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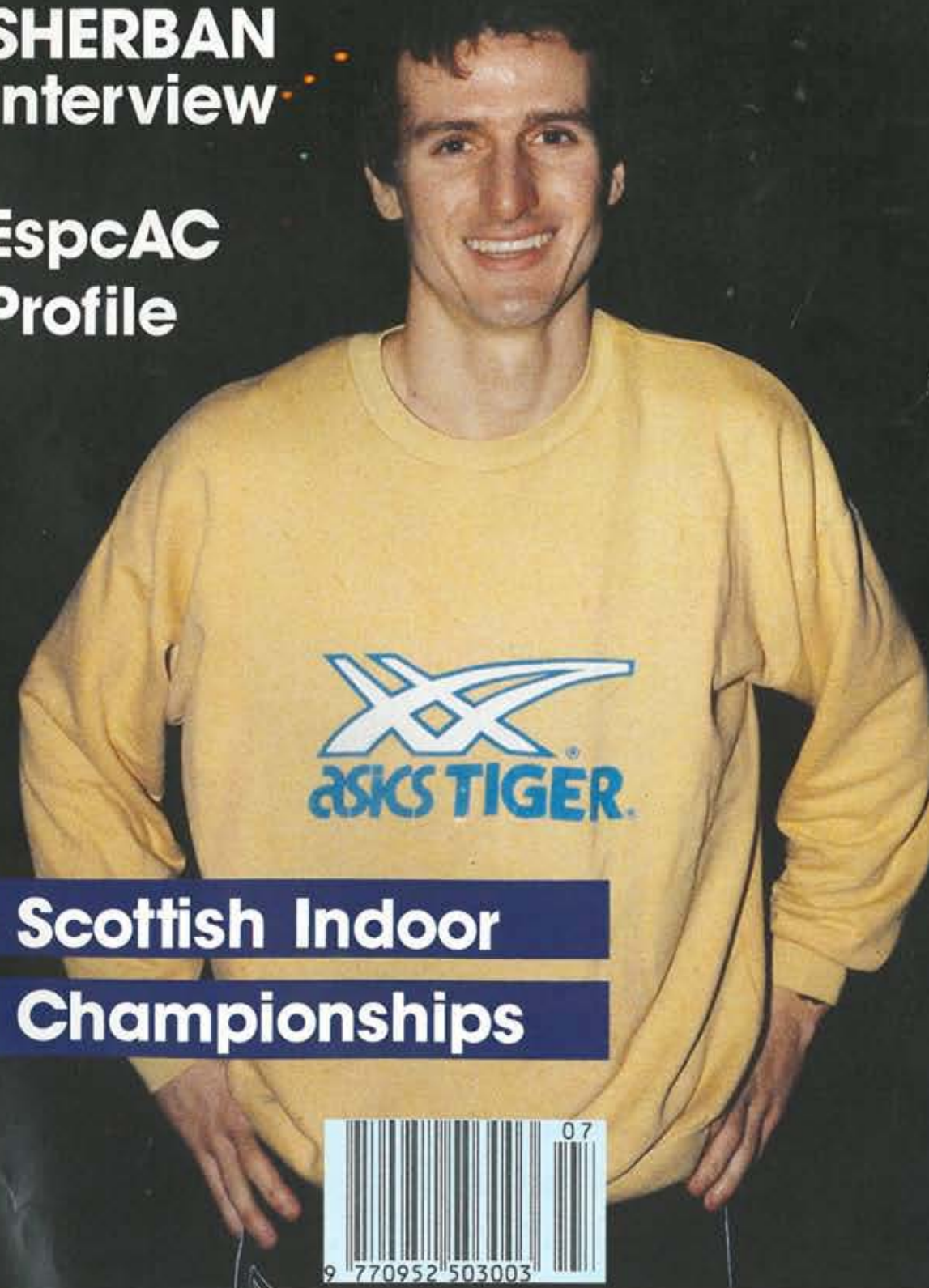
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ISSUE 55

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RACE ORGANISERS PLEASE SEND YOUR ENTRY FORMS

SAAA BALLOT-RIGGING CONTROVERSY

ALLEGATIONS of ballot-rigging have rocked the Scottish Amateur Athletic Association, writes Doug Gillon.

Cambuslang's Des Yuill has been appointed to chair a sub committee charged with investigating the misuse and abuse of mandates at last December's annual general meeting.

His club complained about possible irregularities in the allocation of club mandates, the document which allows club delegates to cast a vote. It is technically permissible for a member of one club to carry the mandate of another, or indeed for someone not even involved in athletics to do so, provided they have the club's permission.

The matter is delicate, because John Brown was canvassing nomination for the post of vice president while holding the post of treasurer. Both posts have not previously been held simultaneously by one official. There is further concern because one long-standing member of the West District committee, Alex Naylor, was turfed out by a single vote. Earlier he had voiced concern over the fact that Brown, the British athletics team administrator, was attempting to hold the two posts.

"If there has been misuse or abuse of mandates, that has to be prevented in future," said Yuill. "It is

true that someone who is not a club member may carry a mandate for another club, but ethically we would question the right of a senior office bearer, particularly one seeking further office, to be involved in such a practice."

Yuill says he has already been assured by members of the executive that nothing untoward has occurred. But he is unhappy, and the fact that an inquiry has been deemed necessary demonstrates that the committee is less than delighted.

"There is a clique on the general committee, and some people may believe they can orchestrate things," observed Yuill. "Many clubs feel we have reached the stage where the sport has lost control, and that clubs can't regain control because of the voting at these meetings."

Yuill was concerned to learn that the mandates had been removed from the SAAA offices by general secretary Bob Greenoak before he could examine them.

But it must also be a matter of concern that the establishment of an inquiry sub committee was not seen as sufficiently important to be included in a nine-point press release issued by the association.

Gregor Nicholson, the national athletics administrator, said when this was pointed out that there was no significance in the omission.

"It was merely an accidental oversight," he said.

SCOTTISH SELECT SQUADS CHOSEN



Elliot Bunney

Cosford, on March 2, they face a Welsh Select, and Midland, Northern, and Southern Counties.

Teams:

Kelvin Hall: 60m: E Bunney (Cal), E Clark (Pit); 200m: Bunney, N Turnbull (Cal); 400m: M Davidson (Ab), G Fraser (Sandwell); 800m: A Murray (JWK), B Murray (Cal); 1500m: I Campbell (DDH), I Gillespie (Cal); 3000m: I Johnston, G Grindley (both FVH); 60m hurdles: N Fraser (Inv), G Smith (ESP). 4 x 200m: Bunney, Clark, Turnbull, Davison. High Jump: D Barmetson (Inv), N Robbie (Mel); Pole vault: I McKay (ESP), A Greig (FVH); Long jump: D Mathieson (Ab), J Scott (ESP); Triple jump: Scott, N McMenemy (Ctr); Shot Put: N Mason (Fife), J Grundy (Hel).

Cosford: 60m: Bunney, J Henderson (both Caledon Park), 200m: Bunney, Turnbull; 400m: Davidson, Fraser; 800m: A Murray, B Murray; 1500m: Campbell, Gillespie; 3000m: Johnston, Grindley; 60m hurdles: Fraser, Smith, Medley relay A Murray (800m), Davidson (400) Bunney, Turnbull (200); High Jump: D Barmetson, J Stoddart (Gla Uni); Pole vault: McKay, Greig; Long jump: Mathieson, B Ashburn (CAC); Triple jump: Scott, McMenemy; Shot put: S Whyte (Luton), N Mason (Fife).

AS well as Reebok Racing Club, the SAAA has approved the affiliations of Moray House AC and Stromness AC. The resignations of Kinlochleven AAC and E Kilbride IRSAC were accepted.

Vote on BAF

THE SAAA and SWAAA will hold special general meetings early in March to vote on the proposed establishment of a British Athletic Federation on October 1.

The constitution of the two governing bodies does not permit a joint special meeting. However, a joint open meeting of at least two hours will be held to discuss proposals. That will be followed by the SAAA special general meeting and then, immediately, by the SWAAA equivalent.

All clubs have received a copy of the BAF Ltd's memorandum and articles of association.

The special general meetings must take place before March 17, the date on which the British Amateur Athletic Board will decide on a resolution to wind up and become the BAF.

Glasgow girls may miss European club event

AT the time of going to press, City of Glasgow were attempting to raise £1000 in order to compete in the European Club Championships for women.

A letter from the SWCC&RRA initially told three of the Glasgow girls that they would be refused permission to run because they had been selected for the UK Championship and world trial on the same day.

Subsequently that ban was

withdrawn, but because the SWCC&RRA had to pay for flights to London for the UK event, they were unable to fund the European Club trip which they have done in recent years by good housekeeping.

Secretary June Ward hoped that in future there would be cash available, but pointed out that they were the only governing body in the UK, male or female, to have wholly funded the national champion team in recent years.

IN view of the number of athletes and clubs taking advantage of the "secondary first claim" rule, these

competitors must now register with the SAAA administrative office where a form should soon be available.

MEDAL MESS RESOLVED

THE issue of the first Scot in the national track championships not receiving a medal has been resolved by the SAAA. They commendably tried to wring a reciprocal deal out of 14 other European nations - we let you compete in our championships, so let us come to yours - but not one of them would agree.

Rather than put up the barriers, Scotland has agreed to keep the event open - our athletes apparently prefer hard competition to a soft title - and in future, the first Scot, irrespective of where they finish, will receive a medal.

TOM'S BEST KEPT SECRET



ANDY Norman unwittingly revealed Tom McKean's best-kept secret when he told a London press conference that a knee injury would keep the European indoor and outdoor 800 metres champion from contesting the world indoor championships in Seville, writes Doug Gillon.

The English media showed not a flicker of interest, save for the Daily Mail's John Burton, on whom frequent visits north of Hadrian's Wall and contact with the Scots at international championships has clearly had a civilising influence.

Burton put the fiery cross around. Had McKean indeed been crocked? Well, no, Norman, the Mr Fixit of British athletics, had not quite got it right.

"The reason I am not doing the world championships is because I had 18 months without a break right through from the summer of 1989, with the Commonwealths and European indoors, right through to Split last autumn," said Bellshill YMCA Harrier McKean.

"I plan to do the World Championships in Tokyo this summer, then an indoor season next winter, and go right through to the Olympics in Barcelona next year. There is no way I would consider racing indoors in three successive years without a break."

But, he admits: "I did undergo a minor exploratory operation last September."

When McKean won the European indoor crown a year ago at the Kelvin Hall, he had a nasty

moment in the heats when he was almost knocked to the ground. "I felt a slight twinge in the left knee, and it niggled me off and on all year," said McKean. "There was only a slight swelling, but the knee was getting no time to recover. It just would not go down."

"After the European championships in Split I spent one night in hospital, and went home the next day. The operation, with a fibre optic, left just a tiny scar. It was just a check to see if there was anything wrong. There was not."

"I was due to have a fortnight's holiday, but the doc told to make it a little longer. I took a further nine days, and have been training normally ever since - that was way back in October."

He has just completed two intensive weeks of training twice a day, seven days a week, with Tony Morrell, who is now also being coached by Tom Boyle. "I can assure you I would not have been doing that if the knee was a problem," said McKean.

But while the knee is A1, the prolonged failure to recruit a sponsor as a successor to entrepreneur Glen Henderson is proving a headache to both McKean and 3000 metres champion Yvonne Murray. One deal, worth more than £50,000 over 12 months, recently fell through thanks to the sudden withdrawal of a leading health care company.

"I can't believe that if these were two English athletes we would still be having problems," says Boyle.

Have grant, will compete

EXCELLENT runs in the first IAAF grand prix for cross country runners, at the World Cross Challenge races in Mullusk and Limerick, saw Scotland's Robert Quinn, Tom Murray and Nat Muir pick up points. So, too, did Glasgow veterinary student Hailey Haining, but the Nith Valley woman, currently the top-ranked junior in the UK, had an unsavoury experience at the hands of the Limerick organisers, writes Doug Gillon.

Tony Linford, the UK product manager for Reebok, believed he had agreed with race director Bernie Hartigan for Haining to run in the Republic. A nominal sum was to be paid into Haining's trust fund, and her expenses paid.

Linford came straight from negotiations with Hartigan and confirmed official approval with Scottish team manager Marjorie Cook.

He sent Haining a letter confirming all details, and she was to pick up her flight ticket at the airport. Hartigan claims he later withdrew Haining's invitation, in midweek, but as she lives in halls of residence Linford was unable to contact her. When Haining arrived at Glasgow Airport there was no ticket. But with money from her newly-paid grant still in her bank account, she signed a cheque and paid her own way.

Hartigan initially refused to pay her flight, but then, prior to the race, agreed to do so when he heard the background. After the race, which made a loss of £15,000, he went back on his word, not only to Haining, but to other competitors. Linford, mercifully, came to the rescue.

The sting, for Limerick, is in the tale. Reebok are currently in negotiation not only for the whole World Cross Challenge, but for the world championships as well, at a cost in excess of £1m. Linford will have a substantial say in the matter. He is appalled at Limerick's treatment of athletes, and has written a letter of complaint to the IAAF.

"I believe this meeting should be removed from the series," he said.

FUN, NOT ELITISM!

THE SAAA decision to approve the affiliation of Reebok Racing Club Edinburgh may have serious repercussions for Caledon Park Harriers.

Five internationalists are poised to quit the country's strongest club, writes Doug Gillon.

The new club's founder, Alan Robson, confirmed that the five are Tom Hanlon, the national steeplechase record-holder and Britain's Europa and World Cup representative; his Commonwealth Games team mate, sprinter Dave Clark; multiple national hammer champion Laurie Nisbet; and British biathlon champion Brian Kirkwood. Robson himself has represented Scotland on both road and country.

Even though the sportswear firm has sent equipment to the new club, Robson stresses that they do not wish to be seen as an elite group. "There is too much bickering in Scottish athletics - we just want a bit of fun, and a club atmosphere where everyone pulls for each other. If we get enough people, we will apply for membership of Division 5 of the Scottish league."

The new club is guaranteed to make a big visual impact - their strip is described as radioactive cherry red.

The SAAA also accepted a change of name for Minolta Black Isle who have dropped the prefix NOT from their title following the financial demise of their sponsors.

THE Great Britain v USSR match at Meadowbank on July 19, the perfect opportunity to tune up for the World Championship trial the following weekend in Birmingham, will be sponsored by McVitie's.

COX SNUBS OFFICIALS

DESPITE heaping abuse on Scottish Cross Country Union officials, writes Doug Gillon, the confused Greenock Glenpark runner, Hammy Cox, was offered an olive branch then snubbed them again!

Cox, citing his road form, had ranted at international team manager Jim Scarbrough and his fellow selectors when he was passed over for national cross country teams this winter. He stated categorically that he would not compete again for Scotland.

A week later he complained that selectors had the nerve to believe this when they read it in the papers.

"They should have checked with me," he said.

Then, after having finished third in the West District Championships behind Tom Murray (later disqualified) and Alaister Russell, he yelled at Scarbrough: "You couldn't pick your nose."

He declined to accept his medal: "I wouldn't shake hands with any of that lot," he said. But he confided he wouldn't mind running in the Inter County Championships.

"I can get plenty of road races on my own but I need to be selected by Scotland to run the inter counties," he told me.

All credit to the long suffering Scarbrough - when he heard this, he phoned Cox and offered him a place. You've guessed it. Cox turned him down!

Just to confirm their good faith, Cox was named as a reserve for the Scottish squad which compared in the UK trial for the World Championship.

Cox has been running well - second in the Nigel Barge, and victory in Shettleston's Jimmy Flockhart Memorial.

Meanwhile, speaking of selectors, Mike McLean, convenor of the SAAA international selection committee, has stepped down due to pressure of business.

He is succeeded by George Duncan of Perth Strathay Harriers. Duncan has retained McLean on the committee, as well as Colin Shields, and he has also taken the commendable step of giving the recently-formed Scottish Athletes Club a voice.

The SAC treasurer, Glasgow solicitor Gordon Ritchie, has been cooped.

"George told me politely that I would be the most acceptable member from the SAC committee," said Gordon. "I think what he really meant was that there was no chance of my ever facing a conflict of interest."

That is legal jargon for an admission from Ritchie that he has no chance of ever being considered for selection!

Never mind, Gordon. They also serve...



PETER Fleming finished seventh with a lifetime best of 2-14-55 in the Houston marathon on January 20. Bursitis, caused by running on snow before his departure for Texas, meant he could train only once in the week before the race.

Qualifying races

THE following events (two from each category) have been nominated by the SAAA as the qualifying races for the Scottish Road Race Championships:

10K: Dundee (May 12), Aberdeen (May 26), Inverclyde (June 16), General Portofolio Edinburgh (July 7).

10 miles: Tom Scott Memorial (April 6); Ravenscraig (May 19);

General Portofolio Aberdeen (Aug 11), Carlisle (Aug 31).

Half marathon: Inverness (March 17), Dunfermline (June 9), Land O' Bums (Sept 8), Falkirk (Oct 20).

Bonus points, at a value yet to be decided, will be awarded at the individual SAAA championship races over each distance.

DUNDEE'S LAST MARATHON

DUNDEE'S last marathon, to be held on May 12, will incorporate the Scottish Veterans' Championship. Meanwhile, a 10K race which will be staged in the city centre will play host to the SAAA 10K Championship.

Duncan McHardy of Dundee District Council expressed regret that this was to be the last marathon but said that it had fulfilled its intended purpose of encouraging an interest in sport in the Dundee area.

"Since 1983 we have seen thousands more people take up sports and take an interest in general fitness," he said. McHardy added that numbers were no longer sufficient to justify its cost, although the popular 10K and half marathon in the city would continue to be staged.

Calling all greens

IF your politics have a tinge of green and you are running alone in this year's London Marathon, you might be interested in a request being made by Charles Crookenden, marketing director of Operation Raleigh.

Crookenden is hoping to raise money for Operation Raleigh's elephant and turtle conservation and also for worldwide community projects run by the organisation, by getting together an Operation Raleigh London Marathon team.

Those interested should contact Operation Raleigh on 071 351-7541.

Can't run, won't run

PITREAVIE teenager Matthew Kelso will soon leave Queen Anne High School and almost certainly will sign up with local senior football club Dunfermline. When he does, Kelso will find himself in the same situation as sprinter George McNeill, who, but for an antiquated rule, might successfully have rivalled Valeri Borzov, the 1972 double Olympic sprint champion.

Professionals in cricket and football are automatically branded as pros under SAAA rules, and the continued existence of this stifling clause, more than 20 years after McNeill was banned, seems outrageous.

The Scottish Rugby Union, which applies a far stricter interpretation to the word "amateur" than the SAAA, allows rugby players to race in pro meetings yet still play amateur rugby.

Kelso was runner up in the AAA youth 1500m last year and placed third in the steeplechase at the British Schools international. But the current SAAA rules mean that if Kelso wishes to continue running he will have to enter pro races.

Do you have any news or views which you would like to share with other readers?

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GIFT VOUCHERS

Ultra Distance Cup

WIDENING interest in ultra distance running has prompted the 100km Association to organise an annual British Ultra Distance Cup.

Five races, including Scotland's Two Bridges in August, will form the basis of the cup, two of which will be 100km races. Points towards the overall title will be awarded on the basis of competitors' best times in one of the 100km races and also their three best places.

While the winner of the cup need not be a member of the 100km Association there will be some prizes reserved for members. There will also be prizes for the best novice and for the most improved 100kms performance.

The races which will form the framework of the new cup are: Feltham Puffers' 24 Hour Foot Race (May 6), National 100kms Championships (June 2), Lincolnshire Ultra 100kms Race (July 21), Two Bridges Road Race - 36 miles (Aug 24), London to Brighton Race - 52 miles (Oct 6).

A copy of the rules can be obtained by sending an s.a.e. to co-ordinator John Foden at 141, Davies Toad, West Bridgeford, Notts, NG2 5HZ.

Road runners join forces

AFTER five years in existence, Blairgowrie Road Runners have hung up their running shoes (in name only) due to lack of support and high affiliation fees.

At their agm in the Royal Hotel, Blairgowrie, in January, members agreed to amalgamate with Perth Road Runners. Now, as well as travelling to Perth to train with PRR on their training nights which are Tuesdays and Thursdays, the Blairgowrie branch meet on a Wednesday evening at Blair Recreation Centre.

Over the past five years BRR have put Blairgowrie on the map as far as running is concerned. Two sponsored runs for Sport Aid involving local people raised some £4,000. The club also organised 10 mile and 10Km runs which many

runners attended. These runs will continue.

In addition the Road Runners assisted with the running of the Blairgowrie 500 Half Marathon and many more events. Vice president Bob Ellis said that it was with some regret that the decision was made, but he believed it to be the right one. He and former president Janine Robertson thanked members for their commitment over the previous five years.

Meanwhile, this year's Blairgowrie Half Marathon will be held on September 28 to avoid fixture congestion at the end of August.

Last year's new course will remain, and the usual free swim is available afterwards, as is the supporting fun run.

Scotland's favourite road race

SUNDAY July 7 will see the sixth Stonehaven Half Marathon commence at 11am at Stonehaven Leisure Centre.

The event was voted, in a survey held by Scotland's Runner, to be Scotland's favourite road race and to have the most scenic route. It also came second behind the Great Scottish Run as the best organised race.

Runners will be well looked after, with medals and certificates for all finishers, plus plenty of drinks, mars bars and bananas.

Anyone requiring further information and entry forms should write or phone race organiser Audrey Lockhead at Kincardine and Deeside District Council, Leisure and Recreation Section, Viewmount, Arduthie Road, Stonehaven (Tel: 0569-62001, ext 267).

PROFESSIONAL sprinter Pat McCafferty, aged 40, from Balloch, has been reinstated as an amateur.

BRITISH Airways is once again to sponsor the Shetland Roadrunners Race, which will be held this year on June 23.



ARTHRITIS RESEARCH

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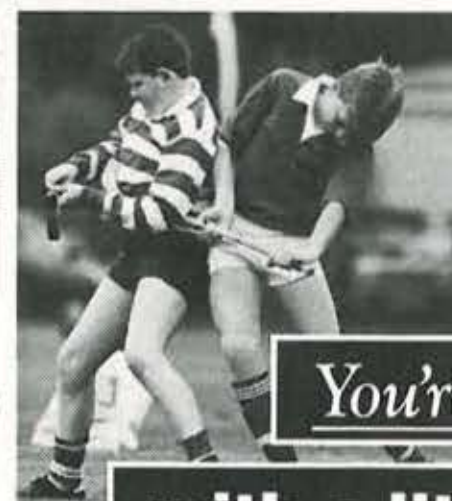
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SAF - THROWING OUT THE BABY WITH THE BATH WATER?

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SIR - I should perhaps state at the outset that the views I am about to express are my personal ones - just in case anyone does recognise the name and think I am expressing the official viewpoint of a certain organisation.

I am not "agin" reorganisation of Scottish Athletics (the proposed Scottish Athletic Federation) in the name of efficiency, but I do feel that unnecessary pressure is being applied to arrange a new constitution and organisation for Scottish Athletics without sufficient time and thought being given to the proposals. I would very much like clubs and individuals to consider these proposals and the likely ramifications. There is a strong danger of opinions being influenced and moulded by the output from a limited number who advocate the current proposals.

The expressed aim of this new body is said to be to draw together within the framework of a single constitution the various bodies which presently relate to different aspects of athletics, and to allow the future development of athletics as a whole to be more easily determined. By whom? The clubs, governing bodies or the Scottish Sports Council?

The insinuation is that the present governing bodies don't really know what they are doing and athletics is not developing properly. The fact is that nearly all aspects of the sport - track and

field, cross country and road running do have proposals and schemes for development; what they lack is money.

Despite the strong desire of the Scottish Sports Council to compartmentalise athletics because it appears to suit their purpose for dealing with one body for grant aid, there is no indication that increased grant aid is likely. They already have one body, the management group for Scottish Athletics, which is perfectly capable of discussing a joint grant aid submission and has done for the past two to three years.

Many of those who advocate this single body - and the format proposed for the SAF is unlike that for BAF, which at least allows separate recognition of track and field, cross country, road running, hill running etc - state that by dealing with one body it is bound (?) to be more efficient, less costly (one subscription) and increase development. What they have not done is state or delineate how this will be done. Just let us consider some of these points for instance:

One subscription? This will not be reduced overnight to £40 or £50. All aspects of athletics will have to continue to operate and the one subscription is likely to be an amalgam of all the current subs in order to continue functioning as before. One body is also likely to mean one secretary (or administrator) which is hardly likely to be an honorary official. Who is going to pay for the increased administration carried out at present by the many "honorary" secretaries - the sports council?

Is the amalgamation into one

body suddenly going to produce a rash of new ideas? By all means let us discuss ways of improving athletics and its overall development, but do not let us throw the baby out with the bathwater.

At present there are a great many people beavering away on a voluntary basis in the four (which could certainly be reduced to two) governing bodies, and every one of them is needed. Those who serve on these general committees are well aware that there are insufficient numbers now to carry out all the work that is necessary.

The proposed general committee for the new SAF merely appears, to me at any rate, to concentrate power into a few hands and relegates cross country to a sub-committee of track and field. This I do not consider that it is. Cross country is different from track and field and deserves to retain its identity after 100 years.

Cross country was developed as a separate entity by the harrier clubs, some of whom have already celebrated their first 100 years, and many more will do so before the turn of the century. Whilst for many of the top athletes, as Derek Parker has recommended, track sessions are essential for building up speed, many, many athletes who treat our sport as a hobby are happy to run cross country and road races only.

The primary objective should be to encourage participation - why have a Year of Sport otherwise. The competitive and the more talented will always seek ways of improving their performance and I do not think that the disbandment of the Scottish Cross Country Union is necessarily one way of achieving this. Coop-

eration amongst the existing bodies as has been happening via the management group for Scottish Athletics can in my opinion achieve what is required.

One subscription and one office is already almost with us, why throw away 100 years of history just to satisfy a few, as I am not certain as yet the proposals are really what the majority really want.

I have no doubt the advocates of the system will accuse me of being "Neanderthal" or "head in the sand", but there are other ways of achieving the aims stated, but time and discussion is needed.

Forcing us into a tight timetable appears to me to indicate that there are some in a hurry who feel that the best chance of achieving this change is to rush it - why?

I feel, sir, that you might be unlikely to produce this letter in full as I have expressed myself at length, albeit I would have liked to expand my views further.

What I do wish to provoke is discussion of this subject to prevent athletics rushing into a reorganisation which might not necessarily be the one which is actually required for the 21st century.

J.E. Clifton

(Ian Clifton's letter is published in its entirety. As this is a momentous decision for Scottish athletics to take, every effort will be made to accommodate in full all letters on the proposed Scottish Athletics Federation - Ed.)



The Edinburgh to Glasgow Relay

MORE MARSHALLING PLEASE

37, Glen Clova,
East Kilbride.

SIR - I read with interest the article in your January issue concerning the Edinburgh to Glasgow Relay.

Having run in this race myself I would support the comment on the lack of marshalling in what is such an important race.

But how can we really hang that tag on a race which puts runners at such risk from motorists and also allows them to "guess" at some points what direction to take?

I agree entirely with the last paragraph; all clubs are well used to

providing stewards for their own races, and, let's face it, runners make the best marshalls as they know the requirements.

How often I have seen stewards standing at a junction, hands in pockets, as if you were supposed to ask first before they pointed the way!

Why don't participating clubs in the Edinburgh to Glasgow take four or five miles each, and steward it as necessary. If by doing this their funds receive a boost from the sponsorship money, surely that's for the benefit of the sport as a whole.

Roderick M. Shanky

POWDERHALL PLEASE

4, Arrighi Crescent,
Crail.

SIR - May I add some notes to the letter "Promote the Sprint" in last month's issue, which refers to the New Year meeting at Meadowbank.

Firstly there was a photo finish in use for the 110 metres but I'm not sure about other races.

Secondly, why should an athlete pay entry money to race and a further £5 to gain admission to the stadium? The admission is a bit steep, as two races have been omitted since last year.

Forget Meadowbank and take the event home to Powderhall. Not all athletes have access to a tartan track and Powderhall has better facilities.

I noticed there were no results or pictures of the New Year Sprint in Scotland's Runner. There were just a few lines on Page 10 and in the diary a wee story from Mike Raker.

Did your readers know that Alan Doris, former SAAA champion, also won the consolation 90 metres and was just beaten by inches in the cross tie of the 110 metres? Some fine running, but no report in your columns.

I also agree the meeting would

receive a boost from amateurs. It's up to the amateur authorities to give permission to registered athletes for the right to run and for both governing bodies to sit down and get their act together.

Will sense ever prevail in the Scottish athletic scene?

Carol Woodcock

Young matters

58, Brackenbrae Avenue,
Bishopbriggs,
Glasgow.

SIR - I have been running for three and a half years and I am 14 years old. I am a member of Strathkelvin Ladies AC and I enjoy reading your magazine, but I think you should devote a small part of it to younger athletes.

I was particularly impressed with your "schools" section in February's issue. There are occasional comments about younger athletes with great potential, like Isabel Linekar, but surely you could comment on certain team selections and championships for younger athletes.

Although we can't exactly join in the discussions about marathons, for

example, we are still very interested and I am sure your adult readers would be interested to read about young athletes as well as older athletes. Remember, we are also Scotland's runners.

Marianne McKee

P.S. I was impressed with the January cover which was of young athletes, one of whom was my friend who is also a Strathkelvin Ladies athlete.

(A page for younger readers will start next month, but for it to work properly we need feedback from these same readers. Write to the usual address, telling us what type of items you would like to see included - Ed.)

THE INVISIBLE FOURTH MAN

17e, Kilcreggan View,
Greenock.

Sir - I feel I must write with reference to Colin Shields' book, *Whatever the Weather*.

Being a Glenpark Harrier myself, I was particularly interested in the season

1988-89 when Glenpark went through a purple patch, winning the McAndrew, Western District and national relay titles.

From Colin's accounts it seems our teams were made up of Hammy Cox, Alan Puckrin, Tommy Murray and the Invisible Man. As everyone knows, these teams consist of four teams.

At the Western District we are told: "After a poor start of twentieth position", victory was achieved. Left out was the fact that our first leg runner Martin McKendrick was badly spiked resulting in a badly gashed foot, at the same time losing the spike itself. Nevertheless he still managed to overcome these difficulties to keep the other three in the hunt.

As for the national. Quote: "After finishing fifteenth at the end of the first lap, H. Cox, A. Puckrin and T. Murray overcame the deficit."

To finish fifteenth on the first leg of the national is no mean feat as any runner will tell you.

The runner in question this time was Phil Russell. On the day, Phil had an excellent run.

So why not mention these athletes? It took four men in each race and the two athletes I have mentioned have the medals to prove it.

Maybe it's because they don't come into the elite category.

Brian McGuinness

SELECTION POLICY SHOULD BE CLEAR

14, Caledonia Crescent,
Gourock.

SIR - Every year it appears that athletes have some complaint regarding selections made by the SCCU selection committee, and while believing that the committee tries to be fair in its selection process, surely the members are inviting criticism by not making their policy known in advance?

Without this being done, is it surprising that there are accusations of favouritism/discrimination?

My suggested policy is:

1. *For SCCU v N Ireland v Universities:* This is the most difficult to select as there have been no meaningful cross country races in the West and only one East District League. Selection should be on the basis of form up to and including the Edinburgh to Glasgow Relay.

2. *For the Durham and Mullusk IAAF races:* There are ten places available (four in each team and two reserves). I would suggest the first six in the SCCU match are automatically selected, leaving up to four places available for athletes who were unable/unwilling to run the SCCU event. This would have the added advantage of ensuring a high quality turnout in what is after all the SCCU showpiece event, while also allowing a good deal of flexibility.

3. *UK Championships (world cross country trial):* There are 12 places available and I would suggest that the



Steve Ovett - one of many "non-Scots" providing a boost to Scottish athletics.

first four athletes in the East/West district championships are automatically selected along with the North district champion. This leaves three places for athletes who were unable to compete in the district championships. Again, it should ensure a good quality turnout in one of the major domestic events.

4. *Selection of reserves:* I would suggest that reserves are named in advance along with the team. This would enable the reserves to prepare for the event both in terms of training and work. Many employers are unable/unwilling to give time off at only 24 hours notice, but if the reserve had been warned a fortnight earlier the path would have been smoothed.

I think that these steps would be of benefit to all concerned, particularly the officials, but I feel they only have themselves to blame some of the time due to the apparent secrecy which surrounds certain selections.

Finally, on a more optimistic note, I have noticed an improvement in the quality of runs by Scots in races, with good runs in particular from Messrs Robison, Quinn and Murray in recent weeks. This could be due to the stimulus coming from the arrival of so many non-Scots, i.e. Messrs Ovett, Binns, Wightman, Sherban and McCavana, plus the longer established Peter McColgan and Ian Hamer.

What ever the reason is - long may it continue!

Alan Puckrin

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

Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today.

It can play havoc with muscular co-ordination. Most sufferers have difficulty getting around; some are chairbound, or even bedridden.

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



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ELITIST VIEWS

17, Annfield Street,
Dundee.

SIR - Allow me to take issue with some of the views expressed by Gordon Ritchie in his recent thinly-disguised tirade against Malcolm Brown (February issue).

Over a number of months, Gordon has taken on the role of self-appointed spokesman for all sports involving vests and shorts. He should try to remember, before making grand utterances on behalf of "Scottish Universities", that his remit extends only to athletics - and that some of his colleagues do not agree with his views.

The gist of his argument with Malcolm Brown is over the suspension of a British Universities event in favour of a British Students event. The great majority of readers who have no particular interest in

student sport may find the distinction difficult to follow, and thus may consider Gordon's simplistic arguments regarding costs and stiffer competition as plausible.

However, these two points, on which Gordon hangs his opposition to the event, are the best reasons for its support. Gordon claims that Scottish university students will find the costs prohibitive and that many athletes, eliminated in the early stages, will be reduced to being "also-rans".

Would it then not be sensible for those eliminated in the early stages travel home early to minimise costs?

I fear that the real reason behind Gordon's irrational opposition to combined events lies more along the lines of: "He's not a student - he's at polytechnic!" It's an age-old prejudice among university students, but which sums up the attitude in this skirmish.

Gordon claims to have spoken to a majority of students and the "overwhelming view" supports him. This does not square with my own

experience of student athletics. On February 2 I will be accompanying 80 Scottish students, drawn from colleges and universities across the country, to Sunderland Polytechnic, where they will be competing in the British Students Cross Country Championships.

Not one athlete has voiced any misgivings about competing in a mixed student event. It is also, sadly, a possibility that all 80 will return without medals, or in Gordon's parlance, also-rans. Again, I have heard no complaints.

Of these 80 competing at Sunderland in a mixed event, over 50 expect to be competing on the track this summer. Does Gordon really expect us to believe that they suddenly become elitist when competing on a track? I think not.

The opportunities for college teams and students to compete against their university colleagues in all sports has been seriously limited in the past by this elitist attitude. University students have no monopoly on the right to compete. This fact was established recently when

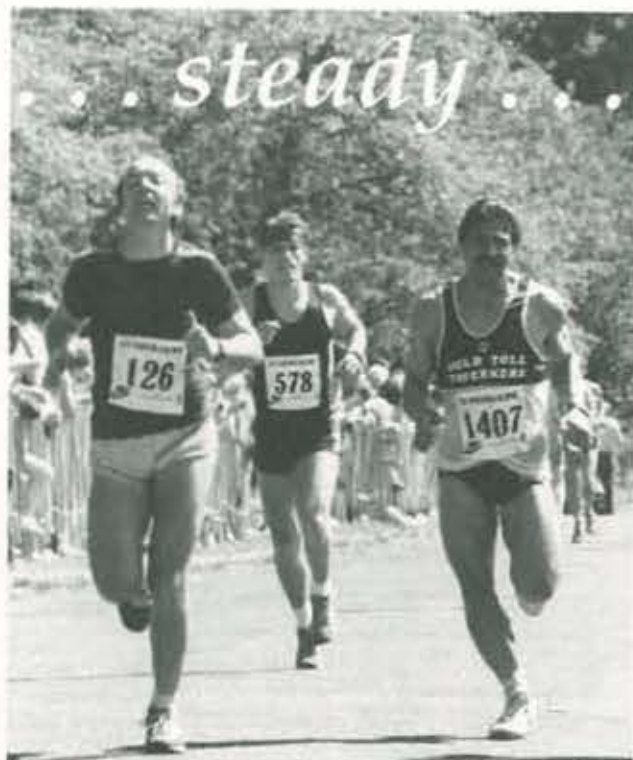
a Scottish Students rugby team was created, drawing over half of its talent from the colleges.

We, in cross country, are making our own tentative moves in this direction, and have already included college runners in our Scottish Students teams at Dumbarton and Cumbernauld. We also continue to strongly support all combined student events.

The distinction between colleges and universities is, thankfully, being gradually eroded both academically and in terms of social status. Unfortunately, in some sporting circles the malaise lives on, but it is to be hoped that Gordon will be able to see the benefits, not to mention the necessity, of descending from his own little ivory tower in the near future.

Paul G Coyle,
Secretary,
Scottish Universities Cross
Country Club.

Ready... steady... go



Athletes must set their own pace when running in a group.

All distance athletes must integrate long, steady running into their training programmes. Derek Parker explains how to do it.

SINCE time immemorial, the long, steady run has been an indispensable part of the distance-athlete's training programme. As well as yielding the obvious benefits of improved physical and mental fitness, it is instrumental in moulding team spirit which can increase training and competitive performance.

But like every aspect of a coaching schedule, the long steady run must be integrated into the overall training programme. It should take into account the athlete's race distance, fitness, experience, and the time of year when he intends to peak for major competitions.

It must never be regarded as an end in itself. It is the means towards an end. That end is to race successfully and to avoid the injuries and stress-related illnesses which impede progress and the fulfilment of one's potential.

While group running has its benefits, it also has its disadvantages. If everyone in a squad runs at the same pace it is quite possible that no one in the training group will gain any advantage.

For some, the pace would be too fast. They would exhaust themselves so much in trying to complete the session that they would have no mental or physical energy left to race with.

Likewise, other athletes in the group would find the training pace too slow. Because they have not pushed themselves sufficiently in training, they would not be able to cope in races with a pace which they could have sustained if they had run faster in training.

So the golden rule is that when planning a long, steady run in a group situation the pace must be at optimum speed for each individual.

What is optimum speed? The Karvonen Table for calculating training thresholds provides an answer. The athlete's maximum pulse rate is determined by subtracting his age in years from the theoretical limit of 220. He then deducts his resting pulse rate from his maximum pulse rate and calculates 60 per cent of the difference. The ensuing figure is then added to the resting pulse rate. The subsequent total is the pulse rate which the athlete must achieve in exercise if his training is to improve his heart-lung endurance and help him to prepare adequately for competition. For example:

Athlete A is aged 20 and has a resting pulse rate of 40. When this figure is deducted from his maximum pulse rate the result is 160. When 60 per cent of 160 (i.e. 96) is added to the resting pulse rate the final figure is 136 (i.e. $220 - 20 - 40 + 96 = 136$). Therefore Athlete A must increase his pulse rate to 136 for his training to take effect.

Athlete B is also aged 20 and has a resting pulse rate of 80. Using the same formula, it can be discovered that he must raise his pulse rate to 152 for his training to be effective (i.e. $220 - 20 - 80 + 72 = 152$). Therefore, the training threshold for Athlete B is 152 pulse beats per minute (Note - pulse rate, which is commensurate with heart rate, is calculated in beats per minute).

It is evident that a person with a resting pulse rate of 80 can only increase his heart rate by 2.5 times before exhaustion sets in and precludes further exercise.

His fitter counterpart, with a resting pulse rate of 40, can increase his rate five times

before he reaches the same level of fatigue.

The Karvonen Table stipulates the minimum pulse rate which an athlete must attain for his training to produce an effective physiological response. At the other end of the spectrum is the optimum blood accumulation run (abbreviated to OBLA).

Its purpose is to produce a high pulse rate, albeit one which does not take the athlete into a physiological situation in which the muscles are swamped with vast amounts of lactic acid as a result of unmanageable oxygen debt resulting from too fast a pace.

As most athletes know, high concentrations of lactic acid in the bloodstream cause rapid deceleration and cessation of activity. This is because the anaerobic (i.e. without oxygen) breakdown of muscle glycogen to lactic acid to provide energy is very costly and liberates far less energy than that produced aerobically (i.e. with oxygen) by the oxygenisation of foodstuffs stored in the human body in the form of glycogen.

The physiological basis of the OBLA, or blood lactate response run, is readily understandable. If the athlete runs too fast his blood lactate levels will rapidly rise and cause him to slow down dramatically during a run. If he runs too slowly the blood lactate levels will not be raised to the optimum point which must be achieved if improved performance, particularly at more advanced competitive standards, is to be made.

Basing his findings on research by physiologists in the United States, British Milers' Club founder member Frank Horwill reckons that an athlete capable of running 3000

metres in 7-30 would require to run his OBLA at 4-16 mile pace for up to four miles.

This would be just 16 seconds slower than his average mile pace during a 7-30 3000 metres. In his excellent pamphlet, Logical Training for 10,000 metres, Frank also states that a world-class woman athlete with a best time of 8-29 for 3000 metres would run her OBLA at 4-53 miling pace. This would be 23 seconds per mile slower than her miling pace during her 8-29 3000m.

Scottish cross-country internationalist Robert Quinn includes one weekly blood lactate response run in his training. With the assistance of Dr Paul McIntyre, who is also a well-known athlete, it was calculated that Robert's ideal OBLA pace would be 4-45 per mile. This tempo was to be sustained for 30 minutes. With a personal best time of 8-57 seconds for 3000 metres, Robert is therefore running at around 25 seconds slower per mile than his average miling pace during his personal best 3000 metres.

His 30 minutes' blood lactate response session means he is running for around 22 minutes longer than he would for 3000 metres so it is important to aim for accuracy in terms of time and effort.

As the athlete becomes fitter OBLA training targets will alter significantly. When this type of activity was first introduced to Robert's programme following his rehabilitation from a road accident his optimum pace for the 30 minutes run was around 5 minutes per mile. Now it is 4-45 and it is expected to decrease even more as he steadily regains full fitness.

Most club runners will be content to rely on their own experience of training tempos and their own evaluations of quality of pace before deciding how fast or slow to cover distances of varying lengths.

They should realise, however, that different distances and different speeds incurred during steady running produces a variety of physiological effects. For example, a long, fairly slow 15 miles run will be done using a pulse rate of between approximately 130 and 150 beats per minute.

The athlete will be training at around 50 to 70 per cent of his maximum oxygen uptake levels (i.e. the ability of the lungs and heart to inspire oxygen from the air and circulate it via the bloodstream to produce energy in the working muscles and then return the resultant waste products to the heart and air for re-oxygenisation).

During a long, slow run at that level of effort (i.e. a pulse rate of between 130 and 150 bpm), blood lactates will be low, there will be a high involvement of

red, slow-twitch muscle fibres, and the activity will be fuelled predominantly by aerobic sources with around 95 to 98 per cent of the oxygen requirements being provided by oxygen breathed in from the atmosphere.

In comparison to the long, slow run performed at a pulse rate of around 130 to 150 beats per minute is the short, fast run over a course of approximately three to five miles and lasting for around 15 to 30 minutes.

Despite the fact that in distance it is only around one-third that of the longer session, the short, fast run is more physically demanding. It is performed at a pulse rate of between 160 to 180 beats per minute and uses between 70

and 90 per cent of the athlete's maximum oxygen uptake or V02 maximum as it is known in physiological jargon.

There is a far higher involvement of fast-twitch, white muscle fibres, blood lactates are considerably higher, and there is a much greater involvement of energy-releasing procedures from anaerobic processes (i.e. the breakdown of glycogen stored in the muscles into lactic acid as an emergency energy system in the absence of oxygen).

The short, fast run helps to develop the percentage of maximum oxygen uptake which the athlete can utilise during training and racing. It also improves the stroke volume of the heart (i.e. the amount of blood pumped out into the bloodstream with each beat).

Both the long, slow run and the short, fast run increase the exercise capabilities of the athlete by lowering the resting heart rate. This beneficial condition is known as bradycardia and comes from two Greek words, "bradys" meaning "slow" and "cardia" meaning "heart".

Midway between long, slow running and fast, steady running is intermediate, steady running.

Performed with a pulse rate of between 140 and 160 beats per minute and using around 55 to 75 per cent of the V02 maximum, it provides many of the benefits of the other two types of steady running.

Steady running generally involves covering distances of between 5 and 8 miles.

Fast, steady running is usually done over distances of 3 to 5 miles while sessions in which the athlete runs more than 8 miles would normally come into the category of long, slow distance.

Next, a word about technique. A distance-runner's feet strike the ground millions of times in the course of just one year. So it is quite obvious that faulty foot-strikes, incorrect ankle and knee placements, and the application of forces in directions other than straight forwards will cause potentially-serious problems.

From a health point of view, faulty technique can result in injuries which, in extreme instances, can force an athlete into premature retirement from the sport. From a performance viewpoint, erroneous technique is energetically-uneconomic and highly wasteful in terms of effort.

Obviously, if the feet and knees point inwards or outwards while running, force will be generated in these directions instead of straight forwards in the correct line of movement.

As well as ensuring that the knees



"Technique is one of the most neglected aspects of steady running."

and feet are properly aligned, the athlete must learn to run relaxed. Tension inhibits the efficient contracting and relaxing of the upper-body muscular groups involved in proper breathing procedures.

This retards the smooth-functioning processes of the cardiovascular-respiratory (i.e. heart-lungs) systems which are responsible for the distribution of energy-producing oxygen to the working muscles and its subsequent return to the heart via the veins for purification.

During a steady run all athletes should concentrate on cultivating a good technique throughout the session.

They should be particularly attentive to proper technique when running up and downhill, when tired, and when approaching the finish of the run.

Finally, a word about competition specific practices in distance-running and how, with a little imagination, many can be introduced during the course of a steady session.

Most athletes tend to complete long, steady runs at the same pace from start to finish.

While this has obvious physiological benefits, it does not adequately prepare athletes for tactical ploys such as fast starts or finishes, surges, and progressive accelerations during races.

Therefore to be able to combat these tactics adequately during a race the athlete must practice his response in simulated

competitive situations during training.

For example, a male international cross-country athlete hoping to do well at the national championships over a course of 7.5 miles could include some of the following sessions in his programme:-

(a) 10 to 15 miles cross-country run with a 60 seconds' surge at increased pace every fifth, sixth, or seventh minute;

(b) 10 to 15 miles cross-country run alternating faster mile sections at approximately 15 to 30 seconds above average pace with slower mile sections at approximately 15 to 30 seconds below average pace;

(c) 10 to 15 miles cross-country run with the first 3 to 5 miles at average pace followed by the next 3 to 5 miles at below average pace followed by the final 4 to 5 miles as fast as possible;

(d) 10 to 15 miles cross-country with the first 3 to 5 miles fairly easy followed by the next 3 to 5 miles at just below average pace followed by the final 4 to 5 miles as fast as possible;

(e) 10 to 15 miles cross-country with special emphasis on running form and technique uphill and downhill - and maintaining rhythm, fluency, and relaxation during final 400 metres of the session;

(f) 10 to 15 miles cross-country run including 4 x 2 miles at, or slightly faster than, race pace with 3 to 5 minutes' jog recovery.

The list of permutations is endless.

Modifications and allowances must obviously be made for competitors in the age groups whose racing distances are much less than those run by senior men.

In conclusion, an international male cross-country runner aspiring for championship honours could be training along the following lines using a judicious blend of steady sessions interspersed with fartlek, track work, and recovery runs;

Day 1: 12 to 15 miles cross-country at varied pace.

Day 2: 75 to 90 minutes' fartlek.

Day 3: 30 minutes' fast, steady run (heart rate 160 to 180 bpm approximately).

Day 4: 6 to 10 miles intermediate, steady run (heart rate 140 to 160 bpm approximately).

Day 5: Track sessions at 800/1500/3000/5000 metres pace depending on race distance.

Day 6: 30 minutes' recovery run.

Day 7: 10 to 15 miles slow, steady run (heart rate 130 to 150 bpm approximately).

An athlete of international standard following this programme would also be running every morning for about 30 minutes. These sessions provide additional mileage and assist recovery from the previous day's session.

It is important to remember, however, that the above schedule is merely a guide.

But it does indicate that the steady run which is the backbone of the distance-runner's programme offers plenty of opportunities for variety in training as well as race rehearsal.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc running.

Monday: 75 to 90 mins fartlek inc 30 secs

fast (15 secs jog) + 60 secs fast (30 secs jog)

+ 90 secs fast (45 secs jog) + 2 mins fast (60

secs jog) + 15 mins fast (3 mins jog) x 4 sets.

Note: 60 secs, 90 secs, and

3 mins efforts at 5K pace; 30 secs efforts are

at 3K pace; and 15 secs efforts are at 800/

1500m pace.

Tuesday: 5 to 8 miles steady.

Wednesday: 10 miles steady with hills.

Thursday: 5K sessions (1 x 1600m with 60-

120 secs rec + 1 x 1200m with 45-90 secs

rec + 1 x 1000m with 40-70 secs rec

+ 1 x 800m with 30-45 secs rec + 1 x 400m.

Friday: 30 mins easy.

Saturday: 12 to 15 miles steady.

Morning runs, if done should be 20 to 30

mins.

Week Two

Sunday: As Week One.

Monday: 75 to 90 mins cc inc 2 mins fast (1

min jog) + 2 mins fast (1 min jog) + 30 secs

fast (60 secs jog) x 4 sets. Note: 2 mins

efforts at 5K effort; 30 secs efforts at 1500m

effort.

Tuesday, Wed, and Fri: As Week One.

Thursday: 5K session (12 x 400m with 20

to 30 secs rec).

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 1 min fast

(30 secs jog) + 2 mins fast (1 min jog) + 3

mins fast (90 secs jog) x 3 sets + 6 x 10 secs

fast from rolling start with 30 secs jog (start-

ing 3 to 5 mins after final 3 mins). Note: 1, 2,

and 3 mins efforts at 5K pace; sprints at full

effort.

Tuesday, Wed, and Fri: As Week One.

Thursday: 3K session (4 x 800m with 60 to

90 secs rec).

Saturday: 12 to 15 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 75 to 90 mins fartlek inc 2 mins

fast (1 min jog) + 4 mins fast (2 mins jog) x

3 sets.

Tuesday, Wed, and Fri: As Week One.

Thursday: 5K sessions (1 x 2000m with 90

to 150 secs recovery + 2 x 1000m with 40 to

70 secs jog + 1 x 800m with 30 to 45 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 minutes cc running.

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.

Tuesday: 20 to 30 mins easy.

Wed: 6 to 10 miles steady with hills.

Thurs: 5K session (1 x 1600m with 90-150

secs rec + 1 x 1200m with 60-120 secs rec

+ 1 x 1000m with 45-90 secs rec + 1 x 800m

with 45-75 secs rec + 1 x 400m.

Friday: Rest or 10 to 15 mins jog.

Saturday: 8 to 12 miles steady.

Morning runs if done, should be restricted to

20-30 mins two to three times weekly.

Week Two

Sunday: As Week One.

Monday: 60-75 mins fartlek inc 10 x 60 secs

with 60 and 120 secs jog recovery alter-

nately.

Tuesday, Wed, and Fri: As Week One.

Thursday: 5K session (12 x 400m with 30

to 45 secs recovery).

Saturdays: Race or 8 to 12 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 60-75 mins fartlek inc 30 secs fast

(30 secs jog) + 60 secs fast (60 secs jog) +

90 secs fast (90 secs jog) x 3 sets + 2 x 30

secs fast (30 secs jog) starting 90 secs after

final 90 secs fast section.

Tuesday, Wed, and Fri: As Week One.

Thursday: 3K session (4 x 800m with 75-

120 secs rec).

Saturday: 8 to 12 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 60-75 mins fartlek inc 1 min fast (1

min jog) + 2 mins fast (2 mins jog) x 4 sets.

Tuesday, Wed, and Fri: As Week One.

Thursday: 5K session (1 x 2000m with 120-

180 secs rec) + 2 x 1000m with 60-90 secs

rec + 1 x 800m (45-75 secs rec) + 1 x 200m

full effort.

Saturday: Race or 8 to 12 miles steady.

Morning runs as Week One.

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☐ Please send me 2 free T-shirts (one size Small/Medium/Large).

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ARTHRITIS CARE

ACTION FOR PEOPLE WITH ARTHRITIS



Will you run the distance to help him?

'Perhaps the bravest man I ever knew...'

and now, he cannot bear to turn a corner



Six-foot-four Sergeant 'Tiny' G't'r'e, DCM, was perhaps the bravest man his Colonel ever knew.

But now, after seeing service in Aden, after being booby-trapped and ambushed in Northern Ireland, Sergeant 'Tiny' cannot bear to turn a corner. For fear of what is on the other side.

It is the bravest men and women from the Services that suffer most from mental breakdown. For they have tried, each one of them, to give more, much more, than they could in the service of our Country.

We look after these brave men and women. We help them at home, and in hospital. We run our own Convalescent Home at Hollybush by Ayr and, for the old, there is our Veterans' Home where they can see out their days in peace.

These men and women have given their minds to their Country. If we are to help them, we must have funds. Do please help. The debt is owed by all of us.

"They've given more than they could - please give as much as you can."



COMBAT STRESS

To protect those concerned, this is an arrangement of several such case histories of patients in our care.

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Expiry date of card.....

Name (BLOCK LETTERS).....

Address.....

Postcode.....

Signature.....

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Address.....

Tel: No. T-Shirt Size

Name of your event.....

THE small crowd belied it, but the Scottish Indoor Championships held at the Kelvin Hall on January 26-27 were exciting and memorable, producing a number of native and national records as well as numerous championship bests.

Aileen McGillivray (EWM) demonstrated she is still a force to be reckoned with, despite a year out of competition as a result of injury, when she took both the 60m and 200m titles in impressive times.

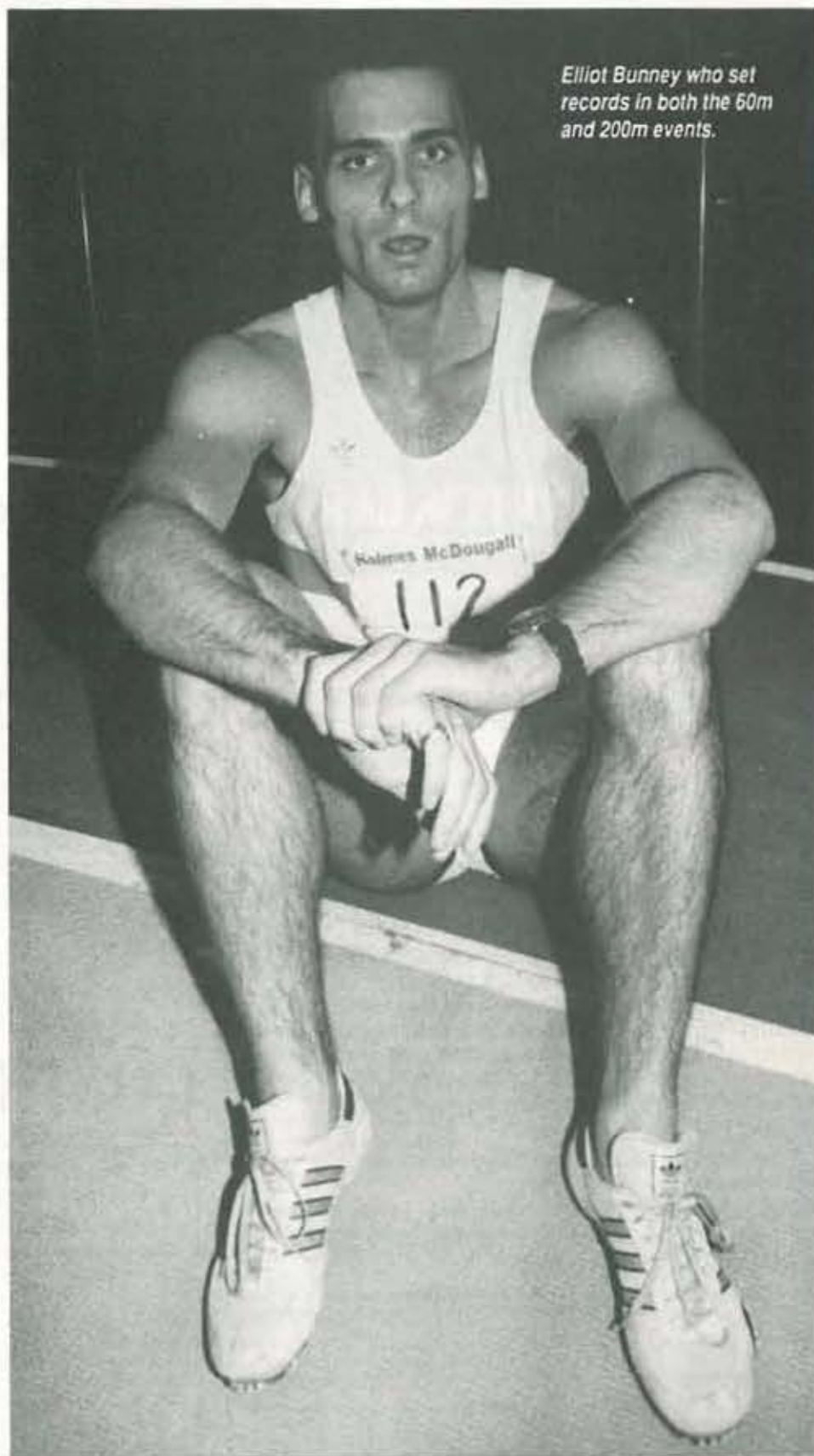
Her 200m time of 24.59 earned her a new Scottish native record and championship best, while her 7.43 win in the 60m was more dazzling still, giving her as it did a national as well as native best.

Elliot Bunney (CPH) was an equally spectacular sight as he smashed Willie Frasers's two year old national and native 200m record in 28.28. The 24 year old from Bathgate also erased Linford Christie's championship record, which had stood at 21.31.

The win was sweet for Bunney, who, despite twice lowering the native record over the distance, was forced into second place in the 60m on the first day of the championships, finishing with a time of 6.71 to Englishman Stephen Gookey's 6.68.

In the 800m Brian Whittle (Ayr) was in good

Margaret Montgomery reports on the Scottish Indoor Championships. Photographs by Robert Perry.



Elliot Bunney who set records in both the 60m and 200m events.



Mark Kirk wins the men's 1500m.

form winning a championship best of 1:50.10, while Kilmarnock's Alan Murray, who came second, proved once again that he has what it takes to provide a healthy challenge to his rival from Ayrshire. In the last 50 metres Whittle showed the strain of a fast semi final only an hour before, but Murray looked strong and relaxed, closing fast at the finishing line. His time of 1:51.19 was also inside the previous championship best of 1:51.49.

City of Glasgow club-mates Janet Stewart and Fiona Meldrum took second and third place respectively in the women's 800m, Essex Ladies' Jacqueline Parker winning comfortably in 2:11.25, although this was well outside the championship best time of 2:06.3 which was set by Coventry's Lorraine Baker in 1989.

In the women's 3000m, the gold medal was won in 9:27.04 by Annadale Striders' Ursula McKee. Close at her heels throughout was Susan Crawford (City of Glasgow) who clocked 2:29.20, while in third was Carol-Anne Bartley, also City of Glasgow, in a time of 9:33.02. The men's event was taken by Matthew Clarkson of Birchfield Harriers in 8:12.40.

Despite a large number of entrants to the men's 400m (34 in all) the winning time of 48.31 by Aberdeen's Mark Davidson was

disappointing. In the women's event Dawn Kitchen (EWM) produced a more impressive performance knocking 0.83 off the time which won Gillian McIntyre (MSL) the championship last year.

City of Glasgow proved their strength in the women's 1500m when Susan Crawford took first place in 4:30.74 and Evelyn Grant was runner up in 4:32.27. However, in the men's event it was Ballymena's Mark Kirk who took the honours in 3:48.71, beating Birchfield's Matthew Clarkson who won the 3000m.

The men's 60m hurdles saw Inverness Harriers' Neil Fraser storming home well ahead of ESP's Graeme Smith and Jonathon Franklin of Woodford Green AC, both of whom recorded 8.6. Fraser's 0.5 margin made impressive viewing although it fell short of toppling the championship best of 7.93.

In the women's event, Lorna McCulloch (Pittravie) won by an equally impressive margin over EWM's Claire Doris in a time of 8.77.

On the field, both the pole vault and the women's triple jump provided ongoing excitement between Sunday's track finals.

Ian McKay (ESP), whose background and injuries are more akin to a stuntman than an athlete, set a new Scottish native record in the

pole vault when clearing 4.50m, while Ashford's Karen Hambrook, who came second in the long jump to EWM's Caroline Black, kept the officials at the women's triple jump, a new event, more than busy as she recorded an overall best of 12.02m. Overshadowed in second place was EWM's Nicola Barr, who nonetheless set a new Scottish native record when she jumped 11.16m.

Ballymena's Michael McDonald took first place in the men's triple jump, his 14.77 well short of the championship best of 16.10m set in 1988.

There was a new native best in the women's shot putt when Alison Grey threw an impressive 14.19m. In the men's event, Rotherham's Graeme Stark's 14.64m earned him first place.

Iceland's Thordis Gisladdottir clinched the high jump with 1.83, narrowly beating Janet Boyle (unattached) who recorded the same height but failed to clear the bar as many times. Both women, however, were well clear of the 1.72 which earned Hazel Melvin first place last year. Third placed Rhona Pinkerton (City of Glasgow) also achieved this when she jumped 1.75m.

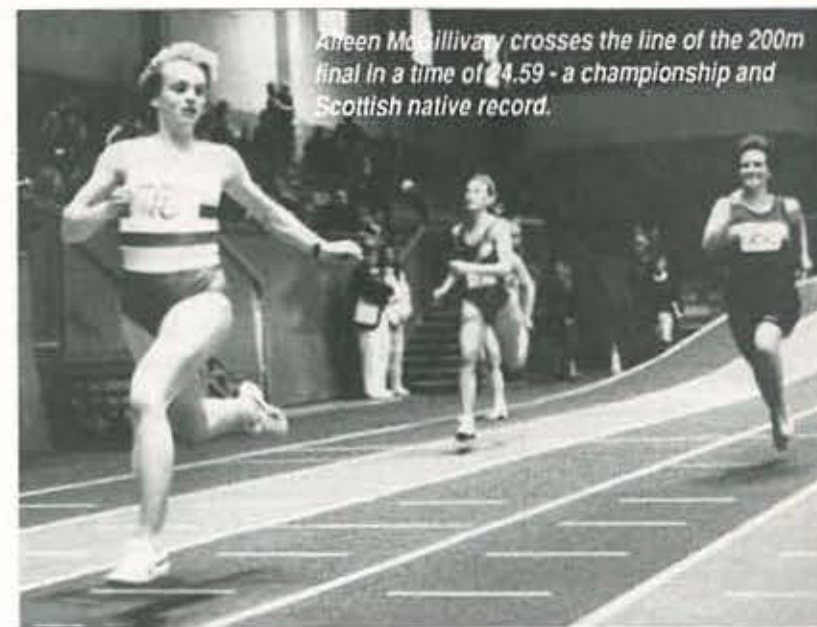
In the men's event David Barnetson of Inverness Harriers jumped 2.10m, 0.15 more than Melrose Academy's Neil Robie who took second.



Susan Crawford (CoG) with Carol-Anne Gray (ESP) close behind during the final of the 1500m.



Dawn Kitchen (EWM) winner of the women's 400m.



Aileen McGillivray crosses the line of the 200m final in a time of 24.59 - a championship and Scottish native record.

THANK RUNNERS FOR LITTLE GIRLS?

THAT the wives of middle and long distance runners are more likely to give birth to a girl is a theory long expounded by Scotland's Runner results compiler Colin Shields.

Shields' claim is the result of informal research conducted over the period 1986 to 1987. Approaching the top 50 male runners at each distance event in the Scottish circuit during this time, he asked them whether they had any children and, if so, what sex they were. Around 82% of those responding "yes" to the first question were found to have only, or predominantly, daughters.

According to Colin, a growing number of athletes are beginning to believe there is more than a grain of truth in his theory.

"Perhaps the most striking example is that of Ian Moncur who runs for Dundee Hawkhill," he says. "He had three daughters and on hearing my theory, his wife ordered him to stop training until their fourth child was conceived. It was a boy!"

"Runners have often tried to catch me out. They assume that if their wives have produced a boy then I'm wrong. In fact, in the few cases where a boy is born, the conception has usually fallen during a period of illness or injury."

But there is no medical evidence to suggest that the theory carries any weight.

"I can't think of any physiological reason

Peter and Liz McColgan.
That their recently born child was a girl came as no surprise to Colin Shields.



why endurance training should affect the male sperm," Dr Ian Coutts of the department of obstetrics and gynaecology at Glasgow Royal Infirmary told us. "If training affected sperm in any way, then runners would probably be infertile."

His response matched that of other medical specialists.

"Both the X and Y chromosomes respond in the same way to the environment," said Dr John Aitken of the MRC Reproductive Biology Unit in Edinburgh. "There is no evidence to suggest that training would affect the male chromosome in a more adverse fashion."

"It appears that boys are more likely to be conceived very shortly after ovulation," commented Dr Des Gilmour of Glasgow University's physiology department. "This is thought to explain why more males are born during and after war than at any other time - increased frequency of intercourse after a long period of sexual abstinence would raise the chances of fertilization occurring soon after ovulation had occurred."

But as for training affecting the sex of a child - I can't see why it would and I'd need more statistical evidence before I was convinced it was true anyway."

Sex ratio of children amongst distance runners

AS a result of Colin Shields' informal research, Dr Gilmour has asked Scotland's Runner to help compile statistical data on long distance running and its possible effects on a child's sex. This questionnaire, which we hope you will take the time to complete, is the result.

After filling in the questionnaire, feel free to add additional comments if you wish, e.g. whether a vegetarian; whether partner also involved in athletics or another sport; whether any major illnesses suffered, and if so at what age. (Use separate sheet if necessary).

Name (optional):

Occupation:

Present age:

Number of brothers and sisters. Please specify:

Partner's present age:

Date of marriage or establishment of permanent relationship:

Number of years involved in long distance running:

Normal training pace (i.e. mins/miles):

If not involved in running during child-bearing years were you participating in any other sport? If so, what?

Please tick appropriate columns below:

Approximate weekly mileage at time of child's conception.

SEX	DATE OF BIRTH	NIL	< 20	20-30	30-40	40-50	50-60	60-70	> 70
1st Child									
2nd Child									
3rd Child									
4th Child									

Thank you for your co-operation. Please send your completed questionnaire to: Scotland's Runner, 62, Kelvingrove Street, Glasgow, G3 7SA.

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FOR HEART RESEARCH

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Place and Date of event

Send this coupon to: British Heart Foundation, 45a Moray Place, Edinburgh. Or ring 031-226 3705.

SHERBAN IN CLASS OF HIS OWN



Tom Hanlon - the only serious challenge to John Sherban.

FALKIRK Victoria Harriers produced both quality and depth of performance to dominate the SCCU East District cross country senior men's championship race on the sodden surface of the Balgownie course at Aberdeen.

The quality came in the shape of English international John Sherban, who confirmed his prospects of a place in the UK team trials for the world championships in Belgium with a front running victory in a 7.4 mile time of 35-30.

The depth was seen in the FVH team performance when all six of their counting runners booked top 20 places in a field of 199 finishers.

British track star Tom Hanlon was the only runner to come up with anything representing a serious challenge to Sherban's class in a race which threw up a predictable 1-2 by the halfway stage.

Sherban, fresh from a third place in the Southern Counties event the previous weekend,

eventually won by 21 seconds, leaving Caledon Park hope Hanlon with the consolation of being the only other runner to break the 36 minute barrier.

It all added up to a more intriguing battle for third place with the luck of the Irish running out as Teviotdale's Scottish international David Cavers took the minor honours at the expense of Northern Ireland's Pat McCavana, the St Andrews University research student who has added a new dimension to Dundee Hawkhill's no-familiar "multi-national" line-up.

Cavers shaded the odds by six seconds on a day when Haddington's John Ross gave an eye-catching solo performance in fifth place.

Falkirk Vics eventually took the team prize by a clear 26 points in what always had the makings of a head-to-head with defending champions Dundee Hawkhill Harriers. Tom Hanlon's second place proved to be an all-important factor in Caledon Park's third team place at the expense of the Hunters Bog Trotters.

Caledon also had the satisfaction of taking the one veteran prize on offer when Brian Howie, 56th in 40-26, spearheaded a strong over-40 contingent.

The 5.2 mile junior men's race featured a particularly healthy Edinburgh University Hare and Hounds challenge which duly took the team prize. But Ian Campbell, the only Dundee Hawkhill runner in the line-up, had the satisfaction of clinching the individual prize in a desperate finish.

But the thriller of the day came at the start of the five-event programme when host club Aberdeen AAC's talented Chris Smith kept the junior boys' title at home with a four second winning margin - the first four crossing the finishing line within the space of 10 seconds.

Fitness testing at the East Districts

TWO former members of Aberdeen AAC's Edinburgh-Glasgow road relay team used the East District cross country championships as a means of testing their current level of fitness after injury worries.

David Duguid's two-year battle with a trapped nerve seemed to be resolved with an overall 25th place which made him the host club's top finisher.

And Ray Creswell, forced to abdicated his three-year reign as the north east's Round-the-Castles cross country series champion because of knee problems, came through a comeback with no apparent ill-effects.

But both were adamant that they won't be pushing the pace until the start of the new track season.

A matter of publicity

NORTH east road runners are going to miss out on a June date with the news that the 1000-runner Roevin Charity 10K has been switched to early August.

Again, sponsorship awareness has carried the day.

Roevin, quite rightly, has realised the publicity possibilities in holding the evening midweek fixture in conjunction with the famous Tall Ships race.

The majestic fleet of sailships, visiting Aberdeen en route from Ireland to England, will provide a unique backdrop to the Roevin race which takes place on the city esplanade.

RUSSELL SMITH

VETERANS SEEK SPONSORS

FOUR Aberdeen AAC members are already hatching running plans for next winter.

Ernie Dunster has linked up with Mel Edwards, Ian Morrison and Alan Fulton with the task of putting together a sponsorship package which will cover the costs of the first British Veterans Athletic Federation home countries international cross country team races to be staged in Scotland.

Some 140 vets are expected to compete over the Balgownie course on the outskirts of Aberdeen during the first weekend of November.

The event, which is being held under the auspices of the Scottish Veterans Harriers Club, features seven age categories.

Teams of six, from England, Northern Ireland, Wales and Scotland, compete at M40, M45 and M50-59 level. Teams of four chase international honours in the M60, W35, W40-49 and W50 categories.

Aberdeen District Council has already pledged support in the form of a cash grant to cover the costs of medals, print and administration.

But the Aberdeen AAC quartet are now actively seeking further financial assistance for team races which will reflect the growing strength of veteran competition throughout the UK.

Preliminary plans indicate that the international confrontation will be the centrepiece of a full day's cross country programme as it is likely to be held in conjunction with the north-east's popular Hydrasun meeting.

Partnership still strong

SPONSORSHIP was a key factor in the partnership between Aberdeen District Council and the Aberdeen and District Dairy Council during the eleven years of the City of Aberdeen Milk Marathon.

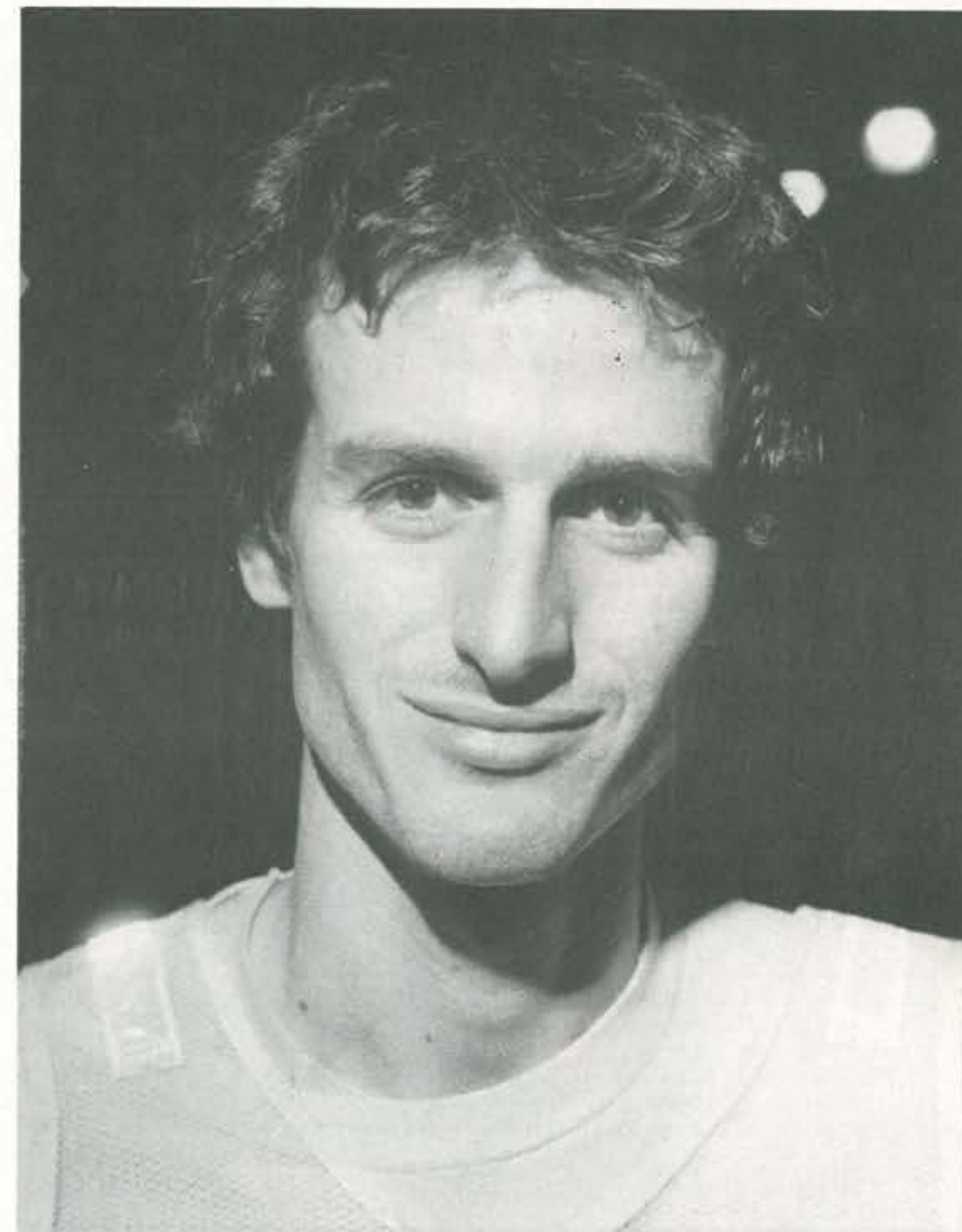
And it is understood that the link has stood the test of time, despite the demise of the 26.2 mile event.

Although nothing has been officially announced, it looks odds on that the two contrasting councils will be involved in a prestige city 10K which will combine the competitive and fun elements.

Sunday, May 26, looks the likely date for a race day which will also feature a 1500m junior fun run and the traditional marathon day far of races for children and runners with special needs.

It is further understood that the competitive 10K could count towards the SAAA road race championship series, decided over 10K, ten-mile and half-marathon distances. The title is currently held by Metro Aberdeen AC's Fraser Clyne.

a TRACK RUNNER at HEART



Margaret Montgomery meets John Sherban, the quiet Englishman who has taken Scottish middle distance running by storm. Photographs by Robert Perry.

JOHN Sherban may be a relative newcomer to Scottish athletics, but he has made his mark in double quick time! He remains unbeaten over a wide variety of races, including showcase events such as the Nigel Barge race, the SCCU East District Championships and the East District Cross Country League. (In the latter Sherban was placed second although his recorded time of 26-54 was the same as that of Peter Faulds who was first on the photo-finish. The athletes actually went over the finishing line hand in hand).

Despite this notoriety, Sherban is not given to blowing his trumpet and therefore not the subject of many interviews. It is perhaps because of this that he has become branded erroneously as a post-graduate student from Edinburgh. In fact, Sherban writes software for the Royal Bank of Scotland, fitting training and competition round a full and demanding working week.

"I moved up here in October because my girlfriend is doing a post-graduate degree in computing at Edinburgh University," says Sherban, explaining away the confusion.

Sherban's athletic background makes impressive reading, perhaps all the more so because it is relatively short-lived. Now aged 26, he only began running seriously in his late teens. At school his first love was rugby, and it was only a matter of chance that he began running at all.

"A teacher who was interested in cross country noticed that I always went running before rugby practice. He suggested that I enter some schools events and I suppose that's where it all started," he says.

Although he was introduced to distance running when he was 18, it wasn't until he was twenty that he really began to train seriously. While out running one evening when still at school, Sherban ran into a lamp-post and sustained injuries which put him out of the sport for two years.

Injury has plagued him constantly over the past six years - so much so that he says, only partly tongue-in-cheek, that "everything's gone wrong below the knee which possibly could". Defining himself as a track runner who always manages to get injured before the season gets into full swing, John Sherban maintains that his cross country and road successes are not indicative of his true area of excellence or of his biggest aspirations.

"Basically I'm a 5000m runner although recently I've been tending more towards 1500m and 10K. Unfortunately though, I've not had a full track season for five years."

Despite being plagued by injury, Sherban notched up a number of major successes between 1984 and 1990, including a win in the 5000m at the British Student Games at Meadowbank in 1987 and at the British Student Cross Country Championships in 1988.

He is now in the best form he has been for many years and at the time of the interview was looking to build on the successes he enjoyed in the latter part of last year and the early part of 1991 by winning a place in the British team for the World Cross Country Championships, and by bringing his 5000m time down to as close to 13-30 as possible. His present best for the distance is 13-54.

Perhaps because he has never been able to throw himself into training and competition wholeheartedly, Sherban is remarkably relaxed in his approach to athletics. The bulk of his training consists of running to and from work,



a three mile distance as the crow flies but one he generally pads out to five or six. It's a routine which he manages to maintain by keeping a suit and steady supply of clean shirts in a locker at work.

"Every two weeks I bring 14 pressed shirts into work," he laughs. "The system works fine - my only problem is that there's nowhere to shower when I arrive at work. I just have to make do with a thorough wash which isn't terribly satisfactory."

On top of running to and from work Sherban's only other training is a weekly track session with his club, Falkirk Victoria Harriers, and an interval session on grass.

"I try to pack training round my working day so that it doesn't interfere with my home life. I like the feeling of knowing I'm in for the night once I get back from work," he says, and adding with a broad smile that the main reason he runs is so that he can eat and drink what he likes.

"I love food and I'm not adverse to the odd pint or two. My only record is 3.8 seconds - for drinking a pint. The beauty of running is that you can enjoy that sort of thing without having to worry about your weight."

Sherban's official coach is Brian Scobie, the Scot who lectures in English at Leeds University where Sherban studied chemical engineering.

Scobie is presently in America, a fact which makes little difference to Sherban who seems for the most part to have trained himself for the past six years.

"Even when I was at Leeds, the relationship between Brian and myself was more of a social thing. But I suppose I subscribe to his general philosophy of doing everything hard - harder if you're feeling good."

The fact that he doesn't work hand in glove with a coach seems not to matter to Sherban - although he compensates to some extent by joining in the odd session with Malcolm Brown, who coaches Ian Hamer.

Sherban maintains that his athletics career is just beginning. Having started late and been out of competition a lot he believes he has a longer career in front of him than most. His self-professed aim is to keep running until he is 36, or so badly injured that serious competition is no longer an option.

"I never get tired of running," he says. "The only time I find training dreary is when I have to do something like swimming to keep fit when I'm injured. Obviously it would be nice to win a bit more, but I've lost so much that I'm very philosophical about it. After all, even top runners only get about two years without getting beaten. Seb Coe had years of losing before he made it at the top."

Sherban admits to finding the competition in Scotland less tough than in England, but only because there are more runners in England.

"The best people up here are every bit as good as the best people in England - it's just that there is a greater depth of quality in England," he says, listing Peter McColgan, Ian Hamer, Tom Hanlon and club-mate Ian Johnston as examples of formidable competition.

Sherban expects to be in Edinburgh for at least another four years until his girlfriend Theresa finishes her post-graduate studies. If he continues to turn out performances of the standard he has been in his first five months here, the next four years should be challenging for all male distance athletes north of the border.



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We're all going on our summer holidays...

Scotland's Runner weighs up the benefits of running holidays.



The New York Marathon. Travel companies now offer package deals to this and many other major running events.

WITH spring - just about - in the air again, planning a summer holiday will be assuming a measure of importance in many people's lives.

For runners, the growing number of package deals taking in the world's major road races are an attractive proposition, not least because they aim to please non-running partners and offspring as much as athletes.

"On average about 80 per cent of our clients are runners, the other 20 tend to be non-running wives, husbands and children," says David Barnett of Sportsman's Travel. "Obviously it's important to entertain these people and we make sure we have lots on offer. At the New York Marathon, for example, we offer the chance to go on sightseeing tours and we'll also give

quotes on hire-cars for those wanting to do something major like visiting Florida."

Most tour operators report that the overall standard of running holidays has risen dramatically in recent years, probably one reason why so many more non-runners are feeling sufficiently attracted to accompany their partners.

"There was a time when runners simply wanted to stay in a budget hotel, run their race, and get home again," points out David Barnett. "These days we are having to offer more and more four star accommodation - as much in response to the demands of runners as to those of their partners."

Clearly, for those with family commitments a running holiday presents a good compromise -

between using up precious holiday time travelling alone to a far flung event and simply opting out of competing altogether. But there are, of course, other advantages, many relating purely to the needs of the runners.

Included in the overall price of the average running holiday are not just accommodation and flights but all manner of conveniences such as the ability to pay your entry fee in sterling, translations of all literature relating to the race, and special transport to and from the event start and finish. Add to all the this a special pasta diet for those making all the proper precautions prior to the event and you have a very attractive package indeed.

"We are there, first and foremost, to serve the needs of the

runner," points out Mike Gratton of Chequers Travel, which like Sports Tours, Sportsman's Travel and Running North Promotions, specialises in running holidays. "There's not much we don't think about. We even ensure our hotels are close to the finish line so that the runners don't have much travelling to do once they complete their race."

Certainly, running holidays do seem to offer a more civilised alternative to simply doing it for yourself. One company offering a London Marathon package even reports having made showers available at a hotel close to the finish line so that those runners having to get home quickly can still enjoy the chance to freshen up in comfortable surroundings.

Most major events worldwide are covered by the various companies mentioned in this article, from the Los Angeles Marathon to the Bruges Veteran's 10K. All companies report catering for a wide range of athletes from the runner of average club standard to the odd internationalist. So wherever you fit in, you are bound to find others of similar standard. And it's that camaraderie which, says David Barnett, ultimately makes a running holiday so special.

"Mixing with the other competitors and sharing experiences is something you just don't get the chance to do if you go alone," he comments. "For a lot of our clients that's one of the real plus points." Happy holidays!

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December

22

Fife AC Pitmedden Forest 6 Mile Race - 1, A Crombie (Fif) 32:20 (rec); 2, B Hodley (Lom) V1 32:31; 3, J Kirkland (DRR) 33:29; 4, T Ross V2 (Fif) 33:34; 5, J Holden (Fif) V3 34:02; 7, G Bennison V4 (Fif) 35:23; 8, C Murray (Fif) J1 33:35; 9, W Kilgour (Fif) 35:41; 10, Whyte (Una) 35:47; LJ, M Robertson (DRR) 39:50.

29

County Durham Int CC Meeting - Men: 8000m: 1, E Martin (Eng) 23:30; 2, P Davies-Hale (Eng) 23:32; 3, J Nuttal (Pre) 23:41; Scots: 9, S Binns (Ann) 24:07; 11, C Robison (Sco) 24:15; 18, R Quinn (Sco) 24:30; 23, P McColgan (DHB) 24:38; 24, T Mitchell (Sco) 24:39; 30, D Cavers (Sco) 24:58; 32, P Fleming (Bel) 25:01; 34, N Muir (SCO) 25:09; 36, C Thomson (Cam) 25:16; 52, S Cohen (ESP) 25:48; 53, A Russell (Sco) 25:50; 54, A Callan (SH) 25:55; 55, G Grindley (FVH) 25:58; 59, G Crawford (ESP) 26:16; 60, I Hamer (ESP) 26:45. **Int teams:** 1, Eng 11 pts; 2, Sco 53; 3, Wales 93. **Invitation 3,000m:** 1, P Elliott (Roth) 8:32; 2, S Crabb (Enf) 8:35; 3, S Overt (Ann) 8:41; 4, T Hanlon (CP) 8:43; Scots: 18, A Currie (MH) 9:00; 22, A Puckrin (CPH) 9:09; 23, G Brown (ESP) 9:11; 27, M Steele (ESP) 9:22; 28, I Johnston (FVH) 9:34; 29, D Amott (Pit) 9:36; 31, P Wyman (ESP) 9:49. **Juniors: 5400m:** 1, A Pearson (Long) 16:24; 8, S Wylie (Cam) 17:14. **Women: 3,000m:** 1, S Simma (Ken) 9:42; 2, S McGeorge (Lou) 9:45; 3, J N'gotho (Ken) 9:40; Scots: 5, K Hutchison (B'Hill) 9:55; 18, CA Bartley (CoG) 10:21; 25, V Vaughan (Pit) 10:30.

January

5

GGH Harris Cup 6 mile CC Race - 1, T McCallion 33:49; 2, I Cameron 34:27; 3, B McGuinness 34:39; 4, D McLaughlin 35:00; 5, P Russell 35:09; 6, G Mitchell 35:13; V1, D McNeill 36:55; **H'cap:** 1, W Smith; 2, R Shaw; 3, D Guy; LJ, E O'Brien 41:55; LJ, J Smith 48:29.

Northern District CC League, Elgin

Sen: 1, R Arbuckle (Kei) 33:23; 2, S MacKenzie (Inv) 34:16; 3, G Milne (Mor) V1, 34:41; 4, C Hunter (Mor) 35:05; 5, G Burgess (For) 35:18; 6, D Gunn (For) 35:46; 7, R McHarg (Inv) 35:49; 8, A Stewart (Mor) 36:10; 9, B McDonald (Inv) 36:19; 10, G Grant (Mor) 36:25. **Teams:** 1, Moray RR; 2, Inv H. **Youths:** 1, T Murray (Inv) 20:13; 2, J Dewar (Inv) 20:13; 3, N Forbes (Inv) 20:19. **Team:** 1, Inv H; **Sen Boys:** 1, S MacKay (Inv) 15:06; 2, M Anderson (Fra) 15:33; 3, M McKinnon (Inv) 16:01. **Teams:** 1, Fra RC; **Jun Boys:** 1, A Love (Fra) 12:10; 2, K McAlpine (Nai) 12:12; 3, A Thompson (Inv) 12:22. **Teams:** 1, Inv H; **Colts:** 1, J Cowie (Buck) 8:31; 2, C Campbell (BI) 8:30; 3, G Martin (BI) 8:58.

Women: 1, M Duthie (Fra) 16:26; 2, M Waley (Fra) 17:05; 3, F Farquhar (Cau) 18:00. **Team:** 1, Fra RC; **Inter:** 1, L Forman (Pit) 19:32; **Juniors:** 1, S McCruden (Nai) 14:31; 2, S Macrae (Inv) 14:33; 3, T Beithie (BI) 14:36. **Team:** 1, Inv H; **Girls:** 1, J Anderson (Fra) 8:49; 2, K Scott (Mor) 8:54; 3, D McAllister (Fra) 9:16; **Team:** 1, Fra RC; **Minors:** 1, L McKinnon (Fra) 7:37; 2, C Clasper (Cai) 7:40; 3, J McLean (Fra) 7:42. **Team:** 1, Fra RC.

Teviotdale H Langhaugh Trophy CC Races, Hawick - **Sen:** H'cap: 1, R Rae 42:03; 2, I Elliott 42:09; 3, A Casson 43:06; **Sen:** 1, I Elliott 32:08; **Sen Boys:** 1, S Hogg; 2, A Cardwell; 3, D Hughes; **Jun Boys:** 1, M Brown; 2, C Bain; 3, M Wight; **Colts:** 1, J Turnbull; 2, N Stenhouse; 3, B Hughes; **Women:** 1, S Spencer; 2, M Parker; 3, P Yule; **Girls:** 1, L Thomson; 2, J Thomson; 3, C Reid.

IAAF World CC Challenge and Reebok Int Meeting, Mallusk Park, Belfast - **Sen:** 1, E Martin (Eng) 24:42; 2, J N'gotho (Ken) 24:53; 3, O Ondo (Ken) 24:58; Scots: 14, T Murray 25:26; 16, P McColgan 25:30; 20, N Muir 25:42; 28, I Hamer 25:02; 31, D Cavers 26:08; 39, C Thomson 26:45. **Teams:** 1, Ken 13pts; 2, Eng 28; 3, Ire 31; 8, Sco 65. **Women:** 1, S Simma (Ken) 16:46; 2, J N'gotho (Ken) 16:47; 3, I Slegers (Bel) 16:50; Scots: 19, H Haining 18:20; 21, C A Bartley 18:34; 22, V Vaughan 18:39. **Teams:** 1, Ken 13pts; 2, Sco 62pts; 3, Aust 92.

6

Women's Inter-League CCC Hendon

Sen: 1, L Hollick (Mid) 16:23; 2, L Martin (Nth) 16:29; 3, S Dixon (Sh) 16:36. Scots: 29, D Rutherford 17:45; 37, A Gemmell 18:13; 44, A Dickson 19:11; 45, E Tinney 19:13. **Teams:** 1, South, 49pts; 2, North 66; 3, Mid 67; 4, Gwent 176. **Inter:** 1, J Keenan (Nth) 13:36; 2, C Newton (Mid) 13:48; 3, S Gallop (Sh) 13:52. Scots: 7, L Cormack 14:00; 16, Y Reilly 14:31; 19, J Roxburgh 14:36; 22, K Stewart 14:39; 29, A Cheyne 14:48; 34, J Grams 15:00; 39, J Cuthill 15:21; 41, J Chisholm 15:31; 45, D Campbell 16:00. **Teams:** 1, Mid 57pts; 2, South 60; 3, North 84; 4, Sco 127; 5, Gwent 192. **Girls:** 1, I Linaker (Sco) 9:44; 2, A Foster (Nth) 9:50; 3, K Berry (Sh) 9:55; Scots: 10, L McDougall 10:11; 19, M Smith 10:31; 26, C Leitch 10:39; 34, S Sneddon 10:50. **Teams:** 1, South 39 pts; 2, North 99; 3, Mid 122; 4, Sco 128; Gwent 155. **Minors:** 1, P Crawley (Sco) 10:15; 2, H Nicholls (Nth) 10:16; 3, A Baker (Nth) 10:17. **Teams:** 1, North 30pts; 2, Sco 88; 3, Gwent 117; 4, Mid 169; 5, South 183.

Four Mile Beach Run, Aberdeen

1, D Massie (Ab) 27:34; 2, N Kilner (Ab) 27:39; D Whyte (Ab) 27:47; 4, D Grubb (V1) (Ab) 28:09; 5, A Henderson (Ab) 28:16; 6, D Shepherd (Ab) 28:58; E Rennie V2 (Ab) 29:27; 8, I Fraser V3 (Ab) 29:47; LJ: D Porter (Ab) 30:18; 2, S Harkins (Ab) 33:30; 3, N MacKinnon LV1 (Ab) 35:48. **H'cap:** 1, G Hope (Ab); 2, D Shepherd (Ab); 3, Ramsay (Ab).

12

Celtic Countries Int Match, and IAAF World CC Challenge, Limerick

Sen: 1, O Ondo (Ken) 26:04; 2, M Coogan (USA) 26:13; 3, I Kanuthia (Ken) 26:14; Scots: 13, R Quinn 26:47; 16, N Muir 27:18;

19, T Murray 27:29; 28, A Russell 28:04; 30, T Hearle 28:11; 40, S Wylie 28:36; 45, I Campbell 28:45. **U23:** 1, C Holt (Ire) 20:25; 2, C Jones (Wal) 20:27; 3, N Emberton (Wal) 20:30. Scots: 8, G Graham 20:58; 11, G Willis 21:14; 19, A Adams 21:39; 21, G Reid 21:40. **Teams:** 1, Ire 11pts; 2, Wal 16; 3, Sco 28. **Youths:** 1, D Keenan (Ire) 19:00; 2, D Watters (Ire) 19:02; 3, S McKay (Sco) 19:09. Scots: 5, D Kerr 19:24; 6, D Fotheringham 19:30; 7, G Brown 19:30. **Teams:** 1, Ire 7pts; 2, Sco 14; 3, Wal 33. **Women:** 1, J N'gotho (Ken) 19:17; 2, C McKiernan (Ire) 19:21; 3, G Coogan (USA) 19:25; 13, H Haining (Sco) 20:16.

Fife AC Champs, Kemback, Fife

Sen: 1, T Martin 25:14; 2, T Ross V1 25:30; 3, M McCreadie 25:51; 4, J Holden V2 25:52; 5, L Fortune V3 25:55; 6, J Lumsden 26:35; **Youths:** 1, C Murray 26:31; 2, I Overt 27:16; **Women:** 1, K Macgregor 29:59; 2, M McLaren 30:41; 3, M Martin 31:31; **Sen Boys:** 1, J Michie 8:59; 2, R McFarlane 9:14; 3, G Trewhorth 9:51; **Jun Boys:** 1, I Wallace 9:51; **Colts:** 1, O Green and R Hanratty 6:39; 3, C Bennison 7:04; **Inters:** 1, R Wilson 9:51; **Girls:** 1, H Ramus 13:20; 2, L Philip 13:45; 3, S Tai 14:03; **Minors:** 1, D Steele 7:52; 2, L Kinloch 8:08; 3, K McCreadie 8:36.

Clydesdale H Hannah Cup 6 mile

H'cap: 1, J Hanratty; 2, R McQuat; 3, P Dolan; **Scratch:** 1, J Austin 33:10; 2, P Dolan 34:13; 3, R McQuat 34:44; 4, J Hanratty 35:19; 5, B Potts 35:39; 6, D Halpin 36:18; V1, H Watson 7:37; V2, B Edridge 8:37; V3, R Young 9:37:26.

13

SWCCU&RRA National Closed 4K Champ, Bonnyrigg

Sen: S Tooby (G) (Can) 15:17; 1, V Vaughan (Pit) 15:24; 2, E Turner (CoG) 15:52; 3, C A Bartley (CoG) 16:05; 4, V Blair (EWM) 16:11; 5, A Rose (EWM) 16:14; 6, T Calder LV1 (ESP) 16:36; 7, L Cormack (Int1) (ESP) 16:40; 8, S Crawford (CoG) 16:47; 9, S Durham (EWM) 16:54; 10, K Rice (EdU) 16:56; 11, M Gemmell (Str) 17:03; 12, A Potts (CoG) 17:30; 13, S Ridley (EWM) 17:38; 14, A Dickson (Law) 17:40; 15, J Roxburgh (Inv) 17:44; 16, A Cheyne (CoG) 17:53; 17, J Hastings (EWM) 17:57; 18, J Byng LV2 (Inv) 18:10; 19, R Haugh (Inv) 18:11. **Teams:** 1, CoG 16pts; 2, EWM 21; 3, ESP 46. **Jun:** 1, J Leitch (Av) 12:04; 2, L Moore (CoG) 12:24; 3, G Fowler (CoG) 12:35; **Girls:** P Crawley (CoG) 11:53; 2, S Scott (Ayr) 12:09; 3, S Ward (Pit) 12:20; **Minors:** 1, A Murray (Lass) 6:05; 2, H Normand (Pit) 6:22; 3, A Hood (Pit).

Lochaber AC Peat Track 6 mile

1, D Rodgers 32:43; 2, P Hughes 34:11; 3, J Brooks (J1) 36:07; 4, W Fraser 36:27; 5, A Kennedy 36:43; 6, D McDonald V1 38:49.

Inverness H Bught Park Races

Sen H'cap: 1, A Law 20:15; 2, B Smart 23:15; 3, K Andrew 23:16; 4, B Turnbull 23:17; 5, C Bannerman 24:13; 6, M Ross 24:18. **Fastest:** 1, R McHarg 15:23; **Young Athletes:** 1, N Murray 7:00; 2, N Sinclair 7:07; 3, C Law 7:11; **Fastest:** 1, C Law 5:46; **Women:** 1, A Findlayson 7:36; 2, E Forbes 7:39; 3, J Munro 7:41; **Fastest:** 1, M Adams 5:44.

19

SCCU East District CCC, Balgownie

Sen: 1, J Sherban (FVH) 35:30; 2, T Hanlon

(CP) 35:51; 3, D Caven (Tev) 36:22; 4, P McCavana (DHB) 36:28; 5, J Ross (HIELP) 36:34; 6, A Eyre-Walker (EdU) 36:51; 7, S Hale (PSH) 36:55; 8, C Hall (DHB) 36:57; 9, A Walker (Tev) 37:05; 10, S Gibson (HBT) 37:08; 11, P Faulds (FVH) 37:16; 12, S Cohen (ESP) 37:20; 13, I Johnston (FVH) 37:26; 14, C Haskett (DHB) 37:30; 15, K Lyall (CPH) 37:33; 16, G Grindley (FVH) 37:36; 17, D Anderson (ESP) 37:38; 18, S Axon (HBT) 37:38; 19, I White (FVH) 37:47; 20, P Fox (DHB) 37:59; 21, J Garland (E Uni) 38:15; 22, G Mathieson (CPH) 38:24; 23, M McQuaid (FVH) 38:32; 24, A Puckrin (CPH) 38:32; 25, A Duguid (Ab) 38:35; 26, D Barr (Tev) 38:38; 27, J Muirgrove (Ab) 38:39; 28, M Strachan (DHB) 38:41; 29, I Campbell (DHB) 38:44; 30, A Ward (ESP) 38:46. V1, B Howie (CP) 40:26; **Teams:** 1, FVH 77pts; 2, DHB 103; 3, CPH 183; 4, HBT 212; 5, Aberdeen 218; 6, Teviotdale 223. **Juniors:** 1, I Campbell (DHB) 26:16; 2, M McCartney (ESP) 26:17; 3, S Wright (Ab1) 26:57; 4, S Burch (EdU) 27:32; 5, R Sutherland (EdU) 28:01; 6, C Watson (Pit) 28:52. **Teams:** 1, Ed Uni 16pts; 2, ESP 27; 3, Aber Uni 32. **Youths:** 1, G Brown (Pon) 20:38; 2, A Moonie (Pit) 20:47; 3, M Kalso (Pit) 21:29; 4, A Casey (QVS) 21:37; 5, J Gowans (Tay) 21:41; 6, S Taylor (Pit) 21:41; **Teams:** 1, Pitreavie 11 pts; 2, ESP 39; 3, Aberdeen 51. **Sen Boys:** 1, D Hughes (Tev) 16:06; 2, D McDonald (PSH) 16:24; 3, I Winters (ESP) 21:32; 4, M Anderson (Cor) 16:49; 5, O Carty (ESP) 16:56; 6, R Wilson (GR) 16:59; **Teams:** 1, ESP 15 pts; 2, Teviot 31; 3, Pene-cuk 50. **Jun Boys:** 1, C Smith (Ab) 9:43; 2, M Wight (Tev) 9:47; 3, A Donaldson (Pit) 9:49; 4, C Hobson (CR) 10:03; 5, N Lyall (Lass) 10:08; 6, P Taylor (QVS) 10:12. **Teams:** Aber 21pts; 2, Lastwade 31; 3, Teviot 52.

North District CC League, Inverness

Sen: 1, J Bowman (Inv) 35:00; 2, S McKenzie (Inv) 35:56; 3, G Laing (Inv) 36:11; 4, R McHarg (Inv) 36:51; 5, D Rodgers (Loch) 36:52; 6, G Bartlett (For) 37:27; 7, K Reid (Pit) 37:35; 8, G Burgess (For) 37:41; 9, G Worship (Inv) 37:47; 10, C Hunter (Mor) 37:54; V1, R Wilby (MBH) 38:30; J1, G McDowall (Inv) 38:36. **Team:** 1, Inver H. **Youths:** 1, J Dever (Inv) 16:22; 2, C Britton (Loch) 16:34; 3, S Galbraith (BI) 16:57. **Team:** 1, Inver H. **Sen Boys:** 1, S McKenzie (Inv) 15:53; 2, S Allan (MBH) 15:59; 3, M Anderson (Fra) 16:24; **Team:** 1, Fraser. **Jun Boys:** 1, S Sutherland (Inv) 12:33; 2, A Love (Fra) 12:48; 3, R Milne (Mor) 13:17. **Team:** 1, Inver H. **Colts:** 1, C Campbell (BI) 6:44; 2, D Melville (BI) 6:46; 3, J Cowie (Buckie HS) 6:47. **Team:** 1, Black Isle. **Women:** 1, M Duthie (Fra) 16:54; 2, H Waley LV1 (Fra) 17:41; 3, F Farquhar LV2 (Cai) 18:09; 4, M Adams (Inv) 18:31; 5, M McBeath (Cai) 19:17; 6, S Clark (Inv) 19:33; 7, L Forman (Int1) (Pit) 20:08. **Jun:** 1, M Smith (BI) 13:59; 2, A M Reid (Loch) 14:20; 3, J Sim (Mor) 14:25. **Team:** 1, Black Isle. **Girls:** 1, K Scott (Mor) 8:50; 2, J McLatchie (Pit) 9:02; 3, C Nicol (Cao) 9:04. **Team:** 1, Fraserburgh. **Minors:** 1, S Leibnitz (Mor) 7:40; 2, F Clasper (Cai) 7:42; 3, L McKinnon (Fra) 7:45. **Team:** 1, Caithness.

SCCU West District CCC, Clydebank

Sen: T Murray (GGH) 39:35; 1, A Russell (Law) 39:48; 2, H Cox (GGH) 40:02; 3, G Croll (Cam) 41:02; 4, E Stewart (Cam) 41:09; 5, W Coyle (She) 41:33; 6, C Thomson (Cam) 41:34; 7, G Crawford (Spr) 41:46; 8, A McLellan (Cai) 41:47; 9, G Gaffney (GWH) 41:48; 10, D Runciman (Cam) 41:56; 11, J Orr (Cam) 41:59; 12, G Wright (Ayr) 42:02; 13, D Cameron (She) 42:07; 14, A Coyne (She) 42:09; 15, M Gallagher (MH) 42:23; 16, R Johnston (Cai) 42:29; 17, K Conley (Ann) 42:45; 18, M Gormley (Cam) 42:50; 19, R Arbuckle (Cam) 42:55; 20, F McGowan (VP) 43:04; 21, J Duffy (SV) 43:21; 22, M Rigby (West) 43:23; 23, J Austin (Cly) 43:31; 24, E Wilkinson (Cai) 43:32; 25, J McKay (She) 43:40; 26, C Spence V1 (SV) 43:42; 27, P Dolan (Cly) 44:01; 28, J Robertson (Cam) 44:07; 29, J McNamee (Inv) 44:09. **Teams:** 1, Cambus 52 pts; 2, Shet 130; 3, C'dale 217; 4, Spango 339; 5, GGH 340; 6, Kilbarch 399; 7, Ayr 420; 8, West 471; 9, Vic Park 474; 10, Bella 478; 11, Calder 484; 12, Dumfries 485; 13, Dalry Th 588; 14, Dumfries RC 651; 15, Irvine 658; 16, Maryhill 730; 17, Giffnock N 737; 18, JWK 758; 19, E Kilbride 765. **Jun 5 miles:** 1, S Wylie (Cam) 27:50; 2, W Richardson (Inv) 28:01; 3, D Johnston (CHI) 28:14; 4, C McPherson (GlaU) 28:37; 5, A Russell (GlaU) 28:58; 6, J Brooks (Spr) 29:00; 7, A Adams (VP) 29:03; 8, T Hely (VP) 29:28; 9, S Kerr (KO) 29:33; 10, J Timmons (GlaU) 29:50. **Teams:** 1, Glas Uni 19pts; 2, Vic Park 26; 3, Cambus 31. **Jun 4 miles:** 1, C Greenhalgh (VP) 23:07; 2, E McCafferty (Cam) 23:28; 3, D Fotheringham (CAC) 23:46; 4, D Tamburine (GGH) 24:07; 5, B Thomas (Cam) 24:12; 6, M Gill (Cam) 24:27; 7, J Reid (Law) 24:41; 8, J McColl (She) 24:53; 9, J Murdoch (Ayr) 24:57; 10, M Dale (Cai) 25:07. **Teams:** 1, Cambus 13pts; 2, Ayr 53; 3, GGH 54; 4, C'dale 58; 5, Airdrie 78. **Sen Boys 3 miles:** 1, D Kerr (SV) 13:46; 2, P Allan (Ayr) 13:56; 3, C Clelland (Cam) 14:36; 4, M Gorman (Sp) 14:45; 5, K Mason (Cum) 14:52; 6, J Tonner (JWK) 14:59; 7, D Kelly (Law) 15:05; 8, D Gorman (VP) 15:08; 9, G Hillier (VP) 15:12; 10, L Hendry (SP) 15:14. **Teams:** 1, Vic Park 28pts; 2, Spring 39; 3, JWK 48; 4, Cambus 60; 5, C'dale 65; 6, Cumcock 83; 7, Clydebank 115. **Jun Boys 2 miles:** 1, S Gibson (CAC) 12:03; 2, A Moore (Cly) 12:08; 3, A Kavanagh (She) 12:44; 4, P Dennie (GWH) 12:52; 5, S Kennedy (VP) 12:58; 6, M Crawley (Cam) 13:04; 7, A Sinclair (She) 13:12; 8, M Gallagher (Cam) 13:16; 9, M Pais (VP) 13:17; 10, R Parker (May) 13:18. **Teams:** 1, Cambus 25pts; 2, Shet 26; 3, Vic Park 38; 4, E Kilbride 91; 5, Law 98.

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SVHC 10K CCC, Falkirk

1, J Kennedy (VP) 29:01; 2, C Youngson (Ab) 29:42; 3, I Seggie (Liv) 30:22; 4, A Stirling (FVH) 30:25; 5, D McKenzie (FVH) 30:26; 6, B McMonagle (She) (O45) 30:35; 7, P Canwright (O45) FVH; 8, R Young (O45) (Cly); 050 1, I Leggett 21 (Liv) 33:12; 2, G Blair 32 (SVH) 34:05; 3, M Coyne 33 (CR) 34:42; 055: 1, T O'Reilly 37 (Spr) 35:45; 2, D Kerr 44 (Inv) 37:24; 3, J Murray 55 (SVH) 38:59; 060: 1, W McBrinn 27 (She) 34:07; 2, S Lawson 40 (MH) 37:02; 3, W Gillespie 51 (FVH) 38:08; 065: 1, A Duncanson (SVH) 52:18; LJ, J Stevenson 26 (FVH) (O40) 33:54; 2, R McAlcove 34 (SVH) 35:04; LJ, M Robertson 43 (DRR) 040 37:12; 035: 2, A Richards 65 (GN) 42:20; 040: 3, J Murray 55 (Kil) 39:27; 045: 1, J Byng 57 (Inv) 38:46; 050: 1, M Robertson 71 (Tev) 42:42; 055: 1, M Moore 75 (Kil) 43:34.

26

Shettleston H Flockhart Memorial CC Meeting, Drumpellier Park, Coathbridge - **Sen:** 1, H Cox (GGH) 28:23; 2, A Robson (Reeb) 28:50; 3, G Croll (Cam) 28:59; 4, D Cameron (She) 29:43; 5, F McGowan (VP) 30:01; 6, M Grealley (Pit) 30:32; 7, J Kennedy V1 (VP) 30:42; 8, E Wilkinson (Cai) 30:58; 9, J Robertson (Cam) 31:03; 10, A Little (She) 31:30; V2, B Howie (CPH) 11th 31:30; V3, W Mitchell 16th (Cam) 32:05. **Teams:** 1, Cambus 28pts; 2, Shet 35; 3, Bella 66. **Youths:** 1, R Huett (SMC) 19:22; 2, J McColl (She) 19:26; 3, M Daley (ESP) 19:27; 4, R Moore (SMC) 19:47; 5, P Loage (She) 19:58; 6, P O'Hare (CAC) 20:07. **Teams:** 1, Shettleston 18pts. **Sen Boys:** 1, M Gorman (Spr) 13:32; 2, K Daley (ESP) 13:31; 3, S McMillan (VP) 13:40; 4, A Piazentini (Cam) 13:41; 5, G Hillier (VP) 13:49; 6, L Hendry (Sp) 13:51. **Teams:** 1, Vic Park 15pts; 2, Spring 19; 3, CAC 43. **Jun Boys:** 1, S Gibson (CAC) 10:26; 2, A Moore (Cly) 10:31; 3, P Taylor (QVS) 10:56; 4, A Young (VP) 11:04; 5, M Pais (VP) 11:07; 6, S Kennedy (VP) 11:10. **Teams:** 1, Vic Park 15pts; 2, Cambus 24; 3, Kirk Oly 54. **Colts:** 1, D Gow (She) 4:37; 2, M Paton (Spr) 4:42; 3, S Phillips (Air) 4:43; 4, C McLucas (Sto) 4:50; 5, K O'Neill (Air) 4:52; 6, A Beckwith (Law) 4:52. **Teams:** 1, Airdrie 15pts; 2, QVS 49; 3, Ayr 58.

Scottish Unis CC Champs, Bellahouston

Men: 1, A Eyre-Walker (Ed) 33:53; 2, G Stewart (Gla) 34:16; 3, J Garland (Ed) 34:32; 4, S Burch (Ed) 34:34; 5, S Wright (Ab) 34:38; 6, A Russell (Gla) 34:56; 7, G McCann (Gla) 35:08; 8, A Herries (Ab) 35:19; 9, D Amott (Ed) 35:23; 10, G McPherson (Gly) 35:29. **Teams:** 1, Edin 43pts; 2, Glas 53; 3, Aber 169; 4, Strath 190. **B team:** 1, D Robinson 25th (Gla) 37:30; 2, I Dunn 27th (Gla) 37:41; 3, A Smith 28th (Gla) 37:57; 4, S Jarrett 29th (Gla) 38:08. **Teams:** 1, Glas 189pts; 2, Edin. **Women:** 1, V McPherson (Gla) 17:05; 2, J Cliffe (Gla) 17:47; M Gemmell (Gue) 17:54; 3, C Bolland (Ed) 18:30; 4, T Brindley (Ab) 18:52; 5, K Kitchen (Ed) 18:56; 6, S Donaldson (Gla) 19:03; 7, M Campbell (Ab) 19:15; 8, M Coleman (Ed) 19:31; 9, K Fisher (Ed) 19:46; 10, M Campbell (Ab) 19:51. **Teams:** 1, Glas 9pts; 2, Edin 16;

9.4; HJ: 1, J Ross (Kil) 1.55m; 2, S Ramminger (Pit) 1.50m; Inter: 60m: 1, K Sutherland (EWM) 8.0; 2, K O'Donnel (KO) 8.1; 3, S Dugden (ESP) 8.1; 4, N Thomson (ESP) 8.3; 60H: 1, J Ross (Kil) 9.6; 2, S Ramminger (Pit) 9.6; 3, J Gardiner (EWM) 10.1; 4, P Clark (Kil) 10.2; Jun: 60m: 1, S Balmann (EK) 8.4; 2, R Hepburn (PSH) 8.4; 3, N Hynd (Pit) 8.4; 4, D Lapsley (Pit) 8.5; 60H: 1, D Palmer (ESP) 10.3; 2, F Forrest (ESP) 10.4; 3, A Douglas (Arb) 10.7; Girls: 60m: 1, P Johnstone (EW) 8.6; 2, P Thomson (EW) 8.9.

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SAAA Under 20 Champs, Kelvin Hall - Jun: 60m: 1, D Walker (ESP) 7.00; 2, S Cumming (CP) 7.03; 3, M Roberts (Sal) 7.20; 4, I Lee (Ste) 7.32; 5, S Allan (Pit) 7.40; 6, P Murray (Seaton) 7.41; **200m:** 1, S Cumming 23.1; 2, A Greig (FVH) 23.4; 3, J Adams (Ayr) 23.6; **400m:** 1, A Ross (Belg) 51.99; 2, P Davidson (Ab) 52.61; 3, R Hannay (Ply) 53.08; 4, S Combe (Arb) 54.09; 5, K Pearson (Ct) 55.47; **800m:** 1, J McFadyen (GGH) 1-57.27; 2, G Reid (JWK) 1-57.66; 3, E McCafferty (Cam) 1-58.46; 4, A Ross (Belg) 2-00.28; 5, N Johnstone (CP) 2-00.43; **1500m:** 1, G Graham (VP) 3-57.4; 2, F McNeill (Lee) 3-58.7; 3, G Rose (Wig) 4-04.5; **60mH:** 1, A Tupman (ESP) 8.60; 2, I Dickie (Ayr) 8.71; 3, J Bell (NSP) 9.00; 4, K Pearson (Ct) 9.42; 5, D Govan (Cly) 9.43; 6, I Smith (PSH) 9.53; **HJ:** 1, S Hill (ESP) 1.93m; 2, R Baird (FVH) 1.90m; 3, F Lewis (MBI) 1.80m; **PV:** 1, A Greig (FVH) 4.44m (CBP); **LJ:** 1, J Bell 6.39m; 2, D Sabris (Ab) 6.25m; 3, R Hannay (Cly) 6.24m; 4, S Atkinson (VP) 6.16m; **TJ:** 1, D Sabris 12-95 (CBP); 2, I Dickie 12-72m; 3, F Lewis 12-45m; **SP:** 1, E Cole (War) 13-78m; 2, J Grundy (Hel) 13-39m; 3, R Baird 13-05m. **Youths: 60m:** 1, A Condon (Un) 7.13; 2, J Anderson (Mid) 7.19; 3, C Joiner (MCS) 7.24; 4, J Bragg (MCS) 7.25; 5, M Critchley (NSP) 7.27; 6, C McRobert (Cam) 7.35; **200m:** 1, J Anderson 22.9; 2, C Joiner 24.3; 3, J Bragg 23.5; 4, D Ritchie (Nai) 24.4; 5, M Critchley 24.4; **400m:** 1, A Condon 51.09; 2, K MacKie (DSM) 54.93; 3, C Wilson (Ab) 54.93; 4, J Bridges (Arb) 56.42; **800m:** 1, C Young (CH) 2-01.50; 2, J Ferguson (Ayr) 2-03.81; 3, D Fotheringham (CH) 2-07.45; 4, J Tonner (JWK) 2-08.55; **1500m:** 1, P O'Hare (CH) 4-13.84; 2, C Steele (VP) 4-16.86; 3, M Daley (ESP) 4-24.72; 4, S Innes (Har) 4-26.21; 5, R Gallagher (Cly) 4-27.29; 6, G Sibbald (MCS) 4-28.93; **60H:** 1, A Malcolm (ESP) 8.51; 2, G Adams (Ayr) 8.59; 3, S Dillon (BI) 8.74; 4, J Scott (Gate) 8.97; 5, P Knapp (Ayr) 8.98; **HJ:** 1, D Murphy (N Down) 200m: 2, S Hughes (Seaton) 1.90m; 3, G Woods (Cam) 1.85m; 4, S McKinley (Pit) 1.80m; 5, G Morrison (Renf) and A Malcolm (ESP) 1.80m; **PV:** 1, P Eyre (Morp) 3.80m; 2, C Eyre (Morp) and K McNicol (Cly) 3.20m; **LJ:** 1, J Gilbert (FVH) 6.26m; 2, P Wilson (Sea) 6.11m; 3, G Moir (Gate) 5.95m; **TJ:** 1, S Dillon (BI) 12.09m; 2, B Carmichael (Tay) 11.78m; 3, R Forbes (PSH) 11.64m; 4, S Hughes (Sea) 11.45m; 5, P Knapp (Ayr) 11.09m; **SP:** 1, G Mathieson (Av) 13-22m; 2, S Hayward (Mel) 13-19; 3, S Lloyd (Sea) 12-62m. **Sen Boys: 60m:** 1, R Booth (CPH) 7.40; 2, B Watson (Pit) 7.43; 3, C Hopkins (CR) 7.53; 4, M Morgan (Gate) 7.62; 5, H Kerr (Ayr) 7.65; 6, M Smith (ESP) 7.69 (7.65h); **200m:** 1, C Hopkins 23.98; 2, B Watson 24.20; 3, M Smith 24.71; 4, P Rowling (Cly) 26.66; 5, B Morrison (DHH) 26.77; **400m:** 1, H Kerr 54.55; 2, B Andrew (B&P) 55.22; 3, S Lindsay (Ayr) 56.14; **800m:** D Roache (VP) 2-04.55; 2, K Daley (ESP) 2-04.90; 3, D McDonald (PSH) 2-07.48; 4, S Schendel (Cum) 2-08.82; **1500m:** 1, D Roache 4-39.97; 2, D McDonald 4-40.35; 3, A Kidd (JWK) 4-57.54; 4, R Love

(Lark) 5-04.41; **60H:** 1, D Hynes (ASP) 9.77; 2, R Baillie (Cly) 10-03; **HJ:** 1, D Hynes 1.75m; 2, C Beattie (Sea) 1.65m; 3, S Schendel 1.65m; 4, H Kerr 1.65m; **LJ:** 1, J Whannel (VP) 5.93m (CBP); 2, M Morgan 5.69m; 3, W Stark (Ab) 5.54m; 4, D Hynes 5.51m; **SP:** 1, B Robb (Pit) 12-50m; 2, K Horton (Cum) 11-50; 3, S Schendel.

26/27

SAAA/SWAAA National Senior Champs - Men: 60m: 1, S Gookey (Roun) 6.68; 2, E Bunney (CP) 6.71; (Scot native rec, 6.76 in semi for Scot native record); 3, J Henderson (EdU) 6.91; 4, E Clark (Pit) 6.93 (6.90 s/f); 5, J Urron (Mor) 6.96; 6, P Davies (Bla) 7.01. In semis, P Sloan (Bir) 7.10; R Sexton (N Down) 7.12; S Tucker (KO) 7.16; S Shanks (Lark) 7.06; B Ashburn (CAC) 7.00; D Mathieson (Ab) 7.19; S Robertson (Bell) 7.20. **200m:** 1, E Bunney (CP) 21.28 (CBP and Scots national and native recs); 2, N Turnbull (CP) 21.72; 3, J Henderson (EdU) 21.88; 4, J Urron (Mor) 22.44 (22.23 s/f); 5, S Shanks (Lar) 22.58 (22.07 s/f). In semis P Davies (Bla) 22-11; S Tucker (KO) 22.73; M King (Ab) 22.76; S Scott (ESP) 23.22; R Sexton (ND) 22.58; D Hutchison (Lass) 23-01. **400m:** 1, M Davidson (Ab) 48.31; 2, G Fraser (Sand) 48.67; 3, M McPhail (Har) 48.86; 4, G McMillan (DHH) 48.89; 5, I Prity (CAC) 49.78. In semis: D Gilmour (Las) 50.77; N Boston (Spa) 51.16; G Hodges (ESP) 51.07; K Kandasamy (GlaU) 51.86; M Taylor (UCW) 50.10. **800m:** 1, B Whittle (Ayr) 1-50.10; 2, A Murray (JWK) 1-51.19; 3, D Pitt (Har) 1-54.04; 4, B Murray (CPH) 1-54.67; 5, I Campbell (DHH) 1-56.00. In semis: J McFadyen (GGH) 1-56.69; I Campbell (CPH) 1-56.70; In heats: G Mitchell (DHH) 1-58.24; R Stoddart (Bel) 1-58.68; C Airth (She) 1-58.64; L Edwards (Fife) 1-59.33; S Allan (L&L) 1-59.72; K Downie (Coa) 1-59.60; **1500m:** 1, M Kirk (B&A) 3-48.71; 2, M Clarkson (Bir) 3-50.25; 3, I Campbell (DHH) 3-50.30; 4, T Gillespie (CAC) 3-52.66; 5, K Penrice (Ayr) 4-00.39; 6, R Arbuckle (Kei) 4-00.91; In heats: M Fallows (ESP) 3-59.56; R Arbuckle 3-59.85; K Penrice 4-00.04; P Halpin (Cly) 4-00.44; P Duffy (CP) 4-03.32; S Murray (JWK) 4-05.16; C Soutar (Cum) 4-06.29; L Edwards (Fife) 4-06.68. **3000m:** 1, M Clarkson (Bir) 8-12.40; 2, I Johnston (FVH) 8-13.84; 3, G Grindley (FVH) 8-14.88; 4, T Murray (GGH) 8-15.59; 5, R Arbuckle (Kei) 8-26.57; 6, K Mortimer (ESP) 8-27.44; 7, A Jenkins (HBT) 9-06.18. **60H:** 1, N Fraser (Inv) 8.1; 2, G Smith (ESP) 8.6; 3, J Franklin (WG) 8.6; 4, F McGlynn (She) 8.7; 5, A Leiper (AFD) 8.8; 6, B Winning (Mus) 9.4. **HJ:** 1, D Barnetson (Inv) 2.10m; 2, N Robbie (Mel) 1.95m; **PV:** 1, I McKay (ESP) 4.50m (CBP and Scot native rec); 2, G Jackson (W&B) 4.50m; 3, A Buchanan (AFD) 4.20m; 4, D McLeod (Bet) 4.20m; 5, I Black (CPH) 4.20m; 6, A McMahon (She) 4.00m; 7, A Anderson (NV) 3.60m; **LJ:** 1, D Mathieson (Ab) 7.14m; 2, J Scott (ESP) 6.80m; 3, R Burnett (ESP) 6.74m; 4, B Ashburn (CAC) 6.63m; 5, P Davies (Black) 6.49m; 6, D Thom (Mel) 6.25m; 7, N Elliot (Hel) 6.18m; 8, S Atkinson (VP) 6.09m; **TJ:** 1, M McDonald (B&A) 14-77m; 2, J Scott (ESP) 14-32m; 3, N McMenemy (Ct) 13-79m; 4, W Leung (ESP) 13-61m; **SP:** 1, G Stark (Roh) 14-64m; 2, J Nicholls (Was) 14-20m; 3, N Mason (Fife) 13-62m; 4, M Stander (PSH) 12-14m; 5, N Elliot (Hel) 11-20m. **Women: 60m:** 1, A McGillivray (EWM) 7.43 (Scot national and native recs). In heat: 7.52 (national and native recs); 2, B Baxter (CoG) 7.73; 3, F Boswell (EWM) 7.83; 4, J Levermore (Spar) 7.87; 5, R Girvan (MV)

7.91; 6, M Rea (Ann) 7.98; (7.96 heat) In heats: K Madigan (Ab) 8.00; A Jackson (CoG) 8.12; C Black (EWM) 8.15; K Addison (Gate) 8.16; M Marr (Stew) 8.29; J Currie (CoG) 8.36; L Davidson (Ab) 8.38. **200m:** 1, A McGillivray 24.59 (CBP, Scottish native rec); 2, M Cunningham (CoG) 25.27; 3, L Dick (CoG) 25.51; 4, R Girvan (NV) 25.52; 5, F Boswell (EWM) 26.03 (25-94 heat) In heats: H McClung (JWK) 27.21; K Leys (Ab) 27.33; P Anderson (EK) 28.24; S Fulton (KO) 28.75.

400m: 1, D Kitchen (EWM) 55.00; 2, J Levermore (Sp) 55.39; 3, R Williams (Dar) 56.39; 4, G Coubrough (Kil) 56.64; 5, M McClung (JWK) 61.32 (59.97 ht); K Hinchelwood (CoG) 59.97; S A Sword (Str) 60.27; L Stewart (ESP) 60.27; A Currie (CoG) 60.55.

800m: 1, J Parker (Essex) 2-11.25; 2, J Stewart (CoG) 2-13.47; 3, F Meldrum (CoG) 2-15.91; 4, L Cormack (ESP) 2-25.65; 5, L Stewart (ESP) 2-32.64.

1500m: 1, S Crawford (CoG) 4-30.74; 2, E Grant (CoG) 4-32.27; 3, CA Gray (ESP) 4-44.59; 4, L Cormack (ESP) 4-52.57; 5, C Thompson (CoG) 5-07.14.

3000m: 1, V McKee (Ann) 9-27.04; 2, S Crawford (CoG) 9-29.20; 3, CA Bartley (CoG) 9-33.02; 4, J A Scott (Dar) 10-01.65; 5, J Fraser (Ab) 11-04.06; 6, L Cairns (JWK) 11-17.68.

60H: 1, L McCulloch (Pit) 8.77; 2, C Doris (EWM) 8.84; 3, S Richmond (Pit) 8.98; 4, C Murphy (CoG) 9.05; 5, G Murchie (Ab) 9.21; **HJ:** 1, T Gialadour (Ice) 1.83m; 2, J Boyle (NI) 1.83m; 3, R Pinkerton (CoG) 1.75m; 4, H Melvin (Troon) 1.70m; **LJ:** 1, C Black (EWM) 5.84m; 2, K Hambrook (Ash) 5.78m; 3, N Rea (Ann) 5.74m; 4, N Barr (EWM) 5.61m; 5, J Ainslie (EWM) 5.55m; 6, S McLaughlin (Fin) 5.51m; 7, A Jackson (CoG) 5.45m; 8, L Davidson (Ab) 5.23m; 9, S Wood (EWM) 5.17m; 10, G Spankie (ESP) 5.07m; **TJ:** 1, K Hambrook (Ash) 12-08; (CBP and Scot national rec); 2, N Barr (EWM) 11-16m (Scots native rec); 3, G Spankie (ESP) 10-18m; **SP:** 1, A Grey (ESP) 14-19m; (CBP); 2, A Rhodie (CoG) 11-31m; 3, A Dutch (EWM) 11-27m; 4, L Bamett (PSH) 10-59m; 5, T Shorts (Kil) 10-34m.

Beith H New Year RR's, Kilbirnie - Sen 4.8m: 1, T Murray (GGH) 23-13; 2, T Hearle (Kil) 23-25; 3, G Croll (Cam) 23-30; 4, C Murray (Cam) 23-44; 5, S Wylie J1 (Cam) 23-49; 6, M Gallagher (MH) 24-00; 7, G Tenney (Kil) 24-05; 8, A Adams J2 (VP) 24-14; 9, J Kennedy V1 (VP) 24-26; 10, C Miller (Irv) 24-35; **V45 D Reid 42nd (Cam) 28-35; V50 W Spark 57th (Irv) 30-53; V55 S McLean 55th (Bel) 29-53; V60 J Turcan 74th (West) 34-25; Ballot Teams:** 1, (T Hearle (Kil) 2; G Tenney (Kil) 7; G Reid (EK) 12; A Gallagher (MH) 14) 35pts; 2, (S Wylie (Cam) 5; J Kennedy (VP) 9; C Miller (Inv) 10; I McDougall (Kil) 15) 39; 3, (D McLaughlin (GGH) 17; J Sneddon (Irv) 19; P Preston (Check) 20; G Mitchell (GGH) 24) 80.

Youths: 1, J Reid (Law) 12-18; 2, J McCall (She) 12-28; 3, A Barker (Kil) 12-29; **Team:** 1, Law 12pts.

Sen Boys: 1, C Clelland (Cam) 5.54; 2, R Girvan (Kil) 6.24; 3, G Hillier (VP) 6.29; **Team:** 1, Vic Park 16pts.

Jun Boys: 1, A Young (VP) 6.35; 2, S Kennedy (VP) 6.38; 3, B Hendry (Irv) 6.45; **Team:** 1, Victoria Park 9pts.

Colts: 1, A Sandilands (Ava) 4.46; 2, F McHardy (Ct) 5.18; 3, A Sandler (EK) 5.21; **Team:** 1, Vic Park 21pts.

Women 3.6m: 1, H Morton (Irv) 22-01; 2, J Byng LV1 (Inv) 22-07; 3, C Gibson (SV) 22-56; 4, K Melville (LV2) (Irv) 26-05; 5, K Gear LV3 (Irv) 28-20; **Inters:** 1, J Roxburgh (Irv) 14-57; 2, A McManus (Irv) 15-02; 3, S Kennedy (CoG) 15-03; **Jun:** 1, C Leitch (Ava) 6.47; 2, C Moodie (CoG) 6.56; 3, C McGanity (SpV) 6.58; **Girls:** 1, K Lamont (EK) 8.12; 2, R McDougall (EK) 8.25; 3, J Smith (EK) 8.39; **Minors:** 1, L Reid (EK) 7.30; 2, L Atkinson (Av) 7.52; 3, L McDonald (Bath) 8.25.

Greenmantle Dash 1.5 Mile HR - 1, J Maitland (LeeU) 16-00 (rec); 2, J Wilkinson (Gala) 16-25; 3, N Wilkinson (Man) 16-28; 4, G Hull (LeeU) 16-47; 5, A Ward (ESP) 16-52; 6, A Farmingham (Gal) 17-02; 7, S Bennett (West) 17-15; 8, J Hampshire (HBT) 17-19; 9, S Igunas (Liv) 17-21; 10, D McGonigle (She) 17-26; **V1: J Knox (Tev) 18-25; **V2:** R Morris (Cam) 18-44; **V3:** S Balfour (Liv) 19-13.**

2

January

1

Aonach Mhor Gondola Run, Fort William 1, D Rodgers 20-59; 2, P Hughes 22-05; 3, J Maitland 22-59; 4, W Fraser 23-02; 5, J Brooks J1 23-14; 6, G Brooks 23-47; 7, S Cameron (all Loch) 24-02; 8, B Scally (She) 24-44; **V1** J Maitland; **L1:** C Lorimer (Sta) 31-08.

2

Greenmantle Dash 1.5 Mile HR - 1, J Maitland (LeeU) 16-00 (rec); 2, J Wilkinson (Gala) 16-25; 3, N Wilkinson (Man) 16-28; 4, G Hull (LeeU) 16-47; 5, A Ward (ESP) 16-52; 6, A Farmingham (Gal) 17-02; 7, S Bennett (West) 17-15; 8, J Hampshire (HBT) 17-19; 9, S Igunas (Liv) 17-21; 10, D McGonigle (She) 17-26; **V1: J Knox (Tev) 18-25; **V2:** R Morris (Cam) 18-44; **V3:** S Balfour (Liv) 19-13.**



January

1

Morpeth to Newcastle 14.25 mile RR - 1, P Davies-Hale (Can) 72-21; 2, P Cuskin (Val) 72-28; 3, K Foster (Val) 72-33; Scots: 6, P Fleming (Bel) 73-07; 12, P Faulds (FVH) 75-49; 20, A Douglas (VP) 77-47; 26, D Barr (Tev) 77-49; 34, J Dingwall (V) (CoH) 78-05; 39, C McLennan (ESP) 78-53.

Portobello Promenade RR's, Edinburgh - Sen 4m: 1, J Sherban (FVH) 19-08; 2, B Kirkwood (ESP) 19-12; 3, A Weatherhead (ESP) V1 19-15; 4, A Brown (ESP) 19-18; 5, G Crawford (ESP) 19-24; 6, J Ross (HELP) 19-38; 7, G Mathieson (CPH) 19-42; 8, K Mortimer (ESP) 20-08; 9, D Bannister (Leeds) 20-41; 10, R Elliott (HBT) 21-01; **V2:** B Howie (CPH) 21-11; **V3:** S Balfour (Liv) 21-17; **V50:** 1, M Craven (CPH) 23-03; 2, J Shaw (Fen) 23-59; **L1:** Z Hyde (Wok) 23-03; **L2:** J Robertson (Ayr) 23-37; **L3:** J Salvona (Liv) 23-59; **L4:** L Cormack (ESP) 24-20.

Young Athletes' 2 miles: Boys: 1, S Innes (Har) 11-40; 2, S Murray (Las) 12-03; 3, N Lyall (Las) 12-07; 4, M Munro (Dun) 12-13; 5, J Butters (Un) 12-14; 6, C Munro (Dun) 12-20; **Girls:** 1, L Stewart (ESP) 12-14; 2, G Balfour (Liv) 13-05; 3, D Murray (Las) 13-14; 4, M Stott (EWM) 13-27.

2

Beith H New Year RR's, Kilbirnie - Sen 4.8m: 1, T Murray (GGH) 23-13; 2, T Hearle (Kil) 23-25; 3, G Croll (Cam) 23-30; 4, C Murray (Cam) 23-44; 5, S Wylie J1 (Cam) 23-49; 6, M Gallagher (MH) 24-00; 7, G Tenney (Kil) 24-05; 8, A Adams J2 (VP) 24-14; 9, J Kennedy V1 (VP) 24-26; 10, C Miller (Irv) 24-35; **V45 D Reid 42nd (Cam) 28-35; V50 W Spark 57th (Irv) 30-53; V55 S McLean 55th (Bel) 29-53; V60 J Turcan 74th (West) 34-25; Ballot Teams:** 1, (T Hearle (Kil) 2; G Tenney (Kil) 7; G Reid (EK) 12; A Gallagher (MH) 14) 35pts; 2, (S Wylie (Cam) 5; J Kennedy (VP) 9; C Miller (Inv) 10; I McDougall (Kil) 15) 39; 3, (D McLaughlin (GGH) 17; J Sneddon (Irv) 19; P Preston (Check) 20; G Mitchell (GGH) 24) 80.

Youths: 1, J Reid (Law) 12-18; 2, J McCall (She) 12-28; 3, A Barker (Kil) 12-29; **Team:** 1, Law 12pts.

Sen Boys: 1, C Clelland (Cam) 5.54; 2, R Girvan (Kil) 6.24; 3, G Hillier (VP) 6.29; **Team:** 1, Vic Park 16pts.

Jun Boys: 1, A Young (VP) 6.35; 2, S Kennedy (VP) 6.38; 3, B Hendry (Irv) 6.45; **Team:** 1, Victoria Park 9pts.

Colts: 1, A Sandilands (Ava) 4.46; 2, F McHardy (Ct) 5.18; 3, A Sandler (EK) 5.21; **Team:** 1, Vic Park 21pts.

Women 3.6m: 1, H Morton (Irv) 22-01; 2, J Byng LV1 (Inv) 22-07; 3, C Gibson (SV) 22-56; 4, K Melville (LV2) (Irv) 26-05; 5, K Gear LV3 (Irv) 28-20; **Inters:** 1, J Roxburgh (Irv) 14-57; 2, A McManus (Irv) 15-02; 3, S Kennedy (CoG) 15-03; **Jun:** 1, C Leitch (Ava) 6.47; 2, C Moodie (CoG) 6.56; 3, C McGanity (SpV) 6.58; **Girls:** 1, K Lamont (EK) 8.12; 2, R McDougall (EK) 8.25; 3, J Smith (EK) 8.39; **Minors:** 1, L Reid (EK) 7.30; 2, L Atkinson (Av) 7.52; 3, L McDonald (Bath) 8.25.

2

January

1

Aonach Mhor Gondola Run, Fort William 1, D Rodgers 20-59; 2, P Hughes 22-05; 3, J Maitland 22-59; 4, W Fraser 23-02; 5, J Brooks J1 23-14; 6, G Brooks 23-47; 7, S Cameron (all Loch) 24-02; 8, B Scally (She) 24-44; **V1** J Maitland; **L1:** C Lorimer (Sta) 31-08.

2

Greenmantle Dash 1.5 Mile HR - 1, J Maitland (LeeU) 16-00 (rec); 2, J Wilkinson (Gala) 16-25; 3, N Wilkinson (Man) 16-28; 4, G Hull (LeeU) 16-47; 5, A Ward (ESP) 16-52; 6, A Farmingham (Gal) 17-02; 7, S Bennett (West) 17-15; 8, J Hampshire (HBT) 17-19; 9, S Igunas (Liv) 17-21; 10, D McGonigle (She) 17-26; **V1: J Knox (Tev) 18-25; **V2:** R Morris (Cam) 18-44; **V3:** S Balfour (Liv) 19-13.**

2

January

1

Aonach Mhor Gondola Run, Fort William 1, D Rodgers 20-59; 2, P Hughes 22-05; 3, J Maitland 22-59; 4, W Fraser 23-02; 5, J Brooks J1 23-14; 6, G Brooks 23-47; 7, S Cameron (all Loch) 24-02; 8, B Scally (She) 24-44; **V1** J Maitland; **L1:** C Lorimer (Sta) 31-08.

2

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2

January

1

5

Maryhill H N Barge Trophy 4.8 mile RR - 1, J Sherban (FVH) 22-34; 2, H Cox (GGH) 23-01; 3, G Grindley (FVH) 23-03; 4, S Gibson (HBT) 23-07; 5, G Croll (Cam) 23-09; 6, A Puckrin (CPH) 23-09; 7, J McKay (She) 23-19; 8, A Callan (Spr) 23-25; 9, J Orr (Cam) 23-27; 10, A Walker (Tev) 23-31; 11, G Brown (ESP) 23-39; 12, J Houston (MH) 23-39; 13, E Stewart (Cam) 23-42; 14, S Wylie J1 (Cam) 23-45; 15, S Cohen (ESP) 23-48; 16, G Stewart (CH) 23-48; 17, M Steele (ESP) 23-48; 18, B Kirkwood (ESP) 23-50; 19, G Wight (Ayr) 24-05; 20, P Halpin (Cly) 24-05; **V1: J Kennedy 35th (VP) 24-39; **V2:** D McKenzie 38th (FVH) 24-53; **V3:** H Watson 40th (Cly) 24-59; **V4:** A Adams 43**

Espc Athletic Club



The club in 1991.

Moira Reid, secretary of EspcAC, traces the development of the club through to the present day. Photographs: Robert Perry.

ESPCAC was formed as Edinburgh Athletic Club (EAC) in 1961 by the amalgamation of Edinburgh Harriers (founded in 1885 and based at Fords Road, Saughton on the west side of Edinburgh), Edinburgh Northern Harriers (founded in 1889 with clubrooms at Greenside Place in central Edinburgh) and Edinburgh Eastern Harriers (founded in 1922 and based at Meadowbank and Hawthill towards the east of the city).

The three clubs had been struggling to survive but their amalgamation along with Braidburn Athletic Club in 1962 led to the emergence of one of the strongest clubs in Scotland.

In 1989, due to the generosity of Edinburgh Solicitors Property Centre in offering a sponsorship, the club changed its name to EspcAC.

In the 1960's the club's younger age groups excelled in cross country

events, the senior boys being champions in 1963-64, and the youths winning in 1964-65. Gradually the seniors progressed by coming third in 1969 and then second in 1970. Some familiar names running for the club in the early 1960s were: Neil Donachie (immediate past president of the SAAA), Bill Walker, Bob Greenoak (now honorary secretary of SAAA), John Fairgrieve (who was first administrator of Scottish Athletics) and Claude Jones (who is currently the club's men's team manager).

Ladies who excelled on the track during this period included Esther Watt (Scottish internationalist and Scottish champion at 100yds). Esther is now mother of the very talented youngster Isabel Linaker of Pitreavie AAC. There was also Marion Donachie (Scottish champion at 440yds) and Barbara Tait (Scottish champion and native record holder at 1 mile).

The club membership grew dramatically after the 1970 Commonwealth Games and this heralded a very successful decade.

The men were Scottish cross-country champions for four consecutive years from 1973 and gained five titles in six years.

In 1975 there was a historic team win when they scored 37 points, one of the lowest winning scores in the championship's history. This feat has never been approached since. The team included A McKean, A Weatherhead (who is still competing with distinction for the club), J Alder, A Wight, D Gunstone and J Wight. Andy McKean was individual champion in 1973, 1975, 1976 and 1977.

On the track the men went from strength to strength being Scottish League champions in 1976, 1977, 1978, 1979 and 1980 and British Cup finalists in 1975, 1976, 1977, 1978 and 1980. They entered the

British League Division IV in 1972 and by 1976 had progressed to Division I.

Among the many athletes who excelled during this time was Brian Burgess who was the Scottish high jump champion between 1976 and 1981 and who won a bronze medal at the Commonwealth Games in Edmonton.

Another outstanding high jumper of this period was David Wilson. Wilson was Scottish high jump champion between 1970 and 1972 and also Scottish champion in the 110m hurdles in 1970, 1972, 1974, 1977 and 1981. He represented Great Britain in this event in the Munich Olympic Games and the Scottish national record he set in 1974 still stands to this day.

This was also the era of Drew McMaster who was Scottish champion in both the 100m and 200m and who was one of the gold medal winning 4 x 100m relay team at the Edmonton Commonwealth Games.

Over 800m it was Paul Forbes who stood out. Forbes, a former UK champion in this event and a Scottish national record holder was also a member of the the Scottish 4 x 400m relay team which holds the current Scottish national record.

In 1974 the 4 x 400m relay team of Peter Hoffman, Paul Forbes, Norman Gregor and Roger Jenkins established the current Scottish national record for a club team in a time of 3-08.93.

The highlight of this period was the club's success in 1974 in gaining the world record in the 24 hour ten man x 1 mile relay. The team smashed the record set up by Sale Harriers in 1972.

The best performance came

from Joe Patton who contributed 31 miles averaging 4-44 for each mile. The team of J Alder, J Dingwall, D Gunstone, A Wight, J Wight, A Mathieson, P Hay, R Knowles, D Knowles and J Patton still hold a European Record for this



A typical training session on the track at Meadowbank.

performance.

The young athletes in the club entered the Scottish Young Athletes League at its inception in 1972, and won the league on several occasions and have qualified for the final match every year since its start to the present day.

In the 1980's, the ladies remained in Division I of the Scottish League apart from two seasons in Division II. In 1980 the ladies qualified for the UK League and remained there for four seasons but were eventually relegated due mainly to a lack of senior athletes.

Athletes worthy of praise during this period must surely include Mary Anderson, an all-rounder who was Scottish shot putt champion, Scottish 400m champion and Scottish Heptathlon champion. She is still ranked third in Scotland for shot putt.

Other prominent women in the club from 1980 onwards were Pat Devine who excelled in the 400m, Penny Rother, a Scottish cross country internationalist and Alison Grey who is currently ranked first in the women's shot putt. Karen McLeod also emerged during this decade and is currently ranked second in the 10,000m after Liz McColgan. Mention should also go to Tricia Calder who has excelled in hill running.

Pride of place however should be given to Yvonne Murray, undoubtedly the club's most successful athlete. Yvonne has competed in every major championship, Olympic Games, European Games (indoors and outdoors), Commonwealth Games and World Championships. Indeed she is a household name and personality.

The men are Scottish League Division I champions and have been so for the past six seasons. They also have a second team in Division V, the first Scottish club to field two teams in the league. This was done to give a greater number of athletes competition and proved worthwhile as they won the Division V competition.

The men's team is currently in Division II of the British League. Adam Whyte (throws) has been the clubs most consistent points scorer in recent seasons in both the Scottish and British Leagues.

At the Commonwealth Games in Auckland, New Zealand at the



Leading members of EspcAC. From left to right: John Scott, Louise Cormack, Jim Learmouth, Sinead Dudgeon, Neil Fraser, Lorraine Stewart, William Leung, Donna Palmer, Mary Anderson and Andrew Tupman.

beginning of 1990 the club had three representatives - Yvonne Murray who won a silver medal in the 3000m, Ian Hamer competing for Wales who gained a bronze medal in the 5000m and Karen McLeod who completed the 25 laps of the 10,000m despite a cracked rib sustained in a collision with another athlete in lap 2.

The club's policy over the past few years has been to encourage more youngsters into the sport of athletics. They have achieved this by holding an open day or ('talent testing day') inviting youngsters to come along and meet club coaches and participate in a few athletic tests of ability. A few of the youngsters found at these days are now included in Scottish junior squads.

Athletes to look out for in the future include Kevin Daley (800m and cross-country), Alan Malcolm (hurdles and high jump), Andrew Tupman (hurdles), Louise Cormack (middle distance), Sinead Dudgeon (sprints and long jump) and Donna Palmer (hopefully another Mary Anderson, having won the girls pentathlon in 1990).

The club organises several

major events during the year including The Octavian Relays - one of the major relay events in Britain. They first took place in 1971, organised by the Octavian Athletic Club which was a club formed from eight Edinburgh schools' FP clubs. When this club disbanded several members joined Edinburgh AC (now Esp) and continued the idea of an interclub relays meeting, inheriting the name and trophies for annual competition. This event will be held on August 11 this year.

Esp also hold an annual road race, which, in 1990, attracted a field of around 300 athletes. This event will be held on August 18 this year. Also organised are races at Queens Drive, Edinburgh which are normally held the Saturday before Christmas and a new event for the club this year was the Esp Indoor Championships at Meadowbank which attracted around 200 entries.

Officials from Esp contribute immensely to the organisation of athletics in Scotland and several have occupied notable positions in the Scottish athletics hierarchy. Particularly worthy of mention is Willie Carmichael OBE, FCIS, who

was director of organisation for the very successful 1970 Commonwealth Games in Edinburgh and who in fact was a member of the Commonwealth Games or Empire Games Committee since 1933.

With a growing number of youngsters coming through to senior teams the club is looking forward to continued success in the 1990's thanks to their loyal band of successful coaches who can be found at Meadowbank and

Saughton enclosure here their training sessions take place.

Particularly exciting to the club is the fact that not only will the men be competing in both British and Scottish Leagues but also this season the ladies have been invited to join the UK League.

Regrettably it is impossible to mention all those people who have provided invaluable service to the club, many of them over a great number of years.



Tel: 031-659 6437
Fax: 031-659 6319

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STRATHKELVIN
DISTRICT COUNCIL



STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB

THE LUDDON 10K RACE

(Under S.A.A.A. Rules)
SPONSORED BY LUDDON CONSTRUCTION LIMITED
Supported by Runsport, Racket sports and Kirkintilloch Herald

SUNDAY, 26TH MAY, 1991

START 10.00 a.m.

Race Venue: Woodhead Park, Kirkintilloch
Race Headquarters: Tom Johnston House, Civic Way, Kirkintilloch
Changing Accommodation: Kirkintilloch Swimming Pool



NAME																				
ADDRESS																				
NAME OF AFFILIATED ATHLETIC CLUB																				
DATE OF BIRTH	Day	Month	Year																	
CATEGORY	☐ Male under 40 ☐ Male 40 - 49 ☐ Male 50 and over																			
AGE ON DAY OF RACE	☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23 ☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30 ☐ 31 ☐ 32 ☐ 33 ☐ 34 ☐ 35 ☐ 36 ☐ 37 ☐ 38 ☐ 39 ☐ 40 ☐ 41 ☐ 42 ☐ 43 ☐ 44 ☐ 45 ☐ 46 ☐ 47 ☐ 48 ☐ 49 ☐ 50 ☐ 51 ☐ 52 ☐ 53 ☐ 54 ☐ 55 ☐ 56 ☐ 57 ☐ 58 ☐ 59 ☐ 60 ☐ 61 ☐ 62 ☐ 63 ☐ 64 ☐ 65 ☐ 66 ☐ 67 ☐ 68 ☐ 69 ☐ 70 ☐ 71 ☐ 72 ☐ 73 ☐ 74 ☐ 75 ☐ 76 ☐ 77 ☐ 78 ☐ 79 ☐ 80 ☐ 81 ☐ 82 ☐ 83 ☐ 84 ☐ 85 ☐ 86 ☐ 87 ☐ 88 ☐ 89 ☐ 90 ☐ 91 ☐ 92 ☐ 93 ☐ 94 ☐ 95 ☐ 96 ☐ 97 ☐ 98 ☐ 99 ☐ 100																			

RACKET SPORTS
Kirkintilloch
Footwear and Clothing

Official Entry Form - fill in all sections in BLOCK CAPITALS. Send to Road Race Secretary, Strathkelvin District Council, Leisure and Recreational Services, 14 Springfield Road, Bishopbriggs, Glasgow, G64 1PQ. Numbers will be restricted so please apply early. If your entry is not accepted, you will be notified as soon as possible and your fee returned. Please note that Race entries will not be acknowledged but Race details will be issued to all competitors in April.

ENTRYFEES - MEMBERS OF AFFILIATED ATHLETIC CLUBS £1.00.
UNATTACHED RUNNERS £1.50.

I enclose herewith my cheque/P.O. being the amount of the entry fee (non-refundable). Note: entries will not be accepted unless accompanied by the entrance fee. The organisers have the right to refuse any entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to Strathkelvin District Council crossed and name and address on reverse side. Please enter me for the LUDDON 10K RACE. I am medically fit to run and fully understand that I may enter at my own risk and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms. I declare (1) that I am an amateur as defined by the S.A.A.A. (2) that I shall abide by the Laws and Rules for Competitions of the respective governing bodies.

Signed _____ Date _____

FOR OFFICIAL USE ONLY

Date Received	Race No.	P.O./Cheque	Initialed

THE PRINCE & PRINCESS OF WALES HOSPICE REEBOK WOMEN'S 10K RACE

SUNDAY
26th MAY '91
START TIME 11.00am
START/FINISH
WOODHEAD PARK, KIRKINTILLOCH

Reebok
THE EDGE

1st PRIZE - WINNERS CUP & GIFT VOUCHER VALUE £150
2nd PRIZE - GIFT VOUCHER VALUE £100
3rd PRIZE - GIFT VOUCHER VALUE £50
PLUS MANY OTHER SPOT PRIZES

OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

Registered under the Data Protection Act

ENTRY FEE £4.00
(Inclusive of all postage) MUST BE ENCLOSED

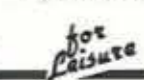
Surname																				
First Name																				
Address (use abbreviations if required)																				
Postcode (must complete)																				

Registered Athletic Club (if applicable)																				
Date of Birth (optional)	Day	Month	Year																	
Category	Competitors must be 15 years or over on day of race. If you wish to compete for a category prize state date of birth of competitor for youngest, oldest or juvenile categories.																			
Under 17	18-34	35 and over																		

FOR OFFICIAL USE ONLY

Date Received _____ Race No. _____ PO/Cheque _____ Initialed _____

OTHER SPONSORS



Cheque/P.O. made payable to:
Strathkelvin District Council
Send to:
Road Race Secretary,
Strathkelvin District Council,
Leisure and Recreation
Services,
14 Springfield Road,
Bishopbriggs,
GLASGOW G64 1PQ

No refund of entry fee

Entries received before
Friday 29th March '91
will receive a pair of
REEBOK SOCKS FREE

I wish to sponsor
The Prince & Princess of
Wales Hospice ☐

Please enrol me for
the Reebok 10k Race.
I am medically fit to run and understand
that I enter at my own risk and that the
organisers will in no way be held
responsible for any injury which is incurred
to my person during or as a result of the
event, or for any property lost on the
course and in the changing areas.

Signed _____ Date _____



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Grade 1

HUGHES GLENROTHES ROAD RUNNING FESTIVAL

**Sunday
19th May, 1991**

Half Marathon

* T-shirts for all finishers *

10K Road Race

* Medals for all finishers *

10K Wheelchair Race

5K Fun Run

Biathlon

(800m Swim and 10K Run)

Entry Forms

Telephone: 0592-771700

or write to:

Fife Sports Institute
Viewfield Road
Glenrothes
Fife KY6 2RA.



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Bridges Half Marathon and Fun Run

Main Sponsor

Digital Equipment Scotland Ltd
Butlaw, South Queensferry

digital

Sunday 28 April 1991 Start 11.00am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)

£5 Half Marathon

☐
Please tick
as appropriate

£2 Fun Run

☐

"People's" Permit

I enclose my Cheque/PO for the entry fee for the race payable to
Queensferry and District Community Council.

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

Signed

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

Date

Return to: Forth Bridges Half Marathon c/o 17, Linn Mill,
South Queensferry, EH30 9ST
PLEASE PRINT

Name

Address

Name of Club

Hrs.

Min.

Day Month Year

Estimated time

Date of Birth

MALE

☐

Age on day of race

FEMALE

☐
Please tick
as appropriate

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.**

**A certificate will be given to all runners completing the Fun
Run.**

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.

February

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.

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

ANNAN River Races. D - (0461) 203057.

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.

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.

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 Coolil 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.

BANK of Scotland White Caterthun
Race, Brechin 11.5 miles. E - Alan
Young, 11, Gellatly Place, Brechin,
Angus.

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

BANK of Scotland Selkirk Peoples Half
Marathon. D - (0750) 21598.

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

DUNDEE Hawkhill Harriers 10K Road
Race, Caird Park.

EDINBURGH & District Athletic League
1st Meeting, Tweedbank.

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

10

LIVINGSTON & District AAC OGM,
Craigswold Sports Centre. First event
6pm. For further info please phone
0506-854199 or 0506-37892.

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 Hill Race,
Inverness.

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

14

ROAD Race Championships, Oban.
SCOTTISH & NW League Div 1,
Meadowbank; 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 OGM, Dumfries. 7pm, David
Keswick Track. Tel 0387-69423 for
details and information.

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 Semple
Relay, Clydebank. D - (0387) 76950.

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.

DORA Stephen Memorial OGM,
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. Details from 041-554-8274.

EVENTS

FOUR Tops Trig Point Cow Hill Half Ben and Melanee, 11am at leisure centre, Fort William. EEA on £4 E on day.

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

May

1

FALKIRK OGM Grangemouth. D - (0324) 486711.

4

STUC A'Chroin Hill Race, Strathgry, 13 Miles, 1pm Start. £2-00 (£2-50 if enter on day). Details from Mr G. Coppock, c/o Ben Sheann Hotel, Main Street, Strathgry. Tel (08774) 605.

EASTER Ross People's Half Marathon, Tain. 12 noon start. Details from Joan White on 0862-3012 (49, Manse Crescent, Tain.)

5

HILL of the Fairies, Strathgry, 3 Miles, 12 o'clock Start. Entries on day, £1-00. Details from Mr G. Coppock c/o Ben Sheann Hotel, Main Street, Strathgry. Tel (08774) 605.

EDINBURGH to North Berwick Commemorative Marathon, Meadowbank. D - (0620) 843515.

EDINBURGH Women's 10K, Meadowbank.

SCOTTISH & North West League Div 1, 2, 3, 4, 5 & 6.

STRANRAER People's 10K Road Race & Fun Run, Stranraer. Details - (0776) 2151 Ext. 244/253.

BANK of Scotland NE League, Aberdeen.

GRAMPIAN Television Athletics League (East), Aberdeen; (North), Elgin.

GRE Cup - Round 1, Various.

8

BLEBOCRAIGS 5 mile Road Race, Cupar.

9

JSB Plumbing Forth Valley League D1, Pitreavie; D2, Grangemouth. D - (0324) 486711.

11

BEN Lomond Hill Race, Rowardennan.

BRITISH Athletics League 1, Various. **FALKIRK Young Athletes Meeting**, Grangemouth. D - 0324-486711.

GOLSPIE People's 10K, Golspie.

PENICUIK-Howgate 10K Road Race, Penicuik. Starts 2.15pm, Penicuik High School. £2 inc snack (£2.50 on day). Declarations close 1.45pm, limit 300. Creche available by appointment. Race sec - Alistair Russell, 90, Main Street, Roslin, EH25 9LS. Tel: 031-440-3961.

UK Women's League 1, various.

12

BORDERS AL, Galashiels.

BRITISH AL, various.

CITY of Dundee Marathon & 10K Road Race (inc SAAA/SWAAA 10K Road Race Championships). D - (0382) 23141 Ext 4706.

GOUROCK Highland Games, Gourrock. D - (0475) 24400 Ext. 384.

UK Women's League 1, Various.

WOOLWORTHS SYAL East Div 1&2, Pitreavie; West Div 1&2, Crownpoint.

15

TROON Tortoises 10K & Fun Run, 7.30pm start, Town Hall, Troon. Entries before or on the night. Free t-shirt to every finisher. Limit 350. First race in Ayrshire 10K series. Further info from John McKinlay, 6, Solway Place, Troon. Tel: 0292-311447.

PANASONIC SAL v Scottish Universities v Scottish Juniors, Grangemouth - D - (0382) 486711.

17

BRUICHLADDICH Islands Peak Race, Oban. D - (0592) 890408.

18

BRUICHLADDICH Islands Peak Race. D - (0592) 890408.

GOATFELL Race, Arran. D - (077086) 427.

SAAA East District Championships, Meadowbank.

SAAA North District Championships, Inverness.

SAAA West District Championships, Dam Park, Ayr.

19

BRUICHLADDICH Islands Peaks Race. D - (0592) 890408. **JOHNSTONE Rotary Club 10K**.

RAVENSCRAIG 10 Mile Road Race (inc SAAA 10 Mile Road Race Championships), Wishaw. D - (0698) 355821.

SWAAA East District Champs, Meadowbank; West District, Crownpoint.

HUGHES Glenrothes Road Running Festival, D - (0592) 771700.

22

KINNOULL Hill Race, Perth.

BANK of Scotland Eyemouth Road Races. Contact Mr D.S. Miller, 5, Prior's Walk, Coldingham, TD14 5PE.

23

HELENSBURGH 10K. D - (0436) 73839.

25

BATHGATE & West Lothian Highland Games, Bathgate.

BENS of Jura Fell Race, Jura.

BRECHIN 24 hour Road Race, Brechin.

KIRKCUDBRIGHT Academy Milk Half Marathon, Kirkcudbright. Starts 1pm, £4.50 (£2 per team). D - Mr Marland on 0557-30440.

SCOTTISH Young Athletes Handicap Scheme, Bathgate.

BANK of Scotland Stornoway Half Marathon & Fun Run. D - (0851) 870863.

26

ABERFELDY Recreation Centre Half Marathon, Aberfeldy. Details - (0887) 20922.

CAITHNESS Northern People's Half Marathon, Thurso.

CITY of Aberdeen Milk 'Marafun' 10K & 1 Mile, Aberdeen. D - (0224) 733085.

COWAL Police Half Marathon, Dunoon. D - (0369) 2222.

FORRES Harriers 10K, Forres.

MONKLANDS Scottish Cup Semi-Final, Coatbridge.

SOUTH West Championships, Annan. (0461) 203311 Ext 306.

LUDDEN Strathkelvin 10K, Kirkintilloch, D - 041-772-3210.

PANASONIC Scottish Athletic League (2) Div 1 & 2, Crownpoint; Div 3, 4 & 5, Wishaw & Dumfries.

27

CAU Inter County Championships, Corby. **JOHNNIE Walker 10K Race & Fun Run**, Kilmarnock. D - Mrs Youden, 1 Osprey Drive, Kilmarnock (0563) 35408.

28

PITREAVIE OGM, Pitreavie.

29

AULD Town 10K, Dunfermline. D - (0383) 737712.

HADDINGTON Festival Fun Run, Haddington. D - (0620) 822043.

LANARKSHIRE AAA Track League, Coatbridge.

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

Annan River Races

(Cross Country)
Sunday 3rd March '91

Races for all age groups.
1st Race 1pm
Declarations by 12.30pm.
Annan Academy Comm. Centre.
Entries on day.

Further information:
Roddy O'Hara - (0461) 203057.
David Hopper - (0461) 204682.
Colin McCann - (0461) 205303.

Sponsored by
Morrison's Bowmore Distillers

ISLE OF ISLAY PEOPLE'S HALF MARATHON
(Under SAAA & SWAAA rules)

Saturday 3rd August

SAE: Kate McAffer,
Meadowside,
Birch Drive, Bowmore,
Isle of Islay.
(049681) 479/492 (w)

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

ABERFELDY RECREATION CENTRE

Aberfeldy Half Marathon

Sunday 26th May '91 at 10.00a.m.



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.

MOTHERWELL DISTRICT COUNCIL



presents



RavenSCraig 10 Mile Road Race & 6 KM Fun Run

Incorporating the SAAA 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.

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

Reebok

Dunfermline
Building Society

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

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.

Bank of Scotland Selkirk People's Half Marathon & 4.5 Mile Fun Run

Sunday 7th April 2pm

(Race under SAAA, SWAAA, SWCC & RRA rules)

Prizes in all categories to the value of £500
1st gent £150, 1st lady £75, team & spot prizes.

Over new flatter and faster course.

Entry forms from: R.J. Wilson, 3 Ladylands Terrace, SELKIRK. Send SAE. Tel: (0750) 21598.

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

HADDINGTON EAST LOTHIAN PACEMAKERS

IN CONJUNCTION WITH

EAST LOTHIAN DISTRICT COUNCIL



Present the
Reebok

ROAD RACES 1991

Supported by

JOE FORTE SPORTS



Sunday May 5th 10am. EDINBURGH TO N.BERWICK
Commemorative Marathon (Time limit 3h. 30m)
Entry Fee £5 unattached £6
L&R Department ELDC AREA OFFICE, N.Berwick 2459

Saturday June 1st 3pm. HADDINGTON FESTIVAL FIVE.
Entry Fee £3 unattached £3.50p HELP Joe Forte Sports

Sunday August 11th 2pm HADDINGTON HALF MARATHON
Entry Fee £4 unattached £4.50p HELP Joe Forte Sports, Haddington, EH41 3ED (062082) 4023
Entry forms available from Joe Forte Sports or B.A.R.R. Universal form or ELDC area office, 2 Quality Street, N.Berwick, EH39 4HG.
Closing date for events one week prior to event. Late entries add £1.
All events under SAAA; SWAAA; SWCCU & RRA rules
Send SAE for application forms.

THE CUMBERNAULD HALF - MARATHON

SUNDAY
JUNE 2ND
1PM

Organised by

SUNDAY
JUNE 2ND
1PM

Recreation Leisure Services

ENTRY FORM

Official Entry Form - please complete in BLOCK CAPITALS and return to: Cumbernauld and Glesford District Council, Recreation and Leisure Services, Council Offices, Stone Way, Cumbernauld G87 1SE.
Notwithstanding to the above, please note that the entry fee is £5.00 for those who are not members of the Council and £3.50 for those who are. Please note that the entry fee is £5.00 for those who are not members of the Council and £3.50 for those who are. Please note that the entry fee is £5.00 for those who are not members of the Council and £3.50 for those who are.

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join us in KIRKCALDY DISTRICT



HALF MARATHON



SUNDAY 30th JUNE
1991

MEDALS TO ALL FINISHERS
10K & HALF MARATHON

Promoted by

Fife College of Technology

Principal Sponsor

KIRKCALDY DISTRICT COUNCIL

Send a S.A.E. for application form to:

Half-Marathon Entries,
Fife College of Technology,
St. Brycedale Avenue, Kirkcaldy,
FIFE KY1 1EX



KIRKCALDY DISTRICT PEOPLE'S HALF-MARATHON AND 10K

Promoted by FIFE COLLEGE OF TECHNOLOGY

SUNDAY 30TH JUNE 1991

(UNDER SAAA, SWAAA, SWCCU and RRA LAWS)

MEDALS TO ALL HALF-MARATHON, 10K FINISHERS
Half-Marathon and 10K start and finish in Beveridge Park. The Funrun is a single circuit within the park. Please pre-enter the two main races, enclosing stamped, addressed envelope, and we will send you your number a week before the race. There will be limited entry on the day, at 50p extra charge.

Programme:

9.00 Kirkcaldy District People's Half Marathon
(Last year's 2-lap course, slightly amended)
11.15 Kirkcaldy District 10K (New Course)
11.30 Funrun.

Showers - in Balwearie School, and also within the park, near the start. Prizes - wide range of SAAA and Vets categories. "Fife Free Press" £100 value first prizes in Half-Marathon, men's and women's races.

SPONSOR LIST

KIRKCALDY DISTRICT COUNCIL; KIRKCALDY CARAVAN CENTRE; DONALD HEGGIE GROUP; I.G. MEIKLEJOHN; SHELL EXXON; LAIDLAW FIFE; FIFE BUILDING SUPPLY.

RUNNER DETAILS

SURNAME..... FORENAME..... SEX.....

ADDRESS.....

TOWN OR CITY..... POSTCODE.....

Home Tel. No..... Work..... CLUB.....

UNATTACHED.....

RACE ENTERED

Please tick race and age category. Please note that members of affiliated clubs must wear their official club vest.

HALF-MARATHON

£4 (ATTACHED) £4.50 (UNATTACHED OR ENTERING ON DAY)

MALE

18-39 40-49 50-59 60+

FEMALE

17-34 35-44 45+

10K

£3 (attached) £3.50 (unattached or entering on the day)

MALE

17- 18-39 40-49 50-59 60+

FEMALE

15-34 35-44 45+

FUNRUN

☐ Tick box to be sent a sponsor form for free entry
Entry-on-the-day, £1 adults, 50p children.

Please enter me for the..... "I hereby declare that I am medically fit, and enter at my own risk. I agree that the organisers cannot be held responsible for any loss, injury or illness incurred in connection with the races. I have not competed in any athletic event as a professional, or, having done so, have been reinstated to amateur status."

I enclose appropriate pre-entry fee, cheque number..... made out to Fife College of Technology (Half-Marathon Events), plus a stamped, addressed envelope 9 by 6 inches with this completed form. Please note 50p extra charge for runners unattached to clubs, due to SAAAs levy. Address completed applications to: Half-Marathon Applications, Fife College of Technology, St Brycedale Ave, Kirkcaldy, KY1 1EX. Queries: Crawford Mackie, Tel. 0592 268591

Signature.....

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

ARE YOU DOIN' THE FRUIN?

Sunday 7th April 1991 at 1pm
Glen Fruin Road Race

14.6 undulating, scenic miles which
will fair take your breath away!

Medal to all finishers.

New this year - King and Queen
of the Mountain prizes.

Entry forms from: Sheila Ramsay, 38F
East Argyle St, Helensburgh G84 7RR.

Sponsored by



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

COWALL POLICE HALF MARATHON SUNDAY MAY 26 - 1pm

Entry fee: £5-00

- * Medals to all finishers *
- * Certificate with photograph to all finishers with
time clock *

(under SAAA, SWAAA, SWCCU & RRA rules)
Extensive Prize List

Trophies to 1st, 2nd & 3rd Male/Female
Male/Female Vets & Male/Female Super Vets

Entries from:

Police Station, Argyle Road, Dunoon. (0369) 2222
CLOSING DATE - MAY 24

British Airways

Simmer Dim Half Marathon
June 23, 1991

Starting point at South Nesting or Scalloway, 12 noon

Entry - £3.50 (£4)

Reg. Clickimin Sports Centre 10.30am. Organised by Shetland Roadrunners.

Entry forms:- Send SAE to Secretary, Shetland Roadrunners,
5 Andrewston Terrace, Lerwick, Shetland. (0595) 4330

* Entries close at first 50.*

A weekend and a half! Bank of Scotland Stornoway Half Marathon and Fun Run

Saturday 25th May 1991.

(Organised by Stornoway Running Club under SAAA rules)

The friendly Half. In and around Stornoway in the Outer Hebrides, the
course is varied and very scenic. We offer budget accommodation and very
special entertainments for runners who stay the weekend. Medals to all
finishers. Team competition. Changing and showers available. Race T-
Shirts. Refreshments during and after the race.

Entry Fee only £4.00. Entry forms and further information from:

Alan Cunningham, Burncrook, Upper Bayble, Point, Isle of Lewis.
PA86 OQH. Tel 0851 870863. Closing date Saturday 18th May.

Runners "in the know" come to the Western Isles!

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

Sunday 4th August 1991

BARR
GRADE 1



11a.m.
START

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

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

SUNDAY 12th MAY 1991
STARTING TIMES:
MARATHON 10AM
10KM EVENT 10.45 AM

BOTH EVENTS
STARTING FROM
HIGH STREET, DUNDEE

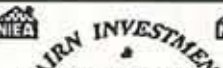
ENTRY FORMS CAN BE
OBTAINED FROM CITY
OF DUNDEE LEISURE
AND RECREATION DE-
PARTMENT, SWIMMING
AND LEISURE CENTRE,
EARL GREY PLACE,
DUNDEE
Tel: 22729

ORGANISED BY CITY OF
DUNDEE DISTRICT
COUNCIL AND
SPONSORED BY
DUNDEE DISTRICT
COUNCIL AND DUNDEE
TEXTILES

INCORPORATES 1991
S.A.A.A. SCOTTISH 10KM
ROAD RACE
CHAMPIONSHIPS



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.

11th ANNIVERSARY
BLAIRGOWRIE KALL-KWIK PRINTING HALF MARATHON



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

SATURDAY 28TH SEPTEMBER 1991

AT 1.45PM

FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams

WORTH

SPOT PRIZES GALORE
MEDALS TO ALL HALF MARATHON FINISHERS
MUGS TO ALL FUN RUN (3.7 MILES) FINISHERS

Entries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Entry Fees: Half Marathon - (£5 Affiliated, £5.50 Non-affiliated, £6 on day)
Fun Run - £1 on the day. Age 0 - 90.

Entries accepted on the day.
If entering on the day, do so before 1.00pm - Entries limited to 300.
Entrants are asked not to appear at the Recreation Centre until 12 Noon.
A light snack and swim are available and free of charge until 4.30pm.
Prize Giving - 4.00pm.

Printed by



SPONSORS:-

S.L. Hill, Florists - Strathgairn Buses - Dundee Runner

Scottish Post Office Board - Graphic Information Systems

Plusboard - Ardbair Sports - Proctors Insurance

Connaghan - Blairgowrie Motor Services

Trophies by Roy Sim Antiques & Interiors / & Victor and Sons

Printed by



Printed by Kall-Kwik Printing (Dundee & Perth)

East End
Initiative
presents

In association with
Glasgow City Council
Dept. of Parks &
Recreation



Bright Side 10K
Bright Side Fun Run

on

SUNDAY 28th APRIL 1991

STARTING FROM CROWNPOINT SPORTS PARK

GLASGOW'S



EAST END

AGE LIMITS:
10K - 17 years and over. Fun Run - 11-111 Years (No upper age limit!)

ENTRY FEE: £4.00 - Bright Side 10K
£1.00 - Bright Side Fun Run 3K



Glasgow
District Council
Parks and
Recreation

EXTENSIVE PRIZE LIST
Entry forms available from:
Crownpoint Sports Park,
Crownpoint Road, Glasgow G40.

CLOSING DATE: 15th April 1991, or when limit of
3,000 entries is reached.



HALF
MARATHON

Sunday SEPTEMBER 8th
at 10.30 a.m.

SCOTLAND'S LARGEST ENTRY FOR 1990

Fast course (Scottish record Sept 86) past
Alloway's Auld "Haunted Kirk" and Burns
Cottage - Ample car parking adjacent to
Start/Finish on Ayr Esplanade.

WINNERS 1990: PETER FLEMING 1.04.18
JANET SWANSON 1.19.11

ELECTED IN 1988

1. Scotland's most popular road race
2. Scotland's best organised race
3. Scotland's most scenic route

Surname

Forename

Address

.....

Telephone Number

Post Code

Male Female

Date of Birth

Previous best time (Hours, mins)

Estimated running time (Hours, mins)

Are you resident within Kyle and Carrick District? YES/NO

Club (if applicable)

KYLE AND CARRICK DISTRICT COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40, 50, 60 + over. Women: 18 to
34, Veteran Females 35, 45, 55 + over.

Please enter me for the Ayr Land O'Burns Half Marathon. I am
medically fit to run and understand that I enter at my own risk,
and that the Organisers shall not be held responsible for any
injury, loss or damage as a result of my participation in the said
Event.

*Cheque or P.O. for £5.00 payable to "KYLE AND CARRICK
DISTRICT COUNCIL" *Check your bank statement for
confirmation of entry. *Enclose SAE with entry for written
confirmation.

Please help: Check all enclosures before posting to: RACE
DIRECTOR, LEISURE SERVICES DEPT., 30 MILLER ROAD,
AYR KA7 2AY. Tel: (0292) 281511.

Signed

Date

Tom Scott 29th Memorial Road Race

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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.

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When's a drug not a drug?

BEN Johnson has eventually made his comeback. Early indications suggest that he is certainly a classy runner. Time will tell if a "clean" Johnson is as talented and as fast as he was as a drug assisted one. Many top athletes, not least Linford Christie, are angry at the amount of publicity (and money) that Johnson commands after the "damage he has done to athletics".

Much of this debate about drugs seems miles away from most runners as they set about their regular runs on a dreich February evening. However many ordinary runners might be surprised to find that they were running, both training and racing, illegally



Ben Johnson

under the influence of drugs. Many common cold remedies, for example, contain banned stimulants such as pseudoephedrine.

I remember a couple of years ago wondering if I was running illegally having been using a day cold relief during the previous week. An official, with tongue in cheek, informed me that whilst many people during the race would "take the piss out of me, no one will test it!"

That apart, it doesn't get away from the fact that the rules are there, amongst other reasons, for the protection of runners.

Bottom line on this is be careful. The Scottish Sports Council at Caledonia House, South Gyle, Edinburgh can give more information if you need it.

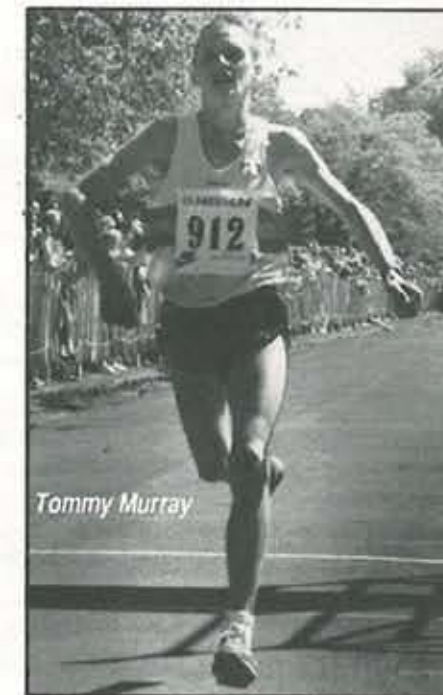
Vests and forty inch chests

IMAGINE running your guts out on a cross country course, finishing 13 seconds ahead of your nearest rival and then being told you weren't the winner. What went wrong? You went the wrong way? You still had a lap to go? You ran the wrong race? No, none of these. The reason was your vest was the wrong colour!

This happened to Tommy Murray in the West of Scotland championships at Clydebank. He wasn't wearing a club vest and so was disqualified. If that is the rule then it was right that he was disqualified. Maybe someone could explain the significance of this rule in an individual race where all the runners have individual numbers.

It brought to mind a similar protest a couple of years ago. Three runners from the winning team in a half marathon were pictured together in the local press. Their club's sponsor noticed that one of them was wearing an older club vest which did not bear the sponsor's name. The sponsor then complained to the race organisers. To their credit, the organisers noted the complaint but chose to take no further action.

It increasingly seems a feature of



Tommy Murray

athletics that to run for a club you will have to have a 40 inch chest otherwise your vest will not have enough room for the sponsor's logo!

Vets miss out

SOMEWHERE along the line, someone has surely made a mistake. I refer to the choice of dates for the Scottish National Road Relay Championships on March 23 at East Kilbride, and the Scottish Veterans' Alloa to Bishopbriggs Relay the next day.

The effect of this could be quite significant for some clubs. Many still include vets in their top teams but these dates will make it impossible for many runners to be considered for both events. Here, in my opinion, is another example of the absurdities that occur despite the "permit" system for races. Maybe someone could explain the decision.

Incidentally our club received some information telling us of the new sponsor for the vets' relay but the information did not include any details - even the date - about the race itself, nor any entry form or details of entry. A bit of a missed opportunity I would have thought.

MIKE RAKER

Hare or tortoise?

SANDRA Crawford, City of Glasgow, couldn't have been too happy with her performance at the Kelvin Hall open graded meeting on January 23. According to The Scotsman her time in the invitation 1000m was 2-52-44. Did that include the time it took her to get to and from the race as well?

Packed month

THE last month has been a relatively quiet one, personally, for races. At the time of writing, the month ahead is packed!

There is a race every weekend, from the league cross country at the beginning of the month, the 21st anniversary Carnethy Five Hills race - one of the best in terms of value for money - through to the national cross country at Dundee.

A feature of the Carnethy race is that those who entered the first race can enter this one for the same entry fee, 2/- (or 10p to youngsters.) I'll maybe comment on the celebrations in the next Diary. In the meantime if you have any news or views, drop a line to the usual address.

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