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JULY

1992

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Perry.

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McGillivray in good form at East Districts

IN the SWAAA East Championships at Meadowbank senior entries were few and far between.

However, Scottish champion Aileen McGillivray continued her preparation towards securing a place in the Olympic relay squad and the Under-23 European Cup at Gateshead by clocking 11.95 and 23.91, both of them into a headwind. McGillivray's coach Stuart Hogg is satisfied with her early-season form, and is to work primarily this year with the Edinburgh Woollen Mill woman on the 100m.

Apart from the low entry in the 200m, there were only three senior athletes in the 800m, 1,500m, and 3,000m, and only five in the 400m.

In the juniors, UK internationalist Alison Grey (Edinburgh AC) set championship bests in both the junior discus (45.24m) and the shot (14.82m). Pitreavie's Isabel Linaker (see Junior Profile on page 13) bettered Karen Hutcheson's intermediate 800m championship record, which has stood since 1982, with a time of 2-13.39. Suzanne Wood (Edinburgh Woollen Mill) came through from third place at the bell to win the junior 800, setting yet another championship best. Both Wood and Linaker were faster than the senior winner, EAC's Carole-Ann Gray.

Others to record championship best times were EWM's Nicola Barr (senior triple jump, 11.80m) and Louise McMillan (intermediate triple, 10.84m), along with Lochgelly's Lisa Brown (intermediate high jump, 1.68m) and Dundee Hawkhill's Lorna Silver (junior 400m hurdles, 62.99).

Calls for sports museum

THE presentation of Eric Liddell's 1924 Olympic medals to Edinburgh University, allied to the SAAA obtaining the 1930 Commonwealth marathon gold won by Dunky Wright from an auction at Christies, in London, has led to calls for the creation of a Scottish sports museum.

Victoria Park's Ian Binnie, the most successful Scottish road runner in the 50s, believes the returning of the precious medals to their rightful homes should act as the catalyst in establishing a sporting mecca in this country.

TRIPLE jump internationalist Karen Hambrook set a Scottish women's record of 12.89m in the Kent championship at Crystal Palace. The 22 year old, who competes for Ashford but qualifies to represent Scotland through her mother's birthplace, also won the long jump title with 6.06m.



McINTYRE RECORDS NEW CHAMPIONSHIP BEST IN 400M

CITY of Glasgow's Gillian McIntyre won the 400m at the Scottish WAAA West District Championships at Dam Park in 54.78secs, beating her own championship record set three years ago. Clubmate Angela Bridgeman-Baxter, the former Commonwealth relay bronze medallist, clocked 55.89 in second place. Baxter, however, gained revenge in the 200m, beating McIntyre into second place with a winning run 24.01.

Due to the very low number of entries in various events, internationalists Jan Stewart and Carol Sharp were forced to compete in the 1500m after being the only two athletes registered to run in the senior women's 800m. Sharp won over the longer distance, crossing the line in 4-46.07. The junior 1500m winner Alison Potts, was close to matching the senior time, winning by a huge margin in 4-49.33. This time by the internationalist was all the more impressive considering she had run an 800m shortly beforehand, winning it in a championship record of 2-11.8.

There were also championship bests from juniors Joanna Ross (triple jump, 10.80m), Emma Gordon (3000m, 10-28.84), Navdeep Dhaliwal (girl's discus, 13.05m) and Hazel Melvin, who cleared 1.75m - 25cms more than the senior winner in the high jump.

MARSHALL BLUNDER AT GLENROTHES

A BLUNDER by an unprepared marshall resulted in up to 50 leading competitors taking the wrong route during the Scottish Half Marathon Championship in Glenrothes.

Only the two front-runners ended up going the correct way, the large pack in pursuit being misdirected by the official at the four mile mark.

Terry Mitchell (Fife AC) and David Ross (Edinburgh Racing Club) took advantage to finish first and second, recording times of 66-59 and 67-22 respectively.

BT Pitreavie's Mike Greally emerged the strongest from the by-now totally confused chasing group to close the gap on the two leaders, finishing third in 67-42.

First veteran home was Fife AC's 1972 Olympic marathoner, Donald Macgregor, in fourth place (67-53), while clubmate Carolyn Brown was the first woman in 87-00. Margaret Robertson was the first female veteran in 88-16.

Meanwhile, yet another glaring error by an official forced the leading competitors to run an extra two miles in the Stornoway Half Marathon. Last year's winner, Mark Gormley of Cambuslang, overcame the difficulty to hit the front in the closing stages and win in at time of 1-20.26.

Terry Mitchell later triumphed in the Scottish national 10-mile championship, in the Motherwell Ravenscraig event at Wishaw, to prove that his Fife win owed nothing to the misfortune of the other athletes.

His time of 51-17 was 25 seconds faster than Tom Scott Memorial Race winner, Arnan's Mike Carroll, with Alastair Walker (Teviotdale) third in 51-48.

First veteran home was Charlie McDougall (Calderglen) in 55-44 with Shettleston's Elaine McBrinn clocking 62-34 to win the women's race.

INVERNESS Harriers' David Barnetson, the Scottish indoor high jump native record holder, set a championship record of 2.17m at the SAAA North District Championships in Inverness.

Send your news and views to:
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The Dunfermline Half Marathon



Above: Off their marks! Competitors begin the gruelling 13.1 mile race. Far left: Terry Mitchell crosses the line in first place, Mike Carroll just several hundred metres behind him. Left: Second woman home, Elaine McBrinn.

Photographs by Robert Perry

A full report on the Dunfermline Half Marathon can be found with other Scotland's Runner reports on Page 6.

Woolworths Young Athletes League (NE Section), Inverness, May 10 - ABERDEEN had defeated Inverness in the first match at Dundee, writes *Denis Shepherd*. Could they clinch the section by beating them again on their home soil?

They could - but they didn't. They had a lead of 15 points with only two relays to go, only to have both teams disqualified for changing outside the box.

The man of the match title went, for the second time, to William Stark (Aberdeen).

His previous award was by virtue of a 6.32m long jump at Dundee. This time the selectors had the choice of his triple jump (12.17) or 80m hurdles (11.9). He just missed the hat-trick when pipped by S. Fraser (Inn) in the 100m (both 12.1).

The finish of the junior boys' 70m hurdles was equally close, with cross country star Jonathan Oparka (Tays) just failing to catch Steven Seligman (Banch).

Barry Middleton (Aberdeen) showed versatility with a youths' 100m hurdles/800m double, while D Hynd (Inn) won the junior boys' shot and discus.

There were no disasters, however, for Aberdeen in the North East Girls' and Colts' Leagues, where they increased their lead in both cases. Donald Legge (Aberdeen) was a double winner in the 100m and long jump.

As in the previous round, the best race in the girls' match was the minors' 800m in which cross country international Hannah Smith (Aberdeen) and Sarah Liebnitz (Moray) were locked together over the last lap, with Hannah proving just the stronger on the run in.

Grampian International Festival of Road Running, Aberdeen, May 16 - THE sun shone on the Duthie Park for the first Grampian Festival, organised at the last minute in international terms, writes *Denis Shepherd*.

Tatyana Dorovskikh (EUN) spoke on behalf of all the international and club runners with her comment after winning the women's mile, "Very good, very good."

The races went like clockwork, with the exception of some of the international events whose starts were delayed pending the outcome of a photo-finish at Haydock Park.

Dorovskikh's effortless win was timed at 4:39, the first Scottish runner being Joanne Cliffe (Glas U) in 4:59.

Highlight of the day was naturally Peter Elliott's reappearance in the men's mile, where he just held off Italy's Gennaro di Napoli with both returning 4:00.

Welshman Ian Hamer, running under the ESPC banner, was only four seconds back in fifth with club-mate Mark Fallows 11th (4:10) and Glen Stewart (Glas U) 12th (4:12).

Moses Tanui (Ken) made his last minute dash pay off with a 5K victory in 13:39, Tom Hanlon (RCE) finishing

ninth in 14:18, Bobby Quinn (Kilbarchan) was 13th in 14:25 and Chris Hall (Dundee Hawkhill) 15th in 14:40.

The open race over the same distance, which attracted 75 finishers, was a ding-dong battle between Gordon McMaster (FVH) and Keith Varney (Metro), McMaster just managing to stay ahead by one second in 15:09.

Vicky McPherson (Glas U), as expected, won the women's 3000m by 17 seconds in 9:43.

Michael Anderson (Fras) defeated arch rival Gary Smith (Aber) in the youths' mile (4:46), while Alasdair Love (Aber) won the senior boys' race (5:04) by a mere second from team-mate Geoff Kennedy. Scott Covington did well to finish fourth shortly after his famous victory over Steve Cram.

Martin Stephen (Fras) was the colts' winner (5:55).

Caroline Clarkston (Aber) was an impressive girls' winner in 5:35, while in the under-11 race Jennifer McLean (Fras), who earlier in the day had returned a faster 800m time than any of the boys at the Aberdeen Primary Schools meeting, came home in 5:45.

Thanks are due to Aberdeen City Council for their generous sponsorship of the event, the BBC for their calm efficiency, and Hunter Watson who did the main part of the organisation on behalf of Aberdeen AAC.

Panasonic Scottish League Match, Coatbridge, May 17 - IN contrast to the first match of the season, conditions at this second match were officially described as "brilliant", and this was reflected in the number of records which were broken, writes *Denis Shepherd*.

The first track event, the 400m hurdles, saw Mark Davidson (Aber), with a solo run, break Stan Devine's eight year old League record in 51.3 seconds. Mark was fortunate to avoid disaster at the third last hurdle, which went flying because of the inability of the stadium to provide legally weighted hurdles despite a written request from the secretary.

The League must now consider whether, if it must use such stadia, hurdle events should continue to be included when top-class athletes are exposed to risks which are avoidable.

Davidson went on to take the 200m in 21.9.

The other division one record to be broken was in the 4 x 100m, won by Caledon Park in 41.7.

There were many other noteworthy division one performances. Bryan Murray (Cal) took the 800m in 1:50.2, Elliot Bunney (Cal) the 100m (10.6), and Mathew Kelso (Pit) the 300m steeplechase, surprising even his team manager, in a debut time of 1:35.5.

Graeme Smith (EAC) took revenge over Ken Campbell (Cal) for his defeat four days earlier in the hurdles, winning in 14.8, while club-mates Gordon Newlands in the 400m (48.8) and Mark

Fallows in the 1500m (3:49.1) were also impressive winners.

Brian Ashburn (Cam) produced the top field performance to win the long jump (7.04m).

The match result was the same as that of the first with EAC, Pitreavie, and Aberdeen 100 points clear of the rest.

Inverness Harriers provided two record breakers in Division 2. David Allan won the hammer with a massive heave of 57.50m, while former Scottish champion Neil Fraser took the 110 hurdles in 14.8.

The in-form Tom Nimmo (FVH) performed well in the 400m hurdles when he won in 53.5.

One of the few Division 2 winners who were superior to their counterparts in Division 1 was Duncan Storey (DHH) who clocked 9:33.5 in the steeplechase.

The others were his club-mate Charlie Haskett who won the 10,000m by over a minute (32:03.8), and Mike McQuaid (FVH) who took the 5000m in 15:02.6.

Dave Bamertson (Inn) cleared 2.10m for maximum high jump points while in the triple jump Neil McMenemy (Cen) recovered from injury just in time to win with 14.04m.

Inverness, by finishing ahead of DHH and Clydesdale, went into a two point lead from FVH, winners of the first match but who could only finish fourth here.

Grampian TV League, Aberdeen, May 31 - CONDITIONS were dull but good for triple jumping - both records were in this event, writes *Denis Shepherd*. Junior international Dinkar Sabnis set a senior record of 13.83m, while Aberdeen club-mate Michael Spink improved his own youths' record to 13.20m.

Triple North District champion Alan Reid (Peterhead), in only his second steeplechase, attracted much attention in the 2000m event, mainly because of his barrier style, or rather lack of it. Hard pressed not to be lapped in the early stages, he was fairly flying (apart from the barriers) over the last two laps and took the lead with 200m to go to win in 6:26.7. He had earlier won the 800m, holding off Kevin Prosser (Moray) by 0.1 seconds in 2:02.7.

Reid's club-mate Mark Dobbie had a good win in the senior boys' 80m hurdles (12.2).

Kerry Scott (Moray), the East girls' cross country champion, dipped under the five minute barrier with a solo run in the girls' 1500m (4:58.2). In the same category Jennifer Reid (Banchory) had a good double in the 75m hurdles (12.0) and 200m (26.8).

Katy Philip (Aberdeen), last year's junior 75m hurdles silver medallist, found the senior 100m event more difficult to adapt to and crashed out at the seventh hurdle. Undeterred, she got up to finish fourth and went on to set a personal best 26.8 in an easy 200m win.

Host club Aberdeen AAC won both the men's and women's matches.

Dunfermline Half Marathon, June 7, Dunfermline.

THE cool, misty, conditions at the eighth Dunfermline Half Marathon may not have been ideal for the large crowd of spectators, but they certainly worked to the benefit of the runners, writes *Margaret Montgomery*.

The men's race was scooped this time by Fife AC's Terry Mitchell in a record 1:06:49.

Mitchell tailed Annan's Mike Carroll (who won the event on a slightly different course two years ago in 64:48) for almost ten miles before taking up the front running position.

Though never seriously challenged by Carroll thereafter, the two remained within several hundred metres of each other to the finishing line, Carroll's time of 1:07:10.

"I took the lead at about nine and a half miles," commented Mitchell after the race. "Mike wasn't far behind for most of the rest of the race and there was one point, on a downhill stretch at the 60 minute mark, where he was a bit too close for comfort."

Mitchell, whose next target is the Kirkcaldy Half Marathon, said he felt "pretty tired".

"I had to keep working to hold on to my lead," he acknowledged. "Mike did all the front running but that's the way he likes to run; he doesn't like to sit in the pack."

By contrast with the men's race, the women's was dominated almost from the start by City of Glasgow's Sandra Branney. Now 38, Branney showed no signs of loosening her grip over the senior race when she eased home to victory in 1:16:45, over four minutes ahead of second placed Elaine McBrinn and over five in front of Vicki Vaughan, who placed third.

Despite running in her first half marathon for over a year, Branney seemed to have no problems creating and maintaining a comfortable lead after only two miles.

"It was a bit tight in the park at the beginning," she said later. "So I waited until I got out of there for enough space to move before trying to leave the other women."

Branney's win at Dunfermline earned her three distinctions: first woman home, first female vet home, and SWAAA Women's Half Marathon champion.

Third place in the men's race went to Ian Brown of Stirling while the prize of first male vet home went to Andrew McLinden (Hamilton).

The Gary Riddell trophy for the first Dunfermline runner home was presented to Michael Greally.

In an event notable for its first class organisation, there were plenty of diversions (including an excellent display from Spartan Gymnastic Display Team) to keep onlookers occupied as they waited in the somewhat miserable conditions for the runners to return to Pittencrieff Park.

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When rules should be bent

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SIR-The last time I trotted round a competitive 400m hurdles was 1982 but feeling smug with myself at having got reasonably fit again on a lethal combination of step aerobics, swimming, and endurance running, I decided to give it another bash as a means of warming-up prior to becoming a veteran next year.

So I entered the East District Championships at Meadowbank on May 17, secure in the knowledge that my mother who lives in Edinburgh would look after my three children while I ran. My husband was not available for baby-sitting duty as he was due to run in the Division 2 Scottish League competition at Coatbridge.

I was told that because I am not a member of an East club (I am unattached as I do not have the time or inclination to turn out for a club again) I would have to run in the West Districts at Ayr.

The lady agreed with me that the

situation was a bit daft, that I would have to come to Edinburgh to drop off my kids, go to Ayr, and then back to Edinburgh to redeem my offspring, but rules are rules. The fact that I am from Edinburgh and do my only track session of the week at Meadowbank had no effect on the situation.

My husband gallantly offered to forfeit his Scottish League place for me, but I decided that Central Region needed his steeplechasing points more than I needed a jump round the hurdles for old times sake, especially as my days of running 58 seconds are long since past in fact 68 secs would be greeted with some satisfaction!

Of course rules are rules, but should they not be able to be bent at times if it means encouraging people back into the sport - especially mothers?

I believe the East District 400m hurdles was a straight final with five competitors, and I am sure none of them would have complained if an old has-been took up one of the extra lanes, even if she was geographically illegitimate.

Fiona Laing

Equality a priority at Vale of Leven event

Polaroid (UK) Ltd,
Vale of Leven Industrial Estate,
Dumbarrow

SIR - In the March issue of Scotland's Runner Carol Anne Banley expressed her confusion, bewilderment, and annoyance regarding road racing organisers' philosophy towards female competitors.

I would hope that the Vale of Leven Polaroid 10K is not to be tarred with that brush. In the past two years our prize structure for female and male competitors has been the same both in value and in quantity.

We also attempt to place our spot prizes fairly. We have maintained a

policy to push prizes down the field to encourage all who enter.

It is also our policy to attract folks back to the sport and the statistics indicate that we are bucking the trend with our numbers increasing by approximately 15-20% per year.

It is worthy of note that Carol Anne placed second in our race in '91 and also participated in the team prize.

We hope that we are providing incentives to all interested parties and we look forward to seeing Carol Anne at the Vale again this year.

David J Kennedy,
Race organiser,

Vale of Leven Polaroid 10K.

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Ready to go

Preparing properly for a race is important to overall performance, as Derek Parker explains.

SUMMER road races are the highlight of the year for thousands of athletes of all ability levels throughout Scotland.

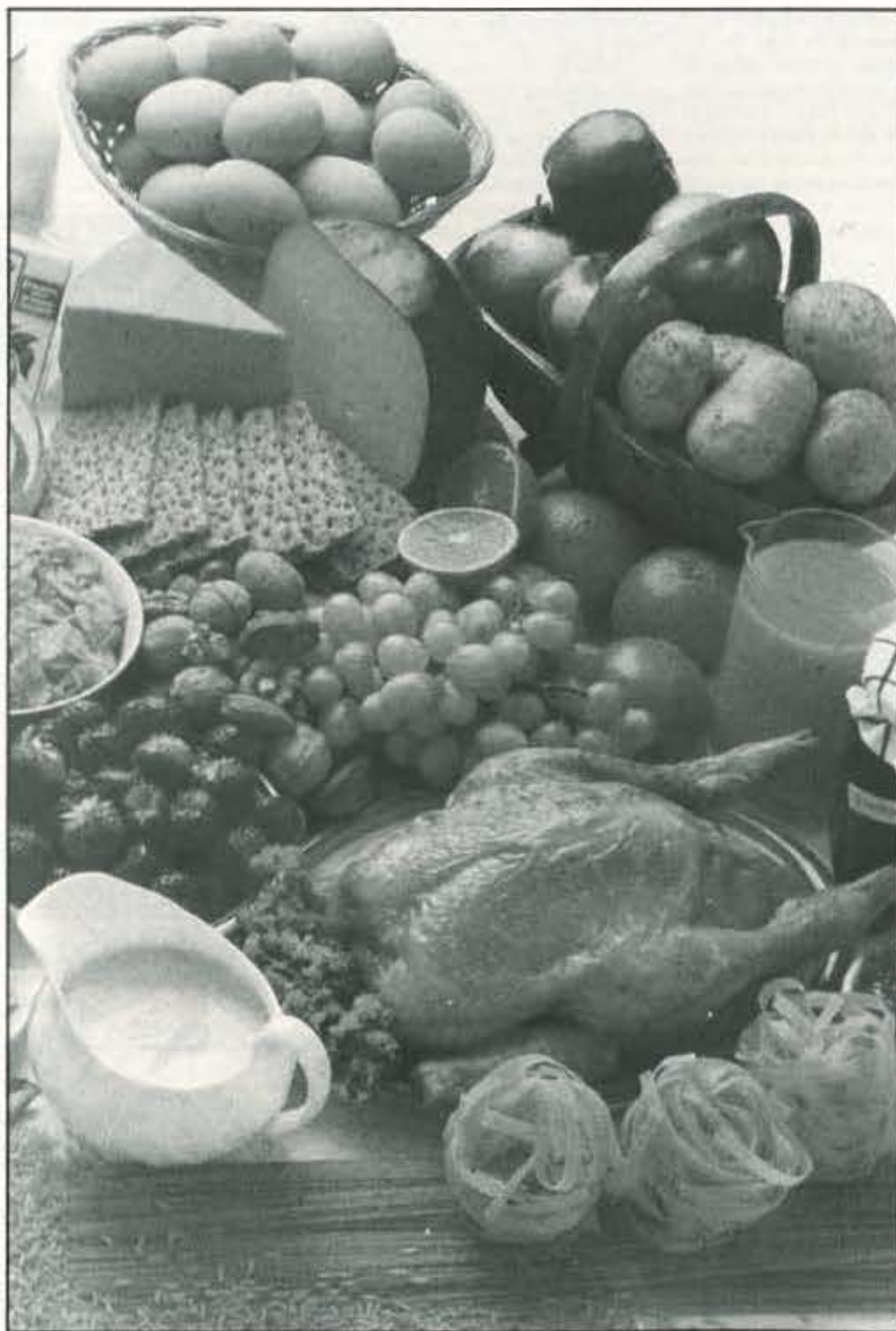
Irrespective of whether one is training for a national marathon championship or the village fun run, there is always an adrenalin-inspired feeling of excitement and expectancy as the competition date approaches. There comes the awareness that all the many miles and days of dedicated training have been specifically directed towards the particular race of one's own choice.

The key to success lies primarily in the training build-up to the event. The athlete will have followed assiduously a routine involving a judicious blend of hard and easy sessions, interspersed with rest and recovery days, then climaxed by a period of tapering or easing down as the race date draws nearer.

This approach will provide the athlete with the physiological resources to tackle the event as well as the confidence and psychological readiness to get the very best out of himself or herself once the competition gets under way.

It is worthwhile remembering, however, that there are several things a competitor should do before and during the race to ensure that potential is maximised and that the best possible result is obtained, depending on one's age, fitness, experience, and performance capacity.

During the few days prior to the event the athlete will have been easing down to conserve mental, physical, and spiritual energy for use during the race. By "spiritual energy", I mean the vitality or life force which enables each person to live life to the full and to its maximum intensity. You must feel good about yourself and your training if you want to run well.



Eat well! Cereal, pasta, wholemeal bread, jam, and fresh fruit are all good bets.

During the two or three days before the race the athlete should eat plenty of carbohydrate-based foods such as cereal, macaroni, bread, jam, honey, rice, bananas, spaghetti, and pasta.

These provide the glycogen which is the source of energy to fuel the effort required for the race. It is also important to drink plenty of fluids during this phase. This assists the glycogen-loading process and reduces the risk of dehydration on the day of the competition.

The athlete should prepare all his or her running equipment on the evening prior to the race. The presence of every item should be thoroughly checked along with directions to the competition venue and one's race number.

Pins are of paramount importance. By securely attaching your number to your vest and preventing it flapping about like a large chunk of cardboard, these small accessories will ensure you do not slow down by around five seconds a mile as a consequence of adverse aero-dynamic effects.

For a few minutes each day during the final week before the event, the athlete should lie down and relax somewhere quiet and visualise the race scenario. He or she will imagine how effortlessly, purposefully, and easily the running movements come and picture himself or herself striding along the course confidently and finishing strongly.

This form of mental rehearsal is sometimes known as autogenics and its objective is to create a positive self-image and inculcate thoughts of success in the subconscious mind manifesting themselves in successful performances on the physical plane represented by one's participation in the race.

Ideally, the final visualisation session should take place the evening before the race.

On its completion, the athlete forgets about the race as far as possible until the next morning when he or she will have the opportunity to gain the athletic advantages of a thorough preparation.

It is inadvisable to go to bed too early on the night before the event. Invariably, you will not get to sleep and you will probably have a restless time, running the race over and over again in an over-active mind and fretting needlessly about the outcome.

It is far better to have a pleasant



Make sure your number is securely attached. If it isn't, you could lose up to five seconds a mile.

relaxing evening listening to music, watching some light entertainment on television, or having a quiet chat with friends. Go to bed at your normal time and you will waken up the next morning in the right frame of mind to tackle successfully the competition which you have been looking forward to for so long.

Do not worry if you cannot get to sleep immediately.

By lying down you will be resting just as purposefully as if you were asleep. Also, it is the sleep you enjoy the previous nights before the race which are important—not that of the final night.

If you fear you might sleep in,

set two or three alarms to ensure you waken in plenty of time.

If you are still apprehensive of over-sleeping, you can always arrange for a friend to give you an early morning "rise and shine call". When you get up and when you have breakfast on the day of a morning or pre-midday race is very much personal and something you will have to learn by experience.

Some people like to eat at least three hours before competition. Others find that if they feel hungry before the event they tire earlier.

Generally speaking, a light meal consisting of breakfast cereal, toast, and marmalade or honey two to three hours before the competition should suffice. Tea or coffee can also be taken, although many athletes find that too much caffeine can act as a diuretic and they keep requiring to visit the toilet.

If the weather is warm or you are running a half marathon or marathon, you will, however, need to drink liberal quantities of water prior to the race to ensure that you do not become dehydrated.

Most athletes travel to races in their tracksuits and racing equipment to avoid the problems of crowded changing rooms. This is a good idea. It is also helpful to have a "baggage-minder" who will look after your tracksuit and wetsuit once the race gets under way and who will be on hand at the finish to make sure you have dry, clean clothes to change into almost immediately.

There are few things more demoralising than trying to find your change of clothing after the race and being unsuccessful in your search. Arrange to meet your "baggage-minder" at an easily-recognisable location.

Also, be certain to establish landmarks to find your car if you have one. After a race, especially if you are tired, your memory can play strange tricks and it is easy to forget where you left your vehicle.

Never race in any equipment which you have not previously worn. New shoes, socks, vests, and shorts can cause agonising chafing and friction burns, especially when you perspire, causing tremendous discomfort and adversely affecting your race performance. If you tend to suffer from blisters, rub vaseline or powder on the vulnerable areas and lubricate those parts of your running equipment which might cause the problem.

The duration and content of the

warm-up will depend on the distance of the race, your current fitness level, and the weather.

The objective of the warm-up is to stimulate the flow of oxygen-carrying blood to the muscles, to loosen the muscles and tendons to allow optimum range of movement, and to mentally prepare yourself for the race.

The shorter and faster the race the longer and more thorough your warm-up needs to be.

This is because the heart rate will require to be raised to the tempo it will attain once the race gets under way, especially if there is a fast start.

Faster running also means increased stride length so the connective tissue linking muscles, tendons, ligaments, and bones will have to be flexible to permit the necessary range of movement.

For short fast races of up to 10K the following warm-up starting about 20 to 30 minutes before the starter's gun is fired should be adequate:

- (a) jog 5 to 10 minutes.
- (b) stretch hamstring, calf, quadriceps, and lower back muscle groups for 5 to 10 minutes.
- (c) jog/walk 5 minutes.



Last but not least - enjoy yourself.

(d) stride for 50 to 80 metres x 3 to 6 at a relaxed, easy pace.

(e) Jog/walk/keep loose for the last few minutes before the race begins. (f) keep your thoughts focused on the race and remind yourself how well you have performed in training and convince yourself that today is going to be your day for a first-class performance.

Remember, however, to make allowances for excessive heat, wind, and other environmental factors such as hills. Accept that these will slow you down and be prepared to modify your time target if necessary.

Once the race gets under way you should stick as far as possible to your own particular pace.

Do not let yourself be slowed down or pushed along too fast by other competitors. Make full use of all drinks stations during the race and sponge your head, face, neck, shoulders, and thighs at every opportunity, particularly if the weather is warm.

Everyone is an individual and each competitor will have his or her own individual target. Stick to your race plan, organise yourself properly during the days, hours, and minutes leading up to the competition - then enjoy yourself and have a great race.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins c/c/grass/parkland.
Monday: 75 to 90 mins fartlek inc. 20 x 45 secs fast (30 secs recovery jog) at 5K pace.
Tuesday: 5 miles/30 mins road run.
Wednesday: 10 miles steady road run.
Thurs: 2 x 4 x 800 m at 3K pace (45-75 secs rec between reps/5-10 mins between sets).
Friday: Rest or 30 mins easy recovery run.
Saturday: 12 to 15 miles steady. Morning runs of 20-30 mins can be done 4-6x weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 1 min fast (20 secs jog) + 2 mins fast (30 secs jog) + 3 mins fast (40 secs jog) + 4 mins fast (50 secs jog) + 5 mins fast (60 secs jog) + 5 mins fast (60 secs jog) + 4 mins fast (50 secs jog) + 3 mins fast (40 secs jog) + 2 mins fast (30 secs jog) + 1 min fast. All fast sections, 10K pace.
Tuesday, Wed, and Friday: As Week One.
Thurs: 2 x 6 x 300 m at 1500 m pace (30-45 secs rec b'n reps/5-10 mins between sets).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc. 30 secs fast (20 secs jog) + 60 secs fast (40 secs jog) x 10 sets at 3K/5K pace.
Tuesday, Wed, and Friday: As Week One.
Thursday: 4 x 1200 metres at 5K pace (45 to 75 secs recovery) + 1 x 200 metres full effort starting 45 to 75 mins after final 1200 metres repetition.
Saturday: 12 to 15 miles steady.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc. 2 mins fast (30 secs jog) + 4 mins fast (50 secs jog) x 4 sets at 5K/10K pace + 3 x 10 secs full effort from rolling start commencing 3 to 5 mins after final 4 mins repetition.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 400 metres (60 secs recovery) + 200 metres (30 secs recovery) + 200 metres x 2 sets at 800 metres pace. Five to 10 minutes between sets.
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins grass/c/c/parklands running.
Monday: 60 to 75 mins fartlek inc 12 x 45 secs fast (60 and 45 secs jog recovery alternately).
Tuesday: Rest or 20-30 mins easy running.
Wednesday: 5 to 8 miles steady.
Thurs: 4x800 m at 3K pace (60-90 secs rec).
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: 32 x 15 secs fast (30 and 45 secs jog recovery alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 5300 metres at 1500 metres pace (30 to 45 secs recovery between reps/5 to 10 mins between sets).
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. 8 x 60 secs fast (60 & 120 seconds jog recovery alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 4 x 1200 metres at 5K pace (60 to 90 secs recovery) + 1 x 200 metres full effort starting 60 to 90 secs after final 1200 metres repetition.
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 20 x30 secs fast (30 and 60 secs jog recoveries alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 2 x 400 metres at 800 metres pace (2 to 3 minutes recovery between the repetitions or 5 to 10 minutes between the sets).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

JUNIOR PROFILE



- NAME:** Isabel Joy Linaker.
DATE OF BIRTH: October 29, 1975.
SCHOOL: Queen Anne High School, Dunfermline.
ATHLETICS CLUB: Pitreavie AC.
COACH: My father. (John Linaker who ran for Scotland in the 3000m at the 1966 Commonwealth Games, coming seventh.)
STARTED ATHLETICS: About three years ago. Before that I did swimming and biathlons. When I decided I wanted to concentrate on the running side of things it seemed natural to join Pitreavie where my Dad was already a coach.
EVENTS: Mainly 800m and 1500m, but I also do 3000m and 2/3 mile cross country.
PERSONAL BESTS: 800m: 2-09.6; 1500m: 4-23.45; 3000: 10-02.6.
ENJOY MOST: Travelling, especially to competitions abroad, and making new friends.
AMBITION IN SPORT: In the short term, to start doing some pb's again after failing to do so last season. Longer term, I'd like to represent Great Britain as a senior when I'm older.
HIGHLIGHTS SO FAR: Second place in the under-17 1500m at the World School Championships two years ago, running for the British junior team in the under-20 age group a number of times, and winning the SSAA Francis Barker trophy for setting a new under-15 Scottish Schools record at 1500m during the 1990 championships.
BIGGEST DISAPPOINTMENT: Last season. I didn't do as well as I wanted to after a good season in 1990. Maybe it was due to all the studying which left me with less time for training. (I sat seven standard grades last year and four Highers and an O-level this year.)
ATHLETE YOU MOST ADMIRE: Yvonne Murray.
FORTHCOMING EVENTS: Representing the Scottish team for the European Schools' Championships in France in July.
OTHER HOBBIES: I still do some swimming but studying takes up most of my time outside of training.
YOUR IDEAL MEAL: Chinese.
ALL-TIME FAVOURITE FILM: "Look Who's Talking".
FAVOURITE MUSIC: Most chart music.
FAVOURITE TV PROGRAMME: "Neighbours".
AMBITIONS OUTSIDE SPORT: If I don't become a full-time athlete I'd like to do something involving languages. (I've just sat Highers in German and French.)
COMMENTS ON THE SPORT: The drugs problem is slowly getting better, but it still seems to be around. In Scotland the facilities aren't bad but I think the organisations and clubs could do with a bit more money to fund races and projects.



JUNIOR UPDATE

THE cream of Scotland's young athletes will compete at the first ever European School Games, to be held in Caens from July 1 to 8.

Among the 11-strong girls' team will be middle distance prodigy Isabel Linaker, up and coming sprinters Louise Paterson and Sinead Dudgeon, and promising thrower Julie Robin.

The boys' team will contain, amongst others, Stuart Moir, Graeme Welsh, and Grant Adams.

The Games will feature competitions in basketball, football, gymnastics, swimming, and volleyball, as well as athletics.

The full teams are:

Grant Adams, Grange: 110mH, 4x100m.
Callum Buck, Merchiston: 400m, 4x400m.
Kevin Daley, C'mount: 1500m steeplechase.
Graeme Forbes, Boclair: 800m, 4x400m.
Hugh Keir, Kyle: 400m, 4x400m, long jump.
Stuart Moir, B'mont: sprints, long jump, relay.
Des Roache, Renfrew: 800m, 4x400m.
Brian Watson, Queen Anne: 200m, 4x100m.
Graeme Welsh, Stranraer: 100m, 4x100m.

Lisa Brown, Glenrothes High: High jump.
Theresa Crosbie, St Ninians: 100mH, sprints.
Sinead Dudgeon, St Augustines: Sprints.
Fiona Hutchison, J'hill: Sprints, long jump.
Elaine Julian, Loudoun: Sprints.
Isabel Linaker, Queen Anne: 800m, 1500m.
Helen McCreadie, Dumbarton: Discus.
Louise Paterson, Gordon: Sprints, 400m.
Yvonne Rilly, Monfeth: 800m and 1500m.
Julie Robin, Hermitage: Shot and discus.

FRANK HORWILL

[illegible]

79 HIGH STREET, DUNFERMLINE, TEL: 0383 737712

Leading Carnegie Harriers 10K runners. Back row, left to right: Iain Taylor, Colin Law. Front row, left to right: Stevie Ogg, Karen Buchanan.



race around Dunfermline, split over five consecutive evenings, it is loosely based on the idea of the "Tour de France", first stage winners wearing a yellow jersey and one of the prizes going to the "King of the Hills".

Other imaginative events organised by the club include a cross country "Grand Prix" in which members are invited to put forward their best eight times from a choice of 13 cross country races. A similar scheme operates during the summer but instead of choosing from cross country events, members put forward their best eight times from

a possible 16 road races. Events include a mixture of 10Ks, half marathons, and full marathons.

"We try to involve members in as many events as possible, both within and outwith the club," explains Taylor. "Throughout the year we run an internal league which operates on a point system. Depending on where a runner comes in a given race, he or she gains a certain amount of points. It helps people to see how they are doing and creates friendly rivalry."

Given the vibrant green and orange colours which members of Carnegie Harriers are disposed to

wearing it is perhaps hardly surprising that the club is notoriously "sociable" in character and prefers to adopt a flexible attitude towards late nights and alcoholic rehydration.

"There's more to running than just running," sums up John Laird. "We've deliberately introduced social nights into the overall scheme of things. We've just had a successful sixties night and we hold discos and cabaret nights regularly. They help bring everyone together."

Perhaps it's also not so surprising, given this attitude to socialising, that the club has forged

strong links with the notorious Hunters' Bog Trotters.

"The Trotters took part in our Christmas event - the Festive Forrest Run," explains Iain Taylor. "We've struck up such a good relationship with them that we both participate in each other's club events."

"I suppose what we have in common is a not overly serious approach to running," adds John Laird. "Mind you I don't think we're quite as over the top as the Trotters."

Serious or not, the fledgling Harriers are already soaring high in the road running and cross country stakes. At the most recent East of Scotland Cross Country Relays, the club managed a creditable 14th place.

This is backed up by a whole host of team prizes in major road running events, including the Inverness Half Marathon, the South Queensferry Half Marathon, the Aberfeldy Half Marathon, and the Mid-Argyle Half Marathon.

"Our consistency over the limited period of time we have been in existence has earned us a place at this year's Edinburgh to Glasgow Road Relay," adds Iain Taylor. "That was something we thought would be a while in coming so we're delighted it's happened so soon."

Individual performances by club members have also been impressive with Mike McHale and Robert Milton gaining second and third places respectively in the Black Isle Marathon, and Iain Taylor coming first in the Lochaber 10K.

"We've got lots of very promising runners in the club," says John Laird. "Most are around 25 or even younger and so have their best years still to come."

Prominent amongst the club's up and coming runners is Stephen Ogg, a 24 year old who only took up running four years ago but already has a 10K pb of 31:30. Stephen who won the first Festive Forrest Run last Christmas is coached by the



Half marathon runners. From left to right: Robert Milton, Pete Simpson, David Forrest, Peter Morrison, Ian Stewart, and Bryan MacDonald.

well known and respected John Wands, along with fellow-Harriers Iain Taylor and Karen Buchanan.

As yet, the Harriers have no official club coaches, training programmes being worked out by some of the more experienced members.

According to both Iain Taylor and John Laird, this informal method of operating is something which the club prides itself on and which in no way detracts from the progress of its members.

"We have a number of runners who have over thirty years of experience to offer - for example Jim McKechnie, who was British 800m champion at one time," points out John. "We believe these people can offer much more by way of advice than someone with limited background in the sport who goes on a two day training course to get a qualification."

"We would of course be very supportive to any club member who wanted to gain a coaching qualification though," adds Iain.

"If you need any proof that our

method works you just need to look at the improvements all the club members have made over the past months, from those who are just starting in the sport to those who have been running for many years," says John.

The Harriers currently have twice weekly training sessions based at Dunfermline High School. Facilities available include a weights room, swimming pool, changing rooms, and showers, plus the use of a 400m grass track when required.

Access to the local country side is excellent and the school also acts as a good base for road running routes. For those who wish, access can also be gained to the local all-weather track.

"Because we're mainly concerned with road and cross country we don't really need an all-weather track," says Iain Taylor. "When we do want to do some track work the grass track is usually sufficient."

At present male club members outnumber female by three to one

but this seems to be due to a greater interest from men than from women.

"Those women which we do have are really keen and very much encouraged," points out Iain Taylor. "We have a lot of women beginners but also a number of quite promising women like Karen Buchanan, Susan McDowell, and Melanie Robb, all of whom have placed well in road races. Karen, for example, was fifth in the most recent 'Auld Toun' race."

Members are aged between 15 and 70 and there are no plans to encourage anyone much younger to join.

"If someone rings us up and says their child is interested in running I send them to Pitreavie," says John Laird.

"We're very much orientated towards the road running scene and that's something you shouldn't be doing until you're mid-teens at the earliest."

Relaxed in approach, Carnegie Harriers is nonetheless a deceptively well organised club. On joining, all new members are given a full

information pack containing details about the club, discount schemes, and forthcoming events.

A regular club newsletter (the "Tarmac Times"), containing pertinent cartoons, letters, articles, and even poems, is also distributed to all members at least once every six weeks.

Club turnout at events throughout Scotland is always high with a 52-seater bus regularly in use.

"We go to most of the big road events in Scotland," says Iain Taylor. "Usually everyone goes together in a bus because it helps morale and club spirit."

Sponsorship from FMC, a locally based international oil and gas equipment supplier, helps to pay for buses and other outgoings. Meanwhile, a host of shop and sports medicine discounts for the Harriers means there are plenty of financial advantages to membership.

"We've got well over a hundred members now," says Iain Taylor. "I think we can definitely say we're here to stay."

Scotland's Olympic Prospects

Fraser Robertson takes an in-depth look at the Scottish athletes most likely to make the British squad for Barcelona.

Guaranteed places



TOM MCKEAN (800m)

BORN: October 27, 1963, Bellshill.
CLUB: Bellshill YMCA.
COACH: Tommy Boyle.
PB: 1:43.88 (Crystal Palace, 1989)
PROGRESSION AT 800m:
1980: 1:56.15; 1981: 1:53.2; 1982: 1:49.01; 1983: 1:49.48; 1984: 1:48.40; 1985: 1:46.05; 1986: 1:44.61; 1987: 1:44.45; 1988: 1:45.05; 1989: 1:43.98; 1990: 1:44.44; 1991: 1:44.20.
MAJOR CHAMPIONSHIP RECORD AT 800:
European Cup winner 1985; Commonwealth silver 1986; European Championship silver 1986; European Cup winner 1987, 8th in 1987 World Championship final; 1st in heats at 1988 Seoul Olympics; European Cup winner 1989, World Cup winner 1989; silver in 4x400m at 1990 Commonwealth Games; European Indoor title 1990; European Championship gold 1990; record 4th European Cup win 1991, eliminated in heats of 1991 World Championship in Tokyo.
MAIN OPPOSITION IN BARCELONA:
1987 and 1991 world champion Billy Konchellah (Kenya); William Tanui (Kenya); Johnny Gray (USA); Tokyo silver medallist Jose Luis Barbosa (Brazil).
PROSPECTS:
Recently returned from altitude training in Arizona and will sharpen competitive edge on the Grand Prix circuit over next six weeks before heading for Spain. If tactically not caught out, McKean has a great chance of a medal.

OLYMPIC RECORD:

1-43.00 (Joaquim Cruz, 1984)
WORLD RECORD:
1-41.73 (Seb Coe, June 1981, Florence)
1988 IN SEOUL:
Gold - Paul Ereng (Ken) 1-43.85.
Silver - Joaquim Cruz (Bra) 1-43.90
Bronze - Said Aouita (Mor) 1-44.06.

YVONNE MURRAY (3000m)

BORN: October 4, 1964, Musselburgh.
CLUB: ESPC AC.
COACH: Tommy Boyle.
PB: 8:29.02 (1988 Olympic final)
PROGRESSION AT 3000m:
1980: 10-11.80; 1981: 9-30.00; 1982: 9-01.77; 1983: 9-04.14; 1984: 8-58.54; 1985: 9-00.41; 1986: 8-37.15; 1987: 8-42.07; 1988: 8-29.02; 1989: 8-38.51; 1990: 8-39.46; 1991: 8-36.05.
MAJOR CHAMPIONSHIP RECORD AT 3000:
10th in 1982 Commonwealth Games; Commonwealth bronze 1986; European Championship bronze 1986; European Indoor champion 1987, 2nd in European Cup 1987, 7th in World Championship final in Rome 1987; Olympic bronze medallist 1988; 2nd in 1989 European Cup, 1989 World Cup winner (first British woman to win a World Cup event); Commonwealth silver 1990; European Championship gold 1990; 5th in 1991 European Cup, 10th in 1991 World Championship final.
MAIN OPPOSITION IN BARCELONA:
Olympic and World 3000m champion Tatyana Dorovskikh (CIS); Patsie Plumer (USA); Tokyo silver medallist Yelena Romanova (CIS); Susan Sima (Ken).
PROSPECTS:
Murray has spent three months in the warm air of South Africa. This should help her cope with the high temperatures expected in Barcelona.

Defending champion Dorovskikh is the outstanding favourite and will prove difficult to beat, but if Murray can dip below 8:30 as she did in Seoul, she should get a medal, and perhaps even become the first Scottish woman to win an Olympic gold medal.
OLYMPIC RECORD:
8-26.53 (T. Dorovskikh 1988)
WORLD RECORD:
8-22.62 (Tatyana Kazankina (URS), August 1984, Leningrad)
1988 IN SEOUL:
Gold - T. Samolenko (URS) 8-26.53
Silver - Paula Ivan (Rom) 8-27.15
Bronze - Yvonne Murray (GB) 8-29.02.



LIZ MCCOLGAN (10,000m)

BORN: May 24, 1964, Dundee.
CLUB: Dundee Hawkhill Harriers.
COACH: husband Peter (N.Ireland steeplechase internationalist).
PB: 30:57.07 (British record, Hengelo, Holland, June 1991).
PROGRESSION AT 10,000m:
1985: 33-19.14; 1986: 31-41.42; 1987: 31-19.42; 1988: 31-06.99; 1989: didn't run 10,000; 1990: 32-23.56 (daughter Eilish born); 1991: 30-57.07.
MAJOR CHAMPIONSHIP RECORD AT 10,000m:
Commonwealth Games gold 1986, 7th in 1986 European Championships; 5th in Rome World Championships 1987; Olympic silver 1988; Commonwealth Games gold 1990; World Championship gold 1991.
MAIN OPPOSITION IN BARCELONA:
Elana Meyer (SA); Olympic champion Olga Bondarenko (CIS); European gold medallist Yelena Romanova; Kathrin Ullrich (Ger).
PROSPECTS: Britain's best hope of a gold medal. She has a great chance of adding the Olympic 25-lap title to her gold won in Tokyo, from where she returned as the only British individual world champion.
Has already looked impressive in 1992, setting two world bests - at 5,000 metres indoors (15-03.17) in Birmingham, in February, and over 8K on the road (24-48), in Washington last month.
Ran 1,500 and 3,000m in UK Championships but will compete over 10K in the Oslo and Stockholm Grand

Prix events in early July.

OLYMPIC RECORD:
31-05.21 (Olga Bondarenko (URS), 1988)
WORLD RECORD:
30-13.74 (Ingrid Kristiansen (Nor), July 1986, Oslo)
1988 IN SEOUL:
Gold - Olga Bondarenko (URS) 31-05.21
Silver - Liz McColgan (GB) 31-08.44
Bronze - Yelena Zhupiyeva (URS) 31-19.82.

TOM HANLON (3,000m s/c)

BORN: May 20, 1967, Germany.
CLUB: Edinburgh Racing AC.
COACH: Gordon Surtees.
PB: 8:12.58 (M. Carlo, Aug 1991).
PROGRESS AT 3,000m s/c:
1985: 8-52.98; 1986: 8-47.49; 1987: 8-27.60; 1988: 8-20.73; 1989: 8-16.52; 1990: 8-16.31; 1991: 8-12.58.
MAJOR CHAMPIONSHIP RECORD AT 3,000 s/c:
10th in 1986 Commonwealth Games; heats in 1988 Olympics; 4th in European Cup 1989, 5th in World Cup 1989; 12th in 1990 Commonwealth Games, 6th in European Championships 1990; 6th in 1991 European Cup, 11th in 1991 Tokyo World Championships.
MAIN OPPOSITION:
World champion and world No.1 Moses Tanui (Ken); Reigning Olympic and Commonwealth champion Julius Kariuki (Ken); Tokyo silver medallist Patrick Sang (Ken); European champion Francesco Panetta (Ita).
PROSPECTS:
Highest-rated male Scottish athlete, ranked 7th in the world last year at the distance.
Hanlon is improving every year, and should have benefited from his experience in Tokyo.
If he acclimatises well, then the 25 year old has the potential to run a pb in the final and push the Kenyans all the way.
OLYMPIC RECORD:
8-05.51 (Julius Kariuki (Ken), 1988)
WORLD RECORD:
8-05.35 (Peter Koech (Ken), July 1989, Stockholm)
1988 IN SEOUL:
Gold - Julius Kariuki (Ken) 8-05.51
Silver - Peter Koech (Ken) 8-06.79
Bronze - Mark Rowland (GB) 8-07.96.

Continues on Page 22

We never hurry a Murray



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VIEW FROM THE GAMES

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2. Barcelona Shirt, colours black, navy, royal, white, orange, pink, yellow, sizes S-XL, £15.95
3. Coliseum Stone Washed Crew Fleece Top, colours navy and black, sizes XS-XL, £34.95
- Coliseum Short, 100% cotton, stone washed, colours navy, cobalt, pink, green, black, XS-XL, £19.95
4. Atlanta Fleece Sweat Jacket, colours black, red, navy, sizes S-XL, £69.95
- Atlanta Jog Pant, colours black, navy, cobalt, sizes S-XL, £23.95
5. Olympic Gold T-Shirt, white, sizes S-XL, £10.95
- Olympic Grand Stand T-Shirt, colours black, white sizes S-XL, £9.95
6. Barcelona Cotton Vest, colours, yellow, black, white, S-XL, £9.95
- Barcelona Running Short, (poly cotton with cotton inner), colour black, white, navy blue, light blue, S-XL, £9.95
7. Multiglobe T-Shirt, colours black, white/blue, white/red, white/pink, pink, sizes S-XL, £9.95
- Corporate Logo T-Shirt, colours black, white, sizes S-XL, £9.95
8. Coliseum Stone Washed 1/2 Zip Fleece Top, colours, black and navy, sizes XS-XL, £39.95
- Coliseum Stone Washed Jog Pant, colours navy, green, black, sizes XS-XL, £27.95
9. Atlanta Polar Fleece Hooded Top, colours navy, black, cobalt, sizes S-XL, £49.95
10. Millenium Vest, colours white/orange/navy/aqua, or white/black/red/pink, sizes S-XL, £15.95
- Millenium Short to match Millenium Vest, sizes S-XL, £16.95
11. Millenium Sprint Suit, colours navy/orange/aqua, black/red/white, sizes S-XL, £31.90
12. Montreal Tracksuit, colour navy/orange, sizes S, M, L, XL, £99.95
13. Millenium Lycra Short, colour navy/orange/aqua, black/red/white, sizes S-XL, £21.95
14. Mens Paris Tracksuit, Peached Microfibre, colours navy/orange/aqua, black/red/white, sizes S-XL, £120
15. Mens Trackline Vest, colours black/red, navy/orange, S-XL, £15.95
- Mens Trackline Short, colours black/red, navy/orange, S-XL, £17.90
16. Ladies Trackline Vest, colours white/pink/cerise/cobalt, S-L, £13.95
- Ladies Trackline Short, colours white/pink/cerise/cobalt, sizes S-L, £14.95
17. Mens Roma Tracksuit, colours navy/orange/aqua, sizes S-XL, £69.95
18. Ladies Roma Tracksuit, colours cobalt/pink/cerise, sizes S-L, £69.95
19. Z-Line Shell Trainer, colours navy/white/gold, sizes S-XL, special offer usual £79.95, £49.95
20. Z-line Vest, colours navy/white/gold, sizes S-XL, £10.95
- Z-Line Short, colours navy/white/gold, sizes S-XL, £11.95



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Corporate Logo Fleece Top £28.95
Speed Pant navy/orange, sizes S, M, L, XL £18.95



VIEW FROM THE GAMES



The trousers to 17, 18, 12, 19

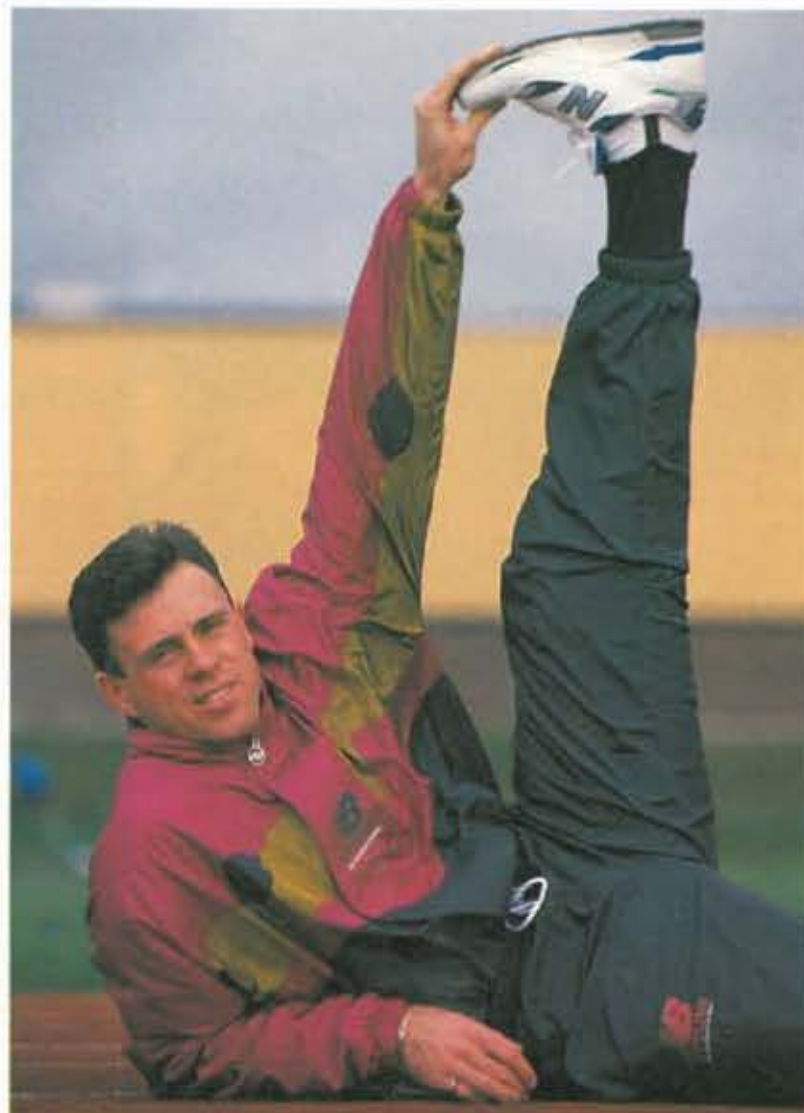


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Scotland's Olympic Prospects

Fraser Robertson continues his in-depth look at the Scottish athletes most likely to make the British squad for Barcelona.

Subject to attaining standard

Athletes with a realistic chance of winning a place in the team at the Olympic trials in Birmingham on June 27/28

PAUL EVANS (10,000m)

BORN: April 13, 1961, Glasgow
CLUB: Belgrave-based Springburn Harrier
PB: 28-13.71 (UK Championships, Sheffield, June 1992)
PROGRESSION AT 10,000m: 1989: 28-56.69; 1991: 28-13.71.
MAJOR CHAMPIONSHIP RECORD:
Yet to represent Scotland.
DOMESTIC RECORD:
Topped Scottish 5,000 and 10,000m rankings last season, clocking 13-41.33 and 28-56.69 respectively; 5th in 1992 London Marathon (2-10.36); First Briton in the Great Race from Glasgow to London; 1989 Scottish Cross Country champion; Won Morpeth to Newcastle 14.2 mile race this year.
MAIN OPPOSITION:
World Championship silver medallist and world junior champion Richard Chelimo (Ken); European 5,000 and 10,000m champion, and Olympic silver medallist Salvatore Antibo (Ita); Tokyo world champion Moses Tanui (Ken); world record holder Arturo Barrios (Mex).
PROSPECTS:
Essentially a marathon runner, the 31 year old will run a 10,000 in Hengelo, Holland on June 28 - the last possible day for him to gain 28-07.

Evans turned his attention to the 10K after being named only second reserve for the Olympic marathon team, despite finishing top Briton in the London this year.

Ran well in the Olympic 10,000m trial at the UK Championships in Sheffield on June 5 to finish 3rd, but missed that all-important time, clocking 28-13.71. Nonetheless, Evans did enough to convince the selectors that he is worthy of a place should he make the qualifying standard.

OLYMPIC QUALIFYING TIME: 28-07

OLYMPIC RECORD: 27-21.46 (Brahim Boutayeb (Mor), 1988)

WORLD RECORD: 27-08.23 (Arturo Barrios (Mex), August 1989, Berlin)

1988 IN SEOUL:
Gold - Brahim Boutayeb (Mor) 27-21.46
Silver - Salvatore Antibo (Ita) 27-23.55
Bronze - Kipkemboi Kimeli (Ken) 27-35.16

GEOFF PARSONS (High Jump)

BORN: August 14, 1964, Margate, Kent
CLUB: Blue Circle AC
COACH: Ron Murray
PB: 2.30 (Singapore, 1990)
PROGRESSION AT HIGH JUMP: 1989: 2.28; 1990: 2.30; 1991: 2.28.
MAJOR CHAMPIONSHIP RECORD:
7th in 1982 Commonwealth Games, 16th (dnq) in 1982 European Championships; 13th (dnq) Olympic Games 1984; European Indoor bronze 1986, Commonwealth Games silver 1986, 9th in European Championships 1986; 10th in 1987 World Championships; 16th in Olympic Games 1988; Commonwealth Games bronze 1990; 6th (dnq) in 1990 European Championships; Tokyo World Championships 1991 (pulled out through illness).

RIVALS FOR BRITISH TEAM PLACE

(alongside European Cup winner and UK No.1 Dalton Grant): Brendan Reilly, Steve Smith, John Holman.

MAIN OPPOSITION IF SELECTED:

World record holder and Tokyo silver medallist Javier Sotomayor (Cuba); Sorin Matei (Romania); world champion Charlie Austin (USA); Olympic silver and world bronze medallist Hollis Conway (USA); Olympic bronze medallist Patrik Sjöberg (Swe).

PROSPECTS:
Will be making a determined effort to clinch one of the two places up for grabs after taking ill shortly before Tokyo.

Has started to find some form again recently, surpassing the qualifying standard with a 2.25 jump.

If the Scottish record holder is not picked for the Games, it will be the first major championship team that he hasn't been selected for since coming to prominence in the early '80s.

OLYMPIC QUALIFYING HEIGHT: 2.23

OLYMPIC RECORD: 2.38 (Gennadiy Avedyenko (CIS), 1988)

WORLD RECORD: 2.44 (Javier Sotomayor (Cub), July 1989, in Cuba)

1988 IN SEOUL:
Gold - G'nadiy Avedyenko (URS) 2.38
Silver - Hollis Conway (USA) 2.36
Bronze - Rudolf Povamitsyn (URS)/ Patrik Sjöberg (Swe) 2.36



BRIAN WHITTLE (800m)

BORN: April 24, 1964, Ayr
CLUB: Ayr Seaford
PB: 1-45.47 (European Championships, Split, 1990)
PROGRESSION AT 800m: 1989: 1-46.00; 1990: 1-45.47; 1991: 1-46.48.

MAJOR CHAMPIONSHIP RECORD:

(400 and 800m): 5th in 1986 Commonwealth Games 400, European 4x400 gold 1986; reached 400 semi final at 1988 Olympics; 4th in 800 and silver in 4x400 at 1990 Commonwealth Games; reached 800 semi final at Tokyo World Championships; 5th in European Indoors 1992.

RIVALS FOR BRITISH TEAM PLACE:

(Two spots on offer alongside Tom McKean): European silver medallist David Sharpe; UK champion and World Student Games silver medallist Curtis Robb; Martin Steele; Steve Heard.

MAIN OPPOSITION IF SELECTED:

As McKean.

PROSPECTS:
Holds advantage over the other hopefuls in having previously run the Olympics. Is also, at time of writing, the only one with a qualifying time - 1-46.03 in Rome.

However, Sharpe and Robb in particular are formidable opponents.

QUALIFYING TIME: 1-46.20

OTHER DETAILS:
As McKean

ELLIOT BUNNEY (4x100)

BORN: December 11, 1966.
CLUB: Caledon Park
PB FOR 100m: 10.20 (1986)
COACH: Bob Inglis
PROGRESSION AT 100: 1986: 10.20; 1989: 10.34w/10.43; 1991: 10.28.

MAJOR CHAMPIONSHIP RECORD:

100m European Junior Champion 1985; 100m semi final at 1986 Commonwealth Games; 4x100 silver in 1988 Olympics; 100m semi at 1990 Commonwealth Games.

RIVALS FOR BRITISH TEAM PLACE:

(Four spots in relay squad available alongside Linford Christie and John Regis): Marcus Adam, Darren Braithwaite, Clarence Callender, Michael Rosswess, Jason Livingston, Lenny Paul, Tony Jarrett.

MAIN OPPOSITION IF SELECTED:

World champions USA; Olympic champions URS (now CIS); European champions, world silver medallists and former world record holders France; Nigeria.

PROSPECTS:
As in Tokyo, the six-man Olympic squad is certain to be chosen on the basis of individual sprint performances at the Birmingham trials.

A place in the top five in the 100m is essential, therefore a time similar to his 10.28 in last year's AAAs will be the minimum required.

4x100 OLYMPIC RECORD: 37.83sec (USA, 1984)

4x100 WORLD RECORD: 37.79 (France, Euro Champs 1990, Split)

1988 IN SEOUL:
Gold - URS 38.19;

Silver - GB 38.28;

Bronze - France 38.40.

OUTSIDERS

Karen Hutcheson (3,000m)

Sue Bevan (800m)

Aileen McGilivray (4x100m)

Gillian McIntyre (4x400m)

David Strang (800m)

All races are held under IAAF, AIMS, SAAA and SWAAA Rules



OFFICIAL ENTRY FORM

FOR OFFICIAL USE ONLY

REF

ENTRY

GLASGOW, 1/2 MARATHON, AUGUST 23rd 1992

1 SURNAME

2 FIRST NAMES IN FULL

3 ADDRESS

4 CITY

5 COUNTRY

6 POST CODE 7 TELEPHONE (9AM - 5PM)

8 REGISTERED ATHLETIC CLUB (if applicable)

9 AGE Age on day of race 10 DATE OF BIRTH

11 PREDICTED TIME THIS EVENT HR MINS SECS 12 PREVIOUS BEST 1/2 MARATHON TIME

13 PLEASE 'X' T-SHIRT SIZE ☐ S ☐ M ☐ L approx. size 38" 42" 44" 14 CITY OF BIRTH

15 SEX: M = MALE F = FEMALE ☐

16 'X' IF MEMBER OF REGISTERED CLUB ☐

17 'X' IF MAILING ADDRESS OUTSIDE U.K. ☐

18 'X' IF WHEELCHAIR ENTRANT ☐

19 'X' IF YOU HAVE MEDICAL CONDITION ORGANISERS NEED TO KNOW ABOUT ☐

20 'X' IF YOUR PARTICIPATION STORY WOULD BE OF INTEREST TO READERS ☐

21 WHERE DID YOU GET YOUR ENTRY FORM?

WE REQUIRE

1. ENTRY FEE PAYABLE TO GREAT SCOTTISH RUN £8.00 REGISTERED CLUB MEMBER, £8.50 NON CLUB MEMBER, £16 OVERSEAS ENTRIES (includes 'T' Shirt and Medal) ☐

2. A STAMPED, ADDRESSED ENVELOPE - MINIMUM 9" x 6" ☐

3. COMPLETED ENTRY FORM ☐

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The Organising Authorities, and any and all Sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I hereby declare that I will be the correct age or over on the day of the race and have not competed in any athletic (track and field, road race, cross country or road walking) event as a professional, or having done so, I have been reinstated to amateur status.

Further, I hereby grant permission to use the Name and Address given on this form for the purpose of sending advertising material from relevant sports goods manufacturers, companies associated with this event or to the media for the promotion of the event. I hereby declare that the above details are COMPLETE and CORRECT in every detail.

SIGNATURE

Important Information and Instructions - READ CAREFULLY

- How to Enter:** Carefully fill in all sections of the entry form in ball point pen and send with the correct entry fee to the address shown.
- Entry Fee** is £8.00 for members of SAAA or SWAAA affiliated clubs and £8.50 for non-affiliated members, £16 for overseas entries. Cheques, postal orders or International money orders shall be crossed and made payable to Great Scottish Run. Please put the runners name and address on the back of the cheque, this enables the correct entry to be deleted if cheques are not honoured.
- Acknowledgement** of entry will be notified as soon as possible.
- Address:** Print the address to which you wish all mailings to be sent - any change of address please notify as soon as possible.
- Closing date** is shown next to the race address.
- All finishers** will receive a commemorative medal and 'T' shirt.
- All finishers** will be sent a certificate.
- Age:** Minimum age 18 years or over on day of race.
- Wheelchair entrants:** Wheelchair racers will be allocated a position in relation to their estimated finishing time. All wheelchair entrants should tick the box at point 18 above.
- For reasons of safety,** please no entries from people on roller skates, in beds, wheelbarrows, pushchairs, carrying various objects for charity, etc. Only genuinely disabled people in wheelchairs, otherwise on foot!
- No pets, dogs or horses** - only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.

ENTRY ADDRESS AND CLOSING DATE

diet Coke
Great Scottish Run,
Glasgow City Council

20 Trongate,
Glasgow G1 5ES
Telephone: 041-227 5576

Closing Date Friday
July 17th 1992

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Scotland's Runner July 1992

CRAMMED FULL OF TALENT

STEVE Cram will be among the thousands of competitors taking part in this year's Diet Coke Great Scottish Run, due to take place in Glasgow on August 23.

The run, now in its 11th year, is the largest participative sporting event in Scotland, and the country's most popular road race, covering the half marathon distance.

Last year saw an increase in the entry figures for the first time in seven years - with an increase of 43% over 1990's figure - giving an entry figure of 5,600. This year the organisers are looking for 6,000 entrants and with the entry figure now standing at just under 2,000 it looks like they will make the target.

The Diet Coke Great Scottish Run's international credibility also increased, with 16% of the entry now coming from outwith Scotland. Competitors from as far afield as Japan and New Zealand entered last year and already considerable interest has been shown in this year's event from abroad.

Statistics from the 1991 event showed that 36% of the entry was from outwith Glasgow with 48% from the rest of Scotland and this year's figures show a similar trend.

Local runners are very keen, with entries already received from more than 120 towns throughout Scotland and England. Higher than usual entries are coming from Paisley, East Kilbride, Edinburgh, Bearsden, Hamilton, Aberdeen, and Ayr, proving that the event is a national event.

The run is being promoted more in England this year than ever before and as a result English entries are coming in from as far afield as Kent.

The date has been changed to August to bring the event closer to the dates of the Olympic Games when interest in sport, particularly athletics, will be at its highest.

The route has also been radically changed missing out, as it does, the dreaded St Vincent Street hill, with runners heading instead



Last year's winners, Andrea Wallace and Dave Lewis.

BETTY'S CLIMBING BACK ...

Three years ago Betty had a massive stroke. She thought she would never be able to walk or talk again. Today she can talk and get about with a stick, she's out of a wheelchair, and last year, as a member of CHSA's Volunteer Stroke Service, she went on an adventure holiday which included abseiling! Betty says "I never thought it would happen. It's been the highlight of my life!"



... EMMA'S NEXT BIRTHDAY WILL BE BETTER



Emma is only one of hundreds of premature babies who need help to breathe. Doctors are researching ways to ensure that the mixture of oxygen and air supplied by ventilators is monitored to supply exactly the correct balance. This is one of many research projects funded by CHSA Scotland ...

We need £1 million a year to fund our work in Scotland. We need you to run for us. For sponsorship forms, free running vests and details of our work contact: Liz Gardiner, at the address below.

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For those with heart disease just getting through the day can be a challenge. Heart disease is restrictive, debilitating and can be fatal. Today just under half the deaths in this country can be attributed to some form of heart disease.

The British Heart Foundation's challenge

is to find more ways of treating, perhaps even preventing, heart disease. Research is our most effective weapon, but the kind of research that will eventually save lives needs your help. Please make our challenge your challenge and race for others who can't.

Send us the coupon below and we'll send you a sponsorship form.

Next time you run, please run for the British Heart Foundation...and really put your heart into it.

British Heart Foundation

The heart research charity

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I want to put my heart into beating heart disease. Please send me a BHF sponsorship kit so that I can raise money for heart research. ☐

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Place and Date of event _____

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GREAT SCOTTISH RUN



into the East End of the city.

The starting gun for this year's event will fire at 11am, at the Saltmarket, with runners running up High Street and into Duke Street along a faster, flatter route.

The route, which has been officially measured by a technical representative of the Association of International Marathons and Road Races (AIMS) will make the race eligible for recognition for any world record performance.

The measured route takes in Bellgrove Street, Abercromby Street, Arcadia Street, Kings Drive, Ballater Street, Norfolk Street, Nelson Street, Morrison Street, Paisley Road, Paisley Road West, Bellahouston Park, Mosspark Boulevard, Nithsdale Road, Nithsdale Street, Pollockshaws Road, Queens Drive, Cathcart Road, Myrtle Park, Aitkenhead Road, Hamilton Street, Polmadie Road, Rutherglen Road, Shawfield Drive,

They're off! Entrants in the 1991 Great Scottish Run make their way along the first mile of the course.



ARTHRITIS RESEARCH

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



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

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

And so far, although we've made many advances in treatment, there's no cure.

With your help, though, we'll find one. We are the Arthritis and Rheumatism Council, the only UK charity financing medical research into every aspect

of the disease.

Currently we spend over £11 million annually on this research, with a mere 2½p in the £ going on administration. We receive no State aid whatsoever and rely entirely on voluntary contributions.

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

THE ARTHRITIS AND RHEUMATISM COUNCIL FOR RESEARCH

Working to find an earlier cure

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

NAME OF EVENT _____

DATE OF EVENT _____

MY NAME _____

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To do all this will cost money. We need your help. Please run to help us

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Parkinson's Disease Society

22 Upper Woburn Place, London WC1H 0RA
Telephone: 071-383 3515

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Name of event.....Date.....

Name.....

Address.....

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Charity Reg No. 258197

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Address.....
Post Code.....

Registered Charity number 281267



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

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

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To: Terry Wogan, Chairman, Appeals Committee, Arthritis Care, 16 Stephenson Way, London NW1 2HD Tel: 071-916 1500

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

I'd rather help by sending the enclosed donation

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ARTHRITIS CARE
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Main Street, Newhall Street, and Glasgow Green.

Race director Peter McLean comments, "The new route will make the race considerably faster and will encourage top athletes to come to Glasgow and compete for a world record time. It will also make the race more pleasurable for fun runners giving them an opportunity to achieve personal best times."

One athlete not in the fun run category is Steve Cram, the mile world record holder, who has announced he is to run this year's event. Dave Lewis the current Diet Coke Great Scottish Run champion, is also coming back to Glasgow to defend his title and looking for a faster time than last year's 1-04-23.

American Airlines have donated a £20,000 worth of first class air travel, to the value of £10,000 apiece for the first male and female to cross the line. This gives top class athletes a real incentive to compete in this year's run.

Negotiations are also ongoing with Glasgow Sports Promotion Council to award a special prize structure to encourage athletes who are members of Glasgow athletics

clubs which are members of the Sports Council for Glasgow to enter the run.

The prize structure has been agreed in principle and will be announced in the near future. Another objective of the race is to encourage a high level of female participants, in keeping with the Glasgow City Council's objective to encourage more women to take part in sport.

Fun runners are getting off their mark, with many already pledging support to various charities.

Last year the run raised in the region of £300,000 for charity which people raised through sponsorship, but organisers feel this could be increased if more people could be persuaded to run for charity.

The Fun-tastic Trophy put up by hairdresser Crawford Gilliland for the most outrageous costume is up for grabs, with the winner for the last three successive year's Ronnie Steele, who dresses as a clown, already in training for this year.

Ronnie, sponsored by his employers Walkers Shortbread, is challenging other fun runners to get into costume and on the track, and

raise money for charities.

This year there is an added incentive to get your entry in early. Travel agents, Clifford International Travel, have put up a weekend for two in Paris in a top class hotel with a romantic night on the River Seine.

To be eligible for the Clifford International Travel Prize, competitors should have their entry in by July 7. A draw will take place.

Entries are available from all sports centres or by calling hotline number 041 227 5576.



**Not so long ago,
John Hargreaves had cancer.
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so can you.**

Thanks to cancer research, John is now fit and well. Since his recovery, he's been running for the Cancer Research Campaign Scotland.

Cancer Research Scotland is the leading cancer research charity in the country, spending almost £7 million each year on research projects at Universities, hospitals and research units. CRC's success relies on the continuing partnership between our dedicated scientists and fundraising by our loyal supporters.

Help us to WIN by running for us, even if you don't win you will be helping us to beat cancer.

For sponsorship forms and a free running vest please contact:-



Major J R L Harman,
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 ()

cancer research
campaign
SCOTLAND

May

6

The Whangie Whizz 3 1/2 mile HR, Queens View, Carbeth

1, B Potts (Cly) 25-23; 2, D Robertson (West) 25-40; 3, M Rigby (West) 26-03; 4, J Slowe (Gl Un) 26-06; 5, I Murphy (Clyd) 26-09; 6, P Bonner (Cly) 26-10; 7, R McQuat (Cly) 26-11; 8, I Boothroyd (West) 26-40; 9, T Griffin (West) 26-43; 10, H Corbett (Gl Un) 26-50; V1, J Shields (Cly) 28-46; V2, K Adams (West) 29-03; V3, J Watson (Liv) 31-15; L1, H Diamantides (Amb) 31-36; L2, S McLeish (Giff N) 32-08; L3, D Campbell (Liv)

9

Polaroid Ben Lomond 9 mile Hill Race, Rowardennan

1, B Potts (Cly) 68-54; 2, D McGonigle (She) 69-06; 3, M Rigby (West) 70-11; 4, T Lofthouse (Bing) 71-52; 5, D Crowe (Shet) 72-24; 6, P Hughes (Loch) 72-59; 7, J Conway (Liv) 73-29; 8, D Bell (HELP) 73-40; 9, A Davis (Fife) 74-35; 10, I Wallace (HBT) 74-53; 11, A Dyth (Cly) 75-02; 12, P Bonner (Cly) 75-05; 13, T Griffin (West) 75-43; 14, J Hepburn (DHH) 75-59; 15, J Shields V1 (Cly) 76-41; 16, T Brand (Liv) 76-50; 17, J Stevenson (Irv) 76-58; 18, I Murphy (Cly) 77-00; 19, E Butler V2 (Ab) 77-02; 20, D Shiell (Car) 77-18; 21, J Blair-Fish V3 (Car) 78-31; 22, D Henderson (Ab) 78-33; 23, C Harwood (Bowe) 80-15; 24, T Calder L1 (EBC) 80-15; 25, R McIntyre (Cly) 81-08; V4, R McIntyre (Cly) 81-44; V5, E Rennie (Ab) 81-55; V6, C Love (DHH) 82-43; V0/50, W Gould (Car) 84-18; L1, T Calder L1 (EAC) 80-15; L2, J Salvona (Liv) 86-16; L3, H Diamantides (Amb) 87-15; L4, E Scott (West) 100-27; L5, S Clarke L2 (HMR) 105-01; L6, F Findlay (Loch) L3 107-35; L7, H Seorle (Loch) 112-28; L8, N Williams (Car) 113-03; L9, J Smith L4 (Gh) 113-13; L10, A Mills (Hew Pack) 118-19; Teams 1, Clydesdale 39 pts; 2, Livingston 96; 3, Camethy 110; 4, Westerlands 110.

13

Dumyat 5 mile Hill Race, Stirling University

1, J Wilkinson (Gal) 33-45; 2, M Ferguson (EAC) 33-59; 3, B Potts (Cly) 34-03; 4, A Eyre-Walker (HBT) 34-07; 5, R Rodgers (HBT) 34-12; 6, P Bovill (Ochil) 35-00; 7, T Brand (Liv) 35-36; 8, P Fox (DHH) 35-42; 9, D Crowe (She) 35-44; 10, I Murphy (Cly) 36-04; V1, T Martin (Fife) 36-43; V2, E Butler (Ab) 38-02; V3, C Shaw (Glas) 38-26; L1, J Salvona (Liv) 41-16; L2, S McLeish (GN) 43-03; L3, A Mudge (St Uni) 44-04; L4, M Coleman (Liv) 46-15.

16

Goatfell 8 mile HR, Brodick, Isle of Arran

1, A Trigg (Gloss) 1-13-11 (rec); 2, A Jones (Gloss) 1-18-53; 3, P Hughes (Loch) 1-19-33; 4, D Crowe (She) 1-20-37; 5, A Davenhill (Sol) 1-21-25; 6, S Burns (Loch) 1-22-03; 7, J Stevenson (Irv) 1-22-33; 8, McCuddy (Gloss) 1-22-59; 9, R Boswell V1 (Loch) 1-23-22; 10, J Gallagher (Ochil) 1-23-34; 11, D Shiell (Camethy) 1-23-41; 12, D Milligan V2 (Sol) 1-24-14; 13, B Robertson (Arran) 1-24-15; 14, G Allsop (Arran) 1-24-47; 15, M Brown (Cle Moor) 1-28-53; 16, R Blamire V3 (Sew) 1-28-59; L1, J Salvona 23rd (Liv) 1-31-51; L2, R Rickvance (Ken) 1-37-39; L3, W Dodds L1 (C Le Moor) 1-38-45

17

Scottish Nuclear Kaim 3 1/2 mile HR, Fairlie

1, J Brooks (Loch) 29-06; 2, J Stevenson (Irv) 30-53; 3, S Burns (Loch) 31-15; 4, I Auchie (Dalry) 31-21; 5, J Gallacher (Ochil) 32-28; 6, G Tenney (Kil) 33-32; 7, S McKendrick (Unat) 34-08; 8, D Auchie (Dalry) 34-16; 9, D Freeman (Arran) 34-58; 10, H Finnigan (Dalry) 35-59; V1, P Mackie (Irv) 37-11; L1, P McLaughlin (West) 46-25; L1, K Melville (Irv) 53-19.

Team: 1 Dalry Thistle 22pt

Young Athletes 1 1/2 mile Hill Race: Boys

1, R Elliot (Ardrossan) 12-05; Girls: 1, E Hardingham (Fairlie) 15-33.

Toppie Hill Race, Aberdeen

1, A Aitken (Gar) 22-07; 2, D Coutts (Ab) 26-58; 3, A Robertson (Un) 29-04; L1, J Buchan (Ab) 32-49.

20

Kinnoul 4 mile Hill Race, Perth (129 ran)

1, P Dymoke (Liv) 23-14 (rec); 2, P Mowbray (HBT) 23-40; 3, A Eyre-Walker (HBT) 24-01; 4, R Rodgers (HBT) 24-15; 5, R Herries (HBT) 24-27; 6, M Strachan (DHH) 24-35; 7, P Fox (DHH) 24-52; 8, B Pattison (DHH) 25-08; 9, T Wilkinson (Unat) 25-20; 10, G Ackland (Liv) 25-34; V1, C Shaw (Glas) 27-08; L1, S McLeish (Giff N) 29-36; L2, L Hope (Loch) 30-10; L3, E Scott (West) 32-03.



April

12

North Inch Road Relays, Perth

1, Hunters Bog Trotters 63-43 (P O'Kane 16-38; J McKay 16-55; C Farquharson 14-47; R Brown 15-23); 2, Perth Strathitay H 63-46; (D Knight 14-41; R Souter 15-53; M Paxton 17-14; K Smith 15-58); 3, Perth Strathitay 'C' 65-23 (D Anderson 14-54; T Rhodes 17-02; D Fletcher 16-46; T Quigley 16-41); 4, Fife 65-37; 5, Edinburgh AC 66-07; 6, Edinburgh 'B' 76-18.

Fastest laps: 1, D Knight 14-41; 2, C Farquharson 14-47; 3, D Anderson 14-54; 4, K Harkness (Fif) AC 69-59

FMC Carnegie Harries "Tour de Town '92", Dunfermline

Stage 1, Dunfermline to River Forth (6 mile): 1, R Milton 32-20; P Simpson 32-22; 3, I Taylor 32-39; 4, P Morrison 33-00; 5, B McDonald 33-31; 6, D Forrest 33-53; L1, M Robb 47-16

Stage 2, River Forth to Crossgate (5 mile):

1, P Simpson 28-43; 2, P Morrison 28-52; 3, I Taylor 29-02; 4, D Forrest 29-28; 5, B McDonald 29-30; 6, R Milton 29-38; L1, M Robb 41-03

Stage 3, Crossgates to Dunfermline (5 mile):

1, P Simpson 25-42; 2, D Forrest 26-10; 3, I Taylor 26-17; 4, B McDonald 26-22; 5, R Milton 26-28; 6, P Morrison 26-30; L1, M Robb 36-15

Stage 4, Townhill to Saline (6 miles): 1, P Simpson 33-30; 2, I Taylor 33-40; 3, P Morrison 33-43; 4, D Forrest 34-24; 5, M McHale (V) 34-38; 6, B McDonald 34-46; 11

M Robb 46-57; Stage 5, Saline to Dunfermline (6 miles): 1, P Morrison 33-26; 2, P Simpson 33-31; 3, I Taylor 33-39; 4, R Milton 34-18; 5, D Forrest 34-50; 6, B McDonald 34-54; L1, M Robb 51-06

Times for 28 mile event: 1, P Simpson 2-33-48; 2, I Taylor 2-35-17; 3, P Morrison 2-35-31; 4, R Milton 2-38-11; 5, D Forrest 2-38-45; 6, B McDonald 2-39-02; V1, M McHale 2-40-46; L1, M Robb 3-42-37; L2, L Mitchell 3-47-59; L3, N McKechnie L1 3-49-45

Lochaber 10K Road Race, Fort William

1, I Taylor (Cam) 34-47; 2, A McMahon (Stom) 34-47; 3, S McLoone (GGH) 35-07; 4, G McIntyre (Fif) 35-55; 5, D McPherson (Unat) 38-28; 6, A Kennedy (Loch) 38-35; 7, S Bates (Cam) 38-37; 8, L Redfern V1 (Inv) 38-40; 9, K Scott (GGH) 39-48; 10, J Bates (Cam) 40-27; L1, H Searle H Searle (Loch) 44-33; L2, J McGlean (Unat) 44-54; L3, J Smith L1 (GGH) 45-48; L4, A Orme (Ab) 46-22; L5, J Bruce L2 (Unat) 47-16;

Bellahouston 10 Centenary Year British Airways 5,000 metres RR, Pollok Pk, Glasgow

1, D Donneti (Spr) 14-18; 2, A Puckrin (CPH) 14-25; 3, F McGowan (VP) 14-39; 4, G Wright (Ayr) 14-53; 5, N Muir (She) 15-00; 6, W Robertson (Bel) 15-09; 7, C Spence V1 (SV) 15-11; 8, T Coyne (She) 15-18; 9, J Stewart (AYR) 15-30; 10, A Derrick (Cal) 15-31; 11, D Thom (Cam) 15-42; 12, D Williamson (bella) 15-49; 13, R Guthrie V2 (Bel) 16-05; 14, P Laing (Spr) 16-06; 15, M McDonald (Bel) 16-07; 16, G Clark (SV) 16-08; 17, H Gallagher (Bel) 16-24; 18, J McMillan V2 (Kil) 16-34; 19, W Glasgow (Giff N) 16-38; 20, K Brown V3 (VP) 16-39; V4, F Healy (Cam) 17-00; L1, S Branney L1 (CG) 17-00; L2, E McBrinn (She) 17-39; L3, S Crawford (LG) 18-15; L4, S Irvine (Giff) 19-54; L5, M Taylor (Giff) 20-24;

Inverclyde Initiative 4x2 mile Road Relay Race, Greenock

1, Greenock Glenpark 39-14; (T McCollian 9-23; S McLoone 10-06; G McGratton 9-53; B Jenkins 9-52); 2, Irvine Castle 39-21; (B Richardson 9-36; L Richardson 10-13; C Millar 9-41; B Craig 9-51); 3, IBM Spango Valley 39-41; (S Hodge 9-17; T Wilkie 10-09; J Benson 9-54; J Gallagher 10-21); Fastest laps: 1, S Hodge 9-17; 2, T McCollian 9-23; 3, B Richardson 9-36; Veterans 1, Cambuslang 42-02; (D Looney 10-45; B Gough 10-17; F Connor 10-32; T Dollan 10-28; Fastest Vet: 1, W Jukes (GGH) 10-16; Women: 1, Irvine Cable 48-59; (J Roxburgh 11-50; N Gray 12-24; J Byng 12-31; A McManus 12-24); Fastest lap 1, C Gibson (SV) 11-30;

May

2

Easter Ross Peoples 1/2 Marathon, Tain

1, R Gatenby (Coast) 74-57; 2, M McLeod (Inv) 75-04; 3, G Mitchell V1 (Inv) 75-05; P Garner (Inv) 80-35; 5, D Stewart V2 (Mor) 80-37; 6, D Bird (Inv) 82-09; 7, d McDermid (Inv) 83-03; 8, G Fraser (Inv) 83-52; 9, M Smith (MBI) 84-20; 10, D Warren (MBI) 87-58; 11, M Duncan (Met) 87-58; 12, I Wheeler (Inv) 88-22; 13, G Bethune (MBI) 88-26; 14, M Norgate (Naim) 89-18; 15, G Main (Naim) 89-22; Team: 1, Inverness 9 pts. L1, M Adamson L1 (Inv) 1-31-15; L2, L McLardy (Unat) 1-31-51; L3, J Norgate (Naim) 1-35-28

Black Rock Auld House 5 mile Beach Run, KInghorn, Fife (156 ran)

1, S Ogg (Carnegie) 22-59; 2, R Hanlon (Fife)

23-04; 3, D Arnott (Pit) 23-13; 4, A Eyre-Walker (HBT) 23-17; 5, C Farquharson (HBT) 23-26; 6, R Bell (DHH) 23-45; V1, D Gumstone 29th (Fife) 25-48; V2/50, R McFarquhar 39th (AB) 26-41; J1: D Leggate (21st Unat) 24-53; local: 1, K Pearson (68th) (Fife) 28-49; Team: 1, HBT. L1, S McLeish 59th (GN) 28-05; L2, K Fisher 66th (AP) 28-46; L3, L Barclay 73rd (Pit) 29-07; L1, M Robertson 76th (DRR) 29-27; Womens team: 1, Giffnock North

Edinburgh to North Berwick 22.5 mile Road Race

1, A Fair (Tev) 1-57-38; 2, I Brown (FVH) 1-58-19; 3, G Lightwood (EAC) 2-01-44; 4, J Baird (HELP) 2-04-36; 5, A Stirling V1 (BRC) 2-05-28; 6, A Begley (South) 2-06-37; 7, G Wright (Ayr) 2-07-33; 8, J Stewart (Ayr) 2-07-35; 9, B Howie U2 (CPH) 2-07-35; 10, J Forte (HELP) 2-07-40; 11, J Young (Ayr) 2-08-36; 12, N Maltman (Tev) 2-09-43; 13, W Higgins (FVH) 2-10-24; 14, C Northam V3 (Liv) 2-10-48; 15, S Green (Cum) 2-11-41; 16, S Wallace V4 (HELP) 2-12-39; 17, J Martin (FVH) 2-13-19; 18, R Jardine (BRC) 2-14-08; 19, D Baker (EAC) 2-15-58; 20, N McDonald (M ET) 2-16-13; V0/50: P Love (SVHC) 2-33-09; Team 1, Ayr Seaforth 26M; 2, Haddington 30; 3, FVH 37 L1 E Robinson (LV1) (NE Vets) 2-32-38;

3

Edinburgh Sportage Mycil Womens 10,000 metres RR, Leith Links

1, S Branney L1 (CG) 35-25; 2, A Rose (ENM) 35-36; 3, J Stevenson LV2 (FVH) 36-28; 4, J Salvona (Liv) 38-10; 5, C Brown LV3 (Fife) 38-42; 6, S McLeish (GN) 39-48; 9, R McDonald (Wye Ph) 39-56; 10, K Fisher (AP) 40-15; LV4 E Christie (Unat) 41-58; LV5 F Kay (EAC) 22-34; LV6 A Richards (Giffn) 43-29; Team 1, Giffnock North 34pt; 2, Ainslie Park 39pt.

University Charity 1/2 Marathon, St Andrews

1, P McColgan (DHH) 70-50; 2, T Anderson (Kil) 73-54; 3, D Macgregor V0/50; (Fif) 74-31; 4, G Fairley (Kil) 74-55; 5, P Jennings (Met) 77-07; 6, B Hutchison (Anst) 78-39; V2/S Swanston 7th (DRR) 79-29; V3 Watson (liv) 81-43; L1, L McColgan (DHH) 75-14 (record); L2, G Nutter (LV1) (Ripon) 89-27; L3, T Watson (Unat) 101-28;

Stranraerathon '92 Festival of Running, Stranraer

1/2 Marathon: 1, G Tenney (Kil) 76-34; 2, J Harper V1 (Glas) 79-17; 3, J Morphet (Unat) 79-50; 4, J Grierson (Unat) 81-23; 5, W Hamilton (Stran) 81-32; 6, N Newson (Unat) 81-33; 7, D Darroch (Unat) 81-34; 8, A Wilson (Unat) 82-50; 9, J Kevin (Unat) 83-24; 10, I Beattie (Unat) 84-03; V2, L Baird (Unat) 85-31; V3, G McGregor (Unat) 89-19; V0/50 W Wood (CVHC) 103-30; Team: 1, Stranraer H. L1 J Byng LV1 (Inv) 94-26; L2, L Duncan (Pit) 102-03; 3, G Harper 103-03; 10K: 1, G Booth (Str) 30-53; 2, G Tenney (Kil) 31-37; 3, K Penrice (Ayr) 32-27; 4, C Brash (Unat) 32-53; 5, G Fidler (Stran) 34-27; 6, A Buchanan (Unat) 35-41; 7, P Young (Unat) 35-45; 8, D Hislop (Stran) 35-46; (L Crossan (Gir) 36-27; 10, J Irvine Team 1, Stranraer H. V1 0/50 (Giff N) 36-28; V2 B Slavina (Stran) 38-24; V3 D Dixon (Unat) 45-13; L1 S Irvine (Giff N) 41-54; L2 A Lucas LV1 (Girv) 45-47; L3 S McBride (Girv) 48-27;

Fife AC Mid Week Series; Blecraigs 5 mile RR, Cupar

1, D Anderson (Kin) 26-12; 2, I Moncur

(DHH) 26-55; 3, R Hamilton (Fif) 27-09; 4, T Martin V1 (Fif) 27-37; 5, I Taylor (Cam) 27-55; 6, A Cassidy (Fif) 28-06; 7, W Hutchison (Anst) 28-25; 8, S Kerr (DHH) 28-43; 9, J Holden V2 (Fif) 28-50; 10, B McDonald (Cam) 29-05; 11, S Graves V3 (Fif) 29-24; 12, I Grieve V4 (Unat) 29-35; 13, G Douglas (FVH) 29-38; 14, T Ross V5 (Fif) 29-41; 15, D Gunstone V6 (Fif) 29-44; J1 P Gregoire (Fif) 30-19; L1 F Lohian (St And 30th Un) 31-00; L2 M Robertson 38th LV1 (DRR) 34-02; L3 I Douglas (Fif) 44th 35-59; L4 A Strachan 46th (LV2 (DRR) 36-20; L5 P Lemonecelli 51st LV3 (Unat) 37-27; L6 S Cluley 52nd (For) 37-47; Team 1 Fife AC 16pt, Womens Team 1, Anster Haddies Sri Chinmoy 5 mile Road Race, The Meadows, Edinburgh - 1, C Farquharson (HBT) 25-01; 2, D Wilkinson (Unat) 25-17; 3, C McLeish (EAC) 25-25; 4, G Lightwood (EAC) 25-46; 5, A Swann (She) 26-18; 6, R Mardie (Mary) and M McCartney (Mary) both 26-23; 8, C Smith V1 (EAC) 26-30; 9, D Arnott (Pit) 26-45; 10, P Heatley (CPH) 27-50; V0/50 R Kettles (Loss) 30-48; L1 D Everington (Liv) 32-15; L2, K Jackson (Unat) 32-30; L3 H Fyffe (HELP) 37-47;

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Penicuik To Howgate 10K

1, B Kirkwood (RCE) 31-04; 2, A Walker (Tev) 31-19; 3, W Nelson (IS Law) 31-25; 4, K Rankine (FVH) 31-53; 5, M McQuaid (FVH) 32-12; 6, G McMaster (FVH) 32-42; 7, A Fair (Tev) 32-58; 8, C Hunter (BT Pit) 33-03; 9, W Knox (V1) (Tev) 33-18; 10, P Morrison (Car) 33-25; 11, D Scobie (Dum) 33-28; 12, A Robertson (Pen) 33-31; 13, D Law (Cor) 33-44; 14, N Maltman (Tev) 33-46; 15, B Howie (V2) (CPH) 33-46; 16, D Gerner (CPH) 33-50; 17, Seggie (V3) (Liv) 33-53; 18, R Thomson (CPH) 33-59; 19, I Taylor (Car) 34-10; 20, C Scott (Tev) 34-13; V0/45: R Martin (Forth) 37-43; V0/50: W Marshall (SVHC) 38-22; Men's Team: 1, FVH 15; 2, Tev 18; 3, CPH 49; WOMAN: 1, D Everington (Liv) 40-29; 2, M Dryburgh (LV1) (Pen) 41-59; 3, L Bright (Lass) 42-12; 4, T Thomson (BT P) 43-18; Further Vets: 1, V2 J Smith (Pen) 44-16; LV3 M Keogh (Tev) 49-06; LV4 M Robertson (O50) (Troon) 49-21; Women's Teams: 1, Lasswade 254; 2, Penicuik.

Golspie 10K

1, N Cook (Kirk) 32-45; 2, N Reid (Kirk) 33-28; 3, S Pride (Cstrs) 33-47; 4, R Aitken (M40) (Moray) 34-14; 5, R Hunt (V1) (Milburn) 34-33; 6, G Mitchell (V2) (Inv) 34-40; 7, A Ross (Baden) 34-56; 8, E Everitt (Loch) 34-59; 9, B Seiy (Loch) 35-55; 10, D Bird (Inv) 36-17; 11, N Waterston (Unat) 36-19; 12, D Middleton (MB1) 36-32; 13, R McDonald (Inv) 36-34; 14, M Smith (B1) 36-43; 15, D Renwick (M40) (C'ness) 36-48; 16, J Dargie (ESRC) 36-54; 17, M Bond (MB1) 36-54; 18, R Aitken (C'ness) 36-56; 19, J McGillivray (Unat) 37-40; 20, N Bremner (V3) (C'ness) 37-51; Further Vets: 6, D Orman (C'ness) 37-58; 7, I Mitchell (ESRC) 38-02; 8, B Goodman (Unat) 38-13; 9, J Richmond (Inv) 38-16; 10, A Pollock (Inv) 39-10

Men's Teams: 1, Inverness 29; 2, Minolta B1 43; 3, Cathiness 53

Women: 1, M Adamson (LV1) (Inv) 40-15 (Vet record); 2, S Low (ESRC) 42-11; 3, K Farmer (Wick) 42-48; 4, M Argyle (ESRC) 46-13; 5, J McKenzie (LV2) (ESRC) 46-27; 6, P Smithwaite (Naim RR) 48-55; LV3 A Nicholson (Unat) 49-42; Further Vets: LV3 A Nicholson (Unat) 49-42; LV4 S Whistler (Baden) 50-22;

Women's Teams: 1, East Sunderland RC 141; 2, Inverness 173; 3, Naim RR

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Lochgillhead Mid Argyll Half Marathon

1, G Tenney (Kil) 71-15; 2, A Stevenson (Car) 71-41; 3, A McMahon (Kil) 71-55; 4, R McLeary (Oban) 72-25; 5, I Stewart (car) 75-07; 6, W Jukes (V1) (GGH) 75-57; 7, I Taylor (Car) 75-58; 8, C Turbett (Aran) 77-28; 9, G Allsop (Aran) 78-13; b10 W Jenkins (GGH) 78-41; 11, M Ford (Unat) 79-15; 12, M McMillan (V2) (Oban) 80-14; 13, A Kerr (V2) (SVHC) 81-06; 14, N Gillies (Aran) 81-15; 15, T Lauder (Carnegie) 81-24; WOMEN: 1, S White (LV1) (Ayr S) 88-28; 2, J Gilzean (Carnegie) 108-31; 3, A MacAvoy (Mid Arg) 109-14;

Dick Wedlock 10K Pollock Park, Glasgow

1, T Murray (Cam) 30-25 (rec); 2, T McCallum (S'clyde FB) 30-55; 3, D Wyatt (Tyne & Wear FB) 31-36; Veteran: J McMillan (Kil) 34-35;

Team: Cambuslang

International Fire Brigade teams 1 Eng-

land 14; 2, Scotland 42; 3, Holland 53

Fire Brigade Teams: 1, Gr. Manchester Cncl; 2, Amsterdam; 3, West Yorks L1 J Byng LV1 (Irv) 41-04; L2, A Harvey (CG) 42-17;

Dundee 10K

1, N Muir (Shet) 30-56; 2, T Mitchell (Fif) 31-00; 3, M Strachan (DHH) 31-09; 4, C Haskett (DHH) 31-10; 5, K Varney (Met) 31-16; 6, D Storey (DHH) 31-43; 7, R Herries (HBT) 31-54; 8, R Bell (DHH) 31-59; 9, R Crosswell (A'deen) 32-04; 10, C Ross (H'gate) 32-11; 11, S Ogg (Cam) 32-13; 12, S Mills (Unat) 32-19; 13, R Hanlon (Fif) 32-38; 14, B Cook (DHH) 32-40; 15, M McCreadie (Fife) 32-44; Women: 1, M Muir (DRR) 37-43; 2, C Brown (Fif) 37-58; 3, M Robertson LV1 (DRR) 38-34; 4, A Hanley (Fif) 40-11; 5, G Hanlon (DRR) 40-13; 6, K Macgregor (Fif) 40-35; 7, S Bennett (Un) 40-40; 8, A Thomson (Berwick) 40-42; 9, G Angus (Burns'nd) 40-49; 10, C Cadger (Per) 41-44;

11

TSB Bank International Firefighters 8 x 5 mile Road Relay Race, Strathclyde Park

1, England 3-35-21 (rec) 2, Scotland 3-40-01; 3, Holland 3-41-22; 4, Strathclyde Police 3-48-54; USA 3-53-13;

C Farquarson 0 30-27; 3, K Lyall (CPH) 30-50; 4, W Knox V1 (Tev) 31-09; 5, J Smith V2 (HEL) 31-30; 6, J Baird (HEL) 32-01; 7, C Scott (Tev) 32-05; 8, D McGuinness (HEL) 32-29; 9, A Jenkins V3 (HBT) 32-48; 10, I Mustardie (HEL) 32-53; Teams: 1, Haddington 19pts.
Senior boys 2 miles: 1, D Hughes (Tev) 10-25; 2, S Hogg (Tev) 10-26; 3, A Cardwell (Tev) 10-28; 4, C Jeffrey (Eye) 10-29
Junior Boys 1.5 miles: 1, M Munro (EAC) 8-36; 2, G Moodie (Dunbar) 8-44; 3, S Lauder (TEV) 8-52;

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Polaroid Series Third Eye Systems 10K Road Races, Helensburgh (580 ran) -
 1, T Murray (Cam) 29-34; (record); 2, N Muir (She) 30-00; C Thomson (Cam) 30-01; 4, K Rankin (FVH) 30-08; 5, D Cameron (She) 30-37; 6, W Robertson (Bell) 30-59; 7, S Hodge (SV) 31-09; 8, J Harrison (Mil) 31-15; 9, J Duffy (SPV) 31-19; 10, A Adams (VP) 31-20; 11, A Little (She) 31-20; 12, G Gaffney (GWH) 31-38; 13, B Craig (Irv) 32-05; 14, A Adams V1, (Dum) 32-13; 15, D Williamson (Bel) 32-18; 16, A Robertson (Cam) 32-26; 17, P Walsh (Dum) 32-38; 18, S McLoone (GGH) 32-42; 19, D Harrison (Mil) 32-45; 20, S Gilmour (VP) 32-52; 21, I Taylor (Can) 32-55; 22, H Gallacher (Bel) 32-59; 23, E Watt (GV) 33-00; 24, C Martin V2, (Dum) 33-01; 25, M McDonald (Bel) 33-03; 26, J Hanratty (Cly) 33-04; 27, B McGuinness (GGH) 33-06; 28, J White V3, (Irv) 33-10; 29, P Laing (Spr) 33-15; 30, F Caldwell (Dum) 33-16; V4, R Guthrie (Bel) 33-17; V5, P Waterson (Unat) 33-25; V6, R Hunt (Mil) 33-50; V7, W Jukes (GGH) 34-30; V8, J McMillan (Kil) 34-47; V9, G Kickell (Mil) 35-36; V10 J Dolan (Hel) 35-54; V0/50; D Campbell (SV) 36-38; Teams: 1, Cambuslang 20pts; 2, Shetleston 22; 3, Spango Valley 39; 4, Bellahouston 43; 5, Dumbarton 68;
 L1, C Bartley 55th (CG) 35-38; L2, R McAliese LVI, 65th (SVHC) 36-20; L3, E McKay 80 (She) 37-13; L4, J Harvey 119 (CG) 39-06; L5, E O'Brien 123 (GGH) 39-14; L6, C Reid 130 (Gif) 39-38; L7, J Thomson 138 (LG) 39-47; L8, J Byng LV2, 148 (Irv) 40-18; L9, L Bright LV3, 163 (Loss) 40-57; L10, B Kitching 198 (Hel) 41-54; Ladies team: 1, City of Glasgow 312 pts.

24

Reebok Festival of Running, Kirkintilloch Strathkelvin Mens 10,000 metres: 1, T Murray (Cam) 29-27 (rec); 2, A Russell (Cam) 29-53; 3, N Muir (She) 29-58; 4, P Fleming (ERC) 30-11; 5, I Brown (FVH) 30-34; 6, I McCallion (Gern) 30-35; 7, S Kerr (ERC) 31-24; 9, T Anderson (Kil) 31-48; 10, A Robertson (Cam) 31-57; 11, C Scott (Tev) 31-58; 12, K Dawson (Cly) 31-58; 13, R Mardie (Mary) 32-00; 14, T Gillespie (Spr) 32-06; 15, A Chalmers (Spr) 32-12; 16, A McLinden V1, (Ham) 32-22; 17, P McIntyre (Spr) 32-24; 18, C Martin V2, (Dum) 32-25; 19, M McGinley (Kil) 32-39; 20, A McDonald (Ko) 32-45; 21, M McCartney (Mary) 32-48; 22, P McGregor V3, (VP) 32-52; 23, T Johnstone (KO) 32-52; 24, F Caldwell (Dum) 32-58; 25, R Young V4, (Cly) 33-12; V5, W McCoo (Cly) 33-15; V6, J McMillan (Kil) 34-13; V7 J Harper (Spr) 34-37; V8, A Nicol (Spr) 34-37; V9, R Brown (KO) 34-49; V10, R Hodeler 0/50, (GGN) 34-52;
Prince and Princess of Wales Hospice Womens 10K: 1, V McPherson (Gl Un) 33-05; (rec) 2, S Branney LV1, (CG) 33-43; 3, K Paton (Gl Un) 36-39; 4, E McKay (She)

37-16; 5, S Kennedy (VP) 37-30; 6, J Armstrong LV2, (Giff) 38-09; 7, E Christie LV3 (Unat) 40-42; 8, A Bruce LV4, (Str) 40-44; 9, C Gemmell (Str) 40-49; 10, I McGriean (Unat) 41-28; 11, A Harvie LV5, (CG) 41-35; 12, S Irvine (Giff) 41-55; C Fleming LV6, (Str) 42-30; 16, C Thomson (CG) 42-34; 17, E Bain LV7, (Cal) 42-48; 18, A Richards LV8, (Giff) 42-54; 19, J Moore (Kil) 43-01; 20, C McGregor LV9 (Unat) 43-28; LV10, H Henderson (STR) 44-16;

April

26

Panasonic Scottish Athletic League (1st Meeting), Div 1, East Kilbride:
 1, Edinburgh AC 413 pts; 2, Pitreavie AC 365; 3, Aberdeen AAC 328; 4, Shetleston H 258 1/2; 5, Cambuslang H 244 1/2; 6, Calder Park H 225; 7, Ayr Seaforth AC 194 ; 8, Victoria Park AAC 186
100: 1, E Clark (Pit) 11.0; 2, J Henderson (CPH) 11.0; 3, B Ashdown (CAM) 11.1; 'B': N Turnbull (Pit) 10.9. **200:** 1, N Turnbull 21.8; 2, D Walker (EAC) 22.2; 3, M Davidson (AB) 22.3; 4, C McRobert (CAM) 22.5; 4, S Tucker (She) 22.5; 'B': 1, J Farquharson (Pit) 22.7; 2, G Newlands (EAC) 22.9; 3, B Freils (Ayr) 23.0. **400:** 1, G Newlands 50.7; 2, D Mulherson (She) 51.0; 'B': 1, S Shaw (EAC) 51.3. **800:** 1, A Kingholm (EAK) 1-55.7; 2, B Murray (CPH) 1-56.2; 3, D Amott (Pit) 1-57.3. **1500:** 1, M Fellows (EAC) 3-59.2. **5000:** 1, W Coyle (She) 15-44.1; 2, K Mortimer (EAC) 15-45.7; 'B': 1, R Riddell (EAC) 15-46.9. **10000:** 1, M Gormley (Cam) 32-04.4; 2, M Ferguson (EAC) 32-10.4 ; 3, D Cameron (She) 32-13.9; 'B': 1, C McLennan (EAC) 32-23.6; 2, A Little (She) 32-36.8. **110H:** 1, K Campbell (CPH) 15.3; 2, G Smith (EAC) 15.3; 2, F McGlynn (She) 16-1; 'B': 1, D Hitchcock (CPH) 16.9. **400H:** 1, M Davidson 54.4; 2, D Hitchcock 55.1; 3, D McRae (Ayr) 55.3; 'B': 1, S Dempster (CPH) 57.2. **3000 S/C:** 1, G Matheson (CPH) 9-11.7; 2, F Boyle (Ab) 9-37.5; 3, C Watson (Pit) 9-45.8; 4, J Garland (EAC) 9-49.8; 5, J McAnally (She) 9-51.0; 6, S Gilmour (VP) 9-58.9. **4 x 100 R:** 1, Pitreavie 43.2; 2, CPH 43.5; 3, EAC 44.3; 4, Cam 44.6. **4 x 400 R:** 1, CPH 3-23.5; 2, EAC 3-29.1; 3, Ayr Seaforth 3-30.0; 4, Pitreavie 3-31.0; 5, Victoria Park 3-32.2; 6, Aberdeen 3-34.1. **HJ:** 1, A Scobie (EAC) 1.90m; 2, W Wright (Ab) 1.75m; 'B': 1, S Hill (EAC) 1.85m. **PV:** 1, I McKay (EAC) 3.80 m; 2, A Anderson (Cam) 3.60m. **LJ:** 1, B Ashburn 7.01; 2, S Aikinson (VP) 6.70m; 3, S McMillan (Pit) 6.57m; 'B': 1, J Whannel (VP) 6.64m. **TJ:** 1, H Watson (She) 13-72.2; 2, S Jamieson (EAC) 13.62. **SP:** 1, B Shepherd (Ab) 13.83m; 2, S Hawyard (EAC) 13.44m; 3, J Hogg (Ayr) 13.34m; 4, S McMillan 12.65m; 'B': 1, K Kubota (EAC) 12.29m. **DT:** 1, K Kubota 41.52m; 2, J Hogg 38.96m; 3, S McMillan 38.90m; 'B': A Whyte (EAC) 36.98m. **HT:** 1, B Shepherd 47.42m; 2, A Whyte 47.16m; 3, D Gishay (CPH) 44.68m; 'B': D Minty (Aber) 41.38m. **JT:** 1, B Jump (Ab) 50.82m; 2, A Whyte 50.16m; 3, S McMillan 45.46m.
Div 2, East Kilbride: 1, Falkirk Victoria H 329 pts; 2, Inverness H 255; 3, Clydesdale H

231; 4, East Kilbride AC 212; 5, Central Region AC 184; 6, Dundee Hawkhill H 174; 7, Musselburgh AC 119; 8, Bellahouston H 117 100; 1, R Slater (FVH) 11.1. **200:** 1, R Slater 22.6; 2, A Cullen (Muss) 22.9; 3, I Hamilton (EK) 23.2; 'B': 1, A Greig (FVH) 22.6; 2, B Ballantyne (EK) 23.2. **400:** 1, I Nimmo (FVH) 49.8; 2, I Pritty (DDH) 51.9; 'B': 1, A Williamson (Clyd) 51.4. **800:** 1, T Nimmo 1-52.7; 2, G McDowall (Inv) 1-55.5; 3, B Lewis (EK) 1-58.8; 'B': G Ten Ket (FVH) 1-56.5. **1500:** 1, J Sherban (FVH) 4-07.7. **5000:** 1, P McCormack (EK) 15-19.8; 2, D McKenzie (FVH) 15-23.9; 'B': 1, D Anderson (FVH) 15-25.2. **110H:** 1, W Wylie (FVH) 15.8; 2, T Leighton (Inv) 16.0; 3, B Winning (Muss) 16.5; 4, D Govan (Cly) 16.7; 'B': A Greig 17.0. **400H:** 1, B Winning 55.8; 2, A Greig 56.0; 3, A Taylor (Inv) 56.4; 4, K Pearson (Cly) 57.9. **3000 S/C:** 1, J Austin (Clyd) 9-29.3; 2, M Strachan (DHI) 9-49.8; 'B': 1, C Haskett (DHI) 10-00.0. **4 x 100 R:** 1, FVH 45.1; 2, Clydesdale 45.3; 3, Inverness 45.6. **4 x 400 R:** 1, Clydesdale 3-31.1; 2, E Kilbride 3-31.1; 3, FVH 3-35.5. **HJ:** 1, D Barrington (Inv) 2.00m; 2, W Wylie 1.90m; 3, J Allan (Cly) 1.80m. **PV:** 1, K Pearson (Cly) 2.65m. **LJ:** 1, C McDaid (Cly) 6.78m; 2, A Greig 6.77m; 3, D Gormley (EK) 6.59m; 4, N McMenemy (Cly) 6.52m; 'B': J Gilbert (FVH) 6.63m. **SP:** 1, McKenzie (DHI) 13.87m; 2, G Loney (EK) 11.64m; 3, J Stewart (Cly) 11.51m; 4, D Allen (Inv) 11.08m.
Div 3 at Meadowbank: 1, Fife AC 342 pts; 2, Kilbarchan AC 318; 3, Penicuik H 268; 4, Harnen AC 246 1/2; 5, Cumnock & District AC 225 1/2; 6, Greenock Glenpark H 191; 7, Maryhill H; 8, J W Kilmarnock H 105.
100 (+1.6m/s): 1, D Walpole (Fife) 11.20. **200 (+2.4 m/s):** 1, D Walpole 23.27. **400:** 1, J McFadyen (GGH) 51.36. **800:** 1, J Jansen (Pen) 2-00.74. **1500:** 1, R Quinn (Kil) 4-01.65. **5000:** 1, M Gallacher (Mary) 15-25.20. **10000:** 1, R Hamilton (Fife) 33-33.9. **110H (+2.8 m/s):** 1, J Pender (Kil) 15.89. **400H:** 1, D Davidson (Cum) 58.94. **3000 S/C:** 1, T. Anderson (Kil) 9-58.83. **4 x 100 R:** 1, Fife 47.36. **4 x 400 R:** 1, Kilbarchan 3-43.71. **HJ:** 1, T. Winning (Muss) 1.75m. **PV:** 1, A Brown (Kil) 3.50m. **LJ:** 1, S McGeoch (Kil) 6.30m. **SP:** 1, L Newton (Ham) 10.94m. **JT:** 1, S Hunter (Pen) 47.86m.
Div 4 at Meadowbank: 1, Blackhill H 248 pts; 2, Racing Club Edinburgh 271; 3, Edinburgh AC 'B' 256; 4, Livingston & District AC 198; 5, Casswade AC 181; 6, Perth Strathay H 166; 7, Gariscube H 151; 8, Kirk Olympians 115.
100 (+4.6 m/s): 1, D Young (B'hill) 11.41. **200 (+2.7 m/s):** 1, K Krievs (Liv) 23.47; 'B': (+1.6 m/s): 1, D Reid (B'hill) 22.98. **400:** 1, K Krievs 50.36; 2, G Purves (B'hill) 50.59. **800:** 1, T Hanlon (RCE) 2-02.76. **1500:** 1, J Connolly (B'hill) 4-08.91. **5000:** 1, A Dobson (RCE) 15-04.42; 'B': 1, B Kirkwood (PCE) 15-04.96. **110H (+3.2 m/s):** 1, C Hogg (PCE) 15.96; 2, A Malcolm (EAC 'B') 16.13; 'B': 1, T Golder (Muss) 16.78. **400H:** 1, C Hogg 61.60. **3000 S/C:** 1, D Ross (PCE) 9-34.36; 2, P Dymoke (Liv) 9-44.30; 3, D Knight (PSH) 9-44.84; 'B': 1, S Kerr (PCE) 9-45.84. **4 x 100 R:** 1, Blackhill 46.00. **4 x 400 R:** 1, Livingston 3-40.10. **PV:** 1, P Pentland (EAC B) 4.20m (record). **LJ:** 1, D Reid (B'hill) 6.37m. **SP:** 1, W Robertson (EAC B) 9.41m. **JT:** 1, N Robbie (RCE) 44.70m.
Div 5 Meadowbank: 1, Arbroath AC 278 pts; 2, Minolta Black Isle AC 268; 3, Dumfries 235; 4, Irvine Cable 231; 5, Cumbernauld 187.6, Helensburgh 178; 7, Lockgelly & District AC 143; 8, Montrose AC 119.
100 (+4.6 m/s): 1, H Kilpatrick (Irv) 11.33. **200 (+3.2 m/s):** 1, G Morris (MBI) 23.51. **400:** 1, I Fitzsimmons (Irv) 54.01. **800/1500:** 1, S White (Arb) 2-02.47/4-20.98. **5000:** 1, S Ogg (Loch) 15-47.65. **110H (+0.8 m/s):** 1, S. Dillion (MBI) 16.94. **400H:** 1, P Nolan (Dum)

60.74. **3000 S/C:** 1, S McCrae (Cum) 9-47.93. **4 x 100 R:** 1, MBI 47.73. **4 x 400 R:** 1, Dumfries 3-48.35. **PV:** 1, M Patterson (Arb) 2.80m. **LJ:** 1, N Corie (MBI) 6.31m. **SP:** 1, J Grundy (Hel) 12.34m. **JT:** 1, N Elliot (Hel) 40.62m.

May

2 / 3

British Universities Champs, Cardiff
MEN: Scots performances: 400: 1, B Darby (Read) 48.02; 2, G McMillan (G) 48.23. **800:** 1, A Knight (S'ton) 1-50.82; 2, J McFadyen (St) 1-50.89. **1500:** 1, M de Freitas (Lough) 3-46.61; 2, G Stewart (G) 3-48.52. **5000:** 1, I Harkness (Cam) 14-34.43; 3, P Mowbray (E) 14-38.09. **110H** (-3.3 m/s): 1, I Bovel (Card) 14.86; 2, G Smith (HW) 15.41 (14.92 hr). **3000 S/C:** 1, D Lee (Lough) 9-04.92; 2, S Burch (E) 9-17.30; 6, G Crawford (HW) 9-33.56; 7, T Hely (E) 9-34.13. **HJ:** 1, A Hodge (Camp) 2.00m; 4, A Simpson (E) 1.90m. **PV:** 1, I Black (St) 4.00m; 2, A Anderson (G) 3.90m; 6, M Hunter (E) 3.70m. **LJ:** 1, S Walker (Ox) 7.09m; 4, E Scott (Lough) 6.85m. **SP:** 1, B Walsh (Birm) 14.41; 4, K Kubota (St) 13.24m. **DT:** 1, B Walsh (Birm) 47.58m; 4, K Kubota 40.26m. **HT:** 1, J Pearson (Lough) 62.68; 2, D Allen (G) 55.62m; 4, L Carter (G) 48.84m.
WOMEN: 100 (+5.3 m/s): 1, R Bulpit (Read) 12.04; 3, J Fleming (G) 12.39. **800:** 1, J Latimer (Ox) 2-10.73; 2, A Potts (St) 2-11.36. **1500:** 1, V English (Manch) 4-21.61; 4, J Cliffe (G) 4-32.76; 5, S Edmonds (E) 4-39.12. **3000:** 1, L Holbiek (Lough) 9-48.11; 2, D Rutherford (Lough) 9-56.76. **5000:** 1, D Rutherford 17-10.92. **400H:** 1, S Bowyer (Lough) 61.84; 2, B Krueckels (E) 63.13. **LJ:** 1, J Wise (Lough) 5.89m; 2, N Barr (HW) 3.47m. **TJ:** 1, N Bar 12.17m. **DT:** 1, J McKernan (Lough) 53.50m; 3, H Markhus (G) 40.88m. **JT:** 1, C White (Lough) 46.70m; 4, K Savill (HW) 42.46m. **4 x 100 R:** 1, Birmingham 50.64; 2, Glasgow 52.76.

6

Falkirk OGM, Grangemouth
MEN: 100: 1, D Hutchison (Hem) 11.1; 2, P McCall (Cly) 11.3. **400:** T Nimmis (FVH) 48.9. **1500:** 1, K Downie (Cam) 4-02.0; 2, A McCormack (She) 4-02.4. **SP:** L Newton (J) (Hem) 12.34m.
YOUTHS: 100/400: A McDougall (FVH) 11.5/51.8. **1500:** D Roache (VP) 4-23.1.
WOMEN: 100: 1, S Dudgeon (EAC) 12.3; 2, S Paterson (EWM) 12.5; 3, P Anderson (Hel) 12.8. **400:** 1, S Wood (EWM) 59.4; 2, S Condie (Str) 60.2; 3, F Meldrum (EWM) 60.9. **1500:** 1, C A Gray (EAC) 4-44.2; 2, H Parkinson (It) (Ba) 4-51.0; 3, L Cormack (Ed) (EAC) 4-53.4; 5, M Crawford (Unat) 5-00.2. **DT:** S Freebairn (CG) 36.44m.

9

Scottish Universities Cup Final, Meadowbank
MEN: 1, St Andrews 341 pts; 2, Edinburgh 329; 3, Aberdeen 265; 4, Glasgow 240; 5, Heriot Watt 199; 6, Strathclyde 152; 7, Stirling 142.
100: J Imode (Ab) 11.4. **200/400:** G McMillan (G) 22.5/49.2. **800:** J Adernito (St A) 1-58.4. **1500:** P Mowbray (Ed) 4-00.6. **5000:** J Pyrah (Ed) 15-21.3. **110H:** F McGlynn (St A) 15.7. **400H:** K Pearson (St A) 57.8. **4 x 100R:** Aberdeen 45.2. **HJ:** A Simpson (Ed) 2.00m. **LJ:** D Sabris (Ab) 6.57m. **SP/DT:** L Carter (Gl) 12.45m/34.02m. **HT:** D Allan (G) 57.66m. **JT:** J Grant (St A) 56.58m.
WOMEN: 1, Edinburgh 326 pts; 2, Glasgow

283; 3, Aberdeen 233; 4, St Andrews 172; 5, Stirling 169; 6, Strathclyde 162; 7, Heriot Watt 32.1500: 1, F Louthian (St A) 4-33.4; 2, S Edmonds (E) 4-33.6; 3, J Cliffe (G) 4-36.9. **3000:** S Edmonds 10-05.1. **100H/400H:** B Krueckels (E) 17.5/66.2. **HJ:** B Philip (E) 1.60m. **LJ/TT:** N Barr (HW) 5.44m/11.84m (+1.21 m/s) (native record).

Daily Telegraph United Kingdom Womens League

Division 1 match at Stretford: 1, Sale 289 pts; 2, Wigan 264; 3, Essex 258; 4, City of Glasgow 253; 5, Trafford 223; 6, Coventry Godiva 201.
Glasgow performances: 100: A: 5, M Neef 12.4; B: 2, M Baxter 12.1. **200:** A: 2, M Baxter 24.4; B: 5, M Neef 25.6. **400:** A: 3, G McIntyre 55.3; B: 1, F Calder 57.6. **800:** A: 4, J Stewart 2-10.5; B: 3, C Sharp 2-13.2. **1500:** A: 3, A Potts 4-32.5; B: 3, E Cochrane 4-45.3. **3000:** A: 3, E Grant 10-08.0. **400H:** A: 4, J Cow 65.1; B: 5, J O'Neill 66.5. **4 x 100 R:** 4, CG 49-1. **4 x 400 R:** 4, CG 3-51.9. **HJ:** A: 3, J Pinkerton 1.70m; B: 3, N Murray 1.55m. **SP:** A: 5, C Cameron 10.94m. **DT:** A: 4, S Freebairn 40.00m; B: 2, C Cameron 36.70m. **JT:** A: 4, J Currie 41.18m; B: 3, L Burt 35.82m.
INTERMEDIATES: 100/200: F Hutchison 3, 12.5 / 2, 25.7. **300:** B: 2, C Harris 43.0. **300H:** A: 5, K McNamee 47.8; B: 4, J Palka 49.6. **LJ:** A: 1, P Anderson 5.20m; B: 1, K McNamee 5.18m.
GIRLS: 100: B: 1, S Orr 13.2. **200:** B: 1, S Orr 26.9. **800:** B: 1, P Crawley 2.24.4. **1500:** A: 2, J Scott 4-53.4. **SP/DT:** N Dhalwal A: 1, 11.61m / A; 1, 32.00m. **4 x 100 R:** C of Glasgow 52.2.
Division 2 at Cophall Stadium: 1, Edinburgh Woolen Mill 324 pts; 2, Shaftesbury Barmet 294; 3, Birchfield 260; 4, Croydon 227; 5, Hounslow 202; 6, Hull 180.
Edinburgh performances: SENIOR: 100: A: 1, A McGillivray 12.2; B: 3, J Booth 12.4. **200:** A: 2, J Booth 25.4; B: 1, D Kitchen 25.4. **400:** A: 1, D Kitchen 55.2; B: 1, W Steel 56.3. **800:** A: 4, S Wood 2-16.3. **3000:** A: 3, A Rose 9-48.8. **100H:** A: 3, L McCulloch 14.9. **400:** A: 4, H Edgar 66.1. **4 x 100 R:** 1, EWM 48.0. **4 x 400 R:** 3, EWM 4-01.9. **LJ:** A: 3, C Black 5.78m. **SP:** A: 6, D Sutherland 10.58m. **JT:** A: 4, D Sutherland 37.10m.
INTERS: 100: B: 1, E Young 13.5. **200:** B: 1, F Sinclair 27.6. **300:** B: 1, F Sinclair 44.4. **80H:** B: 1, J Gardiner 12.8. **300H:** A: 1, J Gardiner 47.9; B: 1, C Burr 48.5. **LJ:** B: 1, C Burr 4.78m. **4 x 100 R:** 1, EWM 50.6.
GIRLS: 100: A: 1, N Docherty 13.4. **1500:** B: 1, S Dunn 5-34.9. **75H:** A: 1, S Moxey 11.9. **HJ:** A: 1, F Paul 1.45m; B: 1, C Watt 1.40m. **DT:** B: 1, M Reid 20.08m. **4 x 100 R:** 1, EWM 52.5.
Division 4 at Crystal Palace: 1, Derby 286 pts; 2, Bournemouth 277 1/2; 3, Cannock & Stafford 263; 4, Wolverhampton & Bilston 231 1/2; 5, Bromley 229; 6, Edinburgh AC 205.
Edinburgh performances: SENIORS: 400: A: 3, C Gray 59.4. **800:** A: 5, C Gray 2-12.0. **1500:** A: 2, C Gray 4-36.2. **400H:** A: 3, K Savill 70.2. **JT:** A: 2, K Savill 44.38m.
INTERS: 100: A: 2, S Dudgeon 12.5. **200:** A: 2, S Dudgeon 26.2. **800:** A: 1, C Simpson 2-22.0. **300H:** A: 1, K Bevenidge 47.3; B: 1, P Murray 50.3.
GIRLS: 800: A: 1, J Robertson 2-22.3.
Division 5 at Leicester: 1, Leicester 272 pts; 2, Thurrock 262 1/2; 3, Radley 260; 4, Wirral 257.5; 5, Middlesborough 242; 6, Pitreavie 202.
Pitreavie performances:
SENIORS: 1500: A: 1, I Linaker 4-30.6.
GIRLS: 100: A: 1, N Hynd 13.0; B: 1, C Rose 13.2. **200:** A: 1, N Hynd 26.4. **800:** A: 1, J Ward 2-21.1; B: 2, H Steedman 2-26.3. **HJ:** B: 1, L Faulkner 1.30m. **LJ:** A: 1, C Rose

4.77m. **SP:** A: 1, K Garden 10.59m. **DT:** A: 1, K Garden 35.35m. **4 x 100 R:** 1, Pitreavie 52.8.

GRE British Athletic League of Alexander Stadium, Birmingham

Division 1: 1, Belgrave 340 pts; 2, Haringey 328; 3, Birchfield 288; 4, Shaftesbury & Barmet 270; 5, Thames Valley 226; 6, Wolverhampton & Bilston 220; 7, Caledon Park 215; 8, Old Gaytonians 167.
Scottish performances (all CPH unless detailed): **100:** A: 3, E Bunney 10.6; B: 5, J Henderson 10.9. **200:** A: 1, K Douglas 21.8; B: 2, N Turnbull 22.0. **400:** A: 8, A Walker 50.53. **800:** A: 3, N Smith (SB) 1-51.1; 4, B Murray 1-51.3; B: 1, J McFadyen 1-55.5. **5000:** A: 1, P Evans (Bel) 14-10.4; 3, I Harkness (OG) 14-22.9; 4, A Callan (WB) 14-23.5; 5, A Puckrin 14-28.2. **3000 S/C:** 1, G Matheson 9-13.66; B: 3, K Lyall 9-49.67. **110H:** A: 5, K Campbell 14.91; B: 6, P Wamlow 15.27. **400H:** A: 2, M Davidson 52.30; B: 6, D Hitchcock 56.70. **4 x 100 R:** 2, CPH 41.61. **4 x 400 R:** 3, CPH 3-18.58. **HJ:** A: 1, D B

June

18

PORTOBELLO Fun Run, Promenade, Portobello.

19

GB v Kenya (men), Meadowbank.

GB v Sweden (women), Meadowbank.

20

BRITISH Athletics League Div. 3, Sheffield.

EILDON Hill Race, Melrose.

SSAA Champs (boys), Grangemouth.

SSAA Champs (girls), Crownpoint.

UK Women's League 2, Various.

GRE British Athletics League Div. 2, Edinburgh.

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DUMFRIES Half Marathon.

FALKIRK Women's 10K, Grangemouth.

KIRKCALDY District People's Half Marathon & 10K, Kirkcaldy. D - 0592 268591.

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

SCOTTISH & N W League: D1, Meadowbank; D2, Dumfries; D3, Wishaw; D4, Crownpoint; D5 & 6, Carlisle.

SHETLAND Simmer Dim Half Marathon, Lerwick. D - 0595 4330.

TISO Seven Hills of Edinburgh Race & Challenge, Edinburgh.

UK Women's League, Various.

BoS NE League, TBC.

MARYMASS 10K

19th August 1992
7.30 p.m.

Entry fee £2.00 (entry on night)
Quality mug to all finishers
(organised by Irvine Cable A.C.)

Further information:
Anne McManus
(0294) 54131

GRAMPIAN TV League (East), TBC.

24

ANNAN 6.75 miles RR, Everholm, Annan.

LIVINGSTON & District AAC OGM, Craigswood.

SRI Chinmoy 1 Mile Race, Meadows, Edinburgh.

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

27

AAA Champs, Birmingham.

CAIRNGORM Hill Race, Aviemore.

TSB SAAA U-20 Championships, Dam Park, Ayr.

28

AAA Champs, Birmingham.

ARBROATH Half Marathon.

BUCKIE Half Marathon & 10K, Buckie.

GIRVAN RR and Fun Run. D - 0465 3230.

ISLE of Mull Half Marathon, Argyll.

LAIRIG Ghru Race, Braemar.

POLAROID Peoples 10K R R - Vale of Leven, Alexandria. D - 0389 54141.

TSB SWAAA U-20 Champs, Grangemouth.

July

1

FALKIRK OGM, Grangemouth.

NEWBURGH 5 mile RR, Newburgh, Fife.

SRI Chinmoy 2 mile race, Meadows, Edinburgh.

Aberdeen AAC
SHIRE HARRIERS OPEN MEETING
(Under SAAA/SWAAA Rules)
Chris Anderson Stadium, Aberdeen
SUNDAY, 26th JULY 1992

Main Sponsors: Whytes Coach Tours.
Events for all the age-groups including the famous senior "Golden Sprints".

Enquiries: Steven Peddie,
28 Woodhill Road, Aberdeen, AB2 4JW

2

BRIMMOND Hill RR, Aberdeen.

3

SAAA/SWAAA Joint Senior Champs, Meadowbank.

4

FORRES H. Games.

GERMANY v USSR v GB (Under 23), Chemnitz, Germany.

SAAA/SWAAA Joint Senior Champs, Meadowbank.

5

CUPAR Highland Games, Cupar, Fife.

INVERNESS Harriers OGM, Queens Park.

SHISKINE Valley, Isle of Arran Half Marathon. D - 077086 427.

STONEHAVEN Half Marathon. D - 0569 62001. Ext. 267

WOOLWORTHS Young Athletes League West D1 & 2, Crownpoint.

6

BELFAST Games.

STEWARTON Third 6 mile Charity Fun Run. Also 1.5 mile mini run. Medals to all finishers. Pre-entry preferred. D - Mr & Mrs Dean, Stewarton (0560) 84814.

8

CITY of Edinburgh OGM, Meadowbank.

SRI Chinmoy 5 mile race, Meadows, Edinburgh.

10

IAAF Grand Prix, Crystal Palace

11

DAVID Shepherd Memorial Glamaig Hill Race, Sligachan, Skye.

INVERNESS Highland Games. D - 0463 239111. Ext. 224.

LIVINGSTON OGM, Craigswood.

ROSS-SHIRE 10K, Muir of Ord.

SAAA Heavy Events Champs, Inverness.

GRE British Athletic League Div. 1, West London.

12

BRITISH Athletic League 3, Various.

J W Kilmarnock H & AC 10K, Kilmarnock. (Inc. SAAA 10K RR Champs).

WELSH Games, TBC.

ASDA Dyce Half Marathon, Aberdeen.

14

EDINBURGH Woollen Mill RR - 15 K, Moffat.

WHITEASH Hill Race, Fochabers, Moray.

15

SRI Chinmoy 2 mile race, Meadows, Edinburgh.

17

INTERNATIONAL Invitation Meeting, Gateshead.

18

ELGIN Highland Games and RR.

EUROPA Cup (under 23), Gateshead.

ISLE of Harris Half Marathon.

MELANTEE Hill Race, Fort William.

NORWAY v Great Britain (Multi-events), Trondheim, Norway.

SAAA/SWAAA Combined Events Champs, Dumfries.

SCOTLAND v Greece v France (U-21) (women), Athens.

SIAB Schools International, TBC.

19

ANNANDALE & Eskdale DC OGM, Everholm, Annan.

EUROPA Cup (U-23), Gateshead.

FALKIRK Young Athletes Meeting, Grangemouth.

HALF Nevis Hill Race, Fort William.

IRVINE Harbour Festival 10 mile Road Race.

NORWAY v Great Britain (Multi-events).

SAAA/SWAAA Combined Events Champs, Dumfries.

SCOTLAND v Greece v France U-21 (women), Athens.

GRE Cup Semi-Final, TBC.

20

COW Hill Race, Fort William.

22

SRI Chinmoy 2 miles race, Meadows, Edinburgh.

25

AAA of England U-20 Championships, Stoke.

BRITISH Athletic League D3, Hayes.

LOCHABER Highland Games, Fort William.

OLYMPIC Games (Opening Ceremony), Barcelona.

SNOWDON Hill Race, Llanberis.

STROMNESS 13 mile RR, Orkney.

26

AAA U-20 Championships, Stoke.

HELENSBURGH Half Marathon. D - 0436 74471.

LINLITHGOW AAC 10K R R

SHIRE Harriers Open Meeting, Aberdeen. D - 0224 643734

29

LIVINGSTON OGM.

SRI Chinmoy 1 mile race, Meadows, Edinburgh.

August

1

AAA U-17 Multi-events Champs, Stoke.

WOOLWORTHS SYAL Semi-Final / Consol, Grangemouth.

2

AAA U-17 Multi-events Champs, Stoke.

BRIDGE of Allan Highland Games.

DONKEY Brae Run, Aberdour.

MONKLANDS Half Marathon, Coatbridge. D - Heather Thompson, 0236 441444. Ext. 510.

OLYMPIC Games - Athletics (to 9 August), Barcelona.

SAAA Marathon Champs, Elgin Macallan Moray Peoples Marathons & 10K, Elgin. D - 0343 541543.

PANASONIC League (4): D1 & 2, Meadowbank; D3, 4 & 5, Crownpoint.

4

BILL Elder 10K Road Race, Greenock.

5

BERWICK Law Race, North Berwick.

FALKIRK OG M, Grangemouth.

ROEVIN 10K RR, Aberdeen.

8

BRODICK Highland Games, Isle of Arran.

CELTIC International (boys & girls, U-15/U-17), TBC.

DORNOCH Half Marathon & 10K RR.

LARGO Law Hill Race, Lower Largo, Fife.

9

BURNSWARK Race (6 miles), Ecclelechan.

DALCHULLY Hill Race, Laggan Bridge.

EDINBURGH League - 3rd meeting, Tweedbank.

GLENTROOL HR, Galloway Forest Park.

ITALY v USSR v GB (Under 20), Verona.

OCTAVIAN Relays, Meadowbank.

SAAA Medley Relay Champs, M'bank.

SWAAA Relay Champs, Meadowbank.

GATORADE Aberdeen 10 mile R R.

WOOLWORTHS SYAL Final, Crownpoint.

12

CITY of Edinburgh OGM, Meadowbank.

MILL Lum Race, Kinghorn, Fife. D - 0592 873178.

WIDEFORD Hill Race, Kirkwall, Orkney.

14

INTERNATIONAL Invitation Meeting, Sheffield.

15

AAA of England Under-17 Champs, Crystal Palace.

FALKIRK Young Athletes Meeting, Grangemouth.

ITALY v GB (Under 20), Italy.

NAIRN Highland Games & Half Marathon

SCOTTISH Young Athletes Handicap Scheme, Livingston

ST Mungo's Heavy Events Championships, Bellahouston Park.

GRE Cup Final, Sheffield.

REEBOK Road Races - Haddington Half Marathon.

16

AAA of England Under-17 Champs, Crystal Palace.

ESPC AC 10K Road Race, Edinburgh.

INVERCLYDE Festival of Running 10K & 1 mile Invitation, Greenock. D - 0475 892160

ITALY v GB (Under-20), Italy.

JUNIOR Highland Games, Everholm, Annan.

SAAA/SWAAA Relay Champs & East v West, Crownpoint.

TWO Inches 10K Race, Perth. D - 0738 39911. Ext. 3617.

GRE Plate - Final, Derby.

19

CAERKETTON HR, Edinburgh.

MARYMASS 6 mile Road Race, Irvine.

22

BUTE Highland Games (inc. RR), Rothesay.

CIBA Geigy 5 mile R R, Linwood Sports Centre.

FINLAND v Sweden v Estonia v GB (Multi-events), Helsinki.

GREAT Wilderness Challenge, Poolewe, Wester Ross. D - 0445 731238.

ORKNEY Islands Open Track & Field Championships, Stromness.

BOS NE League, TBC.

GRE British Athletics League D1, Hendon; D3, Edinburgh.

JSB Plumbing Forth Valley League D1 & 2 Final, Grangemouth.

23

BABCOCK Thorn Pitreavie AAC Trophy Meeting, Pitreavie.

FINLAND v Sweden v Estonia v GB (Multi-events), Helsinki.

GREAT Scottish Run & Junior Great Scottish Run, Glasgow. D - 041 227 5576.

IRVINE Beach Run, Magnum Centre.

LOMONDS of Fife Hill Race, Strathmiglo.

MARYMASS Sports, Irvine.

MID Argyll 9K Road Race & Fun Run, Lochgilphead.

ORKNEY Islands Open Track & Field Champs, Stromness.

GRAMPIAN Television Athletics League (East), TBC.

25

CERES 8 mile R R, Ceres, by Cupar.

26

LANARKSHIRE AAA Track League (3rd of 3 meetings), Wishaw.

28

COWAL H'land Gathering, Dunoon.

29

COWAL Highland Gathering, Dunoon.

LEISURE & RECREATION DEPARTMENT

THE TWO INCH'S '10K' RACE and FUN RUN

PERTH & KINROSS DISTRICT COUNCIL

PERMITS ISSUED BY SAAA, SWCC & RRA

SUNDAY 16th AUGUST

STARTS AT 1.00pm

10KM COURSE RATED BY SAAA

BLOCK CAPITALS PLEASE

SURNAME _____ FIRST NAME _____

ADDRESS _____

TOWN/CITY _____ POST CODE _____ DAYTIME TEL NO. _____

AGE ON DAY OF RACE _____ DATE OF BIRTH _____ SEX _____

ATTACHED ☐ YES ☐ NO ☐ YES CLUB NAME _____

EVENT (Please tick) ☐ FUN RUN ☐ 10K RACE

ENTRY FEES ☐ £1.00 ☐ £3.00 ☐ £3.50

Attached £ 3.00 Unattached £ 3.50

ALL CHECKS MADE PAYABLE AND SENT TO: _____

ANTICIPATED FINISHING TIME _____ PREVIOUS BEST TIME _____

(HRS) (MINS) (SECS) (HRS) (MINS) (SECS)

NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER): _____

I have any rights and claims against the organisers for any loss/injury as a result of participating in the event.

SIGNED _____ DATE _____

IF UNDER 17 - Parental Signature _____

ALL ENTRANTS MUST ENCLOSE A 9"x6" SAE (35p stamp) WITH ENTRY FEE

TOGETHER WITH A STAMPED ADDRESS POSTCARD IN ORDER TO ENABLE US TO ADVISE YOU OF ACCEPTANCE OF ENTRIES.

LR

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Saturday August 8th 2pm.
**HADDINGTON
HALF MARATHON**
Entry Fee £4.00
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.



Advertising assisted by Sutherland District Sports Council.

**DORNOCH
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SATURDAY 8th AUGUST

START - 2pm

£750 worth of Sports Goods

Vouchers as prizes

**Toughest Half Mile Marathon in the
North, Downhill 10K**

Entry forms from:

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**MONKLANDS DISTRICT COUNCIL
HALF MARATHON**

SUNDAY 2ND AUGUST
Starts 10.00 a.m.

After last year's great success, the race will be over the same course with part of the course passing through the Drumpellier Park and gardens.

***MEDALS FOR ALL FINISHERS*
EXTENSIVE PRIZE LIST
TEAM ENTRIES WELCOME**

Application forms available from Local Sports Centres near you or by calling Sports Development Unit, Coatbridge, (0236) 441460 or D.Morrison, (0236) 66010

REMEMBER ...

... 2nd AUGUST ... 2nd AUGUST ... 2nd AUGUST ...

ALL DRESSED UP AND NOWHERE TO GO?

**YOU'LL NEVER BE PLAYING
FOR TIME IN KILLIE**

You name it, Killie's alive with it.

Whatever your particular pleasures, you'll be spoiled for choice in Kilmarnock and Loudoun District. There's a packed programme of things to do and places to see every minute of the day.

Try working off some excess energy at the magnificently equipped Galloon Centre. It's one of Scotland's newest and largest indoor sports and leisure complexes and offers an exhaustive range of activities from swimming and ice skating to badminton, trampolining and much much more.

For golfers, the District boasts three public courses plus a private club at Loudoun - all perfectly placed for a few practice rounds before taking on one of the world famous championship links courses just minutes away on the Ayrshire coast.

Lovers of the great outdoors will find Dean Castle Country Park totally irresistible. Its 200 acres of woodland and riverside walkways combine with picnic areas, children's corner and a riding school to make it an absolute must for any visitor to Kilmarnock. Dean Castle itself is home to one of the world's most important collections of early European musical instruments as well as the renowned Howard de Walden collection of arms and armour.

Elsewhere throughout the District you will find parks and gardens, museums and art galleries, tennis courts, bowling greens, pools and punting centres and even a dry ski slope. Whatever the weather, there's always something for everyone and never a dull moment.

In the evening, you can catch your breath with a top class show at Kilmarnock's Palace Theatre. The Dick Institute, with its first rate gallery and museum, is also open in the evenings and helps to provide the perfect peaceful ending to the perfect fun filled day.

For further information on the facilities in Kilmarnock and Loudoun District, contact our Leisure Services Information Office on (0563) 21140 or the Kilmarnock Tourist Information Centre on (0563) 20090

KILMARNOCK and LOUDOUN district council

Kilmarnock and Loudoun District Council, Civic Centre, John Dickie Street, Kilmarnock KA1 1BY

HELENSBURGH PEOPLES HALF MARATHON

(Under SAAA/SWAAA/SWCC & RRA Rules)

SUNDAY 26th JULY, STARTING at 9.30 a.m.

**FAST AND FLAT COURSE
SEAFRONT START AND FINISH
MEDAL TO ALL FINISHERS**

**PRIZES AWARDED THROUGHOUT THE FIELD
ENTRY FEE £4.00 (£4.50 UNATTACHED)
RACE LIMIT 500 - ENTRIES CLOSE 23rd JULY 1992.
DON'T DELAY - APPLY TODAY**

Name _____ Male/Female/Vet (delete as approp)

Address _____

_____ Date of birth _____

Name of club (if any) _____

I hereby declare that I am an amateur as defined by the SAAA/SWAAA laws. I will be 18 years or over on the race day and agree that the organisers will in no way be held responsible for any injury or illness incurred by me during or as a result of this event or for any property lost on the course or in the changing rooms.

Signed _____ Date _____

Enclose *** Crossed cheque/PO payable to Helensburgh AAC
* SAE 9" x 6" for final details**

Return to: **SHIELA RAMSAY, 38F EAST ARGYLE ST, HELENSBURGH G84 7RR.**



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



THE MORAY MARATHON

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 years 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)

EVENTS

KINROSS ROAD RUNNERS LOCH LEVEN HALF MARATHON 1992

Venue: KINROSS
Time/Date: SATURDAY 5th SEPTEMBER at 1.00pm
Entries: £5.00

For Entry forms/Details please send S.A.E. to
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