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Scotland's Runner May 1992

**MAY**

**1992**

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Scotland's Runner May 1992

## UK'S BEST PERFORMER AT LONDON MARATHON MAY RUN FOR SCOTLAND

ANY more questions please?" inquired the press officer of the assembled media at the conclusion of Paul Evans' interview following the London Marathon, writes Doug Gillon.

Evans had just finished fifth, leading British athlete in the race, with arguably his finest hour in the sport, winning \$19,500 with a time of 2-10-36. But it apparently made little impact on Evans' six year old son, Justin, who piped up: "Yes. When are you going to win a race daddy?"

Father does not know, but he hopes it will be wearing Scotland's colours, and if it is in the 1994 Commonwealth Games, that will suit him fine.

"I want to run for Scotland at 5000 and 10,000 metres on the track this year," said the 31-year-old Lowestoft-based Springburn Harrier. "But my ultimate aim is to run the Commonwealth marathon, in Victoria."

He has written declaring his Scottish roots to the SAAA - his mother, grandfather, and many relatives still live in the Glasgow area.

"I have told them I am available for selection," says Evans who has not so far run for Scotland, and runs for Belgrave Harriers down south.

However, his 5000 and 10,000m times put him on top of the national rankings last season, while his time in London, and clocking 61-44 in the Lisbon Half Marathon in March are the fastest this year by a UK athlete.

SAAA secretary Bob Greenoak ensured that Evans was invited to the

SCOTLAND failed to win any influence on either the board of management or the various commissions at the annual meeting of the British Athletic Federation at Birmingham.

The secretary of the SCCU, Ian Clifton, head of the UK delegation at the World Cross Country Championships at Boston, lost the position of honorary secretary to the cross country commission. He is succeeded by Matt Frazier, secretary of the English Cross Country Union, and the man who reinstated Robert Quinn after the mix-up at the Gateshead cross country event last year.

SAAA secretary Bob Greenoak lost his bid for chairmanship of the track and field Commission to Dave Cropper, and Jim McInnes and Hilda Everett were defeated in the election to the board of management.

first get-together of the 1994 Commonwealth Games development squad, and confirms that he features in future selection plans.

"We would have selected him for the Luton Marathon, but he would not want another marathon so soon," said Greenoak.

What Evans would like more immediately is a chance to run in the Olympic marathon.

He finished more than three and a half minutes ahead of the second Briton, Steve Brace (18th), and if Britain had followed their selection policy of recent seasons Evans would have been guaranteed an Olympic marathon spot. But when the UK squad - Brace, Dave Long, and Paul Davies-Hale - was named in early January, Evans was selected only as second reserve behind Sam Carey.

When Evans won the Morpeth to Newcastle 14.25 mile event on January 1, he beat both Brace and Carey, and he had already beaten Long when representing Britain, on his debut, with a 28-18 10,000m run in Finland.

"Russia, Poland, and Denmark all used London as their Olympic trial," said Evans. "The Americans had their selection race the same weekend. If I was almost any nationality other than British I would be going to the Olympics. No disrespect to the three Brits selected, but these countries will all perform better than us in Barcelona."

"They can't all be wrong and us right... surely one place should have



Rosa Mota, first woman home in the 1991 London Marathon, dropped out of this year's event.

gone from London? It has in the past."

Evans first came to prominence when first Brit in the Sun Life Great Race - after being threatened with the sack for competing.

His bosses relented, but the shoe factory where he worked as a stockroom man went bust shortly after.

"I've redundant now for almost two years," he says. "At first I desperately needed athletics to pay the groceries. But it is not so bad now. Despite what Justin says, I am winning the odd race."

For his Camberley Half Marathon victory he drove off a Volkswagen car, which he plans to sell. "I already have a car, but my wife is the only person who uses it. I run everywhere."

Six years ago, he was playing football. "I'd bags of pace, but my problems began when I got the ball," he said. "So they just stuck me in midfield and got me to kick people."

A late starter, Evans took up running

at 25, after a charity race for his local pub. London was his fourth marathon.

Antonio Pinto won in 2-10-02 - a consolation for Portugal after the drop out of the women's favourite Rosa Mota. Katrin Dorre of Germany took the women's race in 2-29-39, both of them collecting \$59,500.

Scotland's Lynn Harding, forced to withdraw on race with a serious gastric upset, will run the Munich Marathon in three weeks' time.

The 1988 Scottish cross country champion, Neil Tennant, who planned to make his debut at the distance, also did not start, and former winner Allister Hutton, stricken by stomach cramps from 15 miles on, was 89th, in 2-25-15.

Karen MacLeod, who runs for Edinburgh AC, also suffered from cramp, and finished 22nd in 2-41-35, passed in the finish tunnel, and in the mix-up was denied the third UK women's finish position.

## SHARP APPEAL IS LAUNCHED

A FUND aimed at resolving the potential financial difficulties faced by former international sprinter Cameron Sharp and his family, following his debilitating car accident last October was launched by Scottish Athletics at the Kelvin Hall last month, writes Margaret Montgomery.

Despite undergoing extensive rehabilitation treatment at Edinburgh's Ainslie Hospital, Sharp still has no movement in his left arm, is predominantly confined to a wheelchair and suffers from speech and memory impairment. He also has perceptual difficulties.

As a result, it seems almost certain that he will not be able to return to his former job as a leisure manager with Annandale and Eskdale District Council, although it is possible that he might eventually be employable in some other capacity.

Married (to former Commonwealth 800m internationalist Carole) and with two pre-school age children, Sharp's plight has severe financial implications for all his family, not least of which is an outstanding mortgage on the family home. The Cameron Sharp Fund has been established to try and raise the £49,000 it would take to pay this off.

The fundraising got off to a healthy start at the launch of the fund which took place during celebrations to mark the 21st anniversary of the BP Thistle Awards on March 24. Athletes Brian Whittle and Alison Grey, and Scottish rugby internationalist Sean Lineen, took part in a 60m race and a long jump and shot putt competition, their performances in each being rated on the Thistle Award point scale. For each point they amassed BP generously donated £2 to the award scheme which then passed the money on to the fund. In all, £1224 was raised.

Speaking at the launch, fund chairman George Duncan outlined a variety of events which will be held over the coming months in an attempt to raise further funds. Chief among them will be an auction of athletics memorabilia including Drew McMaster's 1978 4 x 110m Commonwealth Games gold medal, the vest worn by Liz McColgan when she won her 10,000m gold at the 1986 Commonwealth Games, and a pair of spikes signed by Olympic sprinter and long jumper Carl Lewis. Other fund raising initiatives which are planned include an attack on the record for the fastest ever round of golf by 400 and 800 metre track star Brian Whittle.

Anybody interested donating to the fund or in helping with it in any way should contact Gregor Nicholson on 031-317-7320.

## RECORD PRIZE MONEY

ORGANISERS of this year's Great Scottish Run have announced a later date than usual for the country's largest road race, bringing the event close to the Olympics in an attempt to attract top class athletes to Glasgow in the wake of Barcelona, writes Fraser Robertson.

The half marathon race will go ahead on August 23, just a couple of weeks after the Games, when public interest in the sport will be at its highest, and will be contested over a slightly re-designed route geared to producing fast times and pbs.

Race director Peter McLean believes the internationally recognised world best times set by Liz McColgan (67-11) and Steve Monaghan (60-27) in Tokyo earlier this season could be seriously threatened over the new course.

"A lot of the top athletes from abroad will be waiting to sort out their race schedules around the Olympics before committing themselves to running in Scotland, but with record prize money set to total £40,000, I am confident quite a number will compete in this race and challenge the records."

Of course, the vast majority of the 6,000 runners expected to take part will be from this country, a statistic not forgotten by the organisers who will issue special invites to those they see as the top ten Scottish men and women.

Last year's race, won by England's Dave Lewis, with Andrea Wallace the first woman home, saw the number of entrants rise to 5,700 - nearly double the 1990 figure.

Among the fun runners and celebrities looking to complete the course on August 23 will be Scotland's world boxing champion Pat Clinton, along with Gary Jacobs and Joe Kelly.

The Great Scottish Run, sponsored by Diet Coke, is the first in a series of mass-entry road races throughout Britain.

The Great North Run (half marathon) is on September 20, Great Midland Run (10K) on September 27, followed by the Great South Run (10 miles) on October 11, and the Great London Run (10K) a week later.

Application forms can be obtained from most clubs and sports centres or by calling a special 24-hour hotline (041-227-5576). The entry fee is £8 for affiliated club athletes and £8.50 for fun runners, and the closing date is July 17.



Andrea Wallace and Dave Lewis, winners of last year's Great Scottish Run.

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## SAAA snap up Dunky Wright memorabilia

THE Scottish AAA hope to persuade a museum, possibly Glasgow's People's Palace, to provide a home for medals purchased at a London auction, writes *Doug Gillon*.

The SAAA paid around £800, plus commission, for a total of 33 medals including the Commonwealth marathon gold won by the late Dunky Wright in the inaugural British Empire Games, in Hamilton, Canada, in 1930.

The SAAA learned the items were up for sale thanks to a tip-off from former Olympic sprint medallist Peter Radford, an enthusiastic collector of sporting memorabilia. They tried to have the items withdrawn before three of the ten lots of Wright memorabilia came under the hammer, but the auctioneers, Christie's, declined to have this done. This almost certainly cost the vendor, Wright's elderly sister-in-law, money.

"We were prepared to make a substantial offer to buy the items in advance of the sale," said SAAA secretary Bob Greenoak. "But by buying at the auction, we may well have got the items for less than we would have paid privately. Now we hope to put these valuable items of Scotland's athletics heritage on display."

Wright, who died at the age of 79 in 1976, was one of Scotland's outstanding sportsmen, a contemporary of Eric Liddell's in the 1924 Olympic team, who read at Liddell's memorial service. He also competed in the 1928 and '32 Olympics, and participation medals from these two Games are among those bought by the SAAA. Wright finished fourth in the 1932 Los Angeles games.

Duncan MacLeod Wright logged 27 successive victories and retired after losing the 28th, a road race in which he was runner-up, having been directed the wrong way by a marshal. He later worked for the BBC and Scottish Daily Express as an athletics commentator.

He won the Morpeth to Newcastle Road Race three times in succession and six times in all, earning the right to keep the inaugural trophy which stands 20.75 inches high and dates back to 1904. It was another of the items sold in the sale.

Wright ran for Clydesdale, Maryhill, and Shettleston, and also formed his own club, Caledonia Harriers.

Wright's winner's medal from the 1925 national cross country championships, and his team medal from 1930, were also on offer, but the SCCU declined to make an offer for them.

## Joint commission looks more likely

WITH the vote on the proposed SAF scheduled to take place on May 23, Alan Grosset, independent chairman of the constitution drafting committee, has been taking steps to make the concept of a joint commission for road running and cross country more acceptable.

At the annual meeting of the SAAA earlier this year a motion to merge the road running commission and the Scottish Cross Country Union was defeated by one vote when chairman Harry Quinn exercised his casting vote in favour of keeping the two separate.

Following meetings with the road running commission Grosset now feels he has a better understanding of its members' misgivings as regards a joint commission and has worked to amend the constitution accordingly.

"The road runners didn't feel the development of their branch of the sport had been properly catered for in the constitution," he explains. "Hence, we have amended certain clauses so that the proposed joint commission's responsibility to the development of both road running and cross country is clear."

We've also amended clauses concerning membership of the joint commission to indicate this would be balanced evenly

between the two branches."

According to Grosset, the response to the amendments from both the RRC and the SCCU seems generally favourable. However, it will not be known exactly how favourable until another vote is taken in May.

Grosset has been involved in drafting up a constitution for the SAF since February of last year. He strongly believes that the proposed new body will be a great bonus to Scottish athletics.

"It will put an end to the duplication of administration which takes place at the moment and will release funds which can be put back into the sport," he says. "By bringing the various branches of athletics together it will also give Scottish athletics a stronger voice and bargaining position as regards other organisations."

As Grosset has already pointed out, the SAAA's projected administration costs exceed the income it can expect from subscriptions by £10,000. This alone, he maintains, is proof of the need to streamline.

"Scottish athletics would be materially better under the SAF," he says. "With less bureaucracy people would be able to focus on what they are good at. Coaches could get on with coaching."

## Over the top attitude at Inverness Half Marathon

9, Craig Avenue,  
Haddington,  
East Lothian.

SIR - As a regular reader of your magazine, I would through your letters page like to comment on the recent Inverness Half Marathon.

As a member of Haddington East Lothian Pacemakers (HELP) I travelled north, deciding to enter on the day.

When I turned up at the registration point I was informed that they didn't normally accept entries on the day, but that they would if I was prepared to pay the £4.50 entry fee plus a £5 donation to a local charity.

Needless to say, after a long journey north, I entered the event. I would however like to raise two points over this matter:

1. The organisers should have started on all the entry forms and in media adverts that there would be no entries on the day, or that if you didn't pre-enter a levy for charity would be added.

2. I also think that a levy of 111% towards charity on top of the entry fee is a bit over the top. As a member of a club formed to raise funds for charity, I think this method, adopted by the Inverness organisers, was a bit extreme.

I'm sure if HELP adopted the same method for our forthcoming race series we would have a lot less athletes, as a large percentage of our field turn up on the day.

Overall, though, the race was well organised, apart from this decision of management madness.

Ian Mustarde

## RACE BIASED TOWARDS WOMEN, NOT MEN

17, Colston Drive  
Bishopbriggs,  
Glasgow

SIR - I read, with some amazement, Ms Bartley's letter in the March edition of Scotland's Runner.

For the nerve to take on, at one fell swoop, two forward-looking clubs, and by inference, all the other running clubs in Scotland, I salute her.

As a backroom boy with Springburn Harriers I shall take up the points she makes with reference to our Jack Crawford Memorial Race and leave others to defend the Nigel Barge.

Ms Bartley surely appreciates that the number of prizes must be based on the expected turnout which in turn stems from previous years' experience.

I can assure her that these statistics were the only basis for assessing the balance of prizes and not an urge to depress the numbers in any group.

Whichever way you look at the statistics of our race, the female competitors come out with greater benefit than any other group. Below are the simplest of these figures. They tell their own story.

| Nos    | Prizes | Prize £ | £/runner |
|--------|--------|---------|----------|
| (1991) |        |         |          |
| 5 F    | 7      | £85     | £17.00   |
| 170 M  | 28     | £430    | £2.53    |
| (1992) |        |         |          |
| 11 F   | 4      | £45     | £4.09    |
| 163 M  | 28     | £430    | £2.64    |

As Ms Bartley will understand, all spot prizes are based on predetermined finishing places and are not deliberately biased in favour of any group.

Given the balance of male/female competitors it is not so unexpected that men get most if not all the spot prizes.

If Ms Bartley feels that the "ladies were invisible" in 1992, what would her adjective be to adequately describe the female attendance in 1991, a race which she did not attend.

I can only agree with her description because it is true - the ladies are just not turning out in the numbers we would like to see.

From the statistics above you can see that we are already guilty of positively discriminating in favour of the female runners and unless they do turn out in much greater numbers we will never get anything out of this "chicken and egg" situation.

Douglas R. Morton

## LIZ "UNGRACIOUS IN DEFEAT"



29, Broomloan Court,  
Ibrox,  
Glasgow

SIR - While I have to admit Liz McColgan is a superb athlete and has done Scotland proud, why is she so ungracious in defeat?

Whenever she is beaten (which of course isn't very often) she always has an excuse.

A few years ago, she was beaten in a race - I think in Bermuda. Her excuse was an early morning cup of coffee which didn't taste right.

Last year she vented fury on Yvonne Murray. She accused her of dirty tactics when in fact she was just outclassed. Another time when she was beaten her excuse was that her baby had a bad cold and passed it on to her. She didn't feel 100% but she still ran.

At the recent World Cross Country Championships she boasted to both the Evening Times and Daily Record that it

would take a very good girl to beat her. She stated conditions were like Scotland in mid-winter. She stated she has no weakness if it comes to out-kicking anyone.

Just a couple of hours before the race she was interviewed on BBC TV. She again stated she was fit, strong, confident, etc. She didn't fear Lynne Jennings or anyone else.

She wasn't in it at all, so what happens? She has another excuse. She believes she has a virus and she was foolish to have trained and run.

There was no mention whatsoever of this virus before the race. Quite the opposite.

If she felt ill she shouldn't have competed. No one is going to think any less of her if she is beaten. It happens to every athlete.

So come on Liz. Accept your rare defeats and stop making excuses.

Jean Arnott

## No officials or finishing line for late finishers at Clydebank

16, Western Crescent,  
Kilbirnie,  
Ayrshire.

SIR - I would like to reiterate Carol Anne Bartley's comments about the second rate treatment of women at some of our road races (see Scotland's Runner issue 67).

I have been running for less than a year and am first to concede that I am a mere novice in the races stakes.

However, keen to get races under my belt I took part in the Dunky Wright Memorial race at Clydebank. Having struggled against a biting cold wind was I to be greeted with a round of applause as I crossed the finishing line. Not a bit of it - there was no actual finishing line, and worse still no official on hand to record that I had safely negotiated the course.

It strikes me that this is no way to encourage the athletes of tomorrow and that some race organisers are merely concerned with our elite male runners.

Janelle Bell



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Road, Glasgow  
G3 6JA.

## MORE VOLUNTEERS NEEDED FOR RESEARCH INTO SEX RATIO THEORY

Institute of Physiology,  
University of Glasgow,  
Glasgow.

**SIR** - During the past few months we have visited a large number of clubs in the west of Scotland and also attended several races, questioning 139 folk regarding the distance they were covering in training around the time their children were conceived. Data was also obtained from another 66 who took up running after their children were born.

The results obtained were very interesting and further suggest the possibility that distance running (at least in some instances) may influence the sex of the offspring. Our results are summarized in the table below.

One must bear in mind that in the general population 49% of the

children born are girls. Therefore we might expect this percentage would have also been seen amongst the children of folk who only became involved in running after their families had been completed. However, this was not so.

Why not? Perhaps such men are more likely to take up running in later life if their sons become interested in the sport. This may be the reason why the group running low weekly mileages were also found to have had more sons than daughters.

One may have anticipated too that those athletes doing a distance in excess of 50 miles per week would, like, those running 30-50 miles weekly, father more daughters than sons. In fact, these men had children close to the normal sex ratio in the population.

How might this be explained? It has been reported that circulating levels of

the male sex hormone (testosterone) are lowered by the stress of running in certain individuals. Might these be the ones more likely to father girls?

Further, are the elite athletes training in excess of 50 miles/week more likely to have male hormone levels higher than average? If so, the effects of severe exercise would be less pronounced than in others whose testosterone was on the low side. Obviously this initial survey has raised a lot of further questions which we are keen to tackle.

Our next plan is to measure blood levels of testosterone in athletes whose partners are currently pregnant. In this way we will be able to examine whether training intensity and hormone levels influence the sex of the offspring. Hence, we are appealing for any runners interested in participating further in this study to get in touch.

We would like to thank most sincerely all those runners who, when approached on their way to or from the showers, had the patience to spend a few minutes answering questions.

Des Gilmore

## Where does the money go?

36, St Giles Square,  
Falkirk.

**SIR** - I hear that the Land O' Burns has gone. I understand the reason is finance.

Yet, Ayr had approximately 2000 runners all paying £5 to enter. On top of this it also had sponsorship money. Where did all that go? How much does it take to run an event where most if not all the officials and helpers work voluntarily, receiving nothing more than a cup of tea, pie, and biscuit?

Events like Ayr are important. They are people's events which introduce new people to the activity of running. The end of Ayr cannot be lightly accepted. Questions should be asked.

I have been sussing out the possibility of assisting at events. If I was to do some time-keeping I would have to buy a watch at £30. In essence our officials are paying for the "privilege" of officiating. We are extremely lucky and fortunate to have such individuals prepared to keep sport alive at their own expense.

Given this, why is there not enough money to host people's events like Ayr. Where does the money go?

H. McGinlay

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## ARTHRITIS RESEARCH

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



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# RACE SIMULATION

*By training in simulated race situations, athletes can improve their competitive performances, as Derek Parker explains.*

RACE simulation is a vital aspect of successful athletics training. The perceptive athlete must create practice situations comparable to those he or she will encounter in competition.

It is an acknowledged fact that even-paced running is the most economical method of energy distribution during a race. Thus, an athlete aiming to record a time of 13-45 for 5000 metres on the track should endeavour to complete each 400 metres lap in 66 seconds, finishing with 200 metres in 33 seconds.

He would prepare for this goal by tackling the following training sessions in the weeks leading up to the race: (a) 12 x 400 metres in 66 seconds (20 seconds recovery between repetitions) + 1 x 200 metres in 33 seconds; or (b) 6 x 800 metres in 2-12 (30 to 45 seconds recovery) + 1 x 200 metres in 33 seconds; or (c) 5 x 1000 metres in 2-45 (45 to 75 seconds recovery); or 4 x 1200 metres in 3-18 (45 to 90 seconds recovery) + 1 x 200 metres in 33 seconds; or (d) 3 x 1600 metres in 4-24 (60 to 120 seconds recovery) + 1 x 200 metres in 33 seconds.

It will be noted that in all these sessions the athlete is training at 5000 metres race pace ie 66 seconds per 400 metres. The training objectives are specifically related to the race target. The recoveries are fairly short to accustom the athlete to maintain his race pace during physiological and psychological conditions of increasing fatigue.

If everything goes to plan, the athlete should be capable of stringing all the repetition distances together with no recovery during the race, especially when increased adrenalin flow and the competition atmosphere give that extra edge and sharpness necessary to enable him to attain his target.

As everyone knows, however, there are innumerable occasions when races are not run at even pace, particularly at the highest levels of competition.

The protagonists will use a wide variety of tactics to demoralise and



*Above: Diane Edwards leads the women's 1500m in the 1989 Scottish Indoor Championships.*

intimidate their rivals. Favourite ploys are sudden injections of pace, fast starts, gradual accelerations, and variations in tempo.

The well-prepared athlete will be physiologically and psychologically capable of successfully dealing with these tactics.

He or she will also be able to use them to gain advantages over opponents at crucial stages. There are many methods of developing the ability to respond to variations in pace during races.

All depend on the capacity of the coach or athlete to create training situations which simulate tactical

manoeuvres in competition.

For example, instead of performing a session of 4 x 1200 metres in 3-18 at an even pace of 66 seconds per lap, the athlete could distribute his efforts as follows: Lap one in 68 seconds, lap two in 66 seconds, lap three in 64 seconds.

This type of work-out gets the athlete used to winding up the pace at various stages of the race. The perspicacious observer will note that although the overall times of the even-paced session and the varied-pace add up to 3.18 the training effects differ.

The list of variants using the

same principles in endless. Some can pose a tough challenges and should always be done well away from main areas of competition.

Two in particular come to mind: (1) 3 x 1600 metres at 5k 13-45 pace (60 to 120 seconds recovery), running successive laps in 69-0, 67-0, 65-0, and 63-0; and 3 x 2000 metres at 5k 13-45 pace (75 to 150 seconds recovery), running successive laps in 70.0 68.0 66.0, 64.0, and 62.0.

Obviously recovery times and the times of laps and repetitions should be modified to accommodate the fitness levels and target times of individual athletes.

Another approach is to insert a phase of surge running into an already fairly fast steady pace.

Thus, instead of running a session of 1200 metres repetitions at 66 seconds per lap, our 5k athlete could run the first and third laps in 67 seconds with the pace speeding up to around 64 seconds on the second lap.

This simulates a race situation where someone increases the tempo by two or three seconds for about 400 metres before dropping back to steady race pace.

It is also worthwhile mixing training paces within the context of a single training session. This type of work-out develops the aerobic and anaerobic energy systems simultaneously and utilises the white, fast-twitch and the red, slow-twitch muscle fibres.

Typical examples are: (1) 4 x 800 metres at 5k pace (30 to 45 seconds recovery) + 400 metres at 1500 metres pace (60 to 90 seconds recovery); and (2) 2 x 2000 metres at 5k pace (75 to 120 seconds recovery) + 500 metres at 1500 metres pace (60 to 90 seconds recovery). In (1) above, each 800/400 metres sequence constitutes a single set while in (2) each 2000/500 equals a set.

This type of session can be intensified and be made more race-specific by dispensing with the recovery period between changing from one pace to another. Thus an



*Above: David Sharpe winning the 800m at this year's Scottish Indoor Championships. Right: Robert Quinn putting in a surge of speed in the 3000m at the 1991 Small Nations Championships.*

athlete could run 5 x 1000 metres with the first 800 metres at 5k pace and the final 200 metres at 3000/1500 metres pace.

This work-out can be adapted to a park, woodland, or road environment if the athlete does not have ready access to a track. Approximate distances using landmarks can be utilised or the athlete can run for two minutes at 5k pace before increasing the effort to 1500 metres tempo for 30 seconds followed by a 60 seconds jog.

Five more repetitions using the same formula bring the total time of the fast efforts to 15 minutes which is roughly the time taken to complete a 5000 metres race.

The ability to finish fast at the end of a gruelling contest can be improved by rounding off the session with three repetitions of 30 seconds during which the first 20

seconds are run at 800/400 metres pace and the final 10 seconds as fast as possible.

The track equivalent would be 150 to 180 metres at 800/400 metres pace increasing to 60 to 80 metres full effort. Recovery between repetitions is 60 to 120 seconds depending on fitness and ability levels.

Although I have, for the purposes of this article, concentrated on varied pace training with particular emphasis on the 5k event, its principles can be readily adapted to work-outs for other distances.

Thus a 1500 metres' athlete could run 3 x 800 metres with the first 600 metres at race pace before increasing the effort to 800/400 metres pace over the next 200 metres.

Recoveries would be approximately two to three minutes



between repetitions.

A typical session for an 800 metres' athlete could be 4 x 400 metres with the first 200 metres at race pace followed immediately by an increase to 400 metres effort or slightly faster over the next 200 metres. Recoveries would be between two to four minutes.

Another variation for an 800 metres' runner could be to combine a speed endurance unit and a speed unit within the context of a single training session.

The speed endurance work-out would utilise repetitions at race pace with short recoveries while the speed work-out would emphasise repetitions at faster-than-race pace with longer recoveries.

Thus an athlete hoping to run 800 metres in 1.56 (ie 4 x 200 metres in 29 seconds with No recovery) could tackle a session of (a) 4 x 200 metres (20 to 30 seconds recovery) in 29 seconds followed 10 to 15 minutes later by (b) 4 x 200 metres in 24 to 25 seconds with three to five minutes recovery.

Likewise an athlete training for longer races such as half-marathons could incorporate into his or her

schedules sessions such as (a) 4 miles at marathon pace + 4 miles at half-marathon pace + 2 miles as fast as possible; or (b) 3 miles at marathon pace + 3 miles at half-marathon pace + 2 miles at 10k pace + 1 mile at 5k pace + 1 mile as fast as possible; or (c) alternate miles at half-marathon/10k pace for 6 miles + 3 miles at 5k/10k/5k/ pace per mile + 1 mile as fast as possible.

The list of permutations is endless. Its successful implementation depends solely on the ability of the coach or athlete to simulate racing situations in a training environment so that the competitor is physically, mentally, and tactically prepared for any contingency which may arise once the starter's gun gets the contest under way.

**Right: Up and coming middle distance talent, Hayley Parkinson, showing she has the measure of rival Louise Cormack in a close 3000m at last year's SSAA Championships.**



## DEREK PARKER'S SCHEDULES

### Experienced Week One

**Sunday:** 90 to 120 minutes grass/cc  
**Monday:** 75 to 90 mins fartlek inc. 2 mins at 5k pace + 30 secs at 1500 pace (No Recovery between pace increases/60 secs jog between repetitions) x 6 sets.  
**Tuesday:** 5 miles/30 mins road run.  
**Wednesday:** 10 miles steady road run.  
**Thursday:** 6 x 800 metres at 3k pace (60 to 90 secs. recovery) + 3 x 150 metres full effort (250 metres jog recovery) starting two laps jog after final 800.  
**Friday:** Rest or 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. 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 2 mins fast (60 secs jog) x 5 sets.  
**Tuesday, Wed, and Friday:** As Week One.  
**Thursday:** 400 metres at 5k pace (20 to 30 secs recovery) + 200 metres at 1500 pace (30 to 45 secs recovery) x 8 sets + 1 x 200 metres full effort 30 to 45 secs after final 200.  
**Saturday:** Race or 12 to 15 miles steady.  
Morning runs as Week One.

### Week Three

**Sunday:** As Week One.  
**Monday:** 75 to 90 mins fartlek inc. 45 secs at 5k pace (20 secs jog) + 30 secs at 1500 pace (30 secs jog) x 12 sets. Finish with 3 x 10 secs stride increasing to 10 secs full effort (60 secs jog) starting 3 to 5 mins after final 30 secs repetition.  
**Tuesday, Wed, and Friday:** As Week One.  
**Thursday:** 2 x 4 x 200 metres at 800 pace (30 secs recovery between reps/5 to 8 mins between sets). Finish with 4 x 60 metres full effort from rolling start (walk back rec).  
**Saturday:** 12 to 15 miles steady.  
Morning runs as Week One.

### Week Four

**Sunday:** As Week One.  
**Monday:** 75 to 90 mins fartlek inc. 30 s fast (15 s jog) + 60 s fast (30 s jog) + 90 s fast (45 s jog) + 120 s fast (60 s jog) + 150 s fast (75 s jog) + 180 s fast (90 s jog) + 180 s fast (90 s jog) + 150 s fast (75 s jog) + 120 s fast (60 s jog) + 90 s fast (45 s jog) + 60 s fast (30 s jog) + 30 s fast.  
**Tuesday, Wed, and Friday:** As Week One.  
**Thursday:** 1000 m at 5k pace inc to 200m at 1500 m pace (60 - 90 secs rec) x 5 sets. Total of each repetition is 1200m.  
**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. 15 secs fast (15 secs jog) + 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) + 60 secs fast (60 secs jog) x 4 sets.  
**Tuesday:** Rest or 20 to 30 mins easy running.  
**Wednesday:** 5 to 8 miles steady.  
**Thursday:** 4 x 800 metres at 3k pace (90 to 120 secs recovery) + 3 x 150 metres full effort (250 metres jog recovery) starting two laps jog/walk after final 800.  
**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 s fast (45 s jog) + 30 secs fast (30 s jog) x 8 sets.  
**Tuesday, Wed, and Friday:** As Week One.  
**Thursday:** 400 metres at 5k pace (30 secs recovery) + 200 metres at 1500 pace (45 to 60 secs recovery) x 8 sets + 1 x 200 metres full effort 45 to 60 secs after final 200.  
**Saturday:** Race or 8 to 12 miles steady.  
Morning runs as Week One.

### Week Three

**Sunday:** As Week One.  
**Monday:** 60 to 75 mins fartlek inc 10 secs fast (10 seconds jog) + 20 seconds fast (20 secs jog) + 30 seconds fast (30 seconds jog) x 10 sets.  
**Tuesday, Wednesday, and Friday:** As Week One.  
**Thursday:** 2 x 4 x 200 metres at 800 metres pace (30 to 45 secs recovery between repetitions/5 to 10 mins between sets). Finish with 3 to 4 x 60 metres full effort from rolling start (with a gentle walk back recovery).  
**Saturday:** 8 to 12 miles steady.  
Morning runs as Week One.

### Week Four

**Sunday:** As Week One.  
**Monday:** 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 30 secs fast (30 secs jog) + 40 secs fast (40 secs jog) + 50 secs fast (50 secs jog) + 60 secs fast (60 secs jog) x 3 sets.  
**Tuesday, Wed, and Friday:** As Week One.  
**Thursday:** 1000 metres at 5k pace increasing to 200 metres at 1500 metres pace (90 to 120 secs recovery) x 4 sets. Total distance of each repetition is 1200m.  
**Saturday:** Race or 12 to 15 miles steady.  
Morning runs as Week One.

## Gaining a foothold in the market

*Scotland's Runner looks at one of Scotland's newest and most comprehensive specialist running shoe shops.*

If you are thinking about buying a new pair of running shoes Foothold in Glasgow's Argyle street will provide you with a wide choice.

Open since November 1990, Foothold has a high fashion profile but also carries a strong reputation for the quality of service which it offers the more serious runner.

A sign of the company's commitment to the runner is the race package which it is currently offering to Scottish clubs. Consisting of start and finish banners, tape, and marshall bibs, it provides clubs which are low in funds with some of the means with which to hold their own races.

"We know it is often difficult for clubs to find the money for the most basic items," explains company spokesman Peter Turner. "This package is designed to help."

All the staff at Foothold are fully trained in the intricacies of

fitting running shoes and because the Glasgow shop now has a powerjog machine are able to carry out a very full analysis of a customer's running style before suggesting which shoes to buy.

As might be expected of an outlet so committed to its customers, most of the major brands are more than well represented on the shelves. A quick glance around reveals a number of the most popular

and up-to-date Nike models including the Huarache and the Air Max, the Graphite from Reebok, and most of the New Balance range.

"We sell shoes from all the major suppliers - Nike, Reebok, Ron Hill, Asics, Adidas, and New Balance," says Peter Turner. "Because we sell only shoes we can afford to carry a broader range than most other shops."

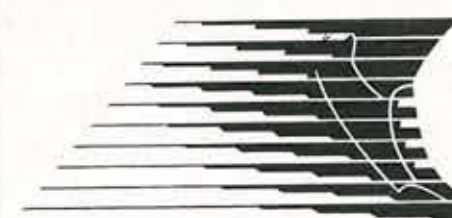
Its not just training and racing shoes which Foothold carries but a broad range of spikes as well. Specialist spikes for high jump and so forth are also available by order.

Competitive prices are backed up by a 10% discount to all those belonging to a club, and for those who live outwith the Glasgow area and are unable to get to the shop there is a mail order service.

Good service, a broad choice of stock, and good prices to boot - what are you waiting for?



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# RENFREW AC

*Just prior to the opening of the new Renfrew track, Margaret Montgomery talked to John Morrison, secretary of Renfrew AC, about the benefits he expects the new facility to bring.*



It takes a lot of time and effort to be a club coach, as anyone who has ever taken on the task will tell you.

John Morrison, who acts as club secretary and administrator for Renfrew AC on top of being its leading coach, therefore has his work cut out, particularly when you consider that he also works full-time for his own surveying firm.

Needless to say, his various roles involve him in a daily routine which requires endless dedication and enthusiasm. Every Monday and Wednesday he makes the journey by minibus to the Kelvin Hall accompanied by the club's 20 juniors (members aged 19 and under) and assistant club coaches Ian Colquhoun and Douglas Taylor.

It is, as Morrison himself admits, "an effort", but one which, until recently, has been essential for the club's survival.

Since it was formed in 1988 from the remains of Babcock AC, the club's only accessible track has been a grass one at Moorcroft Sports Ground in Renfrew. Although useful in the summertime, this obviously has certain limitations. Not only is the running surface a difficulty, but a complete lack of field facilities means colossal problems for anyone hoping to develop a talent for throwing and/or jumping events.

Or at least that would be the case were it not for the dedication of Morrison, who has established the practise of taking the club's younger members to the Kelvin Hall each week. Prior to Christmas last year this was achieved purely through the goodwill of the club's three coaches who took turns at ferrying the youngsters back and forward in their own cars. Fortunately, since

the turn of the year the club has had access to a minibus provided by Renfrew Unemployed Resource Centre at a very competitive rate.

While this allows Renfrew AC to train with the facilities which most other clubs enjoy it does mean a lot of time spent purely on travelling. It is with great relief, therefore, that Renfrew has greeted the arrival, at long last, of an all-weather track complete with field facilities. Gone is the necessity of traipsing back and forward to the Kelvin Hall.

"I think the new track should make a tremendous difference to the club," says Morrison. "It will provide us with a more accessible training centre and should encourage more people to come along."

The track, situated at Linwood Sports Centre and due to open at the

end of April, has eight lanes, and facilities for all field events, including a throwing arc, long jump pit, and high jump area. To date £20,000 has been spent to provide the new facility with necessary equipment such as hurdles, javelins, and shot putts.

It might seem, therefore, as if all Renfrew AC's problems are over but there are, according to Mr Morrison, a few difficulties still to tackle. For one thing, he would like to see more organisers in the club.

"We are not bad on the coaching side," he reflects. "But what we do need is people who can help on the administration side. For example, I deal with paying for the minibus to the Kelvin Hall, a small job perhaps but it does take up time which I could spend on coaching."

Morrison also believes that if more administrators or organisers

were to lend a hand that sponsorship money would be forthcoming.

"People have indicated to me in the past that they would be willing to put something into the club but if I had pursued them on it I would have had another job on my hands - deciding what to do with it, and then administering it."

When Renfrew AC first started up in 1988 Morrison went round all the local senior schools and spoke to their PE staff. The effect, he maintains, was a positive one, encouraging many local youngsters to come along and give the club a try. Yet, despite this he has never done the rounds of the schools again. The reason once again is lack of what he terms as "backroom manpower" within the club.

"Being so involved in coaching and in the administration of the club I don't have the time to go round the schools," he says. "I do think it's a great way of encouraging interest though."

On the positive side, the club has reaped a measure of success with those youngsters it has attracted. Morrison's 17 year old son Gavin has developed into a very promising high jumper, coming first in his age-group in the 1992 Scottish Schools Indoor Championships and achieving "first Scot" placing

in this year's Scottish Indoor Championships. With a personal best of 1.90m and the potential to improve on this substantially, he is without doubt a talent of the future.

There is also a lot of potential in the club. As yet, few remarkable times have been recorded among Renfrew AC's aspiring sprinters and middle distance runners but as Morrison points out it is the room for growth which is important.

"We have, for example, one young lad - Gordon Leitch - who has been training for just six months but who turns out personal bests every time he attempts an 800 or 1500 metres.

At the moment his times don't compare with those of many other boys of the same age, but he has very obvious untapped potential and that's what matters."

Another of the club's members, Ian Stevenson, has been training for just a year and a half but is already a proficient enough sprinter to turn out a good performance at Scottish Schools' level.

At the recent SSAA indoor championships he was the sixth fastest in the qualifying rounds and only failed to compete in the final because it was the first five who went through.

"He had never competed in



Above: Top Scottish high jumper and Renfrew AC member, Gavin Morrison. Below: Renfrew AC's vets. From left to right: Paul Roth, Jack Manderson, Jim Pitillo, and Tony McManus.



anything like this before," adds Mr Morrison. "This makes his performance even more respectable."

Apart from having a strong "junior" track and field section, Renfrew also boasts a number of successful older athletes. Over-50 veteran John Lindsay Scott is a case in point. At the most recent New Year sprint he placed first, although in doing so he automatically lost his amateur status.

Prior to this, when still competing as an amateur, he won numerous veteran sprint titles including the Scottish vets 100m title in 1984 and the Scottish vets 100m, 200m, long jump, and triple jump titles the next year.

Charlie MacAlinden is another example. Scottish marathon champion in 1965 while a member of Babcock Harriers and Irish 800m champion during the 1960s, MacAlinden has since been a three times winner of the Scottish vets cross country title and is still a prominent member of Renfrew AC although not competing anymore.

Last but not least are Tony McManus and John Williams. Tony McManus won the vets over-55 Scottish pentathlon championship

in 1990 and 1991 and also holds a number of vets medals in the triple jump.

Meanwhile, John Williams may well be remembered by older readers as a Scottish internationalist in individual sprint events and sprint relays between 1965 and 1970 while still a member of his former club Bellahouston Harriers.

Morrison is confident that Renfrew AC will be able to develop very successfully on the foundations established since 1988.

The track and adjoining facilities will be a great help to the younger members wishing to develop as track and field athletes and if more people emerge as willing to help with the club's organisation

much more should be possible in the way of sponsorship and events.

"Last year we helped to organise a children's fun run in Renfrew," says Morrison. "I'd like to think we could do more of that with a bit more in the way of willing hands."

Despite the fact that he is keen to see numbers grow, Morrison hopes that this will not happen too quickly, the problem being that there are not at present enough adults to oversee large numbers of young athletes.

"If we just had a few more people helping then we could easily accommodate more children," he says. "They wouldn't even have to be qualified coaches. Just having people to, for example, organise the kids into groups and to help keep activities going would be helpful. That way the coaches would be able to get on with coaching."

So if you live in the Renfrew area you know where you can do your good deed for the day!



Left: Young sprinter Eleanor Colquhoun practises starts.



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# Fast track to the future

*Margaret Montgomery looks at the possibilities posed by the opening of Scotland's latest all-weather track.*

WITH three athletics clubs already based within its obvious catchment area, Renfrew's new all-weather running track will not be short of patrons.

Between them Kilbarchan AC, Linwood Pentastar, and Renfrew AC have approximately 200 members, many of them already enjoying successful track careers despite having lacked an accessible all-weather track to train on during their formative years in athletics.

Bob Smith, Renfrew District Council's sports development officer, believes that the fact that the area has managed to produce athletes of the calibre of Robert Quinn without the help of proper track and field facilities means that it should be able to work wonders with its present crop of talented youngsters, all of whom will grow up with the great advantage of having the new Linwood track within easy access.

Underlining this belief is his knowledge of the effort being expended to ensure that leisure and recreation employees within Renfrew District Council are armed with the necessary knowledge to maximise the possibilities posed by the opening of the new track.

"We have liaised with the SAAA and they have kindly agreed to instruct staff on such things as, for example, the correct way to lay out the track before training nights and competitions," he says.

The new facility will also benefit from the appointment of two new employees whose remit will be to help with the track's day to day activities while also providing some input into the smooth running of the adjacent facilities at Linwood Sports Centre.

Explains John Syme, the sport centre's recreation officer, "The track will be funded and managed as one of Linwood Sport Centre's facilities and as such will benefit from the expertise of the staff already working there."

However, to make sure the existing staff are not spread too thinly when the new track opens we have decided to take on two new employees."



Robert Quinn

In all, the development of the new track has cost Renfrew District Council £900,000, a relatively sizeable part of its annual £14 million leisure and recreation budget. It's an output which the Council has nonetheless been happy to oversee, viewing the building of the track as, quite simply, a need which had to be met.

"The development of the track has been consumer-led," says Bob Smith. "There is no doubt that there has been a surge of popularity for athletics in the area. Kilbarchan is now one of the country's top clubs and is growing in numbers all the time. Renfrew's councillors were simply responding to this when they decided to push the need for proper facilities."

Being located next to Linwood Sports Centre, the track can be seen as forming part of an integrated training facility. Linwood Pentastar, Renfrew AC, and Kilbarchan AC will be able to compliment track work by using the indoor facilities at the sports centre for strength and conditioning work.

Conversely, gymnastics clubs and other local indoor sports clubs

will have the advantage of a conveniently placed track for cardiovascular work. All in all, the net effect should be of benefit to everyone.

"The more people who use the track the more we can put back into its development," says Bob Smith. "It makes sense to encourage all the local sports clubs to make full use of all the facilities on offer."

At present there is only one meeting scheduled to take place at the new track - a Bank of Scotland Women's League meeting in June. This is mainly due to fixtures being determined well in advance of each outdoor season. Accordingly, Smith hopes that many more events will take place in Renfrew in 1993.

"Seeing senior athletes in action encourages youngsters to take the sport up," says Smith. "Even if it's just for that reason we would like to hold meetings regularly."

Encouraging young people and children to take athletics up is uppermost in Renfrew District Council's thoughts as the opening of the new track draws closer. Smith hopes, for example, to provide local sports council grants to finance interested parties through coaching exams.

"There is no point encouraging youngsters to take the sport up if we don't have the numbers or calibre of staff to deal with them," he points out.

It is also hoped that youngsters can be brought on via the schools. Rather in the way that schools use local swimming baths during their gym periods, it is envisaged that Renfrewshire schools can similarly make use of their new local track.

All in all, the track provides a host of opportunities to bring on the young Renfrewshire athletes of the future. Watch this space!

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# TALKING SHOP

WITH spring in the air and the cross country season well and truly over, many runners will be turning their thoughts to lighter clothes and a new pair of training shoes and/or spikes.

At Scotland's specialist running shops a wide selection of summer ranges is already available. Here, we take a look at these shops, and at the ranges they are stocking, finding out in the process what the style conscious runner will be wearing this year.

Ron Ballantyne, owner and manager of Run-A-Way Sports in Glasgow's Dumbarton Road, is a runner himself and as such prides himself on stocking clothes and shoes which are useful rather than gimmicky. Backing this attitude up is a commitment to ensuring that the customer buys what is best for them.

The shop, for example, has its own treadmill which runners are welcome to use as a means of testing new shoes.

Ron recommends that anyone taking up running for the first time should come into the shop and have their stride analysed on the treadmill machine. From there, he will decide which shoes available at Run-A-Way are suitable.

Asics shoes feature prominently among those Run-A-Way will be stocking this season, the Gel Lyte and the Ultra Gel Lyte Speed particularly likely to go well in Ron's estimation. Another to look out for is Reebok's Hexalite Graphite.

"It's not due out until September but I've road tested it and can say it's really very good - extremely

light and comfortable," he says.

Specialist shoes such as the Kona for triathletes will also be in stock. The Kona incorporates a hydroflow system and has a special velcro fastener to allow triathletes speed of change between events.

Also available at Run-A-Way will be the ETA - a shoe Ron particularly recommends to anyone who specialises in hill running.

"I'd give full marks for the design of this product," says Ron. "At £49.99 it's also good value."

Meanwhile, on the clothes side, this summer Ron will be stocking a number of new items from Frank Shorter including a new range of track bottoms and Coolmax shorts. Also available will be the Asics Barcelona range, a colourful range of clothing specially launched for Olympics year.

The growth in popularity of the triathlon is reflected in the amount of space which Ron will be devoting to the Dave Scott triathlon range. This includes padded swimming trunks complete with feed pouch at the back, ideal therefore for both swimming pool and bike.

Shellsuits are out, according to Ron. Instead runners are turning to training suits made of Microsoft material. Both flame proof and breathable, these retail at Run-A-Way between £50 and £100.

Ron even stocks a very full range of isotonic drinks, plus accessories such as water bottles and reflective strips. Lactic acid testing, diet analysis, and personally tailored training programmes can also be obtained through the shop by arrangement.

At Rackets and Runners in the Kelvin Hall, owner Alan McIlvein says that broadly speaking prices are more competitive this year than they have been for a number of years.

"Athletics gear was still being worn as fashion clothing in the High Street last year," he explains. "This is less the case this year with the result that there are a lot of bargains to be found."

Shell suits, he says, are a prime example. Brand name varieties are now available at Rackets and Runners for between £60 and £70 with non-brand types coming in at as little as £30. All good and well if you want a shellsuit, but as Alan readily acknowledges they are not very popular now.

"I don't think we'll be selling much in the way of shell suits this season, even though they are quite a good buy now. They have a fairly negative image with a lot of people," he says.

Alan predicts a move back to the jogging suit, a trend which began last summer. He also maintains that 1992 will be a year in which runners stick to tried and tested gear such as cotton lycra cut-offs and Coolmax shorts and vests. As he puts it himself, there will be few new trends and a "return to the basics".

Rackets and Runners will be stocking most of the main brand team ranges this summer including the Nike "International" range, the Asics "Barcelona", and the Reebok "Global". In addition shoes and spikes brought out to coordinate with the ranges will also be available.

Like Run-A-Way, Rackets and Runners operates a club discount scheme, allowing runners up to 10% off any item they buy so long as they can produce documentation which verifies they run for a club.

"I think this year should see the serious runner getting a good deal for his money," he says. "When our

club discount is added to the widespread bottoming out of prices there will be some terrific bargains!"

Gill Morris of C & G Sports in Dunfermline agrees very much with Alan McIlvein.

She too believes that the market for athletics gear is going back to sort of styles and price range that benefit the serious runner.

"The clothes and shoes aren't being turned out for the fashion market anymore," Gill, a runner herself and organiser of the Dunfermline Auld Toun 10K, explains. "Athletics gear isn't fashionable with non-runners any more with the odd exception of certain training shoes."

Like her colleagues, Gill says she has not been selling much in the way of shellsuits recently. The net effect has been a gradual lowering of the prices they are sold at - so if you've always wanted one but have been put off because of the exorbitant cost, your moment has come!

"You can pick up a shellsuit for next to nothing now," she says.

Despite the demise of the shell suit, Gill doesn't see anything else taking its place with Dunfermline runners. Traditional tracksuits, she says, are also falling away in popularity, the result being that they too are cheaper than ever before.

"Adidas are selling basic track suits in navy or black for about £40," she says. "Like a lot of manufacturers they are now making their prices very competitive."

Gill envisages selling "more of the same" this summer, particularly lycra cut-offs and traditional vest and shorts sets.

"The manufacturers have gone back to basics this year," she says. "They are tightening up on their product lines and catering much more for the real athlete who wants 'bread and butter' items like shorts, vests, and reasonably priced trainers."

The Nike Pegasus is, says Gill, as popular with runners now as it was when it was first introduced ten years ago. Having stood the test of time and retained a sensible price it remains a "good bet" for athletes of all ages.

Falling into the "sensible and

competitively priced" market which most manufacturers are aiming for this summer, it is liable to be a particularly good seller in 1992.

Other shoes stocked by C & G Sports this summer will be the Saucony Freedom and Shadow, and Nike's well publicised Huarache.

Where clothes are concerned, Sub-4's Supplex range is doing well and should continue to do so right into the heart of summer.

"Supplex is great because it has all the qualities of cotton while being a lot lighter," says Gill.

"Like Ron Hill tracksters, the Sub-4 range in this material is fast becoming standard gear for runners."

At Colin Campbell Sports' specialist running shop in Racliffe Terrace, Edinburgh, manager Ian Gordon says that fleece is selling well and seems to be taking up where the shellsuit left off.

"People will be buying fleece tops and jog bottoms well into the summer," he predicts. "As autumn comes in they will probably move to 'polar fleece' which is even warmer but light weight and wind proof into the bargain."

Other than this he too sees no major trends developing. Coolmax and Microsoft shorts from Frank Shorter remain extremely popular while in the shoes line the Nike Air Huarache seems to be very successful.

"The Huarache is going down well with the serious runner. I think it's probably because it's such a close fitting and light shoe," he says.

New Balance and Asics are also good brand sellers at Colin Campbell Sports. The former is particularly popular because of the shop's pro-fit machine, a device which, as most runners will know, measures the feet extremely accurately - specifically for shoes in the New Balance range.

John Quinn, owner and manager of Tayside's leading running shop Dundee Runner, also thinks the Nike Huarache is destined to be the big seller of 1993.

"It seems to have caught the imagination of the running



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Above right: On the left, the male model wears a shorts-vest combination from Sub 4's Mistral range. His partner wears a top and lycra shorts from Sub 4's "Expressions" range.

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- O** TECH 100 VEST Black, sizes S,M,L, £23.95
- P** TECH 150 SHORT Fabric Coolmax lycra, black, sizes XS,S,M,L, £25.50
- Q** TECH 1000 TIGHT Black, sizes XS,S,M,L, £31.95
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## SHOP FEATURE

community," he says. "It's quite a radical design in terms of the materials it's made of. The upper is made from a revolutionary new mixture of fabrics which grip the foot very well without digging into it."

Shoes are Dundee Runner's specialism, and with 10 years experience of the market behind him there is very little John Quinn doesn't already know about them.

"Westock just about everything there is," he says. "Nike, Asics, Adidas, Saucony, New Balance, Mizuno, you name it and we've got it. We also do most off-road shoes and a full range of spikes."

With such a wide range of shoes in stock, John believes that he can offer any runner, of any standard, their ideal shoe.

"Before recommending a shoe we will look at the customer's old pair and see what sort of stride they have," he says. "Then after deciding whether, for example, their feet turn outwards or inwards as they run we will select from a few possibilities."

According to John there are no new developments in the clothing line this year. Runners will be sticking to well established types of clothing such as lycra and "sweats", with only the shellsuit going to the wall. One trend which he has noticed, however, is the growing predilection for t-shirts instead of traditional vests.

"People don't seem to like vests as much," he says. "The trend is about 7:3 in favour of t-shirts."

Like some of his colleagues he sees fleece taking the place of the shellsuit but thinks there is still an opening in the market for something lighter and in the shellsuit "vein".

"I think what is really out is the brightly coloured, glazed shellsuit," he says. "Something along similar lines but plainer and with more of a cotton feel to it would probably go down a storm."

**A**t Run and Become in Edinburgh, manager and well known ultra distance runner Adrian Stott reports that Coolmax and Supplex are selling well this summer.

"Anything which is made in this sort of breathable fabric seems to be particularly popular," he says.

Opened just last July, Run and Become has already carved itself out a name for the sheer breadth of its stock. Aiming to meet the needs of all athletes - be they field eventers,

sprinters, or road runners - the shop carries an exceptional range of everything.

For example, at any time around thirty different types of spikes are in stock, a range which covers the needs of sprinters, middle distance athletes, jumpers, throwers, and cross country fanatics. An equally extensive selection of training shoes (over 100 models are currently in stock) and off-road shoes is also available.

"We've found that a lot of athletes haven't been able to get hold of what they need in the past," says Adrian. "Particularly field eventers."

Adrian's daughter, who is a middle distance runner with Edinburgh Woollen Mill, works alongside her Dad in the shop, providing track experience to complement his considerable knowledge of road running. All the other staff are also runners.

Like many of Scotland's other specialist running shops, Run and Become provides a mail order service for its customers.

There certainly seems to be no shortage of ideas to choose from if indeed you are thinking of splashing out on some summer running gear - and no shortage of expertise to seek advice from. Whatever your tastes and needs, Scotland's specialist running shops seem extremely well equipped to meet them.



Above: Clothing from Sub 4's "Good Vibrations" range suitable for indoor and cross-training.



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## ILLNESS HAMPER LIZ'S PERFORMANCE

THE Boston World Cross Country Championships provided Liz McColgan with a discouraging reminder that even the most invincible-looking favourite is mortal. But now, with training going well in Florida, she is convinced that her demise was only a blip on her all-conquering record, and that her dream of Olympic gold will be fulfilled.

She chose to ignore the warning signs and husband Peter's advice before Boston, fell victim to a virus and plodded home through the snow in 41st place, 65 seconds behind American Lynn Jennings who won for the third successive time.

A cold sore on her lip a week earlier, when running the fastest indoor 3000 metres of the winter, hinted to McColgan that all was not well.

"I also had a cold sore last summer when Yvonne Murray beat me over 3000 metres at Meadowbank," she said. "I should have remembered, and recognised it as a sign that I was a bit run down. Peter told me to take it easy before we left for the States. He had been going on at me all week. I should have listened and eased down, and given the race a bit more respect. But I didn't listen. I wanted to get another couple of good sessions in. In hindsight that was a mistake."

The 27-year-old Dundee Hawkhill Harrier had woken with a dry, sore, throat for three days prior to the race.

"I thought it was just the hotel air conditioning," she said. "But on race day I had a heavy chest and sore ears, a clear sign of the onset of a virus. I felt like stopping, even before I had run the first mile. My whole body just would not run hard. I couldn't find my stride pattern or my usual flowing action."

The spikes she selected might have been longer, and three months during which the bulk of her training had been done on the treadmill at home in Arbroath, with little outside country work, could be cited as possible mistakes.

But McColgan's form in her only four races of the year - world records at half marathon and 5000m indoors, and a season's world fastest 3000m indoor, and a fun outing, but still a record, at Cupar - underline that she need look no further for an explanation than her illness.

"If I hadn't been run down, nobody would have run near me," she insisted. "The world cross country is a good race to win, but my main aim is still the Olympics, and my confidence is in no way damaged."

McColgan's encouragement however had a significant impact on the rest of the Boston team, particularly 18-year-old asthmatic, Paula Radcliffe, who took the junior women's crown, Britain's first success in the event.

She had finished fourth in Birmingham when McColgan set the world record, making up the numbers

required for it to be considered a valid record attempt.

"Liz said that if I ran as I had indoors that I could get in the top ten. She's a great inspiration," said Paula.

Glasgow accountancy student Vikki McPherson, making her debut, was disappointed with 62nd, two places ahead of the other Scot in the team, Laura Adam. But McPherson's consolation was to come a week later when she claimed the silver in the World Student Championships.

Theories that the driving snow and effective 20-degree temperature with the wind-chill factor, would rule out the Kenyans was exploded by the Kenyan Olympic 5000m champion, John Ngugi, who captured the title for a record breaking fifth time.

But Britain, headed by Richard Nerurkar, in 15th, packed very tightly to claim the team bronze. Former Glasgow University road race winner Paul "the thug" Dugdale had the race of his life to finish 33rd. The two Scots, Tommy Murray and Chris Robison, were 104 and 115 respectively, which did not do themselves justice, but they had the satisfaction of a rare medal.

It could not have helped Murray to learn that on his departure, his wife, who was expecting a baby, had miscarried.

"I felt kind of guilty, being away," said Murray who slept poorly.

Perhaps significantly Paul Roden, seventh Brit home, had just become a father, and Robison was home only a couple of days when his wife delivered a son. It is maybe more stressful becoming a dad than people think.

Perhaps the highlight of the day was the duel between women's winner Jennings and Ireland's Catherine McKiernan. McKiernan led twice in the final 200m, but although finishing second, claimed the \$10,000 prize for winning the World Cross Grand Prix.

John Treacy, Eamon Coghlan, Marcus O'Sullivan and Frank O'Mara have all gone to the USA before making their name, but McKiernan is the Republic's first home-grown talent in 50 years.

A simple, pleasant lass from the heart of rural Ireland, where she lives on the family farm, she trains on the roads and fields of County Cavan.

"There are only about 100 houses spread around the area where I live, in Cornafean," said telephonist McKiernan. "It's not even a village, just a shop cum post office, a pub, and a chapel, huddle round a cross roads."

Call me an old romantic but it restores one's faith that class runners can still emerge without the sophisticated support - medical, scientific, and psychological - which some pundits would have us believe are essential.

## REVENGE OF RACING

RACING Club Edinburgh's success in the national six-stage relays at Livingston, the final championship of the season, gave them a measure of revenge over Cambuslang, whose national cross country title was the only major to elude Racing all season.

John Robson, the 35-year-old former Commonwealth 15000 metres bronze medallist ran an inspired final stage to give his team a 61-second victory over Caledon Park in 2-12-22 with Cambuslang third.

Brian Kirkwood (15-01) and then David Ross (15-00) broke the 3.2 mile short stage record but Racing Club's success was in doubt until Robson's anchor run. Robson was given additional motivation - incense to have been delayed by a few seconds by an official at the final change over.

Caledon's Neil Tennant who took off with Robson, was awe-struck at Robson's performance in taking a minute out of him. Tennant, 30, the former national cross country champion, in top shape as he prepared for the London Marathon could not believe the pace at which Kelso's Robson took off. "Nobody has done that to me since I was a teenager," he said.

Robson's first mile, 4-20 left his brother Alan, who followed by car, in agonies, telling him to relax. "I might really have blown up in the middle of the race if Alan hadn't yelled at me to relax," he said.

But for the delay, Robson might have had the six-mile stage record, which had fallen earlier to Allister Hutton. Hutton sliced almost 30 seconds from the longer stage record with 28-24.

John had planned to make his marathon debut in London but for a calf muscle injury in January. Recovered, but too late, he plans to try a marathon in the autumn. "But I'll have ago at the Olympic 10,000m trial," he said.

Brother Alan led Racing B team home first on the opening stage, and a day later won the Alloa half marathon in 66-49. Also in their B team was former Scottish marathon record holder, John Graham, making a comeback at 35 after tendon surgery. And East league cross country champion John Ross of Haddington is also likely to join them. It suggests Racing Club being a more formidable unit than ever.

Sixteenth place by Greenock Glenpark, and 18th by Metro Aberdeen, should secure their places in this year's Edinburgh-Glasgow relay event, the latter for the first time.

BELLAHOUSTON, accorded a civic reception by Glasgow City Council to mark their centenary, plan a series of three races this summer. Entry for the series is £9.

## Student Success



Vikki McPherson

GLASGOW students Vikki McPherson and Robert Quinn took individual silver and bronze medals and captained the British women's and men's squads to team medals at the World Student Cross Country Championships in Dijon.

The British women's and men's student champions ran from the front in an attempt to win, but were both out-sprinted for gold on a course which scarcely equated to the notion of cross country - black ash laid on top of grass.

McPherson, a third year accountancy student at Glasgow University, finished four seconds behind Iulia Ionescu (Romania). It was a particularly meritorious run, for she had raced a week earlier at the world championships.

Quinn, a trainee teacher at Jordanhill College, led the UK men's team into third place. Kilbarchan's Quinn finished five seconds behind Shaun Creighton (Australia) winner of the World Student Games Steeplechase title last year in Sheffield.

Quinn looked to be ruled out of athletics after a serious accident in 1986 when he almost lost a leg when struck by a motor bike.

"But now I hope to compete in the Olympic 10,000 metres trial," he said. McPherson is also likely to make her track debut at the distance in the women's trial.

ABERDEEN will host the City Centre Road Races on May 16 after a switch from its traditional Tyneside venue. TV coverage of the event, which has a budget in excess of £100,000 is guaranteed by BBC Grandstand.

The organisers hoped for a Liz McColgan-Lynn Jennings rematch, but McColgan is concentrating on training in Florida, and Jennings' asking price was \$25,000. Dave Martin of organisers Nova International, said: "We also tried to get European 3000m champion Yvonne Murray, but we have been told she is unavailable."

THE Eric Liddell Foundation is to host a training and development camp in Scotland from August 23 to September 9. A total of 34 athletes from Canada, Japan, Hong Kong, China, Scotland, and possibly, South Africa will attend.

SCOTTISH marathon internationalist Mike Carrol produced a fine piece of front running to win the first major road race of the season, the Tom Scott Memorial, writes Fraser Robertson.

Contested over a 10-mile course from Law Village, Lanarkshire to the finish in Strathclyde Park, the 33 year old Annan runner finished in 48-05, a convincing 50 seconds ahead of Cambuslang's Charlie Thomson, with Edinburgh Racing Club's Brian Kirkwood third in 49-04.

This was the 30th year of the Tom Scott Memorial race, held in memory of the Motherwell club member who used to run to work every day between Law village and the town, before he was tragically killed in a car crash in England.

The 1991 victor, Nat Muir, was forced to pull out shortly before race day through injury.

From the outset of this year's run, on April 5, Carrol was closely shadowed by the British cross country internationalist and pre-race favourite Chris Robison, recently back from competing in the World Championships in Boston.

At the halfway stage, Carrol and the Spango Valley athlete were in a group of five, with Carrol doing all the work at the front into a slight headwind.

By six miles, however, the pair had made a significant break and opened up a gap on the chasing pack, led by Alastair Russell of Law and District.

Just as it looked as if a tight finish was to ensue, Robinson pulled up with a calf injury around a mile out, leaving Carrol a clear run into the park and subsequently to the tape.

Robison later explained: "When we came to Motherwell itself it was a close race. Mike was running well down the hills and I was perhaps pushing it just a bit to hang in with him. Then about two miles out I felt a twinge in my calf, but kept on going."

"Unfortunately it got steadily worse and with around a mile to go it really went, so I thought it best to pull out before I did any lasting damage. It's very disappointing to lose a race through injury."

Carrol, who was unaware of Robison's misfortune until well after the race, said he was fairly pleased with his overall performance, but was forced to alter his tactics almost from the start.

"I've always liked to make the



Above: Mike Carrol forces the pace in the men's race.  
Left: Sandra Branney, winner of the women's race.

running in the past, but my coach has been trying to get me out of that habit, so initially I was planning to just sit in with the pack.

"However, I was kind of taken aback at the start of the race when there was no pack and no one seemed willing to take it up, so against all orders I found myself at the front early on."

"Luckily I could still run a solid race from that position."

He revealed that the Selkirk Half Marathon and then a 10K at Wishaw were his next targets, with all the major championship races around that distance in his season's packed schedule.

"I might even run a full marathon," added Carrol after the race.

"I've been a wee bit inconsistent over the past two or three months, running really badly one week then the following race running very well, but I've been trying out a couple of new things under my marathon coach, so hopefully this is everything starting to click now, as that wasn't a bad run today."

City of Glasgow's Sandra Branney retained the women's championship with a typically strong run, clocking 56-12 after stretching away from Vikki Vaughan just before the five mile mark.

Branney finished over two minutes ahead of the Pitreavie girl. Shettleston's Elaine McBrinn secured third spot in 59-29.

In the team events, Law and District won the men's championship. Cambuslang took second place, followed by Dumbarton in third.

The women's team trophy was lifted by City of Glasgow.

Aberdeen's Colin Youngson was the first veteran home in 51-21, resulting in an eighth place finish overall, closely tracked by Charlie McDougal of Calderglen Harriers who ended up right behind Youngson in 51-35.

Cambuslang's Davie Fairweather, Willie Mitchell and John Christie clinched the vets team prize for the second year in a row, just ahead of Aberdeen.

Also incorporated in the Tom Scott event, sponsored by Steel Stockholders, was the Scottish Veteran Harriers Club Championships, meaning the respective winners of the Tom Scott vets prizes also automatically lifted the veteran championship titles.



## February

15

**Malta Marathon and Half Marathon**  
**Marathon:** 1, N Diakov (Russia) 2-20-51  
**Half marathon:** 1, E Hyland (RCN); 2, F Clyne (Met) 65-34

## March

1

## Nairn 10K RR

**Men:** 1, J Bowman (IH) 31-46; 2, G Fairley (NRR) 31-52; 3, G Milne (MRR)(M40) 32-36; 4, I Taylor (Cam) 32-42; 5, C McLean (IH) 32-56; 6, D Cruikshank (FH) 33-27; 7, D Bow (NRR)(M40) 33-40; 8, A Newlands (Coast) 33-46; 9, G McDowall (IH) 33-56; 10, B Fraser (MBI) 34-00; 11, D Watson (IH) 34-06; 12, G Mitchell (IH)(M40) 34-09; 13, A Stewart (MRR) 34-23; 14, D McDiamid (IH) 34-41; 15, P Shirley (MRR) 34-54; 16, I Addis (FH) 34-56; 17, R Horlock (MRR) 35-06; 18, G Douglas (FVH) 35-30; 19, D Bird (IH) 35-21; 20, G Fairclough (MRR) 35-22; 21, M Wilson (IH) 35-28; 22, C Meek (MRR) 35-41; 23, A Stewart (MRR) 35-42; 24, K Prosser (MRR) 35-49; 25, R Farquhar (Coast) 35-52.  
**Teams:** 1, Inverness Harriers 15; 2, Moray Road Runners 31; 3, Nairn Road Runners 40.  
**Women:** 1, A Douglas (FVH) 40-40; 2, M Adamson (IH)(W35) 41-09; 3, S Bennett (Unat) (W35) 41-15; 4, L Wallace (NRR)(W35) 41-36; 5, L Fisher (W35) 41-55. **Teams:** 1, Inverness Harriers 308; 2, Nairn Road Runners 316.

## Bishop Hill Race, Scotlandwell-

**Men:** 1, N Martin (Fif) 17-08; 2, P Mowbray (SU) 17-19; 3, D Crowe (She) 17-27; 4, P Bovill (OHR) 17-46; 5, A Davis (Fif) 17-47; 6, J Hampshire (HBT) 17-55; 7, J Kirkland (DHH) 17-58; 8, D Buchan (Pen) 18-03; 9, D McLean (LHR) 18-20; 10, D Shiell (CHR) 18-21; 11, A Cassidy (Fif) 18-35; 12, F Kelly (OHR) 18-38; 13, R Morris (CHR) (M40) 18-46; 14, C McLeod (LHR) 18-48; 15, T Ross (Fife, M40) 18-52; 16, A Graham (LHR, M40) 18-58.  
**Teams:** 1, Fife 17; 2, Ochil HR 33; 3, Lomond HR 39. **Women:** 1, D Campbell (Liv) 22-37; 2, E Scott (West) 24-10; 3, D McDonald (Lass) 24-11; 4, F McKinnon (Lass) 26-17.

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## Strathclyde Runners Road Races, Motherwell

**Men (8000m):** 1, T McCallion (FB) 26-

51; 2, R Hubbard (Ed) 27-00; 3, P Wymann (SW) 29-50; 4, D Brannay (Ed) 30-13; 5, S Eaglesham (FB) 31-03; 6, R McEleney (FB) 31-39; 7, V1, B Bush (Plan); Spec Oly: 1, J Berry 39-05.  
**Women (4000m):** 1, Z Ardron (Plan) 16-09; 2, A Harvie (Ed) 16-50; 3, A Donnelly (Ed) 17-01; 4, B Cockburn (Ed) 17-18; Spec Oly: 1, M Elder 22-06.

## Smokies Women's 10 Mile Road Race, Arbroath

1, V Vaughan (Pit) 58-04; 2, C Paton (Gos) 59-52; 3, C Brown (Fife W35) 63-00.

## Edinburgh University 5 Mile Road Race, Edinburgh

**Men:** 1, J Robson (RCE) 25-25; 2, B Kirkwood (RCE) 26-15; 3, K Lyall (CPH) (26-44); 4, A Weatherhead (ESP), V1, 26-56; 5, M Ferguson (ESP) 27-07; 6, G Crawford (RCE) 27-12; 7, R Riddell (ESP) 27-29; 8, A Robertson (Pen) 27-55; 9, D Law (Cor) 28-04; 10, R Thomson (CPH) 28-31; 11, K Harkness (Fif) 28-38; 12, M Oppin (StratU) 29-16; 13, J Janson (Pen) 29-22; 14, M McEwan (Pen) 29-36; 15, C Scott (ESP) 29-38; V2 Z Bankowski (ESP) 29-56; V3 J Gavin (ESP) 30-18.  
**Team:** Racing Club Edinburgh.  
**Women:** 1, K Fisher (AP) 33-26; 2, S Aitken (AP) 33-42; 3, K McMillen (EU) 33-46.

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## Scottish Veterans 5 Mile Road Race, Ayr

**Men:** 1, C Spence (SV) 26-32 (rec); 2, A Adams (Dum) 27-07; 3, T Graham (Fif) 27-31; 4, A Brown (Moth) V50, 28-23; 5, G Young (Ayr) 28-32; 6, R Brennan (Cam) 28-45; 7, D Ward (Ayr) 28-58; 8, B McMonagle (She) 29-24; 9, D King (Irv) 29-26; 10, A Rennie (SVH) 29-30; 11, A McCann (EK) 29-47; 12, R McKay (Moth) 30-06; V60: 1, W Marshall (Moth) 30-39; V65: 1, A Duncan (SVH) 44-26.  
**Women:** 1, E McGarry (Moth) 34-16; 2, D Monteith (SVH) 34-36; 3, K Dodson (Law) 35-27.

## GGH Singlehurst Shield 5 Mile Road Race

(All runners GGH)  
**Men:** 1, A Puckrin 24-41; 2, P Duffy 25-57; 3, G McGratton 26-02; 4, D McLaughlin 26-22; 5, B McGuinness 26-37; 6, S McLoone 27-00; V1, I Cameron 27-13; V2, R Boyd 28-14; V3, J Smith 28-44; V50 R Hodelet 28-55.  
**Women:** 1, B O'Brien 31-15.

## Dunky Wright Memorial Road Race, Clydebank

**Men:** 1, A Hutton (CPH) 26-13; 2, D Donnett (Spr) 26-26; 3, G Grindlay (FVH) 26-30; 4, D Ross (RCE) 26-42; 5, M Gormley (Cam) 26-44; 6, C Thomson (Cam) 26-49; 7, P Fleming (RCE) 27-06; 8, B Kirkwood (RCE) 27-07; 9, E Stewart (Cam) 27-16; 10, D Cameron (She) 27-31; 11, T Hearle (Kil)

27-38; 12, J Hefferon (Alb) 27-39; 13, G Braidwood (Spr) 27-41; 14, P Brannagh (Alb) 27-44; 15, G Graham (VP, J) 28-07; 16, W Richardson (Irv) 28-13; 17, S Hodgson (SV) 28-19; 18, W Weir (Moth) 28-22; 19, S Kerr (RCE) 28-24; 20, A Little (She) 28-29; V1, B Howie (CPH) 29-19; V2, J Gallacher (SV) 29-35; V3, R Young (Cly) 29-49; V4, R Guthrie (Bell) 29-51; V5, E McIvor (Cam) 30-13; V6, W Mitchell (Cam) 30-30; V50: 1, J Kyle (Cum) 31-51; 2, D Morton (Spr) 35-29; V60: 1, P Tonner (Bell) 40-05.  
**Teams:** 1, Racing Club Edinburgh 19; 2, Cambuslang 20; 3, Springburn 37.

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## Kilbarchan David Cumming 7 Mile Road Race

(all Kilbarchan)  
**Men:** 1, T Anderson 37-16; 2, M McGinley 38-07; 3, I McDougall 38-36; 4, J Hannigan 39-27; V1, D Mewse 39-42; V2, D Paterson 41-02.  
**Women:** 1, J Murray 50-38; 2, M Moore 55-36.



## March

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## Aberdeen AAC Club CC Champs, Aberdeen

**Men:** 1, A Reid 22-04; 2, P Jennings 22-53; 3, S Cassells 23-04; 4, D Massie 23-25; 5, K Hogg M40 23-37; 6, S Wynn 24-08; 7, G Riddell 24-18; 8, G Yule 24-36; 9, I Morrice 24-30; 10, I Williamson 25-02.  
**Other vets:** 2, E Rennie 25-04; 3, A McDonald 25-06.  
**Youths:** 1, M Barber 25-14; 2, G Smith 25-13; 3, K Dinnes 26-15.

## Senior Boys: 1, C Smith 10-03; 2, A Love 10-15; 3, E McGee 10-17; 4, S Bruce 10-15; 5, G Kennedy 10-20; 6, S Cole 12-16.

## Junior Boys: 1, R Dearie 11-14; 2, W Brown 11-24; 3, D Grant 11-41; 4, N Fleming 11-52; 5, D Esson 12-08; 6, S Cole 12-16.

## Colts: 1, Dunning 6-27; 2, N Imrie 6-34; 3, F Bisset 6-34; 4, D Brown 6-41; 5, F Clark 6-42; 6, J Clarkson 6-47.

## Women: 1, K Meams 10-25; 2, J Grams 11-10; 3, S Hendry (Int) 11-23; 4, N McKinnon W35 11-42; 5, N Clarkson (Int) 11-58; 6, H Pirie (Int) 12-22; 7, J Hogg W35 12-30; 8, B Kerr.

## Junior Women: 1, C Clarkson 11-04; 2, L Still 11-59; 3, N Fraser 12-23; 4, M Keenan 12-35.

## Girls: 1, H Smith 11-23; 2, K Snape 12-20; 3, L Green 12-37; 4, F Dey 12-50; 5, S Aggett 12-51; 6, K Ramsay 13-01.

## Minors: 1, R Dougall 7-02; 2, G Hair 7-05; 3, W Bennett 7-09; 4, L Strachan 7-19; 5, N Ingram 7-45; 6, L McKinnon 7-52.

## Annan CC River Races

**Men:** 1, M Carroll (Ann) 30-14 (rec); 2, A Russell (L&D) 31-03; 3, D Scobie (Dum) 32-32; 4, C McCann (Ann) 32-49; 5, R Brown (HBT) 33-56; 6, P Crosbie (Ann) 34-19; 7, J Burns (Cum) (J1) 34-23; 8, C Kinnear (Dum) 34-34; 9, R Longmore (Sol) 34-42; 10, A Davenhill (Sol) 34-48.

## Other Juniors: 2, J Frood (L&amp;D) 38-01; 3, C Thomson (Ann) 43-42.

Vets: 1, D Milligan (Sol) 35-56; 2, R Scott (Un) 36-07; 3, G McLean (KO) 36-18; **Team:** Annan 11pts.Youths: 1, D Whiffen (NV) 16-24; 2, R Young (Gir) 16-35; 3, D Hughes (Tev) 16-39; 4, G Whyte (QVS) 16-53; 5, I Bell (NV) 18-27; **Team:** Dumfries AC 22 pts.Senior Boys: 1, D Gorman (VP) 9-34; 2, C Bewley (Der) 9-43; 3, S Kintrae (QVS) 9-48; 4, B McLean (L&D) 9-53; 5, C Common (Dum) 10-25; **Team:** Derwent 19.Junior Boys: 1, S Hodgson (Cam) 7-52; 2, P Morris (NV) 7-56; 3, W Fraser (Dum) 8-13; 4, M Rafferty (L&D) 8-15; 5, B Hughes (Tev) 8-21; **Team:** Derwent 37.Colts: 1, K Taylor (Gir) 6-17; 2, C Black (Dum) 6-18; 3, S Hannah (Der) 6-18; 4, C Kintrea (QVS) 6-18; 5, R Lauder (Tev) 6-32; **Team:** Derwent 21.

## Women: 1, E Reid (NV) 18-22; 2, L White (Stew) 18-42; 3, A Woodcock (Der) 18-50; 4, L Longmore (Sol) 19-29; 5, A Posse (Dum) 20-21; 6, K Simm (NV) 20-27; 7, C Legg (Ann) 21-07; 8, F White (Stew) 21-20; 9, S Calver (Gir) 22-05; 10, S Connell (Der) 31-14.

Veteran Women: 1, S MacPherson (Dum) 22-45; 2, M McPhail (Gal) 23-57; 3, M Matthews (Bord) 24-58; **Team:** Derwent 28pts.Juniors: 1, N Armitage (Car) 8-11; 2, S Scott (CG) 8-13; 3, P McCrea (Car) 8-25; 4, E Gorman (VP) 8-30; 5, C McCluskie (Ann) 8-32; **Team:** Carlisle 12pts.Girls: 1, F King (Der) 6-37; 2, S Carlett (Der) 6-39; 3, L Harrison (ESP) 6-40; 4, K Blair (Car) 6-45; 5, L Gauld (ESP) 6-50; **Team:** Derwent 11pts.Minors: 1, E Barcock (Der) 4-23; 2, K Barcock (Der) 4-31; 3, S Crozier (Car) 4-33; 4, M Kicol (Ann) 4-34; 5, H Stewart (NV) 4-38; **Team:** Derwent 11pts.

## Giffnock North AC Schools CC Races, Giffnock

Boys: Youth 3 miles: 1, A McPherson (Hut) 17-17; 2, D Connelly (Hill) 17-31; 3, C Taylor (Wood) 18-15; **Team:** 1, Hutch GS 12pts.Senior Boys 3 miles: 1, D Muir (Hut) 18-37; 2, B Carmichael (Hut) 19-04; 3, S Brooke (Hut) 20-01; **Team:** 1, Hutch GS 6pts.Junior Boys 2 miles: 1, N Rossi (Meams C) 13-02; 2, D Agnew (Hut) 13-21; 3, D McCrae (Hut) 13-21; **Team:** 1, Hutch GS 9pts.Colts 1 mile: 1, M Ewing (Hut) 6-42; 2, M Branton (Braid) 6-48; 3, G McLean (Wood) 6-48; **Team:** 1, Hutch GS 10pts.

**Girls: Sen 3 miles:** 1, K Paton (Hut) 24-03; 2, L Wong (Hut) 24-46; 3, B Drummond (Hut) 30-31; **Team:** 1, Hutch 6pts.

**Inters 2 miles:** 1, N McEwan (Hut) 14-38; 2, J Sinclair (Meams C) 15-33; 3, S McDonald (Hut) 16-00; **Team:** Hutch GS 8pts.

**Juniors:** 1, G Potts (Will) 14-04; 2, K Kirk (Will) 14-28; 3, L Hill (Will) 14-46; **Team:** 1, W'wood 6pts.

**Girls 1 mile:** 1, E McArthur (Hutch) 6-43; 2, D Nicol (Meams) 6-47; 3, R McDougall (Meams) 6-52; **Team:** 1, Hutch GS 10pts.

**Minors 1 mile:** 1, A Daly (Braid) 7-09; 2, L Davidson (Craig) 7-25; 3, G Dunn (Eagle) 7-36; **Team:** 1, Braid 18pts.

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## Renfrewshire Schools CC Champs, Gleniffer Braes, Paisley

**Boys: Senior U/17:** 1, D Roache (Ren); 2, C Douglas (Glen); 3, C Taylor (Wood). **Teams:** 1, Park Mains 52pts; 2, Woodfarm 61pts; 3, Gryffe 73pts; Intermediate U/15: 1, D Currie (Merks); 2, A Docherty (Well); 3, C Hill (Well); **Teams:** 1, Wellington 36 pts; 2, Gleniffer 61; 3, Castlehead 63;

**Junior U/14:** 1, G Menzies (Gas); 2, N Rossi (McCastle); 3, C Simpson (Wood); **Teams:** 1, Park Mains 42pts; 2, Williamwood 52 pts; 3, Gleniffer 62;

**Girls Senio U/17:** 1, J Sinclair (McCastle); 2, M Stevenson (Glen); 3, N Fleming (Cas); **Teams:** 1, St Columba's, Kilmacoll 26pts; 2, Gleniffer 38; **Teams:** 1, Williamwood 30; 2, Port Glasgow 50; 3, Castlehead 51; Castlehead 64;

**Intermediate U/15:** 1, G Potts (Will); 2, H Kirk (Will); 3, L Hill (Will); **Junior U/14:** 1, G Anderson (East); 2, D Nicol (McCastle); 3, L Wilson (Glen); **Teams:** 1, Gleniffer 62 pts; 2, Meams Castle 71; 3, Park Mains 79.

**Bank Of Scotland Round the Castles Cross Country Series, Haddo House, Tarves.**

**Men:** 1, R Herries (RBT) 26-31; 2, J Freil (Met) 27-11; 3, K Varney (Met) 27-14; 4, P Jennings (Met) 27-44 5, D Ball (HBT) 28-18 6, M Johnston (Un) 28-29 7, G Riddell (Ab) 28-34 8, S Gill (K&D) 28-36 9, A Aiken (GRR) 28-38 10, E Rennie (Ab) v1 28-39 11, C Noble (FRC, U2) 28-55 12, J Stewart (Metro) 28-57 13, F Duguid (ABK, V3) 28-59 14, G Yule (Aber) 29-21 15, G Clark (FRC) 29-25 16, C Benzie (Metro) 29-29 17, M Edwards (ABM, V4) 29-37 18, I Morrice (Aber) 28-59 19, M Thomas (HBT) 29-47 20, A Henderson (ABM) 29-50 21, G Esson (AB, V5) 29-53 22, A Lepier (AB) 30-03 23, A McDonald (Ab, V6) 30-13 24, G Main

(Metro) 30-15 25, R Milne (FRR) 30-18 26, M Collingbourne (Ab) 30-20 27, J Hay (Un) 30-28 28, K Sievwright (Ab) 30-25 29, G Ramsay (Ab, V7) 30-26 30, J Ingram (FRC, V8) 30-31 31, D Lepier (Ab) 30-33 32, J Strachan (Metro) 30-55 33, D Morrison (MRR) 31-01 34, D Shepherd (Ab) 31-01 35, I MacKay (Stor) 31-17.

**Youths:** 1, B McAllister (FRC) 18-39; 2, M Anderson (FRC) 18-46; 3, A Simpson (FRC) 18-54; 4, J Mundie (PH) 19-04; 5, G Smith (Ab) 19-31; 6, G Booth (RGC) 20-21.

**Senior Boys:** 1, C Smith (Ab) 12-14; 2, A Love (Ab) 12-29; 3, S Mitchell (RGC) 12-37; 4, G Kennedy (AB) 12-46; 5, J Esson (RGC) 12-49; 6, E McGee (Ab) 12-53; 7, S Covington (Ab) 13-21; 8, K Kyle (Ell) 13-53; 9, C Fowler (Ab) 14-04; 10, D Cowie (FRC) 14-27.

**Junior Boys:** 1, C Nicoll (Tay) 13-06; 2, J Erridge (Ell) 13-07; 3, P Herron (Ab) 10-07; 4, A Fotheringham (Tay) 12-37; 5, R Richmond (RGC) 13-37; 6, N McInnes (PH) 14-44; 7, R Dearie (Ab) 13-45; 8, P Fraser (AB) 13-47; 9, S Dark (K&D) 13-50; 10, S Buchan (FRC) 13-56.

**Colts:** 1, J Oparka (Tay) 6-12; 2, M Stephen (FRC) 6-25; 3, N Imrie (Ab) 6-42; 4, F Bisset (Ban) 6-49; 5, D Cumming (AAAC) 6-57; 6, D Braun (Ab) 7-01; 7, I Arthur (PH) 7-03; 8, A Greig (Tay) 7-07; 9, G Beedie (FRC) 7-10; 10, M McKenzie (PH) 7-12.

**Women:** 1, M Duthie (FRC) 18-57; 2, S Grams (Ab) 20-17; 3, L Coleman (GRR) 20-45; 4, S Bennett (Un) 20-58; 5, L Davidson (Ab) 21-54; 6, A Orme (Ab) 22-21; 7, I Beveridge (Un) 24-47; 8, H Stuart (Un) 25-10.

**Veteran Woman:** 1, M Stafford (Ab) 20-35; 2, N McKinnon (Ab) 21-32; 3, J Hogg (Ab) 21-56; 4, O Fraser (Ab) 22-58; 5, B Kerr (Ab) 23-29; 6, C Blyth (Ab) 24-26; 7, M Dickson (Ab) 25-00; 8, R Hope (Ab) 25-36; 9, D Davidson (Ell) 25-49; 10, L MacDonald (Un) 26-20.

**Intermediates:** 1, C Falconer (MBI) 21-04; 2, L Forman (PH) 21-37; 3, H Pirie (Ab) 22-05; 4, S Hendry (AB) 23-24; 5, J Dawes (Ban) 21-37; 6, T Junker (Inv) 30-06.

**Junior women:** 1, C Clarkson (Ab) 13-37; 2, T McLatchie (PH) 13-58 3, C Simpson (FH) 14-13; 4, L Still (Ab) 14-53; 5, N Fraser (Ab) 15-00; 6, L Maley (FRC) 15-23; 7, K Emery (Ab) 15-38; 8, H Kennaway (ab) 15-43; 9, L Sutherland (FH) 16-11; 10, H Thomson (Tay) 16-52.

**Girls:** 1, D McAllister (FRC) 14-26; 2, J Anderson (FRC) 14-43; 3, F Dey (Ab) 14-51; 4, L Green (Ab) 14-52 5, E Light (Ban) 15-30; 6, L Clark (FRC) 15-35; 7, L Logie (FH) 15-37; 8, L McKinnon (FRC) 15-45; 9, L Hogg (Ab) 15-50; 10, R Baker (Ban) 15-56.

**Minor Girls:** 1, J McLean (FRC) 6-42, W Pennet (Ab) 7-18; 3, R Dougall (Ab) 7-22; 4, J Hastie (PH) 7-27; 5, M Wisley (FRC) 7-48; 6, C Jackson (FRC) 7-49; 7, J Touney (PH) 7-51; 8, I Cameron (F) 7-56; 9, J Tournay (PH) 8-02; 10; B

Ross (FRR) 8-06.

**Overall series Champions Men:** J Freil (Metro) Veteran Men: C Noble (FRC) Youths: M Anderson (FRC) SB: C Smith (Ab) JB: P Herron (FRC) Colts: J Oparka (Tay) Women: M Duthie (FRC) Vet Women: M Stafford Inter: C Falconer (MBI) Junior Women: C Clarkson (MBI) Girls: D McAllister (FRC) Minors: J McLean (FRC)

**Orkney Isles Open Cross Country at Kirkwall**

**Men:** All Orkney Unless Stated Otherwise 1, A Cook 37-03; 2, S Beven 37-36 3, N Reid 37-51; 4, A Askew 39-10; 5, R Smith 39-46; 6, S Tait 40-05; 7, G Harkus 40-28; 8, S Gray 41-03; 9, E Taylor 42-00; 10, C White 42-24

**Youths:** 1, C Shearer 29-11 Senior Boys: 1, J Mill (Caith) 23-10; 2, M Wood 20-22; 3, A Clark 20-55 Junior Boys: E Johnston 13-30; 2, A Goat 14-18 3, M Moncrieff 14-45 Colts: 1, M nicholl 6-14; 2, P Durrand 6-20; 3, F Wood 6-27

**Women:** 1, D Leonard 21-23; 2, H Batty 22-09; 3, H Williams 23-10; 4, L Makepeace 23-16; 5, R Crusier 25-16; 6, K McDonald 26-25 Junior Women: 1, J Walker 15-31; 2, K Wood 16-27; 3, F Stranger 17-48; Girls: 1, C Morton 12-57; 2, H Tuloch 13-13; 3, R Trickett 13-57 Minor Girls: 1, J Chalmers 7-05; 2, C McShane 7-08; 3, L Waters 7-16.

**Scottish Power Schools Cross Country Championships - Beach Park**

**15-17 Boys Individuals (1st 20)** 1, J Gemmell (Glenalmond College) 18-54 2, A Reynolds (Hamilton Grammar) 19-10 3, C Douglas (Gleniffer High) 19-34 4, S Schendel (Auchinleck Academy) 19-38 5, B Robinson (Queen Margaret Academy) 19-41 6, D Hughes (Hawick High) 19-45 7, K Daley (Craigmount High) 19-48 8, P Dennis (Hermitage Academy) 20-06 9, A Cardwell (Hawick High) 20-11 10, A Donaldson (D.S.M.C.) 20-16 11, D Balrow (George Watsons) 20-17 12, A McPherson (Huichiesons Grammar) 20-23 13, L Jones (Arbroath High) 20-27 14, S Robertson (Graeme High) 20-30 15, S Kennedy (Kings Park Secondary) 20-30 16, R Girvan (Gryffe High) 20-31 17, C Taylor (Woodfarm High) 20-33 18, D Wriggman (Grove Academy) 20-35 19, S Scott (Elgin Academy) 20-40 20, R Milne (Elgin Academy) 20-41.

**15-17 Boys Teams (1st 20)** 1, (Hawick High) 90 2, (Glenalmond College) 127 3, (Douglas Academy) 180 4, (Arbroath High) 204 5, (D.S.M.C.)

15-02; 9, C Hill (Wellington Academy) 15-03; 10, A Smith (Queen Victoria) 15-10; 11, M Armstrong (Loretto) 15-11; 12, C Fowler (Glenalmond College) 15-11; 13, G Smith (Greenfaulds High) 15-14; 14, S MacDonald (Hutchesons' Grammar) 15-18; 15, C Morrow (Castlehead High) 15-20; 16, D Bates (Alva Academy) 15-20; 17, M Cornelius (Ardrossan Academy) 15-20; 18, A Shockley (Rannoch) 15-23; 19, R Ramshaw (Milne's High) 15-25; 20, C Brydie (Glenalmond College) 15-28.

**14-15 Boys Teams (1st 20)** 1, Dingwall Academy 81 2, Hutchesons' Grammar 1473, Arbroath High 1534, Glenalmond College 20 5, Alness Academy 248 6, Queen Victoria 2547, Hawick High 278 8, Stoneclaw High 2839, Lenzie Academy 320 10, St Alvoysius College 316 11, Ardrossan 15, Firrhill High 366 16, Balwearie High 369 17, Loretto 374 18, Douglas Academy 404 19, Peterhead Academy 41420, Annan Academy 437.

**15-17 Girls - Individuals (1st 20)** 1, I Linaker (Queen Anne High) 15-44; 2, M Smith (Dingwall Academy) 16-03; 3, H Parkinson (Balwearie High) 16-08; 4, V Clark (Montrose Academy) 16-12; 5, S Macrae (Charleston Academy) 16-15; 6, E Gorman (Douglas Academy) 16-19; 7, R Drysdale (Glasgow High) 16-25 8, K Gornley (Mary Erskine) 16-26 9, J Sim (Elgin Academy) 16-26 10, L McGarrity (St Andrews Academy) 16-44 11, T Wildman (Dingwall Academy) 16-44 12, C Simpson (Forrester High) 16-44 13, C Leitch (Strathaven Academy) 16-49 14, J Brown (Balerno High) 16-57 15, L Wildman (Dingwall Academy) 17-03 16, D Lauder (Hawick High) 17-07 17, L Moodie (Holyrood Secondary) 17-10 18, L Baillie (Holy Cross High) 17-16 20, G Balfour (Barroughmuir High) 17-18.

**15 - 17 Girls - Teams** 1, Dingwall Academy 52 2, Glasgow High 118 3, Hawick High 169 4, George Watson's 243 5, Dumfries High 258 6, St Leonard's 278 7, Mary Erskine 288 8, Castlehead High 314 9, Rannoch 319 10, Gleniffer High 325 11, Fettes College 331 12, Strathallan 332 13, Oxenford Castle 341 14, Stewarton Academy 437 15, Kinross High 459 16, Bocclair Academy 481 17, Hutchesons' Grammar 481.

**Over 17 Girls - Individuals (1st 20)** 1, J Grams (Aberdeen Grammar) 15-30; 2, S Kennedy (Kings Park Secondary) 15-32; 3, A Cheyne (Bathgate Academy) 15-35; 4, L Cormack (Preston Lodge High) 15-49; 5, Y Reilly (Monifieth High) 16-09; 6, J King (Cathkin High) 16-26; 7, M Crawford (George Heriot's) 16-36; 8, L White (Castle Douglas High) 16-53; 9, G Lewis (St Joseph's College) 16-55; 10, A McManus (Kilwinning Academy) 16-59; 11, E Black (Bearsden Academy) 17-01; 12, J Cuthill (Bearsden Academy) 17-03; 13, C Murray (St Leonard's) 17-03; 14, C Wilson (St Leonard's) 17-06; 15, L Davidson (Aberdeen Grammar) 17-15; 16, L Watson (Kirkcudbright Academy) 17-16; 17, S Wight (Carnoustie High) 17-19; 18, D

Campbell (Inveralmond Chs) 17-22; 19, S Semple (Glasgow High) 17-25 20, K Morley (Glenalmond College) 17-32.

**Over 17 Girls - Teams** 1, St Leonard's 742, Glasgow High 1353, Glenalmond College 1514, Hutchesons' Grammar 1535, George Heriot's 1586, Kinross High 2037, Fettes College 2118, Loretto 213.



**International Louise Paterson, winner of the 60m, 200m, and 300m at Aberdeen AAC's recent club trials.**

21

#### Chapelgill Hill Race at Broughton

**Men:** 1, J Brooks (Loch) 21-26; 2, B Potts (Clyde) 21-42; 3, D Shiel (CHR) 21-55; 4, N Martin (Pife) 22-21; 5, K Whiteford (Inner) 22-22; 6, A Daverhill (Sol) 23-13; 7, D Bell (HELP) 23-30; 8, M McGovern (Gala) 23-41; 9, C McLeod (LHR) & R Morris (CHR v1) 23-47; 11, D Milligan (Sol v2) 24-14; 12, D Reid (Clyde) 24-45; 13, B Waldie (CHR v3) 25-13; 14, R Longmore (Sol) 25-27; 15, G Pryde (LHR) 25-58; 16, S Hyslop (Liv) 26-20; 17, J Allan (EU) 26-52 18m M McGinlay (LHR) 27-01; 19, J Buchanan (Sol v4) 27-06; 20, J Maxwell (CHR v5) 27-20.

**Team:** 1, Camethy Hill Runners 25; 2, Solway 31.

Owing to production difficulties our results section is not as extensive as normal. We apologise, and the omitted results will appear next month.

**Aberdeen AAC Trials, April 5 - TWO** of the club's internationals, Mark Davidson and Louise Paterson, won five sprint events between them with Davidson taking the 60m (7.4) and 300m (35.1) - winning the latter by three seconds from younger brother Paul - and Paterson the 60m (8.0), 200m (25.9) and 300m (42.0). *writes Denis Shepherd.*

The last-mentioned result was particularly commendable as this race took place literally minutes after the 200m. In the younger age-groups, the best performances came from senior boy William Stark who has been setting Scottish age-group bests in long jump during the winter.

This time he showed his versatility by setting a club shot record (12.38m) and winning his three other events which included a pb high jump of 1.76m. Club captain Barry Middleton had a good double in the youths' 200m (23.7) and 100m hurdles (15.0).

The best finish was in the intermediate 80m hurdles in which Katy Philip just missed making a winning debut in the event when pipped by Sarah Still, both being timed at 12.9.

Sarah also took the long jump and javelin, while there were double wins for Derek Beaton, Sandra Gunn, Michael Spink, Marian Simpson, Caroline Pirie, Gillian Reid, Douglas Cumming, and Laura Crookford.

#### Bank of Scotland Castles Series, Tarves, March 8 -

**THE** final event of the north-east's premier cross-country event, the Bank of Scotland Castles series, took place in brilliant conditions at Haddo House, with its unique setting of a 1000m finishing straight for the senior races, *writes Denis Shepherd.*

In the men's 5-mile event, Rob Herries (HBT) made all the running for an easy 40-sec win over Joe Freel (Met) - but as Herries had missed a race the title went to Freel who was already leading on aggregate time. His Metro club-mate Keith Varney finished third to snatch the runner-up prize.

Hill running specialist Ewen Rennie (Aberdeen) lapped up (and down!) the demanding Deer Park slopes to take the veteran prize in tenth place but the title went to Charlie Noble (Fras) who was 16 seconds behind on this occasion.

Marie Duthie (Fra) again beat Jillian Grams (Ab) to take the women's series award by over three minutes, with Claire Falconer (BI) and Margaret Stafford (Ab) increasing their respective leads in the inter and vet sections.

Barry McAllister (Fra) was the third different youths winner from the three races, but club-mate Michael Anderson was only seven seconds behind - enough to win him the overall title.

Chris Smith won his decider over Aberdeen club-mate Alasdair Love in the senior boys' race, while the other two boys prizes went to Tayside athletes - Craig Nicol in the junior boys and

Jonathan Oparka in the colts. Oparka added 13 seconds to his already significant lead but the junior boys' title went to third-placed Peter Herron (Arbr).

In the junior ladies' race, Caroline Clarkson (Ab) made a determined front-running effort which paid off as she finished 21 and 36 seconds respectively ahead of her two rivals who had fought out the finish with her at the previous round.

Debbie McAllister (Fra) made it a family double when confirming her leading position in the girls' race while Jennifer McLean (Fra), the new Scottish minors' champion, came home 31 seconds later to fulfil her life's ambition of taking the Castles title.

#### Macrae The Homemakers Open Meeting, Inverness, April 5 -

**IT** was the throwers who produced the class performances as the open season got under way in the usual windy conditions, *writes Denis Shepherd.*

Scottish champion Helen Cowe (Aberdeen) reached the 14-metre mark for the first time as did Bruce Shepherd (Aberdeen) who added a massive 63cm to his best with 14.21.

Helen also won the discus (44.74) but had to settle for second in the hammer behind Linda Lowe (Stromness) (33.62). Linda also produced good throws in the javelin (40.44) and shot (11.19) with Heather McLeod (Inverness) taking second in the discus (36.06).

Helen was awarded the senior women's travel bursary for the best performance of the day, the men's prize going to yet another thrower, David Allan (Inverness) who won the hammer with a heave of 55.56.

Tim Black (Inverness) made his youth's debut with a personal best 11.4 seconds in the 100m - a time which was not bettered by any of the seniors. The junior bursary, however, went to David Cotter (Naim) for his 12.6 senior boys' 80m hurdles run against the wind. The girl's award went to Inga Antonio (Kirkwall) with a 9.47m girl's shot putt.

Coming from the opposite direction of the country, a Dundee Hawkhill contingent added some spice to the women's events, producing six wins, including a double for Lorna Silver in the 200m and 400m.

Alan Reid (Peterhead) followed on his pb in the national cross-country championships with a respectable 8-4 9.4 in the 3000m.

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

## JUNIOR PROFILE



**NAME:**  
**DATE OF BIRTH:**  
**SCHOOL:**  
**ATHLETICS CLUB:**  
**COACH:**

Martin Cameron Pate.  
March 16, 1977.  
Bocclair Academy, Bearsden, Glasgow.  
Victoria Park Harriers.  
Kenny McVey, Scott Govan, and Madge Curruthers.

**STARTED ATHLETICS:**

Two years ago at the suggestion of my PE teacher.

**EVENTS:**

High jump. Occasionally 60m and pentathlon.

**PERSONAL BESTS:**

High jump: 1.88; 60m: 7.6; pentathlon: 2743 points.

**ENJOY MOST ABOUT THE SPORT:**

The training and visiting different places.

**LEAST ENJOY:**

I enjoy it all!

**AMBITION IN SPORT:**

To compete for Great Britain.

**HIGHLIGHTS SO FAR:**

Coming third in the youths' high jump at this year's AAA Indoor Championships; winning my age-group in the high jump at the SBAA Championships last summer; winning at the 1992 SSAA Indoor Championships; competing in two schools internationals.

**ATHLETES YOU MOST ADMIRE:**

Kriss Akabusi and Dalton Grant.

**OTHER HOBBIES:**

Swimming and golf.

**YOUR FAVOURITE BOOK:**

"Flannigan's Run", by Tom McNab.

**YOUR IDEAL MEAL:**

A pizza.

**ALL-TIME FAVOURITE FILM:**

Terminator 11.

**AMBITIONS OUTSIDE SPORT:**

To be a PE teacher.

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Cancer Research Campaign Scotland,  
15 Lynedoch Street, Glasgow G3 6BR.  
Mr Robert Young,  
Cancer Research Campaign Scotland,  
50 Buccleugh Street, Edinburgh EH8 9LP.

Name.....  
Address.....  
.....Postcode.....  
Event.....  
Date.....  
Vest Size: S ( ) M ( ) L ( )

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SCOTLAND

FOR the tenth consecutive year, the SSAA Scottish Power Cross-Country championships were hosted at the Magnum Centre, Irvine, *writes the SSAA*. A staggering 190 schools entered 2070 runners, an entry considerably up on that of 1991. The weather was biting cold, but mercifully the threatened blizzards stayed away.

In the over-17 girls race (4000m), St Leonard's School retained the trophy with 74 points (C. Murray, 13, C. Wilson, 14 A. Armstrong, 23 and K. Jenkins, 24). Glasgow High School were second with 135 points, and Glenalmond College third with 151.

The gold medalist in this race was Jillian Grams, Aberdeen Grammar, the defending champion, who won in 15-30 from Suzanne Kennedy, Kings Park Secondary, in 15.32 and Alison Cheyne, Bathgate Academy, in 15.35. The pre-championship favourites, Louise Cormack, Preston Lodge High, and Yvonne Reilly, Monifieth High, finished in fourth and fifth places.

In the over-17 boys race (600m), Neil Beaumont, Peebles High, took the title in 21-14, from Geoff Browitt, Beeslack High, 21-33, and Alasdair Moonie, Balwearie High, 21-47, with favourite, Craig Clelland, John Ogilvie High, fourth. Alasdair Moonie led Balwearie High to the first "state school" victory in this age group for eight years with 67 points.

Edinburgh Academy were second with 114 points and Daniel Stewart's and Melville College third with 118. The other counters in the Balwearie team were D Leggate, 17, S Burke, 19, and A. McLeod, 28.

In the 15-17 girls race (400m), Isabel Linaker, Queen Anne High, also defending her 1991 title, swept to a convincing victory from fellow internationalists, Marjory Smith, Dingwall Acad., and Hayley Parkinson, Balwearie High, the times being 15-44, 16-03, and 16-08.

This was one of the most interesting races of the day, with no fewer than 16 SSAA internationalists competing and places for the schools' international in Alness a priority.

An outstanding run came from the virtually unknown Rosalind Drysdale of Glasgow High, who clinched her international debut with seventh place.

Just as Isabel's win was by the biggest margin of the day, equally

impressive was Dingwall Academy's team performance - 52 being the lowest total of the day.

In the 15-17 boys race (5500m) James Gammell of Glenalmond was a surprise yet convincing winner in 18-54, from Alan Reynolds, Hamilton Gram-mar, 19-10, and Craig Douglas, Gleniffer High, 19-34. Hawick High won the team event with 90 points.

The closest race of the day was the 14-15 girls (300m) with Carol Vetraino, Morgan Academy, winning in 12-21, from Helen Steedman, Dunfermline High, 12-22 and Lorna Scott, Lenzie Academy, 12-24. Lenzie Academy won the team trophy with 194 points. Whitfield High were second with 206 points and Dunfermline High, 215, third.

The 14-15 boys race (400m) was won by last year's under-14 champion, Kevin McAlpine, Nairn Academy, in 14-13, from Alasdair Thmoson, Dingwall Academy, in 14-14 and Mark Loage, Coatbridge High, 14-27.

Dingwall Academy made the long journey to the Magnum well worthwhile by easily winning their second trophy with 81 points. Hutcheson's Grammar were second with 147 points and Arbroath High third, with 153 points.

The under-14 girls race (2500m) was well won by Caroline Morris, St Joseph's Academy, in 9-21, with Katrina McNab, Dollar Academy, second in 9-29 and Karen Montador, Alloa Academy, who won the 1991 primary school's title, third in 9-32.

Another far travelled school, Fraserburgh Academy, won the team award with a total of 116 points. Hawick High took their third set of medals, in second place with 178 points and, almost inevitably, Dingwall Academy added to their tally, with 207 points, for third place.

In the under-14 boys race (3000m) 1991 primary schools' champion, Gary Martin of Alness Academy, won in 11-33. The whole length of Scotland was spanned in the distance separating Gary's school from that of silver and bronze medallists, Wesley Fraser, 11-37, and Paul Morris, 11-40, both from Dumfries Academy. Naturally enough, Dumfries Academy went on to win the team award, with W. Hamid, 26, and M. Moore, 121, completing the line up.

Lomond School were second with 160 points, and Alness Academy third with 172 points.

FIVE depleted teams took part in the annual challenge between the universities, schools, Scottish Select, Northern Ireland, and Loughborough, but at least the women's match was the closest ever, *writes Gordon Ritchie*.

Robbed of the talents of Dawn Burden and Mel Neef in the sprints, the students fought hard and were leading with three events left. The relay team showed the lack of strength in depth and the absence of a second high jumper cost the team a victory which, for effort, they deserved.

The absence of the two most talented women's distance runners to hit universities for years was also decisive. Joanna Cliffe could not recover from a pb over 1500m (4-30.2) in time to run the 800m, and an expected victory in the shorter event did not materialise, as Joanna struggled to 2-16.

Jane Flemming provided an opening victory in the 60m in 7.8, but injury troubles prevented her from taking her place in the 200m and the relay. Sarah Richmond confirmed her pre-race promise by winning a closely fought sprint hurdles race in 9s. The only other winner was Nikki Barr with 11.16m in the triple jump. The main feature of the team, however, was consistent second and third places combined with athletes "mucking in" to cover all events. In that vein, special mention has to be made of two

young distance runners, Alison Potts and Tracey Brindley, who competed in the shot (5-75m) and high jump (1-15m) just to get the points.

The Scottish Select proved too strong in the final events and retained the women's trophy by eight points from Loughborough with the students a further three points adrift.

The select won the men's match with much more to spare. They won the sprints with Stephen Shanks, Harvey Lister, and Gregor McMillan, and won all the field events except the long jump (please note that this is not a misprint - the Scots did actually win some field events!).

Graeme Smith was the only student winner when reversing earlier defeats by Ken Campbell in the hurdles in a respectable 8.5s. Once again, the students suffered from the absence of fresher Douglas Walker and the strange selection policy which saw Select winners Gregor McMillan and Tom Blackie overlooked when both should have been running for the universities.

The match was of a lower standard than previous encounters for a number of reasons which have been explained in earlier issues, but at least the match took place despite the recent troubled times in the sport. The students can now look forward to a hopefully trouble-free, but also a tour-free, summer.



Above: Middle distance prodigy Isabel Linaker who added a win at the 1992 SSAA Cross Country championships to her many other achievements.

## April

### 25

HUNTERS Bog Trot, Edinburgh.

### 26

FORT William '4 Tops' HR.

FORTH Bridges Half Marathon, S Queensferry. D - (031) 331 2287.

KIRKWALL Half Marathon, Orkney.

BREAKTHROUGH People's Race.

BOS D4, Grangemouth; D5, Dundee.

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

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

### 29

DUMFRIES OGM, Dumfries.

INVERCLYDE 4x2 mile Relay, Greenock. D - (0475) 892160.

LANARKSHIRE AAA League, Wishaw.

## May

### 1

AULD Hoose Black Rock 5, Kinghorn. 7.30pm - Entry on night. D - (0592) 891247.

### 2

EASTER Ross People's Half Marathon, Tain.

EDINBURGH - N Berwick RR, Meadowbank.

### 3

EDINBURGH Women's 10K, Leith Links.

SCOTTISH & NW League: D1, Wishaw; D2, Meadowbank; D3, Dam Park; League D4, Coatbridge; D5 & D6, G'mouth

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

ST Andrews Charity Half Marathon. Details - St Andrews (0334) 72604.

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 5 miles race, Edinburgh.

### 7

FORTH Valley League: D1, Pitreavie; D2, G'mouth.

### 9

BEN Lomond Hill Race, Rowardennan. D - (0389) 841799.

GOLSPIE People's 10K RR, Golspie.

PENICUIK - Howgate 10K RR, Penicuik.

UK Women's League 1, Various.

GRE: Div 1, Birmingham; Div 3, Cardiff.

### 10

CITY of Dundee 10K, 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, Kilmory Road, Lochgilphead. Tel (0546) 602024; (0546) 602664.

UK Women's League 1, Various.

WOOLWORTHS SYAL: East Div 1&2, Livingston; West Div 1&2, Dumfries.

### 13

DUMYAT Hill Race, Stirling University.

SRI Chinmoy 2 miles race, Edinburgh.

TROON Tortoises 10K & Fun Run, Troon.

SAL v Unis v Scot Juniors, Grangemouth.

### 15

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

### 16

GOATFELL HR, Brodick. D - 077086 427.

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

SAAA 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.

SWAA East District Champs, Meadowbank & West District Champs, Dam Pk, Ayr.

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

PANASONIC League D1&2, C'bridge.

### 20

KINNOULL Hill Race, Perth. E - on day. Starts 7.30pm. D - N. Watson, (0738) 38000.

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 Stadium. D - 0324 24911 Ext 2395.

KIRKCUDBRIGHT Academy Milk Half Marathon.

BANK of Scotland Stornoway Half Marathon & Fun Run, Stornoway, Lewis. D - 0851 870863.

### 24

ABERDEEN 10K RR.

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

NEWTONMORE 10 mile RR. Starts 2pm. D - 0540 673461.

### 25

CAU Inter County Championships, Corby.

JOHNNIE Walker 10K, Kilmarnock.

### 26

BABCOCK Thorn Pitreavie OGM, Pitreavie.

### 27

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

LANARKSHIRE AAA League, Wishaw.

SRI Chinmoy 1 Mile race, Edinburgh.

### 30

AAA U-20 Multi Events Champs, London.

BENS of Jura Fell Race, Craighouse, Jura.

EUROPEAN Clubs' Cup, Birmingham.

MAMORE Hill Race, Kinlochleven.

SAAA East District Champs, Meadowbank. West District Champs, Dam Pk, Ayr. D - 031 317 7320.

SCOTTISH Young Athletes H'cap Scheme.

BATHGATE Highland Games.

### 31

AAA U-20 Multi Events Champs, London.

CAITHNESS Half Marathon, Thurso. D - 0847 62375.

EUROPEAN Clubs' Cup, Birmingham.

MONKLANDS Scottish Cups/I, Coatbridge.

MOTHERWELL 10 mile RR, Wishaw. D - 0698 355821, inc SAAA 10 mile RR Champs.

GRAMPIAN TV League (East), TBC.

GRE Cup Round 2, Various.

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

## June

### 2

COOPER Park Road Races, Elgin.

### 3

AYR Seaforth 10K Road Race, Dam Park.

FALKIRK OGM, Grangemouth.

HILL of Tarvit 5 mile RR, Ceres, Fife.

SRI Chinmoy 2 Miles Race, Edinburgh.

4

DUMBARTON Academy 500 10K RR.

5

EUROPEAN Relays, Sheffield.

6

BENBECULA Marathon, Western Isles.

EAST Kilbride 5 mile RR. Senior men &amp; ladies. Bellerup Recreation Centre. Starts 2pm. D - S. MacDougall, (03553) 2978.

FRANK Sinclair Memorial RR, Greenock.

SHOTTS Highland Games, inc 10 mile RR. Male, female, vets, and team prizes. Awards to all finishers. E - (0501) 20493. D - (0555) 50051.

UK Championships, Don Valley.

REEBOK RR, Haddington.

WOOLWORTHS League, E, D1&amp;2, Pitreavie.

7

AIRDIRE Highland Games, Airdrie.

AONCH Mor Hill Race, Fort William.

DEXTAT Half Marathon, Galston.

DUNFERMLINE Half Marathon. D - 0383 723211.

SCOLTY Hill Race, Banchory.

SWAAA Half Marathon Champs, Dunfermline.

THE Cairn Race, Muirkirk.

UK Championships, Don Valley.

WOOLWORTHS League, W D1&amp;2, Pitreavie.

10

KILWINNING Academy Milk 10K, Kilwinning.

SRI Chinmoy 10K, Edinburgh.

WIGTOWN DC OGM, Stranraer. D - (0776) 2151, ext 245.

11

FORTH V. Lgue: D1, L'ston; D2, Pitreavie.

13

AAA Multi-Events Championships, TBC.

BEARSDEN &amp; Milngavie Highland Games.

GLEN Rosa Horseshoe, Brodick. D - 07706 597.

HAMILTON District Sports Festival.

ISLE of Skye Half Marathon, Portree. D - 0478 2341.

SSAA Pentathlon Champs, Grangemouth.

TRAPAIN Law Hill Race, East Linton.

14

AAA Multi-Events Champs, TBC.

CITY of Edinburgh 10K.

EDINBURGH Athletic League, Pitreavie.

FALKIRK Highland Games, Callender Park.

HOY Half Marathon, Hoy, Orkney.

INVERCLYDE Marathon &amp; Half Marathon, Greenock. D - (0475) 892160.

MONKLANDS Festival 7 mile RR.

BOS League: D1, Pitreavie; D2, TBC; D3, G'mouth; D4, Dundee; D5, Dumfries.

PANASONIC League: D1&amp;2, Crownpoint.

PANASONIC League: D3,4 &amp;5, Coatbridge.

16

BABCOCK Thorn Pitreavie OGM.

17

EASTER Anguston 4 mile RR, Aberdeen.

SRI Chinmoy 2 miles race, Edinburgh.

18

PORTOBELLO Fun Run.

19

GB v Kenya (m) &amp; v Sweden (f) Meadowbank.

20

BAL D3, Sheffield.

EILDON HR, Melrose.

SSAA Champs: G'mouth(m); C'point (f).

UK Women's League 2, various.

GRE BAL D2, Edinburgh.

21

LOCH Rannoch Marathon &amp; Half Marathon, Kinloch Rannoch. D - 088 22 277.

KIRKCALDY People's Half Marathon &amp; 10K. D - (0592) 268591.

SCOTTISH and NW League: D1, Meadowbank; D2, Dumfries; D3, Wishaw; D4, Crownpoint; D5 &amp; 6 Carlisle.

SHETLAND Simmer Dim Half Marathon. D - 0595 4330.

TISO Seven Hills of Edinburgh Race.

UK Women's League.

BOS NE League, TBC.

GRAMPIAN TV League (East), TBC.

24

ANNAN 6.75 miles RR, Everholm, Annan.

LIVINGSTON AAC OGM, Craigswood.

SRI Chinmoy Runners are Smilers 1 mile.

ST Andrews Ladies 5 Mile Race, St Andrews. D - 0334 56929.

27

AAA Champs, Birmingham.

CAIRNGORM HR.

TSB SAAA U-20 Champs, Dam Park.

28

AAA Champs, Birmingham.

ARBROATH Half Marathon, Arbroath.

BUCKIE Round Table Half Marathon &amp; 10K.

GIRVAN Road Race and Fun Run.

ISLE of Mull Half Marathon.

LAIRIG Ghru Race, Braemar.

POLAROID Peoples 10K, Vale of Leven. D - (0389) 54141.

TSB SWAAA U-20 Champs, Grangemouth.

July

1

FALKIRK OGM, Grangemouth.

NEWBURGH 5 mile RR, Newburgh, Fife.

SRI Chinmoy 2 Miles, Meadows, Edinburgh.

2

BRIMMOND Hill RR, Aberdeen.

3

SAAA/SWAAA Senior Champs. M'bank (Also on July 4.)

4

FORRES Highland Games, Forres.

GERMANY v USSR v GB (under-23), Chemnitz, Germany.

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1992 Scottish Veterans Harriers Club  
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## 10K ROAD RUN

## 5K FUN RUN

## JUNIOR FUN RUN

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Fife Sports Institute  
Viewfield Road  
Glenrothes, Fife  
KY6 2RAGlenrothes  
Snooker  
Club

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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)

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Race Sponsors - KDC; Donald Hegie (Coachbuilders); Laidlaw Fife Ltd; Royal Bank Kirkcaldy Branches; Fife Building Supply; Graham and Sibbald Kdy.

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.

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

Please enter Runner details:

|                                                                 |                         |
|-----------------------------------------------------------------|-------------------------|
| Race entered                                                    | Name                    |
| Age                                                             | Sex                     |
| Address                                                         |                         |
| Tel. no.                                                        | Club                    |
| HM Corporate Team Race Fees: £30 per team. £10 goes to charity. |                         |
| Corporate Team Name:                                            |                         |
| Team Names (Individuals)                                        | Age/Sex Address/tel no. |

1.

2.

3.

I 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 form. Please note 50p extra charge for runners unattached to clubs, due to SAAA levy. Address applications to: Half-Marathon Applications, Fife College of Technology, St Brycedale Avenue, Kirkcaldy, KY1 1EX. Queries: Crawford Mackie, Tel. 0592 268591.

Signature..... Date.....

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE



## 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 •
- Entry Fee £4.50 (Att) £5.00 (Unatt)
- Half Marathon open to all over 18 •

**• 4.5 MILE FAMILY FUN RUN •**  
(entry on the day)

assisted by



**The Royal Bank of Scotland plc**

### ENTRY FORM

FIRST NAME ..... SURNAME .....

ADDRESS .....

POST CODE ..... HOME PHONE .....

DATE OF BIRTH .....

AFFILIATED CLUB (if applicable) .....

ARE YOU A SKYE RESIDENT? YES ☐ NO ☐

ARE YOU ENTERING IN A TEAM? YES ☐ NO ☐

Team Name .....

HAVE YOU ENTERED THE  
HEBRIDEAN 3 RACE CHAMPS. YES ☐ NO ☐

I enclose a cheque/P.O.  
as my entry fee to the half marathon ☐

(Cheques payable to Skye Week '92)

Please enter me for the Skye Week '92 Marathon. I am medically fit to run and understand that I enter at my own risk and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

Signed .....  
Your Registration Card and further information will be forwarded on receipt of this application form and entry fee.

**CLOSING DATE for entries is 10th June 1992**

Return this form together with a Stamped addressed envelope not smaller than 10" x 6" to:

**WILLIE MCKINNON, SPORTS DEVELOPMENT OFFICER,  
SKYE & LOCHALSH DISTRICT COUNCIL, PARK ROAD,  
PORTREE, ISLE OF SKYE.**

## HADDINGTON & EAST LOTHIAN PACEMAKERS

in conjunction with  
EAST LOTHIAN DISTRICT COUNCIL  
LEISURE, RECREATION & TOURISM  
present the



**Reebok**

### HADDINGTON ROAD RACE SERIES 1992

NIELSON PARK HADDINGTON  
supported by  
JOE FORTE SPORTS and EAST LOTHIAN NEWS

Saturday June 6th 3pm.  
HADDINGTON FESTIVAL FIVE  
Entry Fee £3 Unattached £3.50

Saturday August 8th 2pm.  
HADDINGTON HALF MARATHON  
Entry Fee £4 Unattached £4.50

Send an SAE to HELP, Joe Forte Sports, 62 High Street, Haddington, EH41 3ED.  
Closing date for entries one week prior to event. Late entries add  
£1.  
Enter all three events for series: £10 Unattached £11.50



## PERTH AND KINROSS DISTRICT COUNCIL LEISURE AND RECREATION DEPARTMENT



presents  
the



### TWO INCHES 10KM (& FAIR CITY FUN RUN)

Sunday 16th August, 1992  
starts at 1pm

This years run will be over a new and  
improved route (mostly on road)

- \*Medals for ALL finishers\*
- \*Tremendous prize list\*
- \*Lots of other fun events for the whole family\*

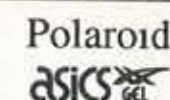
Application forms from  
Sports Development Team,  
3 High Street, Perth, PH1 5JU  
((0738) 39911 x 3630)



## Polaroid 10K ROAD RACE SERIES

(UNDER S.A.A.A. & S.W.A.A.A LAWS)

SPONSORED BY RON HILL SPORTS - ADAIRS - SCOTLAND'S RUNNER  
DUMBARTON DISTRICT SPORTS COUNCIL - LUCOZADE - VALE OF LEVEN HEALTH PROMOTION PROJECT



### HELENSBURGH 10K

THURSDAY 21st MAY @ 7.30PM

SPONSORED BY  
THIRD  
EYE  
SYSTEMS

DETAILS  
**ALEX STEWART**

POLAROID (UK) LTD  
TEL 0389 - 22222 or 22297

MEDALS TO ALL FINISHERS

### DUMBARTON "500" 10K

THURSDAY 4th JUNE @ 7.30PM

DETAILS

**ALEX STEWART**

POLAROID (UK) LTD  
TEL 0389 - 22222 or 22297

MEDALS TO ALL FINISHERS

### VALE OF LEVEN 10K

SUNDAY 28th JUNE @ 10:00AM

DETAILS

POLAROID (UK) LTD  
TEL 0389 - 22222 or 22297

ALSO

10K WHEELCHAIR RACE  
SPONSORED BY  
ADAIRS

PLUS

\*\*FUN RUN (2 MILES)  
\*\*MINI RUN (1 LAP OF PARK)  
SUPPORTED BY VOL HEALTH  
PROMOTION PROJECT  
\*\*REGISTER ON THE DAY  
MEDALS TO ALL FINISHERS



Polaroid



RUN-A-WAY SPORTS  
Scotland's 'PURE DEAD BRILLIANT RUNNING SHOP'

### UNIQUE DESIGN T-SHIRTS TO PARTICIPANTS IN ALL THREE RACES

USE THIS FORM TO ENTER 1, 2 OR ALL 3 RACES.

£1.00 OFF IF YOU ENTER ALL THREE RACES NOW. (SERIES ENTRY)

PLEASE TICK THIS BOX IF YOU DO NOT WANT TO RECEIVE MAILINGS ☐

PLEASE TICK AS APPROPRIATE  
FOR EACH RACE ENTERED

|                                  |             | AFFILIATED NON-AFF                  |             |
|----------------------------------|-------------|-------------------------------------|-------------|
| SURNAME                          |             | HELENSBURGH                         | £2.50 £3.00 |
| FORENAME                         |             | 21/5/92                             |             |
| ADDRESS                          |             | DUMBARTON                           | £2.50 £3.00 |
|                                  |             | 4/6/92                              |             |
|                                  |             | VALE OF LEVEN                       | £3.00 £3.50 |
|                                  |             | 28/6/92                             |             |
| POST CODE                        |             | TOTAL =                             |             |
| DATE OF BIRTH                    |             | SERIES ENTRY                        | £7.00 £8.50 |
| NAME OF AFF/NON-AFF CLUB         |             | PLEASE MAKE ALL CHEQUES TO POLAROID |             |
| PLEASE TICK WHERE APPROPRIATE :- |             |                                     |             |
| MALE                             | (17 & over) | FEMALE                              | (16 & over) |
| MALE VET                         |             | FEMALE VET                          |             |
|                                  |             | WHEELCHAIR                          |             |
|                                  |             | REGISTERED DISABLED                 |             |
|                                  |             | POLAROID EMPLOYEE                   |             |

I WISH TO ENTER THE RACE(S) AS STATED. I AM MEDICALLY FIT TO PARTICIPATE AT MY OWN RISK AND CANNOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY INJURY SUSTAINED BY MYSELF, OR FOR ANY LOST PROPERTY DURING THE RACE, OR FROM CHANGING ROOMS.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

HOW DID YOU HEAR ABOUT THE EVENT

PLEASE ENCLOSE A4 SIZE SAE WITH ENTRY

SEND COMPLETED ENTRIES TO :- **ALEX STEWART**

POLAROID (UK) LTD (OHD)

VALE OF LEVEN INDUSTRIAL ESTATE

DUMBARTON G82 3PW

CHEQUES/PO'S PAYABLE TO POLAROID (UK) LTD

ENTRIES CLOSE AS FOLLOWS :-

SERIES : 14th MAY 1992

HELENSBURGH : 14th MAY 1992

DUMBARTON : 28th MAY 1992

VALE OF LEVEN : 21st JUNE 1992

*The  
Strathclyde Business Park  
Scottish  
10 Mile Road Race  
& 3 mile Fun Run*

**31st May 1992 at  
Wishaw Sports Centre**

*p l u s*

*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



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Leisure**

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

**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

KINCARDINE & DEESIDE DISTRICT  
COUNCIL

**STONEHAVEN  
HALF MARATHON  
AND FUN RUN**

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 5th July, 1992

Main Sponsors: Kincardine & Deeside  
District Council

- \* Entry fee £5.50
- \* Medals and Certificates to all finishers
- \* Free swim in Scotland's only outdoor 50m heated seawater swimming pool

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

Dunfermline District Council  
*presents*

**THE DUNFERMLINE  
HALF MARATHON OF 1992**



**Pittencreeff Park  
Dunfermline  
Sunday 7th June  
9.30 am**

Entries and Enquiries to:  
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(0383) 723211



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

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**THE  
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NEWTONMORE  
10 MILE ROAD RACE**  
(Under SAAA SWAAA & SWCCRRRA rules)



**Sunday 24th May 1992  
At 2.00pm from  
Balavil Sport Hotel  
Newtonmore, Inverness-shire  
(65 miles north of Perth)**

- Exceptional Prize list, Award to all finishers
- Changing facilities • meal • prize giving • T-shirts • spot prizes •

For entry forms and details: stamped addressed envelope to:  
Duncan Watson, Glenquoich House, Newtonmore,  
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Special rates available from local hotels & guest houses.  
Assisted by Aviemore and Spey Valley Tourist Board,  
Badenoch and Strathspey District Sports Council,  
Newtonmore Business Association, and Badenoch Athletic Club.



**RUN ON ARRAN IN 1992**

GOATFELL HILL RACE-  
SAT. 16th MAY (8mile)  
GLENROSA HILL RACE-  
SAT. 13th JUNE (13 mile)  
SHISHKINE VALLEY HALF  
MARTATHON- SUN. 5th JULY  
CORRIE CAPERS ROUND ARRAN  
RELAY- SUN. 2nd AUGUST  
BRODICK HIGHLAND GAMES-  
SAT. 8th AUGUST  
GLENASHDALE ROAD RACE-  
SAT. 29th AUGUST (9.1 mile)

FOR ENTRY FORMS AND FURTHER  
DETAILS CONTACT:-  
TOURIST INFORMATION CENTRE  
BRODICK, ISLE OF ARRAN, KA27 8AU  
TEL: 0770 2140/2401

HBT Promotions Present

**The Auld Hoose Black Rock '5'**

**Friday 1st May - 7.30pm Start**

Entries £2 on day at Kinghorn Primary School

Prize fund - minimum £250,  
includes team prize and spot prizes

Prizegiving and rehydration at Auld Hoose - 9.15pm  
Late License

SAAA, SWAAA Permit

Contact - J. McKay  
0592 891247

**OBAN HALF MARATHON  
& FUN RUN**

Entry Fee £4 Medals to all finishers  
Fun Run £1 Team event

**SUNDAY 6TH SEPTEMBER 1992  
RACE STARTS 1.00PM**

Main Sponsor: Dunolie Health and Leisure Centre, Oban.  
Entries to: Dunolie Health & Leisure Club, Breadalbane St,  
Oban, Argyll. Tel: 0631 65102  
FAST SCENIC ROUTE  
CHEQUE OR P.O. TO "O.A.A.A.C."



## 2nd AUGUST 1992 AT 11.00AM The Scottish Marathon Championship 1992



### THE MORAY MARATHON



### HALF MARATHON & 10K

British Association of Road Races Grade 1 Event (under SAAA, SWAAA, and SWCC & RRA rules)

Fun Day out for all the family, including entertainments, refreshments and lots more. Extensive prize list with medals for all categories.

PLEASE RETURN ENTRY FOR TO: The Moray Marathon, Box No 21, Elgin Post Office, Elgin, Moray.

SURNAME(BLOCK CAPITALS) FIRST NAME

ADDRESS

POST CODE TELEPHONE NO DATE OF BIRTH

AGE ON RACE DAY SEX M/F ATTACHED Y/N CLUB/TEAM NAME

ALL ENQUIRIES TO: RACE DIRECTORS,  
George Sim (0343 541543) or Graham Milne (0343 543800)

Main sponsors  
MORAY DISTRICT COUNCIL & The MACALLAN

| Event (please tick) | Entry Fees        | Fees Enclosed            |
|---------------------|-------------------|--------------------------|
| Marathon ( )        | Affiliated £6 ( ) | Non Affiliated £6.50 ( ) |
| Half Marathon ( )   | Affiliated £6 ( ) | Non Affiliated £6.50 ( ) |
| 10K Race ( )        | Affiliated £4 ( ) | Non Affiliated £4.50 ( ) |
| Wheelchair 10K ( )  | £4 ( )            |                          |

ANTICIPATED FINISHING TIME PREVIOUS BEST TIME  
hrs mins secs hrs mins secs

CLOSING DATE FOR POSTAL ENTRIES 18TH JULY 1992 All entrants must enclose a 9" x 6" SAE with entry fee (for race pack).

Cheques made payable to The Moray Marathon.

I declare that I am physically fit to run and fully understand that I enter at my own risk. I will be 18 year or over (if male) or 17 years or over (if female) for entry to the Marathon, 17 years of age for the half Marathon and 17 years or over (if male) or 15 years over (if female) for entry to the 10K.

Signature..... Date.....  
(PLEASE NOTE: BUSES LEAVE ELGIN FOR HALF MARATHON & 10K AT 10.00AM)



## SCOTTISH AMATEUR ATHLETIC ASSOCIATION 1992 CHAMPIONSHIPS



### OPEN CHAMPIONSHIPS

|                     |                                                                                                                               |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 17 May              | SAAA Half Marathon Championship                                                                                               |
| 31 May              | SAAA 10 Mile Road Race Championship                                                                                           |
| 27 June             | "TSB" SAAA U-20 Championships                                                                                                 |
| 3/4 July            | SAAA Senior Championships                                                                                                     |
| 11 July             | SAAA Heavy Events Championship                                                                                                |
| 12 July             | SAAA 10K Road Race Championships                                                                                              |
| 18/19 July          | SAAA Combined Events Championships                                                                                            |
| 2 August            | SAAA Marathon Championship                                                                                                    |
| 1992 Season Overall | SAAA Road Running Championship<br>(Points accrued overall in any of the above races at 10K, 10 mile, Half Marathon, Marathon) |

Glenrothes  
Wishaw  
Ayr  
Meadowbank  
Inverness  
Kilmarnock  
Dumfries  
Elgin  
(as above)

### 1992 Season Overall

SAAA Hill Running Championship  
(selected events over the season)

Various

### CLOSED CHAMPIONSHIPS

|              |                                                                  |
|--------------|------------------------------------------------------------------|
| 16 May       | "Autosales" SAAA North District Championships                    |
| 30 May       | SAAA East District Championships                                 |
| 30 May       | SAAA West District Championships                                 |
| 9 August     | SAAA Medley Relay Championships                                  |
| 16 August    | SAAA Relays Championships                                        |
| 19 September | "D.M. Hall & Sons" SAAA North District<br>10K Track Championship |

Inverness  
Meadowbank  
Ayr  
Meadowbank  
Crownpoint  
Inverness

Entry forms (as they become available) and/or further information can be obtained from:  
SAAA, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel: 031-317 7320/1.

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DIAL 0898 88 67  
THEN YOUR AREA NUMBER

|               | MEN & WOMEN | GAY & LESB |
|---------------|-------------|------------|
| LONDON        | 31          | 41         |
| SOUTH EAST    | 67          | 88         |
| SOUTH WEST    | 69          | 89         |
| EAST MIDLANDS | 70          | 90         |
| WEST MIDLANDS | 71          | 91         |
| NORTH EAST    | 72          | 92         |
| NORTH WEST    | 73          | 93         |
| SCOTLAND EAST | 74          | 94         |
| SCOTLAND WEST | 75          | 95         |

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ON 041-357 0133

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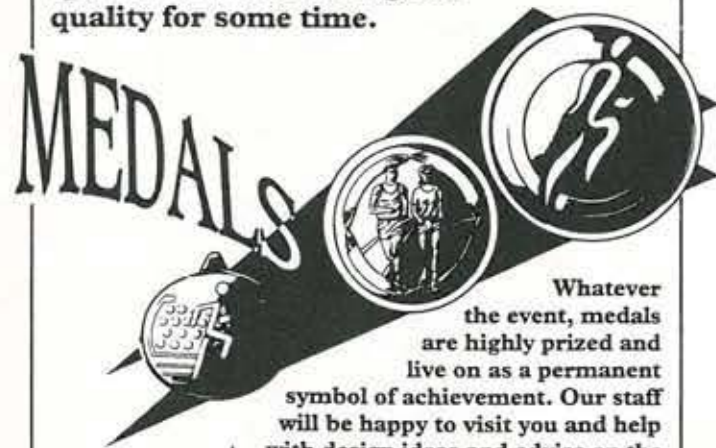
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Fax: (0243) - 841731

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Marathon Co-ordinator

Tel: 0703-616600

Fax: 0703-629127



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