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APRIL 1991

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ISSUE 56

HAYLEY HAINING Interview

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Championships*



*Scottish Schools
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ADMINISTRATION

Gillian McCallum

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Good news from the Kelvin Hall

THE reputation of Scotland's ability to stage international events, and the Kelvin Hall's as a venue, received a much needed boost from the hugely successful Vauxhall-backed GB versus USA match on March 3.

I have written before that local management at the hall were in no way to blame for the catalogue of errors at the European Indoor Championships, but it was gratifying to note that lessons from that event have obviously been learned in higher places.

Unfortunately, the realities of the situation are that the Kelvin Hall will now play second fiddle to the new track at Birmingham which, in addition to its six lanes, has - in English terms - the irresistible attraction of being situated 300 miles further south than Glasgow. The best the Kelvin Hall can hope for in the present climate is one international invitation meet a year - although

Jearl Miles takes America home in the
4x400m at the Kelvin Hall, ahead of
Dawn Kitchen who anchored GB to a
UK record of 3-35.11.



if that continues to be of the quality of the USA match it's a not inconsiderable consolation.

Meanwhile, officials and spectators alike can congratulate themselves on their contribution to a tremendous occasion. All the athletes must have been lifted by such spine-tingling support and it was a most fitting finale when the GB 4 x 200 squad broke the world record (not bad on a track reputed to be slow!).

A sorry tale

FINALLY, and it would be remiss not to mention it, what a disgraceful situation it is that Scotland will now go several months without a national coach when there is an outstanding candidate willing to take on the position.

There are some cynics who believe that the last people to be considered in Scottish athletics are Scotland's athletes. The performance of certain persons during this episode can, sadly, only strengthen this view.

Alan Campbell



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Rackets and Runners - convenience and quality

NEED a new pair of running shoes, but too busy training to shop for them?

Rackets and Runners sports shop, located within the foyer of the Kelvin Hall, might be your answer.

Managed and run by three keen sportsmen, this is a shop which can offer convenience in every sense of the word. Not only does it require just a few minutes break from training to visit, it also stocks the type of shoes and clothing which every serious athlete requires.

"We know what sportsmen and women are looking for," explains Alan McIlveen, one of the Rackets and Runners trio. "Because of that we steer clear of the fashion leisure wear which so many other shops stock."

Rackets and Runners started life in the Cockburn Badminton Centre in Govan where Alan and his two partners, Iain Pringle and Walter Burns, used to play the sport on a regular basis. Alan and Walter currently play at county level, and Iain at international standard, so training was, and still is, a part of everyday life.

"We used to sell rackets and clothing at the centre on a part-time basis between practice and

Margaret Montgomery

our full-time jobs," Alan explains. "We did this until, two and a half years ago, we were offered space at the Kelvin Hall."

Apart from being an extremely proficient badminton player, Alan is an experienced runner, running 10K and half marathon events during the summer months when the competitive badminton season is over.

It's a hobby which Alan finds stands him in good stead as far as providing a reliable service for runners is concerned.

"It means I know what runners are looking for," he says simply. "I can understand their problems and offer realistic advice."

According to Alan, the difference between the needs of a serious runner and someone who simply likes to wear running gear is vast. The problem is that too many "sports shops" seem to cater for the latter.

"We try to see that the needs of all runners are met," he says. "We have some customers who

run just one mile a week and others who do 150, but they all have one thing in common - they run and they want the type of shoes and clothing which looks after them when they do."

The range of shoes and clothing stocked by Rackets and Runners reflect this serious attitude. Names which can be found in road shoes, spikes, racers and off-road shoes are Reebok, Nike, and Ron Hill, to name but a few. And, as far as clothing is concerned, brands available include Frank Shorter and Sub Four, plus a whole host of others.

Demonstrating his enthusiasm and dedication to athletics yet further, Alan is presently looking for races which Rackets and Runners could sponsor this coming season! He is also keen to expand the company's policy of discount schemes, with clubs able to use either Rackets and Runners in the Kelvin Hall, or at 81, Hope Street where a second branch was opened just eight months ago.

"We provide 10% discount to clubs using Rackets and Runners," he says. "We'd like to increase the number of clubs taking advantage of these special rates."

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The Running North Elite - back row (l to r) - Rob Taylor, George Sim, David Minty, Steve Wright, Colin Youngson, Charlie McIntyre and Alan Reid. Front row (l to r) - Marie Duthie, Michael Anderson, Alasdair Love, Brian Turnbull, Ewan McGhee, Ross Milne and Debbie Porter. Kneeling - Fraser Clyne (left) and Graham Milne.

UP AND COMING Aberdeen AAC track star Steve Wright is one of 15 north-east athletes who have been given a sponsorship boost by sports shop Running North, writes Russell Smith.

The Scottish under-19 steeplechase

champion, ranked third in the UK junior 3000m on the strength of a 9.12 run at Luton, joins a list of well known veterans, seniors and promising juniors who will derive the benefits of free running gear and future shop discounts.

Known as the Running North Elite, the squad features past and present internationals at all levels.

The sponsorship was the brainchild of Running North managing director Brian Turnbull, and is being supported by Ron Hill Sports.

Up to 24 athletes, from all areas of the north of Scotland, will eventually wear the distinctive Elite

tracksuits and all-weather gear.

In addition to Aberdeen University student Wright, the squad features leading veterans Colin Youngson (Aberdeen), George Sim and Graham Milne (Moray Road Runners), seniors Marie Duthie and Charlie McIntyre (Fraserburgh), Fraser Clyne and Rob Taylor (Metro Aberdeen), Debbie Porter (Aberdeen) and Alan Reid (Peterhead).

The junior line-up features Michael Anderson and Alasdair Love (Fraserburgh), Ewan McGhee and David Minty (Peterhead) and Ross Milne (Moray Road Runners).

RITCHIE STANDS FIRM OVER NATIONAL COACH JOB

THE appointment of a national coach still presents problems, and the matter seems likely now to be resolved only by a change in the constitution of the Scottish Joint Coaching Committee, writes Doug Gillon.

Glasgow suffered by losing Susan Crawford and Carol-Anne Bartley, who were initially refused permission to go because of a date clash with the UK championship and world trial. They also lost the SWCC&RRA's normal travel assistance, because funds were committed to the trial. With the cancellation of that event, they hope there may now be a change of heart.

A unanimous vote is required, but a motion to accept a majority verdict is on the agenda of the committee's agm at the beginning of May.

The former women's Commonwealth discus champion Meg Ritchie has twice failed to do any better

than a 4-2 majority return.

Because of US visa restrictions, Ritchie was unable to return for a second round of interviews in February, when four other candidates - Uwe Hakus, Brian Hall, Eric Simpson, and Andy Vince - were interviewed. Hakus, it transpires, spoke only very limited English.

Ritchie's immigration problems will be sorted out by May. "Then I will be able to return for as many interviews as they wish," she says. "I still want that job."

Six clubs compete for five places

SIX clubs will be vying for five places in Division 5 of the Panasonic Scottish Athletic League at a qualifying event being held on April 13.

It was originally thought interest in joining the league might be sufficient to merit the creation of a sixth division - a development which league secretary, George Duncan, hopes he may still see, possibly next season.

"Every year we get more and more applications to join the league," he commented. "I would imagine that by next year a sixth division might be essential."

In 1984 the Panasonic League consisted of just two divisions containing 16 clubs in all. A third division was added in 1985, a fourth in 1986, and a fifth last year.

"The league provides continuity for athletes graduating from the Young Athletes League," said Duncan. "Before it existed many clubs were finding that the majority of their athletes would drop out when they reached the ages of 15 to 17."

Those clubs competing to join Division 5 on April 13 are Harlequins, Edinburgh Spartans, Arbroath & District, Minolta Black Isle, Irvine, and Reebok.

ADT LONDON WINNERS

CONGRATULATIONS to Jim Sheppard of Stranraer and Rosemary Scott of Kelso, winners of our ADT London Marathon Competition. Jim and Rosemary both win a guaranteed place in the marathon, which is on April 21.

Nearly 80,000 people applied to enter the marathon, but only 34,000 were successful - a point underlined by the phenomenal response to our competition.

We wish Jim and Rosemary every success on their "big day", and look forward to hearing how they performed.

TWO former national cross country champions, Tommy Murray and Neil Tennant, are to be sidelined following surgery. Murray (GGH) has undergone treatment for sinus problems which affect his breathing, and will lose just a couple of weeks, but Tennant, already out since September, expects recovery from a hernia operation to rule him out for a further six months.

LOCH RANNOCH ANNIVERSARY

ON June 23 Scotland's longest continually run full marathon - the Loch Rannoch - celebrates its tenth anniversary. Not a bad record considering all the larger events that have fallen by the wayside once the marathon bubble of the mid-1980's burst.

It is not a big event - 110 runners competed in 1990, plus 249 in the half marathon - but for the individual runner and for the local community, marathon day is a big event.

From the first official race in 1982, when approximately 230 took part, the event has been sponsored by Barratt International Resorts Ltd, from whose timeshare complex the race starts and finishes, and supported by Rannoch School, without whom the race would never have taken off.

The event evolved from a school charity run around the loch in 1981. Since 1987, a half marathon and a schools' mini marathon have also been run; so it is a day for all ages and capabilities.

In 1983 there were 514 marathon



Loch Rannoch, 1990.

runners and George Reynolds from Kinloch Rannoch led the runners home in 2:24:09.

Doin' the Fruin?

HELENSBURGH AAC's Glen Fruin Road Race, to be held this year on April 7, has a change of sponsor for the first time since its inception. But former sponsors Polaroid, who have backed the race every year from 1984, remain committed to supporting the club in some other way.

The new sponsors are J & B Rare, whose two year deal makes provision for the presentation of a medal and a miniature to every finisher. In addition, a new feature is being introduced this year with samples of the sponsor's products on

offer to the "King and Queen of the Mountains" - the first male and female to reach the top of the race's first challenging hill at the two mile mark, provided of course they go on to finish the race.

Euphemistically described as "undulating and testing", the route nonetheless rewards runners with some magnificent sights - and sounds, as a piper inspires runners on the climb out of the glen!

For an entry form to make sure you're "doin' the Fruin", write to Sheila Ramsay, 38F East Argyle Street, Helensburgh, or contact Wilson Hamilton on 0436-78792.

Sri Chinmoy, Peace Run 1991

THE 1991 Sri Chinmoy Peace Run begins in New York in April, with the Scottish leg kicking off from Inverness during the first week of May.

The run is an international relay aimed at promoting peace, and previous participants have included Carl Lewis, Greta Waitz and Ingrid Kristiansen.

The route through Scotland has been carefully planned to ensure that as many interested individuals and groups as possible can participate - if you are interested, contact Adrian Stott, 48, Silver Knowes Crescent, Edinburgh (Tel 031-336-2349).

TOM SCOTT MEMORIAL RACE

THE 10 mile Tom Scott Memorial Race takes place this year on April 6. The event, from Law village to Strathclyde Park in Motherwell, is based as far as possible on the route taken by one of Scotland's foremost runners, Tom Scott, from his home in Law to his work in Motherwell.

The route falls some 300ft and makes it a pb prospect for many of the runners. The SVHC are again holding their 10 mile championship at the event.

The winner last year was Springburn's George Braidwood, with Fraser Clyne, Peter Fox and Charlie Thomson splitting 23 seconds behind George's time of 47:20.

The women's trophy was won by Penny Rother of ESPC with Jane Donnelly and Helen Morton taking second and third. Colin Youngson of Aberdeen was first veteran home, with Jacqueline Byng of Irvine Cable taking the women's vet prize.

This year the value of the prizes has been increased for the main contenders and there will be a medal for all finishers and also spot prizes in every class.

The race is being sponsored by Steel Stockholders (Birmingham) Ltd for the second year and a guarantee has been made for 1992.

READERS should note that the Inverness People's Race and Fun Run, which were due to be held on July 17, have now been cancelled.

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CHSA
SCOTLAND

SAD EDGE TO McKEAN SPONSORSHIP



TOM McLean has won new backing worth £50,000 over the next two years, writes Margaret Montgomery.

The support comes from Giltrow Office Equipment and provides McLean with the same level of backing as his previous sponsorship arrangement with Glen Henderson.

McLean, who is now employed by Giltrow, works for 12 hours a week, allowing him the flexibility he needs as he prepares for the summer's World Championships in Tokyo and next year's Barcelona Olympics. Under the deal the Paisley-based company also picks up all bills for physiotherapy, physiological testing, and necessary travel.

McLean's son Derek was a very promising athlete whose progress was brought to an untimely end by his death of cancer aged just 16. During his long battle with illness Derek had asked if

PITREAVIE WINS SPONSORSHIP

PITREAVIE AAC has secured sponsorship worth £15,000 over the next three years from Babcock Thorn, commercial managers of Rosyth Royal Dockyard, writes Margaret Montgomery.

The funding, raised through an initiative by Councillor Pat Callaghan, leader of administration, will be used to promote and develop athletics within the Dunfermline area.

"Pitreavie will be co-operating with the council and Dunfermline District Sports Council in a major sports development programme," reports David Amott, Dunfermline District Council's director of leisure and recreation.

"We'll be hosting a number of come and try days featuring everything from cross country through to track and field, and we'll also be running a number of courses for coaches and administrative staff," he added.

Another major way in which the money will be used is the financing of travelling costs.

"Pitreavie has a number of leading

Tom McLean might visit him in hospital. The athlete obliged and was so impressed by young Derek's bravery that he visited again and also attended his funeral in March of last year.

Derek McLean's athletic career was only just beginning when he became ill. After training for a few months with Shettleston he was diagnosed as having a tumour in his rib cage and underwent a massive operation to have it removed along with one rib and parts of two others. He also had to undergo a ten week course of chemotherapy.

Such was the bravery and talent of the boy, that returning from this treatment in time to run in his school's sports day at Belmont House, he won the 100, 200 and 800 metres, plus the mile.

Prior to undergoing surgery, but already suffering from the early symptoms of a tumour, Derek had run a personal best of 2:08 for the 800 metres at a Shettleston open graded meeting in August 1987.

For Robert McLean, his company's sponsorship of Tom McLean is a matter of gratitude and tribute, and not finance.

"The sponsorship is a way of saying thank you to Tom for taking such a kind interest in my son," said McLean. "We are not giving it with any ideas of financial return."

Festival of Running

THE Hughes Glenrothes Half Marathon on May 19, now in its ninth year, has been given further appeal by being incorporated within a larger Hughes Glenrothes Road Running Festival.

Also on May 19 will be a 10K wheelchair race, a 5K fun run, and a biathlon. This last event comprises of an 800 metre swim followed by a 10K.

Those wishing more information on the events should contact the Fife Sports Institute on 0592-771700. However, it should be noted that entry to the fun run will be on May 19 only. Meanwhile, last year between two and three hundred people ran in the first Fife Half Marathons Challenge.

The "challenge" was to run four half marathons - Glenrothes, Dunfermline, Anstruther and Fife. Winners were chosen on the basis of their aggregate times over all four.

A second challenge, consisting of just three half marathons, will begin on May 19 at Glenrothes. Prizes will be awarded in six categories: senior male and female; male and female veteran and male and female over-fifty.

If you are interested in the 1991 Fife Half Marathons Challenge write to Fife Institute of Physical and Recreational Education, Viewfield Road, Glenrothes, Fife KY6 2RA

Indoors on ice

AN indoor Scottish Athletic League, encompassing all age groups, males and females, could be on the cards.

George Duncan, secretary of the

outdoor league, believes there is great demand for an indoor equivalent but adds that difficulty in obtaining a sponsor may cause it to be put on ice.

"An indoor league would give more athletes an opportunity to work

towards a GB vest in indoor internationals," he says. "The Kelvin Hall is an ideal venue but the costs of getting athletes to and from it could be very high, so sponsorship is essential."

It had been hoped that Woolworths might sponsor the proposed league but their finance has been directed into a women's knockout competition which is being run mainly in the south.

BERLIN BREAK

THE charity Arthritis Care is offering two free places in the Berlin Marathon, which is being held on Sunday, September 29.

As part of their programme to encourage runners to raise sponsorship from the ADT London Marathon and other running events, the charity will pick the lucky winners from a prize draw of athletes who run for Arthritis Care.

Anyone wishing to find out more about the Berlin prize draw should contact Lucy O'Sullivan at Arthritis Care, 5, Grosvenor Crescent, London SW1X 7ER.



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YVONNE MURRAY - THE FORMATIVE YEARS

22, Craiglockhart Terrace,
Edinburgh.

SIR - It was with a great deal of interest that I read the profile on my former athlete Yvonne Murray in your January issue. I was perturbed to note several glaring inaccuracies.

I refer to the main to the statement attributed to Yvonne that she was "always second or third". I made a careful analysis of Yvonne's races as noted in my record book. I took the step of restricting myself to all races over 800 metres, including cross country and road, with the following breakdown: firsts 151, seconds 64, thirds 31, others 75.

Hardly a series of results to be bad for your "morale". A rough count of her races since September 1987 (the others cover a period from February 1979 until September 1987) produces a breakdown of just over 50% not in first position.

It struck me as very ironic that one of the photos used to illustrate the article was Yvonne winning her first European gold medal in Lievin in 1987. I have to admit that Yvonne was "only" third in her first attempts to win the European indoor and outdoor titles - the latter in a time six seconds faster than her winning time of 1990!

By her own lights she must feel bad about being "only" third in the last Olympics and second in the last Commonwealth Games.

I would suggest that it depends on whom you are behind in the races, and the point which you have reached in your career. One tends to forget that Yvonne had won five of



her nine major medals before reaching the age of 23.

One would also suggest that for someone who claims to have been "always" ill she did surprisingly well!

I assume that it was a shortage of column inches which led to the very brief account of the support which Yvonne received in her early formative

years. Otherwise one might have expected to see mention of the support which she received from the Musselburgh firms of Brunton's and Bonthon's, Scottish and Newcastle Brewers, PACE Engineering, Edinburgh, Scottish Fine Soaps of Falkirk, whose managing director supplied me with 25kg of soap free of

LANDING IN THE SOUP

5, Rose Croft,
Muir-of-Ord,
Ross-shire.

SIR - I refer to your comments in February's Scotland's Runner regarding our club's sponsorship deal, which showed just how out of touch you are with "grassroots" athletics, and in particular the costs involved in running an athletic club in the north of Scotland. Let me put the record straight now for once and for all!

Our club has been associated with Minolta since 1986, when we received an award of £1,000 through a scheme organised by the BAAB and funded by Minolta. This led to a close liaison between their agents in North of

Scotland, Northern Office Technology, and ourselves, resulting in Minolta's sponsorship of the 1988 Black Isle Festival of Running, and subsequently a club sponsorship package.

Unfortunately, with Northern Office Technology going into receivership - a fate, I may add, that has befallen on ever-increasing number of companies over the last year or so - we have lost the sum of money paid by them for including their initials in our club name. However, Minolta are still with us, and all being well should be for a long time to come.

As a club we are actively involved in athletics throughout the years, travelling throughout the north for cross country events and down south on a

regular basis to compete in the Young Athletes League and Scottish Women's League - and hopefully this year in the men's league. The cost incurred by us in buses is astronomical, but fortunately for us Minolta's sponsorship money enables us to make all our long journeys without having to worry about the expenditure involved.

Having Minolta in front of our name is a small price to pay for the financial security their sponsorship money gives the club.

Hopefully you'll now drop the subject and, in future, keep your comments to the most important aspects of athletics, i.e. the performances of our athletes.

Ray Cameron,
Minolta Black Isle AC.

P.S. Perhaps you should try to find a sponsor! I suggest you try that well-

charge for me to sell to help defray expenses, her old school Musselburgh Grammar, and last but not least her employer of about five years, Malcolm Gillies, who was very generous in allowing time off and even installed a shower so that she could train at lunchtimes.

We hear so much made of the "fact" that certain athletes are said to be over-raced. I believe that a balanced programme, containing as broad a range of distances as possible, eliminates the necessity for the very artificial time trials where the athlete is running without the benefit of the "lift" that competition, even at very low level, gives.

I believe that nothing beats experience, and Yvonne certainly had experience of races at all levels and against the best runners in the world by the end of 1987. I firmly believe that it is this experience which stood her in good stead in her career.

William Gentleman

P.S. I have just read Yvonne's comments regarding sponsorship (Scotsman, February 22) and I must say that I wholeheartedly agree with her. It has always been a claim of mine that women in sport are treated as second class citizens despite, in Yvonne's case, being probably one of the best and most versatile runners which the world has seen. You almost have to be twice as good as a man to get the same recognition, yet look at our women's achievements over the past five to six years at all levels. They speak for themselves.

known food manufacturers, Campbell's, because your comments always seem to land you in the soup.

(Alan Campbell replies: I'm a Baxter's man myself, and I'm sorry if my comments stuck in Ray's gullet. The message I'm trying to relay is that, more than most, I can understand the financial problems facing all organisations involved in Scottish athletics, and appreciate that obtaining sponsorship is ever-more important in all sports, not just athletics.

I agree with Ray that Minolta have proved to be a good sponsor for Black Isle AC, but it was the further prefix of NOT in front of the name which I found incongruous - and I do think, in some cases and considering the sums of money involved, that it is the sponsor, rather than the club, which is getting by far the best of the deal when a change of name is made.)

DON'T MEEKLY ACCEPT ALL RULINGS

73, Syme Place,
Rosyth.

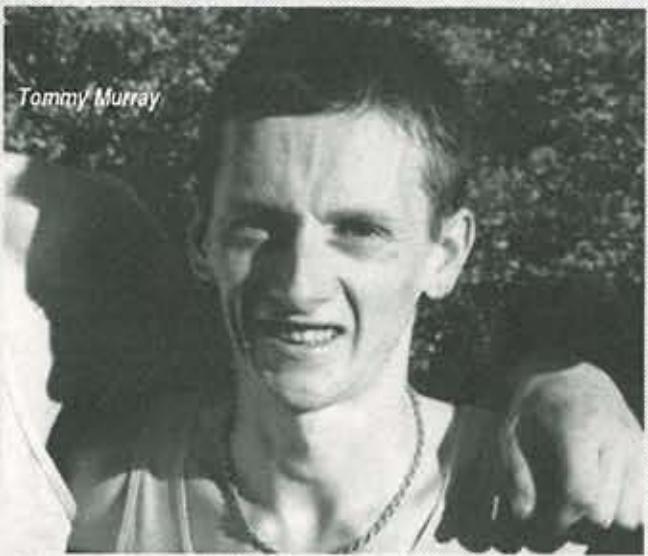
SIR - The interpretation of rules differs in each individual. That is why there always has, and always will be, controversy in their application.

Two recent decisions in championship events, where the winners were disqualified on a technicality, do not reflect well on the sport. I feel these decisions should be queried and debated, not meekly accepted, and put forward my views.

In the West of Scotland senior cross country championship, Tommy Murray was disqualified for not wearing a club vest. Surely when you compete you are running firstly for individual honours, and secondly as a club team member. By not wearing club colours you should only be recognised as an individual, and not as a team member.

The second incident involved Brian Watson in the Scottish under 20 indoor senior boys 400m. Brian won the 400 in a new championship best performance of 54.07 seconds and was disqualified for running in three events.

In the rules of competition listed on the championship entry form there



Tommy Murray

is no rule limiting entries. However, Rule 9 states, "Events with fewer than three entries will be cancelled." The senior boys 60m hurdles had only two entries, yet the race was run and the medals presented. How can a written rule be ignored, and one that is not there enforced?

Rule 4(v) in the SAAA handbook states that a senior boy may run in two track events plus a relay (4x100/4x200/

4x400). In effect, that means he can run a 100m, a 200m and a 400m in the one day.

I submit that Brian Watson did just that, and with his entries and declarations accepted, broke no rules. Therefore his disqualification should be redressed and his championship record ratified.

John Wands

clear all the way to Fort William.

After being told the race was "cancelled" we travelled by car to Fort William to verify the conditions and seek an explanation.

We contacted Mr White and Nevis Bank, only to find the race was still on and my brother had apparently been pulled out as he (Mr White) was concerned about him and his marshalls, and not agreeing with his marshalls stating the race was cancelled.

During the event I administered first aid to other runners, gave hot food and drink (free of course), helped another support team out of a ditch with their caravan, and completed a 20 mile round trip to have someone's spare tyre blown up. All of this in good spirit.

As Mr White stated at Nevis Bank, he was tired, but weren't we all?

Hopefully my brother will receive an application as he has applied for this year's run. To date he has never had a satisfactory answer from race organisers Chaos Control as to why the marshalls were stating the race was cancelled.

I understand it was the first year Chaos Control had organised controlled Chaos and they probably had teething problems. I look forward to being part of a support team this year. It would also be nice to see my brother's club, Arran Runners, give more support to him on this event.

I ran with him from Bridge of Orchy to Inveroran arriving there at roughly 0100 hours. The weather conditions at that time were excellent with cloudbase at approximately 35,000 feet and was

Controlled chaos?

2, Kildonan Place,
Saltcoats.

SIR - I have just read the article by Peter White on the West Highland Way race in the December issue of Scotland's Runner.

I was part of the support team for my brother along with the "runner who will remain nameless", to quote Mr White. He did recognise himself and probably did abuse officials at Nevis Bank - but not without good cause.

The reason we found ourselves at Nevis Bank was to check out why marshalls at Inveroran had told my brother the race was cancelled due to weather conditions and that all runners were to retire from the race.

He had arrived at Tyndrum at approximately 1800 hours, checked in and had a rest, restarting the race at 2250 hours from the checkpoint. This was 10 minutes before that checkpoint officially closed.

I ran with him from Bridge of Orchy to Inveroran arriving there at roughly 0100 hours. The weather conditions at that time were excellent with cloudbase at approximately 35,000 feet and was

Boys and girls

Reigate,
Meethill Road,
Alyth,
Perthshire.

SIR - Recent articles in the Glasgow Herald and Scotland's Runner have mentioned my family in connection with runners and daughters. Honoured as I was to see my name alongside the likes of Ovett, Clement, Ondeniki, and the McCollans, I must point out the inaccuracy of the statement referring to three daughters.

I have only one daughter, Claire, who was indeed conceived during a period of heavy training in preparation for a marathon, and my son Colin was conceived during an enforced rest due to injury, not uterine pressure.

As a runner and biologist I have always been very interested in the runner and daughter phenomenon, as in over twenty years of competition my running associates do seem to have a predominance of female offspring - George Reynolds three daughters, Dave Lang three daughters, Jim Brown two daughters, Don Ritchie two daughters, Stewart Kerr two daughters. In fact, I have only known one runner who has sired more sons than daughters in all these years.

My own theory is that the stress of hard training, and the natural body chemicals produced, such as endorphines, somehow affect the sperm carrying the male chromosome, as stressful occupations such as pilots also show a predominance of female offspring. I look forward to seeing the results of Dr Gilmour's study.

Ian Moncur,
Dundee Hawkhill Harriers.

THANKS to Ian for completing the survey in last month's issue. We still need many more readers to oblige, however, if the exercise is to have any merit. So don't be shy - please help science by filling in and sending back the survey form!

PLEASE SEND
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Bourne Sports, Church Street, Stoke-on-Trent, ST4 1DJ. Tel: 0782 410411

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Derek Parker offers advice on training for the 3000 metres event.

Planning and Pacing

Speed, stamina and tactical awareness - essential ingredients in the 3000 metres.

NOW that the national cross country championships are over, most distance runners will be directing their thoughts towards the summer track season.

By this time you should have decided which will be your main event in the months ahead. You should also know the dates and venues of the important races you intend to peak for. Depending on ability, these can range from club or school championships to prestigious international competitions at home or abroad.

Above all, you should have set yourself a time target for your favourite event. The key to a successful training and racing programme is the attaining of a personal best performance in your most important contest of the season.

Your time target and peaking date should determine the format of your training

programme for the outdoor track season. There is little point in being superbly fit at the start or finish of the competitive season but tired and jaded when vital competitions take place.

With these basic principles in mind, we can examine how they might be applied to someone hoping to run a personal best time for 3000 metres in late June or early July. I have chosen to scrutinise this event because it is one which introduces younger athletes to longer track distances after having been previously restricted to 800 and 1500 metres competition.

For more mature athletes the 3000m event is one which requires a judicious blend of speed, stamina, and tactical awareness. In physiological terms, its energy sources are approximately 70 per cent aerobic and 30 percent anaerobic. In other words, approximately seven-tenths of the oxygen

requirements come from air breathed in from the atmosphere. The other three-tenths come from non-aerobic sources and result in oxygen debt which causes increasing deposits of performance-inhibiting accumulations of lactic acid in the muscles. The aerobic and anaerobic ratio should be taken into account when compiling a 3000m training schedule.

For senior men the 3000m is not a championship event so its role in the overall programme must be assessed. It can be used as over-distance training by a 1500m competitor as an indicator of endurance capabilities. It is also useful for an athlete making the early season transition from longer distance cross country competition to the shorter, faster 1500m distance on the track. A competitor specialising in the 5000m can use the 3000m as under-distance training to test his speed

endurance. Run at, or slightly faster than, 5000m pace during the first phase of the competitive season, it can tell him he is well on his way to achieving his time target over 5K during the period he is peaking for.

For senior women, intermediate women, junior men, and youths, the 3000m is a championship distance. So their approach will differ from that of senior men. If athletes in these age groups have previously competed in 3K races, they could open their track season



The 5000 metres specialist can use the 3000 metres as a test of speed and endurance.

by competing in a few 800m and/or 1500m events. These distances would be regarded as speed endurance sessions of a not-too-prolonged nature. They would also get the athlete used to running at a good, quality pace over progressively longer distances.

A senior woman competitor with plenty of 3K racing experience could wait until the district championships in early May before running her first 3000m of the season if she intends peaking for the national championships some three months later.

If the athlete has not previously run a 3000m race, I suggest he or she endeavours to compete over the distance as early as possible in the season if 3K is going to be the championship event. An early-season 3K will

provide the newcomer with a time upon which future training sessions can be based. It will also provide valuable information about pace judgement and will help the athlete to decide if he or she was running too fast, too slow, or too unevenly at various stages of the race.

Obviously, too, one's 3000m debut will provide a time target to aim for in subsequent races. If the athlete has no previous time for the 3K event, a useful guide in setting a goal is to double his or her best 1500m time and add 30 seconds, e.g. 1500m personal best of 4 minutes x 2 + 30 seconds = projected time of 8 minutes 30 seconds for 3000m. If the athlete has previously competed over 3000m then clearly his or her new target will be to beat the current personal best time.

Once the time target has been decided, the training objective is to compile a schedule which will accommodate the physiological, psychological, tactical, and race specific requirements of the event.

Let us assume, for example, that the target for the coming season is one of 8-30 for 3000m. This means that the athlete will have to run 7.5 laps in an average of 68 seconds per lap with NO recovery for the goal to be achieved.

Developing this knowledge a stage further, it will be seen that the 8-30 target for 3K is the equivalent of running 15 x 200m in 34 seconds OR 10 x 300 metres in 51 seconds OR 6 x 500m in 85 seconds OR 3.75 x 800m in 2 minutes 16 seconds OR 3 x 1000m in 2 minutes 50 seconds - all with NO recovery. It is imperative that specific 3000m training sessions accurately reflect the race pace to which the athlete aspires.

The question of recovery between repetitions in training sessions is of paramount importance. Frank Horwill, founder member of the British Milers' Club, recommends that during 3K training sessions the recovery period should be a jog equal to quarter the distance of the fast repetition, e.g. if the athlete is running a session of 8 x 400m at 3K pace the recovery jog should be 100 metres.

If the athlete prefers NOT to jog, the recovery period should be based on the time it would normally take for him or her to jog quarter the distance of the fast repetition.

This works out at 30 to 45 seconds for 100m; 60 to 90 seconds for 200m; and 2 to 3 minutes for 400m. It is imperative that some form of jogging should take place during the recovery period, irrespective of whether or not the athlete opts to jog quarter the distance of the fast repetition.

If the athlete stands still, he or she stiffens up and becomes vulnerable to injury. Even very light jogging during the recovery phase helps to flush away lactic acid accumulations and to provide the working muscles with vital supplies of fresh oxygen.

Equipped with this knowledge, the athlete is now ready to devise 3000m training sessions which will help him or her to break their

previous personal bests and aspire to the targets they have set themselves.

Thus our hypothetical runner aiming to run 3K in 8-30 (i.e. 7.5 x 400m in 68 seconds with NO recovery) could choose to run some of the following work-outs - (a) 8 x 400m in 68 secs with 30 secs recovery; (b) 6 x 500m in 85 secs with 40 secs recovery; (c) 4 x 800m in 2 mins 16 secs with 60 secs recovery; (d) 3 x 1000m in 2 mins 50 secs with 75 secs recovery; (e) 2 x 1500m in 4 mins 15 secs with 2 mins recovery.

Variety can be added from time to time by running a mixture of distances during a 3K training session e.g. 1200m in 3 mins 24 secs (90 secs recovery) + 600m in 1 min 42 secs (45 secs recovery) + 1200m in 3 mins 24 secs. Similarly, the athlete could attempt 1600m in 4 mins 32 secs (2.5 mins recovery) + 3 x 400m in 68 secs (30 secs recovery) + 200m full effort.

Some of these sessions can be very demanding and must be handled with care, particularly by young or inexperienced athletes, who can incur undesirable fatigue levels.

Runners in these categories would be initially better sticking to shorter repetitions with longer recoveries e.g. 15 x 200m at 3K pace with 30 to 45 secs recovery OR 10 x 300m at 3K pace with 40 to 60 secs recovery.

The intensity, extensity, and density of the sessions can be increased as the young athlete or newcomer acquires maturity and experience. That way a clearer understanding of pace can be developed and there is less likelihood of unacceptably high stress loads being imposed on physiologically-unprepared neuro-muscular and cardio-vascular-respiratory systems (Note: Intensity refers to the speed of training repetition runs, extensity refers to the number of runs, and density refers to the recovery period).

One of the most important aspects of a coaching programme is blending together all the different forms of exercise which will accommodate the aerobic-anaerobic demands, allow for sufficient recovery phases, and get the athlete to the starting line free from injury and in peak condition at the required time.

Therefore in view of the fact that the 3000m race is approximately 70 per cent aerobic to 30 per cent anaerobic in its sources of energy supply, much of the training programme will revolve round steady-state aerobic running.

If you read last month's coaching clinic article you will recall that different speeds and different distances in steady-state running produce different physiological responses.

I would recommend, therefore, that the training schedule of a 3000m runner should include efforts which raise the heart levels to (1) 130 to 150 beats per minute; (2) 140 to 160 beats per minute; and (3) 150 to 180 beats per minute.

These physiological responses would be

COACHING CLINIC

evoked by steady-state runs over 8 to 12 miles for (1); 5 to 8 miles for (2); and 3 to 5 miles for (3). Each of these distances should be run at least once a week.

In previous articles I have also mentioned the importance of training at different training paces during repetition running sessions. Thus a 3000m athlete would be expected to train at 5000m, 3000m, 1500m, 800m, and sprint paces. It must be again emphasised, however, that this type of programme is suitable only for athletes who are not limited by age, inexperience, lack of fitness, or ill health.

Progressive training is important. Some runners prefer to work up to double sets when training at 3K pace, e.g. they progress from 8 x 400m in 68 seconds with 30 seconds rest to 2 x 8 x 400m in 68 seconds with 30 seconds between repetitions and five minutes recovery between sets. Personally, I prefer to see the athlete advance by manipulating the speed of repetitions and the recovery between the fast runs. Thus the athlete who has successfully mastered a session such as 8 x 400m in 68 seconds with 45 seconds recovery would progress to 8 x 400m in 68 seconds with 30 seconds recovery.

When this has been achieved he would then revert to the 45 seconds recovery while still maintaining the same number of repetitions. But the difference would be that he would increase the pace to 66 seconds. When

the 8 x 400m in 66 seconds with 45 seconds recovery has been attained, the recovery period would then be decreased by 15 seconds so that the new training target would be 8 x 400m in 66 seconds with 30 seconds recovery.

This process continues for as long as the athlete is capable of mastering each new phase of the programme. It is imperative, however, that racing performance improves as a result of better training performance. If not, then the athlete and coach will have to examine the entire training and racing programme as well as lifestyle, health, tactical awareness, and work, study, and family pressures.

I shall conclude by providing a sample 14-day training schedule which a woman specialist 3000m athlete might be expected to do. Her 3000m target is 9 minutes 30 seconds. She also hopes to run 1500m in 4:30 and 5000m in 16:40.

Day 1: 10 to 12 miles steady, preferably on paths, forest trails, or parkland. (pulse rate should be approx 130 to 150 bpm).

Day 2: 3K sessions e.g. 8 x 400m in 74 to 76 seconds (30 secs recovery).

Day 3: 5 miles steady run. (pulse rate should be approx 150 to 180 bpm).

Day 4: 8 to 10 miles steady. (pulse rate should be approx 140 to 160 bpm).

Day 5: 1500m session e.g. 2 x 3 x 500m in 70 to 72 secs with 45 secs between reps/5 mins between sets.

Day 6: 30 minutes easy recovery run.
Day 7: 800m session e.g. 2 x 4 x 200m in 33 to 34 secs with 30 secs between reps/5 mins between sets. Finish session with 3 x 150m full effort (250m jog recovery) starting 5 mins after final 200.

Day 8: 10 to 12 miles steady, preferably on paths, forest trails, or parkland. (pulse rate should be approx 130 to 150 bpm).

Day 9: 3K sessions e.g. 3 x 1000m in 3:42 secs to 3:48 with 75 secs recovery.

Day 10: 5 miles steady run (pulse rate should be approx 150 to 180 bpm).

Day 11: 8 to 10 miles steady (pulse rate should be approx 140 to 160 bpm).

Day 12: 5K session e.g. 4 x 1200m in 4 mins (60 secs recovery) + 1 x 200m in 40 secs or faster (starting 60 secs after final 1200).

Day 13: 30 mins easy recovery run.

Day 14: Sprint session e.g. 3 x 6 x 60m full effort from rolling start (20 secs between reps/5 mins between sets) OR 8 to 12 laps of sprinting 50m/jogging 50m.

Notes: (1) After Day 14 the cycle returns to Day 1 and proceeds again from there:

(2) On days 7 and 14 of the training cycle the athlete may run for 30 to 60 minutes following the track sessions; (3) Morning runs of 20 to 30 minutes, done twice to four times a week, can assist recovery and provide additional mileage.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc.
 Monday: 75 to 90 mins fartlek inc 16 x 60 secs fast (30 and 60 secs jog between reps + 3 x 20 secs full effort from rolling start) 3 to 5 mins after final 60 secs (60 secs between efforts).
 Tuesday: 5 to 8 miles steady.
 Wednesday: 10 miles steady with hills.
 Thursday: 5K session (1 x 2000m with 90 to 120 secs recovery + 1 x 1000m with 40 to 70 secs recovery + 1 x 800m with 30 to 45 secs recovery + 1 x 600m with 25 to 35 secs recovery + 1 x 400m with 20 to 30 secs recovery + 1 x 200m full effort).
 Friday: 30 mins easy.
 Saturday: 12 to 15 miles steady.
 Morning runs, if done, should be of 20-30 mins duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
 Monday: 75 to 90 mins fartlek inc 8 x 2 mins with 1 and 2 mins jog between reps + 6 x 10 secs full effort from rolling start 3 to 5 mins after final 2 mins. (30 secs between sprints).
 Tuesday, Wednesday, and Friday: As Week One.
 Thursday: 5K session (12 x 400 metres with 20 to 30 secs recovery).
 Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: As Week One.
 Monday: 75 to 90 mins fartlek inc 20 secs fast (10 secs jog) + 40 secs fast (20 secs jog) + 60 secs fast (30 secs jog) + 40 secs fast (20 secs jog) + 20 secs fast x 4 sets (3 mins jog between sets).
 Tuesday, Wednesday and Friday: As Week One.
 Thursday: 3K session (4 x 800 metres with 60 to 90 secs recovery) + 3 x 150m full effort (250m jog recovery) starting 3 to 5 mins after final 800.
 Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
 Monday: 75 to 90 mins fartlek inc 30 secs fast (15 secs jog) + 90 secs fast (45 secs jog) + 3 mins fast (90 secs jog) x 3 sets + 3 x 10 secs full effort from rolling start + 10 secs ease + 10 secs full effort starting 3 to 5 mins after final 3 mins.

Tuesday, Wednesday, and Friday: As Week One.
 Thursday: 5K session (4 x 1000m at 5K pace (40 to 70 secs recovery) + 5 x 200m at 1500m pace (30 to 45 secs recovery)).
 Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
 Monday: 60 to 75 mins fartlek inc 12 x 45 secs fast (45 and 90 secs jog recovery) + 3 x 20 secs full effort (50 secs recovery) starting 3 to 5 mins after final 45 secs repetition.
 Tuesday: 20 to 30 mins easy.
 Wednesday: 6 to 10 miles steady with hills.
 Thursday: 5K session (1 x 2000m with 120 to 150 secs recovery + 1 x 1000m with 60 to 120 secs recovery + 3 x 150m full effort (250m jog recovery) starting 3 to 5 mins after final 800.
 Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
 Monday: 60 to 75 fartlek inc 8 x 90 secs fast (90 secs jog) + 3 x 10 secs fast from rolling start + 10 secs ease + 10 secs fast (60 secs between reps) starting 3 to 5 mins after final 90 secs repetition.

Tuesday, Wednesday, and Friday: As Week One.
 Thursday: 5K session (4 x 1000m at 5K pace (60 to 90 secs recovery) + 5 x 200m at 1500m pace (45 to 60 secs recovery)).
 Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

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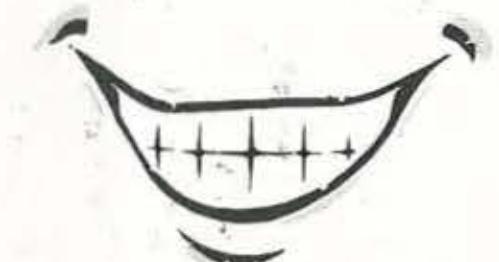
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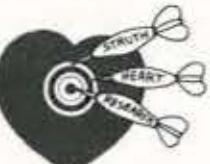
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Hanlon and Haining are Scottish champions

Doug Gillon was at Caird Park, Dundee, and **Margaret Montgomery** at the Beach Park, Irvine, to witness the men and women's Scottish Cross Country Championships.

THERE was no shortage of drama at the Scottish Women's Cross Country Championships, held at Irvine's Beach Park on Sunday, February 24.

Hayley Haining, for one, must have had more than her usual share of pre-competition nerves as she lined up for the senior four mile race in the Irvine Development Corporation backed event.

In London, awaiting news of her performance so that she could press a stronger case for Haining's inclusion in the UK team for the world championships in Antwerp, was the secretary of the SWCC&RRA, June Ward.

In the event, Haining took first place in a time of 24.05, 18 seconds ahead of Pitreavie's Vicki Vaughan. This victory, added to Haining's other successes, was enough to ensure that she won the place she was looking for.

The attention focused on Haining may have distracted some spectators from a battle for second place between Vaughan and Glasgow University's other star, Vicki McPherson. Neck and neck at the end of the first two miles, Vaughan eventually broke away to finish five seconds up on McPherson.

In the intermediates' two and a half mile race, Cramlington's Kathryn Gill stormed home to victory in 17.09, making up for a bitter disappointment at the previous week's English Cross Country Championships where she lost a spike half way through the course and was forced to withdraw. Gill, who looks like a strong prospect



Competitors line up for the senior women's race.

for the future, has already tucked away the Northern Counties, North East Cross Country and English Schools' Triangular titles in her age group.

The junior event saw a rare defeat for Scotland's most promising youngster, Isabel

Linaker (Pitreavie). Linaker was beaten into second place in the last 600 metres of a two mile battle with Morpeth's Angela Foster, who also won the English title. Foster was beaten by Linaker at the Inter League Championships earlier in the year and their rivalry will continue to

WOMEN'S RESULTS -

Sen Women (4 miles): 1, H Haining (GU) 24.05; 2, V Vaughan (Pit) 24.23; 3, V McPherson (GU) 24.28; 4, L Harding (Houghton) 24.37; 5, A Bell (Lin) 24.40; 6, V Blair (EWM) 24.54; 7, T Calder (LV) 24.56; 8, A Rose (EWM) 25.04; 9, E Cochrane (CG) 25.32; 12, J A Scott (Dar) 25.35; 13, D Porter (Ab) 25.54; 14, J McColl (Una) 25.59; 15, P Rother (ESP) 26.04; 16, J Cliffe (GU) 26.11; 17, E Masson (Kil) 26.18; 18, J Salvana (Liv) 26.19; 19, J Stevenson (LV) 26.20; 20, D Rutherford (IWK) 26.22; 21, S Durham (EWM) 26.26; 22, J Roberson (Ayr) 26.28; 23, K Paton (GU) 26.46; 24, S Hales (DHH) 26.49; 25, C Bolland (EdU) 27.21; 26, C Smith (ESP) 27.35; 27, S Donaldson (GU) 27.44; 28, C McFadden (Dum) 27.45; 29, J Wilson (Inv) 27.47; 30, A Dickson (Law) 27.48. Teams: 1, Glas Uni 20pts; 2, EWM 35; 3, ESP 48.

Young Sens: 1, H Haining; 2, V McPherson; 3, D Rutherford.

Vets: 1, T Calder; 2, J Stevenson; 3, J Byng (IWK) 28.23.

Inters (2.5 miles): 1, K Gill (Cram) 17.09; 2, Y Reilly (DHH) 17.18; 3, A Potts (CG) 17.35; 4, A Cheyne (CG) 17.46; 5, L Connachan (ESP) 17.57; 6, S Purdie (Tev) 18.01;

MEN'S RESULTS -

Sen Men (7.5 miles): 1, T Hanlon (Roe) 38.29; 2, P McColgan (DHH) 39.02; 3, A Eyre Walker (EdU) 39.15; 4, H Cox (GGH) 39.26; 5, C Donnelly (Cam) 39.34; 6, G Crawford (Sp) 39.40; 7, A Walker (Tev) 39.47; 8, D Cavers (Tev) 39.51; 9, G Croll (Cam) 40.06; 10, C Hall (DHH) 40.07; 11, G Braidwood (Sp) 40.08; 12, C Thomson (Cam) 40.09; 13, S Hale (PSH) 40.14; 14, I Elliot VI (Tev) 40.18; 15, M Strachan (DHH) 40.20; 16, W Coyle (She) 40.21; 17, R Fitzsimmons (Bel) 40.22; 18, D Runciman (Cam) 40.22; 19, E Stewart (Cam) 40.24; 20, S Axon (IWK) 40.35; 21, S Gibson (HBT) 40.37; 22, P Dymoke (Liv) 40.41; 23, C Haskett (DHH) 40.51; 27, K Lyall (CPH) 40.53; 28, T Hearle (Kil) 40.56; 29, I Steel (CPH) 40.57; 30, J Duffy (SV) 41.01; 31, A Coynes (She) 41.09; 32, J Brown (SV) 41.10; 33, D Watt (Cal) 41.19; 34, M Gommley (IWK) 41.22; 35, D Ross (CPH) 41.23; 36, R Hall (Tev) 41.30; 37, P O'Kane (HBT) 41.31; 38, I Campbell (DHH) 41.33; 39, J Quinn (Moth) 41.35; 40, J Austin (Cly) 41.35; 41, J Evans (She) 41.37; 42, J Bowman (Inv) 41.38; 43, J Mackay (She) 41.41; 44, G Gaffney (GWP) 41.43; 45, G Crawford (Ree) 41.44; 46, R Johnston (C'glen) 41.47; 47, P Faulls (FVH) 41.52; 48, H McKay (Fife) 41.56; 49, J Wilkinson (Gals) 41.57; 50, J Cooper (Sp) 41.58; 51, R Jones (FVH) 42.02; 52, D Anderson (FVH) 42.04; 53, K Mortimer (ESP) 42.06; 54, A Gilmour (Cam) 42.08; 55, D Barr (Tev) 42.08;

Photograph: Alistair McPherson

produce exciting contests for some time.

Ayr Seaforth's Susan Scott, who won the minors' title in 1989, took this year's girls' event in fine style in a time of 12.56. Her nearest threat was Pitreavie's Jennifer Ward who finished in 13.01, just one second ahead of Carol Vetrano (Dundee Hawkhill). Ruth Dunkin (Nith Valley), who Scott must have been expecting most competition from following her victory in the West Districts last November, was pushed into fourth place.

In the minors' race Aberdeen's Hannah Smith (daughter of Scotland's Runner contributor Graeme) and Lasswade's Debbie Murray were once again in head to head confrontation. Last November Murray beat Smith into second place in the East Districts but this time it was the Aberdonian's turn for the sweet smell of success when she took the Scottish title in 7.18, two seconds ahead of her Lasswade rival.

TOM Hanlon and Ian Hamer spared Britain's selectors from being plunged into further controversy when they won the Scottish and Welsh national cross country titles and then announced they were not interested in competing at the World Cross Country Championships in Antwerp.

That allowed the England-dominated UK cross country commission to announce a British senior and junior men's team for Antwerp on March 24 which is monopolised by Englishmen, selected from England's national championships after the cancellation of a proper trial - further damning evidence that the sport on the Celtic fringe of the UK has frayed almost to oblivion following their exit from the world championships after 1987.

Thankfully the efforts of Glasgow University student Hayley Haining, who won the women's title at Irvine, finally earned her UK recognition, and with Liz McColgan having been named without making a cross country appearance, they

"But I would have to say that when I finished

are the only Scots heading for Belgium.

Hanlon, however, despite his own personal reservations, would have been a worthy member of Britain's squad. The Reebok Racing Club man's success at Dundee, over a mainly flat 7.5 mile course, had the hallmark of sheer class, even if it was at the head of what must be regarded as one of the weakest fields in the past two decades.

Absent for one reason or another were Nat Muir, the most prolific winner ever, five time world championship team member Chris Robison, former winner Neil Tennant, and current internationalists Alastair Russell and Terry Mitchell. And two of the most highly favoured starters - another former winner, Tommy Murray, and Robert Quinn, whose 13th place in Limerick was Scotland's best this season in a World Cross event - were forced to drop out because of cold and flu viruses.

On a course which was surprisingly firm, and clearly favoured track men, Hanlon clocked 38.29 for a 33 second margin over Hawkhill's defending champion, Peter McColgan, and Edinburgh student orienteering internationalist, Adam Eyre-Walker.

In fourth place Hammy Cox, passed over by Scotland this winter, cocked a gleeful snook at the selectors as he pointed out that several of the men preferred to him had finished in his wake.

His wife, Jayne, has taken legal advice on certain matters alleged to have passed between her husband and SCCU officials, and this contest may run and run.

It was Graham Crawford of Springburn, finishing sixth just behind hill running specialist Colin Donnelly, who put the Caird Park race into perspective. Not that Crawford is a mediocre runner. His performance in last year's Great Race, and a string of more than a dozen half marathon wins a few years ago, mark him, at the age of 35, as a durable and more than proficient performer.

Thankfully the efforts of Glasgow University student Hayley Haining, who won the women's title at Irvine, finally earned her UK recognition, and with Liz McColgan having been named without making a cross country appearance, they

"But I would have to say that when I finished

eighth a few years ago, I ran much better, and in far higher quality company," he confessed with frank objectivity.

Hanlon, on being wakened by clubmate Alan Robson on the day of the race, initially said he would not run, and survived a further problem when Robson's car broke down and went on fire on the motorway. But he admitted, as often is the case in victory, that victory had been easy.

"I ran hard with the wind behind me, and relaxed coming back into it," said the international steeplechaser. "Honestly, I could have won by a much wider margin."

Victory, however, cost him his contract with Asics. The shoe company were upset by the exposure given to the new club supported by rivals Reebok, and less than 24 hours after his win Hanlon learned he had been axed.

McColgan, who had returned just three days previously from training in Florida, did not know what to make of his run. "Tom went off at such a rate, I thought he was at it, and planned to drop out. By the time I realised he was having a blinder, it was too late. I could make no impression. I put in several weeks of just under 100 miles, and may have paid for that, but Tom ran brilliantly."

Cambuslang claimed their fourth senior team title in as many years. Their six counters packed into the first 34 places with the same honest endeavour which had brought them their best European club placing, and the magnum of champagne they brought from that race was despatched with enthusiasm on the miles home from Dundee.

They had more to celebrate when Mark McBeth won the youth race and led them to a further title. McBeth had been back in training only a few weeks after having spent 11 months sidelined with glandular fever.

Victoria Park also claimed two team titles, junior men and junior boys, while Inverness took the senior boy honours.

Springburn 1081; 20, Fife 1095; 21, Calderglen 1104.

Jun (5 miles): 1, A Russell (GU) 27.29; 2, G Reid (JWK) 27.41; 3, S Wright (AU) 27.45; 4, G Graham (VP) 27.56; 5, B Fraser (MBI) 28.00; 6, W Richardson (Irv) 28.12; 7, S Wylie (Cam) 28.12; 8, S Barnett (VP) 28.20; 9, J Brooks (Sp) 28.35; 10, S Gilmore (VP) 28.40; 11, S Kerr (KO) 28.52; 12, J Timmins (GU) 28.53; 13, G MacPherson (GU) 28.53; 14, A Moss (Cly) 29.04; 15, G McDowell (Inv) 29.07; 16, R Sutherland (EU) 29.22; 17, M Hand (Law) 29.23; 18, W Johnston (Cal) 43.10; 19, M Gallagher (MII) 43.10; 20, S Stewart (Inv) 29.44; 19, T Hely (VP) 29.47; 20, S Coulson (DU) 29.52 (53 finishers). Teams: 1, Victoria Park 41; 2, Glasgow University 47; 3, Inverness Harriers 108.

Youths (4 miles): 1, M McBeth (Cam) 21.43; 2, G Willis (Ayr) 21.56; 3, E Tonner (JWK) 22.33; 4, S Taylor (Pit) 22.42; 5, A Moonie (Pit) 22.55; 6, C Greenhaugh (VP) 22.58; 7, J Reid (Law) 23.06; 8, B Thomas (Cam) 23.12; 9, E McCafferty (Cam) 23.17; 10, A Kings (Pit) 23.30; 11, D Tamburini (GGH) 23.34; 12, E Calvert (Ab) 23.36; 13, N Smith (IWU) 23.41; 14, M Gill (Cam) 23.52; 15, D Shadley (ESP) 23.57; 16, G McDonald (Cam) 23.57; 17, P Logue (She) 23.59; 18, N Johnstone (CPH) 24.05; 19, I Murdoch (Ayr) 24.11; 20, A McConnochie (GHS) 24.12 (89 finishers). Teams: 1, Cambuslang 97pts; 2, DHH 114; 3, Teviotdale 182; 4, Shetleston 240; 5, Hunters Bog Trotters 406; 6, Livingston 427; 7, Caledon Park 431; 8, Falkirk Victoria 464; 9, ESP 504; 10, Edinburgh University 522; 11, SV 568; 12, GGH 650; 13, Ab 681; 14, Kil 706; 15, Ayr 818; 16, HILP 849; 17, Clydesdale 32pts; 2, Pitreavie 43; 3, Ayr Seaforth 129; 4, Inverness 149; 5, ESP 190.

Senior Boys (3 miles): 1, S Mackay (III) 16.36; 2, D Kerr (SV) 16.41; 3, P Allen (Ayr) 17.03; 4, S Allan (MBI) 17.11; 5, M Goeman (Sp) 17.18; 6, M Mackenzie (Inv) 17.23; 7, C Clelland (Cam) 17.26; 8, T Winter (ESP) 17.29; 9, J Tonner (JWK) 17.29; 10, S Schenkel (Cum) 17.31; 11, K Daley (ESP) 17.33; 12, C Douglas (Kil) 17.35; 13, K Mason (Cum) 17.41; 14, D Macdonald (PSH) 17.42; 15, D Hughes (Tev) 17.42; 16, A Simpson (FRC) 17.45; 17, J Michie (Fife) 17.51; 18, J Douglas (Moth) 17.52; 19, M Canavan (Pen) 17.54; 20, S McNeilan (VP) 17.56 (134 finishers). Teams: 1, Inverness 69pts; 2, ESP 72; 3, Fraserburgh 97; 4, Victoria Park 132; 5, Black Isle 263; 6, Penicuik 314.

Junior Boys (2 miles): 1, S Gibson (CAC) 11.57; 2, A Donaldson (Pit) 12.01; 3, N Lyall (Lass) 12.04; 4, A Moore (Cly) 12.04; 5, C Smith (Ab) 12.17; 6, A Love (FRC) 12.24; 7, C Hobson (Cly) 12.25; 8, R Kavanagh (She) 12.30; 9, P Dennis (Hel) 12.33; 10, G Harris (She) 12.35; 11, B McLean (Moth) 12.36; 12, A Young (VP) 12.39; 13, J Lynch (Moth) 12.39; 14, M Wight (Ayr) 12.39; 15, E McGee (PAC) 12.39; 16, A Thomson (Inv) 12.44; 17, B Hendry (Irv) 12.45; 18, R Milne (Moray) 12.46; 19, M Gallagher (Cam) 12.48 (135 finishers). Teams: 1, Victoria Park 95pts; 2, Shetleston 100; 3, Clydesdale 124; 4, Cambuslang 134; 5, Aberdeen 156; 6, Black Isle 156. O'all Team: 1, Cambuslang.

**East District League,
Rosyth, Feb 2.**

THE landscape at Rosyth provided a tough course with plenty of variety: grass, track, mud, puddles, gates to negotiate and fences to climb, writes *Denis Shepherd*. Eventually, however, everyone arrived at the changing rooms, though those who had travelled to this final league meeting by car rather than bus were denied this free sample of the course.

Once in running gear, athletes found the course surprisingly fast, being quite firm under a surface which was slippery in places, and with only a few short and sharp hills.

Terry Mitchell (Fife) caught and passed the leading group after one and a half miles.

He maintained a ten second advantage to the finish, with Stuart Gibson (HBT) eventually winning the battle for second place from Alastair Walker (Tev) and Dick Jones who led Falkirk Vics to a team victory, both on the day and over the season, over HBT and Teviotdale.

George Brown (Pen) turned the youths' race into a procession, but the action was much more exciting in the recorders' room amid speculation whether Pitreavie, with 18 points, had pulled back the 18 point deficit from CPH to take the title. With Caledon only third here on 36, both clubs finished on 82 and the host club just snatched the trophy 31-32 on a tie-breaker.

There were comfortable wins for Hughes (Tev) in the senior boys and Lyall (Lass) in the junior boys, and the respective league tables showed almost total domination by ESP and Aberdeen. Forsyth (Pit) eventually collared pacemaker Couper (FVH) in the colts' race, in which HELP beat Tayside by four points to clinch the title.

The combined age group trophy went to Aberdeen for the third time in four years.

**Renfrewshire Road
Race, Greenock, Feb 2.**

ALAN Puckrin of GGH won the Renfrewshire AAA 5.4 mile road race in fine style, writes *Ewen Renfrew*.

On a crisp day, ideal for running, the 100 strong field were sent on their way around the two lap course in Greenock.

After a mile Puckrin and John Duffy (SV) had broken clear. Within another mile, Puckrin surged clear, with a gap that was 22 seconds after first lap and eventually doubled to 44.

He won in 26.13. Duffy was a clear second in 26.57 and Gerry Gaffney of Wellpark was third in 27.13.

First veteran was Cammy Spence of Spango who finished fourth in 27.32.

John McFadyen of Glenpark was first junior home (14th) in 28.42.

Glenpark also supplied the first woman in Eleanor O'Brien who ran 33.48 to finish 59th overall.

The team honours went to Spango, who won with 70 points. Glenpark were second with 95 and Kilbarchan a distant third with 191.

In the younger age groups N. Mooney of Spango, D. Kerr also Spango, and A. Baker of Kilbarchan won the junior, senior and youths events respectively.

Host club, Wellpark presented all competitors and officials with a mug to commemorate their centenary year.

**Keyline North District
League, Elgin, Feb 16.**

THE final league match at New Elgin was given added status with the news that Robert Quinn, desperate for a tune-up race for the national, had come to Elgin to get it, writes *Denis Shepherd*.

The age group races also provided much interest over a true country course. Louisa MacKinnon (FRC) took the minors' title with a two second win over a fast-finishing Fiona Clasper (Cai),

while the improving Kerry Scott (Mor) had an easy win in the absence of girls' champion Jacquelyn Anderson (FRC).

The corresponding boys' races provided closer finishes, the colts' race being declared a dead-heat between Black Isle pair David Melville and Connor Campbell. John Cowie (Buckie HS) did enough in third place to take the league title. Alasdair Love (FRC) needed to beat Stuart Sutherland (IH) to take the junior boys' title and had a good try, failing by a mere second.

Junior ladies' and intermediate champions Marjory Smith (BI) and Leigh Forman (Peter) were convincing winners of their final races. Marie Duthie (FRC) in the women's race was the easiest winner of all, once again beating consistent veteran clubmate Heather Wisley into second place.

Stuart McKay (IH), warming up for his successful tilt at the Scottish title, moved effortlessly ahead of early pacemaker Scott Allan (BI) before the halfway stage. McKay, naturally, won his league title, as did clubmate Jamie Dewar, who starved off his only challenger in a disappointing youths' field, Stuart Galbraith (BI).

The senior race saw Quinn charge from the start. He never looked like being caught by league leader John Bowman (IH) and Ross Arbuckle (Keith) - who needed to beat Bowman to share the spoils. However the latter caught him halfway through the second lap and steadily increased his lead to 17 seconds. Clubmate Stan McKenzie was third and also third overall.

Grant McDowell (IH) inevitably took the junior title, but the chips were down between vets Graham Milne (Mor) and George Sim. The latter succeeded in getting ten seconds ahead of Milne and staying there.

Team wise, Fraserburgh were as dominant in female terms as Inverness were in the males. Only Minolta BI, who won the colts' and junior ladies' trophies, broke their monopolies.

**Tiso Carnethy 5 Hills
Race, Feb 16.**

THE weather on the day was, for runners and spectators, excellent for the race, writes *Peter West*. But snow from the previous weekend meant it was not a day for fast times, the winner's being more than six minutes off the record.

Most of the ascents included some deep snow which the leaders quickly packed into steps making a distinct route for those further back. The wisdom of sticking to the "steps" was immediately apparent when runners, trying to overtake, found the going much tougher in the deep snow.

Last year's joint winner, Andy Peace (Bing) took an early lead and was never really seriously threatened throughout. The chasers included Jack Maitland (Pud) and previous runner-up Peter Dymoke (Liv) with the colourful Gary Devine (Pud) and Malcolm Patterson (Dark Peak) in close attendance.

The final sorting out of positions was left until the last descent on the scree and slush off Carnethy when Dymoke overtook Maitland for second place with Peace already nearing the finish line.

In the women's race, Tricia Calder (ESP) built up a commanding lead with Joyce Salvona (Liv) and Jane Robertson (Ayr) battling it out for second place. Robertson weakened latterly to allow Christine Whalley (Liv) to push her into fourth position.

The 331 finishers were treated to the usual hospitality and the noisy and good humoured prizegiving underlined the special nature of the 21st running of the race. There was a long list of "spot" prizes as well as special awards to the 18 runners present who had also competed in the first running of the event.

Well deserved praise was heaped on organiser Burns Scott, who has been responsible for the race since its inception.

A FABULOUS world record for the UK 4x200m squad provided a tremendous climax to the Vauxhall indoor international between GB and the USA at the Kelvin Hall on March 3. Although the USA won the match conclusively, the biggest cheers were for (right) Darren Braithwaite, Linford Christie, John Regis, and Ade Mafe as they strolled round the Glasgow track following their triumph.

**Photograph by
Alan Ewing**



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Margaret Montgomery was at the Kelvin Hall to report on the Scottish Schools AA Indoor Championships.

Rona Hepburn (Crieff High School) shows her pleasure at winning the under-15 girls 60 metres.



Karen Sutherland (Broughton High) who took both the 60 metres and 200 metres in the over-15 girls' category.



Brian Watters (St Ninian's High) in full flight during the under-15 boys 800 metres.



The over-15 boys 60 metres final.

SOME fine performances by the cream of Scotland's younger athletes helped to offset the fatigue which, from time to time, set in amongst athletes, officials and spectators alike during a late-running Scottish Schools Indoor Track and Field Championships, held at the Kelvin Hall on

February 15 and sponsored by Scottish Power. The event, which was scheduled to finish at 7.30pm, eventually drew to a close at almost 10pm due to the extremely large number of competitors, meaning a late night for those travelling from towns such as Inverness.

One of the stars of the day was Karen Sutherland, who took the over-15 girls title in both the 60 and the 200m. In winning the 200m she beat Louise Paterson (Gordon Schools) and Sinead Dudgeon (St Augustine's High), the promising Edinburgh youngster who also came fifth in the long jump. Sutherland's time of 26.0 was 0.4 seconds ahead of Paterson.

In the 400 metres, Caldervale High's Dawn Burden stormed home to a clear victory ahead of

Musselburgh Grammar's Lorraine Stewart who pulled out of the 200 metres final in order to improve her chances in the longer distance. Burden's time of 58.9 marks her out as one of Scotland's brighter hopes for the future.

There were no surprises in the 800 metres where Isabel Linaker (Queen Anne High) took an early lead which she continued to increase throughout the race, putting her almost a lap ahead of the slowest runner when she crossed the finishing line. Her time of 2.14.4 was almost nine seconds better than that of the competitor placed second - Gillian Fowler.

In the under-15 girls category, Fiona Hutchinson excelled with a fine time of 26.8 in the 200 metres. There was some strong running too

in the 1500 metres from Susan Scott, who has since won the Scottish cross country title in her girls' age group.

David Walker of George Heriot's stole the show in the over 15 boys sprints, finishing the 60 metres in 7.2 and the 200 metres in 22.7. Meanwhile, in the same age group, David Fotheringham (Clydebank) produced a dramatic kick of speed in the second last lap of the 1500 metres to take the title in a respectable 4.12.8.

There was excitement too from Graham Hastings in the under 15 boys sprints. Hastings was beaten into second place by 0.1 in the 60 metres by Robert Booth (James Gillespie's) but his time of 25.4 in the 200 metres gave him a clear one second lead over the rest of the field.



David Fotheringham (Clydebank High), winner of the over-15 boys' 1500 metres.



Fiona Hutchinson (Jordanhill Schools) strides home to victory in the final of the under-15 200 metres.



Graham Hastings (Kirkintilloch High) winning the under-15 boys 200 metres.

February 15

Scottish Schools Indoor Champs, Kelvin Hall

Boys O/15: 60: 1, D Walker (GHS) 7.2; 2, C McRobert (Str) 7.3; 3, D Stephen (Pet) 7.3; 4, H Gilmour (GHS) 7.3; 200: 1, D Walker 22.7; 2, S Moir (Bel) 23.2; 3, C McRobert (Str) 23.3; 400: 1, C Young (Boc) 50.6; 2, K Mackie (DSMC) 51.7; 3, I Murray (Mil) 52.8; 800: 1, R Hooton (DSMC) 2-01.3; 2, J Ferguson (Pre) 2-01.7; 3, I Livingstone (StA) 2-03.5; 1500: 1, D Fotheringham (Cly) 4-12.8; 2, P O'Hare (StA) 4-15.2; 3, A Moonie (Bal) 4-16.7; 4, G Brown (Bee) 4-17.4; 5, G Willis (Pre) 4-19.0; 6, A McConnachie (GHS) 4-21.5; 60H: 1, A Malcolm (Knox) 8.6; 2, G Adams (Gra) 8.6; 3, S Dillon (Far) 8.7; HJ: 1, J Allan (Boc) 1.98m; 2, A Malcolm 1.85m; 3, G Morrison (Tri) 1.80m; LJ: 1, A Hamblin (C'head) 6.28m; 2, J Whannel (Cle) 6.13m; 3, D Stephen 6.08m; SP: 1, G Mathieson (Lark) 13.58m; 2, R Holmes (Hem) 12.12m; 3, R Hyslop (Gal) 11.99m.

Junior U/15: 60: R Booth (Gil) 7.6; 2, G Hastings (Kir) 7.7; 3, R McGuire (Nai) 7.7; 200: G Hastings (Kir) 25.4; 2, P Rowling (VD) 26.4; 3, B Morrison (Per) 26.5; 400: C Frew (Hut) 58.8; 2, N Barrett (Kel) 62.7; 3, J Cumming (Kel) 63.8; 800: B Watters (St N) 4-14.2; 2, A Moore (Bal) 2-15.5; 3, B Hendry (StM) 2-17.7; 1500: 1, A Donaldson (DSMC) 4-41.5; 2, A Young (Boc) 4-46.1; 3, G Harris (Hut) 4-50.3; 60H: R Baillie (Cly) 9.8; 2, R Wilson (Hut) 10.0; 3, K McAdam (Boc) 10.6; HJ: M Pate (Boc) 1.70m; 2, S Templeman (Mil) 1.60m; 3, equal P Sharp (Cas) M Brough (Boc) 1.50m; LJ: F Edridge (Kel) 5.53m; 2, G Hastings 5.16m; 3, R McGuire (Nai) 5.12m; SP: B Robb (QA) 12.52m; 2, I Douglas (Wal) 11.76m; 3, S Morton (Bis) 11.67m.

Girls: O/15: 60m: 1, K Sutherland (Bro) 8.0; 2, E Julian (Lou) 8.0; 3, K Leys (Hay) 8.0; 200: 1, K Sutherland 2.0; 2, L Paterson (Gor) 26.4; 3, S Dudgeon (StA) 26.4; 400: 1, D Burden (Cal) 58.9; 2, L Stewart (Mus) 60.6; 3, S Brown (Gir) 60.8; 800: 1, I Linaker (QA) 2-14.4; 2, G Fowler (Ear) 2-23.3; 3, R Pollock (Lou) 2-25.5; 1500: 1, A Potts (Wil) 4-50.6; 2, A Cheyne (Both) 4.57.8; 3, C Leitch (Str) 4-58.7; 60H: 1, T Crosbie (StN) 9.1; 2, S Ramminger (Arb) 9.3; 3, E Donald (Hen) 9.4; HJ: 1, J Ross (Gry) 1.65m; 2, H Melvin (Marr) 1.65m; 3, J Reid (C'head) 1.60m; LJ: 1, S Still (Ell) 5.16m; 2, L Morris (Hut) 5.16m; 3, H Melvin 5.14; 4, L Shorthouse (Kin) 5.11m; SP: 1, A Grey (WC) 14.08m; 2, L Bamett (Per) 10.73m; 3, S Robin (Hen) 10.35m.

Girls U/15: 60: R Hepburn (Crie) 8.1; 2, F Hutchison (Jor) 8.2; 3, S Balmain (Cle) 8.3; 4, L Thomson (Well) 8.3; 200: F Hutchison (Jor) 26.8; 2, S Balmain (Cle) 27.4; 3, L Thomson 28.2; 800: H Brooks (Marr) 2-30.1; 2, J Ward (QA) 2-32.8; 3, F Johnstone (Gal) 2-32.8; 1500: S Scott (Hur) 5-04.0; 2, L Moodie (Hol) 5-06.6; 3, K Stewart (Gra) 5-10.5; 60H: S Moxey (Por) 9.7; 2, K McNamee (K Park) 9.9; 3, H Brooks (Marr) 10.2; HJ: D Lapsey (Kin) 1.50m; 2, D Palmer (Roy) 1.45m; 3, S Robertson (P'letho) 1.45m; LJ: D Quirrie (O'moch) 5.02m; 2, L Fraser (Kil) 4.77m; 3, D Palmer 4.72m; SP: J Robin (Hel) 11.26m; 2, G McCreath (Cle) 9.96m; 3, N Dhalawal (Park) 9.92m.

Photographs by Robert Perry

GOOD TIMES FOR THE STUDENTS

RECENT weeks have been very busy and successful for Scottish Universities, writes **Gordon Ritchie**.

On February 13, the indoor championships at Kelvin Hall,



Jamie Henderson

backed by Glasgow Sports Promotion Council, produced the usual high standard of competition, although the numbers were slightly down on last year.

The most notable winners were Jamie Henderson with a sprint double in which he was never closely challenged, Ian Hamer with a solo run to victory in the 3000 metres, and James Stoddart in the high jump.

On the women's side, Nikki Barr won both horizontal jumps, while it was good to see Kathleen Lithgow back on the track. She looked strong in the heats, but unfortunately felt a twinge when warming up for the finals and understandably decided to err on the side of caution and withdraw.

Ten days later saw the same venue play host to the popular Universities' Challenge. This year,

the students competed against a Scottish Select, Northern Ireland, the SSAA and Birmingham University. The Select dominated the match, winning almost every event, but there was a close contest for second place. Remarkably, the young school team came second in the women's match, with the universities third.

In the men's competitions, Northern Ireland just pushed the students into third place. Once again, however, the schools can be pleased with their performance. The match was supported by Scottish Power, and they, together with everyone else (except, perhaps, the other women in the 3000m) were delighted by the surprise selection of Liz McColgan.

The Dundee Hawk ran away from the competition to clock 9.05.2 and obtain selection for the World Indoor Championships. Even more important than that, however, was the fact that she won the best athlete award!

The best performance by students were, again, Henderson in both sprints, where he pushed Elliot Bunney all the way to the line, and James Stoddart in winning the high jump (2.05m). Iain Black returned to form with 4-20m in the vault, while Nikki Barr was the best female performer despite deciding to defect to the Select team; but that is another story.

It was a successful and enjoyable match, followed up by an



Kathleen Lithgow

even more enjoyable night as the Birmingham team compensated for their poor performance on the track by narrowly beating the universities in the boat race.

FOLLOWING upon last month's letter by Paul Coyle, I feel that an apology is due. Paul is quite right when he says that he is responsible for cross country while my remit extends solely to track and field.

If I have inadvertently trodden on his toes in my humble attempts to publicise cross country, then I am sorry.

In future, starting next month, I shall limit this column to track and field only.

The advantage of that is that I can stay in my "ivory tower" and not get my feet dirty by ploughing through the mud in the cross country events!

The disadvantage is that a successful sector of the sport will go largely unpublicised.

My last article, therefore, on cross country involves the highly successful Glasgow University girls team.

Readers may remember that, some months ago, I made the bold prediction that these charming young ladies would be a force to be reckoned with over the country, and had a real chance of winning the nationals.

Despite that, and her troubled winter with illness and injury, she ran the race of her young life to finish 16th, thus giving the team twenty points and a comfortable margin of victory over EWM.

Two factors were

particularly pleasing - the first being that the team will stay together for another two years, as the oldest girl is only in second year.

At the time I was ridiculed (so, what's new?) by East and West alike, saying either Glasgow AC (as was) or EWM would be far too strong.

On February 24 I watched with pride and satisfaction as the girls strolled around the Irvine course to record a memorable victory in the senior event.

The second was

the great team spirit. As soon as Hayley and Vikki had finished, their concern was not with the congratulations being offered but rather with the progress of Joanna.

On a sexist note, it can only

increase the attendance at

races to have three pretty

young girls like these running regularly!

Having had one prediction proved correct, where's the list of runners for the Grand National?



JUNIOR

PROFILE

NAME: Graham Cameron Hastings.

DATE OF BIRTH: August 11, 1977.

SCHOOL: Kirkintilloch High School.

ATHLETICS CLUB: Kirkintilloch Olympians.

STARTED ATHLETICS: After the Scottish Schools Championships last June.

EVENTS: 100m, 200m and long jump.

PERSONAL BESTS: 100m, 12.00; 200m, 24.9; long jump, 5.37m.

ENJOY MOST ABOUT THE SPORT: The competition and meeting people.

LEAST ENJOY: Circuit training.

AMBITION IN SPORT: To do well in the Scottish Schools Championships in June.

HIGHLIGHT SO FAR: Winning the 1991 200m at the Scottish Schools Indoor Championships and doing a personal best of 7.7 in the 60m at the same event.

FAVOURITE ATHLETE: John Regis.

FAVOURITE STADIUM: Grangemouth.

EMBARRASSING MOMENT:

Taking my shell bottoms off in the 200m at an ogm in Grangemouth last year, only to find I had no shorts on underneath!

FAVOURITE MUSIC: Any disco music.

FAVOURITE ACTOR: Sylvester Stallone.

FAVOURITE ACTRESS: Meg Ryan.

OTHER HOBBIES: Playing football for local club Hillhead Boys. Going to Boys Brigade.

AIMS FOR THE FUTURE: I'd quite like to study art, PE or French at college or university.

FORTHCOMING EVENTS

MARCH 24

National Schools Squad Coaching Day, Grangemouth Stadium. (Invitation only).

APRIL 6

Four Countries Cross Country International, Boyle, Republic of Ireland.

APRIL 20

Primary School Cross Country Championships, Kirkcaldy.

For further information write to: Alex Jack, SSAA secretary at 11, Muirfield Street, Kirkcaldy KY2 6SY.

JUNIOR COMPETITION

Don't miss the opportunity to win a complete set of boy's and girl's running clothing in next month's issue of Scotland's Runner.

HELPLINE

Have you any questions about athletics which you would like to have answered? Please write to Helpline, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

HAYLEY'S HECTIC PACE



Margaret Montgomery talks to Hayley Haining, winner of the Scottish women's cross country senior title.

COMBINING a degree in veterinary medicine with competitive athletics at international level can't be the easiest of tasks, but Hayley Haining seems to take it in her stride.

She does it, she says, by making use of every waking hour. When she isn't attending lectures or labs, she trains. When she isn't doing any of these, she studies. Socialising is left strictly for holidays and weekends spent with her family in her home town of Dumfries.

It's a fairly demanding lifestyle by anyone's standards, but not one which she resents.

"Because I have to fit training and competition round a busy university timetable I make sure I get it done," she explains. "I think if I had all day to go out running I'd end up just sitting around and putting it off."

Hayley's achievements to date merit the long hours demanded by her weekly training schedule. Last year she was the best ranked junior in Scotland over 800 metres and the fastest Euro-junior over 1500 metres. And this was despite missing three consecutive track seasons between 1987 and 1989 due to injury.

"I had a pain in my hip," she explains. "The first doctor I went to didn't give the correct diagnosis and so when I went back to running the pain just came back again. It wasn't until a chiropodist noticed from my shoes that I was leaning more heavily on one side of my foot than the other that I found out what the real problem was."

"Now I wear special insoles inside my running shoes which are built up on one side and that seems to do the trick."

As if to make up for her lost track seasons, Hayley's progress in cross country has been as

Hayley Haining - overlooked for the Ekiden Relay in Hawaii but on course for the World Cross Country Championships in Antwerp.

consistent as it has been impressive.

In the past year she has won the Scottish senior cross country title and two Scottish League races at King's Park and Pitreavie. She has also won the Five Nations title at Irvine and achieved second place at the Gateshead Presto International.

But perhaps her biggest achievement, and the one of which she is most proud, is winning a place in the UK junior team for the World Cross Country Championships which take place in Antwerp on March 23.

Hayley was notified that she was to be included in the team on the day she won the Scottish senior title in Irvine on February 24. Originally there was to have been a team trial at the UK Championships in Basingstoke.

However, when the championships were cancelled due to bad weather it was decided there would be no trial and that the team for Antwerp should be chosen purely on the basis of past performances.

For Hayley this change of plan was a nerve-

and effort on settling into university life.

Now Hayley trains seven days a week. On Mondays she runs with other members of Glasgow University's Hares and Hounds club, Tuesdays she spends doing circuits at the Kelvin Hall, and Wednesdays on a steady run. Thursday nights are taken up with repetitions and Fridays with a short run or warm up. At weekends, if she's not competing, she'll do both a track and hill session.

Refusing to be drawn on her chances at Antwerp, Hayley says her aim is to do her best and not to be cowed by the opposition.

"In any meeting you just have to forget who else is there and run your own race," she says. "There's a lot of hype surrounding certain people and a lot of it often turns out to be nonsense when it comes down to it."

One person who she is looking forward to seeing and acknowledging, however, is Liz McColgan, who is heading up the senior team.

"It will be great to see her in real life," she enthuses. "I've never even set eyes on her."



They're off. The start of the SWCC&RRA senior championships at Irvine. Hayley is fifth from the left in the front row.

racking experience. She had already been overlooked during a similar selection process for the Ekiden Relay in Hawaii.

"I was worried because I hadn't raced any of the English juniors. Basingstoke was going to be my chance to prove myself against them," she says.

"In the end I needn't have worried - I think because there had been such an uproar when I didn't get picked for Hawaii. Since then people seem to have taken a bit more notice of me."

Since Christmas, in anticipation of earning a place in the junior team for the World Championships, Hayley has stepped up her training to take in about forty miles a week.

Prior to Christmas, she was content to do about 30-35 miles, concentrating a lot of her time

Not surprisingly, Hayley says she intends to ease off after Antwerp, preserving the good health she has enjoyed since last summer. Her aims for the future are to get picked for the British junior team at any of the summer's track and field internationals, and she's also hoping to cut a few more seconds from her 800 metres and 1500 metres times.

Last summer she improved her previous personal best over 1500 metres by 15 seconds. It's anybody's bet how much she can build on that now that she's finally injury free!

Hayley's coach is John Redmond, who she has trained with since first starting athletics at the age of 12.

"I first started running seriously after a winter competing in tetrahathlons with my older

sister. That involved riding, running, shooting and swimming. As a result of that we both ended up going along to Nith Valley and concentrating on running. Originally it was my sister who everybody thought was going to be the runner. My progress was a slow, steady thing."

Despite her move to Glasgow she intends to remain under John Redmond's guidance and continues to run for Nith Valley, competing for Glasgow University during the cross country season only.

"John is a very laid back sort of coach," says Hayley. "If he's not pleased with my performance then he goes quiet for a while - there's no shouting or anything like that. His attitude is to give you a programme and let you get on with it. It's up to you to motivate yourself."

Despite her allegiance for her home club and the people who have helped her there, Hayley is also very enthusiastic about Glasgow University Hares and Hounds.

Clubmates Vicki McPherson and Joanna Cliffe are also successful athletes and along with Hayley formed the spearhead of a team determined to run well at the national in Irvine and to win the team prize.

"We knew we all had to run our best to beat the City of Glasgow girls so we just went out there and did it," explains Hayley. "Joanna in particular did really well - she's had a terrible year with injuries."

Hayley also finds that she gets a lot of support from non-runners at Glasgow University.

"Everyone in my class is very interested in how I do - in fact I think some of them were more disappointed when the cross country trials were cancelled than I was."

Being an international athlete is not without its pressures and Hayley admits to the odd moment of panic. Prior to the recent World Cross Challenge race in Limerick she found herself at Glasgow Airport without a ticket!

"Tony Linford, the UK product manager for Reebok had arranged for me to run in the Republic," she explains.

"But the race director withdrew my invitation and Tony was unable to get through to my halls of residence to tell me. It ended up with me going to Glasgow Airport and finding there was no ticket waiting as arranged. Thinking it was just a mix-up I wrote a cheque myself and went."

Once there, Hayley discovered her invitation had been withdrawn but with a bit of persuasion she was able to goad the organisers into letting her run, coming thirteenth.

"It was good experience," she says philosophically. "I think my mum was horrified when she first heard about it all but in the end she was glad that I stood up for myself."

Hayley has just one more track season as a junior ahead of her but with the senior ranks looming she is more excited than nervous.

"I see it as a challenge," she says.

On the basis of her performances as a junior, her opponents in senior athletics will probably see competing against Hayley in much the same light!

Margaret Montgomery takes a look at Scotland's outdoor stadiums and the events they will be hosting over 1991.

PERTH is not short of excellent sports facilities. Besides the well known Bell's Sports Centre, it can boast an all-seated football park (St Johnstone's home ground), an eye-catching leisure pool complex, an indoor bowling centre, and a recently opened ice rink. Not bad when you compare it against numerous more densely populated towns and cities - many of which would be doing well to have this level of provision.

For all this, Perth has been sadly lacking in one crucial sporting department - that of athletics. Though it can, and does, host numerous major competitions in indoor sports such as gymnastics and trampolining, Perth does not have the facilities to attract athletics events of a similar stature.

It's a shortcoming which has long been felt not just by local athletes and athletics' enthusiasts, but also by local politicians, many of whom believe the addition of a proper running track to Perth's sporting credentials could bring a wide variety of benefits to the town - including improved chances of success for youngsters with talent.

Great delight therefore greeted a recent SDA survey which identified the lack of a quality athletics stadium in Perth as the "most important missing link" in the city's growing number of sporting facilities.

Even greater glee met the revelation that provision for such a facility was now in the early stages of discussion. The proposed stadium will comprise an eight lane, all-weather tartan track, with changing and spectator accommodation, floodlighting and perimeter fencing.

With some luck, Perth's proposed new stadium might meet with the same runaway success as Scotland's first all-weather track, Grangemouth, which is now celebrating its 25th anniversary.

Still in excellent condition, the stadium's management are nonetheless committed to an ongoing policy of improvement.

Recent additions include new lighting, heating, and ventilation in the changing rooms. There have also been new floodlights installed on the home straight.

"We've carried out a lot of improvements over the last three years says John Fairgrieve, the stadium's manager. "Our next step will probably be to upgrade the track, but not for a few years yet - it's still in very good condition."

Certainly if the number of quality events taking place at Grangemouth over the coming season is anything to go by, it is a stadium which meets the requirements of the best athletes.

On June 16 Grangemouth will host Scotland's only full home international, the Small Nations International. Other dates to note in your diaries are May 15 (Scottish Universities v SAAA v SAAA junior) and June 23, when the SWAAA junior championships take place.

Also in June are the SWAAA combined events championships



The Scottish Schoolboys Championships at Grangemouth in 1988. This year they will be held at the same stadium.

and the SAAA and SWAAA relay championships (June 1), an open

graded meeting (June 5), the Scottish Schoolboys Championships (Saturday 15), a Scottish Schools inter-area match (Wednesday 19) and the SVHC Championships (Saturday 29).

Throughout the year there will of course be many other events including a wide variety of league meetings and further open graded

include the SWAAA East District Championships (May 18), the SAAA Under-20 Championships (June 1), a Scottish Athletics League match (June 9), a UK League Division 1 match (June 22) and the SWAAA East v West match (August 18).

Those with a special Meadowbank leisure access card



Queens Park, Inverness.

meetings. To find out more about these, just contact the stadium itself.

Grangemouth's excellent facilities are open to everyone. The cost of a single training session is 90p for adults and 60p for children and youths. An annual season ticket for regular users over 17 is £30, with £16.50 for those aged 12-17 and £10 for anyone under twelve.

Meadowbank's top class facilities also continue to draw a number of exciting and major events. The stadium has not been altered in any way since last season although it does now provide an interesting new service - the hire of timing equipment, including marathon clocks (for a cost of around £10 a day) and photofinish equipment.

Meadowbank will transport these anywhere within Scotland, with costs for the photofinish equipment depending on how far it has to be transported. (Those not of a technical bent will be glad to know that the overall cost also covers setting up of the equipment.)

Events being held this season

can use the stadium's track facilities for £1, otherwise a typical session will cost £1.50.

A proposal for a major sports hall development in Inverness costing £2.5m should bring benefits for the town's outdoor stadium at Queen's Park. Included in the proposals are plans for luxurious changing rooms together with a weights room and a sizeable indoor gym.

Events taking place at Queen's Park over the coming season include a Woolworths Scottish Young Athletics League fixture (May 12), the SAAA North District Championships (May 18), the Northern Schools Championships (June 4) and a Bank of Scotland North-East League event (June 30).

As yet unscheduled but also taking place over the summer months are a number of Grampian TV League fixtures and a meeting between an Australian Boys touring team and Inverness Harriers.

Inverness Harriers' club championships will also be held at the stadium this year on the



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A sports injury clinic is available at the athletics track. Enquiries for this service should be made to Coatbridge Leisure Centre.
(for additional information Tel: 0236 41456)

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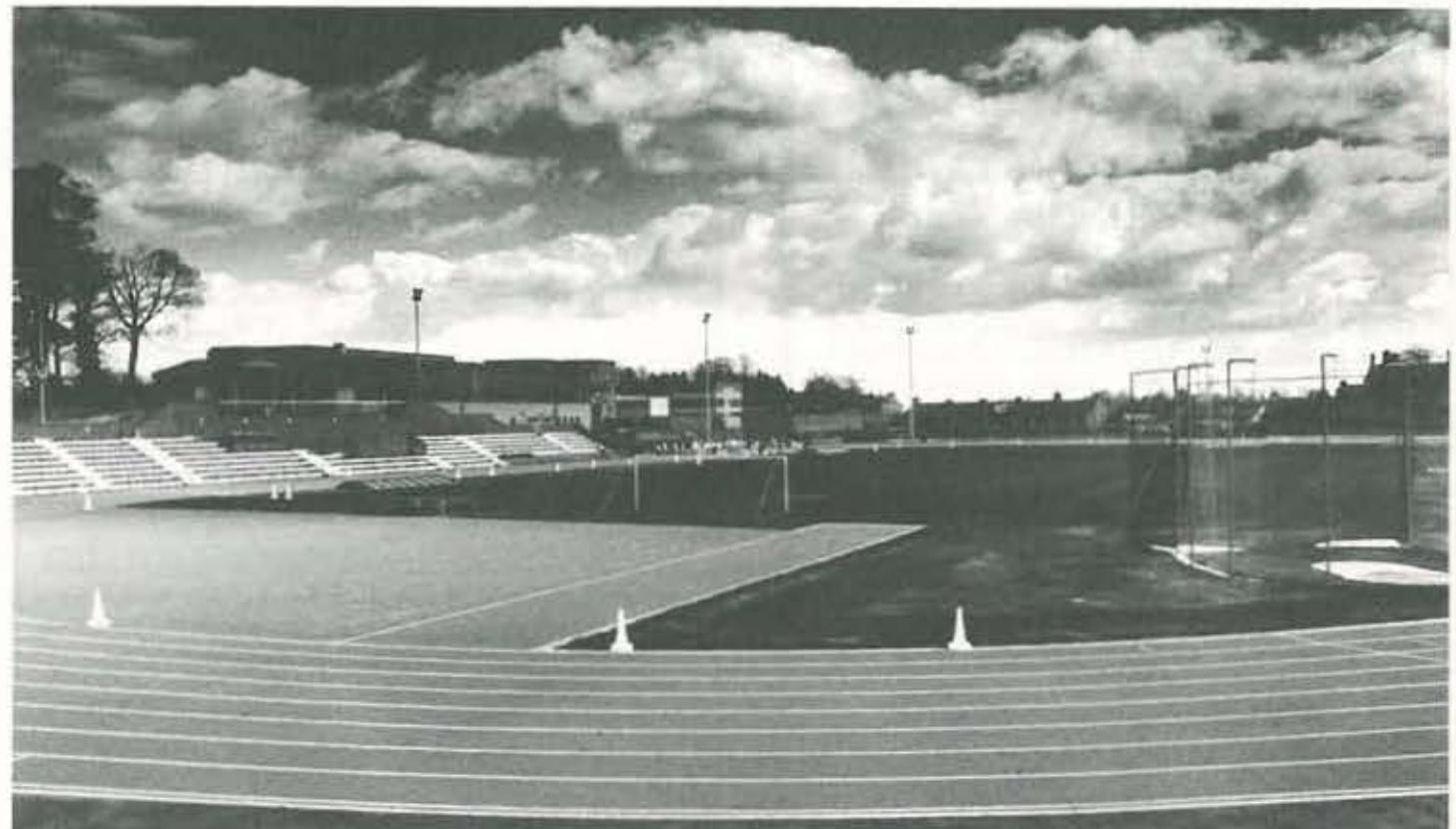
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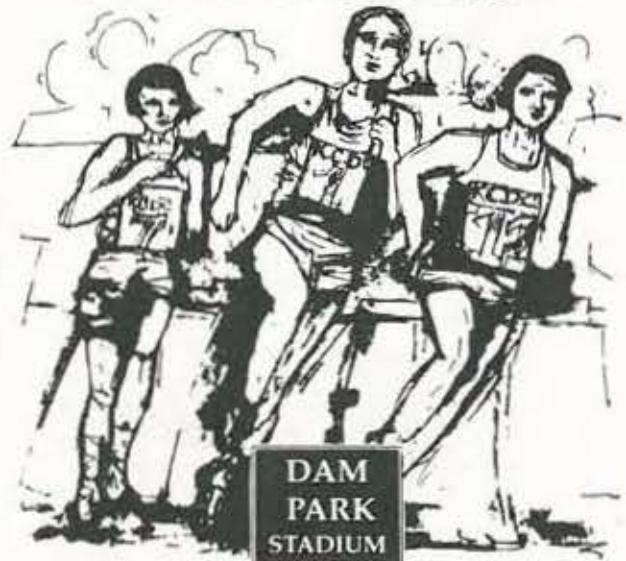
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For further information contact: Mr Wilson McCrae, by telephoning (0698) 355821.



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OPEN GRADED MEETING, DUMFRIES (Permits applied for; under SAAA/SWAAA rules)

WEDNESDAY 17 APRIL 1991

7.00p.m. start

SAE for details to:

David Keswick Athletic Centre,
Marchmont, Dumfries DG2 8NH
Tel. (0387) 69423

Dumfries and Galloway Regional Council

If you are interested in
advertising in
Scotland's Runner contact
Fiona or Maureen on
041-332 5738.

evenings of August 20, 29 and September 3.

At Dam Park in Ayr new pole vault stands and scoreboards have recently been added to the stadium. The eight lane tartan track which was laid only in 1987 is still in excellent condition.

Events being held this year include the SAAA West District Championships (May 18), the SRC Championships (June 18) and the Ayrshire Schools Championships (June 19). At the end of August there will also be a "come and try" day to which everyone and anyone interested in athletics is invited. Open graded meetings will be held throughout the season, at as yet unspecified dates.

Adults can use Dam Park's track and field facilities for just 80p and children 40p. Advance bookings for groups come in at £19.

Dundee's Caird Park last enjoyed the addition of new facilities in 1983. However, there are plans to improve dressing room and storage facilities, and the state of the six lane tartan track is still very good.

Over the coming months the stadium will host a vast variety of events. Dundee Hawkhill Harriers starts its 10K road race at Caird Park on April 7, and on April 21 there will be a Scottish Young Athlete's League meeting.

April 28 sees the stadium hosting a Bank of Scotland Women's Athletic League event, as will June 9 and September 1. On July 7 Dundee Highland Games are staged - an event which apart from



Glasgow's Crownpoint stadium - host to many competitions at all levels.

Amongst events being held here this year are the Special Olympics Track and Field Championships (June 8), the SAAA Decathlon Combined Events Championships (June 22-23) and the Universities Athletics Club Championships (May 11). Also held will be Grampian TV League matches, on May 5 and September 8, and an SWAAA match on June 9.

Those wishing to use the Chris Anderson for training purposes can do so for as long as they want at a cost of just 90p during peak hours and 60p at off-peak times.

Plans, which the stadium is not yet in a position to unveil, are afoot to improve facilities at Pitreavie.

As it stands, however, Pitreavie remains one of Scotland's foremost stadiums, as can be seen by the respectable number of events being held there this season.

On April 28 and June 9 the stadium will host Bank of Scotland Women's Athletic League matches and on May 9 and June 13 JSB Plumbing Forth Valley League matches.

June 12 will see a Fife Schools



Chris Anderson stadium, Aberdeen.

list of functions held by the stadium was that of regional coaching centre for Dumfries and Galloway, and from June there will therefore be courses covering subjects such as the prevention and treatment of injury and coaching children.

Wishaw Stadium has just had a new hammer and discus cage installed and there have also been some minor improvements and repairs made to the condition of its



David Keswick stadium, Dumfries.

eight lane, all-weather track.

A Bank of Scotland Women's Athletic League match will be held there on April 28, and on May 26 there will be a Scottish Athletic League meeting.

Other prominent events which are currently scheduled to take place over the coming season are Lanarkshire Schools' matches on May 29, June 26, August 24 and 28.

Training at Wishaw costs juniors 55p per day and adults 75p.

From a position of poor provision just a matter of years ago, Scotland's local authorities are to be congratulated for the present network of tracks which serve the country well and, as Perth shows, continues to increase.



January

16

Dexters OGM, Kelvin Hall -

23

Men: Sen: 60: 1, N Fraser (ESP) 7.2; 2, S Shanks (Lar) 7.2; 3, S Tucker (KO) 7.3; 200: 1, K Kandasamy (GU) 23.4; 2, S Rutherford (Bel) 23.8; 800: 1, P Halpin (Cly) 1.59; 60H: 1, N Fraser 8.4; 2, J Franklin (WG) 8.7; SP 1, P Nystrom (GU) 12.27m; 2, R Wilson (Cly) 11.15m.

Jun: 60: 1, B McKenna (Bel) 7.4; 800: 1, E McCafferty (Cam) 2.01.3; 2, A McDonald (Cal) 2.02.6; 60H: 1, D Gowan (Cly) 9.5. Youths: 60: 1, P Kennedy (Renf) 7.8; 200: 1, D Ballantyne (CHS) 24.1; 800: 1, C Steele (VP) 2.07.7.

Sen Boys: 60: 1, D Laird (CAC) 8.6; 200: 1, D Pegram (Cum) 26.0; 2, M Pate (VP) 26.0; 800: 1, R Wilson (Cly) 2.04.9; 60H: 1, R Baillie (CAC) 10.5.

Jun Boys: 60: 1, F Eldridge (Cly) 8.4; 200: 1, G Fletcher (FVH) 28.3; 800: 1, B Hendry (Irv) 2.23.5; LJ: 1, F Eldridge 5.33m.

Colts: 60/800: 1, A Goold (VP) 9.6/2.51.8; 200: 1, M Rae (Cum) 32.8.

Vets: 60: 1, D O'Reilly (Gars) 8.2; 800: 1, S McRae (Cum) 2.08.9.

Women: 60: 1, D Myhill (West) 7.8; 200: 1, M Cunningham (CG) 25.4; 2, D Myhill 26.1; SAC Inv 1,000m: 1, S Crawford (CG) 2.52.4; 2, E Grant (CG) 2.52.5; 3, C A Gray (ESP) 2.59.3; 60H: 1, A Dutch (EWM) 10.6; SP 1, A Dutch 11.37m; 2, H Hawkins (GU) 10.96m.

Euros: 60: 1, J O'Neill (CG) 8.6; 200: 1, D Burden (CG) 26.5; 60H: 1, E Donald (Hel) 10.1.

Inters: 60: 1, S Dudgeon (ESP) 8.2; 2, C Harris (CG) 8.2; 200: 1, C Harris 26.6; 2, S Dudgeon 27.2; 800: 1, J Robertson (CG) 2.53.3; 3, H Hendry (Irv) 4.56.0; LJ: 1, N Mooney 8.45m.

Colts: 60m/400m: A Goold (VP) 9.6/1.13.1; 1500m: 1, K O'Neill (Air) 5.25.8.

Jun: SP 1, G McCreat (EK) 9.15m; LJ: 1, S Dudgeon 5.03m; 2, K McLean (CG) 4.91m.

Jun Boys: 60: 1, M Weir (SV) 8.4; 300: 1, P Mackie (Inv) 48.0; 1500: 1, G Hillier (VP) 4.46.2.

Colts: 60: 1, A Gould (VP) 9.6/5.45.6; 600: 1, P Uppall (VP) 2.13.5.

Vet: 60: 1, K McVey (VP) 8.8; 300: 1, A Spiers (B&S) 40.9; 2, J Rae (O/50) (Por) 41.5; 1500: 1, S McCrae (Cum) 4.26.3; 2, C Smith (Por) 4.33.9; 3, P Cartwright (FVH) 4.36.0; 4, B McMonagle (O/45) (She) 4.40.1; O/60 W McBrinn (She) 4.54.3.

Women: 60: 1, M Baxter (CG) 7.8; 2, F Bowell (EWM) 7.9; 3, L McCulloch (Pit) 7.9; 4, L Dick (CG) 7.9; 300: 1, G McIntyre (CG) 39.8; 2, L Dick 41.0; 3, G Koobenough (Kil) 41.2; 4, K Lithgow (CG) 41.9; 600: 1, J Stewart (CG) 1.36.5; 2, F Meldrum (CG) 1.36.5; 1500: 1, S Crawford (CG) 4.31.1; 2, C A Barley (CG) 4.31.5; 3, E Grant (CG) 4.41.3; LJ: 1, R Pinkerton (CG) 1.70m; SAC Inv LJ: 1, C Black (EWM) 5.66m; 2, A Jackson (CG) 5.00m; 3, G Spankie (ESP) 4.99m.

Euros: 300: 1, D Burden (CG) 41.7.

Inter: 60: 1, Y Black (EWM) 8.5; 2, M Gillespie (CG) 8.5; 300: 1, C Ham (CG) 42.7; 2, L Stewart (ESP) 42.7; 600: 1, L Stewart (ESP) 4.41.8; LJ: 1, L Gordon (CG) 1.60m.

Jun: 60: 1, S Balmain (EK) 8.4; 2, F Hutchison (CG) 8.4; 1500: 1, G Fowler (CG) 1.45.9; 1500: 1, K McNally (MV) 4.58.7; LJ: 1, D Church (Ayr) 1.50m.

Girls: 60: 1, J Ballantyne (Law) 9.0; 600: 1, J Thomson (Bath) 2.01.7.

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Texas Indoor College Meeting, Lubbock, USA - 800m: 3, T Blackie (Pit/S Plains Coll) 1.52.2

6

Dexters OGM, Kelvin Hall -

Men: Sen: 60: 1, N Fraser (ESP) 7.2; 2, S Shanks (Lar) 7.2; 3, S Tucker (KO) 7.3; 200: 1, K Kandasamy (GU) 23.4; 2, S Rutherford (Bel) 23.8; 800: 1, P Halpin (Cly) 1.59; 60H: 1, N Fraser 8.4; 2, J Franklin (WG) 8.7; SP 1, P Nystrom (GU) 12.27m; 2, R Wilson (Cly) 11.15m.

Jun: 60: 1, B McKenna (Bel) 7.4; 800: 1, E McCafferty (Cam) 2.01.3; 2, A McDonald (Cal) 2.02.6; 60H: 1, D Gowan (Cly) 9.5. Youths: 60: 1, P Kennedy (Renf) 7.8; 200: 1, D Ballantyne (CHS) 24.1; 800: 1, C Steele (VP) 2.07.7.

Sen Boys: 60: 1, D Laird (CAC) 8.6; 200: 1, D Pegram (Cum) 26.0; 2, M Pate (VP) 26.0; 800: 1, R Wilson (Cly) 2.04.9; 60H: 1, R Baillie (CAC) 10.5.

Jun Boys: 60: 1, F Eldridge (Cly) 8.4; 200: 1, G Fletcher (FVH) 28.3; 800: 1, B Hendry (Irv) 2.23.5; LJ: 1, F Eldridge 5.33m.

Colts: 60/800: 1, A Goold (VP) 9.6/2.51.8; 200: 1, M Rae (Cum) 32.8.

Vets: 60: 1, D O'Reilly (Gars) 8.2; 800: 1, S McRae (Cum) 2.08.9.

Women: 60: 1, D Myhill (West) 7.8; 200: 1, M Cunningham (CG) 25.4; 2, D Myhill 26.1; SAC Inv 1,000m: 1, S Crawford (CG) 2.52.4; 2, E Grant (CG) 2.52.5; 3, C A Gray (ESP) 2.59.3; 60H: 1, A Dutch (EWM) 10.6; SP 1, A Dutch 11.37m; 2, H Hawkins (GU) 10.96m.

Euros: 60: 1, J O'Neill (CG) 8.6; 200: 1, D Burden (CG) 26.5; 60H: 1, E Donald (Hel) 10.1.

Inters: 60: 1, S Dudgeon (ESP) 8.2; 2, C Harris (CG) 8.2; 200: 1, C Harris 26.6; 2, S Dudgeon 27.2; 800: 1, J Robertson (CG) 2.53.3; 3, H Hendry (Irv) 4.56.0; LJ: 1, N Mooney 8.45m.

Colts: 60m/400m: A Goold (VP) 9.6/1.13.1; 1500m: 1, K O'Neill (Air) 5.25.8.

Jun: SP 1, G McCreat (EK) 9.15m; LJ: 1, S Dudgeon 5.03m; 2, K McLean (CG) 4.91m.

Jun Boys: 60: 1, M Weir (SV) 8.4; 300: 1, P Mackie (Inv) 48.0; 1500: 1, G Hillier (VP) 4.46.2.

Colts: 60: 1, A Gould (VP) 9.6/5.45.6; 600: 1, P Uppall (VP) 2.13.5.

Vet: 60: 1, K McVey (VP) 8.8; 300: 1, A Spiers (B&S) 40.9; 2, J Rae (O/50) (Por) 41.5; 1500: 1, S McCrae (Cum) 4.26.3; 2, C Smith (Por) 4.33.9; 3, P Cartwright (FVH) 4.36.0; 4, B McMonagle (O/45) (She) 4.40.1; O/60 W McBrinn (She) 4.54.3.

Women: 60: 1, M Baxter (CG) 7.8; 2, F Bowell (EWM) 7.9; 3, L McCulloch (Pit) 7.9; 4, L Dick (CG) 7.9; 300: 1, G McIntyre (CG) 39.8; 2, L Dick 41.0; 3, G Koobenough (Kil) 41.2; 4, K Lithgow (CG) 41.9; 600: 1, J Stewart (CG) 1.36.5; 2, F Meldrum (CG) 1.36.5; 1500: 1, S Crawford (CG) 4.31.1; 2, C A Barley (CG) 4.31.5; 3, E Grant (CG) 4.41.3; LJ: 1, R Pinkerton (CG) 1.70m; SAC Inv LJ: 1, C Black (EWM) 5.66m; 2, A Jackson (CG) 5.00m; 3, G Spankie (ESP) 4.99m.

Euros: 300: 1, D Burden (CG) 41.7.

Inter: 60: 1, Y Black (EWM) 8.5; 2, M Gillespie (CG) 8.5; 300: 1, C Ham (CG) 42.7; 2, L Stewart (ESP) 42.7; 600: 1, L Stewart (ESP) 4.41.8; LJ: 1, L Gordon (CG) 1.60m.

Jun: 60: 1, S Balmain (EK) 8.4; 2, F Hutchison (CG) 8.4; 1500: 1, G Fowler (CG) 1.45.9; 1500: 1, K McNally (MV) 4.58.7; LJ: 1, D Church (Ayr) 1.50m.

Girls: 60: 1, J Ballantyne (Law) 9.0; 600: 1, J Thomson (Bath) 2.01.7.

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13

Scottish Unis Indoor Championships, Kelvin Hall

Men: 60m: 1, J Henderson (E) 6.9; 2, J Imode (A) 7.1; 3, J McInnes (G) 7.1. 200m: 1, J Henderson 22.3 (E); 2, K Kandasamy (G) 22.9; 3, B Holman (Str) 23.6; 4, S Crawford (CoG) 9.39.72; TJ: 1, M Griffith (WSE) 13.07m; (UK national rec); 2, K Hambrook (Ash) 12.26m (Scottish national rec); 3, R Kirby (Hou) 11.94m.

2, D Arnott (E) 4.06.4; 3, A McCormack (G) 3000m: 1, I Hamer (HW) 8.03.5; 2, E Zacharogiania (StA) 8.50.3; 3, M Steele (HW) 8.52.7; 60H: 1, F McGlynn (StA) 8.8; 2, N Connacher (D) 9.1; 3, D Hitchcock 9.2; LJ: 1, J Stoddart (G) 2.00m; 2, A Scobie (ESP) guest 1.95m; 3, N Robbie (Melrose guest) 1.90m; PV: 1, I Block (Str) 4.15m; 2, A Anderson (G) 3.80m; 3, M Rawlings (D) 2.90m; LJ: 1, D Thom (D) 6.45m; 2, B McClure (Str) 6.25m; 3, L Manson (HW) 6.02m; TJ: 1, S Cleland (G) 13.04m; 2, B McClure 12.66m; SP: 1, E Spence (G) 12.28m; 2, K Gordon (HW) 11.37m; 3, H Bortes (D) 11.22m; 4 x 200: 1, Edin 1.33.8; 2, Glas 1.35.4; 3, Dun 1.37.2; 4 x 400: 1, HW 3.42.0; 2, Edin 3.42.4.

Women: 60m: 1, J Fleming (G) 7.8; 2, V Foster (E) 8.3; 3, N Barr (HW) 8.3; 200m: 1, J Fleming (G) 26.4; 2, V Foster (E) 26.8; 3, J Ferguson (E) 28.5; 400m: 1, E Grant (HW) 63.8; 2, C Kitchen (E) 65.1; 3, N Kemp (G) 67.1; 800m: 1, J Colman (G) 2.27.6; 2, C Kitchen 2.28.4; 1500m: 1, T Brindley (A) 5.15.2; 3000m: 1, T Brindley 11.03.7; 2, M Jeffrey (G) 11.12.5; 60H: 1, K Savill (HW) 9.8; 2, M McLeod (D) 9.9; 3, E Grant 10.0; LJ: 1, J McFarland (A) 1.35m; LJ: 1, N Barr 5.59m; 2, S Sterling (G) 5.33m; 3, E Grant 5.20m; TJ: 1, N Barr 11.20m (Scots native record); 2, T Lal (E) 9.46m; SP: 1, K Savill 11.25m; 2, H Markos (G) 10.80m; 3, T Lal 8.24m; 4 x 200: 1, Glasgow 1.51.0; 2, Glasgow 1.55.4.

23

Representative Indoor Match, Kelvin Hall

Men: 60: 1, E Bunney (SS) 6.9; 2, J Henderson (SU) 7.0; 3, R Sexton (NI) 7.2; 4, D Walker (Sch) 7.2; 60H: 1, E Clark (SS) 7.0; 2, J McAddrey (NI) 7.0; 3, J Imode (SU) 7.1; 4, C McRoberts (Sch) 7.2; 60H: 1, E Bunney (SS) 7.0; 2, J Henderson 22.0; 3, D Walker 22.6; 200B: 1, S Shanks (SS) 22.1; 2, R Sexton 22.6; 3, B Holdman (SU) 23.0; 4, S Moir (Sch) 23.1; 400: 1, G Fraser (SS) 49.4; 2, M Briggs (B) 50.0; 3, M Cooke (NI) 51.3; 4, D Hinchcock (SU) 51.5; 400B: 1, M McPhail (SS) 49.8; Guest race: 1, G McMillan 49.7; 800m: 1, A Murray (SS) 1.50.5; 2, G Lough (C) 1.53.5; 3, C Vernon-Perry (SU) 1.53.5; 800B: 1, B Murray (SS) 1.54.0; 2, J Lyster (NI) 1.57.6; 3, R Daniels (B) 1.57.8; 1500: 1, I Gillessop (SS) 3.52.0; 2, G Lough 3.52.0; 3, I Campbell (SS) 3.52.1; 4, G McCann (SU) 3.55.2; 5, R Farren (NI) 3.58.6; 6, M Steele (SU) 3.59.7; 7, P O'Hare (Sch) 4.09.3; 3000: 1, I Johnston (SS) 8.21.7; 2, A McCormick (SU) 8.35.1; 3, J Reid (NI) 8.36.5; 4, C Cooke (B) 8.37.6; 5, G McCann (SU) 8.48.3; 60H: 1, G Smith (SS) 8.52; 2, R Kindbrough (Guest) 8.63; 3, B Thomas (B) 8.64; 4, A Malcom (Sch) 8.65; 6, F McGlynn (SU) 8.71; 60H: 1, L Gordon (CG) 1.71m; 2, H Melvin (Troon) 1.68m; 3, C Scott (C) 1.55m; LJ: 1, S Wood (EWM) 5.14m; 2, E Donald (Hel) 4.92m; 3, S Glass (EWM) 4.68m; SP: 1, A Gray (ESP) 12.21m; 2, L Bennett (PSH) 11.18m; 3, T Shorts (Kil) 11.11m.

Inters: 60: 1, K Sutherland (EWM) 7.85; 2, S Gunn (Ab) 8.02; 3, E Young (EWM) 8.03; 200: 1, C Butler (Ab) 7.95; 2, S Wood (EWM) 8.11; 3, V Foster (EWM) 8.12; 60H: 1, L Ferrier (CG) 25.65; 2, V Foster 26.78; 3, C Davis (Gate) 27.48; 400: 1, D Burden (CG) 57.72; 2, S Brown (Ayr) 60.92; 3, J O'Neil (CG) 62.13; 800: 1, E Ross (Cope) 2.25.88; 2, S Telfer (Ayr) 2.30.58; 3, E Sneddon (C) 2.35.51; 60H: 1, C Murphy (CG) 9.10; 2, L Silver (D) 9.35; 3, B Ross (D) 9.78; LJ: 1, L Gordon (CG) 1.71m; 2, H Melvin (Troon) 1.68m; 3, C Scott (C) 1.55m; LJ: 1, S Wood (EWM) 5.14m; 2, E Donald (Hel) 4.92m; 3, S Glass (EWM) 4.68m; SP: 1, A Gray (ESP) 12.21m; 2, L Bennett (PSH) 11.18m; 3, T Shorts (Kil) 11.11m.

Inters: 60: 1, K Sutherland (EWM) 7.85; 2, S Gunn (Ab) 8.02; 3, E Young (EWM) 8.03; 200: 1, equal K Sutherland and D Sudgeon (EWM) both 25.75; 3, L Paterson (Ab) 26.34; 400: 1, M Gee (Roth) 59.95; 2, L Stewart 2.28.07; 2, D Church (Ayr) 2.29.78; 3, J Kitching (Gate) 2.30.55; 60H: 1, T Croftie (CG) 9.00; 2, C Bur (EWM) 9.1

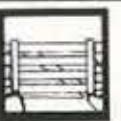
(Fit) 30-48; 4, I Campbell J1 (DHH) 30-52; 5, B Cooke (DHH) 31-04; 6, C Ross (DHH) 31-17; 7, A Munro (DHH) 31-41; 8, M McCreadie (Fit) 31-47; 9, G Mitchell (DHH) 31-52; 10, T Graham V1 (Fit) 31-59. Team: 1, DHH 7pts; 2, DHH B 18; Youths: 1, E McIntosh (Whi) 16-33; 2, C Murray (Fit) 16-51; 3, J Black (DHH) 31-56. Team: 1, DHH 16pts; 2, Arth 25; Sen Boys: 1, D McDonald (PSH) 12-40; 2, J Michie (Fit) 13-00; 3, D Wightman (Tay) 13-07; Teams: 1, DHH 15pts; 2, Tay 20; Jun Boys: 1, A Donaldson (Fit) 10-10; 2, M Lyall (Lass) 10-20; 3, M Horsman (FVH) 10-41. Teams: 1, KO 22pts; 2, DHH 52; Colts: 1, A Forsyth (Fit) 7-05; 2, G Couper (FVH) 7-10; 3, G Gooch (Fit) 7-19; Teams: 1, Tay 17pts; 2, Pit 25.

Wom: 1, V Blair (EWM) 17-09; 2, C A Bartley (CoG) 17-29; 3, D Hanlon LV1 (DRR) 18-02; 4, C A Gray (ESP) 18-17. Team: 1, PSH 25pts; Inter: 1, Y Reilly (DHH) 18-27; 2, S White (Tay) 19-09; 3, R Wilson (Fit) 19-51; Team: 1, DHH 15pts; 2, DHH B 31; Jun: 1, J Brown (Har) 11-32; 2, S Hannan (DHH) 11-45; 3, V Clark (Ab) 11-58; Teams: 1, Har 12pts; 2, DHH 15; Girls: 1, C Vetrusino (DHH) 11-08; 2, J Leamouth (DHH) 11-27; 3, K Riley (PSH) 12-07. Teams: 1, DHH 7pts; 2, Tay 27; Minors: 1, D Murray (Lass) 7-40; 2, G Kyles (DHH) 8-01; 3, J Skinner (Tay) 8-02; Teams: 1, DHH 11pts; 2, PSH 33.

Spano Valley AC 5.5 miles RR, Greenock 1, J Duffy 27-06; 2, C Spence V1 27-38; 3, S Hodge 27-45; 4, E McKee 27-58; 5, J Bennett 28-26; 6, D McCabe 29-06; V2, J Gallagher 29-43; V3, D Martin 31-09; L1, C Gibson 34-46; L2, M Blaikie 35-53.

24

Caol 10K RR, Fort William - 1, J Cooper (Spr) 32-12; 2, A Ramage (Law) 32-42; 3, D Gunn (For) 33-36; 4, A McMahan (Kil) 33-45; 5, D Murray (FVH) 33-55; 6, R Fleming (Cir) 34-16; 7, M Flynn (Mor) 34-51; 8, R Boswell (Loch) 35-29; V1 O/50 J Maitland (Loch) 11th 36-47; V2 O/40 B Brooks (Loch) 13th 37-06; L1, W Jones (Un) 20th 41-18; J1, J McIntyre (Loch) 10-39; 2, P Jeffreys (Loch) 10-40; 3, S Ross (Inv) 14-43.



January

26

CAU Inter County CC Champs, Leicester Sen 7.5 miles: 1, P Duggal (Lan) 38-25; 2, M Hudspith (NE) 38-39; 3, D Buzz (Com) 38-56; Scots: 5, C Robison (Com) 39-01; 12, R Quinn (Whi) 39-27; 32, T Hearle (W) 40-04; 34, A Puckrin (W) 40-06; 42, A Beattie (Midd) 40-25; 44, A Russell (W) 40-26; 55, E Stewart (W) 40-37; 61, J Ross (E) 40-45; 79, A Walker (E) 41-10; 85, S Gibson (E) 41-13; 90, K Lyall (E) 41-18; 91, G Getty (Mid) 41-19; 103, W Coyle (W) 41-33; 104, C Thomson (W) 41-34; 109, P O'Kane (E) 41-40; 114, G Wight (W) 41-43; 128, A McLellan (L) 41-55; 164, M McQuaid (E) 42-37; 176, D Ross (E) 42-49; 199, S McKenzie (N) 43-05. Teams: 1, Lancs 96pts; 2, Yorks 166; 3, Middle 183; 6, D Dist 458. Jun 6 miles: 1, A Pearson (Yor) 30-30; 2, C Walker (Yor) 30-39; 3, J Maycock (Yor) 30-48; Scots: 17, M McCartney (E) 32-09; 24, S Wylie (W) 32-25; 63, J Brooks (W) 33-25;

75, T Mendum (E) 33-49; 95, A Moss (E) 34-07; 99, A Adams (W) 34-13; 121, R Crook (E) 34-54; 124, C Greenhaigh (W) 34-55; 137, E McCafferty (W) 35-14; 147, C Watson (E) 35-42; 163, B Thomas (W) 36-19; 175, A Dolan (E) 36-47. Teams: 1, Yorks 31pts; 2, Kent 50; 3, N East 106; 16, E Dist 308; 17, W Dist 310. Youths 4 miles: 1, D Fumridge (Han) 19-32; 2, C Yates (Che) 19-34; 3, T Mackin (Midd) 19-36; Scots: 16, I Murray (E) 20-11; 37, D Kerr (W) 20-29; 65, P Allan (W) 20-42; 68, P Gowans (E) 20-45; 70, M Kelso (E) 20-48; 80, G Brown (E) 20-59; 109, C Clelland (W) 21-13; 111, M Gill (W) 21-13; 114, D Tambrine (W) 21-14; 118, S Taylor (E) 21-17; 146, A Casey (E) 21-34. Teams: 1, Essex 73 pts; 2, Hamp 76; 3, Chas 81; 9, E Dist 234; 14, W Dist 322.

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Scottish CS CC Champs, Edinburgh - Men 5 miles: 1, J Orr (BT) 27-00; 2, J Duffy (MoD) 27-05; 3, M Gormley (BT) 27-21; 4, W Nelson (BT) 27-31; 5, A Ward (NCC) 27-33; 6, J Elphinstone (ES) 27-37; 7, C McLellan (PO) 27-39; 8, J Baird (SO) 29-19; V1, R Ruchford (BT) 31-24; Teams: 1, BT 8pts; 2, BT "B" 36; 3, Dept Social Services 61. Women 2.5 miles: 1, CA Gray (SO) 15-05; 2, B Sloss LV1 (IR) 18-31; 3, R Carthy LV2 (IR) 18-14. Teams: 1, In Rev 9pts

February

2

East District CC League, Rosyth - Sen 5 miles: 1, T Mitchell (Fit) 25-42; 2, S Gibson (HBT) 25-52; 3, A Walker (Tev) 25-57; 4, R Jones (FVH) 26-06; 5, P Dymoke (L) 26-16; 6, S Hale (PSH) 26-22; 7, P Faulds (FVH) 26-26; 8, S Axon (HBT) 26-35; 9, D Barr (Tev) 26-37; 10, I Johnston (FVH) 26-40; 11, P O'Kane (HBT) 26-43; 12, J Pentecost (FVH) 26-49; 13, I Steel (C) 26-51; 14, R Hall (Tev) 26-55; 15, F Boyne (Ab) 26-59; 16, M McQuaid (FVH) 27-08; 17, N Martin (Fit) 27-11; 18, D Duguid (Ab) 27-12; 19, C McLellan (ESP) 27-14; 20, J Wilkinson (Gal) 27-20; 21, H McKay (Fit) 27-22; 22, J Hampshire (HBT) 27-22; 23, D Peel (L) 27-22; 24, M Greally (Fit) 27-25; 25, C Farquharson (HBT) 27-33. Teams: 1, FVH 76pts; 2, HBT 106; 3, Tev 114; 4, Livingston 175; 5, Fif 242; 6, ESP 265. O/alls: 1, FVH 342; 2, HBT 416; 3, Tev 434. Youths: 1, G Brown (Pen) 18-43; 2, S Taylor (Fit) 19-06; 3, A Casey (QVS) 19-34; 4, M Daley (ESP) 19-39; 5, S Meldrum (Fit) 19-46; 6, N Johnstone (C) 20-05; 7, D Sharkey (ESP) 20-13; 8, E Calvert (Ab) 20-17; 9, I Murray (C) 20-20; 10, E McIntosh (Whi) 20-25. Teams: 1, Pit 18pts; 2, ESP 31; 3, CPH 36; 4, Heriot 47; 5, Whitburn 51; 6, Aberdeen 55.

League: 1, Pit 82pts; 2, CPH 82; 3, ESP 106. Sen Boys: 1, D Hughes (Tev) 15-33; 2, P Winters (ESP) 15-41; 3, S Robertson (FVH) 15-51; 4, M Anderson (Cor) 15-57; 5, M Shaw (Fit) 16-05; 6, M Canavan (Pen) 16-11; 7, B Boyle (ESP) 16-13; 8, D Carty (ESP) 16-21; 9, C Smith (Cor) 16-27; 10, S Goddard (GHS) 16-30. Teams: 1, ESP 17pts; 2, Const 33; 3, Tev 39; 4, FVH 44; 5, Penicuik 59; 6, Aberdeen 60.

League: 1, ESP 32; 2, Const 139; 3, FVH 155. Jun Boys: 1, N Lyall (Lass) 7-01; 2, M Wight (Tev) 7-04; 3, A Donaldson (Fit) 7-18; 4, P Taylor (QVS) 7-26; 5, A Ford (ESP) 7-28; 6, S Lambie (Whi) 7-29; 7, S Lovington (Ab) 7-30; 8, M Homann (FVH) 7-32; 9, S Kennedy (FVH) 7-32; 10, M Munro (Dun) 7-37. Teams: 1, Aber 28pts; 2, Tev 35; 3, ESP 38; 4, QVS 47; 5, Lasswade 48; 6, FVH 68.

League: 1, Aber 74pts; 2, FVH 178; 3, ESP 200. Colts: 1, A Forsyth (Fit) 5-33; 2, G Couper (FVH) 5-37; 3, P Daniels (Harm) 5-39; 4, B Hughes (Tev) 5-40; 5, J O'Parks (Tay) 5-40; 6, K Davidson (L) 5-40; 7, R Stewart (Tay) 5-50; 8, D Hastie (HELP) 5-50; 9, G Cooch (Fit) 5-52; 10, D Snodgrass (HELP) 5-52. Teams: 1, HELP 33pts; 2, Tay 37; 3, Pit 45; 4, Tev 51; 5, Liv 56; 6, Aber 58. League: 1, HELP 88pts; 2, Tay 126; 3, Aber 172; 4, Tev 225; 5, Pit 290; 6, Pen 3428; 7, CPH 3429; 8, Liv 4081; 9, Hadd 4205; 10, Corri 4341. League Champ: 1, Aber 1342pts; 2, FVH 1643; 3, ESP 1808.

North District CC League, Nairn - Sen Men: 1, J Bowman (Inv) 34-28; 2, R Arbrockie (Kil) 34-38; 3, S McKenzie (Inv) 36-04; 4, C Hunter (Mor) 36-26; 5, G Burges (For) 26-52; 6, G McDowell (J1) 36-58; 7, G Milne V1 (Mor) 37-29; 8, G Bartlett (For) 37-32; 9, E Grant (Mor) 37-37; 10, K Reid (Fit) 37-42. Teams: 1, Inver; 2, MRR. Youths: 1, J Dewar (Inv) 23-16; 2, S Galbraith (Fit) 24-46; 3, B Meikle (Bl) 24-00; Team 1, Inver.

Sen Women: 1, J Robertson (Ayr) 18-54; 2, A Dickson (Law) 19-47; 3, J Armstrong (CG) 19-59; 4, A McManus (Inv) 20-01; 5, E Scott (CG) 20-27; 6, E Dunlop (Ayr) 20-46. Teams: 1, Cumnock 100pts; Vets: 1, J Byng (Inv) 20-24; 2, C Fleming (Str) 21-03; 3, A Bruce (Str) 21-20; Teams: 1, Cumnock 84pts; 2, Irvine 84.

Euros: 1, H Haining (NV) 17-35; 2, D Rutherford (JWK) 18-30; 3, N Donaldson (Inv) 20-55. Interns: 1, J Roxburgh (Inv) 19-18; 2, A McManus (Inv) 20-01; 3, R Haugh (Inv) 20-03. Teams: 1, Irvine 18pts; 2, Strathkelvin 67; 3, Avon 112.

Juniors: 1, K McInally (NV) 13-38; 2, K Stewart (JWK) 13-59; 3, C Leitch (Avo) 14-21; Teams: 1, Ayr 20pts; 2, Avon 23; 3, Nith 33.

Girls: 1, S Scott (Ayr) 13-53; 2, J Morrow (Str) 14-31; 3, C Morris (JWK) 14-34. Teams: 1, Irvine 19pts; 2, Law 34; 3, Bathgate 56.

Minors: 1, L Livingston (Cum) 6-30; 2, A Church (Ayr) 6-35; 3, M Ritchie (NV) 6-35. Teams: 1, ESP 19pts; 2, Ayr 25; 3, Nith 37.

9

Womens European CC Team Champs, San Marino -

Sen: 1, M Rosa (Fra) 20-13; 2, M Fernanda (Por) 20-16; 3, F Conceicao (Por) 20-32; CoG: 24.

FCC Champs, Linlithgow - 1, I Elliot (Tev) 31-56; 2, C Youngson (Ab) 32-36; 3, J Kennedy (VP) 32-45; 4, B Ermerson (Tev) 33-11; 5, E Butler (Ab) 33-24; 6, A Adams M45 (Dun) 33-37; 7, D McKenzie (FVH) 33-43; 8, B McMonagle M45 (She) 33-56; 9, R Young M45 (Cly) 34-11; 10, B Preece (Ab) 34-15; 11, J Shields (SVH) 34-17; 12, D Macgregor M50 (Fit) 34-21; 13, J Smith (HELP) 34-23; 14, J Gallagher (SV) 34-35; 15, C Martin (Dun) 34-38; 16, R Rae (Tev) 34-40; 17, T Graham (Fit) 34-42; 18, A Shanks (Tev) 34-42; 19, W Mitchell (Cam) 34-46; 20, J Blair-Fish (Car) 34-50.

Age Group Champs: M45: 1, A Adams; 2, B McMonagle; 3, R Young; M50: 1, D Macgregor; 2, J Linaker (Fit) 24th 35-25; 3, I Leggat (L) 52nd 36-40; M55: 1, W Gauld (Carmethy) 108th 37-53; 2, J Irvine (G) 112th 38-51; 3, S McLean (G) 122nd 39-29; M60: 1, W Marshall (Moth) 93rd 38-07; 2, S Lawson (MH) M65 1, H McGinley (FVH) 59-04; II cap: 1, C Miller; 2, P Russell; 3, S Way.

GHH Willow Bowl 7.5 mile Race - 1, H Cox 41-31; 2, T McCallion 43-39; 3, B McGuinness 43-43; 4, I Cameron 44-51; 5, P Russell 44-57; 6, R Boyd 46-34; V1 R Hodder 47-45; V2, D McNeill 48-57; V3 S Way 51-09; L1, E O'Brien 53-54; L2, J Smith LVI 59-04; II cap: 1, C Miller; 2, P Russell; 3, S Way.

GWH McLaren Cup 9 mile Race - 1, J Muir 65-01; 2, G Gaffney 65-02; 3, D McFadyen 65-25.

Cumnock and Dist AC Open CC Races - Sen Men: 1, G Wight (Ayr) 31-42; 2, G

Braidwood (Spr) 31-42; 3, A Gilmour (Cam) 32-37; 4, L Baker (Ayr) 32-41; 5, R Hubbard (Ayr) 33-28; 6, D Murray (JWK) 33-39; 7, J Strawhorn (Ayr) 33-47; 8, J McNamee (Inv) 34-23; 9, D Achis (Dol) 34-46; 10, W Boyd (Ayr) 35-26. Teams: 1, Ayr 12pts; 2, Dalry Th 42; 3, Irvine 42; V1, M Ferguson (JWK) 35-15; 2, P Kelly (L&L) 35-50; 3, J Rowley (Law) 36-20; M50: 1, J Thomson (Dun) 43-30; Vet Team: 1, Law 81.

Jun Boys: 1, J Brooks (Spr) 32-44; 2, B Richardson (Inv) 32-59; 3, C McDonald (Lou) 37-27.

Youths: 1, G Willis (Ayr) 16-10; 2, J Reid (Law) 16-28; 3, E Tonner (JWK) 16-42; Teams: 1, Ayr 20pts; 2, Law 29.

Sen Boys: 1, P Allan (Ayr) 16-22; 2, K Mason (Cum) 17-07; 3, J Tonner (JWK) 17-10; Teams: 1, Cumnock 14pts; 2, JWK 26; 3, Airdrie 50.

League Champ: 1, Aber 1342pts; 2, FVH 1643; 3, ESP 1808.

North District CC League, Nairn - Sen Men: 1, J Bowman (Inv) 34-28; 2, R Arbrockie (Kil) 34-38; 3, S McKenzie (Inv) 36-04; 4, C Hunter (Cum) 36-26; 5, A Ward (NCC) 36-58; 6, J Elphinstone (ES) 37-37; 7, C McLellan (PO) 37-42; 8, J Black (DHH) 31-56. Team: 1, DHH 1

Bathgate Amateur Athletic Club

Bathgate AAC in 1991.



David McDonald outlines the growth and development of one of Scotland's newer athletic clubs.

AFTER the opening of the all weather decathlon area in 1986 at Balbardie Park of Peace, West Lothian District Council Sport and Leisure set up a programme to encourage the participation of the young people in the Bathgate area in athletics. The response was enormous with large numbers of youngsters turning up each week to take part in all the track and field activities made available by the new facilities.

With the financial assistance of the District Council and People's a local garage firm, a group of enthusiastic parents formed the Balbardie Amateur Athletic Club.

The initial problems they encountered dealing with the administrative requirements and coping with the physical demands of the increasing number of athletes attending the training nights

highlighted the necessity for experienced coaching help.

This came with the arrival to the club of Joe McDermott, a coach from Livingston, who quickly set about organising the club activities on a firm footing and providing the essential appropriate training programmes for the athletes.

Also at this time, in order to give the club a higher and more recognisable profile in the surrounding community, its name was changed to Bathgate Amateur Athletic Club - thus bringing back memories of the original club with the same name which experienced great success in the late sixties and early seventies with in particular several Scottish Cross Country individual and team age group champions.

As the club gained its enhanced reputation in the region, more



Club members during a warm-up session at Bathgate Sports Centre.

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For further information
Tel : Livingston 34777



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LIVINGSTON

athletes and coaching help were attracted to the club and it began to make its mark in competition both during the cross country season and at track and field meetings.

Alison Cheyne, a Scottish internationalist while a member of Bathgate AC, was age group Scottish Cross Country Champion in 1987 and 1989 and was also 800m Scottish champion both indoors and outdoors.

Claire Roy, also a Scottish internationalist, along with Lara Pope and Alison Cheyne won the Scottish Junior Ladies Relay Cross Country Championship in 1989.

Eileen Tinney, who was an age group Scottish Cross Country Champion with the original Bathgate Athletic Club in 1968 and 1969, became a full Scottish internationalist when she represented Scotland at Hendon this year having been a member of the East District select for the last three years.

Lara Pope won the East District high jump title in 1989 while twin sister Sharon became Scottish Schools long jump champion in 1990 with a leap of 5.18m.

Sharon Shaw was third ranked age group girl in Scotland last summer in the javelin with a throw of 22.78m.

David Carty, while a member

of Bathgate AC won the Scottish Indoor Senior Boys 1500m title in 1990 and having won several cross country titles was a member of the East District team.

Also while running for Bathgate AC David Carty, Brian Boyle and Scott Burness won their age group East District Cross Country Championship the same year.

Michael Dobbin as third ranked age group 1500m runner was a member of the Scottish squad in 1989.

The club, though relatively low in numbers, displayed great spirit and camaraderie which paid dividends particularly when the club entered the Scottish and North Western League in 1989 and succeeded in winning Division 6 and Division 5 in consecutive years.

It in no way however underestimates the difficult of the opposition which awaits them in the coming season.

The depth of commitment by all the athletes in the club received its just recognition when it gained second prize in the men's section and third prize in the females section of the Inter Club Thistle Award Competition in 1988.

The success of the club since its inception is certainly partly due to the decathlon area at Balbardie which has provided the base for its

CLUB PROFILE

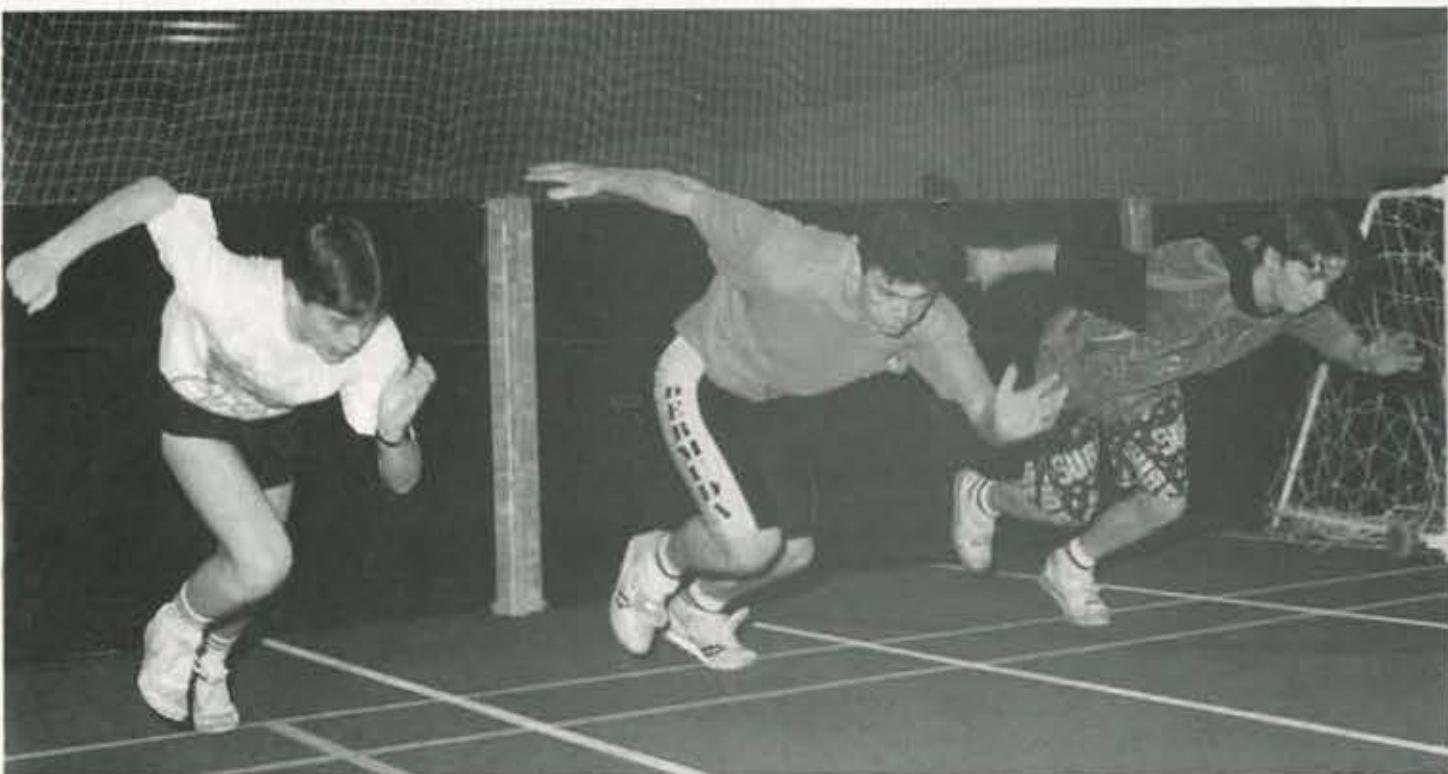
activities, and at times for coaches and athletes alike the wooden equipment store and its open changing area must have seemed like a second home.

However, the opening last year of the adjacent sports centre recently extensively reported in Scotland's Runner has meant a welcome change from the often Icelandic changing facilities with athletes battered by wind blown rain and snow in the middle of winter to a warm centrally heated centre with hot showers, secure lockers and a welcome cafeteria for the after training refreshments.

The hi-tech room and the weight training facilities also have added an extra dimension to the training programmes of the senior athletes in particular which can only be of benefit. It is to be hoped that the interest of the athletes in the use of the indoor track area at prime times can be protected against the financial pressures exerted by the ever



Prominent club members. Standing, left to right: Andrew Stewart, Sharon Pope, Michael Dobbin, Joyce McAuley, Derek Gillespie, Clare Roy, Gordon McGill, Sharon Shaw, Jennifer Jackson. Front, kneeling: Andrea Shaw and Lyndsey McTague.



A sprint training session. Left to right: Gordon McGill, Andrew Pritchard and Derek Gillespie.

popular five a side football brigades.

The past year has been one of mixed fortunes for the club with coaches leaving and several of the senior athletes moving on in the search for higher levels of competition.

However, the club has a nucleus of about 60 athletes including about

10 senior's and although at present particularly short in older boys age groups is maintaining its process of consolidation and development. Club coach John McAuley is assisted by John Frand who looks after the enthusiastic younger age groups. Jim Roy and Ronnie McGill. Bathgate Athletic Club will

continue to provide the opportunity for all athletes in the area no matter how able or ambitious to develop

their talents in a friendly enjoyable atmosphere - with hopefully not a little success.

Photographs by Robert Perry



HUGHES
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Grade 1

HUGHES GLENROTHES ROAD RUNNING FESTIVAL

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19th May, 1991**

Half Marathon

* T-shirts for all finishers *

10K Road Race

* Medals for all finishers *

10K Wheelchair Race

5K Fun Run

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(800m Swim and 10K Run)

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DETAILS FROM
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Network SouthEast

EVENTS

UK Women's League 1, Various.	SCOTTISH Young Athletes Handicap Scheme, Bathgate.	SHOTTS Highland Games.	KILWINNING Acad Milk 10K, 4K RR for U16, and Tiny Tots Fun Race. E accepted on evening. D - A G Young, Ass Head Teacher, Kilwinning Acad, Dairy Road, Kilwinning - (0294) 51316.
WOOLWORTHS SYAL East Div 1&2, Pitreavie; West Div 1&2, Crownpoint.	BANK of Scotland Stornoway Half Marathon & Fun Run. D - (0851) 870863.	SWAAA Combined Events Champs, Grangemouth. D - 031-317-7320.	
15	2	13	
TROON Tortoises 10K & Fun Run. 7.30pm start, Town Hall, Troon. Entries before or on the night. Free t-shirt to every finisher. Limit 350. First race in Ayrshire 10K series. Further info from John McKinlay, 6, Solway Place, Troon. Tel: 0292-311447.	ABERFELDY Recreation Centre Half Marathon. Details (0887) 20922.	AONACH Mhor Hill Race, Fort William.	FORTH Valley League D1, Livingston; D2, Pitreavie.
SAL v Scottish Unis v Scottish Juniors Grangemouth. D - (0382) 486711.	CAITHNESS N People's Half Marathon.	BORDER Championships, Galashiels.	
17/18/19	26	15	
BRUICHLADDICH Islands Peak Race, D - (0592) 890406.	CITY of Aberdeen Milk 'Marafun' 10K & 1 Mile, Aberdeen. D - (0224) 733085.	CUMBERNAULD Half Marathon, Cumbernauld. D - (0236) 722131.	DEXSTAT Irvine Valley Half Marathon.
18	COWAL Police Half Marathon, Dunoon, D - (0369) 2222.	LARKHALL to Wanlockhead Road Relay.	ISLE of Skye Half Marathon, Portree. D - (0478) 2341 Ext: 232.
GOATFELL Race, Arran. D - (077086) 427.	FORRES Harriers 10K.	SAAA/SWAAA Relay Championships, Grangemouth. D - 031-317-7320.	SSAA Champs - Boys, Grangemouth (0324) 486711; Girls, Crownpoint.
SAAA East Dist Champs, Meadowbank.	MONKLANDS Scottish Cup Semi-Final.	SCOLTY Hill Race, Banchory.	
SAAA North Dist Champs, Inverness.	SOUTH West Championships, Annan. (0461) 203311 Ext 306.	ST ANDREWS Women's 5 mile Race.	
SAAA West Dist Champs, Dam Park Ayr.	PANASONIC SAL (2) Div 1 & 2, Crown point; Div 3, 4 & 5, Wishaw & Dumfries.	SWAAA Combined Events Champs, Grangemouth. D - 031-317-7320.	
19	27	16	
JOHNSTONE Rotary Club 10K.	CAU Inter County Champs, Corby.	BO'NESS 10K Road Race.	ED& Dist League 2nd meeting, Pitreavie.
RAVENS CRAIG 10 Mile Road Race (inc SAAA 10 Mile Road Race Champs), Wishaw. D - (0698) 355821.	JOHNNIE Walker 10K Race & Fun Run, Kilmarnock. D - Mrs Youden, 1 Osprey Drive, Kilmarnock (0563) 35408.	FALKIRK Highland Games, Callendar Park, D - (0324) 486711.	FALKIRK Highland Games, Callendar Park, D - (0324) 486711.
SWAAA East District Champs, Meadowbank; West District, Crownpoint.	BENNECULA Run.	GIRVAN Fun Runs.	
HUGHES Glenrothes Road Running Festival, D - (0592) 771700.	FRANK Sinclair Memorial Road Race.	INVERCLYDE 10K, Greenock D - (0475) 894151.	
22	28	5	
KINNOULL Hill Race, Perth. E on day. D - Norman Watson at (0738) 38000.	PITREAVIE OGM.	AYR Seaforth 10K Road Race.	MID Argyll Half Marathon & Fun Run, 2pm start, £4.00. E accepted on day, Lochgilphead. Contact Mr F Johnston, Kilmory Road, Lochgilphead (0546) 2024.
BANK of Scotland Eyemouth Road Races. Contact Mr D S Miller, 5, Prior's Walk, Coldingham, TD14 5PE.	AULD Town 10K, Dunfermline. D - (0383) 737712.	FALKIRK OGM. D - (0324) 486711.	SMALL Nations Cup - Scot v Ice v Wales v N Ire v Bel, Grangemouth. D - 031-317-7320.
23	29	8	
HELENSBURGH 10K. D - (0436) 73839.	HADDINGTON Festival Fun Run, Haddington. D - (0620) 822403.	HAMILTON Dist Sports Festival.	GRAMPIAN TV League East, Banchory; North, Nairn.
BATHGATE & W Lothian HG, Bathgate.	LANARKSHIRE Track Lgue, Coatbridge.	PEARL Ass UK Champs, Cardiff.	WOOLWORTHS Young Athletics League West D1 & 2, Dumfries.
BENS of Jura Fell Race, Jura.		SSAA Pentathlon & Relay Champs, Grangemouth. D - (0592) 260168.	
BRECHIN 24 hour Road Race.		TRAPRAIN Law Hill Race, East Lothian.	
KIRKCUDBRIGHT Acad Milk Half Marathon. Starts 1pm, £4.50 (£2 per team). D - Mr Marland on 0557 30440.	June	9	
	1	DUNFERMLINE Half Marathon, Dunfermline D - (0383) 723211.	
EAST Kilbride Track Races.	MONKLANDS Festival 7 mile Road Race, Coatbridge D - (0236) 41200.	LOMONDS of Fife Hill Race, Fife.	
HADDINGTON Road Races, Festival Five, Haddington. D - (0620) 843515.	THE Cairnstable Race, Muirkirk, Ayrshire.	PROTOBELLO Fun Runs.	
LILIAS Day Road Race, Kilbrachan.	BANK of Scotland WAL D1-D5, various. D - (0236) 822973.	21	
ROSS-SHIRE 10K, Muir of Ord.	PANASONIC SAL D1 & 2 (Crownpoint); D 3, 4, 5 Meadowbank.	PEARL Assurance Games, Belfast.	
SAAA U20 Champs, Meadowbank. D - 031-317-7320.	12	22	
	CITY of Edinburgh OGM, Meadowbank.	ARIDRIE Highland Games.	
		DOON Hill Race, Deer Park, Dunbar.	
		EILDON Hill Race, Melrose.	
		SAAA Combined Events Champs, D - 031-317-7320.	

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(SAAA & SWAAA Rules)

11.00 a.m.
Sunday 7th July, 1991.

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- * Medals and certificates to all finishers
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Closing date 16-6-91



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19th May 1991

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Mr W. Wilson
Tel: (0698) 66166

Mr W. McCrae
Tel: (0698) 355821

or

Department of Leisure Services
Motherwell District Council
P.O. Box 14
Civic Centre
Motherwell ML1 1TW.



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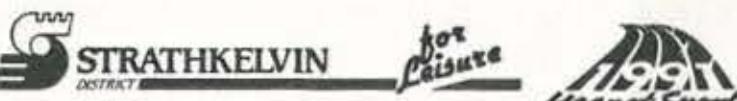
Sunday 26th May
All age groups Entries close 3rd May

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STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB

THE LUDDON 10K RACE

(Under S.A.A.A. Rules)

SPONSORED BY LUDDON CONSTRUCTION LIMITED

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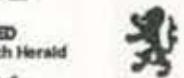
SUNDAY, 26TH MAY, 1991

START 10.00 a.m.

Race Venue: Woodhead Park, Kirkintilloch

Race Headquarters: Tom Johnston House, Civic Way, Kirkintilloch

Changing Accommodation: Kirkintilloch Swimming Pool



NAME

ADDRESS

NAME OF AFFILIATED ATHLETIC CLUB

DATE OF BIRTH Day Month Year AGE ON DAY OF RACE

CATEGORY Male under 40 Male 40-49 Male 50 and over RACKET SPORTS Kirkintilloch Footwear and Clothing

Official Entry Form - fill in all sections in BLOCK CAPITALS. Send to Road Race Secretary, Strathkelvin District Council, Leisure and Recreational Services, 14 Springfield Road, Bishopbriggs, Glasgow, G64 1PO. Numbers will be restricted so please apply early. If your entry is not accepted, you will be notified as soon as possible and your fee returned. Please note that Race entries will not be acknowledged but Race details will be issued to all competitors in April.

ENTRY FEES - MEMBERS OF AFFILIATED ATHLETIC CLUBS £3.00.
UNATTACHED RUNNERS £3.50.

I enclose herewith my cheque/P.O. being the amount of the entry fee (non-refundable). Note: entries will not be accepted unless accompanied by the entrance fee. The organisers have the right to refuse any entry without being bound to assign a reason. Cheques/P.O.s should be made payable to Strathkelvin District Council crossed and name and address on reverse side. Please enter me for the LUDDON 10K RACE. I am medically fit to run and fully understand that I may enter at my own risk and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms. I declare (1) that I am an amateur as defined by the S.A.A.A. (2) that I shall abide by the Laws and Rules for Competitions of the respective governing bodies.

Signed Date

FOR OFFICIAL USE ONLY

Date Received Race No. P.O./Cheque Initiated

THE PRINCE & PRINCESS OF WALES HOSPICE REEBOK WOMEN'S 10K RACE

Scottish Women's Cross Country and Road Race Running Association Rules
Scottish Amateur Athletics Association Rules

SPONSORED BY

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26th MAY '91
START TIME 11.00am
START/FINISH
WOODHEAD PARK, KIRKINTILLOCH

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BLOCK CAPITALS PLEASE

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Surname

First Name

Address (use abbreviations if required)

Date of Birth (optional) Day Month Year

Category

Competitors must be 15 years or over on day of race.

If you wish to compete for a category prize state date of birth of competitor for youngest, oldest or juvenile categories.

Under 17 18-34 35 and over

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CLASSIFIEDS CONTINUE ON PAGE 50.

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10K Road Race
Sunday 16th June

(Included in SAAA, Scottish Road Race Championship)

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Sunday 11th August

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AND
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Closing date for all entries
26th August 1991

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CROSS COUNTRY CLANGERS

THE Scottish Cross Country Championships held at Dundee this year were run over an enjoyable and demanding course. The report on the race is elsewhere in the magazine, but there are a number of items regarding the organisation of the event which I am pleased to bring to your attention.

PRE-RACE INFORMATION

A couple of years ago, there appeared to be no start time published for the Women's championships at Irvine. Some seniors missed the start because they were sheltering inside the Magnum, preparing for a start at some rumoured time. Athletes can't prepare properly for a race if they don't know when it starts. Now the women always publish the start time. This year the men published three start times.

The first information for the event, inviting entries, stated that the race was to start at 3.05pm. Later information, sent along with team declaration cards, direction map to Dundee, and map of the course announced that the start time, which would be "strictly adhered to" would be 1.50pm.

For clubs this meant that the new start time had to be communicated to all those who had entered. I know of one club who produced an information sheet with the directions to the course, map of the course, and other info, including the start time. This was dished out at club training sessions with copies being posted to runners who had been missed, all at some cost.

Lo and behold, a third letter, dated February 15, was sent out with an amended timetable. This showed the start of the race to be 2.45pm. Not only that, it also showed that the senior race was to be five miles and that the youths were the poor blighters who had to endure 7.5 miles.

This kind of administrative cock-up really leaves officials lacking a bit in credibility and with a bit of not too complicated planning should have been entirely avoidable.

DECLARATIONS

When runners enter a race, paying their entry fee, they are assigned a race number. If a club enters a number of runners, all of their numbers could be put into an envelope, the club's name written on the front and these could then be handed to a club official. If an entered

runner cannot run, his number is not used. Sounds simple.

Too simple for the national it seems. The agitated club official, who may be running in the race, has to find a programme seller and buy a programme, scramble around checking who from the club has arrived, write all of their numbers down having extracted the information from the programme, queue up and declare which of those entered will in fact run. This is all then time-consuming recorded on a sheet - and the numbers for those not running are presumably dumped into the SCCU wastebasket rather than some other bin elsewhere.

Why is this convoluted, tension building, well nigh impossible procedure necessary?

RESULTS

Individual positions, for the first couple of dozen runners, can be announced quite quickly. However, in a race where the majority of runners have only a passing interest in these positions, it is the team results which are of greater importance.

I don't know how long it takes for team results to be produced - on the day I'm not even sure that announcing the first three teams accurately was possible, and certainly not quickly. This may also explain why that of the two Sunday papers that I looked at the next day, one did not even mention the event and the other had a few lines tagged on the end of a report about Liz McColgan's comeback.

Perhaps the time has come to take a leaf out of the English CC organisers book. They have a system of tokens which are handed to runners as they finish. They are then handed to team managers who record this on an envelope which they hand in and the team results can be announced within 30 minutes of the finish of the race.

There again, given the mess of organisation already mentioned, perhaps a simple system like this would be too much for the SCCU organisers.

Having said all that, I enjoyed the race. The course was a good one and well marshalled - except for the marshall who shouted on each lap that we were to keep right of the markers when it was patently obvious we had to keep left - and I'll certainly be back next time.

Tales from Carnethy

PRIOR to this year's Carnethy Five Hills race, I noticed some environmentally friendly recycling of Safeway carrier bags going on. Supervet Bill Gauld of Carnethy, one of hill running's characters, put one on each foot on top of his socks before he tied on his PB's. "Helps keep the feet warm and dry," he said.

The race information stated that there would be a random check on 5% of the runners to make sure they were complying with the SHRA code which states that in that race, runners should have a set of waterproofs and a map of the course.

The randomness I saw meant that only runners with a bumbag were being asked what was in it, the contents not actually being checked.

After the race there was an entertaining prizegiving. One of the prizes was for the first national team. This year the prize went to Scotland.

Two of the team are Scottish, John Wilkinson from Gala and Jack Maitland, although he runs for an English club. One was overheard saying "Cor, that'll look good on my CV."

Ron Pickering

IT was with some sadness that the world of athletics received the news of the death of Ron Pickering. He had a great enthusiasm for the sport and encouraged countless athletes in his time. I only met him once, several years ago during the filming of "We are the Champions," of which he was the presenter. Even on an occasion like that he spurred the kids on, taking time to talk to all of them giving praise to everybody. He set a tremendous example.

Good planning

MY heart went out to the organisers of the Grangemouth 10K. They were all set for their popular event when nature conspired to dump several inches of snow on the course. All credit to them for cancelling the race early so that runners knew in time and didn't even have to contemplate travelling.

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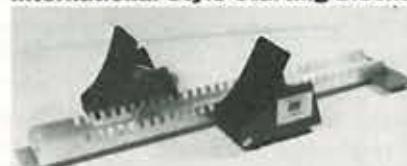
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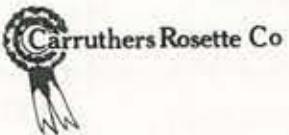
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FALKIRK HERALD PEOPLES HALF MARATHON

SUNDAY 20th OCTOBER

Mini Minor Highland Games

Saturday 14th
September



Inter Town
Sports Hall
Athletics
Saturday 16th March

CENTRAL DISTRICT
CHAMPIONSHIPS
Saturday 20th April

1991

Under
SCCU
SWCC + RRA
Rules

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Wednesday 3rd April
Wednesday 1st May
Wednesday 5th June
Wednesday 3rd July
Wednesday 7th August
Wednesday 4th September

(First Wednesday of the month)

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OR: GRANGEMOUTH SPORTS COMPLEX. Tel: (0324) 486711

Falkirk Highland Games

Sunday 16th
June

Falkirk Women's
10K
Sunday 30th June

Young Athletes Meetings

Saturday 6th April
Saturday 11th May
Sunday 21st July
Saturday 17th August

Under
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Rules