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Scotland's RUNNER

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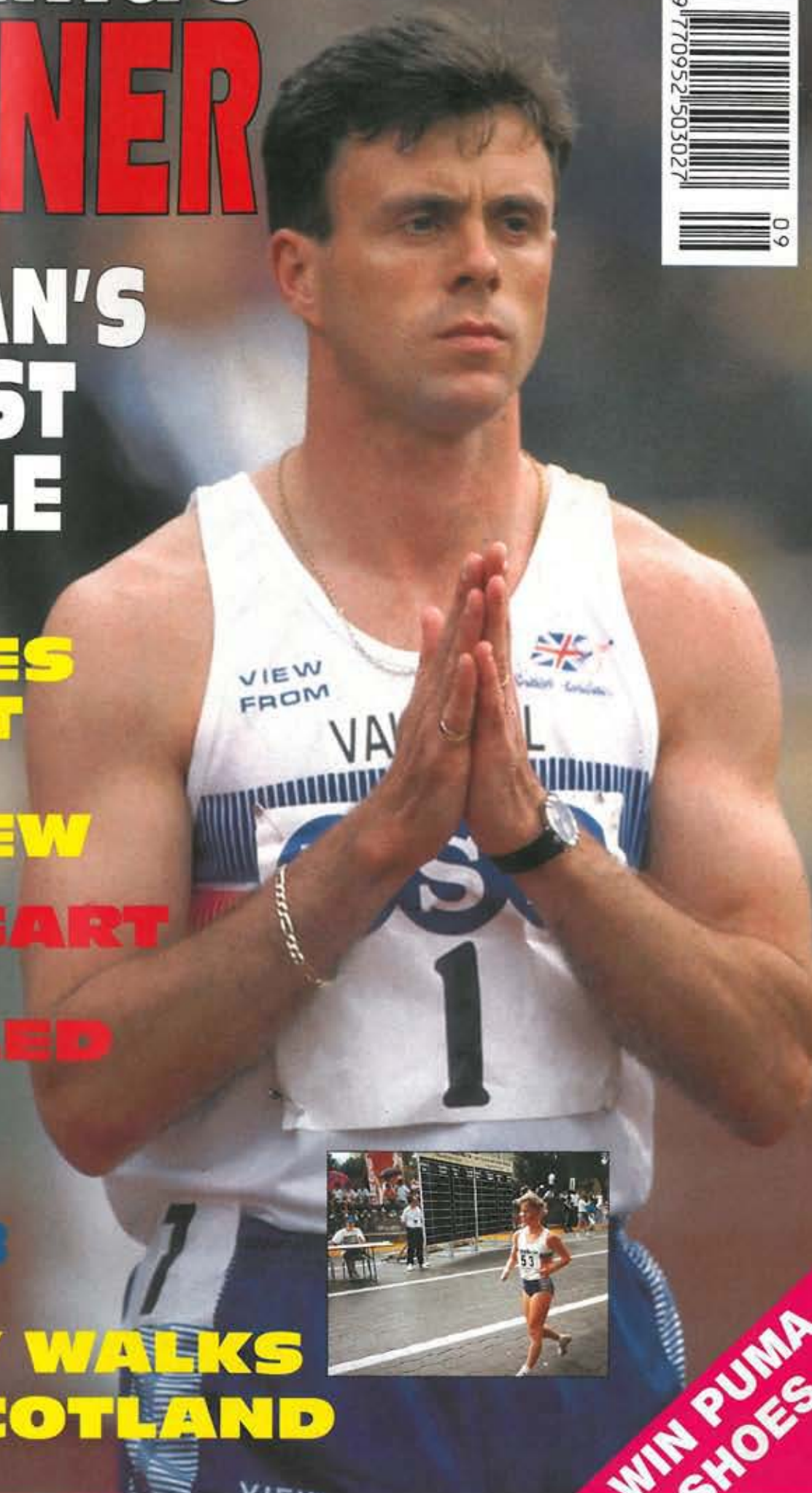
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Reebok

Scotland's RUNNER

ISSUE 85

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September
1993

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He may not be praying, but Tom McKean may have taken his biggest gamble as he tries to rediscover lost form.

INSET: Verity Larby thanks England for her progress as a Scottish walker.



McKean-Boyle split — p11

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COMMENT

McKean's biggest mistake?

Tom McKean has had his moments - European outdoor and indoor 800 metres titles, world indoor crown, minor Commonwealth and European medals and unmatched success in the European Cup. But, as McKean has always been prepared to admit to his credit, his own spectacular blunders have denied him when in shape to take Olympic and World honours outdoors.

Always at his side has been coach Tom Boyle, ready with a shoulder to cry on and, more practically, hands willing to pick up the pieces and put his protege together again — at times when logic must have cried out for an end to the torture they were putting each other through.

Yet despite Boyle's ministrations, which assembled perhaps the most efficient and scientific back-up team in the history of British athletics and found sponsors with the wherewithal to help carry the former YTS slab layer to the international heights, the partnership is now over, a marriage which dates back to the winter of 1974.

The split, insists McKean, is amicable. He has no designs on a replacement coach and only the timing of the announcement came as a shock to Boyle for whom the parting of the ways may even have come as something of a relief.

But without a coach the odds are stacked more heavily against McKean than ever before. If he recovers from a virus to bring home from Stuttgart his first outdoor medal at World or Olympic level, it will be little short of a miracle. He has, after all, won not one race in seven since his Toronto indoor success. If the sport's biggest prizes remained tantalisingly outwith his reach when he had the best possible preparation then surely, without a mentor, the major golds will be even more elusive.

McKean insists: "Even if there were, I would say nothing," he says. "I have only respect for Tommy Boyle and gratitude for what he has done. This has not been an easy decision."

The seeds of the parting may have been sown by Boyle himself. "Over the years he has encouraged me to think more for myself," said McKean. "Everyone has to grow up some time."

It is a pity that with a wife, new home and baby daughter all relatively new influences, the growing up process has taken a final turn.

I believe McKean may have made his biggest and most irretrievable mistake yet. I dearly hope to be proved wrong.

The Scottish Athletics Federation's newly-launched Star Track scheme, driven by recently appointed development officer Graham Ross, deserves to succeed. Already the number of trained Pacesetters has risen from a handful to more than 120 and 11 local authorities are backing the Star Track.

But while the Scottish Office continues to ignore athletics as a school sport — which it is doing by giving substantial funding to the Teamsport Scotland initiative through the Scottish Education Department — Ross and his enthusiastic band of trackies are trying to run with their legs tied together.

Here is no valid reason that we can see for sports such as shinty, rugby, netball, basketball and football, for example, to be given a flying start, with the benefit of professional development officers visiting schools and regional education authorities, while athletics must bear the bulk of the cost of their development themselves. After all athletics suffered as much as team sports during the teachers' dispute.

Sport is very poor at fighting its corner, but letters from concerned individuals addressed to their Member of Parliament at the House of Commons, urging a fair deal for athletics in Scotland, would do no harm.

Doug Gillon

(Athletics correspondent of THE HERALD)

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This month our Reebok awards of sports shoes, socks, shorts and vests for the most outstanding performances by junior athletes go, coincidentally, to two high jumpers, Lisa Brown and Martin Pate

Breakthrough

When sixteen-year-old Martin Pate cleared 2.01m in Dublin recently, the high jumper was catapulted to fifth place in the senior Scottish rankings, first in the under-20 list and confirmed as Scotland's finest in his own under-17 age category.

Yet, though delighted, the Victoria Park/West of Scotland athlete was hardly ecstatic — his pleasure tempered by the certain knowledge he can and should do very much better.

Martin explains: "That jump gave me second in the British Schools championship, three centimetres behind the winner. But my coach and one of the Irish officials both said I should have been clearing 2.10 that day — enough to have taken the title.

"I was well over the bar, but my technique was a little faulty and I kept just tipping it," he explains.

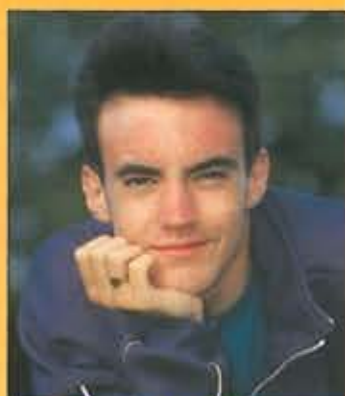
The finest hour in Martin's short but promising career, came in Holland at the European Youth Olympics, where he finished top Briton and cleared 2 metres for the very first time.

"That was a real breakthrough, a big achievement for me — I can't describe how good it felt," he says.

He also managed third place at the Scottish Seniors at Grangemouth, adding with a hint of awe — "just behind David Barnetson and Geoff Parsons."

At the AAA of England U/17 championships at the Alexander Stadium, Birmingham, Martin was one of eighteen Scottish medal successes, taking gold in the high jump.

He now hopes for another medal at the Celtic Games in Wales, to round off a season which began with a Scottish



Martin ponders his next target — 2.10m.

senior boys' indoor record of 1.91 last December. The 10cm added to his best, since then, is no mean leap.

In addition, Martin came third in the U-17 Octathlon at Linwood which secured a place in the Scottish under 17s side to travel to France this month.

In between his competitive endeavours, Martin found time to sit a string of O Grades and the Bearsden youth will sit four Highers in his approaching fifth year at school.

Notification, by telephone, of Martin's Reebok/Scotland's Runner award interrupted his late morning sleep, but the youngster was quick to stress he is active in pursuit of that elusive 2.10m mark.

"I'm training hard at Crownpoint with the West of Scotland squad. My coach Stuart Gillies can't be there that often, but he 'phones through my programme and high jumpers Rhona Pinkerton and Alan Scobie are always there to keep me right.

"Some nights I'm there for over three hours. Mind you, that's because the social life's so good," adds Martin, tongue firmly in cheek.

Lisa on a high

Having leapt to the upper reaches of the Scottish senior rankings at the tender age of seventeen, Lochgelly and District AAC's high jump prodigy Lisa Brown already stands head and shoulders above the rest of her age group.

Yet, at a height of just 1.65m — a touch on the small side for her event — the Glenrothes youngster has to call on every bit of her rare talent on each attempted clearance.

Not surprisingly, then, the athlete Lisa looks up to most is "that big, tall high jump person, Steve Smith", as well as the Scottish number one whose height she aims to scale, City of Glasgow's Rhona Pinkerton.

Lisa was delighted to crack her personal best at the national championships recently by clearing 1.75m, after having stalled at 1.74 since last summer. Her target, now, is 1.78 or 1.80.

"I think that's within my reach and so does my coach Jimmy Bryce," says Lisa, "I'm really looking forward to competing against Rhona again."

Having also won the Scottish indoor title and come third in the Scottish seniors' indoor championship, Lisa won selection for the European Youth Olympics in Holland, and the schools' international in Wales.

"Holland was a bit disappointing," recalls Lisa. "It was bucketing rain and I didn't do too well. But it was fantastic to win in Wales since I was up against a few girls who had beaten me in the past — it felt great!"

As we spoke, she was preparing for a return to Wales — this time with the Scottish senior squad for the Celtic Games in Carmarthen.

About to enter her sixth year at school, Lisa is awaiting results of Highers in English and Biology, and hopes to take a course in PE

teaching at Moray House after sitting a further two Highers next year.

Lisa has also shown a talent for the triple jump and took a surprise gold at the nationals in Grangemouth — her first competitive foray in that event. A shin problem, however, has persuaded her to concentrate on high jump.

To fund her travels and the costs of competitive jumping, Lisa works part-time in a local chemists and with the help of Lochgelly's secretary, Marion Johnston, she has been searching, so far in vain, for some form of sponsorship to meet her hefty expenses.

But financial hardship does nothing to deter Lisa's enthusiasm for a sport she entered almost by accident: "In my second year at school one of my friends Sarah Smith was going along to the local athletics club and was on her own so I said I'd come along. I found I loved the high jump and then managed to get picked for Scottish schools in 1991.

"Ever since then, things have just got better and better," adds Lisa.

With that height of 1.80m firmly within her sights, Lisa looks set to enjoy a few more highs in coming months.



Lisa Brown

Five gold and two silver for Scots in Belgium

SCOTS' athletes took the Belgian national championships by storm last month, returning home with five gold and two silver medals.

The two-day Brussels event saw Edinburgh Woollen Mill's Aileen MacGillivray run the second fastest 200 metres time



Aileen MacGillivray

by a British athlete this season to win in 23.29 seconds, before completing a fine double with victory in the 100 metres in 11.65 secs — her fastest unassisted performance of the season. In doing so, MacGillivray strengthened her claim to late selection for the world championships in Stuttgart.

Graeme Croll (Cambuslang

Harriers) won the 3000m steeplechase in 8 min 54.26 secs, Blue Circle's Geoff Parsons took the high jump with 2.17m, while Karen Hambrook (Ashford) won the triple jump with 12.36.

Adding to the Scottish Commonwealth Games squad members' successes were silver medal-winning performances by Gary Brown (Cabersport

AC), with a time of 1 min 48.12 secs in the 800m, and Darrin Morris (BT Pitreavie AC) with a discus throw of 51.36m).

Mark Davidson finished second in his 400m hurdles heat in 51.48 but could not proceed to the final as only one foreign athlete, an Israeli heat winner with a slower time, was allowed into the final.



and Geoff Parsons gave outstanding performances in Brussels

Murray's medal warning

YVONNE Murray issued a timely warning to world championship rivals, clocking the fastest-ever 3000 metres in Britain at the TSB Grand Prix at Crystal Palace in July, writes Alasdair Fraser.

Murray beat great rival Elana Meyer of South Africa on the way to breaking Mary Slaney's United Kingdom all-comers' record, with a time of 8min 32.62secs — confirming her status as prime medal contender for the 3000m in Stuttgart.

Maintaining the form she showed in her fine Oslo showing, Murray struck with 250 metres left to pass Meyer. This year, only Murray, herself, and the woman who beat her in Oslo, Sonia O'Sullivan, have run faster.

The Scot would have bettered her own Scottish record had she completed the last lap in 60 secs, but this proved just beyond her.

Murray said afterwards: "I set out to win with the least possible energy. I didn't expect to run that sort of time. I'm enjoying

my running a lot more these days, I'm not so intense about it."

It proved another night of disappointment for David Strang, who was bidding to post a world championship qualifying time in the 1500m, but, as he had at the World Trials in Birmingham, the Scot struggled towards the back of the field.

Already provisionally selected, Matthew Yates booked his place in Stuttgart with a winning time of 3-35.83, ahead of South African Johan Landsman and Australian Simon Doyle after a photo-finish.

£10m demand

THE competitors' council of the British Olympic Association have demanded a £10 million government package to prevent Britain "slipping into sporting decline". In a report published recently, the organisation claims state funding is necessary because nearly half the country's leading performers are in debt to an average of £5000.

Cram qualifies . . . Ayr out again

STEVE Cram finally made the British team qualifying time for this month's World Championships, but finished fifth in 3 mins 35.63 secs after his calf muscle injury flared up on the last lap at the IAAF Mobil Grand Prix, Cologne, on August 1.

As Scotland's Runner went to press, Cram was determined to compete in Stuttgart, declaring: "I'm not out of it yet. I've only trained three times since the AAA, but I think I can be up there in Stuttgart."

. . .but not Strang

DAVID Strang finally conceded defeat in his struggle to make the British team for Stuttgart when tests showed he had contracted a bacterial infection. He pulled out of the Scottish team to face Wales, Midland and Northern Counties in Wrexham, announcing: "I am on antibiotics. I'm so tired that I've been spending half the day in bed. I don't know whether to cut my season short, or try to get a race or two after I feel better."

FOR the second successive year Ayr Seaforth were disqualified in the SAF men's Scottish 1,600m medley Relay Championship at Meadowbank.

Last year Brian Whittle was considered ineligible. Now, with the rules changed, it was junior internationalist Grant Adams who was the offender, when he took over too early from Gary Willis at the end of the first change. Though Seaforth finished second to Clydesdale Harriers they lost their silver medals to Victoria Park with Perth Strathay picking up the bronze.

Lyn MacIntyre won the 3000m in 9:27.36 and Middlesbrough-based Alison Curbishley the 400m hurdles in 60.54.

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and
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More national champs

ROBERT Quinn outpaced a strong field to win the Scottish National 10,000m Championships at Linwood.

Quinn shadowed title holder Tommy Murray (Spango Valley) throughout and with 800m left the Kilbarchan runner produced a winning burst for his first senior title in 30 mins 07.59 secs. Murray was second in 30 min 12.32, while Alistair Russell (Law and District) finished a distant third in 30 mins 38.95, some 130m behind.

Scottish decathlon native record holder, Duncan Mathieson, removed all doubts over his fitness after a knee injury, taking the Scottish decathlon title at the national combined events title.

The Edinburgh Southern long-jumper set two personal bests when running the 100m in 10.92 and 110m hurdles in a wind-assisted 14.81.

These efforts, together with a long jump of 7.44m and a high jump of 2.01m, helped him better the 7000 barrier with his final winning total of 7047 points, in this his first two-day competition since the August, 1992 international decathlon in Finland.

Another long-jumper, David Litchfield (Arbroath and District) made a leap of 6.61m in his speciality event and a good all-round performance gave him

a winning score of 5487 points in the under-20 championship. The veterans' title went to Eamonn Fitzgerald (Pitreevie), ahead of Musselburgh's John Ross.

Caroline Black of Edinburgh Woollen Mill won the silver medal in the senior women's heptathlon with a score of 4320 points behind Kim Crowther (Middlesbrough and Cleveland) on 4573. Black's clubmate, Emma Lindsay missed the championship through international duty for Britain in



Robert Quinn

Bunney leads stars in launching StarTrak scheme

SCOTLAND'S record-breaking sprinter and Olympic Silver medallist, Elliot Bunney helped launch the 1993 StarTrak Scotland Athletics Development Scheme, at Crownpoint last month.

Over 170 children from all over Scotland took part in a selection of track and field events, team orienteering and a

mass relay. Overall winners were Falkirk, one point ahead of Lothian.

The day was geared towards promoting awareness of the StarTrak Scotland initiative which has already attracted 11 local authorities and 19 athletics venues. Coinciding with the World Championships in Stuttgart each StarTrak venue

of our lawyers at the moment, and Quigley is free to compete at any meeting until it is held. When exactly that will be, I don't know, but it may be after the season has finished."

Earlier this summer, Quigley's appearance at the Tomintoul Highland Games caused a scene when competitors said they would not compete alongside the controversial heavyweight. The protest was resolved when Quigley said he would not throw for cash.

No date yet for Quigley appeal against life ban

OFFICIALS of the Highland Games Association have still to finalise a date for Australian Joe Quigley's appeal against a life ban.

Last summer Quigley registered positive in a drugs test at Balloch Highland Games, but after a court case was allowed to compete in this season's circuit.

Secretary of the SGA, Andrew Rettie, confirmed the hearing would be held, but added: "We are awaiting finalisation of a date. The matter is in the hands

Going down fighting

SCOTTISH champion Ken Campbell set a new Scottish native record for the 110 metres hurdles in the final match of the GRE British League at Meadowbank, but could not save his club Edinburgh Southern from the fate of relegation.

His run of 14.12 seconds was a remarkable achievement for a man whose career in athletics began seriously just two seasons ago, although he did enjoy a wind speed close to the maximum permissible level of two metres per second.

He was just one hundredth of a second short of Fraser's national best, although there is a hand-held time of 13.9 recorded by Dave Wilson dating back to 1974, before electronic times were mandatory for record purposes.

Southern were without competitors in some events and had no other A string successes, although did manage B string wins from John Steel (steeplechase 9-19.19) and Dave Clark (200m, 21.50).

With Elliot Bunney absent through injury, Campbell also lined up for the victorious sprint relay team.

Meanwhile, Edinburgh AC were relegated to division three after their match in Wolverhampton, ensuring there would be no resumption of capital rivalry.

will be holding a fun introductory course for 8-13 year old children, who will be encouraged to join local athletics clubs. All winners receive certificates signed by Stuttgart medallists.

Fun teaching implements such as the 'flying sausage' javelin and the 'flying saucer' discus. These allow children to

But Rettie said the scenes witnessed in the Speyside village had not been repeated elsewhere, despite Quigley's continued participation in events across Scotland: "It seems to have been a one off protest," he said.

Meanwhile, Halkirk's Alastair Gunn, the current world heavy throwing champion, has continued to set the standards this summer. His latest successes include winning the Budge Memorial Cup at his local

Former professional Harvey Lister won the 200m in 22.4 and finished a close third in the 100m with 11.3.

Alan Scobie won the A high jump with 1.95m and Alan Malcolm took the B event with 1.90m.

Grenoble teams

SCOTLAND'S Runner/Reebok young athlete of the month, Martin Pate travels with the Scottish under 17 boys team for the combined events international against France, at Grenoble on September 18 and 19.

Four Scots teams will make the trip, as follows: Under 17 boys: William Stark (AAAC), Ross Baillie (VPAAC), Martin Pate (VPAAC), David Cotter (Nairn), Andrew Ramsay (MBI), Mark Dobbie (Pet), Under 15 Boys: Gerrard Murray (AH), Peter Herron (Arb&Dist), Peter Stephen (CumbAC), Paul Cummings (KelvAcad), Craig Slater (MK), Colin Walker (Ding), Under 17 Girls: Anne Carr (CoS), Juliana Palka (CoG), Donna Quirie (AAAC), Jennifer Reid (BAAC), Lorraine Bell (LucMoth), Jennifer Donald (MBI), Under 15 Girls: Jackie Tindal (FAC), Emily Dougal (AAAC), Jemma Grant (Nairn), Michelle Zalis (EAC), Gillian Stewart (EAC), Teresa Richards (Ellon).

gain satisfaction from distance while experiencing the same feeling as throwing the traditional implements.

Frank Dick, chief coach to the world championship team said: "StarTrak is something special, giving fun, an opportunity to achieve, and a programme to which children will want to belong."

games, where he also picked up the Scottish title for the weight for distance, defeating Bonar Bridge's Hamish Davidson.

Gunn also won six out of eight events at the Durness Highland Games, setting a ground record of 136 ft. 11 in. in the light hammer, and received the Rispond Trophy for his win in the overall points contest with a total of 30, again defeating Hamish Davidson who scored 21.5.

Scots' Celtic double World champion for Great Scottish Run

SCOTLAND scored a double in men's and women's matches in the international against Wales, Northern Ireland and two English areas in Wrexham.

But while the women won with ease, the men scraped home by just four points after beating Wales in the final two events — the 4 x 400m relay and javelin.

The Scots finished second to Northern Counties in the relay and Stewart McMillan (BT Pitreevie) and Gavin Broomfield (Shettleston Harriers), in his first international, kept their rivals behind in the javelin.

Triple jumper John Mackenzie, who was mistaken for a New Zealander when he captured his first Scottish title at Grangemouth this summer, scored an emotional first win in a Scottish vest, turning out a personal best of 16.04 metres.

Mackenzie was one of a string of Scottish winners in

the windy conditions, which hampered the sprinters.

Aileen MacGillivray won the 200m in 24.30 sec and was second in the 100m in 12.24, while Roddy Slater could only manage 11.28 sec in fifth place in the men's 100m.

Gary Brown ran a perfect 800m, winning in 1:49.08, while Mark Davidson took the 400m hurdles in 52.6 secs.

Geoff Parsons (2.23m) and Rhona Pinkerton (1.77m) took their respective high jumps, while there was a Scottish one-two in the women's long-jump, Ruth Irving winning the A event with 6.02m and Karen Hambrook going even further to take the B with 6.08m.

Lyn MacIntyre won the 3000m in 9:27.36 and Middlesbrough-based Alison Curbishley the 400m hurdles in 60.54.

BENSON Masya will compete in the Unicorn Leisure Great Scottish Run on August 22, having withdrawn from the World Championships in Stuttgart.

Masya, the current world half marathon champion and AIMS world athlete of the year, announced his decision after a family illness forced him to pull out from the world marathon event and return home to Kenya.

This made him free to compete in Scotland, unlike fellow countryman Cosmas Ndeti who had expressed a desire to run in Glasgow. Ndeti will take part in Stuttgart where the Kenyan team have ordered him to remain until after the closing ceremony — too late for the Great Scottish Run.

But Masya's decision will greatly enhance the Glasgow spectacle. Race promoter Peter MacLean said: "To have an ath-

lete acclaimed as number one in the world will further enhance the race's international standing and provide the opportunity for all entrants to run with the best in the world."

Masya's agent, Gerry Helm, remarked: "Benson is in good shape and the world record could be under threat in Glasgow."

American Airlines have put up £70,000 worth of prizes, including £25,000 worth of first class air travel for the first male and female who break the AIMS World Half Marathon Records and a further £10,000 for the first male and female to finish.

McLean, the AIMS secretary confirmed a newly ratified men's mark of 59:47, by Moses Tanui, in Milan. Scotland's Liz McColgan set the women's best — 67:11, in Tokyo.

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THE SCOTTISH OFFICE

Tom goes out on his own

Poor showings have peppered Tom McKean's World Championship build-up, spreading serious doubts as to his hopes of capturing that elusive first medal on the world outdoor stage. But all were overshadowed by the bombshell he dropped just days before travelling to Stuttgart, writes Alasdair Fraser.

McKean announced he had parted with long-standing coach and mentor, Tommy Boyle, terminating a relationship which dates back almost 19 years to the winter of 1974, when the eleven-year-old Belshill schoolboy could scarcely have dreamed how far the partnership would take him.

Boyle steered McKean beyond a YTS post as slab-layer, to unique world indoor and European outdoor 800m title doubles, and through the successive highs and lows which have come to characterise his career.

Few close to the pair could have any illusions that their 'marriage-made-in-heaven' was as perfect as sometimes portrayed — on the one hand, it was never consummated with a world outdoor or Olympic medal; on the other, McKean, like Boyle's other protege Yvonne Murray, has never been the easiest of athletes to handle.

As Boyle has been heard to say: "planning schedules and standing on the track with a watch is the easy part with these two. Getting the mental preparation right is the big challenge."

Still, McKean's decision comes as a great shock — not least his timing of the split. After all these years, it will be difficult to imagine one without the other.

The news also overshadowed discovery of a virus which has been wreaking havoc with McKean's performances for at least two months. McKean revealed: "It is possible that only my first run of the season, in Belfast, was unaffected by it."

The virus — coxackie enterovirus — presents as immediate a

threat to McKean's world championship hopes as his defection from Boyle, although, the discovery has at least lifted one burden from his shoulders.

"It is a relief in some respects to have this confirmed, because it lets me know why I have been running so badly," said Tom recently. "I believe I've had the problem for more than two months. It can take up 12 weeks to clear, so I reckon I am coming out of it."

'After all these years, it will be difficult to imagine one without the other'

"Certainly, I have felt better these past two weeks. I am now doing sessions which I couldn't look at three weeks ago, but the doctor has said recovery is not totally predictable — I could have a recurrence."

McKean's 800m rival Curtis Robb is a case in point. He won well at Gateshead in a time faster than any by McKean this year, before trailing 10th and last in Zurich. McKean believes he may have picked up the illness through contact with training partner Gary Brown who won well in Israel before falling victim to a similar virus.

For a man who has always thrived on self-confidence, but floundered on four occasions in World Championships and Olympic Games, the news represents a glimmer of hope — a genuine excuse for his bad races.

Yet, even if he can recover in time for Stuttgart, the feeling is that McKean remains some way short of medal standard. Having failed to win in his last seven outings he will require something extra-special in Stuttgart.

In Tokyo, 1991, he ran a perfect race for, literally, 799m but

eased up close to the line to allow two opponents to dip past him in the heats. The disastrous mistake was witnessed by millions on TV but McKean, to his credit, has always shouldered the blame for such spectacular blunders.

"I have all my disasters on video and watch them all frequently," McKean has said. "You only learn from losing races, and I don't see any point in hiding from them."

It is something of a irony that Boyle took Murray under his wing as a result of a similar type of split with her old coach, Bill Gentleman.

McKean insists there is no acrimony and retains the greatest of respect and affection for a man who has been almost a surrogate father to him.

He describes the split as "completely amicable", adding: "I do not plan to join any other coach. I simply felt it was time to move on. We had some minor differences of opinion over training details, but really, with perhaps another three or four years left in the sport, I feel I want to try out a few ideas of my own. If they don't work out, I have only myself to blame."

"It has not been an easy decision after all these years."

Boyle, typically, has displayed most concern for McKean's timing of the announcement and the effect that alone could have on his challenge in Stuttgart.

He said: "Tom should be preparing for the World Championships and for running for Great Britain, and should not have got involved in this just now."

Only time can judge the Lucozade Motherwell athlete's wisdom, but it is interesting to recall Boyle's words to him early in 1992.

"Well, Tom, you've made every mistake there is to make in the book. There is no other error even you can make. In fact you've done the lot — so this must be your year."

As mentioned, McKean failed even to make the Olympic final, surrendering his British number one spot to Curtis Robb and his World Cup place to Dave Sharpe who won the title in Havana.

It remains to be seen whether Stuttgart, 1993, can lay these memories to rest.



Hanlon aims for medals

When competitors at the 1986 Commonwealth Games were asked to fill in a page of biographical details for Press use, steeplechaser Tom Hanlon wrote boldly under the heading 'Ambition?' — "to become the greatest steeplechaser the world has ever known."

At the age of 25, Hanlon has already achieved a degree of excellence, being the only Briton to have ever remotely troubled the Kenyans at his event. But it is a reflection of his enduring desire to realise his lofty ambitions and the full depth of redoubtable talent, that he went on record recently as saying he would only travel to Stuttgart if he felt capable of threatening the medal placings — and so he joined Colin Walker and Tom Buckner in the British team, to challenge Kiptanui, Kongel and Sang.

"I've been monitoring my progress and weighing up how I feel, and I'm convinced now that it is worth my while going to Stuttgart," he said. "I can't promise that a medal is on the cards, but I do feel I'm going to be in good enough shape to challenge for one."

While many are delighted just to make the world championships, Hanlon, without a trace of arrogance, is unable to draw any satisfaction from merely making up the numbers.

The Racing Club Edinburgh athlete and former Scottish cross country champion shrugs off his successes to date — and is so dismissive of his indigenous achievements he is clueless as to how many times he has broken the Scottish steeplechase record (eight times to date).

Even sixth place in the 3000m steeplechase at last year's Barcelona Olympics did not satisfy his hunger.

As well as dominating the national steeplechase scene, Hanlon won the Scottish 1500m title four years in succession from 1987, choosing not to compete in '91, '92, and '93.

At the age of sixteen, when his all-time hero Steve Ovett was in town signing copies of his autobiography, Hanlon asked his father if he would go along and get one. The great middle-distance man was informed: "My son tells me he is going cuff you before you retire."

Ovett responded typically combatively and at least half-jokingly: "I won't retire until I've cuffed him!"

The twist in the tale came during Hanlon's string of Scottish 1500m wins when at

Crownpoint he proceeded to beat his hero in the 1500m, letting the 1980 Olympic gold medallist know he'd done his father proud.

Ovett was far from perturbed. "Oh well, I'll just have to postpone my retirement," he is reported to have replied.

A fall-out with officials of the 1990 Scottish Commonwealth Games team means Hanlon now refuses to compete in a Scottish vest. He is quick to stress his patriotism but was so unhappy with his treatment by Scottish officials at those Games that he has since refused their olive branch offer of talks to clear up the problem.

He said recently: "I said after the games that I'd never run for Scotland again and I stand by that until the set-up's changed."

Hanlon ruffled the feathers of British selectors, more recently, when having already made the qualifying time for Stuttgart, he failed to turn up to the World Trials, in Birmingham. Prior warning had been given that all team challengers, including qualifiers, should demonstrate their form and fitness at the Trials or notify the selection team as to where they would try and do so. Hanlon gave no prior explanation for his absence, and was subsequently a surprise absentee when the original team list was announced.

He admitted: "It's true I hadn't shown selectors my form, but in Edinburgh this year I beat both Walker and Buckner, the athletes selected for Stuttgart."

"I didn't run in Birmingham because it would have meant easing up on training at a time when I couldn't afford to. I was out through achilles tendon and back injuries from December to April and I was still recovering full fitness."

By early August he had persuaded selectors he would be sorely missed in Stuttgart, when in Nice he clocked the fastest time by a Briton this year.

His subsequent run in Zurich, where he languished tenth and last once again cast doubts over his appearance at the world championships, but a fourth place finish in Monte Carlo, in a time of 8:19.09, was enough to convince him that a trip to Stuttgart is worthwhile.

"Zurich was a big disappointment and even Monte Carlo did not give me the sort of time I would hope to be running."

"But the important thing now is, I feel I can do myself justice over there. That's what swayed me."

Bubbling up from depths of despair

Yvonne Murray's two tearful exits from the world stage after nightmare performances in Tokyo 1991, and Barcelona 1992, appeared to mark a disastrous decline for the Musselburgh woman, writes *Alasdair Fraser*.

Having battled her way to the forefront of British middle distance running from the early 1980s — culminating in a European championship 3000m bronze in 1986, where she nipped past Zola Budd, an Olympic bronze at Seoul in 1988, and a European



Hoping to add to her gold haul — here the world indoor 3000m from Canada.

gold in Split two years later — Murray entered a trough which would have swallowed many a less tenacious character.

But, of late, she has enjoyed a renaissance and rediscovered the art of winning races — as demonstrated by triumphs in Oslo and Crystal Palace this summer. With the benefit of hindsight Murray can attribute this recovery to a large shift in values, induced by those two long, lean years.

Yvonne feels she is racing well again mainly because her world championship and Olympic placings — 10th and 8th respectively — showed her "the downside of the sport."

Shortly after setting a new 3000m UK all-comers record at Crystal Palace, late in July, she said that quashing a good deal of her own intensity had been the key to her recovery.

"It was destroying me," she reflected. "I came very near the edge, and was thinking about giving up, because I wasn't getting the performances of which I knew I was capable."

Self-imposed pressures heightened with each success — a tortuous symptom of the very determination which ensured her talent for middle distances first bubbled to the surface.

Always a touch thin and pale, Murray appeared increasingly withdrawn even though she was still winning races.

"I thought, then, that you had to be a certain way to be successful. I thought for every race you had to go out and be intense."

For a while it paid off, but trouble began in 1991 at the European Cup, where Murray set off at blistering pace in an ill-timed experiment at front-running. Her suicidal performance cost the British team valuable points.

When Tokyo and Barcelona came around, Murray's obsessiveness had reached the point of desperation, and the anguish she lived out before the eyes of the world proved a bitter pill to swallow — though one which, ultimately, held a cure.

"I've talked to Liz McColgan about this. When she took a year out to have a baby, people quickly forgot her. But a year later she won the world 10,000m title and I talked to Stephen Hendry, who had a rough time in snooker. It can be done. But I remember Steve Ovett once saying that there's nothing like athletics for dumping people. At the press conference in Barcelona, hardly anyone talked to me."

While the press lost interest, Murray's present sponsors and employers Scottish Equitable — who provide a regular wage, a company car and ample time off to race and train — showed great faith.

"They had offered me that arrangement in 1991, but I didn't want any distractions. Then I had a really dismal world championships, but they still wanted to support me through to the Atlanta Olympics in 1996."

"Perhaps they could see something in me that I couldn't."

"I had never been subjected to failure before. I had climbed up steadily and reached gold. But when I got there I didn't handle success very well."

Since then Murray has surfaced swiftly from the depths of her own despair — a recovery which began in fairly humble style last March, in Toronto at the World 3,000m championships — not a major event, but a victory which did wonders for her confidence.

"I hadn't been going to run but Frank Dick, our coaching director, pushed me into it, and all credit to him. He told me there were mountain people and valley people and that although I was a mountain person I was down in the valley, and had to start climbing 'out somewhere."

"Just going through the nerves of running a championship and then winning again was a whole new start."

Murray has been defeated only once this year — by Ireland's Sonia O'Sullivan, currently world's fastest over 3000m and 1500m — and now looks capable of producing the finest running of her life.

O'Sullivan could prove Murray's toughest 3000m opponent in Stuttgart, but if the Scot can sparkle as she did at Crystal Palace, storming past Elana Meyer in the closing 200m to record the fastest 3000m ever in the UK, then she can win.

Afterwards, relaxed and jocular, Murray summed up the new attitude which has ensured she'll be there or thereabouts at the World Championships: "I'm enjoying my running a lot more these days. I feel this is more the real me. Being intense didn't work, and now that I've got a second shot at handling success, I'll make sure I do a better job of it."

Murray will have coach Tommy Boyle's undivided attention in Stuttgart, now that Tom McKean has left his stable. The absence of 32-year-old Ukrainian Dorovskikh who was banned for four years after testing positive in a dope test was a late boost for Yvonne. She is our best medal prospect in Stuttgart, and is currently second fastest in the world this year behind Ireland's Sonia O'Sullivan.

Karen took high road from Skye to Stuttgart

For Scotland's marathon representative, Karen MacLeod, the streets of Stuttgart are a far cry from childhood haunts on the Isle of Skye. But, by the time the starting gun fires in her World championship race, they should have become a fairly familiar stomping ground.

Karen flew into Stuttgart as early as August 1, to begin her final preparations for what might be billed the biggest race of her distinguished career.

She has set up base in the city's suburbs, with the help of former Edinburgh Athletic clubmate and British team liaison officer for Stuttgart, Ross Hepburn.

Ross, a former world high jump record holder for the under-15 age group, has resided in Stuttgart for 12 years and so was the ideal man to arrange for Karen's stay. Thus, he has ensured she gets some quality running on German soil before the big day.

But the Skye dimension has never faded entirely from the Bristol and Bath-based athlete's mind. On training runs, Karen likes to listen to Runrig on her Walkman, and has been known to psyche herself up for big races

to strains of the band's "Always A Winner", among others. Her sister, Deborah, is married to Runrig guitarist Rory MacDonald.

Karen, who turned 35 in April, switched to marathon distance relatively late in her career and now finds herself enjoying the best running of her life. She has won three out of five to date, the latest win coming this year in Seville.

A PE graduate of Dunfermilne College, she also has a degree in English and History, and has now turned her attention to a post-graduate degree in health promotion.

She won her first title in 1985 in the 4000m closed, beating Yvonne Murray and then won it again in 1987 along with the WAAA indoor 3000m crown.

She has suffered more than her share of misfortune — an asthmatic attack causing her collapse in 1986 UK 10,000m; broken ribs from a straying elbow during the 1990 Commonwealth 10,000m final; and then, collapse last year from iron deficiency in the London Marathon as she tried in vain for an Olympic place.

Yet, in 1991 she bounced back from the first two disasters to set 14 course records in the UK at 10K and half marathon distances, and finished second in the Great Scottish Run behind Andrea Wallace.

The world championships give her the opportunity to step into the Scottish limelight having too long been overshadowed by the likes of Liz McColgan.

Yet, even with three marathon victories to Liz McColgan's two, comprising wins in Seville, Bordeaux and Majorca, McLeod will need to produce something special for a medal in Stuttgart.

Her best time, to date, is 2:34:30 but

medal standard will surely make greater demands

Given that her best came at the end of February, after only eight weeks preparation, Karen may have a great deal more up her sleeve as she takes the high road in Stuttgart.



Karen MacLeod (16) has been piling up quality time in Germany since August 1st.



Hanlon (3) celebrates in the home straight

England key to walking for Scotland

An English upbringing is an unusual prerequisite for a Scottish athlete's advancement, but for Verity Larby, our world championship hopeful in the 10k Walk, it proved absolutely crucial.

The Aldershot-based woman could easily be our forgotten representative in Stuttgart. She asserts her Scottishness with a distinctive Home Counties' accent and excels in an event which is, by any measure unfashionable, but one virtually non-existent north of the border.

Had she been born and bred in Scotland, not Salisbury, it is unlikely the 22-year old's talent for race-walking would ever have blossomed.

"I'm a failed runner," she admits, "but I learned race-walking from the age of fourteen in multi-events at my club, Aldershot Farnham and District."

"Sadly, there are so few race-walking events in Scotland that I

probably would never have got the chance to progress this far, and represent my country at the Commonwealth Games."

Not surprisingly, then, Larby cherishes the Scottish and British international recognition which has followed — the latter coming, appropriately, in the Kelvin Hall, Glasgow during 1991's GB v USA encounter.

Her Scottish roots are strong: "My mother is from Edinburgh, but my dad has always lived and worked down here in the armed forces. I've always felt both Scottish and British."

"Running for Scotland is always special — everyone's closer and much friendlier in the Scottish team."

She is unrivalled as Scotland's top race walker, holding national records at walk distances of 3000m, 5000m and 10,000m — with respective times of 13:49.3, 23:41.17 and 49:24.

Furthermore, she is believed

to be the first Scot to gain Olympic or world recognition in walking.

Scotland's poverty in this event is amply demonstrated by the fact there are no native Walks record holders, with Larby excluded on the basis of her Anglo status.

Like our other unsung race-walking hero, Cardiff-based Martin Bell, she would dearly love to compete more frequently up north if the opportunities were there, but most of her finest moments have come abroad. In April, she was unplaced in the world cup in Mexico, but performed admirably in the intense heat.

Race-walking's minority status can sometimes be confused with inferiority, but Verity is quick to leap to its defence: "When you reach this level you realise just how competitive and demanding it is. What some people forget is that race-walking demands a

combination of technique and sustained concentration, over and above the high levels of fitness needed by runners."

With her careful preparations for Stuttgart almost complete, Verity was winding down training as we spoke: "I'm nearly there now, putting my final touches in with quality sessions before flying out with coach Ray Hall."

The University of Surrey secretary is realistic about her chances against the very best in the world.

"I won't be coming home with a medal," she admits. "This is my first major and the winners will be recording times of around 44 minutes, whereas my best stands at about 47 minutes."

But Verity is not just making up the numbers in Stuttgart.

She adds: "I know I can do 46 minutes and I would dearly love to be first Briton in Stuttgart. That's my ambition."

MacPherson impatient for 10,000 metres

In the space of a little over four years, Vikki MacPherson has risen from modest participation at club level to become this year's fastest British woman over 10,000 metres — capping it all last month by earning her very first senior British track selection for the World Championships in Stuttgart.

The 22-year old British Cross Country internationalist's latest stride forward came in the unlikelyst of places.

Having won the AAA 10,000m championship in Portsmouth earlier this year, she had placed herself on the selectors' shortlist — but still had to clock the elusive qualifying time of 32:40 to secure selection.

Her last chance to do so, came in the hot and humid cauldron of Buffalo where the World Student Games beckoned — a task as daunting as the accountability she was in the midst of tackling when she won the AAAs.

But, as with her studies, the City of Glasgow woman came through with flying colours, chopping almost a minute off her personal best in a time of 32:42.

Although a little disappointed not to repeat her silver medal performance the year before in

Dijon she was delighted with her time.

For most of the race she closely shadowed three other leaders, including Romanian winner Iulia Nagura, but could not quite stay with them towards the end.

Vikki recalls: "I didn't think I would get the qualifying time there because the temperatures had been soaring above 100 degrees in the run up. Thankfully, though, the race was delayed by an hour and it turned out to be a bit cooler than I expected."

With humidity at around 90% in Buffalo — comparable to what she could encounter in Stuttgart — Vikki feels the race was ideal preparation for her first British senior track outing.

"It's a wee bit scary to run my first British senior race on track at the world championships!" she suggests. "But I'm really looking forward to it — Buffalo did give me a lot more confidence."

Even more encouraging is the way races such as Buffalo have shown her ability to respond to the presence of quality opposition: "In Portsmouth the field was not particularly strong, and I've never been one for running out on my own. In Buffalo, though, the quality was there and the runners around me pulled me out."

"Hopefully the same will happen in Stuttgart."

Her world championship selection is the latest in a string of international honours bestowed in recent years. This year's Scottish senior 10,000 metres champion, she has enjoyed two World Cross Country championship appearances for Britain, in Boston and this year in Bilbao, where she came a creditable 38th overall, and third in the British team.

In Stuttgart her target is to make the final and she has a realistic chance of doing so, having shrugged off a minor injury to her right knee.

It does not trouble Vikki greatly that the heats and final fall so close together that she will have only one full day's rest in between: "I feel I have a chance of making it through the heats but I have to accept that if I do so, I'll be struggling to recover fully for the final. But it would be great experience to run with the likes of Elana Meyer."

Before she has much time to reflect on her performance, Vikki will be home, to resume work with her Glasgow accountancy firm.

Having qualified for Stuttgart on her own merits, and not as a "replacement" for the injured Liz McColgan, as one Scottish newspaper suggested recently,

MacPherson carries a burden of expectation on her shoulders.

But, in other respects, Liz has proved an inspiration — always quick to pass on advice.

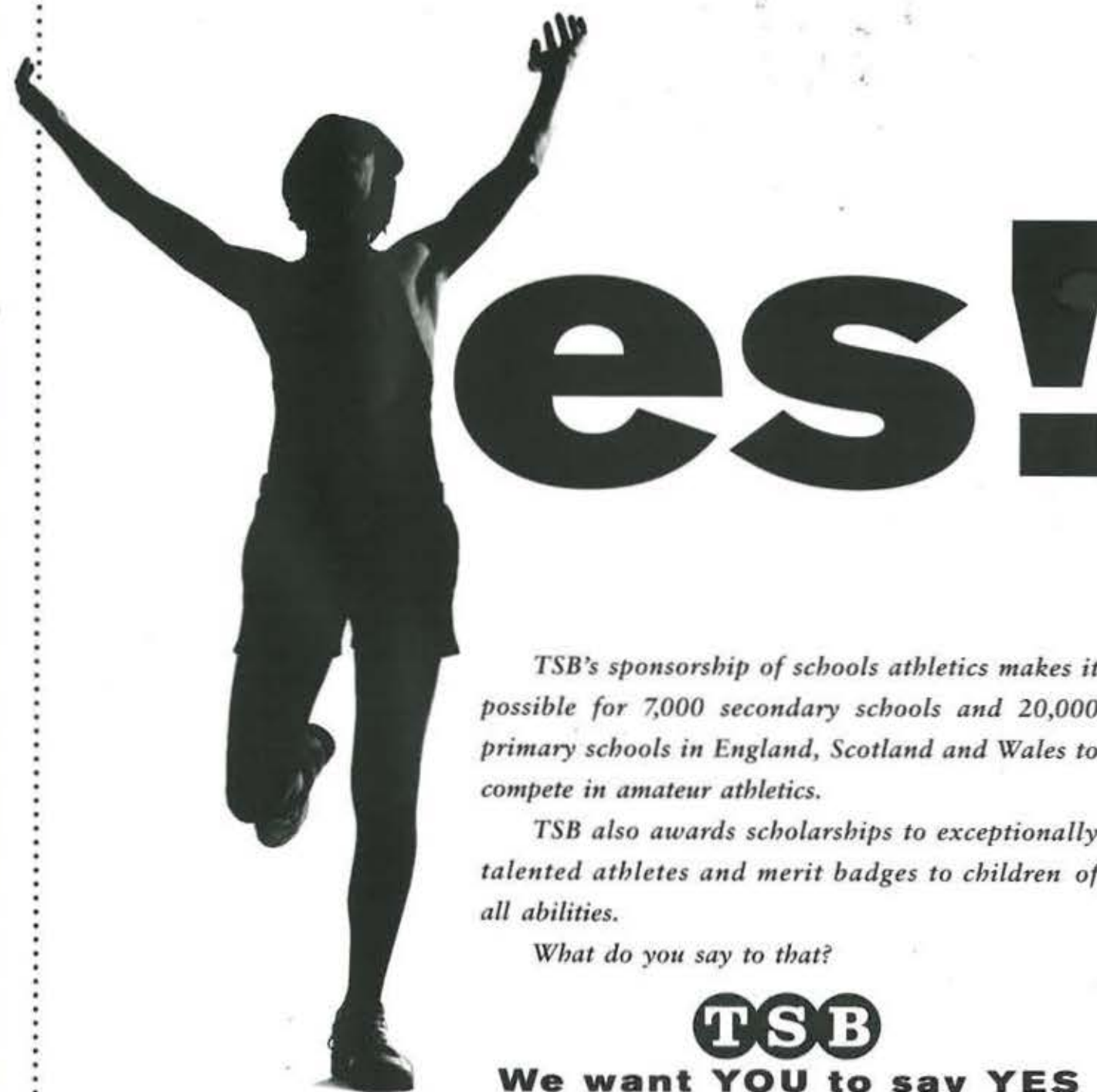
"Liz has given me great encouragement and is always friendly and helpful," she says. "I find it a little daunting that she won't be there in Stuttgart — it means that I'm the only British representative and people might try and compare me to the world champion."

"But it's the biggest race of my life and I just can't wait to run."



Vikki in more familiar, until now, cross country mode.

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World comes to Princes St

The eyes of the world will fix on Edinburgh's most famous street on September 12, as the cream of the world's milers do battle for the second Standard Life Princes Street Mile, writes *Alasdair Fraser*.

As live TV cameras roll, a potential audience of millions spread across five continents and nineteen nations, will tune in to an event already billed as the world's top road mile.

The principal races will be televised live by the BBC on Sunday Grandstand, while highlights will follow on BBC Scotland. Television Sport and Leisure (TSL) are selling the event to overseas viewers.

Bidding to consolidate the prestigious position already established on the global calendar, is Kim MacDonald of Kim MacDonald International Management who has managed to entice an attractive field to Edinburgh — with names such as McColgan, Murray, O'Sullivan and Van Langen highlighting the supreme quality of the Women's International Mile; the formidable Kenyans Tanui and Kibet, jostling for glory with Cram in the Men's race; and, veteran Olympian Eamonn Coghlan out to break a world veterans' record in the Past Masters' Mile.

A further three elite mile races — the Junior Men's, Intermediate Women's and International Wheelchair Mile — have been staggered across the afternoon proceedings, which begin at 12.15 with the Junior race.



1992 winner David Kibet back for more?

Steve Cram, fresh from his world championship assault, is the latest world-class athlete to confirm his presence at the invitation-only event, and should prove a worthy rival for last year's victor in the Men's International Mile, David Kibet of Reebok Racing Club.

Kibet, a former Olympic finalist and this year's African 1500m Champion, is one of the world's most distinguished milers. Last year he wrote his name in athletics history, joining the exclusive club of Dream Mile winners at the Oslo Grand Prix. With a personal best of 3:51.80 at the mile distance, he is among the favourites to take the Princes Street Mile title he won in style at the inaugural event last year.

He said: "The Princes Street Mile is a tough challenge and I intend to be in the best possible shape to defend my title against what looks like being even tougher opposition than last year. I'm looking forward to it immensely."

Olympic 800 metres champion, William Tanui, is further testimony to the strength and depth of Kenya's middle distance running and joins 1987 world championship bronze medallist from the USA, Jim Spivey; three times world indoor 1500m champion, Marcus O'Sullivan of Ireland; and Australian 1500m record holder Simon Doyle, who earned notoriety in Cologne last Sunday with his physical clash with Steve Cram.

Cram, who was third last year, is still the world mile record holder after eight years. He said: "I would love to appear in Edinburgh as a world championship medallist and take first prize."

Jim Spivey, 33, is a fearsome finisher and recently shrugged off the disappointment of missing selection for the Barcelona Olympics by making the team for Stuttgart.

But it is the women's race which presents the most intriguing of encounters. Yvonne Murray and Liz McColgan, on their own, could draw the crowds in what will be their first meeting since McColgan accused her rival of intimidating tactics, in Aberdeen, this summer.



Pictured in perfect harmony on the Meadowbank track, Liz and Yvonne have been less harmonious since, and their renewed rivalry could be a big feature of the day. Picture Robert Perry

McColgan has said she will compete in her first ever Princes Street Mile, if fit, but in view of her withdrawal from the world championships in Stuttgart there must be some doubt over her participation. In any case, Murray's present form suggests she is the Scot most likely to capture first place.

There to ensure there is no chance of a two-horse race developing are two of the world's supreme milers — the world's fastest this year at 1500m and 3000m, Ireland's Sonia O'Sullivan, and last year's winner and the reigning Olympic 800m champion Ellen Van Langen.

O'Sullivan describes the event as "one of the most prestigious road events in the world" and, having already beaten Yvonne Murray in Oslo this year, is determined to improve on last year's second place finish.

The Past Masters' race adds another dimension and will see Ireland's veteran world record holder, Eamonn Coghlan, attempt to become the first 40 year old to run a sub-four minute mile.

Coghlan came fourth in the 1976 Olympic 1500 metres, fourth again in the 1983 Olympic 5000 metres, before clinching World Championship gold at 5000 metres in 1983. He also has a European 1500 metres

silver and has held the world indoor mile record of 3:49.78 since 1981.

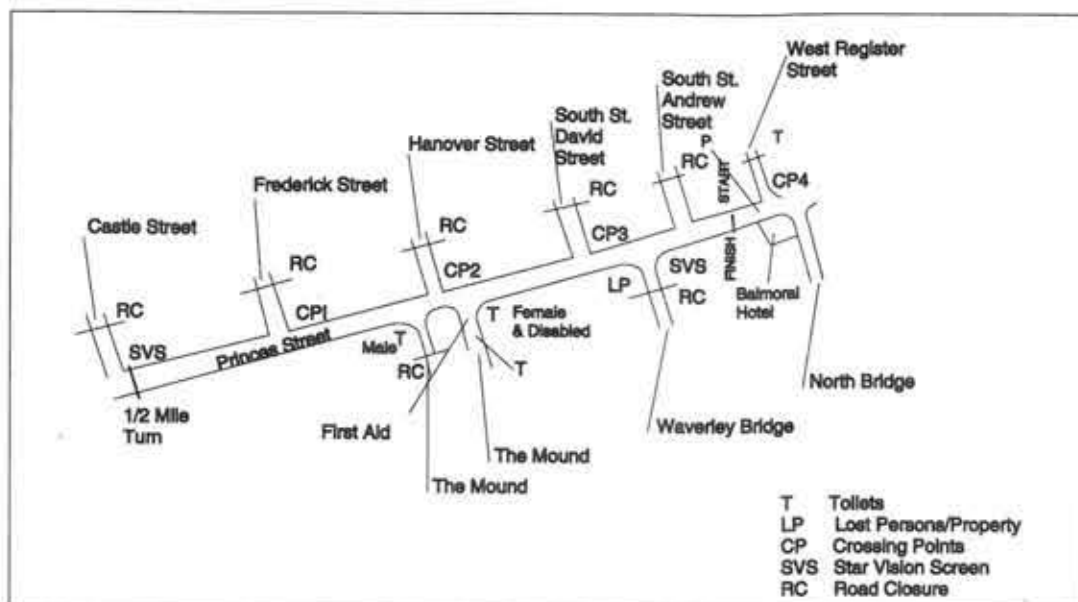
The latter has proved Coghlan's fastest ever time at the mile distance, but it is his quest to break the veteran's four minute barrier which has maintained the Dublin man's hunger for running.

In Edinburgh, he will be joined by another veteran determined to be first to break four minutes, Dave Moorcroft. Moorcroft is a former world 5000m record holder and currently fastest veteran for the outdoor mile.

"Dave and I have talked, and we agree there is more chance of breaking the record if we race one another," said Coghlan back at the race launch, in July.

"I am not trying relive the past, but the target has given me the incentive to go into serious training. Yet, if the record went before I raced, that would be it for me — I'd pack it in."

Having turned 40 in November last year, Coghlan ran 4:01.39 in an indoor mile in New York in February and so is,



The new course, turning at Castle Street, is designed to offer more to spectators

as he says, "just a tick of the clock" away from his target.

Also signed up for the Masters' race are legendary figures Kenyan Wilson Waigwa and Sydney Maree, the former world 1500m record holder.

This year the course has been changed to a "circular" one to

allow for better spectating and television coverage. Organiser Mike Wilson of GamePlan explained: "The new circuit course, starting and finishing outside the Balmoral Hotel will benefit spectators, giving them a much better view than last year. Aided by two giant screens they will be able to watch races unfold from start to finish and grandstand capacity has been trebled — all free of charge."

Wilson is delighted with the quality of the field appearing in Edinburgh, and confident, more names will be added towards the end of August.

"Kim MacDonald is full time on the circuit negotiating with top athletes on our behalf and we are confident of announcing major names from the forthcoming world championships towards the end of August."

But he revealed: "Regrettably, we have not been successful in persuading world 1500m record

holder, Nourredine Morcelli to compete — road racing does not feature in his plans this year, and while disappointed we clearly believe that the strength and depth of the field will more than compensate for the absence of this great athlete."



Eamonn Coghlan aims to retain his title — and be the first 'vet' under 4 minutes

Races will start on the north side of Princes Street with an 880 yard turn at Castle Street taking athlete's back down the south carriage-way to the finish.

There will be one mile of crowd control barriers, nine grandstands seating over 1000 spectators, with over 30,000 expected to line the streets.

Race Director Kim MacDonald, who is also Liz McColgan's coach and agent has travelled over 125,000 air miles to ensure he lures an enviable field to Edinburgh.



1992 women's winner Ellen van Langen races again

Sponsors attracted by clean image

Image builders are finding more and more ways to help athletics, writes Amy Ritchie

EVEN in recessionary times the Scottish athletics calendar has, in recent years, been boosted by events like The Princes Street Mile and The Great Scottish Run and that is largely down to the clean-cut image of the sport.

So reckons Scottish Athletics Federation administrator Neil Park when asked to outline the difficulties facing event organisers when seeking support.

"It is difficult finding sponsors, but athletics promotes a healthy image which businesses like to be associated with," he explains.

With any major project it is all very well coming up with a good idea and finding people to put in a great deal of work, mainly in amateur sport, on a voluntary basis, but the finance has to be available for

events to operate successfully.

Once upon a time it was only the big events themselves which were sponsored and that is still a particularly attractive way to become involved.

The major banks don't waste their money and TSB are spending a total of £6 million on a three year deal sponsoring major events across Britain while the Bank of Scotland support national and district leagues in Scotland.

Nowadays the image builders are finding more and

more ways to use sponsors to help athletics and athletes, in turn, to promote their backers.

Sometimes it means tradition being dispensed with and name changes come about so that, for example, Edinburgh Southern Harriers now have Edinburgh Woollen Mill as their sister club, as part of the knitwear company's considerable commitment to athletics in Scotland.

The money raised from all of these major deals allows organisers to channel cash back into the community

through local sports teams and clubs.

In order that sponsors remain fully aware of all the opportunities available to them the sports council produces a magazine called "LEADS" which includes what is effectively a "shopping list" of what is available for sponsorship throughout Scotland, allowing businesses to pick what suits them financially and in terms of the image they are seeking to present.

Individual athletes are, of course, able to be sponsored by companies or products, although this tends to apply only to a handful of elite performers.

The money they "earn" is placed in a trust fund and channelled to them through the SAF.

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Open to all Princes Street Mile spectators, situated next to the finishing line.



Injuries which await the unwary amateur

Every office or organisation probably has a weekend sport masochist, the amateur sportsman who displays their bruises and injuries to anyone who'll listen. This office certainly has.

Without fail this person (who shall remain unnamed!) eagerly shows every scratch, cut and bruise visible to the eye to their audience and then gives the dates of every appointment with her physiotherapist. A little over the top it may seem, but evidence shows that maybe the more fortunate ones, who do not constantly suffer from injury, should be showing a little more awareness of the aches and pains they do suffer because the same is likely to happen to them at any time.

The latest figures from the DTI Consumer Safety Unit and

Sports injuries have risen dramatically in recent years, but many can be avoided by simple precautions, reports Amy Ritchie

Office of Population Censuses and surveys show that in the year 1988, 252,966 people attended accident and emergency departments after playing amateur football, 24,289 attended after cricket and 11,618 after hockey.

And it looks like the number of amateur sporting injuries is likely to rise if the trend in sporting activities continues. Indeed, Nuffield Hospital, a non-profit making organisation which runs a number of private hospitals throughout Britain, has seen a 15% rise in the number of sports injuries in 1992 by about 4,500 patients. Sport is more popular

in Britain than ever before but along with amateur sports comes the possibility of injuries. Most tend to be what most of us consider minor aches and pains and the usual feeling of stiffness after exercise but often these 'inconveniences' inflate to full-blown injuries. This however, can be avoided by taking simple precautions before and after exercise. Knowing how to treat an injury is one of the most important pieces of information one can know.

The sportsperson who is most at risk from injury is the one who is insufficiently prepared for exercise and does not wear the correct gear. So how does one become prepared for exercise? The first step is to make sure participation in any exercise continues throughout the whole year. Any one-season sport, eg; football or rugby, should be substituted by another in the off-season to keep fitness at peak level the year round. Physiotherapists' busiest time is spring as most people return to their sports after the winter and the lack of proper preparation for their sport causes injuries. Following a period of no exercise, the body cannot be expected to perform without any hitches. Building a suitable routine to introduce your body again to exercise is highly important. Starting to prepare for exercise again around 4 to 6 weeks prior to the start of the season, leaves sufficient time for a build-up to playing fitness.

It is not necessary to harp on about how important it is to warm-up as this is drummed into us all the time and it gets tediously boring but a small mention of the fact that the most common injury is tearing a muscle and is a result of not warming-up, should be enough to motivate the lazy ones among us! Remember to keep it gentle by slowly stretching and no abrupt movements.

As mentioned before, the right gear and equipment are necessary. The right shoes (cushioned to absorb shock) and if your sport involves body contact, protective gear, are all musts for your personal safety and for the

prevention of injury. Keep in mind that the most expensive pair of shoes may not be suitable for your sport even though they are perfect for another.

When an injury had been sustained it has to be treated straight away. Don't play on and try to bear the pain. Nuffield Hospital physiotherapist Morna Butcher says,

"The main thing is not to be a hero. 'No pain no gain' is the silliest motto ever invented about exercise. Pain is there to warn you to stop what you're doing and you ignore it at your peril".

However, after exercising it is important to warm-down too. As in the warm-up prior to exercise, simple, gentle stretches are all that is required to ensure no stiffening of the muscles. A subtle wind-down provides a link between aggressive exercise and no exercise at all and stops the change in pace being too abrupt for the body to cope with. Remember also that children are as prone to injury as adults are. Being more supple does not mean that their injuries heal faster; in fact, their growing bones make it harder to cure the injury and could possibly attribute to injuries in later life.

Nuffield Hospital estimate that by following these afore mentioned simple rules, the number of sporting injuries could be cut by around 30%, although it seems the message isn't that easy to get across because when I phoned for extra information, I was informed that their own press officer was absent with a sports injury!

Meanwhile, our office sport masochist is late for an appointment with her physiotherapist with the complaint of a strained eyelash.

A new concept in pain relief has been introduced to the British sports market in the past couple of years - a medicated plaster which, it is claimed, has an initial cooling and anaesthetic effect after which the blood flow to the affected area is increased reducing inflammation.

Marketed as "Salonpas" the plasters are said to be particularly effective for helping ease pain from minor aches and pains from muscles and joints such as those associated with backache, strains, arthritis, bruises and sprains.

Sportswear specialists Reebok and Scotland's Runner have teamed up to offer you the opportunity to get your FREE copy of the new Reebok guide "Fit for Distance Running."

The concise pocket manual has been compiled with the help of Tim Hutchings who competed in four Commonwealth Games and won a silver medal in the 1989 World Cross Country Championships.

It is divided into two sections, part one focussing on the different

methods of running training you can concentrate on to improve your performance and part two dealing with cross-training exercises which will complement your running.

Additionally there is a section on heart rate explaining how important it is to understand your own body.

Only 50 of these booklets are available and they will be distributed on a first come, first served basis, so get in quickly.

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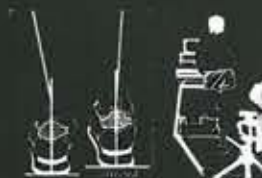
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World hill trophy bid

By September 6, the contingent of some 350 individual Scottish hill runners and numerous club affiliated members should know how far they will have to travel to compete in their sport's premier event in 1995.

This year, the SAF Scottish Hill Running Commission is bidding to stage the Hill Running World Trophy — just as predecessor and surviving sister organisation, the Scottish Hill Running Association, did twice without success in the late 1980s.

As we went to press, officials were confident that this time around the event would be heading north of the border, having received the backing of each of the home countries.

Robin Morris, who is secretary of both the Commission and the SHRA, and was involved in past efforts to stage the event. He believes they have a better chance this time around, with lessons learned from previous bids standing them in good stead.

"This has been an ambition of Scottish hill runners for some time," Morris said. "The event was held in Britain before in 1988 at Keswick and those of us who were there thought Scotland could host the event."

"I don't think the previous bid, which I was involved in, was well enough presented, and this package is better planned — we've improved it and put across a stronger case. We're more than confident that we're going to get it. The case is far stronger."

This year's event is to be held in Gap, France, and an altered format will mean the smoother running of the previous two day four race event. If Scotland secure the hosting of the event;

three races in one day will be on offer to spectators.

The Scottish Hill Running Commission has enjoyed an active first year in existence, having been created during the reorganisation of Scottish athletics. Prior to the change, overall responsibility for hill-running fell to the Scottish Track and Field Association, while the Scottish Hill Running Association had lobbied for governing body status for the sport for many years.

The SHRA now caters solely for the country's many non-affiliated hill-runners and, since reorganisation, has forged a close working relationship with the new Governing body, the SHRC, which looks after club-affiliated members.

According to Mr Morris, "serious discussions" about the future of the SHRA will take place, later this month, in a quest to establish the body's future role.

"The SHRA will be taking a close look at its own role. It has operated very smoothly alongside the Commission, largely because the two share officials, but we will be considering the future path for hill-running. What is clear is the SHRA's role in representing individual hill-runners outside the club framework is crucial. Hill-running is very much a sport for the non-affiliated individual."

Scotland will also be hosting the British Hill-Running Relay championships for the first time. The fifth championships will take place at Wanlockhead in the Lauder Hills — the highest village in Scotland — on October 17. Upward of 100 teams of six are expected for the event, which will take competitors across four different types of terrain.

Working for perfect speed and power —

Not surprisingly the 1500 metres race has been universally regarded as the "blue riband" event of the athletics programme. It is the perfect blend of speed and stamina captivating the attention of spectators from start to finish and its outcome is seldom decided before the last few yards.

Physiologically the 1500 metres race is 50% aerobic and 50% anaerobic in its energy sources. This means that its protagonists must possess (1) optimum percentages of white, fast-twitch muscle fibres AND red, slow-twitch muscle fibres responsible respectively for speed and endurance; and (2) highly-developed neuro-muscular and cardio-respiratory systems responsible respectively for the utilisation of anaerobic and aerobic energy production. These combined qualities explain why top-class 1500 metres runners are capable of above-average performances over a wide range of events extending from 200 metres to the marathon.

The harmonisation of speed and stamina which racing 1500 metres requires, must be reflected in the athlete's training programme. Both aspects must be consciously worked on in each individual schedule. Under-distance training at sprint, 400 and 800 metres pace will increase the speed potential of 1500 metres competitors. Over-distance work at 3000, 5000 and occasionally 10k paces will improve his or her stamina. These under-distance and over-distance sessions should be complemented with work-outs at 1500 metres race pace to physically and mentally accustom the metric miler to the degree of effort required at various stages of the race.

Achieving the balance between the different training paces is a matter of skill, sound judgement and experience. The coach and/or athlete must take into account many factors such as the race

programme, the stage of the training year and each athlete's individual recovery requirements before prescribing training sessions. This usually means working in training cycles spread over two or even three weeks to ensure that the various training paces are accommodated. Under- and over-distance races can also be used as part of the training programme although great care must be taken to ensure their integration into the overall yearly racing plan.

It is inadvisable to train on the track every day otherwise injury or stress-related ailments could result. Track work-outs should be alternated with steady-state running at varying degrees of intensity to (1) maintain aerobic fitness; (2) disperse lactic acid or other waste by-products accruing from speed sessions; and (3) provide mental relaxation from the rigidity of stopwatch-controlled repetition runs and recovery intervals. The pace of these steady-state runs can range from jogging at a heart rate just above that of resting rate to running fast, 4-6 miles efforts at heart rates of around 140 to 160 beats per minute depending on the physiological and psychological requirements of the session.

Derek Parker's schedules

Typical sprint sessions: (a) 3 x 6 x 60 metres full effort from rolling start or 3 x 4 x 80 metres. Slow walk back recovery between repetitions/5 minutes between sets.

Typical 400 metres sessions: (a) 2 x 2 x 200 metres at 400 metres pace (30 seconds recovery between repetitions/12 to 15 minutes between sets); or 300 metres at 400 metres pace (30 seconds recover) + 1 x 100 metres full effort. Do two sets with 12 to 15 minutes recovery

blend of 1500m

ery between repetitions.

Typical 800 metres sessions: 2 x 4 x 200 metres at 800 metres pace (30 seconds between repetitions/2 laps jog between sets); or 2 x 2 x 400 metres (60 seconds between repetitions/2 laps jog between sets).

Typical 1500 metres sessions: 2 x 6 x 300 metres at 1500 metres pace (30 seconds/2 laps jog); or 2 x 2 x 800 metres (60 to 90 seconds/2 laps jog recovery).

Typical 3000 metres sessions: 10 x 400 metres at 3K pace (30 to 45 seconds recovery); or 6 x 600 metres (45 to 75 seconds recovery).

Typical 5000 metres sessions: 8 x 800 metres at 5K pace (30 to 45 seconds recovery); or 5 x 1000 metres (45 to 75 seconds recovery).

Typical steady-state (aerobic or anaerobic/aerobic sessions); easy recovery run at a heart rate of less than 130 beats per minute (bpm); or 10 to 12 miles at 130 to 150 bpm; or 5 miles at 140 to 160 bpm.

Typical 21-days training cycle for a 1500 metres runner (using some of the above sessions):- day 1 - 75 to 120 minutes cross-country running; day 2 - 5K session; day 3 - 5 miles at 140 to 160 bpm; day 4 - 10 to 12 miles at 130 to 150 bpm; day 5 - 1500 metres session; day 6 - rest or 20 to 30 minutes easy recovery run or jog; day 7 - sprints session; day 8 - 90 to 120 minutes cross-country running; day 9 - 3K session; day 10 - 5 miles at 140 to 160 bpm; day 11 - 10 to 12 miles at 130 to 150 bpm; day 12 - 800 metres session; day 13 - rest or 20 to 30 minutes easy recovery run or jog; day 14 - 1500 metres session; day 15 - 75 to 120 minutes cross-country running; day 16 - 3K session; day 17 - 5 miles medium-paced run; day 18 - 8 miles easy running; day 19 - 800 metres session; day 20 - rest or easy 20 minutes run or jog; day 21 - 1500 metres race.

The above schedule is for guidance. It should be modified, if necessary, to accommodate individual requirements, age, experience and race programmes.

The numerous difficulties facing the sport in the north east are outlined, but the development plan also outlines some of the solutions.

Following the warning of national coach Frank Dick "Never make an athlete the vic-

ACTIV-8-ING all their resources

A master plan to ensure athletes remain in the sport and develop their full potential has been drawn up and is now being turned into reality in the north east of Scotland, reports Graeme Smith

The athletics development plan has been created by Dr Dinkar Sabnis, the Commonwealth Games Scottish team coach for jumps and multi events, as part of the Grampian Region "Activ-8" programme.

With considerable financial backing from Grampian's local authorities and the Scottish Sports Council Activ-8 was established last year to raise the level of performance of participants in eight major sports, including athletics.

Dr Sabnis, who has been appointed as the Scottish Athletics Federation co-ordinator in Activ-8, drew up the plan after consultation with clubs coaches throughout the region.

In the 24-page document he outlines the current state of the sport in the region which shows that even at Aberdeen Amateur Athletics Club, which is considerably better off than any other club and is the only "centre of excellence" in the area, there are problems.

The report reveals that although there are around 30 active coaches at Aberdeen AAC there are a large number of participating athletes and even if the club was to accept new athletes and coaches the logistics of accommodating them at the Chris Anderson Stadium and "an exacerbation of the present fragmentation of the club and the concomitant lack of communication between groups" were problems which had to be recognised.

The numerous difficulties facing the sport in the north east are outlined, but the development plan also outlines some of the solutions.

Following the warning of national coach Frank Dick "Never make an athlete the vic-

tim of your own ignorance" the plan seeks to provide opportunities for coaches to develop both the range and the depth of their expertise and experience so there are coaches to cater for every level.

The region should provide a structure to enable athletes of all ages and standards to enjoy the sport, develop their potential, learn skills at an appropriate age and have access to good coaching and competition and to appreciate what it takes to reach the highest levels.

The plan is aimed to knit in with the Scottish national Plan (Genesis) both to draw on national resources and to create a template for regional development elsewhere.

Dr Sabnis' development plan suggests the formation of a regional athletics committee to drive the proposals beyond Activ-8's initial period of two years.

The plan includes in-service courses in athletics coaching directed at teachers, delivered by senior coaches and introducing event specific coaching, Pacesetter and Sportshall Athletics.

It suggests annual National Coaching Foundations Courses in the districts and an annual workshop held in a different district and devoted to a single theme like "speed" or "strength".

The plan outlines how athletics has traditionally suffered from a lack of imagination and a fun element in the coaching of young children; from generating individual competition too early; and from subjecting young athletes to endurance training for which they are physiologically and psychologically unprepared.

The Startrak and Pacesetter schemes, already under way in Grampian, can remedy this.

For the elite the plan proposes regional squads established for jumps, throws, sprints and hurdles and endurance events. The squads would meet once every two months on a club night and novice coaches, ACC coaches and personal coaches should be encouraged to attend to benefit from and contribute to the squad sessions.

Improved communications are vital and a regional athletics newsletter is scheduled for twice a year detailing courses, development days, roadshows, workshops, available sports science and arrangements for training of officials.

A professional firm may also be engaged to market and raise the profile of athletics in the region through newspaper coverage, local television coverage, sponsorship and preparation of publicity videos.

Dr Sabnis would like to see Activ-8 promote three open meetings a year throughout the region to provide adequate access to competitions, particularly for the members of smaller clubs.

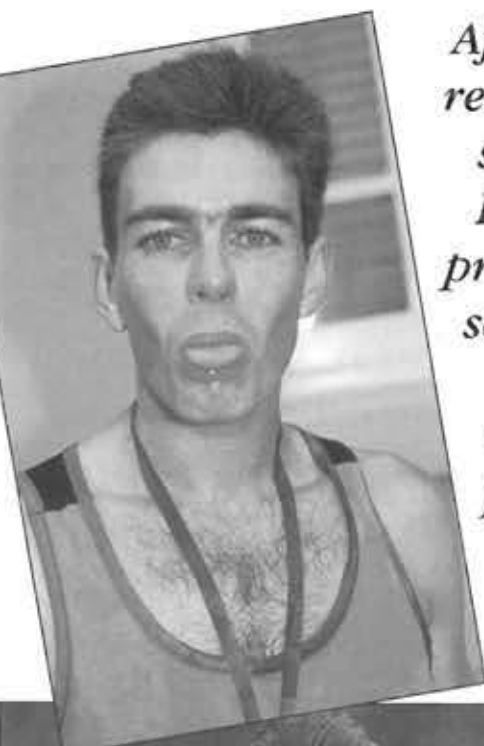
"Obviously it will not be possible to organise open meetings for this season, Dr Sabnis told Scotland's Runner. "But we would hope to arrange that for next year."

"Our first major project is Startrak '93 which we are determined to make a success and that will be followed by Pacesetter Courses. One of our first initiatives is to establish a "flying squad" of coaches, physiotherapists and other experts who will, when called upon, visit clubs to provide them with the expertise and guidance they require.



Kirkcaldy's Neil Martin and Fort William's John Brooks race for the summit in this season's Falkland hill run. Martin covered the three miles in 19 mins 38 secs, beating his rival by just three seconds.

After the enthusiastic response to a previous selection of Robert Perry's pictures we present a review of the season so far, as seen through his lens. Copies of any of his photographs can be purchased by telephoning 041 332 5738.



Top left: Peter McColgan in rude health at Reebok 5000m Grand Prix at Kirkintilloch.

Top right: Cold shower at Dunfermline half marathon.

Right: Welcome Home — David Strang gets a rousing reception on his first-ever Meadowbank appearance.

Left: Fiona Hutcheson feels for the line at Crownpoint.



Top: It's all too much. A young competitor in the national cross country championships and the 56lb weight at Gourock Highland Games reach breaking point.

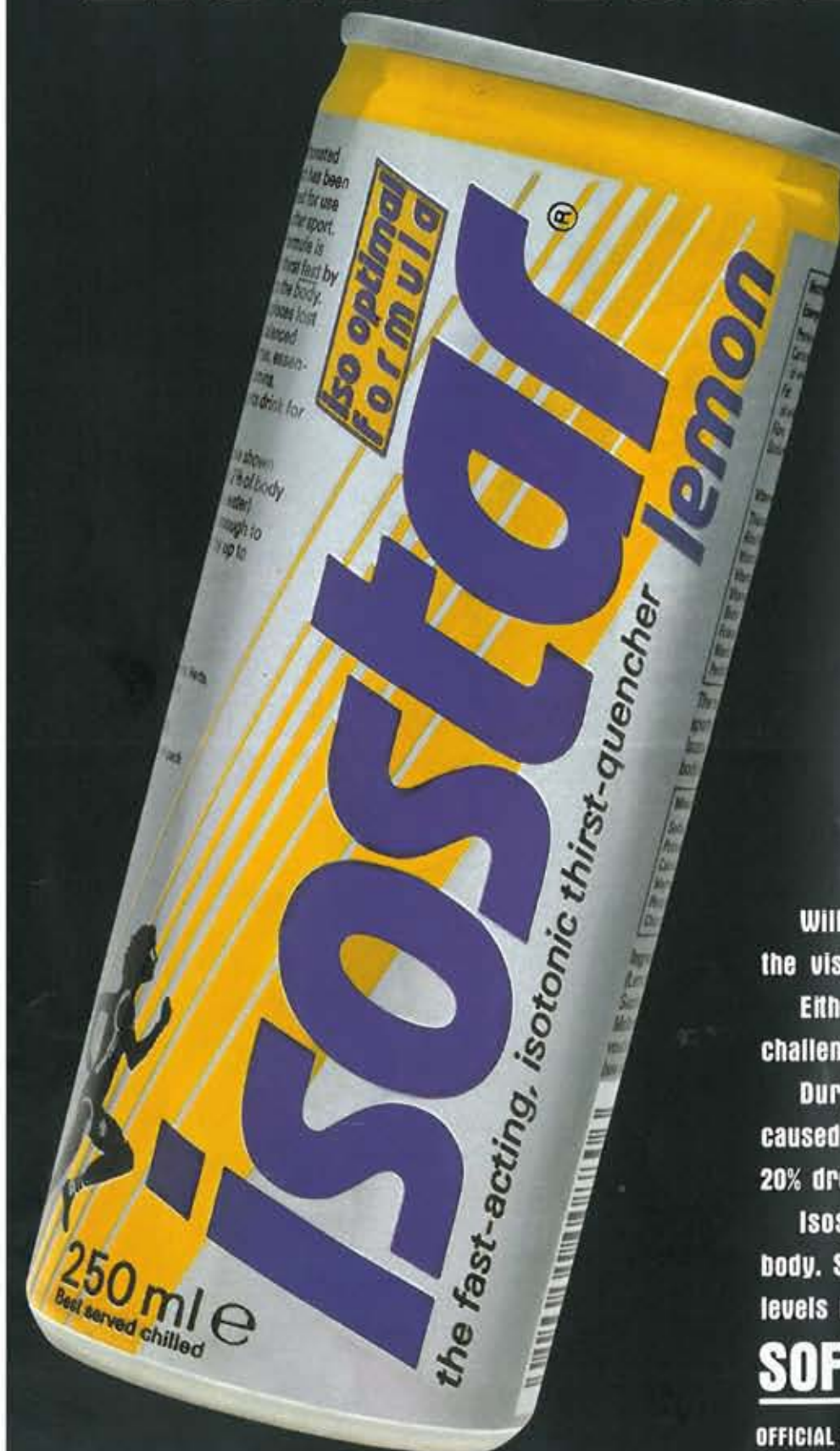
Right: Linda Low on the launch pad at Grangemouth.

Left: Make my day — Stephan Hayward ready to let rip.

Bottom centre: Thundering round the bend at the East District Championships in May.



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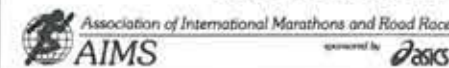


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Lewis v Christie sprint hype exposed

JON Drummond came close, but it was Leroy Burrell who went all the way to exposing the almighty hype which surrounded parts one and two of the Linford Christie/Carl Lewis trilogy.



Part One: Gateshead — Christie wins

At the Vauxhall Invitation, Gateshead, the pair met for the first time since Christie took Olympic gold in Barcelona in Lewis's absence, but it was Drummond who rewrote the script and came within a hair's breadth of a shock win.

He finished just 0.04 of a second down on Christie, who came through strongly from behind for victory in 10.08 — beating the old stadium record

of 10.26 set by Britain's Olympic champion before him, Allan Wells.

Lewis, the world record holder has already been beaten once this summer by fellow-American Drummond at the New York Grand Prix, and had to settle for a poor third on this occasion, running 10.22.

Despite the upset at Gateshead, where a much-criticised £200,000 carrot had been dangled for the race, the second Christie/Lewis encounter at the Weltklasse meeting, Zurich, was equally hyped.

Former world record holder, Leroy Burrell, showed he was unimpressed and upstaged both Christie and Lewis to win in 10.02 — with Christie second by one-hundredth of a second, and Lewis trailing in fourth with 10.7. Drummond slipped into third with 10.05.

Despite defeat, Christie remained confident over the outcome of the third and crucial encounter with Lewis: "I'm going to win the gold in Stuttgart," he vowed.

JULY 3

United Kingdom Women's League, Division 1, Meadowbank Stadium

Match Result: 1. City of Glasgow 338pt, 2. Essex Ladies 285pt, 3. Sale 261pt, 4. EWM 254pt, 5. Wigan 250pt, 6. Birchfield 235pt.
League places after 2 matches: 1. City of Glasgow 11pt, 2. Sale 10pt, 3. Essex 8pt, 4. Birchfield 5pt, 5. equal, EWM & Birchfield 4pt each.

SENIORS: 100 'A' (+1.8) 1. A MacGillivray (EWM) 11.61, 2. M Neef (Co G) 11.81, 'B' 1. M Bader (G) 11.78, 3. D Flockhart (E) 12.12, 200 (+2.5) 1. A MacGillivray 23.69, 4. A Baxter 24.71, 'B' 1. M Neef 24.15, 2. J Booth (E) 24.33, 400 1. W Steele (E) 55.09, 6. F Laing (G) 57.53, 'B' 2. P Devine (E) 56.58, 800 1. S Bevan (Essex) 2.07.13, 3. C Sharp (G) 2.11.01, 3. S Wood (E) 2.18.40, 'B' 2. J Stewart (G) 2.14.97, 3. S Gollan (E) 2.16.15, 1500 2. L McIntyre (G) 4.33.69, 4. S Ridley (E) 4.36.84, 'B' 1. S Gollan (E) 4.41.86, 2. E Cochrane (G) 4.42.48, 3000 2. E Grant (G) 9.51.21, 'B' 1. S Branney (G) 9.53.26, 1000 2. C McIntosh (G) 14.20, 2. L McCulloch (E) 14.64, 'B' 2. J Ainslie (E) 15.18, 400H 1. J Low (G) 59.20, 3. J Cadman (E) 61.11, 'B' 1. F Laing (G) 60.90, 2. H Edgar (E) 61.77, 4x100R 1. EWM 46.36, 3. Co G 47.86, 4x400R 1. EWM 3.45.38, 6. Co G 4.04.24, 'HJ' 2. R Pinkerton (G) 1.75, 5. E Lindsay (E) 1.85, 'B' 1. H Melvin (G) 1.70, 3. J Ainslie (E) 1.55, LJ 2. L Davidson (G) 5.70, 3. E Lindsay 5.66, 'B' 1. C Black (E) 5.58, 2. H Melvin 5.04, SP 1. A Grey (G) 15.08, 5. A Dutch (E) 11.53, 'B' 3. K Costello (G) 11.06, DT 2. H Cowie (Sale) 47.56, 4. A Grey 43.00, 6. K Nesary (E) 31.94, 'B' 1. S Freebairn (G) 42.30, 4. A Dutch (E) 31.52, JT 1. J Barclay (G) 43.86, 3. D Sutherland (E) 41.22, 'B' 1. K Costello 41.04, 2. L Munro (E) 31.58, U17 100 2m G Hegney (G) 12.24, 3. A Cameron (E) 12.69, 'B' G Rostek (G) 12.34, 4. F Sinclair (E) 12.95, 200 2. S Orr (G) 25.75, 4. A Cameron 26.92, 'B' 2. G Rostek 26.02, 3. E Gordon (E) 26.13, 300 3. E Gordon 42.55, 800 1. L Scott (G) 2.20.04, 4. G Potts (G) 44.27, 'B' 2. J O'Neill (E) 44.14, 5. S Scott 44.43, 800 1. L Scott (G) 2.20.04, 4. E Reid (E) 2.27.31, 'B' 1. S Scott (G) 2.21.93, 1500 1. P Crawley (G) 4.53.44, 'B' 2. S Knox (G) 5.14.26, 800H 3. K McNamee (G) 12.02, 4. F Forrest (E) 12.57, 'B' S Moxey (E) 12.26, 4. J Paika (G) 12.59, 300H 2. J Paika 47.15, 3. F Sinclair 47.17, 'B' 2. S Moxey 48.72, 4x100R 1. Glasgow 48.83, 2. EWM 50.89, 'HJ' 1. J Paika 1.55, 'B' 1. K Hay (Essex) 1.50, 2. G Rostek 1.45, LJ 1. K McNamee 5.37, 'B' 4. J Campbell (G) 4.64, SP 1. N Dhalwai (G) 11.12, 2. L Munro (E) 9.81, DT 2. N Dhalwai 38.08

U15 100 2. N Hutchison (G) 12.48, 'B' 1. P Thomson (G) 12.58, 200 1. L McConnell (G) 25.10, 4. A Cameron (E) 26.92, 'B' 2. P Thomson 26.11, 800 3. L Brown 2.30.97, 'B' 2. A Shaw (G) 2.34.79, 1500 4. D McMorrough (G) 5.12.86, 'B' 2. L Cairney (G) 5.14.26, 75H 2. F Donald (G) 11.90, 5. P Johnston (E) 12.11, 'B' 1. V Letford (G) 12.26, 4x100R 2. Glasgow 49.46, 5. EWM 52.64, 'HJ' 1. L McConnell 1.50, 3. F Paul (E) 1.45, LJ 1. N Hutchison (G) 5.12, 3. F Paul 5.01, SP 3. S Broadbent (E) 8.87, 'B' 3. K Collins (E) 7.88, DT 4. S Broadbent 24.28, JT 2. K Collins 28.78, 'B' 2. S Broadbent 25.28

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U15 100 2. N Hutchison (G) 12.48, 'B' 1. P Thomson (G) 12.58, 200 1. L McConnell (G) 25.10, 4. A Cameron (E) 26.92, 'B' 2. P Thomson 26.11, 800 3. L Brown 2.30.97, 'B' 2. A Shaw (G) 2.34.79, 1500 4. D McMorrough (G) 5.12.86, 'B' 2. L Cairney (G) 5.14.26, 75H 2. F Donald (G) 11.90, 5. P Johnston (E) 12.11, 'B' 1. V Letford (G) 12.26, 4x100R 2. Glasgow 49.46, 5. EWM 52.64, 'HJ' 1. L McConnell 1.50, 3. F Paul (E) 1.45, LJ 1. N Hutchison (G) 5.12, 3. F Paul 5.01, SP 3. S Broadbent (E) 8.87, 'B' 3. K Collins (E) 7.88, DT 4. S Broadbent 24.28, JT 2. K Collins 28.78, 'B' 2. S Broadbent 25.28

U15 100 2. N Hutchison (G) 12.48, 'B' 1. P Thomson (G) 12.58, 200 1. L McConnell (G) 25.10, 4. A Cameron (E) 26.92, 'B' 2. P Thomson 26.11, 800 3. L Brown 2.30.97, 'B' 2. A Shaw (G) 2.34.79, 1500 4. D McMorrough (G) 5.12.86, 'B' 2. L Cairney (G) 5.14.26, 75H 2. F Donald (G) 11.90, 5. P Johnston (E) 12.11, 'B' 1. V Letford (G) 12.26, 4x100R 2. Glasgow 49.46, 5. EWM 52.64, '

9, J White (Irvine) 77.25; 10, M McMillan (Oban) 79.45; WOMEN, 1, J Thomson (Rebok) 89.43; 2, P Wheeler (Moray) 93.52; 3, H Searle (Loch) 97.17

JULY 13

Edinburgh Woolen Mill 15,000m Road Race, Moffat

1, L McVittie (Border) 49.02; 2, D Scobie (Dumfries) 49.51; 3, C Heaven (Annan) 51.06; 4, J Ferguson (Dumfries) 52.01; 5, P Laing (S'burn) 52.41; 6, C Nichol (Teviot) 52.56; 7, M McCreddie (File) 52.59; 8, A Reid V40 (Teviot) 53.46; 9, C Kinnear (Dumfries) 54.38; 10, G Marland (Dumfries) 54.55; 11, M Brydson (Annan) 54.57; 12, P Galletti (Border) 55.11; 13, D Chadderton V40 (Dumfries) 55.13; 14, A Casson (Teviot) 55.15; 15, R Johnston V40 (Border) 55.22; V50 A McKie (Dumfries) 58.05; WOMEN: 1, M McKenzie (Border) 59.01; 2, T Thomson (Pit) 60.09; 3, C Brown W35 (File) 61.31; 4, K Howe (Border) 61.48; W45 R Scott (Norham) 73.04; TEAMS: 1, Dumfries RC 15pt; 2, Annan & District 35pt.

JULY 14

Fyrish 5.5 Mile Hill Race, Evanton

1, G Bartlett (Forres) 36.32; 2, A Farquharson (Inness) 39.40; 3, N Kelman (HHR) 40.28; 4, P Fletcher V40 (Inness) 40.48; 5, J Hall (unatt) 41.41; 6, A McLeod (unatt) 41.47; 7, N Walker V40 (Airtle) 42.13; 8, R Winton (unatt) 42.28; 9, R McDonald (Inness) 42.41; 10, P Gardener (Inness) 43.20; WOMEN: 1, G Falconer (Inness) 49.59; 2, L Hope (Loch) 52.12; 3, J Norgate (Nairn) 52.55; JNR 4 MILES: 1, G Martin (MBI) 33.18; 2, K Campbell (unatt) 41.28; 3, J Cassie (unatt) 43.26; WOMEN: 1, F Thorburn (unatt) 54.10; 2, P Fraser (unatt) 55.06; 3, T Munro (unatt) 55.06

Sri Chimney 2 Mile Road Race, Edinburgh

1, D Wilkinson (LDRC) 9.26; 2, B Kirkwood V40 (LDRC) 9.34; 3, B Hartman (Liv & Dist) 9.42; 4, A Ward (EAC) 9.47; 5, S Ogg (Cam) 9.50; 6, P Morrison (Cam) 9.55; 7, M Foster (EAC) 9.56; 8, J Laird (Cam) 9.56; 9, T Thomson (Cam) 9.59; 10, D Gillespie (FVH) 10.01; V50: 1, C Gilchrist (SVHC) 11.58; 2, S MacGillivray (unatt) 11.59; 3, P Peacock (HELP) 12.35; WOMEN: 1, C McFadden (EWM) 11.43; 2, J Thomson (Cam) 11.55; 3, M Imlich (unatt) 12.02; 4, G Gilchrist W35 (SVHC) 12.02; 5, D McDonald (Lass) 12.27; 6, I Poland (unatt) 14.15

JULY 17

Home Countries Schools International Match, Dublin (TRACK)

BOYS: Match Score, 1, England 234pt; 2, Ireland 158pt; 3, Wales 130pt; 4, Scotland 125pt.

100 (+2.05) 1, S McQuade (I) 10.74; 6, S Fraser 10.99; 7, A Lowe 11.03; 200 (+0.43) 1, S McQuade (I) 10.74; 5, A Lowe 22.72; 8, J Lowe 23.26; 400 1, M Hyton (E) 47.61; 4, S Scott 50.15; 7, B Doyle 51.52; 800 1, J Nolan (I) 1.55.35; 2, A Young 1.56.20; 7, M Smith 2.03.76; 1500 1, A Donaldson (S) 3.58.50; 8, G Tosh 4.18.02; 3000 1, A Dunleavy (I) 8.44.57; 5, K Kennedy 9.15.77; 8, R Milne 9.23.87; 100H (+2.08) 1, M Clements (E) 12.70; 2, D Cotter 13.32; 3, R Baillie 14.09; 400H 1, M Douglas (E) 54.22; 6, A Ramsay 57.75; 4x100 1, England 42.27; 3, Scotland 42.88; 4x400 1, England 3.22.24; 3, Scotland 3.24.58; 1500 s/c 1, J Kennedy (E) 4.28.75; 6, P Dennis 4.38.63; 8, M Alison 4.46.22; HJ 1, J Bierley (E) 2.04; 2, M Pate 2.01; 3, C Lewis 1.83; PV 1, M Davis (E) 4.40; 6, D Graham 3.40; LJ 1, T Huntley (E) 6.80; 3, W Stark 6.62; 5, P McQue 6.55; TJ 1, M Bramble (E) 15.03; 5, P McQue 12.58; 8, A Ramsay 11.13w; SP 1, W Fuller (E) 16.80; 3, J McIntyre 15.18; 4, B Robb 14.68; DT 1, M Bundoek (E) 48.24; 3, L McIntyre 45.04; 4, B Robb 44.78; JT 1, S Evans (E) 62.66; 3, P Fraser 55.00; 8, C Lewis 39.82;

HT 1, N Steinmetz (E) 73.00; 7, D Smith 35.62; 8, S McKinnon 34.60

GIRLS: Match Score, 1, England 189pt; 2, Scotland 124.5pt; 3, Ireland 102pt; 4, Wales 92.5pt.

100 (+1.22) 1, L Eastwood (E) 12.00; 3, F Hutchison 12.18; 6, G Hegney 12.42; 200 (+1.08) 1, J Sloan 24.59; 3, F Hutchison 24.94; 4, S McGuigan 24.99; 300 1, R Baker (E) 40.71; 6, E Gordon 42.43; 8, M Keenan 43.55; 800 1, D Lee (E) 2.09.80; 6, L Scott 2.16.01; 7, C Simpson 2.16.10; 1500 1, J Oldfield (E) 4.33.32; 5, K Kirk 4.50.90; 6, S Scott 4.54.16; 3000 1, N Slater (E) 9.58.21; 3, P Crawley 10.16.96; 4, E Gorman 10.23.18; 800H 1, E Fairs (E) 11.26; 4, K McNamee 11.71; 5, K Philip 12.05; 300H 1, N Danvers (E) 42.57; 6, J Palka 46.90; 8, S Young 47.92; 4x100R 1, Scotland 47.17; 2, Ireland 47.65; 4x300R 1, England 2.42.20; 2, Ireland 2.43.97; 3, Scotland 2.48.60; HJ 1, S Jones (E) 1.72; 5, E Kerr 1.63; 7, L McConnell 1.63; LJ 1, T McCammon (E) 5.82; 2, P Anderson 5.63; 7, D Quirie 5.29; SP 1, P Roles (w) 12.39; 2, J Robin 12.26; 3, N Dhalwal 12.00; DT 1, P Roles (w) 42.50; 2, J Robin 41.04; 3, N Dhalwal 39.68; JT 1, L Kaloua (E) 41.38; 2, J Walker 38.48; 4, C Mann 33.86

Meall An T Suidhe 3.5 Mile Hill Race, Fort William

Tequal: A Peace & I Holmes (Bingley) 27.48 (record); 3, J Brooks (Loch) 28.04; 4, G Bland (Borrow) 28.38; 5, M Roberts (Kindal) 28.41; 6, D Rodgers (Loch) 29.10; 7, S Booth (Borrow) 29.19; 8, J Wilkinson (Gala) 29.26; 9, G Bartlett (Forres) 29.28; 10, M Rigby (W'lands) 29.30; VET: 1, M Hoffen v40 (Airtle) 29.59; 2, W Bland V45 (Borrow) 30.22; 3, B Whitfield V45 (Bingley) 30.50; WOMEN: 1, A Barker (Kewick) 35.56; 2, M Todd (Airtle) 36.47; 3, J Reid (CFRA) 37.07; TEAMS: 1, Bingley 24pt; 2, Lochaber 25pt; 3, Borrowdale 28pt.

Inverness Highland Games 10,000m Road Race

1, A Murchison (Inness) 32.27; 2, G Herbert (Inness) 33.24; 3, P Mathieson (Forres) 33.32; 4, R McHardy (W'lands) 34.00; 5, G Mitchell V45 (Inness) 35.23; 6, A Ross (Forres) 35.54; 7, A Farquharson (Inness) 37.00; 8, D Middleton (MBI) 37.23; 9, R Nixon (unatt) 37.24; 10, L Redfern (Inness) 37.32; WOMEN: 1, N Hainings (Oxford Uni) 38.45; 2, E Douglas (unatt) 41.15; 3, P Smithers (Nairn) 44.16

Fishermans Force, 10 Mile Road Race from Arisaig to Mallaig

1, R McEwan (Renfrew) 55.47; 2, G McIntyre (File) 56.13; 3, J Durnin V40 (DHH) 56.44; 4, A Kennedy (Loch) 58.34; 5, S Hardes (Renfrew) 59.36; 6, R Wood V40 (VP) 60.32; 7, G Conliffe V40 (France) 60.34; 8, R Anderson V40 (Cambus) 61.16; 9, R Milne (Forfar) 61.28; 10, G Maitland (Loch) 62.30; V60: 1, T O'Reilly (S'burn) 64.01; WOMEN: 1, J Smith (GGH) 73.11; 2, S Whisler (Bod) 74.00; 3, J Caldwell (unatt) 77.35

Grampian TV Isle of Harris Half Marathon

MEN: 1, R Brown (HBT) 1.13.35; 2, M Wright (MRR) 1.13.47; 3, M Francis (MRR) 1.18.41; 4, M Bain (SRC) 1.20.20; 5, R Campbell (Loch) 1.20.47; 6, H Verspeegen (Holland, M40) 1.21.31; 7, J Mace (Guern) 1.21.52; 8, R Cameron (Mile) 1.23.43; 9, P Dowell (Inv Cable) 1.24.13; 10, R Nicholson (Ferry) 1.24.16; VET: 1, B Falck-Peterson (Woking) 1.27.58; 2, A Irvin (MRR) 1.36.11; WOMEN: 1, P Wheeler (MRR) 1.33.39; 2, D McDonald (Lass) 1.34.38; 3, J McIntosh (SRC, W35) 1.50.04; 4, S McLean (SRC) 1.53.18

Hebridean Three Race Challenge

Overall Winners: MEN: 1, R Brown (HBT) 3.42.45; 2, M Wright (MRR) 3.44.50; 3, R Munro (SRC) 3.56.39; 4, M Bain (SRC) 4.00.23; 5, I MacKay (SRC) 4.07.19

JULY 18

Harbour Festival, 10 Mile Road Race, Irvine

1, S Wylie (Cambus) 48.55 (record); 2, J Ross (LDRC) 3, A Douglas (VP) 51.28; 4, J McMillan (E Kibb) 51.38; 5, T Gillespie (S'burn) 51.41; 6, J Craig (Irvine) 54.06; 7, T Anderson (Kibb) 54.14; 8, R Hill (Ayr) 55.21; 9, P McGregor V40 (VP) 55.34; 10, J Martin (FVH) 55.39; V50 P Kearney (M'Hill) 62.05; WOMEN: 1, J Murray W35 (Kibb) 66.52; 2, H Stewart (C'dale) 70.42; 3, L McGarry W35 (Irvine) 70.56

Half Ben Nevis 6 Mile Hill Race, Fort William

1, S Burns (Loch) 55.32; 2, J Hepburn (DHH) 55.44; 3, L Raim (Czech) 56.10; 4, J Boyd-Parker (Ilkley) 56.19; 5, M Horacek (Czech) 56.37; 6, G Wilkinson (C-le-Moor) 56.58; 7, J Wilkinson (Gala) 57.16; 8, R Boswell V40 (Loch) 57.46; 9, J Hesketh V40 (Horwich) 58.30; 10, J Maitland (Loch) 59.45; V3 R Haigh V40 (Ilkley) 60.48; WOMEN: 1, C Merkenvent (C'dale) 68.38; 2, C Wainwright (Horwich) 74.45; 3, P Done (R'dale) 85.48; TEAMS: 1, Czech International Team 18pt; 2, Lochaber 19pt

Urle Loch 6 Mile Hill Race, Lamlash, Isle of Arran

1, B Robertson (Arran) 45.18; 2, G Allison (Arran) 47.22; 3, C Turbett (Arran) 50.27; V1, D Freeman V40 (Arran) 51.21; L1 H Thompson (Arran) 60.39

Cannich Gala 5 Mile Hill Race

1, B Fraser (Inness) 38.53 (record); 2, J Gallacher (unatt) 40.41; 3, J Muhi (Carnethy) 41.22; 4, L Russell JT (unatt) 46.25; WOMEN: 1, M Woodman (Carnethy) 54.20; 2, B Walker (Dundee) 57.32; 3, J McCallum (unatt) 75.17

JULY 19

Lochaber Low Hill 2 Mile Race, Fort William

1, J Brooks (Loch) 17.24; 2, S Burns (Loch) 18.43; 3, S Cameron (J) (Loch) 18.54; 4, P Hughes (Loch) 19.02; 5, J Hepburn (DHH) 19.05; 6, M Horacek (Czech) 19.27; 7, P Jeffrey (J) (Loch) 19.43; 8, R Boswell V40 (Loch) 19.58; 9, M Gorman (West) 20.32; 10, J Maitland (Loch) 20.55; LJ, Y Porson (unatt) 23.17

"Round the Houses" 4.5 Mile Road Race, Saltcoats

1, A Puckrin (GGH) 19.54; 2, A Callan (S'burn) 19.58; 3, S Wylie (Camb) 20.00; 4, G Grindley (FVH) 20.02; 5, S Binns (FVH) 20.08; 6, D Donnet (S'burn) 20.09; 7, G Tenney (Kibb) 20.33; 8, E McKee (Sp V) 20.44; 9, W Richardson (Inv) 20.47; 10, R McCulloch (Kibb) 20.56; JNR: 1, M McLaughlin 22 (Camb) 22.03; VET: D Mewse 24 (Kibb) 22.06; TEAMS: 1, Springfield 19pt; 2, Falkirk Victoria 28pt; 3, Kilbarchan 41pt; WOMEN: 1, L Cairns 37 (JW Kil) 24.09; 2, C Hood 45 (Giff N) 25.05; 3, E O'Brien 50 (GGH) 25.48; 4, J Byng W45 57 (Inv) 27.09

JULY 20

Whitcass 5 & Half Mile Hill Race, Fochabers

1, A Reid (P'head) 30.55; 2, G Bartlett (Forres) 30.56; 3, S Reeve (Moray) 34.16; 4, P Mathieson (Forres) 36.32; 5, S Gill (Keith) 36.38; 6, I Addis (Forres) 37.10; 7, D Cruickshank (Forres) 37.28; 8, G Bain (Moray) 37.39; 9, J Johnstone (Keith) 38.11; 10, R Hird (Moray) 38.21; VET: M Milmo V40 (Forres) 38.41

JULY 21

Sri Chimney 2 Mile Road Race, Edinburgh

1, M Fallows (EAC) 9.04; 2, M McQuaid (FVH) 9.31; 3, C Law (Cam) 9.35; 4, M Gallagher (M'Hill) 9.38; 5, L Cuthbertson (ESH) 9.40; 6, S Ogg (Cam) 9.42; 7, P Morrison (Cam) 9.55; 8, I Stewart (Cam) 9.55; 9, D Garner (ESH) 9.57; 10, M Gill (Camb) 10.02; VETS D/50 1, S

MacGillivray (unatt) 12.04; 2, J Foster (SVHC) 12.52; 3, M Stout (SVHC) 14.39; WOMEN: 1, J Thomson (Cam) 11.44; 2, S Knox (Co G) 12.10; 3, M Imlich (unatt) 12.18; 4, L Harrison (EAC) 12.24; 5, A Meredith (unatt) 12.32

JULY 24

Stromness Half Marathon, Orkney Isles

1, E Taylor V40 (Ork) 1.22.45; 2, N Waterston (Calth) 1.24.19; 3, R Gibb (Shet) 1.24.53; 4, I Field (Motorola) 1.25.02; 5, D Pottinger (Ork) 1.27.17; 6, G Taylor (A'deen) 1.27.55; 7, C White (Ork) 1.28.20; 8, E Simcox (RAF) 1.28.52; 9, S Walker (unatt) 1.32.52; 10, I Adam V40 (unatt) 1.34.16; WOMEN: 1, L Leslie (Ork) 1.39.19; 2, G Maxwell (Calth) 1.39.19

Snowdon International 10 Mile/3,200 Ft hill Race, Llanberis, Wales

1, I Holmes (Eng) 64.14; 2, M Crossdale (Eng) 64.21; 3, C Donnelly (Scott/Camb) 64.53; SCOTS PLACINGS: 5, N Wilkinson (Cambus/Scott) 65.13; 8, P Dymock (Liv/Scott) 66.25; 27, D Rodgers (Loch/Scott) 71.26; TEAMS: 1, England 7pt; 2, Scotland 16pt; 3, Czech Republic; WOMEN: 1, C Greenwood (Eng) 1.12.48 (rec); SCOTS PLACINGS: 7, C Menkennett (C'dale/Scott) 1.27.17; 10, P Rother W35 (EAC/Scott) 1.30.46; 11, E Scott (West/Scott) 1.33.12; 13, C Whalley (Liv/Scott) 1.35.31; TEAMS: 1, England; 2, Wales; 3, Scotland

SAF National Combined Events Championship, Linwood

Decathlon: SEN MEN: 1, D Mathieson (ESH) 7,047pt (100, 10.92, LJ, 7.44, SP, 13.04; HJ, 2.01; 400, 51.00; 110H, 14.81; DT, 36.68; PV, 3.80; JT, 49.36; 1500, 5.32.72); 2, A Southward (Sloke) 6800pt (11.54; 6.58; 11.92; 1.77; 52.50; 15.17; 35.24; 4.20; 47.24; 4.50.63); 3, S Gutteridge (H'gate) 6550pt (11.74; 6.75; 11.68; 1.83; 54.32; 15.26; 35.30; 4.40; 47.34; 5.00.34); 4, G Gans (Lough) 6317pt; 5, A Leiper (AFD) 5886pt; 6, B Hughes (Sutton) 5759pt; 7, K Pearson (Cen Reg) 5663pt; 8, A Taylor (EAC) 5640pt; 9, I Smith (PSH) 5391pt; 10, D Askew (D'caster) 5363pt; 11, I Black (ESH) 5113pt; 12, R Hunter (Belgrave) 4554pt; 13, K McDowell (W'ross) 4388pt; 14, G McArann (Renf) 2105pt

JNR U20: 1, D Litchfield (Arbroath) 5487pt (11.53; 6.61; 9.64; 1.68; 54.95; 16.55; 30.24; 2.50; 42.36; 4.58.15); 2, S Rae (Annan) 5365pt (12.04; 6.29; 10.28; 1.71; 54.75; 15.63; 36.60; 2.50; 33.70; 5.21.16); 3, P Swierczek (Arbroath) 4625pt (12.11; 5.75; 9.38; 1.83; 55.72; 17.53; 21.56; 2.20; 32.50; 5.28.50); 4, M Hendry (Inv) 4551pt; 5, R Harris (Kendal) 4143pt; 6, A McLeod (MBI) 3918pt

VETS: 1, E Fitzgerald (Pit) 3973pt (12.61; 5.80; 7.19; 1.62; 63.25; 18.03; 24.76; 3.50; 25.06; 6.19.23); 2, J Ross (Muss) 3877pt (13.10; 4.53; 8.35; 1.38; 59.05; 18.50; 28.18; 2.20; 38.66; 4.54.66); 3, J Freebairn (Cumb) 3218pt (14.36; 4.22; 11.73; 1.56; 71.05; 19.50; 38.90; 2.70; 38.12; DNF; 4, (Corst) 2226pt; 5, J Gelder (Muss) 2201pt

U17 OCTATHLON: 1, W Stark (A'deen) 4518pt (100 11.86; LJ, 6.30; HJ, 1.81; 400, 54.42; 100H, 14.67; DT, 23.48; JT, 33.14; JT, 33.14; 1500, 5.10.65); 2, R Baillie (VP) 4298pt (11.73; 5.44; 1.78; 52.46; 14.26; 19.94; 25.48; 5.08.90); 3, M Pate (VP) 4241pt (12.32; 5.91; 1.99; 55.72; 15.56; 18.24; 26.44; 4.56.05); 4, A McCallum (A'deen) 4057pt; 5, M Rocks (Inv) 4020pt; 6, D Campbell (Shett) 4019pt; 7, A Young (VP) 4000pt; 8, G Murray (Airdrie) 3916pt; 9, G Chalmers (Moray) 3693pt; 10, A Bangura (Elgin) 3643pt; 11, A Pollock (Shett) 3616pt; 12, K McCready (Kibb) 3576pt

U15 PENTATHLON: 1, P Herron (Arbroath) 2870pt (LJ, 5.36; 80H, 14.23; SP, 9.46; HJ, 1.65; 800, 2.13.48); 2, P Stephen (Cumb) 2789pt (5.07; 13.00; 11.45; 1.56; 2.28.57); 3, G Leitch (Renf) 2705pt (4.98; 13.24; 8.89; 1.68; 2.26.95); 4, A Murray (Airdrie) 2.13.28; 5, A Myles (FVH) 2330pt; 6, A Chalmers (Moray) 1749pt

U13 PENTATHLON: 1, M Taylor (VP) 2058pt (LJ, 4.16; FSH, 12.63; SP, 7.44; HJ, 1.38; 800,

2.39.02); 2, M McClements (Elgin) 2020pt (4.02; 14.06; 7.41; 1.41; 2.30.65); 3, G Allan (Elgin) 1982pt (4.09; 13.62; 9.77; 1.44; 2.52.77); 4, C Loney (Elgin) 1833pt; 5, D Brauh (A'deen) 2.30.71; 6, K Taylor (Girvan) 1610pt

WOMEN SEN: HEPTATHLON: 1, K Crowther (Mid & Cle) 4573pt (100H, 15.18; HJ, 1.62; SP, 10.64; 200, 27.73; LJ, 5.38; JT, 32.10; 800, 2.38.58); 2, C Black (EWM) 4320pt (16.45; 1.56; 8.00; 27.02; 5.79; 23.34; 2.27.50); 3, A Cartmell (Hallen) 4292pt (15.38; 1.59; 13.35; 28.13; 5.30; 38.06; 3.03.87); 4, S Freebairn (Co G) 3211pt; 5, S McKinnon (P'head) 3076pt

U20 HEPTATHLON: 1, M Gee (Ruth) 4573pt (14.74; 1.62; 9.47; 26.84; 5.22; 28.94; 2.34.25); 2, A Carr (Stoke) 4272pt (15.91; 1.59; 8.20; 26.75; 4.97; 26.02; 2.27.40); 3, S Ramming (Arbroath) 4194pt (15.36; 1.59; 8.72; 27.23; 5.35; 22.38; 2.42.33); 4, E Donald (H'burgh) 4162pt; 5, S Soil (A'deen) 4027pt; 6, E Sneddon (Cen Reg) 3951pt; U17 HEPTATHLON: 1, J Polka (Co G) 4051pt (80H, 12.74; HJ, 1.52; SP, 8.79; 200, 28.34; LJ, 5.30; JT, 23.46; 800, 2.33.39); 2, D Quirie (A'deen) 3872pt (13.16; 1.55; 8.33; 27.51; 5.37; 17.00; 2.42.02); 3, J Reid (Banchory) 3813pt (12.59; 1.46; 9.00; 27.57; 4.68; 22.14; 2.39.26); 4, L Bell (Moth) 3584pt; 5, J Donald (MBI) 3483pt; 6, S Bain (MBI) 3474pt; 7, L Armstrong (Mal V) 3435pt; 8, A Douglas (Arbroath) 3409pt; 9, P Clark (Co G) 3242pt; 10, C Middleton (A'deen) 3164pt

U15 PENTATHLON: 1, J Tindal (File) 2908pt (LJ, 5.07; FSH, 12.03; HJ, 1.58; SP, 9.07; 800, 2.48.58); 2, H Clarke (Cope) 2906pt (5.10; 11.77; 1.46; 8.54; 2.37.16); 3, M Zalis (EAC) 2574pt (4.56; 12.16; 1.46; 8.34; 2.48.79); 4, G Stewart (EAC) 2566pt; 5, F Paul (EWM) 2516pt; 6, M Donald (H'burgh) 2430pt; 7, J Thomson (A'deen) 2377pt; 8, L Watson (EWM) 2236pt; 9, D McDonald (Bo'ness) 2181pt; 10, A Hood (EAC) 2107pt

U13 PENTATHLON: 1, L Redmond (EAC) 2353pt (70H, 12.55; LJ, 4.51; SP, 7.47; HJ, 1.39; 800, 2.43.03); 2, M Pringle (Cope) 2049pt (12.26; 4.14; 7.65; 1.30; 2.58.46); 3, G Hair (A'deen) 1928pt (12.39; 3.81; 6.30; 1.27; 2.50.01); 4, K Rapley (A'deen) 1803pt; 5, W Rennet (A'deen) 1422pt; 6, J Clark (Co G) 1245pt

National 10,000m Championships, Linwood

MEN: 1, R Quinn (Kibb) 30.07.

(Bah HS) 2.18.7; 3. K Montador U15 (Cen Reg) 2.19.7; 3000 1. H Parkinson (J) 10.36.7; HJ 1. R Pinkerton (Co G) 1.75; JT 1. K Costello (Co G) 39.88.

U17 80H (+1.8) 1. K McNamee (w) 11.82; 2. S Moxey (E) 12.70; 3. C McLaren (E) 12.85; 300H 1. J Paika (w) 46.82; 2. J Donald (n) 49.54; 3. S Moxey (E) 50.01; 1500 1. P Crawley (w) 4.52.00; 2. K Kirk (w) 5.01.08; 3. L Bailie (w) 5.11.05; 4x100R 1. West 50.65; 2. North 53.07; 3. East 53.65; HJ 1. E Kerr (w) 1.65; 2. J Paika (w) 1.60; 3. S Bairn (n) 1.55; LJ 1. K McNamee (w) 5.58; 2. D Quirie (n) 5.29; 3. L Armstrong (w) 4.97; SP 1. E Garden (E) 10.86; 2. L Munro (E) 9.93; 3. S Bain 9.40; DT 1. E Garden 37.72; 2. L Thomson (E) 30.98; 3. M Simpson (E) 29.80; JT 1. J Walker (w) 38.48; 2. C Mann (E) 37.10; 3. A Douglas (E) 32.00.

U15 100 (+1.2) 1. S Christie (w) 12.41; 2. N Hutchison (w) 12.64; 3. J Tindall (E) 12.90; 200 (+3.0) 1. S Hollett (w) 26.27; 2. J Tindall 26.36; 3. L Holey (w) 27.06; 800 1. J Leamouth (e) 2.25.13; 2. E Light (E) 2.29.58; 3. L Gordon (w) 2.31.48; 1500 1. C Morris (w) 4.46.33; 2. J Ward (E) 4.51.33; 3. A Shaw (w) 5.04.13; 75H (+1.8) 1. G Stewart (E) 11.9; 2. V Letford (w) 12.0; 3. F Donald (w) 12.2; 4x100R 1. West 49.76; 2. East 52.45; 3. North 55.31; HJ 1. J Tindall 1.60; 2. F Paul (E) 1.50; 3. T Richards (E) 1.50; LJ 1. N Hutchison 5.22; 2. F Paul 5.13; 3. T Richards 5.01; SP 1. C Garden (E) 11.81; 2. F Hunter (E) 11.08; 3. J Loney (N) 9.07; DT 1. C Garden 39.68 (CBP); 2. M Bowden (N) 28.80; 3. E Robertson (E) 26.94; JT 1. L Richardson (w) 32.02; 2. K Collins (E) 31.70; 3. K Sloan (w) 31.68.

U13 100 (+3.3) 1. L Rouse (E) 13.31; 2. Y Kaiman (N) 13.41; 3. L Hunter (E) 13.51; 200 (+1.8) 1. K Dyce (W) 28.65; 2. E Reid (E) 28.75; 3. N Ingram (E) 28.96; 800 1. J McLean (N) 2.26.40; 2. Y Neill (w) 2.31.06; 3. L Conway (w) 2.32.61; 70H (+2.3) 1. G Hair (E) 12.1; 2. N Rhouma (E) 12.1; 3. C Sutherland (E) 12.3; 4x100R 1. East 55.41; 2. North 56.05; 3. West 56.53; HJ 1. L Redmond (E) 1.45; 2. equal E Reid (E) & S Ferry (E) 1.35; LJ 1. L Redmond 4.66; 2. L Hunter 4.49; 3. Y Kaiman (N) 4.24; SP 1. L Young (w) 7.85; 2. J Forbes (N) 7.68; 3. L Roy (E) 7.62; DT 1. L Redmond 24.80; 2. J Forbes 23.74; 3. L Roy 21.80; JT 1. A Paxton (E) 29.66; 2. C Sutherland (E) 25.18; 3. F Sim (N) 21.86.

PLEASE NOTE: The Inverclyde Festival of Running is taking place on September 5 and not on August 22 as was our information according to the schedule available to us when our August edition went to press.

SEPTEMBER

1 BARRMILL 10K, Galston. FALKIRK open graded meeting, Grangemouth. SRI Chimnoy runners are smiles 2 miles, Meadows, Edinburgh. BRITISH police 10 mile road race champs, Strathclyde Park.

2 ANNUAL Seagull 5K road race and 3K fun run, 7pm Peterhead. Entry fee £2.50 - race and 50p - fun run. For details contact Mrs Dobie 1 Ashgrove Place, Peterhead, AB42 6FX. Tel.0779 78613.

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

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

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

McDonald's Young Athletes league UK final, Alexander Stadium, Birmingham. LOCH Leven half marathon, Kinross 1pm. Entries £5. For entry forms send SAE to LLHM c/o 5 George Dr. Kinross KY13 7AC.

UK young athletes league final, TBC. CUMNOCK & District AC 10th Anniversary 10K road race. Starts 1.30pm, 3K fun run starts 12 noon. Woodroad Park, Cumnock. Free swim in outdoor heated pool after race. For details contact Tom Campbell, 1 King's Drive, Cumnock. GLASGOW championships at Crownpoint.

5 INVERCLYDE half marathon & 1 mile invitation race. Starts 10.30 am from Greenock Esplanade. For further details contact Tom Tracey, 40 Merino Rd., Greenock PA15 4BY. Tel 0475 892160.

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.Terrill, 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, at Gap. MORAY roadrunners 10K, Elgin, Cooper Park, 2pm. Entries on the day till 1.30pm £3 (£3.50). For details contact J.Asher, Double Dykes, Bruceland Rd., Elgin, 0343 547810.

BANK of Scotland women's athletic league D1, Meadowbank. BANK of Scotland women's athletic league D2, Dundee.

BANK of Scotland women's athletic league D3, Linwood.

BANK of Scotland women's athletic league D4, Grangemouth.

BANK of Scotland women's athletics league D5, Coatbridge.

STEWARTON Fun Run - 1 1/2 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. BORDER league meeting, Tweedbank.

8 SRI Chimnoy runners are smiles 5 miles, Meadows, Edinburgh.

9 DUMFRIES Tredair 10K road race David Keswick Centre 7pm.

10 IAAF GRAND PRIX FINAL, CRYSTAL PALACE. PATIESMUJR Six, Dunfermline.

11 MOFFAT chase 12 mile hill race. SCOTTISH young athletes handicap scheme, Livingston. GRAMPAN Television athletic league final, Dundee.

JUBILEE CUP FINAL, SHEFFIELD. PITLOCHRY Highland Games. RENFREWSHIRE County champs, Ravenscraig. BRITISH Veterans decathlon champs Sheffield. MORVEN hill race Deeside.

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. Starts 2.30 pm, entry fee £4. Must be in by 30th August. Contact The Race Sec. Leisure Services Dept., Kiln's House, Kiln's Road, Falkirk, FK1 5SA.

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 women's athletics league - qualifier, Coatbridge.

GRE PLATE - FINAL, DERBY.

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

DUMFRIES 10K road race.

15 LIVINGSTON & Dist. AAC open graded meeting, Craigswold. Further details from Ruby Small - 0506 854199. SRI Chimnoy runners are smiles 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 Tresaig to Ardgour. Transport from Ardgour to Tresaig 12.30. Various prizes changing fac. Tresaig Hall from 1pm. Entry fee £3. Details from John Maitland St Monance Ardgour by Fort William PH33 7AA.

GREAT North Run Newcastle to South Shields including UK half marathon champs. INVERCHARRON Highland Games, 1 pm start.

9 EASTERN district relay championships, Cupar (men & women, all age groups).

NORTHERN district relay championships, Muir of Ord (men & women, all age groups).

WESTERN district relay championships, Kirkintilloch (men & women, all age groups).

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

BUCKIE 10K road race (men & women - all age groups).

CITY of Dundee "People's" half marathon, Dundee (men & women) (JS).

DINGWALL - Strathpeffer People's race (men & women).

STRATHCARRON fun run, Denny (men & women).

WEST Lothian & Livingston Sport & Recreation Association 10K race and 3K fun race. 10K starts 10 am entry fee £3 (£3.50 on the day). 3K starts 10.15am, entry fee £1.50. For details contact 0506 35000 9-4pm Mon-Fri.

WORLD veteran champs at Muzakki, Japan. PENTLAND skyline 16 mile hill race at Hillend, Edinburgh, 11 am.

BITIS junior fell and hill race champs at Keswick.

16 WORLD veterans champs, Japan. AYRSHIRE CC Relay Championships, Irvine. DUNBARTONSHIRE CC Relays. RENFREWSHIRE CC Relays. Rouken Glen Park, Eastwood.

LANARKSHIRE CC Relays. Drumpellier Park, Coatbridge.

EAST District League, Jack Kane Centre, Edinburgh.

HYDRASUN Open CC meeting (men & women - all age groups) second women's cross country league, Aberdeen.

FORT William to Inverness Relay Race 63 miles. All of main roads. Teams of 6. Record 6 hrs 18 mins. 8.30am. SAE for info from E.Campbell, Kisimul, Alma Rd., Fort William, Inverness-shire.

IAF world marathon cup San Sebastian, Spain.

17 WORLD veterans champs, Japan. FALKIRK People's half marathon, Grangemouth. KIRKPILL Forest Eight, Aberdeen (men & women).

KIRKINTILLOCH "O" cross country races (women), Twechar.

UK 10 K road race champs, Barnsley. PITREAVIE open women's cross country meeting including first meeting Scottish women's league.

23 NATIONAL cross country relay championships, Hawick (men & women - all age groups).

GLASGOW University inter-schools relay races, Kelvingrove, Glasgow.

30 ALLAN Scally Memorial road relay race, Ballieston.

BLACK Isle Festival of Running: Marathon, half marathon, 10K and fun run. For details and entry form contact: Leisure Services, Ross & Cromarty District Council, Ross House, Dingwall (tel 0349 63381 daytime) or Ray Cameron 5 Rose Croft, Muir of Ord (tel 0463 870805 evenings).

MARYHILL Harriers Schools CC league. MEALL A'BUACHAILLE 6 1/2 mile hill race, Glenmore, Aviemore, 12 noon.

31 RUBY Young Memorial ladies 4 mile rr, Kilmarnock.

GREENPEACE 10K & fun run, Meadowbank Stadium.

HYDRASUN Open CC meeting (men & women - all age groups) second women's cross country league, Aberdeen.

FORT William to Inverness Relay Race 63 miles. All of main roads. Teams of 6. Record 6 hrs 18 mins. 8.30am. SAE for info from E.Campbell, Kisimul, Alma Rd., Fort William, Inverness-shire.

IAF world marathon cup San Sebastian, Spain.



THE FALKIRK PEOPLE'S HALF MARATHON

Promoted by FALKIRK DISTRICT COUNCIL
LEISURE SERVICES DEPARTMENT

Under BAF rules & SAF permit event

Sunday, October 17th, 1993

(start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4.00 LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS

Surname		For Official Use	
Christian Name and other initials		Sex ☐ M ☐ F	
Address			
Town or City		Post Code	
Work Telephone No.		Home Telephone No.	
Country			
Age on day of race		Date of Birth	
Anticipated time for Half Marathon		Club or Team name (if any)	
Are you a disabled person? ☐ If yes please advise of disability			

I enclose herewith my Cheque/P.O. No. _____ value £4.00, being the amount of entry fee made payable to Falkirk District Council.

A 1st class stamped addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries will not be accepted on the day of the race.

Entries close on October 4, 1993 or on receipt of 3000 entries

Signed _____ Date _____

Please send your entry form, along with entry fee, to: THE RACE SECRETARY
LEISURE SERVICES DEPARTMENT, KILNS HOUSE, KILNS ROAD, FALKIRK FK1 5SA

City of Dundee People's Half Marathon and Children's Fun Runs Sunday 10th October, 1993

Starting Times
10.00 am Half Marathon
10.15 am Fun Runs

Entry Forms and further information can be obtained from:
City of Dundee District Council
Leisure and Recreation Department
Olympia Centre, Earl Grey Place, Dundee
Tel: 0382 22729



EVENTS CONTINUED

SCOTTISH NUCLEAR DOON HILL RACE Sat 2nd Oct. 11am WINTERFIELD DUNBAR

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For details contact J. Herring
1 Rosebery Pl. Dunbar EH42 1AQ
Tel: 0368 64613

MORAY ROAD RUNNERS 10K

Sunday 5th Sept. '93
2pm

Elgin Cooper Park
Entries on the day till 1.30pm
£3 (Club) £3.50 (Unattached)
For details contact: J. Asher,
Double Dykes, Bruceland Rd.
Elgin. 0343 547810

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WEST LOTHIAN & LIVINGSTON SPORT & RECREATION ASSOCIATION PRESENT - 1993 FESTIVAL OF RUNNING

RACE 1

Sunday 26th Sept 1993: Dechmont Law Park, Deans,
Livingston, West 10k Race starts at 10am; 3k Fun Run starts at
10.30 am Entry Fees 10k £3.00; on the day £3.50 Entry Fees 3k
£1.50

This new race around the new Countryside Park is sponsored
by the Livingston Development Corporation

Race 2

Sunday 10th October 1993: Beecraigs Country Park, nr.
Linlithgow West Lothian. 10k race starts at 10.00 am :3k fun
Race starts at 10.15. Entry Fees 10k £3.00; on the day £3.50
Entry Fees £1.50 (fun run)

Commemorative medals plus refreshments and an orange to all finishers in
both 10k & 3k events. Entries will be accepted on the day for both events.
Further information and entry forms available from:- West Lothian and
Livingston Sport and Recreation Association, Deans Community High
School, Eastwood Park, Deans, Livingston
Tel: 0506 35000 9am - 4 pm Monday - Friday

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10K & FUN RUN

SATURDAY 30TH OCTOBER 1993

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Ross & Cromarty District Council, Ross
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(tel: 0349-63381, daytime) or Ray
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1. What was Linford Christie's 1992 Olympic Gold Medal winning time?
2. How many times has Carl Lewis won Olympic 100m gold?
3. Who was the last Briton to win Olympic 100m gold before Linford Christie

ANSWERS

1.	Name
2.	Address
3.	Age

Closing date for entries is 21st October. Editors decision is final.
Entries to: Puma Competition, Scotland's Runner, Applejak Studios,
113 St. George's Road, Glasgow G3 6JA.
Usual Scottish Runner competition rules apply.

