Apparel from Mail Order Specialists BOURNE SPORTS



SUB 4 WORLD CLASS RUNNING APPAREL.
Black Mage Reining Top—in cortion/polypro fabric, packet has short zin, colour black/trunquose, black/pink, or black/punglis sizes XS, S, M, L, XL, sixual £29.95, offer £21.99.
Sub Fours by Sub 4 are the training revolution of the rineties, styling like this desirence only the best materials, and so Sub 4 have chosen fabric contraring. Altimat by Anove of Switzerland. Afters is a texturised materials hismanning, polypropylane yain, which ensures you can div run, it is as comfortable as your own skin. These training Trouters are ideal for use when running on the road, country and track, they are exceptionally comfortable to wear, and the lycing portion supports this call muscles from possible strain. They are also ideal for cycling, colours black/trunquose, black-pink, black-purple, sizes XS, S, M, L, XL, usual £24.99, offer £19.95.
Brush Strokes Tights in mylonityon, black with Brush Strokes design, sizes M, & L only, usual £24.99, offer £19.95.
Brush Strokes Dights in mylonityon, black with Brush Strokes design, sizes M, & L only, usual £24.95, offer £19.50.





or whitehongment sizes, S. M. L. XL. usual £7.95, offer £6.00. Viga Oslo Mens Arbietic Shorts, colour blackhedigenen, or whiteigneen.noval. sizes 26/28", 30/32", 34/35", 38/40", usual £7.95 offer £6.00. Viga Lady Oslo Shorts, colours greeniprik/black, sizes 10, 12, 14, 16, colour whiteinopal/green, sizes 14 & 16, only usual £7.95, offer £6.00. Viga Lady Oslo Shorts, colours greeniprik/black, sizes 10, 12, 14, 16, colour whiteinopalgreen, sizes 10, 14, 16 only usual £7.95, offer £6.00. Viga Munich Athletic Vest, colour whiteinopalgreen into fillustrated, black green/vid. or purpletigneen/white, sizes S. M. L. XL, usual £7.95, offer £6.00. Viga Munich Athletic Shorts, colour whiteinopalgreen into fillustrated, black green/vid. or purpletigneen/white, sizes 26/28", 30/32", 34/34", 38/40", usual £7.95, offer £6.00.



Puma Body Suit, one piece warm-up suit, celours ultra/line, sures XS, S, M, XL, black/piek, sures S & M only, navy-pieck, sures XS, S, M, L, XL, unises, usual £79,99. Offer £49,95.

RAINWEAR 100% WATERPROOF









vmileta

A Hi Tec Persist Waterpoof Ransurt, with taped seams, concealed hood, generous pockets, 100% waterproof, usual £37.99, offer £24.00

concelled hood, generous pockets, 100% waterproof, usual £37.99, offer £24.00
Rusning Accessories
Staminade, lemon/time sports drink, improved mineral balance, reduced salt, 250g net, £4.95
Poissox Pedded Sports Socks, 80% cotton, good cusher sizes 3.7 & 7.13, usual £2.25, offer £2 pr or 3 prs £5
Sportsmass Rub, pre-training or race warm-up rub, helps avoid imprise, £1.85
Reflective Waisscaot, made from 100% polyester mesh, with seffective strips, usual £3.99, offer £2.95
Adidas Torsion Wrist Pockets, £2.95
Scribothare heels, exceptional cushioning, sizes 5, M, L, usual £4.95, offer £2.95
Run Ald Feed Bottle, £1.95
Bison Maratton, £3.95
Framing Shoe Laces, where 190cm, 80p pc, Bism Bags, Frank Shortse, usual £7.95, offer £4.95
Hi Toc, usual £3.95, offer £3.95
Sportskey, a detachable keyfob that carries your sisential large though the first size of the £3.95
Dansport Minimal Bourios Sports Bra, colours black, white, paids, new, turquotise, or grey, sizes 5.32.34* A, B cip, M 34-35* B, C coup £35* ough X1.35+40* D-DD cup, £1.295
Thordo Análes Sock, state shoe size, £5.95 pr. Thordo Análes Sock, state shoe size, £5.95 pr. Thordo Rolf Fop Socks, state shoe size, £5.95
Agua Jogger, water exercise buryancy belt, usual £39.36; fer £3.95
illens welcome, one of the largest



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

SCOTLAND'S

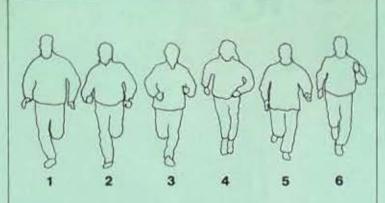
ALAN & JOHN ROBSON Profiled

1991 **RANKINGS**

OUDON UNNERS Club Profile







FRANK SHORTER DIAMOND CORFTEX SUIT: One
of the fraction wearing numering Gooden with, as the
Diamond riputop outer labric, on the upper part of the
nost, has excellent abrassion characteristics. The top
has 360° right time visibility, through the inflective
time across the chest and across the shoulders, a
semonyable Gooden's book, two side zippered pockets.

und a full length zip down the front. The trousers have an efasticated and the const wainflands, log zippen for ease of removal and a small appeared pocket at the back. This such has a three year Contress gozarantee. Colours. Etack/silver. Sizes. 5, Mr. J. XI. Price: Jacket £129.00. Trousers £89.99.

2. BROOKS PERFORMANCE KAINSLIT. In our opinion

the best value for money training sort on the market. This three colour 100% indoes sort his a sented tack, together with a meet limit across the back, to good air concilations, a fulfil integrated hood and twis side pockets on the jacket. The trouves have an elasticated and the cood washand, leg appears for easy removal and two side pockets. Colours, Black purple, firm or hyptermanyopate. Sizes S.

M. L. M. Price E29,99.

BROOKS REFLECTIVE RAINSUIT: Offering excellent value for money, this nytion rainsuit has 360° right time visibility, from the Scotchille reflective tape on the jacket and down the arms. A sented back, trajether with nests liming across the shoulders, gives good verillation. Additional learners include, two side pockets on the jacket and focusions, a fully integrated bood, an elasticated and co-cord variaband and leg propers on the trousers. Coldurs. Navyeladepurple or Blackpumple limits States S. M. L. M. Price E39, 99.

MINE INTERNATIONAL CORFEE SUIT. Outstanding value for money, this too qualify three

SARES S. Mr. A. Price 35-379.

NIKE INTERNATIONAL GORETIX SUIT:
Custanding value for money, this too quality three colour Goreens nuit has reflective tape on the top and trouvers, too 160° night time vivillating, have suppered safe pockats on the jacket and trouvers, a full whitachable Goreens hood and two appeared side vents for optional increased ventilation. The brousers have an elasticated and see cost sesistinand and culfied bottoms with leg appears for easy amount in our opinion the best value Gorefes suit on the market. Colour Manyelinesystehde. Sizes. S.

FRANK SHORTER RIPSTOP GORETEX SUIT Our most popular selling Coretex suit for the last three ways. One of the light the ways on the market the last the

Equators suit in unique, in that the Content intermibition is laminated as the introde of the suit, at opposed to the number above, in our operation that all be exhibited by Feachers of the suit are: a longer tail on the packet, to stop the cold getting to your kidneys insuchion for cyclism, memorable Scinchille reflective tape on the jacket and a immovable Content hood, a side appeared pour and exposes at the side for increased mobility. This top is a 'pullower' design with a 1/3 coper for increased ventilation. The trouver flaver an elasticated and tile coeff warnthand and leg propers to race of removal. This suit has a three year Content guarantee, in our opinion this is the best Gontes suit for raining, on the market. Colours Blackmagenta/purple inschance to the 5-weathrop. Black or Knyaf, Sizes, S. M. L. XI., Price: Jacket. 4110.00. Trouvers 645-39.

A. PRANK SHORTER MICROTEX SUIT: This top possibly microfiber rains at both a politover style jacket will keep you dry in beary showers, is beathable, weedproof and incredibly suit. The features of the soil are. 160° right time visibility, provided by the Scotchille reflective type on the jacket, two appeared side pockets on the top and one appeared pocket on the brousers. The full meet lining encustages the circulation of air and increases the Invariability. The brousers have an elasticated and the cord wainfoard and called bothom with leg appears for eaviremoval. A given suit to week, as the microfiber in lightheeight, seel and incredibly combetable. Colour.

Purplines applied here. Sures. S. M. L. XL. Price.

DESCRIPTION S	ZE COLOUR	QUANTITY	PRICE	TOTAL
BC91	Send your cheque (with a postal order or credit card			
NAME	Shannon Commercial Cer KT3 4PT. 24hr mail order	ntre, Beverley Way, N	ew Malden, Surrey	PAP £1.50
ADDRESS	alternate colour.		1 1	
POST CODE	CIVI	EAI	CII	
	SIWI	EAI	HIGH	IOIP
DAYTIME TEE, NO	33 Broad Street,	Teddington, Middle	sex TWI1 8QZ. To	el. 081-943 0239
CREDIT CARD NO. EXPIRY DATE	23 High Street 44 Station Hi	et, Woking, Surrey (Il, Reading, Berkshi	re RG1 1NE, Tel. (6	9483) 729221 9734) 573826

JANUARY

1992

EDITOR

Alan Campbell

ASSOCIATE EDITOR

Doug Gillon

SUB EDITOR

Margaret Montgomery

CONTRIBUTORS

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

DESIGNER

Margaret Montgomery

ADVERTISING MANAGER

Fiona Ross

NEWS AND VIEWS

READERS' LETTERS

NORTH EAST NOTES

10

COACHING CLINIC

ROBSON BROTHERS

RANKINGS

24



Scottish women's rankings. Page 24.

contents

CLASSIFIED SALES

Maureen Mulligan

ADMINISTRATION

Gillian McCallum

ENGLISH SALES AGENCY

S.M.S. Ltd 061-839-6265

COMMERCIAL DIRECTOR

CHARITY FEATURE

RACE REPORT

27

28

RESULTS

JUNIOR PROFILE

33

SCHOOLS AND UNIVERSITIES

34

EVENTS

35



Junior profile. Page 33.

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

PUBLISHED BY SCOTRUN PUBLICATIONS LTD, APPLEJAK STUDIOS, 113 ST GEORGE'S ROAD, GLASGOW G3 6JA.

Scotland's Runner January 1992



Run and Become Become and Run

EDINBURGH'S SPECIALIST RUNNING SHOP

at 56 Dalry Road, Haymarket EDINBURGH EH11 2BA Tel. 031 - 313 5300 (One minute jog or two minutes walk from Haymarket Station)

OPEN Monday - Saturday 9.30am - 6.00pm. Open Sun 11 - 4pm during Christmas & the Sale. NB Closed Sunday 29th December.

STARTS SATURDAY 4TH JANUARY AT 9.30 A.M. SALE (for 3 weeks only)

	Original Price	Sale	BARGAIN	I SH	IOES			
Price						ALL AVAILABLE IN	V FULL SIZE R	ANGE
	£	£				accomment.		
ADIDAS			MIZUNO			Lady Air Craft	39.99	29.99
Torsion Response	64.99	49.99	RCT Racer	49.99	39.99	Lady Air Span II REEBOK	59.99	39.99
ASICS			NEW BALANCE			Panache	29.99	22.99
Gel L D Racer	49.99	39.99	580 D. 2E.4E	49.99	39.99	Interval	39.99	24.99
Gel A6	49.99	47.99	W650 B.D.	54.99	39.99	Fjell Racer	39.99	29.99
Gel III	59.99	51.99	677	59.99	44.99	Mentor	79.99	49.99
Gel Lyte III	64.99	54.99				Trek Mens	44.99	34.99
Gel Exult	79.99	69.99	NIKE			Trek Wms	44.99	34.99
Gel Saga	44.99	34.99	Rival Plus (Spike)	29.99	24.99	Ventilator Mens	54.99	39.99
Lady Gel Saga	44.99	36.99	Whaffle Runner	29.99	22.99			
Lady Gel Lyle III	59.99	49.99	Internationalist (Sp	39.99	32.99	RON HILL		
Lady Gel Exult	69.99	59,99	Pegasus Racer	44.99	39.99	Rivington Pike (G	reen)37.99	27.99
and the second of the second of			Air Apparent	49.99	39.99			
BROOKS			Zoom Sprint (Spike)	49.99	39.99	SAUCONY		
King Conquest	44.99	36.99	Air Pegasus (Grn Sv	v)49.99	42.99	Lady Sceptre (Rac	eing) 49.99	34,99
Kona Blast	54.99	44.99	Junior Air Inter	49.99	37.99	Sovereign	59.99	49.99
Fusion	79.99	69.99	Air Span 11	59.99	39.99			
Regent Plus	69.99	49.99	Air Structure	74.99	65.99	TURNTEC		
253			Air Max (Grn Swoos	h) 64.99	49.99	Flexilite	64.99	29,99

CRAZY PRICES

			n attend to practice				
£20 ONLY! ADIDAS		E35 ONLY! ASICS		£70 ONLY1 ASICS	GT Express w		(7,
(UK sizes)	Adistar Comp II was £29.99 (41/2, 6 1/2,7,71/2,8,9,91/2)	(UK sizes) NIKE	Bordin Racer was £44.99 (71/2,8,9)		71/2,8,81/2,9,1	0,101/2)	
	Adistar Sprint was £29.99 (4, 41/2,5,51/2,6)	(US sizes)	Duellist was £44.99 (7,81/2,9,10) Lady Air Icarus was £39.99	The state of the s	Bargain		
NIKE	STOCKER CONTRACTOR	REEBOK	(51/2,6,61/2,7,71/2,8,81/2,9,91/2,10)		Clothing Reduce 50 Vests from £7		1
and the second s	1 - 1 - 10 - m	Contraction for the incident	ppo p	womens.			
(US sizes)	Lady Waffle was £29.99 (51/2,6,7, 71/2,8,81/2,9,91/2)	(UK sizes)	ERS Racer was £44.95 (71/2,8,	in ontherms.		Was	Now
	1112,0,0112,3,3112)		81/2,9,91/2,10,101/2,11) Maxim was £49.99 (7,81/2,	Bill Rodgers sto	embuster Rain St	uit 69.99	30.00
REEBOK			91/2,10,101/2,11)	Asics A.P Vests		15.99	11.00
(UK sizes)	Royale was £29.99 (6,61/2,7,	TURNTEC	2.2,10,1002,111	Asics A.P Shorts		15.99	11.00
	71/2,8,91/2,10,101/2,11,111/2,12)	(US Sizes)	Road Hugger was £44.99 (7,8,9, 91/2,101/2,11,13)	Tinley Vests Ron Hill Tracks	ters	12.50	9.00
£25 ONLY!		£40 ONLYI	a maje a maje aje ay		Emerald/Purple		9.00
REEBOK		BROOKS			suits nvy & roys	1 139.99	109.99
(UK sizes)	PB 800 Plus was £29.99 (71/2,8,9,10,101/2,11)	(US sizes)	GFS 110 was £59.99 (9,10, 101/2.11.12)	Reebok goretex	AND AND ADDRESS OF THE PARTY OF	149.99	99.99
	Response services and the services of the serv	REEBOK	CHI MINISTERICANE)	PLUS MA	NY MORE I	BARGA	MNS
£30 ONLY!		(UK sizes)	Ventilator WMS was £49.99 (4,5,61/2,71/2)		OUR "SALE		
(UK sizes)	Edge XC was £39.99 (61/2,7,71/		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	SORRY: C	lub Discount	not avai	lable
*	2,8,81/2,10,101/2,111/2,12) Lady Strobe was £39.99 (5,61/2,7,8)	£50 ONLY/			on sale items	l.	
	many mercan man manager day of a feat	170.00.00					

MAIL ORDERS: Add £2 p.p Payment by cheque, please allow 21 days for delivery Payment by credit card, please allow 10 days.

MORE BACKING FOR LIZ

LIZ McColgan has struck gold and silver with stunning regularity since returning from the New York Marathon, writes Doug Gillon.

She collected the British athletic writers' female Athlete of the Year award in London, the BBC Sportscene Personality of the Year ahead of Scotland flanker John Jeffrey, the BBC Sports Personality of the Year award, and a special award from Glasgow District Council.

This last award appears to have ruffled some Glasgwegian feathers. At the award ceremony, several of the sudience walked out, their protest being that Glasgow ought to save up such awards for its own distinguished citizens. With a similar sentiment a number of Glasgow councillors are also said to be annoyed at the award.

Two sponsorship packages, worth £45,000 - more than her New York winnings - were confirmed by Scottish Enterprise Tayside and Grampian TV, and she has featured on Wogan and

In return for the SET support of £20,000, McColgan will wear clothing bearing the organisation's logo in warm-up sessions before major national and international competitions. Grampian will be allowed to do two programmes on the Dundee Hawkhill woman for their £25,000.

McColgan is due back in competitive action at Beamish, in the County Durham Cross Country International, on December 28 in a 4000 metres cross-country race which features Olympic 10,000 metres rival Olga Bondarenko and European champion Yelena Romanova, and World Cross Challenge winner, Susan Sinna of Kenya.

The Arbroath woman's time for her record-breaking marathon debut was increased by nine seconds, to 2-27-32 after race co-ordinator Allan Steinfeld confirmed a false start to the women's race. But the time is still the record for a first marathon.

GORDON PIRIE

GORDON Pirie was a rebel with a cause who bothered little about the sensitivities of officialdom or the press, writes Doug Gillon.

Puff-puff, so named because of his habit of rhythmically blowing out his cheeks to match his running stride, was an athletes' athlete, and an athletes' coach, right up until cancer claimed him at the age of 60.

Pirie's cause was athletics, and he championed it mightily, setting five world records between 1953 and 1956. and 22 British records in nine years from 1952, at distances ranging from 2000 to 10,000 metres. But the Olympic gold of which many believed he was capable always eluded him, and silver, over 10,000m behind Vladimir Kuts at the 1956 Olympics in Melboume, was the closest he came in three Olympiads.

Pirie got his nickname from the puffing habit he developed in training on Farthing Downs near Coulsdon. He had found himself swallowing flies, and blew out vigorously to keep them away from his mouth.

His rivalry with Kuts was a feature of the early fifties. Pirie predicted that he would break the world 5000m record by running inside 13-40 when the 14 minute barrier had only just been breached. Such bravado, which infuriated his detractors in the UK athletics establishment, was typical . . . and so was the way in which he surged past Kuts in Bergen to fulfil his pledge.

In 1953 Pirie won the first Emsley Carr Mile at the White City, and he also set a world mark at six miles, equalled and then broke the 3000m best, and was a member of Britain's 4 x 1500m world record squad.

Bad time-keeping off the track, however, alienated him from team management, and he was twice dropped from the British team after turning up late and refusing to explain why.

On the way to the Empire Games in 1962 he agreed to put the touring England circket team through a conditioning programme on the boat - then accepted money from an Aussie newspaper in which he described the MCC players as: "an unfit paunchy bunch of barflies".

The Duke of Norfolk, the MCC's incensed manager, said his team would have no further dealings with Pirie, and the England athletics team management sent him to Coventry after he offered a high jumper money to appear on TV.

When Pirie himself appeared on TV. to accept the BBC Sports Personality of the Year award in 1955, he criticised the press for the damage he believed they were doing to British sport.

That outburst was triggered by incidents like one involving Ian Binnie, from Glasgow's Victoria Park. The Scot was invited to pace-make a world record attempt at the White City. Despite rain and a gale, Binnie kept the race close to world pace for most of its duration, but inevitably conditions took their toll in the later stages, and the cause was lost.

Peter Wilson, then doyen of Fleet Street's sportswriters, came into the dressing room, immaculate in a pale beige suit, and brutally criticised the ineptitude of the young Scot, "for failing to do his job".

Pirie picked up his spikes, coated with the wet red ash, and hurled them into Wilson's lap, saying: "Get out there then, and see if you can do any better!"

Piric emigrated to New Zealand in 1957, claiming taxation in Britain was too high. He returned to win a place in the British team for the 1960 Olympics but failed to qualify for the 5000 metres final in Rome's strength-sapping heat. and returned again to the Antipodes.

Laterly Pirie, who had been suffering from cancer for some time, returned to England again, working in the New Forest, clearing debris from the 1987

His marriage to international sprinter Shirley Hampton produced two daughters, but ended in divorce.



TOMMY'S A RECORD BREAKER

TOMMY Murray, the former national cross country champion, scored one of the finest wins of his career in Holland when he won a 10,000m event in Scheveningen in 30-36 to beat the course record held by Carlos Lopez of Portugal. Among the Britons whom he beat were Bashir Hussain and Peter Tootell.

-IN SCOTLAND-

Cancer Relief Macmillan Fund

Fighting cancer with more than medicine

For further information, please contact The Office For Scotland, 9 Castle Terrace, Edinburgh EH1 2DP. Tel: 031 229 3276.

71/2,8,81/2,9,91/2)

71/2,8,9,10,101/2,111/2)

Lady Air Max was £84.99 (6.

Zoom Ultra was £64.99 (61/2,7,

(US mizes)

World Distance was £39.99 (5,6,7,

71/2,8,81/2,91/2,10,111/2,12)

World Sprint was £39.99 (4.5 51/2.7.91/2.101/2.11.111/2.12)

FORCES OF DARKNESS AND THE SAF

"THE forces of darkness" are at work in trying to undermine the blueprint for the Scottish Athletics Federation claims Alan Grossett, the Edinburgh solicitor who chaired the drafting committee.

"Opponents had every opportunity to voice their problems and doubts at the road shows, but did not say a thing," said Grossett, who along with Sarah Booth, Jim McInnes, and Ronnie Morrison put the draft constitution together.

"Then the SAA voted to press for a separate commission for road running."

The matter is due to be aired at the SAAA annual meeting, which, if all goes well, should be the last before federation.

The Scottish WAAA took the bold step of nominating male officials for the first time in their 61-year history when they held what they hope was their last annual meeting.

There was scarcely a straight face in the house during proceedings in Glasgow City Halls. The room orignially booked was unavailable, and the meeting went ahead punctuated by intermittent passages of Richard Clayderman-style piano music and the thump of children's feet and shrieks of glee from a pantomine rehearsal on the floor above.

Will we have men on the executive? Oh yes we will! And not a single, "Oh, no we won't."

It was almost a disappointment! Former Scottish sprint champion and record holder, Ming Campbell MP already president of the men's governing body and of the Scottish Schools AA - was named honorary president, succeeding Mary Corsar, and John Innes was voted in as treasurer, succeeding Jean Wainwright.

The meeting unanimously approved the necessary constitutional moves to pave the way for winding up itself up, and although the accounts showed a £7,686 deficit, much of that stems from Glasgow District's underwriting of the national championships which has still to be paid.

"That's a technically, caused by some delay in clearing up some VAT issues," said Brown, who is negotitating matters jointly on behalf of both associations. "We don't forsee any problems."

CLYNE MAKES RECOVERY



FRASER Clyne (above) showed a complete recovery from injuries which have plagued him over the past year when he finished runner-up in the Sacramento Marathon. Clyne, a former winner of the race, moved from twentieth at halfway to record 2-16-58 behind Canadian Brian Deacon 2-15-26. Carl Thackery (England)

Outdoor meeting missing

ELEVEN international athletics matches have been announced for next season but, despite an improvement in the financial affairs of the Scottish AAA, there is no full outdoor match, writes Doug Gillon.

The possible £10,000 deficit warned of earlier this year has been averted. treasurer John Brown has told the association's general committee.

But although the accounts at the SAAA annual meeting on December 21 will show a deficit has been avoided, lack of funds next year will mean a restriction of the programme.

Feb 1, Indoor match (Oslo) Norway v Scotland v Ireland.

Feb 8, Indoor match (Kelvin Hall) Scottish Select v Midland Counties. May 23, Warm weathertraining (Israel),

subject to funding. June 19, Great Britain v Kenya. July 10, possible v Holland Districts. July 11/25 (Ravenscraig, Greenock), possible inaugural match Scotland v N Ireland v Midland Counties.

Aug 8, (Crownpoint) Celtic Internat-

Aug 8 and 9, (Skien, Norway) under-23 invitation.

Aug 30, (Crystal Palace) UK Inter-area

Sept, to be arranged (Whitehaven), Under-23 Home Countries selected

Performances at the national championships on January 26 will qualify for the Norway match on February 1, thanks to treasurer Brown securing a deal whereby names could be given late to the airlines.

Otherwise, the team would have had to be picked on the form shown at the district events more than a month earlier, in mid-December.

Great George

GEORGE Duncan has been honoured with the Tom Stillie Memorial Award for services to athletics.

In addition to being secretary of the Scottish men's league, George is treasurer of the women's league, an official of the young athletes league, convener of the international selection committee, and a track referee.

ATHLETES hoping to represent Scotland at the indoor international in Oslo between Scotland, Ireland and Norway on February 1 should note that performances at the National Indoor Championships will now be taken into consideration.

APPEAL LAUNCHED **FOR SHARP**

An appeal has been launched for the former Commonwealth relay gold medallist, Cameron Sharp, who may not work again as a result of injuries sustained in an accident in Dumfriesshire in October, writes Doug Gillon.

Sharp who was moved recently to the west wing of Edinburgh's Astley Ainslie hospital, is paralysed down the left side, has only partial vision in his left eye, and some memory disfunction which led him not even to recognise his nine-year-old daughter.

There are prospects of some rehabilitation, but his wife, Carol, the former Commonwealth 800m internationalist, confirms he might be unable to work again.

Annandale and Eskdale District Council, who employ Sharp as a recreation officer, have launched an appeal for Cameron and his family, and are encouraging various agencies to stage sponsorship events.

Contributions can be made to Royal Bank of Scotland, Annan, Branch 83-15-19, A/c 00100971.



IAN Aird has been named men's team manager for the 1994 Commonwealth Games in Victoria and Hilda Everett the women's.

BP, backers of the Thistle Award Scheme, have agreed to donate a trophy for the best performance in the youth multi-events national championship.

RUN-A-WAY SPORTS

MAIL ORDER AVAILABLE

FRANK SHORTER

SCOTLAND'S 'PURE DEAD BRILLIANT' RUNNING SHOP

Discount to members of Clubs & Associations. Road, Fell & Field Stockists Try your running shoes out on our treadmill before you buy.

£49.99

RUN-A-WAY SPORTS BIRTHDAY SPECIAL OFFERS

Rip Stop Gore-Tex		
(Burgandy, Lilac		
or Black) Was £189	0.00 N	ow £169.00
Ultra Light Gore-Tex		Was £169.00
		Now £149.00
Elite Microft Trainer Suit		Was £ 99.00
		Now £ 84.99
Reflective Pant		Now £ 29.99
RONHILL		
Traka Weather Suit, Colour-		Was £169.99
Exclusive to Run-A-Way Spor	rts	Now £ 99.99
ASICS		
AP Windsuit (Black & Orange	e)	Was £89.99
		Now £59.99
MIZUNG		
RCT Racer		Was £49.99
		Now £ 42.99
Team Mizuno Hooded Sweat	Top	Was £49.99
		Now £39.99
Team Mizuno Sweat Bottoms		Was £39.99
		Now (29.99
T-Shirts		Was £15.99
		Now £9.99
NEW ETA FELL RUNNING		
RACING SHOE	RRP £49.99	NOW 643.99

ASICS		
A6 Gel	7-12	E47.99
Exult	7-12	£72.99
Gel Lyte Speed	7-12	£69.99
Lady Gel	3-7	E47.99
Lady Exult	3-7	£72.99
REEBOK		
Ventilator	7-12	£49.99
Trek HXL	7-12	£44.99
Maxim	7-12	£49.99
Mentor 11	7-12	£69.99
Racer X	7-12	£49.99
Women's Ventilator	3-8	£49.99
Women's Panache	3-8	£25.99
NIKE		
Pegasus	6-15	E47.99
Pegasus Racer	6-15	£44.99
Air Stab	6-12	£60.99
Pegasus (w)	3-8	£47.99
Air Stab (w)	3-8	£62.99
Air Max (w)	3-8	£62.99
Wind Rain Suits	SAVE (9 NOW	£40.99
Anodine	6-12	£55.99
SAUCONY		
Shadow 5000	7-13	£49.99

Grid 9000	7-12		£64.99
Lady Grid 9000	3-8		£64.99
HELLYHANSE	N		
New Colours -	Purple/Magnolia Vanessa	RRI	P £16.99
	Blue/Jade	Nov	v £14.99
RON HILL	Control of the Control		
Reflective Bibs			£6.99
Running Gloves			£5.50
Hats			£5.99
BROOKS			
Wind Suits		Was	£49.99
		Now	£39.99
IDEAL	CHRISTMAS PRI	SENT	
Polar Pulse Mon	itor	1000	
Polar Favor			£69.99
Polar Edge			£114.99
BOOKS			Secretary Control
Everyone is an A	thlete		£9.99
Traingin Lactate	Pulse-Rate		£12.99
EXCLUSIVE RU	NNERS SHOE PO	CKET	ROM
	ch to you shoe - hol		
etc - you won't k		Contract.	£4.99
Isostar			£6.99

ALL AT KUN A WAY SPORTS WISH EVEROUNE A MERRY CHRISTMAS AND A HAPPY NEW YEAR

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

Lady Shadow

ARTHRITIS RESEARCH

...but one day he might have trouble even walking!

It's a sad fact that sporting injuries can of the disease. lead to arthritis in later life.

But it isn't just former athletes who suffer Over 8 million people in the UK have the disease, including 15,000 children and 2 out of 3 over-65's.

And so far, although we've made many advances in treatment, there's no cure. With your help, though, we'll find one.

We are the Arthritis and Rheumatism Council, the only UK charity financing medical research into every aspect

Currently we spend over £11 million annually on this research, with a mere 21/2p in the £ going on administration. We receive no State aid whatsoever and rely entirely on voluntary contributions.

Please give us a sporting chance of finding the cure by getting yourself sponsored for us in your marathon. We'll provide you with an ARC running singlet, official sponsor forms and badges. Just fill in and return the coupon.

THE ARTHRITIS AND RHEUMATISM COUNCIL FOR RESEARCH Working to find an earlier cure

To: The Arthritis and Rheumatism Council for Research, 29 Forth Street, Edinburgh EH1 3LE I want to run my next marathon for ARC. Please send me sets of sponsorship material.

NAME OF EVENT

Patron: HRH The Duchess of Kent

DATE OF EVENT

MYNAME

ADDRESS

Registered Charity No. 207711

Scotland's Runner January 1992

Scotland's Runner January 1992

RACE ORGANISERS PLEASE SEND YOUR ENTRY FORMS



FALKIRK DISTRICT COUNCIL

Contract Services Department and

Leisure Services Department



Would like to wish MERRY CHRISTAMS

and a

HAPPY NEW YEAR TO ALL OF OUR

FRIENDS AND SUPPORTERS



FALKIRK PEOPLES * HALF MARATHON

> SUNDAY 18th OCTOBER



Grangemouth Round the Houses Road Races Sunday 9th February

CENTRAL DISTRICT

CHAMPIONSHIPS

Saturday 11th April

Falkirk * **Highland Games** Sunday 21st

1992

Young Athletes Meetings

Inter Town

Sports Hall

Athletics

Saturday 7th March

Saturday 1st April Saturday 23rd May Sunday 19th July Saturday 8th August

FALKIRK OPEN GRADED MEETINGS

> Sunday 22nd March Wednesday 1st April Wednesday 6th May Wednesday 3rd June Wednesday 1st July Wednesday 5th August Wednesday 2nd September (First Wednesday of the month)

Falkirk Women's * 10K

June

Sunday 13th September

Mini Minor * **Highland Games** Saturday 19th September

Tel: (0324) 24911

Under SAAA SWAAA Rules

Under SCCU SWCC + RRARules

For further information about events starred above contact: LEISURE SERVICES DEPARTMENT

For further information about events directly above contact: CONTRACT SERVICES DEPARTMENT Tel (0324) 814231

Grangemouth Sports Stadium, Kersiebank Avenue, Grangemouth FK3 0EE. Tel: (0324) 482037

FINANCIAL WORRIES

14. Burniboozle Place, Aberdeen

SIR - In a previous letter I expressed concern about the proposed introduction of a representative fee - a fee paid for each club member when the Scottish Athletics Federation comes into being. As a result of being at a SAF "road show" my concern has grown.

There we were told that in other sports representative fees ranged from £2.30 to over £20. It was made clear that no decision had been made about the level of fees for athletics, but it was suggested that the club fee might be around £50 and the representative fee about

If these fees were adopted, then a club with 100 members would pay the £50 club fee and, in addition, an extra £2 for each of its members, making a total of £250 in all.

Simlarly a club with 200 members would pay, in total, a fee of £450, one with 300 members a fee of £650, and so on.

At present clubs pay only £150 as the total of their affiliation fees to the four governing bodies.

No doubt the representative fee will start at a lower level than £2 but, once accepted in principle, there is a danger that it will increase until it is comparable to what is paid in other sports.

It may be easier to persuade an annual general meeting to put 50p on the representative fee than to increase a club fee by £50 even though, for the great majority of clubs, the £50 would represent a smaller increase in the affiliation

If clubs have financial problems at present, then they should consider carefully the implications of the representative fee; this is likely to add to these problems. It is possible to have the SAF without such a fee.

W. Hunter Watson

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

THE RACE WITH "A VERY SPECIAL ATMOSPHERE"

10, West Preston Street, Edinburgh.

SIR - I am writing on behalf of my club, Edinburgh University Hare & Hounds, for three reasons

Firstly, I would like to thank an anonymous gentleman and the runner from Victoria Park (called G. Graham I think) for some timely assistance in the Edinburgh to Glasgow Road Relay.

Our first leg runner was unable to move after finishing suffering from very severe cramp.

Had it not been for their help Scott could very easily have been left at the roadside in his vest and shorts on a bitterly cold morning.

Secondly, I would like to congratulate the winners; Racing Club Edinburgh, and thank Brian Kirkwood for his help.

Finally, I wish to thank Jim Scarborough for a marvellous race. Hopefully the University will qualify for next year at the National, and will improve on this year's performance. The race has a very special atmosphere and so hopefully it will remain a fixture on the cross country calendar.

James Jarvis.



QUESTIONS WHICH NEED TO BE ANSWERED

36, St Giles Square,

SIR - I recently replied to letter sent me by the organisers of The Great Scottish Run, in which I drew attention to criticisms of the race in the press.

Lasked certain questions, as did Jack McLean in the Glasgow Herald. How

much did Glasgow District Council contribute? (£100,000 has been quoted.) How much did Diet Coke put up? How much of this did Glasgow District Council receive? Was there a third party involved?

I have had no reply to my letter.

H. McGinlay

BIG CHILL AT THE GREEN

365, Kingsbridge Drive,

SIR - I read the letter from H. McGinlay in the November issue with interest and agree with him on every point he made other than his proposed boycott of the Great Scottish Run.

When I read Crawford Gilliland's reply to this letter I could only conclude that he had written it before taking part in this year's event. He suggests it is normally well organised and there is much to be said in favour of it but had he been writing after the 1991 run he would surely have mentioned the chaos afterwards.

I wonder how many runners were off work the next day after being kept waiting for 30 to 40 minutes in the cold and rain for the issue of 1-shirts. It was reminiscent of the finishing scenes after the last Kodak 10K in Kelvin Way - an event with the same organisers.

Incidentally, Mr Gilliland mentions a goody bag being available. What goody bag? I saw none during my wait. It would seem that not only were we highly charged but also short changed at the

I expect to take part in the Great Scottish Run in the future and hope that the organisers will avoid this year's scenes and may even reconsider the cost.

Colin Hamilton

GLEN CLOVA "THE BEST"

Croft House, Bridgend,

SIR - I have no doubt in my mind that the Glen Clova Half Marathon is by far the best - and now firmly my favourite run in Scotland.

I know the organisers put in a lot of hard work in to make it a success and I am sure they are happy with the result of their efforts. Everything just seems to go so smoothly for them. To say thank you for being able to run in the Glen does not seem adequate. I am sure all the runners will agree with me when I say that when you experience this run you are overwhelmed by kindness and friendliness of everybody.

I would say to runners if you want to good day out head for the glens next year, and to non runners go any time of the year. Truly it is just the kind of place that won't disappoint you.

Jim Braid

Scotland's Runner January 1992

BETTY PROUD OF HER VEST

THOSE who say that a Scotland running vest doesn't mean so much these days had better step aside if putting the point to Betty May, the diminutive Aberdeen AAC runner who has become something of a local hero in the tiny Grampian village of Boddam, near Peterhead.

Betty, yet another runner who "found" the sport late in life with the coaching help of Mel Edwards, was speechless when she learned that she had been called into the Scotland over-50 women's team for the Home Countries veterans' international.

Not that she knew anything about it until 9pm the previous evening!

She was out visiting a friend when former Aberdeen AAC president Ian Morrison and a Scotland team official first tried to pass on the news that she had been selected as a late replacement owing to injuries in the Scottish ranks.

Having been tracked down, Betty finally came to terms with her promotion to stardom and finished the race with the kind of smile that reflected her pride in wearing the dark blue vest.

News of her unexpected honour will go down particularly well in Hardwick, Vermont, where Betty, brother Bill, and exile cousin George Hay are something of local celebrities for the part they played in organising and raising funds for a memorial to James F. Fixx, the famous author and runner whose "The Complete Book of Running" stirred Betty's initial interest in the

Betty and Bill were on a visit to cousin George's Hardwick home when Fixx collapsed and died during an early morning run through the village streets in 1981. They decided that there should be a lasting monument to him.

Several fund-raising efforts in the North-east of Scotland enabled the Mays to commission a suitably inscribed memorial which was dedicated, to a background of pipe music, during Bill and Betty's return visit in July of 1988.

And it was typical of Betty and Bill's generosity that they should also raise enough to purchase a silver trophy-the James F. Fixx Memorial Trophy - for athletics competition at a Hardwick school and to give donations to a number of local organisations.

Given the effort she put into that "international" running event it is perhaps only appropriate that the non-stop Betty May deserved her own moment of Scottish pride when the best of the British vets visited

Clyne's worries behind him

FRASER CLYNE departed for a sixth run in the Californian International Marathon in Sacramento on the back of Black Isle marathon and Glen Clova Half-Marathon victories.

But Clyne's biggest boost came from the knowledge that he had shaken off the injuries which plagued his running efforts for a full 18 months.

Speaking on the eve of his departure for a 10K in San Francisco en route to Sacramento, Clyne said: "I know it is tempting providence, but I really feel I have put all my worries behind me."

The turning point, he revealed, came the day before his victory in the Black Isle event. Taking a specialist's advice, Clyne plundered a mixture of massage oils to treat a troublesome foot injury to a half hour non-stop session.

"Idon't know if I struck a magic formula, but the foot never troubled me at any time during the race and has never troubled me since.

"It is a great relief to be able to go out and do some decent running without worrying about the injury," added the town planning officer who at one time feared he had a stress

Admitting that he could have used another month to reach peak fitness for his first major marathon in two years, Clyne flew out for the States knowing that he would come up against a very determined Englishman.

Karl Thackery was heading for Sacramento with the declared intent of posting a time which would book his marathon place in Barcelona.

"I'm not going to make the mistake of chasing a man with that aim in mind," said Clyne who was looking forward to revisiting the scene of his personal best of 2-11-15 set in 1984.

METRO KEEP THEIR NAME

ABERDEEN Metro have reached the end of their two year sponsorship deal with a city hotel.

But there won't be an immediate name change.

Explained a club spokesman: 'We've viewed the issue from all angles but decided to stick with the Metro tag in the interest of continuity.'

The spokesman added: "We have had several tentative enquiries about the possibility of club sponsorship, but the figures don't add up to what we see as a realistic

The name tag was the subject of some discussion at the club's agm when Rob Taylor was re-elected club captain with Charlie Benzies continuing as club secretary.

A 90-strong membership reflects the success which could see them extend a growing link with events such as the Asda Dyce Half

Metro, who also organise cross country relays, have been approached to do the same job for a local hill race and have set their sights on staging a women's-only event in 1992.

And there was a significant link with Aberdeen District Council when two club runners - Steve Willox and John Buchan performed the torch-bearing duties at a ceremony to mark the end of the city's Year of Sport in early December.

GRAMPAIN SUPPORTS LIZ

GRAMPIAN Television did not have to look far to find someone with a running connection to announce their £25,000 backing for Liz McColganduring Olympic year.

Alistair Gracie, head of news and current affairs, is no stranger to the North-east cross country scene as a regular competitor in the popular Bank of Scotland castles series.

But Alistair, who negotiated the agreement which involves Liz featuring in two exclusive programmes for the Aberdeen station, thought better of setting his series medals against the gold Liz won in Tokyo.

He said: "I think it is fitting that we should give our largest-ever sponsorship in support of a winner like Liz and that we should be making the television programmes that record her preparations and, hopefully, her success in 1992."

The sponsorship was formally presented to Liz on the stage of Dundee's Caird Hall during the recording of a speical show to mark the city's 800th anniversary and 30 years of Grampian Television.

HOW LUCKY WE ARE

TRIPLE world veteran champion Sally Young was singing the praises of Scotland after holding the strong challenge of Christine Price to win the Home Countries Vets International women's 500m for England at Aberdeen.

The mother-of-two from



Christine Price

Dorking revealed she was making her first trip north of the border but promised it would bot be her last.

"What a fantastic country for training space," said Sally on the strength of a pre-race stay in the North-east village of St Combs before moving on to Crieff for a second break before returning south.

"I really envy runners in this part of the world. They just don't know how lucky they are to have such countryside around them, "she added.

The former hockey and tennis player, who turned to running after the birth of her second daughter five years ago played down her status as reigning over-35 world 800, 1500 and 5000 champion.

"The opposition in Finland wasn't all that strong," said the runner who also holds the British 5000m title.

RUSSELL SMITH

WE LEAD THE FIELD **QUALITY PRINTING!**

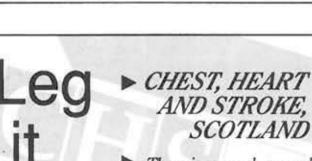
Consult our highly skilled "team" for all your print requirements.

- **Brochures**
- Leaflets
- Letterheads
- Magazines
- Programmes

PHONE: 041 429 4537

McNAUGHTAN & SINCLAIR LTD **PRINTERS**

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



- There is so much ground to cover
- Why not 'leg it' for us and help in our gim to prevent chest, heart and stroke illness
- For sponsorship forms, free running vests and details of our work in Scotland contact:

Liz Gardiner Chest, Heart & Stroke, Scotland 65 North Castle Street, Edinburgh Tel 031 225 6963

Medical charity Chest, Heart and Stroke Scotland funds research projects investigating more effective diagnosis, prevention and treatment of chest, heart and stroke illness. It supports health education programmes, rehabilitation and gives advice to those who suffer from these illnesses



MULTIPLE

RUNNING THE LONDON MARATHON IS ONLY HALF OF IT!

THE ARMS RUNNERS AND FAMILIES RECEPTION **PROVIDES** THE REST

REMEMBER - WE ARE WITHIN 200 YARDS OF THE FINISH JOIN US AND MAKE YOUR DAY COMPLETE

THE 1992 ARMS FAMILY PACKAGE

- Fire fluorescent Event Team '92 T-shirt these are never sold and are totally exclusive A convivial meeting place for family and friends the ideal way
- to end your day
 On the spot physiotherapy and immediate access to the hospital's
- facilities no worries! FREE choice of sandwiches and hot or cold drinks to runners and reduced prices for families and
- Comfortable rest areas for meeting other numers and enjoying the race coverage on TV

RUN FOR THE FIGHTERS **AGAINST MS!**

ARMS has for 17 years battled against Multiple Sclerosis on behalf of sufferers, their carers and families. ARMS range of activities include \$500,000 Research Programme, education and information, telephone counselling, face to face counselling physiotherapy, nutritional advice, speech therapy, continence advice, oxygen therapy and social oxygen therapy and social interaction.
A choice of 64 Centres and Support

A choice of 94 Centres and Support Groups nationwide. Last year's reception was fully booked. If you are applying for the "London" in '92 and wish to reserve tickets for the ARMS Runners and Families Reception then please fill in the details below and post them immediately. All applications will be

Name	SHANN.
Address	4 0 10 1 10 1
***************************************	The same of
T-shirt sizes	18888.
No. of tickets you wish to res	
Adults	
Children	
Please send to: ARMS, Special Projects 4A Chapel Hill, Stansted, Essex CM24 8/	Division, AG. 0279 815553

THANK YOU

- MS SUFFERERS WILL NOW BENEFIT

MAKING STRIDES in THE FAST LANE

Derek Parker suggests ways and means of acquiring sprinting ability - even for those better endowed for longer distances.

THE lack of sprint speed is a frequent problem among distancerunners. We have all watched races where athletes have been in contention for honours until the closing stages when rivals with superior sprinting abilities moved up several gears and opened unbridgeable gaps.

As anyone familiar with physiology knows, absolute speed is dependent on genetic factors. The most important of these is the ratio of red to white muscle fibres. Topclass sprinters have an exceptionally high percentage of white muscle fibres. In distance runners, the number of red muscle fibres predominates. As far as is known, these red-white ratios cannot be altered by training.

The white muscle fibres are sometimes described as fast twitch because they are responsible for speed in an athlete. They can work at, or close to, maximum rate in the absence of oxygen i.e. anaerobically. Because of the high intensity of the work load, however, the white fast twitch muscle fibres can function for just a few seconds before muscular exhaustion curtails the

Redmuscle fibres are frequently described as 'slow twitch' because they are responsible for endurance in an athlete. They can work at a low intensity over lengthy periods of time in the presence of oxygen, ie serobically. In a well trained athlete, the slow twitch, red muscle fibres can function for several hours before exhaustion sets in.

From these brief physiological observations, it is obvious that top sprinters will be recruited from the ranks of athletes with a high



proportion of white muscle fibres. The best long distance runners will be men and women with a high percentage of red muscle fibres. Those with an equal proportion of both sets of fibres will compete well in the 1500 metres event which is virtually 50 per cent aerobic and 50 per cent anaerobic in energy requirements.

Before applying the relevance of fast twitch and slow twitch muscle fibres to sprinting speed in distance runners, it is essential to evaluate the role of the adenosine-

triphosphate and creatine phosphate sources of energy. These are particularly important in the consideration of absolute speed.

In previous articles I have described the vital importance of aerobic energy for athletes competing in the longer distance events eg 10K, half marathon, marathon, and ultra distances. I have also described the importance of anaerobic energy sources involving the lactic acid and oxidative energy systems for athletes competing in middle distance events eg 800/1500/ 3000/5000 metres. In physiological parlance, the aerobic energy system is known as 02 while the lactic acidoxidative energy systems are referred to as LA-02.

The third system, which is of crucial importance to sprinters, is the previously mentioned adenosinetriphosphate and creatine (ATP-PC) phosphate combination. ATP is a high energy phospate bond which provides an immediate chemical fuel source for activity, particularly that of an explosive, dynamic nature. But for various physiological reasons which need not be elaborated upon in this article, the ATP sources deplete rapidly (in less than 1.0 second) and must be resynthesised by a second high energy compound, creatinephosphate. This process provides energy for approximately a further five seconds of activity before it, too, becomes exhausted. If the athlete is to continue performing his sprint-related activity, he then must make use of the LA-02 energy system which functions

as an emergency source permitting high level anaerobic exercise for a further 40 seconds or so before waste product accumulation causes the runner to come to a halt.

The ATP-CP processes are themselves anaerobic, i.e. they take place in the absence of oxygen. Their optimum development for sprinting purposes depends on specific training to maximise their functioning ability. If an athlete wishes to improve aerobic capacity he trains aerobically, e.g. by running at steady state or performing



repetitions at aerobic pace. If he wants to develop his ability to withstand lactic acid and handle anaerobic work loads he must train anaerobically, e.g. by running at a fast tempo with suitable recovery periods between repetitions at, or slightly faster than, race speed over appropriate training distances.

Likewise, to increase the efficiency of the ATP-CP energy system, athletes must include ATP-CP training in their schedules. This type of training also benefits the

muscle fibres to perform rapid movements. Bearing in mind that the ATP-CP processes are effective for just a few seconds before the anaerobic-lactic systems take over. a specific ATP-CP session would involve running short distances at maximum effort with relatively long recoveries to allow the synthesis of the ATP-CP chemical bonds. Therefore, exercises such as repetitions over 30 to 50 metres or approximately five seconds would

be pertinent to the physiological requirements of the task.

In practical terms, this means that a specialist sprinter would use sessions such as 3 x 4 x 30 metres at maximum effort from a flying start with a slow walk-back recovery between repetitions and approximately five minutes between sets. A distance runner performing an ATP-CP work-out could train along the same lines, although obviously he would not be expected to attain the same maximum speed of a specialist sprinter. It is important to remember, however, that in middle distance events the key to success invariably lies in the ability of an athlete to sprint as fast as possible when tired, particularly in the closing stages of a race.

An athlete with this capacity, coupled with an indomitable spirit and a neversay-die attitude, can frequently get the better of an opponent naturally endowed with superior absolute, or sheer, speed, but who lacks the talent for digging deep into his physical and mental reserves when the outcome of a race depends on that final, desperate, dash to the finish.

For this reason, it is imperative that distance runners include regular quantities of fast-twitch muscle fibre and ATP-CP training in competition specific, race simulation situations. The following session is one designed to train the main energy systems in a single work out:

Aeroble - 8 to 10 miles at, or slightly faster than, halfmarathon pace followed by 3 to 5 minutes easy running.

Aerobic and anaerobic/lactic - 4 x 60 secs at 1500 metres effort (60 to 90 secs jog between repetitions) followed by 3 to 5 mins easy running.

Anaerobic/lactic - 4 x 30 secs at 800 metres effort (30 to 60 secs jog between repetitions) followed by 3 to 5 mins easy running.

ATP-CP - 6 x 5 secs full effort from rolling start (jog 30 to 60 secs between repetitions).

I must emphasise that the above

designed for a 10K/cross country athlete of British international standard. Although it should not be imitated unthinkingly by other athletes, its principles can be utilised as the basis for a session commensurate with one's own individual experience and ability.

One of the most difficult aspects of sprint training for distancerunners is the role of training methods employing the use of weights, circuits, or gymnasium work in a schedule. It is indisputable that muscular strength is closely related to sprinting ability. It is also irrefutable that weights, circuits, and gym work develop strength. The problem arises when the coach and/ or athlete seeks to integrate these aspects of training into a running schedule. Before considering this question

further, it is worthwhile examining some typical elements of weights, circuit, and gym work. One of the favoured methods of increasing leg strength involves stepping on and off a bench some 18 inches high with a weighted barbell on the shoulders. The load used is normally not less than half the athlete's bodyweight and not normally more than the equivalent of his bodyweight. The exercise is performed between eight and twelve times from each leg.

It is essential, for safety, to ensure that the back is straight and that the angle between upper and lower leg during the step-up phase is not more than 90 degrees.

Other exercises involving weights utilising the same principles include half squats, calf raises, and leg presses using a multi-gym.

Leg strength can also be developed in gymnasia by exercises such as bench vaults, bench astridejumps, squat jumps, and bench stepups without weights. Typical routines include 3 to 6 x 20 to 30 seconds of each exercise with recovery periods of 10 to 30 seconds. Arm, abdominal, and dorsal strength can be improved in the same way using exercises such as press-ups, pull-ups, sit-ups, and back-raises.

An increasingly popular method of improving leg strength is pliometrics, a programme of jumps and bounds performed in a variety of ways. This can be quite demanding and should preferably be done on soft surfaces. The athlete should always land flat footed with the back straight. Jumps series over session is very arduous. It is fairly short distance increase the

athlete's stride rate, or cadence, as well as his ability to accelerate as quickly as possible to top speed. A series of jumps over relatively long distances help to lengthen the athlete's stride, while sprinting also improves the muscular endurance of the legs. A typical jumps programme for training the fasttwitch muscle fibres, the ATP-CP energy processes, and sprinting capacity could be:

Short Jumps - standing long jump from each leg x 3; standing two-footed jump x 3; standing hop from each leg x 3; 2 hops + 1 step + 1 jump x 3 from each leg; standing triple jump leading from each leg x 3: 5 hops on each leg x 1 to 3 repetitions; 5 two-footed jumps x 1 to 3 repetitions; 5 giant strides leading from each leg x 1 to 3 repetitions.

Long Jumps - hop 25 metres each leg x 1 to 3 sets; two-footed jumps over 25 metres x 1 to 3 sets; 25 metres giant strides leading from each leg x 1 to 3 repetitions.

The above is merely a guide to the type of work which can be done. It should be modified or intensified to accommodate individual fitness and experience levels.

Only the coach and/or athlete can decide what part, if any, the strength-development exercises just described will have in a training programme. There are many people who believe that the risk of injury as a result of these activities is too great, so they refrain from doing

If done correctly, and properly supervised, weight-training. circuits, and jumps exercises should never result in direct injuries. The problems arise, however, when the athlete incurs fatigue levels through strength-training which make him or her more vulnerable to injuries as a consequence of imposing highquality work-loads or heavy mileage on muscles, ligaments, and tendons tired from previous exertions. The advantages of training

outwith an actual running situation must be balanced against its disadvantages. It is interesting to note that Arthur Lydiard was a firm opponent of weight training. Conversely, Percy Wells Cerutty, mentor to some of history's finest athletes, including the legendary Herb Elliot, was a supporter of training with weights. Likewise, you must decide for yourself.

Personally, I believe that 400-800 metres athletes and, to a certain extent, those competing at 1500 metres, could benefit from the inclusion of weights, circuits, and jumps in their training. I base my opinion on the fact that, (a) athletes competing in these events do not normally cover an exceptionallyhigh mileage, and, (2) basic speed is an absolute essential in their competitive armoury.

For them a typical training week could be: Sunday - 10 to 15 miles cross-country; Monday - fartlek; Tuesday - weights preceded and followed by 2 to 3 miles run; Wednesday - 6 to 10 miles steady; Thursday - circuits/jumps preceded and followed by 2 to 3 miles run: Friday - 30 mins recovery run; Saturday (am) track session (pm) 60 mins steady run.

Preferably, the athlete could train at lunch times on the Tuesdays and Thursdays, covering between three and five miles of fairly steady running. This would space the training load more evenly and leave the evenings free to concentrate on the strength work.

I must emphasise, however, it is far better to err on the side of moderation rather than on excess.

It is my opinion that athletes training for 5K, 10K, half-marathon, and marathon events should restrict their strength work to exercises involving the use of their own bodyweight such as press-ups, situps, and possibly half-squats, with the angle between upper and lower legs does not exceed 90 degrees.

I base my opinions on the facts that, (a) athletes in these categories will probably be covering between 70 and 120 miles per week if they are aspiring for major honours. The element of chronic muscular fatigue resulting from these heavy mileages could be exacerbated to the point of injury if exhausting strength-work is imposed; (b) hill-running and cross-country running are more natural and more specific opportunities for speed work for these athletes; and, (c) ambitious distance runners will probably be running twice a day six times a week. Finding time to fit in other training would be impossible.

However, all distance athletes must include some training in their schedules to improve the efficiency of their fast-twitch muscle fibres and their ATP-CP energy systems.

CHEQUERS TRAVELA

SPRING TRAINING WEEK

ACOTEIAS — PORTUGAL 7th MARCH

A training holiday with — RUNNING MAGAZINE * Coaching by MIKE GRATTON

* Meet - DAVE MOORCROFT

From £279

Running (into the 90's



VIENNA

MARATHON

24th April

* Central Vienna hotel

£299

BOSTON

* 3 nights by air

LONDON MARATHON

12th APRIL

- * Hotel only
- * Coach tours * Rail tours
- * Race Day Coaching on all options
- * T-shirt & Free Drink after

LOS ANGELES

MARATHON

1st March

Prices from £579

* Flights with Virgin Airways

* 7 nights

ROTTERDAM MARATHON

5th April

- * Coach tours
- * Special Northern departure from Hull
- * Self Drive
- * Air tours

Prices from £99

BRUGGE

VETS

21st June

Prices from £99

* Coach and Self Drive

* Central hotels

PARIS MARATHON 29th March

- * Coach tours
- * Self Drive * Air tours
- * Central Hotels ideal for sightseeing

Prices from £105

MARATHON MANILA MARRAKESH 20th April MARATHON MARATHON

12th Jan 4 4 nights

◆ Race HO hotel From £399

5 nights 4 * First class hotel excursions.

19th Jan

* 5 nights by air * Special entry arrangements

From £559

CHECUERS Complete the coupon and post to. Chequers Travel Ltd.

3 Market Square. Dever CT16 1LZ or call our 24-hour snswer service on (0304-204515) quoting Ref. sat

Please rush me a copy of the 1992 Chequers Running Brochure

NAME

ADDRESS

You may not have asthma but

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc or grass-running. Monday: 75 to 90 mins fartlek inc 2 x 3 mins fast (60 secs jog) + 4 mins fast (2 mins jog) +5 mins fast (3 mins jog). Conclude with 3 x 5 secs. Full effort with 30 secs log). Longer repetitions at 5K to 10K pace.

Tuesday: 5 miles/30 miles steady rd-running. Wednesday: 10 miles steady with hills. Thursday: 8 x 600 metres at 3K page (60 to 75 secs rec) + 3 x 150 metres full effort (250 m jog rec) starting 400m jog after final 600. Friday: 30 mins easy recovery run. Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30

Week Two

Sunday: As Week One.

Morning runs as Week One.

mins duration four to six times weekly.

Monday: 75 to 90 mins fartlek inc 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 90 secs fast (45 secs jog) x 6 sets fairly hard. Conclude with 3 x 10 secs full effort from rolling start (60 secs jog recovery). Tues, Wed, and Frl: As Week One. Thursday: 4 x 1600 metres at 5K pace (60 to 90 secs jog rec) at 5K pace. Saturday: Race or 12 to 15 miles steady.

Week Three

Sunday: As Week One Monday: 75 to 90 mins fartlek inc 30 x 30 secs at 1500 to 3000 pace (jog 45 and 30

secs recovery alternately)

Tuesday, Wednesday, and Friday: As Week One

Thursday: 6 x 500 metres at 1500 metres pace (75 to 105 secs recovery) + 3 x 150 metres (250 metres jog recovery) starting 800m jog after final 500.

Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One. Monday: 75 to 90 mins fartlek inc 8 x 3 mins at 10K pace (60 to 75 secs joc). Conclude with 1 x 30 seconds full effort from a rolling

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 12 x 400 metres at 5K pace with 20 to 30 seconds recovery followe by 6 x 50 metres from rolling start (jog back recovery) starting 400 metres jog after the final 400

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 (jog 30 and 60 secs recovery). Conclude with 3 x 5 secs full effort from rolling start (30 secs jog recovery).

Tuesday: Rest or 20 to 30 mins easy recovery run.

Wednesday: 8 to 10 miles steady. Thursday: 6 x 600 metres at 3K page (60 to

90 secs recovery) + 3 x 150 metres full effort (jog 250 metres recovery) starting 400m jog after final 600 Friday: Rest.

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 (60 and 90 secs jog rec) + 3 x 10 secs full effort from rolling start with 60 s jog). Tues, Wed, and Fri: As Week One.

Thursday: 3 x 1600metres at 5K pace (90 to 120 secs recovery) + 1 x 200 metres full effort 90 secs jog after final 1600. Saturday: Race of 8 to 12 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 60 to 75 mins fartlek inc 16 x 45 secs fast (jog 45 and 90 secs recovery) + 3 x 5 secs full effort from rolling start (30 secs.

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 6 x 500 metres at 1500m page (90 to 120 secs recovery) + 3 x 150m full effort (250m jog recovery) starting 800 metres jog after final 500m.

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

Week Four

Sunday: As Week One. Monday: 60 to 75 mins fartlek inc 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) + 60 secs fast (60 secs jog) x 6 sets. Tuesday, Wednesday, and Friday: As Thursday: 12 x 400 metres at 5K pace

(45 to 60 secs recovery) + 6 x 50 metres from rolling start (jog back recovery) starting 400 metres jog after final 400m. Saturday: Race or 8 to 12 miles steady Morning runs as Week One.

As a runner, you'll know what it's like to be exhausted. But can you imagine feeling breathless every single day?

you know how it feels.

Add to that the fear of sudden attacks that could take away your breath even your life. For many people that's what it's like to have asthma.

If you have a confirmed place in the ADT London Marathon, or another race, we desperately need your help to raise money to find a cure.

Send off for your sponsorship form and running vest or T-shirt today by completing the coupon below and run for the lives of asthma sufferers.

CAMPAIGN



Please run for their lives on April 12!

	tional Asthma Campaign sponsorship form and st or T-shirt size S M L XL (Please tick)
Name	
Address	
	Postcode
Event	Return this coupon to Sponsorship Dept. SR192 National Asthma Campaign, Freepost,
Date	Providence House, Providence Place, London N1 2BR.

LOUDON RUNNERS

Margaret Montgomery profiles a club which welcomes runners of all ages and abilities.



Club members before a regular Wednesday night training session.

TRUE to the philosophy of mass involvement in sport which underlay the "Sport For All" and "Year of Sport" campaigns, Dextat Loudon Runners prides itself on encouraging everyone to run. Man, woman, or child, experienced or complete novice, this is a club which extends a warm hand to anyone with enough interest and motivation to don a pair of running shoes.

The club is based in the Ayrshire "Valley", famous for its lace industry and endowed with enough natural beauty to keep most road and cross country runners happy for a lifetime. It was formed in 1983 after four men from the town of Galston got together to train for the Glasgow Marathon. Meeting three times a week for four months to motivate each other to train for the big day, they decided to become "official" and register as a club.

From these humble beginnings the club soon burgeoned and by 1984 had a flourishing junior section providing coaching for local children in all track and field events. Today out of a total membership of 70, 36 are youngsters aged between eight and 18.

Women, most of whom are new

to running when they join the club also make up a good many of its numbers - 16 at the last count according to chairwoman Susan Boyd. All are coached by ex-Ayr United player Jim McGhee, whose philosophy is one of "building up gradually". Most of the woman begin with sessions composed of a mixture of jogging and walking, slowly building up to uninterrupted 10K training runs as their fitness

"We want every woman in the area to feel she can come along and join us," explains Susan Boyd. "Whether she is fat, fair, or 40."

Susan Boyd's own case history sums up the ethos of this section of the club. Now 42, she began running for the first time just three years ago. Last year she completed the London Marathon and regularly finishes 10Ks in "just under the hour". As she says herself she may be no Liz McColgan but for someone who "couldn't run to the end of the street" three years ago, she's doing extremely well.

"We're just normal women with families and work to coordinate," she says, "The majority of us are also vets but we still manage to do reasonably well when we compete."

"Reasonably well" isn't an entirely accurate description of some of the performances which have been turned out by female members of Loudon Runners.

Only this year the club's leading Euro junior Alison Higgins came first in her age group in the Ayr Seaforth 10K, while Jackie Strawhorn, who became a vet in September was first woman home in this year's Kirkudrie and Loudon half marathons. Another club member - Jan Oliver - was first supervet in the Falkirk Half Marathon this year, and 46-year old June Scade was third in her age group in the 1991 Ayrshire 10K series.

Yet another success story to

emerge from Loudon Runners is Roslyn Pollok who has represented Scotland eight times as a junior and Euro junior, her specialities being cross country and 1500m.

The club's link with sponsors Dextat was forged in 1985 when Loudon Runners organised the first Loudon Half Marathon - now a regular event in many runners' diaries. The local drinks vending machine manufacturers agreed to sponsor the event that year and have done likewise ever since. Two years ago they increased their financial input by agreeing to sponsor the club"per se" as well as their leading event.

As with most small clubs, Loudon struggles to keep itself afloat financially, but with the help

RUNNING IMP

SUPPLIERS OF RACE CLOCK, STRUCK MEDALS, NUMBERS ETC. FOR THE 1991 DEXSTAT LOUDOUN RUNNERS EVENT. PHONE OR WRITE FOR OUR NEW 1992 BROCHURE.

 Monks Way Industrial Estate, Monks Road, Lincoln LN2 5LN
 (0522) 521013 Fax: (0522) 511457 of sponsorship and its own inventiveness just about manages to do so. Various fund raising methods are utilised, including one-off days packing bags in local supermarkets, and the selling of home made delicacies after home

(Ask anyone who has competed in the Loudon Half Marathon, 10K, or the club's cross country event and they will rave about the home-made soup, filled rolls, and scrumptious baking on sale afterwards.)

Needless to say, to cite Loudon Runners' events only for the quality of the post-race food is to do them an injustice. All the races are highly successful in their own right, made popular by the scenic beauty of the routes which always take in the magnificent local countryside.

The cross country event is yet to be held this year (it's on February 9 for those interested) but last year boasted a turn-out of approximately 200. The half marathon, which is more established regularly has an entry of over 400.



Some of the club's younger members. Back, from left to right; James McDonald, Scott Wilson, Scott Hamilton, and Gina Thomson. Front: Alex McCutcheon.

The 10K is a new event which the club introduced in 1991 to try and counteract the numbers of races which are falling by the wayside. As Susan Boyd points out, road races are becoming fewer every year meaning less choice for the keen runner. A new event on the calender is a welcome breath of fresh air. Apart from fielding a strong women's team at most road races in the West of Scotland, Loudon Runners compete in the Division 5 of the North West League. They also have a number of strong men



Main Sponsors of DEXSTAT LOUDOUN RUNNERS

Continued Success for the future.

Dexstat House,
Barrmill Road,
Galston,
Ayrshire KA4 8HH
Tel: (0563) 821900 (5 lines)
Fax: (0563) 820329



YOUR LOCAL TRAVEL SPECIALISTS

* BUS & COACH HIRE *

* TOURS & EXCURSIONS *

* LOCAL & UNITED KINGDOM TRAVEL *

* PROFESSIONAL, EXPERIENCED DRIVERS *

* SPECIAL FACILITIES FOR THE ELDERLY & DISABLED *

* FREE QUOTATIONS FOR ALL OUR SERVICES *

FOR FURTHER INFORMATION
PLEASE CONTACT OUR LOCAL DEPOT STAFF

Head Office: Western Scottish Omnibuses Ltd., Nursery Ave., Kilmarnock, KA1 3JD. Tel: (0563) 22551.

road runners including Willie Robb who was amongst a number of other achievements - first male vet in the the 1990 Strangaer 10K.

A strong field of coaches including Hugh Richmond one of the orgininal gang of four who formed the club Roger Campbell, Kenny Morton, Billy Scade, and Jimmy Baird have helped to bring on the club's young track and field enthusiasts. Wednesday evenings at Loudon Academy, Sundays at Galston's Barrmill Stadium, and Friday nights at the Power House gym in Galston are the main coaching nights.

Not surprisingly for a club which prides itself on welcoming everyone who comes along, there is a strong social aspect to its activities.

After events, members often meet in a local pub or restaurant for a celebratory drink or meal, and there are often parties held to mark birthdays and special occasions. Recently all the woman members of the club hosted a surprise supper for a running colleague celebrating her 50th birthday - after training of course!

Formed by locals for locals, Loudon Runners has strong links with the community and

regularly benefits from the support of local shops who provide the likes of mars bars and orange juice after races.

There is even a local chemist who provides the club with the

The club'sleading male runners. From left to right: Ian Mackin, Kenny Shaw, Jim Baird, Willie Robb, and Kenny

contents for its first aid box, as well as a butchers shop which sponsors

These may seem small gestures to clubs used to bigger and more

grandoise support, but they typify the goodwill which this friendly club elicits from the community.

Some of the enthusiastic women's contingent at Loudon Runners. From left to right: Susan Boyd, Katrina Walsh,

Jackie Strawhorn, Elaine McMillan, June Scade, Jan Oliver, Beth McGhee, and Jan Welsh.

Determined to involve as many people as possible, and not just

youngsters destined for a promising future in track and field Dextat Loudon Runners is viewed as an asset to the community by all who work and live there.

Run to help those who often can't even walk.

Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today.

It can play havoc with muscular co-ordination. Most sufferers have difficulty getting around; some are chairbound, or even bedridden.

Every year the Multiple Scierosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

Next time you're running please consider finding sponsors to help the Multiple Sclerosis Society It will cost you a little time and effort, and your friends a little money

But it will mean so much to those who live with MS every day of their lives.



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland, 2a North Charlotte Street, Edinburgh EH2 4HR.

ACTION FOR PEOPLE WITH ARTHRITIS ***

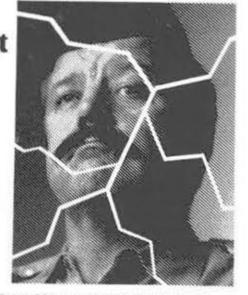
Tel: 031-225 3600. IF YOU WOULD LIKE TO SUPPORT A REALLY WORTHWHILE CHARITY ... RUN FOR ARTHRITIS CARE Lamberg us build the new Burnlea. Hotel at Large, which every year will enable up to 2.000 people with arthretis to entoy a rest from the containt pure and disablement arthrifts can bring to Soch young and old. Over 8 million people are errously affected each year and 15,000 are children. The new hotel at Largs, like all our specially equipped holiday entires, are part of a network of welfare services improving like for people with arthress through information, practical support and Please send me a sponsorship pack Please send me a free T shirt Vest in size Sm/Med/Lege/XL

Will you run the distance to help him?

Perhaps the bravest man **Iever** knew...'

and now. he cannot bear to turna corner

Signature



Six-foot-four Sergeant 'Tiny' G"t"r"e, DCM, was perhaps the bravest man his Colonel ever knew

But now, after seeing service in Aden, after being booby-trapped and ambushed in Northern Ireland, Sergeant 'Tiny' cannot bear to turn a corner For fear of what

It is the bravest men and women from the Services that suffer most from mental breakdown. For they have tried, each one of them, to give more, much more, than they could in the service of our Country.

We look after these brave men and women. We help them at home, and in hospital. We run our own Convalescent Home at Hollybush by Ayr and, for the old, there is our Veterans' Home where they can see out their days in peace

These men and women have given their minds to their Country. If we are to help them, we must have funds. Do please help. The debt is owed by all of us.

"They've given more than they couldplease give as much as you can."

COMBAT STRESS

PRINCE PERS CONCRETE, THE REAL PRINCESS OF SE	NATION CALLS CONTROLLED BY PROFITS IN OUR CASE
EX-SERVICES N HOLLYBUSH HOUSE, H	MENTAL WELFARE SOCIETY DLLYBUSH BY AYR, KA6 7EA. TEL: 029256 214
	ces Mental Welfare Society. Please send me further details.

	d enclosed my donation for £50/£20/£10/£ my Access/Visa card No:	Exprry date of card
Name (BLOCK	ETTERS	

SIL

COMBAT

destruct button like a lot of Scottish athletes."

Wondering what John would say to that, I made

my way south to my husband's birthplace and the East District Cross Country Relays at Hawick.

ross Country runners are certainly a

breed apart, I thought as I stood stamping my frozen feet at Hawick

race course watching John Robson

TWO OF A KIND

Fiona Macaulay talks to Scotland's running double act, brothers John and Alan Robson.

RRIVING at Robson Sports in Edinburgh's St James Centre, I found Alan Robson in the middle of preparations for the official opening of his shop the following week.

"This is nerveracking," he said and admitted to being up at four in the morning these days eating digestive biscuits.

According to Robson, athletes are notoriously tight-fisted and arrive at the shop for a new pair of shoes wearing a pair of tracksters and informing him in no uncertain terms that the trainers currently on their feet have lasted for six years. He imagines he

will do more business with the 'neds' coming in for their baseball boots, but hopes to attract football interest also.

He is a Hearts supporter and was on Berwick Rangers' books before changing sports and concentrating on running.

So, how does a footballer become a distance runner?

Robson found himself, in his late teens, on the subs' bench for most of his time at Berwick Rangers and he was becoming increasingly disillusioned at the way things were run in football. When the club gained promotion to Division 1 in 1980/81, they brought in more players and released a number of youngsters, Alan Robson among them. He apparently cried all the way home in the car and never played football again.

He was already going out running with his brother John, or at any rate lasting a couple of miles with him before he disappeared into the sunset, and says that he was always more interested in running than football. With John already a world class athlete, talk in the house was all athletics, and Alan had realised through



The "Reebok" team which won the East Kilbride six-stage relay in 1990. John Robson is second from the left and Alan second from the right.

school cross country that he was quite good. He started running as a professional, coached by his brother's mentor, John Lauder - "a great coach".

On two occasions Robson tried to get reinstatement as an amateur athlete but was knocked back by the SAAA. He went to Australia on the pro circuit and was there for a year. John had had two trips to Australia previously, but competing on the amateur circuit. Alan Robson was only in Australia for six weeks when he was knocked down by a motor bike. He still carries a leg injury to this day.

Back in Scotland, 1986 brought an amnesty for pro athletes and Robson turned amateur. He feels the pro circuit in Scotland is dead and will never attract the interest it used to.

In being reinstated, Robson felt eyes were on him as John's brother, to do some remarkable things. Although he had given a good account of himself as a pro mile champion, just one of the titles he lifted, he says that being a superstar as far

as he had his talents he lifted were concerned was just not on the cards. He is very modest about his ability as a runner, calling his half-marathon and marathon times "pedestrian" and playing down the international races he has competed in.

He thinks that for the size of the country. Scotland has done well to produce the number of top flight athletes it has done, especially when it is intrinsically a footballing nation, however bad it is at that. Robson thinks, however, there is too big a gap between the youngsters and the top athletes, and that the national coach should promote talent spotting in schools to a far greater extent. He also points out that last season there was one international for men, at Grangemouth, which is hardly great incentive.

Alan Robson, of course, is the founder member of the controversial Edinburgh Racing Club (originally Reebok Racing Club). Did he not think there was a plethera of clubs already?

"No," he says and goes on to state that if a

bunch of guys want to get together to form a club, then he cannot see anything wrong with that. He joined Edinburgh Southern Harriers, his brother's club, but felt the club lost its identity when it changed to Caledon Park after receiving sponsorship. Robson was apparently fed up trying to cajole people into turning out for cross country and road races, and after the last Edinburgh to Glasgow race, when he had been almost on his knees begging athletes to turn out, he decided to get a small bunch of keen blokes together who would jump in a car and field a team in the

various events, cutting out red tape and "baldy-heided" officialdom. So the new club

Reebok did initially supply some kit and money for the club and so they assumed the name, but the sponsorship ended there and Robson says he made a major mistake in taking on the name. In actual fact, Alan Robson has funded the club for the most part out of his own pocket. Although the club qualified for the semi-final of the GRE club last season, they had to miss it due to lack of funds. The club has dropped the name "Reebok" and will be "Edinburgh Racing Club" unless a genuine sponsorship deal comes through.

So why is a club, set up for cross country and road racing in Division 5 of the Scottish Athletics League? Track athletes who joined Robson's club persuaded him to enter the league, but being successful in track and field is not of great importance to Robson.

"I did the pole vault the last time," he says.

He feels that the guys who have joined his club relate better to a small bunch with the same aims and goals in mind than the bigger clubs they have come from which are often made up of

several rival groups rather than being a cohesive unit like the Racing Club Edinburgh. A number of them meet up for lunchtime runs and evening training sessions.

Robson's setting up of a new club was certainly not greeted with open arms from all quarters. Arriving at the East District Cross Country Relays, the first thing I heard was a gleeful report from somebody that Racers had dropped a few places. There was, for example, a circular released by a rival club soon after Robson had made the break, that carried a PS asking: "Which Scottish club only has one member?"

It was not Robson's intention to set up a club in Edinburgh that would poach athletes from other clubs. They are not a set of trumped up elitist upstarts that are above the club system. They are a core bunch of men looking for a race each weekend. The fact that the club's membership has escalated from just enough to fit comfortably into a car to nearly thirty is neither here nor there to Robson, and he maintains that athletes can leave with no animosity incurred if they do not find what they want at his club.

He does feel that some athletes have expressed .

handing over Edinburgh Racing Club's lead to the last runner. The first aid lady was hovering about and I wondered if she would give me a swig out of her TCP bottle. Why anyone would volunteer to do this sort of sport every winter weekend is beyond me. If it was handed out as a sentence in the High Court there would be gasps of horror in the gallery and fainting in the dock. Back at base, i.e. the Henderson Tech in Hawick, John Robson declined a coffee. "I know what it's like." he explained. "I did a recreation and leisure course here." He is presently a

supervisor at the Kelso swimming pool and at the age of 34 has an awesome athletic history behind him. And, from all accounts he is not finished yet. In 1978 John Robson

finished third in the Commonwealth Games and was picked for the European Championships, making the 1500 metres final. The following year he ran 3-33.83 for the 1500m in Brussels, finishing second to Steve Ovett who just missed the world record.

Robson regards this as his best performance to date. The time has only just been ratified as a Scottish record due to red tape that had to be cut through. That time put Robson fourth on the world rankings that year, and he

played a prominent part in the golden era of British middle distance running where we saw the likes of Coe, Ovett, Moorcroft, and, closer to home, Frank Clement and Graham Williamson, continually producing world class performances.

Robson, like his brother stared his athletic career as a professional runner. Coming from Kelso, being channelled into pro athletics was not unusual. Robson used to go to his local park to play football and would see John Lauder training his squad there. He was given a time trial by Lauder and never looked back. In 1974, John Robson won the youths' mile off scratch at the





Alan Robson

masses of kit and be better off financially which is just not true. It is, however, certainly not difficult to distinguish the club members in a field of cross

an interest in the club for the wrong reasons, that

they think they are going to walk away with

country runners. "Would you describe your club colours as

pink?" I asked.

"Oh, we prefer to call it radioactive cherry," he answered and managed to keep a straight face. Of his famous brother, Alan says: "Great runner, but not gritty enough. He had a self-

New Year meeting and in 1975 he was reinstated domestically as an amateur. He missed out on the European Junior Championships that year because he had to serve a year in domestic competition before being allowed to run

By 1980 Robson was part of the "elite squad" training for the Moscow Olympics. That year he was fifth in the World Cross Country Championships in Paris, but two weeks later he couldn't walk and underwent operations on both

tendons which put an end to his Olympic hopes. At that time there was no tartan track in the borders, and Robson puts his injury down partly to training on soft mud and grass. While he continued to do well, he says that from 1981 the same confidence was just not there.

Does John agree with his brother that he lacked true grit? Robson does concede that a

John Lauder and Robson drifted apart arnicably around 1983 and Robson was coached by John Anderson for the next couple of years. Although he did see Anderson quite often, he was based in England and much of the coaching was done over the phone. Robson thinks that this relationship was not as successful as it might have been, although it was during this period he ran his fastest 3,000m of 7-45.81. He was the sort of athlete who needed somebody there for him constantly, preferably on a one to one basis, not least of all because he tends to overtrain. He says he used to take John Anderson's schedules too literally, not adapting them to suit the occasion,

cannot make it in athletics. But did he achieve all

he wanted to on the track? In short: "No."

John also feels that he put too much accent on the mileage method of training. At that time it was in vogue to be doing 90-100 miles a week. In retrospect, Robson feels he should have stuck with John Lauder's speed and quality training, getting his 400 and 800 metre times faster.

or his physical state at that time.

Now Robson is self-coached and training for his first marathon, either in London or Rotterdam. His performance (third place) at the Great Scottish Run certainly seems to auger well for his future in marathon running. His job at the sports centre takes care of his over-training problem, because, due to his shift work, he can often only train once a day. And what time is he expecting for his debut marathon? After much deliberation he eventually says he is looking for sub 2-15.

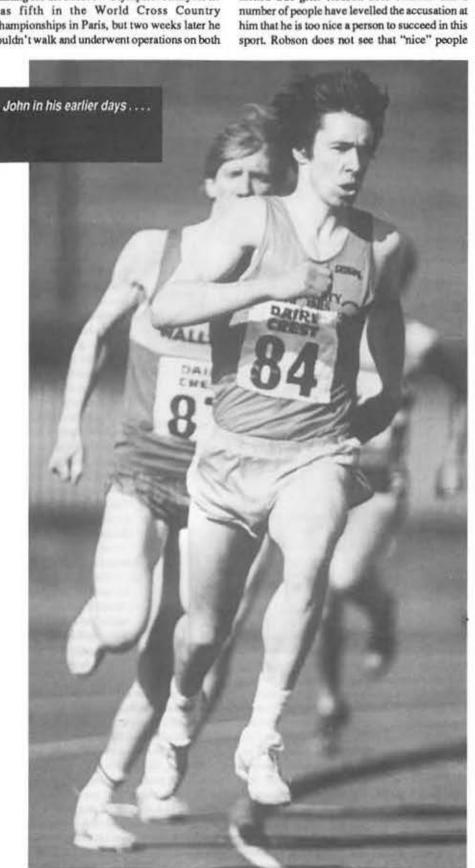
Does this mean we will not be seeing him on the track again? According to Robson, if he "makes a mess of the marathon" he may well be back on the track for the 10K Olympic trial.

John Robson joined Edinburgh Racing Club from Caledon Park purely to support his brother in his venture. He doubts very much if any athlete would leave one club and join another "just for a pair of shoes", that there must be other underlying reasons. He can understand the hostility towards his new club, especially if clubs are losing their best runners, but feels he gave a good fifteen years to CPH and is now running "for himself".

Without a doubt Robson thinks that Frank Dick was a tremendous organiser when he was Scotland's national coach and he feels that athletics in Scotland thrived under the man. If recent years have not been as productive as when Robson was running track, he says that Scotland is not alone, and mentions New Zealand which produced a great squad of distance athletes in the seventies, but has had some dry years since then.

Robson feels that great athletes are born. He does, however, wish that young athetes could get the same opportunities that he did to get into good races. Now, says Robson, athletics is all big business and people like Andy Norman are more interested in putting on a "good television show" than giving the underdog a chance.

I wondered if I would be seeing John Robson at the New Year meeting at Meadowbank, reliving memories of 17 years ago, but apparently he will be looking very fetching in radioactive cherry and running the Morpeth to Newcastle on January 1 if everything goes to plan.





racing shoe .o Interval The mos ever reduced to Reebok Interval Features: superb gripping sole, with small rubber spikes that retract automatically on hard surfaces, built on the proven World Cross last, lightweight, only World Cross 197 gms. (size 8½). The Interval is designed for fast running on a Cross-Count

variety of surfaces, great for (1) Cross country

courses on the occasions when spikes cannot be used (very dry or frozen ground), (2) for interval training on the track, (3) Road race, particularly the shorter distances up to 10K, (4) Indoor track racing or training, only available in sizes 8, 9, 10, 11 usual £34.99, only £19.95

Reebok World Cross Country Spike, on available in sizes 8, 9, 10, 10 %, 11, 12, £34.99. offer £19.95 World Long Jump Spikes, only sizes 7, 7½, 8, 8%, 9%, 10%, 11, usual £39.99, offer £30 bok Toronto Training Trousers, lightweight

Other Reebok Bargains include:

Sourne Sports, Church Street, Stoke-on-Trent, ST4 1DJ.	Tel: 0782 410411
lame	
Address	
Tel No.	
Description	

SCOTTISH WOMEN'S RANKINGS, 1991

100M	
11.67	Aileen McGillivray EWM
11.79w	Melanie Neef CG
11.9w	Louise Paterson Ab-I
11.94w	Morag Baxter CG
12.00	Ruth Girvin ESP
12.0w	Sinead Dudgeon ESP-I
12.04w	Elaine Julyan AYR-I
12.1w	Karen Sutherland EWM-I
12.2w	Pat Divine ESP
12.2w	Mhairi Marr STW
12.22w	Linzie Kerr CG-I
12.3	Jane Fleming CG-E
12.3w	Katrina Leys Ab-E
12.3w	Fiona Hutchison CG-J
12.3w	Kathleen Madigan Ab
12.3w	Allison Watt CG-E
12.3w	Lorraine Dick CG
12.4w	Fiona Boswell EWM
12.4w	Tracy Black Ayr
12.4w	Caroline Black EWM-E
12.4w	Emma Young EWM-I
12.4w	Kathryn Gray CG-I
	140 TO 100 TO 10

Denise Knox Midd McGillivray's 11.67 takes her to 7th on the all-time list while the number of young athletes ranked gives hope for the future. Marke have been listed as wind-assisted unless proved otherwise. (1990- 20th:

200M	
23.80	Aileen McGillivray EW
24.13	Ruth Girvin ESP
24.14w	Melanie Neef CG
24.37w	Gillian McIntyre CG
24.9w	Leigh Ferrier W&B-E
24.9w	Morag Baxter CG
24.9w	Pat Divine ESP
25.0w	Elaine Julyan Ayr-I
25.10w	Susan Carruthers Ayr-E
25 1	Louise Paterson Ab.T

Emma Lindsay EWM-E 25.12 Dawn Burden CG-E Morag Cunningham CG 25.2 Sinead Dudgeon ESP-I 25.2w 25.2w Tracy Black Ayr Fiona Calder CG Allison Watt CG-E Lorraine Dick CG 25.3w Karen Sutherland EWM-I

Eighth all-time now for Alison McGillivray, Improving from 24.32. Personal best too for Ruth Girvin, but only seven broke 25.00 compared to 11 last year. (1990-20th: 25.5)

Mhairi Marr STW

400M

Gillian McIntyre CG Pat Divine ESP Dawn Kitchen EWM Angela Baxter CG 55.38 Leigh Ferrier W&B-E

Susan Revan ESS 56.11 Dawn Burden CG-E Mary Anderson ESP 56.4 56.56 Fiona Calder CG 56.64i Gillian Docherty Kil 57.11 Denise Knox Midd 57.2 x Alison Brown EWM 57.3 Mary McClung JWK 57.51 Kathleen Lithgow SCL-E 57.7 Hazel Edgar Nith 57.9 Ruth Girvin ESP 57.96 Claire Martin Fif-I 58.0 Julie Vine Bou Fions Meldrum CG 58.2 Susan Carruthers Ayr-E Gillian McIntyre became the 12th Scot to break 54.0, with Ferrier and Burden making significant progress. (1990-20th:

800M 2-01.93

Susan Revan ESS 2-03.6 Yvonne Murray ESP 2-07.1 *Rhona Makepeace 2-09.51 Janet Stewart CG Karen Hutcheson BHM 2-10.1 Carol Ann Gray ESP Isabel Linaker Pit.I 2-10 73 Alison Potts CG-I Mary Anderson ESP 2-11.2 2-11.66 Sheila Gollan Inv 2-13.5 Joanna Cliffe CG 2-13.8i Susan Crawford CG 2-14.39 Catherine Cecil Eu 2-14.88 Carol-Anne Bartley CG 2-14.9 Hayley Haining NV-E 2-15.6 Fiona Meldrum CG Lorraine Stewart ESP-2-15.7 Yvonne Reilly DHH-I Vicki McPherson CG 2-15.7 2-15.9 Suzanne Wood EWM-E

4-33.97

4-34.33

2-15.9

Marathon 4-08.0 2-27.32 Liz McColgan DHH Liz McColgan DHH Karen Hutcheson BHM *Rhona Makepeace 2-43 50 4-14-2 4-18.25 Yvonne Murray ESP 2-49.52 4-18.75 Susan Revan FSS 2-56 35 4-19.83 Hayley Haining NV-E 4-27.66 Vicki McPherson CG 3-03 19 4-28.8 Carol Ann Gray ESP 3-04.44 4-28.92 Carol Anne Bartley CG 3-05.03 Jane Carroll DRR 4-30.74i Susan Crawford CG 3-5.38 4-31.1 Isabel Linaker Pit-I Liz McColgan re-wrote the record books Evelyn Grant CG with her sensational win in New York. 4-31.85 4-32.9 Annette Bell Line Karen McLeod also performed well and

Violet Blair EWM

Sheila Gollan Inv

Ainsley Normand VP

Sue Bevan set a new native record to top

the list and had six other times inside 2-

05. Her time ranks 6th all-time. With

several inters in the list, the event is

looking healthier, (1990- 20th: 2-17,11)

4.34 6 Jo-Ann Scott Darl 4.36.74 Susan Ridley EWM Katy Rice Ab-E 4-37.65 Eileen Cochrane CG 4-38.1 Joanna Cliffe CG Personal bests for Haining, McPherson, Gray, and Bartley and it is with these sthietes, along with Linaker and some good juniors that the future of the event lles, (1990- 20th: 4-43.1)

3000M 8-36.05 Yvonne Murray ESP Liz McColgan DHH Karen Hutcheson BHM * Rhona Makepeace 9-04.68 9-12.28 Hayley Haining NV-E Annette Bell Linc 9-22.29 Vicki McPherson CG

Lynne MacIntyre CG

Amanda Larby Ald

Eileen Masson Kil

Eileen Cochrane CG

Behind the big guns, Haining knocked 38

seconds off her best (for tenth all-time)

and McPherson 28 seconds, Lynne

MacIntyre took the Scottish title on her

What more can one say about Liz

McColgan - certainly the greatest Scottish

female athlete ever. Bell moves third all-

Karen McLeod ESP

Sheila Catford LDS

Eileen Masson Kil

Aileen Wilson DHH

Margaret McLaren Fif

Joyce Salvona Liv

Julie Harvey CG

Gill Hanlon DRR

moves to eighth all time in her first year at

9-57.27 Sandra Branney CG

only outing. (1990- 20th: 9-57.0)

30-57.07 Liz McColgan DHH

33-30.0 Annette Bell Linc

33-46.1 Vicki Vaughan Pit

33-56.62 Karen McLeod ESP

time, Vaughan seventh.

9-24.43

9-41.3

9.51.5

9.54 1

9-55.4

9-57.2

9-56.83

Isobel Donaldson Ald 9-29.206 Susan Crawford CG 16.2w Carol Anne Bartley CG The two Pitraavie girls were well matched 9-36.25 Vicki Vaughan Pit and although Richmond tops the above Karen McLeod ESP list, McCulloch's 14.28 auto is the more 9.47.56 Jo-Ann Scott Darl Impressive mark, Both may break 14.0 Alison Ross EU 9.50 56 next year along with last year's leader Susan Ridley EWM Julie Vine, who had an injury-hit season. Elspeth Tumer CG (1990- 20th: 15.65)

> 400M H 61.33

100M H

Sarah Richmond Pit-E

Loma McCulloch Pit

Janice Ainslie EWM

*Claire Doris

Julie Vine Rou

Ruth Irving Wir-E

Gail Murchie Ab

Catherine Murphy CG-E

Jennifer Sharp EWM-E

Joanna Cadman Darl

Beverley Ross DHH-E

Elaine Donald Hel-E

Fiona Watt CG-E

Hazel Edgar NV

Jean Harvey NV

Karen Savill ESP

Alison Dutch EWM

Joanna Cadman Darl

Suzanne Wood EWM-E

Lyndsey Morris Hutch-E

14.2w

14.28

14.34

14.56w

14.7w

15.13w

15.2w

15.27

153

15.6w

15.6w

15.69

16.0w

16.0w

16.2w

16.2w

61.48 Loma Silver DHH-E 61.5 Gillian McIntyre CG 61.92 Suzanne Wood EWM-E 62.05 Hazel Edgar NV 62.1 Julie Vine Bou Jane Low CG Fiona Watt CG-E Janet O'Neill CG-E 63.96 Emma Lindsay EWM Moira McBeath Inv 65.1 x Alison Brown EWM Ruth Irving Wir-E Mgt Southerden WYC Kirsty Baird KO 66.0 Gillian Docherty Kil Lindsey White Stew-E

Kerry Beveridge ESP-I Lorraine Ross Inv-I Moira McBeath in 1986 was the last home Scot to break 60 seconds, but we have a host of young talent that look capable of a breakthrough, Lorna Silver shattered her previous best and along with Wood, Edgar, Watt and O'Nell will be leading the chase. (1990- 20th: 68.2)

Alison Brydie EWM-I

High Jump

1.80 Rhona Pinkerton CG 1.75 Karen Hambrook Ash 1.74 Wendy MacDonald Coa-E 1.73 Hazel Melvin Tro-E 1.71i Linda Gordon CG-E

Scotland's Runner January 1992

Joanna Ross Kil Lisa Brown LCH-I 1.70 Jackie Gilchrist Pit 1.67 Janice Ainslie EWM Lousie McMillan EWM-E 1.65 1.65 Nicola Murray CG 1.65 Beth Phillip Ab-E Julie Reid Kil 1.61 1.61i Claire Scott Ctr Karen Hay ESS-J 1.60 1.60 Julie McNeil EWM Sarah Ramminger Arb-I 1.60 1.59 Caroline Black EWM-E 1.57 Suzie Robertson Ab-J Sheilah Rain HI.I 1.57 A McBeth Cai Susan Sutherland BI-E 1.57

It really is about time Rhone Pinkerton was put under pressure at the top. Wendy MacDonald came out of the doldrums to win the English Schools, Use Brown showed the most improvement, from 1.55 last year. (1990-20th: 1.58)

Long Jump Ruth Irving Wir-E 6.08 Karen Hambrook Ash 6.03w Caroline Black EWM-E 5.92w Janice Ainslie EWM 5.81w Fions Allan Rudd-I Nicola Barr EWM 5.70w Linda Davidson Ab Linzie Kerr CG-I 5 58w Julie Vine Bou 5 53w Mhairi Marr Stew Andrea Jackson CG 5.45 5 39w Pamela Anderson CG-J Jeanette Adair LCH-I 5.36w Fiona Hutchison CG-J Sarah Stirling CG-E 5.33 Karen McNamee CG-J 5.30w Sarah Still Ab-I Lousie McMillan EWM-E 5.28w

Evelyn Grant Pit-E 5.26i Ruth Irving moves to equal sixth all-time with one of five jumps over 6.00. Hambrook also cleared on five occasions, and Caroline Black took a big leap forward. So few wind speeds are noted on results, leading to the surfeit of marks treated as windy above. (1990-20th: 5.27)

11.25

11.25i

11.11i

11.08

10.00

10.96

10.49

10.47

10.44

Tracy Shorts Kil

Linda Low ESP

Stephanie Robin Hel-I

x Hilda Markhus GU

Helen Cromarty Ork-E.

Diane Sutherland EWM

Leigh Cunningham Pit-I

Loma Jackson Tay-E

Karen Neary EWM

Raka Samson Ayr-I

Alison Grey gained almost a metre to

move to third all-time behind Meg Ritchie

and Mary Anderson, Alison Dutch

Alison Grey ESP-E

x Hilda Markhus GU

Susan Freebaim CG

Claire Cameron CG

Julie Robin KLB-J

Gillian Gibson Morp

Aline Cross Ork-E

Mary Anderson ESP

Navdeep Dhaliwal CG-J

Heather MacLeod Inv-E

Helen McCreadie Dum-I

Karen Neary ESP

Helen Cowe Ab

continued her improvement.

Discus Throw

46.56

45 88

43.14

42.38

38.86

37.94

35.56

35.02

12.81 Karen Hambrook Ash Nicola Barr EWM 11.97w Linda Davidson Ab (11.50) 11.51w 11.24w Rhona Pinkertson CG Mhairi Marr Stew 11.09w 10.85w Jean Harvey NV 10.84w Louise McMillan EWM-E 10.67w Janell Currie CG 10.62w Jeannette Phee Kill 10.60w Alison Grey ESP-E Gillian Spankie ESP Jennifer Gibson Las-I The event is still in its early stages but is showing healthy improvement with 13

over ten metres compared to five in 1990.

Note to organisers: please record wind

Shot Putt

15.26 Alison Grey ESP-E Mary Anderson ESP Helen Cowe Ab Alison Dutch EWM

speeds on results where taken.

Alison Grev Claire Cameron CG 32.66 Jane Ramage DMF-E Colette Crawford Per Karen Savill ESP 32.48

Lynne Barnett PSH-E

Karen Hambrook Ash

Andrea Rhodie CG

34.22

34.16

33.60

Catherine Garden Pit-G

Stephanie Robin Hel-I

Eleanor Garden Pit-J

Mary Ingram CG Louise Thomson EWM-J 32.30 Fifth all-time for Grey. Behind, there are many excellent young throwers to make this event one of great promise. (1990-20th: 31,42).

Javelin Throw

47.54 Karen Savill ESP 46.64 Janell Currie CG Loma Jackson Tay-H Mary Anderson ESP Isobel Donaldson Ald Linda Low ESP Diane Sutherland EWM

Margaret Kelly ESP 36.16 Nicola Sloan Hel-I 36.06 Tracy Shorts Kil

Fions Gehring Ayr-E 34.74 Lesley Burt CG 34.34 Jane Ritchie Arb Karen Elliott Carl-I

Alison Cheyne CH-I 32.86 Lynsay Munro EWM-J Janet McTurk DMF-I Joanna Ablett EWM-E Susan Mitchell CG

Lorraine Wakeham ESP The top three all improved, with Currie's one special throw taking the Scottish title, After that is disappointing with 20th three metres down on 1990 (35.08).

Heptathlon

Isabel Donaldson Ald Janice Ainslie EWM Evelyn Grant Pit-E Alison Dutch EWM 4120 4117 Jackie Gilchrist Pit Caroline Black EWM-E 3989 Louise McMillan EWM-E 3895 Elaine Donald Hel-E 3703w Julie McNeill EWM Elaine Quinn Law

3390 Shona Simpson Pet Kirstin McIntyre EWM-E Twelve to 3300 compared to 8 in 1990. The difference in some of the marks to

difference in some of the marks to those previously reported is due to slight misscoring at the time.

x ineligible to represent Scotland * currently competing/resident in Australia

Lindoor w wind-assisted

E Euro Junior, 1 Intermediate. J Junior, G Girl.

Arnold Black



We are official stockists of

Royal Jely Cod Liver Oil Vitamin E Vitamin C Ginseng Male & Female Hormone Evening Primrose Oil Sea Cure **MultiVitamins** Herbal Diuretia

We also stock Bath Oils & Shower Gels Plus various other useful products None of our products are tested on animals

SHAPE UP SHOP Unit 2:319 Gallowgate: Glasgow 041 550 0605

HAVE A HEART - RUN FOR CHARITY

IN the current economic climate, it is even more essential for charities to raise much needed funds through sponsorship and fundraising.

Nowadays many charities realise the successful money spinner that running sponsorship has become. With the pending countdown to the 1992 ADT London Marathon and the start of the Scottish road race season we have had a look at a couple of worthwhile needy causes.

A number of charities have also advertised within this issue, looking for runners - young and old - to raise sponsorship for them.

The Starlight Foundation grants the wishes of chronically, critically and terminally ill children to fulfil a broad range of wishes.

Some wishes are simple providing a home computer. Many involve meeting a celebrity. Others are more complicated - travel to a relative overseas or a visit to Disneyworld.

Starlight always involves the

child's family, creating a unique event, which unites the family, restores hope, and provides lasting memories. The charity has handled nearly 700 wishes through its network of trained volunteers in the

The work is funded in three ways - by donations of goods, and services, and by cash donations and fundraising at special events.

Whilst their primary function is palliative, an increasing body of research highlights beneficial effects on a child's illness, by giving hope and a purpose to live.

Although there are many cancer charities in the United Kingdom, Cancer Relief Macmillan Fund is the country's oldest.

Founded in 1911 by Douglas Macmillan, whose family came from Ochiltree in Ayrshire, its aim has remained unchanged over the years. Its charitable income is used to enhance the care and support of cancer patients and their families.

In its earliest days this was done

fund's work has grown quite considerably.

CRMF is perhaps best known for Macmillan nurse posts, other projects include nurse education, medical posts from trainee to consultant level and building programmes to create a welcoming and sympathetic surroundings for in-patients on day care.

To meet the continuing demand for support of new patient care ideas, the charity in Scotland tackles a huge fundraising programme each year. UK-wide CRMF's current "Macmillan Nurse Appeal" has a target of £20 million and within this there are a number of local projects in Scotland - ranging from a £60,000 appeal to create an in-patient unit in Orkney, to a £1 million campaign in Strathclyde. Further information about all of CRMF's Scottish activities can be had from the office for Scotland in Edinburgh.

Choose a charity today and run to help others - raising funds for a worthwhile cause.

RACING CLUB ARE KINGS OF THE ROAD "CLOSE to tears," was how Alan Robson summed up his feelings after crossing the finishing line of the Barr's Edinburgh to Glasgow Road

Relay in George Square on November 17, writes Margaret Montgomery.

But the emotional response wasn't joy at having completed the anchor leg of an overall win by Racing Club Edinburgh. Instead it was prompted by "panic and sheer frustration" following a final mile in which there were no marshalls to direct him along the route.

"I came in from the north side of George Square instead of the south," said an understandably upset Robson. "I knew that was wrong from having run the race before, panicked and ended up doing a circuit of George Square."

So chaotic were these final seconds of the race that Robson even ended up asking shoppers where the finish line was.

"They must have thought I was mad," he said. "I was running round the square demented asking anyone and everyone where the finish was. I was convinced I had blown it and was

As it turned out the final outcome of the gruelling eight stage relay was unaffected by the tragi-comedy which took place against the backdrop of the city chambers. The anchor men of second placed Cambuslang and third placed Teviotdale took the same jumbled route as Robson, meaning the latter was still able to cross the finishing line first.

Later, the times of these three teams were adjusted to take account of what had happened although it is doubtful whether this was done to the satisfaction of Robson, Racing Club's anchor man had enjoyed a lead of well over two minutes with two and a half miles to go, but was granted a margin of only one minute in the adjusted

"I had planned to go for a pb," said Robson. "But that went out the window after all the fiasco in the final mile."

Traffic congestion seems to have been the root cause of the lack of marshalling which spoiled the last moments of an otherwise reasonably smoothly run race. Officials had been unable to reach the final stages of the route before the leading runners, and a police officer directed them the wrong way just several hundred metres from the finish.

That Racing Club Edinburgh would clinch victory in this prestigious race was never really in question. Strength in depth on a scale unmatched by any of the other teams was always going to tip the balance in their favour.

While other teams could boast individuals capable of matching or beating their counterpart in the Racing Club side, none could cope with their amassed might, including as it did John

Scotland's Runner January 1992

Robson and Tom Hanlon on the sixth and seventh

This said, it did look at one point as if Cambuslang might pose some difficulties for the club it seems others love to hate.

At the Armadale Cross change over halfway through the race, Charlie Thomson had pulled his team from third place into a close second just a few metres down on Racing Club. Unfortunately though, a lot of this good work was undone when team-mate and runner on the fifth leg, Eddie Stewart, was caught with his trousers up, unprepared for the change over. Hastily removing his excess gear and fumbling at last for the baton, he lost some twenty seconds which could only be crucial when former Commonwealth medallist John Robson had just taken

over for Racing Club, and Hanlon and Alan Robson were vet to run.

The Thomson-Stewart change over might have been less disastrous had it not been for the fog which plagued runners throughout most of the race, and which was so thick at Armadale Cross that it was impossible to see the fourth-leg runners until they were about ten metres from the end of their

Stewart looked as if he had seen a ghost when Thomson started shouting for him and the latter had certainly appeared like one as he emerged from apparent nowhere out of the thick mist.

To make conditions even more adverse, there were roadworks for the runners to contend with throughout most

Indeed, just concentrating on the race was something few runners at this year's Edinburgh to Glasgow road relay were able Top: John Robson passes the baton to Tom Hanlon at the start of the seventh stage.

Bottom: Alan Robson manages a smile despite the disorganisation which marred his final stage run.





RUNNING FOR STARLIGHT

The Starlight Foundation grants wishes for critically/chronically and terminally ill children.

We shall soon see our 500th wish come true and are now organising 4 wishes a week. But we need YOUR help to ensure we never say no to any of our 'special children'. Please help us.

SRI

STARLIGHT FOUNDATION

8A Bloomsbury Square, London WC1A 2LP Reg. Charity No. 296058

HE'S FORTUNATE TO HAVE A GUIDE DOG. **UNFORTUNATELY HE NEEDS ANOTHER FOUR**

a working life of 9 or 10 years but a blind person with a guide dog can lead an active life 5 times that long.

by providing direct financial help

to people for whom money problems

were an added burden at the time of

CRMF activity throughout the

United Kingdom, but over the last

couple of decades the scope of the

This is still an important part of

Which explains why about half the guide dogs we train every year end up as replacements for does at the end of their active duty.

you can make means

Unfortunately The Guide Dogs for the Blind Association receives

independent future GUIDE DOGS, THE EYES OF THE BLIND. TO THE TO HOTELUIS DOCKS. THE PLAN AND AND ADDRESS OF draw presents The windship of making of The department of the department of the contract of the contra

No.	
Akkye	
	Britis Solds
THE GLIDE D	DOS FOR THE BLIND ASSOCIATION, PRINCESS NUXARRA HOUSE, DUNIDLE NO. FORTHER ANGLIS DOB LIA TEL 0207 8362. MAD MACHIERION HOUSE, 48 HARRETON ET., LARRHALL LANARYSPHIE N.O. 2017 111: 0808 884047.

have to rely entirely on

the generosity of the

public for the funds we

need to go on training



October

Scottish Fire Brigade AL, Cumbernauld -1, T McCallion (St); 2, P Butcher (Tay); 3, D Buchanan (St); 4, R Cheyne VI (St); 5, I McCusker (Len); 6, D McDiarmid (H&I) 7, R Brown V2 (St): 8, S McCabe (Tay): 9, P Ogden V3 (St); 10, D Watson (H&I).

November

Brit Vets Home Countries Int CC Match,

Aberdeen -Men O/40: 1, R Baillie (Eng B) 32-05; 2, T Simmons (W) 32-15; 3, M Hagar (E.B) 32-24; 4, A Whitfield (E) 32-35; 5, B Emmerson (S) 32-42; 6, H Matthews (E B) 32-43; Scots placings: 8, I Elliot 32-51; 11, C Spence (B) 33-12; 13, G Meredith 33-18; 16, C Youngson 33-22; 17, CMcDougali 33-27; 19, J Kennedy 33-38; 24, G McKenzie (B) 33-54; 31, C Smith (B) 34-08; 33, A Adams (O/45) 34-08; 39, G Milne (B) 34-19; 42, S Asher (B) 34-24; 46, B McMonagle (O/45) 34-56; 52, C Martin (B) 35-06; 56, R Young (O/45) 35-19; 57, B Procce (O/45) 35-20.O/40 Teams: 1, England B 24pts; 2, England 30; 3, Scotland 42; 4, Wales 99; 4, Sootland B 105. O/45: 1, England 14pts; 2, Wales 34; 3, Scotland 49; 4, Scotland B 14.O/50: 1, GPatton (E) 32-54; 2, L. Prosland (E) 32-58; 3, S James (E) 34-05; Scots placings: 8. J Linaker 35-41: 14. H Rankin 36-17: 16. G Black (B) 38-00: 17. J Maitland 38-07: 18. J Ballantine 38-07: 19. J Irvine 38-11; 20, G Armstrong (B) 38-16; 22, H Gibson (B) 38-25; 31, M Coyne (B) 39-34; Teams; 1. England 10pts; 2, England B 31; 3, Wales 42; 4. Scotland 70: 5. Scotland B 108 O/60: 1. G Spink (E) 36-54; 2, W Stoddert 37-39; 3, R Lucas (E) 38-11; Scots placings: 8, W McBrinn 41-15; 9, H Tempan (O/65); 12, H Mitchell 42-16: 14. W Armour 43-15: 15. 1 Elphinstone 43-38; 17, J Quinn 45-07; 21, H McGinley 47-10; 23, A Duncan (O/65) 58-22. Team: O/60: 1, England 8pts; 2, Scotland 19; 3, England B 25; 4, Wales 45.0/35: 1, S Young (E) 16-57; 2, C Price (S); 3, A Turrington (E) 17-33; 4, C Duncan 17-42; 5, J McColl (S) 17-46; 6, L Hughes (W) 17-48; Scots placings: 15, R McAloese 18-14; 24, A Dickson (B) 18-57; 28, K Hancock 19-09; 32, R Kay (B) 19-26; 34, M Stafford 19-30; 35, S White (B) 19-31;53, K Sharkey 23-15. Teams: 1, England 8pts; 2, Scotland 22; 3, England B 32; 4, Wales 33; 5, Scotland B 52. Women Veta: O/40: 1, A Roden (E) 17-50; 2, J Stevenson (S) 18-00; 3, E Stathan (E) 18-03; Scots placings: 10, J Byng 19-06; 13, F Farquhar (B) 19-14; 15, K Chapman 19-33; 16, M Robertson 19-42; 17, A Richards (B) 20-50-18 B May (B) 22-15 Team; 1 England 9pts; 2, England B 24; 3, Wales 26; 4, Scotland 27; 5, Scotland B 48.O/50: 1, P Jones (E) 19-50; 2, M Singleton (E) 20-04; 3, N Cross (EB)

Hydrasun Open CC Meeting, Aberdeen Sen Men: 1, A Reid (Pet) 33-08; 2, D Storey (DHH) 34-32; 3, D Knight (PSH) 34-35; 4, S Wynn (Ab) 34-51; 5, PJennings (Met) 35-02;

2, England B 15.

20-21; Scots placings: 8, M Robertson 22-35;

10, M Moore 22-41, Team: 1, England 7pts;

6, G Mitchell (Un) 35-10; 7, J Gowans (Tay) 35-32; 8, J Walford (Mor) 35-36; 9, A Stewart (Mor) 35-42; 10, P Wilson (AB) 35-46; 11, S Cassells (Ab) 35-52; 12, S Laing (Ctr) 36-00; 13, D Sharkey (Ab U) 36-22; 14, A Henderson (Ab) 37-06; 15, D Massie (Ab) 37-07; V1, S Graves (Fif) 37-35; V2, K Hogg (Ab) 37-36; V3 A Lamb (DHH) 38-19, Teams: I, Aberdoen 29pts; 2, Morsy RR 42; 3, Perth Strathtay H 47; 4, Metro 48.

Youths: 1, SMackay (Inv) 20-16; 2, SWatson (Mon) 20-38; 3, S Duncan (DHH) 20-44; 4, A Casey (OVS) 21-06; 5, D Ross (Arb) 21-48; 6, A Alcon (DHH) 21-35; Teams: 1, DHH 18pts; 2, Fraserburgh RC 26; 3, Aberdoen 35. Sen Boys: 1, D McDonald (PSH) 15-58; 2, J Colguboun (Inv) 16-16; 3, C Smith (Ab) 16-22: Teams: 1, Invernoss H17pts; 2, Aberdoon 17: 3. Black Jale 39.

Jun Boys: 1, N Tulloch (BI) 11-14; 2, G Martin (BI) 11-25; 3, J Emidge (Ell) 11-25; Teams: 1, Black Isle 7pts; 2, Aberdeen 25; 3, Inverness 39.

Colts: 1, D Cumming (Ab) 6-21; 2, J O'Parks (Tav) 6-27; 3. D Melville (BI) 6-32; Teams: 1, Black Isle 23; 2, Queen Victoria School 24; 3, Abendeen 32

Sen Women: 1. K Meams (Ab) 16-52: 2. D Porter (Ab) 17-11: 3. J Gramma (Ab) 17-48: 4 K Cowell (DHID) 18-05: 5. S Harking (Ab) 18-32-6 ST unham (Ah) 18-44: 7 S Macrae (In) 18-47; 8, N Clarkson (Ab) 19-24; LV1 1. MacLennan (BI) 19-47; LV2 L Inkson (A) 21-55.Teams: 1, Aberdoon 6pts; 2, Aberdoon R 19- 3 Black Isla 37 Juniors: 1 M Smith (BI) 11-54; 2. D Traynor (DHH) 12-06; 3, N Clark (Ab) 12-16; Teams: 1, Dundee HH 15ets: 2. Aberdeen 16: 3. Black Isle 25: Girls: K Scott (Mort 11-58: 2. H Smith (Ab) 12-19-3 1 Learningth (DEH) 12-35: Team: 1. Moray 15pts; 2, Aberdeen 17; 3, Dundee HH

Minor Girle 1. I McLean (FRC) 6-50-2. A Arkell (FRC) 6-59; 3, M Wisley (FRC) Teams: 1, Fraserburgh RC 6pts; 2, Aberdeen 27; 3, Dundee HH 37.

Lasswade Open CC Meeting, Bonnyrigg-Men: 1, A Russell (Law) 29-15; 2, D Covers (Tev) 29-16; 3, P Faulds 30-10; 4, S Burch J1 (Ed U) 31-55; 5, T Delahooke (Ed U) 32-14; 6, D Law (Corst) 32-19; 7, J Brooks (Sp) 32-21; 8, J Garland (Ed U) 32-23; 9, A Robertson (Pen) 33-12; 10, J Jasen (Ren) 33-49; V1 J

47; V3, G McLean (KO) 35-22. Teams: 1, Edinburgh U 17pts; 2, Penicuik H 46: 3. Corstombine 48.

Smith (HELP) 33-50, V2, R Brown (KO) 34-

Youths: 1, G Browitt (Pen) 21-30; 2, P Allan (Ayr) 22-05; 3, 1 Murdoch (Ayr) 22-19; Teams: 1, Law 43pts; 2, Fife 53; 3, Whithurn

Senior Boys: 1, K Daley (ESP) 18-36; 2, N Lyall (Lass) 18-44; 3, D Gemmell (Avon) 18-50; Teams: 1, Lasswade 32pts; 2, Springbum 33; 3, Ayr Seaforth 35.

Junior Boys: 1, A Sandilands (Avon) 11-17; 2, T Norwood (Cont) 11-29; 3, G Murray (Air) 11-30, Teams: 1, Springbum 49; 2, Airdrie 51: 3. Teviotdale 56.

Colts: 1, C McMaster (Law) 5-32: 2, C O'Brien (Corst) 5-36; 3, CBlack (Dum) 5-39; Teams: 1, Law & Dist 41pts; 2, Corstorphine 59: 3. Kirk Oly 67.

Women: Sen: 1, H Haining (Glas U) 20-08; 2, VMcPherson (Glas U) 20-13; 3, VV aughan (Pit) 20-45; 4, A Rose (EWM) 20-56; 5, S Ridley (EWM) 21-42; 6, J Cliffe (Glas U) 21-48; 7, C McFadden (Un) 22-21; 8, V Blair (EWM) 22-23; 9, J Roxburgh (Glas U) 22-42; 10, S Grainger (EWM) 22-47; LV1 E Tinney 15th (Bath) 24-00: LV2 A Bruce 17th (Str) 24-19; LV3 J Armstrong 18th (GN) 24-23; Teams: 1, Glasgow U 9pts; 2, EWM 17; 3, Edinburgh U 49.

Inters: 1, L. Cormack (ESP) 20-59; 2, L. Stewart (ESP) 21-09; 3, A Cheyne (CG) 2124; Teams: 1, ESP 26pts; 2, Strathkolvin 27; 3. Arbroath 69: Juniors: 1. P Crawley (CG) 11-33: 2. E.Gorman (VP) 11-48: 3. C.Gormley (EWM) 11-56. Teams: 1, City of Glasgow 23pts; 2, ESP 35; 3, Kirk Olympians 43. Glrls: 1. K Montador (Ctr) 11-45: 2. C Morris (JWK) 2, Lasswade 42; 3, City of Glasgow

Minor Girls: 1. K Montador (Ctr) 6-00; 2. L. Redmond (ESP) 6-03; 3, H Norman (Pit) 6-07; Teams: 1, Ayr Seaforth 29; 2, Falkirk Victoria 37: 3. BT Pitreavie 46.

SCCU North Dist CC League, Thurso -Sen Men: 1, J Bowman (Inv) 34-05; 2, A Reid (Pet) 34-06; 3, S McKerzie (Inv) 35-37; 4, M Flynn (Mor) 35-39; 5, A Stewart (Mor) 35-51; 6, C Hunter (Mor) 36-07; 7, M Wright (Mor) 36-19; 8, G Milns V1 (Mor) 36-39; 9, C McLean (Inv) 36-44; 10, A MacDonald (Cai) 36-45; 11, G Bruce (BI) 36-51; 12, K Prosser (Mor) 38-14; 13, R Aiken (Mor) 38-31; 14, P Cruikshank (For) 38-40; 15, I Johnston (For) 38-42; V2, W Robertson (Mor) 40-30; V3, J Douglas 40-56; Team: 1, Moray. Youths: 1, S Galbraith (BI) 23-37; 2, J Dewar (Inv) 24-27; 3, J Mundie (Pet) 25-20; Team: 1. Inverses

Senior Boys: 1, J Colguboun (Inv) 16-44; 2, E Naismith (BD 16-47; 3, P McIntyre (Inv) 16-52; Team: 1, Invernoss.

Junior Boys: 1, K McAlpine (Nai) 11-18; 2, NTulloch (BI) 11-20; 3, G Martin (BI) 12-01; Team: 1. Black Isle AC.

Colts: 1, M Nicol (Cai) 5-58; 2, B Melville (BI) 5-58; 3, M Stephens (FRC) 6-07; Team: 1. Moray RR.

Women: 1, J Wilson (Inv) 18-11; 2, F Thin (BI) 18-15; 3, F Farquhar (LV1) (Cai) 18-54; 4, A Reid (Loch) 19-12; 5, S MacRae (Inv) 19-32: 6. A Smart (Inv) 19-43: Team: 1. Inversess H.

Jun: 1. M Smith (BI) 13-00; 2, C Simpson (For) 13-30; 3, J Sim (Mor) 13-37; Team: 1, Moray RR. Glela: 1. K Scott (Mor) 9-35: 2. S Leibritz

(Mor) 9-54: 3. C Nichol (Cai) 10-01: Team: 1. Moray RR.

Minors: 1, I Wilcox (Mor) 6-33; 2, 5 McLennan (BI) 6-47: 3. C McShane (Cai) 6-58; Team: I, Black Isle.

Tevlotdale Harriers Jubilee Races, Hawick Sen Men: 1, D Covers 29-26; 2, A Fair 29-42; 3. A Shankey 30-14; 4, N Maltman 30-29; 5, B Law 30-30; 6, J Knox 30-48.

Sen Boys: 1, A Caldwell 11-14; 2, S Hogg 11-28; 3, M Wight 11-39. Jun Boys: 1, S Watson 9-27; 2, S Blakie 9-35;

3, C Bain 9-39. Colts: 1, CConners 7-12; 2, CGrieve 7-17; 3, D Marsh 7-38.

Jun/Sen Women: 1, L Knox 12-52; 2, P Yule 13-13: 3. M Parker 13-15. Girls: 1, L Thomson 7-38; 2, L Malcolm 7-42; 3, L Fenton 7-43.

JWK Open CC Meeting, Dean Castle Country Park, Kilmarnock -

Sen Men: 1, T Murray (GGH) 30-26; 2, T McCallion (GGH) 32-38: 3. J Brooks (Sp) 32-48: 4. C Baker (Avr.) 32-48: 5. J McNamon (Irv) 33-12; 6, D Auchie (Del) 33-25; 7, R Brown (HRT) 33-36: 8. E. Tonner (TWK) 33-39; 9, B Gough (Cam) 34-07; 10, J Baird (Lou) 34-22; V1, J White (Irv) 34-50; V2, M Ferguson (IWK) 35-40; V3, G Young (Ayr) 35-45. Teams: 1, Greenock Glenpark H 25pts; 2. Irvine Cable 40: 3, JWK 45.

Youths: 1, G Willis (Ayr) 21-21; 2, P Allan

(Ayr) 22-22; 3, D Whiffen (Nith V) 22-29;

Teams: 1, Ayr Seaforth 12.

Sen Boys: 1, K Mason (Cum) 10-43; 2, N Lyall (Lass) 10-45; 3, B Robinson (Ayr) 10-45: Team: 1. Avr Seaforth 27pta: 2. Irvine C 28: 3 Lasswade 31.

Jun Boys: 1. R McDonald (Sp) 11-24: 2. J McLelland (Forth) 11-27: 3. G Murray (Air) 11-35; Teams: 1, Springburn 16pu; 2, Airdrie 17: 3 Or 46

Colts: 1, D Moore (Clyd) 6-08; 2, K Taylor (Girvan) 6-14: 3. R Struthers (Avon) 6-15: Team: 1. Irvine Cable 33: 2, Avonaide 37: 3, Avr Seaforth 52.

Sen Women: 1, K McCallum (EWM) 24-39: 2, S Armstrong (Carlisle) 25-36; 3, C Gibson (SV) 26-35; 4, V Clinton (Irv) 26-47; 5, G Walker (Cum) 27-09; 6, H Monton (Irv) 27-27: 7. S Carruthers (Ayr) 28-02: 8, L McGarry LV1 (Irv) 28-07: 9, K Todd LV2 (IWK) 28-23; 10, A Higgins (Lou) 28-26; LV3, C

Docherty (SpV) 14th 31-47. Teams: 1, Irvine Cable 18pts; 2, C'nauld 39. Inters: 1. L. Chisholm (Str) 20-20; 2. L. McGarrity (SV) 20-31; 3, C Miller (Irv) (Irv) 21-44; Team: 1, Central 23pts; 2, Ayr S 23. Juniors: 1. K Stewart (JWK) 12-41; 2, L Moody (CG) 12-46; 3, C McCarron (Str) 13-11; Teams: 1, JWK 12; 2, Airdrie 58.

Girls: 1, K Montador (Ctr) 12-20; 2, C Morris (JWK) 12-30; 3, V Forbes (Ayr) 12-41; Teams: 1, Lasswade 21pts; 2, ESP 25; 3, Strathkelvin 47.

Minor Giris: 1, E Dewer (Ctr) 6-26; 2, K Montador (Ctr) 6-44; 3, L Conway (Ayr) 6-46; Teams: 1, Ayr Seaforth 14pts; 2, Central Region 21pts; 3, Airdrie 48.

Stewarton CC Races, Stewarton -

Men: Sen: 1, W Richardson (Irv) 22-13; 2, S Wylie (Cam) 22-21; 3, M McGinley (Kil) 22-45; 4, D Auchie (Dal) 22-53; 5, G Tonner J1 (Kil) 22-56; 6, R Brown (HBT) 23-30; 7, D McCrone (Ayr) 23-39; 8, R Hubbard (Ayr) 23-58; 9, J McNamee (Irv) 24-03; 10, J White V1 (Irv) 24-09; V2 J McMillan 12th (Kil) 24-32; V3, R Cheyne 15th (Irv) 24-50; VO/56: W Sparks 33rd (Irv) 27-29.

Youths: 1, C Clelland (Cam) 15-34; 2, D Whiffen (NV) 15-52; 3, L Richardson (Irv) 15-54.

Sen Boys: I, A Reynolds (Cam) 7-13; 2, C Douglas (Kil) 7-15; 3, G Hillier (VP) 7-29. Jun Boys: 1, P Young (VP) 6-50; 2, S South (Carn) 7-00; 3, K Wallace (Carn) 7-18. Colts: 1, D Moore (Cly) 4-18; 2, A McInroy

(Irv) 4-19; 3, K Arthur (Cum) 4-30. Women: Sen: 1, E Masson (Kil) 17-42; 2, V Clinton (Irv) 19-10; 3, H Morton (Irv) 19-15; 4, M Menzies LV1 (Kil) 19-44; 5, N Gray Int 1 (Irv) 20-04; 6, M McGill LV2 (Irv) 20-09; 7. J Strawhorn LV3 (Lou) 20-27: 8. A Higgins EJ1 (Lou) 20-47; 9, C Folian EJ2 (Kil) 21-08; 10. J Morrison Int 2 (PG) 21-43; LVO/45; E

McMillan 14th (Kil) 23-35. Jun: 1. E Richardson (Sto) 9-34: 2. L. McKechnie (PGHS) 9-40; 3, D Bunting (DCHS) 9.40.

Girls: 1, L Livingston (Cum) 8-13; 2, L McCafferty (PGHS) 8-43; 3, G Black (Kil) 9-

Minors: 1, S Menzies (Kil) 4-59; 2, K Bryant (Irv) 5-28; 3, A McGill (Irv) 5-50.

Clydesdale H YA CC Races, Duntocher -Youths: 1, C Clelland (Cam) 16-15; 2, P Logue (She) 16-41; 3, J Harris (St Cols) 16-50; 4, D Loftus (Sp) 16-52; 5, R Gallacher (Cly) 17-05; 6, L Hendry (Sp) 17-14. Senior Boys: 1, A Reynolds (Cam) 11-04; 2.

R Harris (Cly) 11-19; 3, A Piscentini (Cam) 11-25; 4, PLongue (She) 11-39; 5, L McLean (Law) 11-54; 6,1 Reid (Cam) 12-05; Team: 1, Cambuslang 10pts; 2, Clydesdale 19. Junior Boys: 1, P Young (VP) 6-26; 2, A Dobbie (Cam) 6-34; 3, K Ross (Cam) 6-34; 4,

D McGinley (Cly) 6-36; 5, S South (Cam) 6-

47; 6, A Murrey (Air) 6-52; Teams: 1, Cambuslang 10pts; 2, Airdrie 23.

Colts: 1, D Moore (Cly) 5-20; 2, K McIntyre (She) 5-23; 3, G Ferguson (Cam) 5-32; 4, M Howie (St Marys) 5-41; 5, A Gardner (GHS) 5-55: 6. N Aitken (GHS) 5-57: Teams: 1 Clydesdale 13ets: 3. High School of Glasg 20. Clydebank Schools champs: Boys: 1, M Howie (St Marva) 5-41: 2. R Campbell (St. Marys) 6-01: 3. S Wales (Kil) 6-12: Teams: 1, St Marys 63pts; 2, Kilbowie 84; 3, Whitecroft 126

Girls: 1, J Campbell (St Marys) 6-43; 2, S Barr (Kil) 7-09; 3, J Fletcher (Kil) 7-16.

Maryhill H CC Races, Summerston

Senior 5 mile Handicapt 1, PO'Neill 40-52; 2. D Shearon 41-22: 3. J McGuigan 41-59: 4. A Callan 42-07; 5, B Gough 42-30; 6, J Microud 42-33: Fastest Times: 1, M Gallagher 27-46-2 A Sellers 28-06: 3 B Grouph 28-45. Young Athletes 2 mile Handicap: 1, S Singh 11-20: 2. J McLeod 12-05: 3, A Paris 12-15: Fastest Time: 1, A Paris 10-10.

Greenock W Harriers Stoddart Cup 3 mile CC Race, Greenock -

1, G Gaffney 14-26; 2, D McFadyen 15-09; 3, A Cameron V1 20-33; 4, D Newman 20-59; 5, E Lafferty 21-24; 6, G Newman V2 22-35.

17

Lochaber Drumfada Chase CC Race, Fort William -

1 equal J Brooks and W Rodgers both 45-45; 3, J MacRae 46-29; 4, B Brooks 46-30; 5, R Boswell 47-06; 6, J Dougan 49-26.

Ronnie Kane Memorial CC Race (Including Womens national league): Kings Park, Glasgow -

Seniors: 1, H Haining (Gl U) 18-28; 2, V Vaughan (Pit) 19-00; 3, A Rose (EWM) 19-02; 4, S Ridley (EWM) 19-35; 5, E Cochrane (CG) 19-39; 6, K McCallum (EWM) 20-14; 7, S Edmunds (EdU) 20-18; 8, R McAloese LV1 (Bath) 20-21; 9, J Roxburgh (GIU) 20-23; 10, D Porter) Ab 20-44; Teams: 1, EWM 13ots; 2, Aberdeen 38; 3, Edinburgh Univ 46; 4, Giffnock North 65; 5, City of Glasgow 68; 6. Batheste 78.

Inters: 1, Y Reilly (DHH) 13-42; 2, A Potts (CG) 13-55: 3. A Chevne (CG) 14-12: 4. L. Shaw (Arb) 14-25: 5, C Leitch (Avon) 14-32: 6. L. Chisholm (Str) 14-36; Teams: 1, City of Glasgow 29pts; 2, Strathkelvin Ladies 37; 3,

Jun: 1. P Crawley (CG) 11-43; 2, C Gormley (EWM) 12-01; 3, J Robertson (ESP) 12-02; 4, L Moody (CG) 12-13; 5, S McKenzie (EWM) 12-16; 6, J Sim (Morsy) 12-18; Teams: 1, City of Glasgow 36pts; 2, EWM 37; 3, DHH 45.

Bella' H Open CC Races, Bella' Park -

Sen: 1, T Murray (GGH) 35-32; 2, G Gaffney (GWH) 36-23; 3, G Luke (Strides) 36-28; 4, D Cameron (She) 36-37; 5, F McGowan (VP) 36-52; 6, J Cunningham (Strides) 37-00; 7, D Gardiner (RCE) 37-27; 8, W Richardson (Irv) 37-28; 9, T Anderson (Kil) 37-32; 10, W Robertson (Bell) 38-00; 11, T McCallion (GGH) 38-01; 12, D McFadyen (GWH) 38-09; 13, B Jenkins (GGH) 38-20; 14, D Truesdale (Bell) 38-40; 15, S Barnett (VP) 38-48; 16, E Wilkinson (C'glen) 38-55; 17, C Morley (Hel) 39-03; 18, A McBeth (Str Un) 39-06; 19, S Began (Spr) 39-20; 20, S Gilmour (VP) J1 39-23; V1, J McMillan 25th (Kil) 39-57; V2 R Guthrie 34th (Bell) 40-48; V3, P

Kelly 35th (Law) 40-58. Teams: 1. Greenock Glenoark 25; 2. Victoria Park 40; 3, Bellahouston 58. Youths: 1, P Loegue (She) 26-24; 2, J Marr

Scotland's Runner January 1992

(VP) 26-59; 3. L. Hendry (Sp) 27-08; 4, D Whiffin (NV) 27-14: 5. L. Richardson (Irv) 27-19; 6, A Moore (Cly) 27-32; Teams: 1, Clydesdale 27ots.

Senior Boys: 1, B Robinson (Ayr) 18-18; 2, D Genmell (Avon) 18-23; 3, H Murphy (Irv) 18-28; 4, B McLean (Law) 18-38; 5, B Hendry (lrv) 18-53; 6, R Amstrong (Cly) 18-56; Teams: 1, Irvine Cable 24pts; 2, Ayr Seaforth 31; 3, Cambuslang 33.

Jun Boys: 1, P Young (Cly) 13-19; 2, A Send (Avon) 13-23; 3, A Dobbie (Cam) 13-44; 4, K Wallace (Cam) 13-49; 5, S South (Cam) 13-54; 6, I McFadyon (Carn) 14-00; Teams; 1, Cambualang 12pts; 2, Victoria Park 38; 3, Clydesdale 51.

Colts: 1, D Moore (Cly) 4-52; 2, C McMaster (Law) 4-52; 3, K McInsyre (She) 5-03; 4, C Souter (Spring) 5-09; 5, G Ferguson (Cam) 5-13; 6, R Hill (Spr) 5-14; Teams: 1, Springhum 29ots; 2. Clydesdale 32; 3, Law & District 34.

Edinburgh Uni CC Races, Braid Hills -1. G Hull (LeeU) 31-04: 2. A Eyre-Walker (EU) 31-11: 3. P Dymoke (Liv) 31-22: 4. R Berestrand (Man) 31-24: 5. B Kirkwood (RCE) 31-33; 6, M Roscoe (Lee U) 31-45; 7, G McMaster (FVH) 31-55: 8. P Mowbray (EU) 32-08: 9. A Reid (Pes) 32-15: 10. J Garland (EU) 32-18: 11. G Crawford (RCE) 12-45: 12. J Maitland (P&B) 12-55: 13. T Delahooke (EU) 32-58; 14, J Jarvis (EU) 33-04: 15. W Speam (Leods U) 33-14: 16. R Lee (Liv) 33-16: 17. A Kitchin (Liv) 33-20: 18. D Law (Court) 33-23: 19. G Dyrah (EdU) 33-20: 20, G Ackland (Liv) 33-29; V1 C Smith (ESP) 35-02: V2B Howie (CPH) 35-06: V3.1 Seggie (Liv) 35-56; V4, B Begley (CPH) 37-37.

Worn (3 miles): 1, S Edmunds (EdU) 18-09: 2. Y Hague (Liv) 18-10; 3. A Mudge (StrU) 18-29: 4, H Kieldson (HWU) 19-13: 5, K Kitche (HWU) 19-14: 6. D Everington (Liv) 19-16: 7. R McFadden (EU) 19-28: 8. C Bolland (EU) 19-28; 9, S MacMillan (EU) 19-48: 10. M Coleman (Liv) 20-12.

Gauldry CC Open CC Meeting, Gauldry, Sen 7,620 m: 1, T Mitchell (Fif) 27-46; 2, C Haskett (DHH) 28-20; 3, D Storey (DHH) 28-27; 4, G Hanlon (DRR) 28-44; 5, J Evana (She) 28-52; 6, G Mitchell (Un) 29-05; 7, C Ross (Un) 29-12; 8, I Taylor (C'negie) 29-22; 9, C Watson (Pit) 29-30; 10, D Amott (Pit) 29-44; JI A Kings 19th (Pis) 30-38; V1 P Peterson 24th (Ctr) 31-10; V2 S Graves 29th (Fif) 31-41; V3, R Nicoll 33rd (Fif) 31-47.

Youths 4,810m: 1, S Meldrum (Pit) 19-11; 2,

S Duncan (DHH) 19-20; 3, D Leggat (DHH) 20-25; 4, D Ross (Arb) 20-49; 5, M Stolarek (Ctr) 21-47; 6, N Anderson (Tay) 22-38. Senior Boys 3,810m: 1, L Jones (Arb) 15-23; 2, D Wightman (Tay) 15-25; 3, P McFarlane (Fif) 15-33; 4, S Monaghan (DHH) 15-37; 5, S Mills (Tay) 15-59; 6, G Tosh (Tay) 16-07. Junior Boys 2,260m: 1, S Grieve (Ctr) 9-48; 2, A Forsyth (Pit) 9-58; 3, P Heron (Arb) 10-06; 4, C Nicoll (Tay) 10-13; 5, R Stewart (Tay) 10-24; 6, S Roy (Pit) 10-26.

Colts 1,260m: 1, J Oparks (Tay) 5-07; 2, F McHardy (Ctr) 5-11; 3, D Green (Fif) 5-15; 4, J Mason (DHH) 5-15; 5, J Lafferty (DHH) 5-26; 6, M Hanlon (DHH) 5-30.

Safeway CC Meeting, Gateshead -

Men: 1900 metres: 1. J Lobo (B'bum) 5-11: 2. A Pearson (Lin) 5-11: 3. N Smith (S'burn) 5-12; Scots placings: 15, M Fallows (ESP) 5-25; 31, K. Mortimer (ESP) 5-45; 6,900 metres: 1, B Masya (Ken) 20-04; 2, R Quinn (Kil) 20-42: 3. A Pearson (Lin) 20-47: 9. A Puckrin (CPH) 21-00: 16, D Cavers (Tev) 21-25: 17, A Walker (Tev) 21-29; 20, R Fitzsimmons (Kill) 21-42.

Juniors 6900m: 1. T Rignall (Lon) 21-44: 2. B Conway (Dum) 21-53; 3, J Moorhouse (Scun) 21-57; 4, G Reid (JWK) (Lon) 21-59; 6, S Burch (Pit) 22-06; 7, G Graham (VP) 2208; 9, M McCartney (Lon) 22-10; 16, G Willis (Ayr) 22-32; 17, A Smith (EK) 22-35.

Youths 5,200m: 1, G Hilton (Dur) 16-43; 2, S Jackson (Sheff) 16-51; 3, S West (OWLS) 16-57; 1, C Cielland (Cam) 17-10; 19, G Browitt (Ren) 17-31; 20, PAllan (Avr) 17-32; 25, M Kelso (Pit) 17-39.

Boys 3,500m: 1, A Finn (Arm) 11-24; 2, S Bond (C'field) 11-31; 3, DFlint (Blay) 11-48; 11, A Donaldson (Pit) 12-11; 17, A Moore (Cly) 12-19; 18, C Smith (Ab) 12-21; 19, R Harris (Cly) 12-23; 20, M Smith (VP) 12-23; 21. P Dennis (Hel) 12-26.

Veterans 5,200m: 1, T Elliot (Tev) 16-42; 2, H Matthews (Els) 16-53; 3, A Whitfield)Ch le-st) 17-01.

Women: Inv 1900m: 1, K Hutcheson (B&H) 6-01; 2, A Williams (Sale) 6-09; 3, V English (Hav) 6-15.

Senior 5200m: 1, A Wallace (For) 17-24; 2, A Duke (Mand) 17-44; 3, A Whitcombe (Park) 17-47; 6, V McPherson (Glas U) 18-03; 14, A Bell (Linc W) 18-45; 24, V Blair (EWM) 19-

Scottlish Vets 5 mile CC Race, Auchinairn 1. J Kennedy (VP) 27-19: 2. A McLinden (Ham) 27-47: 3. C Smith (ESP) 27-58: 4. H Watson O/45 (Clv) 28-07; 5, J McMillan (Kil) 28-22: 6. W Mitchell (Cam) 28-28: 7. D Fairweather (Cam) 28-29; 8, R Young (Cly); 9. R Campbell (Clv) 29-02: 10. H Muir (GWH) 29-11: O/50: P Keamey (Mary) 22nd 32-10: O/55: J Irvine 16th (Bell) 30-57; O/60: W McBrinn 19th (She) 31-44; O/65: R Demoster 56th (Mary) 41-16; O/70: T Harrison 59th (Mary) 44-26; O/75: G Porteous 58th (Mary) 41-26: L1. D Monteith 42nd (SVHC) 35-26: 1.2, K Dodson 49th (Law) 37-33.

SWCCU Women's East Dist CC Champs, Hawick -

Sen: 1, A Rose (EWM) 23-17; 2, S Ridley (EWM) 23-49: 3. S Gollan (Inv) 23-59: 4. D Parker (Ab) 25-09; 5, K McCallum (EWM) 25-15; 6, J Grams (YS) (Ab) 25-16; 7, K Powell (DHH) 25-30; 8, C A Gray (ESP) 25-38; 9, S Harkins (Ab) 26-02; 10, J Wilson (Inv) 26-08; 11, S Granger (EWM) 26-19; 12, A Tinney LV1 (Bath) 26-28; 13, L Barclay (Pit) 26-32; 14, T Thomson (Pit) 26-48; 15, T Knox LV2 (Un) 28-14; 16, N Mackinnon LV2 (Ab) 28-21; 17, A Ramsey (EWM) 28-37; 18, P Lynch (EWM) 28-37; 19, S Knox (Ab) 29-16; 20, P Perrono (Ab) 29-41.:

Inters: 1, Y Reilly (DHH) 14-13; 2, L Cormack (ESP) 14-32; 3, L Stewart (ESP) 14-46; 4, S Macrae (Inv) 15-00; 5, N Clarkson (Ab) 15-41; 6, CFalconer (MBI) 15-47; Teams: 1, ESP 15; 2, DHH 28.

Juniors: 1, K Gomiley (EWM) 11-27; 2, M Smith (MBD 11-51; 3, J Robertson (ESP) 11-53; 4, S McKenzie (EWM) 11-59; 5, V Clark (Ab) 12-00; 6, C Vetriano (DHH) 12-02; Teams: 1, Aber 42; 2, DHH 55; 3, EWM 61. Girls: 1, K Scott (MRR) 11-48; 2, J Ward (Pit) 12-05: 3, S Leibritz (MRR) 12-14; 4, S Robertson (ESP) 12-18: 5. L. Harrison (ESP) 12-20; 6, A Phillips (Lass) 12-23; Teams: 1, ESP 33; 2, Lasswade 52; 3, DHH 62.

Minors: 1. H Norman (Pit) 9-13: 2. L Wilcox (MRR) 9-29: 3, Z Richardson (Loch) 9-32: 4. R Gibson (Har) 9-36; 5, A Reid (Tev) 9-41; 6, E Reid (Loch) 9-43; Teams: 1, Aberdeen 46pts; 2, MRR 59. 3, Pitreavie 65.

SWCCU Wom's West Dist CC Champs Blahopbriggs -

Sen: 1. E Cochrane (CG) 27-29: 2, E McKay (She) 28-15; 3, 5 Kennedy YS (VP) 28-23: 4. J Stevenson LV1 (FVH) 28-27; 5, J Roxburgh YS2 (Irv) 28-39; 6, M Gernnell (Str) 28-53; 7, E O'Brien (OGH) 29-22; 8, J Armstrong LV2 (GN) 29-33; 9, K Hancock LV3 (GN) 29-48; 10, M Blacker (GN) 29-53; 11, G Walker (Cum) 30-04; 12, S McLeish (GN) 30-11; 13, K Chapman LV4 (GN) 30-23; 14, J Harvey (CG) 30-30, 15, A M Hughes (She) 30-32; Teamat 1, Giffnock North 27pts; 2, City of Glasgow 32; 3, Falkirk Victoria Harriers 42: Veta: 1. Giffnock North.

Inters: 1, A Posts (CG) 22-37; 2, A Cheyne (CG) 22-55; 3, C Leitch (Avon) 23-43; 4, L McGarrity (SV) 24-04; 5, A McManus (Irv) 24-14; 6,1. Chisholm (Str) 24-30; 7, D Paterson (Str) 24-53; 8, D Ward (Avr) 25-51; 9, G Hamilton (FVH) 25-56; 10, N McEwan (CG) 25-59. Teams: 1, City of Glasgow 13pts; 2, Strathkelvin Ladies 25; 3, Central Region 46. Juniors: 1, P Crawley (CG) 12-57; 2, E Goman (VP) 13-07; 3, S Scott (Ayr) 13-27; 4, L. Moody (CG) 13-37; 5, S J Wilson (KO) 13-45; 6, T Tighe (Law) 13-54; 7, L Baillie (Avon) 14-01; 8, L Scott (KO) 14-09; 9, L Jackson (Law) 14-12; 10, E McClong (Irv) 14-15; Teams: 1, City of Glasgow 42pts; 2, Kirk Oly 64; 3, Law & District 76.

Girls: 1, K Montador (Ctr) 13-14; 2, C Morris (JWK) 13-50; 3, M Hastie (Str) 14-03; 4, V Forbes (Ayr) 14-08; 5, D McMorran (CG) 14-16; 6, J McMorrow (Stone) 14-19; 7, K Linder (Air) 14-36; 8, L Camie (CG) 14-40; 9, S McNaimey (Irv) 14-46; 10, L Davies (CG) 13-56; Teams: 1, City of Glasgow 44; 2, Airdrie 94; 3, Victoria Park 105.

Minors: 1, E Dewar (Ctr) 7-54; 2, J Ross (VP) 7-55; 3, H Connell (Str) 8-01; 4, L Conway (Ayr) 8-02; 5, C Couper (FVH) 8-04; 6, K Montador (Ctr) 8-07; 7, F Menzies (Kil) 8-12; 8, DFraser (FVH) 8-21; 9, K Keamey (Les) 8-23: 10. L. Murdoch (Avr.) 8-30; Teame: 1, Avr. Seaforth 39pts; 2, Victoria Park 42; 3, Falkirk Victoria Harriers 62.

Renfrewshire CC Champs, Houston -

Sen: 1, T Murray (GGH) 32-46; 2, G Gaffney (GWH) 33-50: 3, T McCallion (GGH) 34-17: 4. C Spence V1 (SV) 34-19; 5. D McFadyen (GWH) 34-20; 6, T Anderson (Kil) 34-33; 7, C Leck (SV); 8, A Daly (Bel) 35-01; 9, W Robertson (Bel) 35-05; 10, S Hodge (SV) 35-09: 11. D Truesdale (Bel) 35-11: 12. I Airdrie (GN) 35-12; 13, J Snodgrass (Kil) 35-15; 14, W Jankins (GGH) 35-28; 15, C Cromar (SV) 35-33; V2, J McMillan 20th (Kil) 36-19; V3, R Hodelet 29th (GGH) 37-32; Team: 1, SV 73; 2, Kil 81; 3, Greenock Glenpark 94; 4, Bellshouston 120; 5, Greenock Wellpark 230; 6. Giffnock North 256.

Youths: 1, D Kerr (SV) 17-53; 2, G Rooney (Lin Pen) 19-49; 3, P Corrigan (Kil) 20-39; 4, N Munro (Kil) 21-02; 5, S McCulloch (Kil) 21-15; 6,G Smith (Kil) 22-18; Team: 1,Kil 12. Sen: 1, C Douglas (Kil) 18-27; 2, R Girvan (Kil) 19-01; 3, B Byme (Kil) 20-22; 4, N Mooney (SV) 21-07; 5, P O'Brien (SV) 22-28; Teams: 1, Kilberchan 6.

Juniors: 1, A Docherty (SV) 9-59; 2, C Hill (GGH) 10-03; 3, J Hendry (GGH) 10-06; 4, G Menzies (Kil) 10-36; 5, G Young (Kil) 10-48; 3. S Hannigan (Kil) 10-53; Teams: 1. Kilbarchan 15pts; 2, GGH 16.

KO Pr Sch CC League, Kirkintilloch -

Boys: 1, S Owens (St Matt) 6-30; 2, M Jamieson (St Matt) 6-31; 3, A Coia (St Matt) 6-31; 4, G McKay (Bal) 6-34; 5, J MacDonald (St Matt) 6-38; 6, A Gilmour (Oxy) 6-45; Team: 1, St Matt.

Girls: 1, L. Wigham (Lenz) 6-53; 2, H Campbell (Lenz) 7-01; 3, L McCluskie (St Matt)7-06;4,JGray(Oxy)7-11;5,EChalmers (Gort) 7-26: 6. C Hood (Glen) 7-32: Team: 1. Lennie PS

SCCU North District Champs, New Elgin-Sent 1, J Bowman (Inv) 36-20; 2, A Reid (Pet) 37-42; 3, E Rodgers (Loch) 38-10; 4, S

MacKenzie (Inv) 38-26; 5, G Reynolds (She) 38-28; 6, V1, G Milne (MRR) 38-52; 7, G Bartlett (For) 38-53; 8, M Wright (MRR) 39-00; 9, M Flynn (MRR) 39-15; 10, C McClean (Inv) 39-17; 11, N Reid (Ork) 39-23; 12, A Stewart (MRR) 39-40; 13, J Henderson (MRR) 39-44; 14, C Hunter (Moray) 39-49; 15, G Laing (Inv) 39-49; 16, R Aitken (MRR) 40-16; 17 P Hughes (Loch) 40-20; 18, S Gill (Keith) 40-30; 19, A Macdonald (Cai) 40-56; 20, M Francis (For) 41-05; Teams: 1, Morey 62: 2. Inv 82.

Juniors: 1, B Fraser (BI) 35-28; 2, N Mendum (Fra) 36-05; 3, \$ Wright (Elg.) 36-46.

Youther 1. J Brooks (Loch) 23-48: 2. A MacRae (Inv) 24-24; 3, B Meikle (BI) 25-03; 4. M Cruden (Inv) 25-07: 5. M Bain (Fra) 25-11: 6.5 Chisholm (MRR) 25-25; Teams: Inv. Senior Boys: 1, J Colquboun (Inv) 17-48; 2. V McPherson (Loch) 17-54; 3, R Milne (MRR) 18-01; 4, P McIntyre (Inv) 18-08; 5, A Thomson (Inv) 18-36; 6, 5 Robertson (MRR) 18-55. Team: Inv.

Junior Boys: 1. K McAlpine (Nai) 12-24; 2. NTulloch (BI) 12-48: 3, G Martin (BI) 12-48: 43. L Bethune (BI) 13-19; 5, J Cowie (BHS) 13-29: 6. D Wilby (BI) 13-36: Team: BL

Open Women's races, New Elgin -

Sen: 1, M Duthie (Fra) 18-16; 2, J Wilson (Inv) 19-50; 3, S MacRae (Inv - I) 20-15; 4, A Reid (Loch) 20-45: 5. A Smart (Inv) 20-47: 6. H Batty (Ork) 20-52; V35: 1, F Farquharson (Cai) 21-06: Team: Inv.

Jun Ladles: 1, M Smith (BI) 13-48; 2, J Sim (MRR) 14-00; 3, P Young (BI) 14-36; 4, T McLatchie (Pet) 14-50; 5, S Sutherland (Inv) 14-59; 6, L Hogg (MRR) 15-06; Team: BI. Girls: 1, K Scott (MRR) 11-05; 2, S Liebnitz (MRR) 11-34: 3. G Nicol (Cai) 11-37: 4. H Tulloch (Ork) 11-52; 5, F Clasper (Cai) 11-57: 6. K Wilcox (MRR) 12-04; Team: Moray. Sen: 1, G Wight (Ayr) 24-56; 2, C Souter (Ayr) 25-29; 3, W Richardson (Irv) 26-14; C Miller (Irv) 26-33; 5, E Tonner (JWK - J) 26-38; 6, B Whittle (Ayr) 26-51; 7, S White (JWK) 27-07; 8, K Karzazi (Lou) 27-24; 9, M Ferguson (JWK) V1 27-34; 10, J White (Irv) V2 27-55; V3 H Rankine (JWK) 28-02; Teams: 1, Irv 30; 2, JWK 33; 3, Ayr 57.

Youths: 1, G Willis (Ayr) 17-16; 2, L Richardson (Irv) 18-30. Sen Boys: 1, K Mason (Cum) 13-37; 2, B Robinson (Ayr) 13-48; 3, H Murphy (Irv) 14-13; Team: 1, Ayr.

Junior Boys: 1, C Robertson (Ayr); 2, S Hamilton (Irv); 3, K Miller (Cum) (No Times). Team: Ayr.

Sen Women: 1, V Clinton (Irv) 21-57; 2, II Moston (Irv) 22-03; 3, J Byng (Irv) LV1 22-21:4, MMcGill (Irv) LV222-40;5, A Higgins (Lou) 23-17; 6, K Melville (Irv) EJ 25-09. Team: Irvine Cable 6pts.

Inters: 1, C Miller (Irv) 17-39; 2, N Gray (Irv) 17-48; 3, D Ward (Ayr) 18-11.

Jun Ladies: 1, S Youden (TWK); 2, L Hough (Irv); 3, N Youden (JWK) (No Times). Team:

Minor Girls: 1, L Conway (Ayr); 2, M McKinnon (Ayr); 3, K Bryant (Irv) (No Times). Team: Ayr.

Eastern District VV League, Rosyth -

Senior: 1, J Ross (HELP) 22-55; 2, 1 Steel (CPH) 23-02; 3, P Dymock (Liv) 23-06; 4, P Faulds (FVH) 23-08; 5, D Ross (RCE) 23-08; 6. D Barr (Tev) 23-10: 7, S Cohen (RCE) 23-16: 8: G McMaster (FVH) 23-20: 9. A Farr (Tev) 23-27; 10, R Herries (HBT) 23-28; 11, GCrawford (RCE) 23-28; 12, 1 Brown (FVH) 23-30: 13. I White (FVII) 23-30: 14. D Garland (ESP) 23-38: 15. S Burch (Ed U) 23-43: 16. M Ferguson (ESP) 23-45; 17, R Creswell (Al) 23-49; 18, R Hall (Tev) 23-53; 19, A Ward (ESP) 23-56; 20, M Strachan (DHH) 23-57. Teams: 1, FVH 97; 2, ESP 170; 3, Tev 173; 4. Liv 178: 5, Ab 326: 6, HBT 328.

Youths: 1, A Moonie (Pit) 19-52; 2, S Taylor

(Pit) 20-12: 3. M Kelso (Pit) 20-25: 4. T Winters (ESP) 20-36; 5, M Daly (ESP) 20-44; 6, D Hughes (Tev) 20-55; 7, M Clark (MCS) 21-05; 8, H Dobbin (Bath) 21-12; 9, S Meldrum (Pit) 21-30; 10, S Robertson (FVH) 21-40. Teams: 1, Pit 6: 2, ESP 22: 3, Her 66.

Senior Boys: 1, K Daley (ESP) 13-48; 2, D Macdonald (PSH) 13-52; 3, N Lyall (Lass) 14-05; 4, M Anderson (Cor) 14-07; 5, A Cardwise (Tev) 14-13; 6, C Smith (Ab) 14-20; 7, A Love (Ab) 14-22; 8, M Hamler (Lass) 14-25; 9, B Boyle (ESPO 14-28; 10, D McGregor (Fif) 4-30. Teams: 1, lass 20; 2, ESP 31: 3. Fife 38.

Junior Boys: 1, M Munro (Dun) 12-35; 2, S Gielty (Lass) 12-44; 3, S Grieve (CR) 12-46; 4, A Ford (ESP) 12-51; 5, T Norwood (Cor) 12-53; 6, P Daniels (Har) 12-54; 7, G Couper (FVH) 12-54; 8, A Forsyth (Pit) 13-01; 9, G Manie (Dun) 13-03; 10, W Brown (ab) 13-05. Teams: 1, Dun 26; 2, Tev 36; 3, Pit 54. Colts: 1, G Houston (Pen) 5-36; 2, J O'Parka (Tay) 5-39; 3, C O'Brien (Cor) 5-45. Teams:

December

1, Ab 39; 2, Pit 47; 3, QVSc 55.

Scottish Fire Brigade League, 10K Forest Trail, Bathgate

1, PButcher (Tay) 33-04; 2, DBuchanan (Str) 33-29; 3, S McCabe (Tay) 33-39; 4, R Brown V1 (Str) 34-32; 5, D Watson (High) 34-42; 6, A Eaglesham (Str) 34-51; Teams: 1. Strathclyde 12pts; 2, Highlands Islands 31.



November

Allan Scally Mem Rd Relay, Baillieston -1, RC Edinburgh 90-38 (rec) (A Robson 23-00: B Kirkwood 23-04: J Robson 22-08: T Hanlon 22-26); 2, FVH 91-28 (K Rankine 23-41; I Johnstone 23-21; G Grindley 22-38; J Sherban 21-48); 3, Shettle' 92-56 (J McKay 23-29; D Cameron 23-46; W Coyle 22-25; N Muir 23-16); 4, C PH 93-02 (A Hutton 22-22; I Steel 23-54; G Mathieson 24-12; A Puckrin 22-34); 5, Cambuslang 94-38 (O Thom 24-00; J Orr 23-59; M Gornley 23-29; E Stewart 23-10); 6, R C "B" 94-51 (D Gardiner 23-49; D Ross 23-19; S Cohen 23-47; G Crawford 23-56); 7, S V 95-35; 8, Edinburgh U 95-49; 9, ESP 96-14; 10, Ayr Seaforth 97-00; 11, DHH 97-12; 12, ESP "B" 98-40; 13, FVH "B" 99-00; 14, Irvine Cable 99-39; 15, Shettleston "B" 99-44; 16, Bella' H 100-17; 17, HBT 100-21; 18, DHH "B" 100-29; 19, Livingston 100-34; 20, FVH "C" 100-37; 21, ESP "C" 100-38: 22. CPH "B" 100-47: 23. Kilbarchan 100-57; 24, Motherwell YMCA 101-28; 25, Cambus Vets 101-38; 26, Maryhill H 101-53; 27, Spr 101-55; 28, HBT "B" 102-04; 29, Bella B 102-09; 30, Teviotdale H 102-20.Fastest Laps: 1, J Sherban 21-48; 2, J Robson 22-08; 3, A Hutton 22-22; 4, W Coyle 22-25; 5, T Hanlon 22-26; 6, A Puckrin 22-34; 7, G Grindley 22-38; 8, A Robson; 9, B

Scottlah Uni's Relay Champs -

Kirkwood 23-04; 10, E Stewart 23-10.

1, Edinburgh University 95-49 (T Delahooke 24-10: J Pyratie 23-59: A Eyro-Walker 23-45: P Mowbray 23-55); 2, Strathclyde Univ 103-03; 3, Edinburgh Uni " B" 104-46; 4, Strathclyde Uni "B" 107-55; 5, Aberdeen Uni 108-15; 6, Glasgow Uni 108-48. Fastest Laps: 1, A Eyre-Walker 23-45; 2, P Mowbray 23-55; 3, J Pyrati 23-59.

GGH Shields Trophy 6 mile RR, from Inverkip to Greenock

1, H Cox 27-24; 2, P Russell 27-58; 3, B Jenkins 28-03; 4, D McLaughlin 28-24; 5, J McFadyen 28-39; 6, S McLoone 28-45; V1, R Hadelet 29-58; V2 R Boyd 30-10; V3, J Smith 30-53; L1, E O'Brien 33-31.

Black Isle Festival of Running, Fortrose

Marathon: 1, F Clyne (Mes) 2-27-18; 2, M McHale V1 (Cam) 2-37-21: 3. R Milton (Cam) 2-45-07; 4, D Ritchie (For) V1 2-45-45; 5, S Wallace (HELP) V2 2-46-06; 6, M Francis (For) 2-50-02; 7, J Duffy (She) 2-52-45; 8, A Russell (Pit) 2-53-24; 9, N MacGregor V3 (She) 2-54-59; 10, R McDonald V4 (FRC) 2-55-37; Team: 1, Camegie H 18pts. L1, T Thomson (Pit) 3-12-39; L.2. M Healy (Pit) 3-13-41; L3, F Nicholson (For) 3-17-44; L4, S Beauchop LV1 (SVHC) 3-24-56; L5, SBernet

Half Marathon: 1, S MacKenzie (Inv) 71-57; 2, RTaylor (Met) 72-02; 3, J Baird (HELP) 72-03; 4, M McCreadie (Fife) 72-32; 5, M Wright (Mor) 72-50; 6, S Ogg (Cam) 75-14; 7, J Forte (HELP) 76-02; 8, P Baxter (Pit) 76-23; 9, I Mustarde (HELP) 76-43; 10, S Forbes (Met) 76-50; V1, J Smith (Gor) 1-21-25; V2, GLamb (Mil) 1-24-09; V3, J Douglas (Cai) 1-25-06; Teams: 1, HELP 19pts; 2, Metro 25; 3, Camegie 32. L1, J Robertson (Ayr) 1-26-47; L2, F Thin (MBD) 1-28-28; L3, A M Hughes (She) 1-30-39; LA, H Stewart (Clv) 1-31-37; LVI, L McLardy (MBI) 1-33-51; LV2, D Routley (Etm) 1-35-01; LV3 S Clarke (HHR) 1-38-04: Team: 1. Garioch RR.

10K: 1, R Arbuckle (Keith) 29-56; 2, C Hall (DHH) 30-08; 3, J Bowman (Inv) 31-20; 4, A Ramage (Irv) 32-04: 5. D McGuiness (HFLP) 32-16; 6, C McLean (Inv) 32-21; 7, M Flynn (Mor) 32-37; 8, R Aiken (Mor) 32-37; 9, M Chambers (Inv) 33-40: 10. R Stone VI (HELP) 33-50: V2. P Crowe (Inv) 34-37: V3. J McWilliam (Moray) 36-15: Teams: 1. Inverness 13pts: 2. Inverness B 36: 3. Haddington 39, L1, J Wilson (Inv) 37-40, L2. K Lawrence LV1 (Unat) 39-55: L3: MWalker LV3 (RI) 40-17: L4 Fisher LV3 (Naim) 41-27; L5, A Smart (Inv) 41-36; Team: 1.

Valentines Astral 10K RR, Dundee -

1. G Croli (Cam) 50-58; 2, T Mitchell (Fif) 51-57: 3, R Bell (DHIII) 53-55: 4, S Borland (DHH) 54-50; 5, B Cook (DHH) 56-15; 6, R Wood V1 (DRR) 56-44; 7, C Rollo (DHH) 56-48; 8, D Sullivan (DHH) 57-05; 9, R Florning (Ctr) 57-17; 10, R Jardine (Bo'ness) 57-31; V2, S Swanton (DRR) 58-20; V3, A McCallum (Mont) 58-29; Team: 1, DHH L1, G Pollard (FFT) 59-43; L2, M Muir (DRR) 62-20; L3, J Swanson (CG) 64-09; L4, C Brown (Fif) 64-31; L5, M McLaren (Fif) 66-57; L6, S A Hales (DHH) 67-00; Teams: 1, Dundee Roadrungers, LV1, C Cadger (PSH) 71-50; LV2 A Dudek (PSH) 73-06.

Gen Portfolio 10 mile Road Race from Brampton to Carlisle -

1, CThackery (Hall) 46-29; 2, D Donnett (Sp) 48-19; 3, M Carroll (Ann) 48-21; 4, G Crawford (Sp) 48-48; 5, PBanks (B'burn) 49-34; 6, S Parr (Gate) 49-48... Other Scots ... 21, A McLelland (Cal) 51-46; 24, C McDougall V1 (Cal) 51-50; 29, A Robertson (Cam) 52-22; 34, D McAra (FVH) 52-49; 44, C Ross

(She) 53-50; 48, I Burke V4 (Bel) 53-54; 52, N Maltman (Tev) 54-12; 64, A Shankle V6 (Tev) 54-48; 81, D Scobie (Durn) 55-27; 90, F Wright V (Sp) 55-55.L1, S Catford (Leeds) 55-30; I.2, K Mitchell (Tyne) 57-03; I.3, C Niasby (Hough) 57-18; Scots placings... L8, C Brown (Fif) 61-08; L11, K Hancock (GN) 63-08; L12, J Harvey (CG) 65-41.

Fife College Women's 10K RR, Kirkcaldy 1, K Robinson (Pit) 35-34 (rec); 2, 5 Aiken (AP) 40-05; 3, M Healy (Pit) 40-53; 4, H Parkinson (71) (Bal HS) 41-54; 5, F McKinnon (Lass) 43-16: 6. E Bain (Cal) 43-42: 7. M Brimscombe (Cam) 45-33: 8, S Kelly LVI

Glasgow Uni Gen Portfolio 5 mile RR, Westerlands.(+ 558 ran) -

1, P Dugdale (Hor) 22-19 (rec); 2, R Quinn (Kil) 22-23; 3, A Hutton (CPH) 22-23; 4, A Douglas (VP) 22-42; 5, G Croll (Cam) 22-43; 6, D Runciman (Cam) 22-47; 7, G Stewart (Gl U) 23-11; 8, J Ross (HELP) 23-21; 9, R Fitzsimmons (Unst) 23-23; 10, S Wright (New U) 23-25; 11, C Thomson (Cam) 23-27; 12, B Kirkwood (RCE) 22-32; 13, J Duffy (SV) 23-34; 14, G Graham J1 (VP) 23-36; 15, F McGowan (VP) 23-40; 16, R Harries (HBT) 23-49; 17, G Crawford (HW Uni) 23-49; 18, G Gaffney (GWK) 23-50; 19, D Cameron (She) 23-58; 20, J Garland (ESP) 24-05; 21, M McQuaid (FVH) 24-07; 22, A McConnick (She) 24-10; 23, J Herries (HBT) 24-13; 24, C Soutar (Ayr) 24-15; 25, C McDougall VI (Cal) 24-17; V2, A McLinden 67th (Ham) 25-16; V3, J White 71st (Irv) 25-18; V4, I Burke 82nd (Bel) 25-33; V5, JSmith 95th 25-45; V6, K Brown 100th (VP) 25-54; VO/45: 1, B McMonagle 87th (She) 25-40; 2, R Young 102nd (Cly) 25-54; 3, R Guthne 110th (Bel) 26-08; VO/50: N Watson 90th (Cly) 25-42; J2, A Adams 36th (VP) 24-31; J3, C Greenhalgh 41st (VP) 24-42; J4, P Mowbray 46th (Ed U) 24-51; JS, A Smith 50th (EK) 24 56; J6, S Gilmour 53rd (VP) 25-00; L1, V McPhemon (GLU) 25-45: L2. A Rose (EWM) 26-46; L3, G Pollard (FFT) 26-50; L4, E Cochrane (CG) 27-18; L5, E Masson (Kil)

10

Aberdeen 6 mile RR Champs -

1, FClyne (Met) 31-42; 2, R Taylor (Met) 32-06: 3. S Wynn (Ab) 32-24: 4. I Williamson (Ab) 32-26: 5. W Adams V1 (Ab) 33-07: 6. P Jennings (Metro) 33-30; 7, B Moroney (Met) 33-45; 8, S Willox (Met) 33-57; 9, A Henderson (Ab) 33-58; 10, A Neaves (Met) 34-15; 11, C Benzies (Met) 34-24; 12, C Simpson (Ab) 34-27; 13, K Hogg V2 (Ab) 34-34; 14, C Noble V3 (Ab) 34-38; 15, J Ballantyne V4 O/50 (Ab) 34-41; 16, M Edwards V5 (Ab) 34-46; 17, I Williamson (Ab) 35-00; 18, G Riddell (Ab) 35-33; 19, E Rennie V6 (Ab) 35-38; 20, D Grubb V7 (Ab) 35-52.Teams: 1, Metro Aberdeen 10ots; 2, Aberdoen AAC 21, L.I., D Porter (Ab) 37-37; L2, J Grams (Ab) 38-20; L3, S Lanham (Ab) 38-56; LA, L Bain LV1 (Ab) 39-12; L5, B May LV2 (Ab) 43-38.

Gen Portfolio Home Countries Int 16 mile RR. Llandudno, Wales -

1, B Hursain (Eng.) 49-09; 2, W Coyle (Scot) 49-25; 3, J Hall (Wales) 49-37; 4, A Puckrin (Scot) 49-39; 5, K Davies (Wales) 49-43; 6, J Ferrin (N1) 49-49;... 10, H Cox (Scot) 51-31. Teams: 1, Wales 15; 2, Scotland 16; 3, N

Ireland 23; 4, England 24.

Women: 1, A Wright (B'mouth) 55-15; 2, L Hughes LV1 (Wales) 59-20; 3, L Thomas (Lis) 59-40;... 8, J McColl (Scot) 62-00;... 15, S Kennedy (Scot) 66-05.

Teams: 1, N Ireland; 2, Wales; 3, Scotland.

16

SchoolsRd Relay Champs, Grangemouth Boys: O/15: 1. Balwearie HS 26-41: 2. Douglas AC 26-54: 3. Boclair AC 27-02: 4. Dan Stew Mel Col 27-24: 5. St Alovaius 27-30: 6. Hawick HS 27-38: 7. Balfron HS 27-50: R Park Mains HS 27-56: 9 Stewarton AC 27-57; 10, Watsons 27-57; 11. Kelvinside AC 28-12; 12; Hutcheson's 28-22; 13, Arbroath HS 28-48: 14, Marr Coll 29-04: 15, Hutchesons B 29-12 Fastest laps: 1, A Moonie (Bal) 8-28; 2, M Gill (St Al) 8-35; 3, J Tonner (Stew) 8-42: 4. A McPherson (Hutch) 8-43: 5. D Gorman (Doug) 8-45; 6, D Hughes (Hawick) 8-51; 7, C Young (Boc) 8-52; 8, S McNellan (Doug) 8-57; 9, A Moore (Bal) 8-57; 10, A Donaldson (DSMC) 8-58 U/15: 1. Dinewall AC 29-25: 2. Dunber GS 30-31: 3. Balwearie 30-32: 4. Alneas AC 30-46: 5. Tumbull HS 30-53: 6. Hutcheson's GS 30-59: 7. Douglas AC31-10: 8. Boclair AC31-11; 9, Hunter HS 31-12; 10, Hormitage Ac 31-32; 11, Hawick HS 31-41: 12 Arbroath HS 32-04: 13 Boclair B 32-08; 14, Douglas B 32-27; 15, Firbill HS 32-32.Fastest laps: 1, A Thomson (Ding) 9-20: 2, G Moonie (Bealw) 9-30; 3, D Campbell Girls: O/15: 1, Glasgow HS 23-50; 2, St Leonards 24-32; 3, Dingwall AC 25-00; 4, Glasgow B 25-04; 5, St Loonards B 25-18; 6, Turnbull HS 25-20; 7, Mary Erskine 25-22; 8, George Watson's 25-45; 9, Balwearie HS 26-04; 10, Dingwall B 26-08; 11, Port Glas HS 26-32; 12, John Street SS 26-35; 13, Kinross HS 26-39; 14, Hutch 26-45; 15, St Leonards C 27-17.Fastest laps: 1, H Parkinson (Belw) 7-36; 2, K Gormely (ME) 7-38; 3, R Drysdale (GHS) 7-47; U/15: 1, Hawick HS 25-06; 2, Dingwall 25-18; 3, Whitfield HS 25-22; 4, Pon Glasgow 25-54; 5, St Leon 26-07; 6, ME 26-17; 7, Park Mains 26-23; 8, GHS 26-28; 9, Halw 26-50; 10, St Margarets 26-51; 11, St Thom of Agu 26-55; 12, Castlehead 27-03; 13, Tumbull HS 27-06; 14, Kinross HS 27-15; 15, Port Glasgow B 27-18. Fastest laps: 1, S McKenzie (St Thom) 8-03; 2, L Cainey (Hunter) 8-16; 3, V MacDonald (Ding) 8-17; 4, N Stephen (St M) 8-18; 5, J Potter (PGHS) 8-19: 6 ogual 2, Richmond (Arb); C Humphries (Whit), L. Brown (Hawick all 8-20; 9, J Thomson (Haw) 8-21; 10 equal L Thomson (Haw) and L McKechnie (Ding) both 8-25.

Primary Schools Relay Champs -Boys: 1, Husch 11-43; 2, Lenzie Moss 11-46; 3, St Michaels 11-54; Girls: 1, Maxwellton 12-33; 2, St David's 12-48; 3, Elrick, Aberdeen

Glen Clova 1/2 Marathon, by Kirrlemuir 1, F Clyne (Mes) 67-20; 2, T Thomson (Ctr) 70-04; 3, R Taylor (Met) 70-24; 4, P Simpson (Pit) 71-06; 5, P Briscoe (DHH) 71-57; 6, I Moncur (DHH) 72-19; 7, R Woods VI (DRR) 72-45; 8, D Calder (West) 73-16; 9, D Armour (Ctr) 73-31: 10. P Baxter (Pit) 73-37: 11. P Jennings (Met) 73-53; 12, A McCallum V2 (Mont) 74-14; 13, G Hanlon (DRR) 74-56; 14, A Russell (Pit) 75-03; 15, A Duncan V3 (Pit) 75-22; V4, D Gunstone (Fif) 76-13; V5, D Ritchie (For) 78-26; VO/50: 1, J Linaker (Pit) 76-46; 2, T King (DRR0 84-30; 3, A Main (Forfar) 84-31; VO/60: 1, FTaylor (For) 1-42-18; 2, J Norrie (Arb F) 1-45-32; 3, R Donald (Garse) 1-51-29. Team: 1, Met 15pts; 2, Pit 28; 3, DHH 29; L1, M Muir (DRR) 1-21-18 (rec); L2, J Armstrong LV1 (GN) 1-25-00; L3, A Wilson LV2 (DHH) 1-26-26; L4, J Robertson (PRR) 1-26-54; L5, M McLaren (Fif) 1-28-50; LV3 S Roger (DRR) 1-31-33.

17

Edinburgh to Glasgow Rd Relay-1, RCE 3-42-17 (\$ Cohen 27-51; B Kirkwood

29-40; D Gardiner 24-43; M Coyne 27-35; D

Ross 27-15; J Robson 32-14; T Hanlon 24-15; A Robson 28-44); 2, Cam 2-43-17 (M Gornsley 27-08; D Runciman 31-06; D Thom 25-23; C Thomson 26-26; E Stewart 27-32; G Croll 33-13; JOrr 25-29; A Beattie 27-00). 3, Teviotdale 2-43-31 (B Emmerson 28-00; A Walker 30-15; K Logan 24-46; D Barr 27-14; A Fair 27-06; D Cavers 33-14; I Elliot 25-31; R Hall 27-25); 4, Falkirk Vic 3-46-03 (1 White 27-55; D Bain 31-12; P Faulds 24-07; I Brown 26-56; M McQuaid 27-52: G Grindley 33-11: K Rankin 25-14; R Jones 29-36); 5, DHH 3-47-48 (D Beattie 27-49; C Hall 30-07; R Bell 25-29; R Barrie 27-44; M Strachan 27-35; P Fox 35-01; B Cook 25-59; C Haskett 28-04; 6, VP 3-48-08: 7. IBM SV 3-49-41 8. Kilberchen 3-49-44 9, ESP 3-50-19: 10, Aberdoon 3-50-44:11. Shettleston 3-51-03:12. Livingston 3-51-44; 13, Caledon Park 3-54-00; 14, Ayr Seaforth 3-54-50: 15. Hunters Bog Trotters 3-55-00: 16. HELP 3-56-37: 17. Edinburgh Univ 3-57-20: 18 North District Select 4-01-50; 19, Springburn 4-01-56; 20, GGH 4-02-38; 21, Clydosdale 4-06-44 Fastest stages: 1 J Ross (HELP) 26-56; 2, M Gormley (Cam) 27-08; 3, D Beattie (DHH) 27-49; Stage 2: 1, C Robison (SV) 29-01; 2, R Quinn (Kil) 29-05; 3, A Douglas (VP) 29-34; Stage 3: 1, P Faulds (FVH) 24-07; 2, D Gardiner (RC) 24-43: 3. K Logan (Tev) 24-46: Stage 4: 1. C Thomson (Cam) 26-26; 2 equal T Hearle (Kil) and I Brown (FVH) both 26-56; Stage 5: 1, A Fair (Tev) 27-06; 2, E McKee (SV) 27-11; 3, DRoss (RC) 27-15; Stage 6: 1, J Robson (RC) 32-14; 3, G Grindley (FVH) 33-11; 2, A Puckrin (CPH) 32-57; Stage 7: 1, T Hanlon (RC) 24-15; 2, M Fallows (ESP) 25-08; 3, K Rankin (FVH) 25-14; Stage 8: 1, A Beattie (Cam) 27-00; 2, R Hall (Tev) 27-25; 3, C Haskett (DHH) 28-04 Meritorious Award: IBM Spango Valley AC.

December

Sorn Chase 4.5 mile RR. Avrshire -

Men: 1, G Wight (Ayr) 23-25; 2, J Stewart (Ayr) 23-46; 3, G Tenney (Kil) 23-49; Women: 1, E Scott (EK) 30-23; 2, M Jeffrey (Gl U) 30-30; 3, J Strawhorn (Lou) LV1 30-



November

Tinto Hill 4 1/2 mile HR, Symington -

1, B Potts (Cly) 30-55 (course record); 2, A Eyre-Walker (Ed U) 31-07; 3, R Lee (Liv) 31-11; 4, D McGonigle (She) 31-16; 5, GBartlett (For) 31-21; 6, J Wilkinson (Gal) 31-39; 7, W Rodgers (Loch) 31-59; 8, P Mowbray (Ed U) 32-14; 9, S Conway (Liv) 32-26; 10, G Ackland (Liv) 32-51; 11, D Crowe (She) 32-54; 12, J Brooks (J) (Loch) 33-09; 13, R Hackett (Clare) 33-16; 14, T Brand (Liv) 33-29; 15, R Longmore (Ann) 33-37; V1, D Davies (Hebog) 34-09; V2, J Blair-Fish (Cam) 34-25; V3, R Morris (Cam) 34-52; VO/50: 1, W Gauld (Cam) 35-51; 2, G Amstrong (HELP) 37-45;

Team: 1, Livingston 22pts L1, M Todd (Ed U) 38-05; L2, C Bollard (Ed U) 38-39; L3, C Menhennet (Cly) 39-03; LA, K McMillan (Ed U) 39-04; L5, M Coleman (Liv) 39-08; L6, J Robertson (Ayr) 41-09.

E'some 3 x 3 mile HR Relay, Aberdeen -Hunters Bog Trotters 68-28 (rec) (J Hampshire 23-37; C Farquharson 22-36; R Herries 22-15); 2, Aberdeen AAC 69-44 (D Armitage 22-51: Il Prococ 25-12: I Muserave 21-41): 3. Aberdoon B 70-55 (E Butler 23-01-A Aitken 24-06; \$ Cassells 23-48); 4, Aberdoen Vets 75-04; 5, Metro AC 75-05 (G Simpson 25-27; S Willox 24-42; J Freel 24-56); 6, Aberdeen C 77-05; 7, HBT B 77-55; 8, HBT C78-12; 9, The Mountain Men 79-06; 10. MetroB 79-16. Fastestlaps: 1, I Musgrave 21-41; 2, R Herries 22-15; 3, C Farquharson 22-36. Women: 1, composite Team 99-39 (S Lanham 29-39; A Mornie 33-47; S Rennett 30-13).



November

Inter Club Match, Kelvin Hall -

Men: 1, Argyll Select 64pts; 2, Helensburgh 49; 3, Kirkintilloch Olympians 38; Women: 1, Helensburgh 94pts; 2, Argyll 67; 3, Kirkintilloch 47: Combined Match Results: Helensburgh 143pts; 2, Argyll 131; 3, Kirkintilloch 85.

SA Ind League, East Div Young Athletes-Boys: Youths: 1, Pitreavie 45pts; 2, Harmony 34; 3, Lochgelly 25; 4, Perth Strathtay 13; Senior Boys: 1 equal Pitreavie and Perth Strathtay both 34pts; 3, Lasewade 28; 4, Harmeny 22; Junior boys: 1, Harmeny 38: 2. Pitroavie 33; 3, Lochgelly 22; 4, Penh Strathtay 20; 5, Linlithgow 15.

Girls: Inters: 1, Lochgelly 33pts; 2, Lasswade 31; 3, Harmony 28; 4, Perth Strathtay 24; Juniors: 1, Perth Strethtay 31; 2, Linlithgow 21.5; 3, Harmony 19.5; 4, Pitreavie 15; 5, Lochgelly 12; Girls: 1, Pitreavie 33; 2 equal Hanneny and Lochgelly both 29; 4, Lasswade 24; 5, Porth Strathtay 21; 6, Linlithgow 15.

City of Glasgow Indoor OGM, Kelvin Hall Men: 60m A: 1, H Lister (ESP) 7.0; 2, B Ashburn (Carn) 7.1; 3, S Tucker (She) 7.2; 200mA: 1, H Lister 22.1; 2, S Tucker 22.7; 3. D Hutchison 23.4; B1, C Earl 23.4; 1000m:1 P McDevitt (She) 2-31.0; 2, D Halliday J (She) 2-34.5; 3, N Cassidy (Kil) 2-34.6; 6011: R Baillie (SB) (VP) 9.5; LJ: 1, S Atkinson 6.11m; Youth: 1, B Carmichael (Tay) 6.17m; Sen Boys: 1, H Kerr (Ayr) 6.10m; 2, F Edridge (VP) 5.72m. Women: 60m: 1, J Ross (Kil) 8.2; 2, K McLean (CG) 8.4; 3, J McPhee (Kil) 8.4; 200 A: 1, S Sword (Str) 27.1; 2, N Barr (HWUn) 28.8:LJ: 1. N Barr 5.44m; 2. J Ross

Results compiled by Colin Shields

Black Isle Festival of Running, November 2 -

NOVEMBER'S Black Isle Festival of Running attracted a record turnout with runners from all over Scotland and a fair number from south of the border in the three races and the fun run, writes Ray Cameron.

The marathon, the flagship of the festival of running, was won by Fraser Clyne, Metro Aberdeen RC in 2-27-18 just under three minutes outside the course record which was set by ultradistance maestro Don Ritchie in 1982. Camegie Harriers, the new kids on the block, claimed second and third places, and ultimately the team prize, with Michael McHale, 2-37-21 and Robert Milton, 2-45-07 their main men.

Pitreavie AC pair Trudi Thomson and Margaret Healy claimed first and second places respectively in the women's race. The pair got away from Fiona Nicholson, Forfar Roadrunners, in the latter stages if the race coming home in 3-12-29 and 3-13-41 with Nicholson third 3-17-44

In the half marathon Stan MacKenzie, Invemess Harriers, made a late surge in the final 800 metres to get the better of Robert Taylor, Metro Aberdeen RC, with Taylor just holding off James Baird, HELP. Only 6 seconds separated the three athletes 1-11-57 for MacKenzie; 1-12-02 for Taylor and 1-12-03 for Baird.

The women's race was also a close affair with Jane Robertson, Ayr Seaforth, 1-26-47, getting the verdict over Frances Thin, Minolta Black Isle, 1-28-28 with Anne-Marie Hughes, Shettleston Harriers in third place, 1-30-39.

The 10K was a horse race with Ross Arbuckle, Keith and District AC and Chris Hall, Dundee Hawkhill Harriers, at the front of the field from the off. Arbuckle finished the stronger to claim victory in 29-56 with Hall, three-times winner of the event, having to settle for second place, 30-08. Third place went to John Bowman, Inverness Harriers,

Julie Wilson, Inverness Harriers, won the women's race for the second year in succession. Her time of 37-40 was almost three minutes ahead of Marion Walker, Minolta Black Isle, with third place going to Loma Fisher, Naim Road Runners, 41-27

Beach Bash, Aberdeen, October 5 -IN stark contrast to last year, runners were blessed with blue skies, a warm breeze, and lots of flags - which could be seen - but the 5.6K coursee was still ****! hard, writes Denis Shepherd.

Fraser Clyne (Metro Aberdeen) survived the first 400m dash by youth sprinter Gary Smith (Aberdeen AAC) specially designed to test his nerve - and negotiated the ups and downs well (though some of the ups turned out to be downs for the beavier runners) to set a course record of 22-53, ahead local man Neil Kilner (Aberdeen) (24-47). Ewan Rennie (Aberdeen) was first

31

veteran in third place while your reporter was delighted to finish within 1-30 of former junior cross-country international Dave Duguid (Aberdeen) - the explanation being that the latter, battling back from injury, claimed to have run only five miles in the last five weeks -"and that was yesterday!"

Kathryn Meams (Aberdeen), who ten years ago was giving Liz Lynch some good races in the cross country league, faced less formidable oppositon but still beat all but five of the men in 27-15, well ahead of Debbie Porter and intermediate Natalie Clarkston. Natalie's sister Caroline was impressive in the junior 2.2K race, matching strides with winner Chris Fowler until the final stages to finish clear of the other seven runners. Natalie kindly volunteered to give up her prize t-shirt from the senior race to allow all the juniors to receive one - only to discover she had not won the first place!

Skol Six, Aberdeen, November 10-HELD for the first time as an open event, the Aberdeen AAC championships six-mile road race saw Fraser Clyne (31-42) lead all the way, in a cold and damp wind, to help Metro Aberdeen win the local team trophy which had last been presented in 1939 (and Fraser was not in the winning team on the occasion), writes Denis Shepherd.

With most of their team for Edinburgh to Glasgow pre-selected, Aberden AAC put up little resistance although the improving Simon Wynn finished third in 32-24, only 42 seconds behind Fraser and 18 behind runner-up Rob Taylor (Metro). Shetlanders Ian Williamson and Bill Adams (both AAAC) came next, Adams easily winning the veteran prize.

Metropair Peter Jennings and Bruce Momoney finshed sixth and seventh while club-mate Steve Willcox filled his usual position - one place behind the last counter. Allan Henderson (ninth) was the last AAAC counter while Chris Simpson and Ken Hogg beat many good seniors to finish second and third in the

Debbie Porter (AAAC) took the women's title in 37-27 and achieved her life's ambition by beating your reporter (she finished one place ahead of him as well!). Jillian Grams and Sue Harkins also ran well, both finishing within 1-30 minutes of Debbie. Lynda Bain continued her gradual comeback by being first veteran lady.

Elrick Eightsome Relays, Aberdeen, November 23, 1991 -

A good field of 21 teams lined up for second Eightsome Relay on the Elrick Hill, writes Denis Shepherd.(It is actually a threesome relay but organiser Ewan Rennie, in his infinite wisdom, named it eightsome as there is no changing accomodation, therefore it is a "reel" hill race.)

Veteran orienteer Dave Armitage, the original lap record holder, led home the first leg for the second year in 22-51, beating Simon Axon's 1990 record by 17 seconds. Fellow Aberdeen AAC veteran Eddie Butler (23-01) was second. and John Hampshire (HBT) third in23-37, completing a trio of trios who filled the first three spaces throughout.

Larig Ghru winner Ben Preece, another vet, found this 3.5 mile sprint but not the rocks - too sharp and he lost the lead on leg two, being overtaken by Colin Farquharson (HBT) (22-36), and Alastair Aitken (Ab B) (24-06).

Farquharson, beating Armitage's time, set Rob Herries on his way with a 54 second advantage while AAAC captain Steve Cassells found his B team momentarily in second place. However, he still had to contend with club-mate Jonathon Musgrave, who has competed East and West as international orienteer. This time Jon's leg had a distinctly eastern flavour as he went Russian up the stepps to pull back to second. Herries finished his 22-15 lap to set a race record of 68-28 for HBT; but his lap record was the shortest in the history of the event as Jon, when he finished 76 seconds later. was clocked at a remarkable 21-41.

The importance of orienteering skills was further highlighted when junior sprinter Gary Smith, sharpening up for the East 60m at Kelvin Hall, was clocked at an even more remarkable 18-59. Unfortunately, Gary finished ahead of several rivals who had started before him - without actually overtaking them!

Organiser Rennie, after distributing the men's awards, put his life at risk by inviting more than one women's team to enter next year, so that he could give a women's team prize!

Glen Clova Rd Race, November 16 -THE second Glen Clova Road Race took place in cold but sunny windless conditions writer Shiela Cluey. However, a glance at the snow clad surrounding mountains gave warning of what could have been!

Conditions were obviously to the runners' liking with course records being set in five categories. In fact only Don Macgregor's supervet record of 73-25 remains from the snaugual run despite a determined effort by Pitreavie's John Linaker who produced a splended 76-46 to find in 19th place.

Fraser Clyne retained his title with a remarkable 67-20 on the hilly course, pulling away from a strong field right at the begining to finish almost three minutes ahead of Tom Thomson (last year's runner-up) of Central Region AC (70-04) with Rob Taylor of Metro improving last year's time to 70-24 to retain his number three lot too.

Metro were also determined to retain the team prize. Peter Jennings' 11th place in 75-53 added to Clyne's first place, and Rob Taylor third ensured the Metro team were able to quench their thirst when they returned home.

Over 60% of the field were veterans but Robert Wood of Dundee proved he was the king of them all, finishing in 17th place with 72-45, with Archie

McCallum (Montrose) 12th in 74-14. and Archie Duncan (Pit) 15th in 75-22. This year ten over 60s entered and a special prize was awarded in this category. ForfarRoad Runner Fin Taylor celebrated his recent retirement with a personal best to win in 102-22.

The women formed 20% of this capacity field and Muriel Muir (DRR) smashed the previous record held by Sally-Ann Hales (DHH) to finish in 37th position overall in 81-18. Second lady to finish was Julie Ann Amsstrong (Giff) in 85-00 shead of (DHH) Aileen Wilsons 86-26. Both ladies are also veterans. In fact six of the top 10 ladies were veterans

All 209 strarters completed the undulating course with many improving their last year's times. However, the day did not finish there as all runners were treated to a hot meal of soup, stovies, and trifle, etc, in the village hall before the prize giving. Folk singing in the bar and the Scottish country dancing the village hall completed a memorable day for nunners and helpers.

The local primary school, playgroup, and Tayside Mountain Rescue benefitted from the race, which the local glen folk came out to support in force.

Kinross Roadrunners Hartley Cup 12 x 1 Mile Relay, November 17 -THE annual relay race between invited road runnung clubs from the East of Scotland was held on a cold, frosty and misty day, writes Terry Quigley.

The event was started six years ago by Kinross Road Runners and the host club has been rotated each successive year. This year it was back to Kinross Road Runners.

The challange cup was donated by a senior member "Eddie Hartley, a member of KRR and Perth Strathtay

The format for the relay race is a 12 x I mile race, of which a minimum of two legs have to be run by women.

The year, instead of a large loop, a 4.1 mile loop was utilised. This proved to be a successful variation on previous years, as runners could run their leg and watch the race build up as well. Previous years had always had some problem with missing runners, on the wrong legs, going off route etc.

This year's was no exception, due in part to the marshall not arriving at a junction on time for one team. (They were not in the lead)

Despite the problem, the event was once again most enjoyable with a good race followed by a "bunfight" and prizegiving.

This year's winning team were Kinross Road Runers, the first time DRR have won the Hartley Trophy.

Dundee Road Runners held the monopoly on the event until last year which saw Perth Strathtay Harriers win.



MORPETH -NEWCASTLE (14.1 M) 1st January 1992 FROM £49

SEVILLE MARATHON

23rd February 1992 FROM £269

STILL A FEW PLACES - BUT HURRY!

ASK TO BE PLACED ON OUR MAILING LIST FOR THE FOLLOWING EVENTS FROM SCOTLAND IN 1992:

JUNE BRUGES VETS 10K & 25K USING **HULL-ZEEEBRUGE** OVERNIGHT SAILING

SEPTEMBER GREAT NORTH RUN BY COACH VARIOUS PICK UP POINTS

NOVEMBER NEW YORK MARATHON THE ULTIMATE EXPERIENCE BY AIR FROM GLASGOW For Further Information Contact HERMES RUNNING TOURS LTD

37 Duncan Avenue, Arbroath, Angus DD11 2DA. Telephone: (0241) 74189

JUNIOR PROFILE

NAME:

Hayley Friday Parkinson.

DATE OF BIRTH:

December 5, 1975.

SCHOOL:

Balwearie High School, Kirkcaldy.

ATHLETICS CLUB: Unattached

STARTED

ATHLETICS:

August 1987, when I first went to

Mostly 3000m, but I do the 1500m

EVENTS:

and 800m as well. PERSONAL BESTS: 3000m: 10-17: 1500m: 4-47:

800m: 2-28.

ENJOY MOST:

Setting myself targets and reaching

LEAST ENJOY: Recetition training.

AMBITION IN

SPORT:

To keep improving.

HIGHLIGHTS SO

FAR:

Coming first in Scottish Schools 3000m in June this year, and being picked for the Scottish Schools team for the schools home international at Wrexham in July.

EMBARRASSING

MOMENT:

A friend and I were doing the long jump at a championships, and we walked away after three chances. We didn't realise we had six chances in total so we had to be called back!

FAVOURITE

ATHLETE:

Yvonne Murray, and Liz McColgan.

FAVOURITE BOOK: Flowers in the Attic, by Virginia

Andrews.

FAVOURITE

ACTOR:

David Jason

FAVOURITE

ACTRESS:

Hayley Mills.

FAVOURITE FOOD: Fish and Chips.

OTHER HOBBIES: Playing the piano, listening to music,

and reading.

AIMS FOR THE

FUTURE:

To keep on improving in athletics, I'd eventually like to be a primary school

Scotland's Runner January 1992 Scotland's Runner January 1992

NOVEMBER 16 saw the biggest ever Scottish Schools' Road Relay Championships being held at Grangemouth Stadium, writes the SSAA.

Over 100 schools entered 915 athletes, but pride of place must go to Dingwall Academy, which won gold, silver, and bronze team medals. Dingwall's Alasdair Thomson added to the day's successes when he won the fastest lap in the under 15 boys category. Balwearie High School in Kirkcaldy also stands out for gold and bronze team medals in the boys' races and individual fastest laps from Hayley Parkinson in the over 15 girls, and Alasdair Moonie in the same boys' age group. (Alasdair's brother Graham was second fastest in the younger boys' race.)

The primary schools' event is now at saturation point, with the overwhelming hordes of parents, coaches, teachers, and supporters making it almost impossible for the "changeovers" to take place efficiently.

Various possibilities have been mooted for the future: four races (either split into A and B teams or into primary 6 and 7); a longer course; or possibly even a separate day for primary schools, with a later start, so that far-flung teams such as Conon Bridge in Ross-shire no longer have to leave at 5.30am.

The most satisfactory aspects of the primary event were that the top ten teams in both races came from all over Scotland.

Maxwellton, from East Kilbride, won the girls' race, adding to the cross country trophy they won in April in Kirkcaldy. The girls are now eager for an extra rung of competition, but the other national associations do not cater for primary.

St David's, of Plains near Airdrie were second, with Carrie Linden, 1991 primary and crosscountry champion. Elrick were third. Conon Bridge, despite the early start and the longest journey, were an admirable sixth out of 56.

The west took all the medals in the boys' race which was won by Hutchesons' Grammar. Lenzie Moss were second and St Michael's third. St Matthew's, Bishopbriggs, who have dominated this event since its inception, were fourth. A total of 58 teams finished this race.

The under 15 boys race was easily won by Dingwall Academy, Dunbar Grammar were second.

In the under 15 girls' race, twins

Julie and Lisa Thomson, with Laura Brown who ran second lap, won for Hawick High, in a close finish which also featured Dingwall Academy and Whitfield High.

The fastest lap was recorded by Shelagh McKenzie of St Thomas of Aquinis, whose teacher, Mr Guild, was so busy recording that he was initially unaware of her success.

Hawick High are now becoming a considerable force in cross country and road running, their under 17 girls' team being the 1991 over 15 cross country champions.

The over 15 boys' race was awaited with anticipation, a close finish being predicted between last year's champions St Aloysius College, Stewarts Melville College (second in 1990), Balwearie High (third in 1990), Douglas Academy (first in the under 15 race in 1990), and Boclair Academy.

and Boclair Academy.

And it was indeed exiciting, 49
seconds separating the five teams.
Michael Gill gave St Aloysius a
slight lead into the last lap, from
David Gorman(Douglas Academy),
Colin Young (Boclair Academy),
and Alasdair Moonie (Balwearie).
Alan Kidd of Stewarton Academy
was fifth with Alasdair Donaldson
(DSMC) some 35 seconds behind
him.

Gradually, Alasdair Moonie pulled Balwearie in to first place, covering the 2920m course in 8-28 with Steven Burke doing the same in 8-59 and Daniel Leggate doing it in 9-14.

Colin Young was unable to overhaul David Gorman, who, perhaps surprisingly, recorded the fastest time of the Douglas Academy team - 8-45. Scott McNellan ran 8-56 and Mark Smith 9-13. In the Boclair team, Colin Young recorded 8-52, Chris Humphrey 9-03, and Andrew Young 9-07.

The over 15 girls' race was less exciting, with 1990 champions, High School of Glasgow retaining the trophy by almost a minute from St Leonard's.

It looked as though High School's B team would take third place, but an incredible last 200m from Dingwall Academy's Marjory Smith thwarted two sets of medals for Glasgow. The fastest lap for the 2237m course came from Balwearie's Hayley Parkinson in 7-36, 13 seconds faster than she ran in 1990.

Kristina Gormley of Mary Erskine School was second fastest in 7.38 READERS who are of the opinion that there are too many powerhungry politicians involved in the running of sports should sample life in the university sector, writes Gordon Ritchie.

The problem with students' events is that too many people see tham as an ideal starting block for fitness

sports administration. This is particularly so in athletics, and once again the athletes have been sold out by the powersthat-be.

Having seen their dreams of a tour to Florida dashed by the Scottish Universities Sports Federation - the body that exists supposedly to promote and encourage

participation in competitive student sport - the whole 1991-92 indoor season, including the prestigious international against Scotland, Northern Ireland, and Scotlish Schools, has now been jeopardised by the actions of a handful of people who have not even the remotest knowledge of what is involved in promoting such events.

Hayley Halning

The view was expressed that it would take around two weeks to stage this match. Someone should explain to them that it is slightly different from a rugby match, when all you need is a pitch, a referee, and two teams.

The short-sighted approach may have far reaching consequences which SUSF have not even considered. Having issued invitations to the opposition teams, student credibility will be shattered if they now have to cancel this fixture. Relations with SAAA would be tainted, while the school pupils who are the university students of the future will be left with a poor impression of their older academic collectives.

In the meantime, the athletes themselves are left in a state of uncertainty while the sport careers ahead with no clear direction, and with no leadership.

While there has been considerable activity off the track, there has been little to shout about on the track. The annual British Universities Championship will be held at Cadiff in 1992. The bad news for the Scots is that it is

scheduled to be held at Meadowbank in 1993, and so they will missout on the traditional pilgrimage south of the border. The 1992

Championships will revert to being British Universities as opposed to British Students after last year's less than successful experiment at combining the universities, polytechnics, and

colleges.

This year's eventmay, however, include the polys if government legislation granting them university status is passed in time. This would have the effect of improving an already high standard of competition, but the increase in numbers of athletes cometing may cause some difficulties, especially in the field events.

Whatever happens, it is unlikely that the Scots will be as successful in Cardiff as they were in 1991, although the likes of Hayley Haining, Vikki MacPherson, Alison Potts, Nikki Barr, Dawn Burden, Sarah Richmond, Douglas Walker, Graeme McMillan, Glen Stewart, John McFadzean, and Dave Allen could all bring home some medals.

In addition, the Glasgow women's sprint relay team should start as favourites for the gold, as they can choose from Richmond, Mel Neef, Jane Fleming, Burden, and long jumper Sarah Stirling.

All in all, there could be a very successful season ahead for student athletes if only the windbags would let them get on with it and not try to interfere in things they obviously know nothing about.

December

21

ESPC AC "Queens Drive" Races.

22

CYCLISTS v Harriers CC Races, Marress Sports Club, Irvine. D - (0294) 54131.

CHRISTMAS Handicap, 4th Lochaber AC Sunday League race. 3 mile round Achintee. 11am start, Claggen Park.

29

SCOTTISH YAL East Division, Kelvin Hall.

1992 January

1

AONACH Mor Gondola Run. Start 11.00am, Snowgoose car park, Torlundy, Aonach Mor. D - 0397 81 345. 1/2

ERIC Liddell Memorial Sprint, Mesdowbank - 12 noon start.

4

NIGEL Barge RR. D - 041-637 7714.

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

8

OGM, Kelvin Hall. D - 041 357 2525.

11

JACK Crawford Memorial Road Race.

15

OGM, Kelvin Hall. D - 041 357 2525.

18

EAST District CC Champs, Galashiels.
WEST District CC Champs, Bellahouston.

NORTH District League, Inverness.

25

J C FLOCKHART Cross Country Races.

26

BATHGATE Cross Country Races.

February

1

CAU Inter-Counties Champs, Corby,

EASTERN District League, Riccarton.

NORTHERN District League, Peterhead.

RENFREWSHIRE AAA 5 mile Road Race

HENTHEWSTINE AAA 5 Inite Hoad hace

2

SCOTTISH Vets CC Champs, Troon. D -041-636 5859.

CALEDON Park H CC Races, Edinburgh,

8

CALEDON Park H CC Races, Edinburgh.

9

DEXSTAT Loudoun Runners Open CC Races, Loudoun Academy.

GRANGEMOUTH "Round the Houses" Races, Grangemouth. D - (0324) 486711.

NEVIS River Bank Cross Country, 11am, Claggan Park.

15

NORTHERN District League, Muir of Ord.

DUNDEE Hawkhill Harriers Camberdown Park Road Races, Dundee.

22

NATIONAL CC Championships (BYJS) Irvine D - (0294) 211304.

23

CAOL RR. Start 11.00am, Claggan Park

29

FIFE AC 6 mile Road Race, Cupar.

ABERDEEN University H&H Road Race.

LOCH RANNOCH MARATHON AND HALF MARATHON



Sunday June 21st 1992 at 11a.m.

Superb scenery, friendly and well organised races. Why not make a date to run in one of Britain's "Great Little Races"?

Entry forms and details from: David Brown, The Square, Rannoch, by Pitlochry, Perthshire, PH16 5PN.

[Please send S.A.E.]

Sponsored by Barratt International Resorts Ltd, and T.S.B., and supported by Rannoch School.

LOCHABER ATHLETIC CLUB

During 1992 we are organising

Eight Hill Races and Three Road Races including

THE LOCHABER PEOPLE'S

MARATHON

Sunday 19th April 1992

Start: 12.00 noon

Travel Centre

Fort William



For further details of these and other local events send SAE to: Sandy Hastings Cameron Square Fort William

34







SUNDAY 15TH MARCH 1992 (Under SAAA/SCCU/SWAAA & RRA Rules)

 Accurate and fast course through the streets of the Highland capital, nverness * Extensive Prize List, over £2,000 for all categories including individuals, veterans, athletic clubs, works teams and pub teams.

 Beautiful commemorative medal for all half marathon finishers Superb organisation and full facilities

ENTRY FORMS AVAILABLE FROM ALL SPORTS SHOPS IN SCOTLAND, OR THROUGH TURNBULL SPORTS, 10 CHURCH STREET, INVERNESS. TEL: (0463) 241625

ATTENTION LADIES! THE SMOKIES TEN LADIES ONLY 10 MILE ROAD RACE

Ham SUNDAY 8 March 1982 Arbroath Sports Centre (Full facilities) Fee: £4.00 (£4.50) Entry: S.A.E. to Helen Gray 42, Emislaw Drive, Arbroath DD11 2HJ Tel. 0241-73858

Organised by

ARBROATH FOOTERS

Winner Displays MEDAL CASES FOR RUNNERS

(As seen London Marathon) Beautifully finished in polished

wood •

Easy to pin backboard • Removable plate glass front
Small wall attachments

 Best designer cabinet in country Will enhance any room
 Large size 24" × 17" (holds 70-80 medals)
 Club Discounts

FOR COLOUR LEAFLET TEL: 0785-40644

ALLOA HALF MARATHON TENTH ANNUAL EVENT SUNDAY 29TH MARCH 1992

Sponsored by the Alloa Advertiser Extensive prize list for all categories Special commemerative medal Scenic and accurately measured course

Team prizes **1ST PRIZE - WEEKEND HOLIDAY** Entry forms from:

CLACKMANNAN DISTRICT SPORTS COUNCIL DEPT. OF LEISURE AND RECREATION 29 PRIMROSE STREET ALLOA

WEST HIGHLAND WAY RACE

Milngavie to Fort William (96 miles) Saturday 20th June 1992

Further details and entry forms available from:

J. Stewart, 161 Lindores Drive East Kilbride, GLASGOW G74 1HL (please enclose s.a.e.)



30TH ISLE OF MAN

ATHLETICS

d By Guardian Royal Exchange Assurance

1992 Jubilee & Gold Cup

Application forms have now been sent to clubs who competed in 1991. If your club did not enter in 1991 and wish to take part in 1992 please write to the Cup Secretary. You will then receive an entry form and rules of competition.

All clubs should note the change in rules for 1992. No competitor shall take part in more than five events (inclusive of relays) in any one round

> Date first round 3rd May Date second round 31st May Date semi finals 19th July (Derby, Stoke, Kingston, Newham) Date finals 15th August - Sheffield Date Plate Finals 16th August - Derby

Entries from: Maurice Millington Cup Secretary, 56 Balmoral Road, Four Oaks, Sutton Coldfield, B74 4UF. Tel: 021-353 8273

ASTER ATHLETIC FESTIVAL

Promoted by the MANX HARRIERS
(Under AM and WAM Laws)

GOOD FRIDAY IN DOUGLAS

Senior Mens (incl, Juniors, Youths, and Vets) Ladies (15 & over) Road Race Senior Mens and Ladies Race Walk

EASTER SATURDAY IN PEEL

(first race 2.15 p.m.) 4 miles Senior Mens Fell Race (incl Juniors, Youths and Vets) 3 miles Ladies (15 & over) Fell Race 2 miles Junior Ladies (13 & 14) Hill Race 2 miles Boys (13 & 14) Hill Race 11/2 miles Girls (11 & 12) Hill Race 11/2 miles Colts (11 & 12) Hill Race

EASTER SUNDAY IN DOUGLAS

(first race at 10.30 a.m.)

4 x 4 miles Mens Road Relay 4 miles Ladies Road Race 3 miles Boys Road Race 3 miles Junior Ladies Road Race 2 miles Girls Road Race

(All ages as at midnight 31st March/1st April 1992)

Prizes: 1st 25 Men, 1st 10 Ladies, Veterans BVAF grade 1 and 1st 3 in other classes. 1st 3 Mens and Ladies teams per day and over three days. 1st Vets team per day and over three days. Other classes depending on entry. Entry Fees for Weekend: Senior including Junior Men and Vets £9.00.

All others £3.00 (plus 50p for unaffiliated runners).

For Further Information contact KEVIN G. MADIGAN 12 BARRULE RD, WILLASTON, DOUGLAS, ISLE OF MAN.

SPORTSWEAR

At the Birmingham Mint we've been manufacturing sports medals of the highest quality for some time. Whatever the event, medals are highly prized and live on as a permanent symbol of achievement. Our staff will be happy to visit you and help with design ideas and advise on the wide selection of presentation cases and ribbons available.

THE

BIRMINGHAM MINT

For further information and colour brochure return coupon to: The Birmingham Mint Ltd., Medals Division, Icknield Street, Birmingham B18 6RX Tel: 021 - 236 7742 Fax: 021 - 236 0624 TELEX: 336991

Name Address Postcode.

RACE SERVICES

Everything you need to organise a race.

Timing numbers medals course markings, banners, bibs, tee-shirts etc.

> Contact Maraquip 15 Davenport Road Felpham West Sussex Tel: 0243 830412

RUNNING IMP U.K.

NEW YEAR GREETINGS TO ALL OUR FRIENDS IN SCOTLAND FOR YOUR 1992 RACE

Please contact Dick, Roz or Lisa on 0778 342947

SPORTING EQUIPMENT

BEEKAY

NUMBERS TABARDS SIGNS

BANNERS

152 ILDERTON ROAD LONDON SE15 1MT TEL 071 732 8608 FAX 071 277 6996

SUPPLIERS TO

1991 WORLD CHAMPIONSHIPS IN TOKYO - SEVILLA - ANTWERP - SAN JOSE S.A.E. FOR DETAILS OF OUR NEW "FABTEX" NUMBERS

C.A.F.E. fitness management systems When HRM technology is available can you afford not to be using it

POLAR

NEW waterproof heart rate monitors. Prices from £64.99. POLAR Edge, POLAR Favour, POLAR Accurex, POLAR Sport Tester. Plus our FREE fitness management custo support package on using heart rate monitors for racing and training **BROCHURE** for individuals and CLUBS 3 Byrn Rd Moss Wrexham Clywd LL11 6ELTel: 0987 751382

SURE-START BLOCKS

International Style Starting Blocks

£57.00 +P&P €5.35 · Full length Adjustments



RRP £80 - STILL THE CHEAPEST

NO VAT TO PAY CUSTOM MADE HODALLS -

PRICE - £15.00 + £3.15 P&P

 Adjustable Rubber Faced Foot Plates Removable screw in Spikes

· Colours: Blue or Red

Cheques made payable to Sure Start-Blocks. Unit 32, Hull Micro Centre

Wincolmiee, Hull. Humberside Tel: 0482 218167/647564.

SET OF BLOCKS CUSTOM MADE FOR MICHAEL ROSWESS

Kelly's Workshops oards, 41 Jarons Closs, Marlow, Bucks., SL7 173

Wobble Board £14.00 + P+P (£3.00)

The Wobbie Board is suitable for strengthening leg and ankle muscles, providing better co-ordination, balance and after injury exercise. For more information contact Kelly on the telephone number below, or alternatively write to her for advice. Tel: 0628 474986.

COURSE MARKING/BARRIER TAPES Red/White & Black/Yellow Striped Ex-stock SPECIALLY PRINTED TAPES -

Ring us for a price list & catalogue ddingtons Ltd, Unit 10, Chelmsford Road. Ind. Est., Dunmow, Essex CM6 1HF Tel: (0371) 875101

COMPETITIVE PRICES

SPORTS TIMING

Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes.

The best is not expensive Contact Sylvia Borgenson Marathon Co-ordinator

Tel: 0703-616600 Fax: 0703-629127

OMEGA ELECTRONICS

WEATHER**W**RITER

THE WEATHERPROOF CLIPBOARD CLEAR SPRUNG TOP . FOLDS FLAT

USED THROUGHOUT THE WORLD Standard A4 - £12.40 + VAT (post free) Transverse A4 - £15.20 + VAT (post free)
A3 Version - £26.00 + VAT (post free)
Visa/Access or Official Orders welcomed

VIP, Stowmarket, Suffolk IP14 6AX Tel. 0473 · 890285 Fax 0473 · 890764

ATHLETIC CLUBS

MARYHILL HARRIERS - Scotland's most progressive athletic club, based at John Paul Academy, Summerston. Meets every Monday, Tuesday and Thursday, Track & Field, Road and Cross Country. All ages and abilities welcome. Further information: R. Stevenson, 7S Friarton Road, Merrylee, Glasgow G43 2PR. Tel: 041-637 7714.

Contact Maureeen for Classified Advertising on 041-332 5738.

Scotland's Runner January 1992

Scotland's Runner January 1992

LEISURE SPORT

21 BROADWALK, PINNER ROAD, N HARROW, MIDX, HA2 6ED. Tel. 081 -861 1079

Reebok Runners at Special Prices For Details contact the above number



CLUB COLOURS - vests, shorts, tracksuits, badges, holdalls, shell suits & leotards. Small order welcome. Douglas Sports, Fairfax House, Fulwood Place, London WC1V 6UB. Tel: 081-876 5818.



WITHOUT ONE!
Complete your kit with a MEDTAG®, Your
MEDTAG® fits snugly on your bottom shoe ice, your constant companion should you over need help. Crafted in featherweigh aluminium and customised to your equirements. Available in trendy blue, preen, yellow, gold or silver.

DNLY £2.50 EA

Orders to IMPRINT SERVICES 126 Radcliffe Rd Bolton, Lancs BL2 1PE (0204) 386035



LEADING THE FIELD FOR **QUALITY AND COMFORT**

SKINSUITS

Full range of lycra sportswear - 34 colours printing service

Large S.A.E. to Wasp Sports 22 School Lane, Brereton Green Sandbach, Cheshire CW11 9RN Tel: (0477) 33506 (anytime)

ACCOMMODATION

Are you running in a race? Do you find it hard work in finding accomodation?

THEN LEAVE IT TO US WE WILL HELP YOU

The All New Athletes Accommodation Agency Association

Just send a cheque or postal order for £1 to

R ROBINSON (AAA), 170 Melville Street, Burnley, Lanca BB10 3EW

All letters answered r the London Marathon is in April London's a big town

IAMES LODGE

CLOSE TO LONDON MARATHON STARTING LINE FREE PARKING - BUS STOP IN FRONT OF LODGE. 116 BARRY ROAD, EAST DULWICH, LONDON SE22. TEL: 081-693 7744.

NUTRITION

Perform at your Peak

Boost your performance with Micro Diet's delicious range of high nutrition foods - muesli, drinks, soup, bars & pasta meals

> Call David Jones your Independent Micro Diet Adviser on

0368 62155 for FREE information

SPORTS PSYCHOLOGY

THE HUMAN PERFORMANCE CLINIC

Sports Psychology, NLP and Hypnosis. Mental training for relaxation, competition, concentration, mson BA DIP E HYP. NLP.

DIP ASC. 3a Kirkles Terrace, Glasgow G12 8TQ. Tel: 041-337 3327.

NATTERIACK PRINTING CENTRES

Everything you will ever need for running Sports drinks stockists - Isostar, Gatorade & Leppin

New Balance, Reebok, Nike, Asics, cess Adidas, Brooks, Etonic, Sauconey. Visa

77 London Street, Southport, Meraeyaide, PRII OTX. Tel: 0704-546082.

new balance 18



The NEW YM3000 will be available in January from the following:

ABERDEEN

Crombie Sports Ltd 19 Bridge Street Aberdeen Grampian AB1 2JI

Running North Ltd 5 South Mount Street Aberdeen Grampian AB2 4TN

AYR

Finnies Sports (Finnies Ayr Ltd) 42 Fort Street Strathclyde KA7 1DQ

DUNDEE

The Dundee Runner 116/118 Logie Street Dundee Tayside DD2 2PY

DUNFERMLINE C & G Sports

77 High Street Dunfermline

EDINBURGH

KY12 7DR

Colin Campbell Sports Ltd 68 Inverleith Row Edinburgh Lothian EH3 5LT

Colin Campbell Sports Ltd Ratcliffe Terrace

Edinburgh Colin Campbell Sports Ltd

Balinvanich Isle of Benbecula Outer Hebrides

Eurosport Unit L19/20 Waverley Market Princess Street

Edinburgh Lothian EH1 1BQ

Insport Kinnaird Park New Craighall Edinburgh Lothian

EH1

GLASGOW

Foothold 134 Argyle Street Glasgow G2 8BL

Greaves Sports 23 Gordon Street Glasgow Strathclyde G2 3DF

Greaves Soorts 80/82 Sauchiehall Street. Glasgow Strathclyde

Run-A-Way Sports 86 Dumbarton Road, Glasgow Strathclyde

Rackets & Runners 81 Hope Street Glasgow Strathclyde G2

INVERNESS

Turnbull Sports 10 Church Street Inverness Highland IV2 4PX

Sport and Her 37 Church Street Inverness Highland IV1

Scotland's Runner January 1992

We never hurry

Murray



Especially when it comes to choosing her training shoes. For the serious runner they are perhaps the most important piece of equipment. and there is none more dedicated than Yvonne Murray.

Which is why after a series of niggling foot complaints, her pediatrist recommended New Balance.

Like many runners with narrow feet, she was immediately taken by our range of width fittings.

She also recognised the benefits of our unique upper fabric - Dymetrol.

This is an extremely lightweight, breathable material, with unique stretch and recovery characteristics providing unrivalled support and stability.

It has meant an end to painful training for Yvonne. And the new YM 3000 for New Balance.

Which only proves that while you can't hurry a Murray, you can help her run faster.



NEW BALANCE ATHLETIC SHOES (UK) LIMITED, CHESFORD GRANGE, WOOLSTON, WARRINGTON WAT 4RD. TEL: (0925) 821182. FAX: (0925) 824012