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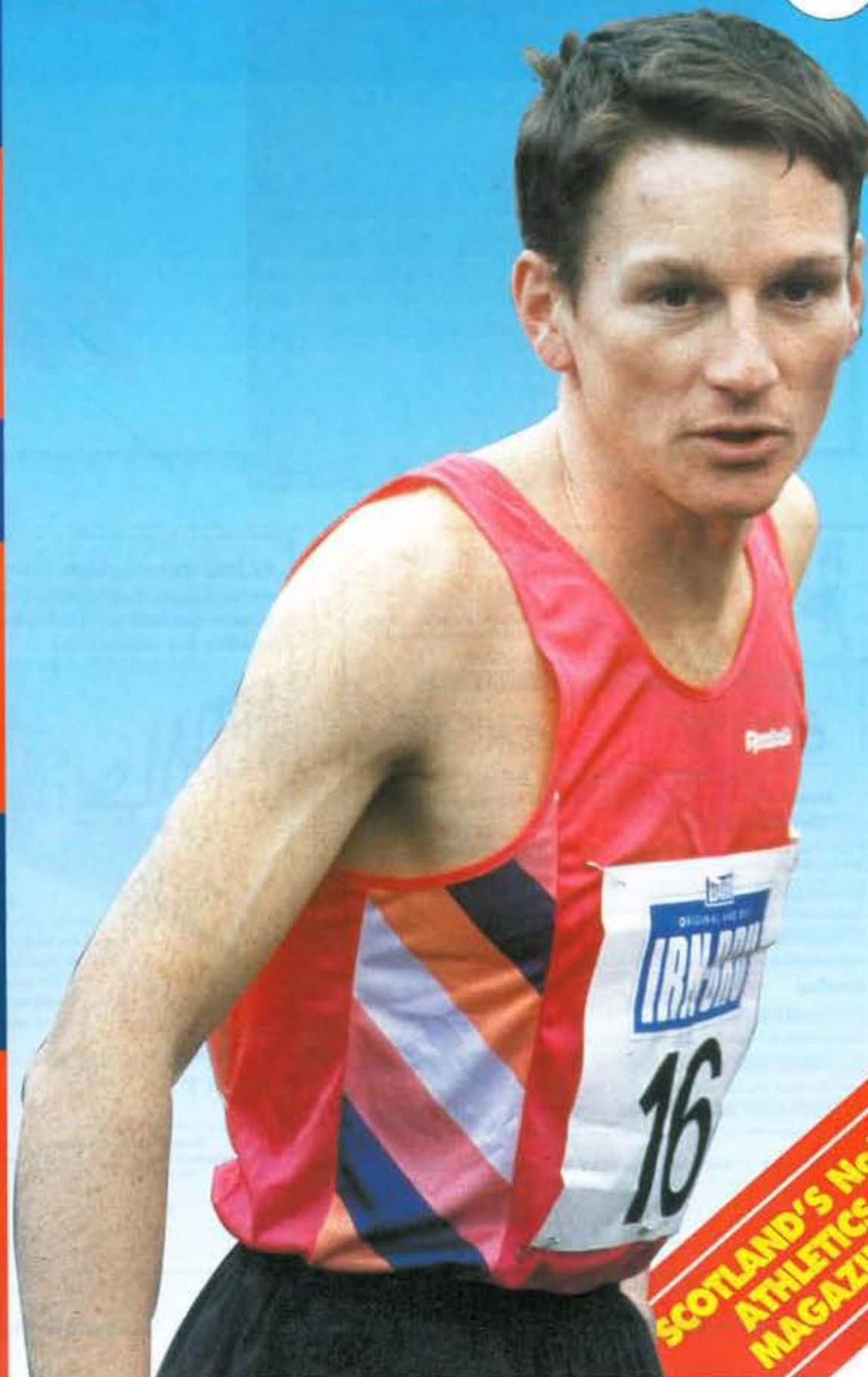
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Women's top 20 rankings

Edinburgh University Hares & Hounds Club Profile

Secondary Schools Road Relay Report



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Runner
January 1993

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CLUB PROFILE, P26

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"WE'RE KEEPING THE CAPITAL RUNNING"

Ovett the sprinter

IT was probably the first time Steve Ovett had taken part in a 4x100 metres relay race since his school days, writes Margaret Montgomery.

Nonetheless, he did it with aplomb, taking his team to victory with a fine anchor leg and raising tumultuous applause.

The occasion was the opening of an all-weather, six lane, track and accompanying field facilities in Linwood on October 14.

Ovett, who earlier in the day had helped organise a series of children's races, was present to publicise the event. Ex-St Mirren manager and SFA development officer Tony Fitzpatrick was also there and ran an impressive first leg in the same relay.

Costing £500,000, the Linwood development is a major one. Floodlighting is already in place and a 500 seater grandstand is due to be added shortly.

The hope is that by the time next summer's track and field season arrives, Linwood will be in a position to host league meetings.

Renfrewshire District Council's sports development officer Bob Smith stressed the track was also for local athletics clubs and the general public. It was the clubs, he said, which had underlined the need for an all-weather facility in the first place.

"We want Linwood to have a high profile," he said. "But it's important to remember that the facility is also here for the local community."

Steve Ovett echoed these sentiments.

"After years of being worn out by tracks my ambition is to see tracks being worn out by the public," he quipped.

"With unemployment so high the least we can do is provide places to spend our increased leisure time."

Kilbarchan AAC, Linwood Pentastar AC, Linwood AC, and Clydesdale Harriers have adopted the new track as their regular training ground.

"Renfrewshire youngsters now have the resources they need to fulfill their potential as athletes," commented Bob Smith.

"Our next plan is to get a development structure in place and create more interest in the sport."

The presence of Steve Ovett certainly helped generate enthusiasm for athletics among the local children present at the track's opening.

Dressed in anoraks and duffle coats they ran an assortment of sprints into strong headwinds and driving rain with unrelenting cheerfulness.

Only one little girl seemed to find the proceedings disconcerting.

As the under-six 70 metres began she turned her back to the line and headed in the wrong direction.

Fortunately that man Ovett was on hand to sort the situation out.



NEWLY WED BECOMES ATHLETICS WIDOW

IF you can't beat them, let them get on with it; that must have been the policy adopted by Johnathon Musgrave's wife on November 21.

Musgrave, who was married on November 20 and whose wedding guest list consisted mainly of hill runners and orienteers, decided not to waste the first day of his honeymoon with the idle pleasures of romance.

Instead he was intent on defending his fastest lap record at the Elrick Hill Race - and challenged his more athletic wedding guests to give the event a go too.

However, as luck had it British orienteering squad team-mate Dick Jones outstripped Musgrave's record by 12 seconds when he clocked 21:29.

The newly-wed Mrs Musgrave could perhaps have been forgiven for thinking poetic justice had a hand in the turn of events.

Coaches for the high jump

A coaching weekend arranged by the jumps group at the Kelvin Hall on October 17 and 18 was led by John Crotty, GB event coach for the triple jump, and Mike Dolby, Midland staff coach for the high jump, writes Dinkar Sabnis.

Some 25 coaches and invited athletes turned out for the triple jump and long jump and enjoyed a strenuous weekend of working on technique, conditioning, and approach speed.

Thanks are extended to the many coaches who assisted in various capacities. A 30 minute video recording of the proceedings is available to participants from your correspondent.

(The address is given below. Please enclose a blank tape and £1 towards post and packing with your request.)

Turnout by both coaches and athletes in the jumps for height was less impressive. We are looking for a more

enthusiastic and committed response to national coaching initiatives.

Coaches and athletes who would like to contribute to and participate in future coaching developments in their respective events, or who would like to make suggestions for future developments, are encouraged to contact a national event coach:

High jump - Roly Hill, 52, Arbilot Road, Arbrogath, Tayside DD11 2ES. (Tel - 0241 75358.)

Pole vault - Eamon Fitzgerald, 15, Forbes Road, Rosyth, Fife.

Long jump - Tony Bateman, 45, Waterside Street, Largs, Ayrshire KA30 9LW. (Tel - 0475 675361.)

Triple jump - Dinkar Sabnis, Riverdale, Crathes, Banchory, Grampian AB31 3JD. (Tel - 033 044 576.)

Working out on holiday

RUNNERS who fancy a holiday but want to keep training might be interested to know that Loughborough University is offering "running breaks" over the winter.

A weekend of practical sessions, demonstrations, and lectures, plus accommodation in the university's Bursley Court, costs £120.

This figure also covers access to all sports facilities, meals, and transport to and from East Midlands Airport or Loughborough Railway Station.

Facilities at the University are renowned, and include an all-weather track, full indoor training equipment, and a sports lab.

For those keen on cross country and road running there is easy access to Charnwood Forest plus a 200 acre campus.

Academic staff from the university's physical education and sports science department will be teaching, and also international athletes giving practical demonstrations and added advice.

There are many thousands of people in Scotland who do not enjoy a comfortable old age.

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SCOTLAND BIDS TO HOST FIRST EVER COMMONWEALTH CC CHAMPIONSHIP

A SCOTTISH team is to participate in a major cross country championship for the first time since 1987.

A Commonwealth Cross Country Championship, which has just been given the "go ahead" by the Commonwealth Games Federation, will act as the platform.

When and where the new event is to be staged has yet to be finalised but, as the idea of the championship was first brouched by Ian Clifton of the SCCU, the SAF expects the venue to be Scotland. The SAF has already

secured the full backing of the Irvine Development Corporation to stage the event in the Ayrshire town, this being the case.

Scotland lost the right to separate representation in the IAAF World Cross Country Championships after the 1987 event in Poland. Since then Scottish athletes have had to fight for places in a UK wide team.

The first-ever International Cross Country Union Championship (the precursor of the IAAF event) was held in Scotland at Hamilton Park race course on March 28, 1903.

Anderson v McColgan fails to make the courts

LIZ McColgan reached an eleventh-hour agreement with coach John Anderson which kept a potentially reputation-scarring court action from the public eye, writes Doug Gillon.

Anderson was claiming a share of McColgan's earnings on the basis of an alleged agreement with the world 10,000 metres champion, with whom he split a year ago.

With both inevitably scheduled to give evidence in a case where costs were already estimated to have topped £10,000 for both parties, neither would have relished the potential damage to their public image. The pair agreed to make no comment whatsoever on the terms of the settlement.

McColgan, however, had already taken substantial steps to defray the expenditure with yet another solo marathon victory in Tokyo, this time in a time of 2-27-38.

Victory carried a \$50,000 prize, not counting appearance money, and a further inducement to settle quickly with Anderson was the news a few days later that she had signed

to run the London Marathon for the next three years, in a deal believed to be worth £300,000 in appearance money alone.

Her Tokyo time was 15 seconds slower than her debut, in New York, last year. But although she failed to lower Veronique Marot's British record of 2-25-56, the Arbroath woman beat the defending champion, the current Olympic champion, and one of the most prolific marathon winners in history.

She ran solo for all but the first four miles of the race, finishing half a mile clear of Katrin Dorre, winner of the London Marathon last spring, and of 15 marathons in 22 starts, including Tokyo three times.

Dorre was second in 2-30-05. Russian Ramilia Burangulova took third in 2-30-34, and another Russian, Valentina Yegorova, the Barcelona Marathon gold medallist, was fourth in 2-31-37.

McColgan went through 5000m in 17-13 with the group, but broke clear soon after, reaching 10,000m in 34-13 with the pack already half a minute down.

Her only companion was a pace-

maker. "And she was getting in my road, bumping and tripping me," said McColgan, "so I just cleared off on my own." At 20 kilometres (68-28) she was 1min 45secs in front, and going away. Her remaining 5000m splits were 17-17, 17-33, 17-47, and 18-32.

But McColgan admits that it was a race which really tested her nerve. She confessed to having slept poorly since arriving in Japan a week before the race. "I had no more than four hours sleep a night, and only a couple of hours on two nights," she said.

"I felt very chilled, and between 10 and 12 miles I had problems with my hamstring. I thought I was going to drop out. For the first time, I felt bad in a marathon. My legs felt heavy near the finish."

McColgan had given advance warning with a course record in the Gatorade Glasgow University Road Race, with a course record for the 4.85 mile loop course of precisely 24 minutes, which was 78 seconds inside the old mark set five years ago by Sandra Branney, the Scottish People's Marathon winner.

McColgan placed 22nd overall,

only 85 seconds behind the men's winner for the second year, Paul Dugdale. She was also in front of her own husband, Peter, by nine seconds.

Five athletes, trying desperately, overhauled Liz on the Westerlands cinders. Among them were the North of Scotland cross country champion John Bowman, Scottish Universities orienteering champion Jeff Pyrah, and marathon internationalist Willie Robertson.

Immediately behind was Pat Duffy, runner-up for the Scottish 800 metres title last year.

Also inside the previous record was last year's winner, Vikki McPherson, like McColgan a member of Britain's world cross country team in Boston last spring.

Dugdale, good enough to finish 31st for Britain in the men's event in Boston, had just three seconds to spare over Kilbarchan's Bobby Quinn at the line.

Horwich's Dugdale and Quinn broke clear on the climb past Dawsholm.

Assistance from clubs required for Scot stats

THE National Union of Track Statisticians is compiling a UK men's club ranking list for 1992 and would like appropriate performance statistics from all Scottish clubs.

Statistics from clubs competing in the Scottish and North-Western League are particularly sparse and would therefore be particularly welcome. (For the past two years, neither John Lunn, who compiles the men's club list, nor David Lynch, who compiles the women's equivalent, have been able to acquire any results for this league.)

To receive the form which, once completed, will allow your club to feature in the aforementioned list, please contact John Lunn (Leeds City AC) at the following address: 654, Whitehall Road, Leeds LS12 5EL.

SUPERTEAM COMES UNSTUCK

RACING Club scored an upset victory over the odds, plus Falkirk's first-time out superteam, when they captured the coveted Allan Scally memorial relay title, writes Doug Gillon.

But the upset was not over. Falkirk's new signing, former Commonwealth silver medallist Steve Binns, was ruled ineligible a week later. Shettleston, the hosts, were promoted to second and Edinburgh South-east to third.

Falkirk (Donnie Bain, Gary Grindlay, Binns, and John Sherban) had to return their second place vouchers.

But Sherban, who produced the fastest stage of the day (22-16, which was 50 seconds outside Nat Muir's seven year old record) in a vain attempt to hunt down John Robson on the anchor leg, was allowed to keep his prize.

Artist Scott Cohen was the principal architect of Falkirk's defeat, opening a 68 second gap on the first leg.

Grindlay made no impression at all on veteran Brian Kirkwood, and with Davie Ross in top form, too much was left to do, even for Binns and Sherban.

GET LOST, SAYS HANLON

AN attempt to woo Olympic steeple-chaser Tom Hanlon back into the fold of Scottish athletics has failed, writes Doug Gillon.

Sixth in the Olympic steeplechase final, and Scotland's highest world-ranked male athlete this year, Hanlon was asked to join the revised elite training squad preparing for the 1994 Commonwealth Games in Victoria.

Racing Club's Hanlon declined, and fellow steeplechaser Graeme Croll replaced him in the party which has been trimmed to 32.

Hanlon has some justification for believing he was shabbily treated in Auckland two years ago, but it was hoped that the new SAF, and the removal of certain officials from positions of influence, might prevail on him to change his mind.

"No, I said then that I would not compete again for Scotland. Nothing has changed that view," insisted the athlete.

Hanlon was offered talks with officials, but declined.

"I told them I would appreciate no correspondence, now or in future," he said. "This also applies to Scottish cross country. I was sworn at during a championship race last season, then falsely accused of giving a V sign - I was effectively told I was a liar and was reprimanded without even been given a hearing."

"I admit I'm not whiter than white, but neither are they. I wish they would get on with sending the best available team to Victoria. Whatever I think of the officials, I wish Scotland's athletes well."

His attitude might have been different if the 1994 European championships were not immediately prior to the Commonwealths. "I will be con-

centrating on attempting to win a European medal," he said. "It carries more weight internationally."

David Strang (800m) and Karen



Tom Hanlon

Hutcheson (3000m) were both omitted because they train overseas.

The total of 32 athletes named represents a reduction of eight from the initial squad announced in January.

WORLD NOT YET ROUND

"SO, they finally admit the world is round!"

That, writes Doug Gillon, is how Tom McNab, former national coach, author, and broadcaster greeted the (sadly) premature news that the great divide between the amateur and professional codes in Scotland was finally over.

For a day it had seemed that, thanks to an apparent long-awaited confirmation from the world governing body of athletics, the International Amateur Athletic Federation, Scottish runners of both codes had been cleared to compete together (an arrangement which has prevailed in Australia for a decade), with the prospect of amateurs and professionals run-

ning alongside each other at the New Year Sprints in Edinburgh.

The Scottish Athletic Federation negotiated a 16-point approval document a year ago with their counterparts among the professionals, the Scottish Games Association, but it had taken a year for the IAAF to deal with an item that was pretty low on their agenda, given that Scotland is affiliated only through British Athletic Federation.

However, a fax from the IAAF to the BAF, which seemed to proclaim an immediate go-ahead for open athletics, turned out to be misinterpreted. The world may not now be declared round until after the IAAF Games meeting in Stuttgart in August.

SAF deny holding gun to trustees' heads

THE Scottish Athletics Federation has reacted angrily to claims that it is holding a gun to the heads of trustees nominated by the recently disbanded Scottish Women's Cross Country and Road Running Association, writes Matthew Lindsay.

In a letter in this month's Scotland's Runner, solicitor Robin Bennett, writing on behalf of the trustees, alleges that the SAF's attempt to take the money from a trust set up by the SWCC&RRA is a form of blackmail.

When the existence of the trust became known to the SAF, the trustees received a letter from treasurer John Idnes saying that unless the £10,000 trust was wound up and handed over to the federation, all women's cross country and road running teams selected for Scotland would be instructed to apply to the trust for funds.

The trust was founded in 1991 (by the back door according to the SAF), and its aim is to soften financial problems which women runners experience.

In his letter, Mr Bennett says: "The new trust's income is, needless to say, modest, and was never envisaged for sending national teams to prestigious events."

However, SAF administrator Gregor Nicholson hit back: "Where would the SAF be had all four previous governing bodies adopted the same attitude as the SWCC&RRA and set up their own private trusts for their own discipline or group of athletes?"

"There was no justification for the setting up of the trust. The SAF was accepted by all four of the previous governing bodies, including the SWCC&RRA, as the single governing body for amateur athletics in Scotland."

"During the lead up to the SAF being formed some people did express concern about whether all disciplines would be treated equally, but it was stressed that the federation would look after all disciplines without any bias."

And Nicholson underlined the annoyance the formation of the fund had caused to the other three bodies.

He said: "The bodies were obliged to make a disclosure of their financial matters leading up to the formation of the SAF, but no mention of the trust was made."

"At the 1991 agm of the SWCC&RRA, when they agreed to set up the trust, only 13 clubs (out of a possible 96) were represented and at the following year's agm the setting up of the trust was not mentioned in the minutes - only in the financial report. It has been claimed that the setting up of the trust was not done in an underhand way, but it was not publicised in the manner you would expect."

Despite attempts to speak to the trustees, June Ward, Dale Greig, and Eleanor Gunstone, they were unavailable for comment. Solicitor Robin Bennett said he did not wish to discuss the matter further until after his letter had been published in this issue of Scotland's Runner.

CROSS COUNTRY RESULTS

ROBERT Quinn of Kilbarchan ran two seconds faster than last year when he was runner-up in the Safeway international cross country races at Gateshead, but although just a second behind the world half marathon champion and record holder, Benson Masya, he could finish only eighth, writes Doug Gillon.

No less than eleven Kenyans lined up at the Riverside Bowl. "I have never started so fast in any race in my life," said Quinn, who was second Briton behind fourth-placed Steve Tunstall. Steeplechaser Graeme Croll was 18th.

Anglo Scot Laura Adam finished runner-up in the women's 5200m race, just six seconds behind the winner, and was backed up by Lynn McIntyre (Glasgow), who finished sixth. Carol Sharp was ninth in a new 900m women's event.

ADRIAN Callan led Springburn to victory in the Lanarkshire Cross Country Championships at Coatbridge and prevented a Cambuslang sweep of all the team and individual titles.

It was Callan's thirtieth birthday, and all of his colleagues, George Braidwood, Jim Cooper, and Alex Mc-

Indoe are also on the wrong side of 30. Jim Austin took the Dunbartonshire title at Kirkintilloch, while at Girvan Graeme Wright continued his long monopoly of the Ayrshire crown.

Alan Reid took the North title at Fraserburgh, and Teviotdale's David Cavers beat a record field of more than 300 to win the senior five-mile race in the East District League.

TRIPLE Scottish champion Tommy Murray of Cambuslang won the senior six-miles at Bellahouston Harriers' centenary cross country meeting.

Running over the Bellahouston Park course which hosted the 1978 World Cross Country Championships, Murray convincingly repeated his previous year's win, sheltering behind the leaders to half distance, then striking clear through driving sleet and rain.

Because the Strathclyde education authorities did not notify the janitor of Cardonald College that the premises were being used on Saturday afternoon as the changing accommodation, the organisers had to take entries in a bus shelter outside the college.



Liz McColgan

IT'S ALL A PARTY FOR JOANNA

JOANNA Cliffe logged up victories in successive weeks for Edinburgh Woolen Mill and Glasgow University, writes Doug Gillon.

The fourth year veterinary student won the Ronnie Kane memorial from Elaine McKay of Shettleston, then a week later, in student colours, captured the inaugural SAF district title at Kirkintilloch.

Derbyshire-born Cliffe admitted to having partied enthusiastically the night before, but had 18 seconds to spare over

Victoria Park veteran Janet McColi. City of Glasgow, led by Eileen Cochrane in fourth, took the team title.

Cliffe hopes to get UK internationalists Hailey Haining and Vikki McPherson out for the BUSF Championships. If she succeeds, Glasgow should be invincible with Cliffe and Lisa Wolfenden completing the team.

McPherson, competing for Britain in the Ekiden marathon relay in Japan, helped Britain to fourth with the second fastest time of the day on her stage.

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18 APR	LONDON Marathon	£ 49
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IMPORTANT ANNOUNCEMENT/FEATURE

PUBLIC NOTICE

A new company called Running Tours International was formed earlier in 1992, headed up by Trevor Hawes (a Leicester based runner who we used to sponsor) and managed by John Kingsgate (a former employee of our Company). We wish it to be known that Sportsman's Travel Running Tours is not connected in any way whatsoever with these people or the Company they represent and that we wish no association or contact to be drawn between us and them. Sportsman's Travel Running Tours, now in its 15th year, are professionally established with full time staff to deal with your bookings and enquiries, have a large, successful programme, immense credibility and are financially secure. The tours are directed by a full time Company Director and/or recognised part time couriers to ensure a personal service. We remain at your service and look forward to seeing you again on tour in 1993. Yours in sport, Barry M. Whitmore, Chairman of the Sportsman's Travel Group.

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THE BUSINESS OF PRODUCING GOOD ATHLETES

95, Albert Street,
Edinburgh.

SIR - I wish to highlight the problem of meaningless races in which the top athletes gain very little.

The present league format splits up athletes according to which club they belong to. Races are run and points go to the club according to which place the athlete gains.

This structure is designed purely for the clubs to obtain points.

In order to obtain points a club can put an athlete in an event "just to get a point". It is commonplace to see men running over 70 seconds for the 400m hurdles and over 20 seconds for 110 metres hurdles.

There are also many athletes doing upwards of four events during a league match. To highlight the problem, I will take some examples from a Scottish League match which took place at Coatbridge on May 17.

In the 400m "A" race, first place

clocked 48.8. Fifth place clocked 51.0. In the "B" race first place managed 49.4. Second place managed 51.4.

The winner of the "B" race would surely be better off racing in the "A".

In the 400m "A", Division 2, the first placed athlete clocked 50.8 and would have benefited from the "A" race in Division 1. At the other end, you have the ridiculous situation of the athlete who gets pressurised to do the event for a point!

At the same event referred to earlier, in the Division 1 400H "B" race, the seventh placed athlete clocked 85.8! In the Division 2 "B" 110H the time for the fifth placed athlete was 24.8!

The problem with this is that it develops an attitude that it is commendable to do many events badly and "be a good club man". Thus emphasis is on quantity rather than quality.

Why is there a Scottish League? So that clubs can compete against each other!

What I propose is that the athletes

compete against each other and the clubs obtain points for producing good athletes and not for someone doing several other events for a point.

We must have a really good look at what we want in our sport; good class athletes or a system run for the benefit of clubs?

I am not against clubs but the system does not help the athletes reach their racing potential and athletes must be given appropriate and meaningful competition.

We are, after all, in the business of producing good athletes. A meaningful race system would help a great deal. After all it is competitions which athletes prepare for all winter.

I propose that the league system should be graded, putting all the top club athletes, regardless of club, in the same race.

This would reduce the ridiculous situation whereby athletes can currently win the "B" race by a long way but learn nothing - instead of having a good

workout in the "A" race, coming second or third and having a better learning experience (and perhaps a better time/distance). This would stand the athlete in good stead for the championships.

It would be possible to pool the clubs of Divisions 1 and 2 and divide the athletes into the fastest eight, the second fastest eight, and the slowest eight - i.e. A, B, and C races.

At a stroke, you would eliminate the 25% who do an event which they don't really want to, and streamline the league.

The result would be that those races would be far more meaningful in terms of competition and would shift focus away from quantity athletics and on to quality club athletics. The point system would still remain the same as it is now and it would still produce a top club but one which produces quality athletes.

Stuart Dempster

Percy's the person

50, Mossdale,
Heath Hall,
Dumfries.

SIR - I was most interested to read Derek Parker's recent article on the training methods used by Percy Cerutti.

I have found all of Mr Parker's coaching articles of excellent content and sound advice.

The article on Cerutti was most interesting of all.

During my global travels and studies of all aspects of health and fitness, Cerutti's training ideas were amongst the most interesting.

It's taken over 20 years of intense study, meetings with ex-Cerutti trained athletes, and correspondence whilst I lived in Australia in the early 1970s, to gain an extensive insight into his previously taught methods at Portsea, Victoria, in Australia.

In my opinion 30 years ahead of his time in the early 1960s, even today in the early 1990s the bulk of his teaching, rejecting several unsound theories, is, in my opinion, still 30 years ahead of its time.

If we are to consider new synthetic tracks, running shoe technology, professional sponsorship, increased international competition, total misuse of drugs and blood doping, running performances in real terms have stood still at top levels for the last 30 years.

Legal running performances in

all events, male and female from 400 metres to the marathon, should have advanced greatly beyond today's world marks.

The sub 3-30 mile (male), sub 7-50 two mile, and sub 57 minute half marathon look impossible, even for today's "drugged circus robots" of running.

It doesn't surprise me at all that world performances are relatively poor because the mental and physical training ideas are little better than 30 years ago.

The most important aspects of Cerutti's training methods were as follows:

1. Dynamic strength conditioning **before running**
2. "Tidal" breathing techniques (as used by any athlete today)
3. Training over naturalistic extremely varied terrain (virtually never on hard roads)
4. Wholesome lacto-vegetarian, high carbohydrate diets.
5. High spiritual, artistic, invincible attitudes in positive training techniques and racing.
6. Total **unawareness** of other competing athletes in terms of racing times, form, or performances.
7. The study and belief of athletics and sport as a supreme human art and gift in terms of a long, happy life, radiant with health - the greatest gift of all.

Matthew S. Moodie

SAF pointing a gun?

52, Crossgate,
Cupar.

SIR - I have been asked to write to you to disclose a disturbing development in a long-running dispute between women cross country and road runners and those who manage the main body of athletics.

At the April 1991 agm of the Scottish Womens Cross Country and Road Running Association it was decided to establish a SWCC&RR trust because of uncertainty about the future of this branch of the sport within the general body of athletics in the UK.

£10,000 from benefactors and fund-raising efforts over many years was set aside for the new trust. "To foster the sport of cross country and road running among women in Scotland and to encourage and help women from Scotland who run elsewhere." A further £7000 passed to the coffers of the new SAF.

The trustees know of many difficulties experienced by women runners which can be overcome if small amounts of money are available.

A lone parent might need to pay for child-minding facilities if she was selected for a team, particularly if it was an away match. A young student could be faced with having to turn down a sports scholarship abroad if the fare were not available at short notice to take her to her new college or university.

However, the trustees (June Ward, Dale Greig, and Eleanor Gunstone) have now received the following from John Innes, treasurer of the SAF:

"Disbursement of Trust Funds... I have been instructed to write to each of

you requesting that you agree to wind up the trust and have the total sum available released and lodged with me, the SAF treasurer, in order that the funds of athletics in Scotland can be administered centrally.

"Council have agreed that, should you not agree to this course of action, the SAF cross country selection committee will continue to select women's teams to represent Scotland but the athletes selected will be instructed to apply to you for funds to meet all expenses incurred in taking part in any such match. No funds towards such expenses will be provided by SAF until such time as we are satisfied that the entire £10,000 has been utilised for this purpose."

The new trust's income is, needless to say, modest and was never envisaged for sending national teams to prestigious events.

The SAF Council seem prepared to use women runners as pawns in a dispute over the control of money. Yet the SAF are welcome to apply for funds from the trust, *provided the money will be used for the purpose laid down in the trust deed.*

In fact, the money can't be passed to the SAF. Mr Innes has known for some time that the trust deed states that if the trust is wound up for any reason, the funds must be transferred to another trust or a charity. The SAF is neither of these.

The SAF Council is pointing a gun at the heads of the trustees. Can anyone stop Mr Innes firing it?

Robin Bennett

Twin Peaks

THE indoor athletic facilities at the Kelvin Hall in Glasgow have provided Scottish athletes with a wide range of competitive opportunities during the winter.

These are well worth considering. But like all aspects of a training or racing programme, the options should be thoughtfully analysed. Basically, the athlete has three choices.

The first is to avoid competition of any form between October and March, emphasising the summer competitive season and using the winter months as preparation.

This enables the athlete to concentrate on training without being subjected to the pressure of imminent competition.

The second option is to race on the roads or cross country between October and March then continue competing on the roads or track in the subsequent season.

This means the athlete is racing throughout the year and must plan for adequate rest and recovery phases at certain times to avoid the risk of staleness or stress-related injury or illness.

Within this category of all-year

emphasising a summer peak only is called single periodisation.

The third winter option for athletes is indoor competition. It is attractive to sprinters and hurdlers for whom most cross country and road races would be of dubious benefit. Indoor races are also likely to be of better value for 800 and 1500 metres athletes than long road or cross country events.

The prospect of winter competition has much to commend it. The competitive instinct is satisfied. Races can be used as measures of progress, and targeting, for example, one event per month can shorten the long months of seemingly endless preparation for a summer which appears to be a long time away.

As always, however, the choice is entirely that of the coach and athlete. Every individual is different so the pros and cons must be weighed up.

Assuming the decision is in favour of indoor competition, the athlete must then decide its importance and role in the overall yearly plan.

indoor competition phases without making too many changes to their winter preparation programmes for the following summer.

There are some basic rules to be observed, however, if injury is to be avoided.

Firstly, the athlete should familiarise himself or herself with the indoor track running surface and its slopes, curves, and dips. Sudden changes from one racing or training surface to another (eg from road to indoor track) can cause injury so a few indoor practice sessions should be done prior to racing.

Secondly, the athlete should do some running at race pace at least before tackling indoor races. Again this approach reduces the injury risk. It would, for example, be inviting trouble to compete in an 800 metres race if one has been training mainly at 5K, 10K, or half marathon pace. The muscles would be working at

Athletes hoping for indoor success must spend time acquiring an efficient technique.

Derek Parker discusses double periodisation.

that many middle distance runners prefer *not* to do too much training indoors because of the problems caused by the tight bends, the angled slopes, and the dips in some tracks.

Their indoor work-outs tend to centre around getting used to the track and to the idea of covering just 200 metres in a single lap. The ability to discern between too much, and not enough, specific indoor training is a crucial function of the intelligent athlete and coach.

If the athlete is aiming for major championships and aspiring to top honours in indoor competition, the importance of peaking becomes essential. This is where the double periodisation procedure is utilised.

If the previous summer has been planned correctly, the athlete will have had a rest phase of between two and four weeks during the early autumn.

Having ascertained the dates of the major indoor championships (usually late January to mid-March depending on one's standard), the athlete counts BACKWARDS for 16 weeks to determine the preparation and pre-competition phases.

The preparation phase lasts for ten weeks (usually from October through November until mid-December). It is followed by the pre-competition phase which lasts for six weeks (usually between mid-December and the end of January).

The first part of the double-periodised year concludes with the competition phase lasting for about six weeks (usually between late January and mid-March) when the athlete attains his or her winter peak.

It is not practical to provide detailed schedules of the precise build-up to a major indoor championship during the competition period.

Much will depend on the circumstances of each athlete, including his or her targeted event.

As a rough guide, however, I shall briefly outline the typical programme of an international male 1500 metres runner aiming to do well in the national indoor



The Kelvin Hall has provided athletes with a major range of competitive opportunities.

championships at the end of January.

The endurance phase (October to early December) would feature long steady runs of eight to twelve miles at a heart rate of 130 to 150 beats per minute, short steady runs of four to six miles at a heart rate of 140 to 180 beats per minute, fartlek, cross country, and track repetitions emphasising work at 3K and 5K pace.

Although the emphasis is on endurance during this period, it is important not to neglect some sprint training or pace work at 1500 and 800 metres effort. This ensures a gradual transition into the pre-competition phase (early December until mid-January) when the quantity of work is replaced by quality and

speed assumes more importance.

At this stage 1500 and 800 metres pace sessions become more frequent, along with sprint work. It is essential, however, not to neglect the over-distance work and the 3K and 5K pace work-outs must still be fitted into the overall plan to ensure the endurance gains of the previous phase are not lost.

The skill of the coach in achieving and prescribing the right blend is of paramount importance at this point.

By mid-January the athlete should be approaching his peak and the training emphasis, especially in the month preceding the competition, should be on sharpness and the need to run at or faster than race pace with economy of effort,

fluency, and relaxation at speed.

If the athlete does well in the Scottish Championships, there is always the possibility of international selection or competing in major events in England.

With the conclusion of the indoor competition phase at the end of March, the athlete begins his build-up towards an outdoor peak during July or August. This involves a second endurance phase from early April until early May (approximately four to six weeks) then a second pre-competition phase of roughly six to eight weeks from mid-May until late June or early July.

If all goes to plan, the athlete will compete with distinction in the outdoor national championships

and the benefits from the double-periodised training and racing programme will be realised.

One final word of advice is appropriate. Athletes hoping to compete successfully indoors must spend some time acquiring an efficient technique.

This becomes especially important in shorter, faster races or in middle distance events involving fast finishes.

When running indoors on a 200 metres' circuit, the athlete should shorten the stride length on the bends and lengthen the stride on the straights. Leaning inwards on the bends, he or she should drive more powerfully with the right arm slightly lower the left to counteract the centrifugal forces of gravity pulling him or her outwards.

The maintenance of concentration and the ability to think fast and decisively is crucial. The athlete who really wants to win must be well up with the leaders as the race reaches its closing stages and there is little room for manoeuvre around rivals in front.

Even in a one-to-one situation, a tired athlete lying second at the bell will have his or her work cut out trying to overtake an opponent on a final 200 metres lap involving the negotiation of two tight bends.

It is also worth remembering that an indoor 200 metres time is approximately one second slower than outdoors while an indoor 400 metres time is approximately one or two seconds slower than outdoors. These differences should be noted when planning race strategies or tactics.



round racers are athletes who use winter competition as a form of training for the summer and those who take winter and summer racing equally seriously and must form a fitness programme which enables them to peak twice. This process is known as double periodisation.

The process used by athletes

BASICALLY, there are two options. The athlete can use indoor racing as a form of training for outdoor events in the summer, or take it seriously and aim for a definite peak for major championships between January and March.

Athletes who settle for the first option will tend to "train through"

an intensity they were unused to and would be highly susceptible to injury. So sessions such as 2 x 4 x 200 metres at 800 metres pace with 30 seconds recovery would minimise the danger.

Sessions specific to the event can be done indoors or outdoors. It should be borne in mind, however,

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross-country/grass running.
Monday: 75-90 mins fartlek inc. 8x2 mins at 5K pace (45 secs jog recovery).
Tuesday: 5 miles steady.
Wednesday: 10 miles steady.
Thursday: 5x600 metres at 1500m pace (90-135 secs recovery).
Friday: Rest or 20-30 mins easy run.
Saturday: 12 to 15 miles steady.
Morning runs of 20-30 mins duration can be done to 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 60-75 mins fartlek inc. 6x4 mins at 10K pace (jog 90-120 secs recovery).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 12x400 metres at 3K pace (30-45 secs recovery).
Saturday: Race or 8-12 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75-90 mins fartlek inc. 30 secs fast (30 secs jog) & 60 secs fast (30 secs jog) & 90 secs fast (30 secs jog) & 120 secs fast (30 secs jog) & 90 secs fast (30 secs jog) & 60 secs fast (30 secs jog) & 30 secs fast x 2 sets (5 to 8 mins jog between sets). Run 30 and 60 secs reps at 1500m pace/90 and 120 reps at 3K/5K effort.
Tuesday, Wednesday, and Friday: As week one.
Thursday: 4 x 400 metres at 800m pace (2-3 mins recovery).
Saturday: 8-12 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75-90 mins fartlek inc. 10 secs fast (10 secs jog) & 20 secs fast (20 secs jog) & 30 secs fast (30 secs jog) x 12 sets.
Tuesday, Wednesday, and Friday: As week one.
Thursday: 5 x 1000 metres at 5K pace (45-75 secs recovery).
Saturday: Race or 8-12 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75-90 mins cross-country/grass running.
Monday: 60-75 mins fartlek inc 30 secs fast (30 secs jog) & 60 secs fast (60 secs jog) & 30 secs fast (30 secs jog) x 5 sets.
Tuesday: Rest or 15-20 mins easy running.
Wednesday: 5-8 miles steady.
Thursday: 5 x 600 metres at 1500m pace (135-150 secs recovery).
Friday: Rest.
Saturday 8-12 miles steady.
Morning runs, if done, should be of 15-20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.
Monday: 60-75 mins fartlek inc. 10 secs fast (10 secs jog) & 20 secs fast (20 secs jog) & 30 secs fast (30 secs jog) & 40 secs fast (40 secs jog) & 50 secs fast (50 secs jog) & 60 secs fast (2 mins jog) x 3 sets.
Tuesday, Wednesday, and Friday: As Week one.

Week Three

Sunday: As Week One.
Monday: 60-75 mins fartlek inc. 10 x 60 secs fast (jog 60 and 90 secs alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 4 x 400 metres at 800m pace (3 mins recovery).
Saturday: 8-12 miles.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60-75 mins fartlek inc. 20 secs fast (15 secs jog) & 40 secs fast (30 secs jog) & 60 secs fast (45 secs jog) x 5 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5 x 1000 metres at 5K pace (60-90 secs recovery).
Saturday: Race or 8-12 miles steady.
Morning runs as Week One.

Vault gives student season jump start

ON Wednesday, November 4, the Universities' season began with the indoor freshers' competition, writes *Gordon Ritchie*.

The purpose of this fixture is to introduce new first year students to the sport and to encourage all athletes to compete in a wide range of events.

The latter aim was achieved in spectacular fashion this year with what is believed to be a Scottish native record in the pole vault. This was a new event in the match, with women competing for the first time. Glasgow's Gail Marshall won the event with a clearance at 2.20 metres. It remains to be seen whether this will be ratified as a record.

Elsewhere in the women's match, Edinburgh new girl Magda Elliot won the 60 metres in a respectable 8.6 seconds.

She is a newcomer to serious competition and, in the words of Edinburgh's captain: "She shows a lot of promise".

re-emergence of a female team from Dundee, with Stephanie Robin winning the shot (10.88m). With a bit of support, she could join with Lorna Silver and Mari Allison to form the nucleus of a squad.

In the men's event, Ken McNicol won a poor pole vault competition. The St Andrews student was below his best with a clearance at 3.20 metres.

There were also promising performances from Glasgow's David Reid (long jump 6.08 metres) and St Andrews student R. Sow (7.5 seconds in the 60 metres).

There is a degree of new talent in the universities this year.

In addition to the winners at the freshers' match, Dawn Burden is effectively commencing her first year as a student athlete as she missed all of last season due to injury.

There is also the possibility of Napier University becoming part of the circuit, and would allow ath-

Twins taking over Scottish athletics?

THE 13th Secondary Schools Road Relay Championships, sponsored by Scottish Power, were held at Grangemouth Stadium on November 14, with 555 runners representing 50 schools from Thurso in the north to Hawick in the south. None of the four trophies was retained by the 1991 winners.

The U15 girls race, in which 54 teams finished, was won by Whitfield High, from the same area of Dundee that produced Liz McColgan.

The team won in 24.53. In it were Sarah McCatton (8-08), Gillian Robb (8-26), and Kim Stephenson (8-19). Second were Bocclair Academy in 24.57, including Morag Ross (8-32), Vicky Letford (8-28), and Joanna Ross, at 7.57 the fastest lap.

The third team was Hunter High in 25.16, including Catriona Kerr (8-43), Lesley Cairney (8-08) and Rhona Kerr (8-25). Last year's champions, Hawick High were fourth in 25.40.

Incredibly, there were three sets of twins in the first four teams, and this twin-pattern was continued in the U15 boys' race when Vicky Letford's twin, John, ran the fastest lap as a member of Bocclair's silver medal team.

The race was won by Park Mains High, 30.02, with Tommy Yule in 9.55, Alasdair McLeod (10-11), and David Greig (9-56).

Bocclair's time was 30.17, with Ross McGrady in 10.22, Iain MacInnes in 10.06, and John Letford in 9.49. Third were Madras College in 30.21, with Sean Berry (10-03), Ian Rough (10-13), and Chris Seeley (10-11).

Smallest field of the day was the 015 girls' with 24 teams. Winners were The Mary Erskine School in 24.33. The team included Sarah Little, (8-20), Joanne Stevenson, (8-39), and Kristina Gormley in (7-34).

Kristina clocked joint fastest lap with Susan Hendry of Westhill Academy, the latter being the only fastest lap medallist whose team did not finish in the first three.

Second team were Dunfer-

line High in 24.46. The team included Jane Forsyth (8-05), Sarah Croucher (8-59) and Helen Steedman (7-43). Arbroath High were third in 24.56, with a team of Karen Sorenson (8-18), Jacqueline Yule (8-45), and Heather MacVicar, (7-53).

Glasgow High's gold medal team from 1991 were fourth in 25.16.

As usual, most interest seemed to be generated by the 015 boy race, won by Daniel Stewart's and Melville College, for whom Alasdair Donaldson came away strongly on the last leg.

The winning time was 26.38, with individual legs from Jamie Stevenson (8-53), Ross Tweedie (9-05), and Donaldson (8-40).

This follows the precedent set at the Primary Schools' Championship a fortnight earlier when DSMC won the P7 boys race. The future of road running certainly looks healthy in the Edinburgh school.

Second team was the all international squad from Douglas Academy in 26.53, with Scott McNellan recording 9.08, Mark Smith 8.40 and David Gorman 9.05.

Bronze medalists were Hawick High in 27.28, with Alan Caldwell clocking 9.04, Marc Wight 9.21, and Douglas Hughes 9.03.

The fastest lap was shared by Alasdair Donaldson and Mark Smith.

Finally, a few miscellaneous statistics:

Dingwall Academy's U15 and 015 girls' teams both recorded 26.32, and both finished in tenth place.

The fastest U15 girl's lap time would have given her sixth fastest lap in the 015 girls' race, but the fastest U15 boy lap would not have been placed in the first 50 in the 015 race.

The third placed U15 girls team would have taken fourth place in the 015 girls race, but third placed team in the U15 boys' race would only have finished in 26th place in the 015 race.

Junior Profile

Joanne Mary Ross



John Letford

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

Joanne Mary Ross.
February 18, 1981.
Bocclair Academy.
Victoria Park AAC.
John Ward.
Last autumn. My friend was already going to Victoria Park AAC and she suggested I should go along with her.
Cross country and 800 metres.
800 metres: 2:38.40.
The friends and the competition.
Just before a race - I get really nervous!
I don't have any yet!
Fastest lap time in the under-15 age group at the Secondary Schools Road Relay Championships.

BIGGEST DISAPPOINTMENT:
ATHLETE YOU MOST ADMIRE:
FORTHCOMING EVENTS:

None so far.
Liz McColgan.
The West District Cross Country Championships.
Playing the flute, reading books, swimming, hockey, tennis, and badminton.
"The Witches", by Roald Dahl.
"Home Alone".
I like lots of different music.
I don't really know yet. I like PE so I'd quite like to do it at college. But I also like art, French, and music!

FAVOURITE BOOK:
FAVOURITE FILM:
FAVOURITE MUSIC:
AMBITION OUTSIDE SPORT:

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

EVENTS:
PERSONAL BESTS:
ENJOY MOST:
LEAST ENJOY:
AMBITION IN THE SPORT:
HIGHLIGHTS SO FAR:

BIGGEST DISAPPOINTMENT:
ATHLETE YOU MOST ADMIRE:
FORTHCOMING EVENTS:
OTHER HOBBIES:
IDEAL MEAL:
FAVOURITE FILM:
FAVOURITE MUSIC:
FAVOURITE TV PROGRAMME:
AMBITION OUTSIDE SPORT:

John Letford.
March 27, 1979.
Bocclair Academy.
Victoria Park AAC.
Kate Young.
About six months ago. I was doing some running at school and I decided to join a club. I chose Victoria Park because my twin sister Vicky trains with them.
800 metres, 1500 metres, cross country, and road running.
800 metres: 2:22.00; 1500 metres: 4:51.
Competing.
Losing.
To be the best in Scotland at 1500 metres. Fastest lap time and a silver team medal (in the under-15 group) at the 1992 Secondary Schools Road Relay Championships; bronze in the junior boys' inter district 1500 metres; sixth fastest time in the junior boys age group at both the Scottish and West cross country relays.
All my races have been my best shot.
Curtis Robb.
Scottish Schools Indoor Championships.
Golf, tennis, and badminton.
I love soups - any kind.
"Robin Hood Prince of Thieves".
Madonna.
Home and Away.
I want to go back to America - I went to Florida this year and loved it.



Caroline Black

One girl who cannot be described as a newcomer to serious competition is Heriot Watt's PE student Joanne Ross, who easily won the high jump (1.55m) despite ankle and knee injuries. With her talent as a 1.70 high jumper and near-11 metre triple jumper, she will be a useful addition to an already strong team.

It was also refreshing to see the

letes such as Caroline Black and Emma Lindsay to compete.

When all things are considered, it appears to be a promising year. Although there were no outstanding performances at the freshers' match, it is essentially a low-key fun event and is too early in the season to be an accurate guide to form.

1992

Senior Women's
Rankings

IT has been a year of solid consolidation rather than startling achievement in the women's events, with a number of athletes poised to make a significant breakthrough. Aileen McGillivray dominated the sprints and Vikki McPherson may be the next distance star.

In the hurdles, Theresa Crosbie had an outstanding year, while Lorna Silver edged closer to 60 seconds in the 400, chased by intermediate Allison Curbishley.

The jumps saw improved distances from Hazel Melvin, Ruth Irving, Karen Hambrook, and Nicola Barr, while 50 metres could be bettered in 1993 by Alison Grey in the discus and Lorna Jackson in the javelin.

ARNOLD BLACK

Scottish Senior Women

100 metres

11.5w	Aileen McGillivray	EWM (11.54)
11.9w	Morag Baxter	COG (12.24)
12.0w	Melanie Neef	COG (12.38)
12.0w	Ruth Girvan	EAC
12.03w	Sinead Dudgeon (I)	EAC (12.07)
12.1w	Fiona Hutchison (I)	COG
12.1w	Angela Baxter	COG
12.1w	Mhairi Marr	Stew
12.1w	Katrina Leys (J)	Ab
12.1w	Elaine Julian (J)	Ayr
12.2w	Sarah Smith (I)	L'gelly
12.2w	Samantha Brown (I)	Ayr
12.2w	Lorraine Dick	COG
12.2w	Theresa Crosbie (J)	COG
12.2w	Jocelyn Kirby	Mid'bro
12.22w	Wendy Young (J)	Fife
12.3w	Louise Paterson (J)	Ab
12.35w	Caroline Black	EWM
12.39	Jane Fleming	COG

McGillivray's continued improvement, from 11.67 to 11.54 takes her to fourth Scot all-time, but there was little challenge to her at home and no breakthrough by any of the younger athletes. Marks have been listed as wind-assisted unless a legal wind reading has been noted. (1991 - 20th: 12.4.)

200 metres

23.4w	Aileen McGillivray	EWM (23.66)
23.8w	Angela Baxter	COG (23.89)
24.53w	Sinead Dudgeon (I)	EAC (24.84)
24.7w	Lorraine Dick	COG
24.7w	Wendy Young (J)	Fife (25.16)
24.78w	Morag Baxter	COG
24.8	Leigh Ferrier	Wigan (24.96)
24.8w	Gillian McIntyre	COG (25.28)
24.83w	Emma Lindsay	EWM
24.91	Melanie Neef	COG
25.00	Dawn Kitchen	EWM
25.00w	Ruth Girvan	EAC
25.00w	Fiona Calder	COG (25.2)
25.0w	Elaine Julian (J)	Ayr
25.1w	Katrina Leys (J)	Ab
25.17	Fiona Hutchison (I)	COG
25.20w	Caroline Black	EWM
25.2w	Tracy Black	Ayr
25.3	Denise Knox	Mid'bro
25.3w	Mhairi Marr	Stew
25.3w	Louise Paterson (J)	Ab
23.66	moves Aileen McGillivray up to sixth all-time in an event she ran occasionally. Angela Baxter ran well and both Sinead	

Dudgeon and Wendy Young showed marked improvement. (1991 - 20th: 25.4.)

400 metres

53.76	Gillian McIntyre	COG
54.08	Angela Baxter	COG
54.84	Wendy Steele	EWM
54.90	Leigh Ferrier	Wigan
55.2	Dawn Kitchen	EWM
55.38	Mary Anderson	EAC
56.04	Denise Knox	Mid'bro
56.9	Susan Bevan	Essex
57.07	Dawn Burden (J)	COG
57.2	Alison Brown	EWM
57.40	Susan Carruthers (J)	Ayr
57.5	Lorna Silver (J)	DHH
57.6	Fiona Calder	COG
57.77	Carmen Collins (J)	Ab
57.88	Allison Curbishley (I)	Mid'bro
57.93	Melanie Neef	COG
57.97	Suzanne Wood (J)	EWM
58.08	Lisa Vannet (J)	Arb
58.24	Emma Lindsay	EWM
58.3	Hazel Edgar	Nith
58.38	Claire Martin (I)	Fife

Personal bests for McIntyre, Steele, and Ferrier, and the increased number of juniors in the list is hopeful. (1991 - 20th: 58.2.)

800 metres

2-03.7	Susan Bevan	Essex
2-10.2	Mary Anderson	EAC
2-10.5	Janet Stewart	COG
2-10.53	Alison Potts (J)	COG
2-10.8	Carol Sharp (V)	COG
2-10.6	Carol Ann Gray	EAC
2-11.26	Isabel Linaker (I)	Pit
2-11.75	Suzanne Wood (J)	EWM
2-12.3	Laura Adam	Parkside
2-13.0	Alison Johnstone	EWM
2-13.5	Joanna Cliffe	EWM
2-13.6	Shiela Gollan	Inv
2-13.95	Yvonne Reilly (J)	DHH
2-14.0	Vicky Lawrence (J)	B'pool
2-14.13	Ainsley Normand	VP
2-14.2	Alison Smith	EWM
2-14.9	Sarah Edmonds	EVAC
2-15.64	Violet Blair (V)	EWM
2-15.87	Gillian Fowler (I)	COG
2-16.00	Louise Cormack (J)	EAC
Sue Bevan leads here by a mile and one can only hope that the juniors break 2-10 to add some quality to the event. (1991 - 20th: 2-15.9.)		

1500 metres

4-05.87	Yvonne Murray	EAC
---------	---------------	-----

4-07.29	Liz McColgan	DHH
4-16.95	Rhona Makepeace	Aust
4-18.16	Laura Adam	Parkside
4-21.91	Karen Hutcheson	Berry H
4-23.59	Susan Bevan	Essex
4-24.52	Isabel Linaker (I)	Pit
4-24.8	Joanna Cliffe	EWM
4-25.3	Vikki McPherson	COG
4-25.77	Carol Ann Gray	EAC
4-28.89	Shiela Gollan	Inv
4-30.54	Evelyn Grant	COG
4-31.1	Susan Ridley	EWM
4-32.11	Alison Potts (J)	COG
4-32.4	Annette Bell	Linc
4-33.4	Fiona Lothian	St Au
4-33.6	Sarah Edmonds	EVAC
4-33.7	Carol Sharp (V)	COG
4-33.9	Violet Blair (V)	EWM
4-36.14	Yvonne Reilly (J)	DHH
Take the leaders for granted and look instead to the improvement over last year of Linaker (from 4-31.1), Cliffe (4-38.1), and Potts (4-48.6). Better depth with 19 under 4-34 compared to 14 last year. (1991 - 20th: 4-38.1.)		

3000 metres

8-36.63	Yvonne Murray	EAC
8-41.07	Liz McColgan	DHH
9-03.51	Rhona Makepeace	Aust
9-05.33	Laura Adam	Parkside
9-07.36	Karen Hutcheson	Berry H
9-10.1	Vikki McPherson	COG
9-14.6	Annette Bell	Linc
9-28.2	Susan Ridley	EWM
9-41.27	Donna Rutherford (J)	JWK
9-43.37	Alison Rose	EWM
9-43.5	Jo-Anne Scott	Darl
9-43.7	Christine Price (V)	Bolton
9-43.94	Vicki Vaughan	Pit
9-46.1	Shiela Gollan	Inv
9-48.6	Sandra Branney	COG
9-51.3	Isabel Linaker (I)	Pit
9-53.4	Carol-Anne Barlay	COG
10-01	Evelyn Grant	COG
10-01.3	Anne Ridley	Shaft
10-04.7	Hayley Parkinson (I)	Balw HS
Vikki McPherson improved by a further 12 seconds to move to ninth all-time, while Donna Rutherford benefited from her spell at Loughborough to gain a British junior vest. (1991 - 20th: 9-57.27.)		

10000 metres

31-26.11	Liz McColgan	DHH
33-27.55	Vikki McPherson	COG
33-32	Annette Bell	Linc

34-39.16	Alison Rose	EWM
36-45.24	Jo-Anne Scott	Darl
37-39.5	Elaine McBrinn	She
37-55.00	Susan Lanham	Ab
38-12.20	Janet McCoil (V)	Blay
38-20.00	Jillian Grams (J)	Ab
Slow progress at this event, but Vikki McPherson moves to third all-time.		

Marathon

2-27.38	Liz McColgan	DHH
2-38-01	Lynn Harding	Hough
2-41-53	Karen McLeod	EAC
2-48-27	Alison Rose	EWM
3-00-04	Julie Armstrong	GN
3-03-53	Aileen Wilson (V)	DHH
3-05-24	Ginny Pollard	Fleet
3-05-43	Trudi Thomson	Pit
3-05-52	Lesley Watson (V)	LOAG
3-09-31	Anne Marie Hughes	Shett
3-15-54	E O'Brien	GGH
Each year, less Scots break three hours as the marathon continues to lose appeal. Alison Rose made a creditable debut.		

100 Metres Hurdles

13.9w	Theresa Crosbie (J)	COG (14.34)
14.0	Jocelyn Kirby	Mid'bro
14.3	Claire Doris	
14.3w	Lorna McCulloch	EWM (14.95)
14.43w	Sarah Richmond (J)	Pit (14.5)
14.89w	Gail Murchie	Aber (15.39)
14.9w	Ruth Irving (J)	Wirral (15.2)
14.9w	Gemma Samphire (J)	Dorch (15.2)
15.2w	Isobel Donaldson	Ald/WRAF
15.3w	Beverley Ross	DHH (15.70)
15.67	Emma Lindsay	EWM
15.68w	Caroline Black	EWM (16.42)
15.7w	Hazel Edgar	EWM (16.45)
15.8w	Elaine Donald (J)	Helen
15.98w	Jean Harvey	Nith
16.2w	Joanna Cadman	EWM
16.2w	Moira McBeath	Caith
16.2w	Fiona Watt (J)	COG
16.52	Fiona Allan (I)	Ruddington
16.63w	Louise McMillan (J)	EWM
In her first season at the distance, Theresa Crosbie made astonishing progress to lead the rankings. Jocelyn Kirby made a welcome comeback, but the list tails away very quickly below 15.0. (1991 - 20th: 16.2.)		

400 Metres Hurdles

60.5	Lorna Silver (J)	DHH
61.04	Allison Curbishley (I)	Mid'bro
61.45	Joanna Cadman	EWM
61.47	Hazel Edgar	EWM

61.49	Fiona Laing	Un
62.50	Janet O'Neil (J)	COG
62.6	Suzanne Wood (J)	EWM
62.98	Birgit Kruekels	EWM/EVAC
63.80	Jane Low	COG
63.9	Moira McBeath	Inv
64.0	Isobel Donaldson	Ald/WRAF
64.2	Fiona Watt (J)	COG
64.76	Alison Brown	EWM
66.48	Lindsey White (J)	Stew
66.5	Margaret Southern (V)	Wycombe
67.4	Margaret Dalton (I)	JWK
67.7	Gail Murchie	Aber
67.8	Kerry Beveridge (J)	EAC
68.5	Claire Webster (I)	Nith
68.6	Colette Crawford	PSH

We're still waiting for the break under 60 seconds, but they're queuing up to make it. Silver, Edgar, and O'Neil all improved but inter Curbishley ran 61.04 in her first attempt at the distance. Fiona Laing showed them all how it should be done. (1991 - 20th: 68.4.)

4x100 Metres Relay

46.4	City of Glasgow AC
46.57	National Team
47.66	Scotland Under-23
47.8	East District
47.8	West District
48.0	Edinburgh Woolen Mills
48.3	Scottish Schools (I)
49.31	Ayr Seaforth AC
49.33	Aberdeen AAC
49.7	Edinburgh Schools (I)
49.8	St George's School (I)
50.3	Edinburgh AC (I)
50.81	Lochgelly & District (J)
50.9	Fife Schools (I)

4x400 Metres Relay

3-41-94	National Team
3-47-21	City of Glasgow AC
3-49-28	Scotland Under-23
3-49-9	West District
3-50-2	Edinburgh Woolen Mills
3-51-1	East District
3-59-6	Edinburgh AC
4-06-70	Scottish Schools
4-07-2	Ayr Seaforth AC
4-07-81	Aberdeen AAC
4-08-21	Victoria Park AAC (J)
4-11-3	Dundee Hawkhill Harriers
4-12-4	Arbroath & District
4-16-5	Inverness Harriers AC
4-18-1	Babcock Thorn Pitreavie AAC
4-18-3	Fife AC
4-19-2	Nith Valley AC

High Jump

1.78	Gemma Samphire (J)	Dorch
1.78	Hazel Melvin (J)	Troon
1.76	Rhona Pinkerton	COG
1.75	Karen Hambrook	Ash
1.74	Lisa Brown (I)	L'gelly
1.70	Louise McMillan (J)	EWM
1.68	Emma Lindsay	EWM
1.67	Joanna Ross (J)	Kil
1.65	Linda Gordon (J)	COG
1.65	Wendy MacDonald	C'bridge
1.65	Gail Taylor (I)	COG
1.65	Karen Hay	Essex
1.61	Jacqueline Tindal (G)	Fife
1.61	Lee McConnell (G)	COG
1.60	Beth Phillip (J)	Ab
1.60	Julie Reid (I)	Kil



Pamela Anderson

1.60	Katherine Guthrie (J)	EAC
1.60	Ruth Irving (J)	Wirral
1.60	Jennifer Dale (I)	Ayr
1.60	Caroline Black	EWM
1.60	Heather Pirie (J)	Ab

Hazel Melvin improved to ninth all-time in a year in which she won GB junior vests along with the UK junior title. She is joined by new-found Anglo Samphire, previous best 1.73, who lacked Hazel's consistency. Lisa Brown continues to improve. (1991-20th: 1.57.)

Long Jump

6.22w	Ruth Irving (J)	Wirral (6.14L)
6.06L	Karen Hambrook	Ash
6.00	Caroline Black	EWM
5.95	Linda Davidson	Ab
5.77	Nicola Barr	EWM
5.70	Mhairi Marr	Stew
5.67	Pamela Anderson (I)	COG
5.64	Emma Lindsay	EWM
5.58	Karen McNamee (I)	COG
5.55	Isobel Donaldson	Ald/WRAF
5.54	Sarah Ramminger (I)	Arb (5.40L)
5.53	Sarah Still (I)	Ab
5.53w	Fiona Allan (I)	Rud (5.29L)
5.36	Jeanette Adair (I)	L'gelly
5.34	Mhairi Ward (I)	EAC
5.34	Jean Harvey	Nith
5.33	Lynne Shorthouse (J)	L'gelly
5.32	Juliana Paika (I)	COG
5.31	Sinead Dudgeon (I)	EAC
5.29	Sharon Docherty	Pit

Ruth Irving edged forward to fifth all-time with her 6.14 while representing GB juniors and Linda Davidson improved from 5.70. So few wind speeds are recorded, but where such information is available it is noted by 'w' for windy or 'L' for legal. (1991 - 20th: 5.26.)

Triple Jump

12.93w	Karen Hambrook	Ash (12.88L)
12.34	Nicola Barr	EWM (12.22L)
11.68	Linda Davidson	Aber (11.64L)
11.15	Louise McMillan (J)	EWM (10.68L)
10.99	Pamela Anderson (I)	COG
10.95	Mhairi Marr	Stew
10.84	Wendy McDonald	Camb
10.82	Seta Krikorian	EVAC
10.80	Joanna Ross (J)	Kilb
10.66w	Jacqueline Soutar	Tay (10.29L)
10.61	Claire Cameron	COG
10.59	Hilde Markhus	GVAC
10.56	Jean Harvey	Nith

10.40	Jeanette Phee	Kilb
10.31	Elaine Donald (J)	Helen
10.26	T. Lowe	EVAC
10.26	Charmaine Friel (J)	FVH (10.07L)
10.09	Janell Currie	COG
10.07	Lynne Aitchison (I)	Mei
9.81	Sarah Christie (J)	DHH

A new national record for Hambrook and native record for Barr as this infant event shows major improvement. There were 19 above 10 metres compared to 12 in 1991.

Shot Putt

15.72	Alison Grey (J)	EAC (15.17)
14.03	Helen Cowe	Aber
13.26	Mary Anderson	EAC
12.61	Julie Robin (I)	Helen
12.13	Lynne Barnett (J)	PSH
11.65	Heather Yule (V)	Newbury
11.62	Karen Savill/Costello	EAC
11.62	Alison Dutch	EWM
11.51	Andrea Rhodie	COG
11.36	Stephanie Robin (J)	Helen
11.30	Claire Cameron	COG
11.30	Karen Hambrook	Ash
11.29	Eleanor Garden (I)	Pit
11.23	Diane Sutherland	EWM
11.19	Linda Low	EAC
10.99	Isobel Donaldson	Ald/WRAF
10.94	Hilde Markhus	GVAC
10.76	Lorna Jackson (J)	EWM
10.54	Helen Cromarty	Ork
10.53	Jill McNidder	Kilb

Grey moves to second all-time behind Meg Ritchie with her indoor mark. Helen Cowe becomes only the sixth Scot to break 14 metres. Julie Robin threw well in her first year with the weight. (1991-20th: 10.18.)

Discus Throw

A black and white photograph of a female athlete, likely a cross-country skier, captured in a dynamic pose during a race. She is wearing a dark, padded winter racing suit with a light-colored stripe on the sleeve. Her hair is pulled back with a headband, and she has a focused expression. The background is blurred, suggesting an outdoor setting.



Racing Club take the Road to Success



Margaret Montgomery reports on the *Edinburgh to Glasgow Road Relay*.

RACING Club Edinburgh retained their Edinburgh to Glasgow Road Relay title on November 15.

Winning five of the fastest stage honours and taking the overall prize in a time of 3-38-50

Edinburgh team to an early lead when he won the first stage from Falkirk's Kenny Rankine with exactly 0.2 seconds to spare. However Alan Robson, who took over from Kirkwood on the second leg, was soon caught and over-

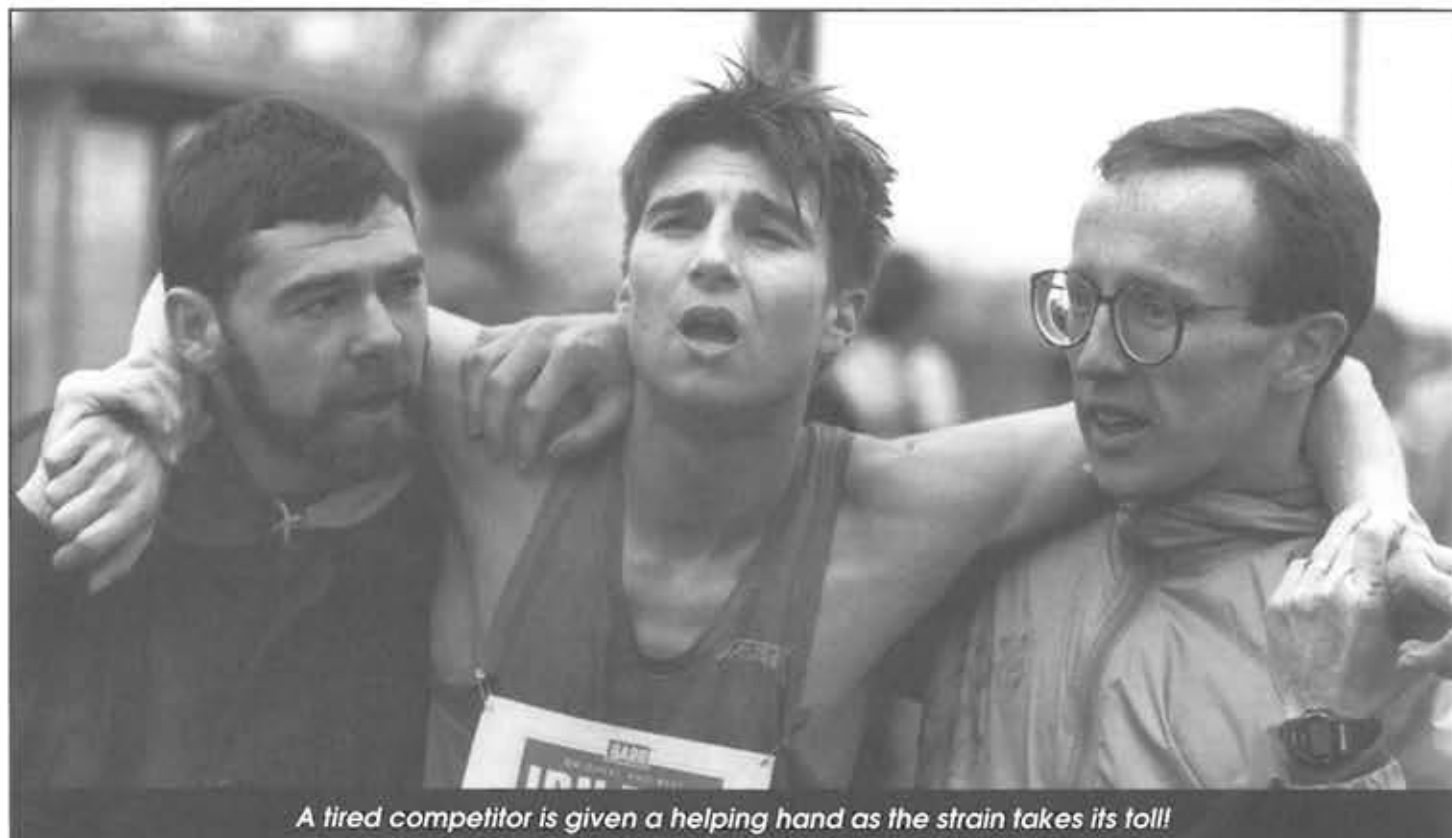
who ran Racing Club's third leg, stormed his way to Armadale, not only putting his team back in the lead but chalking up the fastest stage time (24-08) into the bargain.

John Sherban, running Falkirk's sixth stage, also put in an outstanding leg, gaining considerable ground on Racing Club's John Robson when he clocked

24 and 27-45 respectively for good measure.

Despite the dominance of the Racing Club men, there were some fine individual performances from other runners.

Particularly outstanding was Kilbarchan's Robert Quinn, who moved up eight places to take his team into third position by the end of his second stage run.



A tired competitor is given a helping hand as the strain takes its toll!

- almost three minutes ahead of second placed Falkirk Victoria - Racing Club looked invincible throughout most of the eight stage race.

Only on the second leg of the race did the distinctive "radioactive cherry" of Racing Club's strip drop back from pole position.

Brian Kirkwood had taken the

taken, first by Falkirk's Steve Binns and then by Cambuslang's Graeme Croll.

It was only a momentary blip on an otherwise smooth path to victory.

By the third changeover at Dechmont, Racing Club had re-established their lead and from then on never lost it. Scott Cohen,

31-46 for his 5.5 mile stretch.

Falkirk, however, were unable to build on Sherban's work. Racing Club's final runners were international steeplechaser Tom Hanlon and marathon runner Peter Fleming.

Both pulled back much of what Sherban had gained and put in fastest stage times of 24-

His time in doing so - 28-41 - was the fastest for the six mile leg from the Maybury Roundabout to Broxburn.

Overall third place was taken by non-counting Norwegian guest team Skjalg (3-43-19) and "official" third place by Cambuslang in 3-44-45.

Skjalg, who sent a team to

Race & Training 19 Planner 93

APRIL

1	
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4	Glen Fruin Road Race
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9	Full Weekend Event - 31st Isle of Man Easter Athletics Festival
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MAY

1	Stranraerathon
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9	Gourock Highland Games, Aberfeldy Half Marathon
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16	Hughes Glenrothes Rd Running Festival: Bathlon, 10K Wheelchair Race, Half Marathon, 10K Rd Race, 5K Fun Run, Junior Fun Run
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26	Swinton Insurance 4x2 Mile Relay (AI) - Greenock
27	Helensburgh 10K Road Race
28	
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30	Cowal Police Half Marathon, Dunoon
31	

JUNE

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6	Grand Prix Triathlon - Aberfeldy
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9	Wigtown D.C. Open Graded Meeting, Dumbarton Academy 10K Road Race
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12	Isle of Skye Half Marathon
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20	Loch Rannoch Marathon & Half Marathon, IBM Inverclyde Marathon - Greenock, 10K Kidney Research - Inverclyde Greenock
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27	Polaroid Vale of Leven Scottish 10K Road Race Championship
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SCOTLAND'S Runner

JANUARY

FRI	1
SAT	2
SUN	3
MON	4
TUE	5
WED	6
THU	7
FRI	8
SAT	9
SUN	10
MON	11
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WED	13
THU	14
FRI	15
SAT	16
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SUN	24
MON	25
TUE	26
WED	27
THU	28
FRI	29
SAT	30
SUN	31

Cumnock Open Cross Country Races Tel 0290 24876

FEBRUARY

MON	1
TUE	2
WED	3
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FRI	5
SAT	6
SUN	7
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SAT	13
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FRI	26
SAT	27
SUN	28

MARCH

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TUE	30
WED	31

"A.D.C. Smokies Ten"
Nam Investments and Estate Agents 10K & Fun Run

Aloa Advertiser Half Marathon



Shettleston runners pass the baton.



Tom Hanlon up front.

Left:
John
SherbanRight:
Scott
CohenAll pictures by
Robert Perry

the Edinburgh to Glasgow race in 1980, declared themselves "a bit surprised" by the amount of traffic they had to contend with. "I almost ran into cars at some points," said first stage runner Rolf Vestre.

"I think the course is a bit too busy in parts. It seemed dangerous."

Skjalg also found the race difficult from the point of view of placing their runners.

"We didn't know anything about the course, which parts were uphill and so forth," said Vestre. "If we had done we might have been able to place our runners on more suitable legs."

No doubt Skjalg would have modified their complaints about vehicles had they competed in last year's event. Traffic on the last leg from Ballieston to George Square had been so severe that it had disrupted the race.

This year, a new course finishing at Crownpoint was devised. Although a mile longer than the 53 year old course teams competed over in 1991, it was felt - rightly - that a Crownpoint finish would allow the last leg runners a smoother run.

For Racing Club, however, there must have mixed feelings

about this attempt to beat the congestion.

They saw the fruits of their efforts diminish in the chaos which surrounded the George Square finish last year.

However, this year the team finished less than five minutes down on the record set by Edinburgh Southern Harriers on the old, shorter, course in 1975.

Would they have outshone the stars of 1975?

We'll never know for sure, but Racing Club's 1992 team was of similar calibre to ESH's 1975 line-up.

Sadly, for many onlookers, some of gloss was taken off Racing Club's achievement when what should have been healthy rivalry between their team and Falkirk's degenerated into full-blown acrimony.

With fists flying at the side of the road and Falkirk's Gary Grindlay holding an ice-pack to his bruised head at the presentation ceremony, there were moments when the performances of certain athletes were better suited to the boxing ring than road running. Such scenes only shame Scottish athletics.

Far left:
All change!Left: John
Robson
keeps up
the pace.



October

8

Scottish Fire Brigade 5 mile CC
Race Cumbernauld -

1, P Carroll (Str) 27:51; 2, D Buchanan (Str) 28:10; 3, R Brown V1 (Str) 28:18; 4, L Fortune V2 (Fif) 28:12; **Team:** Strathclyde 6 points.

Strathclyde Div Champs: 1, S Eaglesham, 2, R Cheyne; 3, P Ogden
Divisional Team: South of Clyde.

18

Kirkintilloch Olympians CC
Meeting, Lenzie -

Seniors: 1, J Cooper (Spr) 32:41; 2, J Reid (Law) 34:49; 3, H Gorman (Spr) 37:27; 4, P Kelly V1 (Law) 37:33; 5, K MacLure (Kirk) 37:40; 6, J Hastie V2 (Spring) 38:11; 7, L Bruce LV1 (Spr) 40:23; 8, K MacRae V4 (VP) 40:53; Springburn 9pts.
Youths: 1, D Gorman 13:26; 2, M Smith 13:34; 3, C Allison 13:53; 4, G Hilliar 14:12; 5, J Thomson (Avon) 14:15; 6, C Moffat (Law) 14:42.
Teams: 1, Victoria Park 6pts; 2, Law 27.

Senior Boys: 1, A Young 10:16; 2, S Murray 10:16; 3, P Young 10:21; 4, P Dennis 10:30; 5, J Madden 10:32; 6, K Hastie 10:42. **Teams:** 1, Victoria Park 14pts; 2, East Kilbride 34; 3, Airdrie 39.

Junior Boys: 1, J Hendrie 11:07; 2, J Letford 11:10; 3, A Murray 11:26; 4, M Paton 11:28; 5, A Morgan 11:35; 6, J Smith 11:37. **Teams:** 1, Springburn 12pts; Airdrie 21; 3, Victoria Park 29.

Colts: 1, T Daffrin (Air) 5:52; 2, B Dechrie (Law) 5:56; 3, C Daly (VP) 5:58; 4, S Higgins (Irv) 6:00; 5, K Callaghan 6:10; 6, A Arendy (Hel) 6:15. **Teams:** 1, Airdrie 15pts; 2, Law 26; 3, Victoria Park 32.

Women: Seniors: 1, K MacMillan 23:55; 2, R Macaulay (Bath) 24:10; 3, E MacBrine (She) 24:17; 4, V Weeks (Euni) 25:59; 5, E Scott (West) 26:30; 6, L Chisholm 26:42. **Teams:** 1, Edinburgh University 17pts; 2, Strathkelvin 24.

Inters: 1, E Gorman (VP) 14:55; 2, L Bailey (Avon) 16:17; 3, L Moody (COG) 16:40; 4, C MacCarron (Strath) 16:46; 5, L Duffy (Har) 16:52; 6, C Miller (Irv) 17:22. **Teams:** 1, COG 28pts; 2, Strathkelvin 32; 3, Central Region 32. **Girls:** 1, C Morris (JWK) 11:27; 2, K Montidor (Central) 11:35; 3, S MacNairnie (Irv) 11:53; 4, L Robertson 12:04; 5, S Wilson (KO)

12:09; 6, T Tie (Law) 12:23. **Team:** 1, Irvine Cable 24pts; 2, Law 33; 3, Helensburgh 40.

Minors: 1, L Harrison 12:00; 2, D Murray (Lass) 12:05; 3, L Gauld (EAC) 12:16; 4, L Redford (EAC) 12:28; 5, S Clarkston (Law) 12:41; 6, D MacMorran (COG) 12:42. **Teams:** 1, Edinburgh AC 8pts; 2, Ayr 31; 3, East Kilbride 40.

Mini Minors: 1, M Donnelly (Ayr) 6:14; 2, C Johnstone (Dun) 6:18; 3, K Cannan (Law) 6:22; 4, A Lang (Ayr) 6:24; 5, S Carrin 6:29; 6, R Clark (Ayr) 6:32. **Team:** 1, Ayr 11pts; 2, Law 30; 3, Kirkintilloch Olympians 34.

Kirkhill Forres 8 mile race,
Aberdeen -

1, R Taylor (Met) 47:00; 2, S Wynn (Ab) 51:12; 3, J Hanlon (DRR) 51:21; 4, N Bowman (Loch) 51:25; 5, S Willox (Met) 51:35; 6, K Farquhar (Met) 51:43; 7, H Lorimer (HBT) 51:46; 8, P Jennings (Met) 52:00; 9, D Duguid (TVH) 52:10; 10, M Edwards (Ab) 52:44; 11, C Noble (Fraser) 53:06; 12, S Hastie (Pet) 53:11; 13, E Rennie (Ab) 53:11.

Women: 1, L Bain (Ab) 56:49; 2, S Fraser (Loch) 58:39; 3, M Robertson LV2 (DRR) 59:28; 4, A Jones (Ab) 62:35; 5, G Hanlon (DRR) 62:44; 6, N MacKinnon LV4 (Ab) 64:56.

Teams: Men: 1, Metro 12pts.
Women: Aberdeen 11pts.

24

SAF National CC Relay Champs,
Cumnock -

Senior 4x2.5 mile: 1, Cambuslang 54:10 (S Wylie 13:54, G Croll 13:24, D Runciman 13:52, T Murray 13:00); 2, Kilbarchan AC 55:04 (T Hearle 14:14, R Fitzsimmons 13:48, T Anderson 13:52, R Quinn 13:10); 3, Racing Club Edinburgh 55:13 (I Brown 13:37, J Graham 14:03, J Robson 13:50, S Cohen 13:43); 4, Teviotdale 55:50 (I Elliot 14:10, D Barr 14:12, A Walker 13:48, D Kavers 13:40); 5, Racing Club B 55:52 (G Crawford 13:59, B Kirkwood 13:43, D Ross 13:53, A Robson 14:17); 6, GGH 56:02 (W Jenkins 14:03, H Cox 13:46, J Bennett 14:39, A Puckrin 13:34); 7, Shettleston H 56:26 (P McDevitt 14:33, N Muir 13:36, J MacKay 14:32, W Coyle 13:45); 8, ESH 56:58 (K Lyall 13:56, G Stewart 13:51, D Garner 15:19, I Steel 13:52); 9, VPAAC 57:19 (C Little 15:20, F McGowan 13:37, C Greenhalgh 14:19, S Barnett 14:03); 10, Ayr 57:22 (G Whight 13:21, L Baker 14:33, J Caird 15:01, T Lawrence 14:27); 11, Cambuslang B 57:26 (J Brown 14:53, R Arbuckle 14:00, W McTaggart 14:10, M Gormley 14:23); 12, Aberdeen 57:29 (A Reid 13:47, J Musgrave 14:19, F Boyne 14:18, S Wynn 15:05); 13, Racing Club C

58:01 (S Kerr 14:00, P Fleming 14:09, D Gardner 14:27, T Hanlon 15:25); 14, Irvine Cable 58:03 (C Miller 14:31, W Richardson 13:38, L Richardson 14:49, B Craig 15:05); 15, FVH 58:13 (D McMillan 14:35, W Greive 14:42, K Rankin 14:14, M McDonald 14:42); 16, Edinburgh Uni 58:24 (T Catermole 14:44, T Hely 14:38, W McNemery 14:00, P Bovill 15:02); 17, Bellahouston 58:36 (D Truesdale 14:43, A McAngus 14:47, G Bell 14:50, W Robertson 14:16); 18, Shettleston B 58:48 (A Coyne 14:27, A Little 14:17, A McCormack 14:17, D Crowe 15:47); 19, Springburn H 58:53 (A Callen 13:26, A Chalmers 14:48, A McIndoe 15:11, J Ball 15:28); 20, Annan 59:05 (C McCann 14:40, K Connelly 13:44, R O'Hara 15:14, P Crosbie 15:17); 21, Tev B 59:10; 22, Maryhill 59:14; 23

DHH 59:21; 24 IBM 59:21; 25, Liv 59:35; 26, Clydesdale 59:42; 27, Greenock Glenpark 59:44; 28, Falkirk 60:04; 29, JWK 60:11; BTP 60:17; 30, Glasgow Uni 60:23; 31, Strathclyde 60:28; 32, FMC Carnegie H 60:36; 33, Cambuslang C 60:37; 34, DHH B 60:38; 35, East Kilbride 60:4; 36, Irvine Cable B 60:57; 37, Perth Strath tay H 61:07; 38, Bella B 61:13; 39, Ayr Seaforth B 61:14; 40, Strathclyde Uni B 63:24; 41, S Valley B 61:37; 42, Hunters Bog 61:39; 43, FMC Carnegie B 61:48; 44, Clydesdale B 61:51; 45, Vic Park B 62:03; 46, Fife AC 62:05; 47, Cambuslang D 62:07; 48, Harmer 62:11; 49, Edinburgh Southern B 62:30.

Fastest stages: 1, T Murray 13:00; 2, R Quinn 13:10; 3, G Whight 13:21; 4, G Croll 13:24; 5, A Callen 13:26;

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Mobility during the
winter season

Tony Bateman, group
coach for jumps in
Scotland,
discusses the
importance of
mobility.

A SHORT time ago I asked a group of athletes why they thought mobility was included as part of a balanced diet of training. Half in fun (I hope) the answer that came back was "torture".

That made me wonder how widely held this opinion of mobility training was. Had coaches failed to get the message across that mobility benefits performance?

There is a reluctance to inflict pain on oneself, and if the results are not immediately obvious I can see why.

However, the consequence is

and look at the benefits mobility brings, particularly during the winter season.

From October through to April the foundations of strength training are laid for the summer season.

If the body is subjected to strength training alone the result of the consequent muscle breakdown and rebuilding during the rest is to cause the muscles to shorten. If that process is allowed to continue, range of movement becomes restricted, the ability to perform with good technique is impaired, and performance suffers.

A warm-up and stretch will have the usual benefits of raising muscle temperature and efficiency, raising the activity level of oxygen transport systems, and preparing the body for exercise so that injury is unlikely.

However, unless the exercises are extended to ensure a range of

cific drills, an overall sacrifice of competition efficiency, and awkward movement, whereupon the spectre of injury rises.

This is particularly true of the jumps where the phases of approach, take-off, and flight can each or all be affected, making the task of coaching technique far more difficult than it should be.

A simplified example using sprinting may illustrate this point more clearly.

Consider a sprinter who covers 100 metres with a constant stride length of two metres. That takes just 50 strides. If the stride length is reduced by 10% to 1.80m, 55.5 strides are required for the same 100m. Assuming the sprinter has the same stride rate, if the two metre stride gave a 10 seconds timing, the 1.80m stride will increase that to 11.1 seconds!

So what should we do? First a general warm-up to increase the deep muscle temperature. This might be jogging or cycling. It should be followed by general stretches, progressing to those stretches related specifically to the particular event.

Stretches here will probably only test the end point of movement but not attempt to extend it. Event specific drills can follow.

With the athlete nicely warm, mobility exercises should be performed in a warm and dry environment.

The difference between stretching and mobility exercises is that the mobility improvement is done at the end point, and that is where the pain comes in.

Each exercise is usually specific to a particular muscle group and should be a stretch until some pain or discomfort is felt, indicating the end point is near.

Staying in that position for a few seconds to allow the muscles under stretch to relax again will permit a further extension to the true end point when discomfort is again felt.

This position should be held for at least six seconds, and I have seen recommendations for up to 60 seconds. The level of discomfort will usually dictate the stretching time. Alternating sides will allow relaxation. Stretches should be applied at least three times.

One way of improving the effectiveness of this is to use different exercises for the same muscle group to maintain interest.

This kind of passive stretching can be done using apparatus by an athlete training alone. It can also be done with the assistance of a trusted training partner or coach.

Here the athlete allows a passive stretching to be performed by the assisting person but must retain complete control.

As soon as discomfort is felt the movement must be stopped and held as before.

The training partner association works well if mutual aid is provided since a common feeling of when to stop and hold is built up.

Passive stretching, either alone using apparatus such as wall bars, tables, gymnastic boxes, etc, or with physical assistance, will generally show sufficient mobility increase.

If not, the method of Proprioceptive Neuromuscular Facilitation (PNF) is now believed to make the most rapid gains in mobility.

This technique, using maximum contractions alternating with relax-and-stretch, needs to be done in a carefully controlled way.

Before starting, get advice and instruction from a coach or physiotherapist able to demonstrate clearly the practice and exposures of this technique.

To summarise then, far from being a punishment coaches apply to their charges, mobility routines are an essential part of a training programme. This is particularly so during the winter season.

Without maintaining flexibility, much of the winter strength work could be wasted by the inability to apply it.



that mobility exercises are done with little enthusiasm. This in turn leads to little or no benefit which compounds the mistaken belief that mobility does little good and can be limited to just a warm-up and stretch. So let's try to reverse the trend

movement beyond that required for the event, and this extension can be maintained, problems result.

I have mentioned the lessening ability to perform with good technique. This is followed by the inability to acquire skill in event spe-

Park B 39-10 (R Elliot 13-32, E Cameron 13-23, M Smith 12-15); 10, EAC 39-10 (R McDowall 13-59, M Munro 13-17, T Winters 11-54); 11, FVH 39-12 (G Cowper 13-12, R Smith 13-59, S Robertson 12-01); 12, Corstorphine AC 39-20 (C O'Brien 12-56, T Norwood 13-29, M Anderson 12-55); 13, Cumnock and District AC 39-28 (S Bodys 13-35, K Mullen 13-52, K Mason 12-01; 14, Inverness B 39-34, J McLancy 13-43, A Thompson 13-02, P McIntyre 12-49); 15, She 39-38 (D Gow 14-26, G Harris 12-46, D Connolly 12-26); 16, Ayr 39-39; 17, EK 39-40, 18, Fife 39-43, 19, Fife B 39-46, 20, Dundee HH 39-59; 21, VP C 40-10, 22, FVH B 40-19; 23, Cambus C 40-20; 24, Law 40-34; 25, Cambus 40-37; 26, Kilb 40-59; 27, Clydesdale 41-06, 28, Vic Park 41-07, 29, Inverness 41-12; 30, Springburn B 41-46.

Fastest: Jun Boys: 1, C O'Brien 12-54; 2, G Lyons 13-05; 3, S Lauder 13-07; **Sen:** 1, S Kennedy 11-50; 2, A Donaldson 11-59; 3, I Reid 12-00; **Youths:** 1, C Clelland 11-52; 2, T Winters 11-54; 3, K Mason 12-01.

25

Pitreevie Women's CC League Rosyth -

Sen: 1, S Ridley EWM 20-21; 2, L McIntyre (COG) 20-24; 3, S Kennedy (VP) 21-13; 4, E MacKay (She) 21-18; 5, R McAllease LV1 (SVHC) 21-34; 6, K McMillan (EU) 21-42; 7, H Kjeldsen (Liv) 22-16; 8, C Brown LV2 (Fif) 22-30; 9, A Wilson LV3 (DHH) 22-24; 10, V Weeks (EU) 22-50. **Teams:** 1, Fife 45pts; 2, Pitreevie 61; 3, Edinburgh AC 66.

Inters: 1, C Simpson (EAC) 15-04; 2, E Gorman (VP) 15-11; 3, K Gormley (EWM) 15-20; **Teams:** 1, Harmeny 44pts; 2, EWM 49, 3, DHH 53.

Girls: 1, Kay McNab (Cen) 12-09; 2, K W Scott (MRR) 12-14; 3, C Morris (JWK) 12-19; **Teams:** 1, Pit 39pts; 2, Cof G 42; 3, JWK 46.

Minors: 1, S Leibnitz (Mor) 12-47; 2, D Murray (Lass) 12-50; 3, H Smith (Ab) 12-53. **Teams:** EAC 17pts, 2, Moray RR 42, 3, CoG 47.

Mini minors: 1, C Cowper FVH 6-11; 2, R Gibson (Harm) 6-12; 3, G Kyles (DHH) 6-17; **Teams:** DHH 24pts, Ayr 37, FV 41

31

Maryhill Harriers Schools CC League, Bocclair -

Youths: 1, R Cunningham (StAl) 19-32; 2, P Cairney (JPA) 3, F Goodstadt (StAl) 20-08; **Team:** St Aloy College.

Sen boys: 1, M McGowan (St Rocks) 15-05; 2, E Cameron (Boc) 15-11; 3, M Bailley (Boc) 15-24; **Team:** Bocclair.

Jun Boys: 1, J Letford (Boc) 11-10; 2, M Paton (THS) 11-16 R McGrady 11-36; **Team:** Bocclair.

Colts: 1, G Mulheron (StMatt) 7-51; 2, S McGuran (StGr) 8-01; 3, M Lees (StMatt) 8-50; **Team:** St Matt.

Sen Girls: 1, O Drennen (Boc) 14-05; 2, L Cornduff (StAl) 14-51; 3, P Frame (StAl) 15-05;

Jun girls: 1, J Ross (Boc) 8-19; 2, J McGuire (Turn HS) 8-40; 3, M Ross (Boc) 8-44; **Team:** Bocclair Ac.

Minors: 1, L Letford (Kil) 10-28; 2, D Kennedy (StM) 10-39; 3, S Jeffries (Kil) 10-57; **Team:** Killermont.

November

1

Stewarton CC Races -

Sen men: 1, J Brown (Cam) 23-06; 2, T Lawrence (Ayr) 23-23; 3, J Timmons (Kil) 23-31;

Jun: 1, M Rae (She) 26-04;

V/040: R Cheyne (Irv) 25-32; **V0/50:** J Kyle (Cum) 27-34; **V0/60:** J Robertson (Troon) 32-12.

Youths: 1, G Hillier (VP) 15-49; 2, S Schendel (Cum) 16-06; 3, A Kidd (JWK) 17-00.

Sen Boys: 1, P Young (VP) 7-40; 2, D Grieve (Hel) 7-56; 3, M McKewan (MH) 8-01.

Jun Boys: 1, J Letford (VP) 3-58; 2, S Bodys (Cum) 4-00; 3, J Smith (Hel) 4-08;

Colts: 1, K Taylor (Gir) 4-13; 2, G Mulheron (MH) 4-15; 3, A Auld (Cum) 4-20;

Women: 1, S McGregor (JWK) 18-50; 2, A Murray (Kil) 19-43; 3, J Byng (LV1) (Irv) 20-00; 4, F Farquhar (LV2) (Cai) 20-06; 5, M Menzies (LV3) (Kil) 20-16;

Junior women: 1, S Curruthers (Ayr) 21-30;

Inters: 1, N Fleming (Kil) 20-58; 2, J Walker (JWK) 21-31; 3, S Dyer (Ayr) 21-55.

Girls: 1, E McClung (Irv) 9-10; 2, K Gallagher (Hel) 9-16; 3, F Andrews (Cum) 9-30; **Minors:** 1, A Church (Ayr) 7-50; 2, L Walsh (Hel) 8-01; 3, L Livingston (Cum) 8-10.

Mini minors: 1, R Clarke (Ayr) 4-47; 2, M Donnelly (Ayr) 4-54; 3, M McKinley (Hel) 4-52.

Sen men: 1, I Brown (RCE) 30-37; 2, D Farrell (EAC) 31-14; 3, D Scobie (Dum) 31-16; 4, T Mendum (Cor) 31-27; 5, S Campbell (Liv) 31-53; 6, A Rammage (Law) 31-56; 7, D Slythe (EAC) 31-57; 8, D Law (Cor) 32-16; 9,

Lasswade CC Races (including Scottish League) at Bonnyrigg -

Sen men: 1, I Brown (RCE) 30-37; 2, D Farrell (EAC) 31-14; 3, D Scobie (Dum) 31-16; 4, T Mendum (Cor) 31-27; 5, S Campbell (Liv) 31-53; 6, A Rammage (Law) 31-56; 7, D Slythe (EAC) 31-57; 8, D Law (Cor) 32-16; 9,

A Reid V1 (Tev) 32-26; 10, C Smith V2 (EAC) 32-28; 11, K Rose V3 (Un) 34-06.

Teams: 1, Edinburgh AC 19 pts; 2, Cor 34; 3, Pen 38.

Vets team: 1, Law & District 1-02.

Youths: 1, C Clelland 2050; 2, T Winters EAC 21-13; 3, B Robinson (Ayr) 21-24. **Teams:** 1, Ayr Seaforth 17pts; 2, Fife 38; 3, Springburn 47.

Sen Boys: 1, N Lyall (Lass) 17-55; 2, S Lambie (Whit) 18-09; 3, I Reid (Cam) 18-15; **Teams:** Cambuslang 24 pts; 2, Lasswade 27; 3, Springburn 49.

Jun Boys: 1, C O'Brien 11-32; 2, S

Lauder (Tev) 11-38; 3, M Paton (Spr) 11-46. **Teams:** 1, Aird 29pts, 2, Cambuslang 21, 3, Falk Vic 32.

Colts: 1, S O'Brien Cor 5-47; 2, C K Tollerton (Arb) 5-59. **Team:** 1, Corstorphine; 2, Airdrie

Women: Sen: 1, S Ridley EWM 20-54; 2, E MacKay (She) 21-51; 3, J Cliffe (GU) 21-58; 4, J Stevenson (LV1) (FVH) 22-03; 5, K McCallum (EWM) 22-11; 6, C-A Grey (EAC) 22-35; 7, C Brown LV2 (Fif) 22-43; 8, G Walker (Cum) 23-04; 9, J Roxburgh (EJ1) (GU) 23-17; 10, L Barclay (Pit) 23-25; 11, LV3 M McLaren (Fif) 23-41. LV2 C Brown (Fife) 22-43; LV3 M McLaren

(Fife) 23-41; **Junior:** J Roxburgh (GU) 23-17

Teams: 1, GU 30; 2, Fife 33; 3, FVH 36; **Vets:** Pen.

Inters: 1, E Gorman (VP) 19-46; 2, C Simpson (EAC) 20-15; 3, V Clark (Ab) 20-26; **Team:** 1, EWM 2, Harmeny, 3, Central Region.

Girls: 1, K Scott (Mor) 11-50; 2, K McNab (Cen) 11-58; 3, A Morris (JWK) 12-11; **Teams:** 1, City of Glasgow 2, Central Region 3, JWK.

Minors: 1, S Leibnitz (MRR) 12-34; 2, A Hood EAC 12-39; 3, L Redmond EAC 12-43; **Teams:** 1, Edinburgh AC 2, City of Glasg & BT Pit.

Mini Minors: 1, C Cowper (FV) 6-14; 2, R Gibson (Har) 6-16; 3, H Connell (Str) 6-18; **Team:** FVH; 2, Har, 3, BTP.

Hydrasun Open CC Races, Balgowrie Playing Fields, Aberdeen -

1, A Reid (Pet) 32-32; 2, I Mathieson (TVH) 32-46; 3, F Clyne (Met) 33-54; 4, D Knight (PS) 34-18; 5, R Taylor (Met) 35-19; 6, N Milovsorova (Met) 35-34; 7, J Gowans (J1) (DHH) 35-51; 8, S Cassells (Ab) 36-01; 8, G Milne (V1) (Mor) 36-03; 9, S Forbes (Met) 36-13; 10, P Jennings (Met) 36-28; 11, H Lorimer (HBT) 36-01; 12, D Sharkey J2 (EAC) 36-54; 13, M Murray (Ab) 36-56; 14, K Farquhar (Met) 37-08; **Other vets:** 2, E Stewart (Met) 37-09; 3, F Duiguid 37-34; **Teams:** Metro 14 pts; 2, Metro B 36; 3, Aberdeen 40.

Youths: 1, S Watson (Inv) 20-26; 2, D McDonald (PS) 20-35; S MacKay (Inv) 20-42; S Scott (MRR) 20-48; B Middleton (Ab) 20-53; S Monahan (DHH) 20-58; **Teams:** Inverness 23pts; 2, Aberdeen 34; 3, Dundee Hawkhill 52.

Senior Boys: 1, C Smith (Ab) 16-03; 2, R Milne (MRR) 16-08; 3, R Tolan (ARb) 16-27; 4, A Thomson (Inv) 16-27; 5, G Kennedy (Ab) 16-42; 6, R Ranshaw (MRR) 16-46; **Teams:** Aberdeen 18pts; 2, Inverness 24; 3, Minolta Black lise 36.

Junior boys: 1, J Cowie (MRR) 11-20; 2, G Martin (MBI) 11-25; 3, F Maloney (DHH) 11-42; 4, R Stewart (Tay) 11-47; 5, I Gunn (Inv) 11-49; 6, S Springett (PSH) 11-55. **Teams:** 1, Inverness 21; 2, MBI 31; 3, DHH 34.

Colts: 1, D Cumming (Ab) 6-22; 2, A Broadbent (Inv) 16-25; 3, M Stephen (Fra) 6-32; **Teams:** 1, Aberdeen 17 pts; 2, PS 37; 3, Queen Victoria School 44.

Senior Women: 1, Y Reilly (DHH) 18-12; 2, A Wilson (DHH) (LV1) 18-18; 3, P Brindley (AU) 18-36; 4, S MacRae (Int1) (Inv) 19-01; 5, N McKinnon (LV2) (Ab) 19-11; 6, A Jones (Ab) 19-14; 7, M Smith (Int2) (MBI) 19-19; 8, K Powell (DHH) 19-22; 9, L

Davidson (Ab) 19-28; 10, G Hanlon LV3 (DRR) 19-45; **Teams:** 1, DHH 11pts; 2, Aberdeen 20; 3, DHH B 34.

Girls: 1, J Anderson (FRC) 12-09; 2, T McLatchie (Pet) 12-15; 3, C Vetriano (DHH) 12-21; 4, M McDonald (Inv) 12-42; 5, J Learmonth (DHH) 12-46; 6, L McKenzie (MBI) 12-51; **Teams:** 1, DHH 15 pts; 2, Aberdeen 43; 3, Inverness 51;

Minors: 1, H Smith (Ab) 12-37; 2, S McCarron (DHH) 12-51; 3, L Campbell (MBI) 12-55; 4, C Findlay (Fra) 13-18; 5, F Dey (Ab) 13-21; 6, L Green (Ab) 13-30; **Teams:** 1, Ab 12 pts; 2, MBI 28; 3, Aberdeen B 31.

Mini minors: 1, D Hastie (Pet) 6-56; 2, G Kyles (DHH) 7-04; 3, I Ross (MBI) 7-09; **Teams:** 1, DHH 11 pts; 2, Peterhead 23; 3, Aberdeen 43.

Corriearrick Pass 16 mile HR, Fort Augustus -

1, I Murphy (Clyde) 1-39.53 (Rec) 2, A Eyre-Walker (HBT) 1-45-32; 3, D Macarra (FVH) 1-45-50; 4, P Mowbray (HBT) 1-46-49; 5, M Mon-Williams (Liv) 1-47-04; 6, J Kirkland (DHH) 1-47-15; 7, J Hepburn (Loch) 1-47-19; 8, I Wallace (HBT) 1-49-42; 9, P Bonnar (Cly) 1-50-21; 10, M Flynn (EFH) 1-50-35; 11, V1 B Edridge (Cly) 1-55-00; 12, M Hawkins (Bury) 1-55-53; 13, R Boswell (Loch) 1-56-41;

Women: 1, C Menhennet (Cly) 2-01-38; 2, L Hope (Loch) 2-14-14; 3, H Diametides 2-24-13.

Meallanbuchie 6.5 mile HR, Aviemore -

Men: 1, G Barclay (For) 46-08 (record) 2, E Harwood V1 (HHR) 51-47; 3, A Smith (Glenmore) 52-37; 4, M Francis (Un) 53-11; 5, R Wilbae V2 (HHR) 53-48; 6, P Jeffrey J1 (Loch) 54-17; **Women:** 1, L Hope (Loch) 60-56.

Inn on the Hill Pentland Skyline 16 mile HR, Hillend, Edinburgh -

Men: 1, J Nickson 2-33.44; 2, G Ackland (Liv) 2-33.46; 3, J Coyle (Car) 2-33.59; 4, I Murphy (Clyde) 2-37.19; 5, D Bell V2 (Help) 2-39.17; 6, P Highman (Liv) 2-41.07; 7, M Mon-Williams (Liv) 2-44.05; 8, I Wallace 2-45.52; 9, K Adams V3 (West) 2-46.45; 10, R Hackett (Clare) 2-47.10.

Women: 1, L Hope (Loch) 3-09.38; 2, E Scott (West) 3-20.09; 3, S Hay (HHR) 3-26.09; 4, K Hogg (Penicuik) 3-34.35.

Tinto Hill Race at Symington -

1, J Brooks (Loch) 33-01; 2, P Bovill (Edin U) 33-13; 3, R Rodgers (HBT) 33-24; 4, M Rigby (West) 33-32; 5, J Wilkinson (Gal) 33-52; 6, H Igunas (Liv) 33-55; 7, J Thin (Car) 34-05; 8, D Bell (HELP) 34-52; 9, R Hackett (Clare) 34-56; 10, J Hepburn (DHH)

North District CC League, Scrabster Fram, nr Thurso:

Sen men: 1, A Reid (Pet) 32-56; 2, G Bartlett (For) 32-58; 3, G Sim V1 (MRR) 33-01; 4, K Crosser (MRR) 33-55; 5, E Grant (Mor) 34-13; 6, A Stewart (Mor) 34-54; 7, S Gill (Kei) 34-57; 8, W Johnston (Kei) 35-08; 9, C Hunter (WRR) 35-39; 10, D Strachen J1 (Pet) 35-55. **Vets:** 2, D Remmick 37-58; 3, H Cameron (For) 38-30; **Team:** Moray Road Runners.

Youths: 1, John Brookes 27-24; 2, S Robertson (MRR) 27-54; 3, J Mundie (Pet) 27-55; 4, A Simpson (FRC) 28-53; 4, P McIntyre (Inv) 29-56; 5, C Smith (Buckie HS) 31-11.

Senior Boys: 1, R Milne (MRR) 19-36; 2, N Tulloch (MBI) 20-22; 3, K Buchanan (MBI) 20-41; 4, A Thomson (Inv) 20-42; 5, R Ramshaw (MRR) 20-59; 6, K McIntosh (For) 21-07; **Junior boys:** 1, J Cowie (Buckie HS) 12-20; 2, B Martin (MBI) 12-31; 3, N Cameron (FRR) 12-36; 4, I Gunn (Inv) 12-53; 5, D Melville (MBI) 13-190; 6, M Blake (Inv) 13-20

7

September

October

November

13

25

October

10

November

14

October

11

October

11

October

11



September

13

Corriearrick Pass 16 mile HR, Fort Augustus -

1, I Murphy (Clyde) 1-39.53 (Rec) 2, A Eyre-Walker (HBT) 1-45-32; 3, D Macarra (FVH) 1-45-50; 4, P Mowbray (HBT) 1-46-49; 5, M Mon-Williams (Liv) 1-47-04; 6, J Kirkland (DHH) 1-47-15; 7, J Hepburn (Loch) 1-47-19; 8, I Wallace (HBT) 1-49-42; 9, P Bonnar (Cly) 1-50-21; 10, M Flynn (EFH) 1-50-35; 11, V1 B Edridge (Cly) 1-55-00; 12, M Hawkins (Bury) 1-55-53; 13, R Boswell (Loch) 1-56-41;

Women: 1, C Menhennet (Cly) 2-01-38; 2, L Hope (Loch) 2-14-14; 3, H Diametides 2-24-13.

October

10

Meallanbuchie 6.5 mile HR, Aviemore -

Men: 1, G Barclay (For) 46-08 (record) 2, E Harwood V1 (HHR) 51-47; 3, A Smith (Glenmore) 52-37; 4, M Francis (Un) 53-11; 5, R Wilbae V2 (HHR) 53-48; 6, P Jeffrey J1 (Loch) 54-17; **Women:** 1, L Hope (Loch) 60-56.

Inn on the Hill Pentland Skyline 16 mile HR, Hillend, Edinburgh -

Men: 1, J Nickson 2-33.44; 2, G Ackland (Liv) 2-33.46; 3, J Coyle (Car) 2-33.59; 4, I Murphy (Clyde) 2-37.19; 5, D Bell V2 (Help) 2-39.17; 6, P Highman (Liv) 2-41.07; 7, M Mon-Williams (Liv) 2-44.05; 8, I Wallace 2-45.52; 9, K Adams V3 (West) 2-46.45; 10, R Hackett (Clare) 2-47.10.

Women: 1, L Hope (Loch) 3-09.38; 2, E Scott (West) 3-20.09; 3, S Hay (HHR) 3-26.09; 4, K Hogg (Penicuik) 3-34.35.

November

14

Tinto Hill Race at Symington -

1, J Brooks (Loch) 33-01; 2, P Bovill (Edin U) 33-13; 3, R Rodgers (HBT) 33-24; 4, M Rigby (West) 33-32; 5, J Wilkinson (Gal) 33-52; 6, H Igunas (Liv) 33-55; 7, J Thin (Car) 34-05; 8, D Bell (HELP) 34-52; 9, R Hackett (Clare) 34-56; 10, J Hepburn (DHH)



October

25

Woolworths Scottish Young Athletes Indoor League, Kelvin Hall -

West Division: Youths: 1, Vic Park 58 pts; 2, Cumbernauld 55; 3, East Kilbride 49.

Senior boys: 1, Victoria Park 91pts; 2, Airdrie 85; 3, Cumbernauld 79.

Junior boys: 1, Cumbernauld 97pts; 2, Airdrie 91; 3, Victoria Park 90.

Intermediates: 1, Airdrie 39pts; 2, Vic Park 37; 3, Giff North 29.

Girls: 1, Ayr Seaforth and East Kilbride 57 pts; 3, Renfrew and Victoria Park 56.

Minors: 1, Cumbernauld 54.5pts; 2, Vic Park 55; 3, Airdrie and Spango Valley 53.

East Division: Youths: Perth Strathtay 47pts; 2, BT Pit 46; 3, Irvine Cable 44.

Senior Boys: BT Pit 62pts; 2, Perth Strathtay 54; Irvine Cable 51.

Junior boys: 1, BT Pitreevie 58pts; 2, Falkirk Victoria 57; 3, Perth Strathtay 55.5

73-51; **5**, R Walby V2 (MBI) 73-59; 6, D McDermid (HFB) 76-47; 7, J McMillan (MBI) 77-14; 8, G Fraser (HFV) 78-11; 9, D Renwick (Calth) 78-15; **10**, D Bird (HRC) 78-15; **Women:** 1 F Farquar (Cal) 1-28-50; 2, R McKay (Inv) 1-29-36; 3, G Falkner (Inv) 1-33-13;

Buckle 10K -

1, C Hall (DHH) 30-26; 2, R Taylor (Met) 31-33; 3, K Varney (Met) 32-08; 4, M Thomas (HBT) 33-21; **5**, S Willox (Met) 33-31; 6, R Gattenby (Coa) 33-58; 7, F Barton (Keith) 34-15; 8, C Noble (V1) (FRC) 34-31; 9, J Jolliffe (Inv) 34-43; **10**, A Newlands (Coa) 35-00; **Team:** Metro 10 pts. **Women:** 1, L Bain LV1 (Ab) 37-38; 2, H Grant (EK) 38-17; 3, M Beveridge (LV2) (Un) 41-32; **Team:** Metro.

City of Dundee Half Marathon (1200 ran) -

1, S Axon (HBT) 66-51; 2, T Thomson (Car) 67-08; 3, I Mathieson (TVH) 67-47; 4, B Pattison (DHH) 68-41; 5, E McColgan (DHH) **L1** 68-42; 6, D Storey (DHH) 68-53; 7, M Strachan (DHH) 69-17; 8, R Bell (DHH) 70-02; 9, C Ross (Fif) 70-52; 10, C Law (Car) 71-00; 11, **Vets:** 1, W Adams (Ab) 71-42; 2, B Wood (DRR) 73-08; 3, D Hamilton (DHH) 73-46; **Women:** 2, N Muir LV1 (DRR) 1-22-02; 3, C Brown LV2 (Fif) 1-23-49; 4, J Jones (Un) 1-24-24; 5, T Thomson (Pit) 1-25-51; 6, LV3 M McClaren (Fif) 1-26-57; 4, K MacGregor (Fif) 5-27-05.

18

Falkirk People's HM at Grangemouth (1,024 runners finished) -

1, A Robson (ERC) 66-52; 2, B Kirkwood (KO) 67-13; 3, I Brown (ERC) 67-25; 4, D Ross (ERC) 67-55; **5**, K Rankin (FVH) 68-34; 6, M Coyne (ERC) 69-50; 7, B Wood (Forth) 71-37; 8, R Johnstone 71-40; 9, C Meek (Whit) 71-44; **10**, D Knight (PSH) 72-09; 11, D MacMillan (FVH) 72-23; 12, G Gilhooley (Liv) 72-36; 13, A Stirling 72-45; 14, D MacGregor (Fife) V3 73-09; **15**, J MacMillan (EK) 73-47; 16, N Maltman 73-53; 17, D Law (Cors) 74-11; 18, N Robertson (FVH) 74-14; 19, J White (Inv) V4 74-22; **20**, C Norphan (Liv) V5 75-04; 21, A Mathieson (Kin) 75-08; 22, B Howie V6 75-23; 23, P O'Brien (Cors) 75-34; 24, J Davison (Liv) V7 75-36; **25**, C Burns (KO) 75-58; 26, B McGarvey (Cam) 75-59; 27, L Callery (Un) 76-10; 28, L Showe (Un) 76-14; 29, M MacLetchie (VP) V 8 76-26; **30**, A Gilles 76-33. **Vets:** 1, B Cartie 77-18; 2, W Stoddart (O-60) (GWH) 77-27. **Junior:** M Powell (Stirling Uni) 76-40. **Women:** 1 S Brannay LV1 (COG)

76-46; 2, J Stevenson LV2 (FVH) 80-26; 3, E MacKie (She) 82-50; 4, M Blacker (GN) 84-49; **5**, C Reid (GN) 86-32; 6, A Hughes (Shet) 87-13; 7, C Kane (Un) LV3 88-24; 8, B Kitchin (Hel) 88-52; 9, A Claydon (Hel) 90-04; **10**, J Thomson (Bruce) 90-05; 11, M Ward (Un) LV4 92-02; 12, L Bryte (Lass) 92-32; 13, C Kadger LV6 (PSH) 92-41; 13, C MacClean (Un) 93-54; 14, H Stewart (Clyde) 94-03; **15**, A Cameron (Un) 95-11; 16, F MacKinnon (Lass) 95-31; 17, A Thomson (Ber) 95-35; 18, D MacDonald (Lass) 96-07. **Further Vets:** 1, D Leadie (Whit) 97-24; 2, J Markie (Un) 99-54; 3, J Hick (Liv) 1-01-18; 4, E Nimmo (ERC) 1-01-35.

25

Fort William - Inverness Road Relay Race -

1, Lochaber Ac 6-36-54 (J Brookes, J Hepburn, R Cant, D Rodgers, J Dougan, J Borrill); 2, Mallaig Select 6-56-05; 3, Central Region Fire Brigade 7-04-46.

Ruby Young Memorial Women's Four Mile RR, Kilmarnock -

1, M Gemmell (Strath) 24-21; 2, E McBrinn (She) 24-38; 3, M Blacker (GN) 25-18; 4, J Byng LV1 (Inv) 25-29; **5**, L Cairns (JWK) 25-45; 6, C Reid (GN) 25-53; 7, B O'Neill (GN) 26-17; 8, J Armstrong LV2 (GN) 26-39; 9, S White LV3 (Ayr) 26-42; 10, S McGregor (JWK) 27-19. **Team:** Giffnock North 16 points.

27

Carnegie Harriers 5.2 mile RR, Dunfermline -

1, P Morrison 27-09; 2, R Milton 27-14; 3, P Simpson 27-28; 4, I Mitchell 27-40; 5, J Douglas 28-16; 6, B MacDonald 28-18; **Vet:** M McHale 30-13.

28

Scottish Civil Service R Relay Champs, Muirhouse, Edinburgh -

1, Ministry of Defence 41-34 (E McKee 14-20, J Duffy 13-54, W Coyle 13-20); 2, BT 42-58 (B McGarvey 14-46, M Gormley 13-41, J Evans 14-31); 3, Ministry of Defence B 45-06 (D McLaughlin 14-56, J Monahan 16-30, G Gaffney 13-40); 4, SO 45-41; **5**, British Tel Vets 46-19; 6, DSS 46-48; 7, Inland Revenue 48-12; 8, Post Office 48-36; 9, British Tel Vets B 50-54; 10, Inland Rev B 51-49. **Fastest:** W Coyle 13-20; G Gaffney 13-40; M Gormley 13-41; J Duffy 13-54.

Women: Inland Revenue 55-07 (L

Chisholm 18-14, B Sloss 18-53, E Linnen 18-00); 2, BT 56-09; 3, DSS 56-56.

Fastest: A Wilson (BT) 17-00; E Linnen 18-00; L Chisholm 18-14.

31

Glenpark Harriers 5.5 mile RR, Inverkip to Greenock -

1, A Puckrin 25-15 (rec); 2, H Cox 25-58; 3, P Duffy 26-27; 4, J Bennet 26-38; 5, W Jenkins 26-38; 6, P Russell 27-12; 7, G McGratton 27-20; 8, G Mitchell 27-30; 9, H Fenion 28-07; 10, A Johnston 28-38; **Vets:** 1, J Russell 29-45; 2, R Boyd 31-04; 3, J Curruthers 31-27.

Allan Scally Memorial Race, 4x5 mile relay race, Ballieston -

1, Racing Club Edinburgh 91-33 (S Cohen 22-36, B Kirkwood 23-15, D Ross 23-07, J Robson 22-35); 2, Falkirk Victoria 91-59 (D Bain 23-44; G Grindlay 23-15, S Binns 22-44, J Sherban 22-16); 3, Shettleston 92-35 (J MadKay 23-05, N Muir 23-17, D Cameron 23-34, W Coyle 22-39); 4, Edinburgh Southern Harriers 93-43 (K Lyall 23-46, I Steele 23-35, G Stewart 22-57, A Hutton 23-25); **5**, Teviotdale 94-08 (K Logan 24-18, A Fair 24-02, A Walker 22-46, D Cavers 23-02); 6, Racing Club B 94-26 (A Robson 23-03, G Crawford 23-19, M Turner 23-29, S Kerr 24-35); 7, Cambuslang 94-48 (J Brown 24-31, W McTaggart 23-44, M Gormely 23-32, D Runcieman 23-01); 8, DHH 95-19 (D Storey 23-15, B Pattison 23-50, M Strachan 24-07, C Haskett 24-07); 9, Edinburgh University 95-59 (T Delahooke 24-46, S burch 23-42, T hely 23-55, J Pyrah 23-36); **10**, EAC 96-02 (K Mortimer 23-32, R Roddell 24-50, A Ward 24-28, M Ferguson 23-22); 11, Ayr S 96-13; 12, Shettleston 96-29; 13, Liv and Dist 96-49; 14, Falkirk B 96-49; **15**, Kilbarchan 97-20; 16, Irvine Calbe 98-12; 17, Fife 98-29; 18, Bellahouston 99-33; Springburn 99-47; 19, Strathclyde Uni 100-01; **20**, Dundee Hawkhill B 100-18; 21, East Kilbride 101-01; 22, Edinburgh Southern B 101-07; 23, Ayr Seaforth B 101-18; 24, Falkirk Vic C 101-31. **Fastest:** 1, J Sherban 22-16; 2, J Robson 22-35; 3, S Cohen 22-36; 4, W Coyle 22-39; 5, S Binns 22-44; 6, A Walker 22-46; 7, G Stewart 22-57; 8, D Runcieman 23-01; 9, D Cavers 23-02; 10, G Whight and A Robson both 23-03; 11, J MacKay 23-05.

Scottish Unis Relay Champs: 1, Edinburgh 95-59; 2, Strathclyde 100-01; 3, Glasgow 102-56; 4, Edinburgh B 104-33; 5, Strathclyde B 105-02; 6, Strath C 108-31; **Fastest:** J Pyrah (Ed) 23-36.

Scottish Power Primary Schools Road Relay Champs, Grangemouth Stadium -

Senior Boys: 1, Stewart Melville 17-43 (J Jordan 5-57, G Neave 5-47, P Middleton 5-59); 2, St Matt Bishopbriggs 18-05 (J McDonald 6-04, D Boyle 6-03, S Breslin 5-58); 3, St Matthews B 18-11 (K Taggart 6-10, A McCreach 6-08, J Ballantyne 5-53); 4, Ardgowan 18-30; **5**, Hillside 18-37; 6, Lawmuir 18-51; 7, Newington 18-53; 8, St Columbas Kilmacolm 18-58; 9, G Herriots 19-05; **10**, Royston 19-06. **Fastest:** K Brown (Law 5-43)

Junior Boys: 1, St John's Perth 19-10 (J Kelly 6-20, S McCabe 6-30, M Lydon 6-20); 2, Newington 19-21 (D McKay 6-28, G Johnston 6-23, G Legge 6-00); 3, Hamilton College School 19-24 (J Grey 6-20, M Fionda 6-48, G Aitken 6-16); 4, Lawmuir 19-24; **5**, Lawmuir B 19-29; 6, St Davids 19-30; 7, Maxwellton 19-43; 8, St Matthews Wishaw 19-45; 9, Ardgowan 19-52; 10, St Matt Bishop 20-04; **Fastest:** C Barlas (Ardgowan) 5-55.

Senior Girls: 1, Dean Park Balerno 20-01 (R Gibson 6-18; S Jackson 6-55; L Ball 6-48); 2, Cononbridge 20-08 (K Murray 6-43, J Smith 7-21, L Campbell 6-04); 3, George Watsons 20-13 (A Dunlop 6-49; R McNivan 6-49; G Brownlee 6-35); 4, Duddingston 20-13; **5**, Newington 20-34; 6, St Matt Bishop 20-40; 7, Dunbar 20-40; 8, Royston 20-49; 9, St Joseph's 20-52; **10**, Mill of Mains (Dundee) 20-52; **Fastest:** L Campbell and H Norman (Aberdour) both 6-04.

Junior Girls: 1, Trinity Hawick 20-28; (L Bryden 6-34, K Law 6-47, L McCartney 7-07); 2, Cononbridge 20-39 (J Young 6-47, J McLean 7-16, S Kerr 6-36); 3, St Davids 20-52 (A McGuigin 6-58, D Smith 7-06, S Docherty 6-48; 4, Giffnock 21-11; **5**, GHS 21-12; 6, Mosshead 21-22; 7, Mary Erskine's 21-42; 8, Duddingston 21-51; 9, Linlithgow 21-52; 10, Geo Watson 21-54; **Fastest:** C Cowper (Lin) 6-29.

Black Isle Festival of Running Fortrose (+ 650 ran) -

Marathon: 1, A Stirling V1 (Boness) 2-36-15; 2, DRitchie V2 (For) 2-42-08; 3, J Douglas (Car) 2-45-58; **Team:** 1, Carnegie 30 pts.

Women: 1, G Pollard (FF) 3-05-24 (rec); 2, T Thomson (Pit) 3-05-45; 3, A Strachan (DRR) 3-31-40.

HM: 1, S Ogg (Car) 73-30; 2, E Grant (MRR) 74-13; 3, C Law (Car) 75-36; 4, I Stewart (Car) 76-50; A Stewart (MRR) 76-50; P Shirley (MRR) 79-22; G Simpson (Met) 80-18; W Brooks VI (Loch) 81-38; P Stephen (Garioch)

81-45; R Shanks V2 (Cal) 81-46; M McHale V3 (Car) 82-02; D Howatt (Car) 82-23; J Gourlay (Law) V4 82-33; I McDonald (Car) 82-41; R Shepherd (Pit) 83-25; **Teams:** 1, Carnegie 8 pts; 2, MRR 12; 3, Minolta Black Isle 87.

Women: 1, M Robertson LV1 (DRR) 1-26-35; 2, F Thin (MBI) LV2 1-27-26; 3, S Bauchop LV3 (Pit) 1-34-32; **Women's team:** Dundee Road Runners.

10K: 1, R Arbuckle (Keil) 31-30; 2, J Bowman (Inv) 32-06; 3, B Fraser (Inv) 32-17; 4, G Laing (Inv) 32-34; 5, P Morrison (Car) 33-10; 6, G Steel (DRR) 33-16; 7, D Bow V1 (Nair) 33-38; 8, D Armour (Car) 33-51; 9, J Forte (HELP) 33-52; 10, C McLean 33-54; 11, D Watson (Inv) 34-01; 12, K Tulloch (Met) 34-04; 13, D McDiarmid (Inv) 34-09; 14, S Wallace V2 (HELP) 34-11; 15, R Stone (HELP) V3 34-17. **Teams:** Inverness 9 pts; 2, Haddington 38; 3, Carnegie 40. **Women:** 1, S Barbour (Birch) 35-55; 2, S Bolland (Inv) 36-52; 3, G Hanlon (DRR) 39-39; 4, S Low (East Sutherland) 40-02.

Teams: Inverness Harriers.

November

3

Carnegie Harriers 5.2 mile Evening RR -

1, I Mitchell 30-37; 2, A Milligan 30-50; 3, A Soutar V1 32-15; 4, J Milton V2 32-29; **5**, T Bowie 33-16. **Women:** 1, J Thompson 32-58; 2, A Burns 42-10; 3, L Mills 33-58. **Handicap:** 1, S Wilson; 2, D Hughes; 3, A Burns.

Carnegie Harriers Grand Prix RR Series, March to Oct 1992 (eight races counting of 16 in Grand Prix series) -

Men: 1, S Ogg 199 pts; 2, A Stephenson 189; 3, I Stewart 185; 4, R Milton 175; **5**, B MacDonald 170; **Vets:** 1, J Robb 123; 2, S Cruikshank 120; 3, A Soutar 114. **Super vet 0-50:** 1, S Gibb 123 pts. **Women:** 1, P Walker 186 pts; 2, F Rennie 184; 3, S Legge 172; **Vets:** 1, A Johnston 144 pts; 2, S Donald 141.

7

Glasgow Uni 4.85 RR, Westerlands -

1, P Dugdale (Hor) 22-35; 2, R Quinn (Kil) 22-38; 3, A Puckrin (GGH) 22-54; 4, G Stewart (ESH) 23-03; **5**, R Fitzsimmons (Kil) 23-09; 6, S Wyllie (Cam) 23-19; 7, B Kirkwood V1 (RCE) 23-19; 8, P Dymoke 23-27; 9, N Wilkinson (ManU) 23-37; **10**, C Robison (SV) 23-40; 11, T Hearle

(Kil) 23-42; 12, C Nicholson (EdU) 23-49; 13, S Barnett (VP) 23-51; 14, P McDevitt (She) 23-54; **15**, M McQuaid (FVH) 23-56; 16, J Bowman (Inv) 23-57; 17, J Pyrah (EdU) 23-58; 18, J Harrison (Mil) 23-58; 19, W Robertson (Bell) 23-59; **20**, T Hely (EdU) 23-59; 21, E McColgan L1 (DHH) 24-00; 22, P Duffy (GGH) 24-01; 23, P McColgan (DHH) 24-09; 24, J Garland (EAC) 24-09; **25**, A Little (She) 24-09; 26, R Johnston (EK Tr) 24-15; 27, C Greenhaugh J1 24-17; 28, M Steel (EAC) 24-18; 29, I McDougal (Kil) 24-21; **30**, S Kerr (HW) 24-23; 31, G Brown (Cam) 24-23; 32, C McDougla (Cam) V1 24-26; 33, A Rammage (Inv) 24-32; 34, S Hodge (SV) 24-32; **35**, P Bovill (Ed U) 24-36; 36, P McIntyre (Spr) 24-37; 37, S Gilmour (VP) 24-38; 38, C Farquharson (HBT) 24-39; 39, M Gallagher (Mary) 24-42; **40**, T Delahooke (EdU) 24-43; 41, E Wilkerson (She) 24-45; 42, T Gillespie (Spr) 24-46; 43, S Campbell (Liv) 24-47; 44, A Derreck (CalO) 24-48; **45**, C Little (VP) 24-49; 46, A McAngus (Bel) 24-50; 47, M Coligen (Un) 24-51; 48, A McLinden (Hamilton) V2 24-52.49, C Smith V3 (EAC) 24-58; **50**, F Hurley (Cam) 25-07. **Women:** 2, Vicki McPherson (GU) 25-16; 3, A Syme (GU) 26-54; 4, K Scoble (Leeds) 27-29; **5**, J Cliffe (GU) 27-51; 6, M Gemmell (Strath) 28-02; 7, E Grant (CoG) 28-06; 8, A Buckley (Man U) 28-41; 9, A Potts (CoG) 28-57; **10**, H Kjeldsen (HW) 29-02; 11, B O'Neill (GN) 29-25; M Blackie (SV) 29-28; 12, J Byng (Inv) LV1 29-44; 13, J Harvey (CoG) 29-46; 14, C Reid (GN) 29-50. **Vets:** 2, J Armstrong (GN) 30-23; 3, A Bruce (Strath) 31-54; 4, A Richards (GN) 33-30; 5, P McAdam (West) 33-47; 6, L Curley (Cal) 35-01.

Edinburgh AC McDonald Cup 2.5 mile RR, Edinburgh -

1, S Proctor 13-21; 2, M Johnston 13-27; 3, J McLaughlin V1 13-27; **Handicap:** 1, A Laird 14-59; 2, I Miller 15-09; 3, J McLaughlin V1 15-12.

8

Dundee Road Runners, 10 mile RR, Templeton Wood, Dundee -

1, R Bell (DHH) 53-01; 2, C Ross (Fif) 53-27; 3, C Meek (Whit) 53-50; 4, D McCara (FVH) 54-08; **5**, M McReadie (Fif) 54-11; 6, B Pattison (DHH) 54-53; 7, R Fleming (Car) 55-02; 8, G Bennett (DHH) 55-37; 9, J Kirkland (DHH) 55-55; **10**, D Slythe (EAC) 55-58; 11, D Sullivan (DHH) 56-07; 12, R Milton (Car) 56-12; 13, J Lumsden (Fife) 56-17; 14, R Wood V1 (DRR) 56-22; **15**, P Morrison (DHH) 56-31; 16, D

Hamilton V2 (DRR) 57-21; 17, J Durnin (V3) (DHH) 57-35; 18, S Swanston V4 (DRR) 58-05; 19, M Armsworth (Un) 58-13; **20**, B Cooke (DHH) 58-23. **Teams:** 1, Dundee Hawkhill 15 pts; 2, Fife 20; 3, Carnegie 38. **Women:** 1, C Brown LV1 (Fife) 62-45; 2, A Wilson LV2 (DHH) 63-30; 3, C Menhennet (LV3) Clydesdale 65-54; 4, M McLaren (LV4) (Fif) 66-30; 5, K Macgregor LV5 66-37; 6, G Hanlon (LV6) (DRR) 67-17; 7, A McLean (DHH) 68-30; 8, F Lemoncello LV7 (Fif) 68-34; 9, S Bauchop (LV8) (Pit) 70-04; 10, R Scott (LV9) (MRR). **Team:** DHH 15 pts; 3, DRR 22.

Aberdeen 6 mile RR, Bridge of Don Aberdeen -

1, F Clyne (Met) 32-13; 2, R Taylor (Met) 32-38; 3, W Adams V1 (Aberdeen) 33-12; 4, M Milsosovorov (Met) 33-18; 5, M Murray (Ab) 33-39; 6, G Milne (V2) (MRR) 33-39; 7, P Jennings (Met) 33-40; 8, S Forbes (Met) 33-45;

9, S Wynn (Ab) 34-15; 10, S Willox (Ab) 34-24; 11, I Cumming (Ab) 34-26; 12, F Duguid V3 (Ab) 34-35; 13, D Buchanan (She) 34-40; 14, C Benzies (Met) 35-39; 15, M Edwards V4 (Ab) 35-47. **Team:** 1, Metro 7 pts; 2, Aberdeen 17 pts; **Women:** 1, L Bain LV1 (Ab) 38-26; 2, N McKinnon LV2 (Ab) 41-34; 3, S Bennet LV3 (Met) 41-53; 4, J Hogg LV4 (Ab) 45-22; 5, B Kerr LV5 (Ab) 46-21.

14

Glen Clova Half Marathon, Kirriemuir -

1, F Clyne (Met) 68-33; 2, T Thomson (Car) 70-04; 3, R Taylor (Met) 70-43; 4, M Greally (Pit) 72-29; **5**, S Cassells (Ab) 72-47; 6, J Durrin (DHH) 74-06; 7, J Lumsden (Fif) 74-17; 8, J Kirkland (DHH) 74-39; 9, R Wood V1 (DRR) 75-00; **10**, P Jennings (Met) 75-06; 11, S Willox (Met) 75-55; 12, R Davidson (DRR) 76-22; 13, L Mathieson (Kin) 76-43; 14, G Simpson (Met) 76-52; **15**, A Russell (Pit) 77-19; 16, T Quigley V2 (Kin) 78-34; 17, C Love V3 (DHH) 78-53; 18, C Mathieson (Kin) 78-58; 19, K Tulloch (Met) 78-59; **20**, P Saul (DRR) 79-57; **Vets:** 4, D Fletcher (Kin) 80-10; 5, M Duncan (Met) 80-21; 6, J Watson (Liv) 81-01; **V0/50:** A Main (For) 83-38; **V0/60:** D Munro (Ab) 91-31.

Women: 1, M Robertson LV1 (DRR) 1-23-32; 2, A Wilson LV2 (DHH) 1-23-59; 3, M McLaren LV3 (Fife) 1-25-34; 4, J Thomson (Pit) 1-25-57; **5**, J Robertson (Ayr) 1-26-09; 6, L Barclay (Pit) 1-26-40; 7, S White LV4 (Ayr) 1-29-39; 8, J Robertson (PSH) 1-30-17; 9, S Bauchop LV5 (Pit) 1-32-35; **10**, K Powell (DHH) 1-32-57.

Scottish Power Secondary Schools Road Relay Champs, Grangemouth -

Senior boys 0-15: 1, Stewarts Mel 26-38 (J Stevenson 8-53; R Tweedie 9-05, A Donaldson 8-40); 2, Douglas Academy 26-53 (S McMellan 9-08, M Smith 8-40, D Gorman 9-05, 3, Hawick HS 27-28 (A Cardwell 9-04, M White 9-21, D Hughes 9-03); 4, Park Mains HS 27-33; **5**, Bocclair 27-46; 6, Hutchisons GS 27-54; 7, Arbroath HS 27-59; 8, Dingwell Academy 28-14; 9, Madras 28-21; **10**, Perth Academy 28-28. **Fastest:** A Donaldson & M Smith 8-40; 3, A



Fraser Clyne

MacPherson (Hutch) 8-54

Junior Boys U-15: 1, Park Mains HS 30-02 (T Yule 9-55, A McLeod 10-11, D Greig 9-56); 2, Bocclair Academy 30-17 (R McCreadie

HS 31-42; **Fastest:** J Letford 9-49; 2. T Yule 9-55; 3 = D Greig, P Herron (Arb), & R McDonald (Turn), 9-56.

Senior Girls 0-15: 1, Mary Erskine 24-33 (S Little 8-20, J Stevenson 8-39, K Gormley 7-34); 2, Dunfermline HS 24-46 (J Forsyth 8-08, S Croucher 8-58, H Steadman 7-43); 3, Arbroath HS 24-56 (K Sorensen 8-18, J Yule 8-45, H McVicar 7-53); 4, Glasgow HS 25-16; 5, St Leonards 25-29; 6, Gleniffer 25-31; 7, Douglas 25-34; 8, Glasgow HS B 26-05; 9, G Herriots 26-27; 10, Dingwall 26-32. **Fastest:** K Gormley and S Hendrie (West) 7-34; 3, E Gordon (Douglas) 7-38; Junior Girls U-15: 1, Whitfield HS 24-53 (S McCarron 8-08; G Robb 8-26; K Stevenson 8-19); 2, Bocclair (M Ross 8-32, V Letford 8-28, J Ross 7-57); 3, Hunter HS 25-16 (C Kerr 8-43, L Cairns 8-08; R Kerr 8-25); 4, Hawick HS 25-40; 5, Thurso 26-04; 6, Our Lady's-St Patrick's 26-09; 7, Glasgow HS 26-12; 8, Balwearie HS 26-119; 9, Hutch 26-21; 10, Dingwall 26-32; **Fastest:** 1, J Ross 7-57; 2=L Cairns and S McCarron 8-08.

15

Edinburgh to Glasgow Road Relay - 1, Racing Club Edinburgh 3-38-50 (B Kirkwood 26-38; A Robson 30-13; S Cohen 24-08; I Brown 25-46; D Ross 27-21; J Robson 32-35; T Hanlon 24-24; P Fleming); 2, Falkirk Victoria Harriers 3-41-41 (K Rankine 26-51; S Binns 29-31; W Grieve 26-00; G Grindlay 26-02; R Jones 27-15; J Sherban 31-46; M McQuaid 25-32; D Bain 28-44); 3, Skjalg AC, Stavanger (guest club) 3-43-19 (R Vestre 27-41; D Exnevad 29-14; B Langeland 24-44; A Nordbottom 28-37; J Holmen 26-51; T Bekele 33-06; H Tveite 24-25; B Elteruag 28-41); 4, Cambuslang Harriers 3-44-45 (D Runciman 27-04; G Croll 29-19; J Brown 26-39; S Wyle 26-29; W McTaggart 27-56; T Murray 33-16; M McLaughlin 27-01; M Gormley 28-23); 5, Kilbarchan AC 3-45-20 (T Anderson 27-58; R Quinn 28-41; G Tenney 25-08; T Hearle 26-36; I McDougall 27-59; R Fitzsimmons 34-03; G Gibson 26-31; G Fairley 28-24); 6, Teviotdale Harriers 3-46-52 (R Hall 27-55; A Walker 29-31; K Logan 25-28; D Barr 26-50; A Fair 27-40; D Cavers 33-28; N Maltman 27-11; I Elliot 28-49); 7, Shettleston Harriers 3-47-15 (J MacKay 27-07; N Muir 29-58; A Little 25-16; D Cameron 26-35; A Coyne 28-14; W Coyle 33-25; A McCormack 28-06; P McDevitt 28-42); 8, Edinburgh AC 3-49-12 (M Steele 27-52; M



Ferguson 30-56; D Farrell 25-36; A Ward 28-15; J Garland 27-37; K Mortimer 34-21; M Fallows 24-50; A Riddell 29-45; 9, Dundee Hawhill H 3-50-13 (I Campbell 27-21; D Storey 31-03; R Bell 25-18; B Pattison 28-05; M Strachan 27-33; C Hall 33-56; B Cook 26-30; S Borland 30-27); 10, IBM Spango Valley AC 3-52-09 (T McCallion 28-49; C Robinson 30-13; G Clark 26-04; C Leek 27-12; S Hodge 28-35; E McKee 35-39; S Conaghan 26-25; C Spence

29-10); 11, Greenock Glenpark H 3-53-35 (W Jenkins 28-45; H Cox 29-59; G Mitchell 26-14; P Duffy 26-52; P Russell 28-38; J Bennett 35-34; H Fenion 27-00; G McGratton 30-33); 12, Livingston and District AC 3-55-00 (S Campbell 29-41; A Kitchen 31-35; S Nicholson 26-05; G Gilhooley 28-47; B Hartmain 28-48; P Dymoke 33-25; T Brand 26-29; P Hyman 29-54); 13, Victoria Park AAC (C Greenhalgh 28-29; S Barnett 31-53; C Little 25-52; S Gilmour

28-32; A Adams 27-53; T Hely 34-47; C Steele 26-33; J Doyle 31-31); 14, Hunters Bog Trotters 3-56-48 (C Farquharson 28-26; J Jarvis 31-39; C Hunter 26-03; C Webster 28-10; A Jenkins 28-20; R Herries 35-46; H Lorimer 27-48; R Brown 30-34); 15, Fife AC 3-57-50 (M McCreadie 29-14; T Mitchell 29-47; A Davis 26-21; G Breslin 28-30; K Harkness 29-44; C Ross 36-32; R Hanlon 28-03; H McKay 30-39); 16, Edinburgh Southern Harriers 3-58-02 (G Mathieson 27-54; G Stewart 29-53; B Howie 27-44; A Weatherby 29-37; J McFadyen 28-39; I Steel 37-04; R Thompson 27-07; G Cuthbert 31-04); 17, Ayr Seaforth AC 3-58-15 (L Baker 28-50; G Wight 29-49; A Stewart 26-17; B Boyd 29-09; J Stewart 28-23; T Lawrence 36-49; D McCrorie 26-52; R Hubbard 32-06); 18, North District Select (guest team) 4-00-57 (G

Milne 29-18; A Reid 29-40; M Wright 27-35; P Mathieson 29-14; A Stewart 30-06; G Sim 35-28; S Gill 28-15; D Cruikshank 31-21); 19, Springburn H 4-01-36 (G Braidwood 27-26; A Callan 30-34; A McIndoe 26-15; J Cooper 27-36; A Chalmers 29-05; L Crawford 38-20; J Bell 29-15; P Laing 33-03); 20, Carnegie Harriers 4-01-57 (S Ogg 28-48; A Stephenson 33-02; P Morrison 26-39; I Mitchell 29-29; D Armour 29-19; I Stewart 37-01; R Milton 26-46; P Simpson 30-53); 21, Irvine Cable AC 4-03-57 (L Richardson 31-14; W Richardson 31-05; J McNee 27-06; C Miller 27-41; J White 29-44; B Craig 37-17; J Sugeoner 28-37; R McMillan 31-13); 22, Aberdeen AAC 4-07-12 (E Calvert 30-26; F Boyne 32-00; I Cumming 27-39; M Murray 29-06; R Sutherland 30-16; J Musgrove 35-50; D Duguid 29-45; S Wynn 32-10).

21

Brampton-Carlisle 10 mile RR (784 ran) -

1, M Smith (Gate) 49-03; 2, P Fleming (RCE) 49-34; 3, A Sawyer (Cope) 49-40; **Other Scots:** 11, M Gormley (Cam) 50-19; 15, D Barr (Tev) 50-45; 16, A Fair (Tev) 50-45; 25, R Hall (Tev) 51-30; 45, A Derrick (Cal) 53-08; Teams: 1, Durham City 35 pts; Copeland 49; 3, Teviotdale 56; **Women:** 3, E McBrinn (She)

**Results
compiled by
Colin Shields**



New York City Marathon - **THIS** was New York's 23rd, Ron Steele's first, and my sixth international marathon, **writes Eddie Devlin.**

"Just another marathon, a wee run in the park", I drawled in best Brooklynese. Because of my previous form I found myself in the guru of this trip and enjoyed telling the other half dozen or so Scottish entrants of the joys ahead of them in the Big Apple.

Our flight to the west was smooth and sober, befitting the run up to a big run round. We went direct on landing to the registration and Expo at the Manhattan Hilton.

It was well organised, and although there seemed to be an enormous queue for the famed marathon goodie bags we had time only for one hot dog and two bagels before we were in possession of the coveted and poshish marathon caps.

I skipped the breakfast run on the Saturday, so will skip any comment except to say it was great to hear of all the nationalities swapping shirts and running vests after the short run from the United Nations building. Crawford was lucky, as he got a shirt that fitted him. So to the big day.

An early rise found me at the tail end of the line outside the New York city library on 42nd street for the buses to the start. Soon we were speeding through Manhattan and having a sing song courtesy of some London runners who provided song sheets. On arrival at the start on the Verezanno Bridge it was all go.

Go to final registration, which involved showing your running number to a video camera, go to the longest urinal in the world, noting that most runners seemed to be well hydrated judging by the straw colour of the torrent rushing past.

The weather had turned cold and there was a snell wind which punished me for my gallus attitude of not having a bin liner or long sleeved semmit. By the start gun, I was well chilled and did not recover until some five hours later when I had my finish coffee.

Enough of my troubles. An estimated two million spectators lined the route, rooting for all of us, especially the back markers, so we had to go for it. Over 26,000 starters, all hopeful, all trying, all being lifted by the crowd's yells of "Way to go", "Go for it", and some less printable offerings.

What can I tell runners about

any marathon? For me it's long, boring, exciting, fast, slow, up, down, warm, cold, never-ending, suddenly finished.

To boldly go where 26,000 have gone before me.

The New York run is different. You see views previously seen on the telly and you can either ignore it, get your head down and go for a PB or you can do what most of us did, take some photographs.

Anyway it was like that all the way. 26.2 miles of crowds, noise, bands, water, juice, tea, coffee, candy, sponges with the Empire State Building printed on them.

You name it, in New York, you get it.

I was so tired at the finish in Central Park that I fell over with the weight of the huge medal as it was slung over neck and the nice woman patted me on the back. . .

Well done Crawford, Ron, Callum, Angus, Isobel, and Bill from Edinburgh.

Most of all, well done and thanks New York.

East Cross Country League, Hawick, October 10 -

IN conditions which are rarely found for track and field, **writes Denis Shepherd,** the first cross country meeting was held for the first time at the old flat race course outside Hawick (someone, somewhere must have remembered it existed!).

However, the part of the route not on the racecourse was anything but flat, one long hill reducing most lesser runners (and some not so lesser ones) to a walk.

The colts' race, however, was run entirely on the racecourse with all-the-way leader Douglas Cumming (Aber) running as if propelled by a racehorse, continually looking round for non-existent dangers and winning by 14 seconds.

With both his club-mates in the first ten, Aberdeen also finished first team.

C.O'Brien (Cor) had a similarly comfortable win in the junior boys' event, where BT Pitreavie's strength-in-depth gave them the team prize.

N. Lyall (Lass) set up a large lead in the senior boys' race and had 22-sec to spare over a fast-finishing Chris Smith (Aber) who had moved up from sixth. These two clubs also finished in that order in the team event.

Tom Winters (EAC), after dispersing with the fading Gary Smith (Aber), went into a 25-sec lead in

the youths' race though Aberdeen still took the team title.

The senior 4-mile event provided the closest finish, David Ross (RCE) winning in 23-12 from Ian Steel (ESH) (23-17) and Alastair Walker (Tev) (23-19). Teviotdale won the team event by a wide margin, and the veteran one by an even wider margin, led by Brian Emerson, 17th in 24-34.

It was no surprise, when the scores were added, to find Teviotdale (416) 228 points ahead of EAC (644) and Aberdeen (664).

Hydrasun Open Races, Balgownie, November 1 -

PERFECT conditions blessed a near-record turnout for the 16th annual Hydrasun open cross country meeting at Aberdeen University playing fields, **writes Denis Shepherd.**

The local runner Ian Matheson (TVH) opened up a long lead which he looked like maintaining - until Scottish international Alan Reid (Pet) swooped in the second half to win going away by 14 seconds.

British marathon international Fraser Clyne was third, over a minute behind, but had the consolation of leading Metro club-mates Rob Taylor (5th) and

Milovsorov (6th) to the team title. Jason Gowans (DHH) took the junior award with a top-10 placing, while Graham Milne (MRR) was first veteran.

Easiest winner of the day was Yvonne Reilly (DHH) who had 24 seconds to spare over Aberdeen student Tracy Brindley in the women's race.

Shelly MacRae (Inv) and Aileen Wilson (DHH) were first inter and veteran respectively.

Apart from Hannah Smith (Ab), who won the minors' race by 14 seconds, all the age-group winners won by less than 10 seconds.

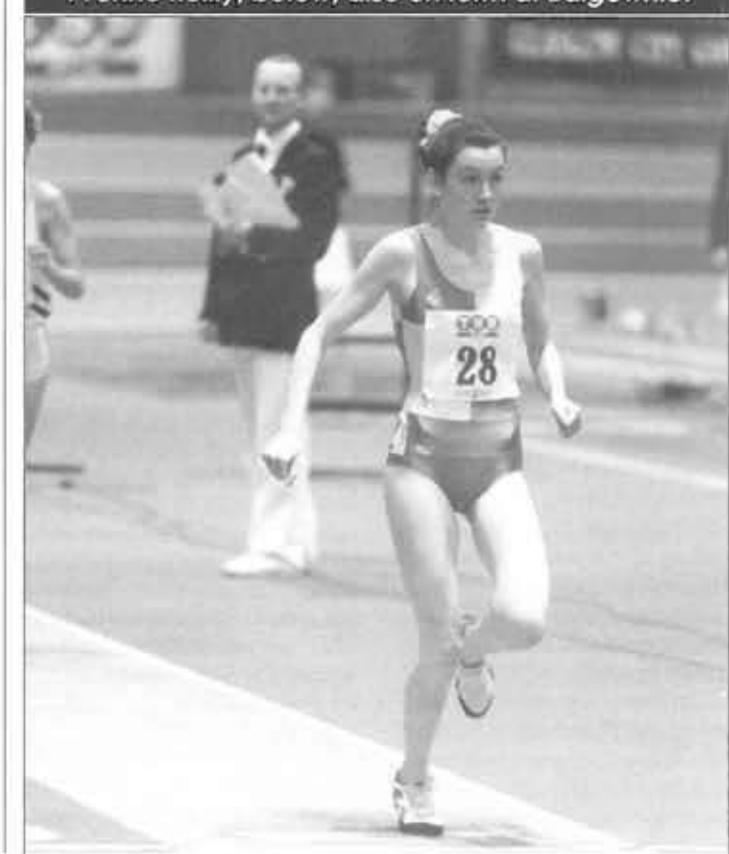
Steven Watson (Mont) won the youths' race, the other individual prizes going to Aberdeen or further north.

Local winners Chris Smith (senior boys) and Douglas Cumming (colts), as well as Hannah, took a share in the team title, while Jonathan Cowie (MRR) won the junior boys' race and Debbie Hastie (Pet) the under-11s.

Jaclyn Anderson, who is in the process of transferring from Fraserburgh to Aberdeen, came through in the last half-lap to win the girls' event in which the team prize went to Dundee HH - as it did in the under-11 race where they were led home by Gillian Kyles in second place.

The remaining team awards, the youths' and junior boys, both went to Inverness Harriers.

Yvonne Reilly, below, also on form at Balgownie.



Edinburgh University

In Edinburgh University's "University Magazine" of 1871 there is a complaint from a certain Robert Louis Stevenson that, "No more does the merry medical run eagerly in the clear wintry morning up the rugged sides of Arthur's Seat."

So, even if it wasn't in a formal-

show that the Hares and Hounds won the individual title three times between 1889 and 1960, and the team title five times in the same period.

Annual matches against Dublin University Harriers also featured prominently in the early years.

Other events which the club

to 1921, McLachlainn led the Hares and Hounds to second place behind Edinburgh Southern Harriers in the initial East of Scotland 10 Mile Relay Championship. He also took the club to third place in the East District Championships and fifth in the Scottish Championships.

time was Ron Rowles who, apart from leading the Hares and Hounds to a cluster of successes in one year, also did a lot to develop and improve its foundations.

Second and third teams were fielded under Rowles - an innovation which helped to encourage younger and less experienced run-

Leading members of the men's and women's teams assembled at Meadowbank before a track session.



Photographs by Robert Perry.

ised club sense, it is likely that Edinburgh University students were enjoying cross country well before 1870!

The inaugural meeting of Edinburgh University Hares and Hounds "proper" took place at Corstorphine in November 1889.

With such a long history behind it, it isn't surprising that the Hares and Hounds (or the "Hairies" as the club is affectionately known) has had its ups and downs.

The club's first recorded entry into the Scottish Junior Cross Country Championships was in 1891-92. Sixth place was secured in a field of eleven, and though this was considered disappointing it was to be the first of many, often more successful, assaults on this championship.

Records stretching to 1960

competed in at this time were the East of Scotland Championships (senior and youth events), the East of Scotland 10 Miles Relay Championships, the East of Scotland League, and the British Universities Championships.

Between 1889 and 1960, the club won the East of Scotland Championship team title on nine occasions and the individual title an equal number of times. In the same period it won the East 10 Miles Relay event six times, the East League event six times and the British Universities Championships once.

One of the most prominent members of the club between the two wars was Alastair McLachlainn, a Gaelic-speaking Highlander from Mull.

Captain of the club from 1920

WORLD War Two brought its mark to bear on the numbers of men able to join the Hares and Hounds. To keep going, the university invited all neighbouring clubs to join in their training runs.

However, the immediate post-war era proved to be extremely successful for the club. Many ex-service men who didn't take too kindly to the confines of academia after years in the forces found an outlet for their energies in the shape of cross country running!

The effect on the club's fortunes was a welcome one. In 1948, they won the Scottish Universities Championship, the East of Scotland 10 Miles Relay Championship, the East of Scotland Championships, and the East League.

The captain of the club at this

time was Ron Rowles who, apart from leading the Hares and Hounds to a cluster of successes in one year, also did a lot to develop and improve its foundations.

Second and third teams were fielded under Rowles - an innovation which helped to encourage younger and less experienced run-

ners to take the sport up seriously.

Rowles also introduced the Christmas handicap race, at the end of which competitors chose a prize from a lucky dip. Season 1953-54 was also highly successful for the club. Hunter Watson won the Eastern District Youth Championships and came second in the national event. Adrian Jackson, who won the club championship and retained it for the next five years, won all three East of Scotland League races. He was also second in the British Universities Championships and first home in the Scottish Inter-Universities Championships.

In the same season, the Hares and Hounds team won team titles in the Scottish Championship junior event, the East of Scotland League,

Hares & Hounds

Margaret Montgomery profiles one of the country's older cross country clubs.

prominent "Hailey". Burch, who was fifth in his age group in the national and who has a Scottish vest for the steeplechase, is also the club's current secretary.

The club also has a number of successful orienteers competing for it. Among them is Geoff Pyrah who

competes at the national championships and East District cross country championships and you have a highly impressive season.

(On top of this the women's team came third in the nationals while the men also came fourth overall and second Scottish team in



Members of the men's team go through their paces during a training session.

and the East of Scotland Championships.

The club today is still going strong. With a membership of 40 which now includes women, it is still very active in competitive cross country events at all levels.

Of today's members, Phil Mowbray is probably the best known, being national and East District cross country champion at junior level as well as British junior 5000 metres champion.

Scottish universities cross country champion this year and first Scottish junior at the world cross country trials, Mowbray is clearly a developing talent.

Particularly heartening for the Hares and Hounds is the fact that he is only in the second year of studies.

With a bit of luck he should be bringing honours to the university for a couple of more years to come.

Second to Mowbray at the most recent East District Cross Country Championships in the junior age group was Scott Burch, another

represented the British students at the most recent world orienteering championships, and Claire Bolland, who also represented Britain at these championships and finished second British woman.

The past few years have been reasonably successful ones for the Hares and Hounds. Last season, the men's team maintained its number one position among the Scottish universities, while the women's team finished runners-up in their equivalent.

At the European students' cross country relay championships the A team finished ninth and the B 30th. Given that this was out of a total of 166 teams, the "Hairies" can justifiably say that they have a good standing in Europe as far as student cross country goes.

Other achievements last season included fifth and sixth place in their respective races for men and women in the British universities cross country championships.

Add to that a win in the junior

the British championships hill race.)

The club is shaping up for another successful season. At Strathclyde University's Autumn Cup, Katy McMillan pulled off a major triumph when she beat Alison Potts into second place. Jeff Pyrah won the men's race with Peter Bovill fifth.

At the East District cross country relays the club entered three teams, the A team managing a commendable ninth. At the national cross country relay championships, where the club again entered three teams, the A came 16th, Peter Bovill - men's team captain - coming 16th.

Another recent triumph was the ninth place which the club managed at the Allan Scally road relays. The Hares and Hounds A team was the first university team into the bargain.

Despite its success, the club has had little luck in attracting a sponsor.

"I've tried sending out details

Anyone interested in joining Edinburgh University Hares and Hounds should contact the secretary, Scott Burch, at the following address and telephone number: 1F1, 12, Antigua Street, Edinburgh. Tel: 031 557 4254.

of our achievements but nobody's shown any interest yet," says Peter Bovill.

"We'll just have to hope that the economy picks up so that people have more money to spend on things like sponsorship again."

Nowadays the Hares and Hounds train in a wide variety of locations throughout the city.

Craiglockhart is no longer used. Instead, the club meet at Pollock, the Meadows, Meadowbank, Kings Buildings, and the Pleasance.

There is training of one sort or another on most days of the week and plenty of social activities to indulge in afterwards.

The club is lucky to have a resident coach in Malcolm Brown and men's team captain Peter Bovill puts the "Hairies" success down to his hard work and determination.

"Not many university teams have someone like Malcolm to organise them," says Bovill.

"Malcolm comes along to races with us and deals with all the red tape - leaving us to just get on with the running."

Although it has a long and illustrious past, Edinburgh University Hares and Hounds tries to welcome runners of all abilities.

Whether they simply want to jog in an effort to keep fit or are interested in competing in the nationals, the club makes an effort to make them feel at home.

As the first "Hairies Herald" of this academic year points out in its appeal for new members, "even the men's captain's nickname is KBS - 'keen but sh...'"

What more inspirational an invitation to the world of cross country running could any young fresher desire?

(If readers have any suggestions for clubs to profile, and which have not featured in Scotland's Runner before, please contact Matthew Lindsay on 041-332-5738.)

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GOOD FRIDAY IN DOUGLAS

Senior Men's (incl. Juniors, Youths and Vets) 5 miles
Ladies (15 & over) Road Race 5 miles
Senior Men's and Ladies Race Walk 5 miles

EASTER SATURDAY IN PEEL

(First Race at 2.15 p.m.)

Senior Men's Fell Race (incl. Juniors, Youth & Vets) 4 miles
Ladies (15 & over) Fell Race 3 miles

EASTER SUNDAY IN DOUGLAS

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Ladies Road Race 4 miles

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PRIZES: 1st 25 men - 1st 10 Ladies - Vets BVA Grade 1 & 1st
3 in other Classes - 1st 3 men's and ladies team per day and over
three days - 1st Vets Team per day and over 3 days. Other
Classes depending on entry.

Entry Fees for weekend - Senior's including Youths,
Junior Men and Vets £10.00. Ladies £8.00.

All others £3.00 (plus 50p for unaffiliated runners).

For further information and entry forms contact:
Kevin G. Madigan, 12 Barrule Road, Willaston,
Douglas, Isle of Man

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contact has changed or your club would like further
information about our National Competition then
please apply to the address below.

NOTE: 1992 saw a change to our rules of competi-
tion and no competitor shall take part in more than
five events (inclusive of relays) in any one round.

Dates of competition
1st round 2nd May "Four Areas"
2nd round 20th June "Four Areas"
Semi Finals 1st August (Random) T.V.H.
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Finals: Dates plus venues to be agreed.

Applications from: MAURICE MILLINGTON, CLUB SECRETARY,
56 Balmoral Road, Four Oaks, Sutton Coldfield. B74 4UF, Tel:
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To advertise in the events listings, please telephone
Heather Afrin on 041-332-5738.

EVENTS

SCOTLAND'S
Runner

December

19

EAC "Queens Drive" Races,
Edinburgh.

20

IRVINE CC Races (inc Cyclists v
Harriers). (Men & women, all ages).

1993

January

1

PORTOBELLO Mizuno Promenade
Races.

2

BEITH Road Races, Ayrshire (men &
women).

NIGEL Barge Road Race, Maryhill.

9

NORTHERN District League, Elgin
(all age groups).

JACK Crawford Memorial Road Race

10

INTER League Match (women),
Midlands.

16

EASTERN District Cross Country
Championships (BYJS), Bathgate.

WESTERN District Cross Country
Championships (BYJS), Kirkintilloch.

17

CLOSED 4000m Championship
(Women), Lasswade.

23

NORTH District League, Muir of Ord
(all age groups).

JC Flockhart Cross Country Races
(BYJS).

EASTERN District League, Dundee.

SAF West District Championships.

24

CRATHES Castle Cross Country
Meeting.

KIRKINTILLOCH Olympians 7.25
mile Road Race.

SAF East District Championships.

30

BRITISH Universities Champs,
Bellahouston Park.

EASTERN District League, Riccarton.

RENFREWSHIRE AAA 5 mile RR
Championship.

INTERNATIONAL Invitation Meeting,
Kelvin Hall.

31

SCOTTISH Veterans Cross Country
Championships, St Andrews.

CUMNOCK Open Cross Country
Races, Cumnock Academy,
Cumnock. All age groups, male
and female. First race starts
1.30pm. D - (0290) 24876.

SCOTTISH Athletics Indoor League
(3), Kelvin Hall.

February

5

SCOTTISH Schools Indoor Champi-
onships, Kelvin Hall.

6

CALEDON Park Harriers Open Cross
Country Races, Jane Kane Centre,
Edinburgh (men & women, all age
groups).

7

DEXSTAT Loudon Runners Open
Cross Country Races (BYJS),
Loudon Academy.

UK Trials (in conjunction with the
English Inter Counties).

SAF National Championships, Kelvin
Hall.

13

GB v USA, Birmingham.

14

FALKIRK "Round the Houses"
Race. (Amended from date
originally published in SAF Cross
Country and Road Racing
Handbook.) D - 0324 483752.

DUNDEE Hawkhill Harriers
Camperdown Park Road Races (men
& women, all ages).

SCOTTISH Athletics Indoor League
(final), Kelvin Hall.

19

SCOTLAND v Wales, Kelvin Hall.

20

ABERDEEN University Hares &
Hounds Road Relay.

NORTH District League, Inverness
(all age groups).

IAAF Invitation, Birmingham.

21

ANNAN River Races.

GIFFNOCK North Schools CC
Races.

NAIRN 10K & Fun Run.

SAF National U-20 Championships,
Kelvin Hall.

UK Inter-Area Match, Birmingham.

Cumnock Open Cross Country Races

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1993.

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EAST MIDLANDS	70	90
WEST MIDLANDS	71	91
NORTH EAST	72	92
NORTH WEST	73	93
SCOTLAND EAST	74	94
SCOTLAND WEST	75	95

What's On

A calendar of sporting events within the Falkirk District 1993

JANUARY	FEBRUARY	MARCH
 FALKIRK DISTRICT COUNCIL would like to wish Merry Christmas and a Happy New Year to all of our friends and supporters	14th Sun. Grangemouth 'Round the Houses' Road Races	6th Sat. Inter Town Sports Hall Athletics (Grangemouth Sports Complex) 14th Sun. Falkirk Open Graded Meeting (pre-season)
APRIL	MAY	JUNE
3rd Sat. Falkirk Young Athletes Meeting 7th Wed. Falkirk Open Graded Meeting 17th Sat. Central District Championships	5th Wed. Falkirk Open Graded Meeting 22nd Sat. Falkirk Young Athletes Meeting	2nd Wed. Falkirk Open Graded Meeting 20th Sun. Falkirk Highland Games (Callendar Park, Falkirk)
JULY	AUGUST	SEPTEMBER
7th Wed. Falkirk Open Graded Meeting 18th Sun. Falkirk Young Athletes Meeting	4th Wed. Falkirk Open Graded Meeting 14th Sat. Falkirk Young Athletes Meeting	1st Wed. Falkirk Open Graded Meeting 12th Sun. Falkirk Womens 10k * 18th Sat. Mini Minor Highland Games *
OCTOBER	NOVEMBER	DECEMBER
17th Sun. Falkirk Peoples Half Marathon *	All events are under BAF Rules and SAF Permit Events All events take place at Grangemouth Sports Stadium unless otherwise indicated.	For further information contact: 0324 483752 for events marked * contact: 0324 24911



FALKIRK DISTRICT COUNCIL
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