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MAY 1991

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ISSUE 57

LOCHABER AC Profile

Scottish Teenage Best Rankings

JUNIORS' competition

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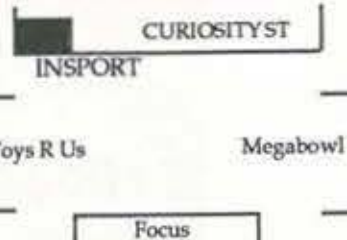
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Twelve years, and still not at the end of the line!

IT speaks volumes for the relationship between Scotland's athletes and administrators when one of the UK's top internationalists announces that he won't compete for Scotland at the next Commonwealth Games - a full three years before these games are scheduled to be staged!

While Tom Hanlon may not be the most diplomatic athlete ever to have graced the Scottish track - his reported remark that Scotland is a third rate nation being a case in point - there is no doubt that he is speaking for the vast majority of athletes in what he describes as the "mis-management" set up in Scottish athletics.

While everybody around them is urging a united Scottish Athletics Federation, there remain at the top people determined to resist this obvious and necessary change - or at least delay it for as long as is humanly possible (which in this case means the point when the Scottish Sports Council refuses to continue giving grant aid to four separate senior Scottish athletics administrations).

In a letter to Scotland's Runner this month,

the sports council's director of operations, Brian Porteous, arrives at the conclusion:

"...after spending about eight years involved in discussions to set up a joint (athletics) administration, and now some four years involved in talking about amalgamation, we would suggest that it would not be unreasonable to seek an increase in the pace of change."

In other words, after 12 years going down this particular road, the sports council is getting a teensy weensy bit fed up with pleas for more time. And quite right too.

While the athletes at one end of the spectrum, and the sports council at the other, complain about the system in their own very different ways, the athletics administration(s) carry on as if this was still 1979.

Unfortunately it's not. It's not even 1990 when we at least had a national coach, never mind all the other regressive steps down the past 12 years - such as the loss of separate representation at the World Cross Country Championships.

The SAF ball does seem to be rolling at last, but we must all help to kick it screaming over the amalgamation goal line.

When a top Scottish athlete talks about a dark blue vest not being worth wearing, then it is yet another sign that neither are the four hats of the SAAA, SWAAA, SCCU and SWCCU&RRA.

Liz, Hayley fly the flag

CONGRATULATIONS to Liz McColgan and Hayley Haining, third and seventh respectively in the senior and junior women's races at the World Cross Country Championships in Antwerp last month.

It was a tremendous performance by both women, particularly so because of the different hurdles they have had to overcome - Liz the birth of her daughter, and Hayley the severe injuries of recent years.

Both led the British contingents home, and if Liz, Hayley, and Yvonne Murray were able to run under the Scottish flag in next year's event it would be intriguing to see how they got on!

Alan Campbell

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MYRA WINS AWARD



JUNIOR sprinter Myra McShannon received a boost recently when she was nominated for an Edinburgh Woollen Mill sports award. The award - given in conjunction with the Scottish Sports Aid Foundation - will help pay towards Myra's training and travelling expenses.

Myra's athletics career to date has been outstanding. At 15 the City of Glasgow senior reached the semi-finals in the 100 metres and 200 metres at the World Schools Championships and she has also taken first place in the 100 metres at the WAAA Junior Championship.

SCOTTISH LEAGUE LIFELINE

THE SAAA have thrown Scotland's non-British league clubs - in other words the majority - a substantial Scottish league lifeline, bringing to a successful end a determined campaign by Inverness Harriers, writes *Charles Babberman*.

A change to the secondary first claim rule, agreed at the March general committee meeting, now means that clubs not in the British League, will be able to continue to use some of their top athletes, mainly genuine homegrown products, for Scottish League competition rather than see them forced into representing ESPC or Caledon Park.

Last November the British League, after a false start the previous year, finally decided to adopt a "first claim only" policy. This meant that the like of leading Inverness athletes Neil Fraser the Scottish hurdles record holder, hammer champion Russell Devine and Aberdeen's Commonwealth hurdler Mark Davidson had to change their "first claim" to Edinburgh clubs ESPC and Caledon Park in order to continue competing in the British League.

Up to four other top Inverness stars, and several from other clubs would also have had to compete in Edinburgh vests in the Scottish League as the rules

previously stood, with enormous consequences for the clubs involved.

Reluctantly accepting that the athletes concerned, who all owe considerable allegiance to the north, would have to change their first claim, Inverness Harriers approached the Scottish League for a dispensation for those affected by these happenings south of the border to be allowed to compete secondary first claim for their original clubs.

The league duly referred the matter to the SAAA, whose rules and records sub committee is understood to have recommended rejection of the plea.

However, this required ratification by the general committee, who spectacularly threw out their own sub-committee's finding and more or less unanimously accepted the Inverness case, albeit having in addition heard the views of northern delegate Colin Baillie.

So from now on first claim members of British League clubs will have the option of competing in the Scottish League for their registered secondary first claims clubs.

The change, however, does not give an immediate carte blanche to the clubs concerned, since at its last agm the Scottish League adopted a limit of two

Pre-school athletes to run at Vale of Leven

PLANS for the Polaroid Grand Prix Road Race Series are well in hand.

The first of the three races will be the Helensburgh 10K - scheduled for May 23. This will be followed by the Dumbarton 10K on June 12 and the Vale of Leven 10K on June 23.

Up and coming athletes will be well catered for at the Vale of Leven event which will include a local schools competition and a "mini-run" for pre-school age runners.

The cost of entering the complete race series is £6.00 (affiliated) and £7.50 (non-affiliated).

THE Junior Great North Run will be held on September 14 as part of the Great North Festival which also includes a Great North Walk (September 7), Great North Ride (September 8) and Junior Great North Ride (September 8).

Boost for hill running

THE SAAA has agreed, in principle, to the appointment of a group coach for hill running.

Matt Ogston, convenor of the SHRA, said it was not yet known who would take up the proposed new position or when an appointment would take place. He added, however, that it was essential to the development of hill running in Scotland that someone was chosen as quickly as possible.

"Interest in running in general has declined since the early eighties," he said. "The appointment of a group coach for hill running should ensure that there is a continual flow of young people entering the sport in spite of this."

Over the past two years the SHRA has been organising intensive, weekend training sessions for young people interested in hill running. Mr Ogston hopes that the existence of a group coach will mean both the scope and frequency of these can be increased.

"We'd like to see hill running becoming part of every athlete's overall education," said Mr Ogston. "With greater awareness of the sport in place, this could easily be the case."

secondary first claim competitions per club for each match. At the time this classification applied only to athletes who first claim was for non-Scottish League clubs and the limit was intended to avoid what has become known as "the Dundee syndrome", in other words to retain a balance between genuine club members and imports.

But this two athlete limit now also applies to this new secondary first claim category, so Inverness Harriers at least are likely to be campaigning for the league to relax it to allow realistic use of the new dispensation.

"This is tremendous news for us," said Inverness track and field convener Charlie Forbes. "It may be a further year before we can restore our teams to last season's level, but we now know that we can continue to have the use of athletes who are genuine Inverness products and who have a strong preference to compete for us in the Scottish League. It does go against the grain a bit that these people have had to change their first claim against their preference, but at least the damage has been limited and we can look forward to mounting a strong campaign for promotion to Division 2 this season."

But this whole issue does illustrate the degree to which political manoeuvring to England can have

adverse effects north of the border, and must therefore accentuate worries about possible consequences of a BAF. It also illustrates, once again, the draw which the two Edinburgh clubs have on the products of the provincial clubs, and indeed the way in which the whole power base of Scottish athletics is turned on its head in the case of the development of young athletes.

Inverness Harriers will be bidding for their third consecutive Scottish Young Athlete's League national title this season. Powerful as they may be at senior level, ESPC certainly have not approached this kind of standard in recent years, while Caledon Park were in East Division 2 last year and failed even to qualify for the semi-final stage. Furthermore, Inverness Harriers were the only club in the country, apart from Cambuslang, to field full teams in all five age groups in the Scottish Cross Country Championship in February.

But at least the Edinburgh clubs' use of Highland recruits is perfectly above board these days.

During the three years up until December 1988 revision of the secondary first claim rule, both Edinburgh clubs made liberal use of first claim Inverness athletes in the Scottish League when they were definitely not entitled to do so.

MARATHON RUNNERS UNABLE TO REPRESENT SCOTLAND

A SHORTAGE of fit and available marathon runners resulted in there being no team to represent Scotland at a recent home countries international at Kirkleatham, near Redcar, according to the SAAA.

The event which was incorporated into the inaugural Langbaugh Brooks Marathon, was held on March 10. Two days later, Scotland's Runner received a letter from an irate Scottish runner (see letters page), perplexed at the absence of a team from Scotland. England, Ireland and Wales had all managed to drum up some sort of team, so why hadn't Scotland?

According to Bob Greenoak, secretary of the SAAA, the reason lies in the lack of calibre athletes who were both fit and willing to run at Kirkleatham.

"Many of the runners who represented Scotland at the last Aberdeen Marathon were so disgusted with their own performance that they suggested a standard should be set prior to the selection of a national team," he said. "Hence, when it came to Kirkleatham the selectors put forward ten names which met a cut off time of 2-25-00. Of those ten runners, only one was able to compete - the rest were either injured or too busy training for other events, in particular London."

Mr Greenoak agreed that the Kirkleatham Marathon could act as a good "sounding board" for young up and coming athletes, but maintained that until they were able to run in the time set by the SAAA, they should not be wearing a Scotland vest.

"Young athletes are perfectly at liberty to run at Kirkleatham if they wish, but as far as representing their country goes, that should wait until they have reached the correct standard," he said.

He added that the standard set for representation at the Dundee Marathon had been reduced slightly at the request of the organisers.

"The selectors will be looking at times of on or below 2-27-00," he revealed.

Reebok's relay team reels with success



Reebok's winning team, left to right: Gordon Crawford, John Robson, Brian Kirkwood, Martin Coyne, Alan Robson and Tom Hanlon.

AFTER just ten weeks in existence, Reebok Running Club made a major coup by winning the team title in the Six Stage Road Relay Championships in East Kilbride.

With a team comprising of Tom Hanlon, Robson brothers John and Alan, plus Gordon Crawford, Martin Coyne

and Brian Kirkwood, the new club were clear favourites from the outset.

Their winning time of 2-10-33 included a tremendous 28-27 fourth stage run by John Robson.

John Sherban (FVH) recorded the fastest time at the six mile stage with 28-12.

10K replaces marathon

THE Luddon Half Marathon, which was launched in 1983, will be replaced this year by the first Luddon 10K on Sunday, May 26.

Like most such events, the Luddon Half Marathon was suffering from a downfall in entry numbers. From a peak of 3,000 in 1985, numbers dropped to 1,000 last year.

Hugh Barrow of Strathkelvin District Council, organisers of both events, said prospects looked good for the 10K.

"We've had a nice, steady entry," he said. "We're expecting between one and two thousand entrants."

The event, men only, is being run in conjunction with the women's Reebok 10K, which raises money for the Prince and Princess of Wales Hospice and which was previously run in Glasgow.

WOMEN ONLY

AN Edinburgh women's-only race which has been organised to raise money for Help the Aged will decide the SWCC&RRA's 10K champion.

The race, on Sunday May 5, is expected to lure a wide range of women, from serious club runners attracted by the prospect of the championship title, to first time runners. It hoped that the provision of good changing facilities, a canteen, and a wide variety of prizes will attract the latter group in greater numbers than usual.

Organised by Sport Age with the aim of raising £20,000 for elderly people in need, the 10K race will begin and end at Meadowbank, taking in a route which weaves through Portobello.

Skills day for hurdlers

SCOTLAND'S top young hurdlers were given a great opportunity to improve their skills when national event coach Graham Knight visited Meadowbank recently.

Knight was in Edinburgh as part of a Post Office-backed scheme which aims to give additional coaching to the best of Britain's up-and-coming sprint hurdlers.

At an intensive coaching session focusing on technique and conditioning, Pitreavie's Lorna McCulloch and Sarah Richmond (first and third at the Scottish Indoor Championships respectively), plus Scottish indoor youth champion Andrew Tuppen were put through their paces.

Commenting on the session, Jeanette Heggie, vice-president of the SWAAA and group organiser for sprint hurdlers, said: "This is the second time that the Post Office Counters hurdles initiative has brought Graham up to Scotland, further boosting our sprint hurdling which has in the past been a neglected area."

Further projects planned as part of the Post Office Counters coaching scheme include club coaching days, coaching development days, coach of the month awards and coaching days for the disabled.

MORAY EXTENDS WARM WELCOME TO WHEELCHAIR ATHLETES

OVER 700 athletes from throughout Britain are expected to coverage on Elgin this summer for the 10th anniversary series of Macallan Moray Peoples' Marathons.

And to celebrate a decade of road-racing, organisers have added a new event to the formerly 3:1 format - a 10K race especially for disabled competitors.

The extension of the Moray running festival has been made possible not only by the support of runners in previous years but through the generosity of Moray District Council and local distillers, the Macallan, who once again are the main sponsors.

While other larger events have fallen by the wayside in recent years, interest in the Moray Marathons has remained constant. The addition of the disabled race, complementing the marathon, half marathon and 10K fields, will mean even more competitors taking to the road on Sunday, August 4. The Grade 1 event is already one of the most respected on the UK circuit.

The routes are the same as in previous years, taking in the Moray Firth coastal town's of Burghead, Hopeman, and Lossiemouth. The new 10K event for the disabled will, like the established 10K road race, begin at Lossiemouth. All four races end in Elgin's Cooper Park.

Elgin veteran road runner Don Ritchie holds the record of 2-28-30. Yet another assault will surely be made on

that time in 1991 following last year's attempt by City of Hull AC member Erik Seedhouse who passed the tape just 19 seconds adrift.

But it's the disabled event which organisers are hoping will catch on. Four wheelchair athletes took part in the 1990 10K race and there are high hopes many more will enter this year.

Organising committee chairman Glen Elliot said: "We held our first marathon in 1981 with only 63 runners taking part. But over the years we have introduced new events to meet the demands of our competitors."

"We take great pride in ensuring all races benefit from a synchronised start at 11am, although for practical purposes, the disabled event will begin slightly earlier at 10.45 (from Lossiemouth)."

"I am convinced the finishing area in Elgin's Cooper Park, with the magnificent ruins of Elgin Cathedral as a backdrop, remain one of the most scenic in the country - mind you, as you pound the 26th mile it's not always appreciated!"

A number of special attractions are being lined up for the birthday celebration and, as always, competitors can be assured of first class pre and post race facilities. There will also be entertainment throughout the day for all the family.

Entries and race details can be obtained by contacting race director Ed McCann on Elgin (0343) 545121.

Javelin squads receive boost to confidence

THE senior and junior javelin squads were given extra coaching at Grangemouth recently when Dave Otley, javelin silver medallist at the Los Angeles Olympics, visited as part of a special initiative backed by the Post Office.

Janet Smith, throws group organiser, said that all the athletes had enjoyed the day spent under Dave's guidance. Though it was a one-off session and therefore limited

in the ground it could cover, they were given an added boost of confidence by Dave's attention.

"Dave was very straightforward," she said. "He didn't use complicated language and related well to all the athletes. I think the main benefit of the day was that he accentuated what the athletes' own coaches had been saying to them. They will probably listen more to them as a result!"

THE SWAA East District Championships on Sunday 19th May will be held at Pitreavie Stadium, Dunfermline, and not at Meadowbank Stadium as has been previously notified.

Send news and views to:
Scotland's Runner,
62, Kelvingrove Street,
Glasgow G3 7SA.

ENTER OUR COMPETITION AND YOU COULD WIN A SOOTHING FOOT BATH FROM SCHOLL

Runners' feet have a tougher life than most. Unlike other people who can put their feet up after a day at the office, a runner's real work begins on the track after work. It's hardly surprising then, that they are frequently likely to suffer from tired, aching feet.

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QUESTIONS:

1. Who won the London Marathon last year?
2. Which Scottish athlete finished seventh in January's Houston Marathon?
3. Which Scottish city will be hosting its final marathon in May?
4. Tom McKean recently received a new sponsorship deal with which Scottish company?

Please send entries - one per person - to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. Entries to reach us by May 31. The editor's decision is final.

Answers	Name
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2.	
3.	
4.	Post code
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ADMIN COSTS CONCERN

Caledonia House,
South Gyle,
Edinburgh.

SIR - I read with considerable interest Ian Clifton's letter in your March issue on the subject of the amalgamation of the bodies in Scottish Athletics.

I very much respect Ian's views, not least because of the huge personal commitment he has made to the sport of athletics over many years, and agree with many of the comments he makes.

He does, however, hint at a Scottish Sports Council point of view and I think it would be only appropriate that the council's standpoint be explained.

We recognise the major contribution made by the office bearers and committees of the individual governing bodies within the sport at the present time, and we also recognise the number of activities which are carried out on a joint basis among two or more of the governing bodies concerned.

Not least amongst these would be the very effective office provided by Gregor Nicholson and his staff.

The next important thing to stress is that the structure of Scottish Athletics is a matter for determination by the clubs involved and not by the Scottish Sports Council.

Naturally, we would hope that our independent advice based on our experience of the structure of all sports bodies in Scotland would be needed, but the ultimate decision is one to be taken by the sport itself.

Our concerns really centre round the costs of the administration. These costs come in two forms.

Firstly, the actual cash costs of committee meetings and honoraria and expenses for key officials. According to the last budget submitted to the council, the total cost of these elements exceeds the total subscription income generated by all the associations by some £9,000.

This comment should not be taken as a criticism of the amounts paid to individual office bearers as we recognise the need to recompense volunteers for their out of pocket costs. It is simply a reflection of the numbers involved.

The costs of the administrative structure are not solely related to cash because obviously any structure in sport relies in the main on volunteers and it is the council's opinion that the present structure of Scottish Athletics' administration consumes too much of that most

precious commodity, the time of voluntary officials.

Our final concern is that the present structure does not allow enough effort, commitment, and concentration to be put into the most pressing priorities of getting more people to take part in the sport of athletics and encouraging higher standards of performance. The present approach at national governing body level is, we feel, too disparate and diffuse to make the required impact.

Our approach to this matter is certainly not governed by the need to fit athletics into a neat bureaucratic box to suit our purposes.

Our whole approach in our relationship with all Scottish governing bodies of sport is to help them to create the maximum amount of development in terms of the numbers participating and standards of performance.

Despite the very best efforts of all those involved in the present structure, we do not believe that it provides the most effective and efficient way of taking the sport of athletics forward in Scotland to the end of the century, and we welcome the progress being made by the sport to change its structure.

We are committed to doing all that we can to assist the athletics governing bodies in the very difficult task which they are facing in considering changing their constitutions and structures, and Ian Clifton is quite correct in suggesting that it would be totally wrong simply to throw away 100 years of history.

It would be an absolute waste of that tradition if the best efforts were not put in to find a structure for the sport in Scotland appropriate to modern circumstances.

Ultimately, the aim must be to have a governing body structure which maximises the impact of the efforts put into the sport by volunteers, of the financial resources raised by the sport itself, and of the contribution made from the public purse through the Scottish Sports Council.

Ian argues in his letter for time to be taken to get the structure right. We would agree with that, but after spending about eight years involved in discussions to set up a joint administration, and now some four years involved in talking about amalgamation, we would suggest that it would not be unreasonable to seek an increase in the pace of change.

Brian Porteous,
Director of Operations.

Ibrox could help athletes



Derek Parker

22, Craiglockhart Terrace,
Edinburgh.

making Ibrox's physios readily available if necessary.

SIR - I think the results of the World Cross Country Championships give the perfect back up to the point I made in the postscript to my last letter.

We had "only" two female representatives. One took bronze, the other was seventh - top Britains in their groups. Both had run in several other races in the past month with no claim to be "saving themselves for the 'big one'".

Yet both are not fully recognised. Liz lost her sponsorship and I don't think Hayley has any. Perhaps someone like David Murray with his sporting interests and vision could help, including

On another tack, I read with interest Derek Parker's hints regarding 3000/1500 running since they embody many of my ideas. I was surprised to see him advocating 500's in the 70-72 second range for athletes hoping to run 4-30. (72 seconds = 3-36/1500).

Times at least as fast as his 400 metre targets - surely they should have read 90 - 92/500; 4-30 - 4-36 pace.

Otherwise we could have a large number of worried women who could not reach the targets (and worried men).

Would Derek care to comment?

William Gentleman

MAGNIFICENT MEG RITCHIE

7, Balgeddie Way,
Glenrothes,
Fife.

SIR - Through the auspices of your magazine I would like to put on record how appalled I am that we have, as I write, no national athletics coach.

The decision makers are making themselves, and Scotland, a laughing stock. They have a first class candidate for the position in Meg Ritchie and don't offer it to her.

If it is correct, as reported, that two of the committee voted against her, the question must be asked: why?

Are they frightened that Meg will want the job done too professionally for them and will not be a yes person? Are they frightened that her knowledge and popularity amongst athletes and coaches will undermine their status?

I ask: do those committee members who voted against Meg really care about Scottish athletics? I fear not.

I can only put it to them - face up to reality. You are regressing our athletics, not progressing.

Stuart Hogg

What! No Scottish team?

33, Rossie Place,
Abbeyhill,
Edinburgh.

SIR - I know you must be dreading the moment when you see a letter from myself arrive, but I haven't written anything to you so far this year as nothing has caught my attention or angered me in any way - until now.

Yesterday, Sunday, March 10, I took part in the inaugural Langbaugh Brooks Marathon at Kirkleatham, near Redcar, Cleveland, which as well as holding the Northern Countries (Men's) Marathon Championship also had a Home Countries International event on it too.

This event (the international one) we were told was the follow-up to the last Home Countries International Marathon held in Aberdeen in 1990.

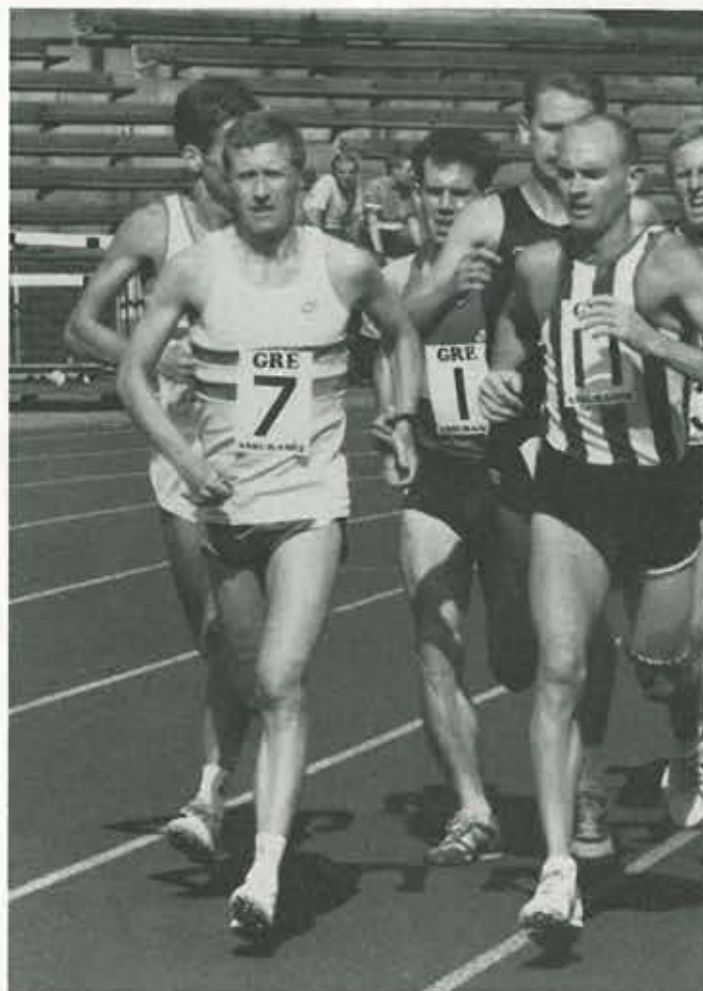
However, on the day the international event was only graced by teams from three home countries, England, Ireland, and Wales. The announcer apologised that there was to be no team from "north of the border", but if the event was successful enough and was held again next year (1992) they hoped to have teams from all four home countries competing.

Can I use the pages of your magazine to ask the authorities why a Scottish team was not sent to this event?

I can understand the likes of Allister Hutton not wanting to take part so close to the London Marathon, but surely the Scottish authorities could have given some young and upcoming athletes the opportunity to compete in a Scottish vest at this event. After all, the other three countries didn't have any major recognisable names in their squads either, but they still took the time (and presumably expense) to send teams of three athletes to this race.

Is a Scotland vest so meaningless now that the Scottish authorities begrudge handing them out?

Now athletics being a dog eat dog world, if any of those three home nations



Allister Hutton (left) - for whom the London Marathon, understandably, takes priority.

decide to get their own back by not sending a team to Scotland's international road races... the Livingston Half Marathon, and that event loses its status because of this, who takes the blame?

I'm sure if Scotland had sent a team they would have been well supported in this area, which has a large Scots migrant community. I ran round in an old

Scotland cycling top (circa 1986 Commonwealth Games) and I was getting a large amount of cheers and calls of, "Come on Scotland".

Is this a case of Scotland shooting itself in the foot again? I'm sure I and a few other of your readers would like to know why no Scottish team was represented at this event. Will we get a reason?

Keith R Gooch

CONSTRUCTIVE POINTS PLEASE

Fraser House,
Pollock Halls,
18, Holyrood Park Road,
Edinburgh.

SIR - Having recently organised the Hare & Hounds Edinburgh University 5, I feel compelled to write to answer the one complaint we received.

One gentleman suggested that £2 was too much to pay, citing the example of Cupar the previous week.

There he also received a t-shirt for his £1.50 entry fee.

As this was the first race I have organised, I readily admit that things can be improved on. I will, however, say that everyone else I asked thought it a fairly typical race entry fee. I will also add that had we only charged £1.50 we would have made a loss.

Next year somebody else from the club will organise the race, but I will be able to offer the benefit of hindsight, something I was unable to get. Perhaps

the gentleman who complained will return next year and tell us Cupar's secret; how do you charge £1.50 for entry on the day, throw in a t-shirt, and still avoid making a loss?

One should be free to criticise race organisers, but remember they often put in a lot of their own time and money to make their race a success, so make your points constructive.

J. Jarvis

MISTAKEN MATTER

46, Riverside Gardens,
Glasgow.

SIR - "Vets Miss Out" screams the headline on the Diary page of your March issue. A mistake has been made, an opportunity missed, states the Pepys of Scotland's Runner.

Crivens, help ma boab, is he referring to the Scottish Veteran Harriers Club? Surely not. An explanation is requested.

The vets Alloa to Bishopbriggs Road Relay the day after the National Road Relay Championships! Why not? Many vets will run both. When entries closed, we had a record entry of 40 teams.

Could we have held it on another date? Difficult. There are two British vets championships in March, and other major races which are popular with vets.

Our permit application was made after we had fully considered the alternatives. It does credit to the SCCU that the permit was granted. They recognised that the SVHC understand vets, and their approach to athletics, and if we felt it should follow the national championships, so be it.

When we secured a finance company's generous sponsorship for our Alloa to Bishopbriggs race, we also accepted their marketing strategy. They wanted to alert our members to the advice which they could offer. Accordingly, they wrote to all members, not clubs, about their service.

The race date was clearly stated in our December newsletter, and, given the level of entries, the race convener obviously had the entry forms and details to the clubs in bags of time.

Quandoque bonus dormitat Homerus.

Alex Muir,
Hon secretary,
Scottish Veteran Harriers Club.

PLEASE SEND
YOUR LETTERS,
ON ANY
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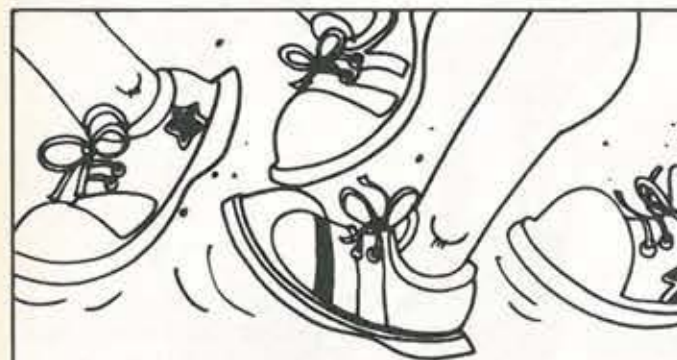
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Tel: 031-225 3600.

A personal matter

Preparation for the 800 metres varies considerably from athlete to athlete, as Derek Parker illustrates.



Brian Whittle

important competitions varied considerably. A typical week during the non-competitive season for 1956 champion Tom Courtney (800 metres p.b. 1-45.8, 400m p.b. 45.8, 220 yds p.b. 21s, 100m p.b. 10.5s) was: *Mon*: 10 x 300 yds in 36s with 300 yds walk recovery. *Tues*: 6 x 880 yds in 2-10 with 440 yds walk recovery. *Wed*: as *Mon*. *Thurs*: untimed acceleration

sprints on grass. *Fri*: as *Mon*.

During the competitive season, Courtney's programme was: *Mon*: 4 x 300 yds in 32s with 300 yds walk recovery. *Tues*: 1320 yds lapping in 60-65.55 secs + 10 mins recovery then 2 x 300 yds full effort with 300 yds walk recovery. *Wed*: 3 x 300 yds in 31 to 32s with 300 yds walk recovery + 1 x 660 yds in 78s,

Thurs: rest. *Fri*: jog one mile + 3 x 80 yds accelerations with 80 yds jog recovery. *Sat*: competition. *Sun*: Rest.

Including warm-ups and cool-downs, Courtney's total mileage was a modest 18 to 20 miles per week. The intensity, however, was very high and recoveries were long. His programme was quite clearly based upon his ability to sprint fast.

The programme of 1960 and 1964 Olympic champion Peter Snell (p.b.s 800m 1-44.3, 400m 47.7, 100m 11.3) was vastly different. It was constructed round Snell's tremendous stamina. His best mile time of 3-54.1 was greatly superior to that of Courtney's (4m 7 secs). Thus Snell ran more miles in a week that Courtney did in a month. His schedule included typical weeks during the preparation season of: *Mon*: 10 miles in 54 to 55 mins. *Tues*: 15 miles in 90 to 100 mins. *Wed*: 11 miles in 68 mins. *Thurs*: 18 miles in 115 mins. *Fri*: 10 miles in 54 to 55 mins. *Sat*: 15 miles in 90 to 100 mins.

Snell's programme just before his Tokyo gold medal triumphs in the 800 and 1500 metres' races produced plenty of food for thought. A typical week (in this instance the sixth last week before the Olympic final) was: *Day 1*: 6 x 880 yds in 2-10. *Day 2*: 6 x 440 yds in 58 secs. *Day 3*: one mile at half-effort + one mile at three-quarters effort. *Day 4*: 3 x 220 yds full speed. *Day 5*: 880 yds full speed. *Day 6*: 45 kilometres (i.e. 28 miles) steady running. *Day 7*: one mile with 15 x 45 metres sprints + 1 x 220 yds full speed.

Karikosk does not provide details of the recovery periods during these sessions. During the nine days before winning the 800 metres Olympic final in 1-45.1, Snell's tapering-down programme was: *Day 1*: 800 metres in 1-47.1. *Day 2*: 60 minutes' steady running. *Day 3*: 880 yds interval sprinting. *Day 4*: 60 minute's steady running. *Day 5*: 3 x 220 yds full speed. *Day 6*: 60 minutes' steady running. *Day 7*: 800 metres heat in 1-49. *Day 8*: 800 metres semi-final in 1-46.9. *Day 9*: Olympic final: 800 metres in 1-45.1.

From the above training programmes, it can be seen, that Tom Courtney's low-mileage, high-intensity schedules were specifically geared towards his top-class sprinting ability. Peter Snell's programme, with its high-mileage and generally lower-intensity work-outs, were designed to accommodate his considerable endurance capacity. Courtney's training was mainly anaerobic in content while Snell's particularly during the non-competitive season was mainly aerobic.

At the Mexico Olympics four years later, Ralph Doubell made the most of the rarefied, high-altitude atmosphere to equal Snell's world record time of 1-44.3 in winning the 800 metres' crown. Whereas Courtney was very strong over 400 metres and relatively weak at 1500 metres, and Snell was very good over 1500 metres but relatively weak at 400 metres,

Doubell belonged to a third category of 800 metres' runner. He was relatively good at both the 400 and 1500 metres. His personal bests were: 100m (10.9 secs); 200 metres (21.6 secs); 400 metres (46.4 secs); 800 metres (1-44.3); and one mile (4-00.6 secs).

Doubell's Olympic preparation reflected his well-balanced anaerobic and aerobic capacities. He jogged two to three miles every morning and trained on the track in the evenings. A typical week in the build-up to his Olympic success was: *Mon*: 20 x 440 yds with 60 secs recovery. *Tues*: 30 x 220 yds in 26 to 27 secs in three sets with 60 secs jog recovery. *Wed*: 10 x 880 yds. *Thurs*: 50 x 110 yds. *Fri*: Rest. *Sat/Sun*: competition or time-trial.

Doubell's weekly mileage was 45 to 60. It was considerably less than that of Snell (100 miles per week in the preparation phase) but a lot more than that of Courtney (18 to 20 miles per week).

The Olympic 800 metres' gold medallist four years later in Munich was Dave Wottle who shared many of Peter Snell's characteristics. Although relatively slow in the shorter distances (e.g. 11.7 secs 100 metres), he had personal bests of 3 minutes 53.3 secs. for the mile and a world-record equalling 1-44.3 for 800 metres. During the non-competitive season Wottle covered between 80 and 100 miles a week in training, dropping down to between 70 and 75 per week in the competitive phase. His track training during the racing season included repetitions over 220, 330, 440, and 660 yards distances along with time trials over one and two miles. As an endurance-type athlete, Wottle's schedules bore many similarities to those of Snell's.

The racing and training performances of Alberto Juantorena, the 1976 Olympic 800 metres' champion, for awhile indicated that the two-lap specialist of the future would be a world class 400 metres' athlete moving up a distance. Juantorena's personal best times were: 100 metres (10.4 secs); 200 metres (20.8 secs); 400 metres (44.6 secs); and 800 metres (1 min 43.5 secs).

As well as winning the 800 metres' gold medal at Montreal, Juantorena also won the 400 metres. Not surprisingly, his training programme, like that of Tom Courtney 20 years earlier, was very much based on high-intensity, low mileage work-outs. His weekly mileage was approximately 20 although the quality of his anaerobic sessions was vastly superior to that of Courtney. A typical Juantorena week four months before his spectacular achievements in Montreal was: *Mar 15*: 2000 metres cross-country + 5 x 350 metres specific endurance + 6 x 200 metres + 4 x 200 metres speed endurance with each set becoming progressively faster until the final set was full at full-effort + 2000 metres cross-country. *Mar 16*: 3 x 100 metres full effort + 3 x 30 metres starting practice + 10 x 200 metres averaging 23.7 secs. *Mar 17*:

3 x 100 metres full effort + 5 x 600 metres averaging 85.7 secs. *Mar 18*: 5 miles cross-country. *Mar 19*: 3 x 100 metres full effort + 3 x 30 metres starting practice + 8 x 200 metres averaging 23.2 secs. *Mar 20*: 3 x 100 metres full effort + 3 x 100 metres starting practice +



Tom McKean's transition from junior boy to world class athlete was made with the help of progressive training sessions.

2 x 600 metres averaging 81.9 secs + 2 x 400 metres averaging 48.3 secs.

In the two weeks prior to his Montreal 800 metres' victory Juantorena was training along the following lines: *Jul 13*: 2000 metres cross-country in park + 2 x 10 x 150 metres acceleration running + 1000 metres cross-country. *Jul 14*: 4 x 100 metres + 3 x 500 metres in 64.6, 63.5 and 63.2 secs. *Jul 15*: 2 x 4 x 100 metres + 2 x 3 x 200 metres in 21.6, 21.9, 22.2, 21.5, 22.5 and 21.5 secs. *Jul 16*: 3000 metres cross-country + 2 x 10 x 150 metres + 2000 metres cross-country. *Jul 17*:

4 x 100 metres + 3 x 600 metres in 91.6, 81.6, and 79.2 secs. *Jul 18:* 2.5 miles cross-country. *Jul 19:* 1000 metres jogging + 1 x 200 metres in 21.4 secs + 1 x 300 metres in 34.0 secs. *Jul 20:* 2 x 600 metres (15 mins recovery) in 79.2 and 75.9 secs. *Jul 21:* 3 miles cross-country. *Jul 22:* Rest. *Jul 23:* 800 metres heat in 1-47.14. *Jul 24:* 800 metres semi-final in 1-45.88 secs. *Jul 25:* Olympic 800 metres final, 1st in 1-43.50 secs.

The post-Juantorena years heralded a return to the era of distance rather than sprint-oriented athletes dominating the 800 metres event. Steve Ovett, the 1980 Olympic champion, is reputed to have covered up to 140 miles a week in training.

His times of 3-31.36 (1500 metres), 7-41.3 (3000 metres), 13-25 (5000 metres), and 65-38 (half-marathon) a remarkable range of abilities.

World-record holder Sebastian Coe brought a new dimension to 800 metres' training by popularising hard circuit-type activities in the gymnasium along with what is described as multi-tier sessions. These required the athlete to train at several different paces during a twelve-days' cycle.

Thus a typical schedule for Seb Coe would be: *Day 1:* 4 x 1600 metres or 3 x 2000 metres at 5K pace. *Day 2:* fartlek. *Day 3:* 8 x 800 metres at 3K pace. *Day 4:* road run. *Day 5:* 16 x 200 metres at 1500 metres pace. *Day 6:* Fartlek or rest if racing the next day. *Day 7:* race or time trial. *Day 8:* 4 x 400 metres at 800 metres pace. *Day 9:* road run. *Day 10:* 1 x 300,

2 x 200, 4 x 400, 8 x 60 metres at 400 pace. *Day 11:* fartlek. *Day 12:* Race.

A typical Coe example of progressive training was advancing from 3 x 800 metres in 1-50 with 2 mins rest to 3 x 800 metres in 1-48 with 1 min rest to 3 x 800 metres in 1-48 with 2 mins rest. Gymnasium sessions included leg-raising, sit-ups, press-ups, rope-climbing, step-ups, beam-jumps, depth-jumps, and bounding. He ran around fifty miles a week.

Nearer home, the importance of compiling a training and racing programme to accommodate each athlete's individual strengths and characteristics was detailed by Scottish coach Tom Boyle in an excellent lecture at the XVIth International Coaches' Convention at Edinburgh.

In describing the build-up of Tom McKean towards the competitive season, Boyle emphasised that great care had to be taken to ensure that every athlete made the transitions from strength to speed endurance and then to speed as smoothly and judiciously as possible.

He told how McKean was gradually introduced to increased work-loads, training plans, and short and long term objectives as the athlete matured from junior boy level to that of world-class performer. Examples of progressive training cited were: 3 x 3 x 600 metres in 86 seconds (2 mins recovery) progressing to 3 x 2 x 600 metres in 84 secs (3 mins recovery) then to 3 x 1 x 600 metres in 82 secs (10 mins recovery) and finally to 3 x 1 x 600 metres in 74 secs (20 to 40 mins recovery).

Sprint-orientated athletes who are capable of fast 400 metres but less able over 1500 metres should emphasise fast speeds, fewer repetitions, and longer recoveries when training for 800 metres. This is because their nervous and muscular systems tolerate high-quality anaerobic efforts well but, because of a less suitable metabolism, react adversely to large aerobic-based training loads.

Athletes capable of relatively good 400 and 1500 metres times should train less intensely for the 800 metres but with more repetitions and shorter recoveries. This is because they have a more suitable metabolism and superior energy resources than the first group and tire less quickly.

Athletes who have good 1500 metres times but relatively poor 400 metres time should use higher training loads performed at lower intensity when preparing for the two-lap event.

This is because athletes in this group possess a very economical metabolism for converting chemical energy into mechanical energy. They also have vast energy reserves and an efficient oxygen transport system which enables them to benefit from considerable training loads. Athletes in this group would respond negatively to too much high-intensity, anaerobic exercise.

'Know thyself' was the motto of philosophers of old. Self-knowledge and an understanding of one's own individual strengths and weaknesses is today the key to success and the actualisation of each athlete's own unique potential in 800 metres' running.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins oc.
Monday: 75 to 90 mins fartlek inc 6 x 2.5 mins at 5K effort (45 secs jog) + 4 x 30 secs at 1500m effort (30 secs jog).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 3K track session (6 x 500 metres with 40 to 60 secs recovery + 3 x 150 metres full effort with 250 metres jog starting 3 to 5 mins after final 500m).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady.
Morning runs, if done, should be of 20 to 30 mins duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 90 secs fast (45 secs jog) x 6 sets. Finish with 3 x 10 secs full effort (60 secs jog) from rolling start 3 to 5 mins after final 90 secs repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (5 x 1000 metres with 45 to 75 secs recovery).
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 32 x 30 secs fast with 15 and 30 secs jog alternately.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (800 metres at 5K pace (30 to 45 secs recovery) + 400 metres at 1500m pace (60 to 90 secs recovery) x 4 sets + 1 x 200 metres full effort starting 60 to 90 secs after final 400).
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 (60 secs jog) + 3 mins fast (90 secs jog) + 4 mins fast (2 mins jog) x 2 sets + 3 x 10 secs full effort (60 secs jog) from rolling start 3 to 5 mins after final 4 mins repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (3 x 1600m with 60 to 90 secs recovery + 1 x 200 full effort starting 90 secs after final 1600).
Saturday: Race of 12 to 15 miles steady. Morning runs as week one.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins oc.
Monday: 60 to 75 mins fartlek inc 10 x 60 secs at 3K effort (45 secs jog) + 4 x 30 secs at 1500m effort (30 secs jog).
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady with hills.
Thursday: 3K track session (6 x 500 metres at 3K effort with 55 to 75 secs recovery + 3 x 150 metres full effort (250m jog) starting 3 to 5 mins after final 500 metres).
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins 2 to 3 times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 4 x 2 mins fast (1 and 2 mins jog alternately) + 2 x 1 min fast (1 min jog recovery) + 3 x 10 secs full effort (60 secs jog) from rolling start 3 to 5 mins after final 1 min repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (5 x 1000 metres with 60 to 90 secs recovery).

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

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 sec jog) + 60 secs fast (60 secs jog) + 90 secs fast (90 secs jog) x 3 sets + 2 x 30 secs fast (60 secs jog).
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (6 x 800 metres (45 to 60 secs recovery + 1 x 200 metres full effort starting 90 secs after final 800).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 5 sets + 10 secs strides/10 secs full effort (60 secs jog) starting 3 to 5 after final 60 secs repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (3 x 1600 metres with 90 to 120 secs recovery + 1 x 200 full effort starting 90 secs after final 1600).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

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Craig Joiner

BOYS

100m	Age	Time	Name	Year
14	11.68		Craig Joiner	88
	10.9		Ronald Don	81
15	10.91		Elliot Bunney	82
16	10.72		Peter Little	77
	10.6		Little	77
17	10.33		Jamie Henderson	86
18	10.21		Henderson	87
19	10.20		Bunney	86
	10.1		David Jenkins	72
200m				
13	23.38		Norman Shute	83
14	23.25		Craig Joiner	88
	22.6		Stuart Moir	90
15	22.21		Bunney	81
	22.1		Little	76

22.1	Bunney	82
16 21.24	Little	77
17	(Inferior)	
18 21.11	Henderson	87
19 20	Jenkins	71

400m		
14 52.3	David Boyd	82
15 51.0	Ray Nelson	76
16 48.7y	Jenkins	68
17 46.5	Jenkins	69
18 46.4	Jenkins	71
19 45.45	Jenkins	71

800m		
12 2-04.73	Jason Hemmings	85
13 1-59.75	David Boyd	81
14 1-57.3	John MacFadyen	87
15 1-55.9	Glen Stewart	86
16 1-53.4	MacFadyen	89
17 1-51.1	Graham Williamson	78
18 1-48.84	David Strang	87
19 1-47.53	Williamson	79

1500m		
13 4-14.76	Boyd	81
14 4-03.0	Stewart	85
15 3-59.0	Stewart	86
16 3-52.6	Stewart	87
17 3-42.1	Williamson	78
18 3-37.7	Williamson	78
19 3-36.6	Williamson	79

3000m		
14 9-04.1	Richard Youngs	82
15 8-36.2	Laurie Reilly	70
16 8-33.8	Reilly	71
17 8-12.2	Reilly	72
18 8-00.7	Williamson	78
19	(Inferior)	

5000m		
15 14-57.2t	Reilly	70
16	(Inferior)	
17 14-34.2	Alistair Douglas	78
18 14-03.4	Jim Brown	71
19 13-49.1	Nat Muir	77

10,000m		
15 31-19.8t	Reilly	70
16	(Inferior)	
17 30-29.8	Reilly	72
18	(Inferior)	
19 28-57.8	Brown	72

2000m Steeplechase		
15 6-06.7	Ian Steel	78
16 5-59.2	Andrew Mackay	79
17 5-55.6	Nigel Jones	77
18 5-39.43	Tom Hanlon	85
19 5-32.84	Hanlon	86

3000m Steeplechase		
16 9-52.1	William Gemmell	81
17 9-11.2	Mackay	80
18 8-52.98	Hanlon	85
19 8-47.49	Hanlon	86

80mH		
13 11.7	Andrew Thain	81
14 11.3	Douglas Campbell	81

100mH		
15 13.4	Campbell	82
16 13.3	Campbell	83
17 13.3/13.37	Stewart McAsian	79

110mH		
16 (3'3) 15.3	Angus McKenzie	71
17 (3'3) 14.4	McKenzie	72
(3'6) 14.7	McKenzie	72
18 (3'6) 14.46	McKenzie	73
19	(Inferior)	

400mH		
(2'6")		
14 60.1	Jonathan Gorrie	78
(2'9")		
15 57.1	Gorrie	79
16 56.0	Andrew Gunther	79
56.0	Ovie Brume	90
(3'0")		
16 57.0	Robin Johnson	70
17 52.80	Peter Campbell	86
18 52.4	Campbell	87
19 51.80	Mark Fulton	86

High Jump		
13 1.88	Ross Hepburn	75
14 2.04	Hepburn	76
15 2.06	Geoff Parsons	80
16 2.08	Hepburn	78
17 2.21	Parsons	82
18 2.25	Parsons	83
19 2.26	Parsons	84

Pole Vault		
13 3.20	Norman Foster	81
14 3.20/3.41i	Stewart Anderson	70
15 3.72	Richard Craig	90
16 4.50i	Alex Greig	89
17 4.50	Alex Greig	89
18 4.63i	Andrew Wake	87
19	(Inferior)	

Long Jump		
14 6.17	Ken Robertson	70
15 6.51	Robertson	71
16 7.20	Hugh Davidson	80
17 7.45	McKenzie	72
18/19	(Inferior)	

Triple Jump		
14 12.41	Roddy Murray	86
15 13.40	Norman Ross	81
16 14.70	Craig Duncan	82
17-19 15.63	Duncan	83

Shot		
(4kg)		
14 15.64	Paul Mardie	77
15 17.58	George Patience	74

(5kg)		
14 13.29	Willie Smith	79
15 16.06	Mardie	78
16 16.95	Russell Devine	85

(6.25kg)		
16 14.04	Darrin Morris	84
17 16.18	Mitchell Smith	84
18 17.31	M Smith	85

(7.25kg)		
16 13.36	Mardie	79
17 15.13	M Smith	84
18 16.47	Paul Buxton	75
19 17.84	Buxton	76

Discus		
(1.25kg)		
14 50.80	Mardie	77
(1.5kg)		
14 41.02	Mardie	77
15 52.28	Mardie	78
16 53.80	Mardie	79

(1.75kg)		
16 52.50	Mardie	79
17 54.26	Mardie	80
18 54.50	Mardie	81

(2kg)		
16 44.92	Mardie	79
17 50.26	Mardie	80
18 53.42	Mardie	81
19 56.42	Mardie	76

Hammer		
(4kg)		
14 58.04	Chris Edgar	87
(5kg)		
14 54.10	Edgar	87
15 58.82	Edgar	88
16 60.62	Edgar	90
17 60.92	Devine	85

(6.25kg)		
15 46.82	Glenn Kerr	90
16 47.30	Edgar	89
17 55.98	Edgar	90
18 61.30	Buxton	75

(7.25kg)		
15 35.88	Laurie Nisbet	77
16 38.18	Eric Irvine	78
17 49.82	Nisbet	79
18 60.24	Buxton	75
19 65.48	Buxton	76

Javelin		
(600g)		
13 42.78	Fraser Norris	83
14 57.90	Norris	84

(700g)		
14 54.82	Norris	84
15 55.68	Norris	85
16 60.64	Roddy James	86
(800g new model)		
16 57.96	James	86
17 63.50	James	87
18 65.22	James	88
19 69.20	James	89

Octathlon		
15 4765	Rory Birbeck	89
16 5074	Birbeck	90

Decathlon		
17 6347x	McKenzie	72
18 6264	Duncan Mathieson	87
19 7039	Paul Allan	90
x old model javelin		

GIRLS

100m		
Age	Time	Name
11	13.0	Angela Douglas
12	12.68	Myra McShannon
13	12.4	Linsey Macdonald
	12.4	Myra McShannon
14	11.9	Linsey Macdonald
15	11.65	Linsey Macdonald
16	11.6	Linsey Macdonald
17	11.6	Helen Golden
18	11.5	Jennifer Smart
19		(Inferior)

200m		
12 25.4	Myra McShannon	88
13 25.3	Myra McShannon	89
14 24.63	Dawn Flockhart	81
	24.6	Dawn Flockhart
15 23.7	Linsey Macdonald	79
16 23.43	Linsey Macdonald	80
17	(Inferior)	
18 23.33/23.3	Linsey Macdonald	82
19 23.24	Sandra Whittaker	82

400m		
14 57.8i	Linsey Macdonald	78
15 52.62	Linsey Macdonald	79
16 51.16	Linsey Macdonald	80
17-19	(Inferior)	

800m		
11 2-23.2	Carol Candlish	87
12 2-19.0	Michelle Cherry	83
	2-19.0	Dawn Simpson
13 2-12.3	Isabel Linaker	89
14 2-09.6	Isabel Linaker	90
15 2-08.7	Liz McArthur	79
16 2-07.8	Chris McMeekin	73
17 2-06.27	Lynne MacDougall	82
18 2-03.53	Chris McMeekin	75
19 2-01.11	Lynne MacDougall	84



Isabel Linaker

1500m		
12 4-52.3	Lynne MacDougall	77
13 4-28.2	Isabel Linaker	89
14 4-23.45	Isabel Linaker	90
15	(Inferior)	
16 4-22.51	Elise Lyon	82
17 4-14.7	Mary Stewart	74
18 4-14.11i	Lynne MacDougall	84
19 4-05.96	Lynne MacDougall	84

One Mile		
14 4-58.00	Alison Johnston	81
15 4-57.3	Elise Lyon	81
16 4-55.7	Karen Hutcheson	82
17 4-46.95	Andrea Everett	81
18 4-40.13	Elise Lyon	84
19 4-30.08	Lynne MacDougall	84

3000m		
14 10-02.8i	Laura Wight	80
15 9-38.1	Elise Lyon	81
16 9-30.0	Yvonne Murray	81
17 9-07.77	Yvonne Murray	82
18 9-04.14	Yvonne Murray	83
19 8-58.54	Yvonne Murray	84

5000m		
18 15-52.55	Yvonne Murray	83
19 15-50.54	Yvonne Murray	84

100mH		
(2'9")		
15 13.7	Ann Girvan	81
16 13.73	Ann Girvan	82
17 13.46	Natalie Byer	83
18-19	(Inferior)	
(2'6")		
15 13.6	Ann Girvan	81
16	(Inferior)	

80mH		
12 12.6	Sharon McKinlay	81
13 12.0	Alison Glasgow	83
14 11.6	Ruth Irving	89
15 11.16	Ann Grivan	81

75mH		
12 11.7	Carey Spiers	79
13 11.50	Natalie Byer	79
14 11.01	Natalie Byer	80



Jayne Barnetson

70mH				(4kg)			
11	11.9	Stacy Moxey	89	14	12.22	Alison Grey	88
12	11.46	Sandra Gunn	88	15	13.89	Alison Grey	89
300mH				16	14.04	Mary Anderson	84
14	45.8	Nicola McCall	89	17	15.18	Mary Anderson	85
15	45.59	Ruth Irving	89	18	15.48	Mary Anderson	85
16	43.53	Catherine Murphy	90	19		(Inferior)	
400mH				Discus			
15	64.2	Sarah Booth	81	(0.75kg)			
16	61.7	Sandra Livingstone	75	11	35.68	Catherine Garden	90
17	61.3	Fiona Macaulay	75	(1kg)			
18	61.14	Gillian Spurgin	75	11	30.30	Garden	90
19	59.88	Carolyn Hogg	81	12	31.46	Alison Grey	86
High Jump				13	36.80	Sandra McDonald	77
11	1.48	Tracy Spiers	76	14	40.92	Sandra McDonald	78
12	1.55	Tracy Spiers	77	15	44.18	Alison Grey	89
13	1.73	Susan Brown	77	16	44.38	Christine Chalk	71
14		(Inferior)		17	44.70	Alison Grey	90
15	1.80	Susan Brown	79	Javelin			
16	1.85	Jayne Barnetson	84	(400g)			
17	1.88	Jayne Barnetson	85	11	27.46	Joanna Ablett	86
18	1.88	Jayne Barnetson	86	12	28.54	Margaret Wilson	88
19		(Inferior)		13	29.40	Margaret Wilson	88
Long Jump				(600g)			
11	4.88	Carey Spiers	78	13	35.14	Suzanne Polding	82
12	5.16	Alix Shepherd	86	14	40.72	Valerie Price	76
13	5.48	Linzie Kerr	89	15	44.94	Nicola Emblem	86
14	5.77	Yvonne Anderson	80	16	50.82	Nicola Emblem	87
15	5.90	Karen Glen	79	17	52.46	Nicola Emblem	88
16	6.12	Karen Glen	80	18		(Inferior)	
17	6.12	Moirra Walls	70	19	55.56	Nicola Emblem	90
18	6.43	Moirra Walls	70	Pentathlon			
19	6.43	Myra Nimmo	73	(Junior)			
Shot				13	3036	Carey Spiers	80
(2.72kg)				14	3121	Mary Anderson	82
11	10.62	Catherine Garden	90	(Intermediates)			
12	10.84	Eleanor Garden	89	14	2896	Halycon Wills	84
13	11.571	Navdeep Dhaliwal	90	15	3175	Shona Urquhart	79
(3.25kg)				16	3550	Shona Urquhart	80
12	10.49	Alison Grey	85	(Senior)			
13	11.96	Alison Grey	86	14	2848	Carey Spiers	81
14	13.08	Ashely Morris	84	15	3126	Sarah Booth	81
				16		(Inferior)	

17 3393 Karen Townsend 80
18-19 (Inferior)

Heptathlon (Infers)

14 4025 Ruth Irving 89
15 4465 Sarah Booth 81
17 4898 Mary Anderson 85

(Seniors)

15 4310 Alison Grey 88
16 4499 Nicola Emblem 87
17 4783 Shona Urquhart 81
18 5086 Valerie Walsh 83
19 5246 Valerie Walsh 83

THIS is the first time that Scottish age bests have appeared in print, so if anyone has any corrections to the lists, they will be gratefully received.

The first thoughts on examining the lists are that so many of the bests have stood for such a long period. Several date from the first half of the seventies, with the longest held being Jennifer Smart's 1961 age-18 best of 11.5 for 100 metres.

David Jenkin's 400-metres marks from 1968-1971 still stand supreme, along with some more surprising bests, such as Lawrie Reilly's 3000 metres, Jim Brown's 5000, Ken Robertson's long jump and Christine Chalk's discus.

Many look unapproachable in the current climate. Linsey Macdonald's 11.6/23.43/51.16 treble in 1980 would be outstanding today at top level but for a 16 year old are quite remarkable.

Yvonne Murray still excels at 3000 metres and Graham Williamson's 1500 metres marks are in a class of their own, as are Angus McKenzie's hurdling and jumping.

Of the current crop of youngsters, new records were set in 1990 by: Stuart Moir (age 14 200); Ovie Brume (age 16 400H); Richard Craig (age 15 PV); Chris Edgar (age 16 and 17 hammer); Glen Kerr (age 15 hammer) and Rory Birbeck (age 16) and Paul Allan (age 19) in the multi-events.

With anglos Kerr and Edgar already making inroads into the junior hammer while still youths, the future in one event at least appears bright.

In the girls events, Isabel Linaker is working her way through the age bests at 800 and 1500 metres, while Catherine Murphy set new marks in the recently instituted 300 metres hurdles. Catherine Garden and Navdeep Dhaliwal look set to make an impact on the shot and discus, while Alison Grey (discus) and Nicola Emblem (javelin) already have.

**Rankings compiled
by Arnold Black**

A QUESTION OF SPORTING STYLE

BRIGHTLY coloured, boldly patterned, and increasingly style conscious - sportswear has become an integral part of the fashion industry in recent years.

Though most athletes are as susceptible as everyone else to attractive clothes and shoes, their priorities are obviously with the practical aspects of what they wear.

With this in mind, it's no doubt very comforting to know that the tide is turning and that manufacturers are once again putting the needs of the runner first and foremost.

"Most of the big names are trying to cater for the serious runner rather than the fashion conscious," says Gill Morris, who runs C&G Sports in Dunfermline along with husband Chris.

"This summer's shellsuits are more practical than last year's, meaning better value for money



The traditional vest and shorts. Some retailers think we'll be seeing less of the vest this year!

for the athlete. They're not being aimed at non-runners anymore. As far as the fashion side of things goes, I think we'll see a definite move away from shellsuits and a trend for the new fleece jogging bottoms and tops."

Alan McIlvein at Rackets and Runners in Glasgow's Kelvin Hall expects most runners to be investing in the new lightweight nylon clothing which is now available from many of the big names.

Called "Coolmax" by Frank Shorter and "Supplex" in the Sub 4 range, the new material has the advantage of breathing and feeling like cotton while also being highly wind resistant.

"It's the ideal material for anyone pounding the roads over the summer," Alan maintains. "The Frank Shorter range in particular is going well already."

By all accounts, lycra seems



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RACE ORGANISERS PLEASE SEND YOUR ENTRY FORMS



Some of the latest clothing from Ron Hill.

to be on its way out - though few sportswear retailers are of the opinion that it will ever disappear completely.

"There's not the demand for lycra clothing in the very loud colours and patterns that there was last spring," says Alan. "Athletes have been told they can't wear that sort of gear in competition, so I doubt very much if there will be a return to it. I think the trend will be more towards self-coloured lycra, mainly for training in. After all, it's a material which washes well and which is comfortable. It also gives a small amount of added

protection to the hamstring."

At Run-a-Way Sports in Glasgow's Dumbarton Road, owner and marathon runner Ron Ballantyne predicts a good summer for the latest Ron Hill collections, particularly the "Illusion" range which features shorts, vests, and tracksters in a matching black and white design.

"Ron Hill sportswear is appreciated amongst runners as offering quality at competitive prices," says Ron. "We are expecting the Illusion range to follow the popularity of his other ranges."

A fine selection of shoes

complements the diverse range of clothing available at Run-a-Way, and a specially installed treadmill allows the serious minded runner to test both the comfort and performance of particular brands of shoe before shelling out on what might otherwise be ill-spent money.

Ron prides himself on keeping only those shoes which, as a runner, he feels are a good buy. However, if he had to pick one pair which stand out as being the probable best sellers of the summer, he would go for the Pegasus Racer, the new racing equivalent of Nike's Air Pegasus - the ever popular high mileage training shoe.

"It's an excellent shoe and is good value for money at £45," says Ron.

John Quinn at Dundee Runner agrees, but also predicts a good summer for a number of other Nike shoes, including Skylon and Air Apparent.

Like most retailers he feels that the new "180", will probably not be the first choice of the serious athlete. That aside, however, he feels that Nike, like Saucony, are moving back to catering for the athlete rather than the fashion follower.

"In the last few years we've seen a number of the big names in sportswear concentrate on the leisurewear market. This year we are seeing a return to clothes and shoes which meet the heavy demands of serious athletes."

According to John, the traditional running vest is something we will be seeing less of this summer; in its place the ordinary t-shirt or nothing at all!

"It's a trend which has been developing amongst runners over the past few summers," he says. "It's surprising in view of the fact that we've had two such hot summers, but I suppose athletes have their own fashions just like everyone else."

Another somewhat surprising fact is that John and virtually all other retailers we spoke to predict that Ron Hill tracksters will continue to sell well throughout the summer months. The tracksters which alone have made Ron Hill a millionaire are worn by virtually all athletes in training sessions - hail, rain, or shine.

At Jansport on the Isle of Skye, manager David Pringle reckons 1991 should continue to see good sales of Reebok's biggest selling shoes, the Royale - which represents excellent value for money at under £30 - and also the Rapide.

Detecting a very strong move away from lycra clothing, he predicts a good summer for traditional shorts and vests, although perhaps in the new Coolmax and Supplex materials rather than conventional fabrics.

Nevisport, perhaps best known for climbing and skiwear, is nonetheless also dedicated to catering for serious runners by stocking a small but discerning range of athletic gear.

Ian Smith, manager of the Glasgow branch in Sauchiehall Street, says he expects the new range of clothes from Reebok to sell well.

"The new range consists of Dahlia jog pants, Orchid jog bottoms, Lili polo shirt and Fleur shorts - all designed in bright, modern colours which look good together," he says.

"The other range which we expect to go well is the Nike Beaverton collection, which, much the same as the Reebok range, uses coordinating bright colours."

As with C&G's Gill Morris, Ian Smith predicts a move away from shellsuits as a fashion item, seeing sweatshorts - both knee length and shorter - as the new sportswear trend amongst non-runners.

"Basically they're just shorts made from sweatshirt material," he says. "They've been popular in



the South for the last two summers, but I think we'll see them catching on here in the next few months."

Paul Bullock, who manages the running department at Colin Campbell Sports in Edinburgh, envisages a good summer for all Frank Shorter ranges.

"Frank Shorter caters for athletes," he says. "Their new range of vests, which are high cut at the front and low at the back to prevent jogger's nipple, will probably sell very well."

Another good prospect for the coming months is, says Paul, the Saucony "GRID" shoe, a racing trainer which is expected to retail at £59.99.

On the whole, Paul believes the serious runner will have more to choose from than in previous

years, although he does think many of the leading names are still trying to please the fashion element at the same time.

"The Nike 180 is a good example of that," he says. "On the one hand it is a good shoe, but on the other it has obviously been designed, in a cosmetic sense, to appeal to non-runners."

As the comments of those we interviewed clearly demonstrate, Scotland's leading sportswear shops employ staff who can guide you away from goods that simply look attractive, and point you in the direction of hard wearing, quality gear which will meet your needs as an athlete.

This, combined with the fact that most leading sportswear manufacturers have moved firmly towards the provision of practical gear rather than fashionwear, means that there's no excuse for ending up with shoes which fall apart after the completion of one week's training schedule, or vests which disintegrate after you've washed them once!

Though not as popular as it was, lycra is still a favourite with many athletes because of comfort and ease of wash.

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JUNIOR

PROFILE

NAME: Brenden Louis Waters.

DATE OF BIRTH: September 24, 1976.

SCHOOL: St Ninian's High School, Eastwood, Glasgow.

ATHLETICS CLUB: Shettleston Harriers.

STARTED ATHLETICS: After winning the relay at the Scottish Primary School Championships four years ago.

EVENTS: 400m, 800m and long jump.

PERSONAL BESTS: 400m, 55.7; 800m, 2:11; long jump, 5.11m.

ENJOY MOST ABOUT THE SPORT: The social aspect and the challenge of trying to do better.

LEAST ENJOY: Cross country - which I do for the school.

AMBITION IN SPORT: To do well in the older age-group at the Scottish Schools Championships.

HIGHLIGHT SO FAR: Winning the 800m at the Scottish Schools Indoor Championships earlier this year.

FAVOURITE ATHLETE: Tom McKean.

FAVOURITE STADIUM: Crownpoint.

FAVOURITE MUSIC: Any sort of pop music.

FAVOURITE ACTOR: Steve Martin.

FAVOURITE ACTRESS: Kim Basinger.

OTHER HOBBIES: Playing for school football team, cycling and collecting car magazines.

AIMS FOR THE FUTURE: Ideally I'd like to concentrate on athletics but I'm also interested in studying accountancy at university.



SCOTTISH SCHOOLS AA SECONDARY CC CHAMPIONSHIP. RESULTS:

Boys (over 17) 4,400 metres: 1, M McBeth (St Al) 22:15; 2, P Mowbray (Bel) 22:45; 3, J Reid (Colt) 23:20; 4, A Casey (QVS) 23:25; 5, M Daley (For) 23:25; 6, N Cox (Col) 23:45; 7, R Huet (DSMC) 23:54; 8, J McColl (St P) 23:55; 9, P Logan (Cos) 24:16; 10, J Buddington (Ran) 24:24; 11, I Murdoch (Car) 24:26; 12, A McCormack (GHS) 24:28; 13, B Melde (Ala) 24:29; 14, R Moore (DSMC) 24:31; 15, D Fotheringham (Cly) 24:34. Teams: 1, St Al 24px; 2, EdA 128; 3, St Allen 152; 4, Madras 157; 5, Glenal 161; 6, Lorn 190; 7, Al A 198; 8, Rann 222; 9, Her 224; 10, Pet 243.

(15-17) 4,400 metres: 1, D Kerr (ND) 22:10; 2, G Brown (Bos) 22:20; 3, S Mackay (IRA) 22:33; 4, M Kelso (QA) 23:07; 5, N Beaumont (Poe) 23:15; 6, M Gorman (Len) 23:42; 7, M McKenzie (Ull) 23:45; 8, S Allan (Ding) 23:53; 9, A Young (Strw) 23:57; 10, S Duncan (Whi) 24:14; 11, D Hughes (Haw) 24:15; 12, A McPherson (Hut) 24:18; 13, T Witter (StAa) 24:20; 14, D Luffus (Len) 24:24; 15, K McLean (Wll) 24:38. Teams: 1, Lenz 161px; 2, Fra 168; 3, Glenal 169; 4, IRA 188; 5, Bos 194; 6, DSMC 209; 7, Stew 270; 8, Douglas 274; 9, Hut 280; 10, Whit 337.

(14-15) 4,800 metres: 1, S Gibson (StC) 18:28; 2, A Donaldson (DSMC) 18:42; 3, M Allison (Raz) 18:48; 4, S McNeill (Douglas) 18:58; 5, A Love (Ab) 19:19; 6, M Smith (Dou) 19:19; 7, P Harper (Wid) 19:19; 8, J Hirst (GA) 19:21; 9, S Kennedy (KP) 19:27; 10, P Dennis (Herm) 19:35; 11, B McLean (Eamock) 19:37; 12, A Moore (Bal) 19:39; 13, M Gorme (Bal) 19:41; 14, P Robertson (Waz) 19:44; 15, I Reid (Sto) 19:56. Teams: 1, Douglas 69px; 2, Madras 139; 3, Boclair 173; 4, St Allen 177; 5, Hut 228; 6, EdA 242; 7, Ardrossan 253; 8, Al A 279; 9, Rann 308; 10, Bearsden 308.

(Under-14) 4,800 metres: 1, K McAlpine (Nai) 19:12; 2, A Sandilands (St) 19:22; 3, A Thomson (Ding) 19:38; 4, C Hill (Wel) 19:53; 5, S Grant (Len) 19:58; 6, C Byrdie (Gie) 20:01; 7, N Tulloch (Ding) 20:06; 8, B Hendry (St M) 20:10; 9, W Fraser (Dum) 20:12; 10, D Meir (Colt) 20:15; 11, G Smith (Gr) 20:28; 12, D Wilby (Ding) 20:30; 13, M Pratt (Ding) 20:38; 14, T Robertson (Len) 20:39; 15, A Cuthie (Boc) 20:40. Teams: 1, Ding 48px; 2, Lenz 49; 3, Al A 190; 4, Leond 225; 5, Arb 230; 6, St Al 254; 7, Douglas 263; 8, Boclair 266; 9, Lorn 276; 10, Dunbar 291.

Girls (over-17) 4,000 metres: 1, J Grams (Ab) 17:45; 2, J Roxburgh (Kilw) 18:04; 3, K Stewart (Gra) 18:08; 4, S Kennedy (KP) 18:22; 5, S Wright (Cam) 18:28; 6, N Donaldson (Raz) 18:42; 7, L White (CD) 18:46; 8, L Watson (K'bright) 19:06; 9, D Haxton (StL) 19:16; 10, C Rose (WC) 19:17; 11, C Melkjohn (Sto) 19:20; 12, J Cuthie (Bos) 19:21; 13, T Graham (Pal) 19:23; 14, E Soudon (Laz) 19:32; 15, C Murray (StL) 19:33. Teams: 1, St Leo 71px; 2, St Allen 91; 3, GWC 129; 4, St Al 156; 5, GH 160; 6, Lenz 176; 7, Lorn 193; 8, Pet 232.

(15-17 years) 4,000 metres: 1, I Linaker (QA) 16:50; 2, Y Reilly (Mon) 17:27; 3, A Potts (Wll) 17:37; 4, A Chwyne (Bath) 17:41; 5, S Macrae (Chs) 17:47; 6, L Cormack (Pne) 17:54; 7, C Leitch (Sto) 17:56; 8, H Parkinson (Bal) 17:59; 9, B Reid (Max) 18:00; 10, J Semple (Gla) 18:19; 11, L Shaw (Arb) 18:30; 12, S Purdie (Haw) 18:32; 13, D Gavin (Bel) 18:34; 14, S McCruden (Nai) 18:39; 15, H McVicar (Arb) 18:39. Teams: 1, Hawick 151px; 2, GH 174; 3, Ding 183; 4, St Leo 211; 5, GWC 236; 6, St Allen 286; 7, Chead 355; 8, Cathkin 360; 9, K'ron 368; 10, O'haule 397.

(14-15 years) 3,200 metres: 1, S Soudon (Hes) 12:39; 2, M Smith (Ding) 12:46; 3, E Gorman (Dou) 12:52; 4, L Moodie (Hol) 13:00; 5, L Gormley (ME) 13:04; 6, K McNally (Dum) 13:13; 7, R Drysdale (Gla) 13:27; 8, V Clark (Mon) 13:30; 9, C Webster (Dum) 13:43; 10, F Dallas (Gla) 13:49; 11, E Richardson (Lark) 13:54; 12, L Malley (Fra) 13:57; 13, A Wizzie (Cath) 14:00; 14, J Donald (Aln) 14:02; 15, J Brown (Bal) 14:05. Teams: 1, GH 107px; 2, Ding 156; 3, Dumfries 164; 4, Hawick 170; 5, Pet 225; 6, GWC 243; 7, Stew 255; 8, Cathkin 272; 9, Stew 276; 10, St Leo 285.

(Under-14) 3,200 metres: 1, P Crawley (EHS) 12:29; 2, S Scott (Hunter) 12:40; 3, J Ward (QA) 12:59; 4, C Vetrano (Mor) 13:05; 5, S Wilson (Kir) 13:12; 6, T McLatchie (Pet) 13:26; 7, S Fairweather (HC) 13:29; 8, J Forsyth (Dum) 13:34; 9, L Scott (Len) 13:40; 10, S McNamey (StM) 13:42; 11, T Tighe (DLHS) 13:43; 12, J Tonner (St) 13:47; 13, L Jackson (Gar) 13:53; 14, S Booth (Wll) 13:56; 15, S McKernie (StB) 13:57. Teams: 1, GWC 143; 2, Kirk 165; 3, GH 185; 4, Lenz 211; 5, MH 217; 6, Fra 233; 7, PCH 241; 8, Stew 269; 9, Balwarric 322; 10, IRA 357.

THE DAY CATHERINE MURPHY TURNED TO GYMNASTICS

Alex Jack reports on the recent SSAA squad coaching day.

A total of 140 specially invited young athletes attended the SSAA/Scottish Power squad coaching day at Grangemouth on Sunday, March 24.

The main age group consisted of boys and girls between 13 and 16 years old - some of whom had to leave their homes in Alness and Dingwall at 5am in order to be at Grangemouth on time.

Although this was a normal annual spring coaching day, the composition of the various squads was slightly different from usual because some of the "best" school athletes had been called to the SWAAA/SAAA junior commissions and the TSB school of sport.

This in effect worked well for the coaches of the various squads because it allowed more time to be spent with the younger, potentially "good" athletes and also the additionally invited newcomers to the squads.

A new element added to the day's programme was the first meeting of the U/15 and U/17 boys' and girls' international cross country teams due to run in Boyle (Republic of Ireland) on April 6. This team was selected following the Schools Cross Country Championships at Irvine on March 9. The U/15 "twiglets" caused problems during the issue of equipment, asking for 26" track suits and wet suits (miniature Liz McColgans perhaps?)

Coaching days can often bring their own problems through weather conditions and risk of injury, especially at this time of the year. In this case, however, spring sunshine brought out the best in the coaches and athletes and allowed them to

operate at their full potential.

The nearest thing to injury was Catherine Murphy, the World Schools Games hurdles medallist, catching a foot on a hurdle. However her ensuing "forward-roll-with-twist-to-standing-position" said as much for her gymnastic ability as it did for her athletics prowess. (Bruises are as yet unrecorded.)

The complete spectrum was covered in the discus squad where the evergreen and ever loyal Alison Gray (already a collector of senior international vests) was observed advising the youngest newcomer - 12 year old Lyndsey McTague (Deans Community High School) who "wants" to be a discus thrower. (Well, Meg Ritchie said the same when she was 12!)

The main body of athletes, however were the current 14, 15 and 16 year olds who will be looking to outdo each other both in the SAAA/SWAAA and Scottish Schools events this summer - with a lucky group being chosen to represent Scottish Schools at Wrexham on July 20 in the Four Countries Schools International.

It is not often the SSAA are given the opportunity to thank publically the BAAB coaches - 17 of them present on the day.

This breed of hardy individuals rarely get or seek publicity, receive minimal travelling expenses, a quick lunch, and drive vast distances to be present. They never complain, and carry on hail, rain, or shine, coaching our future senior athletes. Schools athletics in general (and the 140 athletes who took part) owe them sincere thanks for their time and untiring efforts for this and all the past coaching days.

HELPLINE

Have you any questions about athletics which you would like to have answered? Please write to Helpline, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

YOUNG ATHLETES' COMPETITION

This month, younger readers have the chance to win top quality sportswear featuring our new, fully embroidered Scotland's Runner thistle logo.

We will be giving two athletes - one male and one female, both aged 18 or under - the following prizes:

- * Fashionable navy shell suit with embroidered logo.
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- * Scotland's Runner sports bag.



To enter, all you have to do is fill in the form, giving your name, address, telephone number, clothes size, and age, as well as answering the four competition questions. The first correct entries out of the hat (one male and one female) will win our special prizes.

QUESTIONS

1. Name the four athletes who recently broke the world record for the 4x200m relay.
2. Who is Scotland's youngest Olympic athletics medallist to date?
3. Tom McKean recorded the fastest 800m time by a Scottish athlete in 1990. What was it?
4. Which Aberdeen athlete took the minors' title in the Cross Country Championships at Irvine on February 24?

Answers: 1. _____ 2. _____

3. _____ 4. _____

Name _____

Address _____

Telephone No _____

Date of Birth _____ Clothes size _____

Entries close on May 31. The competition is open to those aged 18 or under prior to this date. Prize winners will be drawn by ballot and notified on that date. Their names will also appear in our July issue. The editor's decision is final.

Completed forms - one per person only - to be sent to: Young Athlete's Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

A SPORTING PARTNERSHIP

Margaret Montgomery talks to Aileen McGillivray and her coach Stuart Hogg.

AS Aileen McGillivray's coach for the past three and half years, Stuart Hogg has witnessed the blossoming of one of Scotland's most promising female sprinters. Ranked Scottish number one in the 100 metres last year with a wind assisted best of 11.68, Aileen looks set to maintain her top placing in 1991.

At the indoor championships at the Kelvin Hall earlier in the year she came first in both the 60 metres and the 200 metres, clocking times of 7.43 and 24.59. With an ankle injury which prevented her from working sufficiently on the 200 metres last year now fully healed, she seems the likely candidate for both the outdoor Scottish sprint titles in 1991.

For both Stuart and Aileen, however, the Scottish Championships are not the major priority. In February of this year, Aileen made her first appearance in a GB vest at senior level - running in the 4 x 200 metres relay team at a triangular indoor which featured athletes from Italy and Yugoslavia as well as Great Britain.

The team finished second and Aileen went on to run her first individual races at this level, at the well-publicised GB versus USA match in the Kelvin Hall on March 3. Her performances of 7.49 in the 60 metres and 24.36 in the 200 metres were good enough to earn her second and third placings respectively.

With the increased confidence that these performances have given her, Aileen's perspective has now changed, making her main target for the coming season to perform well at the WAAA's meeting in Birmingham at the end of July.

Her great hope is to make the finals - something she has, as yet, failed to do. Second to this, her goal is to turn out good performances at the UK Championships in June. Third in line are the Scottish Championships where she hopes to gain the 100 metres title for a third year.

"Aileen's had a hard job coming to terms with what's expected of her at top senior level. Her perspective was too parochial," says Stuart. "But she's now got to the stage where she wants to do well south of the border and is gearing herself towards that."

"Last year I just ran to win, irrespective of the time," agrees Aileen. "My main aim was to retain my Scottish 100 metres title and beyond that I wasn't really interested. What I want to do this



Aileen McGillivray - her sights are now set on the Olympic relay team.

summer is to run consistently, to build upon what I'm capable of and work towards the major national competitions."

On the basis of her progress over the past year, Stuart is confident that Aileen has the ability to compete well at the WAAA's and the UK Championships. In the longer term he believes she could make the Olympic relay team and that she is ultimately capable of an 11.40 100 metres.

"She may of course do better than that," he says. "Her progress at the present time is quicker

than I had originally envisaged."

Aileen began training with Stuart when she won her first GB junior representation. Prior to that she had been coached by her mother - a role she had taken on when Aileen fell out with her coach at Monkland Shettleston, her first club. Realising her daughter had potential she could never develop, Aileen's mum encouraged her to seek guidance elsewhere.

"If I hadn't gone to Stuart, I'd still be running 12.00 - if that," says Aileen. "Stuart was the right

person to move me on a stage further."

Coach to a number of other athletes as well as Aileen (Lorna McCulloch and Neil Turnbull among them) Stuart has strong views about the ways in which athletes should be trained, particularly while they are young.

"There are very few coaches who understand the difficulties of bringing an athlete on between the ages of 15 and twenty - a very vulnerable age," he says.

"Too many coaches make their athletes over compete at a young age for early success. What's the point? Who remembers what you did as a junior unless you were an exceptionally good junior? We need a greater awareness amongst coaches about the pressures placed on young athletes. The appointment of an enthusiastic and knowledgeable national coach in the shape of Meg Ritchie would help to stimulate this."

If any athlete represents the wisdom of Stuart's approach then Aileen certainly does. Her improvement has been gradual but steady and Stuart sees no point in hurrying the process up.

"All I ask of my athletes is that they improve," says Stuart. "Evelyn Ashford ran magnificently at the age of thirty but she got there by improving every year for nine years in a row."

A determined person with new-found belief in her abilities as a result of her senior international appearances, Aileen has benefitted not just from the prudent approach of her coach but from a supportive network of people which includes sponsor Alex Moir (who until very recently also sponsored Ayr Seaforth), her



Despite training six days a week and having little time for a social life, Aileen says she's got no misgivings about being an athlete.

As Aileen's coach for the past three and a half years, Stuart Hogg describes himself as "a sort of parent."



employers, the Halifax Building Society, and her parents.

"My sponsorship deal began last winter," says Aileen. "It has helped to relieve the financial burden of competing and has made a week's warm winter training in Portugal possible. It's also a great help having an understanding employer like the Halifax. They allow me to take time off when I need to - without it counting towards holidays."

Neither of Aileen's parents have a background in athletics but they have both become interested as a result of their daughter's success. Aileen finds it helpful that she can discuss any problems with them although maintains that the person she listens to most is Stuart.

"My parents will always see me as their daughter," she explains. "When I'm down or worried they feel sorry for me, whereas Stuart will help by urging me to take a different perspective."

"I have to be harder on Aileen," Stuart says. "It's only by being able to tell her where she's going wrong that she can improve."

The coach-athlete relationship between Stuart and Aileen is a close one. According to Stuart this is essential.

"You visit some clubs where one person is 'coaching' thirty youngsters. I don't call that coaching - it's organising. Someone with Aileen's talent needs my attention. We see each other or phone every day, just so that I know how she's feeling and if there's anything bothering her which might affect her performance. In a way I'm a sort of parent too."

At twenty years old Aileen is aware she is making a lot of sacrifices for her athletics career. While her friends go out to discos, she goes to bed early and saves her energy for a gruelling, six-days-a-week training schedule encompassing three weights and three track sessions. Yet, despite this, she shows no misgivings.

"I want to be a good athlete so I have to give up other things," she says. "Though I don't go out as much as some of my friends I don't feel I have no social life. A lot of my friends are in athletics now so training itself is quite a sociable thing."

"Aileen is determined to do well and that's half the battle," emphasises Stuart. "The second biggest problem in Scottish athletics after the lack of proper coaching is the wrong attitude amongst young athletes. They have to have the motivation to train hard, to listen and learn. It's Aileen's choice to watch what she eats and to put in the hard work - I can't make her do it."

With her sights set on Barcelona and the Olympic relay team, Aileen's willingness to "put in the hard work" shows no sign of diminishing. If talent and effort are the major indicators of success, this particular athlete would seem to have a bright future ahead of her.

Photographs by Robert Perry

Lochaber



LOCHABER AC, 1991. Back row, left to right: Chris Britton, Davie O'Neill, Graham McConnachie, David Roger, Phil Hughes. Middle row: John Maitland, Roger Boswell, George Maitland, Robert Cant, Cammie Campbell, Graham McNab, John Maitland, Stephen Dick, Jimmy Jardine, Brian Hall, Joe Beagrie, Willie Fraser, Mike Dixon, John Murphy, Dougie McPherson, Earnie Orr. Front: Sandy Hastings, John Dungan, Steven McColl, Iain McDonald, Andrew Banks, John Brooks, Steven Burns and Billy Rodgers.

LOCHABER AC was formed in 1957 by Alastair MacMillan, a local journalist who was at that time head of St Mary's Boys' Club, a youth club where all sport, but particularly athletics, featured prominently.

A keen hill runner, MacMillan, known as "Scoop" by his friends, had successfully pressed for the Ben Nevis race to be made amateur so that he, and others like him, could enter it. With this done, his aim was to have enough entrants from the Fort William area to put in a successful bid for the team prize. Hence his decision to form Lochaber Athletic Club.

Created to fulfill one hill runner's dream of sharing the team prize in a highly prestigious hill

race, Lochaber AC has developed logically by becoming one of Scotland's most successful clubs where hill running is concerned.

In 1957, 1958 and 1960, the club took the team prize in the new "amateur status" Ben Nevis race - thereby justifying its original "raison d'être" and no doubt making Alastair MacMillan a happy man.

Three of the leading lights in the club at this time were Eddie Campbell, Brian Kearney and Jimmy Conn all of whom had formidable records where the Ben Nevis race was concerned. Kearney who had won the race in 1951 and 1954, helped to propel the newly formed club to early notoriety by coming first yet again in 1957 with

a record time of 1-46-04. In the same year, Campbell who had won the race in 1952, 1953, and 1955, came fourth and Conn fourteenth. Both Campbell and Conn continued to produce good performances at the local race by coming fifth and fourth respectively in 1958, thirteenth and fifth in 1959, and sixth and third in 1960.

Despite the obvious success of the club in its early years, it wasn't until the seventies that it really came into its own, winning with consistency a good number of the major team titles and boasting a number of leading athletes who were of a calibre to lift most of the individual titles.

Brian Finlayson was probably

the most notable of these, dominating the Scottish hill running scene for almost ten years and coming third in the UK Fell Championship in 1975. In addition to coming second in the Ben Nevis race in 1971, 1972, and 1974, he won a whole host of other races including the Ben Lomond race (1970, 1971, 1972, 1974 and 1975); Eildon (1974); Bens of Jura (1974); Cairngorm (1974, 1975 and 1976); Goatfell (1975); Glen Urquhart (1975); Craig Dhu (1975); Melantee (1975 and 1976) and Lomonds of Fife (1975 and 1976).

Another leading light in Lochaber AC and a name which will be familiar to all hill running enthusiasts is that of Bobby Shields,

AC

Photographs by Robert Perry

Margaret Montgomery profiles Lochaber AC, a club with a strong tradition in hill running.



Ascent of the Ben.

organiser of the Arrochar Alps Race. Shields is perhaps better known as a member of Clydesdale Harriers, not just because he currently runs for them but because his most significant wins were made when he represented them as a youngster. (In 1967 he won the Ben Nevis race in 1-41-11, wearing a Clydesdale vest.)

Nonetheless, Shields was also a source of considerable pride to Lochaber - which he joined first claim in 1978. Amongst his many achievements in the club's colours were first place in the 1978 and 1979 Cairngorm races. He enjoyed further firsts in the 1981 Goatfell race and Creag Dubh in 1982.

Perhaps his most notable achievement while running for Lochaber was setting a new record of 20-16-00 for the West Highland Way. This he did following the unofficial Dumbarton AC route, in blazing sunshine, during June 1979.

Lochaber's present membership stands at approximately 150, and within this number there are as many talented individuals as ever.

An unlikely star perhaps, at over fifty, is the club's current president, John Maitland (senior). Maitland is a past winner of the over-40 Scottish Marathon Championship and three time winner of the over-50 title. In 1989 and again in 1990 he also won

the over-50 vets Scottish Cross Country Championship. Not surprisingly, he has represented his country on a number of occasions. Described by those who know him as "an inspiration", his marathon times would easily be the envy of men years his junior. In 1987 when he won his first over-50 Scottish marathon title he ran a personal best of 2-40-24 and it is a source of much amusement to many club members that he still manages to beat his two sons, both runners, with convincing regularity!

Mike Dixon is another of Lochaber's current crop of "supermen". Six times British biathlon champion (skiing and shooting), he competed for Britain in the Winter Olympics at Calgary in 1988 where he finished thirteenth in the 20km event and twenty-first in the 10km. Recently, finishing second in the International World Military Biathlon Championships, he beat the reigning world champion.

Current British roller skiing champion and 30km and 15km Nordic skiing champion to boot, Dixon is also a successful runner, coming second in the 1987 Lochaber Half Marathon and winning the Nethy Bridge "10" and Lochaber Half Marathon in 1990. Not bad when you consider how small a part

running plays in his "sporting life".

Other names which stand out amongst the club's current membership include Ronald Campbell and Roger Boswell, the club's treasurer, who won the Melantee in 1982, Mamore in 1978, Cow Hill in 1977, Cairngorm in 1980 and Fford Bryniau in Wales in 1990. Still a very active runner, Boswell is a stalwart of the club who runs consistently good times.

Ronald Campbell recorded a time of 1-31-10 in the 1981 Ben Nevis Race in which he finished eighth. He also finished sixth in the 1983 Half Nevis race in a time of 50-33. This, like his time for the full

Ben race, is the best ever achieved by a local.

Though he is often amongst the top ten, Campbell has rarely won anything outright. One exception to this was in 1984 when he won the Cairngorm race in 1-13-44.

Other consistent club runners worthy of mention are Alastair Scott and Jimmy Jardine. Scott recently managed the Ben Nevis race in 1-48-18, a remarkable feat considering that his previous effort took place nearly twenty years before. Jardine, who organised the initial Carnethy Hill Race, is a fine runner and something of a club character into the bargain.

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nising the one and only "Doon Ben" race which he won in in minutes!

Brothers David and Billy gers are also remarkably assful. David is current Scottish running champion and came nth in last year's British nship. He has been selected to represent Scotland in the ld Cup and continues to win ower local races.

Billy Rodgers is current Scottish or hill running champion and his brother has represented land in the World Cup. In 1990 on the Cow Hill, Glengoyne, Shean and Glamaig races.

In fact Lochaber is brimming young talent at the moment. Brooks, who is still only a or boy, finished second in the Melantee and did likewise in Scottish Junior Hill Running

Championship. Brooks, along with Billy Rodgers and another Lochaber youngster, Steven Burns, came first, third, and fourth in last year's Glengoyne Gallop which made them, although juniors, the first team home!

According to club secretary Sandy Hastings, getting women involved in Lochaber AC has been a difficult task. Specially organised women's evenings have failed to take off, and there are few women who run at competitive level, especially when compared against the vast numbers of men.

A formidable exception is Ros Coates who won virtually everything she entered including the Ben Nevis race in 1979, 1981, 1982 and 1983. Her winning time of 36:40 in the 1979 Melantee is still a record today, as is her time of 63:45 in the 1979 Half Nevis race.

Another such exception is Fiona Wild who although somewhat overshadowed by Ros Coates was still a strong athlete, winning the Melantee in 1982, the Cow Hill in 1981, and coming second in the 1981 and 1982 Ben Nevis races.

Lesley Hope who came second in the 1990 Scottish Hill Running Championship and eighth in the British Hill Running Championship is the best of Lochaber's current crop of hill running women. She was first woman in the 1990 Ben Nevis race in a time of 1:56:58, descending in an incredible 36 minutes. The previous year she was second to Beverley Redfern in 2:03:59.

Though best known for its hill running prowess, Lochaber AC has also had its share of successful cross country runners. At the recent national championships in Dundee,

eight place and twelfth place in the junior race were taken by club members Vincent McPherson and Steven Cameron respectively.

Track runners are fewer on the ground, mainly because the club is not fortunate enough to have a permanent track. During the summer a grass track is laid out but the lack of an all-weather facility has meant that promising sprinters and middle distance runners from the area have tended to run with other clubs. Scott McMillan, an able 800 metre and 1500 metre runner, who has won the Lochaber Half Marathon and other road races, is one exception, as is 15 year old Anne-Marie Reid, who came second in this year's cross country league championships and who would also appear to have a promising future on the track.

Whether the future will Lochaber with the track it so desperately needs to develop its local track talent is uncertain. One thing is sure, however, and that is that its status as a breeding ground for hill running talent will continue undiminished.

Ben Nevis, and the annual race it plays host to, provides doorstep inspiration which is hard to ignore!



From left to right: John Brooks, Billy Rodgers and

March

2 Birmingham Post House Challenge Inter Area Indoor Representative Match, RAF Cosford - Men 60: 1, J John (M) 6:79; 2, E Clarke (Sc) 6:51; 600: 1, B Williams (M) 6:56; 6, D Mathieson (Sc) 7:29; 200: 1, M Smith (S) 21:82; 3, S Shanks (Sc) 22:32; 200B: 1, J Busch (W) 22:78; 2, P Shannon (Sc) 22:88; 400: 1, G Fraser (Sc) 49:14; 2, R Houchin (Sc) 50:10; 800: 1, P Burgess (N) 1:52:60; 2, S Price (W) 1:52:94; 3, A Murray (Sc) 1:53:56; 800B: 1, B Murray (Sc) 1:53:56; 2, P Ingram (M) 1:55:42; Mile 1, D Spawforth (N) 4:10:50; 4, I Campbell (Sc) 4:12:78; 6, T Gillespie (Sc) 4:16:20; 3, I Johnston (Sc) 4:17:56; 5, I Mathieson (Sc) 4:20:74; 600B: 1, E Harrison (S) 8:28; 4, G Smith (Sc) 8:87; 600B: 1, C Hampton (S) 8:27; 3, (Sc) 8:75; 1600 metres Medley Relay: 1, Midlands 3:28:54; 2, Scotland 3:28:74; 10: 1, B Reilly (M) 2:20m; 5, J Stoddart (Sc) 1:55m; 7, A Scobie (Sc) 1:55m; PV: 1, D Miller (N) 4:91m; 2, A Gyle (M) 4:70m; 5, J McKay 4:45m; 6, A Greig (both Sc) 4:30m; LJ: 1, B Williams (M) 7:86m; 4, D Mathieson (Sc) 7:04m; LJ: 1, D Costello (S) 6:85m; 4, R Burnett (Sc) 6:47; TJ: 1, W Green 11:94m; 9, J Scott (Sc) 13:67m; 11, N McMenemy (Sc) 13:66m; SP: 1, S Whyte (Sc) 17:68m; 2, N Spradley (S) 16:33; 9, N Mason (Sc) 13:12m; Mens Match: 1, Midlands 10:09; 2, North 90:5; 3, Scotland 80:5; 4, South 61; 5, Wales 46. Women's Match: 60: 1, J Christian (N) 7:53; 2, L Armstrong (W) 7:53; 4, M Baxter (Sc) 7:71; 600B: 1, J Baines (M) 7:61; 2, F Boswell (Sc) 7:82; 200: 1, L Armstrong (W) 25:18; 4, M Cunningham (Sc) 25:42; 200B: 1, L Ferrier (M) 25:42; 2, R Givann (Sc) 25:62; 400: 1, G McIntyre (Sc) 55:60; 2, J Levermore (M) 55:64; 400B: 1, S Stanton (M) 55:34; 3, G Cosbrough (Sc) 57:68; 800: 1, S Gurnell (S) 2:08:36; 2, J Stewart (Sc) 2:11:16; 800B: 1, N Tait 2:12:40; 2, (Sc) 2:20:72. Women's Mile: 1, S Crawford (Sc) 4:47:64; 2, A Bell (N) 4:51:72; 5, E Grant (Sc) 4:54:00; 1600 metres Medley Relay: 1, Scotland 4:00:42; 2, Midlands 4:01:84; 600B: 1, A Thorp (N) 8:48; 2, C Court (M) 8:59; 3, S Richmond (Sc) 8:55; 600B: 1, S Baker (M) 8:76; 2, Y Idowu (S) 8:80; 3, C Murphy (Sc) 9:26; 10: 1, K Mason (N) 1:83; 2, R Pinkerton (Sc) 1:75m; 9, H Melvin (Sc) 1:60m; LJ: 1, Y Idowu (S) 6:21m; 2, R Irving (N) 5:91m; ... 8, S Wood (Sc) 5:24m; 9, A Jackson (Sc) 5:12m; TJ: 1, M Griffith (S) 12:75m; 2, G Spankie (Sc) 10:49m; SP: 1, S Andrews (S) 14:89m; 2, A Grey (Sc) 14:53m; 8, H Cowe (Sc) 12:55m. Women's Mile: 1, North 8:20; 2, Scotland 7:35; 3, South 70; 4, Midlands 63:5; 5, Wales 44:5. Overall Match Results: 1, North 172:50; 2, Midlands 169:5; 3, Scotland 160; 4, South 131; 5, Wales 90:5.

6 Glasgow DC Dexters Indoor Open Graded Meeting, Kelvin Hall - Men: 60: 1, K East (New U) 7:4; 2, I Beattie (Un) 7:5; 3, D Alexander (She) 7:6; 200: 1, L Standen (New U) 22:7; 2, D Alexander 23:9; 800 (invitation) 1, B Murray (CPH) 1:53:1; 2, K Penrice (Ayr) 1:54:8; SP: P Quinn (Bell) 10:34m. Jun: 60: 1, G McKinney (Lark) 7:4; 2, B McKenna (Bel) 7:4; 200: 1, J Adams (Ayr) 23:3; 2, S Ferguson (Lark) 24:4; LJ: 1, I Paget (VP) 6:47m; 2, S Atkinson (VP) 5:84m. Youth: 1, G Adams (Ayr) 7:6; 2, K McVey (VP) 7:6; 200: 1, G Adams 23:8; 2, P McCann (Bel) 24:7; 3000: 1, C Steele (VP) 9:20:4; 600: P Corrigan (Kil) 9:9; LJ: 1, J Gilbert (PVH) 6:07m. Sen Boys: 60: 1, D Lees (ESP) 7:7; 200: 1, D Pegrum (Cam) 25:6; 3000: 1, R Givann (Kil) 10:13:5. Jun Boys: 60: 1, J Eldridge (Cly) 8:25:45m; M Weir (SV) 27:1; 3000: 1, B Hendry (Inv) 10:12:8. Veterans: 60: 1, J Rae (Por) 7:9; 2, M Hemmings (Pb) 8:1; 200: 1, M Hemmings 25:8; 3000: 1, C Smith (Por) 9:31:4; 2, P Cartwright (PVH) 9:33:6; 3, A Blackley (West) 9:48:1; 600B: 1, J Peabain (SVHC) 11:24:70m; 12:39m. Women: 60: 200: M Anderson (ESP) 8:126:6; 800: 1, S Crawford (CoG) 2:13:8; 2, C A Gray (ESP) 2:17:8; 3, C Thompson (CoG) 2:26:8; 600B: 1, A Dutch (EWM) 10:54:20m. Intermediates: 60: 1, D Wym (EK) 8:8; 200: 1, Wilson (Ren) 30:7; 3000: 1, G Leitch (Avo) 11:33:7; 600B: C Simpson (EK) 10:8. Juniors: 60: 1, J Tait (CoG) 7:4; 2, S. A. ...

Girls: 60/200: J Salmond (CG) 8:9/52:1; 600B: S Bruce (CG) 11:8.

16

Adidas Scottish Indoor Sports Hall Finals, Grangemouth - Boys U15: Team: 1, Perth 344:5pts; 2, Dunfermline 290:5; 3, East Kilbride 244:5; Individual: 1, A Caldwell (Perth) 70pts; 2, S McDermid (EK) 68; 3, B Watson (Dunf) 67. Boys U13: Team: 1, Arbroath 149 pts; 2, Dunfermline 135; 3, Midlothian 131. Girls U15: Team: 1, Arbroath 320 pts; 2, Dunfermline 267; 3, Perth 266. Individual: 1, S Ramminger (Arb) 74pts; 2, J Brown (Mid) 68:5; 3, equal S Clough (Fid) and C Mason (Arb) both 66pts. Girls U13: Team: 1, Dunfermline 210pts; 2, Perth 28; 3, Falkirk 114.

Dairy Crest AAA/WAAA U20 Indoor Champs, Cosford - Juniors: 800: 5, G Reid (JWK) 1:56:58; 1500: 4, G Graham (VP) 3:55:74; TJ: 6, D Sabnis (Ab) 13:50m; SP: 6, J Grundy (Helen) 12:66m. Junior Women: 400: 4, D Burden (CG) 57:93 (57:57 SP); LJ: 1, R Irving (Wir) 5:80m.

Falkirk District Council Open Graded Outdoor Meeting, Grangemouth - Men: 60: C Westwood (Cu) 7:3; 150/600: T Nimmo (FVH) 17:1/1-22:8; 300: G Purvis (Bd) 37:4; SP/DT: N Elliot (Hel) 11:16m/36:62m. Youth: 60: H Gilbert (FVH) 7:4; 1000: T Winters (ESP) 2:42:4. Sen Women: 60: S Friel (FVH) 8:4; 150: S Sword (Su) 19:5; 300: L Stewart (ESP) 44:9; 400: C A Gray (ESP) 1:37:6; SP: L Burnett (PSH) 10:94m; DT: S Freebairn (CG) 38:0m. Intern: DT: H McCreadie (Hel) 32:12m. Juniors: DT: J Robin (Hel) 33:14m.

March

3

Bishopp Hill 2.5 mile HR, Scotlandwell - I, D Crow (She) 17:09; 2, S Bennett (West) 17:32; 3, G Harper (Lom) 17:56; 4, J Coyle (Cam) 18:17; 5, R Morris V1 (Cam) 18:27; 6, D Shiell (Cam) 18:29; 7, T Ross V2 (Fid) 18:48; 8, T Brannen (Whi) 18:57; 9, T Martin (Fid) 19:04; 10, S Campbell (Cu) 19:11; G Pryde (Com) 19:11; 12, A Graham (Lom) 19:21; Team: 1, Cam 15pts; 2, Lom 26; 3, Fife 29; LJ, K Hogg (Ren) 21:44; LJ, M Martin (Fid) 24:51; LJ, L Bibby (Un) 29:32.

10

Criffel Hill 7 mile HR, New Abbey - 1, K Anderson (Amb) 49:10; 2, G Bland (Una) 49:38; 3, P Dymoke (Liv) 49:51; 4, M Rigby (West) 50:52; 5, B Potts (Cly) 51:05; 6, M Fleming (Amb) 51:42; 7, J Hooson (Amb) 52:06; 8, A Curtis (Calre) 52:15; 9, J Paterson V1 (Dun) 52:20; 10, P Skelton (Kex) 53:20; V2 R Morris (Cam) 15h 54:59; V3 D Davies (Helb) 16h 55:12; VO/50 R Bell 31st (Amb) 57:43; Local L Baird (Una) 60:31; LJ, H Diamantides (Amb) 45h 60:12 (record); LJ, J Salvona (Liv) 62:16; LJ, J Robertson (West) 63:15; LJ, E Wright (Amb) 67:41; LJ, L Longmore (Ann); LJ, M Colman (Liv); LJ, C McNeill (Amb) 71:32. Team: 1, Amb 14pts.

23

Chapel Hill 2.5 mile HR, Broughton - 1, B Potts (Cly) 19:58; 2, P Hughes (Loch) 20:20; 3, J Wilkinson (Gala) 20:27; 4, D Bell (HEL) 20:28; 5, A Schofield (Roch) 20:32; 6, H Lorimer (HEL) 20:45; 7, P Marshall V1 (HEL) 20:53; 8, D Shiell (Car) 20:57; 9, J Coyle (Cam) 21:01; 10, J Blair-Fish V2 (Car) 21:03; V3 R Morris 13h (Cam) 21:50. Team: 1, HELP 17pts; 2, Car 27. LJ, T Calder (ESP) 22:56; LJ, L Longmore (Ann) 29:14; LJ, C Moir (CleM) 30:10.

White Caterthun 11.5 miles HR, Brechin - 1, P Butcher (Arb) 69:27; 2, A McCallum V1 (Mont) 70:06; 3, B Maher V2 (HBT) 70:49; 4, A Aiken (Gar) 71:29; 5, J Farquhar (HBT) 71:41; 6, B Hedley V3 (Lomond) 72:17; 7, R Milne (For) 73:48; 8, C ...



March

2

Balloch to Clydebank 12.25 mile RR - 1, A Robson (Roe) 63:46; 2, J Duffy (SV) 64:14; 3, C Thomson (Cam) 64:22; 4, M Coyne (Cu) 64:49; 5, D Cameron (She) 64:59; 6, J Evans (She) 66:17; 7, D Halpin (Cly) 66:25; 8, B Pitt (Dum) 66:30; 9, S Hodge (SV) 66:32; 10, J Hazzard (Cly) 66:47; 11, J Harrison (Milb) 67:03; 12, J Austin (Cly) 67:39; 13, T Gillespie (Sp) 68:19; 14, H Watson (V1) (Cly) 68:32; 15, A Adams V2 (Dum) 68:55; 16, C Martin V3 (Dum) 69:15; 17, C Ross (She) 69:27; 18, B Craig (Inv) 69:36; 19, P Doan (Cly) 69:49; 20, A McDonald (KO) 69:55; 21, B McMonagle V4 (She) 69:57; 22, A Ferguson (She) 70:21; 23, C Joss (Bel) 70:41; 24, D Mousie (Kil) 70:45; 25, J Hazzard (Kil) 70:47; V5, B Boyle 33rd (SVHC) 72:16; V6, A Nicol 39th (Chr) 72:34; V7, S McPherson 40th (Hel) 72:37; V8, W Scally 43rd (She) 72:41; V9, A Muir 51st (Cal) 75:25; V10, P McMahon 58th (She) 75:55; LJ, B Mason 56th (Kil) 75:50; LJ, K Paton (GU) 78:25; LJ, E Scott (CG) 84:21; LJ, S White (Ayr) 85:29; LJ, M Sinclair (CG) 85:49; LJ, M O'Neill (West) 86:24; LJ, M Thomas (West) 86:36; LJ, D Monteith V1 (SVHC) 91:36; LJ, K Dodson V2 (Law) 92:39; LJ, M Mowat (Bath) 96:21. Team: 1, She 28pts; 2, Cly 29; 3, Dum 39. Dunbartonshire AAA Champs: 1, D Halpin (Cly); 2, B Pitt (Dum); 3, J Hazzard (Cly).

Fife AC 5 mile Road Race, Cupar. (234 ran) - 1, A Hutton (CPH) 28:19; 2, J Hill (DHB) 28:49; 3, M Strachan (DHB) 28:49; 4, G Crawford (Sp) 28:51; 5, B Kirkwood (Roe) 28:54; 6, C Hackett (DHB) 29:02; 7, P O'Kane (HBT) 29:14; 8, D Rose (CPH) 29:22; 9, H McKay (Fid) 29:26; 10, B Cook (DHB) 29:29; 11, K Rankine (FVH) 29:30; 12, D Anderson (FVH) 29:32; 13, E Zacharogiannis (StAl) 30:12; 14, G Mitchell (DHB) 30:23; 15, M McCreadie (Fid) 30:26; 16, T Graham V1 (Fid) 30:38; 18, D Macgregor V2 (Fid) 30:41; 19, I Seggie V3 (Liv) 30:47; 20, J A Moss (St And) 31:23. Team: 1, DHB 11pts; 2, Fife 40; 3, DHB 44; LJ, S Branney V1 (CG) 33:33; LJ, J Robertson (Ayr) 35:00; LJ, S A Hales (DHB) 35:33; LJ, C Brown (Fife) 36:47; LJ, A Harley (Pb) 37:31; LJ, M McLaren (Fid) 37:33; LJ, J Ritchie V3 (Arb) 38:45. Team: 1, Fife 425 pts; 2, DRR 486; 3, Arb Foot 589.

3

Nairn Investments 10K RR, Nairn - 1, S Gibson (HBT) 31:14; 2, B Fraser (MBI) 32:02; 3, G Sim (Moray) 32:07; 4, G Laing (Inv) 32:18; 5, G Burgess (For) 32:37; 6, C Parquharson (HBT) 32:42; 7, C Vickers (Nai) 32:59; 8, C Hunter (Mor) 33:10; 9, A Stuart (Moray) 33:30; 10, R Herries (HBT) 33:38; V1, D Bow (Nai) 33:42; V2, G Mitchell (Inv) 33:49; VO/50 G Dingwall (Un) 38:35. Team: 1, HBT 17pts; 2, Moray 20; 3, Nairn 30; LJ, V Vaughan (Pb) 34:50; LJ, B Redfern (Cam) 36:30; LJ, M Wallace (Nai) 41:21. Team: 1, Nairn.

9

Scottish Vets 5 mile Road Race, Ayr - 1, B McMonagle (She) 27:39; 2, D King (Inv) 29:05; 3, R Bremian (Cam) 29:15; 4, R Cheyne (Inv) 29:24; 5, W Stoddart O/50 (GWH) 29:35; 6, K Page (SV) 30:00; LJ, K Dodson (Law) 34:26. Team: 1, Inv 20pts; 2, Spr 46.

Dunky Wright Memorial 5.5 mile RR, Clydebank - 1, R Quinn (Kil) 26:04; 2, A Hutton (CPH) 26:10; 3, T Hearle (Kil) 26:13; 4, N Muir (She) 26:19; 5, A Puckrin (CPH) 26:20; 6, D Doornett (Sp) 26:21; 7, R Fitzmaurice (Bel) 26:22; 8, G Crawford (Sp) 26:23; 9, C Thomson (Cam) 26:24; 10, B Stewart (Cam) 26:28; 11, G Crall (Cam) 26:43; 12, J McKay (She) 26:46; 13, J Orr (Cam) 26:57; 14, M Gormley (Cam) 27:06; 15, D Cameron (She) 27:13; 16, G Braidwood (Sp) 27:22; 17, K Rankin (FVH) 27:23; 18, I White (FVH) 27:26; 19, A Russell (Law) 27:36; 20, C Spence V1 (SV) 27:37; 21, T Thomson (Chr) 27:39; 22, B Pitt (Dum) 27:47; 23, J Harrison (Mil) 27:54; 24, D Richardson (Inv) 27:55; 25, S Hodge (SV) 28:07; 26, A Muir (Cam) 28:11; 27, J McNeill (Bel) 28:15; 28, I McDougall (Kil) 28:20; 29, A Chalmers (Sp) 28:22; 30, J Hazzard (Cly) 28:22; V2, D McKenna (FVH) 28:35; V3, C Martin (Dum) 29:25; V4, B Howie (CPH) 29:27; V5, W Mitchell (Cam) 29:46;

RESULTS

Adams (VP) 28:50; LJ, E McBrinn (She) 32:09; LJ, J Byng V1 (Inv) 33:50; LJ, E O'Brien (GGH) 33:59; LJ, S White V2 (Ayr) 35:06; LJ, A Stewart (KO) 36:18; LJ, M Christie V3 (SVHC) 41:45; LJ, M Higgins V4 (Un) 44:16; LJ, L Williamson (Cly) 52:52; LJ, K Chalmers (Bel) 53:09. Team: 1, Spr 30pts; 2, Cambus 30; 3, She 31; 4, Kil 32.

10

Sri Chimroy Peace Mile, Edinburgh - 1, A Kinghorn (ESP) 4:34; 2, D Wilkinson (Un) 4:38; 3, A Ward (ESP) 4:40; LJ, S Durham (EWM) 5:18; LJ, C A Gray (ESP) 5:33; LJ, F Kay (Por) 6:35.

Edinburgh Uni 5 mile RR - 1, B Kirkwood (Roe) 24:40; 2, D Caven (Tev) 24:51; 3, P O'Kane (HBT) 24:54; 4, G Wightman (EdU) 25:20; 5, C McLennan (ESP) 25:41; 6, K Smith (Reebok) 26:00; 7, A Ward (ESP) 26:22; 8, A Munro (DHB) 26:29; 9, F Boyne (Ab) 26:36; 10, D Arnot (EdU) 26:53; V1, E Scott (HBT) 30:00; LJ, A Rose (EdU) 28:47; LJ, G Pollard (FPT) 29:42; LJ, S Durham (EWM) 30:25. Team: 1, ESP 25.

16

Glenpark Harriers 5 mile RR, Greenock - 1, A Puckrin 23:48; 2, P Duffy 25:19; 3, T McCollison 25:35; 4, J McFadyen 25:43; 5, P Russell 25:52; 6, D McLaughlin 26:01; V1, R Hodelet 28:46; V2, D McNeill 29:10; V3, J Kerr 29:22; LJ, E O'Brien 31:36; LJ, J Smith (LVI) 32:57. Champ Result: 1, T McCollison 37pts; 2, P Russell 29; 3, I Cameron 24. Vets Champion: D McNeill 38pts; Women: E O'Brien 40pts.

17

Spango Valley Pat Spence Memorial Womens RR, Greenock - Sen: 1, C Gibson (SV) 15:45; 2, M McGill V1 (Inv) 16:26; 3, A Fisher V2 (SV) 16:53; 4, K Hendry V3 (SV) 17:53; 5, C Docherty V4 (SV) 18:01. Team: 1, Spango Valley 8pts. Intern: 1, C McLennan (Chr) 12:58; Juniors: 1, L McGarrity (SV) 10:14; 2, M McQuillan (SV) 10:27; 3, C McGregor (Chr) 11:09. Team: 1, Spango Valley AC 7pts. Girls: 1, K Montador (Chr) 8:02; 2, C McLean (SV) 8:18; 3, T Morrison (SV) 8:33; Team: 1, SV 9pts. Minors: 1, K Montador (Cu) 5:54; 2, K Ryan (Inv) 6:07; 3, A McCann (SV) 6:09; Team: 1, SV 14pts.

Inverness Peoples Half Marathon - 1, J Hill (DHB) 67:23; 2, S Axon (HBT) 67:23; 3, C Hall (DHB) 67:24; 4, C Hackett (DHB) 67:31; 5, C McIntyre (FRC) 69:56; 6, R Taylor (Men) 69:59; 7, J Bowman (Inv) 70:07; 8, G Sim V1 (Mor) 70:19; 9, G Laing (Inv) 70:21; 10, A Munro (DHB) 71:15; 11, C Vickers (Nai) 71:41; 12, S McKenzie (Inv) 71:49; 13, A Stewart (Mor) 72:16; 14, D Bow (V2) (Nai) 72:29; 15, S Borland (DHB) 72:37; 16, R McLeary (Una) 73:03; 17, R Gatenby (Coa) 73:12; 18, A Newlands (Coa) 73:25; 19, M Cumming (Met) 73:57; 20, C Smith V3 (Por) 74:32; Team: 1, DHB 8pts; 2, Inverness 28; 3, Moray RR 49; LJ, E McBrinn (She) 81:34; LJ, J Robertson (Una) 84:48; LJ, J Carroll V1 (DRR) 88:51; LJ, T Reepinger (DRR) 90:23; LJ, S Lowe (E Suth) 90:44; LJ, S Clarke (Inv) 91:47; LJ, A Strachan V2 (DRR) 91:47; LJ, L Colman (Gar) 95:13; LJ, L McGill V3 (DRR) 95:29; LJ, S Luley V4 (For) 96:33; Team: 1, DRR 14pts.

Belth Harriers 5.5 mile RR - 1, E Train 35:02; 2, B Morley 36:04; 3, K Phillips 39:28.

23

National 6 stage R Relay Champs, East Kilbride - 1, Roe 2:10:33 (M Coyne (12) 14:41; A Robson (5) 29:45; B Kirkwood (1) 14:19; J Robson (1) 28:27; G Crawford (1) 14:43; T Hanlon (1) 28:41); 2, DHB 2:11:14 (C Hall (3) 14:19; J Hill (4) 29:55; C Hackett (2) 14:34; P McCavana (4) 29:44; M Strachan (4) 14:38; P McColligan (2) 28:30); 3, She 2:12:12 (A Coyne (6) 14:32; J McKay (2) 29:24; J Evans (7) 15:22; W Coyle (2) 29:07; D Cameron (3) 14:44; N Muir (3) 29:03); 4, Cam 2:12:38 (S Wyllie (16) 14:59; E Stewart (6) 29:44; J Orr (3) 14:34; D Runciman (3) 29:21; G Crall (2) 14:37; C Thomson (4) 29:43); 5, FVH 2:13:50 (K Rankin (2) 14:18; J Pentecost (7) 30:28; G Grindley (8) 14:57; D Anderson (9) 31:22; I Johnston (8) 14:33; J Sherban (5) 28:12); 6, Spr 2:14:16 (A McIndoe (19) 15:06; D Doornett (3) 29:04; J Cooper (4) 14:58; G Braidwood (5) 29:45; A Callan (5) 14:27; G Crawford (6) 30:56; 7, CPH 2:14:47 (P Duffy (13) 14:44; D Ross (9) 30:11; G Mathieson (9) 14:55; A Puckrin (6) 29:59; I Steel (6) 14:45; K Lyall (7) 30:13); 8, HBT 2:15:33 (P O'Kane (4) 14:22; A

11; 9, Kil 2-16-58 (I McDougall) 17-15-01; R Quinn (10) 28-49; D Christie (5) 15-19; D MacDougall (10) 33-57; R McColloch (10) 15-22; T Hearn (9) 29-30; 16, Bel 2-17-39 (D Williamson) 28-15-48; P Fleming (10) 29-09; R Fitzsimmons (6) 14-14; J McNeill (8) 31-38; P McDevitt (9) 15-21; A Daly (10) 31-29; 11, DHB 2-18-18; 12, L&D 2-19-05; 13, Ayr 2-21-08; 14, Cal 2-21-27; 15, SV 2-21-54; 16, ESP 2-22-06; 17, PVH 2-22-28; 18, Mor 2-23-12; 19, GU 2-23-28; 20, Cal 2-23-41; 21, City 2-24-37; 22, GGH 2-25-21; 23, VP 2-26-10; 24, Dum 2-26-23; 25, Cam 2-26-32; 26, ICC 2-26-50; 27, Ayr 2-28-06; 28, West 2-28-58; 29, JWK 2-29-23; 30, IJK 2-30-22.

Fastest laps: 3 mile stage: 1, R Fitzsimmons (Bel) 14-14; 1 Campbell (DHB) 14-17; B Kirkwood (Roe) 14-18; K Rankin (PVH) 14-19; C Hall (DHB) 14-19; P O'Kane (HBT) 14-22; G Stewart (GU) 14-23; A Callan (Sp) 14-27; A Coyne (She) 14-32; J Johnston (PVH) 14-33.

6 miles stage: 1, J Sheehan (PVH) 28-12; J Robson (Reebok) 28-27; P McCulligan (DHB) 28-30; T Hamilton (Roe) 28-41; R Quinn (Kil) 28-49; N Muir (She) 29-03; D Donnen (Sp) 29-04; P Fleming (Bel) and W Coyle (She) both 29-07; D Runciman (Cam) 29-21.

City-Place Half Marathon, The Hague - 1, J Buers (Tanu) 61-38; Scots placings: 24, H Cox (GGH) 65-17; 26, M Carroll (Ann) 65-30; 29, A Hume (CPH) 65-45.

24

SVHC 8 stage K Relay, Allow to B'hrigger - 1, Ab 3-29-29 (W Adams 27-59; C Young 25-34; C Noble 26-47; D Armitage 23-51; E Butler 26-28; G Sim 27-20; M Edwards 25-49; R McFarquhar 26-41) 2, P 2-34-53 (D Macgregor 27-48; S Asher 25-35; T Graham 25-34; T Ross 25-33; J Holden 26-32; D Gurnstone 29-08; G Bennison 27-08; M Scobie 27-28) 3, Cam 3-36-43 (I Gordon 28-38; D Lang 27-11; W Mitchell 27-06; T Dulan 27-14; E McIvor 27-14; D Fairweather 28-25; D Cooney 26-11; R Berman 26-44) 4, PVH 3-36-44 (W Sharp 31-55; J Dingwall 25-29; A Stirling 26-36; D Broton 25-43; I O'Donnell 26-53; D McKenzie 27-21; A MacArdie 27-14; P Cartwright 25-33) 5, Goshforth 3-42-42 (M Walker 28-37; A Nixon 26-47; R Nelson 29-18; B Purvis 25-09; A Croft 27-28; E McMullen 31-12; P Bowman 27-08; R Kirkton 27-07) 6, Bel 3-43-02 (I Ross 30-34; H Scott 28-09; J Graham 29-32; J Burke 25-34; R Guthrie 26-49; K Yates 29-52; T Petrie 26-05; J Harkness 28-07) 7, Ab 3-43-27; 8, P 3-43-36; 9, Liv 3-43-03; 10, VP 3-46-57; 11, She 3-47-07; 12, DRR 3-47-10; 13, SV 3-47-57; 14, Ayr 3-49-00; 15, ESP 3-50-22; 16, JWK 3-51-18; 17, IJBLP 3-51-57; 18, GN 3-52-58; 19, IJK 3-55-02; 20, DHB 3-55-22.

Fastest Times: Stage 1: D Macgregor (FV) 27-48 (rec); St 2: J Dingwall (PVH) 25-28 (rec); St 3: T Graham (FV) 25-24 (rec); St 4: J Smith (HBLP) 23-27 (rec); St 5: J Kennedy (VP) 25-12 (rec); St 6: G Sim (Ab) 27-20 (rec); St 7: M Duncan (PV) 25-26; St 8: C Smith (ESP) 25-25.

Lochaber 10 mile RR - 1, J Cooper (Spring) 52-25; 2, A McMahon (Kil) 54-07; 3, D Gurn (Fox) 54-10; 4, A Adams (V) 55-05; 5, R McFarquhar 55-16; 6, G Mitchell (V) 55-50; V O'Shaughnessy (Loch) 59-38; L I, H Morton (Inv) 69-05; D Jan, Inverness 18.

30

Marshall Harriers 10,000 metres RR, Summerston - 1, N Singh V1 36-58; 2, P Kearney V2 37-48; 3, L McCre 39-24.

Young Athletes' 3,000 metres H'cap: 1, A Reeves; 2, S Church; 3, S Singh. Fastest scratch: 1, P O'Neill 8-20.

31

Clackmannan Half Marathon, Allow (+700 ran) - 1, G Crawford (Sp) 68-15; 2, T Thomson (Cr) 68-24; 3, M Coyne (Roe) 68-58; V3, D Macgregor O/SO (FV) 68-71-57; V2, A Stirling 10th (PVH) 73-00; V3, W Adams 12th (Ab) 73-15; Team 1, Shenstone, L I, J Stevenson LV1 (PVH) 80-54; L2, J Armstrong (CO) 86-35; L3, A Moss (Cho) 87-12; Team 1, GN.

North Inch R Relays, Perth - Senior 4 x 3 miles: 1, TNT Ex, Ab (guests) 58-07 (E Arrowsmith 15-32; C Hall 14-07; I Matheson 14-11; D Duguid 14-17); 2, PVH 39-05 (K Rankin 14-28; D Murray 15-10; D Anderson 14-40; M McQuaid 14-47); 3, VPH 61-26 (F McGowan 14-16; J Kennedy 14-47; A Adams 13-05; G Smith 17-18); 4, PSH 64-33; 5, Fiv vets 66-43; 6, Sto 68-15.

Fastest laps: 1, C Hall (TNT) 14-07; I Matheson (TNT) 14-11; P McGowan (VP) 14-16; D Duguid (TNT) 14-17; K Rankin (PVH) 14-28; H McQuaid (PVH) 14-47; V1, J Kennedy (VP) 14-47.

Young Athletes Relays: Boys: 1, VP 31-00 (A Young 8-03; S McNeill 7-47; C Genshagh 15-10); 2, Cam 31-07; 3, Cam B 31-56; 4, Cam C 32-38; 5, VP

B 33-05; 6, P 33-15; Fastest Jun Boy: 1, A Young (VP) 8-05; Sen Boy: 1, C Clelland (Cam) 7-16; Youth 1, M McElreath (Cam B) 14-54.

Girls: 1, PSH 43-52 (K Reilly 10-10; L Carle 10-52; L Milne 22-50); 2, PSH B 47-19.



February

27

Eastwood Schools CC Champs, Eastwood Park (250 ran) - Boys: Sen U17: 1, G McDonald (W) 13-23; 2, C Petrie (WF) 13-40; 3, E McNaught (WF) 13-48; 4, D Ayling (East) 13-49; 5, J Watson (MC) 13-54; 6, J Barry (MC) 13-55; Team: 1, W Farm 25px; 2, Mearns Castle 36; 3, Williamson 46.

Intermediate U15: 1, W Watson (St N) 11-23; 2, C Taylor (WF) 11-25; 3, G Miller (Bar) 11-54; Team: 1, W Farm 21px; 2, St Luke 59; 3, Williamson 60.

Junior U14: 1, A Robertson (East) 8-27; 2, N Rossie (MC) 8-56; 3, C Scott (MC) 9-10; Team: 1, Mearns Castle 29px; 2, Williamson 47; 3, St Luke 47.

Girls: Sen U17: 1, A Potts (W) 11-39; 2, D Simpson (East) 13-59; 3, N Aitken (MC) 14-11; 4, E Kennedy (MC) 14-16; 5, J Ferguson (W) 14-26; 6, A Mulgrew (WF) 14-33; Team: 1, M Castle 25px; 2, Williamson 36; 3, St Ninian 53.

Inter: U15: 1, J Palka (St N) 9-32; 2, J Sinclair (MC) 10-11; 3, S Hamilton (MC) 10-16; Team: 1, Mearns Castle 21; 2, Williamson 57; 3, St Ninian 60.

Junior U14: 1, G Potts (W) 7-08; 2, G Anderson (East) 7-11; 3, K Kirk (W) 7-19; Team: 1, Williamson 25px; 2, Wood Farm 41; 3, Mearns Castle 47.

March

2

Teviotdale CC Champs, Hawick - Sen Men: 1, R Hall 37-20; 2, A Fair 38-32; 3, W Knox 39-11; 4, R Templeman 39-29; 5, N Bellon 39-50; 6, N Maitson 39-57; H'cap 1, P Cannon; 2, B Nielsen; Youth: 1, D Hughes 20-51; 2, A Cardwell 20-56; Jun: 1, M Wright 8-53; 2, D Gray 9-03; 3, S Blackie 9-14.

Women: 1, J Hewat 9-13; 2, M Parker 9-52; 3, S Spence 9-58.

GGH Schools CC Races, Greenock - Sen Boys: 1, B McLean (Aca) 14-24; 2, P Harper (W) 14-24; 3, G Quigley (St Cols) Team: 1, St Cols 15px; 2, Gre'ck 21.

Junior Boys: 1, N Mooney (Nout Dame) 7-05; 2, R Pollock (Aca) 7-13; 3, C Hill (W) 7-20; Team: 1, Gre'ck Aca 14px; 2, Gre'ck HS 27.

Sen Girls: 1, M McQuillan (St Cols) 12-16; 2, F Suter (Aca) 13-15; 3, F Robertson (Aca) 13-31; Team: 1, Gre'ck Aca 10px; 2, St Cols 11.

Jun Girls: 1, J Cox (Aca) 8-12; 2, L Stinson (St Cols) 8-57; 3, C Hughes (St Cols) 9-10; Team: 1, Gre'ck Academy 12px; 2, St Cols 17.

NALGO CC Champs, Swansea - Men: 1, T Power 28-50; 2, P Wilesey 29-58; 3, S Smith 30-01; Strathclyde: 5, A McLean 30-38; 7, E Wilkinson 31-11; 8, D McGonigle 31-20; 23, J Donnelly 36-38; VO/SO 48th club 1, B McHugh (Gla) 42-23; Team: 1, Strathclyde 20px; 2, Oxford Special Olympians: Strathclyde: 2, S Carrick 21-41; 3, J Sands 22-01; 4, J Barry 24-23; 5, R Woods 24-24; 8, J Babop 26-08; 9, M McCormack 26-35; Team: 1, Strathclyde 9.

3

Annan River CC Races, Annan - Men Sen: 1, R O'Hara (Ann) 32-20; 2, C McCann (Ann) 32-42; 3, C Heaven (Ann) 33-02; 4, M Hand 32 (Law) 33-11; 5, R Longmore (Ann) 34-30; 6, P Rixon (Der) 34-48; 7, B Scobie (Dumf) 34-59; 8, P Rogerson (Ann) 35-16; 9, D Milligan V1 (Soc) 35-51; 10, D Brown (DRC) 36-09; V2 O/SO R McKay (Ayr) 38-32; V3, G Lewis (Dumf) 38-43; Team: 1, Annan 6px.

Youth: 1, J Reid (Law) 14-57; 2, M Rowan (Ann) 15-33; 3, J Frood (Law) 15-58; Team: 1, Law 1px.

Sen Boys: 1, D Hughes (Tev) 9-59; 2, S Bryson (Ann) 10-24; 3, A Gray (Cop) 10-26; Team: 1, Teviotdale 12px.

Jun Boys: 1, C Common (Dumf) 8-21; 2, W Fraser (Dumf) 8-29; 3, P Stewart (Law) 8-41; Team: 1,

Dumfries 7px.

Colts: 1, C McMaster (Law) 6-27; 2, B Hughes (Tev) 6-32; 3, S Hamm (Der) 6-41; Team: 1, Law 21px.

Women Sen: 1, A Dickson LV1 (Law) 16-57; 2, C McFadden (Dumf) 17-17; 3, L White Int (Sew) 17-43; 4, L Longmore (Ann) 18-39; 5, G Lewis Int (Dumf) 18-55; 6, M Little Int (Ann) 19-26; 7, A Povey Int (Dumf) 20-05; 8, E Hisselwood Int (NV) 20-08; 9, M McPhail LV2 (Gall) 20-23; 10, H Wilkinson (Derw) 20-48; Team: 1, Dumfries AC 114px.

Junior: 1, K McNally (NV) 8-09; 2, E Reid (NV) 8-20; 3, C Webster (NV) 8-45; Team: 1, NV 6px.

Girls: 1, T Dighe (Law) 6-40; 2, K Lemon (Carl) 6-52; 3, H Boardman (Derw) 7-04; Team: 1, Law 10px.

Minor Girls: 1, M Ritchie (NV) 4-28; 2, B Barcock (Derw) 4-37; 3, C Johnston (NV) 4-42; Team: 1, NV 9px.

Dunbartonshire AAA WCC Champs - Sen: 1, C Gray (KO) 19-34; 2, C Fleming LV1 (S'Kil) 19-46; 3, J Calman (KO) 19-48; 4, A Stewart (KO) 19-49; Team: 1, Kirk Oly 16; Vets Team: 1, Strathclyde 15px.

Inter: 1, L Chisholm (Str) 19-25; 2, A Paterson (Str) 19-32; 3, A McBride (Hil) 19-37; Team: 1, Strathclyde 14px.

Junior: 1, S Sæddin (Hil) 11-01; 2, B Paterson (S'Kil) 11-50; 3, J Nicol (Hil) 11-52; Team: 1, Hil 10px.

Girls: 1, A Smith (KO) 11-47; 2, C Tierney (KO) 11-48; 3, M Hastie (Str) 11-52; Team: 1, KO 8px.

Minors: 1, S McShane (S'Kil) 8-13; 2, E Fyfe (KO) 8-20; 3, J Wood (VP) 8-24; Team: 1, Kirk Oly 13px.

Aberdeen AAC CCC, Balgownie FF, Aberdeen - Sen Men: 1, A Reid and D Duguid both 22-11; 3, R Cresswell 22-19; 4, M Caird 22-35; 5, S Camells 23-01; 6, K Hogg V1 24-04; 7, E Rennie V2 24-25; 8, D Grubb V3 25-10; Junior: 1, G Morrison 26-10; Youth: 1, G Moir 25-52; Senior Boys: 1, M Anderson 9-43; 2, A Simpson 9-53; 3, D Coutts 10-12; Junior Boys: 1, C Smith 9-58; 2, A Love 10-17; 3, E McEne 10-33; Colts: 1, A Baill 6-28; 2, N Imrie 6-29; 3, W Brown 6-29; Women: Sen: 1, D Porter 10-28; 2, L Bain 10-52; 3, S Armitage 10-59; 4, N McKinnon LV1 11-38; 5, M Stafford LV2 11-49; 6, J Hogg LV3 12-20; Inter: 1, J Grams 11-05; 2, G Sinclair 12-00; 3, H Pirie 12-02; Junior: 1, V Clark 11-11; 2, N Clarkson 11-28; 3, P Tosh 11-34; Girls: 1, C Clarkson 11-16; 2, L Still 11-50; 3, M Keenan 11-53; Minors: 1, H Smith 6-41; 2, K Ramsay 7-15; 3, L Green 7-17.

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Orkney Isles AA CC Champs, St Ola - Sen Men: 1, A Cook 37-58; 2, S Beaven 39-35; 3, A Askey 40-26; 4, S Gray 40-37; 5, N Reid 41-40; 6, E Taylor 42-40.

Sen Boys: 1, M Wood 20-22; 2, D Rowe 21-21; 3, C Burgess 23-08.

Jun Boys: 1, E Johnston 13-08; 2, J Mill (cal) 13-19; 3, P Aberdeen 14-17.

Colts: 1, E Grieve 6-32; 2, A Groundwater 6-41; 3, M Nicol (Cal) 6-43.

Sen/Inter Women: 1, D Leonard 21-50; 2, L Leslie 25-14; 3, A Murray 26-16; 4, K McDonald 27-22; 5, P Johnston (Cal) 28-41; 6, M Adam 29-34.

Jun: 1, H Batty 14-46; 2, C Beaton 15-29; 3, S Hall 16-03.

Girls: 1, C Nicol (Cal) 12-00; 2, H Wood 12-36; 3, J Walker 12-49.

Minors: 1, H Tulloch 6-55; 2, J Norquay 6-56; 3, P Calaspar (Cal) 7-07.

NE Castle CC Races - Sen Men: 1, I Matheson (TVH) 26-20; 2, S Axon (HBT) 26-56; 3, D Duguid (Ab) 27-13; 4, C Farquharson (HBT) 27-28; 5, G Sim V1 (Mor) 27-36; 6, C McIntyre (FRC) 27-40; 7, R Taylor (Met) 27-42; 8, M Flynn (Mor) 27-56; 9, C Young V2 (Ab) 28-07; 10, A Reid (Pet) 28-19; 11, M Cumming (Met) 28-22; 12, P Jennings (Met) 28-25; 13, S Wright J1 (Ab) 28-35; 14, S Camells (Ab) 28-41; 15, E Butler V3 (Ab) 28-46.

Youth: 1, S Wright (Elg) 19-29; 2, D Strachan (Pet) 19-30; 3, G Main (Ab) 19-54.

Sen Boys: 1, A Simpson (FRC) 12-29; 2, T Leach (Una) 12-40; 3, B McAllister (FRC) 12-46.

Jun Boys: 1, C Smith (Ab) 12-23; 2, A Love (FRC) 12-43; 3, R Milne (Mor) 13-09.

Colts: 1, J O'Parks (Tay) 6-44; 2, N Imrie (Ab) 6-51; 3, S Buchanan (Una) 6-58.

Women Sen: 1, M Dwyer (FRC) 19-37; 2, D Porter (Ab) 19-43; 3, L Bain (Ab) 20-02; 4, H Wily LV1 (FRC) 20-21; 5, J Shand (FFT) 20-25; 6, J Grams Int (Ab) 20-26; 7, S Latham (Ab) 20-58; 8, N McKinnon LV2 (Ab) 21-20; 9, T Respingar LV3 (DRR) 21-50; 10, L Forman Int2 (Pet) 22-00; 11, J Hogg LV4 (Ab) 22-27; 12, G Sinclair Int3 (Ab) 22-35.

Jun: 1, J Sim (Mor) 14-31; 2, P Tosh (Ab) 14-41; 3, L Malley (FRC) 15-00.

Girls: 1, K Scott (Mor) 13-55; 2, C Clarkson (Ab) 14-45; 3, D McAllister (FRC) 14-54.

Minors: 1, H Smith (Ab) 6-55; 2, S Leith (Mor) 7-20; 3, L McKinnon (FRC) 7-27.

Kilbarchan D Cummings 7 mile HRR - H'cap results: 1, E Maason; 2, D Petrie; 3, J Owens; 4, W Gokke; 5, G Tenney; 6, M MacDougall.

Fastest Men: 1, G Tenney 37-53; 2, I MacDougall 39-06; 3, D MacDougall 39-10; 4, D Meun 39-51; 5, D Petrie 40-09; 6, A Ross 41-26; Women: 1, E Maason 42-19; 2, M Moon LV1 54-05; 3, E Cockram 54-40.

Hastings Half Marathon - 1, P Evans (Bel/Spr) 63-09; 2, C Robison (SV) 63-48; 3, S Naal (Tanu) 64-04; Other Scots: 11, M Carril (Ann) 66-56; 14, H Cox (GGH) 67-57; 22, J Duffy (SV) 70-21.

10 mile WRR, Arbroath - 1, C Brown (Pi) 62-35; 2, G Hazell LV1 (DRR) 62-35; 3, K Macgregor (Pi) 64-20; 4, J Robertson (Perth RR) 64-43; 5, A Harley (Pi) 66-20; 6, M Vint (Arb) 67-32; 7, J Carroll LV2 (DRR) 67-46; 8, G Craig LV3 (Una) 68-41; 9, M Lamont (Una) 68-59; 10, H Morton (Inv) 69-06; 11, H Webster (Una) 69-25; 12, A Strachan (DRR) 69-27; 13, P Nicholson (For) 69-47; 14, S Buschop LV4 (SVHC) 70-03; 15, L McGill (DRR) 70-09.

14

Renfrewshire Schools CC Champs - Boys: U17: 1, D Kerr (ND) 14-20; 2, C Douglas (Gla) 14-51; 3, J Mearns (W) 15-15; Team: 1, Glen HS 42px; 2, Mearns Castle 61; 3, Woodfarm 84 LV 15; 1, P Harper (W) 10-52; 2, R Laver (G Acad) 10-57; 3, A Waters (St N) 11-16; Team: 1, Wood Farm 59px; 2, Gryffe HS 62; 3, Port Glasgow HS 84 LV14; 1, P Gracie (PO) 9-38; 2, A Robertson (Eas) 9-40; R Pollok (G Acad) 9-42; Team: 1, Green Academy 73px; 2, Gleniffer HS 79; 3, Castlehead HS 99; Girls: U17: 1, A Potts (W) 11-33; 2, M McQuillan (St C) 12-52; 3, J Craik (GA) 13-05; Team: 1, Castlehead 31px; 2, Williamson 49; 3, Green Academy 86 LV 15; 1, L Morgan (PG) 10-46; 2, K Palka (St Nin) 10-47; 3, J Sinclair (MC) 11-06; Team: 1, Castlehead 37px; 2, Green Academy 44; 3, Port Glasgow 64 LV 14; 1, G Anderson (Eas) 7-06; 2, L A Thompson (John) 7-18; 3, C MacLean (GA) 7-19; Team: 1, Williamson 26; 2, PGHS 43; 3, Castlehead 56.

16

Teviotdale Harriers 1894 Cup CCR - 1, P Cannon 19-51 (2-15); 2, B Neilson 20-01 (1-40); 3, W Knox 20-14 (1-00) Fastest Scratch Times: 1, I Elliott 15-37; 2, R Hall 15-42; Women: 1, J Renwick 9-11; 2, S Spence 9-22; 3, K Stenhouse 9-24.

Girls/Minors: 1, L Brydon 5-26; 2, L Haggan 5-40; 3, L Brown 5-46; Youth/Sen Boys: 1, S Hogg 9-30; 2, A Cardwell 10-16; 3, D Hughes 10-32; Colts: 1, A Brown 8-34; 2, G Walker 9-21; 3, N Stenhouse 9-29.

Inverclyde Schools CCR, Gourack - Boys U17: 1, J Mearns (W) 11-05; 2, J Garity (St Cal) 12-34; 3, B Boyle (St C) 13-16; U15 Boys: 1, P Harper (W) 7-29; 2, R Wilson (GHS) 7-45; 3, N Mooney (N Dame) 7-45; U14 Boys: 1, A Docherty (W) 9-15; 2, C Hill (W) 9-21; 3, C Devine (St C) 9-26; Team: 1, St Col 13px; Inter Boys: 1, B McCabe (St C) 7-32; 2, A McBride (St C) 7-37; 3, B Greerson (St C) 7-39; Team: 1, St Col 6px; Junior Boys: 1, M Orr (St Joe) 3-36; 2, D Morgan (St Joe) 3-37; 3, G Auld (Larg) 3-37; Team: 1, St Joseph 13px; Girls U17: 1, M McQuillan (St C) 8-25; 2, P McInnes (St Cal) 8-53; U15 Girls: 1, J Lox (GA) 7-38; 2, P Sullivan (GA) 8-17; 3, J Burke (St C) 9-08; Team: 1, St Columba's 12px; Senior Girls U14: 1, J McKee (GA) 7-48; 2, N Cameron (W) 7-54; 3, L Stinson (St C) 7-54; Inter: 1, S Lindsay (Kil) 4-01; 2, E Park (LA) 4-06; 3, K O'Brien (St J) 4-09; Team: 1, St Kenneth's 19px; Junior: 1, L Orr (St J) 4-36; 2, C Galloway (JHC) 4-37; 3, K McDonald (St Joe) 4-42; Team 1, St Joseph 12px.

Grampian Schools CC Champs, Aberdeen - Boys: Senior (4th, 5th, and 6th years) 5000 metres: 1, A Simpson (Fra) 21-32; 2, B McAllister (Fra) 21-54; 3, T Leach (Inv) 22-33; Team: 1, Fra 11px; 2, Pet 30; 3, AGS; Inter: 3rd year 3,000 metres: 1, D Wright (Hil) 17-21; 2, N Strong (Mackie) 17-29; 3, B Bruce (BoD) 17-33; Team: 1, Mackie 15px; 2, Mackie B 30; 3, RGC 31; Junior 2nd year 3,000 metres: 1, C Smith (Colts) 1st year 2,000 metres: 1, J Cowie (Buckie) 10-37; 2, W Brown (Tun) 8-08; 3, M Melnes (Pet) 8-28; Team: 1, Buckie HS 21px; 2, Fraserburgh 29; 3, Peterhead 30.

Girls: Senior (4th, 5th, and 6th years) 3,000 metres: 1, L Forman (Pet) 19-30; 2, G Sinclair (Wh) 19-54; 3, H Pirie (Syc) 20-30.

Team: 1, Fra 11px; 2, Elgin 30.

Inter: 3rd year 2,000 metres: 1, P Tosh (BoD) 8-30; 2, V Smart (Fra) 8-56; 3, J Match (Fra) 9-20; Team: 1, Fra 10px; 2, Pet 24; Junior: 2nd year 2,000 metres: 1, C Clarkson (Pet) 8-09; 2, T McLatchie (Pet) 8-15; 3, J Sim (Elg) 8-24; Team: 1, Elgin AC 26px; 2, Fra 31; 3, RGH 38; Minors: 1st year: 1500

metres: 1, K Scott (Elg) 6-27; 2, L Still (Hil) 6-41; 3, M Keenan (Hay) 6-47; Team: 1, Elgin 29px; 2, Fra 36; 3, Bridge of Don 42.

23

Scottish BR CC Champs, Balgownie - Seniors: 1, S McKay (Inv) 15-54; 2, J Reid (Wab) 16-39; 3, M Daley (Ed) 16-43; 4, B Thomas (Gla) 16-58; 5, J Mearns (Green) 16-59; 6, S Reid (Ab) 17-23; 7, I Taylor (Fay) 17-38; 8, D Currie (Bel) 17-42; 9, G Mulholland (Ayr) 17-46; 10, S Purvis (Ed) 17-54; Team: 1, Inverness 78px; 2, Aberdeen 92; 3, Belfast 98; 4, Glasgow 106; Inter: 1, K Daley (Ed) 14-02; 2, M Anderson (Ed) 14-16; 3, G McIlm (Ham) 14-19; 4, A McPherson (Gla) 14-24; 5, C Smith (Ed) 14-38; 6, M Smith (M) 14-44; 7, P Swann (Bel) 14-49; 8, A Macne (Inv) 14-53; 9, S Holland (Bel) 14-56; 10, D McMurdo (Len) 15-07; Team: 1, Edinburgh 21px; 2, Belfast (guests) 57; 3, Glasgow 75; 4, Hamilton 110; Junior: 1, A Donaldson (Dum) 13-10; 2, D Muir (Wab) 13-37; 3, A Colish (M) 13-41; 4, R Pollock (Glen) 13-42; 5, C Meikle (Ed) 13-56; 6, D MacRae (Inv) 13-57; 7, B Davidson (Ham) 14-04; 8, J Eldridge (Aber) 14-07; 9, W Brown (Aber) 14-10; 10, E Cameron (M) 14-14; Team: 1, Milngavie 73px; 2, Belfast 105; 3, Greenock 107; 4, Dun 112.

24

Tayside CC Races, Arbroath - Sen Men: 1, J Campbell J1 (DHB) 24-11; 2, D Arnot (Pi) 24-25; 3, D Anderson (PVH) 24-58; 4, J Brooks J2 (Sp) 25-00; 5, B Fraser J3 (MBI) 25-00; 6, B Paterson (DHB) 25-25; 7, R Hamilton (Fife) 25-38; 8, H Hamilton (Fife) 25-41; 9, K Rankin (PVH) 25-50; 10, D Murray (PVH) 26-07; V1 (O/SO) J Linaker (Pi) 27-42; V2 (O/SO) S Graves (Fife) 27-49; Team: 1, DHB 18px; 2, PVH 22; Youth: 1, S Taylor (Pi) 16-33; 2, A Kings (Pi) 16-34; 3, J Gowan (Tay) 16-40; Team:

GORDON'S GRASS ROOTS INITIATIVE

QUITE a few local authorities would do well to take a leaf out of Gordon District Council's book when it comes to stimulating the grass roots of athletics.

Far from sitting back on the initial success of last year's primary school's Cross Country Championships, director James McDonald and the staff of the leisure and recreation department are in the process of turning the 1991 event into something of a mini grand prix.

Having kicked off with a field of 280 in a six-race programme in the grounds of Lady Aberdeen's historic Haddo House near Tarves, the Gordon road show is moving on to Alford and Huntly before the end of the summer term.

Explained event organiser Andrew Miller: "Our aim is to interest all primary schools in what is a fairly scattered area."

"Some of the outlying primary schools have only a handful of pupils. But we feel it is important to stage events in different areas of the district in order that they all get a chance to compete. Who's to say that even the smallest school does not have a youngster with the potential to become a good runner?"

Yet the primary effort is just the tip of the running iceberg as council sports and recreation officer Keith Leslie, a qualified throws coach, develops the ideas he picked up during a spell of employment in the Newcastle area.

In Ellon the new quarter track, officially opened by the Princess Royal, has inspired the activities of Ellon and District AAC to such an extent that the project has been awarded a £2500 Royal Mail grant.

Back on the cross country scene, the district has just staged another Gordon district championship in conjunction with the popular Bank of Scotland round-the-castles series.

Coming up are various council-inspired inter-school sports and a second running of the Bannachie Hill Race (October 6) which takes place on the slopes of the famous hill which dominates the Gordon skyline.

The race is organised by the Garioch Road Runners, a growing Inverurie-based club which has flourished with the assistance of the local authority.

Triathlons and biathlons are also a feature of the annual Gordon sporting programme which is about to receive yet another massive boost with the opening of the £140,000 floodlit Nordic ski centre - featuring 550 metres of artificial surface - at Huntly.

Only the third centre of its kind in the United Kingdom, the ski complex is already inspiring competitive thoughts.

Said Andrew Miller: "We can see no reason why it should not be an integral feature of a biathlon or triathlon, linking ski-ing to running, swimming or cycling, before the end of the year."

Matheson wins Round-The-Castles

THE fifth north-east Round-The-Castles cross country series ended as it began - with Ian Matheson's somewhat unfamiliar Thames Valley Harriers vest dominating the men's race.

"Comfortable," was how the hill running star assessed his convincing Haddo House win to make a sweep of the three-race series.

Now he is set to resume his race travels on behalf of the English club, despite continuing to live and work in Aberdeen.

Matheson succeeded former Aberdeen AAC clubmate Ray Creswell as castles champion with a combined race time of 29:19 an overall 3-10 clear of David Duguid (Aberdeen AAC) who recorded an 82-29 to defy the challenge of Metro Aberdeen's Rob Taylor (83-26).

Former Scottish veteran cross country champion Colin Youngson marked his first run in the series with the expected over-40 success, returning 85-04 to clubmate Eddie Butler's 86-15 with Fraserburgh's first-season vet Charlie Noble (90-02) back in third spot.

Marie Duthie's all-conquering season continued when she retained the women's prize

with three wins and a combined 54-12.

Meanwhile, all connected with the five-year success of the Round-The-Castles cross country series will be disappointed to learn that race director Alan Fulton has elected to step down.

"I just have too much on my plate," said the Aberdeen AAC member who came up with the idea of using the area's historic castles and homes as the backdrop to a three race series which is now a regular feature of the winter fixture list.

The original began with a Crathes Castle, Drum Castle, and Haddo House format. But in recent years Mintlaw's Aden Country Park has replaced Drum as the second leg.

Banchory AAC's Derek Greenwood is to take over as race supremo with the Bank of Scotland remaining as sponsors for an event which has realised a considerable amount for various north-east charities and given a much-needed fund-raising boost to local athletic clubs.

Alan Fulton's talents for organising events were also reflected in the Dyce Half Marathon and the Balmedie Bash. Word has it that the Dyce race could pass to a local athletic club.

Marafun replaces marathon

AS predicted in Scotland's Runner, Aberdeen District Council and the Aberdeen and District Milk Marketing Board are to retain their sponsorship link for the event which will replace the City of Aberdeen Milk Marathon.

The new City of Aberdeen Milk Marafun, which will be held on Sunday, May 26, will take the form of a competitive 10K, a 10K fun run, a 1500m junior fun run (11-16yrs) and races for younger age groups.

The serious 10K - known as the City of Aberdeen 10K Championship - will give runners the chance to sample a circuit based on the city's Union Street and seafront.

It will be a race counting towards the SAAA road race title currently held by Metro Aberdeen's Fraser Clyne.

Said event chairman Paul Roberts: "The idea is to give the better runners a race of their own. We're looking for the 10K fun run to be a fun event in the true sense with competitors encouraged to support a charity, club or organisation."

The organising committee have taken a charitable lead by promising to donate £1 from each 10K entry fee to a deserving cause.

Full details and entry forms for the City of Aberdeen Milk Marafun are available from the City Arts Department, Aberdeen District Council, St Nicholas House, Broad Street, Aberdeen 0224 - 276276 Ext 2475.

RISING STAR

ABERDEEN AAC has unearthed an all-round talent to follow in the footsteps of Scottish junior international Kate Rice.

Aberdeen Grammar pupil Jillian Grams, winner of a Scottish Schools' 1500m B race last year, made it a national double with a convincing 19 second victory in the Group A (over-17) schools' cross country race at Irvine.

Undaunted, Jillian surfaced in the Bank of Scotland series at Haddo House the following day to complete some unfinished business!

On this occasion she finished sixth overall in the women's race to clinch the cross country intermediate prize decided over three races.

Down three seconds on Peterhead's Leigh Forman going into the last race, Jillian edged the verdict by an overall 21 seconds, with Aberdeen clubmate Gillian Sinclair a further nine seconds back in third place.

Jillian, daughter of former north-east runner Eddie, is also being tipped to show class when she graduates to the same branch of the sport. Not many teenagers would have returned a third place 39-56 in only their third 10K, a feat performed in last year's Roevin Charity Race on the Aberdeen seafront.

Jillian's current success is a source of satisfaction to her club coach Joyce Hogg, a champion in her own right on the strength of British over-40 veteran 400m hurdles and triple jump title wins at Crownpoint last year.

RUSSELL SMITH

MONKLANDS
 VERY IMPORTANT DATE FOR YOUR DIARY
MONKLANDS DISTRICT COUNCIL
HALF MARATHON
SUNDAY 4th AUGUST
STARTS 10.00 a.m.
 This years run will be over a new and improved course with part of the course passing through the Drumpellier Park and gardens.
MEDALS FOR ALL FINISHERS * EXTENSIVE PRIZE LIST
FIRST YEAR FOR TEAM ENTRIES
 Application forms available from Local Sports Centres near you or by calling
 Monklands Leisure Centre, Coatbridge, (0236) 41444 or
 D. Morrison (0236) 66010 **REMEMBER**
 ... 4th August... 4th August... 4th August... 4th August

CALEDON PARK HARRIERS
 Open Graded Athletic Meetings
 Meadowbank Sports Centre
 Edinburgh from 6.45 p.m.
 on Wednesday 12th June - 10 July - 14th August
 Three classes: **Senior/Junior**
Youths/Senior boys
Senior/Intermediate Women
 Entry forms/timetable from:
 O.N. Dickson
 4 Old Farm Place, Edinburgh EH13 0BA

THE CUMBERNAULD HALF - MARATHON
SUNDAY JUNE 2ND 1PM **SUNDAY JUNE 2ND 1PM**
 Organized by **Recreation Leisure Services**
ENTRY FORM
 I hereby confirm that I am a resident of CUMBERNAULD and I am over 18 years of age. I am entering the CUMBERNAULD HALF MARATHON on Sunday June 2nd 1991. I am aware of the terms and conditions of the race and I agree to abide by them. I am aware that the race is a charity event and I agree to support it. I am aware that the race is a charity event and I agree to support it. I am aware that the race is a charity event and I agree to support it.
ENTRY FEE £4.00
MAIN SPONSORS
CK DC **CUMBERNAULD NEWS** **CD**
 This race is promoted under the patronage of the S.A.A. and Scottish Women's Cross - Country and Road Running Association and is subject to all times to the jurisdiction of both Associations.

TROSSACHS TREK '91
SUNDAY 23RD JUNE 1991
 In aid of
SIGHT SAVERS
 (Royal Commonwealth Society for the Blind)
LEAVING FROM NEAR ABERFOYLE
 Enter the trek and join the fun
 Sponsored 10 mile trek
 Further info from: June Pannell,
 41G Grant Street,
 Helensburgh G84 7QN
 Tel: 0436 76161

Dunfermline District Council presents
THE DUNFERMLINE HALF MARATHON OF 1991
Pittencrieff Park Dunfermline Sunday 9th June 9.30 am
Entries & Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211
STAR RANK HOT 100
B.A.R.R. GRADE 1
Extensive Prize List for Individual & Teams
Medals & Completion Certificates to all Competitors
DUNFERMLINE DISTRICT SPORTS COUNCIL
C & G SPORTS DUNFERMLINE
MILK IN SPORT
DES Electrical Services
FULL ENTERTAINMENT PROGRAMME FOR ALL THE FAMILY



MIDLAND BANK UNIVERSIADE SHEFFIELD MARATHON

SUNDAY 21st JULY 1991
9.00 a.m. SHEFFIELD INTERNATIONAL
STADIUM, DON VALLEY

Comprising: The World Student Games Marathon (Men & Women), The Sheffield City Marathon, The Northern Counties AA Men's Marathon Championship, The Yorkshire County Men's & Women's AAA Marathon Championship and the South Yorkshire Marathon Championship

TOTAL PRIZE VALUE over £3,000
12 Categories; 500 Prizes; 5 Trophies;
Many Spot Prizes.

BARR GRADE 1 MARATHON
15 Feeding & Sponging Stations;
Full medical support.

THE COURSE
I.A.A.F. Accredited. Time limit set at 5 hours.
(Held under I.A.A.F., W.A.A.A., W.C.C.A., A.A.A. Laws)
Start and Finish, Sheffield International Stadium, Don Valley.

YOUR ENTRY
AAA Club Runner £5.00. Unattached £5.50.
Fee non-refundable.
Closing Date: 1st June 1991 or earlier if 3,000 is reached.
No entries on the day. No late entries.

SUGG SPORT SHEFFIELD 10K

SUNDAY 21st JULY 1991
9.30 a.m. SHEFFIELD INTERNATIONAL
STADIUM, DON VALLEY

TOTAL PRIZE VALUE over £3,000
9 Categories; 9 Prizes, 2 Trophies;
Many Spot Prizes.

THE COURSE
Time limit set at 1 hour 30 minutes.
(Held under W.A.A.A., W.C.C.A., A.A.A. Laws)
Start and Finish, Sheffield International Stadium, Don Valley.

YOUR ENTRY
AAA Club Runner £3.00. Unattached £3.50.
Fee non-refundable.
Closing Date: 1st June 1991 or earlier if 3,000 is reached.
No entries on the day. No late entries.



ALL PROCEEDS TO THE CHILDREN'S SOCIETY
MEDAL AND WOVEN BADGE TO ALL FINISHERS
OF MARATHON AND 10K
Gold, Silver and Bronze Medal to first 3 finishers.
Prizes to the first 50 men & 50 women. Prizes to the first 20 men and 20 women in all age groups.

(SEND SAE FOR ENTRY DETAILS TO ADDRESS BELOW)
UNIVERSIADE SHEFFIELD MARATHON HEADQUARTERS
Alpha House, 10 Carver Street, Sheffield S1 4FS.
Tel: (0742) 780302



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.



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 envel-
ope, 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; AND THE ROYAL BANK.

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	FEMALE
18-39 40-49 50-59 60+	17-34 35-44 45+

£3 (attached)	£3.50 (unattached or entering on the day)
MALE	FEMALE
17- 18-39 40-49 50-59 60+	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 SAAA's 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..... Date.....

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE



ISLE OF SKYE HALF MARATHON

(Permit granted)

SATURDAY 23rd JUNE 10.30 a.m.

- Unique Medal to all finishers •
- Extensive prize list, including Spot Prizes •
- Entry Fee £4.50 (Att) £5.00 (Unatt)
- Half Marathon open to all over 18 •
- Free swim for all participants •

• 4.5 MILE FAMILY FUN RUN •
(entry on the day)

assisted by



The Royal Bank of Scotland plc

ENTRY FORM

FIRST NAME SURNAME

ADDRESS

POST CODE HOME PHONE

DATE OF BIRTH

AFFILIATED CLUB (if applicable)

ARE YOU A SKYE RESIDENT? YES ☐ NO ☐

ARE YOU ENTERING IN A TEAM? YES ☐ NO ☐

Team Name

HAVE YOU ENTERED THE
HEBRIDEAN 3 RACE CHAMPS. YES ☐ NO ☐

I enclose a cheque/P.O.
as my entry fee to the half marathon ☐

(Cheques payable to Skye Week '91)

Please enter me for the Skye Week '91 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.

Signed

Your Registration Card and further information will be forwarded on receipt of this application
form and entry fee.

CLOSING DATE for entries is 10th June 1991

Return this form together with a Stamped addressed envelope not smaller than 10" x 6" to:

WILLIE MCKINNON, SPORTS DEVELOPMENT OFFICER,
SKYE & LOCHALSH DISTRICT COUNCIL, PARK ROAD,
PORTTREE, ISLE OF SKYE.



TEVIOTDALE
HARRIERS
CLUB



Teviotdale People's Half-Marathon

(Incorporating S.B.A.A. Half-Marathon Championship)

Sponsored by

★ Teviotdale Design Co., Buccleuch Street, Hawick ★

HAWICK, ROXBURGHSHIRE SUNDAY, 7th JULY
at 11 a.m.

Cup for winner - Cup for first lady

Medals to all finishers also many other prizes

ENTRY FEE £4 Non-athletic members £4.50 Entries on day of race £4.50

Enquiries and entry forms:- Mr Fred Brown, 27, Marmion Road,
Hawick. (0450) 73826 (h), (0450) 75991 (b).

ALSO ABBEY NATIONAL FUN RUN at 10.30 a.m.

Entries (only taken on day of race) £1.50

OBAN HALF MARATHON & FUN RUN

Entry Fee £4
Fun Run £1

Medals to all finishers
Team event

SUNDAY 1ST SEPTEMBER 1991
RACE STARTS 1.00PM

Main sponsor: Dunollie Health and Leisure Centre, Oban.

Entries to: Dunollie Health & Leisure Club, Breadalbane St.,
Oban, Argyll. Tel: 0631 65102

FAST SCENIC ROUTE

CHEQUE OR P.O. PAYABLE TO "O.A.A.A.C."

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
& ALSO S.W.A.A.A.



ABERFELDY RECREATION CENTRE

Aberfeldy Half Marathon. Sunday 26th May '91

PLEASE NOTE NEW TIME 2.00 P.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.

INVERCLYDE FESTIVAL OF RUNNING 1991

MAIN SPONSOR - IBM OF GREENOCK
Other Sponsors - Greenock Telegraph and Reebok
Supported by the Inverclyde District Council

10K Road Race
Sunday 16th June

(Included in SAAA, Scottish Road Race Championship)

Inverclyde Marathon
and Fun Run
Sunday 11th August

(Incorporating the SAAA Marathon Championship and
SWAAA Marathon Championship)

This is a peoples marathon.
Both races are fast course with
generous prize lists.

Send S.A.E. for entry forms to: Mr T. Tracey, 40 Merino Road,
Greenock PA15 4BY. Tel: (0475) 892160.

Under SAAA and SWAAA laws organised by Inverclyde Athletics Initiative.

April

13

PANASONIC Scottish Athletics League,
qualifying match, Coatbridge.

SCOTTISH Young Athletes Handicap
Scheme, Livingston.

RENFREWSHIRE 10 mile RR, Greenock.

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, 7pm, David Keswick
Track. Tel 0387 69423 for D and info.

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. Details
from Sandy Hastings on (0397) 81345.

WOOLWORTHS YAL West, Div 1&2, Ayr.

ADT London Marathon.

DORA Stephen Memorial OGM,
Coatbridge.

BORDERS League, Tweedbank.

24

LANARKSHIRE Track Lgue, Coatbridge.

27

SCOTTISH Universities Champs.
D - (0324) 486711.

AGM SWCC & RRA, Glasgow.

28

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

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.

FOUR Tops Point Cow Hill Half Ben
and Melantee. 11am at leisure centre,
Fort William. EIA or £4 E on day.

BANK of Scotland Women's League D 1,
Coatbridge; D 2, Dundee; D 3, Wishaw; D
4, Grangemouth; D 5 Pitreavie.

May

1

FALKIRK OGM Grangemouth.
D - (0324) 486711.

4

STUC A'Chroin Hill Race, Strathyre, 13
miles, 1pm start. £2-00 (£2-50 if enter
on day). Details from Mr G Coppock,
c/o Ben Heann Hotel, Main Street,
Strathyre. 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, Strathyre. 3 Miles,
12pm start. E on day, £1. Details from
Mr G Coppock c/o Ben Sheann Hotel,
Main Street, Strathyre. Tel (08774) 605.

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

EDINBURGH Women's 10K, Meadow-
bank. D - (0532) 430632.

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

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

BANK of Scotland NE League, Aberdeen.

GRAMPIAN TV League (East),
Aberdeen; (North), Elgin.

GRE Cup - Round 1, Various.

8

BELBOCRAIGS 5 mile RR, Cupar.

9

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

11

BEN Lomond Hill Race, Rowardennan.

BRITISH Athletics League, Various.

FALKIRK Young Athletes Meeting,
Grangemouth. D - 0324-486711.

GOLSPIE People's 10K, Golspie.

PENICUIK Howgate 10K RR. Starts
2.15pm, Penicuik HS, £2 inc snack (£2-
50 on day). Decs close 1.45pm, limit
300. Creche available by appoint. Race
sec - Alastair Russell, 90, Main Street,
Roslin, EH25 9LS. Tel: 031-440-3961.

UK Women's League 1, Various.

12

BORDERS League, Galashiels.

CITY of Dundee Marathon & 10K RR
(inc SAAA/SWAAA 10K RR Champion-
ships). 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, Town Hall, Troon. E before or
on night. Free t-shirt to every finisher.
Limit 350. First race in Ayrshire 10K
series. Info from John McKinlay, 6,
Solway Place, Troon. Tel: 0292-311447.

SAL v Scottish Unis v Scottish Juniors
Grangemouth. D - (0382) 486711.

17/18/19

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

18

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

SAAA East Dist Champs, Meadowbank;
North, Inverness; West, Dam Park.

19

JOHNSTONE Rotary Club 10K.

RAVENS CRAIG 10 Mile Road Race (inc
SAAA 10 Mile Road Race Champion-
ships), Wishaw. D - (0698) 355821.

SWAAA East District Champs, Meadow-
bank; West District, Crownpoint.

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

22

KINNOULL Hill Race, Perth. E on day.
D - Norman Watson at (0738) 38000.

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 & W Lothian HG, 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
Mara & Fun Run. D - (0851) 870863.

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

CAITHNESS N People's Half Marathon.

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

COWAL Police Half Marathon, Dunoon,
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FORRES Harriers 10K, Forres.

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(0461) 203311 Ext 306.

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Closing date 16-6-91

TOO LONG BY FAR

ON March 9 I went to watch the Scottish
Schools Cross Country Championships at
Irvine. I was impressed how well organised the
marshalling of the competitors was before and
after the races. Particularly impressive was the
fact that runners knew immediately what their
finishing positions were. Lessons to be learned
by the SCCU in their championships, I
thought. However all was not wonderful. I felt
that the courses were too long. Rule 8 in the
SCCU Handbook states:

"The distance of cross country . . . races
must not exceed:

- 2 miles/3,200m for junior boys (under 14)
- 3 miles/5,000m for senior boys (under 16)
- 4 miles/6,400m for youths (under 18)."

In the schools' championships the
distances were all considerably longer. In the
under 17 boys race, for example, the distance
was 6,400m, the same distance incidentally as
the over 17 boys. Because the date for
qualification is September 1, this meant that a
14 year old who would not be 15 until July
would run 6,400m, nearly a mile further than
he would have run in the Scottish national.
Watching some of the kids struggling in at the
back of the field, I felt that there really needs
to be a rethink on distances for next year.

Why, too, did different age groups (e.g.
under 14 and under 15 girls) run the same
distances?

Making a good start

A couple of months ago, I suggested that if
you were just starting off on your running
career, you should seriously consider joining a
club. Some readers have taken up my offer of
advice on a suitable club for them. I've
contacted them personally and asked for some
feedback on their success. (Thanks to the one
who sent an SAE.)

It did get me thinking about what clubs do
to help welcome new runners. Are they
protected from the club bore who runs 500
miles a week, leaps high buildings at a single
bound, and always has the latest in shoes -
much better than anyone else's of course? Or
are they simply left to struggle on, gradually
getting to know some of the faces, the ins and
outs of race entry, or even where to buy a club
vest - unless they happen to be a budding
Cram or Ovett?

Our club produces a handout for
newcomers but even reading this over a couple
of weeks ago, I noticed it contained a lot of
inaccuracies and was a couple of years out of
date. It's now being updated. However, I am
interested to hear suggestions that other clubs
could copy to make it easier for new runners to
feel at ease when joining a throng of sweaty
bodies and staying with them. The usual
address please.

An open fraternity

BEING a runner is like being a member of
some fraternity that you don't have to keep a
secret! I was visiting a local factory the other
day and shortly before concluding business
with the foreman, I noticed some photos and
half marathon certificates pinned up behind his
bench. The two of us soon were swapping
stories which left the others around us tapping
their feet, examining their nails and so on.

As I was leaving, the message was: "If
you're a runner, you can come back anytime."

London - expensive and exhausting . . .

THE current sensational accusations about
Chris Brasher's handling of finances,
particularly relating to the London Marathon,
will doubtless rumble on for some time. One
way or another I hope the full truth does
emerge.

I know the London Marathon is a great
event for many runners, their families,
spectators, and charities. Whatever else is true,
Chris Brasher deserves credit for his vision
and effort in making the event what it is.

It has never been a race that has appealed
to me. One reason is that I find London a
depressing place. Far more important is that
you need a lot of stamina, not to mention cash,
to even get an entry for the event. I also find it
a bit objectionable that a guaranteed entry for a
UK competitor cost about a third of the price it
does for someone from overseas.

For those who have put in a great deal of
effort in preparation for the race, I hope that
this doesn't sour it for them. All the best on
the day.

THE SWEET SMELL OF INDUSTRIAL ESTATES

THE National Road Relay Championships
moved back to East Kilbride once again,
although over a slightly different course from
last time. Some clubs had a bit of difficulty
finding the registration point. The map
directing them to East Kilbride Sports Club
did not actually have the sports club marked
on! This meant some hilarity as clubs drove
round in ever decreasing circles on the New
Town roads. (The map of the course also had
runners going down an embankment off the
road when in fact they carried on to the next
road junction.)

Once there, some clubs were surprised to
find they were in the wrong place - registration
was split between two venues. Surely there is
somewhere where there is a good road course

adjacent to suitable changing and registration
accommodation?

Once at the start, runners, officials and
spectators were all seen sniffing the air. What
was that smell? It wasn't all that unpleasant
but neither was it all that welcome as you
struggled for air at the end of three or six
miles. It was fumes from the Jeyes factory
which was about 100 yards upwind from the
start. Perhaps this ideal road relay course
should also avoid industrial estates!

After the E to G relay in November, I
reported that some runners were lucky to have
survived at all because of the inconsideration
of drivers and the poor marshalling of the race.
Although largely well marshalled, there were a
few close shaves at East Kilbride - I saw some
runners come close, and this within a few
hundred yards of the changeover. If races are
to be run on open roads, they must be well
marshalled and the safety of those taking part
is vital.

Having said all of this, the weather was
exceptionally kind - I vividly remember the
blizzards at Livingston last year - and there
was a lot of honest endeavour. Well done to
those who took part, particularly those clubs
who managed to get a few teams out, even
without the vets who were resting up for their
relay the next day.

What makes a boy in pink?

REEBOK Racing Club have certainly made
an impact since their recent inception, not least
because of their bright pink racing colours!
Can anyone join? Or is it by invitation only?
What incentives might I expect were I able to
turn out sub five minutes miles for 10K? And
would I have to wait for 14 months before
competing for another club? Apparently not!

Panic start at Alloa

THE vets Alloa to Bishopbriggs relay was
slightly delayed at the start. One team thought
the start time was 10.30am and arrived at
10.00am as the runners were lined up across
the road. They managed to get their first leg
runners on the start line - albeit without
numbers - by parking their minibus in the
middle of the road preventing the race from
getting underway. I gather there was complete
panic all down the line as runners had to swap
places to fill in for others who hadn't arrived
at their starts on time!

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