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Photograph by John Elcock

McColgan's metal wins gold at World Championships

DUNDEE'S Liz McColgan was the outstanding individual in the British team at the World Athletics Championships in Tokyo, writes Andrew Montgomery.

She won from the front in the women's 10,000 metres, leaving her main rivals behind, and in the process confirming her status as Britain's greatest ever women's distance runner.

However, until McColgan's epic gold run, it had looked as if Britain, and in particular Scotland, were in for a nightmare time at the World Athletics Championships in Tokyo.

McColgan refused to be shaken in any way by the earlier failures of team mates Tom McKean and Yvonne Murray.

Going into the final, she was completely confident of her own abilities and chances. In her own words, McColgan felt that she could "deliver the goods".

She duly obliged, in the process running what British director of coaching Frank Dick felt was one of the truly great British long distance runs of all time.

Aware of her own limited sprinting capabilities, McColgan led from the front, and this pace-setting tactic burned off rivals like Germany's Kathrin Ullrich, Jill Hunter, and Ingrid Kristiansen of Norway.

By the time she crossed the line in 31:14.31 she had left everyone else a long way back. In fact McColgan, in keeping with her "tunnel vision" approach to winning, seemed at times to be in a world of her own as she went round the track.

Although Britain's 4x400m relay squad later gave us another gold to savour, it was McColgan who had made the big breakthrough, leading from the front in the medal stakes as well.

Elsewhere it was a different story. Preparation by Tom McKean and Yvonne Murray came to nothing when neither won the medals expected of them in the 800m and 3000m respectively.

Brian Whittle's last place in his 800m semi final, and Tom Hanlon's eleventh place in the 3000m steeplechase, compounded the initial disappointment felt by the Scots.

In Tom McKean's case, his departure from the qualifying round of the 800m could not be blamed on anything but his own carelessness. Running a perfect race for about 798m

but slowing up at the line, he let in America's Mark Everett, and fast-finishing Kenyan world champion, Billy Konchellah. After a slow race, third was not enough to put him through to the final as a fastest loser.

The Scot summed up what everyone else was thinking when he admitted that he had messed it up. He felt that he had run exactly to plan until the very last stride, but was not making any excuses.

Training partner Yvonne Murray finished a sad tenth in the 3000m final after leading the race with less than a lap to go.

Murray, who had been hotly tipped for gold, attempted to break clear from 550 metres out, but was left trailing by two Soviets and a Kenyan runner, and, in trying to respond, "blew up" - eventually crossing the line almost at walking pace, well out of medal contention, and clearly in some distress.

Brian Whittle was not sure whether it was mental or physical rebuilding he required after a lacklustre performance in the semi-final of the 800m.

He ended up finishing last, with his slowest ever two-lap time of 1:54.14, a sharp contrast to his solid race in the heats. In the end, his conclusion was that he just felt "awful".

Edinburgh's Tom Hanlon felt good before and during his 3000m, and indeed Frank Dick rated him as an outside chance for a medal. However, on the day he could finish only eleventh - in 8:41.14 seconds. This was 23.12 seconds down on the time he set as faster qualifier for the final.

In the final he was the victim of the punishing pace set by eventual winner Moses Kiptanui of Kenya, who led for the last two thirds of the race. Tokyo's sapping heat also took its toll.

Overall, Britain managed to salvage respectability from the games, winning seven medals, of which the McColgan and 4x400m relay golds were the most notable.

There was also silver for Sally Gunnell in the women's 400m hurdles, silver for Roger Black in the 400m, bronze for Kriss Akabusi in the men's 400m hurdles, 110m hurdler Tony Jarrett, and the 4x100m men's relay team.

Doug Gillon's World Cup report will appear in next month's issue.



Young athlete who is coming on in leaps and bounds

FOURTEEN year old Finlay Edridge is proving to be an up and coming star in the triple and long jump.

Finlay recently came third in the boys' under-17 triple jump in the UK schools' championships at Crystal Palace, after only just over a year of competing seriously.

Finlay, a member of Clydesdale AC and a pupil at Kelvinside Academy, only began competing at the beginning of last summer, but he has made up for lost time by featuring highly on the results list of every competition he enters.

He became serious about the events after winning the Glasgow schools triple jump title in May 1990, in the process setting a schools record of 10.61 metres. This success persuaded him it was time to follow the example

of his father Brian, and join his local club - Clydesdale AC.

He followed up his Glasgow victory with the Scottish Schools title in June last year, adding a second place in the long jump for good measure. Then, towards the end of last year, he won the Scottish schools under 15 indoor long jump title, setting a personal best of 5.24m.

Since then Finlay has gone from strength to strength, with his performance at Crystal Palace seeing him to another personal best, this time in the triple jump, with 11.94m.

His next target is the Scottish indoor title in the winter, which he will spend the next few months training for, while in the long term, he is aiming to go as high in the sport as he can - studies permitting.

BILL Gentleman's letter in the September issue contained errors which he has asked us to correct on his behalf.

One was regarding muscle type, and should have read *fast* and not *just*, and the other in the same section should have referred to Yvonne's *sprint* speed, not her *start* speed.

In addition, Mary Slaney was credited with breaking from the pack when it should have been Mary Samolenko.

Send your news to, Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow G3 6JA.

New on the road

RUNNERS in Dunfermline will have a new club in their area from the beginning of this month, writes **Andrew Montgomery**.

Carnegie Harriers has been set up by seven former Babcock Thorn Pitreavie AAC members with the aim of concentrating on road running and cross country, whilst being open to runners of all abilities.

Carnegie's publicity man Iain Taylor said the club was formed "by and for runners" to cater for interests in the Dunfermline area, but he dismissed the idea that the new club represented a split with Babcock Thorn Pitreavie.

However, Taylor did admit that the founders were unhappy with the lack of attention given to road running at Pitreavie, as well as the club's lack of accessibility with regard to attracting new members. He gave the example of the Dunfermline Half Marathon this year, when only a handful of runners came from the local club.

"We are aiming to have a high accessibility factor. We hope to have 75% of our membership from the local area," said Taylor. He added that the club was already affiliated to all the athletic bodies, and it also had new running kit, designed by one of the founder members. Taylor expressed the opinion that the new club would have its own unique identity, with members of all standards, and a good emphasis on the social side.

Carnegie has set a target of having 100 members by April next year. He said they are aiming to do this through a relatively informal approach, and by offering good facilities (they will have the use of the Dunfermline Centre in Dunfermline High School). They will also offer cheap race fees and coach trips to races, in addition to subsidies in sports injury treatment, and an equipment discount from a local sports shop. Iain Taylor hopes that sponsorship of the club will soon follow.

Anyone interested in joining should go along to the Dunfermline Centre at 6pm for the opening night on Tuesday, October 1. Training nights will be on Tuesdays and Thursdays.

Lothian strike gold at Alborg International Youth Games

TWENTY one young athletes from Lothian represented Scotland recently at the Alborg International Youth Games, writes **Andrew Montgomery**.

The athletes were arranged in two age groups, those born in 1977-78 and those born in 1975-76, and the Lothian athletes returned with a haul of seven gold, seven silver, and six bronze.

Coach and team leader for the occasion, Bill Gentleman, pointed out that there were 16 towns representing 14 different countries at the games, and that the competitors showed a wide range of abilities. With this in mind, he felt the Lothian athletes had shown great enthusiasm and commitment to perform so well.

The Lothian team won three out of four senior relays, and there were four double individual medalists: Alistair Davidson, who won the 13-14 boys' 800m by 10 seconds and followed up the next day by winning the 1500m by over 20 seconds; Seonaid Dudgeon, who won the 15-16 200m and came second in the 100m in tight races; Louise Cornack, who took bronze in a very tactical 1500m, and improved to silver with a last 50m sprint in the 800m, and Donna Palmer, 13-14, who set a pb while taking silver in the high jump as well as silver in the 200m.

The Lothian total of 20 medals made them the top team by six medals. It was only constraints on the number of athletes allowed to go, which, according to Gentleman, prevented them from winning more.

"The experience which has been gained by competing against so many other nations can only be good for the future development of these athletes," he added.



Seonaid Dudgeon, winner of the 100m, and second in the 200m in the 15-16 age category.

Computer confusion

A FAULT on the race organisers computer resulted in errors in the team results of the Dumfries Half Marathon, and consequently the results which appeared last month were inaccurate.

The winners were Teviotdale with 29 points, and the *real* second place team was Hunters Bog Trotters on 61 points, with the *real* third place team being Ayr Seaforth on 69 points. Equivalent prize vouchers have been sent to these runners and their trophies will be passed on to them.

KELVIN HALL HOSTS TELEVISED COMPETITION

CRISIS talks over the lighting at Glasgow's Kelvin Hall appear to have reaped dividends.

It had been feared that all of the coming winter's indoor fixtures would be arranged for the new Birmingham arena, where custom-built television lighting has been incorporated.

However, following the talks between Glasgow District Council's director of recreation Bernard Connolly, London Weekend Television, and representatives of the British Amateur Athletic Board, it has been agreed that Glasgow will bring

the Kelvin Hall's lighting up to recognised broadcasting standards.

It is believed this will be sufficient to ensure that at least one British indoor meeting comes north again, although not necessarily an international.

Last year, a capacity crowd attended the Great Britain versus USA match which was held at the Kelvin Hall.

Despite this, LWT's controller of sport, Stuart McConnachie, had hinted that the Kelvin Hall might have hosted its final indoor event north of the border.



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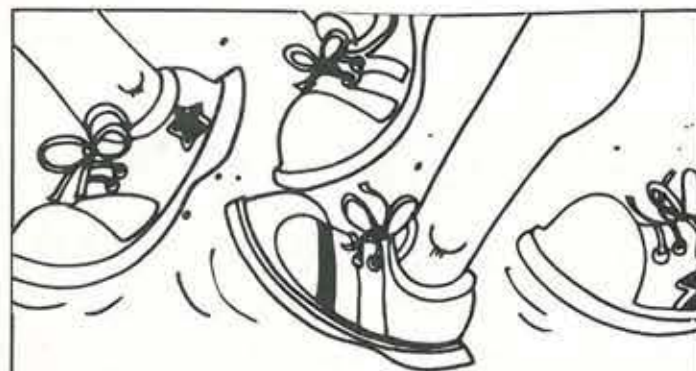
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Map and compass rule makes sense

15, Glen Affric Place,
Kilmarnock.

SIR - Mike Raker's criticism about the Cort-ma-Law Race (September 1991) really does take the biscuit.

The comments about Alisdair Campbell are completely out of order. Alisdair is not some anonymous and cantankerous blazered official, but an active hill runner who nevertheless takes the responsibility of running hill races seriously. His requirement for a map and compass was based on his own experiences of running in the Campsie, when fine weather has changed suddenly into murky and potentially dangerous conditions.

Most of the Cort-ma-Law trail is over flat featureless terrain where loss of orientation in bad conditions is very likely. Such a situation can quickly lead to danger, especially in this event where sheer drops of several hundred feet lurk nearby.

We all have heard stories about ill-prepared people coming to grief after starting off in the hills in conditions similar to this so-called "beautiful evening, with no changes likely in the weather."

Rather than being "undiplomatic", I believe Alisdair's behaviour at the start of the race was restrained. Most of the "substantial group of runners, including Brian Potts of Clydesdale", who turned up without a map and compass, entered the race despite the pre-race warning.

They subsequently refused to move away from the start, despite Alisdair's request. I understand also that Alisdair was threatened physically. Meanwhile the majority of responsible runners were kept waiting while Alisdair tried to deal with this inconsiderate, arrogant, and ill-prepared bunch of idiots.

It is also quite unfair to imply that Cort-ma-Law is the only race where no map reading checks are carried out. I know of no other race in the Scottish hill race calendar

where these checks are implemented. Maybe this is an issue, but why pick Cort-ma-Law?

Some warning about the requirement for a map and compass should be given in the Scottish hill race calendar. I agree and I understand that this will be remedied next year.

No doubt some other aspects of the race administration could be criticised, but then no organisation is perfect, as anyone dealing with your own publication's administration will no doubt agree!

The article's last comment on runners being late due to the distance between the race start and registration is misleading.

No runner missed the start of the race. It is frequently difficult to arrange changing and registration facilities close to the start of hill races, because of the very nature of such events.

I would suggest that if this is a problem to anyone, they stick to those highly interesting, scenic, and imaginative 10Ks and half marathons organised through decaying industrial estates and dull housing estates which are frequently found throughout the summer months in the central belt. A start line within 100 metres of the local sports centre can almost certainly guarantee!

I would be interested to know if Alisdair Campbell's views on the Cort-ma-Law race were sought by "Scotland's Runner". Obviously controversy helps to sell magazines but I believe your article borders on recklessness with regard to the issue of safety on the hills.

How about a bit more responsibility in reporting events, and a bit less of the scurrilous attacks on the people like Alisdair who contribute positively and unselfishly to the sport.

David Calder

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6JA.**



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Camelon,
Falkirk.

rata? I doubt it.

Money could not have bought or paid for such commitment. This in no small measure is why participation in sport is comparatively cheap. Coaching courses were run at minimal cost and coaches sought no financial rewards. Service to sport and club was sufficient.

Officials with no record of voluntary service to sport have carved out rewarding careers in sport. I remind them, if they were aware of it, that this was built on the back of voluntary effort.

My last 15 years were spent as an assistant recreation manager. I have therefore seen both sides of the coin.

Under the old system Falkirk district produced Olympic representatives including a medallist, and European and British champion, and offered participation opportunities at all levels in most if not all sports.

I look back on a lifetime involvement in sport with a measure of satisfaction and much pleasure but because of the view expressed I do not view the future with any great confidence.

No club has been lily white. Falkirk Vics have ignored an eight lane running track and changing facilities whilst raising the question of the lack of such facilities. Grange Canoe Club spurned the provision of a fully equipped canoe centre on the canal.

Falkirk District Sports Council, which I served as secretary in a voluntary capacity for four years, has never had the position filled since. A retrograde step, as a position of potential power and influence on behalf of the voluntary sector has been eradicated, a voice lost.

Hugh McGinlay

SIR - I have heard in two conversations recently that a Sports Council official was of the opinion that we got our sport too cheaply - applications for a club grant aid would receive short consideration until club subscriptions were drastically increased.

This view may well have some validity, but I object to a paid official propagating such a view.

I have played numerous sports including hockey, tennis, football, badminton, cricket, bowls, and golf, and I found finance was no great problem. A then progressive firm encouraged participation in all activities providing facilities and encouraging youngsters.

Of much more importance was the contribution of individuals giving of their time, skills, commitment, and enthusiasm to promote their particular sport, many in technical and administrative functions. Common to all, irrespective of discipline, was their amateur outlook. None sought financial rewards; their recompense was service to their sport.

Respective governments saw the community value of this service, and provided finance and facilities to broaden the opportunity to participate in sport.

I would question if they have been successful in this remit. Management structures have been formulated, career opportunities opened up but has participation been correspondingly increased, or standards improved pro

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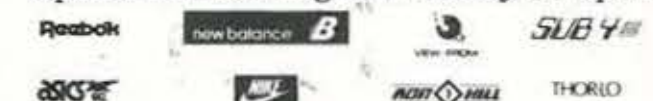
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PRIDE AND VISION

Derek Parker discusses the importance of possessing the qualities of pride and vision.

TWO of the most important qualities which an athlete can possess are pride and vision. Pride, in an athletics context, does not imply arrogance, haughtiness, or conceit. It means the respect which a man or woman has for himself or herself as a person and as an athlete. It indicates an aspiration towards personal values and a rejection of unworthy attitudes and practices.

Vision is a person's ability to perceive lofty goals and formulate plans of action which will result in the attainment of one's targets. It encapsulates the concept of self-fulfilment and the quest to maximise our human potential.

The athlete who possesses a sense of pride and vision will never consent to run part of a race as a pacemaker then deliberately drop out just to earn a financial reward. He or she will never run a sub-standard race then be quite happy to walk away with the appearance money. The athlete who espouses high ideals will feel privileged to represent his or her country at every opportunity.

He or she will only refrain from doing so for athletic - not monetary - reasons.

The athlete of pride and vision will never betray his or her principles - even if he or she may believe that they are standing alone. One does not have to be a Sabbatarian to admire athletes such as Eric Liddell, Calum Henderson, and Jonathan Edwards who refused on grounds of conscience to compete on Sundays - irrespective of the cost to themselves in public acclaim and the acquisition of sporting honours.

One does not need to be famous or talented in terms of athletic prowess to demonstrate and be guided by the positive influences of pride and vision. Every race and training session provides us with opportunities to perform to the very best of our abilities - and to take a deep, personal pride in doing even simple tasks well.

There are proper methods of warming-up, training, racing, and cooling down. The athlete who is eager for knowledge will learn them,

ascertain their objectives, then adhere to them as thoroughly as possible.

It is the function of the true teacher to lead his pupils to the place where they can be their own interpreters and masters. Therefore the perspicacious coach should explain to athletes why they prepare for races and training sessions in certain ways. He should encourage the athletes to ask questions, make suggestions, and participate in discussions and decisions affecting their personal and sporting destinies. The coach should also be guided by high ideals, vision, and a sense of pride in his role.

Coaching has become highly scientific during recent years. Up to a point, this is a welcome development. Before compiling training and racing schedules, it is essential to understand aerobic-anaerobic ratios, the difference between red and white muscle fibres, the functional roles of the neuro-muscular and cardio-vascular systems, and the O₂, LA-O₂, and ATP-LA energy

pathways. A comprehension of human physiology, anatomy, bio-mechanics, diet, and the need to balance hard training sessions and periods of intensive racing with rest and recovery periods is also crucial.

But the awareness of scientific principles and their relevance to sporting performance cannot operate independently. It is how we apply them to each individual athlete which constitutes the basis of knowledge and the maximisation of human potential. We must always remember that athletes are not machines or computers which respond predictably to external stimuli or are pre-programmed to react in foreseeable ways to given situations. Athletes are human beings, governed by universal and individual human desires, instincts, needs, and impulses.

Each person is unique. He or she will respond individually to certain circumstances - even when these circumstances are shared experiences. For example, a race which brings the best out of one athlete and provides him or her with the stimulus to achieve a personal best time is just as likely to reduce another to a nervous wreck, and result in a sub-standard performance.

Both athletes may be roughly equal in terms of ability and both may fully understand the physiological principles involved in the execution of the race. Both are competing in the same race against the same opponents, on the same terrain, and in the same weather conditions. The race situation is precisely identical for each of our two hypothetical athletes. But a difference exists in the perception of and attitude towards the race by the two athletes. One regards the competition as a challenge and an opportunity to attain goals and ambitions. The other views it as an ordeal, an event which he or she would rather not be involved in for fear of appearing foolish.

The first athlete is motivated by a desire for success. The second is haunted by a fear of failure. Similar situations exist in training. A coach may prescribe a track session of 12 x 400 metres at 5K pace with 20 seconds recovery. Some athletes will perceive this as a good, quality three-miles' run punctuated by a few short easing-up periods and relish the opportunity to train at a pace which they hope to achieve in a 5K race. They will regard the pauses as bonuses. Other athletes will be more concerned about the relatively high number of repetitions. They will be daunted by what they regard as very short recoveries. They will be defeated before they start the session. The idea of failure becomes a reality at the moment of its conception in the mind. Likewise, a successful athletic performance is merely the physical manifestation of visions of attainment conceived in the mind and carefully nurtured over a period of time.

Bruce Tulloh, a former European 5000 metres champion and now a much respected coach, is quoted as saying that there is not a great deal of difference in physical ability between good club athletes and internationalists. The prime difference between the two groups was psychological attitude which was vastly superior among international competitors, he claimed.

Pride in one's training and racing performance, along with the visions of one's personal and athletic goals being achieved through dedication and hard work, are indispensable ingredients of a positive attitude. The athlete with a sense of pride and vision will never settle for anything less than his or her best during training and in racing. He or she will always be motivated by the desire to produce the best performance possible, commensurate with fitness, weather, track conditions, and the time of the training and racing year. He or she will treat opponents with respect, however much they want to defeat them. Derogatory gestures, comments, and unworthy tactics - such as deliberately "false

starting" or wilfully obstructing - will be disdained. There is infinitely more to winning a race than being first to cross the finishing line. The manner in which victory is achieved and the mental and physical commitment which it invokes should always be uppermost in the thoughts of the athlete of vision and pride. In every race there is only one winner - but men and women who give their best in competition, never give up, and always strive to run faster irrespective of where they finish in the field can never be losers.

Throughout the history of athletics there have been many famous coaches and training systems. Among those who spring to mind are Gosta Holmer, the Swede, who developed the



Personal pride should extend to everyday training sessions as well as major races.



"A successful athletic performance is merely the physical manifestation of visions of attainment conceived in the mind..."

concept of fartlek training through forests and marshes in outdoor natural environments. In complete contrast was the Austrian, Franz Stampfl, mentor to Roger Bannister, Chris Brasher, and Chris Chataway.

Stampfl's athletes trained exclusively on the track throughout the winter and summer. Typical sessions included 8 x 400 metres in 62 seconds with two minutes recovery. Progression was made by increasing the speed of the repetitions while keeping the recovery fairly constant. Four days' complete rest before major competitions was advocated by Stampfl.

The German, Woldemar Gerschler, is generally acknowledged to be the first of the post-Second World War coach/physiologists. He popularised interval training - a form of exercise during which the heart stimulus occurs during the recovery period as the cardiac organ rapidly fills up with oxygen-rich blood. Gerschler worked on the principle that athletes should run distances of 100, 200, and 600 metres at three, six, and 18 seconds slower than one's best. The heart rate should rise to around 180 beats per minute during the repetitions then decrease to 120 beats per minute in less than 90 seconds after their completion. One of Gerschler's most illustrious pupils was Gordon Pirie who ran sessions such as 40 x 100 metres in 15 seconds with 100 metres jog recovery in 40 seconds; OR 40 x 200 metres in 31 seconds with 200 metres' jog recovery in 64 seconds; OR 10 x 400 metres in 56 to 58 seconds

with 400 metres' recovery jogs. Pirie's personal best time of 13 minutes 36.8 seconds was at one time a world record, for 5000 metres.

Another outstanding coach whose athletes trained exclusively on the track was the Hungarian, Mihaly Igloi. Men whom he coached were credited with 21 world records, 25 European records, and 49 Hungarian records. One of his best-known proteges was Bob Schul, winner of the 1964 Olympic Games 5000 title, for whom a typical session would be: - 4000 metres warm-up + 15 x 100 metres relaxation runs + 1200 metres in 3-00.9 (800 metres recovery) + 10 x 400 metres in 58 to 63 secs (200 metres jog recovery) + 16 x 150 metres sprints (jog 50 metres recovery) + 10 x 100 metres relaxation runs.

Two of the most charismatic coaches in athletics history were Arthur Lydiard and Percy Cerutti. Lydiard's methods greatly influenced the renaissance of Finnish distance-running during the 1970s and produced four Olympic gold medals from two of his most famous athletes, Peter Snell and Murray Halberg. The basis of his system was ten weeks of running 100 miles a week followed by six weeks of uphill bounding and downhill striding several times a week. It culminated in a series of time-trials and track training over various distances at paces which Lydiard mysteriously described as quarter, half and three-quarter efforts.

Cerutti is one of the immortals of athletics history. His sessions of uphill running on the

coastal sand-dunes of South Australia helped to produce Herb Elliott. Athletes came from all over the world to train with Cerutti. He was a firm believer in weight-training and his athletes also did a lot of fartlek-type sessions in natural surroundings. A 10K athlete, for example, would run 5 x 3 miles repetitions with easy jogging between fast efforts. A marathon runner would include long runs of 22 miles with up to six segments of varied pace.

Cerutti extolled the importance of pride and vision in the quest for improvement and success. He proclaimed that he raised the spirits of athletes and inspired their souls to higher levels of consciousness. He preached that as an athlete developed spiritually so his performances improved. Elliott, the Olympic 1500 metres champion, told the world that Cerutti's prime influence on his illustrious career was his capacity for releasing the soul power in the athlete's mind.

Although training practices may differ, these talented runners and their mentors all had one thing in common - they believed in themselves, their destinies, and in what they were doing. Their visions of the successful attainment of their targets in life and in sport led them to accomplish their ambitions. Their pride in themselves as athletes and as individuals gave them a place in history.

However exalted or modest your own level of achievement may be, vision and pride can also help you to achieve your potential as human beings and as athletes.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc or grass running.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) + 2 mins fast (2 mins jog) x 5 sets at 3K to 5K pace finishing with fast 30 secs one minute after final 2 mins effort.
Tuesday: 5 miles or 30 mins steady road running.
Wednesday: 10 miles steady road run with hills.
Thursday: 10 x 300 metres at 1500 metres pace with 45 to 60 seconds recovery.
Friday: 30 mins easy recovery run.
Saturday: 12 to 15 miles steady.
Morning runs, if done, should be of 20 to 30 mins duration four to six times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 60 secs fast (30 secs jog) + 3 mins fast (90 secs jog) + 60 secs fast (30 secs jog) x 4 sets at 5K pace finishing with 3 x 20 secs fast (60 secs jog) starting 2 to 3 mins after final 60 secs.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5 x 1000 metres at 5K pace (45 to 60 secs recovery) + 1 x 200 metres 90 secs after final 1000 metres repetition.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 75 to 90 mins fartlek inc 20 secs fast (20 secs jog) + 30 secs fast (30 secs jog) + 40 secs fast (40 secs jog) + 50 secs fast (50 secs jog) + 60 secs fast (60 secs jog) + 70 secs fast (5 mins jog or steady) x 4 sets at 1500 metres pace.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 4 x 800 metres (30 to 45 secs recovery/5 to 8 mins between sets) at 3K pace.
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 25 x 60 secs (30 secs jog) at 10K pace + 1 x 60 secs as fast as possible starting 90 secs after final 60 secs repetition.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 12 x 400 metres (20 to 30 secs recovery) at 5K pace + 1 x 200 metres as fast as possible starting 90 secs after final 400 metres repetition.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cc or grass running.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) x 8 sets at 3K to 5K pace finishing with fast 20 secs one minute after final 60 secs effort.
Tuesday: Rest or 20 to 30 mins easy recovery run.
Wednesday: 8 to 10 miles steady.
Thursday: 10 x 300 metres at 1500 metres pace with 60 to 75 secs recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.
Morning runs, if done should be of 20 mins duration three to five times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 8 sets at 5K pace with 1 x 30 secs full effort 90 secs after final 60 secs effort.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5 x 1000 metres at 5K pace (60 to 75 secs recovery) + 1 x 200 metres full effort 90 secs after final 1000 metres repetition.
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 60 to 75 mins fartlek inc 10 x 60 secs fast (75 to 90 secs jog) at 1500 pace.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 4 x 800 metres (45 to 60 secs recovery/5 to 8 mins between sets) at 3K pace.
Saturday: 8 to 12 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 60 to 75 mins fartlek inc 6 x 2 mins (75 to 120 secs recovery jog) at 3K pace + 3 x 20 secs full effort (60 secs jog) starting 3 mins after final 2 mins repetition.
Tuesday, Wednesday, and Thursday: As Week One.
Thursday: 12 x 400 metres (30 to 45 secs recovery) at 5K pace + 1 x 200 metres as fast as possible starting 90 secs after final 400 metres.
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

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22.2w	David Cleland FVH
22.59	Jamie Adams Ayr
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50.5	Brian Holliman Cam
50.7	Jamie Adams Ayr
50.9	John MacFadyen GGH
50.9	Ingram Murray Inv
800m	John MacFadyen GGH
1:51.74	Grant Graham VP
1:53.82	Mark McBeth Cam
1:54.9	Ewan Calvert Ab
1:54.96	Gordon Reid JWK
1:56.58i	Gordon Reid JWK
1500m	Grant Graham VP
3:52.00	Fraser McNeill LDS
3:58.7i	Gordon Reid JWK
4:00.85	Chris Greenhalgh VP
4:03.36	Ewan Calvert Ab
5000m	Allan Adams VP
15:27.3	Alex Moss CR
15:35.56	Scott Burch Pit
15:41.4	Brian Thomas Cam
15:59.72	Brian Thomas Cam
110mH	William Wyllie FVH
15.0	Andrew Tupman ESP
15.32w	Stuart Dillon BI (Y)
15.5	Douglas Wight EA
15.6	Ovie Brume Fet (Y)
15.9	Ovie Brume Fet (Y)
400mH	Peter Simpson Pit
55.5	Douglas Wight EA
56.0	Duncan Hards Inv
56.9	Ken Pearson CR
57.1	Ovie Brume Fet (Y)
57.3	Ovie Brume Fet (Y)
3000m S'chase	Scott Burch Pit
9:23.67	Alex Moss CR
9:46.5	Edward Tonner JWK
9:49.0	Stuart Gilmour VP
9:56.2	Stuart Gilmour VP
High Jump	William Wyllie FVH
2.10	Jason Allan Ciy
2.01	Scott Hill Esp
1.96	Robert Baird FVH
1.93	Robert Baird FVH
1.93	Fraser Lewis Inv

Pole Vault

4.61	Alex Greig FVH
4.20	William Wyllie FVH
3.50	John Grant ESP
3.30	Des Fitzgerald Pit
3.30	Rory Birbeck Hynd

Long Jump

7.21	William Wyllie FVH
6.91	Mark Craig Cam
6.87	Ian Paget VP
6.62	Alex Greig FVH
6.57	Dinkar Sabnis Ab

Triple Jump

13.82	Dinkar Sabnis Ab
12.92	P Etheridge Ran
12.72i	Iain Dickie Ayr
12.63	Iain Fraser BI

Shot Putt (6.25kg)

14.31	Andrew Bryce Glen
13.76	Jason Grundy Hel
13.52	Rory Birbeck Hynd
13.05i	Robert Baird FVH

Discus (1.75kg)

40.02	Jason Grundy Hel
38.70	Robert Baird FVH
37.06	Stephen Hayward Mel
36.70	Peter Beaton Pit
36.34	Murray Bowman Lom

Hammer (6.25kg)

55.98	Chris Edgar FVH
52.12	Iain Park Hill (Y)
52.02	Glen Kerr Bed (Y)
48.14	Shaun Bunker Hel
47.00	David Minty Ab

Javelin

48.56	William Wyllie FVH
46.08	Ken Pearson Cr
45.80	John Wishart EA (Y)
44.74	Alan Kemlo Inv
44.12	Hamish James Mon (Y)

YOUTHS

100m	Colin McRobert Cam
10.8w	Stuart Moir Ayr
10.9w	James Bragg MCS
11.09w	James Bragg MCS
11.14w	Craig Joiner Pit
11.24w	Euan Dale Har

200m

22.0w	Colin MacRobert Cam
22.0w	Stuart Moir Ayr
23.01	James Bragg MCS
23.1	David Reid BHH
23.2	Craig Joiner Pit

400m

50.6i	Colin Young CBK
51.1	Colin Wilson Ab
51.26	Keith Mackie DSMC
51.6	Euan Craig EA
52.2	Stuart Moir Ab

800m

1:55.00	Colin Young CBK
1:58.6	Matthew Kelso Pit
1:58.7	John Ferguson Ayr
1:58.85	Alasdair Moonie Pit
2:00.5	James Carroll CBK

1500m

4:04.06	Gary Willis Ayr
4:04.48	Alasdair Moonie Pit
4:07.9	Stuart MacKay Inv
4:08.4	Tom Winters ESP
4:08.6	Matthew Kelso Pit

3000m

8:56.0	Craig Cleland Cam
8:56.4	Stuart Mackay INV
8:58.10	Tom Winters ESP
8:58.54	Scott Taylor Pit
8:59.0	Matthew Kelso Pit

100mH

13.8	Alan Malcolm ESP
13.89w	Douglas Stewart V/A
13.96	Grant Adams Ayr
14.2	Stuart Dillon BI
14.36	Colin Frew Ham

400mH

56.7	Stephen Poutney Mth
57.3	Ovie Brume Fet
57.89	Ian Hamilton CBK
58.6	Barry Middleton Ab
60.04	Stuart Meldrum Pit

2000m S'chase

6:15.06	Matthew Kelso Pit
6:20.1	Gary Willis Ayr
6:22.31	Michael Gill Cam
6:23.6	David Whiffin Nth
6:25.8	Andrew Casey QVS

High Jump

1.96	Gary Woods Cam
1.90i	Alan Malcolm ESP
1.85	Gavin Morrison Ren
1.80	Six athletes

Pole Vault

3.70	Ken McNicol Cam
3.35	Fraser Anderson ESP
3.10	Michael Liu EA

Long Jump

6.47	Gavin Morrison Ren
6.46w	Scott Milne Ork
6.39w	James Gilbert FVH
6.30i	Allister Hambly Kil

Triple Jump

12.85i	Allister Hambly Kil
12.80	Paul Landels DHH
12.68	Scott Milne Ork
12.65	Stuart Dillon BI
12.65	N Aitken Hut

Shot Putt (5kg)

14.97	Alistair MacKenzie Inv
14.79	George Mathieson Avon
14.41	Stephen Hayward Mel
13.00	Mahul Maquit Law

Discus (1.5kg)

39.28	Hamish James Mon
39.12	Stephen Hayward Mel
38.80	Ky Kay S'Allan
38.00	Glen Kerr Bed
37.46	James Penny MCS

Hammer (5kg)

62.14	Glen Kerr Bed
59.40	Iain Park Hill/
51.36	Ian Hay Hull
49.46	Robert MacKinnon QVS
44.60	Stewart Gardner QVS

Javelin (700g)

50.10	John Wishart EA
49.12	G Broomfield Glen
48.88	Nick Dempsey MCS
48.56	Hamish James Mon
47.06	Roy Hyslop Mel

BOYS

100m	Tim Black Inv
11.4	Ryan Galloway Ayr
11.5w	Richard Booth CPH
11.56	Richard Booth CPH

200m

23.3w	Ryan Galloway Ayr
23.5	Brian Watson Pit
23.53w	Hugh Kerr Ayr

400m

50.4	Callum Buck MCS
51.72	Brian Watson Pit
51.8	Hugh Kerr Ayr
52.54	Stuart Sutherland Inv

800m

1:59.73	Des Roache VP
2:00.1	Kevin Daley ESP
2:02.80	Murray Hamlin Las

1500m

4:13.7	Kevin Daley ESP
4:14.45	Des Roache VP
4:18.02	Murray Hamlin Las

80mH

12.1	D Cotter Nai
12.16	John Whannel VP
12.2	Daniel Ablett CPH
12.2	William Stark Ab

1500m S'chase

4:39.2	Kevin Daley ESP
4:57.7	Donald McDonald PSH
8:01.57	David Gorman VP

High Jump

1.76	Alex Dunbar MCS
1.75	Anthony Gilhooly Cam
1.73	Martin Pate VP

Pole Vault

2.80	Kevin Horton Cum
2.60	Stephen Schendel Cum

Long Jump

6.16w	John Whannel VP
5.85	C Common DMF
5.83	Hugh Kerr Ayr
5.83	Kenneth Kelly VP

Triple Jump

13.03w	John Whannel VP
12.45	Kenneth Kelly VP
12.09	William Stark Ab

Shot Putt (4kg)

14.59	Bruce Robb Pit
13.88	Daniel Ablett CPH
12.56	Iain Douglas DMF

Discus (1.25kg)

41.54	Bruce Robb Pit
38.36	Daniel Ablett CPH
35.76	Liam McIntyre Hel

Hammer (4kg)

37.52	Stuart Sneddon Tay
30.20	S MacKinnon QVS
29.88	M Wight QVS

Javelin (600g)

45.52	Daneil Ablett CPH
42.34	Kevin Horton Cum
39.80	B Thomson Mo

Intermediates, juniors, and girls

INTERMEDIATES

100m	Louise Paterson Ab
11.9w	Sinead Dudgeon ESP
12.0w	Elaine Julian Ayr
12.04w	Karen Sutherland EWM
12.1w	Linzie Kerr CG
12.22w	Linzie Kerr CG

200m

25.0	Elaine Julian Ayr
25.1w	Louise Paterson Ab
25.2	Gillian Ritchie Pit
25.2	Sinead Dudgeon ESP
25.39i	Karen Sutherland EWM

400m

57.96	Claire Martin Fif
58.5	Louise Paterson Ab
59.24	Morven Fraser Nai
59.50	Sinead Dudgeon ESP
60.27i	Lorraine Reilly ESP

800m

2:11.1	Alison Potts CG
2:11.5	Isabel Linaker Pit
2:16.66	Gillian Fowler CG
2:16.86	Lorraine Stewart ESP
2:19.0	Yvonne Reilly DHH

1500m

4:31.1	Isabel Linaker Pit
4:38.6	Alison Potts CG
4:38.81	Yvonne Reilly DHH
4:44.46	Louise Cormack ESP
4:46.55	Alison Cheyne ESP

3000m

10:17.6	Hayley Parkinson V/A
10:18.3	Louise Cormack ESP
10:42.1	Alison Cheyne CG
10:55.1	Eleanor Reid NV
11:01.2	Carole Leitch Avon

80mH

11.7w	Theresa Crosbie CG
12.0	Catriona Burr EWM
12.2	Fiona Allan Rudd
12.3	Jennifer Dale Ayr
12.4	Sarah Ramminger Arb
12.4	Lynne Shorthouse Loch

300mH

45.00	Catriona Burr EWM
46.0	Kerry Beveridge ESP
47.27	Kane Gardiner EWM
47.88	Deborah Wynn CG
48.1	Hayley Kilday Ding

High Jump

1.71i	Joanna Ross Kil
1.61	Lisa Brown Loch
1.60i	Julie Reid Kil
1.58	Sarah Ramminger Arb
1.56i	Debbie Church Ayr

Long Jump

5.81	Fiona Allan Rudd
5.58w	Linzie Kerr CG
5.37w	Sarah Ramminger Arb
5.25w	Sarah Still Ab
5.23w	Carol McLeod Kil

Shot Putt

11.08	Stephanie Robin Hel
10.18	Raka Samson Ayr
10.18	Leigh Cunningham Pit
10.08i	Tracy Johnstone BI
9.32	Christine Legge Mon

Discus

37.94	Helen McCreadie Hel
34.16	Stephanie Robin Hel
30.12	Tracy Johnstone BI
28.92	Raka Samson Ayr
28.84	Leigh Cunningham Pit

Javelin

33.92	Karen Elliot Carl
33.12	Nicola Sloan Hel
32.84	Janet McTurk DMF
32.40	Alison Cheyne CG
31.70	Nicola Robertson EWM

JUNIORS

100m	Fiona Hutchison CG
12.3w	Fiona Lumsden Ab
12.5w	Stephanie Balmain CG
12.52w	Rona Hepburn PSH
12.6w	Louise Thompson Ayr
12.61	Louise Thompson Ayr

200m

25.95w	Stephanie Balmain CG
25.97	Fiona Hutchison CG
26.19w	Judith Reid CG
26.22	Joanna Symington Ayr
26.30w	Louise Thomson Ayr

800m

2:19.40	Karen McNally NV
2:22.0	Pamela Crawley CG
2:20.8	Kerry Stewart JWK
2:22.6	Helen Brooks Ayr
2:22.9	Lynne Frickleton CR

1500m

2-22.9	Lynne FrickletonCR
1500m	
4-41.09	Karen McNally NV
4-46-43	Pamela CrawleyCG
4-52.8	Caroline Clarkson Ab

JUMPIN' JOHN SCOTT

Fiona Macaulay talks to long jumper and coach John Scott.

JUMPIN' John Scott, so called ten years or so ago to distinguish him from "Running John Scott" who also competed for Edinburgh Athletic Club, took up athletics at the relatively late age of 19 after seeing a notice at the Jack Kane centre in Edinburgh.

At that time he "didn't even know how to do a sit up". Now, at the age of 32 he has been a Scottish international long jumper since 1978 with a personal best of 7.51 metres.

The Scottish native record is held by Ken Mackay with 7.48 metres and the national record is 7.67 metres - held by Dave Walker since 1968.

In the past, Scott has been picked for a GB v Russia match, and it is a sad fact that very few Scottish athletes make a GB vest in field events.

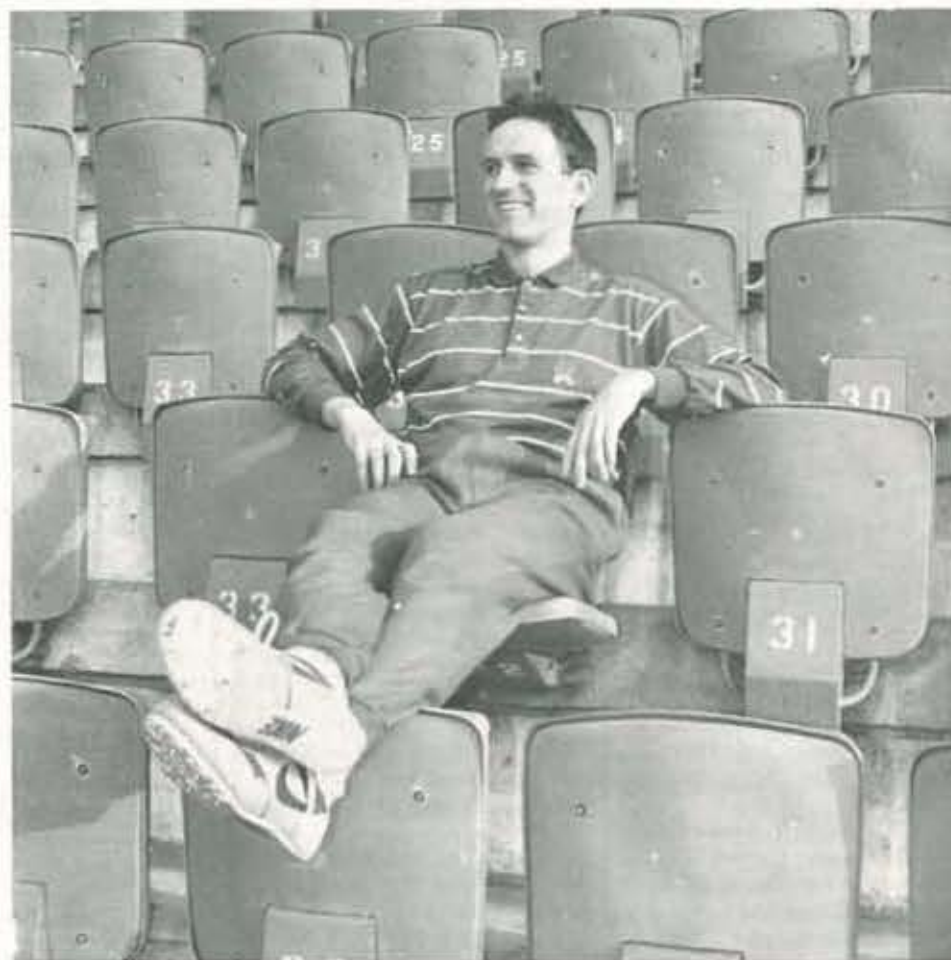
At the moment Scott combines competing with coaching. He and his wife Anne - an ex-internationalist - are responsible for a group of eight athletes. Scott also advises on long jump outwith this group.

According to Scott, the standard of long jumping in Scotland - where both men and women are concerned - is "a disaster". The general trend is that athletes who are not particularly outstanding at other events, for example the 100 metres, are sent to do long jump. Yet, he points out, to succeed at long jump you actually have to be a top sprinter and good all-round athlete.

Scott would like to see more sprinters being encouraged to give long jump more than one shot. If a woman is running about 12.5 for the 100 metres, then she is not going to shine by British standards, but this speed could be channelled into good long jumping. And men who are not faster than 10.8 should also, Scott suggests, try their hand at long jumping. John has run 10.9 for the 100 metres, 22.0 for the 200 metres, 48.3 for the 400 metres, 54.5 for the 400 metres hurdles, and has a personal best of 14.88 for the triple jump.

An interesting development for women has been the introduction of triple jump which has taken off (no pun intended) very successfully. It is attracting athletes initially because it is novel, but the girls Scott has spoken to seem to enjoy the event and he expects to see a good standard over the next few years. It seems to attract, in particular, high jumpers and long jumpers who are perhaps lacking in speed but have spring and strength.

Last year Anglo-Scott Karen Hambrook was the only woman over six metres in the long jump. Lorraine Campbell has now retired, and, I am



A rare moment as Scott relaxes in the stand at Meadowbank.

told, is currently to be seen swinging a driver on the fairways. The top jumps in Scotland were recorded in the seventies - by Myra Nimmo, Moira Walls and Alix Stevenson. Those who can be expected to carry the flag for long jumping this season are Caroline Black, Nicola Barr and Janis Ainsley.

During the current season, John Scott expects to maintain his Scottish team place and is hoping for a personal best. He maintains it is disappointing that someone "as old as him" is not being pushed out of the squad by up and coming youngsters. Main contenders at the moment are Duncan Mathieson, the multi-eventer, Brian Ashford, the sprinter, and Helensburgh youngster Eric Scott, also a multi-eventer. Scott thinks it is "diabolical" that there are no top long jump specialists and that a clearance of six metres in the mens' Scottish League is considered good

jumping. According to Scott, mens' long jump in Scotland is probably in a worse state than the women's.

So what, in his view, should be done to lift the event in this country? In Scott's eyes it could be encouraged more. Under IAAF rules, an impartial official at a long jump competition may inform an athlete where the foot is in relation to the take-off board. This, however, is not permitted in Scotland, and Scott cannot see the difference between assisting an athlete by shouting out lap times, and showing an athlete his take-off position for jumps.

If Meadowbank is indicative of long jumping generally in Scotland, then Scott can see no structure for the event. He doubts if coaches are as good as they might be. Being technically sound is one thing. Being able to impart the knowledge in a simple and understandable way

is another. And being a motivator is something that coaches cannot be taught. Scott would like to see far more ex-athletes coming back to coach. He also questions whether the club system is as sound as it might be saying that athletes are coming to him from clubs who do not even know how to warm up properly.

Scott and his wife both hold assistant club coach qualifications, but he feels that, by and large, the skills being instilled in coaches leave a lot to be desired, especially regarding the youngster in athletics.

According to Scott we should be looking to produce a well-conditioned, well disciplined athlete for the future, but he thinks this is not happening, that coaches are being taught to encourage athletes to specialise too soon. Although he thinks throwers can be identified early on, programmes should be developed to promote strengths, endurance, elasticity and speed in youngsters, rather than training them specifically for hurdles, sprinting or high jump.

He suggests a jump course in Scotland would benefit from bringing up a southern jumper and coach "just to let us see how far behind we are lagging."

Scott puts forward the interesting idea, especially in the present athletic climate, that Scotland's long jumper may well be the poor relation when compared internationally because the event is "so clean", something he is totally convinced of.

And, still on the subject of drug taking, he thinks the governing body's approach is wrong. If they want athletes to come forward to tell the truth, there should be an amnesty whereby, for example, if an athlete does confess, the record books will not be wiped clean of his performances. At the moment Scott feels the whole thing is being pushed further underground with no incentive for an athlete to come forward, spill the beans, and in effect publicly hang him/herself.

On the point of Scotland being without a national coach for such a long time, Scott says, "I think it's outrageous." He feels Scotland has missed out by not appointing Meg Ritchie immediately, because, despite any controversy that may or may not surround her competitive years, "For a woman to hold the position she did in the



States, she must be outstanding."

He is quite adamant that since Frank Dick left Scottish athletics, it has deteriorated. The system that Frank ran in Scotland was so good that, according to Scott, it was adopted in England and flourished while in Scotland it "slowly eroded". He draws comparisons between Scotland and Northern Ireland whose national coach is Scotsman Norman Brooks. Here is a country smaller than Scotland producing GB internationalists - throwers and jumpers - while such a thing is a rarity in Scotland. Scott can only put this down to a superior coaching system in Northern Ireland.

Any thoughts on the recently formed Reebok club? Scott feels there are already too many clubs and reeled off a list of clubs in the Edinburgh area alone. It seems the Reebok club started off as a road running club which senior athletes joined, being dissatisfied with their own clubs for various reasons. To Scott it appears that the administration of the two major Edinburgh clubs seem content to stay in the lower divisions of the British League while the athletes are not. He thinks the two clubs should combine under AAA rules for British League purposes, and regain first division status, but compete separately under SAAA rules for the Scottish League, although he is not sure if rules would permit this.

It does seem that a number of athletes are disgruntled with their club system although as Anne Scott put in, "There are a lot of prima donnas about. Put on a blue vest and you can't compete in the Scottish League any more." It might be worth considering at this point that if top athletes turned out consistently for their clubs, rather than when it suited them, it might have some bearing on the current positions of Scottish clubs in the British League.

Scott intends to get a couple more years out of athletics yet, and still enjoys it as much as he did when he started, although he feels the depth of the seventies and early eighties is not there. One question left unanswered was how somebody as apparently sincere, genuine, and, for want of a better word, "nice" as Scott ever managed to make it as far as he has done.

KIRKINTILLOCH OLYMPIANS

William Chalmers, throws coach with Kirkintilloch Olympians, profiles a relatively new, but flourishing, club.
 Photographs by **Robert Perry**.



KIRKINTILLOCH Olympians were formed in October 1981. The club was formed for the purpose of providing a facility which would foster and develop athletics in the Kirkintilloch and surrounding areas. The club has developed most pleasingly, and celebrates its tenth anniversary this October.

Kirkintilloch presently have 178

athletes registered, and contest the following leagues: Panasonic Senior Men's League Division 4; Bank of Scotland Women's League Division 3; Young Athletes' League Division 2, and the SAAA and SWAAA cross country leagues.

The Olympians promote their own annual road race and cross country races, and will host the next

West District Championships. In addition, they also convene local track championships for primary schools, which run in conjunction with the Kirkintilloch and Bishopbriggs gala weeks. They are responsible, too, for organising primary schools cross country races for all Strathkelvin primary schools during the winter months.

The Olympians train at Merkland Sports Centre on Tuesday and Thursday evenings, and regularly use the facilities at Crownpoint Road, Coatbridge, and the Kelvin Hall on other week days. In the winter months the club uses the facilities of three local schools, the membership being such that a single school's facilities would not

Kirkintilloch Olympians' girls cross country team. From left to right: Lorna Scott, Sarah Jane Wilson, Adele Smith, and Claire Tierney.

be able cater for the club's growing needs on its own.

Until this year the Olympians - through the hard work of the committee - have been self-financing. Although the running costs, which include transport, are high, the club has endeavoured to keep the costs met by the athletes at a minimum. By running discos and other fund-raising events the committee have managed to keep afloat at a price affordable to the members, 80% of whom are of school age.

The club recently secured a one year sponsorship deal with builder's merchants Keyline, and through this has been able to kit out the entire club with track suits, at a very reasonable cost to members.

The Olympians have been recognised for their organisational abilities, and their road race and cross country races continue to improve each successive year.

Both events are noted as tough but fair tests, and have the seal of approval from authorities in the sport of the calibre of John Robson, and also Colin Shields, author and compiler of "The History of Scottish Cross Country".

In connection with the cross country races run for local primary schools, the Olympians were awarded the McVities gold development award for their initiative in this area.

The Olympians, in their ten years of existence, have become very well known in Scottish athletics. The club as a whole is well known for trying to cater for everyone's needs.

The club is famous, or perhaps "infamous", for travelling to events, both track and cross country, in numbers envied by other clubs. It is proud to say that it is prepared to try things, and compete in events that many other Scottish clubs would appear to shun.

In February of this year the Olympians sent their girls' 11-13 cross country squad to contest the English Cross Country Championships at Liverpool. The team finished in 12th position, with Sarah Jane Wilson finishing 20th in



the individual race, out of a field of 600 competitors.

With cities such as Manchester and Liverpool, and counties the size of Gloucestershire competing, the Olympians considered 12th place a fine achievement when taking into account the size of the club's catchment area.

In July of this year the club was one of only two Scottish clubs to compete in the Woolworths Challenge at Wigan against English and Welsh counterparts, the other Scottish club being the mighty City of Glasgow.

The club has steadily progressed since its 1981 inauguration by former president and general secretary Henry Docherty. With president Gordon Baird now at the helm, assisted by general secretary Gordon McLean, the club goes from strength to strength. Since the appointment of James Docherty as chief coach, the sprinters and throwers have come through in numbers, and great credit is due to the "Doc" in these areas.

The current year has already seen a number of notable successes by Olympians. Back in February the club's girls' cross country team comprising Lorna Scott, Sarah Jane

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Wilson, Adele Smith, and Claire Teimey, finished an impressive second at the national cross country championships in Irvine.

Underlining this success, an under-14 schools cross country team, all of whom are Olympians - Sarah Jane Wilson, Jenny Holland, Donna Dunbar, and Lisa Chalmers - gained silver representing Kirkintilloch High School at the SSAA Cross Country championships, also held in Irvine.

The club also has a strong girls' relay pool. In June of this year four of them - Sharon Baird, Joanne Robinson, Andrea McCaffer, and Anne Marie Lamb - lifted gold in the primary relay event at the Scottish Schools Championships. Meanwhile, in August Joanne Robinson, Andrea McCaffer, Sharon Baird, and Eileen Turnbull won bronze in the 4 x 100m and gold in the 4 x 200m at the Octavian Relays.

Other recent achievements by club members which stand out include Graham Hastings' magnificent win at the Scottish Schools Championships in June. Graham, a promising sprinter, won the under-14 200m title, the latest in a long list of successes. In 1990 Graham won both the 200m and long jump titles at the national schools event.

Kirsty O'Donnell's curriculum vitae has developed along equally impressive lines. On the strength of her well proven abilities, this young sprinter was selected to run for Scotland at the Celtic Games in Waterford, Ireland, last year. In March of this year she showed continued improvement by winning the Central Region 100m title at Grangemouth stadium.

But perhaps the two most



Leading Kirkintilloch Olympians. Standing, left to right: Gordon Robertson, Symon Lipp, Daniel Parrott, and Stuart Morton. Sitting, left to right: Graham Hastings, Scott MacLeod, and Rory Buchanan.

famous high achievers in the club are disabled athletes Gerry McConnell and Gordon Robertson.

Both are veterans of the Seoul Olympics, and regularly represent the club in many league and cross country events. The pair returned from the World Championships with two medals each, and recently represented Scotland in Barcelona. Yet it is not just certain individuals but the club as a whole which is continuing to improve. Due credit for this must be given not just to the talent and enthusiasm of the athletes - in particular the young ones - but also to club committee members, and coaches.

Honourary president George Parrott is one such Olympian. Not only does he officiate regularly at league and international meetings, he also coaches budding high jumpers, not least of whom is his

own son, the club's high jump star, Daniel Parrott.

John Gray, whose name will be known to many as much for his football expertise as his involvement in athletics, is another Olympian stalwart who deserves special mention, in particular for his work with the club's excellent minors.

No profile of Kirkintilloch Olympians would be complete without mention too of chief coach James Docherty, sprints coaches Gordon Baird and John Young, and road racing and cross country coach Bobby Brown. Add to this Joe Doogan, and general secretary Gordon McLean, who have helped to bring on the club's middle distance athletes, and you have a team of very dedicated people.



June

29/30

Scottish AAA Combined Events Champs, Aberdeen

Order of events (100m; LJ; SP; HJ; 400m; 110H; DT; PV; JT; 1500m)
Sen Dec: 1, A Southward (Stock) 6518pts (11.67; 6.22m; 12.58; 1.85m; 53.38; 15.69; 37.60m; 3.90m; 49.28m; 4-46.98); 2, P Birrell (Har) 6464 (11.64; 7.07m; 10.44m; 1.88m; 54.63; 14.97; 37.88m; 3.60m; 51.08m; 5-10.63); 3, D Bameston (Inv) 6192 (11.86; 6.77m; 9.27m; 2.15m; 52.71; 15.84; 33.66m; 3.10m; 47.24; 4-46.02); 4, M Bignall (Med) 6137; 5, A Leiper (Ald, F&D) 5922; 6, I Black (CPH) 5701; 7, A Anderson (Camb) 5686; 8, J Malcolm (Muss) 5351; 9, A Walton (WG) 5345; 10, K Lyon (Ab) 5260; 11, N Elliot (Hel) 4957; 12, E McKenzie (Ab) 5260; 13, B Winning (Muss) 4593; 14, S Cargill (Ctr) 4589; 15, J Ross VET (Muss) 3985.

Jun Dec: 1, D Sabris (Ab) 5079 pts (11.89; 6.37m; 8.36m; 1.85m; 56.07; 16.89; 26.48m; 2.70m; 36.90m; 5-26.23); 2, K Pearson (Ctr) 4968; 3, C Jessiman (Ab) 4009.

Youths Oct: Order of events (100, LJ, HJ, 400, 100H, DT, JT, 1500)
1, B Middleton (Ab) 4282 (12.11; 5.58m; 1.64m; 53.31; 16.64; 23.02m; 30.62m; 4-38.2); 2, S McDermott (EK) 4061 (12.58; 5.58m; 1.67m; 58.48; 17.58; 27.44m; 41.46m; 4-51.2); 3, N Small (MBI) 3878 (12.63; 5.78m; 1.73m; 59.45; 17.64; 15.78m; 30.08m; 4-59.2); 4, R Howat (EK) 3748; 5, M Allan (Elg) 3625; 6, P Swierczek (Arb) 3536.

Sen Boys Pent: Order of events (LJ, JT, 200, DT, 1500)

1, D Ablett (CPH) 2874pts (Inaugural record) (5.65m; 45.52m; 24.41; 38.36m; 5-01.54); 2, H Kerr (Ayr) 2700 (5.71m; 34.72m; 23.53; 30.42m; 4-53.08); 3, W Stark (Ab) 2299 (5.69m; 26.78m; 24.45; 22.52m; 5-01.55); 4, I Wright (P'head) 2134; 5, K Horton (Cum) 1992; 6, M Dobbie (Pet) 1861; 7, J McKell (White) 1665; 8, P Dennis (Hel) 1555; 9, M Paterson (White) 1218; 10, A McPherson (White) 1152.

July

5/6

SAWA/SWAAA National Champs, Crownpoint

Men: 100 (-0.1m/s) 1, E Bunney (CPH) 10.69; 2, J Gookey (Roun) 10.72 (10.65ht); 3, E Clark (Pit) 11.11 (11.02ht); 4, J Henderson (CPH) 11.15; 5, J Urron (Mor) 11.25; 6, B Ashburn (Cam) 11.30 (11.13ht); 7, P Sloan 11.41

(11.24ht); 8, D Collier (Sole) 11.43 (11.39 s/f); Heats: S Robertson (BYM) 11.29; D Hutchison (Lass) 11.31; P Clark (Ree) 11.13.200 (-1.2m/s): 1, D Greene (Aus) 21.74; 2, D Clark (Ree) 22.16; 3, N Turnbull (CPH) 22.63; 4, J Urron (Mor) 22.71; 5, J Bowen (Card) 22.86; 6, D Collier 23.01 (22.98ht); 7, J Watson (Ham) 23.13 (22.97ht).400: 1, M Jobert (Aus) 46.29 (CBP); 2, S Perry (Aus) 46.56; 3, P Greene 46.71; 4, D Gilmour (EK) 48.05; 5, G Hodges (ESP) 48.38; 6, J Bird (Hart) 48.87; 7, C N Kereke (Bot) 49.23 (48.62ht); 8, G Newlands (ESP) 49.29 (49.09ht). Heats D Mulhern (She) 49.33; I Priddy (CAC) 49.70; G Purves (Bel) 50.07; 800: 1, D Kenneally (Aus) 1-50.09; 2, B Acres (Aus) 1-50.10; 3, S Still (Aus) 1-50.74; 4, K Idessane (CPH) 1-50.81; 5, G Brown (Ree) 1-51.30 (1-51.01s/f); 6, T Blackie (CPH) 1-52.85 (1-51.42 s/f); 7, A Murray (JWK) 1-56.40 (1-51.29 s/f); 8, J Rigg (Warr) 1-57.53 (1-51.44 s/f); Semi Finals: B Murray (CPH) 1-51.95; G Stewart (CAC) 1-52.34; N Smith (SB) 1-52.83; P Duffy (CPH) 1-54.24; Heats: G Gibson (Kil) 1-54.72; P McDevitt (Bel) 1-55.05.1500: 1, M Thee (Bot) 3-54.15 (3-53.95ht); 2, L Mangleshot (WG) 3-55.15; 3, I Gillespie (Birch) 3-55.70; 4, J MacKay (She) 3-55.77; (3-54.24ht); 5, R Fitzsimmons (Bel) 3-56.78; 6, M Fallows (ESP) 3-57.64; 7, I Campbell (DHH) 3-57.74; 8, G Graham (VP) 3-59.52 (3-55.45ht); 9, S Snow (H'gate) 4-02.14 (3-57.83ht); 10, D McLachlan (Bord) 4-07.57 (3-54.61ht).5000: 1, J Sherban (FVH) 14-06.21; 2, D Evans (Aus) 14-10.80; 3, P Dugdale (Horw) 14-29.56; 4, P Fleming (Ree) 14-34.04; 5, T Murray (GGH) 14-38.03; 6, T Hearle (Kil) 14-41.87; 7, S Brooks (Bing) 14-48.57; 8, I Archbold (Mor) 14-52.16; 9, A Callan (Sp) 14-55.47; 10, J Bowman (Inv) 14-57.71; 11, M Campbell (CAC) 14-57.86; 12, S Johnson (Bing) 15-00.75; 13, J Garland (EdU) 15-01.25; 14, R Creswell (Ab) 15-05.87; 15, A Coyne (She) 15-08.95.10K: 1, D Swanson (Cope) 29-41.05; 2, K McCluskey (Cope) 29-45.00; 3, R Quinn (Kil) 29-46.34; 4, C Robison (SV) 29-51.42; 5, A Puckrin (GPH) 29-58.25; 6, H Cox (GGH) 30-03.38; 7, D Runciman (Cam) 30-05.38; 8, A Walker (Tev) 30-18.53; 9, M Gormley (Cam) 30-25.85; 10, K Conley (Ann) 30-47.87; 11, D Frame (Law) 31-39.07; 12, C Ross (She) 32-15.33; 13, C McLennan (ESP) 32-22.28.110H (-0.9m/s): 1, Kvander Kuyp (Aus) 14.20; 2, N Ashman (WG) 14.45; 3, N Fraser (ESP) 14.54; 4, N Dakin (New) 14.91; 5, D Mathieson (CPH) 15.10; 6, P Wamlow (CPH) 15.25; 7, R Hunter (Bel) 15.28; 8, G Smith (ESP) 16.09 (15.47ht). In heats F McGlynn (She) 15.69; J Franklin (She) 15.82.400H: 1, L Antoine (Birch) 53.05; 2, M McPhail (Ayr) 53.60; 3, C Dean (Str) 53.68; 4, A Douglas (Med) 54.59; 5, R Robinson (Bal) 55.92; 6, S Dempster (CPH) 56.22; 7, T Nimmo (ESP) 56.59; (55.85ht) M Davidson (CPH) 55.24 ht did not run final as injured. 3000 s/c: 1, G Croll (Cam) 9-05.50; 2, G Mathieson (CPH)

9-07.42; 3, S Wright (Ab) 9-08.11; 4, J Steel (CPH) 9-16.15; 5, J Orr (Cam) 9-18.56; 6, D Farrell (Bord) 9-26.90; 7, D Ross (CPH) 9-29.95; 8, M Ferguson (ESP) 9-30.41; 9, M Batley (Fif) 9-36.44; 10, J Austin (Cly) 9-38.53; 11, S MacKenzie (Inv) 9-42.77; 12, F Boyne (Ab) 9-44.25.3000m walk: 1, S Beecroft (Aus) 11-47.44 (CBP and Scot all comers record); 2, M Bell (Ann) 12-16.07 (Scot Native rec); 3, C Hobbs (Med) 14-23.61; 4, K Martin (Ayr) 17-32.61.HJ: 1, D Anderson (Aus) 2.28m (CBP); 2, I Garrett (Aus) 2.25m; 3, J Stoddart (GIU) 2.10m; 4, D Bameston (Inv) 2.05m; 5, S Ritchie (Pit) 2.05m; 6, N Robbie (Ree) 2.05m; 7, A Scobie (ESP) 2.00m; 8, J Allan (Cly) 1.95m; 9, G Smart (VP) 1.90; 10, N McLaughlin (Ree) 1.90m.PV: 1, M Johnson (Har) 5.10m (CBP); 2, A Gayle (W&B) 4.60m; 3, I MacKay (ESP) 4.40m; 4, I Black (CPH) 4.20m; 5, S Gaines (Bord) 4.00m; 6, R Ramsey (Ann) 4.00m; 7, A Anderson (Cam) 3.80m; 8, A McMahon (She) 3.80m; LJ: 1, D Smith (Aus) 7.35m; 2, D Mathieson 7.33m; 3, S Pegler (Sole) 6.79m; 4, J Scott (ESP) 6.79m; 5, S Jamieson (ESP) 6.31m; 6, P Ewing (DHH) 6.31m; 7, P Gardner (Pit) 6.01m; TJ: 1, A Murphy (Aus) 16.13m; 2, M Sweeney (Aus) 16.00m; 3, R Harkins (She) 14.53m; 4, S Jamieson 14.26m; 5, R Brown (CPH) 14.14m; 6, I Beattie (CPH) 13.83m; 7, D Dixon (Bord) 13.72m; SP: 1, S Whyte (Lu) 16.92m; 2, J Goddard (Aus) 16.28m; 3, G Harvey (Aus) 14.35m; 4, R Smith (EdU) 13.89m; 5, D Smith (Aus) 13.84m; 6, M Wilson (Barrow) 13.70m; 7, G Stark (Rother) 13.69m; 8, N Mason (ESP) 13.49m; DT: 1, P Gardan (W&B) 56.50m (CBP & UK Vets record); 2, D Morris (Pit) 55.34m; 3, I McMullan (Ann St) 47.10m (NI Jun rec); 4, D Smith (Aus) 44.54m; 5, N Elliot (Hel) 41.28m; 6, M Wilson 40.02m; 7, G Stark 38.64m.HT: 1, S Whyte 56.58m; 2, R Devine (CPH) 55.96m; 3, D Allan (Inv) 52.80m; 2, R Devine (CPH) 55.96m; 3, D Allan (Inv) 52.80m; 4, P Bamard (M&C) 50.46m; 5, D Aitchison (PSH) 44.70m; 6, D Gaby (CPH) 44.14m; 7, A Nisbet (Pit) 43.32m; 8, S Bunker (Hel) 42.64.JT: 1, M Keen (Aus) 68.18m (CBP); 2, D Smahon (Lisb) 61.64m; 3, D Jones (Stret) 59.86m; 4, A Whyte (ESP) 59.20m; 5, A Black (CPH) 52.82m; 6, G Dingwall (She) 52.10m; 7, I Black (CPH) 45.30m; 8, M Jamieson (Cly) 40.66m.

Women: 100 (-0.7m/s): 1, A McGilivray (EWM) 11.90; 2, M Moore (Aus) 11.92; 3, M Neef (CG) 12.19; 4, M Baxter (CG) 12.25 (12.20ht); 5, R Girvan (ESP) 12.37 (12.20ht); 6, E Walso (Birch) 12.38 (12.34ht); 7, M Marr (Stew) 12.64; 8, L Paterson (Ab) 12.69 (12.48ht).200 (-2.4m/s): 1, A McGilivray 24.64; 2, M Moore 24.69; 3, R Girvan 24.81; 4, M Neef 25.02; 5, S Broadrick (Aus) 25.24; 6, E Waldo 25.45; 7, L Paterson 26.26 (25.90ht); 8, L Dick (CG) 26.57 (26.12ht).400: 1, R Poetschka (Aus) 52.62 (CBP); 2, G McIntyre (CG) 53.82; 3, S O'Connell

(Bal) 54.61; 4, P Divine (EWM) 55.63; 5, R Williams (Darl) 55.82; 6, D Knox (M&C) 57.65; Heats: D Kitchen (EWM) 56.26; J Levermore (Birch) 57.21; M McClung (JWK) 58.01; F Meldrum (CG) 59.47; S A Sword (Str) 59.68.800: 1, W Old (Aus) 2-05.77; 2, J Stewart (CG) 2-10.53; 3, S Gollan (Inv) 2-11.66; 4, C Cecil (EWM) 2-15.66; 5, A Lonnien (Lisb) 2-18.98; 6, B Wood (Bor) 2-26.75; 1500: 1, S Collins (Aus) 4-27.01; 2, C A Barley (CG) 4-32.43; 3, T Walsh (DUn) 4-32.91; 4, C A Gray (ESP) 4-33.29; 5, V Blair (EWM) 4-36.98; 6, J A Scott (Darl) 4-37.74; 7, A Potts (CG) 4-42.52; 8, L Connack (ESP) 4-46.03; 9, S Crawford (CG) 4-52.66; 10, R Pollock (Lou) 4-53.62; 3000: 1, L McIntyre (CG) 9-24.43; 2, H Haining (NV) 9-28.55; 3, V McPherson (GIU) 9-34.31; 4, V Vaughan (Pit) 9-38.18; 5, J A Scott 9-49.13; 6, C A Barley 9-49.79; 7, A Rose (EWM) 9-50.56; 8, E Masson (Kil) 9-56.83; 9, S Ridley (EWM) 10-01.86; 10, B McAllister (Dun) 10-03.14; 11, S Crawford 10-05.26; 12, A Gorman (Dun) 10-14.86; 13, J Wilson (Inv) 10-35.03; 14, S Durham (EWM) 10-37.52; 15, A Wilson (DHH) 10-39.36.100H (-1.4m/s): 1, J Moyes (Aus) 13.86; 2, J Hale (Laggon) 14.46; 3, S Richmond (Pit) 14.67; 4, L McCulloch (Pit) 14.88; 5, C Murchie (Ab) 15.50; 6, H Blanchard (Darl) 16.00; 400H: 1, J Levermore 61.24; 2, A Rainbird (Aus) 61.89; 3, J Cadman (Dar) 62.47; 4, H Edgar (NV) 63.70; 5, E Lindsay (EWM) 64.79; 6, J Low (CG) 64.88; 7, F Watt (CG) 66.50. HJ: 1, A Inverarity (Aus) 1.88m (CBP); 2, R Pinkerton (CG) 1.75m; 3, K Hambrook (Ash) 1.70m; 4, J Ainslie (EWM) 1.65m; 5, N Murray (CG) 1.60m; LJ: 1, C Black (EWM) 5.93m; 2, K Hambrook 5.92m; 3, J Ainslie 5.88m; 4, L Davidson (Ab) 5.62m; 5, M Marr (Stew) 5.42m; 6, N Barr (EWM) 5.39m; TJ: 1, K Hambrook 12.58m (CBP and Scot All Comers record) 2, L Davidson 11.50m (Scot Nat rec); 3, N Barr 11.16m; 4, L McMillan (EWM) 10.70m; 5, J Phee (Kil) 10.39m; 6, K Todd (NSP) 10.28m; SP: 1, H Cowe (Ab) 12.58m; 2, A Dutch (EWM) 12.48m; 3, L Barnett (PSH) 12.03m; 4, C Cameron (CG) 11.06m; 5, S Robin (Hel) 10.82m; 6, S Mitchell (CG) 9.60m; DT: 1, F Johnson (Aus) 49.44m; 2, H Cowe 46.56m; 3, K Neary (EWM) 44.84m; 4, S Read (Aus) 44.46m; 5, S Freebain (CG) 43.14m; 6, A Moffit (ND) 43.06m; 7, C Cameron 42.38m; 8, A Kirkpatrick (Lisb) 42.06m; 9, H McCreadie (Hel) 37.94; 10, H MacLeod (Inv) 37.66m; 11, S Robin 34.16m; 12, M Ingram (CG) 30.48m. JT: 1, J Currie (CG) 46.64m; 2, K Savill (ESP) 44.02m; 3, M Camlin (Lag) 43.00m; 4, A Moffit 42.84m; 5, S Reid (Aus) 42.44m; 6, L Jackson (Tay) 39.38m; 7, D Sutherland (EWM) 37.86m; 8, M Kelly (ESP) 35.06m.

GRE Men's Gold Cup Semi Final Matches, Cannock Match:
1, Belgrave 134pts; 2, Woodford Green 125; 3, Caledon Park 114; 4, Leeds 92;

P. CANAVAN (COACHES)



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5, Windsor, Slough and Eton 80; 6, Peterborough 76; 7, Blackheath 73; 8, GEC Avonics 41.

All Caledon Park athletes unless detailed.

100: 1, E Bunney 10.6; 200: 3, N Turnbull 21.9; 400: 4, S Leary 49.3; 800: 2, S Paton (Bel) 1-51.7; 6, P Duffy 1-52.5; 1500: 1, L Mangleshot (Wood Gm) 3-53.2; 2, K Idessane 3-53.5; 10,000: 2, A Puckrin 31-21.3; 110H: 3, P Warrington 15.2; 400H: 4, D Hitchcock 54.6; 3000s/c: 1, I Steel 9-09.1; 4 x 100R: 2, CPH 42.1; 4 x 400R: 1, 2 CPH: 3-17.2; HJ: 3, D Mathieson 1.95m; PV2: 1 Black 4.00m; LJ: 4, D Mathieson 7.04m; TJ: 6, R Brown 14.05m (W); SP: 3, R Smith 14.04m; DT: 3, M Jerni-Alade 47.26m; HT: 4, D Gisbey 45.98m.

West London Match: 1, Birchfield 145pts; 2, Thames Valley 135; 3, Team Solent 102; 4, Bristol 83; 5, Havering 80; 6, Shettleston 75; 7, Camock & Staffs 59; 8, Wrexham 54.

All Shettleston athletes unless detailed. 200: 8, D Alexander 22.42; 400: 4, D Mulheron 48.47; 1500: 2, J McKay 3-50.26; 5000: 5, D Cameron 14-55.43; 10K: 2, I Mathieson (TVH) 31-57.47; 3, A Coyne 31-58.73; 110H: 5, F McGlynn 15.67; 400H: 6, R Harkins 55.2; 3000 s/c: 2, W Coyle 9-34.03; 5, D Duguid (TVH) 9-36.72; 4 x 100R: 5, Shettleston 43.07; 4 x 400R: 4, Shettleston 3-24.22; SP: 3, A Pettigrew 13.21m; HT: 6, A Pettigrew 50.06m; JT: 5, G Dingwall 52.96m.

GRE Womens Jubilee Cup Semi Final Match, Cannock:

Match: 1, Hounslow 90pts; 2, City of Glasgow 84; 3, Hallamshire 78; 4, equal Aldershot, Farnham & District & Windsor, Slough & Eton both 74; 6, Bromley 57, Peterborough 55; 8, Herne Hill 41.

All City of Glasgow athletes.

100: 3, M Neef 11.9; 200: 4, M Neef 24.4; 400: 1, G McIntyre. 1500: 1, V McPherson 4-29.0; 300: 5, E Grant 10-09.1; 400H: 3, F Watt 63.9; 4 x 100R: 2, Glasgow 48.4; 4 x 400R: 3, Glasgow 3-53.8; HJ: 4, N Murray 1.65m; SP: 5, C Cameron 10.56m; DT: 3, C Cameron 40.06m; JT: 1, J Currie 40.96m.

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City of Edinburgh OGM:

Inv 800: 1, A Murray (JWK) 1-49.42; 2, K Idessane (CPH) 1-49.53; 3, B Murray (CPH) 1-51.00; 4, G Brown (Rec) 1-51.83; 5, P McDevitt (Bel) 1-53.11; 6, G Gibson (Kil) 1-53.41; 7, M Fallows (ESP) 1-54.27; 800 graded: 1, T Nimmo (ESP) 1-53.35; 2, G Graham (VP) 1-53.82; 3, FBOyme (Ab) 1-53.83; 4, S Allele (L&L) 1-53.94; 5, A Kinghorn (ESP) 1-54.80; 3000: 1, J Sherban (FVH) 7-58.47; 2, A Callan (Spr) 8-23.07; 3, A Russell (Law) 8-23.68; 4, K Rankin (FVH) 8-25.49; 5, D Cameron (She) 8-27.24; 6, J Steel (CPH) 8-28.70.

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Int Schools Match, W'ham:

Boys: 1, England 245pts; 2, Ireland 157; 3, Wales 123; 4, Scotland 121 (Scots performances after event winner): 100: 1, J McAdorey (I) 11.28; 2, S Moir 11.40; 3, C McRobert 11.47; 200: 1, D Joyce (E) 22.13; 3, C McRobert 22.48; 5, S Moir 22.72; 400: 1, G Bullock (E) 49.28; 6, E Craig 51.72; 7, C Wilson 52.00; 800: 1, M Griffin (E) 1-55.46; 4, D Roach 1-59.73; 8, M Cruden 2-02.96; 1500: 1, P Robertshaw (E) 4-01.25; 4, T Winters 4-08.96; 8, PO'Hare 4-15.02; 3000: 1, N Cuddy (E) 8-44.42; 5, S McKay 9-04.07; 7, C Cleland 9-16.44; 100H: 1, R Glover (E) 13.12 (rec); 6, G Adams 13.96; 8, C Frew 14.36 400H: 1, N Levy (E) 53.82; 5, I Hamilton 57.89; 7, B Middleton 60.60; 1500s/c: 1, B Whitehalls 4-19.98; 3, M Kelso 4-25.68; 4, M Gill 4-32.22; 4 x 100R: 1, England 42-71; 2, Scotland 43-15; 4 x 400R: 1, Ireland 3-31.56; 3, Scotland 3-34.88; HJ: 1, D Edwards (W) 2.05m; 5, G Morrison 1.85m; 8, S McKinley 1.75m; PV: 1, S Gaines (E) 4.35m; 3, K McNicol 3.70m; R Craig (no height) LJ: 1, H Thompson (E) 6.81m; 4, S Milne 6.46m w; 6, J Gilbert 6.39m; TJ: 1, O Achike (E) 15.28m; 4, J Whannel 13.03m; 7, N Atkin 12.39m; SP: 1, M Edwards (E) 16.57m; 5, A McKenzie 14.97m; 7, M Muguit 12.92m; DT: 1, J South (E) 50.70m; 6, J Renny 37.46m; 8, B Robb 36.58m; HT: 1, G Kerr (E) 60.14m; 6, R McKinnon 44.64m; 7, S Gardner 44.26m; JT: 1, R Atkinson (E) 64.16m; 7, G Broomfield 49.12m; 8, N Dempsey 48.88m.

Girls: 1, England 199pts; 2, Ireland 114; 3, Scotland 99; 4, Wales 93 - 100: 1, B Christopher (E) 12.43; 4, L Paterson 12.62; 5, S Dudgeon 12.63; 200: 1, D Mant (E) 24.7; 5, E Julian 25.6; 6, S Dudgeon 25.6; 400: 1, K Eustace (E) 57.55; 6, C Martin 59.04; 8, M Fraser 60.50; 800: 1, T Ashcroft (E) 2-10.22; 2, A Potts 2-12.22; 8, G Fowler 2-23.78; 1500: 1, E Merchant (E) 4-37.62; 3, Y Reilly 4-38.81; 4, K McNally 4-41.09; 3000: 1, J MacKay (E) 9-53.58; 4, H Parkinson 10-33.85; 8, L McCormack DNF. 80H: 1, D Alahgreen (E) 11.49; 4, I Crosbie 12.15; 5, C Burr 12.32; 300H: 1, A Curbishley (E) 43.04 (rec); 7, C Burr 46.77; 8, K Beveridge 47.86; 4 x 100R: 1, England 47.38; 2, Scotland 47.86; 4 x 400R: 1, Wales 3-53.13; 4, Scotland 3-59.13; HJ: 1, S Flice (E) 1.70m; 4, J Ross 1.65m; 8, J Reid 1.50m; LJ: 1, A Forester (E) 5.98m; 5, L Kerr 5.45m; 6, S Rammingham 5.28m; SP: 1, H Sendrove (E) 12.15m; 6, S Robin 10.55m; 8, L Cunningham 9.71m; DT: 1, J Robin (S) 38.70m; 3, H McCreadie 37.53m; JT: 1, L Burrell (E) 45.86m; 6, E McQueen 29.52m; 8, A Cheyne 27.72m.

GRE BAL, Div 2 match, M'bank:

Match Result: 1, equal CPH and Old Graytonians both 230pts; 3, Blackheath 224pts; 4, Enfield 205; 5, ESPC 186; 6, Cardiff 185. Positions after 3 matches:

1, CPH 17.5pts (755pts); 2, Old Gaytonians 14.5; (677); 3, Blackheath 10 (622.5); 4, Enfield 9 (622); 5, Cardiff 7 (569.5); 6, ESP 5 (533).

100: 1, E Bunney (CPH) 10.77; B: 2, E Clarke (ESP) 11.10; 200: 3, D Walker (ESP) 22.00; 4, N Turnbull (CPH) 22.18; B: 2, E Clarke (ESP) 22.12; 400: 2, G Hodges (ESP) 48.87; B: 2, S Leary (CPH) 48.85; 3, G Newlands (ESP) 49.13; 800: 2, B Murray (CPH) 1-50.36; 6, A Kinghorn (ESP) 1-53.07; B: 1, P Duffy (CPH) 1-52.22; 1500: 1, K Idessane (CPH) 3-48.06; 5, M Fallows (ESP) 3-52.24; B: 1, A Puckrin (CPH) 3-50.99; 5000: 2, J Garland (ESP) 14-49.83; 3000s/c: 1, G Mathieson (CPH) 8-54.32; 3, M Ferguson (ESP) 9-26.08; B: 1, J Steel (CPH) 9-03.72; 110H: 3, N Fraser (ESP) 14.80; 4, P Warrilow (CPH) 15.50; B: 2, G Smith (ESP) 54.79; B: 1, P Warrilow (CPH) 56.30; 4 x 100R: 1, CPH 41.08; ESP 42.18; 4 x 400R: 3, ESP 3-17.20; 4, CPH 3-18.76; HJ: 3 equal A Scobie (ESP) 1.90m; PV: 2, I McKay (ESP) 4.40m; 3, I Black (CPH) 4.20m; B: 1, M Smith (CPH) 3.80m; LJ: 3, J Scott (ESP) 6.87m; SP: 1, R Smith (CPH) 13.69; 3, N Mason (ESP) 13.40m; HT: 4, D Gisbey (CPH) 48.38m; 5, A Whyte (ESP) 47.98m; JT: 4, A Whyte (ESP) 58.52m; 5, J Guthrie (CPH) 54.54m.

GRE Cup Final, Gateshead -

Men Gold Cup (Scots performances only): 800: 1, B Whittle 1-49.50; 5, N Smith 1-50.93; 1500: 2, L Mangleshot 3-45.55; 4, I Gillespie 3-48.48; 7, S Paton 3-53.42; 5000: 1, J Sherban 14-12.56; 2, P Evans 14-14.00; 3, A Currie 14-21.29; 4, I Matheson 14-24.95; 10000: 1, R Quinn 30-04.26; 4, C Hall 30-46.39; 7, R Barrie 31-34.43; HJ: 5, S Ritchie 1.90m; LJ: 8, N McMenemy 6.10m; TJ: 7, McMenemy 14.03m.

Women's Jubilee Cup:

Match result: 1, Essex 107.5 pts; 2, Birchfield 90pts; 3, Stretford 71; 4, Sale 64; 5, Croydon 62; 6, Coventry Godiva 61.5; 7, Hounslow 61.5; 8, City of Glasgow 40. 100: 1, B Kinch (H)... 6, M Neef (CG) 12.15; 200: 1, J Stonte (E) 23.84; 7, M Baxter (CG) 25.18; 400: 1, L Hanson (CG) 52.19; 7, J Calder (CG) 56.99; 800: 1, S Bevan (E) 2-03.24; 8, J Stewart (CG) 2-12.94; 1500: 1, S Parker (S) 4-19.16; 6, V McPherson (CG) 4-27.66; 3000: 1, N Morris (E) 9-27.77; 5, C A Bartley (CG) 9-47.62; 100H: 1, S Farquharson (C) 13.56; 8, J Currie (CG) 17.67; 400H: 1, S Dean (E) 58.30; 7, J Low (CG) 64.86; 4 x 100R: 1, Essex Ladies 45.74; 7, City of Glasgow 48.37; 4 x 400R: 1, Birchfield 3-36.35 (UK club rec); 6, Glasgow 3-48.44; HJ: 1, K Mason (S) 1.85; 2, R Pinkerton (CG) 1.75m; LJ: 1, N Staines (H) 6.33m; 7, L Kerr (CG) 5.28m; SP: 1, J Oakes (C) 17.90m; 7, A Rhodie (CG) 10.94m; DT: 1, J Oakes (C) 49.62m; 6, C Cameron (CG) 41.68m; JT: C Court (B) 50.32m; 6, J Currie (CG) 40.76m.

21

Falkirk OGM, Grangemouth -

600: 1, T McKean (Bel) 75.4 (Scottish best); 2, A Murray (JWK) 77.1; 3, G Brown (Rec) 77.2; 4, T Morrell (W&B) 77.5; 5, A Walker (CPH) 79.0; 6, B Murray (CPH) 79.2; 7, G Gibson (Kil) 79.8; 8, P McDevitt (Bel) 80.8.

26/27

Panasonic AAA/WAAA Champs,

Alexander Stadium, Birmingham - Men: 100: 1, L Christie (TVH) 10.14; 8, E Bunney (CPH) 10.47 (10.52 zht), 10.282 s/f; 200: 1, J Drummond (USA) 20.61; 400: 1, D Redmond (Birch) 46.07... Heats: 4, S Leary (CPH) 49.03; 6, G Fraser (Sand) 49.21; 5, G Hodges 48.37; 800: 1, T McKean (Bel) 1-45.67 (ht 1, 1-47.11); 3, B Whittle (Ayr) 1-46.63 (ht 1, 1-49.17)... heats 4, A Murray (JWK) 1-50.72; 5, K Idessane (CPH) 1-48.62; 7, A Walker (CPH) 1-52.00; 1500: 1, M Yates (N & EB) 3-40.88... Heats 9, M Fallows (ESP) 3-51.29; 10, A Reilly (HW) 3-54.14; 11, S Paton (Bel) 3-56.45; 6, R Fitzsimmons (Bel) 3-46.52; 7, J MacKay (She) 3-46.79; 4, L Mangleshot (WG) 3-49.10; 5, A Currie (N&EB) 3-49.52; 10, I Gillespie (Birch) 3-52.31; 3000: 1, T Hanlon (Rec) 8-02.11; 5000: 1, E Martin (Basil) 13-32.99; 3, I Hamer (HW) 13-33.66; 5, J Sherban (SB) 13-39.43; 33, A Russell (Law) 14-17.22. 3000 s/c: 1, C Walker (Gates) 8-38.02; 3, P McColgan (DHH) 8-44.71 (8-41.05 zht); 110H: 1, D Nelson (W&B) 13.55... Heats: 5, N Fraser (ESP) 14.51; 6, P Warrilow (CPH) 15.17; 400H: 1, M Robertson (W&B) 49.98; HJ: 1, H Conway (USA) 2.31m; 2, G Parsons (BA) 2.28m; PV: 1, T Bright (USA) 5.50m; LJ: 1, B Williams (C&S) 7.94m; TJ: 1, W Banks (USA) 16.60m; SP: 1, P Edwards (Bel) 18.92m; DT: 1, W Reiterer (Aus) 59.56m; 6, D Morris (Pit) 55.74m; HT: 1, S Carlin (Aus) 72.58m; JT: 1, M Hill (Leeds) 54.54m (CBP) 10,000: w 1, I McCombie (Cam) 41-24.69... 5, M Bell (Ann) 43-43.81.

Women: 100: 1, E Ashford (USA) 11.15 (CBP) 8, A McGillivray (EWM) 11.83 (11.84 zht); 11.67 s/f; 200: 1, S Douglas (Milk) 23.376, A McGillivray (EWM) 23.94 (24.14 1ht; 24.16 4s/f). 400: 1, M Malone (USA) 50.89 (CBP); 800: 1, P Fryer (Sal) 2-02.19; 3, S Bevan (ExL) 2-03.15 (2-06.79, 3ht); 1500: 1, A Williams (Sale) 4-08.93; 3, K Hutcheon (BMW) 4-15.35 (4-24.14 1ht); 3000: 1, Y Murray (ESP) 8-46.47 (CBP); 7, A Bell (LW) 9-14.89; 100H: 1, S Gunnell (ExL) 13.02; 400H: 1, G Retchakan (Thur) 55.67; (Heats: 5, J Cadman (Dar) 62.94; HJ: 1, D Marti (Brom) 1.88m; 10 equal: R Pinkerton (CG) 1.70m; LJ: 1, F Mary (Derby) 6.58m; 9, K Hambrook (Ash) 5.93m; 13, C Black (EWM) 5.84m; TJ: 1, E Finikin (SB) 13.46m (com record and CBP); 3, K Hambrook 12.72m; SP: 1, J Oakes (Croy) 18.24m; DT: 1, J McKernan (Lish) 57.76m; JT: 1, S Gibson (Notts) 57.34m.

June

30

Falkland Festival HR-

1, D Shiell (Ed) 21-29; 2, A Crombie (StA) 21-47; 3, S Campbell (West) 22-06; 4, M Lloyd (Ren) 22-14; 5, R Nicholl V1 (Fif) 22-18; 6, N Duthie (Kirk) 23-04; 7, J Lamb (Falk) 23-23; 8, P Buchanan (Alv) 23-33; 9, M Wann (Glen) 23-48; 10, A McGuire (Un) 24-03; local C Rodger (Fal) 28-39; J1, I Smith (Fal) 25-25; L1, M Muir (DRR) 25-10; L, L Rennie (Fal) 26-19; L3, D Ellison (Un) 27-14.

Lairig Ghu 28 mile HR from

Braemar to Aviemore -

1, B Preece V1 (Aber) 3-27-45; 2, J Carruth (Kil) 3-33-10; 3, C Love V2 (DHH) 3-33-37; 4, B Edridge V3 (Cly) 3-42-37; 5, N McIntyre (HBT) 3-55-49; 6, J Smith V4 (Garioch) 4-03-13; 7, H Murray V5 (ArbF) 4-03-17; 8, W Knox (Tev) 4-04-18; 9, A Young (Arb) 3-05-54; 10, D Ritchie V6 (For) 4-06-32; L1, M Smith LV1 (Cly) 4-43-59; L2, I Clark LV2 (Arb) 5-01-40; L3 S Taylor (Gar) 4-11-57.

Cairngorm 10 mile HR, Aviemore -

1, A Farnham (Gala) 1-12-38; 2, B Potts (Cly) 1-13-26; 3, D Beattie (DHH) 1-13-54; 4, M Rigby (West) 1-14-37; 5, N Martin (Fif) 1-15-32; 6, D Ramsay (Read) 1-16-01; 7, D McGonigle (She) 1-16-25; 8, J Wilkinson (Gala) 1-16-53; 9, A Gartside (Ayr) 1-17-24; 10, I Wallace (HBT) 1-18-14; 11, D Bell (HELP) 1-18-31; 12, J Thin (Car) 1-20-12; 13, J Blair-Fish V1 (Cam) 1-20-51; 14, J Maitland (Loch) 1-21-18; 15, D Cowe (She) 1-21-22; V2, E Rennie (Ab) 1-22-49; V3, T Ross (Fif) 1-24-02; V4, B Maher (HBT) 1-25-50; V5, R Nicholl (Fif) 1-26-35; L1, P Rother 34th (ESP) 1-28-49; L2, L Hope (Loch) 1-33-56; L3, F Russell (Loch) 1-43-31; L4, S King LV1 (Cly) 1-49-59; L5, P McLaughlin LV2 (West) 1-51-38; L6, G Paul LV3 (Car) 1-53-40.

July

2

Black Hill 4 mile HR, Earliston -

1, J Wilkinson (Gala) 28-57; 4, R Hogarth (Un) 29-05; 5, A Spenceley (Car) 29-08; 6, J Aiken (HELP) 29-48; 7, R Morris V1 (Car) 30-18; 8, R Hope (Gala) 30-29; 9, M Lloyd (Car) 30-43; 10, D Shiell (Ed) 30-48; L1, J Robertson (Ayr) 33-24; L2, D Campbell (Liv) 37-47; L3, M Small (Cly) 39-02; L4, S King LV1 (Cly) 40-21.

6

Mamore 16 mile HR, Kinlochleven - 1, W Brooks V1 (Loch) 2-02-14; 2, J Beagrie (Loch) 2-04-33; 3, G McDonald (Kin) 2-05-03; 4, J Maitland V2 O/50 (Loch) 2-06-11; 5, A Ross (Baden) 2-11-41; 6, J Graham (Un) 2-12-21; L1, F Russell 7th (Loch) 2-15-01; L2, L Watson (Lon Ol) 2-28-22.

West Highland Way 95 mile HR-

1, D Ritchie (For) 19-44-11; 2, J Aines (Macele) 19-34-53 (s/c) 3, W Dodds L1 (C le M) 20-23-19; 4, J Whitehead (EK) 21-25-00; 5, A Stott (SC) 23-03-30; 6, A Nicholson V1 (Un) 25-41-56; L2, I Wilson 15th (Strathaven) 30-35-33.

Rubers Law 4 mile HR-

1, J Taylor (Hol) 26-10; 2, A Gartside (HBT) 29-22; 3, R Hogarth J1 (Clare) 29-23; 4, H Lorimer (HELP) 29-30.

Culter Fell Horeshoe 12 mile HR-

1, P Clark (Ken) 2-01-48; 2, P Hughes (Loch) 2-05-29; 3, A Curtis (Clar) 2-08-06; 4, J Nixon V1 (AR) 2-08-14; 5, D Woodhead (C le M) 2-08-56; 6, A Farnham (Gala) 2-11-04; 7, R Hockett (Clare) 2-12-42; 8, G Brooks (Loch) 2-15-15; 9, N Forrest (Clare) 2-15-31; 10, A Spenceley (Cam) 2-17-52; L1, L Hope (Loch) 2-31-23; L2, K Hogg LV1 (Pen) 2-51-27; Team: 1, Claremont 19pts.

7

Moffat Chase 12 mile HR, Moffat -

1, J Taylor (Hol) 1-47-32; 2, P Clark (Ken) 1-58-03; 3, D Petrie (Kil) 2-00-39; 4, R Nicoll V1 (Fif) 2-03-27; 5, J Gallagher (Ken) 2-07-59; 6, T Ross V2 (Fif) 2-08-10; 7, G Brooks (Loch) 2-08-46; 8, P Hughes (Loch) 2-10-05; 9, R McIntyre (Un) 2-10-21; 10, R Cranston (HBT) 2-13-20; 11, J Nixon V3 (AR) 2-15-21; 12, R Turnbull V4 (SHRA) 2-16-25; 13, R Boswell (Loch) 2-18-31; 14, P Buchan (Fif) 2-23-02; 15, L Hope L1 (Loch) 2-25-29; V50/50 I Chrystal 17th (Loch) 2-27-05; V6, J Coon 21st (Liv) 2-32-33; L2, M Chippendale LV1 (St'port) 19th 2-30-06; L3, P Blake (PSH) 25th 3-03-10.

13

Meall Ant-Suidhe 3.5 mile HR-

1, J Brooks J1 (Loch) 31-51; 2, P Hughes (Loch) 32-28; 3, S Hicks (Amb) 32-54; 4, S Burns J2 (Loch) 33-21; 5, R Boswell (Loch) 33-57; 6, E Harwood (HHR) 34-29; 7, J Coyle (Cam) 34-38; 8, J Maitland (Loch) 34-39; 9, D Shiell (Cam) 34-48; 10, J Sage (Ilkley) 34-57; V1 T Ross 12th (Fif) 37-10; V2, W Brooks 15th (Loch) 39-39; V3, J Mair 19th (Cam) 40-47; L1, R Evans 27th (Loch) 44-29.

14

Half Ben Nevis 6 mile HR, F William

1, B Potts (Cly) 52-09; 2, I Woods (Br Ski) 52-17; 3, P Hughes (Loch) 55-20;

4, S McKay (Unatt) 55-33; 5, J Maitland (Loch) 55-56; 6, S Hicks (Amb) 56-21; 7, E Harwood (HHR) 58-22; 8, G Brooks (Loch) 59-08; 9, J Coyle (Cam) 59-35; 10, W Fraser (Loch) 59-42; V1, T Ross 11th (Fif) 60-02; V2, W Brooks 15th (Loch) 61-58; V3, D McDonald 17th (Loch) 64-40; V O/50 J Cummins (Fif) 70-29; L1, R Evans 32nd (Loch) 70-00; L2, F Russell 42nd (Loch) 73-20.

15

Lochaber Low Hill 2 Mile Race, F William -

1, W Rodgers (Loch) 17-50; 2, J Brooks J1 (Loch) 18-30; 3, P Hughes (Loch) 18-37; 4, S Burns J2 (Loch) 19-09; 5, S Hicks (Amb) 19-28; 6, J Coyle (Cam) 19-39; 7, S McLean (Unatt) 19-51; 8, D Shiell (Cam) 19-53; 9, J Maitland (Loch) 19-55; 10, S Cameron (SB) (Loch) 19-56; V1, W Brooks 18th (Loch) 21-28; V2, R Cont 19th (Loch) 22-05; V3, R Weir 20th (Fairport) 22-09; VO/50 J Maitland 26th (Loch) 23-04.

20

David Shepherd Memorial 4.5 mile

HR, Sligachan, Isle of Skye - 1, P Hughes (Loch) 52-45; 2, J Brooks J1 (Loch) 53-37; 3, R Boswell (Loch) 54-47; 4, J Coyle (Cam) 55-28; 5, J Maitland (Loch) 55-37; 6, G Brooks (Loch) 55-55; 7, E Harwood (HHR) 55-57; 8, R Morris V1 (Cam) 56-39; 9, D Crowe (She) 57-09; 10, A Spenceley (Cam) 57-22; V2 T Ross (Fife) 59-35; L1, S King (Cly) 93-47.

27

Lochaber Highland

36; V O/60 H McGinley (SVHC) 44-10; Teams: 1, FVH 7pts; 2, Livingston 35; 3, Central Region 51.
Youths 5,200m: 1, E McIntosh (Whit) 17:58; 2, D Carty (ESP) 18:40; 3, L Vidler (Whit) 20:10; Sen Boys 2700 metres: 1, K Daly (ESP) 8:19; 2, D Connelly (CN) 8:47; 3, D Gorman (VP) 8:56; Team: 1, VP 12pts; Jun Boys 2200m: 1, G Couper (FVH) 7:58; 2, A Paterson (Ct) 8:29; 3, G Martin (Forth) 9:47; Colts 1500 metres: 1, F McHardy (Ct) 5:35; 2, S McDiarmid (Pit) 5:35; 3, J McDiarmid (Dum) 5:47; Inters: 3,900 metres: 1, A Cheyne (CG) 15:47; 2, A Wolfe (Ct) 17:52; Jun: 1, S Knox (Un) 10:59; 2, S Shaw (CG) 11:47; Girls 2,200m: 1, K Montador (Ct) 8:09; 2, A Hood (ESP) 9:08; 3, F McAleese (Bath) 9:17; Minors 1500 metres: 1, K Montador (Ct) 6:09; 2, V Stewart (Forth) 6:20; 3, L Vance (Whit) 6:36.

Falkirk Womens 10K RR, Grangemouth - 1, J Stevenson LV1 (FVH) 37:19; 2, S Durham (EWM) 38:51; 3, E McKay (She) 38:58; 4, E Gilchrist LV2 (Ed) 39:12; 5, K Hancock LV3 (GN) 39:13; 6, M Blacker (GN) 39:35; 7, J Armstrong (GN) 40:04; 8, F Lothian (STA) 40:21; 9, J Byng LV4 (Irv) 40:36; 10, V Webster (Whit) 40:46; 11, E Timney (Bath) 41:09; 12, C Smellie (BRC) 41:35; 13, L Brown LV5 (KO) 41:47; 14, F Farquhar LV6 (Cai) 41:51; 15, A Brunjes (Cal) 42:05.

Isle of Mull Half Marathon - 1, I Moncur (DHH) 69:13 (record); 2, C Martin V1 (Dum) 70:24; 3, J Houston MH 71:16; 4, R McLeary (Oban) 72:03; 5, M McCartney (MH) 72:28; 6, R Mardle (MH) 73:39; 7, D Wilson (Mil) 76:00; 8, M McMillan V2 (Oban) 76:09; 9, N Watson (PSH) 76:54; 10, A Wilson (Ayr) 79:21; L1, C Hunter (Leeds) 5:51; 12, C Reid (GN) 1:32:02; L3, H Searle (Loch) 1:33:17; LV1, J Smith (GGH) 1:35:58.

Buckle Half Marathon - 1, R Aiken (Mor) 1:16:22; 2, C Noble V1 (FRC) 1:18:48; 3, I Stephen (Un) 1:18:52; 4, E Grant (Mor) 1:19:53; 5, J McWilliams V2 (Mor) 1:22:02; 6, J Ingram V3 (Un) 1:22:39; 7, G Clark (FRC) 1:23:46; 8, E Marriot V4 (Mor) 1:24:18; 9, S Morrell (Ab) 1:25:28; 10, S Reith V5 (Un) 1:25:36; Team: 1, MRR 10pts.
 L1, B Kerr (Ab) 1:42:27; L2, A Cassells (Ab) 1:45:06; L3, F Wardhaugh (Un) 1:48:58.

Kirkcaldy Festival of RR - Half Marathons: 1, T Mitchell (Fif) 70:12; 2, M McCreadie (Fif) 72:37; 3, G Lightwood (ESP) 73:25; 4, R Wood (V1) (DRR) 74:31; 5, G Breslin (Fif) 74:53; 6, W McNeill (Pit) 75:35; 7, D O'Keefe (Mans) 77:09; 8, B Brown V2 (PSH) 77:49; 9, A Wilson (DRR) 77:54; 10, J McFadyen (DRR) 78:08; V3, B Headley (LHR) 78:23; Team: 1, Fife AC 8pts.

L1, R McAleese (SVHC) LV1 1:23:08; L2, J Robertson (Ayr) 1:24:19; L3, K Macgregor (Fif) 1:29:44; L4, M McLaren (Fif) 1:30:18; L5, L Bright LV2 (Lass) 1:33:09; L6, S Cluley LV3 (Forfar) 1:42:06; L7, L Donaldson (Un) 1:42:42; L8, A Goodall (Un) LV4 1:48:23; L9, I Cummings (Fif) 1:48:57; L10, K McMillan (Pit) 1:50:59; Team: 1, Fife AC.
10K RR: 1, S Axon (HBT) 31:46; 2, H MacKay (Fif) 33:00; 3, C Smith V1 (ESP) 33:21; 4, J Martin (Un) 34:06; 5, J Hanlon (DRR) 34:12; 6, J Cunningham (Fif) 34:17; 7, I Taylor (Fif) 34:21; 8, A Munro (DHH) 34:33; 9, D Gunstone V2 (Fif) 34:40; 10, T Shields (Swin) 34:53; Team: 1, Fife AC 15pts; L1, A Rose (EWM) 36:23; L2, K McCallum (EWM) 39:29; L3, B Kerr (Pit) LV1 40:47; L4, H McBride (Un) 41:01; L5, E Joyce (Un) 41:16; L6, K Young (Un) 41:34; L7, H Parkinson (Un) 41:38; L8, H Oliver (Liv) 42:52; L9, E porteous (LV2) (Dun) 44:05; L10, L Crawford (DHH) 47:50.

July

3

Newburgh 5 mile RR, Newburgh - 1, I Moncur (DHH) 22:37; 2, R Bell (DHH) 22:54; 3, D Knight (PSH) 23:07; 4, A Cassidy (Fif) 23:18; 5, K Smith (PSH) 23:54; 6, A Kidd V1 (Un) 24:03; 7, T Rhodes (PSH) 24:12; 8, D Gumstone V2 (Fif) 24:23; 9, I Grieve V3 (Un) 24:26; 10, B Thomson J1 (Fif) 24:27; 11, I Stewart (Ct) 24:29; 12, I Honsby (DHH) 24:30; 13, B Hedley V4 (LHR) 24:34; 14, J Hanlon (DRR) 24:38; 15, S Graves V5 (Fif) 24:40; Team: 1, Perth SH 15pts; 2, Fife 22; 3, Fife B 49; 4, Kinross RR 63; L1, J Robertson 42nd (Perth RR) 27:40; 12, G Hanlon 45th LV1 (DRR) 28:28; L3, M Robertson 48th LV2 (DRR) 29:10; L4, M Martin 52nd LV3 (Fife) 29:29; L5: J Bennison 56th (Fif) 31:39.

Fife Evening Road Race League Standings: 1, I Moncur (DHH) 155pts; 2, A Cassidy (Fif) 148; 3, B Hedley (LHR) 127. Women: 1, M Martin (Fif) 24pts.

Sri Chinmoy Summer Series 2 mile RR, Edinburgh - 1, M McQuaid (FVH) 9:37; 2, G McMaster (FVH) 9:42; 3, G Phillip (ESP) 10:09; 4, S Kerr (Ree) 10:10; 5, B Howie V1 (CPH) 10:16; 6, S Balfour V2 (Liv) 10:19; L1, S Cutler (un) 12:28; L2, M McLean (Por) 12:51; L3, S Dopson (AP) 13:38.

4

Brimmond Hill 4 mile RR, Aberdeen 1, S Axon (HBT) 21:45; 2, R Herries (HBT) 21:50; 3, S Wright (Ab) 21:51; 4, R Taylor (Met) 22:17; 5, S Willcox (met) 22:41; 6, P Jennings (Met) 22:49; 7, J Freel (Met) 23:02; 8, A McIntyre (FRC) 23:10; 9, C Noble V1 (FRC) 23:

20; 10, C Farquharson (HBT) 23:28; V45, A Smith (Ab) 27:45; V50: 1, C Summers (Ab) 26:08; L1, D Porter (Ab) 26:29; L2, S Lanham (Ab) 27:40; L3, J Nuttall LV1 (Ab) 28:48; L4, C Blyth LV2 (Aber) 31:55; L5, S Bennett (Met) 32:27; L6, H Black (Met) 32:59; Teams: 1, HBT: 13pts; 2, Metro Aberdeen 15.

6

Forres Highland Games 10K RR - 1, G Fairley (Naim) 32:05; 2, I Moncur (DHH) 32:21; 3, G Sim V1 (MRR) 32:59; 4, G Milne V2 (MRR) 33:47; 5, G Mitchell V3 (Inv) 34:41; 6, P Garner (Inv) 34:45; 7, G Ewing (Inv) 34:50; 8, T Holden (Birch) 35:07; 9, A Stewart (MRR) 35:41; 10, S Forbes (Met) 35:50; L1, L Davidson (MRR) 44:39; L2, K March-Suiteg (Norway) 52:00. Teams: 1, Moray RR 16pts; 2, Inverness 18.

7

Stonehaven Half Marathon - 1, B Chinnick (for) 68:25 (rec); 2, G Booth (Stran) 68:53; 3, G Harper (FVH) 69:48; 4, C Youngson V1 (Aber) 72:40; 5, W Adams V2 (Ab) 73:56; 6, C Hunter (RAF) 74:54; 7, P Jennings (Met) 75:20; 8, D Buchanan (She) 75:50; 9, S Willcox (met) 76:44; 10, N Henson (Un) 77:04; 11, P Mac Gregor V3 (VP) 77:11; 12, M Thomas (HBT) 77:25; 13, C Bain (Un) 77:25; 14, A Henderson (Ab) 77:31; 15, M Murray (FFT) 79:01; 16, S Hastie V4 (Pit) 79:16; 17, N MacDonald (Met) 79:19; 18, A Neaves (Met) 79:39; 19, D Stephen (Un) 79:45; 20, R Milne (Forr) 80:27. Team: 1, Metro RC 33pts.
 L1, E Gilchrist (LV1) (Ed) 1:28:13; L2, J Robertson (Perth RR) 1:29:13; L3, S Cluley (LV2) (For) 1:42:28; L4, S Bennett (Met) 1:44:08; L5, A Cassells (Ab) 1:46:24.

Teviotdale Half Marathon, Hawick (146 ran) - 1, S Axon (HBT) 69:39; 2, I Elliot V1 (Tev) 70:04; 3, A Fair (Tev) 72:39; 4, N Maltman (Tev) 72:44; 5, C Farquharson (HBT) 73:13; 6, A Little (She) 73:40; 7, R Herrie (HBT) 74:24; 8, K Logan (Tev) 74:38; 9, A Walker (Tev) 74:39; 10, A Shankey V2 (Tev) 74:47; V3 A Samuel (Tev) 78:34; V45 1, A McLaren (Tev) 1:30:56; V50 G Armstrong (HELP) 1:25:44; L1, T Thomson (Pit) 1:32:35; L2, Y Fissell (Glas) 1:41:34; L3, B Lucas (USA) 1:49:50; LV1, M Parker (Tev) 1:48:28; LV2, A Fenton (Tev) 1:49:11; LV3, I Chlopas (Tev) 1:49:50.

General Portfolio 10K RR, Edinburgh - 1, M McLeod (Els) 29:57; 2, A Robson (Ree) 30:15; 3, S Gibson (HBT) 30:42; 4, B Kirkwood (Ree) 30:59; 5, W Nelson (Law) 31:09; 6, J Graham (HELP) 31:23; 7, D Gardner (Moth) 31:23; 8, A Weatherhead V1 (ESP) 31:23; 9, K Moss (Cho) 31:27; 10, R Bell (DHH)

31:30; 11, M McQuaid (FVH) 31:35; 12, G Crawford (Ree) 31:45; 13, C McLennan (ESP) 31:48; 14, G Lightwood (ESP) 31:49; 15, T Thomson (Ct) 31:56; 16, G Gilhooly (Liv) 32:02; 17, C Scott (ESP) 32:34; 18, C Smith V2 (ESP) 32:35; 19, W Weir (Moth) 32:55; 20, I Taylor (Pit) 33:01; V3, H Watson (Cly) 33:10; V4, A McIntyre (Helen) 33:23; V5, B Brown (PRR) 35:01; 11, J Scott (Dar) 35:36; L2, P Rother (ESP) 36:51; L3, S Ridley (ESP) 37:56; L4, S Durham (EWM) 38:27; L5, L Bright LV1 (Lass) 40:56.

Shiskine Valley Half Marathon, Blackwaterfoot, Arran - 1, C Martin V1 (Dum) 72:28; 2, B Craig (Irv) 77:27; 3, D Murray (FVH) 77:54; 4, C Miller (Irv) 79:57; 5, R Mardle (MH) 81:18; 6, A Shedden V2 (Irv) 82:55; 7, G Allsop (Arr) 83:00; 8, W Wilson V3 (Cum) 85:50; 9, I Kerr V4 (GN) 86:00; 10, C Turbot (Arr) 88:29; L1, J Armstrong 16th (GN) 1:32:10; L2, C Reid 28th (GN) 1:40:24; L3, A Jaques 33rd (GN) 1:48:04; L4, M Thow 38th LV1 (Un) 1:51:06; L5, V Kerr 44th LV2 (GN) 2:02:18.

9

Edinburgh Woolen Mill 15K RR, Moffat (252 ran) - 1, A Robson (Ree) 48:32; 2, B Kirkwood (Ree) 49:27; 3, C Heaven (Ann) 50:45; 4, D Scobie (Dum) 51:27; 5, J Cooper (Sp) 52:00; 6, S Henderson (Gal) 52:12; 7, J Ferguson (DRC) 52:32; 8, J Knox V1 (Gala) 52:44; 9, B Neilson (Tev) 53:03; 10, A Casson (Tev) 53:43; L1, M McKenzie (Border) 62:14; L2, L Armstrong (Border) 66:13; L3, S Blair-Scott LV1 (SVHC) 67:21.

10

Sri Chinmoy 5 mile RR, Edinburgh - 1, C Scott (ESP) 26:12; 2, T Winters (ESP) 27:03; 3, R Jardine (Bo'ness) 27:11; 4, G Kelly (Harm) 27:22; 5, C Rollo (DHH) 27:58; 6, M Flynn (CPH) 28:24; 7, R Nolan (ESP) 28:44; 8, D Cockburn V1 (ESP) 29:14; V O/50: 1, W Murray (Por) 32:21; 2, J McArthur (CPH) 35:04; 3, I Grainger (SVHC) 36:26; VO/60: 1, R McKenzie (Un) 39:06; L1, M McLean (Por) 34:52; L2, A Newbigging (Bo'ness) 34:54; L3, S Dopson (AP) 37:53.

13

Arisaig to Mallaig 10 mile RR - 1, D Runciman (Loch) 52:30; 2, J Kirkland (DRR) 56:40; 3, M Chambers (Inv) 57:06; 4, M James (Cam) 57:51; 5, J White (Irv) 58:05; 6, J Boyle (VP) 58:27; 7, A Kennedy (Loch) 58:59; 8, D Noble V1 (SVHC) 59:54; 9, J Carter V2 (FRA) 60:20; 10, N Duthie (DRR) 60:41; V O/50 J Maitland (Loch) 61:54; L1, M Muir (DRR) 62:19 (rec); L2, J Byng LV1 (Irv) 66:10; L3, H Searle (Un) 71:03.

14

Asda 1/2 Marathon, Dyce, Aberdeen 1, R Taylor (Met) 69:01; 2, G Sim V1 (Mor) 69:27; 3, W Adams V2 (Ab) 71:17; 4, S Wynn (Ab) 72:43; 5, S Cassells (Met) 73:18; 6, S Willox (Met) 73:42; 7, C Hunter (mor) 73:46; 8, B Anderson (DRR) 73:48; 9, M Thomas (HBT) 74:09; 10, J Stewart (Met) 74:13; 11, E Grant (Mor) 74:32; 12, A Stewart (Mor) 74:53; 13, A Henderson (Ab) 76:24; 14, D Massie (Ab) 76:52; 15, J Thom (met) 77:06; 16, N McDonald (Met) 77:17; 17, D Gunn (Met) 77:39; 18, B Maher (HBT) 77:40; 19, B Williams (Un) 78:20; 20, I Williamson (Ab) 78:28; V3, B Maher (HBT) 77:40; V4, E Rennie (Ab) 79:42; V5, I Smith (Gar) 80:17; Team: 1, Aberdeen 12pts; 2, Metro 17; 3, Moray 20; L1, M Stafford LV1 (Ab) 1:31:27; L2, J Norgate (Nai) 1:35:11; L3, E Dag (Cai) 1:35:27; L4, L Coleman (Gar) 1:39:00; L5, A Cassells (Ab) 1:39:21; L6, C Blyth LV2 (Ab) 1:39:32; L7, M Lorimer LV3 (Un) 1:40:46; L8, S Taylor LV4 (Gar) 1:41:03; L9, S Bennett (Met) 1:42:06; L10, S Cluley LV5 (For) 1:44:22; L11, J Gascoigne LV6 (Un) 1:47:42; L12, J Roberts (Gar) 1:48:30. Teams: 1, Aberdeen 287pts; 2, Garioch RR 351.

15

Saltcoats 4.5 mile RR - 1, R Quinn (Kil) 19:17 (rec); 2, S Gibson (HBT) 19:38; 3, R Fitzsimmons (Bel) 20:29; V1 C Spence (SpV) 20:34; L1, C A Bartley (CG) 28:07.

17

Sri Chinmoy 2 miles RR, Edinburgh 1, K Rankin (FVH) 9:21; 2, G Crawford (Ree) 9:22; 3, F Boyne (Ab) 9:27; 4, G Lightwood (ESP) 9:35; 5, C Young (ESP) 9:53; 6, R Riddell (ESP) 9:56; VO/50: A Cameron (CPH) 11:32; L1, C A Gray (ESP) 10:44; L2, F Kay (Por) 12:48; L3, H Smith (Ab) 13:00.

20

Elgin Highland Games 10 mile RR - 1, B Chinnick (For) 51:26; 2, C McIntyre (FRC) 54:03; 3, A Newlands (Coast) 55:38; 4, G Mitchell V1 (Inv) 56:22; 5, P Garner (Inv) 56:39; 6, M Wright (Mor) 56:50; L1, J Norgate (Nai) 74:39.

21

Helensburgh Peoples 1/2 Marathon 1, P Fleming (Ree) 65:27 (rec); 2, T Mitchell (Fif) 65:30; 3, H Cox (GGH) 65:58; 4, M Gormley (Cam) 66:17; 5, G Cunningham (Ayr) 68:48; 6, M Coyne

(Ree) 69:59; 7, D Gardiner (Moth) 70:28; 8, M Grealley (Pit) 70:58; 9, A McDonald (KO) 71:51; 10, T Anderson (Kil) 71:52; V1, M McHale (Pit) 72:02; V2, C Martin (Dum) 72:36; V3, A Duncan (Pit) 74:09; V4, A McIntyre (Un) 74:12; VO/60: W Stoddart (GWH) 76:40 (UK record) L1, E Masson (Kil) 1:18:34; L2, J Harvey (CG) 1:24:01; L3, M Blacker (GN) 1:25:03; L4, E McKay (She) 1:26:00; L5, J Baird (Irv) 1:28:04; L6, T Thomson (Pit) 1:29:30.

Harbour Festival 10 mile RR, Irvine 1, G Crawford (Sp) 51:01; 2, G Tenney (Kil) 51:14; 3, S Wylie (Cam) 51:46; 4, P Richardson (Irv) 52:05; 5, A Stewart (Ayr) 52:14; 6, S Quinn (Ree) 52:24; 7, L Baker (Ayr) 53:17; 8, T McNamee (Irv) 54:09; 9, B McGarvey (Cam) 10, D Gibson (Irv) 54:41; V1, A McLinden (Ham) 54:56; V2, F Wright (Sp) 56:52; V3, D Duke (Irv) 57:03; V4, M Ferguson (JWK) 57:51; VO/50: 1, W Marshall (Moth) 59:40; 2, W Spark (Irv) 63:53; 3, D Kerr (Irv) 57:03; L1, S White (Ayr) 62:55; L2, H Morton (Irv) 64:57; L3, A Higgins (Lou) 72:21; L4, F Sherton (Kil) 72:29; L5, K Melville (Irv) 75:11; L6, C Martin (Ayr) 78:54.

Home Countries Int Marathon, Luton 1, I Ellis (W) 2:19:26; 2, D Knight (E) 2:24:53; 3, N Featherby (E) 2:25:27; 4, J Hooper (W) 2:25:27; 5, M Spencer (S) 2:30:10; 6, F Harper (S/Pit) 2:31:09; 7, H McKay (S/Fife) 2:31:45; ... 11, R Bell (S/DHH) 2:36:45. Teams: 1, Wales 13pts; 2, Eng 17; 3, Scotland 24; 4, NI 64.

24

Sri Chinmoy 2 mile RR, Edinburgh 1, D Gardiner (Ree) 9:09; 2, K Rankin (FVH) 9:12; 3, G Crawford (Ree) 9:19; 4, D Cameron (She) 9:25; 5, K Mortimer (ESP) 9:27; 6, C McLennan (ESP) 9:33; 7, C Cromar (SV) 9:45; 8, A Little (She) 9:46; V1 B Howie (CPH) 10:20; VO/50: S Cameron (CPH) 11:59; L1, C A Gray (ESP) 10:56; L2, L Cormack (ESP) 11:35; L3, B Gilchrist (U) 12:15.

27

Nashua Copycat 10 mile RR - 1, J Bowman (Inv) 53:15 (record); 2, G Sim V1 (Mor) 54:31; 3, S McKenzie (Inv) 54:31; 4, C Farquharson (HBT) 54:44; Teams: 1, Inverness 12pts; L1, A Dickson LV1 (Law) 71:48; L2, M Walker (Ding) 73:21; L3, F Brown (BI) 74:41. Pairs race: Mixed: 1, Sonia and David Armitage (Ab) 58:58 (rec); 2, C Bannerman and J Wilson (Inv) 63:46; 3, J and L McLardy (BI) 65:36. Male: 1, S Moore/D Middleton (BI) 60:26; 2, K White/K MacKay (Stomoway) 63:13; 3, B MacKenzie/J Thomson (ES) 63:55. Female: 1, M Wallace/J Noble (Nai) 74:18 (rec).

Results compiled by Colin Shields

LOCHABER H Games, July 27
 STRANGE things were happening with regard to the Games' most traditional of events, the caber. For a time it looked as if it would not take place at all, the Lochaber caber having drifted out to sea while being steeped in preparation for the event. (It was found several days later after an intensive search).

It eventually took place with a substitute caber and was won by Bruce Shepherd (Elgin) - strange things indeed! Now we wouldn't be surprised if it were to rain at Glenurquhart...

Bruce, however, lost the overall title by three points to Laurie Nisbet (Reebok), who won the 28lb (22.48), Scots hammer (30.04) and weight over bar (13'0"), with shot (13.31) winner Russell Devine (Inverness Harriers) back in third. Alan Ross (Inv) was unbeaten in the junior heavy events.

A full party from Helensburgh AC allowed all the track events to go ahead, with an impressive sprint hat-trick from Ian Priddy (11.5, 22.2, 56.1). Local man Douglas Runciman (Lochaber) took the Games 1500m in 4:24.7.

Abernethy Highland Games, Nethy Bridge, August 10

DESPITE rather small fields, the Games produced several exciting races, starting with the women's 100 yards handicap (the permanent fences do not allow a straight 100m) where Scottish shot champion Helen Cowe just failed to hold off Aberdeen clubmate Janet Lyon. Janet went on to win the 200m and long jump.

There were doubles for Eric Fraser (Naim) in the 200m and long jump handicap and Claire Falconer (BI) in the women's 400m and 800m handicaps, while your reporter negotiated the obstacles well in the 400m (flat) handicap to add to his earlier 800m handicap win. Steve Wright (Elgin) cleared a personal best 1.75m to maintain his unbeaten Games high jump record for the season.

Former Scottish hammer champion Russell Devine (Inv) was the most successful heavy, taking the shot handicap, 28lb weight over bar, and caber.

A disappointingly small field for the 10-mile road race was led home by Gerry Fairley (Nai) in 53:44, well clear of unattached Jason Sklenner (55:27), and veteran Danny Bow (Nai) (56:26).

Aberdeen AAC Championships, Aberdeen, August 22, 24

IT is rare to see a close race between a 100m runner and a 10000m runner - but in the A1 Kindregan 800m trophy race 400m hurdles international Mark Davidson, who also holds the club 100m record, came off the final bend level with Simon Wynn, the team's regular 10000m runner.

Davidson retained the trophy in 2:01.9, drawing Wynn to a pb, having earlier taken the 100m (10.9) and 200m (21.8).

Former cross-country world

championship runner Kathryn Mearns, returned after a spell in Norway, won the 800m (2:19.3) and 1500m (4:42.0) while schoolgirl international Louise Paterson took the 100m (12.3) and 200m (25.6). Another schools international, Colin Wilson, had an impressive track double in the youths' 100m (11.6) and 800m (2:02.6), although the track and field titles went to Barry Middleton.

The most successful junior athletes were Douglas Cumming (colts) and Lindsey Strachan (minors), who each won three of their four events.

Peter Fraser set a club record of 11.25 in the junior boys' shot (and was to do likewise in both the discus and javelin just over 24 hours later). Paul Davidson, Natalie Clarkson, Alasdair Love, William Stark, Ray Dearn, Jennifer Price, and Katy Snape were the others who won two events in their age groups.

Panasonic Scottish League Inter-Area Match, G'mouth, August 25

EAST ran away with the overall title, mainly because they had fewer gaps in the senior and junior teams than West, North, or Borders.

The best finish was in the senior 400m where Grant Hodges (E) got up to pip Dave Mulheron (W) by 0.02 in match record time of 48.45. There was also a good finish to the steeplechase, George Mathieson (E) challenging long-time leader Graeme Croll (W) at the final water jump only to lose it with a stutter at the last barrier.

Brian Holliman (W) was unchallenged in the junior but nevertheless set a record of 49.92. Another record went in the senior javelin with Adam Wyt's (E) 61.52m throw, and international high jumper David Barmetson (N) equalled his record with 2.05m. P. Beaton (E) in the discus (39.98) and J. Reilly (w) in the high jump (1.96) were the other two junior record-breakers.

Three of the four new youths' records went west, G. Willis taking the 2000m steeplechase (6:11.8), S. Moir the 200m (22.64), and G. Wood the high jump (1.96). David Stewart (E) won the 100m hurdles for East in 13.41.

Probably the athlete of the match was senior boy Kevin Daley (E) who not only won both the 800m and 1500m steeplechase but set match records in both, of 2:03.61 and 4:31.2 respectively. Bruce Robb (E) achieved a similar feat in the shot (13.97) and discus (42.94), while Tim Gilhooly (W) cleared 1.80m in the high jump.

Not to be undone, the junior boys produced two new records, the in-form Peter Fraser (E) throwing the discus 32.82, and Michael McLuskey (E) long-jumping 5.21.

All reports by Denis Shepherd

Pulses soar during hot USSR trip

THE athletes from Glasgow University are very anxious to emphasise that any apparent connection between the recent troubles and unrest in the Soviet Union and their tour to Eastern Europe is purely coincidental, writes *Gordon Ritchie*.

Seasoned observers, however, looked on with knowing smiles when rumours circulated about Gorbachev being deposed as a direct result of his decision to allow these young ambassadors into his delicately poised empire.

While western leaders waited and wondered about his whereabouts, Scotland's Runner can exclusively reveal that he was in Prague with the students, enjoying athletics Scottish-style. He was invited to accompany the tour to Germany, but had to decline as he believed he had taken too much time off work already.

The squad did everything within their power to further international relations. Apart from the two countries that played hosts, new "trade" links have been established with Italy, Holland, Brazil, and the French Foreign Legion. The Scottish laws of defamation prevent me from delving any further into these incidents.

Closer to home, following the near collapse of the Soviet Union, a new "union" was formed.

Top student 800m runner Joanna Cliffe, and "donkey" Alan Crombie formed an unbreakable bond, and displaced two veterans in the role of Siamese Twins.

The previous prize title holders were sadly torn apart by pressure of work, but the newcomers showed great patience by quietly biding their time and putting in the decisive thrust at the appropriate moment. Like all new unions, however, they must yet overcome some very major obstacles before they become firmly established.

Despite this, the social side of the tour was quieter than in recent years, and captain David Allan summarised the team's performance succinctly when he was heard to say of the remainder of his wards,

"The rest just got drunk and fell down."

But what of the competition? In the circumstances it would be easy to forget that it was an athletics tour, and the primary aim was to find good competitions, and enable talents to flourish.

The outstanding athletic performance came from James Stoddart, who easily cleared 2.10m in the high jump, and had a very narrow failure at 2.12m.

Cliffe redeemed herself with a solid 2-17 in the 800m, but added further shame to her image by participating in the 4 x 100m relay team which was defeated by a kindergarten squad.

How the mighty have fallen. Within a couple of months the Glasgow girls have gone from the heights of being British students champions to being beaten by a bunch of primary school kids.

In the past, I have commented on the inability of some female athletes to run and think at the same time. On the evidence of this trip, it appears that they cannot think and drive at the same time either.

Ms Cliffe was so busy thinking about Crombie that, in the words of one tourist, her driving resembled an Alton Towers ride. Someone should tell her that the left pedal is the clutch and that the mirror is for watching other traffic, and not fixing your hair.

Non-students may well be horrified at the antics of these so-called academics, but it is the good humour and socialising that sets student athletics apart from the rest of the sport.

It is the ability of the men and women to compete beside each other at a high standard while still enjoying the experience that ensures that their student days are remembered for many years to come in the future.

It is unfortunate that this trend does not spread throughout the rest of the sport.

Is there any reason why, for example, the men's and women's leagues cannot be held at the same venue on the same day?

THE MEASURE OF FAIR TIMEKEEPING

AUGUST is the fallow month for the Scottish Schools Athletic Association, writes *Alex Jack*. The only activity is sending out the 200 invitations to the best under-17 athletes to attend the squad coaching day at Grangemouth to be held on September 15.

Some people believe that inviting as many as 200 demeans the value of the course, and think that the SSAA should follow the example of the SWAAA and be far more elitist about the invitations. Personally, we feel that our best athletes are already included in national squads, and that we are reaching down to the next level of talented youngsters.

The wider we can spread the net, the more potential we provide for the BAAB coaches to work with in the future.

Also, apart from benefiting from the expertise of the best coaches in Scotland, the athletes do gain much enjoyment from the social side effects of the occasion, and many friendships are made for the first time or renewed.

We should like here to thank all the coaches who give their time and knowledge to help and encourage the next wave of budding Scottish athletics talent.

Thanks are, as always, due to the very many officials who help at SSAA events throughout the year. No sooner did the thank you letters for officiating in June drop through the letter boxes than requests for help at the Special Needs Inter Area Indoor Championships followed fast in the post.

This event, on September 19, is now in its fourth year, with athletes from the far south (Dumfries and Galloway) travelling to the Kelvin Hall to compete with those from Glasgow, Lanarkshire, Fife, Central Region, and Grampian.

As an association, we know how much work the officials do, with no more reward than a meal and a letter of gratitude, and it was upsetting to see the timekeeping at the SSAA Boys' Track and Field Championships criticised in a letter last month's Scotland's Runner.

Apart from pointing out the obvious fact that only the official timekeepers and track judges are "on the line", we wish to quote from the SAAA rule book, under whose aegis our events are run. This states the following:

"For all hand timed races on the track, the times shall be returned to 1/10th second. If the hand of the watch stops between two lines indicating the time, the longer time shall be recorded."

"If a 1/100th second watch, or an electronic timer is used, all times not ending in zero in the second decimal shall be rounded to the next longer 1/10th second i.e. 10.11 shall be returned to 10.2."

The same rule applied to Frank Boyne's 1500m steeplechase record of 4-25.0 in 1982 as to Matt Kelso's equalling the CBP in 1991.

Hopefully, the 1990/91 results' book, now at the publishers, will be available in October, and a full 1992 calendar of events is due to be published soon.

At the moment, there is the possibility of a combined indoor track and field and multi-event under-16 international, but nothing can be confirmed yet.

Finally, congratulations to Alison Grey on her seventh place in the European Junior Championships, to all SSAA athletes who gained medals at the recent WAAA Championships, and to all our own athletes selected for the under-23 international on September 7.

Send your junior news and views to Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow, G3 6JA.



JUNIOR PROFILE

NAME:	Sarah Jane Wilson.
DATE OF BIRTH:	November 29, 1977.
SCHOOL:	Kirkintilloch High School.
ATHLETICS CLUB:	Kirkintilloch Olympians.
STARTED ATHLETICS:	October 1987.
EVENTS:	800m, 1500m, and cross country.
PERSONAL BESTS:	800m, 2-25.9; 1500m, 5-10.0.
ENJOY MOST ABOUT THE SPORT:	The competition.
LEAST ENJOY:	The really bad weather you get doing cross country, especially the rain.
AMBITION IN SPORT:	To carry on doing well for as long as possible.
HIGHLIGHTS SO FAR:	Coming fifth in the Scottish Schools Cross Country Championship (even though it rained).
FAVOURITE STADIUM:	Coatbridge.
FAVOURITE ATHLETE:	Yvonne Murray.
FAVOURITE MUSIC:	Any pop music.
FAVOURITE ACTOR:	Tom Cruise.
FAVOURITE ACTRESS:	Goldie Hawn.
OTHER HOBBIES:	Playing hockey and watching telly.
AIMS FOR THE FUTURE:	In athletics, I want to keep on improving, and as far as jobs go, I want to be a primary school teacher.

Cut-off for 10K likely to go

THE organisers of the City of Aberdeen Milk Marafun won't be repeating their idea of a 10K cut-off qualifying time for the premier event of the annual May programme.

Nothing has yet been announced officially, but I understand that the committee's apres-race meeting thrashed out the issue, and agreed to abandon the idea.

And they did not avail themselves of the petition of protest, inspired by Aberdeen AAC runner and coach Terry Kerr, and signed by a number of leading road race competitors.

Scotland's Runner was the first to reveal details of what the petition contained in the wake of protests on a day when the organising committee stuck by their 38 minute cut-off in the hope of directing more runners to the 10K Milk Fun Run which raised a considerable amount for the Childline Scotland appeal.

Now it is further understood that the Marafun committee may well be looking at a review of the event as a whole.

Measured short of perfect

IT was a case of "on yer bike Ally Neaves" when the organising Metro Aberdeen came up against a familiar cry of "short course" after the Asda Dyce Half Marathon.

Not for the first time, the recorded times were greeted with a degree of scepticism that the course did not measure up to the required 13 miles 193 yards.

And it fell to Metro member Neaves to prove or disprove the theory after clubmate Rob Taylor had returned a winning personal best of 69-01 when "running well within" himself.

The result of this course measure?

Let's just say that two measures came up with almost the same result, and Taylor now regards his second place 69-27 to Bruce Chinnick (Forres Harriers) at Elgin to be his best performance over the official half-marathon distance.

And all that adds up to a disappointment for Metro who were organising their first major road race as a club. You can take it as being read that they won't make the same mistake a second time.

Bennachie mark two

FOLLOWING a highly successful response last year, Gordon District Council leisure and recreation department are preparing to stage a second running of their Bennachie Hill Race on Sunday, October 6.

The thriving local Garioch Road Runners play a big part in staging what promises to become one of the North-east's most popular hill running events.

Plans for dead-heat foiled

RACE organiser Graham Milne's eagle eye foiled the best laid plans of the two lead runners in Aberdeen's Roevin Charity 10K.

Having dominated the prom spectacular from the start, Chris Hall (Dundee Hawkhill) and Alan Reid (Peterhead AAC) decided to settle for a dead-heat.

But Milne, alerted by the sedate pace throughout the last half mile, short-circuited the plan by appearing on the finishing to adjudicate that Hall had edged the verdict by the width of a vest.

"There is no doubt that Hall crossed the line a fraction in front of Reid," said Milne, after both runners had been credited with a below-par 30-55, a time almost 90 seconds outside Peter McCollan's course record.

Hall, a winner of the Moray 10K just four days earlier, shrugged off the official verdict. "I'm not hassled," said the Welshman.

But there was no holding back for leading Roevin vet George Sim (Moray) who equalled Aberdeen rival Colin Youngson's previous best over 40 record with an overall sixth place in 31-46.

Likewise, top Scottish triathlete Jacqui Shand (Fleet Feet) ran a quality race to finish well clear of her rivals in the women's race, with an overall 71st place in 37-32 on a night when the top ten places confirmed the North-east road promise of 18 year old Katy Rice and 17 year old Aberdeen AAC clubmate Jillian Grams.

Mixed feelings

FRASER Clyne looked back on his General Portfolio with mixed feelings.

Out of action for several months with a foot injury, he used the event as the first step in a comeback which could lead to the Sacramento Marathon in December. Clyne was happy to report no reaction to the injury but looked on his finishing time as "no better than a 67 minute half-marathon", and evidence that he is a long way short of the right fitness level.

Taylor floats comfortably

TWO personal best performances in the space of four days - a 69-27 in the Moray Half Marathon and a 31-40 in the Roevin Charity 10K - left Metro's Rob Taylor on the crest of a wave in what has been an outstanding season for the popular city road runner.

Rob, who at one time virtually gave up the sport, believes he could break the 69 minute half marathon barrier before the end of the season. And he knows where he would like to achieve this goal.

"Given the right conditions, it could be the Great North Run - by far my favourite race," said the runner.

Bad marshalling

A NAIL-biting finish to the Aberdeen General Portfolio 10 Mile Race was somewhat overshadowed by the news that likely winner Pat McCavana (DHH) had been directed off course some two miles from the finish.

Two young marshalls sent McCavana the wrong way at a roundabout at a time when he appeared to have an unassailable lead over chasing clubmate Dave Beattie and Metro Aberdeen's Fraser Clyne.

"We were beginning to suspect something had gone wrong when a police motor-cyclist came alongside to point out that we were now in the lead," explained Clyne.

That, in turn, led to a tremendous duel which saw Beattie edge out Clyne by the thickness of a vest on the finishing line, both runners being credited with 51-25. The unfortunate McCavana finished fifth.

"I have no doubt that Pat would have won had he stayed on the course," said Clyne, who was over a minute outside his course record.

McCavana joined Beattie and third place Rod Bell in what was an emphatic Dundee Hawkhill team win on a day when Sally-Ann Hales swooped for the "Hawks" in the women's race, finishing 43rd overall in a time of 61-44.

Colin Youngson edged 3-2 ahead in General Portfolio veteran wins in a head-to-head with Shetland-based Aberdeen clubmate Bill Adams, finishing seventh to Adams' tenth with 36 seconds to spare. Gillian Hanlon (DRR) took the women's veteran honours in 66-51.

Return from the Gulf

FORRES Harrier Bruce Chinnick is making up for lost time on his return from duty in the Gulf.

The RAF runner, who is based at an air station in the North, shook the sand out of his shoes with a 68-25 win in the tough Stonehaven Half Marathon, and has since been picking up prizes throughout the North-east, returning a winning 67-59 in the Moray "half", just 24 hours after defeating a 620 field in the Dornoch Firth eight mile run from Tain to Dornoch.

Talbot heads north

GORDON District's policy of acquiring the visiting services of top name coaches looks as if it will pay dividends before the end of the current year.

I understand that Great Britain decathlon coach Jim Talbot has promised he will head north after the World Championships - thanks to his link with Scottish record holder Duncan Mathieson, son of the Ellon AAC president Miller.

RUSSELL SMITH

September

14

CAIRN William HR, Monymusk, Inverurie.

MINI Minor Highland Games, Grangemouth, D - (0324) 486711.

15

BT Company Challenge 10K & Fun Run Lochinch, Pollok Park, 11am start, E - £1.50, usual facilities. Team prizes. Info - John Montgomery 041-637-0703.

CORRIEYAIRACK Pass HR, Ft Augustus.

IBM 'Round Arthurs Seat Race' 10K & 5K Fun Run, D - 031-556 9292.

SCOTTISH & N West League D1,2,3,4,5&6.

STRANRAER People's Half Marathon, Stranraer D - (0776) 2151.

UK Women's League Qualifier.

BANK of Scotland North East League, Glenrothes.

MCVITIES Challenge, Sheffield.

18

LIVINGSTON & District AAC Open Grades Meeting, Craigswood, D - (0506) 32789.

21

TWO Ferries Race, 11 mile Race, Tresaig to Ardour. Details from - J Maitland, St Monance, Ardour, By Fort William, PH33 7AA. Tel (08555) 267.

JUNIOR Great Scottish Run - D - 041 227 5093.

22

COCKLEROI Hill Race, Linlithgow.

GREAT Scottish Run - City of Glasgow Half Marathon - D - 041 227 5093.

INVERNESS 10 mile RR, Queen's Park Stadium, 2pm. Refreshments and ceramic medals to all finishers. Prizes in all categories. E - £4.50 (£5.00 unatt). Max limit 200. Closing date 16 Sept. Entries to Paul Knowe, 60, Old Edinburgh Road, Inverness IV2 3PG. Tel: (0463) 221535.

BOS WAL Qualifier, Grangemouth.

28

GEORGE Cummings Road Relay, Kibbarchan.

KNOCKFARRELL HR, Strathpeffer.

LIVINGSTON & Dist AAC RR, D - (0506) 32789.

KALL Kwik Blairgowrie '500' Half Marathon, Blairgowrie D - (0250) 3899.

October

5

VICTORIA Park AAC McAndrew Rd Relay.

6

HARVIES Annual Biathlon D - (0294) 605126.

GLASGOW Team Triathlon, Hogganfield Loch, D - 041-227 5116.

WOMEN'S Rd Relay Championships, G'mouth.

LINWOOD Community 5K Fun Run, Entry forms and details from (0505) 29219 (day) or 041-638 3341 (eve). Closing date for entries is September 29.

BANNACHIE HR, 7.25 mile, D - 0476 20961.

FRASERBURGH FC Half Marathon, Declarations end 1.15pm. Start 1.30pm, Belisla Park, Fraserburgh. E - £3.50. Entries before 29th Sept. D - Mrs Scott, 80 Philorth Avenue, Fraserburgh AB43 5QD. Tel: (0346) 28503.

FIFTH Annual Norham 10K/Youths Race/Fun Run. From Noon, Norham, Northumberland. Medals, certificates, car park and toilets. D-E. J. Blyth, 6 Castle Street, Norham, Northumbria. Tel: (0289) 382442 (h), (0890) 2820 (w).

FORRES Harriers 6 mile Road Race. Start 2.30pm. Entries on the day. Further information (0343) 542065.

THE Maybole Charity RR. Start 1pm. Distance 5.5 miles. D - Dennis Ward, 21 Whitelands Ave, Maybole (0655) 83649.

12

SUTHERLAND Biathlon, Golspie, D - Dave Bicket, Sutherland District Council Offices, Golspie.

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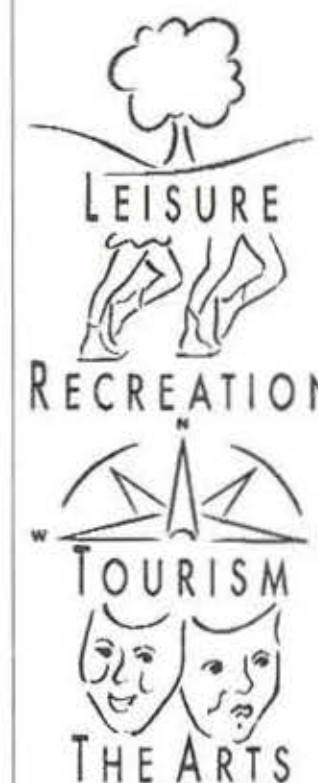
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Anticipated time for ½ Marathon	Are you a disabled person? ☐ If yes, please advise of disability

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(A stamped (27p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

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

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

Entries close on October 7, 1991, or on receipt of 3000 entries

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
LEISURE SERVICES DEPARTMENT, KILNS HOUSE, KILNS ROAD, FALKIRK FK1 5SA

AYRSHIRE CC Relay Champs, Irvine.

DUNBARTONSHIRE CC Relays.

EASTERN District CC League, Kirkcaldy.

LANARKSHIRE AAA Rd Relays, E Kilbride.

NORTHERN District CC League, Forres.

RENFREWSHIRE CC Relays.

13

LOCHABER People's Half Marathon, 12 noon start, fee £4.00. Details and entry forms: E. Campbell, Kilmul, Alma Road, Fort William.

OPEN CC Races, Kirkintilloch (Women's).

STRATHCARRON Hospice 10K Fun Run, Denny, 11am start. Start and finish at Denny High School. Same route as last year but in opposite direction. Runners competing for various trophies. Medals for all who complete course. E - Adults £4.00. Under 16's, £2.00. D - (0324) 826222.

BUCKIE 10K Road Race.

CITY of Dundee "People's" Half Marathon, Dundee.

19

EAST District Relay Championships, Hawick.

NORTH District Relay Championships, Nairn.

WEST District Relay Championships, Cumnock.

20

FALKIRK Herald "People's" Half Marathon, Grangemouth, D - (0324) 486711.

NATIONAL CC League Races, Pitreavie (Women's).

26

NATIONAL CC Relay Championships, Alloa.

27

RUBY Young Memorial Race - for ladies only - 4 miles, 11am start, Howard Park, Kilmarnock: D - Kate Todd, 9 Belvedere View, Galston, Ayrshire (0563) 820127.

November

2

ALLAN Scally Memorial Rd Relay Race.

BLACK Isle Marathon, Half Marathon, and 10K. D-034963381 day, Ray Cameron 0463 870805 evenings.

MARYHILL Harriers Schools CC League.

3

HYDRASON Open C C Races, Aberdeen.

DUNDEE R R 10 miles RR, Dundee.

BRITISH Vets Home Countries CC.

9

GLASGOW Uni RR, Westerlands.

NORTH District League, Thurso.

10

J W Kilmarnock Open CC Races.

ABERDEEN AAC Open 6 mile RR.

16

ABERDEEN University Open Rd Relays.

GLEN Clova RR Half Marathon. D - (05755) 222.

17

EDINBURGH to Glasgow Rd Relay.

FIFE College Ladies' 10K RR D - (0592) 268591.

23

BELLAHOUSTON H CC Races.

EDINBURGH University Braid Hills Race.

GAULDRIY Community Council CC Race.

30

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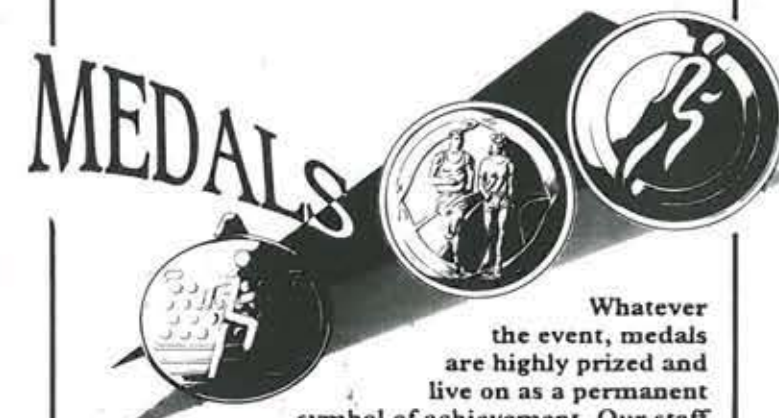
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