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02

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SCOTLAND'S FEBRUARY 1993 ISSUE 78

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02

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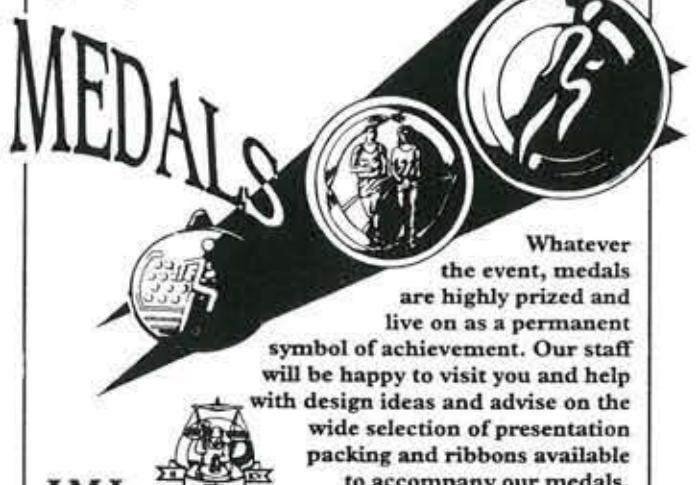
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SCOTLAND'S Runner

February 1993

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COMMENT

clear ideas of where it is going stands much more chance of securing what finance is



Andy Vince

Optimism for future of Scottish athletics . . .

SCOTTISH athletics has arrived at a crucial crossroads with the appointment of a new development officer in

Graham Ross and (as we went to press) the imminent replacement of Gregor Nicholson as administrator.

Certainly from a media point of view, the formation of the Scottish Athletics Federation has been a big step forward, and assuming that an administrator of equal calibre to the aforementioned Nicholson is appointed, there is every reason to believe that athletics in Scotland has reached the stage where various much-needed plans to build the sport up again can be implemented.

The worry remains of how to attract money into the sport at a time of severe financial recession, but a federation with

available than the previous four disparate bodies.

We look forward in future issues to giving the various people involved, including national coach Andy Vince, the opportunity to spell out in Scotland's Runner just how they see athletics developing over the next five years.

. . . and a better service from Scotland's Runner

TALKING of future issues, I would like to reassure readers that Scotland's Runner will be endeavouring to significantly improve its content and design in the months ahead.

I also wish to apologise to readers for the very poor service they have received over the past six months. Numerous internal difficulties resulted in magazines being printed late, problems arising over subscription offers, and any number of other irritants.

I am pleased to report that these difficulties have now been overcome, and that several appointments within ScotRun Publications have been made to prevent such a situation recurring.

With regard to the content of Scotland's Runner, it is probably fair to say that the profile of our readers will have changed considerably over the past six and a half years, and not just because we're all getting older.

Consequently, in order that we might strive to please most of the readers most of the time, we would appreciate suggestions as to what features you would like to see included in Scotland's Runner in 1993, and what parts of the present magazine you like or dislike.

The ball is in your court!

Alan Campbell

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Ross secures development post

SCOTLAND'S first athletics development officer will take up his post on March 1, writes **Matthew Lindsay**. Graham Ross, a qualified senior BAF coach who is manager of Cardiff Athletics Stadium, was the successful candidate out of more than 75 applicants.

Announcing the appointment, SAF general secretary Bob Greenoak said: "We're hoping for great things from this new post. Mr Ross will be involved in increasing participation in the sport and improving standards in existing athletes. All of the five candidates interviewed had to present a three year plan, and we are hopeful we will begin to notice improvements within the year."

Speaking after his appointment

was made public, Ross said: "I'm very excited about the whole thing - I'm looking forward to the challenge and the large task ahead of me. With the Scottish athletics community's help and support we can hopefully begin to form working partnerships and work towards change together."

He said he viewed his position as forming initiatives and partnerships between schools, clubs, and local authorities, working at grassroots level.

Ross is 36, and describes himself as a lifelong "athletics enthusiast". He is a former Staffordshire AAA 2,000 metre junior steeplechase champion and Staffordshire senior schools cross country champion, and has worked in athletics since leaving

school, firstly as a PE teacher and then as assistant manager of Northwood Stadium in Stoke before taking up his current post in 1989.

Although he hails from the south, as did all five candidates for the post, Ross has strong connections with Scotland. Both his parents were born in Glasgow and his sister works in the Pitlochry Tourist Board.

Although the creation of the post is a great boost, Scotland still lags far behind England, which have 24 such posts.

Another key post in the SAF which is to be filled is that of administrative secretary. Already a staggering 400 enquiries have been received for Gregor Nicholson's position (see profile on Page 8).

Crownpoint to get the Scottish?

NEGOTIATIONS are continuing with Glasgow District Council to get this year's Scottish Championships held in the city.

The competition will, for the first time, be held on one day after a flood of complaints about the two day competition as SAF general secretary Bob Greenoak explained.

"We have received representations from a number of clubs who are complaining about having to travel on two occasions," he said.

"This year as a trial the event will be held on July 10 probably at Crownpoint Stadium, and the 10,000 metres will be held at a different time."

The SAF hope to hold the event in Glasgow and Edinburgh on alternate years.

Just good friends!

LIz McColgan's £500,000 three race deal with the Nutrasweet London Marathon may turn sour following the invite to double Commonwealth marathon champion Lisa Ondieki, writes **Matthew Lindsay**.

The well publicised animosity between the two runners will come to a head when they clash alongside the defending champion Katrin Dorre in April's event.

Sparks flew on the only occasion the two have met in a marathon, in New York in 1991, when after the race the Australian said: "I was bent over drawing breath when she brushed past me and said: 'I'm sorry I tore you to shreds in the press, but that's the name of the game.' Not even a pat on the back."

The two will not even appear together at the pre-race press conference as Ondieki has asked for a special clause in her contract.

McColgan has since said that the two are "fairly good friends" and insisted that the race will not be used as a revenge run.



Federation are to fight name ban

SCOTTISH clubs may again be able to incorporate the name of sponsors in their titles if an SAF motion to the BAF to reverse last year's decision to ban such publicity is successful.

Outgoing administrator Gregor

Nicholson explained: "For the smaller clubs who do not receive high level publicity, the name is often the only publicity they can offer a sponsor."

The SAF is expecting a surge of support from Scotland's smaller clubs on this issue.

DUNCAN Gillies from Keith, Stephen Macleod from Fort William, and William Beattie from Wick have all been reinstated by the SAF.

OUR congratulations go to statistician Arnold Black on his appointment as partner at Alexander Sloan & Co, Chartered Accountants. Arnold will continue to provide his excellent ranking lists service for Scotland's Runner.

Black is also secretary of the reformed Scottish Association of Track Statisticians, and it is hoped that the 1992 ranking lists and other information will be published in booklet form in the near future.

Suspension plan denied

THE SAF has denied suggestions that it has discussed suspending Eleanor Gunstone, vice-convenor of the SAF's Road Running and Cross Country Commission, who was among those responsible for the setting up of a women's road running trust (see Scotland's Runner, January issue).

Bob Greenoak, the SAF general secretary, said: "There was never any mention of suspension. However, we are still looking into the whole incident."

The joys of cross country running

39. Craigleath Hill, Edinburgh.

SIR - As someone who has for a good many years been ploughing through the mud that Derek Parker would have me avoid, (Scotland's Runner, December) I offer with a wry smile my personal interpretation of some of his key sentences in that issue.

1. "Nowadays, courses are usually set in large urban parks with few natural obstacles."

3. "Steve Ovett... seldom participated in prime."



6. "...concerned only about doing their best for their club."

The team manager (usually the first member who manages to arrive on time) will not accept your cold/hangover/hernia as an excuse to avoid the driving rain. He will be immensely impressed that you have remembered your number, even if it is five years old.

7. "...whatever their ability... given age... fitness..."

On the point of giving up? Never fear, the Jimmy Cooneys of this world will be along in half an hour to encourage you, and isn't that George Armstrong's woolly bonnet only 80 places in front? Ah, here comes Robin.

8. "If in doubt... seek medical advice."

R.T. comes past wearing tracksuit bottoms. A brief conversation ensues regarding the problems of running with no knickers on!

9. "You may have to wear leggings"

These come in handy when careering off course into a passing gorse bush, or, as Alec Jackson was heard to remark, "Blooming odd time to go to the loo."

10. "...you have to ensure that there is no danger of these (studs) slipping"

Check that the course has not been planned by the Bog Trotters, in which case flippers are recommended. This will not prevent you falling flat on your face into the biggest sheugh in Lothian, right under the nose of you know who.

11. "Give yourself plenty of time to declare"

Remember then, that staggering over the summit of the Braid Hills in near darkness and a snow-storm is a moment you will always treasure, and isn't the repeated straddling of that icy burn at Dundee positively exquisite?

12. "...this will prevent you getting lost..."

Lost; with a mile long snake of

vests in front of you? But do study the map, better to avoid that sinking feeling when you discover that the second lap has an extra mile loop.

At the Jack Kane Centre you can sometimes choose your own finish, but don't blame Barry Craighead just because you've lost a dozen places.

14. "...start the race steadily..."

Hordes of wizened vets will overtake in the last mile if you've got too close to the radioactive pink, sorry I mean cherry, guys. Alan Robson lives next door but two (Hi, neighbour!) which is as close as I'm ever likely to get. Relax for half an hour before the start by asking Brian Kirkwood about his form.

15. "...eliminate uneconomical movement..."

This category includes gymnastics on farm gates and stane dykes, wide detours round bottomless bogs, and, if you can't stomach the horrors of plough, avoid Kirkcaldy. Be especially wary when stumbling about in turnip fields.

16. "...avoid mud"

Emigrate for the winter.

17. "...work the uphill stretches steadily..."

All the ones you pass at great effort on the way up will cascade past you on the way down. Robin Thomas will take gravity to extremes by sliding past on his extremus.

18. "...finest traditions of cross country..."

Memorise your number, for it will fall off.

The rain will start when the race does.

Where there are showers they will be freezing!

Matt Bankhead

Setting the record straight

Scottish Universities Sports Federation, Heriot-Watt University, Riccarton, Edinburgh.

SIR - May 1, at the request of the Scottish Universities Sports Federation executive committee, comment on the article by your correspondent, Gordon Ritchie, in your December issue under the heading,

"University students not allowed to compete in university events".

Over twelve months ago the polytechnics and colleges which were named as potential universities were approached by the federation, and communications were established at administrative and student level.

As a result, representatives of the new universities have attended executive committee meetings and the federation has been most heartened

to welcome Napier and Paisley universities into membership.

At this time Robert Gordon Uni-

versity

is

executive would be pleased if you could arrange to incorporate an update of the current situation with regard to the universities in the next appropriate issue of your journal.

**D. G. Miers,
Honorary secretary.**

Nicholson leaves a healthier ship

A

ALTHOUGH Gregor Nicholson left Scottish Athletics to take up his new post as administrative secretary with the SRU at the start of February, the man who has guided the sport through its last four turbulent years still brims with ideas, enthusiasm and advice.

While at the administrative helm, Nicholson has overseen the formation of the Scottish Athletics Federa-



tion, which has transformed the set up into what he calls, "a bit more of a streamlined structure".

The post has been one he says he has felt very privileged to occupy, and he is quick to point out he would have been quite happy to stay.

He explains: "I wasn't looking around for the (SRU) job, but when I saw it coming up in the paper I thought it was too good an opportunity to miss.

"I've enjoyed my time with the SAF. It's an enviable position to be working and getting paid for something you're interested in anyway, while there are people out there who put the hours in on a voluntary basis.

"The level of what we are doing here has certainly changed," admits Nicholson. "We are doing an awful

Vince's long term coaching plan."

Having left Edinburgh University with a degree in geography, Nicholson, 32, worked for six years with the Housing Association where he learned the committee and communication skills which he says have helped him in the job. It is these skills he says his successor will have to employ.

"A sound administrative background, dealing with the public and with committees, is an important part.

lot more work than some people anticipated. We were set up primarily to service the committee side of the sport, but since we got the offices at the Scottish Sports Council more and more people are coming to us with their problems.

"In large offices where there are a lot of staff, holidays or illnesses make little difference. Here when one person is off we certainly feel the pressure."

The appointment of a development officer is something Nicholson has been keen to get implemented for some time.

He explains: "The Scottish Sports Council launched their programme last year and now there are more development officers going into schools and promoting their sports. More sports are getting back off the ground and we have got to compete against them.

"Children used to take to athletics in the summer, but now they have many other sports to occupy them so we're not getting the same steady stream as we used to."

While targeting athletes at grassroots level is, Nicholson feels, a vital step, the promotion of the "shop window" should be the federation's prime objective.

"We cannot afford to ignore our elite level athletes," he says. "They are well known and can be used to help to get kids to take up the sport and develop junior and senior level athletics. That's something I don't think we have touched on enough - in the past there's been a big hole there and the development officer should help to solve this problem."

The gap between the athletes and the officials was highlighted last year when the Herald published a letter from Tom McKean, Brian Whittle, and Tom Hanlon criticising the so-called "blazer brigade". While regretting the letter Nicholson felt there were faults on both sides.

"The athletes concerned did not really have an idea of what we were trying to do. We don't just sit around wearing blazers in committee meetings all day. But at the same time it was our fault for not making sure athletes know our role.

"I believe we have since devel-

Matthew Lindsay speaks to Gregor Nicholson, the outgoing administrator of Scottish athletics who is taking up a post with the Scottish Rugby Union.

oped a better relationship between officialdom and the athletes. It's hopefully coming out of the Commonwealth Games gatherings when we are in regular contact with the top athletes. Before Auckland there was a lack of this, but by the next Games this should be sorted out," he said.

Another area which has improved during Nicholson's time has been officials' relationship with an often critical press. He has realised both parties can benefit from a good working relationship - without straying into the confidential. It has not always been this way.

"I think the Scottish governing bodies have had a bad deal on occasions," he says. "Some areas of the press are too quick to criticise and look for faults, while at the same time not looking for any good that's come out of what we have done, although, since the SAF that has not been so noticeable."

This, of course, may have something to do with the fact that the self-same critical press have been campaigning for one united body for athletics in Scotland for many years, often in the face of entrenched opposition from various parties unwilling to give up their existing power bases!

Whatever, Nicholson agrees that his successor should face a less turbulent period.

"In the coming years the more structured set up may prove easier to work with," he says.

"The potential is there for athletics to develop in the next 12 months to two years. I'm by no means deserting a sinking ship - it's in very good water."

Any more chips?

THERE is a lot to be said for doing things "en famille", but taking your children with you to train or compete is not necessarily one of them. It is not always desirable, sometimes unavoidable, and usually requires more careful planning than an attempt on the north face of the Eiger.

I met the newly crowned European vets 1500m champion Violet Blair coming out of Meadowbank last year with kit bag on one arm and a "Ride-a-roo" and assorted diversions in the other, followed by son Scott.

The Blair family had survived another evening at the track with offspring in tow. So far my own family has come out of these trips relatively unscathed despite precarious antics on steeplechase barriers and the timekeepers' podium, although my eldest son's moral education received a serious set-back after one Saturday morning jaunt to Meadowbank.

On emptying his shell suit pockets that evening I found a copy of *Sunday Sport*.

I dealt with the matter in my usual diplomatic and authoritative way: "Right, Steve, you're his father . . ."

When questioned as to why at the age of eight (or any other age for that matter) he had numerous pictures of naked women crumpled up in his pockets he said he had found the paper in the stand at Meadowbank and had brought it home for the em . . . em (and here he found inspiration) . . . football results.

It later transpired after further interrogation under a standard lamp, and after Steve had gawked at the "evidence" for the tenth time, that Calum had in fact brought the paper home to show his nine year old friend next door.

What his parents would have thought, I dread to think.

I am sure many parents training or coaching with their children around will agree that it can cost a fortune. Bribery does not come cheap. Also, when to introduce the bribery is of prime importance.

The long jump pit, providing there is not an athlete actually using it, is a tremendous diver-

Meticulous planning and native cunning is required when you train or compete when the family is in tow, as Fiona MacAulay relates.



are about to run, or the session you are about to attempt, whatever is on your children's minds is, of course, twice as important.

I was warming up for a 400m hurdles race and trying to concentrate on the task at hand when a wee voice piped up from the terracing:

"Mum! Mum! Did you remember to tape Neighbours?"

And my husband was just about to line up for a steeplechase when he was called over urgently by one of our little darlings to be informed that their mother had just kissed the national coach in the car park (wee clip).

That is fine if the track you are at has a cafeteria. If not, then your kit bag will be full of Robinsons' Orange, Highlander Crisps, and mini-Mars Bars.

The long jump pit, providing there is not an athlete actually using it, is a tremendous diver-

sion. Of course, the next aspiring Mike Conley will have to flatten out the sandcastles before he trains, and it was with some alarm that I was told after one training stint at Meadowbank by my middle child:

"I dug a hole so big that I got down to the concrete."

I hurried him away from the premises with visions of a top Scottish long jumper disappearing up to his neck.

The older the children are, of course, the easier it becomes as they can amuse themselves under lessening supervision and understand track etiquette.

When they get to that sort of age, however, you have the added onus of having to time them around the track; either that or they want to run with you:

"Because I'm much faster than mummy - she's got a wobbly bottom."

Often they wait until you have completed your final run and are having trouble co-ordinating a movement that would successfully remove your spikes, before ambushing you with pleas of, "Give me a race now - pleeeeze. You promised!"

Carol Sharp told me that when she crawls off the track after a session her two girls immediately jump on her going, "Mummy! Mummy! Mummy!", and ready to play when all Carol wants to do is lie comatose on the high jump mat.

And finally, having children certainly changes your whole perspective on athletics.

Once it used to be the most important thing in your life, but having kids means that your focus changes and while athletics may still be important it is by no means the be-all and end-all. Children bring you down to earth and are hard to impress.

Over the tea table one night last summer Steve asked our eldest what he thought of his mother being picked to run for Scotland in Greece. He just shrugged his shoulders and said:

"Great. Any more chips?"

Setting standards

Derek Parker outlines why it is essential for a good coach to always be positive when working with young athletes.

COACHING young athletes is one of the most enjoyable aspects of the sport. It is also one where the greatest care and responsibility must be exercised.

It is wrong to delegate this responsibility to older athletes who are injured, retired, or too slow to keep up with the adult fast pack. When dealing with young athletes, the principle that no coaching is better than bad coaching applies.

The coach of young athletes must be someone special who understands children and who can relate to their emotional, psychological, and physiological requirements. He or she must be aware of the pressures from various sources with confront young people today - and how these can affect training and racing performance.

An awareness of the growth stages and the maturation of the human body from that of a child to an adult is essential.

It is obvious, therefore, that only good coaches who put the interest of their charges first should be entrusted with the responsibility of looking after young athletes. Novice coaches intending to work with children should gain recognised coaching qualifications and work under the supervision of a senior coach for some time to gain experience before accepting full responsibility for training and racing programmes.

It is imperative that coaches

of young people set the highest possible standards in personal behaviour, language, and attitude towards colleagues, opponents, officials, and spectators. In short, they must always set a good example.

The most important factor in coaching children and young athletes is safety. Well-lit training areas with little or no traffic should be used when doing winter road or park sessions. It goes without saying that areas which attract troublesome elements should be avoided.

Light-coloured or fluorescent clothing should be worn at night and hazards such as kerbs, potholes, or protruding fence-posts must be identified and kept clear of. During inclement weather it will be necessary to choose training routes which provide quick access to places of warmth and comfort if young athletes become too wet or cold.

If the training group is likely to split up for any reason, the coach must ensure that everyone has got back to base safely - and that no young athlete is left on his or her own.

It is worthwhile encouraging athletes to use a training diary and sign themselves "out" and "in" before and after runs.

As well as providing information about how long it took each individual to complete the session, this procedure is an excellent safety measure. At least one adult should accompany each training group on road runs, and there should always be a grown-up at the rear to ensure that no young athlete is left behind on his or her own.

The rules of competition for relevant events should be explained.

Without encouraging food fads, the coach should provide young athletes with advice about diet by stressing the importance of fruit, vegetables, fish, poultry, lean meats, cereals, and pulses for the growing body and its athletic development.

Good safety techniques



must never step onto it without looking all around to ensure no one is running towards them.

Idling or gossiping on the track should be discouraged. Possible sources of danger from hammer, javelin, discus, and shot put areas must be identified and kept clear of. During inclement weather it will be necessary to choose training routes which provide quick access to places of warmth and comfort if young athletes become too wet or cold.

Having taken the necessary steps to establish a safe training environment, the coach can start to think about training and racing programmes. It is important when working with young athletes to teach them the correct procedures as bad habits once formed can be very difficult to eradicate.

Differences in temperament should be taken into account. Some young athletes relish challenges or showing off their real or imaginary skills. Others are less confident. They should be encouraged and told that their efforts are equally important and meaningful.

When coaching young athletes, certain anatomical factors should be considered.

These include the differences between biological and chronological age. Some 13-year-olds have the physique of children two years younger. Others have the build of youngsters two years older.

These differences will affect the ability, or lack of it, to perform various training requirements. During and after puberty girls will develop more fatty tissue, and this can initially lead to slower

charges' lifestyle must be taken into account when devising training and racing programmes.

These include educational, social, domestic, financial, health, and work environments as they will all affect athletics performances for better or worse.

Great care and consideration must be taken if there is sudden change to any aspect of an athlete's lifestyle, such as leaving school to start work, or even just changing schools or moving house.

The coach should explain the importance of keeping individual training diaries to measure progress and the amount of work done during sessions as well to record race results and analyses.

The rules of competition for relevant events should be explained.

Without encouraging food fads, the coach should provide young athletes with advice about diet by stressing the importance of fruit, vegetables, fish, poultry, lean meats, cereals, and pulses for the growing body and its athletic development.

The wise coach will use the holistic approach in his or her dealings with young athletes. This means that all aspects of their

times in races for a while. Guiding them through what can be a difficult time assumes a major role in coaching.

It must never be forgotten that the bones of young athletes are still growing during their early teens. Growth in the leg bones occurs at the ends of the bones above and below the knee joint, above the ankle, and below the hip.

If the young athlete trains excessively, especially on roads, he or she can incur a painful shin-bone complaint known as Osgood-Schlatter's Disease which frequently necessitates lay-offs of several months.

This is one of many good reasons why young athletes should be encouraged to train, whenever possible, on softer surfaces such as parkland, forest trails, and grass verges.

Another factor which must be remembered is that the hearts of young athletes are also still in the growth stages. This means that intensive training involving high-speed runs with very short recoveries should be avoided.

It is believed that excessive quantities of this type of training can cause the heart wall to thicken, preventing it from attaining its full size, and limiting the athlete's endurance capacity in later life.

There is also evidence to suggest that young athletes are physiologically ill-equipped to

cope with high oxygen-debt training sessions.

These precautions do not mean that the training of young athletes must be boring and uninteresting. The good coach will have a wide choice of sessions in his programme which will provide enjoyable, measurable, and progressive challenges without damaging the health of his charges.

It is beyond the scope of this article to provide detailed schedules for young athletes because each youngster is a unique individual and no two training environments are the same.

The ability of the coach to

prescribe sessions relevant to each young athlete's individual requirements is paramount. That is why only good coaches should be put in charge of youngsters.

The following work-outs are offered for guidance, and can be



previous issues of Scotland's Runner.

Participation in the Scottish Athletics Federation Thistle Award and Cross Country Award schemes is also recommended. As well as providing young athletes with their own personal challenges and targets, it encourages them to take part in a wide range of events.

It is also recommended that athletes do not specialise in any one single event at too early an age.

As the young athlete matures, he or she frequently discovers previously-unknown aptitudes for events other than those which brought them into athletics initially.

One of the oldest cliches heard in the training of young athletes is that what they do must be fun.

I fully agree. But the intelligent coach will also ensure that his young charges are given expert advice about warming-up, cooling down, race procedures, technical skills, tactical awareness, peaking, and the compilation of training and racing schedules.

Above all, a good coach will always be positive and optimistic when working with young athletes. He will encourage, inspire, motivate, support, and guide them in their quest to fulfil their human and athletic potential. He will do his utmost to make their dreams realities.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross-country running.

Monday: 75 to 90 mins fartlek inc. 30 secs fast (15 secs jog) & 60 secs fast (30 secs jog) & 90 secs fast (45 secs jog) & 120 secs fast (60 secs jog) x 3 sets at 5k effort.

Tuesday: 5 miles steady.

Wednesday: 10 miles steady.

Thursday: 8 x 400 metres at 1500m pace (60 to 90 secs recovery).

Friday: Rest or 20 to 30 mins easy run.

Saturday: 12 to 15 miles steady.

Morning runs of 20 to 30 mins can be done 4 to 6 times weekly.

Week Two

Sunday: As week one.

Monday: 75 to 90 mins fartlek inc. 8 x 3 mins at 5k/10k effort (jog 90 secs).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 6 x 1600 metres at 10k effort (45 to 60 secs recovery).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 6 x 600 metres at 3k pace (60 to 75 secs recovery).

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cross-country running.

Monday: 60 to 75 mins fartlek inc. 12 x 45 secs fast (45 secs jog) & 60 secs fast (45 secs jog) x 5 sets.

Tuesday: Rest or 15-20 mins easy.

Wednesday: 5 to 8 miles steady.

Thursday: 6 x 400 metres at 1500m pace (90 secs recovery).

Friday: Rest.

Saturday: 8 to 12 miles steady.

Morning runs as week one.

Week Four

Sunday: As week one.

Monday: 60 to 75 mins fartlek inc. 10 x 60 secs fast (60 secs jog).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 2 x 2 x 400 metres at 800 metres pace (60-90 secs between reps/5 mins between sets).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

Saturday: Race or 8 to 12 miles steady. Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 60 to 75 mins fartlek inc. 20 secs fast (15 secs jog) & 40 secs fast (30 secs jog) & 60 secs fast (45 secs jog) x 5 sets.

Tuesday, Wednesday, and Friday: As week one.

Thursday: 6 x 800 metres at 5k pace (60 to 90 secs recovery).

Friday: Rest.

Saturday: 8 to 12 miles steady.

Morning runs as week one.

Week Two

Sunday: As week one.

Monday: 60 to 75 mins fartlek inc. 10 x 60 secs fast (60 secs jog).

Tuesday, Wednesday, and Friday: As week one.

Thursday: 2 x 2 x 400 metres at 800 metres pace (60-90 secs between reps/5 mins between sets).

Saturday: Race or 8 to 12 miles steady.

Morning runs as week one.

The B team on form

SCOTLAND played host to England, Ireland, and Wales in the U16 Indoor Track, Field and Pentathlon International at the Kelvin Hall on Saturday, December 19.

With the bonus of the five lane track, the SSAA took advantage of their host status and selected a B team to compete, a decision which certainly caused controversy when in the first six track events the higher Scottish place was won by a member of the B squad.

It is, however, difficult to pick a team basically on the results of six months before, and many members of the B team, feeling that they had something to prove, ran exceptionally well. Fielding a B team gave an extra 24 young

people the opportunity of international experience, and the decision was justified by the final match result by finishing ahead of Wales and Ireland.

Scotland won two gold medals, Gayle Stanway in the 60m hurdles in an excellent 9.1 seconds, and Susan Scott in the 1500m, following in the SSAA tradition of golds in this event - Isabel Linaker in 1990 and Kristina Gormley in 1991.

Silver medals were won by Lee McConnell - 200m in 26.2; Peter Rowling - 200m in 23.8; Jennifer Ward - 800m in 2.18.6; Bryan Hendry - 800m in 2.05.1; Ross Baillie - 60m hurdles in 8.7; Gillian Hegney - 60m in 8.0; Scott Fraser - 60m in 7.4; Julie Robertson - 300m in 44.2; Navdeep Dhaliwal - shot in 13.43,



Navdeep Dhaliwal

and Robert Sinclair - pole vault with 3.20m.

Scotland was also second and third in three of the four relays, achieved in no small measure by the extra coaching on the Friday afternoon.

Excellent results also came from two of the youngest competitors - Michael Combe, third in the 800m in 2.07.5 seconds, and Karen Montador, 3rd in the 1500m in 4.52.4 seconds. Both these young athletes showed real maturity in very exciting races.

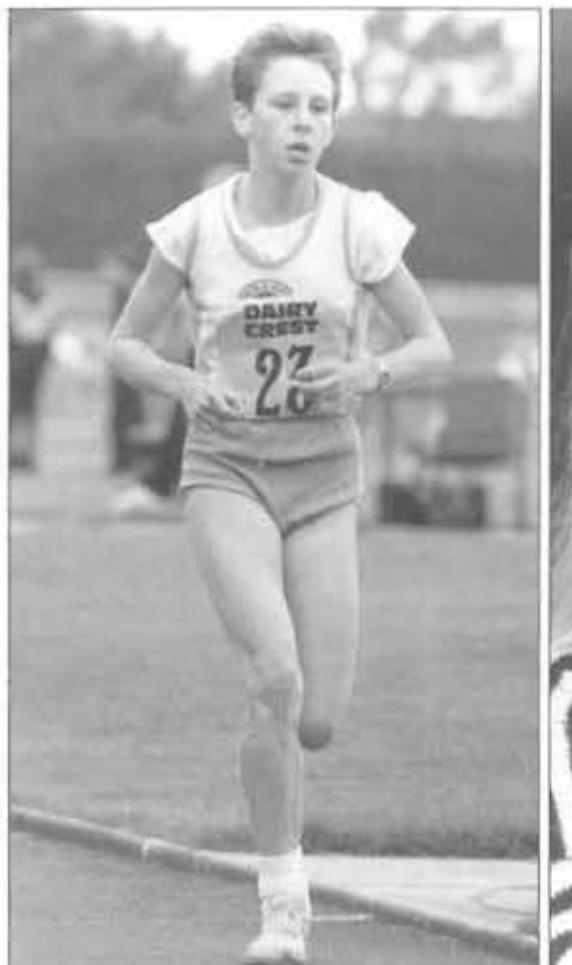
As always, the separate pentathlon competition engendered great cameraderie and all 20 athletes were presented with medals and certificates at the end of the match. Jennifer Reid, fifth, was the highest placed SSAA pentathlete with a score of 2759, which would have given her the bronze medal in 1991.

In fact, so high was the standard of competition this year that out of 23 individual events, 11 had improved performances from 1991, two were equalled, and the girls' 300m and boys' pole vault were new events.

Seven of the Scottish team had participated last year and at least ten of the 1992 squad are eligible for 1993 - a good nucleus for the next indoor international.

Finally, the SSAA would again like to thank all the officials who gave up the Saturday before Christmas to ensure that this attractive event ran as successfully as it did.

(Primary Schools cross country entry forms should now be available in all interested schools: closing date of entry is April 2.)



Isabel Linaker and Kristina Gormley, who won 1500m gold in 1990 and 1991.



NAME:	Ian Mackie
DATE OF BIRTH:	February 27, 1975.
SCHOOL:	Formerly Woodmill High School.
ATHLETICS CLUB:	Pitreavie AAC
COACH:	John MacDonald
STARTED ATHLETICS:	When I went along to Pitreavie 7 years ago with a friend.
EVENTS:	100 metres and 200 metres.
PERSONAL BESTS:	100 metres: 10.69; 200 metres: 21.56.
ENJOY MOST:	Competing.
LEAST ENJOY:	Injuries.
AMBITION IN SPORT:	To go to the next Commonwealth Games; make Olympics in 1996, and to get into the Great Britain Junior Team.
HIGHLIGHTS SO FAR:	Winning Scottish U20 200 metre indoor championship and breaking record at the same time; representing Scotland as part of the Scottish Junior squad; breaking Scottish U20 100 metre and 200 metre titles; breaking Scottish 200 metre youths' record; running in the final of the AAAs U20 200 metres; coming fifth in the Scottish Senior Championships; being asked to run in the 4x100 metres squad for the Commonwealth Games, and being picked for the Great Britain Junior Team. Not being able to secure sponsorship as yet.
BIGGEST DISAPPOINTMENT:	
FAVOURITE ATHLETES:	Linford Christie and Ade Mafe; I trained with them in Lanzarote last year and they were really good guys.
FORTHCOMING EVENTS:	Scottish U20 Championship, Scottish Championship, the AAAs in England.
OTHER HOBBIES:	Playing on my computer and the odd game of snooker.
FAVOURITE FOOD:	Pasta.
FAVOURITE FILM:	Die Hard II.
FAVOURITE ACTOR:	Eddie Murphy.
FAVOURITE TV PROGRAMME:	Question of Sport.
AMBITION OUTSIDE SPORT:	To get a job that I enjoy.
COMMENTS ON THE SPORT:	Not enough sponsorship for up and coming athletes.



Lynne Hoey
Airdrie Harriers

NAME:	Lynne Hoey.
DATE OF BIRTH:	November 2, 1979.
SCHOOL:	Brannock High in Neuart Hill.
ATHLETICS CLUB:	Airdrie Harriers.
COACH:	Caroline Robertson.
STARTED ATHLETICS:	When I was eleven someone suggested I join after they had seen me running around the playground.
EVENTS:	100 metres, 200 metres, and hurdles.
PERSONAL BESTS:	100 metres 13.5; 200 metres 27.9; hurdles 13.3.
ENJOY MOST:	Going to competitions.
LEAST ENJOY:	Doing exercises.
AMBITION IN SPORT:	To go to the Olympics.
HIGHLIGHTS SO FAR:	Winning 100 metres in East versus West; winning the West District 100 metres and Lanarkshire Ladies 100 metres.
BIGGEST DISAPPOINTMENT:	Haven't been any so far.
FORTHCOMING EVENTS:	West District Championships.
OTHER HOBBIES:	I do Taekwondo on the evenings when I'm not at the athletics club.
FAVOURITE FOOD:	Chips - and carrots!
FAVOURITE FILM:	Top Gun.
FAVOURITE ACTOR:	Tom Cruise.
FAVOURITE TV PROGRAMME:	Home and Away.
AMBITION OUTSIDE SPORT:	To become a PE teacher.

Junior Rankings 92

RANKINGS

Junior Men Born 1973/74

100 METRES

10.69w	Douglas Walker	EAC (10.81)
10.83w	Colin MacRobert	Cam (10.89)
11.1	Craig Joiner	Pit
11.1w	Mark Dall	Fife
11.1w	Scott Adamson	Glooc
11.2w	Hugh Gilmour	G Her
11.2w	Iain Strachan	Ed. Acad
11.2w	David Ballantyne	E Kilb
11.2w	Euan Dale	Harm
11.3w	Philip McCall	Clyd
11.3w	Douglas Stewart	EAC (11.36)
11.37w	James Gilbert	FVH



Craig Joiner

200 METRES

21.3w	Douglas Walker	EAC (21.51)
21.6w	Colin MacRobert	Cam (21.71)
22.0w	Scott Adamson	Glooc (22.11)
22.2w	Craig Joiner	Pit (22.52)
22.5w	Douglas Stewart	EAC
22.7w	William Wyllie	FVH
22.7w	David Ballantyne	E Kilb
22.8w	David Reid	BHH (22.98)
22.8w	Grant Purves	CPH
22.9w	Mark Dall	Fife

400 METRES

49.38	Grant Purves	CPH
49.5	Colin MacRobert	Cam
49.62	Keith Mackie	CPH
50.1	Colin Young	VP
50.46	Neil Johnstone	CPH
50.73	Stuart Allan	Pit
50.9	William Wyllie	FVH
50.91i	David Ballantyne	EK
51.00	Kevin Woods	Lark
51.25	Ingram Murray	Inv

800 METRES

1:51.86	Ewan Calvert	Ab
1:53.19i	Colin Young	VP (1:53.3)
1:54.9	Fraser McNeill	Leeds

1:55.19	Mark McBeth	Cam
1:55.6	Grant Purves	CPH
1:55.8	Chris Greenhalgh	VP
1:55.90	Matthew Kelso	Pit
1:56.3	Philip Mowbray	EU
1:56.73	Scott Taylor	Pit
1:57.2	Drew Sharkey	EAC

1500 METRES

3:49.9	Fraser McNeill	Leeds
3:51.43	Philip Mowbray	EU
3:56.39	Ewan Calvert	Ab
3:57.3	Chris Greenhalgh	VP
3:58.56	Martin McLaughlin	Cam
3:59.1	Matthew Kelso	Pit
3:59.54	Scott Taylor	Pit
4:01.63	Chris Nicholson	T Sol
4:04.46	Drew Sharkey	EAC
4:04.9	Calum Stark	EAC

3000 METRES

8:14.01	Philip Mowbray	EU
8:20.59	Fraser McNeill	Leeds
8:44.92	Chris Nicholson	T Sol
8:57.4	Edward Tonner	JWK
9:01.0	Scott Taylor	Pit
9:02.4	Eddie McCafferty	Cam
9:26.0	Daniel Leggate	Fife
9:26.11	Lee Richardson	Irvine

5000 METRES

14:29.93	Philip Mowbray	EU
15:44.4	Geoff Brownitt	Pen
15:47.2	Marc Daley	EAC
16:01.6	Scott Taylor	Pit
16:19.6	Stephen Watson	Mont-Y
16:22.5	Mitchell McEwan	Pen
16:26.4	Mo Abed	Ed. Acad
16:35.2	Steven Cook	Gord
16:42.2	Daniel Leggate	Fife

2000 METRES STEEPELCHASE

6:08.59	Drew Sharkey	EAC
6:13.1	Matthew Kelso	Pit
6:14.39	Jason Gowans	DHH
6:15.27	Gary Willis	Ayr
6:15.34	Edward Tonner	JWK

100 METRES STEEPELCHASE

2:10.0	William Wyllie	FVH (2.09)
2:10.1	Rory Birbeck	Hynd
2:10.5	Graeme Smart	VP
2:10.9	M Burt	Nairn
2:10.9	Alan Malcolm	EAC
2:10.9	Dinkar Sabnis	Ab
2:10.9	Benjamin Brown	Ed. Acad
2:10.9	Neil Fischbacher	Clyd
2:10.9	David Reid	BHH
2:10.9	Douglas Black	Mon. Ac

POLE VAULT

4.00	William Wyllie	FVH
3.60	Kenneth McNicol	Cam
3.60	Rory Birbeck	Hyndburn
3.50	Michael Liu	Ed. Acad
3.35	Derek Beaton	Ab
3.00	Michael Patterson	Arb
2.90	Stuart Gibson	Clyd
2.90	Urs Lamb	Ed. Acad
2.85	Kenneth McVey	VP
2.80	Dimitri Bondarchuk	Fettes

LONG JUMP

7.33w	William Wyllie	FVH (7.07L)
7.01L	Dinkar Sabnis	Ab
6.79w	James Gilbert	FVH
6.57L	David Reid	BHH
6.34i	Barry Carmichael	Tay
6.28i	David Stephen	HWU
6.24i	Alan Malcolm	EAC
6.15	Euan Macrae	Ed. Acad
6.14	Andrew Smith	Dumfries

TRIPLE JUMP

13.95	Dinkar Sabnis	Ab
13.57	David Reid	BHH
13.41	Derek Hepburn	FVH
12.44	Alan Malcolm	EAC
12.43	Joseph Fitzgerald	Shett
12.41	Paul Taylor	VP
12.05	Steven Park	Arb
11.81	Ken McNicol	Cam
11.78	Chris Capaldi	St Aloy
11.77	Andrew Smith	Dumf

110 METRES HURDLES 3'3"

14.7w	William Wyllie	FVH (14.91")
15.3	Stuart Dillon	MBI
15.3	Andrew Smith	Dumf
15.3	Benjamin Brown	Ed. Acad

SHOT PUTT 6.25kg

15.78	Stephen Hayward	EAC

<tbl_r

Senior Boys
Born 1977/78
100 METRES

11.5	Adam Lowles	Mel
11.5w	David Cotter	Nai
11.5w	Scott Fraser	Inv (11.62)
11.7w	C Buchan	Fras
11.76	Julian Love	Law
11.7w	Peter Rowling	Cam
11.8w	William Stark	Ab
11.8w	Bruce McLean	MBI
11.8w	Graeme Chalmers	Moray
11.83	Craig Slater	Milk
11.89	Alex Kennedy	Cam

200 METRES

23.21	Adam Lowles	Mel
23.50w	Craig Slater	Milk (23.54)
23.53	Scott Fraser	Inv
23.68w	Peter Rowling	Cam (23.75)
23.93	Graeme Chalmers	Moray
24.0w	Julian Love	Law (24.11)
24.0w	William Stark	Ab
24.1w	Andrew Young	VP
24.3w	Alasdair Donaldson	Pit
24.3w	Bradley Morrison	DHH

POLE VAULT

3.20i	Robert Sinclair	Ed.Acad
2.80i	Matthew Darroch	At Aloy-JB
2.55	Douglas Graham	Arb
2.50	Gavin Scott	Arb
2.40	Peter Clark	QVS
2.30	Alasdair Alexander	Ed.Acad
2.30	Martin Restrick	Liv
2.20	Alasdair Donaldson	Pit
2.10	Michael Walton	Ayr
2.10	Bryan Hendry	Inv
2.10	Daniel Mallinson	G Wats
2.10	Stuart Russell	EK

400 METRES

51.61	Craig Slater	Inv
51.85	Stuart Sutherland	Inv
51.91	Andrew Young	VP
53.59	Alasdair Love	Ab
54.1i	Martin Restrick	Liv
54.2	Alasdair Donaldson	Pit
54.36	Michael Walton	Ayr
54.52i	Bryan Hendry	Inv
54.75	Daniel Mallinson	G Wats
54.79	Stuart Russell	EK

800 METRES

2.00.1	Andrew Young	VP
2.01.55	Alasdair Donaldson	Pit
2.03.3	Bryan Hendry	Inv
2.04.12	Craig Slater	Inv
2.06.38	Michael Combe	Mel
2.06.6	Marc Wight	Tev
2.06.6	Alasdair Love	Ab
2.06.9	Gregor Harris	Shett
2.07.15i	Alan Moore	Cyld
2.07.8	Gerry Murray	Aird

1500 METRES

4.09.2	Alasdair Donaldson	Pit
4.17.68	Neil Lyall	Lass
4.20.10	Robbie Stewart	EAC
4.21.5	Philip Dennis	Hel
4.23.02	Stephen Kennedy	Cam
4.23.72	Gregor Harris	Shett
4.24.79	Ross Milne	Moray
4.24.8	Andrew Young	VP
4.25.48	Gavin Tosh	Tay
4.25.73	Bryan Hendry	Inv

80 METRES HURDLES

11.3w	William Stark	Ab (11.39)
11.39	David Cotter	Nairn
11.7w	Chas. Robertson-Adams	Shew (11.75)
11.9w	Adam Lowles	Mel
11.9w	Mark Dobbie	Peter (12.01)
12.1w	Gavin Chisholm	Inv
12.1w	David Agnew	Hutch
12.1w	Ross Ballie	VP (12.16)

12.1w Alastair Robertson DSMC**12.1w** David McFarlane Mid-An**DISCUS THROW (1.25kg)****400 METRES HURDLES****4 x 400 METRES RELAY****4 x 100 METRES RELAY**

12.1w	Fiona Hutchison	COG (12.40L)	2:15.87	Gillian Fowler	COG
12.2w	Sarah Smith	Loch	2:16.14	Caroline Simpson	EAC
12.2w	Samantha Brown	Ayr	2:16.92	Kristina Gormley	EWM
12.4w	Sylvia Paterson	EWM (12.60L)	2:18.95	Hayley Parkinson	Balw HS
12.4w	Stephanie Balmain	COG	2:19.4	Claire Falconer	MBI
12.4w	Linsey Kerr	COG	2:19.64	Karen McInally	Nith
12.5w	Nicola Thomson	EAC	2:19.8	Claire Martin	Fife
12.6w	Nicola Imrie	Aber	2:19.87	Kerry Stewart	JWK
12.7w	Sandra Gunn	Aber	2:19.96	Vicky Clark	Aber
12.7w	Emma Young	EWM			
12.7w	Karen Phillip	Tay			

200 METRES

24.53w	Sinead Dudgeon	EAC (24.84L)
25.17w	Fiona Hutchison	COG (25.41L)
25.4w	Nicola Imrie	Aber (25.15L)
25.4w	Stephanie Balmain	COG
25.6w	Sylvia Paterson	EM (25.90L)
25.6w	Sandra Gunn	Aber
25.7w	Samantha Brown	Ayr
26.1w	Angela Keane	Aird
26.3w	Claire Martin	Fife
26.3w	Joanne Symington	Ayr



Kristina Gormley

300 METRES

39.2	Allison Curbishley	Midd
39.3	Sinead Dudgeon	EAC
41.3	Sylvia Paterson	EWM
41.53	Joanne Symington	Ayr
41.85	Claire Martin	Fife
41.9	Laura Montgomery	COG
42.3	Susan Hendry	Aber
42.5	Fiona Sinclair	EWM
42.95	Juliana Paikka	COG
43.0	Catriona Harris	COG

400 METRES

57.88	Allison Curbishley	Midd
58.38	Claire Martin	Fife
59.0	Susan Hendry	Aber
59.0	Gillian Fowler	COG
59.26	Joanne Symington	Ayr
59.69	Dawn Allan	Ham
60.17	Debbie Church	Ayr
60.2	Morven Fraser	Inv
60.63	Lorraine Stewart	EAC
60.78	Hayley Parkinson	Balw HS

800 METRES

2:11.26	Isabel Linaker	Pit
---------	----------------	-----



Isabel Linaker

Kristina Gormley

3000 METRES

9:51.3	Isabel Linaker	Pit
10:04.7	Hayley Parkinson	Balw HS
10:27.5	Emma Gorman	VP
10:34.3	Claire Falconer	MBI
10:35.0	Claire Becker	Aber
10:39.9	Lorraine Stewart	EAC
10:42.0	Lisa Moody	COG
10:48.9	Louisa Shaw	Arb
10:52.2	Alison Douglas	FVH
10:56.9	Lisa Baillie	Avon

80 METRES HURDLES

12.0w	Catriona Burr	EWM (12.36L)
12.1	Karen McNamee	COG
12.1w	Sarah Ramminger	Arb (12.33L)
12.15	Fiona Allan	Rudd
12.2w	Fiona Forrest	EWM
12.3	Jane Gardner	EWM
12.3w	Fiona Sinclair	EWM
12.3w	Deborah Wynn	COG
12.4	Katy Phillip	Aber
12.4w	Margaret McWhannel	Kirk
12.4w	Katy Lennox	PSH
12.4w	Joanna Moore	EWM

DISCUS THROW

43.06	Julie Robin	Hel
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SHOT PUTT

4x100 METRES RELAY

200 METRES

300 METRES

400 METRES

500 METRES HURDLES

800 METRES HURDLES

1500 METRES

2000 METRES

3000 METRES</b

What's On

A calendar of sporting events within the Falkirk District 1993

JANUARY	FEBRUARY	MARCH
FALKIRK DISTRICT COUNCIL would like to wish Merry Christmas and a Happy New Year to all of our friends and supporters	14th Sun. Grangemouth 'Round the Houses' Road Races	6th Sat. Inter Town Sports Hall Athletics (Grangemouth Sports Complex)
		14th Sun. Falkirk Open Graded Meeting (pre-season)
APRIL	MAY	JUNE
3rd Sat. Falkirk Young Athletes Meeting	5th Wed. Falkirk Open Graded Meeting	2nd Wed. Falkirk Open Graded Meeting
7th Wed. Falkirk Open Graded Meeting	22nd Sat. Falkirk Young Athletes Meeting	20th Sun. Falkirk Highland Games (Callendar Park, Falkirk)
17th Sat. Central District Championships		
JULY	AUGUST	SEPTEMBER
7th Wed. Falkirk Open Graded Meeting	4th Wed. Falkirk Open Graded Meeting	1st Wed. Falkirk Open Graded Meeting
18th Sun. Falkirk Young Athletes Meeting	14th Sat. Falkirk Young Athletes Meeting	12th Sun. Falkirk Womens 10k *
		18th Sat. Mini Minor Highland Games *
OCTOBER	NOVEMBER	DECEMBER
17th Sun. Falkirk Peoples Half Marathon *	All events are under BAF Rules and SAF Permit Events All events take place at Grangemouth Sports Stadium unless otherwise indicated.	For further information contact: 0324 483752 for events marked * contact: 0324 24911



FALKIRK DISTRICT COUNCIL
Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth
FK3 0EE. Tel: 0324 483752

Starting young



YOU'RE 12 years old, it's a day before you break up for the Christmas holidays, the temperature is freezing outside and there's slush on the ground, running three circuits of the school grounds in t-shirt and shorts is the last thing on your mind. The pleasures of a Gameboy (*what that?* - Ed) have never been so apparent.

So why did over 60 pupils from St Matthew's Primary School in Bishopbriggs give up a lunch hour of Sonic the Hedgehog and Super Mario to endure the extremes of winter and put themselves through such a rigorous training routine? Why have they been doing it twice a week for the last eight years and even on Saturdays when they meet in the local park?

Answer: you can't be the most successful primary school athletes in Scotland without putting in the training.

Ever since the club was formed by head teacher and athletics enthusiast Margaret Dibble solely because she thought the club would provide, "an excellent and worthwhile extra-curricular activity for the pupils", the club has trained hard - with their efforts paying off. They have performed better than anyone at the school ever imagined, and grown to an exceptional size for a club which is open only to P6s and P7s.

Eight years on, Mrs Dibble still can't attribute their success to any one factor.

"At first we just met on a very casual basis," she says. "But then we decided to enter a team for the Primary Schools Cross Country Championships at Kirkcaldy. Completely out of the blue we won, and since then we haven't gone a year without winning one of the four major primary school events - and one year we even won three."

"There is no secret formula for success; I think it just feeds itself. The younger children see

Matthew (no relation) Lindsay examines the background to the outstanding successes of St Matthew's Primary School in Bishopbriggs.

The success of St Matthew's has been aided greatly by a band of trainers, parents, and athletics enthusiasts. Maureen Rochford, a teacher at the school, and her husband have been key figures in the training of the children, as has the local lollipop man Mr Firth, who was a runner himself with Springburn Harriers, although that was some years ago now.

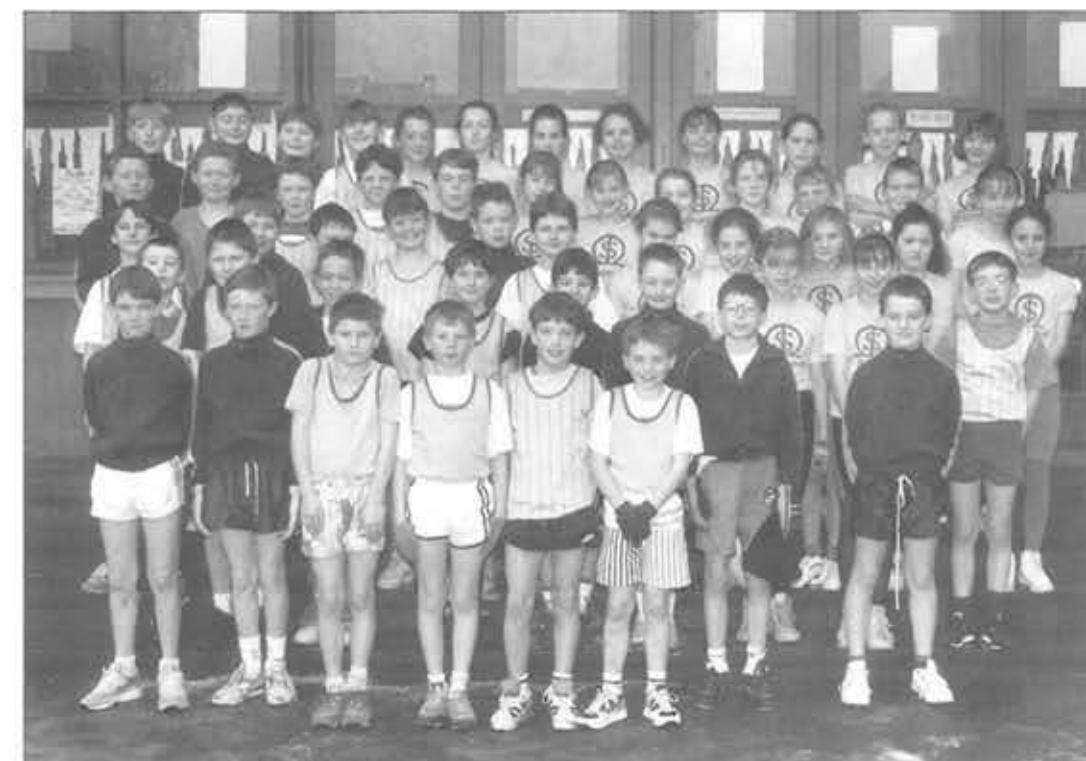
Another Springburn Harrier is Paul Breslin, who takes time out from teaching geography at

run which raised almost £3,000 for the starving of Somalia after they had seen the horrifying pictures on the news.

Paul is an ex-Queen's Park footballer ("When they were a good team," he is quick to add), and he used his contacts at the club to get the use of Hampden Park so the children could each run four laps of the park.

After over 100 laps and 25 miles the children had raised a grand total of £2,657.

The children at the school



the older ones enjoying the success and eventually join when they too are old enough - at the moment we only allow Primary 6s and 7s and some 5s. The success can generally be traced to a few families; when one child is a good runner, their brother or sister may also be good."

St Matthew's have also won the Kirkintilloch Olympian Shield for track events for eight consecutive years as well as the Olympians' Primary Schools Cross Country race and MacVitie Shield.

nearby Turnbull Academy to train the children, including his son Stephen. Paul believes that it is in the interest of the children and also his Harriers club to help out at the club.

"At the school and the club we're getting a wealth of talent coming up from St. Matthew's," he says. "It would be shame to let them drift if they have a talent for it, and it is in the interest of Springburn Harriers to keep that interest going."

Mr Breslin and his son also have put the running talent at the school to good use, organising a

are now no strangers to publicity as the parcel of press cuttings which arrived at the Scotland's Runner offices showed, and were quite nonchalant about getting, as one young boy put it, "yet another photo" taken. Barbara Watson even made her cover girl debut on the front cover of the December issue of Scotland's Runner.

Shame about the hat though. After forgetting to bring her headwear, Barbara's teddy bear had to bite the dust to make sure she had something to keep her head warm!

Reports

DISTRICT CHAMPIONSHIPS

West District Championships

WHILE Tom McKean's suggestion that the Western District Indoor Championships should be renamed Lucozade Motherwell was made with tongue placed firmly in cheek, the performances of athletes from that club at the Kelvin Hall on January 23 certainly merited special mention, writes Matthew Lindsay.

At a nanned McKean, having just returned from three weeks in Cyprus, himself turned in one of the day's notable runs, a new championship best 800m performance of 1:49.01.

After the race he revealed that he had been running with

excess weight.

"When I was out in Cyprus I put on an extra five pounds due to the amount of liquids I had to drink," he explained.

"But obviously I'm highly delighted with the run. I felt I timed it just right, I'm getting fitter and feel I'm on target for next weekend (the Pearl Assurance international)."

McKean was followed in by his two team mates and training partners, Allen Cameron and Stephen Allen.

Motherwell's Yvonne Murray, who had indicated her intention to run in the 1500 metres on the morning of the championship



Yvonne Murray



Brian Whittle

after being a doubtful starter with a heavy cold, made short shrift of her opposition, lapping two of her three opponents before the bell and coming home in 4:22.90.

Some of the club's younger prodigies were also on show.

Coach Tommy Boyle's big hope for the future, Suzanne McGowan, recorded wins in the 60 and 200 metres intermediates on the first day she stepped up into that age group, winning the 200 metres by almost three seconds and the 60 by a comfortable margin.

The 15-year-old's father is former 400 metre hurdle champion Hugh Baillie, while his mother Sheila MacBeth was national sprint hurdles champion.

In the senior 200 metre event Ayr's Brian Whittle was another runner setting a championship best performance with 21.76.

In the youths section, Shettleston's Carlo Ferri ran a championship best performance to beat off token opposition from four Cumbernauld runners.

Gillian McIntyre from the City of Glasgow club was another to win easily, taking the seniors 400 metres by three seconds.

Alison Grey's indoor record of 14.65 metres in the shot putt completed a day that held no surprises.

gesting that good running may be in the genes. Ross, who won the boys' 60 metres and 200 metres, and came second in the youths 60 metres hurdles final (there was no event in his age group), broke three personal bests and set the only national record of the day in the 200 metres at 23.49.

The 15-year-old's father is former 400 metre hurdle champion Hugh Baillie, while his mother Sheila MacBeth was national sprint hurdles champion.

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Tom McKean

Reports

DISTRICT CHAMPIONSHIPS

East District Championships

ELLIOT Bunney dismissed any talk that he is past his best with a win in the 60m East District Championships final on January 24 at 6.75 seconds he was just 0.04 outside his two year old native record, writes Matthew Lindsay.

Having broken the champion-

ship best in the heats and then in the final, Bunney's win complemented fiance Melanie Neef's victory in the West women's 200 metres the day before.

EAC's Euan Clarke also had an exceptional run, coming home in 6.92, but these were not the only sprints of note.

Iain Mackie, who is profiled

elsewhere in this month's magazine, picked up the 60m youths title with a time of 7.02, just two hundredths outside Bunney's own record and burnt off the opposition by the first bend to take the 200m with a championship best performance of 22.18.

Meanwhile, 16-year-old Sinead Dugdale of EAC powered her way to a sprint double in the seniors section, setting championship bests in the finals of both.

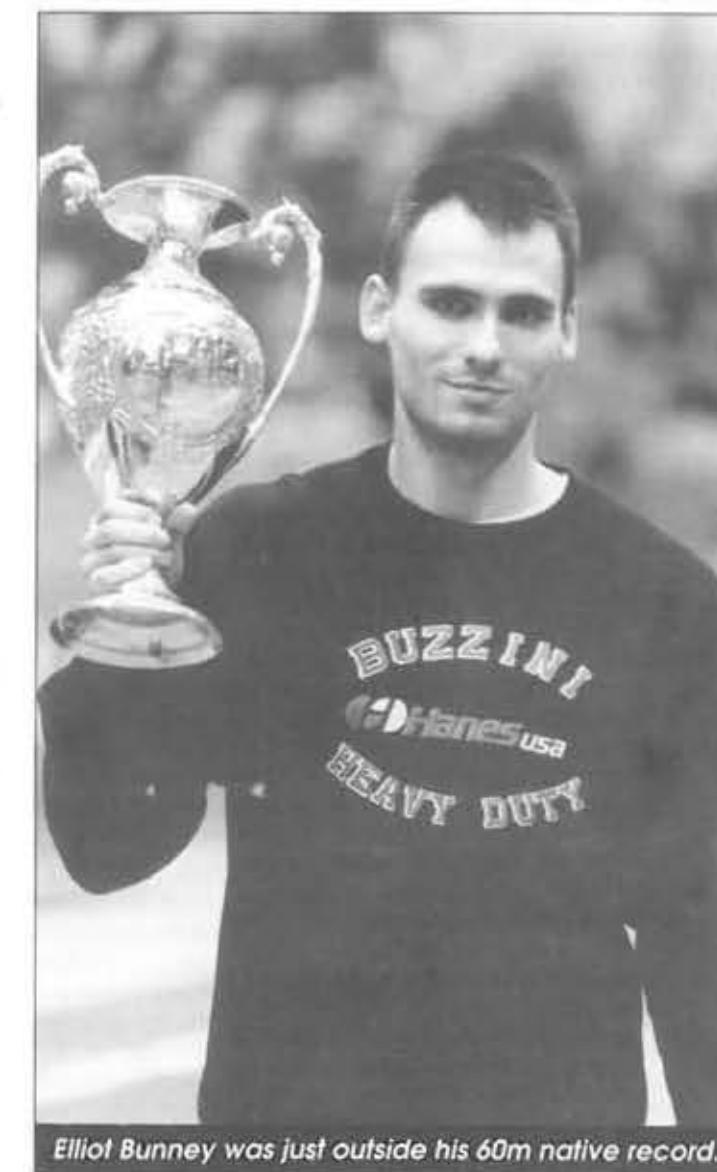
The 3000m saw a major surprise with Peter Fleming withdrawing, after leading for the entire race, with just 400 metres remaining. Fleming suffered badly for his blistering early pace and when he was approached by Ian Mathieson he walked off the track, allowing the Thames Valley Harrier to win in 8:24.04.

There was a championship best performance in the youths' 400 metres through Barry Middleton of ESH, who ran 50.40, and in the seniors 60 metres team mate Neil Fraser was just outside his best performance.

Of the running styles displayed over the two days, Thomas Winter in the youths 800m had one of the most unusual. The Edinburgh athlete, who has had an outstanding cross country season, showed that he can run indoors although his splaying wide arms are more suited to the



Peter Fleming...dropped out of 3000m.



Elliot Bunney was just outside his 60m native record.

outdoors. Responding to every break in the heats, in the final he went to the front from the bell and held off challenges to cross the line with a punch of his fist.

In the senior boys 200m, Adam Lowles' time of 23.52 was a championship best, and would have broken Stuart Moir's 23.53 Scottish indoor record had Ross Baillie, who was sitting in the crowd, not recorded 23.49 at the West Districts the day before.

Jackie Tindall took the girls 200m title easily in 26.66 - a new Scottish record to add to her long jump win - and William Turnbull nearly mirrored her 200 metres feat in the men's event although his 21.87 was just outside the championship best.

(We apologise to readers for the absence of results in this issue - they will appear next month.)

Matthew Lindsay
profiles a club with
excellent training
facilities but a
shortage of
qualified
coaches.

AN ARTICLE in the media which praises Monklands District Council is about as common as a Scottish team at the World Cross Country Championships, but you'll find nothing

excellent facilities here at the Coatbridge Outdoor Track where we can train indoors and outside on Tuesdays and Thursdays.

"And we are even luckier in having to pay just £32 a month for the use of the place. This enables us to put on buses and help the athletes compete."

The club, which is now based in Coatbridge and draws most of

ent of areas, and the help we have received from the council is invaluable in the continuance of our activities."

Airdrie Harriers were originally founded in 1933, and although this group later joined with other smaller clubs in the area to form the Clyde Valley club, they reformed in 1985 after several clubs began to drift away from

erred from that loss to become one of the most competitive young outfits in the central belt.

The list of successes at the club is long, and was recently capped when the club won Division 4 of the Scottish and North West League and the senior boys national relay 4x400 metres.

Individual successes have included Gerry Murray Jnr, son of

Anthony's best time of 2-05.22 in the 800m, and his brother

isn't too worried by the competition.

"He's a wee bit younger than

me and, at the moment at least, I generally beat him by quite a bit," he says with tongue in cheek.

Gerry, in fact, ranked second

in the senior boys' lists for the

pentathlon in 1992 with 2781

points, as well as being tenth in

the 800 metres (2-07.8).

Gerry Murray outlines the set

try first team, rounding off a club with an abundance of talent.

It is unfortunate, therefore, that the club has to say goodbye to so many promising runners as it can not offer the training to the level senior competition requires.

A notable example is Dawn Burden, the 400 metres runner who is now with the City of Glasgow club.

One of the older stalwarts of

the club was Neilson Taylor, who

was tragically killed last year.

says: "I take a mixture of boys and girls out for a bit of road running and a mixture of three and six mile road runs. The track and especially the grass verge also come in handy for training in the summer.

"Mainly I try to keep it fun for them. If it's just run, run, run all the time they are going to get bored, and they are here to enjoy themselves," he says.

Although the club have a definite intention to let the children enjoy themselves, they will have to look at ways of holding on to their talented members.

The oldest member at the moment is coach Caroline



but praise for the council coming from members of Airdrie Harriers.

The success of the club and its ability to field teams and compete, mainly in Western District meetings, has much to do with the help it has received from Monklands District.

Chairman Gerry Murray explains: "Coatbridge isn't the most afflu-

its members from the town, asks for a meagre £1 a week membership fee and regularly lays on cheap transport to meetings.

The £2,500 sponsorship of the club by Securicor has been just as helpful in allowing the club to equip and fund its members.

As Gerry Murray admits:

that body. At present the club is about 60 strong, with most being juniors.

The only adults are the eight or so parents and helpers who turn out week in, week out, to help with the training and organisation, and who also join the youngsters in runs and training.

The club lost its senior coach

three years ago but has recov-

ered from that loss to become one of the most competitive young outfits in the central belt.

So far, Anthony's big brother

20.52 placed him fifth in the junior boys 800m rankings.

Lynne Hoey is another of the

club's outstanding young ath-

letes, ranking first in the Scot-

ish minors' 100m rankings

(13.2w) and third in the 200

(27.7w).

She joined Airdrie after some-

one spotted her running around her school playground. Winning the West District 100 metres for minor girls has fuelled her ambition to one day, "compete for Britain at the Olympics".

Andrew Morgan and Steven

Phillips join Anthony Murray in

the Scottish Schools Cross Coun-

try first team, rounding off a club with an abundance of talent.

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Robertson's daughter Lynne and if Lynne can run half as fast as her mother can talk then this prediction would certainly be the case!

Photographs by Robert Perry.

FAST, FLAT, ACCURATE
OUT & BACK, SCENIC COURSE

THE NEWTONMORE 10 MILE ROAD RACE AND

The first, flat NEWTONMORE EVENING 1 MILE RACE



Sunday 23rd May 1993
At 2.00pm from
The Eilan
Newtonmore, Inverness-shire
(65 miles north of Perth)

Both Under SAF rules.

Saturday 22nd May 1993
At 8.00pm from
Balavil Sport Hotel
Newtonmore, Inverness-shire

- Exceptional Prize list, Award to all finishers
- Changing facilities with showers • T-shirts to all finishers
- Spot prizes

For entry forms and details: stamped addressed envelope to:
Duncan Watson, Glenquoich House, Newtonmore,
Inverness-shire PH20 1EB.

Special rates available from local hotels & guest houses. Assisted by Aviemore and Spey Valley Tourist Board. Newtonmore Business Association, and Badenoch Athletic Club.

Reebok ROAD RACE CHALLENGE

A series of road races for all runners across the country throughout the year.

Events 10 miles and over:
17 Jan Reebok Birmingham 10 Mile
7 March Reebok Spire 10 Mile
13 March Reebok Dentdale Run 14½ Mile
21 March Reebok Ribble Valley 10 Mile
21 March Reebok Fleet Half Marathon
28 March Reebok Luton 20 Mile
2 May Reebok Humberston Half Marathon
20 June Reebok Loch Rannoch Half Marathon
11 July Reebok Dagenham Town Half Marathon
8 Aug Reebok Brecon 10 Mile
14 Aug Reebok Haddington Half Marathon
26 Sept Reebok Lake Vyrnwy Half Marathon
10 Oct Reebok Chesterfield Half Marathon
Oct Reebok Oxford Half Marathon
7 Nov Reebok Nidd Valley Guy Fawkes



Events under 10 miles:
28 Feb Reebok Huddersfield Road Runners 10 km
7 March Reebok Loughborough University 10 km
17 April Reebok Harrow 10 km
27 April Reebok Colin Robinson (Rochdale) 5 Mile
29 May Reebok Castle Dinas Bran 7 Mile
5 June Reebok Haddington 5 Mile
14 June Reebok Chesterfield Chase
19 June Reebok Poole 10 km
27 June Reebok Yateley 5 Mile
30 June Reebok Ellesmere 10 km
14 July Reebok Lancaster & Morecambe AC 10 km
18 July Reebok Bushey Festival Quarter Marathon
1 Aug Reebok Oswestry 5 Mile
4 Aug Reebok Saxons 5 Mile
15 Aug Reebok Decantae Welsh Classic 10 km
29 Aug Reebok Darlington 10 km
21 Nov Reebok Brighton & Hove AC 10 km

Reebok product prizes at all listed events.

For further information on any of these events contact: Reebok Road Race Challenge, PO Box 200, Lancaster

To advertise in the events listings, please telephone
Heather Afrin on 041-332 5738.

EVENTS

January

30

BRITISH Universities Championships, Bellahouston Park.

EASTERN District League, Riccarton.

RENFREWSHIRE AAA 5 mile RR Championship.

INTERNATIONAL Invitation Meeting, Kelvin Hall.

31

SCOTTISH Veterans Cross Country Championships, St Andrews.

CUMNOCK Open Cross Country Races, Cumnock Academy, Cumnock. All age groups, male and female. First race starts 1.30pm. D - (0290) 24876.

SCOTTISH Athletics Indoor League (3), Kelvin Hall.

February

5

SCOTTISH Schools Indoor Championships, Kelvin Hall.

6

CALEDON Park Harriers Open Cross Country Races, Jack Kane Centre, Edinburgh (men and women, all age groups).

7

DEXSTAT Loudoun Runners Open Cross Country Races (BYJS), Loudoun Academy.

UK Trials (in conjunction with the English Inter Counties).

SAF National Championships, Kelvin Hall.

13

GB v USA, Birmingham.

14

FALKIRK "Round the Houses" Race. (Amended from date originally published in SAF Cross Country and Road Racing Handbook.) D - 0324 483752.

DUNDEE Hawkhill Harriers Camperdown Park Road Races (men and women, all ages).

SCOTTISH Athletics Indoor League (final), Kelvin Hall.

19

SCOTLAND v Wales, Kelvin Hall.

20

ABERDEEN University Hares and Hounds Road Relay.

NORTH District League, Inverness (all age groups).

IAAF Invitation Meeting, Birmingham.

SCOTTISH Universities v Scottish Select v Schools, Kelvin Hall.

28

NATIONAL CC Championships (Women - all age groups), Beach Park, Irvine.

March

6

DUNFERMLINE 50K Race 9am. 6hr time limit. D - Mrs Thomson 0383-721057. Closing date - 20th February.

BALLOCH to Clydebank Road Race (JS).

FIFE AC 6 mile Road Race (JS), Cupar.

ORKNEY Isles Open CC Races.

SAF Combined Events Championships, Kelvin Hall.

7

ADC Smokies Ten ladies-only 10 Mile Road Race. 11am at Arbroath Sports Centre Entry fee £4 (£4.50 on day). Tel: 0241-73858 for further details.

CC RELAY Championships (Women), Irvine.

EDINBURGH University Five, Kings Buildings, Edinburgh.

ROUND the Castles CC Races, Haddo House, Aberdeen.

31st ISLE OF MAN EASTER ATHLETIC FESTIVAL

Promoted by the MANX HARRIERS (Under AAA Laws)

GOOD FRIDAY IN DOUGLAS

Senior Men's (incl. Juniors, Youths and Vets) 5 miles

Ladies (15 & over) Road Race 5 miles

Senior Men's and Ladies Race Walk 5 miles

EASTER SATURDAY IN PEEL

(First Race at 2.15 p.m.)

Senior Men's Fell Race (incl. Juniors, Youth & Vets) 4 miles

Ladies (15 & over) Fell Race 3 miles

EASTER SUNDAY IN DOUGLAS

(First Race at 10.15 a.m.)

Men's Road Relay 4x4 miles

Ladies Road Race 4 miles

MEDALS TO ALL FINISHERS

GOOD FRIDAY RACES

PRIZES: 1st 25 men - 1st 10 Ladies - Vets BVAF Grade 1 & 1st

3 in other Classes - 1st 3 men's and ladies team per day and over three days - 1st Vets Team per day and over 3 days. Other Classes depending on entry.

Entry Fees for weekend - Senior's including Youths, Junior Men and Vets £10.00. Ladies £8.00. All others £3.00 (plus 50p for unaffiliated runners).

For further information and entry forms contact:
Kevin G. Madigan, 12 Barrule Road, Willaston,
Douglas, Isle of Man

ALL ENTRIES CLOSE 16TH MARCH, 1993

ALLOA ADVERTISER HALF MARATHON

SUN 28TH MARCH 1993
RACE STARTS 11AM FROM LORNSHILL
ACADEMY, ALLOA. EXTENSIVE PRIZE LIST
FOR ALL CATEGORIES.

1ST PRIZE - WEEKEND HOLIDAY

ENTRY FORMS FROM:
CLACKMANNAN DISTRICT SPORTS COUNCIL,
29, PRIMROSE STREET,
ALLOA.
TEL: 0259 213131.



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

**Forth Bridges
Half Marathon and Fun Run**

Main Sponsor Digital Equipment Scotland Ltd
Butlaw, South Queensferry

DIGITAL

Sunday 25 April 1993 Start 11.00am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)
£5 Half Marathon Please tick as appropriate
£2 Fun Run

S.A.F "People's" Permit Event

I enclose my cheque/PO for the entry fee for the race payable to Queensferry and District Community Council.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against the organisers for any loss/injury as a result of participation in the event.

Signed _____
(signed by parent or guardian if entrant is under 18 years of age)

Date _____
Return to: Forth Bridges Half Marathon c/o 17, Linn Mill, South Queensferry. EH30 9ST (031 331 2287)
PLEASE PRINT

Name _____

Address _____

Post Code _____ Tel No _____

Name of Club _____

Date of Birth _____

MALE Please tick Age on day of race * _____

FEMALE as appropriate

Closing date 22 April 1993
Entries for half marathon will NOT be accepted on day of run.

*Runners in half marathon must be
17 (females) 18 (males)

Further information and running numbers will be forwarded as soon as possible.

A commemorative Medal will be given to all runners completing the half marathon.
A certificate will be given to all runners completing the Fun Run.

Half Marathon run under the RULES OF B.A.F.

**SHETLAND
ROAD RUNNERS**

6TH Simmer Dim Half Marathon

Sat 19th June 11pm
Run through the Simmer Dim, Dependant on weather alternative date:
SUN 20 JUNE 12 noon start.
Countryside Course between, South Nesting and Scalloway.
ENTRY £3.50 (£4)
Registration Clickimin Sports Centre 9.45pm Sat or 10.45 am Sun.
Entry Forms: Send s.a.e to SEC, 32 Counterstead Road, Lerwick, Shetland, 0595 2485/ Maureen Burke 0595 2498.



SUN 7TH MARCH 1993 10K and Fun Run
SCENIC COURSE AROUND NAIRN DISTRICT. MEDAL FOR ALL FINISHERS IN 10K. CERTIFICATES FOR ALL FINISHERS IN FUN RUN. PRIZES FOR ALL CATEGORIES IN 10K. ENTRY FORMS AVAILABLE FROM GORDON MAIN, 15 LODGEHILL RD, NAIRN IV12 4QQ, TEL: 0667 53423

Organised by Nairn Road Runners and Nairn DAAC
Sponsored by Nairn Investments, 10-16, High Street, Nairn. Tel: 0667-52289.

HUGHES
Hughes Microelectronics Europa Ltd.
Subsidiary of Hughes Aircraft Company

SUNDAY 16th MAY 1993

HUGHES GLENROTHES
Road Running Festival

British Association of Road Races
GRADE 1

GLENROTHES TWIN TOWN OLYMPIC COMMITTEE

COMMITMENT TO THE COMMUNITY

SAF PERMITS

BIATHLON
10K WHEELCHAIR RACE
HALF MARATHON
10K ROAD RACE
5K FUN RUN
JUNIOR FUN RUN

9.00 a.m.
10.25 a.m.
10.30 a.m.
10.40 a.m.
10.45 a.m.
11.00 a.m.

Glenrothes Snooker Club
Kirkcaldy District Sports Council
Woolworths
ATPRINT

SAF Combined Events Championships, Kelvin Hall.

NAIRN 10K and Fun Run. D - 0667 53423 - Gordon Main, 15 Lodgehill Road, Nairn, IV12 4QQ - Contact for entry forms. Event starts 2pm. Various medals and prizes.

13

CLYDESDALE Harriers "Dunkin Wright" Memorial Road Race.

SECONDARY Schools Cross Country Championships, Irvine.

SRI Chinmoy 5Km Road Race, The Meadows, Edinburgh.

SVHC Indoor Championships, Kelvin Hall.

14

INVERNESS District Council "Peoples" Half Marathon and fun run. Sat 2pm. Charity: Scottish Downs Syndrome Association.

ALLOA Advertiser Half Marathon. D - 0259 213131. Race starts 11am from Lornhill Academy, Alloa. Prize list for all categories. 1st prize - weekend holiday.

May

9

DUNBAR Boundary Race 10K.

21

GLEN Nevis 10, Claggan.

TAYSIDE AAC CC Race, Arbroath.

27

NATIONAL Six Stage Road Relay Championships.

XIX IAAF World Cross Country Championships (J,S), Spain.

28

Lochaber Peoples Marathon 12 noon. Details from Dougie McDonald, 11 North Corran Ardour, By Fort William. PH33 7AA. - 08555276.

April

3

MID Argyll Half Marathon and Fun Run. 2pm - Lochgilphead. Bill McCallum, 38 Fernoch Park, Lochgilphead, Argyll - 0546 602664.

Winterfield Dunbar. Sat 10am, entry £3.50 (£4 on day) free refreshments and medals sponsored by Belhaven Brewery.

11

TOM SCOTT 10 mile memorial Road Race, LAW to MOTHERWELL. 3pm. 0555 770358 for details.

25

Lochaber Peoples Marathon 12 noon. Details from Dougie McDonald, 11 North Corran Ardour, By Fort William. PH33 7AA. - 08555276.

May

9

MID Argyll Half Marathon and Fun Run. 2pm - Lochgilphead. Bill McCallum, 38 Fernoch Park, Lochgilphead, Argyll - 0546 602664.

EVENTS

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Half Ben, 4. Melantee.
Sun 4th April 1993
at 11am.
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