

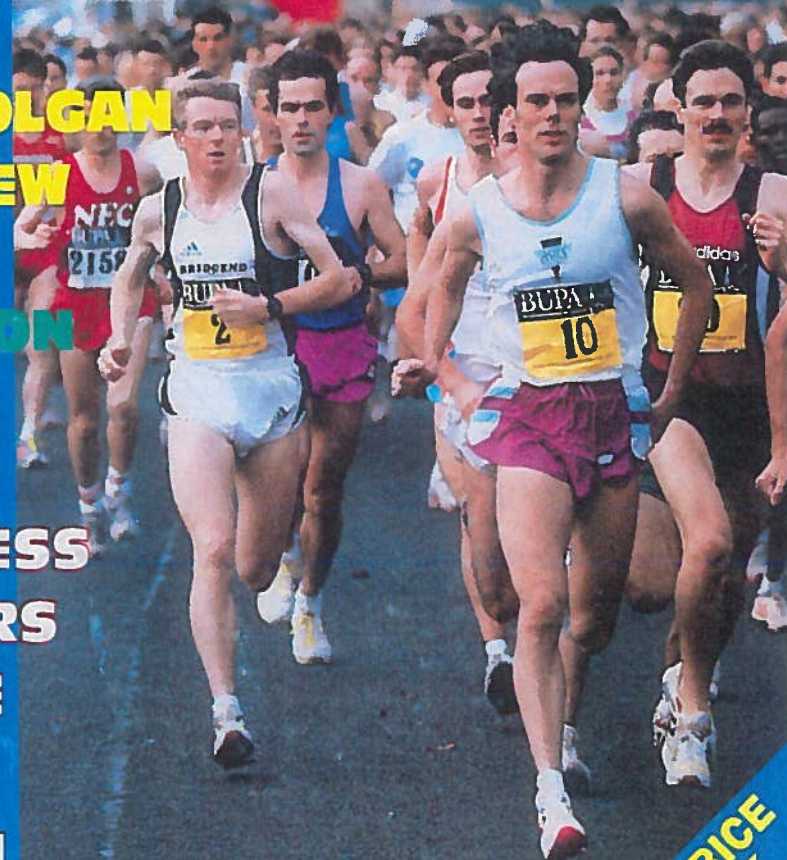
Scotland's RUNNER

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Scotland's RUNNER

ISSUE 87

**NOVEMBER
1993**

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Published by

ScotRun

Publications Limited

113 St George's Road,
Glasgow G3 6JA.

Tel: 041-332-5738. Fax: 041-332-9880.

SUBSCRIPTION RATES:

UK (1 YEAR) £18.00; EUROPE AIRMAIL £28.50;
REST OF WORLD AIRMAIL £40.00.

COLOUR ORIGINATION: Hiscan, Inverness (Tel: 0463-711554)

PRINTED: Highland Printers, Inverness

Apathy rules — Not OK

The Scottish Athletics Federation has, commendably, just concluded a nationwide series of nine roadshows designed to give each club in every area of the country its own separate and specific input to the future of the sport. The national coach, Andy Vince, development officer Graham Ross, and administrator Neil Park went to considerable trouble to outline where the sport hopes to go, and how it plans to get there.

There was the chance for grievances to be aired, problems to be investigated and a think-tank geared to achieving future progress. But the attendance, regrettably, reaffirmed that the most powerful force in Scottish athletics is apathy.

We have more than 10,000 club members nationally, yet with the ninth meeting, at Dumfries, still to be held as we went to press, attendance at the first eight totalled 256. The best were Dundee (45) and Aberdeen (44), followed by Glasgow (41). Edinburgh had just 28.

In Glasgow, press (2) and the three presenters named above, outnumbered the competing athletes — and the later group included cross-country commission chairman Bob McSweeney, still, to his credit, making occasional appearances in singlet, shorts and trainers, at the age of 58.

Scotland's Runner and other athletics media frequently report competitors' disaffection with the status quo/attitude of officials/lack of input. Officials, frequently the target of criticism, and then coaches, appeared to be the best attenders. So who cares most about the future of athletics in Scotland? Generally speaking, not the athletes on the evidence available.

These sentiments may, of course, be challenged by the assertion that the extremists — be they right-wing Tory, Communist, or Militant Labour, are invariably the political activists. That moderates — the rank and file — don't go on protest marches, or lie in front of the police, and that the true colour of British politics emerges only from the sanity (? *Ed*) of the General Election ballot box.

But athletics does not have general elections. The closest we come is the annual meeting, and that is populated by the same faces which frequented the roadshows. Of course athletes have views. Understandably they mostly prefer to run, jump, or throw. They avoid annual meetings, and display a similar apathy when it comes to writing to Scotland's Runner.

Yet when there is a perceived crisis — inadequate Commonwealth Games team numbers, or a proposal for a registration scheme — they sharpen their spikes with an enthusiasm normally reserved only for the club Christmas handicap.

If you have any thoughts on the future of the sport which you missed airing at the road shows, write to us here at Scotland's Runner. And give the SAF task force a break. Copy your comments to them as well. The top of the sport is more accessible now than ever before. There is still a chance to make your voice heard.

The meetings showed significant majority support for a registration scheme. The professional staff believe it is essential. So do we. But the clubs keep rejecting it. The sport does not know its own most basic resource: i.e. how many men, women, youths and girls are competing. This is farcical. How can we begin to plan properly for the future? We support a registration scheme.

We make no apology this month for selecting two wheelchair competitors — Ross Low and Karen Lewis — as our Reebok Junior Athletes of the month. For too long such competitors have been second class sporting citizens. At the risk of appearing patronising, this magazine intends to give disabled competitors the same forum as other performers. We can only do so with your help. Scottish facilities for such athletes are possibly better than for their counterparts elsewhere in the UK, but still leave much to be desired. Please let us know about the achievements of such competitors at your club.

Doug Gillon

Athletics correspondent of The Herald.

Trust fund benefits

KAREN DAVIES, formerly McLeod, Edinburgh Athletic Club's former national cross-country and AAA track champion, who finished sixteenth in the marathon at the World Championships, is the latest beneficiary of the £10,000 trust which the former Scottish Women's Cross Country and Road Running Association established rather than turn over the funds to the SAF, as had been agreed.

Davies, who trained at considerable personal expense in the Black Forest in advance of the Stuttgart event, was impressed at the speedy receipt of £100 from trustee Eleanor Gunstone, who is also the vice convener of the Scottish cross country and road running commission.

Lord Provost wants Arthur's Seat race

EDINBURGH'S Lord Provost, Norman Irons, intends to intervene in a bid to convince Historic Scotland to allow the 1995 World Mountain Racing Championships to go ahead on Arthur's Seat in the capital's Holyrood Park.

The event, a first for Scotland, which will cost £65,000 to stage, would otherwise be held in the Pentlands Historic Scotland, a division of the Scottish Office, believe the erosion threat is too great to allow the event to go ahead in the park, which they manage.

Strang recovers back in USA

DAVID Strang, whose summer track campaign fell apart after a world indoor medal and dream UK outdoor 1500m debut at Meadowbank, has returned to the USA, and has recovered from the illness which destroyed his hopes of a Stuttgart place.

Strang has become engaged since returning to the USA, and plans a road mile in his parents' home city of Johannesburg in mid-November. "Then I'll concentrate on indoor preparations for the Scottish, AAA, and European indoor events, then, hopefully, the European and Commonwealth outdoor championships."

City of Glasgow also received a similar sum to help with their European champion clubs contest. But it would appear that only the interest is available for disbursement.

The SAF feel the trust represents a breach of faith — all funds were supposed to be pooled — and have taken legal advice as to how the money might be unfrozen.

Secretary Bob Greenoak deplores the situation, and confirms that no members of the Scottish teams will be asked to travel at their own expense, as happened to the last SWCC and RRA team, despite the trustees (who included selectors) being aware that this money was available.

Sports medicine institute launch

YVONNE Murray, Scotland's world indoor and European 3000m champion, helped launch the Scottish Institute for Sports Medicine and Sports Science which is to be established jointly by Aberdeen and Strathclyde Universities. They beat off opposition from Moray House, Heriot Watt, Glasgow, and Glasgow Caledonian Universities.

One of the key figures in winning the bid was Dr Myra Nimmo, the former Olympic long jumper who set the current national record 20 years ago. Dr Nimmo is head of the School of Applied Human Studies on the Jordanhill campus of Strathclyde.

Try 2008

BRITAIN should not bother applying for any Olympic Games until at least 2008, said one British Olympic official after Sydney beat Manchester into third place in the race to host the 2000 Olympics.

Scotland's Graig Reddie, the BOA chairman, helped promote an efficiently presented UK bid, which had much commend it, but a third failure for Manchester should convince Britain that only London has a chance, and according to a senior British official, even that should be deferred until 2008.

Runners-up, Beijing, may well succeed next time, provided their human rights record suffers no further setbacks.

SAF panel hits the road



The SAF roadshow panel in action — administrator Neil Park, development officer Neil Park, treasurer and national coach Andy Vince

RECRUITMENT, funding and competition for the under 11s, were among the burning issues to surface during the Scottish Athletics Federation's nine date series of "Roadshows" this Autumn, writes Alasdair Fraser.

Geared towards generating a "two-way process" of discussion on the future of Scottish athletics, the meetings were met by a less than healthy attendance, despite current concerns over the condition and direction of the sport in Scotland. An average of around 30 attended each of the roadshows in Inverness, Aberdeen, Dundee, Edinburgh, Fort William, Glasgow, Kilmarnock, Galashiels, and Dumfries, where National Coach Andy Vince, Development Officer Graham Ross, and SAF Administrator Neil Park were in attendance.

From a broad agenda of coaching and development, the most consistently raised issue was competition for under 11 year olds — a subject braced by

an SAF development committee discussion paper.

"There have been many unsure about the issues surrounding that age group," said Graham Ross, keen to stress that the SAF would give close consideration to representations made. The SAF are looking to promote greater emphasis on informal "play and learn" type events, while reducing the current level of formal competition at events around the country.

Funding, not surprisingly, was another major concern for club representatives with ideas such as pooling of resources, sharing of facilities and creation of fund-raising committees a recurrent theme. Transport was the biggest problem — using an estimated 40% of clubs resources.

On the question of recruitment, there was agreement that clubs had to "recruit or die" and that retention of youngsters who attend schemes like the

StarTrack and Pacesetter projects was the key factor.

"Athletics, compared with other sports has been poor at promoting itself," suggested Ross. "We need to raise the profile of the sport in all areas. Scotland lags behind the rest of the UK so existing programmes are a means of catching up."

Most club reps agreed that StarTrack and other youth initiatives must be closely co-ordinated with club activities to keep youngsters involved after their initial taste of the sport.

Other issues gaining strong support were a possible streamlining of the league structure to prevent over exposure to competition and to offset the costs of travel.

There was also close to unanimous agreement that central registration of Scottish club athletes was crucial to the future of the sport in this country.

The SAF — now over a year in existence — are planning "a whole diary" of club visits

throughout Scotland, on request, as part of their commitment to generating two-way discussion on the future of Scottish athletics.

Neil Park said: "We have had good feedback from the Roadshows and people seem to respond well to us getting out and about. The aim is to make people feel more comfortable with their governing body and stress that the future of Scottish Athletics depends on forging a partnership — everyone has to get involved."

Girls win in Grenoble

SCOTLAND won the women's under-15 and under-17 multi-events match against France in Grenoble, but had no individual winners, either male or female. The French won both men's events.

Full results pages 19 - 21

Michelle wrecks GUAC tour record

AS PREVIOUSLY indicated, university athletes spend the long summer vacations on tours of far-flung lands. The most regular tourists are those heathens from Glasgow University who have been banned from more countries than they would care to admit to, writes *Gordon Ritchie*.

The 1993 tour contained more tourists than athletes. They were abroad for two weeks, during which time they visited Germany, Austria, Hungary and the Czech republic. (A brief visit to the Slovak republic was cut short when they ran out of money to pay fines and to put up for bail). Given this busy itinerary, they managed only one match which took place in Budapest.

The women on tour excelled in this event, with Jane Fleming

winning the 200m and Michelle Jeffrey emerging victorious in a sprint finish at the end of the 3000m. The men, unfortunately showed great consistency in coming last in each event they entered.

Michelle's glorious victory was even sweeter when one considers that she joined the tour late, having taken time out to watch friend and clubmate, Vikki MacPherson, run in the World Championships in Stuttgart.

Away from the track, the tourist's antics were less memorable than in previous years. Michelle continued her good form by getting lost on the way to a non-existent party and having to spend the night in a field. Elsewhere, however, the troops were quieter than usual. It has become traditional that they crash the minibus while on tour,

and this year proved no exception — take a bow, Paul Fettes, for maintaining this unfortunate record.

At the very least it gives him something to talk about after the tour, since his 800m run was certainly nothing to write home about.

Once again the GUAC tour was a great success and, although there were fewer athletes making the trip, it remains one of the main attractions for students. It also remains a great selling point for the club in attracting new members, and new athletes to the sport.

Register for New Year Sprint

ANY amateur wishing to compete in the Meadowbank New Year meeting on December 30 and 31, which is open to both amateurs and professionals for the first time, must obtain a registration permit from the Scottish Games Association in order to protect their amateur status.

The meeting has more than £10,000 in prize money, a record, with £4000 going to the

winner of the 110m sprint. Entries close on November 1.

A permit which entitles amateurs to enter all SGA meetings costs £7.50. A one-day permit is £2. Permit applicants should contact Andrew Rettie, the SGA secretary, at 24, Florence Place, Perth PH1 5BH. Entries for the New Year meeting are available from Frank Hanlon, 141, Cameron Crescent, Bonnyrigg, EH19 2PH.

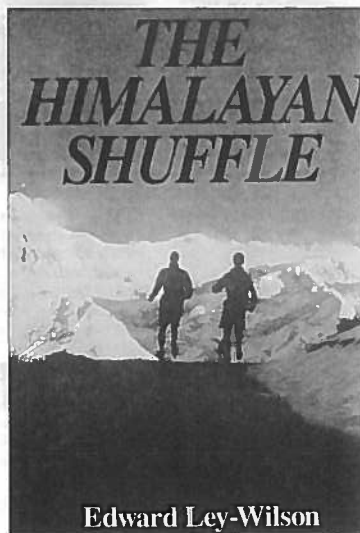
The Himalayan Shuffle

For only £8.00 + £1.50 p+p, Scotland's Runner are offering copies of "The Himalayan Shuffle" (r.r.p. £14.95), the story of two men's successful attempt to run the length of the Himalayas in less than 100 days.

Edward Ley-Wilson and Justin Matterson ran from Darjeeling to India, through the ancient Kingdom of Nepal, back to India to finish in Gulmarg. Their route traversed 14 of the world's highest mountains and, without back-up support, the pair ran almost a marathon every day.

To receive a copy send a cheque or postal order to:

Mr and Mrs Allan Cardwell, Scotland's Runner/Himalayan Shuffle Offer, 3 Kenilworth Road, Lanark, Lanarkshire, ML11 7BL or Tel: 0555-665532.



Edward Ley-Wilson

Paper disappoints

14, Burnieboozle Place, Aberdeen.

Sir, The SAF development committee has produced a discussion paper "Competition for under 11 year olds and young athletes." I regret that I find it disappointing. There is no evidence that Scottish clubs with relevant experience have been consulted. Instead of basing its recommendations on detailed evidence, the committee bases them only upon such general assertions as "medical research has proved", and "it is generally recognised that."

In my letter published in the August issue of Scotland's Runner, I demonstrated that it is possible to begin competing at under 11 level and go on to do well later by naming four athletes who began at that level and went on to become Scottish senior champions. Since writing that letter, I have noticed with interest that all four Aberdeen athletes who won SAF under-17 titles this season began competing at under-11 level. The athletes in question are Peter Fraser (javelin), Alasdair Love (400m hurdles), William Stark (long jump and octathlon) and Donna Quirie (long jump and triple jump). Donna has also set a UK record in 1993 for the under-17 women's triple jump. Had Scottish athletics been unable to offer competition to such athletes when they first became interested, then they might have been lost to the sport.

There is, of course, more to athletics than the production of champions. To many — administrators, coaches and officials as well as athletes — the sport has a social aspect or is appreciated as a worthwhile and healthy leisure time pursuit. When one takes this point of view, one measures the health of Scottish athletics, in part at least, by the number of clubs and of individuals actively involved.

Using this measure it is easy to demonstrate that athletics in the north-east of Scotland is healthier than it was twenty years ago. In my opinion, this is largely because in recent years there has been organised competition for youngsters, making it possible for relatively small communities such as Banchory, Ellon, Fraserburgh and Peterhead to support athletic clubs.

It is to be hoped that the SAF will do nothing to reduce the present opportunities for youngsters to take part in athletics competition without clear evidence that this will be for the good of our sport. In my opinion, the SAF discussion paper, although it does contain some interesting ideas, does not provide such evidence.

W. Hunter Watson,
Secretary
Aberdeen AAC.

Ainster were nae haddies

17, Sidlaw St,
Kirkcaldy,
Fife.

Sir, I have just taken part in the East Neuk 10K organised by Ainster Haddies. I received a warm welcome, a varied scenic route which was well marshalled. Medals and refreshment vouchers were given to all finishers. I hope this will be the first of many and would like to thank everyone involved with this event. I hope to see you next year.

Mary Donaldson.

Start time

Rosebank Hayloft
Bowerswell Road
Perth.

Sir, I believe that our annual 10 mile road race will be in your diary of events for November. I am writing to assure you and your readers that details printed are correct, although the SAF may have the wrong start time. To clarify, the details are: Dundee Roadrunners 10-mile road race, November 7, at 10.30 am. Entries are accepted on the day.

I trust that the foregoing details will prevent any confusion over the race.

Linda McGill,
Secretary,
DRRC.

(The usual full list of forthcoming events in October, November and December is on page 22)

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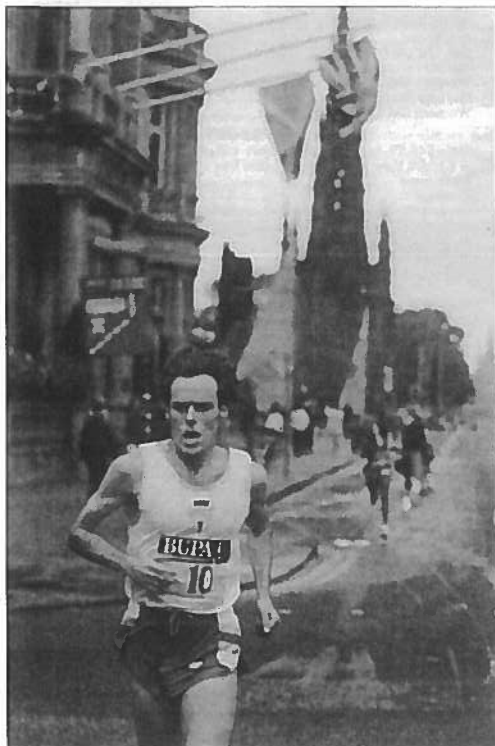
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Hills, thrills and nearly spills in first Great Caledonian Run



Men's race winner Gary Staines negotiates Princes Street

AS IF an advancing Kenyan and the sapping braes of central Edinburgh were not enough, Gary Staines had to contend with an erratic television vehicle on his way to victory in the inaugural BUPA Great Caledonian Run, writes Alasdair Fraser.

Staines, European 5000m silver medallist in 1990, ran a confident, commanding 10K race — surging clear of Ireland's John Treacy, the early leader, at around 4,500m and withstanding a late challenge from runner-up Joseph Kibor of Kenya over the closing 1000m.

Indeed, until the 9K mark, Staines' biggest threat had come from the TV car which came close to rendering him in serious need of the sponsors services.

Enjoying a seven second lead at half-way, the Belgrave Harriers athlete caught up with the open-booted vehicle which, in the process of filming, had slowed perilously and foolishly close to the runner.

As the car slowed further on a bend at Grassmarket, he bumped its tail and only avoided a serious collision by pushing himself away with outstretched arms.

But Staines, who looked the hungriest competitor from the start, continued unperturbed and when Kibor made his bid over the closing stretch, had the reserves to respond and re-open an impressive six second winning gap, clocking 28min. 37 secs.

"It was a great feeling to win and put my injury problems behind me," said Staines, whose efforts on the track have

been thwarted of late by an Achilles problem.

"There were a lot of twists and turns in the course during the first 2K which were quite slippery, but there were also some long, downhill stretches near the end so I really enjoyed it."

The Englishman has now set his sights on making the British team at 10,000m for the European Championships, but says he will not compete at the Commonwealth Games.

It was 36-year-old Treacy, however, who set a blistering pace and splintered the leaders early on. He covered the opening two kilometres in 2:45 and 2:40 and took Staines and Paul Davies-Hale (Cannock and Staffs) with him, while Kibor bided his time in the group behind.

"That's the way we run road races in the States," said the Irishman, who now lives in America. "I thought I'd have a better chance if I got clear of the pack." Treacy lost the lead after 4K but held on for a creditable third place in 29:04.

Staines began to stretch his legs and led for the next 5K, but from St Andrew's House, the 7K mark, the question became when, rather than whether, Kibor would catch him.

Despite upping the pace, Great Midland Run runner-up, Kibor, caught and passed Staines with some 800m remaining. But the memory of a barren track season was enough to produce a final spurt which his African rival — whose flailing arms had betrayed a most uneconomical running style —

was unable to match after his exertions in catching the leader.

SPANGO Valley's Tom Murray, in fifth place, was the first Scot home — his time of 29:35, the fastest he has ever run across 10K on the roads.

The Scottish cross-country champion and former national track champion at 10,000m, was understandably delighted to have finished ahead of London Marathon winner Eamonn Martin (6th), but revealed: "I'm possibly not as sharp as I could be at the moment. I was looking for a race and at the last minute race director John Caine got me a place."

Murray, one of only two Scots to finish in the top ten, then summed up feelings not uncommon among Scotland's elite runners, disillusioned by unfair allocation of appearance money.

"It's a wee bit hard to take when runners from outside Scotland are paid a whack and then fail to produce the goods," he said.

There seems to be a prevailing attitude among race organisers that the top Scottish runners will feel duty-bound to compete in their native land, while stars from elsewhere monopolise the appearance money.

Earlier in the week, Edinburgh's own Karen McLeod — Scotland's only genuine prospective winner — had withdrawn from the race after a dispute with organisers over expenses.

She had been offered her air fare from Bristol, or a rail fare



Relief at the finish for this trio

and a night's hotel bill, but commented at the time: "I felt it was unfair, especially with others receiving full expenses and appearance money. I hate to be thought grasping, but it was a point of principle. I would have run for nothing if they would have given me a hotel room overnight. Six or seven hours on a train is no way to prepare for a race."

Out of pocket after her world championship appearance, before receiving minimal expenses from a trust set up by the former Scottish Women's Cross Country and Road Running Commission, McLeod had every right to feel short-changed.

Instead, McLeod accepted an all-expenses-paid trip to Sweden where she finished third in the Lidingsloppet, over



Not bad for 80-plus

15,000m — the world's largest cross-country race with 30,000 starters to dwarf the 3,200 who turned out in Edinburgh.

In McLeod's absence, the women's race was dominated by Russia's Lyudmilla Borisova, whose pace was such that she finished a full minute and a half clear of second-placed Amanda Wright of Tipton Harriers.

Borisova, a physical culture student from St Petersburg, was the only woman among 900 who was paid to appear in the race, but proved her class by clocking 33 min. 37 secs. in her first-ever 10K road race.

"My successes usually come on track, so to win a race like this is very pleasing," said the 27-year-old, who was fourth in the 3000m 1991 World Student Games.

Borisova has become disillusioned at the thought of running 10,000m on the track after the Chinese successes in Stuttgart, and will now concentrate on building for either the 3000m or 1500m at next year's European Championships.

"I treat this sort of race as part of my training, because I prefer not to compete indoors during the winter. I now want to return to France where I have family and will run in the cross country season there. I can't return home at present because I may not get a visa to compete in Europe."

Her avoidance of the indoor season does not stem from any great love of the cold. "I'm not keen on the chilly weather, but at least the welcome was warm in Edinburgh. It's very like St Petersburg — a city of rains!"

First Scottish woman was Edinburgh-based accountant, Susan Ridley, in 35:52 while veteran Jeanette Stevenson (Falkirk Victoria) was fourth 36:18.

Top male veteran was Brian Kirkwood of Leslie Deans Racing Club, in 31:13, with Robert Hall of Teviotdale next, over a minute behind.

Scotland's Runner/Reebok young athletes of the month, Ross Low and Karen Lewis, added to their clean sweep of the Scottish honours this year by leading home the wheelchair competitors — Ross, the win-



Russia's Lyudmilla Borisova, a full minute and a half clear in the women's event

ner, despite puncturing a tyre after only 3K; Karen, 2nd (17th overall) in the women's race in a time of 40:40, while Evelyn Neef was third.

BUPA have agreed to support the event again next year, and Great Run Series organisers, Nova International, have given them the option of a further three years sponsorship afterwards.

Race director, John Caine, revealed that next year's Run may be re-scheduled for June, in an effort to attract the sort of participation enjoyed by Glasgow's Great Scottish Run — an event quite separate from the Great Run Series.

The first event proved a great success, although a few organisational details should be ironed out for next year. There were problems with cars parked en route — some which had

ignored police restrictions, others lined both sides of streets where there had clearly not been any restrictions imposed.

Traffic congestion prior to the race caused organiser Dave Martin some concern, but luckily no problems materialised.

Martin and several journalists also had a close scrape on the back of the lead truck as it completed the opening circuit of Holyrood Park and brought them hurtling back towards the starting point. There, only quick-thinking by Caine prevented a potentially fatal collision between the starter's clock and the heads of the race director's open air guests, as the vehicle swerved away from danger.

Building on success of indoor sports centres

In 1968 when the Bellahouston Sports Centre opened it was the first centre of its kind in Scotland.

Today, virtually every town in the country has some kind of indoor sports facility, and yet, still, the Scottish Sports Council is not satisfied. In the document Sport 2000 — a strategic approach to the development of sport in Scotland — they believe the requirement will be 2000.

At present, there are 750 sports halls in the country, of which 150 can truly be described as sports centres, 100 are owned by district councils, 50 owned by regional councils and the remaining 600 are merely halls which have been built for other purposes but are used for sport in the absence of other facilities.

The success of existing facilities acts as an incentive to other councils and reinforces their efforts to follow suit.

The success of Carnegie and Babcock Thorn Pitreavie Harriers in Dunfermline is, believes Carnegie Leisure Centre manager Steve Kerrigan,

partly attributable to the presence of that sports centre. As race administrator for the Dunfermline Half Marathon Steve would know.

"At this time of year running on the roads, especially in the evening, is a hazardous experience for runners," he says. "If you come to the leisure centre you can use our well equipped fitness suite and computerised fitness assessment centre."

"We have several Powerjog machines where joggers can run on the spot in comfortable surroundings. We also have an extensive range of weight machines that runners would need to build up muscles."

In addition, the centre provides a sports injuries clinic which is well attended by sportsmen and women on the three nights it is open.

Also, as Kerrigan adds: "You name it, it takes place here."

The diversity of the centre made it the number one tourist attraction in Fife last year with 762,000 visitors paying through the doors.

The centre incorporates three swimming pools, a health suite (complete with saunas, Turkish baths, aerotone baths and sun beds), three squash courts and a gymnasium area which is often used by the Scottish Gymnastic Squad and hired out for competitions.

There is also an unusually named "combat room" which hosts a number of martial arts including karate, judo, taekwondo and kick boxing.

Since the amalgamation of the Bathgate and Livingston Athletics clubs some years ago to form the West Lothian Athletics Club, athletes have been excelling with the help of the Bathgate Sports Centre. It contains the largest indoor track in Britain, although, at 130 metres top Scots sprinter Elliot Bunney only utilises less than half the space.

"Elliot uses the centre all the time," says centre assistant manager Billy Key. Outlining the facilities on offer it is not hard to see why.

Built specifically for an athletic purpose, as well as the nine lane track there is long jump, triple jump, pole vault, indoor shot putt and even an indoor javelin area. With no membership necessary the centre costs as little as £1 to use.

Adds Billy: "On Tuesday and Thursday evenings we have an indoor open club which has a good turnout numbering on some occasions as many as 60 or 70 athletes taking part, most from local areas but many from Edinburgh."

Additionally, Bathgate Sports Centre has something different for those of us who fancy a break from the normal run of things.

An indoor bowling arena, three fitness areas (complete with running machines and fitness cycles) and two high tech aerobics suites are also open to the public. Indoor child's play areas, outdoor child's play areas are also on hand. Outdoors a floodlit synthetic grass pitch plays host to several Division A hockey games.

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Flying Scots ready to take on the world

You may not have heard, but two Scottish teenage athletes achieved a clean sweep of major Scottish senior and British junior awards this year, winning at nearly every distance from 100m to half marathon. Both are now scheming for a major world medal by 1996.

Had any other category of competitor managed similar success, national acclaim would have quickly followed. But disabled athletes Karen Lewis (18) and Ross Low (17) have grown accustomed to lack of recognition.

Indeed, greatest acknowledgement has come outside the UK. Karen hit the headlines in Dublin, where the Irish Nationals saw her set a string of Scottish senior and British junior bests, breaking most of her own PBs in the process. And when Ross swooped to conquer at a junior international in Adelaide, the Australian media quickly dubbed him "the Flying Scotsman", while Channel 7 clamoured for an interview.

"We don't expect special treatment," says Karen, "but coverage is poor. A good example is the Great North Run where I managed to finish third, but my name didn't appear on the TV screen because they had only researched the wheelchair athletes expected to finish in the top three. I was an outsider so they didn't have a clue who I was."

Ross agrees: "Too often what we do goes unnoticed. It's not just coverage, but sponsorship and treatment at events. Things are definitely getting better, but a fine example was the Great Scottish Run. All the able-bodied competitors got their winners' cheques straight after the race, but I'm still waiting for mine through the post."

Ross's desire to bank his winnings immediately does not stem from mercenary tendencies — both he and Karen are desperate for sponsorship, to relieve some of the financial burden success has brought on their parents.

Karen needs £900 to fulfil selection for the GB elite squad's training and racing stint in Florida next February, while Ross is looking for money to purchase a new chair costing

£1700, as his old one is reaching the end of its lifespan.

Both athletes, who have suffered spina bifida since birth, display a level of competitiveness which makes sport their natural occupation. Karen first competed as a swimmer, reaching world junior level in 1989, before deciding she preferred track and road events. Ross took to the sport rapidly when, like Karen, he joined Red Star AC two years ago to be coached by Ian Miffin and Pete Wyman.

The BUPA Great Caledonian Run, provided their latest domestic success, but only after each had shrugged off their own mishap. Karen suffered a break failure at 4K and fell off her chair, while Ross picked up a puncture at 3K — both carried on regardless to take the first two placings.

Improvement of each athlete's performances of late has been phenomenal — Ross's half marathon time is now getting very close to the 10K times he was recording only 18 months ago, while Karen's season best for 800m is faster than any male time in 1992 and second only to Ross in 1993.

Both are now looking forward to a week or two off before piling up the miles in all weather during the winter months. Not surprisingly, Ross and Karen both say they will "just lie around and take it easy" during time off.

This year's success story came after each had embarked on an organised training schedule for the very first time. This will now be intensified with Karen's trip to Florida and Ross's possible Commonwealth Games appearance (there are no women's track events in Victoria) in mind.

Their ultimate goal, however, is to appear in the 1996 Paralympics in Atlanta and having both left school last year to become full-time athletes, preparations should be ideal.

The pair are great friends, living only four miles apart and training and competing together on a regular basis. But Karen, who is in a more difficult disability class, did have a wee warning for her counterpart: "I'm sure Ross will disagree, but hopefully I'll beat him one day!"



Their 1993 Roll of Honour

KAREN LEWIS

Feb: 1st woman, 3rd overall, Wheelchair section, Grangemouth 10K.
May: 2nd woman, 1st Scot, Glenrothes 10K.
Top junior award at British Wheelchair Racing Association championships, Leicester.
Swept board, Scottish Championships, Glenrothes.
Winner, wheelchair section, City of Glasgow Women's 10K.
Jul: Competed as senior GB international, Irish Nationals, Dublin. Set a no of PBs, Scottish bests and GB Junior bests. Karen's best track performances of the season.
Aug: Winner, Women's wheelchair race, second finisher overall in Great Scottish Run, new Scottish best for distance.
Swept board, BSAD championships, Hull. Awarded trophy as outstanding athlete for 5000m performance.
Competed as senior GB international, Stoke Mandeville, winning 400m, 800m 1500m and 5000m in her class.
Sep: Third, women's race, Great North Run.
Raced best in world at Danish National Championships.
Valuable experience, mainly 3rd/4th placings, new PB of 36.39 for 10K.
Winner, Scottish Sports Council for Disabled Track Grand Prix.
October: 2nd, first woman, Great Caledonian Run.

ROSS LOW

Feb: winner Grangemouth 10K.
Mar: represented GB at major Junior International in Adelaide.
Swept the boards in track events.
May: 4th, 1st Scot in Glenrothes 10K (best ever placing by a Scot in this British Grand Prix event).
Top male junior at British Wheelchair Racing Association Championships, Leicester.
Swept board in Scottish Championships, Glenrothes.
Jul: Competed as Senior GB international at Irish Nationals, Dublin. Set a no of PBs, Scottish Bests and British Junior bests.
Aug: 1st wheelchair finisher, 11th overall in Great Scottish Run.
Swept board at British Sports Association for the Disabled championships, Hull.
Competed as senior international at Stoke Mandeville.
Sep: 8th in Great North Run in high class field. New PB and Scottish best of 60.44.
Winner of Scottish Sports Association for Disabled Track Grand Prix.
Swept board from 100m to 10K on road in Danish National Championships.
Competed in Princes St Mile International Wheelchair Race. Well beaten by more experienced athletes, but a great learning experience.
Oct: Winner Great Caledonian Run wheelchair Race.

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INTERVIEW

"Don't write Edinburgh to Glasgow pencilled in for comeback

A FUNNY thing happened as the Chinese were rewriting the world record books in Liz McColgan's absence. Despite the negative effect of seeing her lifetime ambition for the track put beyond reach, McColgan rediscovered herself, writes Doug Gillon.

Condemned to inactivity to save her career, she could only watch as her goal of being the first woman to break 30 minutes for 10,000 metres was put beyond reach. Yet, rather than give up, she has decided that even a personal best in last place in an Olympic final is preferable to bowing out of the sport she loves.

Cynics will doubtless say that the financial rewards may be a factor, but her agent, Kim MacDonald, has no qualms about McColgan's ability to remain good box office in the face of the Yangtze tide.

"I did think about not running championships in the future, and sticking to grand prix where there is drug testing," she said. "But what is the point? The Olympics are the pinnacle of the sport. Why should I deny myself that pleasure?"

"I just have to set my own goals now — and these will remain to some extent what they have always been. That is to run the fastest times I can. I will chase these in defiance of the Chinese. I am in athletics to achieve the fastest times that I can, and I will keep on trying to do that, even if it means running sub-30 minutes in the Olympic final and finishing last."

McColgan, as we went to press, had just returned to training after the longest lay-off of her life. "I did not even have as long a lay-off when my daughter, Elish, was born," she said. "Then I stopped for only two and a half weeks before, and 11 days afterwards."

A series of injections, and constant monitoring of the results, has convinced Liz's doctors that the damage to her back which caused her agony, is not perma-

nent. But she will have to pay much closer attention to her posture in future.

"I've been told I will have to sit up properly, walk properly, and use a back support when in the car," she said. "I will need treatment every now and again. But I am a lot happier."

"I am just glad to be running at all. I had begun to wonder if my career might be over. The pain from my sciatic joint, and nerves which were in a mess, was excruciating at times. I couldn't sit or stand in the same position for any length of time at all. I have learned that biomechanically I have not been running properly for three years. I had no traction at all from my right leg when I wanted to increase the pace. It was most evident on hills, and was really brought home to me when I could make no impression on Yvonne Murray at Aberdeen early this year."

"When people said Liz McColgan had no pace at the end of races, they were right. But that wasn't always the case. It was because of this problem, right in the middle of my bum."

"I can promise you that my career is far from over. I will be concentrating on cross country this winter, and want to make my most serious attempt yet on the world cross country next year."

"If I can run as well as I have with all the problems, there is no saying how well I may run now that it's all sorted out."

The Chinese have yet to confirm a presence at next year's world cross country. But they do have a team in the World Marathon Cup, in San Sebastian, on October 31.

I would not be surprised if yet another of McColgan's goals is removed there.

Given the manner of their record-breaking this year, the first sub 2hr 20min marathon by a woman may be only a few days away.

Meanwhile McColgan is still considering the Barr's Edinburgh to Glasgow road relay as a first comeback race. Her

me off," warns McColgan



Liz McColgan could soon be showing her rivals a clean pair of heels once again.

appearance in the traditionally all-male race would be another first for the Carnoustie woman, but Dundee hawkhail would like to see her run before selecting her. That would almost certainly mean her having to run in Shetleston's twenty-fifth Alan Scally memorial event at Barrachnie, and that might just be too soon. "I'm not sure if Liz will have been back in training long enough by then," says husband Peter.

THE CLUB which many others love to get steamed up about, Leslie Deans Racing Club, gave loud warning of their intention to make a successful defence of the Barr's Edinburgh to Glasgow eight-stage road relay title when they took first and second places ahead of Falkirk in the East District cross-country relays at Cupar, writes Doug Gillon.

As if placing two quartets ahead of one of the strongest clubs in the country (who fielded internationalists Gary Grindlay and Steve Binns) was not pointed enough, founder Alan Robson reminded Scotland's Runner: "We didn't have Tom Hanlon, Peter Fleming, John Robson or Frank McGowan."

It is a chilling thought for their opponents, even though Fleming may not have recovered from the World Cup Marathon in San Sebastian. Olympic steeplechaser Hanlon is back in training; the elder Robson remains a potent force, and perhaps is helped rather than hindered by work commitments which prevent him racing each Saturday; while the talented but enigmatic McGowan, when he has his concentration in gear, is a match for almost anyone on his day.

Falkirk will hope to have John Sherban back in action. He took

almost a minute out of John Robson last year, to put Falkirk just 44 seconds down with two stages left. Yet they finished runners-up by almost three minutes.

Cambuslang, good enough to deny Racing the national cross-country team title, and perhaps the other club with the depth to mount a credible challenge, have given few clues so far. They have lost one of their star men, national cross-country champion Tom Murray, since last year — he has joined IBM Spango Valley and will make his first team appearance for them in the E-to-G "even though I hate the event," he says.

Cambuslang were missing only Doug Runciman from their strongest quartet when finishing second to Racing in the four-man McAndrew Relay. Victoria Park's annual season's opener, generously backed by the catering firm Wilson, Watson, and McVinnie, boiled up to a dramatic climax in which the former world junior internationalist, Ian Brown, had just too much pace for 10-mile national champion Steve Wylie.

If the Lanarkshire club is to make a realistic challenge, they will need to field every one of their best men, and still risk holding back somebody of class, pace, and experience — like international steeplechaser Graeme Croll — for the anchor. Racing had Hanlon and Fleming for the last two stages a year ago, a formidable tail to wag.

Runciman is in good shape — witness a course record by 24 seconds in the 10.8 mile Lochaber road race, while Wylie, who took the Scottish 10-mile road race title at Inverness ahead of clubmate Charlie Thomson, is just 21, one of the most promising youngsters in the country and a beacon in these bleak times for younger talent. He also set the fastest time in Kilbarchan's George Cummings relay — running much better now that he has changed jobs — like Thomson he works for Barr, the race sponsor.

WHEN Mick Francis captured his first title, the Scottish 100 kilometre championships organised by Sri Chinmoy on the Heriot Watt University campus at Riccarton, the former RAF corporal's ath-

letics career really took off. Instead of labouring in the shadow of Don Ritchie, his friend, training partner and mentor, Francis has established himself in the international ultra arena in his own right.

The 35-year-old Francis, as we went to press, was lining up for an international 24-hour race in Madrid. Short distances like 100k are something of a sprint for Francis. Getting your head around the discipline of sustaining body and mind for a whole day is what really appeals to him.

And even if he is yet to match 14-times world record-breaker Ritchie, his win, over Moray Road Runners clubmate Alan Stewart, at least kept the title in the north. Francis, who has left the RAF, is now studying leisure and recreation at Moray College, where Forbes Harrier Ritchie works.

Stewart established a seven minute gap at one stage, after Francis suffered a dizzy spell. "I actually ran into Alan, and he must have realised that I was not quite right, because he shot off," said Francis. "I wasn't too worried, because it was his first ultra. I had a good drink, scoffed some bananas, and caught him at 46 miles and went past him strongly."

Four miles later Francis was sick, and although he had 12 minutes lead at 55 miles, it came down to five minutes before Stewart finally buckled. Francis sealed victory in 8-06-11, ultimately some 19 minutes ahead of Stewart.

Francis has a string of exceptional performances to his name. He broke the West Highland Way record by two hours this year (16 hr 38 min for the 96 miles); he was 57th in the world 100k championships; 28th out of 1400 in the Davos Mountain Marathon (42 miles, 11,000 ft); and logged 132 miles to finish fourth in the European 24 hour race, beating the sixth place finisher by one yard in the final sprint. Francis actually placed fifth originally, but one of the medalists, Russian Nikolai Safin, tested positive.

The course record fell to Fife's Terry Mitchell when he clocked 69-01 to win the Blairgowrie half marathon, by just five seconds from Cambuslang's Charlie Thomson.

Inverness Harriers expecting a third boom as jubilee nears



Alan Murchison and his training partner Sooner (6 months) clocking up their regular 10-12 miles daily

When Cameron Sharp hanelled Inverness Harriers' Queen's Park track in 1984 the northern club received the sort of shot in the arm that only a Chinese athlete could (allegedly) hope for, writes *Alasdair Fraser*

But were it not for a handful of club stalwarts in 1969 and again in 1976, when the membership had crumbled to barely enough for a 4 x 4 relay, it seems doubtful that the Harriers could ever have enjoyed the vitality it does today. Indeed for some at the club, the council's track arrived at least eight years too late.

Club historian and former coach, Charles Bannerman, acknowledges the stadium's importance but stresses: "From 1976 when the club was virtually defunct, to the opening in 1984, saw the biggest growth for us — there was an enormous revival in membership. Queen's Park has complemented that process and

drawn youngsters in, but it would have been welcomed much, much earlier when a lot of very fine athletes were competing on soggy grass."

The track, followed by the royal opening of a spanking new stand shortly afterwards, became a honeypot to the new generation of young athletes and gave the existing generation the chance to step off the grass.

For the first time, people like former GB u23 internationalist and Scottish 110m hurdles record holder, Neil Fraser, could train on an equal footing to their southern counterparts. The artificial surface helped a number find new peaks of performance.

At a time when recruitment is a painful problem for every club in Scotland, the question of quality facilities assumes special relevance. As he glances forward to his club's 50th anniversary in 1996 — and a mini-celebration next year to mark 25 years since that earliest Harriers revival

President Harry Lakeland hopes a newly-opened adjoining sports centre will prove the greatest fillip to membership.

"It's a tremendous new facility, although since it is a focal point for all sports activities in the town it could conceivably draw youngsters into other sports. We have to compete but hopefully, it should increase the interest in athletics in Inverness.

Yet, until the track was completed the vast majority of club achievements had occurred at least 150 miles from home.

CAMERON Sharp's 100m run of 10.3 and 200m run of 20.8, recorded at the opening, remain a record in Inverness, but the club has its own sprint hero in the making.

Described by Bannerman as 'among the very finest young athletes the north has ever seen', 15-year-old Scott Fraser won 100m gold in the auxiliary finals of the British Young Athletes League this year, as the club finished sixth, and has broken 11 seconds on six occasions with a best of 10.86.

FOUNDED in 1947 by present-day local councillor Tom Mackenzie, and the late Tom McLeary, Inverness Harriers existed comfortably until the late 1960s as a small band of rarely more than 20 or 30 enthusiasts.

Then in 1969 a certain Ian Tasker became the driving force behind the first phase of real growth for the club — from a membership of around 40 to over 150.

Two years earlier Tasker had set a club and Glenurquhart Games triple jump record of 13.67 which, remarkably, stood at the club until 1989 and at the games until 1991. Both were broken by former GB junior and Scottish senior international long jumper Mel Fowler, with Ian the first there to offer congratulations. The success of Tasker and fellow enthusiasts Roy Sinclair and Brian Milne in reviving Harriers was shortlived, however, and from a peak in 1972, club membership again plummeted as stalwarts left the area.

The second surge was to come in 1976 when local sports shop owner Brian Turnbull, president Harry Lakeland and Bannerman, recently returned from university, decided something had to be done. With respective

interests in cross-country, youth athletics and track and field, the trio were naturally suited to the task. By 1979 a rejuvenated Harriers were making a significant impression on the Scottish championships. By 1983 five members had made the Scottish team, and on the eve of the opening of Queen's Park, the club were able to boast a division one spot in the women's league.

George Patience. Allan looks set to emulate former Harrier Patience in at least one respect with a trip to Victoria a strong possibility next year.

The name Bannerman has become virtually inseparable from the club with Dave (23) and Jane (25) both GB internationalists. Others include John Bowman (30) in cross-country and Mel Fowler (26) who made his return to a Scottish vest recently in the long jump. An Inverness Harrier was also the youngest north athlete ever to gain full senior international honours, high jumper Tommy Leighton who stepped out for his country 12 years ago at the tender age of 16.

LIKE the Harriers women's section who rose to division one in the league in successive years after entry in 1981, success in the men's league has come to be expected. The men emulated their better halves by rising from fourth to first divisions between 1989 and 1992. This year they slipped back to division two but are well placed to regain their premier spot.

According to Bannerman league success bred complacency and masked a decline in performance on the national stage. "Of course, many of our established athletes continue to produce the goods, but I fear for the quality of our younger products," he says.

League performances have

vastly outstripped national showings. Standards are falling everywhere in Scotland to some degree and so at league level; we have been successful in drawing on strength in depth.

"In half the range of women's events, particularly sprint hurdles and long jump, standards are lower than 15 years ago. It's a situation which can't be ignored."

When the SAF roadshow reached Inverness it drew an above average attendance of 40 — a good augury for the future of Inverness Harriers.



Above: Scott Fraser (15), an outstanding sprint prospect.

Below: Training night turnout at Queen's Park



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Cross-country demands

WITH the advent of the cross-country season many athletes are looking forward to a race programme which starts with shorter events over 2.5 miles and culminates with the 'national' in February run over a distance of 7.5 miles.

These distances are modified for younger athletes although there is increasing support for the belief that female competitors should be running as far as their male counterparts in cross-country championships — just as they do in road and track tournaments. Personally, I subscribe to that view.

Irrespective of distance, however, cross-country running is one of the most demanding forms of athletic endeavour. Apart from the amount of miles covered in each course, competitors have to contend with wind, rain, snow and sleet, as well as courses which harbour a variety of terrain including: uphill, downhill, mud, uneven ground, and fast stretches of turf, path, or woodland trail.

Not surprisingly, the most successful cross-country runners are men and women of vast physiological, psychological and self-motivational resources. They must also be prepared to cover a lot of miles in training to develop the necessary aerobic endurance for their event — while still including the required ratio of faster anaerobic sessions to ensure they can cope with fast starts and finishes as well as surges in pace during races.

Scotland's top cross-country male athletes — especially those aspiring to UK selection — run between 70 and 90 miles weekly in training. Most train twice daily, at least five times each week. Lesser mortals might quite rightly and wisely do much less otherwise they would almost certainly run the risk of injury, stress-related ailments, or physiological or psychological deterioration. On average I would expect a good club-level athlete to run between 30 and 50 miles weekly with one day's complete rest from training. As always, however, all schedules must be adapted to each individual athlete's age, ability, experience, health, commitment level, and relevant phase of the training year.

A key session in the programme is the weekly long cross-country run. This gets the athlete accustomed to the terrain which he/she will encounter during races. The total distance covered should be between 1.5 to 2 times the race distance.

Thus a male athlete hoping to do well in the Scottish championship event will cover between 11 and 15 miles during his long run. As well as developing an efficient and economical technique, he will also be improving his aerobic (heart-lung) endurance and getting his leg and feet muscles, tendons and ligaments accustomed to coping with the vagaries of running different types of terrain.

Another crucial training ingredient is the fartlek session which can be done on roads, paths or parkland. This involves running fairly fast over specified distances — or for designated periods of time — with jog recoveries. Generally speaking, athletes competing in early-season relay races over distances of around 2.5 miles would emphasise repetitions of between 200 metres to 800 metres or their time equivalents eg 30 x 30 seconds or 200 metres approximately with 30 seconds or 100 metres approximately jog recovery. The fast repetitions would be run at between 3000 and 5000 metres race pace. After the New Year, with the advent of races over longer distances of between five and 7.5 miles, the fartlek training distances would increase during sessions of, for example, 6 x 5 minutes or approximately 1500 metres with jog recoveries of between 30 and 45 minutes or 100 metres. The fast repetitions would be done at around 10,000m pace.

The third key session of the training week is the long, steady road run of between eight and 12 miles. Like its long cross-country counterpart, this improves the oxygen uptake and oxygen transport systems. It also develops the mental qualities of commitment, determination, and self-appliance which are the hallmarks of the good competitor. Also important is the weekly track session which involves running repetitions over various distances at pre-determined paces. Typical sessions include 8 x 400m at 1500 metres pace with

60 seconds recovery; OR 6 x 800 metres at 3000 metres pace with 60 to 90 seconds recovery; OR 6 x 1000 metres at 5000 metres pace with 45 to 60 seconds recovery. As always, these sessions must be modified to accommodate individual requirements and abilities.

The fifth essential session of the weekly programme is hill-running. This can be done over fairly short distances (eg 20 x 50 metres with a slow jog back recovery) for speed and power alternating weekly with longer repetitions (eg 6 x 300m with brisk jog back) for endurance.

The remainder of the training week would be taken up by a fairly fast run over three to five miles at a heart rate of approximately 140 to 160 beats per minute. This would be run at a faster tempo than the long effort over eight to 12 miles which would be completed at a heart rate of approximately 130 to 150 beats per minute.

Any other training units for the week (eg morning or mid-day runs) should be regarded as easy recovery sessions. Except for international aspirants there should be at least one day's complete rest every two weeks. Pre-race and post-race ease-down and recovery sessions will frequently require the training programme to be distributed over ten to 14 days.

Derek Parker's Schedule

TYPICAL TRAINING WEEK FOR A CROSS-COUNTRY RUNNER:

Sunday — 10 to 15 miles cross-country.

Monday — 60 to 75 minutes fartlek including 8 x 2 minutes fast (60 seconds jog recovery).

Tuesday — 5 miles steady run.

Wednesday — 10 miles steady run.

Thursday — 12 x 400 metres (30 seconds recovery) at 5K pace.

Friday — Rest or 15 to 20 minutes jog.

Saturday — (am) 8 x 200 metres uphill running; (pm) 60 minutes steady run.

Winter season launch at Scotstoun

THE ANNUAL gut-wrenching, lung-splitting launch to Scotland's winter athletics programme, the McAndrew Road Relay at Scotstoun, was won for a third successive year by Leslie Deans Racing Club, but only by the narrowest of margins, writes Alasdair Fraser.

The Edinburgh club contended admirably with the absence of a string of their top runners, as well as the surprise late entry of national cross-country champions Cambuslang, to clock an aggregate time of 62 min. 49 secs. across an undulating, 4 x 3.25 mile course.

An uphill sprint finish on the final leg was decisive in separating Racing's Ian Brown and Cambuslang's Steven Wylie — 34-year-old Brown holding on to a two second gap, despite his young rival's 14-year age advantage. Cambuslang were home in 62-51, while Dundee Hawkhill finished third in 63-14.

"It was a great race with Stevie, but that's one up for the old guys," said a jubilant Ian Brown, a police officer and former world junior internationalist, who only resumed his competitive career two years ago after a 12-year lay-off.

Brown was quick to praise the endeavours of his team-mates, opener Alan Robson, and middle-men David Ross and Scott Cohen, who collectively clawed back a 25-second deficit opened by Cambuslang's lightning-paced international steeplechaser, Graeme Croll.

In doing so, Croll had recorded the fastest leg of the day — 15-21 — while Racing's Robson clocked 15-46 to place his team fourth.

A slow second circuit by the west Scotland club's Wilson McTaggart, enabled Racing and Dundee Hawkhill to share the half-way lead. Scott Cohen's run then left Racing only three seconds clear of Hawkhill, and eight ahead of Cambuslang, entering the final lap which matched Brown against the Dundee club's internationalist Charlie Haskett and Wylie, fresh from his triumph in the SAF 10-mile road race championship at Inverness.

Brown, suspecting that front-running with a such a narrow lead was too great a risk, allowed Wylie to catch him

before producing a well-judged sprint to the line.

"It was neck and neck at the finish, but I felt confident I could get the better of Steve in the sprint," added Ian, who finished third in the first leg of the race last year.

With the Great Caledonian Run staged in Edinburgh the following day, Racing were bereft of two of their best men, John Robson and Brian Kirkwood. The club's other notable absentees were Tom Hanlon, Frank McGowan and former Scottish People's Marathon champion, Peter Fleming, who was on an overseas training stint in Colorado, preparing for his World Cup Marathon appearance for Britain in San Sebastian.

The result confirms Racing as the club to beat on the roads this winter, although their prospects in the country may be less assured.

First women

FOR the first time since formation of the Scottish Athletics Federation, women were allowed to compete alongside men at the event with promoters, Victoria Park AC — who insisted on equal prizes for each of the male, female, and veteran team and individual races — stressing they want to make female participation a regular and popular feature of the race.

City of Glasgow coasted to victory in the 3 x 3.25 mile formatted race, helped greatly by fastest woman of the day Audrey Sym, whose time of 18-01 gave her team a two and a

half minute lead on the first lap.

Sym, a doctor and former British Universities' cross-country champion, was back in action after an absence of three years.

She said: "It wasn't a very tactical race — we just went at it right from the start. I live locally and so knew what to expect from the course. I actually ran the race ten years ago while I was still at school although the course was different then."

With times of 18-01 (Sym), 21-28 (Jane Donnelly) and 20-30 (Maggie Sinclair), the Glasgow women enjoyed a comfortable win. But Sinclair, who ran the last lap, admitted: "I usually run 10k up to marathon distance and so found it pretty hard going. It's a difficult course, pretty undulating and then, of course there's that tough climb at the finish."

In fact the winners' nearest challengers were their own 'B' team who finished over three minutes behind in 63-15, while Irvine took third place some five minutes further adrift.

Prizes of £685 were supplied by race sponsors, catering firm Wilson, Watson and McVinnie for each of the team and individual prizes and a total of 11 teams took part.

The McAndrew relay remains an ever-popular form of ritualistic self-abuse to precede many others on the Scottish winter calendar, with the usual, joyous scenes of coughing, spluttering and well, slaving, at the finish line announcing that the cold season is well and truly upon us.



Mass start for the first leg



Winning ladies Audrey Sym, Maggie Sinclair and Jane Donnelly

Busy year for triathlon

THERE was plenty of choice for the committed triathlete — an ever more common species of late — in Scotland this year, with a wide range of races including a 10-event Grand Prix Series (1500m swim, 40K cycle, 10K run) an eight-event sprint series (750m swim, 20K cycle, 5K run), a sprinkling of duathlons (run-cycle-run), and for the first time ever in Scotland a full Ironman distance event (7500m swim, 112 mile cycle, 26.2 mile run).

The Scottish Championships — again staged at Monikie Park, near Dundee, in mid-August — attracted a high-grade entry from the south as this premier event is also included on the British Series calendar.

Matthew Bellfield led a clean sweep of the first three races by the visitors when our own Jack Maitland was disqualified for straying from the course.

Category winners at the Scottish Championships, which comprised a 1500m swim, 40K cycle and a 10K run, were as follows:

SENIOR MEN:
1. Matthew Bellfield 2:00.44.
2. Mark Edmonds 2:07.34.
3. Chris Meir 2:07.48.
4. Paul Gallagher 2:09.16.
5. Guto Williams 2:12.21.
(7. Stephen Clark 2:14.02).

VETERAN MEN:
1. John O'Donovan 2:16.12.

SUPERVET MEN:
1. Ian Curphey 2:42.19.

SENIOR WOMEN:
1. Ginny Pollard 2:27.05.
2. Jaqui Shand 2:28.36.
3. Fiona Lathan 2:31.45.

VETERAN WOMEN:

1. Joyce Mark 2:38.09.

SUPERVET WOMEN:

1. Helen Stalker 3:20.11.

JUNIOR MALE:

1. Douglas Smith (6th overall) 2:13.38.
2. Mo Abed 2:20.15.
3. Peter Weir 2:20.52.

One week later the World Championships were held in Manchester in support of the Olympic bid by the city. There, Scottish team members put in credible performances within their age groups including:

ELITE TEAM

Jack Maitland (74th in class).

AGE GROUPS

Ginny Pollard (10th in group).
Jaqui Shand (10th).
John O'Donovan (13th).
Paul Gallagher (18th).
Fiona Lathan (21st).
Mike Joiner (30th).
Doreen Williamson (30th).

By finishing in the top ten of their group Ginny and Jaqui have gained pre-selection for the 1994 World Championships in Wellington, New Zealand. As we went to press there were only a few short sprint events left to decide the final rankings and titles (full rankings will be published in the December issue of Scotland's Runner). The AGM of the Scottish Triathlon Association will be held on Sunday 21st November, 1993 in Kilfauns Castle, near Perth.

Over 200 schools chase BP Magic Mac awards

A THISTLE form cartoon character has captured the hearts of thousands of Scottish schoolkids — and whipped them into shape at the same time.

Magic Mac, as he was named by Valley Primary school pupils in Fife, has been at the forefront of the latest campaign to introduce sport into Scottish primary schools since March.

Replacing the defunct Tenstep (an English award which ceased to exist when IBM pulled out of their funding); recognising the shortcomings of existing BP Thistle Awards was important in the founding of the BP Magic Mac Award.

Administrator of the already existing BP Thistle Awards Jeanette Heggie realised they catered, largely, for secondary schools. While it may have been excellent for Scotland's only national athletics scheme presented difficulties to primary schools — without the same large areas and specialist equipment secondary schools had. So, linking with Scotland's national coach Andy Vince and receiving

a little help from the schools, Jeanette came up with the Magic Mac Awards.

Rather than pushing children at an early age the BP Magic Mac Award stops the gap that existed and, truly multi sport, emphasises fitness and fun rather than competition and specialisation.

"My own aim," said Jeanette Heggie, "is to see every primary school in Scotland using the BP Magic Mac awards — it's such a tremendous benefit to the children and sport in Scotland and such an opportunity to do so many activities."

The scheme is split into five categories, and combines a total of 25 separate events, with the aim of improving co-ordination, skill, fitness and agility.

The five sections are:

1) Running: 30m sprint; 100m shuttle run; 200m run; 800m run and 50m hurdles.

2) Jumping: Standing long jump; Long jump three strides; hop step jump; hopscotch and vertical jump.

3) Throwing, hitting and kicking: soccer ball throw; cricket ball throw; spin and throw soccer ball; hitting for distance and soccer ball kick.

4) Body conditioning: sit ups; press ups; squat thrusts; step ups and jumping the bench.

5) Agility and fun: mixed shuttle run; zig-zag run; criss cross; grab the bag and skipping.

These categories were arrived at only after opinions and input had been sought from the teachers and pupils who would use the new scheme. Even the name was given a final nod of approval from the pupils of Valley Primary.

Said Jeanette: "They will work by teachers and pupils looking at the Guide to Events, available from the BP Thistle Awards office, and the pupils can decide for themselves whether they wish to compete in one of the five categories — running; jumping; throwing; hitting and kicking; body conditioning; agility and fun."

"Within each of these the individual can choose which categories they wish to participate in. Once a child has chosen their events within each category they practice individually and meet their own targets for improvement for which they are awarded points. Once the appropriate level of points has been reached by the child, they receive their own BP Magic Mac Award recognising their achievement."

"The school will benefit also, in that it too can receive a BP Magic Mac Award should they have large numbers of pupils completing their challenge."

A further benefit to schools is in the simplicity of the BP Magic Mac Award. No specialist equipment is needed, unlike the BP Thistle Award, and all events can be held either indoors or outdoors in the classroom making events easy to organise. Records of an individual pupil's progress are easily maintained.

Already the BP Magic Mac award has been taken up by over 200 schools — in just six months, and only two of those months at school due to the summer holidays.

SEPTEMBER

4

Oban 1/2 Marathon

1, J Bennett (GGH) 67-01 (Record); 2, R McLeary V40 (Oban) 69-53; 3, G Alsopp (Arran) 73-24; V50 C Love (DHH) WOMEN 1, T Thomson (Pit) 1-20-05; 2, M O Sullivan W35 (Lea V); 3, J Cairns (Unatt)

9

Dumfries Tredeair 10,000 metres Road race, Dumfries

1, M Carroll (Annan) 30-31; 2, G Nagle (Valley) 30-47; 3, A Walker (Tevoit) 31-30; 4, B Kirkwood V40 (LDRC) 30-31; 5, S Binns (FVH) 31-35; 6, L McVittie (Border) 31-59; 7, W McTaggart (Camb) 32-04; 8, C McCann (Annan) 33-16; 9, D Scobie (Dumfries) 33-33; 10, C Heaven (Annan) 33-35; VETERANS A Jenkins (HBT) V40 34-37; V50 P Cunneil (Border) 38-06 JUNIOR D Whitten (Nith V) 34-57; WOMEN 1, S Brannan W35 (CoG) 36-19; 2, E Robinson W40 (Border) 36-58; 3, C Brown W35 (File) 38-47; 4, M McKenzie (Border) 40-01; JUNIOR G Lewis (Dumfries) 43-39; SUPERVET V45 S McPherson (Dumfries) 46-25 WOMENS TEAM 1, Border. TEAMS 1, Annan & District 19pts; 2, Tevoitdale; 3, Dumfries RC

10

Pattiesmuir 6 miles Terrain race, Dunfermline

1, J Douglas (Carnegie) 32-04; 2, S Ogg (Carnegie) 32-24; 3, A Cassidy (File) 32-37; 4, C Law (Carnegie) 32-43; 5, W Hutchinson V40 (Carnegie) 32-51; 6, J Campbell (Pit) 32-57; 7, I Seggie V40 (Liv) 3-02; 8, D Forrest (Carnegie) 33-07; 9, P Simpson (Carnegie) 33-12; 10, P Morrison (Carnegie) 33-21; 11, P Baxter (Pit) 33-36; 12, R Millon (Carnegie) 33-42; 13, I Taylor (Carnegie) 33-48; 14, G McKie (Shelt) 33-50; 15, A Milligan J (Carnegie) 33-53; 16, A Swan (Carnegie) 33-53; 17, D Clader (West) 34-05; 18, J Hampshire (HBT) 34-08; 19, J Lumsden (File) 34-11; 20, L Lawson (Carnegie) 34-20; VETERANS 3, C Northam V40 (Liv) 34-44; V50 D Baxter (Pit) 38-37; WOMEN 1, M McLaren W35 (File) 39-14; 2, L Barclay (Pit) 39-30; 3, P Lomoncello W45 (Ile) 39-51; 4, K Buchanan (Pit) 40-12; 5, S McDowall W35 (Carnegie) 42-10 TEAMS 1, FMC Carnegie 12pts; 2, File 9pts; 3, BT Pitreave 10pts

11

Greenock Glenpark Docherty Cup 10 1/2 mile Road race, Greenock

1, J Bennett 53-07 (course record); 2, G McGraton 56-17; 3, W Jukes V40 57-16; 4, R McDonald 58-45; 5, J Carnuthers V40 62-35; 6, R Mitchell 63-01; V3 D Guy 64-40 WOMEN E O'Brien 66-48

Maryhill Harriers Centenary Trophy 5,000 metres Road race, Summerston

1, M Gallagher 16-16; 2, M McCartney 16-20; 3, J Doyle 16-56; 4, A Gallagher 17-16; 5, J McLeod (J) 17-25; 6, W McGill 17-37; VETERANS 1, D Fraser V45 18-03; 2, J Sweeney V40 18-39; 3, P Kearney V50 19-05; WOMEN 1, K A Smith 24-01; 2, L Carrigan 25-31; 3, L Kerr 26-27

Moffat Chase 12 mile Hill Race, Moffat

1, A Davies (Unatt) 1-54-05; 2, D Sheil (Carnegie) 1-57-21; 3, J Tully (Ter) 1-57-44; 4, D Bell (Help) 2-00-04; 5, J McLean (Carnegie) 2-08-48; 6, C Burke (Corst) 2-08-48; 7, J Pryde (Carnegie) 2-11-09; 8, J Howard V40 (Ilkley) 2-11-50; 9, K Burns V50 (Carnegie) 2-12-10; 10, J Donnelly (Shelt) 2-16-00; V3 J McCraw (Border) 2-18-33 WOMEN 1, N Davies (Unatt) 2-21-34; 2, L Longmore (Solway) 2-36-13; 3, F Findlay W35 (Loch) 2-42-55; TEAM 1, Carnethy Hillrunners 14pts

Renfrew AAs County Track and Field Champs, Ravenscraig Stridum, Greenock SENIOR MEN 100/200 K O'Donnell (Bella) 11/5/23; 1, 400 A Mikhal (Kilb) 52-2; 800/1500 R Girvan (Kilb) 2-00/74-13; 4, 500 T Anderson (Kilb) 15-21; 4, HJ G Morrison (Renf) 190; LJ A Barker (Kilb) 5-57; U/17 100/200 J Geddes (Kilb) 12/2/25; 2, 1500 B Byrne (Kilb) 4-33; 4, HJ A Fangen (Kilb) 1-85; LJ D Cuthill (Kilb) 5-35; U/15 100/200/HJ/LJ R McFarland (Renf) 12/3/25; 3/1/70/5 32/800/1500 T Yule (Kilb) 2-09/74-36; U/13 100 S Gilfeather (Gill N) 13-8; 200 K McFadyen (Bella) 30-2; 1500 C Barlos (SPV) 5-01; 6, SENIOR WOMEN 1500/3000 M Blaikie (SpV) 5-15/51-08; 7, SP T Shols (EAC) 10-50; U/17 100/200 C Hughes (SpV) 13/5/28; 9, 800/3000 N Fleming (Kilb) 2-36/51-37; U/15 100/800 Y Miell (VP) 13/9/2-27; LJ/SP H Colquhoun (Renf) 4/38/7/04; U/13 100/200 S Fettes (Renf) 14/7/30; 9, LJ L Fettes (Renf) 4/07

GRE British Athletics League Qualifying Match, Bedford

1, Peterborough 322pts; 2, Team Solent 321 1/2 pts; 3, Border 306pts; 4, Trafford 303 pts; 5, Rotherham 289 1/2 pts; 6, Telford 285 pts; 7, Shettleston 224 pts; 8, Colwyn Bay 155 pts

Shettleston RESULTS

100 (+1.2m/s) 6, D Mulheron 11.4; 'B' 3, P Mullan 11.1; 200 (+1.6) 6, D Mulheron 23.6; 'B' 8, D Alexander 24.1; 400 5, J Mullan 49.5; 'B' 2, D Alexander 49.6; 800 6, C Airth 1-56.9; 'B' 3, A McCormick 4-01.2 500 4, W Coyle 1-54.9; 'B' 1, A Little 15-02.3; 400H 5, R Harkins 56.3; 'B' 6, I Hamilton 59.5; 3000 5/4, D Connolly V20 9-43.8; 'B' 2, D Gilmour 9-50; HJ 8, S Farr 1.75; PV 8, E Scott 3.80; LJ 8, E Scott 6.46; TJ 5, R Harkins 13.84; 'B' 6, H Watson 12.54; SP 4, A Pettigrew 13.20; 'B' 2, J Scott V50 12.78; DT 8, A Pettigrew

33 62; 'B' 7, H Naismith 31 82; JT 7, E Scott 46 60; 'B' 6, K Knight 43 66; HT 5, A Pettigrew 42 50; 'B' 3, H Naismith 38.70; 4 x 100 R 5, Shettleston 43.9; 4 x 400 R 6, Shettleston 3-27.8

12

10th Falkirk DC Womens 10,000 metres Road race, Grangemouth

1, J Stevenson W40 (FVH) 36-58; 2, M Gemmell (S'Kelvin) 38-12; 3, E Christie (Glasgow) 38-27; 4, A Douglas W35 (FVH) 39-35; 5, L Barclay (Pit) 39-41; 6, J Thomson (Carnegie) 39-59; 7, M Pender (Edin) 40-36; 8, A Kirkwood (Peebles) 40-59; 9, M Sinclair W35 (CoG) 41-17; 10, B Hunter (Strit) 41-27; VETERANS W35 A Harley 12th (Whitburn) 41-38; W40 Y Fissett 18th (Ain P) 45-40; W45 D Leddy 21st (Whitburn) 46-34; W55 M Richardson 41st (Ham) 54-44

Corriearyck Pass 16 mile Hill race, Spean Bridge

1, B Howie V40 (ESH) 1-49-45; 2, S Burns (Loch) 1-50-11; 3, M Wright (Moray) 1-52-01; 3, M Francis (Moray) 1-52-58; 5, M Flynn (ESH) 1-53-33; 6, P Mathieson (Forres) 1-54-13; 7, R Boswell V40 (Loch) 1-57-08; 8, G Edge (Unatt) 1-58-38; 9, J Durnin (DHH) 1-59-11; 10, A Stewart (Moray) 1-59-46; V50 C Love (DHH) 2-01-42; WOMEN 1, H Searle (Loch) 2-32-07; 2, P Donald (Deeside) 2-36-06; TEAMS 1, Moray Road runners 17pts; 2, Lochaber 20pts

Morven 5 mile Hill race, Dinnet, Deeside

1, D Armitage (A'deen) V40 41-31; 2, T Griffin (West) 42-28; 3, J Buchan (Metro) 42-51; 4, P Jennings (Metro) 44-02; 5, E Harwood V40 (HHR) 44-08; 6, A Smith (Ballater) 44-31; 7, F Duguid V40 (Deeside) 45-58; 8, B Lawie (Cosmic) V40 45-58; 9, M Stone (Cosmic) 46-17; 10, P Buchanan (Ochil) 47-02; TEAM 1, Metro Aberdeen 25pts; 2, Cosmic Hillbushers 28pts; 3, Aberdeen 37pts; WOMEN 1, P Donald (Deeside) 71-11; 2, R Hope (Cosmic) 72-38; 3, B Kerr (Cosmic) 73-05

Footold "Round Isle of Cambrage"

10 mile Road race, Millport
1, R McCulloch (Kilb) 51-54; 2, W McTaggart (Camb) 52-28; 3, W Richardson (Irv) 52-31; 4, C Miller (Irv) 53-35; 5, B Craig (Irv) 55-22; 6, H Rankin V50 (J W Kilm) 55-37; 7, E McNair (Kirk Ayl) 55-45; 8, R Guthrie V50 (Bells) 55-55; 9, G Cunningham (Ayr) 56-17; 10, D Mewse V40 (Kils) 56-19; 11, A Harris (Ayr) 56-29; 12, J White V40 (Irv) 56-36; 13, P McGregor V40 (UP) 56-40; 14, I Donnelly V40 57-07; 'B' 6, C Brach (Girvan) 57-09; WOMEN 1, M Blaikie (Sp V) 63-21; 2, A M McKee (SPV) 65-49; 3, J Thomson (Unatt) 68-05; 4, H Morton W35 (Irv) 68-41; 5, J Bryng W45 (Irv) 70-17; 6, J Murray W35 (Kilb) 70-38 TEAMS Men 1, Irvine 12pts; 2, Kilbarchan 39pts; 3,

Cambslang 57pts; WOMEN 1, Irvine, 2, Giffnock North

Ayrshire County Championships

Men 1, W Richardson (Irv) 52-31; 2, C Miller (Irv) 53-35; 3, B Craig (Irv) 55-22; V40 J White (Irv) 56-36; V50 H Rankin (J W Kilm) 55-37; WOMEN 1, H Morton (Irv) W35 68-41; 2, J Bryng W45 (Irv) 70-17; 3, K Melville W45 (Irv) 78-16

Dundee Hawkhill Harriers 10,000 metres Road race, Dundee

1, I Brown (LDRC) 31-26; 2, C Haskett (DHH) 32-00; 3, J Ross (LDRC) 32-25; 4, M Strachan (DHH) 32-40; 5, C Meek (Liv) 32-53; 6, M Carroll (Fair) 33-53; 7, J Cunningham (File) 34-27; 8, C Goodall (DHH) 34-49; 9, D Hamilton V40 (DHH) 34-53; 10, R Davidson (DHR) 35-00; 11, D Gunn (Metro) 35-20; 12, G Hanlon (DHH) 35-26; 13, J Kirkland (DHH) 35-29; 14, A Milligan (Carnegie) 35-35; 15, D Gunstone V40 (File) 35-39; 16, I Hornshy (DHH) 35-44; 17, R Campbell (L Reg) 35-54; 18, K Smith (PSH) 36-29; 19, A MacLeod V40 (DHR) 36-37; 20, S Monaghan (DHH) 36-43; TEAM Dundee Hawkhill 14pt; WOMEN 1, C Brown W35 (File) 38-33; 2, M Muir W35 (DHR) 38-45; 3, S Addison (EAC) 40-06; 4, S Irvine (Giff N) 40-28; 5, K MacGregor W35 (File) 41-43; 6, A McLean (DHH) 42-31 TEAM Dundee Hawkhill

Home Countries 10,000 metres Road race International match, Swansea Bay

1, J Minundi (Kenya) 29-00; 2, Z Miano (Kenya) 29-05; 3, M Flint (Eng) 29-20; 4, A Pearson (Eng) 29-35; 5, S Brace (Wales) 29-36; 6, C Udall (Eng) 29-37; SCOTS PERFORMANCES 15, R Quinn 30-15; 21, C Thomson 30-53; 29, G Booth 31-27; 3, S Wylie 31-42; INTERNATIONAL TEAMS 1, England 13pts; 2, Wales 30pts; 3, Ireland 58pts; 4, Scotland 65 pts WOMEN 1, S Rigg (Eng) 33-48; 2, H Heaseman (Eng) 34-33; 3, B Cardy-Wise W40 (Wales) 35-17; 4, A Sim (Sco) 35-27; 5, A Wright (Eng) 35-29; 6, A Bell (Sco) 36-35; INTERNATIONAL TEAMS (2 to count) 1, England 3 pts; 2, Scotland 10 pts; 3, Wales 10 pts

Monklands Womens Scottish Cup Final, Coatbridge

SENIOR MATCH RESULT 1, Edinburgh Woolton Mill 106 pts; 2, City of Glasgow 100 pts; Aberdeen 93pts; 4, Edinburgh AC 88pts; 5, Arbroath & District 77 pts; 6, Central Region 51 1/2 pts; 7, Dundee Hawkhill 50 1/2pts; 100/200 S Dudgeon (EAC) 12/5/25; 400 1, T Devine (EWM) 56/7; 2, S Hendry (A'deen) 57/4; 800 K Greally (EAC) 2-19/8; 1500 C A Gray (EAC) 4-40/9; 3000 D Kilner (Lay) 10-09/1; 100 H 1, C McIntosh (CoG) 14/9; 2, G Murchie (A'deen) 15/0; 400 H 1, C Smith (DHH) 64/8; 4 x 100 R EWM 48/7; 4 x 400 R 1, EWM 3-57/7; 2, Aberdeen 4-02/2; 3, EAC 4-02/4; HJ 1, H Melvin (EAC) 1/79; 2, C Black (EWM) 1/60; LJ 1, C Black (EWM) 5/68

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2, D Quirie (A'deen) 5.39, 3, S Rammingier (Arb) 5.38, JT 1, L Davidson (A'deen) 11.13, 2, S Rammingier (Arb) 11.08; 3, C McIntosh (CoG) 10.84; 4, N Barr (EWM) 10.81; SP 1, A Grey (CoG) 14.83; 2, A Dutch (EWM) 12.09, DT 1, A Grey (CoG) 47.82, 2, H McCreadie (EWM) 39.76, 3, T Shols (EAC) 35.62; JT 1, K Costello (CoG) 50.40 (record); 2, D Sutherland (EWM) 40.56, HT 1, L Low (EAC) 39.82 (Scott Native record), 2, H McCreadie (CoG) 34.88 U/17, 1, EWM 85 pts, 2, CoG 80 pts, 3, Aberdeen 78 pts, 4, BT Pitreavie 73 pts, 5, Inverness 65 pts, 100 1, N Hynd (Pit) 12.8, 2, G Hegney (CoG) 12.8; 2, H Futchinson (CoG) 26.0; 300 1, L Scott (CoG) 43.1; 2, M Keenan (A'deen) 43.4, 3, J O'Neil (EWM) 43.9, 800 1, J Forsyth (Pit) 2-24.5, 2, S Little (EWM) 2-25.8, 1500 1, K Gormley (EWM) 4-43.8, 2, C Vetrano (DHH) 4-52.1, 80H S Moxey (EWM) 12.6, 300H 1, S Young (DHH) 47.3; 2, F Sinclair (EWM) 49.1, 4 x 100 R 1, CoG 49.0, 2, EWM 51.3, 3, Aberdeen 51.9; U/15 1, CoG 67 pts, 2, EWM 62 1/2 pts; 3, BT Pitreavie 61 pts, 4, Inverness 60 pts, 5, Aberdeen 48 1/2 pts; 6, EAC 45 pts, 7, Lasswade 32 pts, 8, Cen Region 30 pts, 100 N Hutchison (CoG) 12.8; 200 1, McConnell (CoG) 26.2; 800 1, J Ward (Pit) 2-13.9, 2, M McDonald (I'ness) 2-21.1; 1500 1, K Montador (Cen Reg) 4-48.3, 2, J Anderson (A'deen) 4-54.9, 75H 1, L Fairweather (Lass) 12.4; 2, P Johnston (EWM) 12.4; 3, G Stewart (EAC) 12.6; 4 x 100 R 1, CoG 50.2, HJ 1, G Stewart (EAC) 1.53; 2, J McDonald (I'ness) 1.50; LJ 1, N Hutchison (CoG) 5.55, 2, F Paul (EWM) 5.26, SP 1, C Garden (Pit) 12.31; 2, J Grant (I'ness) 10.05, DT 1, C Garden 41.92 (record), 2, E Robertson (EWM) 28.72, JT 1, E Grant (I'ness) 31.32; 2, C Garden 29.08 U/13 1, Lochgelly & District 68 pts, 2, Inverness 55 pts; 3, BT Pitreavie 54 pts, 4, EWM 47 pts; 5, CoG 46 pts; 6, EAC 37 pts, 7, Aberdeen 35 pts, 8, Dundee HH 27 pts; 100 1, K Dyce (CoG) 13.6, 2, L Hunter (L'gelly) 13.8; 200 1, K Dyce (CoG) 28.2, 2, L Hunter 28.5, 3, Y Kelman (I'ness) 28.7; 800 1, E Reid (L'gelly) 2-32.2, 2, S Palastro (Pit) 2-33.0, 70H 1, N Rhouna (Pit) 12.3, 2, C Southerland (EWM) 12.3, 3, K Ayers (I'ness) 12.4, 4 x 100 R 1, CoG 54.5, 2, Inverness 55.3, HJ L Redmond (EAC) 1.48, LJ L Redmond 4.83, SP S Ferry (L'gelly) 8.73, DT 1, L Roy (Pit) 24.24, 2, J Forber (I'ness) 24.00, JT 1, S McLellan (L'gelly) 29.94, 2, L Redmond 26.34, 3, J Tomson (Pit) 26.16

Overall Match Result for Monkland Cup

1, EWM 30 pts, 2, C of Glasgow 26 1/2 pts, 3, Aberdeen 18 1/2 pts, 4, BT Pitreavie 17 pts, 5, Inverness 16 pts, 6, EAC 11 pts, 7, Lochgelly 9 pts, 8, Dundee HH 6 pts, 9, equal Central Region and Arbroath & District 4 pts, 11, Lasswade 2 pts

British Fire Services 6 Mile Road Race, Bolton

1, D Hurd (W Yorks) 30.39; 2, P Howdie (Humber) 30.45; 3, D Hansom (W Yorks) 31.03; Scots Performance 23, R Brown V45 34.5; 26, P Ogden 35.04, 27, A Currie 35.51, 28, R Caheyne 36.29; 34, P Leith 36.37, 38, R McEleney 37.12; 42, D McIntyre 37.23, (All Strathclyde). Result 1, Greater Manchester 37pt, 2, West Yorks 60pt; 3, Lancashire 92pt, 4, Strathclyde 106pt.

15

Sri Chimmoy 2 Mile Road race, The Meadows, Edinburgh
1, D Wilkinson (LDRC) 9.24; 2, G Frindlay (FVH) 9.26, 3, K Rankin (FVH) 9.29; 4, S Iguinas (Liv) 9.54, 5, I Stewart (Carnegie) 10.05; 6, C Young (EAC) 10.10; 7, J Jansen (Pen) 10.14, 8, I Taylor (Carnegie) 10.24, 9, J Muir (Law) 10.36; 10, T Harley (HELP) 10.46, V50 S McGillivray (Unatt) 11.56, Women 1, M Anderson (Unatt) 10.57, 2, C-A Grey (EAC) 11.07; 3, M Inlay (Unatt) 12.33, 4, M McLean (Unatt) 13.11

18

Merrick Hill Race (6 Mile/2710 Feet), Glen Troil
1, D Shield (Carnethy) 1-20.05, 2, C Shaw V40 WWest 1-20.50; 3, A Dovehill (Solway) 1-21.51, 4, D Milligan V40 (Solway) 1-22.09, 5, Wallace (HBT) 1-22.36; 6, R L'ngmore (Solway) 1-23.51; 7, A Murray (Unatt) 1-24.15, 8, B Hamilton (Stranzer) 1-25.25, 9, A Anderson (Nith V) 1-27.12, 10, B Weir V40 (west) 1-29.18, V50 1, G Armstrong (Help) 1-29.25, 2, A Anderson Snr (Nith V) 1-46.06, Women A Lindsay (C FRA) 1-50.15

Glenpark Harriers Cameron Trophy 2 1/2 mile road race, Greenock.

1, A Puckrin 12.40, 2, W Jenkins 13.21, 3, J Mc Fadyen 13.35, 4, G McGratton 13.36; 5, S McLoone 13.44, 6, R Fleming 13.47, 7, R Cleary 13.50, 8, P Russell 13.59, 9, T Curran 14.03, 10, W Jukes V40 14.07, Veterans 2, I Cameron 14.51, 3, J Carruthers 14.59, Women E O'Brien 15.56

Spango Valley AC 3 1/2 Road Race Greenock

1, T Mc Callion 17.54; 2, C Spence V40 18.04, 3, S Hodge 18.08, 4, E Watt 18.18, 5, E McKee 18.42; 6, G Clarke 18.51; 7, C Leck 19.26; 8, C Black 19.52, 9, G Sinclair 20.05; 10, D Martin V40 20.23, V3 S Norvel 20.25; Women 1, M Blaikie 20.58, 2, A M McKee 21.53, 3, C Docherty 28.22.

Two Ferries 10.8 miles Road Race From Trestail to Ardour

1, D Runchinan (L'gelly) 55.34 (record); 2, P Laing (S'Burn) 59.44; 3, P McGregory (V40) (VP) 61.23; 4, R Young V45 (C'Dale) 62.36; 5, M Hawkins V50 (Br Reid) 63.01; 6, R Boswell V40 (Loch) 64.38; 7, A Kennedy (Loch) 65.07; 8, A

Auld (Ayr) 65.09, 9, D Dyson (Loch) 66.12; 10, G Maitland (Loch) 66.13; Women 1, H Searle (loch) 76.24, 2, C Cramer (PSH) 80.01, 3, M Kelly V35 (Pit) 83.43.

Cairn William 6 1/2 miles Hill Race, Monymusk

1, D Armilage M40 (A'Deen) 45.40 (Vets Record); 2, P Jennings (Metro) 46.09; 3, H Lorimer (HBT) 47.44, 4, A Henderson (A'Deen) 50.27, 5, F Duguid (A'Deen) 51.13, 6, P Kramer (Cosmic) 52.01; 7, G Yule M40 (Cosmic) 52.14; 8, G Milne M40 (Cosmic) 52.18, 9, R Milne (Unatt) 53.09; 10, B Henderson (Unatt) 53.40, Women 1, S Armilage (A'Deen) 55.15 (Record); 2, P Donald W35 (Deeside) 62.26, 3, M Stafford (A'Deen) 66.01; Teams 1, Aberdeen 18pt, 2, Cosmic Hill Bathers 21pt.

19

Clydesdale District Council Supercounty Cross Country race, Lanark Racecourse
1, T Anderson (Kilb) 34.42, 2, R Brown (HBT) 35.22, 3, J Reid (Law) 36.01, 4, M Duthie (C'glen) 36.34; 5, W Barr (C'glen) 37.00, 6, D Muir (Helen) 37.06, 7, I Donnelly V40 (Law) 37.17; 8, D Fairweather V45 (Camb) 37.59; 9, J Flood (Law) 38.14; 10, S Higgins (Camb) 38.30; 11, P Young (Girvan) 38.50, Veterans 3, J Rowley V40 (Law) 39.15, 4, P Smith V40 (Cumnock) 39.46, 5, J Patton V40 (Forth) 40.47, Women 1, F Robertson (Ham) 44.15, 2, D Robertson (Ham) 44.15; 3, P Wilson W35 (North) 46.25; 4, M Gennaeil (Forth) 49.43; 5, D Thomson W35 (Carlisle) 51.28; 6, M Cunningham W35 (Forth) 51.51; 5000 metres Boys 1, C McDermott (Kilb) 18.06; 2, J Thomson (Avon) 18.32; 3, D Greig (Park Mains HS) 20.11; 6, D Gemmell (Avon) 20.32, 5000 metres Girls 1, L Harrison (EAC) 20.36, 2, S Fairweather (CoG) 21.27, 3, L Baillie (Avon) 21.43; 4, L Gauld (EAC) 22.09; 5, N Taylor (Girvan) 24.53; 6, V Stewart (Forth) 26.04

Brechin "Rights of Way" 10,000 metres Road race

1, G Wight (Ayr) 32.13; 2, C Haskett (DHH) 32.18, 3, G Rennet (DHH) 33.45, 4, C Goodall (DHH) 34.33; 5, S Watson (Montrose) 34.54; 6, L Campbell (Montrose) 34.59; 7, D Gunn (Metro) 35.04, 8, A Sampson (Forfar) 35.33, Veterans 2, E Rennie V40 (A'deen) 36.29, 3, M Edwards M50 (A'deen) 37.30, Women 1, C McFadden (Edin) 41.20, 2, S Hales (DHH) 42.20; 3, A McLean (DHH) 42.59; Veteran 1, Clark W40 (Arb F) 46.20

SAF National 10 mile Road race Championship, Inverness

1, S Wylie (Camb) 50.46 (record); 2, C Thomson (Camb) 50.47; 3, J Mackay (Shett) 51.30; 4, J Bennett (GGH) 53.58, 5, G Herbert (I'ness) 54.32; 6, J Hendry (Shett) 55.28; 7, P Matheson (Forres) 55.57, 8, D Cruickshank (Forres) 55.59,

9, A Farquharson (I'ness) 57.37; 10, W Forman (TVH) 57.39; 11, J Doyle (VP) 58.19; 12, P Gardner (I'ness) 58.48, 13, R McFarquhar V45 (A'deen) 59.00, 14, G Mitchell V40 (I'ness) 59.11; 15, C Hossack (Unatt) 60.14; Team 1, Shettleston 11pts

18/19

Scotland v France Young Athletes Combined Events International Match, Grenoble

Boys: U/17 Hexathlon (100; LJ; SP; MJ; 110H; DT; PV; JT; 1500)
1, B Verguet (France) 5444pt, 2, G Muller (F) 5360pt, 3, H Paruccio (F) 5338pt, Scots Perls 4, D Cotter 4945pt (11.36, 6.23, 10.48; 1.87; 14.44; 23.88, 2.90, 28.30, 5.19.69); 6, R Baillie 4797pt (11.20, 6.47; 9.19; 1.84; 14.94, 21.65, 2.90, 27.80, 5-23.80); 7, M Pale 4697pt (11.86, 6.25; 9.42, 1.99; 17.55, 20.88, 2.80, 30.24; 4-45.96); 8, M Dobbie 4535pt (11.98; 6.24; 10.24; 1.60, 16.04, 27.44; 2.10; 41.24, 5-07.72); 9, A Ramsay 4525pt (12.00; 6.01; 10.66, 1.60, 15.90; 21.38; 2.30, 28.88, 4-25.93); 12, W Stark (DNF) 3566pt (11.47; NJ, 11.28, 10.60, 16.06; 23.06, 30.10; 33.08, DNR).

Match Result 1, France 21.024pt; 2, Scotland 18.954pt.

U/15 Hexathlon (100m; MJ; JT; LJ; SP; 100m)

1, M Veilleume (F) 3762pt, 2, C Slater 3449pt (14.42, 1.66, 41.50, 5.75; 9.45; 2-44.78); 3, R Singer 3197pt (15.39; 1.66, 37.44, 5.55, 10.74, 5-27.32); 6, P Stephen 3098pt (14.77; 1.63, 41.12, 5.41, 10.91, 3-15.66); 7, P Herron 3076pt (17.26, 1.77; 37.88; 5.96, 10.43, 3-02.16); 9, P Cumming 3033pt (14.99, 1.57, 35.96, 5.68; 9.44; 3-03.57); 11, G Leith 2836pt 2836pt (15.31; 1.71; 27.50, 5.17, 9.35; 3-08.50).

Match 1, France 13.068pt, 2, Scotland 12.820pt.

Overall Boys Match result 1, France 34,092pt, 2, Scotland 31,774pt.

Girls U/17 Septathlon (100m; MJ; SP; 200; LJ; 800)

1, L Chellack L (F) 4760pt, Scots Perls 2, A Carr 4684pt (15.53, 10.63, 9.49, 26.33, 5.18, 27.14, 2-18.56); 4, D Quirie 4097pt (16.07, 1.57, 9.65, 26.27, 5.07, 19.08; 2-41.19); 5, J Reid 4,008pt (15.44, 1.51, 10.48, 27.08, 4.71; 19.18, 2-40.22); 6, L Bell 3816pt (16.00, 1.51, 9.48, 26.96; 4.36, 25.78, 2-49.42); 8, J Donald 3380pt (17.82, 1.42, 9.14, 28.17, 4.56; 19.08, 2-43.43).

Match 1, Scotland 16,605pt, 2, France 15,952pt.

Girls U/15 Hexathlon (80m; LJ; JT; MJ; SP; 1000)

1, S Denner (F) 3637pt, 2, J Trindal 3389pt (13.17, 4.98, 25.10, 1.57; 9.63, 3-32.30); 3, G Grant 3323pt (13.6, 4.04, 33.16, 10.51; 10.60, 3-37.60); 4, G Stewart 3278pt (12.87, 4.36, 30.18, 1.57, 9.69, 3-42.15); 6, T Richards

3102pt (14.29, 5.24, 22.18, 1.60; 9.72; 3-57.70); 7, F Paul 3056pt (13.21, 4.99; 19.84; 1.54; 6.72; 3-33.34); 11, M Zalis 2695pt (14.32, 4.63; 19.87; 1.48, 8.18; 3-51.48). Match 1, Scotland 13,092pt; 2, France 12,678pt.

Overall Girls Match Result 1, Scotland 29,697pt; 2, France 28,630pt.

22

Sri Chimmoy 2 Mile Road race, The Meadows, Edinburgh

1, D Wilkinson (LDRC) 9.24; 2, R Thomson (ESH) 9.58; 3, C Young (EAC) 10.13; 4, R Hope (Unatt) 10.41; 5, R Gibb (Shettland) 10.44; 6, G Lightwood (EAC) 11.08; 10, D Taylor (HBT) 11.18; V50 1, S McGillivray (Unatt) 12.01, 2, W Murray (P'bell) 12.13; 3, L Awdow (SVHC) 12.32; Women 1, M Anderson (Unatt) 11.16; 2, K Greally (EAC) 11.46; 3, J Thomson (Carnegie) 12.15; 4, M Imhail (Unatt) 12.15

25

Two Breweries 19 Miles Field Race from Traquair to Broughn

1, A Trigg (Glossop) 2-41.51; 2, P Haig (Br Oriant) 2-42.32; 3, D Weir (PSH) 2-45.26; 4, M Seidon (Br Oriant) 2-45.37, 5, T Griffin (West) 2-45.54; 6, P Sheard (P & B) 2-46.31; 7, G Ackland (Liv) 2-48.04; 8, P Dymoke (Liv) 2-51.50, 9, S Green (P & B) 2-51.58; 10, J Wilkinson (Gala) 2-52.33, Veterans 1, D Bell M40 (Help) 2-54.56; 2, J Blair-Fish (Carnethy) V40 3-03.35; 3, R McInroy V40 (C'dale) 3-06.28; V50 G Armstrong (Help) 3-12.45, Women 1, H Diamantis (West) 3-13.41, 2, E Scott (West) 3-29.36; 3, J Salvona W35 (Liv) 3-29.45

Thornhill 10,000 Metres Road race, Dumfries

1, G Crawford (Spring) 29.58; 2, C Heaven (Annan) 31.52; 3, C McCann (Annan) 31.58; 4, D Scobie (Dumf) 32.25; 5, J Ferguson (Dumf) R 32.35, 6, R Longmore (Solw) 33.05, 7, P Massay (F'burgh) 33.12; 8, A Hastie (P'head) 33.19, 9, F Barton (Kelth) 32.02, Youths 1, R Milne (Moray) 23.55; 2, S Robertson (Moray) 24.29, 3, S Robertson (MBI) 24.57, Senior Boys 1, K McAlpine (Nairn) 18.53, 2, K McIntosh (Forres) 19.12, 3, N Cameron (Forres) 19.40, Junior Boys 1, A Broadbent (I'ness) 11.01, 2, C Barntay (MBI) 11.06, 3, C Cook (I'ness) 11.12, Colts 1, R McLennan (MBI) 5.12, 2, P Massay (F'burgh) 5.12; 3, A Hastie (P'head) 5.19, Senior Women 1, F Thin (MBI) 19.54, 2, A M Reid (Loch) 20.31, 3, S McRae (I'ness) 21.48; 4, A Wheeler (Moray) 22.50; 5, F Falconer (MBI) 22.42, 6, M Adamson W35 (I'ness) 22.50 U/15 1, K Scott (Moray) 12.13, 2, C Nichol (Cailth) 12.22; 3, M McDonald (I'ness) 12.29 U/13 1, J McLean (F'burgh) 9.00; 2, E Ross (MBI) 9.20; 3, W Hastie (P'head) 9.25; U/11 1, J Logie (Moray) 5.39; 2, C McIver (Forres) 6.01; 3, D Fraser (MBI) 6.06

Kilbarchan AC George Cumming Trophy 4 x 2 Mile Road Relay race, Kilbarchan

1, Kilbarchan 46.42 (G Finlay 11.47; R Fitzsimmons 11.44; T Anderson 11.46; R Quinn 11.25); 2, Shettleston 47.00 (A McCormack 12.02; J McKay 11.21; W Coyle 11.47; D Cameron 11.50); 3, Falkirk Victoria 47.05 (K Rankin 11.35; G McMaster 11.59; G Grindley 11.42; S Binns 11.49); 4, East Kilbride 48.14 (G Reid 11.41; R McCormack 12.03; R Johnston 12.02; G Ronald 12.38); 5, Falkirk Victoria 'B' 48.21 (M McQuaid 11.43; T Lambie 11.56; D McQuaiden 12.08; R McCallum 12.34); 6, Greenock

Glenpak 48.23 (J McFadyen 12.00; W Jenkins 11.56; G McGratton 12.30; J Bennett 11.57); 7, Spango Valley 48.35; 8, Irvine 49.02, 9, Cambuslang 50.02; 10, Shettleston 'B' 50.06, Veterans Team Cambuslang 51.41 Fastest Laps 1, S Wylie 11.20; 2, J MacKay 11.21; 3, R Quinn 11.25, G Wight (Composite) 11.26.

Renfrewshire AAA County Realy Championship

1, Kilbarchan 46.42, 2, Greenock Glenpark 48.23, 3, Spango Valley 48.35, Women 1, Greenock Composite 59.46 (A McKee 14.44; M Blacker 14.28; C Reid 15.21, S Robinson 16.48; J Armstrong 16.09); 3, Irvine Celarians 62.59 (E McGarry 15.11; J Byng 15.21; H Morion 15.04, M McGill 17.23); 4, Composite Team 63.46 (J Donnelly 15.27, C Fairweather 15.44; W McFarlane 15.30, M Jeffrey 17.05); 5, Gilnock North Veterans 68.45 (A Richards 17.19, K Anderson 17.56; A Carroll 18.04, V Cowden 15.26); 6, Irvine 70.58 (K Melville 17.56; E Shaddick 18.08, M Miller 17.13; m McCulloch 17.14) Fastest 1, M Blaikie 14.22, 2, M Blacker 14.22, 2, M Blacker 14.36

North District Cross Country League, Thurso

Senior Men 1, A Murchison (I'ness) 29.52, 2, A Reid (P'head) 29.52; 3, M Flynn (Moray) 30.45; 4, J Brooks (Jun Loch) 30.46; 5, G Sim V40 (Moray) 30.59, 6, S Cook Jun (I'ness) 31.10, 7, E Grant (Moray) 31.26, 8, G Barriett (Forres) 31.35; 9, G Milne V45 (Moray) 31.59, 10, F Barton (Kelth) 32.02, Youths 1, R Milne (Moray) 23.55; 2, S Robertson (Moray) 24.29, 3, S Robertson (MBI) 24.57, Senior Boys 1, K McAlpine (Nairn) 18.53, 2, K McIntosh (Forres) 19.12, 3, N Cameron (Forres) 19.40, Junior Boys 1, A Broadbent (I'ness) 11.01, 2, C Barntay (MBI) 11.06, 3, C Cook (I'ness) 11.12, Colts 1, R McLennan (MBI) 5.12, 2, P Massay (F'burgh) 5.12; 3, A Hastie (P'head) 5.19, Senior Women 1, F Thin (MBI) 19.54, 2, A M Reid (Loch) 20.31, 3, S McRae (I'ness) 21.48; 4, A Wheeler (Moray) 22.50; 5, F Falconer (MBI) 22.42, 6, M Adamson W35 (I'ness) 22.50 U/15 1, K Scott (Moray) 12.13, 2, C Nichol (Cailth) 12.22; 3, M McDonald (I'ness) 12.29 U/13 1, J McLean (F'burgh) 9.00; 2, E Ross (MBI) 9.20; 3, W Hastie (P'head) 9.25; U/11 1, J Logie (Moray) 5.39; 2, C McIver (Forres) 6.01; 3, D Fraser (MBI) 6.06

25

LIVINGSTON AND DISTRICT OPEN ROAD RACE, LIVINGSTON, SENIOR 10,000M.

1, S. Weir (Pit) 31-29; 2, C Meek (Liv) 32-12; 3, B. Howie V40 (ESH) 32-49, A Ramage Law 32-36, 5, I Seggie V40 (Liv) 33-10; 8, J Campbell (Pit) 33-15;

9, T. Winters JUN (EAC) 33-22, 10, P. Baxter (Pit) 33-27, V3 A Gillies (EAC) 33-47; Women: 1, M. Gemmell (S'Kelvin) 37-50; 2, L. Barclay (Pit) 38-40; 3, A. Paterson W35 (Pit) 42-25, Teams: Men-1, Livingston and District 14pts; 2, BT Pitreavie 18pts, Women 1, BT Pitreavie 10pts.

Boys U/17: 1, N. Llyall (Lass) 16.08, 2, S. South (Camb) 16-23, 3, G. Tosh (Tay) 16-43, Team Tayside 14pts, U/15 1, P. Armstrong (Pit) 13-01, 2, C. O'Brien (Corst) 13-11; 3, G. Couper (FVH) 13-15, Team: BT Pitreavie 13pts, U/13 1, S. O'Brien (Corst) 9-03; 2, G. Mathieson (Pit) 9-04; 3, B. King (Liv) 9-07, Team BT Pitreavie 15pts, U/11 1, K. Johnstone (FVH) 5-40; 2, M. Peerless (Corst) 5-49; 3, M. Smith (Dun) 5-50, Team: Dunbar 16 pt.

Girls: U/17 1, J. Brown (Harm) 15-00; 2, J. Forsyth (Pit) 15-20; 3, S. Croucher (Pit) 16-20, Team: BT Pitreavie 9pts, U/15 1, L. Harrison (EAC) 9-43; 2, A. Hood (EAC) 9-49; 3, L. Gauld (EAC) 9-59, Team: Edinburgh AC 9 pts, U/13 1, H. Norman (Pit) 5-37, 2, L. Turner (Dun) 5-41; 3, L. Redmond (EAC) 5-45, Team BT Pitreavie 13pts, U/11 1, S. Bradley (FVH) 4-28; 2, A. Harkins (Lass) 4-54; 3, K. Robertson (Harm) 5-57, Team Harmany 18 pts

26

BUPA LINTHGW 10,000M ROAD RACE

1, I. Brown (LDRC) 30-47 (record); 2, G. Grindley (FVH) 30-54; 3, K. Rankin (FVH) 31-07; 4, R. Hall (Tev) 31-32, 5, J. McMillan V40 (EK) 31-48, 6, R. McCulloch (Kilb) 31-50; 7, R. Robertson (FVH) 33-20; 8, M. Coyne (LDRC) 33-27; 9, K. Dawson (Cam) 33-29; 10, A. Nicol V40 (VP) 33-44; 11, D. Hart (FVH) 33-46, 12, R. Jardine (Bo'ness) 33-54; Vets: 17, P. MacGregor V40 (VP) 34-34, 21, A. Parker V40 (Garsc) 35-23; 22, I. Leggett V50 (Liv) 35-26, Women: 1, J. Stevenson V40 (FVH) 35-53; 2, J. McCall W35 (Blay); 3, R. McAlse (W35) (L'Gow) Team: 1, Falkirk Victoria 11 pts

EVENTS

OCTOBER

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

24 Scottish Indoor Young Athletes League meeting (1) Kelvin Hall, West (AM), East (PM)
GLASGOW University inter-schools relay races, Kelvingrove, Glasgow
Fort William to Inverness Relay

30 ALLAN Scally Memorial road relay race, Bailieston
BLACK Isle Festival of Running - Marathon, half marathon, 10K and 10m 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.
Scottish Primary Schools road Relay Championships, GRANGEMOUTH Stadium
GLENPARK Harriers Shields Trophy 5 mile RR, Inverkip Greenoak.

31 RUBY Young Memorial ladies 4 mile rr, Kilmarnock.
GREENPEACE 10K & 10m 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 on main roads. Teams of 6. Record 6 hrs 18 mins @ 30am. SAE for info from E Campbell, Kisimul, Alma Rd., Fort William, Inverness-shire.
IAF world marathon cup San Sebastian, Spain.
Stewarton CC Races

NOVEMBER

6 North District CC League, Peterhead
Glasgow University 5.5 mile Road Race, Westerlands

7 Lasswade Open CC Races, Bonnyrigg
Dundee Roadrunners 10 mile RR, Templeton Woods, Dundee
Aberdeen 6 mile RR, Bridge of Don, Aberdeen.

13 Scottish Secondary Schools Road Relay Championships, Grangemouth Stadium
Clydesdale Harriers Young Athletes CC Races, Dalmeir
Glen Clova 13 mile RR
Tinto Hill 4.5 mile Hill race, Symington Sports Centre (12 noon) Scottish Hill Running Association AGM, Symington SC

14 Bars In Bru Edinburgh to Glasgow 8 stage Road Relay Race
JW Kilmarnock Open CC races, Kilmarnock

20 Eirick Eightsome 3x3 5 mile Hill Race relay at South Kirkhill, Aberdeen (2pm)
North District CC League, Gordonstown
Gauldry Community Council Open CC races, Gauldry, Fife

Bellahouston Harriers Open CC races, Bellahouston Park, Glasgow

21 City of Glasgow AC "Ronnie Kane" Memorial Women's Open CC races, Kings Park, Glasgow
incl Women's CC League
Scottish Indoor Young Athletes League meeting 2, Kelvin Hall, West (am), East (pm)

27 North District CC Championships (TBC)
East District CC League, Livingston
Dunbartonshire CC Championships (TBC)
Lanarkshire CC Championships, Drumpeir Park, Coatbridge
Renfrewshire CC Championships, Linwood

DECEMBER

4 Sorn Chase, Sorn
Hugh Wilson Memorial RR (men and women - all age groups), East Kilbride

5 File AC Open CC Races (men and women - all age groups)
Kirkcaldy (incl. Women's CC League)

11 SAF v Scottish Universities v Northern Ireland v Civil Service, including Inter District Races for all age groups (men and women)
Cumbernauld
Maryhill Harriers Schools League

12 Ayrshire CC Championships, Dam Park, Ayr

18 Edinburgh Athletic Club, Queens Drive Races, Edinburgh

19 Irvine CC Races (including Cyclists v Harriers), Irvine

30/31 New Year Sprint, Meadowbank

Bellahouston Harriers Annual Cross Country Races

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Bill Donald 03398 83697

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For further details contact Campbell D Joss 041 942 0731.

Montrose Athletic Club
We are a small friendly club catering for all track and field events at all age groups and with a road running section both indoor and outdoor facilities are available with club training on Thursday evenings all year round.
Call Archie McCallum on 0674-73898

West Lothian District Council
Leisure & Recreation Department



The following people cannot afford to miss out on the Bathgate Sports Centre:

All athletes, fitness freaks, sun seekers, foot lovers, energetic children, mums and dads, grandparents - in fact... everyone!!
So, if you're the sort of person who likes to have a good time...
Phone Bathgate 634561
Easy access from the M8



Scottish Athletics Federation

SAF CHAMPIONSHIPS Winter 1993/94



1993		
27 November	North District Cross Country Championships	Inverness
1994		
15 January	Kelly's Copiers East District Indoor Championships	Kelvin Hall
16 January	Kelly's Copiers West District Indoor Championships	Kelvin Hall
23 JANUARY	NATIONAL INDOOR CHAMPIONSHIPS	KELVIN HALL
29 January	East District Cross Country Championships	Alloa
	West District Cross Country Championships	TBC
5 February	TSB Under-13/Under-15 Indoor Championships	Kelvin Hall
6 February	TSB Under-17/Under-20 Indoor Championships	Kelvin Hall
13 FEBRUARY	NATIONAL CROSS COUNTRY CHAMPIONSHIPS	IRVINE
27 February	Scottish Veteran Harriers Cross Country Championships	Troon
5/6 March	Combined Events Indoor Championships	Kelvin Hall
6 March	Women's National Road Relay Championships	Grangemouth
26 March	National 6 Stage Road Relay Championships	Livingston
2 April	Kelly's Copiers Veterans Indoor Championships	Kelvin Hall

Entry forms (as they become available) and/or further information can be obtained from:
SAF, Caledonia House, South Gyle, Edinburgh, EH12 9DQ. Tel: 031-317 7320