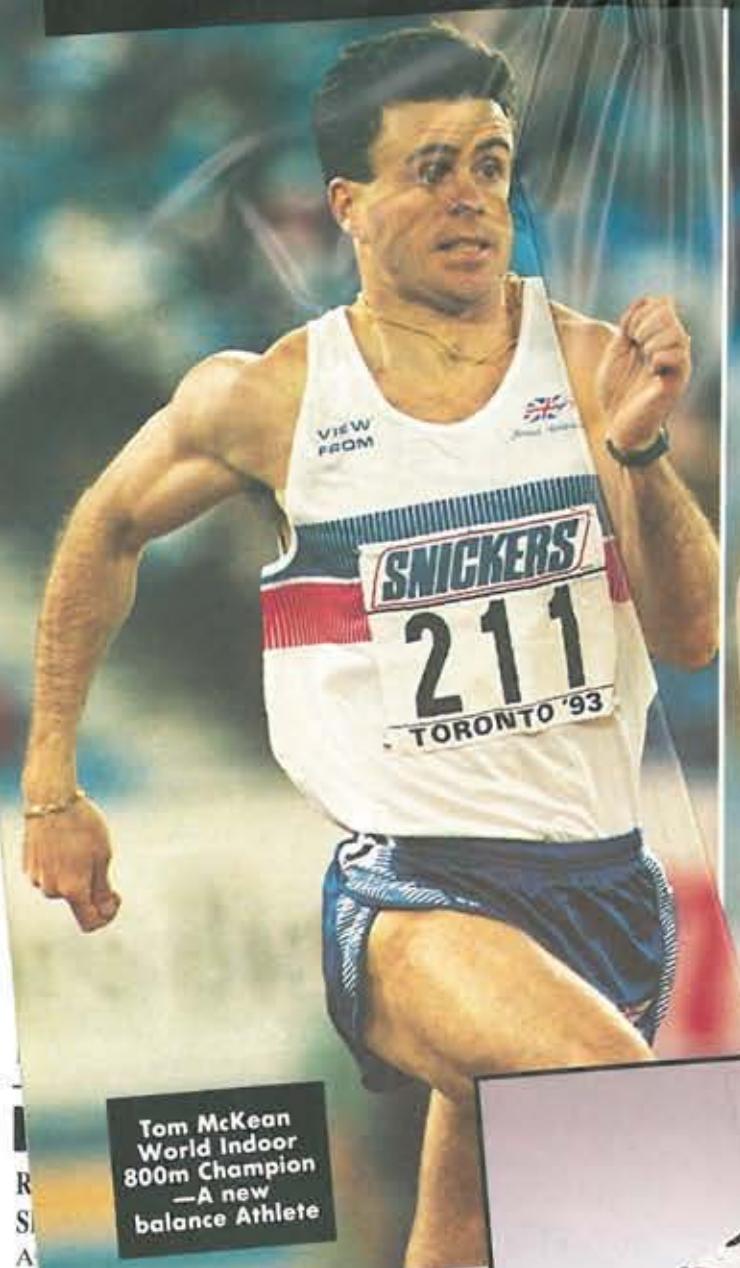
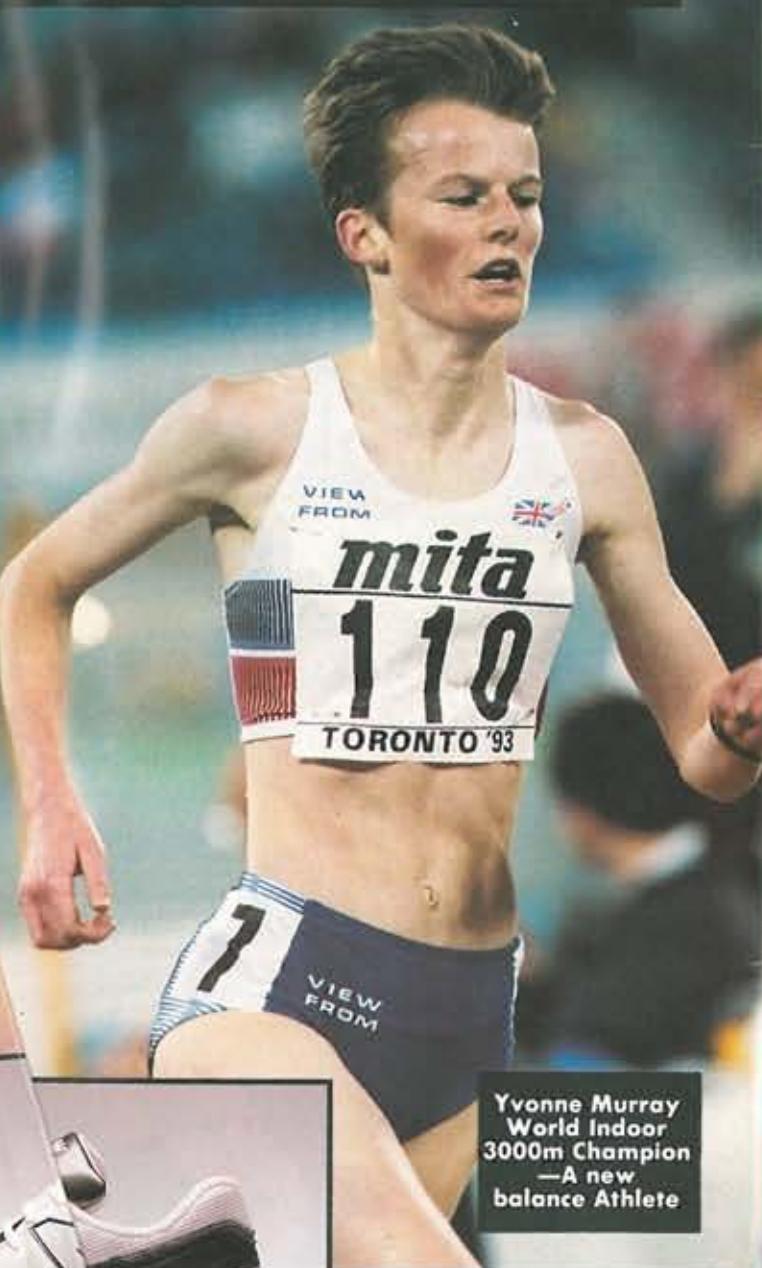


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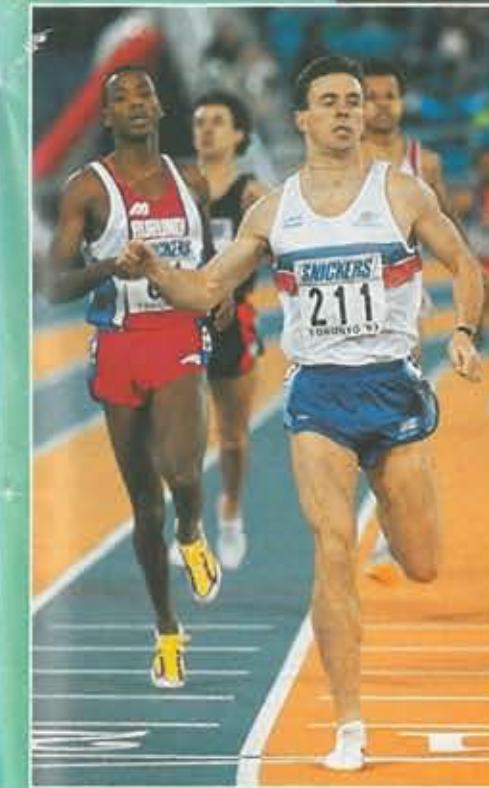
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# Scotland's RUNNER



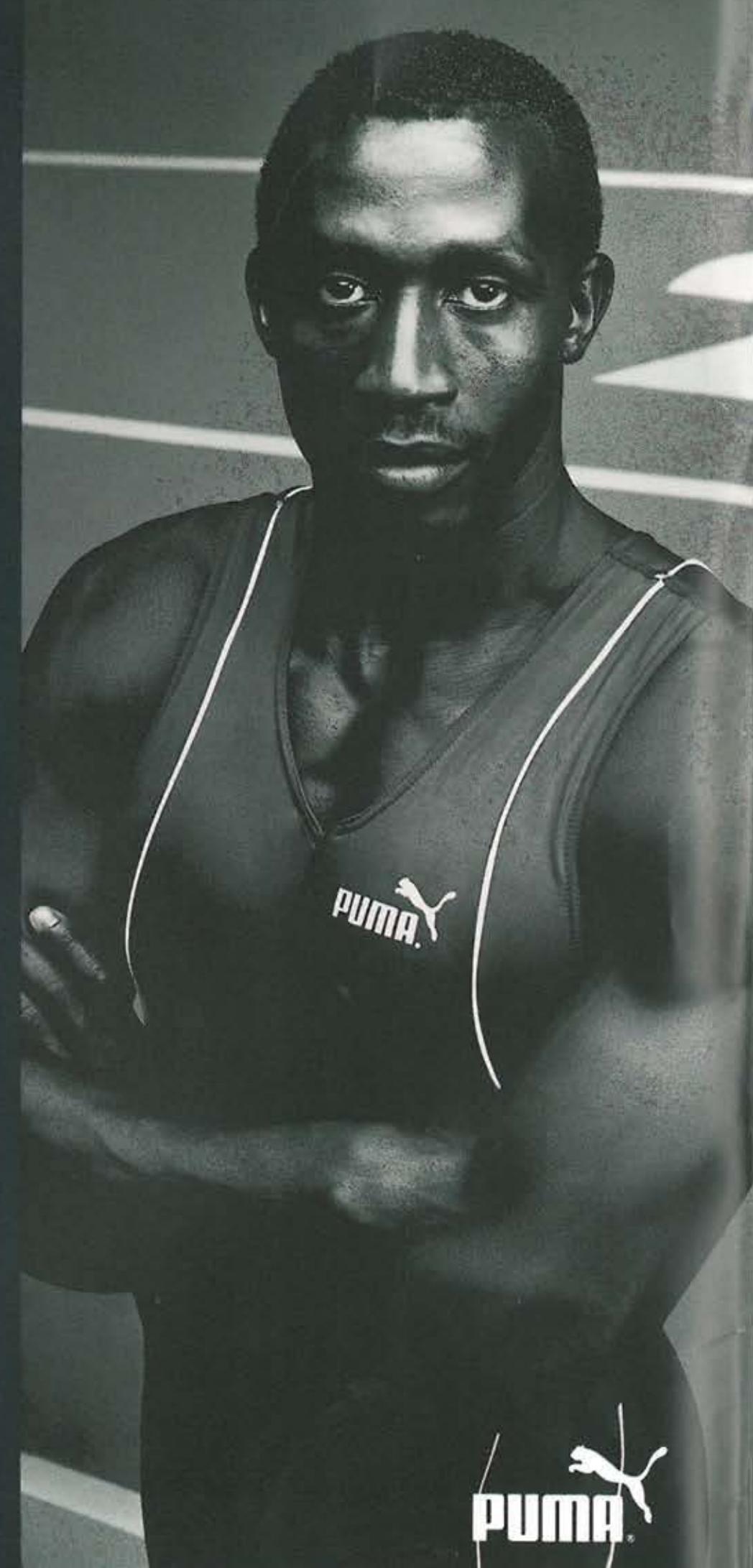
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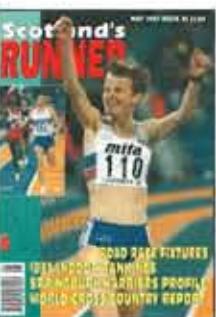


PUMA

# Scotland's RUNNER

## ISSUE 81

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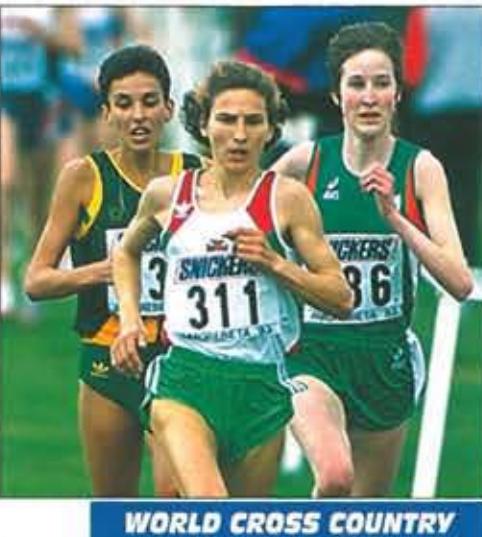


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WORLD CROSS COUNTRY



INDOOR CHAMPIONSHIPS

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# Sowing the seeds for the future

**C**ONGRATULATIONS 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

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 McCollan, plus Tom Hanlon who has the misfortune to

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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## 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



Hawthorn 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

## 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 Ingliston, 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 comple-

ed 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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Glasgow,  
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Scotland's Runner May 1993

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.

## Peace breaks out at BAF

B RITISH 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

## 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 Dumfrieshire. He completed the nine mile, 3600 ft, climb almost two minutes clear in 1:34:06. Scot-tish 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.

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.

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## Muir's record safe

AT 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 Knox.

The class of 1993 saw Racing Club unchallenged in the first three places, winning the team award ahead of Springburn.

Ross won by a second in 25:55 from veteran Brian Kirkwood, who amazingly was running his 19th race in 20 weeks.

Bernie O'Neill of Giffnock North took the women's race - her first victory



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

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

## 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 Strathay Harriers.

## 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.



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.

## 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 run for 1 mile, 5.47; 5 miles, 37.00; 10K, 47.00.

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.

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

## WHERE ARE THE COACHES?

10, Mervyn 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

They all put in a tremendous

# Specific training

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

**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

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

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-



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.

## 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 as Week One.

#### Week Two

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: 2 x 4 x 800m at 3K pace (60 secs between reps/2 laps jog between sets).

### CLUB ATHLETES

#### Week One

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 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). 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.

### 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 Bairnes (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, Lough 55pt; 2, Bham 97; 3, Cam 133.

Jun Men 8K: 1, P Chance (Blr) 27:34; 2, A Barber (Cam) 27:47; 3, C Cook (Blr) 28:02; Scots: 21, G Barrie (Gla) 29:37; 26, N Cruden (Ed) 29:53; 32, P Walder (Ed) 30:28; 48, M Stevens (Gla) 31:34; 49, E Jack (Gla) 31:47; 55, A Russell (Gla) 32:13; Teams: 1, Bir 37pt; 2, Lough 85; 3, Ox 128.

Women 5K: 1, P Radcliffe (Lough) 16:31; 2, J Spark (Chest) 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 Kjeldsen (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

Cumnock and Dist AC Open CC Races - Sen 6 miles: 1, A Russell (Law) 32:34; 2, G Wight (Ayr) 33:18; 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) 55:06; 9, W Boyd (Ayr) 35:01; 10, G Colvin (EK) 35:47; 11, G Crawford (Stburn) 35:55; 12, J Stevenson (Irv) 36:03; 13, D Scoble (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 miles: 1, T Winters (EAC) 17:01; 2, B Robinson (Ayr) 17:21; 3, P Allan (Ayr) 17:37; 4, K Mason (Cunn) 17:56; 5, S Schenkel (Cunn) 18:31; 6, J Thomson (A'side) 18:48; Teams: 1, Ayr 13pt; 2, Cunn 19; 3, Dumf 39.

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

Jun Boys 2.5 miles: 1, S Bodys (Cunn) 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 (Cunn) 6:14; 4, K Taylor (Gir) 6:27; 5, T Daffin (Ard) 6:32; 6, S Clark (Ard) 6:37; Teams: 1, Aird 19pt; 2, Cunn 41; 3, Irv 53.

Sen Women 3 miles: 1, K Todd W35 (Kilm) 21:34; 2, G Sparkie (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 Possee (Dumf) 23:50; 8, L Wilson (Cunn) 24:14; 9, M Scroggie (Sven) 24:25; 10, T Knox (Unatt) 24:30; Teams: 1, Irv 27pt; 2, Cunn 56; 3, Sven 64.

Inters 3 mile: 1, L Baille (A'side) 20:58; 2, E Reid (Nth) 21:13; 3, L Moodie (Gla) 21:49; 4, S Knox (Gla) 22:20; 5, C McCarron (Sven) 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) 18:24; 2, A Hood (EAC) 18:40; 3, L Gauld (EAC)

18:46; 4, L Conway (Ayr) 17:18; 5, C Linden (Ard) 17:20; 6, K Smith (EK) 17:24; Teams: 1, EAC 6pt; 2, EK 27; 3, Ayr 35.

Mini Minors 1 mile: 1, K Canning (Law) 6:57; 2, R Gibson (Hamm) 7:04; 3, R Clark (Ayr) 7:12; 4, J Davidson (Dumf) 7:18; 5, M Donnelly (Ayr) 7:26; Teams: 1, Ayr 16pt; 2, Irv 37; 3, EK 38.

Scottish Vet's CC Champs, St Andrews Men: 1, B Kirkwood (RCE) 30:55; 2, I Elliot 32:18; 3, A Jenkins (HBT) 32:27; 4, G Meredith (VP) 32:35; 5, C Youngson (AAC) 32:38; 6, C McDougall (Cam) 32:40; 7, A McInden (Ham) 32:40; 8, F Hurley (Cam) 33:22; 9, D Mcrae (FVH) 33:26; 10, A Reid (Tev) 33:27; 11, J Kennedy (VP) 33:30; 12, B Knox (Tev) 33:55; 13, A Adams (Dumf) M45; 14, B Hutchinson (FMC) 33:40; 15, W McNaught (File) 33:46; 16, C Smith (EAC) 33:51; 17, I Seggill (Irv) 33:55; 18, G Milne (MRR) 33:57; 19, B Howie (Esh) 33:58; 20, I Caird (Ayr) 33:58; 21, F Duguid (AAC) 34:01; 22, J Hanratty (Clyde) 34:01; 23, D McKenzie (FVH) 34:01; 24, B Gough (Cam) 34:03; 25, F Caldwell (Dumb) 34:07; 26, K Duncan (BTP) 34:07; 27, R Young (Clyde) M45; 34:14; 28, C Martin (Dumb) M45; 34:15; 29, R McLeary (Cam) 34:18; 30, D Macgregor (File) M50; 34:29; M45: 1, Youngson: 2, Adams: 3, Milne: M50: 1, Macgregor: 2, M Edwards (AAC) 34:55; 3, J Hallantine (AAC) 36:22; M55: 1, E Gaud (CHR) 37:09; 2, M Coyne (RCE) 39:07; 3, Maitland (Loch) 39:48; M60: 1, A Brown (L&D) 35:51; 2, L O'Reilly (Spring) 41:20; 3, W Hamm (Ham) 41:44; M65: 1, W Marshall (SVC) 39:09; 2, R Dempster (Mary) 53:00; 3, A Duncan (SVC) 60:23; Teams: 1, Tev 55pt; 2, Cam 57; 3, Dumf 98; 4, Ab 107; 5, Fife 113; 6, Cly 132; Women: 1, S Brannan (COG) 25:24; 2, J Stevenson (FVH) W40 25:41; 3, M Robertson (DRR) W45 26:31; 4, C Brown (File) 27:22; 5, M Adamson (Ihr) 26:53; 6, K Hogg (Pan) 27:14; 7, K Macgregor (File) 27:22; 8, M McLaren (File) 27:34; 9, G Hanlon (DHH) 27:47; 10, L White (Ayr) 28:10; 11, P Lemondello (File) W45 28:35; 12, R Kay (COG) 28:45; 13, A Douglas (FVH) 28:50; 14, C Thomson (COG) 28:56; 15, A Strachan (DHH) W40 29:07; 16, F Kay (EAC) W40 29:27; 17, M Dryburgh (Pan) W40 29:31; 18, A Harley (File) 29:33; 19, S Rodger (DRR) W50 29:36; 20, L McGill (DRR) 30:21; W40 1, Stevenson; 2, Strachan; 3, F Kay W45; 1, Robertson; 2, Lemondello; W50: 1, Rodger; 2, J McMillan (DCC) 37:19; 3, M Moore (Kilb) 32:32; 2, M Hyman (Irv) 32:53; 3, J Oliver (Pan) 33:39; Teams: 1, File 19pt; 2, COG 27:3, DRR 37; 4, Pen 45.

## 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) 26:48; 5, M McQuaid (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) 27:58; 10, S Ogg (FMC) 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) 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; 17, J Dobbin (Irv) 29:55; Vets: M50: 1, M Coyne (RCE) 33:05; M60: 1, J Conney (Fer) 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 mile: 1, D Campbell (Lass) 12:24; 2, C Goddard (GHS) 12:31; 3, A Ford (EAC) 12:35; 4, M Creese (Har) 12:43; 5, S Jones (ESH) 12:50; 6, K Stewart (Lir) 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 8pt; 2, Cor 20; 3, QVS 29.

Colts: 1, S O'Brien (Cor) 5:05; 2, I Menzies (Ard) 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) 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 Relly (Irv) 28:35; 6, N Donaldson (Jin) 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 Sven) 29:41.

Team: IAC 15pt.

Inters 2.5 miles: 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 Gauld (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 McAlley (Kilm) 6:20. Team: ASAC 11pt.

13

Springburn H CC Champs, B'riggs - 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.

Maryhill H CC Champs, Glasgow - Sen 8 miles: 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 23:23.

Sen Boys 4 miles: 1, K Hastie 22:00.

Jun Boys 2 miles: 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 McDuan 42:53; 2, J Murphy 44:40; 3, J Harratty M40 46:32; 4, R Young 46:40; 5, R Rossborough 46:41; 6, J Shields M45 46:45.

Women: C McMenem 52:49.

Sen Boys 2 miles: 1, C Lytle 12:10; 2, D McGinley 12:34.

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

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

Teviotdale H CC Champs, Hawick - Sen Men 6 miles: 1, A Far 35:49; 2, A Walker 36:59; 3, D Bar 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 1

# TOO MANY LEAGUES SPOILING THE STOCK?

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

**O**NE 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

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



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.



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) 8-59; 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, O Ingram (Pet) 6-51.

Women: 1, G Pollard (FFT) 13-13; 2, S Lanhams (Ab) 13-34; 3, D Kilner (Ab) 13-52; 4, M Adamson W35 (Inv) 13-54; 5, T Brindley (AU) 14-06; 6, S Armitage (Ab) 14-08; 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 Orne (Ab) 15-19; 13, I Beveridge (Uruth) 15-50; 14, D Fraser (W35 Ab) 15-59; 15, P Gordon (FFT) 16-12.

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

Girls: 1, T McLatchie (Pet) 10-09; 2, J Anderson (Ab) 10-18; 3, D McAllister (Fra) 10-19; 4, L Sell (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, Linlithgow -

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.

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 (Kib) 27-04; 5, K Redpath M40 (Svets) 22-13; 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) 26-21; 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 (Storn) 31-23; 2, W McBrinn (Shott) 32-15; 3, W Hammill (Ham) 32-35; O/65 1, W Marshall (Moth) 30-33; 2, R Dempster (M'hill) 41-00.

Minor Girls: U/13 3x1.5 miles: 1, EAC 24-

36 (L Hampton) 31-41; 2, S White

W45 (Ayr) 31-52; 3, K Tedd W40 (Kilm) 32-

42; 4, C Thomson W40 (Glas) 33-19; 5, D

Monteith W40 (Svets) 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.

21

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

Men 5 miles: 1, F Clyne (Met) 26-34; 2, R

Harries (HBT) 27-32; 3, P Jennings (Met) 27-56;

4, I Cumming (Ab) 28-39; 5, J Buchan (Met) 28-

49; 6, W Moll (Unatt) 28-54; 7, S Gell (Kell) 28-

54; 8, F Barton (Kell) 28-54; 9, M Stone (Unatt) 28-54; 10, I Dick (FFT) 29-03; 11, D Gunn (Met) 29-04; 12, D Duguid (Ab) 29-08; 13, G Main (Met) 29-25; 14, A Aitken (GRR) 29-41; 15, I Morries (Ab) 29-48; 16, D Gilles (Kell) 29-57; 17, A Leiper (Ab) 30-06; 18, I Williamson (Ab) 30-26; 19, I Small 30-31; 20, P Lumsden (Unatt) 30-37; O/40 Winner: F Clyne (Met).

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, A Reid (PH) 34-14; 2, J Bowman (H) 34-40; 3, D Rodgers (Loch) 35-20; 4, A

Murchison (H) 36-01; 5, M Flynn (MRR) 37-06;

6, K Prosser (MRR) 37-21; 7, B Rodger (Loch) 37-42; 8, E Grant (MRR) 37-46; 9, A Stewart

(MRR) 37-59; 10, P Mathieson (PH) 38-14; 11, V

R Aitken (MRR) 38-56; 12, J. T. 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 (H) 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 (H) 13-16.

Team: MBI.

Colts: 1, I Cook (Gord) 6-43; 2, M Stephen

(FRC) 6-49; 3, A Broadbent (H) 7-00. Team: IH.

Sen/Inter Women: 1, F Thin (MBI) 18-26; 2,

M Adamson (H, 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 Leibnitz (MRR) 9-22; 2, L

Campbell (MBI) 9-32; 3, M McShane (Cal) 10-

09. Team: MRR.

U11 girls: 1, D Hastie (Pet) 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

(PH) 394; 3, G Sim (MRS, M40) 386. Teams:

1, MRR 2240; 2, For 2187; 3, Inv 2046; V1, G

Sim (MRR) 400; 2, G Milne (MRR) 396; 3, R

Aitken (MRR) 394. J1, D Strachan (PH) 400.

Youths: 1, J Brook (Loch) 398; 2, S Robertson

(MRR) 394; 3, S Scott (MRR) 392. Team: 1, MRR.

Sen Boys: 1, R Milne (MRR) 400; 2, A Thom

son (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 (PH) 394. Teams:

1, MBI 1737; 2, Inv 1676; 3, MRR 1424.

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

20

21

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

Men 5 miles: 1, F Clyne (Met) 26-34; 2, R

Harries (HBT) 27-32; 3, P Jennings (Met) 27-56;

4, I Cumming (Ab) 28-39; 5, J Buchan (Met) 28-

49; 6, W Moll (Unatt) 28-54; 7, S Gell (Kell) 28-

54; 8, F Barton (Kell) 28-54; 9, M Stone (Unatt) 28-54; 10, I Dick (FFT) 29-03; 11, D Gunn (Met) 29-04; 12, D Duguid (Ab) 29-08; 13, G Main (Met) 29-25; 14, A Aitken (GRR) 29-41; 15, I Morries (Ab) 29-48; 16, D Gilles (Kell) 29-57; 17, A Leiper (Ab) 30-06; 18, I Williamson (Ab) 30-26; 19, I Small 30-31; 20, P Lumsden (Unatt) 30-37; O/40 Winner: F Clyne (Met).

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.

22

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

Men 5 miles: 1, F Clyne (Met) 26-34; 2, R

Harries (HBT) 27-32; 3, P Jennings (Met) 27-56;

4, I Cumming (Ab) 28-39; 5, J Buchan (Met) 28-

49; 6, W Moll (Unatt) 28-54; 7, S Gell (Kell) 28-

54; 8, F Barton (Kell) 28-54; 9, M Stone (Unatt) 28-54; 10, I Dick (FFT) 29-03; 11, D Gunn (Met) 29-04; 12, D Duguid (Ab) 29-08; 13, G Main (Met) 29-25; 14, A Aitken (GRR) 29-41; 15, I Morries (Ab) 29-48; 16, D Gilles (Kell) 29-57; 17, A Leiper (Ab) 30-06; 18, I Williamson (Ab) 30-26; 19, I Small 30-31; 20, P Lumsden (Unatt) 30-37; O/40 Winner: F Clyne (Met).

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.

23

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

Men 5 miles: 1, F Clyne (Met) 26-34; 2, R

Harries (HBT) 27-32; 3, P Jennings (Met) 27-56;

4, I Cumming (Ab) 28-39; 5, J Buchan (Met) 28-

49; 6, W Moll (Unatt) 28-54; 7, S Gell (Kell) 28-



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 (Cumb) 7.56; 200: 1, K Knight (She) 24.3; 400: 1, D Brook (She) 54.1; 60H: 1, I Hamilton 8.7 (equal rec); HJ: T Gilhooley (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 24.0; 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); G Murray 9.1; HJ: 1, M Pate (VP) 1.93 (rec); LJ: 1, F Erdridge (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 Melville (Gnock) 57.7; 800: 1, J Letford (VP) 2-20.6; 60H: 1, A Breton (Cam) 10.8; HJ: 1, H Letch (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/HJ: 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; 80H: 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) 8.7; 200/60: 1, L Hoey (Aird) 28.5/10.3 (equal rec).  
Qual: 1, VP 31.5pt; 2, Cumber 30.5; Ayr 27.

Scottish Schools National Indoor Champs, Kelvin Hall -

Boys: O16: 60: 1, D Colville 7.24; 2, R Booth 7.28; 3= 1 Wallace and G Adams 7.33; 5, C Hopkins 7.34; 6, A Lowles 7.40; 200: 1, A Lowles 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; 600: 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; HJ: M Pate 1.94 (rec); 2, T Gilhooley 1.93; 3, S McKinley 1.85; 4, C Noble 1.85; LJ: 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 7.39; 3, A Wright 7.49; 4, P Rawling 7.54; 5, M Restick 55.0; 600: 1, B Hendry 2-02.4 (rec); 2, M Combe 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; HJ: 1, R Bellshaw 1.70; LJ: 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: 1, A Keane 26.8; 300: 1, S Hendry 42.3 (rec); 2, C Martin 43.3; 3, D Quirke 43.7; 4, J Symington 44.2; 5, D Allan 44.6; 600: 1, G Fowler 2-20.5 (rec); 2, F Johnston 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; HJ: 1, L Brown 1.63; LJ: 1, S Ramming 5.53 (rec); 2, P Anderson 5.30; 3, M Word 5.22; 4, D Quinn 5.19; SP: 1, J Robb 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 8.18; 200: 1, S McGowan 25.5 (rec); 2, N Hynd 26.8; 3, L McConnell 26.3; 3, 300: M Goldie 44.4 (rec); 600: 1, M MacDonald 2-27.1; 1500: 1, K Montador 4-48.6 (rec); 2, S Mason 4-49.1; 60H: 1, G Stanway 9.24; 2, S Mokey 9.47; HJ: 1, L McConnell 1.65m (rec); 2, J Tindall 1.60; 23 T Richards 1.55; LJ: 1, T Richards 5.12; 2, N Hutchinson 4.83; 3, L Armstrong 4.75; SP: 1, N Dhalwan 13.08 (rec); 2, C Garden 11.24; 3, F Hunter 10.64.

## 14

Scottish Unis Indoor Championships, Kelvin Hall -

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) 4-08.31; 60H: 1, G Adams (Ayr) 8.35; (CBP); 2, A Malcolm (EAC) 8.74; 3, S Dillon (MBl) 8.56; 4, J Scott (Gate) 8.88; LJ: 1, B Carmichael (Tay) 6.48m; 2, J Gilher (FVH) 6.44; SP: 1, S Haywood (EAC) 15.17 (CBP).

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) 4-08.31; 60H: 1, G Adams (Ayr) 8.35; (CBP); 2, A Malcolm (EAC) 8.74; 3, S Dillon (MBl) 8.56; 4, J Scott (Gate) 8.88; LJ: 1, B Carmichael (Tay) 6.48m; 2, J Gilher (FVH) 6.44; SP: 1, S Haywood (EAC) 15.17 (CBP).

Junior

U20:

U20

# It's McLean and Murray

first at last!

**I**F 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 McLean, 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.

McLean 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 McLean.

Yet true to form, after winning in 1:47.29 McLean 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 Nkazamayi 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 McLean had led through 400m in 51.89, constantly increasing the tempo as challengers came alongside, then easing back when the threat was repulsed - uncominc 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 McLean. "But I am delighted for so many people, especially Tom Boyle after all he has had to put up with from

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



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

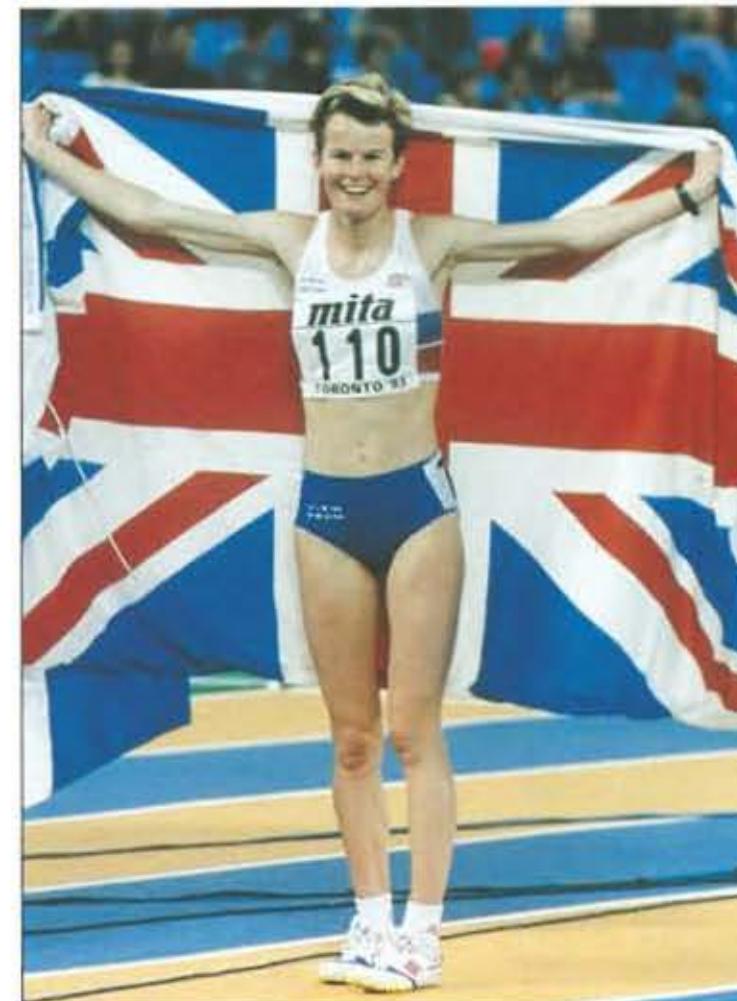
With a simple grace, in an emotion-charged aside, he added: "I dedicate a piece of this medal to Derek McLean, the son of my former sponsor, who died of cancer."

"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 McLean, Murray's conviction and appetite to continue was in question.

Just how deeply emerged as the nerve ends rubbed raw

"The Olympics were nearly



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.

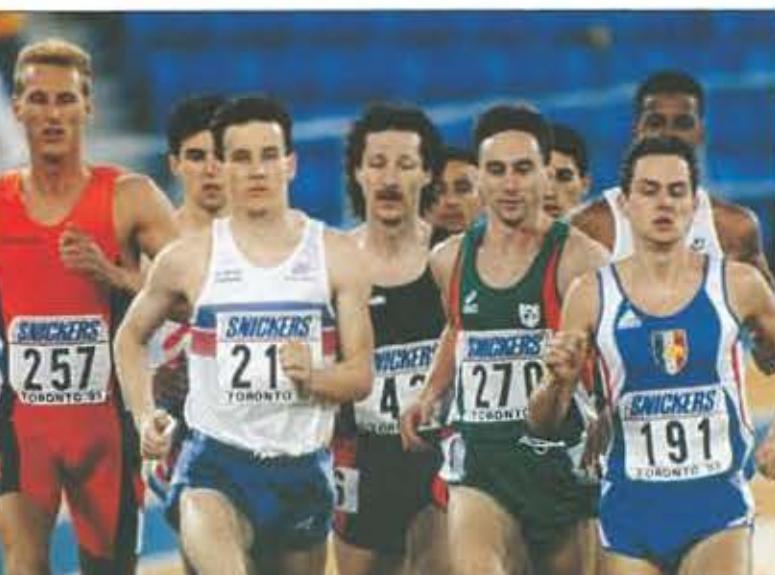
McKoy's second blatant flier would have disqualified him had it been called by the starter - like McKoy a native of Toronto. It was the most blatant flier I have ever seen permitted to stand. But McKoy survived to head Jackson by two-hundredths for gold in 7.41. Jackson and third-place Tony Dees clocked 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 Patrick Sjoberg 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 last straw," said the 28-year-old. "There was a lot of soul searching."

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 Margaret Keseg into second (9-02.89), that Murray finally felt able to bare her soul.

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

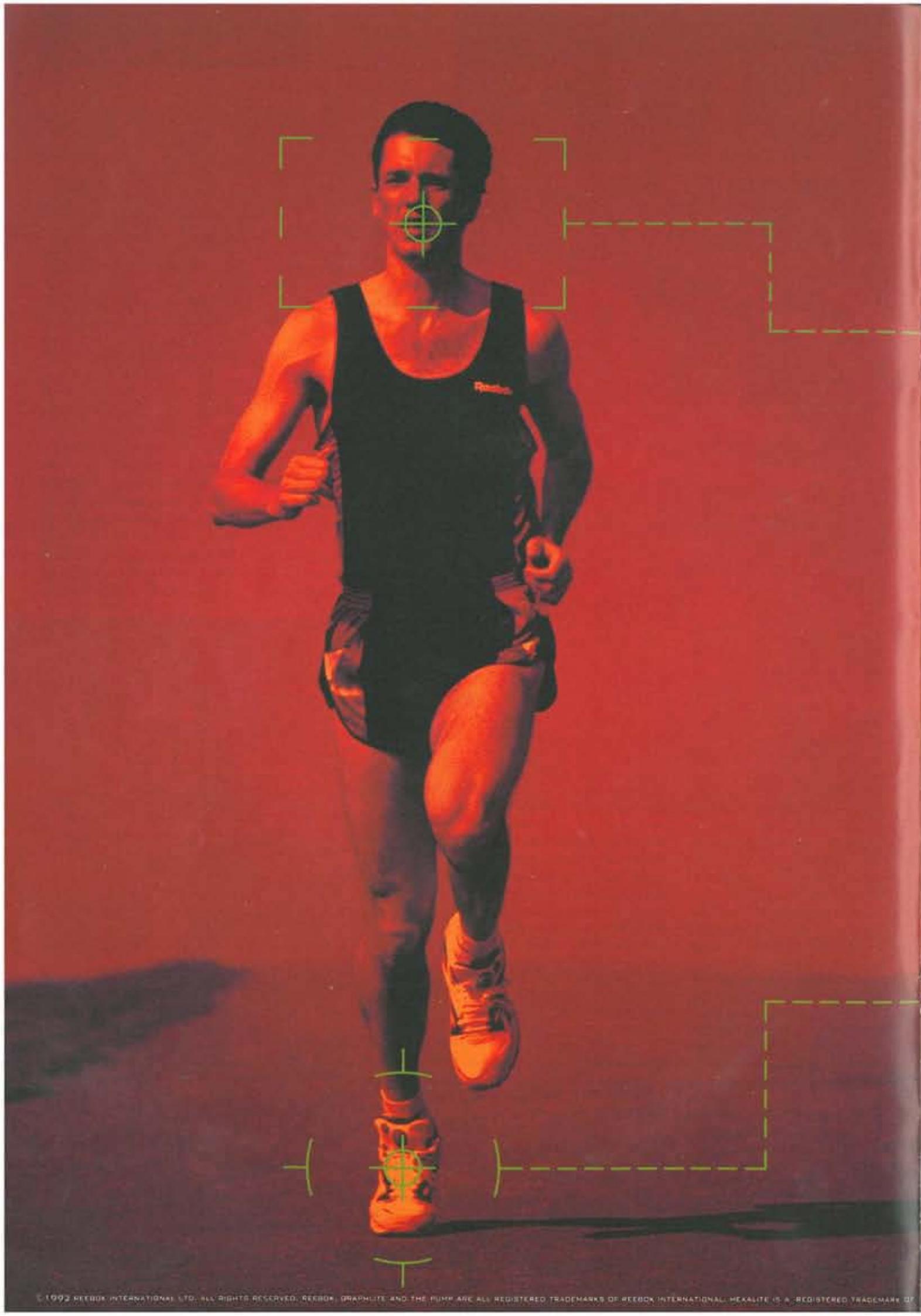
guidance of the starter who has sole and final discretion. Jackson's start was .154.

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.

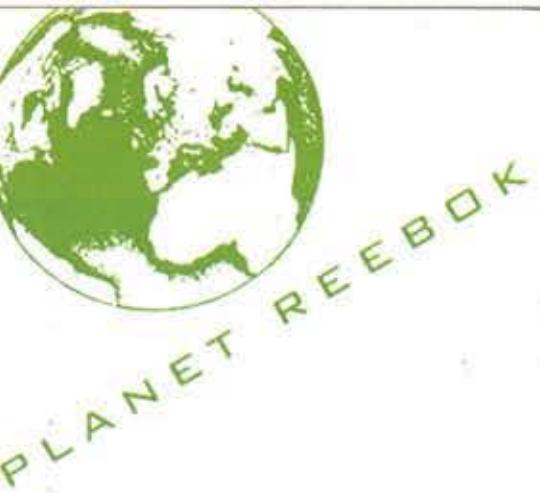


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# SHOPPING AROUND

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

**I**F 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.

**A**LTHOUGH 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 offshore 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.

**S**INCE 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 recessional 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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# Good School news

**T**WO 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 Crosbie, 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 Dhalwal 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.

**T**WO 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 Boclair.

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 Boclair 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, I Clark 28, and V James 104) won the team award, with Gleniffer High second and Boclair 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 thought 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

## UNIVERSITIES

### Napier impress

**T**HE 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.

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.

**W**ITH 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.

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

done in certain schools and special congratulations are due to the pupils and staff of Dingwall Academy (gold and two silver team medals); Boclair 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).

**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?

**A**SK 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!

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.

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.

**D**evelopment 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 "partici-

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 develop-



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GLASGOW	12/13 JUNE	SUE McDONALD (041-227-8321)
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# Springburn

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.

**S**PRINGBURN 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, expatriots 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.

I remember the hut well. It had those unmistakeable 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.

**S**INCE 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



Scotland's Runner May 1993

# HARRIERS

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.

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,

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

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

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



Adrian Callan.

Club members shone on

Scotland's Runner May 1993

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## TRIATHLONS

### Increased calendar of events



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 Avignan, 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 "Irn-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

### May events

- 02 - Fleet Feet Duathlon, Aboyne; Ayr Duathlon, Ayr.
- 08 - Mallag 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.

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



### January

#### 30

##### Renfrewshire County 5 Mile RR, Eastwood -

1, S Wylie (Cam) 26-29; 2, C Thomson (Cam) 76-48; 3, T Hearle (Kil) 27-35; 4, G Gaffrey (G W) 27-55; 5, G Terney (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 McGuiness (Dun) 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.

Women: 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 (Stburn) 28-26; 6, D Ward (Soc Vet) 28-50; 7, D McGarvey (SV) 28-55; 8, D Martin (Irv) 29-21; 9, C White (Ayr) 29-44; 10, J Gourley (Law) 29-44.

0/45: 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 (Stburn) 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)

## Results

Scotland's  
RUNNER

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.

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.

Women 10000: 1, J Stevenson W40 (FVH) 36-02; 2, E McKay (Shett) 36-10; 3, L Barday (Pit) 39-18; Vets: 1, S White W35 (Ayr) 39-18; 2, M Murray W35 (BRR) 41-54; 3, M Henderson W35 (Stteam) 42-13; W40 S Blair (Polm) 44-15; W45 E Milb (Car) 53-14; Teams: 1, Carn 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 (Tdale) 13-02; 3, M Haste (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 Gault (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

**Spano 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 McGamity 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 72-43 (T Cheyne 14-54; M Thomas 21-56; B Follows 13-37; P Foy 22-18).

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; Short leg: Lanham 24-33; Larsson 29-59; Greenlee 34-28.

#### 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

40 (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) 3-36.10; J Watson M40 (Living) 3-38.43; 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 McCollan (Dun) 1st Woman 29-38; 6, R Bell (Dun) 29-45; 7, D McAra M4

WOMEN: 1, C Reid (Glen) 77:24; 2, J Harvey (Glo) 77:48; 3, C Menhennett 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 Murdoch (Inv) 32:33; 7, R Milton (Car) 32:39; 8, P Matheson (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 Farquharson (Inv) 33:48; 15, D Cruikshanks (Pet) 33:51; 16, M Keiso Jun (Car) 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 (Heas) 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 (Jin) 46:02. 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 Fazackerley (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 (Car) 64:06. Women: 1, J Stevenson W45 (FVH) 60:10; 2, K Meikle (Liv) 65:24; 3, D McDonald (Lass) 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) 16:18; 7, A Robertson (ESH) 16:26; 8, A Kitchen (Liv) 16:27; 9, A Kinghorn (EAC) 16:36; 10, A Milligan (Car) 16:42. Vets: W Murray (Por) M50 19:50. Wom: 1, D McDonald (Las) 20:27; 2, L McGibbon (EAC) 22:06; 3, C Jackson (EW) 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 (Car) 26:05; 2, A Hutton (ESH) 26:08; 3, B Kirkwood M40 (RCE) 26:20; 4, C Thompson (Car) 26:31; 5, A Callan (Sburn) 26:38; 6, A Puckin (GG) 26:43; 7, A Robson (RCE) 27:02; 8, D Ross (RCE) 27:17; 9, W McTaggart (Car) 27:19; 10, A McAngus (Kil) 27:25; 11, M Gormley (Car) 27:38; 12, W Richardson (Inv) 27:38; 13, S Hodge (SV) 28:09; 14, T Hearle (Kil) 28:13; 15, T Gillespie (Sburn) 28:15; 16, A Douglas (VP) 28:35; 17, V McPherson L1 (GU) 28:42; 18, A McIndoe (Sburn) 28:48; 19, S Dalglish (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 McWilliams

(EK) 29:16; 26, K Lairig (Sburn) 29:19; 27, B Howie M40 (ESH) 29:30; 28, B Craig (Inv) 29:31; 29, J Bell (Sburn) 29:36; 30, A Nicol M40 (VP) 29:37; M50: 1, J Gormley (Bel) 32:28; 2, P Kearney (Mor) 33:50; 3, J Haldane (Moray) 35:12; M60: 1, P Tonner (Bell) 37:45; J1, 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 (She) 68:51; 4, M Ferguson (EAC) 69:01; 5, J Brown (Car) 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 Lang (Inv) 72:14; 13, R Mardle (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 Farquharson (Inv) 73:46. Teams: 1, FMCC 26pt; 2, MRR 54pt; 3, For 65pt; 4, Inv 77pt. Wom: 1, E McKay (She) 79:22; 2, G Pollard (FFT) 79:59; 3, M Robertson W40 (DRR) 83:30; 4, M Adamson W35 (Inv) 84:35. Wom: 1, V McPherson (GU) 28:42; 2, L McIntyre (Glo) 30:30; 3, S Kennedy (Jin) (VP) 33:35; 4, C Gibson (SV) 34:41; 5, J Stewart (Glo) 35:32; 6, E Scott (Wian) 37:07; 7, M Thomas (Wian) 37:48; 8, S Irvine (Glo) 37:54; 9, M Scott (Wlands) 38:15; 10, M Gemmill (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 Fenlon 26:29; 8, W Jukes M40 26:35; 9, G McGrattan 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.



February

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 (Sburn) 26:10; 5, F McGowan (RCE) 26:12; 6, C Thomson (Car) 26:15; 7, G Grindlay (FVH) 26:37; 8, S Birns (FVH) 26:37; 9, A Robson (RCE) 26:42; 10, A Chalmers (Sburn) 26:57; 11, A Douglas (VP) 28:13; 12, D Williamson (Bel) 28:40; 13, A McBeth (SL) 28:54; 14, J Hoy (Sburn) 29:01; 15, C Joss (Bel) 29:03; 16, G Bell (Bel) 29:04; 17, J McCall (She) 29:17; 18, L Campbell (GU) 29:18; 19, I Burke V40 (Bel) 29:22; 20, R Hurt V40 (Mil) 29:28; 21, R McIntyre (Glo) 29:36; 22, A Gallacher (Mar) 29:58; 23, J Doyle (VP) 30:12; 14, R Kirk (She) 30:31; 25, D Birnes (Ren) 30:48. Veterans: 4, A Cameron V40 (West) 31:20; 5, R Stevenson V45 (Mary) 31:23; 6, D Blackie V45 (West) 32:10.

13

Carnethy Five HR, Penicuik - 1, N Wilkinson (Car) 48:47; 2, J Wilkinson (Gal) 50:02; 3, D McGorrie (She) 50:12; 4, J Musgrave (Ab) 50:26; 5, P Fettes (GU) 51:04; 6, D Grove (She) 51:13; 7, A Schofield (Bar) 51:13; 8, R

Teams: 1, RCE 6pt; 2, Sburn 28; 3, Bell 43; Women: 1, B O'Neill (Grl) 33:18; 2, J Thomson (Glo) 34:02; 3, J Byng V45 (Inv) 34:32; 4, A Richards V40 (Grl) 38:04; 5, E Clare (Bel) 42:36; 6, L Cochrane (Unatt) 42:57.

21

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

1, PV 3:21:01 (A Stirling 29:11; S Easton 23:18; J Dingwall 29:22; W Sharp 24:51; D McRae 28:15; P Cartwright 22:56; D McKenzie 29:12; B Brotton 23:56); 2, Cambus 3:32:47; 3, Fairweather 31:38; 4, 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 Youngson 28:17; D Grubb 23:86; J Ballantine 31:25; R McFarquhar 24:00); 4, DH 3:38:11; 5, Fife 3:40:23; 6, Liv 3:41:36; 7, Cambus 3:45:00; 8, J W Kilmanock 3:45:12; 9, Hadd 3:47:49; 10, VP 3:48:40; 11, DR 3:51:09; 12, Sburn 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, C McDougall (Cam) 28:09; 6, P Cartwright (FVH) 22:56; 7, D McKenzie (FVH) 29:12; 8, B Gough (Cam) 23:18.

March

7

Bishop Hill 1.5 mile HR, Scotlandwell, Fife -

1, J Brooks (Loch) 15:51; (rec); 2, D Rodgers (Loch) 16:09; 3, N Martin (Lorn) 16:16; 4, P Hughes (Loch) 17:14; 5, A Davis (Fife) 17:24; 6, S Igunes (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 Shiell (Cam) 18:00; 12, J Gallacher (Och) 18:03. Vets: 1, R Morris M40 (Car) 18:09; 2, C Shaw M40 (West) 18:53; 3, A Graham (LHR) 19:25; Team: 1, Loch 7pt; 2, CH23. Women: 1, J Laverack (A'side) 22:48; 2, J Smith (Ren) 23:41; 3, M Woodward (Car) 26:03; 4, J McLean (Unatt) 28:40.

14

Crittall 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 Pease (Bir) 47:42; 3, S Hawkins (Bir) 48:37; 4, J Parker (She) 48:55; 5, G Black (Bo) 48:57; 6, M Kinch (Wat) 48:57; 7, S Livesey (Unatt) 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 (OPFR) 60:59; 2, M Todd (Edin Un) 61:18; 3, C Creatley W35 (Macc) 62:15.

20

Ei-Brin-Ick Dash 3 mile Hill Race, South Kirkhill, Aberdeen -

1, H Igunes (Liv) 20:23; 2, W Moir (Unatt) 21:23; 3, E Rennie M40 (A'deem) 22:22; 4, P Kammer (Ab) 22:38; 5, B Lawrie M40 (Ab) 22:59; 6, G Milne M40 (Ab) 23:07; 7, D Leiper (Ab) 23:41; 8, I Tollie M40 (Ab) 24:32; 9, A Fulton M40 (Ab) 25:52.

Youths: 1, G Smith (Ab) 23:22; 2, K Dinnis (Ab) 23:34; 3, D MacLeod (Ab) 26:12.

Women: S Armitage (Ab) 26:03 (rec).

13

Carnethy Five HR, Penicuik -

1, N Wilkinson (Car) 48:47; 2, J Wilkinson (Gal) 50:02; 3, D McGorrie (She) 50:12; 4, J Musgrave (Ab) 50:26; 5, P Fettes (GU) 51:04; 6, D Grove (She) 51:13; 7, A Schofield (Bar) 51:13; 8, R

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\*

MAIN SPONSOR - IBM OF GREENOCK  
OTHER SPONSORS - INVERCLYDE DISTRICT COUNCIL, GREENOCK TELEGRAPH, REEBOK & SWINTON INSURANCE.

BOTH RACES ARE FAST FLAT COURSES AND ARE ACCURATELY MEASURED BY JONES COUNTER BARR GRADE I.

GENEROUS PRIZES FOR ALL CATEGORIES INCLUDING VETERANS.

ORGANISED BY INVERCLYDE ATHLETIC INITIATIVE UNDER SAF LAWS.

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

PLEASE ENCLOSE S.A.E.

## 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  
Youths/Senior Boys  
Senior/Intermediate Women

Entry forms/timetable from:  
O.N. Dickson  
4 Old Farm Place, Edinburgh EH13 0BA

## OBAN HALF MARATHON & FUN RUN

Entry Fee £4

Medals to all finishers

Fun Run £1

Team event

SUNDAY 5TH SEPTEMBER 1993

RACE STARTS 1.00PM

Main Sponsor: Millford Motors, Oban.

Entries to: A MacDonald, Fasgagh, Longsdale Road, Oban, Argyll. Tel: 0631 62361





**Come and Conquer the Dornoch Half-Marathon**

**10K START**

**DORNOC**  
1/2 MARATHON  
AND 10K

**SATURDAY**  
3rd JULY

**START - 2pm**

**£800**  
total prize money

ENGRAVED GLASSWARE TO ALL  
FINISHERS

TOUGHEST HALF-MARATHON IN THE  
NORTH DOWNHILL 10K

Entry forms from Mr S. Grant, Craigellachie,  
Dornoch, Sutherland.  
Telephone: 0862 810633

**HALF MARATHON START**

**10K FINISH**

**SISC**  
Advertising assisted by  
Sutherland District Sports Council.

# Corrieyairick Challenge

## Charity Biathlon

SATURDAY 3 JULY 1993

16 mile hill run/walk + 30 mile cycle

THE ROUTE starts at Fort Augustus Abbey School. The Run/Walk section crosses the historic Corrieyairick Pass (2543 ft) into Laggan. The change over to bikes is at Garva Bridge. The 30 mile cycle section continues to Laggan and Kingussie crossing the Spey onto the B970 to Insh and finishes at the Kinraig Village Fete.

### TEAM COMPETITION CLASSES

Open: Team runs/jogs the foot section and cycles the 30 mile route.  
Walk/Cycle: Team walks the foot section and cycles the 30 mile route.  
Walk Only: Team walks the foot section only and is transported to Kinraig.

FREE - Overnight camping at Badaguish Outdoor Centre.

FREE - Supper and entry to evening ceilidh dance at Kinraig Village Fete.

COMMEMORATIVE MEDALLIONS & CERTIFICATES to all entrants completing their challenge. TROPHIES & PRIZES for a range of achievements. TOILETS AND SHOWERS provided.

Teams of 4 only. Registration Fee £25/team. Pledge to contribute a minimum of £200 in sponsorship per team to Badaguish Outdoor Centre for People with Special Needs.

REGISTRATION FORMS & FULL DETAILS from Corrieyairick Challenge, Badaguish Outdoor Centre, Aviemore, Inverness-shire PH22 1QU.

Badaguish Outdoor Centre is an independent charity helping people with Cerebral Palsy, Muscular Dystrophy, Mental Handicap, Hydrocephalus, Hearing and Sight Impairments and many other special needs — they love it here on Speyside too!

HUGHES Glenrothes Road Running Festival, Glenrothes. Events start at 9am. Tel: 0698 355821.

**18**

BABCOCK Thorn Pitreavie OGM.

**19**

SRI Chinmoy 2 miles, Meadows, Edinburgh. D: Run and Become day 031-313-3500 evening 031-312-8229.

KINNOULL HR, Perth.

BANK of Scotland Eyemouth RR.

**21**

SCOTTISH Island Peaks Race, Oban.

**22**

FALKIRK YAM, Grangemouth.

GRAMPIAN Festival of Road Running.

NEWTONMORE 'Flat Mile', 8pm from Chef's Grill. Sae to Duncan Watson, Glenquoich House, Newtonmore, Inverness-shire, PH20 1EB.

**23**

CITY of Aberdeen Milk 'Marathon'.

HUGHES Glenrothes Road Running Festival, Glenrothes. Events start at 9am. Tel: 0698 355821.

MONKLANDS Scottish Cup Semi Final, Coatbridge.

NEWTONMORE 10 mile RR. 2pm from Chef's Grill. Award to all finishers. Sae to Duncan Watson, Glenquoich House, Newtonmore, Inverness-shire, PH20 1EB.

SOLWAY Athletic League, Annan.

ST Andrews Ladies 5 mile Race.

PANASONIC SAL (2) D1&2, Crownpoint; D3, 485, Meadowbank.

INVERCLYDE Festival of Running 4x2 mile relay, Greenock.

AULD Town 10K, Dunfermline. Tel: 0383-727386 or 0259-52589.

LANARKSHIRE AAA Track League (2), Wishaw.

SCOTLAND v Israel v Turkey, Tel Aviv.

SRI Chinmoy Runners are Smilers 1 mile, Meadows, Edinburgh.

HELENSBURGH 10K, 7.30pm. E

form and further info, contact - Mr Alex Stewart. Tel: 0389-22222.

GRAMPION TV League (East), Aberdeen; (North), Peterhead.

MCDONALD'S SYAL W D1&2, Dumfries.

**29**

ISLE of Jura Fell Race.

JUNIOR International Invitation, Norway.

KIRKCUDBRIGHT Acad Half Marathon.

MAMORE Ridge Run.

SCOTTISH YAHs, Bathgate H Games.

BANK of Scotland Stornoway Half Marathon and Fun Run. Budget accommodation, ceilidh. Fee £5. D - Alan Cunningham, Burncrook, Upper Bayble, Point, Isle of Lewis.

**30**

CAITHNESS Half Marathon.

CITY of Glasgow Women's 10K, Entry forms from Parks and Recreation, Community Recreation Section, 37 High Street, Glasgow, G1 1LX. Tel: 041-227-5991.

COWAL Police Half Marathon.

EDINBURGH & Dist AL (1), Tweedbank.

BANK of Scotland NE League, Dundee.

GRAMPION TV League (East), Aberdeen; (North), Peterhead.

SHOTTS Highland Games, inc. 10 mile Road race, D - Contact (d) 0555-750051 (e) 0501-820493.

## June

**2**

AYR Seaforth 10K RR, Dam Park.

FALKIRK OGM, Grangemouth.

HILL of Tarvit 5 mile RR, Ceres.

SRI Chinmoy 2 miles, Meadows.

**3**

REEBOK 5K Series, Kirkintilloch.

**4**

FMC Carnegie H Fri. Series.

**5**

EAST Kilbride Summer Races.

FRANK Sinclair RR, Greenock.

HADDINGTON Festival Five Mile RR.

LILIAS Day RR, Kilbarchan.

ROSS-SHIRE 10K, Muir of Ord.

SHOTTS Highland Games, inc. 10 mile Road race, D - Contact (d) 0555-750051 (e) 0501-820493.

**Isle of Arran**

**1993 EVENT CALENDAR  
(ALL UNDER S.A.F. RULES)**

**GOATFELL HILL RACE**  
Saturday 15th May (8 miles - 2866 ft)

**GLENROSA HORSESHOE HILL RACE**  
Saturday 12th June (13 miles - 5500ft)

**SHISKINE VALLEY HALF MARATHON**  
Sunday 4th July

**BRODICK HIGHLAND GAMES**  
Saturday 7th August

**CORRIE CAPERS ROUND ARRAN RELAY**  
Sunday 8th August

**GLENASHDALE RACE**  
Saturday 28th August

**FOR ENTRY FORMS AND  
FURTHER DETAILS CONTACT:**

TOURIST INFORMATION CENTRE  
BRODICK,  
ISLE OF ARRAN  
KA27 8AU

TEL: 0770 2140/2401

## City of Dundee Peoples' 10km event and Childrens Fun Runs

Sunday 9th May 1993

Starting Times - 11.00 am Fun Runs  
12 Noon 10km

events starting from  
High Street, Dundee

Entry forms and further information can  
be obtained from:

Leisure and Recreation Department  
Olympia, Earl Grey Place, Dundee  
Tel: 0382 22729

## ABERFELDY HALF MARATHON SUNDAY 9th MAY 1993

A.R.C Grand Prix Triathlon  
Sunday 6th June 1993

IRN-MAN SCOTLAND  
THURSDAY 26th AUGUST 1993

A.R.C Category A Triathlon  
Sunday 19th September 1993  
Half Iron Man  
Saturday 3rd July 1993

Craeff Road, Aberfeldy, Perthshire PH15 2DU  
Telephone (0887) 820992

East of Scotland 10k Road Race Championship



Organised by

FMC CARNEGIE HARRIERS

Supported by  
Dunfermline District Council and  
Dunfermline Building Society

7.30 pm  
WEDNESDAY  
26th MAY 1993  
Pittencraeff Park

For further details telephone  
0383 727386 or 0259 752589

## "LOADS A DASH"



in association with Nike and Albany Life  
**Bathgate 10K Road Race**  
2nd May 1993

Lot's of prizes, including spot prizes

For race details and Race pack send a S.A.E to:-  
SPORT AND LEISURE DEPT, WEST LOTHIAN COLLEGE,  
MAJORIBANKS STREET, BATHGATE EH48 1QJ.

HBT Promotions Present  
**The Auld Hoose Black Rock '5'**

Road and Beach Race  
Friday 18th June - 7.45pm Start

Entries £2 on day at Kinghorn Primary School From 6pm  
Hot showers

Prize fund - minimum £300  
Includes team prize and spot prizes

Prizegiving and rehydration at Auld Hoose - 9.15pm  
Late license

S.A.F. Permit  
Contact - J. McKay  
0592 891247

**EVENTS****6**

AIRDRIE HG, Airdrie.

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

FORTH Road Runners 10K RR.

IRVINE Valley Half Marathon.

SCOTLY HR, Banffshire.

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

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

**9**

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

KILWINNING Acad 10K.

SRI Chinmoy 2 Miles, Meadows.

WIGTOWN DC 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, Pitreavie, D2, Livingston.

**12**

BEARSDEN &amp; Mingavie 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 McKinnon, Sports Development Officer,

Skye &amp; Lochalsh Dist Council, Park Rd, Portree, Isle of Skye, IV51 9EP.

LOCHWINNOCH Open Races.

SSAA Pent &amp; Relay Champs, Grmouth.

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 &amp; 10K, Beveridge Park, Kirkcaldy. D - File College of Technology, 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&amp;2, Meadowbank; D3, 4 &amp; 5, Greenock.

**14**

LOCHMABEN Gala 5 mile FR.

**15**

BABCOCK Thorn Pitreavie OGM

**16**

EASTER Anguslon Appeal 4 mile Race, Aberdeen.

SRI Chinmoy 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&amp;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 Afrin on 041-332-5738.

**CITY of GLASGOW WOMEN'S****"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 1LXOr by calling our Hotline :  
041-227 5991 Glasgow City Council Parks and Recreation, Director: Bernard 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 543736SPONSORED JOINTLY BY  
MORAY DISTRICT COUNCIL AND  
THE MACALLAN**KIRKCALDY DISTRICT HALF MARATHON, 10K AND FUNRUN 13TH JUNE 1993**

Promoted by Fife College of Technology in association with Fife AC &amp; 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 KIRKCALDY

APPLICATION FORMS AVAILABLE FROM: FIFE COLLEGE OF TECHNOLOGY, ST. BRYCEDALE AVE, KIRKCALDY, FIFE, KY1 1EX.



Dunfermline District Council presents

**THE DUNFERMLINE HALF MARATHON OF 1993**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.

British Association of Road Races  
GRADE 1SUPPORTERS  
OLYMPIC COMMITTEE**HUGHES**Hughes Microelectronics Europe Ltd.  
Subsidiary of Hughes Aircraft Company

SUNDAY 16th MAY 1993

**HUGHES GLENROTHES Road Running Festival**

## SAF PERMITS

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



Glenrothes Snooker Club



FIFE COUNCIL



Kirkcaldy District Sports Council



CATCHUP



WOOLWORTHS



ALDERSHOT



PRINTING FOR BUSINESS

**KINCARDINE & DEESIDE DISTRICT COUNCIL****STONEHAVEN HALF MARATHON AND FUN RUN**

(SAAA &amp; 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 outdoor 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 & SWAA rules

### CLOTHING

#### WASP SKINSUITS



Made to measure lycra sportswear - 40 colours, plus exclusive patterns. Club discount offered. Coloured T's, Polos & Sweatshirts Screen printing available.

Large S.A.E. to Wasp Sports, 22 School Lane, Brereton Green, Sandbach, Cheshire CW11 9RN Tel: (0477) 533506 (anytime)

CLUB COLOURS - vests, shorts, tracksuits, badges, holdalls, shellsuits & leotards. Small orders welcome. Douglas Sports, 9 Acton Hill Mews, 310-328 Uxbridge Road, London, W39 QP. Tel 081-876 5818. Fax 081-392 9576.

### SHOE SERVICES

#### RUNNING SHOE REPAIR SERVICE

- Postal Service

Available. All Makes - Walsh, Nike, N.B., etc. Edinburgh. 031 - 667 9071

### FIFE SHOE SERVICES

Contact the running shoe repair specialists

295 High Street, Cowdenbeath.  
Telephone 0383 - 610119.

Kirkcaldy Indoor Market 242 High Street, Kirkcaldy

#### KIPPEH HILL RACE SATURDAY 12TH JUNE '93

12 NOON START FROM  
KIPPEH 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. SHOTTS HIGHLAND GAMES, INCORPORATING 10 MILE ROAD RACE. MALE, FEMALE. VETS AND TEAM PRIZES. AWARDS TO ALL FINISHERS.

TEL: D. 0555 - 750051  
E. 0501 820493

#### ARBROATH HALF MARATHON AND FUN RUN

SUN 27TH JUNE  
STARTS 10.45AM  
SEATON PARK  
ENTRY £5.00

APPLICATION  
FORMS & DETAILS:  
LEZ BARNETT  
0241 79934

Everything you need to organise a race.

Timing, numbers, medals, course markings, banners, bibs, tee-shirts etc.

Contact Marquip  
15 Davenport Road  
Felpham  
West Sussex  
Tel: 0243 830412  
Fax: (0243) - 841731

RUNNING SHOE REPAIRS.  
Manufacturer trained repairers quality carbon soles stocked send for brochure. ASR 63 High Street, Cheadle, Cheshire. 061 428 0067.



For further information and colour brochure return coupon to:  
IMI Birmingham Mint Ltd., Medals Division, Icknield Street,  
Birmingham, B18 6RX Tel: 021 236 7742. Fax: 021 236 0624. Telex: 336991

Name.....

Address.....

#### LAIRIG GHRU RACE 27TH JUNE

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.

CRAIGIE MEDAL TO ALL FINISHERS

RACE SPONSOR

PRUDENTIAL

ENTRY FORMS FROM  
ROBERT McCULLOCH  
on 041-644 5078

TEA TOWELS FOR FUND-RAISING - schools, clubs, etc. Your designs incorporated. Minimum order only 75. Excellent Fundraiser. Phone for free leaflet. DI - PRINTS (Uxbridge) Tel: 0895 - 256205

# 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, 13, £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, 7½, 8, 8½, 9, 9½, 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 Phenom UK sizes 9, 10½, usual £35.95, sale £20.00.  
9. Reebok Rapide, UK size 12 only, usual £27.95, sale £10.00 or 2pr £18.00.  
10. Brooks Outrage, UK sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, usual £39.95, sale £25.  
11. Asics LD Racer, UK sizes 4, 4½, 6, 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, 7½, 9, 9½, usual £59.95, sale £29.95.  
14. Etonic Lady Stable Road, UK sizes 4, 4½, 6, 7½, usual £49.95, 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.  
23. 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.  
24. Daley Thompson Shorts, lightweight with inner brief, colour navy with red/white trim, sizes XS, S, M, L, XL, usual £15.99, sale £10.00.  
25. Polisox 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.  
29. BOURNE SPORTS

Send cheque/postal order or telephone your orders quoting Access, Visa, American Express or Diners Card. All orders value £40 and over post free, other orders plus £3 post and packing.