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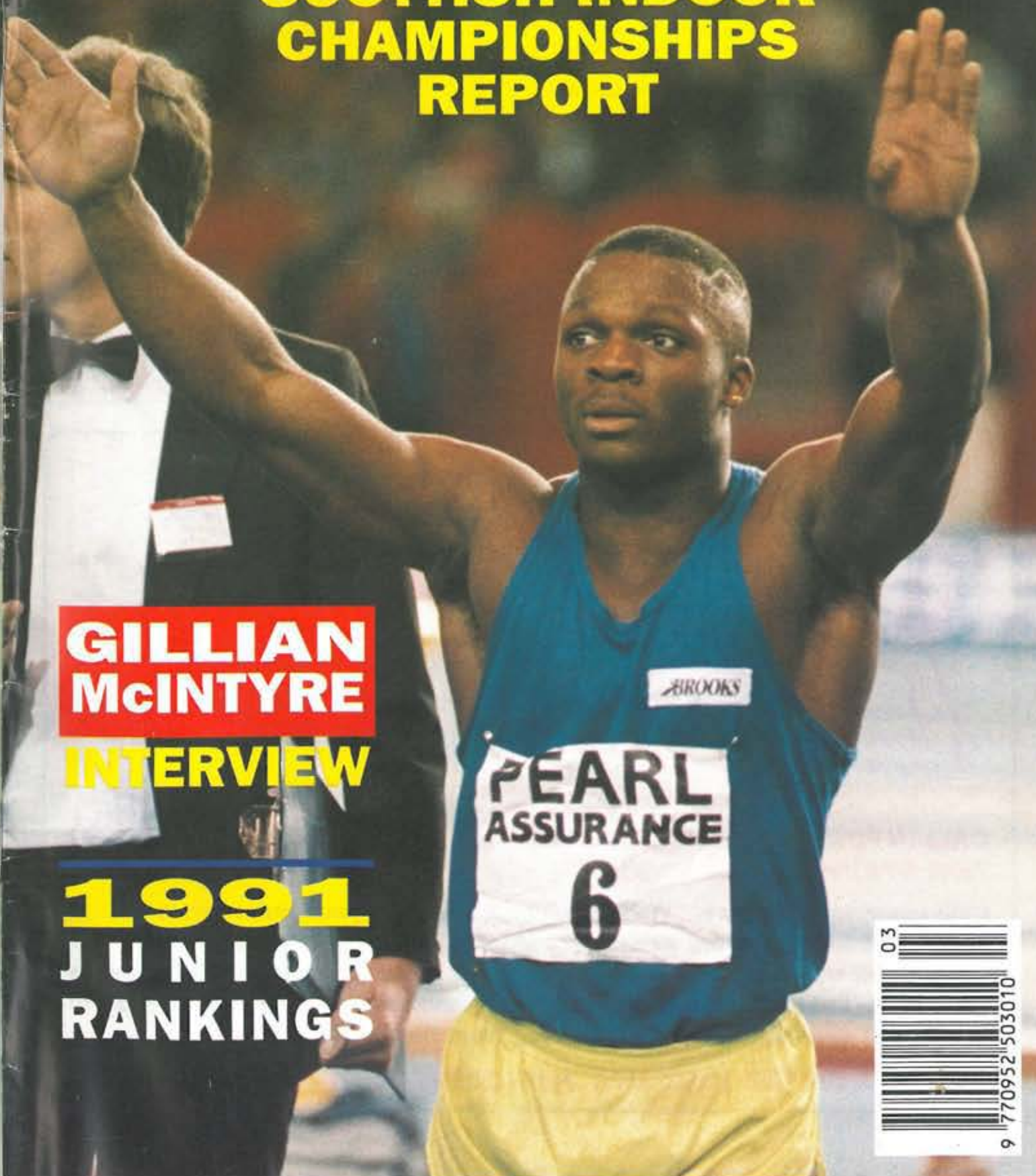
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ISSUE 67

SCOTTISH INDOOR CHAMPIONSHIPS REPORT



GILLIAN McINTYRE INTERVIEW

1991 JUNIOR RANKINGS



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1992

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TRIALS AND TRIBULATIONS OF THE WORLD CROSS COUNTRY TRIALS

FIVE Scots, a record since the IAAF decided to discourage cross country in Scotland by excluding us from the world championships, have been selected for the world event on March 21 in Boston.

A further two have been named as non-travelling reserves.

Given the customary rate of attrition on selected teams, what with flu and injury, there must be a chance of one reserve going to America.

But the women's race at the inaugural UK cross country championships in Basingstoke turned into an orgy of mud-slinging with the international selectors branded a dirty tricks brigade.

Hailey Haining, Scotland's most consistent high-level performer of the winter, unwittingly found herself as the fuse to an explosive scene and she was not even there.

Haining damaged tendons under her shoe laces the weekend before the trial. Intensive physiotherapy appeared to have resolved the problem. Running on grass was painless, but when Haining jogged on the road on the day of the race, just hours before she was due to board for London, she was stricken again.

The selectors, with only two places to award, and having contracted to pick the first four from the race, were in a dilemma.

Liz McColgan and Jill Hunter were the clear choices for the two pre-selections but only because Andrea Wallace, who did not wish to run the trial, had announced that she preferred to concentrate on the London Marathon.

Amazingly, officials decided just hours before the race to move the goalposts.

First three across the finish line would go, plus three of their choice. Several athletes lined up at the start unaware of the change, and at the finish, attention inevitably focused on the unfortunate fourth woman, Andrea Whitcombe, twice formerly the English national champion.

"I'm really pee'd off and that's putting it politely," she said. "I was told by a fellow competitor as I was about to take my tracksuit off, just three minutes before the gun. I am disgusted... very, very angry."

She was named as travelling reserve, but said: "I will not travel as a reserve only if I am getting a run."

Her club coach, Sylvia Parker, formerly England team manager, orchestrated a protest petition, calling the UK cross country commission: "The dirty tricks brigade... this is outrageous."

"It's our job to pick the strongest team," countered Ian Clifton, the



Tommy Murray

Scottish secretary of the UK commission. "Whatever decision we took, we could not win."

Haining's selection certainly was in the interests of improving the team. None but the most biased Anglophobe would argue otherwise. But carry that policy to its logical conclusion, why not pick Wallace as well? And what about Sonia McGeorge? Why have a trial at all?

We all know why. So that athletes get the chance to show their merits in open competition, without fear or favour.

Would Jason Livingston have been given a chance to run in a Kelvin Hall 60 metres against Carl Lewis, Dennis Mitchell, Ray Stewart, Frankie Fredericks, and Calvin Smith if he had not been making up the numbers for the heats? You've guessed it. Not a prayer.

While delighted that Haining is in the squad (she was overlooked for the Ekiden relay 14 months ago when she should have been in) I feel the selectors have alienated athletes' sympathy, and damaged their credibility.

The controversy detracted from a smashing race. Angie Pain-Hulley, former Scottish People's Marathon winner, shocked everyone with an eight second win over Lisa York. And Glasgow University's Vikki McPherson ran a blinder to take third and clinch the last

spot in the Boston party.

Considering that she was running just a week after having won the British Universities title, McPherson's run, just surrendering second in the last quarter mile, was outstanding. York ran herself into the ground to stay in front at the finish, collapsing and having to be carried from the funnel.

Hulley is deliberating over tackling London with a view to the Olympic marathon. "I may not accept Boston selection," said Hulley, who is coached by Maryhill Harrier Brian Scobie at Leeds.

Zurich-based Scot Laura Adam finished fifth and is currently non-travelling reserve. Other Scottish placings were: 13, A Rose; 21, SRidley; 26, V Vaughan.

National 4000m champion Lynne McIntyre, who entertained hopes of a medal, withdrew just before the gun with a leg muscle problem, and required minor surgery on her return. She expects to be back in training within a fortnight.

Led by McColgan, who confirmed her form with a world half marathon record of 67-11 in Tokyo, Britain has an outstanding chance of individual and team gold. AIMS' previous world mark, 68-32, was set by Ingrid Kristiansen in 1989.

Tommy Murray (Cambuslang) and Chris Robison (IBM Spango Valley) performed outstandingly to book their places with fifth and sixth respectively. Murray, his speed boosted by 3000m racing (including the national indoor title) held off Robison, a former 3-43 1500m runner, by three seconds to win his first British world championship outing since he represented Scotland on their final world appearance, in Warsaw in 1987.

Also in that team was Robison, but this will be his sixth appearance in eight years.

Bobby Quinn, who looked a fair bet for Boston when winning the BUSF men's title eight days earlier, developed a head cold in the interim and finished 23rd, 45 seconds behind Robison.

"I'm really chuffed at making it, but I am even more pleased that Scotland won," said the delighted Murray. This, remember, from the man who said he did not wish to run cross country for Scotland again!

Scratch us, and we are all patriots under the skin.

But unfortunately, Scotland's win was more down to English incompetence than Caledonian brilliance. The men's winner, 34 year old Dave Clark, who took the last of this three English national titles in 1988, was omitted from their team.

They had doubts because of two Achilles tendon operations and surgery on arthritic toe joints as recently as May. But three other Englishmen finished in front of Murray not one of them in their national colours. In fact only three of the official England team placed in the top 30 but 25 of that 30 were English.

Who would be a selector?

They got their sums right in the two junior age groups however, winning the team honours with the minimum possible total by filling the first four places.

Edinburgh maths student Phil Mowbray gave a very fine account of himself by placing ninth in the junior men's race, and is non-travelling replacement for Boston.

The Scottish universities' champion showed himself to have real potential when he challenged the leaders on the opening half, before fading. On only five months' serious training this was a run of great promise. Donna Rutherford was the leading junior woman, tenth. Both of the junior world teams are exclusively English.

My belief is that the Scottish youngsters did not so much lack talent as exposure to this level of competition.

Junior development funds should be spent on providing better quality competition in England.

DOUG GILLON

HAMMY GOES FOR BROKE



HAMMY Cox of Greenock Glenpark, finished third in the Hong Kong marathon with a time of 2-21-37, 30 seconds down on the Chinese winner. Making his British debut, he went for broke at 22 miles, breaking clear of a pack of 15, but his gamble failed when he was overhauled in the final mile.

ELLIOT IS TOP VET

IAN Elliot successfully defended his title in the Scottish veteran championships at Troon, but not until after a Titanic struggle with former double champion Colin Youngson, 25 times a member of Aberdeen's Edinburgh-Glasgow relay team.

Elliot, a 43 year old knitwear stock-room worker from Hawick, had a lead of some 70 metres at one stage, but Youngson cut him down and went past as hard as he could. It was all Elliot could do to hang on, but his sustained sprint finish proved decisive and he finished nine seconds clear in 35-23.

Youngson, 44, was left with his third silver medal (and two golds) since becoming a vet but had the consolation of leading Aberdeen to the team

title. George Meredith travelled from Kent to take third in 36-10.

The 10,000 metre trail, over heavy Ayrshire farmland, received the ultimate accolade from these hardy old harriers: "A true cross country course."

Maryhill Harrier Gordon Porteous, oldest man in the field at 77, won the 75+ age group, while clubmate Tommy Harrison took the 70-plus group.

Tommy, 71 and a Maryhill stalwart is on this third pacemaker but has not missed a championship since they began 21 years ago.

Bill Stoddart, the 1969 national marathon champion and oldest winner of that title, won the 60+ crown, maintaining the remarkable record of a victory in every age group.

STEVE Backley smashed the world javelin record in Auckland.

In the process, he broke his own mark with 91.46m and became the first man to throw further than 90m since specifications were altered last year.

Backley's previous record, 89.58m, was set in July 1990.

For the old fashioned, this now puts the world mark a fraction of an inch beyond 300 feet.

BORDER farmer Dave Cavers won his first East of Scotland cross country title at Galashiels, beating former champion Terry Mitchell (Fife) by 100 yards. Cavers' win was the first by a Teviotdale Harrier since Craig Douglas in 1963.

Vince plans success

NATIONAL coach Andy Vince has unveiled details of the document which will act as the backbone of Scotland's preparations for the 1994 Commonwealth Games in Victoria, Canada, writes *Margaret Montgomery*.

The document - "Planning for Success" - was compiled by Vince himself and has already received the backing of the Scottish Sports Council who have pledged an extra £15,000 to Scottish athletics on the basis of it. The Council has stated that further financial support will be forthcoming providing the plan achieves the goals it has set itself.

One of the main objectives outlined in the document is regular performance testing and monitoring of all athletes in the Games squad.

"The idea is to have the athletes going to the Games totally prepared," said Vince. "Performance testing and monitoring will help us to identify where there are weaknesses and to make improvements."

The selection policy for the Games is also detailed in the document. In essence, athletes will need to be at the top of the Scottish rankings, within the top 10 in the UK rankings, and in the top 30 in the Commonwealth rankings to be selected.

It's a policy which marks a departure from that utilized in previous years, placing the emphasis on overall form rather than on a particular level of performance at certain key events. As such, Vince sees it as offering the greatest chance of ensuring the best possible athletes take part in the Games.

"The European Championships take place two weeks before the Games do," he explained. "If we started placing too

many demands on the athletes in terms of events they should be competing in it would be unlikely that some of them would be able to attend."

On the basis of the new selection criteria a Games squad of 40 athletes - 20 women and 20 men - has been chosen for 1992. This will be updated for 1993 to take account of adjustments in the rankings over the coming year and again in 1994. It is intended the final team of 32 will be chosen in the spring of that year.

If and when the SAAA and SWAAA merge under the umbrella of a Scottish Athletics Federation the balance of male and female athletes may not necessarily stand since selection would be purely on the basis of ranked performance.

"It should be the best possible athletes who go regardless of sex," said Jeannette Heggie, vice president of the SWAAA.

It is intended that the first of many ongoing meetings between squad members, team management and coaching staff will take place before April.

Pre-selection Squad: Women: Nicola Barr, Anette Bell, Sue Bevan, Shiela Catford, Helen Cowe, Linda Davidson, Alison Gray, Hayley Haining, Karen Hambrook, Karen Hutcheson, Ruth Irving, Verity Larby, Liz McColgan, Aileen McGillivray, Gillian McIntyre, Karen McLeod, Yvonne Murray, Rhona Pinkerton, Karen Savill, Vicki Vaughan. Men: Paul Allan, Brian Ashburn, David Barnetson, Elliot Bunney, Ewan Clark, Graeme Croll, Mark Davidson, Russell Devine, Paul Evans, Peter Fleming, Neil Fraser, Alistair Hutton, Duncan Mathieson, George Mathieson, Tom McKean, Darrin Morris, Geoff Parsons, Brian Whittle, Steve Whyte, William Wyllie.

REIGNING world cross country champion Lynn Jennings showed her hand for the first time this winter when beating a strong world cross field at Tourcoing, France, writes *Doug Gillon*.

The American, bidding for a world title hat trick in Boston, dismissed talk of McColgan starting favourite: "I think things are going to go well in Boston... she was in Antwerp last year and I beat her."

Hayley Haining was sixth, moving to fifth equal in the overall series. Robert Quinn finished thirteenth in the men's event.

VIOLET Blair, though now a veteran and recently back in action after having a child, recorded the fastest lap of the day to convert a deficit of more than a minute into victory for Edinburgh Woolen Mill in the 3 x 2 mile senior Scottish Women's Cross Country Relay Championships at Riccarton.

Carol Sharp (City of Glasgow) in her return to competition after her husband Cameron's accident last October, helped her club to bronze, but Dundee Hawkhill won the overall trophy.

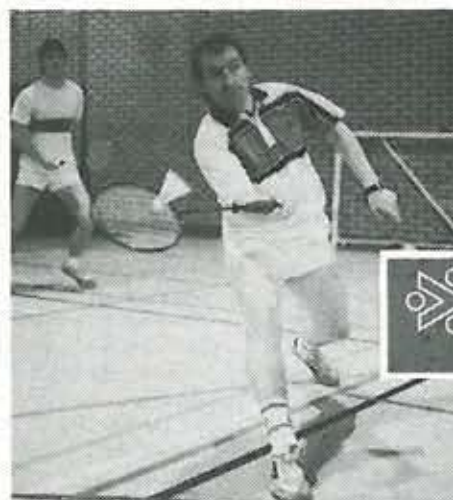
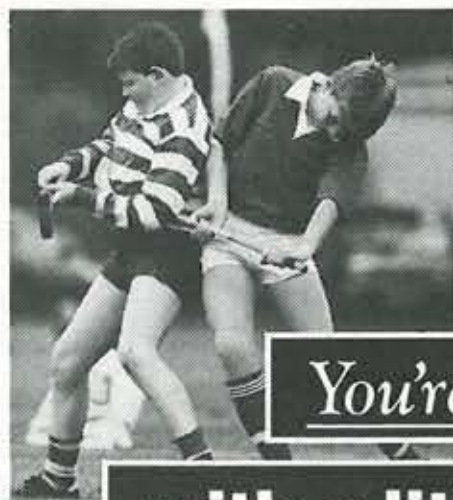
TOM Murray finished in the West District Championships for the fourth successive year, but only this third title, at Bellahouston.

The previous year he was disqualified for wearing the wrong vest. Despite toothache, he helped Cambuslang to a record fifth successive team title and the Maley Trophy, presented by the former Celtic manager.

PETER Dymoke put his expertise as an England World Cup mountain racer to full use to win the final East District cross country league match at Bathgate.

Over a superb new course with savage gradients the 30-year-old Dymoke built a comfortable 27-second win over fast-finishing Ian Steele, and helped Livingston into second in the league.

Pig farmer John Ross, winner of the first two league races, did not run, so missing the chance of a treble last achieved by Andy McKean nearly 20 years ago. Falkirk retained the senior trophy, but the overall title total points in all five age groups went, after a recount, to ESPC, denying Aberdeen their fourth win in five years.



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NO LAND O'BURNS

THIS year's Land O'Burns Half Marathon has been cancelled by organisers Kyle and Carrick District Council, due to what they said were mounting financial costs they couldn't meet, writes Andrew Montgomery.

The race, which has run for eight years, was due to take place on September 6, but Nick Larkin, the race director and the district council's principal officer for sport and leisure, said:

"The difference between the income and the expenditure on the race was becoming too great for the council to accept."

He added that the loss of the race was part of "a general reduction in our financial commitment across the board".

He explained the alternative to cancellation was "cutting corners" on safety and adding to the poll tax payers' bill. The council was, he said, not prepared to do either.

"In the past, it's been a safe, well-organised race. We were anxious that this should be the memory of the event people were left with," Larkin said.

SAF LOGO PRIZE

FROM October 1 this year, the four separate bodies which govern Scottish athletics are due to come together under the new Scottish Athletics Federation (SAF).

Scottish Athletics are holding a competition to find a new logo for the SAF, with a cash prize of £500 being offered to the winning entry.

Entries should be:

- *Modern, dynamic, and marketable.
- *Identifiably Scottish.
- *Representative of more than one branch of athletics (i.e. more than just track and field).

- *Comprising a maximum of two colours (mono entries are also acceptable).

- *Meaningful and effective if reproduced in a smaller size or in mono.

Entries should be posted or delivered to Scottish Athletics no later than noon on Wednesday July 1.

The winning entry will be announced only in the October issue of Scotland's Runner magazine (which is due out in mid-September).

For further details (such as competition rules), please contact:

Gregor Nicholson, Scottish Athletics, Caledonia House, South Gyle, Edinburgh, EH12 9DQ.

Peter Fleming receives his prize for first place in the 1990 Land O' Burns Half Marathon.



Polaroid support

OVER the coming months, Scotland's Runner will be keeping readers advised of developments in the Polaroid grand prix series, as well as carrying entry forms for the various races it is comprised of.

Last year the series enjoyed a substantial increase in the numbers participating in it.

According to David Kennedy the series organising committee chairman, Helensburgh 10K increased its entry by 150%, the Dumbarton 10K by 270%, and the Vale of Leven 10K by 25%, a growth all the more remarkable when considered against the general trend away from road racing.

The 1992 series entrants will each receive an exclusive, quality t-shirt, and it is hoped by the organisers that this plus the active involvement of Scotland's Runner will help to increase the popularity of the series yet further.

DATE CHANGE

THIS year's People's Stranraerathon will now take place on Sunday, May 3, instead of June 21, as was originally planned.

This means the 10K road race, and fun run will be on the same day as the half marathon.

SPONSORSHIP RETAINED

THE Scottish Womens' Athletic League will continue to be sponsored by the Bank of Scotland for a further three years.

In the present financial climate, this is very good news for Scottish womens' athletics as the league is the breeding ground for the future stars of Scottish women athletes.

Thirty clubs from all over Scotland take part in the league and the Bank of Scotland sponsorship will enable the league to assist with the travelling expenses of these clubs. Travel costs are the largest single expenditure of all athletic clubs.

TOM McCallion, former French Foreign Legionnaire and now training partner of Tom Murray, had the best race of his career, improving his best by 40 seconds to win the European Fire Brigades 10,000m road race championship in Amsterdam.

Perhaps now Strathclyde Fire Brigade will give him a full-time job!

He was timed at 31-42, more than a minute clear of last year's winner, with Peter Butcher (Tayside) third in 33-01. Linda Brown (Scotland) won the women's race in 42-12, and Scotland (McCallion, Butcher, McDermott and S McCabe) won the team race.

Young talent

THERE were seven national age-group bests and 16 championship records in the TSB under-20 Scottish AAA championships at the Kelvin Hall. Star of the show was by 17 year old Colin Young, carving 2.45 seconds from the national youth 800 metres best with a new championship record of 1-53.73 a time matched by only four Scottish adults indoors last winter.

The championship 800m best in the two other age groups, those younger and older than Young's, were also lowered. Victoria Park's Des Roache won the youth title in 1-59.31 (also a national best), while student Ewan Calvert took the juniors' title in 1-58.88, a championship best.

National pentathlon champion Daniel Ablett took the senior boy shot and 60m hurdles, claiming a championship best of 15.54m in the former.

There was a sprint double from Doug Walker, who, despite a pinched nerve, took the junior men's 60m in 7.07 and the 200m in 22.50. But he was upstaged by Ian Mackie's outstanding youth 200m, a national best of 22.41. Other national age group records:

Senior boys: 60m: R Booth (Caledon Park) 7.28; 400m: H Kerr (Ayr Seaford) 52.29; long jump: W Stark (Aberdeen) 6.26m.

Well done Cambuslang

CAMBUSLANG finished eighth at the European Club championships in Alicante, a 9750m race in which the opposition was overwhelmingly strong. Even Italian steeplechase star Francesco Panetta was an also-ran.

Scottish chaser Graeme Croll was Cambuslang's top finisher, 29th in 30-19, almost two minutes behind overall winner Domingues Castro of Sporting Portugal.

Ed Stewart, last man to make the team from the trial, came good on the day to take 44th in 30-35. Other Cambuslang placings: 52, M Gormley 30-55; 64, C Thompson 31-11; 78, D Runciman 31-37; 89, S Wyllie 32-04. Mark McBeth won the Province junior event over 7000m in 19-18.

THE following are the final corrections to the senior women's rankings listed in the January issue of Scotland's Runner:

Marathon: 2-35.37 Sheila Catford (from 2-43.50). High Jump: 1.58i Dawn Lapsley Pit-J. Long Jump: 5.53i Pamela Anderson (from 5.39w). 5.37w Sarah Ramminger Arb-L. Shot putt: 11.44 Andrea Rhodie (from 11.34). 10.59i Beth Penman U/A. 10.51 Helen Cromarty (from 10.59i). 10.21 Tracy Johnston B-L. Javelin Throw: 34.28 Susan Mitchell (from 32.42).

Will you run the distance to help him?

'Perhaps the bravest man I ever knew...'

and now, he cannot bear to turn a corner



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

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"They've given more than they could— please give as much as you can."

COMBAT STRESS

To protect those concerned, this is an amalgam of several such case histories of Patients in our care

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Road running - a feminist issue?

88, Kirkwood Avenue,
Linnvale,
Clydebank.

SIR - I would appreciate enlightenment regarding road race organisers' philosophy towards female participants.

Having competed recently in a few of these events, I am now confused, bewildered, and more than a little annoyed. It would appear the differential treatment between men and women - i.e. prizes - that it is the organisers' decision to "allow" rather than "encourage" female competitors.

Before the moans commence, may I say that, "yes, I run for the enjoyment, not the prize". I would like to point out that this is also applicable to male competitors. We all run for the same reason and we all enjoy prizes.

I am perfectly aware that the majority competing in these events are male. True, prior to the race, no one knows the actual number of female participants.

It is argued that to attract good athletes, attractive incentives must be offered - there are spot prizes, team prizes, individual prizes... for men! Why? Women pay the same entry fee, therefore we assume that we will be treated in a like manner. If this is not to be the case, shouldn't our fee be either reduced or waived?

Carol Anne Bartley



The Nigel Barge Memorial Race - too male oriented?

Changed times

92, Lockerbie Road,
Dumfries.

SIR - I would like to express, on behalf of the Dumfries Running Club, my thanks and appreciation to Stewart Atkinson and his staff in the leisure and recreation department of Wigtown District Council in Stranraer.

Originally, June 21 was earmarked for the Stranraerathon, a combination of both a half marathon and a 10K road race to be held on the same day. However, after consultations between Wigtown District Council, myself, and Gregor Nicholson of the SAAA, it was agreed to change the date of this event to Sunday, May 3. I would like also to thank Mr Nicholson.

This change allows the Robison and Davidson 12th Dumfries Half Marathon to go ahead on its traditional June date, this year on June 21. This means that both events are able to go ahead and we wish the Stranraerathon success.

If any of the readers of Scotland's Runner wish to try two races with a difference, and at the same time get a chance to sample the superb hospitality to be found in the South West of Scotland, then they will be made most welcome:

Stephen Mohan,
Race organiser,
Dumfries Half Marathon.

Help required

Physical Education Dept.,
Shotts Prison.

SIR - I am a PE instructor at HM Prison, Shotts where our PE department are in the process of assembling and organising a team to run from John O'Groats to Lands End.

The target will be to raise money for the Society for the Advancement of Brain Injured Children, a charity we take an active interest in.

The team will consist of an officer from each prison in Scotland (including Compton Vale Women's Prison) and a runner from the disabled association.

We would also welcome support along the way from any running organisation or interested party.

As this is our first attempt at a run of this distance, we realise that it is a considerable organisational task. We are seeking knowledge and advice from organisations or persons who have done this run or something similar in the hope we may avoid mistakes.

Would any reader know of any organisation which has undertaken this run or something similar, and, if so, could they put us in contact with them?

Any advice regarding the running part or the organisational aspect would also be extremely gratefully received.

R Pye

SELECTIVE MEMORY

36, St Giles Square,
Falkirk.

gave excellent publicity. Mr Grant figured on the prize list, as did the local schools.

SIR - In the December issue of Scotland's Runner, Mr Grant suggests I have no knowledge of canoeing. Mr Grant has a very selective memory as he and his club have both benefited from my efforts.

With the backing of Falkirk District Council and Falkirk District Sports Council I promoted slaloms on the canals in an attempt to bring canoeing to the public and local schools. Falkirk High and Larbert High were prominent participants as was Grange Centre. The local newspaper gave excellent coverage to these events and quality medals were awarded. Mr Grant was one of the successful competitors.

With the full backing and support of Falkirk District Council and their principle officer, Mr J. Dempsey, I also assisted and promoted long distance canoeing on the canals, progressing from Bonnybridge to Falkirk and then from Glasgow to Edinburgh.

Quality trophies for all classes were given by the authorities and local businesses, and once again

The sports council supported the project as did local business. Many volunteers also helped out. All offered their assistance not for the benefit of Grange Club and Cumbernauld Canoe Club, but canoeing in general.

As a youth leader I, with little assistance, built approximately 30 fibre glass canoes with associated equipment and promoted canoeing. I utilised all the local water including canals.

Grange Canoe Club, Cumbernauld Canoe Club and canoeing are noticeable by their absence from the columns of the local newspaper.

H. McGinlay

MUM'S THE WORD

9, Elm Grove Park,
Dundee.

SIR - I read with interest the 400m hurdles list in the 1991 Scottish Women's rankings.

It strikes me that the "more mature" athletes have significantly increased the average age of this group, with Mrs Southerden and Mrs McBeath both performing last season.

I am back in training, so it just requires Fiona Macaulay to pick up her spikes and then the SWAAA will need to invest in a creche.

Young athletes look out, the mum's Brigade is on the run!

Carlyn Smith (nee Hogg),
400mH, 1978 - 1985.
(Mum - Alisdair, 4, and Andrew, 2.)

Less serious please

14, Leggart Crescent,
Aberdeen.

SIR - I am a regular reader of your entertaining and informative magazine.

I find the training information very helpful and enjoy reading about the club profiles.

However, the main reason I buy your magazine is because it gives news on Scottish athletics but in a world/European context.

If I may make one criticism it is that the magazines seem to assume that all its readers are "good runners" and not enough thought is given to those athletes/runners whose enthusiasm outstrips their abilities.

Guess which category I fall in to!

Hamish Gowlay

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ADIDAS ADISTAR SPRINT, ref. 071611, sizes UK 11½, 12½, 13, usual £59.95, sale £35.00
PUMA HAMMER DISCUS, sizes UK 10, 10½, 14½, £49.95
PUMA STEEP, sizes UK 8, 9½, £84.88
GOLA HIGH JUMP RF, sizes UK 4½, 5, 5½, 6, 6½, 7, 8, 8½, 9, 9½, 10, 10½, 12, usual £29.95, sale £10.15 sizes UK 4½, 6½, 8½, 11½, 12, usual £29.95, sale £10
GOLA DISCUS SHOT, sizes UK 8½, 9, usual £39.95, sale £20.00
GOLA SPECIAL EVENT MIDDLE DISTANCE, sizes UK 5, 7½, 8½, 9½, 10½, usual £39.95, sale £12.00
ADIDAS WEITSPRUNG/WEIT-U-DREI, ref. 7041704, sizes UK 4, 4½, 5, 5½, 6½, 7, 7½, 12½, 13, usual £43.50, sale £26.00
ADIDAS LEFT HOCH SPRUNG STRADOLE, ref. 7022, sizes UK 4, 4½, 5, 5½, 6, 6½, 7½, 8, 8½, 9, 9½, usual £39.95, sale £16.00

ADIDAS LONG DISTANCE, ref. 52105, sizes UK 4, 7½, 8, 8½, 9, 12½, (yellow shoe red stripes), usual £49.95, sale £25.00
ADIDAS HOCH SPRUNG FLOP LEFT, ref. 7021, sizes UK 4, 4½, 5, 5½, 6, 8, usual £39.95, sale £20.00
ADIDAS HOCH SPRUNG STRADOLE RIGHT, ref. 7032, sizes UK 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12, usual £39.95, sale £15.00
ADIDAS HOCH SPRUNG RIGHT FLOP, ref. 7031, sizes UK 5, 5½, 6½, 7½, 8, 8½, 9, 10, 11½, 12½, 13, usual £39.95, sale £20.00
ADIDAS SPRINT, ref. 52103, size UK 5 (grey shoe red/black stripes), usual £29.95, sale £20.00
ADIDAS MIDDLE, ref. 52104, size UK 4, 5, 5½, 6, 8½, 12½, 13, (black shoe, red/black stripes), usual £49.99, sale £26.00
ADIDAS TRI STAR, ref. 5708, sizes UK 8½, 9½, 10½, (blue shoe yellow stripes), usual £19.95, sale £10.00
ADIDAS LONG JUMP, ref. 70411, sizes UK 4½, 5, 5½, 6, 7, 7½, 8, 8½, 12, 12½, 13, 13½, (white shoe red stripes), usual £87.99, sale £66.00

NIKE JAVELIN BOOT, size UK 13, (black boot yellow stripes), usual £49.99, sale £28.00
NIKE

ADIDAS
ASICS

ADIDAS

To peak or not to peak . . .

That is the question which all serious athletes should be asking themselves, according to Derker Parker.

ONE of the hallmarks of a thoroughly-prepared athlete is the ability to attain top form at the time of the training and racing year when it matters most.

This is known as peaking and requires a lot of thought and planning. It also demands maturity, common sense, patience, and perseverance because the athlete must accept that he or she cannot hope to maintain maximum fitness levels throughout the entire year.

There are times when the athlete must decrease his/her amount of training for a few days or even weeks in order to consolidate the physiological and psychological benefits from previous practice sessions on the track, road, hills, and country.

These easier, recovery phases also allow the body and mind to recuperate after the effects of intensive periods of training and enable the athlete to be mentally and physically ready for the next stages of the training and racing programme.

I described the importance of rest and recovery in last month's Scotland's Runner. I suggest you read it if you have not already done so.

Knowing when not to train is just as vital in the peaking process as being aware of the intricacies of demanding work-outs and possessing the ability to meet the objectives of these sessions. During the recovery phase(s) of the training and racing year the athlete should refrain from competing for three of four weeks.

The recovery phase after a gruelling track or summer road-racing season would probably be from mid-September until the middle of October. After an arduous cross country and winter road racing campaign, it would probably be from mid-March to mid-April.

During these recovery phases, the athlete should restrict himself or herself to easy, steady running along with active rest sessions such as swimming, cycling, or hillwalking. It is imperative that a reasonable



To succeed, top athletes must plan so that their most important races occur during the few weeks a year they are capable of peaking for.

degree of fitness is maintained during rest and recovery periods.

The next stage is the build-up or preparation phase. This involves the gradual development of skill, speed, strength, stamina, and suppleness, along with the sound conditioning or fitness base which provides the foundation for the athlete's capacity for more advanced training along with his or her ability to compete at a high level at the most important times of the year.

Assuming the athlete is aiming to peak for the men's national cross country championships in February, the first phase of the build-up or preparation could extend from approximately mid-October until the middle or end of December.

Mileage would be increased gradually as would the number of hill runs and repetition runs on the

national championships in February should be ready to enter the pre-competition phase once the preparation or build-up phase from the preceding mid-October until mid or late December has been successfully completed.

This next stage should begin around early January and will probably see the attainment of highest mileage as well as the greatest number of hill runs and repetitions runs on the track. Recovery intervals between repetitions will be fairly low and the correct blend between long and short-distance repetitions must be carefully balanced.

Typical sessions during this stage could include 5 x 1600 metres at 5K pace with 60 to 90 seconds recovery jog or 6 x 500 metres at 1500 metres pace with 75 to 105 seconds recovery jog.

The quality and quantity of the training loads will generally be very high at times so it is essential that the athlete integrates adequate rest and recovery sessions into the programme and gets sufficient sleep, nutritious food, and fresh air.

During this pre-competition stage, the athlete will be participating in race at a fairly high level. He will be using these events to assess his own strength and weaknesses and testing himself against his main rivals - but still bearing in mind that it is still the 'big one' i.e. the national championship that matters most.

Some races, however, will have to be treated fairly seriously during this period, particularly if they are being used as trials for major events such as internationals or even the World Students Championship or World Cross Country Championship.

It is during this time, when the pre-competition and competition phases of the training and racing year gradually start to merge, that the balance between intensive training, sufficient pre-race easing down, and adequate post-race recovery must be carefully planned.

Our hypothetical cross country runner with his sights set on the

The athlete must be able to assimilate some hard races with several weeks of demanding training while all the time not overstepping the not-too-visible demarcation zone where a high degree of fitness can all too soon disintegrate into stress-related injuries or ailments. It is at this point that coaching or self-coaching becomes more of an art than a science. The importance of self-knowledge and one's ability to learn from experience is paramount.

The competition phase refers to the period when the athlete's most crucial races take place. During this stage much of the athlete's training should be relatively light compared to the harder phases earlier in the schedule.

Our hypothetical cross country runner would have had his last race two to three weeks before the national championships.

During the final week before the big event, he would have considerably decreased his training mileage, eliminated the hill-running from his schedule, and done just one speed session before the race - probably a light fartlek along the lines of those described in Scotland's Runner, with the accent on short, fast runs interspersed with slightly longer recoveries than usual.

During those final few days before the main competitions, the athlete will have also been cultivating a positive mental attitude to the races, seeing them as opportunities and personal challenges, and reinforcing in his or her own mind the awareness of full psychological and physiological fitness acquired during weeks and months of training and now ready to be displayed publicly in the arena of competition.

Athletes can only hold their racing peaks for just a few races and weeks. They must plan their training and competitive programmes in such a way that their most important races are included in that peak.

The peaking programme described in this article was used by an athlete of British international standard wanting to be at his best for an international cross country race in France on January 18; the British Students' Championships on February 1; the UK World Cross Country Trials on February 9; and the Scottish Championships on February 22.

Although this meant four top-class events in 35 days, the most

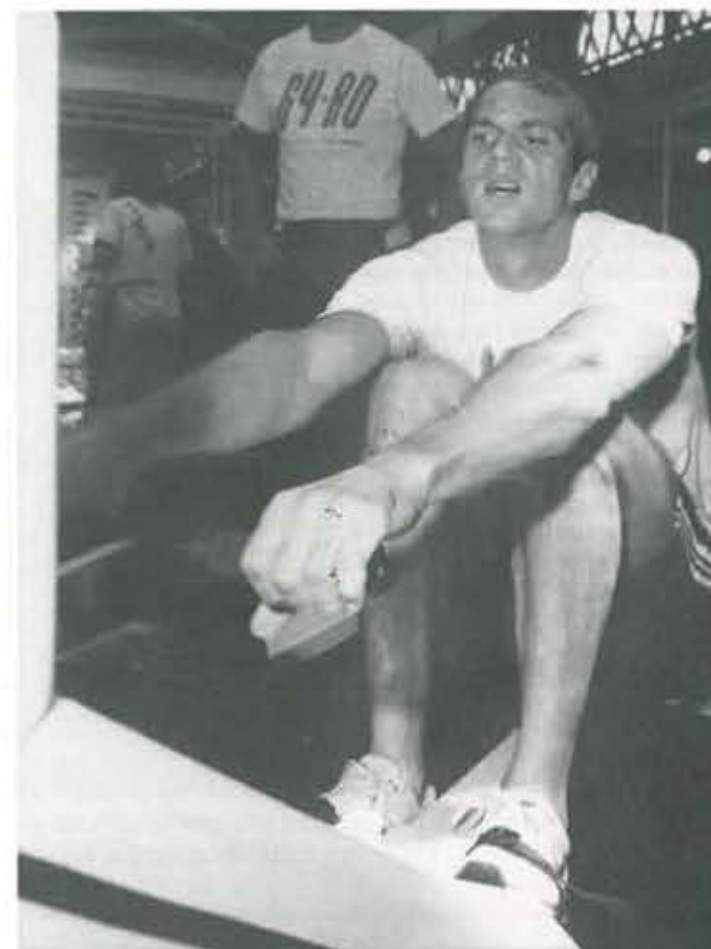
important were considered to be the UK trials and the Scottish Championship. These factors were taken into account in the overall training and competition year plan which included a series of races over 1500, 3000, 5000, 10,000 metres 10 miles, and a half-marathon during the preceding summer track and road season.

It should also be mentioned that before attaining his present status and ability to handle such a training and racing programme, the athlete had a running background of approximately eight years.

Although I have described the peaking process with particular reference to cross country running, its principles are common to every athletic event from 60 metres' sprinting to the marathon. The athlete must realise that his or her energy sources and levels are in a constant state of ebb and flow, troughs and peaks.

A person's mental, physical, and intellectual performance is affected for better or worse by various internal influences such as body rhythms, physiological cycles, and hormonal activities, as well as by external factors such as domestic, work, study, social, and sporting commitments.

Every man and woman is a



Above: Athletes must observe the fine line between fitness and over-training, the results of which can be debilitating stress-related injuries and illnesses.



Left: Prior to a major race athletes should wind down and take things at a more gentle pace.

unique individual. It is up to him or her (and their coach, if they have one) to harness and manipulate these physical, mental, and emotional resources throughout a training and racing schedule to produce top athletic performances at the most vital times of the competitive season.

I am fully aware that many athletes are quite content to go along to their local running club and do the sessions that everyone else is doing. There are also many who enjoy racing at most weekends throughout the year. They are quite entitled to do so.

But those who want to compete at the highest level of their own individual ability and to scale the heights of their own human potential must be more discerning and selective in their approach to racing and to training.

To attain their own personal summits of athletic endeavour and performance, they must know when and how to peak.

I hope that this article will help you to map the ascent to top performances.



Those who want to compete at the highest level must be more discerning and selective in their approach to racing and training.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins grass/cc running.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) x 10 sets.

Tuesday: 5 miles or 30 mins steady road run.

Wednesday: 10 miles steady road run.

Thursday: 3 x 1600 metres at 5K pace (75 to 120 secs recovery) + 1 x 200 metres starting 90 secs after final 1600 metres repetition.

Friday: 30 mins easy recovery run.

Saturday: 12 to 15 miles steady.

Morning runs of 20 to 30 mins four to six times weekly can be done.

Week Two

Sunday: As Week One.

Monday: 75 to 90 mins fartlek inc 2 mins fast (60 secs jog) + 4 mins fast (2 mins jog) x 3 sets.

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 8 x 400 metres at 1500 metres pace (75 to 90 secs recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 75 to 90 minutes fartlek inc 10 secs fast (20 seconds jog) + 30 secs fast (30 seconds jog) x 5 sets of 4 series of 10, 20, and 30 seconds repetition. Jog for a full three minutes between each of the sets.

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 12 x 400 metres at 5K pace with 30 seconds recovery + 1 x 200 metres starting 90 seconds jog after final 400 metres repetition.

Saturday: 12 to 15 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 75 to 90 minutes fartlek inc two minutes fast (60 seconds jogging) + 30 seconds at faster pace (30 seconds jogging) + 3 minutes fast (two minutes jogging) x 3 sets.

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 4 x 800 metres at 3K pace (60 to 90 seconds recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins grass/cc running.

Monday: 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 6 sets.

Tuesday: Rest or 20 to 30 mins easy running.

Wednesday: 5 to 8 miles steady.

Thursday: 3 x 1600 metres at 5K pace (90 to 150 secs recovery) + 1 x 200 metres starting 90 to 120 secs jog after final 1600 metres repetition.

Friday: Rest.

Saturday: 8 to 12 miles steady.

Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.

Monday: 60 to 75 mins fartlek inc 45 secs fast (45 secs jog) + 90 secs fast (90 secs jog) x 5 sets.

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 8 x 400 metres at 1500 metres pace (90 secs recovery).

Saturday: Race or 8 to 12 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 60 to 75 minutes fartlek including 6 x 2 minutes fast running (jogging 60 and 120 seconds alternately).

Tuesday, Wednesday, and Friday: As Week One.

Thursday:

12 x 400 metres at 5K pace (with 45 and 30 seconds recovery alternated) plus 1 x 200 metres starting 90 seconds after the final 400 metres repetition.

Saturday: 8 to 12 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 60 to 75 mins fartlek including 20 x 30 secs fast (30 and 20 seconds jogging alternately).

Tuesday, Wednesday, and Friday: The same as for Tues, Wed, and Friday during Week One.

Thursday: 4 x 800 metres at 3K pace (taking a full 90 to 120 seconds recovery between each).

Saturday: Race or 8 to 12 miles steady running.

PUTTING THE SPOTLIGHT ON SPORT



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AS January is one of the few months in which there is no SSAA event on which to report, it seems appropriate to chronicle the history of the Primary Schools' Cross Country Championships, the 1992 event being scheduled for Saturday April 25 at Kirkcaldy High School.

Unlike the secondary sector, where schools entering the championships remain fairly constant, participating primary schools change annually.

Just over 100 schools participated in the first championships in 1987. Today, over 250 schools are on the mailing list, although the number entering is consistent at about 120.

The first Primary Schools' Cross Country Championships were held at Queen Victoria School.

Publicity was generated by the previous national coach, David Lease, who objected to such young athletes being subjected to running competitively over a mile.

This, combined with the brilliant weather and an almost carnival atmosphere, made the inaugural championships among the most memorable.

Reconstruction at Queen Victoria School meant the championships were taken to another "central" venue in 1988, Kirkcaldy High School.

Having vaguely outlined the history of the event's venues, let us look at some outstanding individuals - firstly those who made it to SSAA international level. In 1987 Martin Gorman, of Lenzie Moss finished first. He has since gone on to win two SSAA cross country vests.

In the same year in tenth place in the girls' race was Gillian Fowler (Townhill). Gillian has turned out to be one of the most successful schools' athletes ever, with international vests at both outdoor and indoor track and field as well as cross country.

From the 1988 championships emerged Alasdair Donaldson of North Queensferry and Alasdair Love of Fraserburgh South Park. Such was their rivalry that they reversed first and second positions in a highly exciting race in 1989. Both boys went on to represent the SSAA in Eire in 1991.

In thirteenth place in 1988 was William Stark of Balgownie, who now represents Bridge of Don Academy.

William leapt to a personal best of 6.11m in the long jump to win the

silver medal at the recent under-16 schools' indoor international.

In 1988 we also saw the first of Fiona Johnston. Fiona, from St Mary's, Melrose, took tenth in the younger girls' race. Fiona was another 1991 indoor internationalist, taking bronze in the 800m.

In the same 1988 race Marjory Smith of Tarradale was 15th. She went on to win a silver medal in 1989 and in 1991 again took silver, this time in the Secondary Schools' Cross Country Championships.

It was a performance which helped Dingwall Academy win silver team medals and gained her an international vest. As a result she recorded a fine fourteenth place in last year's international in Boyle.

Carole Leitch of Stonehouse was eighth in the older girls' race in 1988, her twin Gillian coming thirteenth.

Now at Strathaven Academy, the twins are still going strong. They went on to win bronze medals in the 1989 road relay championships, and Carole represented the SSAA against Northern Ireland, SWAAA, and the Scottish Universities in 1991. She also represented the SSAA in the cross country international in Boyle.

Lorraine Stewart of Whitecraigs, Musselburgh, emerged at the same race in 1988. Now at secondary school she has a fine list of achievements behind her including a win at the under 13 cross country event in 1989.

In the 1989 championships Susan Scott (Hunter High) was fifth and Kristina Gormley (Mary Erskine) seventh. Kristina went on to win the under-14 category of Secondary Schools Cross Country Championships in 1990, gained an international vest in 1991 and, in December, a 1500m gold medal in the schools indoor international.

In the younger girls' race of the same year, Julie Robertson of Royston was second, as she was again in 1990. From there she went on to represent the SSAA at an international in 1991.

In 1990, Jennifer Ward (Crossford) was an easy winner. Jennifer has since gone on to take the bronze medal in the under-14 age-group of the Secondary Schools Cross Country Championships.

In fact, there are few girls or boys who have featured prominently in the Primary Schools Cross Country Championships who have not gone on to bigger things!



Vicki MacPherson

THE indoor championships on February 12 turned out to be a day for doubles, and some almost total domination of the women's track events by Glasgow University.

In the women's sprints, Glasgow's Jane Fleming scored a double. Never troubled over 200m, the shorter event looked likely to be the highlight of the meeting.

Fleming, Sarah Richmond, and Nikki Barr all clocked 8.4 in the heats, but in the final Jane showed how much she had in reserve when winning in a creditable 8.0 despite pulling up time as she finished.

Joanne Cliffe showed that a winter of cross country has not hampered her progress on the track when she claimed the 800m (2-15) and 1500m (4-34) titles and proved to be a more than capable deputy for her absent team-mates Haining and MacPherson who had less important things on their minds like world cross country trials.

The field events were dominated by Nikki Barr, who outclassed the competition in both horizontal jumps, while her Heriot Watt colleague Karen Savill was perhaps a surprise winner of the shot.

There was also a sprint double in the men's competition as Heriot Watt's Douglas Walker confirmed his position as the top student sprinter in the country and one of a crop of useful freshers this year. There were no other track doubles, although there were a number of good performances. In the hurdles,

Graeme Smith won his first indoor title while Ewan Calvert and Andy Russell took the 800m and 1500m titles.

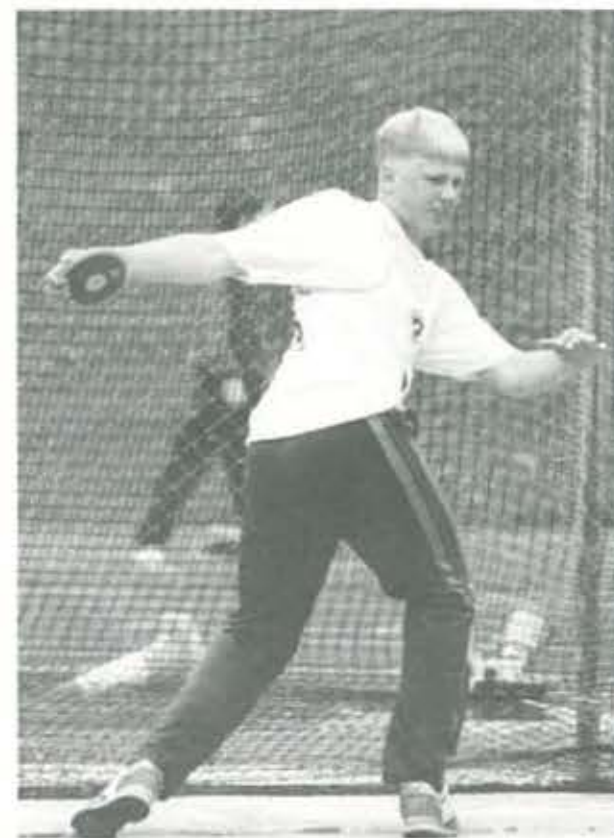
Heriot Watt had another winner in the field when Ian Paget took both long and triple jumps in the absence of Aberdeen's Dinkar Sabnis.

After the match finished, the doubles were still coming thick and fast when the less athletic athletes adjourned to that infamous den known to all as "Clatty Pat's". The west end's leading (?) nightclub proved sufficiently attractive to cause an Aberdeen girl (who will remain nameless) to miss the bus home and stay the night in Glasgow.

Away from the track, it would be quite unforgivable for an article on students to omit the aforementioned Haining and MacPherson. Hayley was selected for the British team for Boston, and her achievements this winter are well documented and too many to list here.

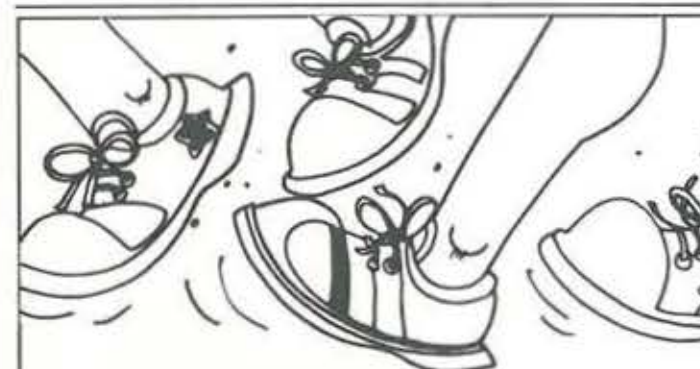
For Vicki, however, it was the run of a lifetime to win selection and surprise everyone, including herself. Not the quietest of people, the mouth that was once likened to the Clyde Tunnel has worn a smile wider than the Clyde since crossing the finishing line in the trials.

She has also been selected for the World Student Championships, and so will spend much of 1992 in foreign parts. Congratulations to both girls and good luck.



JUNIOR PROFILE

NAME:	Bruce Robb
DATE OF BIRTH:	July 27, 1977
SCHOOL:	Queen Anne High School, Dunfermline
ATHLETICS CLUB:	Babcock Thorn Pitreavie
COACH:	Peter Beveridge
STARTED ATHLETICS:	1988
EVENTS:	Shot putt and discus
PERSONAL BESTS:	Shot putt: 15.78m (i), 15.27. Discus: 43.04
ENJOY MOST ABOUT THE SPORT:	Meeting people and making friends
LEAST ENJOY:	Travelling and running
AMBITION:	At the moment to compete for Scotland in a major competition. Later to represent Great Britain
HIGHLIGHTS SO FAR:	Getting selected for a schools international when I was just 13
FUNNIEST MOMENT:	Falling flat on my face in a discus warm up at Meadowbank
FAVOURITE ATHLETE:	Daley Thompson
FAVOURITE BOOK:	Virgin profile of Daley Thompson
FAVOURITE FILM:	"The Running Man", with Arnold Schwarzenegger
FAVOURITE MUSIC:	Techno
FAVOURITE FOOD:	Fish supper
OTHER HOBBIES:	Mountain biking
OTHER AMBITIONS:	To be a full-time athlete



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1991 Scottish Junior Rankings

Junior Men

100M	
10.69	Douglas Walker ESP
10.85	Roddy Slater FVH
11.0w	David Cleland FVH (11.33)
11.1w	Darren Galloway Ayr
11.2w	Steven Brown NV
11.3	Peter Kennedy ESP
11.3	Jamie Adams Ayr
11.38w	Colin Allan MCS
11.40w	Dinkar Sabnis Ab
11.4w	Graeme McKinney Lark
11.4w	William Wyllie FVH
11.43w	Euan Ferguson Ff

200M	
21.6w	D. Walker ESP (21.76)
21.9w	Roddy Slater FVH (22.4)
22.0w	D. Galloway Ayr (22.41)
22.2w	David Cleland FVH
22.59	Jamie Adams Ayr
22.6	Graeme McKinney Lark
22.7w	Peter Kennedy ESP
22.8w	Peter Simpson Pit
23.0i	Brian Holliman Cam
23.1i	Scott Cumming CPH
23.1w	David Ballantyne EK

400M	
49.09	Grant Purves BHH
49.9	Alex Greig FVH
49.92	Brian Holliman Cam
50.31	Jamie Adams Ayr
50.5	Peter Kennedy ESP
50.7	Craig Robertson FVH
50.9	John MacFadyen GGH
50.9	Ingram Murray Inv
51.1	Grant Graham VP
51.14	Peter Simpson Pit

800M	
1-51.37	John MacFadyen GGH
1-52.1	Grant Graham VP
1-52.55	Ewan Calvert Ab
1-52.7	Craig Robertson FVH
1-54.9	Mark McBeth Cam
1-56.58i	Gordon Reid JWK
1-57.3	Robin Hooton CPH
1-58.46i	Eddie McCafferty Cam
1-58.5	Kevin Woods Lark
1-58.64	Philip McConnachie MCS

1500M	
3-47.6	Grant Graham VP
3-58.0	Ewan Calvert Ab
3-58.7i	Fraser McNeill LDS
3-58.9	Tim Holy VP
4-00.85	Gordon Reid JWK
4-03.36	Chris Greenhalgh
4-03.5	Alex Moss CR
4-03.8	Craig Robertson FVH
4-05.9	Scott Burch Pit
4-07.29	Michael Dennison Liv

3000M	
8-28.4	Scott Burch Pit
8-47.2	Alex Moss CR
8-51.0	Gordon Reid JWK
8-51.8i	Stuart Gilmour VP
8-54.6	Grant Graham VP
8-56.3	Allan Adams VP

5000M	
14-58.1	Alex Moss CR
15-27.3	Allan Adams VP
15-41.4	Scott Burch Pit
15-49.9	D. Fotheringham CAC (Y)
15-59.72	Brian Thomas Cam

110m Hurdles	
15.0w	William Wyllie FVH
15.0w	Andrew Tupman ESP
15.2w	Stuart Dillon BI (Y)
15.6	Douglas Wight EA
15.78	Douglas MacRae Ayr
15.9w	Ovie Brume Fet (Y)
15.97	Iain Dickie Ayr
16.11w	Rory Birbeck Hynd
16.2	Allister Hamby Kil
16.3	Barry Foster DSMC

400m Hurdles	
55.5	Peter Simpson Pit
56.0	Douglas Wight EA
56.80	Ken Pearson CR
56.9	Duncan Hards Inv
57.3	Ovie Brume Fet (Y)
57.4	Alex Greig FVH
57.5	Grant Graham VP
59.1	Douglas MacRae Ayr
60.4	Marc Milne Kilb
61.0	Derek Slyth ESP

3000m Steeplechase	
9-11.01	Scott Burch Pit
9-40.5	Edward Tonner JWK
9-42.26	Matthew Kelso Pit (Y)
9-46.5	Alex Moss CR
9-49.3	Andrew Kings Pit
9-50.5	Stuart Gilmour VP
10-06.2	Jason Gowans Tay
10-11.7	Brian Fraser BI
10-27.81	Duncan Hards Inv
10-39.7	Ingram Murray Inv

High Jump	
2.11	William Wyllie FVH
2.00	Graeme Smart VP
2.01	Jason Allan Cly
1.96	Scott Hill ESP
1.96	Joseph Reilly Kil
1.95	Rory Birbeck Hynd
1.93	Robert Baird FVH
1.93	Fraser Lewis Inv
1.88	Alex Greig FVH
1.85	Paul Greenhill Arb

Pole Vault	
4.61	Alex Greig FVH
4.20	William Wyllie FVH
3.90	Des Fitzgerald Pit
3.70i	Michael Hunter EU
3.50	John Grant ESP
3.50	Rory Birbeck Hynd
3.31	Ken Pearson Con
3.20	Michael Patterson Arb
3.00	Stuart Gibson Cly
2.90	Dinkar Sabnis Ab

Long Jump	
7.21w	William Wyllie FVH (6.96)
6.97w	Mark Craig Cam
6.87w	Ian Paget VP
6.85	Alex Greig FVH
6.58w	Dinkar Sabnis Ab
6.47w	Guy Morton Hut
6.45w	Mark Burns Pet
6.34w	Gregor Paul EA
6.34w	Iain Fraser Nai
6.32w	Stephen Atkinson VP

Triple Jump	
14.09w	Dinkar Sabnis Ab (14.02)
13.07w	Michael Patterson Arb
13.92w	Paul Etheridge Ran
12.82w	Iain Fraser BI
12.72i	Iain Dickie Ayr
12.60w	Fraser Lewis Inv
12.60w	Donald Ross MH
12.50w	M Durward GHS
12.48w	Iain Smith PSH

Shot Putt (6.25kg)	
14.31	Andrew Bryce Glen
13.76	Jason Grundy Hel
13.52	Rory Birbeck Hynd
13.05i	Robert Baird FVH
13.01	Peter Beaton Pit
12.99	David Minty Ab
12.97	G. Mathieson Avon (Y)
12.21	Duncan Tanner DMF
11.90	Glen Alexander DHH
11.90	Murray Bowman Lom

Discus Throw (1.75kg)	
42.28	Jason Grundy Hel
39.98	Peter Beaton Pit
38.70	Robert Baird FVH
38.56	David Ridland Ed Acad
38.40	Iain Park Hill (Y)
37.48	Andrew Bryce Glen
37.42	David Minty Ab
37.06	Stephen Hayward Mel (Y)
37.04	A Black U/A
36.34	Murray Bowman Lom

Hammer Throw (6.25kg)	
55.98	Chris Edgar FVH
53.12	Glen Kerr Bed (Y)
52.46	Iain Park Hill (Y)
50.24	Shaun Bunker Hel
47.00	David Minty Ab
41.88	Iain Hay Hull (Y)
38.38	C Bryce Glen
29.40	D Milne Ran

Javelin Throw (800g)	
52.40	Rory Birbeck Hynd
50.60	John Wishart Ed Acad (Y)
48.56	William Wyllie FVH
46.38	Alan Kemlo Liv
46.08	Ken Pearson CR

45.78	Iain Fraser BI
44.12	Hamish James Mon (Y)
43.86	Robert Baird FVH
43.08	Paul Greenhill Arb
42.40	Iain Smith PSH

Decathlon	
6431	Rory Birbeck Hynd
6348	William Wyllie FVH
5990	Alex Greig FVH
5231	Ken Pearson CR
5079	Dinkar Sabnis Ab
5027w	Iain Smith PSH

Youths

100M	
10.8w	C. MacRobert Cam (11.1)
10.9w	Stuart Moir Ayr (11.18)
11.09w	James Bragg MCS
11.14w	Craig Joiner Pit
11.2w	D. Stewart Balw (11.22)
11.24w	Euan Dale Har
11.3w	Carlo Ferri She
11.37	Iain Mackie Pit
11.37w	Hugh Gilmour ESP
11.4w	Douglas Colville Pit
11.4w	Grant Adams Ayr

200M	
21.8w	C. MacRobert Cam (22.26)
22.0w	Stuart Moir Ayr (22.54)
22.4w	D. Colville Pit (22.99)
22.81i	Iain Mackie Pit
23.01w	James Bragg MCS
23.1w	David Reid BHH
23.1w	Grant Adams Ayr
23.13	Euan Dale Har
23.2w	Craig Joiner Pit
23.2w	Colin Wilson Ab

400M	
50.25	Colin Young CAC
51.1	Colin Wilson Ab
51.26	Keith Mackie DSMC
51.6	Euan Craig EA
52.14	Matthew Kelso Pit
52.2	Stuart Moir Ayr
52.2	N Jessel Ran
52.6	Robert Wilson Cen
52.6	Colin MacRobert Cam
52.7	Andrew Tulloch FVH

800M	
1-53.8	Colin Young CAC
1-58.6	Matthew Kelso Pit
1-58.7	John Ferguson Ayr
1-58.85	Alasdair Moonie Pit
1-59.3	Alistair Moore VP
2-00.30	Mark Govan Cly
2-00.5	James Carroll CAC
2-00.54i	Michael Dobbin Bath
2-00.60	Mark Cruden Inv
2-00.68	Scott Taylor Pit

1500M	
4-00.8	Matthew Kelso Pit
4-04.06	Gary Willis Ayr
4-04.48	Alasdair Moonie Pit
4-07.9	Stuart MacKay Inv
4-08.1	James Tonner JWK
4-08.26	Scott Taylor Pit
4-08.4	Thomas Winters ESP
4-09.3i	Paul O'Hare CAC
4-12.8i	David Fotheringham CAC
4-13.4	Michael Gill Cly

3000M	
8-49.1	David Fotheringham CAC
8-56.0	Craig Cleland Cam
8-56.4	Stuart MacKay Inv
8-58.10	Tom Winters ESP
8-58.54	Scott Taylor Pit
8-59.0	Matthew Kelso Pit
9-02.8	Martin Gorman Spr
9-03.9	Gary Willis Ayr
9-09.2	Donald McDonald PSH (B)
9-13.26	Donald Hughes Tev

100m Hurdles	
13.41w	D. Stewart Balw (13.92)
13.6w	R Smith Inv
13.6w	G. Adams Ayr (13.96)
13.8w	Alan Malcolm ESP (14.34)
14.2w	Stuart Dillon BI (14.50)
14.36	Colin Frew Ham
14.4w	Keith Mackie CPH (14.61)
14.5w	Peter Knapp Ayr (14.56)
14.6w	John Michie Ff
14.7	Iain Hamilton CAC

400M Hurdles (2'9")	
56.7	Stephen Poutney Mth
57.5	B Smith Inv
57.89	Iain Hamilton CAC
58.6	Barry Middleton Ab
59.0	Grant Adams Ayr
60.04	Stuart Meldrum Pit
60.18	John Michie Ff
61.9	A MacRae IRA
62.5	K Baillie Glas
62.8	David Reid BHH

2000M S/Chase	
6-06.5	Gary Willis Ayr
6-15.06	Matthew Kelso Pit
6-22.31	Michael Gill Cam
6-23.3	Stuart McKay Inv
6-23.6	David Whiffin Nith
6-25.8	Andrew Casey QVS
6-36.8	Scott Innes Har
6-37.0	Paul Allan Ayr
6-37.2	Stuart Meldrum Pit
6-39.3	M MacKenzie Inv

High Jump	
1.96	Gary Woods Cam
1.90i	Alan Malcolm ESP
1.85	Gavin Morrison Ran
1.85	Neil Fischbacher Cly
1.85i	Henry Haveron VP
1.80	Steven McKinley Pit
1.80	Martin McDougal Inv
1.80	Richard Craig VP
1.80	C Brims Ed Sch
1.78	Iain Lind Ab

Pole Vault	
3.70	Ken McNicol Cam
3.50	Fraser Anderson ESP
3.30	Steve Veitch Har
3.10	Michael Liu Ed Ac
3.00	Robert Dunn Ed Ac
3.00	Mark Vidler Ed AC
2.80	Kenneth McVay VP
2.80	K Kemlo Inv
2.80	B Hall Arb

Long Jump	
6.61i	James Gilbert FVH
6.47w	Scott Milne Ork
6.30i	Allister Hamby Kil
6.25w	Mark McManus Ham
6.21i	Barry Carmichael Tay

6.15w	Joe Fitzgerald She
6.11w	David Reid BHH
6.00w	Barry Middleton Ab
5.97i	Carlo Ferri She
5.95i	Darren Ritchie Mel

Triple Jump	
13.06w	Paul Taylor VP
12.85i	Allister Hamby Kil
12.84w	Darren Ritchie Mel
12.80w	Paul Landels DHH
12.74w	Derek Hopburn FVH
12.68w	Scott Milne Ork
12.65w	Stuart Dillon BI
12.65w	Neil Aitken Hut
12.37w	Joe Fitzgerald She
12.31w	Alan Malcolm ESP

Shot Putt (5kg)	
15.24	Stephen Hayward Mel
14.97	Alistair MacKenzie Inv
14.79	George Mathieson Avon
13.82	David Riding Hel
13.57i	Richard Holmes Hel
13.53	Lee Newton Har
13.21	Mahmud Muqit Law
13.13i	Kevin Campbell Moth
12.70	Roy Hyslop Mel
12.65	A Possee DMF

Discus Throw (1.5kg)	
39.28	Hamish James Mon
39.12	Stephen Hayward Mel
38.80	Ky Kay S'Allan
38.00	Glen Kerr Bed
37.84	Lee Newton Har
37.46	James Penny MCS
36.74	Craig Beveridge EA
36.58	Bruce Robb Pit (B)
36.32	Francois Roy-Dulac MCS
34.76	Craig Joiner Pit

Hammer Throw (5kg)	
62.14	Glen Kerr Bed
59.40	Iain Park Hill
53.92	Iain Hay Hull
49.46	Robert MacKinnon QVS
44.60	Stewart Gardner QVS
34.72	Stuart Sneddon Tay (B)
34.18	A Shepherd Inv
29.04	A Ross Inv
25.72	Graeme Ferguson Law

Javelin Throw (700g)	
50.10	John Wishart EA
49.90	Roy Hyslop Mel
49.12	Gavin Broomfield Glen
48.88	Nick Dempsey MCS
48.56	Hamish James Mon
45.62	Sam Armstrong NV
45.28	Steven Wands Dol
43.40	S Clarke BI
42.16	T Flaws Nth Sch
41.68	Richard Holmes Hel

Senior Boys

100m	
11.3w	Colin Hopkins CR
11.4w	Tim Black Inv
11.4w	Hugh Kerr Ayr
11.5w	Ryan Galloway Ayr
11.5w	Ross McNaughton PSH
11.5w	Brian Watson Pit
11.56w	Richard Booth CPH
11.6	Iain Wallace Inv
11.7w	Graham Hastings KO
11.73	David Lees ESP



Graham Hastings

200M	
23.2w	Hugh Kerr Ayr
23.3w	Ryan Galloway Ayr
23.5w	Brian Watson Pit
23.53i	Colin Hopkins Cen
23.8w	Kenneth Kelly VP
23.86	David Lees ESP
23.94	Iain Wallace Inv
24.0w	John Whannel VP
24.03w	Raymond Pang Ayr
24.07	David Pegrum CMB

400M	
50.4	Callum Buck MCS
51.3	Hugh Kerr Ayr
51.72	Brian Watson Pit
52.54	Stuart Sutherland Inv
53.9	A Morton Fil
54.1i	Colin Hopkins Cen
54.42	Tim Black Inv
54.5	Ross McNaughton PSH
54.54	L Jones Arb
54.9i	Andrew Young VP

800M	
1-59.0	Des Roache VP
2-00.1	Kevin Daley ESP
2-02.01	Murray Hamlin Las
2-03.6	Stuart Gibson Cly
2-04.6	M Anderson Cor
2-04.71	Mark Smith VP
2-05.0	Stuart Sutherland Inv
2-05.0	B Thompson BI
2-05.25	Alasdair Donaldson Pit
2-05.6	Donald MacDonald PSH

1500M	
4-13.7	Kevin Daley ESP
4-14.45	Des Roache VP
4-16.38	Donald MacDonald PSH

Discus Throw (1.25kg)	
43.04	Bruce Robb Pit
39.58	Liam McIntyre Hel
39.22	Daniel Ablett CPH
35.70	Kenneth Day EA
35.64	Stuart Lindsay Ayr
35.22	Colin Leslie Arb
34.28	Stuart Sneddon Tay
33.20	S Morton Bish
32.54	Austen McKnight BI
32.38	Michael McLennan EA

Hammer Throw (4kg)	
37.52	Stuart Sneddon Tay
30.20	Stephen MacKinnon QVS
29.88	M Wight QVS

Javelin Throw (600g)	
45.52	Daniel Ablett CPH
42.34	Kevin Horton Cum
40.54	R Neil Ayr
40.12	Bruce Robb Pit
39.80	Brian Thomson Mon
39.06	Richard Nolan Ann
38.84	Peter Annal BI
37.76	Austen McKnight BI
36.30	F Cunningham EA
36.08	Garry Nicol Cum

Junior Boys

100m	
12.54	Marc McCluskey CPH
12.7w	L Sharkey CAC
12.8w	A Wright CPH
12.88	Andrew Lees ESP
12.9w	Kevin Cowan DMF

200m	
24.73i	Julian Love Law
25.01i	Stuart Addie CMB
25.56w	Marc McCluskey CPH
25.7w	A Wright CPH
25.8i	Alan Macary Hel

400m	
57.4	Marc McCluskey CPH
58.6	Martin Restrick Liv
59.0	Gerard Murray Air
59.1i	Stuart Addie CMB
60.4	David Merry Ayr

800m	
2-13.6	Gerard Murray Air
2-14.03	Martin Restrick Liv
2-17.16i	David Campbell Las
2-19.4	Norman Tulloch BI
2-19.4	A Dobbie Cam

1500m	
4-41.0	Kevin McAlpine Nai
4-42.3	A McEwan Tain
4-44.25	A Wallace Cam
4-47.5	Andrew Sandilands Avon
4-48.41	Norman Tulloch BI

70m Hurdles	
11.9w	G Chisholm Inv
12.2w	Ross Ruickbie Inv
12.4w	Stuart Gersok Arb
12.5w	J Cummings Arb
12.6w	4 athletes

High Jump	
1.60	Steven McWhan NV
1.60	Ross Ruickbie Inv

1.56	D McInnes EK
1.53	Kevin McAlpine Nai
1.45	3 athletes

Long Jump	
5.57w	Marc McCluskey CPH
5.18i	S Bain Cam
5.09i	Stuart Addie Cumb
5.02i	Gareth Abbot Ayr
4.91w	Kevin Cowan DMF

Triple Jump	
11.03i	Stuart Addie CMB
10.38w	James Light BVan
10.19i	S Bain Cam
9.47w	Peter Herron Arb
9.33w	Ross Ruickbie Inv

Shot Putt (3.25kg)	
11.95i	Peter Fraser Ab
11.88i	Craig Buchanan ESP
11.47i	Iain McGarvey Cum
11.05	Graeme Hoyle DSMC
10.84i	Andrew Lees ESP

Discus Throw (1kg)	
29.56	M Shepherd Elg
29.10	Peter Fraser Ab
27.86	J Smyth Ork
25.60	Ross Ruickbie Inv
24.76	G Campbell

Javelin Throw (600g)	
37.92	Peter Fraser Ab
36.52	Chris Tulloch Kely
33.98	Ross Ruickbie Inv
32.78	Iain Lonnin BI
29.74	P Norwood Cor



Hayley Haining - Scotland's top Euro-Junior over 800m, 1500m, and 3000m.

Euro-Juniors

100m	
12.3	Jane Fleming CG
12.3w	Katrina Leys Ab
12.3w	Allison Watt CG (12.35)
12.4w	Caroline Black EWM
12.5w	Corrie Butler Ab
12.5w	Leight Ferrier WB
12.5w	Susan Carruthers Ayr

200m	
24.9w	Leigh Ferrier WB
25.10w	Susan Carruthers Ayr
25.17w	Dawn Burden CG
25.30w	Allison Watt CG
25.6w	Roselyn Kelly JWK
25.7w	Caroline Black EWM
25.9w	Valerie Foster EWM
25.9w	Leona Kinghorn EWM

400m	
55.38	Leigh Ferrier WB
56.11	Dawn Burden CG
57.51	Kathleen Lithgow CG
58.2	Susan Carruthers Ayr
58.4	Valerie Foster EWM
58.8	Everlyn Grant Pit
58.8	Kathryn Waugh Jar
58.90	Carmen Collins Pit
59.3	Lorna Silver DHH

800m	
2-14.9	Hayley Haining NV
2-15.9	Suzanne Wood EWM
2-15.9	Ainsley Norman VP
2-19.04	Angela Paterson SKL
2-20.4	Roselyn Pollock Lou
2-20.84	Jane Wolfendale VP
2-22.4	Kerrie Fox CG
2-23.3	Claire Fairweather CG

1500m	
4-19.83	Hayley Haining NV
4-37.2	Katy Rice Ab
4-43.31	Roselyn Pollock Lou
4-54.81	Marlene Gammell SKL
4-56.8	Donna Rutherford JWK
4-57.3	Jillian Grams Ab

3000m	
9-12.28	Hayley Haining NV
10-01.30	Donna Rutherford JWK
10-31.6	Fiona Anderson NV
10-39.17	Jillian Grams Ab
10-44.31	Tracey Brindley Law
10-51.2	Sally-Anne Wight Tay
10-52.20	Suzanne Kennedy U/A
10-58.9	Jan Roxburgh Inv

100mH	
14.2w	S. Richmond Pit (14.45)
15.13w	Ruth Irving Wir
15.2w	Catherine Murphy CG
15.3	Jennifer Sharp EWM
15.6w	Fiona Watt CG
15.75	Beverley Ross DHH
15.9w	Elaine Donald Hel

400mH	
61.48	Lorna Silver DHH
61.92	Suzanne Wood EWM
62.96	Fiona Watt CG
63.96	Janet O'Neil CG
65.4	Ruth Irving Wir
67.48	Lindsay White Stew

68.9	Elsa Hinshelwood NV
69.0	Beverley Ross DHH
69.1	Elaine Donald Hel

High Jump	
1.74	Wendy MacDonald Coa
1.73	Hazel Melvin Tro
1.71i	Linda Gordon CG
1.65	Louise McMillan EWM
1.65	Beth Phillip Ab
1.61i	Claire Scott DHH
1.59	Caroline Black EWM
1.57	Susan Sutherland BI
1.56	Evelyn Grant Pit

Long Jump	
6.08	Ruth Irving Wir
6.03w	Caroline Black EWM (5.93)
5.33i	Sarah Stirling CG
5.28w	Louise McMillan EWM
5.26i	Evelyn Grant Pit
5.24i	Sharon Wood EWM
5.16i	Lindsay Morris Hut
5.14i	Hazel Melvin Tro
5.09w	Fiona Watt CG
5.05w	Linda Tasker Cen

Triple Jump	
10.70w	Louise McMillan EWM
10.60w	Alison Grey ESP
9.97w	Sarah Stirling CG
9.71w	Charmaine Friel EWM
9.51w	Sara Glass EWM
9.08w	Heidi Wadsworth Stew

Shot Putt	
15.26	Alison Grey ESP
12.01	Lynne Barnett PSH
11.11i	Tracey Shorts Kil
10.51	Helen Cromarty Ork
10.49	Lorna Jackson Tay
10.11	Heather MacLeod Inv
9.99	Fiona Gehring Ayr
9.37	Fiona Robertson Kil
9.20	Evelyn Grant Pit
9.16	Paula Brigain EWM

Discus Throw	
46.84	Alison Grey ESP
38.42	Heather MacLeod Inv
35.30	Aline Cross Ork
32.66	Jane Ramage Dum
31.72	Tracey Shorts Kil
30.28	Yvonne Cresswell Pit
29.28	Lynne Barnett PSH
28.80	Heather Murray Hel

Javelin Throw	
45.84	Lorna Jackson Tay
36.06	Tracey Shorts Kil
35.02	Fiona Gehring Ayr
32.50	Joanna Ablett EWM
31.16	Esther Sneddon Cen
30.68	Evelyn Grant Pit
28.64	Jane Ramage Arb
27.46	Louise McMillan EWM

Intermediates

100m	
11.9w	Louise Paterson Ab
12.0w	S. Dudgeon ESP (12.13)
12.04w	Elaine Julian Ayr (12.20)
12.1w	K. Sutherland EWM (12.39)
12.22w	Liz Kerr CG (12.31)

12.4w	Emma Young EWM
12.4w	Kathryn Gray CH
12.5w	Myra McShannon CG
12.5w	Sandra Gunn Ab
12.53w	Samantha Brown Ayr
12.55	Kirsty O'Donnell KO

200m	
25.0w	Elaine Julian Ayr (25.04)
25.1w	L. Paterson Ab (25.16)
25.2w	S. Dudgeon ESP (25.28)
25.39i	Karen Sutherland EWM
25.81	Sandra Gunn Ab
25.9w	Castriona Harris CG
25.99	Lisa Vannet Arb
26.0	Kirsty O'Donnell KO
26.1	Lynne McKay Cen
26.1w	Laura Montgomery CG
26.1w	Joanna Ross KLB

400m	
57.96	Claire Martin Fil
58.5	Louise Paterson Ab
59.24	Morven Fraser Nai
59.50	Sinead Dudgeon ESP
59.5	Gillian Fowler CG
59.9	Susan Hendry Ab
60.27i	Lorraine Stewart ESP
60.3	Alison Brydie EWM
60.4	Beverley Huddart VP
60.5	Catherine Shannon BYM

800m	
2-10.73	Isabel Linaker Pit
2-11.01	Alison Potts CG
2-15.62	Lorraine Stewart ESP
2-15.7	Yvonne Reilly DHH
2-16.66	Gillian Fowler CG
2-20.60	Aileen McManus Inv
2-20.70	Louise Cormack ESP
2-22.2	Debbie Church ESP
2-22.7	Alison Cheyne CG
2-22.73	Pauline Gilles JWK

1500m	
4-31.1	Isabel Linaker Pit
4-38.6	Alison Potts CG
4-38.81	Yvonne Reilly DHH
4-44.46	Louise Cormack ESP
4-46.55	Alison Cheyne ESP
4-47.70	Hayley Parkinson Bal
4-53.91	Rachel Hough Inv
4-54.69	Eleanor Reid NV
4-55.1	Shelley MacRae Inv
4-55.11	Louisa Shaw Arb

3000m	
10-02.6	Isabel Linaker Pit
10-17.6	Hayley Parkinson U/A
10-18.3	Louise Cormack ESP
10-37.6	Eleanor Reid NV
10-42.1	Alison Cheyne CG
10-49.6	Louisa Shaw Arb
11-01.2	Carole Leitch Avo
11-02.5	Claire Falconer BI
11-10.1	Donna Campbell Liv
11-10.1	Alison Stewart KO

80m Hurdles	
11.7w	T. Crosbie CG (11.89)
12.0	Castriona Burr EWM
12.2w	Fiona Allan Rudd
12.3w	Jennifer Dale Ayr
12.4w	Lynne Shorthouse Loch
12.4w	Sarah Ramminging Arb
12.5w	Jane Gardiner EWM



Stacey Moxey

12.5w	Joanna Ross Kil
12.56w	Deborah Wynn EK
12.6	Sarah Still Ab
12.6w	Sarah Christie DHH

300m Hurdles	
45.00	Castriona Burr EWM
46.0	Kerry Beveridge ESP
46.09	Rhona Livingstone EWM
47.2	Sandra Gunn Ab
47.27	Jane Gardiner EWM
47.88	Deborah Wynn CG
47.9	Laura Montgomery CG
48.1	Hayley Kilday Inv
48.61	Sinead Dudgeon ESP
48.8	Gayle Campbell Mon

High Jump	
1.71i	Joanna Ross Kil
1.70	Lisa Brown Loch
1.61	Julie Reid Kil
1.60	Sarah Ramminging Arb
1.56i	Debbie Chuch Ayr
1.55	Jennifer Dale Ayr
1.55	C Thompson L'gip
1.55	Anne Graham Las
1.55	Heather Pirio Ab
1.53	Fiona Allan Rudd

Long Jump	
5.81w	Fiona Allan Rudd
5.58w	Liz Kerr CG
5.37w	Sarah Ramminging Arb
5.37w	Jeanette Adair Loch

5.30w	Sarah Still Ab
5.23w	Carol McLeod Kil
5.14w	Paula Clark Kil
5.11i	Lynne Shorthouse Loch
5.11w	Sarah Christie DHH
4.98w	Sharon Pope Bath

Shot Putt	
11.08	Stephanie Robin Hel
10.40	Raka Samson Ayr
10.21	Tracy Johnstone BI
10.18	Leigh Cunningham Pit
9.39	Christine Legge Mon
8.99	D Clark Glas Sch
8.92	Valerie Brett Arb
8.67	S Dorrens Ren Sch
8.65	Shona Watt Ban
8.58	Nicola Robertson EWM

Discus Throw	
37.94	Helen McCreadie Hel
34.16	Stephanie Robin Hel
32.16	Leigh Cunningham Pit
31.20	Tracy Johnstone BI
30.84	Nicola Robertson EWM
28.92	Raka Samson Ayr
27.26	Valerie Brett Arb
25.10	Catherine Rutter EWM

Javelin	
36.16	Nicola Sloan Hel
33.92	Karen Elliott Carl
33.02	Alison Cheyne CG
32.84	Janet McTurk DMF

31.74	Tracy Johnstone BI
31.70	Nicola Robertson EWM
30.12	Margaret Wilson Avo
29.94	Gillian Wilson AB
29.00	Wendy MacFarlane Mon
28.76	Amanda McKie DMF

Heptathlon	
4015	Fiona Allan Rudd
3765	Sarah Ramminging Arb
3618	Louise Paterson Ab
3529	Debbie Church Ayr
3499	Sarah Still Ab
3237	Gillian Wilson Ab
3054	Joanna Moore EWM

Juniors

100m	
12.3w	Fiona Hutchison CG
12.5w	Fiona Lumsden Ab
12.52w	Stephanie Balmann CG
12.6w	Rhona Hepburn PSH
12.61	Louise Thompson Ayr
12.69w	Judith Reid CG
12.84w	Emma Redhead Carl
12.9w	Carolyn Rose Pit
12.9w	Natalie Hynd Pit
12.93w	Suzanne Orr CG

200m	
25.7w	Fiona Hutchison CG
25.95w	Stephanie Balmain CG
26.0w	Natalie Hynd Pit
26.19w	Judith Reid CG
26.22	Joanne Symington Ayr
26.30w	Louise Thompson Ayr
26.65w	Fiona Lumsden CG
26.7w	Rhona Hepburn PSH
26.9w	Susan Robertson Ab
26.9w	Katy Philip Ab
26.9w	Nicola Imrie Ab
26.9w	Nicola Docherty EWM

12.31w	Paula Clark CG
12.5w	Kirsty Halliday NV
12.5w	V. Sanderson Inv

High Jump	
1.60	Karen Hay ESS
1.58i	Dawn Lapsley Pit
1.57	Susie Robertson Ab
1.57	Sheilah Bain BI
1.55	Donna Palmer ESP
1.54	Debbie Young EWM
1.54	S. Miller St Mgt
1.50	Stephanie Balmann CG
1.50	Lauren Livingston EWM

Long Jump	
5.53i	Pamela Anderson CG
5.36w	Fiona Hutchison CG
5.30w	Karen McNamee CG
5.06w	Juliana Palika CG
5.02i	Donna Quirie Ab
5.02w	Jennifer Donald BI
5.00i	Lynn Fraser Kil
4.91i	Katie McLean CG
4.83w	Donna Palmer ESP
4.83w	Louise Thompson Ayr

Shot Putt (3.25kg)	
12.33	Julie Robin Hel
11.94	Navdeep Dhalwal CG
11.48	Eleanor Garden Pit
10.73	Lynsay Munro EWM
10.06	Catherine Garden Pit (G)
9.96i	Gayle McCreath CG
9.85	Christine Mann Arb
9.66i	Hazel Craw L&L
9.55	Jane Campbell Cai
9.48	Sheilah Bain BI

Discus	
38.86	Julie Robin Hel
34.82	Navdeep Dhalwal CG
34.22	Catherine Garden Pit (G)
33.60	Eleanor Garden Pit
32.30	Louise Thomson EWM
28.56	Lindsay Ross NV
26.86	Gayle McCreath CG
26.66	Kathryn Wright CG
25.84	Christine Mann Arb
25.78	Lynsay Munro EWM

Javelin	
32.86	Lynsay Munro EWM
31.64	Elaine McQueen Inv
31.44	Gayle McCreath CG
30.32	Louise Thomson EWM
27.48	Julie Robin Hel
27.18	Emily Dougall Ab
27.06	Sheena Fulton Ann
26.94	Christine Mann Arb
25.98	Allison Douglas Arb
25.30	Kelly Sloan Hel (G)

Pentathlon	
2635	Donna Palmer ESP
2621	Juliana Palika CG
2505	Jennifer Reid Ban
2505	Jennifer Donald BI
2496	Susan Robertson Ab
2479	Gillian Wilson Cum
2373	Katy Phillip Ab
2322	Sheilah Bain BI
2205	Paula Clark CG
2129	Donna Quirie Arb



Girls

100m	J. Tindal Fil (13.33)
13.22w	Pamela Johnstone EWM
13.3w	Laura Wason EWM
13.44	Fiona MacDonald MRR
13.5w	Tracy Steele Pit
13.6w	Joanne Robinson KO
13.6w	Nicola MacNamara Law
13.7w	Christine Somerville Cen
13.7w	Gail Brown Ayr
13.79	Nicola Hutchison CG
13.89	

200m	Jacqueline Tindal Fil
27.41	Laura Wason EWM
27.49	Pamela Johnstone EWM
27.86	Sara Morris Loch
27.92	Jenni Wright Pit
28.7w	Fiona MacDonald MRR
28.77w	Christine Somerville Cen
28.8w	Nicola MacNamara Law
28.9w	Gail Brown Ayr
28.97w	Kezban Acar Ciy
29.03w	

800m	Jennifer Ward Pit
2-22.3	Jennifer Learmonth DHH
2-24.90	Caroline Morris JWK
2-24.98	Karen Montador CR
2-25.56	Kerry Scott Mor
2-26.19	Andrea Shaw Bath
2-28.2	Margaret McDonald Inv
2-32.0	Lynsey Brown EWM
2-32.7	Sharon Robertson ESP
2-34.7	Jacqueline Hauxwell BI

1500m	Jennifer Ward Pit
4-56.9	Kerry Scott MRR
4-59.5	Karen Montador CR
4-59.7	Caroline Morris JWK
5-03.5	Jacqueline Anderson Fra
5-13.7	Jennifer Learmonth DHH
5-14.3	Andrea Shaw Bath
5-15.2i	

70m Hurdles	
11.82	Lynne Fairweather Las
11.84	Michelle Zalis Las
12.1w	Fiona Paul EWM (12.17)
12.2w	Fiona Donald CG (12.25)
12.3w	Pamela Johnstone EWM
12.3w	Hazel Gallacher ESP
12.3w	Jacqueline Tindal Fil
12.3w	Lorna Kirk Cen
12.37	Vicki Letford Cg
12.39	Theresa Richard Eil

High Jump	
1.49	Fiona Paul EWM
1.47	Laura Wason EWM
1.45	Jennifer Wright Pit
1.44i	Theresa Richards Eil
1.44	Jemma Grant Nai
1.40	Jacqueline Tindal Fil
1.40	Lee McConnell CG
1.37	Michelle Scrimgeour NV
1.36	Kim Stephenson DHH
1.36	Kirsten Tolleran Arb

Long Jump	
4.69w	Fiona Paul EWM
4.62w	Sara Morris Loch
4.58w	Nicola Hutchison CG
4.56w	Jacqueline Tindal Fil
4.53w	Hazel Gallagher ESP
4.53w	Fiona Hunter Arb
4.42w	Theresa Richards Eil
4.31w	Marie Louise Mathie Ayr
4.26w	Kate McGillivray Har
4.21w	Fiona Stewart Liv

Shot Putt (2.72kg)	
10.91	Catherine Garden Pit
10.40	Fiona Hunter Arb
8.17	J. Grant Nai (3.25kg)
8.12	Katrina Collins EWM
8.04	Inga Antonio Ork
7.89	Katrina Rae Ann
7.73	A. M. Habeson Ren
7.69	Jacqui Loney MRR
7.60	Jacqueline Tindal Fil
7.48	Lorna Kirk Cen

Discus (0.75kg)	
39.44	Catherine Garden Pit
25.24	Fiona Hunter Arb
23.66	Katrina Collins EWM
22.76	Katrina Rae Ann
21.72	Lorna Kirk CR
20.62	Jacqui Loney MRR
19.26	Lyndsey McTague Bath
18.92	Michelle Scrimgeour NV
17.44	Louise Gauld ESP
17.24	Ashley Murray Mon

Javelin (400g)	
27.98	Kelly Sloan Hel
27.96	Fiona Hunter Arb
27.90	Catherine Garden Pit
27.58	Katrina Collins EWM
24.72	Gillian Stewart ESP
23.12	Claire Wright Tro
21.86	Kate McGillivray Har
21.70	Lesley Richardson DMF
21.70	Mary Townsley DHH

Arnold Black

IF YOU WOULD LIKE TO SUPPORT A REALLY WORTHWHILE CHARITY...

RUN FOR ARTHRITIS CARE

Anthony Conway should know: he ran in last year's London Marathon and he has Arthritis. He can tell you how it strikes suddenly, at any age - of the 8 million people with arthritis over 15,000 are children.

Through sponsorship you could help Arthritis Care continue its unique network of welfare services through 500 branches in the UK.

Some of the best amateurs run for Arthritis Care. If you should wish to join them, send off the coupon below for Sponsorship forms and full details of how to support a really worthwhile cause.

To: Terry Wogan, Chairman, Appeals Committee, Arthritis Care, 5 Grosvenor Crescent, London SW1X 7ER Tel: 071-235 0901

☐ Please send me sponsorship Material and details of the work by ARTHRITIS CARE.

I'd rather help by sending the enclosed donation

Name

Address

Postcode

ARTHRITIS CARE
ACTION FOR PEOPLE WITH ARTHRITIS

AN influx of talented athletes from south of the border ensured that Scottish athletes did not hog all the limelight at their own indoor championships held in the Kelvin Hall on January 26, writes Margaret Montgomery.

One of the most impressive performances of the day came from Birchfield athlete Katherine Merry who captivated spectators and on-looking competitors alike when she hared round the Kelvin Hall's 200m track to produce a championship best of 23.9. With approximately 60 metres to spare over second placed Windsor athlete Marcia Richardson as she crossed the finishing line, the 17 year old European junior bronze medallist made her victory look effortless, underlining the prodigious talent which has prompted many commentators to tip her as destined for the very top!

Cardiff's 60 metres hurdler Nigel Walker was equally successful, twice breaking the championship best for his event, the first time in the heats when he clocked 7.88. His final time of 7.67 was even better and more than enough to put paid to Scottish challenger and reigning holder of the title, Neil Fraser, who was relegated to third position behind Wolverhampton's Andrew Tulloch.

Two of Scotland's biggest gold medal hopes - sprinter Aileen McGillivray and 400/800 metre runner Brian Whittle - were unable to compete due to injury. Whittle withdrew altogether from a the 800 metres suffering from calf strain, while McGillivray who was entered for both the 60 and 200 metres got as far as her heat in the the former but collapsed at the finishing line with a pulled hamstring.

As a result of her injury McGillivray - defending champion in both sprint events - was forced to withdraw not just from the remainder of the Scottish Championships but also from the rest of the indoor season.

However, disappointing though all this was she could take heart from the fact that her time in the ill-fated heat was 0.26 faster than that of the eventual winner, Marcia Richardson, indicating that the 60m crown would almost certainly be hers again if all had gone according to plan.

There was better luck for Gillian McIntyre in the 400 metre. Despite being involved in a jostle with Dawn Kitchen and Birchfield athlete Janet Levermore with about 150 metres to go, managed to pull ahead and take first place. Lorna McCulloch, who held off Ruth Irving to take the women's 60 metres hurdles title, was another who showed continued good form.

Probably the most bracing final of the day was the men's 400 metres in which the all out efforts of Grant Hodges (ESP), Mark Davidson (CPH), and David Gilmour (EK) led them to literally fall over the finishing line - apparently in that order although as a spectator it was hard to tell who pipped who where Hodges and Davidson were concerned.

In the 3000 metres there was a similarly tight battle between Cambuslang's Tommy Murray and Kilbarchan's Robert Fitzsimmons. With four laps to go Murray put in a determined effort to break free of his rival but found Fitzsimmons

strong enough to keep apace. The last 200 metres found them still neck and neck and it was only when Fitzsimmons faded slightly with 100 metres to go that the door was left open for Murray to take the lead at last.

In the men's 60m, Elliot Bunney retained the title he won last year. However, injury meant he failed to make an impression in the longer sprint, qualifying for the final only as the fastest loser. Instead, it was Neil Turnbull's chance to taste victory as he came home in 21.58, 0.06 ahead of Thames Valley's Stewart Weathers, but three seconds down on the championship best set by Bunney last year.

But it was in the field events that the main highlights of the championships were to be found. Championship bests for Alison Grey and Alex Greig in the shot putt and pole vault, and a native best for Brian Ashburn in the long jump, served to underline the talents of all three.

Grey's performance in particular was remarkable, her training having been limited through injury to just two sessions since the beginning of the year.

There was also an excellent performance in the long jump by Peter Meechan (Lucozade Motherwell) coached by Tommy Boyle and a gold medallist in the pentathlon at the European Special Games. Meechan jumped 5.40 metres to take ninth place overall.

Right: Katherine Merry prepares for the 200m. Below: Grant Hodges and Mark Davidson fight all the way to the line for the 400m title.



Number one at last

With the Scottish indoor title behind her and Commonwealth Games selection a distinct possibility, **Gillian McIntyre** has a lot to be pleased about, as **Margaret Montgomery** finds out.

THE year 1992 has got off to a good start for Gillian McIntyre. A first in the 400m at the Scottish Indoor Championships was closely followed by the announcement that she had been chosen for the pre-selection Commonwealth Games squad. To top that, the Renfrew woman was also chosen - on the basis of her performance at the indoor championships - to represent Scotland in the recent international match against Norway.

Yet despite her recent good form, McIntyre is reluctant to predict too much for the future. Keen though she is to remain in the Commonwealth Games squad she is well aware that "a lot can happen in two and a half years" and that pre-selection is indicative of nothing more than "current fitness".

"I'm 27 now," she says. "In two and a half years time I might not be as good as some of younger athletes who are still to come through."

With her long term sights set on Victoria, McIntyre's immediate aims are to maintain her number one status in Scotland and to obtain her first British vest, a goal which she believes she will only achieve by improving her pb from 53.82 to a "low 53" - raising her place in the UK rankings from eighth to fifth or sixth. To this end she plans to compete south of the border as often as possible.

"The level of competition is just so much higher there," she explains. "It helps me to raise my performance level just knowing that."

McIntyre will be getting her first taste of the competition she wants when she takes part in the British Indoor Championships at the end of February - an initiative she intends to follow up with participation in the UK Championships and the WAAA Championships later in the year. Meantime, she will be getting regular doses of southern competition when she competes for her club - City of Glasgow - at national league meetings.

Compared with many of her contemporaries, McIntyre has achieved her greatest moments as a 400m runner relatively late in life. It wasn't until 1990 - aged 25 - that she won her first national title, the indoor 400m crown. As yet she still has to win the outdoor equivalent - something she is determined to put straight at this year's championships.

"I've been a bridesmaid too many times now," she jokes. "This year it's my turn to be the bride."

Two years ago, despair at what she describes as the "dominance" of Dawn Kitchen and Mary Anderson led McIntyre to turn her attentions



McIntyre takes the 400m at the Scottish Indoor Championships. Janet Levermore of Birchfield Harriers is in pursuit.

to hurdling. However, though the change reaped considerable dividends for her - she won the 1990 400m hurdles title - she decided not to make it permanent.

"I was doing the hurdles because I was doing well in them, not because I enjoyed them," she explains. "Anyway, I don't think I'd have improved much - my legs are too short. I had to take 17 or 18 strides between the hurdles, whereas someone like Sally Gunnell only takes about 14. At the end of the day that's what makes the difference between a really good hurdler and an average one."

McIntyre sees her brush with hurdling as a good thing, helping her to approach the 400m flat with renewed vigour when she returned to it in 1991.

"I went back with more strength," she says. "400 metres without hurdles seemed a lot easier by comparison."

McIntyre joined Paisley Harriers, her first athletics club, when she was 12 years old and moved to what was then a mixed Shettleston Harriers at the age of 16. There she met Tom Williamson - her coach to this day - and was moved up from 200 metres to 400 metres.

"I always had a feeling that I was a 400 metres runner. When I was still doing 200's I used to go sprinting way past the finishing line feeling as if I had it in me to go on for at least another 100 metres," she recalls.

To this day McIntyre retains a preference for the second half of her races. Breaking from the rest of the field with just 150 metres to go in the recent Scottish Indoor Championships was, says McIntyre, typical of most of her races.

"I'm always much stronger in the second half of the race than in the first," she reveals. "In some ways I think it's psychological. I still think of the 400 metres as a long race so I tend to try and keep something back in the early stages."

Knowing that the first 200 metres is the weaker part of her race, McIntyre believes that she has every chance of doing well at the British Indoor Championships if she can just stay with the competition up to the 250 metre mark.

"In past I've tended to end up trailing the rest of the field at this point," she explains. "My feeling is that I've got just as much chance as anyone else if I can just keep up until we hit the last 150 metres. After that I can rely on the strength I usually have in the last part of the race to pull away."

Acquiring more speed in her first 200 metres is something which McIntyre has been working on for sometime now. Consequently, hill running and weights form a regular part of her training schedule when she isn't competing.

"At the moment I'm doing strides and drills instead of hills and weights," she says. "But as soon as the indoor season is over I'll be back to the heavy stuff, trying to get a faster start."

At the moment there seems to be no stopping Gillian McIntyre. Having eventually found her stride at the age of 27 she is not about to relinquish her number one position in the Scottish rankings lightly. Married and keen to have a family she says she does have plans to retire but would like



to do so at the top, and on the suitably high note of having competed at the Commonwealth Games.

"I never really took athletics seriously until I was about 22," she reflects. "At that point I decided if I really wanted to achieve something I'd have to start doing something about it soon or it would be too late."

Obviously the decision to "do something about it" has paid off. Indeed, for the moment McIntyre's only problems appear to be the peripheral ones - experienced by many athletes - balancing the demands of domestic and working life with the weighty ones of training and competing at national level, plus finding the money to fund increasingly expensive athletics commitments.

This year, Scotland's fastest woman over 400m has been awarded only approximately £100 in outside funding.

"I've been given a talented sports performer grant by Glasgow District Council," she says. "But because I live in Renfrew I'm only getting half of it. Renfrew won't give me anything because I run for a Glasgow club."

Fortunately for McIntyre she does slightly

better in the way of moral support than she does where financial backing is concerned. Her employers - insurance brokers Service Miller - have been good, she says, in giving her days off, while husband Ian is "extremely considerate and understanding".

"I'm often away for two or three weekends in a row and the house, needless to say, gets into quite a mess," she says. "Ian just accepts it all and carries on encouraging me."

The encouragement certainly seems to have worked. Let's hope it continues to do so!

Basic Training Schedule

Sunday: 3 x 500m.

Monday: Weights session.

Tuesday: 4 x 300m

Wednesday: Strides and drills.

Thursday: 6 x 200m.

Saturday: Hill/grass running.

RUNNING FOR CHARITY

BY now all runners in Scotland who applied will know if they have one of the 25,000 places in this year's 1992 ADT London Marathon.

The lucky ones might be wondering which charity and worthy cause to raise much needed sponsorship funds. This year many charities are competing for runners in a number of different ways, in an attempt to raise as much money as possible. Runners now have the chance to win places in the New York Marathon, for example, if they have gathered together the most amount of sponsorship.

Saturday, June 6 - 14 will see Britain on the move when the MacMillan Nurse Appeal challenges a million people to walk one mile and raise a million pounds for MacMillan Cancer Care nurses. The MacMillan Mile Challenge, led by its patron, Olympic runner Liz McColgan, asks groups and individuals all over the country to walk just one mile and donate £1 to the Appeal.

Young and old alike are already registering and are organising events in towns, villages, schools, offices, pubs, or planning to join larger events organised in their area. Why not join them? How and where the mile is covered is up to you: walking the dog, three-legged, wheelchair, on roller skates... anything goes.

Keeping on the million track, on October 2, Oxfam launched an unprecedented international appeal - The Oxfam Appeal for a Million Days for a Fairer World.

The appeal is special in that they are asking people not just to give them money, but also to collect together the valuable time they spend on fundraising for a Fairer World.

Everything you do will be counted onto the Oxfam Timemachine towards the million days target.

Help them to work towards a fairer world and run for Oxfam in the 1992 London Marathon.

The Multiple Sclerosis Society in Scotland had a busy (and expensive!) time in 1991. Besides expenditure on medical research being at its highest level ever, on the welfare side they bought a new caravan, specially adapted for use by disabled people, which is now in position at Butlin's Wonderworld in Ayr.

The society is especially conscious of the very real support it receives from runners all over the country, and is most appreciative of it. The society's organising secretary, Alec Bisset, received a very welcome cheque from the Longniddry Rotary Club last year. The Rotarians will surely forgive him for thinking the evening was made by Yvonne Murray - looking great in non-running clothes.

In over 200 groups all over Scotland people of all ages work together to provide a range of services and support to improve the quality of life for older people. The groups are known collectively as Age Concern Scotland.

The growing number of elderly people in our

population is a twentieth century success story. Most of us can look forward to twenty or thirty years of retirement, but success can only be celebrated if these are happy and fulfilled years.



Liz McColgan - a supporter of the MacMillan Nurse Appeal.

Sadly, this is not always so. Too many elderly people lead lives restricted by poor health, low incomes, and, above all, loneliness. Home, which used to be a sanctuary, may become a prison for a frail older person.

In communities all over Scotland, Age Concern groups are opening doors to opportunities for older people in Scotland. You can help them, by running for Age Concern.

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

The charity has regional offices in Edinburgh, Inverness, and Glasgow, providing advice, information, literature, health screening, stop smoking groups, and other services, they are the local focus for fundraising, health education, and our caring services.

The charity provides rehabilitation for stroke patients through a network of groups across the country. It helps those in financial difficulty caused by chest, heart stroke illness through its welfare grant system.

It funds research in Scottish hospitals resulting in many new and lifesaving techniques.

Chest, Heart and Stroke Scotland is an autonomous Scottish charity receiving no government funding. All money raised in Scotland is spent in Scotland. They need £1m a year to fulfil their commitment to improving lives for Scottish people.

Another charity committed to Scotland is the Cancer Research Campaign. It funds two thirds of all Scottish cancer research, and is the major supporter of cancer research in Scottish universities. In 1991 they spent £6.8m on a comprehensive research programme in Scotland which extended from the laboratory to the patient, encompassing causes of cancer, early detection, the nature of cancer, and the treatment of cancer.

Scotland's runners in the past have helped the charity win (in 1991 they raised over £8,500 from the Great Scottish Run). Help them to continue winning by supporting them through your sport. Further information about the charity can be obtained by contacting their area offices on 041-333 9465/031-668 1241.

Having a healthy lifestyle is no use if the world itself is not healthy. This is why Greenpeace works around the world to avert global warming, to save tropical forests, to oppose industrial pollution, to oppose the killing of animals such as the commercial harpooning of whales and the clubbing of seals, and to confront the nuclear industry in all aspects, from the generation of nuclear waste to the spread of nuclear weapons.

Greenpeace relies entirely on the public's support, having no allegiance to any political party or government, accepting no sponsorship from any commercial source.

Exercise is important to the maintenance of a healthy lifestyle and this is more than true for people with arthritis. It is vital to maintain joint movement in order to reduce the disabling effects arthritis can sometimes have. Remember, athletes can be prone to getting arthritis.

Arthritis Care is a national voluntary organisation, working for and with people with arthritis. The major cause of physical disability in the UK, arthritis affects 10 million people.

Arthritis Care offers advice and information, either by telephone or letter; and funds a range of publications including the quarterly newspaper, Arthritis News; specially equipped holiday centres; over 550 branches which hold regular meetings; and 63,000 members.

The existence of the charity depends on donations. They are indebted to the many runners who have supported them in the past, enabling them to continue their work, but they need more funds to continue helping people with arthritis.

Just remember, one day you may need the services they offer. This applies to all the charities we have covered this month - so dig deep and run for those who can't!

PLEASE HELP CONQUER THIS BLOODY DISEASE!

This was David Niven's plea when he had Motor Neurone Disease.

How would you react if you were told that you had a disease that was not only going to prevent you running but it would slowly paralyse you? An illness that very few people had heard of where your muscles waste away till you cannot move at all. An illness that makes you a prisoner in your own home, totally dependant on family and friends for even the simplest things that healthy people take for granted. An illness so rare that it took the death of David Niven to bring it to public attention. **This is Motor Neurone Disease, it kills 3 people every day.**

The Scottish Motor Neurone Disease Association exists to help sufferers lead as normal a life as possible. We cannot cure one of the most dreadful diseases known to man but with your help we can provide care in the patients home and supply aids to daily living where appropriate.

Please help us in our work of supporting patients and carrying out research into this illness by running for us in your next race.

Send for sponsor forms and our vest logo to:
Diane Jarvis, Sponsorship Administrator,
Scottish Motor Neurone Disease Association
(S.M.N.D.A.),
50 PARNIE ST,
GLASGOW G1 5LS
TEL. 041 - 552 0507.



FAMILY FUN RUN.
in aid of the
Scottish Motor Neurone
Disease Association.
SUNDAY, 5TH APRIL 1992
11.00 am start in
Strathclyde Country Park
Distance 4 or 6 miles.

Run, jog or walk - medals to all finishers.

Make your effort worth while by seeking sponsors - all contributions will benefit this worth while charity.

Entry forms and sponsor forms from the
Sponsorship Administrator, S.M.N.D.A.,
50 Parnie St,
Glasgow,
G1 5LS
Tel: 041 - 552 0507

GREENPEACE

Against all odds, Greenpeace campaigns against environmental abuse. Over the past 20 years we have successfully changed the way people think and act towards our natural world. Help us fight to even up the odds - take some direct action and get sponsored for Greenpeace when you run.

If you have been successful in obtaining a place in the London Marathon why not take this opportunity to raise money for the Greenpeace campaigns towards a cleaner world.

To obtain our sponsorship pack for the London Marathon or any other running event, please contact:

Jill Phillips
RUNNERS
Greenpeace
Canonbury Villas
London N1 2PN
Tel: 071-704 8101

Greenpeace running vests are also available for specific events at £3.50 each (state M, L or XL). Please quote the code DSO14.

RUN FOR GREENPEACE

Team Oxfam

Race for
life in the
1992
London
Marathon

■ Run in the 1992 London Marathon and raise money for Oxfam's work with people in the Third World.

■ By raising money through the London Marathon you will automatically join Team Oxfam - our special team of fundraisers who raise money through sport.

■ Interested? If you are, fill in the coupon and you will be sent a FREE running vest.

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Name _____

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Postcode _____ Vest size _____

Please return this form to: Hannah Wise, TEAM
274 Banbury Road, Oxford OX2 7DZ.



Team Oxfam



December

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Lochaber AC Xmas H'cap 2.5 mile CC Race, Fort William - 1, A Banks 16-04 (rec); 2, R Campbell 16-15; 3, V McPherson 16-17; 4, R Boswell 16-25; 5, S Cameron 17-02; 6, B Brooks 17-05; L1, H Searle 21-31; H'cap: 1, C Crawford; 2, N Campbell; 3, J Banks.

Forres Harriers Xmas H'cap 6 mile CC Race, Forres - 1, R Arbuckle (Keith) 31-56; 2, B Chinnick (For) 33-43; 3, G Bartlett (For) 33-57; Team: 1, Forres. H'cap: 1, E Cameron (For); 2, C Falconer (BI); 3, C Simpson (Forres).

Springburn Harriers Xmas H'cap Canal Bank Races, Bishopbriggs - H'cap Result: 1, M McCallum 33-55; 2, W McGregor 34-16; 3, A Callan 34-32; Fastest senior: 1, A Callan; Youth: L Hendry. Sen Boy: K Hastie.

Pitmeddlin 6 mile Forest Trail race, Auchtermuchty - 1, C Watson (Pit) 37-13; 2, T Ross V1 (Fif) 37-54; 3, J Holden V2 (Fif) 38-35; 4, L Fortune V3 (Fif) 39-04; 5, R Nichol V2 (Fif) 39-30; 6, M Scobie V5 (Fif) 40-08.

Spango Valley Bob Grant Trophy 7.5 mile CC Race, Greenock - 1, C Spence V1 40-37; 2, C Lock 41-54; 3, S Hodge 42-07; 4, D McLaughlin (guest GGH) 42-39; 5, G Clark 42-53; 6, S Dalgleish 43-14; V2, R Hyett 10th 44-59; V3 D Docherty 11th 45-39. L1, J Smith 24th (guest GGH) 53-19.

Maryhill Harriers Xmas H'cap CC Races, Summerston - 1, M Gallacher 16-01; 2, G Robertson 16-16; 3, A Gallacher 16-33; 4, K Stevenson 18-09; 5, R Stevenson V1 18-11; 6, S Calvert 19-33; H'cap: 1, R Zanotti; 2, G Robertson; 3, T Monaghan.

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Irvine CC Meeting including Harriers v Cyclists contest, Irvine Moor - Seniors: 1, H Cox (GGH) 25-27; 2, G Wight (Ayr) 25-28; 3, G O'Bree (GUC) 25-30; 4, G Buchanan (LWC) 25-54; 5, G Reid (JWK) 26-10; 6, T McCallion (GGH) 26-21; 7, B Richardson (Irv) 26-26; 8, A Little (She) 27-00; 9, A McLean (GUC) 27-25; 10, A McDougall (Kil) 27-26; V1.

Teams: 1, Harriers 8pts; 2, Cyclists 16. Women: 1, D Rutherford (JWK) 21-45; 2, C McFadden (Un) 22-24; 3, D Ward (Int) (Ayr) 23-08; 4, J Roxburgh (Irv) 24-08. Youths: 1, D Whiffen (NV) 18-10; 2, C Banks (Loud) 19-23; 3 equal A McIlroy and G Rodgers (both Irvine) 21-20. Senior Boys: 1, C Douglas (Kil) NTT; 2, D Gemmell (Avon); 3, J Thompson (Avon). Junior Boys: 1, S Hamilton (Loud) NTT; 2, S Morton (JWK) 3, D McKimmell (Loud). Colts: 1, D Mitchell (Ayr) NTT; 2, C Brown (NV); 3, T Stevenson (Kil).

SVH Club 10,000 metres CC Champs, Callander Park, Falkirk - 1, A McLinden (Hen) 33-15; 2, F Conner (Cuz) 33-20; 3, C Smith (ESP) 33-22; O/45: 1,

S McCrae (Cum) 34-09; 2, A Hughes (Cam) 34-19; 3, B Edridge (Cly) 35-14; O/50: 1, D Fraser (Bel) 37-58; 2, G Armstrong (Help) 38-48; 3, D McKirdy (EK) 39-27; O/55: 1, H Gibson (Har) 37-24; 2, M Coyne (Cuz) 37-41; 3, B Kettles (Har) 38-45; O/60: 1, W Stoddart (GWH) 36-11; 2, S Lawson (MH) 42-29; 3, J Turcan (Gar) 45-49; O/65: 1, W Gillespie (FVH) 43-29; 2, A Duncan (SVHC) 37-30; L1, J Stevenson (FVH) 36-38; L2, J McColi (VP) 36-58; L3, R McAleese (Bath) 37-35; O/35: 1, J McColi; 2, R McAleese; O/40: 1, J Stevenson; 2, A Richards (GN) 42-09; 3, F Kay (SVHC) 42-12; O/45: 1, E McMillan (Kil) 49-47; O/50: 1, M Moore (Kil) 49-45.

Aberdeen AAC McCafferty CC Relays - 1, W Bennett; A Fraser; C A Clark; M Caird 24-26; 2, H Smith; G Smith; B Kerr; S Cassells 24-49; 3, C Fraser; G Hogg; D Porter; D Shepherd 24-59; Fastest Lap: 1 H Smith 4-37; Lap 2: G Kennedy 5-32; Lap 3: C A Clark; D Porter 5-40; Lap 4: R Sutherland 7-04.

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Dumbarton AAC 7.5 mile CC Champs - 1, A Adams V1 50-38; 2, P Walsh 51-37; 3, E Caldwell 52-52; 4, T Gordon 56-09; 5, T Kelly 56-59; 6, A Adams (Inv) 64-02; V2 J Currie 67-01; H'cap: 1, A Adams; 2, P Walsh; 3, E Caldwell.

Kilbarchan Marshall Moor 8 mile CC race - 1, D Meuse V1 48-25; 2, J Snodgrass 49-11; 3, S Ross 50-20; 4, I McDougall 57-51; 5, C Martin 58-54; 6, A Smith V2 65-23; V3 R Barr 65-25.

Beach 4 mile Race, Aberdeen - 1, P Jennings (Met) 25-25; 2, F Arkell (Ab) 25-53; 3, E Rennie V1 (Ab) 26-11; 4, D Massie (Ab) 26-30; 5, N Kilner (Ab) 26-42; 6, I Morris (Ab) 26-51; 7, D Grubb (Ab) V2 27-01; 8, D Shepherd (Ab) 27-19; 9, M Caird (Ab) 27-28; 10, S Simpson (Ab) 27-37; L1, D Porter (Ab) 28-45; L2, H Smith (Ab) 31-24; L3, S Bennett (Un) 32-13.

IAAF Int CC Meeting, County Durham - Men: 1, J Karluiki (Ken) 24-21; 2, R Newrucker (Bing) 24-30; 3, P Davies-Hale (Cam) 24-43; Scots placings: 4, J Sherban (FVH) 24-47; 9, C Robison (SV) 24-52; 19, R Quinn (Kil) 25-08; 26, A Puckrin (CPH) 25-21; 42, D Cavers (Tev) 26-09; 43, J Bowman (Inv) 26-11.

Men 3,000: 1, D Spaworth (Wake) 8-21; 2, J Chesire (Ken) 8-21; 3, M Barnes (Erf) 8-24; Scots Placings: 13, A Currie (Dum) 8-39; 20, I Gillespie (Birch) 8-42; 24, R Fitzsimmons (Kil) 8-46; 25, J Garland (ESP) 8-49; 40, D Amot (Pit) 9-00; 49, M Marshall (Ayr) 9-23; 51, A Kinghom (ESP) 9-27; 53, M Steele (ESP) 9-29.

Women: 1, L McColgan (DHH) 18-24; 2, S Sima (Ken) 18-39; 3, O Bondarenko (Russia) 18-43; Scots placings: 4, H Haining (GU) 18-48; 8, L Adams (S&NH) 19-10; 12, V McPherson (GU) 19-24; 27, S Ridley (EWM) 20-25; 34, E Grant (CG) 21-36; 35, J Cliffe (Glas Uni) 21-48; 36, A Potts (CoG) 22-34.

Teams: 1, Glas Uni 51pts; 2, Leicester 54.

January

4

Reebok International CC Challenge, Mallusk Park, Belfast - Men 8,000m: 1, O Osoro (Ken) 22-37; 2, J Kaman (Ken) 22-47; 3, D Kirui (Ken) 22-55; Scots placings: 7, J Sherban (FVH) 23-10;

11, R Quinn (Kil) 23-20; 36, A Russell (Law) 24-41; 40, J Bowman (Inv) 24-52. Women 4,800m: 1, C McKiernan (Ire) 15-29; 2, L Siegers (Bel) 15-33; 3, O Bondarenko (Russ) 15-38; Scots: 13, L Adams 15-59; 23, V Vaughan 16-39; 26, S Ridley 16-51.

Keyline Northern District CC League, Elgin - 1, A Reid (Pet) 32-02; 2, S Walford (MRR) 33-21; 3, B Chinnick (For) 33-39; 4, G Sim V1 (MRR) 34-07; 5, M Flynn (MRR) 34-10; 6, G Reynolds (For) 34-31; 7, R Aiken (MRR) 34-54; 8, G Milne V2 (MRR) 35-09; 9, A Stewart (MRR) 35-32; 10, C Hunter (MRR) 35-40; 11, D Cruickshank (For) 35-42; 12, G Bruce (For) 35-43; 13, D Ritchie V3 (For) 36-05; 14, F Barton (Kil) 36-07; 15, R Wilby V4 (MHI) 36-12; Team: 1, Moray Road Runners; 2, Forres.

Youths: 1, S MacKay (Inv) 19-48; 2, J Brooks (Lich) 20-14; 3, M Cruden (Inv) 20-31; Team: 1, Inverness.

Senior Boys: 1, J Colquhoun (Inv) 15-36; 2, V McPherson (Loch) 15-44; 3, R Milne (Mor) 16-09; Team: 1, Inverness.

Junior Boys: 1, K McAlpine (Nai) 12-43; 2, G Martin (BI) 12-54; 3, J Cowie (BHS) 13-10; Team: 1, Black Isle.

Colts: 1, S McLean (BI) 8-44; 2, D Fraser (Elgin) 9-01; 3, M Steven (FRC) 9-09.

Women Seniors: 1, A M Reid (Loch) 17-49; 2, F Farquhar LV1 (Cai) 17-51; 3, J Wilson (Inv) 18-13; Team: 1, Inverness.

Juniors: 1, C Simpson (Pet) 14-21; 2, T McLatchie (Pet) 14-42; 3, P Young (BI) 15-00; Team: 1, Black Isle.

Girls: 1, D McAllister (FRC) 8-57; 2, C Nicholl (Cai) 9-06; 3, M MacDonald (Inv) 9-08; Team: 1, Inverness.

Minors: 1, J McLean (FRC) 7-13; 2, M Wisely (FRC) 7-29; 3, L Wilcox (Mor) 7-31; Team: 1, Black Isle.

5

Lochaber Peat Track 5.5 mile Race, Fort William - 1, B Rodgers 29-42; 2, P Hughes 31-19; 3, J Maitland 32-06; 4, R Campbell 32-37; 5, J McRae 33-25; 6, G Brooks 34-30; V1 R Cant 35-02; V2 D McDonald 36-40; V3 C Crystal 35-58 33-33.

Women's Inter League CC Match, Wakefield - Seniors: 1, A Duke (N) 19-37; 2, B Nicholson (M) 19-47; 3, J Davis (M) 20-11. Scots placings: 6, L Harding (N) 20-27; 9, A Rose 20-35; 19, D Porter 21-55; 27, J Cliffe 22-57; 28, E McKay 23-00; 29, J Grams 23-07; 31, J Roxburgh 23-35.

Teams: 1, North 53pts; 2, Midlands 69; 3, Scotland 143.

Inters: 1, B Taylor (N) 16-40; 2, Y Reilly (Scot) 16-58; 3, J Turnbull (N) 16-59; Scots placings: 13, L Cormack 17-32; 15, L Stewart 17-47; 26, A McManus 18-34; 29, C Falconer 18-51; 30, C Leitch 18-56; 32, L Shaw 19-09; 33, L Chisholm 19-13; 34, A Cheyne 19-18; 37, D Patterson 19-54; Teams: 1, North 34pts; 2, Midlands 82; 3, South 97; 4, Scotland 115.

Girls: 1, A Outram (S) 13-05; 2, A Tremble (N) 13-25; 3, N Slater (S) 13-26; Scots placings: 5, E Gorman 13-41; 10, L Moody 13-53; 19, S Scott 14-14; 20, J Robertson 14-16; 21, J Sim 14-17; 25, K Gormley 14-25; 27, L Baillie 14-27; 29, S McKenzie 14-37; 33, M Smith 14-43; 36, T Tighe 14-47; 43, S Wilson 16-05; Teams: 1, North 43; 2, South 67; 3, Scotland 100; 4, Midlands 230.

Minors: 1, K Scott (Scot) 11-19; 2, J Heslop (N) 11-28; 3, C Morris (Scot) 11-39; Scots placings: 4, K Montador 11-48; 5, J Ward 11-52; 10, S Leibnitz 12-00; 21, H Smith 12-15; 23, M Hastie 12-19; 24, L Harrison 12-20; 28, J Learmouth 12-29; 33, J Morrow

12-37; 36, A Shaw 12-45; 37, D Murray 12-48; Teams: 1, Scotland 44pts; 2, North 50.

11

Clydesdale H Hannah Cup 6 mile CC Race, Clydebank - 1, J Austin 32-28; 2, R McQuat 33-57; 3, P Dolan V1 34-51; 4, J Shields V2 36-30; 5, B Edridge V3 36-38; 6, R Young V4 37-36; H'cap: 1, Shields; 2, B Edridge; 3, J Austin.

Greenock Glenpark Harris Cup 6 mile CC Race, Greenock - 1, D McLaughlin 32-28; 2, S McLoone 33-25; 3, B McGuiness 33-31; 4, G McGratton 34-11; 5, R Fleming 34-47; 6, G Russell 36-18; V1 R Doelet 36-34; V2 R Boyd 37-09; V3, I Cameron 37-56; H'cap: 1, R Shaw; 2, J Smith; 3, D McLaughlin L1, E O'Brien 38-49; L2, J Smith LV1 (42-31).

Celtic Countries Int CC Match, Carmarthen Showgrounds, Wales - Seniors (U23 years): 1, J Lewis (W) 31-44; 2, J Burke (I) 32-12; 3, S Wylie (S) 32-16; Scots: 7, D Gardiner 32-58; 8, I White 32-58; 9, F McGowan 33-18.

Teams: 1, Ireland 13pts; 2, Wales 15; 3, Scotland 18; 4, N Ireland 41.

Juniors (U20 years): 1, C Jones (W) 23-52; 2, P Blakeley (NI) 24-00; 3, D O'Sullivan (I) 24-08; Scots placings: 8, M McBeth 24-24; 9, G Reid 24-29; 10, S Burch 24-43; 15, A Moss 25-28; 19, G Willis 26-09.

Teams: 1, Wales 12pts; 2, Ireland 18; 3, Scotland 27; 4, N Ireland 29.

Youths (U17): 1, C Clelland (S) 20-13; 2, C Blount (W) 20-15; 3, P McMarra (I) 20-23; Scots placings: 4, A Reynolds 20-30; 5, D Roache 20-43; 6, P Allan 20-50; 15, D Kerr 21-26; 17, T Winters (NC).

Teams: 1, Scotland 10pts; 2, Wales 17; 3, N Ireland 23; 4, Ireland 31.

Kings Hill 4.5 mile Forest Trail Race, Aberdeen - 1, P Jennings (Met) 29-28; 2, D Massie (Ab) 29-29; 3, S Cassells (Ab) 29-41; 4, S Wilcox (Met) 30-27; 5, M Edwards V1 (Ab) 30-32; 6, E Rennie V2 (Ab) 30-52; 7, G Yule (Ab) 30-52; 8, N Kilner (Ab) 31-11; 9, B Hall V3 (Met) 32-07; 10, A Leiper (Ab) 32-08; 11, D Leiper (Ab) 32-15; 12, D Grubb V4 (Ab) 32-57; 13, J Strachan (Met) 33-05; 14, J Day V5 (Ab) 33-42; 15, A MacDonald V6 (Ab) 33-57; L1, D Porter (Ab) 34-34; L2, S Bennett (Un) 36-12; L3, B Kerr LV1 (Ab) 45-23; L4, C Blyth LV2 (Ab) 45-24.

12

SWCCU RRA Nat confined 4,000 metres CC Champs, Irvine Moor - 1, L McIntyre (CG) 15-09; 2, V Vaughan (Pit) 15-15; 3, A Rose (EWM) 15-32; 4, S Ridley (EWM) 15-47; 5, V Blair (EWM) 16-05; 6, L Cormack Int (ESP) 17-18; 7, E McKay (She) 17-23; 8, J Roxburgh (EJ) 17-28; 9, S Grainger (EWM) 17-35; 10, E McManus Int (Irv) 18-05; 11, S Carruthers LV1 (Ayr) 18-14; 12, H Morton (Irv) 18-19; 13, C Fairweather EJ (CG) 18-28; 14, A Woolfe Int (Cuz) 18-42; 15, M McGill LV2 (Irv) 18-51. Teams: 1, EWM 12pts; 2, Irvine Cable 35.

Open Cross Country Meeting - Juniors: 1, S Scott (CG) 9-05; 2, L Moody (CG) 9-20; 3, H Steedman (Pit) 9-31; 4, J Robertson (ESP) 9-43; 5, S Fairweather (CG) 9-50; 6, S Knox (Bath) 9-58; Teams: 1, CG 8pts; 2, Pitreavie 34.

Girls: 1, C Morris (JWK) 9-10; 2, J Ward (Pit) 9-20; 3, L Harrison (ESP) 9-38; 4, A Shaw (Bath) 9-45; 5, S McNairney (Irv) 9-54; 6, S Robertson (ESP) 10-25; Teams: 1, ESP 17pts; 2, Bathgate 20.

Minors: 1, H Norman (Pit) 5-49; 2, L Conway (Ayr) 6-04; 3, L Murdoch (Ayr) 6-18; 4, M McKinnon (Ayr) 6-19; 5, L Picken (Ayr) 6-20; 6, S Paterson (Pit) 6-38; Team: 1, Ayr Seaforth 9pts; 2, Pitreavie 12.

18

Northern District CC League, Inverness - Seniors: 1, A Reid (Pet) 33-52; 2, J Bowman (Inv) 34-12; 3, B Chinnick (For) 35-55; 4, M Wright (Mor) 36-23; 5, G Sim V1 (Mor) 36-36; 6, J Hepburn (Loch) 36-53; 7, G McDowell (Inv) 37-12; 8, G Milne V2 (Mor) 37-23; 9, A Stewart (Mor) 37-46; 10, M Flynn (Mor) 37-51; 11, D Cruickshank (For) 37-55; 12, M McCulloch (For) 38-03; 13, C Hunter (Mor) 38-04; 14, G Bruce (BI) 38-18; 15, S Gill (Keith) 38-22; J1, B Fraser (BI) 39-58; Team: 1, Moray Roadrunners.

Youths: 1, M Cruden (Inv) 25-41; 2, J Brooks (Loch) 25-45; 3, D McRae (Inv) 25-52; 4, S Galbraith (BI) 26-17; 5, J Dewar (Inv) 26-56; 6, J Dargie (ES) 27-32. Teams: 1, Inverness H.

Senior Boys: 1, V McPherson (Loch) 15-56; 2, J Colquhoun (Inv) 16-15; 3, R Milne (Mor) 16-22; 4, A Thomson (Inv) 16-37; 5, P McIntyre (Inv) 16-45; 6, S Robertson (Mor) 16-53; Team: 1, Inverness H.

Junior Boys: 1, K McAlpine (Naim) 12-30; 2, N Tulloch (BI) 13-03; 3, G Martin (BI) 13-03; 4, J Cowie (BHS) 13-34; 5, M Raffan (Inv) 13-43; 6, L Bethune (BI) 13-52; Team: 1, Minolta Balck Isle AC.

Colts: 1, D Melville (BI) 7-00; 2, S McLean (BI) 7-02; 3, M Stephens (FRC) 7-05; 4, M Nichol (Cai) 7-13; 5, C Campbell (BI) 7-18; 6, J Butterly (Mor) 7-20; Team: 1, Black Isle AC.

Women: Senior/Inters: 1, S Gollan (Inv) 16-44; 2, S McRae (Inv) 18-35; 3, A Smart (Inv) 19-05; 4, A M Reid (Loch) 19-20; 5, L Davidson (Mor) 19-25; 6, C Faulkner (BI) 19-32; 7, I McLennan (BI) 19-57; 8, C Mordaund (Inv) 20-39; 9, A Walder (Inv) 20-54; 10, P Wardhaugh (Mor) 21-55.

Team: 1, Inverness H.

Juniors: 1, C Simpson (For) 13-49; 2, M Smith (BI) 13-52; 3, J Sim (Mor) 14-15; 4, T McLatchie (Pet) 14-53; 5, P Young (BI) 15-01; 6, S Sutherland (Inv) 15-30; Team: 1, Black Isle AC.

Girls: 1, K Scott (MRR) 8-28; 2, S Liebritz (MRR) 8-45; 3, M MacDonald (Inv) 9-01; 4, K Wilcox (MRR) 9-07; 5, C McAllister (FRC) 9-13; 6, B Gardiner (Inv) 9-37; Team: 1, Moray Roadrunners.

Minors: 1, J McLean (FRC) 7-18; 2, L Wilcox (MRR) 7-42; 3, I Ross (ES) 7-52; 4, C McShane (Cai) 7-57; 5, D Smith (E Suth) 8-04; 6, S Stewart (MRR) 8-06. Team: 1, Moray Roadrunners.

SCCU Eastern District CC Champs, Galashiels - Seniors 7.5 miles: 1, D Cavers (Tev) 38-44; 2, T Mitchell (Fif) 38-56; 3, J Ross (HELP) 39-20; 4, P Dymoke (Liv) 39-30; 5, A Fair (Tev) 39-37; 6, A Walker (Tev) 39-40; 7, R Cresswell (Ab) 40-05; 8, D Barr (Tev) 40-09; 9, M Ferguson (ESP) 40-15; 10, P McCavana (DHH) 40-22; 11, S Wright (Ab) 40-23; 12, K Chapman (HELP) 40-26; 13, I Steel (CPH) 40-27; 14, M Strachan (DHH) 40-27; 15, S Cohen (RCE) 40-31; 16, J Garland (ESP) 40-32; 17, P Faulds (FVH) 40-35; 18, M Quaid (FVH) 40-39; 19, C Hackett (DHH) 40-49; 20, K Lyall (CPH) 40-52; 21, A Eyre-Walker (Ed U) 41-02; 22, R Herries (HBT) 41-08; 23, M McCartney (ESP) 41-10; 24, J Wilkinson (Gala) 41-12; 25, I Elliot V1 (Tev) 41-13; 26, C Farquharson (HBT) 41-21; 27, D Amott (Pit) 41-26; 28, D Knight (PSH) 41-31; 29, R Lee (Liv) 41-43; 30, J Musgrave

(Ab) 41-49. Teams: 1, Teviotdale 103pts; 2, Dundee Hawkhill 172; 3, ESP 195; 4, Falkirk Victoria 221; 5, Livingston & District 223; 6, Aberdeen 296; 7, Carnegie 326; 8, Hunters Bog Trotters 370; 9, HELP 385; 10, Caledon Park 417.

Juniors 6 miles: 1, P Mowbray (Ed U) 33-45; 2, S Burch (Ed U) 34-46; 3, D Sharkey (Aber U) 36-08; 4, T Hely (Ed U) 36-68; 5, J Gowans (Tay) 36-51; 6, R Alcock (Ed U) 37-10.

Teams: 1, Edinburgh Uni 7pts; 2, Fife 39.

Youths 4 miles: 1, A Moonie (Pit) 15-57; 2, G Brown (Ren) 16-08; 3, S Taylor (Pit) 16-10; 4, M Kelso (Pit) 16-36; 5, T Wintem (ESP) 17-10; 6, D Hughes (Tev) 17-42; 7, A Casey (QVS) 17-48; 8, M McIntosh (Whit) 18-03; 9, D Leggett (Fif) 18-10; 10, S Duncan (DHH) 18-19; Teams: 1, Pitreavie 8pts; 2, ESP 37; 3, Whitburn 53; 4, Fife 53; 5, Aberdeen 54; 6, Geo Heriot's Sch 83.

Senior Boys 2.5 miles: 1, K Daley (ESP) 13-15; 2, C Smith (Ab) 13-21; 3, A Donaldson (Pit) 13-28; 4, L Jones (Ab) 13-33; 5, N Lyall (Lass) 13-35; 6, D Wightman (Tay) 13-38; 7, A Cardwell (Tev) 13-43; 8, M Wight (Tev) 13-46; 9, M Anderson (Corst) 13-49; 10, D McGregor (Fif) 13-50.

Teams: 1, Teviotdale 32pts; 2, Aberdeen 34; 3, Fife 35; 4, Tayside 43; 5, Lasswade 49; 6, ESP 68; 7, Falkirk Victoria 72; 8, Pitreavie 81; 9, Queen Victoria School 89.

Junior Boys 2 miles: 1, D Campbell (Lass) 11-39; 2, A Forsyth (Pit) 11-42; 3, S Blaikie (Tev) 11-51; 4, A Ford (ESP) 11-54; 5, S Grieve (Cuz) 11-57; 6, B Hughes (Tev) 11-59; 7, P Herron (Ab) 12-01; 8, G Couper (FVH) 12-01; 9, J Mallen (Corst) 12-09; 10, P Daniels (Ham) 12-10.

Teams: 1, Teviotdale 21pts; 2, Pitreavie 31; 3, Falkirk Victoria 52; 4, Lasswade 62; 5, Fife 65; 6, Geo Heriot's School 93; 7, Aberdeen 95; 8, Dundee Hawkhill 108; 9, Livingston & District 116; 10, Penicuik 147.

SCCU West District CC Champs, Bellahouston Park - Senior 7.5 miles: 1, T Murray (Cam) 39-26; 2, A Russell (Law) 39-34; 3, D Cameron (She) 40-24; 4, G Croll (Cam) 40-28; 5, M Gormley (Cam) 40-31; 6, C Little (VP) 40-35; 7, C Thomson (Cam) 40

A Walker (E) 39-06; 92, P Faulds (E) 39-16; 94, C Little (W) 39-16; 96, D Barr (E) 39-18; 118, A Fair (E) 39-37; 123, R Herries (E) 39-40; 135, J Ross (E) 39-50; 145, K Lyall (E) 39-57.

Jun 6 miles: 1, A Pearson (Ynka) 29-33; Sco 8, M McCartney (E) 31-07; 24, G Reid (W) 31-33; 34, B Lewis (W) 31-59; 35, A Moss (E) 32-02; 38, C Greenhalgh (W) 32-03; 69, A Smith (W) 32-48; 120, E Tonner (W) 34-16; 124, J Gowans (E) 34-20; 144, D Sharkey (E) 34-57; 145, L Culbertson (E) 34-58.

Youth 4 miles: 1, S West (Lei) 20-32; Sco 19, A Reynolds (W) 21-21; 40, S Taylor (E) 21-46; 58, C Clelland (W) 22-03; 61, M Kelso (E) 22-06; 74, M Gill (W) 22-18; 85, K Mason (W) 22-25; 113, T Winters (E) 22-46; 125, D Hughes (E) 22-53; 42, M Dobbin (E) 23-03; 148, C Douglas (W) 23-07.

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Lochaber AC Canal Towpath 4 mile Race 1, W Rodgers 22-02; 2, J Coyle (guest) 22-15; 13, P Hughes 22-35; 4, A Banks 22-53; 5, R Boswell V1 23-17; 6, V McPherson 23-27.

"Round the Castles" Series, Crathes Castle Men: 1, J Friel (Met) 21-53; 2, G Bartlett (For) 21-59; 3, D Ball (HBT) 22-03; 4, G Milne V1 (Mor) 22-05; 5, M Murray (Ab) 22-12; 6, P Jennings (Met) 22-12; 7, B Law (Keith) 22-13; 8, W Johnston (Kei) 22-18; 9, P Butcher V2 (Aber) 22-28; 10, K Varney (Met) 22-32; 11, A Aitken (Gar) 22-33; 12, N Hansen (Un) 22-44; 13, A Henderson (Ab) 22-52; 14, I Huchan (Met) 22-55; 15, G Yule (Ab) 22-57; 16, P Elliott (Gar) 23-04; 17, S Willox (Met) 23-05; 18, E Butler V3 (Ab) 23-07; 19, M Johnston (Un) 23-09; 20, C Noble V4 (FRC) 23-14. **Youths:** 1, S Watson (MRR) 23-01; 2, A Simpson (Fra) 24-13; 3, M Anderson (Fra) 24-32; **Sen Boys:** 1, D McDonald (PSH) 15-29; 2, A Love (Ab) 16-22; 3, C Smith (Ab) 16-26; 4, N Skinner (Tay) 16-45; 5, R Milne (MRR) 17-05; 6, S Mills (Tay) 17-19; **Jun Boys:** 1, J Cowie (BHS) 11-46; 2, P Heron (Arb) 12-06; 3, S Dark (Kei) 12-17; 4, D Wright (Elg) 12-29; 5, J Light (Ban) 12-37; 6, R Richmond (RGC) 12-37. **Colts:** 1, J O'Paka (Tay) 5-33; 2, M Stevon (FRC) 5-43; 3, D Cumming (Ab) 5-44; 4, N Imrie (Ab) 5-48; 5, N Reid (PSH) 5-58; 6, A Fraser (Ab) 6-01. **Sen Wom:** 1, M Duthie (FRC) 17-31; 2, J Grams (Ab) 18-34; 3, L Bain LV1 (Ab) 18-39; 4, S Lanham (Ab) 18-46; 5, M Stafford LV2 (Ab) 19-22; 6, S Bennett (Un) 19-49; 7, S Roger (DR) 19-49; 8, L Colman (Gar) 19-54; 9, N McKinnon LV3 (Ab) 19-55; 10, M Robertson LV4 (DRR) 20-01. **Inter:** 1, H Pirie (Ab) 20-17; 2, S Hendry (Ab) 20-21; 3, C Falconer (MBI) 20-25. **Jun:** 1, V Clark (Ab) 12-04; 2, M Smith (MBI) 12-15; 3, C Clarkson (Ab) 12-17; 4, C Simpson (For) 12-26; 5, T McLatchie (For) 13-05; 6, C Becker (Ab) 13-16. **Girls:** 1, D McAllister (FRC) 12-49; 2, K Snape (Ab) 13-24; 3, F Dey (Ab) 13-34; 4, L Clark (FRC) 13-48; 5, E Light (Banch) 14-06; 6, L Logie (For) 14-09. **Minors:** 1, J McLean (FRC) 5-58; 2, L Paxton (PSH) 6-25; 3, G Hair (Ab) 6-30; 4, W Penner (Ab) 6-31; 5, A Askell (FRC) 6-32; 6, M Wisley (Fra) 6-40.

Northern District CC League, Aden Country park, Mintlaw - **Seniors:** 1, A Reid (Pet) 32-27; 2, J Bowman (Inv) 32-42; 3, B Chinnick (For) 33-21; 4, M Wright (Mor) 34-30; 5, B Rodgers (Loch) 34-53; 6, G Bartlett (For) 34-57; 7, G McDowall (Inv) 35-19; 8, B Fraser (MBI) 35-32; 9, F Barton (Keith) 35-41; 10, S Gill (Keith) 35-42; 11, M McCulloch (For) 35-43; 12, D Cruickshank (For) 35-45; 13, C McLean (Inv) 35-57; 14, B McKay (Mor) 36-15; 15, A Stewart (Mor) 36-44; 16, R Wilby V1 (MBI) 36-55; 17, S Hastie (Pet) 37-00; 18, M Francis (For) 37-03; 19, G Fairclough (Mor) 37-27; 20, D Ritchie V2 (For) 37-33. **Team:** 1, Forres.

Youth: 1, J Brooks (Loch) 24-02; 2, M Cruden (Inv) 24-21; 3, S Galbraith (MBI) 24-27; 4, A Simpson (FRC) 24-47; 5, B Meikle (MBI) 25-26; 6, S Chisholm (Mor) 25-26. **Team:** 1, Minolta Black Isle.

Seniors: 1, V McPherson (Loch) 14-48; 2, R Milne (Mor) 14-53; 3, J Colquhoun (Inv) 14-59; 4, P Thomson (Inv) 15-25; 5, P McIntyre (Inv) 15-31; 6, P Ramshaw (Mor) 15-53. **Team:** 1, Inverness.

Junior Boys: 1, K McAlpine (Naim) 12-13; 2, N Tulloch (MBI) 12-35; 3, J Cowie (Buckie) 12-36; 4, G Martin (MBI) 13-05; 5, M Rathan (Inv) 13-30; 6, L Bethune (MBI) 13-31. **Team:** 1, Minolta Black Isle.

Colts: 1, S McLean (MBI) 7-46; M Stephen (FRC) 8-05; 3, D Fraser (Elg) 8-08. **Team:** 1, MBI and Moray RR tied for first place.

Wom: 1, A M Reid (Loch) 17-02; 2, M Smart (Inv) 17-05; 3, S Macrae (Inv) 17-08; 4, F Falconer (MBI) 17-17; 5, T Bethune (MBI) 17-47; 6, L Davidson (Mor) 17-48. **Team:** 1, Inverness.

Juniors: 1, M Smith (MBI) 13-15; 2, C Simpson (For) 13-20; 3, J Sim (Mor) 14-20; 4, L Hogg (Mor) 14-34; 5, D Sim (Mor) 14-47; 6, L Malley (FRC) 14-52. **Team:** 1, Moray RR.

Girls: 1, K Scott (Mor) 12-41; 2, S Liebman (Mor) 12-51; 3, D McAllister (FRC) 13-11; 4,

K Wilcox (MRR) 13-23; 5, L MacKenzie (MBI) 13-30; 6, R Gardiner (Inv) 13-38. **Team:** 1, Moray RR.

Minors: 1, J McLean (FRC) 8-12; 2, L Wilcox (MRR) 8-38; 3, L Hutchison (MRR) 8-42. **Team:** 1, Moray RR.

British Students CC Champs, Keele - Men: 1, R Quinn (Jord) 32-02; 2, A O'Connor (Staffs) 32-28; 3, G Tromans (Lough) 32-51; Scots: 18, R Harkness (Cam) 33-54; 22, A Eyre-Walker (E) 34-01; 23, I Gillespie (Sta) 34-02; 28, R Herries (Ab) 34-20; 33, J Pyrah (E) 34-28; 53, L Campbell (G) 35-12; 57, J Jarvis (E) 35-20; 69, T Delahooke (E) 35-37; 95, A Russell (G) 36-25; 100, D Bell (Ab) 36-31; 103, R Sutherland (E) 36-37; 115, K Corbett (G) 37-02; 119, A Crombie (G) 37-09. **Teams:** 1, Lough; 2, Birm; 3, Oxf.

Wom: 1, V McPherson (G) 14-50; 2, A Duke (Leeds) 14-51; 3, T Blake (Lough) 15-07; Scots: 9, J Cliffe (G) 16-05; 16, S Edmonds (E) 16-16; 17, A Mudge (Stir) 16-21; 22, K McMillan (E) 16-34; 27, S Donaldson (G) 16-45; 31, A Potts (Strath) 17-06; 37, J Roxburgh (G) 17-16; 49, K Fisher (E) 18-01; 54, E Coleman (E) 18-11; 56, C Fairweather (Strath) 18-13; 60, M Jeffrey (G) 18-17. **Team:** 1, Lough 32pts; 2, Cambridge 58; 3, Glas 74; Edinburgh 141.

Cumnock CC Races, Broomfield Park - **Sen Men:** 1, A McClelland (Cal) 31-36; 2, W Richardson (Inv) 31-46; 3, P McCormack (EK) 31-59; 4, D Scobie (Dum) 32-45; 5, R Hubbard (Ayr) 32-53; 6, J Simpson (Ayr) 33-09; 7, L Baker (Ayr) 33-12; 8, M Mitchell (Cam) 33-17; 9, B Potts (Cly) 33-21; 10, C Miller (Inv) 33-42; V1, P Smith (Cum) 34-06; V2, P Kelly (Law) 34-27; V3, D Milligan (Sol) 35-42; V0/50: S Kyle (Cum) 36-35. **Teams:** 1, Ayr Seaford 18pts; 2, EK 28; 3, Irvine Cable 35. **Vets Team:** 1, Law & District; 2, Irvine Cable.

Youths: 1, G Willis (Ayr) 15-53; 2, D Whiffin (NV) 16-42; 3, P Loage (She) 16-51. **Team:** 1, Motherwell 26pts.

Sen Boys: 1, S Gibson (Moth) 16-08; 2, K Mason (Cum) 16-25; 3, B Robinson (Ayr) 16-36. **Teams:** 1, Ayr 31pts; 2, She 38; 3, A'ide 38.

Jun Boys: 1, P Young (VP) 13-59; 2, G Donnell (Sp) 14-17; 3, A Sandilands (Aven) 14-35. **Teams:** 1, Springburn 37pts; 2, E Kilbride 53; 3, Airdrie 55; 4, C Black (Dum) 6-26; 5, E McMaster (Law) 6-32; 3, K Taylor (Gir) 6-37. **Teams:** 1, Cumnock 25pts; 2, Springburn 31; 3, Nith Valley 38.

Wom: 1, A Cheyne (CG) 19-11; 2, E Reid (NV) 19-35; 3, J King (Cal) 19-42; 4, E Reid (EK) 20-01; 5, L Chisholm (Str) 20-10; 6, S McDonald (NV) 20-15; 7, A Murray (Kil) 20-17; 8, G Lewis (Dum) 20-21; 9, G Walker (Cum) 20-31; 10, A McManus (Inv) 20-47; LV1 MCGill (Inv) 21-23; LV21 McGarry (Inv) 21-32; LV4 Bruce (Str) 22-00. **Senior Team:** 1, Cum; **Inter:** 1, Strat 20pts; **Vets:** 1, Irvine Cable; **Juniors:** 1, S Scott (CG) 15-12; 2, L Moody (CG) 15-29; 3, T Tighe (Law) 15-40. **Teams:** 1, CG17pts; 2, JWK 35; 3, Irvine 38.

Girls: 1, C Morris (JWK) 15-05; 2, J Morrow (Stone) 15-21; 3, M Hastie (Str) 15-30. **Teams:** 1, ESP 33pts; 2, EK 44; 3, B'gie 56. **Minors:** 1, L Conway (Ayr) 6-50; 2, L Redmond (ESP) 7-01; 3, H Connell (Str) 7-08. **Teams:** 1, Ayr 11pts; 2, M'well 20; 3, ESP 34.

European Clubs CC Champs, Alicante Men: 1, D Castro (Por) 28-38; 2, C Monteiro (Por) 28-50; 3, M Fiz (Spain) 28-53. **Scots placings:** 29, G Croft 20-19; 35, S Binns (E) 30-24; 44, E Stewart 30-35; 52, M Gormely

30-55; 64, C Thomson 31-11; 78, D Runciman 31-37.

Team: 1, Portugal 19pts; 2, Spain 26; 3, Italy 48; 6, Bingley (Eng) 157; 8, Cambuslang (Scot) 189; 10, Annadale (NI) 198; 13, Swansea (Wal) 225.

SCCU National Vets CC Champs Troon: 1, I Elliott (Fev) 35-23; 2, C Youngson (Ab) 35-32; 3, G Meredith (VP) 36-10; 4, G Sim (Ab) 36-30; 5, P Dolan (Cly) 36-42; 6, G Milne (Ab) 36-42; 7, D McKenzie (FVH) 36-55; 8, B Howie (CPH) 37-09; 9, W Knox (Fev) 37-13; 10, A McLinden (Ham) 37-16; 11, G Smith (Hill) 37-17; 12, A Adams (Dum) 37-23; 13, I Burke (Bel) 37-30; 14, C Martin (Dum) 37-42; 15, C Smith (ESP) 37-52; 16, H Muir (GWH) 37-55; 17, R Young (Cly) 37-58; 18, W Mitchell (Cam) 37-58; 19, S Easton (FVH) 38-18; 20, D Fairweather (Cam) 38-14 O/45; 1, A Adams (Dum); 2, C Martin (Dum); 3, R Young (Cly) O/50; 1, G Armstrong (HELP) 40-40; 2, R Rottford (SP) 41-04; 3, G Angus (DHH) 41-15; O/55: 1, H Rankin (Kil) 38-26; 2, H Gibson (Ham) 41-00; 3, R McKay (Ayr) 42-42; O/60: 1, W Stoddart (GWH) 40-21; 2, S Lawson (Mary) 46-20; 3, J Elphinstone (CPH) 48-16; O/65: 1, W Gillespie (FVH) 49-27; 2, R Dempster (Mary) 58-44; O/70: 1, T Harrison (Mary) 60-23; O/75: 1, G Porteous (Mary) 55-42. **Teams:** 1, Aberdeen 39pts; 2, Teviotdale 57; 3, Clydesdale 74; 4, Cambuslang 85; 5, Fife 145; 6, Falkirk Victoria 169.

5

Scott CS CC Champs, Edinburgh - 1, G Gaffney (MOD) 27-30; 2, J Baird (SO) 28-46; 3, C McClellan (PO) 28-58; 4, R Thomson (DSS) 30-12; 5, C Scott (PO) 30-44; 6, J Gavin (PO) 30-52; 7, A Lamb V1 (BT) 31-11; 8, C Broadshaw (BT) 31-12; 9, W Scoular V2 (BT) 31-29; 10, R Rottford V3 (BT) 31-42. **Teams:** 1, Post Office 14pts; 2, B Telecom 24; 3, B Telecom 'B' 41.

Wom: 1, C A Gray (SO) 15-15; 2, A Wilson LV1 (BT) 15-38; 3, L Chisholm (R) 15-46; 4, K Hancock LV1 (SO) 16-11; 5, S Milne LV2 (BT) 16-48; 6, A Bruce LV3 (DE) 17-15. **Teams:** 1, Scottish Office 13pts; 2, Inland Revenue 22.

December

Lochaber HR, Fort William - 1, B Rodgers 13-30; 2, J Maitland 14-52; 3, K McPherson 15-14; 4, S Burns 15-17; 5, G Brooks 15-35; 6, J Maitland V0/50 16-11; V2, B Brooks 16-26; V3, C Crystal V0/50 17-56.

January

1

Aonach Mhar 2 mile HR, Fort William - 1, equal P Hughes and J Brooks (both Loch) 24-00 (rec); 2, J Maitland (Loch) 25-00; 4, A Dyich (Cly) 27-00; 5, G Brooks (Loch) 27-30; 6, S McLoone (GGH) 28-00; 7, A McKenzie (Inv) 28-20; 8, A Powell (Leeds) 28-34; 9, S Cameron (Loch) 28-41; 10, R Campbell (Loch) 28-51; V1, B Brooks 12th (Loch) 30-06; V2, J Maitland 14th (Loch) 30-10; V3, R Casti 17th (Loch) 30-59; V0/50 J Maitland, L J Smith (GGH) 34-21; L2, S Clarke LV1 (HBT) 37-13;

L3, K Durke (Leeds U) 39-06.

2

Broughton Brewery Greenmantle Dash Hill Race, Broughton -

1, P Dymoke (Liv) 15-16 (rec); 2, J Maitland (Padsey) 16-09; 3, A Kitchin (Liv) 16-22; 4, J Wilkinson (Gal) 16-30; 5, A Eyre-Walker (HBT) 16-35; 6, M Roscoe (Leeds U) 16-41; 7, W Ramsbotham (Liv) 16-52; 8, B Potts (Clyd) 16-54; 9, P Mowbray J1 (EdUn) 16-59; 10, G Ackland (Liv) 17-03; 11, N Wilkinson (Man Un) 17-07; 12, H Lorimer (HELP) 17-11; 13, C Valentine (Kens) 17-13; 14, J Hampshire (HBT) 17-14; 15, R Lee (Liv) 17-17; 16, P Hyman (Liv) 17-22; 17, S Conway (Liv) 17-27; 18, S Green (Leeds Un) 17-39; 19, M McGloven (Gala) 17-51; 20, R Morris V1 (Carnethy) 17-55; V2, S Balfour (Liv) 18-34; V3, T McCulloch (Ayr) 19-01.

Team: 1, Livingston 11pts.

L1, T Calder (ESP) 19-00 (rec); L2, C Hogg LV1 (Pen) 21-28; L3, B Murray LV2 (Macc) 22-15; L4, D Everington (Liv) 24-32.



January

19

TSB Scottish AAA National Indoor Under 20 Athletic Championships, Kelvin Hall, Glasgow

Juniors: 60: 1, D Walker (ESP) 7:17; 2, D Sabnis (Ab) 7:41; 3, D Ballantyne (EK) 7:42; 4, S Park (Arb) 7:54; 5, D Govan (Cly) 7:56; 200: 1, D Walker 22:50; 2, D Ballantyne 23:55; 3, P Davidson (Ab) 24:17; 400: 1, K Woods (Lark) 51:65; 2, A Stevens (Cur) 53:03; 3, P Davidson 55:03; 800: 1, E Calvert (Ab) CBP; 2, D Dodde (DHH) 2:03:25; 3, D Livingstone (Cal) 2:06:76; 1500: 1, F McNeill (Leeds) 4:03:44; HJ: 1, G Smart (VP) 1:95m; 2, P Greenhill (Ayr) 1:70m; LJ: 1, D Sabnis 6:58m; 2, I Smith (PSH) 5:76m; 3, S Park 5:69m; SP: 1, E Cole (Sale) 14:53m; 2, D Minty (Ab) 12:71m.

Youths: 60: 1, M Critchley (NSP) 7:07 (CBP); 2, I Mackie (Pit) 7:12; 3, P McCall (Cly) 7:37; 4, G Adams (Ayr) 7:40; 5, A Campbell (CPH) 7:53; 6, A Whitaker (Stew) 7:55; 200: 1, I Mackie 22:41 (CBP/Scotrec); 2, C Ferri (She) 23:22; 3, P McCall 23:68; 4, J Bragg (MCS) 24:07; 5, D Harris (Ayr) 24:64; 400: 1, K Mackie (CPH) 51:36 (CBP); 2, A Campbell 52:79; 3, S McCulloch (Kil) 53:30; 4, M Govan (Cly) 54:63; 5, C Stewart (She) 55:56; 800: 1, C Young (VP) 1:53:73 (CBP/Scotrec); 2, A Mooney (Pit) 1:58:56; 3, S Taylor (Pit) 2:00:14; 4, G Forbes (Cly) 2:01:01; 1500: 1, M Kelso (Pit) 4:08:65; 2, G Willis (Ayr) 4:12:70; 3, A Moore (Cly) 4:16:87; 4, C Steele (VP) 4:18:02; 5, P O'Hare (Moth) 4:18:35; 3, M Hendry (Inv) 9:02; HJ: 1, S Hughes (Sea) 1:95m; 2, G Morrison (Ren) 1:90m; PV: 1, K McVey (VP) 2:40m; LJ: 1, S Milne (Osk) 6:53m; 2, D Ritchie (Mel) 6:33m; 3, J Gilbert (FVH) 6:32m; 4, B Carmichael (Tay) 6:07; 5, C Ferri 5:97m; 6, M Spinks (Ab) 5:94m; TJ: 1, D Ritchie 12:90m (CBP); 2, S Hughes 12:85m; 3, S Milne 12:60m; 4, M Quigley (C'land) 12:56m; 5, G Morrison 12:50m; 6, R Forbes (PSH) 12:48m; SP: 1, S Hayward (Mel) 15:69m (CBP); 2, G Matheson (Aven) 14:45m; 3, J Howard (An Strid) 14:12m; 4, S Lloyd (Sea) 13:82m; 5, M Quigley 13:52m; 6, L Newton (Har) 13:37m; 7, R Hyslop (Mel) 13:09m.

January

1

Sen Boys: 60: 1, R Booth (CPH) 7:28 (CBP/Scotrec); 2, B Watson (Pit) 7:33; 3, C Hopkins (Pit) 7:38; 4, K Murray (Sea) 7:61; 5, S Lindsay (Ayr) 7:69; 5, B Morrison (DHH) 7:70; 200: 1, C Hopkins 23:39; 2, H Kerr (Ayr) 23:80; 3, R Galloway (Ayr) 23:86; 4, K Murray 23:47; 5, S Teager (Inv) 24:85; 400: 1, H Kerr 52:29 (CBP/Scotrec); 2, B Hendry (Inv) 54:52; 3, R McNaughton (PSH) 54:86; 4, S Fumeas (FVH) 56:05; 5, D Hymers (Bord) 58:08; 800: 1, D Roache (VP) 1:59:31 (CBP/Scotrec); 2, M Hamlin (Lass) 2:03:28; 3, M Smith (VP) 2:04:72; 4, A Young (VP) 2:07:07; 5, A Moore (Cly) 2:08:26.

60H: 1, D Ablett (CPH) 8:56 (CBP/Scotrec); 2, J Whannel (VP) 8:86; 3, D Hymers 9:25; 4, R Baillie (VP) 9:53; 5, M Sinclair (PSH) 9:75; 6, M Dobbie (Pit) 9:91; HJ: 1, M Pate (Inv) 1:85m (CBP); 2, C Beattie (Sea) 1:80m; 3, W Stark (Pit) 1:75m; 4, T Gilhooly (Cam) 1:75m; 5, R Baillie 1:65m; 6, M Sinclair 1:65m; LJ: 1, W Stark 6:26m (CBP/Scotrec); 2, J Whannel 6:21m; 3, H Kerr 6:05m; 4, F Edridge (Cly) 5:81m; 5, D Hymers 5:67m; SP: 1, D Ablett 15:54m (CBP); 2, B Robb (Pit) 14:69m; 3, K Horton (Cum) 14:22m; 4, L McIntyre (Hel) 13:32m; 5, C Leslie (Arb) 12:10m.

Sen Boys: 60: 1, R Booth (CPH) 7:28 (CBP/Scotrec); 2, B Watson (Pit) 7:33; 3, C Hopkins (Pit) 7:38; 4, K Murray (Sea) 7:61; 5, S Lindsay (Ayr) 7:69; 5, B Morrison (DHH) 7:70; 200: 1, C Hopkins 23:39; 2, H Kerr (Ayr) 23:80; 3, R Galloway (Ayr) 23:86; 4, K Murray 23:47; 5, S Teager (Inv) 24:85; 400: 1, H Kerr 52:29 (CBP/Scotrec); 2, B Hendry (Inv) 54:52; 3, R McNaughton (PSH) 54:86; 4, S Fumeas (FVH) 56:05; 5, D Hymers (Bord) 58:08; 800: 1, D Roache (VP) 1:59:31 (CBP/Scotrec); 2, M Hamlin (Lass) 2:03:28; 3, M Smith (VP) 2:04:72; 4, A Young (VP) 2:07:07; 5, A Moore (Cly) 2:08:26.

60H: 1, D Ablett (CPH) 8:56 (CBP/Scotrec); 2, J Whannel (VP) 8:86; 3, D Hymers 9:25; 4, R Baillie (VP) 9:53; 5, M Sinclair (PSH) 9:75; 6, M Dobbie (Pit) 9:91; HJ: 1, M Pate (Inv) 1:85m (CBP); 2, C Beattie (Sea) 1:80m; 3, W Stark (Pit) 1:75m; 4, T Gilhooly (Cam) 1:75m; 5, R Baillie 1:65m; 6, M Sinclair 1:65m; LJ: 1, W Stark 6:26m (CBP/Scotrec); 2, J Whannel 6:21m; 3, H Kerr 6:05m; 4, F Edridge (Cly) 5:81m; 5, D Hymers 5:67m; SP: 1, D Ablett 15:54m (CBP); 2, B Robb (Pit) 14:69m; 3, K Horton (Cum) 14:22m; 4, L McIntyre (Hel) 13:32m; 5, C Leslie (Arb) 12:10m.

20

Scottish Senior Indoor Champs, Kelvin Hall, Glasgow - Men: 60: 1, E Bunney (CPH) 6:88; 2, M Waldron (W&B) 6:99; 3, D Clark (RCE) 7:03; 4, R Sexton (NI) 7:04; 5, R Slater (FVH) 7:11; (7:07ht); 6, C di Rollo (CPH) 7:14 (7:11st); Semi finals: S Tucker (She) 7:14; J McMenemy (Moth) 7:14; I Craig (Stir Un) 7:22; D Clelland (FVH) 7:24; 200: 1, S Weathers (FVH) 21:47; 2, N Turnbull (CPH) 21:60 (21:58st); 3, H Lister (ESP) 21:75 (21:71st); 4, D Walker (ESP) 22:14 (22:00st); 5, E Bunney (CPH) 22:36 (22:16st); Semi finals: D Mulhenn (She) 22:57; 400: 1, G Hodges (ESP) 49:57; 2, M Davidson (CPH) 49:61; 3, D Gilmore (EK) 50:30 (50:12st); 4, G McMillan (RCE) 50:37 (50:12st); 5, S Ruthven (Bel) 50:59; 800: 1, D Sharpe (Hil) 1:53:34; (1:53:41st); 2, C Winrow (Ayr) 1:53:45 (1:53:41st); 3, P Williams (Barry) 1:53:49; 4, G Brown (RCE) 1:53:68 (1:52:68st); 5, J McFadyen (GGH) 1:55:71 (1:55:05st); Semi Finals: T Blackie (

Clydesdale Harriers Xmas H'cap 2.5 mile RR, Clydebank -
Seniors: 1, B Potts 11-42; 2, A Dych 11-47; 3, B Edridge 12-02
Youth: 1, M Govan 15-12; Juniors: 1, D Govan 16-43
H'cap Result: 1, P Rudzinski; 2, B Edridge; 3, C Ryan
Young Athletes 1.5 miles: Senior Boys: 1, A Moore 7-51; Junior Boys: 1, D McGinley 8-35; Colts: 1, D Moore 9-26
H'cap Result: 1, M Rudzinski; 2, I Higgins; 3, C Lyle

Victoria Park AAC Xmas H'cap RR, Scotstoun, Glasgow -
Seniors: 1, C Little 15-54; 2, S Gilmour 16-49; 3, S Bamei 17-14
H'cap Result: 1, C Little; 2, J Doyle; 3, S Gilmour
Young Athletes H'cap Result: 1, M Baillie; 2, D O'Boyle; 3, A Gould
Fastest Senior Boy: 1, M Smith 9-57; Junior Boy: 1, A Gould 11-25
Colts: 1, K O'Boyle 14-52

Teviotdale Harriers Menzies Trophy Races, Hawick -
Seniors: H'cap Result: 1, D Carruthers; 2, A Fair; 3, D Barr
Fastest: 1, A Fair 23-41; 2, D Barr 24-01
Youth/S Boys: 1, A Caldwell 11-22; 2, D Myles 11-31; 3, R Cook 12-26
Jun Boys: 1, S Blakie 8-23; 2, S Lauder 8-53; 3, C Bain 9-15
Women/Inters: 1, A Fenton 10-17; 2, L Brown 10-34; 3, K Stenhouse 10-46

Cambuslang H Xmas H'cap 3 1/4 miles -
1, T Murray 16-17; 2, E Stewart 16-38; 3, J Kennedy (guest VP) V1 17-36; 4, J Houston (guest Moth) 17-45; 5, D Thom 18-06; 6, C Clelland 18-09; H'cap: 1, W Kelly; 2, A Graham; 3, T South
Young Athletes 2 miles: 1, A Reynolds 9-36; 2, A Piacentini 10-16; 3, A Dobbie 10-28; H'cap: 1, D South; 2, S McPake; 3, A Bates

Motherwell YMCA Round the Loch Xmas RR, Strathclyde Park -
1, D Gardiner 18-59; 2, W Weir 19-15; 3, J Quinn 19-26; H'cap: 1, S McGregor; 2, M Higgins; 3, W Weir

23

Kilbarchan Christmas 4 mile RR, Kilbarchan -
1, G Fairley 20-32; 2, I McDougall 20-36; 3, D Christie 21-44; V1, D Mewse 21-48; L1, E Masson 24-48
H'cap Result: 1, E McMillan; 2, R Barr; 3, C Heron

26

Banchory 3 miles RR -
1, C Hall (DHB); 2, J Maitland (P&B); 3, J Musgrave (Ab); 4, P Jennings (Met); 5, B Procevi (Ab); L1, D Porter (Ab); L2, L Bain (Ab); 3, S Bennett (Un)

28

Greenock Wellpark 3 mile RR, Greenock Explanado -
1, G Gaffney 15-19; 2, D McFadyen 16-01; 3, H Muir V1 16-27; 4, P McLaughlin V2 19-20; 5, D Newman 20-19; 6, J Dick 20-36; H'cap Result: 1, D Newman; 2, J Dick; 3, H Muir

Cambuslang H Kelly Shield 7 mile RR -
1, C Thomson 34-48; 2, K Moss (Chor) 34-48; 3, J Brown 35-56; 4, K Downie 36-15; 5, D Thom 36-36; 6, C Clelland 37-16; 7, F Hurley

37-18; 8, A Hughes V1 37-37; 9, D Fairweather V2 37-44; 10, W Mitchell V3 38-04; L1, C A Bartley (CG) 44-26

29

Giffnock North 5 mile H'cap RR, Glasgow -
1, G Duncan 27-06; 2, A Wylie 27-35; 3, B Campbell 27-55; L1, K Kirk 33-47; L2, L Tarbet 35-30; L3, V Kerr 36-02; H'cap: 1, A Weatherston; 2, C Coulter; 3, M Dickson

31

Kilbarchan AC 11 mile RR, Kilbarchan -
1, I McDougall 59-59; 2, G Fairley 60-46; 3, J McMillan V1 62-44; V2, D Paterson 66-13; V3 W Geddes 74-27; L1, F Shenton 80-56

January

1

Porty Promethan 4 mile RR, Portobello -
1, J Sherban (FVH) 19-09; 2, B Kirkwood (RCE) 19-12; 3, D Bannister (SB) 19-17; 4, J Ross (HELP) 19-21; 5, K Chapman (HELP) 19-27; 6, G Matheson (CPH) 19-41; 7, A Weatherhead V1 (ESP) 19-50; 8, A Moss (Cur) 20-29; 9, D McAr (FVH) 20-35; 10, G Lightbody (ESP) 20-46; 11, P Hyman (Liv) 21-02; 12, S Laing (Cur) 21-05; 13, P Dymoke (Liv) 21-07; 14, S Balfour V2 (Liv) 21-08; 15, D Sharkey J1 (ESP) 21-16; 16, R Fleming (Cur) 21-28; 17, R Weatherburn V3 (Un) 21-29; 18, C Scott (ESP) 21-34; 19, R Thompson (Un) 21-36; 20, M Flynn (CPH) 21-49; VO/50 M Craven (CPH) 23-28; L1, Z Hyde (Leeds Un) 22-20; L2, V Blair LV1 (EWM) 23-05; L3, S Weatherdon (W&B) 24-01; L4, B Gilchrist (Un) 24-33; L5, E Ryan LV2 (ESP) 24-58; L6, M Anderson (ESP) 26-19
Youths 2 miles: 1, C O'Brien (Corst) 11-55; 2, M Munro (Dunbar) 12-25; 3, S Carmichael (Un) 13-41
Girls 2 miles: 1, G Balfour (EWM) 12-38; 2, M Stott (EWM) 13-45; 3, F Balfour (Un) 14-39

2

Beith Harriers New Year RR, Kilbirnie -
Senior Men: 1, W Richardson (Ir) 23-52; 2, S Wylie (Cam) 23-56; 3, G Reid J1 (JWK) 24-16; 4, I McDougall (Kil) 24-18; 5, K Downie (Cam) 24-24; 6, J Kennedy V1 (VP) 24-30; 7, T Healey V2 (VP) 24-46; 8, T Anderson (Kil) 24-47; 9, S Murray (JWK) 25-13; 10, S Gilmour J2 (VP) 25-21; 11, J White V3 (Ir) 25-32; 12, C Miller (Ir) 25-53; 13, S McLoone (GGH) 26-01; 14, H Rankin V4 O/50 (JWK) 26-04; 15, D McLaughlin (GGH) 26-15
Youths: 1, C Clelland (Cam) 12-31; 2, C Steele (VP) 12-50; 3, Callison (VP) 13-01; 4, L Richardson (Ir) 13-29; 5, A Taylor (SV) 13-56; 6, G George (Cam) 14-01
Senior Boys: 1, A Reynolds (Cam) 5-43; 2, D Gorman (VP) 5-49; 3, A Piacentini (Cam) 5-52; 4, G Hillier (VP) 5-57; 5, M Smith (VP) 5-59; 6, A Young (VP) 6-04
Junior Boys: 1, A Dobbie (Cam) 6-23; 2, P Young (VP) 6-29; 3, A Sandilands (Av) 6-35; 4, A Docherty (SV) 6-39; 5, K Wallace (Cam) 6-47; 6, S Grieve (EK) 6-49
Colts: 1, F McHardie (Cur) 5-35; 2, D Marshall (Ir) 5-48; 3, M Smith (EK) 5-54; 4, G Hershaw (Ir) 5-58; 5, G Kidd (JWK) 6-04; 6, C Markey (Av) 6-20
Women: 1, S Kennedy (VP) 13-47; 2, J Roxburgh (Ir) 13-53; 3, L McGarrity (SV) 14-04; 4, E Reid (Un) 14-19; 5, J Smith LV1 (GGH) 15-03; 6, J Byng LV2 (Ir) 15-12; 7,

A McManus (Ir) 15-22; 8, A Wolfe (Cur) 15-29; 9, H Morton (Ir) 15-44; 10, C Docherty LV3 (SV) 16-37; 11, K Melville LV4 (Ir) 17-09; 12, C Geddes LV5 (Kil) 17-27
Junior Ladies: 1, L Moodie (CG) 6-50; 2, J McLagan (CG) 7-49
Girls: 1, K Smith (EK) 7-46; 2, I Reid (EK) 8-01; 3, R McDougall (EK) 8-09; 4, D Hershaw (Ir) 8-16; 5, E Park (SV) 8-31
Minors: 1, K Buchanan (EK) 6-22; 2, L Buchanan (EK) 6-31; 3, R Anderson (EK) 7-11; 4, J Mooney (SV) 7-57; 5, M Anderson (Kil) 8-17; 6, R Geddes (Kil) 8-43

Howes of Bucksburn 2 mile RR, Aberdeen -
1, S Wynn (Ab) 10-01; 2, M Murray (Ab) 10-03; 3, R Taylor (Met) 10-23; 4, D Duguid (Ab) 10-26; 5, J Stewart (Met) 10-33; 6, N Henson (Un) 10-36; 7, P Jennings (Met) 10-38; 8, A Neaves (Met) 10-39; 9, A Henderson (Ab) 10-43; 10, E Rennie V1 (Ab) 10-49; 11, N Kilner (Ab) 10-50; 12, D Shepherd (Ab) 10-51; 13, M Thomas (HBT) 10-59; 14, I Morris (Ab) 11-01; 15, S Willox (Met) 11-04; L1, D Porter (Ab) 11-38; L2, J Grams (Ab) 11-49; L3, S Bonnet (Un) 13-09; L4, A Orme (Un) 13-11; L5, K Liddell (Un) 13-32; L6, M Black (Met) 13-44; L7, J Davies (Ab) 15-05; L8, W Pennett (Ab) 15-45

Lenzie New Year Jog -
10,000m: 1, A Moss (Cur) 34-11; 2, A McDonald (KO) 34-41; 3, D Reid (Bis) 37-10; L1, A Brady (Cur) 50-08
5,000m: 1, C McNeill (Len) 19-49; 2, F Hickney (Len) 21-41; 3, J Brady (Kirk) 22-23; L1, C McInnes (Len) 24-20
2,000m: 1, K Grant (Len) 6-49; 2, A Gilmour (Kirk) 7-24; 3, J McLoone (Len) 7-28; L1, L Wigham (Len) 7-42

4

Nigel Barge 4.8 miles RR, Maryhill -
1, C Robison (SV) 21-55; 2, A Puckrin (CPH) 21-57; 3, N Tennant (CPH) 22-11; 4, G Grindley (FVH) 22-31; 5, P Fleming (RCE) 22-33; 6, A Callan (Sp) 22-37; 7, D Runciman (Cam) 22-42; 8, D Cameron (She) 22-45; 9, B Kirkwood (RCE) 22-47; 10, G Crawford (Sp) 22-48; 11, M Gornley (Cam) 23-48; 12, J McKay (She) 22-50; 13, C Thomson (Cam) 22-54; 14, D Lee (Bla) 23-19; 15, B Richardson (Ir) 23-21; 16, J Brown (FVH) 23-23; 17, M McQuaid (FVH) 23-24; 18, C McIntyre (Swe) 23-39; 19, P Duffy (CPH) 23-40; 20, D Thom (Cam) 23-41; 21, C Spence V1 (SV) 23-45; 22, D Little (She) 23-47; 23, J Kennedy V2 (VP) 23-48; 24, C Little (VP) 23-58; 25, J Brown (Cam) 24-05; 26, I McDougall (Kil) 24-06; 27, M McBeth J1 (Cam) 24-08; 28, M Gallacher (MB) 24-13; 29, C Greenhalgh J2 (VP) 24-15; 30, A Douglas (VP) 24-25; V3, J White (Ir) 24-49; V4, F Connor (Cam) 24-51; V5, B Howie (CPH) 25-04; V6, I Burke (Bel) 25-06; VO/50: D Fraser (Bel); VO/60: W McBrinn (She); J3 E McCafferty (Cam) 25-01
Teams: 1, CPH 24pts; 2, Cambuslang 31; 3, FVH 37; Vets team: 1, Cambuslang 176pts
King of Mountains: 1, C Robinson; 2, A Puckrin; L1, L McIntyre 58th (CG) 25-34; L2, V Marox (Leeds) 78th 26-07; L3, E McBrinn 98th (She) 26-58; L4, E Grant 103rd (CG) 27-10; L5, E Masson 106th (Kil) 27-25; L6, C A Bartley 119th (CG) 27-55; L7, M Blacker 140th (GN) 28-36; L8, J Armstrong 155th LV1 (GN) 29-00; L9, J Harvey 169th (CG) 29-51; L10, D Everington (Liv) 177th 30-27; Team: 1, City of Glasgow 280pts

11

Jack Crawford Memorial 5.5 miles RR, Huntershill SC, Bishopbriggs -
1, B Kirkwood (RCE) 25-14; 2, G Grindley (FVH) 25-17; 3, P Fleming (RCE) 25-26; 4, T Murray (Cam) 25-30; 5, D Cameron (She) 25-36; 6, A Callan (Sp) 25-56; 7, E Stewart

(Cam) 26-08; 8, C Thomson (Cam) 26-19; 9, T Hearle (Kil) 26-30; 10, J Cooper (Sp) 25-46; 11, A Ramage (Law) 26-58; 12, A Little (She) 27-07; 13, A Weatherhead V1 (ESP) 27-09; 14, I McDougall (Kil) 27-32; 15, T Gillespie (Sp) 27-35; 16, A Robertson (Cam) 27-37; 17, G Tenney (Kil) 27-38; 18, T Anderson (Kil) 27-39; 19, A McDonald (KO) 27-40; 20, D Armour (Glas Un) 27-41; 21, R Hubbard (Ayr) 27-46; 22, F Connor V2 (Cam) 27-49; 23, A Swann (She) 28-05; 24, J White V3 (Ir) 28-06; 25, D Garner (CPH) 28-18; 26, B Howie V4 (CPH) 28-19; 27, G Reid (EK) 28-19; 28, C Miller (Ir) 28-21; 29, R Wells (Ann) 28-22; 30, B Gough (Cam) 28-25; V5 D Meuse (EK) 28-38; V6, S Easton 41st (FVH) 28-55; V7, W Mitchell 44th (Cam) 29-01; V8, I Gordon 51st (Cam) 29-42
Teams: 1, Cambuslang 35pts; 2, Kilbarchan 58; 3, Shetleston 71; 4, Springburn 92
Vets Teams: 1, Cambuslang A 127pts; 2, Cambuslang B 203; 3, Victoria Park 237; L1, C A Bartley 98th (CG) 31-28; L2, E Reid 133rd (EK) 34-13; L3, C Thompson 151st (CG) 35-24; L4, B Cockburn 154th (CG) 35-49; L5, C Gemmell 158th (Un) 36-14; L6, A Murray 159th (Kil) 36-28; L7, C Willis 165th (GN) 38-28; L8, F Jackson 168th (Un) 39-18; L9, S Scouler LV1 171st (GN) 40-50; L10, M McCann LV2 172nd (SVHC) 40-51; LV3 D Moore 174th (SVHC) 41-29
Team: 1, City of Glasgow 403 pts

19

Renfrewshire AAA County Road Race Champs, Greenock -
Sen: 1, H Cox (GGH) 26-29; 2, G Gaffney (GWH) 27-01; 3, G Stewart (Gl Un, guest) 27-16; 4, P Duffy (GGH) 27-22; 5, G Fairley (Kil) 27-34; 6, T McCallion (GGH) 27-38; 7, C Spence V1 (SV) 27-43; 8, C Leek (SV) 27-54; 9, I McDougall (Kil) 28-02; 10, G Tenney (Kil) 28-13; 11, T Anderson (Kil) 28-17; 12, D McFadyen (GWH) 28-44; 13, S McLoone (GGH) 29-05; 14, G Clark (SV) 29-06; 15, C Cromar (SV) 29-10; 16, J Snodgrass (Kil) 29-13; 17, C Joss (Bel) 29-26; 18, P Grant (SV) 29-28; 19, D Petrie (Kil) 29-31; 20, S Dalgleish (SV) 29-32; V2, H Muir (SV) 21st 29-33; V3, J Gallacher 23rd (SV) 29-37; V4, I Cameron 32nd (GGH) 31-15; V5, D Docherty 33rd (SV) 31-19; V6, A Cameron 44th (GWH) 33-32
Teams: 1, Kilbarchan 70pts; 2, Spango Valley 82; 3, Greenock Glenpark 108; L1, E Masson (Kil) 36th 31-54; L2, E O'Brien 40th (GGH) 33-01; L3, C Gibson 49th (SV) 34-38; L4, A M McKee 52nd (SV) 35-37; L5, J Smith LV1 53rd (GGH) 36-18; L6, K Docherty (SV) 56th 38-54
Youths: 1, D Kerr (SV) 16-36; 2, M Munro (Kil) 18-51; 3, A Taylor (SV) 18-57; 4, P Corrigan (Kil) 19-33; 5, N Munro (Kil) 19-55; 6, S McCulloch (Kil) 21-29; Teams: 1, Kilbarchan 11pts
Senior Boys: 1, C Douglas (Kil) 12-40; 2, R Girvan (Kil) 13-14; 3, B Bryne (Kil) 13-35; 4, P O'Brien (SV) 13-54; 5, N Mooney (SV) 14-04; 6, K Mooney (SV) 15-35; Team: 1, Kilbarchan 6pts
Junior Boys: 1, A Docherty (SV) 10-01; 2, C Hill (GGH) 10-10; 3, B McCabe (SV) 10-48; 4, A McBride (SV) 11-04; 5, G Young (Kil) 11-41; 6, R Fox (GGH) 12-06; Team: 1, Spango Valley 8pts
U/15: 1, F McKerrlie (GA) 8-05; 2, C Thompson (GHS) 8-42; 3, A McGuffin (GA) 9-28; Team: 1, Greenock Academy 8pts
U/14: 1, C McLean (GA) 8-03; 2, K O'Brien (St Col) 8-12; 3, E McCafferty (PGHS) 8-23; Team: 1, Greenock Academy 12pts
Primary Girls Senior: 1, A McCann (St Marys) 4-34; 2, C Hughes (Clume Bk) 4-34; 3, P Smith (Holy X) 4-54; Team: 1, Holy Cross 17pts
Junior: 1, M Thompson (St Joe) 4-47; 2, S McKinnon (L Alvie) 4-48; 3, T Rowe (Clume

Pk) 5-11; Team: 1, St Josephs 19pts

26

Kirkintilloch Olympians 7 mile Road Race, Kirkintilloch (156 ran) -
1, B Kirkwood (RCE) 35-35; 2, D Ross (RCE) 36-09; 3, T Hanlon (RCE) 36-28; 4, S Cohen (RCE) 36-29; 5, A Robison (RCE) 36-50; 6, I McDougall (Kilb) 37-16; 7, S Ogg (Cam) 37-50; 8, C McLennan (ESPC) 37-52; 9, G Tenney (Kil) 38-02; 10, A Robertson (Cam) 38-08; 11, T Anderson (Kil) 38-09; 12, D McMillan (FVH) 38-35; 13, T Gillespie (Sp) 38-41; 14, G Mitchell (DHB) 38-48; 15, A McLinden (Ham) V1 38-50; 16, R Hubbard (Ayr) 39-23; 17, R Mardie (Moth) 39-29; 18, R Hutton (Cam) 39-33; 19, I Stewart (Cam) 39-34; 20, J Snodgrass (Kil) 39-37; V2, S McCrae (Cum) 25th 40-18; V3, A Hughes 30th (Cam) 40-35; L1, J Stevenson LV1 (FVH) 45th 42-33; L2, E McBinn 49th (She) 43-07; L3, C A Bartley 69th (CG) 45-48; Teams: 1, Racing Club Edinburgh 6pts; 2, Kilbarchan 26pts; 3, Carnegie 44pts

February

1

Renfrewshire AAA County Road Race Champs, Greenock -
Sen: 1, H Cox (GGH) 26-29; 2, G Gaffney (GWH) 27-01; 3, G Stewart (Gl Un, guest) 27-16; 4, P Duffy (GGH) 27-22; 5, G Fairley (Kil) 27-34; 6, T McCallion (GGH) 27-38; 7, C Spence V1 (SV) 27-43; 8, C Leek (SV) 27-54; 9, I McDougall (Kil) 28-02; 10, G Tenney (Kil) 28-13; 11, T Anderson (Kil) 28-17; 12, D McFadyen (GWH) 28-44; 13, S McLoone (GGH) 29-05; 14, G Clark (SV) 29-06; 15, C Cromar (SV) 29-10; 16, J Snodgrass (Kil) 29-13; 17, C Joss (Bel) 29-26; 18, P Grant (SV) 29-28; 19, D Petrie (Kil) 29-31; 20, S Dalgleish (SV) 29-32; V2, H Muir (SV) 21st 29-33; V3, J Gallacher 23rd (SV) 29-37; V4, I Cameron 32nd (GGH) 31-15; V5, D Docherty 33rd (SV) 31-19; V6, A Cameron 44th (GWH) 33-32
Teams: 1, Kilbarchan 70pts; 2, Spango Valley 82; 3, Greenock Glenpark 108; L1, E Masson (Kil) 36th 31-54; L2, E O'Brien 40th (GGH) 33-01; L3, C Gibson 49th (SV) 34-38; L4, A M McKee 52nd (SV) 35-37; L5, J Smith LV1 53rd (GGH) 36-18; L6, K Docherty (SV) 56th 38-54
Youths: 1, D Kerr (SV) 16-36; 2, M Munro (Kil) 18-51; 3, A Taylor (SV) 18-57; 4, P Corrigan (Kil) 19-33; 5, N Munro (Kil) 19-55; 6, S McCulloch (Kil) 21-29; Teams: 1, Kilbarchan 11pts
Senior Boys: 1, C Douglas (Kil) 12-40; 2, R Girvan (Kil) 13-14; 3, B Bryne (Kil) 13-35; 4, P O'Brien (SV) 13-54; 5, N Mooney (SV) 14-04; 6, K Mooney (SV) 15-35; Team: 1, Kilbarchan 6pts
Junior Boys: 1, A Docherty (SV) 10-01; 2, C Hill (GGH) 10-10; 3, B McCabe (SV) 10-48; 4, A McBride (SV) 11-04; 5, G Young (Kil) 11-41; 6, R Fox (GGH) 12-06; Team: 1, Spango Valley 8pts
U/15: 1, F McKerrlie (GA) 8-05; 2, C Thompson (GHS) 8-42; 3, A McGuffin (GA) 9-28; Team: 1, Greenock Academy 8pts
U/14: 1, C McLean (GA) 8-03; 2, K O'Brien (St Col) 8-12; 3, E McCafferty (PGHS) 8-23; Team: 1, Greenock Academy 12pts
Primary Girls Senior: 1, A McCann (St Marys) 4-34; 2, C Hughes (Clume Bk) 4-34; 3, P Smith (Holy X) 4-54; Team: 1, Holy Cross 17pts
Junior: 1, M Thompson (St Joe) 4-47; 2, S McKinnon (L Alvie) 4-48; 3, T Rowe (Clume

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Fife AC

Jim Close takes us to the Kingdom of Fife, home to one of Scotland's most widely dispersed athletics clubs.



THE origins of Fife Athletic Club can be traced as far back as 1972 - the year in which the small but enthusiastic Glenrothes and District Athletic Club decided to merge with Cupar Athletic Club to create a "new" Cupar club with a grand total of 70 members.

Four years later, Cupar in turn decided to merge with St Andrews Athletics Club, a move which was prompted by the desire to give northern Fife a stronger profile in the competitive leagues.

In particular, it was felt that the pooling of facilities would mean a significant improvement in the quality of coaching which could be offered to the athletes.

At the same time as the athletes

of northern Fife were strengthening their cause by banding together those in southern Fife were beginning to undergo something of a crisis.

By 1987 the situation had reached breaking point. Kirkcaldy and Glenrothes-based Fife Southern Harriers had failed to remain in Division Two of the men's league and this had caused a number of their ranks to "defect" to clubs where they could still compete at a reasonably high level.

As a result of this, state of affairs one of the most significant events in the history of Fife athletics took place - the merger of Fife Southern Harriers with Fife Athletic Club, albeit at first in principle only.

While one of the most significant factors in the decision by both clubs to amalgamate was obviously that of FSH's dwindling numbers, another was the feeling that the move would mean an across the board improvement in administration and in coaching facilities. It was also felt that by joining forces athletes from both clubs would get the opportunity to compete at the highest level.

In its first year, the "new" Fife AC certainly lived up to these expectations. However, after rising to the heights of Division 1 in 1988 it had tumbled to Division 3 by 1990.

The problem was, by and large, a logistical one. The geographical

spread of the club members made it difficult to hold group training sessions, transport arrangements being extremely complicated.

While it is true that this difficulty has since been partially eliminated, one apparently insurmountable problem remains - the cost of coach hire.

In order to get club members together the hire of buses is a necessity but it is also very expensive and severely drains club resources. A catch 22 situation exists.

Perhaps inevitably, there have also been a number of political problems. While the younger members of both clubs took no time at all to adjust to the idea of working



From left to right: Iain Wallace, Derrick McGregor, Russell McFarlane, and Sam Shaw.

together, the seniors took a little longer.

Club colours were an early source of grievance. When FSH disposed of their familiar blue vests with claret hoops and donned the traditional red and white of Fife a few Balwearie-based members took time to adjust.

Thankfully though all difficulties were overcome when joint training sessions on Sunday mornings were initiated, not least because they gave athletes from both north and the south of the old divide the opportunity to become more familiar with each other.

The most successful "section" of the club is currently its veteran contingent.

Over the past three seasons the vets have gone from strength to strength, pulling off a particularly notable coup last year when they won the Eight Stage Scottish Veterans Road Relay Championships.

Many of the vets can also boast significant individual successes.

Aberdour's Tom Graham is the current Scottish veteran 10K champion, and Donald Macgregor finished seventh in 2-16-34.4 at the 1972 Olympic Marathon in Munich, a mere four seconds behind Ron Hill and four minutes behind the

winner, Munich born Frank Shorter.

After competing in extremely hot conditions (and winning his third Scottish Marathon Championship) at Meadowbank in 1976, Macgregor was said to say to press reporter W. H. Kemp, "That's my last marathon, it was punishing!" In fact, he went on to compete in - and win - many more marathons after that particular success.

Macgregor, now a super-vet, is still going strong and continues to race, albeit more selectively. These days he alternates running with baby-sitting stints which allow his wife Kim to participate at events as well. At other times he can be found at local district council meetings.

On the track, Fife AC's best successes came in the summer of 1977 when they reached the semi-finals of the British cup, held at Liverpool. The club's team achieved fifth place, ahead of Shettleston Harriers and Morpeth AC, with Stretford AC and Edinburgh Southern qualifying for the final in Cwmbran. Club member Alan McIntosh won the steeplechase at this event in 9-02.00.

Over the years the club's road runners have also enjoyed their fair share of the spoils, particularly when the running boom of the mid-eighties was at its peak. In particular

the club had a very strong record in the Dundee Marathon.

Dundonian and Fife AC athlete Hugh MacKay won the final Dundee Marathon last year. This follows on the heels of similar success by club-mates Donald Macgregor (a winner of the event twice), Terry Mitchell, Sam Graves, Murray McNaught, and Stuart Asher.

With the demise of many of the big road races in Scotland, the numbers participating in hill running in Scotland is on the increase. Fife AC members have been party to this trend and have done well to rub

shoulders with athletes from traditional hill running clubs such as Camethy, Lochaber, Ambleside, and Bramley and Pudsey. Tom Ross has picked up many a prize in the veterans' category.

Sadly, the 1980's saw athletes drifting away from the club. With "The Kingdom" lying in the shadows between Edinburgh and Dundee, Fife AC has on occasions lost out to the bigger city clubs.

It's an unfortunate but not unique position for a club based in the provinces to be in.

Another factor which has affected club membership is the loss of young talent as youngsters leave home to go to university or college. Shot-putter Neil Mason is one such example.

However, on the positive side, the club does attract athletes on a "short-term" basis, having a number of members who have joined because they happen to be studying at St Andrews University, or because they are based at RAF Leuchars.

In fact, there is a lot of room for optimism where the future of Fife AC is concerned. The men's track and field captain Lawrence Edwards is based in Edinburgh, but there he heads a small, committed band of track runners who fight for the Fife cause. There is a similar Fife AC contingent in Dundee.

British Amateur Athletics Board senior coach Eric Simpson is one of the growing number of committed coaches at Fife AC. Simpson has the knack of bringing out the best in athletes.

Described by many - including himself - as a "mercenary" Simpson does not align his loyalties solely to Fife AC. Whether an athlete runs for Pitreavie or an Edinburgh club

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he will coach them if he thinks it is in the individual's best interest.

Always concerned with the development of the athlete first, Simpson has also recommended athletes to other coaches, not because he doesn't want them but because he feels that another coach could help their progress.

At Simpson's behest every athlete is given an individual training package which they must stick to. At training nights athletes carry out their instructions to the word.

With more parents becoming involved in the club and keen to obtain their assistant coach awards, it looks as if Fife AC will soon have many more coaches with Simpson's enthusiasm and commitment making the future of younger athletes in the Fife area look very bright indeed.

Sponsorship is a problem for every club. Fife are no exception. Geographical problems and lack of "household names" does nothing to attract organisations to sponsor the club, individuals, or events.

The club has, however, managed to overcome this by building on the "small is beautiful" idea, successfully organising local races at low cost. Since their inception three years ago these have proved popular.

The Pitmedden Forest Race prior to Christmas, the Lita Allan Memorial Cross Country Races at Kirkcaldy, the Cupar "Six" Road Race, the St Andrews Ladies "Five", and the Largo Law Hill Race are all small, friendly, and cheap to enter, with many providing sandwiches and coffee at no extra cost. Other

events organised by the club include those at Blebocraigs, Hill O' Tarvit, Newburgh, and Kinghorn Mill - all part of the midweek summer league.

What of the future? Currently the men's track and field team lie in the middle of Division 3 but are striving confidently for promotion, and with younger members such as Ian Overton, Chris Murray, John Michie, Douglas MacKenzie, Evan Ferguson, and Mark Dall (all under 21 years of age) coming through, the team has every right to feel confident.

The women are in a similar position. Claire Martin is showing great promise at the 400m and is currently ranked as Scotland's number one intermediate over this distance.

Jacqueline Tindal is another bright hope, being ranked number one girl in Scotland over both 100m and 200m. Senior women Margaret McLaren - ranked eighth in the marathon in Scotland - and Carolyn Brown who is just back from injury should both improve over the next few months.

The veterans look likely to stamp their mark on the roads once again. So too do seniors Graeme Breslin, Mitchell McCreadie, and Terry Mitchell. Terry, of course, is known throughout the running fraternity, having been there, seen it, and done it all.

After taking a decision to go back to the Games circuit in 1988 Terry's craving for cross country made him decide to come back into the amateur fold. Hence, at the end of last year he won his first British vest and had a victory in the Istanbul Marathon to boot.

This is only Terry's second season since coming back to amateur athletics, so the feeling is that the best is yet to come from this "old pro"!

As with most clubs, Fife AC has had the help of a great many "unsung heroes" to get to where it is today.

One such person is local Cupar businessman John Hendry, who could quite easily be called "Mr Fife AC" for the part he has taken in the overall development of the club. Hendry helped to establish Cupar and District AC before going on to take a leading role in the talks which lead to the amalgamation of this club with St Andrews AC.

He was also a prime mover behind Fife AC's early successes, successes such as Cupar schoolgirl Theresa McGinley becoming Scottish junior girl champion in the javelin, and Hendry's own son Douglas representing his country in the high jump.

Fife AC has training centres in Cupar, St Andrews, Glenrothes, and Kirkcaldy. Interested? Then contact club secretary Melville Scobie on Kirkcaldy 264076.



Margaret McLaren

Mark M Russell DPM D.Pod.M. M.Ch.S.
A. Marina Russell D.Pod.M. M.Ch.S.

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Left to right: Top Fife AC sprinters Claire Martin and Jackie Tindal.

LEWIS TAKES SUPPORT ROLE

ALL eyes were on world 100 metres record holder and six-time Olympic champion Carl Lewis as he lined up for his heat in the 60 metres at the Pearl Assurance Games in Glasgow's Kelvin Hall, writes Margaret Montgomery.

It was simply assumed that the Santa Monica track star, reputedly paid a cool £25,000 to appear in Glasgow, would breeze his way to a comfortable first place. A defeat in the heats was almost inconceivable.

In the event, Lewis was beaten in to fourth place and clocked the slowest time of the eight finalists. Not, in the end, that this was of any consequence. Claiming to have sustained a hamstring injury as he left the blocks, Lewis announced he was pulling out of the final.

It could have been a terrible anti-climax. In fact, the early exit of the show's leading man simply left the stage open for an unexpected but highly entertaining drama in which the relatively unknown Jason Livingston shot to victory and overnight fame.

Just 20 years old, Livingston not only held off a quality field including Frankie Fredericks and Dennis Mitchell, but equalled the UK, Commonwealth, and European records set by Linford Christie when he clocked 6.51 to win. It

was without doubt the performance of the day and Livingston made sure he made the most of it, leaping up and down and even kissing the track when he learned of his record equalling time.

There was another surprise when high jump Commonwealth record holders Dalton Grant and Nick Saunders failed at the opening height. The competition was eventually won by Brendan Reilly with a jump of 2.28, considerably less than the Commonwealth record of 2.35.

Colin Jackson showed he was recovering well from the injury which had blighted his chances at Tokyo by taking first place in the men's 60 metres hurdles with a new all-comers record of 7.42.

There were all-comers records too for Danny Everett, the new 400 metres world record holder, when he clocked 45.33, for Steve Lewis when he placed first in the 300 metres in 32.72, and for Marlene Ottey who beat Evelyn Ashford into second place in the women's 60 metres in 7.04 - a time which equalled her own Commonwealth record.

Sadly, Brian Whittle finished last in the 800 metres after being jostled in the opening stages of the race. There was better luck, however, for another British star John Regis who took the 200

metres against strong opposition in the shape of Dennis Mitchell and Floyd Heard.

With a cast of a calibre rarely seen north of the border, the Pearl Assurance Games made riveting viewing. Even the virtual absence of the much hyped Carl Lewis couldn't change that.

Men: 60: 1, Livingston 6.51; 2, Fredericks 6.54; 3, Adam 6.59; 4, Stewart 6.60; 5, Mitchell 6.60; 6, Smith 6.61; 7, John 6.62; 8, Braithwaite 6.70. 200: 1, J Regis (GB) 20.78; 2, D Mitchell (USA) 20.97; 3, F Heard (USA) 20.97. 300: 1, S Lewis (USA) 32.72; 2, S Weathers (GB) 33.53; 3, P O'Connor (Jamaica) 33.99. 400: 1, D Everett (USA) 45.33; 2, D Morris (Jamaica) 46.43; 3, A Mate (GB) 46.63. 800: 1, M Steele (GB) 1-50.62; 2, D Sharpe (GB) 1-51.60; 3, M Corstjens (Belgium) 3-42.16. 60mH: 1, C Jackson (GB) 7.42; 2, I Kazanov (Latvia) 7.56; 3, M McKoy (Canada) 7.61. High jump: 1, B Reilly (GB) 2.28m; 2 equal, G Dokov (Bulgaria) and A Yemelin (CIS) 2.25. Long jump: 1, M Forsythe (GB) 7.77m; 2, L Starks (USA) 7.73; 3, V George (USA) 7.70. Pole Vault: 1, R Gataullin (CIS) 5.75m; 2, V Polyakov (CIS) 5.50; 3, G Yegorov (CIS) 5.40. Women: 60: 1, M Ottey (Jamaica) 7.04; 2, E Ashford (USA) 7.16; 3, G Malchugina (CIS) 7.20. 400: 1, O Bryzgina (CIS) 52.04; 2, L Leatherwood (USA) 53.70; 3, M Ponomareva (CIS) 53.93. 800: 1, S Masterkova (CIS) 2-03.81; 2, L Baker (GB) 2-04.93; 3, P Fryer (GB) 2-05.87. 60mH: 1, L Narozhilenko (CIS) 7.84; 2, K Morley-Brown (GB) 8.16; 3, T Reshetnikova (CIS) 8.18.



Far right: Danny Everett cruising to victory in the 400m. Left: Marlene Ottey crosses the line in the women's 60 metres.



February

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 Women's National Open Cross Country Championships, 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 Dunky Wright RR, C'bank.

SCOTTISH Vets Ind Champs, Kelvin Hall.

SPORTSHALL 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, 031-563 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 Open Graded Meeting, Craigswold.

29

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

HARMENY 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.

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 Homemakers OGM, Inverness.

8

LIVINGSTON AAC OGM, Craigswold.

11

RENFREWSHIRE 10 mile RR Champs, Greenock.

SCOTTISH Young Athletes H'cap scheme, Livingston.

PANASONIC League, 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.

HADDINGTON 10 K.

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.

KIRKWALL Half Marathon, Orkney.

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

BOS League D4, Grangemouth; D5, Dundee.

PANASONIC D1,2, E K'bride; D3,4,5 Meadowbank.

29

DUMFRIES OG M, Dumfries.

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

LANARKSHIRE AAA League, Wishaw.

May

1

OLD Hoose Black Rock 5, Kinghorn. 7-30pm-Entry on night. D - (0592) 891247.

2

EASTER Ross People's Half Marathon, Tain.

EDINBURGH to North Berwick Road Race, Meadowbank.

3

EDINBURGH Women's 10K, Leith Links.

SCOTTISH & NW League D1, Wishaw.



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Bridges
Half Marathon and Fun Run

Main Sponsor

Digital Equipment Scotland Ltd
Butlaw, 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.

BRITISH ASSOCIATION
OF ROAD RACES

HUGHES HUGHES HUGHES

GLENROTHES
ROAD RUNNING
FESTIVAL

SUNDAY 17TH MAY 1992

featuring the

10th Anniversary

HALF MARATHON

incorporating

THE 1992 SCOTTISH HALF
MARATHON
CHAMPIONSHIP RACE

and the

1992 Scottish Veterans Harriers Club
Half Marathon Championship Race

a

BIATHLON

800M SWIM - 10K RUN

10K WHEELCHAIR RACE

10K ROAD RUN

5K FUN RUN

JUNIOR FUN RUN

FOR ENTRY FORMS: TELEPHONE (0592) 771700
or write to:Road Running Festival
Fife Sports Institute
Viewfield Road
Glenrothes, Fife
KY6 2RAGlenrothes
Snooker
Club

WOOLWORTHS

GLENROTHES
DEVELOPMENT
CORPORATION

Glenrothes District Sports Council

ATPRINT
PRINTING FOR BUSINESS

SCOTTISH & NW League D2, Meadowbank.

SCOTTISH & NW League D3, Dam Park, Ayr.

SCOTTISH & NW League D4, Coatbridge.

SCOTTISH & NW League D5 & D6, Grangemouth.

SPORTAGE Women's 10K, Edinburgh. D - (0532) 441200.

ST Andrews Charity Half Marathon.

THE People's Stranraerathon '92, Stranraer, D - 0776 2151 Ext 245.

BANK of Scotland North East League, TBC.

GRAMPIAN TV League (East), TBC.

6

FIFE AC Blebo Craigs 5 miles. D - 0334 55627.

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

SRI Chinmoy Runners are Smilers 5 miles, Meadows, Edinburgh.

7

JSB Plumbing Forth Valley League D1, Pitreavie.

JSB Plumbing Forth Valley League D2, Grangemouth.

9

BEN Lomond Hill Race, Rowardennan.

GOLSPIE People's 10K RR, Golspie.

PENICUIK - Howgate 10K RR, Penicuik.

UK Women's League 1, Various.

GRE British Athletics League Div 1, Birmingham.

Sponsored by Morrison's Bowmore Distillers

ISLE OF ISLAY
People's Half Marathon
(Under SAAA & SWAAA's rules)
Saturday 8th August

SAE: Kate McAfer,
Meadowside,
Birch Drive, Bowmore,
Isle of Islay
(049681) 479/492(w)

GRE British Athletics League Div 3, Cardiff.

10

CITY of Dundee 10 K, Dundee. D - 0382 23141 Ext 4706.

GOUROCK Highland Games, Gourrock. D - 0475 24400 Ext 384.

MID Argyll Half Marathon & Fun Run, Lochgilphead, 2pm. D - Mr F Johnstone, Kilmorey Road, Lochgilphead. Tel (0546) 602024 (0546) 602664.

UK Women's League 1, Various.

WOOLWORTHS SYAL East Div 1&2, Livingston.

WOOLWORTHS SYAL West Div 1&2, Dumfries.

13

DUMYAT Hill Race, Stirling University.

SRI Chinmoy Runners are Smilers 2 miles, Meadows, Edinburgh.

TROON Tortoises 10K & Fun Run, Troon.

PANASONIC SAL v Scot Univs v Scot Juniors, Grangemouth.

15

ISLE of Jura Scottish Peaks Race, Oban. D - 0592 890408.

16

GOATFELL Hill Race, Brodick, Arran.

ISLE of Jura Scottish Peaks Race, Oban. D - 0592 890408.

SAAA Autosales North District Champs, Inverness.

17

CUMBERNAULD 10K RR, Cumbernauld. D - 0236 722131.

FORRES Harriers 10K, Forres.

ISLE of Jura Scottish Peaks Race, Oban. D - 0592 890408.

SAAA Half Marathon Championships, Glenrothes. D - 031-317 7320.

SWAA East District Champs, Meadowbank.

SWAA West District Champs, Dam PK, Ayr.

'HUGHES' Glenrothes Road Running Festival, Glenrothes. D - 0592 771700.

PANASONIC League, D1&2, Coatbridge.

PANASONIC League, D3,4 & 5, Wishaw.

20

KINNOULL Hill Race, Perth.

SRI Chinmoy Runners 2 mile race, Meadows, Edinburgh.

BANK of Scotland Eyemouth Road Races. D - Mr D S Miller, 5 Priors Walk, Coldingham, Eyemouth, Berwickshire, TD14 5PE. Tel 0890 771438.

21

HELENSBURGH 10K, Helensburgh. D - 0436 74471.

23

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

KIRKCUDBRIGHT Academy Milk Half Marathon, Kirkcudbright Academy.

BANK of Scotland Stornoway Half Marathon & Fun Run, Stornoway, Lewis.

24

CITY of Aberdeen Milk 'Marafun' 10K Road Race, Aberdeen.

STRATHKELVIN 10K, Kirkintilloch. D - 041-772 3210.

25

CAU Inter County Championships, Corby.

JOHNNIE Walker 10K & Fun Run, Kilmarnock.

26

BABCOCK Thorn Pitreavie OGM, Pitreavie.

27

AULD Toun 10K, Dunfermline. D - 0383 737712.

LANARKSHIRE AAA Track League, Wishaw.

SRI Chinmoy Runners are Smilers, 1 Mile, Meadows, Edinburgh.

AAA Under-20 Multi Events Champs, London.

BENS of Jura Fell Race, Craighouse, Jura.

EUROPEAN Clubs' Cup, Birmingham.

MAMORE Hill Race, Kinlochleven.

SAAA East District Championships, Meadowbank.

SAAA West District Championships, Dam Park, Ayr.

SCOTTISH Young Athletes Handicap Scheme.

BATHGATE Highland Games.

31

AAA of England Under-20 Multi Events Champs, London.

CAITHNESS Northern People's Half Marathon, Thurso.

COWAL Police Half Marathon, Dunoon.

EUROPEAN Clubs' Cup, Birmingham.

MONKLANDS Scottish Cup Semi Final, Coatbridge.

MOTHERWELL District 10 mile RR, Wishaw. D - 0698 355821.

SAAA 10 Mile Road Race Champs, Wishaw.

GRAMPIAN TV Athletics League (East), TBC.

GRE Cup Round 2, Various.

ABERFELDY Recreation Centre Half Marathon, Aberfeldy. D - 0887 20922.

The Inaugural Newtonmore 10 mile Road Race

Sunday May 24th 1992 2.00pm

Fast, accurate, flat, out and back course through highland villages and superb mountain scenery of Inverness-shire. Extensive prize list - all categories. Weekend hotel and B&B special rates available.

Entry forms: S.A.E. to Duncan Watson
Glenquoich House, Newtonmore, Inverness-shire, PH20
1EB.
Tel/Fax: 0540 673461

MOTHERWELL DISTRICT COUNCIL

presents

The Scottish 10 Mile Road Race & 3 mile Fun Run

31st May 1992 at
Wishaw Sports Centre

plus

An action packed programme of events to suit all the family!

- 3 Mile Fun Run
- 1 Kilometre Kiddies Run
- 3 Kilometre School's Road Race
- 10 Mile Ladies Road Race
- 10 Mile Scottish Men's Road Race Championships



**motherwell
Leisure**

Start Times from 10am - 11am
Under S.A.A.A. and S.W.A.A.A. Rules

Entry Fee £6.00
(Includes T-Shirt and Snack)

Entry forms and details from:
Race Director (0698) 355821

Department of Leisure Services,
Motherwell District Council, Civic Centre, Motherwell ML1 1TW
Telephone: (0698) 66166 Facsimile: (0698) 75125

HEBRIDEAN 3 RACE CHALLENGE

A weekend and a half!

**Bank of Scotland Stornoway Half Marathon
and Fun Run**
Saturday 23rd May 1992.

(Organised by Stornoway Running Club under SAAA rules)

The friendly Half. In and around Stornoway in the Outer Hebrides, the course is varied and very scenic. We offer budget accommodation and very special entertainments for runners who stay for the weekend. Medals to all finishers. Team competition. Changing and showers available. Race T-shirts. Refreshments during and after the race. Entry Fee only £4.00. Entry form and further information from: Alan Cunningham, Burncrook, Upper Bayble, Point, Isle of Lewis PA86 0QH. Tel 0851 870863. Closing Date Saturday 16th May 1992. Runners "in the know" come to the Western Isles.

ISLE OF SKYE HALF MARATHON

(Permit granted)

SATURDAY 13th JUNE 10.30 a.m.

- * Unique Medal to all finishers *
- * Extensive prize list, including Spot Prizes *

Half Marathon open to all over 18.
For information and entry forms contact:

Mr W MacKinnon
Skye & Lochalsh District Council
PORTREE ISLE OF SKYE

* 4.5 MILE FAMILY FUN RUN *



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HEALTH PRODUCTS

ALLIANCE LEICESTER

'HEB 3' 1992 PRIZES

£600 OF CASH VOUCHERS
FEAR AN EICH POTTERY MEMENTO TO ALL FINISHERS

**ISLE OF HARRIS
HALF MARATHON AND FUN RUN**
18 JULY 1992 - 1 PM

Run through the South Harris hills and view the spectacular Atlantic beaches in the inaugural Harris Half. Last race in the 'Heb 3' series.

Contact: E MacNally
19 Scott Road
Isle of Harris



10K ROAD RACE AND 5K FUN RUN

SUNDAY, 17 MAY 1992

START 1.00PM

ORGANISED BY
RECREATION & LEISURE SERVICES

LOTS OF PRIZES TO BE WON
T-SHIRTS FOR ALL 5K FINISHERS
MEDALS FOR ALL 10K FINISHERS



ENTRY FORM

Please complete in BLOCK CAPITALS and return to Cumbernauld & Kilsyth District Council, Recreation & Leisure Services, Council Offices, 14 Springfield Road, Cumbernauld G64 1PQ. If you enter to run, you will be notified as soon as possible and your fee required. Please close on Wednesday, 14 May, or when race time is reached before that date. Please note the above entries will not be acknowledged, but race details will be issued by mid-April. ALL ENTRANTS must carry a 125" x 14" stamp-addressed envelope with Entry Fee to enable us to send you the relevant information pack.

NAME _____
ADDRESS _____

DATE OF BIRTH _____ AGE ON DAY OF RACE _____

10K ROAD RACE ☐ 5K FUN RUN ☐ ESTIMATED TIME

CATEGORY: Male Under 40 ☐ Male 40 - 49 ☐ Male 50 & over ☐
Female Under 35 ☐ Female 35 & over ☐

ENTRY FEES - 10K Road Race £4.00 - 5K Fun Run £2.00

I enclose herewith my cheque/P.O., being the amount of the entry fee (non-refundable). Please note that entries will not be accepted unless accompanied by the amount fee. The organisers reserve the right to refuse any entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to Cumbernauld & Kilsyth District Council, crossed with name and address on reverse side. Please note we are for the race specified above. I am medically fit to run and fully understand that I agree to my own risk, and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred by me during or as a result of the event, or for any property lost on the course or in the changing rooms. I declare that I am an amateur as defined by the S.A.A.A. (1) I will abide by the Laws and Rules for Competitions of the respective governing bodies.

SIGNATURE _____ DATE _____
This race is governed under the statutes from the S.A.A.A. and Scottish Women's Cross Country and Road Running Association and is subject to all rules of the (Association of both Associations).

Block Capitals Please



ARE PLEASED TO PRESENT

THE REEBOK FESTIVAL OF RUNNING ON SUNDAY 24th MAY 1992

(UNDER S.A.A.A., S.W.C.C.U. & R.R.A. RULES)

FEATURING
THE PRINCE & PRINCESS OF WALES HOSPICE
WOMENS 10K (SCOTTISH WOMENS CHAMPIONSHIP 1992)
(10.15am START)
&
THE STRATHKELVIN 10K FOR MEN
(10.00am START)

OFFICIAL ENTRY FORM

Gender: Male ☐ Female ☐
Surname: _____

First Name: _____

Address (use abbreviations if required): _____

Postcode (must complete): _____

Registered Athletic Club (if applicable): _____

Day Month Year
Date of Birth: _____

RACE VENUE: WOODHEAD PARK KIRKINTILLOCH
RACE HQ: TOM JOHNSTON HOUSE KIRKINTILLOCH
CHANGING: KIRKINTILLOCH POOL/WOODHEAD C.E.C.

ENTRY FEES

HOSPICE WOMENS 10K £4.00 (Includes donation to Hospice)
MENS 10K £3.50 (Attached) £4.00 (Unattached)

Send to:
Road Race Organiser,
Strathkelvin District Council,
Leisure & Recreational Services,
14 Springfield Road,
Bishopbriggs, Glasgow, G64 1PQ.



I enclose herewith my cheque/P.O., being the amount of the entry fee (non-refundable). Note: entries will not be accepted unless accompanied by entry fee. The organisers have the right to refuse entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to Strathkelvin District Council, crossed with name and address on reverse side. Please enrol me for the Reebok Festival of Running. I am medically fit to run and fully understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury incurred during or as a result of the event, or for any property lost on the course or in the changing areas. I declare (1) I am an amateur as defined by the S.A.A.A. (2) that I shall abide by the laws and rules for competition by the respective governing bodies.

Signed: _____ Date: _____

FOR OFFICIAL USE ONLY

Date Received: _____ Race No: _____ PO/Cheque: _____ Initialed: _____



ABERFELDY RECREATION CENTRE

Aberfeldy Half Marathon Sunday 31st May '92 at 2 pm

Individual entries will be accepted on the day.
Team entries will not.

PLUS:

A.R.C. Grand Prix Triathlon Sunday June 7th 1992

A.R.C. Half Iron Man Triathlon Sunday September 6th 1992

CRIEFF ROAD, ABERFELDY,
PERTSHIRE PH15 2DU.
TELEPHONE: (0887) 20922.

10K GRAND PRIX ROAD RACE SERIES (UNDER S.A.A.A., S.W.A.A.A. RULES)

1: HELENSBURGH 10K - THURS 21ST MAY 1992
2: DUMBARTON 500 10K - THURS 4TH JUNE 1992
3: VALE OF LEVEN 10K - SUN 28TH JUNE 1992

"EXCLUSIVE T-SHIRT" TO ALL SERIES ENTRANTS

***** SPONSORED BY *****

SCOTLAND'S RUNNER
RON HILL SPORTS
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ADAIRES OF DUMBARTON
DUMBARTON DISTRICT SPORTS COUNCIL

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PRIZES FOR ALL MAJOR CATEGORIES IN EACH
RACE, PLUS GRAND PRIX PRIZES FOR
INDIVIDUALS AND CLUBS OVER THE SERIES.
PARTICIPATION IN EACH EVENT IN 1991
INCREASED, WHY NOT RUN THE SERIES!
ENTRY FORM IN NEXT ISSUE OF
SCOTLAND'S RUNNER.

Details 0389 22222

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Polaroid

KIRKCALDY DISTRICT PEOPLE'S HALF-MARATHON 10K AND FUNRUN



Promoted by FIFE COLLEGE OF TECHNOLOGY
SUNDAY 21st JUNE 1992
(UNDER SAAA, SWAAA, SWCCU and RRA LAWS)
Official Entry Form
T-shirts to Finishers in HM and 10K



Half-Marathon and 10K start and finish in Beveridge Park. The Funrun is a single circuit within the park. Please pre-enter the two main races, enclosing stamped, addressed envelope, and we will send you your number a week before the race. There will be limited entry on the day, at 50p extra charge. Programme:

9.00 Kirkcaldy District People's Half-Marathon (Last year's 2-lap course)
9.45 Funrun (50p enter on the day, £1 adults). Sponsor forms available before race for free entry.
10.00 Kirkcaldy District 10K (One lap of HM course)

Prizes-wide range of SAAA and Vets categories. "Fife Free Press" £100 value first prizes in Half-Marathon men's and women's races. Men's athletic club team prizes (3 to count, team pre-entry not required. Corporate team race prizes (pre-entry required).

New for 1992 - Integral to the Half Marathon, a Charity Corporate Team Race, for teams of 3, which must be pre-entered. Teams, which may be from business organisations of any kind, must include one woman. Teams must be employees or directors of the same organisation, normally working at the same location. The promoters reserve the right to adjudicate a valid Corporate team.

Please enter Runner details:

Race entered
Name
Address, tel no
HM Corporate Team Race
Team Names

Fees: HM £4.50 (£5 unattached) 10K £3 (£3.50)

Age/Sex

Fee: £30 per team. £10 goes to charity
Age/Sex Address/tel no.

The Fife Half-Marathons Challenge-this is a link-up between the Glenrothes, Dunfermline and Kirkcaldy Half-Marathons, for those who enter all three. You do not have to enter the Challenge separately. The winners (in male and female senior, vet and supervet categories), are those with the lowest aggregate times for the three races.

In enclose appropriate pre-entry fee, cheque number..... made out to Fife College of Technology (Half-Marathon Events), plus a stamped addressed envelope 9 by 6 inches with this complete form. Please note 50p extra charge for runners unattached to clubs, due to SAAA's levy. Address completed applications to: Half-Marathon Applications, Fife College of Technology, St Brycedale Avenue, Kirkcaldy, KY1 1EX. Queries to: Crawford Mackie, Tel. 0592 268591. Signature..... Date.....

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

MERSEY MARATHON AND HALF MARATHON

SUNDAY 21st JUNE 1992

START 11 a.m.

BARR GRADE 1

(Under AAA, WCCA Rules)

TWO LAP COURSE

ENTRY FEE £8.50 (£8.00 (AAA))

HALF MARATHON £5.50 (£5.00 (AAA))

Closing date for all entries
27th April 1992

Use universal entry form or apply sending

SAE to: MERSEY MARATHON

P.O. BOX 4
LIVERPOOL
L18 4SA

Dunfermline District Council
presents
**THE DUNFERMLINE
HALF MARATHON OF 1992**



Pittencrieff Park
Dunfermline
Sunday 7th June
9.30 am

Entries and Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211



**Dunfermline
Building Society**

- * Are you going to be there?
- * Entries £4.00 or £3.50 with this advert until 31st March!
- * Don't Delay - Apply Today.

**ALLOA HALF MARATHON
TENTH ANNUAL EVENT
SUNDAY 29TH MARCH 1992**

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

Team prizes
1ST PRIZE - WEEKEND HOLIDAY

Entry forms from:

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

Date for your Diary

GOUROCK HIGHLAND GAMES

at
GOUROCK PARK

On Sunday 10th May 1992

Chieftain Peter Mallon from Radio Clyde

Athletics including Half Marathon; Cycling; Wrestling;
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Further details and entry forms from: The Hon Secretary,
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AND FUN RUN**

(SAAA & SWAAA Rules)
11.00 a.m.

Sunday 5th July, 1992

Main Sponsors: Kincardine & Deeside
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Race Administrator, Leisure & Recreation
Section, Kincardine & Deeside District
Council, Viewmount,
Stonehaven AB3 2DQ.
Tel. 0569 - 62001 Ext. 267
Closing date 19-6-92



SUNDAY 27th SEPTEMBER, 1992

AT 11.00am

FROM BLAIRGOWRIE RECREATION CENTRE

Entry Forms from Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
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ENTRY FEES: 1/2 MARATHON - £5 Affil. • £5.50 Non-Affil. • £6 on the Day
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HADDINGTON HALF MARATHON
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Closing date for events one week prior to event. Late entries add
£1.
Enter all three events for series: £10 Unattached £11.50



**The Peoples
STRANRAERATHON '92**

**At Stranraer Academy
on Sunday May 3rd 1992**

- ☐ 10K ROAD RACE 11:00am
Entry Fee £5:00
- ☐ FUN RUN 1:00pm
Entry Fee £2:50
- ☐ HALF MARATHON 1:00pm
Entry Fee £5:00
(please tick appropriate box)

Entry forms should be returned,
(along with 9x6 stamped addressed
envelope for race information pack)
to: Mark Shanks, Sports Development
Officer, Leisure & Recreation Section,
Client Services, Church St. Stranraer
DG9 7JQ.

Cheques/P.O. made payable to Wigtown
District Council, crossed with name and
address on reverse side.

Name _____

Address _____

Tel.(home) _____ (work) _____ Age/D.O.B. _____

Name of Club _____

Registered with SAAA/SWAAA? ☐ Y/N

Are you disabled? ☐ Y/N

CATEGORY

- ☐ Female 35 and under ☐ Female 35 and over
- ☐ Male under 40 ☐ Male 40-49
- ☐ Male 50 and over ☐ Member of Scottish Veteran Club

Closing date for entries April 24th.

Declaration: Please enter me for the
Peoples Stranraerathon '92. I am
medically fit and understand that I
enter at my own risk and that the
organisers will in no way be held
responsible for any injury/illness
incurred to any person/s during or as
a result of the event. I am an amateur
as defined by SAAA and will abide by
the laws and rules for competitions
of the respective Governing Bodies.

for official use only

Date Received
Race No.
P.O./Cheque
Initialled

Signed _____ Date _____

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THE PEOPLES STRANRAERATHON '92

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Sunday 19th April 2pm

(Race under SAAA, SWAAA, SWCC & RRA rules)

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

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Entries close on 23rd March, 1992. No late entries.
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18th	October	Ashby-de-la-Zouch	Hood Park Leisure Centre

* Unfortunately we do not have creche facilities at Bournemouth.

For further details and entry forms for any of these races send SAE to:
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