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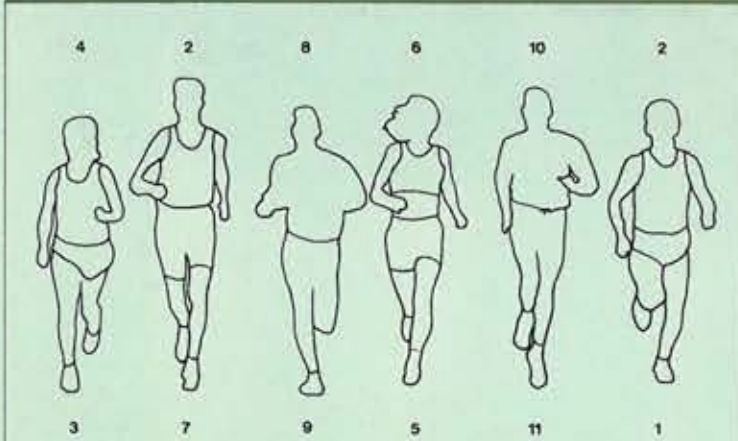
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McColgan secure for life after New York triumph

"BRASH McColgan wins with gold debut" trumpeted the New York Times, writes Doug Gillon. But Liz McColgan had not taken time to read the headlines after her first marathon success.

McColgan, whose time was the fastest for a first marathon by more than three minutes, was in Central Park by 6am, easing her legs back into shape, starting the day stock exchange trading by ringing the bell in Wall Street (only previously done by Ronald Reagan) and with press interviews.

The Arbroath women breezed through them all as easily as she had clocked 2-27-23 concluding with two 5-12's to burn off 23 year old Soviet Olga Markovia (2-28-18) and double Commonwealth champion Lisa Martin-Ondieki (2-28-53).

The leading US hope, former world record holder and Olympic champion Joan Benoit-Samuelson, whose coach had suggested McColgan would not even finish, was sixth in 2-33-40.

McColgan collected \$20,000 for winning, \$25,000 for breaking 28 minutes, and a Mercedes worth \$36,345.

Victory guaranteed the world 10,000m champion security for life. Athletics agents agree she could earn

\$500,000 per year for the next few seasons if she stays injury-free.

"But chasing money is not important," said McColgan. "That is not why I am in athletics."

Her first priority is the Olympic 10,000m in Barcelona, despite the anticipated \$150,000 start fee which the Boston Marathon is likely to offer.

McColgan is, however, confident that during the next two or three years she can break Ingrid Kristiansen's world record of 2-21-06, and also be the first woman inside 2-20.

TERRY Mitchell, running for Britain, won the Istanbul Marathon on an over-distance course, in 2-22-09, by 59 seconds from Turkey's Bayram Mehmet. But the British team failed to record a finish after Bill Foster broke a leg.

The race was around 1000m too far. "I was 68 minutes and cruising at half way," said Mitchell, who ran alone from 19 miles, and whose best time, 2-18-00, was in London five years ago.

Mitchell, who won the Scottish title at Inverclyde early this year, picked up "a few quid". But somebody picked up his passport, so until it is replaced Mitchell's overseas trips are on hold.



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McGILLIVRAY WINS GEORGE DALLAS MEMORIAL TROPHY

AILEEN McGillivray is the tenth holder of the George Dallas Memorial Award. Stuart Hogg's sprint protege claimed her third successive national senior 100m title though still just 21, and also took the SWAAA national 200 crown.

At the Scottish indoor championships her 60m time of 7.43 was a national and native best, and her 200 time of 24.59 was also a native record. In addition she won the 100m for Scotland against Czechoslovakia, Portugal, and Hungary, and the 200m for Britain's under-23 squad against Germany, France, and Spain.

A place in the Barcelona sprint squad is the Edinburgh Woollen Mill woman's next target.



McGillivray receiving her trophy from Isobel Docherty.

GLASGOW WOMEN CLINCH ROAD RELAY TITLE

CITY of Glasgow captured the women's national road relay title at Grangemouth in a superb race in which Pitreavie's Vicky Vaughan almost snatched the crown in the final sprint.

Eileen Cochrane (11-17) a former international gymnast, aged 25, and 36 year old Carol "Don't dare call me a veteran" Sharp (12-13) had built what looked a reasonably secure lead for anchor woman Celia Thompson.

UK international Vaughan was 67 seconds down, seemingly buried back in ninth place, but looking the only challenger remotely capable of spanning the gap. When she had closed to within 20 yards with only 400 to go, Thompson looked beaten. But the 33-year old Thompson, without a Scottish championship medal after 21 years in the sport, refused to be denied her chance of glory. As the pair ran together onto the stadium track, Thompson got on her toes, sprinted, and opened a gap as her colleagues shrieked encouragement.

Personnel officer Vaughan had to be content with the runner-up slot and the fastest lap of 10-51. Only three other women broke 12 minutes.

Glasgow claimed the intermediate and junior titles as well, with the minor crown going to Central region and the girls' to Babcock Thom Pitreavie.

KAY Dodson (Law) has succeeded Molly Wilmoth (Springburn) as president of the Scottish Veteran Harriers Club. Gordon Porteous (Maryhill) remains secretary/treasurer.

HANLON AT RECEIVING END OF BAD TASTE DISPLAY

THE worst taste displayed at any Scottish national championship, track or cross-country during the past 25 years - and I have missed very few - greeted Tom Hanlon in the national cross country relay championships at Alloa, writes Doug Gillon.

World championship steeplechaser Hanlon deserved better than the lout who yelled: "Break a leg, F***face" as he set off in pursuit of Cambuslang, Teviotdale, and Caledon Park, chasing a 19-second deficit. And he certainly did not deserve the booing which greeted him as he crossed the line, recording the day's fastest lap of 12-28 which carried his club, Reebok Racing Club Edinburgh, to a two-second win, the narrowest in the history of the race.

The bad sportsmanship was publicly condemned by SCCU secretary Ian Clifton, who, like the majority of spectators was disgusted by the behaviour.

Fortunately, perhaps, the sportswear firm's name is in the process of being removed from Racing Club's title at the club's request. The envy it has generated has inflamed tempers to a pitch in keeping with the radioactive cherry red colours which the club sports.

"We don't believe we have been getting the quality, or even the sizes, of equipment to which we were entitled," said founder Alan Robson. "Frankly, the exposure the firm received for less than £3000 worth of ill-fitting gear - and no financial inducements to our members, despite what anyone says -



Tom Hanlon

was more than they deserved." In future the club is to be known as Racing Club Edinburgh.

The capital side finished the 4 x 2.5 mile course in 52-07, with Hanlon out-sprinting an inspirationally determined Doug Runciman (12-49) who brought Cambuslang home in 52-09. Six-time previous winners Caledon, with former national champion Neil Tennant (13-10) making a welcome return - his first competitive outing in 18 months - finished third in 52-44.

Reebok's second string finished 13th, which augurs well for their Edinburgh-Glasgow hopes. They have already claimed the McAndrew (again with Hanlon the decisive factor on the anchor) and East district relay crowns.

But initially at Alloa they looked as if they had blown it, having been left well in arrears, 30 seconds behind leaders Teviotdale on the opening leg. Alan Robson finished eleventh (13-38), four

MacLeod frustration

KAREN MacLeod-Davies clocked 2-37-48 in Carpi, Northern Italy despite suffering badly from cramp after reaching 30K in 1-49.

"That first bit was like a 20-mile training run, but after the cramp, I had to walk and jog the final six miles. It was really frustrating," said the former national track and cross country champion who finally finished twelfth.

Her biggest upset was being on course for the Olympic qualifying time of 2-35, and she is now resigned to not making the Barcelona team.

She may now go on to tackle the Houston marathon in January of next year.



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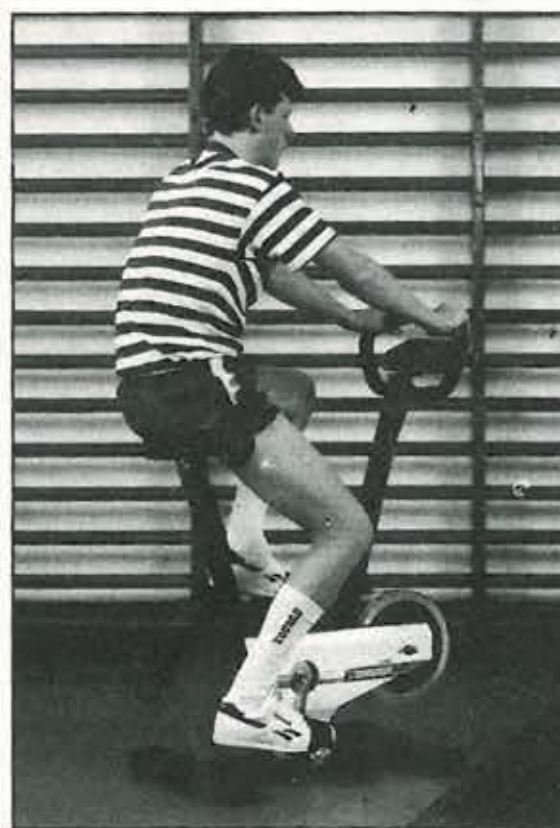
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Slow but steady progress

CAMERON Sharp, Scotland's former European and Commonwealth medal-winning sprinter who was critically injured in a traffic accident in Dumfries-shire on October 10, is making slow but steady progress in Newcastle General Hospital after having sustained multiple injuries which required brain surgery, writes Doug Gillon.

But the extent to which Sharp, who helped Scotland to Commonwealth relay gold in 1978, may ultimately recover cannot yet be assessed.

"The surgeons say it could be two years before his maximum recovery - and that is not yet predictable - can be achieved," said his wife, Carol.

Sharp, a 33 year old leisure and recreation manager with Annandale and Eskdale District Council, was driving along in a council minibus which inexplicably left a straight stretch of road and struck a tree. He was conscious and able to give personal details when the wreckage was spotted around tea time by an off-duty fireman. It took an hour to free him, but despite his injuries Sharp was still conscious on arrival at Cumberland Infirmary in Carlisle.

Following surgery on multiple leg injuries, and substantial blood transfusions, his condition deteriorated and he was transferred under escort to the neurosurgical unit across the country at Newcastle General Hospital where a clot was removed from his brain.

"I was told to prepare myself for the worst," said his wife, Carol, the former Commonwealth 800m internationalist who was at her husband's bedside along with Cameron's Kilmarnock-based parents. "The 48 hours following neurosurgery were critical, and it was five days after the accident before I was told he probably would not die."

It seems that Sharp can thank the strength and fitness which carried him to a catalogue of athletics honours for his survival. "Cameron's all-round fitness was a factor which encouraged the surgeons to operate when they might not have done so," said Carol, who was told that few people survive transfusions on the scale of the 50-plus pints of blood he required in these five days.

Sharp suffered compound fractures of both knees and the left on will require to be completely rebuilt as all ligaments have been detached. Broken bones in both feet have been wired and plated.

Both heels were also broken. He has a fracture and dislocation of his right hip, and a minor breakage of bones in his right hand. He suffered a severed tibial artery in his right leg, and cuts and damage to his head. Neurosurgery was required to remove a substantial blood clot.

"Cameron can see me, and respond and reach for things, but cannot speak yet," said his wife. "The neurosurgeons are unable as yet to assess what possible permanent damage might result from the brain surgery. Cameron now has movement in all four limbs, although it is sluggish on the left side. Our major concern now is how language, memory, and understanding may have been affected, and the possibility of a personality change."

"Given that I was told he had little chance of survival, the news now is very encouraging. Facially there is not a mark on him, and the orthopaedic surgeons

say that, leaving aside the possible effects of brain damage, they would hope to have him walk eventually without a limp. The cause of the accident, on a straight road and with no other vehicle involved, is still a complete mystery."

Carol paid tribute to the support they have received from the athletics community, from work colleagues, and neighbours at their home in Lochmaben. "They have all been wonderful, helping to look after our two wee girls, Karly and Lynsey," said Carol. "They have cleaned our house, ironed clothes, cut the grass, even removed our dog, Sophie, from kennels."

UK coaching director Frank Dick, best man at their wedding in 1983, has twice visited Cameron, and offered practical help, such as arranging accommodation for relatives on Tyneside. Carol's old 800 metres rival Kirsty Wade arrived at the hospital with clothing, toiletries and offers of the

chance to escape for some respite to her home in Rowlands Gill.

Among the first to enquire about Cameron's well-being was his old rival, Allan Wells, who finished first in the 100 and 200 metres as Sharp took bronze at these distances in the Brisbane Commonwealth Games. And another Scottish relay colleague and fellow medallist at those 1982 Games, Gus McCuaig, was won among the first to visit, along with Dumfries neighbours Steve and Rachel Overt. Tyneside throws coaches Dorothy and Ian Chipchase offered the facilities of their home, and to look after the Sharps' daughters.

Shettleston Harrier Sharp did the UK championship double at 100 and 200 metres in 1980, and retained the 100m crown a year later. In 1982, he claimed the AAA 100m title. But the finest race of his career was later that year at the European championships in Athens were, despite a pain-killing injection, he took the silver medal in the 200 metres.

Olaf Prensler of East Germany beat him by one hundredth of a second for the title, but Sharp's time of 20.47sec is still seventh best ever by a Briton.

After Linford Christie and Allan Wells, Sharp, with a best 100 metres time of 10.20, set in 1983, remains joint third fastest on the UK all-time list. When he captured the Scottish 200 metres crown in 1982 he was the first Briton in seven years to beat Wells.

Sharp's major championship career began in 1978, when with Wells, David Jenkins, and Drew McMaster, he won Commonwealth relay for Scotland, setting a UK record. At the 1980 Moscow Olympics he reached the 100 and 200 metres semi-finals and helped Britain to fourth in the relay.

At the Brisbane Commonwealth Games, he won three bronzes - in the 100m, 200m, and sprint relay. Wells took gold in both sprints (sharing the 200m, uniquely, with Mike McFarlane) in what represented the golden age of Scottish sprinting.

Sharp's last top-flight international contribution was to share in Scotland's sprint relay bronze in the Commonwealth Games at Meadowbank in 1986. He sacrificed his own chances in the 200m, withdrawing because of injury problems, because he knew that if he ran, he would have to scratch from the relay. A year later, battling back from injury he won the Scottish 100m title - the only national crown to have eluded him throughout his career.



Sharp winning the Scottish 100m title in 1987.

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The art of CROSS COUNTRY running

Derek Parker marks out the route to a successful cross country season.

BY now the cross country season is well under way and most distance-runners will have participated in their first competitions.

Cross country is one of our great sporting traditions. It began during the mid-19th century when groups of runners known as "hares" laid paper-strewn trails across fields and through woods for other runners known as "hounds" to follow. Prizes were awarded for the first "hound" to reach each "hare". Athletic clubs such as Glasgow University Hares and Hounds have their origins in this informal and truly amateur branch of the sport.

Soon cross country became more competitive and by the 1870s the first national championship were organised. It is recorded that the first English cross-country championships took place at Epping Forest when the race was declared null and void because all 32 contestants went off the course. So getting lost in races is nothing new!

Today cross country attracts thousands of devotees throughout Scotland. Its many enticements include team spirit, friendly rivalry, keen inter-club competition, and the exhilaration of running over natural surfaces such as fields, leaf-mantled paths, and forest trails. The freshness and cleanness of the countryside makes a welcome change from running in urban areas where vehicle-exhaust pollution, noisy traffic, and crowds of pedestrians make life hazardous for the athlete.

Like all other aspects of athletics, cross-country has to be fitted into the athlete's overall programme. Its role in the training and racing calendar must be intelligently assessed. Some athletes refrain from competing in cross-country races and only venture onto natural terrain for training or recovery purposes. These are usually the athletes who look beyond the cross-country to a successful campaign on the track during the summer months.

Others look forward to a regular diet of racing over the country throughout the winter. For them it is the highlight of the year and they rejoice in its informality and sense of freedom. Their motivation comes primarily from helping their club to do well in a team contest and, if possible, to being included in the list of "counters". These athletes are also generally to be found turning out for their clubs in track leagues and road races during the summer. Their desire for competition, however, should be balanced with recovery sessions and race-free weekends otherwise they run the risk of injury or stress-related illnesses.

At the top level of cross-country is the international runner. His aspirations are top placings in the national cross-country

championships and at major prestige events at home and abroad. A very select few Scottish athletes aim to do well in the trials for the UK world cross country championships and, hopefully, be selected for the British team. Runners in this category must of necessity be very selective of the races they turn out in if they are to produce top-class performances when the big occasion demands. Their targets demand prolonged race-free, training periods of high intensity and intensity with just a few specially-chosen "serious" competitions at specific points in the training and racing cycle.

Having decided what he wants from the cross-country season (and assuming some competition has been decided upon), the athlete must devise a training schedule. Obviously this will be flexible and may be modified or intensified in the presence or absence of important racing periods. The schedule should definitely include

at least one weekly session over the country. This gets the athlete used to different types of terrain and provides opportunities to work on specific aspects of cross-country technique including running uphill, downhill, along winding paths, and over rough, uneven ground such as plough, pastureland, and sand.

Although the ability to jump streams or vault fences is seldom required nowadays, it is worthwhile practising these skills to prepare oneself for the few races where the ability to negotiate natural hazards is necessary. Crossing fences and burns is also a good flexibility exercise as it involves the use of various muscle groups.

The length of the cross-country training run should at least equal the distance of the race being trained for and it should seldom be more than double the race distance. Thus, someone wanting to do well in the senior men's national championship over 7.5 miles should be aiming

for between 8 to 15 miles in training. Women targeting their national championship distance of 4 miles should be running between 5 and 8 miles in training in the country.

These cross-country runs should be balanced by: (1) long, steady road runs done at heart rates of between 130 to 150 per minute over distances ranging from 8 to 15 miles; (2) fast, steady runs at heart rates of between 140 and 180 beats per minute over 4 to 8 miles; (3) fartlek sessions of 60 to 90 minutes' duration; (4) track sessions at 3K and 5K pace with occasional efforts at 1500 metres and 10K pace; and (5) hill sessions either in the form of circuits or straight uphill and downhill over distances between 300 and 800 metres. Easy recovery runs of 20 to 30 minutes' duration should be done at least once a week.

As always, schedules must be flexible and tailored to the age, fitness, ability, and experience of each athlete. Adapting schedules to various phases of the training year is also crucial. The ability to do this successfully is the hallmark of the intelligent athlete and coach. The following two-weeks' training schedule provides an indication of the work which an athlete aspiring for cross-country honours at national level could be expected to do:

Monday: Fartlek session using long repetitions with short recoveries at 5K/10K pace eg 6 x 3 mins at 5K pace with 45 to 60 secs jog OR 5 x 6 mins at 10K pace with 60 to 90 secs jog.

Tuesday: 5 miles steady at heart rate of 140 to 180 bpm.

Wednesday: 10 miles steady at heart rate of 130 to 150 bpm.

Thursday: Track session at 3K pace e.g. 20 x 300 metres with 20 to 30 secs recovery

Friday: 30 minutes low intensity recovery run.

Saturday: (AM) Hill session eg 6 to 8 x 800 metres uphill (jog back recovery) (PM) steady run - 60 minutes.

Sunday: 12 to 15 miles cross-country/park/forest trail run.

Monday: Fartlek session using short repetitions with relatively longer recoveries at 1500 to 5000 metres pace eg 30 to 40 x 30 secs with 30 to 45 secs recovery.

Tuesday: 5 miles steady at heart rate of 140 to 180 bpm.

Wednesday: 10 miles steady run accelerating over final 3 miles (heart rate = 130 to 150 bpm).

Thursday: Track session at 5K pace eg 4 x 1600 metres with 60 to 90 secs recovery.

Friday: 30 minutes low intensity recovery run.

Saturday: (AM) Hill session eg 20 x 300 metres uphill (jog back recovery) (PM) Steady run - 60 minutes.

Sunday: 12 to 15 miles cross-country/park/forest trail run.

It should be emphasised that an athlete using the above schedule would be competing at a very high standard and probably aiming for selection at UK level. He would also be running for around 30 minutes each morning. The above schedule is for guidance only and should not be adhered to rigidly by less experienced athletes.

Assuming the athlete has trained to a reasonable standard, his next objective is to transfer the acquired fitness into a successful racing strategy. This involves (1) gaining a thorough knowledge of the course; (2) proper warm-up and pre-race procedures; (3) tactical awareness and the correct execution of a race plan during the event.

The athlete gets to know the course by walking round it well before the start of the race. He ascertains the direction of the wind, makes a mental note of sheltered areas, analyses the ground conditions, and pinpoints hazards such as single-file paths, natural obstacles, sharp bends, tight corners, slippery surfaces, and uphill, downhill, and angularly-sloping sections. He makes himself particularly aware of the last 800 metres or so before the finish so that he can execute a finishing burst from a suitable distance out from home and over fairly firm ground.

Walking round the course enables the athlete to decide what footwear or size of spikes to use. Generally speaking, if the course is wet and muddy, 12 millimetre spikes provide a good grip



on the ground. On less muddy trails, size 9 millimetre spikes are recommended. In exceptionally wet conditions, size 15mm spikes can be used while on very firm ground size 6mm spikes or cross-country shoes fitted with rubber studs can be advantageous.

Wind and weather conditions will also influence the athlete's choice of clothing during the race. If it is mild, shorts and running vests may be sufficient. In colder weather, long-sleeved jerseys, gloves, and leg coverings may be required

to prevent heat loss and possible hypothermia, particularly on days when the wind-chill factor can adversely affect the physiological processes.

The pre-race warm-up is best done separately from the course inspection. It should commence around 45 minutes before the start of the event. It should consist of around 15 to 25 minutes jogging followed by mobility exercises and 6 to 8 x 100 metres strides with each repetition being done progressively faster. Ideally, the warm-up should be done in a sheltered environment out of reach of the wind. The exercises should be done indoors, if possible. As well as preparing the athlete psychologically for the contest, its physiological objective is to raise the heart beat to the rate it will be functioning at as soon as the race gets under way. The warm-up is crucial to a good performance and helps to reduce the risk of injury - a consequence of putting too much stress on unprepared muscles, ligaments, and tendons.

In theory, even-paced running is the most economical method of covering the requisite race distance. That way the athlete does not go away too fast and ends up jogging or walking the last few miles. In practice, athletes aiming for winning performances have got to be prepared for a fairly fast start if they do not wish to be lost in the middle of a large bunch of rivals whose presence prevents them from speeding up or gaining ground on the leaders.

Bernie Ford, who won the English cross-country championships on two occasions over a nine-mile course, reckoned he approached his personal best 400 and 800 metres times during the first, frenzied stages. The first mile at major championships in the UK involving hundreds of competitors is usually covered in around 4-20 before the athletes settle down to a steady tempo. The first 5000m at the world championships are completed in around 14 minutes.

The international athlete must be physically and mentally prepared for these fast starts because very often being just four or five seconds off the pace can mean being 100 paces behind the leaders and hopelessly boxed-in. The risk of going off too fast must be balanced with the danger of losing too much ground at the start. That is why experience is so important in planning race tactics.

If the athlete has done his course inspection properly, he should be able to cope effectively with all that comes his way once the race gets going. He will not stumble over obstacles or become trapped behind fellow-competitors on single-file paths.

If he has trained thoroughly for the event, he will have the courage, tenacity, perseverance, and determination to see the event through to the very end and to the very best of his ability. Even if he is well down the field, he should stick to his task because in team competitions every single place counts. By out-sprinting a rival in the closing stages, the tail-ender might well help his club to a narrow one-point victory in a top event.

It is occasions such as these along with the feelings of euphoria at the end of a gruelling slog over muddy fields in the middle of winter that makes cross-country such a popular feature on the Scottish athletics calendar.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc or grass running.
Monday: 75 to 90 mins fartlek inc 5 x 5 mins at 10K pace with 60 to 75 secs jog recovery.
Tuesday: 5 miles or 30 mins road running.
Wednesday: 10 miles steady on hilly course.
Thursday: 16 to 20 x 300 m at 3K pace with 30 to 45 secs rec + 3 x 150 m full effort (250m jog) starting 400m jog after final 300 m.
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 60 secs fast (30 secs jog) + 30 secs fast (15 secs jog) + 15 secs fast (60 secs jog) x 10 sets. The 60 secs and 30 secs reps should be at 5K pace and the 15 secs reps at 1500/3K pace.
Tues, Wed, and Friday: As Week One.
Thursday: 6 x 500 m at 1500 m pace (75 to 105 secs recovery) + 3 x 150 m full effort (250 metres jog recovery) starting 800 m jog after final 500 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 2 mins fast (60 secs jog) + 3 mins fast (90 secs jog) + 4 mins fast (2 mins jog) + 4 mins fast (2 mins jog) + 3 mins fast (90 secs jog) + 2 mins fast. All efforts to be fairly hard.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5 x 1200 metres at 5K pace with 45 to 75 secs recovery + 1 x 200 metres full effort starting 200 metres jog after final 1200 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 30 to 40 x 30 secs at 1500 to 3000 metres pace with 60-45-30 secs recovery jog alternately.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace with 20 to 30 secs recovery + 6 x 50 metres sprints from rolling start (jog back recovery) starting 400 metres jog after final 400 metres.
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 24 x 30 secs fast (45 secs jog).
Tuesday: Rest/20 to 30 mins easy recovery run.
Wednesday: 8 to 10 miles steady.
Thursday: 12 to 15 x 300 metres at 3K pace (45 to 60 secs recovery) + 3 x 150 metres full effort (250 metres jog recovery) starting 400 metres slow jog after final 300 metres.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.
 Morning runs, if done, should be of 20 mins duration three to five times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 12 x 60 secs fast (jog 2 and 1 min alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 6 x 500 metres at 1500 metres pace (with 90 to 120 secs rec) + 3 x 150 metres full effort (with 250 metres jog rec) starting 800 metres jog after the final 500 m.
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 15 secs fast (15 seconds jog) + 30 seconds fast (30 seconds jog) + 45 secs fast (60 seconds jog) x 8 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 4 x 1200 metres at 5K pace (75 to 120 secs recovery) + 1 x 200 metres full effort starting 200 metres jog after final 1200 metres.
 Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 seconds jog) + 60 seconds fast (60 seconds jog) x 8 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace (45 to 60 seconds recovery) + 6 x 50 metres sprints from a rolling start (with jog back recovery) starting 400 metres jog after final 400 metres.
Saturday: Race or 8 to 12 miles steady.
 Morning runs as Week One.

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ACTION FOR PEOPLE WITH ARTHRITIS

Photograph by John Elwick

JUNIOR PROFILE



NAME: Peter Charles Rowlings.

DATE OF BIRTH: September 9, 1977.

SCHOOL: Victoria Drive, Glasgow.

ATHLETICS CLUB: Cambuslang Harriers.

STARTED ATHLETICS: When I was at primary school, but I only really started training seriously last year when I joined Cambuslang Harriers.

EVENTS: 100m, 200m, and long jump.

PERSONAL BESTS: 100m, 12.2; 200m, 24.9; long jump.

ENJOY MOST ABOUT THE SPORT: Meeting people, and travelling.

LEAST ENJOY: Circuit training.

AMBITION IN SPORT: To compete in the 1998 Commonwealth Games.

HIGHLIGHTS SO FAR: Breaking the Scottish Schools under-15 long jump record last year with a jump of 5.35m; coming second in the under-15 200m at the 1991 Scottish schools competition; breaking the Glasgow schools long jump record and placing second in the UK for my age group in the event) with a jump of 5.68m.

MOST EMBARRASSING MOMENT: Falling on the bend in a 200m race at Scotstoun. (I still managed to win though.)

FAVOURITE STADIUM: Crownpoint.

FAVOURITE ATHLETE: Michael Johnson.

FAVOURITE BOOK: The New Adventures of Indiana Jones.

FAVOURITE ACTOR: Eddie Murphy.

FAVOURITE ACTRESS: My coach's girlfriend Veronica.

FAVOURITE FOOD: Chocolate cake.

OTHER HOBBIES: Tennis, keeping fit, going dancing.

AIMS FOR THE FUTURE: To get picked for the GB or Scottish team and run against athletes from other countries. I'd like to be a full-time athlete.

THE Kelvin Hall was the venue for the opening fixture of the 1991-92 university season, writes Gordon Ritchie.

The freshers match is always a low key event, aimed primarily at introducing new students to the delights of academia.

The turnout was refreshingly high, with most events on the track stretching to four or five heats. Among the field events, the high jump saw Edinburgh dominating with Andrew Simpson clearing 1.90m to edge out Aberdonian Dinkar Sabnis. In the women's event Beth Philip was the top performer with a creditable 1.60m and a narrow failure on her third attempt at 1.65m.

In the long jump, Heriot Watt captain Nikki Barr showed the way with a consistent series, all jumps being between 5.27m and 5.34m. Ian Paget won the men's event with 6.44m, pushing Sabnis into another second place on 6.35m.

The top track performance came from another Heriot Watt freshman when Douglas Walker took a sprint double in 7.2s and 23.1. The latter event failed to live up to expectations when Amir Savage withdrew, leaving Walker with the simple task of destroying the opposition.

In the women's sprints, Nikki Barr and Glasgow's Sarah Richmond were both timed at 8.4, while Richmond dominated the hurdles, as expected in 9.3. It was pleasing to see two Dundee girls running well in the hurdles, as it is some years since that university had any athletes at all, never mind some good female athletes. Another hopeful sign was the fact that there were more female hurdlers competing than male.

Edinburgh's Savage redeemed himself by winning the 400m in a comfortable 52.6. Dundee's Lorna Silver was the fastest female in 60.4. In the middle distance events, Ewan Colvert (Strathclyde) was top with a double in 2-00.4 and 4-23.8.

The match ended with the traditional novelty event. This year, it was a mixed medley relay. The first leg over 800m saw Colvert open up a big lead over Dundee's Robbie Wallace before the change over to the female 200m runners. For the rest of the race, Dundee closed the gap on Strathclyde, and when the male 200m runners finished their legs, the gap was 60m. Claire Fairweather for Strathclyde ran the 400m leg and was being caught by Lorna Silver, but

managed to hold on to win by 10 metres.

It is clear that the women's events are going to be of a high standard. The middle distance can boast some of the best talent in the country, while Mel Neef's decision to return to Glasgow has further strengthened an already powerful sprint squad.

The men, however, looked weak following the departure of Jamie Henderson, Gregor McMillan,



James Stoddart, and Ian Hamer. Unfortunately, the influx of talent is such that although the Scottish Universities team will be young, it should be stronger in depth. Walker is a more than capable replacement for Henderson, while Colvert, Glen Stewart, and John McFadyen should bolster the middle distance.

In the field, Paget and Sabnis provide talent in the horizontal jumps which has been absent since the graduations of Russell Brown and Stuart McMillan. With David Allan, Rob Smith, Kengo Kubota, and Lachie Carter in the heavy events, and Iain Black and Adam Anderson in the vault, there is a spread of talent. Even the hurdles are strong, with Graeme Smith, Fraser McGlynn, Dave Hitchcock, Douglas Thoms, and Niki Taylor.

Things now look more hopeful for the internationals in 1992. The main problems will continue to be ensuring that the best will turn out for the representative matches.

THE teams to represent the Scottish Schools in the indoor track and field international (Scotland v Ireland v England v Belgium) at the Kelvin Hall on December 14 have been selected and are as follows:

Boys -

60m Hurdles: David Cotter, (Nairn Academy), Ross Baillie (Clydebank High).

60m: Richard Booth, (James Gillespie's), Adam Lowles (Loretto).

200m: Graham Hastings, (Kirkintilloch), Ross Maguire, (Nairn Academy).

400m: Stuart Sutherland, (Tain Royal), Chris Frew (Hutcheson's Grammar).

800m: Brendan Watters, (St Ninian's), Kevin Hinnels (Falkirk High).

1500m: Stuart Gibson (Columbia High), Mark Smith (Douglas Academy).

High Jump: Martin Pate, (Boclair Academy), Alan France (Chryston High).

Long Jump: William Stark, (Bridge of Don), Finlay Edridge (Kelvin Academy).

Shot: Bruce Robb, (Queen Anne High), Iain Douglas (Wallace Hall Academy).

Pentathlon: Andrew Ramsay (Dingwall Academy), Richard Nolan, (Annan Academy), Peter Annal, (Alness Academy), Stuart McPherson, (Alness Academy).

4 x 200m: Richard Booth, Adam Lowles, Graham Hastings, Ross Maguire, William Stark, Ross Baillie, Scott Fraser (Culloden Academy), Peter Rowling, (Victoria Drive).

Girls -

60m Hurdles: Karen McNamee (King's Park), Stacy Moxey (Portobello High).

60m: Rona Hepburn (Crieff High), Fiona Lumsden (Aberdeen Grammar).

200m: Fiona Hutchison (Jordanhill), Judith Reid (Bearsden Academy).

400m: Kerry Stewart (Grange Academy), Helen Brooks (Marr College).

800m: Fiona Johnstone (Galashiels Academy), Julie Robertson, (Ainslie Park).

1500m: Pamela Crawley, (Eastbank Academy), Kristina Gormley (Mary Erskine).

High Jump: Suzie Robertson, (Portlethen Academy), Dawn Lapsley (Kinross High).

Long Jump: Pamela Anderson (St Mungo's Academy), Lynn Fraser (Kilwinning Academy).

Shot: Julie Robin (Hermitage Academy), Nav Dhaliwal (Park).

Pentathlon: Donna Palmer (Royal High), Jennifer Donald (Alness Academy), Julianna Palka (St Ninian's), Sheila Bain (Alness Academy).

4 x 200m: Rona Hepburn, Fiona Lumsden, Karen McNamee, Lynn Fraser, Stephanie Balmain (Claremont High), Louise Thomson (Wellington).

Medley Relay (100m x 200m x 300m x 600m) - selected from team.

WITH the withdrawal of the Welsh schools, Scotland has entered A and B teams, thus giving 48 young athletes their international vests, writes the SSAA committee.

It is obviously very difficult to pick teams for an indoor match in December, with only the summer results and rankings to go on, and if mistakes have been made, we can only apologise and learn for the future. Teams were limited to ten athletes, with two additional pentathletes, and A and B teams are not interchangeable.

Obviously, some coaches feel that doing a winter season "on the boards" is too much for growing athletes and the SSAA totally appreciate this. We are now in the problem zone of worrying about how much we ask our young athletes to do, over and above their club and school commitments. It is certainly a difficult and contentious area, which may partially be solved by the formation of the SAF.

It is only fair here to state that the SSAA will always have the best interests of the athletes at heart, and will totally understand if coaches, parents or teachers feel that too much is being asked of the comparatively few really talented youngsters that Scotland has.

It is in all interests to work together and hopefully it is possible for SSAA officials to be contacted by schools, clubs, coaches, and parents to exchange ideas.

Finally, on behalf of everyone involved with Scottish Schools' athletics, we should like to wish Linzie Kerr a very speedy recovery from injury and to thank her for all she has done for schools athletics in her comparatively short but very successful career.

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JUNIOR RANKINGS, 1991

Intermediates

100m	
11.9w	Louise Paterson Ab (12.2)
12.0w	Sinead Dudgeon Ab (12.13)
12.04w	Elaine Julian Ayr (12.20)
12.1w	Karen Sutherland EWM
(12.39)	
12.22w	Linzie Kerr CG (12.31)
200m	
25.0	Elaine Julian Ayr
25.1w	Louise Paterson Ab (25.16)
25.2	Sinead Dudgeon ESP
25.39i	Karen Sutherland EWM
25.81	Sandra Gunn Ab
400m	
57.96	Claire Martin FIF
58.5	Louise Paterson Ab
59.24	Morven Fraser Nai
59.50	Sinead Dudgeon Esp
59.5	Gillian Fowler CG
800m	
2-10.73	Isabel Linker Pit
2-11.01	Alison Potts CG
2-15.62	Lorraine Stewart Esp
2-15.7	Yvonne Reilly DHH
2-16.66	Gillian Fowler CG
1500m	
4-31.1	Isabel Linker Pit
4-38.6	Alison Potts Cg
4-38.81	Yvonne Reilly DHH
4-44.46	Louise Cormack Esp
4-46.55	Alison Cheyne Esp
3000m	
10-02.6	Isabel Linker Pit
10-17.6	Hayley Parkinson V/A
10-18.3	Louise Cormack ESP
10-42.1	Alison Cheyne CG
10-49.6	Louisa Shaw Arb
80m Hurdles	
11.7w	Theresa Crosbie CG (11.87)
12.0	Catriona Burr EWM
12.2	Fiona Allan Rudd
12.3	Jennifer Dale Ayr
12.4	Lynne Shorthouse Loch
12.4	Sarah Rammingier Arb
300m Hurdles	
45.00	Catriona Burr EWM
46.0	Kerry Beveridge ESP
46.09	Rhona Livingstone EWM
47.2	Sandra Gunn Ab
47.27	Jane Gardiner EWM
400m Hurdles	
67.9	Alison Brydie EWM
68.28	Kerry Beveridge ESP
68.4	Lorraine Ross Inv
68.9	Sarah Rammingier Arb
69.70	Morven Fraser Inv
High Jump	
1.71i	Joannan Ross Kil
1.70	Lisa Brown Loch
1.61	Julie Reid Kil
1.60	Sarah Rammingier Arb
1.56i	Debbie Church Ayr
Long Jump	
5.81	Fiona Allan Rudd
5.58w	Linzie Kerr CG (5.52)
5.37	Sarah Rammingier Arb
5.30w	Sarah Still Ab
5.24	Jeanette Adair Loch

Shot Putt

11.08	Stephanie Robin Hel
10.18	Leigh Cunningham Pit
10.18	Raka Samson Ayr
10.10	Tracy Johnstone BI
9.39	Christine Legge Mon
Discus Throw	
37.94	Helen McCreadie Hel
34.16	Stephanie Robin Hel
32.16	Leigh Cunningham Pit
31.20	Tracy Johnstone BI
30.84	Nicola Robertson EWM
Javelin Throw	
36.16	Nicola Sloan Hel
33.92	Karen Elliott Carl
33.02	Alison Cheyne CG
32.84	Janet McTurk DMF
31.70	Nicola Robertson EWM

Juniors

100m	
12.3w	Fiona Hutchison CG (12.41)
12.5w	Fiona Lumsden Ab
12.52w	Stephanie Balmain CG
12.6w	Rona Hepburn PSH
12.61	Louise Thompson Ayr
200m	
27.7w	Fiona Hutchison CG (25.82)
25.95w	Stephanie Balmain CG
26.0w	Natalie Hynd Pit
26.19w	Judith Reid CG
26.22	Joanne Symington Ayr
800m	
2-19.3	Karen McNally NV
2-19.83	Fiona Johnston Mel
2-20.0	Pamela Crawley CG
2-20.63	Kerry Stewart JWK
2-21.02	Julie Robertson ESP
1500m	
4-41.09	Karen McNally NV
4-42.3	Pamela Crawley CG
4-42.8	Kristina Gormley EWM
4-45.3	Kerry Stewart JWK
4-51.2	Susan Scott Ayr
75m Hurdles	
11.65	Karen McNamee CG
11.7w	Stacy Moxey EWM (11.75)
11.8	Katy Phillip Ab
12.1	Fiona Forrest EWM
12.24	Kathryn McKenzie Cai
High Jump	
1.60	karen Hay ESS
1.57	Susie Robertson Ab
1.57	Sheilah Bain BI
1.55	Dawn Lapsley Pit
1.55	Donna Palmer ESP
Long Jump	
5.39	Pamela Anderson CG
5.36	Fiona Hutchison CG
5.30	Karen McNamee CG
5.06	Juliana Palka CG
5.02	Jennifer Donald BI
5.02i	Donna Quirie Ab
Shot Putt (3.25kg)	
12.04	Julie Robin Hel
11.94	Navdeep Dhaliwal CG
11.48	Eleanor Garden Pit
10.73	Lynsay Munro EWM
10.06	Catherine Garden Pit (G)

Discus Throw

38.86	Julie Robin Hel
34.82	Navdeep Dhaliwal CG
34.22	Catherine Garden Pit (G)
33.60	Eleanor Garden Pit
32.30	Louise Thomson EWM
Javelin Throw	
32.86	Lynsay Munro EWM
31.64	Elaine McQueen Inv
31.44	Gayle McCreath CG
30.32	Louise Thomson EWM
29.00	Wendy MacFarlane Mon

Girls

100m	
13.22w	Jacqueline Tindal FIF
13.3w	Pamela Johnstone EWM
13.44	Laura Wason EWM
13.6w	Tracy Steele Pit
13.6w	Joanne Robinson KO
200m	
27.41	Jacqueline Tindal FIF
27.49	Laura Wason EWM
27.86	Pamela Johnstone EWM
27.92	Sara Morris Loch
28.7w	Jenny Wright
800m	
2-22.3	Jennifer Ward Pit
2-24.90	Jennifer Learnmonth DHH
2-24.98	Caroline Morris JWK
2-25.56	Karen Montador CR
2-26.19	Kerry Scott Mor
1500m	
4-56.9	Jennifer Ward Pit
4-59.7	Karen Montador Ctr
5-03.5	Caroline Morris JWK
5-13.7	Jacqueline Anderson Fra
5-14.3	Jennifer Learnmonth DHH
70m Hurdles	
11.82	Lynne Fairweather Las
11.84	Michelle Zalis Las
12.1w	Fiona Paul EWM
12.2w	Fiona Donald CG
High Jump	
1.49	Fiona Paul EWM
1.47	Laura Wason EWM
1.45	Jennifer Wright Pit
1.44i	Theresa Richards Ell
1.44	Jemma Grant Nai
Long Jump	
4.69w	Fiona Paul EWM
4.62	Sara Morris Loch
4.58	Nicola Hutchison CG
4.56	Jacqueline Tindal FIF
4.53	Hazel Gallagher ESP
4.53	Fiona Hunter Arb
Shot Putt (2.72kg)	
10.91	Catherine Garden Pit
10.40	Fiona Hunter Arb
8.17	Jemma Grant Nai (3.25kg)
8.12	Katrina Collins EWM
8.04	Inga Antonio Ork
Discus Throw (0.75kg)	
39.44	Catherine Garden Pit
25.24	Fiona Hunter Arb
23.66	Katrina Collins EWM
22.76	Katrina Rae Ann
21.72	Lorna Kirk Ctr

Javelin Throw (400g)

27.98	Kelly Sloan Hel
27.96	Fiona Hunter Arb
27.90	Catherine Garden Pit
27.58	Katrina Collins EWM
24.72	Gillian Stewart ESP

Juniors

100m	
10.69	Douglas Walker ESP
10.85	Roddy Slater FVH
11.0w	David Cleland FVH (11.2)
11.1	Darren Galloway Ayr
11.2	Steven Brown Nith
200m	
21.6	Douglas Walker ESP
21.9	Roddy Slater FVH
22.0w	Darren Galloway Ayr
22.2	David Cleland FVH
22.59	Jamie Adams Ayr
400m	
49.09	Grant Purves BHH
49.9	Alex Greig FVH
49.92	Brian Holliman Cam
50.31	Jamie Adams Ayr
50.5	Peter Kennedy ESP
800m	
1-51.37	John MacFadyen GGH
1-52.1	Grant Graham VP
1-52.55	Ewan Calvert Ab
1-52.7i	Craig Robertson FVH
1-54.9	Mark McBeth Cam
1500m	
3-47.6	Grant Graham VP
3-58.0	Ewan Calvert Ab
3-58.7i	Fraser McNeill LDS
3-58.9	Tim Hely VP
4-00.85	Gordon Reid JWK
3000m	
8-28.4	Scott Burch Pit
8-47.2	Alex Moss Ctr
8-51.0	Gordon Reid JWK
8-51.8i	Stuart Gilmour VP
8-56.3	Allan Adams VP
5000m	
14-58.1	Alex Moss Ctr
15-27.3	Allan Adams VP
15-41.4	Scott Burch Pit
15-59.72	Brian Thomas Cam
16-15.1	Jamie Reid Law
110m Hurdles	
15.0	William Wyllie FVH
15.2	Stuart Dillon BI (Y)
15.32w	Andrew Tupman ESP
15.6	Douglas Wight EA
15.78	Douglas MacRae Ayr
400m Hurdles	
55.5	Peter Simpson Pit
56.0	Douglas Wight EA
56.80	Ken Pearson Ctr
56.9	Duncan Hards Inv
57.3	Ovie Brume Fet (Y)
3000m S/chase	
9-11.01	Scott Burch Pit
9-40.5	Edward Tonner JWK
9-42.26	Matthew Kelso Pit (Y)
9-46.5	Alex Moss Ctr
9-49.3	Andrew Kings Pit

High Jump

2.11	William Wyllie FVH
2.01	Jason Allan Cly
1.96	Scott Hill ESP
1.96	Joseph Reilly Kil
1.95	Rory Birbeck Hyn

Pole Vault

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

Long Jump

7.21w	William Wyllie FVH (6.96)
6.91	Mark Craig CAM
6.87	Ian Paget VP
6.65	Alex Greig FVH
6.58	Dinkar Sabnis Ab

Triple Jump

14.09	Dinkar Sabnis Ab
13.07	Michael Patterson Arb
12.92	Paul Etheridge Ran
12.82	Iain Fraser BI
12.72i	Iain Dickie Ayr

Shot Putt (6.25kg)

14.31	Andrew Bryce Glen
13.76	Jason Grundy Hel
13.52	Rory Birbeck Hyn
13.05i	Robert Baird FVH
13.01	Peter Beaton Pit

Discus Throw (6.25kg)

55.98	Chris Edgar FVH
53.12	Glen Kerr Bed (Y)
52.46	Iain Park Hill (Y)
48.96	Shaun Bunker Hel
47.00	David Minty Ab

Javelin Throw (800g)

52.40	Rory Birbeck Hynd
50.60	John Wishart EA (Y)
48.56	William Wyllie FVH
46.38	Alan Kemlo Liv
46.08	Ken Pearson Ctr

Youths

100m	
10.8w	Colin MacRobert Cam (11.1)
10.9w	Stuart Moir Ayr (11.18)
11.09w	James Bragg MCS (11.40)
11.14w	Craig Joiner Pit (11.38)
11.2	Douglas Stewart Bal (11.22)
200m	
21.8	Colin MacRobert Cam
22.0	Stuart Moir Ayr (22.4)
22.4	Douglas Colville Pit
23.01	James Bragg MCS
23.1	David Reid BHH
23.1	Grant Adams Ayr
400m	
50.25	Colin Young CAC
51.1	Colin Wilson Ab
51.26	Keith Mackie DSMC
51.6	Euan Craig EA
52.14	Matthew Kelso Pit
800m	
1-53.8	Colin Young CAC
1-58.6	Matthew Kelso Pit
1-58.7	John Ferguson Ayr
1-58.85	Alasdair Moonie Pit
2-00.30	Mark Govan Cly
1500m	
4-00.8	Matthew Kelso Pit
4-04.06	Gary Willis Ayr

4-04.48	Alasdair Moonie Pit
4-07.9	Stuart MacKay Inv
3000m	
8-48.1	David Fotheringham CAC
8-56.0	Craig Cleland Cam
8-56.4	Stuart MacKay Inv
8-58.10	Tom Winters ESP
8-58.54	Scott Taylor Pit

100m Hurdles	
13.41w	Douglas Stewart Balw (13.92)
13.6	B Smith Inv
13.6	Grant Adams Ayr
13.8	Alan Malcolm ESP
14.2	Stuart Dillon BI

400m Hurdles	
56.7	Stephen Poutney Mth
57.3	Ovie Brume Fet
57.5	B Smith Inv
57.89	Ian Hamilton CAC
58.6	Barry Middleton Ab

2000m S/chase

6-06.5	Gary Willis Ayr
6-15.06	Matthew Kelso Pit
6-22.31	Michael Gill Cam
6-23.3	Stuart McKay Inv
6-23.6	David Whiffin Nith

High Jump

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

Pole Vault

3.70	Ken McNicol Cam
3.50	Fraser Anderson ESP
3.30	Steve Veitch Har
3.10	Michael Liu EA
3.00	Robert Dunn EA
3.00	Mark Vidler EA

Long Jump

6.47	Gavin Morrison Ren
6.47	Scott Milne Ork
6.39w	James Gilbert FVH (6.33)
6.30i	Allister Hambly Kil
6.25	Mark McManus Ham

Triple Jump

13.06	Paul Taylor VP
12.85i	Allister Hambly Kil
12.80	Paul Landels DHH
12.74	Derek Hepburn FVH
12.68	Scott Milne Ork

Shot Putt (5kg)

15.22	Stephen Hayward Mel
14.97	Alistair MacKenzie Inv
14.79	George Mathieson Avon
13.82	David Riding Hel
13.53	Lee Newton Har

Discus Throw (1.5kg)

39.28	Hamish James Mon
39.12	Stephen Hayward Mel
38.80	Ky Kay Sir
38.00	Glen Kerr Bed
37.84	Lee Newton Har

Hammer Throw (5kg)

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

Javelin Throw (700g)

50.10	John Wishart EA
49.12	Gavin Broomfield Glen
48.88	Nick Dempsey MCS

Rankings compiled
by Arnold Black.

48.56	Hamish James Mon
47.06	Roy Hyslop Mel

Senior Boys

100m	
11.3	Colin Hopkins Ctr
11.4	Tim Black Inv
11.4	Hugh Kerr Ayr
200m	
23.3w	Ryan Galloway Ayr
23.5	Brian Watson Pit
23.53w	Hugh Kerr Ayr
400m	
50.4	Callum Buck MCS
51.3	Hugh Kerr Ayr
51.72	Brian Watson Pit
52.54	Stuart Sutherland Inv
800m	
1-59.0	Des Roache VP
2-00.1	Kevin Daley Esp
2-02.80	Murray Hamlin Las

Invincible ANDY

Scotland's new national athletic coach isn't a man easily discouraged, as Margaret Montgomery found out.

FEW people will have forgotten the seemingly interminable bureaucratic wrangling which accompanied the appointment of Scotland's new national coach. Twisting and turning like the plot of a soap opera, the events surrounding the quest to find a successor to David Lease reached farcical proportions when the candidate at the root of all the political manoeuvring, former Commonwealth discus champion Meg Ritchie, declined to accept the job.

It was against this background that Andy

"My commitment to this job is total," he says firmly. "I wanted this job badly and I got it. To me that's all that matters. There may still be people out there who think Meg would have been better for the job, but to them I say 'Does Scottish athletics want reservation or commitment?' Meg turned the job down because she had certain reservations. I took it because I didn't. That's that as far as I'm concerned. The rest is history."

Vince's attitude is reflected not just in sharp realism such as this, but also in his past. As an

Showing characteristic metal he simply turned his energies to yet another discipline - this time throwing. As a six foot former county rugby player he was well suited to shot, discus, and hammer, and being a talented all-rounder was soon competing at national level in all three.

The shot was a forte. Three times, as junior boy, intermediate, and senior, he came second in the event at the English Schools Championships.

"None of the three who beat me on these occasions ever beat me again," he says briskly.



Vince at his new workplace in Edinburgh.

Vince eventually filled the most senior coaching job in Scottish athletics. It wasn't the smoothest of accessions, and matters weren't made any better when it emerged that few people outside the world of athletics knew Vince's name, and even those inside couldn't tell much about him.

"Just who is Andy Vince?" was the question most people were asking the day his appointment was announced.

It could have been a trying and demoralising experience for the Englishman, but you realise on meeting him that he isn't type to be bothered by the opinions or comments of others. Confident, assertive, and with a proven ability to bounce back from misfortune, Vince is made of that substance euphemistically attributed to the successes of most high achievers - "tough stuff".

athlete Vince faced more than his fair share of misfortune but always managed to overcome it.

Even the way in which Essex-born Vince became involved in athletics in the first place has an "against-the-odds" ring about it.

"At school my main sports were football and rugby," he explains. "But I got a cartilage injury playing rugby and had to give both games up. I was determined not to give up sport altogether so I took up athletics. I'd have preferred sprinting or jumping - I'd already represented the county at sprints - but my knee just wasn't up to it."

Deprived of his preferred options in the athletics arena, Vince decided to try the decathlon, rising to the status of Essex age group champion. However, his knee injury prevented him from pursuing the multi-disciplined event any further.

Apart from his success in the English schools competition, he also earned the distinction of winning the national AAA junior title in the shot on two occasions.

"I came second the first year I entered, but to an Irish boy who was quite a bit older," he says.

Vince could also boast a position among the top ten in his age group in the discus and the hammer. His achievements were to secure him offers of sports scholarships from American universities, one of which - from Murray State in Kentucky - he accepted.

However, during the first year of his scholarship he suffered yet another injury, this time to his lower back. Once again he was forced out of competition. This time though the situation was made worse by the fact that he also had a

scholarship to lose.

"It was dependent on my competing," explains Vince. "Now I couldn't do that I was faced with the prospect of just giving up and going home or trying to pay for my board and fees myself."

His solution was take up coaching, something he admits he found initially extremely frustrating.

"Some sports people I know would leave sport altogether rather than stand on the sidelines and coach," he says. "I didn't want to do that but I must admit that I found it rather difficult to look on."

The experience, though, gave him a taste for coaching he might not otherwise have developed. For two years he coached a variety of jumpers, throwers, and sprinters. When he was finally able to go back to competition he was sufficiently appreciative of coaching to continue pursuing it, though to a lesser extent.

On completing his degree at Murray State Vince went on to study for a further two years, this time for a post graduate qualification at the University of Southern Illinois. Simultaneously, he was able to continue competing in the shot.

All in all, therefore, Vince has had plenty of time to observe the differences between athletics development in the States and in Britain, both from the competitor's and the coach's point of view. It's a subject, needless to say, on which he has particularly strong views.

"It's a completely different ball game over there," he says. "The American system is a lot less bureaucratic and it's a lot easier to get things done. The problem here is that there are just too many bodies to deal with to effect even the smallest of changes. Hopefully, though, the situation in Britain will change with the introduction of the BAF and SAF."

As a competitor Vince found the environment in America much more encouraging than in Britain. Throwers, he maintains, earned very little respect in Britain during the eighties. By contrast they were valued and encouraged in America, the net result being an overall standard which was much higher.

"You have to encourage high standards and to do that you have to offer opportunities for high level competition and high level training," he says. "I don't think it's as bad here as it was in the eighties but there is room for improvement."

A long period in private and public recreation management following his return to Britain gave Vince valuable experience of organising coaching schemes to add to the hands-on coaching skills he acquired while in America. After helping to develop the Downes Fitness centre in Maldon, Essex, he then moved to a job as assistant manager at Waterside Farm sports centre, Canvey Island. There he developed courses in a variety of sports including not just athletics but badminton and gymnastics, fostering a belief that there should be more "cross-over" in sports coaching.

"I'd like to see ideas from other sports being

applied to athletics, and vice-versa," he says. "To a certain extent it's already happening in conditioning - take for example the work that Alan Wells is doing with rugby internationalists, or that Frank Dick is doing with Boris Becker."

Vince envisages that the idea of cross-overs could be extended not just to coaching philosophies but also to facilities and personnel. The net effect, he believes, would be to the good of all sport within Scotland, increasing the resources open to both coaches and sports people.

After Waterside Farm, Vince moved in 1987 to a sports development officer/assistant manager job in Stockport. At the time Vince became convinced of the importance to the development of athletics of linking up with schools.

"As far as I can see, that's the only way to get first bite at the cherry," he maintains. "If you don't get in there and tell the kids what the opportunities are then you'll automatically lose them to sports like football."

For Vince "opportunities" refers not just to possibilities for success in the athletics arena but also to financial openings.

"You have to show youngsters that they can make a career out of athletics. In Scotland people like Liz McColgan, Yvonne Murray, and Tom McKean should act as shining examples of what athletics can offer if you get to the very top."

There is a hint of frustration when Vince talks of his goals as Scotland's national coach.

"In the short term the SAF has to be formed



before Scottish athletics can move forward," he says. "Clear lines of delegation and intent have to be drawn up. Once that's done we will be able reach agreed goals and objectives."

"It puts us in a stronger bargaining position if all the different branches of athletics are united on fundamental issues about development, selection, and funding. That can only happen if decisions are taken in one committee."

Vince's long term goal is to raise the overall standard of Scottish athletics. Referring back to his experience in America, he says that to do this it is necessary to offer a higher level of competition and also to pool promising athletes together in training.

"The best way to make a good athlete even better is to have them train with others of similar standard," he says. "Look at Team Solent and the likes of Akabussi and Black, or the Welsh hurdlers. They've all been brought on together."

Moving on to what he admits is a "touchy subject", Vince says he would like to see financial reward for coaches. The fact that coaching has traditionally been a "spare time" activity for dedicated enthusiasts has, he says, meant that it has been undervalued. Believing that financial reward could only increase professionalism he thinks it "ridiculous" that a "structure of remittance" hasn't been put in place. In the instance of top athletes he thinks a contract entered into

by both coach and athlete could ensure a secure income for the coach. Of lower key coaching he says simply that the cost of this could be met by the athlete more.

"People would rather pay for good coaching than attend a course that isn't up to much because it's free," he says. "I've had huge numbers of kids attending intensive one-week courses. The fact that the courses weren't subsidised didn't put anyone off. It just doesn't work like that."

But Vince doesn't believe the onus should be entirely on the athlete. There is also, he believes, a place for local authority input and for sponsorship. Where the local authorities are concerned he would like to see them meeting the costs of getting youngsters to higher level competitions. They could also, he says, encourage schools athletics by paying teachers to train children after school hours.

"Teachers are more reluctant to work outside of school hours these days," he says. "Local authorities could offer some payment for doing so. The clubs could link into this."

Vince's biggest task over the next year will be the pulling of a "coaching plan". This, he hopes, will outline a solid structure "giving everyone a purpose" and providing a means of motivating athletes and coaches alike.

The document will be drawn up after the creation of the SAF and should be available next April or March. There will be few who don't await it with interest!



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GLASGOW CITY COUNCIL : DEPARTMENT OF PARKS AND RECREATION KELVIN HALL INTERNATIONAL SPORTS ARENA OPEN GRADED ATHLETICS MEETINGS 1991/2 (UNDER SAAA/SWAAA)

PROGRAMME

Wednesday 27 November 1991

7.00pm 60m, Long Jump, Pole Vault
7.45pm 1000m
8.15pm 60m Hurdles
8.45pm 200m

Wednesday 4 December 1991

7.00pm 60m, High Jump, Triple Jump
7.45pm 1500m
8.30pm 400m

Wednesday 8 January 1992

7.00pm 60m, Shot Putt, Long Jump
7.45pm 3000m
8.30pm 200m
9.15pm 60m Hurdles

Wednesday 15 January 1991

7.00pm 60m, High Jump, Pole Vault
7.45pm 1500m
8.15pm 300m
8.45pm 600m

Wednesday 5 February 1992

7.00pm 60m, Long Jump, Shot Putt
7.45pm 800m
8.15pm 60m Hurdles
8.45pm 200m

Wednesday 19 February 1992

7.00pm 60m, High Jump, Triple Jump
7.45pm 1500m
8.30pm 400m

Wednesday 11 March 1992

7.00pm 60m, Long Jump, Shot Putt
7.45pm 3000m
8.45pm 200m
9.30pm 60m Hurdles

Please note that the above times are guidelines and
may be subject to alteration.

Registration will open at 6.00pm and athletes are asked to
report early to assist

Cost: 75p per event, payable at Reception prior to declaration.

Open to all age categories male/female
(except where SAAA/SWAAA laws apply).

DIRECTOR OF PARKS & RECREATION : BERNARD M. CONNOLLY

ON THE RIGHT TRACK

The Kelvin Hall's indoor athletic facilities have been a bonus to Scottish athletes of all ages and standards, as this *Scotland's Runner* report clearly demonstrates.

FOR anyone who questioned the wisdom of creating an indoor athletics facility at the Kelvin Hall, the stadium's jam-packed diary of events for 1992 would more than convince them that the decision to do so was correct.

Expensive it may have been, but the appearance of a major, purpose built, indoor facility in Glasgow has been an undeniable boost for Scottish athletics.

The Kelvin Hall has increased the opportunities for Scots to see world class athletes in action. It has also given Scottish athletes an increased chance to compete at a high level.

"In the past our best athletes have gone south to get the sort of competition they need," says manager Peter Eadie. "With the advent of the Kelvin Hall they've had greater opportunity to compete at the top end without the expense of travelling far."

The coming year will see the usual mix of events on the Kelvin Hall calendar. Those of national interest include the district championships in December and the various national competitions - under-20, senior, combined events, and women's under-20 - in January and February.

There will also be a full programme of schools, universities, civil service, and veteran championships, plus regular Wednesday evening open graded meetings.

According to Eadie, the "ogm's" have been a highly popular innovation, always attracting 250 to 300 athletes and giving many competitors an excellent opportunity to flex their muscles in preparation for a major championship.

"We try where possible to link the ogm's with forthcoming championships, timing them for say eight to ten days beforehand," says Eadie. "The athletes seem to appreciate this."

There will also be a new category of event for 1992 - the indoor Young Athletes' League, an extension of the Woolworth's Young Athletes League. Seven competitions will be held in the Kelvin Hall, the first taking place on December 3.

Though still not off the ground, the league has come in for criticism for potentially encouraging athletes to over compete. However, Peter Eadie believes that far from tiring athletes out, the new league will offer them added incentives to "keep going" during the long winter months.

"We're not talking about your Tom McKeans or your Liz McColgans," he points out. "The people this league is aimed at are youngsters for whom the dangers of over competing are marginal."

The advent of an indoor track at Birmingham could be regarded as a somewhat sour note in the otherwise fairly painless development of the

Kelvin Hall as a major British indoor facility. With six lanes as opposed to the Kelvin Hall's five, and a crowd capacity of 8,000, more than double that at the Scottish venue, Birmingham is in a stronger position to bid for the major international. Despite this, Eadie remains optimistic about the future for the Kelvin Hall.

"The governing bodies have a responsibility to spread the major events around," he points out. "There's no way that everything can suddenly go to Birmingham. We'll get our share."

He continues, "Birmingham has a demountable track and intends to use the space for conferences as well as athletics," he says. "It costs £28,000 to take down and re-erect so the chances are that when it comes down it will stay down for a while. The Kelvin Hall, on the other hand, is a permanent facility open all year round, give or take a few days at Christmas and New Year."

Glasgow's commitment to athletics is also reflected in its concerted efforts to encourage the sport at grassroots level.

Most weekdays for the past year and a half the stadium has played host to the Glasgow Athletics Development Scheme, giving youngsters from schools in the Glasgow area the chance to use its first class facilities under the supervision of qualified coaches.

GADS is awaiting the appointment of a full time member of staff to see it into 1992. In the meantime, it continues to run on the momentum created by athletes Brian Whittle and Peter Fleming, who both helped to found and develop it. With approximately 800 youngsters from 25 schools attending each week, there can be little doubt that the scheme is doing a lot to promote athletics to children in the area.

A recent development in the grassroots efforts at the venue are the growing number of one-off activities days held there. Both IBM and BP have sponsored such days, IBM's initiative taking the form of a "Ten Step Award Day" for primary school children.

As its name suggests, this required the children to achieve certain standards in a variety of athletic activities over the space of a day. These being met, they received an award.

Peter Eadie is confident that the Kelvin Hall's indoor athletic facilities will continue to provide a forum for both top class competition and the development of young talent.

"Our aim is to have our facilities used by every level of athlete - from the youngest beginner to the finest internationalist," he says. "I don't think we've done so badly so far."



Action from the 200m at the 1991 Scottish Indoor Championships



September

1

Border Athletic League, Galashiels -
Match: 1, Melrose 494pts; 2, Blackhill 472; 3, Teviotdale 375; 4, A C Eyemouth 218; 5, Berwick 193; 6, Norham 18.
Final league positions: 1, Blackhill 1784 pts; 2, Melrose 1747; 3, Teviotdale 1606; 4, Berwick 774; 5, Eyemouth 447; 6, Norham 100.

8

Monklands Scottish Women's Cup Final, Coatbridge -
Overall Result: 1, City of Glasgow 29pts; 2, EWM 26; 3, ESP 19; 4, Pitreavie 17; 5, Arbroath 15; 6, Aberdeen 12; 7, Dundee HH 7; 8, Central Region 6.
Sent: 1, CoG 11pts; 2, ESP 97; 3, EWM 90; 4, DHF 56; 5, Arbroath 48; 6, Pitreavie 45; 7, Aberdeen 39; 8, Kilmarnock 34.
Inters: 1, CoG 86 1/2pts; 2, Arbroath 73; 3, ESP 70; 4, EWM 66 1/2; 5, Aberdeen 56; 6, Inverness 48; 7, Ayr Seaforth 46; 8, Pitreavie 29.
Juniors: 1, CoG 77pts; 2, EWM 69; 3, Pitreavie 68; 4, Aberdeen 54; 5, KO 42; 6, ESP 39; 7, Ayr Seaforth 34; 8, Inverness 25.
Girls: 1, EWM 71pts; 2, Pitreavie 62; 3, Central Region 54; 4, CoG 44; 5, Arbroath 41; 6, ESP 38; 7, Dundee HH 30; 8, Aberdeen 25.

Solway League, Final Match, Carlisle -
Match: 1, Nith Valley 660pts; 2, Dumfries 609; 3, Annan 420; 4, Carlisle 344; 5, Stewarty 328.
Final positions: 1, Nith Valley 2149pts; 2, Dumfries 2107; 3, Carlisle 1563; 4, Annan 1322; 5, Stewarty 1160.

Edinburgh and District League Final Match, Pitreavie -
Match: 1, Harmer 834pts; 2, Blackhill 739; 3, Melrose 674; 4, Penicuik 597; 5, Corstorphine 492; 6, Musselburgh 288.
Final positions: 1, Harmer 3270; 2, Blackhill 3037; 3, Melrose 2670; 4, Penicuik 2388; 5, Corstorphine 1843; 6, Musselburgh 1089.

Grampian TV League Final Match, Aberdeen -
Match Result: 1, Black Isle 407pts; 2, Aberdeen 406; 3, Arbroath 364; 4, Nairn 258; 5, Montrose 244; 6, Fraserburgh 226.
Women: 1, Caithness 288pts; 2, Aberdeen 285; 3, Black Isle 272; 4, Banchory 232; 5, Fraserburgh 215; 6, Arbroath 184.

15

North East League Final Match, Glenrothes -
Match:
Men: 1, Inverness 309pts; 2, Aberdeen 262; 3, Dundee HH 220; 4, Fife 175; 5, Perth S H 173; 6, Tayside 133.
Women: 1, Dundee HH 201pts; 2, Inverness 189; 3, Aberdeen 157; 4, Perth S H 155; 5, Tayside 118; 6, Fife 105.
Overall positions: Men: 1, Inverness 1204pts; 2, Aberdeen 1079; 3, Fife 559; 4, Perth S H 550; 5, Tayside 536; 6, Dundee H H 478.
Women: 1, Aberdeen 672; 2, Inverness 628; 3, DHF 593; 4, Fife 441; 5, Perth S H 420; 6, Tayside 387.

Scottish and NW League Final Matches - Div 1, Dam Park, Ayr -
Match: 1, Ayr Seaforth 1066pts; 2, Nith Valley 967 1/2; 3, Victoria Park 964 1/2; 4, Derwent 950 1/2; 5, EWM/CPH 884 1/2; 6, Kilbarchan 852; 7, JW Kilmarnock 852; 8, Helensburgh 657 1/2.
Overall position: 1, Ayr Seaforth 4636pts; 2, Victoria Park 4122 1/2; 3, Nith Valley 4042 1/2; 4, Derwent 4024; 5, Kilbarchan 4015; 6, EWM/CPH 3834 1/2; 7, Helensburgh 3408 1/2; 8, JW Kilmarnock 3226 1/2.
 Ayr Seaforth retain league championships title.

Helensburgh and Kilmarnock relegated.
Div 2, Meadowbank Stadium -
Match: 1, Cumnock 1053 pts; 2, Harmer 1037 1/2; 3, Irvine 965; 4, Dumfries 940 1/2; 5, Law 924; 6, Kirkintilloch 901; 7, Lasswade 889; 8, Springburn/Strathkelvin 735.
Overall positions: 1, Cumnock 4421pts; 2, Harmer 4214 1/2; 3, Irvine 4057; 4, Dumfries 4030 1/2; 5, Law 3909; 6, Kirkintilloch 3917; 7, Lasswade 3801; 8, Spring/Strathkelvin 3118.
 Cumnock and Harmer promoted.
 Lasswade and Spring-Strathkelvin relegated.

Div 3 at David Keswick Centre, Dumfries -
Match: 1, Avonside 1500pts; 2, Livingston 1426; 3, Carlisle 1325; 4, Stewarty 1235; 5, Melrose 1225; 6, Penicuik 1143; 7, L&L 1097; 8, Bathgate 1032.
Overall position: 1, Avonside 4662pts; 2, Livingston 4478; 3, Carlisle 4325; 4, Melrose 4107; 5, Penicuik 3661; 6, Stewarty 3438; 7, L&L 3130; 8, Bathgate 2920.
 Avonside and Livingston promoted.
 L&L and Bathgate relegated.

Division 4, Wishaw -
Match: 1, Cumbernauld 1016pts; 2, Netherhall 976; 3, Lochgelly 969; 4, Annan 888; 5, Airdrie 807; 6, East Kilbride 697; 7, Stonehouse 559; 8, Loudoun 398.
Overall position: 1, Cumbernauld 4042pts; 2, Netherhall 4021 1/2; 3, Annan 4021; 4, Lochgelly 3816; 5, Airdrie 3132; 6, East Kilbride 2872 1/2; 7, Loudoun 2391; 8, Stonehouse 2385.
 Cumbernauld and Netherhall promoted.
 Loudoun and Stonehouse relegated.

Division 5, Coatbridge -
Match: 1, Spango Valley 1092pts; 2, Larkhall 908; 3, Hamilton 626; 4, Musselburgh 384.
Overall league position: 1, Spango Valley 3760pts; 2, Larkhall 3125; 3, Hamilton 2358; 4, Musselburgh 1242.
 Spango Valley and Larkhall promoted to Div 4.

Division 6, Coatbridge -
Match: 1, City of Glasgow/Shettleston 1104pts; 2, Falkirk 1073 1/2; 3, Teviotdale 956 1/2; 4, Cockermouth 783; 5, Workington 466; 6, Seaton 447.
Overall positions: 1, City of Glasgow/Shettleston 4505 1/2pts; 2, Falkirk 4069; 3, Teviotdale 3982; 4, Workington 2641 1/2; 5, Cockermouth 2560; 6, Seaton 1823; City of Glasgow/Shettleston and Falkirk Victoria promoted to Division 5.

28/29

Musselburgh Combined Events Champs, Galashiels -
Decathlon: 1, J Malcolm 5,447 pts; 2, B Winning 4,649; 3, J Golder 4,433; 4, J Ross 4,074; 5, G Edgar 3,900; 6, I Steedman 2,797.
Veteran scoring: V40, J Golder 5,523pts (Mus).
V50 J Ross 6,114pts (Mus).
V60 I Steedman 5,531pts.
Junior: I Smith (PSH) 5,027pts.
Heptathlon: Women: 1, J McNeill (EWM) 3703pts; 2, K McIntyre (EWM) 3,357.

October

20

SVHC 1 mile Track Race, Coatbridge -
 1, S McCrae (Cum) O/45 4-49.7; 2, D Fairweather (Cam) O/45 5-10.7; 3, R Lennon (Cam) O/50 5-25.9; 4, A McManus (Pai) O/55 5-47.1; 5, A Shaw (GN) O/55 6-10.2; 6, J Smith (SVHC) O/65 7-14.4.

26/27

Sri Chinmoy AAA Champs 24 Hour Track Race, Cophall Stadium, London -
 1, D Ritchie (V1) (For) 166 miles 1230 yards; 2, M Francis (For) 155-1107; 3, D Weir (V2) (Horwich) 148-003 yds; 4, P Brean (V3) (Walbend) 144-464; 5, R Brown (V4) (Surrey) 141-1373; 6, G Gattenmeier (G) 138-430; 7, J Soffley (V5) (Bel) 135-1492; 8, A Stott (SC) 133-1107; 9, D Cooper V6 (Hav) 122-1344; 10, A Young (Breh) 122-1252.



September

1

Oban 1/2 Marathon -
 1, W Adams (Ab) 72-09; 2, R McLeary (Ob) 72-31; 3, S Willox (Met) 76-48; 4, D Campbell (Oban) 77-03; 5, G Bickerton (Chelms) 78-31; 6, G Simpson (Met) 79-20; 7, A Kennedy (Loch) 80-17; 8, W Reid (Rom) 80-20; 9, F Cooper (Sp) 80-30; 10, M McMillan (Ob) 80-30; 11, H Searle (Ob) 1-41-38; 12, A Brown (Linl) 1-41-53; 13, K Palmer (Here) 1-44-33; 14, M Plunkett (Ob) 1-53-01.
Men's Team: 1, Oban, Women's Team: 1, Oban.

Scottish Veterans 1/2 Marathon Handicap Race, Grangemouth -
Handicap Result: (actual times): 1, D Morrison (She) O/75 1-41-07; 2, B Boyle (Bo'ness) 1-26-24; 3, W Farrell (Spr) 1-27-23; 4, J Stirling (BRC RR) 1-13-29; 5, P McGregor (VP) 1-14-38; 6, R Young (Cly) 1-16-08; 7, J McMillan (Kil) 1-16-47; 8, B McMonagle (She) 1-18-44; 9, A Nicol (Ct) 1-21-14; O/50: 1, G Armstrong (HELP) 1-21-35; 11, S White (Ayr) 1-29-33; 12, A McMillan (Kil) 1-43-39; 13, M Christie (Cam) 1-52-10; 14, D Hall (SVHC) 1-54-23.

3

Greenock Glenpark Harriers Docherty Cup 10 mile RR, Greenock -
 1, T McCallion 55-29; 2, I Cameron 55-49; 3, C Hendry 56-26; 4, G Mitchell 57-17; 5, P Russell 57-23; 6, S McLoone 59-10; 7, V1, D Guy 62-01; 11, E O'Brien 67-32.

4

Solway Strollers 5 mile RR -
 1, K Penrice (Ayr) 25-42; 2, C McCann (Ann) 25-57; 3, B Grieve (Dum) 26-10; 4, C Kinnear (Dum) 26-44; 5, R Longmore (Ann) 27-08; 6, R Johnston V1 (Sol) 27-16; 7, D McCauley (U) 27-52; 8, M McPherson V2 (Dum) 27-53; 9, D Whiffen (NV) 28-15; 10, D Chadderton V3 (Dum) 28-31; 11, J Buchanan 14th (O/SO) (Annan) 30-03; 12, V5, K Patterson 18th (HH) 30-48; 13, L Longmore 30th (Ann) 34-20; 14, M Argyle (ESRC) 45-20; 15, K Gaida (BI) 49-18; 16, E Morrison (Naim) 50-29.

Sri Chinmoy 5 mile RR, Edinburgh -
 1, M Greally (Pit) 25-03; 2, D Ross (CPH) 25-50; 3, G Lightwood (ESP) 26-19; 4, I Taylor (Cam) 26-34; 5, T Winters (ESP) 27-20; 6, R Milton (Cam) 27-29; VO/50 T Malden (NW) 35-51; 11, K Grealey (Un) 33-43.

5

Seagull 5,000 metres RR, Peterhead
 1, C Youngson V1 (Ab) 15-13; 2, R Herries (HBT) 15-19; 3, S Wynn (Ab) 15-30; 4, R Aiken (Mor) 15-41; 5, A MacDonald (Cai) 15-55; 6, S Willox (Met) 16-08; 7, A Aitken (Gar) 16-01; 8, C Noble V2 (FRC) 16-21; 9, N Kilner (Metro) 16-22; 10, M Wagstaff (Pet) 16-30; 11, S Hastie 11th (Pet) 16-38; Team: 1, Aberdeen 13pts; 2, L D Parker (Aber) 17-33; 12, H Wisely V1 (FRC) 18-21; 13, T McLatchie (Pet) U/15 19-23; 14, L Forman (Pet) 19-42; 15, J Nuttall V2 (Ab) 19-44.

7

Ben Nevis HR, Fort William (385 ran) -
 1, D Rodgers (Loch) 1-33-33; 2, S Booth (Kee) 1-35-18; 3, R Jamieson (Amb) 1-35-51; 4, I Holmes (She) 1-37-19; 5, I Ferguson (Bing) 1-37-25; 6, D Neill (Staffs) 1-37-30; 7, G Webb (CV) 1-38-59; 8, G Devine (P&B) 1-41-36; 9, S Jackson (Horw) 1-41-50; 10, T Jones (Eryn) 1-42-00; 11, R Boswell (Loch) 1-42-06; 12, T Lofthouse (Bing) 1-42-19; 13, P Hughes (Loch) 1-42-29; 14, P Mitchell (Bing) 1-43-14; 15, G Schofield (B'bum) 1-43-19; 16, I Wallace (HBT) 1-43-59; 17, A Thornber (Bing) 1-44-31; 18, N Lanaghan (Kee) 1-44-41; 19, S Bennett (West) 1-45-09; 20, S Hicks (Amb) 1-45-53; 21, M Walsh 25th (Ken) 1-47-53; 22, W Gauld 28th O/50 (Cam) 1-49-00; 23, J Holt 42nd (CleM) 1-51-53; 24, T Birtwistle (Ross) 50th 1-56-16; 25, D Armour 57th O/50 (Cam) 1-57-01; 26, K Carr 63rd (CleM) 1-57-52; 27, R Evans 103rd (Loch) 2-03-57; 28, C Greenwood 106th (CV) 2-04-41; 29, L Hope 135th (Loch) 2-08-55; 30, K Gott 160th (CleM) 2-13-43; 31, P McLaughlin 344th (West) 2-56-26; 32, I Neville 353rd (CV) 3-00-05. Teams: 1, Bingley 21pts; 2, Lochaber 25.

Coatbridge College Centenary 10K RR -
 1, C Thomson (Cam) 34-16; 2, J Quinn (Moth) 35-30; 3, W Weir (Moth) 35-44; 4, J Cooper (Sp) 36-26; 5, F Connor V1 (Cam) 36-59; 6, D Crane (She) 37-04; 7, P Dolan V2 (Cly) 37-41; 8, D Marshall (Cam) 37-52; 9, E McCafferty (Cam) 37-55; 10, D Murray (FVH) 38-01; 11, H Stewart (Cly) 46-10; 12, M McLean (Por) 48-50; 13, A Stewart (KO) 49-42.

Easter Ross Peoples 10K, RR, Tain -
 1, R Herries (HBT) 32-03; 2, G Mitchell V1 (Inv) 33-43; 3, R MacDonald (Inver) 34-22; 4, D McDermid (H&L) 34-38; 5, D MacDonald (U) 35-17; 6, B Maher V2 (HBT) 35-38; 7, J Fraser (Carnegie) 36-17; 8, D Watson (H&L) 36-19; 9, G Bethune (MBI) 36-27; 10, J Farquhar (HBT) 36-51; Team: 1, HBT, L1, G Machin (GU) 41-57; 2, I McLennan V1 (MBI) 42-41; 3, J McKenzie (ESRC) 44-30; 4, M Argyle (ESRC) 45-20; 5, K Gaida (BI) 49-18; 6, E Morrison (Naim) 50-29.

Loch Leven 1/2 Marathon, Kinross -
 1, T Mitchell (Fif) 69-32; 2, T Thomson (Ct) 70-14; 3, D McAr (FVH) 70-51; 4, D Macgregor VO/50 (Fif) 71-04; 5, D Knight (PSH) 71-54; 6, M McHale (Pit) 72-07; 7, R Wood (DRR) 72-46; 8, C Smith (ESP) 74-24; Team: 1, Fife AC, 2, FVH, 3, Pitreavie, L1, V Fyall (DRR) 1-25-10; 2, M McLaren (Pit) 1-27-59; 3, V Simpson V1 (Ab) 1-29-02; 4, T Thomson V2 (Pit) 1-32-06.

8

Land O'Burns 1/2 Marathon, Ayr (Inc SAAA National Champs) 1250 ran -
 1, A Robson (Rec) 66-39; 2, T Murray (GGH) 66-45; 3, S Gibson (HBT) 66-53; 4, G Croll (Cam) 67-39; 5, M Gormley (Cam) 68-31; 6, K Rankin (FVH) 69-02; 7, E Wilkinson (Cai) 70-00; 8, A Stewart (Ayr) 71-02; 9, R Bell (DHF) 71-32; 10, J Evans (She) 72-00; 11, D Harrison (Mil) 72-22; 12, G Milne (Mor) V1 72-30; 13, G Cunningham 72-37; 14, A McLinden (Ham) 72-53; 15, J Young 73-07; 16, D Christie 73-13; 17, D Thom 73-32; 18, R Brown 73-37; 19, H Watson V3 73-59; 20, S White 74-31; 21, D Gibson 74-32; 22, G Fidler 74-52; 23, B Craig 74-56; 24, M McCartney 75-29; 25, S Dickson 75-38; 26, R Mordle 75-42; 27, A McDonald 75-43; 28, F Evans 76-16; 29, D Wilson 76-25; 30, B McGarvey 76-26; 31, P Smith 33rd 76-53; 32, A Cameron 34th 76-54; 33, J McMorris 40th 77-25; VO/50: 1, G Montgomery 65th 79-56; 2, J Buchanan 93rd 81-29; 3, H Gibson 107th 82-07; VO/60: 1, R Booth 329 1-31-49; 2, W Lusk 407 1-34-41; 3, A Singh 480 1-37-19; 4, R McAleese (SVHC) (LV1) 80 1-20-58; 5, J Robertson (Ayr) 122 1-23-03; 6, E McBrinn (She) 133rd 1-23-55; 7, S White LV2 (Ayr) 166 1-25-40; 8, L J Armstrong LV3 (GN) 176 1-26-04; 9, R Kay LV4 (SVHC) 196 1-26-50; 10, A M Hughes 207 1-27-21; 11, S McLeish 264th 1-29-43; 12, H Morton 321 1-31-27; 13, E McCrae LV5 358 1-32-47.

Corriearyck Pass 16 mile HR, Spean Bridge -
 1, I Wallace (HBT) 1-47-36; 2, J Hepburn (Loch) 1-48-36; 3, C Bain V1 (PSH) 1-49-19; 4, A Gartside (HBT) 1-50-29; 5, J Aitken (HELP) 1-52-07; 6, R Campbell (Loch) 1-53-37; 7, N Lancaster (Loch) 1-54-20; 8, R Boswell V2 (Loch) 1-54-27; 9, P Hughes (Loch) 1-54-52; 10, M Flynn (CPH) 1-54-55; 11, T Calder LV1 (ESP) 1-57-48 (rec); 12, C Menhennett (CH) 2-12-02.

IBM Arthurs Seat 10K RR, Edinburgh (375 ran) -
 1, J Sherban (FVH) 32-05; 2, M Ferguson (ESP) 33-12; 3, D Knight (PSH) 33-56; 4, G Lightwood (ESP) 34-23; 5, J Bennett (SV) 34-46; 6, R Elphinstone (CPH) 34-54; 7, B Murray (CPH) 35-12; 8, A Gillies 35-26; 9, J Martin 35-32; 10, B Murray (CPH) 35-53; 11, P Marly 36-13; 12, S Wallace 36-27; 13, R Martin 36-53; 14, K Hogg LV1 41-46; 15, S Hardie 42-12; 16, K Fisher 42-22; 17, M Imlach 43-08; 18, M Dryburgh 44-30; 19, V3 A Dudek 45-10.

Stranraer 1/2 Marathon (100 ran) -
 1, G Booth (Str) 68-01; 2, W Burke (Lan) 74-28; 3, J McAllister V1 (Lox) 77-32; 4, J Kyle V2 (Cum) 79-15; 5, W Hamilton (Str) 80-01; 6, W Markey (U) 81-00; 7, P Howie (Lox) 81-24; 8, D Tyson (Sol) 82-00; 9, D Stoker (Lan) 82-14; 10, J Kavan (Str) 82-44; 11, C Brown (Fif) 1-24-41; 12, E Brown LV1 (Gal) 1-33-06; 13, K Fife (Un) 1-57-37.

14

Cairn William 6 1/2 mile HR, Monymusk, Inverurie -
 1, K Craig (FFT) 46-04 (rec); 2, D Armitage V1 (Ab) 46-43; 3, E Butler V2 (Ab) 47-32; 4, S Cassells (Ab) 48-22; 5, E Harwood (HHR) 50-22; 6, G Kerr (Ab) 51-11; 7, E Rennie V3 (Ab) 51-33; 8, A Aitken (Gar) 51-36; 9, W Foreman (Ab) 52-38; 10, A Henderson (Ab) 52-48; 11, M Stafford LV1 (Ab) 66-47; 12, S Taylor (Gar) 69-53.

15

Brechin Right of Way 10K, RR (144 ran) -
 1, P Fox (DHF) 32-36; 2, H McKay (DHF) 34-03; 3, D Hamilton V1 (DHF) 34-38; 4, I Homby (DHF) 34-50; 5, A McCallum V2 (Mont) 35-01; 6, A Sampson (For) 35-15; 7, D Sullivan (DHF) 35-21; 8, D Gunstone V3 (Fif) 35-31; 9, J Hanlon (DRR) 35-49; 10, P Butcher (AF) 36-07; local D Wood (Brechin)

40-08; 11, S Watson (Mont) 37-00; Team: 1, DHF 8pts; 2, M Robertson 46 LV1 (DRR) 41-27; 3, L McGill 58 LV2 (Dundee) 43-53; 4, P Donald 70 (Banchory) 47-53.

BT Corporate Challenge 10K, Pollok Park, Glasgow (136 ran) -
 1, T Murray (IDC) 30-42; 2, W Coyle (MOD) 30-54; 3, M Gormley (BT) 31-02; 4, W Nelson (BT) 31-09; 5, C Thomson (Ban) 31-12; 6, C Spence V1 (IBM) 31-44; 7, S Hodge (IBM) 32-24; 8, C Souter (Cum) 32-32; 9, D Thom (GU) 32-38; 10, A Robertson (Barrs) 32-46; 11, A McFarlane 17 (BI) 33-37; 12, P MacGregor 18 (BA) 33-41; 13, C A Bartley (Reids) 37-02; 14, A Wilson LV1 (BT) 37-37; 15, J Harvey (GGHB) 38-35; 16, S Irvine (GGHB) 42-48; 17, F Douglas (GGHB) 43-30; 18, M Taylor LV2 (GN) 46-05.
Teams: 1, Brit Telecom 18pts; 2, IBM 32; 3, B Gas 58.

Corriearyck Pass 16 mile HR, Spean Bridge -
 1, I Wallace (HBT) 1-47-36; 2, J Hepburn (Loch) 1-48-36; 3, C Bain V1 (PSH) 1-49-19; 4, A Gartside (HBT) 1-50-29; 5, J Aitken (HELP) 1-52-07; 6, R Campbell (Loch) 1-53-37; 7, N Lancaster (Loch) 1-54-20; 8, R Boswell V2 (Loch) 1-54-27; 9, P Hughes (Loch) 1-54-52; 10, M Flynn (CPH) 1-54-55; 11, T Calder LV1 (ESP) 1-57-48 (rec); 12, C Menhennett (CH) 2-12-02.

IBM Arthurs Seat 10K RR, Edinburgh (375 ran) -
 1, J Sherban (FVH) 32-05; 2, M Ferguson (ESP) 33-12; 3, D Knight (PSH) 33-56; 4, G Lightwood (ESP) 34-23; 5, J Bennett (SV) 34-46; 6, R Elphinstone (CPH) 34-54; 7, B Murray (CPH) 35-12; 8, A Gillies 35-26; 9, J Martin 35-32; 10, B Murray (CPH) 35-53; 11, P Marly 36-13; 12, S Wallace 36-27; 13, R Martin 36-53; 14, K Hogg LV1 41-46; 15, S Hardie 42-12; 16, K Fisher 42-22; 17, M Imlach 43-08; 18, M Dryburgh 44-30; 19, V3 A Dudek 45-10.

Stranraer 1/2 Marathon (100 ran) -
 1, G Booth (Str) 68-01; 2, W Burke (Lan) 74-28; 3, J McAllister V1 (Lox) 77-32; 4, J Kyle V2 (Cum) 79-15; 5, W Hamilton (Str) 80-01; 6, W Markey (U) 81-00; 7, P Howie (Lox) 81-24; 8, D Tyson (Sol) 82-00; 9, D Stoker (Lan) 82-14; 10, J Kavan (Str) 82-44; 11, C Brown (Fif) 1-24-41; 12, E Brown LV1 (Gal) 1-33-06; 13, K Fife (Un) 1-57-37.

18

Sri Chinmoy 2 mile RR, The Meadows, Edinburgh -
 1, K Rankin (FVH) 9-23; 2, G Grindley (FVH) 9-23; 3, M McQuaid (FVH) 9-27; 4, D Wilkinson (Un) 9-33; 5, G McMaster (FVH) 9-39; 6, M Ferguson (ESP) 9-43; 7, G Lightwood (ESP) 9-48; 8, I Williamson (Ab) 9-56; 9, T Winters Y1 (ESP) 10-14; 10, B Howie V1 (CPH) 10-22; VO/50: A McKenzie (Liv) 12-33; 11, C A Gray (ESP) 11-07; 12, H Leigh (Un) 12-57.

21

Two Ferries 11 mile RR from Trelaig to Ardour -
 1, D Runciman (Loch) 56-48 (rec); 2, D McAr (FVH) 58-43; 3, J Cooper (Sp) 59-50; 4, A Adams V1 (Dam) 60-03; 5, A Elder (Ayr) 61-04; 6, R Young V2 (Cly) 61-12; 7, D McCroy (Ayr) 61-27; 8, N Watson (PSH) 63-

(Irv) 1:27-55; L7, H Stewart (Cly) 1:28-28; L8, A Harley (Fif) 1:29-02; L9, C Reid (GN) 1:29-39; L10, L Bright LV3 (Loss) 1:30-19.

Children: Boys U15: 1, S Fairness (ann); 2, K Hinnella (Falkirk); 3, M Horsman (S'muir). **U13:** 1, M Combe (Jed); 2, A Forsyth (Dun); 3, G Cooper (Lin). **U11:** 1, O Hughes (Kelty); 2, L Forsyth (Black); 3, E Stevenson (Falkirk). **U9:** 1, E Thomson (KO); 2, J Wallace (Grange); 3, C Leadbetter (Siam). **Girls: U15:** 1, A Scott (Can); 2, C Brand (Arm); 3, E McQuinn (Arm). **U13:** 1, L Scullion (Cum); 2, C Bonner (Grange); 3, P Scott (Car). **U11:** 1, L Cooper (Lin); 2, A Lithgow (Ed); 3, L Keenan (Lanark). **U9:** 1, L Forsyth (B'burn); 2, S Denny (Dunf); 3, L Hancock (Glasgow).

29

Dumbarton 2 mile RR, Dumbarton - 1, A Adams (Jnr) 10-05; 2, P Walsh 10-15; 3, A Adams (Snr) 10-24; 4, C Martin 10-44; H'cap: 1, J Currie; 2, K Henderson; 3, P Walsh.

30

Scottish Road Relay Champs, Muirhouse, Edinburgh - 3x2 1/2 miles: 1, MOD 39-26 (rec) (E McKee 13-22; J Duffy 13-18; W Coyle 12-44); 2, Registrars 42-47 (J Jamsen 14-43; J Baird 13-55; R Thomas 14-08); PO 43-14 (C McLellan 13-28; J Garvin 15-14; C Scott 14-32); 4, BT 45-32; 5, IR 47-36; 6, PSA 50-13. Fastest laps: W Coyle 12-44 (rec); M Gormley (BT) 13-09; J Duffy 13-18; Vets: J Morrison (SC) 15-58; Women: 1, SO 35-05; Fastest lap: C A Gray (SO) 16-10.



September

28

Aberdeen P Schools CC Races, Aberdeen - Boys: Primary 7: 1, N Imrie (West) 5-59; 2, Fyfe (West) 6-01; 3, D Cumming (New) 6-04; Teams: 1, Westerton 17pts; 2, Westhill 26; 3, Springhill 74. Primary 6: 1, M Stephen (Fra) 5-56; 2, A Fraser (UW) 6-17; 3, D Legge (Haz) 6-25. Teams: 1, Westerton 22pts; 2, Newtonhill 29; 3, Upper Westfield 35. Primary 5: 1, J Clarkson (Gre) 6-23; 2, R Smith (ME) 6-30; 3, P Low (Muir) 6-40; Teams: 1, Muirfield 28pts; 2, Springhill 42; 3, Cornhill 69. Girls: Primary 7: 1, J McLean (St) 6-12; 2, M Waisley (Fra) 6-22; 3, L Green (Sto) 6-25; Teams: 1, Elrick 17pts; 2, Springhill 44; 3, Westerton 51. Primary 6: 1, T Barclay (West) 6-30; 2, B Dougal (RG) 6-32; 3, G Hair (West) 6-47; Teams: 1, Westerton 26pts; 2, Newtonhill 47; 3, Upper Westfield 50. Primary 5: 1, W Ross (Muir) 7-25; 2, D Johnstone (Com) 7-31; 3, Quarryhill 51.

29

Metro British Gas CC Relays, Aberdeen - 4 x 2 1/4 miles: Men: 1, Aberdeen 47-34 (P Wilson 12-23; C Youngson 11-43; M Murray 12-08; R Creswell 11-20); 2, Metro 48-19 (R Taylor 12-01; S Willox 12-35; B Moroney 12-13; F Clyde 11-30); 3, MRR 48-40 (G Sim

12-04; G Milne 12-28; C Hunter 12-23; S Wallford 11-45); 4, Moray B 49-22; 5, Aberdeen B 50-19; 6, Metro B 51-16. Fastest laps: R Creswell 11-20; F Clyde 11-30; C Youngson 11-43; S Wallford 11-45; C Farquharson (HBT) 12-00; R Taylor 12-01. Vets: 1, Aberdeen 52-49 (F Duguid 13-08; D Grubb 12-56; J Morrison 13-42; M Edwards 13-03). Women: 1, Aberdeen 59-03 (D Porter 14-08; M Stafford 15-06; L Bain 14-40; S Harkins 15-09).

October

5

Balmedie Bash 5,700m Sand Run, Aberdeen - 1, F Clyde (mot) 22-53 (rec); 2, N Kilner (Met) 24-47; 3, E Rennie VI (Ab) 25-07; 4, P Kammer (Un) 25-16; 5, D Duguid (Ab) 26-47; 6, K Meams (Li) (Ab) 27-15; 7, M Collingbourne (Un) 27-42; 8, D Shepherd (Ab) 28-14; 9, D Porter (Li) (Ab) 28-48; 10, A Fulton V2 (Ab) 29-06; 11, G Smith (Ab) 31-48; 12, M Milne (Un) 31-56; 13, N Clarkson (Li) (Ab) 33-39; 14, J Hogg (LV1) (Ab) 34-45; 15, C Smith (Un) 35-17. Jun 2,500 metres: 1, C Fowler (Ab) 10-23; 2, C Clarkson LI (Ab) 10-36; 3, N Imrie (Ab) 11-21; 4, M Simpson L2 (Ab) 12-07; 5, L Fowler L3 (Ab) 13-00; 6, K Walker L4 (Ab) 13-23.

12

East District CC League, Kirkcaldy - Senior 6 miles: 1, J Ross (HILP) 30-40; 2, A Fair (Tev) 30-49; 3, R Creswell (Ab) 30-53; 4, Eyre-Walker (EU) 31-04; 5, D Barr (Tev) 31-05; 6, I Steel (CPH) 31-05; 7, A Walker (Tev) 31-05; 8, A Robson (Ree) 31-09; 9, R Herries (HBT) 31-15; 10, G Grindley (FVH) 31-27; 11, M Ferguson (ESP) 31-27; 12, N Martin (Fid) 31-27; 13, D Knight (PSH) 31-29; 14, D Amott (Pit) 31-37; 15, P Faulds (FVH) 31-38; 16, F Boyne (Ab) 31-52; 17, M McQuaid (FVH) 31-53; 18, R Sutherland (Ab) 31-57; 19, E Hugo (EU) 32-00; 20, J Pyra (EU) 32-03; Teams: 1, Edinburgh Univ 148pts; 2, ESP 169; 3, FVH 177; 4, Tev 229; 5, Aberdeen 244; 6, Livingstone 266; 7, HBT 267; 8, HILP 332; 9, Pitreavie 339; 10, Carnegie 400. Youths 3 1/2 miles: 1, S Taylor (Pit) 19-03; 2, M Kelso (Pit) 19-06; 3, A Moonie (Pit) 19-09; 4, T Winters (ESP) 19-47; 5, D Hughes (Tev) 19-55; 6, M Clark (MCS) 20-09; 7, M Daley (ESP) 20-11; 8, S Robertson (FVH) 20-32; 9, E McIntosh (Whit) 20-46; 10, A Campbell (Whit) 21-06; Teams: 1, Pitreavie 6pts; 2, ESP 24; 3, Whitburn 30; 4, Aberdeen 61; 5, Geo Heriots School 67; 6, Aberdeen B 78. Senior Boys 2 1/2 miles: 1, K Daley (ESP) 15-49; 2, D MacDonald (PSH) 16-00; 3, A Donaldson (Pit) 16-05; 4, C Smith (Ab) 16-20; 5, M Anderson (Com) 16-28; 6, S Hogg (Tev) 16-39; 7, S Lambie (Whit) 16-47; 8, M Hamlin (Lass) 16-54; 9, E McGee (Ab) 17-08; 10, P Taylor (Corst) 17-08. Teams: 1, Aberdeen 28pts; 2, FVH 40; 3, ESP 50; 4, Lasswade 57; 5, Corstorphine 69; 6, Tayside 70. Junior 2 miles: 1, D Campbell (Lass) 10-29; 2, A Ford (ESP) 10-32; 3, T Norwood (Corst) 10-39; 4, S Grieve (Ct) 10-41; 5, G Cooper (FVH) 10-43; 6, A Crose (Harm) 10-45; 7, P Daniels (Harm) 10-53; 8, W Brown (Ab) 10-55; 9, A Forsyth (Pit) 11-00; 10, K Edge (Liv) 11-07. Teams: 1, BT Pitreavie 38pts; 2, FVH 44; 3, Aberdeen 51; 4, ESP 65; 5, Heriots 70; 6, Lasswade 87. Colts 1 mile: 1, C O'Brien (Corst) 6-03; 2, J Parks (Tay) 6-10; 3, D Snodgrass (HILP) 6-11; 4, O Greene (Fif) 6-11; 5, F McHardy

(Ct) 6-13; 6, D Hastie (HILP) 6-15; 7, C Houston (Ren) 6-15; 8, S McDiarmid (Pit) 6-20; 9, F Bisset (Ab) 6-20; 10, B Harris (HILP) 6-25. Teams: 1, HILP 19pts; 2, Aberdeen 50; 3, Pitreavie 51; 4, Corstorphine 62; 5, P Strathay 64; 6, Fife 81.

Renfrewshire AAA CC Relay Champs, Glasgow -

Senior 4 x 2 1/2 miles: 1, Kilbarchan 47-51 (G Tunney 12-17; T Hearle 11-36; T Anderson 11-56; M McGinley 12-02); 2, GGH 47-55 (D McLaughlin 12-38; T McCollin 12-15; B Jenkins 12-00; T Murray 11-02); 3, Spango Valley 48-03 (C Spence 12-06; J Duffy 11-45; E McKee 12-02; S Hodge 12-10); 4, Kilbarchan B 49-49 (D Christie 12-21; B McCulloch 12-06; J Snodgrass 12-25; S Ross 12-47); 5, Spango Valley B 49-52 (J Benson 12-27; C Lock 12-17; J Gallagher 12-38; S Dalgleish 12-30); 6, Bellahouston H 49-58 (D Tullisdale 12-39; G Mercer 12-28; A Daly 12-20; W Robertson 12-31); 7, GGH 50-24; 8, Kilbarchan C 51-39; 9, Giffnock N 51-41; 10, Bellahouston B 52-33; 11, Greenock Glenpark B 53-01; 12, Giffnock North B 53-22; 13, Bellahouston C 54-28; 14, Greenock Glenpark C 55-39; 15, Spango Valley E 56-28. Fastest laps: T Murray 11-02; T Hearle 11-36; J Duffy 11-45; T Anderson 11-56; B Jenkins 12-00; M McGinley and E McKee both 12-02. Youths: 1 1/2 miles: 1, D Kerr (SV) 6-07; 2, J Meams (GGH) 6-11; 3, A Taylor (SV) 6-12; 4, P Corrigan (Kil) 6-45; 5, S McCulloch (Kil) 6-50; 6, N Munro (Kil). Team: 1, Kilbarchan 15pts. Senior Boys 3 x 1 1/2 miles: 1, Kilbarchan 21-16 (B Byrne 6-48; C Dougal 6-30; C Munro 7-58); 2, Spango Valley 22-01; Fastest laps: C Douglas 6-30; B Byrne 6-48; N Mooney (SV) 7-11. Junior Boys 3 x 1 1/2 miles: 1, GGH 21-55 (R Fox 7-35; J Hendry 7-14; C Hill 7-06); 2, Kilbarchan 22-52; 3, Bellahouston H 23-44. Fastest laps: C Hill 706; B McCabe (SV) 71-0; J Hendry 7-14.

Dunbartonshire AAA County CC Relay Champs, Posties Park, Dumbarton -

Senior 4 x 2 1/2 miles: 1, Victoria Park 44-19 (A Adams 11-08; S Barnett 11-24; G Graham 10-55; C Little 10-52); 2, Glasgow University H&H 45-03 (J Timmons 11-06; J Sloe 11-08; K Corbett 11-21; A Russell 11-28); 3, Dumbarton AAC 45-06 (A Adams 11-14; A Currie 10-28; C Martin 12-06; P Walsh 11-18); 4, Clydesdale H 45-37 (B Potts 11-26; J Austin 10-49; R Young 11-42; P Dolan 11-40); 5, Milburn H 45-48 (D Wilson 11-46; R Hunt 11-29; D Harrison 11-26; J Harrison 11-07); 6, Victoria Park B 45-50 (S Gilmore 11-09; C Greenhalgh 11-17; J Doyle 11-55; R Blair 11-29); 7, Maryhill H 46-16; 8, Westerlands CCC 46-48; 9, Stirling University 47-04; 10, Clydesdale B 48-54. Fastest laps: A Currie 10-28; J Austin 10-49; C Little 10-52; G Graham 10-55; J Timmons 11-06; J Harrison 11-07; A Adams 11-08. Youths 3 x 1 1/2 miles: 1, Victoria Park AAC 24-29 (C Allison 8-10; C Humphrey 8-22; C Steel 7-57); 2, Clydesdale H 24-50 (R Gallagher 8-16; M Govan 8-36; A Moore 7-58); 3, Clydebank 25-00 (C Young 8-09; J Marr 8-29; J Carroll 8-22). Fastest laps: C Steel 7-57; A Moore 7-58; C Young 8-09. Senior Boys 3 x 1 1/2 miles: 1, Victoria Park 24-17 (A Young 8-22; D Gorman 8-08; D Roache 7-47); 2, Clydesdale H 25-11 (R Armstrong 8-19; R Harris 8-27; A Moore 8-25); 3, Victoria Park B 25-25 (G Hillier 8-15; M Smith 8-23; M Pate 8-47); 4, Maryhill H 27-09; 5, Helensburgh 27-10; 6, Clydesdale B 27-58. Fastest laps: D Roache 7-47; D Gorman 8-

08; G Hillier 8-15.

Junior Boys 3 x 1 1/2 miles: 1, Helensburgh AAC 27-51 (D Jay 9-20; T Robertson 9-08; D Grieve 9-23); 2, Clydesdale H 28-05 (D McGinley 9-01; T Robertson 9-32; R McGeady 9-32); 3, Kirkintilloch Olympians AAC 29-45 (S Grant 9-08; D McWhannel 9-52; P Duman 10-45); 4, Victoria Park AAC 30-33; 5, Composite Team 31-34; Fastest laps: D McGinley 9-01; T Robertson and S Grant both 9-08.

Ayrshire CC Relay Champs, Irvine -

Seniors 4 x 2: 1, Ayr Seaforth AC 45-19 (K Penrice 11-16; A Stewart 11-40; L Baker 11-25; G Wright 10-58); 2, JWKH 45-41 (D Murray 11-30; R Dalziel 11-33; E Tonner 11-22; S Murray 11-16); 3, Irvine Cable AC 45-54 (B Craig 11-33; C Miller 11-19; W Richardson 11-10; J White 11-52). Fastest laps: G Wright 10-58; W Richardson 11-10; K Penrice and S Murray both 11-16. Youths 3 x 1,500 metres: 1, Ayr Seaforth AC 26-49 (I Murdoch 8-58; G Willis 8-39; P Allan 9-12); 2, Irvine Cable AC 30-10 (A McInroy 9-30; P McMahon 10-26; L Richardson 10-14); 3, Cumnock AC 34-55 (D Leitch 11-47; N Smillie 10-33; W McCartney 12-15); Fastest lap: G Willis 8-39. Senior Boys 3 x 1,500 metres: 1, Ayr Seaforth AC 33-50 (S Deban 13-42; D McLean 10-07; R Neil 10-01); 2, JWKH 34-58 (D Gibson 14-34; B Smillie 10-28; A Kidd 9-56); 3, Cumnock AC 36-23 (S Schendel 13-29; B Hunter 10-59; M Tommie 12-05); Fastest lap: A Kidd 9-56.

Junior Boys 3 x 1,500 metres: 1, Loudoun Runners 33-30 (S Hamilton 10-35; G McKinnell 11-51; S Morton 11-04); 2, Cumnock AC 33-52 (K Mullen 10-49; S McPhillips 11-27; A Cardie 11-36); 3, Ayr Seaforth AC 37-03 (D Cox 10-30; C Johnson 12-36; J Mitchell 13-57); Fastest lap: D Cox 10-30.

Senior Women 3 x 2,500 metres: 1, Irvine Cable 42-06 (J Roxburgh 13-57; J Hyng 14-06; H Morton 14-03); 2, Loudoun Runners 47-45 (A Higgins 14-44; J Oliver 17-18; J Strawhorn 15-43). Juniors 3 x 1,500 metres: 1, JWK 32-27 (J Tonner 10-35; S Youden 11-04; K Stewart 10-48); 2, Irvine Cable 34-03 (E McClung 11-05; T Hill 11-33; L Hough 11-25); 3, Cumnock 37-16 (C Sanderson 11-25; F Rowan 13-43; F Andrews 12-08); Fastest lap: J Tonner 10-35.

Girls 3 x 1,500 metres: 1, Irvine Cable 36-42 (D McClung 12-26; D Hershaw 13-09; S McEamey 11-07); 2, JWK 37-47 (C Morris 10-55; J Boyd 13-20; L Topham 13-32); 3, Irvine Cable B 55-54 (D Wilson 14-29; J Brown 16-04; J Stevenson 24-35). Fastest lap: C Morris 10-55.

Northern District CC League, Forres -

Men: 1, J Bowman (Inv) 31-24; 2, R Arbuckle (Kei) 31-55; 3, A Reid (Pet) 32-20; 4, S MacKenzie (Inv) 32-35; 5, G Bartlett (For) 32-37; 6, G Reynolds (For) 32-43; 7, G Sim VI (Mor) 33-31; 8, G Milne V2 (MRR) 33-41; 9, A Stewart (MRR) 34-03; 10, G Burgess (For) 34-12; Team: 1, Moray Road Runners. Youths: 1, B McAllister (FRC) 23-10; 2, S Galbraith (MBI) 24-01; 3, M Cruden (Inv) 24-24; Team: 1, Inverness H. Seniors: 1, A Thompson (Inv) 15-31; 2, J Colquhoun (Inv) 15-52; 3, P McIntyre (Inv) 16-03; Team: 1, Inverness H. Juniors: 1, M Tulloch (MBI) 11-43; 2, J Cowie (BHS) 11-53; 3, M Raffan (Inv) 12-12. Colts: 1, D Fraser (Elgin) 4-10; 2, D Melville (MBI) 4-12; 3, M Stephen (FRC) 4-14; Team: 1, Black Isle AC. Sen Women: 1, S Gollan (Inv) 16-06; 2, J Wilson (Inv) 17-06; 3, F Farquhar (Cai) 17-59; Team: 1, Inverness H. Inters: 1, S Macrae (Inv) 18-11. Juniors: 1, K Simpson (For) 12-55; 2, J Sim

(MRR) 13-05; 3, M Smith (BI) 13-10; Team: 1, Moray Road Runners. Girls: 1, K Scott (Moray) 8-15; 2, S Leibritz (MRR) 8-28; 3, C Nicol (Cai) 8-35; Team: 1, Moray Roadrunners. Minor Girls: 1, M Waisley (FRC) 4-30; 2, L Wilcox (MRR) 4-34; 3, L McLean (BI); Team: 1, Minolia Black Isle AC.

13

Kirkintilloch Olympians Open CC Meeting, Lenzie - Women:

Seniors 3.5 miles: 1, S Ridley (EWM) 23-57; 2, A Dickson LV1 (Law) 25-14; 3, K Chapman LV2 (GN) 25-58; 4, R Taylor (FVH) 26-34; 5, A Bruce LV3 (Str) 26-45; 6, F McKinnon (Lass) 27-01; 7, G Walker (Cum) 27-11; 8, C Fleming LV4 (Str) 27-36; 9, A Paterson EJ1 (Str) 28-04; 10, A Biggar (Liv) 28-15; Teams: 1, Strathkelvin 22pts; 2, Law 45. Inters 2.5 miles: 1, K Leach (Avon) 16-22; 2, L Chisholm (Str) 16-25; 3, D Paterson (Str) 16-43; 4, S Pope (Bath) 17-25; 5, D Wilson (Avon) 17-43; 6, C Miller (Irv) 17-45; Team: 1, Bathgate 31.

Juniors 2 miles: 1, P Crawley (CG) 11-11; 2, E Gorman (VP) 11-21; 3, S Scott (Ayr) 11-36; 4, J Robertson (ESP) 11-52; 5, T Tigh (Law) 11-53; 6, L Baillie (Avon) 12-03; Teams: 1, City of Glasgow 19pts; 2, KO 30; 3, Law 33. Girls 2 miles: 1, K Montador (Ct) 11-44; 2, C Morris (JWK) 12-04; 3, J Morrow (Stone) 12-18; 4, S Robertson (ESP) 12-22; 5, M Hastings (Str) 12-27; 6, A Shaw (Bath) 12-33; Teams: 1, ESP 21pts; 2, Ctr 48; 3, Bathgate 53.

Minors 1 mile: 1, E Dewar (Ct) 6-29; 2, L Redmond (ESP) 6-33; 3, N Murray (Lass) 6-59; 4, M Brown (VP) 7-01; 5, H Moar (ESP) 7-02; 6, L Campbell (ESP) 7-04; Teams: 1, ESP 13pts; 2, VP 20; 3, Ctr 44.

Men: Youths 3.5 miles: 1, C Allison (VP) 22-19; 2, M Dobbin (Bath) 22-47; 3, L Hendry (Sp) 24-08; 4, D Loftus (Sp) 24-18; 5, S Rice (Sp) 26-27; 6, D McLean (Bath) 29-42; Teams: 1, Springburn 12pts; 2, Bathgate 14. Sen Boys 2 miles: 1, D Gemmell (Avon) 10-18; 2, D Gorman (VP) 10-22; 3, A Young (VP) 10-35; 4, M Smith (VP) 10-45; 5, R Skelly (Sp) 10-58; 6, J Hunt (Sp) 11-01. Teams: 1, Victoria Park 9pts; 2, Springburn 22; 3, Cumbernauld 41.

Junior Boys 2 miles: 1, S Grant (KO) 11-22; 2, G O'Donald (Sp) 11-34; 3, C Murray (Air) 11-41; 4, A Morgan (Air) 11-46; 5, T Murray (Air) 11-59; 6, M Paton (Sp) 12-00; Teams: 1, Airdrie 12pts; 2, Springburn 16; 3, Kirk Oly 18.

Colts 1 mile: 1, R Struthers (Avon) 6-19; 2, A Coin (Sp) 6-36; 3, J McCloone (KO) 6-42; 4, E McCloone (KO) 6-46; 5, T Daffron (Air) 6-47; 6, S Rennie (Air) 7-04; Teams: 1, Avonside 16pts; 2, Kirk Oly 17; 3, Springburn 28.

19

SCCU Eastern District CC Relay Champs, Hawick -

Sen 4 x 2 1/2 miles: 1, RRC 51-57 (S Cohen 13-23; P Fleming 13-15; J Robson 12-37; T Hanlon 12-42); 2, Teviotdale H 52-35 (D Barr 13-01; A Walker 13-14; A Fair 13-18; D Covers 13-02); 3, Aberdeen 53-40 (S Wynn 13-56; R Creswell 13-16; F Boyne 13-18; S Wright 13-10); 4, Edinburgh U H&H 53-50 (R Davie 13-21; A Eyre-Walker 13-23; S Burch 13-38; R Sutherland 13-28); 5, Dundee Hawkhill 53-59 (B Cook 13-59; C Hall 13-09; P Fox 13-18; M Strachan 13-33); 6, RRC B 54-02 (D Gardiner 13-40; B Kirkwood 13-26; G Crawford 13-34; A Robson 13-22); 7, Falkirk Victoria H 54-11; 8, ESP 54-40; 9, U B 55-11; 10, HILP 55-14; 11, Pitreavie 56-02; 12, Gala H 56-20; 13, Teviotdale B 57-03; 14, Carnegie H 57-05; 15, Teviotdale C 57-

54; 16, FVH B 58-00; 17, P SH 58-23; 18, E U C 58-34; 19, ESP C 58-51; 20, Caledon Park H 59-01; 21, Harmsen AC 59-35; 22, HBT 60-00; 23, HILP B 60-16; 24, Carnegie B 60-31; 25, HBT C 60-33; 26, Penicuik H 60-45; 27, HBT B 60-52; 28, Fife AC 61-16; 29, Teviotdale D 61-42; 30, Corstorphine AC 61-53.

Fastest laps: J Robson 12-37; T Hanlon 12-42; J Ross (HILP) 12-52; G Grindley (FVH) 13-00; D Barr 13-01; D Covers 13-02; I Steel (CPH) 13-03; C Hall 13-09; S Wright 13-10; D Amott (Pit) 13-12; A Walker and D Farrell (ESP) both 13-14; P Fleming 13-15; R Creswell 13-16.

Young Athletes: 3 x 2 miles: 1, Pitreavie 39-27 (A Forsyth 14-25; A Donaldson 12-46; S Taylor 12-16); 2, ESP 39-35 (A Ford 14-15; K Daley 12-39; T Winters 12-41); 3, Teviotdale 39-56 (S Blackie 14-11; A Cardwell 13-10; D Hughes 12-35); 4, Teviotdale B 40-57 (S Lauder 14-29; S Hogg 13-06; G Hamilton 13-22); 5, Corstorphine AC 41-04 (T Norwood 14-32; M Anderson 13-02; D Nisbet 13-30); 6, ESP B 41-16 (M Gray 15-26; B Boyle 13-10; M Daley 12-40); 7, Pitreavie B 41-41; 8, Dundee Hawkhill H 41-56; 9, Aberdeen AAC 42-02; 10, Falkirk Victoria H 42-40; 11, Penicuik H 42-47; 12, Heriots 43-09; 13, Falkirk Victoria B 43-16; 14, Fife AC 43-34; 15, Heriots 43-51; 16, Dundee Hawkhill B 44-12; 17, Fife B 44-48; 18, Penicuik B 44-49; 19, Falkirk Victoria C 45-12; 20, BT Pitreavie C 45-45.

Fastest laps: Junior Boys: 1, S Blaikie 14-11; 2, A Ford (ESP) 14-15; 3, A Forsyth 14-25. Senior Boys: K Daley 12-39; A Donaldson 12-46; M Anderson (Cor) 13-02; Youths: G Brown (Pen) 12-11; M Kelso (Pit) 12-14; S Taylor (Pit) 12-16.

SCCU North District CC Relay Champs, Nairn -

Senior 4 x 2 1/2 miles: 1, Forres H 50-09 (G Reynolds 12-37; G Burgess 12-47; G Bartlett 12-24; B Chinnick 12-21); 2, MRR 50-55 (M Wright 12-54; A Stewart 12-45; M Flynn 12-43; G Sim 12-33); 3, Lochaber AAC 51-27 (P Hughes 12-34; S Burns 13-51; B Rodgers 12-42; M Dixon 12-20); 4, Moray B 51-44; 5, Peterhead AAC 52-42; 6, Black Isle AC 54-45; 7, Inverness H 55-12; 8, Moray C 55-39; 9, Forres B 55-48; 10, Moray D 58-47; Fastest laps: A Reid (Pet) 12-06; J Bowman (Inv) 12-17; M Dixon 12-20; B Chinnick 12-21.

Young Athletes 3 x 2 miles: 1, Black Isle AC 31-35 (N Tulloch) 10-34; A Ramsay 10-28; S Galbraith 10-33; 2, Naim 32-07 (K McAlpine 10-20; R Muir 11-50; K Nicol 9-57); 3, Black Isle B 32-34 (L Bethune 11-07; E Naismith 10-34; S Allan 10-53); Fastest laps: Junior Boys: K McAlpine (Naim) 10-20; Senior Boys: J Colquhoun (Inv) 10-21; Youths: K Nicol (Naim) 9-57.

Women 3 x 1 1/2 miles: Running Order - Gid, junior, inter/senior: 1, MRR 24-15 (K Scott 7-31; J Sim 8-05; L Davidson 8-39); 2, Black Isle AC 24-33 (J MacKenzie 8-34; M Smith 7-50; C Falconer 8-09); 3, BH 24-47 (E Cordner 8-35; S Sutherland 8-35; J Wilson 7-37); Fastest Laps: Girls: K Scott (Moray) 7-31; Juniors: M Smith (BI) 7-50; Seniors: J Wilson (Inv) 7-37.

SCCU Western District CC Relay Champs, Cumnock -

Senior 4 x 2 1/2 miles: 1, Cambuslang H 51-16 (M Gormley 13-11; R Arbuckle 12-50; E Stewart 12-45; D Runciman 12-30); 2, Shetleston H 51-40 (J McKay 13-27; D Cameron 13-10; N Muir 12-57;



September

14

Calvin William 6 1/2 mile HR, Inverurie - 1, K Craig (FFT) 46-04 (rec); 2, D Armitage V1 (Ab) 46-43; 3, E Butler V2 (Ab) 47-32; 4, S Cassells (Ab) 48-22; 5, E Harwood (HHR) 50-22; 6, G Kerr (Ab) 51-11; 7, E Rennie V3 (Ab) 51-33; 8, A Aitken (Gar) 51-36; 9, W Foreman (Ab) 52-38; 10, A Henderson (Ab) 52-48; L1, M Stafford LV1 (Ab) 66-47; L2, S Taylor (Gar) 69-53.

Corriearyrick Pass 16 mile HR, Spean Bridge

1, I Wallace (HBT) 1-47-36; 2, J Hepburn (Loch) 1-48-36; 3, C Bain V1 (PSH) 1-49-19; 4, A Gartside (HBT) 1-50-29; 5, J Aitken (HELP) 1-52-07; 6, R Campbell (Loch) 1-53-37; 7, N Lancaster (Loch) 1-54-20; 8, R Boswell V2 (Loch) 1-54-27; 9, P Hughes (Loch) 1-54-52; 10, M Flynn (CPH) 1-54-55; L1, T Calder LV1 (ESP) 1-57-48 (rec); L2, C Menhennet (CH) 2-12-02.

22

Cockleroi 5 1/2 mile HR, Lintilthgow - 1, K Rankin (FVH) 29-52; 2, R Rodgers (New) 30-18; 3, I Hornsby (DHH) 31-29; 4, A Stirling V1 (BRC) 31-41; 5, G Kellie (BRC) 32-02; 6, R Jardine (BRC) 32-09; 7, R McIntyre (CAC) 32-12; 8, P Bovill (Liv) 32-31; 9, S Hyslop (Liv) 32-48; 10, R Martin V2 (FV) 32-51; Team: 1, Bo'ness 15pts. L1, R McAleese LV1 (SVHC) 35-39; L2, S McLeish (GN) 36-57; L3, D Everington (Liv) 37-19.

28

Two Breweries 19 mile HR from Traquair to Broughton

1, A Kitchen (Liv) 2-38-46; 2, A Cory-Wright (NZ) 2-42-37; 3, J Musgrave (Ab) 2-42-29; 4, G Ackland (Liv) 2-43-35; 5, N McIntyre (MBI) 2-45-11; 6, S Conway (Liv) 2-46-50; 7, I Wallace (HBT) 2-47-22; 8, M Hayman (BO) 2-48-40; 9, M McDermott (mac) 2-48-48; 10, M Soddon (BO) 2-48-56; 11, B Brundell (Hor) 2-49-23; 12, B Bullen V1 (FV) 2-50-49; 13, G Hull (Leeds U) 2-51-27; 14, P Davis (Leeds U) 2-51-33; 15, V Ruckland (Maud) 2-51-40; 16, D Shepherd (Leeds U) 2-51-49; 17, P Ward (Pre) 2-52-16; 18, M Forrest (Clare) 2-54-06; 19, D Crowe (she) 2-54-38; 20, C Adams (BO) 2-55-46. V2, M Bowman (Loch) 2-59-13; V3, J Blair-Fish (Cam) 2-59-38; VO/50, D Amour (Cam) 3-11-01; Teams: 1, Livingston & District AC 11; 2, Leeds University 43. L1, Y Hague (Liv) 3-05-18; L2, J Robertson (Ayr) 3-18-40; L3, I Wright (Leeds U) 3-19-19; L4, S Farmer (Loch) 3-25-28; L5, A Wright (Macel) 3-27-42; L6, K Hogg LV1 (Pen) 3-30-16; LV2 M Small (Cly) 4-11-47.

Knockfarrell HR, Strathpeffer

1, R Herries (HBT) 40-21; 2, C Farquharson (HBT) 41-42; 3, C McNeil (EdU) 41-57; 4, G Bartlett (For) 42-03; 5, R Wilby V1 (HHR) 43-32; 6, B Moher V2 (HBT) 45-00; 7, P Garner (Inv) 45-13; 8, G

Mitchell V3 (Inv) 45-13; 9, P Crowe (Inv) 46-00; 10, D McDiarmid (Inv) 46-13; J1, S Galbraith (BI) 48-38; L1, S Clarke (Inv) 55-20; L2, L Fisher (HHR) 55-35; L3, F Brown (BI) 56-34.

29

Black Meldon HR, Peebles

1, A Kitchen (Liv) 9-02; 2, M Hayman (BO) 9-17; 3, M Roscoe (LUni) 9-35; 4, G Hull (Leeds Uni) 9-48; J1, H Hutcheson (ESP) 10-01; V1, R Morris (Cam) 10-25; L1, K Wright (Leeds Uni) 12-09.

October

6

Bennachie 7 1/2 miles HR, Inverurie

1, K Craig (FFT) 46-55; 2, R Herries (HBT) 47-31; 3, A Reid (Pet) 48-07; 4, C Farquharson (HBT) 49-33; 5, J Buchan (Met) 50-33; 6, E Butler V1 (Ab) 51-07; 7, N Hanson (Un) 52-25; 8, A Aitken (Gar) 52-35; 9, G Simpson (Met) 52-38; 10, P Kammer (Un) 53-27; 11, I Cruikshank (Keith) 53-35; 12, J Smith V2 (Gar) 53-38; 13, C Rolls (DHH) 53-48; 14, J Ingram V3 (FRC) 53-58; 15, P Foy (HBT) 54-08; Team: 1, Hunters Bog Trotters 21pts; L1, J Shand (FFT) 58-03; L2, M Stafford LV1 (Ab) 62-49; L3, S Taylor LV2 (Gar) 64-02; L4, L Coleman (Gar) 64-29; L5, K Butler LV3 (Ab) 67-17; L6, R McKenzie (Un) 67-20; Team: 1, Garioch Roadrunners.

Pentland Skyline 16 mile HR

1, D Bell (HELP) 2-35-06; 2, J Wilkinson (Gala) 2-36-29; 3, P Hughes (Loch) 2-37-12; 4, J Nixon V1 (AR) 2-37-16; 5, N McIntyre (HBT) 2-38-00; 6, J Blair-Fish V2 (Cam) 2-38-35; 7, I Wallace (HBT) 2-40-05; 8, J Gallacher (Kend) 2-44-42; 9, T Jordan (Cam) 2-45-14; 10, M Forrest (Clare) 2-47-26; 11, R Worth (Cur) 2-49-40; 12, P Baxter (West) 2-52-36; 13, G Armstrong V3 (HELP) 2-53-34; 14, S Balfour V4 (Liv) 2-53-53; 15, T Ross V5 (Fit) 2-54-31; VO/55 W Gauld 16th (Cam) 2-55-19; Teams: 1, Camethy 31pts; 2, Hunters Bog Trotters 35. L1, C Menhennet (Cly) 3-11-59; L2, L Hope (Loch) 3-18-05; L3, S Clarke LV1 (HHR) 3-32-41; L4, S Lewsley LV2 (Kerwick) 3-37-42.

Results compiled by Colin Shields

Glenurquhart Games, Drumadrochit, August 31

DESPITE the prediction in October's report, it did not rain - and Bruce Shepherd (Elg) rubbed it in by winning the caber for the second time this season, writes **Denis Shepherd**.

Russell Devine (IH) took the Scots Hammer, shot, and weight-for-distance, and Bruce the weight-over-bar.

Steve Wright (Elg) cleared a PB of 1.80m in the high jump, and won the 400m. The trophy for the best North athlete in light events went to Mel Fowler (IH) with wins in the 200m, long jump, and triple jump, who also won the kilted "Auld Scottish" 250m race.

Morven Fraser (IH), winner of the 400m and long jump, took the women's North trophy. Helen Cowe (Ab) heaved a season's best 13.25m in the shot.

Douglas Runiceman (Loch) timed

his effort to perfection to win the Achmony Hill Race. He finished second and fourth in the 1500m and 800m respectively, within an hour of the start! Graham Laing (Inv), meanwhile won the race he has made his own, from Inverness to Drumadrochit, by almost three minutes, though well outside the record he set 11 years ago.

Grampian Television League Finals, Aberdeen, September 8

TWO of the closest finishes to a league match came at this all-important final meeting, bringing together the top three in both districts in the male and female sections. Caithness took their first league title when pipping Aberdeen by three points, with Black Isle only 13 points behind. It was even closer at the top of the men's section, Black Isle retaining the title by one point from Aberdeen.

Paul Allan (Ab) was one of several record-breakers, winning the 110H in 15.8. He also cleared a PB 1.95m in the high jump and withdrew from the 100m because of "lack of form".

In the youth's section, two records were broken and one equalled. Scott Dillan (BI) clocked 14.4 (again) for the 100H while S. Watson (Mon) took the 2000 steeplechase (6-40.3) and Minolta the 4 x 400m (3-40.5).

In the senior boys' events, David Cotter (Nai) was a record-breaker twice over. After winning the 80H (11.9) he played a part in a 4 x 100 victory in 48.2. B. Fraser (Mon) won the 1500 in a record 4-49.4 while Craig Noble (Fra) cleared an amazing 1.86m in the high jump. Peter Fraser (Ab) rounded off a record-breaking season with a junior boys' javelin throw of 36.22m.

No records were broken in the women's section, although Banchory equalled the junior ladies' 4 x 100m figure of 54.0.

D M Hall Meeting, Inverness, September 14

THE feature event, the North District 10,000m championship, attracted a disappointing field of six, writes **Denis Shepherd**. Alan Reid (Pet) only had to keep eye on Ray Aitken (MRR), having set up a half-lap lead, in order to retain the title in 33-23.20.

It was not Steve Wright's day; the Elgin junior failed to match his recent high-jump PB and later, despite having beaten the two minute barrier at Grangemouth recently, was beaten by your reporter in the 800m and by another Aberdeen athlete, Graham Armstrong, in the 400m.

Seriously though, the head-wind in the home straight was the talking point of the meeting. In the 100m, run back-to-front, Paul Allan (Ab) returned a season's best 11.2 sec. He also improved his shot 13.89m, but was beaten for the "Thrower's Circle" award by Russell Devine (Inv) who won the discus, javelin and hammer. Helen Cowe (Ab) took the women's award with wins in the shot, discus and hammer, while Alan Ross

(Inv) took the "Young Heavies" medal.

Also outstanding were Ian Wright (Pet) with wins in the senior boys' 100m, 800m, and shot, and Kevin McAlpine (Nai), with a hat-trick in the junior boys' 800m, high jump, and long jump.

The meeting and season ended with a double victory, in the 4 x 100m and 4 x 400m for Dinesh Lutchman, running for Aberdeen AAC.

Bank of Scotland North-East League, Glenrothes, September 15

ONLY a disaster could prevent Inverness Harriers (men) and Aberdeen AAC (women), with over 70 points lead in their respective sections, from retaining the trophies. In the end, Inverness won the men's match by 47 points while Aberdeen, in finishing third behind Dundee Hawkhill and Inverness in the women's, lost "only" 44 points to the winners.

Mel Fowler won the 200m, triple jump and "B" Javelin, while Inverness club-mate Brian Watson won the "B" 200m and triple jump. In the youths' 3000m Moray Barber (Ab) made all the running to clock a personal best 9-43.1 and in the senior boys' 1500m Steve Monaghan (DHH) achieved a League record of the day with 4-35.1.

Claire Douglas (Fif) won the intermediate 200m, against the wind, in 27.2 seconds. The senior race, in fact, was also won by an inter, Joanne Ewart (Inv) (27.5).

Lorna Silva (DHH) clocked 59.3 in the 400m and won the race. Jillian Thomson (Ab), who won the girls' shot (6.83m) three weeks after picking it up for the first time.

Blairgowrie Half Marathon, September 28

THE weather played a big part in this years race at Blairgowrie, bad weather conditions put some runners off as numbers were down on last year, writes **Robert Ellis**. However, by the time runners started to arrive the weather conditions were perfect for running.

This was evident as numerous course records fell. In a tussle between Frank Harper and Thomas Thomson, the latter opened up a slight gap and finished in 1-10-30 taking 13 seconds off the course record. Harper came a close second in 1-10-54. Don Macgregor took 10 minutes off the V50 record finishing in 1-14-43 seconds showing some fast younger athletes how it should be done.

In the women's race, Aileen Wilson took almost two minutes off last year's record coming home strongly in 1-25-15. Janine Robertson - a local runner - came in second recording a time of 1-27-7, six minutes better than last year. Linda Barclay came home in third place in 1-30-34. Linda McGill - WV35 - took a minute of the course record last year finishing in 1-36-22. Sheila Bauchop took almost five minutes off last year's time in the WV40 class, finishing in 1-35-28.

Overall, many runners achieved PB's on this course - so it looks set to stay!

METRO ABERDEEN RUNNING CLUB

CHARLES BENZIES TRACES THE ORIGINS AND DEVELOPMENT OF METRO ABERDEEN RUNNING CLUB.



Metro Aberdeen runners pictured before a routine Tuesday night training session at the Chris Anderson Stadium.

METRO Aberdeen Running Club was formed at the end of 1989 by a group of runners who felt that the city had a distinct need for a specialist running club catering for runners of all abilities. The fledgling club secured sponsorship from the Hotel Metro and the athletes decided on an all red livery.

The club received a major boost when it was the subject of quite intense local media coverage in the first few weeks of 1990. The club was then inundated with requests for information and as a consequence the membership grew steadily until it approached the hundred mark.

This figure has held fairly

constant through the two years of the club's existence.

The aim of the committee is to try to encourage membership participation in all facets of the club's activities. There is always a danger in large clubs that people feel remote from running. However, at Metro Aberdeen the opportunity is there for anyone who is interested to become involved.

It was felt that a club newsletter was an essential pre-requisite for the club's success and international athlete Fraser Clyne demonstrated that his talents are not simply confined to running by producing a superb magazine.

The club has also become

involved in staging local road races. Chairman Peter Jennings was responsible for instigating the British Gas cross country relays and in addition he took over responsibility for the highly successful Asda Dyce Half Marathon. Indeed, Metro Aberdeen is indebted to Peter for the amount of time and energy he has devoted to club activities. The "Billy Allan" memorial trophy is awarded to the person who has done the most for the club throughout the year and Peter is widely tipped to secure this award for his endeavours.

Apart from the relays and the half marathon, Metro has also put on a charity race for the Easter

Anguston Appeal to aid mentally handicapped young adults. Over one hundred runners turned up at Aberdeen beach esplanade to support the event which was won by popular club captain Bob Taylor.

Throughout the last year several athletes have performed well in races at both local and national levels. Fraser Clyne, despite being plagued by injury, still managed third place in the Scottish Ten Mile Championships and another third in the national 10K race. Fraser hopes to run a marathon in California in December and his recent form suggests that he may achieve a fast time. Meanwhile, Rob Taylor added to his success in the Easter Anguston

Race by also recording victories in the half marathons at Tain and Dyce.

One of the more unusual victories however was gained by John Buchan in the kilters race down Bennachie.

This race forms part of the Inverurie Highland Games and Aberdeen goalkeeper Theo Snelders was on hand to present the prizes. John managed to upstage the big Dutchman and astonish the large crowd by planting a kiss on the Dutchman's cheek when he handed over his prize!

One of the major ambitions of the club is to establish itself at national level. In its first v-cross country venture scene Metro Aberdeen placed 18th at the national championships held in Dundee and backed this up with another top 20 placing in the national cross country relay championships at Alloa on October 26.

To make a breakthrough into the upper echelons of Scottish Athletics it is imperative that some of the younger athletes fulfil their potential. Hopes are high that recent acquisition from Johnnie Walker



Left to right: David Murray, Fraser Clyne, and Rob Taylor.

FACE THE FACTS!!!

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Thursday 7 p.m. - 9 p.m.

Further Information

Northern College of Education
Hilton Place
Aberdeen Campus
AB19 1FA
(0224) 283500

Kilmarnock Harriers, Dave Murray, will strengthen the first team squad and that Joe Freel and Steve Forbes, who both ran well at Alloa, can make an impact in 1992.

Providing these runners are backed up by seasoned campaigners such as Steve Willox and Bruce Moroney, there is no reason why Metro cannot come to the forefront of Scottish athletics in the next two or three years.

The club's top female runner is Suzanne Bennet. The redoubtable Suzanne has recently been clocking over 100 miles per week in preparation for a marathon challenge.

Her dedication to the event is quite astonishing considering she has had to battle back from illness, and everyone at Metro is confident that she can record a time that her natural enthusiasm merits.

Perhaps the most noted performer in the Metro club is 70 year old John Stewart, who briefly topped the British half marathon rankings. John - whose son Jackie is also a leading club member - is a shining example of what people can achieve in sport, no matter what age they are.

With all these enthusiasts in its ranks Metro Aberdeen is here to stay.

The first two years have vindicated the founder members' decision to start the club, and they together with the athletes who have subsequently joined, are determined that it will continue to thrive.

Any athlete contemplating joining Metro should be aware that the club attempts to give all the money generated by the club back to the membership. Therefore social events and travel to races are subsidised through club funds.

Metro Aberdeen meets on a Tuesday evening (6.45pm) at the Chris Anderson Stadium. Details are available from Aberdeen 571351.



Some leading members of Metro Aberdeen Running Club, 1991. From left to right: John Thom, Steve Willox, Charles Benzies, and Donald Whyte.



Above: Middle distance runner Ally Neaves training under the lights at the Chris Anderson Stadium.

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THE LEISURE MANAGEMENT
ORGANISATION OF THE
City of Aberdeen

FULL STEAM AHEAD FOR INTER- CITY RECORD

ABERDEEN'S former Scottish marathon champion Colin Youngson, one of those actively responsible for bringing the British Veterans' Cross Country Championship to the city, was set for yet another inter-city milestone at the time of going to press.

The non-stop vet had an eye on a 25th appearance in the Edinburgh-Glasgow road relay!

No athlete comes anywhere near the schoolteacher's record number of runs in the club team event which has thrown up a unique collection of gold, silver, and bronze medals.

Looking back over the years, Youngson revealed that he had competed over every race leg with the exception of the seventh.

"Well, not exactly true," said the 44 year old. "I did once cover that piece of ground in a 50-mile race, finishing a respectable distance behind Don Ritchie."

He added, "It will be a little bit special to reach the 25 mark."

Not that Youngson, a veteran of 56 marathons and countless other races throughout Britain and the rest of the world, has any intention of becoming a running back-number.

Still highly competitive among the top vets in Britain, he has eyes on getting to grips with the over-45's in a year's time.

"Just as long as the legs hold out and the competitive edge remains," he added.

A member of Aberdeen AAC's first ever Edinburgh-Glasgow winning line-up in 1983, Youngson remembers the satisfaction bringing home the gold with a desperate last leg in 1988.

"I just held on, owing to various injuries and general stupidity," he recalls.

Youngson boasts an impressive list of over-40 achievements including the Scottish 1500m, 5000m (twice), cross country (twice), 10-mile, half-marathon, marathon, and indoor 3000m titles, the latter throwing up a British vet record of 8-57.07.

Now it is on to yet another E-G for the man who began running at Aberdeen Grammar on the competitive inspiration of a schoolmate by the name of Don Ritchie!

NORTH EAST VETS IN RECORD BREAKING FORM

FORMER Scottish marathon record-holder Lynda Bain has heralded her arrival on the veteran scene with a record-breaking performance.

The Aberdeen AAC runner, who very much picks and chooses her events these days, set new women's figures of 57-14 for the tough Kirkhill Forest eight-mile cross country race on the outskirts of Aberdeen.

And another famous marathon name emerged from the undergrowth with the men's record, Fraser Clyne leading a Metro Aberdeen first four domination with a 46-22 on a day when Lochaber's Neil Bowman set new over-40 horizons with an overall sixth place 50-28.

GRANTS AID FOR TOP ATHLETES

TWO of the North East's athletes have reaped the benefits of Gordon District Council's awareness of the need to support competitors living in the area.

Katy Rice and Aberdeen AAC clubmate Helen Cowe have been given grants worth £150 towards training costs. A third Aberdeen club star living in the Gordon district, Louise Phillips, was a previous recipient of grants issued monthly with the backing of local car sales company Lawrence of Kemnay.

Katy, who lives in Westhill, is currently on an athletics scholarship at an American university.

Scottish international Helen, ranked in the top three for the shot putt and the discus, lives at Lumsden.

And word has it that local athletes could be in line for an even bigger helping hand from the council's leisure and recreation department.

Although nothing official has been said at the time of going to press, the department are known to be working with leading local companies to establish an ambitious grant funding scheme.

Just as important is the news that a quarter track, similar to the one already in use at Ellon, is a key element of a major sporting complex planned for Inverurie.

ALARMING DEPARTURE FOR CLYNE

ABERDEEN Metro broke new ground when they competed in the Scottish Cross Country relay championships at Alloa.

It was the club's debut at national championship level - with a long term ambition in mind.

Team member Fraser Clyne explained: "Eventually we would love to receive an invitation to compete in the Edinburgh-Glasgow road relay."

"The only way that is going to happen is through good club performances at the top level."

Rob Taylor, former Kilmarnock runner David Murray, and Peter Jennings completed the historic club line-up in the wake of a 1-2-3-4 finish in the previous week's tough Kirkhill Forest eight mile race on the outskirts of Aberdeen.

Clyne's record breaking win at Kirkhill was an unexpected one in as much as he planned to run the



same day Falkirk half marathon. His alarm clock decided otherwise and he was forced to divert his attention to lesser things.

Happily, the North East's top distance runner of the decade was able to report no after-effects in his build up to what could be a first marathon appearance in two years. All being well, Clyne will compete in America next month.

RUSSELL SMITH

TRIATHLON WONDER WOMAN DOES IT AGAIN

THERE is just no holding Jacqui Shand, the 21 year old Westhill girl who has dominated the Scottish - and to some extent the British - women's triathlon scene this year.

A week after shattering the Bennachie Hill Race record, the protegee of triathlon coach and vet competitor John O'Donovan put up an outstanding performance in the annual Keith Triathlon.

Any doubts about who ranks as the all-round North-east athlete of the year disappeared when Jacqui finished third overall in 1-09-20.

Now a regular member of the British triathlon squad, Jacqui has passed up a number of tempting international engagements in recent months through a lack of finance.

But coach O'Donovan feels that may not be a bad thing for the girl who has made giant strides in the 18 months she has been in the sport. Says O'Donovan: "Jacqui has time on her side. Given another year she will be a much stronger athlete."

A string of road, hill, and cross country successes are to her a measure of improvement in what she calls "my weakest element of the triathlon".

Such has been their impact that one of Scotland's leading construction companies may link up with Shand in an imaginative scheme devised to interest top companies in sponsoring leading sporting personalities who live in the Gordon District.

BENNACHIE EVENT A SUCCESS

THE success of the second Bennachie Hill Race, organised by Garioch Road Runners, has prompted thoughts that the event might attain Grand Prix status.

Leisure and recreation department official Keith Leslie was inspired to voice the hope as the 1991 entry soared to 120.

This year, the 7.25-mile event produced records from two athletes better known for triathlon performances. Men's winner Ken Craig (Fleet Feet Triathletes) lowered the course record from 48-46 to 44-55, and club-mate Jacqui Shand slashed 9-17 off host club Sue Taylor's women's best.

November

16

ABERDEEN U H&H Open Rd Relays.

CLYDESDALE H YA CC, Clydebank.

THE Glen Clova Road Race Half Marathon, D - (05755) 222.

17

BARR'S Edinburgh to Glasgow Rd Relay.

FIFE College Ladies' 10K Road Race, D - (0592) 268591.

RONNIE Kane Women's League CC, King's Park.

23

BELLAHOUSTON H CC Races.

EDINBURGH U H&H Braid Hills Race.

GAULDRY Com Council CC, Gauldry, Fife.

24

EAST Dist Women's CC Champs, Hawick.

WEST Women's CC Champs, Kirkintilloch.

27

OGM, Kelvin Hall. D - 041 357 2525.

30

DUNBARTONSHIRE CC Champs.

NORTHERN CC Champs, New Elgin.

RENFREWSHIRE CC Champs.

LANARKSHIRE CC Champs, Coatbridge.

EASTERN District CC League, Rosyth.

December

1

SORN Chase, Sorn.

4

OGM, Kelvin Hall. D - 041 357 2525.

7

LITA Allen Women's CC League, Kirkcaldy.

DONPRINT "Hugh Wilson" Memorial 10K

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14

SCCU v Scot Unis v N Ire v Civ Ser, Inc Inter Dist Races (J, SB, and Y), Cumbernauld.

15

AYRSHIRE Cross Country Championships.

CHRISTMAS Cracker CC, Aberdeen.

EAST v West v NI, Women's CC, Irvine.

21

ESPC AC "Queens Drive" Races.

22

CYCLISTS v Harriers C C Races, Irvine.

January

4

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NORTHERN District League, (B YJS) Elgin.

8

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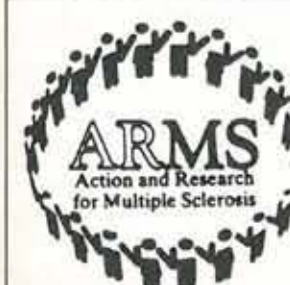
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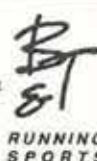
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