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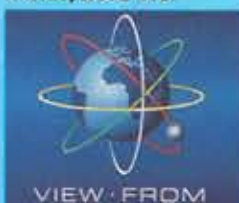
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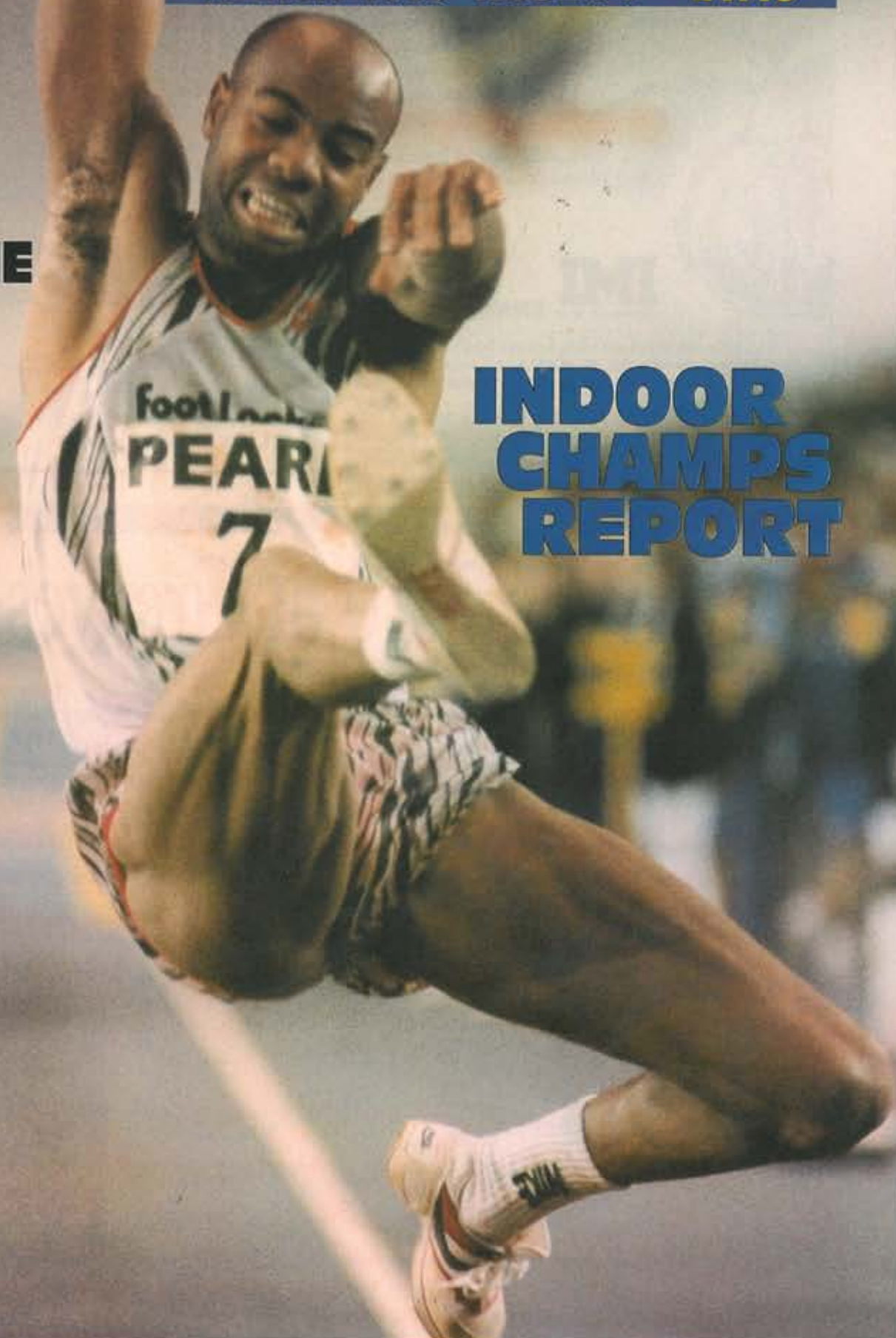
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Indoor Championships



Club Profile

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Continuing good news from SAF

AS of this issue, we are pleased to bring you a new monthly column on track and field news, written by the convenor of the SAF's track and field commission, George Duncan.

It is especially pleasing to note from George's first column that special attention is being given to under 15 and under 17 athletes, from whose ranks must logically come the next generation of international athletes.

Clearly, the SAF - working with Andy Vince and now the new development officer, Graham Ross - is determined to

reverse a position starkly illustrated in another article in this issue about performance trends in Scottish athletics.

The statistics which accompany the article, compiled for us by Arnold Black, will come as no surprise to anyone, but nonetheless do not make pleasant reading when seen in print.

However, although the coaches we interviewed for their comments on the drop in standards all had their own theories as to the reasons for these depressing figures, one optimistic thread which emerged was that all concerned believed the formation of the SAF would halt the decline.

Certainly, it would appear that one of the concerns of a number of coaches, that there was no support from the (previous) governing bodies, is being attended to.

Another of the coaches' observa-

tions, that there had been a reduction in government finance, also has to be looked at in a different light following the Scottish Sports Council's recent record £153,000 grant to the SAF.

Admittedly, elements of this grant were of a "one-off" nature, and it is no less true that government funding for sport remains niggardly in general, but the position is much brighter now than it was 12 months ago.

Will the budding McCoigans and McKens reading this get the message?

I **APOLOGISE** for both the results and the events services not being up to scratch again this month. During the past six weeks we have been changing our computer system, and the inevitable difficult period of acclimatisation has followed.

Hopefully readers can see the upside on improving design and layout, and I trust that the results and events will be back on course next month.

ALAN CAMPBELL

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November

28

Ayrshire County CC Champs, Girvan -

Seniors 6 miles: 1, G Wight (Ayr) 38-04; 2, W Richardson (Irv) 39-50; 3, J Goldie (JWK) 40-36; 4, T Lawrence (Ayr) 40-49; 5, C Miller (Irv) 41-20; 6, W Boyd (Ayr) 41-53; 7, C Brash (Girv) 42-01; 8, L Baker (Ayr) 42-02; 9, J McNamee (Irv) 42-12; 10, J White (Irv) 42-22; 11, L Richardson J1 (Irv) 42-37; 12, G Musto J2 (Irv) 43-19; 13, I Auchie (Dal) 43-28; 14, D Gibson (Irv) 43-47; 15, J White M40 (Irv) 44-15; **Teams:** 1, Ayr 19pt; 2, Irvine 27; 3, JWK 52.

Youths 4 miles: 1, P Allan (Ayr) 26-49; 2, K Mason (Cum) 27-34; 3, J Tonner (JWK) 30-33; **Team:** 1, Ayr.

Senior Boys 3.5 miles: 1, S Hamilton (Loud) 23-04; 2, A Drummond (JWK) 23-46; 3, A McKenzie (Troon) 24-50.

Senior Boys 2 miles: S Bodys (Cum) 15-18; 2, A Dean (Irv) 15-52; 3, J Mitchell (Ayr) 16-40; **Team:** 1, Irvine; **Girls:** 1, K Taylor (Girv) 7-08; 2, D Mitchell (Ayr) 7-18; 3, G McKeating (Troon); **Team:** 1, Girvan.

Dunbartonshire County CC Champ, Kirkintilloch -

Seniors 6 miles: 1, J Austin (Clyd) 36-00; 2, I Murphy (Clyd) 36-11; 3, M Gallacher (Mary) 36-40; 4, C Greenhalgh J1 (VP) 36-53; 5, A Gallacher (Mary) 37-05; 6, M Rigby (West) 37-23; 7, R McDuat (Clyd) 37-53; 8, G Graham (Clyd) 37-53; 9, J Harrison (Mill) 37-57; 10, P Walsh (Dumb) 38-09; 11, B McGuinness (Dumb) 38-25; 12, A Adams M45 (Dumb) 38-26; 13, R MacIntyre (Clyd) 38-29; 14, P Fettes (Gla Un) 38-34; 15, F Goldwell (Dumb) 38-36; 16, G Robertson (Mary) 38-38; 17, L Campbell (Gla Un) 38-46; 18, C Morley (Hel) 39-10; 19, K Corbitt (Gla Un) 39-26; 20, C Martin M45 (Dumb) 39-43; **Team:** 1, C'dale 23pt; 2, D'barton 48; M'hill 71.

Youths 4 miles: 1, G Hillier (VP) 22-45; 2, D Gorman (VP) 23-50; 3, J Marr (VP) 24-22; 4, M Smith (VP) 24-33; 5, J Wood (Clyd) 24-36; 6, S Cuthbert (Mary) 25-22; **Team:** 1, VP 6pt.

Senior Boys 2.5 miles: 1, P Young (VP) 13-51; 2, P Dennis (Hel) 14-03; 3, A Moore (Clyd) 14-13; 4, E Cameron (VP) 14-19; 5, M McGuin (Mary) 14-22; 6, M Pate (VP) 14-53; **Team:** 1, VP 11pt.

Junior Boys 2 miles: 1, M Howie (Clyd) 11-40; 2, J McLeod (Mary) 11-48; 3, D Moore (Clyd) 11-56; 4, D McWhannell (KO) 12-20; 5, G Mulherson (Mary) 12-32; 6, F McFall (VP) 12-37; **Team:** 1, M'hill 17pt.

Lanarkshire County CC Champs, Drumpellier Park Coatbridge -

Senior 6 mile: 1, A Callan (Spr) 31-16; 2, G Bairwood (Spr) 31-22; 3, S Wylie (Camb) 31-47; 4, J Cooper (Spr) 32-24; 5, J Brown (Camb) 32-34; 6, A McIndoe (Spr) 33-10; 7, F Hurley M40 (Camb) 33-14; 8, J Thin (Stra Un) 33-16; 9, A McLinden M40 (Ham) 33-30; 10, M Mitchell (Camb) 33-33; 11, A McBeth (Stra Un) 33-35; 12, M

McLaughlin J1 (Camb) 33-38; 13, I Boothroyd (Stra Un) 33-47; 14, S Craig (L&L) 34-13; 15, M McWilliams (EK) 34-14; 16, T Gillespie (Spr) 34-19; 17, A Robertson (Camb) 34-24; 18, D Buchanan (Shett) 34-28; 19, J McCall (Stra Un) 34-29; 20, J Coyle (Stra Un) 34-35; 21, J Bell (Spr) 34-37; 22, G Colin (EK) 34-47; 23, J Frood J2 (Law) 34-51; 24, C Delohanty (Stra Un) 35-02; 25, N Sproul (Stra Un) 35-14; **Teams:** Spring 13pt; 2, Cambus 25; Strath Uni 51; 4, EK 118; 5, Law 129; 6, Moth 135.

Youths 3.5 miles: 1, C Clelland (Camb) 19-35; 2, J Thomson (Avon) 20-27; 3, G McCafferty (Camb) 21-20; 4, A Piacentini (Camb) 21-32; 5, D Houston (Spr) 22-07; 6, C Moffatt (Law) 22-44; **Team:** 1, Cambus 8pt.

Senior Boys 2.5 miles: 1, S Kennedy (Camb) 16-18; 2, S Gibson (Moth) 16-21; 3, I Ried (Camb) 16-53; 4, K Hastie (Spr) 17-11; 5, I Madden (EK) 17-15; 6, M Gallacher (Camb) 17-18; **Teams:** 1, Camb 10pt; 2, EK 25; 3, Moth 25.

Junior Boys 2 mile: G Lyons (Camb) 11-36; 2, A Sandilands (Stone) 11-40; 3, M Paton (Spr) 12-25; 4, A Murray (Aird) 12-30; 5, G Robertson (Camb) 12-31; 6, J Clelland (Camb) 12-35; **Teams:** 1, Cambus 12pt; 2, Stone 24; 3, Spring 24.

North District CC Champ, Fraserburgh -

Seniors: 1, A Reid (PH) 39-55; 2, J Bowman (IH) 40-57; 3, B Chinnick (FH) 41-52; 4, G Sim (MMR) M40 42-23; 5, B Fraser (IH) 43-10; 6, G Bartlett (FH) 43-44; 7, E Grant (MMR) 43-54; 8, A Stewart (MMR) 43-59; 9, F Barton (K&D) 44-02; 10, G Milne (MMR) M40 44-05; **Teams:** MRR 58; 2, Forres 103; 3, IH 107.

Junior men: 1, D Strachan (PH) 30-56; 2, P McIntosh (IH) 31-38; 3, M Bury (MBI) 34-08.

Youths: 1, J Brooks (Loch) 21-39; 2, S Cook (Gord) 21-41; 3, M Bain (Storn) 22-30; **Teams:** 1, Gstown 30; 2, (MRR) 30; 3, Kichuimen 50.

Senior Boys: 1, R Milne (MRR) 15-52; 2, A Thomson (IH) 16-05; 3, N Tulloch (MBI) 16-12; **Teams:** 1, MRR 11; 2, IH 16; 3, Gstown 71.

Junior Boys: 1, J Cowie (BHS) 11-57; 2, G Martin (MBI) 12-04; 3, I Gunn (IH) 12-13; **Teams:** 1, MBI 13; 2, IH 21; 3, Fraser 32.

Senior Women: 1, A Smart (IH) 18-26; 2, M Adamson (IH W35) 18-41; 3, L Davidson (MRR) 19-03; **Teams:** 1, IH 9; 2, MRR 15; **Inters:** 1, J Sim (MRR) 17-53; 2, S Macrae (IH) 18-05; 3, C Falconer (MBI) 18-27; **Teams:** 1, MBI 16; 2, IH 23.

Girls: 1, K Scott (MRR) 13-08; 2, T McLatchie (PH) 13-16; 3, C Nicol (Caith) 13-25; **Teams:** 1, MRR 12; 2, IH 27; 3, MBI 32. **Minors:** 1, S Leibnitz (MRR) 10-13; 2, J McLean (FRC) 10-20; 3, L Campbell (MBI) 10-30; **Teams:** 1, MRR 14; 2, Fraser 24; 3, MBI 32.

East District CC League, Rosyth -

Senior men: 1, D Cavers (Tev) 27-33; 2, P Dymoke (Liv) 27-36; 3, I Brown (RCE) 27-53; 4, R Jones (FVH) 28-04; 5, M McQuaid (FVH) 28-09; 6, I Steel (ESH) 28-10; 7, D Knight (PSH) 28-12; 8, A Robson (RCE) 28-19; 9, A Fair (Tev) 28-23; 10, P Fleming (RCE) 28-

26; 11, S Cohen (RCE) 28-31; 12, K Lyall (FSH) 28-35; 13, M Ferguson (EAC) 28-40; 14, M Fallows (EAC) 28-45; 15, M Turner (RCE) 28-48; 16, D Barr (Tev) 28-51; 17, C Law (FMC Car) 28-55; 18, M Strachan (DHH) 28-55; 19, J Musgrave (AAAC) 29-02; 20, C Haskett (DHH) 29-04; **Teams:** 1, RCE 79; 2, Teviot 144; 3, EAC 152; 4, FVH 224; 5, Camagie 261; 6, Liv 323.

Youths: 1, T Winters (EAC) 20-48; 2, A Milligan (FMC Car) 21-07; 3, S Robertson (FVH) 21-18; 4, H Hutchinson (FAC) 21-19; 5, G Smith (AAAC) 21-20; 6, M Anderson (Cor) 21-35; **Teams:** 1, HAC 16; 2, Aber 35; 3, Tay 40.

Senior Boys: 1, C Smith (AAAC) 16-40; 2, A Donaldson (BT Pit) 16-42; 3, M Coombe (Tav) 16-58; 4, G Kennedy (AAAC) 17-02; 5, S Lambie (Whit) 17-08; 6, S Murray (Lass) 17-12; **Teams:** 1, Aber 12; 2, Teviot 30; Tay 34.

Junior Boys: 1, C O'Brien (Cor) 12-38; 2, J Couper (FVH) 12-58; 3, F Armstrong (BT Pit) 13-03; 4, S Maloney (DHH) 13-06; 5, S Lauder (Tev) 13-12; 6, D Graham (File) 13-15; **Teams:** 1, File 25; 2, FVH 32; 3, Pit 37.

Colts: 1, D Cumming (AAAC) 5-47; 2, S O'Brien (Cor) 5-49; 3, G Wallace (Tev) 5-58; 4, A Gibson (Tev) 6-01; 5, S Mathieson (AAAC) 6-02; 6, D Kaye (DHH) 6-07; **Teams:** 1, Aber 16; 2, Teviot 25; 3, PSH 26.

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Scottish Veterans 5 mile CC Race, Glasgow -

1, B Kirkwood (RCE) 24-23; 2, A McLinden (Ham) 26-52; 3, B Gough (Camb) 27-05; 4, R Young M45 (Clyd) 27-46; 5, P Cartwright M50 (FVH) 28-07; 6, W Mitchell (Camb) 28-15; M55 J Irvine (Bellia) 29-42; M60 W Mitchell (Ham) 31-59; M65 R Dempster (Mary) 39-37.

Women: 1, D Monteith (SVHC) 34-10; 2, B Sloss (Motorola) 37-03; 3, A Fanix (Mary) 42-47.

SAF West District Womens CC Champ, Kirkintilloch -

Seniors 4 mile: J Cliffe (Glas Un) 27-14; 2, J McColl (VP) 27-32; 3, S Kennedy (VP) 27-57; 4, E Cochrane (COG) 28-03; 5, E MacKay (Shett) 28-06; 6, G Walker (Camb) 28-12; 7, C Sharp (COG) 28-34; 8, L Cairns (JWK) 28-59; 9, E McBrinn (Shett) 29-08; 10, B O'Neill (GN) 29-22; 11, E Wolfendale (Gla Un) 29-25; 12, J Robertson (Ayr) 29-26; 13, M Blacker (GN) 29-43; 14, A-M Hughes (Shett) 29-46; 15, J King (COG) 30-04; 16, C Reid (GN) 30-22; 17, A Murray (Kilb) 30-40; 18, L Chisholm (S' Kel) 30-59; 19, M Blaikie (SV) 31-18; 20, M Jeffreys (Glas Un) 31-33; 21, J Byng W45 (Irv) 31-37; 22, A Bruce W35 (S Kelvin) 31-40; 23, A McManus (Irv) 32-18; 24, A McKee (SV) 32-26; 25, M Thomas (West) 32-30; **Teams:** COG 26pt; 2, Shett 28; 3, Giffnock 39; 4, Glas Uni 56; 5, SKelvin 67; 6, Kilbarch 75; 7, Wester 83; 8, Irvine 90; 9, C'hauld 95; 10 Spango 99.

Inters 3 mile: 1, E Gorman (VP) 20-47; 2, L Baillie (Av) 22-14; 3, G Fowler (COG) 23-09; 4, S Knox (COG) 23-26; 5, C McCarron (Moth) 23-32; 6, C Miller (Irv) 23-55; 7, N

Fleming (Irv) 23-56; 8, L Moudy (COG) 24-02; 9, P Gillis (JWK) 24-18; 10, L McGregor (CR) 24-34; **Team:** COG 15pt.

Girls 2 mile: 1, K McNab (CR) 12-45; 2, C Morris (JWK) 13-30; 3, S Scott (COG) 13-35; 4, K Montador (CR) 13-48; 5, P Crawley (COG) 13-51; 6, K Kirk (GN) 14-02; 7, S Wilson (KO) 14-04; 8, T Tighe (Law) 14-09; 9, S Youden (JWK) 14-11; 10, A Shaw (COG) 14-16; **Teams:** 1, COG 18pt; 2, JWK 67; 3, Law 71.

Minors 2 mile: 1, K Smith (EK) 12-44; 2, B Murphy (CR) 12-48; 3, A Church (Ayr) 12-51; 4, J Ross (VP) 12-52; 5, L Gordon (Ann) 13-00; 6, C Thomson (COG) 13-04; 7, D McMorran (COG) 13-14; 8, S Clarkson (Law) 13-17; **Teams:** 1, COG 42pt; 2, Ayr 46; 3, EK 85.

East District Women's CC Champs, Edinburgh -

Senior: 1, S Ridley (EWM) 23-44; 2, A Rose (EWN) 23-51; 3, C-A Gray (EAC) 24-47; 4, K McMillan (EUJ) 25-09; 5, J Stevenson (FVH, W45) 25-15; 6, K McCallum (EWM) 25-34; 7, Y Reilly (DHH) 25-39; 8, S Stockdale (EWM) 25-46; 9, A Smith (EWM) 25-50; 10, C Brown (File) 25-54 W35; **Teams:** 1, EWM 9; 2, EAC 30; 3, DHH 39.

Inters: 1, C Simpson (EAC) 19-03; 2, L Stewart (Un) 19-50; 3, K Gormley (FWM) 20-03; 4, V Clark (AAAC) 20-13; 5, L Shaw (Arb) 20-56; 6, J Brown (Har) 21-12; **Teams:** 1, Harney 23; 2, EWM 26; 3, DHH 31.

Girls: 1, J Ward (Pit) 12-16; 2, C Vetrano (DHH) 12-23; 3, J Learmonth (DHH) 12-32; 4, H Steedman (BT Pit) 12-38; 5, J Thompson (Tev) 12-50; 6, S Robertson; **Teams:** 1, DHH 22; 2, Pit 39; 3, Teviot 58.

Minors: 1, H Smith (AAC) 12-24; 2, D Murray (Lass) 12-33; 3, H Norman (BT Pit) 12-39; 4, A Hood (EAC) 12-44; 5, L Harrison (EAC) 12-47; 6, Z McCarron (DHH) 12-56; **Teams:** 1, EAC 25; 2, Aber 40; 3, Pit 57.

Mini Minors: 1, C Couper (FVH) 6-27; 2, I MacIntyre (DHH) 6-27; 3, C Johnstone (Dunb) 6-28; 4, L Rodgers (Liv) 6-30; 5, S Carrie (Dunb) 6-33; 6, R Gibson (Har) 6-33; **Teams:** 1, DHH 26; 2, Aber 71; 3, FVH 76.

December

5

Fife AC Lita Allan Memorial CC Races, Scottish Womens CC League, Beveridge Park, Kirkcaldy -

Senior 6 miles: 1, C Law (Cam) 33-00; 2, D Knight (PSH) 33-03; 3, S Burch (Pit) 33-10; 4, M McQuaid (FVH) 33-18; 5, A Robson (RCE) 33-27; 6, M Strachan (DHH) 33-36; 7, D McGonigle (Shett) 33-45; 8, P Rodger (Sun) 33-52; 9, R Rodgers (HBT) 33-53; 10, K Harness (File) 33-54; 11, C Farquarson (HBT) 33-55; 12, D Millan (FVH) 34-07; 13, M Greally (Pit) 34-11; 14, N Milousorou (Met) 34-14; 15, R Bell (DHH) 34-15; 16, M Rigby (West) 34-18; 17, K Smith (RCE) 34-18; 18, D Law (Cost) 34-20; 19, C Breslin (File) 34-12; 20, D Sharkey J1 (Ab Un) 34-15; **Veterans:** B Howie M40 (ESH) 35-08; W Hutchinson M40 (Urath) 36-18; A Duncan M45 (Pit) 36-50; **Teams:** 1, Camagie 80 pt;

2, Shett 28; 3, Giffnock 39; 4, Glas Uni 56; 5, SKelvin 67; 6, Kilbarch 75; 7, Wester 83; 8, Irvine 90; 9, C'hauld 95; 10 Spango 99.

Inters 3 mile: 1, E Gorman (VP) 20-47; 2, L Baillie (Av) 22-14; 3, G Fowler (COG) 23-09; 4, S Knox (COG) 23-26; 5, C McCarron (Moth) 23-32; 6, C Miller (Irv) 23-55; 7, N

THANKS from the Sharps

CAMERON Sharp stood up and said "thank you" to the thousands of people who have contributed to his recovery when he collected the cheque for over £56,000 which has secured his family's future, writes *Matthew Lindsay*.



But speaking at the Kelvin Hall on February 8, his wife Carol claimed Cameron only received the specialist treatment he desperately needed because of his "high profile".

At the presentation, the 800 metres internationalist thanked every person and organisation that helped the family over a trying 16 months.

"From the neurosurgical unit at Newcastle which kept him alive

initially, to the Astley Ainslie and the Head Injuries Trust for Scotland, who both played big parts in his rehabilitation, we could not have been better served," she said.

However, she added: "We have found it very disconcerting to realise that Cameron has only been able to obtain that help and make this progress because of the high profile he enjoyed as a former international athlete. It is sobering to reflect that hundreds more suffer traumatic head injury each year.

"Even with these advantages, it may shock you to learn that everything we have

achieved has had to be fought for. Excellent though Cameron's medical care has been, if he had been left to the mercy of the standard NHS resources offered, he may well still have been in the wheelchair."

Afterwards, Carol told Scotland's Runner: "If it came about that anyone was able to be helped due to the high profile of Cameron, then we would take that opportunity."

DEAR TRIP

THE McColgan family was last month resting after an arduous day out - a 12,000 mile, £3,000, visit to South Africa.

World 10,000 metres champion Liz McColgan had intended to spend six weeks altitude training in idyllic Johannesburg in preparation for the World Cross Country Championships, but on arrival instead found a sprawling metropolis which wasn't suitable for her 20 mile morning run.

Instead Liz, husband Peter, and daughter Eilish returned straight home and she is now going to train in Arbroath, with two stints abroad at locations in Europe and America - which will definitely be checked out beforehand!

Murray's indoor record

YVONNE Murray followed up her indoor victories at the West District Championship and the Pearl Assurance Games by breaking the UK all-comers record for the mile with a time of 4-32.0 at the GB v US Vauxhall International in Birmingham.

The international was not so successful for fellow Scots Tom McKean and Elliot Bunney.

McKean was pipped into second place by David Sharpe, whom he had beaten the week before after he had run a poor tactical race.

And Bunney trailed home fifth in the 60m in a time of 6.83 after picking up a false start.

Racing double money

IT WAS a case of double your money for Racing Club Edinburgh, when they received £2,500 sponsorship from local solicitors Leslie Deans & Co.

Under their Sports Match Awards the government (through the Scottish Sports Council) will match any sponsorship pound for pound, so the club's money was doubled.

Founder member of Racing, Alan Robson, said the additional funding would see the club through another year.

He said: "Up until now I have been funding the activities of our 18 athletes, but this will help us to attend the 12 Stage Road Relay Race in England which we perhaps couldn't have afforded before."

Athletes who run out of the club include Olympic steeple-chaser Tom Hanlon, first Glasgow marathon winner Peter Fleming, the 1500m and 3000m Scottish record holder John Robson and Alan Robson himself who is the former British professional mile champion.

SAF JACKPOT

THE Scottish Athletics Federation has been awarded Scottish Sports Council grants totalling £153,000 - the largest ever sum granted to a governing body in Scotland.

The core funding of £98,000 is an increase of just £2,000 on the grants given to the five separate associations in 1992, but an extra £10,000 has been granted towards the initial costs of setting up the SAF, £30,000 goes towards Commonwealth Games preparation, and the remaining £15,000 has been set

What's the point?

5, Witchbrae, Dunfermline.

SIR - Ian Mackie of BT Pitreavie won the East district indoor 200m youth championship on January 24, in a championship best time of 22.18 seconds. This is the fastest time ever for a youth, but the SAF will not ratify this as a youth record on the grounds that Ian will be competing as a junior man outdoors this summer.

Since this is Ian's second year running indoor as a youth it meant he had only his first year in which to break a record, as is the case with all athletes below senior who compete indoors.

Surely it is ridiculous for the SAF to run a championship in which a second year athlete cannot break a record in his event. Why have a championship in which you are allowed to compete, but not allowed to break records?

John Macdonald

aside to assist create the new post of development officer, which was filled by Graham Ross on March 1.

Welcoming the announcement, SAF general secretary Bob Greenoak said: "The money earmarked for the Commonwealth Games preparation and the newly appointed development officer post is particularly welcome, as we anticipate this will benefit both grassroots and elite athletes."

SAF treasurer John Innes said: "There is no doubt about it, it is a very generous award."

FURTHER to our age group rankings in the previous issue, Leah Conway of Ayr's 1500m time of 5-19.9 in the Scottish and North West League, Division 1, at Meadowbank means that she moves from eighth in the minor girls' rankings for that event to fourth.

Derek Parker
outlines some
schedules for
the 800m
runner.

Preparing for the track

WITH the outdoor track season a few weeks away, the thoughts of many athletes will be directed towards achieving personal best performances when the summer programme begins.

One of the most popular events is the 800, which provides an exhilarating challenge involving a blend of speed and stamina. According to physiologists, the two-lap race is 67 per cent anaerobic and 33 per cent aerobic.

This means that approximately two-thirds of the energy required originates from sources where there is an absence of oxygen, e.g. by the conversion of stored muscle glycogen into lactic acid. The remaining one-third is supplied by the oxidation of foodstuffs by oxygen extracted from the inspiration of air during exercise. This converts chemical energy into mechanical energy.

At one time it was believed the aerobic-anaerobic ratios should be rigidly reflected in 800m training schedules. Thus, four out of six sessions weekly would be anaerobic-oriented, while the other two would be aerobic in structure. Alternatively, 40 minutes of a 60 minutes training programme would emphasise anaerobic work while the remaining 20 would be primarily aerobic.

More recently, however, training programmes for 800 metres have tended to be based on the strengths of the individual athlete, and schedules have become more personalised. This means that athletes with lots of natural speed use high quality repetitions with fairly long recoveries in their programmes.

This enables them to maximise their physiological and genetic advantages, i.e. speed

resulting from their preponderance of white, fast-twitch, muscle fibres and neuro-muscular systems capable of handling intensive, anaerobic exercise. Two-lap athletes in this category are those whose second strongest event is the 400 rather than 1500 metres.

Conversely, the athletes whose asset is stamina rather

Although their 800m training must obviously involve fast, anaerobic-type workouts, they tend to do more repetitions than their 400/800m counterparts at a relatively slower tempo. Their overall training mileage is significantly higher, as can be seen from the following examples:

Peter Snell won gold at the 1960 and 1964 Olympics, and although his personal best time for the two-lap race was 1:44.3, his top performances over 100 and 400m were a modest 11.3 and 47.7 respectively.

Compared with his mile pb of 3:54.1 and a marathon in around 2:30.0, these sprint performances were greatly inferior to his distance achievements.

His strengths lay in his ability to handle large training loads and maintain a high percentage of his top speed over considerable distances. This was achieved by running nearly 100 miles a week



than speed use lower-intensity repetitions with shorter recoveries. This is because they are better equipped physiologically for aerobic work as a consequence of their preponderance of red, slow-twitch muscle fibres and well-developed cardio-vascular-respiratory systems which enable them to handle greater training loads and to recover quickly from the effects of their training.

The 800m specialists in this group opt for 1500 rather than 400m races as their second-string event

during the preparation phase, including single sessions of distances amounting to 25 miles.

This build-up was virtually unheard of for an 800m runner, but Snell and his coach, Arthur Lydiard, were simply basing the programme on the athlete's strengths.

The anaerobic requirements were accommodated by sessions such as 6 x 800m in 2:10, and 6 x 400m in 58 (recoveries not stated).

Maximum speed was developed by sessions such as 3

x 200m at full-effort, or several 50m sprints interspersed into one mile runs. Three days before winning one of his 800m Olympic golds, Snell ran for 60 minutes steady to prepare mentally and physically for his victorious effort.

Snell's weekly mileage greatly exceeded the monthly mileage of his predecessor, the American Tom Courtney, who pipped Britain's Derek Johnston for the 800m gold medal at the 1956 Olympics.

Courtney's personal bests for the 100, 400, and 800 metres were 10.5, 45.8, and 1:45.8 respectively.

His fastest mile was, for an Olympic champion, a modest 4:07.0. He was quite clearly a speed-oriented two lap runner. His training was thus based on few, but very fast, repetitions with long recoveries during the season.

Typical sessions used by Courtney were 4x300yds in around 32.0 with 300yds walk recovery or 1200m in 3 minutes (60-65-55 secs laps) & 10 mins rest & 2x300yds in 33.0 with 300yds walk recovery or 3x300yds in 32.0 with 300yds walk recovery & 1x 600m in 78.0 or one mile jog & 3x80m acceleration runs with 80m jog recovery.

During the season, Courtney raced once a week on Saturdays and rested completely on Thursdays and Sundays. Preparing for the season he ran more repetitions, but at a slower pace, e.g. 10x300yds in 36.0 with 300yds walk recovery or 6x 800m in 2:10 mins with 400m walk recovery.

His training was virtually all track-based, and his maximum monthly mileage was around 80.

The 1968 Olympic 800m gold medallist was Ralph Doubell, whose performances revealed a blend of speed and

stamina (or anaerobic/ aerobic capacity). These included 100m in 10.9, 46.4 for 400m, 1:44.3 for 800m, and 4:00.6 for one mile. Doubell's weekly mileage was about 55, most of which was done on the track apart from a two mile jog every morning prior to the evening session.

A typical week's programme which provided quality and quantity work was: Mon: 20x400m untimed with 60 secs recovery; Tues: 30x 200m in 26.0 to 27.0 secs in three sets with 60 secs jog recovery; Wed: 10x800m (no times or recoveries stated); Thurs: 50x100m; Fri: rest; Sat/ Sun: competition or time trial.

The 1972 Olympic 800m winner, Dave Wottle, was very much an athlete in the Peter Snell mould, as his times of 1:44.3 and 3:53.3 for the two laps and one mile respectively indicate.

During the preparation

phase Wottle covered up to 85 miles weekly.

This was decreased to between 55 and 65 miles weekly in the season, when repetition running over 200, 300, 400, 600m were added, along with 1600 and 3200m time trials.

Alberto Juantorena's victory in the 800 at the 1976 Olympic Games convinced many coaches (for a while at least) that the future of two lap running lay with sprint-based competitors. His sprint times for an 800m runner were phenomenal. They included 10.4 for 100m, 20.8 for 200m, and 44.6 for 400m.

Although most of Juantorena's training involved high quality speedwork with good recoveries, his workouts included a reasonable amount of over-distance sessions during the competitive phase.

His pre-season sessions included fartlek plus 3x5x 200m in around 23.6 with 200m

jog, or 4x1000m in around 2:35.2 (no recovery times given), or 1.25 miles cross country plus 3x3x400m (no times or recoveries given) plus 1.25 miles cross-country, or 1000m & 500m x 2 sets in around 2:41.0 and 64.2.

In the season, Juantorena decreased the volume of his sessions but increased the quality of his repetitions and the length of his recoveries. Typical workouts included 2x 3x200m in sub-22.0 plus 3x 600m, starting the first in around 90.0 then progressing to around 80.0 for the final two 600m efforts.

The concept of training 800m runners by emphasising their strengths has been popularised throughout the athletics world by coaching gurus such as Payton Jordan (USA), Toni Nett (Germany), O. Karikoski (Estonia), and Frank Horwill (UK). The procedure can be summarised as follows:

1. The training emphasis

for 800m athletes should be based on their strengths.

Sprint-orientated athletes respond best to high quality speedwork involving fewer repetitions and longer recoveries. Endurance-orientated athletes get the best results from larger training loads at slower tempos with relatively short recoveries.

2. The development of weaknesses should not be neglected. Sprint-based athletes must devote a reasonable amount of time to improving their stamina and vice-versa.

3. The aerobic/anaerobic ratios of the 800m (i.e. 33%/67%) should be remembered when compiling training schedules.

4. Athletes' performances in under-distance events (e.g. 100/200/400m), and over-distance events (e.g. 1000/1500/3000m), should be taken into account when deciding the sources of his or her individual strengths.

Derek Parker's Schedules

Week One

Sunday: 90 to 120 mins cc or grass running

Monday: 75 to 90 mins fartlek incl. 30 secs fast (15 secs jog) & 60 secs fast (30 secs jog) & 90 secs fast (45 secs jog) & 120 secs fast (60 secs jog) & 150 secs fast (75 secs jog) & 180 secs fast (90 secs jog) & 150 secs fast (75 secs jog) & 120 secs fast (60 secs jog) & 90 secs fast (45 secs jog) & 60 secs fast (30 secs jog) & 30 secs fast.

Train at 5k/10k effort.

Tuesday: 5 miles/30 mins steady.

Wednesday: 10 miles steady with hills.

Thursday: 10 x 500 metres at 3k effort (45 to 60 secs recovery).

Friday: 30 mins easy recovery run.

Saturday: 12 to 15 miles steady.

Morning runs, if done, should be of 20 to 30 mins duration four to six times weekly.

Week Two

Sunday: As week one.

Monday: 75 to 90 mins fartlek incl. 45 secs at 5k effort (30 secs jog) & 30 secs at 1500m effort (30 secs jog) x 12 sets.

Tuesday, Wednesday, and Friday: As week one.

Week Three

Sunday: As week one.

Monday: 75 to 90 mins fartlek incl. 16 x 60 secs at 3k effort (jog 30 secs)

Tuesday, Wednesday, and Friday: As week one.

Week Four

Sunday: As week one.

Monday: 75 to 90 mins fartlek incl. 16 x 60 secs at 3k effort (jog 30 secs)

Tuesday, Wednesday, and Friday: As week one.

Thursday: 3 x 2000 metres at 5k effort (75 to 120 secs recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

Thursday: 8 x 200 metres at 800m effort (60 to 75 secs recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 75 to 90 mins fartlek incl. 6 x 2.5 mins (60 secs jog). Run the first 2 mins. at 5k effort then increase to 1500m effort over next 30 secs.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 10 x 300 metres at 1500m effort (45 to 60 secs recovery).

Saturday: 12 to 15 miles steady.

Morning runs as week one.

Week Four

Sunday: As week one.

Monday: 75 to 90 mins fartlek incl. 16 x 60 secs at 3k effort (jog 30 secs)

Tuesday, Wednesday, and Friday: As week one.

Thursday: 3 x 2000 metres at 5k effort (75 to 120 secs recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cc or grass running.

Monday: 60 to 75 mins fartlek incl. 20 secs fast (20 secs jog) & 40 secs fast (40 secs jog) & 60 secs fast (60 secs jog) x 6 sets.

Tuesday: Rest or 20 to 30 mins easy running.

Wednesday: 5 to 8 miles steady.

Thursday: 6 x 500 metres at 3K effort (60 to 75 secs recovery).

Friday: Rest.

Saturday: 8 to 12 miles steady.

Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sunday: As week one.

Monday: 60 to 75 mins fartlek incl. 30 secs fast (30 secs jog) & 60 secs fast (60 secs jog) x 8 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 2 x 4 x 200 metres at 800m effort (60 secs recovery between reps/5 mins between sets).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 60 to 75 mins fartlek incl. 10 sets fast (10 secs jog) & 20 secs fast (20 secs jog) & 30 secs fast (30 secs jog) x 10 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 5 x 1000 metres at 5k effort (75 to 90 secs recovery).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 60 to 75 mins fartlek incl. 12 x 45 secs fast (45 and 60 secs jog recovery alternatively).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 2 x 5 x 300 metres at 1500 metres effort (45 to 60 secs between reps/5 mins between sets).

Saturday: 8 to 12 miles steady.

Morning runs as week one.

Week Four

Sunday: As week one.

Monday: 60 to 75 mins fartlek incl. 10 sets fast (10 secs jog) & 20 secs fast (20 secs jog) & 30 secs fast (30 secs jog) x 10 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 5 x 1000 metres at 5k effort (75 to 90 secs recovery).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Will you run the distance to help him?

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

and now, he cannot bear to turn a corner



Six-foot-four Sergeant 'Tiny' G.T.T., DCM, was perhaps the bravest man his Colonel ever knew.

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"They've given more than they could - please give as much as you can."



COMBAT STRESS

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

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UNIVERSITIES

Radcliffe runs away with title

ONCE every eight years or so, the British Universities Cross Country Championships come north of Carlisle, and so on January 30 a quality field assembled in Glasgow's Bellahouston Park to compete in the 1993 event, writes Gordon Ritchie.

The first race of the afternoon was the women's. On paper, the hosts had a very strong team and were favourites for the team title, but the absence of Hailey Haining (recovering from injury), Vikki MacPherson (resting before the nationals), and Joanna Cliffe (recovering from flu) relegated them to the ranks of also-rans.

It also meant that Scottish hopes for the individual title rested with Alison Rose (yes, she ran and finished this year without causing any trouble for the officials) and Loughborough-based Donna Rutherford.

Those hopes were dashed when Paula Radcliffe (Loughborough) appeared on the start line.

To her credit, Alison made every effort to go with the early pace, but the world junior champion was too strong for everyone and ran away from the field to record a comfortable victory.

Alison appeared to suffer for her early determination as she lost her place and finished sixth.

Jane Spark finished a creditable second, with Leeds student Andrea Duke third.

Loughborough's Tanya Blake and Angela Davies finished fourth and fifth respectively, and with Rutherford finishing fourth counter for Loughborough in ninth place, they easily won the team competition. Edinburgh won the local battle by finishing as first Scottish team.

The afternoon drew to a close with the men's race. This again suffered from the withdrawal of many quality athletes, although the top Scot

Phil Mowbray (Edinburgh) took his place on the start line.

In the early stages Oxford's Simon Baines and Liverpool's Ian Hudspith took an early lead. Mowbray settled into a place in the top twenty as they reached the end of the first of three circuits.

As the race progressed on to the second lap, Baines broke clear and from there onwards there was only one winner. Hudspith found himself in no-man's land and was soon caught by the chasing group.

Like Rose in the women's race, he paid for his efforts in challenging the favourite and struggled home in seventh place.

Mowbray kept a steady pace and finished a creditable eighth which secured his place as top Scot. Cambridge's Colin Addison finished second, with Loughborough's Tim Bignell leading his team to victory with third place in the individual event. Birmingham packed well to take second place in the team event, with Cambridge third. Edinburgh were again the top Scottish team.

After the races, the Scots displayed their true talents as they hosted a party at Glasgow's playing fields.

Westerlands discos are infamous, and this year's was no exception. The English visitors were left in no doubt as to what they can look forward to when they return north for the track and field championships at Meadowbank in May.

Hopefully then all the top athletes will be fit and available to compete in what promises to be one of the best fixtures in 1993.

The general opinion from the athletes on the cross country event was that it was a good challenging course in fast condition which resulted in a true test of ability.

It also provided some athletes with the ideal preparation for the trials in Corby, which is, after all, the whole purpose of events like this.

SCHOOLS

Records fall

NOW

in its third year under the present format, the Scottish Schools' U16 and O16 Indoor Track and Field Championships at the Kelvin Hall on February 5 saw 21 new championship best performances being set, indicative of the ever rising standards in this comparatively new event. However, even more encouraging was the size of the entry - 750 athletes and 1000 event entries from 193 schools - encouraging, but also worrying in that saturation point has really been reached and, were it not for the unflappable expertise and optimism of track referee George Duncan, who juggled straight and circular events simultaneously, then chaos would have ensued on the track.

Various solutions, none of them ideal, have been put forward to contain the championships within manageable bounds: limit entries to one per athlete; one athlete per event per school; increase entry fees; set standards; hold the match on a Sunday; or timetable the championships from 10am until 6pm.

It is a good event, a popular event, and very well supported by SAF officials and teachers prepared to help, rather than just sit and watch. No doubt the same format will be kept for 1994, but the SSAA obviously need to work out some refinements to guarantee smoother timetabling, especially in the circular track.

The only double winner was Clydebank High's Ross Baillie, who set a new record in the U16 hurdles, 8.59, after winning the straight 60m in 7.32.

A family double was achieved by St Michael Academy brothers, Martyn Hendry, O16 hurdles in 8.32, and Bryan in the U16 800m, 2:02.4, both records.

Another successful family result came from Glenrothes, where Auchmuty High's Morha Goldie won the U16 300m in 44.4 (43.8 in the semi), Jon-

athon was second in the O16 400m in 50.8, and Mhairi was seventh in the O16 800m final.

One of the busiest athletes was Theresa Richards of Oldmarcher Academy, gold medalist in the long jump (5.12), third in the high jump, and fourth in the hurdles.

As expected, Nav Dhaliwal, The Park, won the U16 shot with 13.08, while Julie Robin, Hermitage Academy, won the O16 event with 11.23. Catherine and Eleanor Garden, Kinross High, were both second in their shot events.

The U16 girls 1500m was won by Karen Montador, Alfoa Academy, youngest competitor in the recent U16 Home Countries Schools' International, in 4:48.6, while the very experienced Hayley Parkinson, Balwearie High, stepped down from her favoured 3000m distance to take the 1500m race in 4:44.7 from Kristina Gormley, Mary Erskine.

Gillian Fowler, Earnock High, successfully defended her O16 800m title in 2:20.5, from Fiona Johnston, Galashiels Academy. Sinead Dudgeon, St Augustine's High, the 60m and 200m winner in 1992, opted only to defend the short sprint, in a new record of 7.73, from Theresa Crosbie, St Ninian's High, who chose not to defend her 60m hurdles title.

Susan Hendry, Westhill Academy, who recorded the joint fastest lap at the SSAA Road Relay Championships in November, won the 300m from Claire Martin, Auchmuty High.

Lisa Brown, Glenrothes High, successfully defended her O16 high jump title, but her winning height of 1.63 was bettered by the U16 winner, Lee McConnell of Holyrood Secondary, with 1.65. Lee was also third in the U16 200.

Another double medalist was Sarah Ramminger, Arbroath High, who won the O16 long jump with 5.53, and was second in the hurdles to Karen McNamee, King's Park Secondary.

One of the most outstanding

girls results was the U16 200m win of Suzanne McGowan, Bellshill Academy, in 25.5, well over a second faster than the O16 winner, Angela Keane of St Margaret's High.

St Margaret's High also had a winner in the boys' events - international pentathlete Gerry Murray winning the U16 400m in 53.8, a record, and also taking third place in the hurdles. In the U16 boys' championships, every event was won by an athlete competing in the recent international (as was the case with the girls, apart from Suzanne McGowan).

Probably the most impressive U16 winner was Victoria Drive's Peter Rowling, who stormed the 200m in 23.5.

Two of the most exciting events of the day came from the O16 boys. The 800m was a wonderful race, with Mark Smith (1992 U16 winner) from Douglas Academy and Des Roache, Renfrew High, both finishing inside two minutes, Mark just holding off Des with his stronger finish.

In the high jump, Martin Pate, Boclair Academy, and Tony Gilhooly, Trinity High, both cleared 1.93 for a jump off, which resulted in Martin winning in 1.94.

However exciting these two events were, most people would have given the accolade of "Athlete of the Match" (had there been such an award) to David Litchfield of Glenalmond, who won the O16 boys long jump (the first five boys all going over

6m) with 6.80 - a new age group record.

Improving with every round, except for a stutter at the third (6.32, 6.34, 4.39, 6.46, 6.61, 6.80), David's ability prompted Commonwealth Games squad member Duncan Mathieson, who was presenting the awards and who was the first schools' athlete to break the 7.00m barrier - 7.04m in 1987 - to suggest that



Gerry Murray

his record was not nearly as secure as he had thought.

Most successful school was Queen Anne High, Dunfermline, with victories for Jennifer Ward in the U16 800m, Douglas Colville in the O16 60m, while Bruce Robb was second in the O16 shot.

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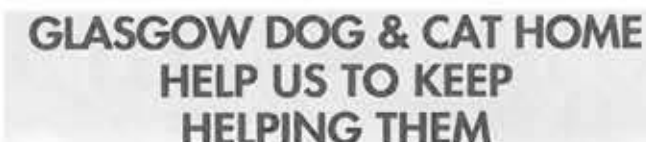
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Running Event _____ Date of Event _____

MUSCULAR DYSTROPHY GROUP
RESEARCH - COUNSELLING - CARE



Veteran runner Dermot Lamb, meanwhile, is asking readers of Scotland's Runner to support SCIAF, Scotland's only independent overseas



Postcode _____

development aid agency, by joining a fast on March 19. "It is a very positive way of showing solidarity with the poor," says Dermot, appeals organiser of SCIAF, whose 1993 campaign is "Solidarity with Africa".

ARMS consider the welfare of their runners and the multiple sclerosis charity will this year thank their London Marathon runners by welcoming them into a reception in St Thomas's Hospital, where family and friends can greet them and they can eat and be watered.

Runners who feel this is a worthwhile cause could also run for The Multiple Sclerosis Society in Scotland, which will this year approach its 40th birthday recognised as one of the country's leading charities.

The Muscular Dystrophy Group and the Cystic Fibrosis Trust are two organisations which have thousands of runners working hard for them every year, but as their impor-

tant work increases they are looking for more people to run for them.

Greenpeace's fight to save the planet from global warming continues to snowball and gain support from an encouragingly growing number of the public.

Whether they are trying to stop commercial whaling or sealing, the latter which is now banned and the former greatly reduced thanks to them, or confronting the nuclear industry about the dumping of waste and the spread of potentially



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A charity new to running sponsorship is the Glasgow Dog and Cat Home, although this worthwhile institution has been providing and finding a loving home for the thousands of stray dogs and cats in Glasgow.

With the home in the process of rebuilding to provide even more adequate facilities for the occupants, they need pet loving runners to raise money for the abandoned animals that nobody else will care for.



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LONDON MARATHON

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2, Pit 88; 3, DHH 92; 4, File 105.

Youths 3.5 miles: 1, T Winters (EAC) 19-40; 2, A Milligan (Cam) 20-06; 3, G Smith (Ab) 20-30; 4, R MacFarlane (Fife) 20-37; 5, S Robertson (Mor) 20-38; 6, S Monaghan (DHH) 20-50; 7, S Scott (Mor) 20-53; 8, L Jones (Arb) 20-54; 9, V McPherson (DHH) 20-59; 10, D Ross (Arb) 21-05; **Teams:** Fife 25pt; 2, Aber 33; 3, DHH 34; 4, MRR 36.

Senior Boys 2.5 miles: 1, N Lyall (Lass) 16-59; 2, A Donaldson (Pit) 17-03; 3, R Tolan (Un) 17-05; 4, B McLean (Law) 17-37; 5, N Tulloch (MBI) 17-44; 6, A Soutar (Un) 17-45; **Teams:** 1, MBI 37pt; 2, Lass 38; 3, Arb&Dist 45.

Junior Boys 2 miles: 1, J Courie (Mor) 14-45; 2, G Martin (MBI) 14-50; 3, C O'Brien (Corst) 14-52; 4, A Murray (Aird) 15-37; 5, J MacDonald (CR) 15-43; 6, P Armstrong (Pit) 15-52; 7, S Maloney (DHH) 15-53; 8, I Rough (File) 15-53; 9, D Melville (MBI) 15-56; 10, A Morgan (Aird) 15-59; **Teams:** 1, MBI 26pt; 2, File 34; 3, Aird 40; 4, DHH 40.

Colts 1.25 miles: 1, S O'Brien (Corst) 7-25; 2, D Camming (Ab) 7-25; 3, F Mathieson (Ab) 7-34; 4, K Taylor (Girv) 7-34; 5, I Menzies (PSH) 7-51; 6, P Dearie (Law) 7-53; **Teams:** 1, Aber 17pt; 2, Corst 29; 3, PSH 31.

Senior Womens 3.5 miles: 1, J Cliffe (Glas Un) 21-24; 2, C-A Gray (EAC) 22-05; 3, J Stevenson W45 (FUH) 22-42; 4, G Walker (Cumb) 2-54; 5, K Greally (EDC) 23-25; 6, L Cairns (JWK) 23-27; 7, T Brindley (Ab Un) 23-29; 8, C Brown W35 (File) 23-31; 9, A Wilson W35 (DHH) 23-36; 10, M Robertson W45 (DHH) 23-41; 11, D Everington (Liv) 23-42; 12, K Powell (DHH) 23-57; **Further Vet:** M McLam (File) 24-14; K Macgregor (File) 24-19; **Teams:** 1, File 37pt; 2, EAC 37; 3, Liv 57; 4, DHH 65; 5, Aber 71; 6, Pit 79.

Inters 3.5 miles: 1, I Linaker (Pit) 22-30; 2, C Simpson (EAC) 22-42; 3, E Gorman (VP) 22-54; 4, V Clark (Ab) 23-47; 5, C Falconer (MBI) 23-54; 6, H Parkinson (Bel HS) 24-46; **Teams:** 1, MBI 30pt; 2, DHH 38; 3, Aird 72.

Girls 2.5 miles: 1, K Montador (CR) 15-54; 2, P Crawley (COG) 15-57; 3, J Ward (Pit) 16-20; 4, C Veltmans (DHH) 16-26; 5, A Shaw (COG) 16-45; 6, H Steedman (Pit) 16-54; **Teams:** 1, COG 14pt; 2, Pit 26; 3, DHH 29.

Minor Girls 1.25 miles: 1, S Liebnitz (Mor) 11-14; 2, L Harrison (EAC) 11-15; 3, H Norman (Pit) 11-16; 4, A Murray (Aird) 11-17; 5, J McLean (FBC) 11-21; 6, A Church (Ayr) 11-22; **Teams:** 1, EAC 13pt; 2, Pit 40; 3, Aber 43.

Mini Minors 1 mile: 1, I McIntyre (DHH) 8-11; 2, R Gibson (Har) 8-12; 3, I Ross (MBI) 8-15; 4, G Kyle (DHH) 8-18; 5, C Johnstone (Dun) 8-23; 6, S Carrie (Dun) 8-30; **Teams:** 1, DHH 13pt; 2, Aber 36; 3, FVH 49.

East Kilbride AC Donprint Festival of Running, E Kilbride -

Seniors Hugh Wilson Memorial 10K: 1, A Russell (Law) 30-55; 2, B Kirkwood M40 (RCE) 31-04; 3, J MacKay (Shett) 31-12; 4, S Wylie (Camb) 31-23; 5, T Hearle (Kilb) 31-39; 6, I Murphy (Clyd) 31-44; 7, R Johnston (Un) 31-50; 8, J Duffly (SV) 31-52; 9, M Gormley (Camb) 31-54; 10, T Anderson (Kilb) 31-54; 11, W Richardson (Irv) 31-54;

12, A McAngus (Bella) 32-00; 13, J Brown (Camb) 32-10; 14, A Macbeth (Stra Un) 32-16; 15, I Tiemey (EK) 32-29; 16, D McKenzie M40 (FVH) 32-31; 17, G Tenney (Kilb) 32-50; 18, D Truesdale (Bella) 32-50; 19, A McLinden M40 (Ham) 32-55; 20, D Thorn (Camb) 32-59; 21, A Chalmers (Spr) 33-03; 22, S Gilmour (VP) 33-06; 23, W Mitchell (Camb) 33-09; 24, F Hurley M40 (Camb) 33-12; 25, E Nichol (Camb) 33-12; 26, A Derek (Cal) 33-22; 27, I Botheroyd (Stra Un) 33-27; 28, A Robertson (Camb) 33-30; 29, C Webster (HBT) 33-35; 30, M McWilliams (EK) 33-36; 31, J McMullen (EK) 33-40; 32, R McCallum (FVH) 33-42; 33, G Reid (EK) 33-54; 34, D Lothian (FVH) 33-55; 35, J Coyle (Stra Un) 34-02; 36, G Cunningham (Ayr) 34-04; 37, C Steele J1 (VP) 34-06; 38, A Gilmour (Camb) 34-11; 39, D Gillespie (FVH) 34-13; 40, B Gough M40 (Camb) 34-15; 41, A Nichol (VP) 34-16; 42, H Gallacher (Bella) 34-17; 43, J Doyle (VP) 34-21; 44, J Bell (Spring) 34-35; 47, C Burns (KU) 34-43; 48, J Scott (EK) 34-44; 49, D Williams (Shett) 34-46; 50, G Mercer (Bella) 34-48; **Further Vets:** J White (Irv) M40 34-55; R Guthrie M45 (Bella) 35-05; W Mitchell (Camb) M40 35-11; I Donnelly M40 (Law) 35-39; R Brennan M50 (Camb) 35-40; T McPake M40 (Camb) 35-54; R Brown M40 (KO) 35-57; B Edridge M45 (Clyd) 36-12; **Teams:** Cambus 46pt; 2, EK 109; Cambus B 111; **Vet Teams:** 1, Cambus; 2, Cambus B.

Youths 2.5 miles: 1, J Tonner (JWK) 13-52; 2, G Hillier (VP) 14-03; 3, M Smith (VP) 14-08; 4, J Bates (Camb) 14-29; 5, A Kidd (JWK) 14-30; 6, J Man 14-42; **Team:** 1, VP 11pt.

Senior Boys 2.5 miles: 1, P Dennis (Heil) 14-18; 2, A Thomson (Irv) 14-38; 3, J Madden (EK) 14-55; 4, C Clement (EK) 15-16; 5, R Madden (EK) 15-38; 6, P Smart (EK) 15-42; **Team:** 1, EK 12pt.

Junior Boys 2 miles: 1, A Sandilands (Stone) 11-27; 2, M Paton (Spr) 11-50; 3, J Letford (VP) 11-57; 4, D Gour (Shett) 12-09; 5, A Mitchell (EK) 12-12; 6, G Pettit (EK) 12-13; **Teams:** 1, Spring 25pt; 2, EK 25; 3, VP 32.

Colts 1 mile: 1, A Auld (Cumb) 6-48; 2, P Daly (Shett) 6-52; 3, S Breslin (Spr) 6-53; 4, J Morran (L&L) 6-55; 5, C Munro (VP) 6-56; 6, S Higgins (Irv) 6-57; **Teams:** 1, EK 28pt; 2, Lark 38; 3, Spring 39.

Senior Women 10K: J McCall W35 (VP) 36-28; 2, M Gammel (S' Kel) 36-34; 3, E MacKay (Shett) 36-02; 4, H Grant (EK) 36-47; 5, J Byng W45 (Irv) 39-37; 6, R Taylor (FVH) 40-09; 7, A Hughes (Shett) 40-11; 8, T Thomson (Pit) 40-46; 9, C Gammel (S' Kel) 41-34; 10, D Monteith W40 (SVHC) 43-30; **Team:** 1, S' Kelvin 24pt.

Girls 2 miles: 1, A McDonald (EK) 12-30; 2, D Nichol (EK) 13-52; 3, R McDougall (EK) 13-59; 4, J Mostyn (EK) 14-46; 5, L O'Callaghan (EK) 15-11; 6, K Leslie (EK) 16-08; **Team:** 1, EK 6pt.

Minor Girls 2.5 miles: 1, K Smith (EK) 13-04; 2, L Reid (EK) 13-07; 3, L Campbell (EK) 13-08; 4, R Kerr (COG) 13-17; 5, C Smith (Law) 14-09; 6, C Thomson (COG) 14-13; **Teams:** 1, EK 6pt; 2, COG 18.

Mini Minors 1 mile: 1, L Buchanan (EK) 7-

38; 2, K Buchanan (ER) 7-44; 3, L Mooney (EK) 7-53; 4, C Fleming (EK) 8-04; 5, R Anderson (EK) 8-04; 6, G Bell (ER) 8-09; **Team:** 1, EK 6pt.

Dumbarton AAC 5 mile CC race -

A Adams (VP guest) 32-32; 1, F Caldwell 32-44; 2, P Walsh 33-10; 3, A Adams M45 33-16; 4, T Kelly 34-59; 5, T Kelly 35-10.

Glenpark H Crescent Cup 5 mile CC race, Greenock -

1, A Puckin 26-18; 2, J Bennett 28-13; 3, J McCormick 28-40; 4, G McGratton 28-47; 5, D McLaughlin 28-49; 6, W Jenkins 29-10; **Vet:** W Jukes M40 29-40; I Cameron M40 30-34; J Russell M40 31-00; **H'cap 1, R Mitchell, 2, D McLaughlin; 3, J McCormick.**

Wellpark H Ferguson Memorial 5 mile RR, Greenock -

1, G Gaffrey 25-27; 2, D McFadyen 26-40; 3, G King 27-40; 4, H Muir M40 28-39; 5, S McKindley 30-31; 6, W Docherty 31-09.

Maryhill H Bannerman Trophy CC Race, Glasgow -

Senior 6 mile: 1, A McIndoe (Spr, guest) 32-33; 2, R Stevenson 35-26; 3, K Stevenson 36-16.

Young Athletes 1.5 miles: 1, G McLeod 8-43; 2, M McGurn 8-48; 3, P Keamey 9-12.

Girls 1.5 miles: 1, C McKenzie 11-29.

Teviotdale H Road Races, Hawick -

Senior Will Clark Memorial Trophy 2.5 miles: 1, G Henry 17-38; 2, R Hall 17-43; 3, I Elliot M49 18-00.

Young Athletes: 1, D Revel 13-44; 2, R Lauder 14-16; 3, S Watson 14-21.

Colts: 1, R Hogg 7-45; 2, B Hunter 7-51; 3, C Cook 7-56.

Senior Women 2 miles: 1, J Thomson 11-13; 2, J Hewat 11-15; 3, L Thomson 11-30;

Mini Minors 1.25 miles: 1, N Johnston 8-32; 2, L Brydon 8-35; 3, A Reid 8-37.

6

Dumfries AAC Open CC Races, David Keswick Centre -

Senior 6 miles: 1, G Booth (Stran) 33-18; 2, D Scobie (Dumf) 33-20; 3, A Jenkins M40 (HBT) 33-51; 4, C McCann (Annan) 34-07; 5, R O'Hara (Annan) 34-16; 6, C Kinnear (DRC)

35-59; 7, E Devlin (Dumf) 36-21; 8, J Ritson (Derw) 36-38; 9, D Brown (DRC) 36-40; 10, D Chadderton M40 (DRC) 36-46; 11, M McPherson (DRC) 37-59; 12, R Longmore (Sol) 38-01; 13, D Whiffen J1 (NV) 38-38; 14, J Moffat (DRC) 38-42; 15, P Pearson (Dumf) 38-43; **Teams:** 1, DAAC 24pt; 2, Annan 34; 3, DRC 35; **Vets Team:** 1, DRC 19pt.

Youths 4 miles: 1, J Thomson (Av) 22-26; 2, S Milburn (Carl) 23-02; 3, P Cusio (Derw) 23-34; 4, M Taylor (Derw) 23-52; 5, C Rewley (Derw) 23-59; 6, D Gemmell (Avon) 24-26; **Teams:** 1, Derwent 12pt; 2, Dumfries 24.

Senior Boys 3 miles: 1, D Roe (Carl) 18-24; 2, S Kybry (Carl) 19-10; 3, W Fraser (Dumf)



John Letford: third in junior boys 2 miles at East Kilbride

19-17; 4, C Otty (Dumf) 20-10; 5, P Morris (Nith V) 20-25; 6, J Hancock (Gell) 20-30; **Teams:** 1, Carlisle 11pt; 2, Dumfries 18.

Junior Boys 2 miles: 1, A Reville (Derw) 11-31; 2, G Maughan (Derw) 12-02; 3, S Montgomery (Nith V) 12-03; 4, P Gyles (Nith) 12-25; 5, S Fuller (Derw) 12-28; 6, D Edwards (Dumf) 12-45; **Teams:** 1, Derwent 8pt; 2, Dumfries 24; 3, Nith 31.

Colts 1 mile: 1, C Black (Dumf) 6-00; 2, A Campbell (Carl) 6-08; 3, D Norman (Derw) 6-14; 4, G Howarth (Avon) 6-17; 5, R Porter

Matthew Lindsay reports on the Scottish Indoor Championships held at the Kelvin Hall on February 7.

ELLIOT Bunney pushed for the recognition he deserves at the Scottish Indoor Championships in the Kelvin Hall on February 7 - and was rewarded with his first British cap in over two years, against America at Birmingham the following week.

In the 60 metres Bunney ran another fine race, beating Darren Campbell, the Englishman who had been picked ahead of him for the Pearl Assurance Games at the same venue the week before.

Surprisingly though, after the race Bunney was slightly more restrained about the result than the crowd.

"I suppose," he said, "it is good to beat somebody like Darren Campbell, although I don't think he was running at his best. They were slow times, and Darren ran a tenth of a second slower than he has in the past few weeks."

After Bunney got a flying start from the gun in the final, the world junior 100 and 200 metre champion challenged him all the way and pulled up to the Edinburgh man's shoulder, only to be beaten by four hundredths of a second at the line by Bunney's 6.78, with Edinburgh AC's Euan Clarke in third.

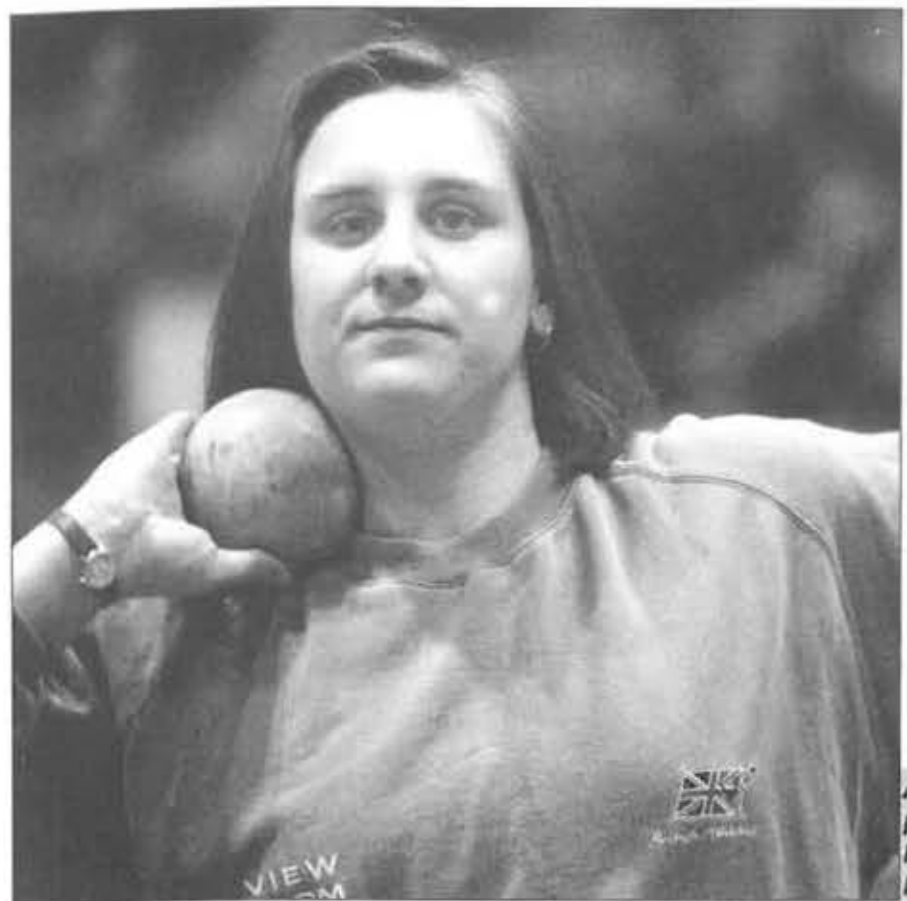
Brian Whittle, meanwhile, provided the other big talking point of the day for slightly different reasons. In the semi final of the 200, the Ayr Seaforth sprinter appeared to be out of sorts and was struggling to pull clear of the oppo-

Bunney



CAPTION: Above: Elliot Bunney takes the 60m from Darren Campbell.

Left: Alison Gray smashed her own championship record in the shot.



All photographs by Robert Perry

proves a point



Catherine Merry is pipped by Marcia Richardson in the 60m. Sinead Dudgeon (No 6) was fourth.

presence at the Kelvin Hall as a spectator only to win the 800 metres. In one of the day's highlights he pipped Shane Daly from Leeds by .01 of a second.

In the 60 metres hurdles, Neil Fraser of Edinburgh Southern Harriers looked far from pleased with his winning run of 8.03, as the elusive eight seconds barrier remained unbreached.

The only double winner of the day was Karen Hambrook of Cosford, who took the women's long and triple jump, with Rona Pinkerton (CoG) winning the high jump with 1.80m.

sition at the first bend. Fears were confirmed when the big Scot pulled up and crashed to the ground clutching his leg. The cause of his dramatic exit was later attributed to metamorphic cramp.

The race was eventually won by Andrew Walcott from Wolverhampton, who nudged his brother Mark into second place by just .07 seconds, with Neil Turnbull third - and Ian Mackie of Pitreavie fourth in 22.10.

Another young sprinter who continues to show huge potential is Sinead Dudgeon. Still 16, the Edinburgh AC runner powered her way to fourth in the 60 metres in 7.76, and second in the 200 in 24.42, just over half a second outside the native record was set by Aileen McGillivray.

Dudgeon was pipped in the

200 metres by Catherine Merry, although the brilliant English 18-year-old did not have as easy a run as she may have anticipated.

City of Glasgow's Alison Gray celebrated the call up for her first British senior cap against the Americans with a shot putt throw of 15.23 which smashed her own championship record of 14.84.

The men's 3000 metres final was held with no heats due to the lack of entrants, and Robert Fitzsimmons took advantage of Tommy Murray's absence to finish one colour up on the silver medal he won last year. The Kilbarchan man was only narrowly in front of his competitors the last of whom was a mere six seconds behind.

Similarly John McFadyen took advantage of Tom McKean's

RESULTS

MEN: 3000m: 1, R Fitzsimmons, Kilb, 8:13.15; 2, D Farrell, Border, 8:15.30; 3, D Tunc, R Ham, 8:16.74; 4, J Moorhouse, Leeds C, 8:17.81; 5, G Stewart, ESH, 8:17.84; 6, J MacKay, ESH, 8:03; 2, A Brannen, Stoke, 8:05; 3, M Nicholson, B'field, 8:09; 4, J Hazel, W&B, 8:16; 5, D Downing, Stoke, 8:19; 6, D Humphries, B'field, 8:60. 800m: 1, J McFadyen, ESH, 1:54.10; 2, S Daly, Leeds C, 1:54.11; 3, B Murray, ESH, 1:55.84; 4, P McDevitt, SH, 1:56.62; 5, P Hamilton, Warr AC, 1:57.38. 400m: 1, G McMillan, H'gey, 48.33; 2, S Bagaley, GECAvion, 49.20; 3, G Evans, W&B, 49.40; 4, P Walker, L'pool, 49.45; 5, G Newlands, EAC, 49.95. 1500m: 1, I Gillespie, B'field, 3:49.74; 2, I Campbell, H'gey, 3:50.70; 3, F McNeil, Leeds C, 3:54.65; 4, A Murray, KAC, 3:55.76; 5, K Downie, EKAAC, 3:59.29; 6, K Hutton, SL'pool, 4:13.02. 200m: 1, A Walcott, W&B, 21.83; 2, M Walcott, W&B, 21.90; 3, W Turnbull, ESH, 21.94; 4, I Mackie, BTP, 22.10; 5, D Powell, Notts, 23.33. SP: 1, S Whyte, Luton, 16.69. CBP: 2, G Stark, Rham, 14.59; 3, S Heywood, EAC, 14.30; 4, J Nicholls, Sale, 14.06; 5, K Wilson, Sraor, 12.75; 6, F McCabe, F'kirk, 12.44. TJ: 1, M McDonald, QUB, 14.88; 2, J Sweeney, W&B, 14.88; 3, M McMenemy, CRAC, 14.74; 4, C Smith, S'field, 14.28; 5, H Watson, SH, 13.42; 6, K McCready, Kilb, 13.11. PV: 1, G Jackson, G'head, 4.60; 2, D Hamilton, ESH, 4.40; 3, N Young, L'bum, 4.30; 4, D McLeod, BH, 4.20; 5, S Gaines, M'peth, 4.00; 6, D Roberts, FAC, 3.40. LJ: 1, D Mathieson, ESH, 7.18; 2, B Ashburn, CH, 7.16; 3, A Brannen, COS, 6.86; 4, D Ritchie, M'rose, 6.71; 5, A Grieg, Sale, 6.67; 6, S Atkinson, VPAC, 6.30. HJ: 1, G Parsons, BCAC, 2.15; 2, D Barnetson, ESH, 2.05; 3, W Wylie, B'field, 2.00; 3, A Scotie, EAC, 2.00; 5, J Alan, C'dale, 2.00; 6, M Pale, VPAAC, 1.95.

WOMEN: 60m: 1, M Richards, W&B, 7.54; 2, K Merry, B'field, 7.58; 3, M Baxter, COG, 7.70; 4, S Dudgeon, EAC, 7.76; 5, S Baker, Sale, 7.85; 6, R Girvan, EAC, 7.89. 60mH: 1, S Farquharson, Croydon, 8.44; 2, S Baker, Sale, 8.64; 3, T Crosbie, COG, 8.79; 4, J Kilby, M'burgh, 8.84; 5, G Murchie, AAAC, 9.05; 6, M Wilkins, B'hill, 9.16. 800m: 1, CA Grey, EAC, 2:12.52; 2, C Sharp, COG, 2:12.75; 3, A Coates, B'lay, 2:14.01. 400m: 1, G McIntyre, COG, 55.82; 2, F Laing, COG, 57.46; 3, S Condy, SKL, 59.40; 4, J Cadman, EWM, 59.84; 5, J Beveridge, EAC, 60.75. 200m: 1, K Merry, B'field, 24.18; 2, S Dudgeon, EAC, 24.42; 3, M Neef, COG, 24.70; 4, M Richardson, W&B, 24.98; 5, E Lindsay, EWM, 25.90. HJ: 1, R Pinkerton, COG, 1.80; 2, K Mason, Sale, 1.75; 3, L Brown, L'gelly, 1.70; 4, G Samphire, D'chester, 1.70; 5, E Lindsay, ESH, 1.70. LJ: 1, K Hambrook, A'ford, 5.68; 2, C Black, EWM, 5.70; 3, L Davidson, AAAC, 5.66; 4, R Irving, Wirral, 5.61; 5, M Marr, SAC, 5.43; 6, L Atchison, M'ode, 4.95. SP: 1, A Grey, COG, 15.23; 2, H Cowe, AAAC, 13.18; 3, K Costello, COG, 12.44; 4, A Dutch, EWM, 12.39; 5, J Robin, COG, 11.42; 6, T Shorts, Kilb, 11.11. TJ: 1, K Hambrook, A'fordAC, 11.93; 2, J Gibson, L'wade, 10.50; 3, L Atchison, M'rose, 10.40.

The Ups and downs of Scottish athletics over the past 30 years.

Margaret Montgomery and Matthew Lindsay examine performance trends in Scottish athletics over the past 30 years.

COMPARING the performances of Scotland's athletes over the past 30 years makes depressing reading. Our figures, which were compiled by resident statistician Arnold Black, show that over the past twenty years:

- * The improvement in all track events achieved between 1972 and 1982 has not been maintained.

- * Standards in many events have declined.

- * Though the senior men's 800 and 1500m have improved greatly, times in the 5000 and 10,000m have dropped to below those achieved in 1972.

- * In women's events, the only track events to improve have been the 1500m and the 3000m.

WE interviewed a number of coaches and asked if they thought that there had been a decline in standards over the past decade, and if so to determine why this was the case.

Numerous reasons were forthcoming as to why standards had dropped:

- * A reduction in government finance.
- * A "couldn't care less" attitude among junior athletes who drift out of the sport.
- * No support from the governing bodies.
- * Not enough quality competition.

ALMOST all the coaches surveyed agreed that role models were important in attracting interest to an event and ensuring that standards continued to rise.

The trends relating to standards in women's middle distance events (where Liz McColgan and Yvonne Murray have both been dominant for

drop in standards down to an increase in drug testing over the past ten years, although others dismissed this claim as ludicrous.

All the coaches interviewed were optimistic that the formation of the Scottish Athletics Federation would help to bring around an improvement in Scottish standards.

Dinker Sabnis, staff coach for the triple jump, said that although standards had declined in the past ten years there had been a recent improvement leading him to believe things might change for the better in the near future.

Dr Sabnis laid much of the blame for the discontinued improvement on reduced interest in the schools.

"During the 1980s there was virtually no athletics for schoolchildren and since then teachers have been reluctant to carry on any extra-curricular activities for them," he said.

"The athletics clubs in many areas did not do enough to stop this drifting away from sport and during the past ten years I think we have suffered because of it."

But Sabnis said that meas-



Yvonne Murray and Liz McColgan... role models for young athletes.



(Derw) 6-24; 6, D Armstrong (Carl) 6-32; **Teams:** 1, Carlisle 15pt; 2, Derwent 16; 3, Dumfries 23.

Senior Women 3.5 miles: 1, S Armstrong (Carl) 20-00; 2, C McFadden (EWM) 20-45; 3, L Baillie (Int Avon) 20-50; 4, A Woodcock (Derw) 21-11; 5, C Webster (Nith V) 23-16; 6, J Davidson (Carl) 23-41; 7, C Legge (Annan) 24-08; 8, A Possee (Dumf) 24-19; 9, K Halliday (Nith V) 24-22; 10, G Ambrose (Aspot) 24-55; **Team:** Dumfries 33pt.

Girls 2 miles: 1, N Arming (Carl) 11-35; 2, R O'Hea (Aspot) 12-05; 3, C Blair (Carl) 12-15; 4, L Wilson (Carl) 12-27; 5, S Corlett (Derw) 12-35; 6, J Thomson (Teriot) 12-40; **Teams:** 1, Carlisle 8pt; 2, Derwent 23.

Minors 2 miles: 1, L Gordon (Annan) 13-30; 2, S King (Derw) 13-34; 3, G Jefferson (Derw) 13-35; 4, S Saran (Nith V) 13-44; 5, E Barcock (Derw) 13-50; 6, M Ritchie (Nith V) 13-55; **Teams:** 1, Derwent 10pt; 2, Nith Valley 18; 3, Annan & District 36.

Mini Minors 1 mile: 1, J Davidson (Dumf) 6-42; 2, K Barcock (Derw) 6-49; 3, L Heyworth (Aspot) 6-54; 4, S Maughan (Derw) 6-58; 5, H Ross (Dumf) 6-59; 6, N Underwood (Carl) 7-01; **Teams:** 1, Dumfries 14pt; 2, Derwent 22; Avonside 33.

Lochaber AC Peat Track 5 mile CC Race, Fort William -

1, J Brooks 30-23; 2, R Boswell M40 31-39; 3, W Brooks M40 32-15; 4, R Cameron 32-33; 5, P Jeffrey 33-31; 6, W Fraser 34-08; V3 R Campbell M40 36-23; **Women:** 1, L Hope 37-47 (record); 2, H Searr 40-28.

Inverness Harriers Whin Isle Races, Queens Park -

Seniors: 1, C Forbes 29-41; 2, B McDonald 30-43; 3, G Ewing M40 30-56; 4, D Somerville 31-04; 5, K Andrew M40 31-09; 6, A Murchison 31-15.

Women: 1, G Falconer 15-49; 2, S Sutherland 15-51; 3, E Gardiner 15-52; 4, N Hamilton 15-53; 5, K Ayres 15-53; 6, J MacRae 15-54.

Young Athletes: 1, D MacRae 12-41; 2, M Blake 12-54; 3, G Anderson 13-07.

Scottish Young Athletes Indoor League, East District Meeting, Kelvin Hall, Glasgow -

Youths: 1, PSH 56pt; 2, Pit 55; 3, Irvine 46; 4, Tayside 38; 5, Harmer 34; 6, Law 24; **Position after 2 matches:** 1, PSH 103pt; 2, Pit 101; 3, Irvine 90; 4= Harmer, Tayside 76; 6, Law 56.

Senior Boys: 1, PSH 52pt; 2, Pit 51; 3= Irvine and Corstorphine 46; 5, Harmer 36; 6, FVH 35; **After 2 matches:** 1, Pit 112pt; 2, PSH 106; 3, Corst 88; 4, Irvine 80; 5, Law 76; 6, Harmer 74.

Junior Boys: 1, Pit 75.5pt; 2, PSH 114.5; 3, Tayside 112.5; 4, Lochgelly 49.5; 5, FVH 46; 6, Law 39; **After 2 matches:** 1, Pit 153.5pt; 2, PSH 114.5; 3, Tayside 112.5; 4, FVH 103; 5, Lochgelly 85; 6, Law 84.

Inters: 1, Lochgelly 38pt; 2, PSH 33; 3, Harmer 31; 4, Tayside 28; 5, Law 15; 6, L&L 7; **After 2 matches:** 1, Lochgelly 82pt; 2, PSH 68; 3, Tayside 68; 4, Law 40; 5, Harmer 31; 6, L&L 21.

Girls: 1, Harmer 60pt; 2, Law 59; 3, PSH 56; 4, Cent Reg 50; 5, Irvine 49; 6= Tayside, Lochgelly 43; **After 2 matches:** 1, Harmer 130pt; 2, PSH 114; 3, Irvine 107; 4, Cent Reg 50; 5, Law 105; 6, Tayside 94.

Minors: 1, Lochgelly 60pt; 2, PSH 59; 3, L&L 56; 4, Harmer 50; 5, Corstorph 47; 6= Tayside and Law 40; **After 2 matches:** 1, Lochgelly 125pt; 2, PSH 124.5; 3, Harmer 98; 4, L&L Club 97; 5, Corstorph 90; 6, Lasswade 87.

West Division YA Indoor League -

Youths: 1, C'nauld 69pt; 2, Ayr 64; 3, VP 46; 4, Giffnock 44; 5, Cambus 41; 6, Shett 9; **After 2 matches:** 1, C'nauld 124pt; 2, Ayr 106; 3, VP 104; 4, Giffnock 83; 5, Cambus 59; 6, EK 49.

Senior Boys: 1, C'nauld 85.5pt; 2, VP 84; 3, Ayr 76; 4, Airdrie 71; 5, Renfrew 62; 6, EK 57.5; **After 2 matches:** 1, VP 175pt; 2, C'nauld 164.5; 3, Airdrie 156; 4, Ayr 153; 5, Renfrew 134; 6, Clydesdale 130.

Junior Boys: 1, Cambus 102pt; 2, C'nauld 90; 3, Airdrie 89; 4, Ayr 87; 5, VP 65.5; 6, Renfrew 63; **After 2 matches:** 1= C'nauld, Airdrie 187pt; 2, Ayr 170; 4, VP 115.5; 5, Renfrew 132; 6, Lin'gow 121.5.

Inters: 1, Airdrie 50pt; 2, Ayr 19; 3, Giffnock 13; 4, VP 4; **After 2 matches:** 1, Airdrie 85; 2, VP 48; 3, Ayr 47; 4, Giffnock 42; 5, SV 20; 6, C'nauld 4.

Girls: 1, VP 63pt; 2, Whittemoss 60; 3, Ayr 57; 4, C'nauld 56; 5, Giffnock 51; 6, Renfrew 50; **After 2 matches:** 1, VP 119pt; 2, Whittemoss 115; 3, Ayr 114; 4, Renfrew 106; 5, C'nauld 104; 6, Giffnock 89.

Minors: 1, VP 66pt; 2, Airdrie 65; 3, C'nauld 54; 4, SV 52; 5, Ayr 48.5; 6, EK 44.5; **After 2 matches:** 1, VP 121pt; 2= C'nauld, Airdrie 118; 4, SV 105; 5, Ayr 82; 6, EK 81.5.

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Glasgow District Council OGM, Kelvin Hall -

Sen: 60: 1, D Ballantyne (OGM) 7.5; 2, D McColin (Clyd) 7.5; 3, P Hulan (Un) 7.5; 400: 1, P McDevitt (Shett) 50.9; 2, S Ballantyne 50.9; 1500: 1, I Campbell (DHH) 3-52.8; 2, K Downie (EK) 3-57.5; 3, A Russell (Law) 4-02.5.

Youths: 60: P McClusky (Spr) 7.5; 400: 1, J Cowans (DHH) 51.9; HJ: 1, G Morrison (Ren) 1.83m; TJ: 1, D Reid (B'hil) 12.39m.

Sen Boys: 60: 1, G Murray (Aird) 7.9; 2, J Thomson (Shett) 7.9; 400: A Young (VP) 51.9; HJ: M Pate (VP) 1.91m (Scot age group rec); 2, T Gilhooly (Camb) 1.88m.

Vet: TJ: J Kennedy (VP) 10-72m.

Women: 1, E Warwick (Ayr) 8.7; 2, S Hallett (Hel) 8.7; 3, J Richford (COG) 8.7.

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International 10,000m CC Race, Cumbernauld -

1, R Quinn (Sco) 32-37; 2, D Cavers (Sco) 32-59; 3, B Kirkwood (Sco) 33-42; 4, S Cohen (Sco) 33-48; 5, J Weir (NI) 33-51; 6, R Fitzsimmons (CS) 34-10; 7, S Cavanagh (NI) 34-11; 8, J Tracey (NI) 34-12; 9, S Kerr (SU) 34-18; 10, D Ross (Sco) 34-22; 11, A

Walker (Sco) 34-24; 12, G Gaffrey (CS) 34-30; 13, P Branagh (NI) 34-45; 14, S Barnett (LA) 34-52; 15, Murphy (NI) 34-56; 16, M Gallacher (SB) 35-14; 17, M Gormley (CS) 35-17; 18, P Bovill (SU) 35-20; 19, G Morris (NI) 35-22; 20, P Fettes (SU) 35-35; 21, I O'Neill (NI) 35-42; 22, T Hely (SU) 34-45; 23, G Nichol (SU) 35-35; 24, K Mortimer (CS) 36-12; 25, S Gilmore (SU) 36-19; 26, T Dalahooke (SU) 36-54; 27, A McClelland (LA) 36-59; 28, M Powell (SU) 37-38; 29, H Fenion (LA) 37-50; **Teams:** 1, Sco Select 33pt; 2, N Ire 67; 3, CS Select 112; 4, Sco Uni 117; 5, SLA 143.

Scottish Inter District CC Match, Cumbernauld -

Sen 10,000m: 1, J Sherban (E) 33-14; 2, A Reid (N) 33-38; 3, D Runcinan (W) 33-38; 4, S Binns (E) 33-45; 5, P Fleming (E) 34-02; 6, A Robson (E) 34-13; 7, A Fair (E) 34-14; 8, W Richardson (W) 34-14; 9, G Braidwood (W) 34-16; 10, K Lyall (E) 34-19; 11, D Knight (E) 34-26; 12, J Austin (W) 34-34; 13, J Cooper (W) 34-35; 14, T Anderson (W) 34-44; 15, D Cameron (W) 34-46; 16, R Arbuckle (N) 34-58; 17, M McQuaid (E) 35-08; 18, N Wilkinson (W) 35-12; 19, W McTaggart (W) 35-29; 20, W Jenkins (W) 35-38; **Teams:** East 28pt; 2, West 59.

Youths 5000m: 1, T Winters (E) 16-41; 2, K Mason (W) 16-48; 3, A Milligan (E) 16-52; 4, M Cruden (N) 16-57; 5, J Brooks (N) 17-06; 6, S Cook (N) 17-12; 7, P Mason (W) 17-08; 8, M Bain (N) 17-08; 9, J Tonner (W) 17-12; 10, G Miller (W) 17-08; 11, S Scott (N) 17-22; 12, S Robertson (E) 17-29; 13, J Robertson (N) 17-33; 14, G Smith (E) 17-35; 15, D Gorman (W) 17-38; **Teams:** 1, North 47pt; 2, West 59; 3, East 65.

Sen Boys 3000m: 1, A Donaldson (E) 10-08; 2, S Kennedy (W) 10-12; 3, I Reid (W) 10-23; 4, R Milne (N) 10-28; 5, K McAlpine (N) 10-31; 6, C Smith (E) 10-31; 7, M Coombe (E) 10-35; 8, A Young (W) 10-30; 9, R Ramshaw (N) 10-37; 10, A Thomson (N) 10-38; 11, P Dennis (W) 10-42; 12, N Tulloch (N) 10-43; 13, S Murray (E) 10-47; 14, A Love (E) 10-47; 15, A Moore (W) 10-47; **Teams:** 1, West 55pt; 2, East 60; North 62.

Jun Boys 3000m: 1, J Cowie (N) 10-43; 2, A Sandilands (W) 10-49; 3, D McRae (W) 10-54; 4, C O'Brien (E) 10-55; 5, J McLeod (W) 11-09; 6, G Lyons (W) 11-12; 7, I Gunn (N) 11-15; 8, P Armstrong (E) 11-18; 9, S Berry (E) 11-22; 10, G Couper (E) 11-25; 11, D Moore (W) 11-25; 12, N Cameron (N) 11-25; 13, S Lander (E) 11-25; 14, J Letford (W) 11-30; 15, S Maloney (E) 11-30; **Teams:** 1, West 41pt; 2, East 59; 3, North 87.

Spango Valley Colin Moon 3.5 mile RR, Greenock -

1, S Consighan 17-53; 2, C Spence M40 17-53; 3, T McCallum 18-23; 4, J Gallacher M40 18-39; 5, C Cromar 18-47; 6, E Watt 18-53; V3 R Hyett M45 20-06; **Women:** 1, M Blaikie 21-41; 2, C Gibson 22-06; 3, A McKee 22-25; W35 C Docherty 28-22.

Clydesdale Sinclair Trophy 5mile RR, Clydebank -

1, I Murphy 27-48; 2, G Graham 29-00; 3, J Hannrath M40 30-42; 4, R Young M45 30-57; 5, B Edridge M40 31-34; 6, J Wright 31-39.

Maryhill Schools League, Glasgow -

Youths 4 miles: 1, L DeMarco 21-16; 2, D Sullivan 21-19; 3, S Denton 21-30; **Team:** St Aloy 6pt.

Sen Boys 2.5 miles: 1, B Merrick 16-24; 2, E Cameron 16-42; 3, M Pate 17-24; **Team:** 1, Boclar 9pt.

Jun Boys 2 miles: 1, M Paton 12-48; 2, P Riley 12-55; 3, A Stewart 13-03; **Team:** 1, St Matthews 12pt.

Senior Girls 2.25 miles: 1, J Baker 14-37; 2, O Drennen 15-19; 3, L Camdall 16-04; 4, **Team:** 1, Boclar 7pt.

Junior Girls 1.5 miles: 1, J Ross 8-47; 2, M Ross 9-13; 3, J Cangan 9-16; **Team:** Boclar 9pt.

Minors: 1, L Letford 10-28; 2, L Jamieson 10-29; 3, C Auld 10-34; **Team:** 1, St Matthews 10pt.

Metro Aberdeen Open CC Meeting, Faster Ord. -

Men 5 miles: 1, N Milovsorov (Met) 25-26; 2, S Cassells (Aber) 25-28; 3, P Jennings (Met) 25-34; 4, J Stewart (Met) M40 26-23; 5, C Grant (EK) 26-29; 6, B Moroney (Met) 27-09; 7, N Kliner (Aber) 27-31; 8, E Rennie (Aber) M45 27-35; 9, A Neaves (Met) M40 27-41; 10, D Grubb (Aber) M45 27-58; 11, G Simpson (Met) 28-17; 12, B Daly (Un) 28-46; 13, C Benzie (Met) 29-20; 14, J Strachan (Met) 29-57; 15, D Leiper (Aber) 30-17; 16, G Taylor (Un) 30-43; 17, R Marioni (Aber) M40 30-52; 18, P Fraser (Aber) M45 31-24; 19, A Smith (Aber) M50 31-50; 20, B Ogg (Met) 32-34; **Teams:** 1, Metro 8pt; 2, Aber 17; **Vet Team:** Aber 45pts.

Women: 1, H Grant (EK) 15-19; 2, E Donaldson (Met) 24-02; 3, M Mitchell (Met) 24-02.

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Milburn H 4 miles CC Race, Balloch Park -

1, J Harrison 22-13; 2, D Harrison 23-04; 3, R Hurt M40 23-28; 4, A McKenzie 24-45; 5, M Raeside (Hel) 25-23; 6, C Brown 26-37; **Further Vets:** G Kickel M40 27-06; W Hamilton (Hel) M45 28-26; A Brooks M40 31-49.

Scottish Veterans 5 Mile Canal Bank Race, Bishopbriggs -

1, A McLinden M40 (Ham) 25-09; 2, A Nicol M40 (CR) 25-50; 3, R Young M45 (Clyd) 26-01; 4, R Shanks M40 (GN) 26-32; 5, I Donnelly M40 (Liv) 26-43; 6, R Guthrie M45 (Bella) 26-54; **Women:** 1, D Monteith W35 (SVHC) 32-57; 2, C Thomson W35 (COG) 33-19; 3, M Moore W35 (Kib) 33-45; H'cap 1, F Burns (Ham); 2, J Harkness (Bella); 3, J Kelly (Shett).

Ayrshire Womens County CC Champ, Beach Park, Irvine -

Seniors 3 miles: 1, D Rutherford (JWK) 17-50; 2, L Cairns (JWK) 18-25; 3, J Robertson (Ayr) 19-01; **Vet:** J Byng W45 (Irv) 20-32; M McGill (Irv) W35 21-33; **Teams:** 1, Ayr 17pt; 2, Irvine 23.

Inter 2.5 miles: 1, P Gillies (JWK) 18-34; 2,

5, B Edridge M40 31-34; 6, J Wright 31-39.

Maryhill Schools League, Glasgow -

Youths 4 miles: 1, L DeMarco 21-16; 2, D Sullivan 21-19; 3, S Denton 21-30; **Team:** St Aloy 6pt.

Sen Boys 2.5 miles: 1, B Merrick 16-24; 2, E Cameron 16-42; 3, M Pate 17-24; **Team:** 1, Boclar 9pt.

Jun Boys 2 miles: 1, M Paton 12-48; 2, P Riley 12-55; 3, A Stewart 13-03; **Team:** 1, St Matthews 12pt.

Senior Girls 2.25 miles: 1, J Baker 14-37; 2, O Drennen 15-19; 3, L Camdall 16-04; 4, **Team:** 1, Boclar 7pt.

Junior Girls 1.5 miles: 1, J Ross 8-47; 2, M Ross 9-13; 3, J Cangan 9-16; **Team:** Boclar 9pt.

Minors: 1, L Letford 10-28; 2, L Jamieson 10-29; 3, C Auld 10-34; **Team:** 1, St Matthews 10pt.

Metro Aberdeen Open CC Meeting, Faster Ord. -

Men 5 miles: 1, N Milovsorov (Met) 25-26; 2, S Cassells (Aber) 25-28; 3, P Jennings (Met) 25-34; 4, J Stewart (Met) M40 26-23; 5, C Grant (EK) 26-29; 6, B Moroney (Met) 27-09; 7, N Kliner (Aber) 27-31; 8, E Rennie (Aber) M45 27-35; 9, A Neaves (Met) M40 27-41; 10, D Grubb (Aber) M45 27-58; 11, G Simpson (Met) 28-17; 12, B Daly (Un) 28-46; 13, C Benzie (Met) 29-20; 14, J Strachan (Met) 29-57; 15, D Leiper (Aber) 30-17; 16, G Taylor (Un) 30-43; 17, R Marioni (Aber) M40 30-52; 18, P Fraser (Aber) M45 31-24; 19, A Smith (Aber) M50 31-50; 20, B Ogg (Met) 32-34; **Teams:** 1, Metro 8pt; 2, Aber 17; **Vet Team:** Aber 45pts.

Women: 1, H Grant (EK) 15-19; 2, E Donaldson (Met) 24-02; 3, M Mitchell (Met) 24-02.

13

Milburn H 4 miles CC Race, Balloch Park -

1, J Harrison 22-13; 2, D Harrison 23-04; 3, R Hurt M40 23-28; 4, A McKenzie 24-45; 5, M Raeside (Hel) 25-23; 6, C Brown 26-37; **Further Vets:** G Kickel M40 27-06; W Hamilton (Hel) M45 28-26; A Brooks M40 31-49.

Scottish Veterans 5 Mile Canal Bank Race, Bishopbriggs -

1, A McLinden M40 (Ham) 25-09; 2, A Nicol M40 (CR) 25-50; 3, R Young M45 (Clyd) 26-01; 4, R Shanks M40 (GN) 26-32; 5, I Donnelly M40 (Liv) 26-43; 6, R Guthrie M45 (Bella) 26-54; **Women:** 1, D Monteith W35 (SVHC) 32-57; 2, C Thomson W35 (COG) 33-19; 3, M Moore W35 (Kib) 33-45; H'cap 1, F Burns (Ham); 2, J Harkness (Bella); 3, J Kelly (Shett).

Ayrshire Womens County CC Champ, Beach Park, Irvine -

Seniors 3 miles: 1, D Rutherford (JWK) 17-50; 2, L Cairns (JWK) 18-25; 3, J Robertson

National coach Andy Vince

Under the new teaching methods the outstanding individual performance is not promoted - in favour of the team effort.

Eric Simpson, staff coach for 400 metres, believes the reason has not been a lack of coaches - more a lack of committed and top quality coaches.

He said: "If you hear an appeal for a coach you will hear people asking for just two nights a week commitment."

"That is not what we need. We want good quality coaches who are willing to dedicate themselves to the athletes - seven nights a week if necessary."

Simpson also thought that younger athletes did not receive enough help from the sport's governing bodies.

"A young student friend of mine produced a paper on the drop out rate of young athletes for her final year studies."

"The conclusion she came to

was that when things were going well everything was all right, but as soon as athletes got into difficulty the authorities and everybody in general did not want to know."

Simpson believes that the appointment of Andy Vince as national coach, "is the best thing to happen to Scottish athletics in a long time", and feels standards will begin to improve again in international

of Andy Vince as national coach, we will see a vast improvement in results of the Scottish team.

"Maybe not at the next Commonwealth Games, but perhaps the Games after that," he said.

Some of the coaches interviewed also pointed a finger at the schools for declining standards, believing that the new standard grade system of education was bad for the sport.

meetings in coming years.

Bill Blair, staff coach for the 800m and 1500m, paints a depressing picture of his events despite the seemingly steady improvement the figures depict.

"I believe that the event is at its worst level for years," he said. "It is only the top five athletes who are keeping figures at a respectable level."

Blair believes that most of the problem is down to the fact that Scotland's athletes are not competing at a high enough level of competition.

"If you have a look at the athletes who have made an effort to compete at the big international events and big competitions down in England - like the AAA Championships - then you will see that they are the ones who have come on the most."

"Several competitors will not race against other top athletes and when you do not do that you do not have an incentive to improve and compete."

John Freebairn is the only Scot to be appointed as a national coach for the British Athletics Federation. A shot putt coach, he believes that the drop will also begin to rise again in the next few years - after a mid-80s slump.

Andy Vince, meanwhile, says, "I think the figures speak for themselves."

But Vince says his new three point coaching plan would help the performance of Scotland's athletes to improve - by the next Commonwealth Games.

He declined to reveal the exact details of his plan as at the time of writing it had not yet come up in front of the SAF committee, but he did say that it was likely to be accepted and that it would tackle many of the problems outlined by the coaches.

One of the points included in the plan is believed to be an emergency helpline for coaches and athletes so that if they get into difficulty the SAF will be at hand to help.

Average times and distances of Scottish athletes

Top Three Junior Men

	1972	1982	1992	72-82	82-92
100m	10.8	10.9	11.1	-0.9	-1.8
200m	22.2	22.1	22.2	+0.5	-0.5
400m	50.7	49.4	48.6	+2.6	-0.4
800m	1:56.0	1:52.1	1:54.9	+3.3	-2.4
1500m	3:57.8	3:57.5	3:56.3	+0.1	+0.5
5000m	15:00.6	15:03.6	15:47.2	-0.3	-4.8
110mH	15.0	15.5	15.4	-0.3	+0.6
400mH	57.8	58.2	56.86	-0.7	+2.3
2000SC	-	6:12.4	6:14.3	-	-0.5
HJ	1.85	1.96	1.95	+5.4	0.0
PV	3.20	3.25	3.60	+1.6	+10.7
LJ	6.47	6.50	6.79	+0.5	+4.5
TJ	13.54	13.11	13.41	-3.2	+2.3
SP	13.67	13.67	13.25	0.0	-3.1
DT	37.66	39.42	41.92	+4.7	+6.3
HT	-	33.14	35.92	-	+68.7
JT	49.24	56.00	51.12	+13.7	-8.7

Top Ten Junior Men

	1972	1982	1992	72-82	82-92
100m	11.3	11.2	11.4	+0.9	-1.8
200m	22.7	22.8	23.0	-0.4	-0.9
400m	51.5	51.5	51.26	0.0	+0.5
800m	2:00.2	1:57.5	1:57.2	+2.2	+0.3
1500m	4:03.4	4:04.5	4:04.9	-0.5	-0.2
5000m	16:00.8	15:34	17:00+	+2.9	-9.2
110mH	16.5	17.0	16.26	-3.0	+4.4
400mH	66.3	60.5	61.5	+8.7	-1.7
2000SC	-	6:41.8	6:45	-	-
HJ	1.68	1.83	1.76	+8.9	-3.8
PV	3.00	2.75	2.80	-	-
LJ	6.10	6.00	6.14	-	-
TJ	11.90	12.25	11.81	-	-3.6
SP	11.31	11.22	11.53	-0.8	+2.6
DT	32.24	32.00	34.70	-	+8.4
HT	22.50	26.58	-	+18.2	-
JT	38.84	44.06	44.32	+13.4	+0.6

Top Three Scottish Youths

	1972	1982	1992	72-82	82-92
100m	11.1	10.9	11.0	+1.8	-0.9
200m	22.7	22.62	22.5	+0.4	+0.5
400m	51.9	50.2	50.3	+3.3	-0.2
800m	1:59.8	1:58.3	1:58.5	+1.2	-0.2
1500m	4:05.5	4:02.9	4:05.6	+1.1	-1.1
3000m	-	8:49.5	8:57.8	-	-1.6
100mH	14.5	14.0	13.89	+3.5	+0.8
400mH	62.0	59.1	58.2	+5.6	+1.5
HJ	1.73	1.80	1.91	+4.0	+6.1
PV	2.82	2.75	3.20	-2.5	+16.4
LJ	6.95	6.33	6.67	-7.8	-5.4
TJ	12.31	13.21	13.17	+7.3	-0.3
SP	12.74	12.67	14.24	-0.5	+12.4
DT	38.22	37.50	40.90	-1.9	+9.1
HT	-	41.16	45.84	-	+11.4
JT	46.52	45.06	50.82	-1.0	+10.3

Top Ten Scottish Youths

	1972	1982	1992	72-82	82-92
100m	11.3	11.3	11.21	0.0	+0.8
200m	23.4	23.2	23.1	+0.9	+0.4
400m	53.5	52.7	51.6	+1.5	+2.1
800m	2:02	2:00.4	2:01.4	+1.3	-0.8
1500m	4:21.7	4:11.5	4:12.3	+3.9	-0.3
3000m	-	9:17.1	9:25.1	-	-1.4
100mH	15.1	14.5	14.6	+4.0	-0.7
400mH	65.0	61.9	62.7	+5.2	-1.8
HJ	1.88	1.75	1.80	+4.2	-2.9



Tom Hanlon

PV	2.55	2.50	2.80	-2.0	+12.0
LJ	6.18	6.03	6.25	-2.4	+3.6
TJ	11.90	12.70	12.37	+6.7	-2.6
SP	11.86	11.76	12.73	-0.6	+8.2
DT	32.96	33.32	35.94	+1.1	+7.9
HT	-	30.88	31.62	-	+2.4
JT	41.68	39.38	42.16	-5.5	+7.1

1. Top Three Scottish Intermediates

	1972	1982	1992	72-82	82-92
100m	12.4	12.2	12.2	+1.6	0.0
200m	24.9	24.8	25.4	+0.4	-2.4
400m	58.2	58.65	59.0	-0.7	-0.6
800m	2:15.6	2:13.3	2:16.1	+1.7	-2.1
1500m	4:54.6	4:31.2	4:49.0	+7.9	-6.6
3000m	12.3	12.2	12.1	+0.6	-0.8
100mH	15.7	15.0	15.4	+1.9	+2.5
LJ	5.31	5.00	5.53	+5.5	-1.3
SP	9.27	10.86	9.88	+17.2	-9.0
DT	32.84	29.90	31.40	-9.0	+5.0
JT	31.52	33.88	33.24	+7.5	-1.9

Top Ten Scottish Intermediates

	1972	1982	1992	72-82	82-92
100m	12.7	12.5	12.7	+1.8	-1.6
200m	26.5	26.9	26.3	+2.3	-1.5
400m	62.4	59.7	60.9	+4.3	-2.0

800m	2:21.3	2:17.1	2:20.7	+3.0	-2.7
1500m	5:08.4	4:48.2	4:57.8	+6.6	-3.3
3000m	12.7	-	12.4	-	-
HJ	1.43	1.55	1.55	+8.4	0.0
LJ	4.93	5.16	5.27	+4.7	+2.1
SP	7.85	8.95	9.01	+14.0	+0.7
DT	26.66	25.26	25.20	-5.2	-0.2
JT	22.28	28.30	28.82	+27.0	+1.8

Top Three Girls

	1972	1982	1992	72-82	82-92
100m	12.7	12.47	12.5	+1.8	-0.2
200m	26.0	25.61	26.1	+1.5	-1.9
400m	2:21.3	2:17.1	2:20.7	+3.0	-2.7
800m	4:58.0	4:46.6	4:47.3	+3.8	-0.2
1500m	11.9	11.9	12.0	0.0	-0.8
3000m	14.9	1.65	1.56	+10.7	-5.5
HJ	4.98	5.11	4.97	+2.6	-2.7
SP	9.26	10.23	10.24	+10.5	+0.1
DT	26.08	27.98	34.00	+7.3	+21.5
JT	24.38	31.26	28.74	+28.2	-6.1

Top Ten Girls

	1972	1982	1992	72-82	82-92
100m	13.2	12.8	12.9	+3.0	-0.8
200m	27.3	26.4	26.9	+3.3	-1.9
400m	2:29.6	2:21.3	2:24.2	+5.5	-2.1
800m	5:10.7	4:56.0	4:55.9	+4.7	0.0
1500m	12.6	-	12.5	-	-
3000m	14.2	1.54	1.50	+5.6	-2.6
HJ	4.79	4.96	4.80	+3.6	-3.0
SP	8.61	9.21	9.46	+7.0	+2.7
DT	22.20	25.06	22.86	+12.9	-8.8

Senior Men

Top five

	1972	1982	1992
Top five			
100m	10.7	10.5	10.89
200m	21.6	21.52	21.4
400m	49.2	46.5	48.59
800m	1:52.5	1:50.4	1:47.71
1500m	3:46.2	3:45.83	3:44.64
5000m	13:58.8	14:00.74	14:01.04
10km	29:40.2	30:06.01	30:19.61
3000SC	9:17.6	9:01.6	8:56.9
110mH	15.0	14.9	14.91
400mH	56.4	54.47	53.51
HJ	1.98	2.00	2.03
PV	4.01	4.30	4.50
LJ	7.40	6.92	7.01
TJ	14.17	14.74	13.74
SP	13.93	14.08	14.38
DT	43.30	46.68	43.06
HT	53.60	50.74	52.56
JT	62.04	62.48	57.88

Top 20

	1972	1982	1992
100m	10.9	10.9	10.9
200m	22.4	22.4	22.2
400m	50.7	50.0	1:53.1
1500m	3:53.2	3:53.3	3:57.57
5000m	14:31.4	14:25.6	14:47.9
10km	31:13.0	31:33.3	32:02.8
3kmSC	9:46.8	9:37.6	9:33.8
110mH	16.5	16.0	16.26
400mH	59.3	58.2	57.4
HJ	1.80	1.90	3.80
LJ	6.69	6.38	6.63
TJ	13.23	13.11	13.09
SP	11.89	12.14	12.36
DT	36.36	37.04	38.08
HT	36.96	31.30	42.34
JT	45.70	47.86	49.22

Senior Women

Top five

	1972	1982	1992
100m	12.1	11.76	12.03
200m	24.7	24.19	24.7
400m	56.6	54.17	55.2
800m	2:10.3	2:07.6	2:10.6
1500m	4:31.8	4:17.65	4:25.91
3000m	10:29.0	9:25.02	9:07.36
110mH	15.3	13.71	14.5
400mH	NR	60.65	61.49
HJ	1.57	1.70	1.70
LJ	5.44	5.80	5.77
SP	12.14	11.15	12.02
DT	42.08	40.18	41.16
JT	34.30	39.74	42.64

Top 20

	1972	1982	1992
100m	12.6	12.13	12.4
200m	26.0	25.2	25.33
400m	58.8	57.0	58.3
800m	2:21.2	2:13.5	2:16.0
1500m	4:59.3	4:38.0	4:38.14
3000m	11:45	10:13.28	10:04.7
100mH	18.5	15.7	16.75
400mH	NR	68.2	69.6
HJ	1.49	1.60	1.59
LJ	5.07	5.24	5.28
SP	8.84	9.72	10.50
DT	38.08	25.30	30.64
JT	26.00	30.72	33.06

Pitreavie

Matthew Lindsay profiles a club with more than its share of outstanding athletes at all age groups.



SINCE Pitreavie AAC was formed 37 years ago, out of what was then the Carnegie Athletics Club, they have developed into one of the foremost competitive outfits in Scotland. Now, prefixed by their sponsor's name, Babcock Thorn, the women's team challenges in Division 1 of the Bank of Scotland League, the men's team will be attempting to retain their Panasonic Scottish League Division 1 title, and on an individual level their athletes excel over a wide spectrum of disciplines.

The proliferation of Scottish champion sprinters, throwers, cross country runners, and jumpers at all age groups is a tribute to the coaching structure at the Dunfermline-based club; with a hard core of 17 dedicated and qualified coach-

es the professional manner in which they conduct their affairs is a model to all clubs.

The club has, however, had its share of difficulties to overcome on its track to the top, and it was only in the early 1970s that it began to emerge as a force in Scottish athletics.

"Where there are good athletes there must also be good coaches," was the attitude which has contributed to their rise, and club president and qualified hurdles coach Norman Gardiner says the upturn was initiated by throwing coach Peter Beveridge.

Gardiner explains: "Peter was really responsible for getting the whole thing up and running again in about 1968, and today's success can be traced to him. At that stage he felt that we needed a strong showing in the field events or

we were never going to get anywhere, and he started learning how to coach at Inverclyde. Just look at them now."

Among the very promising stable of field talent at Pitreavie is the leader of the 1992 Scottish senior boys rankings in shot, discus, and hammer, Bruce Robb.

No wonder his coach describes the 15-year-old as having tremendous potential.

The Garden sisters, Eleanor and Catherine, no doubt drive each other on to the second top positions they hold in the Scottish rankings for both shot and discus in the intermediates and girls groupings respectively.

The small group of highly talented sprinters at the club is another section to benefit from high class coaching.

Under the guidance of John

Macdonald, father of Olympic bronze medalist Linsey, they have stamped their mark on the national scene at all levels from junior to veteran.

However, viewing the conditions they train under, it is difficult to understand how.

John Macdonald explains the predicament with the running track.

"In summer it is okay, but in winter we have to rely on the

lights from the nearby football training area," he sighs. "The council keep saying they're going to fix the lights but it just never happens."

"We train on Monday nights at the pavilion, Tuesdays at the public park, on Wednesdays we do weights, and on Thursdays we train on the track in the pitch dark."

The track suffers from vandalism, and often athletes have to clear broken glass from it before they can run. This potentially dangerous situation is aggravated by the lack of adequate toilets, but is accepted by the affable group who make the most of the situation. As Scottish girls 100 metres champion Natalie Hynd jokes:

"I remember the time the football training was cancelled and the whole place was in

AAC

**All Photographs
Robert Perry**



From left to right: Laura Chisholm, Hazel Reid, and Natalie Hynd.

Dunfermline Half Marathon, and the Auld Town 10K, while the women won the half marathon and 10K, with Trudi Thomson first in the Two Bridges.

In the veterans section, sprinter Mike Hemmings is Scottish champion at 200 metres and Eamon Fitzgerald is the British champion for triple jump, long jump, pole vault and high jump.

Isabel Linaker is currently heading the 800, 1500, and 3000m intermediate rankings and took silver in the Scottish, English WAAA, and Under-20 Championships. Her progress has already been well documented, as of course has the

career of the club's most famous athlete, Linsey Macdonald, who will always be remembered for her 1980 Olympics - when at 16 she won a bronze medal as part of the 400m relay squad and became the youngest female athlete to have reached an individual track final.

Babcock Thorn Pitreavie Amateur Athletics Club have a membership of over 500. As one of the road runners puts it:

"There's a nice friendly family atmosphere here."

"Everybody knows each other and gets on well together, which is conducive to a successful club."

**CONGRATULATIONS
AND
BEST WISHES TO
BABCOCK THORN
PITREAVIE AC**

**Thanks for all
your support
from
The Dunfermline
Half Marathon
organising
committee**

total darkness. That was good fun!"

Natalie attributes the success of her group to Macdonald, and the pedigree of his prodigies would certainly back this up. Ian Mackie is a runner with an ambition to make the Olympics in 1996, but most recently he has been picking up medals at the indoor East district and age group championships in a stylish workmanlike fashion, while at the national indoors he finished a commendable fourth.

Colin Hopkins, Craig Joiner, Stuart Allan, Alasdair Donaldson, Douglas Colville, Brian Watson, and Stuart Reid make up the rest of a group who also

challenge for national honours and are the holders of several national records.

Pitreavie's road runners, meanwhile, dominate the local scene. The majority train at the St Columba's School, a few minutes away from the track, where they enjoy an excellent base and training facilities. They are, like the rest of the club's athletes, grateful for the £5,000 a year sponsorship they receive from Babcock Thorn.

The road runners rewarded this generosity by taking a local treble last year. The men won the 36 mile Two Bridges Race, with Peter Baxter taking the individual honours, the

An EVE to the future

In a new regular feature in Scotland's Runner, **George Duncan**, convener of the SAF's track and field commission, will use this column to publicise developments and explain the commission's policies.

WITH the formation of the Scottish Athletics Federation, selection of Scottish track and field teams and the various matches held has come under close scrutiny.

Past squad days have, by general agreement, been ineffective, and a new policy is required. The national coach, Andy Vince, in consultation with his event coaches, decided that each group of disciplines should meet independently, i.e. sprints, hurdles, jumps, throws, and multi-events, and organise their training sessions according to each group's special requirements. Thus, each group will be able to gauge the stage of training and time of year best suited to the individual athlete.

Budget targets were given to each group, with the number of athletes selected according to the finance available and the programme envisaged for each group. Athletes were then selected for squads within the base of finance available and with the following criteria:

ELITE SQUAD

1. The performance of the top two Scots over the last three years in every event was averaged out, and an athlete had to reach this target before being considered.
2. The positions in UK rankings were considered, and the higher the ranking in a particular event the more chance an athlete had of selection.
3. Not more than three athletes were allowed in any particular event.
4. Whilst an athlete's top performance was crucial, also considered was his/her depth of performances and win/loss ratio against other possible candidates.
5. Squads would therefore be smaller and more selective.

Based on the above criteria, the following 62 athletes were selected for the elite squad:

Sprints: Elliot Bunney (ESH); Keith Douglas (ESH); Harvey Lister (EAC); Douglas Walker (EAC); Gregor McMillan (ESH); Aileen McGilivray (EWM); Morag Baxter (CoG); Angela Baxter (CoG); Gillian McIntyre (CoG); Wendy Steele (EWM); Leigh Ferrier (Wigan).
Endurance: Tom McKean (Moth); Gary Brown (Caber); Nick Smith (Shutt); Robert Fitzsimmons (Kilbarch); Glen Stewart (Gla Uni); Paul Evans



Geoff Parsons

(Bel), Tommy Murray (Cambus); Ian Mathieson (TVH); Graham Croll (Cambus); Sue Bevan (Essex); Yvonne Murray (EAC); Liz McColgan (DHH); Vikki McPherson (CoG); Annette Bell (Linc); Lynne McIntyre (CoG); Hayley Haining (Nth); Alison Rose (EWM).
Hurdles: Neil Fraser (ESH); Kenneth Campbell (ESH); Graeme Smith (EAC); Mark Davidson (Aber); Tom Nimmo (EAC); Brian Whittle (Ayr); Theresa Crosbie (CoG); Jocelyn Kirby (Mid); Lorna Silver (DHH); Alison Curbishley (Mid); Joanna Cadman (EWM).
Jumps: Geoff Parsons (B Circ); David Barnetson (H); William Wyllie (Berch); Alex Greig (Sale); Ian McKay (EAC); Douglas Hamilton (ESH); Hazel Melvin (Troon); Gemma Samphire (Dorch); Ruth Irving (Wirral); Karen Hambrook (Ash); Caroline Black (EWM); Nicola Barr (EWM).
Throws: Steve Whyte (Har); Darrin Morris (Bel); David Allan (H); Alison Grey (CoG); Helen Cowe (Aber); Mary Anderson (EAC); Lorna Jackson (EWM); Karen Costello (CoG).
Multi-Events: Duncan Mathieson (Aber); Isobel Donaldson (Ald); Emma Lindsay (EWM).

TSB JUNIOR DEVELOPMENT WEEKEND

THE TSB are again sponsoring the weekend get-together for under 20's, in conjunction with the junior development committee, to be held in Glasgow on March 27-28. Working with the same criteria as the elite squad, and within the budget allowed, 15 male and 18 female athletes have been selected for this weekend:

Sprints: Colin MacRobert (Cambus); Ian Mackie (Pit); Callum Buck (Merch); Sinead Dudgeon (EAC); Elaine Julian (Ayr); Wendy Young (Fife).
Endurance: Colin Young (VP); Matthew Kelso (Pit); Alison Potts (CoG); Isabel Linaker (Pit); Suzanne Wood (EWM); Yvonne Reilly (DHH).
Hurdles: Grant Adams (Ayr); Iain Hamilton (Cum); Barry Middleton (Aber); Theresa Crosbie (CoG); Lorna Silver (DHH); Alison Curbishley (Mid).
Jumps: Mark McManus (Ham); Darren Ritchie (Mel); David Reid (Black); Lisa Brown (Lochelly); Ruth Irving (Wirral); Pamela Anderson (CoG).
Throws: Stephen Hayward (EAC); Ian Park (FVH); Glen Kerr (Bed); Jonathan Gray (Merch); Lynne Barnett (PSH); Julie Robson (Hel); Helen McCreadie (Hel); Lorna Jackson (EWM).

JUNIOR DEVELOPMENT SQUAD DAYS

BEING very much aware of our need to develop and improve standards in Scottish athletics, our future development days will again be held by groups in the different disciplines. Group coaches will organise their group days according to the time of the year suitable for each discipline. Selection policy was agreed as the first two in every event in U20, U17, and U15, male and female, to be selected and this amounted to 146 athletes.

This is a change in direction, with the intention of nurturing our under 15 and under 17 athletes, and hopefully increasing the performances of athletes on Scotland in the years to come. The athletes are:

Sprints: U20: C MacRobert (Cambus); I Mackie (Pit); S

Dudgeon (EAC); W Young (Fife); S Camuthers (Ayr). U17: B Watson (Pit); I Wallace (H); C Hopkins (Ayr); R Galloway (Ayr); C. Buck (Merch); H Kerr (Ayr); F Hutchinson (CoG); S Smith (Lochelly); N Imrie (Aber); J Symington (Ayr); F Sinclair (EWM). U15: J Love (I Skelly); C Slater (MK); M Restrick (Liv); E Lowe (Car); S Caldwell (SV).

Endurance: U20: C Young (VP); M Kelso (Pit); M McLaughlin (Cambus); C Cleland (Cambus); G Brown (PH); G Willis (Ayr); A Potts (CoG); I Linaker (Pit); H Parkinson (Bel); S Wood (EWM). U17: D Roache (CH); K Daley (EAC); D Connelly (Shett); A Reynolds (Cambus); D Gorman (VP); C Simpson (EAC); S Scott (CoG); K Gormley (EWM); C Vetrano (DHH); E Gorman (VP); C Becker. U15: M Corbie (Mel); G Murray (Ard); J Ward (Pit); K Montador (CR); K Scott (Mor).

Hurdles: U20: G Adams (Ayr); S Dillon (MB); I Hamilton (Cumber); B Middleton (Aber); T Crosbie (CoG); C Burr (EWM); L Silver (DHH); A Curbishley (Mid); S Ramminger (Aber). U17: D Cotter (Naim); W Stark (Aber); A Ramsay (MB); K MacNamee (CoG); G Stanway (CoG); S Moxey (EWM); F Sinclair (EWM). U15: G Chisom (H); D Agnew (Hutch); C Sommerville (Castle); I Lonnin (Dng); L Fairweather (Lass); L Stevenson (Ayr).

Multi: U20: S Rae (Annan); C Wilson (Aber); E Donald (Hel). U17: M Dobbie (Pete); R Nolan (Annan); J Patka (CoG); L Bell (I Skelly). U15: G Murray (Ard); S Addie (Cumber); T Richards (Ellon); F Hunter (Aber).

Jumps: U20: D Ritchie (Mel); S McKinlay (Pit); K McNicol (Cambus); F Anderson (EAC); M McManus (Ham); D Reid (Black); D Hepburn (FVH); R Forbes (PSH); L Brown (Lochelly); J Ross (Kilbarch); Gayle Taylor (CoG); S Ramminger (Aber); J Gibson (Lass). U17: M Pate (VP); T Gilhooley (Cambus); M Albrici (Ed Ac); R Sinclair (Ed Ac); J Whannel (VP); H Kerr (Ayr); W Stark (Aber); E Kerr (Ayr); K Hay (Essex); P Anderson (CoG); K MacNamee (CoG). U15: R Ruickie (H); M Darroch (St. Aloy); P Clark (QVS); A McAlindon (St. Col); S Addie (Cumb); A Bendell (Hutch); J Tindall (Fife); L McConnell (CoG); N Hutchinson (CoG); C Rose (Pit).

Throws: U20: S Hayward (EAC); G Mathieson (Avon); S McKinnon (QVS); J Gray (Merch); J Wishart (ESH); L Barnett (PSH); S Robin (Hel); H McReade (Hel); L Jackson (EWM); N Sloan (Hel); F Gehring (Ayr). U17: B Robb (Pit); D Abbott (ESH); L McIntyre (Hel); P Cunningham (Ed. Ac); J Robin (Hel); E Garden (Pit); N Dhalwal (CoG); L Ross (Nth); C Mann (Aber); C Buchanan (Aber); J Walker (Loud). U15: C Buchanan (EAC); D Smith (Ayr); J Smith (EAC); S McKinnon (QVS); R Givens (QVS); P Fraser (Aber); B Shalloross (Merch); C Garden (Pit); F Hunter (Aber); K Collins (EWM).

C Miller (Irv) 19-11; 3, N Gray (Irv) 19-13.
Girls 1.5 miles: 1, C Morris (JWK) 7-39; 2, S McNamey (Irv) 8-06; 3, E Shaddick (Irv) 8-06; Teams: 1, JWK 10pt; 2, Irvine 12.
Minors 1.5 miles: 1, A Church (Ayr) 8-02; 2, L Conway (Ayr) 8-17; 3, N Taylor (Girv) 8-37; Teams: Ayr 8pt; 2, Irvine 29; 3, Cummack 30.

Mini Minors 1 mile: 1, R Clark (Ayr) 4-44; 2, M Donnelly (Ayr) 4-46; 3, C Houliston (Ayr) 4-55; Teams: 1, Ayr 6pt; 2, Irvine 16.

Christmas CC Races, Aberdeen -

Men: 1, F Jenning (Met) 25-05; 2, W Moir (Un) 26-12; 3, N Kilner (Aber) 26-17; 4, E Rennie (Aber) M40 26-22; 5, M Anderson (FRC) M40 26-27; 6, M Edwards (Aber) M50 26-38; 7, J Ingram (FRC) M40 26-49; 8, D Grubb (Aber) M45 26-53; 9, M Stone (LP) 26-59; 10, H Williamson (Met) 27-08; 11, D Duguid (Aber) 27-14; 12, I Tack (Met) 27-16; 13, A Leiper (Aber) 27-21; 14, J Esson (RGC) 27-22; 15, T Gunn (Aber) 27-35; 16, D Shepron (Aber, M40) 28-15; 17, B Lawrie (Aber, M40) 28-18; 18, P Kammer (Aber) 28-21; 19, I MacKay (SRC) 28-22; 20, S Mitchell (RGC) 28-38.

Women: C Martin (GRR) 40-32.

Boys: 1, G Smith (Aber) 12-01; 2, K Dinnes (Aber) 12-23; 3, G Booth (Aber) 13-28; 4, A Watson (FRC) 13-59; 5, D Ramsay (Aber) 14-02; 6, M Stephen (PRC) 14-05; 7, D Cumming (Aber) 14-07; 8, D Coutts (Aber) 14-26; 9, S Mathieson (Aber) 14-34; 10, J Clarkson (Aber) 14-39.

Girls: 1, J Anderson (Aber) 14-32; 2, M Keenan (Aber) 15-28; 3, A Kyle (Aber) 15-34; 4, K Parley (Aber) 15-45; 5, L Maitland (Aber) 17-32; 6, C Bainbridge (Aber) 19-27; 7, J Home (Aber) 20-18; 8, J Rae (Aber) 23-16; 9, N Ingram (Aber) 23-17; 10, J Burnett (Aber) 26-02.

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Cambuslang Xmas RR, Cambuslang -

Sen 3.5 miles: 1, S Wyllie 16-59; 2, C Thomson 17-04; 3, K Newberry 17-10; 4, M Gormley 17-32; 5, F Hurley M40 18-04; 6, A Gilmour 18-17; **Vet:** R Young (guest M45) 18-48; D Cooney M40 19-30; J1 M Gill 18-42; A Pacentini 19-52; **Women:** S Kennedy (guest) 21-17; **H'cap:** A McDiarmid.
Young Athletes 2 miles: Senior Boys: 1, S Kennedy 9-34; 2, K Wallace 10-18; 3, A Dobie 10-27.
Jun Boy: 1, G Lyons 10-32; **H'cap:** S South.

Springburn Xmas 5 mile Canal Bank Race, Bishopbriggs -

1, A Callan 35-04; 2, A Chalmers 24-47; 3, J Cooper 26-13; **Vets:** 1, W McGregor M40 29-57; 2, W Farrell M45 30-36; 3, G Inglis M50 33-27; **H'cap:** W McGregor.

Dumbarton AAC Xmas 3 mile RR -

1, G Stewart (guest) 14-01; 2, P Walsh 15-35; 3, B Morton 16-03; 4, T Kelly and G Hanley 16-06; **H'cap:** P Corrigan.
Young Athletes 1.75 miles: Boys: 1, J McLeod 9-10; 2, M McGurn 9-12; 3, L Skinner 9-28; **Girls:** 1, E Hibbert 11-23; **H'cap:** S McGurn.

Ayr Seaforth AC Xmas RR, Dam Park, Ayr -

Senior 3.5 miles: 1, L Baker 19-48; 2, J Caird M40 20-01; 3, G Wight 21-22; **Vets:** I Baird M40 22-08; P Kelly 22-14; **H'cap:** P Kelly; **Minor Girls:** 1, L Conway 11-13; 2, L Murdoch 11-39; 3, C McLean 12-11; **Mini Minors:** 1, A Lang 10-02; 2, R Clark 10-15; 3, M Donnelly 10-20.

Teviotdale Menzies Trophy Races, Hawick -

Senior 4.5 miles: 1, D Covers 22-53; 2, A Walker 22-54; 3, R Hall 23-15; **H'cap:** A Walker.
Senior Boys: 1, S Watson 7-55; 2, S Blaikie 8-02; 3, A Cardwell 8-05.
Junior Boys: 1, J Turnbull 8-08; 2, A Marsh 8-25; 3, G Lauder 8-33.
Colts: 1, G Berridge 6-04; 2, B Marsh 6-06; 3, A Gibson 6-09.
Women: 1, E Borthwick 8-57; 2, L Brown 9-05; 3, C Thomson 9-17.
Girls: 1, S Hendry 5-57; 2, N Johnston 8-03; 3, L Pow 6-24.

Victoria Park AAC Xmas RR, Glasgow -

Senior 3.25 miles: 1, C Little 16-34; 2, C Steele 16-42; 3, M Smith 17-49; **Vets:** R Blair M45 18-54; A Johnston M40 19-06; F McFall M40 20-08; **H'cap:** E McDonald.
Young Athletes 2 miles: Senior Boys: 1, A Young 9-39; 2, E Cameron 9-50; **Junior Boys:** 1, C Eddie 11-31; 2, D O'Boyle 11-34; **Colts:** 1, C Baillie 12-01.

Shettleston Xmas RR, Barrachnie -

1, J MacKay 13-53; 2, A Little 14-24; 3, D McGonigle 14-30; 4, P McDeritt 14-32; 5, D Gilmour 14-47; 6, E Wilkinson 15-19; **Vets:** 1, C Thomson M40 16-02; 2, W Seally M50 16-10; 3, J Cairny M55 19-03; **H'cap:** M Daly.

Clydesdale Xmas 3 mile RR, Clydebank -

1, J Hanratty 13-35; 2, M Govan 14-08; 3m J Wright 14-10; **Vets:** P Rudzinski M40 15-18; **H'cap:** M Govan.

Spango V Bob Grant 7.5 mile RR, Greenock -

1, C Spense M40 41-05; 2, G Clark 42-13; 3, C Cromer 42-43; 4, C Leck 43-24; 5, S Dalgleish 43-36; 6, R Hyett M45 45-25; 7, D Martin M40 46-40; **Women:** 1, C Gibson 55-10.

Carnegie Festive 2.5 miles Forest Race, Blairadam Forest, Kelty -

1, C Law 37-22 (rec); 2, S Ogg 38-24; 3, J Douglas 38-55; 4, T Thomson 38-59; 5, R Milton 39-11; 6, I Stewart 39-13; 7, D Armour 39-47; 8, W Hutchinson M40 39-49; 9, P Morrison 40-06; 10, I Taylor 40-36; **V1:** A Milligan 44-08; **Vets:** M McHale M45 42-33; A Nicol M40 46-39.

Women: 1, K Buchanan 48-13; 2, J Thomson 49-04; 3, M Taggart 50-07; 4, L Law 54-15; 5, S McDowall 55-07; 6, M McKechie 60-49.

East Kilbride AC 5.25 miles RR, East Kilbride -

1, A Hill 29-00; 2, T Paton M50 31-00; 3, D Ferguson 31-23.

Queens Drive Road Races, Edinburgh -

Men: 1, A Robson (RCE) 15-54; 2, B Kirkwood (RCE, M40) 15-58; 3, P Dymoke (Liv) 15-59; 4, G Mathieson (ESH) 16-13; 5, M Ferguson (EAC) 16-18; 6, M Fallows (EAC) 16-23; 7, G Grindley (FVH) 16-35; 8, M McQuaid (FVH) 16-36; 9, J Wilkinson (Gala) 16-37; 10, K Smith (RCE) 16-45; 11, F Royne (Aber) 16-49; 12, M Steel (EAC) 16-53; 13, J Thin (CHR) 16-56; 14, T Mendum (Cor) 16-57; 15, D Peel (Liv) 17-01; 16, D Sharkey (EAC, J) 17-05; 17, A Kitchin (Liv) 17-07; 18, H Mackay (Fife) 17-07; 18, A Ward (EAC) 17-16; 20, R Thompson (ESH) 17-18; **Vets:** 2, B Howie (ESH) 17-30; 3, J McLaughlin (EAC) 18-10.
Other Junior Men: 2, S Innes (Har) 18-19; 3, M McEwan (Pen) 18-58.
Youths: 1, S Robertson (FVH) 18-16; 2, R Tweedie (ESH) 13-31; 3, S Goddard (GHE) 18-46; **Team:** Harists.

Senior Boys: 1, N Lyall (Lass) 15-22; 2, S Murray (Lass) 15-53; 3, C Goddard (GHS) 18-46; **Team:** Lasswade.

Junior Boys: 1, G Couper (FVH) 10-40; 2, C O'Brien (Cor) 10-52; 3, G Mallan (Cor) 11-13; **Team:** Corstorphine.

Senior Women: 1, C-A Gray (EAC) 19-04; 2, S Stockdale (EWM) 19-58; 3, D Everlington (Liv) 20-20; 4, K Greally (EAC) 20-32; 5, J Salvona (Liv) 20-48.
Intermediates: 1, L Duffy (Har) 22-54; 2, J Brown (Har) 22-55; 3, J Mendum (Har) 24-49; **Team:** Harmer.

Girls: 1, I Knox (Tweed) 18-48; 2, R Amos (EAC) 19-47; 3, P Rennie (Pen) 24-00.

Minors: 1, D Murray (Lass) 11-32; 2, A Hood (EAC) 11-40; 3, L Harrison (EAC) 11-48; **Team:** EAC.
Mini Minors: 1, RR Gibson (Har) 7-43; 2, L Campbell (EAC) 8-06; 3, L McGarvey (FVH) 8-18; **Team:** FVH.

Fife AC Pitmedden Forest Race

Men 6 miles: 1, S Taylor (BT Pit, J) 35-05; 2, J Lumsden (Fife) 35-51; 3, A Crombie (Fife) 36-12; 4, J Kirkland (DHH) 36-18; 5, S Clark (Unatt) 36-20; 6, T Ross (Fife, M45) 36-22; 7, L Fortune (Fife, M40) 36-48; 8, J Rough (Fife, M40) 36-49.
Youths: 1, R McFarlane (Fife) 36-50; 2, D McGregor (Fife) 38-56; 3, S Shaw (Fife) 39-24.

Women: 1, D MacDonald (Lass) 44-20; 2, A Strachan (DHR, W40) 44-59; 3, A Rodgers (Un) 49-51.

Forres Harriers Xmas Handicap -

Men 6 miles: 1, M Ross (H) 49-42; 2, A Murchison (H) 50-32; 3, R Arbuckle (K&D) 50-40.
Fastest times: 1, Arbuckle 31-40; 2, G Bartlett (FH) 34-11; 3, Murchison 34-12; **Teams:** 1, Inverness Harriers 14pt; 2, Forres Harriers 29.

Women 4 miles: C Falconer (MBI) 51-56; **Fastest times:** 1, Falconer 27-06; 2, C Simpson (FH) 28-15; 3, H Cruickshank (FH) 32-13.

20

Lochaber AC Xmas 2.5 miles CC Race, Fort William -

1, S Burns 15-43; 2, W Brooks M40 16-02; 3, R Boswell M40 16-32; **Women:** 1, H Searle 20-23; **H'cap:** D Walker.

Kirk Bly AC 1.5 miles RR, Kirkintilloch -

1, C Watson 8-02; 2, G McConnell 8-04; 3, J McLoone 8-20; **Women:** 1, L Bigham 10-16; 2, M Clark 10-34; 3, J Gray 10-34; **H'cap:** L Bigham.

Inverness H Xmas Relays, Queens Park, Inverness -

1, Captains Team (J Bowman; G Mitchell; A Brodbent; K Ayres; M Ferguson); **Fastest top times:** Lap 1, A Finlayson 4-09; Lap 2, J McKay 4-07; Lap 3, G Chisholm 6-01; Lap 4, D McRae 9-49; Lap 5, B Fraser 8-42.

Aberdeen AAC McCafferty CC Xmas Relay -

1, Wisemen 26-03 (K Rapley; D Walker; C Clarkson; S Casenlis); 2, Trifles 26-34 (H Smith; B Scullion; N Clarkson; A Fulton); 3, Puddings 26-41 (L Maitland; L Boyd; L Foley; G Smith); 4, Xmas Trees 26-43 (B Kiadness; D Ramsay; D Smith; N Kilner); 5, Tinsel 26-58 (L Fowler; D Cumming; J Clarkson; S Freddie); 6, Jack Forst 27-08 (J Anderson; D Braun; C Emery; G Ramsay).

Irvine AC Open CC Meeting -

Men 5 miles: 1, O Buchanan (Lomond, cyclist) 21-42; 2, M Coil (Ayr, cyclist) 22-10; 3, D McCrory (Lost Boys, cyclist) 25-12; **Leading Runners:** 1, G Reid (JWK) 25-20; 2, B Richardson (IC) 25-24; 3, G Tenney (Kilb) 26-40; **Vet:** J White (IC).
Youths 2.5 miles: 1, K Mason (Cumk) 15-45; 2, B Richardson (Ayr) 15-57; 3, C Douglas (Kilb) 16-23.
Sen Boys 1.5 miles: 1, B Byrne (Kilb) 13-30; 2, G McBarrie (Kilb) 13-59; 3, J Henry (GGP) 14-19; **Team:** JWK.
Jun Boys 1.5 miles: 1, S Bodys (Cumk) 11-23; 2, A Dean (IC) 11-50; 3, G Simpson (Kilb) 12-00; **Team:** Irvine.

Colts 0.75 miles: 1, K Taylor (Gir) 6-21; 2, A Auld (Cumk) 6-33; 3, D Miller (Ayr) 6-36; **Team:** Ayr.

Sen women 3 miles: 1, D Rutherford (JWK) 21-00; 2, L Cairns (JWK) 23-09; 3, J Byng (IC, W35) 24-06.
Inters: 1, C Miller (IC) 20-50; 2, S McCrornin (Gir).
Girls 2 miles: 1, C Morris (JWK) 13-45; 2, S McNairy (IC) 14-08; 3, S Youden (JWK) 14-21; **Team:** JWK.

Minors 1.5 miles: 1, A Church (Ayr) nta; 2, L Harrison (EAC) nta; 3, L Conway (Ayr) nta; **Team:** Ayr.
Mini Minors 0.75 miles: 1, R Clark (Ayr) 7-22; 2, M Donnelly (Ayr) 7-28; 3, A McGill (IC) 7-45; **Team:** Ayr.

RESULTS COMPILED BY COLIN SHIELDS

Barratt Full Marathon Reebok Half Marathon



**Sunday 20th June
1993 at 11.00am**

Sponsored by: - Reebok & Barratt International Resorts
Supported by: - Rannoch School. B.A.R.R. Grade II
In aid of: - Cancer Relief Macmillan Fund, Scotland's most spectacular & longest Running Marathon
Splendid Highland Hospitality, Excellent Cuisine Magnificent Scenery.
A SUPER DAY OUT FOR ALL THE FAMILY
Entries: David Brown (Please enclose a SAE), The square,
Kinloch Rannoch, Perthshire PH 16 5PN, Tel 0882 632 277.

Dunfermline District Council
presents

THE DUNFERMLINE HALF MARATHON OF 1993



Pittencrieff Park
Dunfermline
Sunday 6th June
9.30 am

Entries and Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211



Dunfermline
Building Society

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

To advertise in the events listings, please telephone
Heather Afrin on 041-332-5738

EVENTS

February

27

NATIONAL CC Championships
(BYJS) Callender Park, Falkirk.

SCOTTISH Universities v Scottish
Select v Schools, Kelvin Hall.

28

NATIONAL CC Championships
(Women - all age groups), Beach
Park, Irvine.

March

6

DUNFERMLINE 50K race 9am - 6hr
time limit. D - Mrs Thomson 0383 -
721057. Closing date - 20th Feb.

BALLOCH to Clydebank RR (JS).

FIFE AC 6 mile Road Race (JS),
Cupar.

ORKNEY Isles Open CC Races.

SAF Combined Events Champs,
Kelvin Hall. Also on March 7.

INTER-TOWN Sports Hall Athletics
(Grangemouth Sports Complex).
Tel 0324-483752.

7

ADC Smokies Ten Ladies Only 10
mile RR 11am. Arbroath Sports
Centre fee £4 (£4.50) Tel: 0241 -
73858.

CC RELAY Championships
(Women), Irvine.

EDINBURGH University Five, Kings
Buildings, Edinburgh.

ROUND the Castles CC Races,
Haddo House, Aberdeen.

NAIRN 10K and Fun Run. D - 0667
53423 - Gordon Main, 15 Lodgehill
Road, Nairn, 1V12 4QQ - Contact
for entry forms. Event starts 2pm.
Various medals and prizes.

13

CLYDESDALE Harriers "Dunky
Wright" Memorial RR, Clydebank.

SECONDARY Schools Cross
Country Championships, Irvine.

SRI Chinmoy 5K RR, Edinburgh.

SVHC Indoor Champs, Kelvin Hall.

14

INVERNESS District Council
"Peoples" Half Marathon and Fun
Run. Start 2pm. Charity: Scottish
Downs Syndrome Association.

FALKIRK Open Graded Meeting.
Tel: 0324-483752.

21

GLEN Nevis 10, Claggan.

TAYSIDE AAC CC Races, Arbroath.

27

NATIONAL Six Stage Road Relay
Championships.

XIX IAAF World Cross Country
Championships (J,S), Amorieteta,
Spain.

28

ALLOA Advertiser Half Marathon.
D - 0259 213131. Race starts 11am
from Lornhill Academy, Alloa.
Prize list for all categories. 1st
prize - weekend holiday.

April

3

DUNBAR Boundary Race 10K,
Winterfield, Dunbar. Start 10am, E
£3.50 (£4 on day) free refresh-
ments and medals. For details
contact 0368 - 64613.

FALKIRK Young Athletes Meeting,
Grangemouth. Tel: 0324-483752.

4

"FOUR TOPS" Hill Race, Fort
William. 11am start, Leisure
Centre, Fort William. Fee £4.
Details from E. Campbell, Kisimul,
Fort William, Inverness-shire.

THE MOTHERWELL DISTRICT HALF-MARATHON + FAMILY FUN DAY



**WISHAW SPORTS CENTRE
SUNDAY 16th MAY 1993**

Motherwell
Leisure

Further Details
can be obtained from:

Telephone:

with
Radio Clyde Roadshow
Fun Run

Face Painting

Bouncy Castles

Kiddies Run

Live Entertainment

Sports Displays

Beer Tent

Department of Leisure Services
P.O. Box 14, Civic Centre, Motherwell ML1 1TW
0698 266166

Date for your Diary

GOUROCK HIGHLAND GAMES

at
GOUROCK PARK

On Sunday 9th May 1993

Chieftain Peter Mallon from Radio Clyde

Athletics including Half Marathon; Cycling; Wrestling;
Highland Dancing; Tug o' War; Pipe Bands; Side Shows.

Further details and entry forms from: The Hon Secretary,
c/o Recreational Services, Inverclyde District Council,
Greenock, PA15 1LQ.

ALLOA ADVERTISER HALF MARATHON

SUN 28TH MARCH 1993
RACE STARTS 11AM FROM LORNSHILL
ACADEMY, ALLOA. EXTENSIVE PRIZE LIST
FOR ALL CATEGORIES.

1ST PRIZE - WEEKEND HOLIDAY

ENTRY FORMS FROM:
CLACKMANNAN DISTRICT SPORTS COUNCIL,
29, PRIMROSE STREET,
ALLOA.
TEL: 0259 213131.

CRAIG DUNAIN HILL RACE

10th April 1993

6 miles
900ft climb

- * Limited Field (100 Max)
- * Fast - Friendly Hill
- * Free Soup and Rolls
- * Indiv. and Team Prizes
- * No Medals

Entry (£2.50) and enquiries to:
Paul Garner, 8 Tower Court,
Westhill, Inverness
Tel. (0463) 791068

1993 Selkirk People's Half Marathon & 4.5 Mile Fun Run

Sponsored by THE PLACE

Sunday 11th April 2pm
(Race under SAAA, SWAAA, SWCC & RRA rules)

Prizes in all categories to the value of £500.
1st gent £150, 1st lady £75. team & spot prizes.

Medals for all finishers. Fast half marathon with course record 63 mins 27 secs.
ENTRY FORMS from: RJ Wilson, 3 Ladylands Terrace,
Selkirk. Send SAE. Tel: (0750) 21598.

EVENTS

GLEN Fruin RR, Helensburgh.

GREAT Angus Run - Forfar 15.

MAGGIE Storey 10K, Forfar.

SOLWAY Athletic League, Dumfries.

7

FALKIRK OGM, Grangemouth. Tel: 0324-483752.

10

CRAIG Dunain Hill Race, Inverness. Fast friendly hill - individual and team prizes. For details, contact Paul Garner, 8, Tower Court, Westhill, Inverness. 0463-791068.

RENFREWSHIRE 10 Mile Road Race, IBM Greenock.

SCOTTISH YAHs, Livingston.
PANASONIC SAL - Qualifier, Coatbridge.

11

TOM Scott Memorial Road Race, Law to Motherwell. 3pm. Tel 0555-870509 for details. J. Tervitt, 1, Silvermuir Road, Ravenstruther, Lanark.

MACRAE "The Homemakers" OGM, Inverness.

SELKIRK People's Half Marathon & 4 Mile Fun Run. Medals to all finishers. For details contact R.J. Wilson, 3, Ladylands Terrace, Selkirk (send sae). Tel 0750-21598.

14

LIVINGSTON & Dist AAC OGM, Craigswood.

17

CENTRAL District Champs, Grangemouth.
KNOCKFARRELL HR, Strathpeffer.
SCREEL Hill Race, Castle Douglas.

18

DORA Stephen Memorial Meeting (women), Crownpoint.

JIMMY Scott Memorial Road Race, Glasgow.

WHITE Caterthun Race, Brechin.

MCDONALDS SYAL East Div. 1 & 2, Grangemouth; Div. 1&2, Dam Park, Ayr; North East, Dundee.

NUTRASWEET London Marathon, London.

21

ST ANDREWS 5,000m Race, St Andrews, Fife.

22

JSB Plumbing Forth Valley League, Grangemouth; Livingston.

24

BEN Rha Hill Race, Reay, nr Thurso.

HUNTERS Bog Trot, Edinburgh.

25

CLACHNABEN Hill Race, Aberdeen.

FORTH Bridges Half Marathon, South Queensferry. Entry form in this issue.

LOCHABER People's Marathon, Fort William. 12 noon. Details from Dougie McDonald, 11, North Corran, Ardgour, By Fort William.

STONEHOUSE AAC Fun Run.

BANK Of Scotland Womens Athletic League D1, Crownpoint; D2, Grangemouth; D3, Dundee; D4, Ayr; D5, Dumfries.

PANASONIC SAL (1) D1&2, Aberdeen; D3,4&5, Coatbridge.



HEBRIDEAN 3 RACE CHALLENGE

UNIQUE SERIES OF ISLANDS HALF MARATHONS
ANY 3 FROM 4 TO COUNT TOWARDS THE SERIES



BANK OF SCOTLAND STORNOWAY HALF MARATHON AND FUN RUN

Sat 29th May 1993
(organised by Stornoway Running Club)
BUDGET ACCOMMODATION
TEAM COMPETITION
CEILIDH
MEN & WOMEN
ENTRY FEE £5.00
For further details contact Alan Cunningham Burncook, Upper Bayble Point Isle of LEWIS PA86 0QH

ISLE OF SKYE ROUND TABLE HALF MARATHON & 4.5 MILE FUN RUN

Sat 12 June 1993
Unique Medal to all finishers
Extensive prize list including spot prizes
for further details contact
Mr W MacKinnon
Skye Lochalsh District Council
Portree Isle of Skye

BANK OF SCOTLAND BENBECULA MARATHON HALF MARATHON & FUN RUN

Sat 5th June 1993
Entry Marathons : £4.50
- Fun Run : £2.50
Prizes in all races
for further information contact : Dave
Bettany Range Wing RA Hebridean Isle of Benbecula

ISLE OF HARRIS HALF MARATHON & FUN RUN

Sat 17th July 1993 - 1pm
for further information contact:
E MacNally
19 Scott Rd
Isle of Harris

HEBRIDEAN 3 ORGANISERS WELCOME YOU TO TAKE PART IN THIS UNIQUE SERIES OF EVENTS IN VARIED & SCENIC COURSES
Run through the South Harris hills, view the spectacular Atlantic beaches, surround yourself with the beautiful dramatic Moorlands and enjoy the welcoming friendliness of the 'locals'. All races under SAF permit & BAF rules. Runners in the know come to the Western Isles.



SUNDAY 14TH MARCH 1993.

*NEW ACCURATE & FAST COURSE THROUGH SOME OF THE BEST SCENERY & THE STREETS OF THE HIGHLAND CAPITAL. *EXTENSIVE PRIZE LIST FOR ALL CATEGORIES INCLUDING INDIVIDUALS, VETERANS, ATHLETIC CLUBS, WORKS TEAMS, PUB TEAMS, COMMEMORATIVE PRIZE FOR ALL HALF MARATHON FINISHERS.*

*SUPERB ORGANISATION & FULL FACILITIES.

FOR ALL ENQUIRIES CONTACT
THE RACE DIRECTOR, BRIAN TURNBULL
3 COUNTY COTTAGES, INVERNESS
0463 240423.

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)
11.00 am

Sun 4th July 1993,
Main sponsors: Kincardine &
Deeside District Council

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

Entry forms, send S.A.E. to:
Race Administrator, Leisure &
Recreation Section, Kincardine &
Deeside District Council,
Viewmount, Stonehaven AB3 2DQ

Tel 0569 - 62001 Ext. 267

CLOSING DATE 19-6-93

FAST, FLAT, ACCURATE OUT & BACK, SCENIC COURSE

THE NEWTONMORE 10 MILE ROAD RACE AND THE FIRST, FLAT NEWTONMORE EVENING 1 MILE RACE



Sunday 23rd May 1993
At 2.00pm from
The Eilan
Newtonmore, Inverness-shire
(65 miles north of Perth)

BOTH UNDER SAF RULES

Saturday 22nd May 1993
At 8.00pm from
Balavil Sport Hotel
Newtonmore, Inverness-shire

- * Exceptional Prize list, Award to all finishers
- * Changing facilities with showers. T-shirts to all finishers. Spot prizes

For entry forms and details: Stamped addressed envelope to:
Duncan Watson, Glenquoich House, Newtonmore, Inverness-shire PH20 1EB. Special rates available from local hotels & guest houses. Assisted by Aviemore and Spey Valley Tourist Board, Scotland's Runner, Newtonmore Business Association, Badenoch Athletic Club, and Duncan Watson - Independent Financial Advisors.





QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Bridges Half Marathon and Fun Run

Main Sponsor Digital Equipment Scotland Ltd
Butlaw, South Queensferry

digital

Sunday 25 April 1993 Start 11.00am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)

£5 Half Marathon ☐ Please tick
£2 Fun Run ☐ as appropriate

S.A.F "People's" Permit Event

I enclose my cheque/PO for the entry fee for the race payable to
Queensferry and District Community Council.

I declare that I am physically fit and waive and renounce any
rights and claims for damages I may have against the organisers
for any loss/injury as a result of participation in the event.

Signed _____
(signed by parent or guardian if entrant is under 18 years of age)

Date _____

Return to: Forth Bridges Half Marathon c/o 17, Linn Mill,
South Queensferry, EH30 9ST (031 331 2287)
PLEASE PRINT

Name _____

Address _____

Post Code _____ Tel No _____

Name of Club _____

Date of Birth _____

MALE ☐ Please tick
Age on day of race _____ *

FEMALE ☐ as appropriate

Closing date 22 April 1993

Entries for half marathon will NOT be accepted on day of run.

*Runners in half marathon must be
17 (females) 18 (males)

Further information and running numbers will be forwarded as
soon as possible.

A commemorative Medal will be given to all runners
completing the half marathon.
A certificate will be given to all runners completing the Fun Run.

Half Marathon run under the RULES of B.A.F.

British
Association
of Road
Races
GRADE 1



SUNDAY 16th MAY 1993

HUGHES GLENROTHES Road Running Festival

SAF PERMITS

9.00 a.m. BIATHLON
10.25 a.m. 10K WHEELCHAIR RACE
10.30 a.m. HALF MARATHON
10.40 a.m. 10K ROAD RACE
10.45 a.m. 5K FUN RUN
11.00 a.m. JUNIOR FUN RUN



Glenrothes
Snicker
Club



WOOLWORTHS



ATPRINT
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Hughes Microelectronics Europa Ltd.
Subsidiary of Hughes Aircraft Company

CUMBERNAULD & KILSYTH DISTRICT COUNCIL

in association with
CUMBERNAULD DEVELOPMENT CORPORATION and CUMBERNAULD NEWS & KILSYTH CHRONICLE

10K ROAD RACE AND 5K FUN RUN
SUNDAY, 16 MAY 1993
START 1.00PM

ORGANISED BY RECREATION &
LEISURE SERVICES
LOTS OF PRIZES TO BE WON
T-SHIRTS FOR ALL 5K
FINISHERS.....MEDALS FOR ALL
10K FINISHERS

ENTRY FORM

Please complete on BLOCK CAPITALS and return to Cumbernauld & Kilsyth District Council, Recreation & Leisure Services,
Council Offices, Iron Way, Cumbernauld G67 1DZ. Closing date for postal entries will be MONDAY, 10 MAY 1993.
Entries will be accepted on the day of the race up till noon. Please note the Race entries will not be acknowledged, but race
details will be issued in due course. ALL ENTRANTS must enclose an A4 size stamped addressed envelope with Entry Fee to
enable us to send you the runners' information pack.

NAME

ADDRESS

NAME OF CLUB/GROUP

DATE OF BIRTH

AGE ON DAY OF RACE

10K ROAD RACE 5K FUN RUN ESTIMATED TIME

CATEGORY Male U/40 Male 40-49

Male 50+

(please tick) Female U/35 Female 35+

ENTRY FEES - 10K Road Race £4.00 - 5K Fun Run £2.50

AGE RESTRICTION: 5K - Under 12, must be accompanied by an adult
throughout the duration of the race. 10K - You must be 17 years and over. I enclose here with my
cheque/P.O. being the amount of the entry fee (non-refundable). Please note that entries will not
be accepted unless accompanied by the entrance fee. The organisers reserve the right to refuse
any entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to
CUMBERNAULD & KILSYTH DISTRICT COUNCIL, crossed and name and address on reverse side.
Please enter me of the race specified above. I am medically fit to run and fully understand that I
enter at my own risk, and that the organisers or sponsors will not be in no way be held responsi-
ble for any injury or illness incurred to my person during or as a result of the event, or for any
property lost on the course or in the changing rooms. I declare that (1) I am an amateur as
defined by the S.A.A.A.; (2) I will abide the Laws and Rules for the Competitions of the respective
governing bodies... I will be 18 years of age or over on the day of the race.

SIGNATURE

DATE

This race is promoted under the permit of the Scottish Athletics Federation and is subject at all times to the jurisdiction of The Federation.



ABERFELDY HALF MARATHON SUNDAY 9th MAY 1993

A.R.C Grand Prix Triathlon
Sunday 6th June 1993

IRN - MAN SCOTLAND
THURSDAY 24th JUNE 1993

A.R.C Category A Triathlon
Sunday 19th September 1993

Crieff Road, Aberfeldy, Perthshire PH15 2DU
Telephone (0887) 820922.

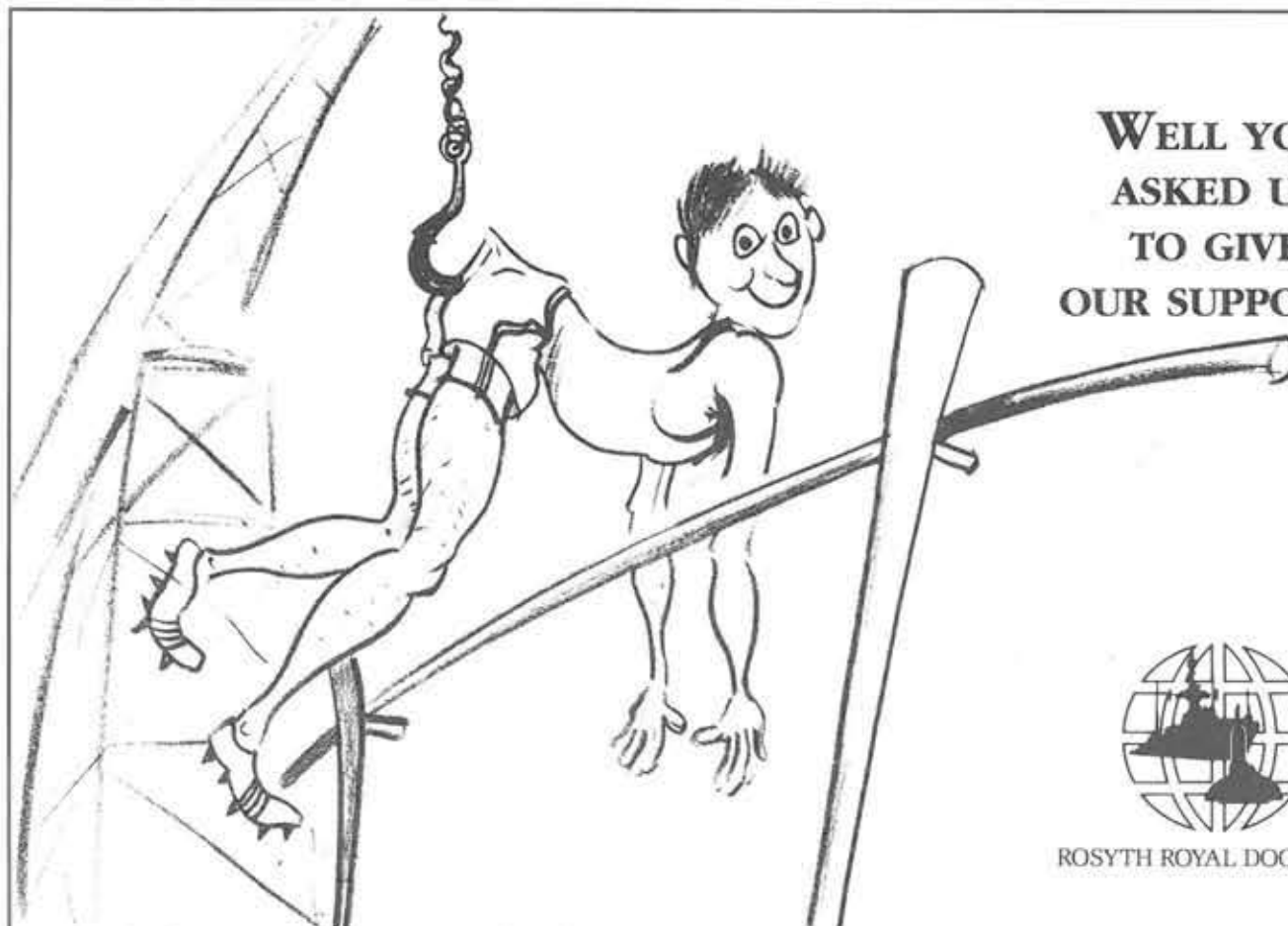
KIRKCALDY DISTRICT HALF MARATHON, 10K AND FUNRUN 13TH JUNE 1993

Promoted by Fife
College of Technology
in association with Fife
AC & Kirkcaldy District
Council Fit for Life Festival

13TH JUNE 1991 - a
date for your diary,
one week earlier than
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illness so rare that it took the death of David Niven to bring
it to public attention. **This is Motor Neurone Disease, it
kills 3 people every day.**

The Scottish Motor Neurone Disease Association
exists to help sufferers lead as normal a life as
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Please help us in our work of supporting patients and
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Send for sponsor forms and our vest logo to:

Diane Jarvis,
Administrator,
Scottish Motor Neurone
Disease Association
(S.M.N.D.A.),
50 Parnie St
Glasgow, G1 5LS.
Telephone 041-552 0507.



FAMILY FUN RUN

in aid of the
Scottish Motor Neurone Disease Association.
SUNDAY, 4th APRIL 1993.
11.00am start in
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at the Watersports Centre
Distance 4 or 6 miles.

Run, jog or walk - medals to all finishers.

Make your effort worth while by seeking sponsors
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