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Scotland's RUNNER



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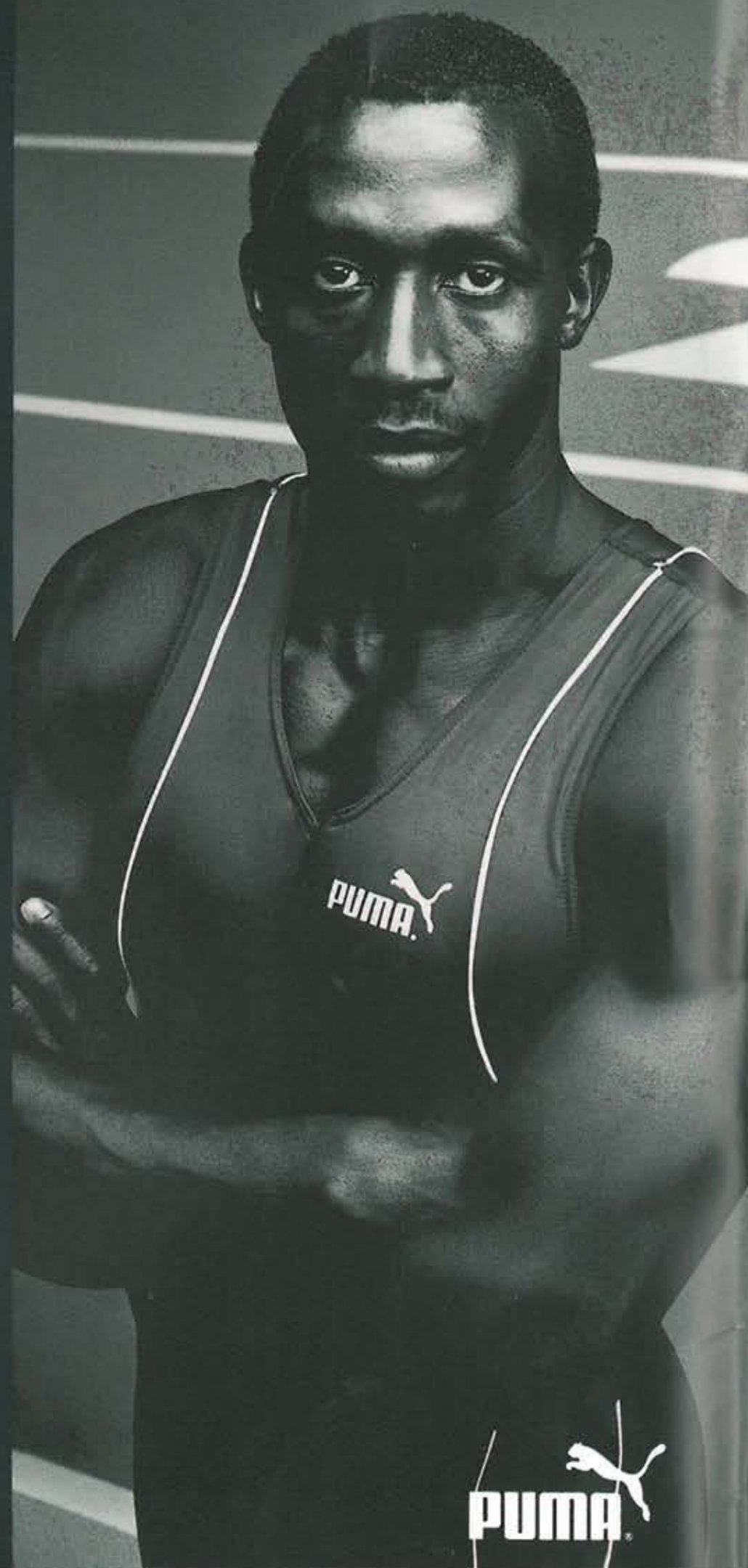
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WORLD CROSS COUNTRY



INDOOR CHAMPIONSHIPS

EDITOR
Alan Campbell

ASSOCIATE EDITOR
Doug Gillon

REPORTER
Matthew Lindsay

PHOTOGRAPHER
Robert Perry

CONTRIBUTORS
Arnold Black
Derek Parker
Gordon Ritchie
Colin Shields

DESIGNERS
Crawford Mollison
Greg Murphy

**ADVERTISING
MANAGER**
Heather Afrin

**CIRCULATION
MANAGER**
Mary C. Smith

ADMINISTRATION
Lisa Boutineau
Ellen McQuillan

**COVER
PHOTOGRAPH**
Mark Shearman

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Sowing the seeds for the future

that internationally they will be measured against what they achieve at Stuttgart later this summer.

That, however, is not the point, which is that given the status and state of athletics in Scotland it is remarkable that we have a world champion of any description - far less three.

Take away McKean, Murray, and McColgan, plus Tom Hanlon who has the misfortune to

CONGRATULATIONS to Tom McKean and Yvonne Murray, convincing winners in Toronto where they were crowned world indoor champions.

Cynics, though, have been quick to point out that the successes came when the pressure of public expectation on the pair was at its lowest for several years, and both McKean and Murray themselves are astute enough to realise

compete in an event which could not have been more ideally manufactured for the Kenyans had they invented it themselves, and what is left? A quick glance at the composition of UK track and field and cross country teams provides the answer.

Which is why the SAF represents a new dawn for Scottish athletics, even although it will take many years of hard work before the groundwork laid now

shows results. The pyramid starts being built at the base, and in this issue development officer Graham Ross outlines the measures being taken to introduce young children to athletics - encouraging them to enjoy the sport and stay in it.

A measure of how far behind Scotland is on development is that while Ross is a new appointment, entrusted with covering a huge geographical area, the English regions have had development officers in place for several years.

Still, at last there is positive news to report, and it is further to be hoped that Bob Greenoak's election as BAF vice-chairman (one of the so-called "gang of four" who were heavily backed by the Scottish clubs) will signal better days for Scottish athletics.

Some barren years lie ahead, but at least there is hope for the future.

Alan Campbell

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SR931

Glasgow shock for SAF

SAF chairman Bob Greenoak has expressed his "great surprise" at the decision by Glasgow City Council not to support the Scottish Track and Field Championships on July 10. Alternative venues at Meadowbank and Grangemouth were being considered as we went to press.

Commenting on the council's decision, he said: "For a number of years the championships were held at Meadowbank but we decided to hold them alternately at Glasgow one year and at Meadowbank the next."

"This year we were due to be in Glasgow, but we got a letter saying they couldn't fund it."

"No reasons were given as

to why they couldn't stage the event."

Mark England, community recreation services manager with GDC, who dealt with the application, said the cost was responsible for the council's decision.

He said: "We have put an enormous amount of money into athletics, maybe more so than any other sport, in particular with the support of the two major events at the Kelvin Hall earlier in the year."

"The amount being talked about to support the event was in five figures, and staging the event at Crownpoint would also have entailed extra costs. I think the council felt they had to perform some kind of balancing act."

Easy for Racing Club

RACING Club Edinburgh won their third successive national six-stage road relay title at Dumfries. They finished more than four minutes ahead of the national cross country champions, Cambuslang, writes Doug Gillon.

Ian Campbell of Dundee



Hawthill led the field on the opening three mile stage in 14:49, fastest time of the day, ten seconds ahead of Springburn's Adrian Callan.

But the Scottish police champion, Ian Brown, had Racing

just 16 seconds adrift in third.

Veteran Brian Kirkwood (33-39) reeled in the gap and established a lead of 104 seconds over his nearest rival. Teammates extended the lead over the next four laps, and Peter Fleming, a late replacement when Scott Cohen withdrew due to a knee injury, recorded the fastest time of 33:06 for the 6.5 mile stage.

John Robson, a member of each of Racing's three winning teams, was out on his own on the final lap, but still ran the second fastest time of 33:18. A poignant moment occurred when he acknowledged with a smile, the presence of Steve Ovett on a bike alongside him.

In 1979, when Robson set what is still the Scottish 1500m record of 3:33.85, he was just a few strides behind Ovett, who narrowly missed the world record.

Cambuslang, third last year, moved up to second with Falkirk Victoria taking bronze.

The trophy and medals were presented by the former international sprinter, Cameron Sharp.

HOPES FOR MILE

ORGANISERS of the Princes Street Mile have told Scotland's Runner that the event will "definitely be going ahead" despite the March deadline for securing sponsorship having passed, writes Matthew Lindsay.

Mike Wilson, of Gameplan, said that although the cut off date had been reached, negotiations were taking place for a deal - believed to be worth around £250,000.

He said: "Very positive negotiations are taking place regarding sponsorship, and discussions are also taking place at the moment with the BBC regarding coverage of the event."

"Contractually we are hoping to have everything wrapped up by the end of April."

The second Princes Street Mile is due to be run on September 12.

PARK TAKES UP POST

NEIL Park, who was selected ahead of 186 other applicants, was due to start his new job as administrator of the SAF on April 20.

The 30-year-old takes over from Gregor Nicholson, and before he took up the post told Scotland's Runner he was, "looking forward to the tasks ahead."

A resident of Edinburgh, Park moves along the road to South Gyle from Ingilston, where he was assistant secretary with the Royal Highland and Agricultural Society.

A keen golfer and rugby player - he played in the Stewart's Melville first team in the early 80's - he has also completed several marathons.

"As well as running the office at South Gyle I'll be liaising with clubs, dealing with the press and media, arranging sponsorships, and working with both development officer Graham Ross and national coach Andy Vince and allowing them to do their jobs as best they can do," he said.

With a "wide experience in administrative activities" since obtaining a BSc (Designated) in Physiology from Aberdeen University, Park realises there is a load of work ahead. He said:

"The amalgamation of the four different bodies into one unit has obviously helped Scottish Athletics and hopefully we can build on that."

PLEASE SEND YOUR NEWS AND REPORTS TO:

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113 St George's Road,
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Scotland's Runner May 1993

Peace breaks out at BAF

BRITISH Athletics Federation chief executive Malcolm Jones waited a fortnight after his faction lost control of the sport before resigning in a move which could see him land a six-figure settlement, writes Doug Gillon.

The so-called Gang of Four headed by chairman Peter Radford of Glasgow University, and including SAF secretary Bob Greenoak (vice chairman), convincingly captured the key posts at the BAF annual meeting. Former world 10,000 metres record holder David Bedford and John Lister were retained as secretary and treasurer respectively.

Officials decline to reveal the settlement for Jones, less than half way through his three-year contract worth £60,000 per annum - a nonsense, since it must surface in due course in the accounts.

Radford, the 1960 Olympic

sprint bronze medallist, warned that the democratic vote of Britain's 1800 clubs - exercised for the first time,



with overwhelming and crucial support from Scottish clubs - could yet be thwarted, but following Jones' departure this seems less likely.

"This is a famous victory in

the face of an organised campaign by the Amateur Athletic Association of England, all the English associations, and headed by the president of the BAF," said Radford. Defeat would have left Scotland mute at management level.

But in plea for the collective baggage of disruption to be ditched, Radford added: "I am not a natural gang member, and don't believe in factions or cabals. Everybody should new work for the good of athletics."

IAIN Robertson, formerly British sprint squad coach and mentor to several leading Scottish sprinters in recent years, has taken over as director of finance and administration at the Scottish Sports Council.

HILL NEWS

COLIN Donnelly of Cambuslang won the Don Morrison Edale Skyline Race in Derbyshire, completing the 24 mile course (5000 ft climb) just a minute outside the record, in 2:33:10.

Ian Murphy (Clydesdale) took his third Scottish hill race record when winning the inaugural Durisdeer event in Dumfriesshire. He completed the nine mile, 3600 ft, climb almost two minutes clear in 1:34:06. Scottish international Chris Menhennet (Clydesdale) finished 13th to win the women's race in 1:52:45.

ZOLA Bud-Pieterse revealed her marathon ambitions at the World Cross Country Championships. "I want to run London within the next four years," she said.

SCOTTISH Veterans broke three world records at their national indoor championships in Glasgow's Kelvin Hall.

The Motherwell YMCA star of yesteryear, Andy Brown, bettered the world over-60 3000m time with 9:54.02, while clubmate Willie Marshall set a world best over-65 with 10:32.28.

Northern Ireland's Jimmy Reid set the final world best with 11:17.99 at over-70.

A 5K SHOWDOWN between Yvonne Murray and Liz McColligan has been arranged for May 22 in Aberdeen.

The pair have not met since the 3000m in the 1990 Commonwealth Games.

Murray had planned a record race in the USA after her indoor success, but withdrew because of a bereavement in her fiancé's family.

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SCOTLAND finished fourth and last in the senior and junior (under-20) women's Home Countries cross country internationals at Carmarthen. Sue Ridley, the leading senior, from Edinburgh Wollen Mill, finished sixth in 17:26, 23 seconds behind the winner, England's Tanya Blake. Suzanne Kennedy (Victoria Park) was in the junior race.

THE SAF has taken a unique step in appointing two coaches to help to national coach at the 1994 Commonwealth Games. Bob Somerville has been named to cover sprints and hurdles, while Dinkar Sabnis is responsible for jumps and multi events.

Muir's record safe

NAT Muir's record for Maryhill Harriers' Nigel Barge Memorial Race will survive forever, writes Doug Gillon. In its fiftieth year, police

But more frustrating to competitors is the new 4.85 mile course, which means an end to annual comparison with the performances of yesterday.

Winner Davie Ross would love to have measured his time against Muir's record, set ten years ago at 21-46.

Sadly for the hard working Maryhill club, their event was not a patch on the golden age of the late 1960s and early 1970s, when the field routinely featured Commonwealth and Olympic athletes.

In 1970, for example, the event was won by soon-to-be Commonwealth champion Lachie Stewart, followed by two other Commonwealth athletes, Dick Wedlock and Gareth Bryan-Jones, Olympian Fergus Murray, and sub-four minute miler Norman Morrison.

Ian McCafferty, who won Commonwealth silver later that year, was a mere eighth, one place ahead of former World junior champion, Eddie

enforced route changes and punitive coning costs by Strathclyde Region (some £800) ensured that even if the traditional New Year date can be salvaged, the route almost certainly cannot.

The changes mean an end to the longest running of a Scottish race over the same course, and reduced the entry to 75, barely a quarter of the past three years.

GREAT Britain is to be represented on the board of directors of AIMS, the Association of International Marathons and Road Races, by Peter McLean.

The Great Scottish Run promoter was appointed director of press, media and public relations at the AIMS congress in Lisbon.

Vikki vindicated

VIKKI McPherson, third in the UK women's team at the World Cross Country Championships, received another honour



when she was named to lead the British team for an Ekiden relay in Korea.

Glasgow University's honours accountancy student was

the only Scot, male or female, other than Liz McColgan, to survive from last year's world event in Boston.

"Being written off both years by the English athletics magazines certainly made me more determined," she said. "I really enjoyed proving a point and making the counting team in Spain."

McPherson, Scottish cross country champion for the past two years, won the British Universities' title last winter, individual silver in the World Student Games, and led Britain to team gold for the first time. And she set records in the Dunky Wright Memorial and Glasgow University Road Race during the winter.

Her next major target, finals apart, is the qualifying time of 33 minutes for the 10,000m at the World Student Games in Buffalo this summer.

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RULES WERE NOT STRETCHED

22 Wilson Street,
Perth.

SIR - Is Matthew Lindsay trying to get me hung, drawn, and quartered? In his report on the Scottish Under 20 Championships (indoor) in the March issue of Scotland's Runner, he states: "Scott Taylor of Pitreavie charged to a double in the junior 800 and 1500m, the former being a bonus as he asked on the day if he could compete."

Rubbish, Matthew. Scott Taylor's name was entered in the programme for both the 800 metres and 1500 metres (events 21c and 31c). The question of late entry/entries on the day is a very sore point in our club at the present time, as two of our top athletes were refused entry on the grounds that athletes A's entry form arrived late (one day) and athlete B's entry form never arrived at the convener's address.

Both asked to be allowed to be entered on the day. Both were

refused because their names must be entered in the programme, i.e. entered in advance, to be allowed to compete.

Thus, Matthew, when your article appeared my club president came down on me like a ton of bricks. How come rules are not the same for everyone? What are you going to do about it since you are convener of the track and field commission? Fortunately, I had the good sense to check the programme before I created trouble.

So, to the many others who might be after my blood because of Matthew's inaccurate report (as there were a good few athletes refused entries because applications were received late), I have to write to say that, as far as I am concerned, everyone is treated equally - no matter what status or club they come from.

George Duncan,
Secretary,
Perth Strathclyde Harriers.

Schedule wanted

46, Kirkoswald Drive
Drumry,
Clydebank.

I would really appreciate a programme of some sort to aid my training. I intend to run some 10Ks and a few half's this year.

John Duncanson

(If anyone can help John with a schedule, please contact him direct - Ed)

SIR - For the last year I have taken up jogging (I smoked 15/20 cigarettes a week), and in 1992 I completed five half marathons with a pb of 1-49, three of which I had to walk and jog.

My first half was done in 2-02, but to be honest I haven't a clue about training for any kind of race. Due to my shift work it is not practical for me to join a club.

I keep getting small injuries which interrupt my daily runs, I run about 20/25 miles a week, but I have run up to 30. In June I intend to run my first half marathon of this year, but I haven't run since Christmas.

Could you please send me any information in training for races? I know I can run a lot faster than 1-49. I am 34 years of age and weigh 13.5 stone (but am on a diet). I'm also 5' 10". In the past year I have ran for 1 mile, 5.47; 5 miles, 37.00; 10K, 47.00.

10, Meryon Gardens,
Mount Vernon,
Glasgow.

SIR - I read through your magazine and various national newspapers (via their athletics correspondents) that the Scottish team sent to the Commonwealth Games in Victoria next year is to be the best prepared ever.

Yet when the back-up coaches to the athletics team were announced, it was blatantly obvious that they are nowhere near the

Setting the record straight

19, Millbrae Crescent,
Langside,
Glasgow.

SIR - John Macdonald's criticism of the SAF and their records policy (Letters, March) contains some inaccurate comments but

January 1 were able to win SAAA Championships, but the records committee considered it inappropriate that their performances should stand as records.

The concession has continued in 1992-93. Some athletes, such as Darren Ritchie (fourth,



Ian Mackie.

merits some explanation.

Traditionally, athletes changed their age group at January 1 in the indoor season and moved on to compete in the age group that they would be in the summer following. This is still the case with female athletes, and also at British level. It was on this basis that the Scottish indoor records were set.

In the 1991-92 season, by concession, the then SAAA allowed athletes to continue in their age groups throughout the indoor season. Thus athletes who normally moved up at

1991 youths long jump, second 1992, first 1993) have benefitted and been able to gain Scottish titles.

Ian Mackie has been eligible to compete at youth level for three years and not the two that Mr Macdonald suggests.

The record policy has remained consistent throughout - athletes have two years in which to set their age group records.

Arnold Black,
SAF records committee.

WHERE ARE THE COACHES?

most experienced available. One of them is qualified only to club coach standard.

Coaches such as Tommy Boyle, Bob Inglis, Stuart Hogg, Sandy Ewen - to name only a few - have the experience and proven track records to be an asset to any team. I hear the cry that they are not in the "system", but so what if they happen to be the best? They have all been in the system, done their bit, and have now gone to higher things, coaching wise.

They all put in a tremendous

amount of time, every bit as much, if not more, than staff coaches, and they are producing some of the better athletes who will make up the team.

One must ask: is this again the age old problem of: "It's not what you know, it's who you know." It's a problem that will always create second best.

It's a tragedy for the athletes who will be chosen, as once again they are being short changed.

Paul Assur

Specific training

A BASIC principle of athletics coaching is that to be effective training must be specific to the physiological, psychological, and tactical demands of each individual event.

In practical terms this means that athletes must regularly tackle sessions at their intended race pace if they hope to attain their targets in competition.

For example, someone hoping to run 5000 metres in 13-45 is performing the equivalent of 12.5 x 400 metres in 66.0 with no recovery. Quite clearly, these facts and figures must be reflected in a training programme.

Thus training pace for a 13-45 aspirant would be 33.0 for 200m; 66.0 for 400m; 2.12 for 800m; 2-45.0 for 1000m; 3-18.0 for 1200; and 4-24.0 for 1600m.

Obviously, these figures would require to be adjusted for different time targets.

Having established the training pace by basing it on intended racing pace, the next matter for consideration is the number of repetitions to be performed during the workout.

This is usually based on the principle that the total distance of the fast repetitions should at least equal the race distance and should not normally total more than double the race distance.

Therefore the 5K athlete who plans to run 400 metres repetitions should aim for a

Derek Parker looks at the mechanics of training for a specific event.

minimum of 12.5 and a maximum of 25 efforts over that distance. Likewise, other training targets would be 6.25 to 12.5 x 800m; 5 to 10 x 1000m; 4 x 1200m & 1 x 200m to 8 x 1200m & 400m; and 3 x 1600m & 1 x 200m to 6 x 1600m & 1 x 400m. All these distances would be run at 5K race pace.

I must emphasise that some of these sessions are very demanding and would normally only be used by international class athletes. I would recommend that the majority of 5K runners should refrain from over-doing the number of repetitions otherwise they could make themselves vulnerable to injuries or stress-related illnesses.

Adapting the programme to your own individual requirements, age, fitness level, and experience is imperative.

Recovery time is an important aspect of specific training.

Personally I prefer the recovery phase to be as short as is reasonably possible as this creates the physiological and psychological conditions which the athlete will experience in competition.

The precise length of the recovery time between repetitions is related to (1) the training pace of the session, and

(2) the distance of the repetition.

Thus our hypothetical 5K runner aiming for a time of 13-45 would rest for 20 to 30 seconds between 400m repetitions; 30 to 45 seconds between 800m repetitions; 40 to 60 seconds between 1000m repetitions; 45 to 70 seconds between 1200m repetitions; and 60 to 90 seconds between 1600m repetitions.

In theory, these same recovery periods should be used by all athletes training at 5K pace. In practice, less fit and less experienced athletes tend to take longer recovery phases to allow optimum training gains. Thus an athlete working at 1500m pace would utilise recovery times of 60 to 90 seconds between 400m repetitions and 2 to 3 minutes between 800m repetitions.

An athlete training at 800m pace would recover for 2 to 3 minutes between 400m repetitions and 60 to 90 seconds between 200m repetitions.

The logic and physiological reasons for these variations in recovery times is not always understood by some athletes and coaches who falsely believe that a high number of repetitions should be followed by longer recover-

ies and that a low number of repetitions should be followed by shorter recoveries.

They fail to take into account the fact that 400m repetitions at 5K pace are predominantly aerobic in energy sources, while 400m repetitions at 800m pace are primarily anaerobic and require reasonable recoveries to allow adequate repayment of oxygen debt and adequate resynthesis of adenosine triphosphate in energy-depleted muscles.

These principles can be summarised by the following sample sessions, which can be adapted to the use of all athletes:

(a) 12 to 16 x 400m at 5K pace (20 to 30 secs recovery between repetitions); (b) 8 to 12 x 400m at 3K pace (30 to 45 secs recovery); (c) 6 to 8 x 400m at 1500m pace (60 to 90 secs recovery); (d) 2 to 4 x 400m at 800m pace (2 to 3 mins recovery).

I have emphasised the importance of training at race pace. It is also essential for distance runners to train specifically at paces above and below that of their main event.

Thus a 1500m athlete will develop endurance by training at 5K and 3K paces. He or she will improve speed by training at 800 and 400m paces.

Specific sessions at race pace (i.e. 1500m) will accustom the body and mind to the tempo of running required to attain time targets at the ath-



DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross country/grass running.
Monday: 75 to 90 mins fartlek inc 20 x 45 secs at 5K pace (jog 30 secs recovery).
Tuesday: 5 miles steady.
Wednesday: 10 miles steady.
Thursday: 2 x 4 x 400m at 1500m effort (45 secs between reps/5 to 8 mins between sets).
Friday: 30 mins easy recovery run.
Saturday: 12 to 15 miles steady.
Morning runs, if done should be of 20 to 30 mins duration, four to six times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 5x3 mins fast (2 mins jog recovery).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 2 x 4 x 800m at 3K pace (60 secs between reps 2 laps jog between sets).

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

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 16 x 60 secs fast (jog 30 and 60 secs alternately between reps).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 2 x 4 x 200m at 800m pace (30 secs between reps/2 laps jog between sets).
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 x 90 secs fast (jog 60 secs recovery).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 4 x 1600m at 5K pace (60 to 90 secs recovery).
Saturday: Race or 8 to 12 miles.
Morning runs as Week One.

lete's specialist distance.

These same principles apply to all specialist race distances, irrespective of the athlete's levels of ability.

The only variations are in (1) the number of repetitions in each training sessions; (2) the distances of each repetition; (3) the recovery between repetitions; and (4) the speed of each repetition.

It is interesting to observe that Sebastian Coe, holder of the world record at 800m, trained at five different paces within a twelve day cycle.

Typical sessions included 1600s at 5K pace, 800s at 3K pace, 200s at 1500m pace, 400s at 800m pace, and 60 to 300m sprints at 400m pace.

Quite clearly it would be inadvisable for most athletes

to try to copy Sebastian Coe's schedules. I quote them solely to illustrate the importance of properly planned training programmes and clearly-defined competition objectives.

Training must never be haphazard or aimless. It should be geared to specific tasks based on racing goals and time targets.

Each session should have a definite objective and purpose. Sessions should be oriented to particular phases of the training and competition calendars.

They should also be designed to accommodate the individual fitness levels and experience of each athlete.

The runner who is positive and definite about his or her goals will train specifically for races.

Think about it.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cross country/grass running.
Monday: 60 to 75 mins fartlek inc 20 x 30 secs fast (alternate 30 and 60 secs jog recovery).
Tuesday: Rest or 20 to 30 mins easy running.
Wednesday: 5 to 8 miles steady.
Thursday: 2 x 4 x 400m at 1500m effort (60 secs between reps/5 to 8 mins between sets).
Friday: Rest.
Saturday: 8 to 12 miles steady.
Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 12 x 45 secs fast (alternate 45 and 60 secs jog).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 4 x 800m at 3K pace (90 secs recovery).
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 24 x 20 secs fast (alternate 20 and 40 secs jog).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 4 x 200m at 800m pace (45 secs between reps/2 laps jog between sets).
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 (alternate 60 and 120 secs jog).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 3 x 1600m at 5K pace (90 to 120 secs recovery) & 1 x 200m (90 to 120 secs. after final 1600m).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.



January 30

British Unis CC Champs, Bellahouston - Men 10K: 1, S Baines (Ox) 34-03; 2, C Addison (Cam) 34-27; 3, T Bignell (Lough) 34-29; Scots: 8, P Mowbray (Ed) 35-01; 24, I Harkness (Cam) 35-50; 48, C Nicholson (Ed) 36-42; 52, T Hely (Ed) 36-47; Teams: 1, Bir 37pt; 2, Lough 85; 3, Ox 128.

Jun Men 8K: 1, P Radcliffe (Lough) 16-31; 2, J Spark (Ches) 16-50; 3, A Duke (Leeds) 16-57; Scots: 6, A Rose (QMC) 17-09; 9, D Rutherford (Lough) 17-25; 27, K McMillan (Ed) 18-39; 29, H Keldson (H Watt) 18-43; 34, A Potts (Strath) 18-59; 40, J Roxburgh (Gla) 19-15; 43, M Coleman (Ed) 19-28; 44, T Brindley (Ab) 19-32; 50, M Todd (Ed) 19-38; Teams: 1, Lough 19pt; 2, Cam 85; 3, Bham 88.

31

Cummock and Dist AC Open CC Races - Sen 6 miles: 1, A Russell (Law) 32-34; 2, G Wight (Ayr) 33-16; 3, M Gallagher (Mary) 33-34; 4, W Richardson (Irv) 33-44; 5, T Anderson (Kilb) 34-09; 6, J Brown (Cam) 34-52; 7, T Lawrence (Ayr) 35-01; 8, L Richardson (Irv) 35-06; 9, W Boyd (Ayr) 35-01; 10, G Colvin (EK) 35-47; 11, G Crawford (S'burn) 35-55; 12, J Stevenson (Irv) 36-03; 13, D Scobie (Dumf) 36-08; 14, H McWilliams (EK) 36-12; 15, C Miller (Irv) 36-20; 16, G Robertson (Mary) 36-23; 17, J McMillan (EK) 36-23; 18, J Strawhorn (Ayr) 36-48; 19, J McNamee (Irv) 36-59; 20, D Brown (Dumf) 37-16; Teams: 1, Ayr 18pt; 2, Irv 31; 3, EK 41.

Youth 3 mile: 1, T Winters (EAC) 17-01; 2, B Robinson (Ayr) 17-21; 3, P Allan (Ayr) 17-37; 4, K Mason (Cum) 17-56; 5, S Schendel (Cum) 18-31; 6, J Thomson (A'ide) 18-48; Teams: 1, Ayr 13pt; 2, Cum 19; 3, Dumf 39.

Sen Boys 3 miles: 1, J Mooney (EK) 18-35; 2, K Hastie (S'burn) 18-50; 3, W Fraser (Dumf) 19-32; 4, C Robertson (Ayr) 20-04; 5, R Mooney (EK) 20-09; 6, P Morris (Nth) 20-43; Teams: 1, EK 15pt; 2, Nth 31.

Jun Boys 2.5 miles: 1, S Bodys (Cum) 16-03; 2, A Morgan (Ard) 16-13; 3, A Dean (Irv) 16-24; 4, G Pett (EK) 16-40; 5, A Mitchell (EK) 17-14; 6, S Montgomery (Nth) 17-30; Teams: 1, EK 24pt; 2, Dumf 29; 3, Ayr 31.

Colts 1 mile: 1, D Mitchell (Ayr) 6-11; 2, C Black (Dumf) 6-12; 3, A Auld (Cum) 6-14; 4, K Taylor (Girv) 6-27; 5, T Duffin (Ard) 6-32; 6, S Clark (Ard) 6-37; Teams: 1, Ayr 19pt; 2, Cum 41; 3, Irv 53.

Sen Women 3 miles: 1, K Todd W35 (Kilm) 21-34; 2, G Spankie (Ayr) 21-42; 3, J Byng W45 (Irv) 22-05; 4, E McManus (Irv) 22-11; 5, L McGarry W35 (Irv) 22-52; 6, M McGill W35 (Irv) 22-52; 7, A Poosie (Dumf) 23-50; 8, L Wilson (Cum) 24-14; 9, M Scroggie (S'ven) 24-25; 10, T Knox (Unatt) 24-30; Teams: 1, Irv 27pt; 2, Cum 66; 3, S'ven 84.

Inters 3 mile: 1, L Baillie (A'ide) 20-58; 2, E Reid (Nth) 21-13; 3, L Moodie (Gla) 21-49; 4, S Knox (Gla) 22-20; 5, C McCarron (S'ven) 22-39; 6, C Webster (Nth) 24-06; Teams: 1, COG 39pt; 2, Nth 54; 3, Gway 103.

Girls 2.5 miles: 1, P Crawley (Gla) 16-19; 2, C Morris (JWK) 16-47; 3, S Youden (Kilm) 17-31; 4, S McNamee (Irv) 17-41; 5, S Scott (Gla) 17-43; 6, N Youden (Kilm) 18-01; Teams: 1, JWK 11pt; 2, COG 15; 3, Irv 37.

Minor Girls 2 miles: 1, L Harrison (EAC) 16-24; 2, A Hood (EAC) 16-40; 3, L Gaud (EAC)

February 6

ESH Open CC Races, Edinburgh - Men: 1, G Crawford (FVH) 26-34; 2, G Mathieson (ESH) 26-42; 3, R Arbuckle (K&D) 26-47; 4, C Law (FMC Car) 26-56; 5, M McCusick (FVH) 27-00; 6, J Moore (Kent) 27-10; 7, M Coyne (RCE) 27-31; 8, T Law (Cor) 27-54; 9, C Ross (File) 27-55; 10, S Ogg (FMCC) 28-01; 11, J Douglas (FMCC) 28-02; 12, L Culbertson (ESH) 28-02; 13, C Watson (BTP) 28-08; 14, I Stewart (FMCC) 28-17; 15, C Smith (EAC, M40) 28-19; 16, K Pike (Kent, M40) 28-30; 17, R Thomson (ESH) 28-33; 18, B Howie (ESH, M40) 28-36; 19, P Soxall (Kent) 28-40; 20, R Stone (HELP, M40) 28-48; 21, M Dobbin (Irv) 29-55; Vets: M50: 1, M Coyne (RCE) 33-05; M60: 1, J Conney (Pen) 38-20; Teams: 1, FMCC 25pt; 2, ESH 31; 3, Kent 41; 4, Cor 67; 5, BTP 73; 6, FAC 93.

Youths: 1, K Daley (EAC) 18-12; 2, M Hamlin (Lass) 19-04; 3, G Robertson (GHS) 19-43; 4, M McMillan (GHS) 19-55; 5, M Galloway (GHS) 21-28; 6, M McLeod (GHS) 22-44; Teams: 1, GHS.

Sen Boys: 1, D Campbell (Lass) 12-24; 2, C Goddard (GHS) 12-31; 3, A Ford (EAC) 12-35; 4, M Creech (Har) 12-43; 5, S Jones (ESH) 12-50; 6, K Stewart (Irv) 13-00; Teams: 1, GHS.

Jun Boys: 1, C O'Brien (Cor) 7-32; 2, P Armstrong (BTP) 7-46; 3, A Forsyth (BTP) 7-50; 4, S Reid (BTP) 7-56; 5, G Mallon (Cor) 7-58; 6, S Springett (PSH) 8-02; Teams: 1, BTP 9pt; 2, Cor 20; 3, QVS 29.

Colts: 1, S O'Brien (Cor) 5-05; 2, I Menzies (PSH) 5-14; 3, A McDonald (PSH) 5-15; 4, R Martin (Cor) 5-16; 5, M Johnston (BTP) 5-21; 6, J Warwick (PSH) 5-22; Teams: 1, PSH 11pt; 2, Cor 15; 3, BTP 37.

Women: 1, C McFadden (EWM) 20-30; 2, A Smith (EWM) 20-35; 3, A McDonald (PSH) 5-15; 4, K Greally (EAC) 22-11; 5, M Crawford (GHS) 22-30; 6, F Kay (EAC, W35) 23-29; Other Vets: 2, B Martin (Cor) 24-17; 3, J Baxter (BTP) 24-34; Teams: 1, EWM 11pt; 2, BTP 28; 3, Cor 59.

Inters: 1, L Duffy (Har) 23-40; 2, L Spark (EWM) 23-46; 3, J Mendum 25-01.

Girls: 1, A Shaw (COG) 8-26; 2, J Forsythe (BTP) 8-49; 3, K Kelly 8-56; 4, L Menzies (PSH) 9-08; 5, L McTague (COG) 9-24; 6, K McLaren (Irv) 9-33; Teams: 1, COG 15pt; 2, PSH 19; 3, BTP 25.

Minors: 1, A Hood (EAC) 8-09; 2, L Harrison (EAC) 8-17; 3, L Gaud (EAC) 8-22; 4, B Debenham (GHS) 8-59; 5, L Redmond (EAC) 9-01; 6, H Moat (EAC) 9-03; Teams: 1, EAC 8pt; 2, Har 35; 3, Pen 40.

Mini Minors: 1, I McIntyre (DHH) 5-14; 2, C Johnston (Dumf) 5-23; 3, S Bradley (FVH) 5-42; 4, F Gibson (Har) 5-35; 5, C Crawford (FVH) 5-40; 6, L McGarry (FVH) 5-42; Teams: 1, FVH 14pt; 2, Dun 24; 3, Har 31.

Springburn H CC Champs, B'briggs - Sen 7.5 miles: 1, Ad. Callan 40-05; 2, A Chalmers 41-57; 3, J Bell 42-16; 4, A. Callan 45-54; 5, D Reid 46-31; 6, A Gray 46-32.

Vets: 1, F Wright M45 46-59; 2, H Gorman M40 46-01; 3, R Rochford M45 50-08; 4, W McGregor M45 50-56.

Youth 4 mile: D Houston 22-20.

Sen Boys 4 mile: K Hastie 22-01.

Jun Boys 2 mile: 1, G Souter 13-15; 2, M Jamieson 13-35; 3, R Hill 13-41.

Colts 1 mile: 1, S Breslin 7-25; 2, S Coia 7-51; 3, P Reynolds 7-57.

Clydesdale H CC Champs, Clydebank - Sen 7.5 miles: 1, R McDuat 42-53; 2, I Murphy 44-40; 3, J Hanratty M40 46-32; 4, R Young 46-40; 5, R Rossborough 46-41; 6, J Shields M45 46-45.

Women: C Menhennet 52-49.

Sen Boys 2 mile: 1, C Lyle 12-10; 2, D McGinley 12-34.

Jun Boys 2 mile: 1, D Moore 12-14; 2, M Howie 12-24; 3, Higgins 14-00.

Colts 1 mile: 1, C Wright 7-24; 2, W McAllister 7-32.

Vic Park AAC CC Champs, Milngavie - Sen 6 miles: 1, S Barnett 29-03; 2, S Gilmour 29-35; 3, R Blair 32-38.

Vets: 1, R Blair (Snr) 34-55; 2, K McVey 39-30; 3, D Low 41-24.

Youths: 1, D Gorman 32-28; 2, J Marr 34-49; 3, M Smith 37-50.

Sen Boys: 1, equal E Cameron and P Young 14-21.

Jun Boys: 1, R Elliot 14-33; 2, S McIntyre 14-40; 3, P Uppal 15-44.

Colts: 1, C Baillie 16-29; 2, C Munro 16-30.

Colts: 1, S O'Brien (Cor) 5-05; 2, I Menzies (PSH) 5-14; 3, A McDonald (PSH) 5-15; 4, R Martin (Cor) 5-16; 5, M Johnston (BTP) 5-21; 6, J Warwick (PSH) 5-22; Teams: 1, PSH 11pt; 2, Cor 15; 3, BTP 37.

Women: 1, C McFadden (EWM) 20-30; 2, A Smith (EWM) 20-35; 3, A McDonald (PSH) 5-15; 4, K Greally (EAC) 22-11; 5, M Crawford (GHS) 22-30; 6, F Kay (EAC, W35) 23-29; Other Vets: 2, B Martin (Cor) 24-17; 3, J Baxter (BTP) 24-34; Teams: 1, EWM 11pt; 2, BTP 28; 3, Cor 59.

Inters: 1, L Duffy (Har) 23-40; 2, L Spark (EWM) 23-46; 3, J Mendum 25-01.

Girls: 1, A Shaw (COG) 8-26; 2, J Forsythe (BTP) 8-49; 3, K Kelly 8-56; 4, L Menzies (PSH) 9-08; 5, L McTague (COG) 9-24; 6, K McLaren (Irv) 9-33; Teams: 1, COG 15pt; 2, PSH 19; 3, BTP 25.

Minors: 1, A Hood (EAC) 8-09; 2, L Harrison (EAC) 8-17; 3, L Gaud (EAC) 8-22; 4, B Debenham (GHS) 8-59; 5, L Redmond (EAC) 9-01; 6, H Moat (EAC) 9-03; Teams: 1, EAC 8pt; 2, Har 35; 3, Pen 40.

Mini Minors: 1, I McIntyre (DHH) 5-14; 2, C Johnston (Dumf) 5-23; 3, S Bradley (FVH) 5-42; 4, F Gibson (Har) 5-35; 5, C Crawford (FVH) 5-40; 6, L McGarry (FVH) 5-42; Teams: 1, FVH 14pt; 2, Dun 24; 3, Har 31.

Springburn H CC Champs, B'briggs - Sen 7.5 miles: 1, Ad. Callan 40-05; 2, A Chalmers 41-57; 3, J Bell 42-16; 4, A. Callan 45-54; 5, D Reid 46-31; 6, A Gray 46-32.

Vets: 1, F Wright M45 46-59; 2, H Gorman M40 46-01; 3, R Rochford M45 50-08; 4, W McGregor M45 50-56.

Youth 4 mile: D Houston 22-20.

Sen Boys 4 mile: K Hastie 22-01.

Jun Boys 2 mile: 1, G Souter 13-15; 2, M Jamieson 13-35; 3, R Hill 13-41.

Colts 1 mile: 1, S Breslin 7-25; 2, S Coia 7-51; 3, P Reynolds 7-57.

Clydesdale H CC Champs, Clydebank - Sen 7.5 miles: 1, R McDuat 42-53; 2, I Murphy 44-40; 3, J Hanratty M40 46-32; 4, R Young 46-40; 5, R Rossborough 46-41; 6, J Shields M45 46-45.

Women: C Menhennet 52-49.

Sen Boys 2 mile: 1, C Lyle 12-10; 2, D McGinley 12-34.

Jun Boys 2 mile: 1, D Moore 12-14; 2, M Howie 12-24; 3, Higgins 14-00.

Colts 1 mile: 1, C Wright 7-24; 2, W McAllister 7-32.

Vic Park AAC CC Champs, Milngavie - Sen 6 miles: 1, S Barnett 29-03; 2, S Gilmour 29-35; 3, R Blair 32-38.

Vets: 1, R Blair (Snr) 34-55; 2, K McVey 39-30; 3, D Low 41-24.

Youths: 1, D Gorman 32-28; 2, J Marr 34-49; 3, M Smith 37-50.

Sen Boys: 1, equal E Cameron and P Young 14-21.

Jun Boys: 1, R Elliot 14-33; 2, S McIntyre 14-40; 3, P Uppal 15-44.

Colts: 1, C Baillie 16-29; 2, C Munro 16-30.

7

Kilbrachan AAC CC Champs, Kilbrachan - Sen Men 6 mile: 1, T Handle 32-37; 2, G Tennay 33-38; 3, R McCulloch 34-02; 4, D Mewse M40 35-52; 5, J Carruth 36-46; 6, D Paterson M40 40-19; V1: W Geddes M40 42-40.

Youth 4 mile: 1, P Corrigan 26-36; 2, S Jack 26-14.

Jun Boys 2 mile: 1, G Menzies 12-48; 2, G Simpson 12-52; 3, C Byrne 13-41.

Women 4 mile: 1, M Menzies W35 29-15; 2, N Fleming (Int) 29-54; 3, S Kennedy 31-04; V1: K Geddes W35 32-25; 2, M Moore W50 32-32.

Minor Girls: C McKay 16-16.

Mini Minors: S McGreigan 17-26.

Dex Loudoun Open CC Races, Galston - Men 5.5 miles: 1, A McLelland (EK) 30-53; 2, J Brown (Cam) 31-09; 3, E Wilkinson (Shett) 31-53; 4, W Boyd (ASAC) 32-16; 5, C Miller (Irv) 32-33; 6, G Clarke (SU) 33-01; 7, S White (Kilm) 33-07; 8, J McNamee (Irv) 33-15; 9, N Duncan (Un) 33-35; 10, A Shedden M40 (AS) 34-39.

Vets: I Drummond M40 (Kilm) 34-14; G Young

M40 (AS) 34-39; Team: ICAC 34pt.

Youth 4 mile: 1, T Winters (EAC) 21-46; 2, J Thomson (Law) 22-56; 3, A Kidd (Kilm) 23-06.

Sen Boys 2.5 mile: 1, B McLean (Law) 15-40; 2, S Hamilton (Loud) 16-05; 3, A McKenzie (Troon) 16-54; Team: LDAC 22pt.

Jun Boy 2 mile: 1, J Goldie (Kilm) 12-45; 2, S Bodys (Cum) 13-14; 3, A Dean (Irv) 13-19; Team: ICAC 17pt.

Colts 1 mile: 1, D Mitchell (ASAC) 5-12; 2, K Taylor (Girv) 5-18; 3, A Auld (Cum) 5-20; Team: IC 23pt.

Women 4 mile: 1, J Roxburgh (Irv) 27-24; 2, K Todd W35 (Kilm) 26-40; 3, A McManus (Jun Irv) 27-24; 4, A Higgins (Loud) 28-14; 5, E McGarry (W35 Irv) 28-35; 6, N Donaldson (Jun Irv) 28-50; 7, A Richards (W40 Gou) 29-09; 8, A Dickson (W35 Law) 29-27; 9, M McGill (W35 Irv) 29-32; 10, M Scroggie (W35 S'ven) 29-41; Team: ICAC 15pt.

Inters 2.5 mile: 1, C Webster (Nth) 19-19; 2, C Leitch (Gla) 22-38; 3, K Halliday (Nth) 24-12; Team: NVAC 9pt.

Girls 2 mile: 1, C Morris (Kilm) 12-57; 2, P Crawley (Gla) 13-16; 3, S McNamee (Irv) 14-04; Team: JWK 11pt.

Minor Girls 2 mile: 1, L Harrison (EAC) 13-20; 2, L Gaud (EAC) 13-50; 3, A Church (ASAC) 14-12; Team: EAC 9pt.

Mini Minors 1 mile: 1, R Clark (ASAC) 5-51; 2, M Donnelly (AS) 6-07; 3, L McAuley (Kilm) 6-20; Team: ASAC 11pt.

13

Maryhill H CC Champs, Glasgow - Sen 8 mile: 1, M Gallacher 36-59; 2, A Gallacher 37-55; 3, G Robertson 38-05; V1: P Kearney M50 43-10; 2, P Jeffcott M40 44-29; 3, T Morrison M45 45-03.

Junior: P O'Neill 34-03.

Youth: 1, S Reeves 22-13; 2, S Culbert 24-11; 3, S Singh 25-23.

Sen Boys: 1, B Parker 16-26.

Jun Boys: 1, J McLeod 11-17; 2, G Mulholland 11-57; 3, A Reeves 12-28.

Inverness H CC Champs, Inverness - Sen 6 mile: 1, J Bowman 30-47; 2, A Murchison 31-20; 3, A McDermid 32-58; 4, A Farquharson 33-02; 5, D Watson 34-40; 6, G Mitchell M40 35-17; Vets: P Crowe M40 35-56; D Grant M40 37-15.

Teviotdale H CC Champs, Hawick - Sen Men 6 mile: 1, A Fair 35-49; 2, A Walker 36-59; 3, D Barr 37-13; 4, N Maitman 37-45; 5, B Law 37-54; 6, C Nichol 37-59.

H'cap: 1, B Law, 2, N Maitman; 3, C Nichol.

Youth: 1, M Coombe 17-58; 2, R Cook 19-55; 3, S Watson 20-03.

Boys: 1 equal D Hughes and S Hogg 8-42; 3, S Lauder 8-49.

Colts: 1, G Walker 5-21; 2, A Gibson 5-23; 3, K Moffat 5-25.

Women: 1, J Hewat 9-29; 2, J Thomson 9-34; 3, J Jack 9-36.

Girls: 1, P Stanners 5-57; 2, A Reid 6-04; 3, L Pow 6-09.

14

Round the Castles CC Meeting, Mintlaw - Sen 5 miles: 1, A Reid (Pet) 24-39; 2, F Clyde (Met) 25-18; 3, R Herries (HBT) 26-16; 4, I Cumming (Ab) 26-53; 5, P Jennings (Met) 27-12; 6, J Buchan (Met) 27-30; 7, W Moir (Unatt) 27-32; 8, J Stewart M40 (Met) 27-36; 9, I Gunn (Met) 27-36; 10, S Peddie (Ab) 27-52; 11, D Strachan (J1 Pet) 27-56; 12, M Stone (Pet) 28-01; 13, G Main (J2 Met) 28-01; 14, I Diack (FFT) 28-02; 15, D Smith (Ket) 28-02; 16, M Edwards (M50 Ab) 28-03; 17, H Williamson (Met) 28-09; 18, I Morrie (Ab) 28-18; 19, J Strachan (Met) 28-24; 20, P Stephen (GRR) 28-28; Other Vets: S Hastie (Pet) 28-24; D Shepherd (Ab) 28-42.

Youths: 1, G Smith (Ab) 17-48; 2, L Jones (AHS) 18-08; 3, J Mundle (Pet) 18-13; 4, S Mitchell (RG) 18-38; 5, K Dinnes (Ab) 18-44; 6, M Anderson (Ab) 19-02.

Results continue on P16

Round the Castles CC Meeting, Mintlaw - Sen Boys: 1, R Tolan (AHS) 12-20; 2, A



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TOO MANY LEAGUES SPOILING THE STOCK?

Charles Bannerman looks at various aspects of league competition, and reaches some unpalatable conclusions.

ONE of the advantages of living in Inverness - 150 miles north of where most of the action takes place - is that three hour bus journeys afford marvellous opportunities to discuss the rights and wrongs of the world in general, and of the sport of athletics in particular.

As it happens, the subject on the way down to the National Cross Country Championships at the end of February was whether the club was achieving anything of value staying in the North East track and field league.

In the weeks which have followed, I found myself addressing more and more the question of the value of the league competition in general.

It's not many months since a rather interesting letter appeared in the columns of this magazine on that very subject, but although it made some valid points about league competition, it was rather short on sensible ideas about alternatives.

The view I am slowly coming to is that league competition is rather like a powerful antibiotic - the optimum dose can be of great benefit, but too much creates a danger of killing the patient. Indeed, league overkill could well be one of the biggest threats to the standards about which we are all so concerned.

The standard of any particular individual can be measured by the performance levels achieved and the honours gained. It therefore follows that the quality of any club or national set-up must, to a large extent at any rate, be assessed by the sum total of what its constituent individuals do in these terms.

But as far as league competition is concerned, we all know the score. You are in agreement with your coach that a good quality 800 is what you most need this weekend. Enter then the team manager, whose responsibility, quite understandably, is to squeeze the biggest points total he can out of the afternoon.

So what you get is the

1500 B race, which wasn't all that good in the first place - made worse by the fact that your throws in the javelin "for the points" happened to coincide with the period when you were meant to be warming up. And the 4x400 they asked you to do left you with a calf strain which screwed up the next five days' training.

It's a well known fact of athletic life that personal bests seldom come in league competition. It is equally well known that the 8 metre hammer throws and the 75 second 400m hurdles "for the points" (or more usually the point) do nothing for anyone.

It's almost 20 years now since the Scottish Men's League ran an experiment whereby an athlete only got points if he reached a particular standard. As it happened they got it wrong and set the standards far too high, but some rather less ambitious scheme might help eliminate some of the downright embarrassing sights we see at league matches.

AS THINGS stand, it is difficult to see what league competition, within Scotland at any rate, is doing to raise individual standards (and at this point I am resigned to receive the wrath of George Duncan).

On the other hand, what it does do is to give clubs to develop and grow.

Even on the individual



side, league matches can offer a pleasant diversion from intensive competition, but as far as the quality outings which get personal bests go, the places to be are championships, international events (for those so lucky), and these athletics gold mines called open graded meetings.

However, the danger appears to be that many athletes are "over leagued"; so often league competition comes at a time when youngsters in particular are heavily committed to schools and championship events and have far too much on.

But when it's a case of "for the points" it's difficult to say no. And while I utterly fail to see the need to keep hammering away over the winter with indoor leagues (how do they fit in with fancy ideas of periodisation?), the jury is still out as far as I am concerned on the novel concept of junior leagues.

To be realistic, much domestic league competition is a case of "mediocrity in depth". Over the last couple of years I have furnished my own club with reams of statistics which show that, on the women's side in particular, standards in many events are dropping like stones.

The counter argument is that Inverness Harriers have just returned to Division 1 of the Scottish Women's League, and my response is to point out firstly that standards are dropping nationwide, and secondly that success in the women's (and indeed many other leagues) depends largely on the "bums on seats" factor.

Field a full team, and even if they're not all that good you can't go wrong. Where are the standards and quality in that?

ONE form of league competition which does appear to be individually worthwhile is the British Leagues - otherwise why would athletes from all over the country defect in their scores to British League clubs?

But the question still has to

be asked: "Is this doing Scottish athletics any good?"

I would venture to suggest that the British League connection is in one important respect damaging Scottish athletics.

On the men's side, it is quite clear that the two Edinburgh clubs have no effective youth development apparatus at all, as shown by their consistently mediocre-to-poor performances in the Scottish Young Athletes League.

What they rely on is recruiting at a convenient stage the products of other allegedly "smaller" clubs, and they are therefore little more than inert receptacles for "good" athletes from all over Scotland (and beyond).

The donor clubs do at least have the benefit of the "lease back" arrangement for lesser leagues, but this only partly compensates for the feeling of futility which local clubs and coaches inevitably feel. And some clubs - including Inverness Harriers - are in danger of exceeding their secondary first claim allowance, such as has been their recent generosity to the BAL clubs.

The end product is that the people outwith Edinburgh who are producing the quality raw material of Scottish athletics get so fed up seeing the initials ESH and EAC after what are their products that the natural instinct is not to bother at all.

So between one thing and another, the best advice about league competition must be: "Handle with care and do not exceed the stated dose."

Do you agree or disagree with Charles Bannerman? Please let us know what you think. Either write to us at:

**Readers' Letters,
Scotland's Runner,
113, St George's Road,
Glasgow G3 6JA;
or fax your letter to
041-332-9880.**

Open Forum contributions are always welcomed from readers, on any subject relating to athletics.

Soutar (AHS) 12-23; 3, D Smith (AHS) 12-57; 4, N McInnes (Pet) 13-10; 5, E McGee (Ab) 13-16; 6, S Cole (Ab) 13-41.

Jun Boys: 1, R Singer (Bar) 9-28; 2, S Buchan (Fras) 9-29; 3, N Cameron (For) 9-34; 4, A Watson (Fra) 9-59; 5, W Brown (Ab) 10-27; 6, D Esson (RGC) 10-36.

Colts: 1, M Stephen (Fra) 6-59; 2, D Cumming (Ab) 6-11; 3, S Mathieson (Ab) 6-36; 4, J Clarkson (Ab) 6-44; 5, D Braun (Ab) 6-48; 6, D Ingram (Pet) 6-51.

Women: 1, G Pollard (FFT) 13-13; 2, S Lanham (Ab) 13-34; 3, D Kiner (Ab) 13-52; 4, M Adamson W35 (Inv) 13-54; 5, T Brindley (AU) 14-06; 6, S Armitage (Ab) 14-09; 7, L Colman (GRR) 14-12; 8, L Trahan (W35 GRR) 14-23; 9, N McKinnon (W35 Ab) 14-31; 10, L Davidson (Ab) 14-44; 11, J Roberts (GRR) 15-14; 12, A Ome (Ab) 15-19; 13, I Beveridge (Unatt) 15-50; 14, D Fraser (W35 Ab) 15-59; 15, P Gordon (FFT) 16-12.

Inter: 1, C Falconer (MBI) 14-55; 2, L Mailey (Fra) 15-19; 3, L Clark (Fra) 18-31.

Girls: 1, T McLatchie (Pet) 10-09; 2, J Anderson (Ab) 10-16; 3, D McAllister (Fra) 10-19; 4, L Still (Ab) 10-21; 5, C Clarkson (Ab) 10-26; 6, N Fraser (Ab) 10-28.

Minor Girls: 1, H Smith (Ab) 9-01; 2, J McLean (Fra) 9-03; 3, L Green (Ab) 9-37; 4, F Day (Ab) 9-51; 5, J Tourney (Fra) 9-52; 6, C Jackson (Fra) 10-28.

Mini Minors: 1, D Hastie (Pet) 6-53; 2, D McLatchie (Pet) 7-00; 3, N Reid (Fra) 7-13; 4, L Henderson (Ab) 7-17; 5, J Tourney (Fra) 7-29; 6, G Hair (Ab) 7-40.

20

Inter Club 7 Mile CC match, Lillithgow - 1, R Brown (HBT) 40-30; 2, P O'Kane (HBT) 41-34; 3, S Bennet (West) 41-57; 4, D Rodgers (West) 42-09; 5, D Calder (West) 42-10; 6, C Hunter (HBT) 42-25. Teams: 1, West; 2, HBT.

Women: 1, D Everington (HBT) 49-08; 2, E Scott (West) 63-16; 3, J Schreiber (West) 63-16.

21

North Dist CC League, Inverness -

Men: 1, A Reid (PH) 34-14; 2, J Bowman (IH) 34-40; 3, D Rodgers (Loch) 35-20; 4, A Murdochson (IH) 36-01; 5, M Flynn (MRR) 37-06; 6, K Prosser (MRR) 37-21; 7, B Rodgers (Loch) 37-42; 8, E Grant (MRR) 37-46; 9, A Stewart (MRR) 37-59; 10, P Mathieson (FH) 38-14; V1, R Atken (MRR) 38-56; J1, D Strachan (PH) 38-23. Team: MRR.

Youths: 1, S Cook (Gord) 23-31; 2, J Brooks (Loch) 23-39; 3, S Robertson (MRR) 24-28. Team: MRR.

Sen Boys: 1, F Milne (MRR) 16-18; 2, A Thomson (IH) 16-35; 3, M Byers (MRR) 17-22. Team: MRR.

Jun Boys: 1, J Cowie (BHS) 12-36; 2, G Martin (MBI) 12-48; 3, I Gunn (IH) 13-16. Team: MBI.

Colts: 1, I Cook (Gord) 6-43; 2, M Stephen (FRC) 6-49; 3, A Broadbent (IH) 7-00. Team: IH.

Sen/Inter Women: 1, F Thin (MBI) 18-26; 2, M Adamson (IH, W35) 18-44; 3, A-M Reid (Loch, Int) 19-15. Team: Inv.

Girls: 1, K Scott (MRR) 13-33; 2, T McLatchie (PH) 14-12; 3, D Sim (MRR) 14-26. Team: MRR.

Minor Girls: 1, S Liebnitz (MRR) 9-22; 2, L Campbell (MBI) 9-32; 3, M McShane (Cal) 10-09. Team: MRR.

U11 girls: 1, D Hastie (PH) 7-04; 2, J Logie (MRR) 7-06; 3, I Ross (MBI) 7-26.

Overall Final Placings -

Sen Men: 1, A Reid (PH) 400pts; 2, G Bartlett (FH) 394; 3, G Sim (MRS, M40) 388. Teams: 1, MRR 2240; 2, For 2187; 3, Inv 2046. V1, G Sim (MRR) 400; 2, G Milne (MRR) 396; 3, R Atken (MRR) 394. J1, D Strachan (PH) 400.

Youths: 1, J Brook (Loch) 395; 2, S Robertson (MRR) 394; 3, S Scott (MRR) 392. Team: 1, MRR.

Sen Boys: 1, R Milne (MRR) 400; 2, A Thomson (Inv) 397; 3, N Tulloch (MBI) 393. Teams: 1, MRR 1728; 2, MBI 1700; 3, Inv 1686.

Jun Boys: 1, J Cowie (BHS) 400; 2, G Martin (MBI) 396; 3, N Cameron (FH) 394. Teams: 1, MBI 1737; 2, Inv 1676; 3, MRR 1424.

Colts: 1, M Stephen (FRC) 399; 2, A Ricad-

bent (IH) 397; 3, A Wylie (MBI) 395. Teams: 1, Pet 1690; 2, Inv 1676; 3, MBI 1615.

Women: 1, F Thin (MBI) 400; 2, M Adamson (Inv) 394; 3, A Smart (Inv) 393. Teams: 1, Inv 1718; 2, MBI 1702; 3, MRR 1635.

Inter: 1, A-M Reid (Loch) 398; 2, S Macrae (IH) 394; 3, M Smith (MBI) 392.

Girls: 1, K Scott (MRR) 400; 2, T McLatchie (PH) & C Nicol (Cal) 396. Teams: 1, MRR 1741; 2, Inv 1608; 3, Cal 1595.

U11 girls: 1, I Ross (MBI) 399; 2, D Hastie (PH) 398; 3, J Logie (MRR) 397. Teams: 1, PAAC 1731; 2, MBI 1712; 3, MRR 1698.

SVH CC Championships, Irvine Moor - 1, A Jenkins M40 (HBT) 25-41; 2, A McLinden M40 (Ham) 26-14; 3, R Young M45 26-50; 4, D Mewse M40 (Kilb) 27-04; 5, K Redpath M40 (SVets) 27-13; 6, P Kelly M45 (AS) 27-14; 7, R Guthrie (Bell) 27-14; 8, H Rankin M55 (Kilm) 27-22; 9, R Anderson (Cam) 27-44; 10, I Gordon M40 (Cam) 27-52.

Age Group Titles: O/40 1, A Jenkins; 2, A McLinden; 3, D Mewse; O/45 1, R Young; 2, P Kelly; 3, R Guthrie; O/50 1, R Brennan (Camb) 28-21; 2, G Blair (VP) 29-25; 3, A McKie (Inv) 29-27; O/55 1, H Rankin; 2, R Stewart (London) 29-19; 3, J Irvine (Bell) 29-32; O/60 1, T O'Reilly (Sburn) 31-23; 2, W McBurn (Shett) 32-15; 3, W Hammill (Ham) 32-35; O/65 1, W Marshall (Moth) 30-33; 2, R Dempster (Mhill) 41-00.

Women: 1, J Byng W45 (Inv) 31-41; 2, S White W45 (Ayr S) 31-52; 3, K Todd W40 (Kilm) 32-42; 4, C Thomson W40 (Glas) 33-19; 5, D Monteith W40 (S Vets) 33-25; 6, A Richards W40 (GN) 34-19.

Age Group Titles: O/35 1, E McGarry (Inv) 33-18; O/40 1, K Todd (Kilm); O/45 1, J Byng (Inv); O/55 1, J Oliver (Kilm) 39-44.

March

7

Bank of Scotland "Round the Castles" CC Series, Haddo House -

Men 5 miles: 1, F Clyne (Met) 26-34; 2, R Horries (HBT) 27-32; 3, P Jennings (Met) 27-56; 4, I Cumming (Ab) 28-39; 5, J Buchan (Met) 28-49; 6, W Moir (Unatt) 28-54; 7, S Gill (Kel) 28-54; 8, F Barton (Kel) 28-54; 9, M Stone (Unatt) 28-54; 10, I Diack (FFT) 29-03; 11, D Gunn (Met) 29-04; 12, D Duguid (Ab) 29-06; 13, G Main (Met) 29-25; 14, A Aitken (GRR) 29-41; 15, I Morris (Ab) 29-48; 16, D Gilles (Kel) 29-57; 17, A Leiper (Ab) 30-06; 18, I Williamson (Ab) 30-26; 19, I Snail 30-31; 20, P Lumsden (Unatt) 30-37; O/all Winner: F Clyne (Met).

Vet 5 mile: 1, J Stewart (Met) 28-21; 2, M Edwards M50 (Ab) 29-29; 3, C Simpson (Ab) 30-03; 4, J Gallon (Ab) 30-14; 5, S Brown (Fra) 30-17; 6, E Rennie (Ab) 30-34; 7, D Grubb M45 (Ab) 30-43; 8, M Hogg (Ab) 30-54; 9, J Ingram (Fra) 31-00; 10, I Jolliffe (Ab) 31-06; (all M40 except detailed) O/all: J Stewart (Met).

Youths 3 miles: 1, L Innes (AHS) 18-00; 2, G Smith (Ab) 18-14; 3, K Dimes (Ab) 18-26; 4, M Anderson (Ab) 18-31; 5, J Mundie (Pet) 18-49; 6, A Simpson (Fra) 19-37; O/all: 1, G Smith (Ab).

Sen Boys 1.5 miles: 1, R Tolan (AHS) 11-54; 2, A Smuter (AHS) 12-08; 3, A Love (Ab) 13-32; 4, D Smith (AHS) 12-50; 5, N McInnes (Pet) 13-27; 6, D Buchan (Pet) 14-34; O/all: R Tolan (AHS).

Jun Boys 1.5 miles: 1, S Buchan (Fra) 12-58; 2, R Singer (Ban) 13-04; 3, A Watson (Fra) 13-23; 4, F Bissett (Ban) 13-56; 5, N McKinnon (Fra) 14-18; 6, D Buchan (Pet) 13-34; O/: S Buchan (Fra).

Colts 1 mile: 1, S Mathieson (Ab) 6-13; 2, M Stephen (Fra) 6-16; 3, D Brawn (Ab) 6-22; 4, D Ingram (Pet) 6-51; 5, A Hastie (Pet) 6-51; 6, M MacKenzie (Pet) 6-54; O/all: M Stephen (Fra).

Sen Women 3 miles: 1, G Pollard (FFT) 19-43; 2, S Lanham (Ab) 20-32; 3, L Colman (GRR) 21-03; 4, A Orne (Ab) 22-22; 5, J Roberts (GRR) 23-07; 6, I Beveridge (Unatt) 23-14; 7, H Pike (Ab) 24-50; 8, E Gerber (Unatt) 26-29; 9, C Martin (GRR) 26-54; 10, N Guy (Unatt) 32-03; O/all: G Pollard.

Vets 3 miles: 1, M Adamson (Inv) 20-06; 2, L Trahan (GRR) 20-39; 3, N MacKinnon (Ab) 21-39; 4, D Fraser (Ab) 23-50; 5, D Thomson (GRR) 23-51; O/all: M Adamson (Inv).

Girls 1.5 miles: 1, T McLatchie (Pet) 13-41; 2, J Anderson (Ab) 13-43; 3, D McAllister (Fra) 14-06; O/all: T McLatchie.

Minor Girls 1.5 miles: 1, J McLean (Fra) 14-09; 2, L Green (Ab) 14-45; 3, C Curtis (Ban) 15-04; O/all: J McLean (Fra).

Mini-Minors 1 mile: 1, D Hastie (Pet) 6-33; 2, N Reid (Fra) 6-53; 3, D McLatchie (Pet) 7-00; O/all: D Hastie (Pet).

Scottish National Womens CC Relay Champs, Irvine Moor -

Sen 3x2 miles: 1, EWM 28-50 (S Golan 9-31; K McCellum 10-04; S Ridley 9-24); 2, COG 30-09 (C Sharp 10-15; J Stewart 10-29; L McIntyre 9-25); 3, VP 30-17; (S Kennedy 9-47; E Gorman 10-17; J McCall 10-13); 4, EWM 'B' 30-45; 5, DH 31-58; 6, Inv 32-14; 7, COG 'B' 32-27; 8, JWK 33-10; 9, Svin 34-05; 10, EWM 'C' 35-06; Fastest Laps: 2, S Ridley 9-24; L McIntyre 9-25; 3, S Golan 9-31.

Girls U/15 3x1.5 miles: 1, JWK 23-30; (J Tonner 7-59; C Morris 7-35; S Youden 7-56); 2, COG 23-52 (S Fairweather 8-01; A Shaw 8-10; P Crawley 7-41); 3, DH 24-29 (D Traynor 8-12; C Vittraine 8-07; K Stephenson 8-10); 4, IC 24-55; 5, EWM 25-04; 6, BTP 26-06; 7, Law 26-17; 8, Tev 26-27; 9, Cen 26-56; 10, VP 27-06; Fastest Laps: C Morris 7-35; P Crawley 7-41; J Ward (Pet) 7-50.

Minor Girls U/13 3x1.5 miles: 1, EAC 24-36 (L Harrison 8-01; L Gauld 8-26; A Hood 8-09); 2, BTP 25-39 (E Webster 8-40; S Patterson 8-40; H Norman 8-21); 3, COG 25-52 (R Kerr 8-51; C Kerr 8-49; D McMoran 8-12); 4, Cen 26-00; 5, VP 26-08; 6, DH 26-15; 7, AS 26-40; 8, Law 27-43; 9, BTP 'B' 27-53; 10, Tev 28-31; Fastest Laps: 1, L Harrison 8-01; A Hood 8-09; D McMoran 8-12.

Mini Minors U/11 3x1 mile: 1, DH 18-05 (J Miller 6-03; G Kyles 6-06; I McIntyre 5-59); 2, Inv 19-06 (L McAuley 6-14; D Alderson 6-25; A McGill 6-27); 3, DH 19-10 (C Duncan 6-23; L Boyd 6-39; S Scott 6-08); 4, Har 19-28; 5, AS 19-43; 6, Law 19-55; 7, Tev 19-58; 8, BTP 20-16; 9, Central Region 20-37; 10, FV 20-56; Fastest Laps: I McIntyre 5-59; J Miller 6-00; G Kyles 6-06.

Orkney Isles Open CC Champs, Kirkwall Men: 1, A Cook (Kirk); 2, N Reid (Kirk); 3, S Beaven (HF); 4, A Askew (HF); 5, E Taylor (HF); 6, E Shearer (Kirk); Team: Kirk.

Youths: D Rosie (Kirk). Sen Boys: R Johnston (Kirk). Jun Boys: E Grieve (Stor). Colts: F Wood (St Marg).

Women: 1, D Leonard (Stor); 2, H Batty (Stor); 3, L Leslie (FMT). Team: Feet, Mud & Tears.

Girls: C Nicol (Cal). Minor Girls: H Tulloch (Stor). Mini Minors: L Waters (St Marg).

Annan River CC Races, Annan - Men 6 miles: 1, D Scobie (DRC) 32-11; 2, C Heaven (Ann) 33-01; 3, R O'Hara (Ann) 33-19; 4, R Brown (HBT) 34-11; 5, D Brown (DRC) 34-52; 6, P Crosbie (Ann) 35-09; 7, D Milligan M40 (Sol) 35-16; 8, J Moffat M40 (DRC) 36-05; 9, J McPherson M40 (DRC) 36-21; 10, L Hill (DRC) 36-40; 11, N Nielson (Sol) 36-46; 12, G Marland (DRC) 36-52; 13, S McKie (DRC) 36-59; 14, J Clamp (Dumf) 37-02; 15, A Anderson (NV) 37-03. Teams: 1, Ann 11; 2, DRC 22; 3, Dumf 32.

Youths 3 miles: 1, S Fisher (Der) 16-55; 2, G Downing (Dumf) 17-02; 3, D Posser (Dumf) 17-11; 4, C Bewley (Der) 17-16; 5, P Cueto (Der) 17-33. Team: Der 10pt.

Sen Boys 2 miles: 1, B McLean (Law) 9-24; 2, W Fraser (Dumf) 9-31; 3, S McGraw (Ann) 9-36; 4, R Fuller (Der) 9-42; 5, A McGreannon (Cope) 9-43; 6, P Morris (Nth) 10-03. Team: Ann 20pt.

Jun Boy 1.5 miles: 1, G Maughan (Der) 7-21; 2, J Minnion (Car) 7-22; 3, N Pattinson (Car) 7-27; 4, S Lauder (Haw) 7-32; 5, A Revile (Der) 7-41; 6, J Martin (Car) 7-44. Team: Car 11pt.

Colts 1 mile: 1, A Armstrong (Car) 4-09; 2, S McMaster (Gir) 4-16; 3, M Foster (Dumf) 4-18; 4, P Bewley (Der) 4-18; 5, A King (Der) 4-21; 6, B McClymont (Gir) 4-27. Team: Gir 15pt.

Women 3 miles: 1, K Musson W35 (Bor) 17-34; 2, A Woodcock (Der) 18-06; 3, A Dickson W35 (Law) 19-48; 4, C Webster (Nth) 20-07; 5, H Harrington (Der) 20-07; 6, G Possee (Dumf) 20-14; 7, S McGregor (Ann) 20-20; 8, N Owens (Der) 20-33; 9, C Legge (Ann & D) 21-11; 10, J Barcock (Der) 21-26; 11, M McPhail W35 (Gai) 21-34. Team: Der 15pt.

Girls 1.5 miles: 1, S Corlett (Der) 7-37; 2, P McCrea (Car) 7-50; 3, K Blair (Car) 7-52; 4, L Montgomery (Nth) 8-33; 5, S Millar (Dumf) 9-05; 6, J Smith (Dumf) 9-14. Team: Der 14pt.

Minor Girls 1.25 miles: 1, L Gordon (Ann) 6-26; 2, E Jefferson (Der) 6-40; 3, E Barcock (Der) 6-53; 4, N Taylor (Gir) 6-55; 5, C McQuade (Dumf) 6-59; 6, S King (Der) 7-02. Team: Der 11pt.

Mini Minors 1 mile: 1, N Underwood (Car) 4-12; 2, K Barcock (Der) 4-19; 3, J Davidson (Dumf) 4-21; 4, E Woodcock (Der) 4-25; 5, L Forsyth (Der) 4-30; 6, R Priestley (Dumf) 4-31. Team: Der 11pt.

14

Aberdeen CC Champs, Baltgowrie PF - Men Seniors: 1, F Clyne 21-58; 2, S Cassella 23-04; 3, T Griffin (Guest) 23-26; 4, I Morrice 23-52; 5, A Leiper 24-20. Vets: 1, K Hogg 24-02; 2, F Duguid 24-35; 3, E Rennie 25-12.

Youths: 1, K Dimes 24-26; 2, M Anderson 25-43; 3, G Booth 25-49. Sen Boys: 1, C Smith 14-45; 2, A Love 15-06; 3, E McGee 15-20. Jun Boys: 1, F Bissett 11-04; 2, W Brown 11-12; 3, R Singer 11-27. Colts: 1, S Mathieson 6-14; 2, D Cummings 6-15; 3, D Braun 6-18.

Women: 1, D Kiner 16-06; 2, L Davidson 18-12; 3, J Hogg 19-49. Vets: 1, N McKinnon 17-18; 2, K Mearns 17-48; 3, J Hogg 19-49.

Inter: 1, E Kerr 22-05; 2, N Imrie 22-24. Girls: 1, C Clarkson 11-38; 2, J Anderson 11-50; 3, L Still 11-57. Minors: 1, H Smith 11-11; 2, F Day 11-57; 3, L Green 12-00. Mini Minors: 1, I Henderson 6-45; 2, G Hair 7-15; 3, S Wilson 7-21.

21

Tayside Open CC Races, Arbroath - Sen 5 mile: 1, D Knight (Per) 25-13; 2, G Rennie (DRC) 25-41; 3, I Stewart (Cam) 25-56; 4, S Ogg (Cam) 26-07; 5, S Taylor J (Per) 26-12; 6, S Quinn (File) 26-13; 7, P Morrison (Cam) 26-37; 8, M Laing (Unatt) 26-50; 9, M McCreadie (File) 26-51; 10, A King (Per) 26-54. Teams: 1, FMCC 14pt; 2, BTP 27pt.

Youths 3 miles: A Milligan (Cam) 17-19; 2, M Anderson (Ab) 17-22; 3, D McGregor (File) 17-36; 4, L Jones (AHS) 17-50; 5, B McGuire (Dund) 18-05. Teams: 1, Ab 17pt; 2, Tay 30.

Sen Boys 2.5 miles: 1, C Goddard (GHS) 15-14; 2, C Nicol (Tay) 15-15; 3, C Seeley (File) 16-04; 4, I Larkin (Tay) 16-14; 5, R Smith (FVH) 16-17. Teams: 1, Tay 14pt; 2, FVH 20pt.

Jun Boys 1.5 miles: 1, P Armstrong (Pit) 8-53; 2, S Berry (File) 8-54; 3, S Maloney (Dund) 8-55; 4, D Hanratty (File) 9-07; 5, R Stewart (Tay) 9-17. Teams: 1, DH 16pt; 2, Tayside 34.

Colts 1.25 miles: 1, M Stephen (Fra) 7-47; 2, G Mathieson (Pit) 8-05; 3, D Kaye (Dund) 8-13. Teams: 1, DH 12pt; 2, PS 23.

Women 2.5 miles: 1, K Powell (Dund) 16-58; 2, Y Reilly (Dund) 17-02; 3, M Robertson V45 (Dund R) 17-09; 4, S Kelly (Int (Dund) 18-44; 5, L McGill V35 (Dund R) 19-34; 6, I Mitchell (Dund) 19-37. Teams: DH 7pt; 2, BTP 25.

Girls 1.5 miles: 1, TB McLatchie (Pet) 9-47; 2, K Stevenson (Dund) 10-00; 3, D Traynor (Dund) 10-05; 4, L Regala (Tay) 10-21; 5, G Robb (Dund) 10-23. Team: 1, DH 10; 2, PS 30.

Minors Girls 1.25 miles: 1, L Gauld (EAC) 6-08; 2, H Norman (Pit) 6-22; 3, S McCarron (Dund) 6-27; 4, E Webster (Pit) 6-38; 5, S Patterson (Pit) 6-39. Team: 1, Pit 11; 2, DH 20.

Mini Minors 1 mile: 1, D Hastie (Pet) 5-02; 2, C Couper (FVH) 5-11; 3, C Johnstone (Dun) 5-13. Teams: 1, Pet 16pt; 2, DH 18.

Lenarkshire AAA Womens CC Champs - Inter: 1, W Frame (Aird) 15-28; 2, E Richardson (Sto) 16-00; 3, N McIntyre (Aird) 16-19.

Girls: 1, T Tighe 11-27; 2, L Jackson 11-29; 3, N Lochran (all Law) 11-40. Team: 1, Law 6pt.

Minors: 1, K Smith (EK) 5-57; 2, L Clarkson (Law) 6-11; 3, L Campbell (EK) 6-13. Teams: 1, EK 10pt; 2, Law 23.

Mini Minors: 1, K Canning (Law) 5-13; 2, L Irvine (Law) 5-26; 3, T Tierrey (L&L) 5-32. Teams: 1, Law 11pt; 2, EK 15.

Colts: 1, J Moran (L&L) 4-38; 2, R Dearie (Law) 4-42; 3, K Gallacher (Aird) 4-51. Teams: 1, Aird 12pt; 2, Law 22; 3, EK 24.



Junior



JUNIOR PROFILE

LIANNE HARRISON
(Edinburgh AC)



NAME: Lianne Harrison.

1992-93

Scottish Indoor Rankings

Men

60m

6.74	Elliot Bunney	ESH
6.84	Jamie Henderson	ESH
6.87	Roddy Slater	TVH
6.87	Ewan Clark	EAC
6.98	Keith Douglas	ESH
7.02	Ian Mackie	Pit
7.07	Paul Mullen	She
7.09	Chris Di Rollo	ESH
7.10	Stephen Tucker	She
7.13	Neil Turnbull	ESH

(auto times only)

200m

21.72	Neil Turnbull	ESH
21.76	Brian Whittle	Ayr
21.98	Keith Douglas	ESH
22.04	Ian Mackie	Pit
22.3	Stephen Tucker	She
22.38	Gregor McMillan	Har
22.49	Harvey Lister	EAC
22.64	Adam Lowies	Mel
22.76	Henry Kenn-Skipston	VP
22.80	Carlo Ferri	She

400m

47.13	Brian Whittle	Har
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Brian Whittle



Elliot Bunney

48.33	Gregor McMillan	Har
48.99	Gordon Newlands	EAC
49.0	Paul Walker	Liv
49.3	Chris Krievs	HWU
49.46	Hugh Kerr	Ayr
49.7	Henry Kenn-Skipston	VP
49.88	George Fraser	Sand
50.10	Keith Mackie	Rea
50.40	Barry Middleton	Ab

800m

1-46.86	Tom McKean	Moth
1-50.87	David Strang	Har
1-51.79	Ian Campbell	Har
1-53.53	John McFadyen	ESH
1-54.07	Brian Murray	ESH
1-54.35	Peter McDevitt	She
1-54.73	Des Roache	VP
1-55.3	Alan Cameron	Moth
1-55.7	Stephen Allen	Moth
1-56.01	Scott Taylor	Pit

1500m

3-40.7	David Strang	Har
(3-57.57 mile)		
3-44.46	Ian Gillespie	Bir
3-44.86	Rob Fitzsimmons	Kilb
3-47.29	Gary Brown	Cab
3-50.35	Ian Campbell	Har
3-50.4	Kevin Downie	EK

3-53.4	Fraser McNeill	Lee
3-54.4	John McFadyen	ESH
3-55.76	Allan Murray	Kilm
3-57.39	George Gibson	Kilb

3000m

8-07.65	Rob Fitzsimmons	Kilb
8-12.2	Graeme Croll	Cam
8-12.7	Peter Fleming	RCE
8-17.3	Tommy Murray	Cam
8-17.84	Glen Stewart	ESH
8-18.15	John MacKay	She
8-22.49	Ian Campbell	Har
8-23.36	Ian Matheson	TVH
8-24.2	Chris Robison	SV
8-25.43	Fraser McNeil	Lee

60mH

8.03	Neil Fraser	ESH
8.33	Duncan Mathieson	ESH
8.51	William Wyllie	Bir
8.54	Grant Adams	Ayr
8.59	Fraser McGlynn	EAC
8.79	Iain McGillivray	Elan
8.82	Martyn Hendry	Irv
8.87	Eric Scott	She
9.00	Brian Winning	Muss
9.01	Donald Govan	Clyd

High Jump

2.15	Geoff Parsons	BC
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Geoff Parsons

2.06	David Barnetson	ESH
2.02	Alan Scobie	EAC
2.02	Jason Allan	Clyd
2.01	William Wyllie	Bir
1.95	Graham McAsian	EAC
1.95	Martin Pate	VP
1.95	Alan Malcolm	Nap
1.95	Tony Gilhooly	Cam

Pole Vault

4.50	David McLeod	Bell
4.40	Douglas Hamilton	ESH
4.00	William Wyllie	Bir
4.00	Andrew Wake	Morp
3.90	M Wirtz	EU
3.90	Michael Hunter	EU
3.80	Eric Scott	She
3.80	Des Fitzgerald	Pit
3.60	Iain Winning	Pen
3.60	Ken Pearson	StA

Long Jump

7.18	Duncan Mathieson	ESH
7.16	Brian Ashburn	Cam
7.14	Eric Scott	She
6.97	Darren Ritchie	Mel
6.92	William Wyllie	Bir
6.86	David Litchfield	Arb
6.70	Neil McMenemy	Cen
6.67	Alex Greig	Sal
6.59	James Gilbert	FVH
6.58	Ian Paget	HWU

Triple Jump

14.74	Neil McMenemy	Cen
13.92	Marcus Parham	Ban
13.85	Hugh Watson	She
13.72	Stuart Jamieson	EAC
13.64	Darren Ritchie	Mel
13.22	Tom Leighton	Inv
13.15	David Reid	BHH
13.11	Kevin McCready	Kilb
13.06	Robert Forbes	PSH
13.01	Colin MacDonald	EAC

Shot

17.45	Steve Whyte	Lut
14.85	Graeme Stark	Roth
14.32	Stephen Hayward	EAC
14.10	Paul Allan	Ab
13.10	Kevin Wilson	Stra
13.09	Duncan Mathieson	ESH
12.52	Alan Pettigrew	She
12.50	Neil Elliot	EAC
12.44	Fintan McCabe	FVH
11.72	George Mathieson	Av

Heptathlon

4875	William Wyllie	Bir
4862	Eric Scott	Lou
4261	Ken Pearson	StA
4226	Alastair Taylor	EAC

Women

60m

7.63	Morag Baxter	Gla
7.69	Sinead Dudgeon	EAC
7.80	Ruth Girvin	EAC
7.81	Jane Fleming	GU
7.83	Katrina Leys	Ab
7.87	Theresa Crosbie	Gla
7.87	Jocelyn Kirby	Midd
7.88	Natalie Hynd	Pit
7.92	Suzanne McGowan	Moth
7.93	Caroline Black	EWM
Notable hand timing:		
7.7	Joan Booth	EWM
7.7	Fleming	

200m

24.42	Sinead Dudgeon	EAC
24.70	Melanie Neef	Gla
25.1	Emma Lindsay	EWM
25.59	Jocelyn Kirby	Midd
25.4	Ruth Girvin	EAC
25.7	Leigh Ferrier	Wig
25.73	Jane Fleming	GU
25.77	Katrina Leys	Ab
25.94	Wendy Young	Fife

400m

55.00	Gillian McIntyre	Gla
57.46	Fiona Laing	Gla
57.78	Mary Anderson	EAC
58.4	Denise Knox	Midd
58.71	Sally Ann Condie	SKL
58.85	Joanna Cadman	EWM
59.13	Susan Hendry	Ab
60.14	Jeanette Adair	L'gel
60.14	Susan Carruthers	Ayr
60.33	Lisa Vannet	Arb

800m

2-08	Mary McClung	JWK
2-09.10	Mary Anderson	EAC
2-09.74	Carol Sharp	Gla
2-10.34	Carol Ann Gray	EAC
2-13.5	Vicky Lawrence	Bla
2-13.72	Isabel Linaker	Pit
2-18.26	Jennifer Ward	Pit
2-18.33	Caroline Simpson	EAC
2-19.73	Lorna Scott	KO
2-19.87	Gillian Fowler	Gla

1500m

4-22.5	Karen Hutcheson	Mans
4-22.90	Yvonne Murray	Moth
4-30.09	Carol Ann Gray	EAC
4-30.14	Isabel Linaker	Pit
4-35.56	Evelyn Grant	Gla
4-43.03	Hayley Parkinson	Balw
4-43.5	Alison Potts	Sci
4-48.6	Karen Montador	Cen
4-49.1	Susan Scott	Gla
4-49.1	Caroline Morris	Kilm
4-49.18	Kristina Gormley	EWM

3000m

8-50.55	Yvonne Murray	Moth
9-24.77	Karen Hargreaves	Mans
9-50.30	Susan Ridley	EWM
9-52.65	Sheila Gollan	Inv
9-57.42	Isabel Linaker	Pit
10-14.86	Janet McColl	Gla
10-20.27	Hayley Parkinson	Bal

60mH

8.60	Theresa Crosbie	Gla
8.68	Jocelyn Kirby	Midd
8.92	Lorna McCulloch	EWM
8.94	Gail Murchie	Ab
9.07	Sarah Richmond	GU
9.14	Claire Mackintosh	GU
9.20	Emma Lindsay	EWM
9.29	Fiona Allan	EWM
9.45	Elaine Donald	Hel
9.53	Jean Harvey	Nith
Notable Hand Timing:		
8.8	Richmond	



Gillian McIntyre

High Jump

1.80	Rhona Pinkerton	Gla
1.75	Emma Lindsay	EWM
1.74	Lisa Brown	L'gel
1.70	Gemma Samphire	Dor
1.65	Karen Hay	VP
1.65	Lee McConnell	Gla
1.65	Gail Taylor	Gla
1.63	Sarah Ramminger	Arb
1.61	Caroline Black	EWM
1.60	Jennifer Dale	Ayr
1.60	Emma Kerr	Ayr
1.60	Jacqueline Tindal	Fife
1.60	Beth Philip	Ab

Long Jump

5.91	Karen Hambrook	Ash
5.90	Emma Lindsay	EWM
5.88	Linda Davidson	Ab
5.75	Ruth Irving	Wirr
5.70	Caroline Black	EWM
5.63	Pamela Anderson	Gla
5.59	Mhairi Marr	Stew
5.54	Sarah Ramminger	Arb
5.44	Karen McNamee	Gla
5.33	Sarah Still	Ab

Triple Jump

12.49	Karen Hambrook	Ash
11.43	Nicola Barr	EWM
10.75	Lynne Aitchison	Mel
10.71	Sarah Ramminger	Arb
10.50	Jennifer Gibson	Las
10.36	Joanna Ross	Kilb
10.34	Gail Marshall	GU

Alison Grey Shot

Shot

15.70	Alison Grey	Gla
13.89	Helen Cowe	Ab
12.44	Karen Costello	Gla
12.39	Alison Dutch	EWM
12.32	Julie Robin	Hel
12.09	Navdeep Dhailwal	Gla
11.38	Lynne Barnett	PSH
11.14	Andrea Rhodie	Gla
11.11	Tracy Shorts	Kilb
10.88	Stephanie Robin	He

10.28	Charmaine Friel	FVH
9.91	Louise Greig	Tay
9.46	Suzie Clough	Cen

Pentathlon

3833	Emma Lindsay	EWM
3475	Isobel Donaldson	RAF
3252	Sarah Ramminger	Arb
3240	Elaine Donald	Hel
3108	Sarah Still	Ab



Caroline Black





January 31

Scottish Athletics Young Athletes Indoor League, Kelvin Hall, -

West Division -

Youths: 1, Cumbernauld 82pt; Shettleston 52; 3, VP 51; 4, Giff N 43; 5, Lark 22; 6, Cambus 19, 7.

60: 1, G Adam (Ayr) 7.43; 2, I Hamilton (Cum) 7.56; 200: 1, K Knight (She) 24.3; 400: 1, D Brovi (She) 54.1; 60H: 1, I Hamilton 8.7 (equal rec); H.J: T Gilhooly (Cam) 1.85m.

Qualifiers for final: 1, Cumber 29 league points; 2, VPH 26; 3, Giff 20.

Senior Boys: 1, VP 82pt; 2, Cumber 79; 3= Airdrie & Clydesdale 76; 5, Shett 67.5; 6, Ayr 67.

60: 1, R Baillie (VP) 7.48; 2, P Rawling (Cam) 200: 1, R Baillie 23.5 (rec); 2, P Rawling (Cam) 24.0; 400: 1, M Walton (Ayr) 53.3; 2, G Murray (Ayr) 53.5; 3, B Doyle (Cam) 54.7; 60H: 1, R Baillie 8.7 (rec); L.J: 1, F Edridge (C'dale) 5.94m; SP: 1, D Smith (Renf) 12.41m.

Qual: 1, VP 38pt; 2, Cumber 36; 3, Ayr 32.5.

Jun. Boys: 1, Cumber 91pt; 2, Ayr 88; 3, Ren 74; 4, Ayr 71; 5, VP 69; 6, Giff 63.

60: 1, S Campbell (Ayr) 7.9; 200: 1, R Fitzpatrick (Cam) 26.7; 400: 1, D Melvine (G'nock) 57.7; 800: 1, J Letford (VP) 2-20.6; 60H: 1, A Breton (Cam) 10.8; H.J: 1, H Leitch (Renf) and S Campbell (Ayr) 1.50 (rec); SP: 1, P Stephen (Cumb) 11.09 (rec).

Inters: 1, Ayr 40pt; 2, Ayr 30; 3, VPH 28; 4, Giff 25; 5, SVH 7; 60/200: 1, A Keane 8.3/27.5; 60H/H.J: 1, J Dale (Ayr) 10.6/1.50m.

Qual: 1, Ayr 17 pt; 2= Ayr and VP 13; Girls: 1, Ayr 17pt; 2, Ayr 63; 3, Giff 41; 60: 1, A Stewart (VP) 8.3; 60H: 1, A Gavin (VP) 10.3.

Qual: 1 equal VPH and Ayr 30pt; 3, Ren 24.

Minor Girls: 1= VP and Cumber 62pt; 3, Ayr 54; 4, EK 50; 5, Renf 42; 6, Ayr 34.

60: 1, L Callaghan (Aird) 6.7; 200/60: 1, L Hoey (Aird) 28.5/10.3 (equal rec).

Qual: 1, VP 31.5pt; 2, Cumber 30.5; Ayr 27.

East Division Match -

Youths: 1, PSH 56pt; 2, Inv 55; 3, Tay 46; 4, Pit 37; FVH 33; 6, Harm 27; 60: 1, B Watson (Pit) 7.45; 2, A Bell (FVH) 7.48; 3, R McNaughton (quest) 7.51; 200: 1, A McDougall (FVH) 24.0; 800: D McDonald (Perth) 2-00.5; 60H: M Hendry (Inv) 8.49; SP: G Ferguson (Law) 13.19.

Sen. Boys: 1, Pit 50pt; 2, equal Inv & Law 46; 4, Cor 45; 5, Loch 40; Per 39.

60/200m: J Love (Law) 7.59/23.9; 400m: G Fletcher (FVH) 55.5; 60H: D Glenhew (Corst) 9.4; L.J: A Lamb (Pit) 5.98m; SP: B Robb (Pit) 14.79m.

Qual: 1, Pit 26pt; 2, Per 21.

Jun. Boys: 1, Pit 77pt; 2, Tay 61.5; 3, Per 59; 4, FVH 55.5; Cor 50; 6, Loch 35.5.

60/400: S Reid (Pit) 8.0/58.6; 200: C Carson (Loch) 28.5; SP/60H: P Armstrong (Pit) 2-18.5/9.5; H.J: M Moor (Perth) 1.50 (equal rec); Inters: 1, Loch 44pt; 2, Har 43; 3, Per 41; 4, Tay 36; 5, Law 24; 6, L&L 8.

60: A Gunning (Law) 8.2; 200: L Easton 28.1; 300: J Adair (Loch) 44.7; 60H: K Lennox (PSH) 9.6; SP: H Crow (L&L) 9.17 (rec) H.J: L Brown (Loch) 1.70m.

Qual: 1, Loch 18pt; 2, Per 14; 3.

Girls: 1, Har 52pt; 2, Cen 51; 2, Per 40; 4, Loch 39; 5, Tay 33; 6, Inv 29.

60/200: N Hynd (Pit) 8.0 (rec)/37.0; 800: L Frickleton (Cen) 2-29.6; 60H: C Lind (Harm) 10.1; H.J: L Shorthouse (Loch) 1.55m.

Qual: 1, Harm 27pt; 2, Per 22.

Minor Girls: 1, Lass 68pt; 2, Loch 50; 3, Per 47; 4, L & L 46; 5, Tay 40; 6, Pit 34.5.

60/60H: L Fairweather 8.6/9.9; 200: E Reid (Loch) 30.0; 800: D Murray (Lass) 2-36.2.

Scottish Schools National Indoor Champs, Kelvin Hall -

Boys: O16: 60: 1, D Colville 7.24; 2, R Booth 7.28; 3= Wallace and G Adams 7.33; 5, C Hopkins 7.34; 6, A Lowies 7.40; 200: 1, A Lowies 22.9 (rec); 2, B Middleton 23.2; 3, C Hopkins 23.9; 400: H Kerr 50.0 (rec); 2, J Goldie 50.8; 3, A Mitchell 51.4; 4, P Rooty 51.8; 5, A McDougall 51.8; 800: 1, I Smith 1-59.3 (rec); 2, D Roache 1-59.6; 3, M Cruden 2-00.2; 4, D McDonald 2-01.0; 1500: 1, J Tonner 4-04.5 (rec); 2, D Connolly 4-07.4; 3, K Mason 4-07.9; 4, A Donaldson 4-09.2; 5, J Stevenson 4-09.9; 60H: 1, M Hendry 8.32 (rec); 2, W Stark 8.93; 3, W Little 8.95; H.J: M Pate 1.94 (rec); 2, T Gilhooly 1.93; 3, S McKinley 1.85; 4, C Noble 1.85; L.J: 1, D Litchfield 6.80 (rec); 2, W Stark 6.30; 3, P Swierczek 6.24; SP: G Ferguson 14.61 (rec); 2, B Robb 14.38; 3, L McIntyre 14.14; 4, I Douglas 13.58.

Boys: U16: 60: 1, R Baillie 7.32; 2, S Fraser 7.38; 3, A Wright 7.49; 4, P Rowing 7.54; 5, M Restrick 55.0; 800: 1, B Hendry 2-02.4 (rec); 2, M Corbie 2-03.0; 1500: 1, G Tosh 4-24.0 (rec); 2, A Thomson 4-26.2; 3, D Grieve 4-27.0; 60H: 1, R Baillie 8.59 (rec); 2, G Chisholm 9.06; H.J: 1, R Bellshaw 1.70; L.J: 1, T McNally 5.96; 2, SP: 1, R McDonald 13.56; 2, C Buchanan 13.21.

Girls: O16: 60: 1, S Dudgeon 7.73 (rec); 2, T Crosbie 7.87; 3, G Rostek 8.04; 4, A Keane 8.05; 5, K Gray 8.07; 200: A Keane 26.8; 300: 1, S Hendry 42.3 (rec); 2, C Martin 43.3; 3, D Quirie 43.7; 4, J Symington 44.2; 5, D Allan 44.6; 800: 1, G Fowler 2-20.5 (rec); 2, F Johnstone 2-21.6; 3, C Simpson 2-22.8; 1500: 1, H Parkinson 4-44.7; 60H: 1, K McNamee 9.25 (rec); 2, S Ramming 9.43; 3, K Lennox 9.54; H.J: 1, L Brown 1.63; L.J: 1, S Ramming 5.53 (rec); 2, P Anderson 5.30; 3, M Word 5.22; 4, D Quirie 5.19; SP: 1, J Robin 11.23; 2, E Garden 10.84; 3, C Mann 9.74; 4, S Watt 9.52.

Girls: U16: 60: 1, G Hendry 7.98 (rec); 2, S Christie 8.15; 3, A Norrell 8.16; 200: 1, S McGowan 25.5 (rec); 2, N Hynd 26.2; 3, L McConnell 26.3; 300: M Goldie 44.4 (rec); 800: M MacDonald 2-27.1; 1500: 1, K Montador 4-48.6 (rec); 2, S Mason 4-49.1; 60H: 1, G Starway 9-24; 2, S Moxey 9-47; H.J: 1, L McConnell 1.65m (rec); 2, J Tindall 1.60; 23 T Richards 1.55; L.J: 1, T Richards 5.12; 2, N Hutchinson 4.83; 3, L Armstrong 4.75; SP: 1, N Dhalival 13.08 (rec); 2, C Garden 11.24; 3, F Hunter 10.64.

Scottish Unis Indoor Championships, Kelvin Hall -

60: 1, R Levine (Dun) 7.1; 2, D Stephen (HWU) 7.2; 200: P Lewis (Edin) 23.3; 400: 1, P Walker (Edi) 49.0; 2, C Krievs (H Watt) 49.3; 3, H Kennedy-Skipton (Strath) 49.7; 800: K Leitch (H Watt) 1-56.4; 1500: D Sharkey (Aber) 4-04.6; 3000: 1, G Crawford (HWU) 8-33.1; 2, C Nicholson (Edin) 8-33.8; 60H: 1, A Malcolm (Nap) 9.1; 2, D Govan (Str) 9.2; 3, S Dillon (J) (HWU) 9.3; 4x200 R: 1, Edin 1-33.3; 2, Strath 1-34.3; 4x400: 1, Edin 3-31.3; 2, Strath 3-35.3; H.J: 1, A Malcolm 1.95; 2, M McClaughlan (Ab) 1.90; 3, A Simpson (Edi) 1.85; 4, K Pearson (SA) 1.85; 5, M Wirtz (Edi) 1.85; PV: K Pearson 3.40; L.J: I Paget (H Watt) 6.27; TS: 1, H Watson (Glas) 13.85; 2, D Reid (Glas) 13.15.

Women: 60: 1, J Fleming (Gla) 7.7; 2, R Grivan (Nap) 7.8; 3, C McIntosh (Gla) 8.1; 200: 1, E Lindsay (Nap) 25.1; 2, R Grivan 25.4; 400: R Stevenson (Gla) 61.9; 800: E Sneddon (HWU) 2-30.7; 1500: A Potts (Str) 4-43.5; 60H: 1, S Richmond (Gla) 8.8; 2, C McIntosh 8.9; 3, E Lindsay 9.3; H.J: 1, C Black (Nap) 1.61; 2, B Philip (Edi) 1.58; 3, E Donald (Gla) 1.55; L.J: 1, E Lindsay 5.59; 2, C Black 5.30; 3, W Allison (Dun) 5.10; T.J: J Ross (HWU) 10.36m; SP: T Shortis (Paisley) 11.11; 4x200: Glasgow 1-55.5; 4x400: Glasgow 4-21.3.

19

Scotland v Wales Indoor Match, Kelvin Hall -

Men: 60: 1, K Williams (W) 6.83; 2, E Clark (S) 6.87; 3, J Baulch (W) 6.95; 4, N Turnbull (S) 7.13; 200: 1, J Baulch 21.65 (= rec); 400: 1, G Davies (W) 48.34 (rec); 2, G Newlands (S) 48.99; 3, H Kerr (S) 49.46 (SY rec); 4, J Franked (W) 50.93; 800: 1, P Roberts (W) 1-52.19; 2, J McFadyen (S) 1-53.53; 3, B Murray (S) 1-34.24; 4, N Cornerford (W) 1-55.34; 1500: 1, G Brown (S) 3-49.52; 2, I Campbell (S) 3-50.35; 3, N Cornerford (W) 4-02.67; 4, D Lee (W) 4-05.53; 3000: 1, G Croll (S) 8-14.83; 2, J MacKay (S) 8-18.15; 3, G Grant (W) 8-23.27; 4, C Boulton (W) 8-43.55; 60H: 1, B Davis (W) 8.27; 2, N Dakin (W) 8.28; 3, G Adams (S) 9.10; 4, F McGlynn (S) 9.18; H.J: 1, D Barnetson (S) 2.06; 2, D Edwards (W) 2-03; 3, A Scobie (S) 1.95; 4, C Harding (W) 1.90; PV: 1, T Thomas (W) 4.60; 2, I Wilding (W) 4.50; 3, O McLeod (S) 4.40; 4, D Hamilton (S) 4.20; L.J: 1, G Slade (W) 7.31; 2, E Scott (S) 7.14; 3, G Davies (W) 6.88; 4, B Ashburn (S) 6.58; T.J: 1, N McMenemy (S) 12.79.

Sen. Boys: 1, Pit 57pt; 2, Cum 28; 3, Ayr 27; 4, Per 16; 5, VPH 14; 60: B Doyle (Cumber) 7.62; 200/800: A Donaldson (Pit) 24.48/2-01.03; 400: 1, B Doyle 53.57; 2, G Murray (Ayr) 54.24; 60H: G Murray 9.09; H.J: I McCrae (Perth) 1.60m; J. A Lamb (Pit) 5.74m; SP: B Robb (Pit) 14.33m.

Jun. Boys: 1, Pit 37pt; 2, Cumber 28; 3, Tay 24; 4, Ayr 22; 5, Ayr 15.

60: S Reid (Pit) 7.94; 200: P Armstrong (Pit) 26.55; 400: 1, S Reid 56.96; 2, A Murray (Aird) 58.62; 800: 1, A Murray 2-18.50; 1, R Stewart (Tay) 2-19.80; 60H: 1, P Armstrong 9.41 (rec); 2, M Whyte (Tay) 9.53; H.J/SP: P Stephen (Cum) 1.50 (equals rec)/11.11m; L.J: P Armstrong 4.81m.

Inters: 1, L'gelly 34pt; 2, Ayr 28.5; 3, Per 26.5; 4, VPH 26; 5, Ayr 7.

60: 1, A Keane (Ayr) 8.05 (rec); 2, J Adair (L'gelly) 8.22; 200: 1, A Keane 26.89; 2, S Smith (L'gelly) 27.39; 300: J Adair 42.85 (rec); 2, J Symington (Ayr) 5.44; 10; 800: 1, E Gorman (VP) 2-31.13 (rec); 60H: K Lennox (Per) 9.51 (rec); 2, L Brown (L'gelly) 9.57; H.J: L Brown 1.70; L.J: J Adair 5.08m.

Girls: 1, Equal Harm and VP 27pt; 3, Ayr 26; 4, Per 20; 5, Renf 11.

60: 1, A Stewart (VP) 8.14; 2, E Warwick (Ayr) 8.37; 200: 1, M McEwan (VP) 27.26; 2, E Warwick 28.01; 800 (VP) 2-30.09; 60H: 1, C Lind (Harm) 10.14; 2, A Sproat (Ayr) 10.29; H.J: E Kerr (Ayr) 1.55m; L.J: C Lind (Harm) 4.61.

Minor Girls: 1, equal Ayr and Per 25pt; 3, VP 22; 4, equal Cumber and Loch 20; 60: L Cullen (Ayr) 8.74; 200/60H: L Hoey (Ayr) 28.01 (rec); 9.96 (rec); 2, L Church (VP) 10.15; H.J: K Hodge (L'gelly) 1.40m; L.J: L Church (VP) 4.28m.

TSB U20 Scottish Indoor Champs -

Junior U20: 60: M Critchley (NSP) 7.02 (CBP); 400: 1, M Aind (Liv) 51.74; 2, J Lumsden (Ayr) 51.84; 800: 1, S Taylor (Pit) 1-56.01; 2, C Young (VP) 1-56.40; 3, A Moonie (Pit) 1-56.69; 4, M Kelso (Pit) 1-56.82; 1500: S Taylor 4-06.01; 2, G Willis (Ayr) 5-4-08.31; 60H: 1, G Adams (Ayr) 8.35; (CBP); 2, A Malcolm (EAC) 8.74; 3, S Dillon (MBI) 8.56; 4, J Scott (Gate) 8.88; L.J: 1, B Carmichael (Tay) 6.48m; 2, J Gither (FVH) 6.44; SP: 1, S Haywood (EAC) 15.17 (CBP).

Youths U17: 1, C Ferri (Shett) 7.15; 2, R Booth (ESH) 7.24; 200: 1, C Ferri 22.91; 2, B Watson (Pit) 23.80; 400: 1, H Kerr (Ayr) 49.66; (CBP); 2, S McKeever (B'pool) 49.91; 3, B Middleton (Ab) 50.59; 4, J Goldie (File) 51.12; 800: 1, E King (Bal) 1-54.36 (CBP); 2, D Roache (Cly) 1-54.73; 1500: 1, T Winters (EAC) 4-08.68; 4, M Anderson (Ab) 4-10.44; 5, K Daly (EAC) 4-11.00; 60H: 1, M Hendry (Inv) 8.34 (CBP); 2, I Hamilton (Cum) 8.41; H.J: 1, T Gilhooly (Cam) 1.90m; PV: 1, S Gaines (Mor) 4.00; (CBP); 2, P Lollhouse (Mor) 3.40; 3= A Smyth (Cum) 3.40; G Card (Mor) 3.40; L.J: 1, D Ritchie 13.64 (Mel) 6.97; 2, D Litchfield (Arb) 6.86; T.J: 1, Ritchie 13.64 (CBP); 2, N McGartan (ED) 13.10; SP: 1, G Ferguson (Law) 14.05; 2, J Howard (C'town); 3, C Rooney (E'town) 12.93.

Sen. Boys U15: 60: 1, A Lowies (Mel) 7.28 (=CBP); 2, S Fraser (Inv) 7.34; 3, R Baillie (VP) 7.35; 4, M Hindsmith (Gates) 7.42; 5, A Wright (ESP) 7.52; 200: 1, I Lowies 23.02 (CBP); 2, N Wiscombe (Jar) 23.55; 3, Fraser 23.58; 400: 1, M Walton (Ayr) 52.54; 2, G Murray (Ayr) 53.03; 3, A Young (VP) 53.18; 4, B Doyle (Cum) 53.36; 800: 1, A Young 2-00.29; 2, P McCormick (B'mena) 2-00.71; 3, B Hendry (Inv) 2-01.37; 4, M Coombe (Mel) 2-02.75; 1500: 1, G Tosh (Tay) 4-24.86; 2, E Cameron (VP) 4-28.13; 3, B McLean (Law) 4-29.21; 60H: 1, W Stark (Ab) 8.73; 4, G Murray 8.99; H.J: 1, M Pate (VP) 1.90 (CBP); 2, R Bellshaw (Kil) 1.75; 3, K Bell (Edou) 1.70; L.J: 1, W Stark 6.30 (CBP); SP: 1, B Robb (Pit) 15.87; (CBP); 2, I Douglas (Dum) 14.42; 3, I McMullen (Lis) 12.93; 4, C Leslie (Arb) 12.21.

Junior Women U20: 60: 1, S Dudgeon (EAC) 7.79 (CBP); 2, T Crosbie (Gla) 7.89; 3, W Young (Fife) 8.00; 4, A Fyall (Jar) 8.02; 5, T Hodge (Lis) 8.04; 200: 1, S Dudgeon 24.61 (CBP); 400: S Ditchfield (Pre) 58.77; 2, S Hendry (Ab) 59.13; 3, S Carruthers (Ayr) 60.14; 4, J Adair (Loch) 60.54; 800: G Fowler (Gla) 2-25.27; 1500: 1, I Linaker (Pit) 4-30.14 (CBP); 2, S Armstrong (Car) 4-38.80; 3, H Parkinson (Bla)

14.71; 2, P Farmer (W) 14.45; 3, G Brown (W) 13.92; 4, H Watson (S) 13.61; SP: 1, S Whyte (S) 15.60; 2, G Stark (S) 14.74; 3, A Turner (W) 14.34; 4, C Turner (W) 13.77; 4x200: 1, Wales (Blaber, Roberts, Kerslake, Baulch) 1-29.03 (rec); Scotland dropped baton; Match score: 1, Wales 72pt; 2, Scotland 63.

Women: 60: 1, M Baxter (S) 7.63; 2, L Armstrong (W) 7.66; 3, R Girvan (S) 7.84; 4, L Sharpe (W) 7.92; 200: 1, S Dudgeon (S) 24.66; 2, M Neut (S) 24.74; 3, L Armstrong 25.59; 4, L Sharpe 25.84; 400: 1, F Laing (S) 58.34; 2, S-A Cordie (S) 59.39; 3, N Davies (W) 60.00; 4, K Furze (W) 62.05; 800: 1, M Anderson (S) 2-10.03; 2, L Francis (W) 2-10.91; 3, C Sharp (S) 2-12.69; 3, H Mittleberger (W) 2-17.54; 1500: 1, C-A Gray (S) 4-32.23; 2, I Linaker (S) 4-33.67; 3, C Thomas (W) 4-44.53; 4, J Smith (W) 5-06.45; 3000: 1, S Ridley (S) 9-50.30; 2, S Gollan (S) 9-52.65; 3, V Conneely (W) 10-11.54; 4, V Haines-Jones (W) 10-11.68; 60H: 1, T Corsbie (S) 8.67; 2, J Kirby (S) 8.72; 3, L Gibbs (W) 8.90; M Jones (W) 9.18; H.J: 1, R Pinkerton (S) 1.76; 2, T Andrews (W) 1.73; 3, S Filce (W) 1.70; 4, L Brown (S) 1-70; L.J: 1, K Hambrook (S) 5.91; 2, C Black (S) 5.66; 3, E Stewart (W) 5.39; 4, A Fractor (W) 4.97; T.J: 1, K Hambrook 12.30 (rec); 2, N Barr (S) 11.33; 3, S Harnes (W) 10.99 (rec); 4, E Stewart (W) 10.89; SP: 1, A Grey (S) 15.70; 2, J Berry (W) 14.94; 3, H Cowe (S) 13.62; 4, P Roles (W) 12.33 (Wal Jun rec); 4x200: 1, Wal (Armstrong, Jones, Sharpe, Higgins) 1-42.43 Scot diag; Match score: 1, Scot 83pt; 2, Wal 43; Combined Match Result: 1, Scotland 148pt; 2, Wales 115.

Invitation Events: 60 Dis Men: 1, S Howie 8.31; 2, I Keith 8.48; 3, K Gardiner 9.02; 4, J Cuthbertson 9.17; Wom 200: 1, J Kirby (S) 25.82; 2, D Higgins (W) 26.63.

14

Scottish Unis Indoor Championships, Kelvin Hall -

60: 1, R Levine (Dun) 7.1; 2, D Stephen (HWU) 7.2; 200: P Lewis (Edin) 23.3; 400: 1, P Walker (Edi) 49.0; 2, C Krievs (H Watt) 49.3; 3, H Kennedy-Skipton (Strath) 49.7; 800: K Leitch (H Watt) 1-56.4; 1500: D Sharkey (Aber) 4-04.6; 3000: 1, G Crawford (HWU) 8-33.1; 2, C Nicholson (Edin) 8-33.8; 60H: 1, A Malcolm (Nap) 9.1; 2, D Govan (Str) 9.2; 3, S Dillon (J) (HWU) 9.3; 4x200 R: 1, Edin 1-33.3; 2, Strath 1-34.3; 4x400: 1, Edin 3-31.3; 2, Strath 3-35.3; H.J: 1, A Malcolm 1.95; 2, M McClaughlan (Ab) 1.90; 3, A Simpson (Edi) 1.85; 4, K Pearson (SA) 1.85; 5, M Wirtz (Edi) 1.85; PV: K Pearson 3.40; L.J: I Paget (H Watt) 6.27; TS: 1, H Watson (Glas) 13.85; 2, D Reid (Glas) 13.15.

Women: 60: 1, J Fleming (Gla) 7.7; 2, R Grivan (Nap) 7.8; 3, C McIntosh (Gla) 8.1; 200: 1, E Lindsay (Nap) 25.1; 2, R Grivan 25.4; 400: R Stevenson (Gla) 61.9; 800: E Sneddon (HWU) 2-30.7; 1500: A Potts (Str) 4-43.5; 60H: 1, S Richmond (Gla) 8.8; 2, C McIntosh 8.9; 3, E Lindsay 9.3; H.J: 1, C Black (Nap) 1.61; 2, B Philip (Edi) 1.58; 3, E Donald (Gla) 1.55; L.J: 1, E Lindsay 5.59; 2, C Black 5.30; 3, W Allison (Dun) 5.10; T.J: J Ross (HWU) 10.36m; SP: T Shortis (Paisley) 11.11; 4x200: Glasgow 1-55.5; 4x400: Glasgow 4-21.3.

19

Scotland v Wales Indoor Match, Kelvin Hall -

Men: 60: 1, K Williams (W) 6.83; 2, E Clark (S) 6.87; 3, J Baulch (W) 6.95; 4, N Turnbull (S) 7.13; 200: 1, J Baulch 21.65 (= rec); 400: 1, G Davies (W) 48.34 (rec); 2, G Newlands (S) 48.99; 3, H Kerr (S) 49.46 (SY rec); 4, J Franked (W) 50.93; 800: 1, P Roberts (W) 1-52.19; 2, J McFadyen (S) 1-53.53; 3, B Murray (S) 1-34.24; 4, N Cornerford (W) 1-55.34; 1500: 1, G Brown (S) 3-49.52; 2, I Campbell (S) 3-50.35; 3, N Cornerford (W) 4-02.67; 4, D Lee (W) 4-05.53; 3000: 1, G Croll (S) 8-14.83; 2, J MacKay (S) 8-18.15; 3, G Grant (W) 8-23.27; 4, C Boulton (W) 8-43.55; 60H: 1, B Davis (W) 8.27; 2, N Dakin (W) 8.28; 3, G Adams (S) 9.10; 4, F McGlynn (S) 9.18; H.J: 1, D Barnetson (S) 2.06; 2, D Edwards (W) 2-03; 3, A Scobie (S) 1.95; 4, C Harding (W) 1.90; PV: 1, T Thomas (W) 4.60; 2, I Wilding (W) 4.50; 3, O McLeod (S) 4.40; 4, D Hamilton (S) 4.20; L.J: 1, G Slade (W) 7.31; 2, E Scott (S) 7.14; 3, G Davies (W) 6.88; 4, B Ashburn (S) 6.58; T.J: 1, N McMenemy (S) 12.79.

It's McKean and Murray

- first at last!

Doug Gillon reports from Toronto on the long-awaited major championship successes of Tom McKean and Yvonne Murray.

IF SCOTLAND had been allowed to compete independently of Great Britain at the World Indoor Championships in Toronto, they would have finished third in the medal table, behind Russia and the USA.

Gold medals for European champions Yvonne Murray and Tom McKean, and silver by David Strang on his debut for Britain, added up to Scotland's collective finest performance in international athletics.

There will be those who venture that indoor athletics has yet to achieve the status and quality of entry of the Olympics or world outdoor. But you can only beat those who turn up - and Britain had only ever won one title in the previous three world indoor events.

McKean adopted the tactics that brought him his European 800 metres titles indoor and out - running from the front - and was never headed in his three races. The hugely experienced former world champion, Jose-Luis Barbosa of Brazil, ended up sprawled on the track - one misfortune which fate has never visited on McKean.

Yet true to form, after winning in 1-47.29 McKean had a further surprise for us - he missed his finest hour.

High in the press box of the vast SkyDome - a \$560m

arena with movable roof, capable of covering the dome of St Paul's Cathedral - the Scot was phoning the good news to his long-suffering coach Tom Boyle, then his family.

Too late, he realised the medal ceremony was imminent, and four levels up sprinted for the lifts, the only way down. He arrived to see top step on the podium vacant and flanked by the minor medal winners: Burundi's Charles Nkizam-yampi and Nico Motchebon of Germany, and with the national anthem half over.

But predictably he made



a grand entry, bounding onto the dias to the cheers of a delighted crowd.

His critics will decry an apparently slow winning time. But McKean had led through 400m in 51.89, constantly increasing the tempo as challengers came alongside, then easing back when the threat was repulsed - uncomin' and fiercely taxing. And the world's fastest man of the indoor season, Giuseppe d'Urso of Italy, failed even to reach the final.

"My gold means a lot more to me," said McKean. "But I am delighted for so many people, especially Tom Boyle after all he has had to put up with from

me over the years. And I hope it goes some way to re-paying the people of Scotland, after having let them down."

With a simple grace, in an emotion-charged aside, he added: "I dedicate a piece of this medal to Derek McLean, the son of my former sponsor, who died of cancer."

"Hopefully, it is also an omen. I won the European indoor title in 1990, then claimed the outdoor in the summer. Now I want to repeat that pattern with the World gold in Stuttgart this summer."

Like McKean, Murray's conviction and appetite to continue was in question.

Just how deeply emerged as the nerve ends rubbed raw



by her Toronto 3000m win - a runaway in 8-50.55 - by more than 70 metres.

American Lynn Jennings, who finished third, could not respond when Murray put in a 32.3sec 200m after the opening kilometre. Among Murray's other victims was Elly van Hulst, whom Murray had beaten to win European gold in her last indoor championship appearance, back in 1987.

Van Hulst, who broke the world record to upstage Liz McColgan for the world indoor title in 1989, stood sobbing after finishing sixth.

Murray had planned to chase van Hulst's time of 8-33.82, and had devised a semaphore system with towels, operated by national coaching director Frank Dick.

"A red towel meant slow down, white for speed up," she said. "It was abandoned after the slow start. It was frustrating, because I was in shape to run below 8-30."

It was only after lapping the world's fastest woman of the year, and beating European indoor champion Margareta Keseg into second (9-02.89), that Murray finally felt able to bare her soul.

"The Olympics were nearly

the last straw," said the 28-year-old. "There was a lot of soul searching."

Almost as ecstatic in the crowd was the mother of David Strang, with whom Murray spent 14 weeks last year, preparing near Johannesburg. Margaret Strang quickly threw a St Andrews cross to Murray, and round she went with the flag on a lap of honour.

The banner was soon waving furiously again as Strang proceeded to stun his opponents in the 1500m, taking silver behind Marcus O'Sullivan. The Irishman won by three tenths of a second in 3-45.00, with European indoor bronze medallist Branko Zorco third. Olympic runner-up Rachid El-Basir and Strang's two-US training partners finished in the Scot's wake.

Stanford graduate Strang, who won a silver with the Scottish 4x400m squad in the Auckland Commonwealth Games, now lives in Virginia.

ELSEWHERE there was considerable controversy, especially in the hurdles finals.

Mark McKoy took the men's 60m title after two apparent false starts, while the

Left: Ecstasy for Murray as she wins the 3000m. Below: David Strang on his way to silver in the 1500m. The race was won by Ireland's Marcus O'Sullivan (No 270) in 3-45.00.

Photographs by Mark Shearman.

women's was re-run after the leader, Julie Baumann, had been impeded three strides from the line. Baumann, formerly a Canadian but now a Swiss, won the re-run.

McKoy's second blatant flier would have disqualified him had it been called by the starter - like McKoy a native of Toronto. It was the most blatant flier I have ever seen permitted to stand. But McKoy survived to head Jackson by two-hundredths for gold in 7.41. Jackson and third-place Tony Dees clocked 7.43.

McKoy's reaction time was .053, almost half of the recommended minimum for

that he had been in possibly the highest quality contest ever - an event won by the Olympic champion and world record holder, Javier Sotomayor, at 2.41m, and with seven men over 2.30m.

The field included the world indoor and outdoor champions, Charles Austin and Hollis Conway; both of whom Smith beat, and Partick Sjöberg of Sweden, the triple Olympic medallist and four-time European indoor champion who finished second with 2.39m.

Dalton Grant, fourth, cleared 2.34m, while Jo Jennings finished ninth in the women's



the guidance of the starter who has sole and final discretion. Jackson's start was .154.

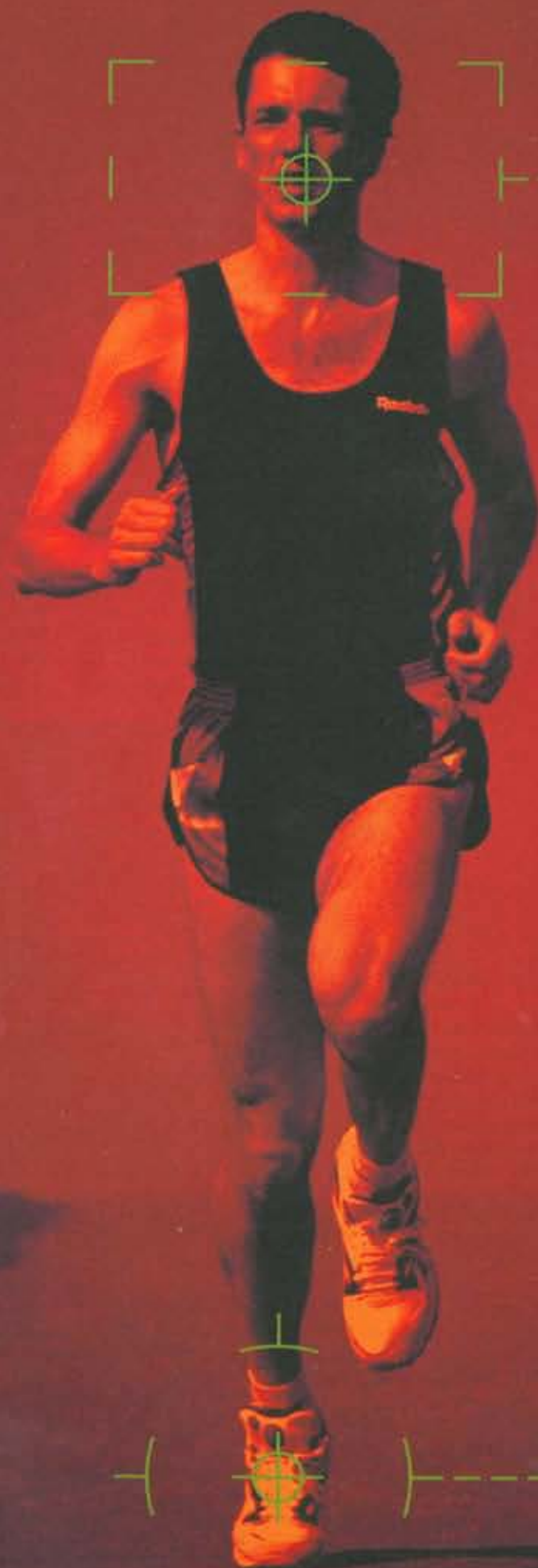
Joan Allison, the UK team manager, said: "I thought it very possible that the starter could have been influenced by the fact that a local man could have been disqualified. Can you imagine the crowd's reaction if the home town favourite were disqualified?"

World junior champion Steve Smith, barely happy at bronze in the high jump with 2.37 metres, consoled himself

equalling the UK record.

Like McKoy and Baumann, all three medallists in the men's shot, the champion in the men's 400m, and the gold and bronze medallists in the women's 1500m, have previously used illegal steroids.

Ukrainian Inessa Kravets set a world record with 14.47m in the women's triple jump, while world decathlon record-holder Dan O'Brien logged a world best in the heptathlon, with 6476 points.



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"TREADMILL TESTING FACILITIES AVAILABLE IN MOST STORES"

SHOPPING AROUND

Susan Jones looks at some of the specialist shops for athletes in Scotland.

IF ADRIAN Stott of the Run and Become shop in Edinburgh tells you something's good - you'd better believe him. Because as well as being the owner of one of Scotland's premier running equipment outlets, Adrian takes time to try out the wide and varying range of new merchandise constantly bombarding the market.

Adrian is a running enthusiast and sees his shop as a meeting point for runners where they can see fixture lists and pick up entry forms for races. As he says, "It's all part of an all-round service for the running community."

That service begins with the most important addition to any athlete's attire - the shoes.

"People come to us because they are looking to get the right advice," says Adrian. "Hopefully they know we're impartial enough to meet their needs correctly. We recommend they take along an old pair of running shoes so that we can see what their individual requirements are."

"You can get a good pair of shoes for a reasonable price and most of the leading manufacturers are noticing this now and taking their prices down. We have over 100 pairs of shoes in stock so there should be something that is right for you," he says.

The runner's clothing is also well covered in Run and Become and quality brands like Ron Hill and Sub 4 are in stock as well as more specialist equipment.

Run and Become are also not content to rest on their laurels, and Adrian explains: "If a new piece of equipment comes on the market I feel we could try it out. Basically, if there's a major new range or piece of equipment on the market we'll have it."

If runners are worried that, with the shop situated in Edinburgh, it's too far to travel -

don't worry. They have a mobile stall that turns up at events in the north and the Borders from time to time. Now there's a business that's really on the move.

ALTHOUGH Murdo Jessiman has only been in charge of The Running Shop in Aberdeen since November, Bill himself has been running for "many, many more!"

Heavily involved with Aberdeen Amateur Athletic Club, Murdo saw the gap in the market for a running shop while working with the 700 or so athletes at AAAC, mainly with sprint training, but he points out it is certainly not just club athletes the shop is catering for.

"It's surprising the number of runners that don't belong to a club in the area," says Murdo. "Obviously there are a lot of off-shore workers in the area, so we find a lot of them come in here."

He continues: "We have about 15 different brands of shoes on sale and they are our biggest sellers at the moment. We have a great deal of road runners and hill runners in the north and they obviously need specialist shoes, which we stock."

And The Running Shop have found that they can safely branch out into other areas of the leisure industry with Murdo revealing that they base their sales largely around one event. Or is that three?

"There is a very healthy interest in the triathlon in the area and we're also branching out into the swimming and cycling markets as well as the aerobics market," he says. My wife, who manages the shop, is a qualified instructor."

"What we have gone out to try to do is to create a family-run business. We feel we take an interest in the customers' needs and in trying to identify what

their needs are and in trying to accommodate that."

The Running Shop cover great distances in their bid to do that, and with a mail order service runners from as far afield as Shetland and Orkney are being kitted out.

SINCE 1981 Foothold have prided themselves on being the "dedicated specialists" in the highly competitive sport shoes market. And so confident are the group, who now have 13 shops spread across Britain, including one in

Glasgow's Argyll Street, that they guarantee if you can find the same pair of shoes for a cheaper price within a week of purchase they will refund the difference.

With a discount for athletes who are accredited members of an athletics club, it is a welcome deal, and even in these recessionary times the policy has reaped dividends as the keen pricing has paid off and the number of shops rocketed.

The stores' policy has always been to offer the wide spectrum of shoes on the market at competitive prices for the fashion



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4-43.05; 60H: 1, T Crosbie 8.73 (CBP); 2, S Ditchfield 9.14; HJ: 1, L Brown (Loch) 1.74 (CBP); 2, G Taylor (Gla) 1.65; 3, B Philip (Ab) 1.60; 4, E Donald (Hel) 1.55; 5, J Dale (Ayr) 1.55; LJ: 1, S Ramming (Ard) 5.54 (CBP); 2, M Traynor (M Uls) 5.37; 3, S Seli (Ab) 5.33; 4, Y Hodge 5.26; 5, M Ward (EAC) 5.19; TJ: 1, Y Hodge 11.09 (CBP); 2, S Ramming 10.71; SP: 1, K Kane (B'pool) 12.43; 2, S Robin (Hel) 10.03; Inters: U17: 60: 1, N Hynd (Pig) 7.90; 2, D Kerr (Jar) 8.00; 3, M Rostek (Gla) 8.02; 4, J McLaughlin (Sal) 8.04; 5, S Keane (Ayr) 8.10; 200: 1, N Hynd 26.28; 2, A Keane 26.73; 300: 1, E Peppard (Gla) 42.79; 2, J Symington (Ayr) 42.85; 3, E Richardson (Seal) 43.45; 4, J Pakka (Gla) 43.55; 5, D Quirke (Ab) 44.62; 800: 1, C Simpson (EAC) 2:19.66 (CBP); 1500: 1, K Gormley (EWM) 4:57.57; 2, H Todd (Gla) 4:57.88; 3, C O'Neill (B'mount) 5:00.16; 60H: 1, J McLaughlin 8.84; 2, K McNamee (Gla) 8.99; 3, V Jamieson (Laggan) 9.19; HJ: 1, K Duffham (Seaton) 1.61; 2, K Hay (Essex) 1.60; 3, E Kerr (Ayr) 1.60; 4, L Pakka 1.55; 5, L Shorthouse (L'gelly) 1.50; LJ: 1, K MacNamee 5.44; 2, M Margson (Gla) 5.33; 3, P Anderson (Gla) 5.31; 4, D Quirke 5.21; SP: 1, J Robin (Gla) 12.15 (CBP); 2, N Dnialov (Gla) 11.89; 3, V Johnston (Lis) 10.04; Girls: U15: 60: 1, A Stewart (VP) 8.00; 2, M McEwan (VP) 8.12; 200: 1, L McConnell (Gla) 26.34 (CBP); 2, J Tindal (Fife) 26.79; 3, P Thomson (EWM) 26.80; 4, A Stewart 27.01; 600: 1, J Anderson (EAC) 2:27.20; 2, L Dalziel (VP) 2:28.24; 1500: 1, K Montador (C Reg) 4:51.64 (CBP); 2, E Alberts (Gates) 4:55.14; 60H: 1, L Fairweather (L'wade) 9.61; 2, S Sheppard (Lisburn) 9.62; 3, H Clarke (Copeland) 9.71; HJ: 1, T Richards (Elton) 1.57 (CBP); 2, M Clarke (Copeland) 1.50; 3, J Wright (Pit) 1.50; 4, M Donald (Helen) 1.50; LJ: 1, T Richards 4.58; 2, H Clarke 4.91; 3, T Hunter (Ard) 4.74; 4, M Donald (Helen) 4.70; SP: 1, T Hunter (Ard) 10.72; 2, F Thornburn (S Hill) 9.78.

25
British Civil Service Indoor Champs, Kelvin Hall -
60: 1, M Dickett (DOE) 7.1; 2, M Bennett (Pv) 7.1; 3, S Putland (MOD) 7.2; 4, D Arnos (HO) 7.3; 200: 1, M Bennett 22.7; 2, M Holgate (HO) 23.2; 400: 1, D Maynard (HO) 50.1; 2, N Keogh (Emp) 50.1; 3, M Holgate 50.1; 800: G Gibson (MOD) 1:58.5; 1500: D Maynard 4:09.6; 3000: 1, T Edzie (MAFF) 8:40.9; 2, R Jones (HO) 8:42.7; 3, J Duffy (MOD) 8:43.4; 200 Walk: 1, M Bell (DTI) 7:51.9; 2, D Hall (MAFF) 8:49.1; 3, D Baxter (IR) 9:21.8; 60H: 1, N Retley (SERC) 8.9; 2, B Winning (RS) 9.0; HJ: C Croshaw (HO) 1.90; PV: C Foley (P) 3.40 (CBP); LJ: M Nicholas (MOD) 6.87 (CBP); SP: 1, M Fenton (COE) 13.57; 2, A Kruszweski (CTI) 13.08; 4x200 HD: 1:34.3; 2, IR 1:35.4
Women: 60: 1, L Dick (IR) 8.1; 2, A Noma (COE) 8.1; 200: 1, V Lawrence (DSS) 26.5; 2, L Dick 26.5; 400: 1, L Malloes (IR) 59.5; 2, D Morley (IR) 59.9; 800: 1, L Malloes 2:13.3 (CBP); 2, V Lawrence 2:13.5; 3, J Holmes (DS) 2:19.6; 1500: 1, J Holmes 4:42.8; 2, C Howe (DSS) 4:43.3; 3, M Boleman (DSS) 4:47.8; 2000 Walk: 1, V Chappell (MOD) 11:05.5; 2, S Porter (IR) 11:20.9; 60H: C Morrison (MOD) 8.7; 2, G Sweeney (IR) 10.0; HJ: P Stadden (DSS) 1.48; LJ: R Main (Emp) 4.80; SP: 1, A Grey (CBP); 2, J Gordon (DSS) 12.74; 3, L Baret (DSS) 11.16; 4, S Atack (IR) 10.74; 4x200R: In Revenue 1:51.51.

22
Surecare East Kilbride Schools Indoor Sports Hall League -
1, Black 458pt; 2, St Lou 444; 3, L Cal 439; 4, Gie 428; 5, St H 418; 6, St L 406; 7, M Cam 405; 8, H Kio 386; 9, Max 372; 10, St K 370; 11, E M.

24
Glasgow District Council OGM, Kelvin Hall -
Senior Men: 400: J Deacon (SS) 51.0; 1500: 1, Downie (EK) 3:50.4; 2, A McCormick (Shift) 3:58.0; 3, E McCafferty (J) (Cam) 3:59.7; HJ: A Scobie (EAC) 1.95; TJ: 1, N McMenemy (C

Reg) 14.32m; 2, M Parham (Barth) 13.92m; Vets: 60: 1, R Kerr (Cum) 7.8; 2, J Kennedy (Gla) 8.0; 1500: 1, D Leitch (Gla) 4:10.0; 2, R Bosa (Cam) 4:25.4; 3, P Cartwright (FVH) 4:27.9
Youths: 60/TJ: J Whinnell (VP) 7.5/12.51; HJ: G Morrison (Ren) 1.85
Sen: Boys: 60: D McDonald (MA) 7.9; 1500: 1, M Loage (Shet) 4:20.9; 2, D Grieve (Hel) 4:21.7; 3, P Dennis (Hel) 4:27.0
Women: 400: J O'Neill (Gla) 51.8; TJ: G Marshall (GU) 10.34
Vet Women: 60: I Morrison (Gla) 8.3; Girl: 60: E Davis (Hel) 8.4

27

Scottish Unis Indoor Challenge, Kelvin Hall -
Men: 1, Scot Sel 179pt; 2, N Irie 117; 3, Scot Schools Q16 Select 115; 4, Combined Scot Unis 104; 5, Bern Uni 79; 60: 1, A Gibson (BU) 7.02; 2, U Craig (NI) 7.03; 3, P Mullen (SS) 7.07; 4, D Coiville (SSch) 7.22; 60" B": 1, J McAdorey (NI) 7.04; 2, N McMenemy (SSel) 7.20; 3, G Adams (SSch) 7.29; 200: 1, I Mackie (SSel) 22.13; 2, A Gibson 22.17; 3, I Craig 22.33; 4, P Lewis (SU) 22.65; 5, A Lowles (SSch) 23.06; 200" B": 1, J McAdorey (NI) 22.56; 2, H Kennedy-Skipson (SU) 22.76; 3, P Andrews (BU) 23.08; 4, D Mulholland (S Sel) 23.10; 5, B Middleton (S Sch) 23.46; 400: 1, P Walker (SU) 22.76; 2, H Kerr (S Sch) 49.65; 3, H Kennedy-Skipson 50.27; 4, P Smyth (NI) 50.84; 400" B": 1, C Krievs (SU) 50.51; 2, J Goldie (SSch) 51.00; 3, 800: 1, I Campbell (quest) 1:51.79; 2, E King (NI) 1:53.91; 3, B Murray (S Sel) 1:54.07; 4, K Leitch (SU) 1:54.48; 5, M Smith (S Sel) 1:59.80; 800" B": 1, P McDermitt (S Sel) 1:54.39; 2, P Healy (NI) 1:54.88; 3, D Roche (S Sel) 3:55.42; 1500: 1, P Healy 3:56.24; 2, K Downie (S Sel) 3:57.36; 3, M Arrey (BU) 3:59.96; 4, J Tonner (S Sch) 4:04.69; 1500" B": 1, A Murray (S Sel) 3:53.03; 60H: 1, G Adams (S Sch) 8.31 (Scot Jun rec); 2, F McQuinn (S Sel) 8.64; 3, P McPatrick (NI) 8.80; 4, D Gavan (SU) 9.01; 60H" B": 1, M Hendry (S Sch) 8.58; 2, R Baile (Y) (quest) 8.66; 3, R Bradley (BU) 9.04; HJ: 1, A Scobie (S Sel) 2.00; 2, M Pate (S Sch) 1.95; 3, A Malcolm (SU) 1.95; 4, R Bradley (BU) 1.85; HJ" B": 1, J Allen (S Sel) 1.95; 2, A Gihochley (S Sch) 1.96; 3, A Simpson (SU) 1.90; PV: 1, D Hamilton (S Sel) 4.40; 2, N Young (NI) 4.20; 3, M Hunter (SU) 3.80; PV" B": 1, D McClell (S Sel) 4.30; 2, R Ramsay (NI) 4.00; LJ: 1, D Ritchie (S Sel) 6.90; 2, P Martin (NI) 6.90; 3, I Paget (SU) 6.58; 4, W Stark (S Sch) 6.36 (Scot Sen Boy rec); LJ" B": 1, N McMenemy 6.64; TJ: 1, N McMenemy 14.14; 2, H Watson (SU) 13.76; 3, W Stark 12.67 (Scot Sen Boy rec); TJ" B": 1, D Ritchie 12.24; 2, D Reid (SU) 12.14; 3, K McCreadie (S Sch) 12.52; SP: 1, G Ferguson (S Sch) 14.41; 2, S Hayward (S Sel) 14.21; SP" B": 1, B Robb (S Sch) 13.83; 2, K Wilson (S Sel) 13.10; 4x200: 1, N Ireland 1:29.46; 2, S Sel 1:30.05; 3, Br Uni 1:31.56; 4x400: 1, S Sel 3:22.51; 2, S Uni 3:22.63; 3, Br Uni 3:26.01; 4, Scot Sch 3:28.22
Women's Match: 5 Sel 133pt; 2, S Sch 127; 3, S Unis 106; 4, N Irie 86; 5, Br Uni 49; 60: 1, J Fleming (SU) 7.81; 2, T Crosbie (S Sch) 7.92; 3, J Hale (NI) 8.05; 4, N Hynd (S Sel) 8.28; 60" B": 1, M Rea (quest) 7.91; 2, K Mills (NI) 7.91; 3, S McGowan (S Sch) 7.96; 4, C Black (SU) 8.01; 5, W Young (S Sel) 8.09; 200: 1, S McGowan 25.46; 2, J Fleming 25.73; 200" B": 1, W Young (S Sel) 25.94; 2, A Keane (S Sch) 58.03; 400: 1, S McCann (NI) 57.53; 2, M Anderson (S Sel) 58.03; 3, S Hendry (S Sch) 59.58; 400" B": 1, S-A Condie (S Sel) 59.47; 2, R Gaylor (NI) 59.68; 800: 1, C Simpson (quest) 2:18.82; 2, J Johnston (S Sch) 2:21.01; 3, J McDew (S Sel) 2:21.58; 800" B": 1, M Anderson 2:20.10; 2, G Fowler (S Sch) 2:19.87; 1500: 1, J Ewing (NI) 4:38.31; 2, K Gormley (S Sch) 4:49.72; 4, J McCol Ver (S Sel) 4:55.33; 3000: 1, S Golan (S Sel) 10:09.56; 2, H Parinson (S Sch) 10:20.27; 3000" B": 1, J McCol VET 10:14.86; 60H: 1, T Crosbie 8.86; 2, J Hale 8.73; 3, G Murchie (S Sel) 9.08; 4, S Richmond (SU) 9.10; 60H" B": 1, K MacNamee (S Sch) 1.70; HJ: 1, R Pinkerton (S Sel) 1.75; 2, L Brown (S Sch) 1.70; 3, E Lindsay (SU) 1.65; HJ" B": 1, C Black (SU) 1.55; LJ: 1, M Rea (NI) 6.85; 2, E Lindsay 5.79; 3, N Marr (S Sel) 5.59; 4, S Ramming (S Sch) 5.50; LJ" B": 1, C Black 5.65; 2, P Anderson (S

Sch) 5.45; SP: 1, H Cowe (S Sel) 13.89; 2, J Robin (S Sch) 12.10; 3, K Smith (BU) 10.94; 4x200: 1, Scot Unis 1:41.92; 2, S Schs 1:42.06; 3, N Irie 1:43.96; 4, S Sel 1:46.02.

March 6-7

Scottish National Indoor Combined Events Champs, Kelvin Hall -
Sen: Men: Heptathlon: 1, A Brahm (Sto) 5695pt (Scot All Comers and Champ rec) 60: 7.26; LJ: 7.07; SP: 13.34; HJ: 2.10; 60H: 7.94; PV: 4.22; 1000 2:44.33; 2, G Sunshine (B'ht) 5304 UK Junior Best Performance (7.05; 4.00; 11.04; 1.83; 6.36; 4.70; 2:55.18; 3, W Wylie (Br) 4859 (7.41; 6.92; 9.62; 1.98; 6.64; 4.00; 3:03.55); 4, A Southward (Sto) 4598 (7.47; 6.60; 11.63; 1.77; 8.63; 4.00; 3:04.29); 5, R Odunayo (CB) 4543 (7.13; 7.28; 10.19; 1.98; 9.20; 3.40; 3:32.19); 6, U Esegbona (Sto) 4418 (7.37; 6.34; 10.39; 1.92; 8.95; 3.20; 2:56.46); 7, N Slater (Woc) 4396 (7.32; 6.05; 11.87; 1.77; 5.90; 8.40; 1.86; 9:25; 3:50; 2:41.66); 8, A Taylor (EAC) 4226 (7.67; 5.98; 10.84; 1.80; 9.16; 2.90; 2:41.35); 10, S Aylott (Old) 4204 (7.33; 6.18; 10.45; 1.71; 9.14; 2.70; 2:52.20); 11, D Daly (SU) 4130; 12, J Culkshaw (Tam) 3920; 13, A Davis (Cor) 3920; 14, B Winning (Mut) 3710; 15, K McDowell (Ymo) 3467; 16, E Fitzgerald M45 (Pig) 3455; 17, S Cargill (Ard) 3455; 18, I Smith (Perth) 3435; 19, I Winning (Mut) 3218; 20, J Gelder M45 (Bel) 2330; 21, J Ross M50 (Mut) 2814; 22, B Colie (Bel) 2330

Jun: Men: Heptathlon: 1, M Quigley (Coo) 4259pt (7.89; 5.84; 13.56; 1.86; 9.19; 3.00; 2:58.96); 2, S Gaines (Mor) 3951 (7.51; 5.69; 8.79; 1.53; 9.39; 4.00; 3:09.37); 3, R Turner (Tam) 3500 (7.60; 5.83; 10.23; 1.68; 10.69; 3.40; 3:22.72); 4, G Pearson (Ard) 3227
Youths: Pentathlon: 1, S McDermitt (EK) 3143pt (HJ: 1.78; 60: 7.62; SP: 11.64; LJ: 5.78; 1000: 2:51.47); 2, P Swarczek (Ard) 2980 (1.79; 7.55; 10.35; 5.80; 3:05.29); 3, S Rae (Annan) 2967 (1.64; 7.55; 11.50; 5.97; 3:04.79); 4, A Rutland (Unatt) 2960; 5, K Mason (Cum) 1786; 6, I Duffy (Rose) 2752; 7, S Robertson (FVH) 2750; 8, D Hymers (Bour) 2689; 9, A McInroy (FVH) 2610; 10, C O'Rourke (Cam) 2609
Sen: Boys: Pentathlon: 1, W Stark (Ab) 3269 (CBP) (LJ: 6.31; 60: 7.40; HJ: 1.79; SP: 11.94; 1000: 3:01.72); 2, M Pate (VP) 3053 (5.69; 7.79; 1.94; 10.22; 3:00.25); 3, D Wilson (Seaton) 3000 (5.88; 7.47; 1.76; 10.11; 3:03.41); 4, M Dobbie (Ab) 2915; 5, R Baile (VP) 2833; 6, R Bellshaw (Kil) 2635; 7, A Young (VP) 2613; 8, I McCrae (Per) 2590; 9, B McTaggart (L Hall) 2086; 10, D McInroy (Vn) 2046
Sen: Women: Pentathlon: 1, E Lindsay (EWM) 3633pt (60H 9.20; HJ: 1.75; SP: 9.52; LJ: 5.90; 800: 2:26.99); 2, G Murchie (Ab) 2666 (8.96; 1.45; 9.31; 4.70; 2:54.42); 3, S Freedman (Gla) 2208 (10.26; 1.36; 9.61; 4.26; 3:06.72)
Junior Women: Pentathlon: 1, S Ramming (Ard) 3252pt (Scot rec & CBP) (59: 1.63; 8.17; 5.37; 3:26.23); 2, E Donald (Hel) 3240 (9.45; 1.57; 5.54; 5.20; 2:31.56); 3, S Seli (Ab) 3106 (9.67; 1.51; 7.89; 5.24; 2:29.72); 4, E Horrocks (Rose) 2914; 5, J Moore (EWM) 2581; 6, N Kemp (Ab) 2333; 7, C Donald (Hel) 1682; 8, E Sneddon (C Reg) 1542
Inter: Pentathlon: 1, J Pakka (Gla) 2990pt (60H: 9.91; SP: 8.42; LJ: 5.02; HJ: 1.53; 800: 2:36.49); 2, D Quirke (Ab) 2831 (9.374; 7.32; 5.13; 1.47; 2:43.74); 3, J Reid (Blanch) 2699 (9.74; 7.99; 4.93; 1.44; 2:44.45); 4, J Donald (MBI) 2519; 5, C Middleton (Ab) 2495; 6, A Scott (C Reg) 2476; 7, L Armstrong (Nth) 2466; 8, A Douglas (Ard) 2421; 9, S Brown (MBI) 2362; 10, L Greig (Tay) 2068
Girls: Pentathlon: 1, H Clarke (Coo) 2960pt (CBP) (LJ: 4.87; 60H: 9.54; HJ: 1.57; SP: 7.53; 800: 2:40.60); 2, T Richards (El) 2754 (4.77; 9.89; 1.57; 8.78; 2:59.12); 3, M Donald (Hel) 2632 (4.71; 10.10; 1.48; 7.88; 2:49.74); 4, F Hunter (Ard) 2615; 5, M Zalis (EAC) 1998; 6, L Livingstone (Cum) 1967; 9, R McCallum (MBI) 1920; 10, D Cameron (Cumber) 1833
Mini Minors: Pentathlon: 1, P Scott (C Reg) 1724 (3.68; 11.53; 1.30; 7.19; 3:10.02); 2, A Reid (MBI) 1366 (3.05; 12.40; 1.18; 5.41; 3:56.91); 3, F Hara (W Moss) 1027
M 60: 60: R Pritchard 9.17; 200/400 W Russell 29.84/68.58; 800: 1, T O'Reilly 2:30.5 (CBP); 2, W Russell 2:32.2; 60H: I Steadman

10.56; 3000: 1, A Brown 9:54.02 (Scottish, UK and World Best); LJ/TJ: J Oulton 4:59/9.99; M 65: 80/200: G Briegman 8.79 (CBP)/29.37; 800: H Tempan 2:33.26; 1500: H McInly 5:50.77; 3000: W Marshall 10:32.28 (Scot, UK and World rec); M 70: 800/3000: J Todd 2:34.61/11:17.99 (Scot, UK and World rec)
Women: W 35: 60: D McKenzie 6.34; 200: 1, M Smith 27.01 (CBP); 2, S McKenzie 27.26; 400: 1, D McKenzie 62.62 (CBP); 2, M Smith 63.44; 800/1500: J McCol 2:24.26 (CBP)/4:55.99; 1500: 2, C Thomas 5:12.20; 3000: A Douglas 10:54.59
W 45: 1, P Spence 9:20; 2, J Rammel 9.34; 3, C Geddes 9.45; 200: P Spence 31.22; 800/1500: J Byng 2:35.25/5:18.96

13

Men v Women Invitation 800m Track Race, Meadowbank Stadium -
1, A Baker (Kil) 2:10.3; 2, M Restick (JA) 2:12.2; 3, C-A Grey (EAC) L1 2:13.9; 4, C Simpson (EAC) L2 2:19.8; 5, K Gately (EAC) L3 2:21.2

Scottish Nat Vets Champs, Kelvin Hall -
M40: 60: 1, M Hemmings 7.53 (CBP); 2, R Kerr 7.56; 3, R McInnes 7.57; 4, J Robertson 7.65; 200: 1, K Redpath 24.20; (CBP); 2, M Hemmings 24.65; 3, R Moines 24.84; 400: 1, K Redpath 53.92 (CBP); 2, D Sheppard 54.60; 3, E Mortindale 55.49; 4, A Fulton 58.22; 800: 1, K Redpath 2:07.06; 2, D Sheppard 2:07.45; 3, R Sless 2:07.50; 4, A McLinden 2:08.80; 1500: 1, A Jenkins 4:17.51; 2, A McLinden 4:18.88; 3, D Leitch 4:19.43; 4, C Spence 4:21.12; 5, R Soss 2:24.26; 6, D Paterson 4:24.90; 3000: 1, A Jenkins 9:00.00; 2, C Spence 9:01.80; 3, D McAr 9:09.90; 60H: 1, T Hall, HJ: D Sheppard 1.68; LJ: 1, T Hall 5.64; TJ: 1, J Kennedy 11.13; 2, J Treasurer 10.08; SP: 1, J Kennedy 9.70
M45: 60: 1, J Hull 7.78; 2, K Brown 8.02; 200: 1, J Gadder 25.77; K Brown 26.26; 400: D King 59.88; 800: 1, D King 2:11.35; 2, P Kelly 2:11.59; 1500: 1, D McKenzie 4:25.12; 2, S McCrae 4:28.38; 3000: 1, D McKenzie 9:11.03; 2, R Young 9:32.03; 3, C Martin 9:37.35; 60H: 1, J Gelder 9.41; 2, E Fitzgerald 9.56; HJ: 1, E Fitzgerald 1.65; PV: 1, E Fitzgerald 3.40; 2, R Mooson 3.30; LJ: 1, R Hull 5.68; 2, E Fitzgerald 5.34; 3, J Gelder 5.53; TJ: 1, E Fitzgerald 1.65; 2, J Gelder 11.05; 3, J Hull 10.44; SP: 1, W Wey 11.35
M50: 60: 1, J Rae 7.84; 2, J Lorie 8.03; 3, J Ross 8.22; 200: 1, J Rae 24.49 (CBP); 2, J Lorie 25.92; 400: J Rae 57.94; 800: 1, J Ballentine 2:12.9 (CBP); 2, J Rae 2:14; 1500: 1, J Ballentine 4:31.67; 2, P Cartwright 4:36.48; 3000: 1, J Ballentine 9:35.82; 2, P Cartwright 9:43.58; LJ: J Lorie 4.63; SP: J Sloan 10.40; M 55: 60/200: C Andrews 8.49/28.18; 400: A Oliver 65.37/2:21.3; 2, R Stewart 2:21.9; 1500: 1, A Oliver 5:01.40; 2, R Stewart 5:01.48; 3000: H Rankie 9:46.60

May 31: Counties AU Track and Field Championship, Corby.

The East District, West District, and North District men have been at Corby for the past three or four years, but this is the first time the women have been invited. The men's teams will be chosen by their respective districts on or around May 17, just after the district championships on May 15-16.

The women's team will be chosen by the SAF track and field commission selection committee, again on May 17, and at two per event will be a Scottish Select competing against the North, Midlands, and South of England.

While it may seem strange to have two matches in the same week, I am quite happy about this, because different athletes will be competing in Tel Aviv and Corby, and consequently more athletes will have the opportunity to obtain better competition.

June 12-13: BAF Championships, Crystal Palace (previously the UK Championships).

We are intending taking selected athletes to these championships. A coach will be hired to take our athletes down to London and there may be room on the bus for coaches and/or other athletes not

George Duncan, convener of the SAF's track and field commission, continues his monthly overview of activities.

International/Select Fixture List

AT THIS time of year most folk are planning and booking their summer holidays. We are also planning our summer but it won't be a holiday - although we hope athletes find our international select fixture list worth looking forward to.

May 26-27: Scotland v Turkey v Israel, Tel Aviv.

This match is for senior men and women, but is only one athlete per event. The initial selection date is April 26, but we shall delay as late as possible. The problem is that the athletes usually have to be named three weeks before for flight tickets, but we shall try to get a block booking for the Scottish team, with names submitted later than the normal three weeks notice.

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June 12-13: BAF Championships, Crystal Palace (previously the UK Championships).

We are intending taking selected athletes to these championships. A coach will be hired to take our athletes down to London and there may be room on the bus for coaches and/or other athletes not

selected. If interested, let us know. Finance will dictate how many athletes we can afford to select.

July 16-17: AAA Championships, Birmingham.

Members of the 1993 Commonwealth Games squad will be taken to these championships. Again there may be room on the bus for the coaches or other athletes who wish to compete. If we can help, we will.

August 7-8: Small Nations at Wrexham.

To be organised by AA Wales. As yet we do not know which countries are taking part, but watch this page for further information. The team will consist of one male and one female per event.

August 21-22: Home Countries Combined Event International.

To be hosted by Scotland at Linwood. Selection date will be July 26, which is immediately after the Scottish Combined Event Championships.

August 1: Women's Inter District.

This match will be held at Meadowbank, with two athletes per event, per age group, from the three districts: East, West, and North. Hopefully Northern Ireland will come over to make it a four-way match. Selections will be made by district committee, week commencing July 12.

July 24-25: Belgium Championships.

It is intended to take a small select team. Financial costs will again determine how many athletes will be able to be sent.

Under 23s

We hope to nurture this age group in the years to come, but competition is rather limited at present. The only match available for this age group will be the Home Countries Under 23 at Whitehaven on June 19. This match consists of one male and one female per event. Selection date will be June 1.

Under 20

This age group has probably more competition available than

any other for 1993. The events are:

May 12

Good school news

TWO major SSAA events have taken place since our last report in Scotland's Runner. On February 27 the Schools competed in the University challenge match, coming a creditable second behind the Scottish Select, and ahead of the Scottish Universities, Northern Ireland, and Birmingham University. Despite all the "doom and gloom" heaped at the schools for being responsible for the decline in Scottish athletics standards, the SSAA is very proud of the calibre of a team that pushed the women's event to a nail-biting finish.

It's so easy to say "if only", but the youngest and most inexperienced team were short of two middle distance competitors, had an injured Sinead Dudgeon watching in frustration, and then lost the match because of the confusion over which team Lynne Aitchison, Galashiels Academy, a first choice schools' athlete, was triple jumping for!

From the Schools' point of view the hurdles events were phenomenal - the SSAA won all four races - Theresa Crossie, Karen McNamee, Martyn Hendry, and Grant Adams (in a new age group best performance of 8.31).

Competing as a guest, Ross Baillie ran 8.66, coming a non-counting second and adding to a brilliant hurdles display.

The other event at which the Schools excelled was the shot - Graeme Ferguson and Bruce Robb winning the A and B event, and Julie Robin and Navdeep Dhaliwal coming second in their respective events.

For many, the performance of the day came from the youngest competitor. Drafted into the A 200m, following Sinead's injury, 15 year old Suzanne McGowan won the race in 25.48, a really impressive piece of running.

TWO weeks later the scenario changed from a chilly Kelvin Hall to a sun-drenched Beach Park, Irvine, for one of the most pleasant cross country championships yet experienced.

Some 190 schools had entered over 2000 runners, but the virulent flu/virus tearing through Scottish schools decimated the field, rendering many teams unable to finish with four counters.

The U14 boys race was won by Paul Armstrong of Inverkeithing High, from Chris O'Brien, Craig-

mount High, and Jamie Ross (Arbroath High). Arbroath won the team trophy (J Ross 3, S Hamilton 37, A Douglas 39, D Spink 46), from George Watson's and Madras.

As expected, the 14-15 boys race was won by Jonathon Cowie, Buckie High, with Andrew Sandilands, Strathaven Academy, second. The closest finish of the day came from Michael Combe, Jedburgh Grammar, and Scott Buchanan, Glasgow Academy, both boys times at 13.49, with the former getting the bronze medal on the line.

The team award went to Park Mains High School (D Greig 6, T Yule 9, C McDerment 24, A McLeod 58), from Madras and Lomond.

The 15-17 boys' race saw a totally unexpected but nevertheless welcome winner in Jonathon Ireland of Strathallan, a non-club runner, from Steven Kennedy, King's Park Secondary, and Alasdair Donaldson, DSMC - so long a stalwart of SSAA cross country and track and field teams. Arbroath High won their second trophy with A Soutar 9, R Tolan 12, D Smith 22, and D Dukes 46, from Dingwall Academy and Bocclair.

The O17 race was won by orienteer internationalist from DSMC, Jamie Stevenson, who ran so well in his first ever indoor 3,000m at the university challenge match. David Connelly, Hillpark Secondary, took second, with Steven Cook, Gordonstoun, third, and Glenalmond taking the team award (J Gammell 4, H Fowler 15, C Parnaby 48, B Kilpatrick 55), from Park Mains and Rannoch.

The U14 girls race was won by Debbie McMorran of John Street Secondary (6th, 1992 P7) from Jennifer McLean (1st, 1992 P7), Mintlaw Academy, and Hannah Smith, Aberdeen Grammar.

The team trophy was won by Gleniffer High (N Smith 13, M Gibney 31, Z Adam 48, G Thomson 63, from Bocclair and Annan Academy).

In the 14-15 girls' race the 1992 U14 positions were reversed with Katrina McNab, Dollar, beating Caroline Morris, St Joseph's - Jennifer Ward, Queen Anne, taking third place. Fraserburgh Academy (J Anderson 6, D McAllister 9, L Clark 28, and V James 104) won the team award, with Gleniffer High second and Bocclair third.

Pamela Crawley, Eastbank Academy, who won the U14 in 1991, won the U17 race with Emma Gorman, Douglas Academy, second, 18 seconds behind, and Shirley Knox, Bathgate Academy, third. Dingwall Academy were the only team to retain their trophy (T Wildman 6, V MacDonald 18, N Smith 23, and L Wildman 34), from Elgin Academy and Glasgow High.

So far ahead was Isabel Linaker,

Queen Anne, in the O17 race that worried officials throughout that she must have taken the wrong course! Yvonne Reilly, Monifieth High, was second, and Shelley Macrae, Charleston Academy, third.

Glasgow High (S Semple 11, J McGrouther 16, E Witherspoon 22, and E Tait 25) won the trophy, with Dingwall Academy second and St Leonards third.

Finally, there is obviously a tremendous amount of work being

done in certain schools and special congratulations are due to the pupils and staff of Dingwall Academy (gold and two silver team medals); Bocclair Academy (silver and two bronze); Gleniffer High (gold and silver); Madras College (silver and bronze - and only missing a second bronze in the U17 boys race on count back); Park Mains High (gold and silver); Arbroath High (two gold); and Glasgow High (gold and bronze).

UNIVERSITIES

Napier impress

THE indoor season for the universities saw the emergence of a new power - Napier arrived with a bang, writes Gordon Ritchie. The two new universities, Paisley and Napier, claimed a significant number of medals in their debut championships, and their athletes represented the Scottish Universities Select with distinction.

In the championships, Napier's women were dominant. Emma Lindsay won the 200m (25.1) and the long jump (5.50m), while Caroline Black won the high jump (1.61m). Ruth Girvan came second to Lindsay in the 200m in 25.4 and also finished runner up in the 60m, where Glasgow's Jane Fleming retained her title with a creditable 7.7. Sarah Richmond was clocked at 8.8 with Claire one tenth behind.

Paisley's only representative in this match was Kilbrachan's Tracey Shotts, who established a 100% record for the new establishment by winning the shot in 11.11m from Dundee's Stephanie Robin.

In a poor standard of men's competition, the outstanding performances came from Edinburgh's Paul Walker in the 400m (49.0) and Glasgow's Hugh Watson in the triple jump (13.85m).

The men's 400 metres was undoubtedly the best race of the day, with Chris Krievs and Henry Kennedy-Skipton also breaking the 50 second barrier in the final. It was also promising to see six men over six metres in the long jump, although the winning distance of Ian Paget (6.27m) was unexceptional.

TEN days after the championships, the Scottish Universities team challenged the schools, Northern Ireland, a Scottish

Select, and Birmingham University. The match was again spoiled by the inevitable clash of dates, as it fell on the same weekend as the AAA and the national cross country's.

The Scottish Select won both the men's and women's matches, but they were given a good run for their money by the schoolgirls. The best performances from the students were by Jane Fleming, who won the 60m in 7.81 seconds and was second in the longer event in 25.73 where she was beaten by the schools competitor Suzanne McGowan, and Paul Walker, who won the 400m in 49.07.

Probably the best finish of the day came about by accident in the 4x400m. The Scottish Select team had a healthy lead after two legs, but a storming third leg for the students by Henry Kennedy-Skipton left the two teams side by side at the final change.

Unfortunately, Henry and Paul Walker conspired to drop the baton. The select had Peter McDevitt on the final leg, and he had a forty metre lead by the time Walker recovered, but determination brought the students to within 0.12 seconds at the finish.

The select dominated the men's match, but the minor places were closely contested. The Irish pipped the schools, with the students not far behind.

WITH the outdoor season to look forward to, the indoor representative match has produced a long awaited away trip for the universities' teams. The last trip was to France four years ago, but on June 22 a select team will go to Antrim to challenge the Northern Ireland team.

A return to the scene of past triumphs is guaranteed, but will the team manager again be foolish enough to challenge the women's middle distance team to a race from the track to the hotel, and if he is, who will provide the oxygen?

Graham Ross, the SAF's first development officer, defines "development", and outlines ways in which it can be achieved at a local level.



What is development?

ASK anyone involved in athletics, be they athlete, coach, administrator, official, or parent/helper: "What is athletics development?", and you will be guaranteed a wide variety of views which can often lead to a lively debate!

We all, of course, have our own personal opinions, but did you know that the British Athletics Federation held its second "Athletics Development Conference" in February, when this whole issue was addressed by over 200 delegates from around Britain?

Unfortunately, Scotland was not well represented, but this is hardly surprising. The English regions have had athletics development officers in place for several years, so Scotland, although "well behind the game", at least have the benefit of the shared experience expressed at the 1993 conference which highlighted examples of "good practice" in the field of athletics development.

Development defined

IN GENERAL terms, athletic development involves the preparation and implementation of a development (or business) plan which has the aim of encouraging and promoting growth and improvement in athletics for a defined area (in this case Scotland).

The plan will involve ways in which to provide opportunities for non-participants to take-up athletics (recruitment), and also to allow athletes the opportunity to continue in the sport to improve their level of performance (retention).

Therefore development should be seen as a means of improving the size and operation of the athletics pyramid (more people entering the base or "participation" section with lower drop-out

in the middle section, termed "foundation" and "performance", leading to improved standards of performance at the "elite" or "excellence" level.

At its most effective, athletics development is about changing people, organisations, structures, and attitudes to ensure that opportunities to participate, perform, and excel are maximised.

It should be a dynamic and proactive process involving schools, clubs, and local authorities. In essence, it should be designed to promote the environment in which planned change takes place, which is of direct benefit to the most important people in our sport - the athletes.

The StarTrack way

ON THE question of changing attitudes, athletics has been guilty for too long of expecting young people to compete in what is basically a scaled down version of adult events.

Young children in the 8-17 year age group want to be introduced to basic athletics-type activities in such a way that they achieve enjoyment so that they will come back for more and stay in the sport. This is the "participation" period when it is widely recognised that children acquire enthusiasm and interest for a particular activity or sport.

Many other sports, such as hockey and tennis, have recognised this and introduced "mini-sports" activities as a way of promoting their sport.

Athletics has been rather slow off the mark but there is now a recognised "mini-athletics" activity which was launched last year by BAF called StarTrack.

Inspired by the Barcelona Olympics, this nationwide recruit-

ment scheme attracted over 8000 children into "having a go" at this new fun-based version of the sport, which involved rubber hurdles, plastic discus, and the infamous "flying sausage javelin".

The scheme draws together a package of activities aimed at generating team spirit, fun, and enjoyment, while teaching youngsters the basics of track and field using a "play and learn" approach.

Last year the scheme was adopted by over 60 centres around the UK, but only two from Scotland. It is vital that Scotland takes full advantage of this BAF development initiative and already I have organised courses so that StarTrack schemes can be held throughout Scotland in 1993.

Apply before the end of April!

Setting the pace

A NEW athletics development "resource pack" - The Pacesetter Pack - has been designed to help local athletic groups delivering the StarTrack scheme to youngsters.

Courses which will train coaches, leisure staff, students, teachers, and parents to become Paceset-

ters have been organised for Edinburgh (May 22-23), Inverness (May 29-30), Aberdeen (June 5-6), Glasgow (June 12-13), and Galashiels (June 25-26). I would urge all athletics clubs, local authority development officers, and school teachers who are interested to attend one of these regional courses.

The more people who get involved in the Pacesetter training courses, the easier it will be for people to organize StarTrack courses, and the more StarTrack courses that are run, the more youngsters throughout Scotland will be attracted into the sport.

Developing partnerships

THE StarTrack and Pacesetter schemes have been rightly described as a quantum leap in the development of athletics. They should not be seen as one-off events, but the beginning of a new fun-based approach to delivering athletics to under 13 year olds which is both relevant to schools and clubs.

It centres around building local partnerships between the main "players" involved in devel-

SCOTTISH ATHLETICS FEDERATION 1993 PACESETTER INSTRUCTOR COURSES



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VENUE	DATE	CONTACT
EDINBURGH	22/23 MAY	MARGARET McLEOD (031-331-1944)
INVERNESS	29/30 MAY	NICKI SHERRINGTON (0463-239111 Ex.4224)
ABERDEEN	5/6 JUNE	MAUREEN CAMPBELL (0224-276276 Ex.2109)
GLASGOW	12/13 JUNE	SUE McDONALD (041-227-8321)
GALASHIELS	25/26 JUNE	STUART SIBBALD (0896-50456)

COURSE FEE: £10.00 PER PERSON CONTACT YOUR LOCAL ORGANIZER NOW!

FOR MORE GENERAL INFORMATION OR ANY QUERIES CONTACT S.A.F. DEVELOPMENT OFFICER GRAHAM ROSS ON 031-317-7320

Springburn HARRIERS

*Springburn Harriers is celebrating its centenary this year. **Graham Crawford**, one of the club's top runners over the years, looks back on a proud and illustrious history.*

SPRINGBURN Harriers did not receive a telephone from the Queen on its 100th birthday, but it would not have been inappropriate. It is, after all, more unusual for an athletics club than a person to reach such a milestone, and members have also served "Queen and country" proudly over the years.

New clubs start up all over the place nowadays; they may even draw together many good athletes to achieve quick success, but if they were to fold tomorrow they would be forgotten quickly. Only time creates tradition and sense of place in a community, and instills the deep pride and spirit to be found in a club like Springburn.

It is amazing the amount of folk, particularly from the Glasgow area, who claim a connection with the club. Even abroad, expatriates will boast that they or their father/brother/uncle was a member. It is a club that gets in the blood.

Many members, athletically active and otherwise, have remained in contact for the last 30, 40, and 50 years.

Springburn Harriers are a relatively small club, but like the mighty steam locomotives the area is renowned for, the name and reputation have become global. Engines built before the Second World War are still in operation in parts of the world, and the athletes too have proved well-crafted.

The likes of Graham Will-

iamson, Eddie Knox, Dunky Middleton, Ian Picken, and John Cherry had thoroughbred qualities and wore the navy blue of Springburn and the colours of Scotland and Great Britain with distinction.

So how did it all begin? According to club historian Sam McComas, who has done a tremendous job gathering the facts and figures for the centenary celebrations and exhibitions, a Springburn club called Towerhill AC staged a 17 to 20 mile hares and hounds run in 1885, taking in the countryside around neighbouring Lenzie and Kirkintilloch (which along with Bishopbriggs were to be the source of much talent).

Eight years later, a young men's club formed Springburn Harriers, with the stated object of promoting amateur athletics generally, and cross country running in particular.

Headquarters were initially the old Springburn Baths, but within six years the club moved to Auchinairn and became the first harriers club to erect their own pavilion.

Springburn Harriers have always been recognised as a Glasgow club, yet they have been based (just) outside the city boundary for 95 years.

The club moved to a new wooden clubhouse in Auchinairn Road in 1930, but because of financial pressures had to give it up in 1973 - leaving behind a million memories within its sweat-stained walls.

Alison Cutforth, curator of Springburn Museum, and Sam McComas, Springburn Harriers' club historian, present Campbell Christie, general secretary of the STUC, with his original application form to join the Harriers in 1953. The presentation was made at the opening of the Harriers' 100th anniversary exhibition at Springburn Museum.



I remember the hut well. It had those unmistakable running smells - of sweat, wintergreen, grass, and mud. Above all else it had atmosphere; the nervous tension before training runs, which were as ruthless as races, and the banter afterwards.

SINCE 1973, the club has trained at Strathkelvin District Council-owned Huntershill House, only a 400-yard uphill dash from the old hut.

There, as ever, was Jack Crawford. Never a star runner, his name is nevertheless the most synonymous with Springburn Harriers.

A member for 65 years until his death in 1987, Crawford lived for Springburn. He served many roles, and not least of all was heavily responsible for bringing so many youngsters into the club and keeping them interested.

It was Jack who always

knew you and had a word of encouragement. It was Jack who meticulously recorded everybody's times and places for every race, on cards in faultlessly neat pencil, before adding the details to his incredible files. Jack, quite rightly, will always be remembered by way of the Jack Crawford Memorial Cup race, one of the top events of the winter.

Jack obviously contributed to the club's remarkable successes in the younger age groups. The young talent that has come to an early blossom with Springburn is almost frightening.

Sadly, only Graham Williamson (and perhaps Dunky Middleton) really continued their early promise through the highest levels.

Performances by Ian Picken (arguably more talented than Williamson, Middleton, and Knox) as a youth were so breathtaking that he was hailed as the next Ian McCafferty. This

failure by members to make the leap up to seniors has prompted countless opinions over the years.

When I was a youth, only Shettleston could boast similar success in the junior age groups. In 1974, Springburn won the national cross country junior boys, senior boys, youths, and junior men team titles. Only the seniors eluded them, though the men ran magnificently to win the Midlands district title.

A youths team was sent south of the border in 1974 with high hopes for the English national. Four below-par runs were still good enough for second team; it was a glorious chance missed.

In my developing years, Springburn youngsters could do no wrong. Largely under the guidance of coach Eddie Sinclair they won numerous national and Scottish schools track and cross country titles.

Between 1964 and 1986,

the club produced four junior national cross country champions (Eddie Knox 1967, Colin Falconer 1970, Graham Williamson 1980, Stephen Begen 1986, and won six youth championships (Knox 1964 and 1965, Picken 1968, Jim Lawson 1972, Williamson 1977, Begen 1984). Springburn have won the youths team title seven times - on four occasions between 1967 and 1980.

Five times they were victorious in senior boy national team races between 1970 and 1981, with Ian Murray taking the individual title in 1974 (following similar wins by Dunky Middleton in 1962 and George Jarvie in 1966). Three-time junior boys champions between 1968-74, the club provided an individual winner in Stuart McPherson (1977).

There have been some successes for senior teams. Springburn won the national team race in 1936 and 1956, and the national six-stage road relay in 1988. Between 1986 and 1991 they were runners-up no fewer than four times in the national cross country relay championship, as well as third and fifth.

The winning has not stopped at Scottish level. Colin Falconer's win in the English youths national was a tremendous performance, while Eddie Knox was crowned the world's top junior when he lifted the ICCU Championship race at Barry, Wales, in 1967 after placing third in the previous year in Rabat, Morocco, and fifth in 1965.

Club members shone on

track as well. Dunky Middleton set national and UK indoor 800 metre records in 1967, while Graham Williamson, the club's finest athlete in terms of performance and achievement, did his winning in an era which saw the greatest ever collection of milers in the likes of Ovett, Coe, Cram, Steve Scott, John Walker, John Robson, Eammon Coughlan, Frank



Adrian Callan.

pean junior records. Williamson also represented Scotland in the World Cross Country Championships, as did Begen, Falconer, and your correspondent.

Begen, Williamson, Adrian Callan, and David Donnet appeared in the junior championships, while Knox, Ian Young, George Jarvie, Falconer, brothers Alan and Ron Beane, and Nicky Soutar in the former junior ICCU.

Eddie Sinclair, R Allison, and J McCormack represented Scotland in the senior ICCU Championships, while Tom Tracey participated four times between 1950-54, finishing as high as 23rd and 24th.

On the track various national titles have been won by Stuart McPherson; Williamson; Callan; DS Cairns; DA Brownlee; Picken; Tom O'Reilly; Sinclair; Middleton; and Alistair McFarlane.

The aforementioned remain forever in the record books, but the achievements detailed only scratch the surface of great performances by them and so many other fine Springburn runners over track, road, and cross country.

Those not named have not been forgotten. There are still plenty of Springburn members and former members who can recall the stars of their generation with awe and a great deal of pride.

The club's centenary exhibition in Springburn Museum was officially opened by former Springburn Harrier Campbell Christie, general secretary of the STUC, on March 24.

It runs until the end of May, but will reopen again, at Auld Kirk Museum, Kirkintilloch, on September 9-24.

HE WOULD LIKE TO RUN LIKE YOU - BUT HE CAN'T

Like any ten year-old, Tony is full of mischief and willing to have a go.

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TRIATHLONS

Increased calendar of events



In the first of a regular column on triathlons, Anthony Quin looks at some of this season's highlights.

THE increasing popularity of triathlons in Scotland is best evidenced by the fact that the number of events in the calendar has increased dramatically and competitors will be spoilt for choice when planning their season.

One of the highlights will be the staging of fifth International Triathlon Union (ITU) World Triathlon Championships at Manchester on August 22.

There is a suggestion that the venue owes more to the politics of the bid to stage the Olympics rather than to an interest in triathlon; however, a successful event will surely only enhance the prospects of triathlon being included in forthcoming Olympic and Commonwealth Games programmes.

Also the close proximity of Manchester to Scotland compared with the previous world championship venues of Avignon, Orlando, Gold Coast, and Muskoka will make the event more within the aim of the elite band of Scottish triathletes capable of rising to the challenge.

On the domestic front, competitions range from the novice events at Stirling, Orkney, and Golspie over 400m swim, 10K cycle, and 2.5K or 4K run, to the ultimate challenge of the Aberfeldy "Irrn-Man" event which has been moved to take place on August 26.

This event will be over the awe-inspiring distances of 2.4 mile swim, 112 mile cycle, and 26.2 mile run.

Incredibly, it is expected that the winner's time will be about 8.5 hours, and the rarity of such an event in this country is likely to prove a sufficient attraction for home-based competitors seeking to win the prize

and trophy for the first native Scot to finish.

Since the turn of the year, triathletes have been able to enhance their training programmes by taking part in a number of the increasingly common duathlon events. However, the triathlon season proper gets underway on May 9 with the Stirling event. As well as providing competition for newcomers to the sport, Stirling provides what is now becoming the traditional first category A, or sprint, event of the season.

Other highlights of the season are the East Kilbride and Ayr grand prix, or Olympic, distance events (1500m/40K/10K), the Aberfeldy Half Iron Man, and, of course, the Scottish Triathlon Association (STA) Championships at Monikie Park on August 15.

In the midst of all the sporting activity, the STA will be working away to improve the lot of Scottish triathletes and to win the sport more recognition.

One of the most obvious advantages of STA membership, which costs £13, is that it entitles competitors to a £5 reduction in the standard race entry fee of £15 for 1993 events.

Anyone seeking information on triathlon clubs should contact the STA club liaison officer, Helen Stalker, at 1, Broomhill Crescent, Bonhill, Alexandria, Dunbartonshire (0389 50870).

May events

02 - Fleet Feet Duathlon, Aboyne; Ayr Duathlon, Ayr.
08 - Mallaig Team Relay Triathlon.
09 - Stirling Triathlon, Stirling.
16 - East Kilbride Duathlon Series; Inverurie Duathlon; Orkney Novice Triathlon.
23 - Lomond Masters, Dumbarton.
30 - East Kilbride Triathlon.



January

30

Renfrewshire County 5 Mile RR, Eastwood

1, S. Wylie (Cam) 26:29; 2, C. Thomson (Cam) 26:48; 3, T. Hearle (Kil) 27:35; 4, G. Gaffrey (G W) 27:55; 5, G. Tenney (Kil) 28:17; 6, S. Hodge (SU) 28:20; 7, W. Jenkins (GG) 28:25; 8, T. Anderson (Kil) 28:28; 9, P. Duffy (GG) 28:37; 10, C. Spence M40 (SV) 28:41; 11, I. McDougall (Kil) 28:49; 12, D. Thorn (Cam) 28:58; 13, M. Mitchell (Cam) 29:04; 14, G. Gibson (Kil) 29:13; 15, D. McLaughlin (GG) 29:32; 16, G. McGratton (GG) 29:37; 17, J. Gallagher M40 (SU) 29:43; 18, B. McGuinness (Dum) 29:46; 19, P. Russell (GG) 29:52; 20, C. Cormar (SV) 29:56; Jun 1, E. McCafferty (Cam) 30:01; Teams: 1, Kilb 68pt; 2, Green 87; 3, S. Val 132.
Women: 1, L. McIntyre (Gla) 31:08; 2, M. Blaikie (SV) 33:53; 3, C. Reid (GN) 34:07; 4, M. Blacker (GN) 34:25; 5, A-M. McKee (SV) 34:30; 6, C. Gibson (SV) 36:22; Veteran: A. Richards W40 (GN) 39:00.
Teams: 1, S. Val 13pt; 2, Giff 14.
Youths 3 mile: 1, C. Douglas (Kil) 18:27; 2, R. Girvan (Kil) 19:05; 3, A. Mitchell (Kil) 19:48.
Sen Boys 3 miles: 1, B. Byrne (Kil) 18:42; 2, A. Docherty (SV) 20:21; 3, J. Hendry (G G) 20:41.
Jun Boys 3 miles: 1, D. Morgan (SV) 22:53; 2, C. Byrne (Kil) 23:55; 3, A. McBride (SV) 24:37.

February

2

FMC Carnegie H 5 mile Evening RR

1, A. Milligan (Youth) 28:38; 2, B. Miller 30:04; 3, W. Oswald 30:06; 4, J. Robb M40 30:12; 5, R. Munro 31:03; 6, A. MacAulay 31:04; Vets: J. Milton M40 32:12; A. Soutar M40 32:39.
Wom: 1, K. Buchanan 32:47; 2, L. Law 38:30; 3, S. Malcolm 38:52; 4, S. Legge 39:03.
Vets: M. McKechnie W35 39:21; A. Johnson W35 43:58; S. Donald W35 44:31.

13

Scottish Vets Esplandale 5 mile RR, Ayr

1, C. Spence (SV) 26:21; 2, D. Mewse (Kil) 27:53; 3, W. Dale (S Vet) 28:04; 4, P. Paterson (Cen) 28:09; 5, J. Harper (S'burn) 28:26; 6, D. Ward (Scot Vet) 28:50; 7, D. McGarity (SV) 28:55; 8, D. Martin (Irv) 29:21; 9, C. White (Ayr) 29:44; 10, J. Gourley (Law) 29:44.
O/45: D. Martin (Irv) 30:11; O/50: D. Campbell (Ayr S) 29:53; O/55: W. Spark (Troon) 31:06; O/60: T. O'Reilly (S'burn) 34:08; O/65: R. Donald (Garsc) 40:17; O/75: G. Porteous (Mary) 40:17.
Wom: 1, J. Byng (Irv) 31:31; 2, S. White (Ayr)

S) 31:49; 3, K. Geddes (Kilb) 37:33.

14

Camperdown Park RR, Dundee

Sen 6 miles: 1, M. Strachan (Dun) 30:29; 2, C. Haskett (Dun) 30:40; 3, B. Patterson (Dun) 31:01; 4, B. Cook (Dun) 31:11; 5, I. Campbell (Dun) 31:17; 6, J. Castle (Unatt) 31:20; 7, R. Bell (Dun) 31:24; 8, H. McKay (Fife) 31:34; 9, G. Bennett (Dun) 31:48; 10, E. Holmes (Dun) 32:04; 11, P. Fox (Dun) 32:24; 12, C. Goodall (Dun) 32:37; 13, L. Boston J1 (Unatt) 32:54; 14, D. Adam (unatt) 32:55; 15, D. Sullivan (Dun) 33:00; 16, D. Hamilton M40 (Dun) 33:04; 17, G. Mitchell (Dun) 33:12; 18, A. Munro (Dun) 33:14; 19, T. Wilkinson (Unatt) 33:19; 20, A. Cassidy (Fife) 33:25; Vets: 2, G. Hamilton M40 (Dun) 33:39; 3, D. Gunstone M45 (Fife) 34:17; VO/50 D. MacGregor (Fife) 34:22.
Youths: S. Monaghan (Dun) 15:59; Team: Dund H.
Sen Boys: 1, G. Tosh (Tay) 12:43; 2, C. Nicol (Tay) 13:05; 3, M. Ross (Dun) 12:47; Team: TAAC.
Jun Boys: 1, S. Berry (Fife) 10:37; 2, S. Piggott (Per) 10:47; 3, S. Maloney (Dun) 11:10; Team: DH.
Colts: 1, A. McDonald (Per) 3:38; 2, M. McDonald (Dun) 3:41; 3, I. Menzies (Per) 3:43; Team: PS.
Wom 3 miles: 1, M. Robertson W45 (DRR) 17:53; 2, J. Robertson (PRR) 18:12; 3, K. MacGregor W35 (Fife) 18:31; 4, G. Hanlon W35 (Dun) 18:59; 5, E. McLean (Unatt) 19:42; 6, B. Oliver W35 (Dun) 19:50; 7, A. Strachan W35 (DRR) 20:06; 8, L. Silver Jun (Dun) 20:18; 9, M. Varnet (Dun) 20:34; 10, M. Renet (Unatt) 20:52; Vets: L. Milne W35 (DRR) 21:10; L. Reachey W35 (Fife) 21:44.
Inter: 1, L. Provan (Dun) 10:54; 2, C. Peacock (Dun) 21:37; 3, S. Young (Dun) 21:42; Team: DH.
Girls: 1, J. Learmouth (Dun) 11:22; 2, D. Kay (Dun) 11:34; 3, K. Stevenson (Dun) 11:49; Team: DH.
Minor Girls: 1, S. McCarron (Dun) 11:47; 2, L. Wilkie (Dun) 12:31; 3, F. Kelly (Dun) 12:32; Team: DH.
Mini Minors: 1, I. McIntyre (Dun) 3:38; 2, S. Scott (Dun) 3:43; 3, J. Millar (Dun) 3:45; Team: DH.

14

Falkirk District Council "Round the Houses" RR, Gargemouth

Sen 10000: 1, B. Kirkwood M40 (RC) 29:24; 2, I. Brown (Racing C) 29:26; 3, D. Ross (Racing C) 29:29.
Juniors: 1, C. Greenhalgh (VP) 31:24; 2, S. Taylor (Pit) 31:50; 3, M. Kelso (Pit) 33:18; Vets: 1, D. McAra (FVH) 31:31; 2, C. McDougall (Cam) 31:33; 3, A. Stirling (BRG) 32:42; 1, W. Scally (Shett) 34:27; 2, J. Adair (Liv) 35:56; VO/60 1, W. Marshall (Camb) 35:16; Teams: 1, RCE 6pt; 2, FVH 25.
Youth 6000: 1, T. Winters (EAC) 17:24; 2, D. Roache (Cly) 18:04; 3, A. Milligan (Carnegie) 18:22; Team: Law 33.
Senior Boys 3,300: 1, S. Lambie (W'bur) 10:40; 2, P. Dennis (Hel) 10:52; 3, A. Thompson (Inv) 11:00; Team: 1, FVH 31pt; 2, Law AC 46.
Junior Boys 2700: 1, A. Sandilands (Shouse) 9:05; 2, G. Couper (FVH) 9:15; 3, A. Morgan (Air) 9:26; Teams: 1, CRAC 19pt; 2, Shouse AAC 20.
Colts 2100: 1, P. Daley (Shett) 7:57; 2, T. Daffurn (Air) 8:00; 3, D. Alejo (FVH) 8:05; Teams: 1, Aird 21pt; 2, FVH 22.

Women 10000: 1, J. Stevenson W40 (FVH) 36:02; 2, E. McKay (Shett) 36:10; 3, L. Barday (Pit) 39:15; Vets: 1, S. White W35 (Ayr) 39:18; 2, M. Murray W35 (BRR) 41:54; 3, M. Henderson W35 (St'earn) 42:13; W40 S. Blair (Polm) 44:15; W45 E. Milb (Cam) 53:14; Teams: 1, Cam 32pt; 2, FVH 53.
Intermediates 5000: 1, L. Moodie (Gla) 12:40; 2, S. Knox (Gla) 18:22; 3, C. McCarron (Strath) 19:31; Team: COG 8pt.
Girls 3300: 1, S. Fairweather (Gla) 12:40; 2, I. Knox (T'dale) 13:02; 3, M. Hastie (Str) 13:05; Teams: 1, CoG 20pt; 2, Law 22.
Minor Girls 2700: 1, A. Hood (EAC) 9:51; 2, L. Harrison (EAC) 9:54; 3, L. Gauld (EAC) 10:19; Teams: 1, EAC 6pt; 2, FVH 45.
Mini Minors 2100: 1, C. Couper (FVP) 8:12; 2, L. Crawford (FVH) 8:25; 3, M. Eadie (Aird) 8:30; Teams: 1, FVH 8pt; 2, Air 28.

20

Spango Valley Cunningham Cup 5.5 mile RR, Greenock

1, T. McCallion 27:51; 2, E. McKee 27:58; 3, C. Spence M40 28:02; 4, S. Hodge 29:10; 5, S. Dalgleish 29:17; 6, J. Gallagher M40 29:25; V3 D. McGarity M40 32:12.
Women: 1, M. Blaikie 33:28; 2, C. Gibson 35:32; 3, K. Docherty W40 40:42.

21

Aberdeen Uni Beach Road Relays

Men (3x2.5 miles, 2x4 miles): 1, HBT 66:10 (R Herries); S. Wright 20:26; D. Ball 13:04; S. Axon 20:12; 2, Ed Uni 67:07 (R Sutherland 12:20; P. Bovill 21:33; S. Burch 2:27; T. Hely 20:47); 3, Metro 67:51 (R Taylor 12:32; P. Jennings 21:50; S. Forbes 13:11; B. Moroney 20:18); 4, Ab 70:21 (G Riddell 13:17; S. Wynn 21:58; D. Duguid 13:30; S. Cassells 21:36); 5, HBT B' 72:43 (T. Cheyne 14:54; M. Thomas 21:56; B. Follows 13:37; P. Foy 22:16).
Fast Times: Long leg: Axon 20:12; Moroney 20:18; Wright 20:26; Short leg: Sutherland 12:20; Sharkey 12:25; Burch 12:27.
Wom (2x2.5 miles, 1x4 miles): 1, Ab (D. Kilner 14:57; S. Lanham 24:33; M. Stanford 16:47); 2, Ab Uni 62:07 (T. Brindley 15:14; M. Larsson 29:56; N. MacKinnon 16:57); 3, Kings Tri Club 74:53 (M. Lim 20:26; J. Greenlee 34:28; S. Edwards 19:59).
Fast Times: Long leg: Kilner 14:57; Brindley 15:14; Stafford 16:47; McKinnon 16:57; Edwards 19:59; Lim 20:26; Sort leg: Lanham 24:33; Larsson 29:59; Greenlee 34:28.

Dumbarton AAA 12.5 mile Road Race, Balloch to Clydebank

1, C. Thomson (Cam) 61:39; 2, I. Brown (RCE) 61:51; 3, I. Murphy (Cly) 62:52; 4, M. Coyne (RCE) 63:21; 5, A. McAngus (Kil) 63:33; 6, W. McTaggart (Cam) 63:45; 7, J. Brown (Cam) 65:24; 8, G. Fairley (Kilb) 66:03; 9, D. Cameron (Shett) 66:19; 10, A. McLinden M40 (Ham) 66:29; 11, J. McLaughlin (Gars) 66:37; 12, A. Chalmers (S'burn) 66:39; 13, M. Gallagher (Moray) 67:37; 14, B. McGuinness (Dum) 67:39; 15, C. Martin M45 (Dum) 67:42; 16, P. Walsh (Dum) 67:48; 17, A. McDonald (Kirk) 67:55; 18, R. Young M45 (Cly) 68:20; 19, J. Hanratty (M40) (Cly) 68:22; 20, H. Watson M45 (Cly) 68:49; 21, S. Green (VP) 69:02; 22, C. Joss (Bel) 69:09; 23, D. Mewse (M40) (Kil) 69:13; 24, T. McArra (Unatt) 69:21; 25, L. Campbell (Gla) 69:26; FURTHER VETERANS: A. Nicol M40 (VP) 70:19; C. Northam M40 (Liv) 70:23; R. Hurt M40 (Mil) 70:55; W. Christie M40 (Dum) 71:14; Teams: 1, Cambus14pt; 2, Kilbar 36pt; 3, Clyde 40pt; 4, Dumb 45pt.

March

2

FMC Carnegie Harriers Evening 5.2 mile RR, Dunfermline

1, R. Milton 26:50; 2, A. Milligan (7) 27:42; 3, B. McDonald 27:45; 4, I. McDonald 28:28; 5, I. Lawson 28:50; 6, I. Taylor 29:19. V1 J. McKechnie 33:07; Women: 1, K. Buchanan 33:07; 2, S. Legge 37:29; 3, S. Welsh 41:21; 4, M. Williams 41:45; 5, P. Walker 41:47; 6, F. Rennie 41:48.

6

Dunfermline 50K Road Race

1, R. Davidson (DRR) 3:14.35; 2, A. Stirling

Scotland's RUNNER

M40 (Bo'ness) 3:14.59; 3, M. McHale M40 (Car) 3:17.02; 4, M. Francis (Mor) 3:17.51; 5, A. Farquharson (Inv) 3:21.07; 6, M. McCulloch (For) 3:25.03; 7, N. MacGregor M40 (Shett) 3:28.08; 8, A. Young M40 (Arb) 3:35.40; 9, A. Russell (Pit) 3:36.05; 10, J. Watson M40 (Living) 3:36.43; Team: Pit 39pt.
Women: 1, E. Robinson W35 (NE Lets) 3:37.18; 2, T. Thomson (Pit) 3:46.54 (Scott Rec); 3, I. Clark W35 (Arb) 4:39.54; 4, K. Dodson W35 (Law) 4:49.23; 5, A. Mills (Car) 5:00.48.

Cupar 6 Mile RR

1, A. Hutton (ESH) 27:59; 2, T. Mitchell (Fife) 28:24; 3, M. Strachan (Dun) 28:52; 4, D. Knight (Per) 29:35; 5, E. McColgan (Dun) 29:38; 6, R. Bell (Dun) 29:45; 7, D. McArra M40 (FVH) 29:50; 8, R. Fleming (Car) 29:57; 9, H. MacKay (Fife) 30:02; 10, F. Harper (FBH) 30:07; 11, I. Douglas (Car) 30:16; 12, W. Grieve (FVH) 30:21; 13, P. McColgan (Dun) 30:27; 14, D. Bell (HBT) 30:28; 15, S. Ross (Fife) 30:41; 16, R. Cook (Dun) 30:43; 17, R. Thompson (ESH) 30:55; 18, D. Garner (ESH) 30:58; 19, W. Hutchinson (M40) (Unatt) 30:58; 20, S. Taylor (JUN) (Pit) 31:03; 21, B. Howie M40 (ESH) 31:08; 22, J. Cunningham (Fife) 31:10; 23, C. Goodall (Dund) 31:15; 24, K. Harkness (Fife) 31:23; 25, D. Law (Corst) 31:25; 26, D. MacGregor M50 (Fife) 31:26; 27, D. Gillespie (FVH) 31:29; 28, A. Cassidy (Fife) 31:39; 29, D. Hamilton M40 (Dund) 31:33; 30, G. McIntyre (Fife) 31:39; Further Juns: 2, S. Watson (Mon) 32:05; 3, P. Gregoire (SA Uni) 33:07.
Further Vets: M45 J. Holden (Fife) 32:13; M50 D. MacGregor (Fife) 31:26; M60 E. Hartley (Unatt) 44:34.
Teams: 1, DH 14pt; 2, Fife 26; 3, FV 29; 4, ES 36.

Women: 1, E. McColgan (Dun) 29:38 (rec); 2, F. Lothian (Unatt) 34:03; 3, M. Robertson W45 (DRR) 35:21; 4, H. Kjeldsen (Liv) 35:37; 5, K. MacGregor W35 (Fife) 36:50; 6, M. McLaren (Fife) 37:00; 7, J. Brosman (Liv) 37:14; 8, P. Lemmoncello W45 (Fife) 38:46; 9, A. Strachan W40 (DRR) 39:17; 10, E. McLean (Unatt) 40:16; Teams: 1, Fife 34pt; 2, Liv & Dist 360; 3, DRR 397.

Dumbarton AAA 12.5 mile Road Race, Balloch to Clydebank

1, C. Thomson (Cam) 61:39; 2, I. Brown (RCE) 61:51; 3, I. Murphy (Cly) 62:52; 4, M. Coyne (RCE) 63:21; 5, A. McAngus (Kil) 63:33; 6, W. McTaggart (Cam) 63:45; 7, J. Brown (Cam) 65:24; 8, G. Fairley (Kilb) 66:03; 9, D. Cameron (Shett) 66:19; 10, A. McLinden M40 (Ham) 66:29; 11, J. McLaughlin (Gars) 66:37; 12, A. Chalmers (S'burn) 66:39; 13, M. Gallagher (Moray) 67:37; 14, B. McGuinness (Dum) 67:39; 15, C. Martin M45 (Dum) 67:42; 16, P. Walsh (Dum) 67:48; 17, A. McDonald (Kirk) 67:55; 18, R. Young M45 (Cly) 68:20; 19, J. Hanratty (M40) (Cly) 68:22; 20, H. Watson M45 (Cly) 68:49; 21, S. Green (VP) 69:02; 22, C. Joss (Bel) 69:09; 23, D. Mewse (M40) (Kil) 69:13; 24, T. McArra (Unatt) 69:21; 25, L. Campbell (Gla) 69:26; FURTHER VETERANS: A. Nicol M40 (VP) 70:19; C. Northam M40 (Liv) 70:23; R. Hurt M40 (Mil) 70:55; W. Christie M40 (Dum) 71:14; Teams: 1, Cambus14pt; 2, Kilbar 36pt; 3, Clyde 40pt; 4, Dumb 45pt.

WOMEN: 1, C Reid (G'nock) 77-24; 2, J Harvey (Gla) 77-48; 3, C Menhenriott W35 (Cly) 80-31; 4, A Richards W40 (Gre) 90-02; 5, C Murray (Kilb) 92-24; 6, D Muir (Kilb) 99-06

7

Nairn Investments 10K RR (inc inaugural SAF North Dist Champs) Nairn -

1, A Reid (Pet) 31-19; 2, J Bowman (Inv) 31-43; 3, C Law (Car) 32-04; 4, M Flynn (Mor) 32-14; 5, S Ogg (Car) 32-19; 6, A Murchison (Inv) 32-33; 7, R Milton (Car) 32-39; 8, P Mathieson (For) 32-48; 9, D Armour (Car) 32-58; 10, E Grant (Mor) 33-12; 11, I Stewart (Car) 33-32; 12, D McDermid (Inv) 33-35; 13, P Morrison (Car) 33-45; 14, A Farquarson (Inv) 33-48; 15, D Cruikshanks (Pet) 33-51; 16, M Kelso Jun (Cam) 33-52; 17, D Cowie M40 (Forres) 33-53; 18, M Thomas (HBT) 33-57; 19, A Smith (Forres) 34-02; 20, A Neaves M40 (Metro) 34-25.
Other Vets: G Milne (Moray) M40 34-31; G Fraser (Innes) M50 37-35. Team: 1, FMC Carr 24pt; 2, Inver 34pt; 3, For 27pt.
Women: 1, L Bain (Ab) 37-38; 2, P Wheeler (Mor) 40-54; 3, A Smart (Inv) 40-59; 4, R Mackay (Un) 42-29; 5, L Davidson (Ab) 42-38. Vets: S Bennett W35 (Met) 42-40; W45 L Ness (Un) 48-02. Team: 1, MRR.

Lasswade AC 10 mile RR, Bonnyrigg -

1, A Robson (RCE) 52-28 (rec); 2, T Hanlon (RCE) 52-42; 3, K Smith (RCE) 52-58; 4, C Smith M40 (EAC) 54-54; 5, R Stone M40 (HELP) 55-38; 6, R Jardine (Bo) 56-42; 7, D Hart (FVH) 57-26; 8, D Fazackley (FVH) 58-54; 9, M Castle (Unatt) 58-57; 10, R Mair (Unatt) 59-34. Further Vets: 3, L Kay M40 (EAC) 61-18; 4, R Harris M40 (HELP) 61-36; 5, A Dow M40 (61-47; 6, J Mair M40 (Cam) 64-06.
Women: 1, J Stevenson W45 (FVH) 60-10; 2, K Meikle (Liv) 65-24; 3, D McDonald (Las) 69-53.
Teams: 1, EAC 48pt; 2, Had 70.

13

Sri Chinmoy Place 5K RR, Edinburgh -

1, G Crawford (FVH) 15-30; 2, M McQuaid (FVH) 15-42; 3, M Turner (RCE) 15-49; 4, D Graham (Un) 15-50; 5, J Jarvis (HBT) 15-50; 6, R Thompson (ESH) 16-16; 7, A Robertson (ESH) 16-26; 8, A Kitchin (Liv) 16-27; 9, A Kinghorn (EAC) 16-36; 10, A Milligan (Car) 16-42. Vet: W Murray (Por) M50 19-50. Wom: 1, D McDonald (Las) 20-27; 2, L McGibbon (EAC) 22-06; 3, C Jackson (EWM) 22-54; 4, J Turner (Un) 23-14; 5, M Den-Boer (Un) 23-15.

Clydesdale H 5.5 mile RR, Clydebank -

1, S Wylie (Cam) 26-05; 2, A Hutton (ESH) 26-08; 3, B Kirkwood M40 (RCE) 26-20; 4, C Thomson (Cam) 26-31; 5, A Callan (S'burn) 26-38; 6, A Puckin (GG) 26-43; 7, A Robson (RCE) 27-02; 8, D Ross (RCE) 27-17; 9, W McTaggart (Cam) 27-19; 10, A McAngus (Kil) 27-25; 11, M Gormley (Cam) 27-38; 12, W Richardson (Inv) 27-38; 13, S Hodge (SV) 28-09; 14, T Hearle (Kil) 28-13; 15, T Gillespie (S'burn) 28-15; 16, A Douglas (VP) 28-35; 17, V McPherson L1 (GU) 28-42; 18, A McIndoe (S'burn) 28-48; 19, S Dalgleish (SV) 29-26; 20, J McLaughlin (Gar) 29-11; 21, D Williamson (Bel) 29-12; 22, J Gallacher M40; 23, G Clarke (SV) 29-14; 24, T Anderson (Kil) 29-15; 25, M Mc Williams

(EK 29-16; 26, K Laing (S'burn) 29-19; 27, B Howie M40 (ESH) 29-30; 28, B Craig (Inv) 29-31; 29, J Bell (S'burn) 29-36; 30, A Nicol M40 (VP) 29-37. M50: 1, J Gormley (Bel) 32-26; 2, P Kearney (Mor) 33-50; 3, J Haldane (Moray) 35-12. M60: 1, P Tonner (Bella) 37-45; 11, R Gallacher (Cly) 31-30; 2, J Nicoll (She) 32-13. Teams: 1, Cam 14pt; 2, RCE 18pt; 3, Kilb 48; 4, Spr 59.

14

Inverness Peoples Half Marathon -

1, P Fleming (RCE) 64-32 (rec); 2, A Reid (Pet) 68-22; 3, J McKay (Shet) 68-51; 4, M Ferguson (EAC) 69-01; 5, J Brown (Cam) 69-23; 6, E Grant (Mor) 71-04; 7, R Fleming (Car) 71-24; 8, S Forbes (Met) 71-34; 9, R Milton (Car) 71-55; 10, P Simpson (Car) 71-59; 11, W Hutchison (M40 Carnegie) 72-00; 12, G Laing (Inv) 72-14; 13, R Mardie (Mor) 72-39; 14, P Walsh (Dum) 72-46; 15, P Jennings (Met) 72-57; 16, I Stewart (Car) 73-06; 17, P Smith (For) 73-09; 18, R Davidson (Mor) 73-13; 19, C Smith (Un) 73-30; 20, A Farquarson (Inv) 73-46. Teams: 1, FMCC 26pt; 2, MRR 54pt; 3, For 65pt; 4, Inv 77pt. Wom: 1, E McKay (Shet) 79-22; 2, G Pollard (FFT) 79-59; 3, M Robertson W40 (DHR) 83-30; 4, M Adamson W35 (Inv) 84-35. Wom: 1, V McPherson (GU) 28-42; 2, L McIntyre (Gla) 30-30; 3, S Kennedy (Jun) (VP) 33-35; 4, C Gibson (SV) 34-41; 5, J Stewart (Gla) 35-32; 6, E Scott (Wlan) 37-07; 7, M Thomas (Wlan) 37-48; 8, S Irvine (G'nock) 37-54; 9, M Scott (Wlands) 38-15; 10, M Gemmell (Forth) 38-54.

Glenpark Harriers Singlehurst Shield 5 miles RR, Greenock -

1, H Cox 24-30; 2, W Jenkins 24-47; 3, J Bennett 25-15; 4, J McFadyen 25-25; 5, P Duffy 26-00; 6, P Russell 26-07; 7, H Fennion 26-29; 8, W Jukes M40 26-35; 9, G McGratton 26-54; 10, R McDonald 27-11; Further vets: 2, H Gibson M40 32-34; 3, T Knight M45 33-35; Women: J Smith W35 35-41. Club Champs: 1, J Bennett 35pt; 2, W Jenkins 32pt; 3, W Jukes 18pt.

Kilbrachan AC David Cummings 7 mile Road Race, Glasgow -

1, T Anderson 38-06; 2, I McDougall 38-52; 3, S Ross 43-02; 4, W Geddes M40 43-25; H'cap: D Parker; Women: 1, S Kennedy 55-39; 2, M Moore W50 57-38.

20

Maryhill Harriers "Nigel Barge" 4 mile Road Race, Glasgow -

1, D Ross (RCE) 25-55; (rec); 2, B Kirkwood V40 (RCE) 25-50; 3, P Fleming (RCE) 26-05; 4, A Callan (S'burn) 26-10; 5, F McGowan (RCE) 26-12; 6, C Thomson (Cam) 26-15; 7, G Grindlay (FVH) 26-37; 8, S Birnis (FVH) 26-37; 9, A Robson (RCE) 26-42; 10, A Chalmers (S'burn) 26-57; 11, A Douglas (VP) 28-13; 12, D Williamson (Bel) 28-40; 13, A McBeth (SU) 28-54; 14, J Hoy (S'burn) 29-01; 15, C Joss (Bel) 29-03; 16, G Bell (Bel) 29-04; 17, J McColl (Shet) 29-17; 18, L Campbell (GU) 29-18; 19, I Burke V40 (Bel) 29-22; 20, R Hurt V40 (Ml) 29-28; 21, R McIntyre (Gar) 29-36; 22, A Gallacher (Mar) 29-58; 23, J Doyle (VP) 30-12; 14, R Kirk (Shet) 30-31; 25, D Brines (Renf) 30-48.
Veterans: 4, A Cameron V40 (West) 31-20; 5, R Stevenson V45 (Mary) 31-23; 6, D Blackie V45 (West) 32-10.

Teams: 1, RCE 6pt; 2, S'burn 28; 3, Bella 43.

Women: 1, B O'Neil (Grf) 33-18; 2, J Thomson (Gla) 34-02; 3, J Byng V45 (Inv) 34-32; 4, A Richards V40 (Glf) 38-04; 5, E Clare (Hel) 42-36; 6, L Cochrane (Unatt) 42-57.

21

Scottish Veterans 8 stage 40 mile Road Relay Race, Torrance -

1, PV 3-31.01 (A Stirling 29-11; S Easton 23-18; J Dingwall 29-22; W Sharp 24-51; D McAra 26-15; P Cartwright 22-58; D McKenzie 29-12; B Broton 23-56); 2, Cambus 3-32.46 (F Hurley 29-09; T McPake 23-47; D Fairweather 31-38; I Gordon 23-29; C McDougall 28-09; T Dolan 23-29; R McCleary 29-49; B Gough 23-16); 3, Ab 3-38.03 (F Duguid 31-09; E Rennie 24-04; E Butler 31-02; K Walker 24-28; C Yougson 28-17; D Grubb 23-88; J Ballantine 31-25; R McFarquhar 24-00); 4, DH 3-39.11; 5, Fife 3-40.23; 6, Liv 3-41.36; 7, Cambus 3-45.00; 8, J W Kilmarnock 3-45.12; 9, Hadd 3-47.49; 10, VP 3-48.40; 11, DR 3-51.09; 12, S'burn 3-51.51.
Fastest Stages: Stage 1, A Jenkins (HBT) 28-27; 2, L Davidson (Liv) 23-15; 3, I Moncur (Dun) 29-21; 4, J Holden (Fife) 22-59; 5, G McDougall (Cam) 28-09; 6, P Cartwright (FVH) 22-56; 7, D McKenzie (FVH) 29-12; 8, B Gough (Cam) 23-16.

Lochaber Glen Nevis 10 mile RR, Fort William -

1, J Cooper (S'burn) 52-46; 2, A Murchison (Inv) 53-43; 3, P Laing (S'burn) 55-24; 4, J Hepburn (Loch) 55-28; 5, R Boswell V40 (Loch) 56-17; 6, B Devoy (Un) 56-47. Vets: 2, G Mitchell V50 (Inv) 57-14; 3, W Brooks V40 (Loch) 59-00. Wom: 1, T Thomson (Pit) 64-22; 2, J Armstrong V35 (GN) 67-19; 3, H Searle (Loch) 67-38.

February

14

Criffell Micro 7 miles Hill Race, New Abbey -
(First race in Scotland and British Hill racing Championship)
1, M Croasdale (L&M) 47-34 (rec); 2, A Peace (Bin) 47-42; 3, S Hawkins (Bin) 48-37; 4, J Parker (Kil) 48-55; 5, G Black (Bo) 48-57; 6, M Kinch (War) 48-57; 7, S Livesey (Unat) 49-10; 8, J Brooks (Loch) 49-32; 9, C Roberts (H) 50-00; 10, A Trigg (Glo) 50-05; Team: 1, Bindley 28.
Wom: 1, C Croft (DPFR) 60-59; 2, M Todd (Edin Un) 61-18; 3, C Creasley W35 (Macc) 62-15.

February

7

El-Brin-ick Dash 3 mile Hill Race, South Kirkhill, Aberdeen -

1, H Iguines (Liv) 20-23; 2, W Moir (Unatt) 21-23; 3, E Rennie M40 (A'deer) 22-22; 4, P Kammer (Ab) 22-38; 5, B Lawne M40 (Ab) 22-59; 6, G Milne M40 (Ab) 23-07; 7, D Leiper (Ab) 23-41; 8, I Toffile M40 (Ab) 24-32; 9, A Fulton M40 (Ab) 25-52.
Youths: 1, G Smith (Ab) 23-22; 2, K Dimes (Ab) 25-34; 3, D MacLeod (Ab) 26-12.
Women: S Armitage (Ab) 26-03 (rec).

13

Carnethy Five HR, Penicuik -

1, N Wilkinson (Cam) 48-47; 2, J Wilkinson (Gai) 50-02; 3, D McGorrigle (Shet) 50-12; 4, J Musgrave (Ab) 50-26; 5, P Fettes (GU) 51-04; 6, D Grove (Shet) 51-13; 7, A Schofield (Bar) 51-13; 8, R

Jameson (A'sid) 51-28; 9, R Lee (Liv) 52-05; 10, A Ward (EAC) 52-08; 11, A Cory-Wright (DP) 52-14; 12, J Thin (Car) 52-36; 13, M Fleming (A'sid) 52-46; 14, P Bovill (EU) 53-30; 15, I Murphy (Cly) 53-35; 16, R Hamilton (ILK) 53-40; 17, H Lorimer (HBT) 53-59; 18, D Bell M40 (HELP) 54-27; 19, A Spenceley (Car) 54-28; 20, S Hicks (A'side) 54-31.

Veterans: 2, J Shields (Cly) 55-52; 3, E Harwood (HHR) 56-40; 4, W Knox (Tev) 57-00; 5, J Knox (Tev) 57-43; 6, B Howie (ESH) 58-38; 7, C Shaw (Wlands) 58-48; 8, E Parker (A'side) 58-53.

Teams: 1, AAC 41pt; 2, CHR 75.

Women: 1, H Diamantides (A'side) 61-56; 2, C Menhenriott (Cly) 63-20; 3, C Whalley (Liv) 65-38; 4, K Hogg W35 (Pen) 66-17; 5, J Ramsden (Kes) 66-55; 6, L Hope (Loch) 67-22; 7, J Salovna (Liv) 67-27; 8, L Eades (Liv) 67-37; 9, S Young (WP) 69-05; 10, H Peel (Liv) 69-33; Teams: 1, L&D 18pt; 2, Amber.

March

7

Bishop Hill 1.5 mile HR, Scot-landwell, Fife -

1, J Brooks (Loch) 15-51; (rec); 2, D Rodgers (Loch) 16-09; 3, N Martin (Lom) 16-16; 4, P Hughes (Loch) 17-14; 5, A Davis (Fife) 17-24; 6, S Iguines (Liv) 17-27; 7, M James (Cam) 17-42; 8, J Hampshire (HBT) 17-49; 9, S Bennett (West) 17-55; 10, S Burns (Loch) 17-58; 11, D Shiel (Cam) 18-00; 12, J Gallacher (Och) 18-03.

Vets: 1, R Morris M40 (Cam) 18-09; 2, C Shaw M40 (West) 18-53; 3, A Graham (LHR) 19-25; Team: 1, Loch 7pt; 2, CH 23.

Women: 1, J Laverack (A'side) 22-48; 2, J Smith (Ren) 23-41; 3, M Woodman (Car) 26-03; 4, J McLean (Unatt) 28-40.

EDINBURGH SOUTHERN HARRIERS

Open graded Athletics meetings
Meadowbank Sports Centre
Edinburgh from 6.45pm.
on Wednesday 9 June - 14 July - 11 August

THREE CLASSES: Senior/Junior

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Senior/Intermediate Women

Entry forms/timetable from:
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Entry Fee £4 Fun Run £1 Medals to all finishers Team event

SUNDAY 5TH SEPTEMBER 1993
RACE STARTS 1.00PM

Main Sponsor: Millford Motors, Oban.

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FAST SCENIC ROUTE
CHEQUE OR P.O. TO "O.A.A.C."

Chapelgill 1.5 mile 1400ft climb Hill Race, Broughton -

1, J Brooks (Loch) 20-51; 2, P Hughes (Loch) 20-54; 3, I Veltch (Gala) 21-38; 4, R Boswell V40 22-00.

Results compiled by COLIN SHIELDS

INVERCLYDE FESTIVAL OF RUNNING

SUNDAY 20TH JUNE, 1993

INVERCLYDE MARATHON 10.30am START

(Incorporating SAF, SVHC & SMC MARATHON CHAMPIONSHIPS)
Medals & T-shirts to all finishers

10KM ROAD RACE 11.00am START

T-shirts to all finishers

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FOR FURTHER INFORMATION AND ENTRY FORMS CONTACT: TOM TRACEY, SEC IAI, 'BEINN IME', 40 MERIND ROAD, GREENOCK, RENFREWSHIRE, PA15 4BY.

PLEASE ENCLOSE S.A.E.

ISLE OF SKYE HALF MARATHON

(Permit applied for)

Sponsored by



SATURDAY 12th JUNE 10.30 am

- Unique medal to all finishers •
- Extensive prize list, including spot prizes •
- Entry Fee £5.00 (Att) £5.50 (Unatt)
- Half Marathon open to all over 18 •

• 4.5 MILE FAMILY RUN •
(entry on the day)

assisted by



ENTRY FORM

FIRST NAME _____ SURNAME _____

ADDRESS _____

POST CODE _____ HOME PHONE _____

DATE OF BIRTH _____

AFFILIATED CLUB (if applicable) _____

ARE YOU A SKYE RESIDENT? YES ☐ NO ☐

ARE YOU ENTERING A TEAM? YES ☐ NO ☐

Team Name _____

HAVE YOU ENTERED THE HEBRIDEAN 3 RACE CHAMPS YES ☐ NO ☐

Do you wish to buy a designer t-shirt @ £5.50 34/36 ☐ 38/40 ☐ 42/44 ☐ 44+ ☐
I enclose a cheque/P.O. as my entry fee to the half marathon. Amount _____

(Cheques payable to Skye Week '93)

Please enter me for the Skye Week '93 Half Marathon. I am medically fit to run and understand that I enter at my own risk and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said event.

Signed _____

Your Registration Card and further information will be forwarded on receipt of this application form and entry fee.

CLOSING DATE for entries is 7th June 1993

WILLIE MCKINNON, SPORTS DEVELOPMENT OFFICER,
SKYE & LOCHALSH DISTRICT COUNCIL, PARK ROAD,
PORTREE, ISLE OF SKYE. IV51 9EP.

6

AIRDRIE HG, Airdrie.

DUNFERMLINE Half Marathon.
Pittencrieff Park, Dunfermline.
9.30am. D - 0383-723211.

FORTH Road Runners 10K RR.

IRVINE Valley Half Marathon.

SCOLTY HR, Banchory.

SCOTTISH & NW League (2) D1.
Dumfries; D2, Wishaw; D3, Coatbridge;
D4, East Kilbride; D5&6, Crownpoint.

GRAMP League (E), Phead: (N), Nairn.

9

CITY of Edinburgh OGM, Meadow-
bank. E Forms/Timetable from O.N.
Dickson, 4 Old Farm Place,
Edinburgh, EH13 0BA.

KILWINNING Acad 10K.

SRI Chinnoy 2 Miles, Meadows.

WIGTOWN GC OGM, Stranraer.

10

DUMBARTON Academy '500' 10K

Road Race, Dumbarton, at 7.30pm.
For entry form and further details
contact Mr Alex Stewart on 0389-
22222.

JSB Plumbing Forth Valley League D1,
Pithead, D2, Livingston.

12

BEARSDEN & Milngavie HG.

BENBECULA Marathon, Half, Fun Run.

BRECHIN 24 Hour RR.

GLEN Rosa Horseshoe, Brodick,
Arran. For entry forms and further
details, tel: 0770 2140/2401.

GLENGOYNE Gallop, Strathblane.

HAMILTON Dist Sports Festival.

ISLE of Skye Half Marathon, Portree.
10am. Unique medal to all finishers.
Closing date for entries - June 7.
D - 10" x 6" envelope to Willie Mc-
Kinnon, Sports Development Officer,
Skye & Lochalsh Dist Council, Park
Rd, Portree, Isle of Skye, IV51 9EP.

LOCHWINNOCH Open Races.

SSAA Pent & Relay Champs, Gmouh.

TRAPRAIN Law HR.

KIPPEN Hill Race, 5 mile Cross
Country Course. E on the day up to
11.30. Enquiries tel. 0786-870557.

13

HOY Half Marathon, Orkney.

AONACH Mhor HR.

BRECHIN 24 Hour Race.

KIRKCALDY Dist People's Half
Marathon & 10K, Beveridge Park,
Kirkcaldy. D - Fife College of Tech-
nology, St Bryceland Ave, Kirkcaldy.

MONKLANDS Festival 7 Mile RR.

ASDA Dyce Half Marathon.

BANK of Scotland WAL D1, Inverness;
D2, Dumfries; D3, Grangemouth; D4,
Coatbridge; D5, Livingston.

PANASONIC Scot. League (3) D1&2,
Meadowbank; D3, 4 & 5, Greenock.

14

LOCHMABEN Gala 5 mile FR.

15

BABCOCK Thorn Pithead OGM

16

EASTER Anguston Appeal 4 mile Race,
Aberdeen.

SRI Chinnoy 5K, Meadows.

17

PORTOBELLO Fun Run.

18

AULD Hoose Black Rock '5',
Kinghorn, Fife. 19.45 start; entry £2.
D - John on 0592-891247.

19

CRAGIE Road Race/Fun Run, Cowan
Park, Barrhead. E forms from Robert
McCulloch on 041-644-5078.

SSAA T&F Champs - Boys,
Grangemouth; Girls, Crownpoint.

SHETLAND Half Marathon, Lerwick.

U23 Home Countries International,
Whithaven.

To advertise your event in Scotland's
Runner, contact Heather Aftin on
041-332-5738.

CITY of GLASGOW WOMEN'S 10K

"Sunday 30th May 1993 at 10.00am"
HAVE YOU ENTERED?

Entry Forms Available From:

Parks and Recreation
COMMUNITY RECREATION SECTION
37 High Street
Glasgow G1 1LX

Or by calling our Hotline :
041-227 5991



Glasgow City Council Parks and Recreation, Director: Richard M. Connolly

THE MORAY MARATHON AND HALF MARATHON AND 10K.

SUNDAY 1ST AUGUST
(UNDER S.A.F. AND BARR RULES)

- RADIO CONTROLLED
SIMULTANEOUS START TO
ALL THREE RACES
- SCENIC RURAL AND COASTAL
ROUTE
- EXTENSIVE PRIZE LIST
- MEDALS TO ALL FINISHERS

FOR MORE DETAILS AND ENTRY FORM

CONTACT

THE ELGIN COMMUNITY CENTRE,
TRINITY ROAD, ELGIN,
MORAY IV30 1UE
TELEPHONE 0343 543736

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Promoted by Fife
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in association with Fife
AC & Kirkcaldy District
Council Fit for Life Festival

13TH JUNE 1993 - a
date for your diary,
one week earlier than
last year.

SAME COURSES
AND VENUE AS
LAST YEAR -
BEVERIDGE PARK
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TECHNOLOGY, ST.
BRYCE DALE AVE,
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Dunfermline District Council
presents

THE DUNFERMLINE HALF MARATHON OF 1993



Pittencrieff Park
Dunfermline
Sunday 6th June
9.30 am

Entries and Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211



Dunfermline
Building Society

- Are you going to be there?
- Entries £4.00 or £3.50 with this advert until 31st March!
- Don't Delay - Apply Today.

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of Road Races
GRADE 1



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SUNDAY 16th MAY 1993

HUGHES GLENROTHES Road Running Festival

SAF PERMITS

9.00 a.m. BIATHLON
10.25 a.m. 10K WHEELCHAIR RACE
10.30 a.m. HALF MARATHON
10.40 a.m. 10K ROAD RACE
10.45 a.m. 5K FUN RUN
11.00 a.m. JUNIOR FUN RUN



Glenrothes
Snooker
Club



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KINCARDINE & DEESIDE
DISTRICT COUNCIL

STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)
11.00 am

Sun 4th July 1993,
Main sponsors: Kincardine &
Deeside District Council

- Entry fee £5.50
- Medals and certificates to all finishers
- Free swim in Scotland's only out-
door 50m heated seawater
swimming pool

Entry forms, send S.A.E. to:
Race Administrator, Leisure &
Recreation Section, Kincardine &
Deeside District Council,
Viewmount, Stonehaven AB3 2DQ

Tel 0569 - 62001 Ext. 267

CLOSING DATE 19-6-93

Classified

ADVERTISEMENTS

To advertise please call
Heather Afrin on 041 - 332 5738 or
Fax on 041 - 332 9880.

EVENTS CONTINUED

St. Andrews Half Marathon & Fun Run

Sunday 2nd May
10.00am

* 6 x 2 mile Fun Run Relay
* £350 of Prizes

Prizes for Best Fancy Dress and Charity Raising
* Free T-shirt for 1st 100 finishers
* Medals for all 1/2 Marathon finishers
* Charities Fayre.
* Cheapest bar in St. Andrews
* Fun for all the family
This event is in aid of the Anthony
Nolan Bone Marrow Trust
Held under SAAA, RRA & SWAAA rules

KIPPEN HILL RACE SATURDAY 12TH JUNE '93

12 NOON START FROM
KIPPEN TENNIS CLUB
5 MILE CROSS COUNTRY COURSE
ENTRIES ON THE DAY UP TO 11.30
ENQUIRIES TO A. DENNY
TEL 0786 870557
(Kippen is off the A811, 10 miles from Stirling)

MID ARGYLL HALF MARATHON AND FUN RUN 2PM LOCHGILPHEAD

Bill McCallum, 38 Fernoch
Park Lochgilphead, Argyll -
0546 602664.

JUNE 5.
SHOTT'S HIGHLAND GAMES,
INCORPORATING 10 MILE
ROAD RACE. MALE, FEMALE.
VETS AND TEAM PRIZES.
AWARDS TO ALL FINISHERS.
TEL: D. 0555 - 750051
E. 0501 820493

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Braemar to Aviemore 28 miles
through the Cairngorms. Entrants
should be cross-country fit and
with marathon potential inside 4
hours.

Details: Tel: (077982) 275
or Fax: (0779) 72674

BARRHEAD GALA DAY CRAIGIE ROAD RACE/FUN RUN

SATURDAY 19th JUNE at 2.30 p.m.
SAF PERMIT EXTENSIVE PRIZE LIST
A tough course covering 5.5
scenic miles from the Cowan Park
Barrhead, towards the Craigie Hill,
and back down to the Park.
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ROBERT McCULLOCH
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HALF
MARATHON
AND FUN RUN
SUN 27TH JUNE
STARTS 10.45AM
SEATON PARK
ENTRY £5.00
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FORMS & DETAILS:
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Birmingham, B18 6RX Tel: 021 236 7742. Fax: 021 236 0624. Telex: 336991

Name.....
Address.....
Postcode.....

SALE TIME SALE

1. Mizuno GTS Racer, sizes UK 6, 6½, 7, 7½, 8, 8½, usual £49.95, sale £30.00.
2. Reebok Pyro UK sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12, £44.95, sale £39.95.
3. Etonic Stable Speed UK sizes 10½, 11, 12, usual £39.95, sale £25.00.
4. Etonic Streetfighter, UK sizes 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12, usual £49.95, sale £39.95.
5. Etonic Stable Air NR UK sizes 6, 6½, 7, 8, 8½, 10, 10½, usual £54.95, sale £39.95.
6. Saucony Lady Omni, UK sizes 5½, 6, 7, 8, usual £54.95, sale £20.00.
7. Adidas Lady Tech Super, UK sizes 5, 5½, 6, 7, 8, usual £39.95, sale £19.95.
8. Brooks Phenon UK sizes 9, 10½, usual £35.95, sale £20.00.
9. Reebok Rapide, UK size 12 only, usual £27.95, sale £10.00 or 2prs £18.00.
10. Brooks Outrage, UK sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 12, usual £39.95, sale £25.00.
11. Asics LD Racer, UK sizes 4, 4½, 6½, 7, 7½, 8, 8½, 9, 9½, 10½, 12, usual £69.95, sale £39.95.
12. Mizuno HST Stable, UK sizes 6½, 7, 7½, 8, 8½, 9, 9½, 10½, 11, 11½, 12, £74.95, sale £44.95.
13. Saucony Lady Jazz 2000, UK sizes 3½, 4½, 6, 6½, 9½, usual £59.95, sale £29.95.
14. Etonic Lady Stable Road, UK sizes 4, 4½, 6, 7½, usual £49.99, sale £25.00.
15. Mizuno Sky Road Racing Shoes, UK sizes 3, 3½, 6, 8½, 9, 10, usual £49.95, sale £30.00.
16. Avia 2050 UK sizes 6½, 7½, 8, 8½, 9, 9½, 10½, 11, 12, usual £54.95, sale £39.95.
17. Avia 2070 UK sizes 6, 7, 7½, 8, 8½, 9, 9½, 10½, 11, usual £69.95, sale £39.95.
18. Avia W910 Ladies, UK sizes 6, 8, usual £26.95, sale £15.00.
19. Reebok Ladies Concorde, UK sizes 7½, 9, 10, usual £69.95, sale £45.00.
20. Brooks Two Colour Lycra Tights, colour jade/yellow size L only, usual £18.95, sale £8.00, 2 prs £15.00 or 4 prs £20.00.
21. Bourne Sports Shell Trousers, colour black or navy, sizes 30/32" or 34/36" £21.95, sale £14.95.
22. Daley Thompson Athletic Vest with exclusive printed panel across chest, colour white/navy/red, sizes XS, S, M, L, XL, usual £13.99, sale £5.00.



31. Hi Tec Bullet Sweatshirt, black sizes S, M, L, XL, usual £19.99, sale £14.95.
32. Hi Tec Stride Sweatshirt, colour grey, sizes S, M, L, XL, usual £19.99, sale £16.00.
33. Hi Tec Endurance T-shirt, white sizes S, M, L, XL, usual £12.95, sale £8.00.
34. Hi Tec Endurance T-shirt black, sizes S, M, L, XL, usual £12.95, sale £8.00.
35. Hi Tec Speed Hooded Sweatshirts, colours black or grey, S, M, L, XL, usual £23.95, sale £18.00.
36. Hi Tec Lightning Showerproof Shell Suit, colour black/peal/capri/yellow sizes S, M, L, XL, usual £49.95, sale £29.95.
37. Hi Tec Lightning Showerproof Shell Suit, colour cerise/purple/peal/capri, sizes S, M, L, XL, usual £49.95, sale £29.95.
38. Hi Tec Motion Dynamics Back Pack, orange/green size 14" high x 11" wide, usual £14.99, sale £8.00.
39. Hi Tec Bum Bag Motion Dynamics usual £7.95, sale £3.95.
38. Tinley Tactel Shorts—with inner brief, sizes S(30"), M(32/34"), L(34/36"), XL(38"), quote number plus letter when ordering, usual £14.95, sale £9.95.
23. Daley Thompson Shorts, lightweight with inner brief, colour navy with red/white trim, sizes XS, S, M, L, XL, usual £15.99, sale £5.
24. Nike Cram Crew Sweatshirts, Lboys, Mboys, usual £18.95, sale £5.00, 2 for £8. XS, S, M, usual £21.50, sale £6. or 2 for £10.
25. Poliso Techni Cross Training Socks, only sizes 4-7 or 11+ usual £5.95, sale £3.00 or 2 prs £5.00.
26. Helly Hansen Jogging Sock, to suit sizes 3-6 usual £4.95, sale £2.50.
27. Avia Tracksuit, fully lined top quality, sizes S, M, L, XL, usual £69.95, sale £35.00.
28. Bourne Sports Lightweight Training Trousers with reflective tape at ankle, super stretch fabric, colours navy or black, sizes S, M, L, XL, usual £11.95, sale £8.95.



31. Hi Tec Bullet Sweatshirt, black sizes S, M, L, XL, usual £19.99, sale £14.95.
32. Hi Tec Stride Sweatshirt, colour grey, sizes S, M, L, XL, usual £19.99, sale £16.00.
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34. Hi Tec Endurance T-shirt black, sizes S, M, L, XL, usual £12.95, sale £8.00.
35. Hi Tec Speed Hooded Sweatshirts, colours black or grey, S, M, L, XL, usual £23.95, sale £18.00.
36. Hi Tec Lightning Showerproof Shell Suit, colour black/peal/capri/yellow sizes S, M, L, XL, usual £49.95, sale £29.95.
37. Hi Tec Lightning Showerproof Shell Suit, colour cerise/purple/peal/capri, sizes S, M, L, XL, usual £49.95, sale £29.95.
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