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JUNE 1992 £1.40

ISSUE 70

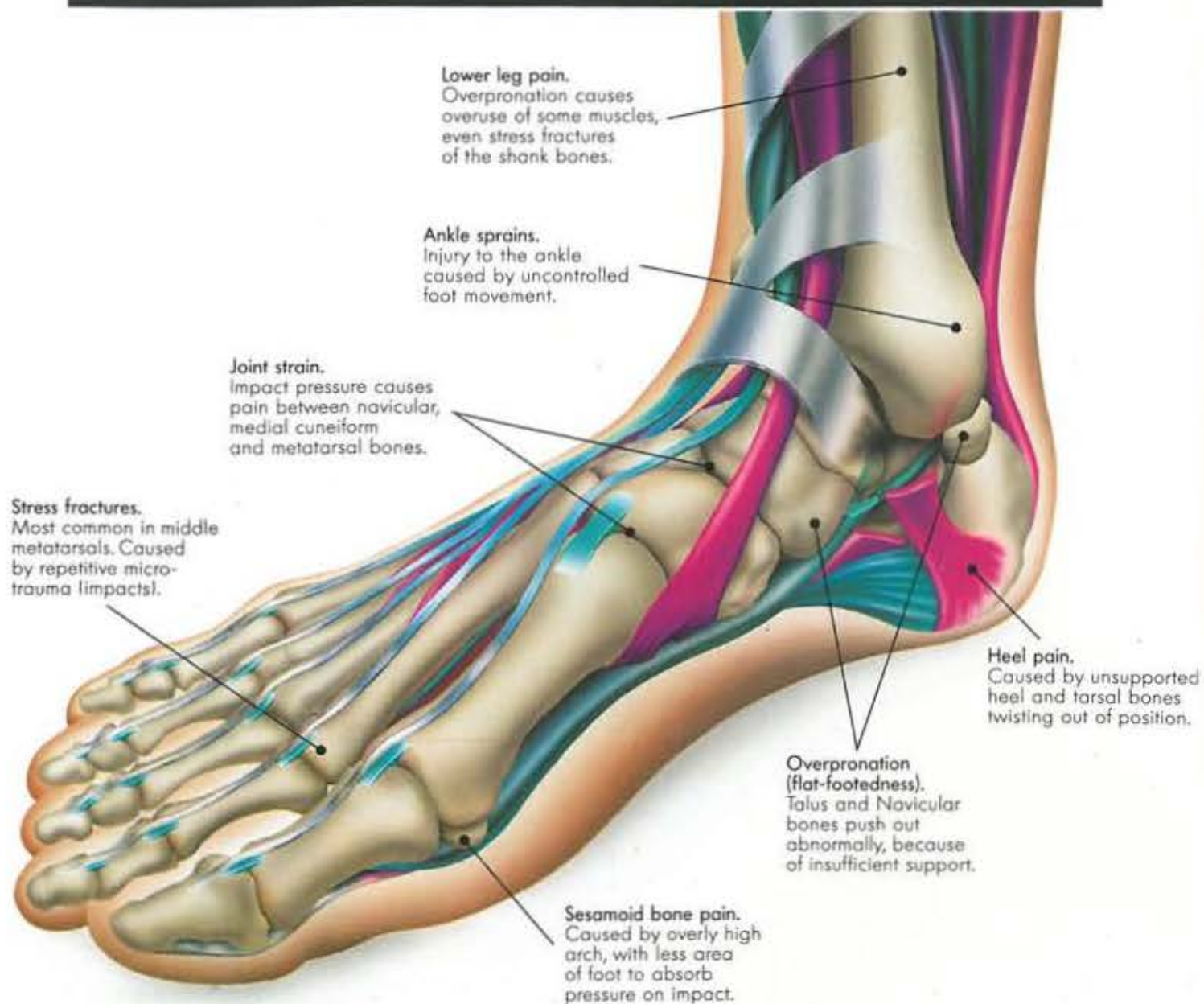
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Sponsorship deal for the Davidsons

ABERDEEN athletes Mark and Linda Davidson have secured a major sponsorship to help them in their bid to compete in the Commonwealth Games in Canada in 1994, writes **Graeme Smith**.

Chartered accountants Pannell Kerr Forster have given them £1000 each to help them with this year's preparations to become the first brother and sister to compete for Scotland since Ian and Mary Stewart in 1974.

Both athletes have been chosen for Scotland's preparation squad for the Victoria Games and the money will enable them to travel and compete in appropriate events throughout the country without financial worries.

Mark, a 23 year old engineering student, won a silver medal in the 1990 Commonwealth Games as a member of the 4x400 relay squad. He is, however, a 400 metres hurdler and holds the Scottish record in the event in which he is ranked fifth in the UK.

Recently, he broke his own league record for the event at the Chris Anderson Stadium with 52.7.

In spite of facing his finals examinations at the end of May, Mark has his sights set on winning an Olympic team place in Barcelona by turning in a top performance at the trials in July.

Linda (21) specialises in long and triple jump and has represented Scotland in a variety of age groups.

"The sponsorship money will be particularly helpful for me because there are only a few meetings in Scotland which include triple jump so I have to travel all over the place to find the level of competition I require," she said.

This is the first time that the Aberdeen-based company has ventured into athletics sponsorship although their London office supports 400 metre hurdler Sally Gunnell who works for them and who won a silver medal in last year's world championships.

"We recognise that these youngsters are on the verge of great things in their respective careers and, as a locally based operation, we wanted to play our part to aid local athletes," said Pannell Kerr Forster managing partner Peter Campbell.

The sponsorship package is to be reviewed after a year and Mr Campbell said he hoped the arrangement could continue long after that.

Both athletes are coached by Aberdeen teacher Bob Masson.



Mark and Linda Davidson with Peter Campbell.

Record broken after 12 years

JOHN McFadyen, a Strathclyde University student, equalled the five year old course record to win Greenock Glenpark Harriers' Chisholm Memorial Mile in 4-11 and also took 800m silver in the British Universities Championships with 1-50.89. Then he helped the Scottish Universities to their first win in the representative match at Grangemouth with a lifetime best of 1-50.5, writes **Doug Gillon**.

Reinstated pro Dougie Walker also gave the students maximum points with his winning 21.9 in the 200m, and Aberdeen's Dinkar Sabnis won the triple jump with 13.43m. But star turn of the Grangemouth match was 17-year old Ian Mackie, just 17, who won the B 400m with a time of 48.9secs, the fastest time by a Scottish youth since his Pitreavie clubmate, Iain Cuthbertson, some 12 years ago.

Mackie, unemployed since leaving school two years past Christmas, was given a week's holiday in Lanzarote by his father as a present after having won the Scottish youth indoor 200m title during the winter.

He was watched during a training session by Ade Mafe, and was advised by the former European indoor champion and Olympic finalist to try the 400m. He said he had never seen anyone so relaxed for the distance. "Yet I don't train for 400 metres at all," said Mackie.

On his return, in only his second race at the distance, Mackie broke Cuthbertson's Pitreavie club record that had stood since 1978.

Scottish Universities' Select (178.5 points) won the match against selects from Scottish League Divisions one and two (156), Scottish Juniors (114.5), and Divisions three, four, and five (73).

Hill runners pleased at initiative

SCOTLAND'S leading hill racers have welcomed a new development initiative. Brian Potts, bidding for a third World Cup vest in Italy this year, complimented the move which saw a Glasgow seminar, backed by SAAA national coach Andy Vince and specialist hill running adviser, Bill Blair, give advice on intensive physiotherapy and nutrition.

"There's no reason why Scotland's squad in August should not be the best prepared ever. I think we all found the seminar very helpful," said Potts.

The Clydesdale runner, winner of Screel, Criffel, and the Whanglie Whizz, capped the early season honours with a fine Ben Lomond win over former Scottish champion Dermott McGonigle of Shettleston.

Potts clocked 68-45, winning by 21 seconds from McGonigle who had won Stuc A' Chroin the previous week. The 4.5-mile descent from the 3192 foot peak took under 23 minutes!

The record for the Dumbarton AC event, backed by Polaroid, was set back in 1983 by Jimmy Wild, with 62-18. It is now unlikely to be broken except by Superman. Further restrictions imposed by the National Trust for Scotland ban competitors from leaving the path.

Tricia Calder (Edinburgh AC), won the women's race in 80-15 with Joyce Salvona second in 86-16 and Helene Diamantides third (87-15). Most of the leading contenders will contest the British team's world trial at Dollard on June 6.

Zurich snub for Bunney

ELLIOT Bunney is angry after having been passed over for a British relay training session in Switzerland, writes **Doug Gillon**. Caledon Park's Bunney was an Olympic relay silver medallist four years ago in Seoul, and ranked fifth fastest in the UK last year.

But when national coaching director Frank Dick took eight sprinters to Zurich, Bunney was excluded. Clarence Callender, who had finished seventh to Bunney's third in the UK League 48 hours earlier was in the squad, and so, too, was Marcus Adam who had placed last in the B race.

European record holder Linford Christie won the opening UK League 100m in a hand timed 10.3 with European indoor 60m champion Jason Livingston clocking 10.4 and Bunney 10.6. Adam, just back from the USA, was timed at 11.7 in the B event.

"Elliott has all season to prove himself," said Dick, insisting: "He was not consistent last year, but is by no means ruled out for Barcelona."

Bunney is unconvinced. "I beat several of these seven guys last year, and admittedly did not run well at the world trials. But I would have thought I merit a place in an eight-strong relay squad. I will discuss the matter with my coach, Bob Inglis, before having a go at Frank. I am not happy."

Dave Barnetson took the high jump with 2.10m, beating Dalton Grant (2.05) in his first UK League appearance for Caledon. George Mathieson won the 3000m steeplechase in 9-13.66, and John McFadyen the B 800m in 1-55.5.

Caledon, depleted by call-offs for the Universities' Cup match, were last in the A and B 400m, and both hammer contests, and now have relegation worries. In the hammer, to secure a single point, Stuart Dempster reached 6.36m - somewhat short of a respectable long jump.

Edinburgh AC, relegated from Division 2 last year, won their opening Division 3 match in Cardiff. Ian McKay's winning 4.40m in the pole vault was their best performance.

SCOTTISH internationalist Caroline Black won three events in the Edinburgh Woolen Mill senior championships at Meadowbank, but field event specialist Alison Dutch claimed the overall title. Black won the 100m in 12.4secs, 100m hurdles (16.00), and high jump (1.55m) while Dutch won the long jump (4.84m) and shot (10.83m), and had seconds in the javelin and discus plus fourth in the 100m. The winner of the youngest age group title was 10 year old Lindsey Maguire whose mum, Moira Walls, was a Commonwealth Games medallist.

Sharp appeal boosted

THE AAA of England have launched a £10,000 benevolent fund "for athletes in real distress" and the first £5000 of that has been given to the Cameron Sharp appeal launched by Scottish athletics, and whose target is the £49,000 which would secure the family home, writes **Doug Gillon**.

The AAA decision has prompted the British Athletic Federation to promise some financial input.

Earlier they declined a request to pay off the family's outstanding mortgage, merely indicating they would support the Scottish appeal. Until the AAA announcement, they had done nothing.

Former Commonwealth relay gold medallist and European 200m runner-up Sharp suffered multiple injuries in a vehicle accident which almost killed him.

His sight is severely impaired, he has perceptual and memory difficulties, and can walk unaided only with difficulty.

The BAF attitude provoked outrage among many Scots, and an angry outburst from former Olympic 800m champion Steve Ovett.

The Englishman, who lives near Sharp, has along with his wife, Rachel, been most supportive to the Sharps.

Of the BAF he said, "How can athletics, which promotes a family image, turn its back on a man in this situation? This is a body that deals in millions of pounds; I can't understand how they can be so unfeeling."

A recreation officer with Annandale and Eskdale District Council, he is now on half pay which will cease altogether in the autumn, giving concern over his ability to maintain the repayments on the family home in Lochmaben where he lives with his wife Carol and daughters Carly, four, and Lynsey, 21 months.

AAA secretary Derek Johnson, the 1956 Olympic silver medallist at 800m, said: "This fund is only a start. Bearing in mind that Gordon Pirie recently died in penury, it is that kind of thing that we will try to cover in future."

The Southern Counties AAA have contributed a further £1000, and the fund has now topped £15,000.

The Lynx Group from Aberdeen covered their annual 100 kilometre charity track run in Aberdeen in 5-02.24, raising more than £500.

SINEAD Dudgeon won four events - 100m, 12.2; 200m, 25.8; 300m hurdles, 46.7; and high jump, 1.35m, in Edinburgh AC's championships at Meadowbank.

Other winners: Men: Senior - Scott Hill. Junior - Scott Guasden. Youth - Simon Toland. Senior Boys - Alan Ford. Boys - Neil McConnachie. Colts - Roddy Pitt. Women: Senior - Carol-Ann Gray. Girls - Donna Palmer. Minors - Gillian Stewart. Under-11 - Lisa Campbell.

McColgan does it again

LIZ McColgan had revenge over Lynn Jennings, plus a \$75,000 bonus, when she won the Nike 8K road race in Washington DC in a world best time for the distance, 24-48, writes **Doug Gillon**. McColgan's previous US outing, the World Cross-Country Championships in Boston, had resulted in an uncharacteristic defeat - 41st when Jennings took the crown.

But the Dundee Hawkhill Harrier trimmed 14 seconds from the world best recorded by Jennings 12 months earlier to claim the \$50,000 plus a bonus of \$25,000 for dipping below 25 minutes.

"I knew from mile one that I would have the record," she said. That first mile was completed in 4-52, with Jennings and fellow American Judie St Hilaire in close attendance. But shortly after two miles, reached in 9-47, McColgan surged clear. Jennings was runner-up in 25-08 with St Hilaire third, a second behind.

Liz and husband Peter completed a family double in the St Andrews Half Marathon World Championship steeple-chaser Peter won in 75-00, with Liz, fifth overall in 75-14 - more than 14 minutes ahead of the women's runner-up.

Peter, running for Dundee Hawkhill, was more than three minutes ahead of Tom Anderson (Kilbarchan) with 52-year-old Donald Macgregor, the 1972 Olympic marathon runner, third in 74-31. Neither of the McColgans was too impressed with the course. "We had never seen so many hills," said Peter.

FORMER national 10,000m and marathon champion Graham Laing (Inverness Harriers) has returned to competitive athletics, winning the Grantown on Spey 10K road event in 32-46. Commonwealth internationalist Lynn Harding (Houghton), forced out of the London Marathon with a gastric upset, won the women's event when finishing third overall in 33-55. Mike Dixon (Lochaber) who represented Britain in the Olympic biathlon this year, was fourth in 43-04.

SANDRA Branney, who had to decline a Commonwealth marathon place through injury, won the SportAge Mycil women-only 10K road race in Edinburgh with a time of 35-25, beating Alison Rose by nine seconds.

Racing Club rue link with Carnegie

AN Edinburgh-based sports management company backed by Rangers supremo David Murray, which recruited leading sports personalities such as golfer Sam Torrance (formerly with Mark McCormack's IMG), champion bowler Richard Corsie, and European sprint champion Jason Livingston has found it hard to get off the mark in attempting to move into the business of club athletics, writes **Doug Gillon**.

Racing Club Edinburgh gave the Carnegie Sports Management company £600 to put together a sponsorship appeal for them, but still had to fork out almost as much again to go to the English 12-stage relay championships at Sutton Coldfield, where they placed twelfth, instead of finishing among the medals as they had seemed capable of doing.

"Carnegie were looking for a sponsor for the club, and backing for individual events," said Racing's founder Alan Robson. "They produced a brochure for us, but we have heard nothing further."

"I discussed our requirements with rugby internationalist Gavin Hastings, their client manager. We paid over £600 - all the money we have in the club funds, cash won for various races, and

we were expected to pay 15% of what we made in future.

"We thought at the time it was worth it, but maybe in hindsight it was a bad move. It is a lot of money to us. We would have been better off keeping the money."

Robson was then forced to put £250 from his trust fund - winnings from the Scottish half marathon championship at Ayr last year - towards the expense of the trip.

Carnegie's majority shareholder is Rangers chairman Murray. "The company was formed last July. "Our aim is quality, not quantity," said Laura Dick, spokes person for Carnegie. "There is not a lot of money around just now, the market place is tight, and athletics is a narrow field. It has completely different requirements from golf, for example, where employees and corporate clients can be entertained. It is harder to get them involved in running a half marathon."

"I have actively been sending letters, and making phone calls, but if you get the cold shoulder you just have to walk away and try elsewhere. I am still convinced we can act for athletic clubs."



Alan Robson (front right) with John Robson, Tom Hanlon and Brian Kirkwood following the 1991 Alan Scally Memorial Race.

Murray meets Meyer over dinner

Yvonne Murray - relishing the prospect of competing against South Africans Meyer and Budd.



YVONNE Murray, Tom McKean, and Brian Whittle have returned from successful warm weather training - Murray in South Africa, where she witnessed the abortive come-back attempts of the old friend and rival, Zola Budd, and McKean and Whittle from the USA, writes Doug Gillon.

Murray lived in Johannesburg with Margaret and Alex Strang, parents of 800m runner David Strang who was a member of Scotland's Commonwealth Games 4 x 400m bronze-medal relay team in Auckland. David himself is in the USA, preparing for the Olympic trials.

"I have become totally single-minded," said Yvonne on her return. "I like to please everyone, but realise that I have to be hell of a lot tougher in myself. In the past I was pulled in a lot of different directions. I have run for other people, like at the European Championships, where the gold was for my mum. But in Barcelona I'm running for me."

She was also invited to dinner by Elana Meyer and her husband. "I am looking forward to running against her, and Zola. I can't wait for South Africa to be readmitted. Women's distance events need their front-running style. It will be a change to be able to follow, instead of having to do the work."

Murray insists: "It would be stupid to write Budd off. It's true she looks heavier than in the past, but I would treat her with respect."

European 800m champion McKean

expected to become a father as we were going to press. Perhaps it is as well that he has signed a new shoe contract, and believes he is running faster than ever.

Having returned from training at 7200 feet in Colorado, under the eye of Commonwealth discus gold medallist Meg Ritchie in Arizona, he said: "We are looking forward to our first child, and the responsibility, I'm sure, will help make me be even more committed. In Tucson (3000ft), over 600 metres, I was running two seconds faster than I would normally be a month from now."

Footwear company New Balance have signed up McKean and although they do not make sprint shoes - which is what McKean normally races in - they have launched a new range in his name, the TM800.

McKean, and the shoes, will have their inaugural race during the first week of June. "We're looking at meetings in Italy, France and Spain," he said.

McKean and Murray will run in 4 x 800m relays in the Pearl Assurance European relays meeting, at Sheffield on June 5. McKean joins Peter Elliott and Kevin McKay in the men's team which may be completed by Ayr Seaforth's Brian Whittle, currently altitude training in Colorado.

McKean will launch his domestic season with the West District Championships at Dam Park, Ayr.

"I have entered the 400 and 800 metre as well as the 1500, which I have won for the past two years," he said. "I'll decide which to do nearer the time."

It's a hat trick

ALAN Robson of Racing Club Edinburgh made it a hat trick when he won the Reebok Series 10 Mile Road Race at Haddington for the third successive year, slicing 45 seconds from the course record with 50-05. He covered the final mile in 4-37 to hold off new signing John Ross (50-11), the East League champion.

International steeplechaser Tom Hanlon was third in 51-54. Charlie Thompson (Cambuslang) was sixth (54-9), having arrived with two right-foot racing shoes. He changed into trainers but lost almost 200 yards. Janet Stevenson (Falkirk Victoria) won the women's race, 20th in 60-53.

Robson's brother, John, was in record breaking form when he took the Selkirk Peoples Half Marathon in 63-27, with Mike Carroll (Annan) 200 yards behind in 64-31. Andy Fair took third 68-06, but Fair went on to win the Edinburgh to North Berwick event

Female frustration

THERE was frustration for Scottish girls Laura Adam and Karen Hutcheson at the inaugural World Road Relay Championships in Madeira. Olympic marathon reserve Marian Sutton dropped out with an Achilles injury as the British women's team lay third, Leicester's Lisa York (16-03) having recorded the fastest short stage time.

Kenya ran away with the men's prize, with Britain, including Falkirk's John Sherban, third.

Scottish women's cross country champion, Vicki McPherson, was forced to pull out of the event because of exams.

DAVID Keir Gracie, who ran the 400m hurdles in the Helsinki Olympics will receive a special participation badge in a British Olympic Association ceremony in June. The BOA is trying to contact every surviving Olympian and hopes to present them all with a badge.

ROYAL Mail are to continue backing the awards scheme which they operate in conjunction with the Scottish Sports Council. Since 1989, £100,000 has been made available to 76 sports. The scheme will continue for a further two years, making £50,000 per year available to projects which provide equipment or adapt facilities geared to extending participation.

FRASER Clyne, of Metro Aberdeen, suffered cramp and blisters and faded to 18th in the Pittsburgh Marathon with 2-25-00. The winner was Jorge Gonzales (Puerto Rico) in 21-17-30.

Tempers cooled

FRESH proposals to safeguard the interests of road running have cooled tempers over the restructuring of Scottish Athletics which is due to take historic steps to form a single federation before our next issue, writes Doug Gillon.

A single commission will cater for both cross country and road running, trimming administration.

"We are now satisfied, and have reversed our earlier opposition," said SAAA secretary Bob Greenoak. "We will be telling the clubs before the special general meeting to wind up the SAAA. But we would have had a problem if this had not been resolved."

Greenoak, who has gained a position on the British Athletic Federation management committee, promises a Scottish supplement to the new BAF rulebook which will come into force on June 1.

Grand prix

A GRAND Prix for athletes with special needs is being staged this summer. The 100m and 400m will be open to males and females, wheelchair athletes, and athletes with both physical and learning difficulties.

Semi finals will be staged at open graded meetings on June 10 (Meadowbank) and July 1 (Grangemouth), with the final held at the Octavian Relays on August 9 at Meadowbank. Further details can be gained from Ian Mirfin or Janice Eaglesham on 041 556 5002.

Eaglesham recently won the Post Office Counters Coach of the Month Award, just 18 months after founding Glasgow's Red Star Club.

The team for the Olympics for the mentally and physically handicapped will contain nearly 90 Scots - far more than in that for the summer Olympics in Barcelona.

Standards are extraordinarily high, and rising.

The Paralympic 100 metres winner will cover the distance just 1.5 seconds slower than Carl Lewis's world record, and the wheelchair marathon will have several men inside 90 minutes.

THE future of the Scottish Inter-District match (to be held this year on August 30 at Grangemouth) between select teams from East, West, North, and Borders, is secure for a further three years. The meeting has gone ahead for the past three years thanks to Lt Col and Mrs Euan Gordon, through the Birnie Trust. The trustees have agreed to contribute a further £3000 over three years.

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RUNNERS
Greenpeace
Canonbury Villas
London N1 2PN
Tel: 071-704 8101

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Douglas Jack
The Haemophilia Society
123 Westminster Bridge Road
London SE1 7HR
or telephone 071 928 2020

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A jolly good laugh

55, St Kilda Crescent,
Kirkcaldy.

SIR - Thank you for the best laugh I have had this year.

In a recent article on Fife AC, Eric Simpson was described as "mercenary".

The dictionary definition of this word is "working merely for money or other reward".

The most common usage is monetary gain.

I have been an "athletics widow" for the last twenty five years and I can assure you that mercenary is the last word I would use to describe Eric; maverick or mug maybe, but not mercenary.

Luckily, for a great bunch of athletes all over Scotland, Eric has shrugged off this comment and will continue to do it his way - with my full blessing.

Hilda Simpson

Send your letters to:
Scotland's Runner,
113, St George's
Road, Glasgow G3
6JA.

Credit where due please

Institute of Physiology,
The University of Glasgow.

SIR - Very many thanks for publishing the results of our investigation into whether or not there is a link between the distance covered in training and the sex of a runner's offspring.

We are most grateful for your assistance in getting our appreciation circulated to those who participated in the study. Unfortunately, however, the letter containing the results neglected to include Eddie Crawford's name, although it was on the original.

As the study was in fact Eddie's Honours project for his Physiology and Sports Science Degree, and it was Eddie himself who did most of the work, I would be grateful if you could acknowledge this.

Des Gilmore

Congratulations to Alloa

124, Woodside Road,
Glenrothes,
Fife.

SIR - Having run a half marathon at Camberley, Surrey on March 8, and a full marathon in Barcelona on March 15, I did the half marathon at Alloa on March 29.

I had to write and say Alloa was as well organised and enjoyable as the other two, and the people friendly and helpful. A big thank you to the organisers. The soup at the end was also great!

A Chalmers

Refreshing observation

18, Redford Avenue,
Edinburgh.

SIR - Your April editorial comment hit the nail on the head. As you pointed out, all the commendable aims of the Scottish Sports Council's document "Sport 2000" mean little in the absence of political or financial muscle to implement its findings.

Your magazine is to be congratulated for stating that

probably only full independence sooner or later can guarantee Scottish sport the finance and resources it requires and deserves.

At a time when much of the sporting establishment is too timid or mealy-mouthed to face political realities, such a public declaration by "Scotland's Runner" was most refreshing.

Neil R MacCallum

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Training schedules should take into account the amount of anaerobic to aerobic exercise your event requires.

Derek Parker explains.

All in the balance

A KNOWLEDGE of the three basic energy sources is essential in the compilation of an athletics training programme. It is also important to know the predominant energy systems in each individual running event.

The three sources are (1) aerobic or O₂; (2) lactic acid/anaerobic or LA-O₂; and (3) lactic acid/adenosine triphosphate or ATP-CP/LA. The third system also involves a process described as alactic anaerobic i.e. the production of energy in the absence of oxygen and lactic acid.

A scientific, detailed analysis of these processes is impossible in a single article. Explanations can be obtained in many of the excellent text-books and training manuals now available. These should be consulted by all serious coaches and athletes.

Basically, long-distance events are fuelled by the aerobic energy system while short-distance ones rely on anaerobic energy processes. Aerobic energy production takes place in the presence of oxygen. Anaerobic energy processes occur in the absence of oxygen. Aerobic energy involves little or no lactic acid production. Anaerobic running creates significant quantities of lactic acid.

Thus the marathon is 98 per cent aerobic and two per cent anaerobic in its energy sources. The 100 metres race is virtually 100 per cent anaerobic at the highest levels of performance. Aerobic processes are minimal or non-existent. Percentages for other distances include:—half-marathon (95 per cent aerobic/5 per cent anaerobic); 10K (90 per cent aerobic/10 per cent anaerobic); 5K (80 per cent aerobic/20 per cent anaerobic); 3K (60 per cent aerobic/40 per cent anaerobic); 1500 metres (50 per cent aerobic/50 per cent anaerobic); 800 metres (33 per cent aerobic/67 per cent anaerobic); and 400 metres (17



Susan Crawford leads the 1500m at the Scottish Indoor Championships

per cent aerobic/83 per cent anaerobic).

These figures should determine the training emphasis and must be

specific to each individual event. Thus a marathon runner's programme would emphasise long, steady runs over 5 to 25 miles as well as longer repetitions such as 5 x 2 miles with 2 to 5 minutes rest to develop aerobic endurance. Crouch starts over 30 metres would, because of their total lack of specificity, be

inappropriate in the training of a marathon runner.

Likewise, 10-miles' runs would have no place in a sprinter's competition specific programme. To compete successfully in predominantly aerobic events, an athlete must emphasise aerobic work in training. Similarly, to fulfil

Right: The Scottish Indoor Championships. Elliot Bunney takes the 60m from Martin Waldron and Dave Clark.

one's potential in predominantly anaerobic races, one must train anaerobically. The golden rule of coaching theory is that athletics training must be specific to the physiological, psychological, and tactical requirements of the race being prepared for.

Aware of the three basic energy sources involved in the fuelling of the human athletic endeavour, the discerning coach and athlete will want to take an awareness of the aerobic and anaerobic processes a stage further in the quest for perfection of performance. Let us consider a training programme for a 5000-metres' runner.

As I stated earlier, the 5K event is 80 per cent aerobic and 20 per cent anaerobic. A knowledge of sports physiology informs us that the anaerobic aspect of running 5K can be further classified as 15 per cent lactic acid/anaerobic (LA-O₂) and 5 per cent lactic acid/adenosine triphosphate (ATP-CP/LA).

Armed with this information, the coach and athlete can then devise a schedule which can train these three basic energy systems proportionately and with the proper emphasis on each.

The aerobic or O₂ energy source (80 per cent) will be developed by aerobic activity such as (1) long, steady running over 10 to 20 miles at a heart rate of approximately 130 to 150 beats per minute; (2) faster, short steady runs of 4 to 6 miles at a heart rate of approximately 150 to 180 beats per minute; and (3) repetition running sessions such as 4 x 1600 metres at 5K pace with recoveries of between 60 and 120 seconds.

The lactic acid/ anaerobic or LA-O₂ energy system (15 per cent) is best improved by repetition runs at a fairly fast tempo over distances ranging from 400 metres to 800



Left: Des English of Havering AC wins the 1500m at the Scottish Indoor Championships.

metres with recoveries of approximately 60 to 180 seconds. Typical sessions would be 4 x 400 metres at 800 metres pace with 2 to 3 minutes recovery OR 5 x 600 metres at 1500 metres pace with 90 to 150 seconds recovery. It is important to remember that 5K athletes, in common with all other distance competitors, must train at under-distance and over-distance pace to develop the requisite speed and stamina to achieve their potential.

The best form of training for increased efficiency of the ATP-CP/LA systems (5 per cent) of our hypothetical 5K aspirant is to sprint over distances ranging from 100 to 400 metres with jog recoveries equivalent to twice the fast distance run. Typical sessions include 4 x

200 metres at 400 pace with two to three minutes jog recovery or 3 x 300 metres at 400 metres pace with three to five minutes recovery. It is advisable to keep moving during recovery phases to prevent the muscles from becoming stiff.

The alactic anaerobic processes referred to earlier can be improved by flat-out sprinting over 50 to 100 metres with slow walk-back recoveries. Typical sessions are 3 to 4 sets of 6 x 50 metres from rolling starts with walk-back recoveries between repetitions and 3 to 5 minutes easy jogging between sets. Alternatives include 2 to 3 sets of sprinting flat-out for 5 to 8 seconds in series of four to six with 60 seconds jogging between repetitions and 3 to 5 minutes between sets.

It is essential to remember that shorter, faster race distances involve greater incursions into anaerobic processes compared to longer events. Thus the 1500 metres is approximately 50 per cent aerobic (O₂), 30 per cent lactic acid/anaerobic (LA-O₂), and 20 per cent lactic acid/adenosine



A close finish in the 400m at this year's Scottish Indoor Championships.

programme should be given precedence. The skill, art and science of coaching depends on the ability to ascertain main energy sources utilised in each individual event and then devising a schedule which will develop the various systems in their proportionate quantities in accordance with the specific requirements of individual athletes.

Training is specific to the event being prepared for. That vital principle must never be forgotten in the quest for success and the realisation of each athlete's sporting and personal potential.

triphosphate (ATP-CP/LA) in its sources of energy fuelling. For 3000 metres, the ratios are approximately 60/25/15 per cent respectively while the figures for 800 metres are approximately 33/37/30 per cent.

There will always be considerable overlap in these

proportions and much will depend on the fitness levels, health and performance capacities of individual athletes. They do, however, enable the coach and athlete to determine where the main training emphases lie and which aspects of the preparation

Photographs of the Scottish Indoor Championships by Robert Perry.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins grass/c/parkland.
Monday: 75 to 90 mins fartlek inc 15 x 60 secs fast (jog recovery 30/60 secs alternately). Finish with 2 x 30 secs full-effort (60 secs jog) starting 3 to 5 mins after final 60 secs repetition.
Tuesday: 5 miles/30 mins road run.
Wednesday: 10 miles steady road run.
Thursday: 6 x 800 metres at 5K pace (30 to 45 secs recovery) + 1 x 200 metres starting 30 to 45 secs after final 800.
Friday: Rest of 30 mins easy recovery run.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 mins can be done four to six times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) x 12 sets. Finish with 6 x 10 secs stride + 10 secs full-effort (60 secs jog) starting 3 to 5 mins after final 45 secs.
Tues, Wed and Fri: As Week One.
Thursday: 8 x 400 metres at 1500 metres pace (60 to 90 secs recovery).
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 2 mins at 5K pace (45 secs jog) + 4 mins at 5K to 10K pace (90 secs jog) x 3 sets. Finish with 3 x 20 secs full-effort from rolling start (60 secs jog) starting 3 to 5 mins after final 4 mins repetition.
Tues, Wed and Fri: As Week One.
Thursday: 20 x 300 metres at 3K pace (20 to 30 secs recovery).
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30/60/90/120/150/180/150/120/90/60/30 secs fast (jog recovery half the time of preceding fast repetition i.e. 15/30/45/60/75/90/75/60/45/30 secs).
Tues, Wed and Fri: As Week One.
Thursday: 2 x 4 x 200 metres at 800 metres pace (30 to 45 secs between repetitions/5 to 10 mins between sets. Finish with 6 x 50 metres full-effort from rolling start (walk-back recovery) starting 5 to 10 mins after final 200.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins grass/c/parkland running.
Monday: 60 to 75 mins fartlek inc 15/30/45/60/60/45/30/15 secs fast (jog equivalent time recovery after each repetition i.e. 15/30/45/60/60/45/30 secs).
Tuesday: Rest or 20 to 30 mins easy running.
Wednesday: 5 to 8 miles steady.
Thursday: 6 to 800 metres at 5K pace (45 to 60 secs recovery) + 1 x 200 metres (45 to 60 secs after final 800).
Friday: Rest.
Saturday: 8 to 12 miles steady.
Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 6 sets.
Tues, Wed and Fri: As Week One.
Thursday: 6 x 400 metres at 1500 metres pace (90 to 120 secs recovery).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

JUNIOR PROFILE



NAME:
DATE OF BIRTH:
SCHOOL:
ATHLETICS CLUB:
COACH:
STARTED ATHLETICS:

Hannah Clare Norman.
June 6, 1981.
Aberdour Primary.
Pitreavie AC.
John Gibson.
I first got interested competing in fun runs when I was four years old. Later, when I wanted to take it seriously, I joined a club.

EVENTS:
PERSONAL BESTS:

Cross country, 800m, and 1500.
One mile cross country: 6-11; 800m: 2-44; 1500: 5-30.

ENJOY MOST:
LEAST ENJOY:

Winning and going to different places.
Long journeys because I get car sick and sprint work.

AMBITION IN SPORT:

To win in the bigger girls' age-groups when I'm older.

HIGHLIGHTS SO FAR:

First in my age-group in the East District Cross Country Championships at Hawick and the East versus West Cross Country Championships. Second in my age-group at the Scottish National Cross Country Championships in Falkirk.

ATHLETES YOU MOST ADMIRE: Liz McColgan and Tom McKean.

OTHER HOBBIES:

Tennis and art.

YOUR FAVOURITE BOOK:

"Jessie Come Home".

YOUR IDEAL MEAL:

Steak pie followed by fruit salad.

ALL-TIME FAVOURITE FILM:

Home Alone.

FAVOURITE ACTOR:

Tom Hanks.

FAVOURITE MUSICIAN:

Bryan Adams.

AMBITIONS OUTSIDE SPORT: If I don't make running my job then I want to be a mechanical engineer.

He spoke to someone who cares

Morag rang because she had been sexually abused by a neighbour. Donald rang because he was being bullied at school. Kirsty rang because her parents had been arguing and she was afraid they would split up. Ian rang because he was being beaten up by his father.

Every day, ChildLine Scotland, the free helpline for Scottish children in trouble or danger, speaks to hundreds of children and young people who ring to talk with someone in confidence about all sorts of problems. But we know that many more do not get through. By running for ChildLine Scotland, you can help us raise the money we need to open more phone lines and train more volunteer counsellors, so that more Scottish children can get comfort and protection they urgently need.

ChildLine is the free national helpline for children and young people in trouble or danger.

ChildLine provides a counselling service for any child with any problems, 24 hours a day, 365 days of the year.

ChildLine is able to offer Scottish children a local service at peak hours every afternoon and evening. As funds allow this time will be increased.



Do you care enough to run for the children of Scotland? By running for ChildLine Scotland you will be helping the hundreds of children and young people who call us every day. For every £100 raised, we can provide 10 hours of counselling. **Please complete the coupon, or write to: ChildLine Scotland, FREEPOST 1111, Glasgow G1 4BR.**

I wish to run for ChildLine Scotland in the (event)..... on (date).....

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Glasgow,
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Every year the Multiple Sclerosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

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CHARITY FEATURE

The wholehearted approach

Scotland's Runner takes a look at some of the charities which could benefit from your support.

THREE babies a week in Scotland die of cot death. Their parents will experience the trauma and pain of finding their apparently healthy baby dead, with no warning and no explanation, even after exhaustive medical investigations.

The effect on parents, older siblings, grandparents and others is incalculable.

The Scottish Cot Death Trust desperately need to find the reason for these deaths. The trust is currently funding nearly £200,000 of research and more money is urgently needed to expand this work.

While working towards prevention of cot death, the Trust meantime offers support to bereaved parents, including ensuring that a breathing monitor is available for any subsequent siblings born into the family.

By running for the Scottish Cot Death Trust you could help in one or other of these vitally important areas.

Similarly, running for ChildLine Scotland you can help fund and develop the free helpline for Scottish children in trouble or danger.

Last year, Scotland's runners raised more than £4,000 for ChildLine Scotland, logging over 6,000 miles in races across the country, including the Great Scottish Run and the 10K Milk Run.

ChildLine Scotland Appeals Coordinator William Douglas explains, "Our goal this year is to double the amount raised by runners - from £4,000 to £8,000.

"This money will be towards the extra £50,000 we need to raise this year to keep the phone lines open for nine hours every day, so that Scottish children have a greater chance of getting through to a ChildLine counsellor who can comfort, advise and protect them."

Currently, ChildLine Scotland takes calls for six hours each day.



At other times, calls from Scotland are automatically diverted to ChildLine's 24 hour UK headquarters. As more money is raised, the lines in Scotland will stay open longer, and more Scottish children can get the help they urgently need.

ChildLine running vests and sponsorship forms are available free to any runner planning to run for ChildLine Scotland.

Running clubs are also encouraged to adopt ChildLine as their charity, running in established races or organising a running event

especially for ChildLine.

William added: "We would be delighted to help any runner or club interested in raising money for ChildLine. We can provide fundraising ideas, and in some cases organisational support through a local Friends of ChildLine."

For more information or for official ChildLine sponsorship forms and running vests, contact ChildLine Scotland Appeals Coordinator, William Douglas, on 041-552 1123.

The Starlight Foundation is a

registered charity that grants wishes to some very special children - those who are seriously ill.

It was founded by the actress Emma Samms and her cousin Peter Samuelson in 1982, when they flew a British boy suffering from a brain tumour, together with his mother, to California because his greatest wish was to visit Disneyland.

Starlight now has nine branches in the USA, plus two in Canada, one in Australia, and since 1987 one here in the UK.

The Starlight Foundation aims to bring a ray of happiness into the lives of children between the ages of four and 18 who are critically, chronically, or terminally ill.

"Wish" children are asked to choose three wishes in order of importance to them and Starlight endeavours to grant their first wish.

Starlight includes the child's parents, and brothers and sisters under the age of eighteen in every wish.

The wishes requested by the children fall into four broad categories:

- Celebrity Wishes (i.e. meeting famous people)
- Experience Wishes (e.g. a ride in a racing car)
- Gift Wishes (e.g. a computer or toy)
- Travel Wishes (e.g. visiting relatives abroad or going to theme parks such as Legoland).

Wishes range from feeding the pigeons in Trafalgar Square to more complicated ones, like wanting to walk on the moon.

Starlight always try their best to help each "special child". For example, the latter travelled to Florida to visit the NASA Centre.

Starlight rely solely on private donations from individuals, companies and trusts for finance.

You can help this charity to make even more suffering children happy by running on its behalf.

TROON TORTOISES AC

Troon Tortoises have produced some of Scotland's finest athletes.

Margaret Montgomery examines their success.

Photographs by Robert Perry.

The Tortoises, May 1992.



TROON'S reputation as a golfing town and as the home of top professional Colin Montgomerie is well established. Less well known, but also worthy of note, is the town's history of producing fine athletes, an achievement which local club Troon Tortoises AC can claim a lot of the credit for.

The club was formed in 1976 at the instigation of a small group of local people who happened to have athletics enthusiasts for children.

With no club in existence in the immediate area, Troon children who found they had a talent and interest in track and field at school faced the prospect of either confining their involvement in athletics to PE lessons or joining a club in another town. Neither option was, needless to say, entirely satisfactory and hence the idea of Troon Tortoises came to fruition.

Among the founders of the club were Hugh Muir and Ian Whittle, the latter being the father of a rather

promising lad by the name of Brian! Together with Hazel Melvin, who is currently the top ranked high jumper in her age group in Britain, Marsella Robertson, who was a Commonwealth Games finalist in the 1500m, and Vikki MacPherson, who recently came second at the World Student Cross Country Championships and first in the Scottish Cross Country Championships, Brian is one of a number of internationalists to have started their athletics careers with the

Tortoises.

Apart from a brief period between 1977 and 1980 when they amalgamated with a number of other clubs in the area to become Ayrshire AC, the Tortoises have remained a relatively small organisation.

The current membership stands at approximately 120, with 75 youngsters and 45 adults.

The club's older contingent is headed up by the formidable duo of Margaret and Sandy Robertson who, apart from being the parents of



From left to right: Sandy Robertson, Margaret Robertson, John McKinley, Bruce Walker, and George McGregor.

former middle distance international Marsella, are internationalists themselves. Margaret currently holds the British 1500m record in the over-50 female vets category and represented Scotland at the vets cross country home international in Aberdeen in October. Sandy also represented Scotland at the same competition in the men's over-60 category.

Another older club member who deserves mention is Tortoise secretary John McKinley, veteran of 66 marathons. Five years ago he and another prominent club member, Ray Hubbard, decided to take up the challenge of completing two marathons in 24 hours.

The marathons chosen were Benbecula and London.

The athletes managed both within their target time of three and a half hours and McKinley won the Benbecula event into the bargain!

Among other Tortoises who stand out is the Rev. John Webster.

Originally a minister in Troon, he is now the minister at St John's Renfield in Glasgow but continues to be a member of the Tortoises.

His chief claim to fame is having twice completed the Everest Marathon. The reverend's main ambition is to complete 50 marathons by the time he is 60!



Above: Troon Tortoise and top ranked UK high jumper Hazel Melvin.

While the club's road and cross country runners have no shortage of suitable places to train, its track enthusiasts face difficulties. The club's training base is Marr College playing fields, where only a grass track exists, and even this isn't marked out all year round.

"We set up a fund for a tartan track a few years ago," explains club coach John Melvin. "We managed to raise about half of what we needed, but the idea was opposed and we ended up putting the money towards some new equipment instead."

The net result is that while the club has, for example, excellent high jump equipment, it still does not have anywhere near adequate facilities for its aspiring sprinters and middle distance runners. Another difficulty is that the club is too small to compete in the leagues - a fact which has caused some members to leave and join other clubs.

John Melvin, however, remains philosophical about the situation. As he points out, the new ruling concerning second claim membership should put an end to the

problem.

"Under this, our members will be able to help out other clubs which do compete in the leagues by offering to compete second claim for them when they are short," he says.

"Mind you, at the end of the day I don't think competing in the leagues is essential. It's enough to compete in the West Districts, East versus West, and so forth. We've produced several good internationalists on this basis."

With Hazel Melvin and Vikki MacPherson now on a wider stage, the club is hoping to foster new talent.

A number of youngsters are already looking promising. Mary Anne Frew, who at just 15 is jumping 1.45m in the high jump, made it into the national schools squad last year and won the "Best Performer" at the Ayrshire Championships a few weeks ago. Meanwhile, 13 year old Claire Wright is a talented javelin thrower whose performances last year earned her a place in the team competing at the East versus West meeting.

Among the very young, John

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TRIATHLON RACES AHEAD IN POPULARITY

Scotland's Runner previews this year's major triathlon events.

TRIATHLON is one of Scotland's fastest growing sports. At the last count, Eddie Murray, membership secretary of the Scottish Triathlon Association, had 250 people on his books but he reckons there are about double that number of men and women actually taking part in triathlons regularly.

"The increase in interest in the sport over the last year has been quite phenomenal," he says. "It's only the beginning of the season so it's difficult to quantify exactly but I know that I've already had double the number of requests for STA membership application forms I had last year."

According to Murray, the acceptance of the sport as an Olympic event has helped to bring about this surge of interest, as too has increased TV coverage. Last year both the Scottish National



Championships and the Home Countries International were shown on TV throughout the UK.

The Distance Award Scheme has also helped to encourage grass roots participation. Instead of evaluating performance in the usual fashion of taking times, this scheme is designed to reward

triathletes for the total distances they have covered in each discipline over the full season's calendar of events. Hence, it means athletes who wouldn't normally feature in medal ceremonies receive some form of reward for taking part and training.

The first of Scotland's triathletes to line up for the gruelling combination of swimming, cycling, and running which constitutes a triathlon did so on May 9 in Mallaig. Highlights in this year's calendar include a special East Kilbride triathlon to mark the 25th anniversary of the erstwhile new town, and the Lomond Masters, a new event which will kick off the STA's 1992 Grand Prix series on May 24.

Also worth noting are the Scottish Short Course Championships which will be held at Monikie on August 16 and the long course equivalent scheduled to take place at Aberfeldy on September 6.

TRIATHLON CATEGORIES

Swim	Cycle	Run
NOVICE		
400m	10K	2.5K
CATEGORY A		
750m	20K	5K
GRAND PRIX		
1500m	40K	10K
("SHORT COURSE")		
HALF IRONMAN		
3000m	80K	20K
("LONG COURSE")		



Margaret Montgomery talks to accomplished road runner and top triathlete Bud Johnston.

MANY runners would be delighted to have a 10K pb of 30-40 but Bud Johnston, Scotland's reigning triathlon champion over both Olympic and "long course" distances, isn't quite so happy with it!

"It's good enough for triathlons," he explains. "But not good enough to make me a really good runner."

Johnston, who is 33 years of age, first took up the sport of triathlon almost 10 years ago, after entering the 1983 Glasgow Marathon. Although he has run the occasional standard 10K or half marathon since then, most of his competitive road running has taken place within triathlons. (For the uninitiated this usually means running 10K immediately after completing a 1500m swim and a 40K cycle.)

Whatever he modestly says about his own potential as a thoroughbred athlete, Johnston is no also-ran.

His one and only marathon as a 24 year old back in 1983 was completed on the basis of seven weeks training in which he took to the roads only three or four times each week, never covering more than seven miles at one time. Despite this, he still pulled off the respectable time of 3-15.

On joining Calderglen Harriers a year later the East Kilbride man came on in leaps and bounds, reducing his average 10K time to under 31 minutes and pulling off a

10 miles pb of 50-38.

He hasn't looked back since, consistently performing well by national road running and cross country standards as well as in triathlon terms.

At last year's Scottish Triathlon Championships he completed the seven and a half mile cross country run which followed on from a 1500m swim and 40K cycle in 40 minutes. It was a performance which earned him the prize for the fastest run of the day, no mean feat when you consider that the run also doubled up as a home international on the athletics calendar and therefore featured some of the country's top runners.

"I guess I could go sub 30-minutes for a 10K and get around 2-20 for a marathon if I really concentrated on the running," he says. "But that's as far as I could go and it's still not enough to put me at the very top. My strength is as an all-round sportsman rather than a specialist, that's why the triathlon suits me."

Since tearing all the ligaments in one ankle while on a skiing holiday last April, Johnston has eased up on his running and turned his focus to cycling and swimming.

At present he is covering 200 miles a week on his bike and training intensively in the pool. Meanwhile his running has been reduced to several easy runs a week.

Despite this, Johnston has seen

Bud gets on his bike! At present he is concentrating on cycling in the hope of improving his pb.

no downturn in his running times. When he won the fastest running time at last year's Scottish Championships he had done no running at all for several months, excepting several modest sessions a week, two weeks prior to the event.

Johnston attributes his ability to churn out consistently good runs regardless of training to the amount of swimming and cycling he does.

"Because I'm still working my lungs and heart in other ways it doesn't matter that I'm not running very much," he explains. "In fact, I think a lot of runners would do well to do more cross training. Apart from anything it puts you at less risk of stress fractures and shin splints. Swimming is particularly good because it works you very hard while taking virtually all your weight off you."

Johnston also maintains that cross training actively improves his running times by building up body strength.

"Both swimming and cycling have helped to give me a slightly more powerful frame," he says. "The added muscle really helps to push you through during the last stages of a road race."

A talented and natural runner, Johnston openly admits that he has more problems with the other triathlon disciplines of cycling and swimming. Able to cover 25 miles in 58 minutes on his bike, Johnston is among the top 30 cyclists in Scotland. Nonetheless he feels there is considerable room for improvement and is hoping to increase his pb in the coming season.

Where swimming is concerned the triathlete's pb for 1500m is 21-04, a time which he describes as "not bad for a basic swimmer" but well down on the sort of time which

In the running for the World Championships



the top Scottish internationals are capable of (usually around the 16 minute mark).

"Swimming is definitely my weak spot," he says glumly. "There is very little you can do to improve on it as an adult. After a certain point, fitness is no bonus. Technique is the key and unless you master this as a child you basically don't stand a chance."

As the single parent of a 14 year old daughter Debbie and a full time transport supervisor for local company Transcare Distribution, Johnston has his work cut out managing the various facets of his training programme. Personalised coaching is, he maintains, out of the question.

"I work shifts and need to be in at certain times for my daughter," he says. "It would take a rather remarkable coach to be able to fit in with my hours."

To this end, Johnston makes do by following programmes set for him by other members of East Kilbride Triathlon Club, training partly on his own and partly at official club training nights.

"I'm quite self-disciplined really," he says. "If somebody sets me a programme I'll just get on and do it, I don't need a coach from the point of view of having someone looking over me. Perhaps it might help me to improve some of my times though - you never know."

Presently training between two and three hours a day, seven days a week, Johnston believes this is enough for someone who works full-time.

"You need time to recover between sessions," he says. "If I wasn't working then it might be possible to fit in five or six hours training and get the necessary rest,

TRIATHLON FEATURE

but with work on top of training I think to do any more would be stupid."

As major triathlon events are split into "elite" and "age group" categories, Johnston's inability to train full-time means that he is unable to compete in the former. However, in the age-group races he is a consistently high achiever, in Britain and the world.

A regular at all the big events on the triathlon calendar, Johnston represented Scotland in the Commonwealth Games in New Zealand. Sadly his performance there was marred by mechanical problems with his bike, which caused him to lose almost ten minutes and fall to a disappointing 83rd place out of a field of 180.

"You don't get mechanical backup during the cycling section of the triathlon as you do in the sport of cycling itself," explains Johnston.

"If something goes wrong with your bike you have to fix it yourself or give up. In this case a spoke broke and I was about to start pushing my bike back when a spectator came out of the crowd and

offered me a wheel off his bike. It meant I could finish but obviously my overall performance wasn't great.

I was a bit annoyed because at the time of the incident I was in the top 30 with my strongest discipline - the running - still to come."



"To do any more training than I do at present would be stupid."

At last year's British Triathlon Championships which acted as the qualifying race for the World Championships Johnston finished first in his age-group and seventh overall. However, since places were only given to the first six home, he just failed to make the British team.

This year the event will again act as the World Championships' qualifying race but instead of going to the first six competitors, 1992 British team places will go to the top six elite competitors plus the first three in each age-group. As a result Johnston is almost certain to make the grade!

"The ironic thing is that I think I'd have stood a better chance under the 1991 qualifying criteria this year," he smiles. "I'm working towards a new pb in cycling and that might just help to get me into the top six."

Some indication of just how well Johnston might do at the World Championships can be gauged from the fact that at the recent Duathlon World Championships (a running and cycling event) he finished fifth in his age-group and 38th overall

"Because I'm still working my heart and lungs it doesn't matter that I'm not running very much."



out of a total field of 1000.

"It was a tough race," he reflects. "Most of running was done in a sandy desert in extreme heat."

The duathlon which usually consists of a 10K run, followed by a 38 mile cycle and then another 10K run, is particularly well suited to Johnston. However, despite this and the fact that he has performed well in those he has entered, Johnston has no ideas of giving the triathlon up in its favour.

"The duathlon is basically an off-season event for triathletes," he explains. "There are even fewer duathlons here than triathlons. To get a decent amount of competition

I'd have to go abroad much more and that would cost!"

Johnston finds the costs of competing extremely hard to meet. Sponsorship from his employers helps to meet most travelling expenses and goes some way towards paying for clothing and equipment but even with this help he still he finds himself out of pocket.

"The sport isn't big enough to live off," he reflects. "As far as I know there are only a few triathletes - the top ten or eleven in the world - who manage to do this. The most I've ever won in ten years is £300"

An indication of just how high Johnston's outgoings can be

TRIATHLON FEATURE

gained from the price of a recently acquired bike frame - \$1200, and a bargain at that.

"I bought it in the States because it's cheaper there. If I'd bought it here it would have been well over £1,000," he says.

Johnston's main targets for the coming season are the Scottish and British championships, with qualification for the World Championships at the latter being a priority. Also on the agenda are the British Long Course Championships and the possibility of a three-quarter "Ironman" in Nice in June, a race which consists of a 4000m swim, 75 mile cycle, and 20 mile run.

To do longer triathlons Johnston admits that his low running mileage will have to increase.

"I will increase to about three or four 25 to 30 mile sessions a week," he says. "It doesn't bother me. I'm fit enough."

Certainly he doesn't seem to have much to be worried about. While on holiday in Italy during April the brother of his girlfriend, leading female triathlete Ginny Pollard, entered him for the Valencia 7K Road Race.

Despite not being prepared and having laid off running almost completely in the weeks prior to the race, he managed a respectable 22-23 and fifth place overall.

"To manage five minute mile pace on no real training was fine," he says.

"Hopefully it's a good omen for the coming season."

Weekly Training Programme

Sunday: 10am: Cycle, 70 miles steady. (Average time approx 4 hours.)

5pm: Swim, 2,500m. (Approx 1 hour.)

Monday: 12.30pm: Swim, 1600m easy pace.

8pm: Steady 7 mile run, 6-30 pace.

Tuesday: 12.30pm: 1500m swim, inc drills.

4pm: 30 mile cycle, steady pace (18-20 miles/hour).

W'day: 12.30pm: 1000m swim.

4pm: 15 miles cycle, easy pace.

6pm: 2,000m swim inc intervals.

7.15pm: 6 miles running. (2 miles warm up, 2-3 miles intervals, 1 mile warm down.)

Th'day: 12.30pm: 1000m swim, steady pace.

4pm: 20 mile cycle, steady pace (18-20 miles /hour).

7pm: 2,500m swim inc hard interval sessions.

Friday: 12.30pm: 1000m swim, steady.

4pm: 25 mile cycle, steady.

S'day: 10am: 40-50 mile cycle.

Total distances covered per week -

Swimming: 12,500-13,000m. Cycling: 200 miles. Running: 13 miles.

Using what is known as "caloric conversion", 4 miles cycling = 1 mile running and 1 mile swimming = 4 miles running. By converting his weekly swimming and cycling distances and adding these to the road running he currently does, Bud estimates he does the equivalent of 90-100 miles running a week!

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600 2060	14 52, 54.5, 57, 59.5	695.00	Pro- 2125	52, 54, 56, 58, 60	480.00
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March

22

Falkirk DC Pre Season, Grangemouth
Men: 60: 1, R Kerr (Cum) 7.6; 2, D Harvey (DHH) 7.7; 150: 1, C Krievs (Both) 17.4; 2, J Gilbert (FVH) 18.4; 300: 1, D Clelland (FVH) 36.5; 2, A Barker (Kil) 37.1; 600: 1, T Nimmo (ESP) 1-19.4; 1000: 1, R Fleming (Ct) 2-40.9; 3000: 1, K Rankin (FVH) 9-34.3; HJ: S Mill (ESP) 1.90m; LJ: M Crawford (Ct) 5.18; TJ: S Robertson (J) 12.31; DT: I Large (Ur) 25.34; HT: S Bunker (Mel) 43.32.
Youth: 60: 1, D McRae (Ct) 7.4; 2, I Hamilton (Cum) 7.6; 'B': 1, A McDougall (FVH) 7.4; 1500: 1, D McRae 17.7; 2, I Hamilton 17.7; 600: 1, A McDougall 1-27.4; 2, T Winters (ESP) 1-28.2; 1000: 1, K Daley (ESP) 2-35.2; 2, T Winters 2-37.9; LJ: 1, I Hamilton 5.68; DT: 1, D McAuley (Bath) 22.86; HT: 1, C Taggart (Ur) 27.3.

Women: 60: 1, S Paterson (EMW) 7.9; 2, C Freol (FVH) 8.2; 150: 1, S Condie (Str) 19.4; 2, D Gallagher (ESP) 20.0; 3, C Freol 20.2; 300: 1, S Condie 43.0; 2, J Beveridge (ESP) 43.6; 600: 1, C A Gray (ESP) 1-35.7; 2, C Simpson (ESP) 1-44.6; 1000: 1, C A Gray 2-56.9; 2, C Simpson 3-08.3; HJ: 1, L Gordon (CG) 1.65; TJ: 1, C Freol 10.9; 2, J Gibson (Lass) 9.95; DT/SP: S Freebain (CG) 38.00/9.32; HT: 1, L Low (ESP) 34.06; 2, S Freebain 23.48; Inter: 150: 1, S Paterson 19.3; 2, K McLean (CG) 19.8 300: 1, S Paterson 43.7; LJ: 1, K McLean 5.18; DT/SP: A Stewart (Ct) 23.04/8.16.

April

1

Falkirk DC Open, Grangemouth
Men: 200: 1, R Slater (J)(FVH) 23.4; 800: 1, T Nimmo (ESP) 1-54.7; 3000: 1, K Downie (Cam) 9-06.1; TJ: 1, S Robertson (Y)(FVH) 11.69; JT: 1, D Goodwin (Ct) 42.70; HT: 1, W Robertson (Vet) (ESP) 37.60; 2, C Taggart (Y)(Liv) 31.62 Women: 200: 1, S Robertson (EWM) 27.0; 2, A Deuchars (FVH) 28.5; 800: 1, C A Gray (ESP) 2-16.6; 2, C Simpson (ESP) 2-20.7.

4

Falkirk DC Young Athletes Meeting, Youth: 100/200: A McDougall (FVH) 11.7/23.6; 800: 1, D Wightman (Tay) 2-10.2; Senior Boys: 100/200: S Adie (Cum) 12.0/25.0; 800: 1, A Young (VP) 2-10.1; LJ: M Munro (ESP) 4.23; DT: C Brownlie (Cum) 28.40; Inter: 100/200: S Dudgeon (ESP) 12.2/25.8; 800: C Simpson (ESP) 2-24.4; Girls: 100/200: L Dodds (ESP) 13.6/28.3; 800: M Hastie (Str) 2-33.7; 75H/SP: J Reid (Banch) 12.6/9.03m.

5

Aberdeen AC Track and Field Trials, Men: 60/300: M Davidson 7.4/35.1; B Bump 52.68m. Youth: 100H/200B Middleton 15.0/

23.7; LJ/DT M Spark 6.05/24.78; Sen: 80H/200/HJ/SP 12.0/24.5/1.76m/12.38m. Inter: 60/200/300 L Paterson 8.0/25.9/42.0.

City of Glasgow AC Club Champs, Coatbridge
Seniors: 100/100H: F Watt 13.0/16.2; 200 A Baxter 24.2; 400 J Low 61.8; 800: C Fairweather 2-23.8; DT: S Freebain 38.30; Inter: 100/200: F Hutchison 12.4/26.4.

MacRae the Homemakers OGM, Queens Park, Inverness
Men: 100 C Buchanan (Inv) 11.4; 800 G McDowall (Inv) 1-58.9; 300 A Reid (Pet) 8-49.4; SP/DT B Shepherd (Eig) 14.21/40.04; JT: A Kemlo (Inv) 48.10; HT: 1, D Allan (Inv) 55.56; 2, D Minty (J)(Ab) 46.24; 3, B Shepherd (Eig) 46.16; Youth: 100: T Black (Inv) 11.4; 3000: S Allan (MBI) 9-58.7; Senior Boys: 100: S Fraser (Inv) 11.8; 400: S Sutherland (Inv) 56.2; 80H: D Cotter (Nai) 12.6.
Women: SP/DT: M Cowe (Ab) 14.00/44.74; JT: L Low (Strom) 40.44; HT: 1, L Low (Strom) 40.44; HT: 1, L Low 33.62; 2, M Cowe 28.54; 3, F Pine (Ab) 21.80. Girls: 100: P Wilks (Nai) 13.2; 75H: K McKenzie (Cai) 13.5.

Solway League Meeting, David Keswick Centre, Dumfries
Match: 1, Nith Valley AC 817 pts; 2, Dumfries AC 725; 3, Stewarty AC 472; 4, Annan & District AC 456; 5, Stranraer H 164.
Men: 400: K Anderson (NV) 51.4; DT/JT: S Armstrong (NV) 29.98/43.22. Youth: S Rae (Ann) JT: DT: 33.76m/29.30. Sen: I Douglas (Dum) DT: JT: 33.34m/36.68m.
Women: 400: H Edgar (NV) 59.1; 300/1500: K McNally (NV) Int 44.6(rec); 4-56.5; Girls: 100/LJ: L Armstrong (NV) 13.7/4.54m; SP/JT: L Ross (NV) 9.73/22.06m.

Edinburgh & District Athletic League, Tweedbank Stadium, Galashiels
Match: 1, Hammeny AC 767 pts; 2, Melrose AC 699; 3, Blackhill H 672; 4, Penicuik H 644; 5, Corstorphine AC 622; 6, Musselburgh AC 279.
Men: 100/400: G Purves (B'hill) 11.5/51.3; LJ/TJ: T Leighton (Mel) 6.38/13.19 (rec); Youth: 100/400: D Wrigley (Bell) 11.9/58.9.

Livingston AC OGM, Craigswold Track-Men: 100/400: C Krievs (Both) 11.5/50.0; 800: F Boyne (Ab) 1-58.4; 3000: 1, M Gormley (Cam) 8-44.2; 2, P Hyman (Liv) 9-11.0; 400H: J Malcolm (Muss) 61.1; SP: J Clelland (ESP) 12.92m; DT: J Kennedy (Ayr) 21.02m.
Sen: 100/400: A Donaldson (Rit) 12.2/54.4.
Women: 100: 1, S Paterson (EWM) 12.9; 2, M Anderson (ESP) 12.9; 400: 1, M Anderson 58.2; 2, H Parkinson (Sch) 62.4; 800: 1, C A Gray (ESP) 2-16.1; 2, H Parkinson 2-23.0 DT: A Marshall (Lass) 32.14m.

11

Central District Champs, Grangemouth
Men: 100/200: A McDougall (FVH) 11.5/23.4.
Women: 100/200: S Paterson (EWM) 12.6/26.3; SP/DT/HT: S Freebain (CG) 8.76m/38.10/25.06; JT: K Saville (ESP) 42.14.

Panasonic League Qualifying Match, Coatbridge
Match: 1, Dumfries ADC 108 pts; 2, Montrose 87; 3, Harlequins 50; (First 2 clubs qualify for Div 5 this season)

Woolworths Scottish Young Athletes League, West Division, Coatbridge
Div 1: 1, Ayr Seaforth AC 683pts; 2,

Cambuslang H 603; 3, AAC 502; 4, East Kilbride AC 4071/2; 5, Irvine Cable 388; 6, Kilbarchan 332; 7, Shettleston 308; 8, Dumfries 1961/2.
Man of the Match Div 1: A Young (VP); Senior 400: 54.5; 800: 2-06.2
Youth: 100/200: S Moir (Ayr) 11.3/23.0; 400/800: G Forbes (Clyd) 53.5/200.6; 1500: C Clelland (Cam) 4-12.3.
Sen: 100/200: J Campbell (Ayr) 13.2/27.7.
Div 2: 1, Cumnock & District AC 593; 2, JWK 465; 3, Clydesdale 450; 4, Law & District 433; 5, Kirk Olympians AC 312; 6, Helesburgh 307; 7, Nith Valley 289; 8, Bellahouston 126.
Man of the Match: Div 2: Phil Dennis (Mel); Youth: K Mason (Cum) 200/1500JT: 25.3/4-26.6/35.72m Jun: 200/400 R Buchanan (KO) 27.5/66.1

Scottish Young Athletes Handicaps Track Meeting, Craigswold Track, Livingston - Boys: 100: 1, M Restrick (Liv); 2, A McMichael (Both); 3, N Byles (Both); 200: 1, R Pitt (ESP); 2, R Schiavone (Loch); 3, N Byles (Both) 400: 1, M Restrick; 2, G Moodie (Dun); 3, B McTaggart (Lark) 800: 1, A Arthur (B'burn); 2, S Leek (Liv); 3, M Munro (ESP); 1500: 1, A Brown (CPH); 2, R Love (Lark); 3, I Branton (Liv).
Girls: 100: 1, K Boyle (Whit); 2, P Thomson (EWM); 3, J Richardson (Loch) 200: 1, S Serry (Loch); 2, L Fitzpatrick (Loch); 3, J Richardson; 400: 1, E Reid (Loch); 2, L Fitzpatrick; 3, G Robertson (ESP); 800: 1, A Shaw (CG); 2, Y Simanis (Dun); 3, E Harding (Fir); 1500: 1, C Johnston (Dun); 2, Richardson (Loch); 3, C Corrie (Dunbar).

12

First match of Scottish and North West League
Div 1 at Dam Park, Ayr: 1, Ayr Seaforth 1104 pts; 2, Hammeny 1091; 3, Cumnock 10901/2; 4, Derwent 1012; 5, EWM/CPH 10081/2; 6, Nith Valley 10051/2; 7, Kilbarchan 972; 8, Victoria Park 9691/2.
Div 2: 1, Law & District 11471/2pts; 2, Irvine Cable 10651/2; 3, Helensburgh 10141/2; 4, Dumfries 1004; 5, JWK 958; 6, Kirk Olympians 957; 7, Livingston & District 912; 8, Avonside 8631/2. Inter: 80M: M McWhannell (KO) 12.4 (league rec)
Div 3, Dumfries: Cumbernauld 1146 pts; 2, Netherhall 1058; 3, Carlisle 1019; 4, Penicuik 926; 5, Lasswade 870; 6, Melrose 814; 7, Stewarty 779; 8, Springburn/Strathkelvin 655. Youth TJ: D Ritchie (Melrose) 13.12 (league record)
Div 4 EK: 1, Airdrie 1046 pts; 2, E Kilbride 1032; 3, Lochgelly & District 9821/2; 4, Spargo Valley 888; 5, Annan & District 8841/2; 6, Larkhall 768; 7, L & L Track Club 642; 8, Bathgate 567.
Div 5 & 6, Wishaw: Div 5: 1, Falkirk Victoria 1175 pts; 2, Teviotdale 1080; 3, City of Glasgow/Shettleston 1059; 4, Workington 718; 5, Loudoun Runners 703; 6, Stonehouse 664; 7, Hamilton 532; 8, Musselburgh 60.
Sen: 400: A Baxter (CG) 55.2 (League record)
Div 6: 1, Cockermouth 10571/2 pts; 2, Corstorphine 7971/2; 3, Giffnock North 755; 4, Seaton 723; 5, Whittemoss 564.

Woolworths Scottish Young Athletes League, North East Division, Caird Park, Dundee
1, Aberdeen 526 pts; 2, Inverness 512 pts; 3, Moray 437 pts; 4, Tayside 386 pts. LJ W Stark (Aber) 6.27m (record).
N E Girls League
1, Aberdeen 197 pts; 2, DHH 168 pts; 3, Arbroath 160 pts.
Colts (V/11) League
1, Aberdeen 121 pts; 2, Arbroath 99.5 pts; 3, Moray 94 pts.

16

JSB Plumbing Forth Valley Young Athletes League Division 1 at Grangemouth
1, Pitreavie 308 pts; 2, Hammeny 275 pts; 3, equal FVH and CPH/EWM both 256 pts; 5, EAC 233 pts; 6, Penicuik 149 pts.
Division 2 at Livingston 1, Lochgelly 351 pts; 2, Livingston 235 pts; 3, Lasswade 234 pts; 4, Corstorphine 225 pts; 5, Linlithgow 136 pts; 6, Bo'ness 135 pts.

19

Woolworths Scottish Young Athletes League, East Division, Grangemouth
Division 1. 1, Pitreavie 390 pts; 2, Black Isle 383.5pts; 3, Central Region 327.5pts; 4, CPH 285 pts; 5, Perth (S H) 252 pts; 6, EAC 238 pts. Man of the Match B Robb (Pit) s Boy SP 15.31m (rec); DT 39.30m (rec).
Division 2. 1, FVH 381 pts; 2, Fife 380 pts; 3,

I Prity (D) 50-8; 2, J McFadyen (S) 50-8; 3, C Sanders (St A) 51-5; MEN 800 1, E Calvert (S) 1-58-0; 2, K Leitch (Fife) 2-00-6; 3, P Fettes (G) 2-02-6; 1500 1, G Stewart (G) 3-55-9; 2, D Donnet (Guest) 3-58-1; 3, P Mowbray (E) 4-03-2; 4, C Greenhalgh (Jun) (G) 4-07-6; 5000 1, J Garland (Guest) 15-26-4; 2, R Herries (A) 15-28-5; 3, J Pyrah (E) 15-31-7; 4, A Moss (Jun) (St A) 15-44-7. 110H 1, G Smith (HW) 15-2; 2, F McGlynn (St A) 16-7; 3, D Govan (S) 16-7; 4, A Scazzett (HW) 16-7; 400H 1, K Pearson (G) 57-8; 3000 S/C 1, S Burch (E) 9-59-8; 2, D Ball (A) 10-09-2; 3, D Sharkey (A) 10-25-1. 4 x 100R 1, Glasgow 45.7; 2, Aberdeen 46.0; 3, St Andrews 46.7 4 x 400R 1, St Andrews 3-35-8; 2, Edinburgh 3-41-7; 3, Aberdeen 3-43-0. HIGH JUMP 1, A Simpson (E) 1.90m; 2, D Sabris (A) 1.85m; 3, C Wheeler (G) 1.75m POLE VAULT 1, M Hunter (E) 3.800m; 2, A Anderson (G) 3.40m. LONG JUMP 1, D Sabris 6.18m; 2, F Harrison (S) 5.99m; 3, P Gardiner (HW) 5.88m. TRIPLE JUMP 1, I Hally (A) 13.22m; 2, H Watson (G) 13.02m; 3, A Scazzett (HW) 12.38m. S P 1, K Kubota (S) 12.71m; DT 1, K Kubota 41.02m; 2, D Allan (G) 36.28m; 3, E McKenzie (A) 30.46m. HT 1, D Allan 51.72m. JT 1, J Grant (St A) 58.82m; 2, A Kembo (HW) 46.92m; 3, A Anderson 43.10m. WOMEN 100 1, N Barr (HW) 13-4. 200 1, C Hunter (St A) 30-7. 400 1, A Potts (S) 60-9; 2, E Grant (HW) 63.00. 800 1, S Edmonds (E) 2-21-5; 2, K McMillan (E) 2-34-6. 1500 1, A Potts 4-44-2; 2, S Edmonds 4-44-5; 3, F Lottian (St A) 4-58-3. 3000 1, F Lottian (St A) 10-43-1; 2, C Fairweather (S) 11-08-5; 3, T Brindley (A) 11-24-9. 100H 1, S Richmond (G) 11-4-9. 400H 1, L Silver (D) 62-3; 2, B Krueckel (E) 65.2. 40100R 1, Strathclyde 59.8; 2, St Andrews 4-28-0; 2, Edinburgh 4-28-5. HJ 1, C Guthrie (S) 1-59m. LJ 1, S Stirling (G) 4.69m. SP 1, H Markhus (G) 10.60m; 2, H McLeod (Stir) 9.93m. DT 1, H Markhus (G) 40.00m (CBP); 2, H McLeod (Stir) 35.68m. JT 1, K Savill (HW) 42-40m (CBP); 2, L Low (HW) 37.70m; 3, M Gavin (HW) 30.82m.

Woolworths Scottish Young Athletes League, North East Division, Caird Park, Dundee
1, Aberdeen 526 pts; 2, Inverness 512 pts; 3, Moray 437 pts; 4, Tayside 386 pts. LJ W Stark (Aber) 6.27m (record).
N E Girls League
1, Aberdeen 197 pts; 2, DHH 168 pts; 3, Arbroath 160 pts.
Colts (V/11) League
1, Aberdeen 121 pts; 2, Arbroath 99.5 pts; 3, Moray 94 pts.

Woolworths Scottish Young Athletes League, North East Division, Caird Park, Dundee
1, Aberdeen 526 pts; 2, Inverness 512 pts; 3, Moray 437 pts; 4, Tayside 386 pts. LJ W Stark (Aber) 6.27m (record).
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1, Aberdeen 197 pts; 2, DHH 168 pts; 3, Arbroath 160 pts.
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1, Aberdeen 121 pts; 2, Arbroath 99.5 pts; 3, Moray 94 pts.

16

JSB Plumbing Forth Valley Young Athletes League Division 1 at Grangemouth
1, Pitreavie 308 pts; 2, Hammeny 275 pts; 3, equal FVH and CPH/EWM both 256 pts; 5, EAC 233 pts; 6, Penicuik 149 pts.
Division 2 at Livingston 1, Lochgelly 351 pts; 2, Livingston 235 pts; 3, Lasswade 234 pts; 4, Corstorphine 225 pts; 5, Linlithgow 136 pts; 6, Bo'ness 135 pts.

19

Woolworths Scottish Young Athletes League, East Division, Grangemouth
Division 1. 1, Pitreavie 390 pts; 2, Black Isle 383.5pts; 3, Central Region 327.5pts; 4, CPH 285 pts; 5, Perth (S H) 252 pts; 6, EAC 238 pts. Man of the Match B Robb (Pit) s Boy SP 15.31m (rec); DT 39.30m (rec).
Division 2. 1, FVH 381 pts; 2, Fife 380 pts; 3,

Livingston 296 pts; 4, Hammeny 251 pts; 5, Airdrie 186 pts; 6, Lasswade 157 pts. Man of the Match J Michie (Fife) Youth 100H 15-1; LJ 5.50m; 500 55-4.

Border Athletic League, Tweedbank Stadium
1, Melrose 537 pts; 2, Blackhill 502 pts; 3, Teviotdale 458 pts; 4, Eyemouth 242 pts; 5, Berwick 178 pts.
100/200/LJ D Reid (Jun) (B'hill) 11-5/23-3/6-10m; 400 G Purves (B'hill) 51-2. HJ/JT N Robbie (Mel) 1.95m/45.46. Youth 100/400 D Ritchie (Mel) 11.9/54.0; DTR Hislop (Mel) 30-34m.

Bank of Scotland Scottish Womens Athletic League
Division 1 at Coatbridge 1, City of Glasgow 347 pts; 2, EWM 336 pts; 3, Aberdeen 314 pts; 4, BT Pitreavie 223 pts; 5, EAC 215 pts; 6, Central Region 174 pts.
100 1, A McGilivray (EWM) 11-7; 2, K Leys (Aber) 12-1; 3, M Baxter (COG) 12-3; 'B' 1, L Paterson (Aber) 12-3. 200 (+3.5m/s) 1, L Paterson 25.4; 2, F Calder (COG) 25.6; 3, L Kinghorn (EWM) 26-7; 'B' 1, K Leys 25-3; 2, L McCulloch (EWM) 26-1. 400 1, W Steele (EWM) 56-7; 2, M Anderson (EAC) 59-2; 3, S Hendry (Aber) 60-4; 'B' 1, K Collins (Aber) 59-0. 800 1, J Stewart (COG) 2-18-3; 2, S Wood (EWM) 2-18-8; 'B' 1, C Sharp; (COG) 2-18-0. 1500 1, C Gray (EAC) 4-44-2; 2, V Blair (EWM) 4-51-9; 3, E Cochrane (COG) 5-00-4. 3000 1, C Fairweather (COG) 10-57-8; 2, F Kay (EAC) 11-28-5. 3000 1, C Fairweather (COG) 10-57-8; 2, F Kay (EAC) 11-28-5; 3, J Fraser (Aber) 11-43-7. 100H (+3.7m/s) 1, L McCulloch (EWM) 14-3; 2, S Richmond (Pit) 14-5; 3, G Murchie (Aber) 15-6. 400H 1, H Edgar (EWM) 64-1; 2, J Lowe (COG) 65.5. 4 x 100R 1, COG 49-6; 2, Aberdeen 49-7; 3, EWM 49-8. 4 x 400R 1, EWM 3-58-0; 2, COG 4-04-7; 3, EAC 4-11-0; 4, Aberdeen 4-11-9. HJ 1, R Pinkerton (COG) 1-70m; 2, B Phillip (Aber) 1-60m; 3, L McMillan (EWM) 1-50m; 4, J Yule (Pit) 1-50m; 'B' 1, H Pirie (Aber) 1-50m. LJ 1, C Black (EWM) 5.72m; 2, L Davidson (Aber) 5-55m; 3, G Sparkie (EAC) 4-96m; 'B' 1, L McMillan 5-23m. SP 1, H Cowe (Aber) 14-03m; 2, M Anderson 13-26m; 3, D Sutherland (EWM) 10-60m; 'B' 1, L Low (EAC) 10-44m. DT 1, H Cowe 42.66m; 2, C Cameron (COG) 39-90m; 3, L Adams (Pit) 35.62m; 'B' 1, S Freebain (COG) 38-10m; 2, E Garden (Pit) 32-46m.

Inter: 100 (+1.1 m/s) 1, S Dudgeon (EAC) 12-2; 200 1, S Paterson 25-7; 3, F Hutchison 26-1. 800 1, I Linaker (Pit) 2-14-7; 2, G Fowler (COG) 2-21-2; 3, K Gormley (EWM) 2-23-4; 4, L Stewart (EAC) 2-26-0. 'B' 1, C Simpson (EAC) 2-23-6; 2, L Moody (COG) 2-27-7. 80H (+2.8m/s) 1, C Burr (EWM) 12-0; 2, E Wynn (COG) 12-7; 'B' (+1.4 m/s) 1, K McNamee (COG) 12-1; 2, J Gardner (EWM) 12-3; 4 x 100R 1, COG 50-2; 2, EWM 51-3; 3, Aberdeen 52-2. LJ: S Still (Aber) 5.20m; 2, P Anderson (COG) 5.16m; 3, M Ward (EAC) 5.06m; 'B' 1, S Dudgeon 5.02m; 2, D Quince (Aber) 4.95m; SP 1, E Gordon (Pit) 11.29m; 2, L Munro (EWM) 9.88m.
Girls 100 (+0.3m/s) 1, N Hynd (Pit) 12-7; 2, G Hegney (COG) 13-0; 'B' C Rose (Pit) 13-0; 200 (+0.3m/s) 1, N Hynd 26-3; 2, L McConnell (COG) 26-7; 3, L Dodds (EAC) 27-3; 'B' (+3.9m/s) 1, S Orr (COG) 27-4; 800 1, L Frickleton (CReg) 2-22-8; 2, J Forsyth (Pit) 2-24-6; 3, P Crawley (COG) 2-25-6; 1500 1, S Scott (COG) 5-01-1; 2, J Ward (Pit) 5-02-7; 3, K Montador (CReg) 5-03-5; 'B' 1, H Steadman (Pit) 5-05-2; 75 (+4.7m/s) 1, S Moxey (EWM) 11-7; 2, F Donald (COG) 12-6; 3, L Kirk (CReg) 12-9; 'B' (+4.1 m/s) 1, L Livingstone (EWM) 12-2; 2, J Reid (Aber) 12-3; 4 x 100 R

Scottish and North West League (2nd Meeting)
Division 1 at Dumfries: 1, Ayr Seaforth 1016 pt (16 league points); 2, Hammeny 1014 pt (14); 3, Victoria Park 1009 1/2 pt (7); 4, Nith Valley 990 1/2 pt (8); 5, Cumnock 982 1/2 pt (10); 6, Derwent 954 1/2 pt (7); 7, Kilbarchan 910 pt (4); 8, EWM/CPH 832 pt (5).
400 H D McRae (Ayr) 54.7 (equal record).
Division 2 at Dam Park, Ayr: 1, Irvine Cable 1068 1/2 pt (15); 2, Law 1015 1/2 pt (15); 3, Dumfries 996 pt (11); 4, Helensburgh 904 pt (11); 5, Livingston 895 1/2 pt (6); 6, J W Kilnarmock 856 pt (7); 7, Kirk Olympians 839 1/2 pt (5); 8, Avonside 794 pt (2); Intermediate DT J Robin (Helen) 40.06m (record).
Division 3 at Meadowbank: 1, Cumbernauld 988 1/2 pt (16); 2, Netherhall 981 1/2 pt (14); 3, Lasswade 978 1/2 pt (10); 4, Carlisle 959 1/2 pt (11); 5, Melrose 898 1/2 pt (7); 6, Penicuik 857 1/2 pt (8); 7, Springburn/Strathkelvin 854 pt (3); 8, Stewarty 816 pt (3).
Division 4 at Wishaw: 1, East Kilbride 955 pt (15); 2, Lochgelly 925 pt (13); 3, Airdrie 912 pt (14); 4, Annan 853 pt (9); 5, Spargo Valley 848 pt (9); 6, Larkhall 816 pt (6); 7, L & L Track Club 649 pt (4); 8, Bathgate 439 pt (2).

SNW League Results
Division 5 at Coatbridge: 1, COG/Shettleston 1126 pt (14); 2, FVH 1050 (15); 3, Teviotdale 950 pt (13); 4, Workington 684 pt (10); 5, Loudon 639 pt (8); 6, Stonehouse 594 pt (6); 7, Hamilton 381 pt (4); 8, Musselburgh 203 pt (2).
Division 6 at Coatbridge: 1, Corstorphine 982 pt (15); 2, Cockermouth 968 pt (15); Giffnock North 854 pt (12); 4, Whittemoss 617 pt (9); 5, Seaton 584 pt (9).
Bank of Scotland North East League, Chris Anderson Stadium, Aberdeen
MEN 1, Aberdeen 4532 pt; 2, Inverness 347 1/2 pt; 3, Fife 276 1/2 pt; 4, Dundee HH 247 pt; 5, Tayside 221 pt; 6, Perth SH 218 pt; 100 M King (Ab) 11.1; 400 G McDowall (In) 51.3; 400 H M Davidson (Ab) 52.7 (record); LJ D Sabnes (Ab) 6.79m; Youth 400 H B Middleton (Ab) 57.2 (record).
WOMEN 1, Aberdeen 292 pt; 2, Inverness 209 pt; 3, Dundee HH 186 pt; 4, Perth SH 151 pt; 5, Tayside 136 pt; 6, Fife 129 pt; 400/400 H L Silver (DHH) 58.8 / 62.2 (record).
Grampian Television League
East Division at Banchory:
MEN 1, Moray 482 pt; 2, Aberdeen 407 pt; 3, Arbroath 382 pt; 4, Banchory 278 pt; 5, Peterhead 225 pt; 6, Montrose 90 pt; 7, Ellon 29 pt.
WOMEN 1, Arbroath 333 pt; 2, Aberdeen 307 1/2 pt; 3, Banchory 276 pt; 4, Moray 253 1/2 pt; 5, Ellon 87 pt; 6, Peterhead 73 pt; 7, Montrose 44 pt; DT H Crowe (Aber) 41.08m (record).
North Division at Queens Park Stadium, Inverness
MEN 1, Minolta Black Isle 487 pt; 2, Caithness 332 pt; 3, Fraserburgh 310 pt; 4, Naim 304 pt; 5, Forres 242 pt; 6, Elgin 90 pt.
WOMEN 1, Caithness 388 pt; 2, Minolta Black Isle 325 pt; 3, Fraserburgh 253 pt; 4, Naim 246 pt; 5, Forres 186 pt..

1, COG 52.9; 2, Pitreavie 54.1; 3, EWM 54.4; 4, C Region 54.5; Field Events HJ 1, J Wright (Pit) 1.50m; LJ L McConnell (COG) 4.96m; SP 1, N Dholival (COG) 10.84m; 2, C Gordon (Pit) 10.64m; DT 1, C Gordon 39.00m (record); 2, N Dholival 35.38m.
Minors 100 (+1.5 m/s) 1, P Thomson (EWM) 13.6; 2, C Pine (Aber) 13.7; 200 (+5.0 m/s

performances: 7, C Morris 13-00; 14, C Clark 13-23; 16, C Vetrano 13-28; 17, Scott 13-30; 19, H Stoddart 13-37; 20, J Tonner 13-56; 22, I McLatchie 14-06; 23, C McCluskie 14-07.

Teams: 1, England 21 pts; 2, Wales 79; 3, Scotland 93

British Police CC Champs, Balgownie Playing Fields, Aberdeen

Men 10,000m: 1, M Hickin (Met) 31-22; 2, N Schofield (GMC) 31-35; 3, I Campbell (Met) 31-38.

Teams: 1, Metropolitan 74 pts; 2, Greater Manchester; 3, Sussex 151

Vets: 1, S O'Callaghan (WY) 33-05

Teams: 1, West Yorks 2561/2 pts; 2, Strathclyde 257 (T Peirce 66; J Harper 84; N Scott 107)

Women 5,000m: 1, S Gollan (North) 16-54 (3rd win in a row); 2, C Houghton (Kent) 17-42; 3, P Trost (Met) 18-05

Team: 1, Hampshire 22 pts.

April

25

Scottish Power Primary Schools Cross Country Championships

SEN Boys Primary 7 A to M split race

1, C Barnaby (Inver) 6:58; 2, G MacGregor (G Watsons) 7:01; 3, P Watson (Lawmuir) 7:08; 4, F McHardie (Alva) 7:09; 5, O Greene (Lawhead) 7:15; 6, G Lawrence (Braidbar) 7:19; 7, S Muir-Simpson (Cargillfield) 7:20; 8, R McQueen (Canongate) 7:21; 9, G Souter (Lenzie) 7:22; 10, S McLean (Conon Bridge) 7:23; 11, J Fyfe (Dingwall) 7:23; 12, A Johnston (Kinross) 7:25; 13, A Broadbent (Holm) 7:27; 14, W Bell (Lawmuir) 7:28; 15, S Gilliland (Giffnock) 7:29.

Teams: 1, Canongate 50; 2, Lawmuir 61; 3, Dingwall 72; 4, Braidbar 94; 5, Giffnock 97; 6, Hutchisons 97; 7, Braidbar 101; 8, Kinross 108; 9, Glasgow High 117; 10, Lawhead 143.

SEN Boys Primary 7 M to W split race

1, D Cumming (Newmachar) 7:06; 2, D Melville (Maryburgh) 7:11; 3, C Pratt (Millingavie) 7:13; 4, C Houston (Mauricewood) 7:14; 5, J Lafferty (Lochee) 7:17; 6, M Jamieson (St Matthew's) 7:18; 7, G Brown (Sinclairtown) 7:18; 8, C Quigley (St Matthews) 7:23; 9, E McLoone (St Machan's) 7:26; 10, B Smart (Newfield) 7:26; 11, C Kintrea (Q. Victoria) 7:28; 12, S Owens (St Matthew's) 7:29; 13, S Fyfe (Westerton) 7:30; 14, S Mathieson (Newmachar) 7:32; 15, M Orr (St Joseph's) 7:34.

Teams: 1, St Matthew's 38; 2, St Machan's 46; 3, St Joseph's 59; 4, Robert Gordon's 84; 5, Merchiston Castle 93; 6, Q Victoria 100; 7, St Matthew's 110; 8, Millingavie 117; 9, St Combs 145; 10, St David's 151.

JUN Boys Primary 6

1, M Stephen (Fraserburgh) 7:17; 2, K Brown (Lawmuir) 7:24; 3, C Baillie (Gavinburn) 7:30; 4, Allan Fraser (Aberdeen) 7:33; 5, D Ferris (Lawmuir) 7:36; 6, B Wilson (Quarryhill) 7:38; 7, A Christie (Stewarts Melville) 7:39; 8, F Wood (Hope) 7:40; 9, S Breatlin (St Matthew's) 7:41; 10, J McDonald (St Matthew's) 7:44; 11, D Boyle (St Matthew's) 7:44; 12, A Wyllie (Tarradale) 7:45; 13, D Sweetman (George Watson's) 7:46; 14, G Mackin (Glasgow Academy) 7:47; 15, L Juskowiak (St Columba's) 7:49.

Teams: 1, St Matthew's 30; 2, Lawmuir 31; 3, Stitches 69; 4, Stewarts Melville 78; 5, Morrison's 93; 6, Glasgow Academy 105; 7, Kelvinside Academy 138; 8, Macduff 159; 9, George Watson's 167; 10, Hillside 178.

SEN Girls Primary 7 - Individuals 1, J

McLean (Strichen) 7:19; 2, C Linden (St David's) 7:26; 3, L Harrison (Westburn) 7:28; 4, H Tulloch (Stromness) 7:37; 5, L Conway (Crosshill) 7:40; 6, D McMorran 7:43; 7, C Thompson (Maxwellton) 7:48; 8, S McCarron (Whitfield) 7:56; 9, H Baker (Morrison's) 7:57; 10, S Paterson (Pitceathie) 7:57; 11, F Menzies (Wallace) 7:58; 12, J Ross (Killerment) 7:59; 13, Z Richardson (Kinross) 8:00; 14, L Wigham (Lenzie) 8:02; 15, A Church (St Patrick's) 8:06.

Teams: 1, Maxwellton 40; 2, St Brigid's 99; 3, Mosshead 131; 4, St Matthew's 136; 5, Lenzie 170; 6, Millingavie 170; 7, Killemtown 173; 8, Conon Bridge 189; 9, Glasgow High 190; 10, George Watson's 194.

JUN Girls Primary 6 - Individuals 1, H

Norman (Aberdour) 7:38; 2, C McIlhatton (St David's) 7:44; 3, L Campbell (Conon Bridge) 7:48; 4, G Kyles (Whitfield) 7:52; 5, M Eadie (St David's) 7:54; 6, C Curtis (Burntisland) 7:55; 7, K Montador (Claremont) 8:00; 8, L Murdoch (Crosshill) 8:02; 9, I McAllister (Lawmuir) 8:05; 10, C Johnston (Dunbar) 8:06; 11, I Ross (Bonar Bridge) 8:11; 12, R Gibson (Dean Park) 8:13; 13, K Gourlay (Mill of Mains) 8:17; 14, K Bryant (Abbey) 8:18; 15, C McShane (Pennyland) 8:20.

Teams: 1, Conon Bridge 47; 2, St David's 48; 3, Pennyland 65; 4, Lawmuir 79; 5, Dunbar 85; 6, Craighill 108; 7, St Margaret's 149; 8, St Columba's 168; 9, Robert Gordon's 201; 10, Morrison's Academy 210.



March

15

Inverness Peoples 1/2 Marathon

1, A Reid (Pet) 66:38; 2, C Hasketh (DHH) 66:39; 3, S Axon (HBT) 67:42; 4, T Thomson (Ct) 68:22; 5, R Simpson (Com) 69:34; 6, R Taylor (Met) 70:04; 7, K Vamey (Met) 70:06; 8, S Cassella (Ab) 70:49; 9, G Sim VI (Mor) 70:49; 10, J Baird (HELP) 71:05; 11, D Armour (Car) 71:29; 12, G Fairlie (Nai) 71:41; 13, W Adams V2 (Ab) 71:53; 14, D Cruickshank (For) 71:54; 15, A Stephenson (Car) 72:04; 16, R Mardie (Mory) 72:14; 17, S Borland (DHH) 73:18; 18, P Jennings (Met) 73:37; 19, S Proctor (ESP) 73:39; 20, S Green (Uni) 73:42. VO/45 1, D Ritchie (For) 74:24; 2, G Mitchell (Inv) 74:34.

Teams: 1, St Matthew's 38; 2, St Machan's 46; 3, St Joseph's 59; 4, Robert Gordon's 84; 5, Merchiston Castle 93; 6, Q Victoria 100; 7, St Matthew's 110; 8, Millingavie 117; 9, St Combs 145; 10, St David's 151.

JUN Boys Primary 6

1, M Stephen (Fraserburgh) 7:17; 2, K Brown (Lawmuir) 7:24; 3, C Baillie (Gavinburn) 7:30; 4, Allan Fraser (Aberdeen) 7:33; 5, D Ferris (Lawmuir) 7:36; 6, B Wilson (Quarryhill) 7:38; 7, A Christie (Stewarts Melville) 7:39; 8, F Wood (Hope) 7:40; 9, S Breatlin (St Matthew's) 7:41; 10, J McDonald (St Matthew's) 7:44; 11, D Boyle (St Matthew's) 7:44; 12, A Wyllie (Tarradale) 7:45; 13, D Sweetman (George Watson's) 7:46; 14, G Mackin (Glasgow Academy) 7:47; 15, L Juskowiak (St Columba's) 7:49.

Teams: 1, St Matthew's 30; 2, Lawmuir 31; 3, Stitches 69; 4, Stewarts Melville 78; 5, Morrison's 93; 6, Glasgow Academy 105; 7, Kelvinside Academy 138; 8, Macduff 159; 9, George Watson's 167; 10, Hillside 178.

SEN Girls Primary 7 - Individuals 1, J

McLean (Strichen) 7:19; 2, C Linden (St David's) 7:26; 3, L Harrison (Westburn) 7:28; 4, H Tulloch (Stromness) 7:37; 5, L Conway (Crosshill) 7:40; 6, D McMorran 7:43; 7, C Thompson (Maxwellton) 7:48; 8, S McCarron (Whitfield) 7:56; 9, H Baker (Morrison's) 7:57; 10, S Paterson (Pitceathie) 7:57; 11, F Menzies (Wallace) 7:58; 12, J Ross (Killerment) 7:59; 13, Z Richardson (Kinross) 8:00; 14, L Wigham (Lenzie) 8:02; 15, A Church (St Patrick's) 8:06.

Teams: 1, Maxwellton 40; 2, St Brigid's 99; 3, Mosshead 131; 4, St Matthew's 136; 5, Lenzie 170; 6, Millingavie 170; 7, Killemtown 173; 8, Conon Bridge 189; 9, Glasgow High 190; 10, George Watson's 194.

JUN Girls Primary 6 - Individuals 1, H

Norman (Aberdour) 7:38; 2, C McIlhatton (St David's) 7:44; 3, L Campbell (Conon Bridge) 7:48; 4, G Kyles (Whitfield) 7:52; 5, M Eadie (St David's) 7:54; 6, C Curtis (Burntisland) 7:55; 7, K Montador (Claremont) 8:00; 8, L Murdoch (Crosshill) 8:02; 9, I McAllister (Lawmuir) 8:05; 10, C Johnston (Dunbar) 8:06; 11, I Ross (Bonar Bridge) 8:11; 12, R Gibson (Dean Park) 8:13; 13, K Gourlay (Mill of Mains) 8:17; 14, K Bryant (Abbey) 8:18; 15, C McShane (Pennyland) 8:20.

Teams: 1, Conon Bridge 47; 2, St David's 48; 3, Pennyland 65; 4, Lawmuir 79; 5, Dunbar 85; 6, Craighill 108; 7, St Margaret's 149; 8, St Columba's 168; 9, Robert Gordon's 201; 10, Morrison's Academy 210.

SEN Boys Primary 7 A to M split race

1, C Barnaby (Inver) 6:58; 2, G MacGregor (G Watsons) 7:01; 3, P Watson (Lawmuir) 7:08; 4, F McHardie (Alva) 7:09; 5, O Greene (Lawhead) 7:15; 6, G Lawrence (Braidbar) 7:19; 7, S Muir-Simpson (Cargillfield) 7:20; 8, R McQueen (Canongate) 7:21; 9, G Souter (Lenzie) 7:22; 10, S McLean (Conon Bridge) 7:23; 11, J Fyfe (Dingwall) 7:23; 12, A Johnston (Kinross) 7:25; 13, A Broadbent (Holm) 7:27; 14, W Bell (Lawmuir) 7:28; 15, S Gilliland (Giffnock) 7:29.

Teams: 1, Canongate 50; 2, Lawmuir 61; 3, Dingwall 72; 4, Braidbar 94; 5, Giffnock 97; 6, Hutchisons 97; 7, Braidbar 101; 8, Kinross 108; 9, Glasgow High 117; 10, Lawhead 143.

SEN Boys Primary 7 M to W split race

1, D Cumming (Newmachar) 7:06; 2, D Melville (Maryburgh) 7:11; 3, C Pratt (Millingavie) 7:13; 4, C Houston (Mauricewood) 7:14; 5, J Lafferty (Lochee) 7:17; 6, M Jamieson (St Matthew's) 7:18; 7, G Brown (Sinclairtown) 7:18; 8, C Quigley (St Matthews) 7:23; 9, E McLoone (St Machan's) 7:26; 10, B Smart (Newfield) 7:26; 11, C Kintrea (Q. Victoria) 7:28; 12, S Owens (St Matthew's) 7:29; 13, S Fyfe (Westerton) 7:30; 14, S Mathieson (Newmachar) 7:32; 15, M Orr (St Joseph's) 7:34.

Teams: 1, St Matthew's 38; 2, St Machan's 46; 3, St Joseph's 59; 4, Robert Gordon's 84; 5, Merchiston Castle 93; 6, Q Victoria 100; 7, St Matthew's 110; 8, Millingavie 117; 9, St Combs 145; 10, St David's 151.

JUN Boys Primary 6

1, M Stephen (Fraserburgh) 7:17; 2, K Brown (Lawmuir) 7:24; 3, C Baillie (Gavinburn) 7:30; 4, Allan Fraser (Aberdeen) 7:33; 5, D Ferris (Lawmuir) 7:36; 6, B Wilson (Quarryhill) 7:38; 7, A Christie (Stewarts Melville) 7:39; 8, F Wood (Hope) 7:40; 9, S Breatlin (St Matthew's) 7:41; 10, J McDonald (St Matthew's) 7:44; 11, D Boyle (St Matthew's) 7:44; 12, A Wyllie (Tarradale) 7:45; 13, D Sweetman (George Watson's) 7:46; 14, G Mackin (Glasgow Academy) 7:47; 15, L Juskowiak (St Columba's) 7:49.

Teams: 1, St Matthew's 30; 2, Lawmuir 31; 3, Stitches 69; 4, Stewarts Melville 78; 5, Morrison's 93; 6, Glasgow Academy 105; 7, Kelvinside Academy 138; 8, Macduff 159; 9, George Watson's 167; 10, Hillside 178.

SEN Girls Primary 7 - Individuals 1, J

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Alloa Advertiser 1/2 Marathon, Alloa (850 ran)

1, A Robson (ERC) 66:49; 2, I Brown (FVH) 67:19; 3, D Ruggles (Canada) 67:25; 4, M Gormley (Cam) 68:06; 5, W Weir (Moth) 69:08; 6, K Moss VI (Chorl) 69:24; 7, M Grealley (Rit) 69:40; 8, G Lightbody (ESP) 69:45; 9, M Coyne (ERC) 69:51; 10, K Chapman (HELP) 70:05; 11, R Lippit (Pi) 71:10; 12, A Stewart (Ayr) 71:27; 13, D McMillan (FVH) 71:58; 14, D Macgregor V20/50 (FVH) 72:11; 15, G Tenney (Kil) 72:22; 16, A Martin U3 (Fif) 72:46; 17, P Baxter (Pi) 72:50; 18, W Scally V4 0/50 (She) 72:53; 19, R Jardine (BRC) 72:54; 20, J Douglas (Ct) 73:01; 21, A Stephenson (Com) 73:25; 22, J Brown (Cam) 73:34; 23, J Forte (HELP) 73:45; 24, J Smith V5 (HELP) 73:49; 25, R Hubbard (Ayr) 74:00; 26, A McDonald (KO) 74:13; 27, R Milton (Ca) 74:16; 28, J Bates (Cam) 74:18; 29, I Stewart (CA) 74:21; 30, A Stirling Vr (BRC) 74:27; 31, J McMillan 40M (Kil) 75:26; 32, A Duncan 43M (Rit) 76:30; 33, V O'Donnell 47M (FVH) 77:42; 34, A Nicol 48M (Ct) 77:48. **Teams:** 1, Cambuslang 32 pts; 2, Pitreavie 35; 3, FVH 50; 4, J Stevenson LV1 (FVH) 9:46; 5, E McKay (She) 1:22:24; 6, J Armstrong LV2 (GN) 1:24:26; 7, J Harvey (CG) 1:25:09; 8, A Wilson (DHH) 1:25:17; 9, L Barclay (Pi) 1:27:12; 10, C Cadger LV4 (PSH) 1:31:36; 11, A Paterson (Pi) 1:32:28; 12, F Blair (Un) 1:33:14; 13, I Morrison (Un) 1:33:37; 14, O/SOI, G Wainwright 1:55:18; 15, I Fordyce (GN) 1:59:40; 16, R Andrews (Un) 77:57; 17, R Campbell (Un) 84:57; 18, A Smith 85:50; 19, V O/SOI, T King (DRR) 85:14; 20, D Munroe (Un) 89:45; 21, A Nicholson (Un) 91:16; 22, E McBrinn (She) 1:20:29; 23, N Robertson LV1 (DRR) 1:24:57; 24, S Clive (HBT) 1:28:40; 25, M Adamson LV2 (Inv) 1:30:28; 26, S Clarke LV3 (Un) 1:30:56; 27, S Bennett (Un) 1:31:52; 28, L Coleman (Garioch) 1:34:13; 29, R McKay (Un) 1:36:23; 30, L McGill (DRR) 1:37:14; 31, LV045 M Lorimer (Un) 1:37:21; 32, LV050 C Crystal (Loch) 2:02:00. **Women's Teams:** 1, Dundee RR 814 pts; 2, Carnegie 1283.

Scottish Motor Neurone 4 mile RR, Strathclyde Park

Men: 1, P Russell (EK) 21-02; 2, S Kennedy (Gla) 21-26; 3, G Dickson (Cum) 26-12

Women: 1, M Gemmell (B'briggs) 23-11; 2, U/16 years: C Craig (Str) 27-30; 3, Vet: L Curley (EK) 26-46

Tom Scott Memorial 10 mile RR, Law Village to Strathclyde Park, Motherwell

1, M Carroll (Ann) 48-05; 2, C Thomson (Cam) 48-54; 3, B Kirkwood (ERC) 49-04; 4, A Russell (Law) 50-31; 5, J Quinn (Cam) 50-50; 6, D Frame (Law) 51-14; 7, C Youngson V1 (Ab) 51-21; 8, C McDougall V2 (Sal) 51-35; 9, A Little (She) 51-54; 10, K Rankin (FVH) 52-07; 11, W Dickson (Law) 52-08; 12, F Hurley (Cam) 52-10; 13, A Conway (Liv) 52-14; 14, R Mardie (MH) 52-36; 15, J Ferguson (Dum) 52-39; 16, T Martin V3 (Fif) 52-43; 17, P Walsh (Dum) 52-47; 18, J Young (Ayr) 53-04; 19, D Thom (Cam) 53-05; 20, R Young V4 (Cly) 53-11; 21, A Stirling V5 (BRC) 53-12; 22, A Peluz Anderson (SU) 53-15; 23, A Adams (VP) 53-20; 24, A Adams V6 53-26; 25, A Crombie (Fif) 53-31; 26, C Martin V7 (Dum) 53-42; 27, I Airdie (GN) 53-45; 28, A Robertson (Cam) 53-52; 29, J Hamratty (Cly) 53-53; 30, C Kinnear (Dum) 53-55; 31, A McMillan V8 (Law) 54-09; 32, G Reid (EK) 54-13; 33, G McKie (She) 54-21; 34, J MacMillan (EK) 54-41; 35, C Bradshaw (She) 54-31; 36, J McMillan V9 (Kil) 54-41; 37, G McIntyre (Fif) 54-42; 38, P Laing (Sp) 54-47; 39, W Glasgow (GN) 54-54; 40, J McCormow V10 (MYM) 54-57; 41, J Brockett (Bell YM) 54-59; 42, S Higgins (Cam) 55-00; 43, D Fairweather VII (Cam) 55-05; 44, D Gilmour (Gar) 55-12; 45, J Doyle (VP) 55-17; 46, W Scouler V12 (Law) 55-21; 47, W Mitchell V13 (Cam) 55-24; 48, F Caldwell (Dum) 55-28; 49, P Smith V14 (Cum) 55-43. **Teams:** 1, Law 16 pts; 2, Cambuslang 35; 3, Shettleston 80; 4, Fife 81; 5, Dumfries RC 102; 6, Law 'B' 116; 7, Motherwell 128; 8, Giffnock North 131.

SVHC CHAMP 0/40: 1, C Youngson; 2, C McDougall; 3, T Martin. 0/45: 1, R Young; 2, A Adams; 3, C Martin; 0/50: 1, I Leggett (Liv) 56-19; 2, R Brennan (Cam) 57-00; 3, R Rotchford (Sp) 57-21; 0/50: 1, J Irvine (Bel) 58-02; 2, A Shaw (GN) 60-43; 3, W Spark (Liv) 62-28; 0/60: 1, W Stoddart (GWH) 57-38; 2, H Gibson (Ham) 61-03; 3, S Lawson (MH) 63-59. **Vet teams:** 1, Cambuslang 157 pts; 2, Aberdeen 171; 3, Law 195.

L1: S Branney LV1 (CG) 58-56; 12, V

Vaughan (Pi) 86:58; 14, L E McBrinn (She) 108:59; 15, J Salzona (Liv) 121:60; 16, L S McAlrose LV (SUHC) 126:60; 17, L Kay (ERC) 36-38; 18, R Martin (For) 37-17; 19, T Calder LV1 (ESP) 36-37; 20, K Fisher (AP) 38-47; 21, A Douglas (AHD) 40-55; 22, M Drybrough (Pen) 42-11.

Dunbar Boundary Chase 10K -

Men: 1, A Robson (RCE) 31-03; 2, J Ross (HELP) 31-16; 3, K Chapman (HELP) 32-40; 4, C Law (Cam) 32-40; 5, J Graham (ERC) 32-55; 6, J Beard (HELP) 33-14; 7, I Taylor (Cam) 33-35; 8, R Thomas (HBT) 33-44; 9, S Hogg (Cam) 33-54; 10, D Forrest (Cam) 34-05; 11, P Morrison (Car) 34-18; 12, D Slyth (ESP) 34-21; 13, J Forte (HELP) 34-22; 14, N Renton (Gala) 34-52; 15, S Wallace (V1) (HELP) 35:01; 16, H Lorimer (Lough) 35-12; 17, C Scott (ESP) 35-27; 18, M Colligan (Un) 35-36; 19, A Jenkins (HBT) 35-39; 20, T Smith (Eye) 35-43; 21, V2 J Gavin (Tev) 35-48; 22, V3 L Kay (ERC) 36-38; 23, V4 R Martin (For) 37-17; 24, T Calder LV1 (ESP) 36-37; 25, K Fisher (AP) 38-47; 26, A Douglas (AHD) 40-55; 27, M Drybrough (Pen) 42-11.

Women's teams: 1, City of Glasgow 409 pts;

(Car) 33-35; 8, R Thomas (HBT) 33-44; 9, S Hogg (Car) 35-54; 10, D Forrest (Car) 34-05; 11, P Morrison (Cam) 34-18; 12, D Slyth (ESP) 34-21; 13, J Forte (HELP) 34-22; 14, N Renton (Gala) 34-52; 15, S Wallace (V1) (HELP) 35:01; 16, H Lorimer (Lough) 35-12; 17, C Scott (ESP) 35-27; 18, M Colligan (Un) 35-36; 19, A Jenkins (HBT) 35-39; 20, T Smith (Eye) 35-43; 21, V2 J Gavin (Tev) 35-48; 22, V3 L Kay (ERC) 36-38; 23, V4 R Martin (For) 37-17; 24, T Calder LV1 (ESP) 36-37; 25, K Fisher (AP) 38-47; 26, A Douglas (AHD) 40-55; 27, M Drybrough (Pen) 42-11.

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(Car) 33-35; 8, R Thomas (HBT) 33-44; 9, S Hogg (Car) 35-54; 10, D Forrest (Car) 34-05; 11, P Morrison (Cam) 34-18; 12, D Slyth (ESP) 34-21; 13, J Forte (HELP) 34-22; 14, N Renton (Gala) 34-52; 15, S Wallace (V1) (HELP) 35:01; 16, H Lorimer (Lough) 35-12; 17, C Scott (ESP) 35-27; 18, M Colligan (Un) 35-36; 19, A Jenkins (HBT) 35-39; 20, T Smith (Eye) 35-43; 21, V2 J Gavin (Tev) 35-48; 22, V3 L Kay (ERC) 36-38; 23, V4 R Martin (For) 37-17; 24, T Calder LV1 (ESP) 36-37; 25, K Fisher (AP) 38-47; 26, A Douglas (AHD) 40-55; 27, M Drybrough (Pen) 42-11.

Women's teams: 1, City of Glasgow 409 pts;

(Car) 33-35; 8, R Thomas (HBT) 33-44; 9, S Hogg (Car) 35-54; 10, D Forrest (Car) 34-05; 11, P Morrison (Cam) 34-18; 12, D Slyth (ESP) 34-21; 13, J Forte (HELP) 34-22; 14, N Renton (Gala) 34-52; 15, S Wallace (V1) (HELP) 35:01; 16, H Lorimer (L

The Highland Games season has just begun.

Margaret Montgomery previews the action.

IT'S often overlooked in the press, but the Highland Games circuit offers some fine athletics and 1992 looks like being no exception.

This year's amateur Scottish Championships will be held in Inverness on July 11. Last year's champion Mark MacDonald looks likely to retain his title but will face stiff challenge in the form of Lawrie Nisbet.

In 1991 MacDonald was given a practically clear run at the championship owing to Nisbet having torn a muscle in his arm. However, this year Nisbet is looking much stronger and is being tipped to break the current weight for height record (15ft 3" with a 56lb ball).

Another likely contender is Alan Pettigrew, who looks as if he may break the amateur hammer record this summer. The current record of 39.59m was set two years ago by

Pettigrew at Bridge of Allan.

However, he will have to watch that Russell Devine does not get there first. A formidable "heavy", Devine is noted for his strength rather than his technique, but rumour has it he has been working on the latter and the net result could be the record falls to him rather than Pettigrew.

The "young heavies" scheme which was introduced two years ago continues to act as a springboard for the senior champions of the future.

Under the guidance of John Freebairn in the south of Scotland and Ken McDonald in the north, talented heavies-in-the-making are going through their paces at least once a week, training centres for each group being in Inverness and Milngavie.

"The scheme is bringing a lot of youngsters to the sport," says George Spence, convenor of the Highland Games Commission.

"There is always the chance that they might go professional, but with open athletics round the corner this isn't such a worry to us as it would have been a few years ago."

This year's north versus south young heavies' competition is at

the Bridge of Allan Highland Games. Rivalry between the two "warring factions" is likely to be intense, the north seeking revenge



Joe Quigley

for a somewhat unexpected defeat last year.

The professional games circuit is also thriving, attendance at most events being anything between 2000 and 15,000.

"We get a lot of people who turn amateur coming back to the professional side again purely because of the size of the crowds," says the Scottish Games Ass-

ociation's Andrew Rettie. "Even at quite major track and field events you don't get the same size of crowd and the atmosphere that you get at most Highland Games."

Likely contenders for the professional league running events look like being Willie Beattie of Wick in the sprints, and Clive Bell in distances over 600m, with Wayne Macintosh of Kelso a good bet for youths events over 600m.

Championship events up to 400m were dominated in 1991 by Keith Douglas of Jedburgh. Ian Archibald dominated those upwards of 400m and should be hard to beat again this year.

As usual, a number of world class athletes will be competing in the professional heavyweight circuit.

The 1992 World Championships will take place at Callender on July 1 and 2. Competitors to look out for include Californian Jim McGoldrick and Australian Olympic hammer thrower Joe Quigley.

Jim McGoldrick, who is defending champion, is likely to face stiff opposition for the title from Quigley.

Although Quigley just failed to depose McGoldrick from the number one spot last year, he has

GAMES

since shown he more than capable of beating his older rival on a number of occasions, the most notable of these being at the Fergus Games in Ontario, Canada, and at the Santa Rosa Games in America.

Other notable entrants include England's Jamie Reeves and Iceland's Jon Paul Sigmarsson, a duo liable to dominate the caber and the weight for height.

The leading Scottish contender in the 1992 World Series looks set to be Huntly's Gordon Martin.

Tain's George Patience, who previously dominated the home scene is not competing this year, offering a perfect opportunity for the younger man to pick up the mantle.

A good all-rounder, Martin will nonetheless have to watch out for Alastair Gunn (Falkirk) and Kevin Thom (Dalbeattie).

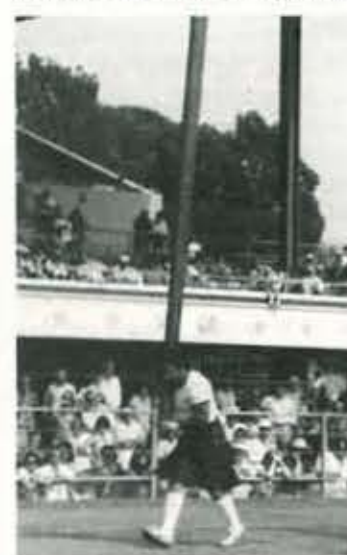
Although he was unable to take it up due to a thumb injury, Thom's performance in last year's World Series earned him an invitation to Santa Rosa.

Other prominent Scots include Peterhead's Francis Bredner and Commonwealth medal winner and Olympic finalist in the hammer, Chris Black.

Eric Irvine, a Commonwealth medallist in the shot putt, is also likely to feature prominently.

According to World Series secretary David Webster, the international circuit is growing in

popularity every year. The television coverage of the World Championships last year and the high media profile of World Series stalwarts such as Jon Paul Sig-



marsson back this up. Whatever pessimists might say about popularity of Highland Games as a whole, heavy events still seem to capture the imagination of the public.

"I'm a great traditionalist but I think the reason the heavy events have endured is that they have been adapted to suit the times," Webster says.

"The event known as 'The

McGlashen Stones of Strength' is a prime example. It's an adaption of an old Scottish test of manhood in which young men were required lift a single stone known as the manhood stone, or 'Clach Cuid Fir', on to a wall to prove manhood.

"The heavies simply substitute stone walls with whisky barrels and the test is to put as many stones as possible on the barrels in a predefined length of time."

Like his colleagues in the amateur side of the sport, Webster thinks open athletics can only improve the level of competition throughout both Highland Games circuits.

"It seems daft that Olympic throwers from other parts of the world can compete at our 'professional' games without jeopardising their status and yet our own top throwers can't," he says.

"Our top amateur throwers are missing out in this respect."

The BAF have agreed to the idea of open athletics in principle and are now awaiting a decision from the IAAF before allowing the SAAA/SWAAA to thrash out the finer details of the idea with the professional side of the sport.

It does, however, seem likely that within the next two years amateurs will be able to compete in professional events and vice versa.

INVERNESS HIGHLAND GAMES

Including 1992 Heavyweight Championships

SATURDAY 11th JULY 1992

at Bught Stadium, Inverness

The Inverness Highland Games includes Athletics Events, male and female up to 800m, Cycling, Heavy Events inc. Scots Hammer and Caber, Tug-of-War, Pipe Band and Northern Open Piping Competition and general family entertainment.

Entry is by the gate: Adults £2.50, Juveniles (Under 16) & OAP's £1.00.

Further details from Inverness District Council Leisure & Recreation Dept, Town House, Inverness IV1 1JJ. Tel. (0463) 239111 Ext. 224.

CUPAR HIGHLAND GAMES

Duffus Park, Cupar, Fife

1.00 p.m. 5th July, 1992.

(Under SAAA, SWAAA, SOHDA, SWCCA, KRA Rules)

PIPING, DANCING, HEAVIES, TUG OF WAR, TRACK & FIELD, REFRESHMENTS AND AMUSEMENTS.

SEC: David Martin,
Edenwoodend,
Cupar, Fife
(0334) 52069
(0334) 54195

Entries to: Jack Weir,
16 Tarvit Ave,
Cupar, Fife
(0334) 53451
(0334) 53215

Trade Stalls:
L. Sharpus-Jones,
Old Largowood Cottages,
(Largowood) 376

GLENURQUHART HIGHLAND GATHERING AND GAMES

(Under SAAA, NDSAAA, SWAAA and SCU Rules)

at DRUMNADROCHIT ON SATURDAY 29th AUGUST 1992

LOCAL EVENTS commence at 11am - OPEN EVENTS at 1.30 p.m.

1 Open Road Race (Strenuous to Drumadrochit, distance 15.5 miles). Leaving Inverness at approx. 12.45pm.

2 Ladies 100 Metres (H of SHGC)

3 Ladies High Jump (Scotch)

4 Ladies 400 Metres (Scotch)

5 Under-18 (Girls) 100 Metres

6 Ladies 200 Metres (Scotch)

7 Ladies 800 Metres (Scotch)

8 Ladies Shot Putt (Scotch)

9 Ladies Long Jump (Scotch)

10 Ladies Relay

11 100 Metres (Handicap)

12 200 Metres (Scotch)

13 400 Metres (Scotch)

14 800 Metres (Scotch)

15 1600 Metres (Handicap)

16 1600 Metres (Handicap)

17 Triple Jump (Scotch)

18 High Jump (H of SHGC)

19 Long Jump

20 Men's Relay

21 Adult Scottish Race (250 Metres)

22 Putting the Shot (16lb)

23 Throwing the Hammer (Scots)

24 Tossing the Caber

25 Throwing 28lb Weight for Distance

26 56lb Weight Over The Bar (H of SHGC)

27 800 Metres (Scotch)

28 1500 Metres (Handicap)

29 300 Metres (H of SHGC)

30 300 Metres (Handicap)

31 800 Metres (Handicap)

32 110 Metres (Handicap)

33 110 Metres (Handicap)

34 110 Metres (Handicap)

35 110 Metres (Handicap)

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THE first weekend in May was looming and 55 Scottish students headed for the British Universities Championships, *writes Gordon Ritchie*.

Cardiff was the destination for one of our most successful championships ever, 17 medals returning north of the border.

The first final was the men's hammer where Scottish hopes rested on the bulky frames of Glasgow's David Allan and Lachie Carter. Allan looked out of touch in the early morning but came good in the last round with a throw of 55.62 to finish second. Carter managed a pb of 48.84 to finish fourth.

The first day belonged to Glasgow, with Jane Fleming winning bronze in the 100m (12.39) before anchoring a scratch relay team to an unexpected silver in the 4 x 100m. Glasgow were the pre-championship favourites, having broken the meeting record last year, but the absence of Mel Neef, Sarah Richmond, and Dawn Burden made it unlikely that they would even have a team. It was only when discus thrower Hilde Markhus was persuaded to run in borrowed spikes that they made it to the start line.

Sunday began with another medal. Edinburgh's German hurdler Brigit Kreuckels came second in the 400m hurdles in 63.13, and might have taken the title had she not demolished the last hurdle.

Strathclyde continued the Scottish success story with two outstanding performances in the 800m. Alison Potts showed good early season form when finishing second in 2-11.26. Meanwhile, John McFadyen who shattered his pb but was just pipped by six hundredths of a second to take the silver in 1-50.89.

Despite the flow of medals and pbs, there were still no titles in the bag. The pole vault put an end to that. The question was not whether a Scot would win, but rather which Scot would win. At the end of the day Iain Black's 4.00 was enough to edge out Adam Anderson (3.90).

While this was going on, Nikki Barr completed the second of her three successes of the weekend when winning the triple jump in a windy 12.17 to become the first native Scot to clear 12.00. This followed her earlier silver in the long jump (5.47) and preceded her off-track success with Gregor McMillan.

Glasgow had been having a quiet

Sunday morning, but the afternoon brought another rush of medals starting with another close finish in the 400m where Gregor McMillan had to settle for second in an impressive 48.23.

Glen Stewart added another silver in the 1500m with 3-48, having gambled by taking the lead with two laps remaining. He was partially successful, as he dropped most of the medal candidates, but Loughborough's Matt de Freitas proved to have the finish.

In the equivalent women's race Joanna Cliffe returned to form with 4-32.76 to take bronze, and then turned agony aunt to dish out advice to one of the party on how to become a big hit with the girls. Joanna's flatmate Markhus landed another bronze with 40.88 in the discus.

Heriot Watt's Graeme Smith was the defending champion in the 110m hurdles and clocked a windy 14.97 when winning his semi-final. Unfortunately the wind changed direction before the final and his time of 15.41 was only good enough for yet another silver medal.

The championships had been Edinburgh's weakest for years, but they chipped in with two late medals - Scott Burch (3000m steeplechase silver in 9-17.30) and junior cross country champion Phil Mowbray (5000m bronze in 14-38.09).

After the match, the traditional festivities began. One unfortunate pasta house was offering as much as you could eat for £2.49. After feeding Messrs Allan, Carter, and Kubota, they ran out of pasta and, more importantly, Budweiser.

Having been thrown out of the pubs, the party adjourned to the hotel where the aptly named Hugh Watson had to be tucked into bed by a rather concerned landlord.

The gossip of the trip was the bonding of Nikki Barr and Gregor McMillan. Any girl that can endure Gregor for more than five minutes deserves more than a British Universities medal.

One question remains unanswered. Who was the devilishly good-looking hunk talking to Alison Potts on the journey home?

Finally, there is the presentation of the celebrated "Twit of the Tour" award. Gregor McMillan made a brave attempt to retain his title, but this year the award goes to Nikki Barr for falling for Gregor and for being stupid enough to suggest that Heriot Watt would win more medals than Glasgow. Well done Nikki!

THE sixth SSAA Primary Schools Cross Country Championships, sponsored by Scottish Power, were held at Kirkcaldy High School on April 25, 1992, *writes the SSAA*.

The event attracted 1343 entries, 200 more than last year. The primary seven boys race had to be split alphabetically A-M and M-W, medals and a trophy being awarded in both races.

This split had to be made arbitrarily after the entries were received, as no other fair way could be envisaged. However, a quick scan at the results shows that both races were fairly evenly contested.

In the first race individual times ranged from 6-58 to 7-36 and team points from 50 to 212 for the first 20. This compared with individual times of 7-06 to 7-38 and team points of 38 to 253 for the second 20 home in race five.

Despite the course being 200m further than last year, times were very similar to those of 1991.

The SSAA have always insisted that in the interest of safety, spikes or heavily studded boots should not be worn at such big starts.

Despite this, 1992 saw youngsters wearing spikes. On investigation, it was discovered that in most cases the athletes had removed the actual spikes from their footwear and wearing only the "bare" shoe. It transpired this was because the offending parties found training shoes too heavy to run in.

The issue of footwear will be reviewed soon, meaning that there should be less confusion about what is - and is not - allowed, in future.

The first race, primary six girls, was won very easily by Hannah Norman of Aberdeen, with the team trophy going to Conon Bridge, Ross-shire, a school which has faithfully supported all SSAA events since the inception of the Primary Schools' Championships.

St David's Plains, by Airdrie were second in the team event with their first counter, Cheryl McIlhatton, second in the individual race. The Pennyland team from Thurso were third. The individual bronze medal went to Louise Campbell, of Conon Bridge.

In the primary seven girls race, last year's primary six athletes shone. Jennifer Maclean, of Strichen in Fraserburgh, looked very assured, winning by seven seconds from 1991 primary six winner, Carrie Linden, of St David's, Plains.

Lianne Harrison of Westburn in

Edinburgh, fourth in the primary six race in 1991, moved up to take the bronze medal in this year's primary seven race.

Helga Tulloch of Stromness in Orkney, who finished fifth in 1991, finished fourth.

The team trophy, as expected, went to Maxwellton, East Kilbride, who followed up last year's primary six victory and 1991 road relay success with a very low points total of 40. Claire Thompson was seventh, and twins Catriona and Rhona Kerr 16th and 17th.

New entrants St Brigid's of Wishaw were second and Mosshead in Glasgow third in the team competition.

In the boys races, St Matthew's in Bishopbriggs distinguished themselves with two first places in the team competitions while Lawmuir in Bellshill took two second places to add to a bronze and a silver in the individual competitions.

The primary six boys' race was won by Martin Stephen of Fraserburgh Central, from Kenny Brown of Lawmuir and Christopher Baillie of Gavinburn in Clydebank.

The first primary seven boys race was won Christopher Barnsby of Inver, Ross-shire (fifth in 1991), who held off last year's primary six champion, Gavin McGregor of Watson's, by three seconds.

Third was Paul Watson of newcomers, Lawmuir. Pre-match favourite, Owen Greene of Lawhead, fell during the race but still came fifth.

Canongate in St Andrews won this half of the age group, from Lawmuir, with Dingwall adding to Ross-shire's success in third place.

In the second race (M-W) Douglas Cumming, of Newmachar in Aberdeen, took the gold medal from 1991 bronze medallist, David Melville of Maryburgh (third).

St Matthew's in Bishopbriggs, won the team race from St Machan's in Lennoxton, Stuart Fitzsimmon finishing in 18th place. St Joseph's in Greenock were third, their first counter being Mark Orr in 15th.

Such is the enthusiasm and ability of primary schools' cross country athletes that it is hard not to be optimistic about the future of secondary schools' cross country.

Yet, from the results of the Schools International in Alness on April 4, it is clear that there the Scottish secondary athletes of the future have their work cut out!

May

21

HELENSBURGH 10K, Helensburgh. D - 0436 74471.

23

FALKIRK Young Athletes Meeting, Grangemouth Stadium. D - 0324 24911 Ext 2395.

KIRKCUDBRIGHT Academy Milk Half Marathon.

BANK of Scotland Stornoway Half Marathon & Fun Run, Stornoway, Lewis. D - 0851 870863.

24

ABERDEEN 10K RR.

STRATHKELVIN 10K, Kirkintilloch. D - 041-772 3210.

NEWTONMORE 10 mile RR. Starts 2pm. D - 0540 673461.

25

CAU Inter County Championships, Corby.

JOHNNIE Walker 10K, Kilmarnock.

26

BABCOCK Thorn Pitreavie OGM, Pitreavie.

27

AULD Toun 10K, Dunfermline. D - 0383 737712.

LANARKSHIRE AAA League, Wishaw.

SRI Chinmoy 1 Mile race, Edinburgh.

Girvan A.A.C. 8.2 mile Road Race and 3 mile Fun Run

Sun 28th June '92 at 1pm.

Medals for all finishers.

Prizes all main categories.

Entries in advance or on the day.

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Peter Trenchard, 11 Wheatfield Road, Girvan, KA26 9DY.
Phone: 0465-3230

30

AAA U-20 Multi Events Champs, London.

BENS of Jura Fell Race, Craighouse, Jura.

EUROPEAN Clubs' Cup, Birmingham.

MAMORE Hill Race, Kinlochleven.

SAAA East District Champs, Meadowbank. West District Champs, Dam PK, Ayr. D - 031 317 7320.

SCOTTISH Young Athletes H'cap Scheme.

BATHGATE Highland Games.

31

AAA U-20 Multi Events Champs, London.

CAITHNESS Half Marathon, Thurso. D - 0847 62375.

EUROPEAN Clubs' Cup, Birmingham.

MONKLANDS Scottish Cup s/f, Coatbridge.

MOTHERWELL 10 mile RR, Wishaw. D - 0698 355821, Inc SAAA 10 mile RR Champs.

GRAMPIAN TV League (East), TBC.

GRE Cup Round 2, Various.

ABERFELDY Recreation Centre Half Marathon, Abergeldy. D - 0887 20922.

June

2

COOPER Park Road Races, Elgin.

3

AYR Seaforth 10K Road Race, Dam Park.

FALKIRK OGM, Grangemouth.

HILL of Tarvit 5 mile RR, Ceres, Fife.

SRI Chinmoy 2 Miles Race, Edinburgh.

4

DUMBARTON Academy 500 10K RR.

5

EUROPEAN Relays, Sheffield.

6

BENBECULA Marathon, Western Isles.

EAST Kilbride 5 mile RR. Senior men & ladies. Ballerup Recreation Centre. Starts 2pm. D - S. MacDougall, (03553) 2978.

FRANK Sinclair Memorial RR, Greenock.

SHOTTS Highland Games, Inc 10 mile RR. Male, female, vets, and team prizes. Awards to all finishers. E - (0501) 20493. D - (0555) 50051.

UK Championships, Don Valley.

REEBOK RR, Haddington.

WOOLWORTHS League, E, D1&2, Pitreavie.

7

AIRDIRE Highland Games, Airdrie.

AONCH Mor Hill Race, Fort William.

DEXTAT Half Marathon, Galston.

DUNFERMLINE Half Marathon. D - 0383 723211.

SCOLTY Hill Race, Banchory.

SWAAA Half Marathon Champs, Dunfermline.

THE Cairntable Race, Muirkirk.

UK Championships, Don Valley.

WOOLWORTHS League, W D1&2, Pitreavie.

10

KILWINNING Academy Milk 10K.

SRI Chinmoy 10K, Edinburgh.

WIGTOWN DC OGM, Stranraer. D - (0776) 2151, ext 245.

11

FORTH V. Lgue: D1, L'ston; D2, Pitreavie.

13

AAA Multi-Events Championships, TBC.

BEARSDEN & Milngavie Highland Games.

GLEN Rosa Horseshoe, Brodick. D - 07706 597.

HAMILTON District Sports Festival.

ISLE of Skye Half Marathon, Portree. D - 0478 2341.

SSAA Pentathlon Champs, Grangemouth.

TRAPAIN Law Hill Race, East Linton.

14

AAA Multi-Events Champs, TBC.

CITY of Edinburgh 10K.

EDINBURGH Athletic League, Pitreavie.

FALKIRK Highland Games, Callender Park.

HOY Half Marathon, Hoy, Orkney.

INVERCLYDE Marathon & Half Marathon, Greenock. D - (0475) 892160.

MONKLANDS Festival 7 mile RR.

BOS League: D1, Pitreavie; D2, TBC; D3, G'mouth; D4, Dundee; D5, Dumfries.

PANASONIC League: D1&2, Crownpoint.

PANASONIC League: D3,4 &5, Coatbridge.

16

BABCOCK Thorn Pitreavie OGM.

17

EASTER Anguston 4 mile RR, Aberdeen.

SRI Chinmoy 2 miles race, Edinburgh.

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New Cumnock.
Tel. (0290 38538)

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(SAAA & SWAAA Rules)

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Section, Kincardine & Deeside District
Council, Viewmount,
Stonehaven AB3 2DQ.
Tel. 0569 - 62001 Ext. 267
Closing date 19-6-92



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— CLUB CHALLENGE AWARDS —

The Post Office Counters Club Challenge Awards aim to encourage athletic clubs to meet the challenge of a given theme each year. This year's theme being:

"JUNIOR DEVELOPMENT THROUGH CLUBS"

Any registered club in the UK may enter and applications will be considered quarterly throughout the year. The maximum award is £1,000 for the best club-based projects thought to meet the challenge by the panel of judges.

There is no limit to the number of applications that a club may make.

— COACH OF THE MONTH AWARDS —

The Post Office Counters Athletics Coach of the Month Awards have been developed to acknowledge the achievements of British Athletic Federation registered coaches in the UK.

One award of £500 will be presented each month to the Coach thought by the judging panel to have shown the qualities required for such an award.

In addition, all winners will be considered for the Coach of the Year Award with a prize value of £1,500, presented at a lunch each year.

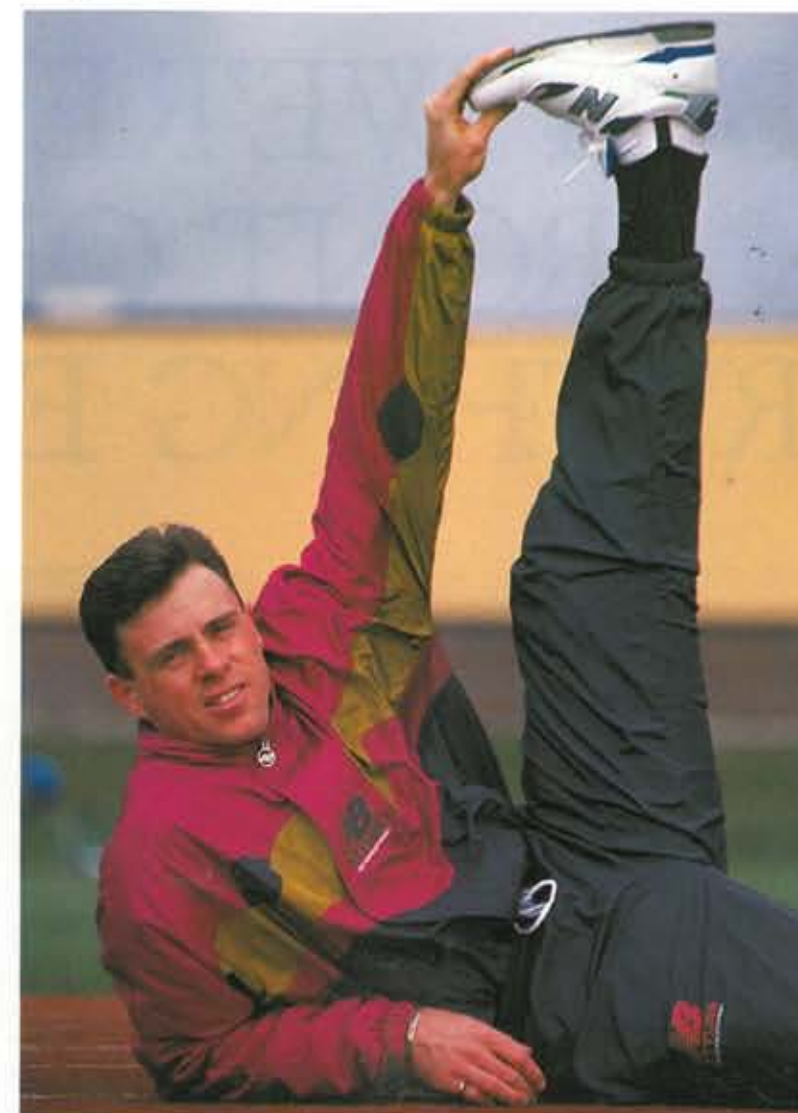
Only coaches registered with the Federation may be nominated by their respective athletes.

HOW TO APPLY

Contact your National Coach or the British Athletic Federation office on 021 456 4050, who will be happy to provide you with a form and assist you with your application.

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