jardine 40.08; 6, R Paterson 40.16; V1, T Quigley 40.38; V2, T Lee 41.39; V3, A Lawson (Dum) 41.59. L1, L Barclay (P) 45.30; L2, S Blair LV1 (P) 49.21; L3 J Thompson 50.53.

GGH Bill Elder Memorial 10K, Greenock - 1, C Robinson (SV) 29.52 (rec); 2, H Cox (GGH) 30.50; 3, J Duffy (GWH) 31.07; 4, G Gaffney (GWH) 31.18; 5, S Hodge (SV) 31.23; 6, C Spence V1, (SV) 31.49. L1, E O'Brien (GGH) 38.48; Teams: 1, Spango 12 pts; 2, GGH 24; 3, Irvine 34.

Red Hose 1 mile Race, Carnwath - 1, N Harrison (Carn) 4.32; 2, A Lothian (Auch) 4.35; 3, D Gilchrist (Carn) 4.39.

July

15

Hereford 50 mile RR - 1, D Ritchie (Forr) 5-29.50; 2, E Seedhouse (CHF) 5-37.29; 3, J Rowlands 6-17.22.

22

Grantham to Lincoln and back 100K RR - 1, D Ritchie (Forr) 7-12.17; 2, P Taylor (Wood) 7-33.33; 3, J Oliver (100K Ass) 8-03.10.

August

1

SVHC 10K RR, Glasgow - 1, B McMonagle V45 (Sh) 34.27; 2, J Kennedy V40 (VP) 34.44; 3, A Blackley V40 (W) 35.15; 4, P McGregor V40 (VP) 35.29; 5, I Donnelly V40 (Liv) 35.53; 6, F Wright V45 (Spr) 36.18; 7, R Brennan V45 (Cam) 36.20; 8, D Cooney V40 (Cam) 36.22; 9, A Hughes V40 (Cam) 36.38; 10, P Cartwright V45 (FVH) 37.01. V50: 1, G McKirdy (EK) 39.36; 2, A Shaw (GN) 41.00. V55: 1, P Keenan (VP) 38.09; 2, T O'Reilly (Spr) 39.56. V60: 1, S Lawson (Mary) 42.17; 2, P Tonner (Bell) 44.44. V65: 1, B Adams (VP) 53.05. L1, R Murray (GN) 39.17; L2, D Monteith (SVH) 44.59; L3, M Small (Bell) 45.47.

4

Isle of Islay Half Marathon, Bowmore - 1, P O'Kane (HBT) 70.42; 2, A McLennan (Ca) 71.48; 3, D Watt (Ca) 72.00; 4, R Brown (HBT) 73.26; 5, A McMahon (Kilb) 75.08; 6, C Northen (Liv) 79.26; V1, R Cheyne (Inv) 80.42; V2, E Scott (HBT) 81.34; V3, A Muir (Ca) 81.42; Team: 1, Calderglen; L1, A Donnelly (EK) 99.05; L2, M McLean (Ed) 101.37; L3, W Boyd (Sa) 101.54; Loc: 1, M Cavell 81.04; Loc: 1, W Boyd 101.54; Loc: 1, L Boyd 88.10.

5

Monklands Half Marathon, Coatbridge - 1, P Fleming (Bell) 68.12 (rec); 2, E Wilkinson (Ca) 69.29; 3, J Cooper (Spr) 70.40; 4, G Tenney (Kilb) 70.54; 5, J Brockett (Moth) 71.40; 6, A Ferguson (Sh) 73.13; 7, S Quinn (Cam) 73.21; 8, D Fairweather V1 (Cam) 73.29; 9, P Laing (Spr) 73.35; 10, P McGregor V2 (VP) 73.40; 11, J McMorrow V3 (Moth) 73.54; 12, R Young V4 (Cly) 74.23; 13, B McMonagle V5 (Sh) 74.29; V6, W Mitchell 15th (Cam) 74.58; V7, I Donnelly 20th (Law) 76.02; V8, P Wright 21st (Spr) 76.15; V55, W Stoddart 27th (GWH) 76.58; V50, G Blair 41st (Sh) 80.44; V60, T Stevenson 49th (GWH) 85.05; V65, D Anderson 138th (GWH) 102.31. L1, G Craig (Stra) 73rd 90.11; L2, S Crawford (GAC) 90th 92.04; L3, C Reid (GN) 105th 94.50; L4, B O'Neill (GN) 110th 95.44; L5, J Harris

Donkey Brae 7 mile RR, Aberdeen - 1, J Duffy (GWH) 36.37; 2, C Meek (Whit) 37.44; 3, I Hornsby 38.58; 4, T Mitchell 39.37; 5, R Jardine 40.08; 6, R Paterson 40.16; V1, T Quigley 40.38; V2, T Lee 41.39; V3, A Lawson (Dum) 41.59. L1, L Barclay (P) 45.30; L2, S Blair LV1 (P) 49.21; L3 J Thompson 50.53.

GGH Bill Elder Memorial 10K, Greenock - 1, C Robinson (SV) 29.52 (rec); 2, H Cox (GGH) 30.50; 3, J Duffy (GWH) 31.07; 4, G Gaffney (GWH) 31.18; 5, S Hodge (SV) 31.23; 6, C Spence V1, (SV) 31.49. L1, E O'Brien (GGH) 38.48; Teams: 1, Spango 12 pts; 2, GGH 24; 3, Irvine 34.

Red Hose 1 mile Race, Carnwath - 1, N Harrison (Carn) 4.32; 2, A Lothian (Auch) 4.35; 3, D Gilchrist (Carn) 4.39.

11

Ladybridge 10K RR, Banff - 1, M Flynn (Mor) 31.08; 2, S McMillan (Pe)

(Un) 128th 99.25; L6, E Davidson (GN) 130th 100.16.

Driftwood Eyemouth Half Marathon, Manderston to Eyemouth - 1, D Robertson (Salt) 67.27; 2, A Robson (CPE) 68.31; 3, D Henderson (Aln) 70.17; 4, K Chapman (HELP) 70.32; 5, N Renton (Gala) 71.43; 6, A Licorn (Aln) 71.56; 7, J Baird (HELP) 72.30; 8, A Wheatcroft (Aln) 75.24; 9, R Hall V1 (Bly) 75.44; 10, S Wallace (HELP) 76.24; V2, D Thornton (Mor) 77.39; V3, E O'Neill (HELP) 78.55; L1, M Johnson (Un) 93.59; L2, A Thomson (ACD) 94.48; L3, M Morton (Ber) 96.27; Team: 1, Alnwick 17 pts; 2, HELP 21; 3, Morpeth 63.

Corrie Capers 36 mile Round Arran Relay Race, Blackwaterfoot - 1, Ayr Seaforth 5-11.50; 2, Irvine 5-26.02; 3, Caledon Park 5-33.09.

North Laps: Stage 1: A Elder (Ayr) 51.30; Stage 2: D McGorry (Ayr) 49.32; Stage 3: A Stewart (Ayr) 47.09.

South Laps: Stage 1: J McNamee (Inv) 52.59; Stage 2: J Stewart (Ayr) 57.41; Stage 3: B Craig (Inv) 54.25.

Women's Teams: 1, GAC 6-15.56; 2, Irvine.

Strathallan Half Marathon, Bridge of Allan - 1, M Coyne Jr (CR) 68.34; 2, A Stirling V1 (FVH) 74.12; 3, P Cartwright V2 (FVH) 75.16; 4, A Nicol (CR) 75.35; 5, S Tahsin (StrU) 78.21; 6, J Gallagher (Kend) 79.44; 7, B Stark V3 (Str) 81.47; L1, F Farquhar (Ca) 90.48; L2, J Baker (Un) 1-52.57; L3, A Stewart (KO) 1-58.28.

Moray Festival of Running, Elgin - Marathon: 1, E Seedhouse (CH) 2-28.49; 2, G Sim V1 (Mor) 2-32.28; 3, C Hunter (Mor) 2-34.16; 4, M Francis (Forr) 2-35.21; 5, D Ritchie V2 (Forr) 2-35.47; L1, M Robertson LV1 (DRR) 3-11.25; L2, R Banks (Sto) 3-18.30; L3, G Blake (DRR) 3-24.09; L4, C McKinnon (Sto) 3-55.33; Teams: 1, Moray RR.

Half Marathon: 1, B Moroney (Met) 70.38; 2, R Taylor (Met) 71.28; 3, B Adams V1 (Ab) 72.46; 4, M Wright (Coa) 73.20; L1, J Norgate (Nai) 93.36; L2, S Bauchop (SVH) 94.56; L3, L Gray (Un) 95.06; L4, M McDonald (BS) 98.02; Teams: 1, Metro.

10K: 1, B Chinnick (Forr) 30.15; 2, C Hall (DHF) 30.46; 3, C Vickers (Nai) 31.42; V1, G Milne (Pete) 33.22; L1, L Harding (Hou) 33.58; L2, M Duthie (Fara) 35.11; L3, J Applegarth (Hou) 41.10.

Teams: 1, Forres HI.

Ballater 10 mile RR - 1, S Axon (Swa) 52.57; 2, R Bell (DHF) 53.13; 3, A Reid (Coa) 54.44; 4, D Duguid (Ab) 54.52; 5, B Paterson (Un) 55.18; 6, M Cumming (Met) 55.28; 7, M Thomas (HBT) 58.13; 8, S Kerr (DHF) 58.26; 9, D Armour (CR) 58.35; 10, B Murray (FVH) 58.43; V1, B Preece (Ab) 59.06; V50 J Morrison (Ab) 61.18.

L1, L Bain (Ab) 62.53; L2, V Simpson (Ab) 64.40; L3, S Hayles (Un) 65.36; LV1 M Stafford (Ab) 69.34.

Donkey Brae 7 mile RR, Aberdeen - 1, J Duffy (GWH) 36.37; 2, C Meek (Whit) 37.44; 3, I Hornsby 38.58; 4, T Mitchell 39.37; 5, R Jardine 40.08; 6, R Paterson 40.16; V1, T Quigley 40.38; V2, T Lee 41.39; V3, A Lawson (Dum) 41.59. L1, L Barclay (P) 45.30; L2, S Blair LV1 (P) 49.21; L3 J Thompson 50.53.

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11

Ladybridge 10K RR, Banff - 1, M Flynn (Mor) 31.08; 2, S McMillan (Pe)

RESULTS

32.06; 3, M Wright (Coa) 33.39; 4, S Brown (Fra) 34.12; 5, J Ingram V1 (Fra) 35.15; 6, I Duguid V2 (Pe) 36.26; L1, E Copeland (Coa) 46.43; L

UNIVERSITIES ATHLETICS

With Gordon Ritchie

THE onset of autumn brings the dawn of a new academic year. The university year commences in October and, as ever, it brings a new intake of student athletes, the Freshers - a term hated by all first year students - who embark upon the learning process with great trepidation. For those with sporting aspirations, the greater flexibility of the lecture timetable permits fuller concentration on attaining peak physical fitness. It is important, however, to remember to devote sufficient time to the pursuit of academic excellence, otherwise exams will be failed and university life terminated prematurely.

Among this year's new students are Hayley Haining (Glasgow) and John McFadyen (Strathclyde). They are the best known of the youngsters, but there is considerable scope for others to develop and mature as athletes within the system. The most important feature about student sport is, however, that it is about having fun.

To emphasise this point to the newcomers, the first match, aptly named the Freshers' Championship, takes place at the Kelvin Hall in October. It takes the form of a multi-event championship in order to encourage everyone to try every event. It also concludes with a novelty event, a handicap race with men competing against women.

Who would be your favourite over 800 metres - Ian Hamer off scratch or Linsey Macdonald off a 100m start? Glen Stewart off 15 metres or your correspondent off 170m? (In the latter, the odds on Stewart are very short!)

The forthcoming year will be a difficult one for the universities. Continuing political disputes at British level may lead to the loss of the annual highlight - the pilgrimage to the British Universities Championships. In-fighting, which is allegedly related to the World Student Games in Sheffield in 1991, is threatening to kill off this fixture.

Those involved in the decision-making process should seek to ascertain the wishes of the athletes. After all, if the administrators are not acting in the best interests of the athletes, then why are they continuing in their roles? And how else can you find out what the athletes want other than by asking them directly?

On a brighter note, plans are underway for an Easter tour. The precise destination and other details are still to be confirmed, but the warm weather training will be combined with some matches against foreign students and tea with Mickey Mouse. For the less enlightened among you, the proposed location is Florida if the fund raising efforts are successful. If any reader knows of a sponsor with £15,000 to spare, please contact me.

The 1991 World Student Championships, as I have mentioned, are being held in Sheffield. It is with some reluctance that this is associated with "On a brighter note", as the organisational history of these Games has been chequered, to say the least. In any event, with the exception of Hamer, Macdonald, Henderson, and possibly Melanie Neef, it is doubtful if the Games will affect any other Scottish-based athletes. However, they should serve to focus public awareness on student sport, and may even highlight the gulf between this country and America.

If so, it may lead to more money being spent by central government to improve the facilities and opportunities for all sportsmen in this country.

Or is this merely a pipe-dream? Unfortunately, it probably is.

Panasonic Scottish Athletics League: Final Placings

Division 1

	Track	Field	Total	Pts
ESP	775	706	1481	31
DHH	827	538	1365	29
Aberdeen	613	527	1140	19
Caledon Park	697	435	1132	18
Clydebank	630	433	1063	16
Shettleston	612	416	1028	13
Pitreevie	461	491.5	952.5	12
Ayr Seaforth	471	197.5	668.5	6

ESPC are league champions.

Pitreevie and Ayr Seaforth are relegated to Div 2.

Division 2

FVH	757	389.5	1146.5	31
Cambuslang	740	316	1056	25
Lothian	662	285	947	19
Bellahouston	653	297	950	17
Clydesdale	471	486	957	15.5
JWK	705	203.5	908.5	15
Vic Park	570	334	904	13.5
Central Reg	549	217	766	8

Falkirk Victoria and Cambuslang are promoted to Div 1.

Victoria Park and Central Region are relegated to Div 3.

Division 3

Harmeny	739	393	1132	27
Kilbarchan	736	311	1047	22.5
E Kilbride	729	310.5	1039.5	22
PSH	594	358.5	952.5	18.5
Cumnock	633	335	968	18
Penicuik	534	342	876	14.5
Fife AC	464	316	780	14.5
Maryhill	569	206	775	6

Harmeny and Kilbarchan are promoted to Div 2.

Fife AC and Maryhill are relegated to Division 4.

Division 4

Inverness	1016	548	1564	32
Blackhill	797	327	1124	27
Carswade	512	377	889	23
Gorscube	632	249.5	881.5	21
Kirk Oly	424	220	644	12
Liv & Dist	554	124	678	11
Lochgelly	284	255.5	539.5	9
Montrose	308	249	557	8

Inverness and Blackhill are promoted to Div 4.

Lochgelly and Montrose are relegated to Div 5.

Division 5

	Tot Pts	Lg Pts
ESPC AC "B"	1177	24
GGH	967	20
Cumbernauld	813	14.5
Helensburgh	675	10.5
Harlequins	640	9
Ed Spartans	501	6

GGH and Cumbernauld are promoted to Div 4.

Harlequins and Ed Spartans compete in the qualification match for entry to Div 5 next year.

(ESP "B" team stay in Div 5, as it was agreed that they would not be eligible for promotion to a higher division.)

September

8

SUTHERLAND Biathlon. 1pm start, details from 04083-3192.

CARLUKE 10 miles Road Race

MINI Minor HG, Grangemouth. Details from 0324-486711.

SCOTTISH YAHs, Livingston

9

ROUND Cumbrae Road Race. Details from 0294-602617.

EDINBURGH & District League, Pitreevie

MORAY Roadrunners 10K and Fun Run, Elgin. Contact Anne Sim on Elgin 541543.

MOTOROLA Fun Run. 2pm, Strathclyde Park. Details - Fun Run, Colvilles Road, E Kilbride.

OBAN Half Marathon. 1pm, D - Mr A MacDonald, Fasgadh, Longsdale Rd, Oban PA34 5JU.

STRANRAER Half Marathon

ACCESS UK League Qualifier

GRAMPIAN TV League Final, Inverness

12

SRI Chinmoy 2 Miles Road Race, Meadows. D - 031-336-2349.

15

TWO Ferries Race. Trisligie to Ardgour (nr Fort William). D - J Maitland, St Monance, Ardgour, PH33 7AA. Tel 08555-267.

CAIRN William Hill Race

NORTH Dist 10K Track Champs

16

ABERFELDY People's Half Marathon. D - 0887-20922.

AYR Land O'Burns Half Marathon. D: 0292-281511.

DUFFTOWN Seven Stills People's 7 Mile Road Race and Fun Run. Starts 10.30am from

EVENTS

Dufftown. £2.50 for entries. Details from Mr R McLellan, 2, Fife Street, Dufftown.

19

SRI Chinmoy 2 Miles Road Race, Meadows, Edinburgh. Details from 031-336-2349.

22

KNOCKFARREL Hill Race

23

INVERNESS 10 Mile Road Race. 2pm start, toilets, changing and shower facilities, medals to all finishers, entry £4 (£4.50 unattached). Entry limit 200. D - Paul Crowe, 60 Old Edinburgh Road, Inverness. 0463-221535.

COCKLEROI Hill Race

26

SRI Chinmoy 2 Miles Road Race, Meadows. D from 031-336-2349.

29

NECLivingston AAC Open Road Races. D - 0506-32789.

GEORGE Cummings Road Relay Race, Kilbarchan

30

DIET Coke Great Scottish Run25K, Glasgow. Details from Glasgow Sports Promotion Unit, 20, Trongate, Glasgow G1 5ES.

October

6

VICTORIA Park McAndrew Road Relay

7

LINWOOD Community 5K. Entry forms and details from 0505-29219 (day) or 041-638-3341 (evening). Closing date for entries is September 19.

NORHAM 10K/Youths Race/Fun Run. From noon, Norham, Northumberland. Medals, certificate, car park and toilets. E - J Blyth, 6, Castle St, Norham, Northumbria. Tel 0289-82442 (h)/0890-2820 (w).

BALMEDIE Bash, Aberdeen.

CITY of Dundee People's Half Marathon. 10am Dundee High Street. £4.50 entry fee. Details-0382-22729.

SECOND Harriers Annual Biathlon (swim/run). Details-Malcolm Ferguson, Cunningham District Council, Tel: 0294-74166, Ext 2361.

THE Maybole Charity 5.5 Mile RR. Tel Maybole 83649 for further details.

13

AYRSHIRE CC Relay Ch, Irvine

DUNBARTONSHIRE CC Relays

EAST Dist CC League, Hawick.

NORTH Dist CC League, F'burgh.

RENFREWSHIRE CC Relays

14

STRATHCARRON 10K Fun Run. 11am Denny HS, Shanks Ave, Denny. See for details and forms to Fun Run Convener, Strathcarron Hospice, Randolph Hill, Denny 03482-6222. £3.50 entry fee (under 16 £1.50). Medals to all finishers.

FRASERBURGH FC Half Marathon. 1.30pm, Bellsley Park, Fraserburgh. Entries on day. D - Mr J Adams, Tel 0346-28002.

20

Sri Chinmoy 2 Mile Road Race, Meadows. D - 031-336-2349.

EAST Dist Relay Champs, Alloa

NORTH District Relay Champs

WEST District Relay Champs, Springburn.

21

FALKIRK Herald People's Half Marathon and Bairns Fun Run, Grangemouth. Starts 10.30am. Details from Grangemouth Sports Complex. D: 0324-486711.

KIRKILL Forest 8, Aberdeen.

27

NATIONAL CC Relay Champs, Irvine.

28

RUBY Young Memorial Race - women only - 4 mile fun run, Howard Park, Galston 11am. Details from 0560-820127. Entries on day.

November

3

BLACK Isle Festival of Running (marathon, half marathon, 10K and fun run). D - 0349-63381.

ALLAN Scally Memorial Road Relay Race, Baillieston.

4

THORNTON W.S. 10 Mile Road Race organised by Dundee Roadrunners. Information from 0382-67026.

FIFE College Ladies 10K Road Race. 10am (last year's Fife College "5"). D - Rhonda Stephen 0592-268591.

HYDRASUN Open CC Meeting, Balgownie, Aberdeen.

NEC

LIVINGSTON AAC OPEN ROAD RACES

Saturday 29th September

Enter on the Day

First Race 1.00 p.m. * 10K 1.25 p.m.

Details

Charlie Rogerson

(0506) 32789



THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL
AMENITY AND RECREATION DEPARTMENT

Sponsored by THE FALKIRK HERALD
Under SCCU and SWCC & RRA Rules

Sunday, October 21, 1990 (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname		For Official Use	
Christian Name and other Initials		M F	
		Sex ☐	
Address			
Town or City		Post Code	
Age on day of Race		Country	
Date of Birth		Work Telephone No.	
Club or Team name (if any)		Home Telephone No.	
Anticipated time for ½ Marathon		Are you a disabled person? ☐ If yes, please advise of disability	

I enclose herewith my Cheque/P.O. No. value £4, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries will not be accepted on the day of the race.

Entries close on October 8, 1990, or on receipt of 3000 entries.

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH



These youngsters make a determined start at the Livingston Fun Run on August 26. PHOTOGRAPH BY MAURICE McDONALD.

ATTENTION ALL LADY RUNNERS!!

Fife College Ladies' 10K Road Race
(last year's 'Fife College Five')
organised by Fife College of Technology

Under SWCC & RRA Laws

Sunday, 4th November, 1990 Sponsored by:
at 10.00 a.m. (£2 pre-entry - £2.50 entry-on-the-day)
£1 for under 18s

For further details and an application form contact:
RHONDA STEPHEN, Fife College of Technology.
Tel: (0292) 268591

THE INAUGURAL GLEN CLOVA ROAD RACE (13 & HALF MILES)

SATURDAY 17th NOVEMBER
12 NOON

ENTRIES CLOSE MONDAY 12th NOVEMBER

DETAILS AND FORMS

FROM
CLOVA HOTEL



GLEN CLOVA
BY KIRRIEMUR
ANGUS DD8 4QS
TEL. CLOVA (057 55) 222

Congratulations
if you crossed
the line in the
Livingston
half marathon

The starting line

Make it in Livingston



DIARY

AS a runner with a lifelong fear of dogs and with some first hand experience of interesting encounters with our canine "friends", I am following the current debate about the control of dogs closely.

The only thing worse than Fido snapping at your heels (of course he's "only playing" and "never bites" you understand), is that soft, underfoot squelch as you trot across the grass just before you finish your run.

Something has to be done to force owners to control all aspects of their beasts. Other countries manage it - Sweden for example makes sure dogs are under control and all mess is taken home by the owner.

Why can't we?

DON Ritchie had another impressive run in the Sri Chinmoy 100K race held at Livingston. I observed that the atmosphere seemed very friendly - jam rolls on offer to spectators - and that the organisation seemed very professional.

However, at least one competitor was a bit frustrated when given different lap counts from the runner he was running shoulder to shoulder with. The last thing a runner needs in any track race is somebody getting the lap count wrong.

When you've got 250 to go, it must be pretty demoralising!

HAVE you ever had the misfortune to get lost, or go the wrong way in a race?

If so, you've probably learned your lesson and made sure that you were familiar with the route of future races. In hill events this can be even more critical.

In a championship race, however, you would expect the organisation to be of the highest standard. The Creag Dubh Hill Race at Newtonmore was one of the short (3 miles, 1223 feet) races in this season's SHRA Championship, this year being run over a "revised course" (according to the calendar.)

The problem was that there didn't appear to be anyone available to explain the course. Just prior to the race, runners were advised of essential points they had to pass, but that the rest of the route was "any way up, and then down again".

Runners with knowledge of

the route therefore had a distinct advantage. This is fine, as long as all runners get the same chance to find out what the route is!

I HOPE that everybody read Scotland's Runner last month to check where they were supposed to be competing. If instead they depended on some of our newspapers they would have ended up on a wild goose chase.

Take the Scottish and North West League fixtures on August 19, Division 1 was at Meadowbank, Div 2 at East Kilbride, Div 3 at Wishaw and Divs 4 & 5 at Dumfries.

Not according to The Scotsman, which had Divs 3 & 4 at Wishaw, or stablemate Scotland on Sunday which had Div 1 at Wishaw, Divs 3 & 4 at Dumfries, and Divs 5 & 6 at Meadowbank!

THERE will be no Scottish junior team at the World Hill Running Championships due to be held in Austria in mid September.

This is despite the fact that many of our juniors (no disrespect meant) are a much better prospect than some of the seniors. Furthermore, the standings of national teams is based on the combined performance of the senior, junior and womens teams, thus Scotland will not figure in the rankings.

I understand the decision not to send juniors has been taken by the SAAA, not the SHRA. What is the reasoning behind it? It can't be lack of money because a lot of hill runners would be prepared to chip in to send the juniors.

STAYING on the hills, getting to the top is bad enough, having to cope with steep slopes, knee deep heather, scree and so on. For some runners this is not enough, however, and they give themselves additional handicaps.

In the North Berwick Law Race, Robin Thomas of Hunters Bog Trotters was noticeably far back the field. Apparently he stopped for a pint at a pub about half a mile after the start on the way up, and again on the way down.

At Caerkeetton a couple of weeks later, Pakit Hyman of Livingston decided to race with two left shoes on. He says it was because he was in a hurry.

WHY is it that the filling the water jump for a steeplechase is so difficult? (See last issue.)

At the Scottish & NW League match at Wishaw on August 19, the steeplechase was first event. As the runners lined up, it was announced that the water jump hadn't quite filled up.

A suggestion was made to delay the race (after the runners had completed their warm up), but in the event a vote was taken and all but three of the field elected to go for drier feet and the race went ahead at the scheduled time.

AT the same meeting, something of the bad side of officials came out at the start of the colts' relay.

One of the teams didn't get to the start as they were called. They arrived just as the starter was about to assume they weren't entering a team.

These youngsters, 9 and 10 years old, were then harangued and threatened with disqualification if it happened again. Maybe a calmer vote of censure to one of the club's officials was more in order.

What made matters worse was that all of the teams were then kept standing, stripped to run in their lanes, in the pouring rain for several minutes whilst an appeal went out for additional changeover judges.

Who got harangued for that?

SOME sports pundit was overheard saying it was sad that, after trailing in last in Malmo in the 1500m, Steve Overt was not the runner he used to be.

Part of the reason, apart from advancing years - the poor chap is after all in his mid 30's - has been the first Overt youngster.

Many running fathers could tell similar stories and even more running mothers could pass on advice about how they coped with extra nocturnal training sessions. The Diary would like to hear your snippets of advice, and also any humorous stories you have about how your youngster added some spice to a training session or to race day. A modest prize to the most entertaining anecdote.

EIGHT hundred souls pounded round the streets of Livingston in what was billed as the "Livingston International Half

Marathon". As reported in the last issue, The Diary was there to check out the race and to try and evaluate if a drop in entry fee had led to a corresponding fall in standards or facilities for those taking part.

Happily, the event seemed well organised and most runners we spoke to were satisfied with the arrangements. The only small niggles were that there seemed to be inadequate signposting of the start; there were two or three sharp about-turns in the course which upset rhythms; and lastly that there were few spectators, particularly where the route looped round industrial estates.

On a positive note, there was some praise for the number of water and sponge points on what was a sticky day, and also praise from spectators for the non-stop commentary which started some time before the race. There was also praise for the youngsters' fun run which started just after the main event.

Was it worth £4.50? None of the runners asked thought it was too expensive and all said that they would come back to Livingston again. Overall, well done to the local sports council who took over the organisation for the first time this year.

ONE thing that was missing from the above event was a Scottish women's team. The day before the race the organisers were still waiting to be told whether Scotland were fielding a women's team or not. They didn't, and apparently the reason is that the SWAAA did not feel that Scotland could have put out a competitive team.

This was very surprising considering the women's race was won by a previous winner, Joyce Salvona, who runs for the local club. Joyce finished more than two minutes ahead of the next woman, the first of the international runners from Ireland.

Joyce also knows of at least two other runners of fairly comparable standard who could have been delighted to have the opportunity to wear a Scotland vest. It's nice to see our officials are in touch with what's going on!

Mike Raker



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