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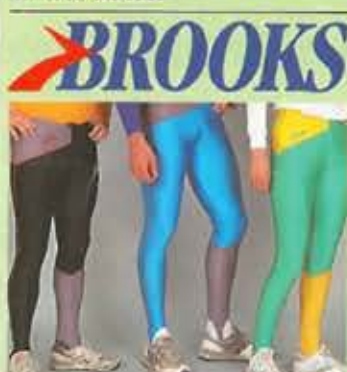


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FEBRUARY 1992

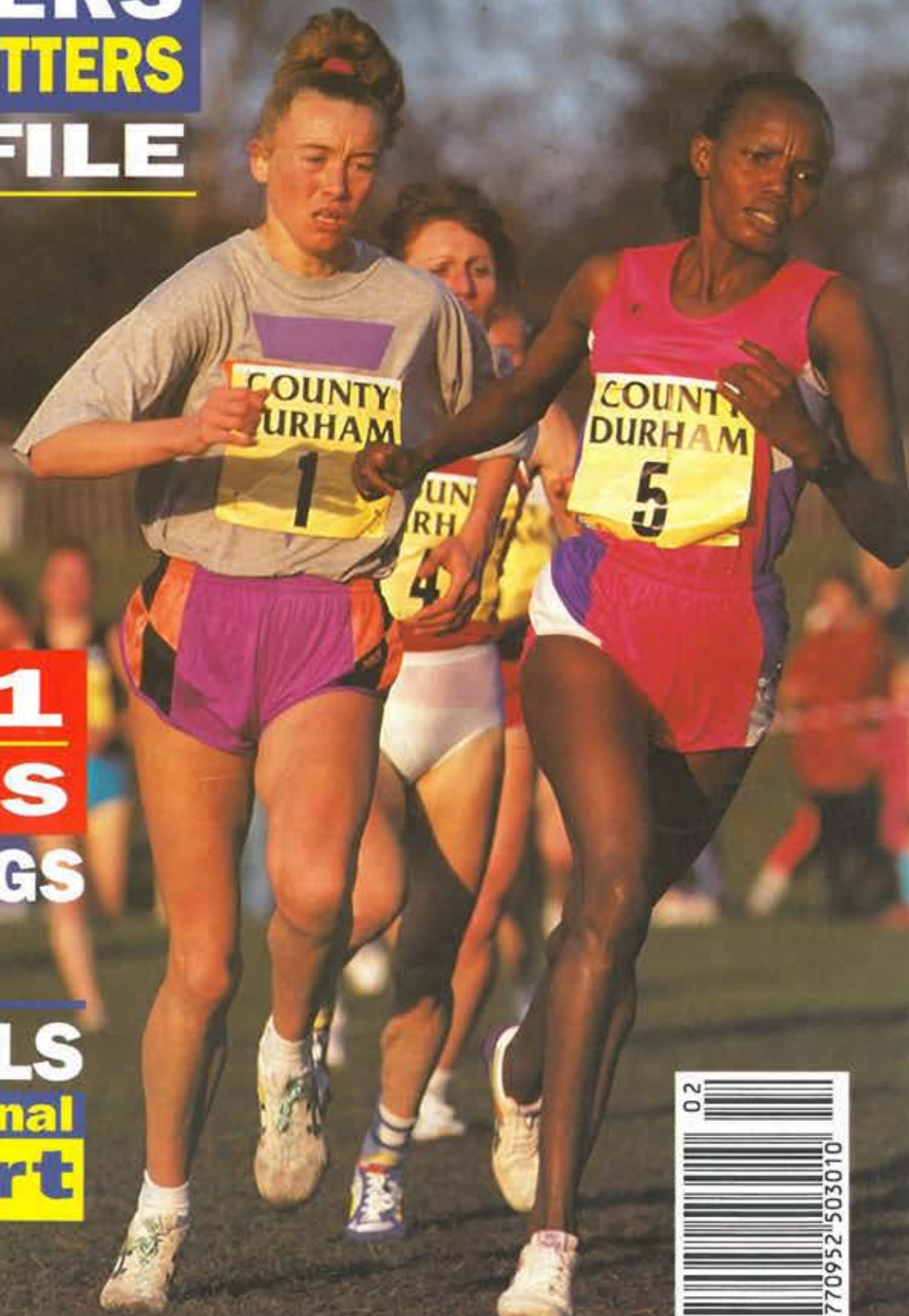
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ISSUE 66

HUNTERS BOG TROTTERS PROFILE

1991 MEN'S RANKINGS

SCHOOLS International Report



**GLASGOW CITY COUNCIL:
DEPARTMENT OF PARKS AND RECREATION
KELVIN HALL INTERNATIONAL SPORTS ARENA**



FORTHCOMING EVENTS:

SATURDAY 1ST FEBRUARY - SCOTTISH ATHLETICS OFFICIALS' AGM
SUNDAY 2ND FEBRUARY - SCOTTISH ATHLETICS INDOOR LEAGUE 10am
WEDNESDAY 5TH FEBRUARY - OPEN GRADED MEETING 7pm
SATURDAY 8TH FEBRUARY - PEARL ASSURANCE INVITATION MEETING 2pm
SUNDAY 9TH FEBRUARY - SCOTTISH ATHLETICS INDOOR LEAGUE 4pm
WEDNESDAY 12TH FEBRUARY - SCOTTISH UNIVERSITIES CHAMPIONSHIPS
FRIDAY 16TH FEBRUARY - SCOTTISH CIVIL SERVICE CHAMPIONS
SATURDAY 15TH/SUNDAY 16TH FEBRUARY - SAAA/SWAAA COMBINED
EVENTS/RELAY CHAMPIONSHIPS
WEDNESDAY 19TH FEBRUARY - OPEN GRADED ATHLETICS MEETING
FRIDAY 21ST FEBRUARY - SCOTTISH SCHOOLS INDOOR CHAMPIONSHIPS
SATURDAY 29TH FEBRUARY - SCOTLAND v MIDLAND COUNTIES
SUNDAY 1ST MARCH - SWAAA U20 CHAMPIONSHIPS
MONDAY 2ND MARCH - INTER-SCHOOLS ATHLETICS MEETING
SATURDAY 7TH MARCH - SCOTTISH VETERANS ATHLETICS CHAMPIONSHIPS
MONDAY 9TH MARCH - INTER-SCHOOLS ATHLETICS MEETING
WEDNESDAY 11TH MARCH - OPEN GRADED ATHLETICS MEETING
MONDAY 16TH MARCH - INTER-SCHOOLS ATHLETICS MEETING



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**FEBRUARY
1992**

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Front cover
photograph by
Mark Shearman.



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

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



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McCOLGAN'S GLORIOUS TRAIL OF TRIUMPH CONTINUES INTO 1992

THE MBE awarded to world 10,000 metres champion Liz McColgan in the New Year Honours List was, she said, "The perfect end to a perfect year."

The Dundee Hawkhill Harrier, who won the Commonwealth 10,000 metres title for the second time in 1990, enjoyed even greater success last year.

She won bronze at the world cross country championships in Antwerp last March, four months to the day after the birth of her daughter; she smashed the UK record for 10,000 metres with the second fastest time ever before capturing the world 10,000m title in Tokyo; and in November she won the New York marathon with the fastest debut time in history.

But if she has her way, 1992 will be even better. Even the heralded return of South Africa for the Olympic Games, which would bring Zola Budd-Pieterse and Elana Meyer to Barcelona, does not discourage McColgan.

The pair topped the world rankings at 3000 metres last year, and Meyer, says McColgan, "would be a bigger threat than Bondarenko at 10,000 metres."

The 27 year old McColgan saw off Olympic champion Bondarenko in the World Cross Challenge event at Beamish, County Durham, on the final

Saturday of 1991, before heading for Gainesville, Florida, to begin her Olympic build-up and prepare for a half marathon in Japan at the end of January.

"We are going to the USA because that is the best place for me to train for Olympic gold. That is my over-riding ambition now, and nothing will distract me from it," said Liz.

"A world record attempt at 5000m indoors is an attractive prospect this winter," she added before leaving. But the invitation match at the Kelvin Hall on February 8, which could include South Africans if the world governing body sanctions their return in time, is almost certainly a non-starter, as the Dundee Hawkhill Harrier will have raced a half marathon a fortnight earlier.

However, do not rule out the Arbroath woman from Britain's world championship cross-country team for Boston. At Beamish, McColgan beat the two Russians, Yelena Romanova, the European 10,000m champion, and Bondarenko, as well as the world's number one cross country runner last season, Susan Sirma of Kenya.

The lure of a further world title may prove too much for McColgan who hinted, "I won't rule out Boston - it depends on how my training is going nearer the time."

South Africa may make first appearance in Glasgow

SUBJECT to the approval of the International Amateur Athletic Federation, South Africa is poised to return to international athletics after three decades in exile, writes Doug Gillon.

That return could be as early as the Kelvin Hall invitation meeting in Glasgow on February 8, with a further two internationals against the UK provisionally scheduled for Cape Town in May, and Edinburgh in June.

Agreement reached in Cape Town by the Republic's two leading governing bodies of the sport (the predominantly white South African Amateur Athletic Union and the rival South African Amateur Athletic Congress) has paved the way for recognition by the IAAF congress in Mexico City at the end of January when the newly-formed governing body, Athletics South Africa, will seek membership.

Although the left wing South African Athletic Board did not attend the Cape Town meeting - they want white rule to end before they agree - that need not be a problem.

However, the IAAF may use it as an excuse to delay their approval until just before the Boston world cross country event, meaning that this would have the kudos of hosting South Africa's return, rather than the Glasgow event.

"But formal world recognition of South African athletics is now seen as a formality," insists British Athletic Federation spokesman Tony Ward.

"Subject to IAAF approval, arrangements are already in hand to have South Africans compete in the indoor meeting at the Kelvin Hall.

"British athletes will also meet South Africa in an outdoor match in Cape Town on May 23 and 24, and they will then come to Meadowbank for a return match on June 19. We will be attempting to bring together Murray, McColgan, Pieterse, and Meyer for a 3000 metres in Edinburgh."

With the WAAA Olympic trials scheduled for the following weekend that may be easier said than done, but the June date, already on the fixture list for a meeting involving Britain, Sweden, and Kenya, looks like being the first encounter involving the Republic and a black African nation since South Africa was outlawed from international athletics following the Rome Olympics in 1960.

Ward said, "We have been negotiating with the South African bodies via a third party for some time, and everything was in place pending the announcement of the governing bodies' 'unity agreement'."

HURRICANE HAILEY HITS THE SENIOR RANKS



HAILEY Haining has been the discovery of the women's cross country season, writes Doug Gillon.

The second year veterinary student at Glasgow University, seventh in the world junior championships last year, has made a stunning impact on her first year as a senior.

"I expected to be in limbo for a couple of seasons," confessed the 19 year old former Nith Valley girl.

But after a sixth place in the World Cross event at Mol, in Belgium, she finished fourth behind McColgan at Beamish, bringing speedy praise from Scotland's world champion as she had finished five seconds behind Russia's Olympic 10,000m champion Olga Bondarenko, and had beaten, among others, the European champion at the same distance, Yelena Romanova.

That, however, was only a beginning. Haining was chosen by Britain for the Ekiden relay in Barcelona on Hogmanay. Running the opening 5700m leg, she led

the field home with some notable names in her wake. Her time of 17-32 saw her two seconds clear of Portugal's Aurora Cunha, the former world 15K road champion, and seven seconds in front of Poland's Wanda Panfil, winner in Tokyo of the world marathon title. Romanova, this time, was 27 seconds down.

Annette Bell, the WAAA 10,000m champion and twin sister of Irvine's Sharon Sinclair, was eighth on her stage, helping Britain finish sixth.

Vikki McPherson, Haining's Glasgow student colleague, was chosen as a reserve and was unlucky not to get a run in the traditional composite team. But to their credit, the British girls selected to split their prize money seven ways instead of six, so that McPherson received a share.

It was a real bonanza for Haining, for she picked up \$3000 for the fastest opening stage... then returned to learn she had received a £1000 bursary from the Scottish Sports Aid Foundation.

MURRAY PARTS WAYS WITH SCCU

TOM Murray, the former national cross country champion, has intimated to the SCCU that he does not wish to wear the Scottish vest again.

One of a group of athletes who discussed proposals for improving conditions for competitors with the SCCU last year, Murray feels that nothing has been done on the points discussed.

"We spoke about an elite training group, more races abroad, improved medical back-up, warm weather training... I could go on all day. But nothing has happened."

Murray, who has left Greenock Glenpark and joined Cambuslang, is prepared to continue racing for Scotland on the track.

He made a winning debut for his new club, taking the West indoor title at 3000 metres, and is concentrating his attentions on that event indoors, hoping

to be chosen for the match against Norway in Oslo on February 1.

In Murray's absence from cross country, Kilbarchan's Robert Quinn has established himself as the on-form home Scot through the early part of the season. He won the Cumbernauld representative match from Teviotdale's Dave Cavers by half a minute, and went on to take nineteenth in the World Cross Challenge event at Beamish, and eleventh at Mallusk. These results qualify him for the remainder of the world series.

Ninth at Beamish was Chris Robison, who has subsequently been posted back to Scotland.

The Royal Navy helicopter navigator won the Nigel Barge race a week later, beating Alan Puckrin, while Caledon Park's former national cross country champion, Neil Tennent, showed welcome signs of recovery from a long injury lay-off by taking third.

Staying strictly separate

DESPITE pleas to curb mushrooming administration costs, the annual meeting of the SAAA voted to give road running an independent commission from cross country, writes Doug Gillon.

Alan Grosset, the independent chairman of the committee which drafted the constitution for the proposed Scottish Athletic Federation, pointed out that the SAAA proposed to spend £38,000 on administration, committee expenses, and honoraria, and that this exceeds projected subscription income by £10,000.

"An extra 22 officials for a separate road commission does not make sense," said Grosset. He pointed out that swimming (with 18,000 participants to athletics' 14,000) has £78,000 subscription income and spends only £7,000 on administration.

The vote was tied 21 each, but chairman Harry Quinn exercised his casting vote in favour of a separate commission. Grosset, however, remains hopeful that compromise can be reached while still giving the road lobby the representation they wish.

However, Grosset's wider brief, movement towards the formation of the SAF, received widespread approval in principle, with a 40-4 vote in favour of a special general meeting to form the new body by May 31.

Three of the votes cast against were by individual club representatives, but the fourth, cast by former SAAA general secretary Ewan Murray, represented the Scottish Cross Country Union view. It will be of some concern to the forces of progress that such a significant group as the SCCU appears to be against the new SAF.

Treasurer John Brown revealed a hitherto hidden slush fund as he produced £10,754 to bail the association out of a deficit. A further £13,400 was still available to draw on, said Brown, explaining that the money was in a fund which deals with athletes' trusts.

If the money had appeared in the association's accounts, properly audited, it might have cost the SAAA vital grant aid. "I don't know that the Scottish Sports Council would have been too generous to us if they had known we had this money," said Brown.

The cash represents the profit from the 1985 Dairy Crest Games at Meadowbank, but because of the threat of litigation over an anti-apartheid demonstration and TV blackout, had not been disbursed. When the threat of litigation finally disappeared, Brown decided to hold Scotland's share back for a rainy day.

Quinn was re-elected unopposed as chairman, while Brown and Bob Greenoak continue as treasurer and secretary respectively. The East and West secretaries, Barry Craighead and Brian Goodwin, are unchanged.

WHO ARE THE AMATEURS?

MALCOLM Elliot, a Hawick knitwear worker, collected the £3500 first prize for Edinburgh's New Year Sprint while his school, coached by former Hawick rugby player Forbes Neish, made "a few thousand quid", writes Doug Gillon.

Elliot, 25, did not bet a cent on himself, but he did collect the spectacular Eric Liddell Memorial Trophy, presented by the 1924 Olympic champion's 88-year-old sister, Jenny Somerville, who wore one of her brother's medals.

Former amateur internationalist James Watson, once of Harmer AC, looked favourite for the title, but pulled a hamstring in the first round.

Off 8.25 metres, Elliot was 7-4 favourite by the time he lined up for the final, and he won by a foot from Russell Blackwood, son of the former Tynecastle footballer, Bobby. Elliot's official time was 11.09, though why the ped timekeepers prefer their hand-held watches to the official electronic time (11.26) remains a mystery to me.

Craig Bell, from Forfar, the Scottish Games Association's track athlete of 1991, took the 800m off 47.5m in 1-52.72, while the 1989 sprint winner, Tom Finkle, won the 200m off 13m in 20.81.

The medal won by Mrs Somerville was that won by Liddell for his Scottish 220 yards victory in 1923, in a time of 22.4 - on cinders at Parkhead.

There was animated talk on the improved prospects of a joint meeting with the amateurs. The pros live in hope, because their meeting is dying. Only 1600 attended over the two days, and promoter Frank Hanlon, despite a sharply revamped programme, and some novel ideas including a charity football match, dropped a sum which must have been into five figures.

He also held charity events for Edinburgh's Sick Children's Hospital and a raffle for injured sprinter Cameron Sharp, none of which was an idle public relations exercise.

Hanlon has confirmed that next year he will be back, with prize money increased to £10,000. Could you see some private individual amateur philanthropist putting that kind of money into a meeting? Who are the true amateurs, one continues to wonder?

The answer, of course, is so-called pros like 42-year-old John Rutherford who won the 75m Pat Chester Dash (Chester was Hanlon's uncle), having been up milking the cattle before dawn on his Perthshire farm.

It was the first time Rutherford had worn spikes since September, and his first run on tartan since the previous year. His training is confined to two or three evening sessions each week up the middle of the B825 from Balnluig to Aberfeldy.

DOUBLE VICTORY FOR SCOTTISH ATHLETES AT MORPETH EVENT



Lynn Harding

FOR the first time, both the men's and women's races at Morpeth were won by Scots, writes Doug Gillon.

Belgrave-based Springburn Harrier Paul Evans, who topped the Scottish 5000 and 10,000m rankings last year, and who was first Briton in the Great Race from Glasgow to London, clocked 69-35 beating Steve Brace and Sam Carey among others.

But when the Olympic marathon places were announced less than a week later, Brace was given a Barcelona team berth and Evans was only second reserve behind Carey.

Unemployed Evans, whose mother is from Springburn, now has his sights

on a Commonwealth marathon place for Scotland, but he says he is also available for track events.

The women's race at Morpeth was won by 1990 Commonwealth marathon woman Lynn Harding, now recovering from surgery for the knee injury that thwarted her in Auckland.

Harding won by three minutes from Veronique Marot, but it was Marot who gained the nod for Barcelona.

Accountant Harding, who collected £1000, the biggest prize of her career, had been told she might not run again. Now she is in New Zealand for warm weather training, and is considering another attempt on London.

TSB rescue

TSB Bank have announced the biggest sponsorship deal in the history of UK athletics, worth £4.2m over three years.

The package, replacing Dairy Crest's backing, embraces 15 senior and junior events, including five in Scotland this year. The flagship is the Great Britain match at Meadowbank in June, which looks certain to involve South Africa, Kenya, and Sweden.

The Scottish men's and women's under-20 championships, indoor and out, will also be supported, possibly releasing some funds for events which would otherwise have been jeopardised, according to SAAA treasurer John Brown.

Rise of the East

THE East of Scotland won all five team contests in the annual inter-district match at Irvine, taking the championship trophy for the first time since 1977.

Vikki McPherson (Glasgow University) won the senior race. Alison Gorman, the leading Northern Ireland runner, drew the short straw, being selected for a drug test. She could not produce a sample, missed the team bus to Stranraer, and finally had to be rushed there by taxi.

In the year planner issued with January's Scotland's Runner, the listing under June 21 - "Kirkcaldy Half Marathon" - should have read "Kirkcaldy Half Marathon, 10K, and Fun Run". Apologies.



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Shock winner JUSTICE DENIED

BRIAN Kirkwood was the shock winner of Springburn Harriers' Jack Crawford Memorial race, writes Doug Gillon. Almost 40, Kirkwood beat a quality field including former winner Adrian Callan, course record-holder Peter Fleming, former national cross country champion Tom Murray, and internationalist Gary Grindlay - all of whom were giving Kirkwood several years.

Kirkwood not only out-sprinted Falkirk's Grindlay on the Huntershill track after having looked beaten, but trimmed four seconds from Fleming's course record with 25-14. Fleming, sixth at Morpeth, and piling in the miles for the Houston Marathon, was third.

First veteran was ESPC's Adrian Weatherhead, 48, in 27-09. The 1979 national 1500m champion still trains twice daily, seven days per week.

THE Scottish Cross Country Union is taking legal advice on the findings of the independently chaired tribunal, which they established, to look into the suspension of Colin Shields, author of their centenary history, writes Doug Gillon. The book, "Whatever the Weather", ran over budget and Shields, accused of concealing details of the excess costs, was suspended by the SCCU. The appeal tribunal, under independent chairmanship, decreed that Shields had been denied natural justice and recommended his reinstatement.

SCCU secretary Ian Clifton confirms they are disinclined to accept the verdict, and have sought further legal advice.

However, the outcome of any further legal costs could exhaust SCCU funds before the embryo SAF - which they have voted against - gets to the starting blocks.

STARS FOR KELVIN HALL

THE confirmation of two highly exciting head to head confrontations involving world class athletes at the forthcoming Pearl Assurance Games should ensure that the event - scheduled for the Kelvin Hall on February 8 - draws in the crowds.

John Regis, the UK 200m record holder and former world indoor champion over the same distance, is due to meet Dennis Mitchell in both the 60m and 200m.

Meanwhile, the European indoor record holder over 60m hurdles, Colin Jackson, will be meeting the former world indoor champion at the event, Mark McKoy, in what will be his first race in Britain since breaking down before the semi-finals at the World Championships in Tokyo.



OBITUARY: JIM DOIG

THE North East athletics community was stunned by the death, from meningitis, of Aberdeen runner Jim Doig (34), writes Fraser Clyne.

Jim, who represented Great Britain in the 1988 European Cup marathon in Belgium, was one of Scotland's top distance runners.

Among his marathon running successes were victories at Reykjavik (1987) and Bermuda (1989).

In 1990 he was ranked second in Scotland with a fine personal best time of 2-17-58 set in that year's London race which was won by Allister Hutton.

Despite his achievements at international level the one performance which gave Jim greatest satisfaction came on the domestic scene when he helped Aberdeen AAC win the Edinburgh to Glasgow road relay title in 1986.

Although extremely successful on the road racing circuit, Jim was more content running in the quieter surroundings of the Scottish countryside.

He loved training in the hills near his Kincardine O'Neil home on Deeside, and often travelled further afield to take in a few Munros.

In 1986 he became one of a select group of long distance fell runners to have successfully negotiated the "Bob

Graham Round" a demanding 72 mile course of rough hill country encompassing 42 Lakeland Peaks with 27,000ft of ascent and descent which has to be completed inside 24 hours.

What with running marathons and tackling all-day-and-night hill runs, Jim was a self proclaimed masochist. But he thoroughly enjoyed it.

In 1988 and 1990 he won the type of race to which he was undoubtedly best suited, the Great Wilderness Challenge, a gruelling 25 mile run from Dundonnell to Poolewe through some of Scotland's most spectacular scenery.

Jim also achieved recognition as an orienteer, winning the Scottish native title in 1981 and 1983.

He was a regular in the Scottish international squad in the early 1980s and represented Britain in the 1984 Trans Atlantic Cup in Boston.

Originally from Forfar, Jim graduated from St Andrews University in 1979 before moving to Aberdeen where he was employed as a senior instruments engineer with Shell.

Always a source of inspiration and encouragement to those around him, Jim will be fondly remembered by family and friends, especially Linden, whom he was to marry in May.

Mixed fortunes for events

THE Strathkelvin 10K, which was hit by the withdrawal of sponsors Luddon Builders, looks set to get the go ahead after all, but Glasgow's Brightside 10K is unlikely to enjoy the same luck, writes Andrew Montgomery.

It was originally thought that the well established Strathkelvin race, which began in 1983 as a half marathon, would not have the funding to go on this year. However, race organiser Hugh Barrow disclosed that discussions were

going on with Reebok, sponsors of the Women's Hospice 10K which combined routes with the Luddon race last year.

"We anticipate the event will be done on the same basis as last year," he told Scotland's Runner.

At present however, there is no such prospect for the Brightside 10K, a race which was part of the East End Initiative and run by Glasgow District Council. It has fallen victim to the council's budgetary constraints.

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Looking brighter for McIntyre



Lynne McIntyre

SIX years after her last cross country race, City of Glasgow's Lynne McIntyre won the Scottish women's 4000 metres closed title in perfect conditions on a smashing course at Irvine Riverside, writes Doug Gillon. She finished in 15-09, powering past Pitreavie's Vicky Vaughan in the closing stages to win by six seconds and booking a certain place in the team for the UK's world championship trial at Basingstoke.

It was a timely boost for McIntyre after several seasons during which her career teetered on the brink. The 26 year old's last cross country race was when she won the 1986 Scottish Universities Championships at Stirling. She has raced only once on the track in two years, yet she now has realistic aspirations of gaining Olympic selection, at either 1500 or 3000 metres.

Aged 19, McIntyre reached the Olympic 1500m final in Los Angeles, but was subsequently the victim of illness and back and tendon injuries. She made a comeback for the 1990 Commonwealth Games, but required surgery on ankle tendons that summer.

In her only track race since, she won the national 3000m title last summer at Crownpoint, but now feels it is time to fulfil her early promise. "It has been a planned progression," said McIntyre. "If the tendons had broken down again, I knew I was finished. I am quite motivated about Barcelona, at either 1500 or 3000 metres, but my times (4-05.96, 1500; 2-1.11, 800) have not improved for seven years, and after so many disappointments I'm reluctant to admit Olympic possibilities."

Alison Rose, Sue Ridley and Violet Blair (first veteran), packing into third, fourth, and fifth, ensured team success for Edinburgh Woolen Mill. Louise Cormack, sixth, was first intermediate, although there was no separate prize.

In the senior team for Basingstoke, apart from McIntyre, are Vaughan, Rose, Ridley, Hailey Haining, and Vikki McPherson. The junior team, which is headed by Louise Cormack, features Alison Potts, Yvonne Reilly, and Janet Roxburgh.

Take it easy

Derek Parker explains why resting can be as important as training.

THE ability to train hard, thoughtfully, and purposefully is an essential ingredient of athletic success. But equally important is the capacity to know when to ease up or rest during a training schedule.

The following equations should always be remembered: work + work = injury, illness, and impaired performance; work + rest = freedom from stress, absence of injury, and increased potential for improved performance.

It is all too easy for athletes to imagine the more frequently and more intensively they train, the more likely they are to run faster. Up to a point this is true but always there is a stage when easier sessions or training phases become necessary in the acquisition of greater speed, strength, stamina, skill, and suppleness.

Not even the fittest athletes in the world can train incessantly without paying the price in physiological, psychological, and performance terms.

The history of athletics is studded with those who failed to do their best at major competitions because they were injured, stressed, or over-fatigued as a result of excessive training.

The athlete's goal must never be regarded as maximum training. What is being sought is optimum training.

Put simply, this means identifying the precise amount of training, including recovery sessions, which will produce maximum improvement in racing performance with the absolute minimum risk of injury or stress-

related ailments during the process.

Regular readers of this column will be aware that even for experienced athletes - including internationalists - my weekly schedules always include at least

muscular and mental regeneration and relaxation after training for most of the week on the roads or track. The novice will probably find the same session to be an impossibility. So it must always be remem-

bered that the intensity and extensity

of rest and recovery sessions is specific to the capabilities and performance levels of each individual athlete, and also to the relevant phase of the training and competition year.

In my opinion, the ability of the coach to integrate rest and recovery elements into an athlete's training schedule is *at least as important* as his ability to devise hard sessions. It is pointless waiting until the athlete is injured or stressed before allocating rest and recovery phases.

The art of coaching lies in the construction of a training programme which enables the athlete to progress steadily and purposefully without having to suffer the trauma of morale-depleting periods of enforced idleness as a consequence of stress, or injury induced by over-exuberance and excessive zeal in practice workouts.

Up until a few years ago, it was customary for athletes to take between one and three days' rest before important competitions, then go out and run times which even today would be considered top class.

The great East German athletes of the present decade had their own version of easing up before major events. They rested on the Thursdays before Saturday races and did warm-

up sessions at easy effort on the Fridays.

This prepared them physiologically and psychologically for the races and ensured they were mentally and physically geared up to the demands of the task.

All these accomplished sportsmen and women were aware of the value of rest and recovery as an integral part of their build-ups to success and the maximisation of their performance potential. Obviously, training methods have been refined during recent years and more knowledge and information about physiology, psychology, kinetics, nutrition, biomechanics, and cybernetics has been obtained.

But one message is as relevant now as it ever was. It proclaims that knowing when to ease down, or even when not to train, is every bit as important as knowing how to compile training sessions.

Rest and recovery are not just aspects of the weekly training plan.

They must be assimilated into the longer-term programme, including the athlete's yearly plan. There are now so many competitions that runners can compete virtually every week if they want to. Unfortunately, too many athletes attempt to precisely do this.

Some even make a regular habit of running in races on consecutive weekend days as well as at least once during the week. This is inadvisable, and sooner or later will result in injury or stress-induced illnesses such as the cold, flu, sore throats, swollen glands, skin rashes, sleeplessness, loss of appetite, anaemia, and general debility.

Ideally, the athlete should endeavour to race every alternate week at the most. This system provides two free weekends every month when the runner can concentrate on training in a stress-free environment, and avoiding the rigours, pressures, and tensions of competition.

This applies primarily to distance runners. Sprinters require a lot more races to enable them to sharpen up physically and mentally. Competition helps to develop the

neuro-muscular processes which are the most essential aspects of successful sprinting.

Distance runners, however, rely immensely on the cardio-respiratory systems which manufacture energy from inspired oxygen combining efficiently with glycogen or stored carbohydrates from ingested food. Glycogen is stored in the liver and in the muscles.

Quite clearly, if it is being exhausted every single week as a result of hard training and racing, it will sooner or later cause health problems unless the proper measures are taken to effect glycogen replacement. These measures can only be implemented by legislating for adequate rest and recovery sessions in the training and racing programme.

In my opinion, there should be a minimum of three weeks between half marathons and six weeks between marathons in an athlete's competition plan.

Six and 12 weeks respectively would be even better. Obviously there are many men and women who have raced successfully over these distances with much shorter time-spans between races.

I often wonder how much more successful these competitors might have been if they had raced more sparingly. I also wonder if they will



Alternating specific training sessions with less strenuous activity can help maximise performance.



Above: The solitude of the hills. A week before breaking the four minute mile Roger Bannister was to be found walking in the Scottish Highlands. Below: A step down in the pace and length of training runs is a method of "relaxation" which can be used by high calibre runners.



LEARNING TO COACH

Fiona Macaulay discovers there is more to becoming a qualified assistant club coach than meets the eye.

"BUT I'm trying to get to Largs!" I wailed to the toll collector at the Erskine Bridge, realising I had gone wrong somewhere.

She gave me directions which included crossing the bridge ("40 pence please") and crossing back again ("40 pence please").

With 20 minutes to get to the Inverclyde Sports Centre, I was about to head for home, but on realising just how much I wanted the assistant club coach qualification, I put the foot down and drove towards Greenock like a maniac.

"The view is fantastic isn't it?" Andy Vince, the national coach, said later about the road to Largs.

"What view?" I asked.

Some months before this took place, I had asked long jumper John Scott if international athletes could skip the assistant club coach (ACC) and go straight on to club coach, especially as I had already coached some youngsters who had picked up medals at the schools championships, not to mention a few who had reached schools international standard.

John Scott replied that even if you were allowed to, the ACC course should not be missed because it is "too valuable".

So, thinking I knew it all, I had made my way to the first part of the course, a non-residential weekend at Pitreavie.

(For those interested, this could have been done one evening a week for eight weeks.)

There, in a freezing room (they found the heating switch on the Sunday) a large group of us were subjected to a barrage of lectures and practicals covering every athletic event.

We threw the discus, pole vaulted into the long jump pit, pushed the desks away and stretched on the floor, and spent a very illuminating 45 minutes with the national coach after which I think



we could all go back to our clubs and introduce youngsters to the hammer turn quite competently.

For the record, Andy Vince also made the time to extol the virtues of ladies' stockings. He says he fills them with sand and gets young prospective hammer throwers to chuck them about. Well, that's his story!

"You must be feeling shell-shocked," said one coach near the end of the course.

He certainly summed up my feelings. After an intense two days, I realised how little I had known about events outside my own speciality.

It was a few weeks later when I familiarised myself with the Erskine Bridge and did the next part of the course.

For two days 28 of us went to Largs and lived, slept, and ate athletics. We were lectured on subjects including safety; the growing child; planning training schedules; athletics as part of your life; and how the body works.

We had practicals in warm-up and mobility, and strength and conditioning, during which Andy Vince tried to maim the young demonstrator by hurling medicine balls at him. He then picked on me and tried to put my hip out of joint by demonstrating passive stretching on my right leg, pinning me down on a mat first so I couldn't escape.

"Was that no sair?" one of the prospective ACCs asked me later.

"Oh no," I lied and hipped off to the sports hall cafe for a post-prandial caffeine infusion.

The group control practical had us all pretending we were about 11. The national coach made us walk in circles, form ourselves into lines, and generally demonstrated how concise and precise instructions to youngsters have to be.

We had to introduce ourselves to two people and remember their names and where they came from at the end of the session. I met Ged from Dundee, and Peter from Aberdeen.

Saturday finished with an evening workshop where we were split into groups to discuss a question for twenty minutes. We then had to present our opinions and findings to the other groups and coaching panel. My group discussed: "Should children be allowed to compete all year round?". After that Andy Vince said the magic words, "Right it's down the pub."

We descended en masse - coaches and pupils - to the Springfield, where the national coach and I discovered we had both been on the same GB junior international in Bremen in 1976 (the one where Keith Stock tried to pole vault three storeys into the girls' dormitories). We spent the evening gossiping about our team-mates and what they are doing now, and generally solving all the athletic world's problems.

The next day I was up and ready for a run at 7am, only to find the doors of the building did not open until 8am! I was joined for a breezy jaunt along the prom by Ged from



Andy Vince, the national coach who extols the virtues of ladies' stockings.

Dundee (Peter from Aberdeen was, presumably, still in his kip). Judging by Ged from Dundee's freshness at breakfast, he had not found the struggle uphill into the wind on the way back to base all that taxing, while I was having difficulty coordinating a spoon to mouth action with my muesli. I did not, however, feel as bad as my roomie.

Dawn from Aberdeen was lying on her bunk, eyes closed muttering repeatedly about too many vodkas and pineapple.

In the afternoon I was still feeling the effects of my energetic morning constitutional. Letting my eyelids rest for a couple of seconds during "elements of training". I heard a certain comedian by the name of Alex Naylor saying, "Would somebody please give Fiona a nudge, she's falling asleep there." The result was a "wakey wakey," from the national coach and a sly smile as I passed him in the corridor. "I heard about you," he said. I vehemently denied all.

At the end we were presented with our UK coaches pass books and a kiss from Andy Vince (not the men), and off we went. Of course, waving a certificate about does not make you a good coach, but it really was an invaluable course from my point of view, and it also means I now have insurance in case a child gets injured while I am coaching him or her. It was good fun, and a break away from the spouse and the bairns.

True to form I missed the turn-off for home because I was too busy laughing at Alex Naylor's story about the isometric stretching and the lady shop customer. But if you want to hear it, you'll have to apply for the assistant club coach award.

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HUNTERS' BOG TROTTERS

*Robin Thomas explores the murky, beer-filled depths of the
defiantly unconventional Hunters' Bog Trotters.*

Boring introduction

THE character of a club is the thing
which makes it unique. It is the
thing most valued by its members
and reflects their views, personali-
ties, and characteristics.

It also tends to be a compli-
cated, evolving, interacting, even
elusive, thing difficult to succinctly
and accurately do justice to in
magazine features such as this.

This is particularly so if one is
forlornly trying to maintain the in-
terest of readers other than those
from one's own club while also
trying not to sound (to those of a
cynical disposition) self-satisfied or
condescending in manner.

Excuses

SO, excuses made, reader interest
lost already (perhaps the Trotters
delude themselves in thinking they
had it in the first place), what can be
said about Hunters' Bog Trotters
that deals adequately with the im-
portant things about the club?

The Outset

BEING founded in August 1980
by four rather idealistic and recent
graduates from Edinburgh Univer-
sity (Bill Blair, Ian Orton, Robin
Thomas, and Conrad White) and
with the declared aim of combating
elitism, HBT realised that a tasteful
shade of bog brown was obvious
choice of club colour. A fine non-
elitist colour, it was felt.

Nomenclature

HUNTERS' Bog is a large area of
(former) bog lying between Arthur's
Seat and Salisbury Crags in Edin-
burgh's Holyrood Park, where many
training runs were - and remain -
centred.

The word Trotters was chosen
partly due to the terrain in Hunters'
Bog, partly because in Victorian
times there had been a local running
club (Edinburgh Harriers) known
as the Bogtrotters, and partly be-



Above: Trotters relax in southern Belgium, August 1991, en route to the Mountain Racing
World Cup at Zermatt, Switzerland. From left to right: Robin Thomas, Norman Blissett, John
Hampshire, and Rab Brown.



Left: Having made
it to Switzerland,
the Trotters found
the Matterhorn
was understand-
ably eager to be
pictured in the
company of the
men in brown.
From left to right:
Robin Thomas,
John Hampshire,
Norman Blissett,
Adam Eyre Walker,
and Neil McIntyre.

cause (to quote a founder member) "We do no athletics and harry no one, so calling ourselves athletic club, or harriers, would be both incorrect and pointless."

Several years of discussions ensued before the SAAA finally accepted the name.

Early growth

MEMBERSHIP grew steadily throughout the 1980's - Roddy Elliot, Craig Hunter, Stuart Gibson, Aidan Lavery, Ian Marshall, Dave Taylor, Mark Thomas, Roy Williamson, Bill Gray, Matt Ogston, Peter Keightley, and Bob Taylor

were just a dozen of the early signings (generally taking the form of a signed declaration of loyalty, scribbled drunkenly on the reverse of a beer-mat).

Club ethos

FROM the outset the HBT viewpoint has been that a hack is as valued a club member as a big gun - the well being of the D team being even more important than that of the A team.

That emphasis on morale and team spirit is felt to be very important in this running club as it is believed an individual's commit-

ment to the sport will be all the stronger as a consequence.

Also, it is felt that getting a lot of enjoyment and laughs out of life (and running), and placing major emphasis on the social life of the club (generally involving a great deal of real ale), is in no way inconsistent with being a dedicated runner.

Proof?

TWO lines of argument can perhaps be used to demonstrate that the gospel according to HBT should not be lightly dismissed.

Firstly, over the years Trotters have travelled and settled throughout the land, preaching and practising the HBT philosophy. Disenchanted local runners would often agree with the outlook, become converts to the cause, and join the Trotters.

In this manner, in the later 1980's emerged the Northern Trotters (in Aberdeen) and a considerable number of HBT cells in (for instance) England, Australia, and New Zealand (the "All Browns"!)

Secondly, concentrating on also-rans, on team spirit, and social

activities does not preclude the emergence of a reasonable "first team". In addition to a host of mediocre performances over the years and some notable last places, the club have also managed fifth in the National Cross Country Championships, eighth in the Edinburgh to Glasgow Road Race, and second in the Eastern District League. ("Big deal," sceptics mutter.)

More names. Also hill running.

GROWTH of the aforementioned Northern Trotters - including such names as Brian Maher, Jim Farquhar, Colin Farquharson, Paul Foy, Simon Axon, Jim Wright, Fatty MacKay, and Rob Herries (possibly the most disturbed individual ever to wear a brown vest) and continued expansion in central Scotland - Morgan Smith, Norman Blissett, Pat O'Kane, Rab Brown, Eric Scott, Brian Hughes, John McKay, Iain Wallace, John Hampshire, Geoff Mitchell, Adam Eyre-Walker, and Neil McIntyre being just twelve of the names involved -



HBT "roadies" shouting encouragement to their heroes during the 1990 Edinburgh to Glasgow Road Race. From left to right: Geoff Mitchell, Colin Farquharson, Stuart Gibson, Adam Eyre-Walker, and Ian Marshall.

was accompanied by expansion of HBT activities from cross country and road running to include a major commitment to hill running, again very much on a non-elitist basis.

Financial Opportunism

SINCE the early 1980's HBT club funds have also benefited substantially from the year-long promotion of team spirit and egalitarianism which is alleged to be the hallmark of the club, and also from the rejection of individualism and selfishness.

Rather than being hoarded by

the talented few, prizes won in races (or the approximate cash equivalent) are gladly donated to the club "for the common good" to become prizes in the annual club raffle. So if a Trotter approaches you selling raffle tickets please recognise the worthiness of the cause and buy a book or two. A portable colour TV set (plus teletext) is first prize!

Trotter Promotions

THE Trotter ethos is also applied to the races organised by the club - the Hunters Bog Trot, the Black Rock Race, and the Grudge Match (a bi-

annual mismatch against the hated Westerlands club).

Modest prizes for nearly everyone, rather than "flashy" prizes for the elite few, and lengthy adjournment afterwards, by all those so inclined, for "relaxation".

Training nights

FINALLY, to complete the thumbnail sketch of the club (for those valiant readers who have doggedly lasted this far) there are the club training nights (Thursdays).

The prevailing attitude is that these are evenings very much to look forward to. The first half of the week is available for "hard ses-

sions" and there's generally a race on Saturday.

All the more reason to make the club run a sociable thing rather than a burn-up.

Needless to say the apres-training on Thursdays is treated as a major social occasion, 2am taxis being the rule rather than the exception.

Conclusion

HBT currently have some 70 odd (pun not accidental!) members spread throughout Scotland, Britain, and the world.

Despite the substantial growth in the size of the club and the increasing heterogeneity of membership, and despite any (modest) racing achievements which might have been made by the Trotters, it is respectfully suggested that the altruistic principles with which the club was formed by those idealists back in the dim and distant past of 1980 have been maintained and consolidated upon.

Henceforth

SO the next time that you see the famous brown vest during a race, roar "HBT", and afterwards follow the Trotters to the pub where they might well welcome you to sit with them and perhaps partake of a pint, or ten.

You'll also find the company less boring and less pretentious, than this woeful article.



John Hampshire, Robin Thomas, Geoff Mitchell, and Ian Marshall avoiding land mines near the Czech/Polish border, April, 1991. The run was to culminate in four hours' captivity courtesy of Polish border guards (for crossing the border without valid reason, means of identification, passports, visas, or money).

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1991 Scottish Men's Rankings



Tom McKean - topping the 800m rankings once again.

100m		200m	
10.28	Elliot Bunney CPH	21.1	Elliot Bunney CPH
10.55w	Ewan Clark ESP (10.78)	21.30	David Clark RRC
10.69	Douglas Walker ESP-J	21.6	Stephen Shanks Cam
10.7w	Brian Ashburn Cam (11.0)	21.6w	Douglas Walker ESP(21.76)
10.75	* Alan Doris	21.72i	Neil Turnbull CPH
10.79w	x David Lawson CPH	21.76w	x David Lawson CPH
10.8w	Stephen Shanks Cam	21.78	Ewan Clark ESP
10.8w	David Clark RRC	21.8w	Colin MacRobert Cam-Y
10.8w	Colin MacRobert Cam-Y	21.8w	Mark Davidson CPH
10.8w	Jamie Henderson CPH	21.84	Alan Doris CPH
10.85	Roddy Slater FVH-J	21.84i	Harvey Lister ESP
10.88w	James Watson Har	21.88i	Jamie Henderson CPH
10.9w	Murray King Ab	21.88w	Grant Hodges ESP
10.9w	Mark Davidson CPH	21.9w	David Mulhern She (21.93)
10.9w	Stuart Moir Ayr-Y	21.9w	Roddy Slater FVH-J
10.96w	Neil Fraser ESP	21.95w	Murray King Ab
11.00w	David Hutchison Las	22.0w	Darren Galloway Ayr-J
11.0w	Duncan Mathieson CPH	22.0w	Stephen Tucker KO
11.0w	Stephen Tucker KO	22.0w	Stuart Moir Ayr-Y
11.0w	David Cleland FVH-J	22.17	Malcolm McPhail Ayr
11.0w	Derek Stark JWK	Bunney backed up his 21.1 with 21.28	
11.0w	D Walpole NV	Indoors and 21.31 out but did not run in	
11.03	Grant Hodges ESP	major races. Shanks, Walker and	
11.09w	James Bragg MCS-Y	MacRobert looked good.(1990 - 20th:	
(1990 - 20th: 11.0.)		22.31.)	

400m	
46.14	Brian Whittle Ayr
48.05	David Gilmour Lark
48.09	Grant Hodges ESP
48.17	Mark Davidson CPH
48.22	Elliot Bunney CPH
48.4	David Mulheron She
48.47	Malcolm McPhail Ayr
48.66	Allan Murray JWK
48.67i	George Fraser Sand
48.85	x Simon Leary CPH
48.89i	Gregor McMillan RRC
49.09	Gordon Newlands ESP
49.09	Grant Purves BHH-J
49.1	Gerry Simpson Cam
49.32	Paul Allan Ab
49.38	Iain Priddy Hel
49.5i	Patrick Shannon Bell
49.5	David Chamberlain FVH
49.52	x Barry Bell Ann
49.6	Tom Nimmo ESP

Whittle ran only once at the distance to clearly top the lists but Gilmour was a revelation, unranked last year. Bunney beat Hodges and Davidson to win the East title in his only outing. (1990 - 20th: 49.5)

800m	
1-44.20	Tom McKean BYM
1-46.48	Brian Whittle Ayr
1-47.41	David Strang Stan
1-48.62	Khere Idessane CPH
1-49.42	Allan Murray JWK
1-49.57	Gary Brown RRC
1-49.84	Nick Smith Shaft
1-49.9	Glen Stewart CAC
1-50.36	Brian Murray CPH
1-50.6	Larry Mangleshot WG
1-51.01	Andrew Walker CPH
1-51.37	John MacFadyen GGH-J
1-51.42	Tom Blackie CPH
1-51.7	x Barry Bell Ann
1-51.7	Stuart Paton Bel
1-51.86	Mark Fallows ESP
1-51.9	x Ian Hamer ESP
1-52.1	Grant Graham VP-J
1-52.22	Pat Duffy GGH
1-52.29	George Gibson Kil

McKean less strong than usual, but bettered his 1990 time. (1990 - 20th: 1-53.56).

1500m	
3-39.21	Tom Hanlon RRC
3-43.70	x Ian Hamer ESP
3-44.4	Alastair Currie Dum
3-44.57	Ian Gillespie CAC
3-44.9	Rob Fitzsimmons Bel
3-45.39	Tom McKean BYM
3-45.55	Larry Mangleshot WG
3-45.8	Glen Stewart CAC
3-46.79	John MacKay She
3-46.8	x Peter McColgan DHH
3-47.19	Arthur Reilly Herc
3-47.6	Grant Graham VP-J
3-48.06	Khere Idessane CPH
3-48.30	Adrian Callan Spr
3-48.6	Mark Fallows ESP
3-50.1	Alan Puckrin CPH
3-50.31i	Ian Campbell DHH
3-50.58	John Steel CPH
3-51.56	George Mathieson CPH
One of three events in which Hanlon ranks as top Scot. (1990 - 20th: 3-50.51.)	

One of three events in which Hanlon ranks as top Scot. (1990 - 20th: 3-50.51.)

3000m	
7-50.34	x Ian Hamer ESP
7-55.21	x Peter McColgan DHH
7-58.47	x John Sherban FVH
7-56.82	Tom Hanlon CPH
8-07.28	x Steve Ovett Ann
8-07.9	Adrian Callan Spr
8-08.31	Robert Quinn Kil
8-09.2	Rob Fitzsimmons Bel
8-13.4	Alan Puckrin CPH
8-13.84i	Ian Johnston FVH
8-14.88i	Gary Grindlay FVH
8-15.55i	Tommy Murray GGH
8-16.2	George Mathieson CPH
8-16.3	Alaister Russell Law
8-18.0	Graeme Croll Cam
8-18.21	John MacKay She
8-19.1	Kenneth Rankin FVH
8-20.7	Jim Orr CPH
8-20.74i	Ian Matheson TVH
8-20.9	Mark Gormley Cam
The level at the top is only <i>so-so</i> . (1990 - 20th: 2-16.1.)	

The level at the top is only so-so. (1990 - 20th: 2-16.1.)

5000m	
13-27.12	x Ian Hamer ESP
13-39.43	x John Sherban FVH
13-41.33	Paul Evans Spr
13-53.49	Tom Hanlon CPH
14-06.4	Robert Quinn Kil
14-14.37	Ian Matheson TVH
14-17.22	Alaister Russell Law
14-19.1	William Coyle She
14-19.5	Nigel Gemmell SOT
14-19.5	Kenneth Rankin FVH
14-20.5	Alastair Douglas VP
14-21.29	Alastair Currie Dum
14-22.2	Graeme Croll Cam
14-27.24	Malcolm Campbell SOT
14-27.35	Peter Fleming RRC
14-30.2	x James Hill DHH
14-30.7	Tom Hearle Kil
14-31.8	x Pat McCavana DHH
14-32.5	Alan Puckrin CPH
14-33.4	Steve Wright Ab
14-33.4	Mark Gormley Cam
(1990 - 20th: 14-23.58.)	

(1990 - 20th: 14-23.58.)

10000m	
27-57.77	x Ian Hamer ESP
28-35.61	x John Sherban FVH
28-56.69	Paul Evans SP
29-40.1	John Robson RRC
29-45.92	Robert Quinn Kil
29-51.42	Chris Robison SV
29-58.25	Alan Puckrin CPH
30-03.38	Hamilton Cox GGH
30-05.38	Douglas Runcieman Cam
30-18.53	Alastair Walker Tev
30-23.3	Mark Gormley Cam
30-29.6	Charles Thomson Cam
30-36.7	x Pat McCavana DHH
30-43.8	Alastair Douglas VP
30-46.39	x Chris Hall DHH
30-47.87	Kenneth Conley Ann
31-07.1	Alan Robson RRC
31-18.5	Duncan MacFarlane She
31-19.0	Nigel Gemmell SOTON
31-36.0	Chris Marshall Coa
Breaking 30 minutes seems the target for the home Scots, with Robson almost two minutes adrift of the Scottish record (1990 - 20th: 31-16.8.)	

Breaking 30 minutes seems the target for the home Scots, with Robson almost two minutes adrift of the Scottish record. (1990 - 20th: 31-16.8.)

Marathon

2-12.53	Paul Evans Spr
2-14.13	Allister Hutton CPH
2-14.57	Peter Fleming RRC
2-16.58	Fraser Clyne Ab
2-22.10	Terry Mitchell Fif
2-22.56	x Simon Axon HBT
2-26.03	Hugh McKay Fif
2-26.10	Roddy Bell DHH
2-27.32	Liz McColgan DHH
2-27.48	Frank Harper FVH
2-28.34	Jim Cooper Spr
2-29.20	Jim Dingwall Hull
2-29.21	Euan Wilkinson Cal
2-30.30	Douglas Cowie RAF
2-30.39	D Hamilton DHH
2-30.40	Don Ritchie For
2-31.00	David Fairweather Cam
2-31.37	Allan Adams Dum
2-31.52	Ray Hubbard Ayr
2-31.57	G Lightwood ESP

Evans tops the list in his first year at the event and has been named a reserve for Barcelona. Evans ranks 6th Scot all-time and Fleming 12th. (1990 - 20th: 2-33.23.)

3000m S/chase

8-12.58	Tom Hanlon RRC
8-27.93	x Peter McColgan DHH
8-49.3	Graeme Croll Cam
8-54.3	George Mathieson CPH
9-01.5	John Steel CPH
9-01.7	Alastair Currie Dum
9-03.6	Ken Stirrat Hali
9-08.11	Steven Wright Ab
9-10.7	William Coyle She
9-11.01	Scott Burch Pit-I
9-11.4	Gordon Crawford RRC
9-11.6	John Pentecost FVH
9-12.85	David Ross CPH
9-13.8	James Orr Cam
9-15.5	Angus Henderson Bris
9-16.80	James Austin Cly
9-19.5	x Richard Jones FVH
9-21.5	Frank McGowan VP
9-24.4	Matt Strachan DHH
9-24.8	Nigel Gemmell SOTON

Hanlon lowered his Scottish record while McColgan did the same to his Northern Irish one. Wright and Burch look set to break 9 minutes. (1990 - 20th: 9-25.7.)

110m Hurdles

14.51	Neil Fraser ESP (14.5w)
14.95	Duncan Mathieson CPH
14.97w	Graeme Smith ESP
15.04	Paul Warrillow CPH
15.13	x Jonathan Franklin She
15.23	Fraser McGlynn She
15.3	Kenneth Campbell CPH
15.4w	David Barnetson Inv
15.5w	Ian McGillivray Elan
15.5w	Jason Pender Kil
15.52w	Paul Allan Ab
15.62w	William Wyllie FVH-J
15.66w	Colin Hogg ESP
15.8w	Allan Leiper Ald
15.85w	Neil Williams Pit
15.86w	Douglas Campbell OU
16.0	Andrew Tupman ESP-J
16.1w	Douglas MacRae Ayr-J
16.35w	Tom Leighton Mel
16.36w	Henry Lowry CPH

Neil Fraser was unchallenged at the top, although Graeme Smith is edging closer. Ken Campbell had a good first senior year. (1990 - 20th: 16.20.)

400m Hurdles

51.53	Mark Davidson CPH
52.62	Malcolm McPhail Ayr
53.3	Mark Fulton W&B
54.14	Tom Nimmo ESP
54.6	x David Hitchcock CPH
54.8	Douglas Thom RRC
55.2	Rodger Harkins She
55.49	Alistair Taylor Inv
55.5	Peter Simpson Pit-J
55.5	Peter Campbell Sto
55.60	Stuart Dempster CPH
55.8	Nick Taylor VP
55.9	Ken Anderson NV
56.0	Douglas Wight EA-J
56.8	Ben Thomson ESP
56.9	Duncan Hards INV-J
56.9	Brian Winning Mus

Mark Davidson's season was injury-hit but he still improved on his 1990 best. McPhail consolidated, while Nimmo knocked a second off his best. Simpson was best junior. (1990 - 20th: 57.4.)

High Jump

2.28	Geoff Parsons BC
2.15	David Barnetson Inv
2.11	William Wyllie FVH-J
2.10	James Stoddart Bel
2.10	Stephen Ritchie Pit
2.05	Neil Robbie Mel
2.03	Duncan Mathieson CPH
2.01	Jason Allan Cly-J
2.00	x Andrew Edgar CPH
2.00	Alan Scobie ESP
1.96	Scott Hill ESP-J
1.96	Gary Woods Cam-Y
1.96	Neil McLaughlin RRC
1.96	Peter Forsyth Stew
1.96	Peter Forsyth Stew
1.96	Joe Reilly Kil-J
1.95	Paul Allan Ab
1.95	Rory Birbeck Hynd-J
1.93	Robert Baird FVH-J
1.93	Fraser Lewis Inv-J
1.91	James Malcolm Stau

Parsons took 2nd in the AAA in an otherwise mediocre year. Barnetson and Wyllie seem to favour the decathlon while Ritchie was again inconsistent and down on his best. (1990 - 20th: 1.90.)

Pole Vault

4.61	Alex Greig FVH-J
4.50i	Ian McKay ESP
4.40	David McLeod Bel
4.40	Martin Smith CPH
4.30	Andrew Buchanan Ald
4.30	Iain Black CPH
4.20	Michael Nicoll SOTON
4.20	William Wyllie FVH-J
4.10i	Adam Anderson Cam
4.10	Duncan Mathieson CPH
4.05	Allan Leiper Ald
4.00	Alex McMahon She
3.90	Des Fitzgerald Pit-J
3.90	Paul Allan Ab
3.75	Eammon Fitzgerald Pit
3.70i	Alistair Brown Kil
3.70	Kenneth Lyon Ab
3.70	Ken McNicol Cam-Y
3.70i	x Michael Hunter EU-J
3.70i	Douglas Hamilton CPH

Alex Greig set a new junior record in May but focused on decathlon. Hopes lie with Fitzgerald the younger and Ken McNicol. (1990 - 20th: 3.80.)

Long Jump

7.59w	Duncan Mathieson Ab (7.23)
7.36w	Brian Ashburn Cam (6.82i)
7.21w	William Wyllie FVH-J (6.96)
7.01w	John Scott ESP
6.97w	Mark Craig Cam-J
6.92w	Paul Allan Ab
6.88w	Andrew Harrison She
6.87w	Ian Paget VP-J
6.77w	David Barnetson Inv
6.74i	Richard Burnett ESP
6.74w	Shaun Ross ELG
6.73w	Rory Birbeck Hynd-J
6.65	Alex Greig FVH-J
6.65w	Fraser McGlynn She
6.63w	Paul Ewing DHH
6.61i	James Gilbert FVH-Y
6.60w	Stuart Jamieson ESP
6.59w	Craig McDaid Cly
6.58w	Dinkar Sabnis Ab

Mathieson was clearly number one with eight competitions over seven metres, but Ashburn slipped back from his 1990 form. As with the sprints, jumps have only been recognised as legal where wind speeds have been ascertained. (1990 - 20th: 6.52.)

Triple Jump

14.53w	Rodger Harkins She (14.33)
14.48w	Neil McMenemy Cen
14.32i	John Scott ESP
14.26	Stuart Jamieson ESP
14.18w	Russell Brown CPH
14.09w	Dinkar Sabnis Ab (14.02)
13.85w	Ian Beattie CPH
13.72i	William Leung ESP
13.57w	Mel Fowler INV
13.50w	John Brierly New
13.44w	Hugh Watson She
13.15w	A Cox St U
13.08w	Martin Smith CPH
13.07w	Michael Patterson Arb-J
13.06w	Paul Taylor VP-Y
13.04i	S Cleland GU
13.03w	John Whannel VP-B
12.99w	Neil Lornie BI
12.92w	Paul Etheridge Ran-J

The top mark is down nearly 1.5 metres, and 20th falls below 13m from last year's level of 13.35. Both jump events are in a slump but Dinkar Sabnis showed great improvement.

Shot Putt

17.69	Steve Whyte Lut
15.06	Rob Smith CPH
15.04	Russell Devine CPH
14.73	Steve Aiken DHH
14.69	Graeme Stark Roth
14.35	Neil Mason Fif
14.28	Darrin Morris Pit
14.26	Mark MacDonald DMF
13.89	Paul Allan Ab
13.85	Alan Pettigrew She
13.77	Rod McKenzie DHH
13.67	x Kengo Kubota ESP
13.62	Stewart McMillan Pit
13.26	Lachie Carter Cly
13.17	Bruce Shepherd Elg
13.12	Neil Elliot Hel
13.11	x Per Nystrom GU
13.08	J Hogg Stran
13.01	John Scott She
12.91	Rory Birbeck Hynd-J

Whyte did well with six throws better than his 1990 mark. (1990 - 20th: 12.64.)

Discus Throw

60.70	Steve Whyte Lut
60.28	Russell Devine Inv
57.02	Lawrie Nisbet CPH
55.90	David Allan Inv
54.68	Russell Payne Birch
51.82	Tom Campbell KO
51.68	Andrew Hall Hill
50.06	Alan Pettigrew She
50.04	Chris Edgar FVH-J
49.46	David Gibbey CPH
48.64	Adam Whyte ESP
48.36	Lachie Carter Cly
48.04	Doug Aitchison PSH
47.76	Iain Park Hill-Y
47.64	Bruce Shepherd Elg
46.12	Glen Kerr Bod-Y
45.16	Alex McIntosh CPH
44.12	David Mathieson Old G
43.62	Robert Cross Ork
43.32	Alan Nisbet Pit

Having improved in the other throws, Devine slipped back in his strongest event, but Allan and Edgar broke 50 metres, and there is a lot of young talent coming through. (1990 - 20th: 41.82.)

Javelin Throw

61.52	Adam Whyte ESP
59.74	Stewart Maxwell Pit
59.64	Stewart McMillan ESP
57.82	George Dingwall She
56.10	Alex Black CPH
55.38	Ben Jump Ab
55.18	Duncan Mathieson Ab
54.54	John Guthrie CPH
53.76	Scott Crawford FVH
52.96	Paul Allan Ab
52.40	Rory Birbeck Hynd-J
51.18	Graeme Stark Roth
50.60	John Wishart EA-Y
50.36	Finlay Hunter ESP
50.20	Rory Hadden Mon
50.16	Brian Hill Cam
49.42	David Barnetson Inv
49.36	Rod McKenzie DHH
48.92	Russell Devine CPH
48.88	B Sellar CPH

Adam Whyte became the fourth Scot to break 60.00 with the new javelin. Dingwall added 6 m while McMillan edged closer to 60. (1990 - 20th: 48.12.)

Dec



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12 April
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20 April
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26 April
Berlin 25 Km
3 May
Stockholm Marathon
30 May
Brussels 20 Km
31 May
Mombasa Marathon & 10 Km
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Bonn Marathon
13 June
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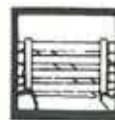
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November

27

Inter Banks CC Champs, Richmond Park
1, M Barnes (Bord) 27-46 (rec); 2, M Quinn (Nat W) 28-37; 3, A Mason (Nat W) 29-08; Scots placings: 6, G Matheson (RBS) 29-53; 13, A Ramage (RBS) 30-19; 20, P Dolan (RBS) V2 31-16; 21, W Knox (BOS) 31-18; Teams: 1, Royal Bank of Scot 8pts; 2, Bank of England 15; 3, Bank of Scotland 25.

30

Dunbartonshire CC Champs, Summerston
Sen: 1, G Stewart (GIU) 30-30; 2, C Little (VP) 30-56; 3, M Gallagher (M'Hill) 31-18; 4, J Austin (Cly) 31-53; 5, P Dolan V1 (Cly) 31-57; 6, J Harrison (Mil) 32-05; 7, J Slowe (GIU) 32-12; 8, R McQuate (Cly) 32-27; 9, A Adams V2 (Dum) 32-30; 10, D Robertson (West) 32-38; 11, A Sellers (M'Hill) 32-42; 12, A Russell (GIU) 32-44; 13, H Watson V3 (Cly) 32-47; 14, A Crombie (GI Un) 32-52; 15, J Doyle (VP) 32-55; J1, P O'Neill (MH) 33-17; Teams: 1, Clydesdale 30 pts; 2, Glasgow Uni 34; 3, Maryhill.
Youths: 1, A Moore (Cly) 10-48; 2, C Young (VP) 10-57; 3, J Marr (VP) 11-02; 4, Callison (VP) 11-03; 5, C Steele (VP) 11-16; 6, G Forbes (Cly) 11-16.
Teams: 1, Victoria Park 9; 2, Clydesdale 15; 3, Clydesdale B 35.
Senior Boys: 1, G Hillier (VP) 14-18; 2, R Harris (Cly) 14-31; 3, A Moore (Cly) 14-51; 4, R Armstrong (Cly) 14-56; 5, M Smith (VP) 15-01; 6, A Young (VP) 15-11; Teams: 1, Clydesdale 9 pts; 2, Victoria Park 12; 3, Clydesdale B 26.
Jun Boys: 1, P Young (VP) 10-02; 2, S Grant (KO) 10-16; 3, D McWhannell (KO) 10-26; 4, A Reeves (MH) 10-29; 5, D McGinley (Cly) 10-30; 6, C Eadie (VP) 10-34; Teams: 1, Victoria Park 15 pts; 2, Clydesdale 24; 3, Clydesdale B 32.

30

Lanarkshire CC Champs, Coatbridge
Sen: 1, G Braidwood (Spr) 30-26; 2, A Russell (Law) 30-28; 3, D Runciman (Cam) 30-44; 4, S Wylie (Cam) 30-52; 5, A Callan (Spr) 31-29; 6, J Cooper (Spr) 31-59; 7, A Little (Shet) 32-20; 8, J Brooks (Spr) 32-25; 9, P McCormack (EK) 32-26; 10, S Deegan (Spr) 32-52; 11, D Lang V1 (Cam) 32-52; 12, I McInally (Shet) 32-53; 13, S Hurley (Cam) 32-54; 14, J Brown (Cam) 33-03; 15, A Swann (Shet) 33-16; Teams: 1, Springburn 20 pts; 2, Cambuslang 31; 3, Shettleston 52; 5, Law & District 83; 5, East Kilbride 92.
Youths: 1, C Clelland (Cam) 19-25; 2, L Hendry (Spr) 20-01; 3, J Dyles (Bell) 20-29; 4, D Loftus (Spr) 20-57; 5, G George (Cam) 21-39; 6, J Bates (Spr) 22-19; Teams: 1, Cambuslang 12 pts.
Sen Boys: 1, A Reynolds (Cam) 15-55; 2, S Gibson (Bell) 16-05; 3, A Piacentini (Cam) 16-32; 4, B McLean (Law) 16-44; 5, D Gemmell (EK) 17-06; 6, M Crawley (Cam) 17-15; Team: 1, Cambuslang 10 pts; 2, Bellahill YMCA 30; 3, Law & District 37.
Jun Boys: 1, A Dobbie (Cam) 11-52; 2, K Wallace (Cam) 11-52; 3, G O'Donnell (Spr) 12-05; 4, S South (Cam) 12-08; 5, D Bates (Cam) 12-11; 6, G Murray (Air) 12-12; Teams: 1, Cambuslang 7 pts; 2, Airdrie 27.

December

7

Lita Allan Memorial CC and Women's National League, Kirkcaldy
Sen Men: 1, T Mitchell (Fife) 32-17; 2, P McColgan (DHH) 32-24; 3, G McMaster (FVH) 32-41; 4, M Strachan (DHH) 32-48; 5, J Garland (ESP) 32-56; 6, P Rodgers (New) 33-22; 7, C Haskett (DHH) 33-24; 8, N Martin (Fife) 33-24; 9, F Boyne (Ab) 33-33; 10, D Amott (Pit) 33-36; 11, R Rodgers (New) 33-38; 12, K Smith (ERC) 33-40; 13, M McQuaid (FVH) 33-45; 14, H McKay (Fife) 34-03; 15, D Law (Const) 34-04; V1, B Howie (CPH) 35-41; V2, T Ross (Fife) 36-39; V3, D Begley (CPH) 37-02; Teams: 1, Dundee HH 37 pts; 2, Fife 49; 3, Falkirk Victoria H 69.
Youths: 1, S Taylor (Pit) 19-06; 2, T Winters (ESPC) 19-12; 3, A Casey (Queens VS) 19-30; 4, L Hendry (Spr) 20-07; 5, D Leggatt (Fife) 20-12; 6, S Robertson (FVH) 20-22; Team: 1, Dundee HH 30.
Sen Boys: 1, N Lyall (Lass) 17-03; 2, A Donaldson (Pit) 17-07; 3, L Jones (Arb) 17-16; 4, B McLeon (Law) 17-19; 5, S Monaghan (DHH) 17-25; 6, D McGregor (Fife) 17-26; Teams: 1, Fife 24 pts; 2, Tayside 49; 3, BT Pitreavie 67.
Jun Boys: 1, N Tulloch (BI) 15-31; 2, G O'Donnell (Spr) 15-32; 3, G Martin (BI) 15-34; 4, S Grieve (Cly) 15-55; 5, A Forsyth (Pit) 16-02; 6, G Moodie (Dun) 16-11; Teams: 1, Black Isle 12 pts; 2, Airdrie 41; 3, Pitreavie 47.
Colts: 1, C O'Brien (Const) 7-16; 2, J O'Parka (Tay) 7-27; 3, C Houston (Ren) 7-32; Teams: 1, Dundee HH 47 pts; 2, Black Isle 49; 3, Queen Victoria School 60.
Wom Sen: 1, V McPherson (GIU) 19-49; 2, H Haining (GIU) 19-53; 3, J Stevenson LV1 (FVH) 21-43; 4, D Porter (Ab) 21-50; 5, C McFadden (EdU) 21-53; 6, S Harkins (Ab) 22-27; 7, E McKay (Shet) 22-30; 8, K Powell (DHH) 22-42; 9, S McLeish (GN) 22-49; 10, T Thompson (Pit) 22-58; Teams: 1, Glasgow Univ 26 pts; 2, Aberdeen 27; 3, Falkirk Victoria H 37.
Inters: 1, L Stewart (ESP) 22-14; 2, Y Reilly (DHH) 22-38; 3, H Parkinson (Un) 22-59; 4, L Connack (ESP) 23-29; 5, L Chisholm (Str) 23-31; 6, D Peterson (Str) 24-12; Teams: 1, Strathkelvin Ladies 24 pts; 2, ESPC 25; 3, Central Region 53.
Jun: 1, E Gorman (VP) 15-36; 2, K Gormley (EWM) 15-40; 3, M Smith (BI) 15-47; 4, J Sim (Moray) 15-51; 5, S McKenzie (EWM) 16-06; 6, L Bailey (Avon) 16-07; Teams: 1, BT Pitreavie 37 pts; 2, Kirk Olympians 47; 3, Aberdeen 52.
Girls: 1, K Scott (VP) 10-24; 2, J Ward (Pit) 10-26; 3, K Montador (Cly) 10-50; 4, S Liebnitz (Mor) 11-03; 5, A Shaw (Both) 11-13; 6, I Leamouth (DHH) 11-14; Teams: 1, Moray 27 pts; 2, ESPC 38; 3, Aberdeen 39.
Minors: 1, H Norman (Pit) 7-59; 2, L Redmond (ESPC) 8-07; 3, Z Richardson (Loch) 8-09; Teams: 1, Lochgelly 19 pts; 2, Black Isle; 3, BT Pitreavie 35.

GGH Crescent Cup 5.5 mile CC Race, Greenock
1, H Cox 26-28; 2, T McCallion 26-59; 3, W Jenkins 27-53; Vets: 1, R Hodellet 29-28; 2, J Russell 30-40; 3, R Boyd 31-20; Women: 1, E O'Brien 32-25; 2, J Smith 35-39; H'cap: 1, E O'Brien 24-55; 2, J Kerr 25-06; 3, T McCallion 25-14.
Dumbarton AAC 6 mile CC Champs
1, A Adams V1 32-29; 2, C Martin V2 33-25; 3, E Caldwell 33-32; 4, T Kelly 33-46; 5, P Welsh 34-21; 6, D McDonald 38-04; H'cap: T Kelly.

Teitotdale Harriers Burns Club Races, Hawick
Seniors: H'cap: 1, C Scott 15-17; 2, D Caven 15-23; 3, J Marsh 15-28.
Fastest: 1, D Caven 11-23; Young Athletes: 1, R Cook 13-36; 2, S Blakie 13-46; 3, B Hughes 13-49; Colts: 1, J Cook 7-49; 2, G Walker 7-52; 3, B Marsh 8-03; Women: 1, L Brown 12-02; 2, K Stenhouse 12-19; 3, S Spence 12-37; Minors: 1, A Reid 8-14; 2, P Stanners 8-32; 3, J Thompson 8-35.
GWH Ferguson Memorial Trophy 5 mile Road Race, Greenock
1, G Gaffney 25-22; 2, D McFadyen 26-12; 3, H Muir V1 28-04; 4, P McLaughlin V2 33-02; 5, W Docherty 33-27; 6, T Stevenson V3 33-54.
8
Scottish Vets Canal Bank 5 mile CC Race, Bishopbriggs
H'cap Race: 1, B Campbell (Ham); 2, G Armstrong (HEL); 3, J McCall (VP); 4, R McAliese (Bath); 5, J Harkness (Bel); 6, J Haldane (MH) Fastest Times: 1, J McMillan (Kil) 24-58; 2, A McLinden (Ham) 25-17; 3, S McCrae (Cum) 25-24; 4, D Fairweather (Cam) 25-30; 5, R Young (Cly) 25-44; 6, W Mitchell (Cam) 25-50; L1, J McCall (VP) 27-14; L2, R McAliese (Bath) 27-45; L3, J Byng (Irv) 29-35.
Int 10,000m CC Race, Scheveningen, Holland
1, T Murray (Scot) 30-36 (rec); 2, J Vermeule (Hol) 30-46; 3, B Hussain (Eng) 30-55.
14
MH Schools CC League, Bocclair
Boys: Youths 4,000m: 1, G Forbes (Boc) 15-25; 2, G Cox (Boc) 16-23.
Sen Boys 4,000m: 1, E Cameron 17-39; 2, M Bailey 17-43; 3, P Conasini 17-51 (all Bocclair).
Jun Boys 3,000m: 1, A Colsh 12-21; 2, R McGrady 12-42; 3, I McInnes 12-58 (all Bocclair); Colts 2,000m: M Jamieson 8-32; 2, A Coia 8-33; 3, S Breslin 8-50 (all St Matthews, Bishop).
Girls: Junior Ladies 2,000m: 1, A Cavin 8-02; 2, V Letford 8-07; 3, C Sinclair 8-12 (all Bocclair).
Minors 2,000m: 1, L McCluskey 9-48; 2, L Conner 10-06; 3, J Dolan 10-14 (all St Matthews, Bishop).
SCCU International and Inter District CC match, Cumbernauld
1, R Quinn (SCCU) 31-50; 2, D Caven (SCCU) 32-19; 3, A Puckrin (SCCU) 32-23; 4, J Ferrin (BI) 32-38; 5, A Russell (W) 32-39; 6, T Mitchell (SCCU) 32-46; 7, J Bowman (N) 32-51; 8, S Wylie (W) 32-54; 9, T Farrell (NI) 32-54; 10, D Runciman (guest) 32-58; 11, A Eyre-Walker (ScUn) 32-58; 12, P Dymoke 32-59; 13, D Cameron (W) 33-05; 14, G Wight (SCCU) 33-11; 15, J Weir (NI) 33-15; 16, P Faulds (E) 33-16; 17, R Herries (E) 33-20; 18, P Rowan (NI) 33-23; 19, G Grindlay (SCCU) 33-23; 20, J Ross (SCCU) 33-25; Teams: 1, SCCU 45 pts; 2, N Ireland 109; 3, English Uni 245; 4, Scottish Uni 250; 5, Civil Service 302; 6, Scot local Authorities 410; 7, Scot Fire Brigade 455.

Int Dist Team: 1, E 47pts; 2, W 50; 3, N 110.
Dist Young Athletes: Youths: 1, C Clelland (W) 16-07; 2, A Moonie (E) 16-11; 3, M Kelso (E) 16-28; 4, K Nicol (N) 16-37; 5, D Kerr (W) 16-39; 6, S Taylor (E) 16-43; 7, M Dobbie (E) 16-48; 8, S Duncan (E) 16-50; 9, T Winters (E) 16-58; 10, A Moore (W) 17-02; Teams: 1, E 35pts; 2, W 57; 3, N 124.
Sen: 1, D Roache (W) 9-41; 2, A Reynolds (W) 9-42; 3, C Douglas (W) 9-49; 4, B Robinson (W) 9-52; 5, K Daley (E) 9-56; 6, A Piacentini (W) 10-10; 7, J Colquhoun (N) 10-11; 8, G Hillier (W) 10-11; 9, M Anderson (E) 10-12; 10, N Lyall (E) 10-16; Team: 1, West 24pts; 2, East 65; 3, North 107.
Jun: 1, K McAlpine (N) 10-35; 2, N Tulloch (N) 10-48; 3, A Sandilands (W) 10-50; 4, G Martin (N) 10-54; 5, A Dobbie (W) 11-04; 6, A Docherty (W) 11-09; 7, C O'Donald (W) 11-12; 8, G Murray (W) 11-17; 9, D Campbell (E) 11-17; 10, J Cowie (N) 11-22; Teams: 1, North 47pts; 2, West 49; 3, East 77.

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Lochaber AC Peat Track 5 mile CC Race
1, P Hughes 31-39; 2, R Boswell V1 32-56; 3, G Cameron 33-12; 4, W Brooks V2 33-21; 5, R Campbell 33-31; 6, C Brooks 33-46; V3, R Cant 35-19; L1, H Searle 42-42.

Scot Women's Inter Dist CC Match, Irvine
Sen (3.5 mile): 1, V McPherson (Uni) 21-53; 2, V Vaughan (E) 22-25; 3, S Gollan (E) 22-39; 4, S Ridley (E) 22-44; 5, S Edmonds (Uni) 22-55; 6, A Gorman (NI) 23-23; 7, B McAllister (NI) 23-42; 8, A Paul (NI) 23-48; 9, D Porter (E) 23-56; 10, A Mudge (Uni) 23-57; 11, K McCallum (E) 24-02; 12, T Healey (NI) 24-05; 13, M Gemmell (W) 24-17; 14, J Cliff (Uni) 24-23; 15, S Kennedy (W) 24-23; 16, C A Grey (E) 24-23; 17, G McCann (NI) 24-31; 18, K Powell (E) 24-36; 19, J Wilson (E) 24-37; 20, S Patrick (NI) 24-40; Teams: 1, E 45pts; 2, NI 170; 3, U 83; 4, W 126.
Inters (2 miles): 1, A Potts (W) 18-30; 2, L Stewart (E) 18-34; 3, L Connack (E) 18-55; 4, S McCrae (E) 19-11; 5, Y Reilly (E) 19-30; 6, A Cheyne (W) 19-34; 7, L Chisholm (W) 19-44; 8, L McGarry (W) 19-52; 9, C Leitch (W) 19-58; 10, N Clarkson (E) 20-02; 11, D Paterson (W) 20-11; 12, C Falconer (E) 20-15; 13, C Ryan (NI) 20-22; 14, A McManus (W) 20-25; 15, J Gibson (NI) 20-27; Teams: 1, E 36pts; 2, W 42; 3, N 102.
Jun (1.75 miles): 1, J Ward (E) 11-36; 2, K Montador (W) 11-46; 3, K Scott (E) 11-55; 4, C Morris (W) 11-59; 5, S Leibnitz (E) 12-01; 6, V Forbes (W) 12-03; 7, L Harrison (E) 12-15; 8, S McNaimey (W) 12-21; 9, K Leamouth (E) 12-24; 10, D Murray (E) 12-29; 11, S Robertson (E) 12-30; 12, A Phillips (E) 12-32; 13, J Morrow (W) 12-33; 14, M Hastie (W) 12-37; 15, L Gauld (E) 12-40; Teams: 1, E 35pts; 2, W 47; 3, N 137.
Minors (1 mile): 1, H Norman (E) 6-24; 2, L Conway (W) 6-30; 3, L Redmond (E) 6-33; 4, Z Richardson (E) 6-37; 5, J Ross (W) 6-38; 6, C Couper (W) 6-38; 7, E Reid (E) 6-39; 8, H Connell (E) 6-40; 9, G Kyles (E) 6-40; 10, K Montador (W) 6-43; 11, L Wilcox (E) 6-45; 12, A Reid (E) 6-47; 13, R Gibson (E) 6-50; 14, L Murdoch (W) 6-52; 15, D Fraser (W) 6-55; Teams: 1, East 35pts; 2, West 45; Inter District Trophy: East 5 - West 0.

Irvine Open Women's Races, Beach Park
Sen: 1, V Clinton (Irv) 26-16; 2, T Knox (Bath) 26-30; 3, L McGarry LV1 (Irv) 26-58.
Jun: 1, S Kelly (DHH) 12-25; 2, S Youden (JWK) 12-33; 3, S Sneddon (Hel) 12-46; Team: DHH 20pts; Girls: 1, J Thomson (Tev) 12-24; 2, L McTague (Bath) 13-13; 3, L Thomson (Tev) 13-15; Team: VP 21; Minors: 1, K O'Neill (VP) 6-54; 2, H Moor (ESP) 6-58; 3, K Bryant (Irv) 7-05; Team: 1, VP 16.



December

7

SAAA East Dist Ind Champs, Kelvin Hall
 Sen: 60: 1, D Walker (ESP) 7.06; 2, H Lister (ESP) 7.14; 3, D Clelland (FVH) 7.19; 4, D Hutchison (Har) 7.31; 5, P Allan (Pit) 7.32; 6, J Innes (Ab) 7.35; 200: 1, D Walker 21.84; 2, H Lister 21.84; 3, D Hutchison 23.01; 4, N Fraser (ESP) 23.19 (23.03 s/f); 5, A Bond (CPH) 24.25 (23.26 s/f); G Hodges (ESP) 23.45 s/f; 400: 1, G Hodges 49.90; 2, M Davidson (CPH) 50.18; 3, C Kries (Bath) 50.75; 4, D Dodds (DHH) 51.97; 5, S Cargill (Arb) 55.00 (53.04ht); 800: 1, A Kinghorn (ESP); 2, G Brown (ERC) 1:57.13 (1:57.05ht); 3, D Farrell (ESP) 1:58.60; 4, J Don-Kat (FVH) 1:58.87 (1:56.26ht); 5, D Slyth (ESP) 2:05.67 (1:59.98ht); 1500: 1, M Fallows (ESP) 3:52.50; 2, K Muntimer (ESP) 4:01.23; 3, L Edwards (ESP) 4:11.58; 4, J Ritchie (Pit) 4:19.01; 5, A Simpson (EdUn) 4:20.01; PV: 1, M Hunter (EdUn) 3.70m; 2, D Hamilton (CPH) 3.70m; 3, W Stobie (Har) 3.70m; LJ: 1, S Jamieson (ESP) 6.30m; 2, P Gardiner (Pit) 6.17m; TJ: 1, N McMenemy (Cur) 14.21m; 2, D Sabnis (Ab) 13.70m; 3, S Jamieson (ESP) 13.54m; 4, C McDonald (ESP) 12.63m; Youths: 60: 1, I Mackie (Pit) 7.25; 2, S Milne (Ork) 7.49; 3, J Gilbert (FVH) 7.61; 4, B Carmichael (Tay) 7.65; 5, P Suierczek (Arb) 7.68; 6, W Spink (Ab) 7.95; 200: 1, I Mackie 22.84; 2, D Reid (B'hill) 24.08; 3, G Hepburn (PSH) 24.26; 4, P Suierczek 25.04; 5, G Smith (Ab) 25.57 (25.19 ht); 400: 1, G Hepburn 53.94; 2, M Aron (Liv) 54.35; 3, R Dobson (Cur) 56.74; 800: 1, A Moonie (Pit) 2:00.51; 2, M Dobbin (Bath) 2:00.54; 3, S Meldrum (Pit) 2:03.33; 4, S Watson (Mel) 2:07.86; LJ: 1, J Gilbert 6.61m (rec); 2, S Milne 6.37m; 3, B Carmichael 6.21m; 4, D Reid 6.03m; Sen: 60: 1, R Booth (CPH) 7.36; 2, C Hopkins (Pit) 7.44m; 3, B Watson (Pit) 7.45; 4, D Ablett (CPH) 7.71; 5, R McNaughton (PSH) 7.72; 6, D Lees (ESP) 7.73; 200: 1, C Hopkins 23.53 (equals rec); 2, B Watson 23.80; 3, D Ablett 24.77; 4, R McNaughton 25.02; 5, S Furness (FVH) 25.92 (25.33ht); 800: 1, K Daley (ESP) 2:02.97; 2, M Hamilton (Lass) 2:04.33; 3, D McDonald (PSH) 2:06.86; 4, B Aderson (Banch) 2:17.06; 5, W Stark (Ab) 2:21.27 (2:19.43ht); HJ: 1, G McDonald (DHH) 1.65m; 2, C Rhodes (Ab) 1.60m; 3, M Sinclair (PSH) 1.60m; LJ: 1, W Stark 6.06m; 2, D Ablett 5.89m; 3, A Ritchie (Mon) 5.70m; 4, P McQue (Cur) 5.60m; SP: 1, B Robb (Pit) 15.58 (rec); 2, D Ablett 14.96m; 3, C Leslie (Arb) 12.78m; 4, W Stark 12.03m; Jun: 60: 1, M Restrick (Liv) 7.98; 2, A Lees (ESP) 8.00; 3, S Buckner (Har) 8.18; 4, S Lawrence (Arb) 8.72; 5, S Garsnok (Arb) 8.94; 6, G Turnbull (Arb) 9.18; 200: 1, S Buckner 27.11; 2, S Lawrence 28.60; 3, R Dearie (Aber) 28.63; 4, A Paterson (Cur) 30.86; 800: 1, D Campbell (Lass) 2:17.16; 2, M Restrick 2:19.67; 3, P Herron (Arb) 2:35.75; LJ: 1, S Buckner 4.73m; 2, P Herron 4.67m; 3, B Turnbull (Arb) 4.52m; SP: 1, P Fraser (Ab) 11.95m; 2, C Buchanan (ESP) 11.88m; 3, A Lees (ESP) 10.84m.

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Schools U/16 Indoor Int, Kelvin Hall
 Boys: 60: 1, K Mark (E) 7.2; 2, R Booth (SA) 7.3; 3, J Casey (I) 7.5; 4, A Lowles (SB) 7.7; 200: 1, M Hylton (E) 23.9; 2, J Casey (I) 24.7;

3, G Hastings (SA) 25.4; 4, R McGuire (SB) 25.5; 400: 1, C Howard (E) 50.5; 2, Sutherland (SA) 53.8; 3, S McQuade (I) 54.9; 4, C Freer (SB) 56.8; 800: 1, J Nolan (I) 1:59.2; 2, A Dale (E) 2:03.8; 3, B Waters (SA) 2:07.8; 4, K Hinnells (SB) 2:16.7; 1500: 1, A Finn (I) 4:09.1; 2, S Bond (E) 4:13.3; 3, S Gibson (SA) 4:24.1; 4, M Smith (SB) 4:38.5; 400: 1, A Lashley (E) 8.5; 2, D Cotter (SA) 8.8; 3, P Lynas (I) 8.9; 4, R Baillie (SB) 9.7; 4 x 200: 1, England 1:38.6; 2, Scot A 1:39.6; 3, Scot B 1:40.1; 4, Ireland 1:42.4; 1200m medley: 1, England 2:39.5; 2, Ireland 2:45.7; 3, Scot A 2:46.6; 4, Scot B 2:56.9; HJ: 1, B Knowles (E) 1.85m; 2, M Pate (SA) 1.80m; 3, B Langan (I) 1.75m; 4, A France (SB) 1.75m; LJ: 1, N Gordon (E) 6.43m; 2, W Stark (SA) 6.11m; 3, F Edridge (SB) 5.81m; 4, E Smith (I) 5.75m; SP: 1, B Robb (SA) 15.76m; (Scot age group best); 2, W Fuller (E) 14.82m; 3, E Braniff (I) 14.13m; 4, I Douglas (SB) 12.42m; Pentathlon: 1, T Jideoniro (E) 3583pts; 2, A Ramsay (SA) 3155; 3, C Wai-Lo (E) 3069; 4, R Nolan (SB) 2903; 5, B O'Donoghue (I) 2785; 6, S McPherson (SB) 2612; Boys: 1, England 55; 2, Scotland A 37; 3, Ireland 33; 4, Scotland B 20; Girls: 60: 1, J Sloane (E) 7.9; 2, R Hepburn (SA) 7.9; 3, N McGlynn (I) 8.0; 4, F Lumsden (SB) 8.2; 200: 1, A Devoti (E) 26.5; 2, N McGlynn (I) 26.7; 3, J Reid (SB) 27.5; 4, S Balmain (SA) 28.0; 400: 1, J Symington (SA) 59.3; 2, V Francis (E) 60.4; 3, J Moody (I) 60.5; 4, P Clark (SB) 68.8; 800: 1, S Willcombe (E) 2:15.7; 2, P Keating (I) 2:15.8; 3, F Johnston (SA) 2:22.5; 4, J Robertson (SB) 2:24.3; 1500: 1, K Gormley (SB) 4:50.2; 2, B Daley (I) 4:50.7; 3, P Crawley (SA) 4:51.2; 4, N Slater (E) 4:51.6; 400: 1, J McGaughrin (E) 9.1; 2, S Moxey (SA) 9.5; 3, S Cummins (I) 9.6; 4, K Philip (SB) 9.8; 4 x 200: 1, England 1:45.4; 2, Scot A 1:49.4; 3, Ireland 1:52.1; 4, Scot B 1:52.4; 1200m medley: 1, England 3:01.2; 2, Ireland 3:04.3; 3, Scot B 3:06.8; 4, Scot A 3:09.3; HJ: 1, A Jones (E) 1.65m; 2, D Lapsley (SB) 1.50m; 3, E Gregg (I) 1.50m; 4, S Robertson (SA) 1.45m; LJ: 1, T McCammon (E) 5.71m; 2, P Anderson (SA) 5.53m; 3, L Fraser (SB) 5.00m; 4, L Moody (I) 4.70m; SP: 1, H Wilding (E) 12.74m; 2, J Robin (SA) 12.33m; 3, N Dhalliwal (SB) 11.89m; 4, C Godkin (I) 9.84m; Pent: 1, K Sotherton (E) 3213pts; 2, N Alcock (E) 2829; 2, E Magher (I) 2530; 4, J Donald (SB) 2439; 5, D Palmer (SA) 2393; 6, D Quirie (SA) 2298; 7, S Bain (SB) 2258; 8, V Jamieson (I) 2073; Girls: 1, England 55pts; 2, Ireland 32; 3, Scotland B 30; 4, Scotland A 29; Match: 1, England 110pts; 2, Scotland A 66; 3, Ireland 65; 4, Scotland B 50.

15

West District Ind Champs, Kelvin Hall
 Sen: 60: 1, S Shanks (Cam) 7.09; 2, S Tucker (She) 7.10; 3, J McMenemy (Unat) 7.18; 4, K O'Donnell (Bell) 7.38; 5, S Brown (NV) 7.38; 6, C McKinney (Unat) 7.40; 200: 1, D Mulhern (She) 22.48; 2, S Tucker 22.61; 3, S Rutherford (Bell) 23.33; 4, A McMahon (C&C) 23.85; 400: 1, S Rutherford 50.90; 2, J Adams (Ayr) 52.49; 3, D Alexander (She) 52.66; 4, K Woods (Cork) 52.67; 800: 1, P McDevitt (She) 1:57.07; 2, G Middleton (She) 1:57.95; 3, D Halliday (She) 2:00.05; 4, N Cassidy (Kil) 2:00.99; 1500: 1, A McCormack (She) 4:01.56; 2, P Duffy (CPH) 4:06.22; 3, K Downie (Cam) 4:09.23; 400: 1, J Franklin (She) 8.52; 2, F McGlynn (She) 8.78; 3, R Harkins (She) 9.05; 4, D Govan (Cly) 9.38; 4 x 200: 1, Ayr Seaford 1:31.99; 2, Sheelston 1:32.46; 3, Larkhall YM 1:38.77; 4, Victoria Park 1:40.04; HJ: 1, J Stoddart (Bell) 2.00m; 2, N Robb (RCB) 1.95m; PV: 1, D McLeod (Bell) 4.20m; LJ: 1, S Atkinson (VP) 6.22m; SP: 1, K Kubota (Str Un) 13.04m; 2, K Wilson (Str) 12.70m; 3, L Carter (GI Un)

12.37m; 4, N Elliot (Hel) 12.03m; Youths: 60: 1, G Welsh (Stew) 7.32; 2, P McCall (Cly) 7.42; 3, G Smith (Kil) 7.56; 4, R Haire (She) 7.63; 5, M McManus (Ham) 7.68; 200: 1, C Ferri (She) 23.63; 2, P McCall 23.95; 3, G Welsh (Stew) 24.31; 4, R Graham (Mid Arg) 24.43; 5, G Smith 24.63; 400: 1, C Young (VP) 51.47; 2, J Ferguson (Ayr) 52.89; 3, M Govan (Cly) 53.41; 4, D Harris (Ayr) 54.05; 5, S McCulloch (Kil) 54.55; 800: 1, C Young 1:57.10; 2, A Moore (Cly) 2:03.50; 3, P O'Hare (Bell YM) 2:04.54; 4, R Gallagher (Cly) 2:07.30; 400: 1, C Freer (She) 8.49; 2, I Hamilton (Cum) 8.51; 3, M Hendry (Irv) 8.75; 4, P Knapp (Ayr) 8.77; 4 x 200: 1, Ayr Seaford 1:36.73; 2, Clydesdale 1:39.18; 3, VP 1:39.54; 4, Law & District 1:49.01; HJ: 1, G Morrison (Renf) 1.85m; 2, N Fischbacher (Cly) 1.75m; 3, S Collie (Bell) 1.65m; LJ: 1, M McManus 6.09m; 2, R Graham (Mid Arg) 5.92m; 3, S Murphy (Law) 5.71m; 4, P Short (Dum) 5.65m; 5, R Smith (Dum) 5.64m; SP: 1, G Mathieson (Aven) 14.49m; 2, R Holmes (Helen) 13.57m; 3, K Campbell (MYM) 13.13m; 4, M Mugit (Law) 12.63m; 5, G Ferguson (Law) 12.31m; PV: 1, K McVey (VP) 2.76m; 2, R Holmes (Ham) 2.60m; Sen Boys: 60: 1, H Kerr (Ayr) 7.39; 2, J Whannel (VP) 7.55; 3, S Lindsay (Ayr) 7.69; 4, S Teager (Irv) 7.70; 200: 1, H Kerr 23.53 (equal Scot best perf); 2, R Galloway (Ayr) 23.56; 3, S Teager 24.52; 4, S Lindsay 25.07; 800: 1, D Roache (VP) 2:09.05; 2, A Reynolds (Cam) 2:10.01; 3, A Young (VP) 2:10.78; 4, B Hendry (Irv) 2:14.61; HJ: 1, M Pate (VP) 1.80m; 2, T Gilhooley (Cam) 1.75m; 3, K McCready (Kil) 1.75m; 4, A McKenzie (Hel) 1.65m; 5, A Hay (Mor) 1.60m; LJ: 1, J Whannel 6.16m; 2, H Kerr 6.02m; 3, F Edridge (Cly) 5.48m; SP: 1, K Morton (Cum) 13.81m; 2, L McIntyre (Hel) 13.70m; 3, I Douglas (Dum) 13.31m; 4, R Galloway 11.94m; 5, A McKenzie (Hel) 10.84m; 4 x 200: 1, Ayr Seaford 1:39.34; 2, Victoria Park 1:40.90; 3, Irvine Cable 1:47.08; Jun Boys: 60: 1, S Addie (Cum) 7.77; 2, J Love (Cum) 7.83; 3, A MacAry (Hel) 7.95; 4, I McGarry (Cum) 8.22; 5, J Harris (Ayr) 8.36; 200: 1, J Love 24.73; 2, S Addie 25.01; 3, A MacAry 26.32; 4, N Regnum (Cum) 28.93; 800: 1, G Murray (Ayr) 2:22.77; 2, P Young (VP) 2:23.55; 3, S Cameron (Cum) 2:29.54; 4, A Murray (Ayr) 2:32.17; 5, D Hay (Cum) 2:35.09; 4 x 200: 1, Cumbarauld 1:49.47; 2, Ayr Seaford 1:52.12; 3, Airdrie 1:55.18; 4, Victoria Park 2:04.44; LJ: 1, G Abbot (Ayr) 5.02m; 2, K Cowan (Dum) 4.85m; 3, S Frost (Ayr) 4.49m; SP: 1, I McGarry 11.47m; 2, A Pettigrew (Irv) 9.56m; 3, R Oliveira (Mor) 8.99m.



December

7

Hugh Wilson Memorial 10K, East Kilbride
 1, B Kirkwood (ERC) 30:30; 2, S Wylie (Cam) 30:48; 3, T Hearle (Kil) 30:58; 4, I White (FVH) 31:04; 5, D Cameron (She) 31:25; 6, M Gormley (Cam) 31:37; 7, A Weatherhead V1 (ESP) 31:46; 8, A McBeth (Strath U) 31:49; 9, P McCormack (EK) 31:53; 10, T Anderson (Kil) 31:53; 11, W Robertson (Bel) 31:54; 12, J Stewart (Ayr) 31:56; 13, J Brown (Cam) 32:03; 14, J Kennedy V2 (VP) 32:14; 15, K Downie (Cam) 32:18; 16, A Ramage (Law) 32:23; 17, R Ronald (EK) 32:30; 18, W Grieve (FVH) 32:38; 19, D Truesdale (Bel) 32:41; 20, E Wilkinson (Cai) 32:44; V3, A McLinden (Ham) 33:04; V4, F

Conner (Cam) 33:16; V5, I Burke (Bel) 33:26; V6, J White (Irv) 33:31; VO/50: W Seally (She) 33:42; VO/60: W Stoddart (GWH) 35:32; J1, J Coyle (Cam) 34:17; J2, M Dale (Cal) 35:03; J3, J O'Hara (Peebles) 35:32; Teams: 1, Cam 36pts; 2, East Kilbride 106; Vet Teams: 1, Cambus; 2, Cambus B; Youths: 1, C Allison (VP) 19:21; 2, J Bates (Cam) 19:50; 3, G George (Cam) 20:01; 4, W Bates (Cam) 21:32; Team: 1, Cambus 9pts; Senior Boys: 1, G Hillier (VP) 13:21; 2, A Young (VP) 13:32; 3, A Kidd (JWK) 13:37; 4, H Murphy (Irv) 13:38; 5, J Madden (EK) 13:44; 6, B Hendry (Irv) 13:56; Teams: 1, Irvine Cable 22pts; 2, East Kilbride 23; Junior Boys: 1, A Sandilands (Aven) 11:13; 2, D Bates (Cam) 11:20; 3, D McInnes (EK) 11:33; 4, R Madden (EK) 13:34; 5, D Hamilton (Aven) 13:51; 6, G Pettie (Whit) 13:52; Teams: 1, East Kil 14pts; 2, Avonside 16; Colts: 1, K McIntyre (She) 6:09; 2, G Souter (Sp) 6:13; 3, R Struthers (Aven) 6:14; 4, R Hill (Spring) 6:20; 5, M Jamieson (Spring) 6:23; 6, F McFall (VP) 6:25; Teams: 1, Springburn 11pts; 2, Avonside 34; Women 10K: 1, J McColli LV1 (VP) 35:59; 2, E McBrinn (She) 36:05; 3, C A Bantley (CG) 36:28; 4, M Gemmell (Str) 38:28; 5, J Kennedy (VP) 38:43; 6, J Harvey (CG) 39:07; LV2, C Craig (Str) 42:40; LV3, L Curley (Cal) 43:23; Team: 1, Shettleston Ladies.

8

Keyline 5.5 mile RR, Peterhead
 1, S Wym (Ab) 31:20; 2, P Jennings (Met) 32:15; 3, C Noble V1 (Fra) 32:43; 4, J Robertson (Un) 32:44; 5, S Hastie V2 (Pnt) 32:48; 6, A Farquhar (Coasters) 33:04; 7, I Morris (Ab) 33:30; 8, E Rennie V3 (Ab) 33:45; 9, J Ingram (Fra) 34:09; 10, W Scullion (V4) (Ab) 34:22; 11, R Marioni V5 (Ab) 34:35; 12, J Hay (Pet) 34:41; LJ, L Bain LV1 (Ab) 36:32; LJ, S Taylor LV2 (Gar) 40:24.

14

Sinclair Memorial 5.4 miles RR, Clydebank
 1, J Austin 29:11; 2, B Potts 29:52; 3, W Goldie 30:24; 4, J Hanratty 30:35; 5, J Wright 33:17; 6, C Ryan 34:00; V1, L Pearson 34:15; V2, D Mitchell 34:52; V3, P Rudzinski 35:08; H'cap prize - C Ryan.

15

Christmas 6,800 metres RR, Aberdeen
 1, G Kerr (Ab) 24:04; 2, C Farquharson (IBT) 24:27; 3, S Mills (NZ) 24:29; 4, P Jennings (Met) 24:37; 5, S Cassells (Ab) 25:06; 6, S Wynn (Ab) 25:34; 7, D Mossie (Ab) 25:42; 8, E Rennie (Ab) V1 25:42; 9, S Wilcox (Met) 25:54; 10, M Edwards V2 (Ab) 26:00; 11, C Noble V3 (FRC) 26:20; 12, G Yule (Ab) 26:22; 13, D Duguid (Ab) 26:29; 14, J Ingram V4 (FRC) 26:37; LJ, S Latham (Ab) 29:17; LJ, N McKinnon LV1 (Ab) 31:38; LJ, S Bennett (Met) 31:59; Boys 3400m: 1, C Smith (Ab) 12:40; 2, J Eason (RGC) 13:21; 3, S Covington (Ab) 16:34; Girls: 1, H Smith (Ab) 14:54; 2, L Sull (Ab) 15:20; 3, S Aggett (Ab) 16:38.

17

Shettleston Harriers Young Athletes 2,000m RR, Crownpoint
 Fastest: 1, A Sinclair and A Cavanagh both 7:34; 3, M Loague 7:36; H'cap: 1, A Sinclair 9:54; 2, I McNair 9:54; 3, M Grant 9:58.

Aberdeen AAC McCafferty Relay, Bridge of Don, December 22 1991
 A RECORD 21 teams of four competed in the tenth annual Christmas relay sponsored as ever by John McCafferty (Insurance) Ltd.

On the first leg, Turkey Hannah Smith flew - a rare occurrence for her breed - to come home 11 seconds ahead, although Scrooge Katy Snape was giving nothing away in second. Minor Wendy Pennet a "Big" Bad Wolf, was third.

Hannah handed over to father Turkey Graeme who, despite having been fattened up for Christmas, held on to a three second lead over Snowman Geoff Kennedy. Geoff did the fastest lap despite not warming up lest he melt.

The "Scrooges" were still giving nothing away, junior boys' throws star Peter Fraser coming in one second back in third, while veteran Mike Smith took Tinsel to fourth.

Big Bad Wolf got down to devouring the opposition on stage three, junior Caroline Clarkson moving up from sixth place to hit the front near the end and finish ahead of fellow junior Nicola Fraser. Caroline's time was identical to that of top senior Debbie Porter, the Pudding who could only move up to fifth.

The Candles' flame flickered briefly when Caroline's big sister Natalie, with the third fastest time, also took her team into that position.

Mark Caird had a fairly easy task to

keep Big Bad Wolf on the run having a head start over the fastest seniors who started down the field. Turkey Steve Cassells gobbled up five places over the 2240m lap to finish 23 seconds behind the Wolves in 24:49.

Your reporter, for the Puddings (later re-named Denis' Dumplings), sprinted past Xmas Tree Ken Hogg on the run-in, only for Ken to mount a counter-challenge which just failed - a good Xmas Tree goes dead straight Ken! (He later claimed an underhand attempt at tree felling).

Robin Sutherland made sure Scrooge, after their third leg, did not give something away twice in one day by clocking the fastest senior lap by 12 seconds from Cassells and Simon Wynn.

Beach Bum Present Run, Aberdeen, December 28, 1991

THE Beach Bum 4.5 mile present race, designed by Ewan Rennie for runners to make an ass of themselves, resulted in Ewan - or was it Santa? - making an ass of himself as handicapper when front-marker Val Robson showed us all a clean pair of heels to win in 39:16.

Most heels were clean in fact. Ironically, the tide was so far out that everyone got their feet wet. It was more efficient to splash through the water at the bottom of the groyne than to steeplechase them. For Debbie Porter, eventually the fastest woman (28:45),

the race lived up to its name when one of the water "splashes" turned out to be a deeper than she expected!

Val did well to hold off a triple Clarkson challenge. Junior international Caroline failed by only 3 seconds to catch her, and was closely followed by dad Malcolm and brother James. Her time, however, was beaten by girl Hannah Smith, the second fastest female.

Peter Jennings (Met), starting at the rear end of the Bum, was the fastest man (25:25) while last year's fastest Dave Massie (AAAC) suffered from the absence of jumps and was only fourth fastest after Fred Arkell (AAAC) and Santa Rennie (AAAC).

Fred collected a present wrapped in Dundee Hawkhill colour; too late, the horrible thought struck him that it might be Chris Hall. He remembered, however, the minimum prize value and guessed correctly that it must be something more palatable, like a Dundee cake!

Howes of Bucksburn Road Race, Aberdeen, January 2, 1992

WHILE Scotland suffered the worst weather for several decades, Aberdeen was the warmest spot in Britain on January 2 - the day of the first Howes of Bucksburn Two Mile Road Race.

Unfortunately only 39 men and ten women turned up to run in the event.

Aberdeen AAC pair Debbie Porter and Jillian Grams used the race as a

sharpeners for their forthcoming event at Wakefield, where they were to represent the Scottish Cross Country League, and showed their class by coming home 1.5 minutes ahead of the field. Debbie recorded a creditable 11:38, just 11 seconds ahead of her team-mate.

The men's race also saw two runners dominate. Simon Wynn led his AAAC club-mate Mike Murray through the turning point, where runners started the return uphill mile. Murray, who set the current club 800m record almost eight years ago, made his strength tell when he swept into the lead - only for Wynn to sprint past again 100 metres from the finish to win by 2 seconds in 10:01.

Rob Taylor (Met) was third, 20 seconds back, with Dave Duguid (AAAC) only 3 seconds behind. Rennie (AAAC), a hill-running specialist, shone on the steeper uphill stretches (where he broke away from your reporter) to take the veteran prize in tenth place (10:49), well clear of Brian Hall and Alan Fulton.

The event raised £100 for the Red Cross Appeal and organisers Metro Aberdeen hope it will become an annual event.

All reports by
Denis Shepherd



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DIDN'T THEY DO WELL

IN 1990, the SSAA hosted an indoor international for athletes under 16, writes the SSAA. The match, sponsored by Scottish Power, involved the four home countries, plus Czechoslovakia and Belgium.

It was decided to repeat the format of the event this year, mainly to add an extra rung of competition for potential SSAA under-17 athletes. Unfortunately, Wales was unable to send a team as they feared they might be without sponsorship, and no European country accepted the invitation, so Scotland was able to field a B team. Surprisingly, two of the three SSAA gold medalists came from this.

Although, as expected, the Scottish Schools were well beaten by the English who fielded a strong team led by the outstanding Cephas Stoward, gold medal 400m winner in 50.5, it was satisfactory to beat the Irish Schools, who despite the long journey and a curtailed team, had fine performances, notably James Nolan who won the 800m in 1:59.2, and Austin Finn, 1500m gold medalist in 4:09.1.

To add interest, to make the event longer than a mere afternoon, and to bring multi-events in from the cold, it was decided to incorporate a pentathlon competition into the track and field programme, and as in the Olympic and Commonwealth games, much friendship was engendered from this event - Scotland's Andrew Ramsay of Dingwall Academy, excelling himself to take the silver medal with the following sequence: long jump - 5.77m; 60m hurdles - 9.5; shot - 10.64m; 200m - 25.6 and an outstanding 800m - 2:09.9, which earned him 966 points, the most scored in any single event. As the match result was calculated, Andrew's effort took Scotland into second place.

The only boy to win a gold medal was 14 year old Bruce Robb of Queen Anne High, the 6'4" shot putter who won with 15.76m, almost a metre ahead of the English champion William Fuller.

Bruce was drafted into the SSAA under-17 team in the schools' international in Wrexham last July, and although then perhaps overawed by the event is now benefiting from the experience and is a talent for Andy Vince to work with in future. Indeed, so is Julie Robin of

Hermitage Academy, who, although not winning her shot event, putted a new personal best of 12.33m, coming second to England's Helen Wilding with 12.74m.

The girls' 1500m race was one of the most exciting of the day, with Nicola Slater, ESAA under-15 champion, the outright favourite. The four girls ran together for seven laps, with the Scottish A runner, Pamela Crawley of Eastbank Academy, staying in lane two. In the last lap, it was the B runner, Kristina Gormley of the Mary Erskine School, who sprinted past the others, winning in 4:50.2, with Brenda Daley, Ireland, second in 4:50.7 and Pamela third in 4:51.2.

Scotland's third gold medal was one of the biggest surprises of the day. Including a 400m in the programme a bit of a gamble, as under-15 girls do not compete in this event. The two originally selected athletes both called off and a mere week before the international, Prestwick Academy's Joanne Symington, herself a late replacement for pneumonia victim Louise Thomson of Wellington in the B 4 x 200m relay, was asked if she would like to try a 400m.

Coached by Maureen Harrower, Joanne ran a brilliant race, finishing almost a second clear of the English athlete, in 59.3. To show that this was no fluke, Joanne got a second medal in the girls' medley relay, where she gave Scotland B a great start over the 300m leg, the B team beating the A team for third.

Silver medal Scottish performances came from Rona Hepburn (Crieff High) in the 60m - 7.3; Stuart Sutherland (Tain Royal Academy) in the 400m - 53.8; Martin Pate (Boclair Academy) in the high jump - 1.80m; Dawn Lapsley (Kinross High) in the high jump - 1.50m; Stacy Moxey (Portobello High) in the 60m hurdles - 9.5; Pamela Anderson (St Mungo's Academy) in the long jump with a very promising 5.53m, and William Stark (Bridge of Don Academy), also in the long jump with 6.11m. Both 4 x 200m A relay teams were also silver medalists.

In this very inexperienced Scottish contingent, there were 21 athletes who equalled or bettered their personal bests. We can't really ask for much more.

Case of the lost gem

THE jewel in the crown of the university athletics season has been lost, writes Gordon Ritchie.

It now seems certain that the prestigious indoor international between the students, the schools, Scotland, and Northern Ireland will



Dawn Burden - Lorna Silver could be a serious threat to her in university events.

not be staged in 1992. This leaves a void in the fixture lists.

For the Irish, it will mean no indoor fixtures for their athletes, while the schools will lose the chance to field an under-19 team in an indoor fixture. The Scottish team still have the Midland Counties match, but for the students the indoor "season" now consists of one match and is relatively meaningless.

The one match left is the indoor championships. While some events will still be heavily contested, the "carrot" of selection for the Scottish Universities team has been removed and it is unlikely that the better athletes will compete. It is hard to imagine the girls now deciding to break their cross country season to compete in a one-off.

The loss of the international has already had an effect on this event, as they will be the first in recent times not to have a sponsor.

Since the opening of the Kelvin Hall and the return to Scotland of indoor athletics, there has always been outside finding for this match, but not this year.

On a wider scale, it will be

interesting to see what Commercial Union, overall sponsors of all student sport, have to say about the loss of the highest profile event in the university sector.

(A senior student expressed the view that the Universities Sports Federation had shot itself in the foot at the same time as they stabbed the athletes in the back!)

On a brighter note, some of the sprints and jumps could still produce good performances to rescue the championships from oblivion. Heriot Watt's Douglas Walker should find it reasonably easy in the 60 metres, but the longer event could see him fighting against Glasgow's post-graduate lawyer Gregor McMillan and Edinburgh's Amir Savage. Strathclyde's Gerry Simpson may also choose the 200m which should make it one of the highlights of the day.

The horizontal jumps should be closely contested by Aberdeen's Dinkar Sabnis, Heriot-Watt's Ian Paget, and Dundee dental student Douglas Thom. All three are capable of over 6.50m indoors in the long jump and so that event, at least, should be of a high standard.

With the women, it is difficult to see anyone challenging Nikki Barr in the jumps or Sarah Richmond (Glasgow) in the hurdles. If they also decide to do the 60m, they will face stiff competition from Jane Fleming.

The favourite for the longer sprints has to be Glasgow's fresher Dawn Burden, although Dundee's Lorna Silver may give her a fright in the 400m.

The championships will (hopefully) be held on Wednesday February 12.

Away from the track, a brief word of congratulations to Glasgow's hares and houndesses. Following a victory in last year's national cross-country event, the girls had an unexpected victory at the Durham International on December 28. Hayley Haining and Vikki McPherson both ran outstanding races to finish fourth and 12th respectively, while Joanna Cliffe was third counter despite recent injury problems.

Finally, if anybody lost a Nike showerproof jacket at the Glasgow University Road Race in November (and wants it back), please phone the race organiser on 041-945-3653.



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JUNIOR PROFILE

NAME:	Joanne Symington.
DATE OF BIRTH:	December 12, 1976.
SCHOOL:	Prestwick Academy.
ATHLETICS CLUB:	Ayr Seaforth.
COACHES:	Maureen and Glen Harrower.
STARTED ATHLETICS:	Four years ago. My Dad suggested it.
EVENTS:	100m, 200m, and 400m.
PERSONAL BESTS:	100m: 12.8; 200m: 26.2; 400m: 59.3.
ENJOY MOST ABOUT THE SPORT:	Competitions, and improving my times.
LEAST ENJOY:	Training when it's wet.
AMBITION:	To keep improving.
HIGHLIGHTS SO FAR:	Coming third in the 200m at the National Under-20 Championships, and coming first in the 400m at the Home Countries Indoor Schools International in December.
FAVOURITE ATHLETE:	John Regis.
FAVOURITE BOOK:	Lord of the Rings, by Tolkien.
FAVOURITE FOOD:	Any sort of pasta. As long as it's pasta...
OTHER HOBBIES:	Going dancing, especially at Bobby Jones nightclub in Ayr. I also like watching TV and listening to music.
OTHER AMBITIONS:	I'd like to be a helper for handicapped children.

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January

25

J C FLOCKHART Cross Country Races.

26

BATHGATE Cross Country Races.

CANAL Towpath Race, Banavie.

February

1

CAU Inter-Counties Champs, Corby.

EASTERN District Leagues, Riccarton.

NORTHERN District League, Peterhead.

RENFREWSHIRE AAA 5 mile Road Race.

2

VETS CC Champs, Troon. D: 041-636 5859

CALEDON Park H CC Races, Edinburgh.

CUMNOCK Cross Country, organised by Cumnock AC. D - (0290) 24875.

5

OGM, Kelvin Hall D - 041-357 2525.

8

CALEDON Park H CC Races, Edinburgh.

PEARL Assurance International, K Hall.

9

DEXSTAT Loudoun Runners Open CC Races, Loudoun Academy.

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

NEVIS River Bank CC. 11am, Claggan Pk.

SCOTTISH Indoor Championships, Kelvin Hall.

12

SCOTTISH Unis Ind Champs, K Hall.

15

NORTHERN District League, Muir of Ord.

DUNDEE HH Camberdown Pk RR, Dundee.

ENGLISH Women's CC Cheltenham.

19

OGM, Kelvin Hall D - 041-357 2525.

21

SCOTTISH Schools Indoor Championships, Kelvin Hall.

22

SCCU National Cross Country Championships (BYJS) Irvine D - (0294) 211304.

23

CAOL RR. Start 11. am, Claggan Park.

SCOTTISH Womens National Open Cross Country Champs, Callendar Park, Falkirk.

29

FIFE AC 6 mile Road Race, Cupar.

ABERDEEN University H&H Road Race.

SCOTLAND v Midland Counties Match, Kelvin Hall.

March

1

NAIRN 10K & Fun Run, Nairn. Details from Danny Bow (0667) 52208.

BALLOCH-Clydebank Road Race.

ANNAN CC River Races. Entries on day. D - (0461) 203057/(0461) 204682/(0461) 202831.

SCOTTISH U20 Champs, Kelvin Hall.

7

CLYDESDALE HDunky Wright RR, C'bank.

SCOTTISH Vets Ind Champs, Kelvin Hall.

SPORTSHALL Scottish Final, Grangemouth.

8

EDINBURGH Uni Five, Edinburgh.

THE Smokies 10 Ladies only 10 mile RR. Details - Helen Gray (0241) 73858.

LASSWADE 10 mile RR, Bonnyrigg. D - Barbara Howie. 031-663 4697.

9

INTER Schools Athletic Match, Kelvin Hall.

11

OGM, Kelvin Hall D - 041-357 2525.

15

INVERNESS District Council Half Marathon & Fun Run. Entry forms from Turnbull Sports (0436) 241625.

SCOTTISH Schools Coaching Day, Grangemouth.

16

INTER Schools Match, Kelvin Hall.

18

INTER Club Match, Kelvin Hall.

22

FALKIRK OGM, Grangemouth. D - (0324) 24911 Ext 2395.

TAYSIDE AAC CC Races, Arbroath.

XVIII IAAF World CC Champs, Boston.

GLEN Nevis 10, 10 mile RR, Fort William. D - Sandy Hastings (0397) 81345.

28

SIX stage RR Champs, Livingston.

LIVINGSTON AC OGM, Craigwood.

29

ALLOA Half Marathon 10th Annual Event. Entry forms from Clackmannan District Sports Council, Dept of Leisure & Recreation, 29 Primrose Street, Alloa.

HARMONY Team Trophy, K Hall, Glasgow.

INTER Club Athletic Match, Kelvin Hall.

FIFE AC Cupar 6 3pm, changing at Cupar YMCA. D - 0334 82457.

April

1

FALKIRK OGM, G'mouth. D - (0324) 24911 Ext 2395.

Cumnock Open Cross Country Races
Sunday 2nd February 1992

All age groups (male/female)
Entry on the day at Cumnock Academy
1st race 1.30pm.
Tel: (0290) 24876
Organised by Cumnock & District Athletic Club.

Annan River Races
(Cross Country)

Sunday 1st March '92

Races for all age groups
1st Race (mens) 1pm
Declarations by 12.30pm
Annan Academy Community Centre
Entries on day
Further information: Roddy O'Hara - (0461) 203057
David Hopper (0461) 204682,
Jim Sloan (0461) 202831

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Tel: 0387 55056 (Weekends, or 6-9 p.m. Mon-Fri.)

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4

FALKIRK Young Athletes Meeting, Grangemouth. D - (0324) 24911 Ext 2395.

5

DUNDEE HH 10K RR, Caird Park, Dundee.

EDINBURGH League meeting, Tweedbank.

GLEN Fruin RR, Helensburgh. D - (0436) 74471.

TOM Scott 10 mile Memorial RR, Strathclyde Park. D - (0698) 69109.

MACRAE the Homemakers OGM, Inverness.

8

LIVINGSTON AAC OGM, Craigwood.

11

RENFREWSHIRE 10 mile RR Champs, Greenock.

SCOTTISH Young Ath H'cap scheme, Livingston.

PANASONIC League - qualify, Coatbridge.

12

NORTH Inch Road Relays, Perth.

SCOTTISH & NW League: D1, C'point; D2, Wishaw; D3, Coatbridge; D4, Dam Park, Ayr. D5&6, Dumfries.

ADT London marathon, London.

LAS Plant Craig Dunain HR, Inverness.

16

FORTH Valley League D1, Grangemouth; D2, Livingston.

18

CENTRAL District Champs, Grangemouth.

19

DORA Stephen Memorial OGM, Coatbridge.

GREAT Angus Run - Forfar 15, Forfar.

LOCHABER People's Marathon & 10K RR, Fort William. D - (0397) 81345.

MAGGIE Storey 10K, Forfar.

REEBOK RR 1991, Haddington 10.

SYAL East Div 1 and 2, Grangemouth; West Div 1 and 2, Dam Park, Ayr.

22

ST Andrews 5K Race.

25

HUNTERS Bog Trot, Edinburgh.

26

FORT William "4 Tops" HR.

FORTH Bridges Half M, S Queensferry.

KIRK WALL Half Marathon, Orkney.

BREAKTHROUGH Challenge People's Race, Queens Park, Inverness.

BoS League D1, TBC. D2, Ayr. D3, TBC. D4, Grangemouth. D5, Dundee.

PANASONIC D1, 2, EK'bride. D3, 4, 5M'bank.

29

DUMFRIES OG M, Dumfries.

INVERCLYDE 4 x 2 mile Relay, Greenock. D - (0475) 892160.

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QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Bridges
Half Marathon and Fun Run

Main Sponsor

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Bullaw, South Queensferry

digital

Sunday 26th April 1992 Start 11.00 am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)

£5 Half Marathon

£2 Fun Run

Please tick
as appropriate

"People's" Permit

I enclose my Cheque/PO for the entry fee for the race payable to Queensferry and District Community Council.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against the organisers for any loss/injury as a result of participation in the event.

Signed

(signed by parent or guardian if entrant is under 18 years of age)

Date

Return to: Forth Bridges Half Marathon c/o 17, Linn Mill,
South Queensferry, EH30 9ST
PLEASE PRINT

Name

Address

Name of Club

Hrs. Min. Day Month Year

Estimated time Date of Birth

MALE

Age on day of race

FEMALE

Please tick
as appropriate

Closing Date 23rd April 1992

Entries for half marathon will NOT be accepted on day of run.

Further information and running numbers will be forwarded as soon as possible.

A Commemorative Medal will be given to all runners completing the Half Marathon.

A certificate will be given to all runners completing the Fun Run.

Half Marathon run under the Rules of SAAA, SWAAA, SWCC and RRA.

*Runners in Half Marathon must be 17 (females) and 18 (males) on day of run.

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presents

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31st May 1992 at
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• Time 11.00am prompt.

Under S.A.A.A. and S.W.A.A.A. laws.

• Entry Fee £6.00

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Entry forms and details from:

Mr. W. Wilson Tel: (0698) 66166
Mr. G. Yeoman Tel: (0698) 355821

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11am SUNDAY 8 MARCH 1992

Arbroath Sports Centre (Full facilities)
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Arbroath DD11 2HJ

Tel. 0241-73858

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on Saturday 5th April 1992 at 3.00 p.m. prompt.

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Scottish Veteran Harriers Club Championship
(Declare date of birth on entry)

Individual Entry fee £2.50 (No team fee)

All cheques and postal orders should be made out to:
TOM SCOTT ROAD RACE

Entries close on 23rd March, 1992. No late entries.
A.H. Brown, 11 Princes St, Motherwell ML1 1DJ.
Tel. 0698 69109.

N.B. All changing and declaration facilities will be at:
The Water Sports Centre, Strathclyde Park, Motherwell.
Buses for the start will leave the
centre at 2.15 p.m. prompt.

KINCARDINE & DEESIDE DISTRICT
COUNCIL

STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 5th July, 1992

Main Sponsors: Kincardine & Deeside
District Council

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- * Medals and Certificates to all finishers
- * Free swim in Scotland's only outdoor 50m heated seawater swimming pool

Entry forms, send S.A.E. to:
Race Administrator, Leisure & Recreation
Section, Kincardine & Deeside District
Council, Viewmount,
Stonehaven AB3 2DQ.
Tel. 0569 - 62001 Ext. 267
Closing date 19-6-92



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Entry forms: Send SAE to Sec,

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Sunday 7th June
9.30 am

Entries and Enquiries to:
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Further details and entry forms from: The Hon Secretary,
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