

FROM MAIL  
ORDER SPECIALISTS  
BOURNE SPORTS

adidas  
TORSION

# THE CHAMPIONS NATURAL CHOICE



- 1 Oregon Classic, lightweight running shoe, suitable for racing and training, 6-13 inc ½ sizes, £29.99
  - 2 Torsion ZX 1000 c, for normal running style, 6-13 inc ½ sizes, £39.99
  - 3 Torsion Strider, for normal running style, sizes 6-12 inc ½ sizes, £54.99
  - 4 Torsion Network, for over pronators, sizes 6-13 inc ½ sizes, £59.99
  - 5 Torsion Response, for normal running style, 6-13 inc ½ sizes, £64.99
  - 6 Torsion Precision, for over pronators, sizes 6-12 inc ½ sizes, £69.99
  - 7 Torsion ZX 8000, for normal running style, sizes 6-13 inc ½ sizes, £74.99
- Adidas Jones Crew Neck Plain T-Shirt, 65% polyester/35% cotton, white/black, black/white, pink/black, purple/green, green/purple, green/black sizes 34/36", 38/40", 40/42", 44/46", £8.99

Adidas Stature T-Shirt, 50% cotton/50% polyester, embroidered logo on front, colours monroe (pink), ultra grape (purple), black, white, one size, £13.95

Bourne Sports Running Unisex T-Shirt, top quality USA 100% cotton garment, heavy quality with generous cut, running design on front and back, sizes S, M, L, XL, short sleeve T-shirt £10.95, long sleeve T-shirt £11.95



LESS  
THAN  
HALF  
PRICE

Adidas Oslo Tights, lightweight garment, ideal for Spring/Summer training, elasticated waist with draw string feature, fob pocket for coins and keys, Adidas trefoil logo, sewn in crease keeps tights looking smart, fabric easy wash, easy care, 100% polyester, contrast piping in white, Scotchlite reflective safety strip completely around calf, tailored stirrup for comfort, Usual £12.99, special offer only £5.95, 2 prs £11, 3 prs £16, 4 prs £20 Med and Large Only

## TOP adidas TORSION MODELS TO CLEAR



**Z X 8 0 0 0**  
Cushion Blue midsole for runners without major knee problems. Performance running shoe increases water and friction. One size 6-13, 7½, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

**Torsion Vest**  
100% polyester mini mesh, colour black/green/purple/silver, sizes 34/36", 38/40", 42/44", 46/48", £15.99

**Torsion Shorts**  
With poly cotton inner brief, 100% Crinkle nylon outer, reflective silver panel, black/green/purple/silver, 30", 32", 34", 36", 38", £14.99

**Torsion Hooded Top**  
Training Top 60% cotton, 40% polyester fabric, colours black/green/purple/silver, sizes 34/36", 38/40", 42/44", 44/46", £32.99

**Torsion Fleece Pant**  
Cuff leg fleece pant, 50% cotton, 40% polyester fabric, colour black/green/purple, silver, waist sizes 30", 32", 34", 36", £24.99

**Torsion Tracksuit**  
Shell Suit with polycotton lining, enclosed hood, 100% crinkle nylon outer, colour black/green/purple/silver with large Adidas logo on back of Jacket, sizes 34/36", 38/40", 42/44", 44/46", £79.99

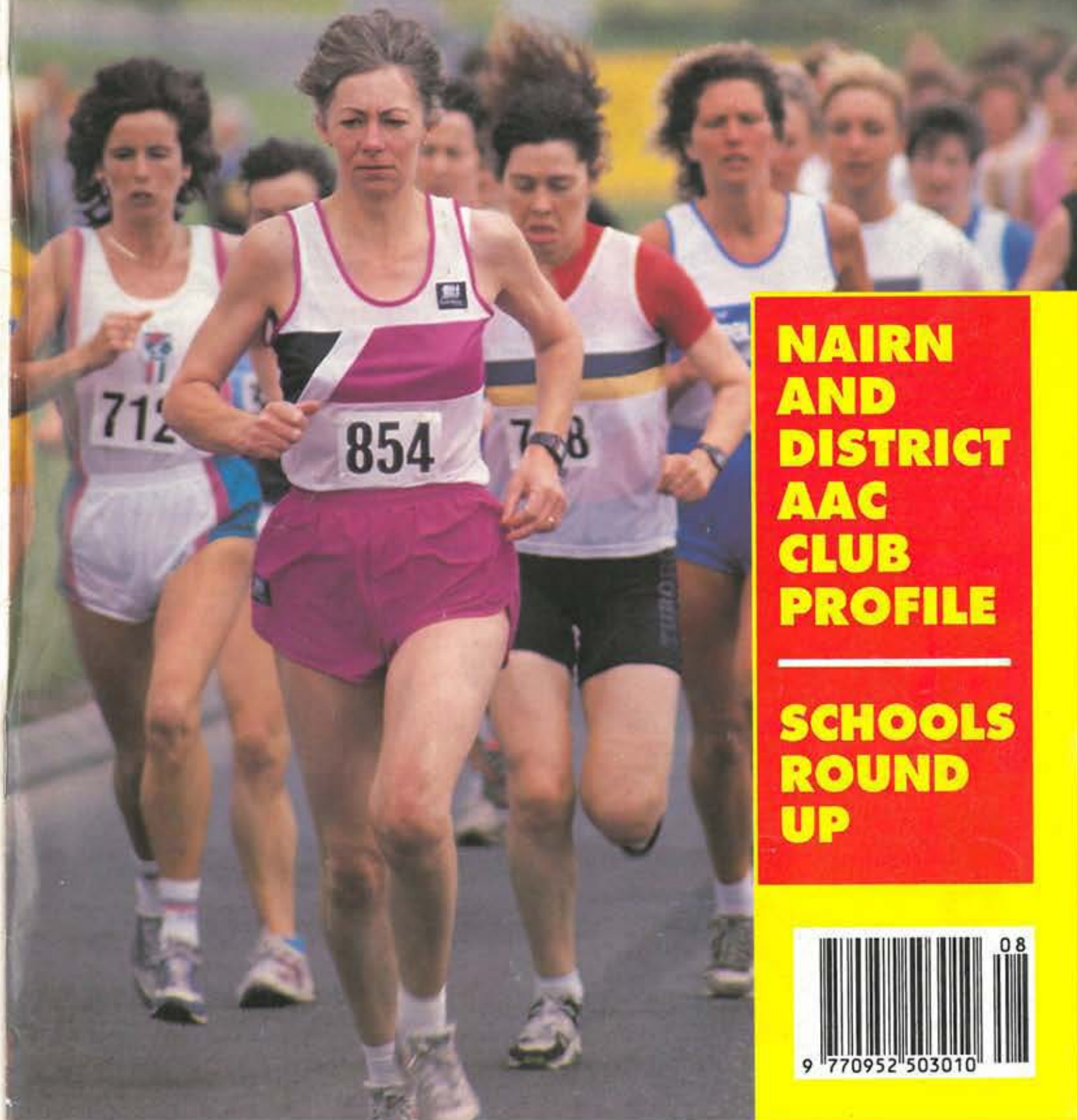
# SCOTLAND'S Runner

AUGUST 1991

£1.40

ISSUE 60

## TOMMY BOYLE ON TOM McKEAN



**NAIRN  
AND  
DISTRICT  
AAC  
CLUB  
PROFILE**

**SCHOOLS  
ROUND  
UP**





# BOURNES SPORTS SHOE SALE

Bourne Sports, Church Street  
Stoke-on-Trent, ST4 1DJ  
Tel: 0782 410411. Fax: 0782 411072  
Send cheque/postal order or telephone your  
orders quoting Access, Visa, American Express  
or Diners Card. All orders value £40 and over  
post free, other orders plus £3 post and  
packing.



**Avia 2020 Mens and Ladies**  
ARC Cushion control trainer shoe profile blend  
of cushioning that offers a soft ride while  
providing stability, addressing the needs of the  
majority of runners.  
Upper - Synthetic suede leather and comfort  
mesh featuring Avia's Dynamic Fit lacing system  
and 3-M reflectivity.  
Midsole/Outsole - Durable lightweight cushion  
gained from polyurethane heel/midfoot and  
EVA forefoot with added rearfoot ARC  
technology. Cantilever rubber outsole with solid  
rubber heel strike area.  
UK sizes Mens 6, 6½, 7, 7½, 8, 8½, 9, 9½,  
10, 11, 12, usual £39.99, offer £29.95  
UK sizes Womens 3, 4, 4½, 5, 6, 7, usual  
£39.99, offer £29.95

# Reebok



**World Cross Spike** - A world-class  
racing shoe for cross country and track.  
In nylon/synthetic suede with a  
lightweight skeletal spike plate for extra  
flexibility. A low profile EVA midsole  
provides cushioning, and a flat  
polyurethane insole offers comfort and  
support. Colour: White/grey/red, sizes  
6-12 (Weight: 224 gms size 8½), usual  
£34.95, now only £24.95



**Interval** £34.99,  
special offer £19.95



Mizuno Sky  
Medal TP

High mileage performer with Transpower  
system visible in heel solid rubber outsole, PU  
midsole. Slip lasted upper. Carbon Graphite  
shank - anti roll feature, UK sizes 7, 8, 8½, 10,  
10½, 11, usual £59.95, offer £30



Tempo TP

Solid rubber outer sole for longer wear. Slip  
lasted upper. EVA cross beam mid sole, UK  
sizes 8, 8½, 9, 9½, 10, usual £54.95, offer £30



Impact TP

Dual Density mid-sole Transpower system.  
Stabilizer heel shank, slip lasted construction.  
This shoe has features of some products  
retailing at more than twice the price. UK sizes  
6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11,  
usual £34.95, offer £25

## TOP adidas TORSION MODELS TO CLEAR



**Z X 6 0 0 0**

**Support yellow midsole**, for runners with  
over-pronation problems. Support con-  
struction with harder support and  
guidance elements. Positraction running  
sole, purolite mid-sole, unity heel, adifit  
TORSION inlay and reflector. Only sizes 5,  
5½, 6, 7, 7½, 8, 8½, 9, 9½, 10, 11,  
11½, 12½, 13½ & 14, usual £64.99  
£37.50.



**Z X 7 0 0 0**

**Guidance green midsole**, for runners with  
over-supination problems. Special  
guidance construction. Guidance element  
beneath the forefoot with special  
cushioning and guiding properties. Anti-  
supination strapping. Only sizes 5, 5½,  
7½, 8½, 11½, 12 & 13, usual £69.99,  
£39.95.



**Z X 8 0 0 0**

**Cushion blue midsole** for runners without  
major foot problems. Positraction running  
sole increases wear and traction. Only  
sizes 6, 6½, 7½, 8½, 9½, 10½, 11 & 12,  
usual £74.95 £45.



**Asics LD Racer**  
Designed for the additional demands of long  
distance road racing. Asics Gel is situated in the  
forefoot of the midsole for shock absorption  
and protection against forces associated with  
fast paced road racing. An innovative tongue  
design ensures correct positioning and aids  
better fit. Two colour solid moulded rubber for  
durability and traction. An ultra lightweight and  
duraskin upper with synthetic suede  
reinforcements for excellent support and  
breathability. (Size 9 210gms). Full size range  
available 6-12 inc. ½ sizes, usual £49.99,  
offer £39.95

# AUGUST 1991

**EDITOR**  
Alan Campbell

**ASSOCIATE EDITOR**  
Doug Gillon

**SUB EDITOR**  
Margaret Montgomery

**CONTRIBUTORS**  
Arnold Black  
Jeff Carter  
Derek Parker  
Gordon Ritchie  
Colin Shields  
Allan Wells

**DESIGNER**  
Crawford Mollison

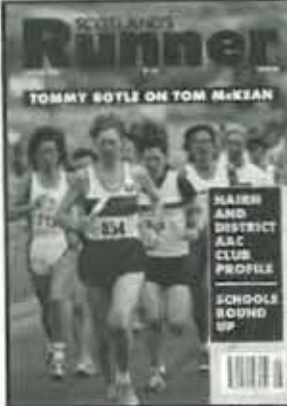
**ADVERTISING MANAGER**  
Fiona Ross

**CLASSIFIED SALES**  
Maureen Mulligan

**ADMINISTRATION**  
Gillian McCallum

**ENGLISH SALES AGENCY**  
S.M.S. Ltd  
061-839-6265

**COMMERCIAL DIRECTOR**  
Tim New



**NEWS AND VIEWS**  
7

**READER'S LETTERS**  
11

**COACHING CLINIC**  
13

**NORTH EAST NOTES**  
18

**TRACK AND FIELD**  
21

**CLUB PROFILE**  
22

**INTERNATIONAL FEATURE**  
25



Tommy Boyle. Page 13.

# contents

**SPONSORSHIP FEATURE**  
27

**UNIVERSITIES AND RESULTS**  
30

**JUNIOR PAGES**  
34

**EVENTS LISTINGS**  
36

**DIARY**  
40

**CLASSIFIED**  
41



Juniors. See Page 34.

**SUBSCRIPTION RATES: UK £18.00. EUROPE, EIRE & WORLDWIDE SURFACE MAIL £28.50. AIRMAIL £40.00.**

PUBLISHED BY SCOTRAN PUBLICATIONS LTD, 62, KELVINGROVE ST, GLASGOW G3 7SA. TEL: 041-332-5738, FAX 041-332 9880.



## THE GREAT SCOTTISH RUN 22nd SEPTEMBER 1991



### JOIN THE MD MUSCLE TEAM AND RUN FOR THOSE WHO CAN'T

- \* Muscular dystrophy is a group of diseases which are characterised by progressive muscle wastage.
- \* There is no available treatment or cure, but major advances in research give great hope for the future.
- \* The disease is usually inherited but sometimes occurs in families with no history of the disease.
- \* Muscular dystrophy affects thousands of families in the UK.
- \* One boy in every 3500 live births will have Duchenne muscular dystrophy - the most common form of the disease.

Sponsorship forms from:

**MUSCULAR DYSTROPHY GROUP**  
FREEPOST, GLASGOW G2 6BR  
Tel: 041-221 4411

Registered Charity No. 205395

**WE'VE FOUND THE CAUSE.  
HELP US FIND THE CURE.**



## MULTIPLE SCLEROSIS I WANT TO HELP!

**1 in every 700 people in the U.K. may  
have Multiple Sclerosis**

ARMS has for 15 years battled against Multiple Sclerosis on behalf of sufferers, their carers and families. ARMS range of activities includes: 1/2 million pound Research Programme; Education and Information; Telephone Counselling; Face to Face Counselling; Physiotherapy; Nutritional Advice; Speech Therapy; Continence Advice; Oxygen Therapy; Social Interaction.

A choice of 64 Centres and Support Groups nationwide.

ARMS (Multiple Sclerosis Research) Ltd., 4a Chapel Hill, Stansted, Essex CM24 8AG. Tel: 0279 815553. Registered Charity No. 268899.

I wish to help ARMS in their fight against Multiple Sclerosis. Please send me a sponsorship package and free t-shirt as soon as possible.

Name.....  
Address.....  
Tel: No. .... T-Shirt Size.....  
Name of your event.....

## Give Christie a break

THE knives, it would appear, are out for Linford Christie. The men's team captain is being made the scapegoat for Britain's failure to retain the Europa Cup at Frankfurt earlier this month.

The fickleness of press and public never ceases to amaze me. Yes, Christie mistimed his takeover from Marcus Adam, and the loss of eight, seven, or six, points cost Britain the cup.

But I cannot accept the two charges being levelled at Britain's great sprinter - firstly, that he missed relay practices, and secondly that he should have settled for a safe second (or third) place rather than try to beat the French.

The first criticism is easy to deal with. If Christie's alleged non-appearances at practice were putting the squad's chances in jeopardy, he should have been pulled out of the relay. That decision did not lie with Linford Christie, and the fact that he went to Frankfurt not only as a member of the sprint quartet, but also as men's team captain, would seem to indicate that his absences were not regarded as a serious problem.

The second argument, that he should have

held up and ensured second or third place, is harder to judge. In retrospect, perhaps he should, but that ignores the highly charged nature of the match, and the fierce competitiveness between the French and the British squads who, along with the USA, are the best in the world.

Had Adam and Christie gelled, and Christie crossed the line in world record time, would any critic have questioned the team's tactics? Of course they wouldn't. All concerned would be basking in the reflected glory of a world record.

Quite apart from the above, playing safe is a dangerous tactic in any sport. Think of the football team which plays for the draw then loses a goal in the last minute, or the golfer who tries to protect a four stroke lead by playing safe and then comes off the rails.

Given the element of chance which is always involved, who is to say that a disastrous mistake might not have occurred even at less than full throttle?

Or, what would the reaction have been if Britain had played it safe, finished third, and then lost the match by one point - a not unlikely scenario given the tightness of the match.

I say the knives are out for Christie because at the Kelvin Hall earlier this year I witnessed an amazing confrontation between him and the English press after the UK versus USA indoor

match. Suffice to say that Christie was making all the running, and was livid almost to the point of tears at what he perceived as slights on his ability in press reports.

If relationships have continued to deteriorate, then don't look for much sympathy for Christie when he hits the inevitable downslope - whether that be this year, next, or the one after.

On this occasion the heat was taken off Linford by the extraordinary rulings regarding the Soviet 4x400m team.

If, as is claimed, the reason the Soviets were not disqualified was a cynical political decision to keep them in the World Cup, then the British and the Germans must fight tooth and nail to have the men responsible turfed out of international athletics.

Meantime, I feel strongly that Linford Christie has, both as an individual and team captain, been a magnificent ambassador for British athletics. His achievements, in my opinion, more than entitle him to make the odd mistake, if mistake it was. His early run may have cost Britain the cup, but given later events was it worth winning anyway?

**Alan Campbell**



## RUN-A-WAY SPORTS

SCOTLAND'S 'PURE DEAD BRILLIANT' RUNNING SHOP

Discount to members of Clubs & Associations. Road, Fell, Track & Field Stockists.

Try your running shoes out on our treadmill before you buy.

| ASICS              |        |                      |                 | MIZUNO        |        |  |  | NIKE                     |         |        |  |
|--------------------|--------|----------------------|-----------------|---------------|--------|--|--|--------------------------|---------|--------|--|
| A6 - Gel           | 7 - 12 | £49.99               | Controller TP   | 7 - 12        | £55.99 |  |  | Pegasus                  | 6 - 15  | £47.99 |  |
| Epirus             | 7 - 12 | £49.99               | RCT Racer       | 7 - 12        | £55.99 |  |  | Pegasus Racer            | 6 - 15  | £44.99 |  |
| LD Racer           | 7 - 12 | £49.99               | Pronto 90       | 7 - 12        | £55.99 |  |  | Air Stab                 | 6 - 12  | £60.99 |  |
| Lady Gel Saga      | 3 - 7  | £44.99               |                 |               |        |  |  | Women's Pegasus          | 2.5 - 8 | £47.99 |  |
| Asics Gel          | 3 - 7  | £49.99               |                 |               |        |  |  | Women's Air Stab         | 2.5 - 8 | £62.99 |  |
| Lady Gel 111       | 3 - 7  | £49.99               |                 |               |        |  |  | Women's Air Max          | 2.5 - 8 | £62.99 |  |
| Exult              | 7 - 12 | Offer £70.99         |                 |               |        |  |  | SAUCONY Shadow 5000      | 7 - 13  | £49.99 |  |
| BROOKS             |        |                      |                 | SPIKES        |        |  |  | ASICS AP COLLECTION      |         |        |  |
| Fusion - PPS       | 6 - 12 | Special price £70.99 | Zoom Sprint     | 5 - 12        | R R P  |  |  | Asics AP Shell Suits     | S - XL  | £69.99 |  |
| Regent Plus        | 7 - 12 | £69.99               | SPECIAL         |               | £31.99 |  |  | Wind Suits               | S - XL  | £69.99 |  |
| GFS 110            | 7 - 12 | £59.99               | Rival Plus      | 5 - 12        | £27.99 |  |  | New Competition T-Shirts | S - XL  | £12.99 |  |
| Kona               | 6 - 12 | £47.99               | Lyte Track      | 6 - 12        | £47.99 |  |  | Top Runner Vest          | S - XL  | £14.99 |  |
| Charlot HFX        | 4 - 12 | £49.99               | PB 800          | 5 - 12        | £14.99 |  |  | Top Runner Shorts        | S - XL  | £14.99 |  |
| REEBOK             |        |                      |                 | CROSS FIRE CC |        |  |  | New Flame Vests          | S - XL  | £14.99 |  |
| Ventilator         | 7 - 12 | £49.99               | King Conquest 4 | 12            | £49.99 |  |  | New Flame Shorts         | S - XL  | £14.99 |  |
| Trek HXL           | 7 - 12 | £44.99               |                 |               |        |  |  | Mid Strides              | S - XL  | £14.99 |  |
| Maxim              | 7 - 12 | £49.99               |                 |               |        |  |  | Long Strides             | S - XL  | £19.99 |  |
| Mentor 11          | 7 - 12 | £69.99               |                 |               |        |  |  |                          |         |        |  |
| Racer X            | 7 - 12 | £49.99               |                 |               |        |  |  |                          |         |        |  |
| Women's Ventilator | 3 - 8  | £49.99               |                 |               |        |  |  |                          |         |        |  |
| Women's Panache    | 3 - 8  | £25.99               |                 |               |        |  |  |                          |         |        |  |
| Phase 111          | 7 - 12 | £31.99               |                 |               |        |  |  |                          |         |        |  |

MAIL ORDER AVAILABLE

COMING SOON Brooks GFS 110 - Normally  
£59.99 SALE PRICE £39.99

LOOK OUT FOR US AT HELENSBURGH HALF, AYR LAND  
O'BURNS & FALKIRK HALF MARATHON

86 Dumbarton Road, GLASGOW. 041 339 1266. Mon-Sat 9.30 - 5pm, Wed & Fri - 7pm. OPEN EVERY SUNDAY 12-4pm.

RACE ORGANISERS PLEASE SEND YOUR ENTRY FORMS

IF YOU WOULD LIKE TO SUPPORT A  
REALLY WORTHWHILE CHARITY...

### RUN FOR ARTHRITIS CARE

Through sponsored running you can help us build the new Burnlea Hotel at Largs, which every year will enable up to 2,500 people with arthritis to enjoy a rest from the constant pain and disability of arthritis. Over 8 million people are seriously affected each year and 15,000 are children.

The new hotel at Largs, like all our specially equipped holiday centres, are part of a network of welfare services improving life for people with arthritis through information, practical support and contact in over 70 branches in Scotland.

If you would like to run for a really worthwhile cause, post the coupon today for sponsorship forms and full details of the Largs Hotel Appeal.

To: Terry Wogan, Chairman, Appeals Committee, Arthritis Care, 5 Grosvenor Crescent, London SW1X 7ER or telephone Helen Macdonald at Bathgate (0506) 55905.

☐ Please send me a sponsorship pack  
Please send me a free T-shirt/Vest in size Sm/Med/Large/XL.

Name.....

Address.....

Postcode.....

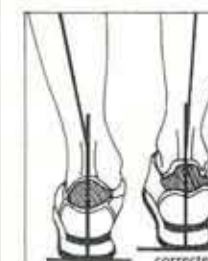
**ARTHRITIS CARE**  
ACTION FOR PEOPLE WITH ARTHRITIS



**SPORTS  
ORTHOPAEDIC  
SUPPORTS**

We offer the following services

- \*\* Video running analysis
- \*\* Custom made insoles
- \*\* Thermal Sports Supports
- \*\* Expert Advice on injuries



**SOS MARCO'S  
LEISURE CENTRE**  
GROVEST. EDINBURGH  
Opening Mon-Thurs 6.30 - 8.30 pm  
Tel. 0831 372145



## RUN LIKE ME - FOR A WINNING TEAM



**JACK BUCKNER, EUROPEAN 5000M CHAMPION  
AND  
WORLD CHAMPIONSHIP BRONZE MEDALLIST**

The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 900 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running on long hard marathons and fun runs helps us by raising money - the charity is totally dependent upon donations and our own fund raising activities. We are a winning team. Join the winning team and run for us. Write to me, Jack Buckner, of the Imperial Cancer Research Fund now for your race sponsorship pack.

Please return this slip to Jack Buckner, c/o Imperial Cancer Research Fund, 19 Murray Place, STIRLING

YOUR NAME (Mr/Mrs/Miss/Ms) \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_

Name and date of event \_\_\_\_\_

Vest ☐ T-shirt ☐ Size \_\_\_\_\_ Inches \_\_\_\_\_



**Imperial Cancer  
Research Fund**

## WE LEAD THE FIELD IN QUALITY PRINTING!

Consult our highly skilled "team"  
for all your print requirements.

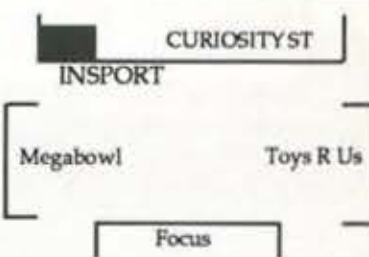
- Brochures
- Leaflets
- Letterheads
- Magazines
- Programmes

**PHONE: 041 429 4537**



**McNAUGHTAN  
& SINCLAIR LTD  
PRINTERS**

ROSYTH ROAD, POLMADIE INDUSTRIAL ESTATE,  
GLASGOW G5 0XX. TELEPHONE: 041 429 4537

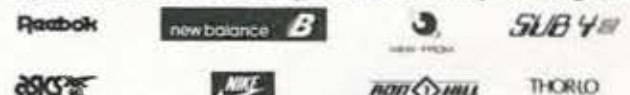


### NOW OPEN

#### Specialised Running Section

THE BEST ADVICE AT THE RIGHT PRICE - PHONE DAVE OR JUDY  
Including men's, women's and children's  
clothing and footwear.

Special runner's night on Friday till 8pm.



**Craigpark  
Curiosity Street  
Newcraighall  
Edinburgh**

Tel: 031 657 4558

**Open**

Mon - Thur 10-6pm

Friday 10-8pm Sat and Sunday 10-5.30pm

## NIGHT TO REMEMBER

IT was a night for the McColgan family to remember when they raced in the Adriaan Paulen Memorial meeting in Hengelo, writes Doug Gillon. As Liz warmed up for her first 10,000metres since successfully defending her Commonwealth title in Auckland, husband Peter clocked his fastest 3000m steeplechase, 8-27.93 finishing third in a time which is inside the qualifying mark for the world championships this year.

Inspired by Peter's run, Liz went out to prove that she is once more a major force at 10,000metres, running the fourth fastest time for that distance in history (the other three were all by Ingrid Kristiansen), 30-57.07, nearly 10 seconds inside her previous best. She lapped everyone in the field save Jane Ngotho of Kenya, who escaped narrowly in a time of 32-08.54.

McColgan had given due warning with a remarkably accurate prediction that she was in shape to break 31 minutes having won back-to-back 3000m races in three days the previous week. First there was the Germany international, and victory in 8-41.78, a race in which she blew away world champion 10,000m rival Katrin Ulrich, and then, at the Pearl Assurance games two nights later in Belfast, she clocked 8-45.19. Notable scalps on that occasion were Ngotho, US champion Shelley Steely, and multiple marathon winner Wanda Panfil of Poland.

## Morris, Neef and Davidson on course for place in World Student Games

DARREN Morris, the Scottish discus record holder from Pitreavie, improved his national record with a throw of 58.58 metres in the UK men's league match at Enfield June 22.

The record came only days after the SAAA had ratified the record which he set early last season.

The 23-year-old Morris, a physiotherapy student added 22cms to the existing mark which should earn him a place in the World Student Games team for Sheffield.

The 6ft 7ins Morris, whose parents have a sports shop in Dunfermline, had warmed up for the meeting with a throw of more than 60 metres, and during the competition an effort of similar length landed just outside the sector.

Mel Neef (City of Glasgow) has been named for the sprint relay squad in Sheffield, and Aberdeen's Mark Davidson can also look forward to a call after clocking his season's best, and the third fastest time of his life, 51.50 sec at Loughborough.



Melanie Neef

DANNY Wilmoth the Scottish Cross Country Union president from the Scottish Veteran Harriers Club, had a narrow escape when the umbrella he was holding at Airdrie Highland Games was struck by lightning. Wilmoth was stunned, but escaped injury. The weather was so bad that the meeting was abandoned.

THREE Scottish athletes are to be the first beneficiaries of the Eric Liddell Foundation, established to perpetuate the memory of the missionary who won 400 metres gold in the 1924 "Chariots of Fire" Paris Olympics. Eric Scott, Alex Greig and Allison Grey have been nominated to attend a training camp in Hong Kong, in September.

## FURTHER DELAY IN NATIONAL COACH SAGA

"I NEVER thought anyone was indispensable, but now I am beginning to wonder." That was the comment of former national coach Dave Lease on Scotland's continuing failure to name a successor seven months after he departed to take up a similar post in the south-west of England, writes Doug Gillon.

The troubled route towards replacing him has now taken a further twist with the mistaken replacement of two of the Scottish officials on the selection panel.

When the panel twice failed to reach the required unanimous agreement on former Commonwealth discus champion Meg Ritchie, the Scottish Joint Coaching committee's constitution was changed, making it possible for a straight majority vote.

Two groups have a vote on the

panel, three from the British Amateur Athletic Board, three from the SJCC. Following the change in the SJCC constitution, Isobel Docherty, one of the Board's representatives, resigned and informed the board that the two other Scottish members, Bob Greenoak and John Brown, both of whom were absent on holiday, and also stepped down.

Mrs Docherty was replaced by Jim McInnes of Dumbarton, and Dave Bedford and Margaret Elgy replaced the two other Scots. But it transpired that Mrs Docherty was mistaken in her belief that the other two Scots had resigned. At the time of going to press, SAAA secretary Greenoak was attempting to have himself and John Brown restored to the committee.

Greenoak confirms: "Both John Brown and myself were on holiday, and sent letters of apology for absence, also

detailing business that we wished raised. You would have thought that if we had resigned we would have spelled that out in the letter too.

"Irrespective of whether we get back on the selection panel, a national coach must be appointed as a matter of urgency," said Greenoak. "This has dragged on dreadfully, and I am very concerned. Scotland's four-year programme towards the next Commonwealth Games should already be in place, and we lack input in several other areas."

If there is further delay, he will ask interim coaches Carlton Johnson and Norman Brook to prepare one, but that is likely to cause a storm. Brook is Northern Ireland's national coach, funded in part by their Sports Council who are sure to ask about paying to prepare Scotland's Commonwealth schedule.

## NEW YEAR GALA WITHOUT PROMOTER

EDINBURGH'S New Year professional gala is once more in jeopardy with the decision of promoters Tom Young and his mother to end the family's association with the event.

"I don't have the time or the inclination to carry on," said Tom. "I originally did it for one year, after the death of my father, the previous promoter, in 1978." The family's interest goes back 30 years.

"It is a heart-breaking decision, but there is not enough encouragement to continue when there are poor entries and crowds," said Young.

This year's big sprint, backed by an Edinburgh kitchen firm after the withdrawal of a brewery, was down to 12 heats, compared to 22 in its heyday.

Tom's father was handicapper for promoter Marshall Braidwood before becoming promoter in 1969 and it was also Tom's father who took the sprint to Meadowbank for the first time in 1971. That was when they had the biggest crowd which young Tom can remember (over 2,500) although he was breast-fed at Powderhall when crowds were substantially bigger.

He believes that somebody will promote an event this year. "But there is no real future without going open as the big pro races in Australia have done," he said. "The hypocrisy of the amateurs, and their refusal to go open is the biggest single factor."

THE draft constitution being drawn up by a working party with a view to establishing a Scottish Athletic Federation is ready to be circulated. The SAAA general committee will receive copies by the end of July. There will be special general and executive meetings in August, and a further draft, with explanatory notes, will go to all clubs in mid-September. Discussions with clubs will then be held the following month.

KAREN Hambrook of Ashford, in Kent, the Scottish women's triple jump national record holder indoor and out, improved her outdoor mark to 12.81m in the Southern Counties Championship at Crystal Palace.



## New foundation aids talented youngsters

A new foundation formed in the memory of the legendary Scottish athlete Eric Liddell is to give three of the country's most promising youngsters a chance to attend a training camp in Hong Kong.

Decathletes Eric Scott and Alex Greig and shot putt/discus thrower Alison Grey will all attend the camp at the Hong Kong Sports Institute between September 16 and 25.

Eric Scott and Alex Greig were first and second with scores of 6180 and 5303 points respectively in the 1990 SAAA Under 20 Decathlon Championships. Eric also won the U-20 long jump championship while Alex topped the pole vault in the U-20 rankings with 4.35m.

Alison Grey was the 1990 SWAAA U-20 champion at both shot putt and discus and was first and second respectively in these events in the senior rankings for 1990 with throws of 14.29m and 44.70m. She has represented Great Britain at U-19, U-20 and U-23 level, despite having only just turned 18 years old.



Alison Grey

## Boyle is Coach of the Year

**TOMMY** Boyle recently received recognition for his coaching techniques when he was awarded the Post Office Counters Coach of the Year Award.

Boyle, mentor of Tom McKean and Yvonne Murray, both of whom received gold medals at the European Championships in Split last year, was selected for the award from a pool which also featured Ron Roddan, Mike Whittingham, John Trower, Ron Murray, Judy Vernon and John Isaacs. Presenting Boyle with an engraved

trophy and a cheque for £1,500, Frank Dick said, "Tommy's approach to coaching embodies the concept of athletic development - the development of the whole person and not just the performer."

Though the most famous athletes from the Boyle stable are undoubtedly McKean and Murray, Boyle also coaches a number of other athletes including schools internationalists Alan Cameron and Gavin Hart junior. Lorraine Dick and, most recently, middle distance runner Tony Morrell.

Another unsung hero among Boyle's athletes is Britain's leading disabled decathlete Peter Meekin.

Receiving his award, Boyle, referring to McKean and Murray's double success at Split last year, said, "That was certainly one of the highlights but there is as much fulfilment in other less high profile areas of coaching too."

The 43 year old production manager from Bull HN Information Systems already holds a Post Office Counters Master Coach award,



## Two Inches 10K

PERTH and Kinross District Council's Sports Development Team wish to bring the following two points to the attention of all runners regarding the Two Inches 10K/Fun Run on Sunday August 18, 1991.

There will be no late entries taken on the day for the 10K race so please remember to enter early. Under no circumstances will this policy change. However, runners wishing to enter the family fun run (approximately three miles) can enter on the day.

Also, due to the many vet runners participating, there will now be prizes for the first three miles and first three females.

**BILL** Blair, current staff coach at 5000 and 10,000 metres, has agreed to take on the responsibility of hill running coach.

## Mathieson's snap decision

**DAVID** Barnetson shared the lead at the halfway stage of the Scottish decathlon championships with 3519 points, on his debut at the event in Aberdeen. That included a 2.15m clearance in his specialty, the high jump (he had three narrow failures at a Scottish native record 2.18m) but on the second day he slipped back to finish third overall with 6192 points.

Anthony Southward (Stockport, 6518) overturned a deficit of 54 points in the 1500m to snatch the title from Philip Brilus (Harlow, 6464). Dinkar Sabnis of Aberdeen won the junior decathlon with 5079.

Aberdeen's Scottish champion Duncan Mathieson did not defend his title, having competed just a week earlier in Germany - a snap decision when he was stranded at Birmingham airport with his poles unable to fit into the scheduled flight for a competition in Eire.

Instead Mathieson made for Saarbrücken. His first day total of 4089 put him on target for a Scottish record, but, having missed training through injury and exams, he ran out of gas in the 1500m. He clocked 5-11.00, nearly 30 seconds slower than his decathlon best, and finished with 7338.

The highlight was a legal long jump of 7.59m, just eight centimetres short of the Scottish record which has stood since 1968.

## Nat is back on form

**NAT** Muir has shown a dramatic return to form in recent weeks with a series of road race wins - three of them outstripping Alastair Douglas. Achilles tendon and calf muscle injuries have denied him the chance of fulfilling his track potential. But there were no signs of these problems as he took the Monklands seven-mile race, the Dumbarton 10,000m, and then the Inverclyde 10K.

The third of these was the best quality, with Hammy Cox, John Duffy, Steve Gibson and Tom Murray following Muir and Douglas home. (Gibson, incidentally, went on to run the new Cumnock 10-mile race in the afternoon after Inverclyde, and again finished fifth).

Muir confirmed that form with another success, in the Polaroid 10k at Vale of Leven. Douglas, patella tendon, not to mention ego somewhat bruised, was absent, and this time it was Cox and Peter Fleming who were left trailing. It is 11 years since Shettleston's Muir was world ranked at 5000m with his Scottish record of 13-17.9, but these races confirm that Muir's future is not all behind him.

## London 1992

NO sooner, it seems, have we stopped hearing about the 1991 London Marathon but are told to get our skates on for the 1992 event.

Yes, believe it or not, application forms for next year's London Marathon are already available in branches of the TSB Bank. These should be with the organisers by September 27 at the latest so that entry forms can be sent out during October. Those accepted to run will be notified by post in time for Christmas.

A small reminder before you commit yourself to raising money for charity at the 1992 event. Demand for places always outstrips supply. In 1991 nearly 80,000 people applied to run but only 34,000 of those were successful in securing themselves a place.

So, be warned!

## WHITTLE BEATS McKEAN

**TOM** McKean, the European 800 metres champion, was stunned in his first race at the distance this year, when he was outstripped by fellow Scot Brian Whittle in the Dairy Crest Great Britain v Germany match at Crystal Palace - a match in which Ayr Seaforth's Whittle was not even deemed worthy of a place. But McKean's stablemate, Yvonne Murray made a stirring debut to her season with a 1500m win over Ellen Keissling and Yvonne Mai.

Murray had stepped down from her European championship-winning distance of 3000m, and a sign of her maturity and confidence, not to mention sprinting ability, was her willingness to linger at the rear against Keissling, European runner-up at 1500m last year, and Mai, who had beaten her convincingly in a similar tactical race last year in the corresponding fixture last year.

Whittle's was a win against all the odds, though no surprise to the under-rated Ayrshire runner. The British 800m team placings had gone to McKean, European silver medalist David Sharpe, and Steve Heard, another man trying to make his way over two laps after having stepped up from 400m.

But it was Whittle who came off the final bend as the only challenger to McKean, running him down some 25 metres from the line to win in 1-46.58 to the Bellshill man's 1-46.81.

McKean was not particularly perturbed, and certainly he did nothing



tactically wrong. "Joachim Dehmelt went from 300m out, and I had to go with him," said McKean. "It was a long sprint for my first race, particularly without having done speed work. I dare not start that too early, or I would be over the top before the races that matter - the AAA championships which are the world trials, and the worlds themselves."

It was a gutsy run by Whittle who had the benefit of a European Club championship win and a 4 x 400m relay leg to sharpen him up. Ironically the Dairy Crest win earned him nothing, since he had requested the race, and when it came to a rematch with heard two days later, Whittle was outtipped on the line, losing by one hundredth of a second in 1-46.77.

## SPORTS SUPPORTS

IT can be difficult to find sound advice on sports injuries.

However, a new clinic has now opened which may prove invaluable to all sportsmen and women - athletes being no exception.

At Marco's Leisure Centre at Grove Street Edinburgh there is now a special clinic for sport supports of

all types from individually moulded insoles to preventative supports - all prescribed by qualified experts who know about the needs of athletes.

For further information on this exciting new service contact: Marco's Leisure Centre, Grove Street, Edinburgh. Telephone: 0831-372145.

## ARE YOU IN THE RUNNING TO BE A SIGHT SAVER?

- HELP THE ROYAL COMMONWEALTH SOCIETY FOR THE BLIND RESTORE SIGHT
- \* Every year the Society restores sight to around 250,000 people and prevents blindness in one and a half million
  - \* In spite of this success over 20 million people await the services of the society and the chance of having their sight restored.
    - \* For just £5 we can perform a cataract operation.
  - \* For £160 we can set up an eye camp restoring sight to around 40 people and preventing blindness in many more.
  - \* You can help us to achieve this in 42 of the underdeveloped countries where we work.

**YOUR SPONSORED RUN CAN MAKE YOU A SIGHT SAVER**  
**ROYAL COMMONWEALTH SOCIETY FOR THE BLIND**  
 49 SOUTH METHVEN ST. PERTH PH1 5NU  
 Tel: 0738 39312



# RUN YOUR MARATHON

ON BEHALF OF

**INTERMEDIATE TECHNOLOGY**

Intermediate Technology enables poor people in the Third World to develop and use technologies and methods which give them more control over their lives and which contribute to the long-term development of their communities.

Debbie Smith Intermediate Technology, Myson House, Railway Terrace, Rugby CV21 3HT. Tel: 0788 560631  
You will receive by return a T-shirt and sponsorship forms. (Please state size)

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

SR/8/91

Registered Charity No. 247257  
Patron: HRH Prince Charles



**Intermediate Technology Development Group**

Intermediate Technology (IT) is an international development agency which works with rural communities in the Third World. Its aim is to enable poor people to develop and use productive technologies and methods which give them greater control over their own lives and which contribute to the long-term developments of their communities.

Founded in the 1960s by EFSchumacher, author of *Small is Beautiful*, IT believes that sustainable development is achieved only if the participants in the process are its architects. It regards 'development' as a process of increasing people's economic power by improving their skills, incomes and environments.

IT puts people first, ensuring that communities design and control productive technologies for their own development. IT recognises that women's technical knowledge and skills have been undervalued in the past and is promoting strategies to ensure the equal access of women as well as men to resources, services and training.

Building on the experience and knowledge it gains, IT strives to inform and influence decision makers and members of the public worldwide. Working at all levels, from the provision of education materials and curriculum development in schools to advising policy makers, IT supports small-scale producers throughout the Third World.

Registered Charity No: 247257  
Patron: HRH Prince Charles



## Run and Become Become and Run

**LONDON'S LEADING SPECIALIST RUNNING SHOP**

**NOW OPEN IN EDINBURGH**

at 56 Dalry Road, Haymarket Tel. 031 - 313 5300

(One minutes jog or two minute walk from Haymarket Station)

Vast Selection of Shoes, Clothing and Accesories

**FREE DRAW DURING JULY**

**WIN A GORETEX SUIT!**

All customers during July can enter the Draw -  
one entry per person - Winners will be notified in early August

• **1st Prize - GORETEX SUIT** • **2nd Prize - £60 SHOE VOUCHER** •  
• **3rd Prize - £40 CLOTHING VOUCHER**

**"WE'RE KEEPING THE CAPITAL RUNNING"**

## Beware of green eyed monsters warns Murray

97, Kilmacoll Road,  
Greenock.

SIR - Over the past few months I have heard and read nothing but complaints and moans about the formation of the Reebok Racing Club.

I would like to take this opportunity to call the people concerned nothing but green eyed monsters and to congratulate Alan Robson and wish him and his club every success.

Some of the comments that have been made are a piece of nonsense - things like "they've got no youth policy". Give them a chance, they've only been going for four months.

They were also accused of poaching athletes. Let's face it - there's more than one Scottish club



Left: Reebok winning the six stage relay at East Kilbride earlier in the year.

Tommy Murray

which is guilty of this, and we're all big boys now. Nobody makes you do what you don't want to.

Lastly, I'd like to touch on the subject of sponsorship. This is where the green eyed monsters come in. Any club in Scotland would have grabbed the same deal with both hands and I call anybody who denies it a liar.

Everybody who knows Alan should know he is a good club man, but because he was unhappy with his last club he decided to set up his own if things didn't change.

This was something he made no secret of, so come on get off the guys' backs and let them get on with it.

## MORE FOR THE MODEST

15, Campsie Gardens,  
Clarkston,  
Glasgow.

SIR - The running boom may well be over, however, there are a lot of us less serious runners still around.

I agree wholeheartedly with R McLean's comments in your July issue. If many races are to survive, the modest runners must be encouraged to enter, and having done so must end up enjoying the experience.

This means good publicity and good organisation. Full marks to the organisers of the Luddon 10K and the Reebok Women's 10K - plenty of information before the events, runs starting on time, excellent stewarding, plenty of people around at the finish to cheer participants in.

Also, having the women's race start after the mens on the same route allowed us slower male runners to have other participants around us for the whole distance.

Compare this to the shambles of the Brightside event where they couldn't get numbers or proper information out beforehand, and where the timing and the length of the course were incorrect; and the poor turnout of modest runners and poor stewarding of the Johnstone 10K.

If organisers want events to remain on the running calendar they need the modest runner. That means continued hard work in the areas of publicity and organisation - otherwise many runs which have been good in the past, will simply disappear for ever.

Jim McCreery



The Luddon 10K 1991 - a great success.

## Lack of clarity is unfair to pro's

24, Florence Place,  
Perth.

SIR - Reading the article by Hilary Bennet on Highland Games in the June issue I find it necessary to reply.

In reporting that Alan Pettigrew was unhappy with the considerable amount of performance drugs allegedly taken by competitors on the professional side the article goes on to report disqualification of top amateur thrower in the Scottish Championship.

Many readers could be misled by thinking that this was the Scottish Championship on the professional circuit.

Surely if such reports are to be published they should be much clearer and not so much emphasis towards amateur competitors.

A random drug testing programme has been in operation on the professional games circuit for some years now and such statements as given by Alan Pettigrew should be carefully checked before printing.

Andrew Reilly



## PERSONALITIES ARE RAISING PRICES

36, St Giles Square,  
Falkirk.

SIR - I owe a lot to Glasow. Through The Glasgow Marathon I was introduced to The Scottish Veteran Harriers Club and this has enriched me greatly.

Yet I did not run Glasgow last year, nor will I run this year and I hope others do likewise. I am asked to pay £7.75 - £8.25 to participate with celebrities and top athletes. I shall receive a T-shirt and medal. Last year's medal was a travesty, cheap and tawdry.

I have entered several events this year and none cost more than £4. "Insignificant" Alloa gave quality medals. Glenrothes gave T-shirts, unlimited tea, coffee, drinks and biscuits. Dundee gave medals of quality, unlimited tea, coffee, milk drinks and biscuits - before and after. Cumbernauld gave medals. The Scottish Marathon Club 25k had showers, tea, coffee, sandwiches, sausage rolls, biscuits and a prize, if you were good enough, for £2. Falkirk will give tea, coffee and medals.



Frank Bruno (14) in the 1990 Great Scottish Run.

I am asked to pay an excessive entry fee to publicise a company, should they not sponsor us. I have run with personalities. The McGolgans, Don

McGregor, Don Ritchie and world class vets such as Brinn, Porteous, Morrison and Stoddart at no cost. "Never was" boxers and TV cigar smokers do not rate as personalities to me. We have ample of our own deserving recognition and they will ask or expect no fee. A free entry would be a bonus.

One Glasgow official when asked "Why?" said the personalities and VIP must be paid for. I shall preserve his anonymity, hoping he was being facetious. We should not pay for that, the sponsors may if they have money to burn. If Glasgow is successful, the others may well think "if it's good for them it's good for us" and up go the entry fees.

This entry fee for Glasgow in comparison to others is a liberty and disgrace.

It is greatly inflated in comparison to others, with no corresponding greater benefits. Support athletics by encouraging those who try to do their best for us. Meanwhile, boycott Glasgow and explain why.

H. McGinlay

## Bravo Brechin

32, Helmsdale Drive,  
Kirkton,  
Dundee.

SIR - Having taken part in the Brechin 24 hour race on May 25 and 26, I felt I had to write to congratulate Allan Young and the many volunteers who through sheer hard work and organisation turned the race into a totally brilliant event.

Catering for the runner's every need they went round all the back up teams with numerous coffees and teas, homemade soup and fish suppers.

The local bakery also supplied us all with hot buttered scones at five in the morning.

This being my first experience of a 24 hour event I didn't know what to expect but I do know we all went home footsore and tired. I believe the many other runners making their 24 hour debut will agree.

Well done Allan and all concerned who helped out. Looking forward to next year.

Gail Blake

## Keep Scotland's Runner in mint condition!



In response to readers' requests, we are pleased to be able to offer top quality binders to keep your copies of Scotland's Runner in pristine condition. The attractive dark green binders have the Scotland's Runner logo embossed on the spine, and are designed to hold 12 issues. Makes a most attractive gift!

Each binder costs £5.50 (inclusive of post and packaging). To order your binder(s), please fill in the box below.

Name: \_\_\_\_\_ Please send me \_\_\_\_\_ Scotland's Runner binder(s)

Address: \_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

☐ Access No (Please tick applicable)

☐ Visa No

Cheques and postal orders should be made payable to Scotland's Runner.

SRUN 3

Send your order(s) to: ScotRun Publications Ltd, 62, Kelvingrove Street, Glasgow, G3 7SA.

## The making of

## TOM MCKEAN

In this, the second of two articles based on papers he gave at the recent European Coaches Congress in Finland, Tommy Boyle focuses on the coaching methods he has applied to Tom McKean.

## INTRODUCTION

THIS paper is based on a combination of my interpretation of current training theory and the experiences I gained working in the club situation, putting those theories into practice with athletes of different ages, abilities, and varying levels of achievement.

Initially I concentrated on sprint events, where much was learned about the special training required to develop and maintain speed up to 400 metres. The knowledge and experience I gained from this subsequently proved to be an invaluable asset as my coaching moved towards the middle distance events.

This shift in emphasis was as a result of working with a young athlete who possessed the unusual combination of having great natural speed, combined with high levels of endurance. By coincidence, it was around this time that Sebastian Coe destroyed the 800 metres world record, moving the event more favourably towards the speed based endurance athlete.

In the interim 10 years, much of my coaching time has been spent in the systematic development of 1990 European 800 metres champion, Tom McKean, and I now share with you, my interpretation on how to approach 800 metres through the 400 metres.

## EVENT REQUIREMENTS

It is essential that before embarking on any long-term development plan that the coach fully understands the current and projected performance requirements for that event, in order that he may objectively assess the potential of the athlete, to meet the competition demands, and to establish realistic interim objectives which can be used to monitor progress towards the longer-term aims.

Table (1) illustrates the performance and levels at major events:-

| EVENT           | ATHLETE      | TIME    | AV. SPEED   | BEST 400 |
|-----------------|--------------|---------|-------------|----------|
| World Record    | S. Coe       | 1.41.73 | 7.87 M Sec. | 46.00    |
| World Champs 83 | W. Wulbeck   | 1.43.65 | 7.72 M Sec. |          |
| World Champs 87 | B. Konchella | 1.43.06 | 7.76 M Sec. | 45.38    |
| Olympics 84     | J. Cruz      | 1.43.00 | 7.77 M Sec. | 47.17    |
| Olympics 88     | P. Ereng     | 1.43.45 | 7.73 M Sec. | 46.3     |
| European Ch 86  | S. Coe       | 1.44.55 | 7.66 M Sec. | 46.0     |
| European Ch 90  | T. McKean    | 1.44.76 | 7.63 M Sec. | 45.5     |
| Europa Cup 87   | T. McKean    | 1.45.96 | 7.55 M Sec. | 46.0     |
| Europa Cup 89   | T. McKean    | 1.46.94 | 7.48 M Sec. | 45.0     |
| World Cup 85    |              |         |             |          |
| World Cup 89    | T. McKean    | 1.44.95 | 7.62 M Sec. | 46.0     |

It is evident from the statistics in Table 1 that three performance levels exist, additionally, each competition presents special demands which must also be considered in long-term planning.



## WORLD RECORD

Will require preparation which includes the ability to run a very finely balanced sub-50 to sub 52-split - probably 49.6/51.8 or proportionally better.

## OLYMPIC - WORLD - EUROPEAN CHAMPIONSHIP

Will include up to four consecutive days of competition with increasing pace each day (1.46 being common in semi-finals).

## WORLD, EUROPEAN CUP

Are one-off sudden death, normally requiring high levels of tactical skill with excellent change in pace and sprinting ability in final stages.

## GRAND PRIX

With many competitors in each competition - erratic, often suicidal pace-making, but ultimately



providing the testing ground for exploring new frontiers and improving personal bests. I would include the following observations:-

- The first bend is run in lanes with the leading athletes now reaching 200 metres in around 23.5 - 24.5 seconds and 400 metres in around 49.5 - 50.5 seconds. This is around 90% intensity for an athlete with a 22 sec, 200 metres personal best.
- Failure to gain good tactical positioning after the first bend will result in the employment of sudden increases in pace with the resultant dramatic increase in energy expenditure and high levels of lactate.
- The 1500m-type athlete will run faster first laps with less protection time between first lap and their 400 metres personal best.
- The 400 type athlete runs slower first laps with greater protection time and more even splits.
- The second lap is normally run around 1.3 to 1.5 seconds slower than the first.
- Recent trends by Kenyan athletes in Grand Prix competitions have resulted in the 400-600 split time being faster, by utilizing one pace-maker to 400 and a second between 400 and 600.
- Future developments will almost certainly

result in faster first laps by 400 types through improved, specific conditioning over longer periods of time, thus enabling them to maintain closer contact with the leaders up to 600 metres and then capitalize on their ability to sustain sprinting form in a climate of high endurance factor, and to sprinting form in the home straight.

- This will require that the athletics career of the 400 to 800 type racer, is planned in such a way that he begins the transition early enough to allow adequate time for development of specific endurance, and to gain increasing experience on how to use that endurance to its maximum effect in the race situation, ultimately, at world level.



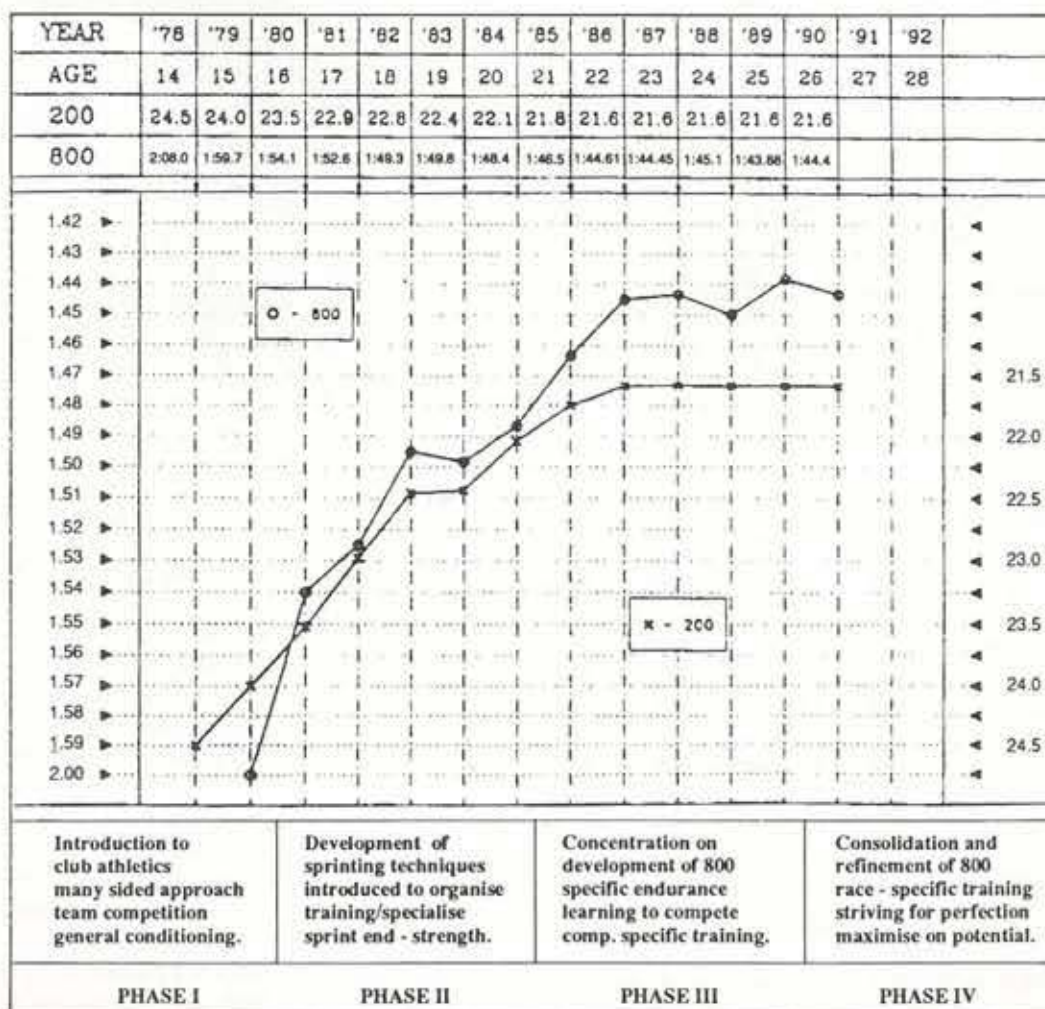
## CAREER DEVELOPMENT 400 TO 800 METRES -

### The three main pathways:-

1. Athletes who fail at 400 metres because they do not possess the basic speed over 100 metres, but persevere for too long before making the transition. This category has the least favourable opportunity to succeed at the highest levels but will succeed in one-round competitions with slow first laps. It is a common mistake for this type of athlete to embark on a programme with dramatic increases in volume.

2. Those who move very quickly up through the distances with no real plan. They usually start late in athletics and due to individual circumstances at clubs, schools and colleges, do not spend enough time at any distance to develop either their sprinting ability, strength, or specific endurance. They tend to produce excellent results for one or two years and then either become injured, or performance deteriorates.

3. Those developed through a systematic programme aimed at producing an athlete equipped to meet the highest performance requirements at 800 metres. This approach was used with Tom McKean, and is outlined here to illustrate the key points of emphasis in each phase and to show a practical example of a long-term plan. Ref. Table 2 below:



## PHASE I

### Introduction to athletics

Probably the most important stage, and the one where much of the talented youth is lost to the sport. Progression is often accelerated with intensive sprint training and high volumes of endurance training, both of which have the same negative effect on long-term future development.

This should be the fun time, training 3 to 4 times each week with a many sided approach, competition mainly through team events with cross-country races and general aerobic conditioning in winter, multi-events in summer.

Education on the rules should be conducted and an overall appreciation of all track and field events established.

## PHASE II

### Training for the development of speed

The theory and practice of speed development for the growing athlete are now well-documented. However, it is essential in this particular situation to be aware of the following special considerations:-

- The structured programme of training must ensure that not only the short-term objectives of speed and special endurance for the 100/200/400 metres are achieved, but that a systematic foundation of conditioning is gradually established to prepare for the significant increase in repetition and duration which will be required at a later date (building for the future).
- Great emphasis must therefore be given to the efficient execution of technique in all aspects of running and special exercise.
- Strength training is introduced and a foundation firmly established - basic lifts well taught. This must not be accelerated as it is the strength gained and utilised in the development of speed in this phase which will ultimately decide what level the athlete can reach in 800 metres.
- Just as speed should never be far away from the diet of an 800 performer (Peter Coe), endurance conditioning should never be excluded. Over distance track repetitions, aerobic intervals and longer duration running must be maintained as a secondary objective.
- Ultimately, the decision to move up to 800 metres as the main competition objective will be influenced by many factors - but this should not be delayed until 400 metre racing is perfected.



## PHASE III

### Development of 800 metre training & racing (REF. APPENDIX 1)

We now have an athlete who can consistently produce around 22 sec. - 200 metres/sub 1.47 - 400 metres and probably a one-off 800 metres in sub 1.50. The coach must now carefully construct a plan of training and competition which will gradually expose the athlete to increasing volumes and intensity in training and higher levels of competition. Over a period of 3 or 4 years the competition planning should consider:-

- A restricted number of competitions in first year due to limited endurance background.
- Low-level district competitions where the opportunity of winning is high, and improvement in personal bests will give confidence in training.
- National championships give experience of qualification rounds.
- European circuit or invitation races are essential to provide the necessary competition standard to lower personal bests, even if the athlete is last in the competition.
- The concept of peaking for main competition period is established.

- Major championships require special preparation, including time away from home, living in a competition village, organisation of food and drink, disruption of normal living, training routine - these all form part of the learning process which is never ending.
- The conclusion of one competition year will see a reassessment of the actual situation versus plan, and a reevaluation of training before planning the next competition season and training progression.

### TRAINING TRANSITION 400 - 800

Having established a competition plan, training emphasis will gradually be altered to meet the requirements of the 800 metre event, and it is at this point that the coach will now become more aware that there is a difference between the conventional, middle distance training norms which have been researched, documented and practised for many years, and those of sprinter types who have different muscle composition, higher working pulse rates and are normally more highly excitable individuals. Care must be taken to ensure that the differences are noted, evaluated and taken into account when planning the training progressions. The individual training methods will vary depending on your coaching philosophy, however I would offer the following observations:

### AEROBIC ENDURANCE

Improvement in aerobic capacity is best obtained through prolonged high intensity runs as near to the anaerobic threshold as possible. It is of particular importance for this type of athlete to quickly establish the correct training speed. This is best achieved by testing in the laboratory situation, where using a treadmill, controlled speeds, and blood lactate analysis, the anaerobic threshold can be established. This ensures that the athlete, by working as close as possible to the limit, will be able to get the maximum benefit from minimal distances and as the process of adaptation takes place, testing is repeated, the pace increases and the athlete will now be running aerobically at greater speed with higher pulse rates.

However intensity runs will be utilised for aerobic maintenance and will be around 20 seconds per kilometre slower. Recovery runs will be around 40 seconds per kilometre slower, but will still exhibit higher pulse rates than normal. See table 3 on top of following page.

### GENERAL CONDITIONING

Circuit training is especially beneficial for the 400/800 athlete as it can be constructed in many ways within a training programme and gradually working towards selected exercises where repetition can be increased through stage training and then the interval removed to give a very high strength-endurance effect when executed with speed.



Table 3 - which illustrates a typical 'OBLA' - 'AT' run by Tom McKean, progressing from 18.00 KPH in November to 20 KPH in May (1/2 times wk).

| Oct/Nov — General                                                                                               | Dec/Jan — Staged                                                                                                              | Feb/March — Interval                                                                                                                            |     |      |          |
|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|----------|
| Many different exercises with low repetition in a circuit format, technically correct, up to 20 mins continual. | 8 Exercises with 30 Sec recovery between exercises.<br><br>1 x 4 x 15<br>1 x 4 x 20<br>1 x 4 x 25<br>2 x 3 x 20<br>2 x 4 x 25 | 8 Exercises in circuit format, no recovery between exercises, 2 mins between circuits.<br><br>1 x 4 x 25)<br>2 x 3 x 25) timed<br>★ 2 x 4 x 25) |     |      |          |
| ★ Example of lactates measured on 2 x 4 x 25 circuit.                                                           |                                                                                                                               |                                                                                                                                                 |     |      |          |
| NO.<br>EXERCISES                                                                                                | REPS                                                                                                                          | TIME                                                                                                                                            | HR. | REC. | LACTATES |
| 8                                                                                                               | 25                                                                                                                            | 2.15                                                                                                                                            | 175 | 2.00 | 7.5      |
| 8                                                                                                               | 25                                                                                                                            | 2.05                                                                                                                                            | 183 | 2.00 | 8.1      |
| 8                                                                                                               | 25                                                                                                                            | 1.58                                                                                                                                            | 187 | 2.00 | 8.1      |
| 8                                                                                                               | 24                                                                                                                            | 1.55                                                                                                                                            | 191 | 2.00 | 8.1      |

### STRENGTH TRAINING

The use of weights is a natural progression from free body circuits for:-

- Maintenance of maximum strength gained in speed development phase.
- Elastic strength with loading of 70% - 85%.
- Most important for the development of special strength endurance with high reps and sets at 50% - 75% loading.

The other form of aerobic endurance which has proved beneficial is extensive intervals, being particularly valuable in preparing for the development of anaerobic endurance.

See table 4 below.

Example of heart rate curve for mixed session on 28-12-90 -

### TRACK TRAINING

Experience again has taught that it is better to keep things simple, with standard distances being used, building up the number of repetitions and sets at lower intensities, cutting recoveries and then increasing intensity and recovery towards the main competition season. It sounds simple; it is; and it works for this type of athlete.

Examples of progression are given in table 6 on facing page.

This method of structuring training allows the

coach to monitor the effects very closely, but most important of all, ensures that the athlete is prepared for the specific requirements of the event.

The following points listed below should also be considered:-

- Volume and velocity must be carefully monitored to ensure that training loads are not increased too quickly.
- The actual effect of the session should be checked to ensure that what is planned to be speed endurance, is speed endurance. If the competition demands, for example, 16 millimoles of lactate per litre, then the training must ensure that eventually the athlete must be subjected to sessions which give that effect and he learns to run with that level of lactate accumulation.
- Adequate recovery must be allowed between high intensity sessions - this is especially important in the first year of transition.
- The athlete will require to be conditioned to run heats and finals.
- Competition specific practices must be devised by the coach to practice running at high speeds with changes in pace against opposition.

Video feedback of tactical errors is imperative. Faster types believe they can rectify errors by changing speeds. This is a natural response for them.

- Gradually a successful mix will be established for the individual athlete and each year refinements will be made until perfection is established.

| NOV - DEC                                                                                                    | JAN - FEB                                                        | MARCH - APRIL                                                             | MAY - JUNE                                                                   |
|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Surface - Grass<br>Timed run effort -<br>Recovery on 1/1 ratio                                               | Surface - Cinders<br>Timed run 1/1 ratio<br>Moving to 100M dist. | Surface - All Weather<br>Timed run 4/5M recovery<br>15 mins between sets. | Surface - All Weather<br>Timed Run moving to<br>600/200 with 1 min recovery. |
| 2 x 3 x 90 Sec                                                                                               | 3 x 3 x 2 1/2M                                                   | 3 x 2 x 1000 in 2.40 - 6.25MS                                             | 2 x 1000 - 2.20 - 7.1MS                                                      |
| 2 x 3 x 2 Min                                                                                                | 3 x 3 x 3M                                                       | 2 x 2 x 1000 in 2.30 - 6.7MS                                              | 1 x 1000 - 2.15 - 7.4MS                                                      |
| 2 x 3 x 2 1/2Min                                                                                             | 3 x 2 x 1000 Dist.                                               | 1 x 3 x 1000 in 2.25 - 6.9MS                                              | 600 - 79 - 7.7MS<br>1 x 200 - 26 - 7.7MS                                     |
| AEROBIC → LACTIC → SPECIFIC ENDURANCE (STRENGTH) → SPEED →                                                   |                                                                  |                                                                           |                                                                              |
| THE STATUS OF THE ATHLETES FITNESS AND THE ADAPTATION TO LOAD ARE AGAIN MONITORED USING TREADMILL - LACTATE. |                                                                  |                                                                           |                                                                              |
| EXAMPLE                                                                                                      |                                                                  |                                                                           |                                                                              |
| 1.3.90 - 1000 AT 24.8 K.P.H. - 8.7 MM ol/L                                                                   |                                                                  |                                                                           |                                                                              |
| 206.90 - 1000 AT 27.7 K.P.H. - 8.2 MM ol/L                                                                   |                                                                  |                                                                           |                                                                              |
| T. McKEAN 1990 STATUS                                                                                        |                                                                  |                                                                           |                                                                              |

### PHASE IV

## Consolidation and refinement

This is where we are currently at with the athlete, Tom McKean, and perhaps in two or three years I shall be able to write with authority on this subject, but until then, good luck with your coaching.

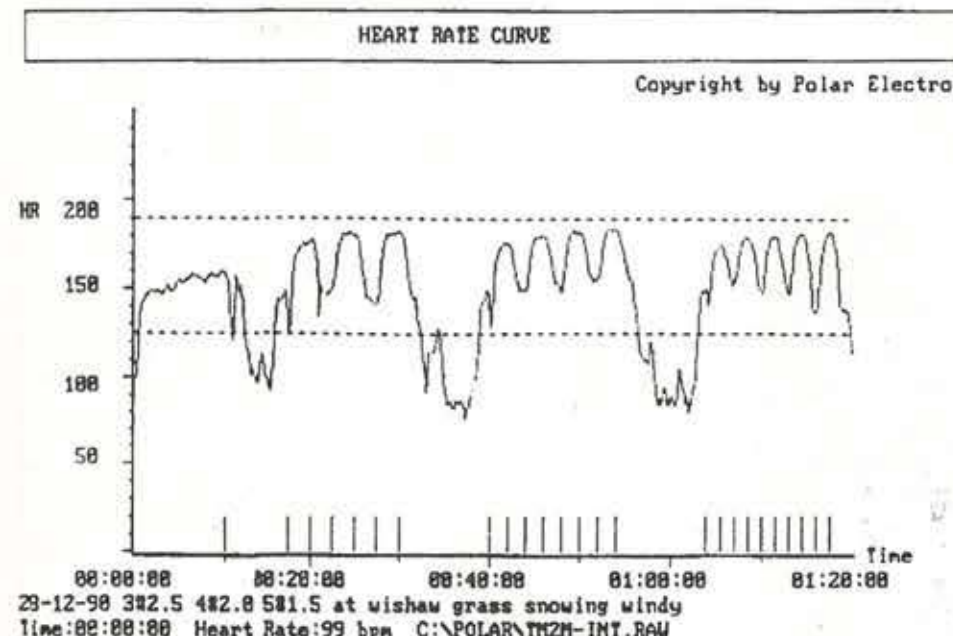


Table 5

| 1000 METRES |                                   |            |        |        | 200 METRES                        |         |       |       |        |
|-------------|-----------------------------------|------------|--------|--------|-----------------------------------|---------|-------|-------|--------|
| MONTH       | EX 1                              | EFF/SEC    | VEL    | VOLUME | EX 1                              | EFF/SEC | I INT | VEL   | VOLUME |
| APRIL       | 2 x 2                             | 2.40/3-10  | 6.25MS | 6000M  | 3 x 3                             | 30/90S  | 73%   | 6.6MS | 1800M  |
| MAY         | 1 x 3                             | 2.25/3M    | 6.7MS  | 4000M  | 3 x 4                             | 30/60S  | 73%   | 6.6MS | 2400M  |
| JUNE        | 1 x 2                             | 2.20/10M   | 7.1MS  | 2000M  | 3 x 3                             | 26/75S  | 84%   | 7.7MS | 2400M  |
| JULY        | 1 x 1                             | 2.15/-     | 7.4MS  | 1000M  | 2 x 3                             | 24/2M   | 91%   | 8.3MS | 1200M  |
| AUG         | 1 x 2                             | 79 Sec/30M | 7.6MS  | 1200M  | 1 x 3/4                           | 22/23S  | 96%   | 8.6MS | 600M   |
| AUG         | COMPETITION SPECIFIC DIFFERENTIAL |            |        |        | COMPETITION SPECIFIC DIFFERENTIAL |         |       |       |        |

Table 6

## DEREK PARKER'S SCHEDULES

### EXPERIENCED

#### Week One

Sunday: 90 to 120 minutes of grass running.  
Monday: 75 to 90 min fartlek inc. 12 x 75 secs. fast (jog 90 and 60 secs rec).  
Tuesday: 30 min steady.  
Wednesday: 10 miles steady.  
Thursday: 20 x 300 m at 5K pace (20 sec rec).  
Friday: Rest or 20 to 30 min easy running.  
Saturday: 12 to 15 miles steady.  
Morning runs, if done, should be of 20 to 30 mins. Duration 4 to 6 times per week.

#### Week Two

Sunday: As Week One.  
Monday: 75 to 90 min fartlek inc 30 x 30 sec fast (30 secs jog rec).  
Tues, Wed, and Fri: As Week One.  
Thursday: 3 x 1600 metres at 5K pace (90 to 120 sec recovery) + 1 x 200 metres full effort starting 90 sec after final 1600.  
Saturday: Race for 12 to 15 miles steady.  
Morning runs as Week One.

### Week Three

Sunday: As Week One.  
Monday: 75 to 90 min fartlek inc 20 x 45 sec fast (jog 60 and 45 sec recovery).  
Tues, Wed, and Fri: As Week One.  
Thursday: 2 x 4 x 400 metres at 1500 metres pace (60 to 90 secs recovery between reps/2 laps jog recovery between sets).  
Saturday: 12 to 15 miles steady.  
Morning runs as Week One.

### Week Four

Sunday: As Week One.  
Monday: 75 to 90 mins fartlek inc. 10 to 90 secs fast (120 and 60 secs jog rec).  
Tues, Wed, and Fri: As Week One.  
Thursday: 6 x 800m at 5K pace (45 to 60 secs recovery) + 1 x 200 metres full effort starting 90 secs after final 800.  
Saturday: Race or 12 to 15 miles steady.  
Morning runs as Week One.

### CLUB LEVEL

#### Week One

Sunday: 75 to 90 mins, of grass running.  
Monday: 60 to 75 mins fartlek inc 20 x 30 secs fast (jog 45 and 30 secs recovery).  
Tuesday: Rest or 20 mins easy running.  
Wednesday: 8 miles steady.  
Thursday: 16 x 300 metres at 5K pace (30 to 45 secs recovery).  
Friday: Rest or 10 to 15 mins jog.  
Saturday: 10 to 12 miles steady.  
Morning runs, if done, should be of 20 to 30 mins duration two or three times per week.

#### Week Two

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek inc 10 x 60 secs fast (jog 120 and 60 secs recovery).  
Tues, Wed, and Fri: As Week One.  
Thursday: 3 x 1600 m at 5K pace (120 to 180 secs rec) + 1 x 200m full effort starting 90 secs after final 1600.  
Saturday: Race or 10 to 12 miles steady.  
Morning runs as Week One.

### Week Three

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek inc. 12 x 45 secs fast (jog 75 and 60 secs recovery).  
Tues, Wed, and Fri: As Week One.  
Thursday: 2 x 4 x 400m at 1500m pace (60 to 120 secs recovery between repetitions/2 laps jog between sets).  
Saturday: 10 to 12 miles steady.  
Morning runs as Week One.

### Week Four

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek inc 30 x 20 secs fast (30 and 20 secs jog recovery).  
Tues, Wed, and Fri: As Week One.  
Thursday: 6 x 800 metres at 5K pace (60 to 120 secs recovery) + 1 x 200 metres full effort starting 90 secs after final 800.  
Saturday: Race or 10 to 12 miles steady.  
Morning runs as Week One.



## High standard provokes angry reaction

THE prevailing humidity wasn't the only thing to send temperatures soaring at the Aberdeen 10K Championship, centrepiece of the first City of Aberdeen Milk Marafun.

The decision to confine the championship field to runners "capable of 38 minutes or less" prompted an angry reaction from a number of would be competitors for what turned out to be a 135 strong entry.

More than 700 settled for the secondary 10K Milk Fun Run.

Astonishingly, the most dramatic kick back came from the ranks of Aberdeen AAC - the club that just happened to organise the event!

One time marathon runner Terry Kerr was so irate at the time barrier that he drew up a petition of protest, initially unaware that Aberdeen AAC officials had recommended the cut-off time to the race committee.

"I won't be competing as a point of principle," said Terry as he watched the field, which included wife Bing, leave the starting line. Several others who did compete agreed that the 38 minute cut off was the wrong approach.

Aberdeen District Council staff who collated the entries admitted being on the receiving end of several telephoned complaints. "In each case the caller thought it was ridiculous to impose a time limit and hoped the committee would review the situation for next year," said one member of the City Arts Department staff.

Added a race committee member: "We are aware that feelings are running high. Obviously we will take a close look at the situation for next year."

Our idea was simply to identify the faster runners and encourage the less competitive to take part in the fun run."

Meantime, Terry Kerr's petition of protest - which condemns the race committee for "devaluing the event by adopting a policy of discrimination against good quality local runners" -



Terry Kerr

gathers Aberdeen AAC names.

"It is available to the race committee any time they want to see it," said Terry.

Ironically, it was three former members of Aberdeen AAC who dominated the race.

Chris Hall, the Welsh-born, Aberdeen based runner who has switched his allegiance to Dundee Hawkhill Harriers, proved he is on song for an active track season with Haringey by kicking clear in the early stages to win in 30-33.

Metro Aberdeen's Fraser Clyne, making a comeback after five months on the sidelines through injury, lamented the lack of fitness when struggling from the two-mile mark before finishing second in 31-20.

And Simon Axon was less than pleased with a third place 32-11, despite his race fitness. "Perhaps I'm running too many races," said the Hunter's Bog Trotters athlete who failed to live up to pre-race expectations in this year's ADT London Marathon.

But there was nothing wrong with the 32-21 fourth place enjoyed by leading veteran Colin Youngson (Aberdeen AAC) as he edged out Metro's Rob Taylor and clubmate Ian Williamson in the battle for fourth, fifth and sixth places.

The host club were equally delighted with the progress of women's race winner Debbie Porter who returned a personal best of 36-56 on a day when former Scottish women's marathon champion Janine Robertson marked a visit to her native city with a good second place 38-55 - just a fortnight after competing in the Dundee Marathon. Student Morag Campbell slashed almost nine minutes off her previous best with a third place 41-36.

## New lease of life for old trophies

THREE of the North-east's oldest athletics trophies have surfaced after more than 50 years.

The Sunlight Prize Cup, the Milne Challenge Cup and the Evening Express Challenge Cup have been handed over to Aberdeen AAC following the death of Arthur Lobban, a top North-east distance runner of the 1930s.

Mr Lobban was a former secretary of the Aberdeen YMCA Harriers, the club which won all three trophies when they were last



Fraser Clyne

competed for - in season 1938-39.

The old trophies are to be put back into circulation. The Evening Express Challenge Cup will go to the first local team in Aberdeen University's annual relay race on the city's Beach

Esplanade.

The Milne Trophy is to be competed for by Aberdeen AAC, Metro Aberdeen, and Aberdeen University in an open six-mile team race. The Sunlight Cup, renamed the Lever Brothers Trophy in keeping with the company who made Sunlight soap, will be awarded to the first woman in the six-mile race.

The Kirkhill 8 - the traditional pipe-opener to the cross country season in the Aberdeen area - has lost its local company sponsor.

Aberdeen AAC members who organise the eight-mile race in Kirkhill Forest are now in the market to back the event, which will take place on October 8.

## Surprise defeat for Fraser Clyne

THE annual Scolty Hill Race at Banchory threw up a record 129 entries - and a shock.

Fraser Clyne (Metro Aberdeen), unbeaten in his ten previous Scolty outings, for once failed to dominate the 800ft climb to the summit and could never quite get back on terms with Simon Axon, the Hunter's Bog Trotter winning by 13 seconds.

And the rain drenched five mile course signalled the end of a hectic four race schedule in Clyne's countdown to a hard summer training programme aimed at a return to marathons in Sacramento in December.

Axon's winning time was 30-47 - a full minute outside Clyne's course record of 29-45, set in 1983.

Women's course record holder Lynda Bain (Aberdeen AAC) confirmed her new appetite for hill running with a clear cut win in 35-51 on a day when clubmate Ulli Simpson sliced 1-50 off Margaret Stafford's women's veteran record. A third Aberdeen AAC runner, Jackie Nuttall, set a new women's over-40 record of 42-29.

**RUSSELL SMITH**



## CANCEL CANCER

QUEST funds unique non-animal research to develop routine testing for early signs of cancer, before a tumour develops.

It is a marathon to raise the money needed because each type of cancer requires separate research. We have now developed two new tests and the research has received international recognition.

**WILL YOU RUN FOR QUEST,**  
especially in the  
**GREAT SCOTTISH RUN**

Every week there are  
4,000 new cases of Cancer

**CANCER IS CURABLE BUT  
EARLY DETECTION IS VITAL**

Jean Pitt founded QUEST after her son died from cancer.  
QUEST is administered from her home in Essex.

Please send for our newsletter, sponsorship forms, leaflets and free T-shirt/singlet.

Name ..... Mr/Mrs/Miss  
Address .....  
Postcode .....  
Please send T-shirt/Singlet ..... (M,L,XL)  
Name of Event .....  
Date of Run .....

### QUEST CANCER TEST

Woodbury, Harlow Road, Roydon, Essex, CM19 5HF  
Tel. 027979 3671/2233 during office hours  
027979 2233 outside office hours  
Registered Charity No 284526

## NEW SUBSCRIBER OFFER FOR SCOTLAND'S RUNNER



Start your 12 months subscription to *SCOTLAND'S RUNNER* now and receive a **FREE** Scotland's Runner T-Shirt.

These 100% cotton white t-shirts are embroidered with the purple and green *Scotland's Runner* thistle logo and are available in all sizes.

To receive your free t-shirt, simply complete the coupon below indicating your size. Payment can be made by Access/Visa card or cheque for £18.00.

**Send to: ScotRun Publications Ltd,  
FREEPOST, Glasgow G3 7BR.**

From ☐ Mr ☐ Mrs ☐ MS (please print address below)

Name: .....

Address: .....

Post Code: ..... Tel No: .....

☐ Access No  
(Please tick applicable)

☐ Visa No

SIZE: ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ XL ☐ XXL

SRA



# Sport For All

*Scotland's Runner concludes its two part look at some of the many worthwhile causes which athletes run for.*

THE Multiple Sclerosis Society in Scotland is one of many charities which has benefited in recent years from donations from runners - and their generous sponsors.

Besides being the biggest funding organisation into multiple sclerosis research in the country, the Society continues with and is expanding its provision of holidays for its disabled members.

This year, expenditure on renewing and replacing its self-catering caravans and chalets specially designed for disabled people amounted to £75,000 - and this is quite apart from the major expenditure on fully-staffed nursing and holiday homes.

As they receive no direct government grants, they have to rely on the generosity of the public to make possible all of this vital work. They rejoice that so far, in spite of the many other worthy appeals to their generosity, the public has never let them down!

Anyone who takes part in sport understands a handicap. If you are a good runner you start behind a slower one and so on. Realistically, we all have handicaps. Some of us are tall and skinny and can make good distance runners, others are short and muscular and do well as sprinters.

But physical handicaps are different, particularly if they threaten your whole existence. Cystic Fibrosis is one such handicap. Around 600 people suffer from this in Scotland and very often it leads to a nightmare existence. CF affects the lungs and the digestion by turning the normal mucous into a thick sticky gunge. As a result it is not easy to digest food without help and the lungs are very easily damaged by infections.

If you can imagine a life dominated by physio sessions, twice and often three times a day being pummelled and thumped to loosen the mucous, and up to 60 enzyme pills each day with your food, you get some idea of the effects of CF. These young people are a special group whose courage and will to live are inspiration to all of us "normal" people.

Old age can be a difficult time of life. Though it should be a time when people are taken care of and respected, the reverse is often more true. There is, however, at least one

organisation doing something about this - Age Concern Scotland.

With over 200 local groups providing practical services and social activities for the older age-group, Age Concern Scotland is extremely valuable not just to old people themselves but to their relatives and friends.

Apart from providing practical support Age Concern Scotland also ensures that the rights of old people are protected and campaigns for improvement to existing services.

All the money which it uses to carry out its many aims is raised in Scotland. Interested runners should contact the charity's Edinburgh office about raising the much needed funds.

There are of course many worthwhile charities to run for. Age Concern Scotland is undoubtedly one of them. So too is the Raeden Centre in Aberdeen.

Entering the Centre you could easily mistake it for an ordinary nursery school. There are toys and colourful paintings everywhere, and the rooms are filled with the sounds of busy children at play. But these children have special needs and the centre caters for them in a unique way.

Here under one roof is offered a combination of medical and educational advice and treatment for preschool children with a wide range of problems.

They may have physical disabilities, behavioural problems, defects in hearing, speech or vision. Often they have more than one difficulty. At Raeden, the child is treated as a whole, with the help of a comprehensive assessment by a team which includes paediatricians, nurses, teachers, physiotherapists, occupational and speech therapists, psychologists, social workers and health visitor. The team is backed up by visiting surgeons, psychiatrists, geneticists, dentists and teachers for the deaf and visually handicapped. In addition to the assessment unit there is a day nursery and a nursery school. About 60 children come to Raeden every day.

Originally set up to treat children with severe problems, the centre has broadened its

activities over the years to include children with mild or temporary problems which can often be treated quickly.

If the children can be helped early enough, they will do well; about 50% of Raeden's children move on to ordinary schools. It is due to the generous support of the Friends of Raeden that the centre has been able to go from strength to strength.

Another very worthy cause is Muscular Dystrophy. Muscular Dystrophy is a disease which brings tragedy to the thousands of adults and children affected by it.

In its most severe and common form, it is fatal. This type - Duchenne - affects only young boys, causing their muscles to gradually waste away until they are virtually helpless. Few such youngsters outlive their teens.

With girls and adults, the different forms of the disease may be less severe, enabling them to live fuller lives. The Muscular Dystrophy Group funds medical research into all forms of the disease and recently great advances have been made in scientific knowledge.

Resulting from this, it is now true to say that an effective therapy for Duchenne muscular dystrophy is within the foreseeable future. How long will it take?

Well, no one can say for sure, but what we can say with absolute certainty, is that the more money we can raise for these exciting research programmes, the earlier the answer will be found.

On counselling and care the group has vastly expanded the amount of money it spends on its patient care and support services, and now has fifteen family care officers throughout the UK, funded by the Muscular Dystrophy Group.

All the charities which have been mentioned in this article rely heavily on the generosity of ordinary individuals. If you have a talent then your chances of contributing significantly to a chosen charity by raising sponsorship are higher than most. One such talent is running. Every year, thousands of runners use their physical ability to help those less fortunate than themselves. If you haven't already joined them, why don't you?

## PICK OF THE MONTH

*Colin Shields reviews the highlights of the track and field events which took place in June.*

EVEN with the national championships being held in July, the month of June maintained its traditional position as the busiest period of activity for track and field athletics in the Scottish calendar.

For young athletes it was a crowded month, with the under 20 championships and the schools championships and inter area meeting being held at too frequent intervals. The senior athletes had a pressure free period preparing for the national championships.

It was a very busy month for schools competitors, with divisional sports being held just a matter of days before the national championships, at Grangemouth for boys and Crownpoint for girls.

Jason Allan set a personal best of 2.01 metres in the high jump at Dunbartonshire championships just three days before the rain spoiled the championships at Grangemouth where he cleared 1.94 metres for a group A visitors.

His Boclair Academy teammate Colin Young ran 1-56.2 to win the 800m after recording an outstanding double in the Dairy Crest Under 20 Championships at Meadowbank. Young won the youths 400m in 50.28 secs and the 800m in 1-55.00; and showed his consistency with an 800m record win of 1-55.0 at the Woolworths West District Young Athletes League at Dumfries.

The Eric Liddell Memorial Trophy for the most meritorious performance of the SSAA boys championships was awarded to Stuart Sutherland (Tain Royal Academy) for his Group C 400m metres record run of 53.1. The Frances Barker Trophy in the girls championships was the subject of much debate.

Record performances over the Group A hurdles were deemed as being eligible for the award with Sarah Ramminger's wind assisted run of 14.2 for 100m hurdles and Suzanne Wood's time of 62.6 for the 400m hurdles being considered. The Judgement of Solomon was exercised with the decision of the award, together with the hurdles trophy, being shared between the two girls.

The men's Panasonic League produced exciting competition with Shettleston Harriers showing a glimpse of past glory when winning the Division 1 match from ESPC who suffered an upset in their usual consistent string of league wins.

The Edinburgh club were not so successful in the British League Division 2 where, weakened by important defections to the ranks of Edinburgh Reebok Racing Club, they performed well below expectations.

Rivals Caledon Park Harriers, strengthened

by many secondary first claim Scottish athletes, have reserved their best efforts for the British League and, after winning the Division 2 match on June 23 are worthy leaders and have hopes of promotion to Division 1 next summer.

Edinburgh Woollen Mill, recovering from a poor start to the season and the loss of highly valued club officials, won the Division 1 match of the womens' league. They gained revenge over the newly formed City of Glasgow AC and are both tied in the lead of Division 1 with just one match to go.

Internationally, the few world class Scots have made their season's debut as the televised Grand Prix and invitational meetings get under way.

Tom McKean suffered a surprise defeat in the last few strides in his first 800m race of the season at Crystal Palace. Brian Whittle, benefiting from his new short style hair cut which must reduce wind resistance, was unstoppable in his finishing straight charge to victory over a top class field.

Yvonne Murray came out of hibernation to win a slow, tactical 1500m in the first international match against the strong, combined German team.

Liz McColgan, after a series of money winning road races in USA which she claimed were necessary to bolster the family housekeeping budget, returned to the track at 3000m distance.

Displaying her usual fierce determination and strong running tactics she won two impressive races against strong opposition and showed that she will be one of the favourites at her favourite 10000 metres distance at the IAAF World Championships in Tokyo in September.

Anglo-Scot Annette Bell of Lincoln Wellington AC, who recorded 74-07 for the half marathon when winning the Great East Run in May, because the first Scot to be officially named for the World Championship team.

After finishing third in the official 10,000 metres trial at the wind swept United Kingdom Championships at Cardiff, she was named for the British team subject to achieving the qualifying time before entries close for the championships.

It is hoped that there will be at least six other Scots in the World Championship team. Brian Whittle (800m and 4 x 400 relay); Tom McKean (800m); Tom Hanlon (3000m/c); Geoff Parsons (HJ); Yvonne Murray (3000m) and Liz McColgan (10,000m) can confidently expect to better the necessary qualifying standard and gain selection at next month's AAA/WAAA Champi-

onships at Birmingham which include the official World Championship trials.

Sprinters Elliot Burney and Aileen McGillivray, while not aspiring to individual selection are hopeful of placing well in the sprint finals and gaining selection for the sprint relay



**Geoff Parsons - one of a number of Scots who may gain selection for the World Championships.**

pool. This would give a total of nine Scots and if Darren Morris can continue his rapid improvement in the discus and get over the 60 metres barrier he could yet gain a surprise selection.

The European Cup saw mixed fortunes for the Scottish competitors.

Tom McKean used tactics similar to those he employed in Split last year to secure a record time of 1-45.60 in the 800m but Yvonne Murray slumped to a tearful and embarrassing fifth place in a 3000m in which she was odds-on favourite to win and Tom Hanlon placed sixth in the 3000m steeple-chase.



# Nairn and District AAC



*It may be comparatively small but as Donald Wilson reports, Nairn and District AAC is a club with a fine future.*

THE Nairn Games proudly boasts the fact it is the only highland gathering in Scotland that remains free of charge to spectators. Set in the beautiful amphitheatre of the town links nestling on the shores of the Moray Firth, it was there in the summer of 1979 while surveying the animated scene, that local man David Brown noted the number of athletes on the programme from Nairn were conspicuous by their absence.

The seeds had been sown for the formation of Nairn and District Amateur Athletic Club, and by 1980 it was up and running.

Last month the club celebrated

the official opening of their new 400 metre grass running track and custom built changing rooms on reclaimed land at the Maggot near Nairn harbour.

A small friendly club, it boasts a total membership of 110 of all ages, including 40 members of the Nairn Road Runners.

Although no longer directly associated with NDAAC, David, now a Nairn district councillor, said he felt a great sense of pride at the opening ceremony.

"It had been a source of irritation with me for years seeing runners and jumpers from all over the north and north east come to the Nairn

Games and there were no local athletes competing."

"I knew the talent was there at schools level. I formed a steering committee which included myself, Chrissie Ellen, the district council leisure convener, John Macdonald, rector of Inverness High School, and Alan Mackenzie, a former school chum of mine."

"At the club's first training session in Rosebank School over sixty youngsters turned up. In the years that followed, with no track of our own, we received tremendous help from Highland Region's education department who gave us the use of Nairn Academy."

"Then in 1983 the district council gave us a lease of the Maggot but the finance did not become available to develop the track and install changing rooms until quite recently."

The project was funded to the tune of £155,000 by the district council.

David, himself a former Nairn Academy senior champion of 1961, acknowledges there is a limit to how far NDAAC can take young athletes.

"Nairn will never have a national champion because of its limited resources. But it has the potential to produce a champion. I see its role similar to that of junior football clubs and Highland League clubs - fostering the sport at grass roots level."

"The Nairn club is lucky because it has a team of dedicated coaches led by chairwoman Sandra Ross."

While many road running clubs have already peaked following the upsurge of interest in the sport in the past decade, Nairn Road Runners are finding their membership continues to grow and now stands at just over forty.

"It's a very pleasing trend," says secretary Danny Bow, who also doubles up as secretary for the track and field side of NDAAC. "I think

Some of NDAAC's leading athletes (left to right): Kenny Nicol, Richard Muir, Rhona Fraser, Eric Fraser, Kevin McAlpine, Morven Fraser, Philippa Wilkinson, Sharon McCrudden, Jemma Grant and Danny Bow.



it can be put down to the fact Nairn is a very pleasant place to come and live and work. We find when newcomers arrive on the scene they generally stay."

Danny, an aircraft technician stationed at RAF Kinloss says their membership covers every walk of life.

"The club was formed in 1984 by myself, Gordon Nairn, Andy Paton, and our present chairman Stuart Innes joined the same year. Although I am secretary much of the workload lands on my wife Liz."

"Although at one time a split was considered from the NDAAC we decided to stick together and I think both track and field and the road runners have benefited by this arrangement."

"We meet every Thursday evening in the Sea Scout Hall and the emphasis is very much on making the newcomer feel welcome."

"Obviously, someone starting off can feel rather nervous so we split into groups after our warm up so nobody is out of their depth."

"We are very fortunate in Nairn with the variety of routes available

on our doorstep. Apart from the quiet country lanes we have the beach and dunes and often we take off into the forestry tracks at Culbin."

The club this year has hosted the North District Cross Country League meeting at the east beach in February, their 10K in March, while the Nairn Games Half Marathon takes place on August 14 and the triathlon on September 1. In November the club are hosting the North District Cross Country Relay Championships and another favourite is their Turkey Trot on Boxing Day.

Forbes Harrier Bruce Chinnick holds the titles for both the 10K (31-06) and the Nairn Games Half Marathon. (65-11).

"The Games Day event began as a road race in 1983 over 12.6 miles," recalls Danny. "There were just nine entries and the following year we decided to extend the circuit to a half marathon. There has been a steady growth and last year there were over 160 entries. It's a great atmosphere at the finish with crowds upwards of 5,000 cheering you on in the arena."

"The 10K began in 1988 with 87 entries and this year we have 235 plus 75 in the fun run."

Danny himself celebrated his entry into the veteran class with his fortieth birthday last year when he took a ducking in Nairn harbour - courtesy of his clubmates.

"It's just as well I am a good swimmer!" laughs Danny.

A former winner of the Nairn Games Half Marathon in 1986 and the Nairn Triathlon the same year,

he was also the winner of the Drumnadrochit to Inverness road race in 1987. His PB for the marathon was at Glasgow in 1986 when he clocked 2-38m and he is now one of the top veterans on the north circuit.

"Our members are very enthusiastic and travel all over the country competing. Five of us competed in the ADT London Marathon and the road runners' women's team has enjoyed con-

**G.M. PETROL  
SUPPLIES**

(Munro Family Partnership)



**Best wishes  
to all the Nairn Runners  
in the Half Marathon  
from  
G.M. Petrol Supplies**

THE ESSO FILLING  
STATION,  
KING STREET  
NAIRN IV12 4PD  
SCOTLAND

TELEPHONE NAIRN (0667) 55136  
HOME NAIRN (0667) 54697





Nairn Road Runners were well represented at the London Marathon. Displaying their medals (left to right:) Bryan Burtwell, Danny Bow, Ian McKee, Joyce Norgate and Brian McCruden.

siderable success in the past couple of years, winning a number of team events on the north circuit."

Susan Main and Sandra Paton were key members of the team last year but injuries have limited their performances this season.

Karen Gilmour, Jackie Mackay, Wilma McCruden, Penelope Smithwaite, and Joyce Norgate, who won the Muir of ord 10K and the Elgin Half Marathon in 1990, have kept the team flag flying this season though with successes at the Nairn and Muir of Ord 10K's.

The club's triathlon is increasing in popularity. It involves a 500 metre swim in Nairn's public baths, a twelve mile cycle run, largely along the half-marathon route, and a four mile run along the banks of the River Nairn.

Organiser, local GP Joan Noble, a former Scottish Schools hurdles champion, is expecting about sixty entrants for this year's event on September 1.

The triathlon was introduced five years ago and just twenty four people took part. It has grown steadily each year with many of the road runners testing themselves over the three disciplines.

"Maureen Wallace and I were also interested in swimming and cycling so we felt it would be a nice combination for all rounders," says Joan Noble.

"The idea was to have a fairly low key triathlon so anybody could come and have a bash and it has been kept that way although we have had some extremely good entrants."

Past winners include Kenny Riddle from Inverness and Gregor

Grant from Nethy Bridge. Maureen has won the ladies events at both Nairn and Golspie triathlons.

In track and field, coaches Sandra Ross and husband and wife team of Roger and Sue Wilkinson are seeing the fruits of their labours as the club's youngsters consistently produce personal bests and fine team performances at the various club meetings.

Training is on Tuesday and Thursday evenings at the track in the summer and indoors at Nairn Academy in the winter.

An immediate benefit of having their own facilities has been a rapid improvement by the younger athletes in the long and high jump events.

In winter some members attend North District squad training days at Inverness organised by John Wilson and benefited greatly.

"The club has about 45 athletes ranging from nine years to 25 years," says Sue Wilkinson. "They regularly compete in the Grampian Television League (north section) - the men's team look set to qualify for the final again. Eric Fraser and 18 year old Iain are former Scottish Schools long jump champions and they are the mainstays of the senior men's section competing in sprints, hurdles, long jump, javelin shot and discus if required."

In the youths, Kenny Nicol, North Schools 800m champion, with a pb of 2:05 has a promising future. Senior boys Ross McGuire, who took a sprint double at North Schools level, and David Cotter, who won the 80m hurdles, are also very good long and high jump performers for their age.

"The leading junior boy is 13 year old Kevin McAlpine," says Sue. "He is the under-14 Scottish Schools cross country champion and represented Scotland in the national schools cross country championships. Kevin is also North District 800m and high jump champion."

The club is not without some promising young women as well in their ranks.

Sharon McCruden won bronze in the intermediate 800m at the East District Championships and she won the north schools under-15 800m with a time of 2:26.00.

Intermediate Morven Fraser, who started her athletics with Nairn but now runs second claim for the club, is a talented and dedicated athlete - she won a bronze medal recently in the East District Championships when competing in the 400m for the second time with a time of 59.4. She also took the sprint double at the North Schools in the over 145 section.

The younger athletes performed well at the South Highland Schools competition where 13 year old



Promising youngster Kevin McAlpine.

Philippa Wilkinson won the 100m in 13.3 seconds, the 200m in 28.1 and the long jump in 4.41m.

Twelve year old Jemma Grant won the shot with 8.05m, was second in the high jump, and third in the 70m hurdles. Rhona Fraser was third in the 800m.

These girls, along with Kevin McAlpine who won the 800m and high jump, enabled their team from Nairn Academy to win the under-13 trophy.

The club also compete in the North District Cross Country League where Sharon McCruden and Kevin McAlpine excel. Kevin was third over all in the junior boys section last season and has another year in this age group so he is expected to do well.

Members also compete at Nairn Highland Games where a special class for young athletes was introduced several years ago.

Sue says they try to give all their youngsters an all-round training programme in track and field events and do not specialise with them under 15 years of age.

"They love the competition and Nairn Games are always special - where they are competing before big crowds including all their family," she says.

Looking to the future, Danny Bow feels the club is in a very healthy state with promising athletes coming through the ranks at all levels.

"The new track is going to be a tremendous asset for the track and field athletes and the road runners could have a new meeting place in the near future when the Sea Scouts get their new hut built beside the Maggot. I think NDAAC is firing on all cylinders and has a very bright future to look forward to."

Photographs by Iain Bain

## Margaret Montgomery reports on Scotland's gripping performance at the Small Nations International in Grangemouth.

Photographs by Robert Perry.

EXCELLENT performances by Scotland's relay teams appeared to bring the small nations athletics international at Grangemouth on June 16 to an exciting, and satisfactory, conclusion.

With the Welsh women well ahead as the relays began, Scotland looked odds on favourite to take second place. But the 4x100m team comprising of Morag Baxter, Aileen McGillivray, Ruth Girvan and Lorna McCulloch appeared to put paid to this when they narrowly clinched first place giving them the promise of overall victory - providing, it was thought, Scotland could also perform well in the 4x400m event. Cheers echoed round the stadium as the team allotted the nail biting race of attempting just this - Gillian McIntyre, Dawn Kitchen, Mary Anderson and Pat Divine - lead the race from the outset, winning in 3:41.83.

Sadly though, the cheers were short lived. No sooner had the celebrations begun than it was revealed that the relays had been incorrectly scored and therefore that Scotland

had tied with Wales. The latter having the most individual wins were eventually deemed overall winners.

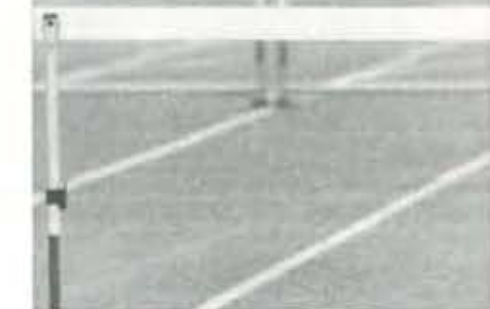
McGillivray's strong second leg in the 4 x 100m relay was a fitting end to a day in which she had already set marginally wind assisted personal bests of 11.70 in the 100m and 23.95 in the 200m. Neither performance was fast enough to hold off the powerful Welsh sprinter Helen Miles, who comfortably secured first place in both events, but for McGillivray, called in at the last moment to replace an ill Melanie Neef, they must have been a welcome boost to her confidence.

The only individual first place in the women's match came from 400m hurdler Gillian McIntyre who held off Welsh girl Michelle Cook in a close finish to win in 61.76 but there were fine performances too from Nicki Barr in the triple jump who took second place in a new Scottish native record of 11.71m and from Pat Divine in the 400m. Divine who placed second looked as if she had

first place within her grasp but was caught in the last fifty metres by Ireland's Emma Nicholson.

In the men's match there were wins from David Barnetson in the high jump, Ewan Clark in the 100m and Mark Davidson in the 400m hurdles. Davidson also helped the 4x100m relay team to third place before going on to produce an exciting performance in the anchor leg of the 4x400m relay in which he let both his Welsh and Irish counterparts overtake him before surging past them again to help the team finish first overall.

Other performances of note in the men's match included Alan Murray's second place in the 800m, in which he held off Northern Ireland's national record holder Mark Kirk to finish in a respectable 1:50.11, and Grant Hodges' 400m run. Hodges, 30 metres down on Ireland's Paul Sinclair at the start of the home straight, ran a sterling final 100 metres to close the gap considerably, finishing just 0.05 seconds down on his rival in 49.04.



Top left: Ewan Clark, winner of the 100m. Right: David Mulheron, Scottish captain. Above: Mark Davidson winning the 400m hurdles. Left: Robert Quinn (3) finishes third in the 3000m.



# SPORT, SPONSORS AND TV CAMERAS

*Margaret Montgomery examines the influence of television on sponsorship proceeds.*



Aileen McGillivray

Against this background, the importance of television coverage to sport as a whole, not least athletics, has risen tremendously. Alan Pascoe Associates (APA) acts as the marketing agent for the BAAB. According to its media director, Michael Wheeler, the

effect of the recession has been to make the gap between those events with television coverage and those without even wider.

"The money which companies have to spend on sponsorship is at its lowest for a long time," he says. "The result is that it is the more high profile events enjoying television coverage which are able to retain their old sponsors or find new ones."

In searching for a new sponsor for the Scottish Championships the SAAA and SWAAA have had plenty of experience of this. Finding a commercial sponsor for the 1991 event proved impossible. Glasgow District Council, who committed themselves to financial involvement at the twelfth hour, agreed to underwrite the costs of the championships up to a maximum of £10,500 but not to sponsor them as ScotRail had done.

(In 1990 ScotRail gave £16,000.)

"TV coverage doesn't guarantee sponsorship," says Gregor Nicholson SAAA administrator. "But it does make it easier."

For the SAAA, finding sponsorship is a perennial problem. Of all its events only the

Scottish Championships have enjoyed television coverage in the past. As a result, says Gregor Nicholson, many of the sponsorship deals which the SAAA are involved in are as much a "goodwill gesture" as they are a commercial decision.

John Biggain whose company JSB Plumbing recently took up sponsorship of the Forth Valley League is a prime example. As a throws coach with Edinburgh Woollen Mill whose two daughters are both accomplished discus and shot throwers, he has a personal commitment to athletics. It was this interest which drew him to the idea of sponsoring the Forth Valley League.

"I have sponsored other sports before," he says. "But I get a lot more satisfaction from sponsoring the Forth Valley League."

Under the agreement he has reached with the league, Biggain will donate an annual sum over the next five years. So far the league has elected to use this mainly to pay for printing and administrative costs.

Alec Moir is another example. Moir, father of young sprint star Stuart Moir, currently sponsors Aileen McGillivray and Darren Galloway and previously backed Ayr Seaforth. Because his construction company is involved only in large scale building contracts, Moir says there is no financial benefit to him of his sponsorship deal.

"We just don't deal in the size of contract which members of the public are looking for," he says.

Last but not least there is the poignant example of Giltron Office Equipment's sponsorship of Tom McKean.

Robert McLean, the

As official  
**Communication Supplier**  
**PHILIPS BCS, AIRDRIE**  
wish every success  
to the  
**Princes Street Mile**  
**Edinburgh**  
**September 1992**

*Communications, talk with Philips!*

PHILIPS BCS is a division of Philips  
Communication Systems



**PHILIPS**

Philips Communication Systems

Victoria Place, Airdrie  
Strathclyde ML6 9BL, Scotland.

"SUITE 'N' SHOWER"  
**J.S.B. PLUMBING**  
24 HOUR SERVICE  
**031 - 555 1230**

GAS FIRE & BOILER MAINTENANCE  
CENTRAL HEATING ENGINEERS  
DOMESTIC PLUMBING  
GRANT WORK  
TILING



**JOHN S. BRIGAIN, 123 FERRY ROAD, LEITH, EDINBURGH EH6 4ET**

**A.C. MOIR LTD**

Building Contractors  
18 Miller Road, Ayr  
Tel: 0292 - 263108  
Fax: 0292 - 280233



*Sponsors of Scottish Athletics*

General Building Contractors - House Builders  
**QUALITY AND PROFESSIONAL WORKMANSHIP**  
**ASSURED ON EVERY JOB**  
Commercial/Industrial/Domestic Building Work

*Glasgow Athletics Development Scheme*

**SUMMER ATHLETICS PROGRAMME 1991**

15th July - 9th August  
**MONDAY TO FRIDAY AT THE KELVIN HALL INTERNATIONAL SPORTS ARENA**

- \* Full two hours per session
- \* Open to girls and boys aged 10-15 years of age
- \* Price: **ONLY 70p for a TWO HOUR session(s)**

Either Morning (10am to 12pm) or Afternoon per week (1pm to 3pm)  
**WHY NOT GET YOUR FRIENDS TO REGISTER ON THE PROGRAMME WITH YOU?**

For application forms, contact:  
Glasgow Athletics Development Scheme  
Kelvin Hall International Sports Arena  
Argyle Street  
Glasgow  
G3 8AW



**Parks and Recreation**  
City of Glasgow



Bernard M. Connolly - Director - Parks & Recreation



company's director, has chosen to sponsor McKean at a cost of £50,000 over the next two years as a means of thanking the 800m internationalist for taking a personal interest in his son Derek McLean whose progress as a very promising athlete was brought to an abrupt end by his death from cancer, aged just 16.

Robert McLean remains extremely grateful for the visits which Tom paid his son in hospital and for the fact that he attended the boy's funeral. For that and for no other reason he has undertaken sponsorship of McKean.

"We are not giving the sponsorship with any ideas of financial return," said Mr McLean when the sponsorship deal was first announced to the public.

Yet, sponsorship for most companies remains a commercial decision and thus television coverage is important.

Philips, who are to sponsor the recently announced Princes Street Mile, are a case in point.

As official communications supplier for the event, Philips will be providing the mass of telecommunications equipment necessary to service the needs of broadcasters, journalists, and photographers in return for exposure which is expected to be worldwide.

"The exposure will prove hugely beneficial," says Alan Kennedy general manager for Philips BCS Small Switching.

Canon who will be supplying office equipment to the Princes Street Mile office and international media centre see their sponsorship of the event in much the same light.

"Supporting events such as the Princes Street Mile helps keep our corporate name and product range to the fore," was the comment of Alan Grant, managing director of Canon Scotland.

In the last year, Babcock Thorn have also entered the sponsorship arena, providing backing worth £15,000 over the next three years to Pitreavie AAC.



Isabel Linaker - one of a number of promising young athletes who will benefit from Pitreavie's new sponsorship from Babcock Thorn.

The money will be used to promote and develop athletics within the Dunfermline area and to finance the travelling costs of the Pitreavie membership which includes top athletes such as Isabel Linaker.

According to Tony Ward, spokesman for the BAAB, the situation regarding television and sponsorship is unlikely to change. This year, six outdoor and three indoor events are being shown on ITV. All are high profile.

"We have to do what's best for the sport, its sponsors and the television companies so we choose the big events," he says.

This year, however, a number of "extra" events which don't fall under the BAAB's contract with ITV have been shown on television.

In these instances, which include the UK Championships shown on Channel Four, the sport has met the costs involved. The bottom line, however, was that

there was a substantial amount of sponsorship behind each event and this helped to finance the coverage.

According to Ward, Scottish athletics needs to adjust its vision. It needs more invitation events featuring high profile athletes as a carrot to bring in the sponsors and thereby to assist in the costs of television coverage.

Citing the example of the recently instituted Welsh Games, an invitation meeting run in addition to the Welsh Championships which is being covered by Welsh television and has secured plenty of sponsorship, Tony Ward believes a Scottish Games might be the answer.

"Scotland is fortunate enough to have three very high profile athletes at the moment," he says. "Perhaps it should make greater use of them and other high profile athletes to attract the attention of the sponsors and the television companies."



## BABCOCK THORN PITREAVIE AAC

**A WINNING COMBINATION**

**BABCOCK THORN LTD MANAGE  
ROSYTH ROYAL DOCKYARD -  
THE UK'S PREMIER REFITTING AND  
MANUFACTURING FACILITY**



## Canon

**CANON SCOTLAND  
BUSINESS MACHINES LTD.**

*WISH THE PRINCES STREET  
MILE EVERY SUCCESS*

**Official Sponsors of  
The Princes Street Mile**

*Fleming Road, Kirkton Campus,  
Livingston  
Tel. 0506 - 417474*



## GILTRON OFFICE EQUIPMENT LTD.

Charleston House,  
87-95 Neilston Road,  
Paisley PA2 6ES  
Tel: 041 - 889 0523

*Major Sponsor of European Champion Tom McKean.*

*Continued success and total support for him to reach  
his goal of World & Olympic Champion!*



**Canon**

**Abbess**  
office furniture





## ATHLETES AND SOCIALITES

THE summer of 1991 brings to Britain the World Student Games writes Gordon Ritchie. This event, second in size only to the Olympics, is gracing the new facilities at Sheffield, and a number of Scottish students are hoping for places in the team.

Glasgow's Mel Neef seems certain to be selected for the sprint relay, while her victory over 200m at the British Students Championships makes her favourite for selection at that event. She also has an outside chance in the shorter sprint, which she chose to ignore at BSSF. Edinburgh's Jamie Henderson should also make the men's relay team.

If his training picks up again after having sat his degree final exams, he could also join Steven Gooley in the individual 100m.

One man certain for selection is Heriot-Watt's Welshman Ian Hamer. He may well be allowed to choose his event - 1500m or 5000m - although his target for the year will be the World Championships rather than the students event.

Elsewhere, Mark Davidson has a strong claim to a place in the 400m hurdles, while Duncan Mathieson could be selected for the decathlon.

Among the possibilities for the team are Karen Savill (Heriot Watt - javelin), Nikki Barr (Heriot Watt - triple jump), Graeme Smith (Heriot Watt - 100m hurdles) and Kathleen Lithgow (Strathclyde - 400m). It is ironic that athletes like Savill and Smith supported the BSSF Championships, and won their individual events, but are still not certain to qualify. It will be very difficult for the selectors to justify any other athletes being selected above them, and make something of a mockery of the idea of holding a joint British Students event in the year of Sheffield's Universiade.

To all athletes selected for the British teams, and in particular the Scottish athletes, I wish you well and hope that you enjoy this major sporting event.

On a less serious sporting note, Glasgow University will shortly be departing for their European tour. National Lampoons European Vacation is no match for this motley crew.

Their last visit to the continent was eventful (if not athletically successful), and with socialites, like Dave Allan, Gerry McCann, Joanna Cliffe and Sarah Stirling among the "athletes" the tour seems certain to destroy any prospect of a federal Europe.

Ambassadors for their country? That is the biggest joke you will find in this column. In two weeks abroad, it is amazing how much damage 14 athletes can do to the reputation of a country. There is a nasty rumour that the trip was planned to coincide with the famous Munich Beer Festival, but I am sure that, if true, it is purely accidental.



## May

15

Scottish U'ties Rep Meeting, G'mouth - MEN: Match: 1, Scottish League 'A' 142 pts; 2, SAAA Jun Select 132 pts; 3, Scottish League 'B' 127 pts; 4, Scottish U'ties 122 pts. 100: 1, B Ashburn (SLA) 10.7; 2, R Slater (SJ) 10.9; 3, S Tucker (SLB) 11.0; 'B' 1, D Walker (SJ) 10.9; 200: 1, D Galloway (SJ) 22.0; 2, S Tucker 22.0; 3, D Thoms (SU) 22.4; 'B': 1, D Walker 21.9; 400: 1, D Mulherson (SLA) 49.3; 2, G Newlands (SLB) 49.8; 3, I Priddy (SLB) 50.0; 4, C Saunders (SU) 50.2; 800: 1, B Murray (SLA) 1:51.5; 2, J McFadyen (SU) 1:52.0; 3, G Mitchell (SLB) 1:58.5; 'B' 1, G Stewart (SU) 1:51.9; 2, P McDevitt (SLA) 1:55.2; 3, F Boyne (Cr) 1:55.4; 1500: 1, J McKay (SLA) 3:51.0; 2, J Bowman (SLB) 3:52.2; 3, G McCann (SU) 3:53.3; 4, G Graham (SLA) 3:57.4; 3000: 1, J Johnston (SLA) 8:23.2; 2, J Garland (SU) 8:25.7; 3, F McGowan (G) 8:27.8; 4, G Croll (SLA) 8:31.6; 5, J Pentecost (G) 8:33.2; 6, S Cohen (G) 8:34.5; 7, J Bowman (G) 8:35.2; 8, M McQuade (G) 8:37.4; 110H 1, J Franklin (SLA) 15.3; 2, A Tupman (SU) 15.4; 3, C Hogg (SLB) 16.1; 400H 1, D Hitchcock (SU) 55.1; 2, D Wight (SJ) 56.0; 3, A Taylor (SLB) 56.0; 'B' 1, T Nimmo (SLA) 56.0; 4x100 Relay: 1, Juniors 43.4; 2, SL 'A' 44.4; 3, SL 'B' 44.4; 4x400 R: 1, S Unis 3:23.6; 2, Jun 3:24.9; 3, SL 'A' 3:25.1; 4, J Allan (SJ) 3:25.7; 2, A Simpson (SU) 1:90m; 3, S Hill (SJ) 1:90m; 4, N Robbie (SLB) 1:90m; PV: 1, I McKay (SLA) 4:30m; 2, P Masterton (SLB) 3:60m; 3, I Winning (SLB) 3:60m; LJ: 1, B Ashburn 6.77m; 2, C McDavid (SLA) 6.41m; 3, D Sabris (SJ) 6.41m; TJ: 1, N McMenemy (SLB) 13.83m; 2, D Sabris 13.29m; 3, W Leung (SLA) 13.52m; SP: 1, S Aitken (SLA) 14.15m; 2, A Bryce (SJ) 13.29m; 3, L Carter (SU) 13.26m; 4, K Kobota (SU) 13.05m; DT: 1, N Elliott (SLB) 40.80m; 2, P Neystrom (SU) 40.72m; 3, K Kobota 40.18m; HT: 1, D Allan (SU) 50.70m; 2, L Carter 46.00m; 3, D Aitchison (SLB) 45.54m; 4, S Bunker (DJ) 45.06m; JT: 1, B Hill (SLA) 49.42m; 2, S Hunter (SLB) 47.92m; 3, P Neystrom (G) 47.14m.

WOMEN: 1, Unis 124 pts; 2, City of Glasgow 94 pts. 100: 1, R Stevenson (SU) 12.6; 2, S Glen (guest) 12.8; 3, A Currie (CG) 12.9; 200: 1, R Stevenson 26.2; 2, A Currie 26.9; 3, Z Butler (SU) 27.6; 400: 1, V Foster (SU) 59.2; 800: 1, C Cecil (SU) 2:16.6; 2, J Cliffe (SU) 2:16.9; 3, K Fox (CG) 2:22.4; 1500: 1, S Tooby (G) 4:35.6; 2, J Cliffe 4:38.1; 3, C Kitchen 10:08.4; 100H: 1, K Savill (SU) 16.1; 400H: 1, F Watt (CG) 66.5; 4x100 Relay: 1, Unis 50.9; 2, CG 54.3; HJ: 1, L Gordon (CG) 1.60m; 2, N Murray (CG) 1.55m; 3, M Benson (SU) 1.55m; LJ: 1, N Barr (SU) 5.50m; 2, S Stirling (SU) 4.97m; 3, L Ramsay (CG) 4.94m; TJ: 1, N Barr 11.44m; 2, S Stirling 9.97m; SP: 1, A Rhodie (CG) 11.28m; 2, S Freebairn (CG) 9.97m; DT: 1, S Freebairn 38.96m; JT: 1, K Savill 44.40m; 2, L Burke (CG) 34.74m.

SWAAA Combined Event Champs, G'mouth -

Sen: 4x100: 1, CG 49.4; 2, EWM 50.2; 4x400: 1, EWM 3:59.2; 2, EWM 'B' 4:28.9; 3x800: 1, CG 7:00.5; 2, EWM 7:23.4. Euro: 4x100: 1, EWM 52.5; 2, FIF 52.7; 4x400: 1, EWM 4:27.8. Inters 4x100: 1, EWM 50.3; 2, CG 51.3; 3, L'gelly 52.1; 4x200: 1, EWM 1:46.6; 2, FIF 1:49.1; 3, CG 1:49.8; 700m medley: 1, Pit 1:58.0; 2, Ctr 1:59.2; 3, JWK 1:59.6. Jun: 4x100: 1, CG 50.2; 2, Ab 52.0; 3, Pit 52.4; 4x200: 1, CG 1:47.6; 2, Ab 1:50.5; 3, Pit 1:51.5; 3x800: 1, JWK 7:21.0; 2, CG 7:27.1; 3, Ay 7:30.5. Girls 4x100: 1, EWM 53.7; 2, CG 56.1; 3, FIF 56.4; 4x200: 1, EWM 1:55.4; 2, Pit 2:00.4; 3, CG 2:01.6; 3x800: 1, Pit 7:59.8; 2, Lass 8:13.3; 3, EWM 8:13.7.

## June

1/2

SWAAA Combined Event Champs, G'mouth -

Hept order - 100H, HJ, SP, 200, LJ, JT, 800 Sen: 1, J Ainslie (EWM) 4413 pts (16.9; 1.56m; 9.20m; 26.6m; 5.13m; 30.10m; 2:25.0); 2, A Dutch (EWM) 3841 pts (16.8; 1.47m; 11.27m; 28.3; 4.51m; 30.16m; 2:44.6); 3, S Simpson (Pet) 3412 pts (19.2; 1.47m; 7.37m; 28.1; 4.74m; 25.16m; 2:36.5); 4, E Quinn (Law) 3312 pts; 5, L Wakeham (ESP) 3124 pts. Euros: 1, E Grant (Pit) 4330 pts (16.9; 1.56m; 9.20m; 26.6; 5.13m; 30.10m; 2:25.0); 2, C Black (EWM) 4125 pts (16.6; 1.59m; 7.54m; 25.7; 5.72m; 10.22m; 2:28.5); 3, L McMillan (EWM) 3888 pts (17.7; 1.65m; 8.87m; 27.5; 4.61m; 25.78m; 2:38.3); 4, E Donald (Hel) 3416 pts; 5, F Smith (VP) 2307 pts. Inters: 1, F Allan (Rudd) 3824 pts (12.9; 1.44m; 8.14m; 26.9; 5.37m; 19.48m; 2:38.3); 2, S Rammingier (Arb) 3765 pts (13.2; 1.56m; 6.58m; 27.4; 4.98m; 22.62m; 2:40.7); 3, L Paterson (Ab) 3618 pts (13.7; 1.50m; 6.94m; 25.6; 4.49m; 15.16m; 2:35.1); 4, D Church (Ayr) 3529 pts (800 2:25.0); 5, S Stull (Ab) 3499 pts; 6, G Wilson (Ab) 3237 pts; 7, J Moore (EWM) 3054 pts; 8, N Kemp (Ab) 2606 pts; 9, C Donald (Hel) 2483 pts. Pent order - LJ, 75H, SP, HJ, 800m Jun: 1, D Palmer (ESP) 2624 pts (4.64m; 13.3; 6.79m; 1.51m; 2:32.1); 2, J Reid (Barch) 2505 (4.42m; 13.2; 7.87m; 1.42m; 2:35.7); 3, S Robertson (Ab) 2496 (4.63m; 12.7; 6.32m; 1.57m; 2:52.0); 4, J Palka (CG) 2496 pts; 5, G Wilson (Cum) 2479 pt; 6, K Philip (Aber) 2373 pt; 7, K McKenzie (Cai) 2095 pt; 8, N Falconer (Cai) 2064 pt; 9, C Middleton (Ab) 1933 pt; 10, E Dougall (Ab) 1910 pt. Girls: 1, L Watson (EWM) 2365 pts (4.18m; 12.5; 7.10m; 1.39m; 2:41.8); 2, J Wright (Pit) 2177 (4.01m; 13.2; 6.95m; 1.39m; 2:48.1); 3, T Richards (Ell) 2143 (4.20m; 12.8; 6.39m; 1.36m; 2:59.9); 4, V Leford (CG) 1919; 5, F Donald (CG) 1909pt; 6, M Donald (Helen) 1847 pt; 7, L Falconer (Pit) 1777 pt; 8, F Clasper (Cai) 1639 pt; 9, L Livingstone (Cum) 1599 pt; 10, D McDonald (Bo) 1504.

2

SAAA/WAAA Relay Champs, G'mouth - SAAA Champs - Sen: 4x100: 1, She 43.7; 2, Ay 44.9; 3, Kirk Oly 45.2; 4x400: 1, She 3:23.0; 2, JWK 3:25.7; 3, EK 3:26.2. Jun: 4x100: FUH 44.9; 2, VP 45.8; 3, Ay 46.9; 4x400: 1, VP 3:34.6; 2, Ay 3:45.2. Youths: 4x100: 1, Ay 46.0; 2, PSH 47.2; 3, FUH 47.4; 4x400: 1, Pit 3:37.8; 2, Ay 3:39.1; 3, Ciy 3:41.4.

Sen boys: 4x100: 1, VP 49.1; 2, PSH 49.8; 4x400: 1, Ay 3:46.1; 2, VP 3:48.4; 3, PSH 3:48.8.

SWAAA Champs - Sen: 4x100: 1, CG 49.4; 2, EWM 50.2; 4x400: 1, EWM 3:59.2; 2, EWM 'B' 4:28.9; 3x800: 1, CG 7:00.5; 2, EWM 7:23.4. Euro: 4x100: 1, EWM 52.5; 2, FIF 52.7; 4x400: 1, EWM 4:27.8.

Inters 4x100: 1, EWM 50.3; 2, CG 51.3; 3, L'gelly 52.1; 4x200: 1, EWM 1:46.6; 2, FIF 1:49.1; 3, CG 1:49.8; 700m medley: 1, Pit 1:58.0; 2, Ctr 1:59.2; 3, JWK 1:59.6. Jun: 4x100: 1, CG 50.2; 2, Ab 52.0; 3, Pit 52.4; 4x200: 1, CG 1:47.6; 2, Ab 1:50.5; 3, Pit 1:51.5; 3x800: 1, JWK 7:21.0; 2, CG 7:27.1; 3, Ay 7:30.5.

Girls 4x100: 1, EWM 53.7; 2, CG 56.1; 3, FIF 56.4; 4x200: 1, EWM 1:55.4; 2, Pit 2:00.4; 3, CG 2:01.6; 3x800: 1, Pit 7:59.8; 2, Lass 8:13.3; 3, EWM 8:13.7.

6

SAAA U-20 Champs, M'bank - Jun: 100 (wind - 3.4m/s): 1, D Walker (ESP) 11.33; 2, R Slater (FUH) 11.38; 3, P Lyons (D'lin) 11.55; 200 (-1.4m/s): 1, P Lyons

22.45; 2, J Adams (Ayr) 22.66; 3, G McKinney (Lark) 23.05; 400: 1, P McBurney (Lis) 49.84; 2, G Purves (B'hill) 50.29; 3, M Spooms (CleM) 50.49; 4, P Kennedy (ESP) 50.86; 5, I Murray (Inv) 51.98; 800: 1, J McFadyen (GGH) 1:53.61; 2, M Openshaw (CleM) 1:54.17; 3, E Calvert (Ab) 1:54.96; 1500: 1, G Graham (VP) 3:58.97; 2, S Young (W'field) 3:59.86; 3, G Reid (JWK) 4:03.72; 4, M Dennison (Liv) 4:07.29; 5000: 1, R Blakely (Ann) 15:37.27; 2, A Mors (Ct) 15:35.56; 3, B Thomas (Camp) 15:59.72; 110H (-3.1m/s) 1, A Tupman (ESP) 15.90; 2, I Dickie (Ayr) 16.08; 3, D Govan (Cly) 16.53; 400H 1, J Bell (NSP) 56.01; 2, P Simpson (Pit) 56.64; 3, D Hards (Liv) 57.80; 2000 s/c 1, S Burch (Pit) 5:57.45; 2, M Brown (Mon) 6:11.15; 3, G McLeaman (W'field) 6:18.06; 4, S Gilmore (VP) 6:19.48; 5, J Gowans (Tay) 6:34.41; HJ: 1, W Wyllie (FUH) 2.00m; 2, J Allan (Cly) 2.00m; 3, G Smart (VP) 1.85m; PV: 1, D Fitzgerald (Pit) 3.20m; LJ: 1, I Paget (VP) 6.87m; 2, D Sabris (Ab) 6.52m; 3, S Adkinson (VP) 6.32m; TJ: 1, Sabris 13.22m; 2, S McGeoch (Kil) 12.43m; 3, F Lewis (Inv) 12.21; SP: 1, A Bryce (GGH) 14.31m; 2, J Grundy (Hel) 13.76m; 3, P Beaton (Pit) 12.08m; DT: 1, Grundy 40.02m; 2, Beaton 36.70m; D Minty (Ab) 35.50m; JT: 1, K Pearson (Ct) 45.44m; 2, A Kembo (Inv) 44.74m; 3, Beaton 41.86; HT: 1, P Bernard (M&C) 55.66m; 2, C Edgar (FVH) 53.72m; 3, I Park (Hill) 52.12m; 4, S Buckner (Hel) 48.14m; 5, D Minty (Ab) 47.00m.

Youths 100 (-1.6m/s): 1, C McRoberts (Cam) 11.25; 2, S Moir (Ayr) 11.33; 3, J Bragg (MCS) 11.57; 200 (-1.7m/s): 1, McRoberts 22.26; 2, Moir 22.63; 3, C Ferrie (She) 23.48; 4, E McCormack (EK) 23.66; 400: 1, C Young (CAC) 50.82; 2, K Mackie (DSMC) 51.26; 3, R Wilson (Ct) 53.44; 800: 1, Young 1:55.00; 2, P Solomans (Sun) 1:58.15; 3, A Moonie (Pit) 1:58.85; 4, J Carroll (CAC) 2:01.66; 1500: 1, G Willis (Ayr) 4:04.06; 2, Moonie 4:04.48; 3, J Hatcher (Border) 4:11.31; 4, P O'Hare (CAC) 4:17.03; 3000: 1, M Morris (NSP) 8:38.77 (CBP); 2, T Winters (ESP) 8:58.10; 3, P Martin (ED) 8:58.31; 4, S Taylor (Pit) 8:58.54; 5, Cleland (Cam) 9:07.48; 6, S McKay (Inv) 9:10.34; 7, D Hughes (Tev) 9:13.26; 8, M Gorman (Spr) 9:19.71; 100H (-3.2m/s) 1, D Stewart (Unatt) 13.92; 2, S McAra (NSP) 14.07; 3, A Malcolm (ESP) 14.34; 4, S Dillon (MBI) 14.50; 5, G Adams (Ayr) 14.51; 400H 1, S Poutney (Moth) 57.42; 2, S Farr (She) 63.00; 3, S Dillon 63.28; 2000 s/c: 1, M Kelso (Pit) 6:15.06; 2, M Gill (Cam) 6:22.31; 3, A Casey (QUS) 6:26.27; 4, D Carty (ESP) 6:41.31; HJ: 1, B Thompson (NSP) 1.95m; 2, S Hughes (Sea) 1.90m; 3, G Woods (Cam) 1.90; 4, S McKinley (Pit) 1.80m; 5, G Morrison (Ren) 1.80m; PV: 1, S Craines (Border) 4.20m (CBP); 2, C Eque (Mor) 3.40m; 3, K McNicoll (CAC) 3.40m; SP: 1, G Mathieson (Av) 14.79m; 2, S Hayward (Mel) 14.41m; 3, A McKenzie (Inv) 13.78m; DT: 1, S Lloyd (Sea) 39.08m; 2, K Kay (Str) 38.80m; 3, S Hayward 38.50m; 4, H James (Mon) 37.20m; HT: 1, I Park (Hill) 59.40m; 2, A Irving (Border) 54.42m; 3, S Dolan (Sun) 53.82m; 4, S Thompson (Sun) 52.54m; 5, R Mackinnon (QUS) 48.58m; JT: 1, G Bradley (Bor) 51.74m; 2, H James 47.50m; 3, N Dempsey (MCS) 44.28m; 4, R Hislop (Mel) 44.16m.

Sen Boy: 100m (-2.1m/s): 1, T Black (Inv) 11.80; 2, S Fisher (Der) 11.86; 3, D Lees (ESP) 11.94; 4, B Watson (Pit) 11.96; 200 (-1.5m/s): 1, D Galloway (Ayr) 23.42; 2, S Fisher 23.65; 3, D Pegrun (Cum) 24.10; 400: 1, C Black (MCS) 50.81; 2, B Watson (Pit) 51.72; 3, S Sutherland (Inv) 52.54; 4, H Kerr (Ayr) 52.74; 800: 1, D Roache (VP) 2:01.23; 2, K Daley (ESP) 2:02.68; 3, M Hamlin (Lass) 2:03.85; 1500: 1, D Roache 4:14.45; 2, D McDonald (PSH) 4:18.02; 3, K Mason

4:21.96; 4, A Donaldson (Pit) 4:29.94; 5, A Young (VP) 4:31.23; 80H (-2.6m/s) 1, J Whannel (VP) 12.16; 2, S Hymers (Asp) 12.46; 3, P McGonagle (FRC) 13.04; 1500 s/c: 1, J Gormann (VP) 5:01.57; 2, A Kidd (JWK) 5:09.83; 3, A Sinclair (She) 5:20.05; HJ: 1, A Gilhooly (Cam) 1.75m; 2, D Hymers (Asp) 1.75m; 3, C Beattie (Sea) 1.75m; PV: 1, K Horton (Cum) 2.60m; 2, S Schendel (Cum) 2.40m; LJ: 1, J Whannel 6.11m; 2, H Kerr 5.83m; 3, D Hymers 5.64m; TJ: 1, J Whannel 11.99m; 2, F Edridge (Clyde) 11.79m; 3, K McCready (Kil) 11.78m; SP: 1, D Ablett (CPH) 13.46m; 2, B Robb (PRC) 12.74m; 3, C Loeje (AF) 11.99m; DT: 1, D Ablett 36.88m; 2, L McIntyre (Kel) 35.50m; 3, B Robb (Pit) 35.44m; HT: 1, S Sneddon (Tay) 57.52m; JT: 1, M Ross (Work) 43.84m; 2, K Morton 42.34m; 3, D Ablett 41.84m.

8

Schools Pentathlon and Relay Champs, G'mouth -

Pent order - (LJ, 110H, 200m, SP, 1000m) BOYS O-17 - 1, D Wight (EdA) 3059 pts (5.69m; 16.0; 24.0; 9.44m; 4:35.6); 2, O'Brien (Fet) 2959 (5.63m; 15.9; 23.5; 9.18m; 4:56.5); 3, D Stephen (Pet) 2890 (6.31m; 16.8; 23.7; 10.04m; 5:24.1); 4, C Young (Boc) 2793; 5, S Dillon (Prose) 2587 pt; 6, I Smith (Perth) 2571 pt; 7, S Meldrum (Dol) 2184 pt; 8, G Pearson (Arb) 2062 pt.

15-17 years - 100H, SP, 200m, LJ, 1500m: 1, C Wilson (GorSh) 3245 pt (15.3; 9.82m; 23.6; 5.77m; 4:33.2); 2, M Kelso (QAHS) 3164 pt (15.8; 9.63m; 24.5; 5.41m; 4:11.4); 3, D Ablett (B'muir) 3126 pt (15.1; 12.28m; 25.3; 5.51m; 4:47.9); 4, M Allan (Port) 3109m; 5, J Michie (Madras Coll) 2895pt; 6, D Montgomery (Castle) 2768; 7, C Laidler (Rannoch) 2757 pt; 8, I McGregor (Bal) 2750; 9, B Watson (QAHS) 2709 pt; 10, S McDermott (Bal) 2523.

U-15: 80H, SP, 200m, LJ, 1500m: 1, A Ramsay (Ding) 2901 pts (12.4; 10.49m; 25.2; 5.38m; 4:50.9); 2, P Annal (Aln) 2535 (12.5; 10.83m; 26.4; 4.71m; 5:17.7); 3, G Hastings (Kirk) 2477 (13.8; 7.59m; 25.0; 5.11m; 5:00.4); 4, M Pate (Boc) 2396; 5, R Nolan (Ann) 2366pt; 6, S McPherson (Aln) 2322; 7, J Usher (PG) 2316 pt; 8, A McKnight 2177; 9, C Frew (Hut) 2150; 10, P Consani (Boc) 2139pt.

Girls O-17: SP, 100H, HJ, LJ, 800m: 1, E Donald (Herm) 2523 pts (7.16m; 17.5; 1.51m; 4.65m; 2:43.0); 2, K McIntyre (ME) 2153 (6.98m; 18.7; 1.42m; 4.04m; 2:42.1); 3, E Sneddon (Lar) 2016 (7.54m; 19.8; 1.45m; 4.10m; 2:53.3); 4, J Carson (Fet) 1206pt.

15-17: 80H, HJ, LJ, SP, 800m - 1, D Church (Mar) 2801 pts (13.4; 1.48m; 4.67m; 6.54m; 2:22.3); 2, S Rammingier (Arb) 2792 (12.7; 1.54m; 4.78m; 6.68m; 2:37.6); 3, H Kilday (Ding) 2489 (13.2; 1.42m; 4.41m; 6.29m; 2:37.1); 4, L McKenzie-Wilson (Morr) 2444 pt; 5, C Donald (Herm) 1944 pt; 6, J Devine (Milne's) 1499 pt.

U-15: 75H, LJ, SP, HJ, 800m - 1, D Palmer (RHS) 2635 pt (13.0; 4.48m; 7.37m; 1.51m; 2:33.2); 2, J Palka (StMir) 2621 pt (13.4; 4.68m; 7.50m; 1.42m; 2:28.2); 3, J Donald (Aln) 2505 (12.8; 4.63m; 7.55m; 1.45m; 2:44.7); 4, S Bain (Aln) 2322; 5, P Clark (Boc) 2205; 6, D Quirie (O'macher) 2129; 7, S Gow (Boc) 2046; 8, C Middleton (P'lethen) 2008; 9, J Wright (Kin) 1933; 10, R Watters (GW) 1871.

Relay Champs - Boys Over-17: 1, G Her 44.1; 2, EdA 44.3; 3, Hut 44.5; 4, S'allen 44.7; 5, DSMC 45.7.

U-14: 1, GA 50.4 (CBP); 2, EdA 51.2; 3, C'head 52.0; 4, StAl 52.1; 5, Hut 52.5; 6, GH 52.5.

Girls O-17: 1, Hut 52.8; 2, Fet 53.8; 3, Park 53.8; 4, StLeo 54.1; 5, St Geo 54.8; 6, GH 55.2.

15-17 years: 1, StGeo 51.0; 2, StNin 52.1; 3, GH 52.4; StLeo 52.5; 5, Well 52.9; 6, K'syth 52.9.

U-15: 1, St Geo 54.0; 2, StNin 54.9; 3, Well 54.9; 4, StMarg 54.9; 5, StLeo 55.1; 6, StAl 55.4.

U-14: 1, GH 53.5; 2, StNin 53.6; 3, Her 54.8; 4, Gala 54.8; 5, Park 55.5; 6, St Geo 55.8.

Primary Inter-Area - Boys: 1, S Highland 55.6; 2, R'frew 56.3; 3, L'shire 57.7; 4, S Gramp 57.7; 5, D&G 58.7; 6, Glas 58.7.

Girls: 1, D'barton 'A' 56.6; 2, D'barton 'B' 56.7; 3, R'frew 58.7; 4, Fife 'A' 58.8; 5, Fife 'B' 59.2; 6, Edin 59.3.

9

Parasonic League, Div 1 match, C'point - 100: 1, J Henderson (CPH) 10.8; 2, R Slater (FVH) 10.9; 3, B Ashburn (Cam) 11.0; 4, M King (Aber) 11.0; 100 B: 1, D Clelland (FVH) 11.0; 200: 1, D Mulherson (She) 21.9; 2, D Clelland 22.5; 3, H King 22.2; 4, G Farquharson (Pit) 22.5;



26.7; 3, S Balmain 26.8; 800: 1, K Stewart (Gr) 2-20.8; 2, F Johnston (Gala) 2-23.0; 3, M Brooks (Mar) 2-24.7; 1500: 1, K McNally (Dum) 4-45.6; 2, L Moody (Holy) 5-01.9; 3, M Smith (Ding) 5-05.2; 75H: 1, K McNamee (KP) 11.8; 2, K Phillip (St M) 11.8; 3, F Forrest (Boe) 12.2; HJ: 1, D Lapsley (Kin) 1.55m; 2, K Halliday (Dum) 1.45m; 3, S Crawford (L'gilp) 1.45m; LJ: 1, P Anderson (St Mung) 5.20m; 2, K McNamee 5.09m; 3, F Hutchison 5.05m; SP: 1, J Robin (Herm) 11.90m; 2, E Garden (K'ross) 11.48m; 3, L Munro (Trin) 9.95m; DT: 1, J Robin 36.00m; 2, E Garden 33.42m; 3, L Thomson (Her) 29.78m; JT: 1, E McQueen (Mil) 30.72m; 2, L Munro (Tr'ry) 30.30m; 3, L Thomson 29.28m.

(U-14): 100: 1, S Orr (St Nin) 13.2; 2, P Prow (Lom) 13.4; 3, L Senior (Dun) 13.5; 200: 1, N Hynd (Dunf) 27.5; 2, D Palmer (HS) 27.9; 3, S Orr 28.1; 800: 1, L Frickleton (Bo) 2-22.9; 2, S Scott (Hun) 2-23.0; 3, P Crawley (E'bank) 2-23.7; 75H: 1, S Moxey (P'bell) 12.1; 2, K McKenzie (Thur) 12.5; 3, L Stevenson (Ball) 12.6; HJ: 1, S Goldie (JH) 1.40m; 2, E Kerr (Wellington) 1.40m; 3, D Palmer 1.40m; LJ: 1, D Palmer 4.59m; 2, J Reid (Ban) 4.50m; 3, F Paul (Por) 4.49m; SP: 1, N Dhalwal (Park) 11.37m; 2, C Garden 33-08; 3, L Dhalwal 32.98m; 3, L Ross (Max) 24.94m; JT: 1, E Dougall (RG) 25.02m; 2, F Hunter 24.46m; 3, M Simpson (BD) 23.08.

#### Schoolboys Track and Field Champs, Grangemouth -

(O/17y): 100 (-1.9m/s) 1, R Slater (Dunb) 11.1; 2, D Walker (GHS) 11.2; 3, D Stewart (Bal) 11.6; 200 (-1.3m/s) 1, Walker 22.4; 2, Slater 22.4; 3, C Allan (MCS) 23.7; 400: 1, I Murray (Mil) 50.9; 2, K Mackie (DSMC) 51.3; 3, J Ewart (Fet) 52.2; 800: 1, C Young (Boe) 1-56.2; 2, R Hooton (DSMC) 1-57.3; 3, J Ferguson (Prt) 1-58.7; 1500: 1, E Calvert (Mac) 4-03.7; 2, A Moonie (Bal) 4-04.6; 3, G Willis (Pre) 4-09.0; 5000: 1, D Fortheringham (CAC) 15-49.7; 3, S Taylor (Buck) 16-03.3; 3, J Reid (Colt) 16-15.1; 110H (-0.7m/s) 1, S Dillon (For) 15.5; 2, D Wright (Edin) 15.6; 3, D Birmue (Fet) 15.9; 400H: 1, Wright 56.5; 2, Brume 57.3; 3, M Milne (Cas) 60.4; 2000 s/c: 1, A Casey (QVS) 6-25.8; 2, D Sharkey (C'mount) 6-31.2; 3, S Meldrum (Dollar) 6-38.9; HJ: 1, J Allan (Boe) 1.94m; 2, G Lockett (Geln) 1.78m; 3, N Fischbacher (Bal) 1.78m; PV: 1, P Ballantyne (Edin) 2.50m; LJ: 1, G Morton (Hort) 6.47m; 2, G Paul (Ed) 6.34m; 3, D Sabnis (Ban) 6.32m; TJ: 1, Sabnis 13.11m; 2, P Eberidge (Ram) 12.92m; 3, M Durward (Glas) 12.23m; SP: 1, A Byce (Glen) 13.30m; 2, G Mathieson (Lar) 12.97m; 3, D Tanner (Dum) 12.21m; DT: 1, D Ridland (Ed) 36.08m; 2, M Bowman (Lom) 35.92m; 3, A Bryce 35.84m; HT: 1, C Bryce (Glen) 38.38m; 2, D Milne (Ram) 29.40m; JT: 1, C MacAuley (Glen) 47.70m; 2, J Wishart (Ed) 45.80m; 3, H James (Mont) 44.12m.

15-17: 100 (-1.54m/s) 1, C McRobert (St) 11.1; 2, S Moir (Bel) 11.4; 3, J Bragg (MCS) 11.6; 200 (-1.9m/s) 1, McRobert 22.4; 2, Moir 23.1; 3, Bragg 23.5; 4, D Reid (Earlston) 23.6; 400: 1, C Buck (MCS) 50.4; 2, C Wilson (Gordon) 51.1; 3, E Craig (Ed) 51.6; 4, H Kerr (Kyle) 51.8; 800: 1, D Rosche (Ren) 2-01.0; 2, M Cruden (IRA) 2-02.2; 3, M Govan (Bear) 2-02.5; 1500: 1, T Winters (StA) 4-13.2; 2, P O'Hare (St Amb) 4-15.1; 3, D Kerr (ND) 4-17.2; 5000: 1, C Clelland (JO) 8-56.0; 2, S Mackay (IRA) 8-56.4; 3, M Gorman (Len) 9-02.8; 4, D McDonald (Perth) 9-09.2; 5, D Hughes (Hawick) 9-14.9; 6, G Brown (Bec) 9-15.8; 100H: (+0.2m/s) 1, G Adams (Grange) 14.1; 2, C Frew (JO) 14.6; 3, D Abbott (B'muir) 14.9; 400H: 1, S Poutney (OLHS) 56.7 (+CBP); 2, B Middleton (P'lethen) 58.6; 3, I Hamilton (Green) 59.6; 4, J

Michie (Madras) 60.9; 1500 s/c 1, M Kelso (QAHS) 4-25.0 (+CBP); 2, M Gill (St Aloy) 4-37.1; 3, B Thomson (Mont) 4-42.2; HJ: 1, G Morrison (Trin) 1.75m; 2, S McKinley (W'mill) 1.70m; 3, C Noble (Fre) 1.70m; PV: 1, M Liv (Ed) 3.10m; 2, R Dunn (Ed) 3.00m; 3, K McNichol (St Al) 3.00m; 4, M Vidler (Ed) 3.00m; LJ: 1, J Gilbert (Grange) 6.24m; 2, S Milne (K'wall) 6.19m; 23, J Whannel (Cleve) 5.98m; TJ: 1, N Aiken (Hut) 12.65m; 2, J Whannel 12.60m; 3, S Milne 12.44m; SP: 1, A Mackenzie (I'gordon) 13.21m; 2, M Muqit (Gl) 13.00m; 3, D Abbott 12.49m; DT: 1, J Penny (MCS) 36.66m; 2, L Newton (Bal) 33.74m; 3, P Cowan (Gala) 31.56m; HT: 1, R MacKinnon (QVS) 45.34m; 2, S Gardner (QVS) 41.08m; 3, S Sneddon (Con) 34.72m; JT: 1, S Wands (Dol) 45.28m; 2, G Broomfield (Glen) 45.26m; 3, N Dempsey (MCS) 41.88m.

100 (-1.3m/s) 1, R Booth (J'Gill) 11.9; 2, G Hastings (Kirk) 12.3; 3, A Lowles (Lor) 12.4; 200 (-2.8m/s) 1, Hastings 25.3; 2, R McGuire (Nai) 25.4; 3, Lowles 25.7; 400: 1, S Sutherland (Tain) 53.1 (CBP); 2, C Frew (Hutch) 57.0; 3, A Yip (Lom) 57.5; 800: 1, K Hinnels (Fal) 2-09.7; 2, B Waters (St N) 2-09.7; 3, S McGarvey (OLHS) 2-11.1; 1500: 1, S Gibson (Col) 4-19.7; 2, M Smith (Doug) 4-20.7; 3, A Donaldson (DSMC) 4-20.9; 4, A Young (Boe) 4-21.4; 5, S McNellan (Doug) 4-22.6; 80H (-0.3 m/s) 1, D Catter (Naim) 12.1; 2, W Stark (B of Don) 12.6; 3, A Ramsay (Ding) 12.7; 400H: 1, Ramsay 61.9; 2, M MacLennan (Ed) 64.7; 3, P Consani (Boe) 66.6; HJ: 1, M Pate (Boe) 1.65m; 2, S Templeman (Mil) 1.62m; 3, A France (Chry) 1.57m; PV: 1, M Alberici (Ed) 2.35m; 2, I Orr (QVS) 2.25m; 3, G Robson (Dol) 2.25m; LJ: 1, W Stark 5.70m; 2, F Eldridge (Kel) 5.44m; 3, K McCready (Gleniffer) 5.09m; TJ: 1, McCready 11.81m; 2, W Stark 11.70m; 3, F Eldridge 11.54m; SP: 1, B Robb (QAHS) 13.93m; 2, I Douglas (WH) 12.23m; 3, S Morton (B'briggs) 12.21m; DT: 1, B Robb 37.56m; 2, L McIntyre (Lom) 35.76m; 3, K Day (Ed) 34.52m; HT: 1, M Wright (QVS) 29.88m; 2, S Millan (QVS) 23.02; JT: 1, P Annal (Al) 38.84m; 2, P Cunningham (Ed) 36.30m; 3, R Nolan (Ann) 35.02m.

U/14: 100 (-1.82m/s) 1, S Fraser (Cull) 12.5; 2, A Tsang (Gla) 12.9; 3, M McClusky (Trin) 12.9; 200 (-2.1m/s) 1, S Fraser 25.5; 2, P Rowling (VP) 25.8; 3, M McCluskey 25.8; 800: 1, B Hendry (StM) 2-09.7; 2, G Murray (StM) 2-17.6; 3, K Davidson (Auch) 2-18.3; 1500: 1, S MacDonald (Hut) 4-40.7; 2, K McAlpine (Nai) 4-41.0; 3, G Smith (Gfalds) 4-41.6; 80H (-0.5m/s) 1, R Baillie (Cly) 12.5 (CBP); 2, D McFarlane (L'gilp) 12.9; 3, K McAdams (Boe) 13.4; HJ: 1, R Bellshaw (Car) 1.45m; 2, S McWhan (Dal) 1.40m; 3, N Craig (StA) 1.40m; PV: 1, R Sinclair (Ed) 2.35m; 2, A Alexander (Ed) 2.20m; 3, T Wilson (QVS) 2.10m; LJ: 1, P Rowling (VP) 5.35m (CBP); 2, A Campbell (Cast) 4.79m; 3, J Philip (Ed) 4.71m; 1, S Bellshaw 10.76m; 2, S McAlindon (StCol) 10.75m; 3, S Addie (Cum) 10.73m; 4, A Bendell (Hut) 10.71m; SP: 1, P McGee (hut) 12.84m (CBP); 2, R MacDonald (Ding) 11.14m; 3, G Hoyk (DSMC) 10.97m; DT: 1, R MacDonald 31.66m; 2, P Fraser (OM) 27.38m; 3, A Suberland (D'wall) 26.38m; HT: 1, S MacKinnon (QVS) 30.20m; 2, J Nelson (QVS) 22.78m; JT: 1, C Tulloch (Kel) 36.52m; (CBP); 2, P Fraser 34.88m; 3, R Ruickbil (Al) 33.08m.

#### 16

##### Five Nations Int, G'mouth -

Men: Match: 1, Scotland 70pts; 2, BLE 64pts; 3, Wales 62pts; 4, N Ire 55pts; 5, Ice

51pts. (Scottish unless detailed)

100 (+1.8m/s): 1, E Clark 10.78; 2, R Sexton (NI) 10.85; 3, S Rees (W) 10.85; 200 (+2.9m/s): 1, M Forsythe (NI) 21.14; 2, J Baulch (W) 21.58; 3, S Shanks 21.66; 400: 1, P Sinclair (I) 48.04; 2, G Hodges 48.09; 3, S Lewis (W) 49.22; 800: 1, P Williams (W) 1-49.35; 2, A Murray 1-50.11; 3, M Kirk (NI) 1-50.23; 1500: 1, N Horsefield (W) 3-48.03; 2, J McKay 3-49.30; 3, N O'Brien (I) 3-50.92; 3000: 1, L O'Brien (I) 8-03.07; 2, J McKay 3-49.30; 3, N O'Brien (I) 3-50.92; 110H (+3.6m/s): 1, S Cahill (I) 14.36; 2, P Davies (W) 8-03.63; 3, R Quinn 8-08.31; 400H: 1, M Davidson 52.28; 2, C McDunphy (I) 52.71; 3, T Price (NI) 53.67; 3000 s/c: 1, J Murray (I) 8-57.7; 2, G Croil 8-58.2; 3, P Cook (W) 9-16.8; 4 x 100R: 1, Wales 41.34; 2, N Ireland 41.93; 3, Scotland 41.99; 4 x 400: 1, Scot 3-14.17; 2, Ireland 3-14.68; 3, Wales 3-15.16; HJ: 1, D Barnetson 2.13m; 2, E Kristjansson (Ice) 2.10m; 3, A Gatt (I) 2.05m; PV: 1, S Sigurdsson (Ice) 4.60m; 2, A Burke (I) 4.40m; 3, T Thomas (W) 4.40m; 4, I McKay 4.30m; LJ: 1, M Forsythe (NI) 7.84m; 2, G Slade (W) 7.55m; 3, J Scott 6.82m; TJ: 1, M McDonald (NI) 15.69m; 2, J Hayes (I) 14.90m; 3, D Wood (W) 14.70m; 4, N McMenemy 14.30m; SP: 1, P Godmundsson (Ice) 18.68m; 2, V Costline (I) 17.28m; 3, L Wilshire (W) 16.12m; 5, R Smith 14.00; DT: 1, V Hafsteinsson (Ice) 59.08m; 2, D Morris 54.10m; 3, J Moreland (NI) 48.38; HT: 1, G Karisson (Ice) 62.14m; 2, R Devine 60.28m; 3, P McGrath (I) 58.76m; JT: 1, H Gardarsson (Ice) 67.98m; 2, D Smahon (NI) 61.96m; 3, S Lewis (W) 58.78m; 4, A Whyte 46.26m.

Inv Events: 100 (+3.0m/s): 1, P Fisher (W) 10.95; 200 (+1.7m/s): 1, E Clark 21.78; 2, M Allen (NI) 21.92; 3, D Mulholland 21.93; 800: 1, G Brown (Ren) 49.57; 2, A Walker (CPH) 1-51.01; 3, B Murray (CPH) 1-51.68; 4, M Fallows (ESP) 1-51.86; 5, G Gibson (Kil) 1-52.29; 1000 W'chair: 1, G Foxton (LSADC) 18.36; 2, R Bird (LSADC) 19.58; 3, J McDade (RS) 21.30; 200m Spec Needs: 1, J Barry (RS) 26.53; 2, S Howie (RS) 27.41; 3, S Larrick (RS) 28.24.

Womens match: 1, Scot 57pts; 2, Wales 56; 3, NI 54; 4, Ire 51; 5, Ice 37.

100 (+3.0m/s): 1, H Miles (W) 11.53; 2, A McGillivray 11.70; 3, M Baxter (guest) 11.94; 200 (+2.1m/s): 1, H Miles (W) 23.81; 2, A McGillivray 23.59; 3, M Smith (I) 24.24; 400: 1, E Nicholson (I) 54.82; 2, P Devine 55.29; 3, O'Connell (NI) 55.48; 4, D Kitchen (guest) 56.21; 800: 1, B Kavanagh (I) 2-06.20; 2, A Parry (W) 2-06.75; 3, C Brook (NI) 2-09.55; 4, M Anderson 2-14.44; 1500: 1, T Duffy (I) 4-21.59; 2, C Funnell (W) 4-31.91; 3, C A Bartley 4-32.49; 3000: 1, G Hendrickson (I) 9-17.92; 2, M Ernstotir (Ice) 9-20.91; 3, V McPherson 9-40.55; 100H (+2.5m/s): 1, K Morley (W) 13.37; 2, J Hale (NI) 14.14; 3, L McCulloch 14.44; 400H: 1, G McIntyre 61.76; 2, M Cook (W) 62.00; 3, S McPeake (NI) 62.22; 4 x 100R: 1, Scotland 46.96; 2, Ire 47.26; 3, Wales 47.44; 4 x 400: 1, Scot 3-41.83 (D Kitchen 57.36; M Anderson 56.10; G McIntyre 54.34; P Devine 54.03) HJ: 1, T Gialadottir (Ice) 1.80m; 2, J Boyle (NI) 1.80m; 3, R Pinkerton 1.77m; LJ: 1, M Rea (NI) 5.96m; 2, T Horgan (I) 5.93m; 3, J Ainslie 5.80m; TJ: 1, M Rea (NI) 11.79m; 2, N Barr 11.71m; 3, A Lewis (W) 10.40m; SP: 1, J Berry (W) 13.94m; 2, I Gronfeldt (Ice) 13.79m; 3, H Cove 12.89m; DT: 1, J McKerman (NI) 55.16m; 2, L Shaw (I) 44.66m; 3, I Gronfeldt (Ice) 42.68m; 4, H Cove 41.46m; JT: 1, I Gronfeldt (Ice) 53.82m; 2, C White (W) 53.18m; 3, M Real (I) 45.68m; 5, K Savill 40.24m.



## June

### 1

Glengoyne Gallop HR, Blanehead - 1, B Potts (CAC) 22-55; 2, S Nicolson (Cor) 23-03; 3, W Gaunt (P&B) 23-45; 4, S Burns (Loch) 24-14; 5, P Davies (LeedsU) 24-22; 6, S Bennett (West) 24-33; 7, D Robertson (West) 25-08; 8, R Morris VI (Car) 26-08; 9, J Gallagher (Ken) 26-12; 10, S Campbell V2 (Cur) 26-34; 11, B Shiell (Car) 27-11; 12, D Calder (West) 27-18; Team 1, Westerlands 25pts. L1, L Wright (Leeds Un) 26th 31-18; L2 P McAdam (West) 27-18.

### 2

#### Aonach Mhor HR, Fort William -

1, A Farnham (Gala) 51-18; 2, J Wilkinson (Gala) 51-56; 3, W Rodgers (Loch) 52-57; 4, G Ackland (Liv) 53-16; 5, P Hughes (Loch) 54-05; 6, W Gaunt (P&B) 54-15; 7, D Bell (HELP) 54-17; 8, T Brand (Liv) 55-30; 9, M Dixon (Loch) 56-20; 10, P Marshall V1 (HELP) 57-08; 11, I Wallace (HBT) 57-18; 12, J Blair-Fish V2 (Car) 57-32; 13, J Sklenar (Unatt) 57-52; 14, A Spenceley (Cam) 57-58; 15, G Brooks (Loch) 58-13; V30/50 B Gauld (Car) 58-26; V4, E Butler (Aber) 58-37; L1, P Calder LV1 (ESP) 16th 58-20; L2, C Menhennett 34th (CAC) 65-46; L3, L Hope 44th (Loch) 70-19; L4, F Russell 48th (Loch) 73-12; L5, G Small 53rd (West) 77-22.

#### Scolty HR, Banchory (127 ran) -

1, S Axon (HBT) 30-47; 2, F Clyne (Met) 31-00; 3, R Taylor (Met) 31-58; 4, M Cumming (Met) 31-59; 5, G Bartlett (For) 32-15; 6, S Wright (Ab) 32-18; 7, C Farquharson (HBT) 32-34; 8, P Jennings (Met) 32-53; 9, K Craig (FFT) 32-56; 10, J Kirkland (DRR) 33-09; 11, J Gallacher (Unatt) 33-13; 12, S Wilcox (Met) 33-38; 13, M Thomas (HBT) 33-59; 14, N Kilner (Ab) 34-01; 15, E Rennie V1 (Ab) 34-05; V2, M Edwards (Ab) 34-23; V3, E Love (DHH) 34-38; V4, J Ingram (FRC) 35-42; V5, L Newman (CPH) 36-15; V6/50 G Angus (DHH) 37-26; V6/50 S Cruickshanks (Ab) 40-52; Teams: 1, Metro AC 9pts; 2, Hunters Bog Trotters 21; 3, Aberdeen 35; L1, L Bain (Ab) 35-51; L2, D Porter (Ab) 36-53; L3, J Robertson (Ab) 38-43; L4, U Simpson LV1 (Ab) 39-05; L5, G White (FFT) 41-05; L6, J Nuttall LV2 (Aber) 42-29; L7, S Taylor (Garwich) LV3 42-43; L8, P Tosh Jun (ab) 44-06; L9, C Blyth LV4 (Ab) 44-37.

### 5

#### Hill of Tarvit 5.5 mile Race, Ceres, Fife -

1, N Martin (Fife) 30-49 (record); 2, I Moncur (DHH) 31-15; 3, P O'Kane (HBT) 31-31; 4, P Fox (DHH) 31-46; 5, A Cassidy (Fif) 32-35; 6, C Hanlon (DRR) 32-54; 7, A Crombie (Fif) 33-18; 8, C Hunter (HBT) 33-39; 9, A Wilson (DRR) 33-51; 10, D Murray (FVH) 33-53; V1, D Hedley (HR) 11th 34-00; V2, S Graves 14th (Fif) 34-27; V3, T Ross 16th (Fif) 34-44; V4/50 D Macgregor 23rd (Fife) 35-31; L1, J Hanlon 45th LV1 (DRR) 40-23; L2, M Martin (Fif) 41-57; L3, M Robertson LV2 (DRR) 44-21.

### 8

#### Dollar HR -

1, M Patterson (DPFR) 38-18 (rec); 2, P Dymoke (Liv) 39-30; 3, W Rodgers (Loch) 39-51; 4, A Farnham (Gala) 39-53; 5, S McGonigle (She) 40-19; 6, B Potts (Clyd) 40-23; 7, J Maitland (P&B) 40-37; 8, J Wilkinson (Gala) 40-53; 9, G Bartlett (For) 41-30; 10, A Curtis (Clare) 41-51; 11, S Burns (Loch) 42-33; 12, S Convey (Liv) 43-46; 13, J Brooks (Loch) 43-48; 14, D Ramsay (Reed) 44-03; 15, R Hogarth (NU) 44-27; 16, R Morris VI (Car) 44-45; 17, I Wallace (HBT) 44-48; 18, M Forrest (Clare) 45-10; 19, M James (Car) 45-42; 20, S Campbell V2 (Cur) 45-47; V3, R Nicholl (Fif) 45-51; V4, R Wandeles (Bigg) 46-06; V5, T Ross (Fife) 46-33; V6, A Lochrimer (Dun) 49-17; Team: Lochaber AC 27pts; L1, T Calder (ESP) LV1 46-29; L2, J Salvona (Liv) 48-20; L3, P Rother (ESP) 50-18; L4, C Whalley (Liv) 50-21; L5, J Robertson (Ayr) 50-25; L6, C Menhennett (Cly) 52-04.

#### Traprain Law Hill Race, East Linton -

1, R Rogers (New, NI) 39-12; 2, A Spenceley (Car) 40-06; 3, J Smith V1 (Help) 40-40; 4, C Hunter (HBT) 40-57; 5, M Flynn (CPH) 41-53; 6, S Bennett (West) 41-54; 7, S Wallace V2 (HELP) 42-13; 8, D Keighly (HBT) 43-10; 9, I Mustarde (HELP) 43-13; 10, K Burns V3 (Cam) 43-24.

Teams 1, HELP 19pts; 2, Camethy HR 23; L1, E Ryan LV1 (ESP) 51-55; L2, D MacDonald (Lass) 54-33; 23, D Mackie LV2 (Dun) 55-01.

### 9

#### Cairnstable HR, Muirkirk (187 ran) -

1, D Auchie (Dal) 45-00; 2, I Auchie (Dal) 46-16; 3, S Bennett (West) 46-57; 4, R Longmore (Sol) 46-58; 5, M Cowan (Sol) 49-07; 6, J Rowley V1 (Law) 49-54; 7, R Turnbull V2 (NV) 50-00; 8, L Hogg (Mui) 50-09; 9, J Surgeoner (Irv) 50-51; 10, B Mackin (Sol) 51-15; 11, I Pollock V3 (Aft W) 51-18; 12, D Milligan V4 (Sol) 51-28; 13, B Burns V5 (Mud) 51-58; 14, T Kelly (C Doug) 52-25; 15, A Clark (London) 52-47; Team: 1, Dalry Th 8pts; 2, S'way Strollers 26; L1, I Fraser (Ayr) 58-44; L2, L Longmore (Annan) 59-38; L3, P McLaughlin LV1 (West) 65-07; L4, C Nicol (Cum) 68-40; L5, J Hume (Afton W) 71-47; L6, E Griffin (Cum) 75-02; Team: 1, Afton Water.

#### Lomonds of Fife HR, Gateside, Fife -

1, N Martin (Fif) 67-36; 2, D Ramsay (Read) 71-19; 3, P Mowbray (Unatt) 72-31; 4, D McLean (Lom HR) 72-47; 5, B Knox (Fev) 73-15; 6, J Whittlet (PSH) 73-51; V1, R Nicholl (Fif) 75-39; L1, J Robertson (Ayr) 82-10; Team: 1, Lomond Hill Runners.

### 15

#### Glen Rosa Horseshoe HR, Brodick -

1, P Clark (K'dal) 2-14-13 (rec); 2, M Covell (Kildalton) 2-33-14; 3, M Walford V1 (Kendal) 2-33-31; 4, D Richardson (Kendal) 2-33-54; 5, R Hackett (Clare) 2-35-40; 6, G Brooks (Loch) 2-36-20; 7, R Boswell (Loch)

2-37-45; 8, J Aiken (HELP) 2-37-59; 9, D McPhee (Ilay) 2-38-30; 10, H Richmond (Loudoun) 2-38-38; V2 W Gauld O/50 (Cam) 2-40-16; V3 T Ross (Fif) 2-43-50; Team: 1, Kendal 8pts; L1, L Hope (Loch) 2-56-31; L2, C Menhennett (Cly) 3-13-16; L3, S Ingram (Wrex) 3-25-31.



## May

### 29

#### Sri Chimmoy Mile RR, The Meadows, Edinburgh -

1, G Matheson (CPH) 4-20; 2, C Young (ESP) 4-30; 3, D Lohian (FVH) 4-31; 4, M Annan (ESP) 4-32; 5, G Lightwood (ESP) 4-33; 6, D Gillespie (FVH) 4-34; J1, M Gill (Cam) 4-48; V1, Z Bankowski (ESP) 4-48; VO/50: 1, A McKenzie (Liv) 5-40; L1, C A Gray (ESP) 5-01; L2, L Cormack (ESP) 5-14; L3, S Cutler (Un) 5-35.

#### C & G Sports Auld Toon 10K, RR, Dunfermline -

1, A Robson (Roe) 30-29; 2, J Duffy (SV) 31-20; 3, B Kirkwood (Roe) 31-25; 4, P O'Kane (HBT) 31-42; 5, W McNeill (Pit) 32-13; 6, S Quinn (Roe) 32-14; 7, A Robertson (Pen) 32-16; 8, M Coyne (Roe) 32-28; 9, C Smith V1 (ESP) 32-29; 10, K Smith (Roe) 32-45; 11, T Graham (V2) (Fife) 32-53; 12, G Gilhooly (Unatt) 32-53; 13, C Hunter (HBT) 33-05; 14, E McKee (SV) 33-09; 15, S Ogg (Pit) 33-15; 16, K Smith (PSH) 33-17; 17, P Gallagher (Unatt) 33-24; 18, P Simpson (Pit) 33-28; 19, B Blazek (Un) 33-53; 20, P Morrison (Pit) 33-57; L1, J Stevenson LV1 (FVH) 36-08; L2, J Swanson (CG) 36-27; L3, K McCallum (Unat) 37-35; L4, J Robertson (PSH) 3



## Drop in standards at schools events

*Alex Jack reviews the performances at this year's championships.*

THE four Scottish Power school championship events in June again attracted large numbers of competitors but sadly - with certain obvious exceptions - the overall standard was relatively low.

The poor weather conditions did contribute to some of the poor performance levels but there is no doubt that the more technical field events are on a downward slope which began more than five years ago. The "badge standard" (not to be confused with the entry qualification) was not achieved in many events.

This was developed over a period of 20 years to ensure that athletes performing well but not achieving a medal position received recognition - in the shape of a special badge. In some events in 1991 (a repetition of 1987-90) badge standard performances were not even recorded among the medal winners. In other words, current performances are worse than ten years ago.

The numbers of competitors at the events either increased or was maintained at a high level. The figures were: pentathlon/relay championships - 798; boys track & field championships - 695; girls track & field championships - 503; inter area championships - 520.

These statistics, coupled with the fact that the number of schools represented increased would seem to paint a healthy picture.

The mid week event, now in its fifth year - the SSAA Inter Area Championships - attracted 12 areas (with Glasgow, Edinburgh, Dunbartonshire and North schools sharing the spoils) but again, even at this representative level the overall performance levels were low.

None of this pessimism should detract from the efforts of the teachers, coaches, clubs, schools, area associations, parents and the SSAA organisers who contribute hundreds of hours to the young athletes. Sooner or later, however, Scottish athletics must address the questions of how we improve overall performance levels nationally and how we keep youngsters in the sport.

In spite of all the deficiencies in the system there are still some exciting young prospects to look out for as they mature over the years.

The young U/15 flyer from the North, Stuart Sutherland, who attends Tain Royal Academy, won the Eric Liddell Memorial Trophy for the best performance of the day at the boys' track and field championships winning the 400m in 53.1, a new championship best performance. The rest of the field in the final were four to seven seconds behind him!

Bruce Robb of Queen Anne High School



*Suzanne Wood, winning the 400m hurdles and achieving a new SSAA record at the Girl's Track and Field Championships.*

(Dunfermline), another U/15, took the throws trophy with his discus and shot distances of 37.56m and 13.93m respectively. The latter gave him a winning margin of 1.70m!

Other outstanding competitors, this time in the U/17 group, were Matthew Kelso (Queen Anne High School) with a record equalling in 25.0 sec in the 1500m steeple chase and Scott Poutney (Our Lady's High School) and Douglas Walker (George Heriot's) who took first and second respectively in the U/17 100m, then reversing their positions in the 200m (see results page for full details).

At the girls' championship the best performances on the day were deemed to be from Sarah Richmond (Woodmill High School) and Suzanne Wood (Linlithgow Academy) in the hurdles events which earned them a share of the Frances Barker Shield. Their performances created new SSAA records but only Suzanne's 62.6 for the 400m hurdles will stand as Sarah's 100 hurdles time of 14.22 was assisted by a 3.26 mps wind.

Outstanding also was Elaine Julian (Loudon Academy) who recorded an U/17 sprint double with times of 12.1 sec and 24.4 sec. Championship best performances were also recorded by Hayley Parkinson (Balwearie High School) with a time of 10.17.6 for the 3000m and the inimitable

Alison Potts (Williamwood High School) with a time of 2-12.4 for the U/17 800m.

At the pentathlon relay championships on June 8 the outstanding relay teams were from St George's School (Edinburgh) who won the U/15 and U/17 events and added to their two trophies the Mildred Storar Trophy for the best girls' relay team at the championships.

In the Boys section a record was set by Glasgow Academy in the U/14 age group in a time of 50.4. The primary inter area 4x100m events were won by Dunbartonshire and South Highland in the girls and boys events respectively.

In the pentathlon the top places went to Douglas Wight (Edinburgh Academy) and Elaine Donald (Hermitage Academy) at U/17, with Debbie Church (Marr College) and Colin Wilson (Gordon Schools, Huntly) taking the U/17 medals and trophies.

The Paisley Shield for girls awarded to the school gaining most places in the pentathlon, relay and track & field championships went to Hermitage Academy with St Ninian's (Eastwood) a very close second.

The SSAA wish to thank all officials who gave their time to all four events and with the numbers involved were rushing for (and sometimes missing) meals. All this in a very, very wet June...



## JUNIOR

## PROFILE

|                             |                                                                                                                                       |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| NAME:                       | Peter Thomas Norquaw Annal.                                                                                                           |
| DATE OF BIRTH:              | March 24, 1977.                                                                                                                       |
| SCHOOL:                     | Alness Academy.                                                                                                                       |
| ATHLETICS CLUB:             | Not a member of one.                                                                                                                  |
| STARTED ATHLETICS:          | A year ago. I enjoyed athletics at PE so I started going to extra practices at lunchtime and after school.                            |
| EVENTS:                     | Pentathlon - but I also compete in the hurdles, javelin and shot on an individual basis.                                              |
| PERSONAL BESTS:             | 80m hurdles - 12.3; javelin - 41.80m; shot - 11.70m.                                                                                  |
| ENJOY MOST ABOUT THE SPORT: | The feeling of achievement when you win.                                                                                              |
| LEAST ENJOY:                | The nerves before a race.                                                                                                             |
| AMBITION IN SPORT:          | I'd like to break any world records I could - particularly for the javelin.                                                           |
| HIGHLIGHT SO FAR:           | Second place in the Scottish Schools Pentathlon Championships in June and breaking the Ross-shire schools record for the 70m hurdles. |
| FAVOURITE ATHLETES:         | Steve Backley and Colin Jackson.                                                                                                      |
| FAVOURITE STADIUM:          | Grangemouth.                                                                                                                          |
| MOST EMBARRASSING MOMENT:   | Two false starts at the Schools Pentathlon Championships, in the 80m hurdles and the 200m.                                            |
| FAVOURITE MUSIC:            | Hothouse Flowers.                                                                                                                     |
| FAVOURITE ACTOR:            | Eddie Murphy.                                                                                                                         |
| FAVOURITE ACTRESS:          | Whoopi Goldberg.                                                                                                                      |
| OTHER HOBBIES:              | Basketball. Last year I played in the under-15 Scotland squad and I hope to do the same this year.                                    |
| AIMS FOR THE FUTURE:        | To keep improving at athletics and be a Scottish medallist but I'd also like to get my higher and join the RAF.                       |

*Have you any junior news or views you would like to share with other readers?  
Write to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.*



## June

12

PARCELFORCE Games, Crystal Palace.

13

INVERNESS HG, Inverness.  
D - (0436) 239111 Ext. 224.

MELANTEE HR, Fort William.

USA v Canada v GBR - U20.

14

HALF Nevis HR, Fort William.

WELSH Games, Cwmbran.

17

ROSNEATH & Clynder HG. D-(0436)  
831 520.ANNANDALE & Eskdale DC OGM,  
Everholm, Annan. D - (0461) 203311  
Ext. 306.SCHOOLS (0-17) v Welsh Schools v  
Others, Wales.

19

EIGHT Nations GB Junior International,  
Spain (also 20th and 21st).

GBR v URS v Australia.

20

BRITISH Athletic League 3.

DAVID Shepherd Glamaig HR, Skye.

ELGIN HG and RR, Elgin.

SIAB Schools Int, Wrexham.

STROMNESS Shopping Week 13 mile  
RR, Orkney.WORLD Student Games (to 25 July),  
Sheffield.

21

STONEHAVEN HG. D-Kincardine &  
Deeside. DC. (0569) 62001 x 267BRITISH Athletic League 3, Various.  
D - (021) 456 4050.FALKIRK Young Athletes Meeting,  
G'mouth. D - (0324) 486711.HELENSBURGH People's Half  
Marathon, Helensburgh.  
D - (0436) 73839.IRVINE Harbour Festival Road Race,  
Irvine. D - (0294) 51011.MIDLAND Bank Universiade Sheffield  
Marathon, D - (0742) 780302.

26

PANASONIC AAA/WAAA  
Championships, Bham (also 27th).

27

TAYNUILT Highland Games. D -  
(Taynuilt) 431.ABERDEEN Leisure Shire Harriers  
Meeting, Aberdeen. D - (0224) 643734.

COW Hill Race, Fort William.

DINGWALL 10 miles RR.

LOCHABER HG, Fort William.

28

DONKEY Brae Run, Aberdour.

WOOLWORTHS SYAL Semi Final,  
Pitreevie.

31

LIVINGSTON & Dist AC OGM,  
Livingston. D - (0506) 37892.

## August

2

SCOT v Czech v Hungary v Portugal  
(women), Czech also 3rd.

3

AAA/WAAA Combined Events Champs,  
Stoke.

NEWTONMORE HG.

4

AAA/WAAA Combined Events Champs,  
Stoke.

ANGUS Monros HR, Glen Doll.

BALLATER 10, Ballater.

BRIDGE of Allan HG, inc Scottish Heavy  
Events champs.

BUIRSAK Race (6 miles), Ecclefechan.

INTER Region - Borders v Dumfries v  
Galloway Tweedbank, Galashiels.MORAY People's Marathon & 10K  
Races, Elgin. D-(0343) 54521 x 2415.MONKLANDS District Council Half  
Marathon. D - (0236) 41444.DRIFTWOOD Eyemouth Half Marathon.  
D - Eyemouth 50140.

6

BILL Elder 10K, Greenock.

7

BERWICK Law Race, N Berwick.

FALKIRK OGM, G'mouth. D-(0324)  
486711.ROEVIN10K RR, Aberdeen. D - (0224)  
636299.

8

EUROPEAN Jun Champs (to August 11),  
Greece.

9

INTERNATIONAL Invitation Meeting,  
Gateshead.

10

BRODICK Highland Games, Isle of  
Arran D-(0770) 2568.CELTIC Int, N. Ireland. Ger v URS v GBR  
Combined Events (U20), Germany.

MERRICK Hill Race, Glen Trool.

GRE Cup Final, Crownpoint.

SYAL Final, Crownpoint.

11

DALCHULLY Hill Race, Laggan Bridge.

EDINBURGH &amp; Dist League, Tweedbank.

GER v URS v GBR Combined events  
(U20) Germany.GILENTROOL Hill Race/Forest Jog,  
Galloway Forest ParkHADDINGTON Road Races,  
Half Marathon, Haddington.  
D - 0620-822043.INVERCLYDE Marathon, Greenock  
D-0475-894151.OCTAVIAN Relays, SAAA Medley Relay  
Championship, Meadowbank.11th ANNIVERSARY  
BLAIRGOWRIE KALL-KWIK PRINTING HALF MARATHONstrathgry  
coaches

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

SATURDAY 28TH SEPTEMBER 1991  
AT 1.45PM  
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams

WORTH

SPOT PRIZES GALORE  
MEDALS TO ALL HALF MARATHON FINISHERS  
MUGS TO ALL FUN RUN (3.7 MILES) FINISHERSEntries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF  
Entry Fees: Half Marathon - (£5 Affiliated, £5.50 Non-affiliated, £6 on day)  
Fun Run - £1 on the day. Age 0 - 90.Entries accepted on the day.  
If entering on the day, do so before 1.00pm - Entries limited to 300.  
Entrants are asked not to appear at the Recreation Centre until 12 Noon.  
A light snack and swim are available and free of charge until 4.30pm.  
Prize Giving - 4.00pm.

SPONSORS:-

S.L. Hill, Florists - Strathgry Buses - Dundee Runner  
Scottish Post Office Board - Graphic Information Systems  
Plusboard - Ardbair Sports - Proctors Insurance  
Connaghan - Blairgowrie Motor Services  
Trophies by Roy Sim Antiques & Interiors / & Victor and Sons

Printed by Kall-Kwik Printing (Dundee &amp; Perth)



SUTHERLAND DISTRICT SPORTS COUNCIL

## SUTHERLAND BIATHLON

Saturday 12th October

Junior/Fun Event - RUN 3K CYCLE 8K  
Senior/Vets - RUN 8K CYCLE 45K

Entry Fee - Juniors £1.50 Seniors £3.00

Entries and further information from:

Dave Bicket, Sports Development Officer,  
Sutherland District Council,District Offices,  
GOLSPIE KW10 6RBKINROSS ROAD RUNNERS  
LOCH LEVEN HALF MARATHON 1991

Venue: KINROSS

Time/Date: SATURDAY SEPTEMBER 7TH AT 1.00pm

Entries £5.00

For Entry Forms Details please send S.A.E. to

L.L.H.M.

c/o 5 George Drive

KINROSS

KY13 7AE

Route: A scenic measured jaunt around the perimeter roads of Loch Leven

This year's Finishers memento - A limited issue

Jacqui Seller Ceramic plaque

Full range of Prizes - Male/Female/Veteran/Local/Team

THE MACALLAN

MORAY PEOPLE'S  
MARATHON & HALF  
MARATHON & 10K RACE

Sunday 4th August 1991

BARR  
GRADE 1

MACALLAN

11a.m.  
STARTScenic rural and coastal route with  
panoramic views of the Moray Firth.  
Attractive medals, prizes  
and trophies.Entry forms available from  
Ed McCann, Department of  
Recreation, 30/32 High Street,  
Elgin,  
Moray,  
Scotland. IV30 1BX

## ROAD RACES 1991

The Monklands Festival 7 Mile Road Race, Sunday 9th June.  
The Monklands Half Marathon, Sunday 11th August.  
(for additional information Tel: 0236 41444)

## ATHLETICS

Coatbridge international athletics track is available for hire and training  
purposes with coaching classes for all age groups and abilities. Situated  
near Drumpellier Park.A sports injury clinic is available at the athletics track. Enquiries for  
this service should be made to Coatbridge Leisure Centre.  
(for additional information Tel: 0236 41456)

## INDOOR AND OUTDOOR SPORTS FACILITIES

The leisure centres at Coatbridge and Airdrie offer all the indoor  
facilities one could ask for. The all weather pitch at Rawyards Park,  
Motherwell Street, Airdrie, offers all year round football, hockey and  
other team sports.

(leisure centres, Coatbridge 0236 41444, Airdrie 0236 41457)

Just wait for the opening of 'The Time Capsule' the most modern  
leisure facility in Scotland.Enquiries to: Director of Leisure and Recreation, Leisure and  
Recreation Department, Bank Street, Coatbridge. ML5 1EK (Tel:  
0236 41442)

3RD

HARVIE'S ANNUAL  
BIATHLONTHE AUCHENHARVIE CENTRE,  
SALCOATS ROAD, STEVENSTON,  
AYRSHIRE

Sunday 6th October 1991

SWIM/RUN

## ENTRY CATEGORIES

Men & Women 17years + and 40 years + 1000m swim  
10,000m run  
Boys & Girls 15-16 years, 14s and under 400m swim,  
4,000m run

PLUS

Fun Event for all ages  
400m swim, 4,000m run

for further details and application forms contact:

Liam Griffin, The Auchenharvie Centre,  
Salcoats Road, STEVENSTON  
AYR (0294) 605126



SAAA/SWAAA Marathon Championships, Greenock, D-031-317-7321.

GENERAL Portfolio 10 mile RR, Aberdeen. D-(0224) 636299.

14

WIDFORD Hill Race, Kirkwall, Orkney.

CITY of Edinburgh OGM, Meadowbank.

MILL Lum Race, Kinghorn, Fife. D-(0592) 873178.

17

ESP v FRA v GER v GBR (U23), Spain.

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

LARGO Law Hill Race, Lower Largo, Fife.

NAIRN Highland Games & Half Marathon, D-(0667) 52974.

ORKNEY Open Track & Field Champs.

SCOTTISH Young Athletes Handicap Scheme, Livingston.

ST MUNGOS Heavy Events Champs, Bellahouston.

18

ARGYLL Championship, Oban.

ESPCAC 10K Road Race, Edinburgh

JUNIOR Highland Games, Everholm, Annan. D-(0461) 203311 x306.

SWAAA East v West, Meadowbank.

GRAMPIAN TV League (East) Peterhead; (North) Inverness.

PANASONIC Scot. Athletic League (4) Div. 1 & 2, Coatbridge; Div. 3,4,5, C'point.

TWO Inches 10K Race and Fun Run, D - Perth & Kinross DC Leisure and Rec. Dept, 3, High St Perth PH1 5JU.

20

CLOBA Geigy 5 mile RR.

21

CAERKETTON Hill Races, Edinburgh.

MARYMASS 10K, Irvine D - (0294) 822053.

24

BUTE Highland Games (Inc Road Race), Rothesay, D (0700) 83610.

GREAT Wilderness Challenge, Poolene, Wester Ross. D - (0445) 731238.

IAAF World Champs (to 1 Sept), Tokyo.

LANARKSHIRE AAA Track & Field Champs, Wishaw.

SCOTLAND v NI v Wales (u-20 men/ women), Antrim, NI.

TWO Bridges RR (Forth/Kinross) 36 miles, Dunfermline.

UK Women's League 3, various.

JSB Plumbing Forth Valley League D1&2 Final, Grangemouth. D-031-663 0573.

LONACH Highland Gathering, D-(09752) 302.

25

7 MILE Beach Run, Irvine.

MARYMASS Sports, Irvine D-(0296) 8220653

MIDArgyll 9K RR & Fun Run, Lochgilphead, 3pm Start. Entry £2, entries accepted on the day. Entry forms & Info. From Mr F Johnston, Kilmory Rd, Lochgilphead (0546) 2024 Evenings.

SAL Inter District Match, Grangemouth. D - (0324) 22526.

UK Women's league, various.

EVENING Express Aberdeen Half Marathon, Aberdeen.

26

JW Kilmarnock H & AC Festival 10K RR and Fun Run, a Kilmarnock.

MILTON Keynes Straight Mile. D-David Abbott Publicity, 8, The Office Village, Scirocco Close, Moulton Park, Northampton NN3 1AP. Tel - 0604 790679.



1497 Balmore Road,  
GLASGOW  
G23 5HD  
Tel: 041 945 2233

**Congratulations to  
all competitors in  
The Luddon 10K Race.**

IAN SKELLY LAW & DISTRICT A.A.C.

**CARLUKE 10 MILE ROAD RACE**

SPONSORED BY



**Ian Skelly**



PART OF SAAA ROAD RACE CHAMPIONSHIPS

**SATURDAY 31st AUGUST - 3 p.m.**

Held under SAAA, SWAAA, and SWCCU & RRA Laws

10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER  
10 MILE RACE ENTRY FEE: £3.00 ENTRY ON THE DAY £3.50

\* IDEAL PREPARATION RUN PRIOR TO LAND O'BURNS & GREAT SCOTTISH RUN \*

- \* ACCURATE MEASURED COURSE \*
- \* PRIZES FOR OPEN/VEITS & LADY CATEGORIES \*
- \* AWARDS TO ALL FINISHERS \*
- \* CHANGING & SHOWERING FACILITIES AVAILABLE \*
- \* £50 BONUS PRIZE IF COURSE RECORD BROKEN \*

ENTRY FORMS AVAILABLE FROM: J. TERVIT, 1 SILVERMUIR RD, RAVENSTRUTHER, LANARK. TEL: 0555 - 870509 (PLEASE ENCLOSE S.A.E.)

## THE BRAEMAR GATHERING

will be held on  
**SATURDAY 7TH SEPTEMBER 1991**

in  
The Princess Royal & Duke of Fife Memorial Park,  
Braemar  
HEAVYWEIGHT, FIELD AND TRACK COMPETITIONS  
(including 80 metres British Championship)  
SOLO PIPING AND HIGHLAND DANCING  
MASSED BANDS DISPLAY  
PRIZE MONEY OVER £7000  
Ringside Seats £6 each  
Standing Area - Adults £3, Children £1  
Secretary: W.A. Meston, Collieston, Ballater. 03397 - 55377  
Handicapper: A. Mitchell, 20 Keltyhill Road, Kelty. 0363 - 830245

MINOLTA BLACK ISLE ATHLETIC CLUB

in association with  
ROSS & CROMARTY DISTRICT COUNCIL  
PRESENTS

## THE 1991 BLACK ISLE FESTIVAL OF RUNNING

featuring  
MARATHON, HALF MARATHON, 10K & FUN RUN  
**SATURDAY 2 NOVEMBER 1991**

Further information and entry forms available from Leisure Services,  
Ross & Cromarty District Council, Ross House, Dingwall.  
(tel: 0349 - 63381, daytime) or Ray Cameron, 5 Rose Croft,  
Muir of Ord (Tel: 0463 - 870805, evenings)

PRE RACE DAY ENTRIES WOULD BE APPRECIATED.



## INVERCLYDE ATHLETIC INITIATIVE FESTIVAL OF RUNNING 1991

Sponsored by:

**IBM  
GREENOCK**

**Sunday  
11th August,  
10.30 a.m.**

A FAST FLAT COURSE,  
STARTING ON GREENOCK  
ESPLANADE

## INVERCLYDE MARATHON

This event incorporates the Marathon Championships of the Scottish AAA, Scottish Women's AAA. All competitors for SWAAA Championships must be registered with SWAAA.

Supported by: Inverclyde District Council — Reebok  
— Greenock Telegraph — The Scottish Sports Council.

**This is a People's Event — Open to all**

|                                                                           |                           |
|---------------------------------------------------------------------------|---------------------------|
| SURNAME .....                                                             | FIRST NAME (S) .....      |
| ADDRESS .....                                                             | DAYTIME TELEPHONE .....   |
| .....                                                                     | SVHC MEMBER? YES/NO ..... |
| POST CODE .....                                                           | AGE ON DAY OF RACE .....  |
| CLUB (If Any) .....                                                       | DATE OF BIRTH .....       |
| PREVIOUS BEST MARATHON .....                                              | ANTICIPATED TIME .....    |
| I declare that I am medically fit to take part in this event.             |                           |
| Signed .....                                                              | Date .....                |
| All cheques/P.O. should be made payable to INVERCLYDE ATHLETIC INITIATIVE |                           |
| ENTRY FEE £4.50<br>£5.00 Unattached                                       |                           |

Entry Forms, enclosing a 9" x 6" s.a.e. should be sent to: Mr Boyd Johnston,  
Mail Point 0&K, IBM UK Ltd., Spango Valley, Greenock PA16 0AH.

**QUALITY PRIZE LIST MEDALS OR PRIZES FOR ALL COMPETITORS**

Athletes wishing to be included in the S.A.A.A. Road Race Championship must sign this section:  
**I DECLARE THAT UNDER S.A.A.A. RULES, I AM ELIGIBLE TO COMPETE AS AN AMATEUR. Signed .....** Date .....

**INVERCLYDE** Entries Close 2 August, 1991  
Under S.A.A.A. rules all those participating in the ROAD RACE CHAMPIONSHIP are subject to random drug testing

|                       |                     |               |                   |                   |
|-----------------------|---------------------|---------------|-------------------|-------------------|
| For Official Use Only | Date Received ..... | Race No. .... | P.O./Cheque ..... | Chmp. Entry ..... |
|-----------------------|---------------------|---------------|-------------------|-------------------|

**Ayr  
Land o' Burns**

digital

Under S.A.A.A. and S.W.A.A.A. laws.  
Entry forms from:  
RACE DIRECTOR,  
KYLE & CARRICK  
District Council,  
Leisure Services  
Dept., 30 Miller Road,  
Ayr, Scotland.

**HALF  
MARATHON**  
**Sunday SEPTEMBER 8th  
at 10.30 a.m.**

SCOTLAND'S LARGEST ENTRY FOR 1990  
Fast course (Scottish record Sept 86) past  
Alloway's Auld "Haunted Kirk" and Burns  
Cottage — Ample car parking adjacent to  
Start/Finish on Ayr Esplanade.  
**WINNERS 1990: PETER FLEMING 1.04.18  
JANET SWANSON 1.19.11**

**ELECTED IN 1988**

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

Surname .....

Forename .....

Address .....

Telephone Number .....

Post Code .....

Male ..... Female .....

Date of Birth .....

Previous best time (Hours, mins) .....

Estimated running time (Hours, mins) .....

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

Club (if applicable) .....

**KYLE AND CARRICK LEISURE SERVICES**

### CATEGORIES

For your information the running categories are:  
Men: 18 to 39, Veteran Males 40, 50, 60 + over. Women: 18 to 34, Veteran Females 35, 45, 55 + over.  
Please enter me for the Ayr Land O'Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

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

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

Signed .....

Date .....

SR8



## Future of Ben Lomond race in doubt

IT looks like there could be an interesting debate brewing about the future of the Ben Lomond Hill race. Because of accelerating erosion, sponsored walks have been banned on Ben Lomond. I was therefore surprised to see that Dumbarton AAC's race went ahead this year.

In the June issue of the SHRA magazine that the convener of the association carried out a survey of the damage done by runners during the race. The "interesting findings" that the survey produced will be in the magazine's next issue.

The park rangers, who help maintain and supervise the Ben Lomond park area (remember we're not talking about national parks yet) have also submitted their report. Speaking to one of them last week, it seems that their report will certainly be against any future race on the Ben.

The ranger I spoke to said he saw 68 of the runners deviate from the route. The ground was very dry and even this small group of runners left a distinct impression in the almost dead vegetation. This has subsequently been trodden on by other users who saw the line in the vegetation as a new path, thus spreading and increasing the erosion. He said that he had received a quotation from Pathcraft for £17,000 to repair the damage done.

He maintains that if the race goes ahead, then the entire route should be taped and marshalled with instant disqualification for anyone deviating from the route. He also said that perhaps the SHRA, Dumbarton AAC, and hill runners in general might like to put in some physical man/woman power into helping repair the paths.

I think that this is a very emotive subject, introducing, as it does, all the issues about personal freedom, environmental damage and so on, but nevertheless it certainly is a subject that will not go away and really needs to be aired fully.

## Service stars

SOME time ago I asked for nominations for sports retailers who provided the best service. Those which I received that checked out, I mentioned. I now have my own nomination. A couple of weeks ago, I bought a pair of New Balance spikes from Colin Campbell Sports in Edinburgh whilst on one of my rare forays into our capital city. I wanted to use them the next day in the Panasonic League meeting. I received good advice and information about them, tried them on in the shop and left after paying (and being given a 10% discount for being a club member).

I was considerably annoyed the next day

when I found that one shoe would not accept the spikes properly. During the next week, I telephoned the shop to check if they had a replacement pair. Unfortunately they didn't and I said that at least I had saved myself a journey. Colin Campbell Sports then arranged to collect the shoes from my home and delivered a new pair once they had arrived in the shop - all of this within four days. That's what I call service. The shoes helped me to a new personal worst in our club championship's 3000m!

It is worth noting that you should check that spikes fit into the shoes before you take the shoes out of the shop.

## Still waiting

IN last month's Diary, I asked why there were so few runners at the Edinburgh-North Berwick Marathon.

In one women's case this was because she did not receive an application form, despite sending an sae Janet Dick, from Simshill in Glasgow, phoned Henry Muchamore who told her that entry forms were available from Joe Forte in Haddington. She wrote, including her sae, but still awaits a reply.

I must admit I was a bit confused about the entry procedure because the entry address was different for the marathon than that of the other races in the HELP series.

Janet concludes her letter by saying "If organisers of such marathons can't reply, especially when an SAE is supplied, are you surprised the event did not have many runners?" She isn't.

## HBT take the prize

PRIZEGIVINGS after races can be quite interesting affairs. Personally I enjoy the ones that take place in the warmth of some holsters as I dry out, warm up or replace lost fluid. The ones I enjoy most are those that inject maximum humour, often including the silliest prizes, many of them "spot" prizes. The ones I least like are those where the same small group of runners cart away the majority of the prizes because, in addition to being the first individuals, they are also the first team, the first vet etc.

Nominations for the most entertaining prizegiving this summer include the Kilpatrick Hills race, organised by Clydesdale, and, for the second year, the Hunter's Bog Trot.

The HBT prizegiving, at 32 minutes, was considerably longer than the winning time in the race!

## The silly season

ONCE again the silly season is upon us. At the beginning of June, the village of Balerno held their civic week. Part of the civic week includes a road race around a very pleasant route, on roads on the edge of the Pentland Hills. There is also an accompanying series of children's races. All in all it is an enjoyable gala evening.

Because the run is called a race, technically it should have a permit. Any club runners technically should avoid taking part in such a race. My question is why? In case they enjoy themselves? In case they take away numbers from any other race?

In fact what happened was that there was an unsavoury scene where one of the gala organisers ripped a piece of paper out of an SAAA official's hand as he wrote down names of those taking part. The organiser's view was that he was organising a pleasurable, low key event which he wanted to keep open for everybody, not one that would be listed in the SAAA calendar.

Could someone please explain to me how having a permit would benefit the Balerno race organisers, those runners wishing to take part, and the SAAA?

## Sour grapes

STRONG stuff in Claude Jones (ESP team manager's) letter in last month's issue. In it, he called the athletes who formed Reebok RC "a bunch of mercenaries" and said that the club would be of no benefit to Scottish athletics.

I don't agree with what the athletes who have set up Reebok Racing Club have done and in that sense I think that my sympathies lie with Mr Jones. However I can't help thinking that it sounds a bit like sour grapes. It is also perhaps a bit ironic that he feels somewhat aggrieved when, for years, larger clubs, ESPCAC included, have poached promising athletes from weaker provincial clubs and have themselves done quite a bit to promote elitism.

It is noticeable that there are a number of clubs who have shunned such elitism and who are constantly growing to become clubs of prominence in Scottish athletics, whether it is on the road, the hills or in cross country.

At a personal level, I wish the athletes in Reebok every success. I hope they continue to enjoy their running and that some day they will be able to pass on this joy to some youngsters. In the meantime, I will enjoy every occasion that sees them beaten by other Scottish club athletes. Like Claude Jones, I think it is unlikely that the club will have a lasting effect on Scottish athletics.

**MIKE RAKER**

## THE WORLD'S FIRST CHOICE

\* \* 041 226 5577 \* \*

500 Argyle Street  
Glasgow  
G3 8RR

**Holiday Inn**  
GLASGOW

## THE ANGUS HOTEL

970 Sauchiehall Street,  
Glasgow

- \* Ensuite facilities
- \* Special weekend rates

Tel: 041 357 5155

## THE ARGYLE HOTEL

.....

Ensuite facilities

Special weekend rates

967/973 Sauchiehall Street,  
Glasgow  
G3 73Q

Tel: 041 337 3313

## DUNCAN'S HOTEL LTD

Adjacent to Central Station

Family owned & managed

Single from - £25.00

Twin or double - £41.00

Budget single - £14.50

\* Above prices include full breakfast and Vat.

59 UNION STREET, GLASGOW

G1 3RB TEL: 041 221 4580

The Hotel is situated at the West End of Sauchiehall Street, making it an ideal location for visitors to the Kelvin Hall Sports Arena. All bedrooms have ensuite facilities with bath and shower.

In Butlers restaurant a full Scottish breakfast and continental breakfast is served daily from 6.30 am - 10.30 am. Pack Lunches available on request.



THE KELVIN PARK  
LORNE HOTEL

932 Sauchiehall Street, Glasgow

Telephone: 041-334 4891

Telex: 778935

Fax: 041-337 1659

CITY OF GLASGOW

JUNIOR

GREAT

SPORTS

FUN RUN

GLASGOW

1991

**SUNDAY**

**SEPTEMBER 22nd 1991**

**10am Start**

ENTRY FEE - £2.00

(AGE - 8 years + 17 years)

COMMEMORATIVE MEDAL TO ALL FINISHERS

CLOSING DATE Friday 30th August or when entries reach 3,000

ENTRY FORM HOTLINE:

**041 - 227 5576**

PHONE TODAY - This is your chance to take part in Scotland's Sporting Day of the Year!



## GLASGOW HALF MARATHON

**SUNDAY SEPTEMBER 22nd 1991**

(all races are held under IAAF, AIMS, SAAA, SWAAA Rules)

**11.15 am Start**

ENTRY FEE - £7.75 Registered Club Member

£8.25 Non Club Member - £15 Overseas

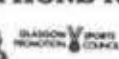
FREE T-SHIRT AND MEDAL TO ALL FINISHERS

CLOSING DATE August 23rd 1991

ENTRY FORM HOTLINE:

**041 - 227 5576**

TO ENTER SCOTLAND'S LARGEST ROAD RACE - RUN FOR FUN - RUN FOR CHARITY & FITNESS - PHONE NOW!





## RACE SERVICES

**BEEKAY**FOR  
**NUMBERS BANNERS  
TABARDS  
SIGNS**152 ILDETON ROAD  
LONDON SE15 1NT  
TEL 071 732 8608  
FAX 071 277 6996

SUPPLIERS TO

1991 WORLD CHAMPIONSHIPS IN  
TOKYO - SEVILLA - ANTWERP - SAN JOSE**RUNNING  
IMP U.K.**FOR ALL  
YOUR RACE  
REQUIREMENTSContact: Dick, Roz or Lisa Hughes,  
on 0778 342947, anytime any day.Fast, friendly, family service that gives  
you the best prices.Everything you need to  
organise a race.Timing, numbers, medals,  
course markings, banners,  
bibs, tee-shirts etc.Contact Maraquip  
15 Davenport Road  
Felpham  
West Sussex  
Tel: 0243 830412

## SPORTING EQUIPMENT

**SPORTS TIMING**Omega offers a comprehensive range of  
marathon clocks for hire for as little as £50.  
These clocks are totally self-contained and  
come in a range of sizes.The best is not expensive  
Contact Sylvia Borgenson  
Marathon Co-ordinatorTel: 0703-616600  
Fax: 0703-629127

## Kelly's Workshops

Wobbleboards, £1 Jerome Close, Marlow, Bucks., SL7 1TK  
Wobble Board £14.00 + P.P. (£3.00)The Wobble Board is suitable for strengthening leg and  
ankle muscles, providing better co-ordination, balance  
and after-injury exercise. For more information contact  
Kelly on the telephone number below, or alternatively  
write to her for advice. Tel: 0628 474966.

## COURSE MARKING/BARRIER TAPES

Red/White &amp; Black/Yellow Striped Ex-stock

**SPECIALLY PRINTED TAPES -  
COMPETITIVE PRICES**Ring us for a price list & catalogue  
Boddingtons Ltd, Unit 10, Chelmsford Road,  
Ind. Est., Dunmow, Essex CM6 1HF  
Tel: (0371) 875101**SPEEDMAN****STARTING BLOCKS**Special Introductory Offer  
£50.00 plus p&p. RRP £93.50

Phone for further details:

Riverside Precision & Sheetmetal Ltd, Ford Lane, Ford,  
Nr Arundel, West Sussex. BN18 0DF  
Phone: 0243 551018/0243 553731

## MEDALS/TROPHIES

At The Birmingham Mint  
we've been manufacturing  
sports medals of the highest  
quality for some time.**MEDALS**Whatever  
the event, medals  
are highly prized and  
live on as a permanent  
symbol of achievement. Our staff  
will be happy to visit you and help  
with design ideas and advise on the  
wide selection of presentation cases  
and ribbons available.**THE  
BIRMINGHAM  
MINT**The Birmingham Mint Ltd., Medals Division,  
Icknield Street, Birmingham, B18 6RX.  
Tel: 021-236 7742. Fax: 021-236 0624. Telex: 336991.

## SPORTSWEAR

**WASP  
SKINSUITS**LEADING THE FIELD FOR  
QUALITY AND COMFORTFull range of lycra  
sportswear - 34 colours -  
printing serviceLarge S.A.E. to Wasp Sports,  
22 School Lane, Breckton Green,  
Sandbach, Cheshire CW11 9RN  
Tel: (0477) 33506 (anytime)

## T-SHIRTS/SWEATSHIRTS

Your design in up to 16 colours  
at no extra cost.  
No minimum order.  
Fully washable and ironable.

Call or write to:

Hawk Design  
Hawksland  
St Issey  
Wadebridge  
Cornwall PL27 7RG  
Tel: 0208 813125Winner Displays  
Limited  
**MEDAL CASES  
FOR RUNNERS**  
(As seen London Marathon)

- Beautifully finished in polished wood
  - Easy to pin backboard
  - Removable plate glass front
  - Small wall attachments
  - Best designer cabinet in country
  - Will enhance any room
  - Large size 24" x 17" (holds 70-80 medals)
  - Club Discounts
- FOR COLOUR LEAFLET TEL:  
0785-40644**

Club colours - vests, shorts, tracksuits,  
badges, holdalls. Small order welcome.  
Douglas Sports, Fairfax House, Fulwood  
Place, London WC1V 6UB. Tel: 081-  
876 5818.IF you want to  
discuss advertising in  
our classified section  
contact Maureen on  
041-332 5738Every Tuesday, a group of world class  
marathon runners gather in one place.  
It's called the New Balance staff meeting.The president of one major athletic  
shoe company was recently hailed as a  
"Michelangelo of marketing".The president of another came to  
his job by way of Hollywood, California.  
The people who run New Balance,  
on the other hand, run.It is a distinction in which you can  
find the philosophy of a shoe company.  
A company where the science of building  
shoes takes precedence over the art of  
marketing them, and where international  
Olympic runners become managers.One result of such a philosophy is  
the W740, the perfect running shoe for  
women who are serious about running. It  
provides unsurpassed cushioning and  
rebound by virtue of a full-length C-CAP®  
Midsole. And, because it's available in a  
variety of widths (2A, B and D), it not only  
performs well—it fits.Offering the option of width sizing  
is a unique feature of New Balance. But it's  
only one of the kinds of innovations you  
can offer when you do absolutely any-  
thing to assist serious runners.  
Including having them.**new balance**

A more intelligent approach to building shoes.

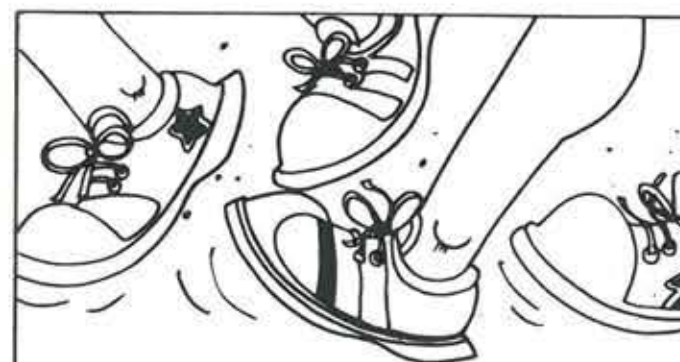


| WIDTH SIZING CHART |       |    |   |   |
|--------------------|-------|----|---|---|
|                    |       | 2A | B | D |
| RUNNING            | WOMEN |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |
|                    | WIDE  |    |   |   |

FOR YOUR FREE NEW BALANCE RUNNING SYSTEMS BROCHURE PLEASE WRITE TO:

**NEW BALANCE ATHLETIC SHOES (UK) LTD**

UNIT 6, CHESFORD GRANGE, WOOLSTON, WARRINGTON, CHESHIRE WA1 4RQ.

**Run for the charity  
which values your  
contribution**Make your effort go farthest. Run for the children and  
young people who are disabled or disadvantaged.  
For your FREE running vest, car sticker, sweatband,  
sponsor form and details contact:Scottish Office,  
235 Corstorphine Road,  
EDINBURGH  
EH12 7AR**Barnardos****WALK FOR  
SHELTER**HUNDREDS OF THOUSANDS OF  
PEOPLE ARE HOMELESS IN  
BRITAIN and many more live in  
unhealthy or dangerous conditions.  
**YOU CAN HELP THEM.**SHELTER (SCOTLAND) are  
holding sponsored walks  
throughout Scotland in October.  
The money you raise will  
give practical help - and hope -  
to homeless people.

## I WANT TO HELP THE HOMELESS

Please send me details and a sponsor form.

Name .....

Address .....

Postcode ..... Phone .....

Area you wish to walk .....

President: Cardinal Hume  
Charity No. 263710

SHELTER, 65 Cockburn St, Edinburgh EH1 1BU