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Cumbernauld AAC profile

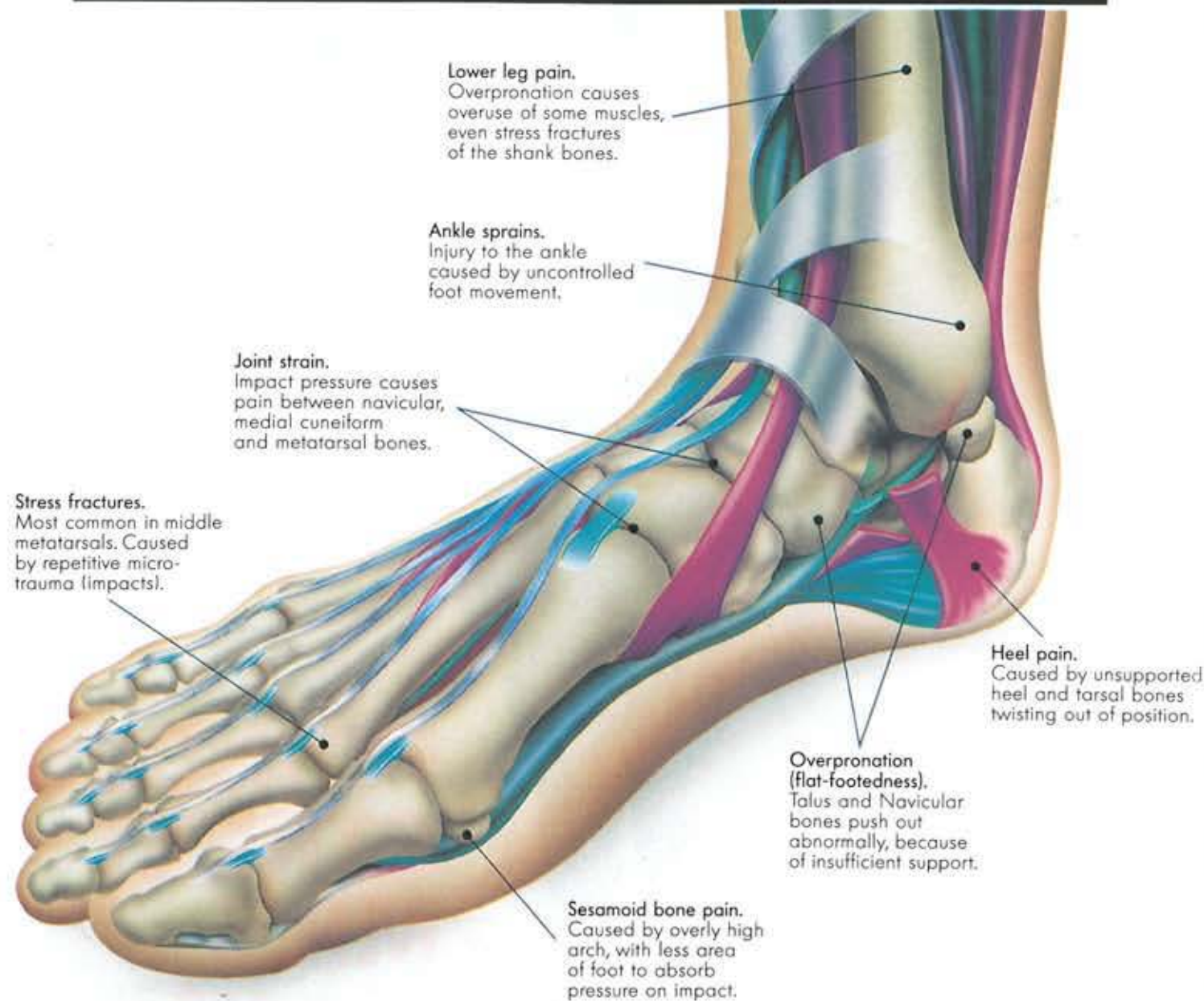


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EDITOR
Alan Campbell

ASSOCIATE EDITOR
Doug Gillon

SUB EDITOR
Margaret Montgomery

CONTRIBUTORS
Arnold Black
Jeff Carter
Derek Parker
Gordon Ritchie
Colin Shields

DESIGNERS
Crawford Mollison
Margaret Montgomery

ADVERTISING MANAGER
Stephanie Patterson

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ADMINISTRATION
Leigh Taylor

ENGLISH SALES AGENCY
S.M.S. Ltd
061-839-6265

COMMERCIAL DIRECTOR
Tim New

COVER PHOTOGRAPH
Robert Perry
(Princes Street Mile)

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Caroline wins gold

CAROLINE Inness, a 17 year old girl from the Bell Baxter School in Coupar, Fife, was the only Scottish track and field individual gold medalist at the ninth Paralympic Games in Barcelona, writes **Henry Muchamore**.

Caroline's medal came on the last day of competition at the Monjuic Stadium when she won the C5/6 category 100 metre sprint in 16.35. Caroline, who suffers from cerebral palsy, was the clear winner in a straight final of nine contestants with both a German and Korean girl 0.32 seconds behind her.

The British squad as a whole did very well despite finding the competition much harder than in Seoul four years ago. Over 150 world records set over the 10 days of competition demonstrated that standards are higher than ever before.

Other Scottish athletes to gain medals in track and field included the ebullient Keith Gardner, who took a well earned silver in the club with 43.78 metres.

Keith was also a member of the seven a-side soccer team and had a traumatic time of it in the semi final against Portugal. He missed his penalty in the shootout after a 0-0 draw and dropped to the ground in despair, only to be told by the referee that as the goal-keeper had moved he was to take the kick again. This time he scored and the match then went to sudden death. Great Britain lost, and instead of playing for a gold and silver lost in the play-off against Ireland for the bronze medal.

The high hopes that Britain had for Scotsman Jim Sands never materialised when he finished fourth in the 5000 metres in 17-42.42. Gerry McConnell, who took silver in Seoul, finished fifth in both the 800 metres and 1500 metres seeing the world record broken ahead of him. Gordon Robertson, another silver medalist from Seoul, found the standard too high in the sprints.

Anthony Hamilton, who lived and trained with Lindsay McDonald and her husband for some time in Edinburgh, took a bronze in the B3 (partially sighted) 1500 metres in 4-04.77, and was fourth in the 800 metres.

In the Paralympic Games for people with a learning difficulty held in Madrid, standards had also improved. Scotland, while having a large proportion of the team places, could only pick up silvers in the men's 4x100m relay. Scots Jim Barry and Peter Meachan were both in the relay team.

Both Jim Thomson, who was the cerebral palsy coach in Barcelona, and David Hammond, who was the assistant athletic coach in Madrid, said they felt that for disabled athletes to win medals they must have the same commitment and support as any able bodied potential Olympian.

Jogging network which may lead to new event in Glasgow

A JOGGING network exclusively for women is the latest idea to spring from the "women in sport" team at Glasgow City Council's sports development section, writes **Margaret Montgomery**.

Operating out of four key centres in the city, the network aims to provide women from all over Glasgow with a safe and encouraging environment in which to take up running for the first time. The network officially starts up in January, but due to early initial interest an informal "prototype" looks set to operate from November.

From January, each of the four designated network bases will provide jogging sessions twice a week. Led by an experienced runner, these sessions will include a warm-up and will be taken at a pace which suits the beginner.

By May, it is hoped that most of the women attending the sessions will be capable of running a 10K, if they so wish. After this, a 15 week

training schedule which will prepare the women for the Great Scottish Run will form the backbone of the network's activities.

The sports development women in sport officers at Glasgow City Council first conceived the idea of the network as a means of helping to generate the numbers necessary to justify a Glasgow based women-only 10K. Accordingly, if there is enough interest, it is hoped that the proposed May 10K will be a new women-only event.

"We need 500 entrants to run a women-only 10K in Glasgow," says sports development officer Angela Porter.

"Hopefully the network will help us to reach this target."

At this year's Great Scottish Run just over a thousand of the competitors were women, and while this was up on last year's figure Angela Porter and her colleagues hope that their network will boost this total yet further.

"We find that a lot of women are put off jogging and entering road races be-

cause it's such a male dominated thing," Angela explains. "We feel that a women-only network and 10K race would encourage more women into the sport."

The four network bases are expected to be the Kelvin Hall, Springburn Sports Centre, and Bellahouston Park, with a decision yet to be made on a base for women living in the East End of the city. (Crownpoint stadium and Glasgow Green are the most likely locations.)

The cost of participating in the network will be £8, and interested women need to be at least 16 years old.

As an incentive to keep attending the network, a free T-shirt will be given to every woman who completes the ten week course prior to the 10K.

(Women interested in leading a network group or participating in one should contact Gillian Duncan or Angela Porter on 041 556 1266.)

Outstanding run by Vikki



GLASGOW accountancy student Vikki McPherson, world student cross country silver medalist, had another outstanding run when finishing third over 10,000m with 33-36 in the Diet Coke Great Midlands Run, writes **Doug Gillon**.

The race was won by Tecla Laroupe in 32-05, ahead of Lulia Negura, who twice claimed the world 15km title. Benson Masya of Kenya, who set a world half marathon record in the Great North Run, won the men's event in 28-17.

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Ritchie realises his ambition at 48

FORRES Harrier Donald Ritchie, his appetite undiminished by a career which boasts 14 ultra records, finally achieved a lifelong ambition when he won the inaugural Scottish 100 kilometre title at Heriot Watt University's Riccarton campus, writes **Doug Gillon**.

At the age of 48, and just two weeks after having finished seventh in the European Championships at the same distance, Ritchie won the title in 7-01-27, a national all-comers' best. He beat FMC Carnegie's Ian Mitchell by a margin of more than 12 miles. Third was Dave Wallace of Harnsey in 9-27-28.

It is at least two years since Ritchie wrote a letter to the Scottish AAA, asking them to follow the UK lead by launching an ultra championships. But it took the persistence of Sri Chinmoy's Adrian Stott to get the show on the road.

Despite the huge back-up resources required to manage just 24 starters, the Sri Chinmoy organisation staged a well-organised event which they propose to hold annually. Whether the Stott family will approve remains to be seen. Mum and daughters were pressed into service for a host of tasks from serving tea and baked potatoes, to tent-erecting, lap-counting, and blister-nursing.

Ritchie, however, was walking on air and duly grateful after a win which gave great satisfaction. Already crowned British 100K road and 24-hour track champion this summer, he finally captured a Scottish title - an aim which dates back 25 years, to when he was forced to settle for his first of three national half marathon silvers, behind Aberdeen's Alastair Wood. Two runners-up awards in the now defunct Scottish 10-mile track championship did not change his views.

The electrical engineering lecturer still holds world bests at 40, 50, and 100 miles, and 100, 150 and 200 kilometres. The 100K mark of 6-10-20, which he considers the best of them all, has survived since 1977.

"I would not normally have tackled a second 100K race within a fortnight, said Ritchie. "But I had waited a long time for a first Scottish title. I could not miss the chance."

Within an hour of starting, Ritchie, and former Two Bridges winner Andy Stirling, had lapped all of the field. Stirling dropped out, as did the next closest challenger, Paul Bream.

Ritchie lapped the remainder regularly.

He reached 30 miles in 3-14-00, 50 kilometres in 3-21-17, 40 miles in 4-22-26, and 50 miles in 5-33-19. Nine finished. Among those forced out was John Softley, whose all-comers best Ritchie claimed. But it was good to see the Scottish Marathon Club man run, given the

horrific fractures he has suffered.

The only woman to finish, just inside the 12-hour cut-off with 11-45-53, was 46 year-old British walking internationalist Kathy Crilly of Serpentine, who ran no more than a third of the way.

The soft-spoken, iron-sinewed Ritchie began life as a 220-yard sprinter at school and with the BB in Tarves, but was good enough to place eleventh in the national cross-country championships in the early seventies. He even managed to pursue a career as a marathon runner while working in satellite navigation on North Sea oil rigs.

"I used to train on the heli-decks, but it was pretty hopeless," he recalls. "I was on the brink of quitting when I discovered my niche in ultra races."

Running 145 miles a week, Ritchie is not easily deterred. After two earlier attempts at the Lands' End to John o' Groats record had ended prematurely, due to a stress fracture, then a broken knee cap, he finally succeeded in breaking it with 10 days, 15 hours, 23 minutes.

"It was do or die," he said, and perhaps he meant it literally. He ran for eight days with bronchitis, coughing up blood, but raised almost £8000 for cancer research.

"The pain in my ribs was so bad one night that I could not move my right arm. But the next day it was a bit better, so I kept going."

This year, when he won the British 24-hour title in Birmingham, it rained almost constantly.

"The track drained quite well, but a thunder storm knocked out the unit powering the compressor for an air hall which spanned part of the track, and housed officials. It collapsed, trapping some inmates and injuring one of them," he recalls.

His Scottish win was just a warm-up for an eight-day, 350-mile race from Barcelona to Madrid, celebrating the 500th anniversary of Columbus's discovery of the New World.

The Spanish event carries a first prize of 1,300,000 pesetas.

But cash has little influence on Ritchie who turned down offers to run in the USA where top ultra runners can earn substantially in appearance and prize money, as well as endorsements.

Ritchie gets gear from Reebok, but no cash. It does not worry him, and nor does snubbing the American dream.

"Life in hotels, the travel, and the hype, does not appeal to me. I would not be happy, chasing money."

"Lossiemouth is a great place to live, and I am content," says the man who has held more world records than Coe, Liz McColgan, and Daley Thompson combined.



SAF funding request rejected

THE Sports Aid Foundation have declined a SAF approach to help fund their development scheme. The SAF applied for £67,000 to help launch the new body and pay for a development officer.

SAF secretary Bob Greenoak says the development officer post goes ahead, and will be advertised in late October.

The foundation gave the SRU £2m towards the new Murrayfield stand, though more than £25m had already come from debenture subscribers. It also supported a Scottish cricket tour of South Africa before the republic had been fully reintegrated to world sport.

SAF holds its first meeting

THE first meeting of the Scottish Athletics Federation took place on October 3 and after considerable discussion a subscription fee of £40 per club and £2 per member was set, writes **Matthew Lindsay**.

The federation are aiming to raise an income of £35,000 through subscription alone and estimate that with club members in Scotland numbering almost 14,000, at £2 per member this figure should be reached. This fee will be reviewed at the AGM in March 1994 when more detailed information on club membership will be available.

The committee also discussed the rulings on secondary claim competitors competing in road races in the winter and decided that the same rules for track and field events should apply to road. The decision has been put in front of the rules sub-committee, who will word the ruling and present it to the council.

WORLD junior competitor Alison Grey won both the shot, with a stadium record of 14.92m, and discus (45.80m) in the Home Countries Under-23 International at Whitehaven.

Scotland won the women's match for the first time with the men second.

Lorna Silver took the 400m hurdles in 62.30 and Nicky Barr set a stadium record of 11.97m in the triple jump. Lorna Jackson threw a PB of 49.92m to win the javelin and Vicki McPherson won the 3000m with 9-28.70.

Jamie Grant produced his best ever javelin throw (62.00m) and Dave Barnetson cleared 2.10m in the high jump, warming up in his tracksuit. Ken Campbell anchored the relay team to victory in 42.40 after setting a PB of 14.62 secs in the 100m hurdles.

Tom Nimmo was involved in two of the best finishes of the day, finishing fourth in the 800m with 1-51.24 (winner Nick Pearson clocked 1-51.00).

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LIZ IS ON THE MEND

VICTORY in the Tokyo Marathon in November, on top of her world half marathon success in the Great North Run, should finally convince Liz McColgan's detractors that she is fully recovered from the illness which ruined her Olympic 10,000 metres hopes, writes **Doug Gillon**.

The problem which stopped McColgan in her tracks after an all-conquering charge was identified as a deficiency in iron absorption.

After just three weeks' treatment the Arbroath woman recorded a time of 68:53, to win the inaugural World Half Marathon Championships in the Diet Coke race from Newcastle to South Shields, helping Britain to silver in the team event.

And Anglo Paul Evans, from Springburn, helped Britain to silver in the men's team race as Kenya's Benson Musya clocked 60:24, the world's fastest ever time on an approved course.

Evans came home eleventh in 61:34, finishing the season as Britain's fastest man over 10,000m and marathon.

Only Dave Lewis, finishing just ahead, denied him the UK half marathon fastest of the year.

Evans reaffirmed his commitment to Scotland. McColgan dismissed suggestions she should concentrate on the marathon in future.

"The proof that I was ill makes me more determined to fulfil my 10,000 metres potential," she said.

"With the improved quality of girls at the longer distances, I will be looking for a world record on the track before stepping up to the marathon.

"I was holding myself back for much of the race. This proves that when I am healthy, nobody in the world can beat me. It took just three weeks of a special course of tablets to get me back in shape.

"Because of the lack of iron I could not handle stress, and became susceptible to illness. The Epstein Barr virus which my husband Peter had, then also affected me. It seems to date back to around the World Cross Country Championships.

"I have had to settle for one major title, when I thought I might win three, but it proves a point," said McColgan. Her run was just four seconds outside Grete Waitz's five-year-old course record, despite adverse winds.

"I wanted to win the Olympics most of all, and was only fifth. There's bound to be negative press about that, and I accept it. But I was ill. I can't believe the difference in the way I feel after three weeks of proper medication."

Despite two championship failures, McColgan can look back on a year which brought three world bests - half marathon and 8000m on the road and 5000m indoors - and she still has Tokyo.

Whittle's letter stirs up anger within new SAF

A LETTER criticising the state of Scottish athletics and signed by three of Scotland's foremost runners was described as "inaccurate, unfair or ignorant" in an angry reply by Gregor Nicholson, administrator of the newly formed Scottish Athletics Federation, writes **Matthew Lindsay**.

Brian Whittle, Tom McKean, and Tom Hanlon all put their name to the letter which was written by Whittle and published in the Herald on October 1. The letter is critical of Scotland's "Blazer Brigade" for "trying to preserve archaic principles, wholly inappropriate in modern athletics".

The letter calls for: a structured path for Scotland's up and coming athletes; more Scottish international competition; a shorter nine month ban for athletes who decide to change clubs; junior races at some of the major international events held in Britain so that up and coming athletes can experience the feel of top class competition.

But the SAF have hit back at the letter which they say contains many inaccuracies and is ignorant of the work currently being carried out by the new organisation.

In reply, Gregor Nicholson points out that the SAF intend to appoint a full-time development officer in the next few months and that a plan to prepare Scotland's top athletes for the 1994 Commonwealth Games is already in place.

He also claims it is not practical to intersperse world-class events with "mediocre level athletics" and that the alleged "14 month ban" has now been reduced to nine months.

Despite repeated phone calls, Brian Whittle was unavailable to comment.

However, commenting on both of the letters Tom McKean said, "I can agree with some of the points in the [SAF's] letter but they also got some bits wrong."

"By writing the letter all that we were trying to do was suggest ways that we can help our junior athletes, and there is plenty that we can do."

"At most of the international events there are junior events - but two hours before the main programme starts. They have races for local juniors at most of the foreign meetings and even though the stadium is not packed they get the feeling of international competition."

But McKean regretted the use of the term "Blazer Brigade".

He said: "I think Brian used the phrase in the wrong context and realises that he was wrong. We certainly weren't trying to slag the officials off as we realise all the work that they put in."

Gregor Nicholson said he was surprised that Whittle had written the letter.



Tom McKean.

He said: "I'd been speaking to Brian on various matters for the last few weeks and he'd never mentioned anything to me. It came totally out of the blue, and

the timing of it wasn't good as we were just about to launch the Federation.

"He hasn't said anything new in the letter, it just seems fashionable to give the officials a good slagging."

UK national coach Frank Dick said he did not think that sending letters to the press was the right way to go about airing any grievances.

Dick said, "Personally I was not convinced that sending a letter to a newspaper is the way to go about solving any problems, real or apparent. If they had any criticisms they should have sat down with the persons involved and worked something out."

"I can't work out why that hasn't happened. I have spoken to Brian Whittle since the letter was published and I asked him if steps had been taken to do this and I wasn't satisfied that that had happened."

"The people that run the sport are reasonable and if you are trying to do something you shouldn't criticise the people that do something - you should criticise the people that don't do anything."

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Welcome change

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SIR - May I through your pages congratulate FMC Carnegie Harriers on the thoroughly enjoyable "Patiesmuir Six" on September 11. The race was well organised and had a very large turnout even though it was held on a Friday night.

The course was a mixture of road, farm track, and field which made it a welcome change and a bit more interesting than the normal road races.

After the race everyone who took part was treated to a buffet that can only be described as huge and made me glad I never had any dinner before going out!

This is one race I will make sure I attend next year.

Alasdair Aitken

MEMORIES WHICH CAN'T BE BOUGHT

4, Rosen Court,
Turners Drive,
Thatcham,
Newbury.

SIR - Once again a great Scottish occasion has provided a lot of people from various backgrounds and towns and cities with many cherished memories.

I refer, of course, to the 1992 Great Scottish Run held in August in the city of Glasgow.

Though injury had prevented me from taking part in any runs this year, I took a gamble and entered this year's Glasgow Half Marathon. This proved to be one of the best decisions in my uneventful "fun running" career.

Picture the scene - a lovely sunny Sunday morning, 7000 smiling competitors' faces, various "fancily dressed" athletes, and the chance to run rubbing shoulders with various famous faces, sporting or otherwise.

Throw in thousands of spectators, excellent organisation, great scenery, and a nice flat route and you have the recipe for a great memory.

How many of us would find their long Sunday "training run" a lot easier and more welcome in these circumstances?

Of course there will be those that moan £8 was too much to pay, but as far as I'm concerned these memories cannot be bought, and for an Anglo like myself who had to suffer the "public house" athletes berate Liz McColgan after the Olympics by saying "she's finished", "she's burnt out", and "she's passed it" it was very welcome to see her beat all the women competitors and most men as well.

Finally I would like to thank, through your magazine, the young girl Rhona whose dad is a runner with Giffnock North, who ran with me for most of the way - thanks for your company.

Peter Millar

Praise due

7, Balgeddie Way,
Glenrothes.

SIR - As Aileen McGillivray's coach, I am, quite naturally, biased. However, I will endeavour to curtail this to the best of my ability.

The highlight of Aileen's season was to win the 100 metres at the Under-23 Europa Cup at Gateshead in August, a performance your magazine has failed to report. While I appreciate it's your prerogative to report as you see fit being Scotland's running magazine, I am appalled that you think it so insignificant.

I read innumerable reports of athletes failures, about the decline in our standards, yet here is a young lady reversing this trend and you can't find space to report it.

You are not alone in your lack of interest. Equally uninterested are the Scottish national coach and all members of the SWAAA (with the exception of Hilda Everett) who have yet to say to Aileen, as I write "well done".

I can only conclude that the event which had the best under-23 athletes in Europe competing, was in your eyes no more important than the District Championships.

S. Hogg

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DEPARTMENT OF PARKS AND RECREATION
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**City of Glasgow
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Behind closed doors

Advice for coaches and athletes on circuit training from Derek Parker.

Young members of Cumbernauld AAC perform leg raises during an indoor training session.



THE advent of winter, with its increased use of indoor facilities is an ideal time to introduce circuit training.

Circuit training is challenging and enjoyable. Its results are easily recorded and provide training targets for subsequent sessions. It can be done with, or without, specialist training equipment. It develops strength, stamina, speed, and a high degree of comprehensive physical fitness. It also creates a firm base of aerobic and muscular endurance fitness which serves as a solid foundation for more specific and high-quality work.

Below are various forms of circuit-training.

BASIC CIRCUIT TRAINING

IN its original guise, circuit training began with the athlete performing several designated exercises to maximum (or to maximum in 30, 45, or 60 seconds, depending on

age, ability, and experience.

At subsequent sessions, he or she worked round a circuit of between six and ten of these exercises aiming at targets of 50% of the total number of repetitions achieved during testing for maximum at each exercise. After two minutes' recovery at the end of one complete circuit of the six to ten exercises, the athlete then worked round the circuit a further one to five times, depending on age, ability, and experience.

Progress is made by increasing the number of circuits to a maximum of six or by completing the circuits in a faster time. Each exercise is re-tested for maximum every four weeks and the process starts all over again. This approach is known as general circuit training. It is very effective.

FOR THE EXPERIENCED

ADVANCED circuit training is where the athlete works through a programme of just a few exercises without pausing for recovery

between either repetitions or sets.

A typical example would be four to six sets of ten press-ups, ten sit-ups, and twenty half-squats all done non-stop. This form of training was popular during the Alan Wells heyday when top Scottish sprinters used it to complement their revolutionary speedball training.

WITH BOUNCE

BOUNDING circuit training is a series of hops, bounds, squat jumps, and depth jumps exercises lasting for 20 to 30 seconds per exercise with between 30 and 60 seconds between exercises and two to five minutes between circuits.

THE AMERICAN WAY

MORE, recently, the Oregon Circuit which originated in the American state of that name has been designed for runners. Intended primarily for outdoors, it is based on between six and nine exercises performed for 30 to 60 seconds.

Each exercise station is separated by a distance of 100 metres which the athlete has to sprint as he or she progresses from one exercise to the next. The training objective is to complete three circuits with 1000 metres recovery jog between each circuit. This is a demanding form of training and the athlete must be prepared to build up to performing it in its entirety over some weeks.

Progress is made by: (1) increasing the number of circuits to a maximum of three; (2) increasing the number of exercises to a maximum of nine; (3) performing more repetitions of each exercise during the 30 to 60 seconds allocated for each and (4) performing the three circuits in a faster time without reducing the number of repetitions.

This circuit can be adapted to an indoor setting by (1) sprinting two lengths of the gym between each exercise and (2) jogging between five and eight minutes between each of the three circuits.

STAGE TRAINING

MY own preference, stage training is where the athlete performs all the stipulated sets of each exercise taking the appropriate recovery between sets before moving on to the next exercise. For example, the athlete would do three sets of press-ups for twenty seconds per set with ten seconds rest between sets. The athlete then rests for two to four minutes before moving on to the next of eight exercises in the circuit using the same work and recovery frequencies as before.

Progression is as follows: week one, 4 x 15 seconds of each exercise with 10 seconds recovery; week two, 3 x 20 seconds with 10 seconds recovery; week three, 2 x 30 seconds with 10 seconds recovery; week four, 60 seconds maximum effort for each exercise aiming to beat, or equal, the cumulative totals scored the three previous weeks when the exercises were done in sets.

Week five of the training cycle can be a more informal recovery session before the athlete reverts to the week one format and strives to achieve new maxima at the next series of 60 seconds monthly tests.

ROTATION

A thoughtfully constructed circuit will rotate exercises to ensure that all the main muscle groups are developed in sequence.

For example, the athlete can begin the programme with an exercise for the arms and shoulders and then move on to activities involving the abdominal and dorsal muscles then the legs, thighs, and ankles. If the exercises for individual muscle groups are performed too close together the excessive overload could result in injuries.

Exercise one muscle group then progress to another is a rule worth observing in circuit training.

My own programme for athletes using the work/rest ratios detailed earlier would start with squat thrusts. Here the athlete crouches down, knees bent, then thrusts the legs backwards and forwards for the appropriate time.

He or she would then move on to sit-ups. The athlete lies flat on the back with the feet anchored beneath a wall-bar and the legs bent at the knees before bringing the elbows up to touch the knees.

The next exercise would be press-ups with emphasis placed on proper technique and concentrating on keeping the body parallel with the floor and achieving a ninety degrees angle between upper and lower arms in the down phase.

Burpees which are similar to squat thrusts but include a high leap into the air once the legs are brought forward, would be the next exercise on the circuit. This would be followed by dorsal lifts where the athlete lies face down with the hands clasped behind the head then arching the back into the air.

For the sixth exercise, the athlete stands with the legs astride a bench no more than 18 inches high then brings both feet together on the bench by leaping into the air. This on/off procedure is repeated for the stipulated time span.

This is followed by another arm and shoulder activity such as pull-ups on wall-bars/beams or press-

ups from benches which support the feet. The eighth exercise can feature step-ups on and off a bench no more than 18 inches high or bench vaults where the athlete places both hands on the bench then jumps backwards and forwards over it.

The circuit can finish with timed shuttle runs for six to eight lengths of the gym.

SOME OTHER IDEAS

THERE are lots of other exercises which can be incorporated. They include star jumps, squat jumps, leg raises and the treadmill which is similar to the squat thrust with the difference being that alternate leg-thrusts are performed.

CASE STUDY

THE type of work which can be done during a circuit session can be illustrated by the training records of Elaine McLaughlin, who represented the UK at the 1988 Olympics in the 400 metres hurdles and finished fifth in the same event in the 1990 Commonwealth Games.

Elaine, who was aged 20 at the time of the exercises, achieved the following scores for the 60 seconds

tests: squat thrusts - 86; sit-ups - 74; press-ups - 52; bench astride jumps - 107; bench vaults - 142.

POINTS TO REMEMBER

THE importance on circuit training for athletes of all levels by Sebastian Coe whose regular 90 minutes sessions included five minutes of rope climbing, three sets of 20 to 60 seconds depth jumping, and five minutes of bounding exercises.

Circuit training can be demanding. Progress must be gradual and made under a coach who is aware of the athlete's strengths and weaknesses.

The rate of progression and intensity will depend primarily on age, ability, experience, and commitment. Athletes who have any doubts about their health should obtain medical advice before starting a strenuous programme.

Done correctly, however, circuit training is vital to fitness development.

It enhances physical and mental performance, inculcates confidence and, because it is so easy to monitor, enables the athlete to gauge his or her rate of progress.

DEREK PARKER'S SCHEDULES

EXPERIENCED Week One

Sunday: 90 to 120 minutes cross country/grass running.
Monday: 75-90 minutes fartlek including 8 x 3 minutes at 5K/10K effort (jog 90 seconds recovery).
Tuesday: 5 miles steady.
Wednesday: 10 miles steady.
Thursday: 20 x 300 metres at 3K pace (20 to 30 seconds recovery).
Friday: Rest or 20-30 minutes easy run.
Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 minutes duration can be done 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75-90 minutes fartlek including 1-2-3 minutes fast x 3 sets (jog recovery 30-60-90 seconds respectively i.e. half the duration of the fast sections).
Tuesday, Wed, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace (20 to 30 seconds recovery).
Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One. Week Three

Sunday: As Week One.
Monday: 75-90 minutes fartlek including 30 x 30 seconds fast (jog 30 seconds recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 10 x 1000 metres at 10K pace (20 to 30 seconds recovery).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75-90 minutes fartlek including 2-3-4 minutes fast x 2 sets (jog recovery should be of 1-1.5-2 minutes respectively i.e. half the duration of fast sections).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 6 x 500 metres at 1500 metres pace (75 to 105 seconds recovery).
Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One. CLUB ATHLETES Week One

Sunday: 75-90 minutes cross country/grass running.
Monday: 60-75 minutes fartlek including 6x2 minutes fast (jog recovery 60 and 120 seconds alternately).
Tuesday: Rest or 15-20 minutes easy.
Wednesday: 5 to 8 miles steady.
Thursday: 10 x 300 metres at 3K pace (20 to 30 seconds recovery).
Friday: Rest.
Saturday: 8 to 12 miles steady. Morning runs of 15 to 20 minutes may be done 2 to 4 times weekly.

Week Two

Sunday: As Week One.
Monday: 60-75 minutes fartlek including 30-60-90 seconds fast x 4 sets (jog recovery 30-60-90 seconds respectively i.e. the same duration as the fast sections).
Tuesday, Wed, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace (30 seconds recovery).
Saturday: Race or 8 to 12 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 60-75 minutes fartlek including 20 x 30 seconds fast (30 and 60 secs jog recovery alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 4 x 200 metres at 800 metres pace (30 seconds between reps/5 to 8 mins between sets).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60-75 minutes fartlek inc 60-90-120 seconds fast x 3 sets (jog recovery 60-90-120 seconds respectively i.e. the same duration as fast sections).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 3 x 500 metres at 1500 metres (60 seconds between reps/5 to 8 mins between sets).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

Diet Coke Great Scottish Run results - continued from last issue.

2176, K Lewis (RSG) 1-44.25; 2177, J Polson (Un) 1-44.25; 2178, J Queen (Un) 1-44.26; 2179, I Cathcart (Un) 1-44.26; 2180, A Ramage (Un) 1-44.27; 2181, W Nelson (Un) 1-44.27; 2182, B McGuire (Un) 1-44.27; 2183, T Coyle (WKC) 1-44.28; 2184, P Bolland (Un) 1-44.28; 2185, A Bowie (Police) 1-44.29; 2186, C Baird (Un) 1-44.29; 2187, W Gow (Un) 1-44.30; 2188, T Mallon (Whit) 1-44.30; 2189, M Roberts (KP) 1-44.30; 2190, I Ingils (Un) 1-44.31; 2191, G McIntosh (Un) 1-44.31; 2192, S Chall (Un) 1-44.32; 2193, Z Aziz (Un) 1-44.32; 2194, A Chalmers (Un) 1-44.32; 2195, L Neillands (Un) 1-44.33; 2196, A McAllister (Un) 1-44.33; 2197, D McRae (Un) 1-44.34; 2198, G MacRobert (Ren) 1-44.34; 2199, A Davidson (Un) 1-44.35; 2200, C Barton (Un) 1-44.35; 2201, J Kerr (Un) 1-44.35; 2202, G Lesenger (Un) 1-44.36; 2203, P Donaghue (Un) 1-44.36; 2204, D Croll (Un) 1-44.37; 2205, B Price (Un) 1-44.37; 2206, G Steele (Un) 1-44.38; 2207, R Bibby (Un) 1-44.38; 2208, S Brown (Un) 1-44.39; 2209, A Anderson (Ren) 1-44.39; 2210, K Henderson (Un) 1-44.40; 2211, J McCready (Un) 1-44.40; 2212, E McHugh (Un) 1-44.41; 2213, A Cairns (LR) 1-44.41; 2214, K Law (Un) 1-44.42; 2215, M MacRae (Bus) 1-44.42; 2216, G Neilson (HH) 1-44.43; 2217, R Ansell (Un) 1-44.43; 2218, P McMahon (Whit) 1-44.44; 2219, W Smith (Un) 1-44.44; 2220, J Austin (Un) 1-44.45; 2221, J Boyd (Un) 1-44.45; 2222, L White (Un) 1-44.46; 2223, W Wilson (Un) 1-44.46; 2224, R Fanning (Un) 1-44.47; 2225, A Price (Un) 1-44.47; 2226, M Rutherford (Un) 1-44.47; 2227, J Kelly (Un) 1-44.48; 2228, G Gilchrist (Un) 1-44.48; 2229, G Hawkins (Un) 1-44.49; 2230, T Fernon (CH) 1-44.49; 2231, P Hart (Un) 1-44.50; 2232, K O'Hagan (Un) 1-44.50; 2233, K Fisher (AP) 1-44.50; 2234, J McGlinchey (Un) 1-44.51; 2235, K Munro (Un) 1-44.51; 2236, P Leggett (EAC) 1-44.52; 2237, D Azhar (Un) 1-44.52; 2238, J Cameron (Un) 1-44.53; 2239, J Berks (PR) 1-44.53; 2240, P Morris (Un) 1-44.53; 2241, D Gray (Un) 1-44.54; 2242, C Hodgson (Cam) 1-44.54; 2243, D Collins (SS) 1-44.55; 2244, S Murphy (CA) 1-44.55; 2245, J McDonald (Un) 1-44.56; 2246, J Barnes (Fife) 1-44.56; 2247, R Fistorazzi (Un) 1-44.56; 2248, C Evans (Un) 1-44.57; 2249, W Conway (Un) 1-44.57; 2250, M Green (Un) 1-44.58; 2251, J Buchanan (Un) 1-44.58; 2252, A Dobie (Un) 1-44.59; 2253, J Simpson (Un) 1-44.59; 2254, J Boland (Un) 1-45.0; 2255, J Retson (Un) 1-45.0; 2256, M Parry (Un) 1-45.1; 2257, D Hay (Un) 1-45.1; 2258, A Houston (Un) 1-45.2; 2259, A Gibbs (Un) 1-45.2; 2260, S Mulheron (Un) 1-45.3; 2261, P Hill (Un) 1-45.4; 2262, A Ferguson (Un) 1-45.4; 2263, J Grant (Un) 1-45.5; 2264, J McDonald (SRC) 1-45.5; 2265, C Farrell (Cly) 1-45.6; 2266, W Getty (Un) 1-45.6; 2267, J MacEachern (Un) 1-45.7; 2268, A Green (GI) 1-45.7; 2269, I Sproule (Un) 1-45.8; 2270, A Turtle (Un) 1-45.8; 2271, S Johnston (Un) 1-45.9; 2272, P MacFarlane (Un) 1-45.9; 2273, P Noble (Un) 1-45.10; 2274, J Frew (AAA) 1-45.11; 2275, R Squires (Un) 1-45.12; 2276, M Murray (LC) 1-45.13; 2277, O Ferry (Un) 1-45.14; 2278, I Dunlop (Un) 1-45.15; 2279, J Anderson (Un) 1-45.16; 2280, P Allen (LXL) 1-45.16; 2281, P Donnan (Un) 1-45.17; 2282, D Harle (Un) 1-45.17; 2283, A Smith (Un) 1-45.18; 2284, M O'Kane (Un) 1-45.18; 2285, M Prouse (Un) 1-45.19; 2286, P Cahill (Un) 1-45.19; 2287, B O'Shea (Un) 1-45.20; 2288, M Robertson (Un) 1-45.20; 2289, R Russell (Un) 1-45.21; 2290, D Woods (Un) 1-45.21; 2291, R Graham (Un) 1-45.22; 2292, J Kerr (Was) 1-45.22; 2293, A Fearn (Un) 1-45.23; 2294, E Ramage (E.K.A.C.) 1-45.23; 2295, J Breckinridge (Un) 1-45.23; 2296, P Bonar (EK) 1-45.24; 2297, F Martin (Un) 1-45.24; 2298, J



Donnachie (Un) 1-45.25; 2299, L Campbell (Un) 1-45.25; 2300, E Kippax (SS) 1-45.26; 2301, A Barn (Fife) 1-45.26; 2302, E McKinley (Un) 1-45.27; 2303, J Quinn (SV CLUB) 1-45.27; 2304, P Clark (Un) 1-45.28; 2305, J Brown (Un) 1-45.28; 2306, K Hughes (Un) 1-45.29; 2307, M Gage (Un) 1-45.29; 2308, J Reid (FRR) 1-45.30; 2309, R Warnock (Un) 1-45.30; 2310, R West (Un) 1-45.31; 2311, S McCulloch (Un) 1-45.31; 2312, D Phillips (Un) 1-45.32; 2313, P McInnes (Un) 1-45.32; 2314, D Carlaw (Un) 1-45.33; 2315, R Harding (Tel) 1-45.33; 2316, G Sinclair (HewPack MP) 1-45.34; 2317, A Gemmil (Un) 1-45.34; 2318, G Lott (Un) 1-45.34; 2319, G Pryde (Un) 1-45.35; 2320, J Smyth (Un) 1-45.35; 2321, C Little (DRC) 1-45.36; 2322, P Brown (Un) 1-45.36; 2323, M Ferrie (Un) 1-45.37; 2324, C McLardy (Un) 1-45.37; 2325, G Millar (Un) 1-45.38; 2326, D McMillan (Un) 1-45.38; 2327, W Dolan (Un) 1-45.38; 2328, D Rocke (Un) 1-45.39; 2329, D Ellis (Un) 1-45.39; 2330, P McCrossan (Un) 1-45.39; 2331, T Wess (Un) 1-45.40; 2332, A Damer (Un) 1-45.40; 2333, J MacGregor (Un) 1-45.40; 2334, T Foley (Un) 1-45.40; 2335, B Thompson (AH) 1-45.41; 2336, D McDermid (Un) 1-45.41; 2337, R Wallace (Un) 1-45.41; 2338, R Faulds (Un) 1-45.42; 2339, D Leslie (Un) 1-45.42; 2340, K Stevenson (Un) 1-45.42; 2341, J Slavin (Un) 1-45.42; 2342, K McKennell (LRC) 1-45.43; 2343, T Harkins (Un) 1-45.43; 2344, W Mathew (Un) 1-45.43; 2345, W Linton (Tweed) 1-45.44; 2346, N Russell (PH) 1-45.44; 2347, B Alexander (Un) 1-45.44; 2348, J Gilbride (Un) 1-45.44; 2349, N Lochhead (Un) 1-45.45; 2350, C Ross (Un) 1-45.45; 2351, M Rostant (Un) 1-45.45; 2352, T McManus (Un)

1-45.46; 2353, J Albiston (Un) 1-45.46; 2354, W Mitchell (Cly) 1-45.46; 2355, F Edmunds (Un) 1-45.46; 2356, J Hawkins (Un) 1-45.47; 2357, B Wilson (Cum) 1-45.47; 2358, A Allardice (ICC) 1-45.47; 2359, J McKinney (Un) 1-45.47; 2360, F Keenan (CA) 1-45.48; 2361, S Kerr (Un) 1-45.48; 2362, J Cross (Un) 1-45.48; 2363, J Clarke (Un) 1-45.48; 2364, A Torbet (Un) 1-45.49; 2365, J Crabb (Un) 1-45.49; 2366, J Taylor (Un) 1-45.49; 2367, W Finlayson (Un) 1-45.49; 2368, P Hietalahi (Un) 1-45.50; 2369, R McLean (Un) 1-45.50; 2370, G Berry (Fire) 1-45.50; 2371, J Liceaga-Castro (Un) 1-45.51; 2372, G Doherty (Un) 1-45.51; 2373, R Leckenby (Buses) 1-45.51; 2374, R Thomson (Un) 1-45.51; 2375, A Forsyth (MBI) 1-45.52; 2376, R Shacleford (Un) 1-45.53; 2377, D McKirdy (Un) 1-45.53; 2378, T Lennon (Un) 1-45.54; 2379, W Mair (DRR) 1-45.55; 2380, S Lynagh (Un) 1-45.55; 2381, R McCutcheon (Jav) 1-45.55; 2382, R Brough (Un) 1-45.56; 2383, P Diamond (Un) 1-45.57; 2384, A Gibson (Un) 1-45.57; 2385, E Borthwick (Tev) 1-45.58; 2386, R Trainer (Un) 1-45.59; 2387, J Hauxwell (Stir) 1-45.59; 2388, M Little (Tev) 1-45.59; 2389, J Kelly (Un) 1-46.0; 2390, T Anderson (Un) 1-46.0; 2391, A Stenhouse (Tev) 1-46.0; 2392, D Pollock (Un) 1-46.1; 2393, W Brierley (Un) 1-46.1; 2394, T Bennett (Un) 1-46.1; 2395, G Muir (Un) 1-46.2; 2396, J Rainey (Un) 1-46.2; 2397, J McManus (Un) 1-46.2; 2398, A McCall (Un) 1-46.2; 2399, D Wilson (Un) 1-46.3; 2400, R Donald (Un) 1-46.3; 2401, J Pollard (Un) 1-46.3; 2402, A Phinn (Un) 1-46.4; 2403, S Webster (BRR) 1-46.4; 2404, D Scullion (Un) 1-46.4; 2405, J Smith (Un) 1-46.5; 2406, K Primrose (Un) 1-46.5; 2407, P Craigmile (Un) 1-46.5; 2408, K Sambrook (Un) 1-46.6; 2409, B

Lourie (Un) 1-46.6; 2410, F Moran (Un) 1-46.6; 2411, I Maudslay (Un) 1-46.7; 2412, D Rafferty (Un) 1-46.7; 2413, R Stewart (Un) 1-46.7; 2414, J Hill (Cam) 1-46.8; 2415, G Lang (Un) 1-46.8; 2416, F Campbell (Un) 1-46.8; 2417, W Mays (Un) 1-46.8; 2418, J Rusk (Un) 1-46.9; 2419, J Wood (Un) 1-46.9; 2420, G Dobie (Un) 1-46.9; 2421, J McLaughlin (Un) 1-46.9; 2422, A Lacey (Un) 1-46.10; 2423, L Cole (Un) 1-46.10; 2424, R McKenzie (Un) 1-46.10; 2425, B Eason (CH) 1-46.11; 2426, R Glendinging (Un) 1-46.11; 2427, D Douglas (FRR) 1-46.11; 2428, R Naylor (Un) 1-46.12; 2429, R Guy (CP) 1-46.12; 2430, T McMaster (SV) 1-46.12; 2431, M McLaughlin (Un) 1-46.13; 2432, S Brown (Un) 1-46.13; 2433, R Maley (Un) 1-46.13; 2434, E McCallum (Un) 1-46.14; 2435, A Lavery (Un) 1-46.14; 2436, J McCallum (Un) 1-46.14; 2437, R McFadyen (Un) 1-46.15; 2438, D Paterson (Un) 1-46.15; 2439, J Robertson (Un) 1-46.15; 2440, M Anderson (Un) 1-46.16; 2441, M Barbour Smith (Un) 1-46.16; 2442, P McElwee (Un) 1-46.16; 2443, M Muirhead (Un) 1-46.16; 2444, R MacKenzie (Un) 1-46.17; 2445, J Riggins (Un) 1-46.17; 2446, H Clarke (Un) 1-46.17; 2447, R Reid (Un) 1-46.18; 2448, A Watson (Un) 1-46.18; 2449, D King (Un) 1-46.18; 2450, A Cuthbert (Un) 1-46.19; 2451, G Stewart (Un) 1-46.19; 2452, I Meikle (Un) 1-46.20; 2453, B Howat (Un) 1-46.20; 2454, C Madin (Un) 1-46.20; 2455, J Tracey (LM) 1-46.21; 2456, J Madin (Un) 1-46.21; 2457, F Berry (Un) 1-46.22; 2458, C Hannah (BRR) 1-46.22; 2459, R Clark (Un) 1-46.22; 2460, A Steel (Un) 1-46.23; 2461, L Whitelaw (Un) 1-46.23; 2462, T Beslin (Kirk) 1-46.23; 2463, C Dott (Un) 1-46.23; 2464, J McLaughlin (Un) 1-46.24; 2465, A Carey (Un) 1-46.24; 2466, T Cox (Un) 1-46.25; 2467, A Brown (Un) 1-46.25; 2468, M Morran (Un) 1-46.25; 2469, A Forrester (Un) 1-46.26; 2470, I Neilson (Un) 1-46.26; 2471, A McPhee (Un) 1-46.27; 2472, J Plenderleith (Un) 1-46.27; 2473, J Hope (BH) 1-46.27; 2474, J Gallacher (Un) 1-46.28; 2475, G McCafferty (Un) 1-46.28; 2476, G Toyle (Un) 1-46.29; 2477, S Nock (Un) 1-46.30; 2478, D McTaggart (Un) 1-46.30; 2479, J Pearson (Un) 1-46.30; 2480, S Singh (Un) 1-46.31; 2481, S McCutcheon (Un) 1-46.31; 2482, J Barnett (CH) 1-46.32; 2483, J Millar (Un) 1-46.33; 2484, K Wishart (Un) 1-46.33; 2485, A Woods (LSA) 1-46.34; 2486, J Leckie (Un) 1-46.34; 2487, S Young (Un) 1-46.35; 2488, P Pattison (Pit) 1-46.36; 2489, G McLaren (Un) 1-46.36; 2490, T Boyle (Un) 1-46.37; 2491, R Sanders (Un) 1-46.37; 2492, D Cardwell (Un) 1-46.37; 2493, J Martin (Un) 1-46.38; 2494, D Whyte (Un) 1-46.38; 2495, T Smith (Un) 1-46.39; 2496, A Mooney (Un) 1-46.39; 2497, J MacQueen (Un) 1-46.40; 2498, J Traynor (Un) 1-46.40; 2499, J Porteous (HRC) 1-46.40; 2500, D Law (Un) 1-46.41; 2501, G MacGregor (Un) 1-46.41; 2502, R MacKie (Un) 1-46.42; 2503, R Symes (Un) 1-46.42; 2504, G Froom (Un) 1-46.43; 2505, M Southern (GN) 1-46.43; 2506, F Morrison (Un) 1-46.44; 2507, A Wright (Un) 1-46.44; 2508, R Handley (Un) 1-46.45; 2509, A Howat (Un) 1-46.45; 2510, J Quinn (Un) 1-46.45; 2511, K Donaldson (Un) 1-46.46; 2512, G Milloy (Un) 1-46.46; 2513, J Eastaugh (Un) 1-46.47; 2514, J O'Rourke (Un) 1-46.47; 2515, A Phillips (Un) 1-46.48; 2516, S Carey (Un) 1-46.48; 2517, J McElroy (Un) 1-46.49; 2518, E Hill (Un) 1-46.49; 2519, P Smith (Un) 1-46.50; 2520, J Cullen (Un) 1-46.50; 2521, A Rintoul (Pit) 1-46.50; 2522, A West (Un) 1-46.51; 2523, D Anderson (Un) 1-46.51;

Diet Coke Great Scottish Run results continue on P14.

JUNIOR PROFILE



NAME:
DATE OF BIRTH:
SCHOOL:
ATHLETICS CLUB:
COACH:
STARTED ATHLETICS:
EVENTS:
PERSONAL BESTS:
ENJOY MOST:
LEAST ENJOY:
AMBITION IN SPORT:
HIGHLIGHTS SO FAR:

Kristina Gormley.
June 23, 1977.
Mary Erskine in Edinburgh.
Edinburgh Woolen Mill.
Derek Sizer.
In my first year at secondary school.
800 metres, 1500 metres, and cross country.
800 metres: 2-16.92; 1500 metres: 4-43.40.
Meeting people and making new friends.
Cross country in cold weather.
To keep improving every year.
Winning the 1500 metres in the under-16 age group at the last Scottish Indoor Championships; winning the 1500 metres at the 1992 Celtic International; winning the outdoor schools 1500 metres this summer and the indoor schools 1500 metres last year.

BIGGEST DISAPPOINTMENT:

Last year's schools cross country champion ships in Irvine, I was just totally exhausted. Derek Redmond because of the way he tried to carry on despite injury at the Olympics. I've got a full cross country and indoor season ahead of me but, as yet, I'm not sure which events I'll be entering.

FAVOURITE ATHLETE:

Swimming, basketball, and going out with friends. I swim for Heart of Midlothian club. Anything Chinese.

FORTHCOMING EVENTS:

Silence of the Lambs.

OTHER HOBBIES:

Eddie Murphy.

FAVOURITE FOOD:

Mr Bean.

FAVOURITE FILM:

To do something with German - perhaps to study it at university.

FAVOURITE ACTOR:

I think they should be 100% sure before they accuse someone of taking drugs. I'm not always convinced that they are.

FAVOURITE TV PROGRAMME:

AMBITION OUTSIDE SPORT:

COMMENTS ON THE SPORT:

JUNIOR COMMENT

Long term future of the triple jump is promising

REALISTICALLY, there seems little chance of any of our present juniors attaining selection standards in the TJ for the 1994 Commonwealth Games, writes Dr Dinkar Sabnis.

Prospects for the 1998 Games appear excellent. Dinkar Sabnis, with a PB of 14.09m has topped the junior rankings for the last two years. However, with a 7.01 long jump this year, he is uncertain about which event to concentrate on.

Derek Hepburn (FVH) is now coached by David Lothian, and if he concentrates on strength work this winter, should show big improvements.

Among our youths, Darren Ritchie (Melrose) has made huge gains (13.69) but, like Dinkar, has done equally well in the LJ (6.85) and HJ (1.90) and has yet to choose among them.

He is trained by throws Stuart Sibbald, who also looks after junior shot and discus rankings leader, Stephen Hayward, and hammer thrower, Roy Hyslop.

John Whannel (Victoria Park) has improved his LJ this year, but has had a relatively fallow year in the TJ (13.25). Robert Forbes (PSH) has come on well

in spite of limited training facilities in Perth. He frequently makes the long trip to Aberdeen to secure coaching and the company of training partners.

Among the senior boys, William Stark (Aberdeen) has been outstanding, with a massive 13.49 TJ at Portsmouth in the British Schools Home International, and wins at the East District, Inter-District, Scottish Schools and the Celtic International - he forgot to enter the TJ at the U-20 championship!

Kevin McReady (Kil) has also broken the 13m barrier. Not for a few years have we had seven young jumpers going over 13 metres.

Among the junior women, Louise McMillan (11.15) and Joanna Ross (10.80) continue to improve and enjoy the event, while 15 year old Pamela Anderson (10.99) is showing enormous promise.

The talent in Scotland is evident; equally obvious is the desperate need for qualified and enthusiastic coaches in the jumps.

Interested athletes in the Edinburgh area might approach Bert Reid (EAC) or John Scott (CPH); in Glasgow, Rodger

Harkins (She); in the Dundee area, John Oulton; in Aberdeen and the NE, Dinkar Sabnis Sr.

Other Glasgow clubs, the Borders, the South-West and the North must find TJ coaches to add to our roster and to create a network of available expertise. Any interested coaches who feel they need a push or advice on upgrading their qualifications, can ring Dinkar at 033 044 576 or coaching manager Marion Restrict at 0506 37892.

In March this year, a successful TJ weekend was run at the Kelvin Hall with invited coach, Aston Moore, GB junior event coach for the TJ.

A similar weekend at the Kelvin Hall (10am to 5pm) with John Crotty, National TJ coach, is scheduled for October 17-18, for invited athletes and all interested coaches. The themes will be tests, conditioning and technique.

Any coach who has not yet been contacted, but wishes to attend as an observer (cost £4.00 per day) is very welcome to contact Dinkar Sabnis (senior) for further information, or just turn up on the day.

Junior development days, also for

invited athletes under 17 years, have been planned by the Jumps Group for January and March (dates to be announced).

I am also trying to secure our share of a Post Office Counters grant towards the development of TJ for women in 1993. If successful, coaching days will be organised at several locations during the coming year.

Dr Dinkar Sabnis is Scottish staff coach for the triple jump.

Send your junior news and views to "Juniors", Scotland's Runner, 113, St George's Road, Glasgow G3 6JA.

Diet Coke Great Scottish Run results continued from P12.

2524, D McCue (Un) 1-46:52; 2525, J Johnston (Un) 1-46:52; 2526, J McInnes (Un) 1-46:53; 2527, D Sillito (Un) 1-46:53; 2528, E Finlay (Un) 1-46:54; 2529, C Miller (Un) 1-46:54; 2530, A Mair (Un) 1-46:54; 2531, D Johnstone (Un) 1-46:55; 2532, R Richards (CRR) 1-46:55; 2533, A Kerr (Un) 1-46:56; 2534, J MacKie (Un) 1-46:56; 2535, N Edmonstone (Un) 1-46:57; 2536, D Hunter (Un) 1-46:57; 2537, R Connolly (Un) 1-46:57; 2538, T Hunter (Un) 1-46:58; 2539, N Williamson (Un) 1-46:58; 2540, G Aitken (Un) 1-46:59; 2541, J McQueen (Un) 1-47:0; 2542, J Wedderburn (Un) 1-47:0; 2543, J Brown (Un) 1-47:1; 2544, J Stevenson (Un) 1-47:1; 2545, D Leddy (ACC) 1-47:3; 2546, J Millar (Un) 1-47:3; 2547, G Campbell (Un) 1-47:4; 2548, J Dunn (Un) 1-47:4; 2549, A Keyte (Un) 1-47:5; 2550, T Wilson (Un) 1-47:6; 2551, C MacGregor (Un) 1-47:6; 2552, J Hill (Un) 1-47:7; 2553, J Jenkins (Un) 1-47:7; 2554, D McMinn (DRC) 1-47:8; 2555, T Hanson (Un) 1-47:8; 2556, M Quinn (HFoot) 1-47:10; 2557, D Burrow (Un) 1-47:11; 2558, J MacDonald (CH) 1-47:12; 2559, W Cunningham (Un) 1-47:12; 2560, H Davies (Un) 1-47:13; 2561, B Divens (Un) 1-47:13; 2562, P Greenwood (Un) 1-47:14; 2563, D Innes (Un) 1-47:15; 2564, D Ferguson (Un) 1-47:15; 2565, M Cairns (Un) 1-47:15; 2566, M Drummond (Un) 1-47:16; 2567, A Hainey (Un) 1-47:17; 2568, C Scott (Un) 1-47:17; 2569, J Stewart (Un) 1-47:17; 2570, J McLeish (Un) 1-47:18; 2571, D Home (Un) 1-47:19; 2572, J Smith (CA) 1-47:19; 2573, R Marshall (Un) 1-47:19; 2574, J Wilson (C&D) 1-47:20; 2575, J Hamill (Un) 1-47:20; 2576, J Markey (Un) 1-47:20; 2577, A Harvey (Un) 1-47:21; 2578, B Wallace (Un) 1-47:22; 2579, D McGuff (Un) 1-47:22; 2580, M Hart (CRR) 1-47:22; 2581, G Maxwell (SV) 1-47:23; 2582, S Crawford (COG) 1-47:24; 2583, D Edgar (Un) 1-47:24; 2584, J MacNeil (Un) 1-47:24; 2585, S Black (NRC) 1-47:25; 2586, M Grossman (Un) 1-47:25; 2587, J Greenwood (NRC) 1-47:26; 2588, W Fay (Un) 1-47:26; 2589, D Mullen (Un) 1-47:26; 2590, J Graham (Un) 1-47:27; 2591, S McLean (Un) 1-47:27; 2592, J White (Un) 1-47:28; 2593, A Struthers (Un) 1-47:29; 2594, A Carswell (Un) 1-47:30; 2595, J Green (BAC) 1-47:30; 2596, M Burton (Un) 1-47:31; 2597, P Crawley (Un) 1-47:32; 2598, A Hansell (CRR) 1-47:32; 2599, N Thorpe (Un) 1-47:33; 2600, P Longworth (HH) 1-47:34; 2601, B Clarke (Un) 1-47:35; 2602, J Sherry (Un) 1-47:35; 2603, J Swales (Un) 1-47:36; 2604, B Kearney (Hamilton) 1-47:36; 2605, M Gourlay (Un) 1-47:37; 2606, J McGarry (Un) 1-47:37; 2607, K MacMillan (BT) 1-47:38; 2608, S McKean (Un) 1-47:38; 2609, P Docherty (Un) 1-47:39; 2610, J Wilson (Un) 1-47:40; 2611, K Kelly (Un) 1-47:40; 2612, D Keltie (Un) 1-47:41; 2613, W Brown (Un) 1-47:41; 2614, A Lauder (Tev) 1-47:42; 2615, J Cuthbert (COG) 1-47:42; 2616, P Pattison (Un) 1-47:42; 2617, P McKay (Un) 1-47:43; 2618, M Dyer (Un) 1-47:43; 2619, D Walker (CSR) 1-47:44; 2620, J Ambrose (Un) 1-47:44; 2621, R Evans (Un) 1-47:45; 2622, J Kelly (Un) 1-47:46; 2623, R Shankland (Un) 1-47:47; 2624, D Thomas (JWK) 1-47:48; 2625, G Stewart (Un) 1-47:48; 2626, R Williams (Un) 1-47:49; 2627, R Pallas (Police) 1-47:50; 2628, A Shute (Un) 1-47:50; 2629, H Brown (Un) 1-47:51; 2630, W Ferrie (Un) 1-47:52; 2631, B Elliott (Un) 1-47:52; 2632, R Ferguson (Un) 1-47:53; 2633, M Pearson (Tweed) 1-47:53; 2634, P Grant (GN) 1-47:54; 2635, A Watson (Un) 1-47:54; 2636, R Reid (Un) 1-47:54; 2637, J Robertson (Un) 1-47:55; 2638, A Sargent (Un) 1-47:56; 2639, J McLay (Un) 1-47:56; 2640, M Phillip (Un) 1-47:56; 2641, P McGovern (Un) 1-47:57; 2642, J

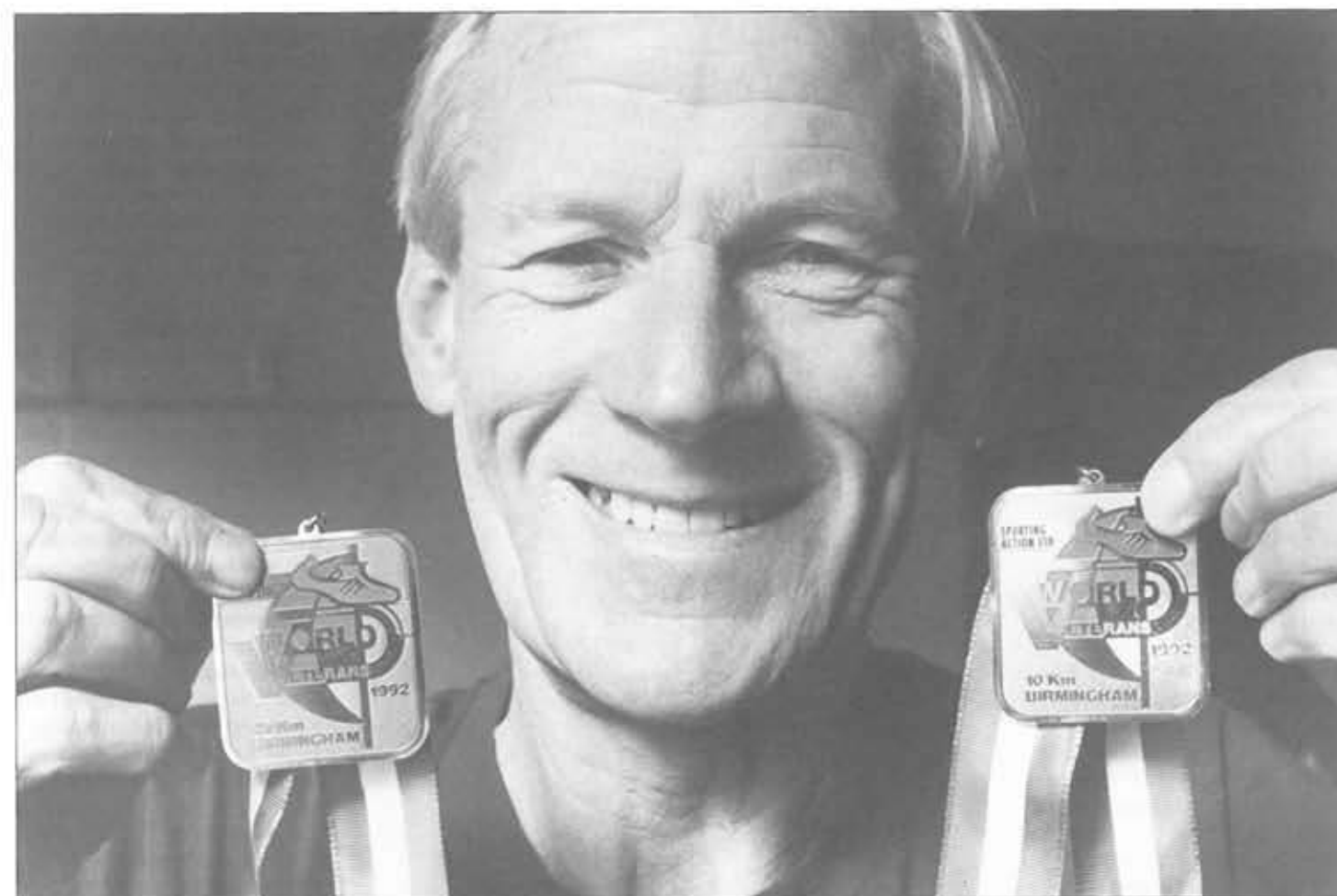
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Diet Coke Great Scottish Run results continue on P22.

Never too old to strike gold



Margaret Montgomery talks to Bill Stoddart in the wake of his double gold medal winning performance at the veteran world road racing championships in Birmingham.

WITH a spritely and alert demeanour which belies his 61 years and semi-retired status, Bill Stoddart appears every inch the world veteran champion.

Watching him greet non-athletic contemporaries at his regular training haunt - Battery Park in Greenock - the impression of a man with an unusual degree of zest and vitality for his years is even more pronounced. While Bill jogs along with easy grace, those he bumps in to are either slowly walking their dogs or watching the activities of

boats on the Firth of Clyde from the comfort of a park bench.

This particular lunchtime, however, Bill was to join the ranks of the park bench pensioners. Taking an hour or so off from a fairly hectic daily training schedule, he managed to sit down long enough to talk about his latest athletic accomplishments and share the goals he has set himself for the coming year.

Fresh from the recent World Veterans' Road Race Championships where he struck gold in both the over-60s' 10K and 25K, Stoddart

is presently on the crest of a wave. Even by his own very exacting standards he has just achieved something rather special.

"I really wanted to pull off the double," he explains. "Although I've come first and second in these events in a single championships, I've never won both at once before."

Stoddart's preparation for double gold was long and arduous. Despite his comparatively advanced years, he was putting in between 70 and 80 miles a week in the run up to

Birmingham. On top of that he was racing every other week and doing the equivalent of another five miles a day deep water treading in a local swimming pool.

"I've used deep water treading as part of my training for around three years now," Stoddart confesses.

"I started it in my late fifties and my times have got faster every year since. It's a tremendous thing. It works your cardio-vascular system, tones muscles, and prevents shock. "People tend to use it when

they're injured but I'd recommend using it as an everyday training aid."

Bill's performance in Birmingham rounded off a highly successful season for the Greenock man. At Arbroath in June he achieved a world best in his age group for the half marathon with 75-53, while in August he did, to all extents and purposes, the same in the 10K when he clocked 34-51. This, however, has still to be officially ratified.

With the world ten mile best in the same age group already lodged firmly under his belt (at the East Kilbride and Lanarkshire 10 mile Road Race in August 1991 he clocked a formidable 57-43) Stoddart's remaining target is an over-60 world best in the marathon.

This he hopes to have acquired by the end of the year.

"I clocked 2-49-53 at the Inverclyde Marathon last year," he says. "I've got 2-42 to beat, but I'm fitter this year than I was in 1991 so I think I'm capable of the low forties."

Whether or not Bill does achieve his marathon goal by the end of the year, he won't be short of accomplishments to list on his athletics curriculum vitae. Stoddart has won Scottish and British titles in all veteran age groups, the Scottish titles in distances from 1500 metres up to marathon and the British in distances 10,000 metres and upwards. Meanwhile, on top of this, Stoddart has the distinction of being the only man to have held *world bests* in all veteran age groups, these being in distances of 5K and upwards.

It all adds up to a remarkable career. What makes it all the more outstanding, however, is that it hasn't been developed on the back of an equally glittering senior career. Although he competed as a senior, representing Scotland a number of times along the way, it is only since turning 40 that he has become what is euphemistically known as a "world beater".

Stoddart puts this "late development" down to the fact that he was too much of an all-rounder in his early days to concentrate solely on one sport. A county standard table tennis player and a keen junior football player, he only began running "for fun" when he was called up for national service in 1952.

"I was stationed with the RAF in the Black Forest for two years," he recalls. "The choice was either to become an alcoholic or a sportsman. I decided I'd rather become a



sportsman.

"I started doing cross country running every Wednesday afternoon and eventually became good enough to win a place in the RAF combined team. I suppose I got a taste for running at this time but it was very much a leisure pursuit. I still saw football and table tennis as my main sports."

By the time Bill returned to civilian life he was 23. His appetite for running whetted, he joined Greenock Wellpark Harriers to which he has remained loyal ever since.

Throughout his twenties and most of his thirties Bill, by his own

admission, was "no more than a good club runner". Training just twice a week and competing in only the odd cross country, mile, and half mile race, he was devoting most of his energy to building up his career as a draftsman while also pursuing his old loves of football and table tennis.

Running was not high on his list of priorities and perhaps would have stayed that way had it not been for a change of lifestyle and a chance meeting at the national cross country championships when he was in his late thirties.

"I met up with Andy Brown who I'd known when I was in the

RAF," Bill explains. "I'd just come 25th in the national which was quite good, all things considered. Andy came over and said I should concentrate on running and that if I did I would make the Scottish team."

As it turned out, he was right. Brown gave Stoddart a training schedule. Bill, who had just entered further education for the first time and had more time on his hands than he was used to, duly complied by following it assiduously.

Table tennis and football were finally dropped and before long he was representing the SAAA in road races and had made the Scottish cross country team, a feat he managed in four successive years from 1969 to 1972.

"I was known as the old man of the team," says Stoddart, a veteran of 42 during his last year in the team.

In making the national team at this late juncture in life, the Wellpark Harrier had what he describes as the "great honour" of being part of one of the best ever Scottish cross country teams and attending the World Championships in Vichy.

Among those he travelled to France with were Lachie Stewart, Ian McCafferty, Ian Stewart, Gareth Bryan-Jones, and Jim Alder. It was a team capable of a top three place. In the end, however, it failed to place among the medals.

"We got caught up the strikes which were hitting Paris at the time. We ended up travelling overnight and were tired before we even started running. There's no doubt we could have done better if we had been blessed with better circumstances," he now says.

Stoddart has also suffered his fair share of injury.

In 1974, while competing in the South West Cross Country Championships, he hit a rock with his spikes and was forced to pull out of the race. The next week, thinking what appeared to be a minor matter had cleared up, he entered another race.

In fact, he had fractured an ankle the previous week and racing again so soon caused it to become a compound fracture. Out of training and competition for almost a year as a result, he gave up ideas of continuing to compete as a senior and began from then on in to concentrate on the veteran scene.

"I never got back into the senior county or Scottish team after that

injury," says Stoddart. "That's when I really began to compete seriously as a vet."

Although he thinks he might well have achieved more as a senior had he taken running more seriously at an earlier age, Stoddart doesn't regret the way he's done things.

"I suppose I thought I had the balance right at the time," he says. "There were too many other things to do when I was a young man. Nowadays it's a lot easier to be concentrated on the one thing."

Certainly, he has packed a lot into his life and has a number of other strings to his bow which might be absent were it not for the fact that he'd had an all-rounder's outlook while young.

Head of Management and Industrial Studies at James Watt College, Stoddart was one of the first people to complete an Open University degree and can also boast an MA from Strathclyde University in industrial relations.

On top of this, he is a corporate member of the Institute of Industrial Managers, the Institute of Mechanical Engineers, and the British Board of Management. Other sports related commitments include the post of chairman of the Inverclyde Athletic Initiative and a place on the committee of the Scottish Veteran Harriers Club.

In many ways Bill exudes the qualities associated with old fashioned amateur athletics. It is only since a more flexible working life and semi-retirement came his way that he has made running a major priority in his life.

"I've always worked full-time," says Bill. "I've never made a penny out of running."

Although he admits he "wouldn't say no" to making a small amount from his efforts, Stoddart says he wouldn't go out of his way to look for cash. The fact that a fair number of the people he beat in Birmingham have subvention funds and are managing to make a living from running as a vet is not enough to change his strongly held beliefs on this matter.

"It's gone a bit too far," he comments. "Take Linford Christie and Carl Lewis - they're delaying a race until the stakes are high enough. It's all gamesmanship and professionalism. People are obsessed with it. I remember when people used to be quite happy to run for a canteen of cutlery or a set of sheets."



Whatever his views on the sport's ethics (or lack of them) Stoddart is nonetheless determined to stay with it for as long as he can. "Till death us do part," he jokes.

Who knows, then, what the future could hold for veteran athletics?

"I like to think I've set standards for others to beat," says Bill. "And I hope to go on doing so."

Now in his sixties, he's one of the few vets in any age category to have dipped below 76 minutes for the half marathon, 35 minutes for the 10K, and 60 minutes for 10 miles. He's also getting faster as he gets older. There would be seem to be little doubt that Bill Stoddart will be setting challenging standards for some time to come.

Photographs by Robert Perry

Bill Stoddart Fact File

Date of Birth:

May 2, 1931.

Club:

Greenock Wellpark Harriers. (Past president).

World Bests:

10 miles: 57-43 (East Kilbride and Lanarkshire 10 mile race, August 1991).

Half Marathon: 75-53 (Arbroath Half Marathon, June 1992).

10K: 34-51 (SVHC 10K Championships, August 1992).

World Titles

10K and 25K: (World Veterans' Road Race Championships, August 1992).

Personal Bests

Distance	Time	Age recorded at
800m track	2-04-00.	(41)
1500m track	4-10-50.	(41)
3000m track	8-52.	(41)
5000m track	14-56	(41)
10,000m track	30-32	(41)
1 hour run	18,900m	(42)
10 miles track	50-52	(40)
HM RR:	68-24	(42)
25K RR:	1-21-25	(41)
Marathon:	2-22-14	(40)
Ed to Glasgow:	4-36-13 (rec)	(39/40)
(Personal Bests in Current Age Group)		
1500m track	5-06	60
5000m track	17-37	60
10,000m track	35-19	61
10K RR	34-51	61
10 miles RR	57-43	60
H Marathon	75-53	61
25K	1-34-50	61
Marathon	2-49-53	60

Daily Training Schedule

Morning: Swim, followed by half an hour intensive deep water training.

Lunch time: 40 minutes to an hour easy running and strides. Usually 6-8 miles at most.

Afternoon: 4 mile run.

Bill says: "I'm not a scientific runner. I do 10 to 12 miles every day but I'm not obsessed by the stop watch while I'm doing it. I aim to keep up an even pace. Speed work frightens me - at my age, especially, it can lead to too many injuries."

Diet Coke Great Scottish Run results continued from P14.

2881.R. Cameron (Un) 1-49.55;2882.R. Traynor (Un) 1-49.55;2883.C. Fraser (Un) 1-49.55;2884.G. Smeddon (YMA) 1-49.56;2885.K. Daly (Un) 1-49.56;2886.F. Crawford (Un) 1-49.56;2887.M. Sheerin (Un) 1-49.56;2888.R. Houlihan (Un) 1-49.57;2889.T. McLaughlin (Un) 1-49.57;2890.S. Drummond (Un) 1-49.58;2891.J. Evans (Un) 1-49.58;2892.G. Thomson (Un) 1-49.58;2893.J. Hendrie (Un) 1-49.59;2894.J. Coburn (Un) 1-49.59;2895.R. Brown (Un) 1-49.59;2896.W. Downie (Un) 1-49.59;2897.S. Robertson (Un) 1-50.0;2898.S. Walker (Un) 1-50.0;2899.J. Corbett (Un) 1-50.0;2900.A. Silk (Un) 1-50.1;2901.D. Allardice (Un) 1-50.1;2902.A. Hall (Police) 1-50.2;2903.R. McKenna (Un) 1-50.2;2904.R. Kane (Un) 1-50.2;2905.S. Cunningham (Un) 1-50.3;2906.A. Reid (Un) 1-50.4;2907.D. Dickson (CRR) 1-50.4;2908.J. Wall (Un) 1-50.5;2909.C. Smith (Un) 1-50.6;2910.W. McNaughton (Un) 1-50.6;2911.A. McGill (Un) 1-50.7;2912.D. Bain (Un) 1-50.8;2913.J. O'Hara (HAAC LAAC) 1-50.9;2914.Y. Nicol (Un) 1-50.10;2915.D. Darge (Un) 1-50.11;2916.R. Steele (CPH) 1-50.11;2917.K. McElroy (Un) 1-50.12;2918.V. Kerr (CPH) 1-50.13;2919.S. Moore (Un) 1-50.16;2920.T. Cloberty (Un) 1-50.16;2921.A. Hynde (Un) 1-50.19;2922.A. Tullis (Un) 1-50.21;2923.J. Seemple (Un) 1-50.22;2924.C. Dwyer (Un) 1-50.23;2925.J. Borland (Un) 1-50.23;2926.J. Foley (Un) 1-50.23;2927.R. Walker (Un) 1-50.24;2928.J. Speake (Un) 1-50.25;2929.M. Fotheringham (BT) 1-50.26;2930.J. Wilson (Un) 1-50.26;2931.P. Cloberty (Un) 1-50.27;2932.P. Clark (GBC) 1-50.28;2933.M. Green (Un) 1-50.28;2934.R. Gaston (Un) 1-50.29;2935.N. Craig (Un) 1-50.29;2936.P. Clark (Cly) 1-50.30;2937.C. Charlton (Un) 1-50.30;2938.A. McFarlane (Un) 1-50.30;2939.M. Scott (Un) 1-50.31;2940.M. Chalmers (Un) 1-50.31;2941.A. Millar (Un) 1-50.31;2942.W. Stewart (Un) 1-50.32;2943.J. Lacey (Un) 1-50.32;2944.J. Black (Un) 1-50.32;2945.J. Sweeney (MH) 1-50.33;2946.R. Noble (Un) 1-50.33;2947.A. Haslam (Un) 1-50.33;2948.W. Gall (Un) 1-50.33;2949.S. Woore (Un) 1-50.34;2950.P. Harte (Un) 1-50.34;2951.D. Smith (Un) 1-50.34;2952.T. Johnston (Un) 1-50.35;2953.D. Nicol (Un) 1-50.35;2954.T. Wardrop (Un) 1-50.35;2955.C. McDermid (Un) 1-50.36;2956.J. Warnock (Un) 1-50.36;2957.P. Simmonds (Un) 1-50.36;2958.D. Mitchell (Un) 1-50.36;2959.S. Douglas (Tweed) 1-50.37;2960.A. Goddard (Un) 1-50.37;2961.A. Hillis (Un) 1-50.37;2962.N. Laurie (Un) 1-50.37;2963.J. MacCorquodale (Un) 1-50.38;2964.R. Reuban (Un) 1-50.38;2965.G. MacGregor (Un) 1-50.38;2966.J. McSorley (Un) 1-50.38;2967.J. McGilchey (Un) 1-50.38;2968.M. Mitchell (Un) 1-50.39;2969.T. Timms (MRR) 1-50.39;2970.S. Murray (Un) 1-50.39;2971.J. Wan (Un) 1-50.39;2972.F. Ruddy (Un) 1-50.40;2973.G. Bell (Un) 1-50.40;2974.J. McMahon (Un) 1-50.40;2975.J. Bruce (Un) 1-50.40;2976.G. Walker (Un) 1-50.41;2977.B. McMahon (Un) 1-50.41;2978.T. Green (Un) 1-50.41;2979.R. McAllister (Un) 1-50.41;2980.J. Doig (Un) 1-50.42;2981.H. Beckwith (Un) 1-50.42;2982.E. Gibson (AF) 1-50.42;2983.J. Allen (Police) 1-50.43;2984.A. Farrow (AWC) 1-50.43;2985.C. Reid (Un) 1-50.43;2986.J. Lorne (Un) 1-50.43;2987.A. Spence (Un) 1-50.44;2988.G. Hunter (Un) 1-50.44;2989.J. McCleary (Un) 1-50.44;2990.W. Robertson (Un) 1-50.44;2991.N. McGuff (Un) 1-50.45;2992.W. Smart (Un) 1-50.45;2993.A. Cairney (Arm) 1-50.45;2994.K. Ford (Un) 1-50.46;2995.P. Singh (Un) 1-50.46;2996.J. Wilson (Un) 1-50.46;2997.A. Wilson (Un) 1-50.46;2998.B. Hughes (Un) 1-50.47;2999.S. Struthers (Un) 1-50.47;3000.J. Hamilton (ICC)

1-50.471.J. Syme (Un) 1-50.48;3002.J. Smith (Un) 1-50.48;3003.J. Reid (Un) 1-50.48;3004.C. Telfer (Un) 1-50.48;3005.J. Chlopas (Tev) 1-50.49;3006.A. Fenton (Tev) 1-50.49;3007.J. Ferrie (Un) 1-50.49;3008.A. Dennistoun (Un) 1-50.49;3009.Moss (Un) 1-50.49;3010.J. McManus (Un) 1-50.50;3011.F. Verschuren (Un) 1-50.50;3012.G. Cooper (Un) 1-50.50;3013.M. Green (Un) 1-50.51;3014.R. Stark (Un) 1-50.51;3015.D. MacNab (Un) 1-50.51;3016.D. Main (Un) 1-50.51;3017.R. Brown (Un) 1-50.52;3018.S. Booth (Un) 1-50.52;3019.J. Bannerman (Gar) 1-50.52;3020.K. Gorman (Un) 1-50.52;3021.S. Hamay (Un) 1-50.52;3022.R. Biggs (Un) 1-50.53;3023.D. Sharkey (Un) 1-50.53;3024.G. Buchanan (Un) 1-50.53;3025.A. Duffin (Un) 1-50.53;3026.J. Middleton (Un) 1-50.54;3027.R. Scott (NRC) 1-50.54;3028.P. Colquhoun (Un) 1-50.54;3029.M. Shaw (Un) 1-50.54;3030.D. Crouch (Un) 1-50.55;3031.G. Moore (Un) 1-50.55;3032.J. Cairns (HSB) 1-50.55;3033.S. Rogers (Un) 1-50.55;3034.R. Jardine (Un) 1-50.56;3035.A. Irvine (Un) 1-50.56;3036.J. Rogers (Un) 1-50.56;3037.J. McAulay (Un) 1-50.56;3038.M. Rea (Un) 1-50.57;3039.A. Murray (Un) 1-50.57;3040.J. McElhinney (Un) 1-50.57;3041.G. MacKie (CP) 1-50.57;3042.G. Skipper (Un) 1-50.58;3043.J. Easton (Un) 1-50.58;3044.D. Nuttall (Un) 1-50.58;3045.J. Hutchinson (Un) 1-50.58;3046.J. Mooney (Un) 1-50.59;3047.K. Muir (Un) 1-50.59;3048.H. Main (Un) 1-50.59;3049.J. McCrae (Un) 1-50.59;3050.J. Donnelly (Un) 1-51.0;3051.J. Griffin (West) 1-51.0;3052.J. Harkins (Un) 1-51.0;3053.J. McCulloch (Un) 1-51.1;3054.J. Walker (Un) 1-51.1;3055.J. McDermott (Un) 1-51.2;3056.J. Salmon (Un) 1-51.2;3057.A. Burden (Un) 1-51.2;3058.J. Docherty (Un) 1-



51.3;3059.N. Paton (Un) 1-51.3;3060.P. Millar (Un) 1-51.4;3061.J. Young (Un) 1-51.4;3062.S. McConnell (Un) 1-51.5;3063.G. McClymont (Un) 1-51.5;3064.J. Cunick (Un) 1-51.5;3065.J. Grant (Un) 1-51.6;3066.F. McKechnie (Un) 1-51.6;3067.M. Bair (Un) 1-51.7;3068.B. Capaldi (Un) 1-51.8;3069.A. Ferguson (Un) 1-51.8;3070.J. Hallett (Un) 1-51.8;3071.M. Tair (Un) 1-51.9;3072.D. Wilson (Un) 1-51.9;3073.G. Hutton (Un) 1-51.10;3074.M. Robertson (TTC) 1-51.10;3075.C. Blaney (Un) 1-51.11;3076.G. Johnston (Un) 1-51.11;3077.F. Hall (Police) 1-51.11;3078.G. Oliver (Un) 1-51.12;3079.S. Locke (Un) 1-51.12;3080.J. Hamilton (Un) 1-51.13;3081.M. Smith (Un) 1-51.13;3082.P. Carlin (Un) 1-51.13;3083.S. Carson (B&S) 1-51.14;3084.R. Broad (Un) 1-51.14;3085.V. Sweeney (GNAAC) 1-51.14;3086.R. Miller (Un) 1-51.15;3087.C. McNaughton (Un) 1-51.15;3088.R. Taylor (Un) 1-51.15;3089.B. McDougall (Un) 1-51.15;3090.C. Leavy (Un) 1-51.16;3091.J. Mitchell (Un) 1-51.16;3092.D.



Craig (Un) 1-51.16;3093.Q. McGill (Un) 1-51.17;3094.B. Tracey (Un) 1-51.17;3095.J. Baker (Un) 1-51.17;3096.M. Christine (SV) 1-51.17;3097.S. Irving (Un) 1-51.18;3098.G. McNeish (Un) 1-51.18;3099.J. Smith (Un) 1-51.18;3100.D. Brown (Un) 1-51.18;3101.R. Brown (Un) 1-51.19;3102.E. McKenzie (Police) 1-51.19;3103.A. Butler (Bel) 1-51.19;3104.G. Tait (Un) 1-51.19;3105.R. MacDonald (Un) 1-51.20;3106.J. Boland (Un) 1-51.20;3107.G. Allison (Un) 1-51.20;3108.P. Fletcher (Un) 1-51.21;3109.S. Gilbride (Un) 1-51.21;3110.J. Wiseman (Un) 1-51.22;3111.T. Stones (Un) 1-51.22;3112.C. Wilson (SV) 1-51.24;3113.M. Campbell (Un) 1-51.24;3114.A. Horsburgh (Eye) 1-51.26;3115.J. Cassidy (Un) 1-51.27;3116.A. McCormack (RAF) 1-51.28;3117.M. MacGuire (Un) 1-51.29;3118.W. Britain (Un) 1-51.29;3119.J. Adamson (Un) 1-51.30;3120.J. Telford (Un) 1-51.30;3121.K. Irving (Un) 1-51.30;3122.R. Sinclair (Un) 1-51.31;3123.J. Simpson (Un) 1-51.31;3124.A. McLay (Un) 1-51.32;3125.C. Thompson (Un) 1-51.32;3126.R. Vetrano (Un) 1-51.33;3127.R. McDermott (Un) 1-51.33;3128.M. Allison (Un) 1-51.33;3129.K. Corrigan (Un) 1-51.34;3130.A. Cook (Un) 1-51.34;3131.G. Clark (Un) 1-51.35;3132.J. Stewart (Un) 1-51.35;3133.C. Walsh (Un) 1-51.35;3134.J. Kelly (Un) 1-51.36;3135.J. Niven (Un) 1-51.36;3136.E. MacKinnon (Un) 1-51.36;3137.P. Donald (Un) 1-51.37;3138.B. McConnell (Un) 1-51.37;3139.R. Mowat (DR) 1-51.38;3140.T. Fraser (Un) 1-51.38;3141.J. Dalrymple (Un) 1-51.39;3142.G. Logue (Un) 1-51.39;3143.R. McCabe (Un) 1-51.40;3144.A. Adamson (Un) 1-51.40;3145.W. McGeouch (Un) 1-51.41;3146.J. McClure (Un) 1-51.41;3147.D. Chalmers (Un) 1-51.42;3148.T. McLaughlin (Un) 1-51.42;3149.G. Cowie (Un) 1-51.43;3150.D. Kilgour (Un) 1-51.43;3151.F. Murphy (Un) 1-51.44;3152.J. MacLean (SV) 1-51.44;3153.W. Sloan (Un) 1-51.45;3154.E. Quinn (Un) 1-51.45;3155.P. Buchanan (Un) 1-51.46;3156.A. Stirling (RSG) 1-51.46;3157.J. Robinson (Un) 1-51.47;3158.P. Smith (Un) 1-51.48;3159.D. Ritchie (Dung) 1-51.48;3160.A. Smith (Un) 1-51.49;3161.R. Oglesby (Un) 1-51.49;3162.M. Anderson (Un) 1-51.50;3163.C. MacLennan (Un) 1-51.51;3164.R. Pollock (Un) 1-51.51;3165.J. Lelant (W.I.Q.M.) 1-51.52;3166.A. Fleming (Un) 1-51.52;3167.N. Pacey (Un) 1-51.53;3168.P. Lowrie (Un) 1-51.53;3169.J. Bowden (Un) 1-51.54;3170.E. Grant (Un) 1-51.55;3171.L. McKnight (Un) 1-51.55;3172.J. Henry (Un) 1-51.56;3173.E. Naismith (COG) 1-51.56;3174.S. Conway (Un) 1-51.57;3175.C. Bleasdale (Un) 1-51.58;3176.S. Boyle (Un) 1-51.58;3177.P. Standen (Un) 1-51.59;3178.G. Shields (Un) 1-51.59;3179.W. Barnsley (Dung) 1-52.0;3180.J. Kinnaird (Den) 1-

52.1;3181.J. Matthew (Un) 1-52.1;3182.A. Wylie (Un) 1-52.2;3183.T. Moore (CHI) 1-52.2;3184.A. Buchanan (Un) 1-52.4;3185.J. Welsh (Un) 1-52.4;3186.J. Murray (Kil) 1-52.5;3187.A. Lodge (Un) 1-52.5;3188.A. McKell (Un) 1-52.6;3189.A. Thomson (Un) 1-52.6;3190.R. Hay (Un) 1-52.7;3191.C. Gray (Stone) 1-52.7;3192.C. Pearson (Un) 1-52.8;3193.B. McCarran (Un) 1-52.8;3194.A. Tysoe (Un) 1-52.9;3195.S. Camidy (Un) 1-52.9;3196.J. Kirkwood (Un) 1-52.10;3197.G. Ainsley (Un) 1-52.10;3198.J. Smart (Un) 1-52.10;3199.P. Curran (Un) 1-52.11;3200.L. Kirkland (Un) 1-52.11;3201.A. Good (Un) 1-52.12;3202.A. Ellsworth (Un) 1-52.12;3203.M. Fenwick (POLICE AC) 1-52.13;3204.G. Goldie (Un) 1-52.13;3205.E. McAdam (Un) 1-52.13;3206.E. Hogg (Tev) 1-52.14;3207.G. Hind (Un) 1-52.14;3208.M. McAdam (Un) 1-52.14;3209.J. Matheson (Un) 1-52.15;3210.G. Kyle (Un) 1-52.15;3211.S. White (Un) 1-52.16;3212.A. Marshall (Police) 1-52.16;3213.P. Bald (Un) 1-52.16;3214.S. Sutherland (Un) 1-52.17;3215.J. McKeen (Un) 1-52.17;3216.M. Loomes (Un) 1-52.18;3217.J. MacCrimmon (Un) 1-52.18;3218.A. Morrison (Un) 1-52.19;3219.R. Osborne (Un) 1-52.19;3220.G. Honeyman (Un) 1-52.19;3221.R. Partika (Un) 1-52.20;3222.S. Brown (Un) 1-52.20;3223.G. Dunbar (Un) 1-52.21;3224.R. Clarkson (Un) 1-52.21;3225.D. Johnston (Un) 1-52.21;3226.D. Saunders (Un) 1-52.22;3227.J. Penrice (Un) 1-52.22;3228.B. Hughes (Un) 1-52.22;3229.S. Lightbody (Un) 1-52.23;3230.S. Welsh (BTP) 1-52.23;3231.R. Cleary (Un) 1-52.23;3232.R. Dewar (Un) 1-52.24;3233.P. Howden (Un) 1-52.24;3234.M. Watt (Un) 1-52.24;3235.A. Morris (Un) 1-52.25;3236.G. Connelly (Un) 1-52.25;3237.D. Upton (Un) 1-52.25;3238.A. Barr (Un) 1-52.26;3239.N. Cameron (Un) 1-52.26;3240.G. Scott (Un) 1-52.26;3241.J. Lynch (Un) 1-52.27;3242.J. Pasiecznik (Un) 1-52.27;3243.P. Lawler (Un) 1-52.27;3244.R. Shepherd (Un) 1-52.27;3245.D. Johnston (Un) 1-52.28;3246.P. Harrison (Un) 1-52.28;3247.C. Morris (Pit) 1-52.28;3248.B. Ralston (Un) 1-52.29;3249.J. Donaldson (Un) 1-52.29;3250.J. Gallagher (Un) 1-52.30;3251.N. Still (Un) 1-52.30;3252.J. Michie (Un) 1-52.31;3253.J. Crombie (Un) 1-52.32;3254.J. Johnston (Un) 1-52.32;3255.A. McGroarty (Un) 1-52.33;3256.D. Wilson (Un) 1-52.34;3257.G. Gillen (Un) 1-52.34;3258.L. Hargrove (Un) 1-52.35;3259.O. McGarry (Un) 1-52.35;3260.C. Jack (Un) 1-52.36;3261.J. McBreen (ICC) 1-52.39;3262.L. Pilling (Un) 1-52.39;3263.H. Lobban (Un) 1-52.41;3264.R. Collins (Un) 1-52.44;3265.G. Hauran (Un) 1-52.45;3266.J. Gordon (Un) 1-52.45;3267.P. Grace (Un) 1-52.46;3268.A. Fisher (Un) 1-52.47;3269.J. Redman (Un) 1-52.48;3270.J. Brodie (Un) 1-52.49;3271.J. Aiken (Un) 1-52.50;3272.J. McGrogan (Un) 1-52.50;3273.C. MacKie (Un) 1-52.51;3274.D. McGuckin (Un) 1-52.52;3275.J. Grassie (GN) 1-52.54;3276.J. Field (MJ) 1-52.55;3277.S. Fraser (Un) 1-52.55;3278.S. Ferguson (Un) 1-52.56;3279.W. Smith (Un) 1-52.57;3280.A. Johnston (Un) 1-52.58;3281.H. Cantlie (MRR) 1-52.59;3282.F. Dorrans (Un) 1-53.0;3283.A. Findlayson (Un) 1-53.0;3284.J. Arthur (Un) 1-53.1;3285.S. Linwood (Un) 1-53.1;3286.D. Hitchen (Un) 1-53.1;3287.J. Whitehead (Un) 1-53.2;3288.J. Bennie (Un) 1-53.2;3289.J. Upton (Cumb) 1-53.2;3290.M. Sarabando (Un) 1-53.3;3291.M. Hannah (Un) 1-53.3;3292.J. Champion (Un) 1-53.3;3293.B. McGinley (Un) 1-53.4;3294.D. Living (Un) 1-53.4;3295.M. Connor (Un) 1-53.4;3296.S. Inglis (Un) 1-53.5;3297.A. Murray (JWK) 1-53.5;3298.M. Jones (Un) 1-

Diet Coke Great Scottish Run results continue on P22.

The day Catherine threw the hammer

OVER 100 athletes (aged under 17 on September 1, 1993) attended the recent SSAA coaching day at Grangemouth Stadium, writes the SSAA. They were representing all disciplines except hammer.

Over the years, 99% of the international track and field team has come from athletes invited to these sessions, originally made possible at Grangemouth through the generosity of Ewan Gordon.

The youngest athlete of the day was St George's Penny Thomson who accompanied her father Douglas, one of the sprint coaches, and who more than held her own in a very strong sprints squad in which Scott Fraser (Culloden) Julian Love (Glasgow A), and Gillian Hegney and Suzanne Orr of St Ninian's looked impressive.

Stuart Sutherland (Tain Royal), one of the very strong squad of North athletes, was the most experienced of the 400 metre squad coached by Janet Leyland. The SSAA owe a special debt of gratitude to Janet for all the years she has attended this event, despite the 200 mile round trip.

The middle distance runners were split into three groups and put through a tremendous day's work. No fewer than 19 schools' internationalists were there, but young Karen Montador of Alloa Academy is certainly an outstanding future talent.

The hurdles squad, orchestrated by SSAA senior team manager and coach Sandy Robertson, seemed to learn a great deal.

Alistair Robertson of DSMC and David Agnew of Hutchesons' Grammar were pleased to be there and learn despite nursing a broken collar bone and arm respectively - injuries sustained at rugby.

Ironically, the star athlete of the day should have been Julie Robin of Hermitage Academy, double gold medalist at the British Schools' International in Portsmouth, who could not attend because of a broken arm achieved in a hurdles race. Luckily it's not her throwing arm which is affected. Undoubted best of the high jump squad, taken by the coaching convenor Roland Hill, was Martin Pate of Boclair Academy, who has a personal best of 1.93 metres.

Withdrawals and non-attendance unfortunately decimated the long and triple jumps.

The pole vault was dominated by internationalist Mark Alberici of Edinburgh Academy, and the three throws were enthusiastically attended.

A highlight was when discus coach James Hunter let Catherine Garden of Kinross High loose with the hammer. Just 14, she can already throw it 37 metres, considerably further than the majority of boys in the SSAA Championships.

Glasgow dominate indoor event

ALTHOUGH 230 athletes had been entered, only 150 competed in the Area Indoor Championships for Special Schools on October 1 at the Kelvin Hall. Despite this, competition was very keen with Glasgow dominating the track and winning all four relays.

One of the outstanding performances was that of William Strang of Lanarkshire who cleared 1.40 in the under-15 boys high jump. Harriet Stirling of Glasgow had a fine double in the over-15 girls 60 metres (9.5) and 800m (3-12.9) and Tracy Wiscombe of Fife won the under-15 girls 60 metres in 9.4 seconds and the high jump in 1.08 in the space of five minutes.

One of the day's heroes was Alex Heddestone of Central, who set off at a fantastic pace in the under-15 boys' 800 metres, then had to retire injured, only to come back in the afternoon to win the 200 metres in the 28.7.

It is always interesting to see athletes return, year after year - Innes Keith of Central, Derek Clyde of Glasgow, Janelle O'Donnell of Lanarkshire, and Vari Heeps of Central, are just a few.

Team selection

THE age group for this international event on December 12 against England, Ireland, and Wales (now in its third year) is under-16 on September 1, 1993. It therefore caters for the best of 1992's under-15 athletes. Hurdles heights and distances and shot putt weights are as for under-15.

With a few team places still to be finalised, the following athletes have been selected:

Sprints: Scott Fraser (Culloden); Julian Love (Glasgow A); Alasdair Wright (Trinity); Peter Rowling (Victoria Drive); Andrew Lees (Portobello); Gillian Hegney (St Ninian's); Suzanne Orr (St Ninian's); Natalie Hynd (Dunfermline); Lee McConnell (Holyrood). **400/800m:** Steven Toul (Annan); Martin Restrick (Inverclyde); Moira Goldie (Auchmuty); Julie Robertson (Broughton). **Hurdles:** Gavin Chisholm (Mithlarn); Ross Baillie (Clydebank); David Agnew (Hutchesons); Stacey Mosley (Portobello); Gayle Starway (Braidsfield); 800m: Bryson Hendry (St Michael's); Michael Combe (Jedburgh Grammar); Lorna Scott (Lencier); Jennifer Ward (Queen Anne). **1500m:** Marc Louge (Coutbridge); Gavin Tosh (Carnoustie); Susan Scott (Hunter High); Karen Montador (Alloa). **High Jump:** Robbie Bellshaw (Castlehead); David Senior (Dunblane); Jackie Tindal (Buckhaven); Lee McConnell (Holyrood). **Long Jump:** Tony McNally (Alness); Andrew McAlinden (St Columba's); Claire Middleton (Portlethen); Fiona Rolland (Auchmuty). **Shot:** Robert Hamilton (Edinburgh A); Ross MacDonald (Dingwall); Navdeep Dhaliwal (Park); Catherine Garden (Kinross). **Pole Vault:** Matthew Darroch (St Aloysius); Robert Sinclair (Edinburgh A); Pentathlon: Gerry Murray (St Margaret's); Stuart Addie (Cumbernauld); Derek Arthur (Caldervale); Duncan Campbell (Hutchesons); Jennifer Reid (Banchory); Theresa Richards (Oldmarch); Jemma Grant (Nairn); Fiona Hunter (Arbroath).

Back to the future year

THE new university term started in early October, and the athletics season is not far behind, writes Gordon Ritchie.

The first event in the calendar is the light-hearted freshers' match, on Wednesday, November 4. The match is designed to catch the new first year students as they start on their course of higher education, and with results being matched to decathlon scoring tables it is possible to calculate the best overall athlete.

This has additional benefit of encouraging athletes to try a wider range of events in order to score more points. The match is about having fun, and as such it always includes a novelty event. This year, there will be a handicap 1000m race.

After Christmas, the serious matches begin. The date for the indoor championships is still to be confirmed, but is likely to be on or around Wednesday, February 17. This may well be the first match in which the new universities take part, and it will be interesting to see what effect this has on the eventual number of participants.

After the championships, the Scottish Universities team will be selected for the annual challenge match. In 1993, the match will be on February 27.

This event has become firmly established as one of the best indoor fixtures in the domestic calendar.

Although the opposition has not been confirmed, it is likely that the students will again compete against the Schools, Northern Ireland and a Scottish select.

The fifth team will be decided in the near future. Last year this fixture suffered from the upheaval on the university scene, and was devalued as it was late in the season and also clashed with the schools' cross country. Hopefully these difficulties can be avoided in 1993.

The fixture is important for all the teams. The Irish consider it to be an integral part of their Commonwealth Games preparation, while it gives the schools the chance to give older athletes an outing. The schoolgirls have traditionally excelled in the match.

For the universities, it is always a closely contested match and it establishes strong links with the schools which, in time, ensures that the pupils continue in athletics when they become students.

Some sense of normality having returned, the new year should see a continuation of the progress that has been made in student athletics over recent years.

Whilst in the past they have always been a close second or third in the challenge matches, the men's team struck gold for the first time in May's match at Grangemouth. Having tasted victory, they are now ready to take on all-comers.



Schools internationalist Jackie Tindal (Buckhaven High School).

Cumbernauld AAC

Margaret Montgomery profiles Cumbernauld AAC which is celebrating its tenth anniversary this year.



CUMBERNAULD AAC athletes are a resourceful lot. Anyone straying into Cumbernauld town centre during the long, dark nights of winter, for example, may well stumble across them as they go through their paces on a small scrap of land under ASDA's car park.

"During the winter we train twice a week in gyms at Cumbernauld High School but these are closed during the school holidays," explains club secretary Donald Pegrum. "The space underneath ASDA is the only other reasonably light and sheltered spot we can find."

Training facilities seem to have been a major problem for Cumbernauld AAC over the ten years it has been in existence and have tested the club's resourceful spirit to the limit. Lacking a track,

up and coming runners from this club do their best with two blaze football pitches.

"The High School lays out a track on the football pitches for a few weeks during the summer but the rest of the year it's just a case of making do," says Donald's wife Rona who, like her husband, is one of the club's coaches. "It's not an ideal situation by any means."

Frustrating as it is in itself, this state of affairs is not helped by a new policy which prevents the club gaining access to a permanent track at another Cumbernauld secondary school in the Greenfaulds area.

"Only certain Cumbernauld schools are open to sports clubs and classes in the evenings nowadays," Donald Pegrum explains. "Greenfaulds isn't one of them - so even

though it's got a track we can't use it."

One slight glimmer of hope on the horizon is the development which is to accompany Clyde Football Club's move to Cumbernauld. Depending on the success of businesses and housing which will adjoin the football club's proposed new Cumbernauld stadium, an all-weather running track may be built too. Donald Pegrum, however, holds out little hope for this and adds that even if the track does go ahead it will not be for many years to come.

For the foreseeable future, therefore, the club is likely to be making do with pieces of land underneath local supermarket car parks.

Visits to the Kelvin Hall, and

Coatbridge and Grangemouth when the weather is fine, are another means by which the club currently gets round its training facilities problem. This inevitably brings the attendant difficulty of funding buses. A single bus trip to the Kelvin Hall and back can cost as much as £80.00.

"Quite often the kids won't have the money for the bus," says Donald Pegrum. "In those cases the money just has to come from club funds."

Raffles and tombolas at local gala days have provided the club with some of the funds necessary to finance such ventures. Club sponsorship would be an ideal way of overcoming funding problems for a pre-defined length of time but unfortunately has proved difficult to secure.

"We must have written to about

60 firms asking for sponsorship but with no luck," says Rona Pegrum. "In fact, I think we have received about four replies from all these letters."

Yet despite the obstacles it has had to overcome, this is a club with a lot to be proud of. With an 80 strong membership and ten year history behind it, it shows no signs of waning in popularity and continues to turn out athletes of a very high calibre.

Club stalwarts include Stewart McCrae, who won the 1991 Scottish vets indoor 1500 metres title in the 40-45 age group, and Robin Kerr, who won this year's long jump and 100 metres titles in the same age group at the most recent outdoor veteran championships.

Among the club's young "stars" are Iain Hamilton, Scottish youths 400m hurdles champion, Stuart Addie, schools triple jump champion, and Peter Steven, West District hurdles champion in his age group.

Further to its credit is the fact that the club not only produces good but all-round, athletes. When you consider that training and facilities are so problematic for the club it seems highly commendable that it has managed to produce several good multi-eventers on top of those who have done well in a single discipline.

In fact, most of the club are reasonably good all-rounders. Stuart Addie is currently lying fourth in the boys' pentathlon rankings while, on top of his triple jump achievements last year, Iain Hamilton was second in the most recent Scottish Schools Pentathlon Championships. Hurdler Peter Steven is also an accomplished shot putter.

The fact that the club produces all-rounders is no mere coincidence. Taking a tip from the erstwhile USSR, Donald Pegrum and the other Cumbernauld AAC coaches subscribe to the view that variety is the spice of a young athlete's life!

"The Soviets found that if children concentrated on one event only from too young an age they were far more likely to drop out from the sport than if they did a little bit of everything to begin with and then specialised when they were older," Pegrum elaborates. "Certainly, it works well for our club. In the leagues we score over other teams because our kids are so versatile. In our last Scottish and North West League match we lost only one race

in the hurdles and in that we were second."

In fact, most of the club's performances in the leagues of late have been very good.

Last year, the junior boys pulled off a major triumph when they won the West of Scotland and Scottish indoor leagues. The club also won its division in the Scottish and North West League and is now hoping for promotion to Division 2 in the forthcoming season.

Good links with schools in the area and adverts for the club in the local newspaper have helped to maintain a steady stream of new members.

Today, of the club's 80 regular attenders, about 60 are children and teenagers. This compares with just a handful of athletes four or five years ago. Meanwhile, coaches have increased a pace and instead of just one as there was a few years ago there are now three club coaches and seven assistant club coaches.

This then is a strong and vital club which makes up for what it lacks in facilities with more than its fair share of enthusiasm. Working its way round every difficulty with admirable determination it has achieved a lot with limited means and can only go from strength to strength in the future.

An excellent example of the club's gritty resourcefulness is not just its use of empty city centre sites but the way in which it makes sure every opportunity to compete on the track is taken up.

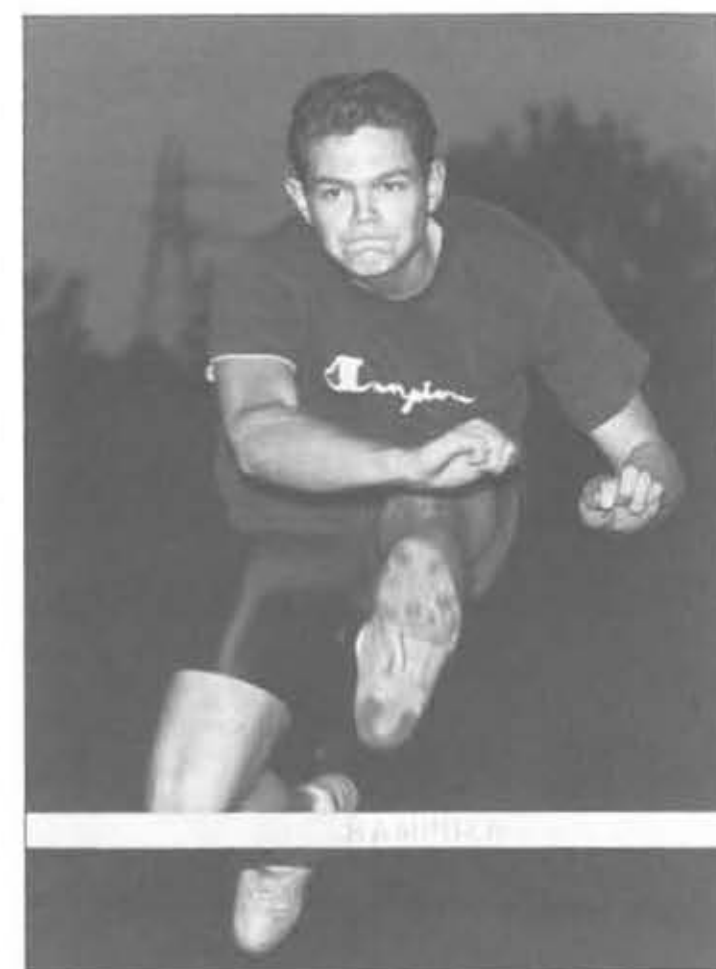
"We can't train on the track so we use local meetings to give the youngsters the experience they need," comments Pegrum.

Attending two open graded meetings a month at Grangemouth is now the norm for the children and teenagers from Cumbernauld AAC, and this on top of the various league meetings they regularly go to provides a good grounding in the finer details of track running.

"The problem our kids face is not knowing how to pace themselves," says Donald Pegrum. "They also lack experience running off bends."

In the men's league, the club is currently in Division Five. Pegrum, however, envisages that this will soon change as some of the strong junior squad filter through into the senior ranks.

It's all a question of maintaining strength in depth at the grass roots level and as such the club is



Iain Hamilton, top 400 metres hurdler and a leading Cumbernauld AAC member.

keen to maintain strong links with local schools.

Once a month it organises an inter-primary school competition at a local community centre, a ploy which spawns interest amongst many youngsters who have never thought about taking up athletics. Another numbers boosting exercise is the primary schools sports day which the club holds at once a year at a local secondary school.

At this, all the primary schools in Cumbernauld are represented, with the winners of the various relays going on to compete in the Dunbartonshire Schools Championships. Medals are presented to all winners and, with them, the recipients are given a letter inviting them to come along to Cumbernauld AAC in the evenings.

Although the initiative is a popular one there have in the past been some frustrations for the Cumbernauld AAC organisers to deal with. Among last year's winners was one relay team which wasn't sent to the Dunbartonshire Schools final because of money constraints in the school.

Money, it seems, is quite a prob-

lem for this club. Club members used to pay their fees at the rate of £5 every quarter but since some parents found this too much to find at once, a new system of paying 50p per night has been introduced. That way, if an athlete is unable to attend on any given night, he or she does not pay for it.

At the moment, the club is also trying to drum up enough money to pay for competition standard equipment, including a pole vault and javelin. (Club member Alan Smythe who is currently highly ranked in the youth's pole vault, has to attend the Kelvin Hall to do get the training and facilities he needs.)

All this aside, there seems to be little doubt that Cumbernauld AAC has a future ahead. With a strong crop of youngsters about to hit the senior ranks in a few years time and plenty of willing and enthusiastic coaches to encourage and teach them, the club has little to worry about in terms of the pool of talent it has to draw on.

Hopefully, it won't be too long until it doesn't have to worry so much about financial and practical considerations.

Diel Coke Great Scottish Run results continued from P18.

53.5:3299,G McGuire (Un) 1-53.6:3300,M Byrne (Un) 1-53.6:3301,S McGowan (Un) 1-53.6:3302,P Tierney (Un) 1-53.6:3303,M Shields (HSB) 1-53.7:3304,S Rutherford (Un) 1-53.7:3305,G Crown (HRR) 1-53.7:3306,C Murray (Un) 1-53.7:3307,A Borthwick (Un) 1-53.8:3308,M Taylor (CPH) 1-53.8:3309,R Stephen (Un) 1-53.8:3310,S Mathieson (Un) 1-53.8:3311,K McKenna (Un) 1-53.9:3312,D Gourlay (Un) 1-53.9:3313,C Taggart (Un) 1-53.9:3314,L Woodhouse (Un) 1-53.10:3315,D Woodhouse (Un) 1-53.10:3316,J Smith (Eye) 1-53.10:3317,A McEwan (Un) 1-53.10:3318,J O'Brien (Un) 1-53.11:3319,S McLeish (Un) 1-53.11:3320,D Herberston (Un) 1-53.11:3321,F Dunn (Un) 1-53.11:3322,G Wallis (Un) 1-53.12:3323,S Dopson (AP) 1-53.12:3324,A Ingram (Un) 1-53.12:3325,C Tyack (IT) 1-53.12:3326,A Shaw (Un) 1-53.13:3327,C Brown (ET) 1-53.13:3328,A Wood (Un) 1-53.14:3329,R McDermott (Un) 1-53.14:3330,A McClure (Un) 1-53.15:3331,M Gourley (Un) 1-53.15:3332,G Watson (Un) 1-53.15:3333,B O'Connor (Un) 1-53.16:3334,R Robertson (Un) 1-53.16:3335,E Pallas (Un) 1-53.17:3336,P Stamperson (Un) 1-53.17:3337,A Tulloch (Un) 1-53.17:3338,S Bolton (Un) 1-53.18:3339,L Belt (Un) 1-53.19:3340,G Allan (Un) 1-53.19:3341,R Dealey (Un) 1-53.21:3342,R Sheridan (Un) 1-53.21:3343,R Rainey (Un) 1-53.22:3344,M Vickers (Un) 1-53.22:3345,R Hamilton (Un) 1-53.24:3346,W McKenna (Un) 1-53.24:3347,P Jobanputra (Un) 1-53.25:3348,J Edgar (Un) 1-53.25:3349,S Pattison (Un) 1-53.26:3350,A McGoogan (Un) 1-53.26:3351,A Fitzsimmons (Un) 1-53.27:3352,D Blakie (Un) 1-53.28:3353,M Lawson (RAF) 1-53.29:3354,A Armstrong (Un) 1-53.29:3355,A Fraser (Un) 1-53.30:3356,N Thorgrimmson (Un) 1-53.30:3357,A McKenzie (Un) 1-53.30:3358,D Cunnea (Un) 1-53.31:3359,J McGalliard (Un) 1-53.32:3360,A Brand (Un) 1-53.33:3361,J Hattie (Un) 1-53.33:3362,N Robertson (Un) 1-53.33:3363,P Burnell (Un) 1-53.34:3364,T Harold (Un) 1-53.35:3365,A Kennedy (Un) 1-53.36:3366,M McDonald (Un) 1-53.36:3367,T Wall (Un) 1-53.37:3368,D Turner (Un) 1-53.37:3369,A McEwan (Un) 1-53.40:3370,S Bell (Un) 1-53.40:3371,I Anderson (Un) 1-53.42:3372,S Fraser (Un) 1-53.43:3373,A Gibson (Un) 1-53.44:3374,J Rimmer (Un) 1-53.44:3375,W Henry (Un) 1-53.45:3376,P Fulton (Un) 1-53.45:3377,A Kilpatrick (Un) 1-53.45:3378,R Currie (HH) 1-53.46:3379,C MacDonald (GH) 1-53.46:3380,J Seedhouse (Un) 1-53.47:3381,J Butler (Un) 1-53.47:3382,D McMenamin (MH) 1-53.48:3383,N Boerwman (Port) 1-53.48:3384,J Herberston (Un) 1-53.49:3385,R Ian (Un) 1-53.49:3386,B Longdon (Un) 1-53.49:3387,J Stewart (Un) 1-53.50:3388,A Mian (Un) 1-53.50:3389,R Topping (Un) 1-53.51:3390,D Barron (Un) 1-53.51:3391,M McGarry (Un) 1-53.52:3392,J O'Hara (Un) 1-53.52:3393,M Minto (Un) 1-53.53:3394,T Hasler (Un) 1-53.55:3395,T McDonald (Un) 1-53.56:3396,J McInnes (Un) 1-53.57:3397,M Ahmed (Un) 1-53.58:3398,S Chester (Un) 1-53.58:3399,J Kelly (Un) 1-53.58:3400,A Toop (Un) 1-53.58:3401,C Stewart (Un) 1-53.59:3402,A Davie (Un) 1-53.59:3403,J Abernethy (Un) 1-53.59:3404,J Cleland (Un) 1-54.0:3405,C Skinner (Un) 1-54.0:3406,G Martin (Un) 1-54.0:3407,M McCormick (Un) 1-54.0:3408,H Carmichael (GG) 1-54.1:3409,J Purvis (AC) 1-54.1:3410,P Tanzi (Un) 1-54.1:3411,P Lynch (Un) 1-54.1:3412,D Buick (Un) 1-54.2:3413,L Moir (Un) 1-54.2:3414,E McCarron (Un) 1-54.2:3415,C Robinson (Un) 1-54.3:3416,C Bisset (Un) 1-54.3:3417,J

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Ford (Tev) 1-54.54:3532,T McFarlane (Un) 1-54.54:3533,J Mooney (Un) 1-54.55:3534,P McCulloch (Un) 1-54.55:3535,M Gallagher (Un) 1-54.56:3536,J Goodship (Un) 1-54.56:3537,D Bergin (Un) 1-54.57:3538,D Charles (Un) 1-54.58:3539,R Noble (Un) 1-54.59:3540,J Campbell (Un) 1-54.59:3541,T McGrain (Un) 1-55.0:3542,M Arnold (DRR) 1-55.1:3543,A Hamilton (Un) 1-55.1:3544,J McMurray (Un) 1-55.2:3545,J DuncanSON (Un) 1-55.2:3546,D Gough (Un) 1-55.2:3547,A Wallace (Un) 1-55.3:3548,P Boyle (Un) 1-55.3:3549,J Collins (Un) 1-55.4:3550,J Burns (Un) 1-55.4:3551,M Davison (Un) 1-55.4:3552,C Hunt (Un) 1-55.5:3553,C O'Hare (Un) 1-55.5:3554,D Boal (Un) 1-55.5:3555,D Milne (Un) 1-55.6:3556,B Speirs (Un) 1-55.6:3557,M Dolan (Un) 1-55.6:3558,J Caskee (Un) 1-55.7:3559,J Hendrie (Un) 1-55.7:3560,G McCann (Un) 1-55.7:3561,J Bain (Un) 1-55.8:3562,W David (Un) 1-55.8:3563,D Fairley (Un) 1-55.9:3564,S Galbraith (Un) 1-55.9:3565,P Rumsey (Un) 1-55.9:3566,R McShane (Un) 1-55.10:3567,E Shabbas (Un) 1-55.10:3568,J Blair (Un) 1-55.10:3569,P Divers (ERR) 1-55.11:3570,T Pellegrini (Un) 1-55.11:3571,P Douglas (Un) 1-55.12:3572,A Thomson (Un) 1-55.12:3573,D Clark (Un) 1-55.13:3574,M Sadding (Un) 1-55.13:3575,J McCulloch (Un) 1-55.14:3576,R Fulton (Un) 1-55.15:3577,P Abernethy (Un) 1-55.15:3578,G Hutchison (Un) 1-55.15:3579,J Binnie (Un) 1-55.16:3580,D Martin (Un) 1-55.16:3581,D Carse (Un) 1-55.17:3582,G Quinn (Un) 1-55.17:3583,K Alexander (Un) 1-55.18:3584,V Moody (Un) 1-55.18:3585,J Rose (Un) 1-55.19:3586,G Miller (Un) 1-55.19:3587,N Walker (Un) 1-55.20:3588,G Watt (Un) 1-55.20:3589,C McBride (Un) 1-55.20:3590,J Buckley (Un) 1-55.21:3591,M Scott (Un) 1-55.21:3592,K Dalley (Un) 1-55.22:3593,A Currie (Un) 1-55.22:3594,C McCormick (Un) 1-55.23:3595,A McKay (Un) 1-55.23:3596,J McKee (Un) 1-55.24:3597,S King (BR) 1-55.24:3598,J Synott (Un) 1-55.25:3599,J Wood (NV) 1-55.25:3600,A Lyon (Un) 1-55.26:3601,R McMillan (Un) 1-55.26:3602,R MacMillan (Un) 1-55.27:3603,M Keegan (Un) 1-55.27:3604,H Campbell (Un) 1-55.27:3605,J Cary (Un) 1-55.28:3606,T Docherty (SS) 1-55.28:3607,A Johnston (Un) 1-55.28:3608,W Ion (Un) 1-55.29:3609,P McBride (Un) 1-55.29:3610,W Ion (Un) 1-55.30:3611,J Whyte (Un) 1-55.30:3612,P Lagton (Un) 1-55.30:3613,W Sutherland (Un) 1-55.31:3614,W Christie (Un) 1-55.31:3615,J Mitchell (Un) 1-55.32:3616,T Hetherston (Un) 1-55.33:3617,J Timoney (Un) 1-55.35:3618,S Gray (Un) 1-55.36:3619,K Dempster (MH) 1-55.36:3620,J Gibben (Un) 1-55.37:3621,A Hunter (Un) 1-55.38:3622,R Wright (Un) 1-55.40:3623,D O'Donnell (Un) 1-55.40:3624,C Garvie (Un) 1-55.41:3625,J Montgomery (Un) 1-55.41:3626,J Rutherford (Un) 1-55.42:3627,N MacAlpine (Un) 1-55.42:3628,D Aberdour (Un) 1-55.42:3629,S Banks (Un) 1-55.43:3630,C Findlay (Un) 1-55.43:3631,T Rankin (Un) 1-55.44:3632,K Sharkey (Un) 1-55.45:3633,G Henderson (Un) 1-55.45:3634,C Milne (Un) 1-55.45:3635,T McPhee (Un) 1-55.46:3636,D Clark (Un) 1-55.46:3637,J Johnson (Un) 1-55.47:3638,J Wyllie (Un) 1-55.48:3639,C McIndoe (Un) 1-55.48:3640,P McVey (Un) 1-55.49:3641,B Russell (Un) 1-55.49:3642,R McConville (Un) 1-55.50:3643,L Kennedy (Un) 1-55.50:3644,N McArthur (Un) 1-55.51:3645,J Muir (Un) 1-55.51:3646,A Balmer (Un) 1-55.52:3647,J McDonald (Un) 1-55.52:3648,J Anderson (Stone) 1-55.53:3649,P McDaid (Un) 1-55.53:3650,D Deans (AP) 1-55.53:3651,A Slater (Un) 1-55.54:3652,P SKelly (Un) 1-55.55:3653,C Judge (Un) 1-55.55:3654,M Reid (Un) 1-55.56:3655,B Woodcock (Un) 1-55.56:3656,A Crossley

(Un) 1-55.57:3657,F Pauley (Un) 1-55.57:3658,A McGhee (Un) 1-55.58:3659,R Wilson (Un) 1-55.58:3660,D Pearson (Un) 1-55.59:3661,A Porter (Un) 1-55.59:3662,M Waterhouse (Un) 1-56.0:3663,V Stewart (Un) 1-56.0:3664,M Wilkinson (Un) 1-56.0:3665,W McDermott (Un) 1-56.1:3666,L Ferguson (Un) 1-56.2:3667,D Richardson (Un) 1-56.3:3668,A Woods (MJ) 1-56.3:3669,A Smith (Un) 1-56.4:3670,G Shaw (MJ) 1-56.4:3671,M Rigby (Un) 1-56.5:3672,D Glen (Cam) 1-56.6:3673,K Pearce (Un) 1-56.6:3674,R Robson (Tev) 1-56.7:3675,J Quinn (Un) 1-56.7:3676,J Marshall (SVHC) 1-56.8:3677,C Jackson (Un) 1-56.9:3678,J Sheperd (Un) 1-56.10:3679,R Coulter (Un) 1-56.11:3680,M Wilson (Tev) 1-56.12:3681,S Stenhouse (Tev) 1-56.13:3682,S Weir (Un) 1-56.15:3683,J McMurtrie (Un) 1-56.17:3684,C Fleming (Un) 1-56.18:3685,M Connolly (Un) 1-56.19:3686,A Duncan (Un) 1-56.20:3687,C Brown (Un) 1-56.21:3688,R Brown (Un) 1-56.22:3689,J Dinnen (Un) 1-56.22:3690,G McKee (Un) 1-56.24:3691,R McCabe (Un) 1-56.26:3692,A McLeod (Un) 1-56.26:3693,J Hughes (Un) 1-56.29:3694,S White (Un) 1-56.30:3695,N Mains (Un) 1-56.30:3696,N McAusland (Un) 1-56.31:3697,P Fisher (Un) 1-56.32:3698,J Hamill (Un) 1-56.32:3699,F Hair (SH) 1-56.33:3700,W Russell (Un) 1-56.33:3701,H Borthwick (SV) 1-56.34:3702,W McCall (TTC) 1-56.35:3703,J Pike (Un) 1-56.35:3704,M Dickson (GN) 1-56.36:3705,S Gallagher (SL) 1-56.37:3706,J McLevy (Un) 1-56.37:3707,H McLevy (Un) 1-56.38:3708,J Marnell (Un) 1-56.39:3709,G Robertson (Un) 1-56.39:3710,N Smith (Un) 1-56.40:3711,K BALL (Un) 1-56.40:3712,D Speirs (Un) 1-56.41:3713,N Paterson (Un) 1-56.42:3714,R Greig (DRR) 1-56.42:3715,D Hughes (Un) 1-56.43:3716,D Ritchie (Un) 1-56.44:3717,J Rennie (HQ) 1-56.45:3718,T Munro (Un) 1-56.45:3719,D Port (Un) 1-56.45:3720,J Simons (Un) 1-56.45:3721,F Campbell (Un) 1-56.46:3722,J Duncan (Un) 1-56.46:3723,B Kennedy (Un) 1-56.46:3724,S Inglis (Un) 1-56.46:3725,A Cunningham (Un) 1-56.46:3726,D Byars (Un) 1-56.47:3727,C Green (Un) 1-56.47:3728,J Murdoch (Un) 1-56.47:3729,A Roxby (BH) 1-56.47:3730,B Clements (Un) 1-56.47:3731,K Lyon (Un) 1-56.48:3732,G Stirling (Un) 1-56.48:3733,R Faulds (Un) 1-56.48:3734,A McGonigle (Un) 1-56.48:3735,D Periswell (Un) 1-56.48:3736,M Sneddon (CP) 1-56.49:3737,J Easton Jr (Un) 1-56.49:3738,P Devlin (Un) 1-56.49:3739,R Lees (Un) 1-56.49:3740,B Battles (Un) 1-56.49:3741,D Wornin (Un) 1-56.50:3742,C Mimsworth (Un) 1-56.50:3743,J Cashmore (Un) 1-56.50:3744,K Rezin (Un) 1-56.50:3745,J McGachy (Un) 1-56.50:3746,S Duncan (Un) 1-56.51:3747,M Pirie (Un) 1-56.51:3748,P Leitch (Un) 1-56.51:3749,M Mullins (Un) 1-56.51:3750,S Carter (Un) 1-56.52:3751,A McMurray (Un) 1-56.52:3752,A Robertson (Un) 1-56.52:3753,J Millar (Un) 1-56.52:3754,J Aramutage (Un) 1-56.53:3755,D Watson (Un) 1-56.53:3756,D Robertson (Un) 1-56.53:3757,R Mennie (Un) 1-56.54:3758,L Muirhead (Un) 1-56.55:3759,A Cleland (Un) 1-56.55:3760,K McDonald (Un) 1-56.55:3761,G Mitchell (Un) 1-56.56:3762,S McKinnon (Un) 1-56.56:3763,J Campbell (Un) 1-56.56:3764,G Thomson (Un) 1-56.57:3765,J Costello (Un) 1-56.58:3766,A Todd (Un) 1-56.58:3767,J Neilson (Un) 1-56.58:3768,D Gwilliam (RNAC) 1-56.59:3769,R Kelly (Un) 1-56.59:3770,J Owens (Un) 1-57.0:3771,J Porter (Un) 1-57.1:3772,R Hamilton (Un) 1-57.2:3773,J Scott (Cam) 1-57.3:3774,P Brady (Un) 1-57.4:3775,J Bell (Un) 1-57.4:3776,T Burns (Un) 1-57.4:3777,P McNaughtan (Un) 1-57.5:3778,J LOW (Un) 1-57.5:3779,G Wright (Un) 1-57.6:3780,K McKinlay (Un)

1-57.6:3781,J Simpson (Un) 1-57.7:3782,S MacLean (Un) 1-57.7:3783,D McVey (Un) 1-57.8:3784,C Downie (Un) 1-57.8:3785,D Quinn (Un) 1-57.9:3786,E Roxburgh (Un) 1-57.9:3787,M Sproule (Un) 1-57.9:3788,J Harvey (Un) 1-57.10:3789,N MacMillan (Un) 1-57.10:3790,W Neill (Un) 1-57.10:3791,A Alstead (Un) 1-57.11:3792,C Simpson (Un) 1-57.12:3793,M Finkle (Un) 1-57.12:3794,R Sheridan (Un) 1-57.12:3795,S Wilson (Un) 1-57.13:3796,E Brown (Un) 1-57.13:3797,M McKee (Un) 1-57.14:3798,J Fraser (Un) 1-57.14:3799,D Whiteside (Un) 1-57.15:3800,N McShannon (Un) 1-57.15:3801,E Cumming (Un) 1-57.15:3802,M Lowson (Un) 1-57.16:3803,A Wilson (BRRC) 1-57.16:3804,A Dunning (Un) 1-57.17:3805,D Miller (Un) 1-57.17:3806,D Lucas (Un) 1-57.17:3807,F McDermott (Un) 1-57.17:3808,H McCaughey (Un) 1-57.18:3809,B McGuire (Un) 1-57.18:3810,G Henderson (Un) 1-57.18:3811,A Smith (Un) 1-57.19:3812,J McKenzie (Un) 1-57.19:3813,J Brown (Un) 1-57.19:3814,M Hendry (Un) 1-57.20:3815,D Russell (Un) 1-57.20:3816,R Hendry (Un) 1-57.21:3817,J Frew (Un) 1-57.21:3818,W McMorris (Pit) 1-57.21:3819,G Newsome (Un) 1-57.21:3820,T Young (Un) 1-57.22:3821,C McKay (Un) 1-57.22:3822,J Newlands (Un) 1-57.22:3823,J Byrne (Un) 1-57.23:3824,G Skinner (Un) 1-57.23:3825,J Hutchison (Un) 1-57.23:3826,R Webster (Un) 1-57.24:3827,B Kelly (Un) 1-57.24:3828,S McGill (Un) 1-57.24:3829,B Stobo (Un) 1-57.25:3830,G Todd (Un) 1-57.26:3831,A Clement (Un) 1-57.26:3832,D Elliott (Ela) 1-57.26:3833,J Boyes (Un) 1-57.27:3834,T Gates (Un) 1-57.28:3835,R Guthrie (Un) 1-57.28:3836,J Bain (Un) 1-57.28:3837,P Dalrymple (Un) 1-57.29:3838,S Laing (Un) 1-57.30:3839,W McRae (Un) 1-57.30:3840,D Hunter (Un) 1-57.31:3841,N Gillespie (Un) 1-57.32:3842,A Verlaque (Un) 1-57.32:3843,H Craig (Un) 1-57.33:3844,E Watson (Un) 1-57.34:3845,L Thow (Un) 1-57.34:3846,K Watters (Un) 1-57.35:3847,C Gray (Un) 1-57.36:3848,P Patrick (Un) 1-57.36:3849,E McLean (Un) 1-57.38:3850,R Watson (Un) 1-57.38:3851,A McGarry (Un) 1-57.39:3852,A Lannigan (Un) 1-57.39:3853,N Lynch (Un) 1-57.40:3854,W Douglas (Un) 1-57.41:3855,D Croila (Un) 1-57.41:3856,E Burns (Un) 1-57.42:3857,M Ray (Un) 1-57.42:3858,G Kieley (Un) 1-57.43:3859,W Roscoe (CA) 1-57.43:3860,S Craig (Un) 1-57.44:3861,J Mimy (Un) 1-57.45:3862,M Cowan (Stone) 1-57.45:3863,M McGeough (Un) 1-57.46:3864,D Bell (Un) 1-57.46:3865,R MacKenzie (Un) 1-57.47:3866,P Mooney (Un) 1-57.47:3867,J Gordon (Un) 1-57.48:3868,T Hollywood (Un) 1-57.48:3869,F Melly (Un) 1-57.49:3870,V Humm (D&D) 1-57.49:3871,H Hill (KRR) 1-57.49:3872,S McCraw (Un) 1-57.50:3873,J McAulay (KRR) 1-57.50:3874,M Conacher (HHH) 1-57.51:3875,J Vdall (Un) 1-57.51:3876,D Macchann (Un) 1-57.52:3877,D O'Donnell (Un) 1-57.52:3878,S Walker (Un) 1-57.53:3879,R Hendry (Un) 1-57.53:3880,H Dawson (Un) 1-57.54:3881,J Chambers (Un) 1-57.55:3882,A MacPherson (Un) 1-57.55:3883,R Chalmers (Un) 1-57.56:3884,B Elder (Un) 1-57.56:3885,C Gillespie (Un) 1-57.56:3886,G Cheyne (Un) 1-57.57:3887,G Nicholson (Un) 1-57.57:3888,K Lucas (Un) 1-57.58:3889,G Dimmer (Un) 1-57.58:3890,F McCabe (Un) 1-57.59:3891,M McGuire (Un) 1-57.59:3892,A Hughes (WRR) 1-58.0:3893,J Kenny (Un) 1-58.1:3894,M MacNeil (Un) 1-58.1:3895,W Stevenson (Un) 1-58.2:3896,J Watson (Un) 1-58.2:3897,J Chereaud (Un) 1-58.3:3898,P Russell (Un) 1-58.3:3899,J Hylands (Un) 1-58.4:3900,M Young (Un) 1-58.4:3901,F Bell (Un) 1-58.5:3902,A Wren (Un) 1-58.5:3903,P Dunbar (Un) 1-58.6:3904,A Phillips (Un) 1-58.6:3905,G

MacDonald (Un) 1-58.7:3906,P Shields (Un) 1-58.7:3907,A Brown (Un) 1-58.8:3908,J Docherty (Un) 1-58.8:3909,M Dowling (Un) 1-58.9:3910,G McEwan (Un) 1-58.9:3911,S Watson (Un) 1-58.9:3912,D Burns (Un) 1-58.10:3913,R Mayne (Un) 1-58.10:3914,D Lambie (Un) 1-58.10:3915,K Hair (Un) 1-58.11:3916,A Stirling (Un) 1-58.11:3917,G McKeown (Un) 1-58.11:3918,B McNicol (Un) 1-58.12:3919,D Lavery (Un) 1-58.12:3920,A MacKie (Un) 1-58.12:3921,J Williamson (Un) 1-58.12:3922,G Wilson (Un) 1-58.13:3923,G Corrigan (Un) 1-58.13:3924,M Hunter (Un) 1-58.13:3925,M Small (PRR) 1-58.14:3926,T Kirkwood (SVHC) 1-58.14:3927,D Duncan (Sport) 1-58.14:3928,J Docherty (Un) 1-58.15:3929,J Murphy (NVEs) 1-58.15:3930,J Wright (Sport) 1-58.15:3931,A Carly (Un) 1-58.15:3932,C Nelson (CA) 1-58.16:3933,E Brooks (Un) 1-58.16:3934,W Hutton (Un) 1-58.17:3935,M Wilkie (Un) 1-58.17:3936,A Ross (Un) 1-58.17:3937,B Smith (Un) 1-58.17:3938,J Neall (Un) 1-58.18:3939,A Jamieson (Un) 1-58.18:3940,A Morrison (Un) 1-58.19:3941,G O'Neill (Un) 1-58.20:3942,A Brock (Un) 1-58.20:3943,J Thompson (Un) 1-58.21:3944,G Hawley (NVR) 1-58.22:3945,D Robertson (Un) 1-58.22:3946,M MacDonald (RR) 1-58.23:3947,S Kelly (Un) 1-58.24:3948,C Martin (Ayr) 1-58.24:3949,M Lamont (Fife) 1-58.25:3950,S Hunter (RRS) 1-58.26:3951,G Cassidy (Un) 1-58.26:3952,S Rennie (Un) 1-58.27:3953,J Ferguson (Un) 1-58.27:3954,J Boyd (Un) 1-58.29:3955,M Campbell (Un) 1-58.29:3956,J Davie (Un) 1-58.31:3957,D Gates (Un) 1-58.32:3958,F Wylie (Cam) 1-58.33:3960,R Rafferty (Un) 1-58.34:3961,G O'Hagan (Un) 1-58.34:3962,R Jones (Un) 1-58.34:3963,B Sikowski (Un) 1-58.35:3964,E Cocozza (Un) 1-58.35:3965,N Tait (Un) 1-58.36:3966,S Black (Un) 1-58.36:3967,A King (Un) 1-58.36:3968,J Savage (Un) 1-58.36:3969,R Simpson (Un) 1-58.37:3970,J Leslie (Un) 1-58.37:3971,R Spraul (Un) 1-58.37:3972,L Barbour (Un) 1-58.38:3973,T Smith (Un) 1-58.38:3974,T Adams (Un) 1-58.39:3975,N Kily (Un) 1-58.39:3976,J Baxter (Un) 1-58.39:3977,W Flanagan (Un) 1-58.39:3978,K Burrow (Un) 1-58.40:3979,N Moody (Un) 1-58.40:3980,R Burns (Un) 1-58.41:3981,M Spence (Tev) 1-58.45:3982,M Phillips (Un) 1-58.47:39

(Un) 2-0.39;4161,A Fulton (Un) 2-0.40;4162,R McLaughlin (Un) 2-0.41;4163,G Warnock (Un) 2-0.43;4164,P Tough (Un) 2-0.44;4165,A Smith (Un) 2-0.45;4166,A Walker (Un) 2-0.45;4167,D Stewart (Un) 2-0.45;4168,G Sutherland (Un) 2-0.46;4169,D Guthrie (Un) 2-0.46;4170,C McGregor (Un) 2-0.46;4171,W Wood (Un) 2-0.47;4172,P McCourt (Un) 2-0.47;4173,H Bourhill (Un) 2-0.48;4174,M Fullerton (Un) 2-0.48;4175,M MacAulay (Un) 2-0.48;4176,C Campbell (Un) 2-0.49;4177,J Milligan (Un) 2-0.49;4178,S Chiswell (Un) 2-0.49;4179,C Mounce (Un) 2-0.50;4180,A Mitchell (Un) 2-0.50;4181,J McIntyre (Un) 2-0.50;4182,S Young (Un) 2-0.51;4183,C Thomson (Un) 2-0.51;4184,W Forbes (Un) 2-0.51;4185,L Flanagan (Un) 2-0.52;4186,I Cartwright (Un) 2-0.52;4187,B Reid (Un) 2-0.52;4188,J Thomson (Un) 2-0.53;4189,R Brown (Un) 2-0.53;4190,P Majeed (Un) 2-0.53;4191,E McGill (Un) 2-0.54;4192,D Fletcher (Un) 2-0.54;4193,B Reid (Un) 2-0.54;4194,I MacDonald (Un) 2-0.55;4195,C Simpson (Un) 2-0.55;4196,A McCall (Un) 2-0.55;4197,C Davidson (Un) 2-0.56;4198,I Sidey (Un) 2-0.56;4199,I Allan (SV) 2-0.56;4200,G Miller (Un) 2-0.56;4201,A McNally (Un) 2-0.57;4202,A Goodwin (Un) 2-0.57;4203,I Robertson (Un) 2-0.58;4204,R Sutherland (Un) 2-0.58;4205,W Barekat (Un) 2-0.59;4206,I Scrimiger (Un) 2-0.59;4207,J Hannen (Un) 2-1.0;4208,K Holdrich (Un) 2-1.1;4209,B McCruden (NRR) 2-1.1;4210,T Brain (Un) 2-1.2;4211,A Smith (Un) 2-1.2;4212,J Hutchison (Un) 2-1.3;4213,N Gallagher (Un) 2-1.3;4214,G Harrigan (Un) 2-1.4;4215,A Begley (Un) 2-1.5;4216,J Finlayson (Un) 2-1.6;4217,M Breen (Un) 2-1.7;4218,G Atkinson (VPC) 2-1.7;4219,D Fairley (Un) 2-1.8;4220,D Wilson (Un) 2-1.9;4221,A Halligan (Un) 2-1.10;4222,D Yule (Un) 2-1.11;4223,A Dickson (Un) 2-1.11;4224,P Miller (Un) 2-1.12;4225,D Porter (Un) 2-1.12;4226,P Mathers (Un) 2-1.13;4227,P Ferrie (AAA) 2-1.14;4228,A Murray (Port) 2-1.14;4229,A Gilliver (Un) 2-1.14;4230,G Lawson (Un) 2-1.15;4231,J Foster (MH) 2-1.16;4232,L Hogg (HH) 2-1.17;4233,J Deffenbaugh (IVS) 2-1.17;4234,Y Ewing (ATC) 2-1.18;4235,Z Iqbal (Un) 2-1.19;4236,D Lammie (Un) 2-1.20;4237,W Hecht (Un) 2-1.21;4238,G McNeill (Un) 2-1.22;4239,J Toon (SJ) 2-1.22;4240,B Laurie (Un) 2-1.23;4241,J McGregor (Un) 2-1.24;4242,A Di Paola (GN) 2-1.25;4243,J Sharp (Un) 2-1.25;4244,S Whittaker (LS) 2-1.25;4245,D Stratton (Un) 2-1.26;4246,D Sneddon (Un) 2-1.27;4247,M Blaikie (Un) 2-1.28;4248,W Sweeten (Un) 2-1.28;4249,R McCredie (Un) 2-1.30;4250,M Oates (Un) 2-1.31;4251,R Campbell (Un) 2-1.32;4252,W Shooter (Un) 2-1.34;4253,H Gormley (Pi) 2-1.34;4254,F Cook (SPRA) 2-1.35;4255,A Docherty (Un) 2-1.36;4256,A McCallum (Un) 2-1.37;4257,J Lapping (Un) 2-1.38;4258,J Keen (Un) 2-1.39;4259,C Webster (Port) 2-1.40;4260,R McGuinness (Un) 2-1.41;4261,M Hay (Un) 2-1.42;4262,J McLean (Un) 2-1.42;4263,M Linwood (Un) 2-1.43;4264,D Grant (Un) 2-1.43;4265,T Allan (Un) 2-1.43;4266,G Hutton (Un) 2-1.44;4267,K Greener (Un) 2-1.47;4268,A Milliken (Un) 2-1.49;4269,G Avison (Un) 2-1.49;4270,W Corrie (Un) 2-1.52;4271,H Batchelor (Un) 2-1.54;4272,M Maley (Un) 2-1.55;4273,J Stokes (Un) 2-1.56;4274,D May (Un) 2-1.57;4275,R Orr (Un) 2-1.59;4276,N Halley (Un) 2-2.0;4277,J Monaghan (Un) 2-2.1;4278,R Donald (Un) 2-2.1;4279,D Gemmell (Un) 2-2.2;4280,S Brown (Un) 2-2.4;4281,R Brown (Un) 2-2.5;4282,A Connolly (Un) 2-2.5;4283,R Smith (Un) 2-2.6;4284,C Dolan (Un) 2-2.7;4285,S Oliver (Un) 2-2.8;4286,L Taylor (Un) 2-2.9;4287,K Beattie (Un) 2-2.11;4288,R Garstang (Un) 2-2.12;4289,A Dargie (Un) 2-2.12;4290,R

Doherty (Un) 2-2.13;4291,E Coates (Un) 2-2.13;4292,J Chaundler (Un) 2-2.14;4293,G Murphy (Un) 2-2.14;4294,J Fotheringham (Un) 2-2.15;4295,M Anderson (Un) 2-2.15;4296,J Bell (ICC) 2-2.16;4297,C O'Gorman (Un) 2-2.16;4298,R Smith (Un) 2-2.18;4299,J Hagan (Un) 2-2.18;4300,G McEwan (Un) 2-2.19;4301,A Gilchrist (Un) 2-2.20;4302,R Smullen (Un) 2-2.21;4303,W Keenan (Un) 2-2.21;4304,J Taylor (Un) 2-2.23;4305,C Johnston (Un) 2-2.25;4306,G Patterson (Un) 2-2.25;4307,S Horseburgh (Un) 2-2.27;4308,G McGibbon (Un) 2-2.28;4309,S Lawlor (Un) 2-2.29;4310,J Orr (Un) 2-2.30;4311,E McMillan (LR) 2-2.30;4312,J Farries (Un) 2-2.31;4313,J Lacey (Un) 2-2.31;4314,J Grant (Un) 2-2.32;4315,E Smith (Un) 2-2.33;4316,R Peters (Un) 2-2.33;4317,S Cusack (Un) 2-2.34;4318,W Fraser (Un) 2-2.34;4319,B Johnston (Un) 2-2.35;4320,J Duff (SVHC) 2-2.35;4321,S McGlashan (Un) 2-2.36;4322,J Baxter (Un) 2-2.37;4323,D McNiven (Un) 2-2.38;4324,M McNiven (Un) 2-2.39;4325,A Bedwell (Un) 2-2.40;4326,E Davies (Un) 2-2.41;4327,G Allan (Un) 2-2.42;4328,D Dummer (Un) 2-2.43;4329,K Rolton (SH) 2-2.43;4330,T Sait (TTC) 2-2.44;4331,K MacKenzie (Un) 2-2.44;4332,P Davidson (Un) 2-2.45;4333,J Bruce (Un) 2-2.46;4334,R Palmer (SAS) 2-2.47;4335,G Smith (Un) 2-2.48;4336,R Smith (Un) 2-2.48;4337,I Reid (CPH) 2-2.49;4338,J Lamont (Un) 2-2.49;4339,M Manners (Un) 2-2.50;4340,J Hall (Un) 2-2.51;4341,G Dobbie (Un) 2-2.51;4342,L McHugh (CPH) 2-2.52;4343,D Hamilton (Un) 2-2.52;4344,J McDonald (Un) 2-2.53;4345,A McGarry (Un) 2-2.53;4346,D McAleese (Un) 2-2.53;4347,L Miller (Un) 2-2.54;4348,J O'Donnell (Un) 2-2.55;4349,G Waddell (Un) 2-2.55;4350,E Moffatt (Un) 2-2.56;4351,J McAdam (Un) 2-2.56;4352,P Keegans (Un) 2-2.57;4353,P McInnes (Un) 2-2.57;4354,G McCartney (Un) 2-2.58;4355,D Reid (Un) 2-2.58;4356,I Lavalette (Un) 2-2.58;4357,K Reid (Un) 2-2.59;4358,J Williamson (Un) 2-2.59;4359,O Ness (Un) 2-3.0;4360,A Sullivan (Un) 2-3.0;4361,G Scott (Un) 2-3.1;4362,P Brown (Un) 2-3.1;4363,J McCaig (Un) 2-3.2;4364,J Kirkwood (Un) 2-3.3;4365,B Gill (Un) 2-3.4;4366,N Whyte (Un) 2-3.5;4367,A McDonald (SH) 2-3.5;4368,S Pollock (Un) 2-3.6;4369,P Moskins (Un) 2-3.7;4370,P Lee (Un) 2-3.7;4371,A Lee (Un) 2-3.8;4372,D Hay (BH) 2-3.9;4373,J Souncass (AP) 2-3.9;4374,D Samuels (BH) 2-3.10;4375,A Walker (Un) 2-3.10;4376,J McVey (Un) 2-3.11;4377,J Grant (Un) 2-3.11;4378,S Shearer (Un) 2-3.12;4379,H Dawson (Stone) 2-3.13;4380,F Cook (Un) 2-3.13;4381,E Morrison (NRR) 2-3.14;4382,R Murray (Un) 2-3.15;4383,J Rusk (Un) 2-3.15;4384,A Johnston (CH) 2-3.16;4385,J Murray (Un) 2-3.16;4386,M Barker (HH) 2-3.17;4387,F Malley (Un) 2-3.18;4388,C Smith (Un) 2-3.18;4389,J Malley (Un) 2-3.19;4390,M Smith (Un) 2-3.19;4391,R Gilson (Un) 2-3.20;4392,W McMillan (Un) 2-3.21;4393,S Fair (Un) 2-3.21;4394,G McLaughlin (Un) 2-3.22;4395,J McGhee (Un) 2-3.23;4396,M Dori (Un) 2-3.24;4397,R Inglis (Un) 2-3.25;4398,J Carruthers (HQ) 2-3.25;4399,L Milne (DRR) 2-3.26;4400,M Razaq (Un) 2-3.27;4401,W McGowan (Un) 2-3.28;4402,T Rowan (Cam) 2-3.28;4403,P Fingels (Un) 2-3.29;4404,G Boyd (Un) 2-3.30;4405,M Ennis (Un) 2-3.31;4406,N Dillon (Un) 2-3.32;4407,P Tonner (Un) 2-3.34;4408,W McKenzie (Un) 2-3.35;4409,J Scott (Un) 2-3.36;4410,P Ballard (Un) 2-3.38;4411,B Sandilands (Un) 2-3.39;4412,G Green (Un) 2-3.40;4413,S Norworthy (Un) 2-3.41;4414,M McCabe (Un) 2-3.43;4415,R Martin (Un) 2-3.44;4416,K Reid (Un) 2-3.46;4417,E Devlin (Un) 2-3.47;4418,A Logan (Un) 2-3.48;4419,J Bannerman (Un) 2-3.48;4420,D Wolfe (Un) 2-3.50;4421,I Menzies (Un) 2-3.51;4422,D Mercer (Un) 2-

3.51;4423,M Louden (Un) 2-3.52;4424,S Mathieson (Un) 2-3.53;4425,M Sullivan (Un) 2-3.53;4426,F Neilson (Un) 2-3.55;4427,J McAulay (Un) 2-3.56;4428,D Crichton (Un) 2-3.57;4429,J Farrell (Un) 2-3.57;4430,B McLaren (Un) 2-3.58;4431,B Docherty (Un) 2-3.59;4432,T Mason (Un) 2-4.0;4433,A Mitchell (Un) 2-4.1;4434,M Massaro (Un) 2-4.2;4435,J Hutton (CPH) 2-4.2;4436,M MacNiven (Un) 2-4.3;4437,C Eddie (Un) 2-4.4;4438,I Campbell (Un) 2-4.4;4439,M McLellan (Un) 2-4.5;4440,W Martin (Un) 2-4.6;4441,K Heatlie (Un) 2-4.8;4442,E Murphy (Un) 2-4.9;4443,A Potts (Un) 2-4.11;4444,R McIntyre (MH) 2-4.12;4445,J McGibbon (Un) 2-4.13;4446,T Joice (Un) 2-4.13;4447,J McIntosh (Un) 2-4.14;4448,R Birrell (Un) 2-4.15;4449,J Jamieson (Un) 2-4.16;4450,S Burns (Un) 2-4.16;4451,A Goldfarb (CA) 2-4.17;4452,G Hay (Un) 2-4.18;4453,A Kiani (Un) 2-4.19;4454,M Smith (Un) 2-4.19;4455,C Waterhouse (Un) 2-4.21;4456,B MacMillan (Un) 2-4.23;4457,B Watson (Police) 2-4.23;4458,T Brown (Un) 2-4.25;4459,M Smith (Un) 2-4.26;4460,S Barr (Un) 2-4.27;4461,R Allan (Un) 2-4.29;4462,A Dods (Un) 2-4.32;4463,A White (Un) 2-4.32;4464,W Atkinson (Un) 2-4.35;4465,C Taylor (Un) 2-4.38;4466,J Kenneth (Un) 2-4.39;4467,J Thomson (FRR) 2-4.40;4468,A Rollo (Un) 2-4.42;4469,G Taylor (Un) 2-4.42;4470,M Davidson (Un) 2-4.43;4471,M McGoldrick (Un) 2-4.45;4472,G McIntosh (Un) 2-4.45;4473,K Harrison (TPT) 2-4.47;4474,V Johnston (CH) 2-4.48;4475,J Boyle (She) 2-4.50;4476,J Kelly (Un) 2-4.50;4477,J Hayes (Un) 2-4.51;4478,P Watson (Port) 2-4.53;4479,N Follon (Un) 2-4.54;4480, (Un) 2-4.54;4481,M Kerrigan (Un) 2-4.55;4482,G Stout (Un) 2-4.56;4483,J Cleary (Un) 2-4.56;4484,C Cain (Un) 2-4.57;4485,S Campbell (Un) 2-4.58;4486,K Fortune (Un) 2-4.59;4487,A Downs (Un) 2-5.0;4488,C Shepherd (Un) 2-5.0;4489,R Gillespie (Un) 2-5.1;4490,J Taylor (Un) 2-5.2;4491,G Carey (Un) 2-5.2;4492,J Brown (Un) 2-5.3;4493,M Higgins (Un) 2-5.4;4494,T MacPherson (Un) 2-5.6;4495,E Thomson (Un) 2-5.6;4496,I McLean (Un) 2-5.8;4497,M McDonald (Un) 2-5.8;4498,A Gordon (Un) 2-5.9;4499,E Henderson (Port) 2-5.11;4500,A Rodden (Un) 2-5.11;4501,A Richardson (PRR) 2-5.12;4502,A McAllister (Un) 2-5.13;4503,G Sellars (Un) 2-5.13;4504,M Ferguson (Un) 2-5.14;4505,D Hendren (Un) 2-5.15;4506,J Watt (Un) 2-5.16;4507,J Miller (Un) 2-5.16;4508,J Walker (BHC) 2-5.18;4509,R McLean (Un) 2-5.19;4510,J Hand (Un) 2-5.19;4511,D Reid (Un) 2-5.20;4512,K Fogarty (Un) 2-5.21;4513,R Smith (Un) 2-5.22;4514,I MacEachern (Un) 2-5.22;4515,N Martin (Un) 2-5.25;4516,A Blagg (Un) 2-5.25;4517,J McRobbie (Un) 2-5.28;4518,T Donnelly (RB) 2-5.28;4519,D MacLeod (Un) 2-5.29;4520,A Daniel (Tweed) 2-5.30;4521,A Mundell (Un) 2-5.31;4522,B Hayburn (Un) 2-5.32;4523,J Cameron (Un) 2-5.33;4524,R Whelan (Un) 2-5.33;4525,J Cameron (Un) 2-5.35;4526,P Fleming (Un) 2-5.36;4527,A Truscott (Un) 2-5.36;4528,W Wignall (Un) 2-5.38;4529,G McDonald (Un) 2-5.39;4530,A Elliott (Un) 2-5.39;4531,J Houlihan (Un) 2-5.41;4532,L Elliott (Un) 2-5.41;4533,J Dickson (PH) 2-5.43;4534,C Cowie (Un) 2-5.44;4535,M Speirs (Un) 2-5.45;4536,J Johnstone (Un) 2-5.46;4537,J Croly (Un) 2-5.46;4538,J Morrison (AF) 2-5.48;4539,M Brodie (Un) 2-5.49;4540,M Moralee (Un) 2-5.51;4541,G Dearie (Un) 2-5.52;4542,J Armstrong (Un) 2-5.54;4543,P Varley (Un) 2-5.55;4544,J Leonard (Un) 2-5.57;4545,G Morrison (Un) 2-5.58;4546,L Edwards (Un) 2-5.59;4547,J Mack (SVHC) 2-6.0;4548,D Maxwell (Un) 2-6.1;4549,P Fulton (Un) 2-6.2;4550,K McColgan (Un) 2-6.3;4551,T Ruddy (Un) 2-6.3;4552,E Cameron (Un) 2-6.5;4553,S Goodfellow (Un) 2-6.6;4554,B Hainey (Un) 2-6.7;4555,C Smith (Un) 2-6.7;4556,C

Great Scottish Run results continue on P28.

Inter-District Match, Grangemouth, August 30 - IT is hard to decide whether this match serves its purpose, writes Denis Shepherd.

On the one hand, there were the likes of Graeme Croll (W) setting a personal best in the 3000s/c (8-44.4), and East champion William Stark pipping North champion David Cotter, in identical times of 11.39, in the senior boys' 800m.

On the other, there was the failure of the East team to find any seniors willing to run in the 400 or 800.

Stark was one of the stars of the match, also winning the long (6.14) and triple (12.54) jumps. Bruce Robb (E) added over 3m to the championship best with a putt of 17.02m in the senior boys' shot, and won the discus for good measure (44.46), while C. McHardy (E) won all three junior boys' throws (shot, 11.32, javelin, 33.06, and discus, 33.22).

Tom Nimmo (E) continued his progress to win the 400H (52.90) and was one of only two East seniors available for a 4 x 400 relay. Moreover, Tom put 110% into the anchor leg despite the cause being already lost (the pair were amalgamated with the remains of the junior team).

Douglas Hamilton was one of the few survivors of CPH's British League match the previous day, winning the pole vault (4.20m), while Ian Mackie (E) successfully moved up to win the junior 100m in 11.1 - only 0.1 slower than the senior winner, Keith Douglas.

In the youths section, there were double wins for C. Ferri (W) in the 100 (11.30) and 200 (22.24) and D. Ritchie (B) in the long (6.35) and triple (12.85) jump. A. Lowes (B) also had a sprint double in the senior boys' section (11.80, 23.21) and Alasdair Donaldson (E) took both the 800 (2:02.06) and 1500 (4:19.87). A. Lees (E) completed yet another sprint double in the junior boys (12.28, 24.69).

The North had their moments, with Jonathon Cowie (MRR) returning the fastest junior boys' 1500m time in Scotland this year of 4-41.70.

East, with wins in the senior boys', youths, and junior men's sections, won the match with 488 pts. West, winners of the junior boys' and senior sections, were second (448) ahead of North (267) and Borders (190).

Jimmy Moore 10 mile Road Race, East Kilbride, September 6 - DESPITE appalling weather conditions, a fine winning performance was produced by the Scottish steeplechase champion, Graham Croll (Cambuslang), writes Gillian Dorricott.

Croll, who also had to contend with loose cows on part of the route, nonetheless turned in a time of 51-41, just outside his pb.

As the course has been remeasured and lengthened slightly since last year, this time will now stand as the record for the event.

Racing Club Edinburgh's David

Ross and Alan Robson (who had both run in a half marathon on the previous day) were with the Cambuslang man until he pulled away to forge a 20 second lead at the five mile mark. Ross and Robson continued to tussle for second and third place, Ross eventually gaining the upper hand just one mile from the finish line.

Victoria Park's Frank McGowan was fourth in 52.38. First vet was fifth placed Charlie MacDougall (SVHC) who clocked 54-02. Club mate Willie Marshall took first place in the over-60 category while Drew Turnbull did the honours for East Kilbride AAC in the over-50 category.

A closely contested women's race was won by Geraldine Dees (Cal) with Jaqueline Thomson second in 72-12.

However, in an event in which competitive spirits were never short on the ground it was the driving rain and strong winds which many athletes assessed as their main opponents.

D.M. Hall Open Meeting, Inverness, September 12 - ALAN Reid (Pet) took the North District 10,000m title just as easily as he had done for the past five years, with the assistance of a change of diet (apparently he substituted a mince pie for a sausage roll before the race), writes Denis Shepherd.

Reid led all the way to win in 32-25.4 from Paul Baker (Inv, 33-20.7) - but his real race came shortly afterwards in the mile, in which he held off Douglas Runciman (Loch) by 1.3 sec in 4-25.7.

The class performances came in the junior 100m races, run in the reverse direction because of a strong wind. Tim Black (Inv) set a personal best 11.1 in the youths' race, with Mark Doull (Cai) and Sandy Scott (Mor) both clocking 11.7. Scott Fraser (Inv) also improved his time in the senior boys' event, winning in 11.5 ahead of David Cotter (Nairn) and Graeme Chalmers (MRR) (both 11.8). Andrew MacLean (Inv) had a junior boys' double in the 100m (12.7) and long jump (4.82).

On the field, the annual "Throwers' Circle" awards went to George Loney (MRR), who won the discus, shot, hammer, and javelin, and javelin winner Elaine McQueen (Inv). There were hat-tricks for David Minty (Aber) in the junior discus, shot, and hammer, and club mate Michael Spink with PBs in the youths' long jump (6.53) and shot (11.36) plus a javelin victory.

Andrew MacCallum (Aber) took the senior boys' shot and discus while the best high jump clearance was by Craig Lewis (Min) in the senior boys' event (1.75). In the men's/youths' event, PBs were achieved by Angus McLeod (Min) (1.70) and your veteran reporter (1.67), while Jemma Grant (Nairn) won the girls' event with a good 1.55.

Grampian Television League Final, Inverness, 13 September - THE final outcomes were more clear-

cut than in 1991, when trophies were won by one and two points, writes Denis Shepherd.

This time Aberdeen AAC regained the men's title by 48 pts from Minolta Black Isle while Caithness AAC retained the women's with a 31pt victory over Aberdeen. Newcomers Moray Road Runners did well to take third place in the men's match while Banchoy AAC were third in the women's.

Sprinters who complained of having to run into the wind were simply told, "You should have been here yesterday!" Despite this handicap, there were league hurdles records in the senior boys' 80m, where winner William Stark (Aber) and David Cotter (Nairn) both recorded 11.7, and in the women's 100m won by former Commonwealth Games hurdler Moira MacBeath (Cai) in 16.2.

This was Cotter's last chance to beat Stark in this event, having finished behind him at the inter-district match at Grangemouth where they both clocked the same time to one-hundredth of a second.

The best record of the day was in the youths' 4x400m in which the Aberdeen quartet of Colin Wilson, Kevin Dinnes, Barry Middleton and Gary Smith returned 3-31.5 - the fastest time in Scotland, and possibly Britain, of the season. Although taking 7.8 secs longer, Moray's senior squad also set a record for their age group.

Lee Jones (Arb) set an inaugural youth's 1500m steeplechase record of 4-47.9 while colts Douglas Cumming (Aber) and Stewart Thomson (Nairn) set records in the 800m (2-28.9) and javelin (2.14) respectively. Aberdeen also broke records in the women's (52.5) and colts' (57.7) 4 x 100m.

Jennifer Reid (Banc) and Isla Ross (Min) scored hat-tricks in the girls' and under-11 sections respectively. One other athlete worthy of mention is Alasdair Chalmers (Mor) who, despite his profound deafness, lost no time on getting off his mark to win the junior boys' 100m and 70m hurdles.

Bank of Scotland North East League, Glenrothes, September 20 - THERE was some good competition at the final meeting of the League - or rather what was left of it, writes Denis Shepherd.

One block of field events was cancelled because of unsafe areas after a downpour, the senior hurdles were cancelled because the stadium was unable to supply safe hurdles, and the steeplechases were abandoned because, of all things, the water jump was under water!

The 100m races, in fact, only went ahead because track judges spent their tea-break sweeping water off lane 1. Why doesn't someone invent all-weather facilities?

Aberdeen's junior internationalists, Dinkar Sabnis (1.80m, high jump) and Ewan Culvert (2-00.2, 800m) were among the senior winners while the fastest 100m was recorded by Mark Doull (Fife) in the junior race (11.3).

The best youths' performance was put up by Robert Forbes (Perth Strathay) with a league record 13.32m in the triple jump. Alasdair Love (Ab) won the senior boys' 800m in a PB of 2-06.6



Dundee's Yvonne Reilly, winner of the 3000m at the final North East League meeting.

while James McClancy (Inv) won a closely fought junior boys' 70m hurdles (12.1) in which all six runners finished within a margin of 0.9 seconds.

In the women's section, there was another record from Scottish champion Helen Cowe (Aber) in the discus (45.84m), and Helen felt certain to improve on her PB in the fourth and final round which, guess what, was cancelled. Dundee Hawkhill's junior internationalists Lorna Silver and Yvonne Reilly were also senior winners, Lorna switching from her usual event to the 800m (2-19.2) and Yvonne taking the 3000m (10-45.2).

The only double winner was Caroline Pirie (Aber) in the minors' 100m (14.2) and 70m hurdles (12.7). Aberdeen AAC held on to their sizeable lead in both sections, finishing third to Inverness in the women's match but winning the men's by 52 pts.

Edinburgh's Mile's better

Margaret Montgomery reports on the first Princes Street Mile event.

IT'S not often you'll find two international athletes vying with each other *not* to represent their country, but that's exactly what happened after the men's race at the first ever Princes Street Mile event on September 13.

Matthew Yates had just been beaten into fifth place. Steve Cram who had clocked 3:55 - a time which he "couldn't believe" himself - had come in third. Yates' conclusion? That Cram should go to Havana for the World Cup instead of him.

Cram, however, had other things on his mind and had no intention of going to Havana.

"Karen is expecting any moment," he said at a press conference later in the afternoon. "Edinburgh is as far as she'll let me travel. My plans are to run the Great North Run and then a 10K. Anyway, I'm more in tune for road running than the track at the moment."

Cram's performance in Edinburgh certainly seemed evident of good road running form. Coming in behind Kenya's David Kibet and Qatar's Mohamed Suleiman, who took first and second place respectively, he put in a strong run which appeared all the more remarkable in the light of what he had to say about his training.

"In the last few weeks all I've done is a little bit of track work," he confessed. "The first five or six hundred metres hurt a bit as a result but after that I settled down."

"I didn't get any more tired. I was catching people which gave me an incentive to keep the pace up."

Late entrant Tom McKean was less fortunate in his form. Suffering from gastroenteritis, and still on medication, he was forced to pull out after 800 metres. McKean for whom 1992 has hardly been the happiest in his athletics career, was planning to take a holiday before starting winter training.

In the women's race it was Olympic 800 metre champion, 26 year old Ellen Van Langen, who took the honours. Despite having a gold medal from Barcelona under her belt the Dutch woman was surprised at her win.

"I don't do many 1500 metres," she explained. "And I don't do many road races either."

This inexperience, she thought, explained what she felt was a misjudged race.

"When I got to the three quarter mile mark I was surprised I still had another quarter mile to go," she revealed. "I realised I'd have to slow down or else I'd blow up."

Whatever her own misgivings about the race, its result must surely bode well for Van Langen's proposed move from 800 to 1500 metres - something she hopes to do gradually over the next few years.

Behind the Amsterdam business economics student were two athletes with a lot more experience over longer distances. Sonia O'Sullivan, who placed fourth in the Olympic 3000 metres final and first in the World Student Games 1500 metres, and Yvonne Murray.

Although admitting disappointment at not winning such a

Isabel Linaker took Scotland's only first place when she won the intermediates' race.



prestigious event in front of a home crowd estimated at around 30,000, Murray said she had enjoyed herself and would be back again next year.

"I was surprised at how easy it felt," she said afterwards. "I enjoyed it. The crowd were right behind me all the way and I got a real lift from them."

Ireland's O'Sullivan who had caught Murray and was within a whisker of Van Langen by the closing stages of the race, had, perhaps, more to feel disgruntled about.

"I was going at the same pace as Ellen at the end of the race but I couldn't pick it up enough to catch her," she said. "I think I waited too long before challenging."

In an afternoon of athletics which lived up to all the preceding hype, it wasn't just the men's and women's international miles which provided exciting viewing for the spectators.

In the "past master's" event, Eamonn Coghlan outspurred a

tiring Sydney Maree to clinch first place in 4:07. His sudden burst of speed took the American by surprise but was, from Coghlan's point of view, easy to find.

"I saw Sydney looking around about ten times," he said. "It's always a sign that someone's tiring when they do that. So I told myself to hang on, chose my moment and went for it. It was a case of the hunter and the hunted."

Coghlan, who said he enjoyed the race and thought the whole event extremely well organised, nonetheless had at least one refinement for next year's event which he said he would be putting to the organisers.

The 39 year old who will be 40 in November said, "There should be a real legends' race next time - for the over-40 brigade. There were some guys running today who were in their early thirties. There's quite a big gap between that and 40."

Coghlan, by the time the event comes round again, may have



Ellen Van Langen reaches the finish line in the women's race. Sonia O'Sullivan and Yvonne Murray are behind.

dipped below four minutes for the mile. At any rate this something he hopes to achieve indoors during the coming winter season.

His chances of realising his ambition are very good. Clocking 4:07 with self-proclaimed ease at the Princes Street event was, he said, a good indicator that he could manage his goal.

"I wasn't really trying very hard out there," he commented after the race. "If I can do that sort of time with that amount of effort then I think a sub-four minute mile could be on the cards."

Second placed Maree said he'd definitely be back next year - although for him, at 36, an over forties race would be out of the question. Maree who thought he was "safe" when nobody had challenged him by 1200 metres joked that the lure of a prize car would be more than enough to bring him back to reap revenge. (For the record, there was prize money of \$20,000, \$17,500, and \$15,000 for the winners of the men's, women's, and past master's races respectively, but the bonus of a Volkswagen Golf and Polo for the first placed in only the first two of these categories.)

In the invitation intermediates' and youths' races there were strong performances from Isabel Linaker (Pittravie) and Kevin Farrow

(Derby).

Linaker, who amongst numerous other achievements this year was recently named "Young Miler of the Year", once again proved she is one of Britain's biggest middle distance hopes when she pulled away from a strong field to finish five seconds up on second placed Julie McKay (Shaftesbury) in 4:53.

In the youths' race, in which not only first but third place were taken by youngsters from south of the border, Scotland's pride was salvaged by local boy Tom Winters' performance which took him into second place.

The international and UK wheelchair races were won by Faeke Waquna and Martin Kettrick respectively. Kettrick, from Stoke on Trent who is a member of the British Wheelchair Racing Association only started wheelchair racing at the end of last year and even then has participated predominantly in 10K and marathon events.

"I'm quite surprised to have won," he said later. "There's a lot of technique in wheelchair racing and didn't think I'd acquired all that was necessary yet."

The overall consensus from competitors and spectators alike was that the afternoon had been an enjoyable one. The net result would

seem to be that there is every likelihood that there will be second Princes Street Mile next year.

As Steve Cram eloquently put it in a commendation which must have been music to the ears of organisers Gameplan: "The calibre of the field and the organisation were both first class."

"When you get people who can cater with the roads and the police side of things, but can also understand the needs of the athletes, you get a good event."

**Photographs
by Robert
Perry**

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Diet Coke Great Scottish Run results continued from P24.

Barnett (Un) 2-7.56;4675,W Redmond (Un) 2-7.56;4676,M Reiche (Un) 2-7.57;4677,G Seife (Un) 2-7.57;4678,M Mitchell (Un) 2-7.59;4679,D Dorian (Un) 2-7.59;4680,H Manji (Un) 2-8.1;4681,J Edwards (Un) 2-8.3;4682,L Douglas (Un) 2-8.4;4683,R Marshall (Un) 2-8.6;4684,B McOvill (Un) 2-8.6;4685,C Overton (Un) 2-8.8;4686,S Daly (Un) 2-8.10;4687,C Brittan (Un) 2-8.11;4688,J Wilkie (Un) 2-8.12;4689,M McVey (Un) 2-8.13;4690,J Anderson (Un) 2-8.15;4691,R Lazenby (Un) 2-8.16;4692,J Clutec (RH) 2-8.17;4693,S Lazenby (Un) 2-8.19;4694,J Haines (Un) 2-8.19;4695,C Graham (Un) 2-8.20;4696,S Balmer (Un) 2-8.22;4697,T Woods (Un) 2-8.22;4698,S Gattens (Un) 2-8.23;4699,D Hefferland (Un) 2-8.24;4700,M Claberty (Un) 2-8.25;4701,R Lambie (Un) 2-8.25;4702,G Smith (Un) 2-8.26;4703,N Davies (Un) 2-8.27;4704,J McPeake (Un) 2-8.27;4705,S Liv (Un) 2-8.29;4706,A Cowie (RSC) 2-8.29;4707,P Traill (Un) 2-8.30;4708,R Phillips (SV) 2-8.30;4709,G Pollock (Un) 2-8.32;4710,D Walker (Un) 2-8.33;4711,N McLeod (Un) 2-8.34;4712,J Cruickshanks (Un) 2-8.35;4713,J Campbell (Un) 2-8.36;4714,A Kelley (Un) 2-8.37;4715,A Ballantyne (Un) 2-8.37;4716,G Rennie (Un) 2-8.38;4717,W Cannon (Un) 2-8.40;4718,S Aiken (Un) 2-8.41;4719,A Parker (Un) 2-8.41;4720,D McLean (Un) 2-8.42;4721,F Twiddy (Un) 2-8.44;4722,M Ross (Un) 2-8.45;4723,J MacGillivray (Un) 2-8.47;4724,J Graham (Un) 2-8.48;4725,S Warke (Un) 2-8.50;4726,J McColl (Un) 2-8.51;4727,A Jack (Un) 2-8.53;4728,J Shearer (Un) 2-8.53;4729,H Charlesley (Un) 2-8.56;4730,D Boyle (Un) 2-8.56;4731,R Taylor (Un) 2-8.58;4732,T McKean (Un) 2-8.59;4733,M Donnelly (Un) 2-9.0;4734,J Hefferland (Un) 2-9.0;4735,J Brown (HSB) 2-9.1;4736,M McKenzie (HSB) 2-9.2;4737,G McGarvey (Un) 2-9.2;4738,R Redmond (Police) 2-9.2;4739,V Walsh (Un) 2-9.3;4740,J Thomson (Police) 2-9.3;4741,J Bell (Un) 2-9.4;4742,J Sutherland (Un) 2-9.5;4743,W Livie (Un) 2-9.6;4744,A McCallum (HH) 2-9.6;4745,D Wagner (Un) 2-9.8;4746,W Hamill (HH) 2-9.8;4747,A Lawrie (HSB) 2-9.9;4748,H Craig (Un) 2-9.9;4749,T Shindhar (Un) 2-9.11;4750,K Derrick (Port) 2-9.11;4751,C Russell (Un) 2-9.12;4752,V Ivanski (Un) 2-9.13;4753,R Sorley (Un) 2-9.14;4754,J Tumilty (Un) 2-9.14;4755,D Matthew (Un) 2-9.15;4756,J Ross (Un) 2-9.16;4757,J McCumie (CA) 2-9.17;4758,M Gallagher (CA) 2-9.19;4759,R Ballantyne (Un) 2-9.20;4760,J Murray (Un) 2-9.21;4761,M McCulloch (Un) 2-9.23;4762,B Brownlie (Un) 2-9.24;4763,G Corben (Un) 2-9.26;4764,G Corben (Un) 2-9.27;4765,A Robertson (Un) 2-9.29;4766,C Kilshaw (Un) 2-9.30;4767,D Brom (Un) 2-9.32;4768,J Lawrie (Un) 2-9.33;4769,M Kelly (Un) 2-9.33;4770,A Hawker (Un) 2-9.34;4771,M Lesko (Un) 2-9.36;4772,A Smith (Un) 2-9.37;4773,C Conner (Un) 2-9.38;4774,J Bain (Un) 2-9.38;4775,J McInroy (Un) 2-9.40;4776,J McAlinden (Un) 2-9.41;4777,H Dolan (Un) 2-9.42;4778,E Fanning (Un) 2-9.43;4779,W Acholfeld (Un) 2-9.44;4780,D Newman (Un) 2-9.45;4781,M Chamberlain (MR) 2-9.46;4782,E Sherrin (Un) 2-9.46;4783,G Lambert (Un) 2-9.47;4784,J Watson (Un) 2-9.48;4785,S Kerr (Tev) 2-9.50;4786,J Overton (Un) 2-9.51;4787,B Mawby (Un) 2-9.52;4788,D Boyle (GN) 2-9.54;4789,P Robinson (RAF) 2-9.54;4790,M Peebles (Un) 2-9.57;4791,G Guthrie (Un) 2-9.58;4792,D Smith (Un) 2-9.59;4793,D Landre (Police) 2-10.0;4794,L Rampling (Police) 2-10.0;4795,S Poole (Un) 2-10.0;4796,P McCormack (Police) 2-10.1;4797,D Gormley (RNAC) 2-10.2;4798,A Graham (Un) 2-10.2;4799,A Barley (Police)

2-10.3;4800,R Borman (Police) 2-10.3;4801,J Marshall (Un) 2-10.4;4802,G Hadley (Police) 2-10.4;4803,P Carroll (Un) 2-10.5;4804,J Elliott (Tev) 2-10.6;4805,M Gibson (Un) 2-10.6;4806,K Oldfield (Police) 2-10.6;4807,G Rathbone (Un) 2-10.7;4808,A Martin (Un) 2-10.8;4809,M Boyd (Un) 2-10.10;4810,D Carstairs (Un) 2-10.11;4811,J Fox (Un) 2-10.12;4812,S Duncan (Un) 2-10.15;4813,J Breen (Un) 2-10.16;4814,G Angus (Un) 2-10.16;4815,S Porter (Un) 2-10.17;4816,T Fitzpatrick (Un) 2-10.19;4817,J Connell (Un) 2-10.19;4818,R Davies (Un) 2-10.20;4819,C Gardiner (Un) 2-10.20;4820,C Kummerer (Un) 2-10.21;4821,K Sinclair (Un) 2-10.21;4822,F Palmer (Un) 2-10.22;4823,K Mooney (Un) 2-10.23;4824,D Clayton (Un) 2-10.24;4825,A Kerr (Un) 2-10.24;4826,G Kerr (Un) 2-10.25;4827,M Millan (Un) 2-10.26;4828,M Campbell (Un) 2-10.26;4829,P Gracie (Un) 2-10.28;4830,M Woods (MJ) 2-10.29;4831,M Loen (Un) 2-10.30;4832,M Turner (Un) 2-10.32;4833,K Shaw (MJ) 2-10.33;4834,E Anderson (Un) 2-10.34;4835,B Cook (Un) 2-10.36;4836,G McManis (Un) 2-10.36;4837,M Fulton (Un) 2-10.39;4838,J Sharp (Un) 2-10.39;4839,A Carey (Un) 2-10.41;4840,M Hickey (Un) 2-10.43;4841,D Haldane (Un) 2-10.44;4842,D Rigg (Un) 2-10.46;4843,P McManis (Un) 2-10.46;4844,A Forsyth (Un) 2-10.49;4845,S Connolly (Bel) 2-10.49;4846,G Scott (Un) 2-10.51;4847,G Rafferty (Un) 2-10.54;4848,V Gunn (Dung) 2-10.56;4849,P Straichen (Un) 2-10.56;4850,D McFinessa (Un) 2-10.58;4851,V Bell (Un) 2-10.59;4852,H Kennedy (Un) 2-11.1;4853,S Vetrano (Un) 2-11.1;4854,D Melville (Un) 2-11.1;4855,P Donnelly (Un) 2-11.4;4856,J Lindsay (Un) 2-11.5;4857,A Dunlop (SVHC) 2-11.6;4858,G Black (Un) 2-11.7;4859,G Cross (Un) 2-11.7;4860,V Nathan (Un) 2-11.8;4861,A Ritchie (Un) 2-11.9;4862,C MacKenzie (Un) 2-11.10;4863,C Bradley (MJ) 2-11.10;4864,P McLunes (Un) 2-11.11;4865,A Wilson (Dum) 2-11.12;4866,J McKenzie (Un) 2-11.12;4867,E Doherty (CA) 2-11.13;4868,L Soszek (DRC) 2-11.14;4869,W Colclough (CA) 2-11.15;4870,A Malkani (Un) 2-11.16;4871,F McHenry (Un) 2-11.16;4872,J Thomson (EAC) 2-11.17;4873,W Tennent (Un) 2-11.18;4874,D Quinn (Un) 2-11.18;4875,S Morris (Un) 2-11.20;4876,J Brown (OHR) 2-11.22;4877,C Prestly (Un) 2-11.23;4878,A Jump (Un) 2-11.24;4879,S Benson (HSB) 2-11.25;4880,A Greig (Un) 2-11.26;4881,M Downie (Un) 2-11.27;4882,G Brown (Un) 2-11.28;4883,J Barnett (Un) 2-11.29;4884,J Bookless (Un) 2-11.30;4885,N Wright (Un) 2-11.30;4886,R McDonald (Un) 2-11.31;4887,R O'Donnell (Un) 2-11.32;4888,C Gould (Un) 2-11.33;4889,E Stockdale (Un) 2-11.34;4890,J Baxter (BTP) 2-11.35;4891,A McLaughlin (Un) 2-11.35;4892,D Lamour (Un) 2-11.36;4893,P Souden (Un) 2-11.37;4894,D Savage (Un) 2-11.38;4895,G Dunn (Un) 2-11.41;4896,W Bain (CA) 2-11.43;4897,A Anderson (Un) 2-11.45;4898,J Guatelli (Un) 2-11.46;4899,G Wilson (Un) 2-11.49;4900,T Williams (Un) 2-11.51;4901,J Dickie (Un) 2-11.54;4902,A Dingwall (Un) 2-11.54;4903,P Johnson (Un) 2-11.56;4904,W Murphy (Un) 2-11.57;4905,S MacKintosh (Un) 2-11.59;4906,J McNeven (Un) 2-12.0;4907,J Bell (Un) 2-12.2;4908,E Sinclair (Un) 2-12.5;4909,D MacDonald (Un) 2-12.9;4910,A McKay (Un) 2-12.10;4911,J McNally (Un) 2-12.13;4912,N Slavin (Un) 2-12.14;4913,E Simpson (Un) 2-12.15;4914,A Rutherford (Un) 2-12.17;4915,A Harrow (Un) 2-12.18;4916,J Conner (Un) 2-12.20;4917,H Barlow (Un) 2-12.20;4918,G Bime (Un) 2-12.23;4919,W Young (Un) 2-12.23;4920,J Howai (Un) 2-12.25;4921,G Boyle (CA) 2-12.25;4922,F McOmish (Un) 2-12.27;4923,J McClurg (Un) 2-12.29;4924,A McMillan (Un) 2-12.29;4925,K Pidgeon (Un) 2-12.32;4926,G

Findlay (Un) 2-12.34;4927,J Sanker (Un) 2-12.36;4928,K Binnie (Un) 2-12.37;4929,P Kerr (Un) 2-12.38;4930,A Wilson (Un) 2-12.38;4931,H Young (Un) 2-12.39;4932,A Crellman (Un) 2-12.40;4933,T Aiken (Un) 2-12.40;4934,F Yumis (Un) 2-12.41;4935,M Mullan (Un) 2-12.42;4936,J McCormick (DJC) 2-12.42;4937,B Millett (Un) 2-12.45;4938,E Dunsmore (Un) 2-12.47;4939,D Shaftoe (Un) 2-12.49;4940,S McLaren (Un) 2-12.49;4941,S Hatter (Un) 2-12.50;4942,C Nutter (Un) 2-12.52;4943,K McCreary (Un) 2-12.53;4944,J McGhee (Un) 2-12.55;4945,J O'Brien (Un) 2-12.55;4946,A Kane (Un) 2-12.56;4947,R Gibb (Un) 2-12.58;4948,J Oliver (LR) 2-12.59;4949,W Wright (Un) 2-13.0;4950,M Bennerman (Un) 2-13.0;4951,P McIntyre (Un) 2-13.1;4952,A Steven (Un) 2-13.2;4953,D Printer (Un) 2-13.3;4954,J McCall (Un) 2-13.4;4955,S Barry (Un) 2-13.4;4956,G Khan (Un) 2-13.6;4957,M Cusack (Un) 2-13.8;4958,D Hislop (Un) 2-13.8;4959,S Livingstone (Un) 2-13.10;4960,H Ussher (Tad) 2-13.12;4961,W Robertson (Un) 2-13.13;4962,M Higgins (GP) 2-13.13;4963,P McDonagh (Un) 2-13.14;4964,L Phillips (Un) 2-13.15;4965,G Mason (Un) 2-13.17;4966,J Finlayson (Un) 2-13.17;4967,D Britton (Un) 2-13.18;4968,M Hamilton (Un) 2-13.19;4969,R Duff (Un) 2-13.20;4970,J McMillan (Un) 2-13.22;4971,J Gardiner (Un) 2-13.23;4972,J Graham (Un) 2-13.26;4973,G McGowan (Un) 2-13.29;4974,H McGuire (CA) 2-13.29;4975,L Dobbs (Un) 2-13.32;4976,S Sinclair (Sport) 2-13.34;4977,J Downie (KJ) 2-13.36;4978,J Stewart (Un) 2-13.37;4979,K Aston (JSC) 2-13.38;4980,K McGuire (Kil) 2-13.39;4981,K MacDonald (Un) 2-13.39;4982,B Hotchkiss (Un) 2-13.41;4983,J Durning (Un) 2-13.43;4984,B Breslin (Un) 2-13.47;4985,L Poplewell (HH) 2-13.48;4986,M Reynolds (Un) 2-13.51;4987,W Brown (Un) 2-13.53;4988,A McCormick (CA) 2-13.56;4989,N Hamilton (Un) 2-13.56;4990,M Coulter (Un) 2-13.58;4991,J Livingstone (Un) 2-13.58;4992,J Beech (HSB) 2-14.0;4993,W McGlynn (Un) 2-14.1;4994,J Inzie (Un) 2-14.3;4995,G Young (Un) 2-14.5;4996,S Wilson (Un) 2-14.5;4997,D Gow (CH) 2-14.7;4998,T Murray (Un) 2-14.9;4999,S Nelson (Un) 2-14.10;5000,C Murphy (Un) 2-14.10;5001,J MacLachlan (CH) 2-14.12;5002,A Delaney (Un) 2-14.12;5003,E Elliot (MRR) 2-14.13;5004,G Bryson (Un) 2-14.14;5005,T Dunphy (Un) 2-14.14;5006,J Day (Un) 2-14.16;5007,J Gibson (Un) 2-14.17;5008,M Ferguson (Un) 2-14.18;5009,F Smith (Un) 2-14.20;5010,A Stevens (Un) 2-14.21;5011,C Gibbard (Ball) 2-14.22;5012,S Taylor (Un) 2-14.24;5013,D Crines (Un) 2-14.25;5014,J Pearson (Un) 2-14.27;5015,J Sherrin (Un) 2-14.27;5016,J McCabe (Un) 2-14.29;5017,J Kisel (Un) 2-14.30;5018,H Robertson (Un) 2-14.31;5019,M Downey (Un) 2-14.32;5020,S Carson (Un) 2-14.33;5021,J Taylor (Un) 2-14.35;5022,A Gilchrist (Un) 2-14.38;5023,A Messer (Un) 2-14.38;5024,G Irvine (Un) 2-14.40;5025,G Young (Un) 2-14.42;5026,D Douglas (Un) 2-14.44;5027,S Thomas (Un) 2-14.44;5028,J Kelly (Un) 2-14.46;5029,J McGoldrick (Un) 2-14.48;5030,T Hinchcliffe (Un) 2-14.50;5031,D Sloan (Un) 2-14.50;5032,N Ferguson (Un) 2-14.52;5033,A McKendry (Un) 2-14.52;5034,S Beekman (Un) 2-14.53;5035,J Arthackie (Un) 2-14.55;5036,J Watson (Un) 2-14.55;5037,E Weissenbruch (HAC) 2-14.56;5038,A Britton (Un) 2-14.57;5039,A Gallagher (Un) 2-14.59;5040,S Harris (Un) 2-14.59;5041,J Thomson (Un) 2-15.1;5042,M Hughes (Un) 2-15.2;5043,J Bohon (Un) 2-15.3;5044,J Law (Un) 2-15.4;5045,W Law (Un) 2-15.6;5046,M Hennessey (Un) 2-15.8;5047,S McCunnie (CA) 2-15.9;5048,K Quinn (Fife) 2-15.11;5049,M Douglas (Un) 2-15.12;5050,G McDonald (Un) 2-15.13;5051,D Crawford

(Un) 2-15.16;5052,J McCluskey (Un) 2-15.17;5053,I Mair (Un) 2-15.20;5054,S McKechie (Un) 2-15.21;5055,R Archibald (Un) 2-15.23;5056,J Reily (Un) 2-15.27;5057,G Chalmers (Dung) 2-15.28;5058,C Rigby (Un) 2-15.30;5059,C McGowan (Un) 2-15.33;5060,R McLeod (Un) 2-15.35;5061,M MacAllister (Un) 2-15.36;5062,M MacRae (Buses) 2-15.37;5063,C McCann (Un) 2-15.38;5064,R Flanagan (Un) 2-15.39;5065,W Stewart (Un) 2-15.40;5066,R Wishart (Un) 2-15.40;5067,T Totland (Un) 2-15.43;5068,C WAN (Un) 2-15.45;5069,A Edwards (Un) 2-15.45;5070,J Angus (Un) 2-15.48;5071,B McCusker (Un) 2-15.50;5072,C O'Neill (Un) 2-15.51;5073,A Davidson (PA86DJ) 2-15.53;5074,M Doogan (Un) 2-15.55;5075,J Box (TH) 2-15.56;5076,W Gillen (Un) 2-15.58;5077,G Law (CA) 2-15.58;5078,J Darroch (CA) 2-15.59;5079,B Sharp (Un) 2-16.0;5080,G Canning (Un) 2-16.1;5081,C Springate (Un) 2-16.3;5082,G Telfer (Un) 2-16.5;5083,J Burns (Un) 2-16.5;5084,E McDade (Un) 2-16.8;5085,M Barnett (Un) 2-16.9;5086,A Ritchie (Un) 2-16.10;5087,G Kirk (Un) 2-16.13;5088,E Atkinson (Un) 2-16.14;5089,J Barclay (Un) 2-16.15;5090,A Dalgleish (Un) 2-16.18;5091,W SCORGIE (Un) 2-16.18;5092,M Kingston (Un) 2-16.20;5093,J Salvin (Un) 2-16.23;5094,P Seitchfield (Un) 2-16.26;5095,J Farrell (MH) 2-16.27;5096,G Roper (Un) 2-16.31;5097,H Feggans (HH) 2-16.32;5098,E Emmerson (Un) 2-16.36;5099,P Thomson (Un) 2-16.37;5100,J Fallon (Un) 2-16.40;5101,J Ashcroft (OHC) 2-16.43;5102,W Bishop (Ren) 2-16.47;5103,R Tonner (SMC) 2-16.50;5104,M Harre (Un) 2-16.53;5105,R McKinstay (SVH) 2-16.55;5106,S Reilly (Un) 2-16.58;5107,Y Walker (Un) 2-17.0;5108,J Morrison (Un) 2-17.3;5109,M Smith (Un) 2-17.8;5110,D McLaren (Un) 2-17.12;5111,K Lackie (Un) 2-17.14;5112,B Field (Un) 2-17.15;5113,S Mowan (Un) 2-17.17;5114,D Ray (Un) 2-17.18;5115,J Muldoon (Un) 2-17.20;5116,A Thomson (Un) 2-17.21;5117,L Campbell (Un) 2-17.31;5118,C Sinclair (Un) 2-17.38;5119,R Porter (Un) 2-17.44;5120,M Ceffery (Un) 2-17.48;5121,T Panton (Un) 2-17.49;5122,A Palmer (Un) 2-17.51;5123,F McLaughlin (Un) 2-17.52;5124,J Bailie (Un) 2-17.53;5125,W McRae (Un) 2-17.54;5126,A Lord (Un) 2-17.56;5127,F Martin (Un) 2-17.57;5128,W Gormley (Un) 2-17.58;5129,M Watson (Un) 2-17.59;5130,J McNeil (RSC) 2-18.1;5131,M McFadyen (Un) 2-18.2;5132,R Colville (Tev) 2-18.3;5133,S Kemp (Un) 2-18.5;5134,J Kemp (Un) 2-18.7;5135,J Dunlop (Un) 2-18.10;5136,C Boyle (Un) 2-18.13;5137,R Bachelor (Un) 2-18.16;5138,J Davidson (Un) 2-18.19;5139,R Walsh (Un) 2-18.21;5140,R Stewart (Un) 2-18.23;5141,C Mullan (Un) 2-18.24;5142,D Brown (Un) 2-18.26;5143,D Bryce (CA) 2-18.28;5144,J McKenzie (Un) 2-18.30;5145,N McLean (Un) 2-18.32;5146,S Green (Un) 2-18.34;5147,R Hetherington (Un) 2-18.35;5148,M Moffat (Un) 2-18.36;5149,L Hartley (Un) 2-18.38;5150,T Neilson (Un) 2-18.39;5151,H Blyth (Un) 2-18.40;5152,H Graham (Un) 2-18.41;5153,E Milligan (Un) 2-18.42;5154,P Scouler (Un) 2-18.43;5155,S Boyle (Un) 2-18.45;5156,R Boyle (Un) 2-18.46;5157,T Yeoman (Un) 2-18.47;5158,A McBrien (Un) 2-18.48;5159,F Smith (HH) 2-18.49;5160,J Fisher (Un) 2-18.51;5161,J Bird (Un) 2-18.52;5162,R Bird

October

17

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

18

FALKIRK Herald People's Half Marathon, Grangemouth. Starts 10.30 am. E - £4. D - 0324 24911.

KIRKILL Forest Eight, Aberdeen.

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

24

NATIONAL CC Relay Champs (BYJS), Cumnock.

25

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

PITREAVIE AAC CC League races (women), Rosyth.

RUBY Young Memorial 4 mile race (women), Kilmarnock.

SCOTTISH Athletics Indoor League, Kelvin Hall.

31

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

BLACK Isle Marathon, Half Marathon, and 10K (JS), Fortrose. D-0463 870805 (evening) or 0349 63381 (day).

MARYHILL Harriers Schools CC League.

PRIMARY Schools Road Relay Championships, Grangemouth.

November

1

LASSWADE AC Annual Cross Country Championships, Bonnyrigg (men & women, all ages). D - 031 663 8170.

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 Road Race, Westerlands.

NORTH District League, Thurso (all ages).

8

ABERDEEN AAC 6 mile Road Race (BYJS), Aberdeen.

DUNDEE Road Runners AC 10 mile RR, Templeton Woods. Start - 10.30am. D - L. McGill (0826) 26423. E - on day at University Sports Hall, Hawkhil.

JOHNNIE Walker Kilmarnock Harriers Open Cross Country Races, Dean Pk, Kilmarnock.

14

CLYDESDALE Harriers Young Athletes - Clydebank.

GLEN Clova Half Marathon. Starts at the Glen Clova Hotel, by Kirriemuir, Angus. D - (05755 222).

SECONDARY Schools Road Relay Championships, Grangemouth.

15

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

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

21

BELLAHOUSTON Harriers Centenary Cross Country Races at Bellahouston Park. Commemorative item to all finishers. Large prize list. Entries on day. Tel - 041 942 6731.

EDINBURGH University Hares & Hounds Braid Hills Race.

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

NORTH District League - venue to be decided (all age groups).

22

RONNIE Kane Memorial Races (women) -

League, Kings Pk, Glasgow.

28

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

EAST District CC League, Rosyth.

29

DISTRICT Champs (women): East - Rosyth; West - Kirkintilloch.

December

5

SORN Chase, Sorn.

HUGH Wilson Memorial Road Races (BYJS), East Kilbride.

FIFE AC Open CC Races (BYJS), Kirkcaldy.

THE Lita Allan Memorial Races (women) - League, Kirkcaldy.

EAC "Queens Drive" Races, Edinburgh.

LASSWADE ATHLETIC CLUB OPEN CROSS-COUNTRY MEETING (inc. SWCC & RRA League Race)

Diet Coke Great Scottish Run results continued from P28.

(Un) 2-18.53:163.D McBarron (Un) 2-18.55:164.W McLaren (Un) 2-18.57:165.D Howe (Un) 2-18.59:166.J Ryan (Un) 2-19.15:167.J Monaghan (Un) 2-19.3:168.M Eley (Un) 2-19.5:169.W Park (Un) 2-19.6:170.R Findlay (Un) 2-19.8:171.A Brown (Un) 2-19.10:172.S Milwain (Un) 2-19.12:173.W Halliday (MAC) 2-19.15:174.F Gardner (Un) 2-19.17:175.R Suttie (Un) 2-19.19:176.G Arbuckle (Un) 2-19.20:177.T Dowds (Un) 2-19.22:178.L Dowds (Un) 2-19.23:179.D Paterson (Un) 2-19.24:180.G Anfield (Un) 2-19.25:181.H MacQueen (Un) 2-19.27:182.J Smith (Un) 2-19.28:183.R McKenna (Un) 2-19.33:184.J Wilson (Un) 2-19.37:185.I Dunbreck (Un) 2-19.38:186.D Reid (Un) 2-19.39:187.C Hamilton (Un) 2-19.40:188.L Pidgeon (Un) 2-19.41:189.D Hamilton (Un) 2-19.42:190.G Sheppard (Un) 2-19.43:191.D Pryde (Un) 2-19.44:192.W Pryde (Un) 2-19.45:193.W Bennett (Un) 2-19.46:194.N Lees (Un) 2-19.47:195.A Coats (Un) 2-19.47:196.C Paterson (Un) 2-19.48:197.C Smith (Un) 2-19.49:198.T Gilliland (Un) 2-19.49:199.J McCreath (Un) 2-19.50:200.J Gunn (Un) 2-19.51:201.M McAllister (Un) 2-19.51:202.A Ingram (Un) 2-19.52:203.J MacCallum (Un) 2-19.53:204.J Miller (Un) 2-19.53:205.A Hackett (RRC) 2-19.54:206.A Camie (Un) 2-19.58:207.L Fraser (CA) 2-20.2:208.J Heron (CA) 2-20.9:209.E McDonald (Un) 2-20.12:210.M Phillips (Un) 2-20.15:211.S Bennett (Un) 2-20.18:212.L McDonald (Un) 2-20.19:213.L Kerr (Un) 2-20.21:214.J Lappin (Un) 2-20.24:215.D Hephurn (Un) 2-20.27:216.S Lauder (Un) 2-20.29:217.J Sawers (Un) 2-

20.32:218.J Morrison (Un) 2-20.32:219.A Louden (Un) 2-20.38:220.B Clarke (Un) 2-20.43:221.D Connell (CA) 2-20.44:222.K Dods (Un) 2-20.45:223.M Fleming (Un) 2-20.47:224.R Scott (Un) 2-20.48:225.M Thomson (Un) 2-20.49:226.S Liddell (Un) 2-20.50:227.D McAreavey (Un) 2-20.51:228.M McMurtrie (Un) 2-20.55:229.R Campbell (Un) 2-20.57:230.M O'Sullivan (Un) 2-20.58:231.W Stewart (Un) 2-21.0:232.S Linwood (Un) 2-21.2:233.A Fial (Un) 2-21.5:234.R Potter (Un) 2-21.7:235.L Spence (Un) 2-21.8:236.W Roberts (Un) 2-21.10:237.S Johnston (Un) 2-21.12:238.J McFadden (Un) 2-21.16:239.B Devlin (Un) 2-21.20:240.J Mannion (Un) 2-21.20:241.C Ross (Un) 2-21.23:242.M McLean (Un) 2-21.24:243.L MacLeod (Un) 2-21.25:244.S Clark (Un) 2-21.28:245.C Hughes (Un) 2-21.28:246.J Lister (Un) 2-21.31:247.A McGlinchey (Un) 2-21.32:248.S McNaught (Un) 2-21.36:249.A Lawless (COC) 2-21.36:250.J Bates (Un) 2-21.40:251.J Kelly (Un) 2-21.41:252.G Moore (Un) 2-21.45:253.J Dailly (Un) 2-21.49:254.A Bell (Un) 2-21.54:255.A Conaghan (Un) 2-21.56:256.M Coyle (Un) 2-22.2:257.J Williamson (Un) 2-22.4:258.T Maxwell (Un) 2-22.5:259.M Dickie (Un) 2-22.9:260.R Carruthers (Un) 2-22.10:261.H Dickie (Un) 2-22.12:262.J Dillon (Un) 2-22.16:263.J McMullen (Un) 2-22.17:264.J Cunniffe (RR) 2-22.22:265.M Shing (Un) 2-22.22:266.G MacLeod (Un) 2-22.26:267.J Walls (Un) 2-22.28:268.T Smith (Un) 2-22.30:269.W Marsden (Un) 2-22.31:270.J McMurtrie (Un) 2-22.33:271.C Cochran (Un) 2-22.35:272.P Gibbons (Un) 2-22.37:273.W Duff (Un) 2-22.40:274.D Rennie (Gow) 2-22.42:275.C Kilpatrick (Un) 2-22.44.

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Great Scottish Run results will continue in next month's issue.

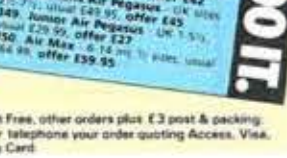
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