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SUB 4 WORLD CLASS RUNNING APPAREL

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Viga Lady Oslo Shorts, colours green/pink/black, sizes 10, 12, 14, 16, colour white/royal/green, sizes 10, 14, 16 only, usual £7.95, offer £5.00

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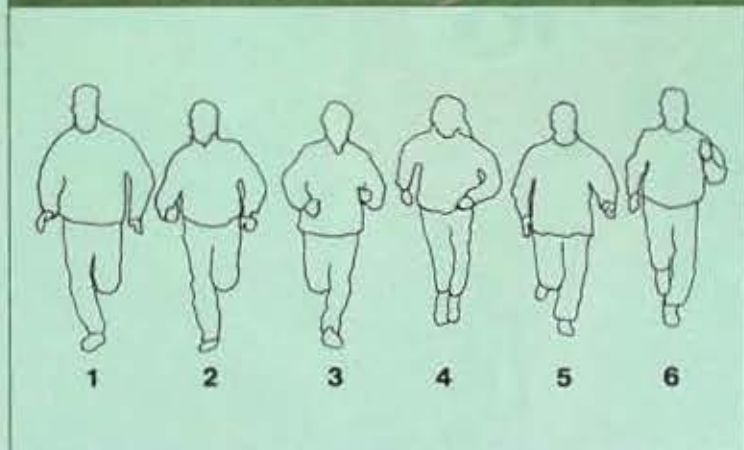
ISSUE 65

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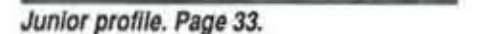
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		Lady Air Max was £64.99 (6, 7 1/2, 8, 8 1/2, 9, 9 1/2)		MAIL ORDERS: Add £2 p.p.	
		Zoom Ultra was £64.99 (6 1/2, 7, 7 1/2, 8, 9, 10, 10 1/2, 11, 12)		Payment by cheque, please allow 21 days for delivery	
				Payment by credit card, please allow 10 days.	

PLEASE NOTE: NO ORDERS CAN BE TAKEN BEFORE 4TH JAN. First come, first served!

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 Sports 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 Glaswegian feathers. At the award ceremony, several of the audience 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

This is Your Life.

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 Bearnish, 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 Sima 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 Melbourne, 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

cricet 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!"

Pirie 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.

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

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.

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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 anything," 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 originally booked was unavailable, and the meeting went ahead punctuated by intermittent passages of Richard Claydeman-style piano music and the

thump of children's feet and shrieks of glee from a pantomime 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 negotiating matters jointly on behalf of both associations. "We don't foresee 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) dropped out at 23 miles.

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.

Fixtures:

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

Feb 8, Indoor match (Kelvin Hall) Scottish Select v Midland Counties.

May 23, Warm weather training (Israel), subject to funding.

June 19, Great Britain v Kenya.

July 10, possible v Holland Districts.

July 11/25 (Ravensraig, Greenock), possible inaugural match Scotland v N Ireland v Midland Counties.

Aug 8, (Crownpoint) Celtic International.

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

Aug 30, (Crystal Palace) UK Inter-area match.

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

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 Stille 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 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.



ARTHRITIS RESEARCH

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FINANCIAL WORRIES

14, Burnibooze 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 £2.

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.

Similarly 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 fee.

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

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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.



*This year's Edinburgh to
Glasgow road relay.*

QUESTIONS WHICH NEED TO BE ANSWERED

36, St Giles Square,
Falkirk.

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.

I asked 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,
Rutherglen.

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 t-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 finish.

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,
Perth.

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

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 sport.

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 Aberdeen.

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.

"I don'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 fracture.

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 sum."

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

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.

GRAMPIAN 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 McColgan during 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 special 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 not 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.

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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 distance runners. 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 activity.

Red muscle 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, i.e. aerobically. 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 O₂ while the lactic acid-oxidative energy systems are referred to as LA-O₂.

The third system, which is of crucial importance to sprinters, is the previously mentioned adenosine-triphosphate and creatine phosphate (ATP-PC) combination. ATP is a high energy phosphate 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, creatine-phosphate. 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-O₂ 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

contractile ability of the fast twitch 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 never-say-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:

Aerobic - 8 to 10 miles at, or slightly faster than, half-marathon 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 session is very arduous. It is

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 distance-runners 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 astride-jumps, squat jumps, and bench step-ups 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 plyometrics, 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 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 fast-twitch 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 them.

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 high-quality 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 Cerutti, 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 exceptionally-high 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, sit-ups, 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.

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 jog. 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 pace (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 mins duration four to six times weekly.

Week Two

Sunday: As Week One.
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 Fri: 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.
Morning runs as Week One.

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 jog). Conclude with 1 x 30 seconds full effort from a rolling start.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace with 20 to 30 seconds recovery followed by 6 x 50 metres from rolling start (jog back recovery) starting 400 metres jog after the final 400 metres.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cc or grass-running.
Monday: 60 to 75 mins fartlek inc 24 x 30 secs (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 pace (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 1600 metres at 5K pace (90 to 120 secs recovery) + 1 x 200 metres full effort 90 secs jog after final 1600.
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 16 x 45 secs fast (jog 45 and 90 secs recovery) + 3 x 5 secs full effort from rolling start (30 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 6 x 500 metres at 1500m pace (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 Week One.
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 running.
Morning runs as Week One.



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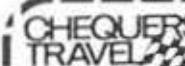
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LOUDON RUNNERS

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 women begin with sessions composed of a mixture of jogging and walking, slowly building up to uninterrupted 10K training runs as their fitness improves.

"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 Seaford 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

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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 events.

(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 calendar 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



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

A strong field of coaches including Hugh Richmond - one of the original 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



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.



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

contents for its first aid box, as well as a butchers shop which sponsors the new 10K.

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

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

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.

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TWO OF A KIND

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

ARRIVING 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 nerve-racking," 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 plethora 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-headed" officialdom. So the new club was born.

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

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.

Cross Country runners are certainly a breed apart, I thought as I stood stamping my frozen feet at Hawick race course watching John Robson 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, started 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



John Robson

an interest in the club for the wrong reasons, that they think they are going to walk away with 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 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-

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 Julian AYR-I
12.1w	Karen Sutherland EWM-I
12.2w	Pat Divine ESP
12.2w	Mhairi Marr STW
12.22w	Liz 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
12.4w	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. Marks have been listed as wind-assisted unless proved otherwise. (1990-20th: 12.4)

200M

23.80	Aileen McGillivray EWM
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 Julian Ayr-I
25.10w	Susan Carruthers Ayr-E
25.1w	Louise Paterson Ab-I
25.12	Emma Lindsay EWM-E
25.17w	Dawn Burden CG-E
25.21	Morag Cunningham CG
25.2w	Sinead Dudgeon ESP-I
25.2w	Tracy Black Ayr
25.2w	Fiona Calder CG
25.30w	Allison Watt CG-E
25.3w	Lorraine Dick CG
25.39i	Karen Sutherland EWM-I
25.4w	Mhairi Marr STW

Eighth all-time now for Allison 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)

400M

53.82	Gillian McIntyre CG
54.8	Pat Divine ESP
54.89i	Dawn Kitchen EWM
55.19	Angela Baxter CG
55.38	Leigh Ferrier W&B-E

800M

2-01.93	Susan Revan ESS
2-03.6	Yvonne Murray ESP
2-07.1	*Rhona Makepeace
2-09.51	Janet Stewart CG
2-10.1	Karen Hutchison BHM
2-10.7	Carol Ann Gray ESP
2-10.73	Isabel Linaker Pit-I
2-11.01	Alison Potts CG-I
2-11.2	Mary Anderson ESP
2-11.66	Sheila Gollan Inv
2-13.5	Joanna Cliffe CG
2-13.81	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
2-15.62	Lorraine Stewart ESP-I
2-15.7	Yvonne Reilly DHH-I
2-15.7	Vicki McPherson CG
2-15.9	Suzanne Wood EWM-E
2-15.9	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 others in the list, the event is looking healthier. (1990-20th: 2-17.11)

1500M

4-08.0	Liz McColgan DHH
4-12.97	Karen Hutchison BHM
4-14.2	*Rhona Makepeace
4-18.25	Yvonne Murray ESP
4-18.75	Susan Bevan ESS
4-19.83	Hayley Haining NV-E
4-27.66	Vicki McPherson CG
4-28.8	Carol Ann Gray ESP
4-28.92	Carol Anne Bartley CG
4-30.74i	Susan Crawford CG
4-31.1	Isabel Linaker Pit-I
4-31.85	Evelyn Grant CG
4-32.9	Annette Bell Linc
4-33.97	Violet Blair EWM
4-34.33	Sheila Gollan Inv

4-34.6 Jo-Ann Scott Darl

4-36.74	Susan Ridley EWM
4-37.2	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 athletes, along with Linaker and some good juniors that the future of the event lies. (1990-20th: 4-43.1)

3000M

8-36.05	Yvonne Murray ESP
8-38.23	Liz McColgan DHH
9-02.22	Karen Hutchison BHM
9-04.68	*Rhona Makepeace
9-12.28	Hayley Haining NV-E
9-14.89	Annette Bell Linc
9-22.29	Vicki McPherson CG
9-24.43	Lynne MacIntyre CG
9-29.20i	Susan Crawford CG
9-33.02i	Carol Anne Bartley CG
9-36.25	Vicki Vaughan Pit
9-41.3	Karen McLeod ESP
9-47.56	Jo-Ann Scott Darl
9-50.56	Alison Ross EU
9-51.5	Susan Ridley EWM
9-54.1	Elspeth Turner CG
9-55.4	Amanda Larby Ald
9-56.83	Eileen Masson Kil
9-57.2	Eileen Cochrane CG
9-57.27	Sandra Branney CG

Behind the big guns, Haining knocked 36 seconds off her best (for tenth all-time) and McPherson 28 seconds. Lynne MacIntyre took the Scottish title on her only outing. (1990-20th: 9-57.0)

10,000M

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

What more can one say about Liz McColgan - certainly the greatest Scottish female athlete ever. Bell moves third all-time, Vaughan seventh.

Marathon

2-27.32	Liz McColgan DHH
2-37.54	Karen McLeod ESP
2-43.50	Sheila Catford LDS
2-49.52	Eileen Masson Kil
2-56.35	Aileen Wilson DHH
2-58.44	Joyce Salvona Liv
3-03.19	Julie Harvey CG
3-04.44	Margaret McLaren Fifi
3-05.03	Jane Carroll DRR
3-5.38	Gill Hanlon DRR

Liz McColgan re-wrote the record books with her sensational win in New York. Karen McLeod also performed well and moves to eighth all time in her first year at the event.

100M H

14.2w	Sarah Richmond Pit-E
14.28	Lorna McCulloch Pit
14.34	*Claire Doris
14.56w	Janice Ainslie EWM
14.7w	Julie Vine Bou
15.13w	Ruth Irving Wir-E
15.2w	Catherine Murphy CG-E
15.27	Gail Murchie Ab
15.3	Jennifer Sharp EWM-E
15.6w	Joanna Cadman Darl
15.6w	Fiona Watt CG-E
15.69	Hazel Edgar NV
15.75	Beverley Ross DHH-E
15.9w	Elaine Donald Hel-E
16.0w	Jean Harvey NV
16.0w	Karen Savill ESP
16.20w	Alison Dutch EWM
16.2w	Suzanne Wood EWM-E
16.2w	Lyndsey Morris Hutch-E
16.2w	Isobel Donaldson Ald

The two Pitreave girls were well matched and although Richmond tops the above list, McCulloch's 14.28 auto is the more impressive mark. Both may break 14.0 next year along with last year's leader Julie Vine, who had an injury-hit season. (1990-20th: 16.65)

400M H

61.33	Joanna Cadman Darl
61.48	Lorna Silver DHH-E
61.5	Gillian McIntyre CG
61.92	Suzanne Wood EWM-E
62.05	Hazel Edgar NV
62.1	Julie Vine Bou
62.5	Jane Low CG
62.96	Fiona Watt CG-E
63.96	Janet O'Neill CG-E
64.39	Emma Lindsay EWM
64.7	Moira McBeath Inv
65.1	x Alison Brown EWM
65.4	Ruth Irving Wir-E
65.5	Mgt Southerden WYC
66.0	Kirsty Baird KO
66.1	Gillian Docherty Kil
67.48	Lindsey White Stew-E
67.9	Alison Brydie EWM-I
68.28	Kerry Beveridge ESP-I
68.4	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'Neill will be leading the chase. (1990-20th: 68.2)

High Jump

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

1.71i	Joanna Ross Kil
1.70	Lisa Brown LCH-I
1.67i	Jackie Gilchrist Pit
1.66i	Janice Ainslie EWM
1.65	Louise McMillan EWM-E
1.65	Nicola Murray CG
1.65	Beth Phillip Ab-E
1.61	Julie Reid Kil
1.61i	Claire Scott Ctr
1.60	Karen Hay ESS-J
1.60	Julie McNeil EWM
1.60	Sarah Ramminger Arb-I
1.59	Caroline Black EWM-E
1.57	Suzie Robertson Ab-J
1.57	Sheilah Bain BI-J
1.57	A McBeth Cai
1.57	Susan Sutherland BI-E

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

Long Jump

6.08	Ruth Irving Wir-E
6.04w	Karen Hambrook Ash
6.03w	Caroline Black EWM-E
5.92w	Janice Ainslie EWM
5.81w	Fiona Allan Rudd-I
5.77w	Nicola Barr EWM
5.70w	Linda Davidson Ab
5.58w	Liz Kerr CG-I
5.55w	Julie Vine Bou
5.53w	Mhairi Marr Stew
5.45i	Andrea Jackson CG
5.39w	Pamela Anderson CG-J
5.37w	Jeanette Adair LCH-I
5.36w	Fiona Hutchison CG-J
5.33i	Sarah Stirling CG-E
5.30w	Karen McNamee CG-J
5.30w	Sarah Still Ab-I
5.28w	Louise McMillan EWM-E
5.26i	Evelyn Grant Pit-E

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 surflet of marks treated as windy above. (1990-20th: 5.27)

Triple Jump

12.81	Karen Hambrook Ash
11.97w	Nicola Barr EWM
11.51w	Linda Davidson Ab (11.50)
11.24w	Rhona Pinkerton CG
11.09w	Mhairi Marr Stew
10.85w	Jean Harvey NV
10.84w	Louise McMillan EWM-E
10.67w	Janell Currie CG
10.62w	Jeannette Phee Kil
10.60w	Alison Grey ESP-E
10.57i	Gillian Spankie ESP
10.06w	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 speeds on results where taken.

Shot Putt

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

12.01	Lynne Barnett PSH-E
11.45	Karen Hambrook Ash
11.34	Andrea Rhodie CG

34.22	Catherine Garden Pit-G
34.16	Stephanie Robin Hel-I
33.60	Eleanor Garden Pit-J



Alison Grey

11.25i Claire Cameron CG
11.25i Karen Savill ESP
11.11i Tracy Shorts Kil
11.08 Stephanie Robin Hel-I
10.99 Linda Low ESP
10.96i x Hilda Markhus GU
10.59i Helen Cromarty Ork-E
10.49 Lorna Jackson Tay-E
10.47 Diane Sutherland EWM
10.44 Karen Neary EWM
10.40 Raka Samson Ayr-I
10.18 Leigh Cunningham Pit-I
Alison Grey gained almost a metre to move to third all-time behind Meg Ritchie and Mary Anderson. Alison Dutch continued her improvement.

Discus Throw

46.84	Alison Grey ESP-E
46.56	Helen Cowe Ab
45.88	x Hilda Markhus GU
44.84	Karen Neary ESP
43.14	Susan Freebairn CG
42.38	Claire Cameron CG
38.86	Julie Robin Kil-B-J
38.18	Heather MacLeod Inv-E
37.94	Helen McCreadie Dum-I
35.56	Gillian Gibson Morp
35.30	Aline Cross Ork-E
35.02	Mary Anderson ESP
34.82	Navdeep Dhaliwal CG-J

Javelin Throw

47.54	Karen Savill ESP
46.64	Janell Currie CG
45.84	Lorna Jackson Tay-E
44.66	Mary Anderson ESP
40.00	Isobel Donaldson Ald
39.70	Linda Low ESP
38.88	Diane Sutherland EWM
36.98	Margaret Kelly ESP
36.16	Nicola Sloan Hel-I
36.06	Tracy Shorts Kil
35.02	Fiona Gehring Ayr-E
34.74	Lesley Burt CG
34.34	Jane Ritchie Arb
33.92	Karen Elliott Carl-I
33.02	Alison Cheyne CH-I
32.86	Lynsay Munro EWM-J
32.84	Janet McTurk DMF-I
32.50	Joanna Ablett EWM-E
32.42	Susan Mitchell CG
32.06	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

4582	Isabel Donaldson Ald
4382	Janice Ainslie EWM
4303	Evelyn Grant Pit-E
4120	Alison Dutch EWM
4117	Jackie Gilchrist Pit
4098	Caroline Black EWM-E
3989	Louise McMillan EWM-E
3895	Elaine Donald Hel-E
3703w	Julie McNeill EWM
3409	Elaine Quinn Law
3390	Shona Simpson Pet
3357w	Kirstin McIntyre EWM-E

Twelve to 3300 compared to 8 in 1990. The difference in some of the marks to those previously reported is due to slight mis-scoring at the time.

Notes:

x ineligible to represent Scotland
* currently competing/resident in Australia
I indoor
w wind-assisted
E Euro Junior; I Intermediate.
J Junior; G Girl.

Arnold Black

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October

31

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 McDermid (H&I); 7, R Brown V2 (St); 8, S McCabe (Tay); 9, P Ogden V3 (St); 10, D Watson (H&I).

November

3

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, C McDougall 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 Proctor (O/45) 35-20. O/40 Teams: 1, England B 24pts; 2, England 30; 3, Scotland 42; 4, Wales 99; 4, Scotland B 105. O/45: 1, England 14pts; 2, Wales 34; 3, Scotland 49; 4, Scotland B 14. O/50: 1, G Patton (E) 32-54; 2, L Pridland (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 Stoddart 37-39; 3, R Lucas (E) 38-11; Scots placings: 8, W McBrinn 41-15; 9, H Tappan (O/65) 42; 12, H Mitchell 42-16; 14, W Armour 43-15; 15, J Elphinstone 43-38; 17, J Quinn 45-07; 21, H McGinley 47-10; 23, A Duncan (O/65) 58-22. Teams: O/60: 1, England 8pts; 2, Scotland 19; 3, England B 25; 4, Wales 45. O/75: 1, S Young (E) 16-57; 2, C Price (S); 3, A Turrington (E) 17-33; 4, C Duncan 17-42; 5, J McCall (S) 17-46; 6, L Hughes (W) 17-48; Scots placings: 15, R McAleese 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 Vets: 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. Teams: 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 (E B) 20-21; Scots placings: 8, M Robertson 22-35; 10, M Moore 22-41. Team: 1, England 7pts; 2, England B 15.

Laswade Open CC Meeting, Bonnyrigg -

Men: 1, A Russell (Law) 29-15; 2, D Covers (Tev) 29-16; 3, P Pauls 30-10; 4, S Burch JI (Ed U) 31-55; 5, T Delahogue (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 Jason (Ren) 33-49; V1 J Smith (H&I) 33-50; V2, R Brown (KO) 34-47; V3, G McLean (KO) 35-22. Teams: 1, Edinburgh U 17pts; 2, Penicuik H 46; 3, Corstorphine 48.

Youths: 1, G Brown (Pen) 21-30; 2, P Allan (Ayr) 22-05; 3, I Murdoch (Ayr) 22-19; Team: 1, Law 43pts; 2, Fife 53; 3, Whitburn 54.

Senior Boys: 1, K Daley (ESP) 18-36; 2, N Lyall (Lass) 18-44; 3, D Gemmell (Avon) 18-50; Team: 1, Laswade 32pts; 2, Springburn 33; 3, Ayr Seaford 35.

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

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

Women: Sen: 1, H Haining (Glas U) 20-08; 2, V McPherson (Glas U) 20-13; 3, V Vaughan (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; Team: 1, Glasgow U 9pts; 2, EWM 17; 3, Edinburgh U 49.

Inter: 1, L Cormack (ESP) 20-59; 2, L Stewart (ESP) 21-09; 3, A Cheyne (CG) 21-

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, P Jennings (Men) 35-02;

28

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 Cassels (Ab) 35-52; 12, S Laing (Cht) 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; Team: 1, Aberdeen 29pts; 2, Morys RR 42; 3, Perth Strathay H 47; 4, Metro 48.

Youths: 1, S Mackay (Inv) 20-16; 2, S Watson (Mon) 20-38; 3, S Duncan (DHH) 20-44; 4, A Casey (QVS) 21-06; 5, D Ross (Arb) 21-48; 6, A Alcon (DHH) 21-35; Team: 1, DHH 18pts; 2, Fraserburgh RC 26; 3, Aberdeen 35.

Sen Boys: 1, D McDonald (PSH) 15-58; 2, J Colquhoun (Inv) 16-16; 3, C Smith (Ab) 16-22; Team: 1, Inverness H 17pts; 2, Aberdeen 17; 3, Black Isle 39.

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

Colts: 1, D Cumming (Ab) 6-21; 2, J O'Parka (Tay) 6-27; 3, D Melville (BI) 6-32; Team: 1, Black Isle 23; 2, Queen Victoria School 24; 3, Aberdeen 32.

Sen Women: 1, K Meams (Ab) 16-52; 2, D Porter (Ab) 17-11; 3, J Grams (Ab) 17-48; 4, K Cowell (DHH) 18-05; 5, S Harkins (Ab) 18-32; 6, S Lasham (Ab) 18-44; 7, S Macrae (In) 18-47; 8, N Clark (Ab) 19-24; LV1 1, MacLennan (BI) 19-47; LV2 L Inkson (A) 21-55. Team: 1, Aberdeen 6pts; 2, Aberdeen B 19; 3, Black Isle 37; Juniors: 1, M Smith (BI) 11-54; 2, D Traynor (DHH) 12-06; 3, N Clark (Ab) 12-16; Team: 1, Dundee HH 15pts; 2, Aberdeen 16; 3, Black Isle 25; Girls: 1, K Scott (Mor) 11-58; 2, H Smith (Ab) 12-19; 3, J Leamonth (DHH) 12-35; Team: 1, Morys 15pts; 2, Aberdeen 17; 3, Dundee HH 25.

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

Laswade Open CC Meeting, Bonnyrigg - Men: 1, A Russell (Law) 29-15; 2, D Covers (Tev) 29-16; 3, P Pauls 30-10; 4, S Burch JI (Ed U) 31-55; 5, T Delahogue (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 Jason (Ren) 33-49; V1 J Smith (H&I) 33-50; V2, R Brown (KO) 34-47; V3, G McLean (KO) 35-22. Teams: 1, Edinburgh U 17pts; 2, Penicuik H 46; 3, Corstorphine 48.

Youths: 1, G Brown (Pen) 21-30; 2, P Allan (Ayr) 22-05; 3, I Murdoch (Ayr) 22-19; Team: 1, Law 43pts; 2, Fife 53; 3, Whitburn 54.

Senior Boys: 1, K Daley (ESP) 18-36; 2, N Lyall (Lass) 18-44; 3, D Gemmell (Avon) 18-50; Team: 1, Laswade 32pts; 2, Springburn 33; 3, Ayr Seaford 35.

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

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

Women: Sen: 1, H Haining (Glas U) 20-08; 2, V McPherson (Glas U) 20-13; 3, V Vaughan (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; Team: 1, Glasgow U 9pts; 2, EWM 17; 3, Edinburgh U 49.

Inter: 1, L Cormack (ESP) 20-59; 2, L Stewart (ESP) 21-09; 3, A Cheyne (CG) 21-

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, P Jennings (Men) 35-02;

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 Cassels (Ab) 35-52; 12, S Laing (Cht) 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; Team: 1, Aberdeen 29pts; 2, Morys RR 42; 3, Perth Strathay H 47; 4, Metro 48.

Youths: 1, S Mackay (Inv) 20-16; 2, S Watson (Mon) 20-38; 3, S Duncan (DHH) 20-44; 4, A Casey (QVS) 21-06; 5, D Ross (Arb) 21-48; 6, A Alcon (DHH) 21-35; Team: 1, DHH 18pts; 2, Fraserburgh RC 26; 3, Aberdeen 35.

Sen Boys: 1, D McDonald (PSH) 15-58; 2, J Colquhoun (Inv) 16-16; 3, C Smith (Ab) 16-22; Team: 1, Inverness H 17pts; 2, Aberdeen 17; 3, Black Isle 39.

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

Colts: 1, D Cumming (Ab) 6-21; 2, J O'Parka (Tay) 6-27; 3, D Melville (BI) 6-32; Team: 1, Black Isle 23; 2, Queen Victoria School 24; 3, Aberdeen 32.

Sen Women: 1, K Meams (Ab) 16-52; 2, D Porter (Ab) 17-11; 3, J Grams (Ab) 17-48; 4, K Cowell (DHH) 18-05; 5, S Harkins (Ab) 18-32; 6, S Lasham (Ab) 18-44; 7, S Macrae (In) 18-47; 8, N Clark (Ab) 19-24; LV1 1, MacLennan (BI) 19-47; LV2 L Inkson (A) 21-55. Team: 1, Aberdeen 6pts; 2, Aberdeen B 19; 3, Black Isle 37; Juniors: 1, M Smith (BI) 11-54; 2, D Traynor (DHH) 12-06; 3, N Clark (Ab) 12-16; Team: 1, Dundee HH 15pts; 2, Aberdeen 16; 3, Black Isle 25; Girls: 1, K Scott (Mor) 11-58; 2, H Smith (Ab) 12-19; 3, J Leamonth (DHH) 12-35; Team: 1, Morys 15pts; 2, Aberdeen 17; 3, Dundee HH 25.

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

Laswade Open CC Meeting, Bonnyrigg -

Men: 1, A Russell (Law) 29-15; 2, D Covers (Tev) 29-16; 3, P Pauls 30-10; 4, S Burch JI (Ed U) 31-55; 5, T Delahogue (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 Jason (Ren) 33-49; V1 J Smith (H&I) 33-50; V2, R Brown (KO) 34-47; V3, G McLean (KO) 35-22. Teams: 1, Edinburgh U 17pts; 2, Penicuik H 46; 3, Corstorphine 48.

Youths: 1, G Brown (Pen) 21-30; 2, P Allan (Ayr) 22-05; 3, I Murdoch (Ayr) 22-19; Team: 1, Law 43pts; 2, Fife 53; 3, Whitburn 54.

Senior Boys: 1, K Daley (ESP) 18-36; 2, N Lyall (Lass) 18-44; 3, D Gemmell (Avon) 18-50; Team: 1, Laswade 32pts; 2, Springburn 33; 3, Ayr Seaford 35.

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

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

Women: Sen: 1, H Haining (Glas U) 20-08; 2, V McPherson (Glas U) 20-13; 3, V Vaughan (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; Team: 1, Glasgow U 9pts; 2, EWM 17; 3, Edinburgh U 49.

Inter: 1, L Cormack (ESP) 20-59; 2, L Stewart (ESP) 21-09; 3, A Cheyne (CG) 21-

24; Team: 1, ESP 26pts; 2, Strathkelvin 27; 3, Arbroath 69; Juniors: 1, P Crawley (CG) 11-33; 2, E Gorman (VP) 11-48; 3, C Gormley (EWM) 11-56. Team: 1, City of Glasgow 23pts; 2, ESP 35; 3, Kirk Olympians 43.

Girls: 1, K Montador (Cht) 11-45; 2, C Morris (JWK) 12-35; 2, Laswade 42; 3, City of Glasgow 51.

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

9

SCCU North Dist CC League, Thurso - Sen Men: 1, J Bowman (Inv) 34-05; 2, A Reid (Pet) 34-06; 3, S McKernie (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 Milne 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, Morys.

Youths: 1, S Galbraith (BI) 23-37; 2, J Dewar (Inv) 24-27; 3, J Mundie (Pet) 25-20; Team: 1, Inverness.

Senior Boys: 1, J Colquhoun (Inv) 16-44; 2, E Naismith (BI) 16-47; 3, P McIntyre (Inv) 16-52; Team: 1, Inverness.

Junior Boys: 1, K McAlpine (Nai) 11-18; 2, N Tulloch (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, Morys 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, Inverness H.

Jun: 1, M Smith (BI) 13-00; 2, C Simpson (For) 13-30; 3, J Sim (Mor) 13-37; Team: 1, Morys RR.

Girls: 1, K Scott (Mor) 9-35; 2, S Leibritz (Mor) 9-54; 3, C Nichol (Cai) 10-01; Team: 1, Morys RR.

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

Teviotdale 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 Wright 11-39.

Jun Boys: 1, S Watson 9-27; 2, S Blakie 9-35; 3, C Bain 9-39.

Colts: 1, C Connors 7-12; 2, C Grieve 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.

10

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 (Ayr) 32-48; 5, J McNamee (Inv) 33-12; 6, D Auchie (Dal) 33-25; 7, R Brown (HBT) 33-36; 8, E Tonner (JWK) 33-39; 9, B Gough (Cam) 34-07; 10, J Baird (Low) 34-22; V1, J White (Inv) 34-50; V2, M Ferguson (JWK) 35-40; V3, G Young (Ayr) 35-45. Team: 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; Team: 1, Ayr Seaford 12.

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

Jun Boys: 1, R McDonald (Sp) 11-24; 2, J McLellan (For) 11-27; 3, G Murray (Air) 11-35; Team: 1, Springburn 16pts; 2, Airdrie 17; 3, Ctr 46.

Colts: 1, D Moom (Clyd) 6-08; 2, K Taylor (Girvan) 6-14; 3, R Struthers (Avon) 6-15; Team: 1, Irvine Cable 33; 2, Avonside 37; 3, Ayr Seaford 52.

Sen Women: 1, K McCallum (EWM) 24-39; 2, S Armstrong (Carlisle) 25-36; 3, C Gibson (SV) 26-35; 4, V Clinton (Inv) 26-47; 5, G Walker (Cum) 27-09; 6, H Morton (Inv) 27-27; 7, S Carruthers (Ayr) 28-02; 8, L McGarry LV1 (Inv) 28-07; 9, K Todd LV2 (JWK) 28-23; 10, A Higgins (Low) 28-26; LV3, C Docherty (SpV) 14th 31-47.

Team: 1, Irvine Cable 18pts; 2, C'nauld 39.

Inter: 1, L Chisholm (Str) 20-20; 2, L McGarity (SV) 20-31; 3, C Miller (Inv) 21-44; Team: 1, Central 23pts; 2, Ayr 52.

Juniors: 1, K Stewart (JWK) 12-41; 2, L Moody (CG) 12-46; 3, C McCarron (Str) 13-11; Team: 1, JWK 12; 2, Airdrie 58.

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

Minor Girls: 1, E Dewar (Cht) 6-26; 2, K Montador (Cht) 6-44; 3, L Conway (Ayr) 6-46; Team: 1, Ayr Seaford 14pts; 2, Central Region 21pts; 3, Airdrie 48.

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

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

Sen Boys: 1, A Reynolds (Cam) 7-13; 2, C Douglas (Kil) 7-15; 3, G Hillier (VP) 7-29.

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 Aiken (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, Moray 62; 2, Inv 82.

Junior: 1, B Fraser (BI) 35-28; 2, N Mendham (Fra) 36-05; 3, S Wright (Eig) 36-46.

Youths: 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, S Chisholm (MRR) 25-25; Teams: Inv.

Senior Boys: 1, J Colquhoun (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, S Robertson (MRR) 18-55. Team: Inv.

Junior Boys: 1, K McAlpine (Nai) 12-24; 2, N Tulloch (BI) 12-48; 3, G Martin (BI) 12-48; 4, L Bethune (BI) 13-19; 5, J Cowie (BHS) 13-29; 6, D Wilby (BI) 13-36; Team: BI.

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 Ladies: 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 (Inv) 26-14; C Miller (Inv) 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 (Inv) V2 27-55; V3 H Rankine (JWK) 28-02; Teams: 1, Inv 30; 2, JWK 33; 3, Ayr 57.

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

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

Sen Women: 1, V Clinton (Inv) 21-57; 2, H Morton (Inv) 22-03; 3, J Byng (Inv) LV1 22-21; 4, M McGill (Inv) LV2 22-40; 5, A Higgins (Lou) 23-17; 6, K McQuinn (Inv) EJ 25-09; Team: Irvine Cable 6pts.

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

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

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

Eastern District VV League, Rosyth -

Senior: 1, J Ross (HELP) 22-55; 2, I 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 (Inv) 23-10; 7, S Cohen (RCE) 23-16; 8, G McMaster (FVH) 23-20; 9, A Farr (Inv) 23-27; 10, R Herries (HBT) 23-28; 11, G Crawford (RCE) 23-28; 12, I Brown (FVH) 23-30; 13, I White (FVH) 23-30; 14, D Garland (ESP) 23-38; 15, S Burch (Ed U) 23-43; 16, M Ferguson (ESP) 23-45; 17, R Crewell (AI) 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 (ESP) 14-28; 10, D McGregor (FVH) 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 Grievie (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'Parra (Tay) 5-39; 3, C O'Brien (Cor) 5-45. Teams: 1, Ab 39; 2, Pit 47; 3, QVSc 55.

December

2

Scottish Fire Brigade League, 10K Forest Trail, Bathgate -

1, P Butcher (Tay) 33-04; 2, D Buchanan (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

2

Allan Scally Mem Rd Relay, Baillieston -

1, RC Edinburgh 90-38 (roc) (A Robson 23-00; B Kirkwood 23-04; J Robson 22-08; T Hanlon 22-26); 2, FVH 91-28 (K Rankine 23-41; J Johnston 23-21; G Grindley 22-38; J Sherban 21-48); 3, Shetle' 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 Gormley 23-29; E Stewart 23-10); 6, R C "B" 94-51 (D Gardiner 23-49; D Ross 23-57; 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, Shetlestone "B" 99-44; 16, Bella's 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, Cambuslang Vets 101-38; 26, Maryhill H 101-53; 27, Spr 101-55; 28, HBT "B" 102-04; 29, Bella's H 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 Kirkwood 23-04; 10, E Stewart 23-10.

131-00; 14, Irvine Cable 99-39; 15, Shetlestone "B" 99-44; 16, Bella's 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, Cambuslang Vets 101-38; 26, Maryhill H 101-53; 27, Spr 101-55; 28, HBT "B" 102-04; 29, Bella's H 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 Kirkwood 23-04; 10, E Stewart 23-10.

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131-00; 14, Irvine Cable 99-39; 15, Shetlestone "B" 99-44; 16, Bella's 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, Cambuslang Vets 101-38; 26, Maryhill H 101-53; 27, Spr 101-55; 28, HBT "B" 102-04; 29, Bella's H 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 Kirkwood 23-04; 10, E Stewart 23-10.

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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 Pynt 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 (Met) 2-27-18; 2, M McHale V1 (Cam) 2-27-21; 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, Carnegie H 18pts. L1, T Thomson (Pit) 3-12-39; L2, M Healy (Pit) 3-13-41; L3, P Nicholson (For) 3-17-44; L4, S Beauchop LV1 (SVHC) 3-24-56; L5, S Bennett (Met) 3-32-44.

Half Marathon: 1, S MacKenzie (Inv) 71-57; 2, R Taylor (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 Mustard (HELP) 76-43; 10, S Forbes (Met) 76-50; V1, J Smith (Gor) 1-21-25; V2, G Lamb (Mil) 1-24-09; V3, J Douglas (Cai) 1-25-06; Teams: 1, HELP 19pts; 2, Metro 25; 3, Carnegie 32. L1, J Robertson (Ayr) 1-26-47; L2, F Thin (MBI) 1-28-28; L3, A M Hughes (She) 1-30-39; L4, H Stewart (Cly) 1-31-37; LV1, L McHardy (MBI) 1-33-51; LV2, D Routley (Eam) 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 (Inv) 32-04; 5, D McGuinness (HELP) 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 V1 (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 (Unit) 39-55; L3, M Walker LV3 (BI) 40-17; L4, Fisher LV3 (Naim) 41-27; L5, A Smart (Inv) 41-36; Team: 1, Inverness.

3

Valentine's Astral 10K RR, Dundee -

1, G Croll (Cam) 50-58; 2, T Mitchell (Fif) 51-57; 3, R Bell (DHH) 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 Fleming (Cz) 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 Halse (DHH) 67-00; Teams: 1, Dundee Roadrunners. LV1, C Cadger (PSH) 71-50; LV2 A Dudek (PSH) 73-06.

6

Gen Portfolio 10 mile Road Race from Brampton to Carlisle -

1, C Thackery (Hall) 46-29; 2, D Donnett (Sp) 48-19; 3, M Carroll (Ann) 48-21; 4, G Crawford (Sp) 48-48; 5, P Banks (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 McAr (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 (Dum) 55-27; 90, F Wright V (Sp) 55-55 L1, S Catford (Leeds) 55-30; L2, K Mitchell (Tyne) 57-03; L3, 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.

7

Fife College Women's 10K RR, Kirkcaldy

1, K Robinson (Pit) 35-34 (rec); 2, S Aiken (AP) 40-05; 3, M Healy (Pit) 40-53; 4, H Parkinson (J1) (BalHS) 41-54; 5, P McKinnon (Lass) 43-16; 6, E Bain (Cai) 43-42; 7, M Brimacombe (Cam) 45-33; 8, S Kelly LV1 (Rec) 45-37.

9

Glasgow Uni Gen Portfolio 5 mile RR, Westerlands (+ 550 ran) -

1, P Dugdale (Gor) 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 (Unit) 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 McConnell (She) 24-10; 23, J Herries (HBT) 24-13; 24, C Soutar (Ayr) 24-15; 25, C McDougall V1 (Cai) 24-17; V2, A McLinden 67th (Ham) 25-16; V3, J White 71st (Inv) 25-18; V4, I Burke 82nd (Bel) 25-33; V5, J Smith 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 Guthrie 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; J5, A Smith 50th (EK) 24-56; J6, S Gilmour 53rd (VP) 25-00; L1, V McPherson (Gl U) 25-45; L2, A Rose (EWM) 26-46; L3, G Pollard (FFT) 26-50; L4, E Cochrane (CG) 27-18; L5, E Masson (Kil) 27-34.

10

Aberdeen 6 mile RR Champs -

1, F Clyne (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)

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 opposition 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, Aberdeen 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.

Metro pair Peter Jennings and Bruce Momoney finished 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 veteran race.

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 accommodation, 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 in 23-37, 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 steps 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 *writes 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 superb record of 73-25 remains from the inaugural run despite a determined effort by Pitreavie's John Linaker who produced a splendid 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 beginning 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. Forfar Road 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 Armstrong (Giff) in 85-00 ahead of (DHH) Aileen Wilsons 86-26. Both ladies are also veterans. In fact six of the top 10 ladies were veterans.

All 209 starters 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 runners 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 running 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 challenge cup was donated by a senior member, Eddie Hartley, a member of KRR and Perth Strathay Harriers.

The format for the relay race is a 12 x 1 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 marshal 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 Runners, the first time DRR have won the Hartley Trophy.

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

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 Balwearie.
- EVENTS:** Mostly 3000m, but I do the 1500m and 800m as well.
- PERSONAL BESTS:** 3000m: 10-17; 1500m: 4-47; 800m: 2-28.
- ENJOY MOST:** Setting myself targets and reaching them.
- LEAST ENJOY:** Repetition 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 teacher.



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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. Balweerie 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 cross-country 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 Aquinas, 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), Balweerie High (third in 1990), Douglas Academy (first in the under 15 race in 1990), and Bocclair Academy.

And it was indeed exciting, 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 (Bocclair Academy), and Alasdair Moonie (Balweerie). Alan Kidd of Stewarton Academy was fifth with Alasdair Donaldson (DSMC) some 35 seconds behind him.

Gradually, Alasdair Moonie pulled Balweerie 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 Bocclair 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 Balweerie'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 power-hungry 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 them as an ideal starting block for fitness careers in sports administration. This is particularly so in athletics, and once again the athletes have been sold out by the powers-that-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 Scottish 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.

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 colleagues.

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 Cardiff in 1992. The bad news for the Scots is that it is scheduled to be held at Meadowbank in 1993, and so they will miss out 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 event may, 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 competing 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.



Hayley Haining

December

21

ESPC AC "Queens Drive" Races.

22

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

CHRISTMAS Handicap, 4th Lochaber AC Sunday League race. 3 mile round Achintee. 11am start, Claggan 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, Meadowbank - 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-Countries Champs, Corby.

EASTERN District League, Riccarton.

NORTHERN District League, Peterhead.

RENFREWSHIRE AAA 5 mile Road Race.

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

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29

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