

SALE TIME SALE TIME



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SCOTLAND'S Runner

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MEN'S AND WOMEN'S NATIONAL CC CHAMPS REPORTS & PICTURES

LARKHALL CLUB PROFILE

ROAD RACE LISTINGS



Equipped to run

British coach Bud Baldaro examines the new adidas Equipment range

When it comes to choosing the right shoe for your running style there are so many factors to consider. For the committed runner a poor choice can not only be expensive but can also potentially lead to injury.

So why is adidas different? In this feature, with the assistance of Steve Brace, I examine the latest range of performance training shoes from adidas. The Equipment range provides a high performance shoe for every running style with features which meet the rigorous demands of international runners.

"As an athlete I have very few injury problems," says Steve Brace. "But I can run a lot of miles a week when training so my choice of shoe to match my particular running style is vital in helping reduce any potential injury."



adidas Equipment Cushion

It is important to understand what type of runner you are. If you are unsure ask your coach or your specialist running shoe retailer for advice. Most runners, like Steve Brace, have a normal strike pattern and adidas have developed Equipment Cushion especially for these runners.

"I do hill sessions in the Equipment Cushion and find its lightness is ideal for my faster paced training," says Steve. "Also the cushioning is a benefit when I

am doing faster road efforts. I am a heel striker and need as much cushioning as possible to soften the impact."

The shock absorption in Equipment Cushion is provided by an EVA midsole and an Impactcell in the heel which uses trapped ambient air to absorb the initial shock of the heel strike. Stability is obviously not ignored in this shoe, it is achieved by using an internal heel counter and the integration of the lacing system with the traditional three stripes on the lateral and medial sides of the shoe. This also provides excellent mid foot support around the arch.

Stability is an important factor for Steve Brace, who when training on the Welsh coast encounters a variety of surfaces. "Equipment Cushion gives me essential stability when training on sand which combined with a good sure grip, gives me confidence for my footing on an unpredictable surface," adds Steve.

However, this does not mean the Equipment Cushion is a rigid shoe. Flexibility is an important factor, as Steve explains. "When I'm running hill sessions I need plenty of flexibility in the forefoot." Adidas achieve this flexibility by using a full moccasin construction. The design also incorporates an asymmetric cut to provide a comfortable fit under and around the ankle. "Overall I find the Equipment



adidas Equipment Support

Cushion is light, and comfortable," says Steve Brace.

At 310g the shoe falls into the lightweight category, and by constructing it on a curved last the medial profile is slightly curved which gives a more responsive feel to the wearer.

So far we have considered Steve Brace who has no major biomechanical problems. However, many runners do have problems with either pronation or supination. Adidas have addressed both areas within the Equipment range.

Taking the basic Equipment Cushion design, adidas Equipment Support incorporates a number of additional features which assist with overall motion control for over- pronators. Constructing a shoe with these features often leads to a heavy design, yet adidas Equipment Support is refreshingly light at 320g. The



adidas Equipment Guidance

shoe uses a half board construction which provides greater stability to the rearfoot whilst retaining flexibility in the forefoot.

The motion control features are built into the medial side of the shoe to compensate for runners who tend to over pronate. Adidas achieve this motion control by using a higher density EVA in the medial side of the midsole. This is assisted by an additional medial post

through the midsole and outsole which gives extra foot to ground contact. Rear foot support straps, a lightweight external heel counter and a wrap around tongue also provide essential support.

The third shoe in the Equipment range has been designed in response to runners who either supinate or are faster paced forefoot strikers. Rob Denmark, the UK 10K champion and Olympic finalist at 5000m, has discovered the benefits of Equipment Guidance.

Guidance has all the features highlighted in Equipment Cushion, with the addition of motion control built into the lateral side of the shoe. "I find Guidance perfect for my running style," says Rob Denmark. A unique feature of this particular shoe is the inclusion of a Dynprene pad in the midsole of the forefoot. "This gives excellent cushioning when I'm up on my toes," adds Rob.

Guidance also has forefoot support straps to aid motion control. These are constructed using mesh fabric to reduce uncomfortable pressure points.

Again half board construction gives stability with flexibility. A comfortable wrap around tongue integrated into the lateral side of the shoe combines with the other features to give the necessary motion control.

It is clear that different runners require different shoes. As I stated at the beginning of this article, the wrong choice can be expensive in terms of both performance and injury. When choosing your next pair of shoes remember to consider the factors we have examined here.

If you are unsure, consult your local specialist running retailer.

Technical Summary

Equipment	Cushion	Support	Guidance
Last:	Curved 390	Straight 414	Competition 404
Construction:	Full Moccasin	Half Moccasin	Half Moccasin
Weight (size 9:UK):	310g	320g	310g
Upper Material:	Nylon Mesh	Nylon Mesh	Nylon Mesh
Midsole Material:	EVA	EVA	EVA
Midsole Construction:	Injected	Injected	Injected
Outsole Construction:	Solid Rubber Infinity 3,000*	Solid Rubber Infinity 3,000*	Solid Rubber Infinity 3,000*

Steve Brace, British Olympic Marathon Runner.



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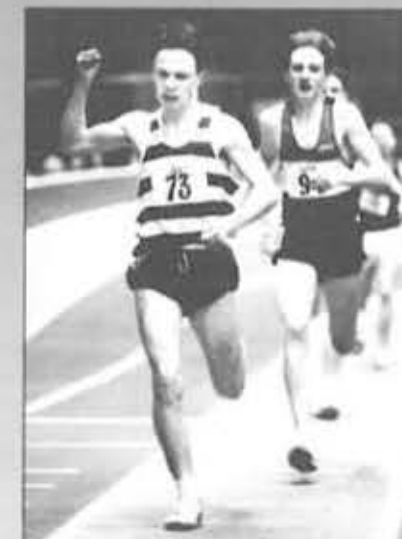
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CC CHAMPIONSHIPS

EDITOR
Alan Campbell

ASSOCIATE EDITOR
Doug Gillon

REPORTER
Matthew Lindsay

CONTRIBUTORS
Arnold Black
Jeff Carter
Derek Parker
Gordon Ritchie
Colin Shields

DESIGNERS
Crawford Mollison
Greg Murphy

**ADVERTISING
MANAGER**
Heather Afrin

**GROUP AD
MANAGER**
George Hardie

CIRCULATION
Mary C. Smith

ADMINISTRATION
Lisa Boutineau
Ellen McQuillan

**COVER
PHOTOGRAPH**
Robert Perry

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GLASGOW, EDINBURGH FIND GREAT RACE SPONSORS

A COMPANY which owns discotheques in Glasgow is to sponsor the Great Scottish Run on August 22, writes Alan Campbell.

Although the backing will not officially be announced until April, it is understood that the company involved owns both the Savoy and Cleopatra discotheques, and that the sponsorship is worth in the region of £50,000.

Having decided to go it alone when Diet Coke ended their sponsorship of "Great Run" events last year, and having secured a local sponsor, the Great Scottish Run organisers were greeted with the news that the Great Run series had also found an £800,000 sponsor in the shape of health care group Bupa - and that a 10K race in Edinburgh in July, to be known as the Great Edinburgh Run, is to

replace Glasgow's half marathon as the Scottish leg of the five race series.

David Martin of Nova Inter-

through Princes Street, will be held in the capital on July 18.

Again, further details are expected at a press conference in

expected to feature "name" runners, were underway.

Peter McLean, promotions and sponsorship manager with Glasgow City Council, said he regarded the Edinburgh event as complimentary to the Great Scottish Run, rather than a threat.

Confirming that the city council was "very, very close" to having all finance in place for the Great Scottish Run, McLean pointed out that alone among the Diet Coke runs, Glasgow had always retained directional control of its own event.

The city council is also to stage a women's only 10K race in the West End of Glasgow in May.

Meanwhile, a deadline of March 31 has been set for the backers of Edinburgh's Princes Street Mile to make a decision on this year's event.



national, organisers of the Great Run series, confirmed that a mass participation 10K race, starting at Holyrood Palace and running

April, but Martin said negotiations with Edinburgh District Council and television companies for coverage of the event, which is

Gang of four state case

A BID to "galvanise British athletics" is being made by four officials who will be standing as a "slate" for election to the British Athletic Federation.

The group say their collective bid will overcome the petty divides that have dogged the positions in the past, and hindered the development of the sport.

The four, who include SAF general secretary Bob Greenoak and Glasgow University's Peter Radford, are promoting the document *Your Future, Your Choice* as the targets they hope to achieve over the next five years if they are elected.

Former British Olympian Radford, who is standing for chairman, said he was "thoroughly convinced" the bid would succeed.

He said: "Before this, athletes voted for people they knew or on the strength of their reputations, not by the voicing of policies, which is how we aim to get elected. When officers were previously elected they didn't get on with each other or there was a personality clash which wasn't conducive to getting things done - they were too busy bogged down in cliques and factions."

"Talk is cheap, and if all four of us were elected it would really give us a mandate to go ahead and carry out these policies."

Bob Greenoak added: "The policies we are putting forward have all been considered by the officers of the federation before, but they have never been implemented. We feel that if we are elected on these policies we will have an obligation to carry them out."

Age limit enforced

CHILDREN under the age of 11 will no longer be allowed to compete in league or championship track and field meetings.

The age grouping has never been recognised by the governing bodies, although often under-11's have competed in such meetings.

However, at the federation agm last October it was decided that no capitation fee should be paid on members under the age limit, meaning that they are no longer covered by the SAF insurance policy.

PERRY AWARD

CONGRATULATIONS to photographer Robert Perry, who snapped up a runners-up prize in the Scottish Sports Photographer of the Year Awards - for a picture which featured on the cover of Scotland's Runner last August.

The picture of Liz McColgan and Yvonne Murray, taken at Meadowbank Stadium during the Great Britain versus Kenya international, gave him second place in the Women in Sport category and a cheque for £85.



Improved competition

THE SAF international and select fixture list for the next year includes trips for Scottish athletes to France, Norway, Hungary, and China.

Track and field commission convener George Duncan commented: "We've been looking at ways and means of creating better quality opposition for our athletes, as that is seen as the way forward for them, gaining more experience against top class opposition."

Duncan added that most of the track and field commission's

allocated money would be going on sending their athletes to these events.

The foreign events include Scotland internationals against Israel in Tel Aviv, and France in Grenoble at the end of May. Competitors will also be sent to the Norwegian and Hungarian national championships with four under-20 athletes travelling to China for the Eric Liddell Foundation in September.

Details of the events will be published in future issue of Scotland's Runner.

Good news for Commonwealth

THE Scottish Commonwealth Games team travelling to Victoria in 1994 will be the biggest possible following the announcement of an £80,000 sponsorship deal.

Edinburgh-based investment managers Walter Scott and Partners have committed the money, although if the figure exceeds £80,000 - early estimations put the cost of sending the team in excess of £100,000 - they will meet the difference.

Welcoming the move, David Webster, chairman of the Commonwealth Games Council for Scotland, said that with financial problems out of the way the team could concentrate on the important issue - winning medals.

Webster added: "This is the happiest moment for me since I took up the post of chairman."

"I have always said we would make every endeavour to make this the biggest and best equipped team Scotland has sent to the Games, and now this means it is also the best prepared."

Walter Scott, senior partner of the international investment managers - who do much of their business in the USA and Canada - said he hoped the competitors would provide them with a return of their investment.

A keen rower, Scott said: "We will be taking an active interest in the preparation. I'm looking forward to meeting many athletes and competitors in the months leading up to the games, and indeed going across to Victoria with some of my colleagues to actually watch them."

Speaking the weekend after 200 hopefuls had attended a full training camp in Largs, Webster said he thought the party going to Canada would be around 160, the majority being competitors.

Although the majority of the money needed to send the Scottish team to the games has been secured, organisers stressed that the fundraising effort is far from finished and further contributions are still being sought.

Backroom team for VICTORIA

THE SAF have taken the unusual early step of appointing two additional coaches to the Scottish team that will compete in the 1994 Commonwealth Games in Victoria.

Bob Somerville will oversee sprints, hurdles and relays, while Dinkar Sabnis will look after jumps and multi events.

They join team managers Ian Aird and Hilda Everett in ensuring competitors get the full benefit and support both before and during the games on August 18-28.

The remaining event areas of throws and endurance events will be covered by national coach Andy Vince.

MARY MAKES HER MARK

MARY McClung, the former junior international who is now in America on a scholarship at Georgia State University, came through to win the 800m in the Iowa State Invitational Meeting on February 13.

Mary, who is still a member of JW Kilmarnock, clocked the fastest time for a Scot indoors this season, running 2:08, a personal best indoors and out.

The national American Collegiate Championships are next month, the qualifiers being the top 16 under 2:09 indoors.

McClung, who has just turned 21, continues to build her athletic and educational career in America and hopes next year she will be able to come back to Scotland and make her mark on home ground.

Lack of feeling

1, Locksley Crescent, Greenfaulds, Cumbernauld.

SIR - I refer to your report in February's Scotland's Runner on the West District Championships and the youths 200m final, referring to Shettleston's Carlo Ferri who "ran a championship best performance to beat off token opposition from four Cumbernauld runners".

Carlo Ferri is a fine prospect: I have watched him in training



year youth, has been in and around the top ten of Scotland's 200m runners, and as a senior boy took bronze in the U20 Championships at Meadowbank.

The other two "token" runners, again first year youths, are Chris Winters and John Dempster, who have no illusions as to their capabilities. They are, however, dedicated athletes who train hard and enjoy their athletics. Their gold medal was reaching the final.

All four "token" runners are fine young men whom Cumbernauld AAC are proud to have as members.

It is little wonder that entries to district and national competitions are low when athletes of less than an international standard are going to be publicly ridiculed.

Surely these are the young men we should be encouraging for the future of athletics in this country.

Donald Pegrum, Secretary, Cumbernauld AAC.

and competition and he deserves the success he enjoys. I object totally to you referring to the other four finalists as token runners, as it shows an arrogance and total lack of feeling for club athletics.

The silver medal winner was Iain Hamilton, who had that afternoon won gold in the long jump, is at present the 400mH Scottish record holder, and has represented Scotland on several occasions. David Pegrum, a first

(We take the point that Mr Pegrum is making, and accept that the use of the adjective "token" was unfortunate in this context. However, in admitting that our reporter's description of the outcome in that event could have been more tactfully worded, I think it is stretching the issue to say that the athletes concerned were "publicly ridiculed". That said, we apologise to Messrs Hamilton, Pegrum, Winters, and Dempster for any offence caused - Ed.)

Breath of fresh air?

75, Victoria Street, Larkhall.

SIR - I am writing to congratulate P. Redford, B. Greenoak, J. Lister, and D. Bedford for having the forward vision and strength of conviction to set out their game plan for the forthcoming BAF agm.

Their proposals are like a breath of fresh air, with widespread implications for the good of athletics.

I would encourage all clubs to

think seriously about the future of athletics and debate the important issues highlighted in the manifesto.

Athletics clubs should seize the opportunity to make their voice and vote count, rather than let the force of apathy take its course.

Act now and use your proxy vote, because all progress is initiated by challenging current concepts.

J. Walker

Derek Parker

advises athletes to remain true to themselves rather than blindly follow the methods of others.

The red earth factor

It is tempting, but erroneous, to attribute the success of Kenyan athletes solely to altitude. The fact that much of the country where they live, work, and train rises to heights of more than 15,000 feet above sea level has been cited regularly as the prime reason for the success of runners from Kenya.

It is true that there are sound physiological bases for this theory. If an athlete trains at altitude, his body adapts naturally to simulate sea-level conditions. This results in a dramatic increase in haemoglobin, the oxygen-carrying component of the blood. The ability of the muscles to use effectively the oxygen filtered through the lungs is also improved.

Theoretically, athletic performance is expected to improve when the athlete returns to sea level because of the greater haemoglobin presence and the more efficient oxygen-utilisation abilities of the muscles.

The psychological benefits of training in the mountains, far from the distractions of urbanisation and polluted towns, are also immense. Many coaches and athletes believe that the mental advantages are as significant as physical improvements after altitude training.

But before readers rush off to Kenya, North Africa, the USA, and other popular venues for altitude training, there are other factors to consider.

The amount of time spent at altitude and the number of days

between returning to sea level and competing in major events varies from one individual to another. The compilation of training schedules at altitude requires careful consideration. It can take at least a week for the athlete to be ready for hard training sessions.

Rarefied air and reduced barometric pressure means that 100, 200, and 400 metres repetitions will be run at easier efforts than normal while longer distances will be more difficult.

Local conditions can be detrimental as Liz and Peter McColligan discovered when they went to South Africa and found the main options were to train on rough grass or a busy road.

Taking into account these and other negative factors such as expense, accommodation arrangements, and lengthy periods of time away from home, family, work, or college, it can be seen that the opportunity to train at altitude is open to just a handful of athletes.

The few who do opt for this form of training must prepare thoroughly beforehand or run the very real risk of wasting their money and time as well as producing sub-standard racing performances when they return home.

Does this mean that the Kenyans will always have a natural superiority over opponents who are forced to train at or around sea-level? The answer is an emphatic: "No".

A few days before the Barcelona Olympics an American

magazine confidently predicted the Kenyans would win every middle and long-distance event from the 800 metres upwards.

The author of the article was proved wrong. A Spaniard and a German won the 1500 and 5000 metres, not the Kenyans or others such as the Algerians, Ethiopians, and Moroccans who also live and train in high altitude countries.

The memorable performan-

ces of athletes such as Sebastian Coe, Steve Cram, Herb Elliott, Steve Ovett, and Peter Snell are also examples of how living and training at sea-level is no barrier to winning Olympic gold medals and setting world records.

Some US researchers have indicated that in well conditioned athletes there is no difference in the effects of hard endurance training at 2300

metres and equivalently severe training at sea level on 3000 metres performance or on maximum oxygen up-take. However, training at altitude will benefit race performance at altitude e.g. as in the 1968 Olympic Games at high-level Mexico City (Adams et al).

These results have recently been corroborated by renowned Swedish physiologist Bengt Saltin, who produced a detailed study of Kenyan athletes and their performances.

While acknowledging that altitude is a significant factor, Saltin points out that some of the best Kenyan runners have come from the nation's lowlands and not the hills.

According to Saltin, the Kenyans' diet was also important.

Typically, they ate fish or chicken three

times per week as well as corn, bread, beans, vegetables, and fruit.

This fat-free, high carbohydrate, and high protein fare provided fuel which was easily converted into mechanical energy and minimised the formation of ammonia which is responsible for muscular fatigue.

The most significant factor in the Kenyan success, however, was their lifestyles and their altitude to training and racing.

From an early age, Kenyans are used to running every day. They run to and from school or their work places. Outdoor employment such as agriculture involves lots of running.

There is far less dependence on motorised transport in Kenya than in Europe and America, and children rely more on games involving running than their Western counterparts whose sedentary leisure activities such as watching television are not conducive to physical fitness.

At an early age Kenyan children build the foundations of a sound heart-lung fitness by their lifestyles - which also benefit the muscles, tendons, and ligaments by making them less vulnerable to injury and better able to cope with the demands of training at a later date.

Saltin claims the greatest

difference between the training programme of Kenyan athletes and their rivals is in their intensity. He explains that most athletes outwith Kenya train at maximum effort two or three days per week then run at a reduced intensity the remainder of the week.

The Kenyans, on the other hand, train hard six days per week, working-out twice daily.

The morning runs involve four-mile efforts over the hills, with the first mile at an easy pace then the next three as hard as possible. Evening sessions are similar with repetition work over shorter distances done once per week.

Rest and recovery emphasises are in September, October, and November, when there is a general abstinence from competition and more involvement in leisurely, easy-paced running.

This, however, does not mean that athletes in Scotland or any other country should attempt to follow blindly in the Kenyans' footsteps. Injury and stress-related illnesses would be the most likely consequences.

The real message to be learned is that athletes everywhere should use their potential to its maximum. They should not unthinkingly imitate the

methods of other athletes nor attribute their successes to external circumstances giving them real or imagined advantages.

Thirty years ago the great Herb Elliott, the Olympic Games 1500 metres gold medallist, and his legendary coach, Percy Cerruty, popularised training on the Australian beaches and sand hills. Throughout the world other athletes copied their methods without achieving similar success.

What the imitators failed to realise was that it was the attitudes of Elliott and Cerruty which were the decisive factors in the high performance levels.

They formulated a creed known as Stotanism. It derived from the rigorous training programmes of the Spartan warriors of ancient Greece and the philosophical doctrines of the Stoics who achieved spiritual enlightenment by living in close contact with Nature and sharing its changing moods.

Likewise, the success of the Finnish distance runners around twenty years ago was attributed to running through the Scandinavian forestry plantations. Little mention was made of the factor which the Finns themselves believed to be of immense significance in their successes.

The concept was known as "sisu", a unique spiritual link between the athlete, his training environment, and the Finnish running tradition which manifested itself at the highest levels during training in the forests then subsequently in races.

Many Kenyan athletes also speak of the spiritual feelings they have for the land as they run among the hills and valleys around their homes.

They claim they draw strength and inspiration by making contact with the soil of their native land which contains centuries of ancestral memories. Because of the soil's copper colour, this phenomenon is known as the "red earth factor".

We in Scotland can learn from other countries' training methods and racing successes but not by blindly copying them.

Our objectives should be the creation of challenging, meaningful, and inspiring training opportunities in our everyday surroundings.

We must develop positive and determined attitudes in the quest for success.

Self-respect for our achievements and confidence in our abilities to achieve our targets are imperative.

Scottish Stotanism and Scottish "sisu" can provide the base for these ideals.



DEREK PARKER'S SCHEDULE

EXPERIENCED

Week One

Sunday: 90 to 120mins cross-country running.
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: 5 miles or 30 mins steady.
Wednesday: 10 miles steady.
Thursday: 6 x 800m at 5K effort (45 secs recovery) + 1 x 200m full effort (45 secs after final 800m).
Friday: Rest or 20 mins easy running.
Saturday: 12 to 15 miles steady.
Morning runs of 20 or 30 mins can be done 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek incl. 60 secs at 5K effort + 30 secs at 1500m/3K effort + 60 secs at 5K effort (60 secs jog) + 2 mins at 5K effort + 60 secs at 3K effort + 2 mins at 5K (3 mins jog) x 3 sets.

Tuesday, Wednesday and Friday: As Week One.

Thursday: 2 x 6 x 300m at 1500m effort (30 secs recovery between reps/2 laps jog between sets).
Saturday: Race of 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek incl. 16 x 60 secs fast (30 secs jog) + 60 secs fast (60 secs jog) x 8 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 2 x 400m at 800m effort (60 to 90 secs recovery between reps/2 laps jog between sets).
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek incl. 2 mins at 5K effort (45 secs jog) + 4 mins at 5K/10K effort (75 secs jog) x 4 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 2 x 1500m at 3K effort

(60 to 90 secs between reps/2 laps jog between sets).
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 60 to 75 mins cross-country running.
Monday: 60 to 75 mins fartlek incl. 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) x 8 sets.
Tuesday: Rest or 15 to 20 mins easy.
Wednesday: 5 to 8 miles steady.
Thursday: 6 x 800m at 5K effort (60 secs after final 800m).
Friday: Rest.
Saturday: 8 to 12 miles steady.
Morning runs of 15 to 20 mins may be done 2 to 4 times weekly.

Week Two

Sunday: As Week One.
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, Wednesday, and Friday: As Week One.
Thursday: 2 x 5 x 300m at 1500m effort

(30 secs between reps/2 laps jog 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. 12 x 45 secs fast (30 and 45 secs jog alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 2 x 400m at 800m effort (90 secs between reps/2 laps between jog sets).
Saturday: 8 to 12 miles steady.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek incl. 15 secs fast (15 secs jog) + 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) + 60 secs fast (60 secs jog) x 4 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 2 x 1500m at 3K effort (90 to 120 secs between reps/2 laps jog between sets).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

Results

January

1

Aonach Mhor 2 mile HR, Ft William -
1, J Brooks (Loch) 23-09 (rec); 2, J Thin (Carn) 23-44; 3, G Colin (EK) 24-16; 4, S Cameron (Loch) 26-27; 5, R Boswell M40 (Loch) 26-48; 6, J Coyle (Carn) 26-58; 7, J Maitland (Loch) 27-11; 8, P Jeffreys (Loch) 27-40; 9, W Brooks (Loch) 28-17; 10, W Fraser (Loch) 28-50; **Vets:** G Brooks M40 (Loch) 29-47; F Morgan M40 (Holm) 30-02; J Maitland Sr M50 30-32; **Women:** 1, L Hope (Loch) 34-39; 2, H Saarie (Loch) 36-54.

Porty Promethon RR, Portobello -
Senior 4 miles: 1, B Kirkwood M40 (RCE) 17-41; 2, G Crawford (FVH) 18-10; 3, R Riddell (EAC) 18-27; 4, S Ogg (Carn) 18-37; 5, R Fleming (Carn) 18-39; 6, R Milton (Carn) 18-52; **Women:** 1, M Anderson (EAC) 21-29; 2, J Salvona (Liv) 22-11; 3, T Thomson (Pit) 22-39; **Vet:** E Ryan W35 (EAC) 23-31; **Youth 2 mile:** 1, C O'Brien (Cor) 11-28; 2, S Murray (Lass) 11-38; 3, R Gillespie (Un) 11-55; **Girls:** 1, D Murray (Lass) 12-07.

Blaigowrie New Year RR, Blaugowrie -
3.7 miles: 1, B Cook (DHH) 17-49; **Women:** 1, M Robertson (Fife); **Boys U16:** 1, M Hanlon (DHH); **Girls U16:** 1, C Vetrans (DHH).

2

Lenzie New Year RR, Lenzie -
10K: 1, E McNair (KO) 34-34; 2, J Bell (Spr) 34-50; 3, A McDonald (KO) 35-00; **Vets:** W McGregor M40 (KO) 40-50; **W1:** C Gemmel (S'kel) 44-00; 2, L Brown (KO) 46-13.

Beith Harriers New Year RR, Kilbirnie -
4.5 miles: 1, G Stewart (ESH) 22-57; 2, C Thomson (Cam) 22-58; 3, W Richardson (Irv) 23-04; 4, A McAngus (Bell) 23-12; 5, S Wylie (Cam) 23-22; 6, G Reid (JWK) 23-23; 7, A Little (Shet) 23-46; 8, C Little (VP) 24-13; 9, T Anderson (Kib) 24-21; 10, S Gilmour (VP) 24-31; 11, C Miller (Irv) 24-36; 12, C Webster (HBT) 25-07; 13, I McDougall (Kib) 25-10; 14, I Sneddon (Irv) 25-29; 15, J Kennedy M40 (VP) 25-32; **Vet:** O60 W Marshall (SVH) 28-03; **Women:** 1, S Kennedy (VP) 28-22; 2, M Adamson (Irv) 29-46; 3, G Gibson (SV) 29-53; 4, J Roxburgh (Irv) 29-59; **Vets:** M McGill W35 (Irv) 31-14; **O45 K Melville** (Irv) 34-43.

Ballof Teams: 1, T Anderson (Kib); M Miller (Irv); A Johnson (LP); D Mitchell (Loud); **Youths 2.25 miles:** 1, G Miller (VP) 12-34; 2, M Smith (VP) 12-59; 3, A Kidd (JWK) 13-07; 4, S Dale (Irv) 15-01.

Sen Boys 1.25 miles: 1, S Kennedy (Cam) 5-51; 2, I Reid (Cam) 5-58; 3, P Dennis (Hel) 5-59; 4, A Dobie (Cam) 6-03; 5, M Gallacher (Cam) 6-09; 6, M Baillie (VP) 6-18; **T1:** Cam; **Jun Boys 1.25 miles:** 1, A Sandilands (Sto) 6-20; 2, J McDonald (CR) 6-38; 3, R Grant (Cam) 6-52; 4, C McLucas (Sto) 6-55; 5, A Higgins (Irv) 6-59; 6, C Eadie (VP) 7-03; **Team:** 1, Vic Park 21pt.

Colts 1 mile: 1, A Auld (Cumn) 4-59; 2, C Baillie (VP) 5-04; 3, G Hershaw (Irv) 5-06; 4, S Higgins (Irv) 5-08; 5, K McDowell (VP) 5-26; 6, I McDonald (CR) 5-31; **Team:** 1, Irvine 15pt; **Girls 1.25 miles:** 1, C Morris (JWK) 6-41; 2, K McGill (Irv) 7-43; 3, D Hershaw (Irv) 7-46; **Minors 1.25 miles:** 1, L Conway (Ayr) 7-32; 2, S Eadie (Unat) 7-44; 3, L Reid (EK) 8-03; **Mini Minors 1 mile:** 1, A McGill (Irv) 5-53; 2, H McQuiston (Troon) 6-09.

Greenmantle Dash 1.5 mile HR, Broughton -
1, W Gaunt (P&B) 16-07; 2, W Ramsbotham (P&B) 16-23; 3, M Farning (B'dale) 16-27; 4, J Wilkinson (Gala) 16-30; 5, J Thin (Lan) 16-34; 6, J Maitland (P&B) 16-50; 7, A Ward (EAC) 16-51; 8, D McGonigle (Shet) 16-52; 8, A Kichin (Liv) 16-57; 10, H Lorimer (HBT) 17-03; **Women:** 1, L Eady (Liv) 21-25; 2, K Hogg W35 (Pen) 21-28; 3, J Salvona (Liv) 2-28.

Howes of Bucksburn 2 mile RR, Aberdeen -
1, F Boyne (Ab) 9-57; 2, M Murray (Ab) 10-04; 3, K Farquhar (Met) 10-04; 4, N Kilmer (Ab) 10-27; 5, D Duguid (Ab) 10-31; 6, I Stewart M40 (Met) 10-32; 7, G Main (Met) 10-33; 8, G Smith (Ab) 10-34; 9, P Jennings (Met) 10-36; 10, D Gunn (Met) 10-53; 11, M Thomas (HBT) 10-54; 12, A Neaves M40 (Met) 10-56; 13, N McDonald (Met) 10-57; 14, D Grubb M45 (Ab) 10-59; 15, D Shepherd M40 (Ab) 11-07; **Women:** 1, D Kilner (Ab) 13-04; 2, S Bennett W35 (Un) 13-22; 3, A Orme (Ab) 13-44; 4, J Scullion (Ab) 14-22; 5, C Rapley (Ab) 14-27.

3

Inverness H Bought Park Races, Inverness -
Men: 1, C McLean 26-47; 2, G Forbes 27-04; 3, G Ewing M40 27-07; 4, K Andrew M40 27-14; 5, R Chester 27-18; 6, G Mitchell M40 27-29; **Women:** 1, K McKay 10-25; 2, J Findlayson 10-32; 3, K Crowe 10-33; **Young Aths:** 1, R Henderson 7-47; 2, G Anderson 7-58; 3, D MacRae 7-59.

9

Fife AC CC Champs, Cupar -
Men: 1, T Mitchell (Fife) 23-40; 2, M Laing (Un, G) 24-33; 3, K Harkness (Fife) 24-38; 4, J Kirkland (DHH, G) 24-58; 5, A Crombie (Fife) 25-21; 6, R MacFarlane (Fife, Y) 25-31; 7, J Thomson (Un, G) 25-50; 8, R Davidson (DRR) 25-52; 9, S Graves (Fife) M40 25-58; 10, T Ross (Fife) M45 25-59; 11, J Rough (Fife) M40 26-08; 12, D McGregor (Fife, Y) 26-14; 13, M McCreadie (Fife) 26-29; 14, S Shaw (Fife, Y) 26-35; 15, J Holden (Fife, M45) 26-38; **M50:** 1, D Macgregor (Fife) 27-03; **Sen Boys:** 1, I Wallace (Fife) 8-07; 2, C Feeley (Fife) 8-14; **Jun Boys:** 1, O Green (Fife) 8-30; 2, I Rough (Fife) 8-42; 3, J Feeley (Fife) 8-50; **Colts:** 1, A Lemoncello (Fife) 5-44; **Women:** 1, J Cliffe (GU, G) 27-07; 2, K Macgregor (Fife, W35) 30-38; 3, P Lemoncello (Fife, W35) 32-02; **Inters:** 1, G Robertson (Fife) 10-30; 2, W Burt (Fife) 10-34; **Girls:** 1, H Black (Fife) 9-47; 2, C Dewey (Fife) 9-47; 3, H Proven (DHH, G); **Minors:** 1, K Curtis (Fife) 10-08; **Mini minors:** 1, I McIntyre (DHH, G) 5-34.

Northern District CC League, Elgin -
Men: 1, B Chinnick (FH) 31-14; 2, R Arbuckle (K&D) 31-30; 3, G Bartlett (FH) 31-35; 4, E Grant (MRR) 32-03; 5, A Murchison (IH) 32-12; 6, P Mathieson (FH) 32-58; 7, M McCulloch (FH) 33-10; 8, M Flynn (MRR) 33-11; 9, P Smith (FH) 33-27; 10, C McLean (IH) 33-31; 11, G Milne (MRR, M40) 33-33; 12, R Aiken (MRR, M40) 33-37; 13, S Gill (K&D) 33-44; 14, K Prosser (MRR) 33-47; 15, W Johnstone (K&D) 33-58; **Team:** Forres H.

Youths: 1, S Cook (Gor) 22-56; 2, S Robertson (MRR) 23-32; 3, S Scott (MRR) 24-18; 4, J Mundie (PH) 24-34; 5, S Allan (MBI) 26-43; 6, K Morrice (MRR) 26-58; **Team:** Moray RR.

Sen Boys: 1, R Milne (MRR) 16-49; 2, A Thompson (IH) 16-54; 3, K McAlpine (MRR) 17-04; 4, W Brooks (Loch) 17-59; 5, G Anderson (IH) 18-12; 6, R Ramshaw (MRR) 18-21; **Team:** Moray RR.

Jun Boys: 1, J Cowie (BHS) 12-34; 2, G Martin (MBI) 12-45; 3, F Campbell (MBI) 13-41; 4, M Blake (IH) 13-45; 5, D Melville (MBI) 14-02; 6, J McLancey (IH) 14-06; **Team:** MBI.

Colts: 1, M Stephen (FRC) 6-04; 2, A Broadbent (IH) 6-08; 3, A Wylie (MBI) 6-14; 4, G Cook (Gor) 6-16; 5, B Ingram (PH) 6-32; 6, A Hastie (PH) 6-33; **Team:** Phead.

Women: 1, F Thin (MBI) 19-19; 2, A-M Reid (Loch, Int) 20-02; 3, M Adamson (IH, W35) 20-20; 4, C Simpson (FH, Int) 20-44; 5, A Smart (IH) 21-04; 6, R McLaughlin (Loch) 21-15; **Team:** Inver H.

Girls: 1, T McLatchie (PH) 13-50; 2, C Nicol (Caith) 13-53; 3, D Sim (MRR) 14-14; 4, K Wilcox (MRR) 14-48; 5, M McDonald (IH) 15-04; 6, K Mackay (IH) 15-07; **Team:** Moray RR.

Minors: 1, J McLean (FRC) 11-49; 2, L

Campbell (MBI) 12-13; 3, L Wilcox (MRR) 12-40; 4, J Tourney (PH) 12-42; 5, M McShane (Caith) 13-03; 6, B Cordner (IH) 13-14; **Team:** Fras RC.

Mini minors: 1, I Ross (MBI) 6-21; 2, D Hastie (PH) 6-22; 3, J Logie (MRR) 6-23; 4, C McIvor (FH) 6-43; 5, D McLatchie (PH) 6-50; 6, L Hutchinson (MRR) 6-58; **Team:** Phead.

Glenpark H Harris Cup 6 mile CC Race -
1, J Bennett 32-47; 2, W Jenkins 32-55; 3, D McLaughlin 34-24; 4, R McDonald 34-48; 5, W Jukes M40 35-26; 6, I Cameron M40 37-25; 7, R Boyd M40 37-52; 8, G Russell 38-11; 9, J Cuffe 38-27; 10, R Mitchell 39-33; **M50 R** Hodelet 40-19; **W1:** J Smith 46-41; **H'cap:** 1, R McDonald; 2, G Russell; 3, J Bennett.

Teviotdale H Langheugh Races, Hawick -
Sen 7 mile: 1, I Elliot 40-04; 2, A Fair 40-21; 3, N Moltan 41-05; 4, W Knox M40 41-20; 5, A Walker 41-28; 6, B Spence 41-38; **Sen Boys 2.5 miles:** 1, A Cardwell 16-27; 2, R Cook 16-30; 3, S Blaikie 16-42; **Jun Boys 2 mile:** 1, S Hogg 11-34; 2, S Lander 11-39; 3, R Lauder 12-14; **Colts 1.5 mile:** 1, C Cook 8-58; 2, C Grieve 9-03; 3, B Marsh 9-05; **Sen Women 2 mile:** 1, J Renwick 12-53; 2, C Reid 13-01; 3, J Thomson 13-05; **Minor girls 1.5 mile:** 1, P Stanners 9-32; 2, J Trobe 9-48; 3, A McEwan 9-50.

Clydesdale H Hannah Cup 6 mile CC race -
1, J Austin 33-11; 2, R McQuat 34-31; 3, R Rossborough 36-37; 4, J Shield M45 37-34; 5, B Edridge M40 38-58; 6, J Hanratty 39-29; **H'cap:** 1, R McQuat; 2, R Rossborough.

Spring H Jack Crawford Mem 5.5 mile RR -
1, B Kirkwood M40 (RCE) 25-44; 2, I Brown (RCE) 25-46; 3, C Thompsn (Cam) 25-54; 4, J MacKay (Shet) 26-08; 5, A Callan (Spr) 26-29; 6, K Rankin (FVH) 26-34; 7, M Gormley (Cam) 26-37; 8, G Wight (Ayr) 26-48; 9, W McTaggart (Cam) 26-52; 10, C Robison (SV) 26-54; 11, S Barnett (VP) 27-10; 12, T Anderson (Kib) 27-19; 13, M Gallacher (Mary) 27-23; 14, S Hodge (SV) 27-25; 15, C Miller (Irv) 27-32; 16, M Coyne (RCE) 27-39; 17, R Mardie (Mary) 27-40; 18, A Ramage (Law) 27-48; 19, A Chalmers (Spr) 27-51; 20, G Gibson (Kib) 27-58; 21, E McNair (KO) 28-01; 22, A McIndoe (Spr) 28-02; 23, S Gilmour (VP) 28-02; 24, T Lawrence (Ayr) 28-04; 25, D Williamson (Bell) 28-06; **J1:** R Blair (Strath Un) 30-35; **Vets:** 1, F Hurley M40 (Cam) 28-08; 2, F Caldwell M40 (Dum) 28-29; 3, M Watson M40 (Clyd) 28-50; **O50 P McGill** (VP) 32-03; **O60 T O'Reilly** (Spring) 35-34; **Teams:** 1, Cam 45pt; 2, Spring 89; 3, Shet 105; **V Team:** 1, VP 183pt; 2, Cam 191.

Women: 1, M Gemmell (S'kel) 34-23; 2, A Potts (CoG) 32-44; 3, C Gemmell (S'kel) 34-23; 4, L Chisholm (S'kel) 34-34; 5, J Stewart (CoG) 34-45; 6, A Bruce W35 (S'kel) 36-04; **Team:** S'kelvin.

Lochaber AC Peat Track 6 mile CC Race -
1, W Fraser 33-33; 2, W Brooks M40 34-54; 3, W Brooks Jr 35-10; 4, J Maitland 35-57; 5, J Borrell 36-18; 6, K McAllister 35-10; **Vets:** J Dougan M40 37-24; E Orr M40 37-30.

Scottish Vets 5 mile CC Race, Hamilton -
1, A McLinden M40 (Ham) 26-04; 2, B Gough M40 (Cam) 26-30; 3, H Watson M40 (Clyd) 26-44; 4, P Cartwright M50 (FVH) 27-12; 5, W Mitchell M40 (Cam) 27-47; 6, R Anderson M45 (Cam) 27-58; 7, D Adams M40 (SVH) 28-42; 8, R Brennan M50 (Cam) 28-53; 9, I Jocillife M40 (SVHC) 28-59; 10, M Johnston M40 (Cam) 29-03; **M55 D Fraser** (Bell) 30-48; **M60 W Hammil** (Ham) 31-02; **Women:** 1, J Byng W45 (Irv) 32-25; 2, D Monteith M40 (SVH) 32-31.

Indoor Meeting, Meadowbank Stadium -
60m: **Sen:** E Clark (EAC) 6.92; **Youth:** I Mackie (Pit) 7.06; **Sen Boy:** A Lowley (Met) 7.51; **Jun Boy:** S Reid (Pit) 7.93; **Women:** 1,

S Dudgeon (EAC) 7.82; 2, K Leys (Ab) 7.89; **Inters:** A Cameron (EWM) 8.29; **Girls:** P Thomson (EWM) 8.36; **Minors:** W Thomson (EWM) 8.97; **60H:** **Sen:** N Fraser (EAC) 8.26; **Jun:** A Malcolm (EAC) 8.97; **Women:** **Inters:** S Moxey (EWM) 9.39; **Girls:** L Fairweather (Lars) 10.01; **Long Jump:** **Sen:** P Gardiner (Pit) 6.00m; **Youths:** D Ritchie 6.66m; **Sen Boys:** A Lowles (Met) 5.85m; **Women Inters:** F Paul (EWM) 4.86m; **Girls:** F Knox (Muss) 4.13m; **Minors:** D McDonald (Bo'ness) 4.32m.

13

Glasgow DC OGM, Kelvin Hall -
Sen 200: 1, D Mulheron (Shet) 23-00; 2, D Ballantyne (EK) 23-3; 3, C Kiers (ESH) 23-3; 4, D McColin (Clyd) 23-8; **3000:** 1, G Croll (Cam) 8-12.2; 2, P Fleming (RCE) 8-12.7; 3, T Murray (Cam) 8-17.3; 4, J MacKay (Shet) 8-19.1; 5, K Downie (EK) 8-40.3; **HJ:** 1, J Allan (Clyd) 2.01m; 2, A Scobie (EAC) 1.98m; 3, M Pate (VP) 1.95m; (Scott U15 age group rec); 4, G Smart (VP) 1.80m; **Sen Boys:** 200/60H: R Baillie (VP) 24.0/9.0; **Vets:** 200: J Kennedy (VP) 25.9; 3000m: W Marshall (SVHC) 10-48.2 (O65 rec); **Youths:** 3000m: 1, T Winters (EAC) 8-50.7; 2, D Connolly (Shet) 9-01.8; **Women:** 200m: 1, S McGowan (Moth) 25.5; 2, L McConnell (COG) 26.2; 3, S McCordie (S'kel) 26.7; 3000m: 1, C-A Grey (EAC) 10-46.0; **HJ:** R Pinkerton (COG) 1.70m.

16

SAF West District CC Champs, Kirkintilloch
Sen 7.5 mile: 1, T Murray (Cam) 42-12; 2, R Quinn (Kib) 43-08; 3, A Puckrin (GGH) 43-55; 4, S Wylie (Cam) 44-46; 5, C Robinson (SV) 45-04; 6, G Wight (Ayr) 45-13; 7, C Thomson (Cam) 45-26; 8, W Richardson (Irv) 45-32; 9, J Cooper (Spr) 45-41; 10, N Wilkinson (Cam) 45-53; 11, D Runcion (Cam) 46-04; 12, W McTaggart (Cam) 46-06; 13, G Gaffey (GWH) 46-11; 14, A Callan (Spr) 46-12; 15, R Fitzsimmons (Kib) 46-21; 16, T Anderson (Kib) 46-23; 17, J Austin (Clyd) 46-28; 18, J Mackay (Shet) 46-30; 19, M Gallacher (Mary) 46-32; 20, P McIntyre (Spring) 46-36; 21, M Gormley (Cam) 46-37; 22, A Little (Shet) 46-38; 23, R McQuat (Clyd) 46-45; 24, J Thin (Stra Un) 46-46; 25, J Brown (Cam) 47-04; 26, G Cunningham (Ayr) 47-12; 27, J Bennett (GGH) 47-13; 28, S Barnett (VP) 47-43; 29, F Hurley M40 (Cam) 47-44; 30, D Scobie (Dum) 47-58; 31, E McNair (KO) 48-04; 32, W Jenkins (GGH) 48-15; 33, P Fettes (Gla Un) 48-28; 34, M Mitchell (Cam) 48-33; 35, D Gilmore (Shet) 48-36; 36, A Gallacher (Mary) 48-41; 37, A Daly (Bell) 48-47; 38, A Chalmers (Spr) 48-58; 39, L Baker (Ayr) 48-59; 40, S Gilmore (VP) 49-07; 41, A Callan (Spr) 49-19; 42, L Campbell (Gla Un) 49-20; 43, D Crowe (Shet) 49-22; 44, C Martin M45 (Dum) 49-27; 45, G Colvin (EK) 49-30; 46, A McAngus (Bell) 49-32; 47, F Coldwell (Dum) 49-34; 48, T Hearle (Kib) 49-35; 49, F Cooper (GN) 49-39; 50, I McDougall (Kib) 49-44; **Teams:** 1, Cam-bus 45pt; 2, Kilbarch 220; 3, Ayr 253; 4, Shet 286; 5, GGH 304; 6, C'dale 319; 7, Bella 337; 8, Irvine 339; 9, Spring 355; 10, D'barton 571; 11, Giffnock 632; 12, M'hill 653; 13, Dumfries RC 665; 14, C'glen 665; 15, W'lands 794.

Jun 6 miles: 1, C Greenhalgh (VP) 34-52; 2, E Tonner (JWK) 35-45; 3, E McCafferty (Cam) 37-08; 4, G Willis (Ayr) 37-18; 5, C Steele (VP) 37-35; 6, J Frood (Law) 38-09; 7, M McLaughlin (Cam) 38-30; 8, J O'Hara (Law) 39-05; 9, G Musto (Law) 39-28; 10, J Reid (Law) 40-48; 11, C Young (VP) 41-51; 12, D Dick (C'glen) 42-32; 13, G George (Cam) 42-35; 14, I Neeson (Law) 44-58; 15, I Adams (Stra Un) 45-45; **Teams:** 1, VP 17pt; 2, Cam 23; 3, Law.

Youth 4 miles: 1, P Allan (Ayr) 23-28; 2, B Robinson (Ayr) 23-43; 3, C Douglas (Kib) 24-01; 4, A Reynolds (Cam) 24-12; 5, G Hillier (VP) 24-43; 6, A Piacentini (Cam) 24-55; 7, A



NAME: Gayle Fiona Stanway.
DATE OF BIRTH: October 29, 1977.
SCHOOL: Braidfield High School.
ATHLETICS CLUB: City of Glasgow.
COACH: Bob Sommerville.
STARTED ATHLETICS: About three years ago when I went along to City of Glasgow but I've been doing hurdles for about two years.
EVENTS: Sprint hurdles and long jump.
PERSONAL BESTS: 60mH - 9.1; 75mH - 11.55 and long jump 5m 7cms.

ENJOY MOST ABOUT THE SPORT:

Seeing training pay off.

LEAST ENJOY: Circuit training - although I hardly ever do it!

AMBITION IN SPORT: To win a place in a British team at any age level.

HIGHLIGHTS: Winning Scottish Schools silver medal in indoor and outdoor events; winning silver in 75mH and coming first in the Schools International.

ATHLETE YOU ADMIRE MOST: Colin Jackson.

OTHER HOBBIES: I enjoy socialising and listening to music.

YOUR FAVOURITE BOOK: The Hobbit by JR Tolkien.

YOUR IDEAL MEAL: Lasagne.

ALL-TIME FAVOURITE FILM: The Bodyguard.

MUSIC YOU LIKE MOST: The Time Frequency (TTF).

AMBITION OUTSIDE OF THE SPORT: Hope to win a scholarship to an American college, but for the moment I just want to do well in my standard grades.

THOUGHTS ON THE SPORT: I think that a lot of interest is taken in young athletes coming up which is a good thing, but I think there is too much drug taking.

JUNIOR PROFILE

GAYLE FIONA STANWAY

(City of Glasgow)



Junior

NAME: Ross Baillie.

DATE OF BIRTH: September 26, 1977.

SCHOOL: Clydebank High.

ATHLETICS CLUB: Victoria Park.

COACH: Bob Sommerville.

STARTED ATHLETICS: Four years ago when I went along to a Clydebank club.

EVENTS: 60mH, 60m, 200m.

PERSONAL BESTS: 60mH - 8.56; 60m - 7.31; 200m - 23.49.

ENJOY MOST: Beating your personal bests.

LEAST ENJOY: Running badly.

HIGHLIGHTS SO FAR: Coming second in the under-16 International in December; winning West District 60m and 200m and the Scottish Schools 60mH.

BIGGEST DISAPPOINTMENT: When I

was injured for most of last season.

Results

Cunningham (St Aloy) 25-16; 8, C Clelland (Cam) 25-17; 9, L Hendry (Spr) 25-21; 10, K Mason (Cumr) 25-34; 11, J Thomson (Av) 25-45; 12, S Devan (Ayr) 25-55; 13, A Mitchell (Kilb) 26-00; 14, M Smith (VP) 26-05; 15, G Forbes (Clyd) 26-25; 16, J Mann (VP) 26-51; 17, R Girvan (Kilb) 26-58; 18, D Leitch (Cumr) 26-59; 19, F Goodstadt (St Aloy) 27-13; 20, D Marshall (GN) 27-25; **Teams:** 1, Ayr 15pt; 2, Cambus 18; 3, Kilbrach 33.

Sen Boys 3 miles: 1, S Gibson (Mot) 17-42; 2, S Kennedy (Cam) 17-44; 3, I Reid (Cam) 17-54; 4, M Gallacher (Cam) 18-05; 5, P Dennis (Hil) 18-29; 6, J Madden (EK) 18-32; 7, P Young (VP) 18-42; 8, K Hastie (Spr) 19-10; 9, S Hamilton (Luv) 19-27; 10, D Merrick (St Aloy) 19-32; 11, A Young (VP) 19-35; 12, C Robertson (Ayr) 19-35; 13, A Moore (Clyd) 19-42; 14, A Dobie (Cam) 19-44; 15, B Byrne (Kilb) 19-45; 16, R Emmanuel (Clyd) 19-47; 17, B Madden (EK) 19-53; 18, E Nugent (Mot) 19-55; 19, D Lynch (Gar) 19-59; 20, D Grove (Hil) 20-05; **Teams:** 1, Cambus 9pt; 2, EK 44; 3, Moth 45; 4, VP 48; 5, St Aloy 71.

Jun Boys 2 mile: 1, D MacRae (Cam) 12-14; 2, G Lyon (Cam) 12-24; 3, A Sandilands (Sto) 12-38; 4, A Dean (Ayr) 12-44; 5, D Moore (Clyd) 12-46; 6, R Grant (Cam) 12-50; 7, J Clelland (Cam) 12-50; 8, S Boyd (Cumr) 12-57; 9, C McLucas (Sto) 12-58; 10, M Howie (Clyd) 13-00; 11, G Pettit (EK) 13-04; 12, C Eadie (VP) 13-12; 13, M Paton (Spr) 13-13; 14, E McLoone (KO) 13-30; 15, E McFall (VP) 13-17; 16, D Gow (Shett) 13-19; 17, R McGrady (Cam) 13-26; 18, J Leford (VP) 13-29; 19, L McLoone (KO) 13-30; 20, D McWhannell (KO) 13-32; **Teams:** 1, Cambus 9pt; 2, Cdale 32; 3, Stone 37; 4, VP 45; 5, KO 53; 6, EK 87.

SAF East District CC Champs, Bathgate - Men: 1, J Sheehan (FVH) 37-32; 2, P Dymoke (Luv) 37-33; 3, T Mitchell (Fife) 37-35; 4, D Cavers (Tev) 37-51; 5, R Jones (FVH) 37-56; 6, K Lyall (ESH) 38-54; 7, I Brown (RCE) 38-02; 8, B Kirkwood (RCE, M40) 38-05; 9, S Cohen (RCE) 38-29; 10, A Walker (Tev) 38-39; 11, D Knight (PSH) 38-53; 12, I Steel (ESH) 38-54; 13, A Robson (RCE) 38-57; 14, A Fair (Tev) 38-59; 15, S Kerr (RCE) 39-01; 16, M Strachan (DHH) 39-29; 17, G Crawford (FVH) 39-43; 18, D Peel (CRAC) 39-45; 19, C Haskett (DHH) 39-52; 20, M Ferguson (EAC) 39-59; 21, M McQuaid (FVH) 40-05; 22, I White (FVH) 40-09; 23, C Law (FMC Car) 40-11; 24, D Barr (Tev) 40-12; 25, J Pyrah (EU) 40-34; 26, M Coyne (RCE) 40-35; 27, R Galloway (Luv) 40-42; 28, C Watson (PH) 40-44; 29, N Milosavljevic (M40) 40-45; 30, C Farquharson (HBT) 40-46; 31, G Gilchrist (Luv) 40-50; 32, M Turner (RCB) 40-52; 33, T Brand (Luv) 40-54; 34, A Jenkins M40 (HBT) 40-59; 35, J Wilkinson (Gala) 41-02; 36, S Cassells (Ab) 41-04; 37, S Ogg (FMC) 41-04; 38, C Whitehouse (EU) 41-13; 39, K Smith (RCE) 41-14; 40, D Amott (PH) 41-19; 41, R Stone (HELP, M40) 41-18; 42, P Hyman (Luv) 41-20; 43, J Renett (DHH) 41-20; 44, N Maitland (Tev) 41-24; 45, I Cuthbertson (ESH) 41-25; 46, D Law (Cor) 41-27; 47, R Riddell (EAC) 41-28; 48, R Howie (ESH, M40) 41-30; 49, D Armour (FMC) 41-30; 50, G Ackland (Luv) 41-32; **Teams:** 1, RCE 76pt; 2, FVH 143; 3, Teviot 149; 4, Luv 185; 5, DHH 249; 6, Carnegie 275; 7, ESH 288; 8, Fife AC 398; 9, EAC 407; 10, PH 451.

Junior Race abandoned
Youths: 1, T Winters (EAC) 22-11; 2, A Milligan (FMC) 22-14; 3, S Robertson (FVH) 22-39; 4, A Cardwell (Tev) 22-43; 5, S Watson (Mot) 23-04; 6, H Hutchinson (EAC) 23-07; 7, G Smith (AB) 23-02; 8, R MacFarlane (FMC) 23-24; 9, M Anderson (Cor) 23-42; 10, J Kelly (PH) 23-46; **T1:** Fife 32pt; 2, Ab 39; 3, Tay 49.

Sen Boys: 1, R Stewart (EAC) 15-02; 2, C Smith (Ab) 15-06; 3, A Donaldson (PH) 15-17; 4, S Murray (Lass) 15-37; 5, G Kennedy (Ab) 15-44; 6, J Tosh (Tay) 15-47; 7, A Love (Ab) 16-27; 8, P Taylor (QVS) 16-38; 9, J Norwood (Cor) 16-29; 10, S Ferrier (Cor) 16-29; **Teams:** 1, Aber 14pt; 2, EAC 28; 3, Tay 37.

Jun Boys: 1, S Lauder (Tev) 12-03; 2, G McDonald (CR) 12-13; 3, D Haprry (Fife) 12-14; 4, J Couper (FVH) 12-16; 5, D Greene (Fife) 12-18; 6, J Steeley (Fife) 12-21; 7, S Hogg (Tev) 12-19; 8, A Forsyth (PH) 12-19; 9, I Rough (Fife) 12-21; 10, F McHardy (CR) 12-21; **Teams:** 1, Fife 14pt; 2, Cor Reg 29; 3, Tev 30.

17

Lasswade CC Meeting, Bonnyrigg - Women (incorp Scottish 4000m closed champs): 1, A Rose (EWM) 19-07; 2, J Cliffe (GU) 18-41; 3, C-A Grey (EAC) 19-01; 4, K Scobie (Luv) 19-02; 5, H Kelson (Luv) 19-13; 6, L Cairns (JWK) 19-22; 7, A Potts (COG, Jun) 19-36; 8, J Rosburgh (GU, Jun) 19-47; 9, Y Rially (DHH, Jun) 19-51; 10, K McMillan (EU) 19-57; 11, C McFadden (EWM) 20-00; 12, L Cormack (EAC, Jun) 20-10; 13, L Chisholm (SL) 20-55; 14, C McCarron (SL, Int) 20-58; 15, C Gibson (SV) 21-09; 16, M Blaikie (SV) 21-20; 17, A-M Mackie (SV) 21-22; 18, A McManus (TC) 21-44; 19, C Markie (SL) 22-04; 20, S Kelly (DHH, Int) 22-11.

Vet Women: 1, C O'Charley (SV) 27-31; **Teams:** 1, EWM 14pt; 2, Skelvin 46; 3, SV 48.

Girls: 1, P Crawley (CoG) 13-37; 2, L Scott (Luv) 13-39; 3, C Veltreine (DHH) 14-00; **Teams:** 1, DHH 17pt; 2, JWK 26.

Minor Girls: 1, D Murray (Lass) 9-32; 2, L Harrison (EAC) 9-34; 3, A Hood (EAC) 9-46; **Teams:** 1, EAC 10pt; 2, DHH 27; 3, L&I 34.

Mini Minors: 1, I McIntyre (DHH) 6-19; 2, C Johnston (Dunb) 6-21; 3, C Couper (FVH) 6-30; **Teams:** 1, DHH; 2, FVH; 3, Halmerly.

Scottish Unis CC Champs, St Andrews - Men: 1, P Mowbray (EU) 33-34; 2, I Pyrah (EU) 33-59; 3, J Thin (Str) 34-43; 4, C Nicholson (EU) 34-47; 5, S Kerr (HW) 35-02; 6, G Crawford (HW) 35-13; 7, L Benyon (EU) 36-31; 8, S Gilmour (GU) 35-24; 9, R Sutherland (EU) 35-39; 10, P Fettes (GU) 35-56; 11, T Hely (EU) 36-51; 12, T Delabookie (EU) 36-19; 13, L Campbell (GU) 36-31; 14, P Powell (EU) 36-51; 15, D McLean (GU) 36-56; **Teams:** 1, Ed 34pt; 2, Glas 83; 3, Strath 113; 4, H Wan 117.

Men's B: 1, R Alcock (EU) 36-59; 2, P Walder (EU) 38-21; 3, E Jack (GU) 38-46; **Women:** 1, J Cliffe (GU) 25-34; 2, K McMillan (EU) 25-50; 3, H Kelson (HW) 26-19; 4, A Potts (Strath) 26-53; 5, J Rosburgh (GU) 27-12; 6, V Weeks (GU) 27-40; 7, M Coleman (EU) 28-07; 8, M Todd (EU) 28-17; 9, A Gairdner (HW) 28-27; 10, C Fairweather (Strath) 28-39; **Teams:** 1, Ed 15pt; 2, Glas 18; 3, Strath 27.

North District CC League, Dingwall - Men: 1, G Bartlett (FH) 33-49; 2, A Reid (PH) 33-48; 3, S Murchison (IH) 35-09; 4, D Rodgers (Loch) 36-24; 5, E Grant (MRR) 36-31; 6, G Sim (MRR, M40) 36-58; 7, D Gil (K&D) 37-37; 8, P Mathieson (FH) 37-40; 9, M McCulloch (FH) 37-40; 10, E Harwood (HHR, M40) 37-55; **Team:** Forres.

Youths: 1, S Cook (Gor) 21-11; 2, J Brooks (Loch) 21-16; 3, S Robertson (MRR) 23-14; **Team:** MRR.

Senior Boys: 1, A Thomson (IH) 14-36; 2, K McAlpine (MRR) 14-52; 3, R Mine (MRR) 15-25; **Team:** Inver H.

Junior Boys: 1, G Martin (MBI) 12-05; 2, N Cameron (FH) 12-32; 3, I Gunn (IH) 12-37; **Team:** Inver H.

Colts: 1, A Broadbent (IH) 9-09; 2, M Stephen (FRC) 6-02; 3, A Brown (MBI) 6-27; **Team:** Inver H.

Women: 1, F Thin (MBI) 16-31; 2, S Macrae (IH) 17-22; 3, J Sim (MRR) 17-23; **Team:** Inver.

Girls: 1, K Scott (MRR) 13-17; 2, C Nicol (Guth) 13-46; 3, D Sim (MRR) 13-55; **Team:** MRR.

Minors: 1, J McLean (FRC) 11-41; 2, S Liebütz (MRR) 11-47; 3, L Campbell (MBI) 12-33; **Team:** MRR.

Mini Minors: 1, J Logie (MRR) 8-09; 2, I Ross (MBI) 8-09; 3, D Hastie (PH) 8-13; **Team:** Phead.

East District CC League, Dundee - Men: 1, P Dymoke (Luv) 34-02; 2, K Lyall (ESH) 34-10; 3, D Ross (RCE) 34-25; 4, D Knight (PSH) 34-31; 5, A Walker (Tev) 35-02; 6, T Mitchell (Fife) 34-33; 7, M McCartney (EAC) 34-59; 8, A Fair (Tev) 35-02; 9, M McQuaid (FVH) 35-14; 10, M Strachan (DHH) 35-20; 11, C Law (FMC) 35-36; 12, C Haskett (DHH) 35-39; 13, D Storey (DHH) 35-47; 14, I Elliot (Tev, M40) 35-52; 15, R Rodgers (HBT) 36-21; 16, S Ogg (FMC Car) 36-38; 20, B Hadzmann (Luv) 36-49; **Teams:** 1, Tev 119pt; 2, DHH 120; 3, Luv 141; 4, Cam 151; 5, ESH 258; 6, Fife 293.

Youths: 1, A Milligan (FMC) 24-13; 2, S Robertson (FVH) 24-27; 3, A Crowell (Tev) 24-38; 4, G Smith (Ab) 24-46; 5, R MacFarlane (Fife) 24-48; 6, F Monaghan (DHH) 24-55; **Teams:** 1, Fife 22pt; 2, Aber 31; 3, Tev 44.

Sen Boys: 1, C Smith (Ab) 17-55; 2, A Donaldson (PH) 18-00; 3, S Lambie (Wth) 18-14; 4, I Couper (FVH) 12-45; 5, I Rough (Fife) 12-54; 6, B Hughes (Tev) 12-55; **Teams:** 1, Aber 15pt; 2, Tay 26; 3, Tev 44.

Colts: 1, D Cumming (Ab) 6-05; 2, C O'Brien (Cor) 6-08; 3, S Mathieson (Ab) 6-32; 4, A McDonald (PSH) 6-25; 5, I Menzies (PSH) 6-25; 6, G Walker (Tev) 6-27; **Teams:** 1, Aber 11pt; 2, Tev 25pt; 3, PSH 26.

Overall Final Placings:
Combined Age Groups: 1, Tev; 2, Aber.
Sen Men: 1, Tev 364; 2, Luv 608; 3, EAC 866; 4, Carnegie 591; 5, ESH 861.

Vets: 1, Tev.
Youths: 1, Aber 92; 2, Fife 95; 3, Tay 125; **Sen Boys:** 1, Aber 43; 2, Tay 95; 3, Tev 123; **Jun Boys:** 1, PH 92; 2, Fife 97; 3, FVH 99.

Flockhart Memorial CC Races, Coatbridge - Sen 10K: 1, J Brown (RCE) 39-04; 2, C Thomson (Cam) 39-48; 3, S Barnett (VP) 40-34; 4, M Coyne (RCE) 40-48; 5, J Cooper (Spr) 41-00; 6, J Brown (Cam) 41-16; 7, A Little (Shett) 41-23; 8, D Williams (Shett) 41-51; 9, D Gilmour (Shett) 42-00; 10, G Crawford (Spr) 42-11; 11, T Lawrence (Ayr) 42-12; 12, S Hodge (SV) 42-16; 13, D Crowe (Shett) 42-18; 14, A McLinden M40 (Ham) 42-24; 15, A Gilmour (Cam) 42-30; 16, A Derrick (Coglen) 42-40; 17, D Gardiner (RCE) 42-42; 18, E McCafferty Jr (Cam) 42-55; 19, L Crawford (Spr) 43-33; 20, B Gough M40 (Cam) 42-35; **Teams:** 1, RCE 22pt; 2, Cambus 23; 3, Shett 24.

Youths 5K: 1, C Clelland (Cam) 20-15; 2, D Gorman (VP) 20-45; 3, A Reynolds (Cam) 20-48; 4, G Miller (VP) 20-56; 5, M Smith (VP) 21-25; 6, A Placentini (Cam) 21-38; **Teams:** 1, Cambus 10pt; 2, VP 11.

Sen Boys 4,200m: 1, S Gibson (Mot) 16-39; 2, I Reid (Cam) 16-52; 3, M Gallagher (Cam) 17-16; 4, P Dennis (Hil) 17-25; 5, K Hastie (Spr) 17-33; 6, A Dobie (Cam) 17-50; **Teams:** 1, Cambus 11pt; 2, Moth 16.

Jun Boys 3,200m: 1, A Sandilands (Sto) 13-40; 2, G Lyons (Cam) 13-54; 3, C Pratt (VP) 13-56; 4, D McRae (Cam) 14-03; 5, D Gow (Shett) 14-25; 6, R Grant (Cam) 14-30; **Teams:** 1, Cam 12pt; 2, Ayr 27; 3, Stone 31.

Colts 1600m: 1, D Daffurn (Aird) 5-46; 2, K Brown (Moth) 5-47; 3, J Murphy (Aird) 5-54; 4, A Auld (Cumr) 5-55; 5, C Baillie (VP) 5-57; 6, K Callaghan (Aird) 6-10; **Teams:** 1, Airdrie 10pt; 2, Moth 21; 3, Garscube 42.

Women 5K: 1, E Cochrane (CoG) 23-29; 2, S Brannney W35 (CoG) 24-00; 3, E MacKay (Shett) 24-42; 4, M Taylor (GN) 25-31; 5, A Donnelly (CoG) 26-10; 6, C McInnes (KO) 27-32; **Teams:** 1, CoG 8pt; 2, Shett 20.

Maryhill H Schools CC League, Glasgow - Youths: 1, A Conaghan 21-51; 2, L Demarco 22-51; 3, D Lynch (all StA) 24-42; **T1:** St Aloy 6pt; **O'All:** Winder (D) Demarco 65-11.

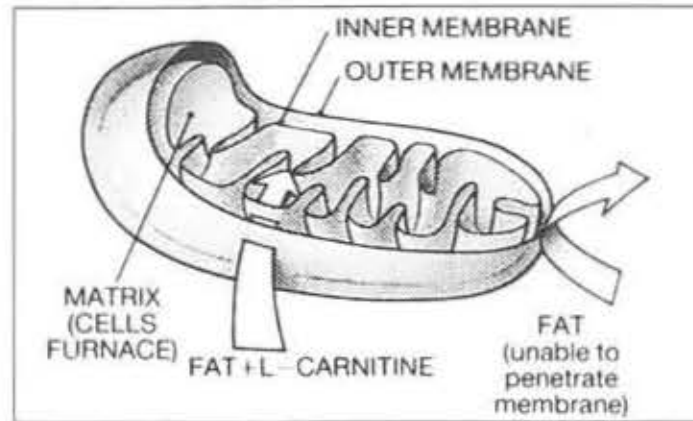
Sen Boys: 1, E Cameron 16-09; 2, S MacKay (both Boc) 16-19; 3, K Etherson (StA) 17-03; **T1:** Boclar 14pt; **O'All:** 1, E Cameron 50-42; **Sen Boys:** 1, M Paton (Turn) 12-23; 2, J

METABOLIC ENERGY ENHANCEMENT

by Joe Beer

26 February 1993

How L-Carnitine supplementation can help runners achieve new levels of performance.



At some point you will fatigue during training or racing. Fact! However, by enhancing your body's metabolic efficiency it is possible to delay fatigue and therefore improve your performance.

Four of the factors which may cause you to slow or stop are: Lactic acid accumulation, ineffective fat usage (therefore over-reliance on carbohydrates), dehydration and muscle disturbance. (This may be caused by protein breakdown or the effects of destabilising agents).

Training, if practised correctly, is designed to overcome these limitations.

For example, heart rate monitors allow you to keep below lactic build-up or within your optimal fat burning zone (less than 70% max heart rate), you drink pre, during and post-training and finally, you eat a high carbohydrate diet.

For you, and any other endurance athlete, L-Carnitine will do several important performance enhancing functions (see Table 1). With less lactic production you can exercise faster without the muscles being overloaded with inhibiting acids, you burn more fats (you have over 40,000 calories of fat in your body and only 2,000 from car-

bohydrates at maximum) and you reduce the effects of protein breakdown/destabilising agents.

The research has shown what likely results athletes could expect from L-Carnitine supplementation as part of their regular training routine. Interest-

ingly, this is being added to daily by athletes reporting of Personal Best performances and increased training responses.

Table 1 Performance enhancing functions of L-Carnitine

***Fat metabolism is increased (see Figure 1)**
***Carbohydrate energy system receives less stress**
***Recovery time is quickened**
***Less lactic acid is produced**
***Less muscle breakdown occurs**
***Increased stamina**
***Increased race speed**

Consider this: You have 20 times more fat than carbohydrates, you create pace-slowing lactic acid if you burn carbohydrates too fast, and you destroy your muscles when you train. (YOU ONLY GET BETTER DURING REST AND RECOVERY!!)

Use a heart monitor, drink plenty of water, eat a high carbo diet and most of all, try ACTIV-8 L-Carnitine, the total metabolic enhancement nutritional supplement.

Joseph Beer BA (Hons) is a three-times Ironman Triathlon finisher. (Try running sub 3:30 after already swimming two and a half miles and cycling 112 miles). He is a Fitness Consultant to a large telecommunications corporation.

BURN YOUR WAY

to a new personal best

...the scientific way

During prolonged aerobic exercise, fat is the body's preferred energy source. Even with only 10% body fat over 50,000 calories are stored as fat while glycogen stores will only yield 2,000 calories.



- Fat can only be burned in the mitochondria (the powerhouse of the cell)
- Fat cannot penetrate the inner mitochondrial membrane unless it is specifically 'prepared'
- Only L-Carnitine can prepare and transport fat through this membrane for burning in the matrix (the cell's furnace)
- Many athletes have sub-optimal levels of carnitine available for fat burning
- ACTIV-8 will provide the athlete with measured amounts of pure L-Carnitine to ensure enough energy is 'on tap' whatever the demands

This is why ACTIV-8 (a clean and natural product) is critical in:

- Building stamina, endurance and resistance to muscle fatigue
- Maximal aerobic power
- Improving recovery times and extending lactic threshold
- Energy production in muscles

Take your first step to your new PB by ordering your first month's supply of **ACTIV-8** (60x375mg capsules) at £12.95, P&P free

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Larkhall YMCA



A profusion of youngsters cram into the YMCA hall for Tuesday night training.

LARKHALL once reached Olympic heights when David Gracie, who won the Scottish Championship 440 yards from 1949-53 and the 440 yard hurdles in 1951-53, competed in the 1952 Helsinki Olympic Games. But since those halcyon days, the athletes of Larkhall have not achieved such a level of competition, although at a more modest level Larkhall YMCA are keeping the athletics flag flying in their corner of Lanarkshire.

A dedicated band of about 60 athletes gather on Tuesdays and Thursdays in Larkhall YMCA Hall, and club president Michael Fitzpatrick explains their set up.

"In the lighter nights we train at the running track up at the sports centre. It is not floodlit to the extent that we can train there when it is dark. But hopefully things will be changing soon."

"Hamilton District Council

are looking to upgrade and improve the track. They want to spend money on it, and we certainly want to help them spend it."

The club hold their own championships at the track, when all members from senior to the most junior runners compete - with the nucleus being 12-15 year olds.

The club are keen to keep a hold of these runners, as Michael Fitzpatrick explains:

"At the moment we've got a lot of kids, but we still suffer from the problems that clubs have when the youngsters reach teenage years. They drift off and find boyfriends or girlfriends and we have the problem of holding on to them."

Head coach Willie Mowbray, a road runner who recorded a 2-43 marathon before he "gracefully retired", has plans which he hopes will further boost numbers.

He explains: "Larkhall High School will soon be holding

their own athletics drive and they expect to get about 60 youngsters down on a Monday night. If we go along to coach and help out, we should hopefully get some of them down to our club."

And Fitzpatrick illustrates the club's belief that more numbers mean better prospects in the Scottish and North West League, Division 4, by pointing out the success of nearby club Lucozade Motherwell.

"Look at what they have done to attract youngsters to that club," he says.

"They get Tommy Boyle, Tom McKean, and Yvonne Murray along and that attracts the kids, hundreds of them. All these kids on Saturday mornings going home and saying, 'I trained with Tom McKean today.'"

"You can nurture that talent, and look at how successful they have been."

"Numbers," he says, "are what get you promotion; you don't have to be great athletes,

although that always helps of course."

Larkhall have the resources to nurture new and existing talent. With ten coaches (two of them senior), the youngsters have the support they require.

The club's young athletes of the year in 1992 were Barry McTaggart and Laura Fitzpatrick. The former has won Lanarkshire Schools events, and medals in the West District Championships at under-13 level, while in the same age group Laura was the Lanarkshire cross country champion and an 800 metre silver medalist.

Ewan Cameron is another young runner with a bright future, and Jill Shearer is a promising sprinter.

The origins of the club stretch back to 1930 when Jim Scott, a former Hamilton Harrier, founded the club.

As well as David Gracie's successes, the junior men won the national cross country title in 1970, while Jim Egan was

Matthew Lindsay profiles a Lanarkshire club trying to attract more young members.

Scottish junior boys' champion in 1974 and went on to represent Scotland in the World Cross Country Championships.

Sprinter Stephen Shanks also ran for the Scottish junior team in 1988 and indoor select teams in 1989 and 1991. The senior men were third in the 1991 4 x 200m indoor relay and earlier this year up and youngster Kevin Woods also showed his mettle, winning the junior men's indoor 400 metre title in January.

Willie Mowbray concedes that some of Larkhall's good runners slip away. He says: "We've had two or three good women runners who inevitably drift off to other bigger clubs in the area. Irene Morrison, the women's veteran, is the notable example."

"We've tried things to attract more women runners, but we've never reached the level we would like to see it at. It's healthy, but we would like to get more of them along."

Karen Mowbray warms up before a training run.



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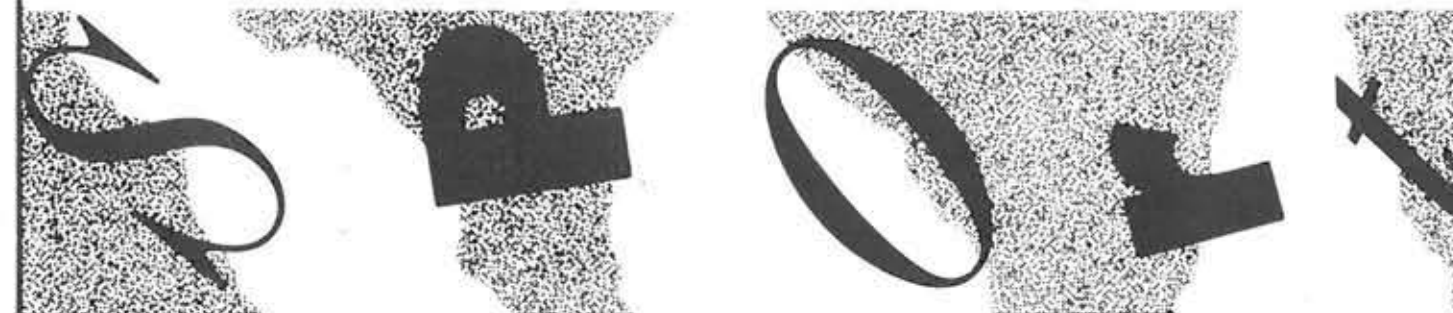
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Sport & Leisure centres



Scottish U20 Championships

IT MADE a welcome change to see STV at the Scottish U20 Championships at the Kelvin Hall on February 20, and it's just a pity that Scottish athletics does not see the television cameras more often, writes **Matthew Lindsay.**

Scott Taylor of Pitreavie charged to a double in the junior 800 and 1500 metres, the former being a bonus as he asked on the day if he

could compete and squeezed in first in 1:56.01, ahead of Victoria Park's Colin Young, and then nonchalantly going on to take the 1500 metres in 4:06.03.

But Taylor's clubmate Ian Mackie wasn't present, and in his absence Carlo Ferri of Shettleston Harriers was a winner in both the youths 60 metres and the 200 metres.

Sinead Dudgeon, in her inimitable style, burnt off all opposition to win an intermediate sprint double.

In the senior boys shot, Bruce Robb of Pitreavie threw a championship best performance of 15.87, well ahead of second placed Ian Douglas's 14.42.

Darren Ritchie of EAC also set a CBP in the youths long jump with 6.97 metres. Still



Darren Ritchie

under the elusive seven metres mark, Ritchie thinks he can do better.

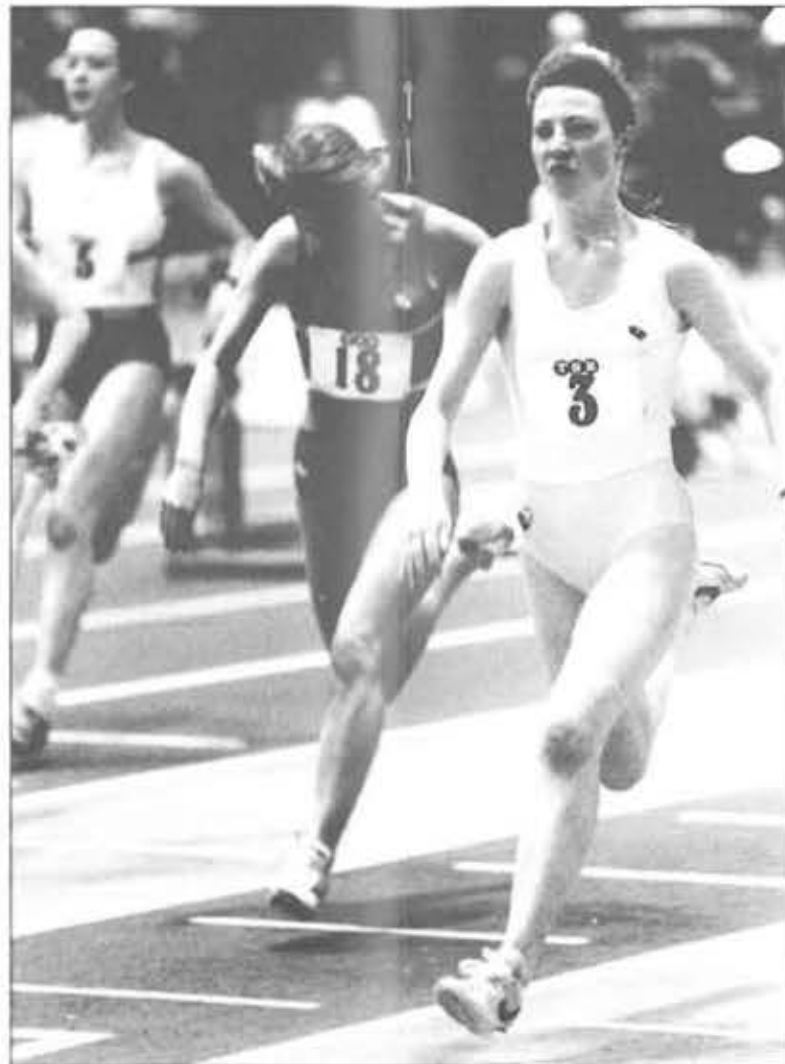
He said: "I've trained hard and today's jump was a personal best, but I'm setting my sights on jumping up to 7.20, maybe 7.30."

Ross Baillie (see junior profile) was another who did extremely well, the 15-year-old coming third in the senior boys 60m and second in the 60mH.

In the girls 200 metres, Lee McConnell (CoG) broke the championship best in both the heats and the final - sprinting to the tape in 26.34.

Natalie Hynd of Pitreavie won both the intermediates 60 metres and the 200 metres, with room to spare in both.

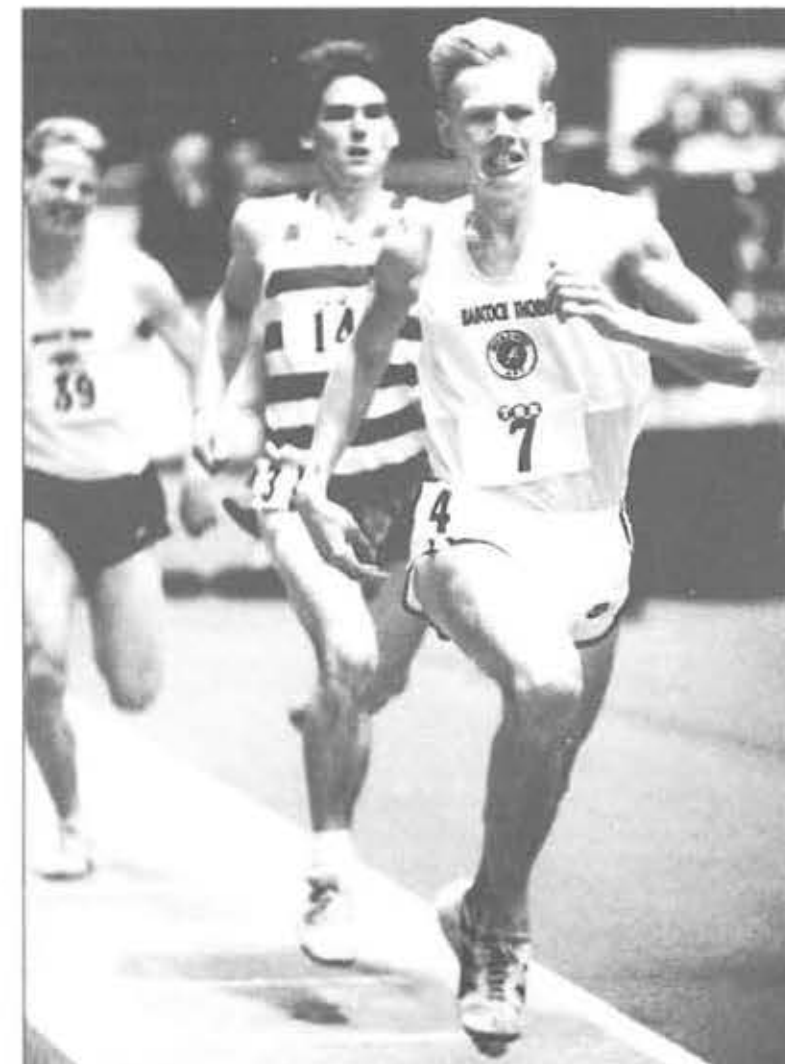
Left: Sinead Dudgeon of EAC won the Junior Women sprint double.



Left: Natalie Hynd of Babcock Thorn Pitreavie crosses the finishing line in the 60m in 7.90.

Right: Team mate Scott Taylor took the 800m ahead of Colin Young of Victoria Park in 1:56.01.

**PHOTOGRAPHS
ROBERT
PERRY**



RESULTS

JUN MEN:

60: 1, M. Critchley (NSP) 7.02; 2, E. McCormick (EK) 7.37; 3, B. Carmichael (TAAC) 7.56. 800: 1, S. Taylor (BTP) 1:56.01; 2, C. Young (VP) 1:56.40; 3, A. Moore (BTP) 1:56.51. 1500: 1, S. Taylor (BTP) 4:06.03; 2, G. Willis (ASAC) 4:08.31; 3, M. Dobbin (Liv) 4:17.78. 60H: 1, G. Adams (ASAC) 8.35; 2, A. Malcolm (EAC) 8.74; 3, S. Dillon (MSB) 8.85. PV: 1, S. Games (Mer) 4.00; 2, P. Liffhouse (Mer) 3.40; 3, A. Smyth (Cum) 3.40; 4, G. Card (M'Peth) 3.40. LJ: 1, B. Carmichael (TAAC) 6.48; 2, J. Gilbert (FVH) 6.44; 3, D. Reid (BHH) 6.17. Shot: 1, S. Hayward (EAC) 15.17; 2, I. Steven (Sea) 13.16; 3, G. Mathieson (Av) 13.04.

Youths:

60: 1, C. Ferri (SH) 7.15; 2, R. Booth (ESH) 7.24; 3, D. Litchfield (Ar&D) 7.40. 200: 1, C. Ferri (SH) 24.39; 2, B. Watson (BTP) 23.80; 3, D. Brock (SH) 24.39. 400: 1, H. Kerr (ASAC) 49.66; 2, S. McKeever (B&F) 49.91; 3, B. Middleton (AAAC) 50.59. 800: 1, E. King (B'mena) 1:54.36; 2, D. Roachie (CHI) 1:54.73; 3, R. Girvan (Kil) 2:04.67. 1500: 1, T. Winters (EAC) 4:06.13; 2, K. Mason (CDAC) 4:07.67; 3, J. Tonner (JWK) 4:08.68. 60H: 1, M. Hendry (ICAC) 8.34; 2, I. Hamilton (Cum) 8.41; 3, G. Devlin (B'S) 9.00. HJ: 1, T. Gilhooly (Cam) 1.90; 2, S. McKinlay (BTP) 1.90; 2, G. Morrison (Ren) 1.90. LJ: 1, D. Ritchie (Mel) 6.97; 2, D. Litchfield (Arb) 6.86; 3, G. Devlin (B'S) 6.23. TJ: D. Ritchie (Mel) 13.64; 2, N. McGertan (E'Down) 13.10; 3, R. Forbes (PSH) 12.92. Shot: 1, G. Ferguson (Law) 14.05; 2, J. Howard (C'ston) 13.61; 3, C. Rooney (E'Down) 12.93.

Sen Boys:

60: 1, A. Lowles (Mel) 7.28; 2, S. Fraser (IH) 7.34; 3, R. Baillie (VP) 7.35. 200: 1, A. Lowles (Mel) 23.02; 2, N. Wiscombe (Jar) 23.55; 3, S. Fraser (IH) 23.58. 400: 1, M. Walton (ASAC) 52.54; 2, G. Murray (AH) 53.03; 3, A. Young (VP) 53.18. 800: 1, A. Young (VP) 2:00.29; 2, P. McCormick (B'men) 2:00.71; 3, B. Hendry (ICAC) 2:01.67. 1500: 1, G. Tosh (TAAC) 4:24.86; 2, E. Cameron (VP) 4:28.13; 3, B. McLean (Law) 4:29.21. 60H: 1, W. Stark (AAAC) 8.42; 2, R. Baillie (VP) 8.56; 3, M. Dobbin (AAAC) 8.73. HJ: 1, M. Pate (VP) 1.90; 2, R. Bellshaw (Kil) 1.75; 3, K. Bell (E'Down) 1.70. LJ: 1, W. Stark (AAAC) 6.30; 2, F. Edridge (Clyde) 5.97; 3, A. Almb (BTP) 5.96. Shot: 1, B. Robb (BTP) 15.87; 2, I. Douglas (Dumf) 14.42; 3, I. McMullan (L'burn) 13.05.

JUN WOMEN:

60: 1, S. Dudgeon (EAC) 7.79; 2, T. Crossie (COG) 7.89; 3, W. Young (FAC) 8.00. 200: 1, S. Dudgeon (EAC) 24.61; 2, S. Still (AAAC) 26.64; 3, L. Vannet (Arb) 400: 1, S. Ditchfield (Prel) 48.77; 2, S. Hendry (AAAC) 59.13; 3, S. Carruthers (Ayr) 60.14. 800: 1, G. Fowler (COG) 2:25.27; 2, C. Ryall (M'List) 2:28.28; 3, J. Kitching (G'head) 2:32.06. 1500: 1, I. Linaker (BTP) 4:30.14; 2, S. Armstrong (Car) 4:38.80; 3, H. Parkinson (Boll) 4:43.03. 60H: 1, I. Crossie (COG) 8.73; 2, S. Ditchfield (Prel) 9.14; 3, E. Donald (Heli) 9.51. HJ: 1, L. Brown (Loch) 1.74m; 2, G. Taylor (COG) 1.65m; 3, Beth Philip (AAAC) 1.60m. LJ: 1, S. Ramminger (Arb) 5.54m; 2, M. Traynor (Mid) 5.37m; 3, S. Still (AAAC) 5.33m. TJ: 1, Y. Hodge (Lis) 11.09m; 2, S. Ramminger (Arb) 10.71m; 3, C. Friel (FVH) 10.28m. Shot: 1, K. Kane (Pool) 12.43m; 2, S. Robin (Hel) 10.03m; 3, L. Marshall (Wade) 8.34m.

Inter:

60: 1, N. Hynd (BTP) 7.90; 2, D. Kerr (Jar) 8.00; 3, M. Rostek (CoG) 200: 1, N. Hynd (BTP) 26.28; 2, A. Keane (AH) 26.73; 3, M. Rostek (COG) 27.05. 300: 1, E. Peppard (Kilma) 42.79; 2, J. Symington (Ayr) 42.85; 3, E. Richardson (SAAC) 43.45. 800: 1, C. Simpson (EAC) 2:19.68; 2, C. Clarkson (AAAC) 2:26.37; 3, J. Tonner (JWK) 2:28.20. 1500: 1, K. Gormley (EWM) 4:57.57; 2, H. Todd (G'head) 4:57.88; 3, C. O'Neill (B'men) 5:00.16. 60H: 1, J. McLaughlin (Sale) 8.94; 2, K. McNamee (COG) 9.19. HJ: 1, K. Durham (Set) 1.61m; 2, K. Hay (Ess) 1.60m; 3, Emma Kerr (Ayr) 1.60m. LJ: 1, K. McNamee (COG) 5.44m; 2, M. Margison (G'head) 5.35m; 3, P. Anderson (COG) 5.30m. Shot: 1, J. Robin (COG) 12.15m; 2, N. Dhalwal (COG) 11.89m; 3, V. Johnston (Lis) 10.04m.

Girls:

60: 1, A. Stewart (VP) 8.00; 2, M. McEwan (VP) 8.12; 3, S. Christie (LMD) 8.21. 200: 1, L. McConnell (COG) 26.34; 2, J. Tindal (FAC) 26.79; 3, P. Thomson (EWM) 26.80. 800: 1, J. Anderson (EAC) 2:27.28; 2, L. Dalziel (VP) 2:28.24; 3, S. Dunn (EWM) 2:34.21. 1500: 1, K. Montado (CR) 4:51.64; 2, E. Alberts (G'nd) 4:55.14; 3, K. Blair (Car) 5:12.67. 60H: 1, L. Fairweather (Lax) 9.61; 2, S. Sheppard (Lis) 9.62; 3, H. Clarke (Cope) 9.71. HJ: 1, T. Richards (Eil) 1.57m; 2, M. Clarke (Cope) 1.50m; 3, J. Wright (BTP) 1.50m. LJ: 1, T. Richards (Eil) 4.98m; 2, H. Clarke (Cope) 4.91m; 3, F. Hunter (Arb) 4.74m. Shot: 1, F. Hunter (Arb) 10.72m; 2, F. Thorburn (BHH) 9.78m; 3, S. Broadbent (EWM) 9.28m.

Scottish U20 Championships

IT MADE a welcome change to see STV at the Scottish U20 Championships at the Kelvin Hall on February 20, and it's just a pity that Scottish athletics does not see the television cameras more often, writes **Matthew Lindsay.**

Scott Taylor of Pitreavie charged to a double in the junior 800 and 1500 metres, the former being a bonus as he asked on the day if he

could compete and squeezed in first in 1:56.01, ahead of Victoria Park's Colin Young, and then nonchalantly going on to take the 1500 metres in 4:06.03.

But Taylor's clubmate Ian Mackie wasn't present, and in his absence Carlo Ferri of Shettleston Harriers was a winner in both the youths 60 metres and the 200 metres.

Sinead Dudgeon, in her inimitable style, burnt off all opposition to win an intermediate sprint double.

In the senior boys shot, Bruce Robb of Pitreavie threw a championship best performance of 15.87, well ahead of second placed Ian Douglas's 14.42.

Darren Ritchie of EAC also set a CBP in the youths long jump with 6.97 metres. Still



Darren Ritchie

under the elusive seven metres mark, Ritchie thinks he can do better.

He said: "I've trained hard and today's jump was a personal best, but I'm setting my sights on jumping up to 7.20, maybe 7.30."

Ross Baillie (see junior profile) was another who did extremely well, the 15-year-old coming third in the senior boys 60m and second in the 60mH.

In the girls 200 metres, Lee McConnel (CoG) broke the championship best in both the heats and the final - sprinting to the tape in 26.34.

Natalie Hynd of Pitreavie won both the intermediates 60 metres and the 200 metres, with room to spare in both.

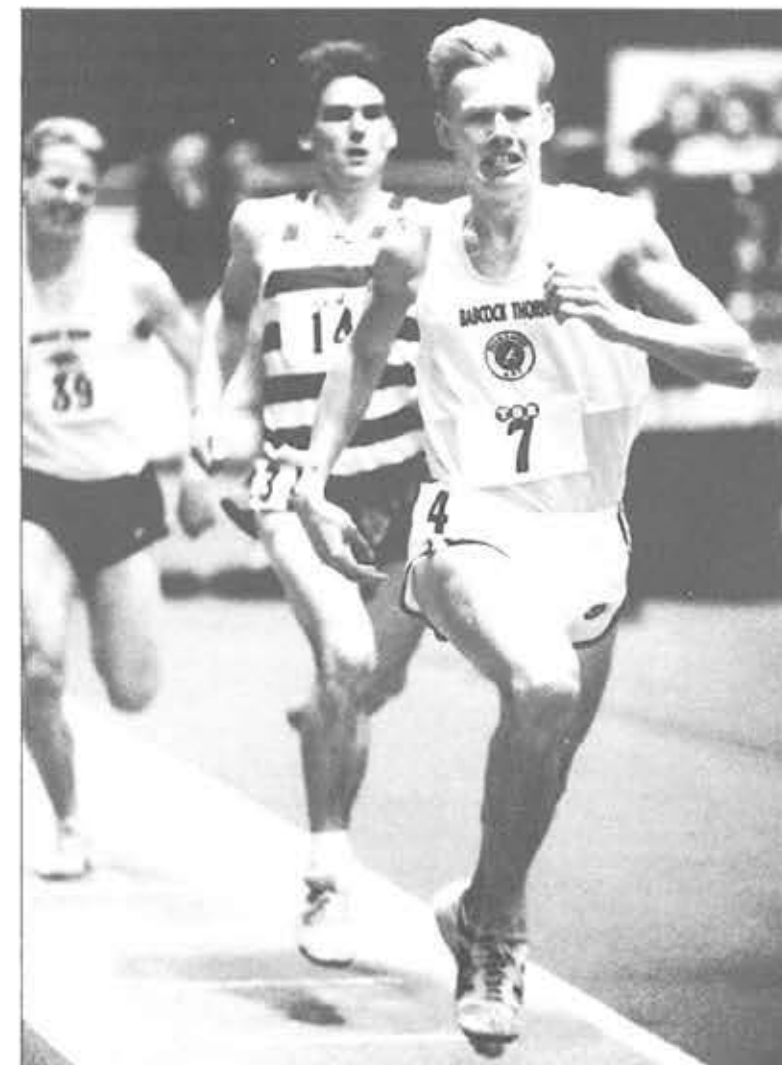
Left: Sinead Dudgeon of EAC won the Junior Women sprint double.



Left: Natalie Hynd of Babcock Thorn Pitreavie crosses the finishing line in the 60m in 7.90.

Right: Team mate Scott Taylor took the 800m ahead of Colin Young of Victoria Park in 1:56.01.

**PHOTOGRAPHS
ROBERT
PERRY**



RESULTS

JUN MEN:

60: 1. M. Critchley (NSP) 7.02; 2. E. McCormick (EK) 7.37; 3. B. Carmichael (TAAC) 7.56. 800: 1. S. Taylor (BTP) 1:56.01; 2. C. Young (VP) 1:56.40; 3. A. Mooney (BTP) 1:56.01. 1500: 1. S. Taylor (BTP) 4:06.03; 2. G. Willis (ASAC) 4:08.31; 3. M. Dobbin (Liv) 4:17.78. 60H: 1. G. Adams (ASAC) 8.35; 2. A. Malcolm (EAC) 8.74; 3. S. Dillon (MBI) 8.85. PV: 1. S. Gaines (Mor) 4.00; 2. P. Lofthouse (Mor) 3.40; 3. A. Smyth (Cumb) 3.40; 4. G. Card (M'Peth) 3.40. LJ: 1. B. Carmichael (TAAC) 6.48; 2. J. Gilbert (FVH) 6.44; 3. D. Reid (BHH) 6.17. Shot: 1. S. Hayward (EAC) 15.17; 2. L. Steven (Sea) 13.16; 3. G. Mathieson (Av) 13.04.

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GIRLS:

60: 1. A. Stewart (VP) 8.00; 2. M. McEwan (VP) 8.12; 3. S. Christie (LMD) 8.21. 200: 1. L. McConnell (COG) 26.34; 2. J. Tindal (FAC) 26.79; 3. P. Thomson (EWM) 26.80. 400: 1. J. Anderson (EAC) 2:27.28; 2. L. Dalziel (VP) 2:28.24; 3. S. Dunn (EWM) 2:34.21. 800: 1. K. Montado (CR) 4:51.64; 2. E. Alberts (G'hd) 4:55.14; 3. K. Blair (Car) 5:12.67. 1500: 1. L. Fairweather (Lass) 9.61; 2. S. Sheppard (Lis) 9.62; 3. H. Clarke (Cope) 9.71. HJ: 1. T. Richards (Eil) 1.57m; 2. M. Clarke (Cope) 1.50m; 3. J. Wright (BTP) 1.50m. LJ: 1. T. Richards (Eil) 4.98m; 2. H. Clarke (Cope) 4.91m; 3. F. Hunter (Arb) 4.74m. Shot: 1. F. Hunter (Arb) 10.72m; 2. F. Thorburn (BHH) 9.78m; 3. S. Broadbent (EWM) 9.28m.

SAF Men's CC Championship

TOMMY Murray won his third Scottish Cross Country Championship, helping Cambuslang to their record equalling sixth team win, and crossing the finishing line proclaimed: "I'm numb".

Not one to be overcome by the occasion, the 31-year-old was speaking about the freezing conditions which the 1669 athletes, 142 teams, and spectators had to endure at Callender Park on February 27.

The opening race, the junior boys, set a high standard. After two miles it was a

neck and neck finish with John Cowie from Buckie High School just getting in front of Minolta Black Isle's James Martin at the line, both recording 10-33.

Murray (right), helped to match the excitement of that race with a polished performance, winning in 36-18.

Kilbarchan's Robert Quinn finished 23 seconds behind, with Murray's team mate Doug Runciman running brilliantly to finish third in 36-57.

EAC's gutsy Tom Winters ran from his familiar position at the front to taking the youths' title. Alan Reynolds finished seven seconds later and Alan Milligan was third in 20-58.



PHOTO: RODDY SIMPSON

Another EAC winner was Bathgate-born Anglo Robbie Stewart, who won the senior boys title completing the three mile course in 14-11.

Philip Mowbray retained his junior men's title in a time of 23-41, followed in second by fellow university runner Chris Nicholson.

The senior team title was won by Cambuslang from Racing Club Edinburgh, with Dundee Hawkhill Harriers third.

RESULTS

Men 7.5 mile: 1. T. Murray (Cam) 36-18; 2. B. Quinn (Kilb) 36-41; 3. D. Runciman (Cam) 36-57; 4. D. Cavers (Fev) 37-03; 5. I. Brown (RCE) 37-4; 6. S. Wylie (Cam) 37-07; 7. A. Puckin (GGA) 37-09; 8. C. Donnelly (Cam) 37-18; 9. D. Ross (RCE) 37-22; 10. E. Stewart (Cam) 37-25; 11. T. Mitchell (Fife) 37-28; 12. J. Robson (RCE) 37-33; 13. S. Cohen (RCE) 37-36; 14. B. Kirkwood (RCE) 37-43; 15. A.D. Callan (Spr) 37-46; 16. P. Dymoke (Liv) 37-50; 17. K. Lyall (ESH) 37-53; 18. C. Thomson (Cam) 37-53; 19. G. Wight (Ayr) 38-05; 20. N. Wilkinson (Cam) 38-08; 21. P. Fleming (RCE) 38-13; 22. M. Strachan (DHH) 38-14; 23. A. Reid (PH) 38-15; 24. J. Bowman (IH) 38-24; 25. F. Boyle (Ab) 38-29; 26. G. Grindlay (FVH) 38-33; 27. D. Storey (DHH) 38-36; 28. A. Walker (Fev) 38-36; 29. C. Haskett (DHH) 38-38; 30. B. Richardson (IC) 38-38; 31. S. Burch (EV) 38-38; 32. J. Austin (Chy) 38-44; 33. T. Hearle (Kilb) 38-45; 34. J. Mackay (She) 38-46; 35. B. Jenkins (GGH) 38-49; 36. D. Peel (Crac) 38-50; 37. P. Briscoe (DHH) 38-51; 38. A. Fair (Fev) 38-53; 39. M. Gormley (Cam) 38-53; 40. S. Gilmore (VP) 38-54; 41. G. Mathieson (ESH) 39-01; 42. D. Barr (Fev) 39-02; 43. J. Garland (EV) 39-03; 44. D. Knight (PSH) 39-04; 45. W. Taggart (Cam) 39-06; 46. M. McCartney (EAC) 39-10; 47. A. McAnus (Bella) 39-10; 48. S. Kerr (RCE) 39-10; 49. A. Robson (RCE) 39-11; 50. P. McIntyre (Spr) 39-21.

Teams: 1. Cambus 46pt (1. T. Murray, 3. D. Runciman, 6. S. Wylie, 8. C. Donnelly, 10. E. Stewart, 18. C. Thomson); 2. RCE 74 (5. I. Brown, 9. D. Ross, 12. J. Robson, 13. S. Cohen, 14. B. Kirkwood, 21. P. Fleming); 3. DHH 261 (22. M. Strachan, 27. D. Storey, 29. C. Haskett, 37. P. Briscoe, 56. P. Fox, 90. G. Renet); 4. Teviot 350; 5. Liv 415; 6. FVH 485; 7. Shett 506; 8. EAC 547; 9. Fife 638; 10. Carnegie 670; 11. Dumb 680; 12. Spring 686; 13. HBT 714; 14. ESH 720; 15. C. Dale 741; 16. Aber 772; 17. EdU 804; 18. Kilbarchan 861; 19. EK 862; 20. Irvine 911.

Jun 5 mile: 1. P. Mowbray (EdU) 23-41; 2. C. Nicholson (EdU) 24-08; 3. C. Greenhalgh (VP) 24-17; 4. M. Powell (STU) 24-25; 5. R. Benyon (EdU) 24-42; 6. E. Turner (Kilm) 25-08; 7. G. Willis (Ayr) 25-17; 8. L. Richardson (Liv) 25-20; 9. M. Gill (Cam) 25-25; 10. A. Kings (PH) 25-31; 11. D. Sharkey (EAC) 25-40; 12. S. Reid (L'yl) 25-48; 13. G. Donald (Cam) 25-52; 14. J. Reid (Law) 26-09; 15. C. Wood (EdU) 26-18; 16. C. Steele (VP) 26-25; 17. E. McCafferty (Cam) 26-43; 18. B. Thomson (Fif) 26-46; 19. J. Flood (Law) 26-46; 20. J. McColl (Stru) 26-46.

Teams: 1. Ed Uni 23pt; 2. (1. P. Mowbray, 2. C. Nicholson, 5. R. Benyon, 15. J. Dale); 2. Cambus 65 (9. M.

Youth 4 mile: 1. T. Winters (EAC) 20-45; 2. A. Reynolds (Cam) 20-52; 3. A. Milligan (Cam) 20-58; 4. B. Robinson (Ayr) 21-03; 5. M. Anderson (Cor) 21-06; 6. M. Bain (Sto) 21-16; 7. P. Allan (Ayr) 21-18; 8. L. Hendry (Spr) 21-21; 9. K. Daley (EAC) 21-29; 10. C. Clelland (Cam) 21-35; 11. S. Allan (MBI) 21-38; 12. S. Monaghan (Dun) 21-41; 13. M. Canavan (Ren) 21-47; 14. S. Robertson (FVH) 21-52; 15. A. Cardwell (Fev) 22-03; 16. S. Watson (Mon) 22-03; 17. R. Cornachan (Cam) 22-04; 18. M. Smith (VP) 22-05; 19. S. Robertson (Mor) 22-09; 20. J. Thomson (Av) 22-16.

Teams: 1. Cambus 57pt (2. A. Reynolds, 10. C. Clelland, 17. A. Cornachan, 28. A. Piacentini); 2. Ayr 64 (4. B. Robinson, 7. P. Allan, 24. S. Devan, 29. R. Neil); 3. EAC 88pt (1. T. Winters, 9. K. Daley, 26. H. Hutchinson, 52. C. Smith); 4. VP 135; 5. Fife 155; 6. Tay 158; 7. DHH 180; 8. Heriot's 189; 9. Kilbarchan 202; 10. Aberdeen 221.

Sen Boys 3 mile: 1. R. Stewart (EAC) 14-11; 2. G. Kennedy (Cam) 14-16; 3. S. Gibson (Moth) 14-19; 4. A. Donaldson (PH) 14-24; 5. M. Coombe (Fev) 14-26; 6. R. Tolan (Arb) 14-35; 7. C. Smith (Ab) 14-36; 8. K. McAlpine (Nai) 14-37; 9. R. Milne (Mor) 14-43; 10. P. Dennis (Hel) 14-47; 11. I. Reid (Cam) 14-50; 12. A. Thomson (Liv) 14-52; 13. J. Madden (EK) 15-01; 14. B. Byrne (Kilb) 15-02; 15. A. Love (Ab) 15-05; 16. M. Wight (Fev) 15-08; 17. K. Hastie (Spr) 15-12; 18. N. Tulloch (MBI) 15-14; 19. G. Tosh (Tay) 15-15; 20. A. Soutar (Arb) 15-19.

Teams: 1. Cambus 84pt (2. G. Kennedy, 11. I. Reid, 32. M. Gallacher, 39. A. Dobie); 2. Aber 87 (7. C. Smith, 15. A. Love, 24. G. Kennedy, 41. E. McGee); 3. EAC 133 (1. R. Stewart, 29. M. Munro, 43. A. Ford, 60. M. Gray); 4. Inver 153; 5. MRR 171; 6. E. Kilbride 173; 7. Tay 175; 8. Teviot 178; 9. Moth 220; 10. MBI 221.

Jun Boys 2 mile: 1. J. Cowie (Buck) 10-33; 2. G. Martin (MBI) 10-33; 3. A. Sandilands (Sto) 10-35; 4. C. Pratt (VP) 10-36; 5. G. Lyons (Cam) 10-51; 6. P. Armstrong (PH) 10-56; 7. C. O'Brien (Cor) 11-00; 8. J. McLeod (Mory) 11-07; 9. G. Couper (FVH) 11-09; 10. D. McRae (Cam) 11-11; 11. W. Mullen (Kilb) 11-12; 12. I. Gunn (Liv) 11-13; 13. I. Rough (Fif) 11-14; 14. S. Berry (Fif) 11-16; 15. A. Murray (Aird) 11-19; 16. J. Clelland (Cam) 11-23; 17. S. Springett (PSH) 11-25; 18. S. Hogg (Fev) 11-26; 19. D. Melville (MBI) 11-27; 20. R. Grant (Cam) 11-29.

Teams: 1. Cambus 51pt (5. G. Lyons, 10. D. McRae, 16. J. Clelland, 20. R. Grant); 2. (1. P. Mowbray, 2. C. Nicholson, 5. R. Benyon, 15. J. Dale); 2. Cambus 65 (9. M.

Teviot 149 (18. S. Hogg, 27. B. Hughes, 36. S. Loudon, 68. J. Turnbull); 4. Fife 151; 5. VP 165; 6. Aird 183; 7. Corst 192; 8. Inver 197; 9. FVH 202; 10. QVS 252.

Overall team, AT Mays Trophy: 1. Cambuslang; 2. Fife.

Sen women 6400m: 1. V. McPherson (GlaU) 24-01; 2. S. Ridley (EWM) 24-21; 3. A. Rose (EWM) 24-41; 4. L. McIntyre (Gla) 25-14; 5. K. Scobie (Lee) 25-52; 6. J. Cliffe (Gla) 26-02; 7. E. MacKay (She) 26-05; 8. J. Stevenson (W45) 26-07; 9. S. Kennedy (J) 26-09; 10. E. Cochrane (Gla) 26-12; 11. L. Marr (Tyne) 26-14; 12. N. Brown (Tyne) 26-19; 13. S. Brannan (W35) 26-25; 14. L. Cairns (Kilm) 26-25; 15. A. Potts (Gla) 26-35; 16. M. Coleman (Liv) 26-44; 17. K. Gill (Cram) 26-54; 18. J. Roxburgh (GlaU) 26-57; 19. K. MacCallum (EWM) 27-04; 20. P. Rother (W35) 27-11; 21. S. Stockdale (EWM) 27-13; 22. V. Weeks (EdU) 27-15; 23. E. Gallacher (NSP) 27-16; 24. M. Blocker (GN) 27-16; 25. K. MacMillan (EdU) 27-20; 26. C. Reid (GN) 27-42; 27. K. Meikle (Liv) 27-44; 28. M. Blaikie (SV) 27-48; 29. D. Everington (Liv) 27-48; 30. B. O'Neill (GN) 27-54; 31. A. McKee (SV) 27-59; 32. C. Gibson (SV) 28-01; 33. M. Adamson (Liv) 28-03; 34. K. Todd (W40) 28-36; 35. J. Salvona (Liv) 28-46; 36. J. Byng (W45) 28-48; 37. P. Hantlin (Liv) 28-49; 38. S. White (Ayr) 28-51; 39. C. Gemmel (Stru) 28-56; 40. J. Brosnan (Liv) 28-59; 41. M. Taylor (GN) 29-08; 42. S. Reece (EWM) 29-12; 43. C. McFadden (EWM) 29-12; 44. G. Hanlon (Dun) 29-14; 45. L. Davidson (Ab) 29-16; 46. N. Donaldson (Liv) 29-16; 47. S. Grainger (EWM) 29-18; 48. K. Leeds (Liv) 29-19; 49. J. McDevitt (Gla) 29-19; 50. A. Higgins (Leu) 29-24.

Teams: 1. EWM 24pt (2. S. Ridley, 3. A. Rose, 19. K. MacMillan); 2. Glas Uni 25 (1. V. McPherson, 6. J. Cliffe, 18. J. Roxburgh); 3. CoG 27 (4. L. McIntyre, 10. E. Cochrane, 13. S. Brannan); 4. Giff N 80; 5. Liv 85; 6. Ed Uni 89; 7. Spango 91; 8. Irvine 138; 9. Aber 170; 10. Loudoun 232.

Inters 4800m: 1. A. Tremble (NSP) 18-41; 2. I. Linaker (PH) 18-59; 3. E. Gorman (VP) 19-58; 4. A. Woodcock (Der) 20-10; 5. C. Simpson (EAC) 20-22; 6. S. MacRae (Liv) 20-29; 7. J. Hall (Cram) 20-34; 8. J. Houghton (Scar) 20-36; 9. L. Baillie (Av) 20-39; 10. A. Reid (Loch) 20-52; 11. G. Fowler (Gla) 20-57; 12. V. Clark (Ab) 21-01; 13. L. Moody (Gla) 21-11; 14. L. Shaw (Arb) 21-34; 15. M. Smith (MBI) 21-39; 16. C. McCarron (S'kel) 21-40; 17. S. Knox (Gla) 22-07; 18. P. Gillies (Kilm) 22-08; 19. C. Simpson (MBI) 22-10; 20. S. Kelly (Dun) 22-21.

Teams: 1. CoG 41pts (11. G. Fowler, 13. L. Moody, 17. S. Knox); 2. MBI 55 (15. M. Smith, 19. C. Simpson, 21. C. Falconer); 3. Morpeth 82 (24. S. Kirkup, 26. S. English, 32. D. Hume); 4. DHH, 5. Airdrie 135.

Girls 3200m: 1. C. Morris (JWK) 12-29; 2. K. McNab (CR) 12-35; 3. P. Crawley (COG) 12-40; 4. J. Ward (PH) 13-00; 5. C. Wood (Cram) 13-14; 6. K. Brown (Sale) 13-21; 7. G. Taylor (Cram) 13-24; 8. K. Scott (MRR) 13-26; 9. S. Fairweather (COG) 13-26; 10. J. Thomson (COG) 13-27; 11. A. Shaw (COG) 13-27; 12. M. McDonald (IH) 18-27; 13. S. McKenzie (EWM) 13-36; 14. J. Learnmonth (DHH) 13-36; 15. S. Scott (COG) 13-36; 16. D. Sim (MRR) 13-38; 17. D. Kayne (DHH) 13-38; 18. R. Wilkinson (Der) 13-38; 19. J. Thomson (Fev) 13-43; 20. K. Kirk (GN) 13-45.

Teams: 1. CoG 38pt (3. P. Crawley, 9. S. Fairweather, 11. A. Shaw, 15. S. Scott); 2. DHH 94 (14. J. Learnmonth, 17. D. Kaye, 24. K. Stephenson, 39. D. Traynor); 3. JWK 142 (1. C. Morris, 23. J. Tonnar, 25. S. Yoden, 33. J. Boyd); 4. Aber 145; 5. Irvine 157; 6. Pit 162; 7. CR 164; 8. Der 170; 9. MBI 190; 10. Tev 220.

Minor Girls 3200m: 1. L. Harrison (EAC) 13-28; 2. L. Campbell (MBI) 13-41; 3. H. Smith (Ab) 13-47; 4. D. McMorran (COG) 13-57; 5. A. Hood (EAC) 14-15; 6. L. Redmond (EAC) 14-09; 7. J. Mooney (Mor) 14-11; 8. L. Gauld (EAC) 14-15; 9. H. Norman (PH) 14-17; 10. J. Ross (VP) 14-18; 11. B. Murphy (CR) 14-19; 12. S. McCarron (DHH) 14-20; 13. L. Bradley (Mor) 14-11; 14. A. Church (Ayr) 14-22; 15. S. King (Der) 14-25; 16. K. Montador (CR) 14-25; 17. E. Jefferson (Der) 14-25; 18. L. Green (Ab) 14-25; 19. K. Smith (EK) 14-27; 20. S. Thompson (Cram) 14-28.

Teams: 1. EAC 20pt (1. L. Harrison, 5. A. Hood, 6. L. Redmond, 8. L. Gould); 2. Aber 100 (3. H. Smith, 18. L. Green, 32. F. Day, 47. K. Ramsay); 3. PH 102 (9. H. Norman, 32. R. Webster, 25. S. Patterson, 46. W. Gosden); 4. Cramlington 113; 5. Morpeth 125; 6. Derwent 130; 7. CoG 158; 8. EK 180; 9. FVH 181; 10. Ayr 208.

Mini Minors 1600m: 1. I. McIntyre (DHH) 6-32; 2. C. Wilson (Cram) 6-34; 3. J. Logie (MRR) 6-37; 4. C. Couper (FVH) 6-40; 5. J. Millar (DHH) 6-44; 6. R. Gibson (Harl) 6-45; 7. G. Kyles (DHH) 6-46; 8. L. McAllister (LM) 6-47; 9. S. Scott (DHH) 6-49; 10. E. Clark (Ayr) 6-55; 11. I. Ross (MBI) 6-59; 12. C. Johnstone (Dunb) 6-59; 13. M. Donnelly (Ayr) 7-04; 14. A. McGowan (VP) 7-06; 15. L. Crawford (FVH) 7-07; 16. S. Kerr (MBI) 7-07; 17. K. Barnock (Der) 7-07; 18. K. Canning 7-10; 19. C. Crawford (FVH) 7-10; 20. G. Hair (Ab) 7-10.

Teams: 1. DHH 22 (1. I. McIntyre, 5. J. Millar, 7. G. Kyles, 9. S. Scott); 2. FVH 63 (4. C. Couper, 15. L. Crawford, 19. C. Crawford, 25. S. Brady); 3. Ayr 82 (10. R. Clark, 13. M. Donnelly, 28. S. Bryden, 31. E. Houlston); 4. MBI 124pt (5. Teviotdale 137; 6. Der 187; 7. Har 189; 8. Law 197; 9. Irvine 210; 10. Dunbar 220).

Sporting events within Falkirk District 1993

Grangemouth "Round the Houses" Road Races
Sunday 14th February

Inter Town Sports Hall Athletics
Saturday 6th March
(Grangemouth Sports Complex)

Central District Championships
Saturday 17th April

Falkirk Highland Games
Sunday 20th June
(Callendar Park, Falkirk)

Falkirk Open Graded Meetings
Sunday 14th March (pre-season)
Wednesday 7th April
Wednesday 5th May
Wednesday 2nd June
Wednesday 7th July
Wednesday 7th April
Wednesday 4th August
Wednesday 1st September
(first Wednesday of every month)

Falkirk Young Athletes Meetings
Saturday 3rd April
Saturday 22nd May
Sunday 18th July
Saturday 14th August

Falkirk Womens 10k *
Sunday 12th September

Falkirk Peoples Half Marathon *
Sunday 17th October

Mini Minor Highland Games *
Saturday 18th September

All events are under BAF Rules and SAF Permit Events

All events take place at Grangemouth Sports Stadium unless otherwise indicated.

For further information contact: 0324 483752. For events marked * contact: 0324 24911



FALKIRK DISTRICT COUNCIL
Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth
FK3 0EE. Tel: 0324 483752

ANNANDALE AND ESKDALE DISTRICT COUNCIL
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15th AUGUST

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4th SEPTEMBER



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STADIUM FEATURE

Enjoying **BETTER** facilities

David Inglis looks at sports centre facilities in Scotland.

THE words of John Robertson, of the David Keswick Centre in Dumfries, are an advertisement for Scottish sports centres in general.

"It's here, it doesn't cost very much - so instead of risking your life running on the pavement, come and run on our track," he says.

And just what pavement is there that offers the runner a multi-gym, plus facilities, field events if they should feel the urge, and the comfort and security of an eight lane 400 metre track?

Most of the sports centres around Scotland offer excellent facilities for the runner, and while several may not appear to harbour much of interest specifically for the athlete, on closer inspection that is far from the truth.

Now several running clubs are utilising the potential and using the centres as a base for their activities. Linwood Pentastar Running Club is one of these clubs - using Linwood Sports Centre as their base. The loose weights which are so beneficial to the runner as compared to the weight machines (which are also available), are welcomed by the athletes and the centre finds their multi-purpose gym "very popular" with the club.

The facilities were enhanced last June when Steve Overt opened a £350,000 eight lane floodlit running track, soon to be joined by a stand which is now being built, and staff at the centre are proud to think that they helped Jim Sands to his gold medal in the Paralympics last year.

Another centre that is also helping athletes in their bids for medals is the Wishaw Sports Centre and Athletics Track, and their floodlit track and conditioning gym, as well as playing fields, sports halls,



and squash courts, are popular with hundreds of athletes from the Lucozade Motherwell Club. With Tom McKean and Yvonne Murray offering to coach children themselves on Wednesdays and Saturdays, it is no surprise the centre is busy from 7.15 am to 11pm seven days a week.

Annan Athletics Club also have a similar complex as their base - the Everholm Sports and Track Complex - and leisure assistant Thomas Wiper explains they have a broad spectrum of activities to offer the athlete.

He says: "We do weight

Left: Dam Park Stadium in Ayr provides facilities for athletes in an ideal setting.

Right: The David Keswick Centre in Dumfries is a big boon to athletics in the south west.

classes for all age groups and on Saturdays youngsters can come and do some light exercise - and if any mums want to take part on Thursdays we provide a free creche while they do their fitness training."

The athletics club use the track twice a week and also make good use of the inside facilities.

And the club also helps to give something back to the track and surrounding community in the summer months when members take time off from work to run a coaching scheme for schoolchildren.

Dam Park Stadium in Ayr offers the runner a breathtaking location on which to train if you're either on holiday in the



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PRICE 85p**

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British Athletics Federation

OPEN GRADED MEETING, DUMFRIES
(Permits applied for; under SAAA/SWAAA rules)

WEDNESDAY 26 MAY 1993
7.00p.m. start

SAE for details to:

David Keswick Athletic Centre,
Marchmont, Dumfries DG1 1PX
Tel. (0387) 69423

Dumfries and Galloway Regional Council





Ravenscraig Stadium during construction.

seaside town or if you're a resident, as it looks out onto the banks of the River Ayr.

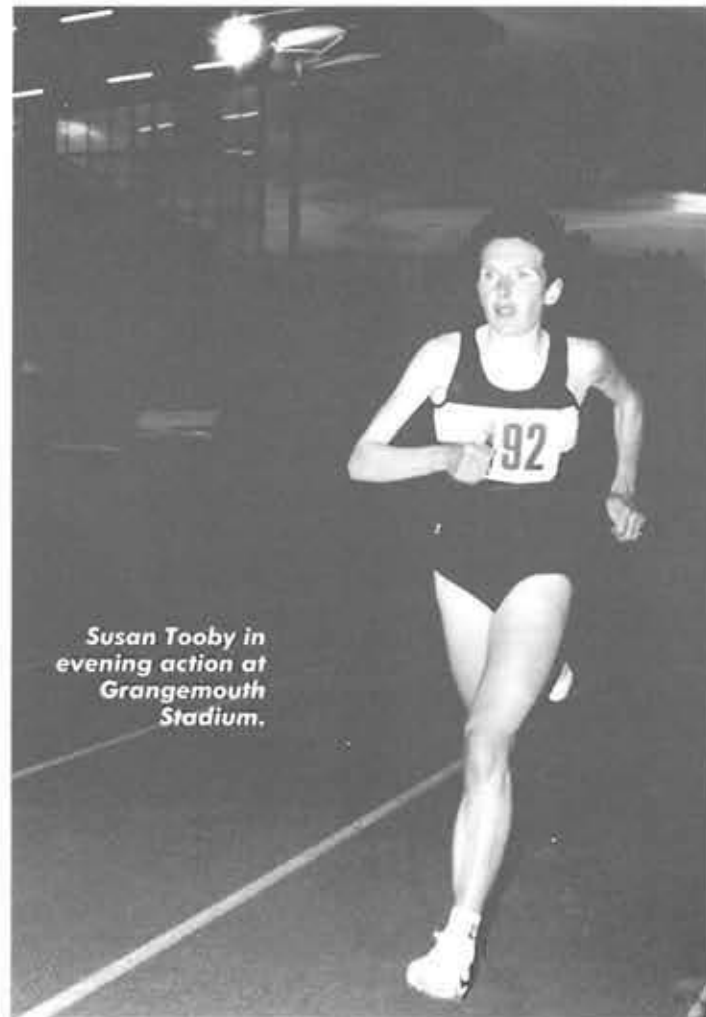
The Grangemouth Stadium in Falkirk was, when it was opened in 1966, the first all-weather track in the UK and currently is one of Scotland's busiest, if not the busiest in the country.

Constantly improved and upgraded, it hosts an unrivalled series of events and the 2000 seats for spectators are often filled to capacity.

Falkirk Victoria Harriers are just one of the top clubs to benefit from the complex, although assistant manager John Fairgrieve explains that the stadium succeeds in bringing together athletes from all areas.

He says: "You have groups coming down here, as well as individuals who have taken advantage of the stadium membership scheme. You do tend to see different clubs training together."

It's all a far cry from 1966 when Scotland had no athletics stadium facilities worth talking about. Are you taking advantage of the situation?



Susan Tooby in evening action at Grangemouth Stadium.

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Tom McKean, Yvonne Murray & Tommy Boyle

For Further information contact:
Wishaw Sports Centre. Tel: 0698 355821
Open 7 days a week 7.15am - 11.00pm



motherwell leisure

March

27

NATIONAL Six Stage Road Relay Champs

XIX IAAF World CC Champs (J.S.), Amorebieta, Spain

28

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

April

2

FMC Carnegie H Friday Series - 1 mile, Dunfermline.

3

DUNBAR Boundary Race 10K, Winterfield Dunbar. Start 10am, entry £3.50 (£4 on day) free refreshments and medals sponsored by Belhaven Brewery.

FALKIRK Young Athletes Meeting, Grangemouth.

4

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

GLEN Fruin Road Race, Helensburgh. 1pm. Medal to all finishers. D - Sheila Ramsay, 38F, East Argyll St, Helensburgh G84 7RR.

GREAT Angus Run - Forfar 15. Forfar.

MAGGIE Storey 10K. Forfar.

SOLWAY Athletic League, Dumfries.

EDINBURGH & Dist League, Tweedbank.

FAMILY Fun Run in aid of Scottish Motor Neurone Disease Association. 11am start in Strathclyde Country Park at Watersports Centre. 4 or 6 miles. Tel 041-552-0507.

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.

NORMAN'S Law Hill Race

RENFREWSHIRE 10 Mile RR, 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.

McFARLANE Bruce 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, Craigwood.

17

CENTRAL District Champs, Grangemouth.

KNOCKFARRELL HR, Strathpeffer.

SCREELE HR, Castle Douglas.

18

DORA Stephen Memorial Meeting (women), Crownpoint.

BORDER Athletics League, Tweedbank.

JIMMY Scott Memorial RR, Glasgow.

WHITE Caterthun Race, Brechin.

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

NUTRASWEET London Marathon, London.

21

ST ANDREWS 5K Race, St Andrews

22

JSB Plumbing Forth Valley League, Grangemouth; Livingston.

24

BEN Rha Hill Race, Reay, nr Thurso.

HUNTERS Bog Trot, Edinburgh.

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, Bron 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 to 10.00am. 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 any way be held responsible 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

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9.30 am

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DISTRICT COUNCIL

STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)
11.00 am

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

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- * 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

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



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Council Fit for Life Festival

13TH JUNE 1993 - a
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one week earlier than
last year.

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British
Association of
Road Races
GRADE 1



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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



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SCOTTISH ATHLETICS FEDERATION 1993 CHAMPIONSHIPS



OPEN CHAMPIONSHIPS

20 June SAF Marathon Championships Greenock
27 June "TSB" SAF Under-20 & Under-17
Championships Grangemouth
27 June SAF 10K Road Race Championship
Alexandria
10 July SAF Senior Championships TBC
11 July "TSB" SAF Under-15 & Under-13
Championships Crownpoint
24/25 July SAF Combined Events & 10,000m
Championships Linwood
28 August SAF Heavy Events Championship
Dunoon
29 August SAF Half Marathon Championship
Aberdeen
19 September SAF 10 mile Road Race
Championship Inverness
26 September SAF 100Km Road Race
Championship Edinburgh
1993 Season overall SAF Hill Running
Championship Various
(selected events over the season)

CLOSED CHAMPIONSHIPS

15/16 May "TSB" SAF East District Championships
Grangemouth
15/16 May "TSB" SAF West District Championships
Dom Park, Ayr
16 May "TSB" SAF North District Championships
Inverness
24/25 July SAF Relay Championships Linwood
8 August SAF Medley Relay Championships
Meadowbank
18 September SAF North District 10K Track
Championship Inver

ENTRY FORMS

(as they become available)
AND/OR FURTHER INFORMATION
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Ladies (15 & over) Road Race	5 miles
Senior Men's and Ladies Race Walk	5 miles

EASTER SATURDAY IN PEEL

(First Race at 2.15 p.m.)

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

EASTER SUNDAY IN DOUGLAS

(First Race at 10.15 a.m.)

Men's Road Relay	4x4 miles
Ladies Road Race	4 miles

MEDALS TO ALL FINISHERS

GOOD FRIDAY RACES

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

Entry Fees for weekend - Senior's including Youths,
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All others £3.00 (plus 50p for unaffiliated runners).

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ALL ENTRIES CLOSE 16TH MARCH, 1993

City of Dundee

Peoples' 10km event and Childrens Fun Runs

Sunday 9th May 1993

Starting Times - 11.00 am Fun Runs
12 Noon 10km

events starting from High Street, Dundee



Entry forms and further information can be obtained from:
Leisure and Recreation Department
Olympia, Earl Grey Place, Dundee
Tel: 0382 22729



GRE BAL Div. 1, Coptail, Div. 2, Crawley.

9

SPEYSIDE Way 50K Race, Balindaloch.

BORDER AL, Tweedbank.

ABERFELDY Recreation Centre Half Marathon, Aberfeldy. D - 0887-620922.

CITY of Dundee 10K, and children's fun runs, 11am fun runs, 12 noon 10K. High St, Dundee. D - Leisure and Rec Dept, Olympia, Earl Grey Place, Dundee. Tel 0382-22729.

GOUROCK HG, Gourock Park. D - The HON SEC, C/O Recreational Services, Inverclyde DC, Greenock. PA15 1LQ.

MID Argyll Half Marathon & Fun Run, Lochgilphead. 2pm. D - Bill McCallum, 38, Fernoch Park, Lochgilphead, Argyll. Tel: 0546-602664.

UK Women's League Div 5, Stoke.

McDONALD'S SYAL West Div. 1&2, Crownpoint, East Div. 1&2, Pitreavie, North East, Inverness.

11

BABCOCK Thorn Pitreavie 5K RR, Dunfermline.

12

DUMYAT HR, Stirling University.

SRI Chirmoy 2 miles, Meadows, Edinburgh.

CALDERGLEN HARRIERS 10 MILE ROAD RACE

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**2.30pm
SUNDAY 2nd MAY 1993
Enter on the Day
£3.00 (£3.50 unattached)
Calderglen Country Park,
East Kilbride.**

Further Details (E.K. 33194)

TROON Tortois 10K & Fun Run, Troon.

PANASONIC Sal v Scot Unis v Scot Juniors, Grangemouth.

13

JSB Plumbing Forth Valley League, Pitreavie, Grangemouth.

15

FORRES H 10K, Forres.

GOATFELL HR, Brodick, Arran.

TSB SAF E District Champs, Grangemouth; West District Champs, Ayr. D - SAF, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel: 031-317-7320.

16

CUMBERNAULD 10K RR/5K Fun Run, Cumbernauld. Starts 1pm. RR £4-£5. Fun run £2.50. Sae to Cumbernauld and Kilsyth DC, Rec & Leisure Services, Council Offices, Bron Way, Cumbernauld G67 1DZ.

TSB SAF E District Champs, Grangemouth; N District Champs, Inverness; W District Champs, Ayr. D - SAF, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel: 031-317-7320.

HUGHES Glenrothes Road Running Festival, Glenrothes. Events start 9am.

MOTHERWELL District Super County Half Marathon and Fun Run, Wishaw Sports Centre 11am. Tel: 0698-355821.

18

BABCOCK Thorn Pitreavie OGM, Pitreavie.

19

KINNOULL HR, Perth.

SRI Chirmoy 5 Miles, Meadows, Edinburgh.

BANK of Scotland Eyemouth RR, Eyemouth.

21

SCOTTISH Islands Peaks Race (3 days), Oban.

22

FALKIRK Young Athletes Meeting, Grangemouth.

GRAMPIAN Festival of RR, Duthie Park, Aberdeen.

NEWTONMORE 'Flat Mile', 8pm from Balavil Sport Hotel, Newtonmore. Sae to Duncan Watson, Glenquoich House, Newtonmore, Inverness-shire PH20 1EB.

23

CITY of Aberdeen Milk 'Marathon', Aberdeen.

MONKLANDS Scottish Cup Semi Final, Coatbridge.

MOTHERWELL District 10 mile RR, Annan.

NEWTONMORE 10 mile RR. 2pm from the Eilan, Newtonmore. Award to all finishers. Sae to Duncan Watson, Glenquoich House, Newtonmore, Inverness-shire PH20 1EB.

SOLWAY Athletic League, Annan.

ST Andrews Ladies 5 mile Race, St Andrews.

PANASONIC SAL (2) D1&2, Crownpoint, D3, 4&5, Meadowbank.

26

AULD Town 10K, Dunfermline.

INVERCLYDE Fest. of Running 4x2 mile Relay, Greenock.

LANARKSHIRE AAA Track League (2), Wishaw.

SCOTLAND v Israel v Turkey, Tel Aviv.

SRI Chirmoy 1 mile, Meadows, Edinburgh.

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27

HELENSBURGH 10K, Helensburgh.

29

ISLE of Jura Fell Race, Craighouse, Jura.

ITALY v Czechoslovakia v GBR - Multi Events, Alzano, Italy.

JUNIOR International Invitation, Norway.

KIRKCUDBRIGHT Acad Half Marathon, Kirkcudbright.

MAMORE Ridge Run, Kintochleven.

SCOTTISH YAHs, Bathgate H Games.

BANK of Scotland Stornoway Half Marathon and Fun Run. Budget accommodation, ceilidh. Fee £5. D - Alan Cunningham, Burncrook, Upper Bayble, point, Isle of Lewis. PA86 0QH.

30

CAITHNESS People's Half Marathon, Thurso.

CITY of Glasgow Women's 10K, Glasgow.

COWAL Police Half Marathon, Dundee.

EDINBURGH & Dist League (1), Tweedbank.

ITALY v Czechoslovakia v GBR - Multi Events, Alzano, Italy.

JUNIOR International Invitation, Norway.

BANK of Scotland NE League, Dundee.

GRAMPIAN TV League (East), Aberdeen (North), Peterhead.

McDONALD'S SYAL West D1&2, Dumfries.

31

CAU Inter County Championships, Corby.

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People's Half Marathon
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Saturday 7th August

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Vikki eases through

IN A biting cold wind at Irvine on February 28, writes **Alan Campbell**, Glasgow University's Vikki McPherson successfully defended her Scottish Cross Country

Championship title, finishing 20 seconds ahead of Sue Ridley and a further 20 clear of third placed Alison Rose - although in terms of ease of victory the margin was a great deal wider. McPherson admitted

afterwards that she had lost concentration; which is something that one of the marshalls involved in the organisation of the event seemed to do earlier in the afternoon when the minor girls' event was reduced to chaos after the competitors were mis-directed after the first short loop of the course.

From that point onwards, none of the athletes knew what was happening; a false sprint to the line adding to the farce at one point. Full marks to the winner, EAC's Liann Harrison, for taking advantage of the situation, but as one parent remarked later:

"It was not a good advertisement for Scottish athletics, especially when you've got English people up."

"I feel sorry for all the girls, especially those who travelled long distances, and I'm sure that some of the ones who might have been in contention for a medal had that opportunity taken away from them."

That very unfortunate mishap apart, there were several notable performances, including those of Amanda Tremble, the only English victor, who beat Isabel Unaker to win the intermediate title; Caroline Morris (JWK), who pipped Central Region's Katrina McNab by six seconds to win the girls' race; and in the youngest age group, Iona McIntyre of Dundee Hawkhill Harriers who won the mini mums' event by just two seconds. (See Page 18 for results.)



Above: exhaustion and anguish at the end for two competitors, while Vikki McPherson regains her composure. Top left, Ian Skelly Law & District runners came well prepared!



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Gel Lyte III size: 5, 5 1/2, £35
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