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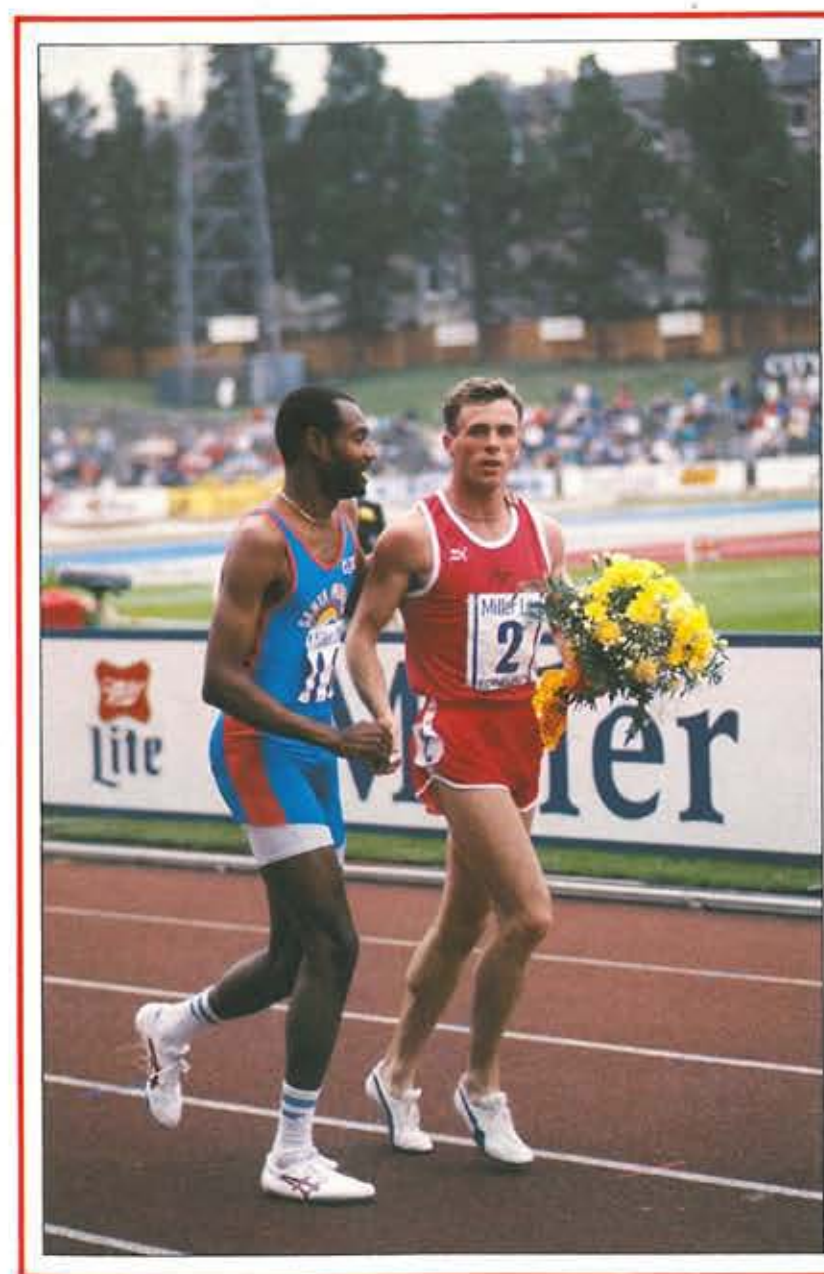
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SCOTLAND'S RUNNER

AUGUST 1989

£1.20

ISSUE 36



OH, WHAT A NIGHT
AT THE MILLER LITE

1989 SCOTTISH RANKINGS LISTS INSIDE

GET SERIOUS.

These days, it seems like most companies selling running shoes are more concerned with fashion than fitness. Month after month, they trot out a new bell or whistle, and call it *the*



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Courageous

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SCOTLAND'S RUNNER

AUGUST 1989

CONTENTS

ISSUE NO 36

REGULARS

5
INSIDE LANE

7
UP FRONT

11
LETTERS

13
ALLAN WELLS

15
WOMEN IN SPORT

17
DUMFRIES'S
RUNNERS

19
COACHING CLINIC



Club Profile: Page 24

FEATURES

24
CLUB PROFILE
Ian Leggett looks at Livingston
and District AAC

30
IAC MILLER LITE
Alan Campbell reports from a
memorable Meadowbank

34
SPONSORSHIP
Rhona McLeod looks at compa-
nies which support athletics

37
GETTING A BREAK
James Allan charts the return
of Kilbarchan's Robert Quinn

REGULARS

28
MEN'S RANKINGS

40
TRACK AND FIELD

41
RESULTS

47
VETERAN SCENE

48
EVENTS

54
JUNIOR PAGES

56
SPORTS NETWORK

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222

INSIDE

L A N E

CONGRATULATIONS to all concerned with the successful staging of the Miller Lite IAC meeting in Edinburgh on July 7. It really was a terrific evening, even if the weather didn't quite behave itself, and hopefully enough of a success to encourage David Bedford and Edinburgh District Council to bring the event back to Scotland again next year.

For two Scottish athletes, in particular, the night was a triumph. Jayne Barnetson quite unexpectedly cleared 1.91 metres to break her own Scottish record after four years of trying, and the achievement was all the more remarkable as she no longer considers herself to be a specialist high jumper.

Despite the fact that she plans to get married next year when she will be all of 22 years old, Jayne is an intelligent and articulate athlete who is an especial credit to Scottish sport. Her family too have played no small part in her athletic development, and it was fitting that they were present at Meadowbank to see their daughter reach new heights. They will surely see Jayne achieve even more spectacular feats when she gains more

experience of the heptathlon, in which she is also Scottish record holder.

If only the second athlete, Tom McKean, was so easy to predict. I have always found Tom to be exceptionally pleasant and unassuming, but there are clearly unresolved questions about his temperament on big occasions.

According to those who know him better than I do, McKean was on the brink of quitting athletics after his desperate performance in Seoul - only the (severely tested) faith of Tommy Boyle and the athlete's backers kept him in the sport.

The Miller Lite meeting last year was another of McKean's failures, when he was pitted against Said Aouita in the 1,000 metres but simply failed to compete against the Moroccan.

Against this background, then, McKean might well have again "frozen" at Meadowbank faced with a home crowd expecting and willing him to win, and a top class field including Johnny Gray, Jose Luis Barbosa and Robert Kibet. Nor could his nerves have been helped by a 20 minute delay at the start

of the race caused by television scheduling. But our man, confirming earlier positive performances, defied his critics to win convincingly.

Nobody is going to pretend that McKean has the raw talent of Paul Ereng, but at least he is proving to himself and his followers that he has the guts to put the traumas of Rome and Seoul behind him. No amount of Grand Prix victories will erase these memories, but as 1990 and the Commonwealth Games and European Championships approach, McKean is at least enjoying a better rehabilitation than some might have dared hope.

So, well done again, Jayne and Tom.

MY THANKS to Fiona Macaulay, who is standing down as our Women in Sport columnist after almost two years in the position. I hope that Fiona's departure is only temporary, and that she will return refreshed later in the year, as I know from correspondence we receive that her columns have been widely enjoyed (especially by men for some reason!). AC



Livingston and District AAC (see club profile). Is there a budding Jayne Barnetson or Tom McKean amongst the youngsters?

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next ...

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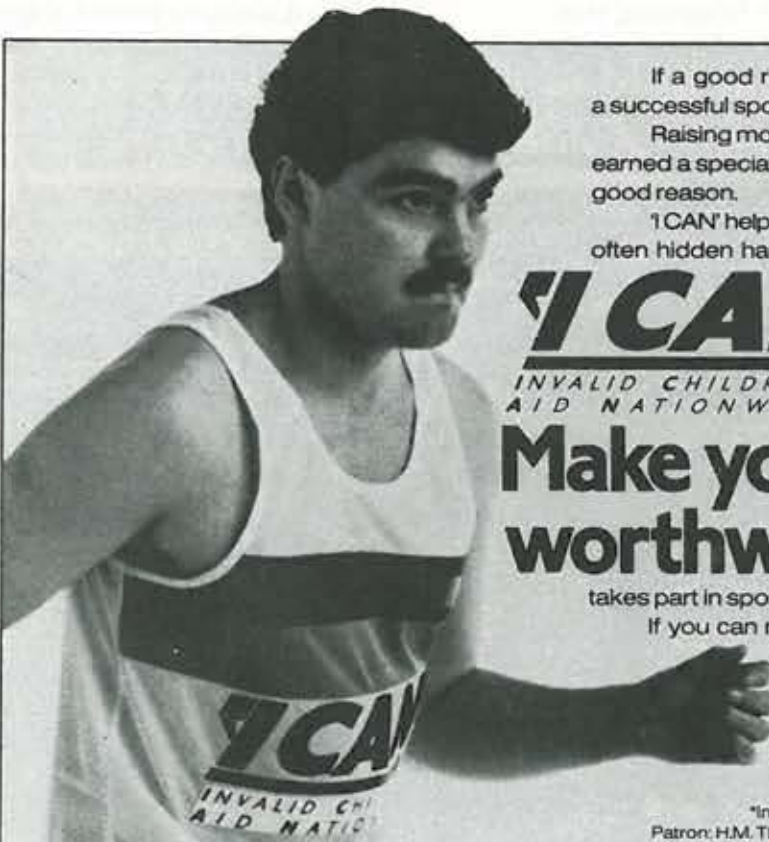
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I would like to run for I CAN in my next marathon. Please send me ☐ Sponsorship Forms ☐ Vests.

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up FRONT



Second award for Bob

FOR THE second time in four
years, Bob Inglis has been awarded
a national Dextrosol Coaching
Award from the British
Association of National Coaches.
He received the award from the
Rt. Hon. Mrs Susan Baird, the Lord
Provost of Glasgow.

Bob was selected from a
nationwide entry to win one of the
Scottish Coach of the Year awards
for his outstanding contribution
to athletics.

Through his work with
athletes like Elliot Bunney, Jamie
Henderson and Emma Lindsey,
Bob's coaching abilities were
deemed to have shown a
"consistent, high quality when
developing individual perfor-
mance."

His recent success
complements the Award for Junior
Coaching which he received in
1986.

Bob now goes forward to be
considered for the UK awards,
which will be announced in the
autumn.

Linda reaches Scotland

LINDA Pritchard, the West
London woman who is currently
running a marathon a day around
the coastline of Britain, will be
arriving in Scotland at the
beginning of August.

Linda was inspired by the
"Marathon of Hope" run by cancer
victim Terry Fox in Canada in 1981.
Linda has called her 5000 mile run
"Keep Hope Alive" and is running
for the Imperial Cancer Research
Fund.

She will be running around
the West coast of Scotland, the
first large town visited being
Dumfries on August 1. She will
then run through Ayrshire and
north to Glasgow which will take
until August 8.

The route then heads through
Helensburgh to the West
Highlands, reaching Fort William
on August 16. Linda's route north
continues until she reaches John
O'Groats on August 31.

From there she will run down
the north east coast through
Helmsdale and Tain to Inverness.
The route then continues to
Aberdeen (September 13) via
Nairn, Elgin and Peterhead.

From Aberdeen Linda will
head south towards Perth
(September 16) and then
Dunfermline (September 19). She
will be running through Stirling
on September 20, and Edinburgh
(September 21).

Linda will complete the final
leg of her Scottish journey when
she leaves Berwick on Tweed on
September 25.

Scotrail National Championships to be keenly contested by big names

ENTRIES for the Scotrail National
Championships have been
plentiful this year, with a record
number of 73 entrants being
received for the men's 1500m!
Amongst those who have entered
for the event are Steve Ovett and
Tom Hanlon. Although Hanlon is
better known as a steeplechaser,
he will be attempting to win his
third consecutive Scottish 1500m
title.

In the sprint events, Jamie
Henderson and Elliot Bunney have
entered for the 100m and the 200m,
while in the women's events, Janis
Neilson is planning to defend her
sprint titles.

Brian Whittle has entered both
the 400m and the 800m, and is
likely to tackle the latter as, at the
time of going to press, he had not

achieved the Commonwealth
Games "A" standard of 1:47m
Facing him in the 800m will be
Tom McKean and possibly Ovett,
in what promises to be a fine race
with other contenders like Nick
Smith also chasing the
Commonwealth Games
qualifying time.

Liz McColgan and Yvonne
Murray have entered both the
800m and 1500m, with Liz likely
to tackle the 1500 and Yvonne
probably defending the 800.

Steve Whyte, the Luton United
athlete (see separate news story)
who has been throwing
Commonwealth qualifying
distances in America, adding
much needed spice to the field
events by contesting the shot,
discus and hammer.

COMMONWEALTH Games
standards have been achieved in
the shot and hammer by Steve
Whyte, a 25 year-old currently
studying in America. Whyte
qualifies for Scotland by virtue of
his father, who was born in
Scotland and he has sent his
father's birth certificate to the
SAAA's to stake his claim.

His throws of 67.82 in the
hammer and 17.78 in the shot were
achieved in Tucson, Arizona
where he is currently studying for
his Masters degree in applied
mathematics.

**DUE to the volume of track and field results in this issue, we
regret that road race reports and women's rankings have had to
be omitted. These will now appear in the September issue,
which will be published on August 17.**

**Look out, in the next issue, for details of our fabulous trip for
two to the Commonwealth Games in New Zealand, worth more
than £3,000 to the lucky winners. The competition will be open
to current subscribers of the magazine only, so if you aren't
already taking the magazine on subscription and wish to enter,
fill in the form at the foot of the next page.**

CHECK-OUT CHARITIES!

Fiona Caldwell takes a look at some of the many charities that would love to have YOU running for them in any forthcoming events. You're out there running anyway, so why don't you pound for pounds!

WHY NOT take a leaf out of "City Lights" actor, Dave Anderson's book and run for charity in the forthcoming Thomas Cook Great Scottish Run. Dave, who is running his first road race, is being sponsored, per kilometre for the Medical Research charity.

A great number of charities, each year receive varying quantities of sponsorship money from runners "running for charity". More and more charities are now realising the vast are of potential which is open to them - in the form of advertising for sponsorship runners.

Muscular Dystrophy is a charity which is well established on the running sponsorship bandwagon. There are Muscular Dystrophy teams which take part in the London Marathon, and other road races around Britain. Reg Mackie, Scottish officer for M.D. wants to encourage the trend, "We used to have a large contingent of runners in the Glasgow Marathon and hopefully this will be repeated again in the Great Scottish Run in September." Thousands of families in the U.K. are affected by muscular dystrophy or one of the other neuromuscular diseases, and half of all those are children.

The charity "Second Chance", a campaign to increase the numbers of transplants being carried out is relatively new to charity runners. This year however, fifteen athletes from the

West of Scotland who have kidney transplants are going to Leicester to compete in this years "Transplant Games" which are to be held from 28th to 31st July. Five hundred athletes who all have transplants, will gather to compete in the many events - ranging from field and track events to swimming and volleyball. The Transplant Games are held annually and will be hosted by Glasgow in 1991.

"Runners who are being sponsored for Second Chance this year are helping to raise money which will be used to make people more aware of the need for organ donation and transplantation and are thus helping us to give as many people as possible a second chance at life," says Ruth Stewart, Transplant co-ordinator.

Valerie Clarke, appeals organiser for the Anthony Nolan Bone Marrow Appeal is always eager to help runners fundraising for the charity. The Anthony Nolan Research Centre has now the largest register of bone marrow donors in the world, some 170,000 volunteers who are available to help leukaemia victims who do not have a member of their own family to help them.

Since setting up the "Sense-in-Scotland" Glasgow office in 1985, over £20,000 has been raised from people who have walked, swam or

ran for them in sponsored events. The small charity is very grateful to all their fundraisers as a number of their aims i.e. increasing awareness and the understanding of deaf-blindness, have been met.

The latest venture of the Edinburgh Cripple Aid Society is now established. Three months ago the society inaugurated a new shuttle taxi scheme to bring the physically disabled, together with their able-bodied friends and relatives, into ECAS House and take them home again. The shuttle service is door-to-door and therefore convenient, and it is a safe way to travel in the hours of darkness when many would otherwise hesitate to make the trip.

It is not only individuals who raise money for charity. Victoria Park Athletic Club, organised and participated in a 100 mile relay marathon on the 24th June, raising around £1,000 for the Scottish multiple sclerosis research.

Not all events are so straightforward. As information officer for Age Concern reveals, "the publicity bonus is all the greater in unusual sponsored events and Age Concern Scotland seems to attract imaginative fundraisers - last year it was crossing the Sahara by 2CV!"

The funds raised for Age Concern Scotland all go towards promoting the cause of care for elderly people and provides the means to do it.

This is Cheryl

Cheryl can't see and she can't hear.
What must our world seem like to her.

Cheryl is not alone

Please help us in our marathon task to help and support other deaf-blind children and their families.

For more information and sponsorship forms, contact:

Sense in Scotland

(The National Deaf-Blind
and Rubella Association)

168 Dumbarton Road
GLASGOW G11 6XE
041-334 9666/9675



up FRONT

Karen back to fitness

A DEEP rooted abscess was diagnosed as the cause of some disappointing early season performances by Edinburgh AC's Karen MacLeod.

In early May Karen's training was going well and she felt she was on schedule for the Commonwealth Games 10,000 metres place she is aiming for.

Problems started for the Bristol-based athlete, however, in the middle of May. She visited the dentist and had some X-rays taken. A few weeks later, a slow time at the European clubs 15K championships, and a dreadful time in the UK Championships 5000m confirmed that something was badly wrong.

On her return to the dentist in early June, Karen received an immediate operation to remove the entire tooth as an abscess had caused so much damage.

Following a 10 day recovery, Karen took part in the Adidas Series 10K road race at Clevedon on June 14, which she won in 33:41. This was followed by a 9-24 3000m on the track, and her good performances continued with a 10K PB of 33:13 at the Bissett Games in Oslo.

Karen's coach John Davis is in no doubt that a sub 33 minute 10K is now within his athlete's grasp, and they will be aiming for that at the WAAA Championships.

In the meantime, Karen is preparing for the Scottish Championships, when she intends running the 1500m and 3000m.

Moray magic

THE MACALLAN Moray Marathon on August 6 is to incorporate the 1989 Scottish People's Marathon Championship. The race organisers believe that the selection of the race as the Scottish championship marks a realisation of the event as one of the top on the road running calendar.

To mark the event the SAAA and SWAAA have donated special winners medals for the first three men and women.

Once again, the organising committee are organising a "three-in-one running festival" with a marathon, half marathon and 10K.

Taking part in the half marathon will be 10 airmen from Royal Auxiliary Air Force regiment 2622 from RAF Lossiemouth. The two officers and eight airmen will be hoping to establish a record for running the course with a full military back pack, weighing 40lbs, military boots, trousers and sweatshirt.

The three events will begin at 11am, the marathon in Elgin's Cooper Park, the half marathon from Gordonstoun School, and the 10K from outside Lossiemouth.

THE ATHLETIC career of pole vaulter Andrew Wake looks like reaching a premature end due to a back injury. Andrew, who is only 20, has been involved in athletics for 11 years and is very unhappy at the prospect of having to give up.

Andrew's injury which started in 1985, has been caused by the twisting of the hips and spine which is involved when pole

CAPTION COMPETITION



Sorry, but your efforts at submitting an appropriately scurrilous caption for last month's competition have failed to amuse the editor, whose humour wasn't improved by the fact that tabloid newspaper references to Ms McColgan's weight during the month should have provided an open door for most of you. So, it's try again folks, and this time the winner will be rewarded with one of the swanky new-look Scotland's Runner t-shirts which will be advertised in the next issue.

vaulting. His coach and father Joe Wake said, "A physiotherapist found that Andrew's left hip is higher than his right hip which has happened because of his pole vault take off position. The injury is not unusual for pole vaulters."

The 5'6" pole vaulter who was called "the mighty atom" when he was younger, has represented Scotland at senior and junior level. He has also won the West district

title for his club Bellahouston Harriers, four times in a row. This year Andrew was due to progress onto the 15 foot pole which his father feels confident would have lifted him to the Commonwealth Games qualifying height of 5.05m. His present PB is 4.76m.

Andrew will continue to coach young pole vaulters in his home town of Newcastle upon Tyne.

Please enter my name for the Commonwealth Games prize draw and start my subscription to Scotland's Runner magazine.

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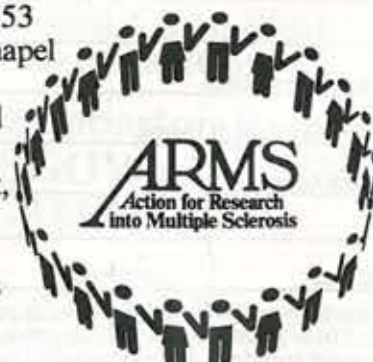
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LETTERS

Please send your letters, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Abuse, threats, and harassment in Scottish veteran athletics

46, Riverside Gardens,
Clarkston,
Glasgow.

SIR - In your Inside Lane article in the July issue, you identify two issues regarding the SVHC and George McNeill.

The first issue identified is our "apparent disregard of SAAA rules of competition". I have already drawn Mr Muchamore's attention to Rule 8 of the SAAA rules, which quite clearly allows the promoting body to refuse entries. So it can be seen that we did not contravene or alter the rules.

The manner in which George McNeill's entry was dispensed with is the second issue. Your article uses "appalling, discourteous, and rudeness" to describe our behaviour in this matter. The letters sent to George McNeill were both short and polite; a copy of both is enclosed.

It will be of benefit to all if I explain the background to the committee's decision to exclude professionals from our track and field championships.

When we were discussing the forthcoming BVAF Indoor Championships at the Kelvin Hall at our committee meeting in February, we recognised a conflict between the SAAA's rules of competition, which allow professionals to compete in closed amateur meetings, and the rules of the BVAF, which only accept competitors who are registered veterans. All vets clubs are affiliated to either the SAAA or the AAA, which means their members must be amateurs, ipso facto, BVAF competitors must be amateurs.

We raised the matter at the BVAF council meeting in March, and were advised that the rules of the BVAF must prevail for their championships.

I then wrote to all known professionals advising them that only amateurs, as defined by the SAAA, were eligible to compete. That was the start of the abusive phone calls, anonymous letters, legal threats, and threats to disrupt the championships.

The threats continued at the Kelvin Hall on the morning of the event. Some of those who were advised of their ineligibility turned up to threaten, harangue, and hound officials, until the chairman of the BVAF was forced to modify the decision of his council.

The SVHC committee has in recent years taken the view that each year a major BVAF championship should be held in Scotland. This involves a considerable amount of organisation, the support of sponsors, and the goodwill of local authorities, and it is not acceptable that this policy is placed in jeopardy by a small number of professionals who cannot accept the rules under which competitions are organised.

Your article implies that majority decisions are not entirely valid. It is recognised that majority decisions do not suit everyone. At our annual general meeting last year, the majority decided to vote for a constitution which was acceptable to the SAAA; the effect of this was unacceptable to your veteran correspondent, who subsequently resigned as president.

The BVAF council's decision in March to exclude professionals from their indoor championships was not accepted by some, and led to unfortunate scenes on the morning of the event. The focus of dissatisfaction was, once again, your veterans correspondent.

Our decision to refuse entries from professionals for our track and field championships at Dundee has, once again, proved to be unacceptable to your veterans correspondent, who in his attempt to condemn the actions of others displays an ignorance of the rules which he accuses other of contravening.

You conclude by describing our actions as "a form of sporting apartheid", which I find insulting and unacceptable, but consistent with the incorrect use of words throughout your article.

A. G. Muir,
Hon. Secretary,
Scottish Veteran Harriers Club.

LETTER OF THE MONTH

Marchbank,
Beattock,
Moffat.

My best time for a half marathon is 1:35. I am happy with that as the important fact is the enjoyment that I get from running, and the many friends that I have made. As long as I feel fit, I will continue to get Scotland's Runner magazine to help me plan for more runs in Scotland.

I would like to say thank you to the organisers of all the events throughout Scotland. I am not one to speak badly of how an event should, or should not, be run. I believe the organisers should be given more thanks for the hard work they do to try and please us, the runners.

Jim Braid

What's the matter with you, Mr Braid? A Scotland's Runner reader who hasn't got a grouse! On behalf of all Scotland's road race organisers you will be receiving a pair of Reebok shoes to help you lower your PB by the end of the year.

Reebok

Subscription offer boosts club funds for Penicuik Harriers

18, Crockett Gardens,
Penicuik.

club-related items and news.

As a suggestion, perhaps a series of articles on coaching/training for track and field events could be considered. There are always plenty of articles in athletic magazines giving outline training schedules for beginners and road/cross country running, but seldom do articles appear on sprinting, or the more technical hurdling and field events. I am sure these would be most eagerly received by athletes and the vast army of dub coaches in the country who are always looking for alternative ideas and guidance.

Best wishes for the future success of your magazine from Penicuik Harriers.

David R Cairns,
Secretary/treasurer,
Penicuik Harriers.

SIR - On behalf of Penicuik Harriers, I wish to thank Scotland's Runner for making the most generous club subscription offer and the additional revenue this has generated for our funds. As a small club with a limited senior membership, it came as a great surprise to receive your cheque with the £50 bonus for being the club with the most subscribers.

Many of our members and parents are now reading your magazine for the first time, and have been most impressed by the content and coverage of club athletics though your features and events/results columns. Congratulations therefore on a splendid magazine, and please continue with your coverage of

LETTERS

No need for the four letter words in mag

8, Greenwood Road,
Billingham,
Cleveland.

SIR - Each month I look forward to receiving Scotland's Runner, which I find refreshing, informative, and amusing (Fiona Macaulay). Having regarded your magazine as good family reading, and having extolled its virtues south of the border, I was dismayed at the irresponsible manner in which Doug Gillon dealt with some aspects of the UK Championships in Jarrow.

Certain events were for some unknown reason divided into two races, and I have great sympathy with those athletes who were relegated to the minor races. It is not difficult to appreciate the anger and frustration these athletes felt, but there is no way I can condone the behaviour of Ian Hamer in the closing stages of the 5,000m "B" race. Unfortunately the timekeepers, judges, and spectators were the recipients of his obscene gestures, even though they were not responsible for the situation.

My main concern, however, is the fact that Scotland's Runner found it necessary to lower its standards to be so explicit of the obscene gestures and language used by Hamer. Four letter words belong to cheap paperbacks and not specialist magazines associated with a clean, healthy, family sport like athletics. In a lifetime in our sport, this is the first time that I have witnessed such journalism, and I sincerely hope that it is the last.

Scottish athletics needs good

publicity, and it is sad that an excellent performance by Tom Hanlon was virtually overlooked for the sake of sensationalism rather than facts. Such a trend has already contributed to the decline of a more well known weekly athletics magazine.

Hopefully Scotland's Runner will censor future articles and maintain its high standards of the past.

Gordon Surtees,
National Event Coach.

Any other Three Peaks in world?

University of New England,
Armidale,
New South Wales 2351,
Australia.

SIR - I have just received my first ever copy of Scotland's Runner from a mate in Glasgow. Apart from enjoying every word of it (I am a Glaswegian who was never interested in running in Scotland, apart from running the first Glasgow Marathon in 1982), I nearly collapsed with delight to see the full page advertisement for the Bruichladdich Three Peaks Race. Let me explain.

I always took an interest in the other Three Peaks Race in Britain, partly because I was a mountaineer and partly because I knew Jim Bogan quite well and he competed several times. Recently a clone of the Three Peaks was run in Tasmania with, I believe, success. Inspired by this, I organised a "mini Three Peaks" on a local loch which was a great success. The race attracted 17 teams and was over in two hours. It was a success for spectators too, because they could follow every move.

My reasons for writing are to let

you know that the Malpas Three Peaks Race will be an annual event, and to suggest that mini-events like this may have potential in Scotland (Loch Leven, Loch Arklet, Loch Lomond). I would also be delighted to hear of any other Three Peaks races around the world - even of a world association!

For the record, Armidale in NSW is at 3,000 feet, and Lake Malpas is at 4,000ft, and therefore ours is surely the highest Three Peaks in the world. Armidale is a town of 20,000 people and has three running clubs: Armidale AAC, University of New England AC, Armidale Mountain Harriers, and, of course, a sailing club, the New England Sailing Club. A number of local orienteers also took part in the race.

Douglas Gray

Unwittingly omitted

14, Burnieboozle Place,
Aberdeen.

SIR - In my letter in the June issue of Scotland's Runner, the following sentence appeared: "An athlete is most likely to take a banned substance unwittingly as a result of being prescribed, when ill, medication containing it." The word "unwittingly" should have been "unwittingly". I had in mind a young athlete with no international ambitions who innocently accepted what her doctor prescribed for some ailment without realising that this action might lead to a lifetime ban from athletics.

W. Hunter Watson,
Secretary,
Aberdeen AAC.

Fifers never miss a trick: Part 2

The Carnegie Centre,
Pilmuir Street,
Dunfermline,
Fife.

SIR - I was most interested to read the advice which you proffered to Margaret Crawford as a result of her unhappy experiences in certain half marathons in Fife.

I am sure that you were not really serious when you suggested that the good Miss should give Fife a miss, particularly having regard to the fact that here in Dunfermline, and indeed in Glenrothes, both towns of high repute in the Kingdom, we can and do provide excellent opportunities for athletes to take part in events which are recognised as two of the best organised events in the UK, and are both included in the current year's Hot 100 series.

I would be delighted to forward to you copies of the relevant route maps to ensure that both you and all your readers can enjoy the wonderful sights, experiences, and half marathon events in Fife's "Auld Grey Town" and its young neighbour.

David Arnott,
Race Director,
Dunfermline Half Marathon.

Alan Campbell replies: Of course I was serious when I suggested that Norma, who in our June issue publicly described the citizens of the Kingdom as "Fly Fifers", should take a long detour round the area rather than risk facing the wrath of the local populace! Would you risk a puncture in Cupar after such an inflammatory remark?!

David, who knows I know his route very well, having been in the lead car in 1988, appears to have taken an extra inference out of my comment - that I was advising people not to compete in his, or the Glenrothes, event.

As the comment suggested nothing of the sort, I can only agree with Norma that Fifers are indeed fly, although in this case I cannot blame David for seizing on the opportunity to keep his event in the public eye!

ALLAN WELLS

IT IS often said that sprinting is more of a mental contest than a physical one. What is meant by that? It means that because you have to take your body physically to the limits, you have to be ready to sprint before you actually put a foot on the track.

In other words, the race begins on the warm up track. If you start to concentrate as you get to your marks, then the race is already lost. Too often the warm up track becomes a friendly meeting place for a chat when it should be seen as a preparation for the task ahead. This applies to all sprinters whether they are world class or not.

The psychological preparation begins with some form of running. Most people choose to jog slowly round the track. I always preferred to stride up and down in order that I could concentrate on my running technique at the same time.

A sprinter's technique must be honed to perfection so that nothing detracts from getting from A to B in as short a time as possible. If an arm or leg is pushing out to the side, instead of straight in front, then that is wasted momentum. But back to the warm up.

It is important that you leave plenty of time for your warm up. Check before you start that the events are running to time. There is nothing worse than warming up for an event to find that it is ten minutes behind time and you are left hanging about feeling all the benefits from warming up ebbing away with each passing minute.

Every sprinter warms up for every training session, therefore you should know the length of time needed to warm up before a race as they should both be the same. The warm up should be tried and tested at training and then adhered to. Routine is an essential ingredient when nerves are coursing through your body. It gives you something to hang onto, something you are familiar with.

During the running part of the warm up the athlete should be thinking about the race ahead. Getting into the right frame of mind. By this time there should be a nice flow of adrenalin coursing through the body. Not too much that your arms and legs feel like lead weights, but enough to give you that feeling of anticipation.



The stretching part of the warm up is part of the physical preparation. All areas of the body must be covered from the head to the Achilles tendon. Often people forget to stretch certain areas, but as a sprinter you are taking the whole of your body to the limit.

It is always best to start with the areas that you can cause less damage. The head! No, seriously, it is better to start at the head and work your way down the body. Do not neglect any area, but at the same time to not overstretch any area either.

The maximum time needed for stretching should be around 20 minutes. Remember this is on your own with no distractions, i.e. someone chatting to you!

The dreaded hamstrings are the sprinter's nightmare. They twang, ping and tear more often than any other part of the body. This is often caused by an imbalance in training; either through working too hard on the quads and neglecting the hamstrings, or through failing to stretch them correctly. A very good physiotherapist, whom I would rate as the best ever to have laid hands on my legs, Andy Stevenson, always said that you never stretch a hamstring while it is taking the weight of your body. In other words, either rest the leg with support under the knee on a bench, post, or wall, and gently stretch over in full control of the movement or lie on

your back and stretch it that way.

Once the stretching phase has been completed satisfactorily, the only area left is the build up to the race. This should be done in spikes, and include preparatory starts. The athlete must gradually build up the speed and intensity of each run - culminating in one flat out effort of about 50 metres.

This will get all the systems of the body ready, and at the same time free the athlete from any excess adrenalin. This leaves only the start phase to concentrate on.

The start, like the warm up, should be a well rehearsed procedure. The measurements between the blocks and the line should be the same, and the angle of the blocks should be the same. These should have been worked out beforehand in training, and only take seconds to set up. All distractions have to be eradicated and anticipated beforehand, leaving the athlete free to concentrate on the race.

Another point which may seem obvious, but can be seen time and again, especially with younger athletes: do not put on your spikes until you have completed your stretching, and if possible try and keep a pair of spikes for competition only as this is another way of feeling good on the day of a race.

The same with your kit. Your special vest and shorts should not be used for training, but must be kept for competitions only, so when you do wear them you not only look good but feel good mentally as well.

Preparation is now complete. The only thing left to do is to run as fast as you possibly can - and you do this in the knowledge that you have given yourself the best chance possible and have not wasted time and energy on minor distractions.

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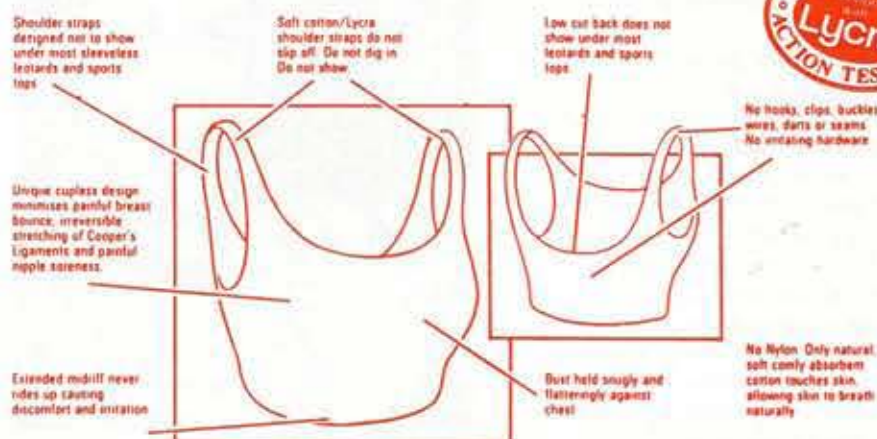
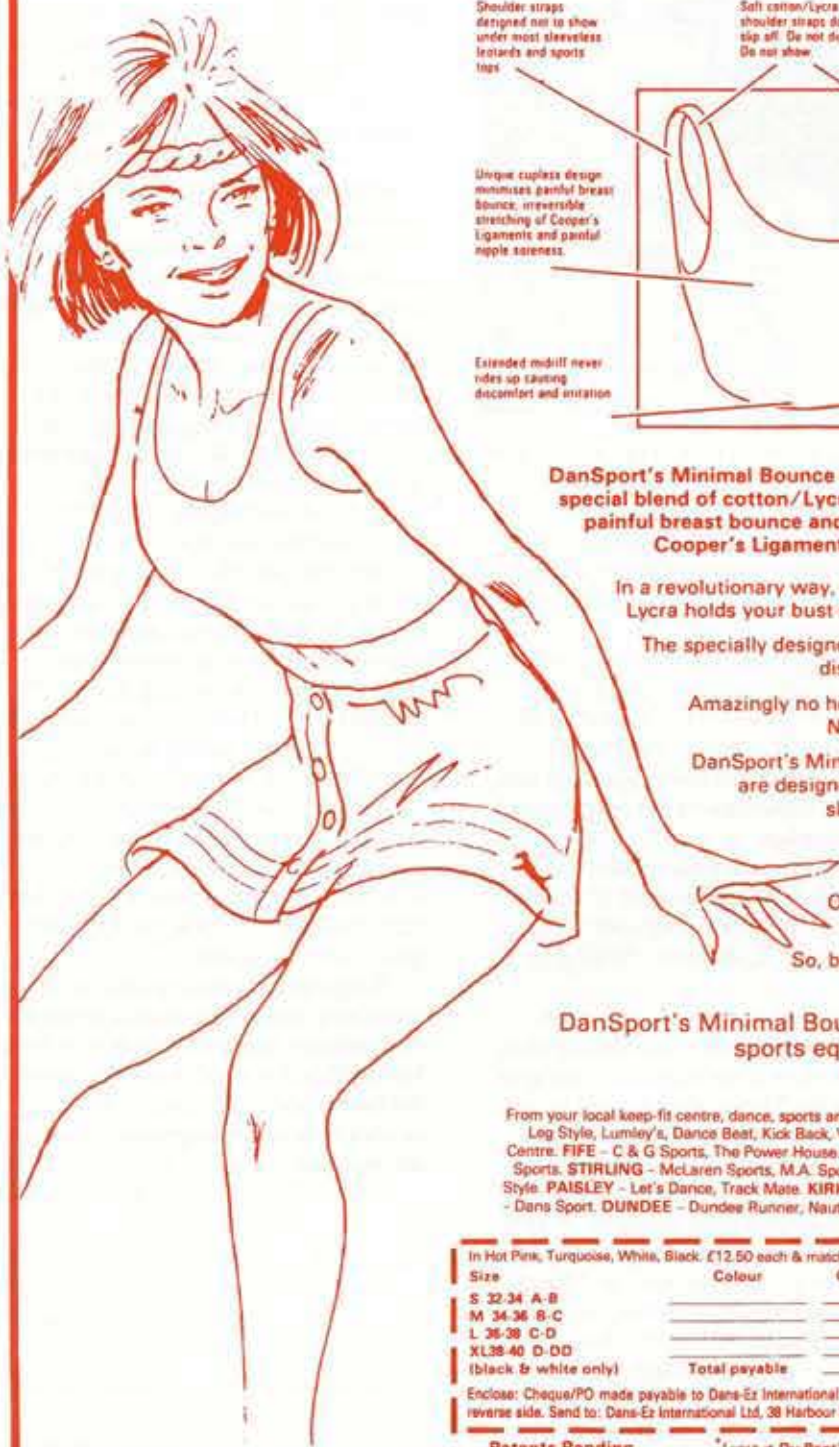
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WOMEN in SPORT

AS FROM this month Women In Sport will be taking a look at a few of the problems that we female athletes sometimes encounter while training and competing.

If you think that only old women suffer from osteoporosis then think again.

Stress incontinence; some of you runners will suffer from it so how can you get rid of it?

Do you feel lethargic due to heavy and painful periods? How can we expect to compete well under these conditions?

Can you find the quality and fit of shoe you require in a size three? Is it fair that women often have to wear "scaled down" mens shoes that lack a proper fit?

In the next few months these subjects will be tackled along with many more which affect the lives of women athletes on an almost daily basis.

THE next time you go to buy a sports bra, be careful that you buy the genuine article! According to Alan Bergman, the founder and designer of "The Minimal Bounce Bra", most sports bras are basically just everyday bras with a racing, or wide, back on them.

"They are just cups suspended by straps, they have so many disadvantages about them," he said. "Sports bras have to cope with the forces acting at the front and so they need a lateral pull from the side and a downward pull at the back to support all the movement at the front. These other

bras are too narrow at the back to cope with all the bouncing around and so the holding power at the front drops and the bra starts to ride up and cut into the breast tissue."

Bergman's bra first went on the market in 1986 as the result of his running with a friend in London. "We were running along and my friend started running with her hands cupped over her breasts. 'What are you doing?' I asked her, 'why are you running with your hands like that?' She told me that her breasts hurt when she ran and it was more comfortable to run that way. I asked her if she was wearing a bra, and she said she was." Thus, from the man who invented cotton lycra in 1975, was born the "Minimal Bounce Bra".

"It is revolutionary," he explained, "I used the concept of the hands cupping, and pulling the breast as close to the chest as possible. This gets rid of the outward projection which moves around so much. The bra is initially flat, there are no cups or pockets so the bra takes the exact shape of the breast which helps to minimise the painful bounce."

Alan Bergman says the breasts begin to sag under three conditions: age; pregnancy and periods; and during unsupported activity! The breast is made up of fibrous and fatty tissue; the pain encountered while running comes from the skin and breast tissue being stretched up and down as the breasts bounce during activity. Although this may lead to an accelerated drooping of the breasts, doctors do not believe that any medical damage will be done to the breasts when running without a sports bra. Women will still be able to lactate and breast feed if

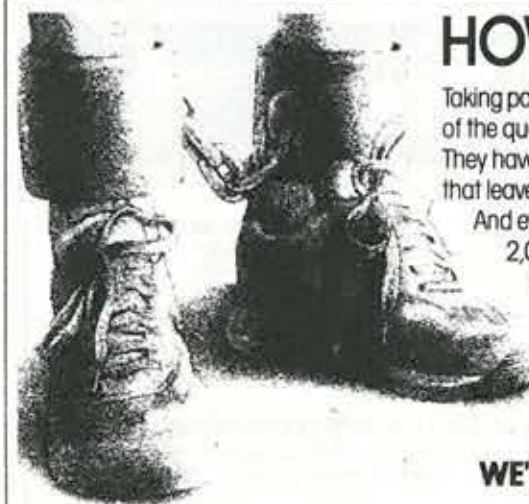
they wish, the only damage will be cosmetic. The nipple however can become irritated and may even bleed if it is rubbing against the seams found in normal bras, and so a seamless bra would be advantageous.

There are, however, some psychological advantages which have been noted. Some distance runners who are more well endowed than the average "flat-chested" runners feel they are fatter, and so less fit, because they have the added fatty tissue of breasts. They can also feel awkward as they have the mechanical disadvantages which come from the movement of the breasts. Bras which pull the breasts into the chest makes the runner appear to be flatter chested, feel thinner, and so they will feel able to compete on a par with those they believe to be thinner and fitter than they are. The impractical motion of the breasts is also eliminated as they are held snug into the chest wall.

So how aware does Bergman think we women are about the advantages of running with a good, supportive sports bra?

"I think that international athletes know what's available," he says, "but I think that the average runner encounters, and puts up with, a certain amount of pain. They probably don't know they can overcome it as they assume that it's just one more problem that female athletes have to endure, and so they accept it."

Rhona McLeod



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Dumfries's Runners

DUMFRIES HALF MARATHON: SUNDAY, JUNE 25

THE NINTH Dumfries Half Marathon on June 25 attracted a field of 561 runners to compete over an undulating course, writes Stephen Mohan.

The race was a triumph for Mike Carroll of Annan and District, who won the race for the third time and this year set a new course record of 65-42, finishing over four minutes in front of the second placed Rob Hall of Teviotdale Harriers. Also in the event, although obviously not part of the main race field, was Arnold Hamilton, who is the British Army land ski champion. He started the race a few minutes ahead of the main field, but was overtaken by Carroll before the end of the race. His reaction to being overtaken by a runner is not known!

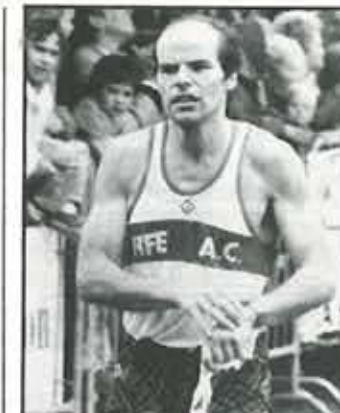
The women's race was won by Sandra Branney of Glasgow AC (19th in 76-36). The team prize was won by Dumfries Running Club with scorers Brian Grieve (6th), Colin Kinnear (12th) and Les Hill (20th).



Name: Terry Hair
Town: Welwyn Garden City
Age: 50
Job: Nurse manager
Club: Garden City Joggers
Time: 81-07
PB: 77-00 (Great East Run)
Started running: 1984
Fav distance: Marathon
Average weekly mileage: 50
Plans for '89: To get rid of injuries and run the St Albans Marathon.



Name: John Samuels
Town: Dumfries
Age: 31
Job: Nurse
Club: Unattached
Time in race: 88-13
PB: 86-00
Started running: 1983
Fav distance: Half marathon
Average weekly mileage: 35
Plans for '89: Get half marathon time to 85-00.



Name: Jack Lumsden
Town: Kircaldy
Age: 34
Job: Painter and decorator
Club: Fife AC
Time in race: 77-35
PB: 75-15 (Kinross RC)
Started running: 1984
Fav distance: marathon
Average weekly mileage: 30-40
Plans for '89: To do the Two Bridges road race



Name: Raymond Duffy
Town: Glasgow
Age: 28
Job: Nurse
Club: Giffnock North
Time in race: 90-00
PB: 87-00
Started running: 1983
Fav distance: half marathon
Average weekly mileage: 35
Plans for '89: To break 85-00 for the half marathon.



Name: Ian Donnelly
Town: Lanark
Age: 43
Job: Modern languages teacher
Club: Law and District
Time in race: 75-52
PB: 70-47 (Irvine Valley)
Started running: 1982
Fav distance: 10K/half marathon
Average weekly mileage: 40-50
Plans for '89: To avoid injuries and improve my times.



Name: Liz MacRae
Town: Glenluce, near Stranraer
Age: 35
Job: Supervisor for SMMB
Club: Galloway Harriers
Time in race: 92-14
PB: 88-00 (Stranraer)
Started running: 1983
Fav distance: marathon
Average weekly mileage: 60
Plans for '89: To run the Black Isle Marathon in October.



Name: Colin Kinnear
Town: Dumfries
Age: 34
Job: Sales manager
Club: Dumfries Running Club
Time: 74-50
PB: 71-40 (Kirkcudbright)
Started running: 1980
Fav distance: Half marathon
Average weekly mileage: 55
Plans for '89: To run a decent marathon, try to get close to 2-30

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COACHING CLINIC

WITH the Inverclyde Marathon just a month or so away, those who have been training for that event are now embarking on the four most crucial weeks.

The final two weeks immediately before the race should see a dramatic reduction in the volume and intensity of training. This is to enable you to peak mentally and physically for the competition, and to conserve your energy for running 26.25 miles.

The third and fourth weeks prior to the event (ie the final week in July and the first week in August) should see you attain your highest training mileage. The longest single run of your build-up will be three weeks before the event (ie July 29 or 30) and this should be over a distance of 20 to 24 miles.

Some international standard marathon runners do an over-distance run of around

By Derek Parker

28 to 30 miles at this point, while others go for their long run two weeks before the race. Beginners and club runners are strongly advised not to attempt to emulate these heroics, however – otherwise they are not likely to be at their best on the day when it really matters, August 20.

The first week in August and the final week in July will see your highest weekly mileages of the preparation period. The midweek outing will range from 12 to 15 miles, while the rest of the week will be devoted to an intelligent blend of fartlek, interval and recovery sessions.

Athletes who have been training twice a day as part of their build-up should continue to do so during the third and

fourth weeks before Inverclyde. The extra sessions will provide additional mileage and, equally important, will assist recovery from the previous day's work-out and serve as a warm-up for the main session later in the afternoon or evening. However, the number of morning sessions should be halved during the second last week before the race, and reduced to zero in the final seven days.

During the high mileage third and fourth weeks prior to competition, you can expect to feel quite tired. It is essential, therefore, that you get plenty of sleep and rest as well as the proper nourishment to restore depleted energy sources.

A word of warning, however. If you have allowed your training to fall by the wayside for any reason, you should forget all about running a marathon just now. You will be doing a gross disservice to



The front of the field gets underway at the Dumfries Half Marathon on June 25. Picture by PETER DEVLIN.

COACHING

CLINIC

yourself, your family and athletics by trying to cover 26.25 miles when you are not properly trained to do so. To attempt to cram four months preparation into the final four weeks before the race is an invitation to disaster and the folly of trying to do so cannot be overemphasised. You must reconcile yourself to the fact that your marathon plans will have to take a back seat for the time being, and make

your mind up that you will prepare yourself more conscientiously and diligently in the future.

Assuming everything has gone well in training so far, however, the athlete who has been preparing sensibly and following a proper schedule can be mentally rehearsing various aspects of the race at this point.

Pace judgement and effort distribution

are the two most important considerations for those competing in a marathon race, especially if they are running the distance for the first time.

It is imperative, therefore, that you have a realistic time-target to aim for. If you have participated previously in a marathon you will obviously want to improve on that time - but bear in mind that weather conditions on the day, as well as variations

SCHEDULES FOR ALL STANDARDS OF RUNNERS

Experienced

Week One

(Sessions marked (A) are for Inverclyde Marathon runners; sessions marked (B) are for 25K runners).

Sunday: 90-120 mins grass run.
Monday: 16 x 300m at 5K pace (20 to 45 secs recovery).
Tuesday: 8 miles steady.
Wednesday: 12 miles steady (A); 10 miles steady (B).
Thursday: 3 to 5 x 1 mile fast (5 mins recovery).
Friday: 45 to 60 mins easy.
Saturday: 22 to 25 miles slower than race pace for marathon (A); 16 miles steady (B).
Note: 3 to 6 morning runs of 3 to 5 miles will assist recovery and provide extra mileage.

Week Two

Sunday: As Week One.
Monday: 6 x 800m at 5K pace with 45 to 60 secs recovery.
Tuesday and Friday: As Week One.
Wednesday: 12 miles steady (A); 10 miles steady (B).
Thursday: 2 to 4 x 1.5 miles fast with 5 mins recovery.
Saturday: 22 miles at slower than marathon race pace (A); 18 miles (B).
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5 x 1000m at 5K pace with 90-120 secs recovery.
Tuesday and Friday: As Week One.
Wednesday: 15 miles steady (A); 12 miles steady (B).
Thursday: 3 x 800m with 3 mins recovery (A); 5 x 800m with 3 mins

recovery (B).
Saturday: 15 miles easy (A); 12 miles steady (B).
Morning runs as Week One - but for marathon runners these should be very easy at this stage, and the total number of outings reduced to half.

Week Four

Sunday: 75 to 90 mins easy grass run (A); As Week One (B).
Monday: 30 mins easy (A); 12 x 400m at 5K pace with 20 to 45 secs recovery (B).
Tuesday: 45 mins easy (A); 8 miles steady (B).
Wednesday: 10 miles easy (A); 10 miles steady (B).
Thursday: 20 to 30 mins easy jog (A); 3 to 5 x 1 mile (B).
Friday: 15 to 20 mins easy jog (A); 45 to 60 mins easy (B).
Saturday: 15 to 20 mins easy jog (A); 15 miles or race (B).
Sunday: Inverclyde Marathon.
Morning runs reduced to zero for Marathon runners; as Week One for 25K runners.

SOME EXPERIENCE

Week One

Sunday: 75-90 mins grass run.
Monday: 16 x 300m at 5K pace (30 to 60 secs recovery).
Tuesday: 30 mins recovery run.
Wednesday: 12 miles (A); 8 miles (B).
Thursday: 3 x 1 mile fast with 5 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 20 to 22 miles (A); 15 to 16 miles (B).
Morning runs are optional, but

these, if done, should be restricted to easy 20 minutes jogging no more than three times a week.

Week Two

Sunday: As Week One.
Monday: 6 x 800 metres at 5K pace (45 to 75 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 13 to 14 miles (A); 10 miles (B).
Thursday: 4 x 800 metres fast with 3 mins recovery.
Saturday: 18 to 20 miles easy (A); 15 to 16 miles (B).

Week Three

Sunday: As Week One.
Monday: 5 x 1000m at 5K pace (90-150 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 12 miles steady (A) and (B).
Thursday: 3 x 800m with 5 mins recovery (A); 3 x 1 mile fast with 5 mins recovery (B).
Saturday: 10 miles easy (A); 12 miles (B).

Week Four

Sunday: 45 to 60 mins easy grass run (A); As Week One (B).
Monday: 20 to 30 mins easy (A); 12 x 400 metres at 5K pace (30 to 60 secs recovery) (B).
Tuesday: 20 mins easy (A); As Week One (B).
Wednesday: 45 to 60 mins easy (A); 10 miles (B).
Thursday: 20 mins easy (A); 2 x 1.5 mile with 5 mins recovery (B).
Friday: 10 to 15 mins jog (A); As Week One (B).
Saturday: 10 to 15 mins easy jog (A); 15 to 16 miles (B).
Sunday: Inverclyde Marathon.

NOVICES

Week One

Sunday: 30 to 60 mins grass run.
Monday: 20 x 15 secs striding / 45 secs jog plus 10 mins warm-up / cool down.
Tuesday: Rest or 15 mins jog.
Wednesday: 4 top 6 miles steady.
Thursday: 20 minutes easy jog.
Friday: Rest.
Saturday: 5 to 7 miles steady.

Week Two

Sunday: As Week One.
Monday: 15 x 20 secs striding / 60 secs jog.
Tuesday, Thursday, and Friday: As Week One.
Wednesday: 5 to 7 miles steady.
Saturday: 6 to 8 miles steady.

Week Three

Sunday: As Week One.
Monday: 12 x 30 secs. Striding / 60 secs jog.
Tuesday, Thursday, and Friday: As Week One.
Wednesday: 2 miles easy plus 2 miles fairly fast plus 2 miles easy.
Saturday: 6 to 8 miles steady.

Week Four

Sunday: As Week One.
Sunday: As Week One.
Monday: 12 x 15 secs striding / 30 secs jog.
Tuesday: As Week One.
Wednesday: 20 minutes easy.
Thursday: 10 mins jog.
Friday: Rest.
Saturday: Time trial over 3 miles / 5K (Compare time with last month) or race 5K/10K.
Sunday: 20 to 30 mins easy recovery run on grass.

COACHING

CLINIC



Follow Derek's advice and you shouldn't run like a dog!

in different courses, will influence the final outcome to some extent.

If Inverclyde is your first marathon then obviously your main goal will just be to complete the course and give yourself a time to aim at on your next outing over 26.25 miles. According to Bruce Tulloh, gold medalist at 5,000 metres in the 1962 European Games, you can estimate your marathon time by multiplying your best 10 miles time by three or by doubling your best half marathon time and adding 10 to 20 minutes. My own advice to those making their marathon debut is that it is better to err on the side of moderation. In other words, underestimating your ability is preferable to overestimating it.

First impressions leave an indelible imprint on the mind, and if you go off too fast in pursuit of an over-ambitious target you will sooner or later grind to a standstill and vow you will never compete in another marathon.

It is far better to feel satisfied with your performance at the end of an intelligently paced race, knowing you are capable of running faster. This way you will look forward to your next marathon and the anticipation of the opportunity to better your previous time will give your training a tremendous boost and incentive.

If you have not already done any training runs at race pace, now is the time to start. The sole objective of these sessions is to discipline yourself to running at the pace you intend to travel at during the marathon. You will know, for example, that if you want to get under 3-05 for the marathon, you will be averaging seven minutes per mile for the entire race. This means that you should include five mile runs in 35 minutes during your training and 10 mile efforts in 70 minutes.

Many athletes, surprisingly, find this type of work-out quite difficult and they invariably run too fast. So it is vital you remember that the objective of the session is pace judgement and not speed. By using mile markers and attempting to run each mile at correct racing pace you can give an added dimension to your training and get yourself accustomed to the required tempo.

It is customary for athletes to give themselves around five to ten minutes leeway on either side of their target times when planning their marathon strategy for a race.

For example, someone aiming at covering the distance in 3-05 could have a top target of 2-55 and a bottom target of 3-15. This approach provides a safe degree of

flexibility and takes into account that performance can be affected for better and worse by how you feel on the day, the nature of the course, and the weather.

An important word of warning, however. If it is hot on the day of the race you should forget all about fast times. Heat is the marathon runner's worst enemy and to avoid any potential health or physiological problems you are strongly advised to aim for a slower time than you had originally been aiming for. Those of us whose memories reach back to 1954 will never forget the sad spectacle of Jim Peters collapsing on the track on a hot day in the Empire Games marathon at Vancouver. Had Peters run at a slower pace, instead of trying to set a personal best time in the searing heat, he would still have won the coveted title quite comfortably.

Other precautions to take if the weather is hot on the day of the race include drinking plenty of water before and during the event; using sponges to moisten your face, head, neck, and thighs; wearing light-coloured vests and shorts; keeping in the shade as much as possible before and during the event; and restricting pre-race activity to gentle stretching exercises and walking.

If, during the race, you do feel sick, dizzy, dry-skinned, confused, breathless or sore in the chest *slow down*. If your sensations of discomfort persist, lie down in the shade, drink plenty of water, sponge yourself down, and summon medical help if necessary. No one wants to be unduly pessimistic but you must never forget that

your health comes first and that you have an obligation to yourself, your family and friends, as well as to athletics as a life-enriching sport not to do anything which could have unpleasant consequences.

One of the questions most asked by intending marathon runners is the use of carbohydrate-loading during the last few days before their race. According to Dr John Humphreys, physiologist to the British Marathon Runners' Club, and Ron Holman, British Olympic team coach at Moscow, there are three forms of carbohydrate-loading (or glycogen loading as it is also called; glycogen being the form in which carbohydrate is stored in the muscles).

The first of these, which was popularised by 1970 Commonwealth Games champion Ron Hill, is known as the seven days glycogen-loading diet. It involves a hard 10 to 12 miles glycogen depletion run one week before the race, followed by three days of mainly protein and fat ingestion, then three days of mainly carbohydrate ingestion. During this phase training must be kept deliberately light to allow glycogen storage at optimum level. Plenty of liquids must also be taken as one gram of glycogen is stored with around 2.7 grams of water.

The seven day diet boosts glycogen reserves by 3 to 3.5 times normal resting levels and can be highly effective if done correctly. But it can produce unpleasant side-effects such as weakness, nausea, irritability, and lethargy, so it should only be followed under experienced supervision and guidance. Even then, it is only used a maximum of twice a year by experienced competitors.

Under no circumstances should the seven day diet be used by beginners or by athletes who are not capable of running a marathon in less than 2-30 (men) or 3-00 (women).

Athletes in the beginner or 2.5 hours/3 hours categories should adhere to the following dietary and training guidelines:

Method 1: This is a compromise between the seven-day diet and the glycogen-loading diet in its simplest form. Method 1 is useful for athletes who have run in previous marathons. It is now being used more frequently by top class performers unwilling to risk the side effects of the seven day formula. Assuming the race is on a Sunday, the athlete does a fairly hard (but not full-out) nine miles run in the late afternoon of the preceding Wednesday. Only limited amounts of carbohydrates

COACHING

CLINIC

are eaten during the remainder of the day, the emphasis being on protein and fat ingestion.

On the Thursday, Friday, and Saturday, the athlete then follows a mainly carbohydrate-based diet, with only limited amounts of fat and protein being eaten. Again, training should be light during this stage and plenty of liquids taken.

This three day glycogen-loading diet raises the stored carbohydrate levels to around 2.5 to 3 times the normal resting quantities. It can be used frequently throughout the season and is also effective for half marathon and 10 mile races.

Method 2: The normal diet of the average person comprises approximately 50 per cent carbohydrates, 40 per cent fat, and 10 per cent protein. Using Method 2, the athlete merely reduces the amount of fat and protein eaten during the Thursday, Friday and Saturday before a Sunday race and concentrates on the carbohydrate aspect of his or her diet. Again, training is very light and plenty of liquids taken. Using this method it is *not* necessary to do a glycogen-depletion run. Method 2 is the one recommended for the athlete's first three or four runs over the marathon distance.

Pre-race diets before marathon races are nothing to do with food fads, nor will they ever compensate for lack of training. Their objective is to build up the fuel stores in the muscles which will enable the athlete to do justice to his or her training - and that fuel is glycogen or stored carbohydrate.

Two final points about dietary manipulation: firstly, keep a record of all of the foods and quantities which you eat during the days before the race as it will be useful for planning future events; secondly, if you have any medical condition or know of any reason why you should *not* manipulate your diet before the race (eg high blood fat levels) consult your doctor.

Always remember the golden rule: **If in doubt, leave it out.**

As well as glycogen loading there are other important aspects of the athlete's pre-race preparation which must not be ignored. Make a point of visiting the Inverclyde course before the race if you can. Time spent in reconnaissance is never wasted and the knowledge gained will stand you in good stead once the competition gets under way.

Give yourself plenty of time to travel to the event. The optimum time for arrival is 90 minutes before the start to allow yourself time for collecting numbers, visiting the

toilet, changing into your running kit, rubbing vaseline on vulnerable areas such as the groin, toes, armpits, and feet, arranging for your baggage to be collected - and gathering your thoughts together and preparing yourself mentally to give of your best.

Your pre-race meal should be eaten about three hours before the start and should consist of easily digestible foods such as toast, jam, marmalade, honey, or cereal. Foods high in fats or proteins such as fries, eggs etc should be avoided as they are digested very slowly and do not empty rapidly from the stomach.

Humphreys and Holman suggest that 30 minutes before the race begins athletes should drink 14 to 21 fluid ounces of water (400 to 600 millilitres) and 3.5 to 7 fluid ounces (100 to 200 ml) during it at 10 to 15 minute intervals.

As stated earlier, liberal quantities of water should be drunk during the final few days before the event. It is estimated that an athlete requires between two and four pints of water to maintain metabolism during the marathon and to prevent the water deficit rising above three per cent of body weight which is reckoned to be the maximum level tolerable by the human physiological processes.

Before you embark on your marathon make a final assessment of weather and environmental conditions. If it is very hot, humid, or windy you must accept that your overall time will be slower than planned. This means you will have to start off more slowly than you had intended - otherwise you will almost certainly be reduced to plodding pace later on and may not even complete the distance.

Assuming conditions are favourable, however, you must not get carried away by over-zealousness or enthusiasm. Do not, under any circumstances, try to keep up with the inexperienced show-offs who sprint to the front early on just to have their photographs in the paper and then grind to a standstill a few miles farther on.

Above all, do not run hard during the initial stages in the erroneous belief that being ahead of schedule will give you time in hand for the later stages when you get tired and your pace begins to drop. This is a recipe for disaster as you will only deplete your glycogen reserves long before the finish.

The marathon is a fuel-economy event and this means that you must run at even pace as much as possible, distributing your accumulated glycogen stores throughout

the entire duration of the race. The last six miles of the marathon are considered to be the most difficult, so if you have burned off most of your fuel reserves at the 20-miles mark your chances of crossing the finishing line are highly remote.

The key to successful marathon running is correct pacing based on an accurate and realistic assessment of the time you hope to achieve in the race. Write down your intermediate mile times on a strip of adhesive tape and stick it to your wrist or hand for consultation during the event.

If you find you are going too slow do not inject a sudden burst of pace as this will only hasten the depletion of your energy resources. Step up the speed very gradually until you get back on schedule - but always make allowance for the fact that weather conditions, topography, and terrain will make some sections of the course faster and slower than others.

You must expect to be feeling good at the beginning of the event. You have, after all, trained thoroughly for it for several months and your two easier weeks before the race - along with your glycogen loading - make it inevitable that you should be feeling in good form.

But you must resist the temptation to go off too fast or to try to keep up with a rival, club colleague, or training partner. You will be running for 26 miles and you will be on your feet for around 2.5 to 3 hours - so it is absolutely crucial that you stick to your own pace and run your own race.

A few final points: Firstly, sit down quietly after the race and allow your heart and breathing rate and emotions to return to normal; secondly, eat easily digestible foods and get plenty to drink to restore depleted energy resources; thirdly, jog/walk for 15 to 20 minutes on the Monday and Tuesday after the event to alleviate stiffness and muscular soreness.

The Wednesday and Thursday can be taken as complete rest days if you wish; the two weeks after the race should be restricted to light jogging three to six times a week depending on fitness, age and experience.

Do not consider racing during this period otherwise you are likely to get injured or suffer stress-related ailments.

You have trained hard for your big day at the marathon and now the rest is up to you. Good luck - and please, write and let us know how you got on.



Above, youths triple jumper Scott McGeoch of Kilbarchan; top, the senior boys' 80m hurdles final; above right, Keith Murray (Inverness H) in the youths' 2,000m steeplechase; below right junior men 2,000m steeplechase.

A STRING of championship best performances were set at the Dairy Crest SWAAA and SAAA Junior and Under 20 Championships on July 1, our junior athletes proving they are very much on form.

The girls' events were held at Grangemouth, with one of the best performances of the day coming from Pitreavie's Isabel Linaker in the junior 1500 metres. Isabel's outstanding time of 4-30.9 beat the existing best performance by eight seconds and marks a new British best in 1500 metre running for a 13 year old. She won the race by 21 seconds having taken the lead after 50 metres.

Myra McShannon (GAC) succeeded in beating her own championship best performance when she won the junior 100m in 12.5. She scored a double victory after being given the 200m verdict over Sharon White (Seaton AC) although a photo finish was needed to separate the two. Myra's time of 25.31 just shaded Sharon's 25.32.

Another best performance came from Pitreavie's Eleanor Garden who is proving to be a successful young discus thrower. Eleanor claimed the girls' record with her throw of 26.34m.

Another record breaking throws victory came from Julie Robin (Helensburgh) who putted the girls shot 10.48m.

It was a successful day for hurdlers with three records being broken. Intermediate Catherine Murphy (GAC) and Suzanne Wood (ESH) set new records in the 80m hurdles and 300m hurdles respectively. Catherine's new best of 11.43 was set in the heats, with her final time being a marginally slower 11.54. Suzanne's winning time was 45.8.

The remaining hurdles record was set by Michelle McGuinness (Shett) with her time of 14.8 in the Euro junior 100m hurdles.

MEADOWBANK was the scene of the men's Under-20 championships where James Stoddart broke the junior high jump record of one of his famous predecessors, Brian Burgess. Stoddart broke the 14 year-old record with his jump of 2.06m, one centimetre more than Burgess's attempt in 1975.

Another record fell, this time on the track, as Colin Young (Clydebank) broke the boys 800m record with 1-58.1. Young also showed his speed winning the 400m in 52.06.

Brian Ashburn (Clydebank) had a successful day, retaining his junior 100m title in 10.98, and winning the long jump with a leap of 6.67. He was due to compete in the 200m also but a leg injury prevented him from doing so.

There were two other double winners on the track, with Darren Galloway (Ayr) and Craig Joiner (Pitreavie) both producing fine sprint doubles. Galloway won the youths' 100m in 11.25, and then took the 200m title in 22.34. Joiner won the boys' 100m in 11.47 and the 200m in 22.86.



club PROFILE

LET US start with the history lesson. Back in 1974, four hardy gentlemen, namely Mike Barnes, Gordon Duff, Ian Briggs and John Black, used the backroom of the historic mansion of Howden House to lay the foundations of our club. Seventeen years on, we have a compliment of over 300 members who grace the all weather eight lane running track at Craigswood Sports Centre, with all the added facilities of a modern day complex.

Nowadays there's no thoughts of the old cinder tracks, where you ran five laps to the mile and washed in the sink afterwards. That's how it was when I started out (but then, I'm jealous). Our club colours are yellow with a green stripe running vertically; we've been likened to the yellow broom (rape seed) which has become predominant throughout the Scottish countryside, and we've been known to pop up in the most unexpected places. We are suckers for the unusual and delight in any new challenge that comes along.

Our strength in numbers is shown in the many events we support, but may I add it's not only quantity we supply - but a fair amount of quality as well. I'd like to draw your attention to many of our varied facets.

Our hill running fraternity are well served by the husband and wife combination of Ann and Andy Curtis, plus Steve and Val Dempsey, all past Scottish hill running champions, ably supported by Christine Walley and Joyce Salvona who were representatives for Scotland in the last hill running World Cup championships at Keswick.

In orienteering too, we have a British champion in Andy Kitchin, and special congratulations are due to

IAN LEGGETT, an over 50 veteran who describes himself as, "second to anyone who was anyone in athletics", brings us up to date with his club, LIVINGSTON AND DISTRICT AAC.

Yvette Hague who was the first Briton to win a World Cup race in the series.

I hope you saw the television coverage of the "Highland Cross" where once again the yellow peril struck - first and second male teams and first and second women's individuals - and this with the handicap of Ann Curtis almost carrying a passenger on her handlebars.

The West Highland Way again saw three Livingston finishers - Ian Campbell (fourth), Sandy Jack (seventh), John Dennison (14th). Excellent work all round.

The club organises its own bi-monthly newsletter called the "Livvi Lingo" and has its own hill running championship under the auspicious name of the "Green Bogie Bing Bashers". Come May-Day, a hardy crew climb their way to Cockleroi Hill to greet the dawn and bathe in the morning dew; we're considering a run through the New Year but so far we've never been sober enough - maybe next year.

Another highlight of our year is the annual weekend trip away to the Coniston 14, where, thanks to the organisation of Margaret and Martin Hymen, the true value of the Lake District can be appreciated (and I also think the race would miss us).

The message that I really would like to convey is that versatility is our greatest asset, camaraderie is highly emphasised, and we welcome anyone with open arms irrespective of ability.

We are fortunate in many ways in having an abundance of natural training areas on our doorstep. The splendour of the Pentland Hills coupled with three country parks, Almondvale, Calderpark and Beecraigs - all within the confines of the River Almond valley, make the long Sunday runs enjoyable.

This year Livingston hosts the Scottish People's half marathon and there is every

possibility it could be the richest prize list ever compiled for such a race in Scotland.

I don't want to create the impression that we only cater for the senior categories. We are again fortunate to have a thriving junior section, ably coached by the many BAAB qualified coaches who cover all events in the sport. The only woman pole vault coach is resident with us in Marion Restrick, and we wish her well in progression in this field.

The stars of the future to look for include Michael Dennison, who was third in the national 1500m and winner of the East District 1500m indoors. Michael is holder of the club record for 1500m and



West Lothian District Council

Pursuing our aim for quality athletics, the district council are proud to announce the opening of the new Bathgate Sports Centre. This multi-sports complex, together with the athletic track at Craigswood Sports Centre, targets West Lothian as one of Britain's most attractive athletic locations.

Bathgate Sports Centre

Located in the Balbardie Park of Peace, it boasts an "indoor athletic track", 10 lanes, 132 metres long. It is one of the few locations in Europe to accommodate 100m sprints and will shortly host an inaugural invitation and open sprint meetings with the assistance of Edinburgh Woollen Mills. This unique facility is complemented with a bewildering variety of other leisure facilities e.g. Par 3, 9 hole golf course, decathlon area, international BMX track, kiddies custom-made indoor/outdoor soft play areas, indoor bowls, health suite, untra modern hi-tech conditioning equipment, bar and cafe.

Craigswood Sports Centre

400 metres spiketop athletic track with complete range of field events. Enhancing these facilities is a modern pavilion with a registration foyer, viewing gallery, conference room and kitchen.

So for official meetings, club sessions, its a knock-out, sports days - use your imagination and come to West Lothian.

For further information contact:

Mike McGhee or Gillian Boyce

0506 848088

club PROFILE

800m, and he was the first club member to dip under two minutes for the 800m.

In the field events, Alan Kemlo is a prospective Daley Thomson, and creating a stir in the javelin event.

Last, but not least, Vincent Barnes, a first year youth, and fourth in the East District is selected to go on the Dairy Crest junior coaching course in his distances of 100 and 200 metres.

Within Livingston we have an enormous range of sports available to our kids. There is basketball, ice hockey, rugby, swimming, shinty, canoeing, American football, archery, hockey and a 10-16 year old football league all tempting the

cream of talent away from athletics - but all credit to John Taylor and Harry Akers, and the club's hard working backroom committee that we are able to stand up to these outside pressures. We are a competitor in the Forth Valley League and working our way through it.

The future for the club looks very bright indeed and this year could see us competing in the Edinburgh to Glasgow relay. If anyone knows of a race in Timbuctoo or something that could appeal to us, give us a call.

Finally, to right a very wrong misquote, when Stanley went to Victoria Falls, he said, *Livingston Athletic Club I presume!*



Top, club coaches John Taylor, Harry Akers, Ann Kelmo, Marion Restrick, Brian Chapman, Keith Small, Peter McLaren and Fred McCluskie; middle, men's 1500m training; and above, sprinters Caroline Harvey, Nicola Kemp, and Lorraine Marshall. Pictures by PETER DEVLIN.

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if you crossed
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Livingston
half marathon

The starting line

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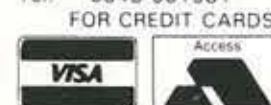
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100 METRES CGA = 10.38

10.42w	Jamie Henderson	(ESH)
(10.45)		
10.43	Elliot Bunney	(ESH)
10.71	Alan Doris	(EAC)
(10.6w)		
10.76	David Clark	(ESH)
10.96	Callum Orr	(EAC)
10.98	Brian Ashburn	(CAC)
Hand:		
10.2w	Clark	
10.6w	Doris	
10.7w	Neil Turnbull	(ESH)
10.7w	Darren Galloway	(Ayr)
10.9	Richard Levin	(Bell)
10.9	Norman Shute	(ESH)
10.9	Mark McMahon	(ESH)

200 METRES CGA = 20.80

21.5	Neil Turnbull	(ESH)
21.6w	Mark McMahon	(ESH)
21.7	Willie Fraser	(EAC)
21.7	Mark Davidson	(Ab)
21.7	Brian Whittle	(Ayr)
21.73	Alan Doris	(EAC)
21.9	Mark Davidson	(Ab)
21.94	David Clark	(ESH)
22.0	Steve Shanks	(CAC)
22.0	Jamie Henderson	(ESH)
22.0	Ewan Clark	(Pi)
22.03	Simon May	(Har)
22.1	Mal Fairweather	(Sle)

400 METRES CGA = 46.75

45.92	Brian Whittle	(Ayr)
47.67	Mark McMahon	(ESH)
48.0	Mark Davidson	(Ab)
48.2	Jim Nicoll	(PSH)
48.2	Andy Walker	(ESH)
48.63	David Mulheron	(Sht)
48.8	Malcolm McPhail	(Ayr)
49.1	David Young	(B'hl)
49.2	George Fraser	(S'li)
49.2	Ian McGurk	(CAC)

800 METRES CGA = 1-47.00

1-44.59	Tom McKean	(B'hl)
1-47.80	Brian Whittle	(Ayr)
1-48.08	Nick Smith	(Sht)
1-48.36	David Strang	(Har)
1-50.6	Andrew Murray	(JWK)
1-51-07	Adrian Callan	(Spr)
1-51.1	Steve Overt	(AD)
1-51.2	Tom Ritchie	(Pi)
1-51.9	Peter McDevitt	(Bell)
1-52.2	Iain Cumming	(Pi)

1500 METRES CGA = 3-40.00

3-43.4	Tom Hanlon	(ESH)
3-44.14	Alastair Currie	(Dum)
3-45.1	Robt Cameron	(CR)
3-45.5	Hamish McInnes	(OG)
3-46.26	Nick Smith	(Sht)
3-46.9	Alan Smith	(ESH)
3-48.40	Don McMillan	(DrC)

3-49.37	Adrian Callan	(Spr)
3-49.6	Peter McColgan(NI)	(DHI)
3-49.79	Alan Puckrin	(GG)

5000 METRES CGA = 13-45.00

13-39.95	Tom Hanlon	(ESH)
13-48.54	Ian Hamer(W)	(EAC)
13-57.22	Alan Puckrin	(GG)
14-01.73	Peter McColgan(NI)	(DHI)
14-03.80	Robert Quinn	(Kilb)
14-05.42	Neil Tennant	(ESH)
14-09.28	Adrian Callan	(S'bn)
14-13.27	Gary Grindlay	(ESH)
14-20.61	Iain Matheson	(Ab)
14-26.58	Chris Hall	(Ab)

10,000 METRES CGA=28-20.00

30-28.8	Charles Haskett	(DHI)
30-57.73	Neil Thin	(ESH)
31-03.8	Callum Murray	(Cam)
31-04.8	David Duguid	(Ab)
31-11.4	Mike Murray	(Ab)

110 METRES HURDLES CGA = 14.00

14.33w	John Wallace	(N'm)
14.39w	Neil Fraser	(EAC)
15.3	Colin Hogg	(ESH)
15.34	Craig Duncan	(Sht)
15.34	Allan Leiper	(Ald)
15.5	Mark Davidson	(Ab)
15.6	Iain McGillivray	(Elan)
15.76	Duncan Mathieson	(Ab)
15.87w	Callum Orr	(EAC)
15.94	Graeme Smith	(EAC)

400 METRES HURDLES CGA = 51.50

50.79	Mark Davidson	(Ab)
52.4	Roger Harkins	(Sht)
53.41	David Hitchcock	(ESH)
53.5	Malcolm McPhail	(Ayr)
53.78	Mark Fulton	(Sale)
54.06	Nick Taylor	(VP)
54.3	Gary Brown	(Pen)
55.0	Stewart Dempster	(ESH)
55.0	Steve Ledingham	(Ab)
55.03	Stan Devine	(ESH)

3000 METRES STEEPLECHASE CGA = 8-38.00

8-25.77	Tom Hanlon	(ESH)
8-44.35	Peter McColgan (NI)	(DHI)
8-52.32	George Mathieson	(ESH)
9-01.88	Ian Steel	(ESH)
9-13.62	Graeme Croll	(EK)
9-16.0	John Pentecost	(FVH)
9-16.8	Jim Orr	(Cam)
9-19.42	Martin Ferguson	(EAC)
9-23.35	Ken Stirrat	(OxU)
9-26.4	Rich Charleston	(WB)

HIGH JUMP CGA = 2.18

2.21	Geoff Parsons	(Lon)
2.11	David Barnetson	(D'wl)
2.08	Alan Scobie	(Irv)
2.08	James Stoddart	(Bell)
2.05	Ben Thomson	(EAC)
2.05	Stephen Ritchie	(Pi)
2.00	Neil Robbie	(HW)
2.00	Scott Hill	(EAC)
1.95	Duncan Mathieson	(Ab)
1.95	Doug McIlroy	(CAC)

POLE VAULT CGA = 5.05

4.60	Doug Hamilton	(ESH)
4.40	Allan Leiper	(Ald)
4.30	Iain Black	(ESH)
4.20	Jim Johnston	(ESH)
4.20	Stuart Ryan	(G'hd)
4.20	Eric Fliszar	(DHI)
4.20	Ian McKay	(EAC)
4.10	Andrew Wake	(Bell)
4.00	Donald Darroch	(DHI)
4.00	John McArdle	(Lou)
4.00	M Smith	(EAC)
4.00	Paul Pentland	(EAC)

LONG JUMP CGA = 7.60

7.21	Mel Fowler	(DHI)
7.09	Craig Duncan	(Sht)
7.08	Duncan Mathieson	(Ab)
6.99	John Scott	(EAC)
6.94	Eric Scott	(Hel)
6.94	Ian Snowball	(EAC)
6.88	Brian Ashburn	(CAC)
6.78	Ben Thomson	(EAC)
6.61	Mark Hamill	(CAC)
6.61	J Brannan	(DHI)

TRIPLE JUMP CGA = 16.00

15.03	Stuart McMillan	(DHI)
14.93	Craig Duncan	(Sht)
14.88	David Rooney	(EAC)
14.20	Geoff Parsons	(Lon)
14.04	Mel Fowler	(VP)
13.90w	Russell Brown	(GU)
13.85	John Brierley	(WLI)
13.82	John Scott	(EAC)
13.72	Neil McMenemy	(N'm)
13.67	M Craig	(StAl)

SHOT PUTT CGA = 17.50

17.78	Steve Whyte	(Lut)
14.78	Mark McDonald	(Dum)
14.60	Gordon Smith	(Ab)
14.41	Darrin Morris	(Pi)
14.22	Steve Aitken	(DHI)
14.19	Rob Smith	(EdU)
13.81	Neil Mason	(Fife)
13.58	Graeme Stark	(Roth)
13.39	Michael Jemi-Alade	(ESH)
12.70	John Scott	(Sht)

DISCUS CGA = 56.50

53.68	Darrin Morris	(Pi)
51.30	Michael Jemi-Alade	(ESH)
46.90	Mark McDonald	(Dum)
43.56	Steve Whyte	(Lut)
43.50	Russell Devine	(EAC)
40.64	Alex Black	(ESH)
39.38	Bruce Shepherd	(Elg)
39.00	Paul Allan	(Ab)
38.92	Doug Aitchison	(PSH)
38.60	Alan Nisbet	(Pi)

HAMMER CGA = 65.00

67.82	Steve Whyte	(Lut)
57.94	Laurie Nisbet	(ESH)
55.62	Russell Devine	(EAC)
52.42	Andrew Hall	(Hill)
50.98	Russell Payne-Dwyer	(Bch)
50.94	David Valentine	(Cam)
49.54	Adam Whyte	(EAC)
48.52	D Aitchison	(PSH)
47.34	David Mathieson	(MK)
47.30	David Allan	(Inv)

JAVELIN CGA = 74.00

67.44	John Guthrie	(ESH)
66.68	Roddy James	(ESH)
61.62	Stewart Maxwell	(Wirr)
57.04	Stewart McMillan	(Pi)
56.90	Adam Whyte	(EAC)
56.42	Alex Black	(ESH)
55.46	J Grant	(Lor)
55.38	Finlay Hunter	(EAC)
54.10	Alex McIntosh	(ESH)
52.74	N Fearnley	(Glen)

DECATHLON CGA = 7100

6656	Duncan Mathieson	(Ab)
6593	Callum Orr	(EAC)
6434	Allan Leiper	(Ald)
6312	Stewart McMillan	(Pi)

AMONG the highlights of the last month was Mark Davidson's new national record of 50.79 over 400 metres hurdles, making him at the time of writing one of only six Scots to meet the Commonwealth Games "A" standard, the others being newly discovered Scot Steve Whyte (shot/hammer) and - more predictably - Brian Whittle (400), Tom McKean (800), Tom Hanlon (5,000 and 3,000 s/c) and Geoff Parsons (HJ).

Davidson's record is evidence of the improved depth in the 400m hurdles event, with good young talent such as Peter Campbell, Mark Fulton, Malcolm McPhail, Nick Taylor and Gary Brown all capable of further progression, as is Roger Harkins, new to the event this year.

Arnold Black

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Enterprise Shorts	royal/tenby	M 10.40
navy/yellow - black/turq - smoke/red		
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Classic European Running	royal, navy, gold	s-l 8.45
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IT'S A GREAT NIGHT AT THE MILLER LITE

THE SUN, which had taken a shine to Edinburgh for the earlier part of the week, chose Friday, July 7, to accede to more traditional capital weather. But even if the sprinters didn't get the warmth or the wind they would have liked, there was nothing remotely overcast or chilling about the standard of performance at the IAC Miller Lite meeting at Meadowbank that evening, writes Alan Campbell.

Quite the reverse. No fewer than 13 Scottish all-comers' records fell to the top quality international field assembled by David Bedford, and even the non arrival of the world's hottest middle distance property, Kenya's Paul Ereng, went unmentioned as the crowd rose to Tom McKean's 800 metres victory (1-45.41) over Johnny Gray and Robert Kibet, the two fastest men over the distance this year at the time of writing.

Space doesn't permit a full parade of the record breakers (although all credit, especially, to Merlene Ottey who beat the 100m and 200m marks despite the unfavourable conditions). So let's be parochial and toast Dingwall's Jayne Barnetson, who, almost unnoticed it has to be regrettably recorded, leaped 1.91 metres to break her own Scottish high jump record.

Barnetson's achievement was all the more remarkable considering, in her own words after the event, "I no longer consider myself as a high jumper as I don't train for the event any more."

Indeed Jayne, who cleared her previous mark of 1.88 way back in 1985, claims she has been struggling recently to clear 1.70m while in training for her new event, the heptathlon, at which she is already Scottish record holder. An ankle injury prevents her for training full time for the high jump, but she confirmed that she will compete in both events at the Commonwealth Games if it is the selectors' wish and the timetable allows.

McKean's win, after the let-down the previous year when he appeared to give up on pursuing Aouita in the 1,000 metres, confirmed a trend which has seen the Bellshill man show much more nuance and determination in recent outings. A win in front of his "home" crowd will presumably have accelerated his rehabilitation.

Neither Liz McColgan nor Yvonne Murray, both running slightly under distance, could emulate McKean's feat, although both set Scottish native records (McColgan 8-44.93 in the 3,000; Murray 4-03.38 in the 1500). In winning the 3,000m, Patti Sue Plumer bested McColgan for the third time this season, while Doina Melinte was a most impressive 1500m winner. The 3,000 incidentally, with Lynn Williams (Canada) and Alison Wyeth (England) also involved, was a cracking race - one of the best of the night.

Finally, congratulations to Mary Anderson, who decided to give it everything in the 800m, and actually took the field through the bell in 57.22 before running out of steam in the back straight, and also Brian Whittle, who at last made an impression on the 800 metres even although finishing 11th in McKean's race. His 1-47.80 can now be the launching pad for a Games place.

Clockwise from left, Tom McKean leads home Johnny Gray, Nixon Kiprotich (13) and Robert Kibet (10) in the 800 metres; Calvin Smith wins the 100m from Dennis Mitchell (3) and fourth placed Linford Christie (1); Gary Staines (5) follows the Kenyan pacemaker in the 3,000 metres, ahead of Cyrille Laventure (2), Jack Buckner (3) and Geoff Turnbull (20) while winner Eamonn Martin is on Buckner's left shoulder; Mary Anderson after her all-out 800m effort; while Said Aouita was Said Aouita, and had the measure of Peter Rono (8); Patti Sue Plumer (3) was again too strong for Liz McColgan, and also Lynn Williams (11). Pictures: PETER DEVLIN.



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Saucony Lady Brio. Sizes: US 5, 5½, 6, 7, 8. Usual price £29.95 £24.00

Reebok Panache. Sizes: UK 3, 3½, 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8. Usual price £25.95 £15.00

Etonic Mirage. Sizes: US 6, 7, 7½. Usual price £29.95 £20.00

Etonic Maestro. Sizes: US 6, 6½, 7, 8½. Usual price £35.95 £22.50

Adidas Cross Country. Box size: 7, 7½, 8. Usual price £34.95 £15. (This shoe comes up very small)

Reebok Cologne Sprint. Sizes: UK 6, 6½, 7, 7½, 8, 8½. Usual price £39.99 £28.00

Reebok Cologne Wedge. Sizes: UK 5½, 7, 8, 8½, 9. Usual price £39.99 £25.00

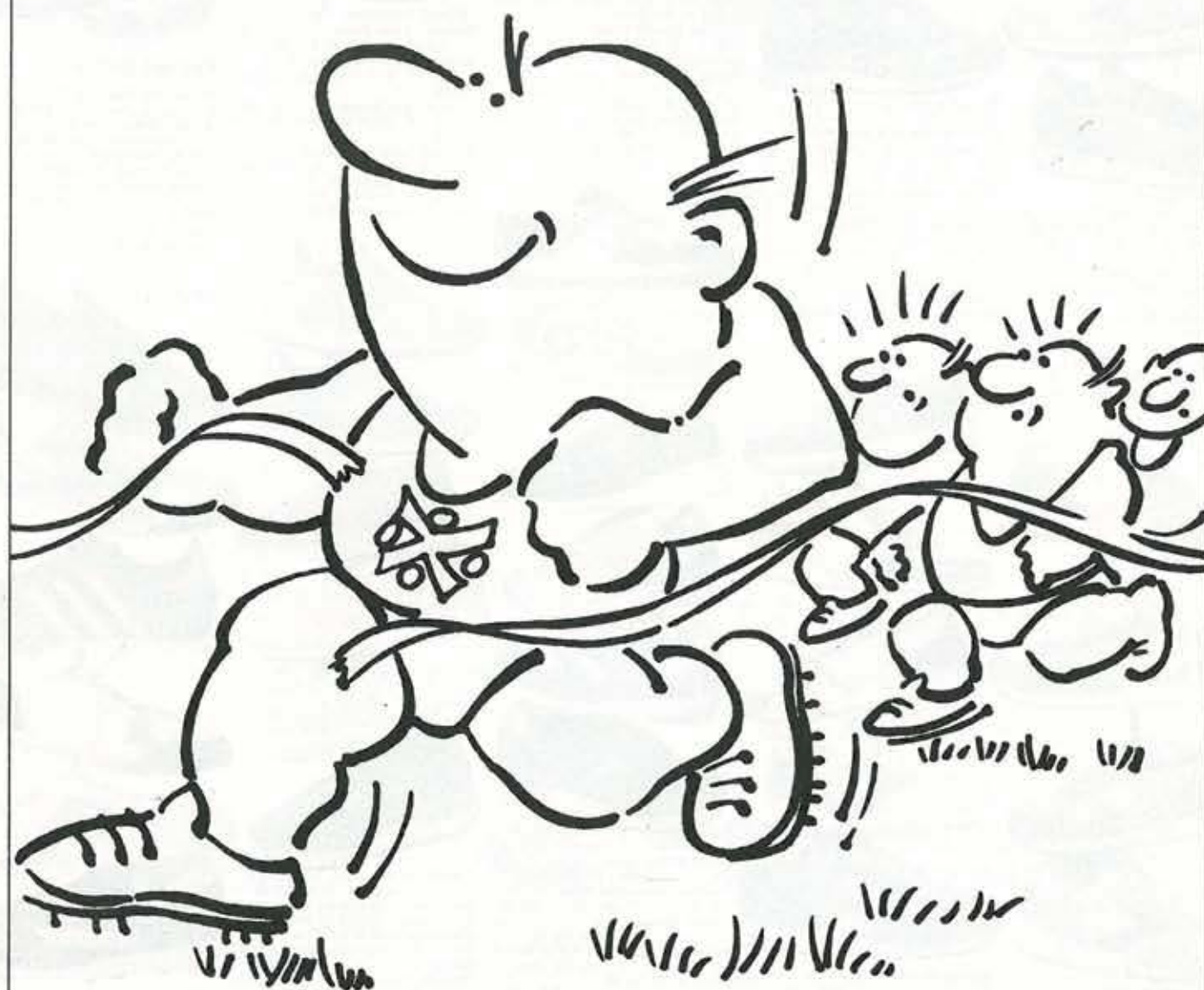
Adidas Adistar Competition. Sizes: UK 5, 5½, 6, 6½, 7, 8½, 9½. Usual price £32.95 £20.00

Nike Cram Rival. Sizes: 7½, 8, 8½, 9½. Usual price £19.99 £16.50

Karhu Turbo. Sizes: 6-10½. Usual price £29.99 £19.50

OFF ROAD SHOE
Reebok Fjell Runner. Sizes: UK 6, 6½, 7, 7½, 8, 8½, 9, 10, 10½, 11, 11½, 12. Usual price £37.95 £28.00

STAY AHEAD OF THE FIELD WITH BANK OF SCOTLAND.



BANK OF SCOTLAND
A FRIEND FOR LIFE

— THE — SPONSORSHIP — SECTOR —

The Bank of Scotland, Johnny Walker, Kodak, and Scottish and Newcastle are just some of the names which are becoming synonymous with clubs and events in Scottish athletics. Rhona McLeod spoke to representatives of three major sponsors to find out what the attraction is for large and successful companies to become involved in our "non-profit making" sport.

THERE are various reasons why businesses may want to become involved in sponsoring athletic events, clubs or individuals. On the surface, sponsorship might appear to be completely altruistic; the financially well-off company decides to give away some money to be put to good use by an athletic club. So who gains?

Undoubtedly the club or individuals receiving aid benefit from the arrangement, but it is naive to believe that such a relationship would be so one sided.

The Bank of Scotland is the sponsor of the Scottish Women's Athletic League, and has a large involvement in sporting sponsorships. As well as this, the bank also sponsors events in the agricultural world and the arts. Senior manager of sponsorships Alan Gammie explained why: "We look at sponsorship as a means of supporting the community, the bank being very much part of the community. The arts, agricultural shows and sports are all different aspects of the community and so we like to serve them as best we can." Gammie continued by explaining that in the sporting world the Bank of Scotland is involved with sponsorship in at least 20 different sports, ranging from curling to shinty. "We try to cover all aspects of sport, primarily at the youth end as we like to get involved at the grass roots level."

Apart from the community appreciation aspect of the bank's sponsorship deals, I

asked Gammie if there were any concrete benefits which the bank would reap as a result. "We are making an effort to attract younger savers to the bank to make use of our "Supersaver" package. We want youngsters to be aware of the Bank of Scotland and so we try to associate ourselves with as many of the sports as possible. It used to be in the past that youngsters would only play two or three sports, but now they are offered so many that we like to cover them all."

Apart from trying to attract younger customers, I wondered if the bank managed to attract any older, and richer clientele. "Through our involvement with various associations and organisations, they quite often turn to us when they need banking facilities," Gammie said.

Television coverage of sponsored events can bring huge rewards through advertising. I asked Gammie if the bank focused its sponsorship on televised competitions. "No, we have no objections to receiving television coverage but we do not set out to 'buy' it. The financial requirement of television coverage is very high, and we are more able to serve the community by giving low payments to lots of sports," he said.

Just how much money is involved in Bank of Scotland sporting sponsorships? The banking man was unspecific. "Let's just say it is a six figure

sum."

Value for money is important to all of us, and a sponsorship deal is generally created by a company as part of a marketing strategy. I asked Gammie if Bank of Scotland sponsorships had proved to be value for money.

"The benefits of sponsorship are very hard to measure if you are an old established company like we are. Generally you can tell if sponsorship is working or not with a new or unknown company. It's difficult for us to tell if we are doing well due to sponsorship or advertising."

With perhaps a little doubt in the Bank of Scotland minds as to the financial rewards of sponsorship, I asked Alan Gammie if the bank would continue its involvement in the future. "Very much so, we definitely plan to continue with our sponsorships."

He continued, "It's nice to be involved, especially with the juniors and schools. We have seen talent like Liz McColgan coming through in athletics, and four or five years ago we saw a talented young schoolboy called Craig Chalmers playing in one of our Scottish schools rugby events. He is playing for the British Lions now and Liz has won an Olympic medal. It's good to think that hopefully the bank helped these people in some small way."

SCOTTISH and Newcastle have recently announced their sponsorship of a "Run for Scotland" project under the aegis of their new McEwan's LA product.

Thousands of runners are expected to take part in the 680 mile relay marathon which will follow a clockwise route through the main towns and cities of Scotland. The object of the relay is to raise money for the Scottish team to go to the Commonwealth in Auckland in January. This project is part of a major "Games Appeal" sponsored by the company and it is expected that the run will raise at least £17,000.

Jim Merrington is Scottish and Newcastle's public relations director and he explained the reasons why his company became involved in the sponsorship. "We have had connections with the Commonwealth Games over past years, and so we agreed we would sponsor the team for Auckland. Our chief executive, Alick Rankin, is also the Chairman of the Commonwealth Games Appeal Committee. It's part of our community involvement programme - a way of putting something back into the community which we trade and work in."

Again, with this sponsorship, one of the overriding factors is goodwill and a sense of serving the community, but there are promotional opportunities for the sponsor also, as Merrington explains.

"LA is a low alcohol product and so it seemed the most appropriate to be associated with sport. 'Run for Scotland' gives us an opportunity to promote the brand. There's no way, however, that we are doing our sums at the end of the day to see how much money we have made as a result of it."

The benefits for our Commonwealth athletes are largely financial. Scottish and Newcastle are putting £100,000 into the Games appeal and will be lending their experience and expertise in raising funds. The team will receive lots of publicity and coverage which will be initiated by the breweries. Merrington hopes that as a result of their involvement, the team will be larger than it otherwise would

have been.

The presence of the LA logo will be apparent at all promotional events for the run. Merrington said that as sponsor they requested a presence on certain items, such as clothing, connected with the Games.

"Our presence will not be garish, the logo will be discreet, not blatantly displayed in giant letters," he explained.

To sum up the company's motivation for the sponsorship, Merrington said "There is commercial value in the project for us, but that was not the sole purpose of our becoming involved. We wanted to support and promote the Games. We hope the public will recognise what we have done, and that goodwill will be generated."



Johnnie Walker



Official sponsors of the
Kilmarnock Harriers

No young whisky drinkers!

FOR JOHNNY Walker, their sponsorship of Kilmarnock Harriers is very much a gesture within the community. "We get very little out of it," says Gilmore Burnett of the whisky company. "We do not want the young athletes to be drinking, we do not want to be seen as encouraging under-age drinking - in fact we would withdraw our sponsorship if it was looking that way."

Without a product to market, in this case whisky to athletes, why would Johnnie Walker possibly want to inject money into the harriers club?

"It evolved from a New Year party," explained Burnett. "I was asked by one of the club members if I thought Johnnie Walker would be interested in putting some money into the club. As we have a budget for community sponsorship it

seemed a good idea as it might encourage locals to get involved. What we get out of it is that knowledge of helping the community. We might get some sales locally, or they might have Johnnie Walker at the annual dance, but that's all."

As far as spreading the Johnnie Walker name via Kilmarnock athletes, Burnett hopes that they, as sponsor, would get exposure on television if athletes do well, which he certainly hopes they will.

Regardless of television exposure, he believes the company will stay involved with the club in the foreseeable future.

"We are just involved in a local exercise with the hope that someday, someone will aspire through it," he said.

Robert the Brave: at last enjoying a

WHILE it may be lucky in the theatre world to say "break a leg" to thespians about to take the stage, there's no such charm attached to the saying in athletic circles. Certainly not for Kilbarchan AC's Robert Quinn, whose horrific accident two years ago left him with a smashed leg and smashed athletic dreams. It was a crushing blow to the finest young distance runner Scotland had produced since Nat Muir.

Robert Quinn wasn't always the sort of name one would mention in the same sentence as the illustrious Mr Muir. Indeed, for a runner who has always been thought of as precocious, Robert took up distance running rather late. He was all of 15 or 16 years old when his interests in sport stretched beyond the usual kick-about.

"I played a bit of football but I was always pretty mediocre. I liked most sports, but I always won the cross country races we had round the school playing fields. I suppose I realised that I maybe could do something in running when I won a five mile sponsored run that my uncle's football team organised. My dad found out about our local athletic club, Kilbarchan, and took me down there. The first training run I did with them was a nightmare. I was last on every rep."

"But the training soon paid off. I joined the club in October 1981 and by March '82 I was eighth in the British Schools Cross Country Championships and 11th in the national cross country."

Quinn lost no time in proving his initial successes were no flash in the pan; in 1983 he started the year in style by winning the youth's national, relegating burgeoning young talents Stevie Marshall and Dave McShane to the silver and bronze positions.

"That race still goes down as one of my best ever victories because it was completely unexpected," he recalls.

From now on winning would be expected of Robert Quinn, and he was about to start a period of complete domination of his age groups. He went to Glasgow University in 1984, and about this time struck up a friendship with fellow Kilbarchan athlete Alan Puckrin.

"Alan was a big influence on me. He

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INTERVIEW BY JAMES ALLEN



was older but made the same age group because of the date of his birthday. I suppose we were pretty inseparable in races too. I won the Renfrewshire, West and national cross country championships, and Alan was second in them all!"

Quinn's marvels over the mud won him a coveted place in the Scottish junior team for the 1984 World Cross Country Championships in New York. Despite feeling slightly intimidated by the company, he finished a superb 20th.

The rest of '84 was taken over with Quinn's first serious track season, when he managed to notch up a time of 14-24 for 5000 metres and won junior track vests at Scottish and British level. Oh, and he also discovered he had a talent for downing a pint of beer in three seconds flat!

The following year continued the rise and rise of Robert Quinn. He won every age group race he competed in at junior level, won his by now familiar array of cross country titles, beat Paul Roden, the English junior champion, established himself in the senior Scottish team, and he went to the World CC again!

"I was the youngest person in the senior race. I was a bit out of my depth. It's an unbelievably fast start. Basically you sprint flat out for 400 metres until your legs are full of lactic acid and you still have 7.5 miles to go!"

In the summer Robert would place second in the Scottish 5000 metre final in 14-03, losing out to George Braidwood by only two seconds.

"I was really pleased to hack all that time off my pb, and it was great to get second place because four of us went into the last lap together."

Quinn's great summer continued when he represented Scotland at senior level in their match against Norway, Ireland, Israel and Wales.

"Everything was going to plan: now I was only 15 seconds away from a qualifying time for the 1986 Commonwealth Games. I was confident that a good, solid winter would see me knock that bit off my best 5000 time," he says.

He had the solid winter he was after, with the highlight perhaps being ninth place in the World Student CC Championships. The winner was Australian marathon maestro Steve Monenghetti. Robert was still in the lead pack with a mile to go and only two falls prevented him finishing higher. The winter work over, Quinn was looking forward to honing himself into shape for his assault on the Commonwealth Games. Surely he would do it.

May 8, 1986, will always be a black day in the training diary of Robert Quinn. What began innocently enough as a training run with friends would end disastrously and send shock waves through Scottish athletics.

"I was out for an easy run with Alastair Douglas and Ross Welch. We were running in single file along a country road when this motorcyclist came over the brow of the hill, lost control of his bike, and ran into the side of me. I tried to pick myself up but couldn't. It was then I looked down and my foot appeared to be almost dangling off. I didn't black out, and at that point I wasn't in a great deal of pain, due, I think, to being in severe shock."

The initial impact of the accident faded to be replaced by sickening pain, two pins to hold his leg together, and the horrible thought that he may never run again. Quinn is quick to pay tribute to the excellent work done at the hospital.

"They asked what level I ran at and promised to do their very best to fix me. It was a terrible time, being terrified about not being able to run again."

In spite of being in the middle of the blackest moments of his young life, Robert found time to do the Inverness 10K on crutches. He took 75 minutes, and it's a race he now describes as "the hardest of my life".

But when it was time to get the plaster off, the bones in his leg were still moving about; they hadn't knitted together properly. So, Quinn had to endure another operation and another full length plaster from foot to groin.

"The second plaster came off in January 1987 and my leg was like a twig. It was obvious that it would be a slow build up. I was getting three hours a day physiotherapy with Lena Wighton at the Western Infirmary and that really helped my leg get back to something like normal.

Quinn's quinine

Full name: Robert John Quinn
Born: Glasgow (10.12.65)
Height: 5'7"
Weight: 8.5 stones
PBs: 800, 1-55; 1500, 3-50; 5000, 14-03.

Training

Sunday: long run of 10-12 miles.
Monday: am, easy 3 miles; pm, 5 miles or pool session, running in the water with a wet vest, 10 x 1 min effort.
Tuesday: am, easy 3 miles; pm, track session at 1500 pace, for instance 2 x 5 x 300. Doing the 300's in 45, with 30 secs rest and 5 minutes between sets.
Wednesday: am, easy three miles; pm, 8-10 miles steady.
Thursday: am, easy 3 miles; pm, track session at 5000 m pace, for instance 10 x 500 with 25 sec rest, doing reps in 83-84 secs.
Friday: am, easy three miles; pm, 30 mins session running in water.
Saturday: am, easy three miles; pm, race or track session, 3000 pace, 12 x 300 with 20 secs rest, 300's in 48 secs.

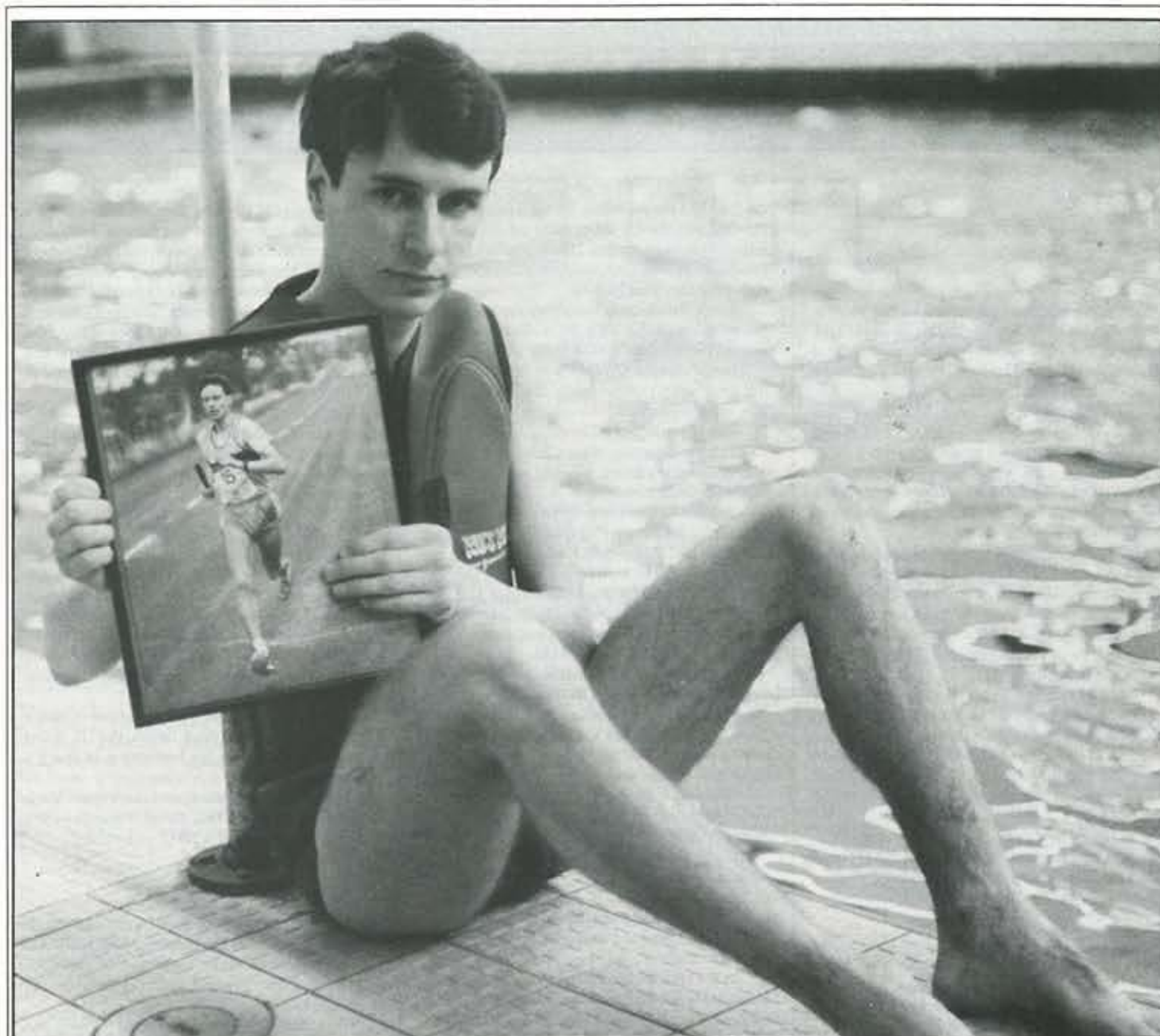
This is Robert's typical summer week, a far cry from the four weekly wet "track" sessions he was doing in the pool over the winter. There is no truth in the rumour that Robert has developed webbed feet or a mermaid tail.

Then I started doing water running with a wet vest to try and regain a bit of fitness."

Quinn slowly but surely got himself back running again but it wasn't the same as before. He ran with a pronounced limp and his performances weren't in the same league as earlier times. But worse, he was getting quite a bit of pain from his leg.

"I was told that it wouldn't hurt but I was always getting pain on runs and I was constantly taking anti-inflammatory tablets to combat this. I just couldn't keep going like that, so when Jimmy Graham, an orthopaedic surgeon, told me about an operation where part of my hip could be taken and grafted onto the gap in my fibula, I jumped at the chance. I was told there was only a 50 per cent chance of it working, but I knew I had to take the risk. If there was any chance of me getting back to my form I wanted to take it."

In a bizarre weekend when he was due to have his operation, Quinn checked into hospital to have his leg painted with a black arrow so they would get the correct leg in the operating theatre - and then promptly checked out again to do some racing. He managed to get himself a weekend pass to indulge in what has been known since as the "shortest track season in history". On the Saturday he took on Tommy Murray over 1500 in the Renfrewshire Championships and beat



Above, Robert "poolside" with an Edinburgh to Glasgow memento; opposite he tracks Richard Carter, Andy Bristow and Jeremy Barton in a 1985 British Universities 5,000m. On the previous page he leads Paul Dugdale over the country in a rare 1988 outing.

him, and then finished second to Willie Robertson over 5000m in a Scottish League race on the Sunday.

"I was pretty sad after those two races while I was in hospital waiting for the operation, but I knew it was something I had to do, a gamble I had to take."

Being in plaster once again caused severe muscle wastage for Robert and once again the laborious, not to mention lonely, job of building it up again commenced. He was doing four sessions a week in the pool just as he would previously have done them on the track. His first run back consisted of a 10 minute hop, but gradually, bit by bit, he was getting there and this time the pain was fading away.

Quinn couldn't have picked a better (or maybe worse) race to re-enter the world of athletics. The Edinburgh to Glasgow road relay was the event. And just to prove that good guys do win, and fairy tales do exist,

Quinn ran the third leg for his club in the second fastest time. He was back!

He started racing reasonably regularly from then on and his form must have delighted many on the Scottish scene. He was beginning to look like the athlete of old and never more so than in this year's national when he only lost out for third place on the last mile because of his lack of background mileage.

His form since has been very encouraging, and he has already posted good times on the track this year. At the time of writing he was fresh from a p.b. equalling 14-03.80, set in a Scottish vest over 5000m in the international match at Antrim. His sights are firmly on that Commonwealth 5000 place, and it's heartening to see the Scottish selectors picking him for international matches.

The selectors aren't the only ones with faith in Robert Quinn. While this is a story

about his courage in the face of athletic adversity, it is also the story of the support he got from his family and friends. But three people in particular stand out. Derek Parker, Robert's coach since 1982, always believed in his ability and revamped his schedule to include the water work. It has been a triumph for the pair of them. The other two are Rona, Robert's soon-to-be wife, and best friend Alastair Douglas.

In a strange way, getting injured has made Robert's athletic life more complete. He now appreciates his gift so much more.

"I really missed not being able to run at all when I was injured. I'd never take it for granted now. I enjoy all the aspects of running, the competition, the chat, and the after race socialising. It's all about maximising your potential but never losing sight of the fact that it's all about enjoyment first and foremost."

Welcome back Robert the Brave!

TRACK AND FIELD REVIEW

June

18

BRIAN Whittle made a return to the shorter distances when he won the 200m (21.7) and the 400m at the HFC Scottish Athletic League at Crownpoint Road. His 400m time of 47.1 was a new Division One record.

In Division Two, Peter McColgan also scored a double, winning the 800m (1:52.8) and the 1500m (3:53.3) for Dundee Hawkhill.

SITTARD in Holland was the venue for a number of PBs as a small Scottish team took part in the West Athletic Games.

Aberdeen's Mark Davidson set a new Scottish record in his heat of the 400m hurdles. The 20 year old's time of 50.79 has also gained him a seat on the plane to the Commonwealth Games. In the final, Mark was second behind Udo Schiller of West Germany (50.57) with the slightly slower time of 50.99.

Dawn Kitchen (EWM) also ran a PB in a one lap event when she broke her own three year-old best by recording the time of 53.67.

David Barnetson of Inverness was a bronze medalist with his leap of 2.11 in the high-jump. The height marked a new outdoor PB for the 17 year-old.

Personal best performances also came from Karen Hutcheson, 2:04.94 in the 800m, and Alan Puckrin, 13:57.22 in the 5000m.

23, 24

TOM McKean provided victory for the British team on the first day of the McVities International in Birmingham, when he won the 800m in a controlled and confident manner.

There was, however, disappointment for most of the Scots as Liz McColgan was surprisingly beaten in the 3000m, Yvonne Murray fell, and Lynn McIntyre and Brian Whittle recorded slower times than both would have liked.

In the 1500m, a slow pace meant Murray came to grief after being nudged and elbowed by two Russians. She was sent sprawling and did not regain her feet until the pack was well clear. She did, however, regain the lead within the lap, but the exertion was telling and she faded into sixth place with a time of 4:16.71, just behind Lynn McIntyre (4:16.23).

In the men's Invitation 800m, Brian Whittle was placed well down the field in the event at which he had hoped to gain Commonwealth Games selection. His time of 1:51.6 put him in ninth position, the race winner being Seb Coe (1:46.83).

24

DAWN Flockhart made a welcome return to athletics when she made her first appearance for Edinburgh Woolen Mill in three years at the second women's UK League match in Essex.

Dawn looked strong and fit as she won the senior 400m "B" event in a PB of 55.1. Her short sprinting speed wasn't lacking either as she

clocked 12.1 for the 100m. Dawn's final event of the day was the 4 x 400m relay where she and Edinburgh team-mates Dawn Kitchen, Sarah Booth and Alison Campbell recorded the fastest club time this year of 3:43.

Sarah Booth also recorded an individual fastest time of the year by a Scot, with her second placed time of 60.6 in the 400m hurdles.

Janice Ainslie (EWM) was delighted with her long jump performance. Not only did she win the senior event, she earned herself a new PB with her jump of 6.07m.

Sandra Branney was Glasgow's highest placed senior athlete, placing second in the 3000m (9:26.0).

In the intermediates, there was a fine sprint double for Edinburgh's Fiona Vance. She won the 100m and 200m in 12.7 and 25.3. Fiona was well supported by team-mate Valerie Friel who won the 100m "B" in the same time of 12.7, and was second in the 200m "B" (26.0). Edinburgh's inter sprinting strengths were emphasised with their win in the 4 x 100m (49.1).

Glasgow's outstanding intermediate performance came with the hurdling and long-jumping of Catherine Murphy. Catherine won the 80m hurdles in 11.4, a full 0.7 ahead of the rest of the field. In her second event, the long jump, she placed second with 5.32m.

Glasgow's strengths came from the junior athletes, with Myra McShannon and Linzie Kerr each performing well.

Linzie was Glasgow's greatest pointseamer, winning the high jump (1.54m), the long jump (5.29), and the 100m "B" (13.1). Her long jump performance was superior to the rest of the field, as she was the only competitor to jump over five metres.

In the sprints, Myra had to race against the formidable Katherine Merry of Birchfield. In both events she placed second behind Merry, her times of 12.6 and 25.4 making her Glasgow's best sprinter of the day. Merry's 100m time of 11.9 was the fastest of the day, beating all inters and seniors. In the 200m she recorded 24.4, this time only beaten by two seniors.

Sale were the overall match winners with 301 points, Edinburgh placing third (249), and Glasgow were sixth with 179 points. With only one match remaining, Glasgow's relegation to the second division now seems almost inevitable.

July

1

THE SCOTTISH women's team were the winners of the Small Nations Cup in Antrim where they finished ahead of Wales, Israel, Cyprus, Northern Spain and Northern Ireland. The men's team however, could only manage fourth place with several of the Scottish non scoring "guest" competitors performing better than those who were selected for the match.

Contributing to the women's victory were their four outright winners Dawn Kitchen, Karen Hutcheson, Alison Grey and Jayne Barnetson. Dawn won the 400m in her second ever fastest time (53.73), and then placed second

in the 200m (24.50). She then anchored the 4 x 400m team to their winning time of 3:40.03.

Karen had a smooth run in the 1500m where she won the race comfortably and clocked herself a seasons best of 4:14.76 into the bargain.

In the throwing events, Scotland was well represented by 16 year old Alison Grey. She won the shot with her putt of 13.34m, and placed second in the discus with her throw of 43.10m.

Jayne Barnetson competed well in the high jump and scored a victory over Sharon Hutchins, the Northern Ireland Commonwealth bronze medalist. Jayne's jump of 1.78m was at that stage a season's best for her.

In the men's competition, Jamie Henderson and Dave Clark finished their respective races ahead of the selected Elliot Bunney and Neil Turnbull. Bunney finished fifth in the match 100m in the time of 10.73, while Henderson managed 10.64 in the non scoring event. In the 200m, Clark finished well ahead of Turnbull. The same situation occurred in the hammer when "guest" Laurie Nisbet beat Russell Devine, the scoring competitor.

One of the biggest disappointments of the day, however, befell Nick Smith, the UK 800m champion, who tore his hamstring in the 4 x 400m relay.

The only men's successes came from Mark McMahon in the 400m, Geoff Parsons in the high jump, and the 4 x 100m relay team.

2

FAVOURITES Edinburgh Woolen Mill, suffered a defeat at the hands of North Shields Poly when both clubs took part in the GRE Jubilee Cup second round match at Meadowbank.

The host team was expected to win the meeting, although as second placed club they will still qualify for the semi-finals, to be held in Cwmbran on July 23.

Scottish internationalist Jocelyn Kirkby, who competes for North Shields Poly, scored a double victory with her wins in the 100m (12.5), and the 100m hurdles (14.25).

In the men's match, Craig Duncan (Shett) was a treble winner with his victories in the long jump (6.92m), 110m hurdles (15.34), and the 200m metres (22.46).

The men's competition was won by ESPC, with Shettleston finishing the match in second place.

8,9

HAVING defeated all other competitors in the Scottish heptathlon championships at Grangemouth, Emma Lindsay (EWM) was denied the title of senior national champion because she is still eligible to compete as a Euro junior.

When the prizes were awarded, second placed Isobel Donaldson (GAC) received the Scotsman Cup, the title, and the gold medal, while Lindsay received the Euro junior championship title.

Lindsay's score of 4812 points was 118 points ahead of Donaldson's and marked an

May

13

Gold Cup, 1st Round Match, Pitreavie - 100: 1, E Clark (Pit) 11.5; 2, M Friel (Shett) 11.6; 200: 1, M Davidson (Ab) 22.6; 2, E Clark 22.9; 400: 1, D Mulholland (Shett) 50.2; 2, I Cumming (Pit) 50.5; 800: 1, T Ritchie (Pit) 1:53.7; 2, P McDevitt (Bella) 1:55.8; 3, K Logan (Loth) 1:56.1; 1500: 1, C Murphy (Pit) 3:59.0; 2, I Coyle (Shett) 3:59.6; 3000: 1, B Scally (Shett) 15:01.8; 2, F Harper (Pit) 15:03.9; 10,000: 1, D Cameron (Shett) 32:44.7; 110H: 1, D Findlay (Pit) 17.0; 400H: 1, R Harkins (Shett) 54.3; 2, S Ledingham (Ab) 57.3; 3000S/C: 1, A Swann (Shett) 9:33.9; 2, J Moodie (Pit) 9:34.8; 4x100: 1, Shettleston 42.9; 2, Aberdeen 43.6; 3, Pitreavie 44.7; 4x400: 1, Shettleston 3:25.4; 2, Pitreavie 3:27.0; 3, Lothian 3:36.4; HJ: 1, S Ritchie (Pit) 2.00m; PV: 1, S McMillan (Pit) 3.60m; LJ: 1, C Duncan (Shett) 6.75m; 2, J Gallagher (Pit) 6.47m; TJ: 1, C Duncan 14.93m; SP: 1, G Smith (Ab) 14.04m; DT: 1, L Shepherd (Ab) 39.38m; 2, A Nisbet (Pit) 33.78m; JT: 1, S McMillan 50.04m; HT: 1, J Scott (Shett) 41.72m;

Result: 1, Pitreavie 150 pts; 2, Shettleston 141; 3, Aberdeen 125; 4, Lothian 97; 5, Bellahouston 65; 6, Victoria Park 48. Pitreavie and Shettleston qualify for 2nd Round.

Intermediates - 100 (-2.78m/s): 1, A Edmonds (E) 12.52; 2, K Leys (E) 12.71; 3, J Fleming (W) 12.80; 200: 1, A Edmonds 25.35; 2, K Leys 25.79; 3, L MacDonald (W) 25.99; 4, F Vance (E) 26.07; 5, J Fleming 26.09; 400: 1, D Burden (W) 58.19; 2, C Collins (E) 58.55; 3, E Grant (E) 58.67; 4, S Carruthers (W) 59.75; 800: 1, L Thormine (E) 2:20.83; 2, S Telfer (W) 2:21.16; 3, J Wolfendale (W) 2:22.35; 1500: 1, A McBride (W) 4:54.57; 2, A Grossart (E) 4:55.76; 3, M Wilson (E) 4:56.11; 4, S Kennedy (W) 4:57.08; 80H (-2.05m/s): 1, C Murphy (W) 11.73; 2, S Richmond (W) 12.10; 3, D Douglas (E) 12.36; 300H: 1, F Watt (W) 45.39; 2, N McCall (W) 46.07; 3, S Brown (W) 46.37; 4, C Old W 46.47; 5, S Word (E) 46.57; HJ: 1, L Gordon (W) 1.65; 2, C Herriot (E) 1.60m; LJ: 1, S Wood (E) 5.25m; 2, C Murphy 5.06m; 3, D Douglas 5.05m; SP: 1, A Grey (E) 13.33m (CBP); 2, T Shorts (W) 9.87m; DT: 1, A Grey 44.02m; 2, A Cross (E) 31.20m; JT: 1, J Abbott (E) 33.16m; 2, E Grant (E) 32.76m.

June

4

SWAAA E v W Match, Meadowbank - Euro Junior/Senior - 100 (-2.58m/s): 1, L Dick (W) 12.67; 2, R Girvan (W) 12.77; 200: 1, L Dick 25.22; 2, E Lindsay (E) 25.26; 3, R Girvan 25.41; 4, A Currie (W) 25.85; 400: 1, P Devine (E) 53.38; 2, M McClung (W) 56.61; 3, D Rubertazzi (W) 57.84; 4, F Calder (W) 58.31; 800: 1, J Stewart (W) 2:10.60; 2, A Campbell (E) 2:12.54; 3, L Smith (E) 2:13.30; 4, C Sharp (W) 2:14.99; 1500: 1, C A Bartley (W) 4:33.36; 2, H Haining (W) 4:35.27; 3, C A Gray (E) 4:39.73; 4, S Durham

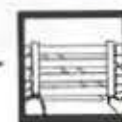
improvement in five of her disciplines.

Behind Donaldson was Jackie Gilchrist who recorded a new army record with her score of 4582.

The intermediate heptathlon title was won by Pitreavie's Evelyn Grant (4210 points) while Katrina Dyer (Ayr Seaforth) won the junior pentathlon title with a clear margin of nearly 300 points over her closest rival.

THE MEN'S multi events championships

RESULTS



(E) 4:42.55; 3000: 100H (-2.38m/s): 1, C Reid (E) 14.70; 2, M McGuinness (E) 14.70; 400H: 1, S Booth (E) 62.01; 2, A Brown (E) 63.22; 3, I Donaldson (W) 64.86; 3,000: 1, H Wyslie (E) 10:04.51; 2, J Stevenson (E) 10:05.36; 3, J Wilson (E) 10:05.36; 4, M Dunlop (W) 10:11.39; 4 x 100: 1, West 48.40; 2, East 48.59; 3 East "B" 49.55; 4, West "B" 49.68; 4 x 400: 1, East 3:49.11; 2, West 3:59.54; 3, West "B" 4:05.65; 4, East "B" 4:06.64; HJ: 1, C Henderson (E) 1.75m; 2, R Pinckerton (W) 1.70m; 3, N Murray (W) 1.65m; LJ: 1, J Ainslie (E) 5.96m; 2, A McGregor (W) 5.74m; 3, A Jackson (W) 5.62m; SP: 1, H Cowe (E) 12.25m; 2, A Rhodie (W) 11.71m; DT: 1, C Cameron (W) 42.16m; 2, H Cowe 42.14; 3, K Neary (E) 41.64m; 4, L Adams (E) 40.20m; JT: 1, N Emblem (E) 44.38m; 2, I Donaldson (W) 37.70m.

Intermediates - 100 (-2.78m/s): 1, A Edmonds (E) 12.52; 2, K Leys (E) 12.71; 3, J Fleming (W) 12.80; 200: 1, A Edmonds 25.35; 2, K Leys 25.79; 3, L MacDonald (W) 25.99; 4, F Vance (E) 26.07; 5, J Fleming 26.09; 400: 1, D Burden (W) 58.19; 2, C Collins (E) 58.55; 3, E Grant (E) 58.67; 4, S Carruthers (W) 59.75; 800: 1, L Thormine (E) 2:20.83; 2, S Telfer (W) 2:21.16; 3, J Wolfendale (W) 2:22.35; 1500: 1, A McBride (W) 4:54.57; 2, A Grossart (E) 4:55.76; 3, M Wilson (E) 4:56.11; 4, S Kennedy (W) 4:57.08; 80H (-2.05m/s): 1, C Murphy (W) 11.73; 2, S Richmond (W) 12.10; 3, D Douglas (E) 12.36; 300H: 1, F Watt (W) 45.39; 2, N McCall (W) 46.07; 3, S Brown (W) 46.37; 4, C Old W 46.47; 5, S Word (E) 46.57; HJ: 1, L Gordon (W) 1.65; 2, C Herriot (E) 1.60m; LJ: 1, S Wood (E) 5.25m; 2, C Murphy 5.06m; 3, D Douglas 5.05m; SP: 1, A Grey (E) 13.33m (CBP); 2, T Shorts (W) 9.87m; DT: 1, A Grey 44.02m; 2, A Cross (E) 31.20m; JT: 1, J Abbott (E) 33.16m; 2, E Grant (E) 32.76m.

Juniors - 100 (-2.94m/s): 1, M McShannon (W); 2, L Patterson (E) 13.09; 3, E Julian (W) 13.11; 200: M McShannon 25.83; 2, E Julian 26.50; 3, K Sutherland (E) 26.78; 800: 1, I Linekar (E) 2:12.83; 2, L Stewart (E) 2:17.37; 3, C Boyles (W) 2:21.16; 4, D Church (W), 2:21.88; 1500: 1, D McNally (W) 4:54.15; 2, Y Reilly (E) 4:56.22; 3, S Purdie (E) 4:58.01; 4, L Chisholm (W) 5:00.29; 75H (-2.74m/s): 1, K Dyer (W) 11.92; 2, S Gunn (E) 11.96; 3, L Paterson 12.33; 4 x 100: 1, West (jun) 50.60; HJ: 1, K Dyer 1.55m; 2, L Kerr (W) 1.50m; LJ: 1, L Kerr 5.29m; 2, S Pope (E) 5.06m; SP: 1, S Robin (W) 10.45m; DT: 1, M Young (E) 29.82m; 2, H McCreddie (W) 29.52m; JT: 1, M Wilson (W) 27.84m.

Girls:

100 (-2.38m/s): 1, S Balmain (W) 13.84; 200: 1, J Reid (W) 27.85; 800: 1, H Brooks (W) 2:28.42; 80H: 1, S Mosey (E) 12.26; 4 x 100: 1, East 54.39; 2, West 54.75; HJ: 1, D Quirie (E) 4.63m; SP: 1, E Garden (E) 9.74m; DT: 1, E Garden 29.54m; JT: 1, J Robin (W) 28.42m (CBP); 2, L Thompson (E) 24.58m.

Result: 1, East District (Track 274pt, Field 250pt) 530pt; 2, West District (Track 315pt, Field 184pt) 499pt.

10

Scotland v Greece v N Ireland Womens International Match, Grangemouth - Result: 1, Scotland 119 pts; 2, Greece 102; 3, N Ireland 67.

100: 2, A Edmonds 12.35; 4, M Baxter 12.46; 200: 1, A Edmonds 25.12; 2, L Dick 25.41; 400: 2, P Divine 55.75; 4, M McClung 57.30; 800: 3, S Bevan 2:07.94; 4, M Anderson 2:11.21; 1500: 1, K Hutcheson 4:17.64; 7, H Haining 4:36.55; 100H: 1, J Kirby 14.41; 2, C Reid 14.57; 400H: 2, G McIntyre 60.52; 3, S Booth 61.12; HJ: 2, J Barnetson 1.75m; 4, C Henderson 1.75m; LJ: 1, L Campbell 6.02m; 2, J Ainslie 5.91m; SP: 3, M Anderson 13.97m; 4, A Grey 13.83m; JT: 3, N Emblem 45.60; 4, J Currie 39.74m; 4 x 100: 1, Scotland 46.83; 4 x 400: 1, Scotland 3:42.12; DT: (non scoring); 2, A Grey 44.34m; 4, H Cowe 40.60m.

14

Scottish Unis Champs, Meadowbank - 100: 1, J Henderson (Ed) 10.57 (CBP); 2, A Doris (Ed) 10.78; 3, A Banefie (StA) 11.12; 4, R Levin (Gla) 11.16; 200: 1, A Bond (Ed) 23.00; 2, B Connell (Gla) 23.03; 3, G Cook (Dun) 23.05; 400: 1, N Stephens (StA) 50.02; 2, A Bond 50.61; 800: 1, A McBeth (Gla) 1:55.55; 2, G Brown (Stir) 1:56.32; 3, A Donnachie (Gla) 1:56.67; 4, T Blackie (Ed) 1:57.04; 5, G Stewart (Gla) 1:57.69; 1500: 1, G Brown 4:01.08; 2, T Reid (Stir) 4:01.74; 110H: 1, L Jopp (Stir) 16.07; 2, B McLure (Stir) 16.32; 3, T Lamoureux (StA) 16.58; 4, N Connacher (Du) 16.63; 400H: 1, N Taylor (Stir) 55.54; 2, D Thom (Du) 57.68; 3000S/C: 1, R Boyd (Ed) 9:38.92; 2, M Robertson (HW) 10:00.97; HJ: 1, J Stoddart (Gla) 2.01 (CBP); 2, N Robbie (Stir) 1.90m; 3, T Lamoureux 1.80m; LJ: 1, D Thom 6.36m; 2, B McLure 6.28; 3, D Whyte (Ed) 6.22m; TJ: 1, R Brown (Gla) 13.63m; 2, I Hally (Ed) 13.55m; SP: R Smith (Gla)

13.82m; 2, E Spence (Gla) 11.20m; DT: 1, E Spence 32.74m; JT: 1, M Sanei (Gla) 49.36; 2, R Scott (Ed) 47.24m; 3, A Anderson (Gla) 45.84m; Women: 100: 1, R Stevenson (Gla) 12.49; 2, J Booth (Ed) 12.49; 200: 1, R Stevenson 25.68; 2, Z Butler (Ed) 26.92; 400: 1, L Drysdale (Stir) 63.28; 800: 1, C Kitchen (Ed) 2:17.59; 2, C Smith (Ed) 2:22.64; 1500: 1, C Smith 5:21.8; 2, E Scott (Gla) 5:24.46; 3000: 1, A Rose (Du) 10:41.38; 2, C McFadden (Ed) 10:57.87; 400H: 1, S Booth (Ed) 62.21 (CBP); HJ: 1, N Murray (Stir) 1.65m; LJ: 1, N Murray 4.92m; 2, L Drysdale 4.75m; SP: 1, K Savill (HW) 10.51m; JT: 1, K Savill 37.82m.

17

Scottish Unis v SAAA Juniors v Scottish League, Grangemouth -

100: 1, A Doris (U) 10.6; 2, S Shaw (J) 11.0; 3, J Nicoll (L) 11.0; 4, A Banefie (U) 11.1; 5, A Gilmour (J) 11.2; 100 (Guest) W Fraser 11.0; 200: 1, W Fraser (L) 21.8; 2, S Shaw 22.2; 3, D Galloway (J) 22.6; 4, G Farquharson (L) 22.8; 400: 1, J Nicoll 48.6; 2, D Young (L) 49.7; 3, M Stevens (U) 50.2; 4, I Cumming (J) 50.2; 5, P Kennedy (J) 50.7; 400 (Guests): 1, D Mulholland (Shett) 49.2; 2, I McCurk (C'bank) (J) 49.9; 800: 1, A Murray (L) 1:53.0; 2, G Mitchell (L) 1:53.5; 3, A Donnachie (U) 1:53.8; 4, J McFadyen (Y) (J) 1:54.1; 5, J Divers (J) 1:55.9; 1500: 1, K Lyall (L) 3:59.6; 2, A McBeth (J) 4:01.1; 3, R Williamson (G) 4:01.8; 4, T Reid (U) 4:01.8; 3000: 1, A Callan (G) 8:11.0; 2, R Quinn (G) 8:14.9; 3, J Orr (L) 8:26.4; 4, J Pentecost (L) 8:37.7; 5, K Vose (U) 8:39.8; 6, J Moodie (J) 8:43.8; 7, S Barnett (J) 8:44.6; 110H: 1, C Hogg (L) 15.3; 2, I McGilivray (J) 15.4; 3, R Milne (L) 16.1; 400H: 1, D Hitchcock (U) 54.4; 2, N Taylor (U) 54.9; 3, T Nimmo (J) 56.1; 4, S Ledingham (L) 56.2; 5, A Taylor (L) 56.6; 4x100: 1, Juniors 43.1; 2, League 43.2; 3, Dundee HH (guests) 44.0; 4x400: 1, League 3:19.5; 2, Unis 3:21.1; 3, Juniors 3:22.6; HJ: 1, S Ritchie (J) 2.00m; 2, D Barnetson (J) 1.95; 3, S Hill (L) and J Stoddart (U) 1.90; 5, N Robbie (U) 1.90; PV: 1, E Fliszar (L) 4.20m; 2, I Johnston (L) 4.00m; 3, I Winning (J) 3.60m; LJ: 1, E Scott (J) 6.49m; 2, I Snowball (L) 6.47m; 3, B Whyte (U) 6.36m; TJ: 1, W Leung (L) 13.38m; SP: 1, L Carter (J) 13.73m; 2, S McMillan (J) 13.71m; 3, S Aitken (L) 13.66m; DT: 1, L Carter 39.86m; 2, A Whyte (L) 38.40m; 3, P Crawford (J) 37.36m; JT: 1, S McMillan (J) 57.04; 2, A Whyte (L) 56.56m; 3, A McIntosh (L)

recorded a PB with his score of 6312 points.

The junior decathlon winner was Paul Allan (Aberdeen), who became the native junior record holder with his score of 6243, well clear of Ian Black (ESH).

In the inaugural youths' octathlon championship, Eric Scott (Helensburgh), was an outstanding victor, winning seven of the eight events. Scott's score of 4799 was well ahead of second placed Alan Kemlo (Liv) who scored 3633 points.

CONGRATULATIONS!



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Glasgow

RESULTS

51.58m; HT: 1, A McIntosh (L) 45.98m.
Result: 1, League 138pt; 2, Juniors 114; 3, Universities 103.

Scottish Unis v Cent Reg AC v EWM
100: 1, R Stevenson (U) 12.6; 2, Z Butler (U) 12.9; 3, V Friel (EWM) 12.9; 200: 1, R Stevenson 25.9; 2, F Vance (EWM) 26.2; 400: 1, L Drysdale (U) 62.1; 2, D McKernon (EWM) 62.2; 800: 1, C Kitchen (U) 2-17.3; 2, J Owens (EWM) 2-22.1; 3, C Smillie (CR) 2-22.6; 1500: 1, C Kitchen 4-41.9; 2, C Williams (G) 4-54.4; 3, A Rose (U) 4-56.6; 3000: 1, A Rose 10-30.5; 100H: 1, E Dempsey (EWM) 15.0; 2, D Fraser (EWM) 16.4; 4x100: 1, EWM 49.7; 2, Unis 51.4; HJ: 1, N Murray (U) 1.60m; 2, J McNeil (EWM) 1.55m; 3, C Herriot (EWM) 1.55m; LJ: 1, S Wood (EWM) 5.08m; 2, N Murray 4.95m; SP: K Savill (U) 10.36m; JT: K Saville 40.78m; DT: 1, C Crawford (U) 29.32m. Result: 1, Universities 129pts; 2, EWM 101; 3, Central Region 52.

17

Scottish Schools Championships - Boys, Grangemouth -

Over 17 years Group A: 100 (+2.62m/s): 1, D Galloway (Auch) 10.9; 2, C di Rollo (GH) 10.9; 3, S Carswell (K'bright) 11.2; 4, M Williams (Rann) 11.3; 200 (-1.53m/s): 1, D Galloway 22.1; 2, A Carrie (Mackie) 22.6; 3, P Shannon (Taylor) 22.6; 4, S Mathers (Ellan) 22.9; 400: I McGurk (Turnb) 49.2 (eq. CBP); 2, S Kay (GH) 49.8; 3, D Hill (Lenz) 51.6; 800: 1, J McFadyen (Dunoon) 1-53.5 (CBP); 2, G MacDowall (InvRA) 1-54.8; 3, K Leitch (Alloa) 1-58.1; 4, N Maxwell (SMel) 1-58.7; 1500: 1, G Reid (Kil) 3-56.4; 2, G Hart (Taylor) 4-04.7; 3, R Bond (S'allan) 4-09.2; 5000: 1, M McCartney (Forrester) 16-50.9; 2, N Freer (StAl) 16-54.2; 3, A Sturrock (Lorr) 17-01.0; 110H (-1.24m/s): 1, G Smith (RHS) 15.3; 2, N Penny (SM) 15.7; 3, D Macrae (Merch) 15.9; 400H: 1, D Macrae 57.3; 2, A Paisley (Woodmill) 57.7; 3, N Douglas (Edin) 58.5; 2000 s/c: 1, A Thain (SM) 6-18.2; 2, R Crook (Q Anne) 6-27.0; 3, B Stewart (Bel) 6-47.6; HJ: 1, S Ritchie (Q Anne) 2-05 (CBP); 2, S Hill (Forfar) 1.88m; 2, M McVie (Edin) 1.88m; PV: 1, J Bennett (Edin) 3.20m; 2, C Cook (Edin) 3.20m; 3, S Morrison (Marr) 2.50m; LJ: 1, E Scott (Herm) 6.67m; 2, G McIntosh (SM) 6.44m; 3, R McGraw (QVS) 6.09m; TJ: 1, J Anderson (Merch) 12.87m; 2, D Murdoch (Merch) 12.87m; 3, M McVie 12.67m; SP: 1, N Mason (Bell B) 14.53m (CBP); 2, P Beaton (Wood) 12.81m; 3, M McLeod (Alness) 12.75m; DT: 1, P Crawford (Morr) 39.20m; 2, M McLeod 38.70m; 3, N Douglas (Edin) 35.46; JT: 1, J Grant (Lorr) 55.46m; 2, N Fearnley (C'almond) 52.74m; 3, D Hathaway (GW) 48.30m; HT: 1, S Irvine (Merch) 40.74m; 2, D Dillon (St Jos) 23.44m.

Group B (15-17 years): 100 (+2.13m/s): 1, R Slater (Dumb) 11.1; 2, C Joiner (Dumf) 11.3; 3, D Walker (GH) 11.3; 4, S Cumming (Currie) 11.3; 200 (-0.84m/s): 1, D Walker 22.8; 2, C Joiner 23.1; 3, R Slater 23.3; 4, S Cumming 23.3; 400: 1, G Purves (Earls) 50.3 (CBP); 2, I Murray (Milb) 51.3; 3, P McGlauchlin (St Al) 51.5; 4, D Sutherland (Tain) 51.7; 800: 1, B Higgins (Boc) 1-57.6; 2, J Gill (St Al) 1-57.9; 3, I Forbes (Strathaven) 1-59.3; 4, G Wiseman (Woodside) 1-59.5; 1500: 1, G Graham (Boc) 4-05.9; 2, C Greenhalgh (W'wood) 4-08.9; 3, N Latimer (Bal) 4-15.4; 3000: 1, E

McCafferty (Trin) 9-02.7; 2, A Adams (Dumb) 9-06.6; 3, M McBeth (St Al) 9-10.5; 4, A Moss (Doll) 9-15.1; 5, J Coyle (St Al) 9-20.7; 100H (-1.71m/s): 1, L Smith (Milb) 14.7; 2, I Dickie (Auch) 14.7; 3, D Wright (Edin) 15.2; 4, A Hambly (C'head) 15.2; 5, E Ethridge (Rann) 15.2; 6, D Govan (Clar) 15.2; 400H: 1, I Dickie 58.3; 2, D Wright 58.3; 3, S Henderson (Morr) 59.9; 1500S/C: 1, D Hards (Milb) 4-32.2; 2, S Burch (Q Anne) 4-41.7; 3, D Whiffen (Sanq) 4-45.8; HJ: 1, S Whyte (Gols) 1.90m; 2, J Allan (Boc) 1.87m; 3, I Fraser (Naim) 1.87m; PV: 1, C Berry (QVS) 2.80m; 2, P McIlwraith (Edin) 2.60m; LJ: 1, I Paget (Kils) 6.21m; TJ: 1, M Craig (St Al) 13.67m (CBP); 2, S Whyte 12.98m; 3, I Paget 12.80m; SP: 1, K Gordon (K'Keithing) 13.64m; 2, O Everatt-Stoneman (Gordon) 13.53m; 3, J Grundy (Lom) 13.18m; DT: 1, A Mathieson (Lenz) 38.22m; 2, J Grundy 37.10m; 3, K Gordon 36.84m; JT: 1, C McAulay (G'mond) 47.42m; 2, A Jackson (Rann) 46.00m; HT: S Bunter (Herm) 47.88m.

Group C (14-15 years): 100 (+2.4 m/s): 1, J Bragg (Merch) 11.9; 2, B Miles (Peeb) 11.9; 3, S Moir (Bel) 12.1; 200 (-0.84 m/s): 1, D Reid (Earls) 24.0; 2, B Mills 24.1; 400: 1, R Wilson (Cornhill) 54.3; 2, A Capriotti (St Al) 55.8; N Jessell (Rann) 55.8; 800: 1, A Tulloch (Graeme) 2-04.8; 2, S Belliness (Dunf) 2-07.1; 1500: 1, M Keiso (Q Anne) 4-22.5; 2, M Gill (St Al) 4-25.6; 3, S Mackay (IRA) 4-27.8; 800H (-1.02 m/s): 1, I Hamilton (Greenf) 12.3; 400H: 1, I Galloway (C'head) 64.1; 2, J Gooding (Rann) 64.6; HJ: 1, G Woods (Stone) 1.89m (CBP); 2, S McKinley (Woodmill) 1.68m; 3, D Riding (Herm) 1.68m; PV: 1, M Liv (Edin) 2.60m; 2, R Craig (St Al) 2.60m; LJ: 1, K McNally (St Al) 5.51m; 2, J Gilbert (Grange) 5.50m; TJ: 1, D MacPhee (Ding) 11.76m; SP: 1, A Posse (Wallace Hall) 12.60m; 2, D Beveridge (Edin) 12.24m; DT: 1, N Dempsey (Merch) 30.92m; 2, P Cowan (Gala) 30.62m; JT: 1, A Possee 38.54m; 2, N Dempsey 33.78m; HT: 1, S Gardiner (QVS) 36.64m.

Group D (under 14 years): 100 (-1.13m/s): 1, D Harris (Bel) 12.4 (CBP); 2, M Smith (St Aug) 12.6; 200 (+0.73 m/s): 1, D Harris 24.8 (CBP); 2, C Hopkins (Cornhill) 25.0; 800: 1, B Waters (St Nin) 2-11.0; 2, K Daley (Craig) 2-12.7; 1500: 1, C Humphrey (Bel) 4-40.0 (CBP); 2, M Gorman (Lenz) 4-40.2; 3, A McPherson (Hutch) 4-40.7; 800H (-2.16 m/s): 1, D Montgomery (Castle) 13.7 (CBP); HJ: 1, C Ferri (Ham) 1.50m; 2, H Kerr (Kyle) 1.50m; PV: 1, R Dunn (Edin) 2.40m (CBP); LJ: 1, C Cochrane (Earl) 4.99m (CBP); TJ: 1, C Malloch (Mont) 11.02m (CBP); SP: 1, P Dolan (GHS) 10.89m (CBP); DT: 1, G Hynd (Aln) 34.54m (CBP); JT: 1, S Wands (Dollar) 35.58m (CBP); HT: 1, R Mackinnon (QVS) 37.60m (CBP).

Trophies:

Eric Liddell Memorial Trophy (Most meritorious performance of the day): S Ritchie (Q Anne HS) and G Woods (Stonelaw HS)
A M Dalrymple Challenge Cup (Outstanding Throwing Performance): N Mason (Bell Baxter HS)

Girls Championships, Crownpoint -

Group A (Over 17 years): 100 (-0.16m/s): 1, K Lithgow (Dumfries) 12.4; 2, K Hogg (GH) 12.8; 200 (+0.16m/s): 1, K Lithgow 25.2; 2, F Moncur (Moni) 26.2; 400: 1, C McHardy (St Geo) 62.0; 800: 1, H Haining (Max) 2-13.7; 2, A Normand

(Gla) 2-19.6; 3, D Kelly (St Aid) 2-22.7; 1500: 1, D Watson (Well) 4-49.6; 3000: 1, V McPherson (Marr) 10-34.5; 2, M Gemmell (Turnb) 10-49.1; 100H: 1, C McIntosh (West) 15.1; 2, L McCulloch (QA) 15.4; 400H: 1, S Shaw (Annan) 71.2; HJ: 1, L Patton (St Nin) 1.55m; 2, S Morris (Gla) 1.55m; LJ: 1, C Black (Currie) 5.41m; 2, L McCulloch 5.33m; 3, C Hunter (GW) 5.06m; SP: 1, L Low (Kirk) 9.45m; 2, A Adam (Mont) 9.35m; DT: 1, H MacLeod (Fort) 36.72m; 2, L O'Keefe (GH) 33.02m; JT: 1, L Low 36.60m; 2, J Ritchie (Arb) 34.38m.

Group B (15-17 years): 100 (+0.15m/s): 1, A Edmonds (King) 12.1; 2, K Leys (Hazle) 12.3; 3, F Vance (Cald) 12.4; 4, J Fleming (Jord) 12.4; 5, V Friel (St Maur) 12.6; 200 (+0.16m/s): 1, A Edmonds 25.2; 2, F Vance 15.7; 3, V Friel 25.7; 4, J Fleming 25.7; 400: 1, D Burden (Calder) 58.5; 2, C Collins (Bal) 59.2; 3, E Grant (Inver) 59.9; 800: 1, L Thounire (Fir) 2-20.8; 2, J Wolfendale (Boc) 2-21.0; 3, S Teelfer (Bel) 2-25; 1500: 1, K Rice (West) 4-42.1; 2, R Houston (Dalz) 4-52.1; 3, A Grosset (Rann) 4-55.1; 4, M Wilson (Bal) 4-56.0; 5, S Kennedy (KP) 5-01.1; 6, J Cuthill (Bears) 5-01.7; 3000: 1, C Roy (WCal) 10-34.5; 2, D Ruthenford (St Jos) 10-51.2; 3, C Follan (Ael) 11-19.1; 800H (+0.16m/s): 1, C Murphay (St Nin) 11.4 (CBP); 2, D Douglas (Mill) 12.0; 3, S Richmond (Wood) 12.1; 4, H Mackay (Chorl) 12.2; 5, S Glass (Currie) 12.3; 3000H: 1, F Watt (Aird) 4.49 (CBP); 2, S Brown (Girv) 4.61; 3, S Woods (Lilith) 4.62; 4, T Kerr (Gala) 4.67; 5, K Wallace (Herm) 4.68; HJ: 1, H Melvin (Marr) 1.64m; 2, K Guthrie (Holy) 1.61m; 3, S Fotheringham (Ding) 1.58m; 4, L McMillan (Bo'ness) 1.55m; LJ: 1, D Douglas 5.31m; 2, C Murphy 5.25m; 3, L Morris (Hutch) 5.15m; 4, Z Gardner (Well) 5.10m; 5, S Wood (Forr) 5.09m; SP: 1, A Grey (WCal) 13.43 (CBP); 2, L Dobie (Peeb) 10.10m; DT: 1, A Grey 42.82m (CBP); 2, L Dobie 31.54m; JT: 1, J Jackson (Webs) 38.16m; 2, J Ablett (Gill) 32.70m; 3, E Grant (Inver) 32.34m.

Group C (14-15 years): 100 (+0.16m/s): 1, E Julian (Loud) 12.7; 2, R Livingston (RHS) 12.9; 200 (+0.16m/s): 1, E Julian 25.6; 2, L Paterson (Gord) 25.9; 3, A Garden (Kin) 26.4; 4, N McLeod (P'odge) 26.6; 800: 1, A Potts (W'wood) 2-20.2; 2, Z Meiklem (Kin) 2-24.1; 3, R Hough (St And) 2-26.3; 1500: 1, D McNally (P'Mains) 4-51.2; 2, V Reilly (Moni) 4-54.9; 3, W Kennedy (Lark) 4-55.1; 4, L Chisolm (Bishop) 4-55.8; 5, A Cheyne (Bayth) 4-57.6; 6, S Pardie (Haw) 4-58.0; 75H (-0.16m/s): 1, K Dyer (Bel) 12.1; 2, E McLaughlin (Forr) 12.1; 3, C Legge (Mont) 12.3; 4, T Crosbie (St Nin) 12.3; HJ: 1, K Dyer 1.65 (-CBP); LJ: 1, S Pope (Arma) 5.04m; 2, K Dyer 4.87m; 3, E McLaughlin 4.83m; SP: 1, T Johnston (Ding) 10.02m; 2, S Robin (Herm) 9.69m; DT: 1, H McCreadie (Dumb) 31.02m; 2, T Johnston 28.28m; JT: 1, S Ritchie (Arb) 27.10m.

Group D (Under 14 years): 100 (+0.16m/s): 1, M McShannon (P'Mains) 12.4 (CBP); 2, L Kerr (Kil) 12.6; 3, K Sutherland (St G) 12.8; 4, S Brown (Largs) 12.9; 5, J Adair (K'bright) 13.0; 200 (+0.16m/s): 1, M McShannon 25.3 (CBP); 2, K Sutherland 26.7; 3, S Paterson (Lin) 27.1; 4, J Adair 27.2; 5, L Ferguson (Fort) 27.3; 800: 1, I Linaker (QA) 2-12.3 (CBP); 2, L Stewart (Mussel) 2-20.5; 3, CA Boyes (Shaw) 2-22.2; 4, D Church (Marr) 2-26.1; 75H (+0.16m/s): 1, S Gunn (Port) 11.8 (-CBP); 2, C Burr (RHS) 12.1; 3, Z Howieson (Hutch) 12.5; 4, M

McWharrel (StNins) 12.5; HJ: 1, J Brume (St Leo) 1.53m; 2, J Dale (Well) 1.53m; 3, L Kerr and J Reid, both 1.53m; LJ: 1, L Kerr 5.31 (CBP); 2, S Still (Ellon) 4.70m; SP: 1, K Cassidy (Porto) 9.58m;

Trophies:

Francis Barker Shield (Most meritorious performance of the day): A Grey (West Calder HS).

Paisley Shield (School with greatest number of points): Belmont Academy; Park Mains HS; West Calder HS (joint winners).

18

HFC Bank Scottish Athletic League Divs 1&2, Crownpoint -

Division 1: 100: 1, E Clark (Pit) 11.0; 2, J Corrigan (Shett) 11.2; 200: 1, B Whittle (Ayr) 21.7; 2, C Duncan (Shett) 22.2; 3, G Farquharson (Pit) 22.2; 4, A Cullen (10th) 22.2; 5, A Walker (ESM) 22.4; 200 "B": 1, E Clark 22.0; 2, D Galloway (Ayr) 22.3; 3, J Corrigan 22.7; 400: 1, B Whittle 47.1; 2, D Mulherson (Shett) 49.0; 3, A Bond (ESM) 50.1; 400 "B": 1, S Kay (ESM) 50.3; 800: 1, I Cumming (Pit) 1-53.5; 2, D McDevitt (Bel) 1-53.7; 3, M Fallows (ESPC) 1-53.7; 4, W Coyle (Shett) 1-55.0; 800 "B": 1, K Cameron (ESPC) 1-53.9; 2, C Murphy (Pit) 1-55.07; 1500: 1, W Coyle (Shett) 3-52.0; 2, G Marker (ESPC) 3-54.1; 3, G Grindlay (ESH) 3-54.4; 1500 "B": 1, B Scally (Shett) 3-53.1; 5000: 1, W Robertson (Bel) 14-46.8; 2, R Greswell (Ab) 14-47.2; 3, K Mortimer (ESPC) 15-02.8; 4, D Cameron (Shett) 15-12.3; 110H: 1, C Hogg (ESPC) 15.4; 2, C Duncan 15.4; 3, D Findlay (Pit) 16.1; 400H: 1, S Ledingham (Ab) 55.0; 2, S Dempster (ESH) 55.1; 3, A Taylor (ESPC) 55.1; 3000 s/c: 1, J Steel (ESH) 9-06.3; 2, D Cavers (Loch) 9-30.0; 3, F Arnott (ESPC) 9-45.0; 4, A Swann (Shett) 9-48.7; 5, S Wright (Ab) 9-50.6; 3000 s/c "B": 1, R Boyd (ESPC) 9-50.6; 2, M Caird (Ab) 9-51.6; 4 x 100: 1, Shettleston 43.4; 2, Pitreavie 44.2; 3, Aberdeen 44.4; 4, ESPC 44.6; 5, Ayr 44.6; 4 x 400: 1, ESPC 2-23.5; 2, Ayr 3-27.2; 3, Pitreavie 3-27.5; HJ: 1, A Scobie (ESPC) 2.00m; 2, J Stoddart (Bel) 2.00m; 3, S Ritchie (Pit) 2.00m; 4, M McVie (ESH) 1.90m; PV: 1, I Black (ESH) 4.20m; LJ: 1, C Duncan (Shett) 7.09m; 2, I Snowball (ESPC) 6.56m; TJ: 1, D Rooney (ESPC) 13.98m; 2, J Gallacher (Pit) 13.60m; SP: 1, G Smith (Ab) 13.89m; 2, S McMillan (Pit) 12.70m; DT: 1, R Devine (ESPC) 43.50m; 2, A Black (ESH) 40.12m; JT: 1, S Maxwell (Pit) 57.38m; 2, A Black 56.50; 3, A Whyte (ESPC) 56.48m; HT: 1, L Nisbett (ESH) 57.94m; 2, R Devine 54.46m; HT "B": 1, A Whyte 49.54m.

Result: 1, ESPC 383pt (8 league pts); 2, Pitreavie 354 (7); 3, Shettleston 331.5 (6); 4, Aberdeen 261 (5); 5, ESH 253 (4); 6, Ayr Seaforth 229 (3); 7, Bellahouston 169.5 (2); 8, Lothian 163 (1).
Total after 3 matches: 1, ESPC 1205 match points; 2, Pitreavie 944.5 (18); 3, Shettleston 944.5 (18); 4, Aberdeen 935 (18); 5, ESH 767 (11); 6, Ayr Seaforth 719.5 (10); 7, Lothian 496 (5); 8, Bellahouston 497.5 (4).

Div 2: 100: 1, B Ashburn (C'bank) 11.2; 2, B Connell (Cent) 11.3; 200: 1, B Connell 22.3; 200 "B": 1, I McGurk (C'bank) 22.7; 400: 1, I McGurk 49.5; 2, T Barrie (DHI) 50.1; 400 "B": 1, G Cook (DHI) 50.3; 800: 1, P McColgan (DHI) 1-52.8; 2, J Divers (C'bank) 1-53.3; 3, G Gibson (Kilb) 1-53.4; 4, A Bryce (FVM) 1-54.1; 5, F McGowan

RESULTS

(VP) 1:55.0; 1500: 1, P McColgan 3:53.3; 2, G Higgins (C'dale) 3:56.7; 3, C Little (VP) 3:57.2; 1500 "B": 1, B Cook (DHF) 3:58.6; 5000: 1, R Quinn (Kilb) 14:28.2; 110H: 1, J Cender (Kilb) 16.0; 400H: 1, N Taylor (VP) 55.7; 2, D Thom (DHF) 55.9; 3, J Pender 57.2; 3000 S/C: 1, J Pentecost (FVH) 9:29.7; 2, M Strachan (Fife) 9:36.6; 3, D Storey (DHF) 9:41.1; 4, J Kennedy (VP) 9:49.2; 4 x 100: 1, Clydebank 43.7; 2, DHH 44.0; 3, Cent Reg 44.8; 4 x 400: 1, DHH 3:25.4; 2, Clydebank 3:25.6; 3, Falkirk 3:28.0; HJ: 1, D McIlroy (C'bank) 1.95m; 2, J Allan (C'dale) 1.90m; LJ: 1, M Hammill (C'bank) 6.53; 2, J Brannan (DHF) 6.42; LJ "B": 1, B Ashburn 6.42m; PV: 1, F Liszer (DHF) 4.20m; PV "B": 1, D Darroch (DHF) 4.00m; SP: 1, S Aitken (DHF) 14.04m; 2, N Mason (Fife) 13.21m; 3, L Carter (C'dale) 11.75m; JT: 1, D Goodwin (Cen Reg) 46.16m.

Results: 1, Dundee HH 353 pts (8 league points); 2, Clydebank 302 (7); 3, Clydesdale 238 (6); 4, VH 213.5 (5); 5, Victoria Park 202 (4); 6, Central Region 188 (3); 7, Kilbarchan 171.5 (2); 8, Fife 102 (1). Position after 3 matches: 1, DHH 1082 match points (24 league points); 2, Clydebank 945.5 (21); 3, Clydesdale 742 (18); 4, FVH 670 (14); 5, Victoria Park 654 (13); 6, Central Region 548 (8); 7, Fife 465 (6); 8, Kilbarchan 397 (4).

Divs 3 and 4, Meadowbank - Div 3: 100 (-2.08m/s); 1, S May (Harmony) 11.55; 200 (-1.35m/s); 1, S May 22.84; 400: 1, S Murray (WK) 51.07; 800: 1, S Murray 1:54.25; 2, A McBeth (EK) 1:54.40; 1500: 1, A McIndoe (EK) 3:58.62; 5000: 1, E Stewart (Cam) 14:47.96; 3000 S/C: 1, G Croil (EK) 9:13.62; 400H: 1, B Winning (P'cuick) 58.66; HJ: 1, D Parrott (KO) 1.90m; LJ: 1, D Gormley (EK) 6.49m; SP: 1, Gloyne (EK) 11.61m; JT: 1, B Mill (Cam) 50.54m; 4 x 100: 1, Perth SH 45.60; 4 x 400: 1, JWK 3:32.21.

Results: 1, Cambuslang 310 pt (8 league points); 2, East Kilbride 250 (7); 3, JWK 249 (6); 4, Perth SH 239 (5); 5, Penicuik 231 (4); 6, Harmony 215 (3); 7, Kirkintilloch Oly 142 (2); 8, Liv & Dist 129 (1).

After 3 matches: 1, Cambuslang 906 match points (23 league points); 2, JWK Kilmarnock 853.5 (21); 3, Perth SH 792.5 (17); 4, East Kilbride 732 (15.5); 5, Penicuik 686 (11.5); 6, Harmony 643 (9); 7, Kirkintilloch Oly 476 (6); 8, Liv & Dist 496 (5). Div 4: 100/200: 1, G McIlvenney (Cum) 11.80/23.32; 400: 1, S Cameron (Loch) 52.22; 110H: 1, R Milne (Mont) 16.37; SP: 1, C McCulloch (Loch) 10.95m; HJ: 1, T Golder (Lass) 1.86m; LJ: 1, S Cameron 6.36m; 4 x 100: 1, Garscube 46.11; 4 x 400: Garscube 3:36.69.

Results: 1, Cumnock 313 match points (8 league points); 2, Lasswade 256 (7); 3, Montrose 222 (6); 4, Maryhill 220 (5); 5, Garscube and Lochgelly both 210 (3.5); 7, Cumbernauld 184 (2); 8, Ed Spartans 157 (1).

After 3 matches: 1, Cumnock 949 match points (23 league points); 2, Lasswade 738 (16); 3, Maryhill H 718.5 (16); 4, Garscube 725 (15.5); 5, Lochgelly 694.5 (13.5); 6, Cumbernauld 667 (11); 7, Montrose 541.5 (9); 8, Ed Spartans 457.5 (4).

22

Schools Inter Area Match, Grangemouth Boys Under 17 years: 100 (+3.35 m/s); 1, S McAllister (Renf) 11.3; 2, C Joiner (Fife) 11.3; 200 (+3.27 m/s); 1, C Allan (N) 23.7;

400: 1, D Sutherland (N) 52.8; 2, A O'Hare (Dumb) 52.8; 800: 1, I Murray (N) 1:59.5; 1500: 1, G Graham (Dumb) 4:11.0; 100H (+2.37 m/s): M Lorraine-Smith (N) 14.4; 2, D Stephen (Gramp) 14.9; 3, D Clifford (Gall) 15.0; 4x100: 1, Glasgow 47.0; 2, Dumfries and Galloway 47.1; 3, Fife 47.1; HJ: 1, S Whyte (N) 1.90m; 2, J Allan (Dumb) and R Johnston (Glasgow) 1.85m; LJ: 1, S Allan (Fife) 6.14m; TJ: 1, M Paterson (Ang) 12.50m; SP: 1, J Grundy (Dumb) 12.69; DT: 1, A Mathieson (Dumb) 36.50m; 2, D Minty (Gramp) 36.06m; JT: 1, B McLeod (Dumb) 43.4m.

Under 15: 100 (+2.76 m/s); 1, D Brown (N) 12.2; 800: 1, M Kelso (Fife) 2:06.6; 4x100: 1, North 47.7; HJ: 1, G Woods (Gla) 1.80m; 2, N Tajwar (Ren) 1.70m; JT: 1, A Possee (Gall) 41.18m.

Girls Under 17 years: 100 (+5.55 m/s); 1, A Edmonds (N) 12.0; 2, V Friel (Dumb) 12.6; 200 (-0.48 m/s); 1, V Friel 26.0; 400: 1, C Collins (Fife) 62.7; 800: 1, J Wolfendale (Dumb) 2:28.7; 1500: 1, I Linaker (Fife) 4:35.7; 2, A McBride (Dumb) 4:56.9; 3, C Roy (W Loth) 4:57.4; 800H (+3.21 m/s); 1, C Murphy (Renf) 11.5; 2, D Douglas (N) 12.1; 3, S Richmond (Fife) 12.1; 4, E Sneddon (Cen) 12.1; 4x100: 1, North 51.6; 2, Dumbarton 51.6; 3, Glasgow 51.9; HJ: 1, K McNeill (Gall) 1.60m; 2, S Fotheringham (N) 1.60m; 3, L Gordon (Gla) 1.60m; LJ: 1, A Grey (W Loth) 5.26m; TJ: 1, S Fotheringham 10.27m; SP: 1, A Grey 13.51m; DT: 1, A Grey 43.56m; JT: 1, A Jackson (Ang) 33.32m.

Boys: 1, North 69 pts; 2, Dumbarton 59.5; 3, Fife 58.4; Dumfries and Galloway 54.5; Glasgow 50.5; 6, Renfrew 40; 7, Angus 38.5.

Girls: 1, Dumbarton and North 72 pts; 3, Fife 54.5; 4, Glasgow 49.5; 5, Renfrew 41; 6, Angus 38.5.

Overall Result: 1, North 141 pts; 2, Dumbarton 131.5; 3, Fife 112.5; 4, Glasgow 99.5; 5, Dumfries and Galloway 85; 6, Renfrew 81; 7, Angus 61.5; 8, Central 51; 9, Grampian 41; 10, West Lothian 36.

30

Small Nations International Match, Antrim - Men: 100 (+1.36m/s); 5, E Bunney 10.73; "B" Race: 1, D Clark 10.76; 200 (+2.27m/s); 4, N Turnbull 22.02; guest, D Clark 21.51; 400: 1, M McMahon 47.67; 800: 2, N Smith 1:49.18; 1500: 6, R Cameron 3:57.1; 5000: 1, I Hamer (Wal); 3, R Quinn 14:03.80; 110H: (+1.37m/s); 4, Leiper 15.34; 400H: 4, R Harkins 52.59; 3000 S/C: 1, P McColgan (NI) 8:44.35; 3, G Mathieson 8:52.45; 4 x 100: 1, Scotland 40.21; 4 x 400: Scotland DNF; HJ: 1, G Parsons 2.21m; PV: 4, A Leiper 4.20m; LJ: 4, D Mathieson 7.08m; TJ: 5, S McMillan 15.01m; SP: 5, M McDonald 13.44m; DT: 2, D Morris 48.96m; HT: 3, R Devine 55.62m; guest, L Nisbet 57.02m; JT: 3, R James 59.18m.

Match Score: 1, Wales 87pt; 2, Israel 76; 3, N Ireland 74; 4, Scotland 69; 5, Cyprus 55; 6, Euskadi 54.

Match Score: 1, Scotland 73pt; 2, N Ireland 67; 3, Wales 65; 4, Cyprus 52; 5, Israel 50; 6, Euskadi 31.

Combined Match Score: 1, Wales 152pt; 2, Scotland 142; 3, N Ireland 141; 4, Israel 118; 5, Cyprus 105; 6, Euskadi 85.

July

1

Dairy Crest SAAA Under 20 Junior, Youths and Boys Champs, Meadowbank Juniors: 100: 1, B Ashburn (C'Bank) 10.98; 2, S May (Harm) 11.14; 3, D Gilmour (Lark) 11.20; 4, B Connell (CR) 11.27; 200: 1, S May 22.03; 2, B Connell 22.10; 3, D Gilmour 22.30; 4, M Friel (Shett) 22.59; 1 Pritty (C'bank) 22.75; 400: 1, I McGurk (C'bank) 49.38; 2, I Cumming (Pit) 49.82; 3, A Bruce (Pit) 50.27; 4, R Beattie (Ayr) 50.84; 800: 1, I Cumming 1:53.38; 2, J Lough (Anna) 1:54.31; 3, P Hockley (Derw) 1:54.60; 4, J Divers (C'bank) 1:56.61; 1500: 1, I Gillespie (C'bank) 3:57.5; 2, J Campbell (Anna) 3:57.63; 3, A McBeth (G Uni) 3:57.95; 4, F McGowan (VC) 3:58.07; 3000: 1, D Donnelly (Anna) 14:53.77; 2, S Rankin (FVH) 15:16.72; 3, I Falconer (Harm) 15:28.34; 4, S Whyte (Ham) 15:34.93; 110H: 1, R Hunter (G'head) 14.82; 2, I McGillivray (Eln) 14.86; 3, N Taylor (VC) 15.41; 4, N Penny (DSMC) 15.58; 5, P Allan (Ab) 15.76; 6, G Rudd (Bord) 15.79; 400H: 1, N Taylor 55.75; 2, Nimmio (FVH) 57.08; 3, N Connacher (DHF) 61.19; 2000S/C: 1, S Wright (Ab) 6:02.66; 2, J Moodie (Pit) 6:04.78; 3, A Campbell (Anna) 6:12.98; 4, M Gallacher (Camb) 6:21.42; HJ: 1, J Stoddart (Bel) 2.06m (CBP); 2, S Ritchie (Pit) 1.95m; 3, D O'Neill (New) 1.95m; 4, I Winning (Pen) 1.85m; PV: 1, I Black (ESH) 4.20m; 2, S Robinson (Wal) 4.00m; 3, A Anderson (NV) 3.80m; 4, I Winning 3.70m; LJ: 1, B Ashburn 6.67m; 2, R Burnett (Mid Arg) 6.58m; 3, B Whyte (E Uni) 6.55m; TJ: 1, A Welch (Banch) 12.67m; 2, K Wood (Ham) 12.46m; SP: 1, N Mason (Fife) 14.37; 2, P Allan 13.81m; 3, L Carter (C'dale) 13.24m; DT: 1, N E Elliot 40.46m; 2, D Allan (Inv) 40.36m; 3, P Allan 39.96m; 4, P Crawford (PSH) 39.76m; 5, L Carter (C'dale) 38.84m; JT: 1, A Bruce (Pit) 48.10m; 2, P Crawford 43.94m; 3, A Anderson 43.14m; HT: 1, D Allan 48.66m; 2, T Grayson (Bord) 40.92m; 3, L Carter 33.62.

Youths: 100: D Galloway (Ayr) 11.26; 2, D Clelland (Forth) 11.53; 3, C Allan (Inv) 11.57; 4, G Dickie (Ayr) 11.75; 5, C Shields (Tay) 11.75; 200: 1, D Galloway 22.35; 2, D Clelland 22.56; 3, A Carnie (Ab) 22.69; 4, S Mathers (Ab) 22.78; 5, S Cumming (ESH) 23.00; 400: 1, G Purves (Black) 50.23; 2, D Sutherland (Inv) 51.85; 3, S Low (VP) 52.01; 4, S McCulloch (Annan) 52.10; 800: 1, J McFadyen (GGH) 1:55.27; 2, S Young (Willow) 1:58.84; 3, I Brankin (Basil) 1:59.11; 4, P Carson (Derw) 2:00.55; 1500: 1, G Reid (JWK) 3:58.76 (CBP); 2, G Graham (VP) 4:01.79; 3, E O'Neill (Anna) 4:03.57; 4, G Hart (Bells) 4:06.38; 3000: 1, R Blakely (Willow) 8:46.55; 2, N Freer (C'bank) 8:54.57; 3, B Gibson (Carl) 9:01.59; 4, B Fraser (Bil) 9:03.14; 100H: 1, K Milligan (DSMC) 14.12; 2, I Dickie (Ayr) 14.34; 3, D Macrae (Merch) 14.36; 4, E Nicoll (ESPC) 14.61; 5, P Simpson (Pit) 14.68; 400H: 1, A Paisley (Pit) 56.08; 2, P Gallagher (Anna) 57.63; 3, I Murray (Inv) 57.67; 4, P Simpson

58.66; 5, I Dickie 59.21; 6, D Macrae 6:59.47; 2000S/C: 1, A Thain (C'bank) 13.25; 2, D Hards (Inver) 6:23.00; 3, R Hooten (ESH) 6:35.92; HJ: 1, S Hill (ESPC) 1.85m; 2, F Lewis (Bil) 1.80m; 3, S Whyte (Gols) 1.80m; 4, B Cole (Loughside) 1.80m; 5, J Allan (C'dale) 1.80m; PV: 1, J Grant (Lass) 3.20m; 2, D Fitzgerald (Pit) 3.00m; LJ: 1, E Scott (Hel) 6.64m; 2, D Johnston (Anna) 6.39m; 3, S McGeoch (Kilb) 6.22m; TJ: 1, J Anderson (Merch) 12.77m; 2, S McGeoch 12.71m; 3, S Whyte 12.50m; SP: 1, D Todd (Anna) 16.23m; 2, R Baird (FVH) 14.42m; 3, J Grundy (Hel) 12.87; DT: 1, D Todd 46.70m; 2, C Blair (Anna) 41.98m; 3, R Baird 40.74m; 4, J Grundy 40.06m; JT: 1, C Blair 51.04m; 2, E Scott 43.82m; 3, C McFall (B'mena) 43.22m; HT: 1, S Bunker (Hel) 47.02m; 2, D Minty (P'head) 40.14m; 3, J Dargue (Bord) 34.80m.

Senior Boys: 100: 1, C Joiner (Pit) 11.47; 2, J McAdorly (B'mena) 11.68; 3, A Hilditch (Dumb) 11.73; 4, E Campbell (Camb) 11.75; 200: 1, C Joiner 22.86 (CBP); 2, J McAdorly 22.95; 3, A Hilditch 23.64; 400: 1, C Young (C'bank) 52.06; 2, A O'Hare (C'bank) 52.15; 3, R Wilson (Cen Reg) 54.97; 4, A Prophet (C'bank) 55.57; 800: 1, C Young 1:58.10 (CBP); 2, I Forbes (S'house) 2:01.20; 3, M Dobbin (Bath) 2:02.18; 1500: 1, J Hatcher (Bord) 4:14.31; 2, A Moonie (Fife) 4:18.34; 3, M McLaughlin (Camb) 4:23.76; 800H: 1, R Dunn (Anna) 11.49 (CBP); 2, S Dillon (Bil) 12.20; 3, S Kelly (B'mena) 12.33; 1500S/C: 1, M Kelso (Pit) 4:33.33; 2, D Whiffen (NV) 4:39.03; 3, I Murdoch (Ayr) 4:50.04; 4, S Grossey (Anna) 4:57.04; HJ: 1, P Haslett (Anna) 1.75m; 2, G Woods (Camb) 1.75m; 3, K Bremner (Gols) 1.75m; PV: 1, S Groines (Bord) 3.20m; 2, R Craig (St Al) 2.70m; 3, P Nyhlén (ESH) 2.50m; LJ: 1, D Reid (Black) 5.75m; 2, P Williamson (Inv) 5.64; 3, J Gilbert (F&H) 5.63m; TJ: 1, A Malcolm (ESPC) 11.51m (CBP); 2, A Blackie (VP) 11.32m; 3, C Booth (Mont) 11.08m; SP: 1, I Love (Pen) 13.91m; 2, R Aitchison (W'field) 12.67m; 3, R Holmes (Hel) 11.99m; DT: 1, K McCann (Merch) 40.66m; 2, R Aitchison 35.06m; 3, R Holmes 24.72; JT: 1, R Aitchison 51.02 (CBP); 2, R Dunn (Anna) 46.46m; 3, H James (Mont) 42.16m; HT: 1, G Easson (Tay) (CBP) 49.26m; 2, M Soneby (Bord) 43.34; 3, K McCann 36.94m.

Dairy Crest WAAA Under 19 Junior Championships, Grangemouth - Euro Juniors: 100: 1, A McGillwray (EWM) 12.28; 2, R Girvan (Nith) 12.52; 3, R Stevenson (GAC) 12.84; 200: 1, Girvan 25.13; 2, E Lindsay (EWM) 25.50; 3, S Smith (Louth) 26.39; 400: 1, M McClung (JWK) 56.26; 2, D Knox (M&C) 56.57; 3, D Rubertazzi (Ayr) 57.71; 800: 1, S Wiktoriski (Louth) 2:11.65; 2, S Grainger (EWM) 2:15.53; 3, L Svansson (Pit) 2:16.08; 4, A Normand (VP) 2:18.04; 5, D Kelly (Law) 2:20.08; 3000: 1, L Cairns (JWK) 10:27.6; 2, C Williams (DHC) 10:28.4; 3, V McPherson (Troon) 10:35.0; 4, M Gemmell (Str) 10:35.4; 5, J Guy (GAC) 10:45.8; 100H: 1, M McGuinness (MSL) 14.8; 400H: 1, K Baird (KQ) 65.5; 2, H Edgar (Nith) 66.1; HJ: 1, K Mason (Seaton) 1.70m; 2, E Lindsay 1.60m; 3, S Filver (DHF) 1.55m; 4, J McNeil (EWM) 1.55m; LJ: 1, E Lindsay 5.48m; 2, C Black (EWM) 5.45m; 3, A McGregor (MSL) 5.32m; SP: 1, A Rhodie (MSL) 11.74m; 2, S Morrison (Ayr) 10.37m; 3, H McLeod (Inv) 9.38m; DT: 1, K Hornby (NSP) 37.96m; 2, H McLeod 36.06m; 3, G

Gipson (Mor) 34.83m; JT: 1, K Hornby 44.44m; 2, S Lloyd (Seaton) 39.40m; 3, L Low (ork) 36.38m.

Intermediates: 100: 1, K Leys (Ab) 12.5; 2, K Anderson (GH) 12.5; 3, V Friel (EWM) 12.6; 200: 1, J Bainbridge (GH) 25.42; 2, V Friel 25.43; 3, F Vance (EWM) 25.44; 4, K Leys 25.53; 400: 1, C Collins (FVH) 57.71; 2, E Grant (Pit) 59.08; 3, S Carruthers (Ayr) 60.04; 800: 1, L Thumire (EWM) 2:20.12; 2, S Teifer (Ayr) 2:21.32; 3, M Rooney (MSL) 2:21.54; 4, J Wolfendale (VP) 2:21.58; 1500: 1, K Rice (Ab) 4:43.5; 2, S Armstrong (Bor) 4:50.4; 3, N McFarlane (Dor) 4:50.8; 80H: 1, C Murphy (GAC) 11.54 (CBP of 11.43 in heat); 2, S Richmond (Pit) 11.93; 3, L Elliot (Sund) 11.94; 300H: 1, S Wood (EWM) 45.8 (CBP); 2, N McCall (MSL) 45.8; 3, C Old (GAC) 46.7; 4, S Brown (Ayr) 46.9; HJ: 1, W McDonald (Cam) 1.68m; 2, H Melvin (Troon) 1.65m; 3, S Richard (Pit) 1.60m; LJ: 1, R Irving (Wirral) 5.44m; 2, C Murphy 5.16m; 3, M Somerville (MSL) 5.01m; SP: 1, C Barnett (PSH) 10.20m; 2, L Jackson (Tay) 10.02m; 3, T Shorts (Kilb) 9.63m; DT: 1, K Allan (Els) 30.06m; 2, A Cross (Ork) 29.28m; 3, T Shorts 27.70m; JT: 1, K Allan 36.58m; 2, C Quinn (GH) 32.14m; 3, J Aitken (Mont) 31.26m.

Junior Boys: 100: 1, M McShannon (GAC) 12.5 (CBP); 2, S White (Seaton) 12.6; 3, E Julian (Ayr) 12.6; 200: 1, M McShannon 25.31; 2, S White 25.43; 3, E Julian 25.79; 4, L Patterson (Aber) 25.89; 800: 1, A Potts (VP) 2:17.09; 2, I Stewart (ESPC) 2:18.98; 3, A Cheyne (Bath) 2:20.36; 4, K McNeill (MSL) 2:22.15; 1500: 1, I Linaker (Pit) 4:30.91 (CBP); 2, D McInally (VP) 4:51.20; 3, Y Reilly (DHF) 4:53.96; 4, L Chisholm (SLAC) 4:57.39; 75H: 1, S Gunn (Ab) 11.81; 2, K Dyer (Ayr) 11.91; 3, C Burr (EWM) 11.99; HJ: 1, K Dyer 1.55m; 2, J Reid (Kilb) 1.45m; 3, H Pirie (Ab) 1.40m; LJ: 1, L Kerr (GAC) 5.17m; 2, S Pope (Bath) 4.83m; 3, S Still (Ab) 4.78m; SP: 1, T Johnston (Block I) 9.76m; DT: 1, M McGeachie (HAAC) 28.66m; 2, M Young (EWM) 27.70m; JT: 1, M Wilson (Avon) 30.06m.

Girls: 100: 1, K Donnan (Ayr) 13.5; 2, S Balmain (EK) 13.7; 3, J Reid (GDC) 13.7; 200: 1, K Donnan 27.31; 2, Reid 27.44; 3, F Lumsden (Ab) 27.80; 800: 1, K Stewart (JWK) 2:29.0; 2, K Harrison (L&L) 2:29.6; 3, L McFarlane (Dove) 2:30.0; 70H: 1, S Moxley (EWM) 11.95; 2, K McNamee (MSL) 12.00; 3, J McDonald (Bil) 12.07; HJ: 1, J Brown (Mel) 1.42m; LJ: 1, D Quirie (Ab) 4.70m; SP: 1, J Robin (HAAC) 10.48m (CBP); 2, E Garden (Pit) 9.92m; DT: 1, E Garden 26.34m (CBP); 2, L Thomson (EWM) 25.10m; JT: 1, J Robin 27.70m; E McQueen (Inv) 26.10m; 3, L Thomson 24.76m.

2

GRE Gold Cup 2nd Round Match, Meadowbank - Result: 1, EAC 122pt; 2, Shettleston 116; 3, Border 112; 4, Gateshead 110; 5, Morpeth 108; 6, Pitreavie 103.

100: 1, A Doris (ESPC) 11.06; 200: 1, C Duncan (Shett) 22.46; 2, W Fraser (ESPC) 22.48; 400: 1, D Mulholland (Shett) 48.63; 2, N Armstrong (Mor) 49.11; 3, I Cumming (Pit) 49.28; 4, D Young (ESPC) 49.35; 800: 1, G Brown (ESPC) 1:53.80; 2, S Parr (Gate) 1:54.66; 3, S Preist (Mor) 1:54.95; 4, B Coyle (Shett) 1:55.48; 1500: 1, B Scally (Shett) 3:51.63; 2, P Mulhole (Gate) 3:52.53; 3, N Hudspeth (Mor) 3:55.13; 4, G

Harker (EC) 3:58.40; 5000: 1, D Farrell (Bor) 14:53.56; 2, J McKay (Shett) 14:53.74; 3, M Ferguson (ESPC) 15:01.79; 10,000: 1, B Leddicot (Gate) 31:27.35; 2, D McLachlan (Bor) 31:39.01; 3, A Jenkins (Mor) 31:41.10; 4, D Cameron (Shett) 31:53.18; 5, R Lippitt (Pit) 31:56.94; 110H: 1, C Duncan 15.34; 2, C Hogg (ESPC) 15.52; 400H: 1, K Anderson (Border) 55.39; 2, A Taylor (ESPC) 55.94; 3000 S/C: 1, G Hargreaves (Gate) 9:21.32; 2, R Carey (Bor) 9:26.78; 3, T Woods (Mor) 9:34.49; 4, R Boyd (ESPC) 9:37.05; 4 x 100: 1, Shettleston 42.02; 2, ESPC 43.49; 4 x 400: 1, ESPC 3:20.51; 2, Border 3:20.83; 3, Shettleston 3:21.83; 4, Pitreavie 3:25.63; HJ: 1, A Scobie (ESPC) 2.00m; 2, S Ritchie (Pit) 2.00m; 3, J Wallis (Bor) 2.00m; 4, N Robbie (Shett) 1.95m; PV: 1, S Ryan (Gate) 4.15m; LJ: 1, C Duncan 6.92m; TJ: 1, D Rooney (ESPC) 14.12m; 2, J Gallagher (Pit) 13.25m; SP: 1, P Reed (Mor) 15.00m; DT: 1, P Reed 49.20m; HT: 1, J Little (Bor) 47.06m; 2, S Towers (Gate) 45.54m; 3, W Robertson (ESPC) 43.94m; JT: 1, S Hunter (ESPC) 55.38m; 2, S McMillan (Pit) 55.32m.

GRE Jubilee Cup 2nd Round Match, Meadowbank - Women

Result: 1, North Shields Pol 102pt (Sindiv wins); 2, EWM 102 G wins; 3, SV 86; 4, ESPC 85; 5, Gateshead 83; 6, Copeland 46. 100: 1, J Kirby (NSP) 12.5; 2, D Flockhart 12.5; 200: 1, W Addison (NSP) 24.01; 2, D Flockhart 24.91; 400: 1, A Pickford (Gate) 52.79; 2, M Anderson (ESPC) 54.71; 3, W Addison 55.53; 4, S Booth (EWM) 56.81; 800: 1, L Smith (ESPC) 2:13.13; 1500: 1, C A Gray (ES PC) 4:35.67; 2, S Durham (EWM) 4:38.04; 3000: 1, K Byrne (SV) 10:11.71; 100H: 1, J Kirby 14.25; 2, C Reid (EWM) 14.64; 400H: 1, A Brown (EWM) 62.68; HJ: 1, S McLaughlin (SV) 1.66m; 2, S Urquhart (EWM) 1.63m; 3, K Guthrie (ESPC) 1.63m; LJ: 1, J Ainslie (EWM) 5.81m; SP: 1, M Anderson (ESPC) 13.04m; DT: 1, G Bird (NSP) 45.30m; 2, K Neary (EWM) 37.78m; JT: 1, J Hornby (NSP) 46.70m; 2, S Urquhart 45.60m; 3, M Anderson 38.44m; 4 x 100: 1, Gateshead 48.38; 2, NSP 48.97; 3, EWM 49.12; 4 x 400: 1, EWM 3:48.62.

Inverness Harriers OGM, Queens Park Seniors: 200/400/LJ/TJ: M Fowler (Inv) 23.2/50.8/7.21/14.04m; 3000: 1, P Patrick (Aus) 8:23.9; DT: 1, P Allan (Ab) 39.00m; 2, D Aitchison (PSH) 38.92m; 3, B Shepherd (Elgin) 38.86m; SenHT: 1, B Shepherd 47.58m JunHT: 1, D Allan (Inver) 47.30m.

Youths: HJ: 1, F Lewis (Block I) 1.85m; HT: D Minty (P'head) 40.16m.

JUNIOR, YOUTHS, AND SENIOR BOYS RANKINGS

Juniors

10.9w	C di Rollo	(GHS)
10.98	B Ashburn	(CAC)
11.0	S Shaw	(EAC)
11.1	D Gilmour	(Lar)

22.03	S May	(Har)
22.10	S Shaw	(EAC)
22.10	B Connell	(CR)
22.30	D Gilmour	(Lar)

49.2	I McGurk	(CAC)
49.7	I Cumming	(Pit)
49.8	S Kay	(ESH)
50.2	G Cook	(DHH)

1-52.2	I Cumming	(Pit)
1-52.3	J Divers	(CAC)
1-53.5	G Stewart	(CAC)
1-53.6	A McBeth	(EK)

3-57.50	I Gillespie	(CAC)
3-57.95	A McBeth	(EK)
3-58.07	F McGowan	(VP)
4-04.0	J Moodie	(Pit)

15-03.5	M Campbell	(CAC)
15-10.13	M McCartney	(EAC)
15-31.4	J Moodie	(Pit)
15-16.72	S Rankin	(FVH)

6-02.66	S Wright	(Ab)
6-04.78	J Moodie	(Pit)
6-18.2	A Thain (Y)	(DSMC)
6-21.42	M Gallacher	(Cam)

9-28.13	J Moodie	(Pit)
9-42.3	R Blair	(VP)
9-56.9	S Wright	(Ab)
10-03.2	S Rankin	(FVH)

14.86	I McGurk	(CAC)
15.03	P Warrillow	(ESH)
15.3	G Smith	(EAC)
15.41	N Taylor	(VP)

54.06	N Taylor	(VP)
56.1	T Nimmo	(FVH)
56.1	P Allan	(Ab)
57.3	D Macrae	(MCS)

2.11	D Barnetson	(IH)
2.08	J Stoddart	(Bell)
2.05	S Ritchie	(Pit)
1.90	D Parrot	(KO)

4.30	I Black	(ESH)
3.80	A Anderson	(Nith)
3.70	I Winning	(Pen)
3.20	J Bennett	(EAC)

6.88	B Ashburn	(CAC)
6.61	M Hamill	(CAC)
6.58	R Burnett	(Mid A)
6.55	B Whyte	(EU)

Triple jump

13.68	P Allan	(Ab)
12.92	B Whyte	(EU)
12.87	D Murdoch	(DSMC)
12.86	S McGeoch	(Kilb)

Shot putt

14.53	N Mason	(Pife)
13.81	P Allan	(Ab)
13.73	L Carter	(CH)
12.81	P Beaton (Y)	(Pit)

Discus

40.46	N Elliot	(Hel)
40.36	D Allan	(IH)
39.96	P Allan	(Ab)
39.86	L Carter	(CH)

Hammer

48.66	D Allan	(IH)
40.74	S Irvine	(MCS)
33.62	L Carter	(CH)
29.38	N Elliot	(Hel)

Javelin

55.46	J Grant	(Lor)
52.74	N Fearnley	(Glen)
50.54	B Hill	(Cam)
48.30	D Hathway	(GWC)

Pentathlon

3264	E Scott (Y)	(Hel)
2869	M McVie	(Eac)
2737	D Hathway	(GWC)
2731	P Crawford	(PSH)

Youths

10.9w	D Galloway	(Ayr)
11.1w	C Allan	(IH)
11.1w	R Slater	(Dun)
11.3	S Cumming	(ESH)

22.1	D Galloway	(Ayr)
22.56	D Clelland	(Forth)
22.6	A Carnie	(Ab)
22.72	P Kennedy	(EAC)

50.23	G Purves	(BH)
50.3	P Kennedy	(EAC)
51.2	D Galloway	(Ayr)
51.3	I Murray	(IH)

1-53.4	J McFadyen	(GGH)
1-56.2	G Reid	(JWK)
1-57.2	A Cameron	(Bella)
1-57.6	B Higgins	(CH)

3-56.4	G Reid	(JWK)
4-01.79	G Graham	(VP)
4-04.7	G Hart	(S'brn)
4-06.69	F McNeil	(Leeds)

8-51.2	G Reid	(JWK)
8-51.2	N Freer	(CAC)
9-02.7	E McCafferty	(Cam)
9-03.14	B Fraser	(BI)

4-34.2	D Hards	(IH)
4-41.7	S Burch	(Pit)
4-45.8	D Whiffen	(Nith)
4-48.2	J Wood	(QVS)

2000m s/chase

6-13.25	A Thain	(CAC)
6-23.00	D Hards	(IH)
6-31.2	S Burch	(Pit)
6-35.92	R Hooten	(ESH)

100m hurdles

14.12	K Milligan	(DSMC)
14.34	I Dickie	(Ayr)
14.36	D Macrae	(MCS)
14.4w	M Lor'n-Smith	(IH)

400m hurdles

56.08	A Paisley	(Pit)
57.67	I Murray	(IH)
58.3	I Dickie	(Ayr)
58.3	D Wight	(EAC)

High jump

2.00	S Hill	(EAC)
1.90	S Whyte	(Gols)
1.87	J Allan	(Cam)
1.87	I Fraser	(Nairn)

Pole vault

3.50	J Grant	(Las)
3.00	D Fitzgerald	(Pit)
2.81	G Monaghan	(QVS)
2.80	C Berry	(QVS)

Long jump

6.94	E Scott	(Hel)
6.45	D Galloway	(Ayr)
6.44	I Paget	(Kils)
6.22	S McGeoch	(Kilb)

Triple jump

13.67	M Craig	(StAl)
12.98	S Whyte	(Gols)
12.95	J Anderson	(MCS)
12.80	I Paget	(Kils)

Shot putt

14.42	R Baird	(FVH)
13.95	O Ev't-St'man	(Gord)
13.64	K Gordon	(Pit)
13.51	P Beaton	(Pit)

Discus

41.32	K Gordon	(Pit)
41.16	R Baird	(FVH)
40.06	J Grundy	(Hel)
38.84	E Nicoll	(EAC)

Hammer

47.88	S Bunker	(Hel)
40.14	D Minty	(Peter)
29.44	R Baird	(FVH)
29.06	K McCann (B)	(MCS)

Javelin

47.42	C McAulay	(Glen)
47.14	M Wishart	(EAC)
46.16	S Petrie	(DHH)
46.00	A Jackson	(Ran)

Pentathlon

3064	I Dickie	(Ayr)
3049	G Graham	(VP)
2976	D Stephen	(Pet)
2871	I Paget	(Kils)

Senior Boys

11.3w	C Joiner	(Pit)(11.47)
11.75	E Campbell	(Cam)
11.8w	A Campbell	(IH)

200m

22.86	C Joiner	(Pit)
24.0	D Reid	(Earl)
24.1	B Miles	(ESH)

400m

52.06	C Young	(CAC)
52.15	A O'Hare	(CAC)
53.4	R Wilson	(CR)

800m

1-58.10	C Young	(CAC)
1-59.3	I Forbes	(Ston)
2-02.18	M Dobbin	(Bath)

1500m

4-16.1	A Moonie	(Pife)
4-17.7	M Kelso	(Pit)
4-21.31	S Meldrum	(Pit)

1500m s/chase

4-33.33	M Kelso	(Pit)
4-39.03	D Whiffer	(Nith)
4-50.04	I Murdoch	(Ayr)

80m hurdles

12.20	S Dillon	(BI)
12.3	I Hamilton	(GreH)
12.4	D Clifford	(Dumf)

400m hurdles

64.1	D Galloway	(Chd)
64.6	J Gooding	(Ran)
65.2	R Harding	(EAC)

High jump

1.89	G Woods	(Cam)
1.75	K Bremner	(Gol)
1.73	A Malcolm	(EAC)

Long jump

5.85	C Burns	(Ork)
5.79	P Williams	(IH)
5.75	D Reid	(BH)

Triple jump

11.76	D MacPhee	(D'wl)
11.66	I Lind	(Ab)
11.52	A Malcolm	(EAC)

Pole Vault

2.70	R Craig	(StAl)
2.60	M Liu	(EAC)
2.50	A Wood	(QVS)
2.50	M Vidler	(EAC)
2.50	P Nyhlin	(ESH)

Shot putt

13.91	I Love	(Pen)
12.60	A Possee	(Dunf)
12.28	R Holmes	(Hel)

Discus

40.66	K McCann	(MCS)
37.06	C Joiner	(Pit)
34.72	R Holmes	(Hel)

Hammer

49.26	G Easson	(Tay)
36.94	K McCann	(MCS)
36.64	S Gardner	(QVS)

Javelin

43.68	D Smith	(L&L)
42.16	H James	(Mon)
41.18	A Possee	(Dmf)

Pentathlon

2711	D Brown	(IRA)
2703	D MacPhee	(D'wl)
2521	J Wright	(W'ld)

the VETERAN SCENE

With Henry Muchamore

BEFORE I touch on any heated issues this month, I want to say how wonderful it is to be training in warm weather. Whether it is out on the hills, on the roads, or on the track, it really is a marvellous feeling to have the sun on your back; it actually makes you enjoy training.

Over the past few months my original squad of teenagers on a Thursday night at Meadowbank has given way to a more "mature" group of ex-marathoners and veterans who want to have a go at some track work, and embark on a few open graded events. I have made virtually no changes to the types of sessions, but have slowed everything down a bit, and thought I might pass it on for you to try if you have never done any track work before.

The training is primarily aimed at learning pace judgement, a problem that most athletes have at some stage, and a particular problem if you have come into athletics late in life. Our programme started in March at marathon race pace, and is now down to working for a middle distance event over 1500 or 3000m at a league or open graded meeting by the end of August.

Each month is broken down into its relevant weeks. Week 1 consists of 150 metres with only a 50 metre recovery, starting with one set of 10 and going up three sets of 10. Week 2 has us doing 600 metres with a 200 metre walk/jog recovery, starting with one set of three and going up to two sets of three or one set of five. In Week 3 we are back down to 300 metres with a 100 metre recovery, again starting with one set of three and increasing to three sets of three or even four.

Week 4 is up the scale to 1000 metres with a 200m walk recovery. We start at just two of these and go to a maximum of five. On Week 5, which is only once every three months, we do something different - a 3K time trial, but broken down into 4 x 400 metres, with one minute recovery with a four minute rest; 3 x 300 with one minute recovery and a three minute rest; 2 x 200 metres with one minute interval and a two minute rest and a final 100 metres flat out.

Obviously your group will vary according to standard, but we have the strict rule that each set is run in rotation with a pacemaker. No one normally overtakes him, and my role as running coach is to sit on their shoulder and call the split from a hand held watch if I have the energy.

Each of the group has said how much it helps them acquire a much better understanding of pace and they instinctively know in a race what speed they are running at. So, if you want to give track running a try instead of pounding the roads all the time, try this simple schedule once a week and see if you enjoy it. I would like to hear how you get on. Don't forget: start slowly!

THE OTHER benefit about doing a regular stint at the track is the people you meet. At Meadowbank it's a bit of everything, disabled athletes whizzing round in wheelchairs, international athletes, mostly club runners of all

ages, and numerous coaches and helpers, most of whom are very willing to help or advise if asked.

David Lease, the Scottish national coach, has a friendly word for everyone, especially if they are prospective pole vaulters - there's a challenge, you really could be a high flying vet! An even better challenge for a vet interested in doing something different is to have a go at the Thistle Awards Scheme.

Many think this is restricted to school children; it isn't - it covers all age groups and is an excellent way of introducing yourself to track and field events as well as running events as you have to combine the two aspects to gain a gold, silver, bronze or blue award. I run an annual pentathlon at the end of the season based on the Thistle points scoring system and although it is mainly youngsters that are attracted, there's nothing to stop older athletes having a go.

Whilst I am in the mood for innovative ideas, is there anyone who would be interested in compiling a veterans age group ranking list for Scotland? Jack Fitzgerald does this for the British vets and links it to the world ranking lists. Dave Morrison has provided us with regular championship best performances, but throughout the year there must be a wide number of excellent performances put up by veterans in open events, as well as those confined to veterans. Maybe to start with it should be in 10 year age bands, but ideally the standard five year age groupings for women from 35, and men from 40 would be best - any offers?

I would also welcome any "profiles" on individual veterans who may have something to say, either in word, or by performance. One such person is Brian Emmerson of Teviotdale, now 41 and running some of the best races of his life as a vet. He started off with three years of running on the professional circuit in the Borders before being reinstated. He has always preferred running roads to track, and has a best 10 mile time of 49 minutes in the Brampton to Carlisle, and a best 10K in this year's Kodak of 30-21, despite losing eight seconds at the start!

Brian was selected by the SCCU two years ago for the triangular match, and in 1985 was picked for the "Scottish team" in the Aberdeen International Marathon only to be told that as a former pro he could not be deemed as an international athlete. A late check of the rule book revealed that under IAAF rules he was eligible for his international vest. Is there any wonder athletes become frustrated?

A self taught, self coached athlete, Brian has suffered from Achilles tendon trouble for many a season, and his main advice to fellow vets is: "don't ignore pain - get attention quickly". He is very much a club athlete in the best sense of the

word, and his contribution to Teviotdale Harriers in their centenary year was a wonderful example of commitment. His hero from the past is Herb Elliott, and a recent visit from an Australian athlete who stayed with him highlighted that the Scottish scene is a bit of a backwater as far as open athletics goes.

Brian recently won his fourth Festival Five trophy at Haddington in nine years, with a time only beaten by John Robson. Like good wine, Brian gets better as he gets older.

AS WE go to press, the British Veteran Track and Field Championships were about to take place in Reading. I am pleased to report that George McNeill, who has been reinstated as an amateur, was due to be running, and his form looked more than good enough to win.

What a pity that the officialdom of the SVHC could not see fit to let him and other "known" professionals compete at Dundee, instead of the ignominy of having a double standard for "unknown pro's" winning medals. Ian Steedman registered his disgust at the whole affair by refusing to accept his various medals as he did not believe it represented a true championship.

On the bright side, I have been informed by the chairman of the BVAF that the proposals put forward to the BAAB/AAA, that all championship events should be open to all veterans has been very well received, and is to be considered by the new commission set up by the proposed BAF for veteran athletics. The matter is apparently out for consultation. Make sure if it comes to your club that you take an interest in it - even if you disagree, it's better than apathy.

It may be that this is the time to ask the SAAA to set up its own separate commission on issues relating to veteran athletics in Scotland. Such a commission could look at a concept I have advocated for some time - a Scottish Association of Veteran Athletes which would not be a club doing all the social things that the SVHC do so well, but would have a specific remit to represent the interests of veterans in a Scottish Athletic Federation context. The SVHC would, like all other clubs, have their representatives and their viewpoints, but the constitutional remit would be to organise championship events in a manner that was independent of factions or biased views wherever they came from. With the prospect of the 1990 British Championships coming to Scotland, there clearly has to be some hard thinking as to who is best able to undertake being the promoters of such a prestigious event.

TO RETURN to the heat of the Meadowbank track. On the evening before the Miller Lite meeting, our small group had the privilege of warming up with Jose Barbosa of Brazil. It may have only been a few strides, but the fact that he chatted with us ordinary mortals in perfect English gave us all a little extra zip in our training to do just that little bit better!

EVENTS

July

21

SCOTRAIL SAAA/SWAAA National Senior Athletics Championships at Crownpoint (Evening)

22

SCOTRAIL SAAA/SWAAA National Championships, Crownpoint (Final Day)

ELGIN Highland Games and 10 mile Road Race, Elgin

GLAMAIG 4.5 mile Hill Race, Isle of Skye

DINGWALL to Evanton and back 10 mile Road Race

STROMNESS Shopping Week 13 mile Road Race

GLENASHDALE 9 Miles - 1.30pm, medals and certificates to all finishers. E on day. More info from John McGovern, Ashton Grove, Whiting Bay, Arran.

23

GRE Gold Cup and Jubilee Cup Semi Final Matches, various venues

FALKIRK District Council Young Athletes Meeting at Grangemouth. Details from 0324-483752.

Aberdeen AAC Shire Open Meeting. Enquiries to Mr S Peddie (0224-313498).

HELENSBURGH People's Half Marathon. Details from Sheila Ramsay, 38F East Argyle Street, Helensburgh.

IRVINE Highland Games

OBAN Hill Race Championship

26

SRI Chinmoy 2 Mile Road Race at Glasgow Green and 1 Mile RR Edinburgh. Details as before.

30

GENERAL Portfolio 10 Miles.

Details from Running North (0224-636299).

August

1

GATEHOUSE Gala "Roon the Watter" 10K. E and info from: Gayle MacNamara, 10a Catherine Street, Gatehouse of Fleet. Tel: 05574-594.

5

EUROPEAN Bruno Zanli Athletic Cup Final, Gateshead (Day 1)

CELTIC Games Women's Junior International Carmothen

GRE British Athletic League Div 2, Cwmbran

NEWTONMORE Highland Games and Creag Dubh 3 Mile Hill Race

ORD Hill Race, North Keswick

LARGO Law Hill Race, Lower Largo

BRODICK Highland Games, Arran

ISLE of Islay Peoples Half Marathon, Bowmore

6

THE Macallan Moray Peoples Marathon (inc SAAA champs), Half Marathon and 10K, Elgin. E - Ed McCann, Dept of Recreation, 30/32 High Street, Elgin.

EUROPEAN Cup Final (Final day)

STRATHALLAN Highland Games and Half Marathon, Bridge of Allan

SCOTTISH YAL Final, Crownpoint

MONKLANDS Half Marathon, Coatbridge

THE Driftwood Eyemouth Half Marathon, Eyemouth. E - Mrs Lough, 2, Seafeld, Eyemouth.

CORRIE Capers Round Arran Road Relay Race

SVHC 10K Road Race, Lochinch

CITY of Edinburgh 10 Mile R Race BURNSWARK 6 Mile Road Race, Ecclefechan

ANGUS Munros 18 Mile Hill Race, Glen Doll

CITY of Dundee Quadrathlon (inc Scottish Champs), Dundee. E - 0382-23141, Ext 4045

9

SHEETLESTON Harriers OGM, Crownpoint

MILL Lum 6 Mile Road Race and 1.5 Mile Fun Run, Kinghorn, Fife. Further info from 0592-873146

11

KODAK AAA/WAAA Championships, Birmingham (Day 1)

12

BALLATER 10 Road Race, 2pm, Ballater School, entry £3.50. Entries on day or more info from Philip Benzie on 03397-55599

AAA/WAAA Championships (Day 2)

HFC SAL Divs 1 & 2, Crownpoint

EDINBURGH and District Athletic League, Tweedbank Stadium, Galashiels

FALKIRK District Council Young Athletes Meeting, Grangemouth Stadium

ST Mungo's Heavy Event Championships, Bellahouston Park, Glasgow

ABERNETHY Highland Games, Nethy Bridge

LADYSBRIDGE 5 Mile Road Race, Banff

DUNDONNEL 3 Tops 6 Mile Hill Race, Gairloch

MERRICK 8 Mile Hill Race, Glen Trool

13

MONTROSE Half Marathon. Details from: Alan Glanville, Adult Training Centre, Forties Road, Montrose. Tel: 0674-73313

AAA/WAAA Championships (Final Day)

HFC SAL Divs 3 & 4, Crownpoint

OCTAVIAN Relay Meeting, inc SAAA 1600m Medley Relay Champs, Meadowbank

BRITISH Airways 10K Road Race, Nether Pollok

MONKLANDS Womens Scottish Cup Final, Coatbridge

HADDINGTON Half Marathon, Neilson Park, Haddington

DALCHULLY 4.5 Mile Hill Race, Laggan Bridge

FORESTRY Commission Glen Trool 10 Mile Hill Race, Caldots

16

ESH OGM, Meadowbank

WELTCLASSE GP Meet, Zurich

WIDFORD Hill Race, Kirkwall

CAERKETTON Hill Race, Hillend, Edinburgh

19

GRE Gold and Jubilee Cup Finals, Stoke on Trent (Day 1)

ORKNEY Isles AAA Open Championships, Kirkwall (Day 1)

The Driftwood Half Marathon

August 6th - 11.30 a.m. at Manderston

Certificates & medals to all finishers (entries taken on day)

★ £100 in vouchers if course record (1-50.40) is beaten ★

Further information:
Mrs C. Lough
2 Seafeld, Eyemouth



THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL
AMENITY AND RECREATION DEPARTMENT

Sponsored by THE FALKIRK HERALD

Under SCCU and SWCC & RRA Rules

Sunday, October 22, 1989, (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname	<input type="text"/>										For Official Use	<input type="text"/>													
Christian Name and other Initials	<input type="text"/>										M	F	Sex	<input type="text"/>	<input type="text"/>										
Address	<input type="text"/>																								
Town or City	<input type="text"/>										Post Code	<input type="text"/>					Country	<input type="text"/>							
Age on day of Race	<input type="text"/>		Date of Birth	<input type="text"/>																Work Telephone No.	<input type="text"/>				
Club or Team name (if any)	<input type="text"/>																				Home Telephone No.	<input type="text"/>			

Anticipated time for ½ Marathon

Are you a disabled person? ☐ If yes, please advise of disability

I enclose herewith my Cheque/P.O. No. value £4, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

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

Entries will not be accepted on the day of the race.
Entries close on October 9, 1989, or on receipt of 3000 entries.

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH

EVENTS

FALKIRK District Council Young Athletes Meeting, Grangemouth. Details from 0324-486711

BUTE Highland Games, Town Park, Rothesay

SCOTTISH YAL Handicap Meeting, Arbroath

NAIRN Highland Games and Half Marathon, Nairn. E details from Danny Bow on 0667-52208

BLAIRGOWRIE "500" Half Marathon and Fun Run, Blairgowrie. E - Bob Ellis, 103, Perth Road, Blairgowrie

CIBA geigy 5 Mile Road Race, Linwood Sports Centre

ARROCHAR Alps 13 mile Mountain Race, Arrochar

GREAT Wilderness Challenge 25 Mile Fell Race, Poolewe

20

GRE Gold and Jubilee Cup Finals

SCOTTISH and NW League; Div 1, Dam Park; Div 2, Coatbridge; Divs 3 & 4, Dumfries; Divs 5 & 6, Crownpoint

NORTH East League, Caird Park

GRAMPIAN TV League; South, Peterhead; North, Inverness

MARYMASS Sports, Irvine

ORKNEY Isles AAA Champs

INVERCLYDE Athletic Initiative Marathon (inc Scottish Women's Marathon Champ), Greenock Esplanade. E - 0475-24500

ROSEBANK 10 Mile RR, Wick

CBRB 10K Road Race, Grangemouth Stadium. Details from 0324-486711

TWEEDSMUIR Fair 2.5 Mile Fell Race, Tweedsmuir

ARGYLL Championships, Oban

23

MARYMASS 6 Mile Road Race, Irvine

24

EUROPEAN Junior Championships, Varazdia, Yugoslavia (until 27/8)

25

COWAL Highland Gathering, Dunoon (Day 1)

26

ACCESS UK WAL Div 1, Stretford

COWAL Games, Dunoon (Day 2)

GLENURQUHART Highland Games (inc SAAA Heavy Event Champs) and Auchmony 3.5 Mile Hill Race, and Inverness to Drumnadrochit Road Race.

FORTH Valley League Divs 1 & 2 Final Matches, Pitreavie

TWO Bridges 30.5 Mile Road Race, Rosyth. 10am start, £3 entry fee. Race limit 250 runners. Info from: Race sec, Civil Service Sports Centre, Castle Road, Rosyth KY11

27

SAL East v West v North v Select all age groups, Grangemouth Stadium

LOTHIANS and Borders Fire Brigade Goretex Livingston Half Marathon (inc SAAA People's Half Marathon Champs and Home Countries International), Howden Park, Livingston. E - Race Sec, Livingston Fire Station, Livingston.

EVENING Express Half Marathon, Aberdeen.

MARYMASS 10 Mile Sand Run, Irvine

STAKIS 5 Mile RR, Kincaig. For details, contact 0479-811431.

ACCESS UK WAL Meeting, Div 4, Pitreavie

28

JOHNNY Walker Kilmarnock 10K Road Race and Fun Run (1 mile), Kilmarnock Academy 6.30pm declaration/7.30pm start. Further info from Duncan Gibb on 0563-30492.

29

DHH Centenary Law Hill Race

30

SHETTLESTON Harriers OGM

DUNFERMLINE OGM, Pitreavie. Details from 0383-621706

EVENT TALK

ONCE again it is time for the hardier type of runner to come to Blairgowrie and run in one of the toughest and most picturesque half marathons in Scotland, writes Bob Ellis. Now in its eighth year, the Blairgowrie 500 is still a popular event attracting 300 plus runners of all shapes and sizes.

This year, as well as the free swim and goodie bag after the race, all finishers of the half marathon will be given a new type of medal which has just come on the market. Also, this year sees the introduction of a four mile fun run (cost 50p on the day). This starts at the same time as the half marathon (2.15pm). A certificate will be given to every finisher, all groups and ages catered for.

The route for the half marathon is, as usual, through the town, then a steady climb for five miles, then into Alyth and back along the main road to Blairgowrie. All the way round you can see some lovely views of the surrounding countryside (unless it's raining). The record for the half stands at 1-06-40 and is held by Terry Mitchell of Fife AC.

The introduction of the fun run now seems to be the in theme as race organisers look for more entrants. Runners now seem to be picking races where their families can either participate, or watch some kind of display.

We, the committee, look forward to seeing old and new faces this year and hope all participants and their families enjoy their day in Blairgowrie.

ON Sunday, September 17, thousands of runners will take part in Scotland's largest race, the Great Scottish Run.

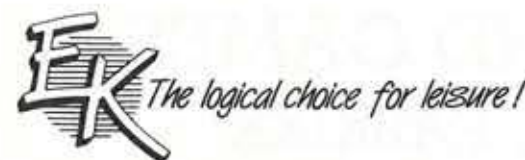
Formerly the Glasgow Marathon, the event has been given a three year sponsorship boost and is now being called the Thomas Cook Great Scottish Run. Brendan Foster, managing director of Nova International, who organise the Great North Run and who negotiated the Glasgow sponsorship, states: "We are delighted to be associated with the event. Our role with the Great Scottish Run is to act as marketing consultants on behalf of Thomas Cook."

The race, which will be televised in some form, will start at 11am from the Saltmarket and finishes 25 kilometres later in Daisy Green.

Even if you hadn't planned for the event there is still time to get fit and be able to take part in the event. Many people are sure to enjoy the unusual distance of 25 kilometres (15.535 miles) - marathon runners and half marathon runners alike should appreciate the compromise distance.

Bob Dalgleish, the race director, says, "We have already received well over 3,000 entries and are still expecting a further 3,000 to 5,000." However, he does stress: "Entries close on August 18 - so those people still wishing to enter should do so quickly."

For elite athletes there is £7,000 in prize money to be won, and bearing in mind that the 25K distance is seldom run in the UK there is ample opportunity for achieving new records. The mens' Commonwealth/UK National Record, for example, has been standing from as far back as 1965, when Ron Hill recorded 75-22.



East Kilbride Stadium Opening Day

WHY — In a Town which has numerous excellent sporting facilities it has been long recognised that a first class all weather track was needed. The building of the track is intended to remedy this deficiency.

FUNDING — It is a joint project concerning East Kilbride Development Corporation and East Kilbride District Council with the former supplying the bulk of the capital and the latter undertaking to manage the facility on a daily basis.

NAME — The new Athletics Track is to be known as East Kilbride Stadium.

OPENING EVENTS — The official opening of the track is scheduled for 29 July 1989. A full athletics international, Scotland v Northern Ireland v Irish Select is being staged to mark the occasion. The official opening ceremony will involve dignitaries and senior officials from both the District Council and the Development Corporation. Steve Ovett will be officially opening the stadium at 1.45 p.m.

Admission to the event is free for all age groups and the international starts at 2 p.m.

SUNDAY 30th JULY — The following day we are staging a family fun day and the theme here is community participation. The following events are being offered:

- ★ 15 minute track fun runs
- ★ Long Jump
- ★ High Jump
- ★ Shot Putt
- ★ 60m Sprint

We anticipate having four age groups for the above events, each age group being subdivided into boys and girls sections.

The four age groups are:

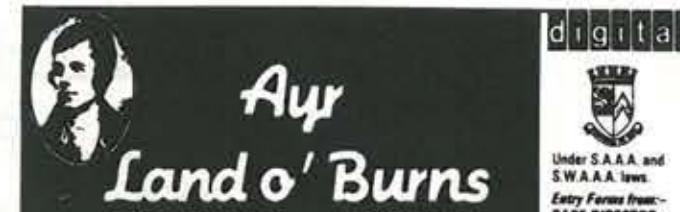
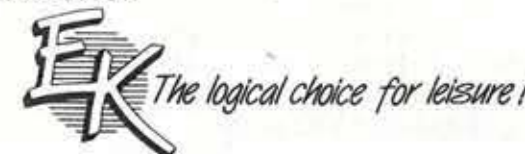
- ★ Primary School Children
- ★ Secondary School Pupils 1-3 year
- ★ Secondary School Pupils 4-6 year
- ★ People who have left School.

Again entry to the above fun day is free. All those who actively take part will receive a Certificate of Merit and special prizes are being put up for the best participants in the 60m sprint event.

We hope to have 2 good class athletes at the fun day with the specific intention of allowing the best performers in each age group in the 60m event to run off in a final against one of these athletes.

Scheduled starting time for the fun day is 12 noon and we anticipate it lasting until 3pm at the latest.

TRACK BOOKINGS — We hope to take bookings for the track from the first week in July (if the weather holds out and we finish laying the surface of the track). Anyone wanting further information about the opening events scheduled for the 29-30 July or about how to make track bookings should contact Mr William Mowbray on East Kilbride 37731.



Sunday SEPTEMBER 3rd at 10.30 a.m.

RACE ADVISER: Robert M. Dalgleish M.B.E.
SCOTLAND'S LARGEST ENTRY FOR 1987, Fast course (Scottish record Sept 86) past Alloway's Auld "Haunted Kirk" and Burns Cottage — Ample car parking adjacent to Start/Finish on Ayr Esplanade.

Winners 1988: Tommy Murray 1-06-34
Jane Robertson 1-20-37
ELECTED IN 1988

1. Scotland's most popular road race
2. Scotland's best organised race
3. Scotland's most scenic route

Surname

Forename

Address

Telephone Number

Post Code

Male Female

Date of Birth

Previous best time (Hours, mins)

Estimated running time (Hours, mins)

Are you resident within Kyle and Carrick District? YES/NO

Club (if applicable)

KYLE AND CARRICK SPORTS COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, **Women:** 18 to 34, Veteran Females 35 & over.
Please enter me for the Ayr Land O'Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

●Cheque or P.O. for £4.00 payable to "KYLE AND CARRICK DISTRICT COUNCIL" ●Check your bank statement for confirmation of entry ●Enclose SAE with entry for written confirmation.

Please help: Check all enclosures before posting to: RACE DIRECTOR, PARKS AND RECREATION DEPT., 30 MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511

Signed

Date

FORTHCOMING EVENTS

17th September 1989
Aberfeldy Half Marathon
10am Start

22nd October 1989 - Aberfeldy Triathlon 2pm
Also a Mountain Bike event - 10th September

Watch out for further details in future issues, or write for entry forms (enclosing sae) to:

Race Organiser, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, Perthshire, PH15 2DU. Tel: 0887-20922

FALKIRK HIGHLAND GAMES

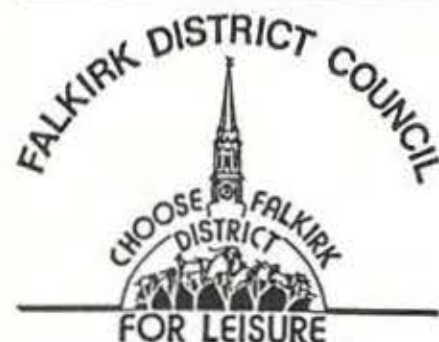
CALENDAR PARK, FALKIRK

Sunday 10th September 1989

HEAVY EVENTS, SHOT, SCOTS HAMMER, CABER, WEIGHT FOR DISTANCE,
WEIGHT OVER BAR, 60m DASH, PUTTING SCOTS STONE

MEN	100yd, 200m, 400m, 800m, 1500m, HANDICAPS 3000m SCRATCH TEAM RACE, POLE VAULT
WOMEN	100yd, 200m, 400m, 800m, HANDICAPS
YOUTHS	200m, 800m
SENIOR BOYS	200m, 800m
JUNIOR LADIES	200m, 800m
VETERANS	AULD SCOTS RACE (1000m)

TUG OF WAR - WRESTLING - PIPING - HIGHLAND DANCING



HIGHLAND GAMES

(Under SAAA & SWAAA Rules)

MINI MINOR HIGHLAND GAMES

GRANGEMOUTH SPORTS STADIUM

Saturday 9th September 1989

EVENT/ EVENT NO.	JUNIOR BOYS	GIRLS	COLTS	MINOR GIRLS	BOYS UNDER 9	GIRLS UNDER 9
100 Metres	1	2	3	4		
60 Metres					5	6
200 Metres	7	8	9	10		
800 Metres	11	12	13	14		
1000 M S/Chase	15		16			
Long Jump	17	18	19	20		
Shot Putt	21	22	23	24		
Pillow Fight	25		26			
Tossing the Caber	27		28			

For entry forms and further information contact:
Grangemouth Sports Complex, Abbots Road, Grangemouth FK3 9JD
Telephone 0324 486711

FESTIVAL of RUNNING
SUNDAY 20th AUGUST 10.30am
ENTRIES CLOSE 3rd AUGUST 1989

10k Marathon Fun Run

With assistance from Inverclyde District Council

SEND TO: Mr. J. Gallagher, Mail PT 06K, IBM UK Ltd, Inverkip Road, Spango Valley, Greenock, Scotland PA6 0AH.

NAME: _____
ADDRESS: _____
NAME OF CLUB OR UNATTACHED: _____
DATE OF BIRTH: DAY MONTH YEAR PLEASE TICK: ☐ MARATHON ☐ FUN RUN AGE ON DAY OF RACE: _____
CATEGORY: ☐ MALE ☐ FEMALE

Entry Fee—Marathon £4 10K £2 Fun Run £1

I enclose my cheque (P.O. for £) being the entry fee for the Race.
I agree to the organisers right to refuse any entry without being bound to assign a reason.
I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against the Organisers for any injury or loss as a result of participation in the event.
I will be 16 years of age or over on the day of the race.
The race is promoted under the jurisdiction of the SAAA and the SWCCC and R.A.

SIGNATURE: _____ DATE: _____

DUNFERMLINE 1989 OPEN GRADED ATHLETICS MEETINGS

(Events organised under SAAA & SWAAA Rules)

- Wednesday May 31st
- Wednesday June 28th
- Wednesday August 30th

At Pitreavie Stadium
Presented by Pitreavie A.A.C.
Sponsored by Dunfermline District Council & Sports Council

Refreshments Available
Spectators Free

For further information:
C. McKINLEY, 18 Thane Place, Dunfermline (0383) 621706

NORTH QUEENSFERRY FORTH ROAD BRIDGE SILVER JUBILEE 10K

Sunday 3rd September 1989 • 10.30 a.m.
(S.A.A.A., S.W.A.A.A.)

Entries must be received by Wednesday 23rd August.
For further information & entry forms contact:

John Leitch
Hopeview, Main Road
North Queensferry Tel: (Inverkeithing) 412634

This will be a fast point-to-point course from North Queensferry across the superb surface of the road bridge footpath and back to the finish at the New Queensferry Lodge Hotel - a considerable drop in height from the start.

LOTHIAN AND BORDERS FIRE BRIGADE



Assisted by West Lothian & Livingston Sport and
Recreation Association and Livingston AAC
Incorporating the Scottish People's Half Marathon Championships

Sunday 27th August 1989
at 10 a.m.

Start/finish at Howden Park, Livingston

Commemorative Medals and Certificates to all finishers.
Trophies in all categories (inc best fancy dress).
Prizes include Gore-Tex fabrics suits to 1st male, 1st female,
1st male o/40 and 1st female o/35.
Extensive veterans prize list.
Changing/parking facilities.
Wheelchair entries welcome.
Course records: Men - Bill Bedell 62-54; Women - Tricia Calder 79-05.
Entry Fee £5.00 (£6.00 after August 13; £7.00 on August 27).
Including Fun Run over 1.3 miles — medals to all finishers
— 500 — sponsored by Scottish Milk Marketing Board.

ENTRY FORM

SURNAME: _____ SEX: ☐ M ☐ F

FIRST NAME: _____

POSTAL ADDRESS: _____

TOWN: _____

COUNTY: _____ POST CODE ESSENTIAL: _____

DAYTIME TELEPHONE (STD CODE ESSENTIAL): _____ HOME TELEPHONE (STD CODE ESSENTIAL): _____

DATE OF BIRTH: _____ AGE ON DAY OF RACE: _____ WHEELCHAIR ENTRANT (PLEASE TICK): ☐

Day Month Year

FIRST CLAIM AFFILIATED CLUB: _____

BEST TIME: _____ WHERE ACHIEVED: _____

Please enter me for the Gore-Tex Fabrics Livingston Half Maratⁿ. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event.
Entry fee £5.00 cheque P.O. to Livingston Half Marathon
No acknowledgement - check bank statement for confirmation of entry.

Signed: _____ Date: _____
Completed entry to Race Secretary, Livingston Fire Station, Livingston EH54 5DT

Early entry competition: free Gore-Tex suit draw to entries before July 16.



GORE-TEX is a trade mark of W.L. Gore & Associates Inc.

RHONA McLEOD'S JUNIOR SCENE

ATHLETE PROFILE

NAME: Isabel Joy Linaker
DATE OF BIRTH: 29.10.75
HEIGHT: 5'2"
WEIGHT: 7 st.



CLUB: Pitreavie AAC

EVENT(S): 800 metres, 1500 metres

P.B.s: 2-12.3, 4-30.91

ATHLETIC ACHIEVEMENTS: Scottish schools cross country champion; Scottish schools (under 14) 800m champion; Scottish junior 1500m champion; British schools cross country bronze medalist; selected for British schools international (July, 1500m).

STRENGTHS: Ability to front run and maintain good pace over distances.

WEAKNESSES: I get quite nervous before competing.

WHY DO YOU COMPETE: I enjoy running and travelling with the club and school around the country.

OTHER HOBBIES: Guides, life saving and swimming.

ATHLETIC AIMS: To compete well for the Scottish Schools and maybe to compete for Scotland someday.

AIMS OUTSIDE ATHLETICS: To do well at school subjects in the hope of becoming a journalist or something to do with foreign languages or travelling.

Letters

20, Albert Drive,
Bearsden,
Glasgow.

Dear Rhona - I am writing with a problem which I have had for a long time now, 16 years in fact - my feet! I am a high jumper, for Clydesdale Harriers, and my P.B. has very slowly climbed to 1.75m (I'm a youth).

The spikes I wear at the moment are basically the only ones I could find that fitted me - Adidas Competitor, size 13. These are not high jump spikes, but suited more to 400 metre races.

Through various expeditions, I have learned that if you take a size 12, and you want to buy a pair of spikes, you have to buy one size bigger than you take, i.e. 13. This would seem fine up to size 12, but once you go beyond, it's virtually impossible to find perfect spikes to fit *especially high jump spikes*, because they're not as common as sprint spikes, for example.

My ambition at the moment is to clear 2 metres, but without proper high jump spikes, I doubt I'll be able to reach 1.80m.

I would be extremely grateful if you could give me as much detail on companies producing high jump spikes as possible, i.e. sizes, prices, availability.

Wouldn't it seem very obvious that most of the jumpers around the 2.30/2.40m mark are very tall e.g. Patrick Sjoeborg of Sweden is 6'7" tall. Perhaps he doesn't have size 13 feet, but there must be others out there with similar problems. I myself am 6'5" tall.

Think: Big people are likely to have big feet. So come on spike companies, pull your socks up, and give us a chance!

Max Hepburn,
Age 16.

*After a few phone-calls I discovered that Adidas is the only manufacturer which makes high jump spikes up to a UK size 13. They are not the easiest of things to find as Max discovered, but John Bourne Sportshad the required shoe in stock and they sent it up to Max.



they not joined the Hawks.

However, many of these athletes are lost to the university for some or all of the university season. Last season one athlete refused to run for the university at all, as his Hawkhill coach had apparently told him not to compete.

This year a number of athletes missed important events at the British Universities Championships as they clashed with a league match. The athletes travelled to Derby for the second day of BUSF, but had missed the relay heats (events in which Dundee have a good record in recent years).

Two issues are raised from this. Firstly the morality of athletes who use university money to travel to some fixtures but then turn their backs on the student clubs when their other clubs require their services.

Secondly, this blatant poaching of athletes should be illegal. Of the names mentioned in last month's article, Graham Cook, Doug Thom, Tony Barrie, Nicol Connacher, Peter Fox and Joe Brannan either are, or were, students at Dundee University. Surely the first claim regulations of the SAAA should prohibit this behaviour by a member club. If the university club does not receive some protection, just what do they get in return for their annual affiliation fee?

On a personal note, I would like to take this opportunity to announce my retirement from competitive athletics. Those who have seen me run recently may have thought that I gave up competing years ago, but when I tried, unsuccessfully to fit into my trendy (soon to be banned?) cycle shorts, I decided that my flabby frame had finally given up on me!

RHONA McLEOD'S JUNIOR SCENE

HAVING competed in international athletics for five years, there have been many memorable and embarrassing moments, however one in particular stands out on its own, the 1986 World Junior Championships in Athens.

There I was, having competed in the high jump final for over two and a half hours, with the temperature well above 100 degrees, when it was announced that the third and fourth placed jumpers were to proceed directly to drug control. Therefore, having achieved the latter, the third placed Russian and I were promptly whisked away to the designated area.

On arriving there it was obvious to me that producing a sample was not going to be easy, mainly due to dehydration. So there was only one thing for it, to get down to some serious drinking (of the soft variety I hasten to add!).

Approximately one and a half hours later the urge finally hit me, so with a sense of desperation and bottle in hand I disappeared into one of the cubicles.

Well, you would think that this is where my story ends and from now on it would be fairly straightforward, and indeed, what could be embarrassing about a perfectly legitimate procedure? Unfortunately life is never that simple!

A male doctor suddenly appeared on the scene and asked for the cubicle door to open. Although this surprised me, I felt I could cope with this, but nothing could have prepared me for what was going to happen next - yes you've guessed it, the final indignity - he wanted to hold the bottle as well!

I don't mind confessing, but at that moment I wished I had only jumped 10 inches, and when I looked up, I saw that my Russian friend going through a similar ordeal exactly opposite. All we could do was laugh as the look on our faces said it all.

It may only be wishful thinking, but perhaps this story will encourage a "cleaner" sport. Happy drug testing!

When Jayne Barnettson wished she had only jumped 10 inches!



High jumpers Steven Ritchie and Gary Woods with thrower Neil Mason.

OVER 200 schools entered the SSEB Scottish Schools Athletic Championships which took place at Grangemouth and Crownpoint on a superbly sunny day, writes Linda Trotter.

This was the first schools national track and field championships under the sponsorship of the SSEB, and so two new trophies were presented by the sponsors for the most

outstanding boys and girls 800m winners. The only other change to the championships was the creation of a new boys age-group, under 14 on September 1, 1989, rather than under 13 on April 1, 1989.

At the girls' championships at Crownpoint, the most outstanding athlete of the day was Alison Grey (West Calder High School). Alison was awarded The Francis Barker

Shield for setting new records in Group B shot (13.43) and discus (42.82). In the shot event, she beat the previous record by an enormous 1.20m, and her discus throw was 98cm better than the previous best.

Another record breaking performance came from Catherine Murphy of St Ninians. Catherine set out to, and succeeded in breaking Myra Nimmo's 19 year-old 80m hurdles record. Her new record stands at 11.4, beating the old record of 11.5. For her efforts, Catherine was awarded the Westbourne Trophy for the most meritorious performance in hurdles.

In the under 14 age-group, Myra McShannon (Park Mains High) was yet another record breaker with her wins in the 100m (12.4), and the 200m (25.3) Myra's 100m time equalled that of the boys under 14 champion.

The winner of the new SSEB 800m trophy was Under 14 winner, Isabel Linaker (Queen Anne High School). Isabel bettered her P.B of 2-18.4 by a staggering 6.1 seconds to record the excellent time of 2-12.3.

Meanwhile, at the boys

championships in Grangemouth, there was some outstanding high jumping going on. The Eric Liddell Memorial Trophy for the most outstanding performance was won jointly by Steven Ritchie (Queen Anne High School) and Gary Woods (Stonelaw High School). Steven, who was competing in the Group A high jump, was the first schoolboy to break 2.00m at the championships, while Gary added 16cm to the under 15 record with his jump of 1.89. In doing so, he beat the silver medalist by 21 cm.

In the Group A shot event, Neil Mason (Bell Baxter High) set a new record with his putt of 14.53m. In doing so, he was awarded the AH Dalrymple Challenge Cup for the most outstanding throwing performance.

The SSEB trophy for boys 800m was awarded to John MacFadyen (Dunoon Grammar) who won the Group A event in a new record time of 1-53.4.

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle Place,
Aberdeen, AB1 8NL. Tel: 0224-310352.

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71, Braeside
Place, Aberdeen. Tel: 0224-314861.

ARBROATH FOOTERS
All shapes and sizes, young or old,
welcome. Meets every Thursday 7.30pm.
Sundays 10.00am at Arbroath Sports
Centre. All distances catered for. Secretary
- Bill Powell, 11, Glenmoy Place, Arbroath
DD11 5JL.

ARBROATH & DISTRICT AC
Track and field events, road running and
cross country. All ages catered for from 8
years upwards. New members in the
upper age groups especially welcome.
Qualified BAAB coaches available at all
training sessions. Participants in the cross
country leagues, women's league, and
young athletes league. Secretary - Mrs
Frieda Ritchie, 24, Rowan Path, Arbroath.
Tel: 0241-74680.

ARDROSSAN ATHLETICS CLUB
Small friendly club invites novices or
experienced runners with an interest in
cross country and/or road racing. Contact
Sean Warden on Ardrossan 61970.

BEITH JOGGERS
(and Garmock section of Irvine Cable AC)
Serious runner, fun runner or novice. Do
you fancy company when out for a run?
Do you wish event information? Training
every Wednesday at Bellsdale Pavilion 7-
9pm. Adjacent to Beith Juniors FC Park.
All welcome. Also most Sundays at
10.30am from Garmock Pool, Kilbirnie.
Phone Jim Swindale at Beith 4156 for
further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at
Nethercraigs Sports Ground, Corkerhill
Road, from 7-9pm. All ages and abilities
welcome to our friendly and enthusiastic
group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday
from 7pm till 9pm. Friendly club catering
for all ages from veterans and anyone
who enjoys running - serious athlete or
fun runner. For further information about
the club, contact Ray Cameron, 5, Rose
Croft, Muir of Ord, Ross-shire (Tel: 0463-
870805).

BLAIRGOWRIE ROAD RUNNERS
Sec: Maggie McGregor, Glenferate,
Enochdhu, by Blairgowrie, Perthshire.
Tel: 025081-205.

BRECHIN ROAD RUNNERS
New members always welcome. The club
caters for the serious runner and the keep-
fit jogger. Meets Wednesdays at 6.30pm
and Sundays at 9.30am. For further infor-
mation, contact club secretary: Mr Alan

Young, 11, Gellatly Place, Brechin. Tel:
03562-3807.

CAMBUSLANG HARRIERS
All age groups and standards welcome,
young or old, serious or social, we cater
for everyone. Meets every Tuesday and
Thursday 7pm; Saturday 2pm; Sunday
11.30 am. Further information: Robert
Anderson, 63, Montcastle Drive,
Cambuslang. Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB
For hill and cross country running in the
Lothians. Regular training sessions and
all standards welcome. Secretary -
Andrew Spenceley, 26, Rankellor Street,
Edinburgh EH8. Tel: 031-667-5740.

CENTRAL REGION AC
Large friendly club catering for all
standards and ages, track and field, cross
country and road running. For further
information, Tel: John Dickson on Stirling
71627.

CLYDESDALE HARRIERS
Road, track, cross country, field events,
hill running, jogging, coaching available
in all aspects: social events. If you are
looking for a friendly club contact: Phil
Dolan, 1, Russell Rd, Duntocher. Tel:
Duntocher 76950. Emily Hardware, 23,
Gilmour Ave, Hardgate, Clydebank. Tel:
Duntocher 76902.

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63,
Thornicroft Drive, Condorrat, G67 4JT.
Tel: (0236) 733146. We cater for all abilities
from absolute beginner. Males/females
aged 16 and over are welcome to contact
the secretary or call at Muirfield
Community Centre Weds and Thurs at
7pm and Sat at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday
from 7pm at Broomfield Park, Cumnock.
All ages from 9 years upwards catered
for. Very friendly and enthusiastic club.
Separate adult jogging centre. Secretary:
Tom Campbell, 14, Bute Road, Cumnock.
Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday
7pm at Deerpark, Dunbar. All age groups
aged 9 years upwards catered for. Contact
Hugh Rooney, 0368-64064. We cater for
all abilities.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road for
male and female, coaching available. All
age groups nine and upwards catered
for. Contact: Gordon K. Christie, 767,
Dalmahoy Drive, Dundee DD3 9NP. Tel:
0382-816356.

DUNDEE ROADRUNNERS AC
Secretary - Mrs Gill Hanlon, 9, Lochinver
Crescent, Dundee.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field
and cross country. Main training nights:
Monday-St Joseph's Playing Fields,
Dumfries; Tuesday-David Keswick
Centre, Marchmont, Dumfries; Thursday-
St Joseph's. For further details please
contact Angela Coupland (sec) on 0386-
710816.

EDINBURGH SPARTANS
Brand new, extremely small athletic club
hopes to attract sufficient members to put
a team in the Fourth Division of the HFC
Scottish Athletic League next season.
Contact: Gerry Clement, 40, Lockerby
Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM
Meet every Tues and Thurs 7pm at
Meadowbank. All ages catered for by
qualified coaches for most events. Further
information from: Peter Black, 32,
Baberton Mains Wynd, Edinburgh. Tel:
031-442-1506.

FIFE AC
Covering Kirkcaldy district, North East
Fife and beyond, catering for all ages and
all disciplines including track and field,
hill running, cross country and roads.
Whether you're a beginner or serious
athlete we have something for you.
Depending on your area, contact:
Kirkcaldy - Dave Lawson (Burntisland
874489); Ian Gordon (Glenrothes 755405);
Cupar - John Clarke (Cupar 53257); St
Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages
who are interested in track, road, or cross
country. All abilities welcome. Training
night Wednesday 7pm, September -
March at Market Muir, Forfar (under
floodlights). April - August at Forfar
Academy playing fields. Contact Sec. Bill
Logan on Forfar 67256 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club
catering for all age groups and all talent.
Club meets in the village on Monday
evenings at 7pm. Club Secretary G.M.
Angus, 2, Leaning, Forth. Tel: Forth 811150.

GARSCUBE HARRIERS
Training every Tuesday and Thursday
evenings at Blairdardie Sports Centre,
Blairdardie Road, Glasgow G13 starting
at 7pm. Male and female all age groups
and standards welcome. Contact Stuart
Irvine, 189, Weymouth Drive, Glasgow
G12 0FP. Tel: 041-334-5012.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross
country, or road running - why not join
Glasgow AC? All coaches are BAAB
qualified. We meet on Monday nights at
Scottston Showgrounds, Glasgow at
7.25pm, and on Weds evenings at
Crownpoint Road track from 7.15pm.
Further details from: Leslie Roy, General

Secretary, 29, Apsley Street, Partick,
Glasgow G11 7SP. Tel: 041-339-5860.

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in
club catering for men and women.
Competition in track, road and cross
country. Regular sessions from own
clubhouse with all facilities. Senior men
meet Tues and Thurs nights at 7pm, with
boys and youths at 5.30pm. Women meet
Monday 7.30pm. For details please contact
Alan Puckrin, 14, Caledonia Cres,
Gourock.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon
& Wed nights 7pm Neilson Park,
Haddington (young athletes coaching,
Knox Academy). Other times and places
by arrangement. All ages, standards, road,
cross country, hill, track and easy keep fit
runs. Come along or contact Sec David
Jones, 7, Letham Mains, Haddington
EH41. Tel Haddington 2685.

HAMILTON HARRIERS
All age groups, both male and female,
welcome from 9 years to veterans. Club
meets Monday and Wednesday 7-9pm,
and Sunday mornings. Coaching
available for track and field, road running
and cross country. Women's jogging night
Tuesdays 7.30pm at our own house.
For further info, contact Ian Duffy (Blantyre
829661), or Sheena Smith (Hamilton
428186).

HARMONY ATHLETIC CLUB
Meets in south west Edinburgh every
Mon and Wed. Caters for a wide range of
abilities in all aspects of athletics,
including track and field, cross country,
road running and hill running throughout
the year. For more info on track and field,
contact Ken Jack on 031-449-2910; the
remainder Ian Hislop on 031-441-1604.

KILBARCHAN AAC
Youngsters and men and women of all
ages who are interested in track and field,
road and cross country, or in coaching
these disciplines, are welcome. Training
nights 7pm Mondays at Thorn Primary,
and Wednesdays at Johnstone High
School, Johnstone. Come along or contact
secretary Jason Pender at 34, Victoria
Road, Brookfield, Renfrewshire. Tel: 0505-
21217.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road
and cross country). Girls and women.
Sec: John Young, 12, Dromore Street,
Kirkintilloch. Tel: 041-775-0010. Boys and
Men: Sec: Henry Docherty, 22, Applecross
Road, Langmuir Estate, Kirkintilloch G66
3JT. Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thursday
nights in Linwood Sports Centre,
Brediland Road, Linwood. All age groups
and standards welcome. Contact Mr P.

McAtier on 041-887-4705, or Mr W. Toole
on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small, friendly club looking to become
larger and friendlier club. All age groups
required, male and female, track and road,
road and cross country, also anyone with
coaching skills very welcome. Training
four nights weekly, Pitreavie Stadium,
Monday and Wednesday. Please contact
Mrs Sheena MacFarlane, Tel: 0383-739681
(Memb Sec).

LOMOND HILL RUNNERS AND AAC
New members sought. Small, friendly
club for hill races, roads, cross country
etc. Training Tuesday 7-9pm, Sunday 8pm
at Glenwood High School, Glenrothes.
Sec - Allan Graham, 12, School Road,
Coaltown of Balgonie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all
levels. Training Tuesdays and Thursdays,
Musselburgh GS. Sec: Andy Cullen, 9,
Carlawerock Court, Tranent. Tel: 0875-
612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at
John-Paul Academy in Summerston.
Meets every Tuesday and Thursday 7pm.
All ages and athletes most welcome.
Further info: R Stevenson, 75, Friarton
Road, Merrylee, Glasgow G43.

MILLBURN HARRIERS
The club for all seasons (road, cross
country, track and field) and the club for
the future. All standards of runners
welcome to our friendly club. For info
contact: Geoff Lamb, 7, Golfhill Drive,
Dunbartonshire. Tel: Alexandria 58943.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly,
enthusiastic club. Regular social events.
We meet at the Deaf Institute, Institution
Road, Elgin on Wednesday at 7pm and
Sunday at 9am. For further details, contact
Anne Sim (Secretary), 10, Brumley Brae,
Elgin. Tel: 0343-41543.

MOTOROLA JOGGERS
New members welcome, including those
from outside the company. Contact: Clare
McGarvey on East Kilbride 35844 after
9pm.

NAIRN DISTRICT AC
Track and field meet Tuesdays 7-9pm in
Nairn Academy. Road Runners (18 and
over) meet Thursdays 7.30-9pm at the Sea
Scout Hut at the harbour. All welcome,
and further details available from Danny
Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age
groups very welcome from beginner to
veteran, male or female. Meets at Peebles
Swimming Pool 7.30pm every Monday
night. Further details from Stewart Ruffell
on Peebles (0721) 20626.

PENICUIK HARRIERS
Small, friendly "grassroots" club catering
for all standards and ages, from 8 years
upwards. Track, field, road, cross country
and hill running. Regular training
Mondays and Wednesdays. Sec - Dave
Cairns, 18, Crockett Gardens, Penicuik
EH26 9BB (Tel: 0968 75920).

FAIRPORT TRIATHLON CLUB
Sec - Peter Butcher, 7, Dalhousie Place,
Arbroath. Tel: 0241-73490.

PETERHEAD AAC
Meets every Monday and Thursday, 6-
7.30pm, from March to October at Catto
Park, Peterhead, and from October to
March at the Community Centre,
Peterhead. All ages welcome. Club Sec:
Mrs M. Macdonald, 13, Prunier Drive,
Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed club. If
you are a serious athlete, fun runner,
jogger, or you would like to get fit, come
along and join us. We meet Tuesday/
Thursday 7.30pm at Moorcroft Sports
Ground, Paisley Road, Renfrew. Contact
John Morrison on 886-5853.

SCOTTISH HILL RUNNERS ASSOCIATION
Sec - Alan Farningham, 13, Abbotslea,
Tweedbank, Galashiels.

SHETTLESTON HARRIERS
Non-members welcome for track and field,
cross country, road running and hill
running. Coaching available most nights
at Crownpoint Stadium and club runs on
Tues and Thurs from the clubhouse,
Barrachnie. For further info, please contact
John Donnelly on East Kilbride 42867.

SOLWAY STROLLERS
We are a small friendly club and train
every Tuesday and Thursday evening
between 7 and 8pm. We welcome all
standards of runners, male and female.
Road running, cross country and fell races
all catered for. Our club premises are in
Castle Douglas Squash Club, Lochside
Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road
running for male and female, ages 9
upwards. Qualified BAAB coaches
available. Contact: Sec: Jack Ewing, 43,
Hill St, Monifieth, Dundee. Tel: 0382-
533945.

VALE OF LEVEN AAC
Nine years to veterans: All age groups
and abilities, male and female, very
welcome. Track and field, road and cross
country. Further details from: Ben
Morrison, Secretary, 71, McColl Avenue,
Alexandria, Dunbartonshire G83 ORX.
Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan,
22, Lossendale Drive, Westhill, Skene,
Dunbartonshire.

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all
standards and ages. Secretary - Robin
Strang, 15, Seaview, Dunure, Ayrshire.
Tel: 029250-307. Training, Mon and Wed
7pm, Dam Park Stadium, Ayr (running);
Sun 10am outside Ayr baths (cycle).

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar Road,
Crossford, Dunfermline KY12 8XY.
Training - Dunfermline Community
Centre. Telephone: 0383-733370 day;
731063 evening.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford
Square, Murray, East Kilbride. Tel: EK
45780.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan, Bowmont House,
Arbuthnot Place, Stonehaven. Tel: 0569-
62845.

STIRLING TRIATHLON CLUB
Our regular training session is 8am
Saturdays at the Rainbow Slides Leisure
Centre.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant. Wester Hailes
Education Centre, 5, Murrayburn Drive,
Edinburgh EH14 2SU. Tel: 031-442-2201.

EDINBURGH SOUTHERN OC
One of Scotland's biggest and oldest
orienteeing clubs; we cater for runners
of all standards. Regular training and
social events. Members mainly from
Edinburgh and Midlothian. Further info
and copy of club newsletter from Katy
Lessells, 40, Ormisdale Terrace, Edinburgh.
Tel: 031-337-1144.

PERTH ORIENTEERS
Tayside's premier orienteeing club! We
cater for beginners and internationalists
alike. For a copy of our latest newsletter,
contact club sec: Yvonne Millard, 22,
Ballantine Place, Perth.

SOLWAY ORIENTEERS
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ST ANDREWS ORIENTEERING CLUB
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New members always welcome. Contact:
Terry O'Brien, STAG, 159, Warriston
Street, Carnynte, Glasgow. Tel: 041-770-
76180; 774-9718 Ext PE (w).

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from the
Trossachs and also Glasgow and environs.
We run at 12.30pm Sundays. Further info
from Ainslie Kyd, Forest Hill House,
Aberfoyle (Tel: 08772-269).

RUNNING PARTNER REQUIRED
I normally train four times a week, 25-30
mpw, but would like to get down to
seven minute miles eventually. I know I
could do this with a training partner of
that speed. I have done 1-42 for the half
marathon, and am female, aged 27. Please
contact Donna Munro, 17, Canning Street,
Dundee.

**NEXT ISSUE OUT ON
AUGUST 17**

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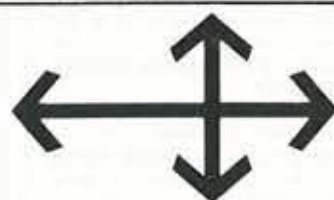
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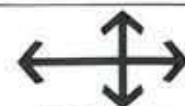
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