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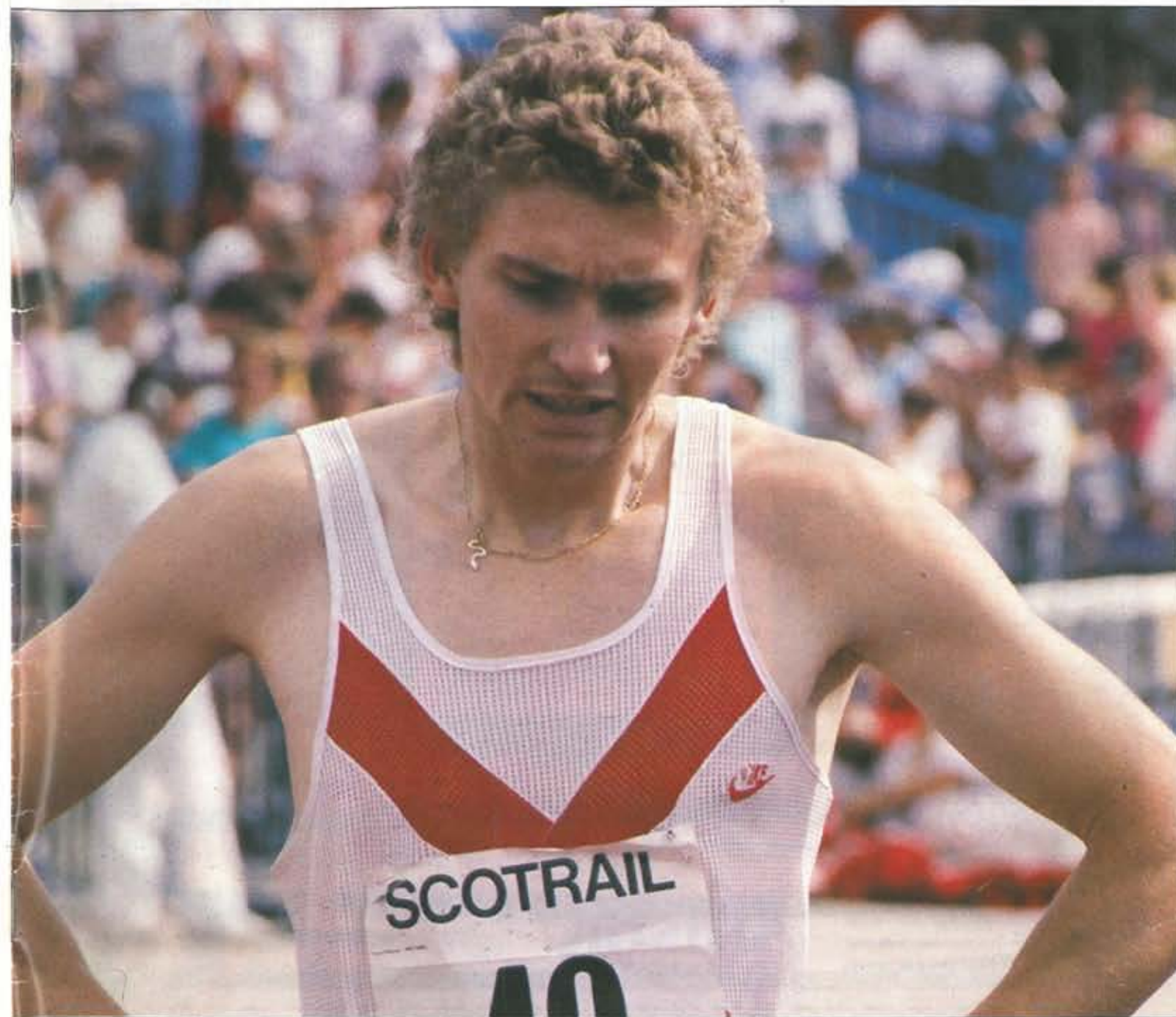
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SCOTLAND'S RUNNER

JANUARY 1990

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ISSUE 41



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Sometimes, as I churn out editorial after editorial criticising amateurish and feeble sports administrators, I wonder if it is perhaps me and the vociferous few such as Hugh Muir, Brian Whittle, and Eric Simpson (not to mention my colleagues Doug Gillon and Sandy Sutherland) who are out of touch with reality.

Step forward then Mr Rankin, captain of industry and chairman of the company which ensured that the 1990 Games appeal would not be the usual fiasco.

Speaking at the handover of the £240,000 Games appeal cheque in Edinburgh on November 29, Mr Rankin said (and I unashamedly quote from the Glasgow Herald):

"I have the feeling that the people who have raised this money raised it for a team to go to Auckland and not to put it into the kitty for Victoria in four years."

"It is not our business as sponsors to poke our noses in, but I am hopeful that one or two people worthy of going will be selected and added to the team."

Well, Mr Rankin, on this occasion I believe it was absolutely your entitlement to poke your nose in, and Scottish athletics should be grateful to you for doing so. (And quite why the Glasgow Herald felt it necessary to subtitle their story "Cheque handover marred as Rankin attacks selection" completely escapes me.)

As members of the Games executive wriggled over the free lunch being provided by S&N, Mr Rankin resumed his diplomatic attack by saying:

"I asked people to pay to send a strong team. That was to Auckland, and it was on Auckland that we were focusing."

The team could have been so much bigger and it could have been achieved with so much less niggling, particularly when you contrast it with other countries who have been listing financial strictures as a problem, but who have still picked teams commensurate with these funds.

Now, having covered many, many such occasions in the past, press conferences like the above are usually bland, self-congratulatory, affairs where everybody knows that the rules of the game are to get publicity for the sponsors.

For Mr Rankin to have made such comments he must have been extremely angry and agitated about the selection process for the Games. He didn't come out and actually say that the Games executive were a collection of bunglers, but you don't have to be an expert in reading between the lines to take that interpretation.

Unfortunately Mr Ewan Murray wasn't there (I wonder why - he is after all chairman of the Games executive) to listen to this damning rap over the knuckles. And even more unfortunately, this issue of Scotland's Runner had to be sent to the printers before we could find out his response at the Games executive meeting scheduled for two days after Mr Rankin's remarks.

The best comment of all from the S&N press conference was from Mr Stewart Coghill, who had earlier accepted the £240,000 cheque. I quote:

"We would like to see £85,000 to £100,000 in the bank, both for administrative costs in the interim, and as an insurance against a sponsorship disaster scenario for Victoria."

I love the expression, "sponsorship disaster scenario", but what Mr Coghill really appears to be saying is: "We need a hell of a lot of money in the bank - firstly to keep us in the style to which we are accustomed; and secondly as an insurance policy against our own incompetence over the next four years."

No, the pleasure of reporting on Mr

Murray tunnelling his way out of this disaster scenario will have to wait for another month. In the meantime perhaps it is too much to hope that he will request of the SAAA agm later this month that the award made to *him* two years ago for his services to Scottish athletics be formally struck from the records.

I trust that by the time this magazine has been published a few more athletes will have been added to the Commonwealth Games team (although the timing of Mr Rankin's plea may have been too late for those who haven't kept in full training).

The S&N chairman's remarks make it all the more imperative that our call last month for a full and open inquiry into the 1990 Games selection procedures be instigated by Scottish Athletics. It is sad that it took Mr Rankin, an outsider, to point out the obvious - and for that reason alone the top people in our governing bodies must look closely at themselves and ask if they and their outdated administrations are properly serving the sport.

Just to tell a tale out of school, the original, tiny, Scottish team had barely been announced when I was telephoned by a senior athletics official.

Was the call to tell me, on or off the record, what a disgrace the size of the team was, and perhaps give me some background information and ammunition to use in the fight to get the team expanded?

No chance. Instead the person concerned seemed to think it was a matter for congratulation that the SAAA's so-called "junior commission" was paying off because a certain percentage of the team had gone through its ranks. But of the promising youngsters left out? Not a word of sympathy or concern!

Enough griping for 1989. May we all at Scotland's Runner wish our readers and advertisers a happy Christmas and prosperous New Year. Thanks again.

Alan Campbell

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COMBAT STRESS

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Signature _____

up FRONT

THE decision by the British Athletics League to change their rules to prevent athletes from also competing in other leagues for different clubs come as a hammer blow for Inverness Harriers - even although they have the law on their side, writes *Charles Bannerman*.

Apart from severely denting their chances of regaining the men's North East League title, more importantly this change looks as if it will pose a serious setback to their plans to make their debut in the Scottish League next season.

Up to six top athletes, ironically all first claim for Inverness, could be absent from team from now on, despite most of them having already told Inverness that they would prefer to compete in the SAL for them rather than ESH or EspAC, whom they presently represent.

The biggest name in the group, which consists mainly of Scottish junior and senior internationals, is hurdles record holder Neil Fraser, but 400m hurdler Alastair Taylor and long jumper Andrew Thain are among the others affected.

The problem is that the only way these athletes can now get valuable BAL competitions is to turn their backs on their first claim Inverness club for other league competition to the benefit of the large Edinburgh concerns.

Inverness could, of course, exercise their first claim rights and insist on having their services, but this would put the athletes in the position of either losing their BAL chance or having to sever their ties with the North Club, to which they still openly admit a debt of gratitude for starting them off in the sport. Indeed when, during last season, offers of SAL services began to flood in from highly respected performers, Inverness officials were staggered and delighted at such loyalty. However, they are a lot less happy at this latest pronouncement by the BAL.

"This is an appalling decision," said Inverness track and field convener Charlie Forbes. "It entirely cancels out the attempt

"But, by all reasonable accounts we can hardly stand in the way of these athletes getting British League competition. They have been very loyal to us over the years, and I think we will have to waive our first claim rights, hard though that may be on the club."

But this issue also exposes what appears to be a major breach of the eligibility rules by the two Edinburgh clubs through their use of athletes from the North in their Scottish and British league campaigns. Until last December's SAAA rule change, which introduced a more universal secondary first claim arrangement, ESH and Esp cAC had presumably relied on SAAA competition rule 16 c) ix) to acquire the services of performers of the calibre of Fraser, Russell Devine and the Leighton brothers, along with others who chose to retain Inverness Harriers as their first claim club.

What this rule does is to offer a secondary first claim option to first claim members of North District Clubs - provided they are resident in the North District. But from about 1985 these individuals began to take up residence in the south when they began employment, although still retaining Inverness as their first claim club. So until the beginning of last season they could therefore only be second claim members of their Edinburgh clubs - who as a result would appear to have used them in the "first claim only" British and Scottish leagues illegally for up to three years. What will happen if their only first claim club, Inverness, join the Scottish League but are prevented by the BAL from using their services, remains to be seen.

But if the Edinburgh clubs have got themselves into a legal jam, there will be few tears shed about that up north where wry jokes are common place about the huge gulf in performance levels

EWM proposal could lead to "no confidence" in Games Council

A resolution from Edinburgh Woollen Mill, relating to the harsh treatment of the SWAAA by the executive of the Commonwealth Games Council is to be added to the SWAAA's annual report of 1989, writes Rhona McLeod.

The proposal was made at the SWAAA agm on November 25 and is threefold in its content.

The resolution basically proposed that the agm deplored; 1) the manner in which the SWAAA has been treated by the executive of the Commonwealth Games Council; 2) the remarks of the chairman Mr Ewan Murray, relating to his statement of no-one "going along for the trip". The

which these concerns appear to experience between the Scottish Young Athletes league and the senior strata. The mediocrity of ESH in particular in the SYAL, compared with the forces they appear to acquire come senior level, has not gone unnoticed in the Inverness camp.

"They certainly can't produce the quality athletes at SYAL level," is the comment of Forbes, who team managed Inverness to the SYAL title last season. "Clubs like Edinburgh Southern have been gaining all along the line from other clubs' disadvantages due to remoteness."

The other thing which sorely irritates coaches and athletes in the Inverness camp is to see the Edinburgh label against their own first claim athletes in rankings lists, even for performances which were done in an Inverness vest!

Indeed, one plea for help from a statistician carried the stipulation that performances by Fraser, Devine and others must be allocated to their Edinburgh clubs. The plea still remains unanswered.

But unless someone, somewhere, successfully appeals the BAL ruling, it looks as if a lot of good athletes who want to compete in the SAL for Inverness Harriers will be unable to do so—and all because in this “might is right” situation, the will of a league seems to be able to cast aside the laws of a national governing body.

third point asked for a positive response from the chairman and executive of the council relating to the points made in 1 and 2, and if none was forthcoming then the association should propose a vote of no confidence in the said chairman and executive committee.

When voted on, the proposal was passed unanimously.

Changes to the constitution were made relating to Scottish qualification for international selection purposes. For athletes not eligible either by birthplace or parentage, a new clause will be included to say that athletes must have had a minimum of five years continuous residency in Scotland.

Perth Strathgry's George Duncan proposed that a change be made to the rule of all members of the SWAAA executive committee being women. Mr Duncan said that such a situation is not democratic as it stands, as clubs should be able to vote both men and women onto the executive. After a vote the motion was carried although it did meet with slight opposition.

Under "any other business" Mr Duncan proposed that SWAAA starts negotiations with the other Scottish associations to gauge their feelings on the creation of a Scottish Amateur Athletics Federation. After this proposal met with the agreement of the meeting, Mr Duncan suggested that a time restriction be made to ensure a prompt answer. Again there were no objections and so the SWAAA executive agreed to undertake this correspondence immediately.

It was announced at the agm that Mrs Hilda Everett no longer wished to stand as president of the SWAAA and so Mrs Isobel Docherty was elected to take over the position.

Ron Hill
TRACKSTERS
WINNERS
see Page 9

...but one day he might have trouble even walking!



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In June 1989 tanks were sent into Tiananmen Square by the Chinese government to crush the mass and peaceful demonstration for freedom and human rights. This picture shows a young student, Wing, who stood in front of a column of tanks in defiance of the government's violation of human rights. It is now reported that he has been executed.

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up FRONT

Hawks swoop for their first gold in Glasgow to Edinburgh relay

DUNDEE Hawkhill Harriers celebrated their centenary with a first ever victory in the Edinburgh-Glasgow relay, writes Doug Gillon. After 100 years they finally got among the medals in an event in which they had never previously placed better than fourth.

But for Peter Fox, who triumphantly carried the baton into Glasgow's George Square 90 seconds ahead of Cambuslang, it was his second winners' medal. As a youngster he was a member of the Clyde Valley squad which won the eight-stage, 45-mile event.

Every year the volume of voices opposed to the race becomes higher - its English counterpart, the London to Brighton, became a victim of such criticism years ago. The Scottish race has survived thanks to the advent of the motorway relieving traffic, by switching from Saturday to Sunday, and by an earlier start. But options are running out. Eventually it looks as though the event may have to be replaced by a closed-circuit relay, but until that unhappy day the Scottish Cross Country Union will maintain it as the blue-ribbon of road relay racing north of the border.

Hawkhill, East District relay champions, rarely looked anything other than likely winners. The mantle of favourites, usually an omen of disaster, threatened only once to smother the flight of The Hawk.

That was when Craig Ross went briefly off course at a roundabout on the outskirts of Bathgate. There were no marshalls at the junction and Ross could not be faulted. Nor could the sportsmanship of the Shettleston contingent, whose Nat Muir was in hot pursuit carving lumps out of Ross's lead.

They shouted the Hawkhill man back on course, and although he had slipped from first to fourth behind Muir, just 14 seconds covered the first four teams at that end of the stage. Hawkhill had already fired impressive shots, notably from Peter McColgan who had established a 41 second lead on stage two.

McColgan's time was 68 seconds slower than Ian Stewart's course record set in 1972. But

despite the possible injustice to Stewart, it might be worth establishing a new record for a stage that has lengthened significantly since then with the construction of at least two roundabouts.

Hawkhill still had some heavy armour to wheel out. Notable amongst them was Ian Campbell, tenth in the world junior cross country championship 11 years ago and now beginning to display the kind of form which that heralded. Immediately after Ross had strayed, Campbell put Dundee back on course for the title, giving them a lead of almost a minute over Cambuslang.

With Charlie Haskett, Ritchie Barrie and Fox still to run, the outcome was a formality.

DHH's time, 3-39-03 was just over five minutes outside the record set by Edinburgh Southern with the benefit of a tailwind in 1975, and was more than five minutes faster than they themselves had ever done before.

Cambuslang, 90 seconds in arrears, recovered from ninth after the first leg and put themselves in contention through Ed Stewart, who took them fifth on stage two. Aberdeen, defending champions, had six of last year's team on the road, including Colin Youngson running for the 23rd successive year. They did well, however, to improve from sixth to third over the final four stages.

Shettleston, not in the race last year, had a case for claiming the most improved team award, when placing seventh, but newcomers Calderglen, 21st and 20th in their only previous outings (1986 and '87 respectively) were given the vote. The first 12 qualify automatically for next year.

Results

1, DHH (D Beattie 26-47, P McColgan 28-22, T Reid 24-09, C Ross 27-40, I Campbell 26-25, C Haskett 33-07, R Barrie 25-35, P Fox 26-58) 3-39-03; 2, Cambuslang 3-40-33; 3, Aberdeen 3-41-43; 4, Espc 3-42-15; 5, Teviotdale 3-42-45; 6, ESH 3-42-58; 7, Shettleston 3-43-10; 8, FVH 3-43-37; 9, Kilbarchan 3-46-27; 10, Bellahouston 3-46-43; 11, GGH 3-46-44; 12, Calderglen 3-50-30; 13, Fife 3-51-49; 14, VP 3-51-54; 15, North Select 3-52-45;

Injury foils Jayne's Auckland bid

IRONICALLY it is the injury which befell Jayne Barnetson in the last Commonwealth Games which has forced her to withdraw from the forthcoming event in Auckland, writes Rhona McLeod.

In 1986, Jayne broke her left ankle while at the Edinburgh Games and it is the same ankle which she recently injured while taking part in a hurdles race at Balbardie Park, Bathgate. Jayne said that as she came off the third hurdle "I heard a crack and then the pain in my ankle was worse than when I broke it in 1986."

She was then taken to Edinburgh's Princess Margaret Rose Hospital where she spent the next couple of days under the care of surgeon Malcolm McNicol. Mr McNicol diagnosed the injury as ruptured medial and lateral joint capsules of the ankle.

After a return visit to Mr McNicol on November 27, it was decided that Jayne should with-

draw from the Commonwealth Games. "Already the muscle wastage was visible," Jayne said, "and so even if my ankle was better, I'd never have time to get back to peak fitness before the Games." She continued, "I am very disappointed that this should happen to me two Commonwealth Games in a row, but I have been told that to avoid problems with it later in life with my ankle that I have to get it sorted out now."

The last week in November will be remembered by Jayne with bitter-sweetness as on November 28 she became Mrs Jayne Davison. Complete with foot in plaster Jayne walked down the aisle of St Clements Church in Dingwall with her fiancée Richard Davison. The couple then left for their honeymoon in Lanzarote. Their time spent abroad was also to be an opportunity for Jayne to have some warm weather training with English heptathlete Kim Hagger.

Ron Hill Tracksters competition winners

Congratulations to:

Andrew Edgar, Erskine; John Croly, Glasgow; Peter Wyman, Edinburgh; Aileen Adam, Glasgow; Aileen Lusk, Glasgow; Alan Cook, High Wycombe; William Day, Dalgety Bay; David Whiffen, Sanquhar; Richard Bingham, Edinburgh; William Nelson, Carlisle; E Rennie, Aberdeen; Gordon Robinson, Strathaven; Doreen Bissar, Linlithgow; John Maitland, Fort William; A. Eaglesham, Glasgow; Paul Watson, Linlithgow; G. McCulloch, Aberdeen; Norman Crawford, Balerno; Maureen Grieve, Brechin; A McLatchie, Stevenston; Ian Donnelly, Lanark; Robert Gray, Grangemouth; D. MacDonald, Fort William; Joseph Cascarina, Glasgow; Peter White, Livingston.

You will be receiving your Ron Hill Tracksters in the post soon!

Fast work for Yvonne

YVONNE Murray recently took up employment with the Glen Henderson Group where she will be responsible for processing records on the company database in their Edinburgh centre.

Mr Glen Henderson, the director of the Porsche and Ferrari dealership stressed the need for a happy and relaxed working environment for top class athletes who have the high demands of training and competition to face. He said he hoped to supply such an environment for Yvonne.

Another employee of Mr Henderson's is Tom McKean who works in the Bearsden centre.



16, Clydesdale 3-54-59; 17, HELP 3-55-18; 18, Ayr Sea 3-57-33; 19, Hunters 3-59-5; 20, Taconic (USA) 3-59-11; 21, Livingston 4-00-37; 22, Annan 4-07-20.
Fastest laps: 1, (5.5 miles), K Logan (Tev) 26-43; 2, (6.0m), McColgan (DHH) 28-22; 3, (4.7m), S Cohen (EAC) 23-54; 4, (5.3m), N Muir (Shett) 25-29; 5, (5.5m), I Campbell (DHH) 26-25; 6, (7.0m), N Tennant (ESH) 32-15; 7, (5.5m), I Archibald (EAC) 24-40; 8, (5.0m), G Grindley (FVH) 26-47.

FALKIRK DISTRICT COUNCIL AMENITY & RECREATION DEPARTMENT

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Declarations close 30 mins before every event.
Individual Team Awards

INTER TOWN SPORTS HALL ATHLETICS

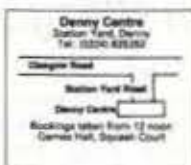
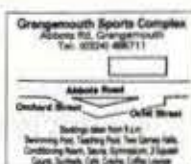
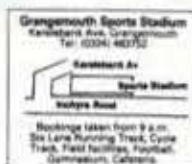
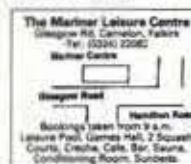
Saturday 10th March 1990

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Details of times, dates and locations where these activities are available can be obtained from the addresses given. So, if you fancy learning to play a new sport or become involved in a new activity, please phone for further information.

Your local sports centre can be of use even if you feel you don't want to join a club or attend coaching classes. If you want to get together with a group of friends to play indoor football, badminton, table tennis, squash or any other activity, then your local sports centre is available for this purpose.

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If you are still unsure of what your local sports centre has to offer why not pop along to have a look around. You will find the staff most helpful and willing to give you the information you require.

David J.G. Mould, The Director of Amenity & Recreation, Falkirk District Council, Kilns House, Kilns Road, Falkirk FK1 5SA. Tel: 24911.

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Sunday 11th February

Mini Minor
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Saturday 8th
September

Inter Town
Sports Hall
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Saturday 10th March

Womens Own
Run
Sunday 24th June



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CHAMPIONSHIPS
Saturday 21st April

FALKIRK
HIGHLAND
GAMES
17th June

1990

Young Athletes Meetings
Saturday 7th April
Saturday 12th May
Sunday 22nd July
Saturday 18th August

FALKIRK
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LETTERS

Please send your letters, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Crucial points missing in debate

18 Redford Avenue,
Edinburgh.

SIR - The continuing debate about the extremely off-hand treatment Scottish athletes are receiving in relation to Commonwealth Games team allocation has still missed a number of crucial points.

One of these I made in a letter to the "Scotsman" some weeks ago. In this I asked if the various officials and associated hangers-on would restrict their own numbers, or were these individuals just out for a free jaunt to New Zealand in January.

Given the previously vociferous statements by Ewan Murray that no competitors would go on this basis I was surprised no response to my letter appeared in the columns of the press. Possibly he realised of course that it is not wise to defend the indefensible. What after all do Mr Murray and his associates do when going to such events? Does time hang heavy on their hands? Are they actually in contact with and giving encouragement to our country's sporting representatives?

A second point overlooked relates to the selection on the "compete with distinction" basis. If the logic of this position was actually carried out by all the competing countries, agreement would have to be reached on an international basis for just three competitors in each event. There are only three medals available, no more, no less. I suspect however those responsible for team selection would not wish this aspect of their thought processes drawn to public attention. It would be the equivalent of a reduction in the Premier League to just three or four football teams as no others have been capable of winning it.

A final and no doubt controversial point. Politics are an everyday aspect of life, including sport. It is regrettable that Scottish participants have just limited opportunities to appear on the international athletics stage for their own country. They would appear too often in the humiliating position of begging the British

authorities to squeeze a few in. It is therefore quite unforgivable that at one of the few major events where Scotland is represented in her own right as a nation, that it is actually Scots themselves treating their young fellow Scotsmen and women in this horrible way.

I could not seriously visualise any other small nation of Scotland's size standing for it. The point is that most of them are independent, have their own governments and a Minister of Sport with both the resources and will to assist and promote development of these matters. Scotland is not in this position.

Neil MacCallum.

Rules ignored?

Community Central Halls,
304, Maryhill Road,
Glasgow.

SIR - Question: When do the S.C.C.U. rules not apply?

Answer: In cross country races run by the Dumbartonshire cross country committee.

The Dumbartonshire C.C. Relays were run on a fine day at Clydebank. Unfortunately Victoria Parks first leg runner, who was leading at the time, took a wrong turning and cut some 200 metres or so off the first lap course in full view of all the officials. The second and third runners on his heels also followed this course, but the rest of the field, watching the three solo runners running down the hill, carried on the correct route.

The race completed, the first three teams to finish were the same three which cut the course.

The athletes assembled expecting the automatic disqualification of the first three teams in accordance with the SCCU Handbook. The committee announced that there was a dispute over the results and would announce a decision later, which they did - declaring the first three teams were disqualified and the teams finishing fourth, fifth, and

LETTER OF THE MONTH

55 St Kilda Crescent,
Kirkcaldy,
Fife.

SIR - I felt I had to reply to your Letter of the Month in the November issue.

If Mr Benyon is going to criticise a group within the athletic set up it is advisable to check the facts. He really should have sorted out the Commonwealth Games Council from the SAAA/SWAAA Commonwealth Games selection committee. Alan Campbell's article was very fair in that it laid the majority of the blame for the selection fiasco at the door of the Commonwealth Games Council, led by the infamous Ewan Murray, who has appropriately been described as the dead hand of Scottish athletics.

The selectors went into the Commonwealth Games Council with a larger amount of athletes names than they came out with, but they did fight the case for a larger team. The weakness may have been as suggested by Alan Campbell that the athletic fraternity should have dug in at an earlier date when it became more than obvious that the council were attempting to send a team that would be on a par (number wise) with a developing nation in athletics.

Instead of having a go at the selectors, Mr Benyon should direct his wrath at the Commonwealth Games Council. As to the comment on the officials that are going, as far as I know - and it is fairly common knowledge within coaching circles - there are only three officials going. These are Ruth Booth, (women's team manager), Bob Greenoak (men's team manager), and David Lease (national coach). So I really can't see them cutting back on that number.

My main concern as a coach is for the athletes such as Dawn Kitchen and Aileen McGillvary, who have proved themselves good ambassadors for their country yet are ignored in their endeavours to compete for their country in the Commonwealth Games.

I liked Mr Benyon's ideas about the best of Scottish athletes being allowed to compete for their country and it should now be up to him, plus like minded others, to push for the introduction of this as official policy for the next Games.

So let the silent majority become less silent and pick on the correct targets to confront. Maybe if we start now we can influence the selection of the team for the Commonwealth Games in Victoria, Canada, in 1994. With the development of the coaching structure in Scotland we will have an even stronger case to put to the Commonwealth Games Council. I would suggest that the coaches and athletic administration fight as one for the right of the athletes to be given the honour of representing their country.

Eric A Simpson

ERIC Simpson and Neil MacCallum are to be thanked for taking the time to put on paper their thoughts on Scottish selection. But where are the views of the athletes and officials? Just two letters in response to such a major issue would suggest that athletics got what it deserved - Ed.

sixth would move up.

The disqualified teams later appealed the decision, and were reinstated to first, second and third.

This is a decision the rest of the clubs cannot believe, and wonder what happens at the next, cross country race when someone

cuts the course by such a distance. Can they disqualify him, or have they set a precedent?

The junior boys, senior boys, and youths all managed to run the correct course!!

M.McCartney,
Maryhill Harriers.

LETTERS

There's no Godfather in SVHC

36 St Giles Square,
Camelon,
Falkirk.

SIR- AS A SVHC club committee member I must say enough is enough. Henry has gone away overboard in his column and the editor should have checked before publishing such potentially damaging comment on the SVHC.

Actively involved in several sports as participant and office bearer, one of my better decisions was to join the Scottish vets. This has given me much pleasure and satisfaction and involvement with persons of high character, commitment and ideals. There has been no "godfather" of Mafia connotation I am aware of.

We are a national body. This gives problems of representation country wide. We are extremely fortunate to have office bearers with such commitment and efficiency - if there is such expertise anywhere else in the country, then if properly presented and elected there would be no objection to change of locus for meetings.

At the agm the chairman gave time above and beyond procedural imitations for Henry's motion to be discussed. After wide ranging discussion Henry's motion was lost. This is called democracy. Is that a fault?

There is a body to administer veteran athletics, the SVHC is that body. Administration costs, printing, postage, and event organisation costs money. This all comes from a £5.00 affiliation fee. No money no administration. To represent Scotland one must be a member of an affiliated club. Why should the vets be different? There are an unhealthy number of non affiliated runners around who enjoy organised athletics. Does Henry agree with this?

The vets have recognised the signal contribution of Molly Wilmoth and Kay Dodson. This is a matter for congratulation without snide comment.

Scottish sport has much giving cause for concern. English governing bodies adopting aggressively the position of British bodies excluding Scotland from competition abroad. The position and influence of Andy Norman vis a vis Scottish athletics. The position of professional/amateurs. Have Scottish

administrators the furtherance of Scottish sport at heart - if so can they explain their thinking.

All decisions of the SVHC are open to criticism. This is better done through correct procedure and not inflammatory comment in a national magazine.

H.McGinlay

Naughty Henry

46, Riverside Gardens
Clarkston.

SIR-Your veteran correspondent's valedictory article "The Veteran Scene" cannot be allowed to pass without comment.

The use of the appellation "godfather" to describe the vets' founder is mischievous to say the least. In recent years, thanks to Hollywood, "godfather" does not only mean the male godparent, but the head of a criminal family. This is totally at odds with a man of generous spirit, without whose presence and influence the vets would be demonstrably poorer.

The reference to "diehards" within the club is malicious when describing those with whom there is disagreement. As a club we are not resistant to change. At the meeting of clubs called by Scottish Athletics to discuss the draft BAF constitution, we openly advocated the formation of a veterans commission. This public statement was reinforced with a written submission to the SAAA which sought their support for such a commission. The important point is that if such a commission is formed, the raison d'être of the British Veterans Athletic Federation will cease, and the role of the SVHC will be considerably diminished, for we would look to the commission to promote international matches, and British and Scottish championships which would be open to all eligible athletes.

Your correspondent is correct when he states that the Amptill event was not a real international. Only national governing bodies can promote and select international events and teams. This hugely successful event was promoted by the BVAF and as such only registered vets could compete.

Surely your specialist correspondent knows that clubs cannot pick international teams. Therefore, it is fallacious to suggest that a better team could have been chosen.

The suggestion that another club or organisation run a truly open Scottish championship is equally misleading. Once again, this is the sole prerogative of the national governing body.

I'm at a loss to understand the relevance in the article of the average age of the vets committee being 65. Is this an attempt to belittle the committee, implying that those of mature years prolong committee meetings, and do not take easy decisions? Without the contribution of Messrs Porteous and Morrison for example, both in their 75th year, the quality of our decision making would be much reduced.

I do not agree that the ladies have an unenviable task in controlling a male committee, and it is mischievous to suggest that there could be difficulties. Indeed, the only acrimony which has occurred during my four years as secretary was when your correspondent was in the chair.

Your correspondent makes much of the fact of his resignation from the presidency, and his absence through choice from our executive committee. Perhaps it will interest your readers to know that after his much publicised resignation, Mr Muchamore sought to return to the committee as immediate past president!

In the last year he has launched Veterans One World, suggested the formation of the Scottish Association of Veteran Athletes, promoted the idea that others should organise veteran matters, and generally has tried to undermine the efforts of this club to pursue matters on behalf of its members. Perhaps the time has come for Mr Muchamore to consider his position as a member of the SVHC.

A G Muir,
Hon Secretary,
Scottish Veteran
Harriers Club.

Is this normal?

16, Bellevue Place,
Edinburgh.

SIR- As what is most frequently termed a jogger, I have taken part in many races throughout Scotland over the last three years. All of these events had their good and bad points, but in none of them was I ever the object of abuse and derision. That is up until the race in which I participated on Sunday, November 5.

I heard "through the grapevine" of a small event called Guy Fawkes Gallop which was to take place on November 5. As I had only ever taken part in large people's races, I was looking forward to participative over a short course and with a small field. However, on my arrival I was met with total chaos.

Firstly, nobody seemed to know what time the race was supposed to start. Second, there were no changing or toilet facilities, and people were forced to change in the street and urinate behind bushes. Thirdly, there appeared a very sour atmosphere with runners openly swearing and making most unnatural insinuations about each other. But this was not the half of it.

Although only a short race (four miles), I still expected some sort of facilities on the course. As there were no water stations en route or refreshments available at the finish (not even a Mars Bar!) I mentioned my displeasure to the young man who appeared to be the organiser after I had finishes.

Imagine my total dismay when I was greeted with loud derisive laughter and I was further abused when he invited other runners to come across and "listen to the f---g clown!"

I have never been so embarrassed or disgusted with my fellow runners. I write this letter to warn fellow joggers of these small, not so friendly events. If this is "real" running, I think I'll stick to jogging events.

John L. Davidson.

LETTERS ARE CONTINUED
ON PAGE 32

ALLAN WELLS

IF anyone had suggested to me that if I hit a boxer's punchball I would one day become the fastest man on earth, I would have laughed. In effect that is exactly what happened.

The training was so different to anything that I had done before that I went into it with no preconceived ideas and a tremendous amount of faith. I was convinced that it could do wonders for me, just as it had done for the likes of Drew Hislop and Andrew McMaster. My background had always had a heavy emphasis on weight training and this enabled me to run 10.9 downhill on roller skates! To be fair to the weights, it was not only the speedball that made the difference, but for sprinters it is a more specific method of training.

The speedball is often thought of as a rather strange piece of equipment for a runner to use. After all, you do run with your legs and not on your arms. Or do you? It is a well known fact that your arms control the movement of your legs.

Puzzled? Try and run with your arms moving quickly while your legs move slowly and vice versa. It is impossible. Also, if you try and run with your arms by your side, balancing is difficult.

Therefore, if you can speed up the movement of the arms, and make them stronger at the same time, it enables you to run faster given that your leg strength is reasonable. This is theoretically what the speedball does. Along with balance, co-ordination, and concentration which makes it a formidable piece of equipment.

The first thing you have to understand is that it is not an arm exercise but works the whole body. The movement starts in the feet and ends in the fists, utilising everything in between.

The first problem is learning to hit it! To the well co-ordinated a physical impossibility. Patience is a virtue, but once you can maintain a regular rhythm it is a great way to release pent up aggression.

The noise factor is one of the speedball's drawbacks. With six balls being hit flat out it is difficult to hear yourself think never mind speak. Therefore your concentration is tested to the limit in order to hear and see your



own ball as it is moving very quickly backwards and forwards. This concentration can be put to great use at a major championships, allowing the athlete to concentrate on the event while at the same time reducing the chance of any distractions.

As you have to hit the speedball with both hands, it works tremendously well on the body's natural weak side. This is a great advantage in one sided sports, i.e. tennis, badminton, golf, etc, as not only does it prevent injuries by balancing up the body, but works wonders for your left hand lay-ups if you are a right handed basketball player.

It does this by improving the body's co-ordination and speeding up the signal from the brain to the muscles. Therefore, when it comes to sprinting on the track, the pathways have already been set up and also at a much faster speed than they are called upon to work during the 100 metres. This improves reaction time and also speed of thought.

It is difficult to believe that you have time to think and react during 100 metres, but you constantly are adjusting to new situations that occur during the race.

If you compare this with weight training, it is possible to achieve a similar benefit from weights in terms of strength but without the added extras. Even if you use light weights you cannot push them over the 800 times in three minutes!

You do have to push the weights equally with your left arm as well as your right, but the right always seems to compensate that little bit and as the left arm is not working on its own, as in speedball, there is no great improvement in co-ordination. Your concentration does not need to be as great while lifting weights, although a degree of concentration is necessary in order to safeguard against what injury and to ensure safety at all times.

As someone who has trained extensively with both, I have to settle in favour of the speedball when it comes to training sprinters. I felt that it did everything I asked of it and more. It was also only one part of a whole.

The other exercises, the strict regime, and the track work also played a major part in the end results of winning major championship medals.

Like all other forms of training you only get back what you put in. If you cheat, remember you are only cheating yourself. Nobody else will suffer, that is the beauty of doing an individual sport! The glory is all yours, but so is the pain.

If you commit yourself, whether it be to the speedball or to weight training, it has to be total if you want to achieve the highest results. There is no place to hide in 100 metres, the fruits of your efforts are there to be seen by everyone and how!

If you do decide to try the speedball, it is important that you find someone who knows how to hit it properly to teach you the correct technique, otherwise the benefits will not be as great.

As Christmas approaches have a good time, but try not to neglect the training too much. To the members of the Scottish team we wish a happy and golden New Year, and to the rest of the readers many happy metres of running from Margot, Allan, Zoe and Simon Wells.



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COACHING CLINIC

By Derek Parker

ONE of the most neglected - yet most effective - forms of athletics training is fartlek

The word is Swedish for "speed play" and it describes the specialised sessions performed in the huge Scandinavian forests around the time of the Second World War by middle-distance immortals such as Gundar Haegg and Arne Andersson.

In its original, or pure form, fartlek was the brainchild of a famous Swedish coach named Gosta Holmer. He recommended work-outs of around 60 minutes during which the athlete ran fast and slow according to his mood and inclination on the day.

Done in an outdoor setting, especially along forest trails and footpaths strewn with pine needles, purist fartlek was said to mentally stimulate the athlete by its informality and to have a relaxing affect on the muscles.

Holmer's ideas were taken a stage further by Haegg and Andersson who broke the world mile and 1500 metres records four times and were the Swedish equivalent of Seb Coe and Steve Ovett.

While still maintaining the outdoor setting and refraining from the use of a stop-watch, both introduced a little more formality into their programme and ran for more specific distances during the course of a session.

Haegg, for example, had a 5000-metres circuit at a place called Volodalen which he tackled at different speeds. It wended its way along forest trails, beside a river and a lake, then up and down hills of varying degrees of severity.

There was a soggy tract of marsh land about 600 metres long which the athlete ran across to develop leg strength and the ability to maintain technique and relaxation during conditions of fatigue. The hills were all tackled at a fast tempo and there was a fairly flat stretch of land measuring around 2000 metres which was divided into 2 x 1000 metres sections.

The first 1000 metres was run at a fast, steady pace and the second 1000 metres involved a series of 60 metres sprints with short recovery jogs. This type of work-out became known as complex fartlek (to differentiate it from the purist form) and it could be very arduous and testing in the winter when the ground was covered with deep snow and ice.

Some ten years later the 'back-to-nature' ideals of Andersson, Haegg, and Holmer were transplanted from their settings in the Swedish fir woods to the sandy, sunny beaches of Portsea in Southern Australia. It was there that the legendary Percy Walls Cerutti set up an athletics training camp attended throughout the year by hundreds of athletes from all over Australia and farther afield.

Cerutti inculcated the creed of Stotanism in the innumerable running disciples who trained under his guidance at Portsea. The word is derived from STOicism, an ancient Greek philosophy which taught its practitioners to endure mental and physical pain, and sparTAN, an ancient Greek warrior caste renowned for its bravery.

The great Herb Elliott, Olympic gold medallist in the 1500 metres at the 1960 Rome Olympics, was the most renowned of all the numerous athletes who attended Portsea. He was the supreme Stotan.

A typical day at Portsea involved a 5 am rise followed by a 30 minutes run along the beach and a swim in the ocean. It was then back for a breakfast of uncooked food and cereal before going back out onto the shore to tackle a one-mile course over a sandy, bushy track with two tough hill climbs. Many athletes were proud to break eight minutes for the course. Elliott did it regularly in never more than 6 minutes 10 seconds - five times in a single session.

After lunch came weight-training. Joe Galli, writing in American magazine "Track and Field News", describes how Elliott was capable of lifting 200 pounds in the ordinary dead lift and pressing 125 pounds above his head. Then it was back out onto the sand dunes where the athletes ran up and down an 80-foot high sandhill with a 1 in 5 gradient about forty or fifty times.

No one knows to what extent, if any, Holmer's ideas about Fartlek influenced Cerutti's Stotan philosophy and his training methods. But the finest legacy bequeathed to us by these two far-sighted and deep-thinking coaches was that athletes everywhere can use their own

particular environments and physical surroundings to achieve their sporting ambitions.

Holmer and his athletes used forest trails, riverside paths, and deep snow in the freezing-cold wildernesses of Sweden to fulfil their sporting destinies. Cerutti and his followers utilised beaches, bush trails, and sandhills of sunny, ocean-lapped Australia to earn themselves a place in the athletics hall of fame.

Theirs is a source of inspiration and a lesson worth remembering when here in this country it is all too easy to blame someone else or the lack of facilities if some athletes do not obtain the results which they think they deserve.

A significant attraction of fartlek, whether it is purist or complex or done on forest paths or sand trails, is its use of changing terrains. The different surfaces and varied speeds make the athlete less aware of fatigue and induce invigorating feelings of fitness, resilience, confidence, and a resolute faith in his or her own physiological and psychological capabilities.

Anyone who has used fartlek sessions on sandy beaches or along soft, shady woodland trails will be aware that in such splendid outdoor settings hard work indeed becomes speed play and one experiences sensations of wanting to run forever.

Other advantages of fartlek are (1) it encourages the athlete to become more self-dependent on his or her own physical and mental resources as usually there is no coach present to supervise training sessions; (2) it takes the athlete away from the regimented atmosphere of timed runs, measured distances, set recoveries, and fixed repetitions; (3) it reduces the boredom of track-training or road-running; (4) it can be done virtually anywhere, provided there is a golf-course, park, grass verge, or open country close by; (5) it provides a sound endurance base for all events ranging from sprints to the marathon. Depending on the age and fitness of the athlete, his or her event, and the particular phase of the training year, it can emphasise aerobic (with oxygen) or anaerobic (without oxygen) running. (Note: aerobic running takes place when the heart-rate does not exceed 170-180 beats per minute. Anaerobic running occurs when the heart-rate is above 170-180 beats per minute. There is, however, a

COACHING

CLINIC

considerable degree of overlap between aerobic and anaerobic training and much will depend on the age and state of fitness of the athlete. Under these conditions, the figures quoted are subject to variation).

One possible weakness of fartlek is that nowadays most people live in towns and cities and prefer to do their training on what to them is their natural environment - the road. Another disadvantage is that in our materialistic culture governed by timetables, measuring devices, prescribed work schedules, and clocks, many athletes like to monitor their progress with the stopwatch and train over accurate distances in specifically-recorded times.

For these reasons, various types of fartlek sessions have evolved which can be done using stopwatches and on the road if one does not have ready access to natural surroundings.

It should be emphasised, however, that shoes with a good cushioning effect must be worn to minimise the consequences of pounding if fartlek is done on roads and other hard surfaces.

In British Milers' Club newsletters and at their coaching days, founder member Frank Horwill named certain types of fartlek after leading physiologists. These included:-

(1) Gerschler fartlek - inspired by the coach of that name who guided the brilliant Rudolf Harbig to the 800 metres world-record around the time of the Second World War. Gerschler believed that the quickest method of acquiring stamina was to run several 200 metres repetitions five or six seconds slower than one's best time for the

distance then allow the heart rate to return to 120 beats per minute in 90 seconds or less before starting the next repetition. The training stimulus takes place during the recovery, or interval, phase, when the heart expands and is filled with oxygen-rich blood which it then delivers to the working muscles. A typical Gerschler fartlek session could be 20 to 30 x 30 seconds fast striding with 30 to 90 seconds recovery jog.

(2) Saltin fartlek - named after the physiologist, Saltin, who claimed that oxygen uptake was best improved by running for three minutes at 90 per cent of one's personal best time for 1500 metres. This method was said to develop the body's ability to transmit oxygen through the air sacs of the lungs into the blood and then to the working muscles. A typical Saltin fartlek session could be 4 to 8 x 3 minutes fast striding with 3 minutes recovery jog.

(3) Watson fartlek - named after another physiologist who developed Saltin's theory by advocating that repetitions of four minutes at 90 per cent of best 1500 metres time were more efficient in the improvement of maximum oxygen uptake (VO₂ max). A typical Watson fartlek session would be 3 to 6 x 4 minutes fast striding with 4 minutes recovery jog.

(4) Astrand fartlek - founded on the research of Astrand who confirmed that the 800 metres event produced more lactic acid than any other race distance. To develop the alkaline buffers which combat the debilitating consequences of lactic acid accumulation in the working muscles, Astrand recommended 60 to 75 seconds of hard running at, or slightly faster than, 800

metres pace with between two and four minutes recovery. Astrand fartlek is very demanding psychologically and physiologically and should only be done after the athlete has developed a sound aerobic base. It induces high levels of anaerobiosis (the condition of being in oxygen debt) and although Frank Horwill advocates sessions of up to an hour of Astrand fartlek, many athletes will find that between four and eight repetitions will be enough.

A comparison between the original, pure form of fartlek envisaged fifty years ago by Costa Holmer and a variety used by a modern coach, Harry Wilson, provides interesting reading.

Holmer's sessions lasted from between one and two hours and a typical example would be: easy running for ten minutes to warm-up + hard, steady run of 1000 to 2000 metres + brisk walking for five minutes + easy running interspersed with 50 to 60 metres sprints repeated until the athlete felt tired + easy running with four x 100 to 200 metres fast strides + fast 150 to 200 metres uphill run at full speed + 1 x 60 seconds full effort.

Wilson, in his book, "Running My Way", describes one of his typical fartlek sessions: 1500 metres stride on a flat surface + 600 metres jog + 400 metres fast with 200 metres jog + 400 metres fast with 200 metres jog + 600 metres hard with 200 metres jog + 1000 metres fast stride with 400 metres jog + 4 x 80 metres uphill sprints with jog down recovery + 1500 metres steady on an undulating surface with 600 metres jog + 3 x 100 metres sprint with 100 metres jog

between each + 600 metres fast with 200 metres jog + 400 metres up a shallow hill with 400 metres jog downhill recovery + 1000 metres fast stride on level surface + 1200 metres cool down.

These sessions are not as complicated as they might seem and each coach and athlete can, with a little imagination and a sound grasp of basic training theory, devise his or her own programme to suit the local environment.

For example, athletes doing fartlek sessions in a public park could use trees, bushes, and benches located at varying intervals as starting and finishing points for alternate fast and slow running. On urban streets, lamp-posts and telegraph poles could be the markers.

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Pyramid or "up-and-down-the-clock" sessions can be devised e.g. 1 minute fast (1 minute jog) + 2 minutes fast (2 minutes jog) + 3 minutes fast (3 minutes jog) x 3 sets followed by 3 x 30 seconds fast (90 seconds jog).

Specific race situations involving pace injection can be simulated by sessions such as: 3 x 10 x 30 seconds at 1500 metres pace with 30 seconds jog between repetitions and 3 minutes between sets. But during each of the three minutes between sets the athlete would jog for one minute then do 3 x 10 seconds sprints from a 10 seconds rolling start before jogging for another minute.

Another variation is to conclude a session of fast-and-slow running with a

form of sprint fartlek to accustom the athlete to running hard when tired, especially at the end of a race. For example a work-out of 6x3 minutes fast with 3 minutes jog could be followed by 10 seconds sprint / 10 seconds ease + 10 seconds sprint / 10 seconds ease + 15 seconds full effort x 3 sets with 1 to 2 minutes jog recovery.

The list of variations is endless and it can be seen from the examples detailed in this article that, far from being outmoded and suitable only for the Scandinavian forests or Australian beaches, fartlek is a modern, scientifically-based training system which develops the body, mind, and character of its devotees.

It makes hard work seem like play - speed play.

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week One

Sunday: 90-120 minutes cross-country or grass run.

Monday: 75-90 minutes fartlek inc. 8 to 12 x 2 minutes fast (2 mins. recovery jog) + 3 x 10 secs. stride/ 10 secs. at 75-85 per cent effort/ 10 secs. at 85-95 per cent effort (60 secs. between sets).

Tuesday: 5 to 8 miles easy/ medium pace.

Wednesday: 10 miles steady with hills.

Thursday: 12 x 400 metres at 5k effort (30 secs. recovery) + 2 miles warm-up/cool down.

Friday: 30 minutes easy.

Saturday: 12 to 15 miles steady. Note: Morning runs of 20-30 minutes' duration three to six days per week will assist recovery and provide additional training mileage.

Week Two

Sunday: As week one.

Monday: 75-90 minutes fartlek inc. 5 to 8 x 3 minutes fast (3 mins. recovery jog) + 6 x 10 secs. sprint/ 10 secs. ease/ 10 secs. sprint (60 secs. recovery between sets).

Tuesday: As week one.

Wednesday: 10 miles steady incl. 15 mins. uphill/ downhill on 150 metres slope.

Thursday: 25 x 200 metres at 5k effort (20 secs. recovery).

Friday: As week one.

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 75-90 minutes fartlek inc. 10 to 16 x 90 seconds fast (90 secs. recovery) + 6 x 10 secs. fast/ 10 secs. ease/ 10 secs. fast (60 secs. recovery between sets).

Tuesday: As week one.

Wednesday: 10 miles steady including hills.

Thursday: 4 x 1200 metres at 5k effort (90-120 secs. recovery).

Friday: As week one.

Saturday: 12 to 15 miles steady.

Morning runs as week one.

Week Four

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 3 x 10 x 30 secs. fast (30 secs. between repetitions/ 3 mins. between sets). Each 3 mins to include 1 min. jog + 3 x 10 secs. build-up/ 10 secs. sprint + 1 min jog.

Tuesday: As week one.

Wednesday: 10 miles steady incl. 10 x 150 metres uphill/ downhill.

Thursday: 6 x 800 metres at 5k effort (45 secs. recovery).

Friday: As week one.

Saturday: Race or 12 to 15 miles steady.

Morning runs as week one.

Note: The above schedules are guides. They must be modified to accommodate important races by easing down before events and allowing post-competition recovery.

CLUB ATHLETES

Week One.

Sunday: 75-120 mins. cross-country or grass run.

Monday: 75-90. fartlek inc. 20 secs. fast/ 20 secs. ease/ 20 secs. fast x 8 to 10 sets (2 mins. jog between sets).

Tuesday: 30 mins. steady.

Wednesday: 8 miles steady with hills.

Thursday: 12 x 400 metres at 5k effort (30 to 45 secs. recovery) + 2 miles warm-up/cool-down.

Friday: Rest or 20 to 30 mins. easy.

Saturday: 8 to 10 miles steady.

Morning runs, if done should be confined to easy 20 minutes jogging two to three times a week to assist recovery.

Week Two

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 16 x 30 secs. fast (90 secs. jog recovery).

Tuesday and Friday: As week one.

Wednesday: 6 to 8 miles inc. 10 mins. running up/down 150 metres hill.

Thursday: 25 x 200 metres at 5k

effort (30 secs. recovery).

Saturday: Race or 8 to 10 miles steady.

Morning runs as week one.

Week Three

Sunday: As week one.

Monday: 75-90 mins. fartlek inc. 2 x 16 x 15 secs. fast strides (30 secs. between repetitions/ 3 mins. between sets).

Tuesday and Friday: As week one.

Wednesday: 8 miles with hills.

Thursday: 4 x 1200 metres at 5k effort (2 to 3 mins. recovery).

Saturday: 8 to 10 miles steady.

Morning runs as week one.

Week Four

Sunday: As week one

Monday: 75-90 mins. fartlek inc. 8 x 1 minute fast (2 mins. recovery jog).

Tuesday and Friday: As week one.

Wednesday: 8 miles steady inc. 8 x 150 metres up/down hill.

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

Saturday: Race or 8 to 10 miles steady.

Morning runs as week one.

Note: The above schedules are guides. They must be modified to accommodate important races by easing down before events and allowing post-competition recovery.



club PROFILE

HAMILTON HARRIERS

THE year was 1896, Queen Victoria was still on the throne, Lord Salisbury was Prime Minister, the sun always shone on the British Empire, and Hamilton Harriers were founded, writes David Walker. Ninety three years later, Queen Victoria and Lord Salisbury are dead and buried, while the British Empire is but a memory. Hamilton Harriers, however, have kept on running.

Although the club has never had an Olympic athlete in its midst, one of its most distinguished runners was Ian Finlayson, Scottish youth's cross country champion in the late 1940's, while the late Donald C Orr progressed from being an athlete with Hamilton Harriers to running of a different sort. In the 1940's he became Provost of Hamilton, the town in which his legal business was located.

A link with the past is provided by the evergreen Hughie Gibson. No, Hughie was not around in 1896, contrary to rumours to that effect. In 1949, aged 17, Hughie was club champion. After giving up running while still in his prime, he returned to the fray as a vet and regularly wins prizes in the over 55 age group, including taking first place, in that category, in this year's Scottish Cross Country Championships at East Kilbride.

Indeed, Hamilton are fortunate in having, if not a Dad's Army, then a group of sprightly veterans who constantly belie their years.

Among these "golden oldies" are Brian Campbell, a regular winner in the over 45 age group, Davie Adams, whose speciality is the gruelling hill race, and fresh faced Andy McLinden, who has broken 78 minutes for a half marathon and finished ahead of former Olympic medalist Brendan Foster in last year's Great North Run.

However, even vets as hardy as these guys cannot last forever, but the future of Hamilton Harriers is in the hands of a good crop of up and coming youngsters. In years to come, Derek Whitters may be a name to remember, his potential being shown when he came second in the junior boy's race at the Lanarkshire Cross Country Championships in November last year. Young female athletes to look out for are Arlene Pritchard and Shirley McCrory.

At youth level, Hamilton has had a number of individual and team triumphs.

By David Walker

Kevin Wood is Scottish youth triple jump champion, while among the successes of the youth's team of Brian Campbell (Jnr), Ian Rodger, Davie Smart and Stephen Wylie in recent months have been second place in the East Kilbride 3.5 mile road race and winning the Cumbernauld Cross Country Championships.

Special mention must be made of Stephen Wylie, who has had such a successful season on both the track and cross country that he has featured more often in the sports pages of the Hamilton Advertiser than Mo Johnston has in the back and front pages of the national papers. Stephens talents were fully illustrated during a weekend at the beginning of August. On the Saturday he finished fifth in the senior men's 5000 metres (he normally competes in the youths events), and followed this up with 18th place in the Monklands Half Marathon.

Perhaps the most pleasing thing about Hamilton Harriers is that they cater for all abilities in athletics - and winning is not the be all and end all. There are a number of examples of people like vet Willie Hammill, who in the recent Land O'Burns Half Marathon knocked an impressive five



The ancient Hamilton Harriers art of "rope running".



The more senior Harriers return after a 16 mile run around Hamilton - so they say!

minutes off his previous best time for that distance. There is also a happy atmosphere in training, helped, no doubt, by the fact that the club has its fair share of characters.

One of these is Rab Laird, known as the Said Aouita of Hamilton Harriers because he seems to possess the same amount of stamina and invincibility as the Moroccan. Stories of Rab's exploits are plentiful, but one in particular sums him up.

One morning he went out for a training run in the countryside around Hamilton, and after he returned home he was curious to learn how far he had run. He duly got on his bike and cycled round the route which he had run. At the end of his cycle trip, his milometre showed 33 miles! Incredibly Rab had run 33 miles and then cycled the same distance, a total of 66 miles in all.

While characters may add to the fun of a club, none could survive without a dedicated committee, and Hamilton Harriers are no exception. Presided over by the genial John Smith, himself youth's track and field joint champion in 1962, a committee of 11 are responsible for all coaching and administration.

Hamilton lacks a Grangemouth type stadium, but makes up for this with a number of gruelling runs around the town and its environs. The "Bog's Brae" and "Sydes Brae" could feature in a Jock Wallace coaching manual.

The 150 strong membership recently completed an excellent fund raising venture: a 24 hour sponsored relay. Local businesses were asked for donations, and £70 was received. Then from noon on September 23 to noon on September 24 club members ran round the grass track. The athletes, some of whom were there for the full 24 hours, ran a total of 780 miles.

With dedication like that, Hamilton Harriers can keep on running well into the next century.



Top: The senior members of the club go through some warm-up exercises before the real work begins; Middle: The women's section showing them how it should be done; Bottom: La toute ensemble doing running high knees on the spot!



MULTIPLE SCLEROSIS



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WOMEN in SPORT

With Fiona Macaulay

sweetcorn, so I really couldn't do anything this week."

"I had to spend all my spare time practising Rudolph the Red-Nosed Reindeer on the piano for the kids' Christmas party."

We still meet, nevertheless, on a Thursday night, and apart from the threatening wrinkles and saggy bits I'd say we fit in quite well. We do get the occasional: "Must be half-price pensioners' night again," but usually from another golden oldie.

A fair whack of our time at Meadowbank is spent bitching about what the well-dressed track star is wearing these days. What happened to the comfy baggy tracksuit bottoms and the elbowless jersey that was track uniform when we were young (Maggie)? The favourite phrase at the moment is: "crikey, he's a big boy!" as somebody romps passed in skintight leggings of hideous pattern and colour.

It's amazing who you see on a Thursday night at Meadowbank. I recognized vet writer Henry Muchamore from his picture in Scotland's Runner and gave him a smile as he passed us for a third time while we were still on our first lap of the warm-up. He acknowledged me with the sort of look that says: "Who's that? Better smile anyway in case I'm supposed to know her."

Well Henry, you will probably be appalled to hear that Elaine and I are seriously considering lowering the tone of Scottish Vet athletics by competing.

We've got four or five years left before we qualify, but after that amount of time, we'll surely be ready for something, even if it's only the three legged race.

QUITE honestly, I do not see what all the fuss is about. The fact that Scotland only selected a small team to send to the Commonwealth Games should hardly have had people throwing up their hands in horror. We could surely see this coming for ages, ever since the "A" guidelines were put out.

That would have been a more appropriate time to have lodged complaints, because it was blatantly

obvious then that Scotland was hardly going to produce a multitude of women athletes capable of meeting these standards. The likes of Janis Neilson (member of the last Olympic squad) was going to have to run a PB before the Games in order to qualify as of right.

Making the Games accessible to only a chosen few seems to defeat the whole purpose of them. Strong overtures would probably have had better effect when it became clear that the "B" guidelines were not to be considered at all, rather than after the team was selected.

Apparently the Commonwealth Games Council did not want athletes "along for the ride" that is, presumably, athletes who probably will not get through their heats. And yet, there's the Scottish football team going off to Italy next year at tremendous expense, and judging from the way it scraped through the qualifying round it probably would not be the team you'd put your shirt on to get through its section.

But at least it is being allowed a sporting chance to try. I have to admit that I am one of a great many people who still think Scotland could be the best footballing nation in the world even when Togo stick three passed us at a friendly at Hampden.

TAKING the kids to romp about at a children's gym in Edinburgh is absolute torture. It is great to watch even the 18 month old climbing, jumping and sliding about, making great use of her muscles. What I wouldn't give to dive head first into that great big pit of plastic coloured balls and wade about with the rest of the nippers.

And as for the bouncy castle - well, hold me back. Far more fun than the aerobics and keep-fit going on downstairs.

Why is it that whenever you go to these places you always manage to get caught up in children's party doing the conga behind a big furry bear romping around the gym singing his own very special song to the music blasting out of the amplifiers.

What's all this got to do with Women in Sport? Well, nothing really, but it's the sort of thing you could drop into conversation as you are doing that tedious four lap warm-up or that even longer four lap warm-down. It makes a change from: "Crikey, did you see him in these purple, orange and maroon tights? D'ye think that's real?"

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BOURNE SPORTS

STANDING at the 200 metre mark at Meadowbank the other week about to launch myself into my first 600 metres for about eight years, I became vaguely aware of my training partner making overtures behind my back that suggested my lift did not exactly stop at the top floor, that I was one bale short of a haystack, and indeed that I was a couple of notes short of a wad.

During my competitive career I had never been the sort of athlete to volunteer to run further than 150 metres if I could help it, even although 400 metre hurdling would seem to necessitate somewhat longer training distances, it was a bit of a surprise when I answered:

"I think we'll do a few 600's," in reply to Elaine's Thursday night question at 6.15 on the dot: "What are we doing tonight then?"

I hadn't realised 600 metres was such a long way. Everytime I looked up it seemed as if the finish had moved further off.

"Well, you looked a wee bit tired towards the end," said Elaine trying to be tactful (she had run half the distance). "Are you doing any more?" My brain said: "You're joking," but I gasped: "Oh yes, I'll finish the session," with the heroism of a British Grenadier.

The Miller-Lite meet at Meadowbank in August is to blame for our Thursday evening jaunts to Meadowbank. In the pub afterwards, and on the third round of Southern Comforts, we both confessed how much we missed running and made a pact to meet at Meadowbank once a week to do some form of running. During the rest of the week we would get on and do our own thing, circuits, runs, aerobics, whatever.

It is quite amazing how many legitimate or semi-legitimate excuses you can come up with on a Thursday for not having done anything more energetic that week than chase the rabbit round the garden with a carrot in one hand brandishing a big juicy dandelion leaf in the other.

"My flat's been flooded by the guy up the stairs' washing machine"

"I scraped my car and was so upset I didn't feel like doing anything."

"I went down town to get a pizza, drove home without my lights on, and was followed by a police landrover, the occupants of which would not be bribed into turning a blind eye by the offer of a wedge of mozzarella, spicy ham and

AUCKLAND 1990

SCOTTISH TEAM AUCKLAND 1990



NAME: Tom Hanlon
PREVIOUS MAJOR GAMES: World and European Junior Championships; Europa & World Cup, 1989.

EVENTS IN GAMES: 3000m steeplechase, I will possibly run in the 1500m also.
AIMS IN GAMES: To take on the Kenyans and gain a good position and PB.

TRAINING PREPARATION PLANS: To do a lot of hard work!
WHEN ARRIVE IN AUSTRALASIA: I arrive in Australia between December 27 and 30.

MAIN WORRIES: Being away from home and my natural routine for between four and five weeks.
LOOKING FORWARD TO MOST: Nothing really - it's all going to be very hard.

PLANS AFTER GAMES: To take a break and then try for the European Championships.



SCOTTISH TEAM AUCKLAND 1990



NAME: Craig Duncan
PREVIOUS MAJOR GAMES: 1986 Commonwealth Games

EVENTS IN GAMES: Triple jump
AIMS IN GAMES: To improve on my performance in the last Commonwealth Games.

TRAINING PREPARATION PLANS: I will be training as normal here then going to Australia for some competitions prior to the Games.

WHEN ARRIVE IN AUSTRALASIA: Arrive in Australia on January 4.

MAIN WORRIES: I won't get a good tan.

LOOKING FORWARD TO MOST: Being off work for five weeks.

PLANS AFTER GAMES: To retire from triple jump and explore other events in athletics.



AS seven of our Commonwealth Games athletes were packing their mosquito repellent and suntan lotion, Scotland's Runner asked them how they really felt about going to Auckland. Between one being worried about *not* seeing a trap door spider, and another who is planning to eat, drink and be merry, it looks like Auckland 1990 will be a most entertaining place to be!

SCOTTISH TEAM AUCKLAND 1990



NAME: Janice Neilson
PREVIOUS MAJOR GAMES: Selected for the Commonwealth Games in '86, the 1988 Olympics in Seoul.

EVENTS IN GAMES: 100m, 200m.
AIMS IN GAMES: To get under 11.5 for the 100m which would bring me a PB.

TRAINING PREPARATION PLANS: My preparation started in August and in November I had two weeks of warm weather training in Florida.

WHEN ARRIVE IN AUSTRALASIA: I'm, going to Australia on January, 3.
MAIN WORRIES: Apart from the snakes, I haven't really got any worries.

LOOKING FORWARD TO MOST: Getting there and competing well.

PLANS AFTER GAMES: To have a rest and then try for the European Championships.



SCOTTISH TEAM AUCKLAND 1990



NAME: Lynn Harding
PREVIOUS MAJOR GAMES: Games in Edinburgh in 1986 count? Does watching the Commonwealth

EVENTS IN GAMES: Marathon
AIMS IN GAMES: To run faster than I did at the London Marathon and have a chance of a medal.

TRAINING PREPARATION PLANS: On November 19, I started the usual 10 week training programme I do before a marathon.

WHEN ARRIVE IN AUSTRALASIA: I will arrive in Auckland on January 1.

MAIN WORRIES: The humidity, and how to fill in all the spare time we will have.

LOOKING FORWARD TO MOST: Seeing around the country and meeting people from other countries.

PLANS AFTER GAMES: Immediately afterwards I'm going to eat, drink and be merry, then I start training for the Highland Cross in June.



SCOTTISH TEAM AUCKLAND 1990



NAME: Karen Hutcheson
PREVIOUS MAJOR GAMES: European and World Indoor Championships 1989.

EVENTS IN GAMES: 3000m, 1500m.
AIMS IN GAMES: To improve my 3000m time.

TRAINING PREPARATION PLANS: A lot of hard work with increased mileage for the 3000m. Then I'll go to Australia for some races before the Games.

WHEN ARRIVE IN AUSTRALASIA: I'll be in Sydney on Jan 4.

MAIN WORRIES: That I get injured before the Games and waste all these months of hard work.

LOOKING FORWARD TO MOST: To doing a good 3000m on the track.

PLANS AFTER GAMES: I'd like to be selected for the European Indoor Championships as they are being held in Scotland.



SCOTTISH TEAM AUCKLAND 1990



NAME: Yvonne Murray
PREVIOUS MAJOR GAMES: European indoor and outdoor championships; World Cup 1989; 1982 & '86 Commonwealth Games; Olympic Games 1988; World

EVENTS IN GAMES: 1500m, 3000m
AIMS IN GAMES: To win a gold medal and run to the best of my abilities.

TRAINING PREPARATION PLANS: I'm doing a lot of hard work and then I'll be doing some races in Australia to get my speed.

WHEN ARRIVE IN AUSTRALASIA: We leave on December 27 for Australia.

MAIN WORRIES: The heat and time changes.

LOOKING FORWARD TO MOST: Getting away from the cold weather.

PLANS AFTER GAMES: I might stay on in Australia for some races and then it's training for the European Champs.



SCOTTISH TEAM AUCKLAND 1990



NAME: Brian Whittle
PREVIOUS MAJOR GAMES: I've done all of them!

EVENTS IN GAMES: 800m
AIMS IN GAMES: I'll be disappointed if I don't make the final & improve my PB by a considerable margin.

TRAINING PREPARATION PLANS: To go to Australia just after Christmas and run some 800m races before going late into the village.

WHEN ARRIVE IN AUSTRALASIA: Arrive in Australia on December 27.

MAIN WORRIES: That I won't see trap door spiders and snakes, and that I won't be able to polish off all the good work I am doing at the moment.

LOOKING FORWARD TO MOST: Coming home.

PLANS AFTER GAMES: To get home, see my family again and have a break before training for the European Indoors.



By: Rhona McLeod

Scottish Women's Top 20 Rankings



Dawn Kitchen, who leads the 400m rankings.

400 metres

53.67	Dawn Kitchen	(EW)
54.71	Mary Anderson	(EAC)
54.83	Gillian McIntyre	(MSL)
55.1	Dawn Flockhart	(EW)
55.20	Patricia Devine	(EAC)
56.2	Mary McClung (EJ)	(JWK)
56.24	Alison Thomson	(Pi)
56.6	Denise Knox (EJ)	(MC)
56.76	Wendy Steele	(EW)
56.81	Sarah Booth	(EW)
57.28	Fiona Meldrum	(GAC)
57.3	Sue Bevan	(ESL)
57.37	Lorraine Marshall	(Liv)
57.71	Carmen Collins (I)	(Pif)
57.73	Fiona Calder (EJ)	(IC)
57.8	Diana Rubertazzi (EJ)(MAS)	
57.9	Evelyn Grant (I)	(Pi)
57.91	Dawn Burden (I)	(AH)
58.0	Jayne Barnetson	(IH)
58.19	Dawn Burden (I)	(Aird)

800 metres

2-00.80	Yvonne Murray	(EAC)
2-03.43	Lynne McIntyre	(GAC)
2-04.94	Karen Hutcheson	(BH)
2-05.41	Mary Anderson	(EAC)
2-06.14	Sue Bevan	(ESL)
2-07.95	Janet Stewart	(VP)
2-08.88	Liz McColgan	(DH)
2-09.2	Rhona MacKay	(Leic)
2-09.94	Linda Smith	(EAC)
2-10.5	Laura Adam	(SNH)
2-11.7	Sharon Witorski (EJ)	(Lo'g)
2-12.09	Alison Campbell	(EW)
2-12.3	Isabel Linaker (I)	(Pi)
2-13.5	Sheila Gollan	(IH)
2-13.7	Hayley Haining (EJ)	(NV)
2-14.1	Vicki Lawrence (I)	(B&F)
2-14.6	Alison Harker	(EW)
2-14.82	Fiona Meldrum	(GAC)
2-14.99	Carol Sharp	(GAC)
2-15.2	Carol-Anne Bartley	(GAC)

1500 metres

4-03.13	Yvonne Murray	(EAC)
4-08.14	Lynne McIntyre	(GAC)
4-11.33	Karen Hutcheson	(BH)
4-17.66	Laura Adam	(SNH)
4-21.45	Liz McColgan	(DH)
4-21.46	Rhona MacKay	(Leic)
4-23.64	Sue Bevan	(ESL)
4-26.2	Vicki Vaughan	(Pi)
4-28.2	Isabel Linaker (I)	(Pi)
4-30.50	Carol-Anne Bartley	(GAC)
4-34.8	Katrina Rice (I)	(Ab)
4-35.27	Hayley Haining (EJ)	(NV)
4-35.52	Sandra Branney	(GAC)
4-35.67	Carol-Anne Gray	(EAC)
4-36.92	Sue Durham	(EW)
4-39.13	Alison Harker	(EW)
4-40.1	Celia Duncan	(AFD)
4-40.83	Jenny Owens	(EW)
4-42.32	Melissa Wylie	(GAC)
4-43.16	Sonya Grainger (EJ)	(EW)

3000 metres

8-38.51	Yvonne Murray	(EAC)
8-44.93	Liz McColgan	(DH)
9-00.61	Karen Hutcheson	(BH)
9-07.61	Laura Adam	(SNH)
9-22.95	Karen MacLeod	(EAC)

9-25.34	Vicki Vaughan	(Pi)
9-26.00	Sandra Branney	(GAC)
9-32.2	Sally Goldsmith	(EW)
9-32.33	Alison Harker	(EW)
9-39.0	Lynn Harding	(HH)
9-44.6	Louise Vandyck	(ESL)
9-49.4	Celia Duncan	(AFD)
9-53.0	Jo-Anne Scott	(Darl)
9-55.80	Carol-Anne Bartley	(GAC)
9-56.61	Tricia Calder	(EAC)
9-58.03	Elspeth Turner	(GAC)
10-00.10	Sue Durham	(EW)
10-02.11	Eileen Cochrane	(GAC)
10-04.51	Heather Wisley	(Fras)
10-05.36	Janet Stevenson	(FVH)

5000 metres

15-14.53	Liz McColgan	(DH)
16-08.15	Sandra Branney	(GAC)
16-10.98	Karen MacLeod	(EAC)
16-51.1	Linda Bain	(Ab)
16-58.56	Lynn Harding	(HH)
17-02.21	Louise Vandyck	(ESL)
17-07.9	Jo-Anne Scott	(Darl)

10,000 metres

33-17.8	Karen MacLeod	(EAC)
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Marathon

2-31.45	Lynn Harding	(HH)
2-33.04	Sheila Catford	(L'ds)
2-35.03	Sandra Branney	(GAC)
2-43.18	Louise Van Dyck	(ESL)
2-49.08	Leslie Watson	(LO)
2-58.06	Jill Danskin	(LO)
3-00.59	E Walls	(StA)
3-01.51	Renee Murray	(Giff)
3-03.39	Karen Hancock	(Giff)
3-06.36	Margaret Stafford	(Ab)

100m Hurdles

13.79	Jocelyn Kirby	(NSP)
14.0	Julie Mulcock	(BN)
14.09w	M'lie McGuiness (EJ)(MSL)	
14.1w	Clare Reid	(EW)
14.33	Jane Low	(GAC)
14.58	Jayne Barnetson	(Inv)
14.87w	Clare Macintosh (EJ)(GAC)	
14.9	Sarah Richmond (I)(Pi)	



Karen MacLeod, Laura Adam and Sandra Branney, three of the main strengths in Scottish distance running this season.

Scottish Women's Top 20 Rankings

14.9w	Elizabeth Dempsey	(EW)
15.0	Isobel Donaldson	(GAC)
15.01w	Shona Urquhart	(EW)
15.3	Alison Grey (I)	(EAC)
15.3	Emma Lindsay (EJ)	(EW)
15.32w	Jackie Gilchrist	(Pi)
15.4	Lorna McCulloch (EJ)(Pi)	
15.42w	Beverly Ross (I)	(DH)
15.5w	Ruth Girvan (EJ)	(NV)
15.8w	Kathleen Aburn (EJ)	(GAC)
16.0w	Rhona Pinkerton	(GAC)
16.4	Dorothy Fraser	(EW)
16.47w	Gail Murchie (EJ)	(Ab)

400m Hurdles

60.0	Gillian McIntyre	(MSL)
60.21	Sarah Booth	(EW)
63.0	Isobel Donaldson	(GAC)
64.7	Margaret Southerton (Wie)	
65.1	Jayne Barnetson	(Inv)
65.2	Elizabeth Dempsey	(EW)
65.3	Shona Urquhart	(EW)
65.5	Kirsty Baird (EJ)	(KO)
66.0	M'lie McGuiness (EJ)(MSL)	
66.1	Hazel Edgar (EJ)	(NV)
66.6	Kirsty Morrison (EJ)	(GAC)
66.9	Anne Steele (EJ)	(EAC)
67.4	Mary McClung (EJ)(JWK)	
67.9	Kerry Wallace (I)	(Hel)
68.2	Shelagh Brown (I)	(MAS)
68.47	Gillian Spankie	(EAC)
68.9	Lorna Macdonald	(IH)

High Jump

1.91	Jayne Barnetson	(Inv)
1.78	Rhona Pinkerton	(GAC)
1.75	Caris Henderson	(EW)
1.74	Wendy McDonald(I)(Camb)	
1.70	Hazel Melvin (I)	(IT)
1.70	Jackie Gilchrist	(Pi)
1.70	Karen Hambrook	(Ash)
1.70	Emma Lindsay (EJ)	(EW)
1.70	Nicola Murray	(GAC)
1.68	Shona Urquhart	(EW)
1.66	Katrina Dyer (I)	(MAS)
1.65	Linda Gordon (I)	(GAC)
1.64	Sharon Balfour (I)	(Fife)
1.63	Catherine Guthrie (I)	(EAC)
1.62	Linzie Kerr (I)	(GAC)
1.62	Susan Fotherham (I)	(MBI)
1.60	Fiona Silver (EJ)	(DH)
1.60	Claire Herriott (I)	(EW)
1.60	Sarah Richmond (I)	(Pi)
1.60	Louise McMillan (I)	(Bo's)
1.60	Karen McNeil (I)	(Dum)
1.60	Julie McNeil (EJ)	(EW)

Long Jump

6.29w	Karen Hambrook	(Ash)
6.11w	Lorraine Campbell	(EW)
6.07	Janice Ainslie	(EW)
5.96	Jayne Barnetson	(Inv)
5.74w	Alyson McGregor(EJ)(MSL)	
5.72	Emma Lindsay (EJ)	(EW)
5.68	Rhona McLeod	(GAC)
5.67	Ruth Irving (I)	(Wirr)
5.63	Andrea Jackson	(MSL)
5.62	Caroline Black (EJ)	(EW)
5.57w	Linda Davidson (EJ)	(Ab)
5.52w	Isabel Donaldson	(GAC)
5.48	Linzie Kerr (I)	(GAC)
5.43	Jackie Gilchrist	(Pi)
5.36	Nicola Barr (EJ)	(EW)
5.36	Elizabeth Dempsey	(EW)

Shot Putt

13.97	Mary Anderson	(EAC)
13.83	Alison Grey (I)	(EAC)
12.48	Nicola Emblem (EJ)	(EW)
12.28	Shona Urquhart	(EW)
12.06	Andrea Rhodie (EJ)	(MSL)
12.01	Marlene Murphy	(GAC)
11.94	Rosemary Chrimes	(Hale)
11.80	Jayne Barnetson	(Inv)
11.09	Karen Neary	(EW)
10.98	Claire Cameron	(GAC)
10.97	Karen Hambrook	(Ash)
10.72	Lynn Dobie (I)	(EW)
10.69	Alison Dutch	(EW)
10.51	Karen Savill	(EAC)
10.47	Susan Freebairn	(GAC)
10.44	Dian Gaffney	(MSL)
10.38	Sharon Morrison (EJ)	(MAS)
10.35	Susan Mitchell (EJ)	(GAC)
10.29	Tracey Shortis (I)	(Kilb)

Discus

45.08	Alison Grey (I)	(EAC)
44.50	Leslie Adams	(Pi)
43.68	Claire Cameron	(GAC)
43.68	Helen Cowe	(Ab)
43.06	Karen Neary	(EW)
41.26	Alison Hammerton	(MSL)
40.86	Rosemary Chrimes	(Hale)
40.78	Susan Freebairn	(GAC)
40.02	Mary Anderson	(EAC)
37.48	Heather MacLeod(EJ)	(Inv)
35.86	Mary Ingram	(GAC)
35.84	Dianne Gaffney	(MSL)
34.94	Nicola Emblem (EJ)	(EW)
34.50	Kirsty Armstrong (EJ)(PSH)	
33.76	Gillian Gipson (EJ)	(Mor)
33.02	Lisa O'Keefe (EJ)	(EW)
32.50	Lynn Dobie (I)	(EW)
32.14	Colette Crawford	(PSH)
31.72	Tracy Brigain (EJ)	(EW)
31.36	Helen McCreadie (I)	(Hel)

Javelin

49.52	Nicola Emblem (EJ)	(EW)
48.04	Shona Urquhart	(EW)
45.76	Janelle Currie	(MSL)
43.14	Jayne Barnetson	(Inv)
42.08	Karen Savill	(EAC)
41.90	Mary Anderson	(EAC)
41.04	Isobel Donaldson	(GAC)
39.78	Marlene Murphy	(GAC)
38.64	Lorna Jackson (I)	(Tays)
37.84	Diane Sutherland	(EW)
36.72	Linda Lowe (EJ)	(Ork)
36.22	Lynsey Peddie	(Ab)
35.74	Halcyon Wills	(CR)
35.42	Lesley Ann Burt (EJ)	(MSL)
34.46	Joanna Ablett (I)	(EW)
34.38	Jane Ritchie (EJ)	(Arb)
33.56	Evelyn Grant (I)	(Pi)
33.46	Norma Bruce	(Pi)
33.18	Jill McNidder(EJ)	(Kilb)
32.68	Julie Aitken (I)	(Mon)

Heptathlon

5803	Jayne Barnetson	(Inv)
5364	Shona Urquhart	(EW)
4812	Emma Lindsay (EJ)	(EW)
4700	Isobel Donaldson	(GAC)
4582	Jackie Gilchrist	(Arm)
3929	Sara Richmond (I)	(Pi)
3345	Julie McNeil (EJ)	(EW)
3000	Gail Andrew	(JWK)



Jayne Barnetson who tops the lists in heptathlon and high jump, but will miss the Commonwealth Games through injury.

THIS month's rankings give a Top 20 overall list of performers in each event irrespective of age group. In reviewing the year's outdoor performances, comparisons with the all-time Scottish rankings have been used.

It's basically no change in the upper echelons of the all-time at 100m and 200m; while at 400m Dawn Kitchen moved up three places to ninth, ousting Mary Anderson from that slot by 0.01 sec! In the 800m, Yvonne Murray retains third spot - her 2-00.80 is identical to her lifetime best of 1987 - and the only upward move was by the season's third placed Karen Hutcheson to twelfth all-time with her 2-04.94.

At the metric mile, there was again little change, the only move up the list was that of 1989's fourth girl Laura Adam to 11th, while Karen Hutcheson on fifth spot had her seasons best of 4-10.76 set indoors. The Mansfield woman, however, excelled herself in probably her only UK appearance at 3000m, in the UK Championships at Jarrow, with 9-00.61, to catapult her from 19th to third on the all-time grid - and with it, selection for Auckland! Other notable upward movers here were Lorna Adam and Karen MacLeod.

Sandra Branney (all time fourth at 5000m and 10,000m) and Lynn Harding (first all-time, marathon) and Sheila Catford (second all time, marathon) were others to advance in the longer events.

While the standard in the shorter hurdles was not outstanding, Jocelyn Kirby showed some improvement to sixth all-time and Julie Mulcock to tenth; the 400m event brought two virtual newcomers into the top frame: Gillian McIntyre (seventh) and Sarah Booth (eighth). Yet again, the 60.0 seconds mark remained unbeaten!

Apart from Jayne Barnetson, still top with a superb Scottish record of 1.91, there's little of note to report from the high jump; while in the long jump Edinburgh Woollen Mill's Janice Ainslie joined the "six metre club" with her 6.07m in the UK League meeting for eighth equal all-time, and Anglo Karen Hambrook's windy 6.29m brought her into the lists for the first time in fourth spot.

For the throwers, Espc's remarkable 16 year old Alison Grey kept on improving, with climbs up the all-time ladder from 11th to fifth (shot) and 18th to sixth (discus)! Pitreavie's Lesley Adams, the national discus champion, advanced seven places to ninth, and in the javelin two good improvers were Janelle Currie from tenth to seventh and Jayne Barnetson from a lowly 20th to a highly respectable 11th - not bad for an international heptathlete with an all-time top score of 5803 in the multi event-discipline.

Ian Steedman

1989 BLACK ISLE FESTIVAL OF RUNNING

THE tenth Black Isle Marathon was won by Charlie McIntyre of Fraserburgh Running Club in a time of 2:34:13, thirty seconds ahead of John MacKay of Hunters Bog Trotters, writes Ray Cameron.

The marathon, the flagship of the Black Isle Festival of Running on November 4, attracted over 90 runners from throughout Scotland and two runners from London, with Harry Martin of Blackheath Harriers making the long journey north to compete his 130th marathon.

The race for the top women's prize was also very close with Gillian Hanlon of Dundee Road Runners, second in last year's race, going one better this time to beat her clubmate Toni Respinger by less than a minute. Hanlon's winning time was 3:18:09.

The men's team prize went to Shettleston Harriers with Dundee Roadrunners taking the women's team trophy.

The half marathon saw a

tremendous performance by last year's winner Gerard Fairley of Kilbarchan AC. Despite being the unfortunate victim of a police "cock-up" in the early stages of the race, which saw him being led off course while he was leading the race, he recovered to come back from fifth place to first with only one second to spare over John Bowman of Inverness Harriers, who crossed the finishing line in 72:09.

First woman home, and also first vet, was Shirley Clarke of Skye and Lochalsh Harriers in 97:46.

The men's team trophy went to Moray Road Runners with Arbroath Footers taking the women's team prize.

The 10K was won for the fourth consecutive year by Chris Hall of Aberdeen AAC. His time of 30:19 was exactly 90 seconds outside the course record he set last year in more favourable conditions. With clubmate Graham Laing in



Janet Swanson winning the women's 10K.

second place, Aberdeen were comfortable winners of the team trophy.

Janet Swanson of Monklands Shettleston had an impressive run to take 18th place overall in 35:24 and the top woman's prize. Inverness Harriers won the women's team trophy.

Apart from the problems with the half marathon, the festival of running once again proved popular with the majority of the runners, but a

cloud hangs over the future. Sponsorship is not a problem, with Ross and Cromarty willing to sponsor next year's event, but the organising team from Minolta Black Isle AC are finding it extremely difficult to get new blood to help out - and with the event attracting more runners every year, more helpers are required to ensure that the festival runs smoothly.

An announcement will be made soon about the event's future.



1989 BLACK ISLE FESTIVAL OF RUNNING

RESULTS

Marathon

1, C McIntyre (Fras) 2:34:13; 2, J MacKay (HBT) 2:34:43; 3, A Stirling (FV) 2:36:27; 4, J Duffy (Shet) 2:40:40; 5, B Adams (AAAC) 2:42:20; 6, R Hubbard (SMC) 2:42:52; 7, R Kirkton (Mill) 2:45:04; 8, R Davidson (DRR) 2:47:10; 9, C May (MRR) 2:47:10; 10, S Wallace (HEL) 2:47:16; 11, R Brown (PRR) 2:49:27; 12, A Pratt (Forr) 2:51:22; 13, R Redpath (LivAC) 2:53:45; 14, A Fleming (Unat) 2:55:11; 15, D Laidlaw (Kilb) 2:55:32; 16, R Collins (IH) 2:55:54; 17, N MacGregor (Shet) 2:56:06; 18, G Armstrong (HEL) 2:57:43; 19, N Duthie (DRR) 2:58:18; 20, A Young (Arb) 3:00:32.

Women: 1, G Hanlon (DRR) 3:18:09; 2, T Respinger (DRR) 3:18:56; 3, S Baichop (SVHC) 3:23:13; 4, SA Cluley (FRR) 3:37:20; 5, J Guise (MBI) 3:48:22; 6, C MacKinnon (S&L) 3:51:30; 7, N Fairclough (AAAC) 3:57:14; 8, I Wilson (BMRC) 4:06:00; 9, L Hart (Unat) 4:08:15; 10, L Milne (DRR) 4:21:20.

Half Marathon

1, G Fairley (Kilb) 1:12:09; 2, J Bowman (IH) 1:12:10; 3, I Gollan (IH) 1:13:31; 4, G Hanlon (DRR) 1:14:43; 5, C Hunter (MRR) 1:14:49; 6, G Sim (MRR) 1:14:49; 7, A Stewart (MRR) 1:17:08; 8, T Graham (Fife) 1:17:12; 9, J Baird (HEL) 1:17:24; 10, R MacFarquhar (AAAC) 1:17:50; 11, P Cowie (AAAC) 1:17:52; 12, D Bow (NRR) 1:18:28; 13, F Duguid (AAAC) 1:

19:02; 14, G Simpson (AAAC) 1:19:31; 15, J Beagrie (LAC) 1:21:02; 16, L Redfern (ShetRR) 1:21:58; 17, B Lawrie (AAAC) 1:22:44; 18, R MacDonald (IH) 1:23:01; 19, G Christie (Arb) 1:23:02; 20, S Peter (GarRR) 1:23:18.
Women: 1, S Clarke (S&L) 1:37:46; 2, G Paul (CHRC) 1:38:14; 3, M MacDonald (Peter) 1:39:04; 4, I Clark (Arb) 1:39:17; 5, F Nicholson (Forr) 1:42:24; 6, G Napier (ShetRR) 1:43:46; 7, L Ness (Unat) 1:43:46; 8, H Milne (DRR) 1:44:36; 9, L Gray (Unat) 1:45:49; 10, S Ruark (Arb) 1:52:18.

10K

1, C Hall (AAAC) 30:19; 2, G Laing (AAAC) 30:55; 3, G Reynolds (Forr) 31:14; 4, S McKenzie (IH) 32:19; 5, R Taylor (AAAC) 32:27; 6, J O'Donovan (FFI) 33:16; 7, D Murray (FVH) 33:35; 8, C McLean (IH) 33:48; 9, I Addis (Forr) 34:01; 10, S Wilcox (AAAC) 34:06; 11, R McDonald (IH) 34:06; 12, S Forbes (AAAC) 34:09; 13, I Cumming (AAAC) 34:11; 14, D Morrison (MRR) 34:13; 15, G Buchan (FFI) 34:52; 16, J Forte (HEL) 35:04; 17, A Scolley (Caith) 35:06; 18, L, J Swanson (MSL) 35:24; 19, R Wilby (MBI) 35:27; 20, G Yule (AAAC) 35:30.
Women: 1, Swanson; 2, D Porter (RRS) 39:06; 3, F Thin (MBI) 39:36; 4, A Smart (IH) 39:38; 5, F Farquhar (WLJ) 40:22; 6, C Willox (IH) 40:28; 7, M Walters (IH) 42:47; 8, S Low (ESRC) 44:02; 9, K Scott (ESRC) 44:40; 10, J MacKenzie (ESRC) 44:55.



A tight finish in the half marathon between winner Gerard Fairley and Inverness's John Bowman.



Chris Hall, the first man home in the 10K.

REPORT: Ray Cameron
PHOTOGRAPHS: Andrew Allan

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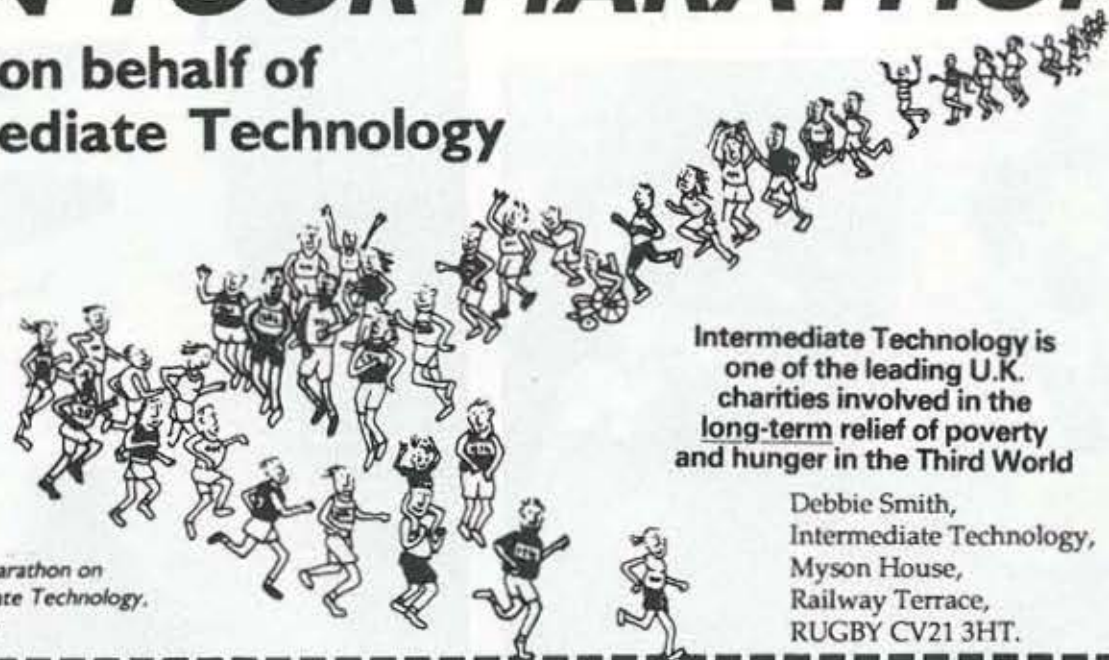
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Scottish Juniors, Youths & Boys Top 20

Juniors

10.52w	B Ashburn	(CAC)
10.86w	B Connell	(CR)
10.9w	C di Rollo	(GHS)
10.92w	S May	(Har)
10.96w	M Avis	(EAC)
11.0	S Shaw	(EAC)
11.1	D Gilmour	(EK)
11.2	P Allan	(Ab)
11.26	S Kay	(ESH)
11.28	M Friel	(Shett)

200m

21.2w	B Ashburn	(CAC)
22.03	S May	(Har)
22.10	S Shaw	(EAC)
22.10	B Connell	(CR)
22.30	D Gilmour	(Lark)
22.49w	M Avis	(EAC)
22.59	M Friel	(Shett)
22.6	P Shannon	(Bella)
22.7	I McGurk	(CAC)
22.75	I Pritty	(CAC)

400m

49.2	I McGurk	(CAC)
49.28	I Cumming	(Pit)
49.8	S Kay	(ESH)
50.2	G Cook	(DHH)
50.24	A Bruce	(Pit)
50.59	P Allan	(Ab)
50.6	N Taylor	(VP)
50.71	R Beattie	(Ayr)
50.89	T Nimmo	(FVH)
51.2	G McDowall	(IH)

800m

1-52.2	I Cumming	(Pit)
1-52.3	J Divers	(CAC)
1-52.96	A McBeth	(EK)
1-53.5	G Stewart	(CAC)
1-53.9	A Kinghorn	(EAC)
1-54.69	G McDowall	(IH)
1-55.0	F McGowan	(VP)
1-56.1	M Bryson	(Tev)
1-56.3	I Gillespie	(CAC)
1-56.5	J Moodie	(Pit)

1500m

3-47.7	I Gillespie	(CAC)
3-53.2	A McBeth	(EK)
3-55.91	F McGowan	(VP)
3-59.4	D Tune	(Hull)
4-01.68	A Russell	(CAC)
4-03.20	M Steele	(CAC)
4-03.3	G Stewart	(CAC)
4-04.0	J Moodie	(Pit)
4-04.42	M McCartney	(EAC)
4-05.1	S Wright	(Ab)

5000m

14-27.12M	Campbell	(CAC)
15-10.13M	McCartney	(EAC)
15-13.4	J Moodie	(Pit)
15-16.72S	Rankin	(FVH)
15-18.47S	Wylie	(Ham)
15-16.68I	Falconer	(Har)
16-07.01C	Davidson	(Ab)
16-22.14R	Sutherland	(Ab)
16-23.68S	Barnett	(VP)

2000m s/chase

6-00.5	K Stirrat	(Ox U)
6-02.66	S Wright	(Ab)
6-04.78	J Moodie	(Pit)
6-18.2	A Thain (Y)	(CAC)
6-21.42	M Gallacher	(Cam)
6-27.0	R Crook	(Pit)
6-31.12	R Blair	(VP)
6-32.78	A McCauley	(CAC)
6-47.6	B Stewart	(Ayr)
6-53.6	J Beaton	(Balf)

3000m s/chase

9-11.24	K Stirrat	(Ox U)
9-27.0	D Tune	(Hull)
9-28.13	J Moodie	(Pit)
9-29.2	F McGowan	(VP)
9-30.6	S Wright	(Ab)
9-42.3	R Blair	(VP)
10-00.2	M Gallacher	(Cam)
10-03.2	S Rankin	(FVH)
10-14.5	A McCauley	(CAC)

110m hurdles

14.86	I McGillivray	(Elan)
15.03	P Warrillow	(ESH)
15.3	G Smith	(EAC)
15.41	N Taylor	(VP)
15.58	N Penny	(DSMC)
15.6	D Barnettson	(IH)
15.60	P Allan	(Ab)
15.9	D Macrae (Y)	(MCS)
16.06	N Conacher	(DHH)
16.3	E Scott (Y)	(Hel)

(3'6")

15.22	P Warrillow	(ESH)
15.26	I McGillivray	(Elan)
15.50	G Smith	(EAC)
16.04w	P Allan	(Ab)
16.10w	I Black	(ESH)
16.63	N Conacher	(DHH)
16.8	N Taylor	(VP)

400m hurdles

54.06	N Taylor	(VP)
56.1	T Nimmo	(FVH)
56.1	P Allan	(Ab)
57.3	D Macrae	(MCS)
57.7	A Paisley (Y)	(Pit)
58.5	N Douglas	(EdAc)
58.9	N Conacher	(DHH)

59.0	D Stewart	(Ab)
59.36	P Urquhart	(Aln)
59.4	I McGurk	(CAC)

High jump

2.18	S Ritchie	(Pit)
2.11	D Barnettson	(IH)
2.11	J Stoddart	(Bell)
1.95	D Parrot	(KO)
1.90	I Black	(ESH)
1.90	M McVie	(ESH)
1.90	P Allan	(Ab)
1.86	T Golder	(Lass)
1.85	C Talbot	(Pit)
1.85	I Winning	(Pen)

Pole vault

4.40	I Black	(ESH)
3.80	A Anderson	(Nith)
3.70	I Winning	(Pen)
3.40	K McDowall	(EK)
3.35	P Allan	(Ab)
3.20	J Bennett	(EdAc)
3.20	C Cook	(EdAc)
2.80	M Provan	(EK)
2.50	S Morrison	(Marr)

Long jump

7.08	B Ashburn	(CAC)
6.77	R Burnett	(Mid A)
6.76	B Whyte	(EU)
6.61	M Hamill	(CAC)
6.49	D Gormley	(EK)
6.48	P Allan	(Ab)
6.44	G McIntosh	(DSMC)
6.39	D Barnettson	(IH)
6.36	N Elliot	(Hel)
6.25	J Morrison	(Aln)

Triple jump

13.68	P Allan	(Ab)
13.29	B Whyte	(EU)
12.99	R Burnett	(Mid A)
12.87	D Murdoch	(MCS)
12.71	A Welch	(Ban)
12.67	M McVie	(ESH)
12.60	A Robb	(Hutch)
12.46	S Stewart	(Aln)
12.46	K Wood	(Ham)
12.44	D Gormley	(EK)

Shot putt

14.53	N Mason	(Fife)
14.31	R Baird (Y)	(FVH)
14.24	P Allan	(Ab)
13.73	L Carter	(CH)
13.04	M McLeod	(Aln)
12.81	P Beaton (Y)	(Pit)
12.70	O Fowara	(EdAc)
12.58	N Douglas	(EdAc)
12.49	A Bryce	(Glen)
11.86	C Anderson	(Ab)

Discus

42.26	P Allan	(Ab)
40.52	R Baird (Y)	(FVH)

40.46	N Elliot	(Hel)
40.36	D Allan	(IH)
39.86	L Carter	(CH)
39.76	P Crawford	(PSH)
38.70	M McLeod	(Aln)
36.16	S Leslie	(Arb)
35.46	N Douglas	(EdAc)
35.10	T Smith	(Ran)

Hammer

48.84	D Allan	(IH)
41-04	L Carter	(CH)
40.74	S Irvine	(MCS)
40.72	D Minty (Y)	(Pet)
38.56	S Bunker (Y)	(Hel)
29.38	N Elliot	(Hel)
23.44	D Dillon (Y)	(Dumf)

Javelin

55.46	J Grant	(Lor)
52.74	N Fearnley	(Glen)
51.96	G Dingwall	(Shett)
50.54	B Hill	(Cam)
49.74	E Scott (Y)	(Hel)
48.92	A Bruce	(Pit)
48.34	P Urquhart	(Aln)
48.30	D Hathway	(GWC)
48.18	D Chisolm	(Gord)
47.62	I McGurk	(CAC)

Pentathlon

3264	E Scott (Y)	(Hel)
2869	M McVie	(EAC)
2737	D Hathway	(GWC)
2731	P Crawford	(PSH)
2701	P Urquhart	(Aln)
2638	C Gillan	(Morr)
2580	S Watterston	(Mon)
2555	A Hay	(Marr)
2349	E Robertson	(Mon)

Decathlon

6243	P Allan	(Ab)
5802w	I Black	(ESH)
5553w	A Anderson	(Nith)
4523	N Elliot	(Hel)
4402w	K McDowall	(EK)
4117	D Baillie	(Loth)
(senior implements)		
6560	P Allan	(Ab)
5468	A Anderson	(Nith)

Youths

100m

10.7w	D Galloway	(Ayr)
11.08	R Slater	(Dun)
11.1w	C Allan	(IH)
11.15	P Kennedy	(EAC)
11.2	R Carswell	(Kirk)
11.29	S Cumming	(ESH)
11.3	S McAllister	(Bella)
11.3w	D Walker	(GHS)
11.35	G Purves	(BH)
11.37	S Brown	(Nith)

LETTERS

Black Isle Festival of Running - an event not to be ignored!

Haus Vogel,
40 Blackthorn Road,
Culloden,
Inverness.

SIR - The running magazines tend to concentrate their stories on the bigger events. I feel duty bound to report on the 1989 Black Isle Festival of Running on November 4. Sponsored for the first time by Ross and Cromarty District Council (until legislation no doubt restricts it), the event included its 10th consecutive marathon - an amazing feat for probably one of the smallest fields in Britain. In addition it has a reputation for mild weather despite the time of year with a route providing glorious sea and mountain scenery before the notorious Cromarty hill at 17 miles passes through such idyllic spots such as Jemimaville and Fairy Glen.

From an organisational point of view the large group of willing and friendly volunteers provide the support for attributes of all ages and abilities to participate. To me these are the people who need recognition for their time spent planning events, sending out race details, organising registration, marshalling junctions, making up and passing on drinks to sometimes ungrateful runners, cleaning out changing

rooms, recording times, or looping medals over peoples necks. So for 1989 I would like to thank the thousands to unsung heroes who help make road running such a big sport.

For those who missed out on the Black Isle Festival let me list some of the features which for such a relatively small event compare extremely favourably with say the Land O'Burns Half-Marathon or the runners favourite. Before the race and after, (for a modest donation) there were plentiful amounts of tea, coffee, orange, pies, cakes, rolls, and milk for all the family; during the race there were adequate water stations (a pity about the lack of electrolyte drinks for the marathoners) with satsumas and chocolate bars for the marathoners and at the finish a purpose designed medal (adding to the quality of one's collection), certificate with finishing time, an impressive range of prizes, but not forgetting the hot showers and ample changing facilities.

The entry fee was a club runner was £4 for either marathon, half marathon or 10K. For sons and daughters there was a fun run (or for out of condition mums and dads!)

All in all a big event organised by a friendly Black Isle Athletic Club.

D Bird

Congratulations in order to Hospice race organisers

9, Buccleuch Avenue,
Clarkston,
Glasgow.

SIR - Congratulations to the organising committee of the Prince and Princess of Wales Hospice for the "Round the Loch Woman's Run" on Sunday October 15. It was a superbly organised and well supported fun run.

What a delightful touch at the finish to give all the women a flower, to be surpassed only by the beautifully printed certificate along with notification with your actual time and place in the race.

Keep up the good work!

Jean Meldrum.

Running into "the nineties"...

Marchbank,
Beattock,
Moffat.

SIR - Thank you very much for the Reebok shoes, which I got for my letter of the Month in August on behalf of all Scotland's road race organisers.

I look forward to the 1990 road races, and I will put my Reebok shoes to good use, and hope that I can get my time for a half marathon under 1-30. Thanks for everything.

Jim Braid.

The next issue of
Scotland's Runner
will be published on
January 11, 1990.

GOOD QUALITY T-SHIRTS AT AMAZING PRICES!

Scotland's Runner has a limited stock of good quality t-shirts which are surplus to requirement.

We are therefore pleased to be able to offer them to readers on a first come, first served, basis.

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RHONA McLEOD'S JUNIOR SCENE

Flu bug hits schools' teams hard

THE TENTH SSAA/SSEB Road Relay Championships were held, as usual, at Grangemouth Stadium, an ideal venue for this event in that spectators are well sheltered, yet have a fair idea of the progress of each race - and because the course is familiar to athletes from their Primary days, and, being flat and safe, inspires confidence, writes Linda Trotter.

The result of the perhaps controversial decision to cut team runners from four to three in the Secondary races have yet to be fully discussed, but first comments seemed favourable and certainly this year with flu rampant in many schools, it was just as well that only three runners were needed, in many cases A, B, and even C teams being reconstituted as one counting team.

More schools than ever entered the Primary races, with 50 teams completing the boys' race and 41 the girls'. St Matthew's, Bishopbriggs, were, as expected, the most successful school, their boys' team finishing first and fourth (separated by Dunbar and Millersneuk) but the girls were just not strong enough to retain their 1988 title, losing by three seconds to Fraserburgh Central - Royston from Edinburgh claiming bronze.

The resurgence of athletics in North East schools was again in evidence in the U/15 boys race, where Fraserburgh Academy, represented by Alasdair Love, Toby McKillop and Michael Anderson, took second place behind the favourites, Douglas Academy - Scott McNellan (1989 gold medallist in the U/13 cross-country championships), Mark Smith and David Gorman.

Bronze medalists were Bocclair Academy, whose Chris Humphrey ran the fastest lap, 9.35 seconds.

The distance of the races was the same as usual (girls - 2100m; boys - 3080m) but the start and finish were changed to the beginning of the home straight, rather than the 200m mark, which gave spectators a better view from the stand, but which, in a way, reduced the atmosphere in that there was not the usual surge of interest from team members assembling on the far side, with a good view of the progress of each race from the wall.

The U/15 girls race was really interesting, with a very high standard of running. The fastest lap ever run in the 10 years of the event (6-13) that of Isabel Linaker of Queen Anne High School, although Isabel actually "competed" for Greenfaulds High School's B team, her own team having been decimated by flu and unable to travel.

So keen was Isabel to compete that she made her own way to Grangemouth, to watch if necessary, but hopefully to be allowed to run if any team was short. More than one team manager, on hearing this, claimed to be prepared to "nobbie" one of their own pupils, in order to let Isabel compete in their colours!

The winning team was Musselburgh Grammar (Lorraine Stewart, Jill Fleming and Susan Gorrie) coached by Bill Gentleman. Lorraine had a

magnificent run, after several weeks of injury, recording the third fastest time of 7-33.

Silver medalists were George Watson's College, the familiar team of Louise Kelly, Laura McKenzie and Susie Wright having been successful since the first Primary event in 1987. Third were Strathaven Academy - Sandra Sirrell and twins Gillian and Carole Leitch, again familiar from Primary success. Indeed, more than one spectator thought that the team had had a mental aberration, allowing the second runner to run two laps:

The real drama of the race, however, does not appear in the results. Marr College apparently led from the gun but did not go up to accept the trophy and medals because Debbie Church (7-50) and Helen Brooks (7-37) did not have a third runner from their school (again the result of flu) and, having made the long journey to Grangemouth, were allowed to add Sonia Dyer to their team, but to compete as non counters.

While this must obviously seem to break the rules, it nevertheless was a good decision if the aim of the Association is indeed to foster an interest in athletics and to give as many pupils as possible the chance of competing at a high standard. This must not be seen as setting a precedent and "no way" will composite teams ever be allowed to enter the championships, but merely a humane decision brought about by the unprecedented ravages of the flu epidemic.

In the O/15 girls race St Leonards (Jane Fraser, Debbie Haxton and Colette Murray), as expected, retained the trophy, Jane actually recorded the fastest lap of the race (7-29). Such is the strength in depth of the St Andrews school that their "B" team finished fifth, and their "C" team eighth. With five runners in the first 20, St Leonards would probably prefer to go back to four runners per team.

Glasgow High - Susanna Semple, Emily Tait and Elizabeth Semple - were second (all three girls appearing in the top 20) and Hermitage Academy (Justine Grundy, Kerry Wallace and Audrey McBride) were third, Audrey running a brilliant last lap, just overtaking Mhairi McLeod of George Watson's in the last seconds, recording the second fastest time of 7-33 to Mhairi's 7-34.

The O/15 boys race was expected to be a hard fought battle between last year's first and second teams, St Aloysius College and Bocclair Academy. However, St Aloysius (James Gill 8-44; Mark McBeth 8-22; and Nick Freer 8-50) won more easily than anticipated from Bocclair (Colin Young 9-36; Ivon Clark 9-18; and Grant Graham 8-24). As in 1988, Mark McBeth's speed in the middle of the race was the deciding factor, but his fastest lap time was only two seconds faster than Grant Graham's time.

Overall, it was a successful day, of high quality running, and if darkness was still creeping in on the presentations, this problem could probably be solved by starting the Primary races at 11am rather than 11.30.

Henderson and Hamer: Our men in Auckland

AMID all the controversy surrounding the selection procedures for the Commonwealth Games, the achievements of those athletes who will be going to Auckland appear to have been somewhat overlooked, writes Gordon Ritchie. With this in mind, I would like to take this opportunity to congratulate all the Scottish representatives, and particularly the two university students who

will be making the long trip.

Edinburgh University's Jamie Henderson was, to many people, a certain choice for the Scotland team. The third year politics and history student is continuing the line of students from the capital to represent Scotland at the Games (Linsey Macdonald and Fiona Hargreaves were selected in 1986). His commitment to university sport was demonstrated when he was elected as Edinburgh captain

this year, and it is a great boost for the sport that he continues to run for his university club.

Across the city, Heriot Watt's Ian "Hunky" Hamer has also been selected. Unlike Jamie, Ian has defected to the land of the daffodils to gain his place. After several near misses at the qualifying standard over his favoured 5000m, including one well-publicised run-in with officialdom, he surprised many people by reaching the standard at 1500m.

As a final year building student Ian will find it hard to fit the training and, more importantly, the Games themselves into his hectic(?) study schedule before his finals.

Nonetheless, certain sacrifices have to be made in the name of sport, and a place in the Welsh team will look good on the C.V.

I have been asked to explain Ian's nickname. It dates back to him winning the Scottish Universities cross-country title. One young lady, who wishes to remain nameless, saw him powering up the hill and was heard to say, "He's cute, and so hunky." Readers who know Ian will appreciate why the name has stuck.

As these two fly off to sunnier places, everyone involved in university athletics wishes them well. Don't forget to send us a postcard!

GLASGOW YA BEAUTY

GLASGOW 1990

COULD THIS BE THISTLE'S YEAR?
BY PATRICK PRIOR
ARTWORK BY ROBERT MCWILLIAM



DI-DIC-TATION
CORPOR-ATION
HOW MANY CARS
ARE IN THE
STA-TION?

DID YOU KNOW
IN 1785 THE
CLYDE FROZE
SOLID?

AM
HELLORRRR
DOLL!

SKINNY MA LINKY
LONGLEGS
BIG BANANA FEET
WENT TAE THE
PICTURES
-AM' COULDNAE
GET A SEAT.

CA' YERSEL A
TRADESMAN? YE
COULDNAE PUT A
NUT OAN A
HALLA'KEEN CAKE!

JAMES WATT
GOT THE IDEA
FOR THE STEAM
ENGINE DURING
WALKS THROUGH
GLASGOW GREEN.

SEE THAT
BOOK... IT'S
THE BEES-NEES
SO IT IS!

TWO TICKETS DOON
THE WATER, BITTE.

THE BEST
WEE
BOOK
ON
GLASGOW
OK

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IN THE LANGUAGE OF THE CITY... TRANSLATION PROVIDED!**

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RESULTS



October

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SCCU Eastern District Cross Country Relay Championships, Laid Park, Dundee.
Senior 4 x 2.5 miles: 1, Dundee Hawkhill H (D Beattie 13:00; P Fox 13:04; C Haskett 12:59; P McColgan 12:53) 51:38; 2, Teviotdale H (K Logan 12:58; R Hall 13:22; A Walker 13:22; D Cavers 13:06) 52:48; 3, Dundee Hawkhill 'B' (C Ross 13:40; P McCormack 13:41; R Bell 13:48; R Barrie 13:29) 54:36; 4, Edinburgh SPC AC (G Phillips 13:28; S Cohen 13:17; C McLennan 13:43; A Ward 14:10) 54:38; 5, Aberdeen AAC (B Moroney 13:51; D Duguid 13:21; C Hall 13:15; S Wynn 14:15) 54:42; 6, Hunters Bay Trotters (P O'Kane 13:48; S Gibson 13:09; R Brown 14:09; C Hunter 14:11) 55:17; 7, Falkirk Victoria H (D Bain 13:55; S Greive 13:45; S Rankin 13:58; A Smith 13:56) 55:34; 8, Dundee Hawkhill 'C' (B Cook 13:53; D McConigle 13:46; G Mitchell 14:06; D Storey 13:54) 55:39; 9, Teviotdale 'B' (J Elliot 13:46; A Fair 14:09; C Murphy 13:54; M Bryson 13:56) 55:45; 10, Central Region AC (M Coyne 13:32; M McQuaid 13:43; L Leitch 14:29; D Armour 14:20) 56:04; 11, Gala H 56:34; 12, Edinburgh Southern H 56:36; 13, Fife AC 56:53; 14, Edinburgh Uni H 56:54; 15, Falkirk Victoria 'C' 57:05; 16, Haddington ELP 57:29; 17, Teviotdale 'C' 57:43; 18, Aberdeen Uni H 58:16; 19, Pitreavie AAC 58:22; 20, Dundee Hawkhill 'D' 58:35; 21, Livingston & District AC 58:38; 22, Dundee Uni H 58:52; 23, Fife 'B' 58:56; 24, Harmer AC 59:01; 25, Pitreavie 'B' 59:05. Fastest Laps: 1, P McColgan (DHB) 12:35; 2, K Logan (Teviot) 12:58; 3, C Haskett 12:59; 4, D Beattie 13:00; 5, P Fox 13:04 (all DHB); 6, D Cavers (Teviot) 13:06; 7, S Gibson (NBT) 13:09; 8, C Hall (Aber) 13:15; 9, C Cohen (SSPC) 13:17; 10, equal D Duguid (Aber) and I Harkness (Edin Uni) both 13:21.

Young Athletes 3 x 2 miles: 1, Pitreavie AAC (A Donaldson 13:19; A Mooney 11:32; S Burch 11:45) 36:36; 2, Pitreavie 'B' (C Kelso 13:19; M Kelso 11:42; A King 12:38) 37:39; 3, Edinburgh SPC AC (K Daley 12:58; M Daley 12:49; D Slythe 11:54) 37:41; 4, Bathgate AAC (B Boyle 13:09; D Carty 11:59; B McConnell 13:01) 38:09; 5, Aberdeen AAC (S Bruce 13:41; M Barber 14:35; D Smith 12:25; L Culbertson 12:15) 39:15; 6, Edinburgh Southern H (K Gallacher 14:35; D Smith 12:25; L Cuthbertson 12:15) 39:15; 7, George Heriot School 39:18; 8, Corstorphine AC 39:20; 9, Falkirk Victoria H 39:21; 10, Tayside AAC 39:27; 11, Bathgate 'B' 39:29; 12, Edinburgh SPC 'B' 39:32; 13, Arbroath & District AC 39:49; 14, Edinburgh Southern 'B' 40:52; 15, Edinburgh SPC 'V' 40:55. Fastest laps Junior Boys: 1, K Daley (SSPC) 12:58; 2, R Hay (SSPC) 12:59; 3, B Boyle (Bathgate) 13:09; 4, D Whightman (Tay) 13:12. Senior Boys: 1, A Mooney (DHB) 11:32; 2, M Kelso (Pit 'B') 11:42; 3, D Carty (Bathgate) 11:59; 4, A Tulloch (GVH) 12:03; Youths: 1, S Burch (Pit) 11:45; 2, D Slythe (SSPC) 11:54; 3, E Calvert (Aber); 4, G Johnston (GVH) and J Gowans (Tay) both 12:06.

SCCU Northern District Cross Country Relay Championships, Muir of Ord.
Senior 4 x 2.5 miles: 1, Inverness H (C Macdonald 13:11; G Macdonald 13:09; J Bowman 12:28; S MacKenzie 12:50) 51:44; 2, Moray Roadrunners (G Sim 12:51; A Stewart 13:19; M Flynn 13:00; C Hunter 13:08) 52:18; 3, Lochaber AC (M Dixon 12:50; D Rodgers 13:02; J Beagrie 14:20; B Rodgers 13:40) 53:56; 4, Forres H (A Pratt 13:18; I MacKenzie 14:04; D Ritchie 14:17; G Varlett 12:40) 54:19; 5, Inverness 'B' (B Macdonald 13:46; R MacDonald 13:33; C Stewart 13:32; J Semillie 14:13) 55:04; 6, Moray Roadrunners 'B' (R Curtis 12:55; J McWilliam 14:13; D Morrison 14:14; C May 13:49) 55:33; 7, Inverness 'C' 56:47; 8, Minolta Black Isle AAC 57:25; 9, Lochaber 'B' 60:43; 10,

Inverness 'D' 61:32; 11, Moray Roadrunners 'C' 62:02; Fastest laps: 1, J Bowman 12:28; 2, G Barlett 12:40; 3, M Dixon 12:50; 4, G Sim 12:51; 5, R Curtis 12:55; 6, S MacKenzie 12:56. Young Athletes 3 x 2 miles: 1, Minolta Black Isle AAC (M Johnston 12:28; 2, Galtbraith 11:22; B Fraser 10:36) 34:26; 2, Inverness H (J Colquhoun 12:33; S MacKay 11:00; P Watt 11:05) 34:38; 3, Forres H (P Pronzhele 12:67; J Donald 11:07; N Birrie 12:02) 36:06; 4, Lochaber AC 36:46; 5, Inverness 'B' 36:52; 6, Inverness 'D' 38:10; 7, Inverness 'C' 38:21; 8, Orkney Islands AAA 38:46; 9, Minolta Black Isle 'B' 39:13; 10, Forres 'B' 39:26. Fastest Laps Youths: 1, B Fraser 10:36; 2, P Watt 11:05; 3, D Hards (Inver 'B') 11:38. Senior Boys: 1, S MacKay 11:00; 2, J Donald 11:07; 3, Galtbraith 11:22; Junior Boys: 1, M Johnston 12:28; 2, J Colquhoun 12:33; 3, S Cameron (Loch) 12:41.

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SCCU National Cross Country Relay Championships, Inverness.
Senior 4 x 2.5 miles: 1, Teviotdale H (C Logan 12:43; R Hall 13:02; A Walker 12:48; D Cavers 12:42) 51:15; 2, Dundee Hawkhill H (P Fox 12:56; P Briscoe 13:23; C Haskett 12:57; P McColgan 12:07) 51:22; 3, Springburn H (D Donnet 12:56; G Crawford 12:54; A Callan 13:03; G Braidwood 12:40) 51:39; 4, Greenock Glenpark H (P Russell 13:56; M McKendrick 13:05; A Puckin 12:28; T Murray 12:34) 52:03; 5, Cambuslang H (M Gormley 13:17; D Runciman 13:03; E Stewart 12:47; J Orr 13:10) 52:17; 6, Victoria Park AAC (M Wallace 13:25; P McGowan 13:15; A Douglas 12:21; J Kennedy 13:32) 52:33; 7, Shettleston H (W Coyle 13:00; J Hendry 13:22; D Cameron 13:35; A Swann 12:59) 52:56; 8, Kilbirnie AC (A Costigan 13:38; T Hearn 12:55; R Quinn 12:38; A McMahon 13:49) 53:02; 9, Calderglen H (R Johnston 13:02; A Derrick 13:40; E Wilkinson 13:28; A McLeish 12:55) 53:05; 10, Bellahouston H (D Black 13:42; P Fleming 12:40; A McAngus 13:28; G Bell 13:44) 53:24; 11, Cambuslang 'B' 53:31; 12, Aberdeen AAC 53:39; 13, Falkirk Victoria H 53:49; 14, Maryhill H 53:52; 15, Teviotdale 'B' 54:05; 16, Glasgow University H 54:12; 17, Moir Ayr Seaforth AC 54:25; 18, Hunters Bog Trotters 54:37; 19, Clydesdale H 54:40; 20, Dundee Hawkhill 'B' 55:08; 21, Inverness H 55:14; 22, Victoria Park 'B' 55:17; 23, Forres H 55:17; 24, Moray Roadrunners 55:45; 25, Irvine Cable AC 56:02; 26, East Kilbride AC 56:04; 27, Dundee Hawkhill 'C' 56:09; 28, Edinburgh University H 56:30; 29, Greenock Glenpark 'B' 56:32; 30, Hunters Bog Trotters 'B' 56:39. Fastest Laps: 1, P McColgan 12:07; 2, A Douglas 12:21; 3, D McFadyen (GVH) 12:27; 4, A Puckin 12:28; 5, T Murray 12:34; 6, R Quinn 12:38; 7, A Currie (Maryhill) 12:38; 8, P Fleming 12:40; 9, S Hale (GVH) 12:41; 10, D Cavers 12:42. Young Athletes 3 x 2 miles: Junior Boys: 1, Victoria Park AAC (S McNeilan 12:05; M Smith 11:50; G Graham 10:43) 34:38; 2, Cambuslang H (A Korrocks 12:39; M McLaughlin 11:26; M McLeish 10:36) 34:41; 3, Pitreavie AAC (C Kelso 12:45; A Mooney 10:55; S Burch 11:30) 35:00; 4, Clydebank AC (S Gibson 12:38; D Fotheringham 11:39; M Freer 11:06) 35:23; 5, Minolta Black Isle AAC (M Johnston 12:30; S Galtbraith 11:53; B Fraser 11:08) 35:31; 6, J W Kilmarnock H (C Thomson 12:36; J Tanner 12:07; G Reid 10:50) 35:33; 7, Bathgate AAC (B Boyle 12:25; D Carty 11:14; B McConnell 12:10) 35:49; 8, Edinburgh SPC (K Daley 12:01; M Daley 12:31; D Slythe 11:21) 35:23; 9, Moir Ayr Seaforth AC (L Leitch 12:39; G Willis 11:19; I Craig 12:02) 36:00; 10, Victoria Park 'B' (D Gorman 12:35; C Steel 12:21; C Greenhalgh 11:15) 36:11; 11, Clydesdale H 36:16; 12, Greenock Glenpark H 36:17; 13, Inverness H 36:26; 14, Queen Victoria School 36:33; 15, Forres H 36:50; 16, Teviotdale H 36:51; 17, J W Kilmarnock 'B' 36:58; 18, Moir Ayr Seaforth 'B' 37:06; 19, Victoria Park 'C' 37:08; 20, Edinburgh Southern H 37:11; 21, Moir Ayr Seaforth 'C' 37:12; 22, Cambuslang 'B' 37:17; 23, Edinburgh SPC 'B' 37:25; 24, George Heriot School 37:27; 25, Inverness 'B' 37:39. Fastest Laps: Youths: 1, M McBeth 10:36; 2, G Graham 10:43; 3, G Reid 10:50; 4, N Freer 11:06; 5, B Fraser 11:08; 6, C

Greenhalgh 11:15. Senior boys: 1, A Mooney 10:55; 2, D Carty 11:14; 3, G Willis 11:19; 4, I Richardson (Cambuslang) 11:22; 5, M McLaughlin 12:26; 6, D Tarnburton (GVH) 11:27; Junior boys: 1, K Daley 12:01; 2, S McNeilan 12:05; 3, R Hay (SSPC) 12:10; 4, B Boyle 12:25; 5, M Johnston 12:30; 6, R Harris (C Dale) 12:33.

29

Stewarton Sports Association Open Cross Country Races, Stewarton.
Senior Men: 1, Scally (Shett) 22:20; 2, C Souter (Curnock) 22:34; 3, A Costigan (Kilb) 22:46; 4, J Kennedy (Vic Park) 22:55; 5, G Haddow (Kilb) 23:02; 6, D Murray (J W Kiln) 23:12; 7, S Conaghan (Spango) 23:14; 8, A Mair (Ham) 23:18; 9, D Auchie (Daly Th) 23:22; 10, J Timmins (C Bank) 23:29; 11, A Letham (Law) 23:28; 12, V2 H Gorman (Spring) 23:28; 13, J Miller (Grine 26th 24:03; 14, H Rankin (J W Kiln) 23:28; 15, R Cheyne (Grine) 23:28; 16, M Ferguson (J W Kiln) 24:44; Youths: 1, E Tonner (J W Kiln) 15:19; 2, B Thomas (Gif 15:30; 3, S Russell (Gif 15:34; 4, J Burns (Curnock) 16:20; 5, A Barker (Kilb) 16:26; 6, B Stewart (Ayr Sea) 16:36. Senior Boys: 1, E Dobbin (Spango V) 7:16; 2, D Whiffen (Nith V) 7:20; 3, J Tonner (J W Kiln) 7:22; 4, J Ferguson (Ayr Sea) 7:25; 5, P Allan (Ayr Sea) 7:26; 6, M Gorman (Spring 7:29. Junior Boys: 1, C McMillan (J W Kiln) 6:48. Colts: 1, G Murray (Airdrie) 3:55; 2, S McFolm (G House) 3:59; 3, J Harris (Ayr Sea) 4:03. Senior Women: 1, C Barker (GAC) 16:51; 2, J Robertson (Ayr Sea) 18:05; 3, A Paterson (S Kelvin) (Int) 18:28; 4, S McGregor (J W Kiln) (E Jun 18:42; 5, E McGarry (Grine) (LV1) 18:50; 6, L Farnberry (Airdrie) (Int) 18:58; 7, H Morton (Grine) 19:02; 8, S Kennedy (Int) (GAC) 19:03; 9, J Roxburgh (Grine) (Int) 19:13; 10, S Barry (Ayr Sea) (Int) 19:14; LV2 M Robertson (Troon) 17:17; 20:42; LV3, C Docherty (Spango V) 19:11; 21:01. Juniors: 1, C Miller (Grine) 8:37; 2, R Hough (Grine) 8:38; 3, L Duffy (Harmer) 8:45; 4, G Syme (J W Kiln) 8:48; 5, L Chisholm (S Kelvin) 8:49; 6, M Watson (Ayr Sea) 8:50. Girls: 1, H Brooks (Ayr Sea) 7:19; Minor Girls: 1, C Morris (J W Kiln) 4:14; 2, J Morrow (S House) 4:29; 3, A Church (Ayr Sea) 4:32; 4, C McLean (Spango V) 4:35; 5, D McClung (Grine) 4:39; 6, S J Hunter (Hamilton) 4:41.

November

4

Maryhill Harriers Schools Cross Country League, Summerston.
Youths: 1, S Queen (Clveden) 16:55; 2, J Clark (Boclar) 17:08; 3, P O'Neill (guest) 17:33. Team 1, Boclar Academy. Senior Boys: 1, G Young (Boclar) 12:15; 2, C Humphreys (Boclar) 12:35; 3, G Forbes (Boclar) 12:41; Team 1, Boclar Academy. Junior Boys: 1, E Cameron (Boclar) 8:41; 2, J Carrigan (St Aug) 8:49; 3, A Young (Boclar) 8:51; Team 1, Boclar Academy.

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Aberdeen AAC Hyman Cross Country Races, Blairgowrie Playing Fields, Ayr.
Senior Men: 1, D Duguid (Aber) 31:17; 2, B Mooney (Aber) 32:20; 3, G Barlett (Forres) 32:29; 4, S Wright (J) (Aber) 32:58; 5, S Cassella (Aber) 33:06; 6, G Mitchell (DHB) 33:38; 7, G McDowall (J) 34:16; 11, K Hogg (Aber) 34:56; V2 J Duguid (Aber) 35:40; V3, R Wilby (Hale) 35:57; Team 1, Aberdeen AAC 8pt; 2, Aberdeen 'B' 30pt; 3, Aberdeen 'C' 49pt. Youths: 1, B Fraser (Bale) 19:25; 2, S Cook (QVS) 19:46; 3, J Gowans (Tayside) 20:06; 4, E Calvert (Aber) 20:25. Team 1, Inverness H 20pt; 2, Queen Victoria School 27pt; 3, Minolta Black Isle AC 37pt. Senior Boys: 1, A Casey (QVS) 15:04; 2, S Allan (Bale) 15:10; 3, J Donald (Forres) 15:18. Team 1, Inverness H 21pt; 2, Aberdeen AAC 24pt; 3, Minolta Black Isle AC 32pt. Junior Boys: 1, D McDonald (GVH) 11:12; 2, D Whightman (Tayside) 11:20; 3, A Love (P'burgh) 11:38. Team 1, Fraserburgh RC 16pt;

2, Queen Victoria School 24pt; 3, Aberdeen AAC 36pt. Colts: 1, A Skeve (P'burgh) 6:26; 2, P'ferron (Aber) 6:33; 3, A McKinnon (QVS) 6:34. Team 1, Minolta Black Isle AC 25pt; 2, Queen Victoria School 25pt; 3, Aberdeen AAC 41pt. Senior Women: 1, M Duthie (P'burgh) 16:52; 2, L Davidson (Aber) 17:09; 3, K Powell (DHB) 17:15; 4, D Porter (Rebok RS) 17:22; 5, S Coutts (DHB) 17:35; 6, S Reid (Aber) 17:50; Vets: LV1, J Nuttall (Aber) 18:12; LV2, J Hogg (Aber) 18:55; Team 1, Aberdeen AAC 16pt; 2, Dundee Hawkhill H 18; 3, Aberdeen 'B' 35pt. Juniors: 1, Y Reilly (DHB) 11:58; 2, SHannah (DHB) 12:17; 3, L Shae (Arbroath) 12:21. Team 1, Aberdeen AAC 26pt; 2, Dundee Hawkhill H 32pt; 3, Inverness H 33pt. Girls: 1, CC Clarkson (Aber) 12:44; 2, C Still (Aber) 12:54; 3, C Becker (Aber) 13:02. Team 1, Aberdeen 6pt; 2, Aberdeen 'B' 24pt; 3, Black Isle 32pt. Minor Girls: 1, J Anderson (P'burgh) 6:38; 2, K Snape (Aber) 6:48; 3, D McAllister (Aber) 6:51; Team 1, Fraserburgh 10pt; 2, Dundee Hawkhill 16pt; 3, Aberdeen 24pt.

Veterans Home Counties International Cross Country Race, Amptill, Beds -
1, A Simmons (Wales) 33:45; 2, A Holden (Eng) 34:03; 3, B O'Neill (Nire) 34:07; 4, C Youngson (Soc) 34:54; 40-45 Scots Places: 1, R Smith; 27, G Milne; 37, C Martin; Teams: 1, Wales 21pts; 2, England 31pts; 3, N Ireland 83pts; 4, Scotland 86pts; 48-49, 18, A Adams; 29, T Dollan; 36, R Young; 39, M Edwards; Team 1, England 73pts; 2, Scotland 122pts; 3, Wales 129pts; 30-39, 50, H Rankin; 53, J Maitland; 55, J Conaghan; Team 1, England 87pts; 2, Wales 137pts; 3, Scotland 212pts; 55-59, 71, S Lawson; 72, W Gillespie; 74, P Livingstone; 77, A McInnes; Team 1, England 263pts; 2, Scotland 294pts; 3, N Ireland 232pts.

Leaswade Cross Country Races, Bonnyrigg -
Seniors: 1, A Russell (Law & Dist) 28:21. Grid year in a row; 2, J Ross (HELP) 28:37; 3, J Connolly (Gala) 28:49; 4, M McQuaid (Cen Reg) 29:38; 11, J Knox (Gala); 11, M Bryson (Teviot) 30:11; Team 1, Haddington ELP 35pts; 2, Law & Dist 37pts; 3, Gala H 40pts; Veterans Team 1, Law & Dist AC; Women: 1, J Darby (Carnethy) 19:55; 2, CA Bartley (GAC) 20:00; 3, E Cochrane (GAC) 20:28; 4, V Blair (EWM) 20:33; LV1, R McAlene (Monk Shett) 21:05; E1, J S Grainger (EWM); Team 1, Edinburgh Woolen Miles; 2, Glasgow University; 3, Carnethy Hillrunners.

18

Clydesdale Harriers Open Cross Country Races, Clydebank -
Seniors: 1, A Currie (Maryhill) 41:42; 2, B Potts (Clyd) 42:04; 3, J Kennedy (Vic Park) 42:30; 4, C Leck (Spango V) 45:00; 5, R McQuaid (Clyd) 45:17; 6, S Wylie (Cambuslang) 45:40; Team 1, Cambuslang H 27pts; 2, Clydesdale H 28pts; 3, Clydesdale 'B' 44pts; Youths: 1, B Fraser (Bale) 21:55; 2, S McCafferty (C Bank) 22:01; 3, A Adams (Dumb) 22:10; 4, D McAusland (Clyd) 24:00; 5, A Barker (Kilb) 24:26; Team 1, Clydebank AC 11pts; 2, Clydesdale H 13pts; Senior Boys: 1, E Bobbin (Spango V) 16:40; 2, D Kerr (Spango V) 16:41; 3, M Smith (Vic Park) 17:09; 4, A Moore (Clyd) 17:30; 5, R Gallacher (Clyd) 17:54; Team 1, Clydesdale H 15pts; 2, Cambuslang H 16pts; 3, Kilbarchan AC 47pts; Junior Boys: 1, S Gibson (C Bank) 11:46; 2, S Kelly (Vic Park) 11:52; 3, R Harris (C Bank H) 12:00; 4, J Hood (B'field) 12:03; 5, S Kennedy (Vic Park) 12:11; Team 1, Springburn H 25pts; 2, Shettleston H 48pts; 3, Glasgow HS 72pts; Colts: 1, D Gow (Shett) 5:46; 2, S South (Cambuslang) 5:47; 3, G McBurnie (Eent) 5:56; 4, S Hodgson (Cambuslang) 5:59; 5, S Phillips (Airdrie) 6:06; Team 1, Cambuslang H 15pts; 2, Airdrie H 19pts; 3, Shettleston H 19pts.

Maryhill Harriers 5 mile Cross Country Race, Summerston, Glasgow -
Fastest Times: 1, M Gallacher 29:12; 2, A Sellars 29:13; 3, D Shearon 29:18; 4, J Houston 29:36; Handicaps: 1, A Sellars (1:30) 29:13; V1, T Morrison 32:58; V2, P Kearney 33:18; V3, R Ball 36:39; Young Athletes 2 miles: 1, J Elder 11:44; 2, P O'Neill 11:51; 3, A McDonald 12:48.

RESULTS



November

4

21st Allan Scally Memorial 4x5 miles Road Relay Race, Bellerston.

1, Edinburgh Southern H (D Ross 23-43; K Lyall 23-37; A Hutton 22-13; J Robson 22-09) 91:42; 2, Dundee Hawkhill H (D Beattie 22-57; I Campbell 23-11; C Haskett 23-00; P Fox 23-07) 92-15; 3, Teviotdale H (K Logan 23-22; R Hall 23-11; A Walker 22-49; D Cavers 23-00) 92-22; 4, Falkirk Victoria H (K Cameron 22-51; D Bain 23-28; J Pentecost 23-11; J Johnston 23-26) 92-56; 5, Springburn H (G Crawford 23-48; D Donnett 22-44; A Callan 23-40; G Braidwood 23-02) 93-15; 6, Shettleston H (W Coyle 23-20; J Hendry 24-07; N Muir 22-02; A Swann 23-54) 93-23; 7, Edinburgh SPC AC (A Weatherhead 23-13; S Cohen 23-36; I Archibald 23-24; M Ferguson 23-36) 93-49; 8, Cambuslang H (M Garmley 23-54; M McShane 24-07; C Thomson 24-00; E Stewart 23-10) 94-13; 9, Bellahouston H (R Fitzsimmons 23-24; G Bell 24-18; P Fleming 22-36; A McAnag 23-07) 94-15; 10, Calderglen H (A McLeish 23-32; C McDougall 23-59; E Wilkinson 24-08; R Johnston 23-25) 95-06; 11, Shettleston B (95-45; 12, Dundee Hawkhill B (96-06; 13, Falkirk Victoria B (96-33; 14, Stirling University 96-40; 15, Moir Ayr Seaforth AC 96-52; 16, East Kilbride AC 96-58; 17, Edinburgh SPC B (97-00; 18, Glasgow University H (97-38; 19, Victoria Park AAC 98-39; 20, Edinburgh University H (99-18; Veterans 1, Cambuslang H (W Mitchell 25-27; R Brennan 26-06; D Cooney 26-16; E McVior 25-28) 103-17; 2, Fife AC 107-32; 3, Shettleston H 109-36; 4, Giffnock North AC 112-19; Fastest Laps 1, N Muir 22-02; 2, J Robson 22-09; 3, A Hutton 22-13; 4, A Douglas (Vic Park) 22-18; 5, I Harkness 22-59; 6, P Fleming 22-36; 7, D Donnett 22-44; 8, A Walker 22-49; 9, R Cameron 22-51; 10, M Cormley 22-56; 11 equal, P Pauls and D Beattie both 22-57; University Fastest Laps 1, I Harkness 22-29; 2, T Reid 23-03; 3, A McBeth 23-09; 4, G Brown 23-32; 5, G McCann 23-35; 6, H Nicholson (Edin B) 24-18; Veterans Fastest Laps 1, A Weatherhead (SSPC) 23-13; 2, B Emmerson (Teviot) 23-49; 3, C McDougall (E Kilbride) 23-59.

Scottish Universities Road Relay Championships

1, Stirling University AC (G Brown 23-31; T Reid 23-00; M McGinley 24-56; S Mathieson 25-13) 96-40; 2, Glasgow University H (H G McCann 23-35; A McBeth 23-09; P Fettes 25-00; K Corbett 25-43) 97-38; 3, Edinburgh University H (H G Harkness 22-29; J Garland 25-24; W Ramsbottom 25-09; R Sutherland 26-10) 99-18; 4, Glasgow University B (100-14; 5, Edinburgh University B (106-01; 6, Strathclyde University 107-02.

Black Isle Festival of Running, Fortrose.

Team placings: Marathon 1, Shettleston H 144pt; 2, Inverness H; 3, Aberdeen AAC; Ladies Team 1, Dundee Road runners. Half Marathon 1, Moray Roadrunners 18pt; 2, Inverness H 23pt; 3, Aberdeen AAC 34pt; Ladies Team 1, Arbroath Footers. 10,000 metres 1, Aberdeen AAC 8pts; 2, Inverness H 23pt; 3, Forres H 34pt; Ladies Team 1, Inverness H.

Greenock Glenpark Harrier 5 1/2 mile Road Race from Inverkip to Greenock.

1, P Duffy 27-06; 2, P Russell 27-35; 3, M McKendrick (Jun) 27-37; 4, R Johns 27-42; 5, W Jukes 27-49; 6, B McGuiness 27-49; 7, J Smith 17th 27-41; 8, D McNeill 30-37; 9, J Carruthers 30-58; 11, E O'Brien 32-59.

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Valentines of Dundee Atrial 10 miles Road Race, Templeton Woods, Dundee.

1, A Beattie (DHF) 53-27; 2, R Lippert (DHF) 54-06; 3, R Owens (RNAC) 54-18; 4, M McCreadie (Fife) 54-28; 5, R Wood (DRR) VGO 54-49; 6, S Graves (Fife) V40; 54-57; 7, D MacGregor (Fife) V50 55-03; 8, B Cook (DHF) 55-11; 9, B Anderson (DRR) 55-38; V45: A McCallum (Montrose) 57-44.

11

General Portfolio Glasgow University 4.85 mile Road Race, Westerlands, Glasgow.

1, I Harrier (H Univ) 22-33; 2, N Muir (Shett) 22-34; 3, P Dugdale (H Univ) 22-36; 4, P Fleming (Bella) 22-40; 5, A Hutton (H Univ) 22-43; 6, R Quinn (Kilb) 22-47; 7, D McFadyen (GWFD) 22-52; 8, W Nelson (Law & Dist) 23-11; 9, G Stewart (H Univ) 23-16; 10, T Hearle (Kilb) 23-20; 11, A Gilmour (Cambus) 23-23; 12, J Johnston (C' Glen) 23-26; 13, A McBeth (H Univ) 23-38; 14, J Duffy (GWFD) 23-39; 15, J Orr (Cambus) 23-42; 16, C Thomson (Cambus) 23-44; 17, A Callan (Spring) 23-49; 18, E Zacharofannis (St Andrews Univ) 23-54; 19, J Quinn (Moth) 23-59; 20, G McCann (Glas Univ) 24-02; 21, P Fettes (Glas Univ) 24-05; 22, V L Seggie (Juv & Dist) 24-08; 23, V L Burkie (Bella) 24-11; 24, V L Briggs (Juv & Dist) 24-14; 25, V L Watson (Clyde) 24-18; 26, V L Watson (Clyde) 24-21; 27, V L Watson (Clyde) 24-24; 28, V L Watson (Clyde) 24-27; 29, V L Watson (Clyde) 24-30; 30, V L Watson (Clyde) 24-33; 31, V L Watson (Clyde) 24-36; 32, V L Watson (Clyde) 24-39; 33, V L Watson (Clyde) 24-42; 34, V L Watson (Clyde) 24-45; 35, V L Watson (Clyde) 24-48; 36, V L Watson (Clyde) 24-51; 37, V L Watson (Clyde) 24-54; 38, V L Watson (Clyde) 24-57; 39, V L Watson (Clyde) 25-00; 40, V L Watson (Clyde) 25-03; 41, V L Watson (Clyde) 25-06; 42, V L Watson (Clyde) 25-09; 43, V L Watson (Clyde) 25-12; 44, V L Watson (Clyde) 25-15; 45, V L Watson (Clyde) 25-18; 46, V L Watson (Clyde) 25-21; 47, V L Watson (Clyde) 25-24; 48, V L Watson (Clyde) 25-27; 49, V L Watson (Clyde) 25-30; 50, V L Watson (Clyde) 25-33; 51, V L Watson (Clyde) 25-36; 52, V L Watson (Clyde) 25-39; 53, V L Watson (Clyde) 25-42; 54, V L Watson (Clyde) 25-45; 55, V L Watson (Clyde) 25-48; 56, V L Watson (Clyde) 25-51; 57, V L Watson (Clyde) 25-54; 58, V L Watson (Clyde) 25-57; 59, V L Watson (Clyde) 26-00; 60, V L Watson (Clyde) 26-03; 61, V L Watson (Clyde) 26-06; 62, V L Watson (Clyde) 26-09; 63, V L Watson (Clyde) 26-12; 64, V L Watson (Clyde) 26-15; 65, V L Watson (Clyde) 26-18; 66, V L Watson (Clyde) 26-21; 67, V L Watson (Clyde) 26-24; 68, V L Watson (Clyde) 26-27; 69, V L Watson (Clyde) 26-30; 70, V L Watson (Clyde) 26-33; 71, V L Watson (Clyde) 26-36; 72, V L Watson (Clyde) 26-39; 73, V L Watson (Clyde) 26-42; 74, V L Watson (Clyde) 26-45; 75, V L Watson (Clyde) 26-48; 76, V L Watson (Clyde) 26-51; 77, V L Watson (Clyde) 26-54; 78, V L Watson (Clyde) 26-57; 79, V L Watson (Clyde) 27-00; 80, V L Watson (Clyde) 27-03; 81, V L Watson (Clyde) 27-06; 82, V L Watson (Clyde) 27-09; 83, V L Watson (Clyde) 27-12; 84, V L Watson (Clyde) 27-15; 85, V L Watson (Clyde) 27-18; 86, V L Watson (Clyde) 27-21; 87, V L Watson (Clyde) 27-24; 88, V L Watson (Clyde) 27-27; 89, V L Watson (Clyde) 27-30; 90, V L Watson (Clyde) 27-33; 91, V L Watson (Clyde) 27-36; 92, V L Watson (Clyde) 27-39; 93, V L Watson (Clyde) 27-42; 94, V L Watson (Clyde) 27-45; 95, V L Watson (Clyde) 27-48; 96, V L Watson (Clyde) 27-51; 97, V L Watson (Clyde) 27-54; 98, V L Watson (Clyde) 27-57; 99, V L Watson (Clyde) 28-00; 100, V L Watson (Clyde) 28-03; 101, V L Watson (Clyde) 28-06; 102, V L Watson (Clyde) 28-09; 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499, V L Watson (Clyde)

EVENTS

December

9

MARYHILL Harriers schools CC races, 10am Summerston - Details from Robert Stevenson Tel 637-7714.

SCCU v Scottish Universities v Northern Ireland v Civil Service, including Inter District races for junior boys, senior boys and youths, Cumbernauld.

JACK Crawford Road Race, Bishopbriggs

NORTHERN District League, Peterhead

SCOTTISH Universities International Cross Country -

Details from Cumbernauld and Kilsyth District Council Tel. (0236) 722131.

9/10

SCOTTISH National Senior Indoor Championships - Kelvin Hall Int Arena - Details from SAAA 031-317-7320/1.

14

CELTIC Countries CC International, Irvine.

16

CHRISTMAS Cracker 10K. 10-30am start from Kirkcaldy High School - £3.00 Entries. Further Details from David Cameron, Kirkcaldy High School

(0592) 267111 (1.2 miles race for under 18 & Primary School Race also taking place).

17

EDINBURGH Woollen Mill Championships, Bathgate.

IRVINE Cable AC Harriers V. Cyclists Race - 1pm. Details from Irvine 213306.

27

MARYHILL Harriers schools cross country races, 10am Summerston.

NORTH District League, Nairn

OPEN CC races, Girvan

28

KIRKINTILLOCH Olympians open road race, Kirkintilloch

January

1/2

NEW Year Sprint, Meadow-

IRVINE CABLE A.C. HARRIERS

▼
CYCLISTS RACE

Plus all age groups.
Maress Sports Club, Irvine.
SUNDAY 17 DECEMBER
1st Race 1pm
Seniors 1-30pm
Numerous seasonal prizes
Details: Tel: Irvine 213306

NINTH LOCH RANNOCH MARATHON

(INCORPORATING THE FOURTH LOCH RANNOCH HALF MARATHON)

Sunday, June 24th, at 11am.

(under SAAA and SWAAA, SWCCC & RRA Rules) (BARR Grade 2)

SPONSORED BY BARRAT INTERNATIONAL RESORTS



RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS THERE IS ALSO THE CHANCE TO RUN IN A HALF MARATHON EVENT. EXCELLENT FACILITIES INCLUDE DRINK/SPONGE STATIONS, MILE MARKERS, MEDALS FOR ALL FINISHERS, COURSE ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE LIST INCLUDING WEEKEND BREAKS, AND ABOVE ALL A FRIENDLY ATMOSPHERE.

Entry forms from:

Arthur F. Andrews, Loch Rannoch Marathon, Rannoch School, Rannoch, by Pitlochry, Perthshire, PH17 2QQ (PLEASE SEND SAE). TEL: (088 22) 372 (Eve).

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN IN THE HEART OF THE HIGHLANDS ON JUNE 24TH?

Spring Marathon Vienna 90 April 22, 90

Vienna. A metropolis for all seasons. Especially in spring. Everybody gets on the move. This is the best time to invite everyone to grab their shoes and start running. Get to know Vienna in a run. With a NEW course which is flatter and faster than ever before.

Bring your family and friends to Vienna! The "Spring Run Vienna", an additional competition, will be performed parallel to the Spring Marathon.

For information please contact the secretariat:
Enterprise Sportpromotion, Columbusgasse 66/8
A-1100 Vienna, Phone: (0222) 602 17 20, Fax: 602 17 22



EVENTS

bank, Edinburgh. For further details Tel. 031-661-5551.

Council. Tel. (0294) 674872.

20

6

MARYHILL Harriers Nigel Barge (4.8 mile) Trophy Race. For more details tel. (041) 637 7714.

EASTERN District CC Championships, Galashiels

WESTERN District CC Championships

14

CENTENARY International Cross Country, Irvine - Details from Cunninghame District

21

SWAAA U.20 Championships, Balbardie

FIRST AONACH MOR HILL RACE

Sunday 3rd June 1990 at 12 Noon - Fee £5-00

Closing Date for entries 20th May 1990

Details from:

E. Campbell,
Kisimul, Alma Road,
Fort William.

Start & Finish at 2,000 Ft - Restaurant & Gondola Street.

IMPORTANT NOTICE



INDOOR CHAMPIONSHIPS

TO ALL ATHLETES AND COACHES

Due to problems arising from the European Fixtures congress held previously there are some changes to the dates of the indoor championships at RAF Cosford.

PEARL ASSURANCE AAA/WAAA CHAMPIONSHIPS

Friday & Saturday, 9th & 10th March, 1990.
Closing date - 20th February, 1990.

DAIRY CREST AAA/WAAA UNDER 20 CHAMPIONSHIPS

★ Saturday & Sunday, 10th & 11th February, 1990
★ Closing date - 18th January, 1990

Further details may be obtained from:

AAA Office
Edgbaston House,
3 Duchess Place,
Hagley Road,
Edgbaston, Birmingham
B16 8NM
Tel: 021 4564050

WAAA Office
Francis House,
Francis Street,
London,
SW1P 1DE
Tel: 01 828 4731

MOTHERWELL DISTRICTS RAVENSCRAIG HALF MARATHON

20TH MAY, 1990 - WISHAW SPORTS CENTRE

STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11.00 am PROMPT. UNDER S.A.A.A. AND S.W.A.A.A. LAWS

OFFICIAL ENTRY FORM (To be decided - please phone Wishaw Sports Centre for details)
ENTRY FEE
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL
(including your name/address on reverse side)

SURNAME

CHRISTIAN NAME

ADDRESS

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE

PREVIOUS BEST TIMES

HOW DID YOU LEARN OF THE HALF MARATHON?

I hereby declare that I will be 16 years (male) 17 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate entirely at my own risk and cannot hold Motherwell District Council or the sponsors responsible for any injuries suffered by me in this event, or for any property lost during the race or in the designated changing areas.

I enclose the entry fee of together with an 12" x 9" S.A.E. for acknowledgement and race literature. Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature

Return entry to: RACE DIRECTOR, WISHAW SPORTS CENTRE, PO BOX 10, WISHAW, ML2 0HB
WISHAW 355821

NUMBER	DATE RECEIVED	S.A.E.	CHEQUE/P.O.	CASH	INITIALS

FOR OFFICIAL USE ONLY



MOTHERWELL Leisure

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle Place, Aberdeen, AB1 8NL. Tel: 0224-310352.

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71, Braeside Place, Aberdeen. Tel: 0224-314861.

ARBROATH FOOTERS
All shapes and sizes, young or old, welcome. Meets every Thursday 7.30pm, Sundays 10.00am at Arbroath Sports Centre. All distances catered for. Secretary - Bill Powell, 11, Glenmoy Place, Arbroath DD11 5JL.

ARBROATH & DISTRICT AC
Track and field events, road running and cross country. All ages catered for from 8 years upwards. New members in the upper age groups especially welcome. Qualified BAAB coaches available at all training sessions. Participants in the cross country leagues, women's league, and young athletes league. Secretary - Mrs Frisda Ritchie, 24, Rowan Path, Arbroath. Tel: 0241-74680.

ARDROSSAN ATHLETICS CLUB
Small friendly club invites novices or experienced runners with an interest in cross country and/or road racing. Contact Sean Warden at Ardrossan 61970.

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tuesdays (mixed) and Thursdays (women) and fun runs on Sunday mornings. Visitors to Arran always welcome at these sessions. Contact Colin Turbett (sec.) Tel: Shiskine 427.

BATHGATE ATHLETIC CLUB
A small friendly club for all standards of athletes from 8 years upwards taking part in track and field running and cross country. We meet for training on Tuesday and Thursday nights at 6.30pm and Sunday afternoons at 12.30 in the Balbardie Park of Peace. Everyone is welcome so if you are interested in joining us please contact Carolyn McDonald, Cluancoil, Ballencroft Toll, Bathgate. Tel: 0506-56831.

BEITH HARRIERS ATHLETIC CLUB
Serious runner, fun runner or novice. Do you wish event information? Phone Jim Swindale, 29 Braehead, Beith, Ayrshire KA15 1EF. Tel: Beith 4156 - Answering machine.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at Nethercraigs Sports Ground, Corderhill Road, from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday from 7pm till 9 pm. Friendly club catering for all ages from veterans and anyone who enjoys running - serious athlete or fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec: Maggie McGregor, Glenfermate, Enochdhu, by Blairgowrie, Perthshire. Tel: 025081-205.

BRECHIN ROAD RUNNERS
New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wednesdays at 6.30pm and Sundays at 9.30am. For further information, contact club secretary: Mr Alan Young, 11, Gellatly Place, Brechin. Tel: 03562-3807.

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meets every Tuesday and Thursday 7pm; Saturday 2pm; Sunday 11.30 am. Further information: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB
For hill and cross country running in the Lothians. Regular training sessions and all standards welcome. Sec: Andrew Spenceley, 26, Rankellor Street, Edinburgh EH8. Tel: 031-667-5740.

CENTRAL REGION AC
Large friendly club catering for all standards and ages, track and field, cross country and road running. For further information, Tel: John Dickson on Stirling 71627.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel: Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

CLYDESDALE ORIENTEERS
The premier orienteering club for Glasgow and surrounding area caters for competitors of all standards and abilities - from novices to internationalists - at a variety of events throughout the year. Enquiries welcome to: Shona Dickie, 57 Craiglondom Gardens, Balloch, G83 8RP. Tel: 0389 52850.

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63, Thornicroft Drive, Condorrat, G67 4JT. Tel: (0236) 733146. We cater for all abilities from absolute beginner. Males/females aged 16 and over are welcome

to contact the secretary or call at Muirfield Community Centre Weds and Thurs at 7pm and Sat at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday from 7pm at Broomfield Park, Cumnock. All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging centre. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday 7pm at Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road for male and female, coaching available. All age groups nine and upwards catered for. Contact: Gordon K. Christie, 767, Dalnaboy Drive, Dundee DD3 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tuesday and Thursday at 6.30pm and Sundays at 10.30am at Lochlee Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wednesday at 6.15pm for track and field coaching at Caird Park. For further information contact: Gill Hanlon, 9, Lochinver Crescent, Dundee DD2 4UG. Tel: 67026.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday-David Keswick Centre, Dumfries; Tuesday-Maryfield, Georgetown or David Keswick Centre; Wednesday - Lockerbie Academy; Thursday-Locharbriggs School; Friday - Georgetown or Laurieknowe. For further details please contact Angela Coupland (sec) on 0387-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 9 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Monday and Thursday (7pm) at the John Wright's Sports Centre/ East Kilbride Stadium. Contact: Sheila MacDougall (sec), 71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

EDINBURGH SPARTANS
Brand new, extremely small athletic club hopes to attract sufficient members to put a team in the Fourth Division of the HPC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM
Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Peter Black, 32, Baberton Mains Wynd, Edinburgh. Tel: 031-442-1506.

FIFE AC
Covering Kirkcaldy district, North East Fife and beyond, catering for all ages and all disciplines including track and field, hill running, cross country and roads. Whether you're a beginner or serious athlete we have something for you. Depending on your area, contact: Kirkcaldy - Dave Lawson (Burntisland 874489); Ian Gordon (Glenrothes 755405); Cupar - John Clarke (Cupar 53257); St Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec. Bill Logan on Forfar 67256 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary C.M. Angus, 2, Learig, Forth. Tel: Forth 811150.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Young athletes (male 14-18) Tuesday night 7pm. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012. Young athletes contact Alan MacDonald, Tel: 0259 60075.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches are BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on Weds evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, General Secretary, 29, Apsley Street, Partick, Glasgow G11 7SP. Tel: 041-339-5860.

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm,

with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourrock.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon & Wed nights 7pm Neilson Park. Haddington (young athletes coaching, Knox Academy). Other times and places by arrangement. All ages, standards, road, cross country, hill, track and easy keep fit runs. Come along or contact Sec David Jones, 7, Letham Mains, Haddington EH41. Tel Haddington 2685.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

HARMONY ATHLETIC CLUB
Meets in south west Edinburgh every Mon and Wed. Caters for a wide range of abilities in all aspects of athletics, including track and field, cross country, road running and hill running throughout the year. For more info on track and field, contact Ken Jack on 031-449-2910; the remainder Ian Hislop on 031-441-1604.

HYNDFORD HARRIERS
Friendly, recently formed club looking for new members: male and female. All age groups and standards are welcome. Training: Lanark Grammar School, Thursdays 6.30pm to 9pm. For further info, contact A. McCrindle, 45 Stanmore Cres, Lanark ML11 7DF. Tel: 0555 2460.

KILBARCHAN AAC
Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3TJ. Tel: 041-775-1551.

LASSWADE ATHLETIC CLUB
Track and field events, road running and cross country. All ages 8 years to adults. Older members especially welcome. Compete in all major track and cross country leagues and national championships. Training Mon/Thurs 6.00/8.30 at Lasswade High School Centre, Bonnyrigg. Sec - Barbara Howie, 123 Newbattle Abbey Crsc. Dalkeith. Tel: 031 663 4697, or contact David Hand, 031 663 0434.

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights in Linwood Sports Centre, Brediland Road, Linwood. All age

groups and standards welcome. Contact Mr P. McAteer on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small, friendly club looking to become larger and friendlier club. All age groups required, male and female, track and road, road and cross country, also anyone with coaching skills very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Please contact Mrs Sheena MacFarlane, Tel: 0383-739681 (Mem Sec).

LOMOND HILL RUNNERS AND AAC
New members sought. Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7-9pm, Sunday 8pm at Glenwood High School, Glenrothes. Sec - Allan Graham, 12, School Road, Coalton of Balgonnie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawood Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Priarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS
We meet and train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 till 9pm. All standards of runners welcome. For information contact: Geoff Lamb (sec), 7, Golfhill Drive, Bonhill, Dumbartonshire. Tel: Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. We meet at Elgin Community Centre, Trinity Road, Elgin on Wednesday at 6.30pm and Sunday at 9am. For further details, contact Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

NAIRN DISTRICT AC
Track and field meet Tuesdays 7-9pm in Nairn Academy. Road Runners (18 and over) meet Thursdays 7.30-9pm at the Sea Scout Hut at the harbour. All welcome, and further details available from Danny Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PENICUIK HARRIERS
Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross

country and hill running. Regular training Mondays and Wednesdays. Sec - Dave Cairns, 18, Crockett Gardens, Penicuik EH26 9BB (Tel: 0968 75920).

PERTH ROAD RUNNERS
Meet at Perth Fitness Centre, Glover Street, Perth, on Tuesday and Thursday nights and Sunday morning. Men and women welcome. For further details, contact Mrs J Hume, 19a, Barossa Place, Perth.

PETERHEAD AAC
Meets every Monday and Thursday, 6-7.30pm, from March to October at Catto Park, Peterhead, and from October to March at the Community Centre, Peterhead. All ages welcome. Club Sec: Mrs M. Macdonald, 13, Prunier Drive, Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. We meet Tuesday/Thursday 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

SCOTTISH HILL RUNNERS ASSOCIATION
Sec - Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels.

SHETTLESTON HARRIERS
Non members welcome for track and field, cross country, road running and hill running. Coaching available most nights at Crownpoint Stadium and club runs on Tues and Thurs from the clubhouse, Barrachnie. For further info, please contact John Donnelly on East Kilbride 42867.

SOLWAY STROLLERS
We are a small friendly club and train every Tuesday and Thursday evening between 7 and 8pm. We welcome all standards of runners, male and female. Road running, cross country and fell races all catered for. Our club premises are in Castle Douglas Squash Club, Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec: Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire G83 0RX. Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan, 22, Lawsondale Drive, Westhill, Skene, Aberdeen.

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar Road, Crossford, Dunfermline KY12 8XY. Training - Dunfermline Community Centre. Telephone: 0383-733370 day; 731063 evening.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford Square, Murray, East Kilbride. Tel: EK 45780.

FAIRPORT TRIATHLON CLUB
Sec - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan, Bowmont House, Arbutnott Place, Stonehaven. Tel: 0569-62845.

STIRLING TRIATHLON CLUB
Our regular training session is 8am Saturdays at the Rainbow Slides Leisure Centre.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant, Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU. Tel: 031-442-2201.

EDINBURGH SOUTHERN OC
One of Scotland's biggest and oldest orienteering clubs; we cater for runners of all standards. Regular training and social events. Members mainly from Edinburgh and Midlothian. Further info and copy of club newsletter from Katy Lessells, 40, Ormisdale Terrace, Edinburgh. Tel: 031-337-1144.

PERTH ORIENTEERS
Tayside's premier orienteering club! We cater for beginners and internationalists alike. For a copy of our latest newsletter, contact club sec: Yvonne Millard, 22, Ballantyne Place, Perth.

SOLWAY ORIENTEERS
Orienteer in a range of fine venues in Southern Scotland. An established series of club events takes place annually, with training events and other regular competitions. All ages and abilities from complete novices upwards are most welcome. Sec: Diana Turner, Shinnel Cottage, Tynron, Thornhill DG3 4JT.

ST ANDREWS ORIENTEERING CLUB
Promoting and developing orienteering in the City of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members always welcome. Contact: Terry O'Brien, STAG, 159, Warriston Street, Carnytn, Glasgow. Tel: 041-770-76180; 041-774-9718 (Ext PFI department (w)).

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from the Trossachs and also Glasgow and environs. We run at 12.30pm Sundays. Further info from Ainslie Kyd, Forest Hill House, Aberfoyle (Tel: 08772-269).

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I normally train four times a week, 25-30 mpw, but would like to get down to seven minute miles eventually. I know I could do this with a training partner of that speed. I have done 1-42 for the half marathon, and am female, aged 27. Please contact Donna Munro, 17, Canning Street, Dundee.

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