

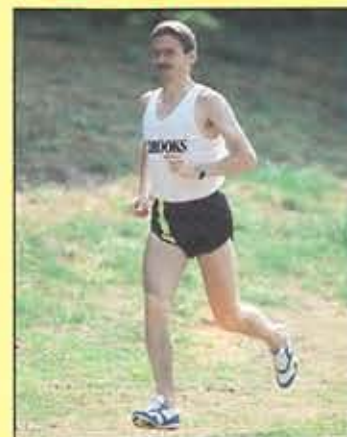
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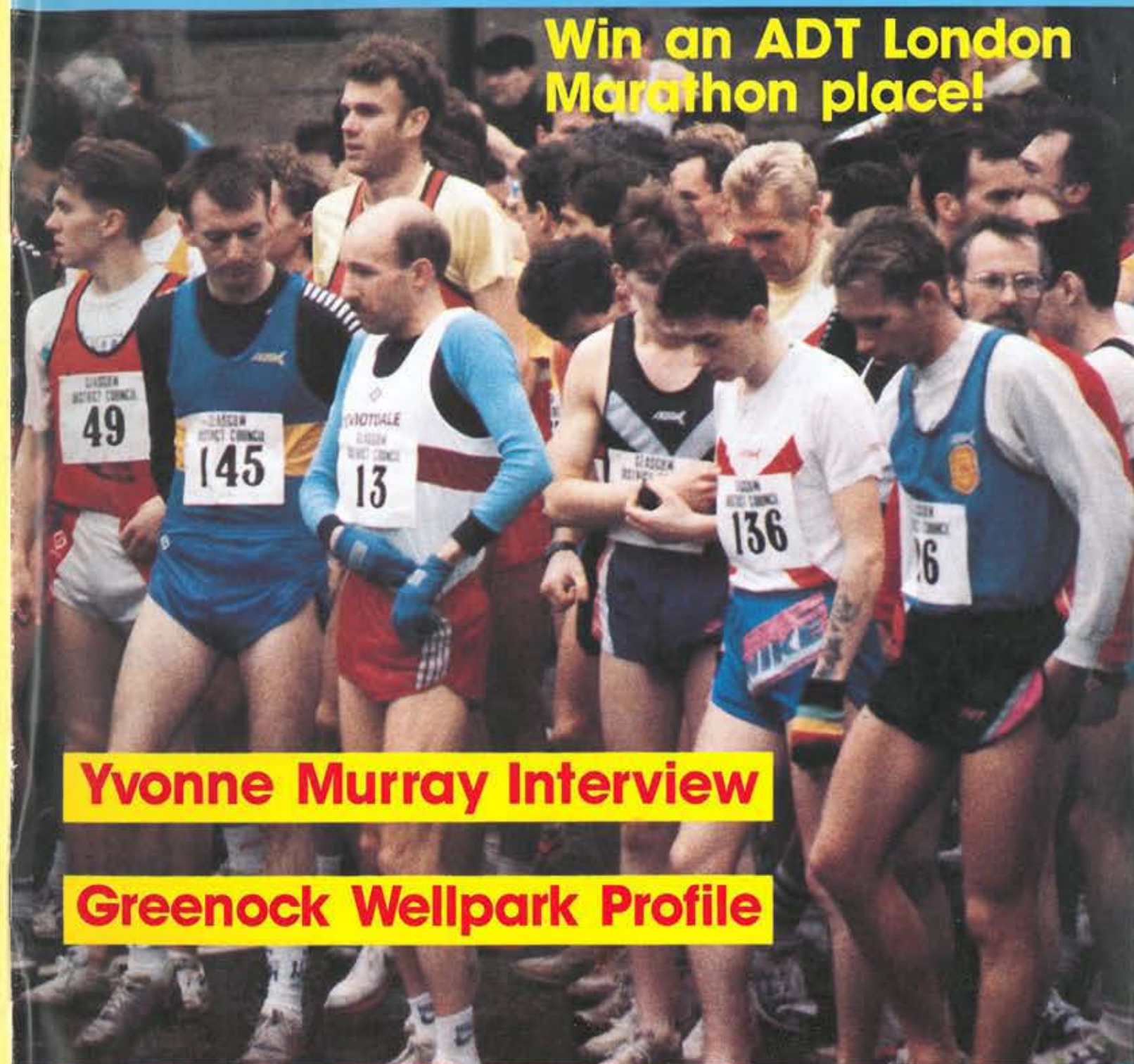
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FEBRUARY 1991

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ISSUE 54

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06

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Panel must sort out national coach fiasco

SURELY reason will prevail later this month when a second attempt is made to appoint a new Scottish national coach.

The first try to replace David Lease ended in embarrassment when the six selection panel members met in early December to interview the short-listed candidates for the post.

Four of the panel voted in favour of the American-based and highly qualified Meg Ritchie. In normal circumstances democracy would have prevailed and Ms Ritchie would have been appointed, albeit on a 4-2 majority vote rather than as the unanimous choice of the all-Scottish panel (which convenes under the chairmanship of Sir Arthur Gold, who does not have a vote).

But as (unique to Scotland) a 6-0 unanimous vote is required before a decision can be made, Meg Ritchie's appointment was vetoed - and Scottish Athletics left with egg on its face when colleague Doug Gillon revealed details of the vote in the Glasgow Herald.

The dissenting voices were, oddly, the only two women on the panel, Hilda Everett and Isobel Docherty, who for some reason could not bring themselves to vote for a female national coach - despite the considerable impression Ms Ritchie's interview performance made on the four other panel members and, reputedly, Sir Arthur.

The selection process has gone back to square one, with applications re-submitted and the panel due to convene again at the end of this month. With Meg Ritchie's hat again in the ring, the selection process could, theoretically, continue for ever if the two women on the panel continue to object to her nomination.

It must be said that Hilda Everett and Isobel Docherty were quite entitled to come to vote for a different candidate. However, since the rules required a 6-0 vote, there was, in my opinion, an obligation on the two ladies concerned to have said following the 4-2 ballot: "Okay, we've made our point. Now in the best interests of Scottish athletics, and in order to get the post filled as quickly as possible, we'll bow to the majority view and withdraw our opposition."

The bottom line is that Scotland has been without a national coach for four weeks, Dave Lease having departed for his new position in England in December. As any appointee will be required to give a period of notice, the probability is that we will be without a national coach for at least a couple of months.

And even that unhealthy scenario requires the two ladies on the selection panel to get their act together at the end of this month!

Getting involved in SAC deliberations

NO doubt getting involved in drawing up a constitution for the proposed Scottish Athletics Federation will strike most readers as about as appealing as racing Tom McKean over 800m with the mortgage at stake.

However, a questionnaire on the proposed federation has now been sent to club secretaries, and the Scottish Athletics administration is keen that as many individuals as possible should respond to the questionnaire before the closing date of February 25.

The setting up of the SAF will be the most important event to have happened in Scottish athletics for a long, long time, and it is important that as many people as possible participate in the drafting of its constitution -

there's no point in moaning about the SAF after its establishment if you haven't at least made the effort to influence its boundaries.

So, ask your club secretary for a copy of the questionnaire and the background to the SAF proposals, and give the working party some idea of grassroots opinion.

NOT very good news

FINALLY, readers may recall that last August I questioned the renaming of athletics clubs to please sponsors, particularly when the sums of money involved were comparatively low and when the name change sounded rather ludicrous.

At the time I happened to mention the example of N.O.T. Minolta Black Isle AAC - adding, rather cynically, "whatever N.O.T. stands for".

Well, I've since discovered that N.O.T. stands for Northern Office Technology (Highlands) Ltd. The company, in fact, went into receivership in December, just about six months after sponsoring Black Isle and getting a very public tie-up with an ambitious and successful club full of promising young athletes.

Am I alone in feeling some disquiet about this development?

In my original remarks I didn't intend to disparage the efforts of hard working club committee members to attract sponsorship - and I certainly don't mean to now - but I do feel that that athletics clubs should consider whether a name change is absolutely essential in attracting commercial backing.

Alan Campbell



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DEMOGRAPHIC TRENDS STING THISTLE



From left to right, Allan Alstead, chief executive, Scottish Sports Council; Terry Boast, chairman, Thistle Award committee; and Jeannette Heggie, administrator, Thistle Award scheme, with school pupils at the recent schools' presentation in Edinburgh.

REPRESENTATIVES from Scottish schools were in Edinburgh recently to receive Thistle Award plaques.

The plaques, which were presented by Mr Allan Alstead, chief executive of the Scottish Sports Council, are awarded on a yearly basis to those schools amassing the greatest number of points under the Thistle Award Scheme, first established in 1971.

The scheme was devised by former Scottish national coach, Frank Dick, and aims to encourage athletes to

participate in a variety of track and field events.

For a gold award, participants must earn a target number of points by taking part in one track and one field event. The number of points which has to be reached rises with the age of the athlete, and for those unable to meet their target under the two event rule attached to the gold award, there are possibilities of winning a silver, bronze or blue award by entering a greater number of events.

The school plaques are awarded

under eight categories related to school size and catchment age-group. This year there were no entries into the categories for boys' and girls' secondary schools where there are more than 750 pupils.

"Demographic trends mean that school rolls are falling," commented Thistle Award Scheme administrator, Jeannette Heggie. "We will obviously need to rethink certain aspects of the scheme before next year's award ceremony."

SAF takes shape

THE working party of the proposed Scottish Athletics Federation held its first meeting on January 3 and invited Alan Grosset, former chairman of the Scottish Sports Association and a lawyer, to be its independent working chairman, writes Margaret Montgomery.

Mr Grosset will be responsible for pulling together a draft constitution for the proposed new body which will be circulated to all clubs by June 15.

Of particular importance to Mr Grosset will be the findings of questionnaires recently sent by the SAAA and SWAAA to all affiliated clubs in an attempt to obtain a more significant indication of grass roots opinion on the proposed SAF. The replies to the questionnaire are required to be with the working party by February 25, allowing just under four months for the constitution to be drafted.

The aim of the proposed Scottish Athletic Federation is to draw together, within the framework of a single constitution, the various bodies which presently relate to different aspects of the sport. It is felt this would allow the future development of athletics as a whole to be determined more easily. It is also thought that general administration would become less costly and time consuming.

Commented Gregor Nicholson, Scottish Athletics administrator, "We are taking as one of our examples the constitution of our counterparts in Northern Ireland who have an amalgamated constitution. We feel that streamlining the administration of the sport in Scotland in a similar manner will help prevent the duplication of business and give us a stronger voice, for example in relation to Scottish representation on the BAAB or BAF."

Club members wishing to check progress thus far, and also see a copy of the SAAA/SWAAA questionnaire, should contact their club secretaries.

All good things must come to an end

WILL readers please note that the highly successful Ron Hill Sports/Scotland's Runner subscription offer of free Mallard vest and shorts has now closed. All forms received up to Monday, January 21 will be honoured, but we regret that no more can be accepted after that. May we also apologise for delays in the sportswear reaching some subscribers - this was due to the exceptional response to the offer.

Nike competition winners

CONGRATULATIONS to Ronald McGill, of Armadale, West Lothian and Karen Hancock of Glasgow, winners of the Scotland's Runner/Nike Competition run in our December issue. Ronald and Karen will be fully outfitted, head-to-toe, with top quality Nike shellsuit; cross trainers; t-shirt; shorts; socks; Air Pegasus shoes; and bag.

Thanks on behalf of ourselves and Nike to all those who entered the competition.

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1991 RACES

August 7th: ROEVIN 10K ROAD RACE, ABERDEEN (7.00pm)

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Please write or call us for full details of all the above events.

Running North Promotions, 5 South Mount Street, Aberdeen AB2 4TN. (Tel: 0224-636299)

1991 Diary notes

January

1 **HAPPY** New Year to all our readers, contributors and advertisers!

2 **ENGLISH**-based prison officer Douglas Donald wins the Chris Jones New Year Professional Sprint at Meadowbank; Tommy Murray and Helen Morton win senior Beith road races; Jack Maitland and Jane Robertson win Grennamie Dash; Peter Fleming (sixth) is first Scot home in the Morpeth-Newcastle road race.

3 **TORY** prospective parliamentary candidate Struan Stevenson suggests Edinburgh as venue for 2000 Olympic Games.

5 **JOHN** Sherban and Elspeth Turner

win Nigel Barge Road Race in near-hurricane conditions; Tommy Murray (14th) is top Scot in Reebok International CC Race in Mullusk, while Hailey Haining is 19th in women's race; Graham Crawford (ESP) and Shirley Clark win Skye Sair Heid Race; Rob Rae takes Teviotdale Harriers' Langheugh Trophy; Tom McCallion wins Greenock Glenpark's Harris Trophy with Eleanor O'Brien first woman.

6 **DAVID** Massie and Debbie Porter win Aberdeen Beach Run; Elliot Bunney, Neil Fraser, Alison McGillivray and Claire Doris are among winners at EIPC's indoor championships at Meadowbank.

8 **GREENOCK** Glenpark's Hammy Cox tells SCCU he won't run again for Scotland after being passed over for the Reebok International CC race in Mullusk the previous weekend.

New championship

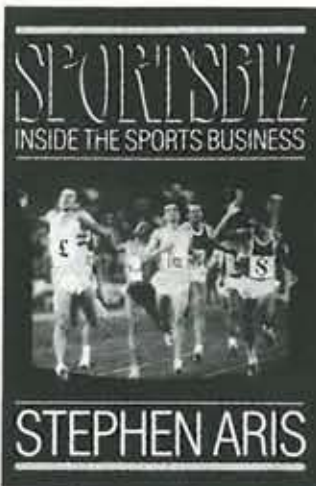


Interest in decathlon, heptathlon and pentathlon continues to grow. A "get together" coaching day for combined eventers at Crownpoint received an enthusiastic response. Getting hurdling advice from Doug Frampton, British event coach for heptathlon, is Louise Paterson, Aberdeen A.A.C.

A PENTATHLON championship for seniors will feature at this year's Joint National Indoor Combined Events Championships, to be held at the Kelvin Hall on February 15 and 16.

The closing date for entries for the

new event is February 1. Anyone interested can obtain an entry form from the Scottish Athletics offices or from Alec MacGregor, group organiser for multi-events, who can be contacted on 0506-825830.



THE SPORTING BUSINESS - BOOK REVIEW

SPORTSBIZ - INSIDE THE SPORTS BUSINESS by Stephen Aris (Hutchinson, £16.95)

THIS is a fascinating book. Stephen Aris has built up his reputation over the last twenty years as an investigative journalist covering business matters, rather than as a sports correspondent. The aim of the book we are told is, "To look behind the scenes at the multi-million pound world of top athletes and the men who have created the extravaganza that is sportbiz - the agents, the promoters, the TV people and the sponsors."

Aris states: "The object of my book is not to rehearse the stale debate about professionalism in modern sport, but simply to take a long hard and dispassionate look at the modern sports business. How did it come to be? Who are the power brokers? How do the stars make their money? What is the influence of television? What role do sponsors play?"

The questions he has set himself encompass a complex scene. He is therefore to be commended for covering these matters in a clear and methodical manner.

My principal concern here is with those sections specifically concerned with track and field athletics, although Aris does in fact deal with a range of

sports in addition to these. The three chapters of principal interest are *The Glass Eye*, *Olympic Gold*, and *Run For Your Money*.

The first is taken up with television coverage of athletics, and recounts the author's own experience as an observer in the BBC Grandstand studio in London during the 1988 Olympic Games. The manner in which less glamorous events can suddenly be rescheduled, or studio guests sent packing to accommodate extra air time for the big stories which appeal to sponsors, such as the re-running of Flo Jo's sprint sensations, are well told. Yet I feel the author concentrates attention too much on the Olympics, with only a passing glimpse of other major events, particularly as a separate chapter is devoted to the Games themselves.

The multi-million pound nature of the business is highlighted by the bill for British participation in 1992 being estimated at £3m. The cost in 1936 was £9,046.

In *Run For Your Money*, Aris has much of interest to say about the sport over the last decade. The transformation of Andy Norman from a humble police sergeant into one of the most powerful men in international athletics as head of the AAA promotions unit on a most financially rewarding freelance contract is well related.

The book suffers slightly from being over taken by more recent developments. Much is made of Seb Coe's view that "when it comes to the sheer brutality of TV ratings, you ain't going to put burns on seats with javelin throwers." Well, what about Steve Backley then?

Neil R. McCallum

The times they are a changing

READERS who received a free 1991 Year Planner with last month's Scotland's Runner should note that the dates of the following events have now been changed:

Aberfeldy Half Marathon, now to be held on May 26; Loch Leven Half Marathon, now on September 7; Blairgowrie Half Marathon, now on September 28; Stranraer Half Marathon, now scheduled for September 15.

Sorry!

APOLOGIES to Derek Dick, who finished third junior (88-51) in the Falkirk Half Marathon last year. We inadvertently awarded the position to another athlete in our race feature in December.

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Promote the Sprint

45, Staffa,
East Kilbride.

SIR - The New Year Sprint meeting at Meadowbank is still the most exciting event in Scottish athletics, but it's time the organisers did something positive to ensure its survival.

For example, why is the meeting so badly publicised? The support of a few journalists does not make up for the fact that the promoters are not doing enough to advertise this great athletics occasion.

Trainers could also help by contacting the press. Nobody is asking them to reveal details of secret time trials, but surely human interest stories would be welcomed by the media as well as snippets of information.

When it comes to the meeting itself, why isn't more use made of electronic timing and, in particular, the photo finish? A wind gauge would also come in handy. With thousands of pounds at stake in the betting, athletes and punters deserve accurate results.

Of course, the New Year meeting would receive a boost if amateurs were allowed to run, like in Australia. Surely a precedent has been set Down Under, and non-denominational athletics is just around the corner here - if there are enough "open" minds on both sides.

Gordon Bury

This is Scotland

14, Glover Street,
Craigie,
Perth.

SIR - I am writing to complain about the lack of information about half or full marathons in your magazine.

I am going to do the Selkirk half marathon on April 7, but you don't put the address of the half or full marathons in Scotland's Runner. Why put so much about the ADT London Marathon when one advert would suffice? This would leave room for other Scottish half or full marathons to be put in.

This is Scotland not England. Let the English make their own magazine to publicise their marathons.

John Hector Murray

What's the score?

15 Dorset Street,
Glasgow.

SIR - I participated in the London Marathon in 1990 and five months after the event I read in a magazine I was part of the second ladies' team. I received no official notification.

On inquiry to Glasgow Athletic Club, a team member was informed the club have received a cheque for £500 for our efforts, but that we are not entitled to any share of the prize money even though we paid our own entry fee, travelling expenses and accommodation.

Is it the policy for clubs to keep the full amount of prize money?

Pauline Kelly

There's more to an event than scenery...



41, Queensborough Gardens,
Hyndland,
Glasgow.

Selkirk market themselves as Scotland's toughest half marathons, so Falkirk could justifiably copy, and promote itself as having Scotland's grottiest route. Why not?

Not that in 1991 I'll be looking at the scenery in Falkirk; I'll be running because there's a marvellous jazz band halfway and at the finish, and because of the marvellous welcome with hot drinks from the smiling WRVS ladies, and because of the terrific grandstand stadium finish.

Gordon Casely

How to handle a dog

748, Sprague Crescent,
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Ontario,
Canada.

SIR - There was a letter in your magazine a few issues back that dealt with the problem of the unfriendly dog, and how runners can cope with the situation.

I was attacked only once by a dog and not while running, so I am very wary of the approach of a dog; however, I have been running for the past ten years, and often long distance in the country, and have found the following advice to be very helpful:

1. Never stare at a dog; staring is a threat and a dog may read it as a challenge and attack you.

2. Try to avoid showing your fear. A dog can read fear in your eyes and body movements. Keep calm, whistle, walk slowly or speak firmly to him.

Dogs rarely attack so do not start behaving in a frightened way towards every dog you meet. Do not ignore dogs but behave in a friendly and confident way at all times. You will then lessen their own fear.

3. Never run past a strange dog, or walk quickly away from it. This may release its chase response and you may get bitten as a result. Always walk

slowly, even backwards facing the dog, if you feel he may chase you.

4. As you approach a dog observe how it reacts to you. If it stays put or backs off, he probably regards you as a dominant intruder and so will be too scared to attack. If he walks or runs towards you with his tail wagging in a low position he is probably friendly and unlikely to bite. If he stiffens up, holds his tail high, snarls and stares at you then be on guard. If he shows his teeth it may be safest to go no further, but don't turn and run - back away slowly.

5. Remember even friendly dogs will bark at you as it is their job to defend their territory. Talk to the dog in a firm but quiet voice, and if he approaches in a friendly way - no snarl or hackles up - stand still so that he can sniff you.

Many dogs will respond to your greeting by wagging their tails. Others will ignore you so do not be too forward or over friendly.

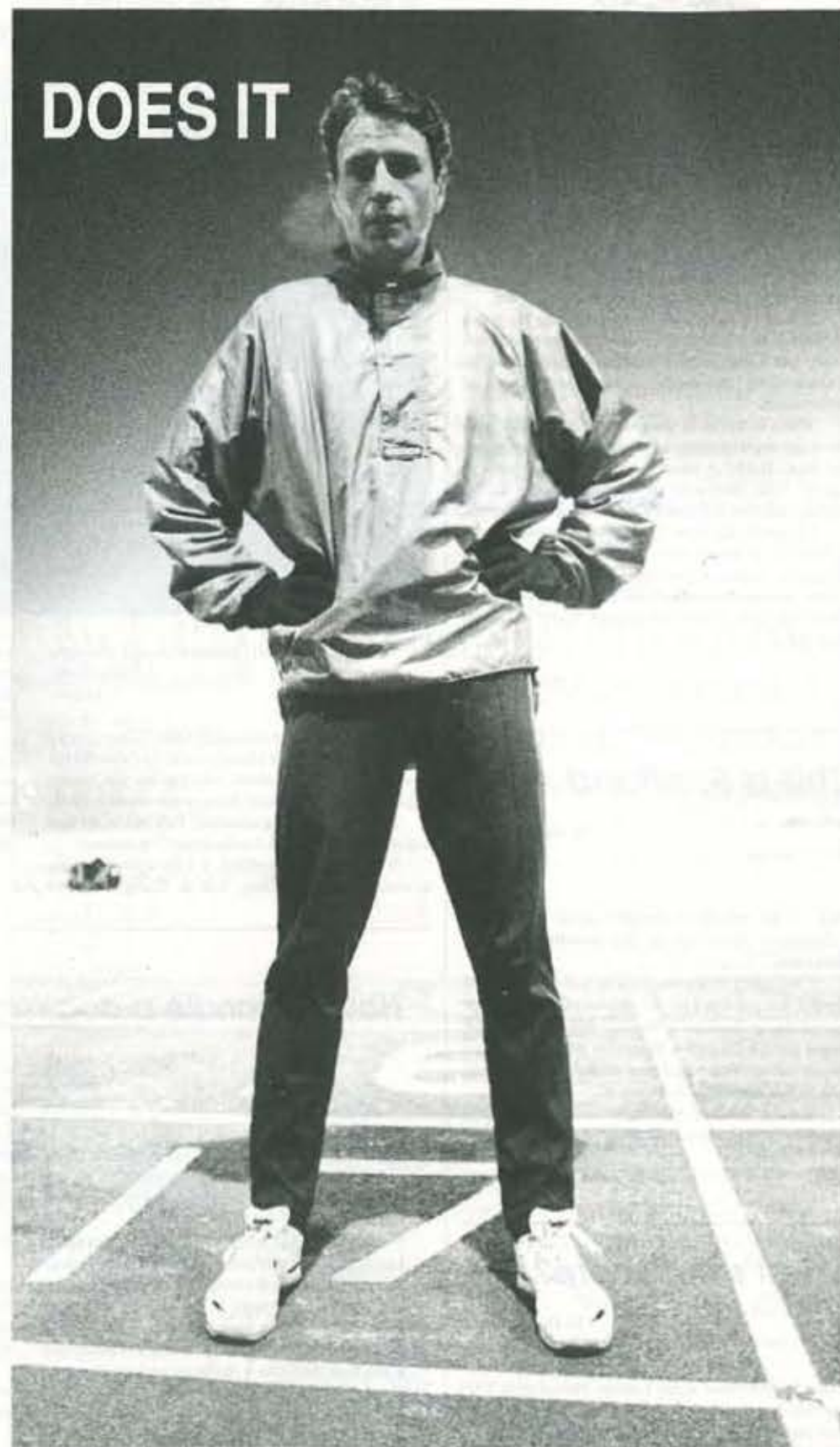
6. Remember dogs can tell if you like them and a dog biscuit in your pocket is a better insurance than a stick or other form of repellent.

Veronica McIlwham

PS: My husband (also a runner) and myself enjoy your magazine and look forward to its arrival. The photos are great too. (We are ex-Paisley Buddies).

Slowly DOES IT

Derek Parker
outlines the case for
progressive track
training sessions.



NOW that we are into the New Year, the thoughts of many distance runners will be focused on next month's national cross country championships. The event will be the highlight of their winter programme and the culmination of their racing and training schedules since last September.

Other distance athletes will be looking further ahead to the summer track season. For them, the cross country championships will merely be stepping stones towards their track objectives. The races will be viewed primarily as stamina-testing training runs in a competitive environment.

They may even be omitted altogether or replaced by indoor competition. These are matters which the runner with serious track aspirations will have discussed with his or her coach at the end of the last competitive season, prior to embarking on the winter programme.

However, irrespective of the importance or

unimportance of the national cross country competitions, the man or woman intending to peak specifically for track tournaments should have long ago set their time targets for the coming summer. They should also by now have been tackling specific training sessions aimed at the fulfilment of intelligently-formulated racing goals.

This means that most of the track workouts should be at racing pace with carefully controlled recoveries. In accordance with the principles of training theory, the sessions should be progressive. In layman's language, it indicates that once the athlete has mastered each particular session he or she must progress by increasing the workload.

For example, if an athlete can run 10 miles in 70 minutes fairly comfortably during training he or she must progress by (1) running the 10 miles in faster than 70 minutes; (2) running farther than 10 miles in 70 minutes; (3) running for more than 70 minutes; and (4) increasing the number of 10 mile runs in 70 minutes during training phases.

The same principles of progression pertain to track training involving repetition runs over various distances. The athlete progresses by (1) increasing the distance of repetition runs; (2) reducing the recovery interval between repetitions; (3) increasing the number of repetitions; and (4) increasing the speed of the repetitions. This formula can be remembered by the acronym, DIRT i.e. Distance, Intervals, Repetition, Time.

Let us envisage, for example, a male athlete hoping to run 5000 metres in 14-10 at a major championship in the summer. A thorough appraisal of this goal and its physiological, psychological, and tactical requirements reveal that the athlete must be capable of running 12 x 400m in an average time of 68 seconds with *no* recovery plus 1 x 200m in 34 seconds immediately after the final 400m with *no* recovery.

Assuming that our hypothetical athlete has concluded his previous track season with between two and four weeks of regenerative recovery running to restore his mental, physical, and spiritual resources, he might begin his preparation phase for the next competitive season by running something like 10 x 300m in 54 seconds with 45 to 60 seconds recovery.

It is obvious that such a session would only be a reintroduction to track training. Although important as an initial stepping stone back to repetition running, it falls far short of the specific work the athlete must do if he has serious intentions of completing 5000m in 14-10.

The shortcomings of that particular workout are apparent. Firstly, the total distance covered is only 3000m (i.e. 10 x 300m). This amounts to little more than 50% of the 5000m.

Secondly, the pace is too slow. The athlete, by running each 300m in 54 seconds, is only

travelling at 72 seconds 400m speed. This is four seconds slower a lap than the 68 seconds required to run 5000m in 14-10.

Thirdly, the recovery interval is too long to be maintained indefinitely. It should never be forgotten that the ultimate objective of training for 5000m is to run all the various segments (i.e. 300s, 400s, 800s, 1000s etc) with *no* recovery.

Fourthly, it could be argued that the 300m distance of each repetition is somewhat on the short side for 5000m runners. While broadly in



Carefully structured track training is an important part of the schedule of top Scottish athlete Robert Quinn.

agreement with this view, I would personally maintain that repetitions of 300m fulfil an important role in 5K training when used for recovery or rehabilitation purposes after injuries or other enforced lay-offs.

Bearing in mind, therefore, that running

5000m in 14-10 is the equivalent of 16 x 300m in 51 seconds + 1 x 200m in 34 seconds, *all* with *no* recovery, our hypothetical athletic aspirant has a number of options open to him if he wants to attain his goal. He can:

(1) Increase the total distance of the repetitions to the point where he covers at least 5000m (i.e. the race distance) in his training sessions;

(2) He can reduce the recovery between each of the repetitions to simulate the physiological and psychological environments created by running 16 x 300m plus 1 x 200m with *no* recovery;

(3) He can run the 300m repetitions faster to the point where he is travelling at racing pace for the 5000m distance;

(4) he can increase the length of each individual repetition to the point where distances of 400s, 800s, 1000s, 1200s, and 1600s are being utilised.

The method and rate of progression are matters which the coach and athlete will need to consider in the compilation of the training schedule. The age, experience, ability, fitness, temperament, and time of the year must all be taken into account.

It is pointless for the athlete to be race fit at the beginning of April if the event he or she is training for takes place in June or July. Correct peaking, the avoidance of injury and illness, progressive training, and competition specific workouts provide success.

If our hypothetical athlete intends to retain 300m repetitions in his programme, therefore, he will require to do sessions such as 16 x 300m in 51 seconds + 1 x 200m in 34 seconds if he is aiming for 5000m in 14-10.

Recoveries between each repetition should be between 15 and 30 seconds.

As well as satisfying the physiological, psychological, and tactical requirements of the race, this session will also help to develop an awareness of pace and the necessity for its maintenance under conditions of increasing fatigue. It should be borne in mind, however, that steady pace (the theoretical key to successful distance running) is *not* the same as steady effort.

As the distance of the race progresses and the athlete becomes more tired, he or she will need to work harder and expend more effort to maintain an even, steady pace.

So while the initial six laps of a 5K race at an average of 68 seconds per 400m might be achieved fairly comfortably, the second half of the event at the same pace will be much more difficult. That is why judgement pace during various phases of freshness and fatigue is crucial.

The optimum amount of recovery between repetition runs is imperative if the desired physiological and psychological responses are to be attained. The British Milers' Club advocate recovery jogs of one-eighth of the distance of the fast repetitions being used

during sessions at 5000m pace. This means that if 400m repetitions are being used, the recovery jog should be 50m. When 800, 1000, 1200, and 1600m repetitions are used as the fast repetition distances, the corresponding recovery jogs should be 100, 125, 150, and 200m respectively.

If the athlete chooses *not* to jog a specified distance during the recovery phase he or she can jog on the spot or in the vicinity of the start of the next fast repetition for a specified time. Where this method of recovery is preferred, 15 to 22 seconds recovery should be used in place of 50m jog; 30 to 45 seconds recovery in place of 100m jog; 40 to 55 seconds recovery in place of 125m jog; 45 to 70 seconds recovery in place of 150m jog; and 60 to 90 seconds recovery in place of 200m jog.

We can now relate these facts and figures to our hypothetical athlete and use them to construct an individualised schedule which will enable him to realise his ambition of running 5000m in 14-10, i.e. at 68 seconds per lap race.

Having successfully completed the previously mentioned introductory session (e.g. 16 x 300m in 51 seconds plus 1 x 200m in 34 seconds with 15 to 30 seconds recovery), he is now ready to progressively intensify his programme which will bring him closer to his goal.

He could, for example, run sessions such as (a) 12 x 400m in 68 seconds plus 1 x 200m in 34 seconds with 20 seconds recovery between repetitions; or (b) 6 x 800m in 2-16 plus 1 x 200m in 34 seconds with 45 seconds recovery; or (c) 5 x 1000m in 2-50 with 60 seconds recovery; or (d) 4 x 1200m in 3-24 plus 1 x 200m in 34 seconds with 75 seconds recovery; or (e) 3 x 1600m in 4-32 plus 1 x 200m in 34 seconds with 90 seconds recovery.

It should be emphasised that these sessions are merely guides to the type of work which should be done by an athlete wanting to do well in 5000m races. They should not be copied slavishly or unthinkingly.

Nevertheless, it is important for runners to progressively reduce their recovery times between repetition training runs. It should be perfectly obvious that, if an athlete is incapable of running 12 x 400m in 68 seconds with 30 seconds recovery, he is unlikely to be capable of stringing 12.5 laps together at that pace with *no* recovery to achieve his 14-10 5000m. Not even the



stimulus of competition and its attendant increased adrenaline flow can produce the impossible.

The athlete's attitude to training is important. He or she must always relate the workout to the actual race distance. For example, when running a session of 12 x 400m at 5K pace, the athlete should refrain from

asking himself or herself how many repetitions of the session remain after each effort. It is infinitely more productive to think in terms of total distance run.

So instead of telling himself or herself after the first nine repetitions that there are only three more left, the athlete should be concentrating on the fact that 3600m have been completed - and remembering that in a 5K race at that stage he or she should be preparing mentally, physically, and tactically for the final, vital 1400m.

Some people might think that this approach is unimportant - but I disagree. Most of us have encountered at some time in our coaching or competitive careers the athlete who is quite content to regard training sessions as consisting of a series of separate, unconnected repetition runs.

For example, instead of seeing 12.5 x 400m at 5K pace with 20 seconds recovery as 5000m interspersed with a few very short pauses, he or she envisages the workout as tantamount to several separate 400m races.

He or she will run the repetitions several seconds faster or slower than 5K racing speed, probably even dropping out for part of the session, before returning in a blaze of glory to outstrip everyone else in the final repetition.

"It must be the final repetition because Fred is in the lead," is a trackside cliché which has a fair share of truth.

Another faulty approach engendered by regarding a training session as several separate units occurs when two athletes of different ability join forces for a workout.

Athlete A is capable of running 5K in 13-45 which means he is covering 12.5 laps in 66 seconds each with *no* recovery. Athlete B is aiming for a time of 14-35 for his 5K. This is equivalent to running 12.5 laps in 70 seconds each with *no* recovery.

In a race, it would be sporting suicide for Athlete B to attempt to keep up with Athlete A if the latter was to set off at 66 seconds per lap pace.

Yet this is very often what happens during a training session of, for example, 12.5 x 400m at 5K pace with 20 seconds recovery. Athlete B runs alongside Athlete A for the first few 400s before having to drop out or reduce his pace to a virtual jog before the finish.

Instead of being so impulsive, Athlete B should have related the session to his own

5000m target and stuck to the pace he was intending to run at in a race. That way, he would have completed the workout and been well on the way towards achieving his 14-35 goal, then progressing from there.

Common sense, flair, initiative, resourcefulness, and inventiveness are all valuable qualities in the armoury of an athlete or coach who prides himself on aiming at the highest standards in training and racing.

For example, one does not have to run the same distances when using repetitions in middle distance training. Instead of sticking to the 12 x 400, 6 x 800, 5 x 1000, 4 x 1200, or 3 x 1600m formulae, he or she can vary the distances e.g. 1 x 1200 (60 secs. recovery) + 1 x 1000 (50 secs recovery) + 2 x 800 (40 secs recovery) + 3 x 400 (20 secs recovery).

All repetitions are done at 5K pace and the recoveries can be modified to accommodate the age, ability, experience, and fitness of the athletes along with a judicious appraisal of pre and post-race physiological and psychological considerations.

The list of permutations is endless. They are only limited by the imaginations of the coach and athlete. As well as varying the training distances, the perspicacious athlete can vary the speed of the fast repetitions. He or she

can run sessions such as - 1000m at 5K pace (30 to 50 secs recovery) + 200m at 1500m pace (30 to 45 secs recovery) x 4 sets + 1 x 200m full effort (45 secs after fourth 200) or 1200m at 5K pace (45 to 70 secs recovery) + 400m at 1500m pace (60 to 90 secs recovery) x 3 sets + 1 x 200m full effort (60 to 90 secs after third 400).

It should be noted that recoveries after efforts at 1500m pace are based on the times which the athlete should take to jog *half* the distance of the fast repetitions.

I shall conclude this article by illustrating the previously mentioned flair, inventiveness, resourcefulness, and initiative demonstrated in typical training sessions performed by two world class athletes of different eras.

Jim Ryan of the USA, who won the silver medal at the 1968 Olympic Games 1500m event, became the world's youngest-ever sub four minute miler when he broke that barrier at the age of 16.

Ryun seldom exceeded 440 yards in training repetitions and included several 80 yards sprints during his workouts. One week before running a mile in 3-51.3 (the equivalent of around 3-33 for 1500m) the teenage prodigy recorded the following session: (am) 4 x 400 yards (61.0 secs/59.5/57.3/56.0) with 220 yards jog between repetitions/440 yards jog

after final 440 + 4 x 330 yards (41.0 secs/41.0/41.0/42.5) with 110 yards walk between repetitions/jog 440 yards after final 330 + 4 x 220 yards (25.5 secs/25.5/26.0/25.0) with 220 yards jog between repetitions/440 yards jog after final 220 + 4 x 150 yards with 150 yards jog between repetitions/440 yards jog after final 150 + 4 x 80 yards sprints with 80 yards jog between repetitions; (pm) 5 mile cross-country.

Salvatore Antibo of Italy won the 5000 and 10,000m events at the 1990 European Championships. Five days before his European 10K triumph, Antibo recorded the following session: 1 x 3000m in eight minutes followed by five minutes jog + 3 x 1000m in 2-35 seconds with 200m jog between repetitions/ five minutes jog after final 1000 + 1 x 2000m in 5-17 followed by five minutes jog + 5 x 400m in 59 to 60 seconds.

These sessions are detailed for information and guidance only. They should not be copied unthinkingly by the inexperienced. In his "Horation Ode" penned several centuries ago, the Greek poet Pindar wrote: "Without toil, there triumph but a few."

It is the task of every athlete to search for and find the elusive key which will open the door that will enable him or her to fulfil their potential as a runner and as a person.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 min cross country running.

Monday: 75 to 90 min fartlek inc 30 secs fast (jog 15 secs) + 60 secs fast (jog 30 secs) + 90 secs fast (jog 45 secs) + 2 mins fast (jog 60 secs) + 15 secs fast (jog 3 mins) x 4 sets. (Note: The 60 secs, 90 secs, and 2 min repetitions should be run at 5K pace; the 30 secs repetition at slightly faster than 5K pace; and the 15 secs repetitions at 800 to 1500m pace).

Tuesday: 5-8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 25 x 400m at 10K pace (jog 100m in 30 to 45 secs recovery).
Friday: 30 mins easy run.
Saturday: 12 to 15 miles steady.
Morning runs: If done, should be of 20 to 30 minutes' duration, 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 2 mins fast (1 min jog) + 2 mins fast (1 min jog) + 30 secs fast (90 secs jog) x 4 sets. (Note: 2 mins reps at 5K pace; 30 secs reps at 1500 to 3000m pace).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 10 x 300m at 3K pace (20 to 30 secs recovery) + 3 x 150m full effort with 250m recovery jog starting 90 secs after final 300.

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 8 x 30 secs fast (jog 30 secs) + 4 x 1 min fast (jog 1 min) + 2 x 2 mins fast (jog 2 mins) + 1 x 3 mins fast (jog 3 mins) + 2 x 2 mins fast (jog 2 mins) + 4 x 1 min fast (jog 1 min) + 8 x 30 secs fast (jog 30 secs). (Note: Reps should be run at 10K pace while the jogging phase should be fairly brisk).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 400m at 5K pace (20 secs recovery) + 200m at 1500m pace (30 secs recovery) x 8 sets + 1 x 200m full effort - 90 secs jog after final 200 at 1500 pace).
Saturday: 12 to 15 miles steady.
Morning runs: As Week One.

Week Four

Sunday: As Week One.
Monday: 90 secs fast (30 secs jog) + 30 secs fast (45 secs jog) x 8 sets (Note: 90 secs reps at 5K pace; 30 secs reps at 1500m pace).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 5 x 800m at 5K pace (45 secs recovery) + 2 x 400m at 1500m pace (75 secs recovery) + 1 x 200m full effort.
Saturday: Race or 12 to 15 miles steady.
Morning runs: As Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cross country.
Monday: 60 to 75 mins fartlek inc 15 secs fast (15 secs jog) + 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) + 60 secs fast (2 mins jog) x 4 sets + 6 x 10 secs full effort (30 secs jog) starting three mins after final 60 secs rep.
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady with hills.
Thursday: 25 x 400 metres at 10K pace (45 to 60 secs recovery) or 12 x 400m at 5K pace (30 to 45 secs recovery).
Friday: Rest or easy 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.
Morning runs: If done, should be restricted to 20 to 30 mins easy running two to three times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) + 90 secs fast (2.5 mins jog) x 4 sets + 6 x 10 secs fast stride speeding up to 10 secs full effort (60 secs recovery jog) starting 3 mins after final 90 secs.
Tuesday, Wednesday, and Friday: As week one.
Thursday: 10 x 300m at 3K pace (30 to 45 secs recovery) + 3 x 150m full effort with 250m recovery jog starting 90 secs after final 300.

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 20 secs fast (10 secs ease down) + 20 secs fast (10 secs ease down) + 20 secs fast (30 secs jog) x 10 sets.
Tuesday, Wednesday, and Friday: As week one.
Thursday: 400m at 5K pace (30 to 45 secs recovery) + 200m at 1500m pace (45 to 60 secs recovery) x 8 sets + 1 x 200m full effort starting 90 secs after final 200 at 1500m pace.
Saturday: 8 to 12 miles steady.
Morning runs: As Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 x 30 secs (60-40-20 secs recoveries).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 5 x 800m at 5K pace (60 to 75 secs recovery) + 2 x 400m at 1500m pace (75 to 90 secs recovery) + 1 x 200m full effort.
Saturday: Race or 8 to 12 miles steady.
Morning runs: As Week One.

Scottish Women's Rankings 1990

100m

11.68w	Aileen McGillivray	(EWM)
11.83	Janis Neilson	(EWM)
11.83w	Melanie Neef	(GAC)
11.97w	Morag Baxter	(GAC)
12.0	Lorraine Dick	(MSL)
12.03w	Lorraine Nicholson (I)	(GAC)
12.1	Ruth Girvin	(NV)
12.12w	Alison Edmonds (E)	(Inv)
12.13w	Dawn Kitchen	(EWM)
12.2	Donna Brown	(EWM)
12.2w	Katrina Leys (I)	(Ab)
12.2w	Myra McShannon (J)	(GAC)
12.28w	Mhairi Marr	(Stw)
12.3	Pat Divine	(ESP)
12.3w	Dawn Flockhart	(EWM)
12.34w	Clair Reid	(EWM)
12.4	Gillian McIntyre	(MSL)
12.4	Joan Booth	(EdU)
12.4	Kirsty O'Donnell (I)	(KO)
12.4	Linzie Kerr (J)	(GAC)
12.4	Sinead Dundgeon (J)	(ESP)
12.4	Kathryn Gray (J)	(GAC)
12.4w	Elaine Julian (I)	(Ayr)

There was a drop in the numbers under 12.0 but McGillivray and Neef both recorded personal bests. Lorraine Nicholson and Myra McShannon can be expected to make significant advances.

200m

24.06w	Melanie Neef	(GAC)
24.22w	Ruth Girvin	(NV)
24.23w	Janis Neilson	(EWM)
24.32	Aileen McGillivray	(EWM)
24.4	Dawn Kitchen	(EWM)
24.6	Gillian McIntyre	(MSL)
24.7w	Louise Paterson (I)	(Ab)
24.73	Lorraine Dick	(MSL)
24.8	Pat Divine	(ESP)
24.8	Dawn Flockhart	(EWM)
24.9w	Leigh Ferrier (E)	(GAC)
25.0	Morag Baxter	(GAC)
25.1	Alison Edmonds (E)	(Inv)
25.1	Julie Vine	(Bou)
25.2	Myra McShannon (J)	(GAC)
25.2	Fiona Calder (E)	(Inv)
25.28	Lorraine Nicholson (I)	(GAC)
25.3	Morag Cunningham	(MSL)
25.47w	Kirsty O'Donnell (I)	(KO)
25.5	Donna Brown	(EWM)

Personal bests by Neef, Girvin and McGillivray give hope for the future, as does the one-second plus improvement by first year inter Louise Paterson.

400m

53.25	Dawn Kitchen	(EWM)
54.27i	Gillian McIntyre	(MSL)
54.9	Pat Divine	(ESP)
55.7	Susan Bevan	(ExL)
56.2	Linsey Macdonald	(Pit)
56.5	Fiona Meldrum	(EWM)
56.8	Leigh Ferrier (E)	(GAC)
57.19	Denise Knox	(Mid)

57.2	Fiona Calder (E)	(Inv)
57.24	Louise Paterson (I)	(Ab)
57.3	Mary Anderson	(ESP)
57.4	Gillian Coubrough	(Kil)
57.55	Dawn Flockhart	(EWM)
57.6	Mary McClung (E)	(JWK)
57.6	Morag Cunningham	(MSL)
57.6	Julie Vine	(Bou)
57.75	Lorraine Marshall	(Liv)
57.83	Janet Stewart	(GAC)
58.0	Alison Brown (Eng)	(EWM)
58.0	Kirsteen Henselwood	(GAC)

20th reached in the same as last year, but again the list trails away very quickly after the first three. Dawn Kitchen improved from 53.67 to move 5th all-time.



LINSEY MACDONALD

800m

2-02.78	Yvonne Murray	(ESP)
2-04.43	Lynne McIntyre	(GAC)
2-05.63	Susan Bevan	(ExL)
2-05.8	Linsey Macdonald	(Pit)
2-07.9	Laura Adam	(SNH)
2-08.2	Janet Stewart	(GAC)
2-09.2	Karen Hutcheson	(BHM)
2-09.6	Isabel Linaker (J)	(Pit)
2-10.2	Mary Anderson	(ESP)
2-10.36	Sheila Gollan	(Inv)
2-11.5	Carol Ann Gray	(ESP)
2-11.69	Hayley Haining (E)	(NV)
2-12.2	Evelyn Grant	(GAC)

2-15.0	Joanna Cliffe	(MSL)
2-15.1	Sharen Wiktorski	(Long)
2-15.10	Cathy Kitchen (Eng)	(EdU)
2-15.3	Alison Potts (I)	(GAC)
2-15.90	Catherine Cecil	(EdU)
2-16.89i	Sarah Booth	(EWM)
2-17.11	Gillian Fowler (J)	(GAC)

Last year 20th was reached in 2-14.6. Hopefully the youngsters in the 20 will be the ones to lead an improvement in the home scene. Linsey Macdonald recorded her best time since 1987.

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	(SNH)
4-19.09	Rhona Makepeace	(Leil)
4-20.56	Susan Bevan	(ExL)
4-20.74	Hayley Haining (E)	(NV)
4-23.45	Isabel Linaker (J)	(Pit)
4-28.32	Elspeth Turner	(GAC)
4-28.78	Susan Crawford	(GAC)
4-30.92	Katy Rice (E)	(Ab)
4-31.8	Evelyn Grant	(GAC)
4-32.2	Carol Ann Gray	(ESP)
4-35.8	Vikki MacPherson (E)	(GAC)
4-36.5	Carol-Anne Bartley	(GAC)
4-37.8	Annette Bell	(Lin)
4-38.87	Jo-Anne Scott	(Dar)
4-39.3	Sheila Gollan	(Inv)
4-43.1	Anne Ridley	(SB)

Hayley Haining knocked 15 seconds from her best and she, with Isabel Linaker, look the best bets for the future.

3000m

8-39.46	Yvonne Murray	(ESP)
8-43.14	Liz McColgan	(DHH)
8-48.72	Karen Hutcheson	(BHM)
9-12.7	Laura Adam	(SNH)
9-23.89i	Susan Crawford	(GAC)
9-35.22	Annette Bell	(Lin)
9-39.21	Jo-Anne Scott	(Dar)
9-41.06i	Susan Bevan	(ExL)
9-41.8	Carol-Anne Bartley	(GAC)
9-43.37	Sandra Branney	(GAC)
9-48.4	Anne Ridley	(SB)
9-50.1	Lynn Harding	(Hou)
9-50.4	Hayley Haining (E)	(NV)
9-50.9	Vikki MacPherson (E)	(GAC)
9-51.30	Janet Swanson	(MSL)
9-51.6	Violet Blair	(EWM)
9-51.9	Heather Wisley	(Fras)
9-54.5	Katy Rice (E)	(Ab)
9-56.1	Marie Duthie	(Fras)
9-57.0	Louise Vandyck	(ExL)

Five Anglos in the top 8 signify an unimpressive home season. Hutcheson's 8-48.72 at Auckland places her 3rd all-time. Haining and MacPherson, along with ESPC's Louise Cormack (10-11.10), could be the ones to show in 1991.

5000m

16-05.6	Laura Adam	(SNH)
16-20.59	Karen McLeod	(ESP)
17-08.6	Louise Vandyck	(ExL)
17-41.4	Julie Armstrong	(GAC)
17-42.6	Carol-Anne Bartley	(GAC)
17-59.6	Jane Donnelly	(GAC)



KAREN McLEOD

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	(Fras)
38-58.14	Renee Murray	(Gif)

Marathon

2-36.42	Sheila Catford	(Lds)
2-47.24	Lynn Harding	(Hou)
2-54.15	Rosalind Kay	(GAC)

2-55.23	Renee Murray	(Gif)
3-00.32	Margaret Stafford	(Ab)
3-08.30	M Sinclair	(GAC)
3-11.27	Margaret Robertson	(DRR)
3-14.17	Morag Taggart	(Pit)
3-14.19	R Banks	(Sto)
3-16.19	P Kelly	(GAC)

The heyday of the marathon is over for now and it shows in these lists. 19 were ranked to a comparable time in 1989.

100mH

13.76w	Julie Vine	(Bou)
13.86w	Claire Reid/Doris	(EWM)
14.18w	Sarah Richmond (E)	(Pit)
14.43	Catherine Murphy (I)	(GAC)
14.47w	Lorna McCulloch (E)	(Pit)
14.67w	Jennifer Sharp (E)	(EWM)
14.76	Jane Low	(GAC)
14.94	Shona Urquhart	(EWM)
15.4	Tracey Kerr (E)	(Mel)
15.4	Jackie Gilchrist	(Pit)
15.7w	Alison Grey (E)	(ESP)
15.9	Lorna Silver (I)	(DHH)
16.0	Christine Milligan (I)	(KO)
16.0	Isobel Donaldson	(Ald)
16.1	Claire Mackintosh (E)	(GAC)
16.1	Gail Murchie (E)	(Ab)
16.2	Lorna Macdonald	(Inv)
16.3	Beverley Ross	(DHH)
16.5	G Skeoch (E)	(HGS)
16.65w	Shona Dunne	(EWM)

Julie Vine and Claire Reid both beat the 14.00 barrier for the first time and there is an encouraging batch of Juniors who showed great improvement this year. Below them the standard is none too impressive.

400mH

58.51	Julie Vine	(Bou)
60.77	Gillian McIntyre	(MSL)
61.01	Sarah Booth	(EWM)
62.3	Jane Low	(GAC)
62.8	Moir McBeath	(Cal)
62.9	Suzanne Wood (I)	(EWM)
63.32	Alison Brown (Eng)	(EWM)
63.5	Hazel Edgar (E)	(NV)
65.3	Margaret Southerden	(Wyc)
65.5	Lorna Macdonald	(Inv)
65.7	Lorna Silver (I)	(DHH)
65.9	Audrey Martin (E)	(ESP)
65.96	Ruth Irving (I)	(Wir)
66.6	Anne Steele (E)	(ESP)
66.6	Gillian Coubrough	(Kil)
66.6	Tracey Kerr (E)	(Mel)
67.09	Claire Doris	(EWM)
67.60	Janet O'Neil (E)	(GAC)
68.1	Sarah Richmond (E)	(Pit)
68.2	Fiona Watt (E)	(MSL)

Vine, formerly Mulcock, tops both hurdles lists and ranks 4th all-time after her excellent first season at the event and could challenge Liz Sutherland's long-standing 1978 best of 57.43. Suzanne Wood showed she could make a major impression, but last year's top inter, Fiona Watt, failed to make an impact.

High Jump

1.80i	Wendy Macdonald (E)	(Cmb)
1.80	Rhona Pinkerton	(GAC)
1.75	Karen Hambrook	(Ash)
1.74	Hazel Melvin (I)	(Trn)
1.70i	Jackie Gilchrist	(Pit)
1.70	Caris Henderson	(EWM)
1.70	Joanna Ross (I)	(Kil)
1.67	Katherine Guthrie (E)	(ESP)
1.65i	Janice Ainslie	(EWM)
1.65	Linda Gordon (I)	(GAC)
1.65	Sarah Richmond (E)	(Pit)
1.65	Louise McMillan (E)	(EWM)
1.64	Shona Urquhart	(EWM)
1.63i	Katrina Dyer (I)	(Ayr)
1.61	Claire Scott (I)	(CR)
1.60	Claire Herriot (I)	(EWM)
1.60	Nicola Murray	(GAC)
1.60	Beth Phillip (I)	(Ab)
1.60	Melanie Somerville (I)	(MSL)
1.58	Julie Reid (J)	(Kil)
1.58	Jlre Brume (J)	(StL)

With Jayne Barnetson retiring, there was a void at the top. Macdonald could only reach 1.66 outdoor but Hambrook and Melvin both move into the all-time 20. Joanna Ross raised her best from 1.48 to 1.70.

Long Jump

6.08	Karen Hambrook	(Ash)
5.97	Ruth Irving (I)	(Wir)
5.95	Lorraine Campbell	(MSL)
5.84i	Janice Ainslie	(EWM)
5.75	Caroline Black (E)	(EWM)
5.62w	Linzie Kerr (J)	(GAC)
5.52	Jackie Gilchrist	(Pit)
5.52	Carolyn Pritchard (I)	(MSL)
5.51	Shona Fleming (I)	(MSL)
5.50	Halycon Wills	(CR)
5.44	Shona Urquhart	(EWM)
5.41	Fiona Allan (J)	(Rud)
5.39	Catherine Murphy (I)	(MSL)
5.36	Moir McBeath	(Cal)
5.34	Sharon Wood (E)	(EWM)
5.33	Nicola Barr	(EWM)
5.31	Mhairi Marr	(Stw)
5.31	Melanie Summerville (I)	(MSL)
5.27	Isobel Donaldson	(Ald)
5.27	Sarah Still (J)	(Ab)

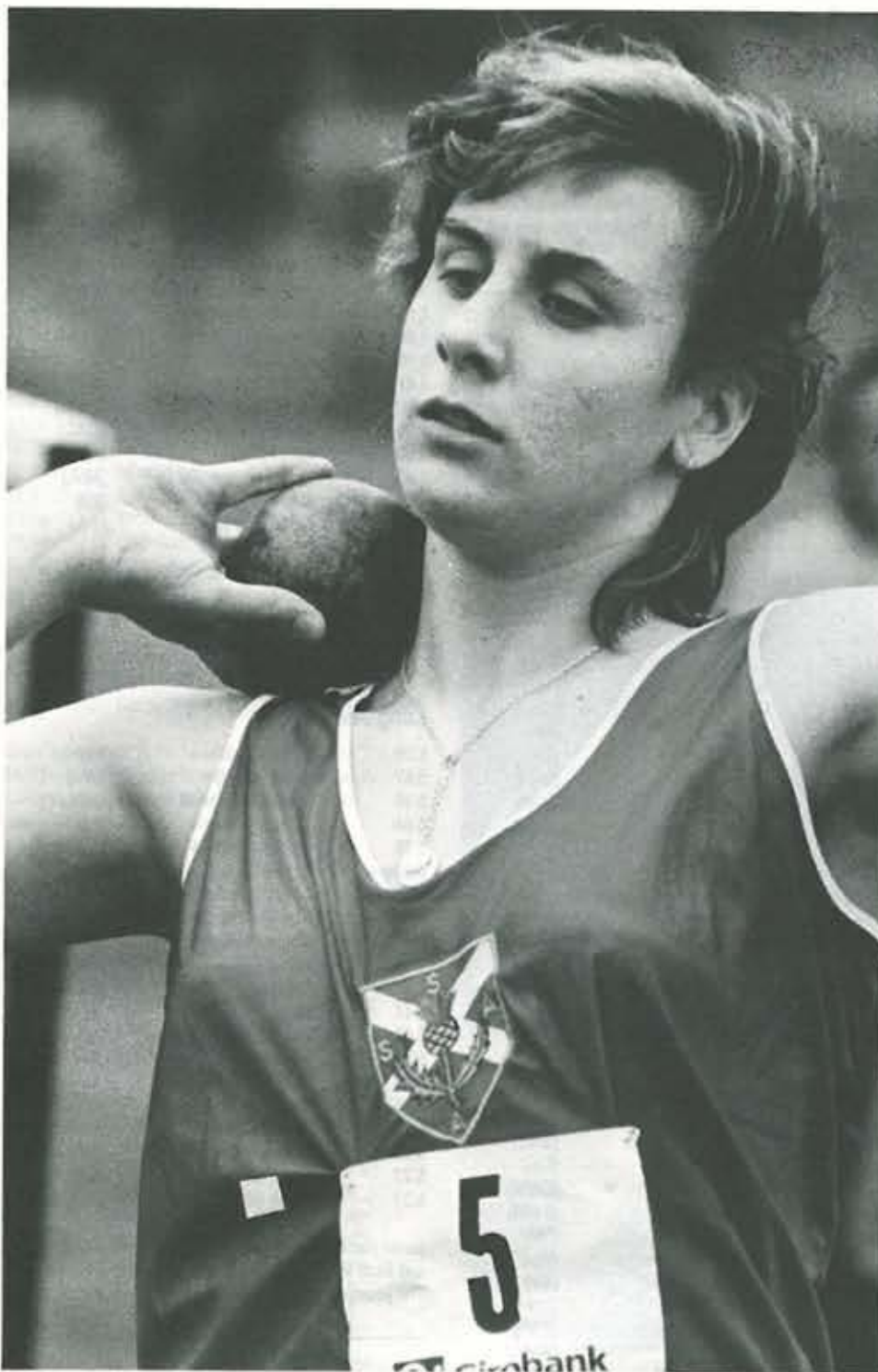
Karen Hambrook's legal best ranks her joint 6th all-time and Ruth Irving places 15th after continued improvement. The younger athletes are the ones to note here.

Triple Jump

12.16	Karen Hambrook	(Ash)
10.99	Nicola Barr	(EWM)
10.56	Gillian Spankie	(ESP)
10.32	Jeanette Phee	(Kil)
10.10	Jane McLeod (I)	(Kil)
9.91	Elaine Donald (I)	(Hel)
9.83	Susan Fotheringham (E)	(MBI)
9.75	E Parker (I)	(Sch)
9.67	Esther Sneddon (I)	(CR)
9.61	Jennifer Gibson (I)	(Las)

First year for this event, with a healthy interest shown.

w - wind assisted, (J) - junior, I - indoors, (Y) - youth, (E) - Euro junior, (I) - Intermediate, (G) - girl



ALISON GREY

Shot Putt

14.29	Alison Grey (E)	(ESP)
13.24	Helen Cowe	(Ab)
13.20	Mary Anderson	(ESP)
12.04	Alison Dutch	(EWM)
11.82	Lynne Barnett (I)	(PSH)
11.62	Andrea Rhodie	(MSL)
11.28	Claire Cameron	(GAC)
11.21	Gail Hornby (Eng) (E)	(MSL)
11.12	Shona Urquhart	(EWM)
10.84	Karen Neary	(EWM)
10.71	Tracy Shorts (E)	(Kil)
10.69	Karen Savill	(ESP)
10.67	H Markhus	(GU)

10.61	Stephanie Robin (I)	(Hel)
10.59	Karen Hambrook	(Ash)
10.58	Halycon Wills	(CR)
10.32	Dawn Fletcher	(PSH)
10.21	Leighann Cunningham (I)	(Pit)
10.17	Dawn Gray	(KO)
10.16	Tracy Johnstone (I)	(MBI)

Alison Grey improved 40cm at the top and ranks 5th all-time. Dutch (10.69 last year), Barnett (10.35) and 1st year inter Robin showed up well.

Rankings compiled by Arnold Black who also compiled last month's Scottish Men's Rankings list.

Discus Throw

46.86	Helen Cowe	(Ab)
44.70	Alison Grey (E)	(ESP)
43.26	Karen Neary	(EWM)
42.98	Claire Cameron	(GAC)
42.76	Gail Hornby (Eng) (E)	(MSL)
41.28	Lesley Adams	(Pit)
40.36	Susan Freebairn	(GAC)
37.46	Heather MacLeod (E)	(Inv)
37.20	Alison Hammerton	(MSL)
37.06	Helen McCreadie (I)	(Dum)
36.66	Julie Robin (J)	(Hel)
36.20	Gillian Gibson (E)	(Mor)
35.68	Catherine Garden (G)	(Pit)
34.70	Aline Cross (I)	(Ork)
33.04	Dawn Fletcher	(PSH)
33.00	Mary Ingram	(GAC)
32.90	Heather Tinto (NI)	(EdU)
32.28	Janell Currie	(MSL)
31.84	Lisa O'Keefe (E)	(EWM)
31.56	Eleanor Garden (J)	(Pit)

Helen Cowe improved by over three metres to move 4th all-time, while Grey's 44.70 raises her to 8th. Helen McCreadie upped her best by over 5 metres while Robin and Garden are obviously ones to note.

Javelin Throw

56.96	Nicola Emblem (E)	(EWM)
52.48	Gail Hornby (Eng) (E)	(MSL)
45.08	Janell Currie	(MSL)
42.60	Lorna Jackson (I)	(Tay)
41.18	Halycon Wills	(CR)
40.32	Shona Urquhart	(EWM)
39.86	Karen Savill	(CR)
39.32	Mary Anderson	(ESP)
39.30	Karen Elliott (I)	(Car)
38.20	Isobel Donaldson	(Ald)
37.50	Tracy Shorts (E)	(Kil)
37.42	Diane Sutherland	(EWM)
37.24	Linda Low (E)	(Ork)
37.18	Dawn Gray	(KO)
36.60	Nicola Sloan (I)	(Hel)
36.56	Jane Ritchie (E)	(Arb)
35.90	Joanna Ablett (I)	(EWM)
35.48	Norma Bruce	(Pit)
35.26	Lesley-Ann Burt	(MSL)
35.08	Fiona Gehring (I)	(Ayr)

Twentieth is 2 metres better than 1989 and with 10 Juniors in the list against 4 over 35m last year, there is plenty of promise. Hopefully, Emblem (2nd all-time) will escape injury and challenge Diane Royale's record.

Heptathlon

4392	Isobel Donaldson	(Ald)
4331	Shona Urquhart	(EWM)
4326	Jackie Gilchrist	(Pit)
4130	Evelyn Grant (E)	(Pit)
4017	Sarah Richmond (E)	(Pit)
3929	Louise McMillan (E)	(EWM)
3623	Shona Simpson	(Pet)
3303	Alison Dutch	(EWM)

The top mark would have placed 6th in 1989 and is 370 down on her best.

ABERDEEN LOSE LAING



YET another Aberdeen AAC star has hitched his wagon to a new post.

Graham Laing, one-time Scotland runner in the Commonwealth Games, has joined Inverness Harriers following his switch of employment from Aberdeen to the Highland capital.

It means that Aberdeen have lost almost all their big name road race stars of recent years - Fraser Clyne to Aberdeen Metro, Simon Axon to Hunter's Bog Trotters, Chris Hall to Dundee Hawkhill and now Laing to Inverness.

Glory days for Aberdeen AAC as Graham Laing collects the baton from David Duguid in the 1988 Edinburgh to Glasgow Road Relay, won by the men from the north. That team, however, has split apart.

Marie in the clear

MARIE Duthie, the Fraserburgh teacher's wife whose future marathon ambitions were featured in last month's column, dominated the East District women's cross country championships at Balgowrie, Aberdeen.

Windy, wet, and muddy conditions failed to dampen the Duthie front-running performance as she covered the four mile parkland course in 25-12 to finish 130 yards clear of international triathlete Ginny Pollard, the Banchory Academy maths teacher who competes for Calderglen Harriers.

Reigning champion Sheila Gollan (Inverness H) took the bronze.

Fourth placed Aileen Wilson was the leading veteran in the winning Dundee Hawkhill team completed by sixth place Sally Ann Hales and eleventh place Karen Powell.

Host club Aberdeen AAC's excellent tactical approach saw Debbie Porter, former Scottish cross country international Sonia Armitage and Sue Lanham finished sixth, eighth and ninth respectively only to lose out on the countback by three points.

Aberdeen took their team revenge in the three mile intermediate race won by Dundee Hawkhill's Yvonne Reilly on a day when Pitreavie scored an individual double through Isabel Linaker (junior women) and Jennifer Ward (girls).

Fast forward to the future

FORMER Commonwealth Games marathon runner Fraser Clyne won't look back on 1990 with a great degree of competitive satisfaction.

Illness and injury combined to dog his footsteps to such an extent that the Aberdeen Metro star failed to line up for even one marathon outing.

"It is the first time that has happened since 1981, the year I made my marathon debut," lamented Clyne as he looked back on a 12 month period which threw up less than 20 competitive appearances.

His one consolation came in the form of a third successive SAAA road running

championship over selected 10K, 10 mile, and half marathon distances.

The Clyne prospects for 1991 have unfortunately not taken a turn for the better.

A long-term ankle injury which forced his demise from the much heralded Sun Life Great Run is at last showing signs of clearing up. But he has now been sidelined by a damaged sciatic nerve in his right leg.

A chat with British marathon coach Gordon Surtees had persuaded Clyne to earmark the Hong Kong Marathon in March for his 26 mile comeback.

"It might have represented my last chance to get there before the Chinese take over," joked the GB international. Clyne's previous Far Eastern marathon appearances include a World Cup Marathon run, 2-16-20 in Japan represents Clyne's best effort in the East.

CASTLES' CHALLENGE TO GROW

THE North-east's annual three-race cross country series looks set to extend its prize boundaries.

The success of the Round-the-Castles events over the past five years has encouraged sponsors Bank of Scotland to examine ways of giving more junior race awards.

Veterans, too, are likely to reap the benefit of the bank's sporting investment in a winter series which attracts competitors from all parts of Scotland.

The provisional venues and dates for the 1991 castles challenge are: Crathes Castle, Banchory (Sunday, January 27); Aden Park, Mintlaw (Sunday, February 17); Haddo House, Tarves (Sunday, March 10).

Aberdeen's Ray Creswell and Fraserburgh's Marie Duthie are the defending senior champions.

Home hopes of a home win were dashed when Hannah Smith suffered one of her rare defeats of the season at the hands of Lasswade's Debbie Murray in the minor girl's event.

Having survived the atrocious Aberdeen conditions, Duthie moved on to dominate the SCCU North District women's title race at Peterhead, finishing ahead of clubmate Heather Wisley and the far-travelled Doris Leonard (Kirkwall).

New Scottish international John Bowman defied a heavy snowstorm and driving winds to win the men's title for Inverness Harriers, scoring a comfortable first senior title victory at the expense of Allan Reid (Peterhead) and Charlie McIntyre (Fraserburgh).

More women for Metro

ABERDEEN Metro AC have reached their first annual meeting with nearly 100 members on their books. Rob Taylor takes over from Phil Cowie as club captain with twin objectives for 1991.

Metro, regular team winners at races throughout the North of Scotland, are setting their sights on better quality events throughout Scotland. And Metro's first two women committee members have been given the go-ahead to recruit a stronger women's section.

RUSSELL SMITH

YVONNE'S A WINNER on and off the track

As Yvonne Murray's athletics stature grows, so does her reputation as the nice gal of British athletics. Margaret Montgomery reports.



Yvonne at the 1986 Commonwealth Games in Edinburgh.



Yvonne wins the European Indoor 3,000m at Lieven in 1987.

AS one of Britain's greatest distance runners, Yvonne Murray has enjoyed her fair share of fame and acclaim. The last two and a half years have brought her a bronze medal in the 1988 Olympic 3,000 metres, plus first place in the same event in both the 1989 World Cup and the 1990 European Championships. In addition she achieved a silver medal in last January's Commonwealth Games and in 1987 and 1989 won second place in the Europa Cup.

At 26, the young woman from Musselburgh looks stronger than ever, poised to meet the challenges of this year's World Championships in Tokyo and the 1992 Olympics in Barcelona with success.

Yvonne, however, refuses to be too over-optimistic about her chances at these major events. For all her victories and steady improvement she remains true to the philosophy that anything can happen on the day.

"Take the European Championships 1500 metres," she says. "It was won by the girl from Yugoslavia who nobody in their right mind would have tipped to win. And it was much the same when I won the bronze at the Olympics - I ran out of my skin that day and

recorded a time which surprised not just me but everyone else."

Whatever the element of uncertainty, Yvonne - like all top athletes - does her best to minimise it by following a gruelling, seven-day-a-week training schedule, each day taking in a basic four or five lap run first thing in the morning followed by a weights session, circuit training, or both. On top of this she spends at least several hours a week working out in Glenrothes under the supervision of sprint coach Stewart Hogg, who also improves the acceleration of Dundee United's players. To Hogg, along with coach Tommy Boyle, she attributes the much acclaimed kick which spurred her on to victory at the European Championships in Split.

"It is essential for distance runners to work on power and speed these days," she observes. "Our event has moved on and it's no longer enough to be a front runner. It's more a case of jog followed by a burn up and if you want to win you have to have a kick."

Successful though the final kick at Split proved to be, Yvonne isn't planning a repeat of these tactics at the World Championships. Instead she intends to remain unpredictable,

believing it was the surprise element of her approach which helped her to victory as much as the burst of speed itself.

"I used to run one way all the time, but in those days I wasn't as successful as I am now," she says.

Indeed, though a steady participant in top level athletics for many years now, it is in the last three that Yvonne has really "come of age", a fact which she puts down to the shrewd coaching methods of Boyle, whom she joined in 1987.

"I think what Tommy has done is quite right. In the past I'd run around thirty races a year and get a lot of second and third places. I wasn't really recognised although I was turning out fairly steady performances. Now I enter just six or seven events a year which means I'm prepared properly and am pulling in the gold medals. It makes an incredible difference to me. If I'd continued the way I was going I'd probably be out of the sport by now. My body wouldn't have been able to cope with it and always coming second and third would have taken its toll on my morale."

Though she sees her European gold as the highlight of her upturned fortunes, Yvonne

says it's her Olympic bronze which is probably closest to her heart. She is distinctly proud of the fact that the field was one of the best ever assembled at a woman's distance event, featuring as it did all the major East Europeans and lacking only Zola Budd. She also sees it as a major personal achievement given the numerous problems which beset her in the year leading up to the event.

"My body had practically given up under the strain of numerous viruses and bugs, and I'd also gone through a lot of stress because of changing coaches. Coming through to get third place in what turned out to be a fantastic race after all that was really something special. I was also pleased because it was my first year with Tommy."

The relationship between Boyle and his prodigies has been much publicised - often, it seems in the view of both coach and this athlete at any rate, somewhat unkindly. Boyle feels this stems from "a typically Scottish desire" to devalue the successful. But whatever the reason, one thing is clear and that is that Yvonne has only praise for the way Boyle has handled her development.

"It's essential to a good coach-athlete relationship that both parties are able to communicate and rationalise," she reflects. "With Tommy I can discuss anything that is worrying me, be it personal or purely to do with running and when necessary he'll alter training to suit."

There's just no point in making an athlete stick to a schedule when they aren't in the right frame of mind. Tommy understands that, meaning there's never any cause for resentment on my part. I think that's why we work so well together."

Yvonne's decision to move to the guardianship of Boyle has brought more than improved performances. Until recently it also provided her with a very generous sponsorship deal with Glen Henderson, one which she hopes she can match over the crucial period running up to the Olympics.

"What we had with Mr Henderson was really ideal," she says. "I had a part time job with the company and the security of a wage at the end of the month. I also had a car with all running costs and petrol paid for me. In this sense it was a fairly normal deal. A unique situation existed though, in that the sponsor worked together with myself, Tommy, my physiologist Dr Myra Nimmo and physiotherapist Dave McLean as part of a team. What we want is to achieve something similar with another company. At the moment we're just at the stage of considering the various options."



Yvonne with coach Tommy Boyle, pictured here receiving the Minet Athlete of the Month award last August.

Though she still has her share of financial worries to deal with, Yvonne looks back on her early days in the sport as the hardest. Coming from a working class background and a large family, the money for track suits, spikes, and all the other clothing and equipment required by a serious athlete was not easy to find.

It was only through some enterprising initiatives of her own, such as buying and reselling bars of soap for a small profit, together with the unflinching support of her parents and first coach, Bill Gentleman, that she managed to "survive".

Not surprisingly, given all this, Yvonne has a strong interest in the support given to young athletes today and believes that more has to be done to encourage and help them.

"Both myself and Tom McKean get a lot of letters from youngsters asking for advice on everything from where to find a good coach to how to pay for equipment. While we don't mind helping where we can, you can't help thinking there should be somebody else taking this responsibility in an official capacity."

Just how long Yvonne will be requiring sponsorship for is a matter she hasn't quite decided on.

While she has indicated a willingness to hang in until the 1996 Olympics at Atlanta she says cautiously that she intends to wait and see how she feels after Barcelona. The lifestyle, while good in that it allows her to travel more than the average man or woman of her age, is, she finds, pressurised. At 26 she feels the need

to go out and socialise more than she once did.

"I think it's about time I made an effort to go out and meet all my old friends," she says. "Anyway it can be really nice just to get away from athletics for a change."

A heroine in her home town of Musselburgh, Yvonne usually finds it more than a little difficult to satisfy this desire for a change of scene.

Most places she goes she is recognised (though she reveals with a wry twinkle that more than a few of the people who greet her in the street address her as Liz). It is also not unknown for her to be reprimanded by well meaning locals for slipping a chocolate bar into her shopping trolley at the supermarket. There is, she says, very little opportunity to forget that she's an athlete.

For all that, Yvonne is recognised by all those who have had the pleasure of meeting her as a caring and bubbly personality who pursues the numerous appearances she makes for charity with as much zeal as she does everything else, including athletics - a fact which no doubt helped her to a well deserved MBE in this year's New Year's Honours List.

"I'm well aware that athletics can be a very short lived career - one bad injury and you are finished," she says. "I think it's good to keep interested in other things and to know there's more to life."

With that sort of attitude, you can't help thinking that Yvonne Murray will still be a household name long after her athletics career has come to an end.

Strong performance from Scottish girls

THE first Schools Indoor Track and Field International to be held in Europe took place at the Kelvin Hall on Saturday, December 8, writes Alex Jack.

The four home countries were joined by Czechoslovakia and Belgium in an under 16 competition, which threw up some exciting contests in the field and on the track.

The Scottish girls, although they did not run England close, finished a creditable second, beating Ireland narrowly by one point and Czechoslovakia by four. In the boys' section the Czechs finished second to England with the Scots boys in fourth place.

The Czechoslovakians, who spent 60 hours on a coach from Bratislava, arriving at 7pm on Friday evening before the competition, belied the fact that this is no type of preparation for an international by finishing third overall. They were narrowly beaten by the Irish with only a two point margin separating them.

The Belgians on the other hand arrived 48 hours before the competition, spending time at the Kelvin Hall on the day before the competition (as well as visiting the City of Culture) but could scrape together a total of only 19 points.

Individually, Juraj Mehes of Czechoslovakia gave one of the most outstanding performances of the day with a 1.95m high jump for the gold medal - a notable feat for a 15 year old boy. Both the boys' and girls' high jump competitions were extremely closely contested, with the judges unable to separate three second places in the boys event in which Adam Thomas took a share for Scotland with a jump of 1.80m. The girls' event threw up three bronze medalists, including Julie Reid from Scotland who reached 1.55m. This event was won by Alison May of England in 1.66m.

The outstanding Scottish performance came from Isabel Linaker in the 1500m with a time of 4:34.7 for the gold medal - a reputed UK age group indoor best performance. Scotland's only other winner was the diminutive but dynamic sprinter Kathryn Gray, who clocked 7.9 seconds in the 60m.

Linzie Kerr, who was unable to reach her best in the long jump, did well to take fifth place from an original field of 12 in a time of 8.1 seconds.

The placings of the Scottish athletes in the 200m event was not reflected in the 4 x 200m relays when the jury of appeal supported the disqualification of the boys' squad in the heats, and the girls took only fourth place in the final - this in spite of Scotland being the only country to supply two boys and two girls finalists in the individual 200m. Colin Hopkins (23.9) and David Harris (24.6) finished second and third in the boys 200m events, with Sinead Dudgeon (26.8) and Myra McShannon (also 26.8) finishing third and fourth respectively in the girls' event.

The Irish team continued to confound all critics with their notable improvement over the last few years in track and field, cross country and multi-events at all levels of school age groups, and now they are the team the other Celtic countries require to emulate. With a two point margin over the Czechs to take second place overall, their outstanding performances were John O'Reilly (1:59.2 for the 800m indoor at 15 years old), Linda Symons (220m - 25.9), John Howard (4K shot - 15.4m) and Georgina Brown (high jump - 1.63m).

When the new national coach is appointed, a meeting with the athletic development officers in the Republic of Ireland and the national coach in North Ireland, Norman Brooks, (ex-Scottish Schools coach) would seem to be a reasonable priority on his/her agenda for advice on the development, care and progress of the young athlete, and the reasons behind Ireland's success rate.

This event was organised courtesy of the recent Scottish membership of the International Schools Sports Federation (ISF). Notable visitors were John Favere (ISF executive director from Belgium) and Carlos Santos (chairman, ISF athletics technical committee from Portugal) who "vetted" the event as the first ISF competition to be held in Scotland. The quality, expertise and smartness of the SAAA/SWAAA officials was far beyond their expectations - the first ISF event attended by Scotland being the World School Games in Bruges last May where the standard of officiating could not be compared with that of the officials on duty at the Kelvin Hall.

As well as Scottish Power sponsorship for this event, the SSAA is indebted to Glasgow Sports Promotion Council (and the late Bob Dalglish), the Glasgow Festivals Committee and Strathclyde Regional Council for additional support and finance.

Final points tables

Girls: 1, Eng 44 pts; 2, Sco 27; 3, Ire 26; 4, Czech 23; 5, Wal 18; 6, Belg 12.

Boys: 1, Eng 50 pts; 2, Czech 30; 3, Ire 29; 4, Sco 20; 5, Wal 14; 6, Belg 7.

Overall: 1, Eng 94 pts; 2, Ire 55; 3, Czech 53; 4, Sco 47; 5, Wal 32; 6, Belg 19.

Results:

Boys: 60m: 1, C Brown (E) 7.2; 2, D Smith (E) 7.3; V Riedl (Cz) 7.4. (Hr: G Salmon (S) 7.0; 200: 1, C Gordon (E) 23.4; 2, C Hopkins (S) 23.9; D Harris (S) 24.6 (24.2 ht); 400m: 1, C Howard (E) 51.8; 2, D Williams (W) 53.1; 3, C Buck (S) 53.5; 800m: 1, J O'Reilly (I) 1:59.2; 2, C Stringer (E) 2:01.7; 3, R Cuntala (Cz) 2:03.2; 5, S Schendel (S) 2:09.3; 1500m: 1, S West (E) 4:13.5; 2, S Coude (I) 4:15.0; 3, C Davies (W) 4:21.1; 4, C Humphrey (S) 4:22.0; 4x200: 1, Eng 1:34.0; 2, Czech 1:34.7; 3, Ire 1:36.4; Scot DNQ; 60H: 1, T Bradwell (E) 8.5; 2, P Nodelvsky (Cz) 8.7; 3, C Cash (I) 8.8; 5, D Abbott (S) 9.2; HJ: 1, M Mehes (Cz) 1.95m; 2= A Thomas (S), C Rafferty (I), D Clark (E), 1.80m; LJ: 1, A Benda (Cz) 6.79m; 2, L Michael (E) 6.37m; 3, A McLoughlin (I) 6.21m; 4, J Wharmell (S) 6.12m; SP: 1, C Rex (E) 15.93m; 2, J Howard (I) 15.40m; 3, I Kraak (Cz) 14.07m; 5, J Duffies (S) 13.07. Girls: 60m: 1, K Gray (S) 7.9; 2, S Vasekova (Cz) 8.0; 3, L Barry (I) 8.0; 5, L Kerr (S) 8.1; 200: 1, L Symons (I) 25.9; 2, C Murphy (E) 26.0; 3, S Dudgeon (S) 26.8; 4, M McShannon (S) 26.8; 400m: S Locker (E) 59.3; 2, L Hutchinson (I) 59.9; 3, D Higgins (W) 60.9; 4, C Harris (S) 61.2; 800m: 1, L Edge (E) 2:19.2; 2, A Kvassiova (Cz) 2:19.8; 3, K Bright (W) 2:21.6; 4, G Fowler (S) 2:25.7; 1500m: 1, I Linaker (S) 4:34.7 (UK rec); 2, S Willcombe (E) 4:59.3; 3, J Smith (W) 5:01.1; 4x200: 1, Eng 1:44.0; 2, Czech 1:45.9; 3, Ire 1:46.1; 4, Sco 1:47.6; 60H: O Birmingham (E) 9.0; 2, I Denruyter (B) 9.2; 3, E Hanson (W) 9.3; HJ: 1, A May (E) 1.66m; 2, G Brennan (I) 1.63; 3=, E Hanson (W), J Reid (S) and E Zahradnikova (Cz) 1.55m; LJ: 1, I Denruyter (B) 5.48m; 2, N Turner (E) 5.37m; C Deay (I) 5.32m; 5, L Kerr (S) 5.19m; SP: 1, E Johnson-Idem (E) 12.13m; 2, K Kudrova (Cz) 11.93m; 3, R Morris (I) 11.32m; J Robin (S) 10.34m.

The year ahead

THE attention of school athletes, clubs, teachers and coaches is drawn to the first event of the year - the Schools Indoor Championships which will be held on Friday, February 15 (from 2pm).

No weekend date for this event was available and rather than abandon the championships for 1991 the decision was taken to organise a Friday afternoon and early evening championship.

Following this event a team will be selected to represent Scottish Schools a week later (February 23) in an indoor competition featuring SAAA select, SWAAA select, Scottish Universities, Loughborough University and Birmingham University.

There will be four categories for the 1991 Indoor Championships - over 15 years boys and girls and under 15 years boys and girls - age group as at September 1, 1991. The closing date for entries is January 30.

For further information write to SSAA secretary Alex Jack at 11, Muirfield Street, Kirkcaldy, KY2 6SY, or telephone Linda Trotter (evening 0592 755282) or Alex Jack (day 0592 771700).

Calendar of events 1991

Feb 15: Indoor Champs (sec), Kelvin Hall
Feb 23: Indoor match: Scottish Unis/SAAA/SWAAA/Lough Uni/Birmingham Uni, Kelvin Hall
Mar 9: Sec CC Champs, Irvine
Mar 24: Squad coaching day, Grangemouth
Apr 6: Home Countries CC Int, Ireland
Apr 20: Pri CC Champs, Kirkcaldy
Jun 8: Sec Pentathlon Champs, Grangemouth; Sec Relay Champs; Pri Inter Area Relays
Jun 15: Boys T&F Champs, Grangemouth; Girls T&F Champs, Crownpoint
Jun 19: Sec Inter-area competition, Grangemouth
Jul 17: Over 17's T&F Int, Wales
Jul 20: Under 17's Home Countries T&F Int, Wales
Sept*: Squad coaching day, Grangemouth
Sept*: Special Schools Indoor T&F Champs, Kelvin Hall
Nov 16: Road Relay Champs, Grangemouth
* Dates to be confirmed.



Kathryn Gray receiving her medal for first place in the 60 metres from Bill Landels, Scottish Power. With her are Lena Barry (left), Ireland, and Simona Vanekova (right), Czechoslovakia.

44; 9, M McQuaid (FVH) 33-55; 10, G Gilhooly (LIV) 34-10; V1, B Howie (CPH) 34-54. Teams: 1, DHH; 2, FVH; 3, Pit. Youth: 1, A Kings (Pit) 19-43; 2, S Taylor (Pit) 20-03; 3, M McEwan (Pen) 20-10. Teams: 1, Pit; 2, Whitburn; Sen Boys: 1, M Anderson (Ab) 17-01; 2, D McDonald (PSH) 17-06; 3, G Johnston (Loch) 17-25. Teams: 1, Aber; 2, FVH; 3, DHH; Jun Boys: 1, M Hosman (FVH) 14-30; 2, M Lyall (Las) 14-38; 3, S Murray (Las) 14-53. Teams: 1, ESP; 2, KO; 3, FVH; Colts: 1, A Forsyth (Pit) 7-08; 2, G Cooper (FVH) 7-09; 3, K O'Neill (Air) 7-10. Teams: 1, Aird; 2, Spring; 3, Aber. Sen Women: 1, V Vaughan (Pit) 20-02; 2, C A Bartley (CG) 20-16; 3, A Rose (EWM) 21-05; 4, A Wilson LV1 (DHH) 21-09; 5, D Porter (Ab) 21-43; 6, J Stevenson LV2 (FVH) 21-44; 7, D Rutherford (JWK) 21-45; 8, C A Grey (ESP) 22-13; 9, L Barclay (Pit) 22-26; 10, E Tinney (Bath) 22-32. Teams: 1, Pit; 2, DHH; 3, CG; Inter: 1, L Cormack (ESP) 22-17; 2, Y Reilly (DHH) 22-27; 3, J Orams (Ab) 22-51. Teams: 1, Ab; 2, S'kelvin L; Jun: 1, S Sneddon (Hel); 2, K Stewart (JWK) 3, C Leitch (Avo). Teams: 1, Avon; 2, Ayr; 3, Hammeny; Girls: 1, J Ward (Pit) 10-45; 2, J Forsyth (Pit) 10-48; 3, H Steedman (Pit) 10-54. Teams: 1, Pit; 2, DHH; 3, KO; Minors: 1, D Murray (Las) 7-38; 2, H Smith (Ab) 7-43; 3, L Rodmond (ESP) 7-58. Teams: 1, ESP; 2, Ab; 3, KO.

2

Strathclyde R Champs, Strathclyde Park - Men 8000m: 1, E Wilkinson 27-01; 2, D McGonagle 27-51; 3, T McCallion 28-06; 4, P Lennie 28-25; 5, J Brockett 29-01; 6, D Buchanan 29-11; 7, R Brown V1 29-23; 8, J Poutney (G) 29-27; 9, D Cooney V2 29-29; 10, P Kelly V3 30-09; Spec Olymp athlete P Woods 36th 37-46. Women 4000m: 1, J Grey 14-55; 2, C Gray 15-06; 3, A Donnelly 16-12; 4, P McAdam LV1 16-21; 5, L Brown LV2, 16-31; 6, A Harvey 16-47; 7, B Cockburn 17-10; LV3 M Gemmell 14th 21-33.

Irvine Cable Open CC Meeting, (NTA) - Harriers v Cyclists Seniors: 1, G O'Driscoll (Gla Whe); 2, M Coll (Gla Whe); 3, G Young (Gla Whe); 4, K McKosop (Gla Whe); 5, S Wylie (Cam); 6, W Richardson (Irv); 7, R Cheyne V1 (Irv).

Youths: 1, G Willis (Ayr); 2, L Richardson (Irv); 3, S Ferguson (JWK); Sen Boys: 1, A McInroy (Irv); 2, R Girvan (Kil); 3, C Barker (Lou). Team: 1, LR 18pts; Jun Boys: 1, B Hendry (Irv); 2, L Hodgart (Irv); 3, P MacKie (Irv). Team: 1, Irv 6pts; Colts: 1, J Mitchell (Ayr); 2, A Hodgart (Irv); 3, A McInroy (Irv). Team: 1, Irv.

Women: 1, J Byng (Irv); 2, E Scott (Gla Uni); 3, N Donaldson (Irv); Inter: 1, A McManus (Irv); 2, M Watson (Ayr); Juniors: 1, D Ward (Ayr); 2, B Hill (Irv); 3, F Paige (Ayr). Teams: 1, Irv 11pts; Girls: 1, E McClung (Irv); 2, L Hough (Irv); 3, S McNaimy (Irv). Team: 1, Irvine 6pts; Minors: 1, A Church (Ayr); 2, D McClung (Irv); 3, L Conway (Ayr). Team: 1, Ayr 8pts.

8

SCCU North District CC Champ, Arden Country Park, Minlaw, Peterhead - Sen: 1, J Bowman (Inv) 35-14; 2, A Reid (Pit) 36-37; 3, C McIntyre (Fra) 37-15; 4, C Hunter (Mor) 37-31; 5, G Sim V1 (Mor) 37-32; 6, S McKenzie (Inv) 37-55; 7, G Milne V2 (Mor) 37-59; 8, D Rodgers (Loch) 38-43; 9, A Stewart (Mor) 38-45; 10, R McIlarg (Inv) 38-45; V3, G Mitchell 16th (Inv) 40-17. Teams: 1, Moe 52pts; 2, Inv 65; 3, Peter 127.

Juni: 1, G McDowall (Inv) 27-15; 2, N Cox (Inv) 28-42; 3, K McAllister (Loc) 33-03; Team: 1, Inv 7pts. Youth: 1, P McIntosh (Inv) 24-10; 2, N Forbes (Inv) 24-26; 3, S Glabraith (MBI) 24-28; Team: 1, Inv H 7pts; 2, Loc 25. Sen Boys: 1, S McKay (Inv) 15-24; 2, M Anderson (Fra) 15-40; 3, M Cruden (Inv) 16-00. Teams: 1, Inv 13pts; 2, Fra 14; 3, BI 29. Jun Boys: 1, S Sutherland (Inv) 12-27; 2, K McAlpine (Nai) 12-33; 3, A Love (Fra) 12-39; Teams: 1, Inver 13pts; 2, BI 27; 3, Ockney Isles 38. Women: 1, M Duthie (Fra) 16-37; 2, H Wisley LV1 (Fra) 17-12; 3, D Leonard (Kirk) 18-00; 4, F Farquhar LV2 (Cal) 18-35; 5, L Hope (Loch) 19-30; 6, L Forman (NI) (Pit) 19-34; 7, M Loughray (I2) (Inv) 20-11; 8, M McDonald (Pit) 20-31; 9, A Walder LV3 (Inv) 20-34; 10, A Mitchell (Fra) 21-21; Teams: 1, Fra 13pts; 2, Pit 27. Juni: 1, M Smith (BI) 13-36; 2, A Reid (Loch) 13-46; 3, R Bellamy (Pit) 13-53. Teams: 1, BI 15pts; 2, OIA 28; 3, Fra 42. Girls: 1, H Scott (Mor) 10-49; 2, J Anderson (Fra) 11-01; 3, D McAllister (Fra) 11-13; Teams: 1, OIA 17pts; 2, Fra 17; 3, BI 28.

East District CC League, Falkirk - Sen: 1, P Faulds (FVH) 26-54; 2, J Sherban (FVH) 26-54; 3, S Cohen (ESP) 27-02; 4, S Axon (HBT) 27-25; 5, A Eyre-Walker (HBT) 27-28; 6, K Logan (Tev) 27-32; 7, I Steel (CPH) 27-34; 8, A Walker (Tev) 27-35; 9, S Wright (Ab) 27-36; 10, G Mathieson (CPH) 27-36; Team: 1, FVH 99pts; 2, Tev 112; 3, HBT 120.

Youths: 1, G Browitt (Pen) 18-58; 2, M Kelso (Pit) 19-19; 3, E Calvert (Ab) 19-40. Teams: 1, Pit 24pts; 2, Cal 30; 3, Whit 47. Sen Boys: 1, D McDonald (PSH) 17-42; 2, T Winters (ESP) 18-16; 3, K Daley (ESP) 18-18; Teams: 1, ESP 9pts; 2, FVH 50; 3, Ab 55. Jun Boys: 1, P Taylor (QVS) 9-49; 2, C Smith (Ab) 9-52; 3, M Hosman (FVH) 10-09; Teams: 1, Ab 22pts; 2, QVS 26; 3, FVH 48; Colts: 1, G Cooper (FVH) 5-45; 2, B Hughes (Tev) 5-46; 3, A Forsyth (Pit) 5-57; Teams: 1, HELP 28pts; 2, QVS 37; 3, Ab 52.

GGH Crescent Cup 5 mile CC Race - 1, T McCallion 27-37; 2, P Russell 27-48; 3, I Cameron 28-10; 4, P Duffy 28-19; 5, D McLaughlin 28-24; 6, G McGrattan 28-24; V1, D McNeill 29-35; V2, W Smith 33-13; V3, D Guy 33-14; L1, J Smith 37-25; Hcap: 1, T Knight.

Maryhill H Schools CC League - Youths: 1, P O'Neill (G) 16-27; 2, P Savage (J Paul) 16-42; 3, G Cox (Boc) 17-22; Sen Boys: 1, G Forbes (Boc) 12-47; 2, D Telfer (Kel) 13-07; 3, G Skinner (St Aug) 13-14. Teams: 1, Boc 16pts; Jun boys: 1, A Young (Boc) 8-25; 2, A Colish (Boc) 8-42; 3, E Cameron (Boc) 8-45. Teams: 1, Boc 6pts; Colts: 1, J McLeod (WC) 4-25; 2, C O'Neill (St Aug) 4-58; 3, S Church (WC) 5-24.

9

East v West v N Ireland v Scot Unis Women's CC Match, Dumbarton - Sen: 1, C A Bartley (W) 19-55; 2, U McKee (NI) 20-14; 3, M Duthie (E) 20-22; 4, A Rose (SU) 20-32; 5, A Hamilton (NI) 20-34; 6, E Cochrane (W) 20-36; 7, A Gorman (NI) 20-42; 8, T Walsh (NI) 20-46; 9, D Porter (E) 20-48; 10, A Wilson (I) 20-52; 11, M Gemmell (W) 20-58; 12, E Masson (W) 20-59; 13, A Paul (NI) 21-16; 14, B McAllister (NI) 21-16; 15, S Lanham (E) 21-28; Teams: 1, NI 49pts; 2, W 71; 3, East 76; 4, Sco Uni 120. Inter: 1, Y Reilly (E) 19-20; 2, K Fox (W) 19-34; 3, A Potts (W) 19-42; 4, A Cheyne (W) 19-45; 5, K Stewart (W) 19-49; 6, L Chish-

olm (W) 19-53; 7, D Campbell (E) 20-01; 8, A Graham (E) 20-05; 9, S Pope (E) 20-08; 10, S Wight (E) 19-12. Teams: 1, West 31pts; 2, East 47. Juni: 1, K McNally (W) 10-09; 2, S Sneddon (W) 10-11; 3, C Leitch (W) 10-17; 4, K Stewart (W) 10-19; 5, K Gormley (E) 10-20; 6, M Smith (E) 10-25; 7, T Stevens (NI) 10-26; 8, S Macrae (E) 10-30; 9, P Goddes (W) 10-33; 10, S Gawley (NI) 10-37. Teams: 1, W 30pts; 2, East 62; 3, NI 90. Girls: 1, R Dunkin (W) 10-15; 2, J Ward (E) 10-20; 3, H Steedman (E) 10-28; 4, S Scott (W) 10-31; 5, C Morris (W) 10-33; 6, J Forsyth (E) 10-35; 7, C Clarkson (E) 10-37; 8, L Scott (W) 10-42; 9, J Leammouth (E) 10-43; 10, K McNeill (NI) 10-44; Teams: 1, East 38pts; 2, West 45; 3, NI 109. Minors: 1, D Murray (E) 8-28; 2, H Smith (E) 8-38; 3, A Church (W) 8-48; 4, L Herron (W) 8-50; 5, L Rodmond (E) 8-51; 6, L McKinnon (E) 8-55; 7, C Linden (W) 8-58; 8, E Dewar (W) 9-01; 9, M Ritchie (W) 9-04; 10, P Dey (E) 9-06; Teams: 1, East 35pts; 2, West 43. West District regained the LDC Trophy.

SVHC Christmas 5 mile Canal Bank Race, Bishopbriggs - Hcap: 1, E Farrell (Mary) 38-59 (act time); 2, J Byng (I) (Irvine) 29-19; 3, D Moore (SVHC) 37-21; 4, G Porteous (Mary) 35-23; 5, D Morrison 37-36; 6, D Monteith (L) (SVHC) 31-39; Fastest: 1, T Graham (Fife) 25-10; 2, P Cartwright (FVH) 25-21; 3, S MacRae (Cumb) 25-25; 4, A Blackley (Wen) 25-36; 5, J Holden (Dumf) 25-41; 6, R Young (C'dale) 25-49; Women: 1, J Byng (Irv) 29-19; 2, K Hancock (GN) 30-39; 3, D Monteith (SVH) 31-39.

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Forbes H Open Xmas Handicap CC Race 1, M Rogers (RAF Kin); 2, I Johnston (FH); 3, A Thomson (FH); Scratch: 1, M Flynn (Moray) 23-34; 2, G Bartlett (FH) 23-54; 3, S Smithwaite (Nai) 25-14; 4, M Francis (FH) 25-19; 5, M Rogers 25-27; 6, I Johnston 25-57; L1, M Thomson (FH) 34-31; L2, L Anderson (FH) 34-58.

Greenock WH Young Athletes CC Champ 1, C Muir 11-23; 2, F Dick 11-52; 3, M McKean 13-29.

Int 10K CC Match, Cumbernauld - 1, R Quinn (SCC) 33-20; 2, T Mitchell (SCC) 33-21; 3, D Cavers (SCC) 33-44; 4, A Russell (SCC) 34-00; 5, D Donnelly (NI) 34-05; 6, J Ferrin (NI) 34-09; 7, D Wilson (NI) 34-11; 8, J Bowman (SCC) 34-17; 9, H Cox (SLA) 34-23; 10, J Campbell (NI) 34-34; 11, P McCavanna (NI) 34-49; 12, J Weir (NI) 34-52; 13, W Coyte (CS) 34-57; 14, A Eyre-Walker (SU) 34-58; 15, C Haskett (SLA) 35-04; 16, G Gaffney (CS) 35-09; 17, C Cavanagh (NI) 35-14; 18, A McLeallan (SLA) 35-22; 19, D Anderson (SS) 35-29; 20, M Gormley (LS) 35-33; 21, P Fleming (SCC) 35-35; 22, J Garland (SU) 35-56; 23, D Amott (SU) 36-04; 24, T Hearle (SCC) 36-06; 25, M Steele (SU) 36-12; 26, S Wright (SU) 36-19; 27, E Wilkinson (SLA) 36-21; 28, G Morris (NI) 36-22; 29, G Luke (NI) 36-28; 30, J Jarvis (SU) 36-44; Teams: 1, SCCU 39pts; 2, N Ireland 51; 3, SLA 134; 4, Scottish Unis 140; 5, Civil Service 145.

Women 5,000m: 1, S Tooby (SLA) 18-07; 2, C A Bartley (SWCC) 18-49; 3, T Calder (SWCC) 19-03; 4, M Duthie (SWCC) 19-05; 5, A Rose (SU) 19-06; 6, E Cochrane (SWCC) 19-06; 7, M Gemmell (SU) 19-09; 8, A Wilson (CS) 19-25; 9, V Blair (SWCC) 19-31; 10, L Cormack (SWCC) 19-50; 11, E Masson (CS) 19-57; 12, J Robertson (CS) 10-02; 13, C Gray (CS) 20-18; 14, E Tinney (CS) 20-36;

15, C Bolland (SU) 20-52; 16, J Thomson (SLA) 21-02; 17, A Dickson (SLA) 21-12; 18, T Brindley (SU) 21-29; 19, M Coleman (SU) 21-41; 20, K Fisher (SU) 21-50. Teams: 1, SWCCU 24 pts; 2, Civil Service 58; 3, Scottish Unis 64; 4, SLA 77.

SCCU Inter District CC Match - Sen: 1, C Thomson (W) 34-25; 2, A Currie (W) 34-45; 3, S Gibson (E) 34-51; 4, A Walker (E) 34-59; 5, S Wylie (W) 35-02; 6, G Wight (W) 35-05; 7, D Runciman (W) 35-00; 8, R Johnston (W) 35-08; 9, S Cohen (E) 35-12; 10, M McQuaid (E) 35-31; 11, T Coyne (W) 35-34; 12, I Elliott (E) 35-38; 13, A Reid (N) 35-40; 14, D Barr (E) 35-41; 15, S Axon (E) 35-58; 16, J McMaster (E) 36-07; 17, C Hunter (N) 36-53; 18, G Sim (N) 37-09; 19, G Milne (N) 37-13; 20, D Rodgers (N) 38-02; Teams: 1, West 29pts; 2, East 52; 3, North 108.

Youths: 1, G Willis (W) 16-45; 2, E Tonner (W) 17-12; 3, C Greenhalgh (W) 17-18; 4, G Brown (E) 17-21; 5, B Thomas (W) 17-31; 6, J Gowans (E) 17-36; 7, P O'Hare (W) 17-37; 8, A Casey (E) 17-37; 9, D Tamburine (W) 17-49; 10, E McCafferty (W) 17-55; 11, S Taylor (E) 18-08; 12, M Johnston (E) 18-08; 13, E Cairns (W) 18-16; 14, E Clavert (E) 18-20; 15, I Murdoch (W) 18-23; Teams: 1, West 27pts; 2, East 55; 3, North 126.

Sen boys: 1, S McKay (N) 10-12; 2, D Kerr (W) 10-15; 3, S Clelland (W) 10-22; 4, P Allan (W) 10-27; 5, P Hughes (E) 10-33; 6, D McDonald (E) 10-35; 7, M Gorman (W) 10-44; 8, T Winters (E) 10-47; 9, D Carty (E) 10-48; 10, K Daley (E) 10-53; 11, M Anderson (W) 10-55; 12, N Shaw (E) 10-57; 13, K Mason (W) 10-58; 14, D Loftus (W) 11-00; 15, J Douglas (W) 11-02; Teams: 1, West 43pts; 2, East 50; 3, North 90.

Jun boys: 1, C Smith (E) 11-08; 2, A Moore (W) 11-10; 3, C Robson (E) 11-11; 4, N Lyall (E) 11-22; 5, A Love (N) 11-24; 6, K McAlpine (N) 11-24; 7, P Taylor (E) 11-28; 8, M Horseman (E) 11-29; 9, S Sutherland (N) 11-30; 10, A Young (W) 11-32; 11, S Kennedy (W) 11-37; 12, S Murray (E) 11-42; 13, S Covington (E) 11-46; 14, B McLean (W) 11-50; 15, B Byrne (W) 11-50; Teams: 1, East 35pts; 2, West 69; 3, North 80.

Ayrshire CC Champs, Irvine Moor - Sen: 1, G Wight (AS) 27-47; 2, R Hubbard (AS) 28-16; 3, S Murray (JWK) 28-26; 4, C Souter (Cum) 28-28; 5, W Richardson J1 (Irv) 28-37; 6, C Miller (Irv) 28-45; 7, B Craig (Irv) 28-47; 8, I Baker (AS) 29-04; 9, J Goldie (JWK) 29-13; 10, J McNamee (Irv) 29-33; V1 H Rankin (JWK) 30-29. Teams: 1, Ayr 22pts; 2, Irvine 28; 3, JWK 57.

Youths: 1, G Willis (AS) 19-31; 2, J Ferguson (AS) 20-56; 3, L Richardson (Irv) 21-11; Sen boys: 1, P Allan (AS) 15-19; 2, K Mason (Cum) 16-02; 3, A McInroy (Irv) 16-55; Teams: 1, Ayr 15pts; 2, Cumnock 20; 3, Irvine 22; Jun boys: 1, B Hendry (Irv) 11-04; 2, A Drummond (JWK) 11-47; 3, N Walton (AS) 11-59; Teams: 1, Loud 24pts; 2, Cum 26; Colts: 1, A Donaldson (Cum) 6-46; 2, J Mitchell (AS) 6-52; 3, S Allan (Gir) 6-55. Women: 1, J Robertson (Ayr) 22-11; 2, H Morton (Irv) 23-09; 3, N Donaldson (EJ) (Irv) 23-55; 4, L Dunlop (Ayr) 24-40; 5, M Robertson LV1 (Tro) 26-52; 6, C Nicholl (Cum) 27-31; Teams: 1, Irv 13pts; 2, Cum 27; Inter: 1, R Hough (Irv) 18-23; 2, J Roxburgh (Irv) 18-41; 3, A McManus (Irv) 19-22; Teams: 1, Irvine 6pts; Jun: 1, H Brooks (AS) 11-57; 2, S Dyer (AS) 12-07; 3, P Gillies (JWK) 12-15; Teams: 1, Ayr 8pts; 2, Ayr 23; Girls: 1, S Scott (AS) 11-52; 2, C A Morris (JWK) 12-04; 3, L Hough (Irv) 12-12; Teams: 1, Irvine 13pts; 2, Ayr 17; 2, JWK 23. Minors: 1, L Livingston (Cum) 7-02; 2, A Church (AS) 7-11; 3, C McLean (AS) 7-21;

Teams: 1, Ayr 9pts; 2, Cumnock 26; 3, Girvan 29.

Castle Series CC Races, Aberdeen - 1, P Jennings (Mes) 25-08; 2, M Edwards V1 (Ab) 25-23; 3, I Fraser V2 (Ab) 25-25; 4, N Kilner (Ab) 25-29; 5, G Buchan (Gar) 25-41; 6, A Henderson (Ab) 25-47; 7, J Ingram V3 (Fra) 26-00; 8, D Grubb V4 (Ab) 26-36; 9, J Smith V5 (Gar) 26-38; 10, D Shepherd (Ab) 27-16; L1, D Porter 12th (Ab) 27-43; L2, S Lanham (Ab) 29-23; L3, K Powell (DHH) 29-36; L4, N McKinnon LV1 (Ab) 31-02; L5, O Fraser LV2 (Ab) 32-25.

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Spango Valley Bob Grant Trophy 7.5 mile CC Race, Greenock - 1, C Robison (SV) 42-04; 2, C Spence V1 (SV) 42-15; 3, S McCabe (SV) 42-42; 4, T McCallion (GGH) 42-54; 5, S Hodge (SV) 43-03; 6, D McLaughlin (GGH) 43-33; V1 J Gallagher (SV) 44-04; V3 J Muir (GGH) 45-23; L1, W D Brian (GGH) 50-37; L2, J Smith LV1 (GG) 56-54; L3, C Gibson (SV) 57-50.

23

Lochaber AC Xmas 2.5 mile CC Race - Hcap: 1, J Muir; 2, S Cameron; 3, D Walker; Fastest: 1, S Burns 16-17; 2, J Muir 16-25; 3, W Fraser 16-46; V1, W Brooks 16-49.

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Dumbarton AAC New Year 7.5 mile Race 1, A Adams (Str) 60-28; 2, P Walsh 61-41; 3, A Adams (Irr) 63-12; 4, T McCall V1 63-21; 5, T Kelly 64-05; 6, B Pitt 65-24.

30

Kirk Oly Handicap 2.5 miles CC Race - Handicap: 1, S Grant; 2, E McCoone; 3, A Gilmour; L1, A Stewart; L2, E Fyffe; L3, J Brown, S Wilson and L Scott.



November

17

Aberdeen Uni RRR, Beach Esplanade - Men: 1, TNT (Gteam) 64-53 (B Foreman 12-37; E Arrowsmith 20-47; D Duguid 12-01; I Matheson 19-28); 2, Ab Uni 66-37 (C Dodge 12-58; R Herries 20-30; S Wright 11-57; D Ball 21-12); 3, Ed Uni 67-53 (J Gardail 11-59; R Sutherland 21-51; N Cruden 14-03; J Heley 20-36); 4, Ab 68-30 (C Benzie 13-02; S Willox 21-19; S Forbes 12-59; N Milosov 21-00). Women: 1, Len Rapide Ab (G) 51-24 (J Fraser 14-36; M Duthie 22-08; H Wisley 14-40); 2, Ab 54-40 (M Stafford 15-42; D Porter 24-07; S Armitage 14-53); 3, Ab Uni 61-27; 4, Ab 64-58.

SSAA Primary and Secondary Schools Road Relay Champs, Grangemouth - Boys: O/15: 1, S Aloy 26-26; 2, SMC 26-43; 3, Bal 26-44; Fastest: 1, S McKay (Inv) 8-18; 2, P Mowbray (Bal) 8-25; U/15: 1, Doug A 28-55; 2, B'air A 29-36; 3, Ain A 29-42; Fastest: 1, S McNellan (Dou A) 9-21; 2, A Moore (Bal) 9-22; 3, M Smith (Dou) 9-35.

Girls: O/15: 1, GHS 24-07; 2, GWC 24-24; 3, St Leo 24-33; Fastest: 1, L Stewart (Miss) 7-45; 2, H Parkinson (Bal) 7-45; 3, J Wolfendale (Boc) 7-51; U/15: 1, GHS 24-12; 2, MES 24-17; 3, D'wall A 24-19; Fastest: 1, M Smith (D'wall) 7-24; 2, K Gormley (MES) 7-31; 3, S Sneddon (Her) 7-41. Primary Boys: 1, St Matt 11-31; 2, Alex 11-44; 3, SMC 11-52; Girls: 1, GWC 12-33; 2, St Matt 12-45; 3, St Hel 12-48.

December

2

Keyline 4 mile RR, Peterhead - 1, C Noble (Fra) 22-01; 2, A Newlands (Cos) 22-02; 3, N Kilner (Ab) 22-22; 4, J Robertson (Ab) 22-33; 5, D Strachan (Pet) 23-34; 6, N McDonald (Pet) 23-39; 7, I Morris (Ab) 23-43; 8, D Shepherd (Ab) 23-47; 9, P Winter (Fra) 24-03; 10, I Duguid (Pet) 24-04; L1, D Porter (Ab A) 24-09; L2, B May LV1 (Ab) 27-25; L3, M Bryce (Pet) 27-48; L4, L Forman (Pet) 28-02; L5, M McDonald (Pet) 28-06; H'cap: Men: 1, E Ratnay (Un); Women: 1, M Bryce (Pet)

8

Festival of Road Running, E Kilbride - Sen: Hugh Wilson Memorial 10K: 1, G Croil (Cam) 31-11; 2, I Campbell (DHH) 31-32; 3, R Johnston (Col) 32-03; 4, A Weatherhead V1 (ESP) 32-22; 5, S Wylie J1 (Cam) 32-27; 6, D Cameron (She) 32-39; 7, C McDougall V2 (Col) 32-57; 8, A Gilmour (Cam) 33-15; 9, A McIndoe (SH) 33-39; 10, J Robertson (Cam) 33-51; 11, G Reid (EK) 34-14; 12, B McIntyre (SH) 34-13; 13, E Nicol (Cam) 34-43; 14, I Gordon V3 (Cam) 34-47; 15, D Mouze (Kil) 34-50; V4, D Cooney (Cam) 35-39; V5, A Blockley (West) 36-13; V6, G Thomson (She) 36-32. Team: 1, Cam 32pts; 2, Cald 111; L1, J Harvey (CG) 39-54; L2, E Reid (CG) 40-29; L3, J Thomson (CG) 40-40; L4, K Hancock LV1 (GN) 40-57; L5, C McGarvey LV2 (Mox) 41-30; L6, S Chalmers (EK) 43-10.

Youths: 1, D Tamburini (GGH) 19-12; 2, G McCall (She) 19-22; 3, C Steel (VP) 19-28; 4, A Barker (Kilb) 19-37; 5, P Loogue (She) 20-09; 6, M Dale (Cal) 20-30; Sen Boys: 1, C Clelland (Cam) 13-57; 2, G Hillier (VP) 14-33; 3, C Allison (VP) 14-35; 4, S McNellan (VP) 14-42; 5, D Gorman (VP) 14-47; 6, B Kelly (VP) 14-50. Team: 1, VP 9 pts; Jun Boys: 1, A Young (VP) 10-51; 2, P Dennis (Hel) 10-56; 3, B Hendry (Irv) 10-59; 4, I Reid (Cam) 11-08; 5, M Crowley (Cam) 11-18; 6, C Hannah (Hel) 11-22. Team: 1, Cam H 17pts; Colts: 1, A Sandilands (Ava) 5-35; 2, D Gow (She) 5-30; 3, A Gould (VP) 5-58; 4, R Berwick (Bell) 6-04; 5, B Smart (Sto) 6-08; 6, G McLean (Bel) 6-12; Team: 1, VP 18.

GWH Ferguson Memorial 5 Mile RR - 1, G Gaffney 26-37; 2, J Muir V1 29-19; 3, F Lennox 30-08; 4, D McFadyen 31-19; 5, W Stoddart V2 32-48; 6, G King 33-03.

Greenock Wellpark Harriers

David Inglis reports from Inverclyde on a club which will be celebrating its centenary this year.

FOUNDED in 1891 for the purpose of promoting amateur athletics in general and cross country running in particular, Greenock Wellpark Harriers have won many honours throughout the years, with GWP athletes making their black and white colours well known in Scottish athletics - although it would be fair to add, as they approach their centenary, that the club's fortunes have often been higher.

The Wellpark clubhouse is today situated a short distance from the main Inverkip road at Gateside, but the original premises were located in the cellar of a house in Lynedoch Street. The club derived its name because of its close proximity, at that time, to the Well Park and the club badge depicts the old well which is still to be found in the park.

In 1899 the location was moved to Nile Street and the club remained there until 1912 when better facilities were obtained at Pirie Park, or Rankin Park as it is now known. The club, through necessity, had to move once again in 1925, due to the widening of the Inverkip Road. The pavilion was dismantled and re-erected on its present site with an extension and many improvements.

Financial aid to accomplish this was given by the "Merry Men", a group of club members who gave a series of Saturday evening concerts in the Temperance Institute. These were well supported by the public and, in addition to being most enjoyable, were of a very high standard!

The First World War severely curtailed the club's activities, and 15 of the 70 members who served were killed in action.

A women's section was formed in 1930, and although it thrived reasonably well for some time, with more than 20 members, it eventually became defunct prior to the Second World War.

In 1900 G. Cunningham had the distinction of being the first Wellparker to win a major individual title when he captured the Western District Cross Country Championship. This performance was emulated by J.A. Ure in 1903 and in the following year A. Wright won the Scottish four mile track championship.

In the 1931-32 season Bertie Whitson became the first member to win the Renfrewshire one mile championship, an event which subsequently

was won by club runners on numerous occasions. It was not until 1946, however, that another Scottish champion emerged in Duncan Clark, who competed for both Greenock Wellpark Harriers and the Royal Ulster Constabulary in 1936, but kept his association with his old club.

Not only did he win the Scottish hammer event in 1946 but he retained the title until 1951. On two occasions he was also discus champion and he captained the Scottish team in the Empire Games held at Auckland in New Zealand, where he established an all-comers record in the hammer. AAA Champion in 1952, Duncan was also a British representative in the 1948 and 1952 Olympic Games held in London and Helsinki.

In 1947 Frank Sinclair won the Scottish one mile track championship, an achievement which he repeated in 1950 and Tom Stevenson was perhaps a little unlucky not to win this event in 1951 when he was narrowly beaten for the title. Tom's brother John Stevenson had the distinction of representing Great Britain in an international 3000 metres track event in France, an achievement

all the more commendable as his main endeavours lay in the cross country field.

In the long distance events, the club's big name of the period was George King. Among a host of achievements, his second place in the Scottish marathon championship in 1955 and his performance in running from Edinburgh to Glasgow, a distance of 45 miles, in a time of just over five hours, must be regarded as his most prodigious accomplishments.

In the individual race in the Scottish Cross Country Championships, Frank Sinclair and John Stevenson both finished as runner up on two occasions and Tom Stevenson finished third. All three represented Scotland several times in the International Cross Country Championship.

One of the proudest moments in the club's history was in 1953 when John Stevenson, Tom Stevenson and Frank Sinclair finished third, fourth and seventh respectively in the Scottish and were chosen in the nine man Scotland team which competed in a 10 nation international championship in Paris.



February 1956, and the Wellpark team which finished second in the Scottish Cross Country Championships at Hamilton. Back row, left to right: J. Cairns, B. Aitken, S. Aitken, D. McGivern, C. Aitken, S. Brown. Front row, left to right: G. King (21st), B. Stoddart (33rd), J. Stevenson (4th), D. McConnachie (43rd), T. Stevenson (3rd), P. McKay (51st).

George King also had the distinction of representing his country in an international cross country event held in connection with Festival of Britain year.

The success of the individual members has often spurred the team on to greater effort but, throughout the years, the emphasis has been placed on team running and team spirit.

The Western District Championship was the first major team title to be won by the club, in season 1924-25, and the members of the team on that occasion were D.G. Donnelly, A. Malcolm, D. Morrison, D. McLean, D. McSwein, A.

successful at South West district and Renfrewshire levels in the late 1960's.

A great deal of the club's success of this period must be attributed to the late Alex Reid who so thoroughly organised the social and athletic activities and engendered such team spirit and enthusiasm that the team was almost unbeaten during his term as president. He was the club's "Mr Everybody" for many, many years, and died only a few years ago.

The national team championship title has so far eluded the club although in 1956 the team finished in second position, a performance all the

Turning 40 at a time when veterans athletics was coming into its own, Bill Stoddart can claim to have held veterans' world titles at every age group - and with his 60th birthday approaching he's sniffing further honours!

The club has also been prominently represented in official circles. The late Duncan McSwein (Snr) was a chairman of the British Amateur Athletic Board, treasurer of the SAAA and the SCCU for over 30 years, and a past-president of these bodies as well as a past-president of the International Cross Country Union. He was also a British representative to the IAAF and a member of the British Olympic Council. His son, also Duncan, is well known in time-keeping and SAAA circles.

Another great stalwart of former times was R. McLaren. A past president and club treasurer for over 20 years, he was for a long time the guiding influence in the club's administration.

In recent times athletes such as Gerry Gaffney and John Duffy (no longer a member) have kept the club's colours to the fore in middle distance running, but a club which once boasted four current full Scottish internationalists hasn't had another for the last two decades. The next may well be Duncan McFadyen, who finished second in the 1990 Scottish track championships and has had representative runs for the SCCU, but this promising athlete has been laid low with injury since the end of last summer.

With the centenary celebrations due in November, it has to be said that the club's fortunes are at something of a low ebb. Although morale within the club remains high, and emphasis is being placed on bringing on youngsters, at present there are only about 30 members, and it may be that once the centenary has been duly celebrated the Greenock club may wish to look afresh at proposals to amalgamate with one or both of the other athletics clubs in the town.



November 1990, some of the present Greenock Wellpark Harriers. Back row, left to right, seniors: Herbert Muir, George Newman, Sim Dick, Colin McKeerrell, Gerry Gaffney. Front row, left to right, juniors: Brian Grierson, Fergus Dick, Mark McKeeman, Christopher Muir (mascot), Scott Newman.

Robertson, H. Rourke and W. Swanson.

This particular event was discontinued and replaced by the South Western District Cross Country Championship. The club first won this event in 1938, but it was not until 1953 that the success was repeated.

In the ten year period which followed until 1962, the club won the title on seven occasions and regained it in 1966. The individual title held in conjunction with the race was won by Tom Stevenson on four occasions and by John Stevenson on twice during the period from 1952 till 1959.

The early 1950s was the club's most successful era, and it is interesting to note that during the five year period from 1952-56 the club competed in 15 relay races of 4x2.5 miles, winning 13 of them and finishing as runner up on the other two occasions! Wellpark were also extremely

more worthy considering that Frank Sinclair was not a member of that team, and nor had Bill Stoddart reached the prominence of being a leading Scottish runner which he was later to achieve.

Bill, despite his 1956 appearance in the Scottish, did not take up athletics seriously until he was in his 30's. In fact, his finest year was 1969, when, aged 38, he won the Scottish marathon championship and set a record time of 4:36 for the Edinburgh to Glasgow race - a record which stands to this day. In the late 1960's Bill held numerous titles Renfrewshire and South West District titles, and a measure of his consistency was that he was club champion and Greenock district champion for a record ten times each. He represented the SCCU on seven occasions between 1969 and 1971, including one world championship.

**HAPPY 100th BIRTHDAY,
GREENOCK WELLPARK
HARRIERS.
BEST WISHES FROM
INVERCLYDE DISTRICT
COUNCIL,
HOME OF SCOTLAND'S
NEWEST ATHLETIC
FACILITIES AT THE
RENOVATED
RAVENS CRAIG STADIUM.**

Setting the record straight on Students' Championships

I WOULD like to take the opportunity this month to clarify the Scottish Universities' position regarding the proposed British Students' Championship, writes Gordon Ritchie.

The position was, as I understand it, perfectly clear to all student athletes. Unfortunately, a well known coach with a vested interest in the event has chosen to spread ill-informed rumours about the fixture in an effort to discredit myself and to mislead the athletes involved.

For those not familiar with the background, the World Student Games are being held in Sheffield this year. In an effort to give the officials a "dry-run" prior to these championships, the powers-that-be decided to run a joint student event shortly prior to the World Game. This, it was intended, would replace the annual British Universities event.

The British Students' would incorporate the universities, colleges and polytechnics. The idea was first mooted in Antrim at the 1990 Universities Championships. On the return journey, I discussed the position with many of the Scottish athletes and the overwhelming view was of opposition to a joint event.

This was due to the increased cost - the joint event would run over three or four days - and the significantly higher standard of competition which would effectively reduce all but a handful of Scots to the role of also rans, as the majority would not progress beyond the first round. For these reasons, the initial reaction of the Scots was not favourable.

Further discussions occurred at a UK level, and I reported these matters to the club captains in early October. At that time, there were three options before the athletes. They could either attend Sheffield, arrange an alternative fixture in Scotland, or seek an alternative fixture south of the border.

Once again, they rejected the Sheffield meeting, but felt that another match in Scotland would lead to the Scots becoming isolated from the UK students.

As a result, I was mandated to

seek a suitable alternative fixture on the date of the Sheffield event. The first choice fixture for the Scots was the proposed English Universities' Championships. (If you are confused, you are in good company. How can there be a British Students' Championship if there are no Scots whatsoever and no English University students either?)

The proviso attached to this design was that if individual athletes wished to attend Sheffield, they could do so. Every effort would be made to raise funding for a team trip to one match, and some individuals going to Sheffield. The captains, quite rightly I believe, decided that they could not force athletes to compete or not compete in either event.

Unfortunately, the rumour being circulated is that I am preventing Scottish athletes from competing in Sheffield. Nothing could be further from the truth.

The choice is being left with the individual, although the official team competition will be elsewhere. It may be, however, that if no suitable alternative fixture can be found, the Scots may reluctantly send a reduced team to Sheffield.

What the trouble-making coach is not saying, however, is that he is organising the Sheffield event and needs the backing of the Scots to justify the label of a British Student event. As a result, it appears to the writer that he is deliberately manipulating the facts to mislead the athletes for his own political gain.

His own contact with student athletes is limited to a very small percentage who are, on the whole, the athletes who would progress to later rounds of the British Students' event, and it would appear that his opinions are also tainted by their views.

However, the overwhelming view of the athletes is that they cannot see any benefit to them from a joint student event, and as such would rather compete elsewhere.

I trust that this clarifies the position and puts an end to any rumours.

30

Giffnock N 5 mile RR, Clarkston, Glasgow
Hcap: 1, A Stewart; 2, C Reid; 3, R Dickinson;
Fastest: 1, I Airdrie 27:33; 2, F Healey 27:50; L1, K Hancock 31:05; L2, M Taylor 32:25.

31

Kilbarchan AC 11 mile RR, Kilbarchan -
Hcap: 1, E Mason; 2, D Meuse; 3, G Tenney;
Fastest: 1, G Tenney 59:08; 2, D Meuse 60:33; 3, I McDougall 62:16; 4, D Petrie 63:23;
5, T Anderson 63:56; 6, J Snodgrass 64:03;
V1, D Paterson 64:22; V2, W Geddes 72:39;
V3, D Packer 83:19; L1, J Murray 80:39.



November

25

Four Tops 12 mile HR, Fort William -
1, J Maitland (Loch) 2:10:41; 2, G Brooks
(Loch) 2:17:25; 3, J Borrill (Loch) 2:19:39;
4, R Wilby V1 (BI) 2:21:02; 5, W Brooks V2
(Loch) 2:29:57; 6, A Brett (BI) 2:34:18; V3,
D McDonald (Loch).

December

23

Elrick and Brimmand SK HR, Aberdeen -
1, E Butler V1 (Ab) 21:23; 2, P Jennings
(Met) 21:34; 3, D Armitage (Ab) 21:50; 4, N
MacDonald (Met) 22:38; 5, S Cassells (Ab)
22:59; 6, B Miller (Mar) 23:30; 7, A New-
lands (Coa) 23:35; 8, M Ogston (West) 24:
16; 9, M Thomas (HBT) 24:38; 10, P Fog
(HBT) 26:05; V2, P Fraser (Ab) 29:28; V3, T
Kerr (Ab) 30:33; L1, L Bain (Ab) 12h 27:14;
L2, B Kerr (Ab) 34:50.

Elrick Hill Relay, November 24

THE first hill relay to be held in the Aberdeen area attracted 12 teams of three, competing over a 3-mile course which took in two ascents of the Elrick Hill, writes Dennis Shepherd.

Dave Armitage (Aberdeen AAC), who excels in such events requiring orienteering skills, gave them all something to catch with a 23-25 first leg ahead of Metro Aberdeen's Rob Taylor (23:45). Recent acquisition Rob Durran kept AAAC ahead with a 24-32 second leg, although Simon Axon, moving Hunter's Bog Trotters up from fifth to third, clocked the fastest leg of the day (23:08). Steve Willox (24:43) kept Metro in second.

AAAC veteran Terry Kerr was given the unenviable task of trying to hold off Fraser Clyne (Metro) and Colin Farquharson (HBT) on the final leg. In failing light, Clyne soon swept into the lead with the second fastest time (23:24) with Farquharson (23:51) taking second and Alastair Aitken (25:09) snatching third for another AAAC trio.

Dave Massie (AAAC) is currently searching for a biathlon which combines running and gymnastics. He apparently turned a full somersault, landed on his feet and still

clocked the sixth fastest time of 24:18!

The Metro team of Annette Orme (36:31), Helen Black (48:39) and Suzanne Bennett (36:48) won the women's event, unchallenged (literally) in 121:58.

Keyline 4-mile Road Handicap, Peterhead, December 2

THE day belonged to M60 veteran Ed Rat-tray (unattached) who surprised even himself with a 28:59 run which took him home clear of the field, writes Dennis Shepherd.

"Delighted: this is a personal best and my first ever prize," he remarked afterwards as he merged again into the winter setting, an elderly gentleman out for a walk with his dog.

Some time later, Andrew Newlands (Coasters) and Charlie Noble (Fraserburgh RC) remained locked in battle as they fought for the fastest scratch time. The only person they managed to catch was your reporter who, not particularly envying the honour of being last finisher, shook them off again in the last 400m and it was eventually Newlands who took the wooden spoon as veteran Noble finished one second ahead in 22:01. Aberdeen AAC pair Neil Kilner (22:22) and former track star John Robertson (22:33) both exceeded their own expectations to return third and fourth fastest times, while Debbie Porter returned 24:09, well ahead of AAAC club-mate and fastest veteran, Betty May (27:25).

McCafferty Relay, Bridge of Don, December 23

CAROLINE Clarkson, informed the previous day of her selection for the inter-league match in Hendon, was the leading light on the first leg of the Aberdeen AAC annual Christmas relay (sponsored by John McCafferty Insurance Services Ltd) as she brought the Candles team home with a 7-second lead over Tinsel, with Morag Keenan flapping in the breeze, and minnows' star Hannah Smith proving she doesn't always run like a Christmas pudding, writes Dennis Shepherd.

Bob Fraser, one of several dads in the club aiming to make a breakthrough, kept the Candles' flame burning on the second leg although another dad, Gordon Ramsay (Decorations) showed he was not there just for display as he ran one second faster.

The picture changed dramatically on the third leg when the Candles decided to bum a little longer and Katy Philip took a slight diversion allowing the Decorations, Tinsel, and Puddings to sweep past in unison. The Candles' captain was about to lodge a protest over the course markings when he realised he himself had laid it out that morning!

It was all to play for on the last lap as half marathon star Allan Henderson led off for the Decorations - but neither he nor Tinsel's Geoff Main could keep up their glittering display and it was Edinburgh Uni student Robin Sutherland, for the Christmas Puddings, who displayed top current form by raising the pace over the 2200m lap to come home 33 seconds ahead. His own time of 6:43 was third fastest behind junior international Steve Wright (6:32) and Dave Duguid (6:37).

Results: 1, Christmas Puddings (Hannah Smith, Terry Kerr, Heather Pirie, Robin Sutherland) 23:41; 2, Decorations (Hanna Kenaway, Gordon Ramsay, Joyce Hogg, Allan Henderson) 24:14; 3, Tinsel (Morag Keenan, Orme Hogg, Gillian Sinclair, Geoff Main) 24:19; Leg 1 (1300m): 1, Caroline Clarkson 4:28; 2, Morag Keenan 4:35; 3, Hannah Smith 4:40; Leg 2 (1700m): 1, Gordon Ramsay 5:49; 2, Bob Fraser 5:50; 3, Scott Covington 5:52; Leg 3 (1700m): 1, Kate Rice 5:26; 2, Natalie Clarkson 6:05; 3, Joyce Hogg 6:08; Leg 4 (2200m): 1, Steve Wright 6:32; 2, Dave Duguid 6:37; 3, Robin Sutherland 6:43.



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ENTRY FORMS IN NEXT ISSUE

HUGHES GLENROTHES ROAD RUNNING FESTIVAL

**Sunday
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Half Marathon

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10K Road Race

* Medals for all finishers *

10K Wheelchair Race

5K Fun Run

Biathlon

(800m Swim and 10K Run)

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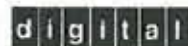


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I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against the organisers for any loss/injury as a result of participation in the event.

Signed

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Return to: Forth Bridges Half Marathon c/o 17, Linn Mill,
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PLEASE PRINT
Name

Address

Name of Club

Hrs.

Min.

Day Month Year

Estimated time

Date of Birth

MALE

☐

Age on day of race

Please tick
as appropriate

FEMALE

☐

Closing date 22 April 1991

Entries for half marathon will NOT be accepted on day of run.
All proceeds from the two events will be donated to recreational facilities for children.
Further information and running numbers will be forwarded as soon as possible.

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

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

*Runners in Half Marathon must be 17 (females) and 18 (males) on day of run.

January

19

NORTH District CC League, Elgin.

EAST District CC Championships, Aberdeen.

WEST District CC Championships, Clydebank.

20

SAAA Under-20 Indoor Championships. Details 031-317-7320/1.

23

OPEN Graded Meeting, Kelvin Hall. D - 041-357-2525.

26

JIMMY C. Flockhart CC Races, Drumpellier Park, Coatbridge. Entries on day. Further info from David Morrison on 0236-66010.

SCOTTISH Indoor Championships, Kelvin Hall Details: 031-317-7320/1.

27

KIRKINTILLOCH Olympians 7.25m Open Road Race. 2pm start, Gartconnor School, Kirkintilloch. Male/female. Entries on day. D - Gordon McLean on 041-776-6013.

SCOTTISH Indoor Championships, Kelvin Hall. Details: 031-317-7320/1.

SWCC&RRA National CC Relay Championships, Bishopbriggs.

February

2

EAST District CC League, Rosyth.

NORTH District CC League, Nairn.

PEARL Assurance AAA/WAAA Senior Indoor Championships. D - 021-456-4050.

3

CUMNOCK Open CC Races. All age groups, both male and female. Further information from Tom Campbell, Cumnock AC, Tel: 0290-24876.

PEARL Assurance AAA/WAAA Senior Indoor Championships. D - 021-456-4050.

SCOTTISH Veterans CC Championships, Linlithgow.

6

OPEN Graded Meeting, Kelvin Hall, D - 041-357-2525.

9

CITY of Edinburgh CC Races, Jack Kane Centre. Open to all age groups, male & female. Entries on day. Further info from Ian McKenzie on 0506 844811.

10

DEXTAT Loudoun Runners Open CC Races, Loudoun Academy. Details: 0290-50609.

GRANGEMOUTH "Round The Houses" Races. D: 0324-486711.

JUMPS Development Day, Bathgate Sports Centre.

CARNETHY Five Hills Race.

UK Trials for World CC Championship, Osterly Park, London.

16

NORTH District CC League, Elgin. SAAA/SWAAA Multi Events and Relay D - 031-317-7320/1.

17

DUNDEE Hawkhill Harriers Camperdown Park Road Races, Dundee.

23

SCCU National CC Championships, Dundee.

24

SWCC&RRA National CC Championships, Irvine.

CAOL Road Race, 10K flat course around Caol village, 2pm start, Fort William. Contact Sandy Hastings (0397) 81345.

SWAAA U20 Championships, Kelvin Hall. D - 031-317-7320/1.

Fax your event details
to: 041-332-9880

March

2

FIFE AC 6 mile Road Race, 'Cupar 6'. 3pm. Entry £1-50 (inc refreshments). Registration at Cupar YMCA, Bonnygate. Enquiries to Graham Bennison, Castlebank House, Anstruther Road, Ceres, KY15 5NH. Tel: (0334) 82-457.

3

NAIRN Investments Nairn 10K and Fun Run. D - (0667) 52208.

VAUXHALL Indoor International, GB v USA, Kelvin Hall International Arena. D - 041-357-2525.

6

OPEN Graded Meeting, Kelvin Hall. D - 041-357-2525.

FALKIRK Young Athletes Meeting. D - (0324) 486711.

9

CLYDESDALE Harriers "Dunky Wright" Memorial Road Race, Clydebank. 3pm start, St Columbus School, male and female. Details from Phil Dolan on 0389-76950 (h), 041-552-7546 (w).

10

THE Smokies "10" - Ladies only 10 mile race. For details contact: Susan Ruark, 39, Duncan Avenue, Arbroath, Angus (0241) 73441.

15/16

DAIRY Crest AAA/WAAA U20 Indoor Championships. RAF Cosford. D - 021-456-4050.

16

INTER Town Sports Hall Athletics, Grangemouth, D - (0324) 486711.

17

INVERNESS District Council Inverness People's Half Marathon and Fun Run. Details from Turnbull Sports (0463) 241625.

JUMPS Development Day, Bathgate Sports Centre, 10am - 3pm.

FALKIRK Open Graded Meeting, D - (0324) 486711.

23

NATIONAL Six Stage Road Relay Championships, East Kilbride.

24

TAYSIDE AAC Cross Country Races, Arbroath.

XVII IAAF World Cross Country Championships, Belgium.

SVHC Alloa - Bishopbriggs Road Relay.

GLEN 10 miles, Lochaber AC. Details from Sandy Hastings (0397) 81345.

HARMENY AC Indoor Meeting, Kelvin Hall, Glasgow.

29-31

29th Isle of Man Athletic Festival. D - Mr C. Whiteway, 37 Cool Drive, Braddan, Douglas, Isle of Man.

31

NINTH Alloa Half Marathon. Details and Entry forms from Clackmannan District Council, Department of Leisure and Recreation, 29, Primrose Street, Alloa.

NORTH Inch Road Relays, Perth.

WOOLWORTHS Young Athletes Road Relays, Perth.

April

3

FALKIRK Open Graded Meeting. D - (0324) 486711.

6

THE Steel Stockholders Tom Scott Memorial Road Race, Details from (0698) 748424.

FALKIRK Young Athletes Meeting. D - (0324) 486711.

DUNBAR Boundary Race.

7

GLENFRUIN Road Race, Helensburgh AC. Further information from Sheila Ramsay, 38F East Argyll Street, Helensburgh G84 7RR.

DUNDEE HH 10K RR, Caird Park.

EVENTS

EDINBURGH & District Athletic League
1st Meeting, Tweedbank.

WOOLWORTHS YAL East Div 1 and 2,
Grangemouth. D - (0383) 724024.

10

LIVINGSTON & District AAC Open
Graded Meeting, Craigswood.

13

PANASONIC Scottish Athletics League,
Qualifying match, Coatbridge.

SCOTTISH Young Athletes Handicap
Scheme, Livingston.

RENFREWSHIRE AAA 10 mile Road
Race, Greenock.

LAS Plant Craig Dunain HR, Inverness.

WOOLWORTHS Young Athletes League,
Qualifier (West), Coatbridge.

14

ROAD Race Championships, Oban.

SCOTTISH & NW League Div 1,
Meadowbank.

SCOTTISH & NW League Divs 2, 3, 4, 5
& 6.

GRAMPIAN TV League, Montrose &
Inverness.

THE Great Angus Run - Forfar 15,
Forfar. D - (0307) 64124.

MAGGIE Storey 10K, Forfar. D - (0307)
64124.

17

DUMFRIES Open Graded Meeting,
Dumfries.

18

FORTH Valley League Div 1,
Grangemouth. D - 031-663-0573; Div 2,
Livingston.

20

CENTRAL District Championships,
Grangemouth. D - (0324) 486711.

GLEN Nevis Bash, Fort William.
D - (0397) 81-345.

CLYDESDALE Harriers Jock Sempie
Relay, Clydebank.

BEN Rha Hill Race, Reay Nr Thurso.

SCREEL Hill Race, Castle Douglas.

21

LOCHABER People's Marathon,
Lochaber. Details from Sandy Hastings
(0397) 81345.

WOOLWORTHS YAL West Div 1 & 2,
Dam Park, Ayr.

ADT London Marathon. Entries closed,
but see competition details on Page 38
of this issue.

DORA Stephen Memorial Open Graded
Meeting, Coatbridge.

BORDERS League, Tweedbank.

24

LANARKSHIRE AAA Track League,
Coatbridge.

27

SCOTTISH Universities
Championships. D - (0324) 486711.

AGM SWCC&RRA, Glasgow.

28

SWAAA League Div 4, Grangemouth.
D - (0324) 486711.

PANASONIC SAL, Div 1 & 2, Aberdeen;
Div 3, 4 & 5, Ayr.

FORTH Bridges Half Marathon, South
Queensferry. D - 031-331-2287.

BRIGHTSIDE Festival of Running,
Crownpoint.

BANK of Scotland Womens Athletic
League Div 1, Coatbridge; Div 2, Dundee;
Div 3, Wishaw; Div 4, Grangemouth; Div
5, Pitreavie.

*To increase your
race entries,
telephone Fiona
Caldwell on
041-332-5738 for
advice on how to
advertise in this
section.*

CLACKMANNAN DISTRICT SPORTS COUNCIL

Easter Half Marathon on 31st March 1991

1st Gent and Lady finisher prize is a weekend-away
holiday for two. First three finishers in all categories
win prizes. There is also a team prize and all
finishers receive a medal.

Entry forms from:

Clackmannan District Council, Leisure Services Dept,
29 Primrose Street, ALLOA.

Main sponsor ALLOA ADVERTISER



SUNDAY 17TH MARCH 1991

(Under SAAA/SCCU/SWAAA & RRA Rules)

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

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

Tom Scott 29th Memorial Road Race

Sponsors

Steel Stockholders (Birmingham) Ltd.

LAW TO MOTHERWELL

Open 10 miles

(Under S.A.A.A., S.W.A.A.A. S.W.C.C. and R.R.A. rules)
Incorporating Scottish Veteran Harriers Club Championship
on Saturday 6th April, 1991, at 3.00 p.m. prompt.

Scratch prizes: 1st individual, Tom Scott Memorial Trophy,
Plaque and Prize Value £100.

Ladies prizes and all finishers will receive an award.
Scottish Veteran Harriers Club Championship
(Declare date of birth on entry)

Individual entry fee £2.50 (No team fee)

All cheques and postal orders should be made out to:
TOM SCOTT ROAD RACE.

Entries close on 23rd March, 1991. No late entries.
A.H. Brown, 11 Princes Street, Motherwell ML1 1DJ. Tel: 0698-69109.

N.B. All changing and declaration facilities will be at:
The Water Sports Centre, Strathclyde Park, Motherwell.
Buses for the start will leave The Water Sports Centre at 2.15p.m. prompt.

LOCH RANNOCH MARATHON And HALF MARATHON



SUNDAY JUNE 23rd 1991, at 11am.

"TENTH ANNIVERSARY
FULL MARATHON"

Special Commemorative Medals and Prizes

MAKE THE LOCH RANNOCH MARATHONS
(Full and Half)
YOUR SCOTTISH RUN FOR 1991

Entry forms and details from:

Arthur F. Andrews, Race Organiser, Rannoch School,
Rannoch, by Pitlochry, Perthshire, PH17 2QQ (Please
send S.A.E.)

**SUPERB SCENERY, FRIENDLY AND WELL
ORGANISED RACES - ITS A SPECIAL RUN
THIS YEAR!!**

SPONSORED BY BARRAT INTERNATIONAL RESORTS LTD
AND SUPPORTED BY RANNOCH SCHOOL

35th Gourock Highland Games

Chieftain - Jimmie McGregor

Sunday 12th May 1991 at Gourock Park

Full range of Track and Field Athletics
including Half Marathon Road Race.
Highland Dancing, Wrestling, Tug of War
and Cycling Events.

Further details from:

Hon. Secretary, Gourock Highland Games,
c/o Inverclyde District Council,
Municipal Buildings, Greenock.



NAIRN INVESTMENTS
ESTATE AGENTS
NAIRN



SUNDAY
3rd MARCH
1991

10K
and
Fun Run

START
2 PM

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

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

MOTHERWELL DISTRICT COUNCIL



motherwell
leisure

presents



Ravenscraig 10 Mile Road Race & 6 KM Fun Run

Incorporating the S.A.A.A. & S.W.A.A.A. Scottish 10 Mile Road Race Championships.

19th May, 1991 - Wishaw Sports Centre
Starts and finishes at the Sports Centre
Medals to all finishers

Time 11.00 am Prompt. Under S.A.A.A. and S.W.A.A.A. laws.

Entry forms and details from:

or

Mr W. Wilson (0698) 66166 Ext. 2450

Mr W. McCrae (0698) 355821

Leisure Services Dept., Motherwell District Council,
P.O. Box 14, Civic Centre, Motherwell MH 1TN.

KINCARDINE & DEESIDE DISTRICT
COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 7th July, 1991.

Main Sponsors: Kincardine & Deeside
District Council

- * Entry fee £5.00
- * Medals and certificates to all finishers
- * Free swim in Scotland's only outdoor heated saltwater swimming pool

Entry forms, send S.A.E. to:
Race Administrator, Leisure & Recreation
Section, Kincardine & Deeside District
Council, Viewmount,
Stonehaven AB3 2DQ.

Closing date 16-6-91



SCOTLAND'S LEISURE CENTRE

Monklands has a host of splendid facilities
including:

- * 8 lane 400 metres REKORTAN running track
- * Two 25 metre swimming pools, saunas, solarium
- * Two comprehensive sports centres
- * Dumpellier Country Park

Most sport and leisure activity is catered for.
An exciting new Ice and Water Complex is under
construction.

For further information and leaflets contact the
Leisure & Recreation Department,
Monklands District Council,
Bank Street, Coatbridge.
Tel: (0236) 41431, Fax: (0236) 28191.

Dunfermline District Council
presents

THE DUNFERMLINE HALF MARATHON OF 1991



Pittencrieff Park
Dunfermline
Sunday 9th June
9.30 am

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



Principal Sponsor
Dunfermline
Building Society

Reebok

- * Are you going to be there?
- * Entries £4.00 or £3.50 with this advert until 31st March!
- * Don't Delay - Apply Today.



ABERFELDY RECREATION CENTRE

Aberfeldy Half Marathon
Sunday 26th May '91 at 10.00a.m.

Plus:

Sunday June 9th 1991
A.R.C. Grand Prix Triathlon

Sunday September 1st 1991
A.R.C. Half Iron Man Triathlon

September/October 1991
Scottish Mountain Bike Series Race

**CRIEFF ROAD, ABERFELDY,
PERTSHIRE PH15 2DU.
TELEPHONE: (0887) 20922.**



VAUXHALL INDOOR INTERNATIONAL

Organised by BAAB/AAA under IAAF rules

GB vs USA

KELVIN HALL INTERNATIONAL SPORTS ARENA

GLASGOW
SUNDAY 3rd MARCH 1991



Opening Ceremony 3.00pm



Don't miss this exciting and action packed afternoon of athletics where a host of top class athletes will meet to compete in what promises to be a memorable occasion.

By post or person from: Vauxhall Indoor International, Kelvin Hall International Sports Arena,
1445 Argyle Street, Glasgow G3 8AW.

Sunday 3 March	Adults £7	Children and OAP's £3.50	Total
Vauxhall Indoor International	No.	No.	No.
			£

BLOCK CAPITALS

Name

Address

Postcode

Telephone (Daytime)

I enclose a SAE and a cheque for £..... made payable to GDC, Director of Finance.

ADT LONDON MARATHON COMPETITION

WIN a guaranteed place in the most popular sporting event of the year.

As you are probably aware by now, April 21 is this year's date for the ADT London Marathon.

The event is, without a doubt, the most popular of its kind in the United Kingdom. Nearly 80,000 people applied to enter in 1991 with only 34,000 of those successful in securing themselves a place.

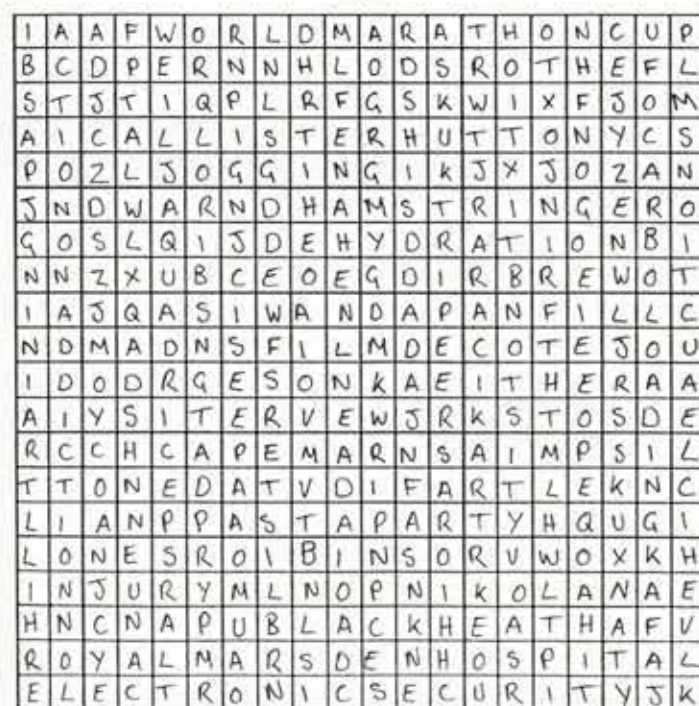
Perhaps you were one of the lucky ones but, if not, we can offer you a second

chance. In conjunction with the London Marathon sponsor, ADT, we are offering guaranteed entries to the first two readers out the hat who complete the following word search correctly.

Runners up will receive a copy of the ADT London Marathon training guide - jam-packed with advice which will serve you well in the run up not just to ADT London but to all similar events.

WORD SEARCH: Find and circle the following words from the grid below.

ADT London Marathon, vehicle auctions, electronic security, Royal Marsden Hospital, IAAF World Marathon Cup, Allister Hutton, Wanda Panfill, Action on Addiction, injury, pasta party, Tower Bridge, Blackheath, quadricap, hamstring, carboloading, blisters, dehydration, hill training, jogging, fartlek.



Answers to be sent to:

ADT London Marathon Competition, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA.

Entries close on February 15. All correct entries will be drawn by ballot, and the winners notified on that day.

The winners' names will also appear in our March issue. The editor's decision is final.

Bad news at East Districts

SATURDAY, December 8, was a particularly cold, windy day. Central Scotland, certainly near sea level, escaped the large amounts of snow that blanketed much of the rest of the country, both to the north and south.

Driving conditions in these parts made it impossible for some runners to get to the East District Cross Country League races at Falkirk. Even so, there were reasonable fields there with the local club doing particularly well.

But as a spectator of the colts' race, I was dismayed to witness something that stopped my involvement in boys' football several years ago. As the youngsters rounded the far end of the loch before the dash to the finish, one "coach", or parent, was getting himself worked into a rage about the performance of one or two youngsters in his club.

This cannot be good for encouraging kids in sport. Particularly in younger age groups, there should be no such pressure put on them. Positive encouragement yes, pressure no. All the kids who took part deserved to be applauded, no matter whether they won or were last.

This is much more likely to keep them in the sport and to make them want to improve themselves than to chuck it because some old guy is having a heart attack thinking they could have ran better, faster, more wisely or whatever.

Jack the lad at Broughton

THE Christmas and New Year period is a time when clubs organise their own races or when there are a number of open festive runs on.

Despite pretty rough weather over the period, there seems to have been a good turnout at most. Two hundred runners - all braver than me - turned out for the Portobello Promethon on New Year's Day.

I saved myself for the traditional pilgrimage to the Greenmantle Dash at Broughton on January 2. This year, despite a great deal of water lying around, the race was won again by Jack Maitland in a new record time - no doubt blown up the hill by the strong wind.

The apres-race in the newly refurbished Greenmantle Hotel was as enjoyable as the prize giving was entertaining. But one question which still hasn't been answered - how come Jack Maitland runs for Pudsey and Bramley all year, but for Leeds University at the Greenmantle Dash?

Only attainable resolutions

THIS time of year is a common one for people making resolutions. Some of these might even be about running. My only piece of advice, speaking from dismal experience, is not to make unreasonable or unattainable - even unnecessary - resolutions. Examples might be to train every day or to push the number of miles up from 30 per week to 50 per week. Such plans can completely destroy morale when injury sets in.

Having said that, planning ahead certainly pays dividends. Races not previously attempted before can prove to be dramatic in revitalising interest if performances have been slipping or if boredom has set in. It's also worth planning something a bit different. Examples might be a hill race, if you've never done one before, or trying out the track at an open graded meeting or one of the league meetings if that's new to you. Even if you don't want to race on the track, there are plenty around which welcome casual use, and they are not all that expensive to use.

My strongest recommendation for a resolution to any runner who is not already a member of a club is to go along and try it for a few weeks and then join up. If you want advice on that, drop me a line and I'll make a few suggestions about the best one(s) in your area.

Uninspiring coverage

I WATCHED with interest the County Durham International Cross Country races, shown on television. I enjoyed watching the struggles at the head of the field in the races shown. However, I can't help thinking that coverage of distance events not held on the track could be much better.

There was very little footage of runners further down the field and the battles and struggles that were taking place there. Similarly, at the end of the race, keeping the cameras on the finish would have revealed a great deal more of the drama that is usually evident as runners battle it out to the finish line.

I was also quite astounded to see a "cross country" course that more resembled a golf course than the mud and flood that is more familiar in most areas!

Hardy annual

MY hat goes off to the hardy spectators who troop out to Meadowbank every year to watch the New Year Sprint. Conditions are often cold and sitting in the stadium for long periods of time requires a lot of dedication, or inner warmth!

This series of professional races has had its ups and downs, but remains a favourite amongst professional runners.

One thing it does for me is to highlight the out of date situation that exists in the relationship between "amateur" and "professional" athletics in this country. Professional runners in this country cannot make a living out of their sport but some amateurs if they get to, or near, the top in their sport, can. This cannot be right.

Perhaps 1991 will see sensible discussion taking place that removes the penalty suffered by honest "professional" athletes which prevents them from competing against "amateur" athletes who can store up sizable amounts of money in their trust funds.

Don't get me wrong, I'm not against runners being rewarded - financially or otherwise for outstanding performance. I've trained alongside "professional" athletes and didn't notice anything odd about them. I am against a system which prevents all athletes competing together.

Start time problem

AT the Falkirk meeting, and also the week before at the Lita Allan meeting at Kirkcaldy, I had a great deal of difficulty finding out at what times the various races started. Please, please would race organisers, when they are advertising race meetings, give the times of the various races. It would be useful too if the SCCU handbook published the start times of races.

Success at Clova

THE Glen Clova race certainly drew a bundle of much deserved praise, and rightly so. I hear that the organisers are expecting a deluge of entries of this year's event. To try and cope - they have to limit the size of the field because of the nature of the location - they are considering giving priority to those who ran in 1990.

I think they are quite right but would suggest that they set a closing date for guaranteed entry considered. There can't be that many half marathon style races in Scotland which are in the position of being vastly oversubscribed.

Any other news or gossip to the usual address.

MIKE RAKER

