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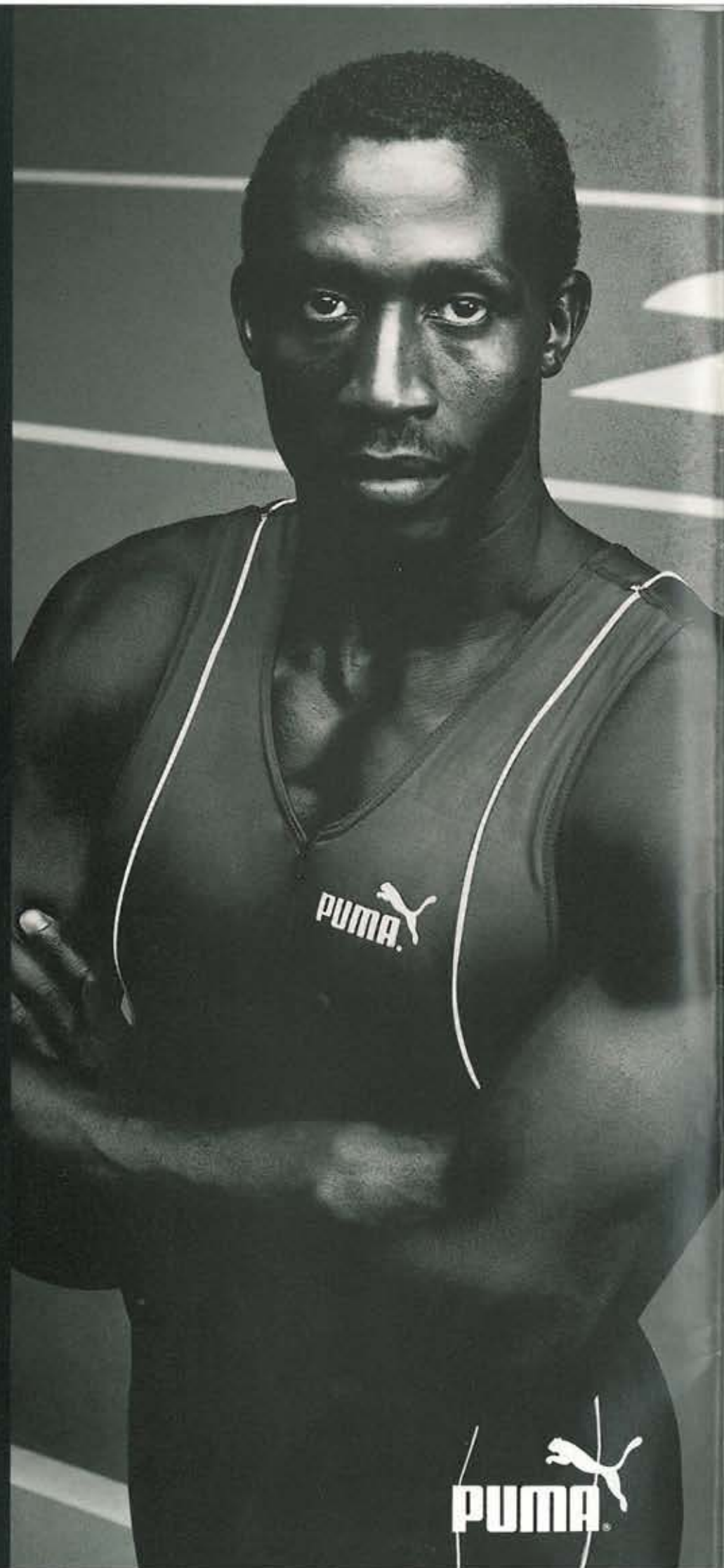
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Scotland's
RUNNER

**ISSUE 84
AUGUST
1993**

COMMENT

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Who does Andy Norman think he is fooling? Before the Great Britain v USA match at Meadowbank on July 2, there was the familiar huckstering litany from the promotions officer of British athletics, to the effect that the Edinburgh stadium was on trial: if there was not a good turnout, then perhaps there would be no further major track and field meetings in the capital.

In the event there were fewer than 10,000 spectators in the near-15,000 capacity arena — and 3000 of these tickets had been paid for by the sponsors, TSB, and distributed to school kids.

Perhaps we should be told who sanctioned this event on the Friday of Trades fortnight, the start of Edinburgh's annual holiday.

Norman admitted afterwards that ITV would most heavily influence any decision on the future, and happily it seems they were delighted with the meeting. It could hardly be otherwise, with the procession of UK winners, including Tom Hanlon, Tom McKean, David Strang, and Yvonne Murray, who made this Scotland's best performance in a British international.

People sometimes naively enquire as to why there are no longer meetings like the Ibrox sports, when upwards of 40,000 turned out to watch the world's finest athletes. It is simple. There was no TV then. The Rangers meeting was the only way to see such athletes.

But the Scottish public are not fools. We even have the telly here, Andy. And we can switch it on and see Carl Lewis, Andre Cason, Kevin Young, Michael Johnson, Butch Reynolds, to name only some of the leading Americans who were too busy on the grand prix circuit to turn up. Was that because they are handsomely paid to compete there, but would have gone unrewarded for flying Old Glory in Edinburgh?

Britain's stars were paid to perform in Edinburgh, so let there be no thoughts of our athletes being on some moral high ground.

There is no doubt that the promotions officer does an outstanding job and admittedly there are additional costs to staging such a meeting in Scotland — extra flights, and accommodation for athletes who live within easy reach of Crystal Palace or Birmingham — £85,000 more, according to Norman, though Scottish officials put the figure somewhat lower.

But would Norman have tried to pass off this celebrity-starved US team in London or Birmingham? We think not. He would have beefed it up with two or three US superstars, to give Christie, Jackson and Grindley, for example, a meaningful test, rather than exhibition runs. All of which would have helped attract a bigger crowd.

Norman has created a rod for his back in building the expectation that the world's best will compete in Britain.

But if this was our first win over the USA men's team in eight meetings since 1961, then let us face the fact that it was because it was the weakest US team to visit these shores in that time. The statisticians will tell you there were nine US champions and more than 30 of their world team for Stuttgart, but shot putters Randy Barnes and Mike Stulce apart, there was scarcely a name recognisable to any other than the most committed fan.

London or Birmingham would have provided a better crowd, some of the English officials were muttering. But they would have been served a tastier dish.

So, please, let's have a few of the best US competitors in Edinburgh next time, not the B team. And then the capital can stand or fall on merit and not be condemned on the basis of a spurious litmus test.

Doug Gillon

Only four Scots in IVth Worlds

Liz McColgan will not defend Britain's only world championship title in Stuttgart this month, but Scotland will be represented in the 10,000m race by Vikki MacPherson, who cracked the qualifying time in dramatic style at the World Student Games in Buffalo, writes *Alasdair Fraser*.

City of Glasgow's MacPherson finished fourth, almost 10 seconds down on Romanian winner Iulia Nagura, but her time of 32:32.42 was eight seconds within the British team qualifying mark. She also slashed almost a minute off her own personal best.

As 22-year-old McPherson stepped in, out went McColgan, her coach and agent Kim McDonald announcing she would not recover in time from a hamstring problem on one leg, which has aggravated tendon problems on her other foot. Fortunately, a Magnetic Resonance Image Scan has revealed no long-term damage.

Liz's husband, Peter, commented: "The MRI test a few days ago showed there were no

skeletal problems. Thankfully, it showed nothing we weren't already aware of — at least that's encouraging."

Kim MacDonald added: "Liz has set herself two targets now — one, to win the world cross country and, two, to run a low two-hour-twenty in the London Marathon. She will not run another marathon before then."

"Assuming she makes the expected recovery, her first race back will be the Prince's Street Mile and then the Great Northern Run, but she will not defend her world half marathon title in Brussels."

MacPherson's late arrival makes her one of only four Scots certain to travel with the Great Britain and Northern Ireland squad for the IVth World Championships.

Tom McKean will run in the 800m having achieved the qualifying standard prior to his bronze at the World Trials in Birmingham.

Yvonne Murray, another who had already made the qualifying mark for Stuttgart, runs in the 3000m while Karen MacLeod

was selected, earlier, for the marathon.

Announcing the team after the Panasonic AAA championships and World Trials in Birmingham, director of coaching, Frank Dick, said none of Britain's "walking wounded" were to travel. Only those who had demonstrated their fitness in Birmingham were selected, but places remain up for grabs for those who can find competition and break qualifying standards before the August 4 deadline.

Mr Dick said: "Individual performances will be considered until the closing date and we will meet after Gateshead to review the situation. I do not think we have the same number of potential finalists as previous years, but we have upwards of ten medal prospects."

He also made reference to the pressures placed on athletes by the proliferation of top world competitions: "We are seeing for the first time the ravages of the Olympiad that are so severe on athletes. Team selections are

almost becoming annual even bi-annual affairs."

David Strang, who finished a disastrous tenth in the World Trials, has said he will attempt to secure a place — if he can find a race to do it in. Meanwhile, there was a tacit warning to steeplechaser Tom Hanlon who failed to appear in Birmingham, despite entering the competition.

Hanlon had already made the qualifying time, but may now have burned his bridges — he was not picked for Stuttgart on the basis that selectors had not had the chance to confirm his fitness.

"We were given no indication Hanlon was not going to be there," said Frank Dick. "Athletes were warned beforehand that they should be at Birmingham."

Hanlon has already gone on record saying he will only run in Stuttgart if he feels capable of taking a medal, but will now have to prove his fitness elsewhere and await a decision from the selection team.

Bad luck blights Europa Cup bid

The Europa Cup, high point of British athletics with the famous overall victory by the men's team at Gateshead four years ago, was again a source of frustration for Britain in Rome and a day of sorrow for Tom McKean who, despite a perfect tactical run, surrendered his unbeaten 800m record in the competition.

Having been robbed two years earlier in Frankfurt, when the judges failed to disqualify a Soviet relay runner, this time Britain lost thanks to bad luck and a seriously sub-par performance by banker high jumper Steve Smith.

Russia, on their first national team appearance, beat Britain by just four points, with France a point behind in third and Russia also won the women's contest, with the UK fifth. Britain won seven events to just two by Russia, but it was all in vain. The Russians were inspired and their men's captain Rodion Gataulin, cleared 6.00 metres to beat Ukraine's

34-time world record breaker Sergei Bubka in the pole vault.

Two unpredictable disasters made Britain's task impossible. Despite a skilful TV production which suggested the UK might recover from the handicap, there was never any way back unless the Russians had fouled up in the 4x400m relay for a zero pointer. Within four minutes of the opening day it was all over bar the wake.

Eamonn Martin limped off injured from the 10,000 metres and Steve Smith never got near his world junior height of 2.37m. He cleared just 2.26 for sixth place. Thus events which might have reaped 15 or 16 points from a possible 18, harvested just four.

McKean finished third (1:47.32), out-kicked in ominous fashion by Andrei Bulkovski who had won the 1500m with a similar late charge. Yvonne Murray's run of 10 successive victories ended when third in the 1500m with 4:17.51, behind winner Vera Chuvashova (4:16.03) and Violeta Beclea (4:16.36). Off a

slow pace her final 500m burst in 75 seconds flat, though impressive, was not enough.

Linford Christie joined McKean on four successive wins when he took the 100m in 10.22. Christie is now second only to Allan Wells in Europa points won for Britain. Colin Jackson won the 110m hurdles in 13.10. John Regis posted Europe's fastest time of 20.38 to win the 200m. David Grindley took the 400m in a championship record of 44.75 and Rob Denmark had a savage swipe at those who have dismissed UK endurance running after winning the 5000m in 13:30.02.

Sally Gunnell, running in lane nine, recorded the fastest time of the year, 57.73, to win the 400m hurdles.

Liz McColgan caused a major stir by her late withdrawal from the 10,000m before flying to Florida for treatment on injuries to both legs. She forfeited her world pre-selection place as a result.

Youngsters squelch Welsh

SCOTLAND'S under-17 and under-20 squad achieved a crushing win over their Welsh rivals at Carmarthen and managed 10 personal bests. But the meeting was plagued by torrential rain. Scottish schools and senior indoor sprint champion Sinead Dudgeon (Edinburgh AC) won the 100m and 200m (12.8/26.00) while Hillingdon's Iain Park had a double in the hammer (57.64m) and discus (43.72m).

The class scottish performances came from Doug Chandler (Merchiston Castle) and Gavin Broomfield (Glenalmond). Chandler, an Australian on a rugby scholarship, won the 400m hurdles in 55.5 secs while Broomfield won the javelin with 56.16m.

Women: 1, Scottish Schools 137; 2, Welsh Schools 103; 3, AA of Wales 72. Men: 1, Scottish Schools 156; 2, Welsh Schools 117; 3, AA of Wales 97.

HIGHLAND GAMES: Tomintoul stramash over Joe Quigley

AUSTRALIAN Joe Quigley's appearance at the Tomintoul Highland Games caused a stramash when fellow competitors initially declared they would not compete alongside the controversial heavyweight.

Quigley was banned by the Scottish Games Association last year after a drug test registered positive at Balloch Highland Games, but was later reinstated after a court case.

Proceedings at Tomintoul are understood to have been substantially delayed as competitors refused to take part, but matters were resolved when Quigley agreed he would not throw for money.

Honorary secretary of the Tomintoul Games, Miss P. E. Grant, confirmed: "There was a dispute among competitors, but it was resolved. All but one competitor later agreed to take part."

Quigley's appearance at Tomintoul meant he relinquished his SGA world heavyweight championship at the Balloch Highland Games.

AMATEUR athletes planning to take advantage of new IAAF regulations which allow access to professional Scottish Games, have been warned to avoid non-permitted events or face suspension.

Scottish Games Association secretary, Andrew Rettie, has admitted there is a risk amateurs could jeopardise their status, should they compete in Games where promoters have not applied for the £25 permit necessary to allow mixed participation.

"There is a real danger of amateur athletes turning up at Games which have not applied to the Scottish Athletics Federation, through the SGA, for these permits," said Mr Rettie.

"All amateurs should be extremely careful and check with organisers before they travel. Clearly, if they take part in Games without permits they will be breaking SAF rules."

In June, the SGA and SAF ushered in a new era in Scottish athletics which will allow a trial period of "open" competition until end of January and, pending IAAF approval, from that date forward.

Games which have already applied suc-

cessfully for the permit and are therefore open to amateurs, include: Langholm (July 30), Glenrothes (31st), Preston Pans (August 1), Inverkeithing (7th), Morebattle (14th), Perth (15th), Crieff (21st), Edinburgh (25th), Braemar (September 4), Meadowbank (New Year's Day, 1994).

Other aspects of the new agreement which amateurs ignore at their peril are the £7.50 registration fee payable to the SGA before competing, and the £500 a year maximum they can earn from professional competitions.

Fifty year old amateur, Brian Fenton, from Sunderland Harriers had a close shave with the SGA at the Walkburn Games recently. After winning the 110m handicap sprint, Mr Fenton was about to accept the £2,000 winner's cheque when Andrew Rettie intervened to safeguard the veteran from suspension.

Mr Rettie said: "Brian Fenton is an amateur, had not declared that at the time, and was reluctant to complete the application forms. Therefore, he could not be allowed to accept the cheque."

Historic Douglas double

ATHLETICS history was made at Peebles on June 28 when Keith Douglas of Edinburgh Southern scored a sprint double in the Grand Beltane Sports.

Amateurs ran for the first time at a meeting controlled by the Scottish Games Association under new rules

which had come into force a day earlier.

Douglas won £600 which went into his trust fund for victories in the British professional 110m championship, a scratch race, and the 110m Beltane Handicap in which he had a start of 1.5m and was giving away up to more than 20m.

In the final he beat the field, which included 1-3 favourite Michael Dods, the Gala rugby winger, in 11.30 secs. Clubmate Jamie Henderson, the former European junior and UK senior champion, was backmarker, iff scratch in the handicap event.

Douglas was repeating a feat he achieved in 1988 at the same meeting when he was still a professional. Then he pocketed the money. His biggest pro success was a \$6000 win at the Stawell meeting in Australia. Another with knowledge of both codes was Terry Mitchell - he has thrice switched codes - who was runner-up in the 3200m.

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Run sponsorship OK Liz v Yvonne in Princes St.

DISCOTHEQUE owners Unicorn Leisure have reaffirmed their commitment to supporting the Great Scottish Run on August 13, ending speculation they were about to withdraw £50,000 in sponsorship money.

The recent fracas with Glasgow City Council over cuts in licensing hours will not jeopardise Unicorn's support, according to director Michael Kane, despite the fact changes in opening hours have led to a "60% loss of business" at the company's three city establishments.

"There has been some talk of us pulling out," said Mr Kane, "but we did not enter this deal lightly and would not abandon the race at such a late stage."

"We make our living from the people of Glasgow and this is the people's race — we won't let them down."

He did warn, however, that support for next year's Run

depended directly on a reappraisal of the City's licensing regime.

The race itself is enjoying a surge of interest which has persuaded organisers to extend the deadline to race day to accommodate what could be a record-breaking entry.

Entries for the race proper stand at 4,006 — almost 18% up on this time last year — while the junior race has enjoyed a rise of 5% to stand at 1500.

Among the celebrities who have entered include Jimmy Savile OBE — an ever-present at the Run — Scottish rugby stars Scott Hastings and Sean Lineen, boxing champions Gary Jacobs, Pat Clinton and Paul Weir, and BBC weather forecaster Vanessa Collinridge.

The names of top athletes competing cannot be confirmed until race day, although three leading Kenyans will be among the line-up.

Liz v Yvonne in Princes St.

ARCH rivals Liz McColgan and Yvonne Murray are set to clash in next month's Princes Street Mile road race in what will be their first contact since elbows and cross words flew in June, at the Grampian Festival of Road Running writes *Alasdair Fraser*.

McColgan, presently battling against injury, has declared she will run if fit in an attempt to avenge Murray's triumph in Aberdeen.

The Edinburgh race is living up to its billing as "the world's premier road mile" with Philadelphia-based Irish woman Sonya O'Sullivan — currently world's fastest woman over 1500m and 3000m — and last year's winner and reigning Olympic 800m champion, Ellen Van Langen, both confirming they will run.

Kenya's David Kibet, 1992 Dream Mile winner, returns to defend the men's race, while Eamonn Coughlan will try to

become the first veteran to break four minutes when he defends the masters race.

Coughlan, who holds the world's fastest time by a 40-year-old, comes up against former world 5000m record holder Dave Moorcroft, currently fastest veteran for the outdoor mile and another who would dearly love to become first vet under four minutes.

Said Coughlan: "David and I, and several others, having been knocking on the door all season and, given good conditions and strong competition, I see no reason why the barrier can't be broken in Edinburgh."

Charged with the task of ensuring there is a world class field in Edinburgh, is Kim MacDonald who is also Liz McColgan's coach, and is "confident of delivering an unprecedented line-up of world class milers, for what is now the world's top mile race."

Youth bronze

SINEAD Dudgeon leapt into the headlines yet again in July with a bronze medal for Britain at the European Youth Olympics in Valkenswaard. She clocked 24.76 in the 200m. Des Roache reached the 1500m final and Martin Pate was 11th in the high jump with 1.95m. Other Scots in the team were Bruce Robb, Kevin Daly, Julie Robin and Lisa Brown.

Promising step up

STEVE Binns, the former Commonwealth 10,000m medalist from Falkirk Victoria was runner-up in his debut at the half marathon at Dumfries. Running with Mark Croasdale, a member of England's winning team in the World Mountain Cup last year, Binns finished 15 seconds down in 66:52, but did enough to suggest he may have a future at the longer distances.

Verity first

THE Scottish national walks record holder at 3000 and 5000m, Verity Larby, competes for Britain in the 10,000m walk at the World Championships in Stuttgart. She is believed to be the first Scot to gain Olympic or world recognition in a walks event.

CoG set for UK women's title

CITY of Glasgow look set to win the UK Women's League division one title after an outstanding success in the second match at Meadowbank. They had three senior A individual wins to take the match and lead Sale by one league point.

They will win provided they finish no worse than one place behind Sale in the final match at Birmingham on August 21. Glasgow even have a 46-point cushion.

Their individual winners were Jane Low, with a personal best of 59.20 in the 400m hurdles, Alison Grey (shot, 15.08m) and Jacqui Barclay (javelin, 43.86).

Successful defence

FRASER Clyne (Metro Aberdeen AC) retained the Scottish marathon title when winning the IBM Inverclyde marathon at Greenock. He led from half distance to win in 2hr 26min.40sec, finishing almost three minutes clear of English runner Ray Lees (Clayton-le-Moors). Veteran Dennis McAra (Falkirk Victoria) passed Martin Coyne for third place after Coyne suffered a hamstring injury in the final half mile.

LETTERS LETTERS LETTERS LETTERS LETTERS

Master coach 'did not fit in'

13b, Stuart House,
Burns Rd.,
Cumbernauld,
G67 2AP.

SIR, In your recent July issue you refer to a number of coaches who have recently resigned from appointments within the Scottish coaching set up.

As I am one of those mentioned I should like to clarify my own position.

I resigned in August 1992, from the position of Group Coach for Endurance, this being well before the publication of the "Genesis" document and thus there could be no connection between the two events.

Indeed, as I, and many of the coaches active in Scotland have never seen this document I cannot pass opinion on its content.

The reasons for my resignation were detailed in my letter of resignation to the National Coach and it is not my intention, at this stage, to elaborate on these reasons: suffice to say that the National Coach did not feel that I fitted in with his concept of the development of Endurance events.

It is my belief that when a person is appointed as a National Coach then he must be allowed to develop his plans as he sees fit and choose the people in whom he has faith to further these plans.

As always, time will be the final judge.

Alex Naylor,
BAF Master Coach,
BAF Senior Coach in Sprints,
Middle Distance, Steeplechase.

Competition for Under-11s is part of the athletics fun

14 Burnieboozle Place,
Aberdeen,
AB1 8NL.

SIR, In March of this year the SAF Track and Field Commission decreed that there should be no competition for under-11s within Track and Field permitted meetings, a decision that was happily later rescinded. In the June edition of Scotland's Runner, Ian McCafferty stated that he would ban all under-12 leagues! Currently the SAF Development Committee is considering the question of competition for under-11s.

There have, within Scotland, been competitions for under-11s for around 20 years. It is to be hoped that the SAF Development Committee will base its recommendations not upon theoretical grounds, but upon evidence collected from clubs. As far as Aberdeen AAC is concerned the evidence is that a youngster can begin competing when under-11 and go on to reach a high standard as a senior athlete. Four examples of this are the following: Mark Davidson; Scottish national and native record holder for the 400m hurdles, member of the 4x400m relay team that finished second in the 1990 Commonwealth Games, Scottish 400m hurdles champion 1990 and 1992; Duncan Mathieson; Scottish native record holder for the decathlon, eighth in the 1990 Commonwealth Games decathlon, Scottish long jump champion in 1990; Helen Lowe Scottish women's shot champion in 1990, 1991, 1992; Scottish women's discus champion in 1992; Linda Davidson; Scottish

women's long jump champion in 1992.

No doubt other clubs could provide similar evidence. For example, I understand that Yvonne Murray began competing for Edinburgh AC before she was 11 years of age.

Not only is it factual that some athletes who began competing before their 11th birthday went on to become successful senior athletes, it is also factual that some of today's officials and coaches first became involved with athletics when accompanying their children when under-11, to training or to competition. Had we not offered athletic competition to under-11s we might have lost not only some good athletes — possibly to other sports — but also some first class officials and coaches.

Few if any would disagree with Ian McCafferty when he writes that he is "totally against intensive training for youngsters". But it is not only under-11s (or under-12s) who are youngsters. I would imagine that all clubs with

experience of working with young athletes realise that, in the long term, it is prudent to increase training gradually over a number of years. Incidentally Ian, not all training is to be measured in miles-per-week. Young athletes are also introduced to the throws, jumps, hurdles and relays. It may be that some of these technical events are best introduced at a young age.

Ian suggests that children under-12 should be permitted to join an athletic club, but that it should be only for fun. Part of that fun is being allowed to take part in competition. This is something children do naturally. When I was a youngster most children's games had some element of competition. Presumably the same is true now. It is to be hoped that the SA does not deny under-11s the fun in taking part in athletics competition.

W.Hunter Watson,
Secretary,
Aberdeen AAC.

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LETTERS LETTERS LETTERS LETTERS LETTERS

Superstars should recreate what they enjoyed

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DD5 3QW

SIR, I attended the Scottish Athletics Championships as a spectator this July and was, to say the least, dismayed by the overall standard of performance and the lack of atmosphere at what should be Scotland's premier athletic event.

Well done vaulters!

33, Forbes Road,
Rosyth,
Fife.
KY11 2AN.

SIR, May I congratulate, through your columns, all pole vaulters who competed in the Scottish Senior Championships at Grangemouth. They competed in a strong cross-wind, the most difficult and dangerous conditions for vaulting.

Only one of the 12 vaulters failed his opening height, a statistic typical of any PV event in perfect conditions. The competition itself was probably the most exciting and competitive of the day; greatly assisted by a team of knowledgeable and helpful officials who appreciated vaulters' problems. Anyone who followed the jump off, which took five heights to resolve, saw victory go to Dougie Hamilton. Dougie is the first Scot to win the title for many years — in fact since he won it himself in 1984.

To keep that title in Scotland will need a massive input of enthusiasm and provision of basic vaulting facilities at club level. How many clubs provide any facility for pole vaulters on their club training night? How many clubs boast an active pole vault coach? How many clubs care? Forty young athletes attended the one day pole vault school at Grangemouth in May indicating that there is no shortage of athlete enthusiasm and talent in Scotland.

Eamon Fitzgerald,
National Event Coach,
Pole Vault.

As a former hurdles coach with some knowledge of national and international competition (Pat Rollo, Carolyn Smith and Mark Hardie were among the athletes I coached) and the current fitness coach at Dundee HSFP rugby club, it is very interesting to draw comparisons between the two sports.

Athletics is clearly losing popularity, both with Scottish participants and spectators whilst rugby is gaining ground. Both have suffered the dire effects of the teachers' dispute, perhaps rugby more than athletics, so we should not point the finger in this direction looking for answers. Anyway, as they say, "history is read in books".

'The gulf between domestic stardom and international superstardom is just too great for many athletes to believe that they can make it in top class athletics today.'

Andy Vince has clearly put together a worthwhile "Genesis" plan and, with everyone's positive support, this will take some years to mature and develop. Indeed there are striking similarities with rugby's route of structured junior coaching, competitions and national events together with the support of full-time regional development officers.

Back to the failures of the Scottish Athletics Championships. Scotland is a small country in comparison to most other athletic and rugby playing nations.

However, we have always respected and supported our sporting heroes with fervour. In the 1970s and early 1980s, a golden time for Scottish athletics and a relatively poor era for Scottish rugby, the names of Wells, Sharp, McMaster, Forbes, Robson, Williamson, McDonald, Williams, Ritchie, to name but a few, were revered household names to many Scots (I'm sorry, I know that I have left people out!).

The athletes knew and respected their heroes because they were revered but approachable.

These stars also supported their clubs, the Scottish Championships and the few invitation events run in Scotland (the good old Edinburgh Highland Games, the SIAC meeting, etc.).

Everyone knew these athletes were miles ahead of the other domestic competitors, but that was not the point. Looking after "your own" WAS the point. The star athletes were seen as "real" people and the average club athlete benefited greatly from rubbing shoulders with them in domestic competition.

In a sense it proved to many aspiring youngsters that the steps to improved performance and further honours were indeed attainable. This in turn created a new generation of rising stars — the Lynches (McColgans), Murrays and McKays.

Nowadays you see Liz, Yvonne and Tom running all over the world, but rarely in their native land. The Grand Prix circuit may be a wonderful moneyspinner but it does nothing to develop the grassroots of sport in places like Scotland. We have very few quality domestic competitors, even less with the charisma or personality to attract the public, let alone the media. The loss of television coverage of the "Scottish" within the last 10 years is symptomatic of the problem. The gulf between domestic stardom and international superstardom is just too great for many athletes to believe that they can make it in top class athletics today.

In contrast the top names in Scottish rugby regularly turn out for their clubs and districts and are highly visible to players and

spectators alike. They support the process of domestic development of rugby.

I believe that in sports self-belief is as important as physical talent.

However, who would want to put the physical work in to have the acclaim of standing on the winner's rostrum at Grangemouth. Very few I bet! The number of call-offs from the printed programme and the number of "straight" finals reflected the athletes' apathy. I even overheard a participant calling the event the "Scottish open graded championships".

Nowadays you see Liz, Yvonne and Tom running all over the world, but rarely in their native land.

Looking around the faces at Grangemouth I appreciated just how much time and effort so many people have put into their sport over the years — athletes, ex-athletes and officials. Don't you think they deserve better than they're getting?

The apparent "Catch 22" of the problem isn't impossible to break. Let's start with Andy Vince's plan and then appeal to the few remaining Scottish superstars to put back into Scotland that which they themselves derived benefit from — a healthy and competitive environment for young people.

My wife Carolyn decided to start hurdling again this year at the age of 31 and having produced four children, including twins of eight months old, simply because she believes the standards have not moved on in the past 10 years. Good for her and the others who believe in Scottish athletics.

Ron Smith.

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Bleak time for most Scots at

David Strang's dreams of world championship gold were placed on ice at the Panasonic AAA Championships and World Trials in Birmingham, where the hotly tipped Scot languished, inexplicably tenth and last in the 1500m race.

Strang's face said it all afterwards — looking taut and deeply troubled, the Govan-born ex-pat revealed: "I can't explain what happened out there tonight — but I'm worried."

Strang will now seek an immediate blood test to determine whether a virus was responsible for his sudden, and potentially costly, loss of form. He shared a room with virus victim Curtis Robb at the Europa Cup in Rome.

If given the all-clear he will — like winner Matthew Yates — have to race below the qualifying mark of 3:36.50, before August 4 if he is to be considered for Stuttgart.

"I went to make a move at 800m and there was nothing there. My legs wouldn't move and I started going backwards," said the 24-year-old who had won his heat with ease the previous day. "The pace was fine and I felt great the night before and during the warm-up. It's just not like me — if I die in a race it's usually right at the end."

Steve Cram could only struggle to fourth in a 1500m he described later as "bad from start to finish."

Cram, hot on the heels of a promising third at the Bislett Games in Norway, shrugged it off as "just one of those races", but admitted: "It was a struggle all the way — I just had to hang on."

Strang's disastrous showing epitomised a generally bleak couple of days for Scottish athletes, as injury, illness, and a little bad luck — not to mention a glaring gap in ability — conspired to overwhelm our medal hopefuls.

It took Cardiff-based Martin Bell to lift Scots spirits with his country's solitary gold in the unfashionable 10K walk — one of only four medals to fall into Scottish hands.

The 32-year-old civil servant captured the Birmingham crowd's imagination and brightened the early proceedings with



One of the better displays was by Graeme Croll (12) 4th in the steeplechase, here leading the winner Mike Hawkins

Picture Mark Shearman

a gutsy, charismatic display. Showing obvious delight in celebratory capers over the closing 40 metres, he sealed his first AAA title in a time of 42 mins 29.63 secs.

Since the Walk demands continual contact between feet and surface, Bell risked penalisation with his antics, but later explained: "The crowd's support was fantastic — it helped me break the pain barrier, so it was great to return the compliment and entertain a little. An atmosphere like that is rare in my event."

He added: "It was a day I'll never forget. All but one of the top Brits were there and I never dreamt I could win."

To his credit, Bell's finest hour comes a matter of weeks after recovering from broken ribs. The Annan-bred zoology graduate will not, however, be flying to Stuttgart this month — the 10K walk is not a World Championship event.

"I can't even get championship races in Scotland," he revealed, "but I'm now going all out for next year's Commonwealth Games."

The Birmingham stadium lived up to its reputation of being something of a wind tunnel and made qualifying times elusive throughout the two-day event.

Tom McKean recovered from the disappointment of the Bislett Games and was fastest qualifier in the 800m heats, but finished third in the final after "a tactical error" on the home straight. This allowed Englishman Martin Steele of Longwood AC to take gold.

"I let Martin in on the home straight and should have resisted him all the way," said McKean, who had secured the qualifying time of 1:46.00 last year. "The main thing, though, was to qualify and be second Brit today."

Scotland's only other medals went to Geoff Parsons in the high jump and anglo John Mackenzie who took third in the triple jump at 15.64m. Parsons jumped a season's best of 2.20m in the final to finish joint third with Dalton Grant.

But, despite making the qualifying distance, the Blue Circle athlete was not picked for Stuttgart. Dave Barnetson (Edinburgh) finished ninth with 2.10m.

Aileen MacGillivray, fresh from her Scottish 100m title win, reached the 100m final with runs of 11.74 and 11.80, before finishing seventh in 11.85. That effectively ended her hopes of making the team for Stuttgart — a bitter disappointment for one of our brightest hopes.

The Edinburgh Woollen Mill woman then withdrew from the following day's 200m event — as she did at Grangemouth — suggesting her lingering hamstring problem had left her well below her best.

Club-mate Joan Booth reached the semi-finals of the 100m where she finished eighth, but the Scottish 200m champion struggled a little in the 200m heats, failing to qualify.

In the women's 400m, Wendy Steele ran over half a second faster than her gold medal winning performance at Grangemouth, yet failed to make the final.

The story was much the same for Scotland's hopes in the 800m and 1500m. In the former, Carol Sharp failed to advance despite clocking 2:11.45 — three seconds faster than her bronze-winning time at the National championships; in the 1500m, Carol-Ann Gray was only one second behind her Scottish title winning performance but came eighth in her heat.

Other performances which underlined the gap between Scottish and British national level were bronze medallist at Grangemouth Karen Scobie's eighth place in her heat, and 3000m silver medallist Sue Ridley's tenth in the 1500m

Panasonic AAA/World Trials

Linford Christie breezed into Alexander Stadium displaying all the confidence you would associate with an Olympic champion, and, true to form, he cruised with ease to 100m gold in 10.13 secs.

He then had some scathing words for his British counterparts.

"I'm not even that sharp right now," he declared, "but I'm just too strong for them — they're all just waiting for me to disappear off the scene. I came in before there was any money in the sport and they can't match the hunger I've held on to."

"Sally Gunnell is one of the few who can, but the guys haven't got the will to beat me. I'm a far better athlete than any of them."

"At Meadowbank, recently, I ran probably the worst first 30m of my life but it was just a hiccup. I've got this bad habit of just doing enough to win."

Christie — who collected his sixth AAA 100m title — later paid for his habit. He swaggered once to often in the 200m heats and was judged by Solomon when, after enjoying a comfortable seven metres lead and with just 40 to go, he eased up and was passed on the line by Solomon Wariso of Haringey.

A hushed silence descended as spectators waited for results of subsequent heats, but it came as no surprise that Christie was out — his slow time of 21.42 was some way behind the fastest loser.

Olympic 400m hurdles gold medallist, Sally Gunnell, moved down to the sprint hurdles to record the fastest time by a Briton this year, finishing clear of Jackie Agyepong in 13.08.

Colin Jackson won the 110m hurdles after four false starts had delayed proceedings, maintaining his unbeaten run in that event which stretches back 10 races to August 31 last year.

Ken Campbell clocked 14.48 secs in the sprint hurdles — 0.21 seconds up on the time which made him Scottish champion the week before, yet this was not sufficient for him to make the semi-finals.

In the steeplechase, Graeme Croll performed admirably to finish fourth with a new personal best of 8:41.94. But the Glasgow man was bitterly dis-

appointed to have missed out on a medal.

"I felt I was on for one today," said Graeme, who has now vested his hopes in next year's Commonwealth Games. "If I can get a few 8-32s or 8-34s behind me before then I'll be in the running. I'll be 28 by then and it'll probably be my last chance for a medal — that's my dream."

Aberdeen's Mark Davidson was another who looked odds-on for a medal — particularly when the 400m hurdler took off at sub-British record

pace. With British number one, Gary Cadogan, within his sights disaster struck. Davidson said: "I got too close and clipped the final hurdle on the bend. When I stumbled I knew I'd blown it and just cantered in to the finish."

Alison Grey threw below the standard which gave her a shot and discus double in the Scottish championships, finishing fourth in the shot, and tenth in the discus.

While Norwegian Lene Espregren broke her own national record to take gold in the women's triple jump, Scots entrant Karen Hambrook and Linda Davidson finished sixth and tenth respectively. Lorna Jackson was eighth in the javelin with 46.80.

Top-ranked Scot, Duncan Mathieson, withdrew on injuring his take-off ankle after only one attempt in the long-jump, to finish 13th with 6.86m. This was well below his season's best of 7.49m which would have taken him to fourth.

City of Glasgow's Rhona Pinkerton came tenth in the high jump — four centimetres short of national championship winning form.

RESULTS

MEN: Long jump — 1, F. Salla (Bel) 7.72; 2, B. Williams (C&S) 7.71; 3, I. Simpson (Le) 7.53; 13, D. Mathieson (Edn) 6.86. Discus — 1, R. Weir (Bir) 57.44; 2, F. Potpelier (RSA) 56.48; 3, K. O. Hauge (Nor) 54.58. 110m hurdles — 1, C. Jackson (Bre) 13.15; 2, T. Jarrett



Yvonne Murray, Alison Wyeth and Paula Radcliffe in the 3000m

Picture: Mark Shearman

(Har) 13.37; 3, K. Van Der Kuyp (AUS). 100m — 1, L. Christie (TVH) 10.13; 2, D. Capobianco (AUS) 10.25; 3, J. Regis (Bel) 10.32. 5000m — 1, J. Brown (She) 13-35.67; 2, G. Staines (SBH) 13-37.08; 3, J. Nuttall (Pre) 13-38.17. 3000m Steeplechase — 1, M. Hawkins (Bin) 8-57.08; 2, D. Mead (Bel) 8-58.57; 3, R. Hough (She) 8-58.80.

Hammer — 1, P. Head (N&E) 72.32; 2, J. Byrne (WE&S) 68.14; 3, D. Smith (Hu) 68.06. 10,000m walk — 1, M. Bell (Spott) 42-29.63; 2, M. Easton (SWC) 42-38.47; 3, A. Penn (Cov). Shot — 1, M. Simson (Thu) 18.79; 2, P. Edwards (Bel) 18.56; 3, J. Minns (AUS) 17.93. 400m hurdles — 1, G. Cadogan (Har) 50.60; 2, P. Crampton (Spe) 50.75; 3, F. Pieterse (SA) 50.80; 7, M. Davidson (Ed) 56.09. 400m — 1, O. Kennedy (KEN) 45.32; 2, A. Male (TVH) 45.64; 3, D. Mackenzie (Sha) 45.75. Triple jump — 1, F. Agyepong (Sha) 16.05; 2, D. Browne (Bel) 15.66; 3, J. Mackenzie (Bel) 15.66.

Pole vault — 1, S. Arkell (AUS) 5.60; 2, T. Bright (US) 5.50; 3, P. Manson (US) 5.40. 1500m — 1, M. Yates (N&E) 3-38.75; 2, R. Denmark (Bas) 3-39.62; 3, M. Barnes (Enf) 3-40.06; 11, D. Strang (Har) 3-51.59. Javelin — 1, C. Mackenzie (N&E) 41.44; 2, M. Robertson (Har) 38.96; 3, A. Curry (AUS) 34.68. 3000m — 1, K. Joseph (KEN) 7-56.39; 2, P. O'Donoghue (AUS) 7-58.99; 3, N. O'Brien (Sal) 8-03.09. High jump — 1, T. Forsyth (AUS) 2.32; 2, S. Smith (Liv) 2.30; 3=D. Grant (Har), G. Parsons (B'Cir) 2.20; 9, D. Barnetson (Ed) 2.10. 3000m steeplechase — 1, C. Walker (GH&AC) 8-33.45; 2, S. Cheddad (Saudi) 8-34.50; 3, J. Chaston (Bel) 8-34.64; 4, G. Croll (CH) 8-41.94. 800m — 1, M. Steele (LAC) 1-47.83; 2, H. Sepeng (SA); 3, T. McKean (Moth) 1-48.06. 200m — 1, J. Williams (US)

20.47; 2, T. Box (W&B) 20.85; 3, D. Campbell (Sal) 20.89.

WOMEN: Hammer — 1, D. Sosimenko (AUS) 56.86; 2, E. Agee (Esl/Ch) 52.22; 3, L. Shaw (Gio) 51.76. Javelin — 1, S. Holroyd (Sal) 60.10; 2, S. Gibson (Notts) 59.58; 3, A. Liverton (Exe) 53.22; 8, L. Jackson (EdW). High jump — 1, D. Marti (Bro) 1.86; 2, S. Foley (IRL) 1.83; 3, G. Wentlund (USA) 1.83; 10, R. Pinkerton (CoG). Long jump — 1, N. Boegman (AUS) 6.50; 2, J. Wise (Cov) 6.26; 3, D. Lewis (Bir) 6.19. Pole vault — 1, K. Staples (Esl) 3.20; 2, C. Morrison (Bri) 2.90; 3, L. Schramm (E&E) 2.90. Shot Putt — 1, M. Agee (Bro) 17.24; 2, L-M. Martensson (SWE) 15.67; 3, M. Lynes (Cro) 15.48. 100m hurdles — 1, S. Gunnell (Esl) 13.08; 2, J. Agyepong (SBH) 13.15; 3, M. Grefstad (NOR) 13.33. 100m — 1, B. Kinch (BoH) 11.44; 2, M. Gainsford (AUS) 11.47; 3, S. Jacobs (SBH) 11.52; 7, A. MacGillivray (EWM) 11.85. Triple jump — 1, L. Espregren (NOR) 13.43; 2, R. Kirby (BoH) 13.41; 3, A. Hansen (Esl) 13.16; 6, K. Hambrook 12.56; 10, L. Davidson (GAC) 11.67. Discus — 1, D. Costian (AUS) 61.58; 2, T. Axten (BoH) 54.40; 3, D. Callaway (AF&D) 53.28; 10, A. Grey (GAC) 44.00. 5000m Walk — 1, V. Lupton (She) 22-34.50; 2, J. Drake (B&HAC) 22-37.47; 3, J. Saville (AUS). 800m — 1, K. Holmes (ML) 2-02.69; 2, L. Keogh (Bas) 2-03.93; 3, L. Gibson (Ox) 2-04.92. 1500m — 1, A. Wyeth (Par) 4-11.03; 2, K. Franey (US) 4-13.87; 3, S. McGeorge (B&HAC) 4-14.13. 400m hurdles — 1, J. Parker (EL) 58.14; 2, J. Pearson (Ash) 59.09; J. Puckeridge (Med) 59.35. 200m — 1, C. Freeman (AUS) 22.71; 2, M. Gainsford (AUS); 3, S. Jacobs (Sha) 23.49. 400m — 1, P. Smith (Wig) 52.15; 2, K. Hanigan (AUS) 52.68; 3, S. Melnsmith (NOR) 53.70.

Bunney pays for sixth win



Bunney showing no pain at the finishing line

Picture Robert Perry

Elliott Bunney paid a heavy price for his record-breaking sixth 100 metres victory in the 101st national championships, the first to be held under the auspices of the Scottish Athletics Federation, on July 10 at Grangemouth writes Doug Gillon.

With some 40 metres left Bunney tore a muscle in his groin, but instead of pulling up, as he was tempted to do, he opted for the glory of surpassing the five sprint victories of the only two other Scots to have won Olympic gold, namely Eric Liddell (five consecutive at 100 yards) and Alan Wells (100m).

Edinburgh Southern's 1988 Olympic relay silver medallist had a 5.4 metres per second wind at his back as he recorded 10.45 sec., holding off Roddy Slater (10.62) and Irish invader Mark Allen (10.63).

"At 60 metres I felt the muscle tear," said Bunney, "and only the significance of the sixth title drove me on. But at least I salvaged something from the season. I had trained just 18 days in the previous eight weeks because of injury."

A septic toe, one leading British team physiotherapist confirmed later, may have made him more susceptible to such an injury — sprinters be warned.

The tear ruled Bunney out of the AAA world trials the following weekend at Birmingham, but at 26, provided he retains the hunger, Bunney has time on his side to lay down a catalogue of victories which may never be matched.

"I want to make a serious attempt at the Commonwealth Games next year," said the former European champion, indicating that victory had helped rekindle his appetite,

and has made him commit himself to working harder than at any time in his life. "I don't just want to go to Victoria for the trip. I want to be competitive for a medal. And I believe that is possible."

Reinstated professional Keith Douglas, fourth in the 100m, was the only man to survive from the short sprint to the final of the longer event, which made his 200m victory, in 21.57 (his sixth run of the day) one of the most commendable of the championships. He was four metres down on Davie Clark off the bend, but stormed back. "I thought I was dead and buried," he said. The luckless Clark, who won in 1988, but lost the title because the event was rerun, has given up counting his minor medals: "at least five second places."

Mark Davidson, the 400m hurdles record-holder, qualified for the 200m final, but withdrew to safeguard a niggling hamstring for the AAAs.

Jedburgh's Douglas, who picked up a \$6000 prize at Barooga as a pro, and who clocked 20.55 for 200m off six metres at Stawell before being reinstated last year, could make the Commonwealth team if he has a mind to do the work. A production manager with a computer assembly firm, he missed three months earlier in the year through a back injury, and did not even enter the AAA because he did not expect to be fit enough.

The middle distances were all tactical races, and all first-time winners. Gary Brown took the 800m in 1:54.78 after an opening lap which barely broke 60. Glen Stewart, who had lost a home-straight duel with Robert Fitzsimmons for the 1500m title a year earlier,

staged an action replay with Ian Campbell, but won this time, in 3:54.16; and 32-year old Chris Robison, winner of the national 10K road crown two weeks earlier, claimed his first track title, when he out-sprinted John Sherban and Robert Quinn to lift the 5000m in 14:14.13.

Cambuslang's Graham Croll was a runaway steeplechase winner, and Southern's silver fox Ken Campbell, distinguishedly grey at 20 — must be his lifestyle — in retaining his sprint hurdles title looks more and more like a man with a future.

Dougie Hamilton became the first Scot to win the pole vault since his own triumph in 1984, after a jump off which took five heights.

Double Commonwealth medallist and Scottish team captain, Geoff Parsons, was in angry mood after winning his seventh high jump gold with 2.15m, bitterly resentful at having been overlooked for last year's Olympics having placed second in the trial, and fired for battle in the AAA.

Anglo Steve Whyte, ranked first among those competing in shot and hammer, lost both titles which he had won last year, yet took the discus in which he was ranked just fifth. Whyte was denied a fifth successive win in the shot by the only foreign entrant, Cole Larson, a holidaying Australian student, whose 16.19m was more than a metre short of Whyte's indoor best last winter, while in the hammer, Dave Allan had revenge for his last round defeat by Whyte in Israel.

There were no records national or native by athletes of either sex. Over the past 20 years, a total of 38 national and native marks have been posted at the national event, the only blanks being 1990, after a Commonwealth Games which reduced morale to an all-time low, and in 1980 when Allan Wells at least set a championship best in the 100m. 1990 was also the only year not to have had a single championship record.

The Grangemouth attendance was as poor as I can recall. Only two people declared for the men's long jump (won by Duncan Matheson at 7.25m) for which the organisers must take some blame. The entry standard was set at 6.90 metres, a distance achieved outdoors this year by only three athletes. Six years ago, on a far less windy day at Meadowbank, eight men cleared seven metres.

This should not reflect on the meeting itself, which was well organised, and for which the Falkirk District Council's leisure staff had prepared with painstaking precision, even rolling the turf in swathes, and with all the native records marked by Lions Rampant, making the events more meaningful to spectators.

But the truth is that unless a way can be found to keep counter attractions off Scotland's date on the calendar, or to persuade the best Scots to desert the grand prix (Bislett was the same night), then sponsorship and TV prospects remain minimal.

Aileen sets only new record

The poverty of depth and quality evident in men's events was mirrored across female categories at Grangemouth where, tellingly, only one Scottish native record fell writes Alasdair Fraser.

Edinburgh Woollen Mill's Aileen MacGillivray regained the 100m title she won in 1989, '90 and '91, but surrendered last year as British U/23 international duty beckoned in Germany.

MacGillivray pipped clubmate Joan Booth with 11.43 secs. which, although inside Sandra Whittaker's 1986 native record, was aided by a buffeting wind of 3.9 metres per second. This gave her the only native record in this year's championships.

Having cruised to first place in her 200m heat, the 22-year-old looked clear favourite for a sprint double — this prospect having been strengthened, earlier, by the absence of rivals Melanie Neef and Sinead Dudgeon, respectively on and recovering from overseas service.

But a niggling hamstring persuaded MacGillivray to pull out and safeguard her challenge in the looming World Trials in Birmingham.

The Halifax building society clerkess, who is granted liberal leave by her employers for each competition, said afterwards: "I didn't start too well, but my pick

up was good and I was pleased to come through so strongly in the wind and cold."

Booth capitalised on the Cumbernauld woman's absence, taking 200m gold with a wind-enhanced 24.13 secs in this her first Scottish championship appearance for seven years.

The relative dearth of young talent was underlined by the medal haul of veteran-aged women. With 108 years and five children between them, Jos Kirby, Carol Sharp and Fiona Laing were conspicuous by their presence on the medal rostrum.

Kirby took gold in the 100m hurdles and the top-ranked Middlesbrough runner announced afterwards: "I'm enjoying the best running of my life. Sally (Gunnell) was saying the other week, you seem to get better and better the older you get and it's certainly true."

"My coach Bob Somerville is proving you can teach old dogs new tricks," added the 1989 Scottish champion, who holds veteran world indoor records in the 200m flat and 60m hurdles. She lost a third world record in the indoor 60m flat during last winter's USA versus GB clash at the Kelvin Hall but can, at least, take comfort in the fact it took four times Olympic gold medalist Evelyn Ashford to better her mark.

Kirby also revealed she has taken a fair degree of inspiration from watching the progress of her young clubmate, Alison Curbishley. "Watching Alison has given me a whole new lease of life," she said, returning the compliment paid to her by Alison in last month's Scotland's Runner.

Fiona Laing and Carol Sharp both took bronze medals, in the 400m hurdles and 800m, respectively, and both athletes felt they should have bettered these placings. But, in the former event, it was City of Glasgow's Jane Low who finished almost a second clear of her nearest rival with 60.1 secs — her first outdoor title win in the 400m hurdles, despite having first appeared in the championships in 1977.

Sharp, who celebrated her 38th birthday recently, was the oldest competitor at Grangemouth having enjoyed her first 800m championship win 11 years ago. She finished behind anglo Susan Bevan (Essex), approaching her 34th



MacGillivray regains her 100m title

Picture Robert Perry

birthday, in second, and Sandra Bowyer (Sale) in first.

Former Olympic 1500m finalist Lynne MacIntyre, regained the 3,000m title, breaking clear at the bell from last year's winner and leader for most of the race, Sue Ridley (EWM). An Olympic 1500m finalist in 1984, she proved she has regained her appetite for the competitive fray.

Contrasting the successes of older athletes, and giving a glimmer of hope for the future, was fifteen year old Navdeep Dhaliwal, of City of Glasgow, who took third in the shot and fourth in the discus. Dhaliwal continues her rapid progress under her father and coach who is a former Indian university discus champion.

Alison Grey gained a fine double in the shot and discus with respective throws of 15.08m and 47.54m.

Scottish internationalist Carol Ann Grey had an easy win in the 1500m — winning by over three seconds and running her last lap in a slow 69 seconds.

In the high jump, City of Glasgow's Rhona Pinkerton took her fourth title recording 1.74m, while club-mate Linda Davidson followed up a third in the long jump with gold in the triple.

RESULTS

MEN

100m — 1, E. Bunney (ESH) 10.45; 2, R. Slater (TVH); 3, M. Allen (AS) 10.63. (wind +5.4m/sec). 200m — 1, K. Douglas (ESH) 21.57; 2, M. Allen (AS) 21.64; 3, D. Clark (ESH) 21.66. (+4.3). 400m — 1, G. Newland (EAC); 2, P. McBurney (LisAC) 49.21; 3, J. Bird (H'Pool) 49.32. 800m — 1, G. Brown (C/SPRT) 1:54.78; 2, B. Murray (ESH) 1:55.53; 3, A. Murray (JWKH) 1:55.75. 1500m — 1, G. Stewart (ESH) 3:54.16;

2, I. Campbell (Har) 3:54.29; 3, F. McNeill (Le) 3:55.35. 5000m — 1, C. Robison (SV) 14:14.13; 2, S. Sherban (Sha) 14:15.88; 3, R. Quinn (Kil) 14:16.40. 100m hurdles — 1, K. Campbell (ESH) 14.27; 2, R. Hunter (Bel) 14.98; 3, R. Dunn (Ann). 400m — 1, J. Bell (NS); 2, D. Thom (SB); 3, K. Pearson (CR). 3000m steeplechase — 1, G. Croll (CamAC) 8:53.1; 2, W. Jenkins (GGH) 9:07.07; 3, G. Mathieson (ESH) 9:13.5. Hammer — 1, D. Allan (ESH) 58.42; 2, S. Whyte (Lut) 57.50; 3, P. Barnard (M&CAAC) 52.06. Shot putt — 1, C. Larsen (VAAC) 16.19; 2, S. Whyte (Lut) 15.54; 3, J. Mason (LeAC) 15.51. Long jump — 1, D. Mathieson (ESH) 7.25; 2, D. Ritchie (EAC) 6.91. Pole vault — 1, D. Hamilton (ESH) 4.50; 2, G. Jackson (GateAC) 4.45; 3, A. Davis (CorbAC). Discus — 1, S. Whyte (Lut) 47.20; 2, S. Hayward (EAC) 45.90; 3, N. Elliott (EAC) 42.20. High jump — 1, G. Parsons (BC) 2.15; 2, D. Barnetson (ESH) 2.10; 3, M. Pate (VPAAC). J. Allan (CH) 2.00. Triple jump — 1, J. Mackenzie (DHH) 15.52; 2, N. McMenemy (CRAC) 14.66; 3, D. Dixon (BAAC) 13.84. Javelin — 1, S. Maxwell (Wrac) 61.62; 2, P. Parry (Old Gayt) 60.58; 3, B. Hill (CamAC) 52.72.

WOMEN

100m — 1, A. MacGillivray (EWM) 11.43; 2, J. Booth (EWM) 11.70; 3, M. Baxter (CoG). 200m — 1, J. Booth (EWM) 24.13; 2, L. Dick (CoG); 3, 24.42; 3, W. Young (FAC) 24.63. 400m — 1, W. Steele (EWM); 2, T. Devine (EWM); 3, L. Ferner. 800m — 1, S. Bowyer (Sal) 2:13.34; 2, S. Bevan (Ess); 3, C. Sharp (CoG). 1500m — 1, C-A. Gray (EAC) 4:27.25; 2, J. Ewing (Can&StAC) 4:30.96; 3, K. Scobie (LeAC) 4:35.37. 3000m — 1, L. MacIntyre (CoG) 9:28.4; 2, S. Ridley (EWM) 9:34.9; 3, A. Buckley (HBT) 9:41.7. 100m hurdles — 1, J. Kirby (M&CAAC); 2, K. Sketchley (Co&Tend) 14.44; 3, S. Richmond (BTPAAC) 14.50. 400m hurdles — 1, J. Low (CoG) 60.10; 2, J. Cadman (EWM) 61.07; 3, F. Laing (CoG) 63.11. High jump — 1, R. Pinkerton (CoG) 1.74; 2, H. Melvin (CoG) 1.71; 3, E. Lindsay (EWM) 1.68. Long jump — 1, M. Rea (LisAC) 6.03; 2, E. Lindsay (EWM) 5.76; 3, L. Davidson (CoG) 5.59. Triple jump — 1, L. Davidson (CoG) 11.81; 2, F. Watt (CoG) 11.60; P. Flockhart (EWM) 11.07. Discus — 1, A. Grey (CoG) 47.54; 2, S. Freebairn (CoG) 43.28; 3, J. Kirkpatrick (LisAC) 40.28. Javelin — 1, L. Jackson (EWM) 48.52; 2, A. Moffitt (NDAC) 43.26; 3, K. Costello (CoG) 42.26. Shot — 1, A. Grey (CoG) 15.08; 2, L. Barnett (PSH) 12.04; 3, N. Dhaliwal (CoG) 11.91. Hammer — 1, J. Clark (MK) 47.32; 2, K. Brown (UnAlt) 45.22; 3, J. Lavender (Sund) 44.64.

More pictures, page 30, 31.

OPEN GRADED ATHLETICS MEETINGS

Wednesday 11 August

6.45 pm - 70/75/80/100/110m Hurdles*
7.15 pm - 800m
8.00 pm - 100m
8.45 pm - 3000m*

Shot Putt High Jump

Javelin

Wednesday 18 August

6.45 pm - 400m Hurdles*
7.15 pm - 200m
8.00 pm - The Derek McLean 800m
Open Race (Heats) U/15 Boys

Pole Vault* Long Jump
Hammer*

8.20 pm - 1 Mile
9.05 pm - 400m

Wednesday 25 August

6.45 pm - 70/75/80/100/110m Hurdles*
7.15 pm - 10,000m (closed)
8.00 pm - 100m
8.45 pm - 1500m

Discus Triple Jump*

N.B. The 10,000m will incorporate the West District Championships and the County Championships of Ayrshire, Dunbartonshire, Lanarkshire and Renfrewshire. Entries to appropriate secretaries

Ages - All age groups, male and female (except * where S.A.F. rules apply). Ages at 31 August 1993.

Entry - £1.00 per event.

Registration - Declarations will close 30 minutes before the published time of the event up to 8.00pm when all remaining declarations will close.

Times - Timetable may vary depending on entries

Grades - All events will be graded with younger age groups competing first. Further details from Crownpoint Sports Park - 041-554 8274.

Crownpoint Sports Park, Crownpoint Road, Glasgow G40. Department of Parks and Recreation. Director: Bernard M. Connolly



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Meadowbank delighted, but

The new sponsors were no doubt as delighted as the Scottish crowd with Britain's crushing victory over the American men's team in Edinburgh. But for this meeting, one of the showpieces in their near-£6 million investment in British track and field, TSB deserve something more to cheer about.

Their quality control analysts should be looking closely at a US team devoid of household names and saying yes to better value for their investment in future.

No complaints though about the performance of the British men who lost only one track event all night. With the match beyond doubt that defeat, in the 4x400m relay, was academic. The men won by 199 points to 190, but the women were resoundingly crushed, 181-143, despite winning six out of 16 events.

Victories by David Strang, Tom Hanlon, Tom McKean and Yvonne Murray gave the Meadowbank crowd plenty to cheer. They all won with classic sprints up the home straight, but none more electrifyingly than world indoor 1500m silver medallist Strang, running internationally before his home crowd for the first time.

Born in Govan, but an expatriate since the age of five, there was no doubt where his allegiance lay as he strode around in his tartan bunnet and nursed a lump in his throat fit to choke him, on an emotional lap of hon-

our after his first UK international on British soil.

Strang put 10 metres on the field over the closing 150 metres, timed at 53 seconds dead for the final 400m as he won in 3-55.57. Behind him was one of his teenage heroes world mile record holder Steve Cram whose last two races on the Edinburgh tartan were the 800/1500 double in the 1986 Commonwealth Games.

McKean ran a tactically flawless 800m, sheltering behind his 6'5" training partner Gary Brown, before winning in 1-48.19. Martin Steele — later to leap to the head of the world rankings in Oslo — Matthew Yates and World Cup champion David Sharpe were all behind him.

After losing five months' training over the winter it was a surprise to see Hanlon scorch from the pack from the final water jump, winning in 8-36.24. "But I am not interested in the World Championships if I cannot be a medal contender," he said.

Shortly before Linford Christie broke the Scottish all-comers record in the 100 metres the wind gauge went cart-wheeling down the track. Was it damaged? Presumably not, because it was soon back in service. But all of a sudden, the readings, previously upwards of four metres per second and often over five, became an improbably benign 1.7 metres for a record breaking run of 10.06. This trimmed one hundredth from the time of



Linford Christie trimming the all-comers' mark in the 100m

10.07 set by doubly convicted drug cheat Ben Johnson, in winning the 1986 Commonwealth Games title.

For several minutes Christie's Olympic crown lay somewhat uneasy as it appeared he had failed to catch Calvin Smith. But following scrutiny of the photo-finish the Thames Valley man was given the verdict. The Americans were astounded when the result was declared, demanding to see the photograph, but the result remained unchanged. The 32-year-old Smith, who set a world record 9.93 ten years ago, has not run as fast as 10.06 since 1990.

John Regis, only fourth in the 100 (10.21) had the beating of Christie however in the 200m with a superb run of 20.08. This was one hundredth inside the UK best which he and Christie share, but the wind was just over the legal limit at 2.1 metres per second. Christie was runner-up with 20.19. With the bend run into the teeth of the wind Regis' run was arguably the finest piece of 200m sprinting ever seen by a Briton.

Yvonne Murray scored a convincing victory in the 1500m, clocking 4-08.63 and leaving Annette Peters, her world championship rival and TAC champion at 1500 and 3000m, back in third in 4-11.70. Sally Gunnell took the flat 400m in 51.29 - faster than the winning time the previous weekend in the Europa Cup final. The other UK wins were by Sonia McGeorge (300m, 9-20.22), Myrtle Auger (shot, 17.68), Joanns Wise (Long jump, 6.59m) and Michelle Griffith (triple jump, 13.93).

City of Glasgow's Jan Low, who won her British championship bronze at Birmingham,

had a tough GB debut after having been called in as a replacement in the 400m hurdles. She finished sixth in 59.90, less than .7 outside her best on a blustery night.

Scotland's leading female thrower, Alison Grey, was sixth in the shot, but her 15.65m was her best ever outdoors. Bob Weir, back in action in the men's discus after nine years out of international athletics, struck back at the aspirations of Pitreavie's Darrin Morris.

Fifer Morris, the British champion, had justifiably complained about his exclusion from UK teams this summer and national coach Andy Vince endorsed the unfairness of his non-selection, but Weir defused the criticism, taking advantage of a favourable wind to reach 61.30m - 4.50m and four places ahead of left-hander Morris.



Tom Hanlon on his way to steeplechase victory after coming from last on the final lap



Tom McKean leads home Martin Steele (3) and Matthew Yates (7)
Pictures by Robert Perry

Trials of globetrotter David

David Strang could barely contain his excitement as he walked onto the Meadowbank track with Steve Cram who had won Commonwealth Gold over the same distance and at this same venue seven years earlier.

"You must have good memories of this place, he prompted the senior man, receiving in turn a cautious response.

"Yes, but it wasn't this windy that day."

Cram was right if he doubted whether he could roll back the years. On this occasion a new hero emerged for the Meadowbank crowd as the adrenalin-packed Strang charged away from the field off the final bend to fulfil a childhood dream.

Even during the race Strang's mind had gone back to his youth in Johannesburg when he had watched Cram winning that Commonwealth 1500m Gold.

"I was thinking about watching that race at home in South Africa and with a lap to go I remembered that Steve ran a 50 flat off the same pace so I reckoned I'd better be careful," said the 24-year-old.

Growing up in South Africa — where the family had emigrated when Strang, born in Govan, was five years old — he remained passionately Scottish, perhaps all the more so in the way that expatriates can be.

"You'd be surprised at the number of Scots that live there," he said of South Africa. "There was never a danger of forgetting about being Scots."

"It even disturbs me sometimes that I don't have a Scottish accent."

So much so in fact that Strang has taken to another method of ensuring that people immediately identify his nationality.

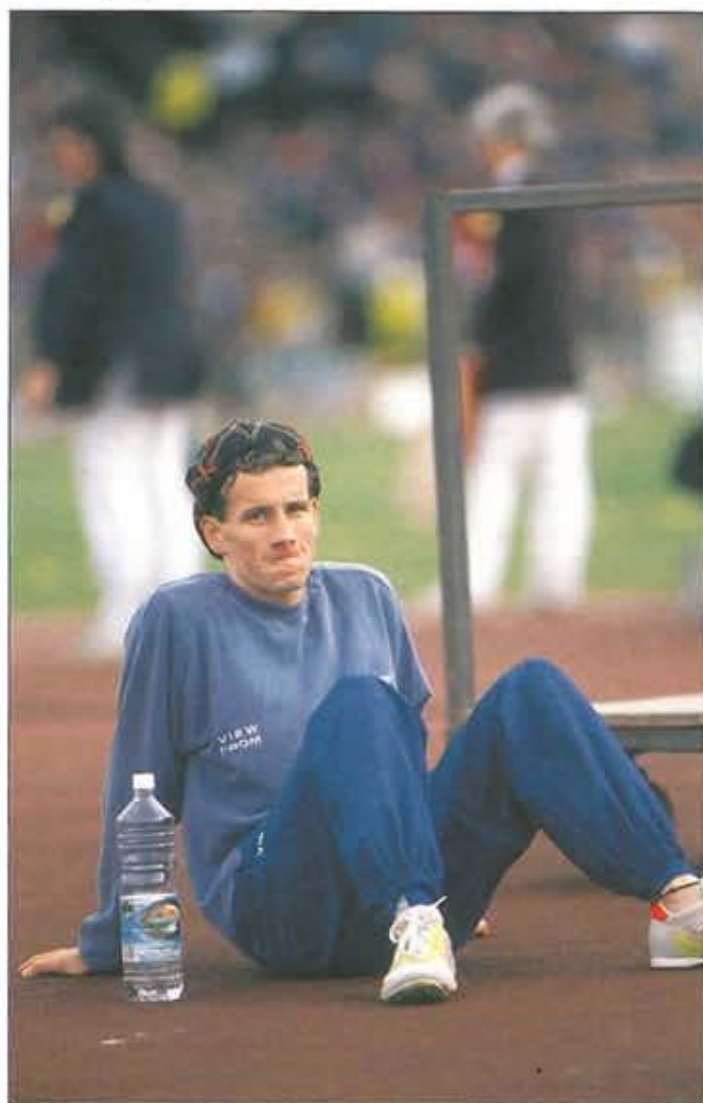
"People may think it's a bit gimmicky but I've taken to wearing my tartan bunnet. It's just my way of showing how proud I am of being Scottish."

Given all of that he could not believe his good fortune at getting the chance to make his home British international debut in Edinburgh.

"It sounds corny but I've dreamed of doing that all my life."

"It's incredible as a Scot to get that chance after growing up out of the country."

The race itself was a tactical



Govan boy at home, Meadowbank

Picture by Robert Perry

one in which he only had to open up over the last lap, but the experience as a whole was exhausting.

"The victory lap was knacker-ing," he admitted.

For Strang the ovation he received was welcome confirmation that he had made his mark on the British and, in some ways more importantly to him, the Scottish athletics scene.

"It's been a long road," he said. "When I finished High School in '87 I came over to the UK to try to get in the national side. In '87 I ran 1.48 for 800m. That was good enough to put me in the top two in the British junior rankings. At the trial I was second in the 800m but I wasn't chosen. They put a 1500m runner in."

Strang's globe-trotting then took him off in another direction as he headed for the US to

spend four years at Stanford University. He made sure his Scottish connection remained known and received his reward for that with a silver medal as part of the 4x400m relay team at the 1990 Commonwealth Games.

However the fact he is seen in this country as something of a late developer can, he feels, be put down to the coaching at Stanford.

"They were four of the best years of my life for everything except running," said a man who met his girlfriend Ginerva, a former member of the US synchronised swimming team.

"The coach was very oriented towards speed work."

Only when he graduated two years ago was Strang able to get into the sort of company which would bring out the best in him.

"I moved to Washington DC

and joined Frank Gagliano who is the Georgetown University coach. He has a squad of 12 runners. We call ourselves The Enclave and there are seven sub four-minute milers in the group. It's a great squad and Frank's a great coach."

Buoyed by the confidence of working with them Strang came over to the UK to try to win a place in the British Olympic team, but in retrospect he was perhaps a touch premature.

"In general terms it was as good a year as I could have hoped for. I didn't make the team and was very, very disappointed. But when I crossed the line I was beaten by four guys who were better than me. No complaints."

"But I knew it was really my first year and if I could run that well last year the future looked good."

An excellent indoor season in the USA proved sufficient to win him a place in the British side for the World Indoor Championships in Toronto and for the second time at a major international he left with a medal — picking up a silver.

It was a much happier visit than his previous one to Canada when nationality problems had again manifested themselves.

Anxious to stay on in the USA after finishing his degree, Strang, though he has no particular desire to become a US citizen, had put the wheels in motion to acquire a green card.

"A year past April I was told there was a lawyer who was willing to do it on the cheap," he said, with a wry laugh which indicated how daft he now realises that sounds.

"He filed the papers but said they needed more information. In the meantime I wanted to come home to try to make the Olympic team, but the visa rules had changed."

"The lawyer told me there would be no problem with the new visa system and just to come home then go back to the States, but when I got back there I was given a visa which only lasted three months."

"The lawyer said 'no problem' and just to go to Canada to renew the visa after the three months were up. I went up there and took the chance to have a race."

"I ran a five-mile cross-country in 24-10 and was feeling bril-

Strang

liant — went to get on the plane to return home and was refused entry to the USA.

"I'm stuck in Canada, in the freezing white north — the lawyer got the sack."

Fortunately coach Gagliano subsequently got hold of someone who got Strang a visa to get back into the USA and the new lawyer is still trying to get his green card.

"He was told just before the World Indoor Championships that I couldn't have one because I wasn't a world class athlete," he revealed. "Maybe the silver medal has helped."

Although few things could approach the emotion of that July 2 night at Meadowbank Strang's schedule, since returning to Scotland in the middle of June, was geared towards his bid to make the World Championship team.

It began disappointingly when, as one of 19 starters in a race in Holland, he was bowled over on the starting line and was left to wonder why the race, which had far too many runners to begin with, hadn't been recalled.

From that low point his next race was at Meadowbank, although not until after he had been part of Great Britain's brave Europa Cup bid when he was a travelling reserve in Rome.

"It was terrific to be a part of it as they almost came back to win the Cup."

"People don't mess with the GB men's team and I've every intention of being a part of it."

"If people are going to beat me they'll have to run fast," he said before the Panasonic AAAs in Birmingham.

His performance in that World Championship trial meeting consequently came as a real shock to Strang who was sufficiently concerned at trailing in 10th in the 1500m final, 10 seconds behind winner Matthew Yates, that he planned to undergo a blood test to see if he was suffering from a virus.

However even before that disappointment he had mentally prepared himself for the worst.

"I'm just starting to make my push at the right time for the '96 Olympics," Strang said, prior to what was hopefully only a temporary setback.

"If I got left off the team and had to start my build-up from the Commonwealth games next year that would be fine."

This month's awards by Reebok, in association with Scotland's Runner, for the junior athletes who have recorded the most outstanding performances, go to Sinead Dudgeon and Alasdair Donaldson who will receive Reebok running shoes, socks, shorts and vests

SINEAD Dudgeon's bronze for the British team at the European Youth Olympics in Holland was an accolade which confirmed her as Scotland's premier sprinting prospect.

Talking to Sinead during the Scottish Championships in Grangemouth, the seventeen-year-old revealed just how much those endeavours had drawn from her energy reserves.

"I was going to run today, but I'm glad now I didn't — I'm feeling quite drained and tired, and just looking forward to a good rest."

Her rest was certainly well-earned, and was to give Sinead the breathing space necessary to build for a sprint double in the Scottish international in Wales several days later.

These latest triumphs come in the wake of victory, earlier this year, in the Scottish U-20

championships, at the Kelvin Hall, where again she took a double — in the 60 and 200 metre sprints.

The Edinburgh Athletic Club youth is already second-ranked Scot over 100 metres, and third over 200 metres, and — having just turned seventeen — is already snapping at the heels of Edinburgh Woollen Mill's Aileen MacGillivray over both distances.

Sinead has now set her sights on selection for next year's World Juniors championships.

"That's my biggest target," she says, having already tasted success on foreign soil with two bronzes in both sprints in last year's European Schools' Championships, in France.

Awaiting the results of the five higher she sat this year, Sinead is another young athlete who displays a level-headed attitude. She adds: "I would like to go all the way in the



sport, but right now I'm hopefully going on to University — beyond that I haven't decided."

Whatever track her future takes, lets hope it's as straight, smooth and successful as one of her lightning sprints.

THE HEADY days of Britain's dominance across world middle distance lanes seemed a dim and distant memory at the recent World Trials in Birmingham, where Coe, Cram, and Ovett's predecessors barely threatened the qualifying time for Stuttgart.

But, before the epitaph is written on an illustrious era, it is worth taking a good look at Alasdair Donaldson.

His promise is striking — having won the 3000m at the Junior AAAs recently, he added the 1500m British Schools' title in Dublin, knocking no fewer than 11 seconds of his personal best, which now stands at 3:58.05.

"It seems a huge slice but, before then, I hadn't really competed against anyone who could take the pace on. The quality of the field brought out my best," says Alasdair, who was awaiting news of selection for the Celtic Games international in Wales. Perhaps his biggest challenge, however, awaits him at the AAAs Under 17 Championships in Birmingham this month.

Donaldson's PB stands at 1:56.08 for 800m and, having only added the 3000m event to his itinerary recently "for a change", his best in that event is already 8:56.01.

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The level-headed youngster, who turned 16 in June, plans to take his athletics career "one step at a time" and presently mixing his running endeavours with schools' rugby on the wing for Stewart's Melville during the colder months.

"I don't get all that much time for anything else, and more or less train all year round," he reveals. "Luckily I've never had a serious injury from rugby just a minor knock once."

"I usually run 1500m in the big races, but at club and open graded meetings I like to do the sprints — I managed second in the East District 200m."

This begs the question — which distances can Alasdair not run?

"Well, I've never run over 3000m on the track," he says.

Guided by coach, George Kirk, Pitreavie athlete Donaldson's natural gift for sprint finishes — the key to all his recent middle distance successes — looks set to blossom.



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HOLIDAYS [Advertisement feature]

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WITH big money encroaching ever further into the world of athletics, it is refreshing to find a set of athletes still fervently committed to running just for the fun of it.

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exotic locations for friendly competition and just a little socialising.

"It's all done in the name of fun," says SVH president, Danny Wilmoth. "The emphasis is on doing what we love best — running — but more than anything it's a social event, with wives and friends welcome to come along."

Indeed, over the last few years the trips to places like Majorca Torenolinos and Benalmadna, in Costa Del Sol have become such an attraction that Danny usually has to turn a fairly large number down.

"The trips are operated on a first come, first served basis and because we have a thousand members but only about a hundred places on the plane we usually can't cope with the demand."

The popularity of sports tours such as these stems from the mixture of holidaying and

the opportunity to run in a foreign land.

"We have 10K, 5K races and 100m sand sprints," adds Danny, "but at nights everyone comes along to the pub for a sing-song — that makes for enjoyment all round."

Meanwhile locals are encouraged to join in the races and this year's trip — again to the Costa Del Sol — has attracted members of one of Spain's largest athletics clubs, based in

Benalmadna, and members of the Spanish national team.

For those who prefer to travel to higher profile events and still enjoy all the benefits of a holiday package, there are companies who operate sports tours to all the major marathons and road races around the world.

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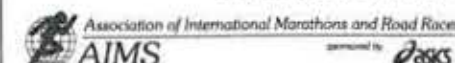
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OPEN FORUM

Fundamental

SAF Development Officer
GRAHAM ROSS argues the
biggest challenge facing
Scottish athletics is the need
for a fundamental attitude
change towards the manage-
ment and development of the
sport at all levels.

IN THIS respect Scottish ath-
letics is at an important cross-
roads. The present state of
athletics in Scotland in terms of
top level performance has
rightly received considerable
publicity of late. The statistical
details can, like all statistics, be
open to debate and interpreta-
tion, but the cold hard factual
trends speak for themselves in
terms of comparative perfor-
mances with yesteryear.

The reasons for this are many
and varied. However, it suffices
to say that because there was no
single governing body for
Scottish athletics until recently,
such global issues as develop-

ment were not really addressed
in any depth, if at all.

It is an appropriate time,
therefore, for Scottish athletics
to look forward and plan. This
by necessity has to involve
important changes, and such
changes, if they are to be suc-
cessful, must focus on:-

(a) Developing people (ath-
letes, parents/helpers, teachers,
coaches, team managers, offi-
cials and administrators).

(b) Developing organisations
(i.e. clubs, schools, associations,
governing body, local authori-
ties, private sponsors, media
companies).

(c) Developing structures
(coaching structures, competi-
tive structures, support struc-
tures etc.).

"Change" can be perceived
by many people as something to
be resisted and I am reminded
of the famous quotation by
Machiavelli: "There is nothing
more difficult to take in hand,
more perilous to conduct, more

uncertain in its success, than to
take the lead in the introduc-
tion of a new order of things."

**Why change at all? We have
been doing things this way for
X number of years and are
doing all right thank you!**

As has already been identi-
fied, although Scotland has sev-
eral world class athletes and
many promising youngsters,
the state of Scottish athletics as
a whole, particularly in relation
to general levels of participa-
tion, is clearly a cause for con-
cern. For example, a recent
survey revealed that on average
only 0.6% of Scottish adults had
taken part in the sport in the
preceding four weeks, ranking
athletics 20th in participation
rate in the list of 30 sports sur-
veyed. So is the Scottish athlet-
ics community prepared to
grasp the nettle and embark on
a programme of change to
ensure future growth and devel-
opment at all levels?

The response to this basic
question is of fundamental sig-
nificance. We all want to see our
local club or school, district or
regional team and national
team do well and win medals,
but are we prepared to make
the necessary sacrifice and
changes? Put rather simply,
people tend to respond to this
type of challenge in three dif-
ferent ways.

(a) The "lets go for it group"
who, after seriously considering
the challenges posed, imple-
ment a visionary and bold plan
of action for the future which is
regularly to meet changing
needs and circumstances.

(b) The "wait and see" group
who will debate the subject for
ever and a day but never really
tackle the main issues.

(c) The "it won't work" group
who will, without considering
the issues, bury their heads in
the sand and convince others
that various problems will sort
themselves out since the
changes involved will not work
anyway!

While those scenarios are
rather crude this deliberately
exaggerates the point that peo-
ple have different attitudes
towards change. By definition,
as development involves
change, if the development
plan for Scottish athletics is to
be successful it requires people
to become actively involved in

the process of change. Through
a consultation process people
will be given the opportunity to
participate in a constructive and
open-minded debate enabling
different interest groups in the
sport to feel they are pulling
together in the same direction.
In this respect in the process of
organisation change, as in ath-
letics itself, a certain amount of
pain is unavoidable in the run-
up to success.

**There have been many
encouraging signs in my travels
around the country with a
general groundswell of opin-
ion indicating change for the
better of Scottish athletics is in
the air.**

In fact in many areas, such as
Glasgow and Grampian, com-
prehensive local athletics devel-
opment plans are already in
place. However there is genuine
concern in many areas that
there is an undercurrent of apa-
thy and at times cynicism hold-
ing back the development/
change process. Ultimately
development is about people
and it is people's positive atti-
tudes which make things hap-
pen. But at the same time,
negative attitudes can hinder
any development taking place
at all.

Put simply, the speed and
effectiveness of any develop-
ment initiative is dependent
upon how quickly people are
prepared to change their per-
ceptions, attitudes and behav-
iour. For far too long our sport
has been operating at times in
splendid isolation from the rest
of the real world. The reality is
that athletics has to compete
with other sports in a very com-
petitive environment to win the
hearts and minds of today's
children. Traditionally athletics
has been as a whole very poor at
selling itself to the general pub-
lic. However, through the
Pacesetter and Star Track pro-
grammes our sport can offer
youngsters many enticing and
exciting running, jumping and
throwing activities which will
hopefully ignite a life-long
interest in our sport.

**This new approach to deliv-
ering athletics to young chil-
dren has been rightly
described as a quantum leap in
terms of grassroots develop-
ment.**

Furthermore it represents a
new culture in terms of how our
sport can market itself to the
public with the emphasis firmly
on fun, learning skills, team-
work and co-operation.

This new approach also has
important implications for how
the development process
should operate in practice in
clubs on training nights. As the
Pacesetter and Star Track
schemes gather momentum
(there are already over 120
trained Pacesetters and over 10
venues involved in this sum-
mer's Star Track Programme),
clubs must recognise that mean-
ingful partnerships must be
established to maintain chil-
dren's interest in the sport.

In particular, club coaches
and the newly trained
Pacesetters must work together
to provide a coaching pro-
gramme and structure just in
the same way that event coaches
and group organisers must co-
operate to ensure emerging tal-
ent from the club system can be
given the necessary support to
succeed at the elite/nations
/international level through the
Genesis coaching plan.

**How else can athletes con-
tinue to the level of perfor-
mance to which they aspire?**

Hand in hand with the devel-
opment of a club coaching sys-
tem clubs must build up close
links with their local schools
and local authorities. In any
local area of Scotland, if effec-
tive development is to take
place, these important partner-
ships need to be forged and
developed over time. Already
there are many exciting and
innovative schemes which are
starting to happen, such as in
Motherwell and Kilmarnock.

**However, what must always
be remembered is that devel-
opment is not a one-year won-
der which can be microwaved
like a quick-fix meal.**

It is something more akin to
the growth of the bamboo tree
which after planting the seed
needs many years of attention
before it quite dramatically
experiences successive seasons
of rapid growth. Therefore,
allied to a commitment to
developing our sport, we need a
patient and level-headed
approach to enable the hard
labour put in at the grassroots
to bear fruit in terms of perfor-

mances on the track (and in the
field) to happen at senior level.

It is a slow and at times
unspectacular long-term
process whereby through active
promotion and education,
changes in behavioural patterns
allow the process of develop-
ment to flourish.

So not only must everyone
involved in Scottish athletics
strive to meet the new chal-
lenges faced by our sport in the
future by adopting a more flexi-
ble attitude towards change, a
concentrated long-term effort is
required so that the full effects
of the new way of doing things
is felt in terms of visible perfor-
mance.

My vision for the future of
Scottish athletics is one where
all the main agencies involved
in athletics development work
together in pursuit of common
and agreed goals which will be
realised by using a **PRO-
ACTIVE, POSITIVE** and
PATIENT approach to the
management of our sport.

**What I want to see is more
children pouring into Scottish
clubs which possess coaches
and officials sensitive to their
needs in terms of education
and personal development.**

The SAF will play a leading
role in facilitating this process
of change at a local level by pro-
viding advice and opportunities
through its national develop-
ment programme.

I passionately believe that
Scottish athletics will have a
bright and successful future at
all levels from the mass partici-
pation fun-based approach in
the Star Track programme
right through to the successful
Scottish team/individual perfor-
mance at major championships.
However for this to happen it
will require everyone involved
in our sport to re-evaluate their
situation and take bold, imagi-
native and voluntary decisions.

**To help you get the ball
rolling in your local area why
not attend the first ever SAF
Roadshow which will be visit-
ing an area near you shortly.
Myself, national coach Andy
Vince and SAF administrator
Neil Park will be in attendance
to outline the way ahead for
Scottish Athletics.**



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Hard task choosing best schoolboy

The hardest task at the conclusion of the 61 finals in four age groups at the TSB Scottish Schools Athletic Association Boys' Championships at Grangemouth was in determining the winner of the most coveted award in schools track and field, the Eric Liddell Memorial Trophy for the most outstanding performance, writes Doug Gillon

Deliberations ranged over several honest endeavours, but none scintillated and officials strayed, though not for the first time, from the regular custom which holds that the winner should be from the over-17 ranks.

The ultimate choice, Andrew Ramsay, from Dingwall Academy, was delighted by his recognition, but conceded that his winning 400m hurdles run of 56.7 sec in the under-17 division left room for improvement. He had equalled the winning time achieved both in 1984 and 1991, but was faster than the over-17

champion Dave Candler, an Australian powerhouse on a rugby scholarship at Merchiston Castle.

Adam Lowles of Loretto, from a medical family, might justifiably have been acknowledged for his sprint double in the 15-17 age group. His 100m/200m clockings of 11.0/22.5 were faster than the senior winners Stuart Moir (11.1) and Colin Hopkins (22.6). Yet both older boys enjoyed more powerful wind speeds at 3.0 and 3.2 metres per second, whereas Lowles was favoured with just over the legal limit of two metres per second in both.

Commendable among the other senior marks was Hugh Kerr (Kyle Academy) who won the senior 400m in 49.3 and Alasdair Donaldson (Stewart's Melville) who won the 1500 in 4-9.6. Donaldson was capable of better as he showed subsequently by taking the AAA under-17 3000m title.

Glenalmond's James Gammell, the Scottish schools cross-country captain and a nephew of the former Scottish rugby internationalist Bill Gammell, staged one of the most powerful finishes of the day when he battled back from fourth in the final 200m to carve a whacking six seconds from his previous best to capture the senior 800m with 1min 56.00 secs.

He was rewarded with his first track and field vest for the under-20 match against the Welsh schools and Welsh AAA at Carmarthen and Kilchuimen Academy's discus winner, Ally Watson, joined him — the first international honour for the tiny 62-pupil school.

Bruce Robb of Queen Anne High School, won the AH Dalrymple award for the best throws performances with an excellent double in the 15-17 shot and discus (15.27m/47.82), though he fell short of the cham-

pionship records set by Paul Mardle of Arbroath in 1979.

Three records were broken, all of them in the youngest age group: A. Murray (St Margaret's High School, 1500m 4-28.9), P. Robson (Annan Academy, 80m hurdles, 12.2) and P. Stephen (Cumbernauld High, shot, 13.14m).



Stuart Moir wins senior 100m.

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The outstanding performance of the schoolgirls championships at Meadowbank, perhaps predictably, came from St Augustine's Sinead Dudgeon, already a Scottish senior internationalist. She set a new championship best of 24.7sec in the 200m, which was the only record of a windswept day, finishing 12 metres ahead of runner-up Nicola Thomson. But Dudgeon missed out on Sheila Pringle's 22-year-old 100m record by just a tenth of a second, with 12.1.

But that was more than sufficient to add the Frances Barker Shield for the most meritorious performance to her growing collection of silverware. She went on to score a sprint double in the schools meet at Carmarthen, 12.8/26.00 in horrendous conditions.

Gillian Fowler took the 800m in 2-19.7, earning her a 13th Scottish schools vest before stepping up to the senior ranks. But spotting a successor to the current stars proved difficult. Although 1500m winner Yvonne Reilly (4-51.5) is bound for a US scholarship with Liz McColgan's former coach, she has some way to go to match her namesake's times 11 years ago, as has 3000m winner Hayley Parkinson, from Balwearie High.

Indications are that the brightest talent lies in the sprints. Bellshill Academy's Suzanne McGowan, the SAF 300m champion, took the 200m title in 24.9, just .2 slower than Dudgeon. She is a protege of Tom McKean's coach, Tommy Boyle, who confesses that she has already run outrageous times for 800m and that he has hopes that she may be a future star over two laps, having shown her first promise in the sprints, just as did McKean.

Navdeep Dhalwal (Park School), who later became one of the youngest medallists of the national senior championships, scored a double when taking the under-17 shot (11.50m) and discus (37.47m). In the same age group Lee McConnell (Holyrood Secondary) had a double in the 200m (25.3) and high jump (1.55m) and in the under-15s Catherine Garden (Kinross High) took the shot and discus (10.87/28.36).

Donna Quirie (Oldmachar Academy) received the Dora Stephen Memorial Trophy for her under-17 long jump win of 5.45m. Sarah Ramminger (Arbroath High) took the senior long jump with 5.68m.

Peaking performance

DEREK PARKER'S SCHEDULES

Experienced

Week one

Sunday: 90 to 120 mins cross-country/grass running.
Monday: 75 to 90 mins fartlek incl. 25 secs fast (15 secs jog) + 50 secs fast (30 secs jog) + 75 secs fast (45 secs jog) x 6 sets.
Tuesday: 5 miles steady.
Wednesday: 10 miles medium pace.
Thursday: 6 x 1600 metres at 10K pace (45 secs recovery).
Friday: Rest or 20 to 30 mins easy.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 minutes may be done four to six times weekly.

Week two

Sunday: As week one.
Monday: 60 to 75 mins fartlek incl. 30 x 30 secs fast (15 and 30 secs jog recovery alternately).
Tuesday, Wednesday and Friday: As week one.
Thursday: 2 x 2 x 800 metres at 1500 metres pace (60 to 90 secs recovery between reps/2 laps jog between sets).
Saturday: Race or 12 to 15 miles steady.
Morning runs as week one.

Week three

Sunday: As week one.
Monday 75 to 90 mins fartlek incl. 45 secs fast (30 secs jog) + 90 secs fast (60 secs jog) x 6 sets.
Tuesday, Wednesday and Friday: As week one.
Thursday: 2 x 5 x 600 metres at 3K pace (45 secs 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. 6 x 2.5 mins fast (90 secs jog recovery).
Tuesday, Wednesday and Friday: As week one.
Thursday: 6 x 800 metres at 5K pace + 1 x 200 metres full effort (45 secs after 800m).
Saturday: Race or 12 to 15 miles steady.
Morning runs as week one.

Club athletes

Week one

Sunday: 75 to 90 mins cross-country/grass running.
Monday: 60 to 75 mins fartlek incl. (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: Rest or 20 to 30 minutes easy running.
Wednesday: 5 to 8 miles steady.
Morning runs, if done, should be of 20 minutes' duration two to four times weekly.

Week two

Sunday: As week one.
Monday: 60 to 75 mins fartlek incl. 20 x 30 secs fast (30 and 45 secs jog recovery alternately).
Tuesday, Wednesday and Friday: As week one.
Thursday: 2 x 2 x 800 metres at 1500m pace (90 to 120 secs recovery 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 20 secs fast (15 secs jog) + 40 secs fast (30 secs jog) + 60 secs fast (45 secs jog) x 5 sets.
Tuesday, Wednesday and Friday: As week one.
Thursday: 2 x 5 x 600 metres at 3K pace (60 secs between reps/2 laps jog between sets).
Saturday: 8 to 12 miles steady.
Morning runs as week one.

Week four

Sunday: As week one.
Monday: 60 to 75 mins fartlek incl 10 x 60 secs fast (30 and 60 secs jog recovery alternately).
Tuesday, Wednesday and Friday: As week one.
Thursday: 6 x 800 metres at 5K pace (60secs recovery) + 1 x 200 metres full effort (60 secs after final 800).
Saturday: Race or 8 to 12 miles steady.
Morning runs as week one.

EVENTS

MARYMASS Sports, Irvine.
TWEEDSMUIR Fair Hill race, Crook Inn, Tweedsmuir.

TWO Inches 10K race, Perth.
GLAXOCHEM's Junior Highland games.
Everholm, Annan. Sports Complex nnan.
Starts 12 noon. Including track & field events. Tel. 0461 203311 ext.304.

PANASONIC Scot. athletic league (4) D1&2, Crownpoint.
PANASONIC Scot. athletic league (4) D3,4,5, Crownbridge.

18
CAERKETTON hill race, Edinburgh.
IRVINE Cable 10K, Irvine.

21
ABERNETHY Highland Games, Nethybridge.
BACOCK Thorn Pitreave AAC Trophy Meeting, Pitreave.

BUTE Highland Games (inc. Road Race), Rothsay, Bute.
GREAT Wilderness Challenge, Poolewe, Wester Ross.
HOME COUNTRIES COMBINED EVENTS INTERNATIONAL, LINWOOD.

UK U-20 INTER-AREA MATCH, EXETER.
CRIEFF Highland Gathering. Entries welcome from amateurs for running events.
Sec. Andrew Rennie 24 Florence Place, Perth PH1 5BH Tel 0738 27782.

22
GREAT Scottish Run, Glasgow.
HOME COUNTRIES COMBINED EVENTS INTERNATIONAL, LINWOOD.

INVERCLYDE Festival of Running one mile invitation Greenock.
INVERCLYDE Festival of Running half marathon, Greenock.

JUNIOR Great Scottish Run, Glasgow.
LOMONDS of Fife hill race, Strathmiglo.
SCOTTISH & N Western athletic league (4), D1, Wishaw.

SCOTTISH & N Western athletic league (4), D2, Coatbridge.
SCOTTISH & N Western athletic league (4), D3, East Kilbride.

SCOTTISH & N Western athletic league (4), D4, Dumfries.
SCOTTISH & N Western athletic league (4), D5&6, Ayr.

GRAMPIAN Television athletics league (East), Aberdeen.
GRAMPIAN Television athletics league (North), Inverness.

24
CERES 8 mile road race, Ceres, By Cupar.

25
Edinburgh Festival Games. 7m. Pro-Am meeting. Details from A.P. Crawford, 146 Forbes Drive, Glenrothes, Fife. 0592 753439. Entries close 15th August.

27
COWAL Highland Gathering, Dunoon, Argyll.

28
CIBA Geigy 5 mile road race, 3pm.
Declarations and changing at Linwood Sports Centre, Braidland Rd, Linwood from 2pm.
Tel 041 887 4705/0505 28152

COWAL Highland Gathering, Dunoon.
GLENASHDALE road race, Isle of Arran.
For details tel. 0770 2140/2401.

GLENURQUHART Highland Gathering & Games, Drumadrochit.
ITALY v GB v HUNGARY (u-20), VERONA, ITALY.
LANARKSHIRE AAA Track Championships, Wishaw.

MOFFAT Beef Tub hill race, Carehead Farm, Moffat.
SAF HEAVY EVENTS CHAMPIONSHIP, DUNOON, ARGYLL.

TWO Bridges (Forth/Kinross) road race, Dunfermline.
UK women's league (3), div 1, Birmingham.
JSB Plumbing Forth Valley league D 1&2 final, Grangemouth.

29
ABERDEEN half marathon, Aberdeen.
MID Argyll 10K road race/fun run. 3pm.
Lochgilthead. For details contact Bill McCallum 38 Fernoch Park Lochgilthead Argyll. Tel 0546 602664

SAF HALF MARATHON CHAMPIONSHIP, ABERDEEN.
SOLWAY athletic league, Dumfries.
UK women's league (3), div 5, London.

LUCOZADE GAMES, SHEFFIELD.
PANASONIC SAL INTER DISTRICT MATCH, GRANGEMOUTH.

TWEEDDALE tactical 10 mile road race & fun run. 12 noon start. For details contact Margaret Cuthbertson, 1 North St, Peebles EH45 8DS. Tel. 0721 7230.

SEPTEMBER

1
BARMILL 10K, Galston.
FALKIRK open graded meeting, Grangemouth.
SRI Chinmoy runners are smilers 2 miles, Meadows, Edinburgh.

2
SEAGULL 5K road race and 3K fun run, 7pm.
Peterhead. For details contact Mrs Dobie 1 Ashgrove Place, Peterhead, AB42 6FX. Tel. 0779 78613.

3
FMC Carnegie Harriers Fri series - 2 miles, Dunfermline.

MOTOROLA FUN RUN

Sunday 12 September

Start 2pm Strathclyde Park

T-shirt to all finishers

Entry: Adults £3.50

Under 16 £2

On the day £3.75 & £2.25

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Cumnock & District AC 10th Anniversary 10K Rd. Race

starts 1.30pm

3K Fun Run

starts 12.00 noon

under BAF rules and SAF Permits

Sat. 4th September 1993

Woodroad Park Cumnock

T-shirts to all finishers. Free swim in outdoor heated pool after race
Prizes to 1st, 2nd, 3rd Male & Female 1st Male 40+ 50+, 1st female 35+ 45+
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For Details contact Tom Campbell

1 Kings Drive Cumnock, Tel 0290 424876

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4

BRAEMAR Gathering. The Princess Royal and Duke of Fife memorial Park. Prize money over £8200. Contact sec: W.A. Meston, Collocurech, Ballater 0339 55377.

BEN Nevis race, Fort William.
DUMFRIES & Galloway Standard Duathlon, Everholm, Annan.
CMR WORLD MOUNTAIN TROPHY, TBC.

LOCH Leven half marathon, Kinross. Entries £5. Please send SAE to LLHM c/o 5 George Dr. Kinross KY13 7AC.

UK young athletes league final, TBC.

5

CARLUKE 10 miles road race, Carluke. (Law & District AAC). Awards to all finishers. £50 bonus prize if course record is broken. Entry forms available from J. Territt, 1 Silvermuir Road, Ravenstruther, Lanark. Tel 0555 870509. Enclose SAE.

PERTH Two Inches 10K race. For details contact Perth & Kinross District Council, Leisure & Recreation Dept.. Tel. 0738 39911 ext.3630

ICMR WORLD MOUNTAIN TROPHY, TBC.
MORAY roadrunners 10K, Elgin.
BANK of Scotland womens athletic league D1, Meadowbank.

BANK of Scotland womens athletic league D2, Dundee.

BANK of Scotland womens athletic league D3, Linwood.

BANK of Scotland womens athletic league D4, Grangemouth.

BANK of Scotland womens athletics league D5, Catbridge.

STEWARTON Fun Run - 1/12 miles

12.30pm 6 miles 2pm. Profits to Special Care Baby Unit Ayrshire Central Hospital.
For details call Mr/Mrs Dean 0560 484814.
BLAIRGOWRIE Highland Games, 12pm.
Track and Field events. Contact Mrs A. Constable 0250 881383.

8

SRI Chinmoy runners are smilers 5 miles, Meadows, Edinburgh.

10

IAAF GRAND PRIX FINAL, CRYSTAL PALACE.

PATIESMUIR Six, Dunfermline.

11

SCOTTISH young athletes handicap scheme, Livingston.

GRAMPIAN Television athletic league final, Dundee.

GRE CUP - FINAL, SHEFFIELD.

12

CORRIEYAIRACK Pass hill race, Fort Augustus.
DUNDEE Hawkhill Harriers 10K road race, Caird Park Dundee.

EDINBURGH & district athletic league (4), Pitreavie.

FALKIRK women's 10K, Grangemouth.
2.30pm start. For details see entry form in this issue.

METRO Aberdeen British Gas Relays, Balgownie, Aberdeen.

MONKLANDS SCOTTISH CUP FINAL, COAT-BRIDGE.

PRINCES Street Mile, Edinburgh.
ROUND Cumbrae 10 mile road race. Millport - 2.40pm start. Contact J. Young 0294 211304.

BANK of Scotland womens athletics league - qualifier, Coatbridge.

GRE PLATE - FINAL, DERBY.

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Disabled Event All ages (200m swim/2,000m run)

plus FUN EVENT for all ages
(400m swim/4,000m run)

Entry Fees: Senior - £6.00, Junior/Disabled/Fun - £3.00

for further details and application forms contact:
Gillian Bone or Duty Manager
The Auchenharvie Centre
Saltcoats Road, Stevenston, Ayrshire.
0294 605126



Leisure Services

EVENTS

MOTOROLA Fun Run, Strathclyde Park.
2pm. T-Shirt to all finishers. Entry £2 - £3.75. For details tel 03552 39101.

15

LIVINGSTON & Dist. AAC open graded meeting, Craigswood. Further details from Ruby Small - 0506 854199.

SRI Chinmoy runners are smilers 2 miles, Meadows, Edinburgh.

17

HUNGARY v UKRAINE v RUSSIA v GB, SALGOTARJAN, HUNGARY.

18

BRITISH athletics league - qualifier Stoke. INVERNESS open graded meeting, Inverness. MERRICK hill race, Glen Troil.

MINI Minor Highland Games, Grangemouth.
SAF NORTH DISTRICT 10K TRACK CHAMPIONSHIP, INVERNESS.

TWO FERRIES Road Race. 10.8 Miles
Treslaig to Ardgor. Transport from Ardgor to Treslaig 12.30. Various prizes changing fac. Treslaig Hall from 1pm. Entry fee £3. Details from John Maitland St Monance Ardgor by Fort William PH33 7AA.

19

BRECHIN right of way races, Brechin High School.

INVERNESS 10 mile road race, Inverness.
SAF 10 MILE ROAD RACE CHAMPIONSHIP, INVERNESS.

UK women's league qualifier, TBA.

22

SRI Chinmoy runners are smilers 2 miles, Meadows, Edinburgh.

25

GEORGE Cummings road relay, Kilbarchan.

LIVINGSTON & district AAC road races, Livingston. Further details tel. Charlie Rogerson 0506 32789.

26

BLAIRGOWRIE 500 half marathon, Blairgowrie.
SAF 100KM ROAD RACE CHAMPIONSHIP, RICCARTON, EDINBURGH.

SRI Chinmoy 100KM road race, Riccarton, Edinburgh.

PETERHEAD Half Marathon and Fun Run.
Entry fee £4.00 Unattached medals to all finishers. Send SAE to Mr J Mundie 1 Abbotswell Road Peterhead Grampian.

29

SRI Chinmoy runners are smilers 2 miles, Meadows, Edinburgh.

OCTOBER

3

FRASERBURGH FC 1/2 Marathon 1.30pm
Start Belislea Park Fraserburgh. For details contact Isobel Scott 0346 518503 James Adams 0346 518002.

HARVIES Biathlon - Auchenharvie Centre, Stevenston. For further details contact Gillian Bone or duty manager, The Auchenharvie Centre, Saltcoats Road, Stevenston, Ayrshire. Tel. 0294 605126

10

LOCHABER Peoples Half Marathon 12 noon from Leisure Centre Fort William E/Forms from E Kismill Alma Road Fort William Inverness-shire. PRE E/Fee £4. Closing Date 3rd October Prize list includes Record Breaking £40 vouchers.

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Sunday 26 September 1993

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1. Application for entry forms are available from all branches of the Trustee Savings Bank (TSB) until Friday, September 17th 1993, priced £2. Complete the form and return it to the address given. Entry forms will be mailed to applicants in early October.
2. British Forces Overseas who are unable to obtain an entry form from a TSB Bank branch should apply in writing to the address below by September 17th, enclosing a £2 fee and a 9" x 4" SAE.
3. British Athletic Federation (BAF) and Amateur Athletic Association of England (AAA of E) Championships for men and women - if you are a member of an affiliated club and have bettered 2:45 (men) or 3:15 (women) in a marathon in 1992 or 1993 then you qualify for automatic entry. Write to the address below by December 31st 1993, giving details of performance and club. If your qualifying time was achieved in the London Marathon then enclose a copy of your finishing certificate. Please send a SAE.
4. Club entries - All BAF affiliated clubs who wish to apply for an allocation of entries should write to the address below on official, headed paper, stating the name of the official who will be responsible for the entries, the number of votes the club has at the AGM of its governing body, the number of First Claim members over 18 years-old and a SAE. Letters should arrive no later than November 1st.
5. Overseas runners should contact Sports Tours International, 91 Walkden Road, Walkden, Manchester M28 5DQ (Tel: 061 703 8161).
6. For further details call the Nutrasweet London Marathon Hotline on 0891 234234 (calls charged at 36p/min cheap rate and 48p/min at all other times).

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PO Box 3460
London SE1 8RZ.



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Bellslea Park Fraserburgh

for Details contact:
Isobel Scott 0346 518503
James Adams 0346 518002

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