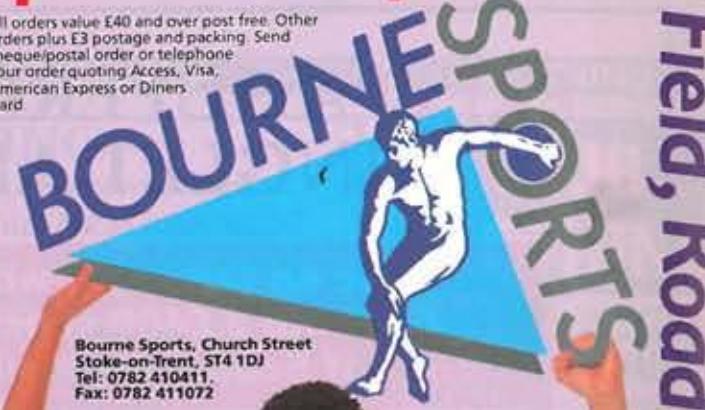


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15. Brooks Lady Magnum—UK sizes 3, 3½, 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, usual £59.95, offer £39.95.

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1992

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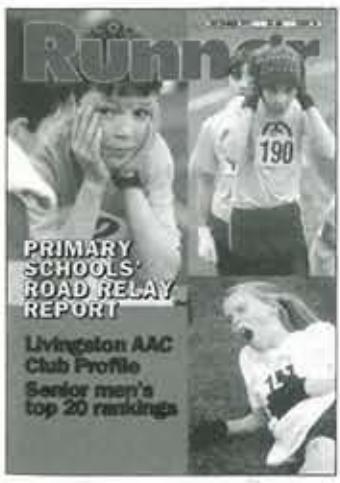


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SVHC SHRINK FROM SPLIT

SCOTLAND'S biggest club, the Scottish Veteran Harriers, have so far declined to implement their threat of a breakaway from the mainstream Scottish athletics.

They are faced with a bill for some £2000 under a new financial structure imposed at the first Scottish Athletics Federation annual meeting. But at their annual meeting they shrank from a split threatened earlier by their secretary Alex Muir.

Although inaugural president Jim Scott urged members to "work together to make a successful federation", Muir, secretary of the 1000-strong Scottish Vets, spoke against the proposed funding machinery as SAF assumed control for men's and women's track and field, and road and cross country.

The meeting heard that £36,000 in subscriptions - £40 from each of the country's clubs, plus £2 per head from 14,000 members over the age of 11 - is required, and despite this, further £180,000 must be raised from Scottish Sports Council grants, cash in hand, and sponsorship.

This would involve the vets in an increase from £150 to £2000. Most veterans are members of other clubs and would have to pay the £2 fee twice, or more. Muir advocated a cap of £500 purely for his own club, and warned that if this was rejected, the SVHC would have to consider other options "including disaffiliation from the SAF."

He believes his members could retain affiliation to the International Amateur Athletic Federation through the British and world vets associations. If confirmed, the SAF would be deprived of any income from the vets. However, the new funding structure was approved by 47 votes to six.

SAF secretary Bob Greenoak confirmed that IAAF approval for open athletics is expected within weeks, meaning both codes can at last compete against each other.

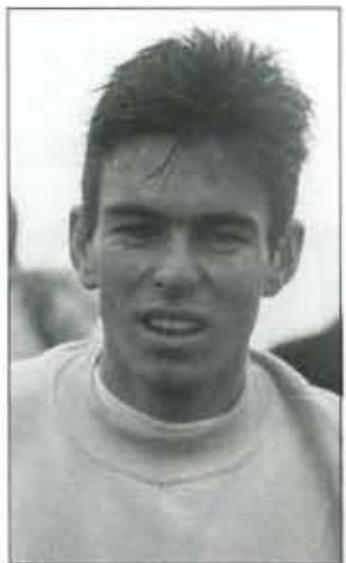
When it was voted final honours of £600 was to be paid to Greenoak, as secretary of the former men's governing body, as opposed to £75 to his female counterpart in the women's, Mrs Hilda McGillivray said, "I think £600 is an disgrace - it is supposed to be athletes we are here for."

LIZ FIFTH IN DUNDEE EVENT

LIZ McCOLGAN clocked 68:42 to win the Dundee Half Marathon. She finished fifth overall, to the great discomfiture of many men.

Her time was 11 seconds inside that which won her the world title at the Great North Run, and afterwards the world 10,000 metres champion confirmed that she would have run for Dundee Hawkhill in the Edinburgh-Glasgow relay if the rules allowed it.

However she is booked to run a marathon on November 15 in Tokyo, so will miss the event, as will husband Peter.



Peter McColgan - unable to compete in the Edinburgh to Glasgow Road Relay.

THE Scottish marathon internationalist, Alan Robson, beat a field of more than 1000 to repeat his 1989 victory in the Falkirk People's Half Marathon at Grangemouth with 66min 52sec, leading his Edinburgh Racing Club team to five of the first six places.

Sandra Branney (City of Glasgow) won the women's race in 76:46, three minutes outside the course record she set in 1987.

KEN Rankine won the inaugural Linlithgow 10,000m road race, capturing the £100 first prize and helping to boost the Cameron Sharp Fund by a similar amount. His club made it a double when Janet Stevenson won the women's race.

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SCOTTISH ULTRAS SHOW FINE FORM AT KINGSTON

SCOTLAND'S ultra brigade claimed four of the first six places in the sixth Sri Chinmoy Run and Become 24-hour track race at Kingston-upon-Thames, writes Doug Gillon.

Balerno's 42 year old David Wallace (Harmeny), who won the inaugural race in 1988, covered 135 miles 977 yards to take the overall title.

He won by just over a mile from fellow veteran John Sofley (Bellahouston). Christine Gray, who runs for Portsmouth Joggers but was born in Dumbarton, was second woman in fourth place, completing a total of 116 miles 170 yards.

Edinburgh's Adrian Stott (Sri Chinmoy) was sixth with 112 miles 288 yards.

The favourite, Mick Francis (Moray), dropped out after only 41 miles in poor conditions which precluded any records or personal bests.

NELSON TOUCH

RACE referee Brian Goodwin sailed in the face of controversy when he applied the Nelson touch to a blatant rules breach in the McAndrew Relay, the opening event of the cross country season.

Technically ineligible athletes competed for Kilbarchan and Springburn, but in the absence of any protest from the 109 starting clubs, Goodwin declined to act.

Racing Club Edinburgh won the 4 x 3 quarter mile race, sponsored by catering equipment firm William, Watson, & McVinnie, for the second successive year.

It was the sensible course of action less than two hours after the inaugural annual meeting of the Scottish Athletics Federation where legislators were instructed to change the rules, making it possible for secondary first claim runners - Falkirk have about 20 - to compete in team competition in Scotland even though enjoying first claim membership in England.

The controversial UK rule, designed to help English track clubs, has now been dropped in Scotland.

"BLAZER BRIGADE" BITE BACK

SCOTTISH officials have made a sharp response to criticism that some of the so-called "Blazer Brigade" are motivated by self interest, writes Doug Gillon.

The charge, summarised in last month's issue, has prompted heat from those who missed the point that allegations contained in a letter from Brian Whittle, Tom McKean, and Tom Hanlon to The Herald newspaper referred only to "some of the Blazer Brigade".

All of Scotland's fixtures are now for both sexes. One Scot per event can contest the Belgian championships on July 24 and 25.

"We will send athletes in selected events, where it appears that development potential will benefit," said Greenoak.

There will be a "one per event" team in North Wales on August 8, to face Wales and Denmark, and possibly Northern Ireland, Eire, and Cyprus.

"We attempted to get juniors into pre-grand prix events in Europe, but there were no takers," said Greenoak.

McKean conceded the term "Blazer Brigade" was unjust, but was unrepentant on the principle, namely that officialdom has been deficient in providing opportunities for juniors and up-and-coming seniors.

Next year's Scottish fixtures, hard-won by SAF delegates Bob Greenock and Helen Spankie at the European Athletics Association in Prague, show a distinct turn for the better.

There will be a full senior match, one per event, for both men and women, in Tel Aviv, against Israel and Turkey, on May 26 and 27. Wales have also been invited, but have yet to confirm. The trip

will be preceded by a week's warm-weather training.

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The medal Tommy Murray binned

THE West District Cross Country Relay Championships at Rouken Glen Park came just 24 hours after a Scottish Athletic Federation directive that participating clubs' second claimants who held first-claim qualifications with English clubs would be allowed to run - but would not be allowed to count, writes Doug Gillon.

The intention was to allow these athletes the opportunity to impress the international selectors. But no-one anticipated Kilbarchan losing the senior title after fielding long-term member, Robert Quinn, in their quartet.

In fact, the disqualified Renfrewshire club elected to strike special medals at their own expense, for this would have been their first win in the event.

But it might have been very different if Ayr's second stage man, given a lead by Graeme Wight, had not run off course. Tommy Murray fell when holding a slight margin over Quinn on the final stage, and the winner's medal which he subsequently won by default, was a hollow one, and he has since admitted to throwing it in the bin.

Cambuslang also claimed the young athletes' crown, with a 73-second win over Victoria Park AAC. Johnnie Walker Kilmarnock won the inaugural women's district relay championship, over-

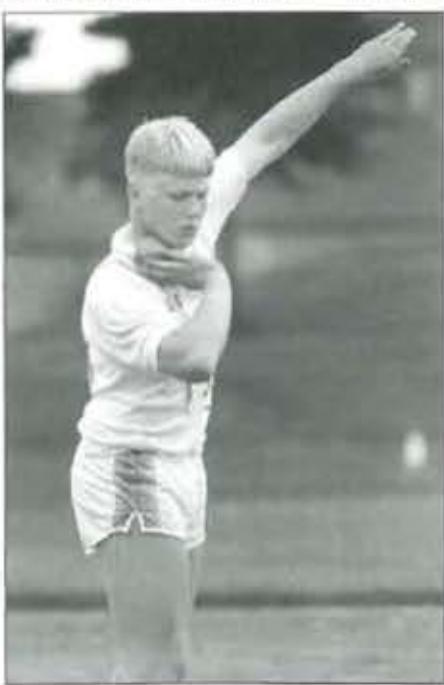


Tommy Murray - his victory was a hollow one.

RECORDS FALL AT KELVIN HALL

NINETEEN records were equalled or bettered in the first meeting of the Scottish Athletics Young Athletes Indoor League at the Kelvin Hall.

Bruce Robb (Pitreavie) recorded the best performance of the day with a Scottish record of 16.23 metres in the senior boys' shot - breaking his own mark by almost a metre. Martin Pate (Victoria Park) was another to improve his own



Bruce Robb of Pitreavie AC who recorded the best performance of the day at recent indoor meeting.

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Polite correction

Fosca,
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Banchory,
Aberdeen.

SIR - Rory and I would like to politely enlighten Mr Milmoe whose letter appeared in the October issue of "Scotland's Runner".

While attempting to break the record for conquering all the Munros, Rory Gibson and I only used bikes to get between mountain groups.

For example, we used mountain bikes to cycle in from Invercauld four miles up a forestry track towards Ben Avon. For the next three days we were running, like Hugh Symonds, across the summits of the Cairngorms.

We stayed at the Fords of Avon refuge after the first day, at the sight of the old Sinclair Memorial but in a tent on the second, and finally popped out on foot in Glen Feshie on the third. Here we cycled to Newtonmore to be poised for the Monadhlieths the next day.

We always carried our own packs and were rarely supported on the hills. Mr Symonds whom we consulted and were extremely motivated by prior to our trip was always supported. He had 35 fell running companions.

He lists these runners in an appendix.

in the book "Running High".

He also states that he spent 7-50 from leaving the van to returning to it again in the evening. Our average time was no less than 11 hours often as much as 14 hours, which was the main reason for our being able to complete the Munros in 51 days as opposed to 67.

However, one would hope not to detract from Hugh Symonds' achievement. Not only did he do the Munros but then continued to do the remaining 3,000 footers in England, Wales and Ireland, covering almost 2000 miles and 500,000 foot of ascent in 97 days.

We ascended the 400,000 feet of Munros in 51 days - running/climbing 910 miles, cycling 610 on road bikes, and 155 on mountain bikes, with a one mile swim across Loch Lomond!

Each attempt at a single round of the Munros has been done in a different way to the taste of the few of us lucky enough to have been able to get the backing to organise the expedition.

With hindsight the Munros in winter by Martin Moran in 83 days, done practically solo with his wife as main supporter must be the most outstanding feat. All the best to the next challenges - who can crack 45 days? It is possible!

Andrew Johnston

BREAKING THE STALEMATE

14, Caledonia Crescent,
Gourock.

SIR - As an international athlete, club secretary, and occasional official (non-blazer wearing variety) I would like to extract something positive out of the recent exchange in The Herald.

Having been an active athlete since 1978 I can verify the number of quality male distance athletes and the number of international matches have both reduced.

Times which were being achieved by teenagers in the early 1980s are now good enough to make the top two or three senior performances. In addition, as recently as 1989 there were three indoor and four outdoor internationals, yet in 1992 these numbers had reduced to one indoor and no outdoor matches.

These factors appear to be the cause of the conflict between top athletes and officials. Athletes claim that standards cannot be expected to improve until they receive regular exposure to international competition. Officials claim international competition cannot be arranged until standards improve. Stalemate?

I would like to suggest four ways by which this stalemate could be broken.

1. Reduce the number of races in Scotland. Officials are encouraging mediocrity by giving out too many race

permits, thus allowing our best athletes to avoid each other. If there was only one race a week in the central belt then the quality of races would improve.

(This would reduce income to the SAF plus lead to established races being cut. Is this a price worth paying?)

2. Provide incentives. It is no coincidence that standards improve in Commonwealth Games years. One prestige international must be arranged each year.

3. Our top athletes must support our national championships. Their presence would ensure television coverage and hence lucrative sponsorship thus helping to finance international competitions. Such an arrangement would produce the Scots stars of tomorrow.

4. All club athletes should have a long hard look at who they elect as their SAF representative. Do you ever ask what their views are? I fear many are elected because they have "always done that job" and club members do not want to cause offence by deselecting them.

The future of the sport is in the club membership's hands, not those of the officials. If we cannot be bothered to attend our annual general meetings and stand for posts as officials then I am afraid we get the sport we deserve.

Alan Puckrin



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Office Hours: 09.00 - 17.30 hours Monday to Friday

For general information about Malta:
THE NATIONAL TOURIST OFFICE
Mappin House, 4 Winsley Street, London W1N 7AR
Tel: 071-323 0506



Cross country questions

Derek Parker discusses the pros and cons of taking part in cross country events.



FOR over a century cross country has been a traditional part of Scottish athletics.

Nowadays, courses are usually set in large urban parks with few natural obstacles. But they are still demanding. Anyone who wants to compete effectively in cross country must have speed and stamina, plus the ability to negotiate hills while maintaining concentration and commitment in the presence of accumulating fatigue.

Before embarking on a programme of races the athlete must decide what role cross country has in his overall yearly plan.

Some middle distance runners do not participate in any cross country races during the winter. Instead, they devote the off season to indoor track events or avoid any form of competition and concentrate and developing fitness and technique for summer races.

Sebastian Coe, Tom McLean, and Steve Ovett are world class athletes who seldom, if ever, participated in cross country competitions during their prime.

Yet, Ethiopian, Kenyan, and Moroccan distance runners often dominate world cross country

championships at all levels and are then equally successful in major track events during the summer.

An evaluation of facts indicates that at international level most 800 and 1500 metres runners use cross country races very sparingly during the winter - competing mainly in shorter relay events before Christmas and avoiding the heavier, longer courses after the New Year.

Top athletes specialising in 5K and 10K track events usually peak for the post-New Year championships and trials over 7.5 and 9 miles courses if they run cross country.

Before embarking on a programme of races the athlete must decide what role cross country has in his overall yearly plan.

They use a procedure known as double periodisation to gain peak fitness at single points during winter and towards the summer.

It is a process also utilised by competitors targeting national indoor championships in January or February and outdoor championships in July or August.

At the highest level, double periodisation is used by athletes when an event such as the Commonwealth Games is held in winter then followed six months later by a major event such as the European Championships.

However, for the vast majority

of athletes, competing regularly over the country is one of the great joys of winter. For many, a highlight is being a member of a team which wins medal at a championship.

They turn out in cross country, road, and track races throughout the year - concerned only about doing their best and their clubs and not too much involved in the intricacies of peaking.

These athletes are the backbone of our sport and emphasise its democratic nature. They are every bit as important as the more ambitious runners.

But whatever their ability, all runners share one desire in common. They want to do well in competition, to do justice to themselves and their training, and they want to get the best result possible, given age, experience, ability, fitness, and time of year.

It is vital you arrive early and give yourself plenty of time to declare, get changed, then walk or jog round the course to inspect it. This will enable you to decide what shoes and clothing to wear. It will also make you aware of obstacles.

As always, if you are in any doubt about your health or fitness, you must seek medical advice.

before embarking on a training/racing programme.

Equipment is basic and includes vests in club colours and shorts. Depending on the weather and your tolerance to cold and wind you may have to wear a T-shirt, gloves, a hat, and leggings.

It is important to learn how you respond to weather variations and how quickly you warm up. If you wear too few clothes, you could incur the risk of hypothermia but if you wear too many you could become dehydrated.

Always carry spikes of differing lengths. You need short spikes if the ground is hard or frostbound. Longer ones will be required if the ground is soft and slippery. Many athletes prefer cross country studs or ripple soles but you have to ensure there is no danger of these slipping.

During your inspection, familiarise yourself with landmarks. This will prevent you getting lost.

You should also acquaint yourself with the final 400 to 800 metres of the route. This will help you decide when to make your finishing burst and where to run.

To be effective the course inspection should always be done separately from your warm-up.

This may be done round part or all of the course. I think it's best done out of the wind otherwise it destroys the effects of the warm-up.

Leave your tracksuit where it can be found at the end of the race. There is nothing worse than searching for lost equipment after competition when cold and tired.

If you are hoping to finish well up the field, you will have to start off quite quickly to ensure you are in an advantageous position once the pace settles down.

Less ambitious athletes should start the race steadily. They cannot afford to incur oxygen debt in the initial stages otherwise they will almost certainly slow down considerably during the later phases. By aiming for a steady pace, you will probably find yourself overtaking rivals who off too fast.

If you are running in a team



contest, you should always bear in mind the fact that every single athlete you beat will help your club when the points are tallied up at the finish. This is relevant even if you are a non-counter because you are still in a position to relegate athletes from rival clubs further down the team-scoring tables.

Hold on to your form as the competition progresses. Maintain concentration and keep the muscles relaxed. This assists breathing and eliminates uneconomical movement which increases tiredness.

Work the uphill stretches steadily. On downhill sections, let gravity do all the work. Avoid leaning backwards. This will apply a braking influence and possibly cause you to slip and/or injure yourself.

Avoid mud. It is tiring to run on and sticks to the shoes, adding extra weight to tired limbs. Keep to grassy tufts if possible because they bind the soil together and are firm.

Above all, do your best and run to the finish with pride, confidence, and self-respect.

Value your performance and compete in the finest traditions of cross-country.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90-120 mins grass/c running
Monday: 75-90 mins fartlek inc. 20 secs fast (10 seconds jog) & 40 seconds fast (30 seconds jog) & 60 seconds fast (50 seconds jog) & 60 seconds fast (30 seconds jog) & 40 seconds fast (30 seconds jog) & 20 seconds fast (10 seconds jog) x 4 sets.

Tuesday: 5 miles/30 mins road run.
Wednesday: 10 miles steady road run.

Thursday: 6x500 metres at 1500m pace (75 to 105 secs recovery).

Friday: Rest or 30 mins easy 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: 75-90 mins fartlek inc. 2 mins fast (60 seconds jog) & 3 mins fast (90 seconds jog) & 2 and a half mins fast (105 seconds jog) x 3 sets.

Tuesday, Wed, and Fri: As week one.

Thursday: 3x1600 metres at 5k effort (60 to 120 secs recovery) & 1x200 metres full effort (60 to 120 secs after final 1200).

Saturday: Race or 12 to 15 miles steady.
Morning runs as week one.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins grass/c running.
Monday: 60 to 75 mins fartlek inc. up/down clock 10-20-30-40-50-60-70-70-60-50-40-30-20-10s fast (jog recoveries equivalent to times of fast reps/jog 3-5 mins after first 70 secs rep).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 4x400 metres at 800 metres pace (3 minutes recovery).

Saturday: 8 to 12 miles steady.

Morning runs as week one.

Week Four

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 5 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 12x400 metres at 5k pace (30 secs recovery).

Saturday: Race or 8 to 12 miles steady.

Week Three

Sunday: As week one.
Monday: 60 to 75 minutes fartlek inc. 60 seconds fast (60 seconds jog) & two minutes fast (two minutes jog) x four sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 4x400 metres at 800 metres pace (3 minutes recovery).

Saturday: 8 to 12 miles steady.

Morning runs as week one.

Week Four

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 5 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 12x400 metres at 5k pace (30 secs recovery).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Monday: 60 to 75 mins fartlek inc. 30 secs fast (30 secs jog) & 60 secs fast (60 secs jog) x 8 sets.

Tuesday, Wed, and Fri: As week one.

Thursday: 6x800 metres at 5k pace (45 to 60 secs recovery).

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

St Matthews' passion steals the limelight at road relay event

ALTHOUGH October 31 marked the fifth year of the Primary Schools' Road Relay Championships, it was the first time they had been held separately from the secondary schools' road relay event.

The SSAA had decided the timing of the primary school races in past years had put too much pressure on schools from outlying areas.

"When they preceded the secondary school races the championships took place in the morning" explained SSAA secretary Alex Jack. "This meant some of the schools from the north starting their journey as early as 5am."

Given that the oldest of the children taking part in the event are 11 it is clear that the SSAA were correct in their decision. A 5am start followed by a mile run isn't ideal for anyone's metabolism, let alone that of ten and 11 year olds.

With a day to themselves the primary schools were also allowed to enter more than two teams into each race. As there are girls' and boys' races for P6 and P7 pupils this meant that one school could enter as many as eight teams.

In fact, only St Johns, Alloa, did as much, although a number of other schools entered at least one team in each race and "B" teams in a select few.

St John's quickly showed that they meant business by entering so many teams when they came in second in the P6 boys' event.

The race, which like all the others consisted of three laps, each a mile in distance, was apparently won by Lawmuir Primary, Bellshill.

However, following a complaint that one of the Lawmuir boys had left the course, the team was relegated to third equal with Hamilton College. This gave St John's first and Newington Primary in Annan second place.

Gary Legge of the Newington team gave them an extra surge of speed when he completed his lap in just six minutes, a time which put him in second place in the fastest lap honours for P6 boys behind Christopher Barlas of Ardrossan who clocked a nippy 5.55.

In the P6 girls' race, Trinity Primary from Hawick pulled back from second place behind Linlithgow after the first lap to take the overall title. Behind them were Conon Bridge Primary from Ross-shire and St David's from Airdrie.

Linlithgow, whose early lead was established by the fleet footed Claire Couper, redeemed some pride when Claire won the fastest lap award. In fact, the first lap of this race proved to be one which brought out the best in several of the girls. Second placed Hawick runner Louise Bryden ended up coming second to Claire in the fastest lap stakes.

In the P7 girls' race Dean Park Primary from Balerno held first place throughout. An early lead established by Rachael Gibson was picked up and held on to by first Shalagh Jackson and Lesley

Bell.

Second and third were less clear cut at the end of the first lap. Dunbar and Ardmadal primaries were in second and third place respectively but by the second lap Duddingston and George Watson's had entered the scene. Gillian Brownlie of Watson's eventually took her school to third place by pipping Duddingston at the end of the third lap. Second place was taken by Lawhead who owed their sudden surge to Gillian Smith.

Hannah Norman, who won the primary school cross country event earlier this year, showed she was still in fine form by taking the fastest lap prize with 6.04. However Louise Campbell from Conon Bridge, who also clocked 6.04 but was placed second overall, is also a name to look out for.

Perhaps the most remarkable feat of the day was that pulled off by St Matthews' Bishopbriggs in the P7 boys' race. Although Stewarts Melville took first, their achievement was slightly eclipsed when St Matthews' boys dressed in distinctive yellow strips, came in second and third.

The school's selection policy proved erudite enough in the team result - the "A" team came second and the "B" third. However, Joseph Ballentyne of St Matthews who gained the fastest lap title with 5.53 was actually a member of the "B" squad. If ever there was proof that "B" teams are worthwhile here it was!

Six hundred youngsters took part in the event which was staged in a bleak and moist Grangemouth - not that you would have known it from the enthusiasm of the competitors.

Despite the weather most of them managed to keep cheerful and noisy until the last prize giving was over!

Below left: Some P7 boys wait their turn. **Right:** Jamie Blackwood comes home to win the P7 relay for Stewart's Melville.

University students not allowed to compete in university events

HAVING previewed the major indoor events on the student calendar last issue, this month sees the spotlight on the outdoor events, and in particular an unusual double for the Scots, writes Gordon Ritchie.

In 1993, the two highlights of the programme are both scheduled to take place in Scotland in late January.

The mad of Bellahouston Park beckons for the British Students Cross Country Championships. It is entirely appropriate that the Scots should play host to this event, as both defending champions are from north of the border. In the women's event, Glasgow's Vickie MacPherson won not only the British title in 1992, but led the successful UK team in the World Student Championships. In the Glasgow team, her main rival may well be her team-mate Hayley Haining.

With Joanna Cliffe "making up the numbers" the Glasgow team have a great chance of winning the team title. Another Scot who could make an impact in this event is the fast improving Loughborough-based athlete Donna Rutherford.

The championships will now be held on Saturday April 24, followed by the British Universities event on May 1, 2 and 3. Finally, there is the annual challenge against the leagues, juniors and City of Glasgow on Wednesday, May 12.

There is also the possibility of an end of term match in England after final exams are completed in June.

Whatever happens, the Scottish Universities Sports Federation continued in their hypocrisy by snubbing the new universities.

The federation, which supposedly exists to encourage participation in university sport, has deemed that the new establishments cannot join their fellow universities until they stump up several thousand pounds for affiliation fees.

In early summer, the first weekend in May to be exact, the British Universities track and field event is due to be held at Meadowbank.

The last time the event was scheduled for Scotland there was considerable resistance by some of the English Universities. Having travelled north, however, they enjoyed a friendly, if somewhat chaotic, championship.

This year, the troubles are home made as Meadowbank already has a booking for the Saturday from Meadowbank Thistle.

It would indeed be unfortunate if our

home of athletics had to refuse such a major event (bigger than even the national championships) to facilitate some third-rate football match.

There is no other suitable facility in Scotland, and if we have to admit defeat in 1993 then the English will be gifted the ammunition to ensure that the fixture never returns to Scotland. Hopefully some compromise can be reached.

On the domestic scene, some progress was made towards streamlining the fixture list by the recent decision to scrap the cup competition. Instead, the annual championships will incorporate a team event in the hope of building up greater enthusiasm for a one-off match rather than having two matches which are, at best, mediocre. This decision is subject to ratification at the next committee meeting.

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It would indeed be unfortunate if our

NAME: Kevin Allan Daley.
DATE OF BIRTH: April 8, 1976.
SCHOOL: Craigmount High School in Edinburgh.
ATHLETICS CLUB: Edinburgh Athletic Club.
COACH: John MacGregor.
STARTED ATHLETICS: When I was nine at a club in Corstorphine.
EVENTS: 800 metres, 1500 metres steeplechase, and cross country.
PERSONAL BESTS: 800: 1:58.90; 1500: steeplechase: 4:22.21.
ENJOY MOST: Winning - that's when hard work pays off.
LEAST ENJOY: Training in bad weather and the comments some athletes make about you behind your back.

HIGHLIGHTS SO FAR: This year, competing in the European Schools

Championships in Caen where I was fifth in the 1500 metres steeplechase and winning the same event at the Scottish Championships and the SSAA Championships. I also felt very proud when I was asked to compete in the Princes Street Mile, even though I didn't run in the end.

The AAA Championships at Crystal Palace. I felt as if I was half asleep. In the end I was third and one of athletes who crossed the line before me was someone I'd beaten by about eight seconds two weeks before.

Being invited to take part in anything is good but ultimately I'd like to make it to the Olympics.

Liz McColligan.
FAVOURITE STADIUM: Tweedbank because it's got a nice atmosphere and every time I run there the sun shines.

PREFERRED MUSIC: Erasure.
FAVOURITE ACTORS: Annie and Denholm Elliot. (I can't stand Kim Bassinger and Tom Hanks!)

MOST ENJOYABLE FILM: "Star Wars".
LIKE TO EAT MOST: Chocolate.
FAVOURITE READING: "Macbeth".

OTHER HOBBIES: Listening to music and socialising.
AIMS FOR THE FUTURE: To study politics at university.

THOUGHTS ON SPORT: There should be more done to encourage junior boys to stay in the sport - too many drop out at this stage.

JUNIOR PROFILE

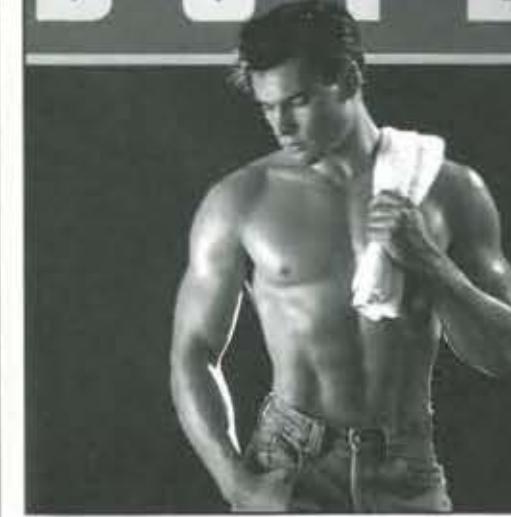


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1. Where is American Built made?
2. How do you purchase American Built products?
3. How many athletics gold medals did Great Britain win at the 1992 Olympics and who won them?
4. Who is the reigning Scottish women's cross country champion?

Put your answers on the back of a postcard along with your name, address, and telephone number. The first three correct entries out of the hat will win the outfit.

Send your entries to: Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow G3 6JA. Competition closes on December 20.



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Scottish Appeals Organiser

ICRF Scottish Centre

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STIRLING FK8 1DQ

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Imperial Cancer Research Fund

Digging deep for charity

Mike Morrison looks at some of the many charities which require the help of runners.

SPONSORED running is a much valued source of revenue for many of our charities. Equally, for runners, raising money through sponsorship can add extra meaning and pride to the act of participating in road races up and down the country.

With this in mind runners of all levels might consider running for charity when they plan their diaries for 1993.

The Starlight Foundation, for example, grants wishes for critically, chronically, and terminally ill children.

Starlight has been operating in the UK for five and a half years and in that time has dealt with over 870 children suffering from well known illnesses, from leukemia and cystic fibrosis to other less known ailments like Batten's disease and Friedreich's ataxia.

Starlight always includes the whole family in the experience and the wishes vary enormously.

There was James (11) who rode in a Lister Jaguar. Laura (also 11) was a police horsewoman for a day. David (10) and his sister Angela (8), both with muscular dystrophy, had a wonderful time at Legoland in Denmark. The list goes on.

At the moment there are lots of children waiting for their wishes, including Christopher (4) who wants an electric car and Madeline (5) who wants to be a fairy.

By running for Starlight you could help Christopher, Madeline, and others like them have the time of their lives.

If you raise £500 or more, Starlight can allocate you a specific wish exclusive to you and you'll receive details about your wish child and his/her wish.

The charity is also offering a free trip (with confirmed place) to run in the 1993 New York Marathon for the runner who raises the most money for it in next year's London Marathon.

Action Research regularly funds 150 vital medical research projects throughout the UK.

It aided the discovery of the polio vaccine in the 1950s, artificial hip replacement in the sixties, ultra-

sound scanning in the seventies, and pioneering work against cerebral palsy and bone diseases in the 1980s.

In fact, most people have benefited in some way from the work Action Research funds.

If you have been vaccinated against polio or German measles, had a hip replacement, or seen the image of your unborn child on an ultrasound scan, the charity has helped you.

Equally, if you know an elderly person needing daily help or a child who has been involved in a serious accident, Action Research has helped you.

In Scotland alone, Action Research is currently supporting a number of vital research projects.

These include research into pre-eclampsia in pregnancy (a major cause of death and serious illness in babies) at the Glasgow Royal Infirmary. They also include an investigation into breathing problems in the new born at Dundee University.

To keep up the good work, Action Research needs your support.

Runners can help by looking for sponsorship when they take part in an important road race such as the London Marathon.

In return - through its comprehensive charity sports events programme endorsed by Desmond Lynam - Action Research can sometimes help runners who have missed out in the draw for London to gain entry.

With pensions set at just over £50 a week and their needs often seen as a low priority by the health service, elderly people often live their last years in hardship and pain.

Making matters worse is the fact that many old people don't claim the benefits they are entitled to, generally because they are put off by the forms or are too proud.

Fortunately, Age Concern Scotland is committed to overcoming such injustices and difficulties.

It supports - via information training grants - 300 local Age Concern groups providing day care, lunch clubs, practical advice, and



Running in the 1993 London Marathon? If you raise money for the Starlight Foundation (like Mark Mitchell of Great Wakering, pictured above, did in the 1992 event) you might be the lucky winner of a place in the New York Marathon.

home visiting for Scotland's elderly people.

It also acts as a pressure group on behalf of elderly Scottish people, campaigning on their behalf for such benefits as better pension deals and increased home help provision.

To continue providing support for the elderly north of the border Age Concern Scotland needs public support - particularly since it doesn't get local authority or government aid, as many other charities do.

Money raised through sport is therefore very welcome.

Liz McColgan has already helped by signing Age Concern Scotland's appeal letter to schools.

The more runners who follow her example and do their 'bit' for Age Concern Scotland the better the life old people in Scotland can expect to lead.

Another charity which helps the aged is the National Benevolent Fund for the Aged.

This is a small charity which

gives direct help to improve the quality of life in old age - often a time of hardship, loneliness and failing health.

To this end the NBFA buys TENS (transcutaneous electrical nerve stimulation) machines for the relief of pain in conditions such as rheumatoid arthritis, osteoarthritis, back pain, and shingles pain.

It donates these to geriatric hospitals and pain clinics for the use of older people in their own homes.

The NBFA also provides holidays (30,000 at the last count) for older people who have low incomes.

A final area in which the charity helps is in the provision of emergency alarms for those live alone.

In this article we have looked at just a few of the charities which rely on runners to help them continue their good work. There are many more.

Hopefully, you will have been inspired to give help to at least one of them.



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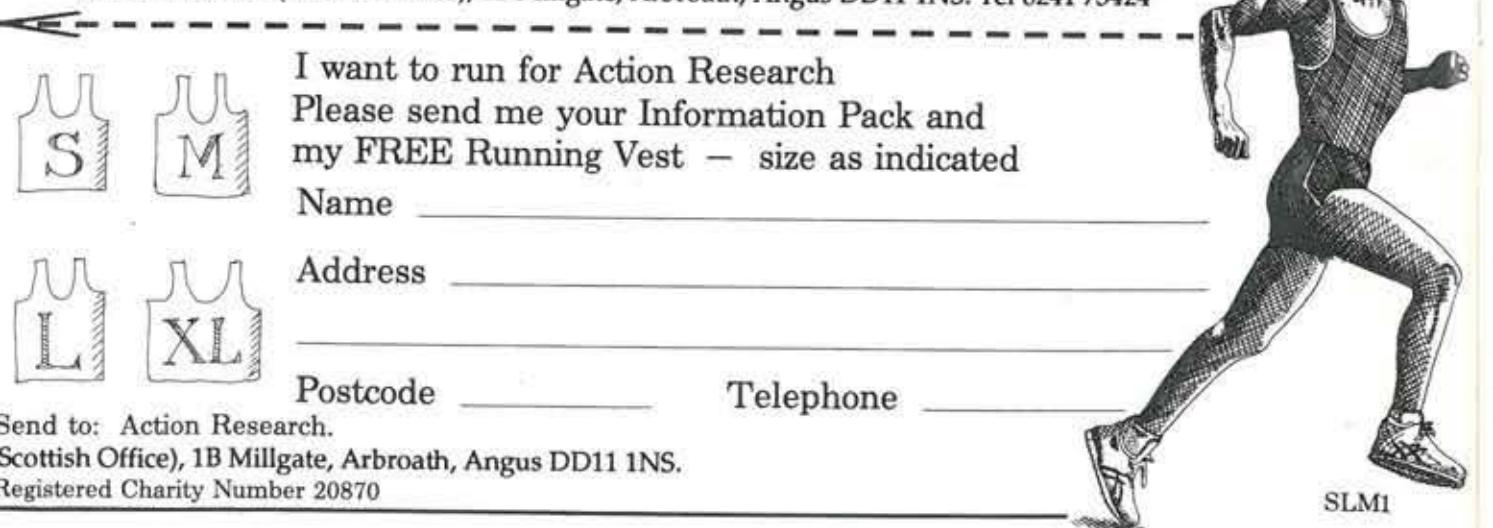
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SLM1

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It's simply that guide dogs only have an active life of 9 or 10 years, and with the help of a guide dog a blind person can have an active life 5 times that long.

That's a fact of life that The Guide Dogs for the Blind Association are well aware of.

We have to be, because about half the guide dogs we train every year end up as replacements for dogs that are at the end of their active duty.

There are over 500 guide dogs working in Scotland today. That represents 500 blind people enjoying a fuller and freer lifestyle.

Unfortunately there are 14,000 blind people in Scotland, and three-quarters of them would benefit immeasurably from owning a guide dog.



just one of the 5 or 6 dogs every blind owner needs to see them through their active life.

Not only that, but we receive no Government aid. Instead we rely entirely on the generosity of the public to keep us going.

Which is why we're asking you to do whatever you can to help us help blind people. Make a covenant, organise a fund raising event and send us the proceeds or simply send us a cheque.

Any donation you can make, however small, will help us to keep on giving guide dogs to blind people. And that will help them to look forward to an active and independent future.

GUIDE DOGS, THE EYES OF THE BLIND.



<input type="checkbox"/> I'd like to help guide dogs.	<input type="checkbox"/> Please send more information about your work.	<input type="checkbox"/> Please send details of making a Covenant/Legacy in your favour.
<input type="checkbox"/> Enclosed is a cheque for £ _____	<input type="checkbox"/> Please charge my Access / Visa Card No. _____	Expiry Date: _____
Name: _____	Address: _____	Postcode: _____
Signature: _____		

THE GUIDE DOGS FOR THE BLIND ASSOCIATION, PRINCESS ALEXANDRA HOUSE, DUNDEE ROAD, FORFAR, ANGUS DD8 1JA. TELEPHONE: 0307 63531.

Livingston and District AAC

Margaret Montgomery profiles one of Scotland's most active clubs.



SINCE it was formed in 1972, Livingston and District AAC has provided athletes of all ages and abilities from the West Lothian area with training and competition opportunities second to none.

The club's membership of approximately 250 contains an even balance of children and adults and includes a good proportion of road and hill runners, as well as track and field athletes.

Since the club participates in four leagues, all of its track and field athletes get a taste of competition on a regular basis.

Young athletes get their outings in the shape of either the Scottish Young Athletes' League or Forth Valley League.

"We tend to use our first and second string younger athletes for the Scottish Young Athletes' League," explains club secretary Marion Restrick. "The Forth Valley League gives our less experienced youngsters a chance to compete."

The club's top juniors also compete in the Panasonic and Bank

of Scotland Leagues along with seniors.

Lying in the middle of Division 4 in the men's league but in Division 5 in the women's, Marion Restrick admits strength in depth among female members is a problem.

"We don't have the numbers to improve on our position," she says. "We have a number of good distance runners among the senior women but they prefer hill and road races to the track."

Livingston's most successful league performances have been in the Scottish and North West League in which it is currently lying in Division 2.

Many of those participating in this are members of the same family and it is the united spirit which this breeds which accounts for the club's success in the league, according to Marion Restrick.

"Often you'll get dad in a senior race and a daughter and son competing in the younger age groups," she says. "The camaraderie is terrific."

Apart from the leagues,

Livingston's track and field athletes also get competitive experience through the handicap scheme.

Three out of the four annual meetings of the scheme are now held at Livingston's Craigwood track so they're convenient!

Marion Restrick believes the handicap scheme meetings are useful for all standards of athlete.

"For older athletes handicap meetings act as a good, hard training session with the added incentive of a bit of glory at the end," she points out.

"For the younger ones who don't make the teams often they are a good source of competition."

Open graded meetings were first held at Craigwood two years ago. Since then they have increased dramatically in frequency. This year there were six, as opposed to three in 1990.

Unexpected appearances by Liz McColgan in the 1500 metres at several of these over the past two years has helped to boost their popularity no end!

Yet, the club isn't short of its

own stars. Although no-one of the calibre of McColgan has yet made it through the ranks it may only be a matter of time.

Despite having a preference for middle distances and javelin she too does a leg of the 4x100 when necessary.

Even those parents not willing to participate in races often show a willingness to help the club in other directions. Fund raising is a prime example.

Martin Restrick, a first year senior boy, has already made quite an impact in sprints. First in this year's 200 metres at the East District Championships, and fourth in the 400 metres at the Scottish Championships, he is almost certainly a name to look out for in the future.

Likewise Kevin Waugh, a junior boy who also placed first in his event, the high jump, at the 1992 East District Championships. Kevin's winning jump of 1.54 metres was a new championship record in his age group.

Fiona Stewart and Linda Rodgers, 11 and 12 respectively, are among a number of young girls in the club who Marion Restrick tips as promising. Fiona recently broke the Bank of Scotland Division 5 record in the long jump while Linda has just broken the club record in the under-11 long jump.

Among the club's more prominent seniors is Peter Dymoke, who came third in the open race at World Hill Running Championships. Peter, who recently came down from the hills to pursue a bit of track work, has been turning out some fine performances in the steeplechase and longer distances.

Joyce Silvana, Dawn Everington, and Andy Kitchen also feature among the club's better seniors. Dawn is the current Scottish hill running champion, while Joyce and Andy both competed in the Scottish team at the aforementioned World Hill Running Championships.

Perhaps the real root of Livingston's success as a club is the enthusiasm and commitment shown by members and their families.

Supportive parents are regularly to be seen helping out when numbers are low at league meetings. Under pressure, Marion Restrick will admit to having run the odd B-string 100 metres and what she refers to as the "shortest leg" in a 4x100 metres relay. (That's the third leg if you work the changeovers so that you receive the baton at the end of the third box and pass it on at the beginning of the fourth!)

Another keen mother - Hazel Gregg - has also been known to take to track and field when the going gets tough.

Despite having a preference for middle distances and javelin she too does a leg of the 4x100 when necessary.

Even those parents not willing to participate in races often show a willingness to help the club in other directions. Fund raising is a prime example.

Although the club has received grant aid to meet transport and equipment costs from Livingston Development Corporation, it still has its fair share of financial headaches.

Members and relatives' initiatives to resolve these difficulties include the introduction of a tuckshop at club training nights and a "cafe" at open graded meetings.

One particularly successful ploy was taking over a local social work department charity fundraising shop for a week - a move which raised £400.

There are now ten coaches among club's ample membership, so it comes as little surprise to learn that of the 45 athletes attending West Lothian Development Squad meetings last year the biggest

percentage came from Livingston. Whitburn, Linlithgow, and Bathgate sent athletes too, but Livingston's contribution was the most significant.

In fact, it comes as surprise to learn that the club has any problems at all. Marion Restrick says that they are few but do exist.

"We can't get enough adults to help on the administration and supervision side of things," she reveals.

"We had an open night recently to try and solve this problem but only about 12 parents turned up."

Another area of concern is the fact that the club hasn't produced enough field eventers over the years.

According to Marion Restrick, the problem stems from the fact that until recently there were very few coaches specialising in this particular area.

"We're better off now than we have been," she says. "Mind you, I think there's an added problem in that field events don't get enough coverage on television."

"The result is that not many kids are interested in field events in the first place."

But, whatever minor problems it may have, Livingston and District AAC is one of Scotland's biggest and most active clubs.

Long may it last!



Above: Club coaches Charlie Rodger and Martin Hyman brave the elements during a training session.

Below: Senior members pictured during a track session.

ALL PHOTOGRAPHS BY ROBERT PERRY.



Under cover running

Matthew Lindsay and Margaret Montgomery look at the activities taking place in some of Scotland's indoor centres.

THE indoor season at the Kelvin Hall promises to be as jam packed with events as ever.

The indoor league which is now in its second year will continue its monthly Sunday afternoon meetings into the new year and open graded meetings which start on December 2 will be held on Wednesday evenings with roughly the same frequency.

(Sprinters should note, however, that the 60 metres has been dropped from several of the later open graded meetings. The decision to drop the event was taken to prevent meetings from running as late as they did in some cases last year. A 200 metres remains on the agenda of all the Wednesday evening meetings.)

The Glasgow Athletics Development Scheme continues to operate from the arena. Now managed by athlete Susan Crawford, there are plans to broaden its remit to include sessions held after school and at weekends.

At the moment the scheme aims to encourage children to take up athletics by bringing them along to the track for a special athletics "session" during normal school hours. Often the time spent at the arena is time which would normally be spent on PE anyway.

During the October school holiday week GADS put the Star Track scheme on for a second time. Originally designed to coincide with the Olympics, this special week long "introductory course" to athletics was so successful when run at the arena during the summer that it was decided to repeat it as soon as possible. The attendance level of 150 children a day which was achieved during the summer was matched second time around.

Underlining its commitment to youngsters yet further, the arena will be hosting a GB versus Russia match on January 30. Last year, Carl Lewis and other leading Americans proved a major draw for spectators and television audiences alike. It is to be hoped that the presence of major Russian athletes will have the same appeal.

Other events which will be staged at the arena in the coming



Peter Eadie

relatively "unknown" members of the B team. In 1991 we saw at least one B athlete outdoing her counterpart in the A squad with aplomb.

SAF events kick off in the new year with the East versus West match on January 24. The National Championships on February 7, the Under-20 Championships on February 21, and the Combined Events Championships on March 6 and 7 follow.

One new event which shows innovation and forward thinking on the part of the SAF is a Scotland versus Wales international on March 19 - the night before the rugby international between Scotland and Wales at Murrayfield. It was hoped that with large numbers of Welsh people in the country for the rugby match the audience for the athletics international would be greatly increased. However, with Birmingham now hosting a televised international on March 20 it remains to be seen whether this will be the case.

On a more positive note, the arena will be hosting a GB versus Russia match on January 30. Last year, Carl Lewis and other leading Americans proved a major draw for spectators and television audiences alike. It is to be hoped that the presence of major Russian athletes will have the same appeal.

Other events which will be staged at the arena in the coming

months include the Scottish and UK Civil Service Championships on February 11 and 26 respectively, the Scottish Veteran Harriers Championships on March 13, and the regular, much enjoyed Scottish Universities v Schools v Northern Ireland v Scottish Select match which will be held this year on February 27.

Despite the problems surrounding the Scotland versus Wales match the manager of the Kelvin Hall, Peter Eadie, remains philosophical about the presence of the Birmingham arena.

The new stadium, he believes, has helped to make the indoor season a more attractive proposition, something which can only be of good to athletics as a whole.



The Kelvin Hall attracts many top athletes, among them Katherine Merry winner of the 200m at last year's Scottish Indoor Championships.

"The stadium has added extra gloss to the indoor season," he says.

As Eadie also points out, the emergence of a new stadium is unlikely to make any difference to the day to day side of the Kelvin Hall's activities.

The numbers using the stadium for training purposes are as high ever with people coming from as far away as the North of England and Aberdeen.

"For people in the North of England the Kelvin Hall is still easier to get to than Birmingham," he points out.

As popular as ever with the local community and hosting a number of major athletics events over the coming season, the Kelvin Hall is as integral as ever to Scottish athletics in 1992/93.

CARNEGIE LEISURE CENTRE

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OPEN GRADED ATHLETICS MEETINGS 1992/3. (OVER S.A.F LAWS)

Programme

Wednesday 2nd December 1992

7.00 60m, long jump, pole vault 7.45 1000m
8.30 60m hurdles 9.00 200m

Wednesday 9th December 1992

7.00 60m, high jump, triple jump 7.45 1500m
8.45 400m

Wednesday 13th January 1993

7.00 200m, high jump, pole vault 7.45 3000m
8.45 60m hurdles

Wednesday 27th January 1993

7.00 60m, high jump, pole vault 7.45 1500m
8.45 300m 9.15 600m

INFORMATION

Kelvin Hall, Argyle Street, Glasgow. Telephone 041-357 2525.
Director of Parks and Recreation: Bernard M. Connolly.

Wednesday 10th February 1993

7.00 60m, long jump, shot putt 7.45 800m
8.30 60m hurdles 9.00 200m

Wednesday 24th February 1993

7.00 60m, high jump, triple jump 7.45 1500m
8.45 400m

Wednesday 10th March 1993

7.00 200m, long jump, shot putt 7.45 3000m
8.45 60m hurdles

Please note: that the above times are guidelines and may be subject to alteration. Registration will open at 6.00pm and athletes are asked to report early to assist seedings.

Cost: 85p per event, payable at reception prior to declaration. Open to all age categories male and females (except where S.A.F laws apply)

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WISHAW SPORTS CENTRE

WISHAW Sports Centre continues to host a new athletics initiative aimed at tackling the "social issue" of school children who do not participate in any physical activity.

Funded by Motherwell District Council, Lucozade, and the Scottish Sports Council, the initiative is being implemented by local athletics club Lucozade Motherwell.

Motherwell District Council's sports development officer, Willie Wilson, says of the new venture, "We're trying to get the 95 per cent of children who do no physical activity during the week involved in athletics."

And the club have three of Scotland's top athletics personalities to help them in their cause.

Tommy Boyle, Tom McLean, and Yvonne Murray are all involved and are helping to boost the numbers taking part by making contact with schools in the area.

Tom liaises with the primary schools while Yvonne visits many of the secondary pupils in Motherwell.

Already these and other efforts are paying dividends.

Willie Wilson said, "We held three cross country events last year, attended by up to 700 people each time, and for prizes had free passes to coaching sessions with Tommy Boyle at Wishaw Sports Centre, which we hold at the sports club each Saturday morning.

"Now at these very organised sessions we have 130 kids each morning."

Another three cross country events be held on November 21, December 12 and in early February.

The initiative is just of many to be hosted by Wishaw Sports Centre.

The centre already runs a number of training schemes for other sports and has recently installed several new pieces of gym equipment.

CARNEGIE LEISURE CENTRE

CARNEGIE Leisure Centre was the official number one tourist attraction in Fife last year with over 800,000 visitors passing through its doors.

Steve Kerrigan - principal leisure centre manager for Dunfermline District Council - thinks its the centre's diversity which lies at the real root of this popularity.

The club incorporates three swimming pools, a health suite (complete with saunas, Turkish baths, jacuzzis and sun beds), three squash courts, and a gymnastic area often used by the Scottish squad and hired out by the Federation of Gymnastic Clubs for competitions.

There is also an unusually named "combat area" which hosts a number of martial arts including karate, judo, thai kwan do, and kick boxing.

The centre has a games hall area and Kerrigan says, "You name it, it takes place there."

The centre holds many ad-

vantages for the runner in the Dunfermline area - especially at this time of the year.

"At this time of the year running on the roads, especially in the evening, is not that good for runners," Mr Kerrigan says. "If you come to the centre you can use our well equipped fitness area.

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

Steve Kerrigan organises the Dunfermline Half Marathon each year and believes that the success of local athletics clubs Carnegie and Pitreavie has something to do with the facilities Carnegie Leisure Centre offers.

The centre has a sports injury clinic which opens three nights a week and is well attended by local sportsmen and women.

The centre holds many ad-



Tom McLean who is helping to foster new talent on his home ground by liaising with local schools as part of a special scheme run by Wishaw Sports Centre in conjunction with Motherwell District Council, Lucozade, and the Scottish Sports Council.

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leisure**

Against the odds

CAROLINE Innes might not be a household name but she did what no other Scottish athlete managed to do by bringing back gold from Barcelona.

A cerebral palsy sufferer, the young girl from the market town of Cupar in Fife was Scotland's most successful athlete in the British team which competed in the Paralympics earlier this year.

Eighteen year old Caroline won her gold in the 100 metres for "category six" cerebral palsy sufferers. In doing so, she added to an already highly impressive collection of medals gained at major championships throughout the world.

In 1989, just a year after donning spikes for the first time, Caroline won gold representing Scotland in both the 100 and 200 metres at the Robin Hood Games in Nottingham.

The same year, she picked up three golds in the World Championships for Disabled Youth in Miami. Then 1990 saw her perform an equally impressive feat when, competing as a senior for the first time, Cupar's internationalist brought home two silvers from the World Championships in Assen, Holland.

Caroline may make winning look easy but she's fought harder than most to enjoy her success.

Prior to taking up athletics Caroline had been forced to acknowledge that her hopes of becoming a senior swimming internationalist were unrealistic. The cerebral palsy which affects both her arm coordination and breathing was too much of a handicap.

"I could cope alright at junior level but as a senior I'd have been hammered," she explains. "Part of the problem is that all disabled people compete together in swimming - I was even swimming against blind people."

Having given up swimming Caroline was advised by Richard Bickley, vice president of the Scottish Sports Association for the Disabled, that athletics would suit her well. With strong legs and natural speed he thought she had the makings of a sprinter.

With the minor exception of four impromptu gold medal winning performances in swimming at the 1989 World Championships for Disabled Youth, the teenager has devoted herself totally to the track since 1988. Caroline's build up to Barcelona spanned two years and was as arduous as any able bodied athlete's.

A four night a week training routine and regular trips to Birmingham for British team get togethers ensured that the schoolgirl who was also sitting a full diet of O-Grades and Highers had a more than busy lifestyle.

"It was hard work but the gold medal made it all worthwhile," she says.

Caroline, who is coached by Brian Ford along with a group of fourteen up and coming able bodied athletes (including sprinter Susan McCreadie and hurdler Douglas Stewart) now



Margaret Montgomery talks to the Fife girl who brought back gold from Barcelona.

attends training sessions all over Fife.

A specially adapted automatic car (in which all the controls are on a box attached to the steering wheel) helps the young athlete to get to these sessions. Unfortunately, since she does not qualify for a disabled car sticker - being able to walk more than 100 yards - Caroline is not so fortunate with parking arrangements when there.

Having dealt with difficulties like this most of her life, Caroline is no stranger to the fighting spirit all athletes need if they are to get to, and stay at, the top.

Currently preparing for her Higher English at the local night school the Cupar girl is juggling more than ever as she prepares for her next goal - the Paralympics in Atlanta in 1996.

"I need my English because I want to go to college to do BA in Community Education," explains Caroline who, despite training for Barcelona during her last years at school, managed to gain seven O-Grades and three Highers.

"It means I can't up my training schedule to five nights a week as I want to but hopefully I can do that next year if I pass," she explains.

Caroline, once so under confident that she would leave public places when the stares of insensitive bystanders became too painful, now exudes the self assurance which befits an international sportswoman. She ran in front of a 70,000 crowd in Barcelona but, despite that, says she was only "slightly nervous" before the gun went off.

"The only thing that threw me was the fact that I wasn't allowed to use my own blocks," she says. "Mine weren't curved like they were supposed to be."

Although her time wasn't as good as it could have been because of this, Caroline's Barcelona performance was still magnificent.

Watching it on a video made by her brother Gavin it became clear why she has enjoyed such a meteoric rise to success since taking up athletics four years ago. At least five metres up on the closest competitor at the finish line, the Cupar girl looked extremely powerful and was never threatened from start to finish.

In fact, although only just a senior, Caroline at her best is almost a world record beater. A pb of 34.2 in the longer sprint puts her just .30 seconds outside of the 200 metres record. In the 100 metres the story is much the same. A pb of 34.2 means she is just .30 seconds outside the world record for this distance.

Caroline remains refreshingly modest about her achievements. Although proud of them, her first priority is to use them to inspire others.

The Fife girl currently uses what's left of her time to teach swimming to the children attending a special unit at the local primary school.

"I'd like to encourage more handicapped children to take up sport," she says.

"It gives you confidence - something a lot of handicapped people lack."

Caroline herself could benefit from an increase in the numbers participating in disabled sport. Female "category six" cerebral palsy sufferers competing in the 100 and 200 metres are so few that she often has to run against men or the less disabled.

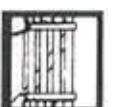
"There's really only one other 'cp6' female who sprints in Britain," explains Caroline. "And she's a swimmer rather than an athlete."

Although she's been told that the "cp6" sprints might be under threat at the next Paralympics Caroline remains confident that she'll be competing.

"One of the organisers in Barcelona suggested that I try to drum up more "cp6" athletes for Atlanta," she says.

"I'm determined to go there so I'll be doing my best!"

Doing her best is something Caroline Innes could never be accused of failing to do.



October

10

Renfrewshire Cross Country Relay Championships at Greenock

Seniors: 1, Spango Valley 40-06; (C Spence

10-03; T MacLellan 9-43; S Kinnear 10-19;

S Hodge 10-01); 2, G Glenpark 40-14; (S

MacLellan 10-10; G MacGratten 10-13; J

Bennet 10-05; W Jenkins 9-46; 3, Kilbarchen

(M MacGinlay 10; T Anderson 9-48; J Gibson

10-36; I MacDougall 9-57; 4, Spango Valley

B 40-54; 5, Bellahouston 41-04; 6,

Bellahouston B 42-12; 7, Kilbarchen B 42-

28; 8, Spango Valley 42-36; 9, Glenpark B

42-56; 10, Wellpark 43-38. **Fastest:** J Gaffney

(GWH) 9-38; T Macarian 9-43; W Jenkins 9-

46; T Anderson 9-48; I MacDougall 9-57.

Youths: 1, Kilbarchen 27-12 (R Corrigan 9-42; C Douglas 8-26; A Mitchell 8-59) **Fastest:** LConway 11-32; **Mini minors:** 1, Ayr 17-22

(L Donnelly 5-30; E Hoolston 6-06; A Lang

5-46); 2, Irvine 13-58; 3, Cumnock 13-46.

Fastest: M Donnelly 5-30.

Juniors: 1, Irvine Cable 35-02 (A Dean 11-24; D MacManus 12-59; A Higgins 10-39) **Fastest:** A Higgins 10-39; 1, Ayr 14-34 (S Keenan 5-15; B Sweetzer 4-14; D Mitchell 5-05); 2, Troon 15-00; 3, JWK 15-18; **Fastest:** J MacBride (JWK) 4-03.

Women: Seniors: JWK 39-51 (K Todd 13-40; S MacGregor 13-27; L Cairns 12-44); 2, Irvine

Cable

40-41

(J Roxburgh 13-13; J Byng

13-28; N Donaldson 14-00); 3, Ayr 40-52 (B

Boyd 14-05; J Robertson 12-50; S White

13-57); 4, Irvine Cable B 45-10; 5, Irvine

Cable 48-27; 6, Irvine Cable D 48-42. **Fastest:** L Cairns 12-44; J Robertson 12-50; S MacGregor 13-27.
Colts:

Ayr 14-34 (S Keenan 5-15; B Sweetzer

4-14; D Mitchell 5-05); 2, Troon 15-00; 3,

JWK

15-18; **Fastest:** K MacBride 4-03.
Intermediates

- 1, JWK 54-13 (R Smith

18-44; L Turner 20-00; J Walker 15-29)

Fastest:J Walker 15-29; **Girls** - 1, Irvine

Cable

33-09

(L Hough 11-03; E MacLellan

13-05; J Graham 13-07; B Kirkwood 13-16; J

Crawford 13-13); 4, Tweedale 53-17 (J Elliot

13-27; A Fair 13-37; A Walker 13-03; D

Capers 13-10); 5, Dundee HH 53-29 (D Story

13-18; B Patterson 13-14; C Hall 12-59; C

Haskett

13-28); 6, EAC 54-00 (M Fallows

15-14; R Ridell 13-47; A Mortimer 13-18; D

Farrell 13-41); 7, CEC 54-05 (S Kerr 13-23; K

Smith 13-27; M Coyne 13-15; D Gardner

14-00); 8, Aberdeen Metro 54-55 (K Varney

13-38; N Milovorov 13-05; S Forbes 14-00; R Taylor 13-02); 9, Edinburgh Univ 55-01 (S

Burch 13-27; T Healy 13-42; B MacNamee

13-56; T Cattemore 13-56; 10, FMC Carnegie

55-07 (S Ogg 13-38; A Stevenson 13-49; I

Stuart 13-58; C Law 13-42); **Other clubs:**Dundee HH 55-09; Tweedale 55-22; Edinburgh ACB 55-26; Edinburgh Southern 55-27; Falkirk Victoria B 56-02; BT Pitreavie 56-24; Dundee HH C 56-33; Haddington 56-45; Fife 56-55; 20, Perth Strathay 59-19. **Fastest:** 1, J Sherban 12-28; 2, I Brown 12-43; 3, G Grindlay 12-53; 4, S Cohn 12-55; 5, C Hall 12-59; 6, P MacColgan 12-59; 7, I Steel 13-01; 8, A Walker 13-03; 9, J Robson 13-04; 10, M Turner 13-05; 11, D Barr 13-05.

East District Cross Country League at Wilton Lodge Park, Hawick

Seniors: 1, C Ross (RCE) 23-12; 2, I Steal

23-17; 3, A Walker (Bell) 23-19; 4, K Lyle

(ESH) 23-38; 5, A Robson (RCE) 23-43; 6, M

Turner (RCE)

23-44; 7, G Grindlay (FVH)

23-48; 8, A Fair 24-00; 9, I Elton (V) (Bell)

24-15; 10, D Knight (PSH) 24-11; 11, C

MacLellan (AEC) 24-21; 12, B Hartman (Liv)

24-23; 13, C Watson (Pit) 24-23; 14, J Quinn

(RCE)

24-25; 15, P Bogie (EUni) 24-26.

Teams:

1, Tev'dale 97pts;

2, Livingston

173pts

3, Edin 175pts

4, FMC Carnegie

207;

5, Edin South

279;

6, Falkirk Victoria

348.

Youths:

1, T Winters (EAC) 18-02; 2, S

Goddad

(EHS) 18-27; 3, M Anderson (Cors)

18-32.

Teams:

1, Aberdeen 26pts

2, Fife 30

3, Tayside 40.

Senior Boys:

1, N Lyle (Lass)

13-17; 2, C Smith (Aberdeen) 13-39; 4, S

Murray

(Lasswade) 13-48. **Teams:** 1, Lasswade

11pts

2, Aberdeen 16; 3, Tayside 35. **Junior Boys:** 1, C O'Brien (Cors) 10-24; 2, G Cooper (FVH) 10-36; 2, Hughes (Tweedale) 10-43. **Teams:** 1, Pitreavie 21pts; 2, Falkirk Victoria 29; Tweedale 42. **Colts:** D Cummings (Ab) 628; 2, S O'Brien (Cors) 642; 3, F Matherson (Ab) 646. **Teams:** 1, Aberdeen 14pts; 2, Tweedale 21; 3, Perth 40.

Northern District CC League, Adden Country Park, Mitslow

Seniors: 1, A Reid (Peter) 24-43; 2, B Channing (Forrest) 25-32; 3, J Bowman (Inv) 25-40; 4, J Sim V1 (Moray) 26-02; 5, B

Fraser (Inv) 26-15; 6, J Milne (Moray) 26-29; 7, E Grant (Moray) 26-35; 8, M McCulloch (Forrest) 26-46; 9, C Hunter (Moray) 26-54; C Vettorino 9-29; Y Ryley 8-57; 3, BT Pitreavie 28-58; 4, S Paterson 10-37; 5, J Ward 9-26; 6, I Linaker 8-55; 4, Aberdeen 25-53 (H Smith 9-48; N Fraser 10-33; V Clark 9-32); 5, Lasswade 31-12; 6, R Monday (Peter) 18-24; 7, P MacIntyre (Inv) 18-27; 8, Senior Boys: B Milne (Moray) 11-51; 9, A Wilson 9-31; 7, Dundee C 11-32; 8, Irvine Cable B 12-28; 9, Irvine Cable C 12-28; 10, Dundee D 12-32. **Fastest:** (in running order)
Junior Boys:

1, C O'Brien 11-58; 2, S Benny

(Fife) 12-14; 3, C Houston (Penicuik) 12-20; **Senior Boys:** 1, A Donaldson 11-18; 2, G Kennedy (Aberdeen) 11-52; 3, J Tosh 12-00. **Youths:** 1, T Winters (EAC) 10-41; 2, M Anderson 11-02; 3, S Robertson 11-29. **Women:** 1, Edinburgh 28-17 (A Hood 9-30; J Robertson 9-34; L Cormack 9-13); 2, Dundee Hawk Hill 28-51 (S MacLaine 10-25; C MacGratten 10-58; I MacLennan 10-59); 3, BT Pitreavie 28-58; 4, S Paterson 10-37; 5, J Ward 9-26; 6, I Linaker 8-55; 4, Aberdeen 25-53 (H Smith 9-48; N Fraser 10-33; V Clark 9-32); 5, Lasswade 31-12; 6, R Monday (Peter) 18-24; 7, P MacIntyre (Inv) 18-27; 8, Senior Boys: B Milne (Moray) 11-51; 9, A Wilson 9-31; 7, Dundee C 11-32; 8, Irvine Cable B 12-28; 9, Irvine Cable C 12-28; 10, Dundee D 12-32. **Fastest:** (in running order)
Minors- A Hood 9-30; B Debanham (GHD) 9-35; C Cameron 9-27; D MacLamfae (Inv) 9-28; Team: 1, Minolta Black Isle. **Colts:** 1, A Broadbents (Inv) 6-41; 2, A Wylie (MBI) 6-22; 3, M Steven (Fraser) 6-24. **Team:** Fraserburgh. **Senior:** 1, C Falconer (MBI) 13-27; 2, S MacRae (Inv) 13-31; 3, A Reid (Loch) 13-33; 4, M Smith (MBI) 13-36; 5, C Simpson (Edin) 14-02; 6, R MacLamfae (Loch) 14-02; 7, J Wilson (Inv) 14-03; 8, S Stoenach (Moray) 14-03.

Northern District Cross Country Relay Champs

Seniors: 1, Forres 49-30 (D Cruikshanks

12-47

B Chinnik

12-00

P Mathieson

12-58 G

G

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G

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G

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7, M Strachan (DHH) 69.17; 8, R Bell (DHH) 70.02; 9, C Ross (Fit) 70.52; 10, C Law (Car) 71.00; 11, Vets: 1, W Adams (Ab) 71.42; 2, B Wood (DRR) 73.08; 3, D Hamilton (DHH) 73.46; Women: 2, N Muir LVI (DRR) 1.22-02; 3, C Brown LV2 (Fit) 1.23-49; 4, 4, J Jones (Un) 1.24-24; 5, T Thomson (Pit) 1.25-51; 6, LV3 M McLaren (Fit) 1.26-57; 4, K MacGregor (Fit) 5.27-05.

Strathcarron Hospice 10K, Denny - 1, J Howieson (BH) 2, 29.38; 2, J Cooper (Spr) 29.48; 3, R Fleming (Cen) 30.30; 4, N Robertson (FVH) 31.04; 5, R Ross (Sten) 31.48; 6, P Laing (Spr) 31.48; 7, J Evans (She) 32.00; 8, P Smith VI (Lan) 32.14; E McNair (Len) 32.19; P Cartwright V2 (VRC) 32.23; Schools Shield: 1, K Wilson (FVH) 33.40; Women: 1, M Cheyne (Thur) 41.41; 2, S Malcolm (Cen) 41.50; 3, P Morris (Stir) 42.32.

Beecraigs 10,000 metres at Bathgate - 1, H Iglesias (Luv) 34.18; 2, L McIlroy (Bath) 40.08.



July

18-19

Women's International, Greece v Scotland v France v Cyprus, Athens - Match Result: 1, Greece 170pts; 2, France 169; 3, Scotland 137; 4, Cyprus 75. **100:** 1, K Koffa (G) 11.61; 5, M Baxter 12.04; 7, M Neel 12.19; E Julian (Guest) 12.35; **200:** 1, K Koffa (G) 23.70; 2, A Baxter 24.04; 7, I. Fener 24.92; **400:** 1, M Vassaridou (G) 54.39; 2, I. Fener 54.90; 3, A Baxter 54.95; **800:** 1, S Foulon (F) 2.07.83; 4, C Sharp 2.10.73; 7, J Stewart 2.13.81; **1500:** 1, C Buzen (F) 4.27.43; 2, C-A Gray 4.28.03; 4, J Cliffe 4.28.05; **3000:** 1, A Vroam (Cyp) 9.20.70; 2, V McPherson 9.21.50; 3, A Bell 9.24.46; **5000W:** 1, A Siora (G) 23.29.58; 2, V Larby 20.00.25; **100H:** 1, P Patoulidou (G) 13.31; 3, J Kirby 14.40; 6, T Crosbie 14.41; **400H:** 1, S Robins (F) 58.42; 3, L Sibuer 60.74; 6, H Edgar 63.05; **4x400R:** 1, France 3.41.50; 2, Scotland (T Crosbie, M Neef, A Baxter, M Baxter) 46.57; **HI:** 1, N LeFeuvre (F) 1.81m; 3, H Melvin 1.78; 7, R Pinkerton 1.74; **LJ:** 1, K Hanbrook (S) 6.02m; 4, L Davidson 5.95m; **SP:** 1, F Kitiakidou (G) 15.16m; 6, H Cowe 13.46m; 8, L Bartram 12.02; **DT:** 1, K Vongole (G) 57.86m; 5, H Cowe 43.40; 6, S Freebairn 42.28; **JT:** 1, A Veron (G) 61.50m; 3, L Jackson 48.56; 5, K Costello 43.78.

30

Panasonic Inter Area Match, Grangemouth Match Result: 1, East 488pts; 2, West 488; 3, North 267; 4, Borders 1190. **Seniors:** 1, West 123; 2, East 100; 3, Border 66; 4, North 100; 1, K Douglas (B) 11.00; 2, H Lister (E) 11.20; 3, S Shanks (W) 1.31; **200:** 1, K Douglas (B) 21.61; 2, S Tucker (W) 22.07; 3, H Lister 23.03; **B:** 1, A Cullen (E) 22.81; 2, J Adams (W) 22.94; **400:** 1, A Murray (W) 48.59; 2, P Davidson (E) 51.26; **B:** 1, H Kennedy-Skington (W) 49.45; 2, B Holliman (G) 49.84; **800:** 1, J McFadyen (W) 1.56.12; **B:** 1, P Duffy (W) 1.57.86; **1500:** 1, J McKay (W) 3.58.12; 2, J Garland (E) 4.01.19; **B:** 1, G Graham (W) 3.58.40; **5000:** 1, K Rankin (G) 15.02.7; 2, A Little (W) 15.03.8; 3, D Anderson (E) 15.10.1; **B:** 1, I Murphy (W) 15.05.5; 2, S Wynt (E) 15.13.1; **110H:** 1, K Campbell (B) 15.00; 2, F McGlynn (W) 15.36; **B:** 1, J Render (W) 15.95; 2, T Leighton (B) 16.08; **400H:** 1, T Nimm (E) 52.90; 2, D Thom (B) 58.40; 3, B Davidson (W) 58.62; **B:** 1, J Render 58.32; 2, B Davidson (B) 59.63; **3000 s/c:** 1, G Croll (W) 8.44.4; 2, M Ferguson (E) 9.41.7; **B:** 1, J Austin (W)

August

19

Shuttleton Harriers OGM, Crownpoint - Seniors: **100:** 1, S Tucker (She) 11.11; 2, B Holliman (Cam) 11.3; 3, M O'Donnell (Bel) 11.5; 4, J Fitzgerald (She) 11.5; **200:** 1, S Tucker 22.3; 2, G McMillan (GU) 22.4; 3, D Alexander (She) 23.6; **400:** 1, A Murray (JWK) 48.6; 2, G Brown (Caber) 48.7; 3, C McRobert (Cam) 49.5; 4, S Rutherford (Un) 50.7; 5, D Cathie (EKM) 51.4; **800:** 1, B Murray (CPH) 1.50.1; 2, G Brown 1.50.1; 3, P McDeritt (She) 1.51.1; 4, P Duffy (CPH) 1.52.3; 5, G

Graham (Cly) 1.52.6; 6, G Reid (JWK) 1.53.6; 7, A Murray (JWK) 1.54.2; **1000:** 1, C Airth (She) 1.55.9; 2, F Boyne (Ab) 1.56.5; 3, A Harkin (She) 1.56.6; 4, A Banks (Loch) 1.56.6; 5, C Greenhalgh (VP) 1.57.4; 6, M Steele (EAC) 1.57.5; **3000:** 1, W Coyle (She) 8.06.3; 2, G Croll (Cam) 8.09.1; 3, P Fleming (RCE) 8.13.8; 4, J MacKay (She) 8.16.4; 5, A Russell (Law) 8.26.5; 6, K Mortimer (EAC) 8.33.1; 7, F McGowan (VP) 8.33.8; 8, J Austin (Cly) 8.34.9; 9, K Downie (EK) 8.35.4; 10, M McQuaid (FVH) 8.36.2; 11, A Little (She) 8.36.5; 12, D Connolly (Y) (She) 8.44.8; 13, S Gilman (VP) 8.47.5; 14, J Duffy (SV) 8.54.7; **Youths:** **100/400:** 1, D Brock 11.9/55.6; **Senior Boys:** **100:** G Hastings (She) 12.0; **200:** 1, A Young (VP) 24.1; 2, A Donaldson (Pit) 24.3; **800:** **A Race:** 1, A Young 2.02.2; 2, A Moore (Cly) 2.08.4; 3, I Reid (Cam) 2.11.2; **1100:** 1, A Donaldson 2.03.7; 2, G Murray (Birdine) 2.08.0; 3, G Smith (Cam) 2.08.1; 4, M Watson (Ayr) 2.10.7; **800C:** 1, B Hendry (Irv) 2.13.0; 2, P Dennis (Hel) 2.14.2; **25**

September

13

M'lands Scottish Cup Final, C'bridge - Overall Cup Result: 1, Edinburgh Woollen Mill; 2, Arbroath; 3, Pitreavie AAC. **Seniors:** EWM 100pts; 2, Glasgow 95; 3, Aberdeen 90; 4, Edinburgh AC 68; 5, Inverness 59.5; 6, Arbroath 51; 7, DHH 41.5; 8, Pitreavie 36.100; 1, K Leys (Ab) 12.3; 2, S Richmond (Cam) 12.9; 3, A Munro (Irv) 13.2; **200:** 1, K Leys 25.1; 2, L Vannet (Ab) 25.9; 3, H Edgar (EWM) 26.6; **400:** 1, A Brown (EWM) 58.4; 2, L Davidson (Ab) 59.4; 3, L Vannet 5.800; 1, CA Gray (EAC) 2.13.3; 2, H McVicar (Arb) 2.20.0; 3, P Lynch (EWM) 2.21.2; **1500:** 1, E Grant (COG) 4.40.5; 2, L Cormack (EAC) 4.47.5; 3, P Lynch 5.08.9; **3000:** 1, S Gordan (Inv) 9.46.1; 2, E Cochran (COG) 10.09.7; 3, E McFayen (EAC) 10.24.4; **100H:** 1, S Richmond 14.7; 2, G Murchie (Ab) 15.2; 3, H Edgar 15.7; **400H:** 1, J Cadman (EWM) 62.2; 2, J Low (COG) 64.1; 3, G Murchie 69.9; 4, 100H: 1, Aberdeen 49.9; 2, EWM 50.8; 3, Glasgow 52.7; **4x400R:** 1, EWM 3.57.1; 2, Glasgow 4.02.2; 3, Aberdeen 4.12.7; **HJ:** 1, R Pinkerton (COG) 1.70m; 2, H Pine (Ab) 1.60m; 3, L Livingston (EWM) 1.45m; **LJ:** 1, N Barr (EWM) 5.58m; 2, D Quine (Ab) 5.11m; 3, J Bolling (CG) 4.75; **SP:** 1, A Dutch (EWM) 11.62m; 2, K Costello (EAC) 11.47; 3, C Cameron (COG) 10.41; **DT:** 1, S Freebairn (COG) 41.00m; 2, H Macleod (Inv) 35.32m; 3, L O'Keefe (EWM) 29.70m; **JT:** 1, K Costello 40.74m; 2, L Jackson (EWM) 40.58m; 3, J Currie (COG) 33.06m; **Inters:** 1, Arbroath 69pts; 2, Glasgow 69; 3, EWM 67.5; 4, Black Isle 64; 5, Aberdeen 60; 6, Edinburgh AC 57; 7, Pitreavie 50.5; 8, Inverness 42.100; **N Thomson (EAC) 12.7; 2, S Gunn (Ab) 12.9; 3, P Young (MBI) 13.2; **200:** 1, S Dudgeon (EAC) 25.0; 2, S Gunn 26.1; 3, F Sinclair (EWM) 26.300; 1, S Dudgeon 39.3; 2, S Hendry (Ab) 42.4; 3, F Sinclair 42.5; **800:** 1, C Falconer (MBI) 2.19.4; 2, L Shaw (Arb) 2.23.9; 3, L Mooney (COG) 2.28.9; **1500:** 1, C Falconer 4.54.2; 2, L Shaw 5.02.1; 3, S Knox (COG) 5.14.9; **80H:** 1, C Bus (EWM) 12.1; 2, K McNamee (COG) 12.6; 3, K Beveridge (EAC) 13.1; **300H:** 1, S Ranninger (Arb) 46.2; 2, F Sinclair 46.6; 3, K McNamee 46.6; **4x100R:** EAC 50.3; 2, Aberdeen 51.6; 3, Glasgow 51.6; **HJ:** 1, S Bain (MBI) 1.55m; 2, G Taylor (COG) 1.55m; 3, S Ranninger 1.55m; **LJ:** 1, S Ranninger 5.54; 2, K McNamee 5.23m; 3, S Still (Ab) 5.12m; **SP:** 1, E Garden (Pit) 10.92m; 2, S Bain (MBI) 10.38m; 3, C Mann (Ab) 9.40m; **DT:** 1, E Garden 36.30m; 2, L Thomson (EWM) 30.88m; 3, C Mann 25.86m; **JT:** 1, C**

Mann 37.90m 2, E McQueen (Inv) 28.20m; 3, L Thomson 27.10m; **Girls:** 1, Pitreavie 79pts; 2, Glasgow 76; 3, EWM 54; 4, Aberdeen 44; 5, CO 43; 6, Inverness 40; 7, Central 37.5; 8, Arbroath 30.5; **100:** 1, N Hynd (Pit) 12.4; 2, G Hegney (COG) 12.6; 3, A Cameron (EWM) 13.200; 1, N Hynd 25.8; 2, L McConnell (COG) 26.5; 3, N Docherty (EWM) 26.6; **800:** 1, L Scott (KO) 2.23.6; 2, J Forney (Pit) 2.25.9; 3, N MacDonald (Inv) 2.84.4; **1500:** 1, P Crowley (COG) 4.54.6; 2, J Ward (Pit) 4.56.9; 3, S Watson (KO) 4.57.1; **75H:** 1, G Stanway (COG) 11.8; 2, L Kirk (Cir) 13.1; 3, L Duncan (Pit) 13.1; **4x100R:** 1, Glasgow 50.4; 2, Pitreavie 51.8; 3, EWM 52.0; **HJ:** 1, L McConnell (KO) 1.50m; 2, F Paul (EWM) 1.45m; **DT:** 1, N Elliot (W) 35.82m; 2, R McNamee 35.24; **JT:** 1, B Hill (W) 52.06; 2, S McMillan 50.30; 3, N Robbie 49.24m; **B:** 1, R McKenzie 44.76; **100:** 1, D Allen (N) 55.28; 2, H Naismith (W) 41.64; 3, W Gentleman (Vet) 40.50; **Junior:** 1, East 104pts; 2, West 85; 3, North 42; 4, Borders 32; **Youths:** 1, East 113; 2, West 88; 3, North 63; 4, Borders 38; **Senior Boys:** 1, East 96; 2, West 69; 3, North 67; 4, Borders 33; **Junior Boys:** 1, West 83; 2, East 81; 3, North 59; 4, Borders 21.

Next came local runner Roddy Bell (Dundee Hawkhill Harriers) who over the past four years has made third place his own. Then, in fourth place, was clubmate Charlie Haskett. This was how they finished with Terry setting a new course record of 1.10.50.

In the ladies' race Elaine Mackay (Shuttleton Ladies) was leading with Muriel Muir (Dundee Road Runners) following 20 seconds behind. Margaret McLaren (FAC) was next and then Linda Barclay (Babcock Pitreavie AC). This was how they finished with Elaine Mackay setting a new course record of 1.24.22.

As the runners crossed the line, some still fresh, others suffering from high altitude, they were given an engraved medal, and a goodie bag containing a roll, Mars Bar, and drink of juice. Then it was off for a free swim in the recreation centre.

After the prize giving a lot of runners commented on how much they enjoyed the race and all that went with it.

Both Terry Mitchell and Muriel Muir said it was a lot tougher than the old course, but a great challenge and one they both are looking forward to again next year.

Are we resting on our laurels? No! Plans are already in hand to make this event even better next year. What's more, Adidas have said they will help through The Dundee Runner.

I would like to thank our sponsors: The Dundee Runner; Kall-Kwik Printing; Strathclyde Bus and Coach; Connaghans-Perth Builders; Blair Bakeries; The Royal Hotel; The Crown Bar; and all of those people who helped make it a successful day, especially you the runners. So don't forget watch the press for details of next year's race and get your entry in early.

If

any runner has any comments, good or bad, on this year's race please get in touch with me at the following address: **15, Ann Street, Blairgowrie PH10 6EH.**

East CC League, Hawick, October 10

THE first cross country meeting was held for the first time at the old flat race course outside Hawick. **writes Denis Shepherd.**

In the colts' race Douglas Cumming (Ab) ran as if propelled by a racehorse, continually looking round for nonexistent dangers and winning by 14s. With both his club-mates in the first ten, Aberdeen also finished first team.

C. O'Brien (Cor) had a similarly comfortable win in the junior boys'

event, where BT Pitreavie's strength in depth gave them the team prize.

N. Lyall (Lass) set up a large lead in the senior boys' race and had 22 seconds to spare over a fast-finishing Chris Smith (Ab). Lasswade and Aberdeen were first and second in the team event.

Tom Winters (EAC), after dispersing with Gary Smith (Ab), went into a 25 second lead in the youths' race. Aberdeen took the team title.

The senior four mile event proved close, David Ross (RCE) winning in 23-12 from Ian Steel (ESH) (23-17) and Alastair Walker (Tev) (23-9). Teviotdale won the team and vet events easily.

Overall, Teviotdale finished 228 points ahead of EAC (644). Aberdeen were third on 664.

New from the USA

MICROWAVE MOIST HEAT-PACK

Moist Heat from your Microwave in Minutes!

PROVID

Scottish Senior Men's Top 20 1992

November

14

CLYDESDALE Harriers Young Athletes CC Races - Clydebank.

GLEN Clova Half Marathon. Starts at the Glen Clova Hotel, by Kirriemuir, Angus. D - 05755 222.

SECONDARY Schools Road Relay Championships, Grangemouth.

15

BARR'S Im-Bru Edinburgh to Glasgow Road Relay Race.

JW Kilmarnock Harriers CC Races (women), Kilmarnock.

21

BELLAHOUSTON Harriers Centenary Cross Country Races, Bellahouston Park. Commemorative item to all finishers. Large prize list. Entries on day. Tel - 041 942 6731.

EDINBURGH University Hares & Hounds Braid Hills Race.

GAULDRY Community Council CC Races (BYJS), Gauldry, Fife.

NORTH District League - venue to be decided (all age groups).

22

RONNIE Kane Memorial Races (women) - League, Kings Pk, Glasgow.

28

CROSS Country Champs: Dunbartonshire - Kirkintilloch; Northern - Fraserburgh; Renfrewshire; Lanarkshire.

EAST District CC League, Rosyth.

29

EAST District Champs (women), Rosyth.

WEST District Champs (women), Kirkintilloch.

December

2

OPEN Graded Meeting, Kelvin Hall.

5

SORN Chase, Som.

DONPRINT Hugh Wilson Memorial Road Races (BYJS & G), East Kilbride. D - S. MacDougall. Tel - 0553 2978.

FIFE AC Open CC Races (BYJS). Kirkcaldy.

THE Lita Allan Memorial Races (women) - League, Kirkcaldy.

6

KEYLINE 5 mile RR, Peterhead.

SCOTTISH Athletics Indoor League, Kelvin Hall.

9

OPEN Graded Meeting, Kelvin Hall.

12

SCCU v Scottish Universities v Northern Ireland v Civil Service, including inter-district races for junior boys, seniors, youths, seniors and vets, Cumbernauld.

13

AYRSHIRE CC Champs.

EAST v North v West v Northern Ireland (women), Irvine.

19

SCOTTISH Schools Under-16 Home Countries International, Kelvin Hall.

20

EAC "Queens Drive" Races, Edinburgh.

IRVINE CC Races (inc Cyclists v Harriers). (Men & women, all ages).

1993**January**

1

PORTOBELLO Mtzuno Promenade Races.

2

BEITH Road Races, Ayrshire (men & women).

NIGEL Barge Road Race, Maryhill.

CO Durham CC International.

9

NORTH District League, Elgin (all ages).

JACK Crawford Memorial Road Race (men & women).

WORLD CC Challenge, Mallusk.

17

CLOSED 4000m Championship (women), Lasswade.

23

NORTH District League, Muir of Ord (all age groups).

JC Flockhart CC Races (BYJS).

EASTERN District League, Dundee.

24

CRATHES Castle CC Meeting.

KIRKINTILLOCH O'pions 7.25 mile RR.

EAST v West Indoor Championships, Kelvin Hall.

27

OPEN Graded Meeting, Kelvin Hall.

30

GREAT Britain v Russia, Kelvin Hall. BRITISH Universities Champs, Bellahouston Park.

EASTERN District League, Riccarton. RENFREWSHIRE AAA 5 mile RR. Championship.

31

SCOTTISH Vets CC Championships, St Andrews.

CUMNOCK Open CC Races.

1993 AAA's Indoor Championships**AAA's Under 20 Indoor Championships**

Saturday/Sunday 13th & 14th February

National Indoor Arena Birmingham

Closing Date for Entries 4th February 1993.

AAA's Senior Indoor Championships

Friday/Saturday 26th & 27th February

National Indoor Arena Birmingham

Closing Date for Entries 16th February 1993

AAA's Indoor Combined events Championships

Saturday/Sunday 13th & 14th March 1993

RAF Cosford

Closing Date for Entries 2nd March 1993.

Full prospectus of events and entry forms available from Championship Secretary, AAA Offices, Edgbaston House, 3 Duchess Place, Hagley Road, Edgbaston, Birmingham, B16 8NM.

Telephone : 021 456 4050

CHRISTMAS MESSAGES

Merry Christmas, & Best Wishes from Dunfermline District Council.

Make a date in your diary for 1993 Dunfermline Half Marathon. See you there!

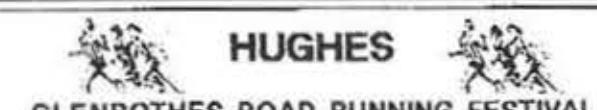


Best Wishes for 1992 from Inverclyde Athletic Initiative.

Dates for your diary:-
Wed 26th May - 4 x 2 mile Relay
Sun 13/20 May - Marathon and 10K
Sun 22 August - Half Marathon, 1 mile, and Fun Run

MERRY CHRISTMAS AND A HAPPY NEW YEAR to all our customers from the management and staff of Bathgate Sports Centre.

50th Nigel Barge Memorial Road Race 4.85 miles, Sunday 3rd January at 3pm. Declarations and changing Maryhill Burgh Hall, Entry Fee £1.50. For Further Information Telephone 041-880 5367.

IRVINE OPEN CROSS COUNTRY RACES(inc. Harriers v Cyclists Race)
All Age Groups
Mareess Sports Club
Irvine
Sunday 20 December
1st Race 1pm - Seniors 1.30pm
Numerous Seasonal Prizes
Details (0294) 54131

WISH ALL OUR SUPPORTERS A MERRY XMAS

1993 Race Sunday 16 MayBiathlon 10k Wheelchair Race Half Marathon
10K Road Race 5K Fun Run Junior Fun Run**RUNNING IMP UK**

Wishes Seasonal Greetings to all our friends in Scotland.

Send now for our 1993 Brochure! Everything you will ever need to organise your event or race. "SIMPLY THE BEST"

CONTACT RUNNING INP UK, 37-39 HIGH STREET, MARKET DEEPING, PETERBOROUGH, PE6 8ED.

OR PHONE DICK ROZ, OR LISA ON 0778 342947

