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SCOTLAND'S Runner

OCTOBER 1992

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GREAT SCOTTISH RUN
report and results



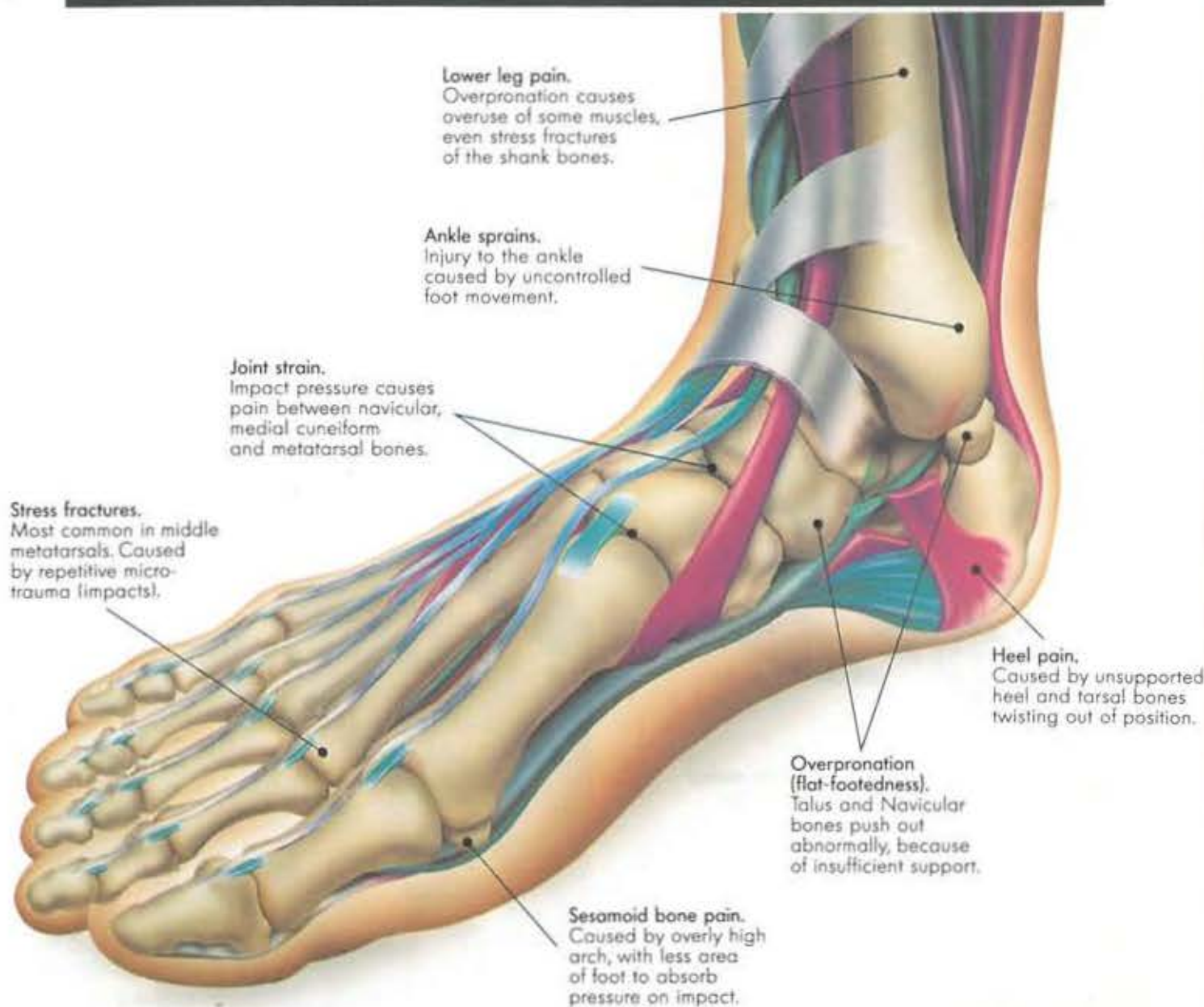
Scottish Athletics Federation

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"WE'RE KEEPING THE CAPITAL RUNNING"

OCTOBER RUNNER 1992

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

and now, he cannot bear to turn a corner



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

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NEWS

QUIGLEY BANNED

AUSTRALIAN Joe Quigley, the former Commonwealth Games shot putt silver medallist, failed a drugs test at Balloch Highland Games, and has been banned for life by the SGA, writes Doug Gillon.

He admitted to having taken Clenbuterol - the same drug that has led to a four year ban on top German sprinters Katrin Krabbe and Grit Breuer as well as US hammer thrower Judd Logan who finished fourth in Barcelona, and the two British weight-lifters sent home from the Olympics.

Quigley is the sixth positive test since the Scottish Sports Council launched their random test programme three years ago. Three of the six have been foreign athletes. The Aussie, who says he will fight the ban in the courts, and insists he did nothing wrong, won the British and World Heavyweight Championships at Balloch, and has been competing in Scotland for several years. He has been a world-ranked hammer thrower since 1987 when he recorded a throw of 74.58m.

Clenbuterol is used in the treatment of asthma, but has stimulant and anabolic properties. It is not available in Britain, even on prescription. Under the name Angel Dust it is frequently fed to cattle because it builds them up and makes them lean. In Ireland, where its sale to farmers has been a major fund raiser for the IRA, its use is totally banned.

Tom Man of the Match

TOM Nimmo won the man of the match trophy in the season's final Division 3 match of the GRE League, playing a leading role in restoring Edinburgh AC to Division Two for next season.

He won the A 400m hurdles, completing a season's clean sweep of the event, then claimed second in the flat 400m with a personal best of 47.99, more than .6 better than his previous fastest. He completed his afternoon by anchoring EAC in the relay with leg of 47.73.

Doug Walker (10.69 and 21.74) won both sprints, and Edinburgh were also well served in the throws by Stuart McMillan who won the A javelin with 57.78m and the B shot with 12.56. Team-mate Stephen Hayward won the A shot with 13.95.

THE London Marathon has found a new backer, NutraSweet, who are putting £4m into the race over the next two years. Applications for entry (£2 each) are available from all branches of the TSB until September 30. They will accept a field of 35,750.

Double for Isobel

ISOBEL Linaker of Pitreavie won the intermediate 800 and 1500 metres titles, in the AAA Under-17 Championships at Crystal Palace, London. Scottish international Linaker clocked 2-12.75 for the 800 and set a pb of 4-13.85 for the 1500.

Scots won a total of 11 medals, including five titles at the championships. Julie Robin (Hel) had an intermediate



throws double (shot 12.6, discus 41.96) and Anglo Alison Curbishley, from Middlesbrough, won the intermediate 300m hurdles in 43.68. Grant Adams (Ayr) broke the Scottish youth record in the 100m hurdles, losing a photo finish to take the silver medal with 13.16.

Others to gain silver medals were Liam McIntyre (Hel), youths' discus (46.96), Navdeep Dhalwal (City of Glasgow), girls' shot (12.62) - she was also third in the discus (37.82) - and Catherine Garden (Pitreavie), girls' discus (38.61m).

WHITTLE'S POPPED HAMSTRING

CALEDON Park finished sixth in the final Division 1 match of the GRE British Athletics League, ensuring survival in the premier division next season. Dave Bametson was their best performer, finishing second equal in the high jump (2.10m) behind Olympian Dalton Grant. Brian Murray ran 1-51.4 for second place in the 800m A race, with John McFadyen winning the B race in 1-55.34. Keith Douglas was the top sprinter, finishing fourth in the 100m (10.85), second in the 200m (21.65) and running the opening lap of the 4x400m relay in 47.3 seconds.

But Brian Whittle, running the 400m hurdles for Haringey, fell and finished sixth. He had intended trying the event again in the Pearl Belfast Games, but popped a hamstring.

LAUDABLE BUT COSTLY

THE laudable attempt to revive Edinburgh Highland Games proved a costly one, unlikely to tempt future sponsors as it attracted only 1000 spectators - a far cry from the days when upwards of 20,000 regularly attended, writes Doug Gillon. And it did not help that it clashed with the Cowal Games in the West.

Yet the Edinburgh meeting had an excellent throws contest, in which Commonwealth javelin woman Nicky Emblem-Paulin made history by competing alongside the men.

Handicap races had to be scrapped because they could muster only 20 entrants and invitation ones were substituted.

However, the heavies saved the day, with Lance Deal, from the USA, seventh in the Olympic hammer, breaking the 31 year old games record in the 28lb weight for distance. In 1961, the former Commonwealth wire hammer champion,

Howard Payne, who died earlier this year, set the mark at 26.61m. Deal surpassed Payne's mark with 29.06, then went on to capture the overall title with 30 points, eight clear of his closest Scottish rival, Mark MacDonald, from Dumfries.

Deal's throw also broke the Scottish all-comers' best, held by Chris Black at 27.70. Deal was using Black's own 28lb weight after Black, a professional, was denied leave to compete - perhaps for the last time. Robert Stinson treasurer of the IAAF, believes that pros and amateurs will shortly be sanctioned to compete together in Scotland.

Deal came within 36 centimetres of Alan Pettigrew's all-comers' and native best for the wooden shafted Scots hammer, with 39.22. Pettigrew of Shettleston, was at Cowal, winning the overall trophy ahead of Bill Sutherland (USA) and Neil Mason (EAC).

The capital crowd was a major disappointment to promoter Dave Farrer who had distributed 30,000 leaflets and 1000 posters, and gave significant incentives to 700 hotels and guest houses to market tickets, as well as offering two admissions for the price of one.

"This was a toe in the water, to see if the event has a future," said Farrer, a former competitor and enthusiast. "We had backing from the city, Edinburgh Evening News, and the sportswear firm, View From, who provided all the prizes. But although there was a high level of interest about future sponsorship, we had no major backer. After seeing the crowd here, I can't see these sponsors being interested."

"We have lost money, and could not do the games in this way again. Clearly you need household track stars, but these kind of athletes are priced out of the market for domestic gatherings like this."

WORTHY CAUSE

ALREADY planning what road races to take part in next year? Whether it's the London Marathon or the Glasgow Half Marathon, or both, there are plenty of worthy causes which could benefit from your support as a runner.

Chest, Heart and Stroke Scotland is no exception. An autonomous Scottish charity which receives no government funding, it funds research projects investigating more effective diagnosis, prevention, and treatment of chest, heart, and stroke illness. In addition, it supports health education programmes, rehabilitation projects, and gives advice to those who suffer from these illnesses.

To do all this Chest, Heart and Stroke Scotland needs £1 million a year. Already there are many runners helping towards this total by running for the charity. If you would also like to help, telephone (031) 225 6963, or write to Chest, Heart and Stroke Scotland at 65, North Castle Street, Edinburgh EH2 3LT.

FALKIRK Victoria Harriers, helped by Steve Binns and Sports Council chief executive Allan Alstead, celebrated the official opening of their new £60,000 clubrooms. Half of the money was raised by themselves, with the remainder from the Scottish Sports Council. The premises consist of weights room, male and female changing and showers, disabled access, aerobic suite, meeting rooms, kitchen, and cafeteria.

Outstanding team



Aileen McGillivray.

CITY of Glasgow AC put up an outstanding team performance to win the final Division 1 match of the Daily Telegraph UK Women's Athletic League at Haringey.

With Edinburgh Woollen Mill winning the Division 2 match in Birmingham to become league champions, this sets the scene for some enthralling duels between the Scottish rivals. But Edinburgh AC, without Yvonne Murray and Alison Grey, could finish only fifth in Division 4 and are relegated along with Bromley.

Competing for Glasgow, Navdeep Dhalwal set a Division 1 record of 39.12 in the girls discus and won the shot with 11.92m. Morag Baxter was second in both sprints (11.97 and 24.68) while among the intermediates Linzi Kerr was second in the 100m

(12.46) and Fiona Hutchison second in the 200m (25.17).

Glasgow had a double in the intermediate long jump, Pamela Anderson taking the A competition (5.61) and Karen McNamee the B (5.55). Vikki McPherson finished 1500m runner-up with 4-26.06.

Woollen Mill, despite winning only four events, won the Division 2 match but European under-23 sprint champion Aileen McGillivray, having taken the 100m in 11.81, strained a hamstring.

Edinburgh's other winner, Kristina Gormley, took the intermediate 800m in 2-21.62. The team's fighting spirit was epitomised by Fiona Sinclair who won the B intermediate 300m hurdles and finished runner-up in both the A 100 and 300m, all within 90 minutes.

Cover story

WORLD 10,000m champion Liz McColgan was at Duncan of Jordanstone College of Art on September 23 to present a £500 prize to a Dundee student.

David Crawford, a fourth year graphic design student, was one of over a hundred students and professional designers who entered a competition to design a logo for the new Scottish Athletics Federation.

His design, which suggests the movement of a runner through clever use of the saltire, was felt by the panel of judges to present an ideal fusion of the two themes of Scotland and athletics and was awarded first place accordingly.

"It was quite a clear cut decision in the end," commented SAAA administrator Gregor Nicholson. "There were quite a few designs along the same lines but we felt that David's was the most visually effective."

David is one of a class of 16 honours graphic design students currently in their final year at Dundee's Duncan of Jordanstone College of Art, all of whom entered the SAF's competition.

"We thought David had a particularly nice concept," said Bill Barr, head of graphic design at the college. "However, one of the other students had come up with a good idea too. We had earmarked both as possible winners."

David's big day did not come off without the odd hectic moment. When he was told of his success the college was shut and he was therefore stuck for the necessary equipment with which to produce finished art work. Luckily, local design company Baillie Marshall stepped in and saved the day by allowing David liberal access to its facilities!

Bill's on top of the world

GREENOCK'S 61 year old Bill Stoddart captured two world veterans' road race titles in two days at the Birmingham Exhibition Centre.

Former national marathon champion Stoddart won the 25,000m in the 60-64 age group in 94-50, and the 10,000 in 35-23. Bill Scally (Shettleston) took silver in the 50-54 age group with 89-09. Dundee's Chris Haskett-Price, who represented Scotland in the 1970 and 1986 Commonwealth Games, took silver in the 35+ age group with 35-39.

FOR all but the heartbroken few, and those who are simply broke - still paying the inflated cost of holidays to spectate - Barcelona is a fading memory, writes Doug Gillon.

The heartbroken include those competitors who travelled bright-eyed with ambition, and realistic medal hopes, some of whom are now confronting the reality that their best chance of Olympic gold is now behind them.

But before we confront the future for those Scottish athletes who did make it to Barcelona, yet failed to measure up, we should look at the implications for the sport in Scotland.

It should give the sport's administrators cause for reflection that rowing, boxing, fencing, and women's hockey, all of them operating on tighter budgets, succeeded in putting more Scots into the Barcelona arena than either Scottish men's or women's athletics.

National coach Andy Vince is preparing a development plan which should help tap the talent well which undoubtedly exists, but which is not bottomless, and is being much more effectively drained by other sports, partly thanks to the Government-backed TeamSport initiative which ignored athletics.

Everywhere one looks at senior level in Scottish athletics, one sees a decline in depth of quality standards. Ignore the oasis of the four Olympic home Scots who have rewritten the track record books and look at the underlying trend - an overall decline in real terms is the bottom line, with the field events a desert.

One priority is the appointment of a development officer which will soon take place. The streamlining of the sport under federalism should also help, but the anticipated infusion of new blood and enthusiasm has not materialised.

In the main it is the same old faces, yet names for several posts were not nominated by the prescribed date, and some jobs will have to be filled from the floor at the inaugural SAF annual meeting on October 3.

One is forced to conclude that the sport has lost its way. For instance, a long overdue business plan is currently being drawn up by an Edinburgh company, Kit Campbell Associates. The £5000 cost is being paid by the Scottish Sports Council who believe that a radical streamlining will result.

This exercise should have been conducted more than a year ago, in conjunction with the committee which redrafted the constitution to pave way for reformation of the SAF.

Again an important move in Scottish athletics has got off to a false start, for Campbell's company, in formulating the business plan, will have no SAF track record to assess.

Should the assessment conclude that the SAF is the "wrong shape" a further expensive restructuring could then be on the cards. This, of course, affects the whole of the sport in Scotland, from schools and grass-roots clubs upwards, through every branch of the sport. Ultimately it influences what appears in the shop window of the Olympic Games.

Decline in depth of quality standards

And the experience playing in that window is not always as richly fulfilling as is often made out.

There is a paradox here. It is almost universally richly fulfilling for the one-off Olympian, those for whom selection for the Games is the career highlight. For many of them the opening and closing ceremonies, the atmosphere of the village, are primary, their competition result less so. I would not insult any competitor by suggesting they do not try

cess Street Mile was evidence of his willingness to try something new.

"I may try some international 1500m races on the track next year," says McKean. "My coach and I think it might be a good idea if I switched to 800 and 1500m events, instead of concentrating solely on the 800 next season."

"But that is not the only way I am reassessing my goals, I may miss the World Championships next year. I will probably do an indoor season, possibly the world indoor, and think about the European in two years' time. That may mean missing the Commonwealth Games, because they come so close."

But despite a third successive year in which he failed to lower his personal best, McKean still finished fourth overall in the world-wide Mobil IAAF grand prix - hardly the mark of a failure. The grand prix is certainly less rewarding than Olympic success, but is a greater measure of consistent racing ability.

An aside here on the pace-making debate, in response to the suggestion that McKean's racing ability - and that

his thinking negatively about opponents. It is difficult to convince an athlete he is good enough if he has felt the pace of a rival and raised doubts in the mind."

"But if Tom has the courage to continue, then the least we can do is explore ways of overcoming this."

Boyle still believes Murray was in shape to run 8-36 - which would have won the 3000m in Barcelona. "But getting to the root of her problems may be harder," he said. "Possibly Yvonne should have moved up in distance, to 10,000m, after winning the European 3000m title. You would be a dewy eyed innocent if you thought you could catch people napping twice the way Yvonne did then."

"Frankly, there are too many people in the event who are taking drugs. We need to look more carefully at Yvonne's career path in the past, at the competition cycle in future. Two successive years of championships in the same event may not be on now."

"I don't know yet whether Yvonne will run the World Championships at all next year. It may not be wise. Her brain and body may not stand it."

"If the problem was purely athletics we would be turning somersaults, but anyone with a hint of grey matter can see from their shape that some of the girls are not all they should be. They have moustaches, acne, and incredible muscle development."

"Once you have been exposed to that, it is very difficult for an athlete to remain mentally strong, to quantify the damage it does to their confidence."

Laboratory tests have identified the problems which caused world champion Liz McColgan to finish, for her, a dismal fifth in the 10,000m. Anaemia, and the fact that she was suffering from the glandular fever virus which affected her husband, Peter, are more than enough to explain her performance. The miracle was that she ran as well as she did.

Subsequent victories in the Diet Coke Great Scottish Run, and a record over 10 miles, suggest there is little seriously wrong, although Liz confesses anything approaching five minute mile pace still reactivates the breathing problems experienced in the Olympics.

Tom Hanlon's sixth place in the 3000 metres steeplechase was a remarkable feat for a man who looked as if he might not be running at all six months earlier. Yet, typically, he was unimpressed.

"I believe that one day I will be able to run below eight minutes - If I didn't I would take up tiddlywinks," he says.

Hanlon missed the Havana World Cup final because he was tired.

"Losing all that background because of sciatic problems over the winter finally caught up with me. I think it also explains why, after two qualifying races, I was unable to run better in the final."

Paul Evans ran magnificently to finish 10th (second European) in the 10,000 metres and then ran the second fastest time ever by a Scot with 27-48.32 in Berlin. Only Ian Stewart has run faster.

Sponsorship appreciated

192, Kirkton Avenue,
Knightswood,
Glasgow.

SIR - I recently completed the 1992 Polaroid Series and this added to successful runs of one mile and five kilometres at Troon and Cumbernauld respectively helped me to raise £120.50 for the Chest, Heart, and Stroke Association.

Through your magazine I would like to thank everyone who sponsored me.

At 73 years of age and currently with a painful leg which I have yet to find a successful remedy for, I have been advised not to run any more half marathons. However, I hope to continue running the Polaroid 10K races and other events of similar distance for some time to come.

Thank you, once again, to all those who helped me to raise this money.

Joe Cascarino

FEEBLE EXCUSES

28, Craigton Rd.,
Govan,
Glasgow.

SIR - I would like to say how much I agree with Jean Arnott's letter (May issue) about Liz McColgan. She is a very bad loser.

Just before the Olympics she stated "I can win", "I'm in the best shape of my life", "I'm stronger than before", and "when it comes to running two 10Ks back to back we will see who's got what it takes".

After she ran the qualifying heats she said she was comfortable. The heat and humidity were no problem. "I still think I can win," she said.

After the race Meyer had the decency to admit Tulu deserved to win because she was amazing. Did Liz admit this? Not on your life. Instead, as your reader observed of her on other occasions -

Anne Melvin

Recognition where due please

Sergeants' Mess,
RAF Lossiemouth,
Moray.

SIR - With reference to the report "Around the Munros in 50 days" in the August issue, Hugh Symonds should be given the recognition he deserves.

His record of 277 munros in 67 days was achieved on foot all the way, apart from the sea crossings to Skye and Mull, while Gibson and Johnston completed their round on foot and bicycle.

I think you will agree it is a little easier using a bike than running!

Can I recommend that Margaret Montgomery reads Hugh Symonds' book "Running High" published by Loch Publishing?

M. Milmo



Tom McKean, Tommy Murray,
and Yvonne Murray.

their best, but once they know they cannot gain medals, or even reach a final they understandably, and rightly, savour the experience.

But for the likes of Tom McKean or Yvonne Murray, with the talent and ability to climb the medal rostrum, failure is all the more wounding. Mentally it can scar so deeply that the hurt never heals, inhibiting further success.

"For a few days I contemplated retiring," says McKean. "I really came so close to quitting - less for myself, but because I felt I had let everyone down. The decision to carry on had nothing to do with money. I really love racing. I knew that I would miss it."

"In four years I will be 32, the same age as Johnny Gray, who won the bronze, so an Olympic medal is not necessarily gone forever. But I am not looking at four-year cycles anymore. I will work from year to year."

Already he has reassessed his goals. His plan to run the Standard Life Prin-

of many other athletes - is being destroyed by an excessive use of pace-makers. McKean has won four Europa cup finals and a World Cup - more than Seb Coe and Steve Ovett combined, men universally regarded as among the greatest racers ever (and also products of the pace-making era).

McKean's problems, and those of Murray, whose slump in the Olympic 3000m final was an action replay of the world event in Tokyo a year earlier, are mental rather than physical. McKean had already seen a psychologist more than once before Barcelona.

"We have tried the psychological approach, but there aren't too many people around who are skilled in that area," said Boyle. "We are going to have to examine that aspect even more deeply, for both of them."

"Tom would have run 1-42 (his Scottish record is 1-43.88) by now if we had been able to resolve his problem at the highest level - namely the inability to overcome fear of failure."

"The problem builds on the day of the race, in the last hours, it is related to

THE GREENPEACE RUN

Whatever it takes Greenpeace will oppose the destruction of the natural world.

For just £4.50 (£2.50 concession) why not join the Greenpeace run taking place in Edinburgh on 1 November 1992 and use this opportunity to raise money for the Greenpeace campaigns towards a cleaner world.

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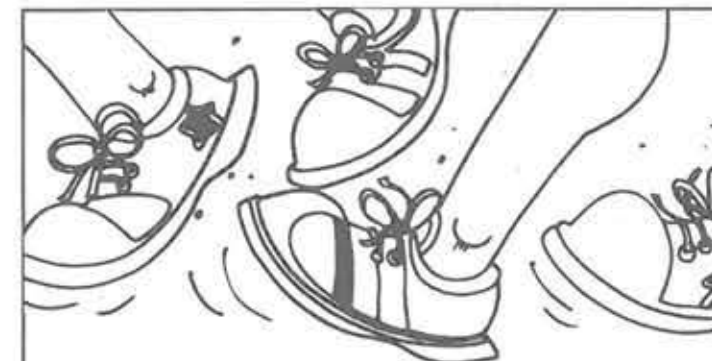
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Barnardos

Derek Parker
evaluates the
merits of
Australian
distance coach,
Percy Cerutti.

The inspirational qualities of PERCY CERUTTY

I WONDER how many of today's athletes have ever heard of Percy Wells Cerutti, the legendary Australian distance-running coach. Very few, I would imagine, because the achievements of this remarkable man have been largely ignored since they captured the world's attention more than thirty years ago.

One can well understand why. Percy Cerutti was a rebel who challenged the coaching establishment. He had no time for the pseudo-science and pseudo-psychology which he regarded as an impediment to athletics progress. As coaching theory became more scientifically-oriented during the 1960s and 1970s, it was obvious that Cerutti had become an outcast because he did not fit into the accepted mould.

His rejection by the coaching world was unfair. The word, "science", comes from the Latin, "scientia", meaning "knowledge". So as a possessor of coaching knowledge, Cerutti could truly be said to be scientific in the application of his training methods.

He studied human movement patterns and related them to the natural modes of locomotion used by children uninhibited by rigid training programmes and by wild animals such as gazelles and cheetahs which run instinctively yet effectively.

He taught his athletes to utilise five basic running movements described as: stretching and walking; ambling; cantering; trotting; and galloping. The objective of these five basic movements which were linked to overall running speed was to increase stride length and improving breathing techniques by including relaxation and rhythm in the main muscle groups.

By raising the shoulders then bringing the forearms up high towards the chest to increase oxygen inspiration and throwing them down

to the sides to expel carbon-dioxide waste products the athlete achieved what Cerutti described as "full lung aeration". These neutral patterns were also said to delay the onset of oxygen debt as a consequence of

increasing fatigue.

The creation of natural movement in fully grown, mature athletes was Cerutti's goal. He believed this was best attained by training away from the road and track.

he always insisted in adapting it to his own training environment at Portsea on the Australian coast.

The length of running-repetitions depended on the athlete's race distance.

Specialists at 800 and 1500 metres would spend up to an hour surging over distances of 300,400,600, and 2400 metres with as short a recovery jog as possible. As the competitive season approached, 80% of the training would be at race pace.

Marathon runners trained over distances of 15 to 22 miles on grass, breaking the session into segments of two, three, and five miles with trotting, cantering, and galloping phases during the recovery period. As competitions drew nearer, these long repetitions would be replaced by shorter, faster sections over 200,300,400,600, and 800 metres as well as longer repetitions ranging from one to three miles with short recoveries.

Ninety minutes of 400 metres repetitions on grass with brief recoveries was frequently advocated.

Cerutti's hill-training sessions at Portsea received universal acclaim. The slope measured 80 feet and had a 1-2 gradient. It consisted solely of sand. Herb Elliott, Cerutti's greatest pupil and the 1960 Olympic 1500 metres gold medalist with a world record time of 3-35.6, was capable of running 50 of these lung-bursting uphill

sprints.

Proper technique was important. Cerutti believed uphill running required a lowering of the arms accompanied by an arc-like thrusting action which automatically discouraged a wasteful, energy-sapping high knee-lift.

The emphasis on downhill run-

ning was on keeping the body straight supported by the strength of the abdominal and dorsal muscles.

These techniques made it easy for athletes to employ the proper, efficient running movements on the track. The freedom of movement, the varied pace routines, and the natural training environment in the countryside far from hard roads and polluted city streets were just a few of the Cerutti hallmarks which produced some of Australia's greatest athletes including world record-holders Elliott, John Landy, Dave Stephens, and Albert Thomas.

The natural movement patterns which he advocated and the avoidance of rigid, regimented arm, shoulder, and head postures have been displayed at various times in athletics history by all-time greats such as Nurmi, Lovelock, Zatopek, Haegg, Kuts, and Harbig.

More recently, the uninhibited running of the successful Algerian, Ethiopian, Kenyan, and Moroccan distance athletes characterises Cerutti's ideas on natural movement. The lack of inhibition in the performance of the locomotion sequences is paralleled by the relaxed, but purposeful, mental approaches of the African competitors who have no qualms about front running or injecting pace increases when the race situation demands.

It is no coincidence that much of their training takes place in the same natural surroundings advo-

cated by Cerutti - away from the track, off the roads, and running at varied pace rather than uniform pace. This, rather than the altitude factor, could well be the key to African distance running success. The preoccupation of British athletes for training on roads and other unnatural surfaces, along with the constant obsession for timing and measuring virtually every single aspect of activity and rest, could account for our lack of success in recent years.

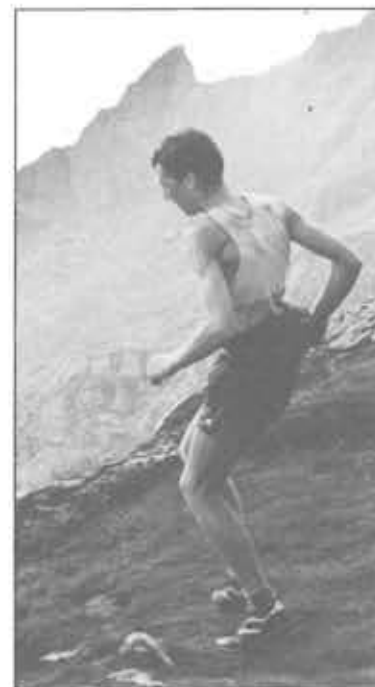
Cerutti's approach to coaching involved taking the athlete's entire lifestyle into consideration. Nowadays the in-word for such an approach is "holistic". He encouraged his athletes to spend entire weekends at his training camp at Portsea.

They ate natural foods such as fresh fruit, raisins, sultanas, nuts, leafy vegetables, eggs from free-range hens, and small portions of fish, chicken, and liver. They drank natural fruit juices and pure water from springs and fountains.

They also lifted weights to make the upper body strong enough to perform the natural running movements. The basic lifts included bench-presses using three sets of three repetitions with poundages equivalent to one to one and a half times the athlete's bodyweight.

Cerutti's athletes swam in the

ocean and regularly tackled "60-mile weekends". This involved sleeping rough in the open under the stars and frequently covering 30 miles' non-stop running over cross-country terrain. Sleep was important and every athlete had to have at least eight hours every night.



Training in natural surroundings could well promote better performances in competition.

The entire emphasis of the Cerutti programme was on getting back to nature and escaping from the detrimental environment of living, working, and training in cities far from the inspiration of the countryside and the beaches.

Central to Cerutti's ideas was his doctrine of the Stotan Creed. The word was coined from the Spartan warriors of ancient Greece and the Stoic philosophers who bore suffering and pain with equanimity. It was based on communion with nature and the consequent raising of the athlete's spirits to new heights of excellence.

"I raise the spirits of the athlete and inspire the soul to a higher state of consciousness," said Cerutti. "To be great in any event, an athlete's life must be a masterpiece like a great work of art."

Herb Elliott echoed this when he said, "Percy helped me to attain world records not so much by improving my technique but by releasing the soul power in my mind that I only vaguely thought existed."

"Hard things take time to do while impossible things take a little longer," was a favourite Cerutti saying. Words of wisdom such as these, along with the ability to inspire, to surround athletes with positive influences, and to motivate them to the highest levels of their own individual human potential, have earned Percy Wells Cerutti a niche in athletics coaching's halls of fame. His inspiration still lives on.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins grass/cc running.
Monday: 75 to 90 mins fartlek inc 8x2 mins at 5K effort (jog 60 and 45 secs alternately recovery).
Tuesday: 5 miles/30 mins road run.
Wednesday: 10 miles steady road run.
Thursday: 8 x 400 metres at 1500m effort (60 to 90 secs recovery).
Friday: Rest or 20 mins road run.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 minutes can be done 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 6x5 mins at 10K effort (jog 45 to 60 secs recovery).
Tues, Wed, and Fri: As Week One.
Thurs: 8x200m at 800m effort (60 to 90 secs recovery).
Sat: Race, or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sun: As Week One.
Mon: 75-90 mins fartlek inc "up the clock" 10-20-30-40-50-60 secs reps at 800 to 1500m effort x 4 sets. Jog recoveries equivalent to times of fast reps/5 mins between sets.
Tues, Wed, and Fri: As Week One.
Thurs: 6x1000m at 3K effort (75 to 120 secs recovery).
Sat: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sun: As Week One.
Mon: 3x10 mins at 10K effort (90 to 120 seconds jog recovery).
Tues, Wed, and Fri: As Week One.
Thurs: 12x400 metres at 5K effort (20 to 30 seconds recovery).
Sat: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sun: 75 to 90 mins grass/cc running.
Mon: 60 to 75 mins fartlek inc 6x2 mins at 3K/5K effort (jog 1 and 2 mins alternately).
Tues: Rest or 20 to 30 mins easy running.
Wed: 5 to 8 miles steady.
Thurs: 6x400 m at 1500m effort (75 to 90 secs recovery).
Fri: Rest.
Sat: 8 to 12 miles steady.
Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sun: As Week One.
Mon: 60 to 75 mins fartlek inc 10 x 60 secs at 3K/5K effort (30 and 60 secs jog recovery alternately).
Tues, Wed, and Fri: As Week One.
Thurs: 8x200m at 800m effort (75 to 90 secs recovery).
Sat: Race or 8 to 12 miles steady.
Morning runs as Week One.

Week Three

Sun: As Week One.
Mon: 60 to 75 mins fartlek inc "up the clock" 10-20-30 secs reps fairly fast x 8 sets. Jog recs equal to time of fast reps/3 mins between sets.
Tues, Wed, and Fri: As Week One.
Thurs: 3 to 4x1000m at 3K pace (105 to 120 secs recovery).
Sat: 8 to 12 miles steady.
Morning runs as Week One.

Week Four

Sun: As Week One.
Mon: 60 to 75 mins fartlek inc 3x3 fast (jog 3 mins recovery).
Tues, Wed, and Fri: As Week One.
Thurs: 12 x 400m at 5K effort (30 secs recovery).
Sat: Race or 8 to 12 miles.
Morning runs as Week One.

"The uninhibited running of the successful Algerian, Ethiopian, Kenyan, and Moroccan distance athletes characterizes Cerutti's ideas..."

Running along beaches, forest paths, and bush trails was his ideal. The only time his athletes ventured onto the track was once a week during pre-competition phase to enable them to practice race pace running.

Cerutti acknowledged his debt to Swedish coach Gosta Holmer, the populariser of fartlek although

The year ahead

AS there have been no school events since July 18, it seems advantageous at this time to detail the calendar of events for 1992/93, writes the SSAA.

OCTOBER 1, 1992

Special Schools' Indoor Inter-Area Championships, Kelvin Hall -

THIS is the fourth year that the SSAA has held an indoor championship for special schools. In 1991 180 athletes took part and it is anticipated that at least two additional areas will take part in 1992.



OCTOBER 31, 1992

Primary Schools' Road Relay Championships, Grangemouth - AFTER several requests from far-flung schools who have had to arrive at Grangemouth at 10.30 am because the primary road relays were incorporated in the long established secondary event, it was decided to up-grade the primary championships by giving them a day of their own, increasing the two races to five, and hopefully giving this event as high a profile as the secondary equivalent.

NOVEMBER 14, 1992

Secondary Schools' Road Relay Championships, Grangemouth - NOW re-established as an event in its own right, these Championships are in their 12th year. Hawick High, Glasgow High, Dingwall Academy, and Balwearie High defend the trophies.

DECEMBER 12, 1992

Under-16 Indoor Track and Field International, Kelvin Hall -

THIS is the third year that the SSAA has hosted an Indoor International in December. Entrants must be under 16 on September 1, 1993 (thus the event caters for last season's top under 15 athletes). England, Ireland, Wales, and Scotland A and B will compete. The five lanes at the Kelvin Hall give the SSAA a unique opportunity to give international experience to an additional 25 aspiring athletes who might not otherwise have

FEBRUARY 29, 1993

Scottish Universities v SAF v Northern Ireland v SSAA, Kelvin Hall -

IN 1992, this match clashed with the SSAA Cross Country Championships and was obviously the poorer for it. The SSAA girls, in particular, have always excelled at the match and have therefore encouraged the Universities and the parent bodies to produce their best teams. The match is seen as valuable competition for the older schools' athletes.

MARCH 13, 1993

Secondary Schools' Cross Country Championships, Irvine -

IN 1992, the event encouraged 2070 entries, almost saturation point for even such a fine venue as the Beach Park. The numbers will probably remain as high in 1993. Unfortunately this is one area of schools' athletes where standards are not improving, compared with the other three home countries, in spite of mass participation.

APRIL 3, 1993

Cross Country International, Llanelli -

THE 32 athletes for the home countries International will be selected after the SSAA Championships (March 13). In 1992 in Alness, the highest placed Scottish athletes were Caroline Morris and Kevin McAlpine, both seventh in the under-15 races.

APRIL 24, 1993

Primary Schools' Cross Country Championships, Kirkcaldy -

IN 1992, this event escalated from 1100 runners to 1350. The races are for primary 6 girls, primary 6 boys, primary 7 girls, and primary 7 boys. With increasing numbers the two older races may well have to split (as the primary 7 boys' race was in 1992). It is always interesting watching how well previous primary medallists do at secondary level.

JUNE 12, 1993

Secondary Schools' Pentathlon/Relay Championships and Primary Schools' Inter-Area Relay Championships, Grangemouth -

INTEREST in the pentathlon event seems to be increasing with entries

up 50% last year but the relays, for several reasons, are in decline, even at primary level.

SSAA prowess in this field at international level is one that we are proud of, and it is a pity that this facet of athletics is not worked on more enthusiastically at school level. These days, the relay event is becoming established as a non-state school stronghold.

JUNE 19, 1993

Boys' Track and Field Championships, Grangemouth and Girls' Track and Field Championships, Crownpoint -

ALTHOUGH fewer schools entered athletes last year, the number of competitors was up, with 16 new best performances being set. The later start of the SCE examination programme and the amount of time taken up by study leave makes entry in under-17 and over-17 age groups very difficult for schools. There were some very encouraging performances in the younger age groups last year and, hopefully, standards will continue to rise.

JUNE 23, 1993

Secondary Schools' Inter Area Championships, Grangemouth -

IN 1992, the Lothians combined as one team, an idea that might be copied by South and North East Grampian in 1993. Edinburgh City were overall winners for the first time last year. Perhaps Ayrshire and the Borders will be able to submit teams next summer.

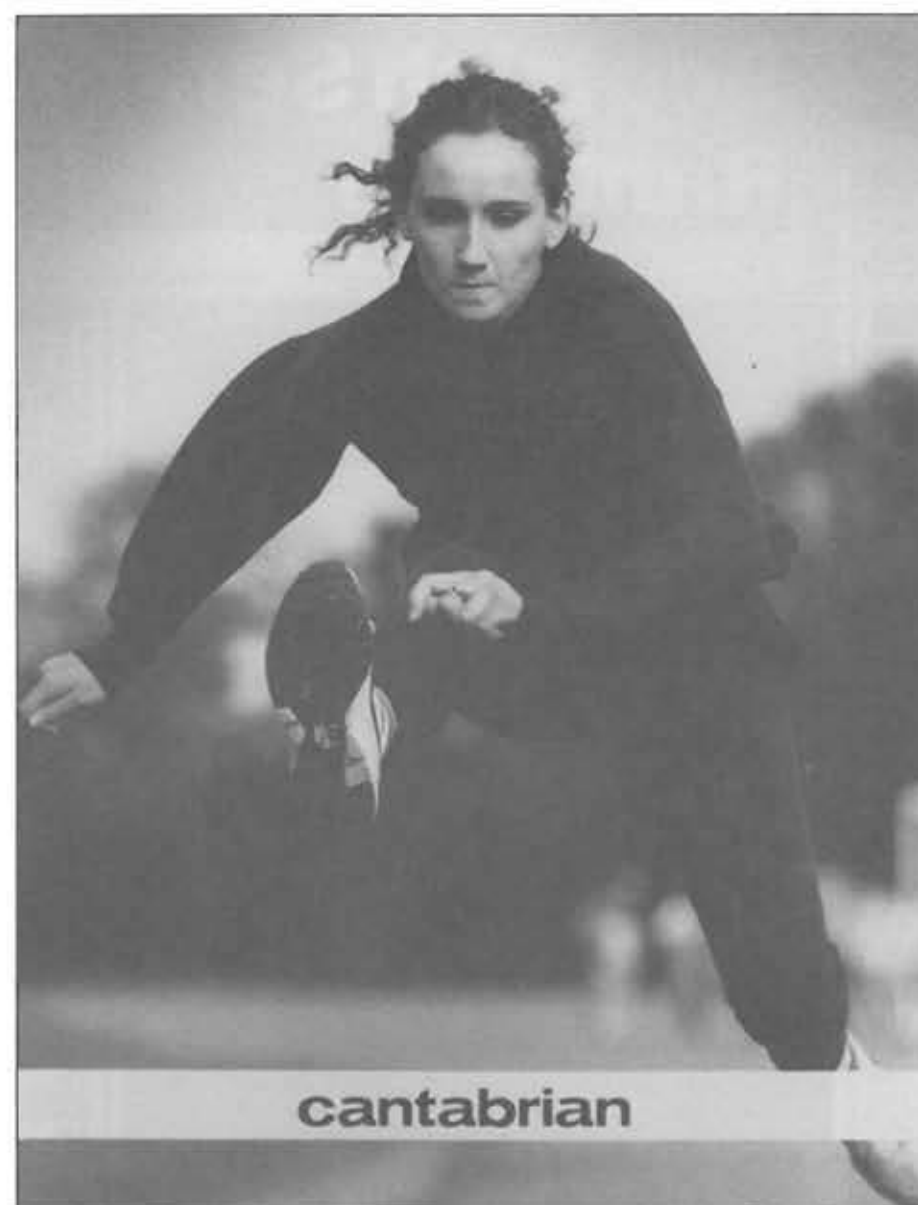
JULY 17, 1993

Track and Field International, Dublin -

THE SSAA very much want to retain 1992's second place in the International and, to this end, plan to have an extra day's preparation in Dublin. The team will be selected after the SSAA Championships on June 19. Several of the athletes who did so well in Portsmouth are still eligible.

NB. All age groups are taken on September 1, 1993, for secondary pupils. Copies of the 1991/2 results yearbook should be available in October. These and further information can be obtained from: Alex Jack (0592)771700 (day) or Linda Trotter (0592)755282 (evening).

JUNIOR PROFILE



NAME:

Theresa Martin Crosbie.

DATE OF BIRTH:

July 17, 1975.

SCHOOL:

St Ninian's High School.

ATHLETICS CLUB:

City of Glasgow.

COACH:

Sandy Ewen.

STARTED ATHLETICS:

In my second year at secondary school. I was competing in cross country events for my school and a friend I ran with asked me if I wanted to come along to her athletics club in the evenings. To begin with I did a bit of everything but gradually moved to sprinting and hurdles.

EVENTS:

100m and 100mH. The hurdles is my main event.

PERSONAL BESTS:

100m:12.3; 100mH:13.9.

ENJOY MOST:

Trips abroad and winning.

LEAST ENJOY:

The pre-race nerves. Just before a race I always wonder why I put myself through it all.

HIGHLIGHTS SO FAR:

This year they were breaking the world schools record for the 100 metres hurdles at the European School Games at the beginning of July and, also in the hurdles, firsts in the Scottish Schools and SWAAA Under-20 Championships. Another milestone was when I first dipped below 15 seconds for the 100 metres hurdles which I did earlier this year.

BIGGEST DISAPPOINTMENT:

Last year's WAAA Under-17 Championships. I finished seventh in the final behind quite a few people I'd beaten in the heats.

AMBITION IN SPORT:

In the short term, I want to gain a place in the British junior team and compete in the European Junior Championships next year. Long term, I want to make the Commonwealth Games Squad. I also want to finish consistently under the 14 second mark.

MOST EMBARRASSING MOMENT:

At the West District Championships two years ago I failed to realise there had been a false start. I'd reached the final hurdle before it dawned on me that everyone else was back at the start line!

FAVOURITE ATHLETE:

Kriss Akabussi.

FAVOURITE MUSIC:

Guns and Roses.

IDEAL MEAL:

Anything with pasta in it.

FAVOURITE ACTOR:

Kurt Russell.

OTHER HOBBIES:

Going out with friends and trying out other sports like badminton and tennis.

AMBITION OUTSIDE SPORT:

I want to go to college or university but I'm not sure what course I want to do yet!

1992 Scottish Senior Rankings

Men

100 METRES

10.37w	Elliot Bunney	CPH (10.51)
10.6	Alan Doris	*
10.65w	Keith Douglas	CPH
10.69w	Ian Mackie (Y)	Pit
10.69w	D. Walker (J)	EAC (10.81)
10.7	x David Lawson	CPH
10.7	H. Lister	EAC (10.73)
10.7w	J. Henderson	CPH (10.81)
10.76w	Roddy Slater	TVH
10.8	Stephen Shanks	Cam
10.8w	Mark Davidson	CPH
10.82	Stephen Tucker	She
10.83	Darren Galloway	Ayr
10.83w	C. MacRobert (J)	Cam

200 METRES

21.2w	Elliot Bunney	CPH
21.3w	Douglas Walker	EAC (21.51)
21.3w	Mark Davidson	CPH
21.33	Harvey Lister	EAC
21.4w	David Clark	CPH (21.50)
21.47w	Keith Douglas	CPH
21.48w	Alan Doris	*
21.5	x David Lawson	CPH
21.56	Ian Mackie (Y)	Pit
21.58i	Neil Turnbull	CPH

400 METRES

46.67	Brian Whittle	Har
47.41	Gregor McMillan	RCE
47.99	Tom Nimmo	EAC
48.27	Gordon Newlands	EAC
48.6	Allan Murray	JWK
48.8	Grant Hodges	EAC
48.9	Ian Mackie (Y)	Pit
48.9	George Fraser	Sand
49.00	Gary Brown	StIU
49.08i	Mark Davidson	CPH

800 METRES

1:44.39	Tom McKean	Moth
1:45.85	David Strang	H'grey
1:46.03	Brian Whittle	Ayr
1:47.18	Gary Brown	StIU
1:47.71	Nick Smith	Sha
1:49.0	Tom Nimmo	EAC
1:49.96	Allan Murray	JWK
1:50.1	Brian Murray	CPH
1:50.46	John MacFadyen	GGH
1:50.7	Glen Stewart	GU

1500 METRES

3:38.08	Tom Hanlon	RCE
3:42.49	R. Fitzsimmons	Kil
3:44.43	Glen Stewart	GU
3:44.84	Larry Mangleshot	WG
3:45.38i	Ian Gillespie	Birch
3:45.9	x John Sherban	FVH
3:47.5	Nick Smith	Shft
3:48.00	Arthur Reilly	HW
3:48.25	Grant Graham	Cly
3:48.80	John MacKay	She



Neil Fraser - still top of the men's 110mH rankings.

5000 METRES

13-30.83	Paul Evans	Belg	9-04.16	David Ross	RCE
13-30.83	x John Sherban	FVH	9-10.34	James Austin	Cly
13-52.08	Thomas Murray	Cam	9-13.30	Ken Stirrat	Halifax
14-15.0	Thomas Murray	Cam	9-14.07	Scott Burch	Pit
14-21.04	William Coyle	Shet	9-15.5	John Steel	CPH
14-21.04	Alan Puckrin	CPH			
14-21.66	Robert Quinn	Kil			
14-23.5	Adrian Callan	Wol			
14-23.84	George Braidwood	Spr			
14-24.79	David Donnett	Wol			
14-25.24	Ian Mathieson	TVH			

10000 METRES

27-48.32	Paul Evans	B'grade
29-16.42	Thomas Murray	Cam
30-02.03	Alan Robson	RCE
30-10.42	Peter Fleming	RCE
20-19.61	Mark Gormley	Cam
30-20.07	Alaister Russel	Law
30-22.24	Alaister Walker	Tev
30-25.75	Kenneth Conley	Ann
30-28.18	Craig Hunter	Pit
30-36.35	David Cameron	She

3000 METRES STEEPLECHASE

8-13.65	Tom Hanlon	RCE
8-48.92	x John Sherban	FVH
8-51.08	Graeme Croll	Cam
8-56.9	x Peter McColgan	DHH
8-57.58	George Mathieson	CPH

HIGH JUMP

2.25	Geoff Parsons	Blue C
2.19	David Barnetson	CPH
2.10i	William Wyllie	FVH (2.09)
2.06	Neil Robbie	RCE
2.03	Jason Allen	Clyd
2.00i	James Stoddart	Bella
2.00	Andrew Simpson	CPH
2.00	Scott Hill	EAC
2.00	Duncan Mathieson	CPH
2.00	Graham McAslan	EAC
2.00	Stephen Ritchie	Pit

POLE VAULT

5.00	Alex Craig	FVH
4.60i	Martin Smith	CPH
4.60	Ian McKay	EAC
4.60	Douglas Hamilton	CPH
4.50	Michael Nicholl	So'ton
4.50	Andrew Wake	Morp
4.40	Paul Pentland	EAC
4.30i	Iain Black	CPH
4.20	David McLeod	Bella
4.20	Andrew Buchanan	Ald

LONG JUMP

7.38	Brian Ashburn	Cam
7.33w	William Wyllie (J)	FVH
7.23	Duncan Mathieson	CPH
7.10	Eric Scott	She
7.01	Dinkar Sabnis (J)	Ab
6.88	John Scott	EAC
6.86	Melville Fowler	Inv
6.86	Andrew Harrison	Sale
6.85	Darren Ritchie (Y)	Mel
6.82	Mark McManus (Y)	Ham

TRIPLE JUMP

14.80	Neil McMenemy	Cen
14.35	Rodger Harkins	Shett
14.27	Stuart Jamieson	EAC
13.95	Dinkar Sabnis (J)	Ab
13.72	Hugh Watson	Shett
13.69w	Darren Ritchie (Y)	Mel
13.65	Russell Brown	CPH
13.61	Ian Beattie	CPH
13.57	David Reid (J)	BHH
13.49w	William Stark (B)	Ab

SHOT PUT

17.72	Steve Whyte	H'grey
14.68	Neil Mason	EAC
14.62	Stephen Hayward (J)	Ab
14.59	James Hogg	Ayr
14.38	Mark McDonald	Dumf
14.21	Bruce Shepherd	Ab
14.11	Graeme Stark	Roth
13.87	Rod McKenzie	DHH
13.62	Stewart McMillan	EAC
13.54	x Kengo Kubota	EAC

DISCUS THROW

57.64	Darren Morris	Pit
48.70	M. Jemi-Alade	CPH
46.12	Steve Whyte	H'grey

43.92	Neil Elliot	EAC
43.06	Mark MacDonald	Dumf
42.50	x Kengo Kubota	EAC
42.04	S. Hayward (J)	EAC
41.92	Rory Bierbeck (J)	Hynd
41.56	Ken Soutar	Tay
40.58	James Hogg	Ayr

HAMMER THROW

62.92	Steve Whyte	H'grey
57.50	David Allen	Inv
55.68	Glen Kerr (J)	Bed
54.98	R. Payne-Dwyer	Birch
52.56	Andrew Hall	Hill
51.74	Chris Edgar (J)	FVH
50.76	Lachie Carter	Clyd
50.32	Bruce Shepherd	Ab
48.86	Iain Park (J)	FVH
48.84	Doug Aitchison	PSH

JAVELIN THROW

68.86	Roddy James	CPH
59.94	Jamie Grant	St. A U
58.96	Stewart Maxwell	Wirral
58.56	Adam Whyte	EAC
57.88	Stewart McMillan	EAC
57.70	Ben Jump	Ab
54.86	George Dingwall	Shett
53.76	John Guthrie	CPH
53.26	Andrew Bruce	Pit
53.18	Jonathan Gray (J)	Merch

DECATHLON

6957	Duncan Mathieson	CPH
6321	Rory Bierbeck (J)	Hynd
6286	Eric Scott	Shett
6113	Allan Leiper	Ald
5760	Iain Black	CPH
5592	Ken Pearson	Cen
5314	John Culshaw	FVH
5189	James Malcom	Muss

Women

100 METRES

11.5w	A. McGillivray	EWM (11.54)
11.9w	Morag Baxter	COG (12.04)
12.0w	Melanie Neef	COG (12.19)
12.0w	Ruth Girvan	EAC
12.03w	Sinead Dudgeon (I)	EAC (12.07)
12.1	Angela Baxter	COG
12.1w	Katrina Lays (J)	Ab
12.1w	Fiona Hutchison (I)	COG
12.1w	Elaine Julyan (J)	Ayr
12.2w	Sarah Smith (I)	Lgy
12.2w	S. Brown (I)	Ayr
12.2w	Lorraine Dick	COG
12.2w	T. Crosbie (J)	COG
12.22	Wendy Young (J)	File

200 METRES

23.4w	A. McGillivray	EWM (23.66)
23.8w	Angela Baxter	COG (23.89)
24.67w	Sinead Dudgeon (I)	EAC (24.84)
24.7w	Lorraine Dick	COG
24.7w	Wendy Young (J)	File
24.8	Laigh Ferner	Wigan
24.8w	Gillian McIntyre	COG
24.83	Emma Lindsay	EWM
24.91	Melanie Neef	COG
25.00	Dawn Kitchen	EWM
25.0w	Fiona Calder	COG
25.0w	Elaine Julyan (J)	Ayr

400 METRES

53.76	Gillian McIntyre	COG
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54.08	Angela Baxter	COG
54.84	Wendy Steele	EWM
54.90	Leigh Ferrier	Wigan
55.2	Dawn Kitchen	EWM
55.38	Mary Anderson	EAC
56.04	Danise Knox	Midd
56.9	Susan Bevan	Essex
57.07	Dawn Burden (J)	COG
57.2	Alison Brown	EWM

800 METRES

2-03.7	Susan Bevan	Essex
2-10.5	Janet Stewart	COG
2-10.53	Alison Potts (J)	COG
2-10.6	Carol Sharp	COG
2-10.6	Carol Ann Gray	EAC
2-11.75	Suzanne Wood (J)	EWM
2-11.8	Mary Anderson	EAC
2-11.99	Isabel Linaker (I)	Pit
2-12.3	Laura Adam	Parkside
2-13.0	Alison Johnston	EWM

1500 METRES

4-05.87	Yvonne Murray	EAC
4-07.29	Liz McColgan	DHH
4-16.95	Rhona Makepeace	*
4-18.16	Laura Adam	Parkside
4-21.91	Karen Hutcheson	BHM
4-23.59	Susan Bevan	Essex
4-24.52	Isabel Linaker (I)	Linc
4-24.8	Joanna Cliffe	EWM
4-25.77	Carol Ann Gray	EAC
4-26.2	Vikki McPherson	EWM

3000 METRES

8-36.63	Yvonne Murray	EAC
8-41.07	Liz McColgan	DHH
9-03.51	Rhona Makepeace	*
9-05.33	Laura Adam	Parkside
9-07.36	Karen Hutcheson	BHM
9-10.1	Vikki McPherson	COG
9-14.6	Annette Bell	Linc
9-28.2	Susan Ridley	EWM
9-41.27	D. Rutherford (J)	JWK
9-43.37	Alison Rose	EWM

10000 METRES

31-26.11	Liz McColgan	DHH
33-27.55	Vikki McPherson	COG
33-32.93	Annette Bell	Linc
34-39.16	Alison Rose	EWM
36-45.24	Jo-Ann Scott	Darl

100 METRES HURDLES

13.9w	T. Crosbie (J)	COG (14.34)
14.15	Jocelyn Kirby	Midd
14.3	Claire Doris	*
14.3w	L. McCulloch	EWM (14.95)
14.5	S. Richmond (J)	Pit
14.9	Ruth Irving (J)	Wirral
14.9w	Gail Murchie	Ab (15.39)
15.2	Isobel Donaldson	RAF
15.3w	Beverley Ross	DHH (15.70)
15.74	Emma Lindsay	EWM

400 METRES HURDLES

60.5	Lorna Silver (J)	DHH
61.04	A. Curbishley (I)	Midd
61.45	Joanna Cadman	EWM
61.47	Hazel Edgar	EWM
61.49	Fiona Laing	Unatt
62.6	Suzanne Wood (J)	EWM
62.9	Janet O'Neil	COG
62.98	Brigit Krueckels	EWM
63.9	Maira McBeath	Inv
64.0	Isobel Donaldson	RAF



Intermediate Julie Robin who is already performing well by senior standards.

HIGH JUMP

1.78	Hazel Melvin (J)	Troon
1.76	Rhona Pinkerton	COG
1.75	Karen Hambrook	Ash
1.74	Lisa Brown (I)	LGY
1.70	L. McMillan (J)	EWM
1.68	Emma Lindsay	EWM
1.66	Joanna Ross (J)	Kilb
1.65 i	Linda Gordon (J)	COG
1.65	W. MacDonald	Camb'ge
1.65	Gail Taylor (I)	COG

LONG JUMP

6.06	Karen Hambrook	Ash
6.01w	Ruth Irving (J)	Wirral (5.96)
6.00w	Caroline Black	EWM
5.95	Linda Davidson	Ab
5.77	Nicola Barr	EWM
5.67i	P. Anderson (I)	COG
5.64	Emma Lindsay	EWM
5.63	Mhairi Marr	Stew
5.58	K. McNamee (I)	COG
5.55	Isobel Donaldson	RAF

TRIPLE JUMP

12.93w	Karen Hambrook	Ash (12.89)
12.34	Nicola Barr	EWM
11.64	Linda Davidson	Ab
11.15	L. McMillan (J)	EWM
10.99i	P. Anderson (I)	COG
10.95	Mhairi Marr	Stew
10.84	W. McDonald (J)	Camb'ge
10.82	Seta Krikorian	Ed.U
10.80	Joanna Ross (J)	Kilb
10.66	Jacqueline Soutar	Tay
10.61	Jennifer Gibson (J)	Las

SHOT PUT

15.72i	Alison Grey (J)	EAC
14.03	Helen Cowe	Ab
13.26	Mary Anderson	EAC
12.61	Julie Robin (I)	Hel
12.02	Lynne Barnett (J)	PSH
11.65	Heather Yule (V)	Newbury

11.51i	Andrea Rhodie	COG
11.43	Alison Dutch	EWM
11.36	Stephanie Robin (J)	Hel
11.30	Claire Cameron	COG
11.30	Karen Hambrook	Ash

DISCUS THROW

48.82	Alison Grey (J)	EAC
47.86	Helen Cowe	Ab
43.06	Julie Robin (I)	Kilb
42.38	Susan Freebairn	COG
41.16	Claire Cameron	COG
40.88	H. Markhus (Nor)	GUAC
40.62	H. McCreadie (J)	Hel
39.12	N. Dhaliwal (G)	COG
39.00	C. Garden (G)	Pit
38.56	R. Chrimes (V)	Hales

Jim Herring
profiles the
small but
active
Dunbar
Running
Club.

Greg Moodie on a
twilight run.



Dunbar Running Club

PHOTOGRAPHS BY ROBERT PERRY.

THE present Dunbar Running Club was founded in 1986, although there was previously a running club in Dunbar in 1930's.

The club was originally based just outside Dunbar at Deerpark but in 1991 moved to Winterfield to become a section of Dunbar Rugby Football and Sports Club which now encompasses rugby, running, squash and hockey. There is a likelihood that the tennis club will also shortly join.

The benefits of joining a larger club can be seen in the improved changing and social facilities but also in the contact with other sports men, women, and young people.

The sports club is at present discussing plans for Winterfield with the local council and one of the goals would be an all-weather running track along with a floodlit all-weather training area.

The club has a growing membership but presently stands at 25 adults and 28 junior members. It has recently seen a rise in the number of adult male runners but would like to see more females come along. A beginners' night is planned in September and it is hoped it will

attract some new runners.

The club is organised by a small committee, which includes both runners and non-runners. The inclusion of non-running members helps to allow the running members to concentrate more on running and less on the actual organisation of the club's events.

The Dunbar club organise two events during the year. The main race is the Dunbar Boundary Race which is sponsored by the local Belhaven Brewery. This 10K grows in popularity every year and in 1992 attracted 130 runners, a 30% rise on 1991.

The race follows the original boundary of the town and finishes with a stretch along the picturesque promenade. Part of the race's popularity may be the bottle of Belhaven beer and Belhaven glass which each runner receives with their medal!

It is a real community effort with many of the 35 marshals being local rugby, squash, and hockey players.

The second event is the Doon Hill Race which until this year has been run in June. The race has failed

to attract large numbers of runners partly because of the clashes with other races and partly because it is seen as a "hill" race although it is more a road and track race with a large hill in the middle! This year the race will be run in early October and the club hopes to attract more runners.

The adult members of the club are all distance runners and regularly compete in 10Ks, half marathons and marathons across the country. Most of the adult runners are vets and many did not start running until in their late 30s but are now very experienced.

Husband and wife team John and Vicky Hannan have run 113 half marathons and 12 marathons since taking up running six years ago. They also had an exhilarating run in the Paris 20K in 1991.

"The atmosphere was fantastic," Vicky says, "Despite the heat and the 20,000 runners, you were just carried along".

Trevor Sayer has run 52 half marathons and both he and John Hannan have run the London marathon twice. Trevor was so astounded by seeing himself on the

BBC coverage of the London marathon that he immediately went on a strict diet, lost three stones and took 20 seconds off his half marathon time!

Evelyn Porteous, Vicky's sister (it's a family club) has run 22 half marathons with the Inverness run being her favourite.

Val Herring, and John and Vicky Hannan are planning to run the New York Marathon in 1993.

"The saving started last year" Val says. "The training starts in the Autumn!"

The club had ten runners in the recent Glasgow Half Marathon and is sending both men's and women's teams to the Berwick Walls Race and later to the Black Isle Half Marathon.

Each year a number of the club's runners take part in the Lammern Circuit to raise money for charity - this year for Crossroads, the careers scheme.

Some run 10K, some a half marathon but the bravest are the men who run the circuit from Dunbar to the Whitadder Dam on to Garvald and back to Dunbar, a total run of 33 miles.



1992 members of Dunbar AC.



Young club members are, top to bottom: Yvonne Simants, Claire Johnstone and Siobhan Carrie.

This was done this year by Bob Wilson, Brian Carrie, Mark Simants, and John Hannan, with Lawrence Gregory, who ran the distance last year, having to withdraw at the last minute.

Commenting on the run, Bob Wilson says, "It's a long way but we help each other along the way, taking it in turn to lead. Everyone struggles at one point but fortunately we don't all struggle at the same point! It's a case of three getting one through a bad patch until the next bad patch for someone else".

The runs include a stretch over the Dunbar Common, giving breathtaking views across East Lothian and the Firth of Forth as the runners begin their descent to Garvald.

The club has another husband

and wife team, Alistair and Di Mackie who are the club's hill running specialists and who regularly compete in the Ben Nevis, Ben Lomond, Carnethy 5, North Berwick Law, and Traprain Law races, with Di finishing as first lady in both Law races this year.

"The hills around Dunbar give you plenty of practice for these races," Di says. "Alistair has been training for Ben Nevis on Starvation Bray". (Starvation Bray is well named as cars have seen to struggle to reach the top!)

Brian Carrie, Bob Wilson, Derrick Jeffrey (all representing Scottish Nuclear), and Alistair Mackie have taken part in the Island Peaks race in the last two years.

Asked how this year's race had been, Brian Carrie says, "Very

enjoyable to start with but when the wind gets up and the rain starts it's totally and utterly exhausting - but then it's enjoyable again once you're in the boat. The finish and the small refreshment at the end make it all worthwhile!"

Dunbar also has a thriving junior section who regularly turn up for training on Tuesdays and Thursdays and take part in a large number of events across the country from Eyemouth in the south to Arbroath in the North. The boys' team of Mark Munro, Greg Moodie, Robbie Dyan won medals in the Scottish Schools under-15 category in 1991 and both boys and girls have gained top ten places in various meetings.

Coached by Derrick Jeffrey, Walter Moodie, and Lawrence Gregory, the Dunbar kids have shown remarkable improvement in their times in the last two years. The club runs the Thistle Awards Scheme and gold awards recently went to Yvonne and Yvette Simants, Claire Johnston, Siobhann Carrie, Emma Waddell, and Greg Moodie.

"For a small club, having to travel fairly long distances to races, the junior runners have shown great dedication and have been rewarded for their efforts" coach Derrick Jeffrey says. "However, we don't just concentrate on a few star performers. We try to get as many kids to races as possible as just attending a race meeting often acts as a spur to improve".

The junior runner's travel, vests,

and shorts are subsidised through the Junior Runners Supporters Scheme which this year involved 25 local businesses giving £15 each.

Sponsorship was also provided by Scottish Nuclear for a race meeting earlier this year. The junior runners were provided with a Scottish Nuclear bus for the day and were all given Scottish Nuclear sweatshirts.

The club also organises two races solely for club members. The Festive Half Marathon, sponsored by the local Shell garage, is handicapped and run in November from North Berwick to Dunbar.

There is also the Auld Year's Night race in which a brave few runners race for one mile around one of Dunbar's many hostels with the male and female winners receiving a bottle of champagne.

Being Auld Year's Night (the Dunbar expression for Hogmanay) the prizes are presented in the hostels around which the runners have just run.

The race starts at 7pm and only once or twice have we had to dissuade early revellers from taking part in the race!

Dunbar Running Club is growing steadily and has an excellent family atmosphere.

Running up the hills and by the sea around Dunbar would be the envy of many running clubs and we are all disappointed when the dark nights arrive and running is restricted to the lighted areas in town.

Brooke & Brown, W.S.

Solicitors
& Estate Agents



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SUPPORTING DUNBAR
RUNNERS

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August

1

Creag Dhu 3.5 mile HR, Newtonmore - 1, G Bartlett (For) 28-12; 2, D Rodgen (Loch) 28-32; 3, M Dixon (Loch) 28-37; 4, J Brooks J1 (Loch) 29-52; 5, D Runciman (Loch) 30-11; 6, H Lorimer (HBT) 30-54; 7, S Cameron J2 (Loch) 31-06; 8, M Francis (un) 31-42; 9, E Harwood V1 (HHR) 31-52; 10, P Winerton (Twy) 32-41; J3 P Jeffries (Loch) 32-53; V2 J Shields (Loch) 34-33; V3 R Brooks (Loch) 36-36; Local: M Davis (New) 35-56; L1 C Menhennet (Cly) 35-57.

Angus Munros 14 mile HR, Glen Doll - 1, J Coyle (Car) 26-50 (rec); 2, MN Martin (Fif) 2-31-12; 3, E Harwood V1 (HHR) 2-34-34; Other vets: A Mudge (Och) 3-15-11; S Hay (HHR) 3-19-08; T Wilson (DRR) 3-36-09; Team: Ochil HR.

Largo Law 5 mile HR, Lower Largo, Fife - 1, R Rodgen (HBT) 29-12; 2, A Davis (Fif) 30-16; 3, D Crowe (She) 30-22; 4, M Strachan (DHH) 30-36; 5, J Kirkland (DHH) 30-50; 6, J Gallacher (Och) 30-58; 7, P Morrison (Car) 31-01; 8, M Flynn (CPH) 31-20; 9, W Hutchison V1 (Ana) 31-23; 10, N Bowman (Loch) 31-32; 11, V2 T Martin (Fif) 31-56; V3 J Holden (Fif) 33-00; L1 J Robertson (Ayr) 35-27; 2, P Lemmoncello (Fif) LV1 39-20; 3, K Macgregor (Fif) 41-27.

5

Berwick Law 3 mile HR, North Berwick - 1, J Wilkinson (Gal) 18-24; 2, H Lorimer (HBT) 19-01; 3, P Bovill (Och) 19-04; 4, A Kitchen (Liv) 19-16; 5, C Lees (Ela) 19-18; 6, D McGuinness (HBT) 19-21; 7, P Hymen (Liv) 19-28; 8, B Hattman (Liv) 19-55; 9, D Bell (HETP) 20-07; 10, D Eades (Liv) 20-11; 11, V1 S Wallace (HETP) 20-28; 12, V2 A Lorimer (HBT) 21-43; 13, V3 K Burns (Car) 21-57; Women: 1, D Everington (Liv) 24-18; 2, L Boyd (Liv) 24-49; 3, M Crawford (EAC) 25-04; Team: Livingston 19 pts.

8

Ord Hill 4.5 Mile Race, North Keswick - 1, G Bartlett (For) 30-00 (course record); 2, R Wilby V1 (HHR) 32-24; 3, D Bow V2 (Nai) 33-36; 4, C Riach (Un) 35-31; 5, A Brett V3 (HHR) 35-34; 6, R Collins V4 (HHR) 35-59; 7, I Wheeler V5 (Inv) 36-00; 8, I Hay V6 (HHR) 37-26; 9, S Hay L1 (HHR) 39-47; 10, L Fisher L2 (HHR) 40-13; 11, O Forbes (Un) 42-53; 12, G Gunn (Un) 44-13;

9

Burnswark 6 mile HR, Ecclefechan - 1, C McCann (Ann) 37-24; 2, J Ferguson (Dum) 37-53; 3, Brycen (Ann) 38-23; 4, R Johnson V1 (Bor) 38-37; 5, M McPherson V2 (Dum) 38-45; 6, D McAlley (Un) 39-55; 7, J Moffat V3 (Dum) 40-43; 8, M Cole (Dum) 41-05; 9, J Dunion (Ann) 41-06; 10, J Buchanan V4 (Ann) 41-26; 11, L1 M Cunningham LV1 (Ed) 56-15; Teams: Dumfriesshire RC 22 pts; Annan 23

Dalchully 3 mile HR, Laggan Bridge - 1, J Brooks J1 (Loch) 27-48; 2, S Cameron J2

(Loch) 29-01; 3, P Jeffries J3 (Loch) 30-03; 4, R Bowell V1 (Loch) 30-51; 5, E Harwood V2 (HHR) 31-13; 6, W Brooks V3 (Loch) 31-29; 7, G Brooks V4 (Loch) 31-49; 8, K McAllister (Loch) 32-05; 9, L Hope L1 (Loch) 34-33; 10, J Borrali (Loch) 34-41; L2 E Foster (Char) 34-59; 3, J Anderson (Loch) 42-50.

Glen Trool Forest 10.5 mile HR, Bruce's Stone, Galloway Forrest Park - 1, I Murphy (Cly) 1-17-44; 2, J Coyle (Car) 1-23-41; 3, R Longmore (Sol) 1-23-55; 4, I Kevin V1 (Tel) 1-24-51; 5, D Brown (Dum) 1-28-33; 6, B Eldridge (Cly) 1-32-32; 7, C Menhennet L1 (Cly) 1-36-31; 8, R Green (un) 1-43-35; 9, R Turnbull V3 (Un) 1-46-57; 10, R McCrae (Gal) 1-47-16.

12

Forest Jog 10 mile L1, Hancock (Un) 1-36-03 (rec); 2, B Hancock L1 (Un) 2-09-00; 3, M McPhail L2 (Gal) 2-17-05.

15

Widford 5.5 mile HR, Kirkwall, Orkney - 1, A Cook 33-46 (rec); 2, S Bewan 34-44; 3, E Mackie 34-57; 4, S Tait 36-24; 5, B Reid 36-51; 6, G Hancus 36-52; 7, C White 38-44; 8, D Maddox 39-50; 9, A Howitt 39-53; 10, M Knowles 40-00; Women: 1, D Leonard 41-16 (rec); 2, F Mackie 48-54; 3, P Wright 56-34; (All Orkney AAC).

16

Arrochar Alps 9.5 mile HR, Arrochar, (Shortened course due to weather.) 1, C Valentine (Ken) 1-39-31; 2, I Murphy (Cly) 1-40-48; 3, J Aitken (HETP) 1-44-10; 4, D Bell (HETP) 1-46-48; 5, J Coyle (Car) 1-47-05; 6, E Harwood V1 (HHR) 1-47-25; D Bell (HETP) 1-47-56; 8, J Muppy (Loch) 1-48-02; 9, T Jones (Eir) 1-48-12; 12, J Wallace (HBT) 48-29; V0/50: K Burns (Car) 2-00-48; Women: 1, L Hope (Loch) 2-04-05; 2, H Diamantides LV1 (Amb) 2-12-30; 3, J Schreiber (P&B) 2-22-51; 4, LV2 S Hay (HHR) 2-24-09; Team: Haddington 14pts.

22

Tweedsmuir Fair 2 mile HR, Tweedsmuir 1, A Kitchen (Liv) 17-45; 2, A Muloney (Roch) 18-43; 3, C Urmostone (Roch) 18-54; 4, H Lorimer (HBT) 18-59; 5, J Hampshire (HBT) 19-55; 6, L Turnbull (Nor) 20-23; 7, B Walden V1 (Car) 20-26; 8, D Reid (Clyd) 20-51; 9, N Walker V2 (Amb) 21-08; 10, N McLintyre (HBT) 21-19; V3 A Lorimer (HBT) 21-52.

Great Wilderness Challenge, Wester Ross Dundonnell 25 mile HR - 1, J Musgrave (Ab) 2-48-21; 2, R Watt (FVO) 2-59-25; 3, A Thin (Cai) 3-05-57; 4, B Preece V1 (Ab) 3-12-14; 5, C Gilmour (Roch) 3-19-10; 6, N Lancaster (Loch) 3-21-17; 7, B Gauld V2 O/50 (Car) 3-27-38; 8, A White V3 (MBI) 3-33-31; 9, J Farquhar (HBT) 3-39-21; 10, M McCulloch (Ab) 3-39-21; Women: 1, K Mondam (Inv) 4-08-23; 2, F Finlay (Loch) 4-09-48; 3, T Respinge-Wilson (DRR) 4-20-03.

Alibay 13 mile HR - 1, R Hurring (NZ) 1-16-53; 2, S Axon (HBT) 1-19-15; 3, D Ball (HBT) 1-19-21; 4, B Moroney (Met) 1-22-31; 5, S Kirkland (DRR) 1-24-17; 6, A Muchison (At) 1-25-28; 7, K Farquhar (Met) 1-26-49; 8, N Duthie (DRR) 1-28-17; 9, I McKay (Stom) 1-30-30; 10, M Chambers (Inv) 1-30-10; Vets: 1, S Corry (Ken) 1-42-31; 2, N Grieve (DRR) 1-45-43; 3, J Urquhart O/50 (Mor) 1-47-10; Women: 1, F Thin (MBI) 1-36-50; 2, S Lowe (ESRC)

1-49-34; 3, K Greene LV1 (DRR) 1-59-28; 4, D Thomson LV2 (Un) 2-06-06.

Beecraigs HR Relay, Livingston - Opens: R Lee, C-Edea (both Liv) 18-49. Mixed: J Fallon (F), C Walton (F), G Ackland (All Liv) 19-12. Junior: J Coon, F West, D Douglas (All Liv) 22-36.

23

Lomonds of Fife, 9 mile HR, Strathmiglo - 1, G Bartlett (For) 65-12; 2, D Bell V1 (HETP) 68-07; 3, A Davis (Fif) 69-11; 4, D Crowe (She) 69-44; C Watson (Pit) 70-37; V0/50 C Clarke (AF) 1-21-01; Women: 1, J Farmer (Loch) 1-27-33; 2, K Hogg (Pen) 1-31-10; 3, S Hay (HHR) 1-32-59.

29

Achnomy 3.5 mile HR, Drumnadrochil - 1, D Rodgers (Loch) 20-56; 2, G Bartlett (Fo) 21-17; 3, D Runciman (Loch) 22-17; 4, A Davis (Fif) 22-45; 5, M Flynn (MRR) 23-11; 6, R Bowell V1 (Loch) 23-18; 7, R Champbell (Loch) 23-58; 8, R Wilby V2 (HHR) 24-08; 9, S Burns J1 (Loch) 24-13; 10, F Roache (Bristol) 24-45; V3 R Collins (HHR) 26-00; L1 H Searl (Loch) 31-01.

Devil's Beef Tub 2 mile HR, Moffat - 1, D Bell (HETP) 21-26 (course record); 2, H Lorimer (HBT) 21-39; 3, D Milligan V1 (Sol) 22-34; 4, R Longmore (Sol) 23-10; 5, J Blair-Fish (Car) V2 23-20; 6, R Waldie V3 O/50 (Car) 23-48; L1 L Longmore (Sol) 32-37 (record).

29/30

World Mountain Racing cup, Susa, Italy - Scots performances: Men (long race): 34, A Kitchen 37, R Jones; 39, P Clyne; 43, M Rigby; 47, J Maitland. Team: 11th of 21 teams. Men (short race): 4, C Donnelly; 7, N Wilkinson; 20, D McGonigle; 26, J Wilkinson; Team: 3rd of 18 teams. Juniors: 8, J Brooks; 9, P Mowbray; 17, H Hutchison; 43, S Cameron; Team: 3rd of 17 teams. Women: 6, T Calder; 23, C Menhennet; 27, J Salvona; 33, L Hope; 52, J Robertson; Team: 5th of 18 teams. Overall World Cup Placing: 1, Italy; 2, England; 3, Switzerland; 4, Austria; 5, Scotland.



August

2

Monklands HM at Coatbridge - 1, M Carroll (Ann) 65-00 (rec); 2, W Nelson (Law) 66-09; 3, G Tenney (Kil) 70-26; 4, E Wilkinson (She) 71-25; 5, W Weir (Law) 72-03; 6, D Thom (Cam) 72-52; 7, C Martin V1 (Dum) 73-30; 8, F Cooper (GN) 74-31; 9, P McGregory V2 (VP) 74-37; 10, D Fairweather V3 (Car) 75-10; 11, W Learmonth (Inv) 76-09; 12, K McLean (Un) 76-48; 13, D McLean (Un) 77-01; 14, J Blair (EAC) 77-07; 15, R Young V4 (Cly) 77-26; 16, J Carroth (Kil) 77-30; 17, J Martin (VP) 78-08; 18, J O'Donnell (V5) (FVH) 78-33; 19, A Wilson (Un) 78-40; 20, J Gillespie (FVH) 79-24; 21, V6 T McPate (SVHC) 80-10; 22, V7, W Marshall O/60 (SVHC) 81-29; 23, V0/50: M Coll (Dum)

85-38; Women: 1, E McBrinn (She) 1-21-10; 2, A-M Hughes (She) 1-27-43; 3, D Monteith LV1 (SVHC) 1-34-26; 4, S Beauchop LV2 1-35-16; 5, M Ward LV3 (un) 1-36-28.

Manderston to Eyemouth HM - 1, S Cohen (RCE) 66-03 (Rec); 2, L Atkinson (Ann) 66-58; 3, D Robertson (Salt) 66-59; 4, K Chapman (HETP) 68-42; 5, J Graham (RCE) 69-48; 6, J Baird (HETP) 73-14; 7, G Bain (Mor) 73-38; 8, I Mustadi (HETP) 74-25; 9, A Grimes (Hes) 74-49; 10, M Turnbull (Mor) 75-21; Women: 1, G Beagall (Hes) 1-20-07; 2, M Morton (Ber) 1-25-22; 3, N Thomson (Ber) 1-28-57; Team: Haddington 18 pts; Border AAA HM Champs: 1, K Chelmsan; 2, S Coombes (Mel) 76-24; 3, J Welsh (Eye) 78-33; 10K RR: 1, D Ross (RCE) 29-59; 2, J Pall-Robinson (Tev) 32-45; 3, H Lorimer (HBT) 33-04; 4, D Dempster (Un) 33-28; 5, C Nicol (Tev) 33-44; 6, D West (Un) 34-03; Women: 1, T Calder (HBT) 34-39; 2, J Mack (Un) 40-05; 3, J Jack (Tev) 43-20.

Corrie Capers 6 stage 57 mile Rd Relay Race round Arran. (Strt Blackwaterfoot) - Team: 1, Ayr Sea 5-10-38 (1 Baker, G Wright, T Lawrence, D McGarry, J Cairns, A Elder); CPH 5-15-33 (B Howie, D Gardner, I Steele, S Innes, C Caste, R Thomson); 2, JWK 5-50-19 (V Halliday, H Rankin, A Allendyde, D Robertson, K O'Neill, A Graham); Fastest stages: South section: Stage 1, 10 miles: B Howie (CPH) 54-24; Stage 2, 10 miles: G Whyte (Ayr) 54-56; Stage 3, 10 miles: I Steel (CPH) 49-52. North section: Stage 1, 9 miles: B Craig (Inv) 49-02; Stage 2, 9 miles: J Cairns (Ayr) 47-26; Stage 3, 9 miles: R Thomson (CPH) 49-09.

Strathallan Highland Games HM, Bridge of Allan - 1, I Brown (RCE) 67-14; 2, A Callan (Sp) 67-48; V1 A Stirling (Bo) 71-16; V2 A Nicoll (Cen) 78-37.

Macallan Moray Festival of Running, Elgin Marathon (inc Nat Champs) 1, F Clyne (Met) 2-25-38; 2, J Duffy (SV) 2-28-25; 3, S Mills (NZ) 2-30-16; 4, A Apple (Ayr) 2-32-42; 5, G Ronolds (For) 2-36-21; 6, A Fair (Tev) 2-38-08; 7, N Malton (Tev) 2-42-25; 8, M Francis (Un) 2-43-44; 9, R Davidson (DHH) 2-44-25; 10, W Adams V1 (Ab) 2-46-59; 11, N McGregor (SVHC) 2-49-16; 12, I Tack (Met) 2-50-04; 13, N McDonald (Met) 2-51-34; 14, P Jennings (Met) 2-54-36; 15, D Ritchie V3 (For) 2-54-50; Team: Metro 26 pts; Women: 1, T Thomson (Pit) 3-14-30; 2, P Nicholson (For) 3-45-06; 3, C Slater LV1 (Un) 3-48-27.

Half Marathon 1, B Moroni (Met) 70-53; 2, K Vamey (Met) 70-59; 3, R Taylor (Met) 71-39; 4, D Cruikshank (For) 74-12; 5, A Stephenson (Car) 74-37; 6, I Stewart (Car) 75-45; 7, P Shirley (MRR) 75-59; 8, P Cowie (Met) 76-24; 9, S Willox (Met) 78-28; 10, J Dick V1 (Un) 78-52; V2 B Smith (Bad) 81-37; V3 D Stewart (MRR) 81-46; Team: Metro 6 pts; Women: 1, M Duthie (FRC) 1-22-18; 2, S Bennett LV1 (Met) 1-30-14; 3, R McKay (Un) 1-35-04.

10K: 1, S Walford (Mor) 32-16; 2, S Pride (Coa) 34-06; 3, G Milne V1 Mor 34-13; 4, A Stewart (MRR) 34-33; 5, S Forbes (Met) 34-42; 6, K Prosser (MRR) 35-39; 7, K Farquhar (Met) 35-40; 8, D Watson (Inv) 36-05; 9, I Cumming (Ab) 36-06; 10, P Miller (Inv) 36-14; Team: Moray RR 8 pts; Women: 1, L Bain LV1 (Ab) 38-56; 2, F Thin (MBI) 40-48; 3, F Farquhar LV2 (Inv) 42-47; Team: Moray RR.

Donkey Brae RR (7 miles), Aberdeen - 1, A Ayre-Walker (HBT) 36-10; 2, C Law (Car) 36-37; 3, W McNeill (Pit) 38-20; 4, R Brown (HBT) 38-34; 5, R McGill (Un) 38-34;

6, W Hutchison V1 (Anst) 38-49; 7, S Kerr (RCE) 39-14; 8, C Hunter (EAC) 39-30; 9, H Dunkin (Un) 39-30; 10, D Calder (West) 39-30; V2, D Harkness (Un) 42-15; V3, P Hamilton (Un) 42-15; Women: J Robertson (Ayr) 43-30; 2, D Everington (Liv) 44-45; 3, P Lemmoncello LV1 (Fif) 45-45; 4, A Nimmo (Un) 47-00.

4

Glenpark Harriers Bill Elder Memorial RR 10K, Greenock - 1, T Murray (Cam) 30-19 (Rec); 2, G Gaffney (GWH) 31-45; 3, G Tenney (Kil) 31-52; 4, S Hodge (SV) 32-04; 5, T Thomson (Cen) 32-08; 6, C Spence V1 (SV) 32-16; 7, T McCallion (GGH) 32-30; 8, E McKee (SV) 32-35; 9, M McGinley (Kil) 32-59; 10, C Cromar (SV) 32-59; 11, T Anderson (Kil) 43-10; 12, P Russell (GGH) 33-12; 13, B McGuinness (Dum) 33-15; 14, G McGarron (GGH) 33-34; 15, S McCloone (GGH) 33-37; 16, P Grant (SV) 34-09; 17, R Guthrie (Bel) 34-09; 18, G Allaoop (Ayr) 34-21; 19, J Quinn (Cam) 34-39; 20, M Oppin (Cam) 35-02; Other Vets: 3, J Smith (GGH) 37-43; 4, J Boyd (Hel) 38-09; 5, J Davidson (Inv) 38-19; 6, D Olding (SV) 38-28; 7, R Martin (SV) 38-53; 8, A Cameron (GWH) 40-59; Women: 1, E O'Brien (GGH) 38-33; 2, C Gibson (SV) 40-04; 3, A Clayden (Hel) 41-17; 4, S Curren LV1 (GGH) 45-20; 5, I Kerr (Inv) 47-53; 6, M Shields LV2 (Hel) 49-29; Teams: 1, S Valley 18 pts; 2, Kilbarchan 22; 3, Cambuslang Harriers 40; 4, Greenock Glenpark Harriers 41.

5

Scottish Vets 10K Champs, Lochinch - 1, T Dolan (Cam) 33-30; 2, C Martin (Dum) 33-49; 3, D Fairweather (Cam) 33-58; 4, D Mewse (Kil) 34-05; 5, J McMillan (Kil) 34-34; 6, W Stoddart (GWH) 34-51; 7, I Leggett (Liv) 35-07; 8, J Morrison (SVHC) 35-15; 9, T Wiseman (VP) 35-21; 10, B McMonigal (She) 35-23. Age group winners: O/40: D Mewse; O/45: T Dolan; O/50: I Leggett; O/55: J Irvine (Bel) 36-43; O/60: W Stoddart; O/65: R Donald (Gar) 51-10; O/70: S Lacey (SVHC) 50-52; Women: 1, D Monteith (SVHC) 41-48; 2, S Bauchop (SVHC) 42-56; 3, M Robertson (Tro) 45-11; 4, E McMillan (Kil) 45-45; 5, M Moore (Kil) 46-59.

8

Bowmore Distillers Isle of Islay HM, Bowmore - 1, D Knight (PSH) 73-51; 2, R Thomas (HBT) 78-06; 3, C Smith (PSH) 80-20; 4, A Want (Is) 80-55; 5, M James (Ed) 81-30; 6, A Wilson (Ayr) 81-44; 7, N Watson (PSH) 83-18; 8, R Brewster (Ed) 84-06; 9, T Rhodes (PSH) 84-56; 10, P Lewis (CDur) 85-43; Vets: 1, D Taylor (HBT) 86-39; 2, A Muir (Cal) 86-59; 3, D Drummond (Bian) 87-37; Women: C Reid (GN) 1-36-04; 2, J Maxwell (Ayr) 1-40-12; 3, M Thow (Gl) 1-44-54; 4, W Boyd (Is) 1-46-17; Teams: PSH 11 pts; 2, Islay 27.

Dornoch Festival of Running - 10K: 1, A Reid (Pat) 31-28; 2, P Baker (Inv) 32-22; 3, S Forbes (Met) 32-51; 4, G Mitchell (Inv) 33-37; 5, F Roache (GW) 33-50; 6, D Watson (Inv) 34-09; 7, D McLean (GU) 34-30; 8, R McDonald (Inv) 34-49; 9, P Laing (Spr) 35-00; 10, K Prosser (MRR) 35-19. Other vets: 2, V Smith (Bad) 36-13; 3, A McLeod (DRR) 36-22; Team: Inverness 12 pts; Women: M Robertson (LV1) DRR 38-17; 2, F Thin (MBI) 38-39; 3, K Farmer (Cai) 41-13; Women's team: Caithness AAC.

Half Marathon: 1, A Cook (Oik) 72-36; 2, D Henderson (Aln) 74-13; 3, A Stewart (MRR)

75-30; V1, W Hargreaves (Liv) 78-55; Team: Moray RR. Women: L Harding (Hough) 1-17-35 (Rec); 2, J Norgate (Nai) 1-39-19; 3, M Argyle (ESRC) 1-44-44.

Reebok Fest HM, Haddington - 1, J Ross (RCE) 68-14; 2, K Chapman (HETP) 68-46; 3, A McLinden V1 (Ham) 72-03; 4, C Smith V2 (EAC) 73-45; 5, J Baird (HETP) 74-54; 6, G Cuthbert (CPH) 74-55; 7, I Mustard (HETP) 75-00; 8, M Daley J1 (EAC) 75-08; 9, P McGregor (V2) (VP) 75-13; 10, P Baxter (Pit) 75-45; Team: HETP. Women: 1, T Thomson (Pit) 1-27-59; 2, M McLean (Por) 1-31-32; 3, S Aitken (AP) 34-13; LV1, A Dewdeck (PSH) 1-40-53. Women's team: A Park.

Nethybridge RR - 1, D Runciman (Loch) 51-15; 2, M Dixon (Loch) 52-59; 3, A Winter (Val) 57-06; 4, A Ross (Un) 59-52; 5, J Morning (Un) 61-20; 6, A Harold (Un) 62-02; 7, A McDonald (Inv) 62-08; 8, N 9, Black (Un) 62-23; 10, M Cunningham (Un) 63-40; 11, R McDonald (Un) 64-03. Women: 1, C Fleming (Un) 74-57.

9

Gatorade 10 mile RR, Aberdeen - 1, T Mitchell (Fif) 51-44; 2, D Ball (AU) 52-18; 3, S Axon (HBT) 54-29; 4, S Wynne (Ab) 54-35; 5, W Adams (Ab) 55-14; 6, B Anderson (BRR) 55-26; 7, A Gray (Un) 55-43; 8, G MacIntyre (Fife) 55-51; 9, J Ballentyne (Aber) 56-00; 10, A Neaves (Met) 56-14; Teams: 1, Ab 18 points. Women: 1, A Jones (Whal) 63-58; 2, J Grammes (Ab) 64-35; 3, A-M Hughes (She) 65-31; 4, S Bennett (Met) 67-11; 5, L Colme (Gar) 67-43; 6, A Wood (Un) 69-35; 7, C Lorimer (Sto) 70-50; 8, M Lorimer (Un) 73-36; 9, C Blyth (Doe) 78-09; 10, I Webb (Un) 83-57.

12

Mill Lum Multi Terrain, 6 Mile Race, Kinghorn, Fife - 1, T Mitchell (Fife) 33-28; 2, T Reid (DHH) 33-56; 3, D Anderson (Kinross) 34-03; 4, C Hunter (Pit) 34-18; 5, T Thomson (Reg) 34-27; 6, R Bell (DHH) 34-29; 7, A Davis (Fife) 36-03; 8, P Patterson (Car) 36-11; 9, R Milton (Car) 36-23; 10, W Hutchinson (Anster) 36-31; 11, T Martin (Fife) 36-39; 12, A Duncan (Pit) 36-50; 13, J Campbell (Pit) 36-50; 14, W McNeill (Pit) 36-50; 15, S Kerr (DHH) 37-00; 16, R Rosborough (Cly) 37-20; 17, I Taylor (Car) 37-31; 18, J Folden (Fif) 37-35; 19, I Wallace (HBT) 37-36; 20, C Mathieson (Kinross) 37-38.

Women: 1, M Gemmel (Strath) 40-40; 2, G Robertson (Ayr) 41-16; 3, D Everington LV1 41-38; 4, M Robertson (DRR) 41-16; 5, P Melcholo (Fife) 44-09; 6, M Taggart (CAR) 45-47; 7, LV3 A Strachan (DRR) 46-44; Overall 5 race midweek race results: 1, D Anderson (Kin) 45-9; 2, J Taylor (Car) 42-6; 3, W Hutchinson 41-9; 4, S Kerr (DHH) 40-6. Veterans: 1, J Holden (Fife) 39-4; 2, T Martin (Fife) 34-1; 3, D Gunstone (Fife) 32-3. Juniors: 1, W Hargreaves (CAR) 26-0; 2, D MacGregor (Fife) 23-7; 3, I Wallace (Fife) 18-9. Women: 1, M Robertson 17-6; 2, P Lemmoncello (Fif) 12-6; 3, A Strachan (DRR) 10-4.

15

Nairn Highland Games Half Marathon - 1, T Thomson (Cly) 70-55; 2, K Vamey (Met) 71-50; 3, S Fobba (Met) 73-30; 4, E Neaves (Met) 74-00; 5, A Stuart (MRR) 75-27; 6, C Vicas (Naim) 76-09; 7, D Morrison (MRR) 76-55; 8, M Fracia (MRR) 78-27; 9, S Reave

(MRR) 78-44; 10, K Tulloch (Met) 78-52; Teams: 1, Metro 9 pts; 2, MRR

43-36; 6, G Kellie (Har) 43-54; 7, A Martin V1 (Fif) 43-57; 8, I Stewart (Car) 44-06; 9, A Davies (Fif) 44-20; 10, S Doig (Old Grey) 44-35; 11, J Kirkland (DHF) 44-37; 12, J Clarke (DHF) 44-50; 13, J Dunin (GHD) 44-51; 14, J Holden V2 (Fif) 44-55; W Hutchison V3 (Ans) 45-08; 15, G McIntyre 45-09; 16, D McGregor V4 (Fif) 45-21; 17, D Gunn (Met) 45-27; 18, G Bennett (DHF) 45-36; 19, J Lumsden (Fif) 45-43.
Women: 1, M Robertson (70th) LV1 (DRR) 50-24; 2, C Brown (89th) LV2 (Fif) 51-49; 3, T Lemoncello 95th (Fif) 52-32; 4, M McLaren (115th) LV4 (Fif) 54-14; 5, C Cager (121st) LV5 (PSH) 54-34; 6, A Strachan 127th (LV6) (DRR) 55-19; 7, S Smith 173rd (Un) 59-17; 8, S Duncan 184th LV7 (Pit) 59-57.

29

Thornhill Gala 6 Mile RR, Dumfries -

1, J Ferguson (Dum) 31-47; 2, D McAlly (Un) 33-35; 3, P Crossie (Un) 34-21; 4, M McPherson V1 (Dum) 34-37; 5, R O' Harah (Ann) 34-43; 6, J Kerr V2 (DAC) 34-52; V3 I Turner (Sol O) 35-17; L1 D Turner (Sol O) 44-08.
Young athletes 3 miles: (All Dumfries AAC): 1, D Possey 16-17; 2, C Black 17-12; 3, S Steele 17-37.

Two Bridges 36 mile RR (Forth and Kincardine Bridges, Rosyth) -

1, P Baxter (Pit) 2-47-48; 2, A Dunkin V1 (Pit) 2-48-59; 3, P Rodgers (Ski) 3-49-32; 4, S Lund (Wig) 3-50-35; 5, M Francis (Mor) 3-53-03; 6, D Beattie V2 (Craw) 3-54-20; 7, P Swan (Pit) 3-54-33; 8, A Smith V2 (Ski) 3-55-55; 9, B Bother (Sund) 3-56-41; 10, A Bosley V3 (NPH) 3-59-22; 11, D Ritchie V4 (for) 4-00-52; 12, A Radgick (HKA) 4-01-42; 13, M Guichard (Dun) 4-03-34; 14, I Brown (Pit) 4-04-21; 15, G Renolds (For) 4-05-47; V6/50 R Donkin (Sun) 4-13-54; V6/60 G Hamilton (Un) 5-18-03.
Women: T Thomson 41st (Pit) 4-38-51; 2, P Cooney 81st LV1 (AF) 5-38-23; 3, I Clarke 82nd LV2 (Arb F) 5-38-24.
1st local: P Baxter; **1st service man:** M Francis (RAF) 5th; **Teams:** 1, Pitreavie 10 pts; 2, Tipton 27 pts; Sunderland 53 pts.

Glenashdale 9.1 RR, Isle of Arran -

1, P Lawrence (Ayr) 53-07; 2, G Allsop (Arr) 54-03; 3, J Caruth (Kil) 55-05; V1: A Shadden (Irv) 55-34; L1: J Thomson (Arr) 62-00.

Inverness to Drumadrochit 15 mile RR -

1, G Laine (Inv) 1-26-23; 2, S Lonnard (EAC) 1-32-10; 3, D Bell (Un) 1-35-23; 4, G Contier (Car) V1 1-35-34; 5, A Kennedy (Loch) 1-35-34; 6, R McDonald (Inv) 1-37-46; 7, N Waterson (Cai) 1-38-13; 8, A McDonald V2 (For) 1-38-23; 9, J Bowman V3 (Cai) 1-39-38; 10, L Redfern V4 (Inv) 1-39-46.
Women: L1: H Stewart (Cly) 1-50-26; 2, R McKay (Loch) 1-53-42; 3, S Whistler (BAC) 2-03-57.

30

Ian Skelly 10 Mile RR, Loch Park Stadium, Carlisle -

1, A Russell (Law) 51-41; 2, I Brown (RCE) 51-52; 3, Wyllie (Cam) 53-47; 4, S Quinn (RCE) 54-33; 5, E Wilkinson (She) 55-19; 6, A Robertson (Cam) 55-36; 7, D Law (Chir) 56-03; 8, W Dickson (Law) 57-24; 9, G McIntyre (Fif) 57-48; 10, D McLean (GU) 58-12; **Vets:** 1, P Smith (Cum) 59-23; 2, A Nicol (Un) 61-38; 3, R Shanks (Cai) 51-56; V6/50: 1, G Tai (Law) 71-00; V6/60: 1, A Muir (Un) 80-35;
Women: 1, E Cameron (Un) 72-18; 2, M Robertson (Un) 73-08; 3, C Kilmurray (Un) 72-29;

Aberdeen HM, Chris Anderson Stadium, Aberdeen (370 ran) -

1, R Creswell (Ab) 71-10; 2, T Thomson (Can) 71-34; 3, R Taylor (Met) 71-44; 4, K Vamey (Met) 71-45; 5, C Youngson V1 (Ab) 71-47; 6, C McLennan (EAC) 71-52; 7, W Adams V2 (Ab) 75-27; 8, N Milovovov (Met) 75-35; 9, P Jennings (Met) 75-55; 10, S Cassells (Ab) 76-06; 11, A Neaven V3 (Met) 76-25; 12, P Shirley (MRR) 76-27; 13, D Morrison (MRR) 76-28; 14, J Thom (Met) 76-31; 15, A Gray (Un) 76-49. **Other vets:** V4, D Mewse (Kil) 77-17; V5, J Ballantine (Ab) 77-36; V6, F Duguid (Ab) 78-55.
Women: G Pollard LV1 (FTT) 1-19-54; 2, S Bennet LV2 (Met) 1-30-40; 3, A Wood (EAC) 1-32-15; 4, H Gaskell LV3 (Banch) 1-32-33; 5, N McKinnon LV4 (Ab) 1-34-39; 6, J Fraser (Un) 1-35-09.
Teams: 1, Aber 13 pts; 2, Met 15.

Results compiled by
Colin Shields

Diet Coke Great Scottish Run, August 23. Continued results. (For placings 1-1727 see pages 25 to 28.) -

1728 J Robertson (Un) 1-40.50; 1729 D MacWard (Un) 1-40.51; 1730 S Sheridan (GH) 1-40.51; 1731 J Hamilton (Un) 1-40.52; 1732 P Haggerty (Un) 1-40.52; 1733 C Pressley (Un) 1-40.53; 1734 A Harvie (COG) 1-40.53; 1735 J Bennett (Un) 1-40.53; 1736 M Mustard (Un) 1-40.54; 1737 C Buchanan (Un) 1-40.54; 1738 D McLennan (Un) 1-40.55; 1739 K Hay (Un) 1-40.55; 1740 M Quinn (Un) 1-40.56; 1741 D Sutherland (LBP) 1-40.56; 1742 D Hall (Un) 1-40.56; 1743 W O'Neil (AS) 1-40.57; 1744 J McKnight (Un) 1-40.57; 1745 J Martin (Un) 1-40.58; 1746 A Law (YMCA) 1-40.58; 1747 M McCafferty (Un) 1-40.58; 1748 P Flood (Un) 1-40.59; 1749 J Goudie (Kil) 1-40.59; 1750 A Bryce (Un) 1-40.59; 1751 R Moody (Un) 1-41.0; 1752 W Kidd (Un) 1-41.0; 1753 J Duthie (Un) 1-41.1; 1754 B Fraser (Un) 1-41.1; 1755 R Craig (Un) 1-41.2; 1756 P Moss (Un) 1-41.3; 1757 D Cooper (Un) 1-41.3; 1758 D Clark (Un) 1-41.3; 1759 R Goldie (Un) 1-41.4; 1760 M Blair (Un) 1-41.5; 1761 R Smith (SS) 1-41.6; 1762 R Alexander (Un) 1-41.6; 1763 R Hardy (Un) 1-41.7; 1764 R Atkinson (Un) 1-41.7; 1765 R McCready (Pet) 1-41.7; 1766 D Duffy (Un) 1-41.8; 1767 D Jackson (Un) 1-41.8; 1768 B Inglis (Un) 1-41.9; 1769 A Pettigrew (Un) 1-41.9; 1770 J Wilson (Un) 1-41.10; 1771 T Inglis (Un) 1-41.10; 1772 R McKenzie (Un) 1-41.10; 1773 E Campbell (Loch) 1-41.11; 1774 S Smith (Un) 1-41.11; 1775 J Harrison (Un) 1-41.11; 1776 V (of 45); 1776 D Sheldon (Un) 1-41.12; 1777 N McCrone (Un) 1-41.12; 1778 J Greenlees (SVHC) 1-41.12; 1779 G Gartshore (Un) 1-41.12; 1780 J Cullion (Un) 1-41.13; 1781 C Sharratt (Un) 1-41.13; 1782 B Connor (Un) 1-41.13; 1783 P Rose (Un) 1-41.13; 1784 S Chalmers (Un) 1-41.14; 1785 C Broily (Un) 1-41.14; 1786 A Speirs (Un) 1-41.14; 1787 S Wells (Un) 1-41.14; 1788 H Sloman (Un) 1-41.14; 1789 P Beasley (Port) 1-41.14; 1790 C Caldwell (Un) 1-41.15; 1791 E Porteous (D&D) LV2 (0/45) 1-41.15; 1792 D Sievwright (Un) 1-41.15; 1793 A Gilmore (Un) 1-41.15; 1794 N Crawford (Un) 1-41.15; 1795 A Small (Un) 1-41.16; 1796 M Sturrock (Un) 1-41.16; 1797 F Foster (Un) 1-41.16; 1798 J Hyslop (Un) 1-41.16; 1799 A Parsons (Un) 1-41.16; 1800 K Hall (Un) 1-41.17; 1801 E Lee (Un) 1-41.17; 1802 M Farrer (Un) 1-41.17; 1803 L Steel (Un) 1-41.17; 1804 R Hargreaves (Un) 1-41.17; 1805 J MacGregor (Un) 1-41.18; 1806 C Caffrey (Un) 1-41.18; 1807 L Findlay (Cam) 1-41.18; 1808 D Beith (Un) 1-41.18; 1809 G Simpson (Un) 1-

41.18; 1810 I Burns (Un) 1-41.18; 1811 N McMurdo (Un) 1-41.19; 1812 D Jones (Un) 1-41.19; 1813 W McDonald (Un) 1-41.19; 1814 J Greer (Un) 1-41.19; 1815 A Ferguson (Un) 1-41.19; 1816 M Armstrong (Un) 1-41.20; 1817 H MacKay (Un) 1-41.20; 1818 R Franks (Un) 1-41.20; 1819 D Riddell (Un) 1-41.20; 1820 J Sloan (Un) 1-41.21; 1821 A McMahon (Un) 1-41.21; 1822 A Mills (CHR) 1-41.21; 1823 J DUNN (Un) 1-41.22; 1824 G Allison (Un) 1-41.22; 1825 S Osborn (Un) 1-41.23; 1826 J McGuigan (Un) 1-41.23; 1827 R MCCLOY (Un) 1-41.25; 1828 J Johnston (CRR) 1-41.26; 1829 M Fox (TH) 1-41.27; 1830 S Henderson (Un) 1-41.29; 1831 J McLaren (Un) 1-41.31; 1832 M Dunbar (Un) 1-41.31; 1833 G Wilson (Un) 1-41.32; 1834 P Samson (Un) 1-41.33; 1835 K Halliday (Un) 1-41.33; 1836 D Dinnie (SH) 1-41.34; 1837 M Philip (BH) 1-41.35; 1838 J Turok (Un) 1-41.35; 1839 A Edgar (DRC) 1-41.35; 1840 D Murray (Un) 1-41.36; 1841 J Sangster (Un) 1-41.37; 1842 S McDade (Un) 1-41.37; 1843 D Wright (Un) 1-41.38; 1844 W Hood (HELP) 1-41.39; 1845 J Lamb (Un) 1-41.39; 1846 J Syme (Un) 1-41.40; 1847 D McCabe (GN) 1-41.41; 1848 J McGinty (Un) 1-41.42; 1849 N MacLean (Un) 1-41.43; 1850 A Connolly (Un) 1-41.43; 1851 W Mason (Un) 1-41.43; 1852 W Ballantyne (Un) 1-41.44; 1853 M Howley (Un) 1-41.45; 1854 R Jones (Bel) 1-41.45; 1855 M McGuigan (Un) 1-41.46; 1856 J Docherty (Un) 1-41.46; 1857 C Bradley (Un) 1-41.47; 1858 D Broen (DRC) 1-41.47; 1859 W Taggart (Un) 1-41.49; 1860 S Gough (Un) 1-41.49; 1861 A Mitchinson (Un) 1-41.50; 1862 T Green (Un) 1-41.50; 1863 S Twaddle (Un) 1-41.51; 1864 S Cummings (Un) 1-41.52; 1865 A Mason (Un) 1-41.52; 1866 A McPhine (Un) 1-41.53; 1867 W Ross (Un) 1-41.53; 1868 S Reekie (Un) 1-41.54; 1869 D Clark (Un) 1-41.54; 1870 C Ryan (Un) 1-41.55; 1871 G Robinson (Un) 1-41.56; 1872 W Bain (Un) 1-41.56; 1873 D Lavender (Un) 1-41.57; 1874 P Rashid (Un) 1-41.57; 1875 H O'Donnell (Un) 1-41.58; 1876 J Baxter (Un) 1-41.58; 1877 J McPhoe (Un) 1-41.59; 1878 J McPhoe (Un) 1-41.59; 1879 A McEwen (Un) 1-42.0; 1880 P McAdam (West) 1-42.0; 1881 R Rutherford (Un) 1-42.1; 1882 G McLelland (Un) 1-42.2; 1883 C Dominy (Un) 1-42.2; 1884 J Taylor (Un) 1-42.3; 1885 J Boyle (DC) 1-42.3; 1886 J Ross (Un) 1-42.4; 1887 A MacKay (Un) 1-42.4; 1888 W Bruckshaw (Un) 1-42.5; 1889 A England (Un) 1-42.6; 1890 E Schwarz (Un) 1-42.7; 1891 J Clark (Un) 1-42.7; 1892 G McKay (Un) 1-42.8; 1893 S Wilson (Un) 1-42.9; 1894 P Kavangh (Police) 1-42.9; 1895 W Barr (Un) 1-42.10; 1896 T Kennedy (Un) 1-42.10; 1897 A Neill (Un) 1-42.11; 1898 G Amittage (Un) 1-42.13; 1899 R McCurdy (Un) 1-42.14; 1900 S Clifton (Un) 1-42.16; 1901 G Moffat (Un) 1-42.17; 1902 A Allen (JC) 1-42.18; 1903 T Burke (Un) 1-42.19; 1904 G McKenzie (H) 1-42.19; 1905 A Gibson (Un) 1-42.20; 1906 J McNamara (GH) 1-42.20; 1907 H Beeby (Un) 1-42.20; 1908 J Blincow (Un) 1-42.21; 1909 R McCann (Un) 1-42.21; 1910 R Taylor (Un) 1-42.21; 1911 G Gallo (MRR) 1-42.22; 1912 R Bolton (SH) 1-42.22; 1913 E Meek (Cam) 1-42.23; 1914 J Cameron (Un) 1-42.23; 1915 J Wyllie (Un) 1-42.23; 1916 C Milne (Un) 1-42.24; 1917 A Lindsay (Un) 1-42.24; 1918 A Cameron (Un) 1-42.24; 1919 C WYLLIE (Un) 1-42.25; 1920 N Foulis (Un) 1-42.25; 1921 N Deans (Aber) 1-42.27; 1922 G Bell (Un) 1-42.27; 1923 M Duffy (Un) 1-42.28; 1924 J Fraser (Kil) 1-42.28; 1925 B Gemmell (Un) 1-42.30; 1926 N Burton (Un) 1-42.30; 1927 E Toal (Un) 1-42.31; 1928 T Ross (Un) 1-42.31; 1929 K Davidson (Un) 1-42.32; 1930 G Gourlay (Un) 1-42.32; 1931 P Kelly (Un) 1-42.33; 1932 P Byrne (Un) 1-42.34; 1933 J Sharratt (Un) 1-42.34; 1934 R Hogarth (Un) 1-42.35; 1935 K Nixon (Un) 1-42.35; 1936 G Matwick (Un) 1-42.37; 1937 J McGregor (BFC) 1-

42.38; 1938 J Norton (Un) 1-42.40; 1939 J Owens (Un) 1-42.40; 1940 R Bali (MH) 1-42.41; 1941 I Smith (Un) 1-42.41; 1942 J Hynes (Un) 1-42.41; 1943 K Hamilton (Un) 1-42.42; 1944 D Roberts (Un) 1-42.42; 1945 C McKay (Un) 1-42.42; 1946 S Head (DRC) 1-42.43; 1947 C Anhur (Un) 1-42.43; 1948 M Wakeman (BH) 1-42.44; 1949 W Hamilton (Un) 1-42.44; 1950 A McIntosh (Un) 1-42.44; 1951 S Webster (Un) 1-42.45; 1952 D King (Un) 1-42.45; 1953 T McGuire (Un) 1-42.45; 1954 S Lock (Un) 1-42.46; 1955 P Leaver (Un) 1-42.46; 1956 J Sweeney (Un) 1-42.47; 1957 P Statham (Un) 1-42.47; 1958 W Douglas (Un) 1-42.48; 1959 J Leitch (Un) 1-42.49; 1960 D Clark (Un) 1-42.49; 1961 R Young (Un) 1-42.50; 1962 G Cox (Un) 1-42.51; 1963 J McLean (Un) 1-42.51; 1964 R Findlay (Un) 1-42.52; 1965 A McHugh (Un) 1-42.52; 1966 N Biggar (Un) 1-42.54; 1967 S Reid (Un) 1-42.54; 1968 J Philippe (Un) 1-42.55; 1969 P Fitzpatrick (Un) 1-42.55; 1970 D Douglas (Law) 1-42.56; 1971 A McCandlish (Un) 1-42.56; 1972 S Russell (Un) 1-42.56; 1973 D Adams (SH) 1-42.57; 1974 K Francis (Un) 1-42.57; 1975 B Moffat (Un) 1-42.57; 1976 C Newman (Un) 1-42.58; 1977 B Walker (TT) 1-42.58; 1978 C Fraser (Un) 1-42.59; 1979 A Saunders (Un) 1-42.59; 1980 J Lafferty (Un) 1-42.59; 1981 J Lloyd (Un) 1-43.0; 1982 M MacDonald (DRR) 1-43.0; 1983 H Allen (Un) 1-43.1; 1984 T Hunter (Un) 1-43.1; 1985 L Malibay (BHC) 1-43.1; 1986 C Cruikshank (Un) 1-43.2; 1987 C Reid (Un) 1-43.2; 1988 A Leondard (Un) 1-43.3; 1989 A Steele (Un) 1-43.3; 1990 D Murray (Un) 1-43.4; 1991 C Murray (Un) 1-43.4; 1992 D MacInnes (Fire) 1-43.5; 1993 J McMillan (Un) 1-43.5; 1994 L Oates (Un) 1-43.5; 1995 J Potter (Un) 1-43.6; 1996 W Nicoll (Un) 1-43.6; 1997 G Harper (Police) 1-43.7; 1998 J McElmy (Un) 1-43.7; 1999 W Hiddleston (HFoot) 1-43.8; 2000 D Duthie (H) 1-43.8; 2001 M Buchanan (Cal) 1-43.8; 2002 S MacPherson (Un) 1-43.9; 2003 B Pickett (Un) 1-43.9; 2004 D Carmichael (Un) 1-43.9; 2005 B Tardling (Un) 1-43.10; 2006 G Duran (Un) 1-43.10; 2007 J Galloway (Un) 1-43.11; 2008 J Auld (Un) 1-43.11; 2009 G Alexander (Un) 1-43.11; 2010 W McLay (Un) 1-43.12; 2011 J MacDonald (Un) 1-43.12; 2012 P Morrison (Un) 1-43.12; 2013 E Kennedy (Un) 1-43.12; 2014 D Boyle (Un) 1-43.13; 2015 J Stirling (Un) 1-43.13; 2016 J Stokoe (Un) 1-43.13; 2017 B Varrochia (Un) 1-43.14; 2018 G Holstead (Un) 1-43.14; 2019 J Stirling (Un) 1-43.14; 2020 A Ferguson (Un) 1-43.14; 2021 D Walton (Un) 1-43.15; 2022 C Thomson (Un) 1-43.15; 2023 J Dixon (Un) 1-43.15; 2024 J Tatam (Un) 1-43.16; 2025 G Ryalls (Un) 1-43.16; 2026 M Crosby (Un) 1-43.16; 2027 J Miller (Un) 1-43.16; 2028 H Mauchlen (SH) 1-43.17; 2029 J Grady (Un) 1-43.17; 2030 C Willis (GN) 1-43.17; 2031 M McIntyre (Un) 1-43.18; 2032 J Morris (MRR) 1-43.18; 2033 D Hughes (Un) 1-43.18; 2034 J Snowdon (Un) 1-43.19; 2035 T Seafy (GT) 1-43.19; 2036 A Aiken (Un) 1-43.20; 2037 E Seaton (Un) 1-43.20; 2038 V McDowell (Un) 1-43.21; 2039 G Clark (Un) 1-43.21; 2040 A Wilson (Un) 1-43.21; 2041 T Martin (Un) 1-43.22; 2042 P McArthur (Un) 1-43.22; 2043 J Long (Un) 1-43.23; 2044 N Prieley (A&D) 1-43.23; 2045 D Pollock (Un) 1-43.23; 2046 L Young (Metro) 1-43.24; 2047 D Andrew (Un) 1-43.24; 2048 J McConnachie (Un) 1-43.24; 2049 M Lappin (Un) 1-43.25; 2050 W Hamilton (Un) 1-43.25; 2051 G Wright (Un) 1-43.26; 2052 J McGlynn (Un) 1-43.26; 2053 D Meldrum (Un) 1-43.27; 2054 J Doull (Un) 1-43.27; 2055 J Bridges (Un) 1-43.27; 2056 J Downie (Un) 1-43.28; 2057 J Farquharson (ES) 1-43.28; 2058 A ADAM (Un) 1-43.29; 2059 E McKenzie (Un) 1-43.29; 2060 W Doherty (Un) 1-43.30; 2061 D Hughes (NH) 1-43.31; 2062 M Lefevre (SC)

1-43.31; 2063 F McDonald (Un) 1-43.33; 2064 A Henderson (Un) 1-43.33; 2065 K Burns (Un) 1-43.34; 2066 G Haig (Un) 1-43.34; 2067 M Murray (BRC) 1-43.35; 2068 M Lam (Un) 1-43.36; 2069 D Hunt (Un) 1-43.36; 2070 A Hill (Un) 1-43.37; 2071 C Guy (Un) 1-43.37; 2072 A Farrer (Un) 1-43.38; 2073 R King (Un) 1-43.38; 2074 A McGhee (Un) 1-43.39; 2075 A Lester (Un) 1-43.40; 2076 A Craig (Un) 1-43.40; 2077 J Baker (Un) 1-43.41; 2078 A McMurdo (Un) 1-43.41; 2079 J Crawford (Liv) 1-43.42; 2080 J Sully (Un) 1-43.42; 2081 J Buicher (Un) 1-43.42; 2082 S Simmer (Un) 1-43.43; 2083 J Henderson (Un) 1-43.43; 2084 P Kelly (Un) 1-43.44; 2085 G Gormack (Un) 1-43.44; 2086 P McLaughlin (Un) 1-43.45; 2087 S Sealy (Un) 1-43.45; 2088 A McLean (Un) 1-43.45; 2089 J Bell-Irving (Un) 1-43.46; 2090 R Dallas (Un) 1-43.46; 2091 J ALI (Un) 1-43.46; 2092 E Smith (Un) 1-43.47; 2093 P McKinney (Un) 1-43.47; 2094 B Duffy (Un) 1-43.48; 2095 J Brownlie (Cam) 1-43.48; 2096 R Atherton (HELP) 1-43.48; 2097 J McDonald (Un) 1-43.49; 2098 T Atherton (Un) 1-43.49; 2099 J Logan (Un) 1-43.50; 2100 F Bates (SEP) 1-43.50; 2101 G Griffin (Un) 1-43.50; 2102 S Nicoll (CH) 1-43.50; 2103 K McGhie (Un) 1-43.51; 2104 D Johnston (Un) 1-43.51; 2105 S Hunter (Cam) 1-43.51; 2106 A Dudek (SH) 1-43.52; 2107 M Reid (Un) 1-43.52; 2108 J Steel (Un) 1-43.53; 2109 J Crombie (Un) 1-43.53; 2110 J McCandlish (Police) 1-43.53; 2111 W Donald (Un) 1-43.54; 2112 R Gannon (Svet) 1-43.54; 2113 J McGuire (Un) 1-43.54; 2114 S McComiskey (Un) 1-43.55; 2115 E Donaldson (Un) 1-43.56; 2116 T McCracken (SVHC) 1-43.56; 2117 A Pernival (Un) 1-43.57; 2118 S Caldwell (Un) 1-43.57; 2119 R Ross (Un) 1-43.58; 2120 D Wood (Un) 1-43.58; 2121 J Holmes (Un) 1-43.59; 2122 J Tuncan (SV) 1-43.59; 2123 R Stewart (Liv) 1-44.0; 2124 W Sutherland (Cam) 1-44.0; 2125 C McIntosh (Un) 1-44.1; 2126 C Masson (Un) 1-44.2; 2127 P Travers (Un) 1-44.2; 2128 B Docherty (Un) 1-44.3; 2129 W Hume (HewPack) 1-44.3; 2130 J Wilkinson (Un) 1-44.4; 2131 J Woolan (Un) 1-44.4; 2132 W FUS (GH) 1-44.5; 2133 J Black (Un) 1-44.5; 2134 G McFowan (Un) 1-44.5; 2135 K Wood (Un) 1-44.6; 2136 D Clark (HQ) 1-44.6; 2137 J Hall (Un) 1-44.6; 2138 J Harrow (Un) 1-44.7; 2139 P McSweeney (Un) 1-44.7; 2140 M Duigan (Un) 1-44.7; 2141 J McDonald (Un) 1-44.8; 2142 A Liddell (Un) 1-44.8; 2143 G Simpson (Un) 1-44.9; 2144 D Mc Michael (Un) 1-44.9; 2145 G Kelly (Un) 1-44.9; 2146 J Dewar (Un) 1-44.10; 2147 M Peat (Un) 1-44.10; 2148 G Millar (Un) 1-44.10; 2149 P Champion (Un) 1-44.11; 2150 P Mullan (Un) 1-44.11; 2151 S Craig (Ayr) 1-44.11; 2152 D Little (Un) 1-44.12; 2153 P Docherty (Un) 1-44.12; 2154 M Marley (Arm) 1-44.12; 2155 J Taylor (Un) 1-44.13; 2156 F Glazebrook (Un) 1-44.13; 2157 A Taylor (Un) 1-44.14; 2158 B Sami (Un) 1-44.14; 2159 A Boyle (Un) 1-44.15; 2160 C McLean (Un) 1-44.15; 2161 S Thomas (HewPack MJJ) 1-44.16; 2162 J Graham (Un) 1-44.16; 2163 J Orioni (AOO) 1-44.17; 2164 J Smith (Un) 1-44.17; 2165 K Thompson (Un) 1-44.18; 2166 M McLean (Un) 1-44.19; 2167 A Fnn (Un) 1-44.19; 2168 T Crossan (Dung) 1-44.21; 2169 M Lawrence (Un) 1-44.21; 2170 J Kerr (Un) 1-44.22; 2171 J Leary (Un) 1-44.22; 2172 A Finlayson (Un) 1-44.23; 2173 C Lindsay (Un) 1-44.24; 2174 M Cox (Un) 1-44.24; 2175 J Dunleat (Un) 1-44.25;

Further Diet Coke Great
Scottish Run results will
appear in next month's
magazine.

Panasonic Scottish League Division 1 & 2, Meadowbank, August 2 -
THE first track event saw Brian Whittle in his first (for most observers) attempt at 400 metres hurdles convincingly beat Scottish champion Mark Davidson (Ab) in 52.72 despite clouting the last hurdle, writes *Denis Shepherd*. Whittle later tried something completely different, finishing sixth in the 1500m in a respectable 4-06.80.
 Whittle's club, Ayr Seaforth, did not figure in the main match issue, the destination of the league trophy. (They did, however, fill one of the relegation spots along with Victoria Park!) Babcock Thom Pitreavie, by virtue of their overwhelming field superiority won the match from champions Edinburgh AC to finish one point clear at the top of the league.
 Pitreavie's was definitely a team effort, with only one A-string win from Steven Ritchie in the high jump (2.00). The Campbell-Smith confrontation in the 110m hurdles resulted in a 0.11 second win for Ken Campbell (CPH). Ben Jump (Ab) took the javelin with a pb of 57.70, Scottish champion Gordon Newlands (EAC) won the 400m (49.10), and Graeme Croll (Cambuslang) came close to his best in the 3000m (8-51.08). Shettleston pair MacKay and Coyle had a middle-distance double in the 1500m (3-57.74) and

Late entry Liz takes the honours

Fraser Robertson reviews the action at the Diet Coke Great Scottish Run.

PHOTOGRAPHS BY ROBERT PERRY.

Above: the first two Scots home in the men and women's race were Peter Fleming and Liz McColgan respectively.

Left: the overall winner of the Great Scottish Run, Bedeso Turbea.



Above: The thronging masses head out of the city centre.

Left: The crowds received great praise from the competitors and turned out in their thousands to support the field.

Right: New Zealander, Lesley Morton, is helped from the finish line in obvious pain.



AT 7.45am on race morning, Peter McLean was told an Irishman from Dundee was on the telephone wanting to speak to him about his wife.

It sounds like the sort of message a race director would not wish to receive three hours away from the start of the largest participation sports event in the country. Yet, it proved to be anything but unwelcome. The caller was offering to add some fizz to McLean's Diet Coke Great Scottish Run.

"Is it okay for Liz to run today?" inquired Peter McColgan.

Officially, of course, McLean was supposed to politely explain that no entries could be accepted

after 4pm on the previous day. But when the world 10,000m champion unexpectedly volunteers to run in your race the rules can afford to be bent.

Apparently, Liz awoke at 6am and fancied 13 miles or so. The early phone call and a couple of hours driving by husband Peter ensured Scotland's most popular women athlete was at the head of the 7,002 runners when the starting gun sounded at the Saltmarket just after 11am.

As the race progressed through the East End of the city and out to the halfway point at Bellahouston Park, McColgan had opened up a clear gap on the next female,

Torbay's Andrea Wallace. She increased her lead in the latter part of the race to ease home in 1-10.29 (36th overall). Olympian Wallace finished second in 1-12.50, with Kirsten Pressler of Germany third.

"Today wasn't about really running hard," reflected McColgan afterwards. "It was more of a training run."

"I just enjoyed getting out there and stretching the legs after the disappointment of Barcelona."

The 28 year old departed for the East with £10,000 in first class air travel from American Airlines, £2,000 in cash, and a further £500 as the first Scot, but not before heaping praise on the thousands who

lined the streets amid bright sunshine.

"The spectators were brilliant and I think they were really surprised to see me. It was great because they were all over the course, not just in the park or at the start."

"I thoroughly enjoyed it. It's a while since I've run and had a lot of fun," she added.

Sadly, not all the leading female competitors found the going as easy as McColgan. One pre-race favourite, New Zealand Olympic 10,000m runner Lesley Morton, struggled throughout the 13-mile course and was in some distress immediately after crossing the line in 1-17.05.

In the men's race, defending champion Dave Lewis knew he faced a tough task to retain his title with five Ethiopian policemen, three Kenyans, and a Tanzanian in the field.

The Englishman from Rossendale had already dead heated for first place with one of the Ethiopians, Bedeso Turbea, in the "Barnsley Six" road race earlier that month.

And it was the 24 year old from Addis Ababa who again proved impossible for Lewis to shake off, as he sprinted clear from a group of six 200m out to finish in 1-04.03 and pip last year's winner by just one second.

As well as Lewis, Turbea also

outsprinted his compatriot Fakadu Degefu, fifth in last year's World Junior Cross Country Championships, in the final stretch.

Degefu hung on for third, clocking 1-04.06, with the Tanzanian Sachai and Kenyan Maritim not far behind.

The £500 top Scot prize went to Bellahouston's Peter Fleming, seventh in 1-04.50. This was the first time 31 year old Fleming, winner of the 1982 race, had finished outside the top six in the event.

Lewis, however, now possesses an even better record - a win and three second places from his four Great Scottish Run appearances.

"My record is pretty good but to

be honest I was looking to win again this year," he revealed.

"My training's been going exceptionally well so I'm disappointed to get beaten today. On saying that, I proved I can mix with good African runners."

Lewis was also puzzled why no one threatened Australian Steve Moneghetti's world best time of 1-00.27.

"There was so much talent in the race this year, there's no reason why it should have been so slow," he mused. "Perhaps the wind had an effect on it."

Steve Cram, who ran his one and only previous half marathon eleven years ago, cruised round the

course in 1-09.01 to finish 25th.

"I thoroughly enjoyed it, although I was meant to run slower than that!" laughed Cram.

"I ran a little bit harder than I'd planned but the trouble is, when you get on the start line in events like this, you just get carried away."

So how did he feel going 12 miles further than the distance at which he still holds the world record.

"There's a big difference just running that little bit slower," explained Cram. "You can enjoy it - your legs don't feel as weary."

Cram admitted he now intends to "take these sort of events more seriously" to prepare him for his assault on the 5,000m next year.

SCOTLAND'S RUNNERS

Name: Valerie Houston
Age: 28
Home town: Balikrain, near Balfour.
Club: Unattached.
Time taken: 1-28.35.
Took up running: Early 80s.
Reason: "I'm a Scottish lacrosse internationalist so have to do a lot of running as part of my training."
Thoughts on event/race: "That was my first official half marathon for years but I really enjoyed it. And I didn't mind the wind as it cooled me down a bit."

Name: Fumio Kurosaki.
Age: 27.
Home city: Tokyo.
Occupation: student.
Club: Unattached.
Time taken: 1-32.
Took up running: 1986.
Reason for running in Glasgow: I arrived in Scotland two months ago as I'm going to Edinburgh University in October. My Scottish friend recommended the race to me.
Thoughts on event/race: "It was great. I was impressed by the crowd and with all the children cheering their dads!"



Name: Hugh Turner.
Age: 64.
Home town: Nutall, in Nottingham.
Occupation: Retired.
Club: Midland Vets.
Time taken: 1-33.10.
Took up running: 1988.
Reason: "I used to run years ago when I was in the army before giving it up. Then, when I retired, I decided to have a go at this long distance running and joined the club."
Thoughts on event/race: "Great event. I was looking for under 1-30 myself but it was pretty windy."



Name: Ronnie Steele
Age: 45
Home town: Newton Mearns.
Occupation: Sales manager.
Club: Giffnock North.
Time taken: 1-47.
Took up running: 1984.
Reason: "Mainly to lose weight. Since then, I've completed nearly 100 half and full marathons. I run all over the world and will be doing the New York Marathon in November."
Thoughts on event/race: "It's smashing to see a big number taking part again after a drop in entries over the last two or three years. I found it very, very hot but still loved it."



Name: Jeremy O'Hara.
Age: 19.
Home town: Peebles.
Club: Tweedale AC.
Occupation: Student.
Time taken: 1-24.40.
Took up running: 1988.
Reason: "To be able to compete in these sort of races."
Thoughts on event/race: "I found it quite windy and struggled a bit over the second half."



Name: Sandy Eaglesham.
Age: 39.
Home town: Rutherglen.
Club: Strathclyde Fire Brigade AC.
Occupation: Fireman.
Time taken: 1-21.
Took up running: 1982.
Reason: "The nature of my job means it's essential that I keep a high level of fitness, and running seemed the best way to do this."
Thoughts on event/race: "Very well organised."



Diet Coke Great Scottish

Run Results -
1. B Turbea (Un) 1-04.3; 2. D Lewis (Un) 1-04.4; 3. F Digeft (Un) 1-04.6; 4. N Sachai (Un) 1-04.8; 5. S Maniun (Un) 1-04.11; 6. D Swanson (Un) 1-04.13; 7. P Fleming (RCE) 1-04.50; 8. G Tessera (Un) 1-04.58; 9. M Carroll (Ann) 1-05.13; 10. T Murray (Cam) 1-05.44; 11. J Robson (RCE) 1-06.4; 12. C Thackeray (Shef) 1-06.15; 13. T Gebrea (Un) 1-06.15; 14. W Coyle (She) 1-06.22; 15. A Robson (RCE) 1-06.35; 16. G Bira (Un) 1-06.37; 17. J Ross (RCE) 1-06.41; 18. T Mitchell (Fid) 1-06.49; 19. G Croil (Cam) 1-07.6; 20. P Dykmore (Un) 1-07.13; 21. F Clyne (Met) 1-07.34; 22. J Graham (Un) 1-07.53; 23. W Nelson (Law) 1-08.18; 24. B Kirk (RCE) 1-08.31; 25. S Cram (Jerr AC) 1-09.1; 26. C Robinson (SV) 1-09.27; 27. K Chapman (HELP) 1-09.28; 28. H Add (Un) 1-09.29; 29. F McGowan (VP) 1-09.26; 30. A Fair (Tev) 1-10.0; 31. D Barr (Tev) 1-10.3; 32. E Wilkinson (She) 1-10.13; 33. W Robertson (Bella) 1-10.18; 34. M Gormley (Cam) 1-10.20; 35. S Bell (Lincoln AC) 1-10.28; 36. L.L. McColgan (Un) 1-10.29; 37. C McDougall (Cal) V1 (a/40) 1-10.32; 38. S Kerr (RCE) 1-10.56; 39. R Mardle (MH) 1-11.10; 40. G Braidwood (Spr) 1-11.26; 41. G Gilhooley (Liv) 1-11.34; 42. C McLennan (EAC) 1-11.42; 43. A McLinden (HJ) V2 (a/40) 1-11.50; 44. D Knight (PSH) 1-12.0; 45. R MacCulloch (Kil) 1-12.9; 46. T Anderson (Kil) 1-12.18; 47. L Baker (Ayr) 1-12.20; 48. L.A. Wallace (Torbay) 1-12.50; 49. D Trusdale (Bella) 1-12.50; 50. K MacKay (SSAC) 1-12.51; 51. R Ronald (EK) 1-12.54; 52. B.K. Pressler (Un) 1-13.16; 53. W Scally (She) V3 (a/50) 1-13.21; 54. B Craig (Irv) 1-13.26; 55. J Garland (EAC) 1-13.29; 56. T Griffin (West) 1-13.32; 57. C Smith (EAC) V4 (a/40) 1-13.41; 58. T Lawrence (Ayr) 1-13.50; 59. L. Sho Silva (Un) 1-13.52; 60. D Fairweather (Cam) V5 (a/55) 1-13.57; 61. M Mitchell (Cam) 1-14.4; 62. S Quinn (RCE) 1-14.6; 63. R. Doig (Un) 1-14.13; 64. S Gilmour (VP) 1-14.19; 65. R Rousborough (Cly) 1-14.27; 66. H Watson (Cly) V6 (a/45) 1-14.38; 67. D Gilmour (GH) 1-14.43; 68. W McTaggart (Un) 1-14.48; 69. H Fenion (GGH) 1-14.59; 70. T. Plonicki (YWP) 1-15.5; 71. P McGregor (VP) V7 (a/40) 1-15.9; 72. W Brown (Wrex) 1-15.18; 73. J Healy (Bell) 1-15.20; 74. J MacMillan (EK) 1-15.21; 75. P Bovill (EdU) 1-15.25; 76. F Cooper (GN) 1-15.29; 77. L.L. Harding (Hough) 1-15.32; 78. R Hill (Ayr) 1-15.35; 79. J Mustarde (HELP) 1-15.37; 80. J Campbell (Pit) 1-15.39; 81. M Walker (Go) V8 (a/45) 1-15.40; 82. T Dolan (Cam) V9 (a/45) 1-15.44; 83. A McDonald (KO) 1-15.47; 84. G Breslin (Fid) 1-16.1; 85. J Caird (Ayr) 1-16.10; 86. J. Bannion (Arm) 1-16.12; 87. L.S. Bell (Lincoln) 1-16.14; 88. J. Burke (Bel) V11 (a/40) 1-16.16; 89. G McKie (She) 1-16.19; 90. L.S. Brannan (COG) V1 (a/35) 1-16.21; 91. D Sjoberg (GU) 1-16.25; 92. D Forrest (Un) 1-16.29; 93. H Gallagher (Bel) 1-16.35; 94. D Thom (Cam) 1-16.40; 95. M Steel (Bella) 1-16.45; 96. G Allsop (Arr) 1-16.50; 97. L.A. Rose (EWM) 1-16.54; 98. P Block (Un) 1-16.58; 99. M McLetchin V12 (a/40) (VP) 1-17.3; 100. L.L. Morton (Westbury) 1-17.9; 101. F Evans (JWK) V13 (a/40) 1-17.11; 102. A Adams (VP) 1-17.12; 103. S. Combe (Mel) V14 (a/40) 1-17.14; 104. D Wilson (MH) 1-17.19; 105. S Leonard (EAC) 1-17.24; 106. A Ross (BAC) 1-17.25; 107. B. Gough (Un) 1-17.27; 108. D Chester (West) 1-17.28; 109. N Land (HR) 1-17.31; 110. J Craig (ARMY) V15 (a/40) 1-17.33; 111. P Waterston (Un) V16 (a/40) 1-17.36; 112. C Nichol (TH) 1-17.38; 113. J Martin (FV) 1-17.41; 114. J. Pollock (AFA) V17 (a/40) 1-17.44; 115. D. Petrie (Kil) 1-17.48; 116. A Goodier (CWA) 1-17.52; 117. M Davies (Un) 1-17.58; 118. A. Sheddin (JAC) V18 (a/40) 1-18.4; 119. J. Forte (HELP) 1-18.9; 120. A. Nicoll (VP) 1-18.14; 121. J. Hambley (TAC) V19 (a/45) 1-

18.15; 122. R Low (RSG) 1-18.16; 123. D. McEwe (Kil) V20 (a/40) 1-18.17; 124. B. McGarvey (CH) 1-18.17; 125. D. Hillop (Sta) 1-18.18; 126. B. Hamilton (Sta) 1-18.19; 127. J. Lyons (Un) 1-18.20; 128. J. Donnelly (L&D) 1-18.23; 129. C. Bumarde (Kirk) 1-18.26; 130. J. Morrison (Shef) 1-18.28; 131. J. Anderson (VP) 1-18.31; 132. A. Niven (HW) 1-18.33; 133. D. McEwe (FV) 1-18.35; 134. M. Hughes (Un) 1-18.37; 135. N. Arnsworth (Un) 1-18.50; 136. L. Callary (Un) 1-19.3; 137. M. Simpson (Ben) 1-19.10; 138. R. MacDonald (GGP) 1-19.12; 139. D. Gibson (IAC) 1-19.14; 140. D. Harrison (MH) 1-19.16; 141. S. Proctor (EAC) 1-19.17; 142. J. Gordon (Cam) 1-19.19; 143. S. Dickson (Ayr) 1-19.20; 144. J. Goldie (JWK) 1-19.22; 145. B. McMoragie (She) 1-19.23; 146. C. Kinnear (DRC) 1-19.26; 147. T. Kelly (DAC) 1-19.29; 148. D. Moran (GNC) 1-19.33; 149. J. Orr (Cam) 1-19.34; 150. T. McEwe (Un) 1-19.35; 151. A. Swann (She) 1-19.36; 152. M. Stiebert (Un) 1-19.38; 153. J. Cuchan (Met) 1-19.40; 154. L. Kay (EAC) 1-19.42; 155. C. Watson (KO) 1-19.45; 156. R. Price (Kil) 1-19.48; 157. B. Whyte (Un) 1-19.49; 158. D. Hoare (MH) 1-19.51; 159. R. McKenna (RAC) 1-19.52; 160. R. Brennan (Un) 1-19.53; 161. W. Gray (HJB) 1-19.58; 162. A. Gillies (EAC) 1-20.2; 163. C. Scott (TH) 1-20.4; 164. R. Brown (SFA) 1-20.5; 165. A. Bennett (Police) 1-20.7; 166. D. Romprey (Un) 1-20.9; 167. M. Diver (Un) 1-20.11; 168. G. Smith (Un) 1-20.13; 169. M. Kirwan (Un) 1-20.15; 170. J. Dick (Un) 1-20.16; 171. J. Currie (Un) 1-20.18; 172. J. Craggs (Un) 1-20.20; 173. T. Goodwin (Cam) 1-20.21; 174. J. Norton (She) 1-20.23; 175. T. Matko (SU) 1-20.25; 176. D. Brannan (West) 1-20.27; 177. W. McGill (MH) 1-20.29; 178. J. Buick (ES) 1-20.31; 179. W. Glasgow (CPH) 1-20.33; 180. A. Bain (Cam) 1-20.36; 181. T. McWilliam (Un) 1-20.38; 182. J. Gemmell (Cum) 1-20.40; 183. G. Dobbie (SVHC) 1-20.41; 184. F. Walker (Kil) 1-20.43; 185. W. Dale (Irv) 1-20.49; 186. J. Christie (Cam) 1-20.55; 187. B. Nolan (CPH) 1-20.58; 188. L. S. Shield (VH) 1-21.0; 189. W. Goldie (Cly) 1-21.2; 190. J. Stevenson (Un) 1-21.4; 191. S. Eaglesham (SP) 1-21.8; 192. G. Hanley (Dum) 1-21.12; 193. J. Veitch (Un) 1-21.16; 194. L. L. Stevenson (LV2) (a/40) (FVH) 1-21.19; 195. A. Wilson (Un) 1-21.19; 196. N. Grant (LL) 1-21.25; 197. J. Watson (Liv) 1-21.26; 198. J. Blair (EAC) 1-21.27; 199. S. Helmore (Un) 1-21.28; 200. A. Graham (Un) 1-21.29; 201. T. Coyle (Un) 1-21.38; 202. A. MacLachlan (GN) 1-21.40; 203. J. Colquhoun (Liv) 1-21.42; 204. K. Lee (Un) 1-21.44; 205. M. MacMillan (Un) 1-21.45; 206. P. White (She) 1-21.48; 207. T. Smith (Aze) 1-21.51; 208. A. Hughes (Cam) 1-21.53; 209. J. Thyme (Un) 1-21.54; 210. F. Healy (CPH) 1-21.59; 211. E. O'Neill (HELP) 1-22.3; 212. J. Grant (Un) 1-22.4; 213. J. Travers (Un) 1-22.5; 214. T. Scott (SFB) 1-22.6; 215. P. Smith (Cum) 1-22.7; 216. P. Flynn (EDT) 1-22.11; 217. B. Spence (Tev) 1-22.14; 218. D. Hammond (Un) 1-22.17; 219. J. Hudson (SVHC) 1-22.20; 220. P. Darling (HBL) 1-22.22; 221. A. Fleming (West) 1-22.23; 222. L. L. MacKay (Sheff) 1-22.25; 223. J. Quinn (Cam) 1-22.26; 224. M. McCann (Un) 1-22.27; 225. J. Tucker (APR) 1-22.29; 226. T. MCPake (Un) 1-22.30; 227. N. Stanley (Un) 1-22.31; 228. B. Campbell (CPH) 1-22.32; 229. S. McMillan (Un) 1-22.33; 230. D. Darroch (Gala) 1-22.34; 231. L. L. E. McBrinn (She) 1-22.35; 232. J. Wright (Clyde) 1-22.36; 233. F. Coll (Un) 1-22.37; 234. J. McCreadie (PS) 1-22.38; 235. A. Carroll (Gliff) 1-22.39; 236. A. Cameron (West) 1-22.39; 237. J. Brown (BT) 1-22.40; 238. W. McDonald (EK) 1-22.42; 239. D. Harness (Pit) 1-22.43; 240. S. Millen (GH) 1-22.45; 241. A. McDvain (Kil) 1-22.46; 242. A. Law (Ayr) 1-22.48; 243. B. Devoy (Un) 1-22.49; 244. J. Irvine (BH) 1-22.49; 245. P. Ogden (Fire) 1-22.50; 246. J. Carmichael (Un) 1-22.50; 247. J. Cushen

(Dung) 1-22.51; 248. A. Gemmel (Camb) 1-22.51; 249. W. Sichel (Un) 1-22.52; 250. B. Stark (STT) 1-22.52; 251. A. Reid (Un) 1-22.53; 252. A. Wake (SIF) 1-22.55; 253. D. Geddes (GH) 1-22.57; 254. M. Lean (Un) 1-22.59; 255. R. Cheyne (Fire) 1-23.1; 256. J. McGaskill (Un) 1-23.3; 257. B. McCann (Un) 1-23.5; 258. G. Main (Metro) 1-23.6; 259. T. Carville (Un) 1-23.8; 260. A. Wyse (Un) 1-23.11; 261. S. Robb (LV) 1-23.11; 262. T. Harley (Hadd) 1-23.13; 263. C. Shanks (Un) 1-23.14; 264. R. Taylor (Un) 1-23.16; 265. M. McCormick (Un) 1-23.18; 266. W. Marshall (SV) 1-23.20; 267. J. Dyer (Un) 1-23.22; 268. J. McCormick (Un) 1-23.25; 269. J. White (JCA) 1-23.27; 270. A. Lees (Un) 1-23.30; 271. N. Waterston (Caith) 1-23.32; 272. J. MacInnes (Police) 1-23.34; 273. D. Farackley (Port) 1-23.35; 274. J. McCosh (Un) 1-23.37; 275. A. Marshall (Un) 1-23.38; 276. N. Chadwick (Un) 1-23.39; 277. T. Ord (Un) 1-23.40; 278. M. Caldwell (Un) 1-23.40; 279. R. Harris (Un) 1-23.41; 280. G. Williams (EK) 1-23.42; 281. D. Padden (Bro) 1-23.44; 282. J. Gormley (Bel) 1-23.44; 283. D. Walker (Un) 1-23.45; 284. K. Clark (CPH) 1-23.47; 285. G. Fagan (Un) 1-23.48; 286. R. Miller (TT) 1-23.51; 287. G. Allison (Un) 1-23.53; 288. E. Warriner (Un) 1-23.55; 289. R. Wright (Ayr) 1-23.56; 290. D. Moffat (Ken) 1-23.57; 291. C. McComb (Un) 1-23.58; 292. M. Heardman (Un) 1-23.59; 293. W. Crook (Chor) 1-24.1; 294. A. Purdie (Ann) 1-24.2; 295. B. Monon (Dum) 1-24.2; 296. W. McMichael (Un) 1-24.3; 297. T. Dunsmuir (SH) 1-24.7; 298. B. O'Hagan (Un) 1-24.8; 299. D. Brown (Un) 1-24.11; 300. S. Reilly (Un) 1-24.13; 301. W. Smith (Un) 1-24.16; 302. E. Ingram (Un) 1-24.16; 303. J. Hills (Un) 1-24.18; 304. P. McCourt (Un) 1-24.18; 305. L. Lawson (CH) 1-24.19; 306. C. McKirdy (Un) 1-24.20; 307. J. Weir (Un) 1-24.21; 308. R. Mitchell (GH) 1-24.22; 309. T. Krell (Leipzig) 1-24.24; 310. J. Gillespie (Un) 1-24.25; 311. G. Weir (Un) 1-24.26; 312. W. McGregor (Spring) 1-24.26; 313. J. Williams (CRR) 1-24.26; 314. R. Loughran (She) 1-24.27; 315. D. Meehan (Un) 1-24.28; 316. R. Munro (GH) 1-24.29; 317. C. McAdam (West) 1-24.30; 318. R. Bickstaff (HJ) 1-24.31; 319. T. Feeney (Un) 1-24.31; 320. J. Nisbet (Dumb) 1-24.32; 321. R. Beattie (LR) 1-24.33; 322. J. Wright (Un) 1-24.34; 323. M. Scott (Un) 1-24.34; 324. J. Carragher (SH) 1-24.35; 325. M. Halloran (IR) 1-24.38; 326. F. Murphy (SV) 1-24.38; 327. G. Walker (Un) 1-24.41; 328. K. Bishop (Un) 1-24.41; 329. R. Andrew (Un) 1-24.43; 330. J. Muirhead (PR) 1-24.44; 331. N. Forsyth (Un) 1-24.45; 332. D. Hillhouse (Un) 1-24.47; 333. P. MacGillabhuin (Un) 1-24.49; 334. R. Murdoch (Un) 1-24.50; 335. J. Harkness (BH) 1-24.51; 336. A. Casey (SV) 1-24.51; 337. W. Watson (VPC) 1-24.52; 338. J. Grierson (DRC) 1-24.53; 339. C. Brown (MH) 1-24.54; 340. J. Watson (Un) 1-24.55; 341. J. Holland (Un) 1-24.59; 342. G. Leiper (Bel) 1-24.59; 343. S. Docherty (Un) 1-25.2; 344. J. McMenamin (Cam) 1-25.7; 345. P. De Kort (Un) 1-25.7; 346. J. Halliday (JWK) 1-25.8; 347. R. McCallum (Un) 1-25.8; 348. Q. MacFarlane (Metu) 1-25.9; 349. J. Dalrymple (DRC) 1-25.10; 350. D. Wallace (Har) 1-25.10; 351. B. Lindsay (Un) 1-25.11; 352. E. McCall (Un) 1-25.12; 353. S. Waugh (Police) 1-25.13; 354. J. Davidson (Un) 1-25.14; 355. A. Dickson (Un) 1-25.15; 356. H. Cunningham (Un) 1-25.15; 357. P. Miller (CPH) 1-25.16; 358. S. Nicholson (Un) 1-25.17; 359. D. Cox (Un) 1-25.17; 360. C. Thomson (Sheff) 1-25.18; 361. C. Turbett (AR) 1-25.18; 362. W. Browning (Ayr) 1-25.18; 363. L. McLevey (Un) 1-25.19; 364. D. Cooney (Cam) 1-25.20; 365. L. J. M. Blacker (GN) 1-25.21; 366. A. Robertson (Liv) 1-25.22; 367. K. Forbes (Un) 1-25.24; 368. F. Coyle (Pit) 1-25.24; 369. L. L. Harvey (COO) 1-25.26; 370. J. Snoddon (Un) 1-25.27; 371. J. Hastie (SH) 1-25.29; 372. G. McCarthy (Un) 1-25.29; 373. P. McGrouy (Un) 1-25.31; 374. R. Cheape (Un) 1-25.33; 375. J. Cunnane (Liv) 1-25.33; 376. A. Jackson (Un) 1-

25.34; 377. J. Stuart-Smith (MH) 1-25.36; 378. P. McDonald (Help) 1-25.36; 379. D. Brown (Stone) 1-25.38; 380. C. Lees (Un) 1-25.39; 381. M. Lieberman (Un) 1-25.41; 382. M. Byrne (SS) 1-25.45; 383. R. Thomson (Un) 1-25.48; 384. M. Miskin (NVR) 1-25.50; 385. R. McRae (WSV) 1-25.51; 386. R. Munn (Un) 1-25.52; 387. A. Ker (Un) 1-25.53; 388. W. Cairns (CH) 1-25.53; 389. J. Adair (GH) 1-25.54; 390. C. Rankin (GN) 1-25.55; 391. J. McGrath (Un) 1-25.56; 392. M. McCarty (MH) 1-25.56; 393. A. Morrison (AF) 1-25.57; 394. S. Murray (Un) 1-25.57; 395. A. Auld (Un) 1-25.58; 396. M. Rennie (HBC) 1-25.59; 397. J. Pugh (Un) 1-25.59; 398. M. Reilly (Un) 1-26.0; 399. S. Goodband (Un) 1-26.0; 400. J. Hooper (Fire) 1-26.1; 401. G. MacDonald (Pit) 1-26.2; 402. R. Gray (Un) 1-26.3; 403. A. Laird (EAC) 1-26.4; 404. D. Macintosh (SV) 1-26.7; 405. D. Pope (Un) 1-26.8; 406. M. Lofthouse (Un) 1-26.12; 407. S. Barclay (She) 1-26.12; 408. K. McLaren (Un) 1-26.15; 409. R. Green (DRC) 1-26.17; 410. A. Stewart (GN) 1-26.17; 411. R. Moore (Un) 1-26.18; 412. R. Hawkins (Kil) 1-26.20; 413. G. Faulkner (Un) 1-26.20; 414. A. Llanwarne (Un) 1-26.21; 415. B. Kidd (Un) 1-26.23; 416. L. L. M. Blackie (SV) 1-26.23; 417. L. MacGregor (Kirk) 1-26.24; 418. S. Mathieson (OHR) 1-26.26; 419. M. Chadwick (Un) 1-26.30; 420. S. Reeves (Un) 1-26.31; 421. M. Hutchison (Sif) 1-26.33; 422. P. Gammon (Un) 1-26.37; 423. C. Broen (Un) 1-26.43; 424. R. MacDonald (Dumb) 1-26.45; 425. T. Abbott (Un) 1-26.45; 426. K. Dinsdale (Un) 1-26.47; 427. S. Williams (Un) 1-26.47; 428. S. Melvin (Dung) 1-26.48; 429. B. Millar (Pit) 1-26.49; 430. D. Gallagher (Un) 1-26.50; 431. W. Malcolm (Tweed) 1-26.51; 432. J. Fleming (GN) 1-26.52; 433. G. Greenhalgh (VPC) 1-26.52; 434. R. Snow (Un) 1-26.53; 435. D. Thom (Un) 1-26.54; 436. G. Walker (Un) 1-26.55; 437. R. Craig (Un) 1-26.56; 438. B. Harrigan (Un) 1-26.57; 439. W. Christie (SVHC) 1-26.58; 440. G. West (FRR) 1-27.0; 441. N. Tinsler (Un) 1-27.2; 442. A. Hoppit (GN) 1-27.2; 443. C. Hibberd (Lass) 1-27.4; 444. J. Kerr (Un) 1-27.4; 445. G. Munro (Un) 1-27.5; 446. A. Blackley (West) 1-27.6; 447. J. Gray (Un) 1-27.7; 448. G. Parker (MAC) 1-27.7; 449. A. Currie (Fire) 1-27.8; 450. P. Keenan (VPC) 1-27.9; 451. F. Scanlan (Un) 1-27.9; 452. R. Barnhoorn (Holland) 1-27.10; 453. J. Burgess (Un) 1-27.10; 454. G. Taylor (Un) 1-27.10; 455. P. Hollywood (Un) 1-27.11; 456. J. Ross (BH) 1-27.12; 457. R. Ward (Un) 1-27.13; 458. J. Fitzpatrick (Un) 1-27.14; 459. D. Dick (CH) 1-27.14; 460. S. Homsey (Lin) 1-27.15; 461. D. Greenhorn (Un) 1-27.16; 462. J. Hannan (Un) 1-27.17; 463. G. Hay (Un) 1-27.18; 464. J. Kelly (Un) 1-27.18; 465. G. Reid (EK) 1-27.19; 466. G. Wylie (Un) 1-27.20; 467. M. Doherty (Un) 1-27.21; 468. G. McGregor (TT) 1-27.21; 469. S. Dick (Un) 1-27.24; 470. K. Low (Un) 1-27.25; 471. C. McKenzie (Un) 1-27.26; 472. D. Blackburn (Kil) 1-27.29; 473. C. Hutchison (Lin) 1-27.29; 474. C. Maxwell (Ayr) 1-27.31; 475. L. L. R. MacDonald (WP) 1-27.31; 476. J. Gorman (Un) 1-27.32; 477. D. Huey (Un) 1-27.32; 478. N. Bradshaw (Police) 1-27.34; 479. A. McIver (Un) 1-27.34; 480. T. Richardson (Un) 1-27.35; 481. E. Murray (Whit) 1-27.35; 482. D. Fleming (Un) 1-27.37; 483. A. Hunter (Un) 1-27.37; 484. H. Hogg (She) 1-27.38; 485. V. Robertson (Un) 1-27.39; 486. J. Aitken (Law) 1-27.40; 487. J. Ramsay (Un) 1-27.41; 488. C. Barbour (Law) 1-27.42; 489. W. Dyer (Un) 1-27.43; 490. I. Johnston (Un) 1-27.44; 491. A. West (Un) 1-27.46; 492. C. McCallum (Un) 1-27.48; 493. P. Rennie (FCH) 1-27.49; 494. T. Ritchie (West) 1-27.51; 495. J. Rutherford (Un) 1-27.52; 496. P. Owens (GRR) 1-27.53;

Cuthbert (Un) 1-27.58,503,W Farrel (SH) 1-27.59,504,D Maxwell (She) 1-27.59,505,R Cattanach (Un) 1-28.0,506,J Beattie (TT) 1-28.1,507,S McLevy (Un) 1-28.1,508,N Meldrum (Un) 1-28.2,509,A MacCauley (Un) 1-28.2,510,W Gairnath (Un) 1-28.3,511,P Collier (Irv) 1-28.3,512,P Kelly (Ayr) 1-28.4,513,C Shaw (West) 1-28.5,514,17C Reid (Un) 1-28.6,515,M Fullerton (Un) 1-28.6,516,D McLaughlin (Un) 1-28.8,517,J Calder (Un) 1-28.10,518,N Cobb (PRR) 1-28.12,519,K MacCallum (Un) 1-28.13,520,J Cowan (Un) 1-28.14,521,J McAnlie (Un) 1-28.15,522,B Reid (Un) 1-28.17,523,J MacDonald (Un) 1-28.17,524,F Murray (Un) 1-28.18,525,C Graham (ADC) 1-28.19,526,D Theaker (CSHB) 1-28.20,527,K McKeown (Un) 1-28.20,528,L Beattie (Un) 1-28.21,529,J Garvie (Un) 1-28.22,530,I Singleton (Un) 1-28.23,531,J Mc Knight (Un) 1-28.23,532,P McGhie (Un) 1-28.24,533,D Cooper (Un) 1-28.24,534,G Kirby (Un) 1-28.25,535,J Temperley (Un) 1-28.26,536,A O'Hare (Pi) 1-28.26,537,LB Houston (Un) 1-28.27,538,G Cumming (Un) 1-28.28,539,M Cinnamon (Un) 1-28.29,540,K Findlay (Un) 1-28.30,541,R Cumming (TAC) 1-28.31,542,J Higgins (Un) 1-28.32,543,W Ewart (Un) 1-28.33,544,R Pirrie (Un) 1-28.34,545,W Clark (GN) 1-28.35,546,G Chester (Un) 1-28.36,547,C Forrest (Un) 1-28.37,548,R Langley (FCK) 1-28.38,549,D Douglas (Un) 1-28.39,550,E Stephenson (SSH) 1-28.41,551,W Teleford (Un) 1-28.41,552,T Adams (Un) 1-28.43,553,A McAleer (Un) 1-28.43,554,G Speirs (Un) 1-28.45,555,G Stevenson (SVHC) 1-28.46,556,S Payne (Un) 1-28.46,557,G Morton (JWK) 1-28.48,558,A Quinn (Un) 1-28.48,559,W Robb (LR) 1-28.49,560,R McGuire (Un) 1-28.49,561,H Walker (Un) 1-28.50,562,J Erazukin (Un) 1-28.51,563,D McNab (GN) 1-28.51,564,A Law (CC) 1-28.52,565,P Hunt (Un) 1-28.52,566,A Johnston (Un) 1-28.53,567,C Smith (Un) 1-28.53,568,J Standalone (Un) 1-28.54,569,A Devlin (Un) 1-28.54,570,J Grant (Un) 1-28.54,571,P Jefferut (MH) 1-28.55,572,P Gamett (Un) 1-28.56,573,T Donnelly (Un) 1-28.57,574,W Gray (Un) 1-28.57,575,J McFadden (Un) 1-28.58,576,O McIntyre (Fire) 1-28.59,577,J McTeir (SC) 1-29.0,578,M Brunjes (Cglen) 1-29.1,579,E Anderson (Un) 1-29.2,580,G Kicket (Mil) 1-29.2,581,G McEhigan (Un) 1-29.4,582,S Ellwood (Pi) 1-29.5,583,D MacKie (Kirk) 1-29.6,584,R Thomson (Un) 1-29.8,585,C Coulter (GN) 1-29.9,586,J Robertson (Un) 1-29.9,587,A Breen (Un) 1-29.10,588,E Patterson (Un) 1-29.10,589,I Wallace (Un) 1-29.10,590,W Bennett (Un) 1-29.11,591,J Fowler (FRR) 1-29.12,592,J Fulford (Un) 1-29.12,593,A Dimond (Un) 1-29.12,594,G Ross (Ferraro) 1-29.13,595,D Fargason (AF) 1-29.13,596,W Hart (Un) 1-29.13,597,J McGuinness (Un) 1-29.14,598,V MacBeath (Un) 1-29.14,599,P Reilly (Un) 1-29.15,600,G Morton (Un) 1-29.16,601,G Taylor (Un) 1-29.17,602,D Gray (SVHC) 1-29.18,603,J Mitchell (Cam) 1-29.19,604,S Fevre (GN) 1-29.20,605,G Beck (Un) 1-29.21,606,J McAnlie (VP) 1-29.22,607,A Gardiver (Un) 1-29.23,608,J Ferry (Un) 1-29.24,609,D Brown (CPH) 1-29.26,610,A Gibson (Un) 1-29.27,611,G Watt (Un) 1-29.29,612,M Abram (West) 1-29.29,613,A Johnstone (LPC) 1-29.31,614,D Priest (Un) 1-29.32,615,A MacNaughton (DS) 1-29.34,616,T Mitcheson (THC) 1-29.34,617,P Trinder (Un) 1-29.36,618,J Farrel (Un) 1-29.37,619,C Wilson (Un) 1-29.38,620,J Straiton (Un) 1-29.39,621,K Shields (Un) 1-29.40,622,L MacSween (Un) 1-29.40,623,T Blaikie (Un) 1-29.41,624,A GRAY (SH) 1-29.42,625,N MacCallum (EAC) 1-29.42,626,L19 P Lemonchello (Un) L19 (o/40) 1-29.42,627,W McGill (CRF) 1-

29.43,628,J Boyd (HSB) 1-29.43,629,J Pryde (Un) 1-29.45,630,D Huntington (Ken) 1-29.45,631,W Innes (Un) 1-29.48,632,W Stein (CPH) 1-29.49,633,W Armour (BH) 1-29.50,634,P Campbell (LC) 1-29.51,635,N Crowe (Un) 1-29.52,636,D Grant (Un) 1-29.53,637,T Mulligan (Un) 1-29.54,638,W Hodgson (Police) 1-29.54,639,G Cooper (HIB) 1-29.56,640,J Traynor (FMC) 1-29.56,641,J Hazlett (Un) 1-29.57,642,M Cocker (TP) 1-29.58,643,R White (Un) 1-29.59,644,N Gallacher (Kirk) 1-30.1,645,C Carnacadden (ELWS) 1-30.1,646,D Mitchell (Un) 1-30.3,647,J Adkin (SO) 1-30.4,648,G Pender (Un) 1-30.6,649,K Sealy (Kin) 1-30.6,650,E Hampton (Un) 1-30.8,651,W McLaughlin (Un) 1-30.11,652,W Bradley (Bel) 1-30.11,653,K MacKinnon (Un) 1-30.13,654,G Jackson (Un) 1-30.15,655,G McDermott (Un) 1-30.15,656,C Hall (Un) 1-30.16,657,K Boubaci (Un) 1-30.17,658,N Ross (SV) 1-30.17,659,D Cairns (Un) 1-30.18,660,J Ward (Un) 1-30.19,661,P Corrigan (RN) 1-30.19,662,T Palmer (Bel) 1-30.20,663,C Malarkey (Un) 1-30.22,664,G Orr (CHR) 1-30.22,665,J Wilson (Un) 1-30.24,666,P Clingan (Dum) 1-30.25,667,S Jamieson (PO) 1-30.25,668,S Running (Un) 1-30.26,669,S Hussain (Un) 1-30.27,670,B Bird (Un) 1-30.28,671,O Sahar (SH) 1-30.28,672,A Wallace (Un) 1-30.29,673,T Church (GH) 1-30.30,674,D Mitchell (LRC) 1-30.30,675,P Mylet (Un) 1-30.31,676,R Murray (Un) 1-30.32,677,G Drew (Un) 1-30.32,678,D Cowan (LMC) 1-30.33,679,S Drummond (Un) 1-30.33,680,W Campbell (Kirk) 1-30.34,681,W Mykura (Un) 1-30.34,682,W Lindsay (Un) 1-30.35,683,S Smith (Cam) 1-30.35,684,W Wood (Un) 1-30.36,685,J McAlely (Un) 1-30.36,686,G MacLennan (MH) 1-30.37,687,D Burgess (DRC) 1-30.37,688,A MacGillivray (Un) 1-30.38,689,A Cunningham (Tev) 1-30.39,690,A Hobbs (Un) 1-30.39,691,E Scott (HBT) 1-30.40,692,J Hood (Un) 1-30.40,693,L28 J Armstrong (GN) L28 (o/35) 1-30.41,694,D Drummond (Police) 1-30.42,695,S MacFarlane (Un) 1-30.43,696,W Kelly (Un) 1-30.43,697,K Young (Un) 1-30.44,698,J Finlayson (Un) 1-30.44,699,P Wedderburn (Un) 1-30.46,700,G McGroarty (Un) 1-30.46,701,D Bazzle (Un) 1-30.47,702,G O'Rourke (Un) 1-30.47,703,A Morrison (HILP) 1-30.48,704,W Ogg (Met) 1-30.48,705,T McAteer (SVHC) 1-30.49,706,G Dick (Un) 1-30.50,707,R Harris (HELP) 1-30.51,708,S Campbell (Bel) 1-30.51,709,A Donald (GN) 1-30.52,710,M Farmer (CH) 1-30.52,711,J Wilkie (Un) 1-30.54,712,J Mills (SD) 1-30.54,713,G Sutherland (Un) 1-30.55,714,G Hope (CPH) 1-30.56,715,J Bowen (Bah) 1-30.56,716,N Anderson (Un) 1-30.57,717,W Cunningham (SSC) 1-30.57,718,J McConnell (SH) 1-30.58,719,J Cain (Un) 1-30.59,720,C Glenconce (Un) 1-30.59,721,C Adam (CH) 1-31.0,722,F Parsons (VP) 1-31.0,723,P Consoly (Un) 1-31.1,724,J Cunningham (Un) 1-31.1,725,A MacCallum (Un) 1-31.1,726,N Best (Un) 1-31.2,727,R Crabb (BRR) 1-31.2,728,A McKee (SV) 1-31.3,729,A Watt (NAVY) 1-31.5,730,K Gibson (Un) 1-31.5,731,Un) 1-31.7,732,G Watson (Un) 1-31.7,733,G Hoy (Un) 1-31.9,734,L Haining (Un) 1-31.10,735,C Feeney (Un) 1-31.11,736,A Campbell (Un) 1-31.16,737,W Hamilton (HSB) 1-31.16,738,R MacFarlane (Un) 1-31.18,739,A O'Hare (Un) 1-31.20,740,B Chislett (Un) 1-31.20,741,A McWilliams (Un) 1-31.21,742,C Lyle (Un) 1-31.22,743,W Godys (Un) 1-31.22,744,T Bremner (Un) 1-31.23,745,J Gray (Un) 1-31.24,746,J Lloyd (Un) 1-31.24,747,J Nicholas (NBR) 1-31.24,748,J Miller (Un) 1-31.25,749,B Greer (Un) 1-31.25,750,D Duncan (Un) 1-31.26,751,D Shanks (Un) 1-31.27,752,B Kelly (Un) 1-31.27,753,V Crosier (GlasU) 1-31.28,754,A MacVicar

(Un) 1-31.29,755,R Watt (Un) 1-31.29,756,S Hards (Un) 1-31.30,757,D Finlay (Un) 1-31.30,758,E Barnfather (Un) 1-31.31,759,W Spack (ICC) 1-31.32,760,G Peden (Un) 1-31.32,761,J Baird (LR) 1-31.33,762,I Somerside (Un) 1-31.34,763,D Young (Avon) 1-31.34,764,W Kinnear (ADC) 1-31.35,765,C Seivwright (Aber) 1-31.35,766,R McEleneay (Fire) 1-31.36,767,A Thompson (Un) 1-31.36,768,V Connor (Un) 1-31.37,769,J Abraham (SS) 1-31.37,770,W Knox (Tev) 1-31.37,771,J Williams (Un) 1-31.38,772,A Soutar (FCH) 1-31.38,773,H Briggs (Bhill) 1-31.39,774,G Campbell (Un) 1-31.39,775,P Lear (Un) 1-31.39,776,K Carruthers (Un) 1-31.40,777,M Pennoir (Un) 1-31.40,778,J Taylor (SVH) 1-31.40,779,P Snoddon (Un) 1-31.41,780,J Pringle (Un) 1-31.41,781,K Gooch (EAC) 1-31.42,782,G Devon (Un) 1-31.43,783,D Pilling (WestC) 1-31.43,784,B Finnie (NC) 1-31.44,785,J Winship (Un) 1-31.44,786,A Anderson (NVC) 1-31.45,787,R Brown (Un) 1-31.45,788,E Lionaga-Castro (Un) 1-31.46,789,G Cocking (Un) 1-31.47,790,T McDonald (Un) 1-31.48,791,S MacPherson (Un) 1-31.48,792,M McDougall (CC) 1-31.49,793,M Pardey (SWC) 1-31.49,794,N Colvin (GNC) 1-31.50,795,A Milligan (Un) 1-31.51,796,J Owens (SH) 1-31.51,797,S Brown (RAF) 1-31.52,798,M Girolami (Un) 1-31.54,799,D White (LR) 1-31.54,800,L Bright (LA) 1-31.55,LV5 (o/40),801,C Wright (RNAC) 1-31.56,802,S Collins (Un) 1-31.57,803,J Robertson (LC) 1-31.57,804,A Taylor (EAC) 1-31.58,805,C Deeney (RMP) 1-31.58,806,J Glen (Un) 1-31.59,807,W Grace (Un) 1-31.59,808,F Higgins (Un) 1-32.0,809,S MacIntyre (Un) 1-32.1,810,R Laird (Un) 1-32.1,811,M Willis (Ayr) 1-32.2,812,E Doele (Un) 1-32.2,813,K Barker (ICC) 1-32.3,814,J Robertson (Un) 1-32.3,815,S Love (Un) 1-32.4,816,K Munghin (Un) 1-32.4,817,P Devlin (Un) 1-32.5,818,R Stark (Un) 1-32.5,819,J Forbes (Un) 1-32.7,820,S Thomson (Un) 1-32.7,821,G Murphy (Vic) 1-32.8,822,M McIvor (Un) 1-32.10,823,T McHugh (Un) 1-32.10,824,P Temple (Un) 1-32.12,825,A Robertson (Un) 1-32.12,826,N Pilkington (Un) 1-32.13,827,G Jacobs (Un) 1-32.13,828,R Davidson (Un) 1-32.14,829,M Devlin (Un) 1-32.15,830,W Thomson (Tweed) 1-32.16,831,J Paton (FRR) 1-32.17,832,L Hillis (EA) 1-32.17,833,H Tierney (Un) 1-32.18,834,D Douglas (SH) 1-32.18,835,J Lockie (Un) 1-32.20,836,L Tyrell (Un) 1-32.20,837,E Ingram (DRC) 1-32.21,838,S Boothman (WR) 1-32.22,839,A Hannah (Un) 1-32.22,840,M McKinnings (Un) 1-32.24,841,D Ainsley (DC) 1-32.24,842,F McKinnon (LAC) 1-32.25,843,T Gray (GlasU) 1-32.27,844,K Leinster (Un) 1-32.27,845,J McLaughlin (Un) 1-32.28,846,D Davis (ETN) 1-32.29,847,F Kumsakul (Un) 1-32.30,848,W Geddes (Kil) 1-32.30,849,D Gorman (Un) 1-32.31,850,J Marshall (Un) 1-32.32,851,A Mair (BH) 1-32.33,852,D Robertson (Un) 1-32.33,853,C Queen (EX) 1-32.34,854,M Angus (Un) 1-32.35,855,K Smith (Un) 1-32.36,856,A Low (DH) 1-32.37,857,N Feltham (Liv) 1-32.38,858,P McInnes (Un) 1-32.39,859,M Logue (Un) 1-32.40,860,D Forbes (Pfe) 1-32.40,861,W Gordon (Un) 1-32.41,862,J Campbell (Un) 1-32.41,863,J Gould (Un) 1-32.42,864,J Hamilton (RS) 1-32.43,865,W Norwood (Un) 1-32.43,866,A Kay (DRR) 1-32.44,867,C Williams (Un) 1-32.44,868,B Craig (Un) 1-32.45,869,F Dickson (CPH) 1-32.45,870,A Sweeney (Police) 1-32.46,871,J MacIntyre (Un) 1-32.46,872,B Morton (Un) 1-32.46,873,W Black (Cam) 1-32.47,874,S Torrens (Un) 1-32.47,875,A Armour (Police) 1-32.48,876,J Meikle (Un) 1-32.48,877,F Quenot (Un) 1-32.49,878,M Sharkey (Un) 1-32.49,879,J Brand (Arm) 1-32.50,880,A Torrens (Un) 1-32.50,881,S Morrow (Un) 1-32.50,882,P Cree (MH) 1-32.51,883,C

Chalton (SH) 1-32.51,884,D Drew (Un) 1-32.52,885,D Walsh (Un) 1-32.52,886,R Wilson (DRC) 1-32.53,887,R MacDonald (MH) 1-32.53,888,G Thyne (CH) 1-32.54,889,K Toot (Un) 1-32.55,890,G McCann (Un) 1-32.55,891,C Bousteller (Un) 1-32.57,892,C Kirk (HIB) 1-32.57,893,H McMillan (Un) 1-32.58,894,R Forsyth (Un) 1-33.0,895,G Dees (CH) 1-33.0,896,F Goodkoop (Un) 1-33.1,897,A MacLellan (Un) 1-33.2,898,A Gibb (CH) 1-33.3,899,P Mahon (Un) 1-33.5,900,A McErlan (Un) 1-33.5,901,K Jones (Un) 1-33.6,902,J Smith (Un) 1-33.7,903,D Meldrum (CPH) 1-33.8,904,J Watt (SV) 1-33.9,905,S Reid (Un) 1-33.9,906,A Allison (Un) 1-33.11,907,R Watson (Un) 1-33.11,908,C Rogers (Un) 1-33.12,909,S Hannan (Un) 1-33.12,910,R Sack (EA) 1-33.14,911,W Johnston (Un) 1-33.14,912,R Bourhill (Un) 1-33.15,913,C Binnie (Un) 1-33.15,914,S Montgomery (Un) 1-33.16,915,W Murray (Port) 1-33.17,916,A MacDonald (Un) 1-33.18,917,H Livingston (Un) 1-33.18,918,J Warnock (Un) 1-33.19,919,J Gordon (Un) 1-33.19,920,S Rae (AF) 1-33.21,921,Filvani (Un) 1-33.21,922,H Lavery (Un) 1-33.22,923,A Stewart (DH) 1-33.23,924,G Barron (NAVY) 1-33.24,925,J Mills (Un) 1-33.25,926,M Kettle (MH) 1-33.25,927,T Taylor (Kirk) 1-33.26,928,J McIntosh (Un) 1-33.27,929,G Jones (RR) 1-33.28,930,J McFadyen (Un) 1-33.29,931,J Currie (DJog) 1-33.29,932,P Warner (Un) 1-33.30,933,J MacKay (CH) 1-33.30,934,G McCabe (Un) 1-33.31,935,D Shepherd (GRR) 1-33.31,936,M Kuhn (Un) 1-33.32,937,A McIntyre (Un) 1-33.33,938,J Caldwell (Un) 1-33.33,939,D Hay (Un) 1-33.34,940,J Boal (VPC) 1-33.34,941,M Rogerson (Dum) 1-33.35,942,G McVey (Un) 1-33.35,943,G Allan (Un) 1-33.36,944,N Mitchell (Un) 1-33.36,945,D Sproul (Un) 1-33.37,946,D Paton (Un) 1-33.37,947,T Bowie (CH) 1-33.38,948,A Longford (Law) 1-33.38,949,W BARCLAY (Un) 1-33.39,950,C McAdam (Un) 1-33.39,951,P Halling (Un) 1-33.40,952,P Carroll (Un) 1-33.41,953,S Campbell (BH) 1-33.41,954,J Kennedy (Un) 1-33.42,955,J Coyburgh (Un) 1-33.42,956,G Muir (CPH) 1-33.43,957,T Tompkins (SVHC) 1-33.43,958,M Enfield (CPH) 1-33.43,959,C Sutherland (Un) 1-33.44,960,A McNamara (Un) 1-33.44,961,T Sayer (DRC) 1-33.45,962,F McIvor (Kil) 1-33.45,963,S Turner (CC) 1-33.46,964,N Friel (Un) 1-33.46,965,F McDermott (Un) 1-33.46,966,W Cooper (Un) 1-33.46,967,P Campbell (Bel) 1-33.47,968,J Gosnell (AO) 1-33.47,969,F Westerfield (Un) 1-33.47,970,T Knight (GG) 1-33.48,971,A Jarrett (Un) 1-33.48,972,D Fraser (Port) 1-33.48,973,C McNeil (Un) 1-33.49,974,C Thomson (Un) 1-33.49,975,G Fyff (Un) 1-33.49,976,K McVey (VPC) 1-33.50,977,R Campbell (Un) 1-33.50,978,S Gordon (Un) 1-33.50,979,J Garnett (Un) 1-33.51,980,D Brinley (Un) 1-33.51,981,W Owens (Un) 1-33.51,982,W Jamieson (GN) 1-33.52,983,E Christie (Un) 1-33.53,LV6 (o/35),984,J Burgess (Un) 1-33.55,985,J Den Dikken (Un) 1-33.56,986,N Taylor (Gir) 1-33.57,987,J Butt (Un) 1-33.57,988,T Martin (Un) 1-33.58,989,N Greig (HFoot) 1-34.0,990,M Leyden (Un) 1-34.1,991,D McCallum (Arm) 1-34.2,992,J McFarlane (Arm) 1-34.3,993,L Bremner (SV) 1-34.4,994,J Speirs (Un) 1-34.4,995,G Mitchell (Un) 1-34.5,996,J Rabinowitz (NL) 1-34.6,997,E MacPherson (Un) 1-34.6,998,A MacEhain (Un) 1-34.7,999,J Smith (GRR) 1-34.7,1000,A McKenna (Un) 1-34.9,1001,C Stewart (Un) 1-34.9,1002,M Parker (AP) 1-34.10,1003,D Adams (Un) 1-34.11,1004,G Low (MJ) 1-34.12,1005,S Aiken (AP) 1-34.13,1006,D Condra (Un) 1-34.14,1007,M Norgate (NR) 1-34.14,1008,G Waddell (Un) 1-34.15,1009,M Sowden (Un) 1-34.16,1010,M Duncan (Un) 1-34.17,1011,P

Ward (Un) 1-34.18,1012,G Whittam (Un) 1-34.18,1013,A Cameron (Un) 1-34.20,1014,T Stables (Cumb) 1-34.20,1015,D Thomson (Un) 1-34.21,1016,W Steele (Fire) 1-34.23,1017,R O'Donnell (Un) 1-34.23,1018,E Dunlop (Ayr) 1-34.24,LV7 (o/35),1019,S Wilson (Un) 1-34.26,1020,P Rae (Un) 1-34.26,1021,M Mullin (Un) 1-34.27,1022,R Tedford (GN) 1-34.27,1023,B Martin (Un) 1-34.28,1024,W Murdoch (MH) 1-34.28,1025,W Farmer (She) 1-34.28,1026,G Blaikie (Un) 1-34.29,1027,J Nicol (Un) 1-34.30,1028,S Colledge (Un) 1-34.30,1029,J Michie (Un) 1-34.31,1030,P Doherty (Un) 1-34.31,1031,A Haetzman (WC) 1-34.32,1032,A Smith (Un) 1-34.32,1033,R McPaul (Un) 1-34.32,1034,M Reid (FRR) 1-34.33,1035,D Hinde (Un) 1-34.33,1036,S Sutherland (Un) 1-34.34,1037,L Summers (GRR) 1-34.35,1038,M Clark (MCC) 1-34.36,1039,J Cullen (Un) 1-34.37,1040,B Rooney (Un) 1-34.37,1041,S Gammel (Un) 1-34.38,1042,R Wylie (GCC) 1-34.39,1043,K Graham (Un) 1-34.40,1044,D Waddell (Un) 1-34.40,1045,J Robbins (Un) 1-34.41,1046,A Jones (Un) 1-34.42,1047,N Wallace (Un) 1-34.42,1048,S Purdie (Un) 1-34.43,1049,J Clarke (Un) 1-34.44,1050,S Taylor (Un) 1-34.44,1051,R MacKay (Un) 1-34.45,1052,O Johnston (Un) 1-34.46,1053,A Moir (Un) 1-34.47,1054,J MacArthur (CP) 1-34.47,1055,A Timms (Un) 1-34.48,1056,J Jack (Un) 1-34.49,1057,J Vincent (Un) 1-34.50,1058,M Hemms (Un) 1-34.50,1059,D Bonser (Un) 1-34.51,1060,E Summerhill (Un) 1-34.52,1061,C Robinson (Un) 1-34.53,1062,M McKeown (Un) 1-34.53,1063,M Cooper (Un) 1-34.54,1064,J Braid (PRR) 1-34.55,1065,A Purvis (Un) 1-34.56,1066,D Mair (SH) 1-34.56,1067,P Weirauch (Un) 1-34.57,1068,D Hordon (Un) 1-34.59,1069,A Harvey (Un) 1-35.0,1070,K McInnes (Un) 1-35.0,1071,E Rowan (Un) 1-35.2,1072,J Blair (Un) 1-35.4,1073,J Walton (Un) 1-35.4,1074,J Lees (Bel) 1-35.6,1075,J MacAulay (Un) 1-35.6,1076,J McGuiness (Un) 1-35.8,1077,J McCullough (Un) 1-35.8,1078,D McMillan (Un) 1-35.10,1079,D Traynor (Un) 1-35.11,1080,J Smith (Un) 1-35.11,1081,C Goutlay (Un) 1-35.12,1082,K Tierney (Un) 1-35.13,1083,A Forbes (Un) 1-35.14,1084,E McIntosh (Un) 1-35.15,1085,J McErlan (Un) 1-35.16,1086,R Jones (VH) 1-35.17,1087,J McLoone (Kirk) 1-35.17,1088,D McEwan (Un) 1-35.19,1089,A Gibson (Un) 1-35.20,1090,C Ross (She) 1-35.20,1091,P Elliott (Un) 1-35.21,1092,A Wood (Un) 1-35.22,1093,P Cairns (Un) 1-35.22,1094,S Stewart (HFoot) 1-35.24,1095,S McKinlay (Un) 1-35.25,1096,R McLaren (HOC) 1-35.25,1097,F McCafferty (Un) 1-35.26,1098,J Siedlocki (Un) 1-35.27,1099,S Pollak (Un) 1-35.27,1100,H Martin (Dum) 1-35.28,1101,A Ingila (Un) 1-35.29,1102,S Gormley (Un) 1-35.30,1103,K Foulis (Liv) 1-35.30,1104,R Hanley (Un) 1-35.31,1105,R Coulter (Un) 1-35.31,1106,C Dunning (Un) 1-35.32,1107,J Fowler (Un) 1-35.32,1108,W Cunningham (Un) 1-35.33,1109,G Cochrane (Un) 1-35.33,1110,W O'Donnell (Un) 1-35.34,1111,A Gillespie (Un) 1-35.34,1112,T McKenna (Un) 1-35.35,1113,M Kellin (Un) 1-35.35,1114,J O'Donnell (Un) 1-35.36,1115,A Plunkett (Un) 1-35.36,1116,D Hughes (Un) 1-35.37,1117,D Murray (Un) 1-35.37,1118,R Prescott (Un) 1-35.37,1119,J Munn (CAC) 1-35.38,1120,T Reid (WC) 1-35.38,1121,E Murdoch (Un) 1-35.39,1122,T O'Donoghue (Un) 1-35.39,1123,T Torrance (Un) 1-35.39,1124,G Hall (NMH) 1-35.40,1125,E Shackley (Un) 1-35.40,1126,S McIntyre (SC) 1-35.41,1127,K Peberdy (Un) 1-35.41,1128,C Scott (Un) 1-35.42,1129,A Coulson (Un) 1-35.42,1130,R Mair (Un) 1-35.43,1131,J Patterson (Un) 1-35.43,1132,K Hughes (WR) 1-35.44,1133,N Shand (Un) 1-35.44,1134,R Nimmo (Un) 1-35.44,1135,M

Matheson (Un) 1-35.45,1136,D Edgar (Un) 1-35.45,1137,D Cooper (Har) 1-35.46,1138,J Easson (Un) 1-35.46,1139,J McKenna (GCC) 1-35.47,1140,W Duff (BH) 1-35.47,1141,B Robson (Un) 1-35.48,1142,S Congalton (Un) 1-35.48,1143,G Evans (Un) 1-35.49,1144,A Sartain (MH) 1-35.50,1145,S Carroll (Un) 1-35.50,1146,A Rushworth (EK AC) 1-35.51,1147,M McErlan (SV) 1-35.51,1148,D Baird (Un) 1-35.52,1149,D Oswald (Liv) 1-35.52,1150,S Rendell (Un) 1-35.53,1151,R Moody (Un) 1-35.54,1152,B Stewart (Un) 1-35.54,1153,D Elliott (O&R) 1-35.55,1154,A Hay (Un) 1-35.56,1155,M Casey (L&B) 1-35.56,1156,A Chalmers (Un) 1-35.57,1157,J Mezas (Un) 1-35.58,1158,T Berry (Un) 1-35.58,1159,S Cruickshanks (CH) 1-35.59,1160,M Howell (Un) 1-36.0,1161,T McIntyre (Un) 1-36.0,1162,A Soudry (Un) 1-36.1,1163,J Nelson (Un) 1-36.1,1164,C Hallon (Un) 1-36.1,1165,D Dickson (Un) 1-36.2,1166,J McGuire (Un) 1-36.2,1167,W Wark (Un) 1-36.3,1168,J Rae (Leeds) 1-36.3,1169,D Charters (Un) 1-36.4,1170

Toner (Un) 1-39.2;1505,D Cameron (Un) 1-39.2;1506,A Murphy (Un) 1-39.2;1507,E Dodd (Un) 1-39.3;1508,T Taylor (Un) 1-39.3;1509,A McCafferty (Un) 1-39.4;1510,P Finnigan (Un) 1-39.4;1511,A Duncan (Un) 1-39.5;1512,W Davidson (Un) 1-39.5;1513,J Hobson (Un) 1-39.6;1514,J Campbell (Kirk) 1-39.6;1515,M Langham (CH) 1-39.7;1516,G Thomson (Un) 1-39.7;1517,J Frackleton (Un) 1-39.7;1518,J Montgomery (Un) 1-39.8;1519,D Lang (Un) 1-39.8;1520,A Toner (Un) 1-39.9;1521,H Conway (Un) 1-39.9;1522,P Barton (Un) 1-39.10;1523,S McGuff (Un) 1-39.11;1524,A Ferguson (Un) 1-39.11;1525,P Herman (ARR) 1-39.12;1526,S Webster (Un) 1-39.12;1527,J Borrowman (PRR) 1-39.13;1528,A McGarry (CPH) 1-39.14;1529,W Cochrane (Un) 1-39.14;1530,R Meighan (Un) 1-39.15;1531,M Maughan (Un) 1-39.15;1532,C Ferguson (Un) 1-39.16;1533,L Manson (Un) 1-39.17;1534,G Kirkcaldy (Un) 1-39.17;1535,E Bain (Cal) 1-39.18;1536,M Larkin (Un) 1-39.18;1537,J McFarlane (GPC) 1-39.19;1538,E Dickson (SC) 1-39.19;1539,J Dryden (GH) 1-39.20;1540,S Cullen (GH) 1-39.20;1541,C McColm (SC) 1-39.20;1542,M Innes (Un) 1-39.20;1543,J McLean (Un) 1-39.21;1544,B Knox (Un) 1-39.21;1545,A Gordon (Un) 1-39.21;1546,G Lawson (Un) 1-39.22;1547,A Paterson (Un) 1-39.22;1548,A Hardie (Un) 1-39.22;1549,D Gourley (Un) 1-39.23;1550,H McQuade (HFoot) 1-39.23;1551,S Fotheringham (Un) 1-39.23;1552,D Strain (Un) 1-39.23;1553,C Campbell (Aber) 1-39.24;1554,S Shirley (Un) 1-39.24;1555,L Milton (Un) 1-39.25;1556,B Murphy (Un) 1-39.25;1557,K Rafferty (Un) 1-39.25;1558,N MacLeod (Un) 1-39.26;1559,K Shaw (LRC) 1-39.26;1560,D Pryde (Un) 1-39.26;1561,J Brownan (Liv) 1-39.26;1562,J MacGillivray

(SVHC) 1-39.27;1563,H Opray (Un) 1-39.27;1564,J Gardner (Un) 1-39.28;1565,S Slyth (HELP) 1-39.28;1566,A Mercer (Un) 1-39.29;1567,G McMaster (Un) 1-39.30;1568,M Campbell (Un) 1-39.31;1569,J Murray (Un) 1-39.31;1570,F MacDonald (Un) 1-39.32;1571,W Todd (Un) 1-39.33;1572,A MacLean (Un) 1-39.33;1573,K McAuley (Un) 1-39.34;1574,A Beukan (Un) 1-39.35;1575,M Scroggie (Un) 1-39.35;1576,J Weild (Un) 1-39.36;1577,G Ross (Un) 1-39.36;1578,T Watson (Un) 1-39.37;1579,W Curran (Un) 1-39.38;1580,T Rainer (Un) 1-39.39;1581,D McGowan (Un) 1-39.39;1582,J Maher (Un) 1-39.39;1583,S Campbell (Un) 1-39.40;1584,P Toner (BH) 1-39.40;1585,S Revington (Un) 1-39.40;1586,R Walker (Un) 1-39.41;1587,E McNair (Kirk) 1-39.41;1588,R Livingstone (Un) 1-39.41;1589,M Snodgrass (Un) 1-39.42;1590,J Gibson (Un) 1-39.42;1591,M Keith (Un) 1-39.43;1592,R Souter (Un) 1-39.44;1593,R Bisset (Un) 1-39.44;1594,J Hughes (Un) 1-39.45;1595,W McClory (Un) 1-39.45;1596,S McGinney (Un) 1-39.46;1597,C McGuire (Un) 1-39.47;1598,J McLaughlin (Un) 1-39.47;1599,J Syme (Un) 1-39.48;1600,J Hinchelwood (Un) 1-39.48;1601,J Robinson (Un) 1-39.49;1602,A Young (Un) 1-39.50;1603,P Laird (Un) 1-39.50;1604,N Davidson (Un) 1-39.51;1605,M Moore (Un) 1-39.52;1606,C MacMillan (Un) 1-39.52;1607,W Allan (Un) 1-39.53;1608,J MCRAE (Un) 1-39.54;1609,A MacMillan (Un) 1-39.55;1610,W Duncan (Un) 1-39.55;1611,M Stewart (Un) 1-39.57;1612,A Hardie (Un) 1-39.57;1613,E Thompson (Un) 1-39.58;1614,K Sigley (Un) 1-39.58;1615,R Thomson (DRC) 1-40.0;1616,J Cunningham (HSB) 1-40.0;1617,J Duncan (Un) 1-40.1;1618,A Corcoran (Un) 1-40.1;1619,G

Grant (Un) 1-40.2;1620,J Dunlop (Un) 1-40.2;1621,R McCallum (Un) 1-40.3;1622,W Cassidy (Un) 1-40.3;1623,D O'Donnell (Un) 1-40.4;1624,D McGinley (Un) 1-40.4;1625,R Wishan (Un) 1-40.5;1626,R MacDonald (Un) 1-40.5;1627,W Gault (Un) 1-40.6;1628,C Kinnon (Un) 1-40.6;1629,W Chambers (Un) 1-40.7;1630,G Fraser (Un) 1-40.7;1631,W McPhail (JWK) 1-40.7;1632,G Peacock (Port) 1-40.7;1633,S Landels (Un) 1-40.8;1634,C Hatcher (Un) 1-40.8;1635,S Lambie (Un) 1-40.8;1636,I Barrett (GN) 1-40.9;1637,J Curran (Un) 1-40.9;1638,K Kerr (Un) 1-40.10;1639,C Brysland (Un) 1-40.10;1640,R Billington (NS) 1-40.10;1641,D Moore (Un) 1-40.10;1642,M Taylor (Un) 1-40.11;1643,W Blake (Un) 1-40.11;1644,J McPherson (ML) 3 9LT) 1-40.11;1645,F Rainey (Un) 1-40.12;1646,A Bennett (Un) 1-40.12;1647,E Irving (Un) 1-40.13;1648,J Connor (Un) 1-40.13;1649,G Amos (Un) 1-40.14;1650,T Gough (ARR) 1-40.14;1651,G Allan (Un) 1-40.15;1652,P O'Kane (Un) 1-40.16;1653,D Ogilvie (Un) 1-40.16;1654,S Sutherland (Un) 1-40.16;1655,P Walker (Un) 1-40.17;1656,D Clark (Un) 1-40.18;1657,C McGregor (Un) 1-40.18;1658,G Ogilvie (AF) 1-40.19;1659,D MacLucas (SC) 1-40.19;1660,M Turnbull (Un) 1-40.20;1661,D Hendry (She) 1-40.20;1662,L Pieleith (Un) 1-40.20;1663,B Wright (UA) 1-40.21;1664,G Campbell (Un) 1-40.22;1665,W Marshall (Gar) 1-40.22;1666,D Barr (Un) 1-40.22;1667,F Burns (AH) 1-40.23;1668,A Johnston (Un) 1-40.23;1669,A McDonald (AF) 1-40.23;1670,A Hardie (GN) 1-40.24;1671,T Craney (Un) 1-40.25;1672,W HART (Un) 1-40.25;1673,D AnWood (Un) 1-40.25;1674,J McGuire (Un) 1-40.26;1675,R Carruth (Un) 1-40.26;1676,J Campbell (Un) 1-40.26;1677,L Purves (Un) 1-40.26;1678,C

Further Great Scottish Run results appear in our results section.

September

23

MORAY Stonecutters Open CC Races, New Elgin (all ages).

October

3

BALMEADIE Beach Bash, Aberdeen.

VICTORIA Park AAC McAndrew Rd Relay (SJ).

DOON Hill Race, Winterfield, Dunbar. D - 0368 64613.

4

FORRES HARRIERS 6 mile Road Race. Start - 2.30pm. Entries on the day. D - (0343) 542065.

FRASERBURGH FC Half Marathon (JS), Fraserburgh.

LINLITHGOW AC 10K RR.

MAYBOLE 5.5 mile charity Road Race. Start 1pm. D - Dennis Ward, 21, Whitfaulds Avenue, Maybole. Tel - (0655) 83649.

FIFE College Ladies 10K. E - £3 (£3.50 on day), £1.50 for under-18s. D - (0592) 268591.

FRASERBURGH FC Half Marathon. Declarations end 1.15pm. Start 1.30pm, Belislea Park, Fraserburgh. E - £4.00. Entries before September 26. D - Mrs Scott, 80, Philorth Avenue, Fraserburgh. Tel - (0346) 28503.

10

CC Relay Champs: Ayrshire - Irvine; Dunbartonshire - Alexandria; Lanarkshire; Renfrewshire.

CC League: East, Hawick; North, Peterhead.

11

BEITH Harriers 4 x 3 CC Relay.

BUCKIE 10K RR.

CITY of Dundee People's Half Marathon (JS), Dundee.

DINGWALL - Strathpeller People's Race.

NATIONAL Road Relay Championships (women), Whiteinch Park, Glasgow.

STRATHCARRON Fun Run, Denny. E - Adults £4.00. Under 16's, £2.00. D - 0324 826222.

LOCHABER People's Half Marathon. Starts 12 noon. D - Eddie Campbell, Kilmul, Alma Road, Fort William. Tel - (0397) 702748.

17

DISTRICT Relay Championships (BYJS): East - Edinburgh; North - Forres; West - Rouken Glen Park.

18

FALKIRK Herald People's Half Marathon (JS), Grangemouth.

DUMFRIES AC CC Races (women), Dumfries.

KIRKILL Forest Eight, Aberdeen.

KIRKINTILLOCH "O" CC Races, (women), Tweechar.

24

NATIONAL CC Relay Champs (BYJS), Cumnock.

25

GLASGOW University Inter-Schools Relay Races, Kelvingrove, Glasgow.

PITREAVIE AAC CC Races - League (women), Pitreavie.

31

ALLAN Scally Memorial Rd Relay Race (JS), Ballieston.

BLACK Isle Marathon, Hall Marathon, and 10K (JS), Fortrose.

MARYHILL Harriers Schools CC League.

November

1

DUNDEE Rd Runners "Valentine of Dundee" Astral 10 miles Road Race (S), Dundee.

HYDRASUN Open CC Races, Aberdeen.

STEWARTON Open CC Races.

GREENPEACE Run - 4 or 2 miles. E - £4.50 (£2.50 concession). D - 0505 684453.

7

GLASGOW University RR, Westerlands.

NORTH District League, Thurso (all age groups).

8

ABERDEEN AAC Open Races (BYJS), Aberdeen.

DUNDEE Road Runners AC 10 mile RR. Templeton Woods. Start - 11am. D - L. McGill (0826) 26423. E - on day at Riverside Pavilion, Dundee.

JW Kilmarnock Harriers Open CC Races, Dean Pk, Kilmarnock.

LASSWADE AAC CC Races (Women) - Bonnyrigg.

14

CLYDESDALE Harriers Young Athletes, Clydebank.

GLEN Clova Half Marathon. D - (0241) 77883.

15

BARR'S Im-Bru Edinburgh - Glasgow Rd Relay Race (JS).

JW Kilmarnock H & AC CC Races (Women), Kilmarnock.

21

BELLAHOUSTON Harriers CC Races (BYJS), Bellahouston Park, Glasgow.

EDINBURGH Univ. Braid Hills Race.

GAULDRY Community Council CC Races (BYJS), Gauldry, Fife.

NORTH District League (all ages).

22

RONNIE Kane Memorial Races (women), Kings Pk.

DUMFRIES AC CC Races (women) - League, Kings Pk.

28

CROSS Country Champs: Dunbartonshire - Kirkintilloch; Eastern - Rosyth; Northern - Fraserburgh; Renfrewshire; Lanarkshire.

29

EAST & West District Champs (women).

December

5

SORN Chase, Sorn.

HUGH Wilson Memorial Road Races.

FIFE AC Open CC Races, Kirkcaldy.

THE Lita Allan Memorial Races (women), Kirkcaldy.

6

KEYLINE 5 mile RR, Peterhead.

12

SCCU v Scottish Universities v Northern Ireland v Civil Service, including Inter-District races (all ages), Cumbernauld.

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Dundee DD1 4DF
Tel: 0382 22728

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Dundee DD1 4DF
Tel: 23181 ext. 402



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