

Edinburgh to Glasgow Relay

Edinburgh Southern Upset Favourites

DESPITE HAVING to call on their first reserve when their opening runner, John Gladwin, failed to appear at the start, Edinburgh Southern scored a convincing victory in the Edinburgh to Glasgow 8-stage Road Relay on November 15th. In recording their first victory since 1978, they stopped Clyde Valley AC from winning for the third year in a row — a feat which was regarded as a virtual certainty by everyone (including Clyde Valley) before the race.

The holders, even with six internationals in their team, were never in the hunt and, after a poor start, were over 2½ minutes behind at the end of the third stage. Edinburgh Southern, on the other hand, had their spirits high from the second leg onwards when Allister Hutton took them into a big lead, and they recorded five of the eight fastest stages to finish unchallenged and add the title to the Scottish Cross Country Relay title they had won earlier in the season.

Spango Valley AC, the fast-growing and improving club from Greenock, gained the award for the most meritorious performance of the day when finishing seventh after being way down the field in 20th position last year.

Stage 1.

Terry Michell, recently reinstated to amateur athletics after a youthful fling in professional athletics in Fife — one of the hotbeds of pro running in Scotland — was soon forcing the pace through the busy Edinburgh streets. Showing the form which has brought him success from 3000m on the track to marathon, he was on his own from halfway to finish almost a minute clear of Lachie Stewart, making an amazingly successful comeback with Spango Valley AC, more than a decade after his 10,000m triumph in the Edinburgh Commonwealth Games. **Fastest:** T. Mitchell (Fife) 27:30; L. Stewart (SV) 28:25; A. McKay (EAC) 28:26.

Stage 2.

Allister Hutton, starting off in seventh place, set off in pursuit of Don Macgregor (Fife), world

PRELIMINARY NOTICE
LES CROUPIERS RUNNING CLUB
and
BARRY Y.M.C.A.
Present

BARRY HALF MARATHON
SUNDAY, 28th MARCH, 1982
Full details in later advertisements

Colin Shields reporting

Veteran marathon champion, and brought Southern into a 43 second lead from Aberdeen, with Macgregor hanging on to third. Ian Gilmour lifted Clyde Valley from their disappointing 13th on the first lap to fifth, and marathon man, Jim Dingwall, brought Falkirk from 18th to tenth. **Fastest:** A. Hutton (ESH) 28:27; F. Clyne (A'dean) 29:14; I. Gilmour (CV) 29:25.

Stage 3.

Ian Elliot shattered the stage record by 68 seconds over an adjusted course and widened the gap to Clyde Valley (now fourth) to 2:35. Strathclyde Police sergeant, Bobby Blair, brought Victoria Park into sixth place with second fastest time as three others broke the previous best performance. **Fastest:** I. Elliot (ESH) 24:53; R. Blair (VP) 25:31; D. Easton (FVH) 25:35.

Stage 4.

Over a greatly shortened course, Ron Macdonald displayed recovery from a disheartening series of leg injuries that had kept him out of action for most of the year and recorded the fastest leg of 26:04. This lifted Clyde Valley to second, just 48 seconds behind Southern — the closest they were to get to the lead in the whole race. Victoria Park crept through to third just ahead of Spango Valley — the real surprise team of the race. **Fastest:** R. Macdonald (CV) 26:04; A. Douglas (VP) 26:09; G. Clark (SV) 26:16.

Stage 5.

Just when their lead seemed threatened, Southern fielded John Robson. Disregarding his traumatic experience in this race a few years ago, when he inexplicably stopped dead in his tracks and let the entire field run by him, Robson showed splendidly resurgent form to record the fastest time and add over half a minute to Southern's lead. **Fastest:** J. Robson (ESH) 27:39; B. McSloy (CV) 28:10; G. Milne (A'dean) 28:37.

Stage 6.

In a marathon race, Evan Cameron could expect to finish about 15 minutes behind John Graham. However, in this seven mile stage, he seemed ideally suited to the distance and, undeterred by Graham's furious early pace, which cut his lead to under a minute by the second mile, Cameron held on while Graham faded badly in the final stages on the downhill finish to Airdrie War Memorial. Graham Laing, recently recovered from an appendicitis operation, was just two seconds slower than Graham. **Fastest:** E. Cameron (ESH) 33:10; J. Graham (CV) 33:13; G. Laing (A'dean) 33:15.

Athletics Weekly

Stage 7.

On a stage where roadworks again altered the course, Colin Hume set Southern's victory beyond doubt when recording his club's third fastest stage time in a row with 25:17. Nigel Jones had a brave run in the face of an injury which has limited recent training to just 20 miles per week when lifting his weakened club side to fifth. **Fastest:** C. Hume (ESH) 25:17; E. Devlin (CV) 25:54; N. Jones (EAC) 26:18.

Stage 8.

The excitement on the final lap was the battle for third place medals between Victoria Park, who had held this position since the fourth stage, and Aberdeen. Scottish marathon champion, Colin Youngson, started off 22 seconds behind Alastair Johnston and cannily worked his way into contention. As he said after the race: "It was a case of two old heads and four old legs fighting to get to the line". Youngson proved to have the two stronger legs and, after taking the lead in the final half mile, held off a strong challenge to take third place by the narrow margin of three seconds. **Fastest:** P. Fox (CV) 27:42; C. Youngson (A'dean) 27:56; A. Robertson (ESH) 28:02.

1, Edinburgh Southern (G. Matheson 28:40, A. Hutton 28:27, I. Elliot 24:53, G. McIntyre 27:51; J. Robson 27:39, E. Cameron 33:10, C. Hume 25:17, A. Robertson 28:02) 3:43:59;

2, Clyde Valley (I. Moncur 29:18, I. Gilmour

29:25, J. Brown 25:52, R. Macdonald 26:04, B. McSloy 28:10, J. Graham 33:13, E. Devlin 25:54, P. Fox 27:42) 3:45:38;

3, Aberdeen (R. Arbuckle 28:36 F. Clyne 29:14, M. Murray 26:11, P. Wilson 27:35, G. Milne 28:37, G. Laing 33:15, D. Lang 26:27, C. Youngson 27:56) 3:47:51;

4, Victoria Park (D. McMeekin 29:01, G. Seward 30:10, R. Blair 25:31, A. Douglas 26:09, G. Diverty 28:38, D. Austin 33:45, J. Docherty 26:19, A. Johnston 28:21) 3:47:54;

5, Falkirk Victoria (S. Easton 30:19, J. Dingwall 29:26, D. Easton 25:35, G. Mitchell 27:22, D. Markie 29:40, J. McGarva 34:29, D. Lothian 26:25, W. Day 29:24) 3:51:40;

6, Edinburgh AC (A. McKay 28:26, B. Kirkwood 31:17, R. Morris 26:36, A. Gourlay 28:09, C. Keir 28:38, L. Robertson 33:25, N. Jones 26:18, R. Knowles 29:32) 3:52:21;

7, Spango Valley 3:53:20; 8, Cambuslang 3:56:38; 9, Springfield 3:58:08; 10, Bellahouston 3:59:14; 11, Fife 4:00:20; 12, Clydesdale 4:01:06; 13, E. Kilbride 4:01:53; 14, Greenock Wellpark 4:02:07; 15, Edinburgh Univ. 4:03:25; 16, Dundee Hawkhill 4:04:55; 17, Westerlands 4:06:35; 18, Shettleston 4:09:29; 19, Ayrshire 4:09:36; 20, Teviotdale 4:11:19.

SCOTTISH WOMEN'S LEAGUE At Dalmuir Park, October 11th

1, E. Lynch (Dund) 20:32; 2, A. Everett (Shett) 20:58; 3, K. Mearns (A'dean) 21:04; 4, M. Gray

NOW OPEN The Gateshead store geared exclusively to the runner

FOOTWEAR

Our stock list reads like a running order of champions. Adidas. Nike. New Balance. Reebok. Tiger. Inter. Coq Sportif. Viga. Pony. etc.

CLOTHING

A fashion parade for fitness fanatics. Track suits (complete or as separates). Hooded tops. Waterproofs. Vests. Shorts. General purpose running shoes. Cross-country running shoes. Track spikes. Jogging/Leisure suits. Fashion track suits. Training suits. For the athlete, competition vests, shorts, socks, sweatbands, Club colours and on and on and on.

BODY PREPARATION

The right diet will keep you on the right track. Feeding and looking after your body to make it work harder is

Come in for some Great Xmas Gift Ideas
something the Runner's Shop can help you with too. We carry a large range of food supplements, drinks, vitamins, embrocations etc.

BOOKS AND MAGAZINES

Take the tips from the experts. Leading literature — the best in running reading. You'll find a large selection of books and magazines to keep you fully in the picture on the regional, national and international running scene. All the leading weekly and monthly mags including American imports Books Plus Stop Watches, Sports Bags and more —

look in soon



**The
Runner's
Shop**

Stadium Sports
18 DURHAM RD, GATESHEAD
(Near Five Bridges Hotel)
Tel: (0632) 786086

OUR PRICES ARE VERY COMPETITIVE