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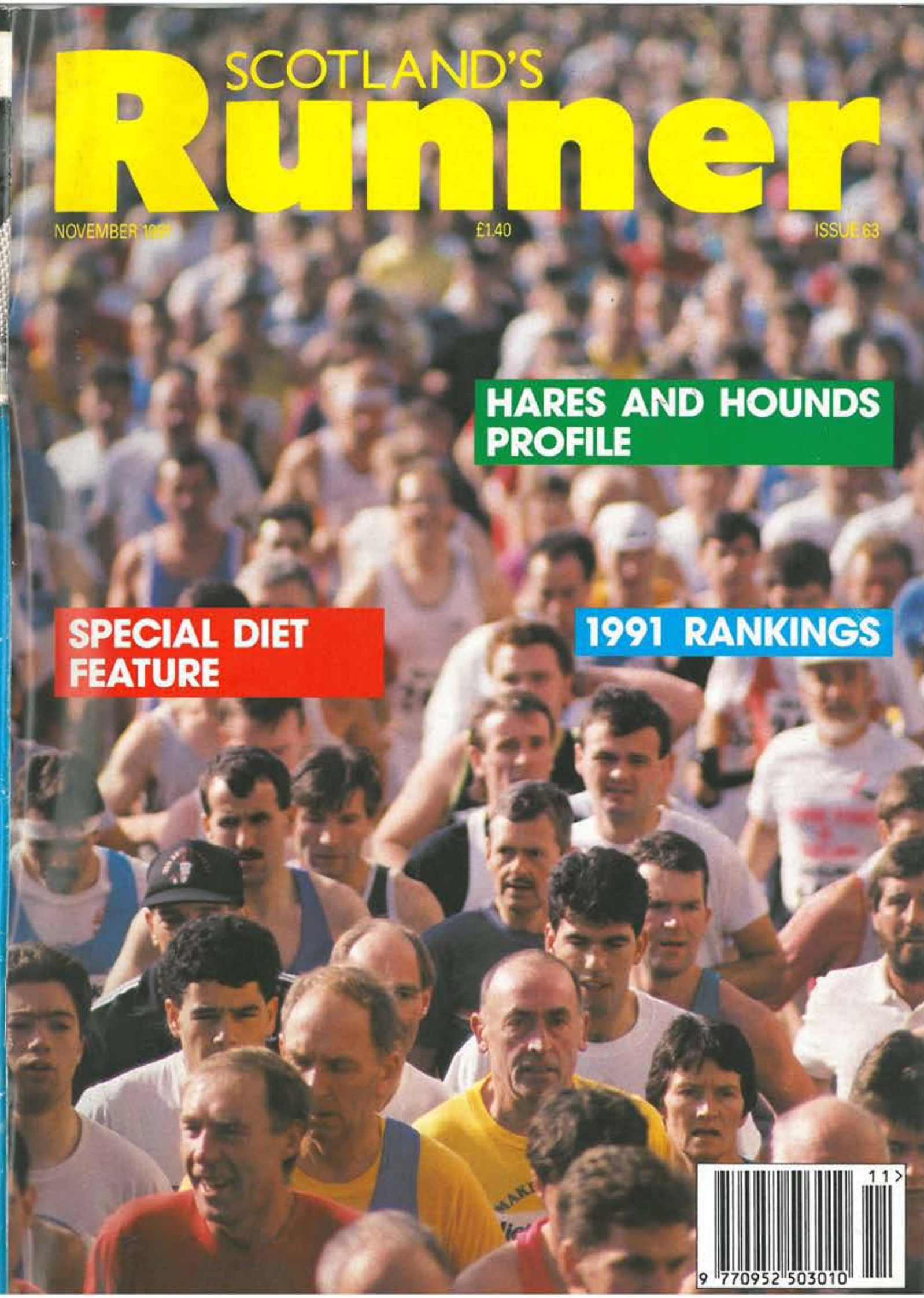
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ISSUE 63

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NEWS

NEW YEAR MEETING SAVED

THE annual New Year professional
athletics meeting, which looked
doomed following the withdrawal
earlier this year of promoter Mary
Young and her son, Tom, has been
rescued by a package put together by
handicapper Adam Crawford, writes
Doug Gillon.

Prize money will be more than
double that of last year. A total of
£3500 (instead of £1600) goes to the
winner of the big sprint alone, and the
whole meeting is being revamped.

"The public will have access to the
Meadowbank lounges, and there will
be betting facilities indoors," said
Crawford, handicapper for 14 years.
"We believe people should have
an option to freezing in the stand."

Crawford plans to scrap the 90 metres
and replace it with a 75-metre dash.
"I reckon that will attract more
people, including a lot of amateur
rugby players," he says. "We'll also
reintroduce the 200 metres, with a
£500 first prize. And Invergordon
Distillers are sponsoring the richest
ever 800m, with £600 to the winner."

Despite what must be good news
for the pro meeting, the revamp has
caused some waves within the
governing body of pedestrianism, the
Scottish Games Association.

For Adam Crawford is a council
member of the SGA, and their
secretary, Andrew Rettie, believes
Crawford has upstaged his colleagues.

"I wanted the SGA to step in when
Mary and Tom decided to stop
promoting," said Rettie.

He booking Meadowbank stadium
himself, and Crawford was forced to
settle for Powderhall until the SGA
president, Bert Ballantyne, instructed
Rettie to cancel the Meadowbank
booking. Rettie had been unable to call
a council meeting of the SGA to
confirm his personal decision to book
Meadowbank, and Ballantyne believed
that because of this, and the uncertainty
over sponsorship, the SGA should
not go ahead as promoters.

"I believe that was a mistake,"
says Rettie, insisting: "The SGA has
missed the best marketing opportunity
it is ever likely to have. I don't want to
get into a personal feud. But I was
forced to back down."

"As a council member, I think
Adam should have been looking to
the association's interests, not reviving
the meeting for himself."

Crawford resents the implication
that he acted out of self-interest.
"Nothing I have done was
underhand," he insisted. "The
president knew every step what I was
doing."

"I waited a few days to see if
anyone would step in when the Youngs
bowed out. During that time I was
flooded with calls from people who
wanted to save the meeting, and
prepared to pledge money. When
nobody made a move, I began making
inquiries."

"Frank Hanlon, a former
competitor, has put up the bulk of the
cash, but about 30 others are
contributing £200 each."

"The SGA could not look at that
sort of promotion - they could not
even save East Lothian Highland
Games when there were problems."

Therein lies a further point of
contention. For Crawford has applied
to Edinburgh District Council to revive
Highland Games at Meadowbank
during the Edinburgh International
Festival with a major professional
event, on August 23, replacing the
East Lothian meeting.

"That really riles me," said Rettie.
"That is also something the SGA
should be doing."

Crawford plans a full range of
heavy events, plus track running and
cycling, tug of war, dancing and
piping. But the city's decision on a pro
Highland Games will have to wait
until after the international fixture
congress this autumn. It is possible
that a major fixture could claim that
date.

THE SAAA faces a substantial deficit
"at least £10,000" next year, the general
committee has been told by treasurer
John Brown. A special sub-committee,
charged with fund-raising and cost-
cutting, has been established.

LACK of suitably qualified walking
judges has cost Martin Bell the 3000m
record he appeared to have established
at the national championships. The all-
comers mark of Steven Beecroft
(Australia) will also not be ratified

LACK OF FUNDS



ANDY Vince has taken up the post of
national coach, and hopes the federation
is quickly approved. Until then he feels
there is little he can do about the major
issues, namely drawing up a
development plan and a programme for
the 1994 Commonwealth Games, both
of which are overdue.

During the nine-month gap since
Dave Lease's departure, the Scottish
Sports Council withdrew the funding
which they put towards the national
coach's salary, which meant that the
already stretched athletics budget found
it even harder to cope with their fort-
holding operation.

Ratified at last

IT is more than 12 years since John
Robson ran the fastest ever 1500m by a
Scot, 3min 33.83sec, writes Doug
Gillon. The was at the Ivo van Damme
Memorial Games in Brussels. Despite
its grand prix status, and the presence of
Europe's leading timekeepers, that mark
was not ratified as a Scottish national
record until September of this year when
it was one of 12 retrospectively sanction
following investigations by the records
and statistics sub-committee of the
SAAA and the National Union of Track
Statisticians.

The official mark of 3-34.01 set in
1983, belonged to Graham Williamson
who now reverts to second on the

Scottish all-time list.
"It has long been my greatest wish to
see that time ratified," said Robson,
bronze medallist at 1500m in the 1978
Commonwealth Games and still going
strong, as witness his third place after
dictating the Great Scottish Run.

Another to have his name put back
in lights was 1970 Commonwealth
5000m, champion Ian Stewart whose
winning time for 10,000m (27-43.03),
at the UK championships no less, was
also confirmed, replacing Allister
Hutton.

The marks had escaped ratification
because neither athlete had the requisite
paper work completed at the time.

A NEW club, Carnegie Harriers, has
been launched in Dunfermline. We wish
them well.

HARVEY Lister, runner up in the New
Year sprint this year, has been reinstated
as an amateur

GLASGOW SMILES BETTER

CITY of Glasgow staged a tremendous finale to their first season when they were awarded the Woolworth Challenge Trophy at Wigan. But this was one of the few pieces of silverware which ultimately eluded the club.

For it was subsequently reported that there had been a mistake in the arithmetic at the young athletes' meeting, and Glasgow had actually finished second to Sale.

Anyone can make a mistake, but what really upset the youngsters, who had celebrated on the bus trip home, was that they learned of the decision in the press.

"I was told of the possibility of a mistake by phone," said club official Jim Kerr. "But they said we would be notified in writing if the error was confirmed. Next thing it was out in print."

The club will ask to see all track and field result sheets, plus every team's declaration sheet before accepting the revised decision.

"If we are indeed second, that's fair enough. We accept that," said club press officer Iain Robertson. "It is hardly a disgrace against the top clubs in Britain in our first year. But if they can make a mistake one way, they can be wrong the other way too."

Glasgow finished the season as Scottish league Division One champions, overall Scottish Cup holders, and winners of the senior, intermediate and junior age groups. They were third in UK Division 1 and the only Scottish club to qualify for the GRE Cup final, although they placed eighth. And with Shettleston's men, they were joint winners of Division Six of the Scottish and North Western league. They joined that league, starting at the bottom, as a new club in order to give competition to those athletes who could not make the top flight team.

"It is really encouraging," said Robertson. "Our hardest job now will be to live up to the standards we have set ourselves in our first year."

Caledon Park, despite the perceived fatal wounds of defections to the new club, Reebok Racing Club, and all the attendant acrimony, gained promotion to division one of the GRE League by winning the final league match at Crystal Palace. ESPC were relegated to Division Three.

GOURMET ATHLETICS FEAST

THE Tokyo world championships was the feast to satisfy athletics gourmets and gluttons at the one sitting, writes Doug Gillon. After having reported major athletics for almost 25 years, it almost exhausted the repertoire of superlatives, and a bookie pal, a real athletics fanatic, got his fingers well burned, backing "cents".

Like Merlene Ottey for the women's sprints, Carl Lewis for the long jump, the USA for the 4 x 100 and 4 x 100 relay double, and Steve Backley for the javelin. And taking a fortune on Liz McColgan and not laying it off because he was sure someone would hang on and beat her.

I cannot believe that even should I be fortunate enough to witness major track and field for a further quarter century, will I ever see another 100 metres like Lewis's world record run, a more dramatic long jump contest, or a more awesomely defiant solo distance victory against quality opposition than McColgan's in the 10,000 metres.

You could have named your price at any bookmaker in the country for Linford Christie to run 9.92 sec and not get a medal in the 100 metres.

As Lewis edged out favourite Leroy Burrell with that memorable 9.86, he dragged a record six men below 10 seconds, setting four national records between them. Five of the seven fastest legal times in history were recorded in that one race. Christie clocked a time which, three months earlier, would have been a world record, yet got nothing. But bet on the old warhorse lining up for Barcelona, despite his retirement threats.

You could also have named your odds against Lewis, unbeaten in 65 contests, jumping further than Bob Beamon's world record and not getting gold. Twenty-three years after setting his record, and one day after his forty-fifth birthday, Beamon, now a recreation officer in Florida, was woken by the news that he was, at last, the former world record holder.

Lewis's 9.91m, surpassing Beamon's mark by a centimetre but marginally windy at 2.9 metres per second, came as McColgan stood on the start line, cracking her knuckles in a cocoon of personal concentration.

"I did not know a thing about it until afterwards," she said.

By the time McColgan had clinched gold, Lewis's jump was itself history as Mike Powell had soared to 8.95m, with the wind at .03mps.

Lewis, to his credit, responded with 8.87, his best ever legal jump, and then 8.84. Either would have ranked as the best ever non-altitude jumps before



Tom McKean - to break Coe's world record?

Tokyo. Neither was good enough to eclipse the magnificent Powell who jumped 25 centimetres further than he had ever done in his life.

McColgan had seen Tom McKean self-destruct in a micro-second of lapsed concentration at the end of his 800m heat, failing to qualify. She had seen Yvonne Murray courageously blown apart at the end of the 3000m, winning nothing. She had seen Backley's hopes spiked in the javelin, Christie and Regis humbled in the sprints, Sally Gunnell and Roger Black, brilliant silver medalists but still falling short of the ultimate prize.

"Yes, I know I'm the last hope for gold," she said with a savage grin the day before the final. "So what. I'm always in the same predicament - but I always produce the goods. I cannot see anyone beating me."

She was tempting fate to the limit, but the only mistake McColgan made was in predicting that Jill Hunter would take silver.

The magnitude of McColgan's win, demolishing the finest women's distance field ever assembled, is perhaps best put into perspective by just one statistic out of the thousands to emerge from the championships. The last win by a Briton, male or female, in a distance event at Olympic or world level, was in 1908, by Emil Voit in the 10,000m.

I suspect Liz McColgan will not keep us waiting that long for the next one. Her next goal is the marathon, for which she is currently preparing in Gainesville, Florida. She makes her debut at the distance in New York on November 3.

"I know I can win it - anything inside 2-28 should be enough," she said. "I know I am capable of breaking the world record (2-21-06), but I won't try that until my second marathon - and that will not be until after the Barcelona Olympics. Nothing is going to stop me

getting my Olympic 10,000 metres medal."

Tom Hanlon ran a fine race to qualify fastest for the steeplechase final after a late arrival in Tokyo as he received treatment at home for a leg injury. But the heat and humidity got to him in a disappointing final.

Nevertheless, Hanlon ends the season as seventh in the world - Scotland's highest ranked male athlete.

Although McKean subsequently had revenge over world champion Billy Konchellah, his hopes for the consolation of the fast race which he undoubtedly had in him were thwarted by an end-of-season virus, and he finished ninth on the world lists. The under-rated Brian Whittle made no mistakes in his 800 heat, but finished his semi-final at a walk, looking another climate victim.

Tests on his return home confirmed a viral problem, and he, like McKean, is determined that Barcelona will be a different story.

Murray tried an action rerun of her winning tactics in the European championships, a double bluff which might have succeeded if her mind had been more in tune. But problems in her domestic life - now resolved - had distracted her.

Geoff Parsons failed even to line up for the qualifying stage of the high jump.

Technology played a part in producing Tokyo's track and jump runways custom built for speed. Can the surface be improved on? Time and science will tell.

Now, what price silly bets for Barcelona? As one Motherwell district councillor said to McKean: "Well son, you've made every mistake in the book now. You've got to be a cert to win Olympic gold."

McKean to break Coe's world record - and not get the gold?

See you at the bookies. And I won't tell the SAAA!

YVONNE'S NEW JOB

A NEW job with Scottish Equitable Unit Trusts has given reigning 3000m European Champion Yvonne Murray the financial backing she needs as she prepares for the 1992 Olympic Games in Barcelona.

Under an arrangement worth £100,000 over the next five years, 26-year-old Murray will join the Unit Trusts Division of Edinburgh-based Scottish Equitable as a trainee, flexible hours allowing her to combine a serious career opportunity with athletic commitments up to and including the Atlanta Olympics in 1996.

John Elliot, managing director of Scottish Equitable's Financial and Investment Services, said he was delighted to welcome Murray to the company but stressed that the aim was to "use her like any other trainee".

"This is strictly a business arrangement and not a sponsorship deal. Like all our other trainees Yvonne will undergo a one year training period with a view - ultimately - to having her working in our marketing department in five years time," he said.



"I see Yvonne as a sound investment - she is bright and articulate - just like the 300 other trainees we employ who don't run."

The chance to settle into some semblance of a normal working life certainly seems to have its appeal for Murray.

"I've found it difficult to be a full-time athlete," she said. "I need another outlet, something to keep my mind occupied and keep me balanced."

GRANT AID FROM SPORTS COUNCIL MAY BE IN DANGER

A VOTE against a Scottish Athletics Federation could amount to a vote for cutting off grant aid from the Scottish Sports Council, writes Doug Gillon.

Every club should be made aware of that warning as they deliberate the SAF draft constitution in the coming weeks.

And every delegate to what could be the final annual meetings of the SAAA, SWAAA, Scottish Cross Country Union, and Scottish Women's Cross Country and Road Running Association should bear that in mind as they consider voting these bodies out of existence to form the new federation at their next annual meetings.

Brian Porteous, the Scottish Sports Council's director of operations, declined to confirm that grant aid will be withdrawn if the sport fails to establish the federation, but in the closest thing to an ultimatum that the council has ever issued, he said: "When we considered athletics' joint application for grant aid last year we made it clear that our on-going support is conditional on progress being made towards a single governing body."

A series of meetings, a nationwide roadshow with the clubs, is being held through October and November (* see dates below) to discuss the draft federation constitution, and give clubs the chance to amend it.

Judging by the fact that a year ago only 22 clubs (out of more than 170) sent delegates to a forum to discuss the embryo federation, the roadshow is not guaranteed to be a resounding success. But those who decline the chance of learning what the new constitution means, and of revising it, cannot seriously expect to block progress by voting against federation at the annual meeting. That would be a vote for stagnation, and for athletics with no sport council backing.

Streamlining the sport's administration has been a recurring issue

since the 1930s. In 1965 Olympic sprinter Ming Campbell, now a QC and member of Parliament, was one of those to plead in favour of a new deal. Regrettably, earlier Olympians and administrators, some of whom were by then old age pensioners, spoke against Campbell and his colleagues, and while the SAAA annual meeting voted 33-29 in favour, the motion was denied the required two-thirds majority.

The first meeting of the new British Athletic Foundation was scheduled for the weekend we went to press, leaving Scottish athletics as the last remaining country in Europe without a single governing body for the sport.

The arguments for federation are persuasive. The excessive number of governing bodies adds up to costly duplication of administration and effort, and a heavy burden on already-stretched volunteer resources. It is also confusing for potential sponsors who understandably find it hard to grasp the tangled admin structure.

The existing bodies - two for track and field, two for cross country, plus one for hill running - have a total of 93 committee members which reorganisation would reduce to 66.

A completely new constitution propose the amalgamation of all the governing bodies in a federation with a 12-member ruling council who will have financial control but no right to interfere in the individual disciplines.

These will be run by three commissions - track and field, cross-country and road-running, and hill running. The commissions' status, including the right to select international teams, is protected under the constitution.

Each area - north, south, east, and west - will have one representative on the council, as will each commission.

The areas do not conform to the current competitive areas - they are for

the purpose of representation only. But the issue most likely to provoke debate at the roadshows is certain to be finance.

Clubs, some with fewer than 50 members, currently pay £150 per year if involved in the full range of male and female activities.

Recognising that some clubs are not involved in all of these, it is proposed that subscriptions be comprised of two parts - a flat rate sum, and a per capita fee. Thus small clubs will pay less than larger ones. To balance this, at the federation's annual meeting each club will be allowed one vote (up to a maximum of eight) for every 50 members.

Each club will be asked to quantify their membership, which fewer than 60% of clubs were prepared to do for a survey by the sport earlier this year. The y clearly suspect this as the first step to a registration scheme which men's athletics has battled against for years.

Alan Grossett, chairman of the four-strong drafting committee, said: "Athletes have been getting their sport relatively cheaply compared with most other sports, and are going to have to cough up." That is not uninformed speculation on Grossett's part, but is backed by solidly researched council statistics.

Grossett and his colleagues who drafted the constitution - fellow solicitor Sarah Booth, professor Ronnie Morrison and accountant Jim McInnes - admitted to having been grilled "with some hostility" during the consultative process. But all the governing bodies emerged broadly in favour.

A total of 21 meetings were held and hundreds on unpaid hours of work done by the drafting sub-committee. Now the clubs must pass judgement. Hopefully it will be a vote which buries past prejudices, a vote which will bring Scottish athletics into the twentieth century.

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Attitude problem

14, Saltmarket Place,
Glasgow.

SIR - I was involved in one of the recent SAAA/SAC "come and try" evenings, designed to encourage more youngsters to take up athletics. The event attracted around 50 youngsters eager to try the five events on offer but unfortunately the driving rain forced the organisers to abandon ship. To try and compensate for the loss, the SAC members present decided to hold a short, fun, training session.

By the end of the session, enthusiastic kids were asking me how they could join the local club. As there were no club officials around, I suggested they returned the next week at the same time to join the club session.

However, inside the centre, I informed one such official of the impending influx of new talent, only to be told, "I'm sorry, we will not be able to welcome any new athletes, as our club has a waiting list."

WHAT? It seemed that the whole point of the evening had been wasted. The SAAA/SAC attempt to bring more athletes into Scottish athletics was being stifled by a club with the short sightedness to only coach a limited number of athletes, hindering their own growth and the growth of athletics as a whole.

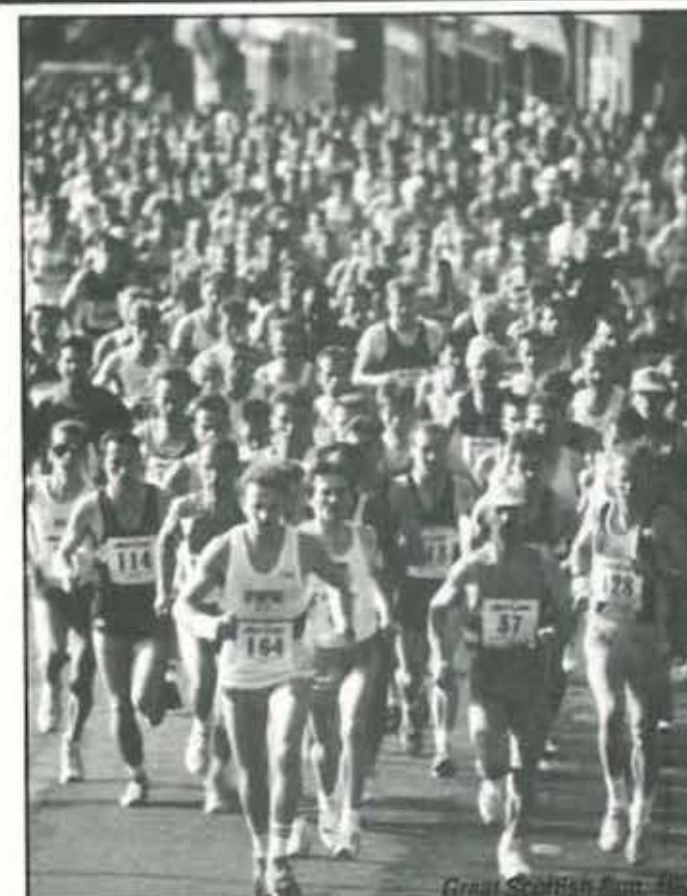
I find it hard to comprehend that anyone, with the development of athletics at heart, can rebuff any individuals with enthusiasm and possible talent.

By way of this letter the club involved should know that I'm referring to them, and I hope the officials can reply with a defence of their policy. A very good reason will have to be given to make me see the sense in closing the door of a sport already suffering a decline in participants of all standards.

Neil Robbie

Glasgow is value for money

8, Royal Crescent,
Glasgow.



SIR - I am writing concerning the letter printed in your August issue regarding the Great Scottish Run.

Like H. McGinlay, I too owe a lot to the Glasgow Marathon, and its successor the Great Scottish Run. But unlike him I did run last year, and look forward to running this year, and hopefully next.

As a competitor in all the Great Scottish Runs, I can only speak highly of the race and its organisers. I do agree that the entry fee for this year's event is high, but I feel that this is justified in the excellent way the race is organised, as it is obvious that considerable time and energy has been put into making the race what it is.

With regard to the quality t-shirt, medal, and goody bag, my only criticism would be of the standard of the medal, which I feel could have been better. However, I understand that the quality of this year's medal was to be improved.

In summary, I feel the Great Scottish Run offers a great deal more than many other races, hence the price. I will continue to support the Great Scottish Run hopefully for many years to come. Keep on running!

Crawford Gilliland

Good for Galston

47, Kingslynn Drive,
Kingspark,
Glasgow.

SIR - I would like to compliment the organisers and helpers at the Galston 10K which was held on Wednesday September 4.

The stewarding was first class,

John Smith

and it was a pleasant change to receive running socks at the finish. Also, the refreshments served at the end were very much appreciated.

The entry fee of £3 was very good value. Thanks to all those at Galston for all their hard work.

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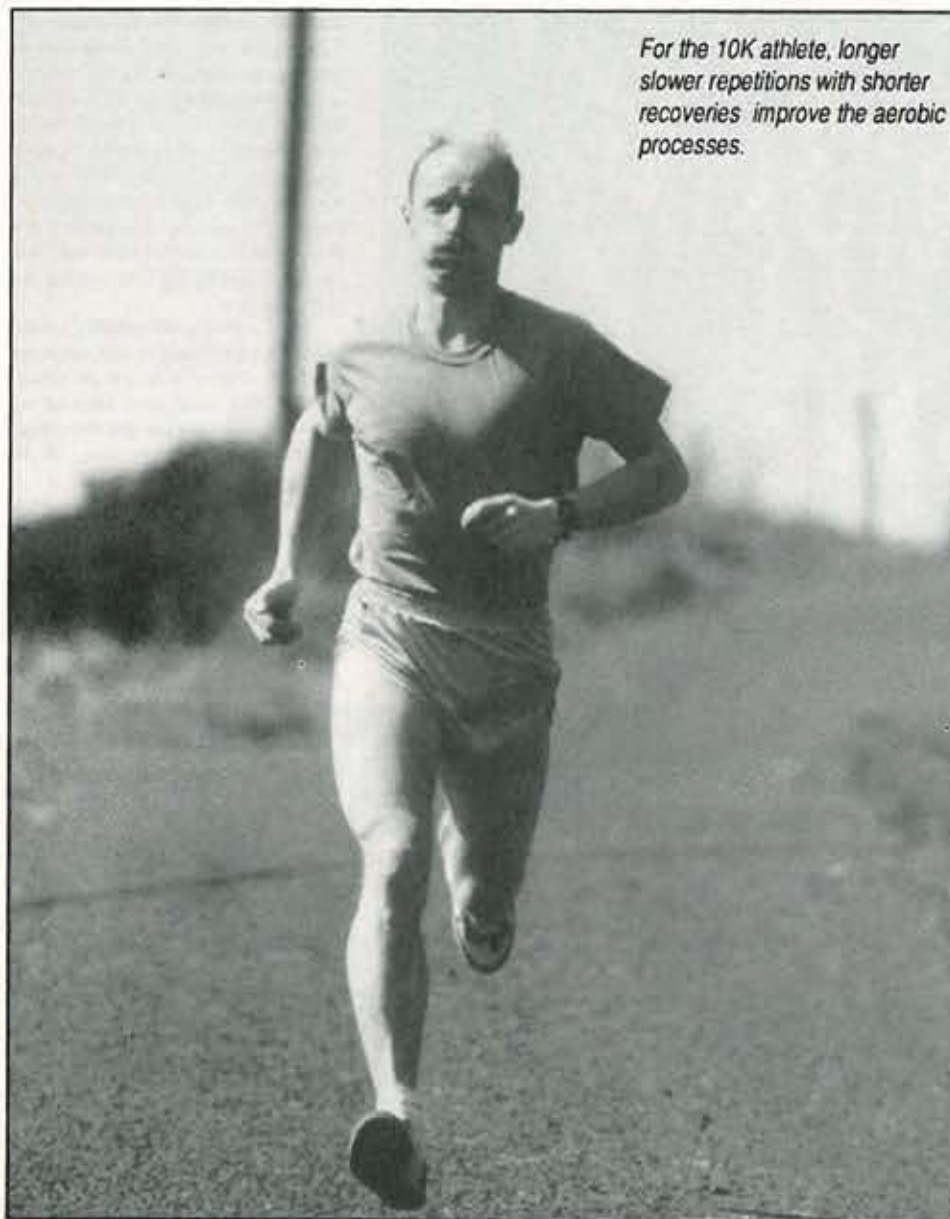
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Steady does it . . .

Steady running is an important aspect of winter training. Derek Parker explains how it should be approached.



For the 10K athlete, longer slower repetitions with shorter recoveries improve the aerobic processes.

WITH the approach of winter and the long, dark nights, steady-state running over a variety of distances becomes an important aspect of training.

The length of these runs will depend on the particular event that each individual athlete is training for. A sprinter or hurdler would cover distances of three to five miles to develop a broad, aerobic-endurance base upon which to graft faster, anaerobic work as the competitive season draws nearer.

Marathon runners and road racers will continue their summer programme of outings over five to 25 miles to maintain the ability of

the body to extract oxygen from inspired air and circulate it to the working muscles via the heart, lungs, and arteries.

Much of their training will be similar to that of middle-distance specialists whose efforts will range from five to 15 miles with particular emphasis on achieving an optimum aerobic-anaerobic balance.

For example, a fast five miles run at a heart rate of approximately 160 to 180 beats per minute will produce a relatively high quantity of lactic acid, more involvement of the lactic acid-oxygen system (i.e. a combination of speed and endurance), and a greater incursion into the

athlete's maximum oxygen uptake (i.e. 70 to 90 per cent approximately).

In contrast, a 15 miles' run performed at a heart rate of approximately 130 to 150 beats per minute will produce low lactate levels, more involvement with the aerobic production of energy, and a lower incursion into the athlete's maximum oxygen uptake (i.e. 50 to 70 per cent approximately).

To understand the importance of the aerobic-anaerobic ratio in distance running, it is essential to be aware of their different emphasis in each particular event.

Briefly stated, the marathon is approximately 99 per cent aerobic/one per cent anaerobic; the half-marathon is approximately 95 per cent aerobic/five per cent anaerobic; the 10K is approximately 90 per cent aerobic/10 per cent anaerobic; the 5K is approximately 80 per cent aerobic/20 per cent anaerobic; the 3K is approximately 50 per cent aerobic/50 per cent anaerobic; and the 800 metres is approximately 33 per cent aerobic/67 per cent anaerobic.

These differences will be reflected in training. For example, an 800 metres runner will include lots of short, fast repetitions with relatively long recoveries in his or her training to develop the anaerobic processes responsible for energy processes in the absence of oxygen. A typical 800 metres session would be 4 x 400 metres at slightly faster than race pace with two minutes recovery.

In contrast, a 10K athlete will include longer, slower repetitions with shorter recoveries to improve the aerobic processes responsible for the production of energy in the presence of oxygen. A typical 10K session would be 10 x 1000 metres at race pace with 30 to 45 seconds recovery.

Although aerobic development can be achieved by repetition running over various distances with appropriate recovery intervals, it is most popularly attained by prolonged non-stop efforts over natural terrain and on the roads.

But this does not mean the athlete should train at the same pace during each session. As mentioned earlier, the shorter, faster steady runs produce higher heart rates and evoke different physiological response when compared to longer, slower steady state runs. The faster five-miles run could be used as under-distance speedwork by an athlete training for a half marathon. The longer, slower 15 miles' effort could be viewed as over-distance stamina work. Both distances have vital functions in a balanced schedule.

It is frequently said that even-paced running is far more economical in terms of energy expenditure than varied-pace running. It is pointed out that a five per cent increase in speed when running at steady state requires a 15 per cent rise in energy expenditure.

Physiologically this may be true but other factors must be considered. For example, as an athlete becomes progressively tired towards the end of a run, more effort is needed to sustain even pace. So we should always be aware that even-paced running and even-effort are two different concepts.

Also, it is quite evident from an analysis of top-class races that the most spectacular successes in athletics are invariably the consequences of committed athletes applying determined tactics such as fast surges injected into an already brisk steady pace. Running the first half of a long distance race faster than the second half has also proved to be a regular winning tactic. So has speeding up considerably during the latter stages. So while training theory indicates that even-paced running is the least exhausting in a physiological context, the reality of the race situation is that the ability to vary one's pace and effort at various stages has frequently been a decisive factor in the outcome of distance events. This is a skill and it is one which must be practised regularly.

There are several methods which an athlete can use in training to improve his or her capacity for pace variation. For example, faster spurts of 30 or 60 seconds running every fifth, sixth, or seventh minute can be injected into a steady-state run. The objective of this exercise is to increase the pace for the stipulated time before dropping back to the original steady-state tempo. It helps the athlete to cope with attempts by race opponents to open gaps using sudden injections of pace. It also gives the athlete the confidence to insert his or her own increase of pace into a reasonably brisk steady-state tempo.

The intensity and extensity of the pace variations will depend on factors such as fitness, age, experience, the time of the training year, and the athlete's specialist race distance. If, for example, the steady-state run is done at around 10K pace, the pace of the faster 30 to 60 seconds sections every fifth, sixth, or seventh minute could be at 5K, 3K, 1500 metres, or even 800 metres pace.

Another option is to vary the pace of long continuous runs performed over distances ranging from five to 20 miles. There are many choices and I list just a few: (a) Run flat sections at even pace, the downhill sections slightly faster, and the uphill sections fairly hard. (b) Run first part of the session at average pace, second part below average pace, and third part at faster than average pace. (c) Run first part of the session at below average pace, second part at average pace, and third part at faster than average pace. (d) Run alternate miles at approximately 15 to 30 seconds above and below average pace. (e) Run first mile at below average pace, the second mile at average pace, and the third mile at faster than average pace. Repeat until the entire training distance has been completed.

If, for example, an athlete is capable of running 12 miles in 72 minutes and chooses method (b), the session would be: 4 miles in 24 minutes + 4 miles in 25 to 26 minutes + 4 miles in 23 or 22 minutes.

If method (e) is selected, the session would be: 1 mile in 6.30 + 1 mile in 6.0 + 1 mile in 5.30 x 4 sets with NO recovery between sets.

Fartlek-type sessions can also be incorporated into steady runs to vary the pace and develop the capacity of each athlete to use or respond to different tactics during competition. Consider

the following session, for example: 3 x 12 minutes at 10K pace (60 to 90 seconds steady jog recovery) + 1 x 3 minutes at 5K pace (60 to 90 seconds jog recovery) + 1 x 90 seconds at 1500 metres pace gradually accelerating to full effort over the final 15 to 30 seconds.

It can be seen clearly that the training objective of this session is to practise a steady increase of speed during the latter stages of the run at a point where most athletes are physically and mentally tiring and looking for some respite. The competitor who can build up the tempo or degree of effort when everyone else is feeling fatigued and wanting to slow down will be a difficult person to defeat. The more one practices this ploy in training, the easier it will be to use in a keenly-contested race.

Let us consider next another sample training session: 3 x 10 minutes at 10K pace including 1 x 60 seconds at 5K pace injected during minutes 5 to 6 of each 10-minutes' section (60 to 90 seconds steady jog recovery) + 2 minutes fast including 60 seconds at 1500 metres pace + 30 seconds at 800 metres pace + 15 seconds at 400 metres pace + 15 seconds full effort with NO recovery between each section.

It is obvious that the objectives of this session are: (1) to inject pace increase of approximately 300 to 400 metres into an already-fast pace then reverting back to and maintaining the original pace; and (2) gradually winding-up the tempo

over approximately the final 700 to 800 metres of the run, culminating in full effort over the final 100 metres or so.

These sessions are hard and should not be tackled close to major competition dates. They should also be banned with active recovery or rest days. But they are highly effective in preparing the athlete mentally and physically for the tactical situations likely to emerge in keenly contested races. They have been used to advantage by Scottish women's marathon champion Eileen Masson and Robert Quinn, first Scot to finish in the national championship 10,000 metres event.

Similar effects can be gained from combining steady-state running and hill-running. Athletes can, for example, run three or four miles to a suitable venue and do sessions such as: 8 to 16 x 150 metres fast uphill with a slow jog back recovery; OR 6 to 8 x 300 metres steady effort uphill with a brisk jog back recovery; OR 6 to 8 x 800 metres round an uphill, downhill, and level circuit with 60 to 120 seconds recovery; OR 10 to 15 minutes continuous uphill and downhill running on a slope measuring 200 to 300 metres.

As always, it should be remembered that each athlete is an individual and every schedule must be tailored to accommodate the age, fitness, ability, event, and training and competition phase of each person.



DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc or grass running.
Monday: 75 to 90 mins fartlek inc 60 secs fast (30 secs jog) + 2 mins fast (60 secs jog) + 60 secs fast (30 secs jog) x 4 sets + 3 x 10 secs full effort from rolling start beginning 3 mins after final 60 secs rep (60 secs between 10 secs efforts).
Tuesday: 5 miles or 30 mins steady road running.
Wednesday: 10 miles steady with hills.
Thursday: 2 x 3 x 500 m at 1500 metres pace (45 secs rec between reps/5 mins between sets).
Friday: 30 mins easy rec 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 2 mins fast (60 secs jog) + 4 mins fast (2 mins jog) x 3 sets + 3 x 10 secs sprint from rolling start + 10 secs ease + 5 secs sprint starting 3 mins after final 4 mins rep (60 secs between each).

Tues, Wed, and Fri: As Week One.
Thursday: 6 x 800 m at 5K pace (45 to 60 secs rec between repetition) + 1 x 200 m full effort (60 to 90 secs after final 800 m).
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 45 secs at 3K pace (jog 30 secs) + 15 secs at 1500m pace (jog 45 to 60 secs) x 16 sets.
Tues, Wed, and Fri: As Week One.
Thursday: 12 x 400 m at 5K pace (20 to 30 secs recovery) + 1 x 200 m full effort starting 60 to 90 secs after final 400 metres.
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 12 x 2 mins at 10K pace (45 to 60 secs jog) + 1 x 60 secs acceleration run in 4 x 15 secs segments starting 75 to 90 secs after final 2 mins rep.
Tues, Wed and Fri: As Week One.
Thursday: 2 x 10 x 300 m at 3K pace (20-30 secs rec between reps/5 mins between sets).
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 and 90 secs rec alternately) x 8 sets + 3 x 20 secs full effort from rolling start 2 to 3 mins after final 60 secs repetition.
Tuesday: Rest or 20 to 30 mins easy rec run.
Wednesday: 8 to 10 miles steady.
Thursday: 2 x 3 x 500 metres at 1500 metres pace (45 to 60 secs rec between reps/5 mins between sets).
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 15 secs fast (15 secs jog) + 30 secs fast (30 and 45 secs jog rec alternately) x 12 sets + 3 x 10 secs fast/10 secs ease/5 secs fast (60 secs jog rec) starting 2 to 3 mins after final 30 secs rep.
Tues, Wed, and Fri: As Week One.
Thursday: 6 x 800 m at 5K pace (60 to 90 secs recovery) + 1 x 200 m full effort starting

90 secs after final 800m 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 (60 and 90 secs jog rec alternately) + 1 x 30 secs full effort starting 90 secs after final 60 secs rep.
Tues, Wed, and Fri: As Week One.
Thursday: 12 x 400 metres at 5K pace (30 to 45 secs rec) + 1 x 200 m full effort starting 90 secs after final 400m repetition.
Saturday: 8 to 12 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 x 20 secs fast (20 and 40 secs jog recovery alternately). Final 20 secs effort should be done full-out.
Tues, Wed, and Fri: As Week One.
Thursday: 10 x 300 m at 3K pace (30 secs recovery) + 3 x 150 m (250 metres jog recovery) starting 2 mins after final 3000m repetition.
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

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For general information about Malta

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Mappin House, 4 Winsley Street, London W1N 7AR

Telephone Number 071-323 0506



ATHLETES are becoming increasingly aware that what they eat is important to their performance. An adequate diet, one supplying all the nourishment the body needs in terms of quality and quantity, before, during and after training and competition, will allow the athlete to compete at his or her best.

Unfortunately, in Scotland, few athletes and coaches have easy access to correct nutritional advice. This means many old ideas about diet persist and are doggedly adhered to, and that "expertise" is based on anecdotal or personal practices of coaches and former athletes, and is not based on sound research.

Athletes are also at the mercy of wealthy food and drug companies, who sell expensive sports foods, drinks and dietary supplements. At best, these products may be harmless, or useful in replacing lost fluids, but at worst, can lead to potentially dangerous dietary excesses. Increasingly, the companies are using successful sports people to promote their products, inferring guaranteed sporting success if the product is used.

In reality, sound nutrition for the athlete is based on general healthy eating guidelines, which may seem simplistic and less glamorous than fad diets and dietary supplements.

A good diet is one which supplies the body with the right amount of nutrients. These nutrients are:

1. Carbohydrates - sugars and starches.
2. Protein.
3. Fats.
4. Dietary fibre.
5. Vitamins and minerals.
6. Fluids.

Carbohydrates, protein, fat and alcohol are the nutrients which supply energy. Vitamins and minerals do not provide energy, but are important in the systems which control the body's chemistry.

Every function performed by the body uses energy (sleeping, breathing, eating, walking, training and competing all require different amounts of energy). Energy is measured in kilocalories (kcal) or mega joules (mj). When carbohydrates, proteins, fats and alcohol are fully burned up or combusted by the body, each of

Eat yourself fitter

Margaret Foggo, a freelance dietician and sports nutritionist based in Edinburgh, explains how a carefully planned diet can maximise performance.



these nutrients gives a different amount of energy. For example, 1 gram fat yields more than twice as much energy (kcal) as 1 gram of carbohydrate.

This means that if a lot of fat is eaten in the diet, there will be a very high energy intake. Unfortunately, eating a diet high in fat is one of the less commendable Scottish habits!

Energy requirements vary from person to person and depend on sex, body size, age and metabolic or body "tick over" rate. The level of physical activity, the number of times and length of training, as well as the sporting event, also determine energy needs. The more active the

event, the more energy it requires, so the elite 3000m runner, training five times a week and competing on a Saturday, will use considerably more kcal as energy than the armchair athlete who sits in front of the television each evening and watches the Saturday race on TV.

Eating more food, and hence energy, than required, results in the excess being stored as body fat, and a weight gain. If insufficient food is taken, the existing stored body fat is converted to energy and weight is lost. However, the body is a very sophisticated machine, and losing weight long-term, is a bit more complex. Dieting alone results in

the body conserving energy by slowing down the tick over rate. Regular exercise speeds up this metabolic rate, so dieting with some kind of simple exercise programme is a much more effective for successful weight loss.

Carbohydrates are the body's preferred source of energy and are broken down during digestion to glucose, which can be used there and then as a source of energy or converted to glycogen, which is stored in the liver and muscles. During exercise, the working muscle gets much of its energy from

this glycogen. These stores are limited and if the muscles were able to use only carbohydrates as an energy source, a runner could sustain marathon pace for only 70 to 80 minutes. By then, the stores of muscle glycogen would be completely depleted and the ability to run would be limited by fatigue - "hitting the wall".

Working muscle can also get energy from a much greater source, which is free fatty acids released from stored fat deposits under the skin. For most activities, the energy is produced from a mixture of both glycogen and fat which enables the limited reserves of glycogen to last much longer. The proportion of glycogen and fat used by muscles depends on the type and length of exercise and the fitness of the athlete.

The body tries to ensure that the rate at which energy is used keeps pace with its provisions. For long periods of low intensity exercise, such as jogging or long distance running, glycogen is initially the main fuel, but as this is used up, more and more fat is mobilised, and in time, fat becomes the main source of energy. Sprinting, involving short bursts of very intense exercise, requires fuel instantly and only glycogen can be converted into energy fast enough for this.

Each time an athlete trains or competes, glycogen is used up, and if this is not replaced after each bout of activity, the stores will eventually be completely depleted and a fatigued, washed out feeling will be experienced, and of course, the will and ability to train will be very low. It is a bit like the car engine running out of petrol! It is very important that the glycogen stores are replaced after each training session and this is done by eating plenty of fibre rich carbohydrate foods. Ideally, the diet should contain enough of these fibre rich carbohydrate foods to supply at least half the total daily energy intake.

Foods which contain fibre rich, starchy carbohydrate include wholemeal bread and cereals, unsweetened breakfast cereals, porridge, pasta, rice, potatoes, fresh and dried fruit (such as prunes, dates and apricots), vegetables and pulses (peas, beans and lentils). As well as being rich in fibre, these foods frequently contain some protein, vitamins and minerals. Fibre itself is important in the diet as it keeps the digestive system in good

working order, but can be very filling.

To achieve high enough intakes of carbohydrate, some sugary foods may be required, but should be limited, as these are absorbed very rapidly by the body and can cause a sharp rise in blood glucose followed by a rapid fall, which is certainly not recommended in training or competition as this effect may impair judgement. The best time to take sugary food is probably after training or competing, when it will be used to replace the muscle glycogen stores. Glycogen must be replaced as soon after each training session or run as possible, as the replacement is most effective within one hour of exercise.

Protein foods are needed by the body to build and repair tissues and for growth and development. Many runners and athletes erroneously think that because muscle is composed mainly of protein, eating huge amounts of protein or supplements will increase muscle size. This is not true, and the extra protein will simply be used by the body as an expensive fuel source. Although athletes do need slightly more protein than their sedentary counterparts, the diet eaten in the west more than compensates for any extra requirement.

The correct way to increase muscle size is to do the right kind of muscular training in conjunction with a diet high in unrefined carbohydrates! It is also important to eat a variety of different protein foods, from both animal and vegetable sources.

Protein foods can have a lot of "hidden" fats - the cream in milk or fat in cheese, or meats. It is advisable to avoid frying protein foods where possible, as this increases fat intake.

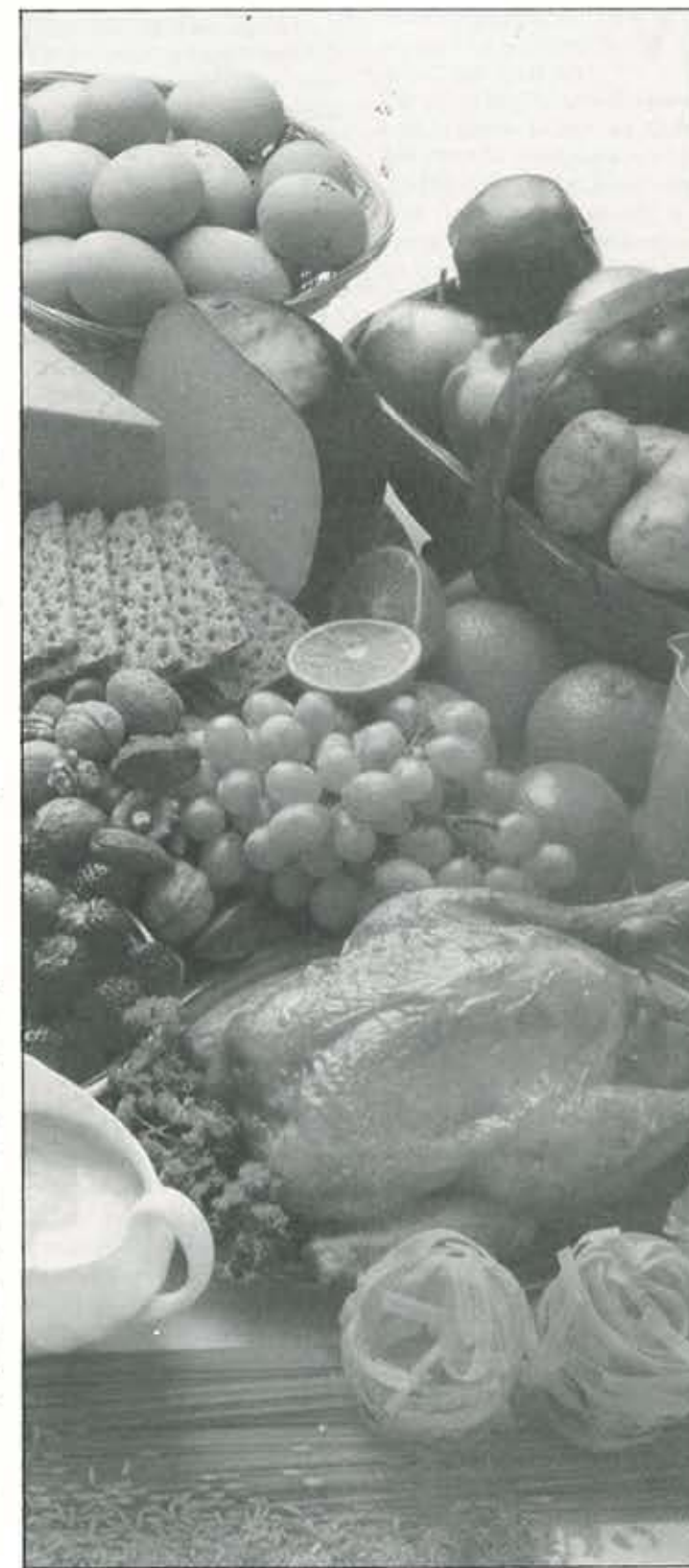
Good sources of protein are lean meats, chicken, white and oily fish, low fat cheeses, semi-skimmed milk, eggs, peas, beans and lentils and soya products. For the runner training on a budget, getting protein from inexpensive sources such as beans on toast, or unsweetened breakfast cereals with milk, or lentils with rice, is as nourishing as an expensive, 8oz sirloin steak.

Fats and oils are a very concentrated source of energy and body fat or adipose tissue is the way

the body stores any energy reserve. Fats are made up of substances called fatty acids which can be saturated (mainly from animal sources like butter, cheese, fat meat, milk, suet and dripping) or mono and polyunsaturated which are usually derived from vegetable origins and include olive oil, sunflower oil and grape seed oil. Herrings, salmon, tuna - the oily

fish - are also rich in polyunsaturated fatty acids.

Health guidelines indicate that everyone should cut down their intake of fats, especially the saturated fats. This advice is also relevant to the athlete who should be getting most energy from unrefined starchy carbohydrates. Some fatty foods supply valuable nutrients in addition to fat - milk,



cheese, lean meat and oily fish are such foods, so they are useful in the diet. It is possible to reduce the fat intake by substituting skimmed or semi-skimmed milk, low fat cheese and spreading fats and yoghurt, for the "full fat" brands. It is also wise to limit the intake of fried foods, cakes, biscuits, and pastries.

Vitamins and minerals are essential for many chemical processes in the body and for an overall feeling of vitality. A diet which has a good variety of food and contains plenty of fresh fruit and vegetables, wholegrain cereals, low fat milk and other dairy products, will supply all the vitamins and minerals needed. This means that taking vitamin and mineral supplements is not needed; indeed, these supplements taken at the wrong dosage can be extremely dangerous.

During exercise, the body loses a considerable amount of fluid through breathing and sweating. In a 1000m race, more than 1 litre of fluid can be lost, and during a marathon, the loss is around five litres. It is essential to ensure an adequate intake of fluid is taken to replace these losses otherwise dehydration, which impairs judgment and performance, can occur.

Water, diluted fruit juice, still squash or weak tea, are all suitable fluids, and it is important to take small volumes at frequent intervals before, during and after training and competing. As the body's natural thirst mechanism is often depressed during exercise, it is essential to drink before thirst is experienced. It is advisable to practice drinking throughout a training session, so that the athlete gets used to running with fluid in the stomach.

Alcohol is not forbidden to the athlete, but it should only be taken in moderation and certainly not before or during a sporting event. Alcohol does not provide a fuel source for the exercising muscle - it is metabolised solely in the liver - but it does contribute to

overall energy intake.

It is essential for the athlete to eat sensibly throughout the whole year and not just in the run up to competition days.

In the week prior to competition, it is not advisable to try out new foods or dietary regimes in case they cause upset.

Athletes need not stick rigidly to three meals a day - many prefer to have small, more frequent high carbohydrate snacks, which are easier on the digestive system. (This snack eating pattern makes it easier to incorporate the high carbohydrate foods recommended and can be suitably fitted around a busy working and training schedule).

If breakfast is missed for a training session, refuelling should be done with a high carbohydrate mid-morning snack. For evening training, having a snack between 3-4pm and the main meal after training, is advised.

Training should not be done on a completely empty stomach, as dizziness may be experienced, and can be avoided by eating a banana, other fresh or dried fruit or a small sandwich.

After a main meal, training should be delayed for two or three hours to avoid the problem of nausea or the discomfort of running on a full stomach.

Whenever possible, it is important for the athlete to have a good breakfast. Cereals, wholemeal bread and rolls, fruit and fruit juice, semi-skimmed milk, and low fat yoghurt, all normal breakfast foods, are ideal for the runner.

Having a rest day every week, with no training at all, is important, as it gives the body a chance to recover and an opportunity to rebuild muscle glycogen stores.

Some athletic events of long duration can be performed better by a dietary manipulation called "carbohydrate loading". The aim of this technique is to increase muscle glycogen stores, above the normal level, with a view to delaying fatigue and improving performance.

Full carbohydrate loading is not now generally recommended but a modified version, which is much safer and just as effective, is more usual.

This consists of an exhaustive exercise session to deplete glycogen



stores - a long run is usual - done four days before an event. For the next three days, a diet very rich in carbohydrate is eaten, with plenty of bread, cereals, pasta, rice, potatoes and fruit; training must be very light during this time to allow maximum glycogen repletion. On the day of the event, a normal diet is taken, but should be timed two to



three hours before competing.

On competition day, it is unwise to try anything new. If the tension of competition is a problem and solid food is difficult to eat, carbohydrate drinks or commercial feeds can be a solution. For all athletes, it is essential to keep fluid intake adequate, so sipping fluids regularly throughout a competition is recommended - plain water, still diluted squashes, or weak tea are all excellent.

As some organisers of events do not provide their own foods, it is vital that athletes take responsibility for providing their own - muesli bars, wholemeal sandwiches (with fillings like salad, cottage cheese and dates, or banana) fresh or dried fruits, low fat yoghurt, unsalted nuts, cold pasta with salad, are easily carried and very suitable.

Sensible eating alone will not make an Olympic athlete, but eating a high carbohydrate diet to ensure adequate stores of muscle glycogen, in conjunction with a well-planned training programme, will certainly maximise athletic performance.

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TRIATHLON TROUBLES

JOHN O'DONOVAN, the Aberdeen-based Irishman who has made a massive contribution to the growing popularity of the triathlon in Scotland, has elected to bypass the 1991 version of the sport's ultimate challenge.

O'Donovan has said "no" to a place in the Hawaii Ironman despite gaining an automatic qualifying place when finishing third to Australian world champion Greg Watson in the 850-competitor US long-course championships in San Antonio.

"There is limit to the amount of money I can afford on overseas trips in the course of one year," said the Marathon Oil employee on his return from Texas.

"But Hawaii remains very much a part of my plans for 1992," added the man whose triathlon involvement covers the roles of competitor, coach and official.

The quality of O'Donovan's American performance can be judged from a total time of 4-40 to cover a course which offered the daunting prospect of paying a \$75 dollar entry fee for the privilege of tackling a 1.5-mile swim, 50-mile cycle ride and a ten-mile run.

All in 90 degrees of heat and an 85 per cent humidity factor!

The qualities of a record-breaking long-distance cyclist came through when O'Donovan overhauled more than 300 rivals on the 50-mile two-wheel discipline. "It was then a case of getting to work on the run," he said.

On his overall impression of the event, the Irishman added: "It really is a different world in terms of financial backing and sponsorship - a completely different attitude to that which prevails in Britain. For starters, it is astonishing to think that they took in something like \$63,750 in entry money alone."

His Texas trip apart, O'Donovan looks back on the Scottish triathlon year as a significant milestone in the development of his protege Jacqui Shand.

"She has one helluva potential," is how the Irishman sums up the 21-year-old physical sciences BA graduate who destroyed the English challenge when winning the televised Home Countries women's international race at Dundee.

Third in the British women's championship just four days after winning an Aberdeen 10K, Jacqui has made such an impact on the national triathlon scene that she was named in the Great Britain team for last month's world championships in Australia.

But like Fleet Feet Triathlete clubmate O'Donovan, Jacqui had to turn down the offer on the basis that she could not afford the air fare down under.

Explained her coach: "The British Triathlon Association grant of £400 didn't really come anywhere near covering the cost of the trip."

"But I don't think Jacqui need worry too much. She's still very young in terms of the triathlon and, given time, will improve on what she has achieved during the past 18 months."

BACK IN THE RUNNING

FORMER Commonwealth Games gold medalist Ian Stewart could be set to resume his Scottish international career.

Stewart, the runner who set Meadowbank alight when winning the 5000m in a home 1-2 with Iain McCafferty way back in 1970, is being tipped to wear the dark blue when Scotland take on England, Wales, and Northern Ireland in the British Home Countries Veteran Cross Country international at Balgownie, Aberdeen, on November 3.

But the man the top vets will all have to beat is Luton-based Welshman Tony Simmons, winner of all three previous internationals.

Former Olympic steeplechaser Andy Holden is tipped to feature in the England line-up on a day when Colin Youngson (Aberdeen) and George Meredith (Victoria Park) look likely to supplement the Scottish challenge.



The first four in teams of six will count in the over-40, over-45 and over-50 categories. The first three from teams of four decide the over-60s. Tricia Calder (Edinburgh Southern) looks to be the best Scottish hope in the women's match which features teams of four - three to count - in the over-35, over-40 and over-50 categories.

The veteran international will be the feature of what promises to be a full day's cross country action as it will be followed by the annual Hydrasun meeting, hosted by Aberdeen AAC.

OFF FORM CLYNE

PITY those who stand and watch!

That is all Fraser Clyne could do as he watched long-time rival Nat Muir make one of his rare appearances on the North-east scene to win the Aberdeen Half Marathon in a sprint finish with Terry Mitchell.

Clyne, back on the injured list for the third time in a year, had hoped to use the half marathon

as a pointer to his fitness in the preparation for the Sacramento Marathon in December - at the same time picking up points in defence of his SAAA road running series title.

But it was the Shettleston Harrier who emerged with the win to almost guarantee that he will break Clyne's three-year monopoly of the national prize.

Inverclyde marathon winner Mitchell's efforts to shake off Muir were to no avail before the two runners entered the Chris Anderson Stadium together. And Muir simply waited his time before sprinting clear for victory in 67-56 - four seconds clear of his Fife rival.

Top triathlete and Highland Cross winner Ginny Pollard (FFT) made one of her rare road race appearances to take the women's prize with a stamina-packed finish that saw her come from seventh to first in the last half of the race. Ginny clocked 83-44 to edge out leading veteran Aileen Wilson (Dundee Hawkhill by 48 seconds).

The strength of veteran running in the North-east came through when over-40's filled two of the first three places in a record Nairn Half Marathon field.

And there was a taste of things to come in the Land O' Burns at Ayr when Graham Milne, the former Aberdeen runner now attached to the Moray Road Runners, held the challenge of Hereford's Ronald Watt to win in 70-38 - a margin of 13 seconds.

Milne's Moray clubmate George Sim was second vet in overall third sport in a time of 70-55 on a day when just 21 seconds separated the top four.

DIRECTIONS DISASTER

THE catalogue of disasters which have hit the North-east road racing circuit this year carried over to the Moray Road Runners' annual 10K in Elgin's Cooper Park.

There were echoes of events at the General Portfolio 10-mile race in Aberdeen when leader Stan Mackenzie (Inverness Harriers) was directed off course before eventually finishing third.

Unlike the Aberdeen run, first and second placed George Sim and Graham Burgess (Forres Harriers) reached the unanimous verdict that Mackenzie had held an unassailable lead at the time - and the Inverness runner was declared the official winner.

On-form Sim had the consolation of setting a new course over-40 record of 32-14 and featuring in a winning Moray Road Runners team which also included seventh place Ray Aitken and eleventh place Allan Stewart.

Aberdeen's Debbie Porter swept up yet another North-east women's prize with a course record 37-43, finishing one place up on clubmate Margaret Stafford who returned an over-35 record of 41-04.

RUSSELL SMITH

The Great Scottish Run, 1991

A FAIRY, American football players, kilted Scotsmen, a fair smattering of clowns, and Jimmy Saville. All were present and correct at the Diet Coke Great Scottish Run on Sunday, September 22, adding colour and spectacle to an otherwise drab and very wet day, writes Margaret Montgomery.

Too dreich, it emerged, for any records to be broken. Strong head winds kept the pace down, and when David Lewis crossed the finishing line in first place it was with a time of 71 seconds outside his personal best of 1-03-12. Not that this was liable to have bothered Lewis unduly. The former English national cross country champion has twice run and twice come second in the Great Scottish Run. This year's victory was a welcome change of fortune, and, it appeared, something of a surprise.

"After running a tough 10K in Brussels just a few days ago I expected to be tired," he commented after the race. "Actually I felt very relaxed and comfortable throughout."

The men's was a closely contested race, Lewis breaking from Kenyan Joseph Kipsang and Scotland's John Robson with just 350 metres to go.

"There was a slight incline at that point," said Lewis. "So I decided to make use of it and attempt burn the others off. I didn't want to leave it any later in case someone came with me."

The successful kick left Robson - who led for most of the race - a disappointed man. Adding insult to injury was the fact that he was passed in these final metres by not just Lewis but Kipsang too.

"It's a race I should have won but I just didn't have the pace," he commented. "Dave's been on

the track all summer and it showed."

In the women's race Scotland's Karen McLeod, attempting Olympic qualification in the marathon in Italy on October 27, came second, never really trying to make any impression on the winner and leader throughout, Andrea Wallace.

"I ran with Andrea's husband - I decided that was the next best thing," McLeod laughed. "I suppose I'm not particularly pleased with the time but it's not bad for the type of day."

McLeod's time of 74-22 was 73 seconds outside her personal best. The Skye born woman, who represented Scotland over 10,000 metres at the Auckland Commonwealth Games, said she was helped to the distinction of first Scottish woman home by the sound of the bagpipes wafting from the finishing line at Glasgow Green.

"They helped me to pick up my pace," she said. "I was just praying the rhythm didn't slow down before I crossed the finish."

Results:

Men: 1, D Lewis (Ross); 64-23; 2, J Kipsang (Kenya) 64-28; 3, J Robson (Roe) 64-29; 4, S Binns (Ann) 64-48; 5, I Uvizi (Czech) 65-24; 6, R Quinn (Kil) 65-36.

Women: 1, A Wallace (Tor) 71-25; 2, K McLeod (ESP) 74-22; 3, A Hulley-Payne (Leeds) 77-04.

A full set of results will follow in the results section of next month's magazine.

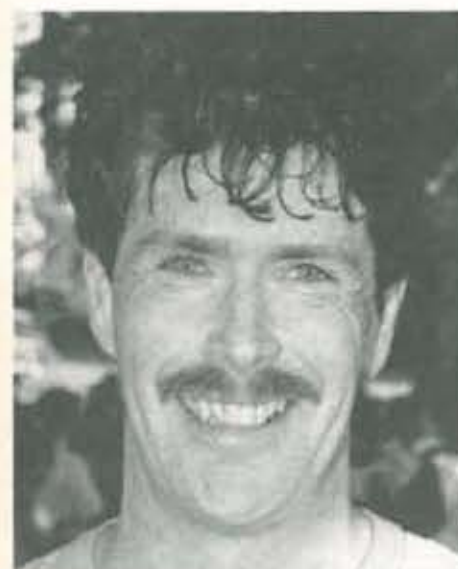
THERE were 5,602 competitors at the Diet Coke Great Scottish Run. Why were they running, and how did they perform? Scotland's Runner found out.



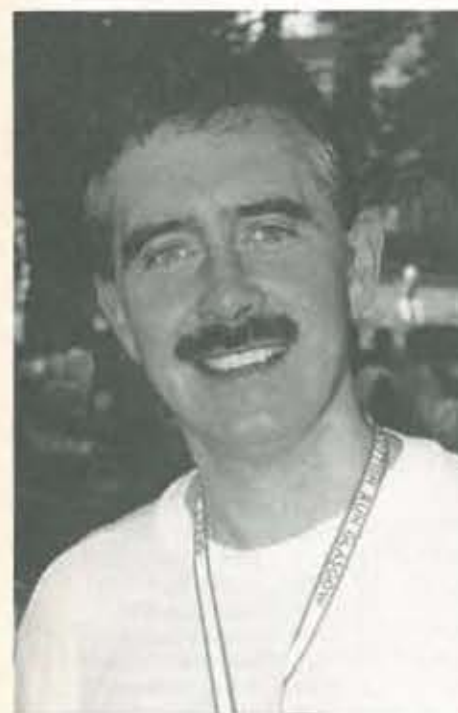
Name: Amrik Singh.
Club: Victoria Park.
Age: 60.
Occupation: Shop owner.
Home town: Glasgow.
Time taken to complete the course: 1-41-30.
Took up running: 1988.
Reason: "My friend Ajid persuaded me it was a good idea. Now I persuade him to run."



Name: Ajid Singh.
Club: Victoria Park.
Age: 60.
Occupation: Retired maths teacher.
Home town: Glasgow.
Time taken to complete course: 1-33-00.
Took up running: In 1953.
Reason: "At that time I was teaching in India. There was no public transport to and from school so I used to run the five miles there and back."



Name: Robert Martin.
Club: Unattached.
Age: 37.
Occupation: Inspector of aero-engines with Rolls Royce.
Home town: East Kilbride.
Time taken to complete course: 1-29-29.
Took up running: In 1983.
Reason: "I'm daft."



Name: Tom Martin.
Club: Unattached.
Age: 40.
Occupation: Purchasing manager with Volvo Trucks.
Home town: Ayr.
Time taken to complete course: 1-27-33.
Took up running: In 1984.
Reason: "The exercise is mentally therapeutic. When I train after work I go home to my family in a reasonably pleasant mood."



Name: Erica Christie.
Club: Unattached.
Age: 34.
Occupation: Fitness instructor.
Home town: Glasgow.
Time taken to complete course: 1-30-30.
Took up running: "Years ago. It's something I've always done - I was the first girl member of Victoria Park."

Reason: "It's a great way of keeping fit. I ran today because some of the male members of my class were running so I decided I'd have to keep up the female side."



Name: Joe Biggam.
Club: Maryhill Harriers.
Age: 37.
Occupation: Student at Springburn College.
Home town: Glasgow.
Time taken to complete the course: 1-19-08.
Took up running: In 1983.
Reason: "I wanted to run in the Glasgow Marathon."



Name: Philip Rose.
Club: Unattached.
Age: 39.
Occupation: Ticket examiner with British Rail.
Home town: Glasgow.
Time taken to complete the course: 1-35-30.
Took up running: In 1980.
Reason: "I was approaching 30 and unemployed. Running and keeping fit gave a boost to my self esteem."



Name: Rosalind Russell.
Club: Unattached.
Age: 33.
Occupation: Manager of "In the Pink" sportswear shop.
Home town: Glasgow.
Time taken to complete course: 1-43-00.
Took up running: In 1988.
Reason: "My main sport has always been cycling but I wanted to run in a marathon so I decided to give running a try. I still only run in the winter - throughout the summer I concentrate on cycling."



1991 Scottish Rankings

A LETTER published in this magazine in September suggests that these ranking lists may benefit from a little explanation regarding the timekeeping.

John Wands wrote in suggesting that it was unfair for times at the schools championships be rounded up to a tenth of a second and asked whether there were standard procedures to govern timekeeping.

Indeed there are, only automatic timing is acceptable to one hundredth of a second, all hand timing is rounded to tenths. In the lists that follow, automatic times only are listed up to 200 metres. In other races, times to one tenth of a second have been hand-timed.

The lists include results reported as at September 9, slightly early due to holidays. My thanks to those who sent in amendments. In the near future, top 20 lists for the year will be published.

I shall be grateful to hear from any athletes who feel they have performances worthy of inclusion which they feel may have gone unreported.

Arnold Black

Men

100m	
10.28	Elliot Bunney CPH
10.55w	Ewan Clark ESP (10.78)
10.69	Douglas Walker ESP-J
10.79w	x David Lawson CPH
10.85	Roddy Slater FVH-J
10.88w	James Watson Har
10.89w	Stephen Shanks Cam (10.8)
10.90	Jamie Henderson CPH (10.8)
10.91w	Murray King Ab
10.92	* Alan Doris
Hand:	
10.7w	Brian Ashburn Cam
10.8	David Clark RRC
10.8w	Colin MacRobert Cam-Y

200m	
21.28i	Elliot Bunney CPH (21.1)
21.30	David Clark RRC
21.65w	Douglas Walker ESP-J (21.6)
21.66w	Stephen Shanks Cam (21.6)
21.72i	Neil Turnbull CPH (21.9)
21.78	Ewan Clark ESP
21.88i	Jamie Henderson CPH
21.88w	Grant Hodges ESP
21.90	* Alan Doris
21.93	David Mulheron She (21.9w)
Hand:	
21.8	Colin MacRobert Cam-Y
21.8	Mark Davidson CPH

400m	
46.14	Brian Whittle Ayr
48.05	David Gilmour EK
48.09	Grant Hodges ESP
48.17	Mark Davidson CPH
48.22	Elliot Bunney CPH
48.4	David Mulheron She (48.47)
48.47	Malcolm McPhail Ayr
48.66	Allan Murray JWK
48.67i	George Fraser Sand
48.85	x Simon Leary CPH

800m	
1:44.20	Tom McKean BYM
1:46.48	Brian Whittle Ayr
1:48.29	David Strang Hgy
1:48.62	Kherodine Idessane CPH
1:49.42	Allan Murray JWK
1:49.57	Gary Brown RRC
1:49.9	Glen Stewart CBK
1:50.36	Brian Murray CPH
1:50.8	Larry Magleshot WGN
1:50.93	Nick Smith Shaf

1500m	
3:39.21	Tom Hanlon RRC
3:43.70	x Ian Hamer ESP
(3:56.19 mile)	
3:44.57	Ian Gillespie Birch
3:44.9	Rob Fitzsimmons Bel
3:45.0	Alastair Currie Dum
3:45.39	Tom McKean BYM
3:45.55	Larry Mangleshot WGN
3:45.8	Glen Stewart CBK
3:46.79	John MacKay She
3:46.8	x Peter McColgan DHH

5000m	
13:27.12	x Ian Hamer ESP
13:39.43	x John Sherban FVH
13:41.33	Paul Evans BLG
13:52.78	Callum Henderson CPH
13:53.49	Tom Hanlon RRC
14:06.0	Robert Quinn Kil
14:14.37	Ian Matheson TVH
14:17.2	Alaister Russell Law

14-19.5	Nigel Gemmell SOTON
14-21.29	Alastair Currie Dum

10000m	
28-35.61	x John Sherban FVH
28-56.69	Paul Evans BLG
29-40.1	John Robson RRC
29-45.92	Robert Quinn Kil
29-51.42	Chris Robison SV
29-58.25	Allan Puckrin CPH
30-03.38	Hamilton Cox GGH
30-05.38	Doug Runcieman Cam
30-18.53	A lastair Walker Tev
30-25.85	Mark Gormley Cam

3000m S/Chase	
8-12.58	Tom Hanlon RRC
8-27.93	x Peter McColgan DHH
8-49.3	Graeme Croll Cam
8-54.32	George Mathieson CPH
9-01.5	John Steel CPH
9-03.6	Ken Stirrat OU
9-08.11	Steven Wright Ab
9-11.01	Scott Burch Pit-J
9-11.4	Gordon Crawford RRC
9-11.6	John Pentecost FVH

110m Hurdles	
14.51	Neil Fraser ESP (14.5)
14.95	Duncan Mathieson CPH
14.97w	Graeme Smith ESP (14.99)
15.04	Paul Warrillow CPH
15.13	x Jonathan Franklin She
15.23	Fraser McGlynn She
15.52	Paul Allan Ab
15.62	William Wyllie FVH-J
15.66	Colin Hogg RRC
15.78	K Campbell CPH
Hand:	
15.4	David Barnetson Inv
15.5	Ian McGillivray ELAN
15.5	Jason Pender Kil

400m Hurdles	
51.50	Mark Davidson CPH
52.62	Malcolm McPhail Ayr
53.3	Mark Fulton W&B
54.14	Tom Nimmo ESP
54.6	x David Hitchcock CPH
54.8	Douglas Thom RRC
55.2	Rodger Harkins She
55.49	Alistair Taylor Inv
55.5	Peter Simpson Pit-J
55.5	Peter Campbell Stoke

High Jump	
2.28	Geoff Parsons BC
2.15	David Barnetson Inv
2.10	William Wyllie FVH-J
2.10	James Stoddart Bel
2.10	Stephen Ritchie Pit
2.05	Neil Robbie RRC
2.03	Duncan Mathieson CPH
2.01	Jason Allan Cly-J

2.00	x Andrew Edgar CPH
2.00	Alan Scobie ESP

Pole Vault	
4.61	Alex Greig FVH-J
4.50	Ian McKay ESP
4.40	David McLeod Bel
4.40	Martin Smith CPH
4.30	Andrew Buchanan Ald
4.30	Iain Black CPH
4.20	Michael Nicoll SOTON
4.20	William Wyllie FVH-J
4.10i	Adam Anderson Cam
4.10	Duncan Mathieson CPH

Long Jump	
7.59w	Duncan Mathieson CPH
(7.23)	
7.36w	Brian Ashburn Cam (6.82i)
7.21	William Wyllie FVH-J
7.01	John Scott ESP
6.92	Paul Allan Ab
6.91	Mark Craig Cam-J
6.88	Anthony Harrison She
6.87	Ian Paget VP-J
6.77w	David Barnetson Inv
6.74i	Richard Burnett ESP

Triple Jump	
14.53w	Rodger Harkins She (14.14)
14.48	Neil McMenemy Cen
14.32i	John Scott ESP
14.26w	Stuart Jamieson
14.18	Russell Brown CPH
14.02	Dinkar Sabnis AB-J
13.85	Ian Beattie Cly
13.72i	William Leung ESP
13.57	Melville Fowler Inv
13.50	John Brierley Newham

Shot Putt	
17.69	Stephen Whyte Lut
15.06	Rob Smith CPH
14.73	p Steve Aitken DHH
14.69	Graeme Stark Roth
14.35	Neil Mason ESP
14.28	Darrin Morris Pit
14.26	Mark MacDonald RRC
14.04	Russell Devine CPH
13.85	Alan Pettigrew She
13.82	Paul Allan Ab

Discus	
58.58	Darrin Morris Pit
50.78	Russell Devine CPH
47.36	Michael Jemi-Alade CPH
45.72	Steve Whyte Lut
43.96	Mark MacDonald RRC
43.52	Paul Allan Ab
42.78	Neil Elliot Hel
42.76	Bruce Shepherd Ab
42.44	Jamie Malcolm St Au
41.36	x Kengo Kobata ESP

Hammer

60.70	Steve Whyte Lut
60.28	Russell Devine CPH
55.18	Lawrie Nisbet RRC
54.68	Russell Payne Birch
53.48	David Allan Inv
51.82	Tom Campbell KO
51.68	Andrew Hall Hil
50.06	Alan Pettigrew Silie
50.04	Chris Edgar FVH-J
49.46	David Gisbey CPH

Javelin

61.52	Adam Whyte ESP
59.74	Stewart Maxwell Pit
59.64	Stewart McMillan ESP
57.82	George Dingwall She
56.10	Alex Black CPH
55.38	Ben Jump Ab
54.54	John Guthrie CPH
53.76	Scott Crawford FVH
52.96	Paul Allan Ab
51.66	Duncan Mathieson CPH
51.66	Rory Birbeck Hynd-J

Decathlon

7338	Duncan Mathieson Ab
7240	Paul Allan Ab
6404	Rory Birbeck Hynd-J
6192	David Barnetson Inv
6040	Allan Leiper Ald
6990	Alex Greig FVH-J
6945	William Wyllie FVH-J
6943	Iain Black CPH
6686	Adam Anderson Cam
5351	James Malcolm Mus

Women

100m	
11.67	Aileen McGillivray EWM
11.79w	Melanie Reef CG
11.94w	Morag Baxter CG
12.00	Ruth Girvan ESP
12.04w	Elaine Julian Ayr-I
12.13	Sinead Dudgeon ESP-I
12.22w	Linzie Kerr CG-I
12.35	Allison Watt CG-E
12.39	Karen Sutherland EWM-I
12.40w	Mhairi Marr Ste
Hand:	
11.9w	Louise Paterson Ab-I

200m	
23.80	Aileen McGillivray EWM
24.13	Ruth Girvan ESP
24.14w	Melanie Reef CG
24.37w	Gillian McIntyre CG
25.00	Morag Baxter CG (24.9)
25.02	Pat Divine ESP (24.9)
25.06w	Elaine Julian Ayr-I (25.0)
25.10w	Susan Carruthers Ayr-E
25.12	Emma Lindsay EWM-E
25.17w	Dawn Burden CG-E
Hand:	
24.9	Leigh Ferrier W&B-E

400m	
53.82	Gillian McIntyre CG
54.8	Pat Divine ESP
54.89i	Dawn Kitchen EWM
55.19	Angela Baxter CG
55.7	Susan Bevan ESS
55.7	Leigh Ferrier W&B-E
56.11	Dawn Burden CG-E
56.4	Mary Anderson ESP
56.56	Fiona Calder CG
56.64i	Gillian Docherty Kil

800m	
2-01.93	Susan Bevan ESS
2-03.6	Yvonne Murray ESP
2-07.1	* Rhona Makepeace
2-09.51	Janet Stewart CG
2-10.1	Karen Hutcheson BIHM
2-10.7	Carol Ann Gray ESP
2-11.2	Mary Anderson ESP
2-11.5	Isabel Linaker Pit-I
2-11.62	Alison Potts CG-I
2-11.66	Sheila Gollan Inv

1500m	
4-08.0	Liz McColgan DHH
4-12.97	Karen Hutcheson BIHM
4-14.2	* Rhona Makepeace
4-18.25	Yvonne Murray ESP
4-18.75	Susan Bevan ESS
4-19.83	Hayley Haining NV-E
4-27.66	Vicki McPherson CG
4-28.83	Carol Ann Gray ESP
4-28.92	Carol Anne Bartley CG
4-30.74i	Susan Crawford CG

3000m	
8-36.05	Yvonne Murray ESP
8-38.23	Liz McColgan DHH
9-02.22	Karen Hutcheson BIHM
9-04.68	* Rhona Makepeace
9-12.28	Hayley Haining NV-E
9-14.89	Annette Bell Line
9-22.39	Vicki McPherson CG
9-24.43	Lynne MacIntyre CG
9-29.20i	Susan Crawford CG
9-33.02i	Carol Anne Bartley CG

10000m	
30-57.07	Liz McColgan DHH
33-30.0	Annette Bell Line
33-46.1	Vicki Vaughan Pit
33-56.62	Karen McLeod ESP

100m Hurdles	
14.28	Lorna McCulloch Pit
14.43	* Claire Doris
14.43w	Sarah Richmond Pit-E
(14.2w)	
14.56w	Janice Ainslie EWM
15.13	Ruth Irving Wir-E
15.27	Gail Murchie Ab
15.58	Jennifer Sharp EWM-E (15.3)
15.69	Hazel Edgar NV
15.75	Beverly Ross DHH-E
Hand:	
14.7	Julie Vine Bou
15.2	Catherine Murphy CG-E

400m Hurdles	
61.33	Joanna Cadman Darl
61.48	Lorna Silver DHH-E
61.5	Gillian McIntyre CG
61.92	Suzanne Wood EWM-E
62.05	Hazel Edgar NV
62.1	Julie Vine Bou

62.5	Jane Low CG
62.96	Fiona Watt CG-E
63.96	Janet O'Neil CG-E
64.39	Emma Lindsay EWM

High Jump

1.80	Rhona Pinkerton CG
1.75	Karen Hambrook Ash
1.74	Wendy MacDonald Coa-E
1.73	Hazel Melvin Tro-E
1.71i	Linda Gordon CG-E
1.71i	Joanna Ross Kib-I
1.70	Lisa Brown LCG-I
1.67i	Jackie Gilchrist Pit
1.66i	Janice Ainslie EWM
1.65	Louise McMillan EWM-E
1.65	Nicola Murray CG
1.65	Beth Phillip Ab-E

Long Jump

6.08	Ruth Irving Wir-E
6.04	Karen Hambrook Ash
6.03w	Caroline Black EWM-E
5.92w	Janice Ainslie EWM
5.81	Fiona Allan Rudd-I
5.77w	Nicola Barr EWM
5.70w	Linda Davidson Ab
5.58w	Linzie Kerr CG-I
5.55	Julie Vine Bou
5.53	Mhairi Marr Stew

Triple Jump

12.81	Karen Hambrook Ash
11.93	Nicola Barr EWM
11.51	Linda Davidson Ab
11.24	Rhona Pinkerton CG
11.09	Mhairi Marr Ste
10.85	Jean Harvey Nith
10.84	Louise McMillan EWM
10.67	Janell Currie CG
10.62	Jeanette Phee Kil
10.60	Alison Grey ESP

Shot Putt

15.26	Alison Grey ESP-E
13.35	Mary Anderson ESP
13.10	Helen Cowe Ab
12.48	Alison Dutch EWM
12.01	Lynne Barnett PSII-E
11.45	Karen Hambrook Ash
11.34	Andrea Rhodie CG
11.25i	Claire Cameron CG
11.25i	Karen Savill ESP
11.11i	Tracy Shorts Kil-E

Discus	
46.84	Alison Grey ESP-E
46.56	Helen Cowe Ab
44.84	Karen Neary ESP
43.14	Susan Freebairn CG
42.38	Claire Cameron CG
41.72	x Hilda Markhus GVAC
88.86	Julie Robin Kil-J
88.18	Heather MacLeod Inv-E
37.94	Helen McCreadie Dum-I
35.56	Gillian Gibson Morp

Javelin

47.54	Karen Savill ESP
46.64	Janell Currie CG
45.84	Lorna Jackson Tay-E
44.66	Mary Anderson ESP
40.00	Isobel Donaldson Ald
39.70	Linda Low ESP
38.88	Diane Sutherland EWM
36.98	Margaret Kelly ESP
36.16	Nicola Sloan Hel-I
35.02	Fiona Gehring Ayr-E

Heptathlon

4413	Janice Ainslie EWM
4330	Evelyn Grant Pit-E
4125	Caroline Black EWM-E
4120	Alison Dutch EWM
3989	Louise McMillan EWM-E
3895	Elaine Donald Hel-E
3412	Shona Simpson Pet
3409	Elaine Quinn Law
3124	Lorraine Wakeham ESP

x ineligible to represent Scotland
 * currently competing/resident in Australia
 p turned professional
 i indoor
 w wind-assisted

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

Please include the date to which your time or distance refers, and also the event at which it was recorded.

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STUDENTS GET FRESH

THE university season begins again in October, writes Gordon Ritchie. The first athletics match is on Wednesday, October 30. This is the annual Freshers Championship.

The championship is designed to involve new students in the sport as early as possible. The match is low-key, with a "have-a-go" air.

Even more so than other university fixtures, this is essentially about having fun. Being early season, most athletes have no wish to compete in their own event, but there is great scope to experiment. Hopefully, the athletes will feel inclined to try a number of events, thus increasing their chances of being crowned Freshers champions at the end of the afternoon.

Despite the name, the meeting is not confined to first year athletes, and a number of senior students take the opportunity to test their fitness. Your reporter has even been known to come out of retirement to make a guest appearance at this meeting, but on present form the track will require to be reinforced to cope with the additional weight.

After this match, the student scene concentrates on road and cross country until February 12, at which time the Scottish Universities Indoor Championships will be held.

In previous years, the number of athletes supporting the championships has been disappointing, but some of the performances have been outstanding.

Ian Hamer, Jammie Henderson, Mel Neef, and Linsey MacDonald have all won titles in the past, while 1992 should see the likes of Nikki Barr and David Burden make their marks. John McFadyen and Glen Stewart should ensure that the middle distance events are competitive.

After the championships, the annual University Challenge will be held and the final indoor fixture of the winter will be the Appleton Trophy between Glasgow and Edinburgh.

The result of this match usually gives a good indication of the likely destination of the outdoor trophies, although St Andrews may disagree with that statement following their victory in the men's cup final in May.

BUSY YEAR AHEAD

THE following calendar of events was approved at the recent SSAA general committee meeting. If you have enquiries or questions, please phone Alex Jack during the day (0592 771700), or Linda Trotter in the evening (0592 755282).

1991

Saturday, November 16 - PRIMARY and secondary Road Relay Championships at Grangemouth Stadium.

Open to primary pupils born between 1.3.80 and 28.2.82 (ie. P6 and P7).

The date of birth for secondary pupils is under or over 15 years on September 1, 1992.

Teams consist of three runners. Primary pupils each run 1145 metres, secondary girls run 2237 metres, and secondary boys 2920 metres. Closing date for entry is Wednesday, November 6.

Saturday, December 14 - U/16 Indoor International, Kelvin Hall.

Entrants should be under 16 on 1.9.92.

England, Ireland, and probably Wales will travel to the Kelvin Hall. This event will incorporate a boys and girls pentathlon within the track and field programme.

1992

Friday, February 7 - SECONDARY Indoor Track and Field Championships, Kelvin Hall.

Entrants should be under or over 16 on 1.9.92.

Last year, there were no standards and the match took place in the afternoon, evening, and night! The numbers were overwhelming. In 1992, there will still be no standards in order to give any pupil with talent the chance to compete if their school sees fit, but this season the championships will start at 11 am.

Circular track events will take place at the same time as 60m events. Entry fees will be £2 per event for competitor.

Saturday, February 22 / Sunday March 1 - INDOOR Representative Match v SAAA v SWAAA v Scottish

Universities, Kelvin Hall.

The date for this match has yet to be decided but the SSAA team will be chosen after the Indoor Championships. The schools, especially the girls, have excelled themselves at this match in the past two years and it is another step for the older athletes in the transition from school to U/20 honours.

(Actual date depends on BAAB International at Kelvin Hall).

Saturday March 14 - SECONDARY Schools U/14, U/15, U/17, and O/17 Cross Country Championships, Irvine Beach Park.

It is almost impossible to think that the championships could be held anywhere other than this excellent venue. Following the championships, the team for the schools Four Countries International Cross Country Championships will be chosen at U/15 and U/17 level.

Saturday, April 4 - SIAB Cross Country International, Alness, Ross-shire.

All athletes will stay at Carbisdale Castle rather than being hosted with families: U/15 and U/17 boys and girls national teams of 8 from England, Ireland, Wales and Scotland will compete.

Saturday, April 18 - PRIMARY Schools Cross Country Championships for the fourth year at Kirkcaldy High School. Age groups - between 1.3.80 and 28.2.82 four races - boys and girls from each age group.

Saturday, June 13 - PENTATHLON Relay Championships at Grangemouth.

Pentathlon events: Boys: Hurdles, Long Jump, 200m, shot 1500m (U/15, U/17, O/17) Girls: Hurdles High Jump, Long Jump, shot, 800m, Relay: U/14, U/15, U/17, O/17 (on 1.9.92) plus the Primary Inter Area Relay Championships.

Saturday, June 20 - SECONDARY Boys Track and Field Championships, Grangemouth. Also, Secondary Girls' Track and Field Championships, Crownpoint. Entrants should be U/14, U/15, U/17, O/17 on 1/9/92 for both events.

Wednesday, June 24 - SECONDARY Track and Field Inter Area Championships - Grangemouth (U/15 + U/17).

Thursday, July 2 - EUROPEAN School Games - Caen (Normandy).

For athletes born in 1975 or after. The entry standards are very high, especially for boys - e.g. Javelin - 60m.

On 1991 results a team of 15 could potentially be entered, but travelling to Europe for an eight day stay is a very expensive business and the Association must weigh up the pros and cons of spending money on the best athletes, many of whom already have good international experience, or the grassroots athletes who would benefit from more coaching days or additional competition.

Wednesday July 15 - U/20 Track and Field International, Wales.

Following the successful initial competition at Brecon in July 1991, the association awaits an invitation from WAAA/WSAAA with the venue for the 1992 event.

The 1991 event was the first time the schools, the SWAAA, and the SAAA had produced a joint team for the purposes of international competition.

Saturday, July 18 - SIAB Track and Field International Portsmouth.

Pity the poor athlete who makes the cross-country team in Alness and also the track and field team in Portsmouth. It is probably the furthest apart the two Internationals have ever been.

This event is normally referred to as the British Schools Championships although Ireland competes as one team with the best from the North combining with the top U/17 athletes from the Irish Republic.

This however is not the only reason why Ireland are now challenging the English as top dogs in certain events.

Their Junior Coaching Clinics throughout the whole of Ireland are paying dividends.



JUNIOR PROFILE

NAME:	Julie Isobel Robin.
DATE OF BIRTH:	January 1, 1977.
SCHOOL:	Hermitage Academy.
ATHLETICS CLUB:	Helensburgh Amateur Athletic Club.
STARTED ATHLETICS:	October 1988 - when I started secondary school.
EVENTS:	Discus, and shot putt.
PERSONAL BESTS:	Shot, 12.04; discus, 38.92.
ENJOY MOST ABOUT THE SPORT:	Meeting people, and travelling.
LEAST ENJOY:	Training in bad weather.
AMBITION IN SPORT:	To compete in the 1994 Commonwealth Games.
HIGHLIGHTS SO FAR:	Winning the under-17 discus at the British Schools Championships in Wrexham, and winning both the shot and the discus at the WAAA Championships at Crystal Palace.
FAVOURITE STADIUM:	Crownpoint.
FAVOURITE ATHLETE:	Steve Backley.
FAVOURITE MUSIC:	Living Colour, and Jimmy Hendrix.
FAVOURITE ACTOR:	Tom Cruise.
FAVOURITE ACTRESS:	Julia Roberts.
OTHER HOBBIES:	Playing lead guitar in a (presently nameless) rock and roll band.
AIMS FOR THE FUTURE:	Apart from going to the Commonwealth Games I'd like to represent Great Britain sometime. I'd also like to do well in all my exams and study medicine.



August

3

Creagh Dubh 3 mile HR, Newtonmore - 1, J Wilkinson (Gala) 28-01; 2, W Rodgers (Loch) 29-28; 3, J Skennor (Unat) 29-43; 4, P Hughes (Loch) 30-23; 5, S McLeod (Unat) 30-45; 6, S Bennett (West) 30-46; 7, H Loder (HELP) 30-49; 8, S Brooks J1 (Loch) 30-51; 9, T Brant (Liv) 31-24; 10, T Healy (EdU) 31-36; 11, L Hope (Loch) 35-57; 12, J King (Un) 59-05; 13, S Kennedy (Kil).

4

Angus Munros 14 mile HR, Glen Doll - 1, D McGonigle (She) 2-40.21 (rec); 2, C Bain V1 (PSH) 2-43.23; 3, D Armistead V2 (Ab) 2-44.55; 4, J Coyle (Con) 2-49.51; 5, A Spenceley (Cam) 2-51.06; 6, N Bowman V3 (RM) 2-57.10; 7, P Ward (Pre) 3-04.06; 8, C Love V4 (DHH) 3-06.29; 9, R Campbell (Loch) 3-07.01; 10, G Brooks (Loch) 3-07.56; VO/50: 1, G Angus (DHH) 3-56.02; 2, G Snodden (For) 4-43.06; 11, J Farmer (Oct) 3-26.27; 12, F Findlay (LV1) (Unat) 3-57.20; 13, T Rospinger (LV2) (DRR) 4-13.37; 14, S King LV3 (Cly) 4-28.13; 15, M Small LV4 (Cly) 4-30.06.

Burnswork 6 mile HR, Ecclefechan - 1, J Ferguson (Dum) 36-46; 2, R Longmore (Ann) 38-36; 3, A Lee-Furlong (Kee) 39-24; 4, D Brown 39-41; 5, D McHale 40-00; 6, D Chadderton V1 40-21; 7, J Moffat 40-36; 8, A McKie V2 41-23; 9, D Burgess 42-07; 10, R Burns 42-29 (all Dumfries RC from 4 to 10 places) V3 K Patterson (Hogg) 43-31; 11, C Sharp (CG) 44-56; 12, S Gaunt (Holm) 54-00; 13, K Gaunt (PSH) 57-21. Team: 1, Dumfries RC 10pts.

Ord Hill Race, North Kessock - 1, G Laing (Inv) 30-13; 2, R Wilby V1 (HHR) 32-22; 3, D Bow V2 (Nai) 32-31; 4, G Whyte (Inv) 33-02; 5, R McKechnie (HHR) 34-22; 6, A Breen V3 (HHR) 35-11; 7, R Collins (HHR) 35-32; 8, D McLeod (Unat) 35-40; 9, J Hewitt (HHR) 35-45; 10, C Riach (Unat) 35-51; 11, L Fisher (Nai) 32nd 40-32; 12, J Norgate (Naim) 34th 42-24; 13, G Faulkner (Inv) 37th 42-48.

Junior 1.5 mile race: 1, S Galbraith (MBI) 8-59; 2, G Cumming (MBI); 3, A Findlayson L1 (Inv); 4, K Falkner (MBI).

7

North Berwick Law 3 mile HR - 1, J Wilkinson (Gala) 17-54; 2, P Dymoke (Liv) 17-55; 3, P Hyman (Liv) 19-03; 4, T Brant (Liv) 19-17; 5, J Lorimer (HELP) 19-23; 6, C Meek (Whit) 19-26; 7, R McGuinness (HELP) 19-43; 8, R Hogarth J1 (Clare) 19-56; 9, J Hampshire (HBT) 20-02; 10, R Hope (Gala) 20-08; V1, S Wallace 15th (HELP) 20-22; V2, A Lorimer 22nd (Dun) 21-35; V3, K Burns 23rd (Cam) 21-39; L1, J Robertson 43rd (Ayr) 22-57; L2, L Boyd 54th (Liv) 23-34; L3, G Adams 95th (Clev) 26-25; LV1, J Young 101st (Elven) 26-58.

10

Merrick 8 mile HR, Glen Trool - 1, I Wallace (HBT) 1-22-45; 2, G Marland (Ann) 1-28-28; 3, T McCulloch V1 (Ayr) 1-28-40; 4, R Longmore (Ann) 1-30-09; 5, D Brown (Stew) 1-30-45; 6, C Beadle (Holm) 1-34-01; 7, D Milligan V2 (Sol) 1-34-22; 8, W Hamilton (Stu) 1-36-05; VO/50 W Wood (Gala) 1-56-16; L1, L Longmore (Ann) 1-52-30.

11

Glen Trool Forest 10.5 mile HR - 1, I Wallace (HBT) 1-25-40 (rec); 2, R Brown (HBT) 1-27-14; 3, W Hamilton (Stu) 1-31-31; 4, R Bradley V1 (Holm) 1-33-01; 5, D Rosen (Lan) 1-34-00; 6, F Morgan (Holm) 1-34-54; 7, A Turner V2 (RR) 1-35-11; 8, C Beadle (Holm) 1-36-42; 9, G Howard V3 (Hk) 1-37-14; 10, R McCrae (Gall) 1-38-18; L1, E Brown (Gall) 1-47-38; L2, H Morton (Inv) 1-52-56; 10 mile Jog: 1, H Helton (Dun) 1-48-47; 2, M Rosen L1 (Lanc) 1-51-54; 3, A Goodall (Orr) 2-22-35.

14

Datehully 4.5 mile HR, Loggan Bridge - 1, J Wilkinson (Gala) 26-54 (rec); 2, P Hughes (Loch) 27-43; 3, D Bell (HELP) 27-49; 4, P James (Brist) 27-49; 5, J Brooks J1 (Loch) 27-57; 6, R Boswell (Loch) 29-09; 7, J Coyle (Cor) 29-14; 8, P Mowbray J2 (Fif) 29-16; 9, P Marshall V1 (HHR) 29-25; 10, S Burns J3 (Loch) 29-38; V2, E Butler (Ab) 11th 29-42; V3, W Gauld (Cam) 14th 30-39; L1, T Calder (ESP) 32-26; L2, L Hope (Loch) 37-15; L3, M Small (Cly) 41-41.

Mill Lum 6 mile Race, Kinghorn, Fife - 1, T Mitchell (Fif) 32-28 (rec); 2, A Eyre-Walker (HBT) 32-54; 3, M Coyne (Roe) 33-13; 4, N Martin (Fif) 33-18; 5, T Thomson (Cur) 33-27; 6, C Ross (DHH) 33-59; 7, P Mowbray J1 (Fif) 34-04; 8, D McAva (Cur) 34-12; 9, G Breen (Fif) 34-18; 10, I Moncur (DHH) 34-27; V1, A Duncan (Pit) 35-35; L1, J Robertson (Ayr) 39-32; local: 1, Mitchell (Fif) 35-52.

Wideford HR, Kirkwall, Orkney - 1, A Cook (Kirk) 33-29 (rec); 2, R Morris V1 (Carmethy) 34-45; 3, S Gray (Kirk) 34-56; 4, S Tait (Kirk) 35-24; 5, A Askew (Kirk) 35-31; 6, G Hareus (Kirk) 36-05; 7, S Walker (Tank) 37-01; 8, N Reid (Kirk) 37-25; 9, E Mathie (Kirk) 38-19; 10, I Cumrier (Kirk) 38-33; L1, D Leonard (Kirk) 43-27. Youth (15-17 years): 1, C Shearer (Kirk) 36-26.

Largo Law 5 mile HR, Fife - 1, D McGonigle (She) 28-57; 2, T Mitchell (Fif) 29-07; 3, I Wallace (HBT) 29-44; 4, N Martin (Fif) 30-22; 5, J Hampshire (HBT) 30-29; 6, G Breen (Fif) 30-50; 7, D Cassidy (Fif) 30-57; 8, A Spenceley (Cam) 30-58; 9, J Kirkland (DRR) 31-05; 10, S Bennett (West) 31-10; V1, N Bowman 12th (Loch) 32-06; V2, E Rennie 18th (Ab) 32-49; V3, R Nicholl (Fif) 33-04; L1, T Calder (ESP) 33-04; L2, J Palmer (Loch) 36-28; L3, J Robertson (Ayr) 36-45.

Arrochar Alps 13 miles HR, Arrochar - 1, R Boswell (Loch) 3-47-45; 2, R McIntyre (Hel) 3-53-15; 3, P Baxter (West) 3-57-45; 4, K Burns (V1) (Car) 4-05-22; 5, J Blair-Fish V2 (Car) 4-06-40; 6, B Brooks V3 (Loch) 4-10-16; 7, D O'Neill (Loch) 4-12-09; 8, D Armour V4 O/50 (Car) 4-14-45; 9, R Owen (Eyre) 4-16-30; 10, J Marsh (Tev) 4-17-25; 11, I Chrysal V5 O/50 (Loch) 4-18-10; 12, C Dixon (Car) 4-21-30; 13, I Hay V6 (HHR) 4-26-09; 14, W Gauld V7 O/50 (Car) 4-28-45; 15, C Menhennett L1 (Cly) 4-29-00; L2, K Bryan-Jones (Car) 5-19-50; L3, S Ilogue (Bro) 5-19-50; L4, S King (Cly) 5-57-47; L5, M Small LV1 (Cly) 6-25-15.

Donkey Brae 7 mile RR, A'dour (over 1,000 ran) - 1, A Eyre-Walker (HBT) 36-41; 2, W McNeill (Pit) 36-58; 3, C McLennan (ESP) 37-12; 4, J Evans (She) 37-55; 5, T Graham V1 (Fif) 38-09; 6, C Meek (Whit) 39-04; 7, G Breen (Fif) 39-07; 8, D Armour (Cly) 39-11; 9, J Taylor (Un) 39-23; 10, K Smith (Un) 39-25; V2, A Duncan (Pit) 40-00; V3, T Quigley (Fif) 42-00; VO/50: G Angus (DHH) 42-30; L1, D Everington (Liv) 47-15; L2, L Barclay (Pit) 49-45; L3, S Blair LV1 (Polm) 50-15; L4, H Oliver (Liv) 50-47; L5, T Thomson (Pit) 51-30; L6, A Nimmo (Un) 51-45.

Sri Chinmoy 1 mile RR, Edinburgh - 1, G Mathieson (CPH) 4-20; 2, M Steele (ESP) 4-24; 3, G Crawford (Roe) 4-26; 4, B Kirkwood (Roe) 4-28; 5, C Young (ESP) 4-29; 6, G Lightwood (ESP) 4-30; V1, B Howie (CPH) 4-53; L1, C A Gray (ESP) 4-57; L2, L McGibbon (ESP) 5-33; L3, S Cutler (Un) 5-35.

Caerkeillon 2.5 mile HR, Biliend, Edinburgh - 1, J Wilkinson (Gall) 12-42 (rec); 2, G Auckland (Liv) 13-16; 3, H Lorimer (HELP) 13-25; 4, D Granwald (Germany) 13-26; 5, P Hyman (Liv) 13-30; 6, S I Lignas (Lorn HR) 13-31; 7, A Spenceley (Cam) 13-32; 8, R Rodgers (New) 13-35; 9, J Brand (Liv) 13-43; 10, S Bennett (West) 13-44; V1, R Morris (Cam) 14-29; V2, S Balfour (Liv) 15-19; V3, B Howie (CPH) 15-33; L1, T Calder (ESP) 15-17; L2, J Robertson (West) 16-37; L3, K Hogg (Ren) 17-00; L4, A Calder (Liv) 18-07; L5, J Smith (Ren) 18-18; Boys: 1, H Hutchison (ESP) 13-52; 2, M Caravan (Ren) 15-06; 3, N Munro (Dun) 15-22; Girls: 1, D Campbell (ESP) 18-48; 2, G Balfour (EWM) 19-13; 3, J Coon (Bath) 20-28.

Great Wilderness Challenge 13 mile HR, Drumchark, Aulbrea - 1, S Axon (HBT) 1-15-23 (rec); 2, R Herries (HBT) 1-20-33; 3, P Baker (Birch) 1-24-03; 4, M Chambers (Inv) 1-24-34; 5, G Simpson (Met) 1-24-53; 6, K Prosser (Mor) 1-25-26; 7, K Munro (Stom) 1-27-06; 8, A Murchison (Una) 1-27-28; 9, A Kennedy (Loch) 1-27-55; 10, N Duthie (DRR) 1-30-25; V1, W Robertson (Mor) 1-31-55; V2, D Noble (SVHC) 1-33-21; V3, B Walker (Troon) 1-42-12; VO/50: 1, T Williamson (Una) 1-57-15; Team: 1, Hunters Bog Trotters; L1, F Thin (MBI) 1-31-18; L2, A Baker (Birch) 1-45-35; L3, K Green (DRR) 1-48-38.

Great Wilderness Challenge 25 mile HR, Corrie Hall, Dundonnell - 1, M Dean (FVO) 2-51-56; 2, B Preece (Ab) V1, 3-10-53; 3, J Aiken (HELP) 3-13-03; 4, P Wilson V2 (DRR) 3-15-48; 5, A Thin (Cai) 3-21-53; 6, K White (Amb) 3-23-15; 7, C Gilmour (Cur) 3-25-12; 8, J Carnuth (Kil) 3-26-16; 9, B Edridge (Cly) 3-27-59; 10, B Worth (FVO) 3-29-26. VO/50: W Gauld (Cam) 3-34-18 (rec); L1, C Menhennett (Cly) 3-46-19; L2, L Hope (Loch) 4-02-37; L3, F Findlay (Una) 4-18-50.

Monklands 1/2 Marathon, Coatbridge (240 ran) - 1, N Muir (She) 67-59 (rec); 2, M Grealley (Pit) 70-00; 3, G Tenney (Kil) 70-30; 4, W Weir (Moth) 71-06; 5, C Meek (Whi) 71-19; 6, C Youngson V1 (Ab) 71-22; 7, R Ronald (EK) 71-40; 8, J Brouckett (Moth) 72-39; 9, G Breen (Fif) 72-45; 10, W Higgins (FVH) 73-19; 11, M McHale V2 (Pit) 73-23; 12, D Fairweather V3 (Cam) 73-43; 13, B Robertson (Cam) 73-47; 14, A McLinden V4 (Ham) 74-45; 15, J Lausden (Fif) 75-01; 16, B McGarvey (Cam) 75-04; 17, A Duncan V5 (Pit) 75-13; 18, J McMorow (Moth) 75-37; 19, R Mantle (mury) 75-39; 20, J Holden V6 (Fif) 75-45; VO/50: T Ramage (Law) 49th 82-41; VO/55: A Brown (Moth) 26th 76-58; VO/60: W Stoddart (GWH) 29th 77-19; 11, R McAleese LV1 (SVHC) 51st 1-23-45; L2, A Donnelly (CG) 109th 1-31-49; L3, G Craig (Sto) 111th 1-32-00; L4, R Gardner (CG) 124th 1-34-03; L5, M McLean (Por) 140th 1-35-45; L6, J Barker (Un) 183rd 1-45-05.

Strathclyde Runners 1/2 Marathon Champs, Coatbridge - 1, R Ronald (EK) 71-40; 2, J Brouckett (Moth) 72-39; 3, E Melvon V1 (Police) 76-29; V2, J McMillan (Police). L1, A Donnelly (Glas) 1-31-49; L2, R Gardner (Glas) 1-34-03.

Driftwood 1/2 Marathon - 1, A Robson (Roe) 65-57; 2, K Chapman (HELP) 68-12; 3, J Ross (HELP) 68-56; 4, L Atkinson (Aln) 68-59; 5, R Hall (Tev) 69-27; 6, D Robertson (Sal) 70-01; 7, D Barr (Un) 70-05; 8, N Maltman (Tev) 70-17; 9, L Alcom (Aln) 71-51; 10, D Mara (Un) 72-04; 11, A Fair (Tev) 72-19; 12, R Hall (V1) (Blyth)

72-55; 13, J Baird (HELP) 73-09; 14, S Wallace V2 (HELP) 73-52; 15, N Renton (Gala) 74-49; V3, M Taylor (Un) 18th 77-40; L1, T Calder (ESP) 8-16; L2, G Beadle (Un) 1-20-24; L3, A Thomson (A C Eye) 1-31-46.

Moray Festival of Running, Elgin - 10K: 1, C Hall (DHH) 30-28; 2, G Milne V1 (Mor) 32-58; 3, C McIntyre (FRC) 33-07; 4, S Wynn (Ab) 33-38; 5, N Miovosorov (Met) 34-02; 6, S Forbes (Met) 34-25. Teams: 1, Aberdeen Metro; L1, J Wilson (Inv) 38-04; L2, D Porter (Ab) 38-42; L3, M Robertson LV1 (DRR) 40-25; Team: 1, Moray Sports Medical.

1/2 Marathon: 1, B Chinnick (For) 67-59; 2, R Taylor (Met) 69-27; 3, A McLennan (ESP) 69-32; 4, G Sim V1 (Mor) 69-53; 5, S Willox (Met) 73-47; 6, M Wright (Mor) 74-12; Team: 1, Aberdeen Metro L1, L Davidson (Mor) 1-35-36; L2, J Norgate (Nai) 1-38-32; L3, L Gray LV1 (Inv) 1-40-02; Team: 1, MRR.

Marathon: 1, R Kinton (mil) 2-38-18; 2, D Ritchie V1 (For) 2-46-13; 3, M Francis (For) 2-50-29; 4, D Tann (100 club) 2-53-15; 5, R MacDonald (FRC) 2-55-32; 6, A Chasles (Un) 2-57-38. Team: 1, Forres H; L1, F Nicolson (For) 3-44-09; L2, S Cluley (For) 3-48-37; L3, P Kerr (S'haven).

Ballater 10 mile RR - 1, D Beattie (DHH) 54-43; 2, B Anderson (DRR) 58-54; 3, E Butler V1 (Ab) 59-11; 4, F Duguid V2 (Ab) 59-22; 5, D Stephen (Un) 59-45; 6, J Thom (Met) 59-57; 7, R Whiteley (Bing) 60-27; 8, G Smith (Ab) 60-45; 9, R Martin (For) 61-26; 10, M Collingboome (Un) 61-58; VO/50: E Fair (DRR) 63-00; L1, S Hales (DHH) 64-13; L2, L Trahan (GRR) 74-13; L3, L Colman (GRR) 74-54; LV1, K Butler (Ab) 76-36; LVO/45: 1, M Dowell (AF) 1-47-04.

Corrie Capers 56 mile RRR, Arran - 1, Ayr 5-09-08; 2, Kilsbarchan 5-15-26; 3, Irvine Cable 5-20-31; 4, HBT Women 1, Ayr. Fastest laps: North, Stage 1: 1, A Douglas (VP) 47-45; Stage 2: 1, Stuel (C' Glen) 42-09; Stage 3: R Quinn (Kil) 45-21; South, Stage 1: 1, S Gibson (HBT) 52-12; Stage 2: A Stewart (Ayr) 56-39; Stage 3: B Craig (Inv) 53-43.

Greenock Glenpark 10K, Greenock - 1, S Gibson (HBT) 30-28; 2, E McKee (SpV) 31-24; 3, G Gaffney (GWH) 31-29; 4, C Spence V1 (SV) 31-52.1, K McCallum (EWM) 38-27; L2, C Gibson (SV) 41-03; Team: 1, IBM Spango Valley 15pts.

Roevin 10K RR, Beach Esplanade, Aberdeen (527 ran) - 1, C Hall (DHH) 30-53; 2, A Reid (Pet) 30-53; 3, S Wright (Ab) 31-21; 4, C Farquharson (HBT) 31-37; 5, R Taylor (Met) 31-40; 6, G Sim V1 (Mor) 31-46; 7, R Bell (DHH) 32-01; 8, C McIntyre (FRC) 32-28; 9, R Herries (HBT) 32-41; 10, K Craig (FFT) 32-46; 11, D Ball (HBT) 32-55; 12, S Wynn (Ab) 33-01; 13, S Willox (Met) 33-17; 14, R Gatenby (Coast) 33-22; 15, R Aiken (Mor) 33-31; 16, N Milosvorov (Met) 33-34; 17, A Stewart (Mor) 33-36; 18, I Hornby (DHH) 33-41; 19, A Neaves (Met) 33-47; 20, I Taylor (Un) 33-57; VO/45: D Grubb (Ab) 34-57; L1, J Shand (FFT) 37-32; L2, D Porter (Ab) 38-05; L3, C Schmidt (Leipzig) 38-22; L4, S Latham (Ab) 38-38; L5, K Rice (Ab) 39-04; L6, V Fyall (DRR) 39-11; L7, J Grams (Ab) 39-36; L8, J Robertson (DRR) 39-47; L9, M Robertson LV1 (DRR) 40-02; L10, M Stafford LV2 (Ab) 41-00; 11, D Gernison LV3 (Ab) 41-06.

Scottish Vets 10K, RR, Lochinch, Glasgow - 1, T Graham (Fif) 32-47; 2, A Adams (O/45) (Dum) 33-07; 3, D Lang (Cam) 33-39; 4, J McMillan (O/45) (Kil) 33-51; 5, T Wiseman (VP) 33-58; 6, P Cartwright (O/45) (FVH) 34-22; 7, R Young (Cly) 34-38; 8, F Wright (Sp) 34-41; 9, A Brown (O/55) (Moth) 35-07; 10, W Stoddart (O/60) (GWH) 35-18; VO/50: J Gormley (Gara) 36-53; L1, S White (Ayr)

38-17; L2, J Byng (O/45) (Inv) 40-12; L3, K Chapman (GN) 40-55; L4, D Monteith (SVHC) 41-47; L5, A Richards (GN) 43-13.

Nethy Bridge 10 mile RR - 1, G Fairley (Nai) 53-44; 2, J Skennor (Un) 55-27; 3, D Bow V1 (Nai) 56-26; 4, G Mitchell V2 (Inv) 56-32; 5, P Garner (Inv) 56-32; 6, R Aiken (Mor) 57-28; 7, R McDonald (Inv) 61-19; 8, A Harrold (Un) 62-27; 9, A McDonald (Un) 62-30; 10, P Fletcher (Inv) 62-57; L1, L McKenna (Aviemore) 70-30.

Inverclyde Festival of Running Greenock Marathon - 1, T Mitchell (Fif) 2-24-50; 2, J Stephens (LF) 2-27-10; 3, C McDougall V1 (C' Glen) 2-35-51; 4, D Fairweather V2 (Law) 2-38-14; 5, P Block (Dun) 2-41-34; 6, B Howie V3 (CPH) 2-44-39; 7, J Carnuth (Kil) 2-45-46; 8, W Broton V4 (Moth) 2-46-43; 9, D Buchanan (She) 2-47-04; 10, A McDonald V5 (KO) 2-47-29; 11, W Higgins (FVH) 2-48-32; 12, L Hill (Dun) 2-48-46; 13, J McMorow V6 (Moth) 2-49-53; 16, A Shodden V9 (Inv) 2-50-03; 17, E Masson L1 (Kil) 2-50-12; 18, M Dunn (GGH) 2-56-50; 19, J Carnuth V10 (GGH) 2-56-51; 20, D Fletcher (Kin) 2-56-54; 21, I Beattie (Troon) 2-59-00; 22, S Eaglesham (Str FB) 3-01-30; 23, J Harvey L2 (CG) 3-03-19; 24, R Martin V11 (SV) 3-03-40; 25, C Bradshaw (She) 3-04-04; L3, M Blaikie (SV) 30th 3-07-39; L4, E O'Brien (GGH) 33rd 3-11-29. Teams: 1, GGH 69pts; 2, SV 90.

SAAA National Marathon Champs - 1, T Mitchell (Fif); 2, J Stephens (J.F); 3, C McDougall (C' Glen). SWAAA National Marathon Champs - 1, E Masson (Kil); 2, J Harvey (CG); 3, M Blaikie (SV).

General Portfolio 10 mile RR, Aberdeen - 1, D Beattie (Ab) 51-25; 2, F Clyne (Ab) 51-25; 3, R Bell (DHH) 52-02; 4, A Reid (Pet) 52-19; 5, P McCavana (DHH) 52-50; 6, B Pattison (DHH) 53-01; 7, C Youngson V1 (Ab) 53-37; 8, D Knight (PSH) 53-47; 9, C McIntyre (FRC) 54-03; 10, W Adams V2 (Ab) 54-13; 11, S Wynn (Ab) 54-48; 12, A Stewart (Met) 55-41; 13, S Willox (Met) 55-55; 14, J Stewart (Met) 56-11; 15, B Moroney (Met) 56-25; 16, D Gunn (Met) 56-28; 17, B Anderson (DRR) 56-30; 18, S Forbes (Met) 56-31; 19, A Neaves (Met) 56-37; 20, J Kirkland (DRR) 57-00; V3, G Milne (Mor) 57-42; V4, F Duguid (FF) 57-50; V5, S Hastie (Pet) 57-52; VO/45: J Lausden (Un) 60-59; VO/50: A Allan (Ab) 62-18; L1, S Hales (DHH) 61-44; L2, D Porter (Ab) 62-39; L3, I McBeath (maid) 64-26; L4, G Hanlon LV1 (DRR) 66-51; L5, N McKinnon LV2 (Ab) 73-42; L6, L Trahan (GRR) 74-03; L7, N Lomier LV3 (Un) 74-12.

Haddington Reebok 1/2 Marathon - 1, K Chapman (HELP) 69-44; 2, D Foy (W&B) 70-50; 3, G Gilhoolie (Liv) 72-00; 4, R Frew (Lass) 72-21; 5, A Robertson (Cam) 73-50; 6, S Wylie (Cam) 74-16; 7, A McLinden (V1) (Ham) 74-30; 8, C Smith V2 (ESP) 74-41; 9, S Wallace V3 (HELP) 75-41; 10, D McGuinness (HELP) 76-35; 11, C Meek (Whi) 77-30; 12, J Martin (Un) 77-37; 13, C Northam V4 (Liv) 78-36; 14, I Mustard (HELP) 78-41; 15, P Gladhill (Barns) 79-44; Team: 1, Haddington 20pts; L1, E McBrinn (She) 1-21-42; L2, J Robertson (Ayr) 1-23-51; L3, R McAleese LV1 (SVHC) 1-25-35; L4, T Thomson (Pit) 1-36-36; L5, A Dulek LV2

(Ann) 35-23; 5, D Paterson (Un) 35-57; 6, J Buchanan V1 (Ann) 36-08; 7, I Black (Dum) 36-30; 8, I Turner V2 (Sol) 36-40; 9, G Thompson V3 (Dum) 37-48; 10, D Magee (Un) 37-59; L1, D Turner LV1 (Sol) 43-18; L2, S McPherson LV2 (Dum) 43-43; L3, N Lockie LV3 (Un) 45-36.

Two Bridges 36 1/4 mile RR, Rosyth - 1, A Stirling V1 (BRC) 3-41-04; 2, D Ritchie V2 (For) 3-41-28; 3, M McHale V3 (Pit) 3-44-36; 4, G Williams V4 (Club) 4-47-37; 5, T Lemergham V5 (Wig) 3-55-29; 6, B Lloyd V6 (Wig) 3-56-08; 7, S Lund (Un) 3-56-26; 8, G Woodward V7 (Lean) 3-59-06; 9, I Mitchell (Pit) 4-03-45; 10, T Dolan V8 (Cam) 4-07-12; 11, B Emmerson VO/50 (Lean) 4-07-12; Team: 1, Wigan 25pts; 2, Pitreavie 30; 3, Tipton 64; L1, H Johnson 21st (BRC) 4-32-01; L2, C Hunter-Rowe 25th (P&B) 4-33-58; L3, R Young 41st (Serp) 4-57-34.

Mid Argyll 9,000 metres RR, Lochgilphead - 1, A Adams (VP) 26-51 (rec); 2, D Armour (Cly) 26-59; 3, P Block (Dun) 27-02; 4, M Rigby (West) 27-31; 5, D Campbell (Kintyre) 28-26; 6, B McGuinness (GGH) 28-30; V1, B Campbell (Ham) 29-32; V2, D Guy (GGH) 29-56; V3, D McNeill (GGH) 30-25; J1, J Healey (W&B) 30-14; J2, D McArthur (M Arg) 30-31; J3, P Dennis (Hel) 31-11; L1, A Stewart (KO) 35-18; L2, E Scott (CG) 37-04; L3, C Thompson J1 (M A) 37-45; LV1, L Leitch (Rod) 38-02; LV2, L McIlwraith (Hel) 42-00; LV3, M Shields (Hel) 42-16. Team: Ment: 1, Cur; Women: 1, MA.

King 8th (Inv) 49-14; VO/50: W Speck 23rd (Inv) 55-18; L1, M McGill LV1 (Inv) 29th 58-11; LV1 S Low (SVHC) 64-38.

26

JWK Festival 10K RR, Kilmarnock -

1, C Thomson (Cam) 31-05 (rec); 2, S Wyllie (Cam) 31-46; 3, B Richardson (Inv) 31-58; 4, A Stewart (Ayr) 32-02; 5, S Quinn (Ree) 32-17; 6, C Soutar (Un) 32-31; 7, B Craig (Inv) 32-32; 8, S Stear (Ayr) 32-39; 9, C Miller (Inv) 32-42; 10, L Baker (Ayr) 32-46; V1, D Logue (Ayr) 33-02; V2, M Ferguson (JWK) 34-28; V3, M McPherson (Dum) 34-50; V4, I Drummond (JWK) 35-34; V5, D Chadderton (Dum) 35-39; V6, D Ward (Ayr) 35-52. Teams: 1, Irvine Cable 19pts; 2, Ayr 22; L1, C A Bartley (CG) 36-10; L2, D Rutherford (JWK) 36-47; L3, L Cairns (JWK) 38-40; L4, C Sharp LV1 (CG) 40-04; L5, H Morton (Inv) 40-35; L6, L McGarry LV2 (Inv) 42-50; LV3, M Robertson (Troon) 46-53.

27

Ceres 8 mile RR, Ceres, Fife + 250 ran - 1, R Bell (DHB) 41-36; 2, D McNicol (Fife) 42-33; 3, D McAm (FVH) 42-40; 4, C Ross (H'gate) 43-00; 5, I Taylor (Pit) 43-22; 6, T Martin (Fif) 43-23 (1st local); 7, P Simpson (Pit) 43-26; 8, I Honyby (DHB) 43-55; 9, A Duncan V1 (Pit) 45-39; 10, D Hamilton (DHB) 44-33; V2, C Brown 54th (Fif) 49-15; L3, M McLaren 83rd (Fif) 51-22.

28

Gargumock Gauntlet RR, Near Stirling - 1, M Rigby (West) 24-48 (record); 2, P Hyman (Liv) 25-21; 3, H Lorimer (HBLP) 25-31; 4, S Bennett (West) 25-37; 5, G Guckland (Liv) 25-47; 6, I Wallace (HBT) 25-49; 7, R Hope (Gala) 26-20; 8, P Bonner (Clyd) 26-24; 9, R Morris LJ (Cam) 26-28; 10, C Eades (Liv) 26-35; V2, J Watson (Liv) 29-27; J1, E Lorimer (Duns) 30-43; L1, J Robertson (West) 31-05 (rec); L2, H Diamantides (Amb) 32-10; L3, D Campbell (Liv) 35-15; LV1, M Small (Cly) 37-11.

31

Glenashdale 9 mile RR, Isle of Arran - 1, D McCrorie (Ayr) 55-04; 2, G Alstopp (Ayr) 56-53; 3, C Turbot (Ayr) 57-31; V1, J Conaghan (SV) 61-05; V2, B Walker (U) 65-05; L1, Thomson (Ayr) 1-11-18; Thomson (Ayr) 1-13-19; L3, P Fitzgerald (Eis) 1-14-00.

Carlisle 10 mile RR -

1, J Robson (Ree) 50-08; 2, W Nelson (Law) 52-26; 3, G Crawford (Sp) 54-32; 4, M Coyne (Ree) 54-42; 5, D McGonigle (She) 55-06; 6, A Robertson (Cam) 55-53; 7, A McLinden V1 (Ham) 57-19; 8, F Connor V2 (Cam) 57-46; 9, C Martin V3 (Dum) 57-56; 10, B Howie V4 (CPH) 58-11; V5, P Smith (Cam) 59-39; V6, J Harper (Spr) 61-14; L1, M McKenzie (Bord) 68-06; L2, J Byng LV1 (Inv) 72-55; L3, M Gummell (S'Kelvin) 74-36; L4, A Richards LV2 (GN) 75-26.

151/2 mile RR, Inverness to Drumadrochil G Laing (Inv) 1-25-58; 2, S McKenzie (Inv) 1-28-21; 3, B Maher V1 (HBT) 1-38-39; 4, C MacDonald (Inv) 1-39-33; 5, J Orman (Ca) V2 1-40-20; 6, A McDonald V3 (Forr) 1-40-49; 7, I Brown (U) 1-41-19; 8, R Milne (Forr) 1-43-12; 9, G Bruce (MBI) 1-43-13; 10, K Baxter (HXI) 1-49-50. Team: 1, Inverness 7pts; L1, H Stewart (Cly) 1-54-25.

Achmony HR, Drumadrochil - 1, D Runciman (Loch) 21-22; 2, W Rodgers (Loch) 21-44; 3, D Rodgers (Loch) 22-31; 4, P Hughes (Loch) 22-31; 5, S Burns J1 (Loch) 23-05; 6, R Boswell (Loch) 23-08; 7, R Herries (HBT) 23-28; 8, J Brooks J2 (Loch) 23-46; 9, E Rennie V1 (Ab) 23-56; 10, I Wallace (HBT)



August

2/3

Womens International Match, Ostrava, Czech - Scots: 100: 1, A McGilivray 11.77; 8, M Neef 12.25; 200: 7, P Devine 25.08; 400: 6, P Devine 55.39; 8, D Sturden 57.90; 800: 3, S Bevan 2-05.49; 8, J Stewart 2-13.99; 1500: 2, K Hutchison 4-17.05; 8, C A Bartley 4-32.29; 3000: 8, C A Bartley 9-56.74; 100H: 5, L McCulloch 14.45; 400H: 4, J Cadman 61.78; 7, S Wood 65.37; 4 x 100R: 4, Scotland 46.66; 4 x 400 R: 4, Scotland 4-43.4; HJ: 5, R Pinkerton 1.75m; 7, K Hambrick 1.65m; LJ: 3, K Hambrick 6.04m; 7, C Black 5.76m; SP: 6, H Cowe 12.97m; 8, K Neary 10.44m; DT: 6, H Cowe 42.04m; 8, K Neary 38.58m; JT: 7, J Currie 37.84; 8, K Savill 37.72m.

7

Falkirk OGM, Grangemouth - 800: 1, G Graham (VP) 1-52.1; 2, P McDevitt (Bel) 1-52.3; 3, T Nimmo (ESP) 1-52.4; 4, M Fallows (ESP) 1-52.8; 5, B Murray (CPH) 1-53.6; 6, A Kinghorn (ESP) 1-54.0; 7, D Arnot (Pit) 1-54.0; ... 9, Y Murray (ESP) 1-54.0; 10, A Callon (Sp) 1-54.4; 2, G Mathieson (CPH) 8-16.2; 3, K Rankin (FVH) 8-18.1; 4, T Murray (GGH) 8-19.6; 5, J Orr (Cam) 8-20.7; 6, M Gormley (Cam) 8-20.9; 7, C Thomson (Cam) 8-23.8; 8, W Coyle (She) 8-25.7; 9, S Burch (Pit) 8-28.4; 10, W Nelson (Law) 8-29.3; 11, G Croll (Cam) 8-30.3; 12, M McQuaid (FVH) 8-30.7; 13, M Strachan (DHB) 8-31.5; 14, D Cameron (She) 8-33.3; 15, G Crawford (Ree) 8-35.3. Youths: 800: 1, C Young (CAC) 1-55.0; 2, D Roache (VP) 1-59.0. Women: 200: 1, M Baxter (CG) 24.9; 2, P Devine (EWM) 24.9; 800: 1, C A Grey (ESP) 2-12.6.

9

Octavians Relay Meeting, Meadowbank - Men SAAA 1600 metres Medley Relay Champs: 1, ESP 3-29.2 (T Nimmo, G Hodges, D Walker, G Newlands); 2, ESP B 3-34.4 (A Kinghorn, N Fraser, S Shaw, M Fairweather); 3, She 3-35.4; 4, VP 3-36.9; 5, Ayr 3-37.2. Men: 4 x 100: 1, ESP 42.2; 2, Ayr 42.7; 3, Pit 44.2; Youths: 4 x 100: 1, Pit 44.9; 2, Ayr 45.9; 3, Lasswade 48.2; 4 x 400: 1, Ayr 3-33.7; 2, CPH 3-36.3; 3, Clydesdale 3-38.0.

Sen Boys: 4 x 100: 1, Ayr 48.4; 2, ESP 48.6; 3, Pit 48.9; 4 x 800: 1, VP 9-04.6; 2, Lasswade 9-09.8; 3, Clydesdale 9-25.6. Jun Boys: 4 x 100: 1, Ayr 54.5; 2, Airdrie 56.0; 3, Liv 56.8; 4 x 800: 1, Pit 10-19.4; 2, Liv 10-21.8; 3, Ayr 10-35.0.

Women Sen: 4 x 100: 1, EWM 50.1; 2, EWM B 50.2; 3, Fife 50.9; 4 x 400: 1, ESP 3-53.0; 2, EWM 3-54.6; 3, EWM B 4-11.5. Jun: 4 x 100: 1, EWM 53.1; 2, Aber 53.7; 3, Pit 53.8; 4 x 200: 1, Ayr 1-50.4; 2, Aber 1-54.1; 3, ESP 1-54.3.

Girls: 4 x 100: 1, EWM 57.3; 2, EWM B 57.5; 3, KO 58.1; 4 x 200: 1, KO 2-01.4; 2, VP 2-03.3; 3, EWM 2-03.6; 3 x 800: 1, Pit 8-14.4; 2, EWM 8-17.5; 3, Lasswade 8-17.5.

10

Woolworths SYAL Final, Crownpoint - 1, Ayr 800pts; 2, Inverness 1759; 3, BI 748; 4, CH 645; 5, Ab 626; 6, Pit 586; 7, She 577; 8, VP 497. Youths: 100: 1, C McRobert (Cam) 11.2; 2, S Moir (Ayr) 11.5; 3, D Colville (Pit) 11.5;

100H: 1, I Mackie (Pit) 11.5; 200: 1, C McRobert (Cam) 21.8 (eq league record); 2, S Moir (Ayr) 22.4; 3, D Colville (Pit) 22.4. 200 (Ab) 1, G Adams (Ayr) 23.1; 400: 1, C Wilson (Ab) 52.5; 2, J Ferguson (Ayr) 53.7; 3, C Stewart (She) 53.9; 400H: 1, D Harris (Ayr) 54.0; 800: 1, C Humphrey (VP) 2-03.5; 2, C Clelland (Cam) 2-04.4; 3, B Middleton (Ab) 2-04.4; 800H: 1, G McDonald (Cam) 2-05.1; 1500: 1, G Willis (Ayr) 4-12.5; 2, C Clelland (Cam) 4-23.6; 3, C Steele (VP) 4-25.1; 1500H: 1, P Allan (Ayr) 4-24.2; 100H: 1, B Smith (Inv) 13.6; 2, G Adams (Ayr) 13.8; 3, S Dillon (BI) 14.3; 100H B: 1, P Knapp (Ayr) 14.7; 200 s/c: 1, G Willis (Ayr) 6-06.5; 2, S Mackay (Inv) 6-35.4; 3, D Watt (VP) 6-41.4; 200 s/c B: 1, P Allan (Ayr) 6-37.0; 2, M MacKenzie (Inv) 6-39.3; 4 x 100 R: 1, Ayr 46.2; 2, Pit B 3, BI 47.1; 4 x 400R: 1, Ab 3-40.5; 2, Ayr 3-41.7; 3, Inv 3-48.3; HJ: 1, G Woods (Cam) 1.90m; 2, M McDougall (Inv) 1.80m; 3, S McKinley (Pit) 1.80m; HJ: B: 1, C Ferri (She) 1.55m; PV: 1, K Kemio (Inv) 2.70m; 2, S Dillon (BI) 2.20m; 3, D Wood (Pit) 2.10m; TJ: 1, S Milne (BI) 12.60m; 2, P Taylor (VP) 12.54m; 3, C Campbell (Inv) 12.26m; TJ: 1, S Dillon (BI) 12.16m; SP: 1, A McKenzie (Inv) 13.37m; 2, C Joiner (Pit) 11.90m; 3, D Ross (BI) 11.06m; SPB: 1, I Gordon (Inv) 10.22m; DT: 1, A McKenzie (Inv) 33.94m; 2, C Joiner (Pit) 33.00m; 3, D Ross (BI) 31.84m; DT B: 1, K Bertram (Inv) 30.48m; JT: 1, S Clarke (BI) 42.56m; 2, G Willis (Ayr) 40.68m; 3, S Lee (Inv) 38.94m; JT B: 1, K Kemio (Inv) 36.78m.

Sen Boys: 100: 1, J Kerr (Ayr) 11.4; 2, B Watson (Pit) 11.6; 3, I Wallace (Inv) 11.7; 100 B: 1, R Galloway (Ayr) 11.9; 200: 1, R Galloway (Ayr) 23.5; 2, I Wallace (Inv) 24.3; 3, K Kelly (VP) 25.0; 200B: 1, R Pang (Ayr) 24.3; 400: 1, H Kerr (Ayr) 52.1; 2, B Watson (Pit) 53.6; 3, S Sutherland (Inv) 55.0; 400H: 1, S Lindsay (Ayr) 57.3; 800: 1, D Roache (VP) 2-05.3; 2, A Donaldson (Pit) 2-09.6; 3, B Waters (She) 2-13.6; 800H: 1, M Smith (VP) 2-13.6; 1500: 1, D Roache (VP) 4-24.7; 2, A Donaldson (Pit) 4-29.3; 3, G Harris (She) 4-40.6; 1500H: 1, A Young (VP) 4-27.2; 800H: 1, J Whannel (VP) 11.9; 2, W Stark (Ab) 12.1; 3, G McLeod (BI) 12.1; 800H B: P Anjul (BI) 12.8; 1500 s/c: 1, D Gorman (VP) 4-52.8; 2, A Ramsay (BI) 5-01.7; 3, B Robinson (Ayr) 5-02.7; 1500 s/c B: 1, R Neil (Ayr) 5-11.4; 4 x 100R: 1, Ayr 48.1; 2, Inver 49.8; 3, VP 50.2; 4 x 400 R: 1, Inver 3-51.7; 2, I Gilhooly (Cam) 3-50.8; 3, C McDonald (Ayr) 3-51.6m; HJ B: 1, R Neil (Ayr) 1.60m; LJ: 1, H Kerr (Ayr) 6.01m; 2, J Whannel (VP) 5.85m; 3, W Stark (Ab) 5.67m; LJ: 11.94m; 3, A Ramsay (BI) 11.37m; TJ B: 1, K Kelly (VP) 11.60m; SP: 1, B Robb (Pit) 13.03m; 2, R Galloway (Ayr) 11.52m; 3, R McDonald (BI) 11.43m; SP B: 1, A McKnight (BI) 10.69m; DT: 1, B Robb (Pit) 39.20m (league record); 2, S Lindsay (Ayr) 32.44m; 3, A McKnight (MBI) 31.14m; DT B: B Watson (Pit) 29.74m.

Jun Boys: 100: 1, D Kelman (Inv) 13.3; 2, S Aitken (She) 13.4; 3, M Taylor (BI) 13.4; 100 B: 1, J Boyd (Cam) 13.4; 200: 1, J Boyd (Cam) 27.0; 2, S Campbell (Ayr) 27.1; 3, S Aitken (She) 27.6; 200B: 1, S Frost (Ayr) 27.5; 400: 1, D Merry (Ayr) 60.4; 2, S Reid (She) 61.9; 3, A Dobbie (Cam) 62.3; 400H: 1, R Ruckbie (Inv) 65.4; 800: 1, N Tulloch (BI) 2-19.4; 2, A Dobbie (Cam) 2-19.4; 3, S Reid (She) 2-24.6; 800H: 1, G Martin (BI) 2-26.9; 1500: 1, K Wallace (Cam) 4-52.9; 2, N Tulloch (BI) 4-56.3; 3, A Forsyth (Pit) 5-10.4; 1500H: 1, S South (Cam) 5-09.7; 4 x 100R: 1, Ayr 54.7; 2, Cam 56.5; 3, Inv 58.2; 4 x 400R: 1, Inv 4-27.4; 2, BI 4-28.9; 3, Pit 4-33.0; HJ: 1, R Ruckbie (Inv) 1.40m; 2, J Harris (Ayr) 1.35m; HJ B: 1, A McBeane (Inv) 1.135m; LJ: 1, S Frost (Ayr) 4.86m; 2, G Chisholm (Inv) 4.71m; 3, S Aitken (She) 4.55m; LJ B: 1, J Harris

(Ayr) 4.85m; SP: 1, P Fraser (Ab) 11.01m; 2, S Reid (She) 10.00m; 3, L Lonnin (B) 9.59m; SP B: 1, R Ruckbie (Inv) 7.35m.

Celtic Women's Int, Antrim, NI -

Match: 1, BLOE Ireland 130pts; 2, Scotland 110; 3, Ulster 78; Wales 57. Interns: 100: 1, F Kelly (BLOE) 12.43; 2, L Paterson (S) 12.58; 200: 1, E Julian (S) 25.40; 400: 1, A Smith 56.94; 3, C Martin (S) 58.40; 800: 1, A Smith (Un) 2-14.47; 3, A Potts (S) 2-16.74; 1500: 1, I Linaker (S) 4-32.01; 800H: 1, P Naughton (BLOE) 11.73; 2, I Croisbie (S) 11.87; 300H: 1, M Jones (W) 44.7; 4, C Burr (S) 47.8; 4 x 100R: BLOE 48.3; 3, Scotland 49.1; HJ: 1, S Fice (W) 1.66m; 3, J Ross (S) 1.63m; LJ: 1, C Ingerton (BLOE) 5.84m; 4, S Stull (S) 4.83m; SPB: 1, K Owen (W) 11.08m; 3, L Barrett (S) 10.48m; DT: 1, H McCreadie (S) 35.00m; JT: 1, E Steele (W) 51.12m; 2, L Jackson (S) 39.78m; Jun: 100: 1, S Dudgeon (S) 12.74; 200: 1, A M Lynch (un) 25.24; 3, S Dudgeon (S) 26.35; 800: 1, G Fowler (S) 2-18.0; 1500: 1, K McNally (S) 4-45.30; 75H: 1, M Collins (BLOE) 11.47; 4, S Moxey (S) 12.17; 4 x 100R: 1, BLOE 49.6; 3, Scotland 50.8; HJ: 1, G Brennan (BLOE) 1.59m; 2, L Brown (S) 1.56m; LJ: 1, K Keeshin (BLOE) 5.38m; 2, F Hutchison (S) 5.36m; SP: 1, I Robin (S) 11.26m; DT: 1, J Robin 36.78m; JT: 1, A Jervis (W) 32.82m; 2, L Munro (S) 30.82m; Minors: 100: 1, C Howlin (BLOE) 13.11; 2, J Tindall (S) 13.45; 200: 1, N Hynd (S) 27.3; 800: 1, M Tracy (BLOE) 2-26.56; 2, L Frickleton (S) 2-26.93; 1500: 1, P Crawley (S) 4-45.65; 70H: 1, L Hegarty (BLOE) 11.24; 3, L Fairweather (S) 12.14; 4 x 100R: 1, BLOE 50.8; 2, Scotland 53.0; HJ: 1, D Ryan (BLOE) 1.40m; 2, equal: C McDaid (un) and P Paul (S) both 1.35m; LJ: 1, S McWeeney (BLOE) 5.00m; 3, F Paul 4.41m; SP: 1, S Leahy (BLOE) 9.50m; 2, C Garden (S) 9.20m; DT: 1, C Garden (S) 32.36m; JT: 1, L Tuny (BLOE) 28.34m; 2, K Sloan (S) 25.30m; Inv events: Junior 100m: 1, K Sutherland (S) 12.95m; Minor Girls: 100: 1, E Robinson (U) 13.81; 3, L Wason (S) 14.13.

Edinburgh OGM, Meadowbank - Men: 100: 1, D Walker (ESP) 10.86; 2, J Watson (CPH) 10.95; 3, D Hutchison (Lass) 11.01; 400: 1, G Hodges (ESP) 48.35; 2, A Murray (JWK) 48.66; 3, B Bell (Ann) 49.52; 4, G Grieves (Bath) 49.72; 5, B Murray (CPH) 49.85; 1500: 1, A Callan (Sp) 3-48.30; 2, M Fallows (ESP) 3-49.78; 3, J Steel (CPH) 3-50.58; 4, G Mathieson (CPH) 3-51.56; 5, K Mortimer (ESP) 3-54.17; HJ: 1, S Ritchie (Pit) 2.00m; 400 H: 1, A Douglas (Mod) 54.54; 2, S Dempster (CPH) 55.95; DT: 1, D Morris (Pit) 55.36m; 2, P Allan (Ab) 43.08m; TJ: 1, R Brown (CPH) 14.18m; SP: 1, P Allan (Ab) 13.54m; Women: 100: 1, A Watt (un) 12.71; 2, S McCreadie (Fif) 12.96; 3, A Currie (CG) 12.98; SP: 1, A Duth (EWM) 11.33m; DT: 1, L O'Keefe (EWM) 32.02m; 2, A Duth 29.64m.

17/18 AAA/WAAA U17 Champs, C. Palace - Youths: 100: 1, D Joyce (Bod) 10.73; In heat: C McRobert (Cam) 11.28; 200: 1, J McAdorey B&A) 22.00; 3, C McRobert 22.30; Heat: B Watson (Pit) 23.62; 400: 1, G Bullock (Liv P) 48.63; In heat: B Watson (Pit) 54.66; G Forbes (Clyd) 55.40; 800: 1, J Adams (Sol) 1-54.23; 1500: 1, J Adams (Sol) 4-01.58; In heat: M Kelso (Pit) 4-14.72; 1500H: 1, M Kelso (Pit) 4-21.59; 100H: 1, S Markham (S&C) 12.90 (UK record); 400H: 1, N Levy (Bon) 54.58; HJ: 1, S Outside (Bel) 2.12m (record); PV: 1, S Gaines (Mor) 4.20m; LJ: 1, M Jarvis (Lon) 6.71m; TJ: 1, B Clarke (Bon) 14.28m; SP: 1, M Edwards (Char) 16.21m; DT: 1, A Knot (D&S) 50.02m; HT: 1, A McNicholas (WLHS) 61.22m; JT: 1, T

Edridge (South) 65.82m.

Boys: 100: 1, C Howard (Sol) 11.64; In heat: R Booth (CPH) 11.96; 200: 1, C Howard 23.14; 400: 1, N Jarvis (Hav) 51.69; 800: 1, J Nolan (Jerb) 2-00.29; 6, A Donaldson (Pit) 2-05.39 (2-05.25 heat); In heat: A Young (VP) 2-06.08; 1500: 1, S Bond (C'field) 4-15.35; 6, A Donaldson (Pit) 4-23.79 (4-20.03 ht); 10, A Young 4-29.26 (4-26.70 ht); 800H: 1, A Lashley (OG) 11.17; HJ: 1, B Knowles (Birch) 1.86m; 12, M Pate (VP) 1.70m; PV: 1, N Young (Liv) 3.70m; LJ: 1, D Gilkes (B'vhl) 6.30m; 9, F Edridge 5.27m; TJ: 1, K Stennett (Chelt) 13.11m; 3, P Edridge (Cly) 11.94m; SP: 1, M McLaughlin (W.S. & E) 15.41m; 2, B Robb (Pit) 15.27m; 7, L McIntyre (Hil) 12.88m; DT: 1, M McLaughlin 43.50; 4, L McIntyre 38.40m; 5, B Robb 36.58m; HT: 1, N Stermitz (Bod) 59.90m; JT: 1, A Christmas (Belv Sch) 52.88m.

Interns: 100: 1, S Smith (Hall) 11.99; 7, E Julian (Ayr) 12.52 (12.27ht); In heat: S Dudgeon (ESP) 12.79; 200: 1, S Smith 24.47; 3, E Julian 25.05 (25.04 ht); 4, L Paterson (Aber) 25.28 (25.16ht); 7, S Dudgeon 25.61 (25.36ht); 300: 1, A Shingler (W & B) 40.03 (record); 2, L Paterson 40.21; 800: 1, J Mitchell (Croy) 2-11.33; 2, A Potts (CG) 2-11.62; 4, I Linaker (Pit) 2-13.99; 1500: J Mitchell 4-28.20; 5, I Linaker 4-36.83; 800H: 1, D A Elahgroun (Liv) 11.57; 7, J Croisbie (CG) 12.03; 300H: 1, A Curshisler (M&C) 42.91 (rec); HJ: 1, D Scully (Eimer) 1.71m; LJ: 1, C Ingerson (Liv) 5.86m; SP: 1, A Kane (B&F) 12.15m; DT: 1, C Davies (Brack) 38.96m; 3, H McCreadie (Hil) 37.36m; 12, S Robin (Hil) 31.38m; JT: 1, K Morrison (Mod) 46.24m.

Girls: 100: 1, H Seery (Spn) 12.42; 3 eq F Hutchison (CG) 12.59; 200: 1, J Sloane (Stour) 25.42; 5, F Hutchison 25.82; In heat: J Symington (Ayr) 27.09; 800: 1, H Cuckock (Yate) 2-12.62; 1500: 1, S Willicombe (GEC) 4-40.94; 10, P Crawley (CG) 4-51.60; 75H: 1, J McLaughroe (Sol) 11.40; 2, K McNamoe (CG) 11.65; HJ: 1, L Evans (Ips) 1.70m; LJ: 1, T McCannnon (Hay) 5.86m; 2, K McNamoe 5.30m; SP: 1, J Robin (Hil) 12.04m; DT: 1, J Robin 38.86m (rec); JT: 1, A Richards (G&G) 38.78m.

18

SWAAA East v West Rep Match, Meadowbank Stadium -

Sen: 100: 1, R Girvin (Hil) 12.00; 2, M Baxter (W) 12.10; 3, M Marr (W) 12.52; 4, S McCulloch (E) 12.62; 5, L Dick (W) 12.62; 200: 1, R Girvin 24.13; 2, M Baxter 25.00; 3, E Lindsay (E) 25.12; 4, S Carruthers (W) 25.57; 5, L Dick 25.64; 6, M Marr 25.78; 400: 1, D Burden (W) 56.11; 2, F Calder (W) 57.62; 3, A Johnstone (E) 58.91; 4, S Carruthers 59.50; 800: 1, J Stewart (W) 2-12.14; 2, C A Gray (E) 2-14.22; 3, S Gollan (E) 2-14.49; 4, C A Bartley (W) 2-14.99; 5, F Meldrum (W) 2-15.76; 1500: 1, C A Gray 4-28.83; 2, C A Bartley 4-29.29; 3, E Grant (W) 4-31.85; 4, S Ridley (E) 4-40.15; 5, R Pollock (W) 4-43.31; 3000: 1, V McPherson (W) 9-32.07; 2, V Vaughan (E) 9-44.48; 3, D Rutherford (W) 10-05.35; 4, E Cochrane (W) 10-09.95; 5, S Ammitage (E) 10-20.12; 6, J Wilson (E) 10-23.38; 100H: 1, L McColloch (E) 14.28; 2, S Richmond (E) 14.61; 3, G Murchie (E) 15.27; 4, H Edgar (W) 15.69; 5, B Ross (E) 15.75; 400H: 1, L Silver (E) 61.48; 2, H Edgar 62.05; 3, F Watt (W) 62.96; 4, J O'Neill (W) 63.96; 5, S Wood (E) 64.09; 6, E Lindsay (E) 64.39; 4 x 100 R: 1, West 47.89; 2, East 48.51; 3, East B 49.77; 4 x 400 R: 1, East 4-07.69; 2, West 4-19.11; HJ: 1, R Pinkerton (W) 1.75m; 2, H Melvin (W) 1.70m; 3, L Gordon (W) 1.70m; 4, J McNeil (E) 1.60m; LJ: 1, M Marr 5.53m; 2, N Barr (E) 5.42m; 3, L McMillan (E) 5.07m; 4, J Harvey (W) 5.06m; TJ: 1, L Davidson (E) 11.51m; 2,

M Marr 11.09m; 3, J Harvey 10.85m; 4, A Grey (E) 10.59; 5, L McMillan (E) 10.52m; SP: 1, A Grey (E) 13.79m; 2, H Cowe (E) 12.75m; 3, A Duth (E) 11.49m; 4, L Barnett (E) 10.61m; DT: 1, A Grey 45.44m; 2, C Cameron (W) 40.88m; 3, H Cowe 40.42m; 4, K Neary (E) 39.98m; 5, S Freebain (W) 39.

RESULTS

GGrindlay (FVH) 8-29.4; 11, K Conley (Bord) 8-29.7; 12, I McDougall (Kil) 8-37.8; 13, D Cameron (She) 8-38.1; 14, M McQuaid (FVH) 8-39.4; 15, C Ross (She) 8-41.4; 16, S Hodge (SV) 8-43.2; 17, A Makepeace (Bord) 8-45.7; 18, W Jenkins (GGH) 8-46.3; 19, A Little (She) 8-47.7; 20, P Butler (Bor) 8-47.9; 21, D Fotheringham (CAC) 8-49.1; 22, T Mooney (Bel) 8-55.7; 23, G Robertson (MH) 8-57.5. 3000B: 1, M McGinley (Kil) 9-03.9; 2, D Lang V (Cam) 9-06.0; 3, J Loes (Por) 9-07.3.

24

Forth Valley League Final Meeting, Grangemouth -
Div 1 match result: 1, EWM/CPH 519pts; 2, Pitreavie 413; 3, Harmer 406 1/2; 4, Lochgelly 374 1/2; 5, ESPC 339 1/2; 6, Lasswade 298 1/2. Final Div 1 League positions: 1, EWM/CPH 1282pts; 2, Pitreavie 1246; 3, Harmer 1152; 4, ESP 1084; 5, Lochgelly 1032; 6, Lasswade 926. Div 2 match result: 1, FVH 522 1/2pts; 2, Livingston 519; 3, Corstorphine 333; 4, Penicuik 324; 5, Linlithgow 297; 6, Bo'ness 119 1/2. Final Div 2 league positions: 1, FVH 1517pts; 2, Livingston 1321; 3, Penicuik 1126; 4, Corstorphine 1061; 5, Linlithgow 837; 6, Bo'ness 482.

Scotland v NI Jun Int -
Match Result: 1, Scotland 109 pts; NI 94; 100: R Slater (S) 10.98; 3, D Clelland (S) 11.33; 200: 1, J McAdorey (NI) 22.21; 2, C McRobert (S) 22.53; 3, D Clelland (S) 22.89; 400: 1, P McBurney (NI) 48.65; 3, G Purves (S) 49.09; 4, C Young (S) 50.25; 800: 1, E Calvert (S) 1-52.55; 2, J McFadyen (S) 1-53.20; 1500: 1, G Graham (S) 3-57.33; 4, F McNeil (S) 4-20.38; 3000: 1, A Moss (S) 8-54.76; 3, G Reid (S) 9-05.66; 1101H: 1, A Tupman (S) 15.58; 4, S Dillon (S) 16.14; 4001H: 1, P Simpson (S) 55.80; 4, D Wight (S) 58.26; 3000 s/c: 1, S Burch (S) 9-11.01; 2, M Kelso (S) 9-42.26; 4 x 100R: 1, Scotland 42.85; 4 x 400: 1, N Ireland 3-25.77; 2, Scotland B 3-27.98; 3, Scotland A 3-29.07; 11J: 1, J Allan (S) 1.96m; 4, F Lewis (S) 1.80m; PV: 1, R Ramsey (NI) 4.30; 2, A Greig (S) 4.20m; 3, D Fitzgerald (S) 3.90m; LJ: 1, A Greig (S) 6.65m; 2, I Paget (S) 6.60m; TJ: 1, D Sabnis (S) 14.02m; 4, J Whannel (S) 12.65m; SP: 1, J McCauley (NI) 13.93m; 2, A Bryce (S) 13.55m; 3, J Grundy (S) 13.45m; DT: 1, I McMullan (NI) 48.22m; 3, J Grundy (S) 42.28m; 4, A Bryce (S) 37.48m; Guest: 1, I Park (S) 38.40m; HT: 1, I Park (S) 51.30m; 2, S Bunker (S) 48.96m; JT: 1, D Gallagher (NI) 56.42m; 3, A Kemlo (S) 46.38m; 4, J Wishart (S) 45.98m.

25

Panasonic Scottish Inter Area Match, Grangemouth -
Sen: 100: 1, R Williams (W) 11.28; 2, P Allan (E) 11.40; B: 1, D Hutchison (E) 11.31; 200: 1, D Hutchison (E) 22.55; 2, Kennedy-Skipiton (W) 22.69; B: 1, R Williams (W) 22.82; 2, P Allan (E) 22.87; 400: 1, G Hodges (E) 48.45 (rec); 2, D Mulhern (W) 48.47; B: 1, D Gilmour (W) 50.0; 800: 1, B Murray (E) 1-54.99; 2, J McKay (W) 1-55.16; 3, D Farrell (guest) 1-55.41; 4, A Ramage (N) 1-56.28; B: 1, A Harkin (W) 1-56.69; 1500: 1, M Fallows (E) 3-51.36; 2, A Puckrin (W) 3-52.77; B: 1, K Mortimer (E) 2-57.66; 2, R Quinn (W) 3-53.63; 5000: 1, T Hearle (W) 14-50.58; 2, K Rankin (E) 14-55.52; B: 1, M Ferguson (E) 15-11.90; 1101H: 1, G Smith (E) 14.99; 2, J Franklin (W) 15.32; 3, K Campbell (B) 15.78; B: 1, F McGlynn (W) 15.23; 4001H: 1, D Hitchcock (E) 55.41; 2, D Thom (B) 58.17; 3, D Davidson (W) 58.45; B: 1, S Dempster (E) 55.75; 3000 s/c: 1, G Croll (W) 8-53.8; 2, G Mathieson (E) 8-54.3; 3, D Cavers (B) 9-39.1;

B: 1, G Crawford (E) 9-11.4; 2, J Austin (W) 9-17.1; Guests: S Wright 9-16.2; B Coyle 9-20.1; M McCartney 9-35.1; S Kerr 9-50.8; 4 x 100R: 1, West 43.59; 2, East 44.09; 3, Border 45.85; 4 x 400R: 1, West 3-36.04; 2, Border 3-46.24; 11J: 1, D Barnetson (N) 2.05m (rec); 2, S Ritchie (E) 2.00m; 3, N Robbie (B) 1.95m; B: 1, M McLaughlin (B) 1.85m; PV: 1, I McKay (E) 4.00m; 2, A McMahon (W) 3.40m; B: 1, A Anderson (W) 3.80m; LJ: 1, N Lomie (N) 6.35m; TJ: 1, N McMenemy (E) 14.48m; 2, H Watson (W) 13.44m; B: 1, R Brown (E) 13.39m; SP: 1, N Mason (E) 13.55m; 2, L Carter (W) 12.83m; DT: 1, A Whyte (E) 39.28m; 2, B Shepherd (N) 38.88m; B: 1, D Allan (N) 36.06m; HT: 1, D Allan (N) 51.30m; 2, L Carter (W) 48.36m; 3, A Whyte (E) 46.26m; B: 1, B Shepherd (N) 46.74m; 2, T Campbell (W) 45.08m; 3, D Gishy (E) 44.00m; JT: 1, A Whyte (E) 61.52m (rec); 2, G Dingwall (W) 57.82m; B: 1, B Jump (E) 55.38m.
Juniors: 100: 1, G McKinney (W) 11.50; 200: 1, G McKinney 23.23; 400: 1, B Holliman (W) 49.92 (rec); 800: 1, G Robertson (E) 1-56.86; 1500: 1, M Denison (E) 4-09.75; 1101H: 1, D McCrae (W) 15.78; 4001H: 1, K Pearson (E) 56.80; 3000 s/c: 1, E Tonner (W) 9-48.7; 2, A Kings (E) 9-49.3; B: 1, S Gilmour (W) 9-50.5; 4 x 100R: 1, West 45.75; 2, East 46.24; 3, North 47.44; 4 x 400R: 1, East 3-33.99; 2, West 3-35.90; 3, North 3-43.48; 11J: 1, J Reilly (W) 1.96m (rec); B: 1, G Smart (W) 1.85m; PV: 1, K Pearson (E) 3.20m; LJ: 1, M Burns (N) 6.45m; B: 1, I Fraser (N) 6.29m; TJ: 1, I Fraser (N) 12.82m; SP/DT: 1, P Beaton (E) 13.01m/39.98m; HT: 1, D Minty (N) 43.66; JT: 1, I Fraser (N) 45.78.
Youths: 100: 1, S Moir (W) 11.31; 2, D Colville (E) 11.50; B: 1, E Dale (E) 11.52; 200: 1, S Moir (W) 22.64 (rec); 2, D Colville (E) 22.99; 3, I Wallace (N) 23.94; B: 1, E Dale (E) 23.13; 2, G Adams (W) 23.44; 400: 1, R Mackie (E) 52.83; 2, C Ferri (W) 53.27; B: 1, C Wilson (E) 52.37; 2, C Stewart (W) 53.51; 800: 1, S Taylor (E) 2-00.68; 2, M Cruden (N) 2-02.25; 3, M Govan (W) 2-02.68; 1500: 1, A Moonie (E) 4-08.18; B: 1, T Winters (E) 4-09.98; Guests: 1, J Tonner 4-08.35; J Taylor 4-08.26; 1001H: 1, D Stewart (E); 13.41 (rec); 2, G Adams (W) 13.63; 3, B Smith (N) 13.85; B: 1, P Knapp (W) 14.56; 2, K Mackie 14.61; 2000 s/c: 1, G Willis (W) 6-11.8 (rec); 2, A Casey (E) 6-37.6; B: 1, D Whiffen (W) 6-26.2; 4 x 100R: 1, East 44.91; 2, West 45.59; 3, North 45.93; 4 x 400R: 1, East 3-31.60; 2, West 3-33.65; 11J: 1, G Woods (W) 1.96m (rec); 2, A Malcolm (E) 1.85m; B: 1, S McKinley (E) 1.75m; PV: 1, S Veitch (E) 3.20m; LJ: 1, D Reid (B) 6.11m; TJ: 1, P Taylor (W) 13.06m; 2, D Hepburn (E) 12.74m; SP: 1, S Hayward (B) 15.06m; 2, A MacKenzie (N) 14.59m; DT: 1, S Haywood (B) 37.98m; 2, L Newton (E) 36.14m; B: 1, H James (E) 35.40m; JT: 1, H James (E) 46.22m; 2, R Hyslop (B) 45.78m.
Sen Boys: 100: 1, H Kerr (W) 11.68; 2, I Wallace (N) 11.79; 3, R Booth (E) 11.79; B: 1, R Galloway (W) 11.94; 200: 1, R Galloway (W) 23.54; 2, B Watson (E) 23.81; 3, I Wallace (N) 23.94; B: 1, R Pang (W) 24.03; 2, M Smith (E) 24.53; 400: 1, H Kerr (W) 52.67; 2, B Watson (E) 53.01; B: 1, T Black (N) 54.42; 2, L Jones (E) 54.54; 3, K Knight (W) 55.26; 800: 1, K Daley (E) 2-03.61 (rec); 2, M Smith (W) 2-04.71; 3, A Miller (B) 2-06.33; B: 1, B Hendry (W) 2-07.70; 1599: 1, D McDonald (E) 4-16.38; B: 1, A Donaldson (E) 4-24.54; 801H: 1, W Stark (E) 12.00; 2, D Cotter (N) 12.04; B: 1, G McLeod (N) 12.07; 1500 s/c: 1, K Daley (E) 4-31.2 (rec); 2, D Goman (W) 4-55.7; 3, A Ramsay (N) 4-57.1; B: 1, L Jones (E) 4-51.3; 4 x 100R: 1, East 46.20; 2, West 46.32; 3, North 46.80; 11J: 1, T Gilhooley (W) 1.80m (rec); 2, S McPherson (N) 1.70m; B: 1, M Pate (W) 1.75m; LJ: 1, H Kerr (W) 6.01m; TJ: 1, N Kelly (W) 11.65m; 2, A Ramsay (N)

11.51m; B: 1, F Edridge (W) 11.54m; SP: 1, B Robb (E) 13.97m (rec); 2, L McIntyre (W) 13.41m; B: 1, D Ablett (E) 13.90m; DT: 1, B Robb (E) 42.94m (rec); 2, L McIntyre (W) 39.58m; B: 1, C Leslie (E) 35.22m; JT: 1, P Ablett (E) 41.32m; 2, R Neil (W) 40.54m; B: 1, B Robb (E) 40.12m. Jun Boys: 100: 1, M McLuskey (E) 12.79; B: 1, A Lees (E) 12.88; 200: 1, L Sharkey (W) 26.88; 2, S Buckner (E) 27.12; B: 1, A Lees (E) 26.70; 400: 1, M McLuskey (E) 58.03; B: 1, M Restrick (E) 59.16; 800: 1, M Restwick (E) 2-14.03; 2, A Robb (E) 2-20.00; 3, N Tulloch (N) 2-20.49; 4, M Combe (B) 2-20.97; B: 1, K McAlpine (N) 2-23.53; 1500: 1, K Wallace (W) 4-44.25; 2, N Tulloch (N) 4-48.41; B: 1, G Martin (N) 4-52.72; 11J: 1, R Ruickbie (N) 1.60m; LJ: 1, M McLuskey (E) 5.21m (rec); TJ: 1, J Light (E) 9.86m; SP: 1, C Buchanan (E) 10.60m; B: 1, P Fraser (E) 10.51m; DT: 1, M Shepherd (N) 29.56m; JT: 1, P Fraser (E) 37.82m (rec). Match Result: East 523 pts; West 449; North 308; Borders 156.

27

Shettleston Harriers OGM, Crownpoint -
1500: 1, G Stewart (CAC) 3-46.6; 2, G Graham (VP) 3-47.6; 3, D McLaughlin (Border) 3-48.2; 4, M Fallows (ESP) 3-48.6; 5, J MacKay (She) 3-49.5; 6, A Puckrin (CPH) 3-50.1; 1500B: 1, S Murray (JWK) 3-58.5; 2, J Hendry (She) 3-59.5; 5000: 1, R Quinn (Kil) 14-06.4; 2, W Coyle (She) 14-19.1; 3, K Rankin (FVH) 14-19.5; 4, A Douglas (VP) 14-20.5; 5, G Croll (Cam) 14-22.2; 6, T Hearle (Kil) 14-30.7; 7, M Gormley (Cam) 14-33.4; 8, D Cameron (She) 14-40.2; 9, G Grindley (FVH) 14-42.5; 10, G Mathieson (CPH) 14-45.6; 11, C Ross (She) 14-46.0; 12, M McQuade (FVH) 14-54.5; 13, A Moss (Jun) (Ct) 14-58.1; 14, J Austin (Cly) 15-08.3; Derek McLean Memorial 800 m for Senior Boys: 1, K Daley (ESP) 2-01.0; 2, S Gibson (CAC) 2-03.6; 3, M Smith (VP) 2-05.9; 4, A Young (VP) 2-06.7.

28

Dunbartonshire AAA County Track 10K Champs, Dumbarton -
1, J Harrison (Mil) 33-12; 2, A Adams V1 (Dum) 33-14; 3, P Walsh (Dum) 33-36; 4, A Crombie (GU) 33-43; 5, D Thom (West) 33-49; 6, C Martin V2 (Dum) 34-13; V3 R Young (Cly) 34-38.
Lanarkshire AAA Track League Final Meeting, Wishaw -
Match: 1, Cambuslang 376pts; 2, Avonside 310; 3, Hamilton 244; 4, Law 240; 5, Airdrie 194; 6, Stonehouse 106; 7, L & L Track Club 92; 8, Motherwell 91; 9, Shettleston 41; 10, Calderglen 26.
Final League Positions: 1, Cambuslang 48; 2, Avonside 43; 3, Shettleston 38; 4, Hamilton 37; 5, Law 34; 6, Motherwell 33.

31

Home Countries Combined Events Int Middlesbrough -
Men Decathlon: Match Result (2 Seniors, 1 Junior in team), Order of Events (100: LJ, SP, HJ, 400: 110H; DT; PV; JT; 1500)
1, E Hollingsworth (E) 7371pts; 2, R Joseph (E) 7300; 3, P Allan (S) 7071 (11.58; 6.55m; 13.02m; 1.91m; 49.32; 15.52; 41.72m; 3.90m; 48.50m; 4-32.66); 4, T Sloman (E) 6772; 5, B Thomas (E) 6601; 6, A Leiper (S) 6040 (11.84; 6.32m; 9.07m; 1.85m; 50.20; 17.52; 26.48m; 4.00m; 41.80m; 4-56.70); 7, J Naughton (I) 6016 pts; 7, A Greig (S) 5990pts (11.52; 6.32m; 9.07m; 1.88m; 50.20; 17.52; 26.48m; 4.40m; 36.36m; 4-58.90); 9, W Wylie (J) 5945 pts (11.80; 6.31m; 9.51m; 2.06m; 54.24; 15.62; 23.12m; 4.00m; 42.46m; 5-19.62); 10, I Black (S) 5637 pts (12.44; 5.76m; 9.32m;

1.76m; 53.82; 18.10; 32.10m; 4.30m; 38.72m; 4-36.38). Team: 1, England 21,272pts; 2, Scotland 19,101; 3, Ireland 16,517; 4, Wales 15,966. Women: Hept: Order of events (100H; HJ; SP; 200; LJ; JT; 800): 1, E Beales (E) 5455pts; 2, D Lewis (E) 5450; 3, D Woolgar (E) 5242; Scots Placings: 8, A Dutch 4,120pts (16.20; 1.48m; 11.33m; 27.88; 4.70m; 30.02m; 2-36.16); 11, E Grant 4,002 (17.36; 1.51m; 8.48m; 27.42; 4.92m; 30.68m; 2-31.06); 12, L McMillan 3,989 (17.18; 1.60m; 9.03m; 27.36; 4.91m; 24.26m; 2-35.50); 14, E Donald 3895 (16.66; 1.51m; 7.04m; 26.54; 4.77m; 26.38m; 2-34.90); 17, E Quinn 3409 (17.30; 1.45m; 7.90m; 28.40; 4.53m; 18.80m; 2-39.02); Team: 1, England 16,147pts; 2, Ireland 12,730; 3, Scotland 12,111; 4, Wales 11,789.

Bank of Scotland Womens Athletic League Div 1, Meadowbank -
City Of Glasgow 400 1/2pts; 2, EWM 333 1/2; 3, ESPC 262 1/2; 4, Aberdeen 234 1/2; 5, Pitreavie 221; 6, Inverness 125. Final: 1, Glasgow 17; 2, EWM 16; 3, Aberdeen 11; 4, ESP 10; 5, Pitreavie; 6, Inverness 3. Div 2, Grangemouth: Match: 1, Central Region 348pts; 2, Arbroath & District 314; 3, Ayr Seaford 293; 4, Kilbarchan 267; 5, Nith Valley 206; 6, Fife 154. Final: 1, Central 17pts; 2, Ayr 14 1/2; 3, Arbroath 12; 4, Kilbarchan 9; 5, Nith Valley 7; 6, Fife 3. Div 3, Crownpoint: Match: 1, Dundee Hawkhill 364 pts; 2, Kirkintilloch Olympians 304; 3, Victoria Park 278; 4, Helensburgh 253; 5, J W Kilmarnock 214; 6, Irvine Cable 167. Final: 1, Dundee 18pts; 2, Kirkintilloch 15; 3, Vic Park 10; 4, Kilmarnock 9; 5, Helensburgh 8; 6, Irvine 3. Dundee and Kirkintilloch promoted to Division 2. Helensburgh and Irvine relegated to Division 4. Div 4, Caird Park, Dundee: Match: 1, Black Isle 338; 2, Tay-side 319; 3, Perth Strathay 291 1/2; 4, Dumfries 192; 5, Falkirk Victoria 192; 6, Lochgelly 189; Final: 1, Perth 16pts; 2, Black Isle 15; 3, Tay-side 14; 4, Falkirk Victoria 8; 5, equal Dumfries and Lochgelly both 5. Perth and Black Isle promoted to Division 3. Dumfries and Lochgelly relegated. Div 5 at Coatbridge: Match Result: 1, Harmer 393pts; 2, Lasswade 334; 3, Clydesdale 329; 4, Law & Dist 313; 5, Livingston 299; 6, Montrose 283; 7, Spango Valley 265; 8, Avonside 225. Final League Positions: 1, Lasswade 18pts; 2, Law 14; 3, Livingston 11; 4, Clydesdale 9; 5, Montrose 8; 6, SV 3.

Panasonic League Final Positions -			
Division 1	Pts	Division 4	
1 ESP	29	1 M'hill	30.5
2 She H	24.5	2 GGH	26.5
3 CPH	18	3 Garscube	23.5
4 Pit	17	4 L'wade	22.5
5 Ab	17	5 Livingstone	12
6 Cam	15.5	6 KO	12
7 FVH	15	7 C'nauld	11
8 DIIIH	14	8 Lochgelly	5
Division 2			
1 V P	30	1 R RC	32
2 Ayr	27	2 ESP B	28
3 CAC	22	3 H'burgh	23
4 E K	17.5	4 Irvine	18.5
5 Muss	17	5 Black Isle	16
6 Bel	13	6 Arbroath	13.5
7 JWK	13	7 Montrose	8
8 Har	8.5		
Division 3			
1 Inv H	32		
2 Ctr	27.5		
3 Pen H	20		
4 Cum	18		
5 Fife	15.5		
6 Kil	15		
7 B'hill H	11		
8 PSH	5		

Results
compiled
by Colin
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Due to lack of space all reports will appear in our December issue.

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section was constituted, the annual subscription being 2/6d.

Nevertheless athletics, including cross country running, was well-established in the university even before the foundation of GUAC.

The Hares and Hounds' original uniform consisted of white pants and white singlet with a GUAC badge in the form of a gate; in 1945 the present uniform of a black singlet with a familiar yellow "G" on the back was introduced.

Whereas today success in competition is considered the most important measure of a club's worth, this has not always been the case. As an example, in 1927 it was agreed that there would only be three races annually against local clubs and pack runs were the order

of the day. These fixtures involved West of Scotland Harriers, Maryhill Harriers and Glasgow Tramways AC.

Elite runners have always been represented in the Hares and Hounds, but in addition to the racing successes of individuals, the section has frequently performed strongly in team competition. Back in 1944, the Hares & Hounds finished fifth in a two mile race at Ibrox, held in association with that year's Empire Games. One of the club's elite runners of the early 50s, Joe McGee, was the actual winner of the famous Jim Peters marathon at the Commonwealth Games in 1954 (obviously due to early influences of the Hares & Hounds on his running career!) - although no one seems to remember this!

One problem that sets university clubs apart is the high turnover of members: with the average time spent on a student being only four years it is therefore only by chance that good teams are formed.

Undoubtedly, however, it was during the 1970s and early 1980s that the Hares & Hounds had their most sustained period of success, winning the Scottish Universities' Championships eight times in a row.

Also, in 1984, with runners such as Alistair Douglas, Robert Quinn, Andy Girling, Alan Puckrin, and Plug Wilson the Hares and Hounds won the British Students' Cross Country Championships for the first time since 1939.

In the older days the club was entirely male (as is made evident by some of the club songs and awards

highly contested this year!), but recently, however, the woman's section has been increasing in strength and numbers (and voice) with last year being a particularly successful one.

Throughout the winter fixtures, the university female team was well represented, often having the largest turnout. This season saw a team victory in the women's league with first and second places in the first two matches going to Hayley Haining and Vikki McPherson respectively. Unfortunately there were no Hares and Hounds representatives at the last race due to "exam pressures" - an often heard student's complaint at that time of year.



Alistair Douglas and Robert Quinn in training.

when the club won individual and team victories in the Scottish Senior Cross Country Championships at Irvine, which should ensure the women's team a place in the European Clubs' Cross Country Championships to be held in Italy next February.

The extent of the turnaround in women's involvement in the club is illustrated by the fact that the majority of the committee positions this year are held by women. This includes Joanna Cliffe, who recently became the first ever female captain of the Hares and Hounds, receiving the captaincy - and the club stockings - from Alan Crombie at the annual dinner.

Although the men's senior team is not currently as strong as it has been in recent years, there is still a glimmer of hope in the form of a successful junior team, spearheaded by Andy Russell the 1991 Scottish junior champion. He was also backed by a strong team who won the West District title.

The social side of the club has recently had a high profile (due to last issue's somewhat slanderous "Universities" article by Gordon Ritchie, who claims to be a promoter of student athletics!). This was also true in the older days when social functions were considered to be extremely

The finale to the season came

important with "smokers" held frequently at Westerlands. Cigarettes were supplied gratis, but liquor was not provided.

How times have changed! As early as 1932 the Hares and Hounds' long tradition of "singing and abandon" was commented upon.

Running trips away always set the scene for the major social events, and for university competitions men and women compete at the same venue on the same day.

Although the first university term involves mainly the domestic competitions with both men and women competing in local leagues and road races, second term sees the highlights of the Glasgow University calendar.

These include trips to Durham, Manchester, Hyde Park - all relay events with supporting social functions - and the British Student's Cross Country Championships. Last year Glasgow University hosted the Scottish Students' Championships at Bellahouston Park with the host teams performing well (at Bellahouston and afterwards at Westerlands, where a good time

was had by all, particularly the Scottish Universities' secretary/organiser, Paul Coyle). Last year the results at the British equivalent event were hampered by injury but this year the ladies' team prospects look promising with subsequent hopes of individual representation at the biennial World Student Cross Country Championships.

Two of the most successful events in the past have been the annual trips to Paris and the Isle of Man, where many awards have been won and lost! The CRIC relay in Paris is a mixed (four men, two women) race involving university teams from all over Europe. In 1990 the Hares and Hounds had their highest ever placing of fifth, with two other teams placing highly out of the 250 that finished.

Last year we were denied the chance to improve on this since the event fell victim to the Gulf War - hopefully a one-off occurrence so we'll be back next year!

The Isle of Man concludes the university winter season in a fitting but exhausting way. The event involves three races (or four for the

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enthusiastic) in 3 days, interspersed with 4 nights celebrations culminating in a disco and prize-giving, where highly contested races of a different nature are held.

The University Five Mile Road Race, first staged in November 1963, is perhaps the event best associated with the Hares and Hounds. It became a memorial to a former president, William Diverty, but is now best remembered as a tribute to another president, the late Jim Bogan.

The race has consistently attracted a top quality field in excess of 600 runners. Between 1976 and 1986 Nat Muir won this event eight times, and other past winners include Lachie Stewart, Dave Logue, Adrian Callan, Ian Hamer, Graham Williamson, and most recently Peter McColgan. This year's race, on November 9, will start as usual at 3pm from Westerlands.

True to form there is a social event afterwards, and the Hares and Hounds welcome all to their annual disco in Westerland Pavilion.

Professor Bogan, who died tragically in June 1988 while on holiday, had begun to secure the race's future by negotiating a sponsorship from Glasgow Portfolio.

Three years later that bond between the Hares & Hounds and General Portfolio has been cemented and extended in a form which will allow the club to continue to provide quality and competitive opportunities. The Hares & Hounds have recently signed a further three-year package with General Portfolio Financial Planning

Services in which both parties benefit greatly through a referral agreement which will allow the Hares & Hounds access to expert financial advice.

The prevailing climate of growing financial pressures in higher education, along with a rise in

graduate unemployment, has spawned a new breed of harder working students. However, the Hares & Hounds are continuing to strive to combine athletic and academic excellence, and are looking forward to celebrating many more years of achievement.



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October

12

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

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, Kisimul, 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 Champs, Cumnock.

20

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

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

KIRKILL Forrest Eight, Aberdeen.

26

NATIONAL CC Relay Champs, Alloa.

27

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

30

INTER schools relay, Kelvingrove Park, Glasgow.

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.

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BRITISH Vets Home Countries CC.

LASSWADE AC Cross Country. D - 031-663 0434.

9

GLASGOW University Road Race, Westerlands.

NORTH District League, Thurso.

10

J W Kilmarnock Open Cross Country Races.

ABERDEEN AAC Open 6 mile RR.

16

ABERDEEN University Open Rd Relays.

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

CLYDESDALE Harriers Young Athletes, Clydebank.

17

EDINBURGH to Glasgow Rd Relay.

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

23

BELLAHOUSTON H Cross Country Races.

EDINBURGH University Braid Hills Race.

GAULDRY Community Council Cross Country Race.

30

DUNBARTONSHIRE CC Champs.

NORTHERN CC Champs.

RENFREWSHIRE CC Championships.

LANARKSHIRE CC Championships.

EASTERN CC League.

December

1

SORN Chase, Sorn.

7

DONPRINT "Hugh Wilson" Memorial 10K Road Race, John Wright Sport Centre, East Kilbride. Races for Men/Women, Youth, Boys and Colts. Start 1pm. Details from: Shilela McDougall (0553) 2978.

FIFE A C Open Cross Country Races (B Y J S), Kirkcaldy.

14

SCCU v Scottish Universities v Northern Ireland v Civil Service, including inter district races for Junior Boys, Senior Boys, and Youths, Cumbernauld.

15

AYRSHIRE CC Championships.

CHRISTMAS Cracker CC Races, Aberdeen.

21

ESPC AC "Queens Drive" Races.

22

CYCLISTS v Harriers CC Races, Irvine.

1992

January

4

NIGEL Barge Road Race, Maryhill. D - 041-637 7714.

NORTHERN District League, (B Y J S) Elgin.

11

JACK Crawford Memorial Road Race.

18

EASTERN District Cross Country Championships, Galashiels.

WESTERN District Cross Country Championships, Bellahouston.

NORTHERN District League, Inverness.

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