

Marathon Offers



Vigors Marathon
 100% Cotton Range
 Sizes: S, M, L & XL.
London Marathon
 T-Shirt Price £10.95
New York Vest £9.95
Paris Vest £9.95
London Vest £9.95
New York Short £7.95
Paris Short £7.95
London Short £7.95



Essential Accessories
 Penco Polysorb
 Isoles £12.95
 Astorade £4.95
 Unaid Feed Bottle £1.95
 Poliso Racing Sox
 Lightweight thin 80%
 Cotton Seam free. Sizes:
 7 or 7 1/2-11 £2.50
Imex Triathlon Watch.
 Ladies & Men's Models.
 Usual £29.95 Offer £26.95



Bourne Sports, Church Street, Stoke-on-Trent,
 ST4 1DJ. Telephone: 0782 410411 Fax: 0782 411072.
 All orders £30 and over post free. Other orders add £2.00.
 Send cheque/postal order or telephone your order quoting
 Access, Visa, Diners Card or American Express.



MIZUNO WORLD SPORTS TRAINING
 AND RACING SHOES
 FEATURING "TRANSPOWER" THE ENERGY CONVERSION
 SYSTEM EXCLUSIVE TO MIZUNO SPORTS SHOES. OFFERS
 ATHLETES THE DUAL BENEFIT OF ENHANCED PERFORMANCE
 AND PROTECTION AGAINST INJURY

TRAINING SHOES



Tempo TP
 Rubber outer sole for longer wear. Slip lasted
 upper. EVA cross beam mid sole. Transpower
 system. Colour: Green/Grey. Sizes: 6-11 inc. 1/2
 sizes £49.99. 5-5 1/2 £43.50



Vetol TP
 Rubber outer sole and Transpower in heel.
 Compression moulded EVA cross beam mid-
 sole. Variable lacing system. Combination
 lasted. Available in 2 Colourways: Peacock
 Blue/Grey, Light Grey/Dark Grey. Sizes: 6-11
 inc. 1/2 sizes £44.99. 5-5 1/2 £39.25



Lady Brocade TP
 Attractive ladies shoe with Transpower energy
 conversion system. Dual density mid-sole,
 padded uppers for comfort. Colour:
 Green/Ocean Blue. Sizes: 3-8 inc. 1/2 sizes £34.99



Impact TP
 Competitively priced running shoe. Dual density
 mid-sole with Transpower System. Stabilizer
 heel shank. Slip lasted construction. This shoe
 has features of some products retailing at more
 than twice the price. Available in 2 Colourways:
 Black/White with shoe stripe in
 metallic blue and red trim. Grey/Silver
 with powder blue trim. Sizes: 6-11 inc.
 1/2 sizes £34.99. 3-5 1/2 £29.99

RACER/TRAINER



Premier TP Carbon heel piece for longer
 wear. Crossbeam mid-sole with cut-away
 arch. Strong heel counter, Transpower
 system. Slip lasted construction. Soft
 nylon upper. Footbed insock. Weight
 270 gms. 2 Colourways: Purple/Ice Grey,
 Ice Grey/Blue. Sizes: 6-11 inc. 1/2 sizes
 £49.99. 5-5 1/2 £43.50

SALE Bargains



Sub 4 Sweatshirts, fleece back, ideal training
 garment. Colours: white/navy, white/black or
 white/royal. Sizes: M38", L40". Usual £13.99
Sale £9.95

Sub 4 Running Trousers. Warm, good
 quality, ideal for training on colder days, two
 zip pockets. Colour: navy with red stripe.
 Sizes: S, M, L & XL. Usual £13.99 **Sale £10.95**

Mileta Blizzard Waterproof Breathable
Rainwear Running Suits.
 Britain's 'Raining' Champion. Fabrics
 manufactured by Carrington Performance
 Fabrics. Its unique microporous PU coating
 permits perspiration vapour to escape whilst
 preventing raindrops from penetrating.
 Features include fully machine taped seams,
 concealed hood in collar, terylene lining for
 wickability, storm flap behind zip, trousers with
 extra long gusseted zip to the knee and
 Scotchline high visibility safety trim, 9
 colourways for men and women: sky/silver/sky,
 green/yellow/green, red/silver/navy,
 yellow/white/royal, amber/yellow/grey,
 jade/red/grey, pink/silver/pink, white/pink/white,
 royal/navy/turquoise. Sizes: S34/36", M38/40",
 L42", XL44". Usual £88.50 **Sale £69.95**



NEW BALANCE CLOTHING One piece Shell
 Suits **OV8 Scintec Running Overall**. Colour:
 Aqua, S, M, L. Purple: large only. Ultra: M, L, XL.
 Turquoise: L & XL. Usual £52.95 **Sale £39.95**

New De-Luxe Suit.
 Colour: Ruby (Trousers have full length zips).
 Sizes: S, M, L & XL. Usual £63.95 **Sale £55.00**

Frank Shorter Logo
 or **Runners T-Shirt**.
 white, grey, pink, purple.
 XS, S, M, L & XL.
 £9.95 offer £7.99



Bourne Sports 3 Colour Lycra
 Shorts. Colours: navy, white,
 red or black, red, jade. 22/24"
 26/28" S, M, L. £11.95 **£8.95**

Adidas Jog Suit
 navy/jade/red/royal,
 loop back fabric.
 Sizes: 34/36", 36/38"
 40/42", 42/44", 44/46"
 46/48". Usual £27.95
Sale £19.99

SCOTLAND'S RUNNER

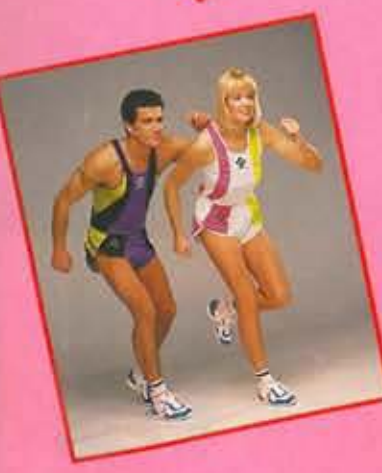
ISSUE 47 JULY 1990 £1.20

EAST, WEST & NORTH DISTRICT RESULTS



KILBARCHAN CLUB PROFILE

ALLAN WELLS COLUMN



SPECIAL OFFER INSIDE



RUNNERS NEED
34 PARKWAY
CAMDEN TOWN
LONDON NW1 7AH
071-267 4328
071-267 7525 (24 hrs)
Fax: 071-267 9517



SCOTRUN PUBLICATIONS LTD. 62 KELVINGROVE STREET, GLASGOW G3 7SA. TEL: 041-332-5738

RUN-A-WAY SPORTS

Scotland's 'Pure Dead Brilliant' Running shop
Discount to members of Clubs & Associations.
Road, Fell, Track & Field Stockists.



ASICS

SCOTT

AB New Balance

Scotfinley

NIKE

Reebok

RON HILL

Saucony

ISOSTAR

SUB 4

Turner

Helly-Hansen



HITEC

WALSH

Mizuno

Etonic

BROOKS

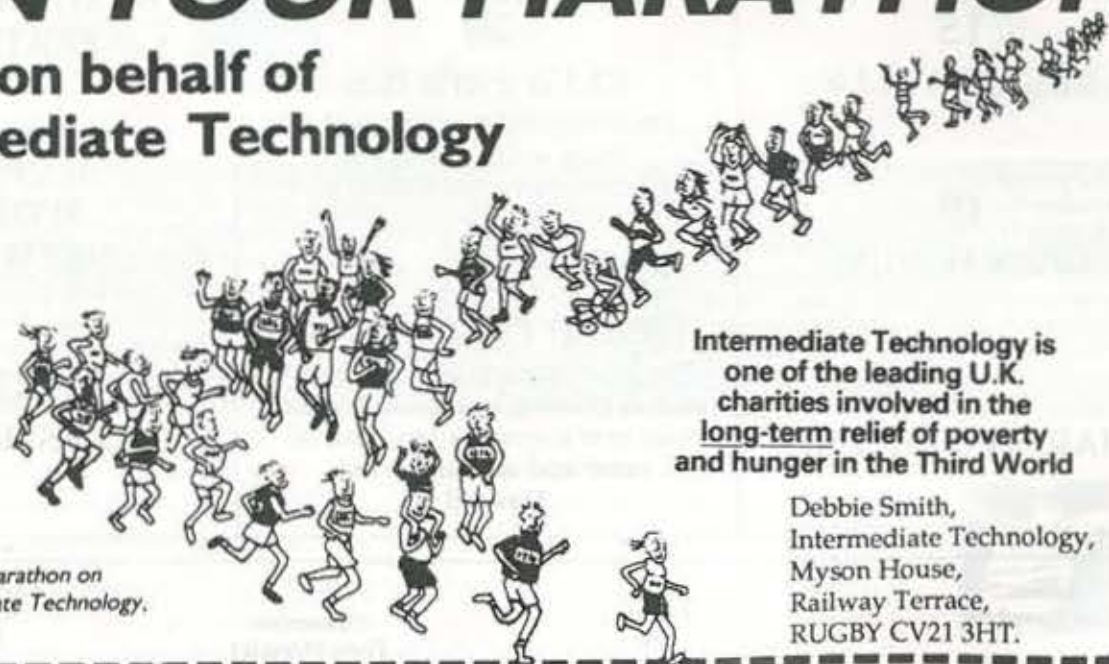
RUN-A-WAY SPORTS
141 SINCLAIR DRIVE
LANGSIDE

GLASGOW 041 632 9579

Open: Mon - Sat 9am - 5pm * Open Thursday late night till 7pm

RUN YOUR MARATHON

on behalf of
Intermediate Technology



Intermediate Technology is
one of the leading U.K.
charities involved in the
long-term relief of poverty
and hunger in the Third World

Debbie Smith,
Intermediate Technology,
Myson House,
Railway Terrace,
RUGBY CV21 3HT.

Run in your next marathon on
behalf of Intermediate Technology.
send this coupon to

You will receive by return a T-shirt
and sponsorship forms.

Please indicate size of T-shirt required.

Name _____ SRI/5
Address _____

INSIDE LANE

IN this month's Letters' pages there is an entirely reasonable letter from Bob Mackenzie of East Sutherland Running Club, explaining why his club doesn't pay to advertise its Golspie 10K event in Scotland's Runner - and further asking why this magazine doesn't provide free entry listings for all events. Bob feels certain that such a gesture on our part would greatly enhance circulation.

The question, as I say, is a fair one, and I'm glad it has been posed as it gives me the opportunity to explain to readers the nature of our business, as opposed to lecturing to the SAAA's and the like how they should be running theirs. It's also particularly appropriate to explain our policy as this issue marks our fourth anniversary.

To address Bob's points first, Scotland's Runner did, for the first year, list details of all events, recognising this to be the type of service likely to attract readers to the magazine. It was deliberately dropped from the second year onwards for reasons which I shall shortly explain.

Firstly, though, it has to be recognised by readers that the Scottish athletics market is not huge. Not only is it not huge, but there has been a significant shrinkage since the "running boom" ended. We launched our magazine in the year after the Glasgow Marathon attracted 20,000 entries, so in effect entered a market which was already on the slide.

In actual fact, the circulation of the magazine has not been adversely affected by the end of the boom, as the type of readers who buy the magazine are those who are dedicated to athletics - whatever aspect of athletics that happens to be. The person who entered the local marathon for a bet after a few pints in the pub was never likely to buy an athletics magazine anyway (although several people have come into, and become addicted to, the sport as a result of just such a scenario!).

But the point I am making is that the amount of readers this magazine can attract can only be - at best - one tenth of the UK as a whole. We cannot survive by

circulation - we live or die by advertising income.

It is pointless for readers - although in fairness not Bob Mackenzie - to compare us with the two UK monthlies which provide a free listings service for their readers. They are fighting a battle to have the highest UK circulation. When you have that you have the edge for the real prize, highly lucrative full page colour advertisements.

So our UK equivalents have a very big vested interest in printing free race details. Okay, this might cost them some events advertising, but it's a small price to play for a high circulation and the benefits that accrues. To suggest it is done as a service for readers is true, but it's not the whole truth!

We, not being able to offer a UK circulation, naturally cannot compete for anything other than a small slice of the colour advertising cake. In reality, some of the major advertisers are better disposed to us than others. Reebok, for example, give us excellent support. Nike, by comparison, will not advertise with us at all. (Reebok recognise that Scotland is a nation with its own peculiarities and buying patterns, whereas Nike seemingly regard Scotland as just another region of the UK.)

But that is to digress. The real point is that, unlike our UK equivalents, events advertising is crucial to the survival of this magazine. Without it there would be no Scotland's Runner.

For that reason I am grateful to all our regular events advertisers. Obviously they must be getting a return or they wouldn't continue to advertise, but nevertheless their support is much appreciated at this end.

I think most of our regular events advertisers would stand by us if we printed free race entry details, but life being what it is, one or two would not - and our margins are tight.

However, we accept the predicament of small events' organisers, particularly club-run races. We know that without sponsorship their budgets will never run to quarter page advertisements. There is a way round this though, details of

which are available from our advertising manager, which will cost such events no more than the equivalent of two or three extra entries - I cannot believe there is a single event in Scotland which couldn't cover its costs in this way.

So, Bob, and the rest of our readers, I hope this rather long-winded explanation answers your very pertinent questions on events listings!

AS we move into our fifth year, a more professional approach to the promotion and marketing of Scotland's Runner is to be effected.

To be blunt, to improve the magazine we need more readers and, especially, subscribers. A campaign for the latter starts this month with the offer of a free pair of new range singlet and shorts from Ron Hill Sports (see inside back cover for details).

To buy these ultra smart items in the shops will cost you £10.99 each - £21.98. They're yours free if you subscribe to the magazine now. Or, put another way, you get the next 12 issues of Scotland's Runner (£15) free, and £6.98 worth of top sportswear! No catch, honest.

Editing the magazine, I am acutely aware that the content is not as good as it could be. Basically this is down to lack of resources - if we get more readers and subscribers we can redress this. Hopefully, that's another reason for encouraging you to cajole your fellow athletes into buying the magazine on a regular basis.

FINALLY, it's good to see some reaction to Inside Lane comment. No sooner had we advised Glasgow District Council to kiss and make up with British Athletics to salvage the international future of the Kelvin Hall (June issue) than they did just that.

The result is a most attractive televised international between the UK and the USA (men and women) at the Glasgow venue next March. Nice one, y'all.

Alan Campbell

STAY AHEAD OF THE FIELD WITH BANK OF SCOTLAND.



BANK OF SCOTLAND
A FRIEND FOR LIFE

up FRONT

ScotRail again

SCOTRAIL will again be backing the Scottish Championships this year. The announcement of the £30,000 sponsorship was made on May 22, marking the seventh year in succession that ScotRail have backed the event.

This year the championships are again being held at Glasgow's Crownpoint Road Stadium in the East End of the city.

The dates for your diary are July 27-28, with admission a very reasonable 50p (Fri) and £1 (Sat).

World status

THE Scottish Triathlon Championships will be held on July 22 at Monikie Country Park, north of Dundee.

The event has received a boost this year by being nominated as a world championship qualifying event, and about 100 triathletes are expected to take part.

Apart from the championship, the venue itself is ideal for a family day out, so readers looking for an event with a difference could do worse than head for Monikie.

Games season off to a good start

JUDGING from the large entry of throwers at the early amateur Games, the "Heavies" scene appears to be in a much healthier position than in previous seasons, writes Willie Robertson.

Mark McDonald from Dumfries was in great form, setting ground records at each of his first two Games. Mark's dominance, though, will probably be short lived; Steve Aitken is expected to enter the season's later Games. It is generally accepted that these two are the best amateur heavies in Scotland, and their clashes promise to be the highlight of the season.

Although the Games in the North don't fully get on their way until July, a number of throwers from the area are always invited to Bathgate. The pick of these should be Bruce Shepherd, but look out for Russell Devine, who is expected to turn out at Inverness and Forres.

The final mention in the amateur Games must go to former professional John Freebairn. John, who is of course the group coach for throws, won the caber at Bathgate. He probably won his first caber event before most on the field were born. I am not sure whether to praise John, or to be depressed at the standard in the caber at amateur Games.

The standard of throws in the early professional Games appears to be as high as ever. There are, for example, at least six home heavies capable of 15 metres in the shot. Alister Gunn (Halkirk), as expected, has been dominant in the hammer but such is the all round talent of the Caithness man that he has notched up several early championships.

George Patience (Tain) and Kevin Thom (Dalbeattie) are two other throwers in form. George's marks at Blackford included an excellent 84ft (25.6m) throw with the 28lb weight. At the same Games, Kevin beat more fancied athletes in the heavy shot with a mark of 13.70 metres.

That ancient Highland Games warhorse Grant Anderson (Dundee) is in fine form in the 56lb for height with throws of 14ft 6ins. Grant, who some might remember winning a bronze medal in the 1970 Commonwealth Games, has been threatening to retire for some three seasons.

Another veteran (certainly with no thought of retiring), Chris Black, seems to have recovered well from injury. He threw 83ft with the 28lb weight at Blair Atholl, although he considers his shot his strongest event. Like many rotational shot men, Chris finds it hard to harness the technique when putting a stone.

One of the leading rotational shot putters in Europe, Peter Gundnumdsson, is on the programme to compete at Carmunnock Games. The Icelandic thrower will no doubt be in the team to face Scotland at the international on July 2. There is another overseas "amateur" presently competing round the professional Games. Dave Huxley is an Australian wire hammer thrower who, in the late '70s, competed for Edinburgh AC.

I think it is time the SAAA looked at their policies with regard to these traditional throwing events. The anomaly of the top amateur throwers from overseas competing at these Games while Scottish throwers are proscribed is nonsensical.



Welsh runner Liz Hughes retained the SWAAA championship when winning the City of Aberdeen Milk Marathon on May 27. She received her trophy from SWAAA official Jeanette Heggie.

Kelvin Hall wins American match

SCOTLAND is after all to host a major indoor event next winter.

Despite fears that the European Indoor Championship fiasco would close the international door on the Kelvin Hall for at least a year or two, Glasgow has managed to resolve its differences with the British Amateur Athletic Board. Quite what financial incentive the city has offered the board has

not been divulged.

Whatever, the outcome is a most attractive match between Great Britain and the USA, with the American women making their first indoor visit to the UK, and is sure to sell out the venue.

The fixture has been scheduled for March 3, and will be one of three televised indoor meetings being shown on ITV next year.

CHAOS CONTROL

is now located at

5/2 Bellevue Place,

EDINBURGH EH7 4BS

Tel/Fax: 031 - 557 8598

UK Pager: 042 698 3507

Apologies to everyone who has been frustrated or inconvenienced by the sudden change

As ever Chaos Control is happy to help with the planning and management of any event

Rosettes are an attractive alternative to medals

FINISHERS in the Prince and Princess of Wales 10K and open 5K this month will receive a keepsake with a difference. Each competitor over the finish will be given a colourful rosette - an alternative for a medal.

Scottish company "Carruthers Rosettes" were approached by the race organisers at the beginning of the year and were only too pleased to oblige. Although their usual customers are organisers of horse and pet shows, the company's owner, Gwen Carruthers, was delighted to have the opportunity to display their products to a brand new audience.

"Both the sponsors and

the organisers of the race are very pleased with finished result. The rosettes carry the sponsor's name and the hospice colours - "an extremely good advert for the race," explains Gwen Carruthers.

The rosettes can be made to any specification and design. Gwen keeps a display at her offices for ideas and is keen to advise on designs and colours.

The rosettes are very cost effective, prices range from about 40p to around £1.50. So even the smallest of races could afford a rosette for all their finishers without breaking the bank. The rosettes can incorporate the club colours, logos and

sponsor's name, etc.

Gwen is hoping that with the initial order for the 1500 rosettes for the 10K OK that it will not be long before the race organisers around

Scotland see that there is an alternative to medals.

Any schools, clubs and associations who are interested should contact Gwen on (0360) 85289.



Carruthers Rosette Co

Concerned about the cost and appearance of your medals? Why not try rosettes instead?

Rosettes are:

DIFFERENT, INEXPENSIVE, ATTRACTIVE - AND LESS LIKELY TO END UP BEING DUMPED IN A DRAWER. Club or Sponsor's colours and logos an added attraction - all for as little as 40p.

* Permanent Display on show - pop in and see or phone for a free sample *

Garchell Farm, By Buchlyvie, Strirlingshire. Tel: (0360) 85289

EACH TIME WE STOP A CASE OF CHILD ABUSE, WE MAY BE PREVENTING COUNTLESS OTHERS.

Child abuse is often seen to have a sort of domino effect. It needn't.

We stop child abuse before it happens. And if it has already occurred, we help the victim come to terms with it. And enjoy a happy and complete adulthood.

We need your help now. Contact us or send your donation to: RSSPCC Melville House, 41 Polwarth Terrace, Edinburgh EH11 1NU. Telephone 031-337 8539.



WE LEAD THE FIELD IN QUALITY PRINTING!

Consult our highly skilled "team" for all your print requirements.

- Brochures
- Leaflets
- Letterheads
- Magazines
- Programmes

PHONE: 041 429 4537

McNAUGHTAN & SINCLAIR LTD
PRINTERS

ROSYTH ROAD, POLMADIE INDUSTRIAL ESTATE, GLASGOW G5 0XX. TELEPHONE: 041-429 4537

up FRONT

New club formed in Anstruther

ANSTRUTHER is renowned for its beauty and fishing museum, but now it also boasts a new running club.

The first meeting of the Anstruther Haddies Running Club was held in May and the fledgling outfit was in action on June 3 in a challenge against the Arbroath Footers in the East Neuk of Fife Half Marathon.

Founder member Jim Harris can be contacted at 8, Pickford Crescent, Cellardyke, Anstruther, should any readers in the area be interested in joining the Haddies.

Coach now available

RUNNERS looking for a coach in the Livingston area need look no further than our Sports Network pages where BAAB qualified Keith Redpath is looking for recruits.

The silly rule-book by which Scottish athletics is governed prevents Keith from passing on his expertise to the local club, Livingston and District AAC.

Says Keith: "I have been coaching for 20 years, and recently decided to join my local club, Livingston and District, with a view to raising the standard of athletics in our community."

"To my amazement and disgust, my application was rejected on the grounds of my 'professional status' (I regularly compete on the pro circuit)."

Keith received a polite letter from the club pointing out that under SAAA rules he was ineligible to join.

As a professional athlete he is free to coach any amateur athlete from any club, but cannot become a member of Livingston or be involved in its decisions until he is a reinstated amateur.

While the club is only following the rules, the episode underlines the absurd and antiquated divisions which still prevail in Scottish athletics.

For individuals, Keith is available on 0506-871107.

NORTH EAST NOTES

IT is a contradiction in terms of what he has achieved over the years that Scotland's ultra-distance world record holder Don Ritchie had to pass a searching examination before being invited to run the famous Great Wall of China race in August.

Author and coach Tom McNab and the great Greta Waitz were just two members of an eight-strong celebrity panel which selected the 16 men and eight women from 14 different countries who will tackle the greatest test of ultra-distance running ever devised.

The Chinese mix of road, cross country and trail running features eight daily runs of 70K - the leading man and woman chasing a daily prize of \$5000. The overall winners each receive \$50,000.

But money comes well down the list of priorities with Ritchie, the Forres Harrier who runs as a second claim competitor for Aberdeen AAC.

Modest to the last, he will shrug aside the thought that he must be considered one of the favourites on the strength of a 100K best of 6 hours 10 minutes.

An Elgin college lecturer, Ritchie will be the lone Scot on the Great Wall.

The other invited British competitors are world six-day champion Eleanor Adam (Nottingham), world 48-hour champion Hilary Walker (London), and 250K Spartathlon champion Patrick Macke (Grantham).

DENIS Shepherd, coaching mentor to Aberdeen AAC's rising decathlon star Paul Allan, has supplemented his editorship of the club magazine with an in-depth 12-page booklet on club records.

It is a fascinating look at past and present, taking the reader from 1955 to 1990.

Hands up those who know that Alastair Wood - still a familiar running figure on the streets of Aberdeen - won six SAAA marathon titles and competed in both the European and Commonwealth Games in 1962. Or that Mark Davidson became the first Aberdeen club runner to win a major Games medal when Scotland finished second in the 4x400 relay in Auckland.

ABERDEEN'S marathon day 10K Milk Fun Run carried a couple of important messages for the future.

Injury-plagued Simon Axon pushed himself back into the limelight with an "unofficial" 31-32 which left him a minute clear of his nearest rival - clubmate David Duguid - in a field of 1243.

And note the progress of 16 year old Jillian Gramms, who startled a number of clockwatchers with a 40 minute road race debut that was regarded as nothing more than "a bit of a break from running 1500m on the track".

ENGLAND rule... OK!

That, for the ninth time in the last ten years, was the message to emerge from the annual City of Aberdeen Milk Marathon.

Scots-born team manager Ian Macintosh's white-vested foursome trotted out a convincing 1-2-3 in the form of Aldershot, Farnham and District's Chris Tall (2-23-31), Mandale Harrier Stan Markley (2-24-52) and Rowheath Harrier Brian McEvoy (2-25-46).

Tall marked his England debut by retaining his unbeaten British record, adding Aberdeen to Taunton (twice) and Torquay. The 30 year old Andover-based printer's only other marathon threw up a useful 2-19 seventh place in Montreal in 1986.

The confidence lacking in the Scottish ranks came through when Tall later revealed that he was confident of winning from the 17-mile mark. "I always felt I was in control of the race," said the runner who now nurses ambitions to, "pick the right race for a go at 2-15 or 2-16."

Fraserburgh's Charlie McIntyre, inspired by a Scotland appearance in his local marathon, always looked like being the only home country hope to threaten the English.

A fourth place (2-26-49) gave McIntyre a degree of satisfaction which would have been higher but for a stomach bug around the 20-mile mark. An enforced stop saw the 33 year old Broch runner lose several places. He finished convinced that a non-stop run would have given him second place.

Don Ritchie marked his tenth Aberdeen marathon outing by finishing in seventh place on a day when the Scottish team merited only third team place as Wales edged second spot to England, led by fifth place - and top veteran - Dic Evans.

But there was never going to be any doubts about a Welsh victory in the women's race. Liz Hughes (Aberystwyth AC) paid the price of 2-47-08 in London, but represented a 35 minute advantage over runner-up Diane Jermieson (Aberdeen AAC).

Russell Smith

LOUGHBOROUGH SUMMER SCHOOL- BAAB 1990

ATHLETICS

Britain's Athletics team - both at junior and Senior level - has continued to enjoy excellent success for the past nine seasons. The expertise which has led to that success and the valuable experience in achieving it is channelled into the courses offered by the British Amateur Athletic Board in the 1990 Loughborough Summer School. These courses reflect the broad avenue of coaching involvement of the BAAB from the domestic athletics scene to international level. Detailed syllabuses may be obtained from: Frank Dick, Director of Coaching, BAAB Coaching Office, Edgbaston House, Duchess Place, Hagley Road, Edgbaston, Birmingham. B16 8NM. Please enclose a stamped addressed envelope with your request.

International Course for Athletics Coaches 28 July - 5 August

This course, which will lead to the BAAB International Course Certificate, is aimed at coaches from both the UK and overseas who wish to work at national or international level or who wish to become more aware of the international scene. On the one hand it looks to the bases of National Programme direction and professional aspects; on the other it affords opportunity for detailed study of specific event coaching.

The coaching topics range from current trends in training theory and information to preparing national teams for major events.

Malcolm Arnold, BAAB National Coach Tuition £200,

Accommodation £140

Associate of the College of Preceptors (Sports Studies - Athletics)/

Teachers Course 28 July - 3 August

This course is open to all involved in education through teaching, youth work or special secondment. It is designed to introduce the teaching and coaching of athletics in all its disciplines with both large and small groups and should appeal to all who are involved in primary, secondary and further education. It will assist with their athletics teaching, through its movement origins, by relevant and safe practical progressions, towards the establishment of basic athletics competence, to harness existing award schemes and health concepts. In addition to leading the Associateship of the College of Preceptors (Sports Studies - Athletics) or BAAB Teaching Certificate, the Assistant Club Coach Award of the BAAB is also awarded at the conclusion. Course attendance allows access to the currently unique BAAB Graduate Coach Programme which directly involves the College of Preceptors' higher qualifications.

Peter Warden, BAAB National Coach

Carl Johnston, BAAB National Coach

Tuition £115, Accommodation £105

GRAMPIAN SPORTS MEDICINE CENTRE

The Grampian Sports Injury Clinic has been established to provide a very necessary support service for the individual injured as a result of participation in sport.

The Clinic is manned by highly qualified specialists, experienced in and knowledgeable of the treatment of sports injuries and sympathetic to the needs of individual sportsmen and women.

The Clinic offers you:

- ★ Prompt attention and therefore a speedy return to action.
- ★ Direct contact with experienced enthusiastic specialists.
- ★ An economical service which is within the reach of sportsmen and women.

Hours of Opening:

Medical Clinic: Monday 7 p.m. - 8 p.m.

Physiotherapy Clinic: Monday 7 p.m. - 9 p.m.

Thursday 7 p.m. - 9 p.m.

Further Information:

Northern College of Education

Hilton Place

Aberdeen Campus

AB9 1FA • (0224) 482341. (Ext) 298

or Mrs Olga Robertson

(0224) 641681



CHEQUERS TRAVEL

Running into the 90's

QUALITY
COACHES AND HOTELS
ALWAYS USED
SPECIAL DEALS FOR
CLUBS

New York City MARATHON

21st Anniversary Nov 4, 1990 FROM £376

☆ Fly with award winning Virgin Airways
☆ First class Ramada Hotel and Novotel -
near Central Park and Race H.Q.
☆ Sightseeing and celebration meal

virgin atlantic

SWISS TRAINING WEEK

AUG 17-23rd

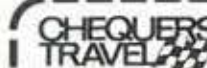
Returning for the 4th year - this wonderful week of
sport at the Swiss Sports School at Maglingen in the
Jura Mountains should not be missed - from £299

HIGHLANDS RUNNING
WEEKEND IN
GLENCOE SCOTLAND
NOV 16

- * 4 Days Ballachulish Hotel
- * Breakfast and evening meal
- * Coach transportation
- * Fabulous running area
- * Guest Runners Prices from £109

LE TOUQUET
10 & 20 km
AUG 25 1990

Fast flat races in
Northern France.
2 nights from £87



Complete the coupon and post to: Chequers Travel Ltd,
Newbridge House, Newbridge, Dover, Kent CT16 1YS. OR call
our 24 hour answer service on (0304-204515) quoting ref. SR6

Please rush me a copy of the 1990 Chequers Running brochure

NAME

ADDRESS

ACOTEIAS 1/2 Marathon

Portugal Oct 14th 7nights from £259

JERSEY 1/2 MARATHON Nov

MARRAKESH Jan 13th, 1991

MANILA MARATHON Jan 20th 1991

PARIS - VERSAILLES

30 Sept 1990

* 2/3 Nights by Coach

* Air optional

from £97

PARIS 20 km

October 14, 1990

☆ 2/3 Nights by coach

☆ Air options

FROM £97

LETTERS

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

Tommy Boyle is not alone in coaching more than one world class athlete

31, Churchview Gardens,
Bellshill.

SIR - I have absolutely no doubt that the last item that a sizable proportion of your magazine's readership wish to see, or read, when they turn to the "Letters" section of this issue, is yet another lengthy discourse concerning Tommy Boyle's coaching methods and his handling of Tom McKean and Yvonne Murray.

I must admit that I heartily agree with them. However, as someone who was coached by Tommy Boyle, trained with Tom McKean for many years, and now coaches at Bellshill YMCA, I cannot, with a clear conscience, allow the comments of Marchmont's "J. Brown" to pass without comment of my own.

As I write, I am fully aware that many could level the charge that being so close to the principal characters my comments will, indeed must, lack objectivity. All I can say to them is that I do not accept without question Tommy's ideas and methods of coaching, nor am I unaware of Tom's failings.

In my twenty years of practical involvement in athletics, I have attended numerous seminars, lectures and coaching courses. For four years, whilst I studied at the University of Edinburgh, Bill Walker was largely responsible for my training, and not without success. There are few things I enjoy more than discussing coaching theory and practice with other coaches and athletes.

In his two letters, Mr Brown claims that he has been motivated to write by a deep concern as to the "possible harmful effects on young runners of the hype surrounding Boyle and his training methods". He is fiercely critical of Tommy's coaching abilities, and equally just as intense in feeling when he dismisses Tommy's work with Yvonne Murray.

The first thing I'd like to say to Mr Brown is that if he is so

concerned about the hype that the media give Tommy Boyle, why doesn't he write to the journalists concerned and ask them to control their enthusiasm? Of course, it may be that he has already taken this course of action, or perhaps he considers Scotland's Runner to be the main culprit when it comes to "hype" Tommy Boyle.

Contrary to what Mr Brown may think, I do not object to criticism of Tommy Boyle - far from it. But what I do object to is the manner in which he flatters to deceive, for seldom have I read such poorly researched and ill-informed clap-trap as that which he has spewed out in his two letters. He knows nothing about Tommy Boyle's history, Tom McKean's history, or the theory and practice of coaching.

Mr Brown states that Tommy Boyle "most definitely lacks" the experience of integrating a good quality indoor or cross country season into a winter's training. Tommy Boyle has been coaching for over twenty years, and in that time he has successfully prepared numerous athletes for either indoor or cross country competitions/seasons, albeit not always at the highest level.

This leads me nicely on to Tom McKean's "formative" years. Mr Brown states that (when), "McKean was a developing athlete he ran almost exclusively in Scotland". Incorrect again, Mr Brown. Tom regularly competed against non-Scottish opposition each year from the age of 15 onwards. Not frequently, I admit, but as often as the opportunity presented itself (examples supplied but omitted for reasons of space - Ed).

These (examples supplied) are only a sample and do not include other more minor races, but hopefully prove my point - he did not compete exclusively against domestic competition. It is also worth noting that as soon as Tom reached the junior ranks, he regularly competed against



seniors (i.e. more mature, harder-trained athletes).

The next point I'd like to correct is something Mr Brown raised in his first letter - "after the Commonwealth Games and European Championships his training was geared entirely to developing McKean's already powerful kick". Work was done to develop Tom's kick, but to nothing like the extent Mr Brown implies. I speak with some authority on this matter, as I was an active participant in most of the training sessions. I was there: where were you Mr Brown?

What further damages Mr Brown's credibility as a knowledgeable commentator on Tommy's coaching methods is his blatantly obvious lack of coaching experience, both in relation to the specifics of 800 metres training and the functions of a coach working within a group/clubs situation. For

example, let us look at his recommendations for preparing Tom to cope with a fast 600 metres.

The athlete should run 600 metres in 76 seconds and then coast. As an example of a competition-specific session for a world class 800 metres runner, it is nonsense. A competition-specific session should prepare an athlete for the demands that his event will place on him.

Tell me Mr Brown, how many major international 800 metres races have been won by an athlete going through 600 metres fast and then coasting? Any major 800 metres I have seen (Auckland excluded) has involved the athletes having to kick off a fast pace, e.g. Rome 1987. How does your session prepare the athlete for such a situation Mr Brown?

A much more sensible and

Continues on P12

LETTERS

Continued from P11

specific session would be having the athlete run 600 metres at/or above race pace, giving him a short recovery and having him then run a flat-out 200 metres. Also 76 seconds is not fast for 600 metres. Indeed, both Tom and Brian Whittle ran much faster in Australia whilst preparing for Auckland (see Doug Gillon's article in the Glasgow Herald).

In addition to his lack of coaching theory, Mr Brown also seems to have no experience of the demands placed on a coach. In his first letter he claims that Tommy's involvement with Yvonne has prevented an objective analysis of Rome and Seoul.

Why should it? As I have said already, Tommy has over 20 years experience as a coach - experience in a club and group situation, a situation demanding that the coach deal with a number of athletes at the same time. Mr Brown seems to think that Tommy coached only one athlete before Yvonne joined our group!

It is also worth noting that Tommy is not alone in coaching more than one world class athlete - what about John Anderson, Frank Dick and John Issacs, to name but three. It strikes me that if Mr Brown has had any coaching experience, it was very much on a one-to-one basis, for the gentleman seems to be unable to comprehend any other environment in which a coach could function efficiently.

I realise that I have not dealt with Mr Brown's accusations re Tom's tactical sense or racing programme - I do not propose to do so. Allan Wells has done so to my satisfaction. Tom's racing programme is right for him and he does have a good tactical sense - if only he would use it more often.

When it comes to Yvonne, I unreservedly acknowledge the wealth of information that Mr Brown has at his fingertips, and it is here that I feel that one can find the real reason(s) for his writing to Scotland's Runner.

Mr Brown did not write in 1987 to voice his fears over Tommy's training methods, nor in early 1988 - no, it was only after Yvonne enjoyed her Olympic success. That was when his campaign began with a letter expressing his disappointment at her achievement.

Mr Brown cannot live with the fact that Yvonne decided that she

would no longer be coached in Edinburgh. For whatever reason, Mr Brown has taken exception to this and his comments must be seen in this light.

It is because of his total lack of objectivity that I will not spend any time trying to debate with him over Yvonne's improvement. He obviously has a closed mind on the subject. As far as I am concerned, she is now a much better all round athlete and a more mature and successful competitor. Could I also point out that the work of Stuart Hogg and his training group should not be overlooked when plaudits are given.

I have never before written to a magazine or newspaper and do not feel inclined to do so again. I hope Mr Brown is similarly inclined and should he wish to continue the debate he will at least behave as I would expect a gentleman to do and write to me personally.

Ian Callander,
BAAB Club Coach.

P.S. Anyone wishing more information on the development of endurance runners with specific reference to 800 metres should obtain a copy of Tommy Boyle's lecture to the 1986 International Coaches Convention.

The wrong gentleman

22, Craiglockhart Terrace,
Edinburgh.

SIR - I feel that I cannot let Mr McGrane's letter (June issue) pass without comment as I am the person mentioned by name in the Doug Gillon article of January, 1985. I feel offended by his implication that I am the "Brown gentleman" since I have never ever felt the need to write under an assumed name.

I feel that in his search for polysyllabic words he missed the obvious, i.e. the record form - on which he appears to base his follow-up hypothesis - was not a "record" of the race, i.e. how the race was won, but a Scottish record from, since, as a positive-thinking, caring coach I was not prepared

for my athlete to lose a well-earned record through lack of documentation (c.f. John Robson's 1500 at the van Dam and Ian Stewart's 10K).

I was surprised that since he had knowledge of a fairly obscure news item - I have a copy - he did not have full knowledge of the athlete in question's races in the time span mentioned - May 1985. East District 1500, Sunday Gaymers 3K Glasgow, Gaymers 3K Cardiff, East v West 1500, and lastly the UK 3000 and 1500 in Antrim - not an 800 or a 10,000 in sight (July - Bislett 10K).

These glaring errors cast doubt on his other obscure statements and inferences. I have personally laid great emphasis on my athletes' intellectual advancements both as a teacher - to forestall other teachers' criticisms - and as a person. How many other athletes are introduced to the world of light and grand opera by their coach?

I agree that coaching should not be based on a "personal whim", nor should it be totally inflexible. I have always laid plans for races and targets in November/December of the preceding year and provided a basic training timetable up to 12 weeks in advance - in writing - modified to each athlete's specific needs and open to fine tuning.

On another tack altogether, re Lorraine Stewart and Linda (Trotter's) comments.

As the Frank (Dick) to our head of P.E.'s Andy (Norman), we discussed this and agreed that she ought not to have run, but that she had a strong case for eighth spot. However, in the absence of hard policy guidelines, except for a vague, "good athletes who don't run well on the day have their cases considered", Lorraine and her parents - unwisely - felt that she had to run. After all, Graeme (Williamson) had to have a run-off with Cram for the last berth in an Olympic team despite having a cold.

To say that Lorraine was eighth in the Scottish is true, but avoids mentioning that four of the eight were in the Scottish Schools 15-17 group - fourth in her age is much better. This applied throughout all her cross country races.

One could also reply to the comment re the indoors and Belgium by noting that she was second in the 200m in front of one of the girls whom I believe went to Belgium - but we only ran the

200m as a training exercise.

I can sympathise as a fellow teacher with the problems involved, but feel that a better knowledge of, and more uniformity with, the SCCU and SWCCU age bands would avoid confusion such as people running over 15 in November one year because they are over 15 the following August in a school race, but under 15 all winter elsewhere.

I have always made my athletes available for school athletics and will continue to do so.

I also hope that this letter will be a suitable full stop on what is becoming almost a farce.

William A. Gentleman

Non appearance of Scots clubs places burden on some others

32, Greenbank Gardens,
Edinburgh.

SIR - The first round of the GRE Gold Cup knock out competition was held on May 5 and 6. Sixteen Scottish clubs entered, of which two groups of six were allocated the Pitreavie venue for their competition. The remaining four clubs found themselves competing south of the Border, three in Carlisle, and Harmeny AC in Middlesbrough.

This club was particularly annoyed that three of the Scottish clubs allocated the second group match at Pitreavie did not bother to turn up. By occupying places that could have been filled by clubs that did take part, clubs like ourselves suffered the financial penalty of travelling to Middlesbrough and an overnight stay. If these same clubs that opted out this year apply again next year, then the organisers should ensure they have an away match if the Scottish venue is again filled.

And the Middlesbrough result? Harmeny AC was third, behind Gateshead and Middlesbrough, but ahead of Harrogate, Bradford and Hallamshire.

C. Dale,
Secretary,
Harmeny Athletic Club.

Why entry details don't always appear in listings

Drummuie Cottage,
Golspie,
Sutherland.

SIR - Ian McKee (Letters, May) poses a fair question: "Do some race organisers not want people to attend their races?" Since he cited our event, the Golspie People's 10K, organised by East Sutherland Running Club, as one which is listed in Scotland's Runner without any entry details, we felt he deserved a reply.

The simple answer is that Scotland's Runner requires race organisers to submit (and pay for!) an advertisement before additional details will be included in the Events section. We would be delighted if such an advertisement resulted in great hordes of runners making the 400-mile plus round trip from the Central Belt to take part in our event (we make the trip in the opposite direction often enough) - but we have to accept that geography and the availability of many more races further south are against us. Our event is going to be of interest largely to runners in the north.

Within these limitations, the Golspie 10K is now fairly well established on the north circuit, and various means - mailshots, distribution of forms at events, articles in local newspapers etc - are used to publicise it. The main point about all these devices is that, apart from a few stamps, they don't cost anything. Financially our aim is to break even; thanks to generous sponsorship from McGruther and Marshall Oils we even had a small surplus last year to donate to local charity.

Perhaps the real answer to Mr McKee's question has to come from Scotland's Runner, to whom his letter was addressed. Many of us subscribe to Scotland's Runner first and foremost to support it, and secondly, because we value its Scottish voice as against the London-based "glossies".

Of course Scotland's Runner

provides a valuable service - but perhaps Scotland's runners deserve a bit more for their loyalty: how about a full Events section listing races and entry details free to race organisers, and covering, say, three months ahead? I'm confident such a service would greatly enhance circulation, widen the readership of the magazine, and thus offset any loss there might be from (possibly) fewer advertisements. This might also lead to more people taking part in events, which we're all interested in - and takes us back to the start of this letter!

In conclusion, it is only fair to say that we do consider it worthwhile to advertise our main event, the Dornoch Half Marathon and 10K on July 7; this event is long-established, has a bigger budget, provides two races over different distances to cater for more runners, and, crucially, being in the holiday season, more people, apart from the loyal and well-seasoned travellers of the north, are able to make the long trip.

Bob Mackenzie,
Race organising committee.

(See Inside Lane - Ed)

Brian denied

10, Kilnbank Crescent,
Holmston,
Ayr.

SIR - It was a pity that there was no wind gauge reading to support Brian Ashburn's excellent long jump of 7.55 metres in the first round of Division 1 of the Scottish Athletics League at Dam Park, Ayr.

I was one of the long jump judges and did ask the young wind gauge operator to record Brian's jump as I had a feeling that a record could be on, the conditions being good for jumping and several personal bests were recorded. The wind in my opinion as an "Honest Man of Ayr", although following was not in excess at the time of the record-breaking jump, although it got stronger later.

Unfortunately, the operator only had his equipment set up for track races, and as usual track took preference over field!

Alan Lindsay

ESH sell-out?

20, Fruin Avenue,
Newton Mearns,
Glasgow.

SIR - I was most upset to learn that Edinburgh Southern Harriers had changed its name to Caledon Park Harriers. Am I an old reactionary, or have the members really sold their heritage for a bowl of soup?

It appalls me that perhaps the best-known club in Scotland should change its name after nearly a hundred years for commercial reasons. The name of Edinburgh Southern is known throughout Britain - whoever has heard of Caledon Park?

I suppose anonymity is better than association with Scotch whisky, a product which has ruined the health of thousands, and the happiness of thousands more. I refer of course to Johnnie Walker Kilmarnock Harriers. How long will it be until we have Rothmans Bellahouston or Imperial Tobacco Giffnock North?

Iain C. Kerr

LETTERS FOR THE
NEXT ISSUE
SHOULD REACH US
BY JUNE 29.

No medal, but Tommy rocks on

127, Warout Road
Glenrothes.

SIR - Just some light hearted criticism of the Forth Bridge Centenary Half Marathon. It was a poor birthday celebration to what was once one of the wonders of the world. Where were the bands to liven up the atmosphere? I am sure a touch of pipe band music would have done the trick.

What about the Raa-raa girls for a bit of colour and balloons for the kids? Or a top Scottish athlete to start the race?

A big thank you to all the volunteers, but two bad hiccups took place: running out of water at the vital 10 mile mark, and the cardinal sin, running out of medals.

Despite these boos, I enjoyed the race. Thanks again for all your efforts. Rock-on.

Tommy McIntosh



36, St Giles Square,
Camelon,
Falkirk.

SIR - Many events receive sponsorship and this enables promoters to present events all over the country with reasonable entry fees. These are of the norm £3.50 and benefits are both to sponsor and runner. There would be no event without a huge voluntary effort - again to the benefit of both parties.

Doug Gillon tells us that the future of the Great Scottish Run has been assured by a sponsorship deal. A successful event requires runners. With entry fees of £7.25-£7.50, this runner will not be assisting the event's future. I will not be running.

When there were 20,000 entries in the Glasgow Marathon, we runners contributed approximately £120,000 in entry fees. We played our part in both senses.

What are we getting for the inflated entry fee?

Hugh McGinlay

LETTERS

Schools' convener says selectors took correct line

Boclair Academy,
Inveroran Drive,
Bearsden.

SIR - As convener of the Scottish Schools' Cross Country Championships and senior manager of the international team, I feel that I must reply to the letter from Mr Stewart regarding selection procedure, published in the May issue of Scotland's Runner.

Immediately after this year's championships at Irvine on March 10, the selectors met to choose the team for this year's schools' international in Rugby. Selection is based mainly on the schools' results, with performances in the nationals being considered.

This year, the under 15 boys' and girls' teams were simply the first eight home in the schools' championships, while in the under 17 boys' the first seven boys were selected, plus Gary Willis (Prestwick Academy), the national under 15 champion, who injured his shoulder at Irvine, being invited.

In the under 17 girls', the first seven were again invited, plus Claire Roy (West Calder High) who declined to run in the schools' championships in order to compete in the UK trials the following day. Claire, an experienced schools' internationalist, was second in the under 17 girls' national in Aberdeen.

Lorraine Stewart was eighth in the under 15 girls' at the national championships and fourteenth in the under 15 girls' race at the schools' championships. She was considered, along with other girls who had an equally good claim to run, but was not selected.

With reference to our performance at international level, the under 15 girls were a good second to England in Rugby, with Wales third. The same result was achieved in Cardiff last year with an even better second, again to England. Hardly down the field!

No athlete has a right to expect selection unless he/she produces an indisputable result at the schools' championships. I might not always get selection right, an impossible task, but I do try. A

concern all selectors face is that they omit an outstanding candidate for selection. In this case, I feel that this has not happened.

A more serious point for concern is the fact that Mr Stewart allowed his daughter to run with an ear and throat infection, along with a heavy cold, and on penicillin, in the adverse weather conditions at Irvine.

Surely this was very inadvisable and against all sound advice. As a teacher heavily involved in several sports, this sort of incident really worries me.

James W Burns,
PT/PE,
Boclair Academy.

Don't make it personal says the parent

10, Whitecraig Avenue,
Musselburgh.

SIR - Firstly, I would like to apologise to young Louisa Shaw and her parents and to congratulate her for the excellent run she had in Rugby in April. Louisa's name should not have been mentioned in the disagreement between Miss Trotter and myself, and it was ill-mannered and unprofessional for Miss Trotter to do so.

Secondly, being actively involved in athletics and being a qualified coach, I know the hard work and effort that goes on behind the scenes in athletics and appreciate this. Certainly, my letter must have had a lot of truth in it, when she came back with nine points of contention to my one.

Also, results from the cross country season were not taken into consideration when the teams were selected as Miss Trotter states in the May issue or Lorraine would have been at Rugby.

So, please let me try and answer

some of Miss Trotter's misguided points.

Firstly, Lorraine has a mind of her own; her coach and herself decide whether she runs or not, not us.

Secondly, I was obviously misinformed about the places held back for cases such as Lorraine's, but point out again that in Miss Trotter's own words, teams were selected, based mainly on schools' results, but also taking into account national performances, and also that my statistics came from the 1989/1990 cross country season, the season starting from around October 1989 and finishing around March 1990.

Miss Trotter becomes a little confusing or confused at this point, stating that girls who proved themselves at the Magnum Centre were given the opportunity, and yet in last month's Scotland's Runner she states national performances were taken into account.

I think it was disgraceful to bring Louisa Shaw's name up in her article and I certainly do not grudge any girl the chance to run for her country, and it is me and not Lorraine who says the selection procedure is not consistent from one year to the next.

I also think it is disgraceful that her indoor sprints were ridiculed in this manner and would like to ask Miss Trotter to have a good look at the result of the 200 metres final, and that even if her times were good enough she would not be going to Bruges - my own opinion being that it is irresponsible and short sighted to take any child under the age of 15 to an under 17 world championship no matter how able they are.

I want Lorraine to still be running in ten years time and her coaching is sensibly based around this. Anyway, I think that three internationals in one year is not bad for anybody.

Lastly, I left school 24 years ago and I do not need Miss Trotter's or Musselburgh Grammar School's permission to write a letter, or for that matter anything else.

I would also like to state that these opinions have nothing to do with the above school, or Lorraine, or her coach, and that if Miss Trotter writes in the future to try and be a little more accurate and a little less personal.

James Stewart

Give Lochaber a go in 1991!

Lochaber AC,
Fort William.

SIR - It was very gratifying to read Keith Gooch's letter in the June issue. The team who organise the Lochaber Marathon are already looking forward to next year's event (Sunday April 21 is the date for your diary) and hope to provide even more for competitors.

At present, as recorded in your news section, the race is the third counter for our "Spring Treble" of Marine Harvest Caol 10k, Northern Rock Glen 10, and marathon. Next year everyone "who does all the races will receive a special prize with, we hope, an outstandingly special prize for the best overall!

If you can't manage all three races then we hope to offer even more attractions for the marathon weekend. We already organise a fun race on the Saturday (not a fun run!) called The Glen Bash - which is about 5.5 miles over road, track and cross country, all in beautiful Glen Nevis. We will have a pre-marathon ceilidh in the evening and if you get up early enough on marathon day you can have a trip up the Aonach Mhor gondola.

The brave (foolhardy) might even try skiing on marathon morning! We intend to offer all competitors special accommodation deals with discounts on the price of various local attractions. As if this is not enough, we will again have the 10K race starting at the same time as the marathon.

We are hoping to have major sponsorship along with the sponsorship which the marathon has enjoyed from loyal local supporters since Eddie Campbell boldly organised the first Lochaber Marathon. What is needed most though is the support of your readers, Scotland's runners. Instead of paying £2 for that London entry form, why not pay £5 and enter Lochaber! We will even give you a special 1991 commemorative t-shirt! How about it!

Sandy Hastings
Convener,
Lochaber Marathon.

ALLAN WELLS

OH where, tell me where, have our promising juniors gone?

If you are old enough to remember the song, then perhaps you can also remember the very good athletes who, as 16 and 17 year olds, were the stars of the future. It would be an interesting piece of journalism to try and track them down and find out exactly why they gave up - retired is a bit too drastic to apply to someone so young - or consequently if any of you budding stars still keep in touch with the sport and read this article please write in and tell us why you no longer are competing.

As far as the boys are concerned, at this age there suddenly becomes more external pressure to do other things. There is the pressure of "O" levels and higher to contend with. This can easily be overcome by either cutting down the number of training sessions in a week, or by having a break during study hours to do a little training.

The latter has a dual benefit as not only does it allow you to keep in the sport, but the brain can only absorb so much information and you often find that after some physical activity you can study better.

Girls, dare I say it, start to become more interesting! Not every girl is prepared to sit at the track and wait until you have finished your session. It is a good idea to find yourself a girl who is already interested in athletics and it solves two problems at the same time. Why do you think so many athletes end up marrying other athletes?

There are two main worrying reasons for the dropout. One is that boys who have trained seriously from the age of 11 have had enough. They go into the sport full of enthusiasm, sometimes backed by an over enthusiastic parent, and are put into the wrong hands. By that I mean that they undertake a training programme which specialises in one aspect of athletics as opposed to having an enjoyable time finding out what all the events are like and how athletics compare with other sports.

It is important that children are



allowed to go through an elimination process in athletics. Inevitably they will be attracted to events that they are good at and reject the ones at which they are less successful.

Coaches also have to watch for the early maturer. The boy who looks 15 but is only 12 will invariably be better than his peers only because he is stronger and bigger, and it can sometimes come as a bit of a shock when at 17 everyone starts to catch up and you find yourself being beaten for the first time.

It is an even bigger shock to some parents who thought they had a budding gold medallist on their hands only to find out that he is only average. To this end it is right that children are allowed to train seriously at a young age?

Clubs will argue that you have to attract the good ones early or you lose them to other clubs or sports. My argument is that if they have the talent and commitment they will stay with athletics and follow the sport through the bad times as well as the good.

Club coaches must be aware of the problems of training young children. For a start they are very enthusiastic, have too much energy, and will do everything that is asked of them if they are keen. It is up to the coach to make

sure that the child does not run too much on tartan tracks or on the roads as these surfaces can do a lot of damage to young limbs.

Similarly, if weight training is introduced too early then untold damage can be done to young backs and knees. The question to ask yourself is: can the athlete handle their own body weight in press-ups, sit-ups, squats, dips etc? If the answer is no, then there is no point in them using weights as their own body is resistance enough.

If a child is handled correctly then there is no reason why they cannot come through the ranks and progress into senior athletics if they wish. But a 16/17 year old has a strong mind of his own and will no longer bow to parental desires if he does not want to do it.

In the case of the girls, the problems are much the same. They tend to have less problems with early and late maturing, but boys can seem more interesting than ending up in a sweaty heap three times a week! Girls also have the added problem of changing from an intermediate to a senior at the age of 17. This presents a problem in that the girls now have to compete against mature senior athletes and there is a big gap between a top intermediate and a top senior.

Many girls can be discouraged and with all the other pressures it is sometimes easier to stop athletics and go off and do something else. Perhaps a system more like the boys have would help the girls through this transition.

Whatever the reasons for giving up, the great thing about athletics as a sport is that you can always go back to it no matter how old or good/bad you are at it. In fact, there is no great benefit from competing in athletics at an early age. If you decide that at 16/17 you want to do athletics, then you know that you have made a mature choice based on eliminating other things that you do not want to do - and who knows, our stars of the future will come from 16/17 year olds coming into the sport and not from those going out of it.

COACHING

CLINIC

FOR some mystifying reason the 10,000 metres track race is one of the least popular events on the athletics calendar. Yet road races over the equivalent distance are seldom short of competitors.

Even at national championship level the 10k track contests are pathetically lacking in participants. Some athletes claim that running for 25 laps of a track is dull and boring. Others say they are self-conscious about being in the public gaze for around 30 to 40 minutes continuously. The prospect of being lapped more than once deters many more.

Yet, athletes who put forward these arguments have few inhibitions about running in a 10K road race. Perhaps the lure of prizes and medals makes them forget their dislikes. Probably, too, the realisation that they can lose themselves among other competitors eases their qualms.

These attitudes are negative. The 10k track race has all the ingredients of one of the most eagerly-contested events on the athletics programme. It provides an opportunity to execute good pace judgement. It allows competitors to use their own personal tactical skills such as front-running, "waiting", and injecting fast and slow sections into the overall tempo of the race.

It requires concentration, dedication,

By Derek Parker

and commitment. The athlete must be constantly alert and receptive to pace and the ploys of his or her opponents. It makes available the opportunity to improve substantially on personal bests in the course of one single competition. Being provided with accurate lap times every 400 metres and the chance to run on a completely flat surface for just over six miles are major sources of inspiration and encouragement.

The 10,000 metres event is generally acknowledged as being approximately 90 per cent aerobic and 10 per cent anaerobic in training requirements based on sound physiological principles. This means that the top athletes are covering a very high mileage as well as an adequate amount of good quality speed work. A look at Brendan Foster's training diary just before he won the bronze medal in 10,000 metres race at the 1976 Olympic Games gives an example of the type of training required to succeed at the highest level.

It shows that a long run of 20 miles on the Sunday was followed by morning and evening runs each of 10 miles from Monday to Thursday inclusive. This gave a total of 20 miles a day for the first five days of the

week. Foster "eased off" on the Friday by covering a total of 15 miles in 3 x 5 miles work-outs at morning, early afternoon, and evening.

A 10-mile run on Saturday afternoon was preceded by a track session of 10 x 400 metres in 61.3 seconds on average with 90 seconds recovery. This gave a total weekly mileage of more than 130 miles.

Obviously it would be foolish and irresponsible for the vast majority of athletes to attempt even half that mileage without a very long background of training and racing. I mention it only to show the qualities of determination, perseverance, and mental and physical toughness required by the competitors who make it to the very top.

Brendan Foster's training programme could itself be considered light when compared to that of David Bedford, who finished sixth in the 1972 Olympic Games 10,000 metres and was one of Britain's greatest distance-runners.

Bedford's personal best time for 10,000 metres was 27-47. His best figures for 5000 metres, 3000 metres, and one mile were 13-22.2, 7-58.2, and 4-2.9 respectively.

These performances were all achieved some twenty years ago, yet they would still be good enough today to win top-class events.

To reach that standard of fitness



Bedford was at his peak training three times a day from Monday to Friday inclusive. His morning runs were over a distance of eight miles, followed by a lunch-time outing of six miles.

In addition to these two sessions daily, he was doing evening work-outs such as: Monday: 16 miles steady; Tuesday: 14 miles steady, including 30 x 200 metres uphill; Wednesday: 16 miles, including 5 x one mile; Thursday: 12 x 400 metres (jog 200 metres recovery) in 62 seconds + 12 x 300 metres (jog 100 metres recovery) in 47 seconds + 12 x 200 metres (jog 100 metres recovery) in 32 seconds.

The Friday session would be an eight miles steady run followed by a race or 15 miles (am) + 10 miles (pm) on the Saturday and 20 to 25 miles (am) and 5 to 10 miles cross-country (pm) on the Sunday. These demanding work-outs provided David Bedford with a total weekly mileage of around 200 - but sadly they also contributed to the injuries which eventually forced this amazing athlete to retire without fully achieving his tremendous potential.

Twenty years before Dave Bedford's mind-boggling training accomplishments a Czechoslovakian army officer named Emil Zatopek was pioneering high-repetition track training with sessions such as 60 x 400 metres with 200 metres jog recovery for ten consecutive days just prior to the 1948 Olympic Games where he won the 10,000 metres and finished a close second in the 5000 metres. His preparation for the 1952 Olympic Games in Helsinki where he won the 5K, 10K, and marathon gold medals, included sessions such as 20 x 200 metres + 20 x 400 metres + 20 x 200 metres with 200 metres jog after each fast repetition.

Compared to modern training performances, Zatopek's times for the fast 200 metres and 400 metres were fairly modest. They were 34 seconds and 75 to 90 seconds respectively. His 200 metres recovery jog in around 60 seconds are

nothing exceptional by present-day standards. Yet they brought him times of 2-23-3.2 for the marathon and 28-54.2 seconds for the 10,000 metres.

More important, Zatopek's training endeavours showed just how much training a properly-conditioned, healthy athlete is capable of. He paved the way for other 10,000 metres athletics greats such as the Soviets Vladimir Kuts and Pyotr Bolotnikov who won gold medals over that distance at the 1956 and 1960 Olympic Games.

Kuts, with personal bests of 28-30.4 and 13-35 for the 10K and 5K, took Zatopek's methods a stage further by including repetitions longer than 200 and 400 metres in his training. He included distances of 800, 1000, 1200, 1600 and 2000 metres in his sessions.

A typical Kuts track session was 30 minutes warm-up + 4 x 200 metres accelerations + 1 x 2000 metres in 5-33 (600 to 800 jog) + 1 x 1200 metres in 3-18 (600 to 800 metres jog) + 1 x 1200 metres in 3-22 + 10 minutes fast striding + gymnastic exercises.

Just before the 1956 Olympic Games, where he won gold medals in both the 5000 and 10,000 metres, Kuts regularly psyched-out his watching opponents with training sessions on the track which included 25 x 400 metres in 65 seconds (60 to 100 metres jog recovery in less than 30 seconds) or 6 x 1200 metres in 3-15 with 50 to 60 metres jog recoveries.

It is little wonder that once competition got under way, most of Kuts's rivals were beaten before the start. The Soviet athlete's tactics were to demoralise his rivals before and during his races.

He deliberately set out at a very fast pace right from the start as an examination of his intermediate times in the 1956 Olympic Games 10k finals reveals. The race was won 28-45 and the first 5K was run 37 seconds faster than the second 5K. Although this brave, but almost suicidal,

tactic, would be frowned on today by coaching theorists who advocate even pace running for 10K, it still had the desired effect of shaking off the two British runners, Gordon Pirie and Chris Chataway, the Soviet athlete's great rivals.

Kuts's successor was compatriot Pyotr Bolotnikov who established a world record and personal best time of 28-18.8 seconds not long after winning the 10,000 metres crown in the 1960 Rome Olympics. Bolotnikov tended to do much of his running on the country and in the forest.

Typical sessions included 70 to 80 minutes cross-country running with several fast bursts of 200 and 300 metres during the work-out. His track sessions included an unspecified number of 200 metres in 28 to 30 seconds and 400 repetitions in 65 to 68 seconds. Recoveries were 100 metres jogging after each fast repetition and the total duration of the track session was 60 minutes. During the winter 100 to 300-metres repetitions were done in deep snow, while distances of 300 to 500 metres were covered in shallower snow surfaces.

More recently, the legendary Italian, Alberto Cova, a former European 10,000 metres champion, proved further insight into the commitment and dedication necessary to become a top athlete and to maximise one's sporting potential. The elegance and grace with which Cova seemed to flow effortlessly around the track owed much to the fact that he combined fairly fast stretches of running with longer, steadier repetitions to develop stamina as well as speed and general endurance.

These attributes were reflected in an impressive list of personal best times for a wide range of events including: 10,000m (27-41.03); 5000m (13-13.71); 800m (1-53.2); and 3000m steeplechase (8-37.2).

Cova's build-up training at the beginning of the winter preparation period included the following typical week: Monday: 15 miles at 3-45 to 4 minutes per



The 10,000 metres... a very popular road race distance, as in this year's Brightside 10K which started outside Glasgow's Crownpoint Road Stadium, but getting the athletes to run on the track is a different matter says Derek Parker. PICTURE BY IAN WATSON.

COACHING

CLINIC

1000 metres pace; Tuesday: 12 miles at Monday's pace; Wednesday: 10 miles at 3-25 to 2-30 per 1000 metres pace; Thursday: 18 miles at Monday's pace; Friday: 12 miles at Monday's pace; Saturday: 8000 metres at 3-20 per 1000 metres pace + 4000 metres at 3-10 pace; Sunday: 15 miles at Monday's pace.

Just before winning the European 10,000 metres title, Cova trained along the following lines: Monday: 12 to 18 miles at 3-10 per 1000 metres pace; Tuesday: As Monday but at 4 minutes per 1000 metres pace; Wednesday: 25 x 400 metres in 62 to 64 seconds with 50 seconds recovery; Thursday: As Tuesday; Friday: As Tuesday; Saturday: 5 x 2000 metres in 5-30 with 3-15 recovery; Sunday: As Tuesday; Monday: As Tuesday; Tuesday: 4 x 500 metres in 76 seconds with 35 seconds recovery + 5 x 400 metres in 61 to 62 seconds with 35 seconds recovery + 5 x 300 metres in 45 seconds with 35 seconds recovery +

10 x 200 metres recovery; Wednesday: as previous Tuesday; Thursday: 6 x 1000 metres in 2-35 with 4 to 5 minutes recovery; Friday: as previous Tuesday; Saturday: as previous Tuesday; Sunday: (am) 8000 metres at 3-15 per 1000; (pm) 12 x 300 metres in 44 to 46 seconds with 30 seconds recovery + 1 x 200 metres in 26 seconds.

Another favourite Cova session was 1 x 3200 metres in 8-42 with 1200 metres jog recovery + 1 x 2000 metres in 5-20 with the last 800 metres in 2-02 then 1200 metres jog recovery + 1 x 1000 metres in 2-34 with the last 300 metres in 41.6 seconds.

I reproduce these schedules of some of the world's finest athletes merely as guides. No one should attempt to copy them otherwise injury or exhaustion will be the consequence.

Training is an individual matter and must be geared to the specific requirements of each athlete. Typical sessions for a club runner hoping to do well in a 10,000m

track or road race would be 10 x 1000m at 10k pace with 30 to 180 seconds recovery or 5 x 2000m at 10k pace with 1 to 5 minutes recovery or 25 x 400 metres at 10k pace with 15 to 60 seconds recovery. These work-outs could be done two to three times per fortnight interspersed with long, steady runs over 5 to 15 miles and one specific 1500 metres and one 5000 metres track sessions.

In conclusion, it should be emphasised that none of the great athletes whose training programmes are outlined in the preceding paragraphs ever regarded the 10,000 metres race as boring, monotonous, or dull.

They looked upon it as a challenge and test requiring speed, skill, strength, stamina, tactical awareness, and a determined, positive approach. They saw it as an opportunity to make themselves better athletes and better persons.

So should you.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross-country running.
Monday: 5k session (8 x 600m with 25 to 45 secs recovery).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 3000m session (8 x 400m with 20 to 30 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 mins four to six times a week will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One.
Monday: 5k or 10k (5 to 10 x 1000m at race pace with 30 to 180 secs recovery, e.g. 5 x 1000 with 45 to 75 secs recovery for 5k athletes or 10 x 1000m with 30 to 180 secs recovery for 10k athletes).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 1500m session (400 + 400 + 400 + 300m x 2 sets with 30 secs recovery after fast runs/5 to 10 minutes between sets).

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

Week Three

Sunday: As Week One.
Monday: 5k session (16 x 300m with 20 to 30 secs recovery + 1 x 200m full effort).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 800m session (2 x 4 x 200m with 30 secs recovery between reps/5 to 10 between sets).
Friday: As Week One.
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5k or 10k session (12 x 400m with 20 to 30 secs recovery for 5k runners or 25 x 400m with 15 to 30 secs recovery for 10k runners).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 1500m session (2 x 3 x 500m with 45 secs recovery between reps/5 to 10 mins recovery between sets).
Friday: As Week One.
Saturday: Race or 12 to 15 miles

steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cross-country running.
Monday: 5k session (8 x 600m with 30 to 60 secs recovery).
Tuesday: 30 mins steady.
Wednesday: 5 to 8 miles steady.
Thursday: 3000m session (8 x 400m with 30 to 45 secs recovery).
Friday: Rest or 15 to 20 mins easy.
Saturday: 8 to 10 miles steady.
Morning runs, if done, should be restricted to 20 to 30 mins easy running two to three times a week.

Week Two

Sunday: As Week One.
Monday: 5k session (5 x 1000m with 45 to 90 secs recovery) or 10k session (10 x 1000m with 60 to 180 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 1500m session (400 + 400 + 400 + 300 x 2 sets with 45 secs recovery after reps/5 to 10

mins after sets).
Saturday: Race or 5 to 8 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5k session (16 x 300 metres with 30 to 45 secs recovery + 1 x 200 metres).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 800m session (2 x 4 x 200m with 30 to 45 secs recovery between reps/5 to 10 mins between sets).
Saturday: 5 to 8 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5k session (12 x 400m with 25 to 45 secs recovery) or 10k session (25 x 400m with 30 to 60 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 1500m session (2 x 3 x 500m with 45 to 60 secs recovery between reps/5 to 10 mins between sets).
Saturday: Race or 5 to 8 miles steady.
Morning runs as Week One.

SCHOOLS

Isabel, Cathy win silver

SCOTLAND was represented by 14 athletes (6 boys and 8 girls) at the World School Games in Bruges during the week 20-27 May, writes Alex Jack. The standards of performance were incredibly high in a competition attended by 33 countries for athletes born in 1973, or after. The Eastern European countries including USSR, Poland and Czechoslovakia, were outshone by the Chinese (11.70 wind against 100m by a girl!) and if school athletics is a pointer to the future, the 1996 Olympic Games may see the medal table turned upside down.

More of the Chinese later, because we must recognise the outstanding achievements of Isabel Linaker (Queen Anne High School) and Catherine Murphy (St Ninian's High School) who won silver medals in the 1500m and 100m hurdles respectively.

Isabel's 4-23.84 in the final was an outstanding run for a girl two years the junior of most of the field. She battled all the way with Angie Smolders of Belgium who won in 4-22.08, with El Kamch of Morocco third in 4-27.88.

Catherine Murphy's 100m hurdles silver medal place was timed at 14.43. She was narrowly beaten by Nathalie Ferreira of France in 14.26, but pipped Barbara Fissi of Italy in third place by 4/100ths of a second. The fact that Catherine had not had a summer season at 100m hurdles and will revert to 80m hurdles in the schools' championships on June 16 says much for her coaching, training and concentration.

Both 4x100m relay teams made their finals against very strong opposition, the girls (Catherine Murphy, Kate Leys, Myra McShannon and Linzie Kerr) managing fourth place with a best time of 48.32 in their heat - France, Spain and Italy finishing ahead of them. The boys 4x100m squad of Craig Joiner, Stuart Allan, Scott Cumming and Mark Craig ran well to reach the final finishing sixth in 43.35, England winning in 41.47.

Spare a thought for an outstanding athlete and team captain - Alison Grey of West Calder High School. Alison, last year's British Schools' shot champion and a senior internationalist, qualified for both the shot and discus finals at her first attempt. She threw the discus 43.04 in the final and put the shot (3k) 15.47m. This gave her a fifth and fourth place respectively - if anyone deserved a medal place, it was Alison. The shot was won with 18.10 (Finland) and the discus with 49.32 (China).

Myra McShannon earned a place in the semi finals of both the 100m and 200m, with Elaine Julian also reaching the semi final of the longer sprint. Mark McBeth, recovering from a virus and therefore still not at his best, ran 8-44.79 to earn seventh place, taking the scalps of 14 other nations. The race was won by Belasri of Morocco in 8-26.30, and, needless to say, the Chinese were there again in 8-29.38, with a second place of L. Ning.

Hazel Melvin in the high jump was all set to attempt 1.73 for a PB by 1cm when the official decided to take the bar from 1.70 to 1.75 - Hazel and 11 others went out at this point, leaving only five competitors - Finland, USSR, China (yet again), Portugal and England - who finished in that order. Grant Purves looked strong all week, but with the heat (and the wind) found he could not repeat his best run of 49.5 in the 400m.

Full sets of World Games athletics results (50 pages) are available from myself at 11, Muirfield Street, Kirkcaldy, Fife, KY2 6SY, for £1.50 to cover postage and copying.

A RACE WE CAN WIN — WITH YOUR HELP!

They say where there's a will, there's a way. We know there's a way to beat cancer and we need your help to finance research into the causes, prevention and treatment.

As a result of research, more than 9,000 people in Scotland are cured of cancer every year — but 18,000 more are still dying.

We can save more lives with your help. We need £5 million this year to continue our campaign. Run for us in your next event and let's fight this battle together.

Post the coupon to: Major John Harman, Cancer Research Campaign, 15 Lynedoch Street, Glasgow G3 6EF. Tel: 041-333 9465 or Mr Bill McKinlay, Cancer Research Campaign, 50 Buccleuch Street, Edinburgh EH8 9LP. Tel: 031-668 1241.

UNIVERSITIES

Ian is athlete of the year

FOLLOWING the success of the Bank of Scotland Scottish Universities Championships, at which Jamie Henderson and James Stoddard successfully defended their 100m and high jump titles, and Dave Hitchcock won the race of the day in 400m hurdles (in the absence of Dundee's inform Douglas Thom who chose to concentrate on the long jump), the Scottish Universities trooped off to Antrim for the annual pilgrimage to the British Universities Championships, writes Gordon Ritchie.

There were several notable performances there, particularly from Heriot Watt's Ian Hamer who set a new championship record in winning the 10,000m in 28-30. Such was his domination that his 5,000m splits were only four seconds slower than the winning time in the shorter event the following day. As well as winning the 10,000, Ian was presented with the Scottish Universities' Athlete of the Year award for his remarkable season.

Other Scottish medals came from Neil Robbie (high jump 2.00m for silver), Joan Booth (silver in the 100m and bronze in the 200m), Karen Savill (silver in the javelin), Rob Smith (gold in the shot), Dave Allen and Adam Anderson (bronze in the hammer and pole vault).

The Edinburgh 4x400m team also won a bronze in a close finish thanks to a magnificent anchor leg of 47.3 from Jamie Henderson.

AT the Scottish Universities' Cup Final, Edinburgh continued their domination of the women's event by winning comfortably from Glasgow. In the men's event, Glasgow triumphed for the first time in living memory (well, almost) with a tremendous all-round team effort.

The most heartening event was the women's 4x100m relay, which saw the long-awaited comeback from injury of Melanie Neef. She ran a storming last leg but was just held off by Joan Booth.

After this match, the Scottish Universities team competed in the annual match against the League and the Juniors, while the women challenged Edinburgh Woollen Mill and Glasgow AC.

As usual, the women won their match, although GAC surprised many by finishing a very close second. The best performance on a miserable night was by Catherine Murphy in the 100m hurdles (15.0), while the best race was the 800m where Irish international Catherine Cecil won for the universities in 2-17.3.

In the men's match, the League's strength in depth proved to be the decisive factor. The universities started well, with their by now traditional first and second in the 400m hurdles (Douglas Thom in 55.4 and Nick Taylor in 55.6). However, the absence of the likes of Henderson, Hamer, McMillan, Brown, Zacharagionnis and Craig Duncan left the team too weak in too many events.

The best performance of the night came in the high jump, where David Barnetson leaped over 2.15. When one considers that it was cold and very wet, this was a remarkable performance.

And so ended another university season, which was probably the most eventful ever. We also succeeded in weeding out the arrogant element who state categorically that they are too good for university competition, despite the fact that they have never competed in the major matches. Some people just talk through a hole in their spikes.

Please send me a sponsorship pack and running vest.

Name: _____

Address: _____

Tel No: _____ Ref: SR/6

Event: _____

Vest Size: _____

Small ☐ Medium ☐ Large ☐

Cancer Research Campaign

Fighting cancer on all fronts.

club PROFILE

KILBARCHAN AAC was founded in 1919. Early history recalls that one David Cummings won a bronze medal in the Paris Olympics of 1924, epitomised by the now classical film "Chariots of Fire". David's bronze medal was in the team 3000 metres steeplechase. He also represented Scotland in the cross country championships.

David was to be seen by the modern athlete as the pack runs sped through the village. Until his death in the late 1980's, he was always present at the presentation of prizes.

Willie Kennedy also represented Scotland at least twice in the World Cross Country Championships, and won the club championship before and after the war. Willie is still alive and well, living in Johnstone. Current honorary president Donald Crawford won the club cross country championship and the Challenge Cup in 1930. The club disbanded in the early 1950's and reformed a few times until 1963.

John Follon was the president of the Scottish Cross Country Union in 1939 and was asked to retain this position in its reformation in 1946.

Kilbarchan reformed in 1974 after a public meeting and it was decided to meet on Wednesday evenings in the local public park where a pavilion of Spartan ideals was situated. Since that November night the club has gradually moved from the village to Johnstone High School in the summer, while in the winter Monday training is at the new Thorn Primary School, situated at the top of the Thorn Brae adjacent to the railway station.

At present, if the coaches wish to use an all weather track, they must make arrangements to travel to Crownpoint in Glasgow.

It is fair to say that the club owes its present strong position to good working committee who laid strong foundations for its future. Present chairman Eric Taylor followed a hard act in the shape of John Rodger, who had a strong personality with enormous driving power. Eric has now settled in to his position with his own ideas and looks good for a few years yet.

Our secretary, Jason Pender, still finds time to train and is a very handy hurdler. The club owes much of its success to Jason's handling of club affairs, and he is a member of various committees which assist sport

JACK DONALD looks at the history and achievements of Kilbarchan AAC.

in the area, one of which is the Renfrew Sports Council, which has tried in vain to get the local population an all-weather running surface.

Elizabeth Cosgrove joined the club as treasurer, filling a difficult gap, possibly on the grounds: "If you can't beat them, join them." Lynn Ferguson who was the previous treasurer, resigned because of our current youth policy being put into action. She and husband Derek (well she is) are expecting a runner sometime in October.

Eileen Masson and Gardner have already set out the guidelines as their young son is now old enough to be watched by dad whilst Eileen makes her comeback. She was the 1989 Scottish marathon champion.

One of the most important and far-reaching happenings began when Derek Parker emerged to organise the coaching situation. Derek, a BAAB, senior club coach, introduced pack runs, standardised training methods, set up schedules, fartlek sessions and circuits in the gym. He encouraged athletes to keep training diaries etc. After some years this began to manifest itself into concrete results.

Among Derek's proteges are Robert Hawkins, Alan Walsh, Tommy Graham, Colin Wallace, and Robert Quinn. Robert has travelled the world wearing the blue vest with excellent results, and is always the perfect ambassador for both country and club. Paul Mayles, and Tom Hearle represented Scotland in the World Cross Country Championships and Gerry Fairley, who is a top marathon runner, has also represented his country.

Junior and intermediate teams consisting of Karen Fisher, Carole Lunney, Julie Cochrane, Ria de Jager, Anne Marie Follan, Lorna Shaw and Audrey McKeever lost only two team events in four years, and during that time won several national and relay titles. This all happened between 1985 and 1988.

Seona Muirhead, Fiona Johnstone, and Elaine McLaughlin all won Scottish Schools'

titles in sprint and hurdles, and in later years Elaine went on to represent Britain in the Seoul Olympics. Jane Murray and Susan Belford were second and third in the Scottish veterans marathon championships at Lochaber in 1989, while Susan Crawford also represented Scotland. Janice and Gillian Coubrough have also worn the blue vest. Janice was a silver medalist in the 400 metres outdoor championships, before being injured, and Gillian represented Scotland in Belgium.

The honours kept pouring in, as the Kilbarchan senior women team of Eileen Masson, Janice Moore, Sharon White and Anne Marie Follan won the Scottish relay cross country and senior women's 4000 metres closed championship titles in 1989.

Around fifty athletes have represented Scotland at schools cross country or middle distance events in the last few years. Many more have been Scottish or District champions. More recently Robert Hawkins won the British Police Cross Country Championships, and Jim McMillan won the Scottish veterans police age group marathon.

This is a roll of honour for any coach to look back on with some satisfaction but not Derek; he aims for the future. During all this, he still had time to have a fair say in the coaching of Kilbarchan's only other senior club coach - Iain Cosgrove. Many's the time dawn has broken over Elderslie with the two still discussing the club's future and Iain's progress.

Iain guided the women's section to a Third Division title in 1986, and the Second Division the following year. The First Division was too big a step, but what was established in that year of First Division status was that athletes who trained diligently under their coaches could more than hold their own.

Iain has put the women's section firmly into a respectable place in Scottish athletics, and has produced some exciting new prospects such as thrower Tracey Shorts, last year's triple gold medalist at the West District Championships, sprinters Lynn McDonald 100/200 and Diane Swanson, and javelin thrower Jill McNidder. In this group are potential athletes of various ages: Dianne Hosie, Lyndsey Scullion, Nicola Ralston, Joanne Shea, Gillian Manuel, Paula Gildea, Jennifer Hanly, Joanna Ross, Julie Reid, Jill Armour, Lorna McLeod, Carol McLeod, Alistair Clancy, Paul Corrigan,



Graham Sruth, Scott McCulloch, Scott McGeoch and Joe Reilly.

The new coaches, Jason Pender, Janice Coubrough, Jill McNidder, and Jeanette Phee are being brought to the fore by the orchestration of coaching convener Bill Geddes. Bill took up the reins from Jim Bremner, who retired through business commitments and has really got his act going. Russell Walker's influence in the jumps is already showing and Bill Geddes must take some credit for his sifting through relevant information and passing it to the respective coaches, as training night tend to be decided by the athletes' availability and location.

The coaching of athletes is on a constructive basis, and this is the key. All attend circuits, are placed in the various squads, and monitored with their performances subject to close scrutiny by a panel of coaches with Bill chairing. Youngsters like Lesley Anne Thomson, and Helen Anne Anderson and Caroline Scarles are being brought through very slowly and with patience.

Derek and the cross country middle distance packs have finished their winter's training with the last run from Largs to Kilbarchan. This is now legendary, leaving Largs and up on the hill over the moors is a must for the enthusiastic athlete. With Derek's knowledge of rock and plant, hill and dale, he generously gives a running lecture all through the wind and rain. His

comments are definitely not for delicate ears.

The pack runs from the old pavilion on a December's night are what life is all about, when the wind hurls the rain at roofs and glass, making them sound like a demented drummer. The athletes arrive at the old pavilion with their sanity already in doubt. A few novices wishing to join the ranks of the doomed are placed in the slow pack to judge their ability. The slow pack, having unsuccessfully dragged up more reasons for not going out, are already at the door. The medium pack are full of would-be middle distance hopefuls and fast pack runners returning from injury or looking for an easy run after the weekend's race, while the heroes of the fast pack are at the rear. There are seven minutes between the packs over a agreed course, and the novices having listened to the sad tales of leg injuries and strained limbs, are beginning to feel like Alf Tupper or Wilson of the Wizard. They are encouraged to go to the front and open the door, which the wind has threatened to do for the last half hour.

They open the door and are hurled against the wall. The slow pack are off and running: the novices, having been stood on by the medium pack, observe the walking wounded haring out the park gates 150 metres away and chase them.

The club also organises the George Cummings Handicap over seven miles of tortuous hills. Arthur Smith, he of the

eagle eye, is the handicapper. He normally manages to please at least one athlete with his handicap. The last few years have seen the women doing rather well, and veteran Margaret Moore was this year's winner.

The club, like the ancient kings of Scotland, has its strong advisers from afar, ready to step into any breach do the job and retire till required again. The men who fit this description are Arthur Smith, Robert Barr, Hugh Ross and Jimmy Gibson. The club relies very heavily on them, all past committee members.

We also organise a nice wee country run (understatement of the year - Ed) at "Lilias Day" in the village in June, school races, Johnstone Rotary Club's annual 10K in May and many others.

Ian McDonald is our film producer and bus driver, and the coaches owe much to his video. It has eliminated the debate of whose arms are coming across, the hurdlers doing high jumps, etc. Arthur Hosie and Eleanor Shea are our two stalwarts at meetings and always on call.

To summarise, Kilbarchan are a family club. We cater for the athlete and the plodder (no offence). You are encouraged to compete - how else can you measure your ability? You are not encouraged to do your own thing. Probably the worst fault is when an athlete is asked to represent the club he/she thinks he is not good enough and calls off, or is it stage fright? Either way, he/she is the loser.



PHOTOGRAPHS AND REPORT BY: ROB HOWARD

JACK Maitland and Alan Farningham retained their "Kings of the Bens" title in the gruelling Bruichladdich Islands Peaks Race on May 18-22. Despite strong competition, and the fatigue of long periods of rowing, they dominated the running sections of the race, finishing with a new record for the ascent of Goat Fell on Arran. Their intentions were clear from the

outset, when they won the five mile road race around Oban, starting at the yacht club and finishing on the shingle beach near the North Pier. There was a festival atmosphere in the town and large crowds lined the front to see the runners leap into dinghies to be rowed out to their yachts.

Having broken the tape together, however, Maitland and Farningham (see

photograph, left) controversially ran along a gang-plank directly onto their boat, the 26ft "Scottish Power".

This gave them easily the fastest start as others struggled with their dinghies, but although strictly within the rules there were mutterings about whether it was in "the spirit of the race" and next year the tactic may be banned.

With the largest ever entry of 51 boats of all sizes and types, and in sunny but windless weather, the sight of the flotilla being rowed out of the harbour was a dramatic one. Those on "Fast Buck", however, used cunning and leg power rather than rowing - by fitting a bicycle frame with a propeller beneath it to the rear of their boat they cycled their way through the field!

"Scottish Power" couldn't maintain its lead on the way to Mull and the first to land was the newly launched "Severalles Challenge" carrying Martin Stone and Mark McDermott as runners. Their time of 3-20-16 for the 22 mile run from the landing at Salen up to the top of Ben More and back (an ascent of 3,167) was a good one, especially as McDermott was still suffering the after-effects of flu.

With half the run on the road, and the other half on the mountain, many runners changed shoes, and all of them found the final road run back to the boats particularly hard. Maitland and Farningham were among those who didn't take time out to change, and they just pipped Stone and McDermott, finishing in 3-19-32 to record the fastest time. The women's pair of Helen Diamantides and Christine Menhennet recorded a particularly good time of 3-59-59 to beat many of the men's pairs.

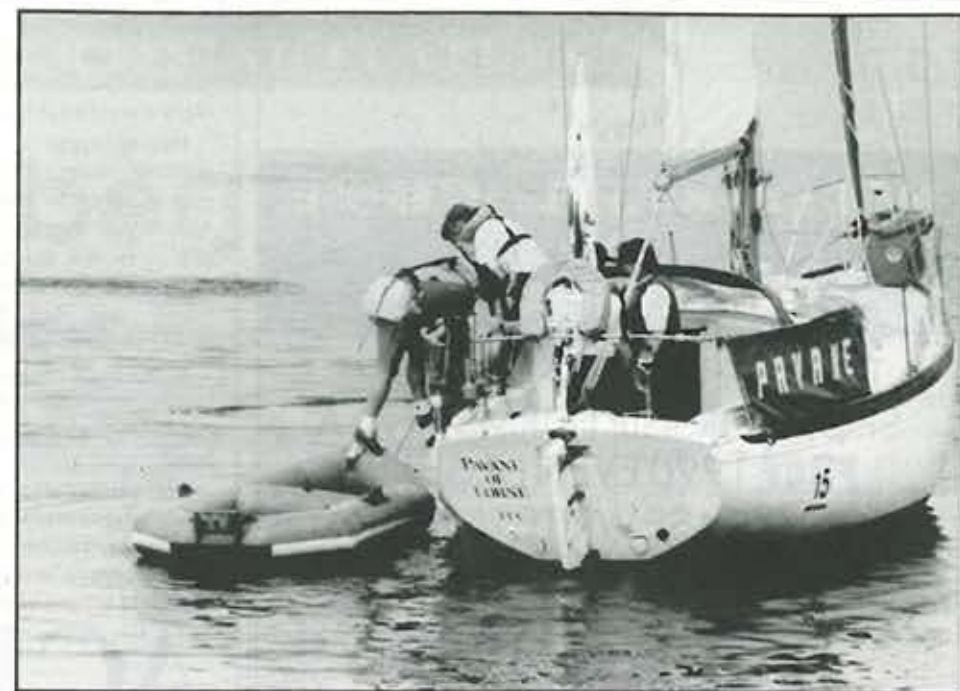
From now on "Severalles Challenge" moved ahead to totally outclass the other yachts in the prevailing still conditions, and the running times were to have no relevance in determining the leading positions. However, there was no lack of competition among the runners, and where boats were close together, lower down the field there were many good battles between their runners.

On Jura, the second of the three islands

visited, the runners faced the hardest challenge of all with a 20 mile circuit of the fearsome Paps of Jura starting from the bay at Craighouse. Crossing the three Paps involves 5000ft of climbing, some very steep and intimidating slopes, and rough terrain including bogs and extensive boulder fields on the Paps themselves. Seeing them for the first time must have given any unprepared runners near heart-failure.

Stone and McDermott set a first time of 3-29-15, but once again Maitland and Farningham recorded the fastest time with 3-20-53, while for the women, Diamantides and Menhennet were well ahead with an impressive 4-01-40. Many of the boats were so slow this year that the runners were arriving late Saturday night and having to set off across the wild terrain of Jura in the dark! Some reported that as they clattered down the boulder strewn slopes and the rocks crashed together sparks were struck and no doubt tales of moving so fast that sparks flew from their feet are now circulating their clubs!

The third run, up Goat Fell on the Isle of Arran, was a mere 18 miles and 2766ft, but following on from the runs on Jura and



Mull, and after the cramped conditions on the boats, it was just as much of a challenge. "Severalles Challenge" was so far ahead that Stone and McDermott were up, down, and away off the island, before any of the other boats arrived. Their time off 2-59-35 was a fast one, putting pressure on Maitland and Farningham, but at least they knew on arrival what they had to beat.

The question now was whether "Scottish Power" would get them there in time to run in daylight, as a night run might lose them the "Kings of the Bens" title. After some heroic efforts they just made it, and finished as dusk fell with the new record of 2-54-22 to confirm their complete domination. "Scottish Power" was also the first mono hulled boat to finish, beating some of the bigger and more expensive catamarans and trimarans.

The failure to consult with the National Trust over the run up Goat Fell brought some polite representations from the local warden as the Trust are trying to control erosion on this popular mountain, and the situation was probably compounded by the fact the Goat Fell race had taken place the previous weekend. There is no doubt the main problems are caused not by the runners, but by the huge number of walkers on the peak. It would be a pity if a route change were forced on the race, thus negating previous records, as a result of this oversight in not consulting with the Trust.

By this stage many of the boats were retiring, exhausted from rowing, and simply because they ran out of time and had to get back to work. The Bruichladdich Cheetah, carrying Diamantides and Menhennet, was one of these, forced to pull out so Diamantides could be sure to get to a Monday afternoon exam. Sadly, they had to do so after reaching Arran,

before completing the final run.

The first women runners in were Jane Robson and Jean Ramsden on Universal Har't'beat, but Robson was then taken to hospital, ill with dehydration, cold and exhaustion after the race. The problems were compounded by celebrations after the race and sleeping out unattended on the quayside, a situation that should never have arisen - but fortunately after a day's treatment in hospital she recovered well.

The rest of the race was trouble free, and although this year it was a low key affair because of the lack of wind and an easy outright winner, the challenge, the scenery, and the sportsmanship remained. There is certainly nothing else like it in Scotland for runners - and as the race continues to expand so will the demand for runners capable of taking on the Islands Peaks race, and all it entails.





MENTION MULTIPLE SCLEROSIS AND PEOPLE RUN A MILE!

TO JOIN THEM AND RECEIVE
SPONSORSHIP FORMS AND A
FREE 1990 EVENT T. SHIRT

PLEASE WRITE TO:-

**ARMS,
4A CHAPEL HILL,
STANSTED, ESSEX,
CM24 8AG.
TEL: 0279 815553**

Name
Address
Tel No.
Name of your Event.....

There are many thousands of people in Scotland who don't enjoy a comfortable old age.

Having spent a lifetime working, many of them are denied needs as basic as a bath in their own home.

It is to this hard-pressed, often isolated section of society that Age Concern Scotland directs its efforts.

We visit old people in their homes bringing important outside contact and a helping hand.

We petition the Government, and work with local authorities, to see that the interests, needs, and concerns of the old are not overlooked.

**AGE
CONCERN
SCOTLAND**

Scottish Old People's Welfare Council
Room 6, 54A Fountainbridge, Edinburgh
EH3 9PT. Telephone: 031 228 5656

**You don't
have to
be old to
appreciate
our
concern**

And, as much as possible, we provide cash that can help with anything from funding a day centre to providing mini-bus transport for frail elderly people.

We do all this because we believe that it is something that any caring society should be doing for its elderly citizens. We make every effort to ensure that every penny we can raise is put to its fullest use. Right here in Scotland.

Charity begins at home

ADVERTISING FEATURE

By Fiona Caldwell

WITH the announcement recently of the Diet Coke sponsorship for the Great Scottish Run and 1990 being the Glasgow City of Culture year, September's run promises to be a bright affair.

Bearing this in mind, it is now an ideal opportunity to raise sponsorship for the numerous charities who are crying out for funds. Each year thousands of runners pound the streets raising vital cash for charities. Races like the Great Scottish Run create a vehicle for people to try all kinds of things - weird and wonderful - to benefit their chosen charities.

One charity who would like to thank the people who have walked, run or swam for it is Sense-in-Scotland. It is a small charity representing deaf-blind children and their families throughout Scotland. Like most charities, Sense relies heavily on public donations to do their caring work. They appreciate the efforts of people who give up their time and energy to raise funds and in turn raise the profile of Sense in Scotland.

One such boost came from Ian Pinkerton, who walked from Oban to Montrose in 12 days! £2,000 was handed to Sense-in-Scotland.

The Edinburgh Cripple Aid Society are accepting applications from the whole of Scotland for the Challenger Children's fund. The Challenger scheme financially assist parents of disabled children with the added cost of say, travel which is often totally unexpected in situations of illness.

The Trustees welcome enquiries for assistance to ensure that physically disabled children enjoy as full a life as possible. Consideration is given to all kinds of requests from specialist equipment to basic necessities: from

computers to caravan holidays. ECAS are always eager to hear from runners or anyone who has ideas for fundraising.

The Cystic Fibrosis Research Trust has just cause for celebration. The news announced in August 1989, that after a ten year hunt, scientists had found the gene responsible for cystic fibrosis, now means that armed with this new knowledge vital research can be undertaken to provide better treatment and thus ensure better quality of life now and a brighter future for thousands of youngsters.

One race that the Royal Scottish Society for Prevention of Cruelty to children can't afford to lose is the race to protect and prevent the abuse of children. Almost entirely dependent on voluntary donations, the RSSPCC provides a high quality of service enhancing the lives of vulnerable children and families in Scotland.

Ronnie Sloan runs for the Society as "RSSPCC Superman". Ronnie has raised over £80,000 to date accumulated from marathons run in Edinburgh, Glasgow, Aberdeen, Dundee, London and as far afield as New York, Boston, and Athens. A novel idea is that as well as individual sponsors, Ronnie encourages companies to advertise on his cloak for a fee!

The Multiple Sclerosis Society in Scotland is now firmly committed to financing a medical research programme amounting to close on £500,000.

MS is a disease of the central nervous system which most commonly strikes people in their early middle age. Its victims often cannot walk - as the

vest and acknowledgement of all donations.

Age Concern Scotland has over 200 local groups working with volunteers to provide paratransit services and social activities as well as campaigning to improve services for older people. All money raised by Age Concern Scotland is spent in Scotland. Interested runners should contact their Edinburgh office and you can speak to them about sponsorship and the raising of much-needed funds.

Every charity is a worthy cause and it must be very difficult to choose which one to run for. Everybody has personal and different reasons - but the main point is that they are doing it!

Cystic Fibrosis now we've burst through to win



how about giving CF
a run for your money?

We've found the gene - at last.
Only with your help can we now conquer
Cystic Fibrosis - the most common,
life threatening, inherited disease.

To: (367) Mr. David Arthur 'Inverlan' 26 West Argyll Street
Helensburgh, Dumbartonshire G84 8DB Tel: 0436 76791

I would like to raise funds for CF - please send sponsor forms and running vest size S/M/L/XL

Name:
Address:

Post Code: Registered Charity number 281287



If a good run makes you feel terrific, just imagine how fulfilling a successful sponsored run can be.

Raising money for 'I CAN' (Invalid Children's Aid Nationwide) has earned a special place amongst many big-hearted runners. And with good reason.

'I CAN' helps determined youngsters overcome many difficult and often hidden handicaps. Fuelling their hopes for a bright future with

'I CAN'
INVALID CHILDREN'S
AID NATIONWIDE

**Make your efforts
worthwhile.**

Now, thanks to his perseverance and the organisation behind 'I CAN' he has run a marathon and takes part in sponsored events whenever possible.

If you can run for us, we will gladly provide sponsorship forms and running vests.

Perry always says 'I CAN! How about you?'

Write to: Ramona Brown, 'I CAN', Allen Graham House, 198 City Road, London EC1V 2PH.
Tel: 01-608 2462.

*Invalid Children's Aid Association. Reg. Charity No. 210031.
Patron: H.M. The Queen President: The Princess Margaret, Countess of Snowdon.

I would like to run for I CAN in my next marathon. Please send me ☐ Sponsorship Forms ☐ Vests.

Name: Address:

SR10 Postcode:



Run for Cheryl

Cheryl can't see and she can't hear.
What must our world seem like to her?
Cheryl is not alone.

Please help us in our marathon task to
help and support deaf-blind children
and their families.

For more information, running shirts
and sponsorship forms, contact:

Sense in Scotland

The National Deaf-Blind and Rubella Association

168 Dumbarton Road
GLASGOW G11 6XE
041-334 9666/9675



RUN FOR HIS LIFE.....

'He is reported to
have had both legs
broken and to have been
blinded in one eye'



Wang Dang, 24, was at the top of the list of the 21 most wanted
men in China last June. He was the leader of the students pro-
democracy movement calling for political reforms in China. But his arrest was not announced on national news. Now he
is believed to be held in a maximum security jail, in solitary
confinement, on reduced rations of food. He has no contact
with a lawyer or his family. If he is ever brought to trial he
faces life imprisonment or the death penalty.

On the first anniversary of the Tiananmen Square massacre
thousands of people share a similar fate and in all cases they
will not have received a fair trialall for democratically
seeking reforms.

Run for Amnesty and help our struggle to defend these basic
human rights: for an end to patterns of widespread arbitrary
arrest, torture, prolonged detention without charge or trial,
unfair trials, summary executions and the death penalty

☐ I would like more information on Amnesty International

☐ I would like to run for Prisoners of Conscience
(We'll send sponsor forms and Amnesty Running Vest)

☐ I wish to make a donation of £

☐ I wish to join Amnesty International
(Family £15; Individual £12; Student/Claimant/OAP £5)

Name _____

Address _____

Tel _____

AMNESTY INTERNATIONAL 99-119 Rosebury Avenue, London EC1R 4RE Tel: 01-278 6000

379

ARE YOU IN THE RUNNING TO BE A SIGHT SAVER?

HELP THE ROYAL COMMONWEALTH SOCIETY FOR THE
BLIND RESTORE SIGHT

- * Every year the Society restores sight to around 250,000 people and prevents blindness in one and a half million
- * In spite of this success over 20 million people await the services of the society and the chance of having their sight restored.
- * For just £5 we can perform a cataract operation.
- * For £160 we can set up an eye camp restoring sight to around 40 people and preventing blindness in many more.
- * You can help us to achieve this in 42 of the underdeveloped countries where we work.

YOUR SPONSORED RUN CAN MAKE YOU A SIGHT SAVER
ROYAL COMMONWEALTH SOCIETY FOR THE BLIND
49 SOUTH METHVEN ST. PERTH PH1 5NU
Tel: 0738 39312

CHALLENGER CHILDREN'S FUND

This fund provides financial assistance for physically disabled
children up to and including the age of 18 years.
The Trustees meet twice yearly and applications are invited from
the whole of Scotland. Awards cover a variety of pressing needs
- ranging from clothing to computers!
The income from the Fund no longer meets the greatly increased
number of those deserving our help. Donations are very much
appreciated.

HELP US TO HELP THEM.

EDINBURGH CRIPPLE AID SOCIETY LTD.
28/30 HOWDEN STREET,
EDINBURGH EH8 9HW.



Run to help those who often can't even walk.

Multiple Sclerosis is a cruel disease that
affects some 50,000 people in Great Britain today.
It can play havoc with muscular co-ordination.
Most sufferers have difficulty getting around; some are
chairbound, or even bedridden.

Every year the Multiple Sclerosis Society
commits £1 million to research.
It's the only way we'll ever find the cure. And we
could well use your help.

Next time you're running, please consider
finding sponsors to help the Multiple Sclerosis Society.
It will cost you a little time and effort, and your
friends a little money.

But it will mean so much to those who live with
MS every day of their lives.



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
27 Castle Street, Edinburgh EH2 3DN.
Tel: 031-225 3600.



ARTHRITIS RESEARCH

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



It's a sad fact that sporting injuries can
lead to arthritis in later life.

But it isn't just former athletes who
suffer. Over 8 million people in the UK
have the disease, including 15,000
children and 2 out of 3 over-65's.

And so far, although we've made many
advances in treatment, there's no cure.

With your help, though, we'll find one.

We are the Arthritis and Rheumatism
Council, the only UK charity financing
medical research into every aspect

of the disease.

Currently we spend over £8 million
annually on this research, with a mere
3p in the £ going on administration. We
receive no State aid whatsoever and rely
entirely on voluntary contributions.

Please give us a sporting chance of
finding the cure by getting yourself
sponsored for us in your marathon.
We'll provide you with an ARC running
singlet, official sponsor forms and
badges. Just fill in and return the coupon.

THE ARTHRITIS AND RHEUMATISM COUNCIL FOR RESEARCH Working to find an earlier cure

To: The Arthritis and Rheumatism Council for Research, 41 Eagle Street, London WC1R 4AR
I want to run my next marathon for ARC. Please send me _____ sets of sponsorship material.

NAME OF EVENT _____ DATE OF EVENT _____

MY NAME _____

ADDRESS _____

POSTCODE _____ SR

Patron: HRH The Duchess of Kent Registered Charity No. 207711

RESULTS



March

8

Scottish Civil Service Indoor Champs, Kelvin Hall -

Men: 60: 1, A Morrison (DSS) 7.6; 2, B McKenna (DSS) 7.6; 3, M McKay (BT) 7.6; V60/200: 1, D O'Reilly (DSS) 7.8/25.7; 200: 1, A Morrison 23.8; 400: 1, B Winning (SO) 52.8; 800: 1, D Beagley (FC) 1:58.9; 1500/3000: W Robertson (PO) 4:20.0/8:46.6; 4x200: 1, DSS 1:38.3; HJ: 1, A Scobie (BT) 1.95m; LJ: F Hunter (IR) 5.93m; TJ: 1, A Scobie 12.20m; SP: F Hunter (IR) 11.75m; Women: 60/200: L Dick (IR) 8.1/28.2; 200/1500: C A Gray (SO) 2:23.0/4:53.9; 4x200: In Rev 2:04.2;

24

Inter Town Sports Hall Comp, Scottish Finals, Grangemouth -

Boys: U/15: 1, Dunfermline 232 pt; 2, Midlothian 206.5; 3, Arbroath 166. U/13: 1, Dunfermline 148 pt; 2, Midlothian 94; 3, Arbroath 86. Girls: U/15: 1, Dunfermline 209.5 pt; 2, Falkirk 204.5; 3, Arbroath 195. U/13: 1, Dunfermline 177 pt; 2, Arbroath 88; 3, Perth 81. Overall: Dunfermline. Ind Boys U/15: 1, M Kelso (Dunf) 52 pt; 2, A Breckenridge (Per) 48; 3, S McKinnely (Dunf) 40.5. Girls: U/15: 1, S Ramage (Arb) 52 pt; 2, S Donachie (Falk) 49; 3, Z Meiklem (Dunf) 47.

25

Glasgow AC OGM, Crownpoint -

Sen: 100: L Nicholson (GAC) 12.9; 200: 1, M McClung (JWK) 20.4; 2, L Nicholson 26.8; 400: S Sword (S Kel) 60.5; 800: 1, E Black (GAC) 2:24.1; 1500: 1, A Potts (VP) 4:53.2; 2, L Cairns (JWK) 5:01.9; 3000: 1, J Armstrong (GAC) 10:14.4; 2, L Cairns 10:31.5; SP/DT/JT: S Freebairn (GAC) 10.06m/34.86m/25.70m. Jun: 100/200: C Gray (GAC) 13.2/27.6; 800: G Fowler (GAC) 2:23.6; 1500: 1, P Grilles (JWK) 5:10.1; 75H: M McMulhannel (KO) 12.3; 2, Z Howieson (GAC) 12.3.

April

8

Macrae OGM, Inverness -

Men: 100: P Allan (Ab) 11.1; 2, B Drummond (Ab) 11.1; 3, M Fowler (Inv) 11.2; 200: 1, B Drummond 24.2; 800: 1, G McDowall (Inv) 1:56.2; 5000: 1, B Chin-

nick (Forr) 14:35.1; 2, A Reid (Pete) 14:50.5; 3, S Wright (Ab) 15:27.7; HJ: 1, D Barnetson (Inv) 2.05m; 2, F Lewis (BI) 1.85m; 3, I Fraser (Nairn) 1.85m; LJ: M Fowler (Inv) 7.01m; 2, P Allan 6.54; SP: 1, P Allan 37.08m; HT: 1, D Allan (Inv) 43.42m; 2, B Shepherd 40.52m; JT: 1, K Lyon (Ab) 45.28m; Women: 100: 1, K Leys (Ab) 12.4; 2, C Burler (Ab) 12.5; 3, K Madigan (Ab) 12.9; 4, I Munro (Inv) 12.9; 200: 1, C Burler 27.7; 2, L Silver (DHH) 27.7; 800: 1, K Wisely (Fra) 2:24.0; 2, K Rice (Ab) 2:25.0; 400H: 1, M McBeath (Cait) 67.0; 2, L Silver 69.5; HJ: 1, M Sinclair (Inv) 1.55m; 2, S Simpson (Pete) 1.55m; LJ: 1, M McBeath 5.30m; 2, S Simpson 5.07m; SP/DT: H Cowe (Ab) 13.03m/41.04m; JT: L Lowe (ESP) 30.26.

14

Scottish Athletics Qualifying Match, Coatbridge -

1, Inverness H248pt; 2, Blackhill 194; 3, GGH 143; 4, Ed Spartans 108; 5, Cumbernauld 107; 6, Harlequins 103. Inverness and Blackhill qualify for entry to Div 4. The other four plus ESPC B team qualify for Division 5. 100/200: D Young (Bla) 11.4/22.8; 400: 1, G Purves (Bla) 51.4; 2, G McDowall (Inv) 51.5; 3, J McFadyen (GGH) 51.6; 800: G McDowall (Inv) 105.84; 1500: P Duffy (GGH) 4:16.3; 5000: A Puckrin (GGH) 15:32.2; 110H: A Taylor (Inv) 16.4; LJ: M Fowler (Inv) 7.04m; HJ: 1, D Barnetson (Inv) 2.06m; 2, F Lewis (Inv) 1.85m; SP: 1, R Devine (Inv) 13.50; 2, D Allan (Inv) 10.38m; JT/DT: 1, R Devine 40.32m/41.94m

Scottish YAHs, Livingston -

Boys: 100: W Holroyd (Mont); 200: C Carson (Loch); 400: J Bridges (Arb); 800: A Brown (ESH); 1500: S Scott (Arb). Girls: 100: S Dudgeon (ESP); 200: S Dudgeon; 400: L Watson (Bath); 800: N Arminger (Car); 1500: J Wood (Pit)

15

Woolworth SYAL, Caird Park -

NE Div 1: Boys: 1, Aberdeen 543 pt; 2, Inverness 542; 3, Arb & Dist 493; 4, DHH 345; 5, Tayside 310; 6, Banchory 223. Colts: 1, Aberdeen 128 pt; 2, Arbroath 102; 3, Banchory 89; 4, DHH 74; 5, Tayside 66. Man of the Match: Paul Greenhill (Arbroath) NE Girls League: 1, Aberdeen 200 pt; 2, Arbroath 165; 3, DHH 153; 4, Banchory 151; 5, Tayside 60.

Solway Athletics League, Dumfries -

1, Nith Valley 849; 2, Dumfries 746.5; 3, Ann&Dist 572; 4, Stewartry 399; 3,000: 1, M Carroll (An) 8:40.4; 2, K Conley (An) 8:53.3. Women: LJ: 1, M Marr (Stew) 5.31m; 2, R Girvin (NV) 4.96m.

Woolworths SYAL, Grangemouth -

East Div 1: 1, Pitreavie 671pt; 2, ESP

642; 3, Black Isle 584; 4, Cent Reg 522; 5, Liv & Dist 346; 6, Fife 226. Youths: 200/400: S Allan (Pit) 24.0/56.8; 1500: S Meldrum (Pit) 4:23.3; 100H: A Tupman (ESP) 14.4; 2000S/C: M Kelso (Pit) 6:47.3; LJ: J Allan 5.94m; TJ: M Kelso 11.63m; PV: P Burrell (Pit) 2.40m; SP: G Wright (BI) 11.54m; JT: P Burrell 37.32m; 4x100: Pitreavie 47.8. Sen Boys: 200/400/SP: R Wilson (CR) 24.7/59.7/10.68; 1500: T Winters (ESP) 4:39.2; 80H: A Smith (ESP) 13.1; 1500S/C: 1, K Daley (ESP) 5:01.0; 2, S Allan (BI) 5.07; 3, HJ: S McKinley (Pit) 1.70m; LJ: S Kinghorn (ESP) 4.66m; DT: K Daley 20.08m; 4x100: Pitreavie 52.8. Man of the match: R Wilson (CR) East Div 2: 1, ESH 610 pt; 2, FVH 495.5; 3, Harmer 442; 4, PSH 440; 5, Lasswade 214.5.

Youth 200/400: K Mackie (ESH) 24.0/53.5; 1500: R Hooton (ESH) 4:23.0; 2000S/C: I Murray (ESH) 7:10.2; 100H: S Bryce (FVH) 16.6; 4x100: ESH 48.7; LJ: J Gilbert (FVH) 5.76m; TJ: S Bryce 11.27m; SP: P Cormish (Har) 9.69m; JT: I Smith (PSH) 35.42m.

Sen Boys: 200: T Hibberd (Lass) 25.3; 400: M Hamlin (Lass) 58.8; 1500: D McDonald (PSH) 4:43.6; 1500S/C: C Brown (ESH) 5:03.2; 80H: C Cochrane (ESH) 13.0; 4x100: PSH 49.3; HJ: A Breckenridge (PSH) 1.40m; LJ: C Cochrane 4.75m; SP: G Brockie (Harmer) 9.53m; DT: T Hibberd 21.24m. Man of the match: K Mackie (ESH).

Woolworths SYAL, West Div 1&2, Dam Park, Ayr -

Div 1: 1, Ayr 664 pt; 2, Clydebank 617; 3, Dumfries 537; 4, Cambus 534; 5, Vic Park 515; 6, JWK 510; 7, Clydebank H 471; 8, Shettleston 372. Man of Match award: S Moir (Ayr) 100/200: 11.7/23.6. Youths: 100/200: E Campbell (Cam) 12.0/24.2; 400: D Steele (Ayr) 53.4; 800: J Gill (Cam) 2:02.8; 1500: 1, G Willis (Ayr) 4:20.6; 2000S/C: 1, I Murdoch (Ayr) 6:38.5; 100H: 1, I Dickie (Ayr) 14.4; 2, D Clifford (Dumf) 14.8; HJ: S Farr (Shett) 1.76m; LJ: D Steele 5.73m; DT: S Peter (Cam) 29.34; 4x400: 1, Clydebank 3:35.2; 2, Ayr 3:40.5.

16

ESPC Champs, Saughton -

Men: 100: P Kennedy 11.3; 1500: I Archibald 4:03.2; HJ: A Scobie 1.85m; TJ: W Leung 13.34m; 2, A Scobie 13.24m; Juniors: 100: C MacDonald 11.4; HJ: S Hill 1.85m; TJ: C MacDonald 13.01m. Youths: 100: A Tupman 11.9; HJ: D Blissett 1.70m; TJ: A Malcolm 11.72m. Sen Boys: 100: M Smith 12.2; 1500: K Daley 4:35.7. Women: 100: Z Butler 13.1; 1500: C A Gray 4:52.9; HJ: C Guthrie 1.56m.

21

Falkirk OGM, Grangemouth -

Men: 100: 1, M Friel (Shett) 11.3; 2, R Slater (Dunb HS) 11.4; 200: R Slater 23.6; 400: H Watson (Shett) 52.6; 800: K Leitch (CR) 2:02.0; 1500: D Murray (FVH) 4:24.4; 3000: S Wright (Cumb) 9:10.3; 400H: K Lawler (Cumb) 60.8; HJ/TJ: K Pearson (Cumb) 1.70m/11.74m; SP/DT: K Kubola (ESP) 13.05/39.44m; JT: S Crawford (Unat) 47.02m. Women: 100/200: K O'Donnell (KO) 13.3/27.1; JH/LJ: L McMillan (EWM) 1.50/5.07m; SP/DT/JT: S Freebairn (GAC) 9.75m/37.48m/27.82m.

Uni of Dundee OGM, Caird Park -

Men: 100/200: 1, E Ayr (StA) 11.7/23.2; 400: 1, I Cummings (Pit) 50.7; 800: 1, C Vernon-Parry (StA) 1:56.4; 2, P McColl-

gan (DHH) 1:56.8; 3, I Campbell (Arb) 1:57.1; 1500: 1, P McColgan 4:00.2; 2, B Cook (DHH) 4:00.7; 400H: 1, D Thom (DU) 57.1; 2, S Ledingham (Ab) 58.5; Women: 100/200: S Wilson (Loch) 13.8/27.3; 800: L Svaasand (Pit) 2:21.7.

22

ESP Champs, Meadowbank Stadium -

Men: 200: 1, W Fraser 22.6; 2, P Kennedy 22.9; 800: 1, P Wyman 1:54.3; 2, B Aitken 1:57.1; PV: 1, I McKay 4.10m; LJ: W Leung 6.12m; HT: W Gentleman (V) 40.28; 110H: G Smith 15.9. Juniors: 200/400: A Kinghorn 23.7/51.0. Youths: 200/100H/LJ/400H: A Tupman 24.5/14.7/5.63/61.1; JT: S Gausden 38.06m. Women: 200: P Devine 25.7; 400/800: 1, C A. Gray 59.6/2:16.2; 2, A Steele 2:15.5; 100H/SP: A Grey 16.6/13.92m; JT: K Savill 37.82m.

Woolworths SYAL, West Div 1&2, Dam Park, Ayr -

Div 1: 1, Ayr 664 pt; 2, Clydebank 617; 3, Dumfries 537; 4, Cambus 534; 5, Vic Park 515; 6, JWK 510; 7, Clydebank H 471; 8, Shettleston 372. Man of Match award: S Moir (Ayr) 100/200: 11.7/23.6. Youths: 100/200: E Campbell (Cam) 12.0/24.2; 400: D Steele (Ayr) 53.4; 800: J Gill (Cam) 2:02.8; 1500: 1, G Willis (Ayr) 4:20.6; 2000S/C: 1, I Murdoch (Ayr) 6:38.5; 100H: 1, I Dickie (Ayr) 14.4; 2, D Clifford (Dumf) 14.8; HJ: S Farr (Shett) 1.76m; LJ: D Steele 5.73m; DT: S Peter (Cam) 29.34; 4x400: 1, Clydebank 3:35.2; 2, Ayr 3:40.5.

Sen Boys: 100/200: S Moir (Ayr) 11.7/23.6; 400: A Capriot (Cbank) 55.1; 800: J Toner (JWK) 2:08.0; 1500: P Allan (Ayr) 4:31.4; 1500S/C: M Hughes (Dumf) 5:09.7; 80H: I Hamilton (Cbank) 11.7; 4x400: Clydebank 3:49.9; HJ: M Hughes 1.55m; TJ: J Whannel (VP) 11.40m; DT: L Robinson (Dumf) 32.22m.

Div 2: 1, Law 548.5 pt; 2, Nith 537; 3, Kilbarch 504; 4, Kirk Oly 464; 5, EK 450.5; 6, Helens 436; 7, Bella 386; Man of Match: David Whiffen (Nith).

Dora Stephen Memorial OGM, Coatbridge -

Sen: 100: 1, G McIntyre (MSL); 200A: 1, M McClung (JWK) 26.3; 2, G Goubrough (Kilb) 26.6; 200B: 1, L Nicholson (GAC) 26.4; 2, C Murphy (GAC) 26.7; 400: 1, M McClung 57.6; 2, F Meldrum (GAC) 58.0; 3, G Goubrough 58.3; 800: 1, K Waugh (Jar) 2:18.5; 1500: 1, J Armstrong (GAC) 4:53.1; 2, L Cairns (JWK) 4:54.5; 3, C Thomson (GAC) 4:46.6; 3000: 1, L Cairns 10:28.1; 100H: 1, C Murphy (GAC) 14.9; 2, B Ross (DHH) 16.3; 400H: 1, J Low (GAC) 64.8; 2, L Silver (DHH) 68.7; HJ: 1, J Ross (Kilb) 1.67m; SP: 1, A Rhodie (MSL) 11.47m; 2, C Cameron (GAC) 10.76m; 3, T Shorts (Kilb) 10.71m; DT: 1, C Cameron 40.04; 2, G Hornsby (MSL) 39.70m; JT: 1, C Hornsby 47.48m; Inter: 1, L Nicholson (GAC) 12.6; 400: 1, A Potts (GAC) 60.5; 800: 1, A Potts

(GAC) 2:16.7; 2, E Black (GAC) 2:23.6; 1500: 1, K Fox (MSL) 5:06.7; 2, M Rooney (MSL) 5:10.0; 80H: 1, S Christie (DHH) 12.9; 2, C Milligan (KO) 13.0; 300H: 1, S Wood (EWM) 45.3; LJ: 1, M Somerville (MSL) 5.05m; 2, S Christie 4.80m; SP: 1, S Robins (Hel) 10.61m; DT: 1, H McCreadie (Hel) 34.00m; 2, S Robins 31.42m; JT: 1, A Cheyne (Both) 24.20m; Juniors: 100: 1, M McShannon (GAC) 12.5; 2, L Keir (GAC) 12.6; 3, K Gray (GAC) 12.7; 200: 1, M McShannon 26.0; 2, K Gray 27.0; 3, C Harris (GAC) 27.4; 4, L Montgomery (MSL) 27.4; 800: 1, G Fowler (GAC) 2:20.1; 2, K McNally (Nith) 2:26.8; 3, E Reid (Nith) 2:27.1; 1500: 1, K Stewart (JWK) 5:06.0; 2, P Gillies (JWK) 5:08.3; 75H: 1, K McWhannel (KO) 12.5; 2, M Dalton (JWK) 12.5; HJ: 1, J Reid (Kilb) 1.55m; LJ: 1, L Kerr (GAC) 5.35m; 2, C McLeod (Kilb) 4.69m; SP/DT/JT: S Robin 11.47m/24.12m/25.46m.

23

Falkirk OGM, Grangemouth -

Men: 100: R Slater (Dunb HS) 11.3; 400: D Cathie (EK) 51.7; 1500: 1, J Robson (ESH) 3:52.9; 2, K Lyall (ESH) 3:53.8; 3, G Mathieson (ESH) 3:57.5; 4, F Boyne (Unat) 3:58.6; 5, D Blaikie (ESH) 4:02.7; 6, M Gormley (Ca) 4:03.4; 7, C Thomson (Can) 4:04.0; LJ: 1, C Smith (Fe) 6.33m; PV: 1, J Grant (Lass) 3.80; 2, R Craig (Unat) 3.10m; 3, K McNicol (CAC) 3.00m; SP/DT: K Kubola (ESPO) 13.0/39.34m; DT (V): J Freebairn (SVHC) 36.92m; 3000S/C: D Ross (ESH) 9:51.8. Youths: 100: A Balfour (Shett) 12.1; 400: K Mackie (ESH) 52.4; 1500: 1, R Hooton (ESH) 4:07.5. Women: 400: P Devine (ESP) 55.9; 1500: CA Bartley (GAC) 4:47.1; 2, J Armstrong (GAC) 4:52.1; 3, E Reid (Shett) 5:00.7; 100H: C Murphy (GAC) 15.3; SP/DT: S Freebairn (GAC) 9.98m/36.32m.

28

Scottish Uni Champs, Wishaw -

Men: 100: 1, J Henderson (Ed) 11.0; 2, B Connell (Gla) 11.3; 3, J Imode (Ab) 11.3; 200: 1, B Connell 23.0; 2, A Savage (Ed) 23.2; 400: 1, G McMillan (Gla) 1:55.2; 1500: 1, G McCann 4:06.7; 2, S Wright (Ab) 4:07.7; 5000: 1, I Garland (Ed) 15:38.2; 3000S/C: 1, S Wright 9:32.8; 2, R Herries (Ab) 10:06.0; 110H: 1, F McGlynn (StA) 16.9; 400H: D Hitchcock (Ed) 56.7; 4x100: 1, Glasgow 45.3; 2, Dundee 45.3; 4x400: 1, Glas 3:30.9; 2, Edin 3:32.3; HJ: 1, J Stoddart (Gla) 1.95m; 2, N Robbie (Str) 1.85m; LJ: 1, D Thom (Dun) 6.29m; 2, P McGlynn 6.27m. TJ: 1, R Brown (Gla) 13.35m; PV: 1, C Scott (Gla) 3.00m; SP: 1, R Smith (Ed) 13.92m; 2, L Carter (Gla) 12.55m; DT: 1, J Malcolm (StA)

UNLIKE the corresponding events in the East and West, the SAAA North District Championships in the form of a single meeting are a relatively recent phenomenon. It is less than a decade since a long campaign finally brought the senior events - out of the Highland Games circuit, where they had previously been since before time began, writes Charles Bannerman.

This year's meeting on May 19 was certainly well ahead of previous ones in terms of the quality and depth of performances, and the few events which had to be cancelled for lack of entries included those which are traditionally weak nationwide - senior hurdles, pole vault and hammer - and which are bound to struggle correspondingly more in the thinly populated North.

Predictably Inverness Harriers dominated the meeting, winning 28 out of 51 titles, but it was refreshing to see Peterhead AAC come through strongly to take second place in the medals table, while the Orcadians' long trip was fully justified by three gold medals.

Indeed, these last two clubs also accounted for two of the four £30 travel bursaries for the top performers of the meeting. Scott Milne came across the Pentland Firth to record a superb 6.15m in the senior boys' long jump, having won the corresponding award at the previous month's Inverness Open Meeting with 6.19m. Peterhead's top performer was David Minty, who scored a treble in the youth's throws, taking the shot (13.25m), discus (35.60m) and hammer (49.12m).

The other two bursaries went to juniors from Inverness Harriers who convincingly won senior titles. David Barnetson is so much part of the Scottish international furniture that it is difficult to remember that he is still just 18, and he added 5cm to his high jump championship record with

39.32m; HT (6.25 kg): 1, D Allan (Gla) 50.06m; 2, L Carter 46.48m; JT: 1, M Saneil (Gla) 53.56m; 2, A Cox (StA) 45.44m. Women: 100: 1, R Stevenson (Gla) 13.0; 2, V Foster (Ed) 13.1; 200: 1, V Foster 26.2; 2, R Stevenson 26.4; 400: 1, E Grant (Gla) 61.6; 800: 1, C Cecil (Ed) 2:16.0; 2, J Cliff (Gla) 2:16.5; 1500: 1, V McPherson (Gla) 4:41.4; 2, J Cliff 4:45.9; 3, C Smith (Ed) 4:48.0; 4, M Gemmell (G) 4:48.0; 5, R Houston (Str) 4:56.2; 4x100: 1, Edin 51.7; HJ: 1, S Watt (HW) 1.48m; LJ: 1, N Barr (HW) 5.24m; SP: 1, K Aughey (Ab) 8.91m; DT: 1, C Crawford 31.12m; JT: 1, H Tinto (Ed) 32.00m.

May

2

Falkirk OGM, Grangemouth -

Men: 100: R Slater (Dunb HS) 11.3; 400: D Cathie (EK) 51.7; 1500: 1, J Robson (ESH) 3:52.9; 2, K Lyall (ESH) 3:53.8; 3, G Mathieson (ESH) 3:57.5; 4, F Boyne (Unat) 3:58.6; 5, D Blaikie (ESH) 4:02.7; 6, M Gormley (Ca) 4:03.4; 7, C Thomson (Can) 4:04.0; LJ: 1, C Smith (Fe) 6.33m; PV: 1, J Grant (Lass) 3.80; 2, R Craig (Unat) 3.10m; 3, K McNicol (CAC) 3.00m; SP/DT: K Kubola (ESPO) 13.0/39.34m; DT (V): J Freebairn (SVHC) 36.92m; 3000S/C: D Ross (ESH) 9:51.8. Youths: 100: A Balfour (Shett) 12.1; 400: K Mackie (ESH) 52.4; 1500: 1, R Hooton (ESH) 4:07.5. Women: 400: P Devine (ESP) 55.9; 1500: CA Bartley (GAC) 4:47.1; 2, J Armstrong (GAC) 4:52.1; 3, E Reid (Shett) 5:00.7; 100H: C Murphy (GAC) 15.3; SP/DT: S Freebairn (GAC) 9.98m/36.32m.

6

Woolworths Scottish YAL, West Div 1&2, Crownpoint -

Div 1: 1, Ayr 524 pt; 2, Cambuslang 484; 3, Clydebank 479; 4, Dumfries 418; 5, Vic Park 410; 6, Clydesdale 379; 7, JWK

342; 8, Shettleston 280; Man of the Match: S Moir (Ayr) 100/200: 11.4/22.6 (equals rec) Div 2: 1, Kirk Oly 516.5 pt; 2, Law & Dist 477.5; 3, Kilbarchan 476; 4, Helensburgh 476; 5, Nith 443; 6, E Kilbride 390; 7, Bellahouston 167; Man of the Match: I Lee (Nith) 100/200/LJ: 11.2/23.5/5.75m.

12

Falkirk DC YAM, Grangemouth -

Youths: 100: 1, C Joiner (Pit) 11.5; 2, C McRobert (Strath) 11.8; 3, D Paisley (Pit) 11.8; 200: 1, McRobert 23.5; 2, S Allan (Pit) 23.5; 3, Paisley 23.7; 1500: 1, S Russell (FVH) 4:25.0; 2,000S/C: D Sharkey (ESP) 6:48.0; JT: 1, S McLean (QVS) 26.04m; Sen Boys: 100: 1, D McArthur (Bells) 13.1; 200: 1, R McKinnon (QVS) 26.2; 2, McArthur 26.2; 800: S Boyne (QVS) 2:18.0; 1500: S Robertson (FVH) 4:57.0; PV: 1, S McLean (QVS) 2.70m; 2, P Clark (QVS) 2.60m; 3, A Wood (QVS) 2.60m; 1500S/C: D Casey (QVS) 4:54.0. Inter: LJ: A Hird (CR) 4.84m; JT: E Sneddon (CR) 28.34m. Jun Ladies: 100: 1, S Whiteford (Aird) 13.5; 2, S Paterson (Lin) 13.7; 200: 1, Whiteford 27.5; 3, Paterson 27.5;

RESULTS

Black (CPH) 3.80m; PVB: 1, J. Johnston (CPH) 3.80m; LJA: 1, B. Ashburn (CAC) 7.17m; 2, P. Allan (Ab) 6.61m; TJ: 1, W. Leung (ESP) 13.57m; 2, R. Brown (CAC) 13.36m; SP: 1, M. McDonald (CPH) 15.10m; 2, S. Aitken (DHH) 14.55m; 3, G. Smith (Ab) 13.77m; SPB: 1, P. Allan 38.74m; 4, H. Barton (DHH) 37.28m; HT: 1, R. Meikle (CPH) 51.40m; 2, A. Whyte (ESPC) 47.18m; HTB: 1, A. McIntosh (CPH) 43.44m; JT: 1, Chai Huat (Shett) 57.08m; 2, A. Whyte 53.68m; JTB: 1, F. Hunter (ESPC) 52.28m;

Div 2, Crownpoint - 1, Cambuslang 29.9pt; 2, FVH 28.6; 3, Vic Park 27.3; 4, Lothian 27.2; 5, Clydesdale 25.5; 6, Bellahouston 23.0; 7, JWK 20.7; 8, Cent Reg 20.2; 100: 1, D. Stark (JWK) 11.2; 2, B. Connell (CR) 11.3; 3, D. Clelland (FVH) 11.3; 200: D. Stark 22.6; 2, Clelland 23.0; 3, Connell 23.0; 400: 1, A. Murray (JWK) 49.2; 2, G. Simpson (Cam) 49.5; 800: 1, G. McCann (Bell) 1.54.6; 2, K. Downie (Cam) 1.55.1; 3, G. Reid (JWK) 1.55.4; 4, M. Bryson (Loth) 1.55.7; 5, P. McGowan (VP) 1.56.6; 800B: 1, K. Logan (Loth) 1.54.6; 2, R. Fitzsimmons (Bell) 1.55.8; 1500: 1, J. Johnston (FVH) 3.49.8 (rec); 2, K. Logan 3.56.1; 3, G. Graham (VP) 3.56.6; 4, K. Downie 3.59.6; 5000: 1, P. Fleming (Bell) 14.17.0 (rec); 2, C. Thomson (Cam) 14.38.0; 3, A. Douglas (VP) 14.56.0; 5000B: 1, E. Stewart (Cam) 14.39.0; 110HA: 1, N. Taylor (VP) 16.7; 400H: 1, N. Taylor 55.8; 2, T. Nimmo (FVH) 56.7; 400HB: 1, B. Winning (Loth) 58.8; 3000S/C: 1, G. Croll (Cam) 8.52.8 (rec); 2, J. Kennedy (VP) 9.43.2; 3, J. Austin (C'dale) 9.47.3; 4x100: 1, Lothian 45.3; 2, FVH 45.5; 3, Cambus 45.8; 4x400: 1, JWK 3.26.8; 2, FVH 3.26.8; 3, VP 3.31.2; 4, Bella 3.31.7; HJ: 1, G. Smart (VP) 1.85m; 2, R. Baird (FVH) 1.85m; PV: 1, S. Gibson (C'dale) 3.10m; TJ: 1, A. Cullen (Loth) 12.72m; SP/HT: 1, Carter (C'dale) 12.41m/46.60m (rec); DT: 1, J. Stewart (CR) 37.64m; 2, L. Carter 36.40m;

Div 3, Meadowbank - 1, Harmer 31.5pt; 2, E. Kilbride 28.4; 3, PSH 26.5; 4, Cumnock & Dist 25.7; 5, Penicuik 23.9; 6, Fife 23.1; 7, Kilbarchan 23.0; 8, Maryhill 21.3; 100: 1, D. Cathie (EK) 50.89; 800A: 1, G. McNeill (Har) 1.53.95; 2, G. Gibson (Kilb) 1.54.34; 1500: 1, R. Quinn (Kilb) 3.54.31; 1500B: 1, T. Heale (Kilb) 3.56.33; 5000: 1, I. McDougall (Kilb) 15.40.63; 110H/400H: 1, J. Pender (Kilb) 16.06/57.98; 3000S/C: 1, A. Robertson (Pen) 9.34.69; 2, D. Knight (PSH) 9.47.35; 4x100: 1, EK 44.53; 2, Harmer 44.75; 4x400: 1, Harmer 3.29.98; 2, Kilbarchan 3.34.28; 3, EK: HJ: 1, M. Standen (PSH) 1.85m; 2, I. Winning (Pen) 1.85m; PV: 1, Winning 3.60m; SP: 1, N. Mason (Fife) 13.33m (rec); DT: 1, (Pen) 34.88m; HT: 1, D. Aitchison (PSH) 49.90m (rec);

Div 4, Meadowbank - 1, Inverness 39.4; 2, Lasswade 27.9; 3, Blackhill 26.7; 4, Garscube 25.8; 5, Loch & Dist 21.3; 6, Liv & Dist 20.3; 7, Montrose 14.3; 8, Kirk Oly 12.1. 100: 1, D. Young (Bla) 11.52; 2, S. Tucker (KO) 11.52; 200: 1, Tucker 22.85; 2, D. Slater (Glar) 23.20; 400: 1, M. Fowler (Inv) 50.69; 800: 1, P. Fettes (Lars) 1.57.06 (rec); 1500: 1, J. Connolly (Bla) 3.59.10 (rec); 5000: 1, J. Bowman (Inv) 14.59.74; 10,000: 1, A.

Meikle (Bla) 32.32.55 (rec); 110H: 1, N. Fraser (Inv) 15.14; 110HB: 1, T. Leighton 16.83; 400H: 1, A. Taylor (Inv) 56.02; 3000S/C: 1, C. Vickers (Inv) 9.53.27 (rec); 4x400: 1, Inverness 3.29.46 (rec); 2, Garscube 3.34.12; HJ: 1, T. Golder (Lass) 1.90m; 2, A. Taylor 1.85m; TJ: 1, Leighton 12.75m; PV: 1, J. Grant (Lass) 3.60m (rec); SP/DT/HT: R. Devine (Inv) 13.56 (rec)/41.56 (rec)/56.06m (rec).

Div 5, Meadowbank - 1, ESP "B" 30.6pt; 2, GGH 19.9; 3, Helensburgh and Cumbernauld 17.2; 5, Ed Spartans 13.9; 6, Harlequins 13.2. 100/200: R. Williams (Hel) 11.40/23.24; 400: J. McFadyen (GGH) 50.46; 800: W. Dunn (GGH) 2.00.10; 1500: M. McKendrick (GGH) 4.02.47; 5000: 1, B. McGuinness (GGH) 16.00.75; 10,000: 1, D. Hunter (ESP) 34.14.22; 110H/ HJ/PV: P. Master-ton (ESP) 17.05/1.75m/4.00m; 400H: C. Day (ESP) 59.34; 4x100: ESP 46.47; 4x400: CGH 3.30.20; TJ: 1, J. Grundy (Hel) 38.38m; HT: T. Marr (ESP) 32.86m.

Solway AL, Everholm Stad, Annan - 1, Dumfries AAC 62.4pt; 2, Nith Val 59.3; 3, Annan & Dist 53.5; 4, Stewarty 50.6; 5, Carlisle 36.5; 200: R. Robertson (Stew) 22.8; 5000: M. Carroll (Annan) 14.31.3 (rec); 400H/LJ: K. Anderson (Nith) 56.9 (rec)/6.09m; 4x400: Nith 3.32.0;

26

SAAA East Champs, Meadowbank - Sen: 100: 1, A. Doris (ESP) 10.57; 2, N. Turnbull (CPH) 10.83; 3, C. di Rollo (CPH) 11.07; 4, J. Watson (Har) 11.08; 200: 1, Doris 21.55; 2, Turnbull 21.78; 3, Watson 22.31; 4, M. Fairweather (ESP) 22.74; 400: 1, G. Hodges (ESP) 48.78; 2, A. Savage (CPH) 49.27; 3, G. McMillan (DHH) 50.31; 4, A. Bond (CPH) 50.39; 800: 1, Walker (CPH) 1.52.74; 2, M. Fal-lows (ESPC) 1.53.04; 3, G. McNeill (Har) 1.57.08; 1500: 1, K. Lyall (CPH) 3.51.84; 2, J. Johnston (FVH) 3.53.80; 3, K. Logan (Fev) 3.55.19; 4, I. Archibald (ESP) 3.57.50; 5, B. Cook (DHH) 3.57.75; 5000: 1, C. Hall (DHH) 14.25.06; 2, P. McCormack (DHH) 14.36.35; 3, S. Cohen (ESP) 14.49.09; 4, K. Smith (CPH) 14.52.58; 5, M. McQuaid (CR) 14.53.93; 6, P. Faulds (FVH) 14.56.20; 110H: 1, N. Fraser (Inv) 14.64; 2, G. Smith (ESP) 15.40; 3, A. Taylor (Inv) 55.13; 4, S. Ledingham (Ab) 55.22; 3000S/C: 1m U. Steek (CPH) 9.04.36; 4x100: 1, Aberdeen 43.62; 2, DHH 44.03; 3, DHH 44.86; HJ: 1, S. Ritchie (Pit) 2.13m (CPB); 2, S. Hull (ESP) 1.90m; 3, P. Masterton (ESP) 1.85m; PV: 1, I. Black (CPH) 4.00m; 2, P. Pentland (ESP) 3.80m; 3, J. Grant (Lass) 3.60m; LJ: 1, R. Burnett (ESP) 6.53m; 2, N. McMenemy (CR) 6.52m; 3, D. Thom (DHH) 6.44m; TJ: 1, McMenemy 14.64m; 2, W. Leung (ESPC) 13.26m; 3, C. McDonald (ESPC) 13.00m; SP: 1, S. Aitken (DHH) 14.91m; 2, G. Smith (Ab) 14.57m; 3, R. Smith (Ed U) 14.56m; DT: 1, R. Devine (Inv) 44.82m; 2, K. Kubota (ESP) 42.54m; 3, S. Aitken 38.76m; HT: 1, Devine 57.42m; 2, R. Meikle (CPH) 53.22m; 3, A. Whyte (ESP) 48.82m; JT: 1, A. Black (CPH) 56.04m; 2, Whyte 52.64m; 3, S. Crawford (FVH) 47.58m;

Jun: 100: 1, S. May (Har) 11.18; 2, P. Allan (Pit) 11.33; 3, S. Mothers (Ab) 11.38; 200: 1, May 22.87; 2, Mothers 23.18; 3, Allan 23.32; 400: 1, C. Westwood (CR) 52.13; 800: 1, I. Campbell (Arb) 1.54.44; 2, A. Kinghorn (ESP) 1.56.04m; 3, N. Maxwell

(Har) 1.56.56; 1500: 1, Campbell 4.07.05; 2, Maxwell 4.09.34; 110H: 1, N. Penny (DSMC) 15.68; 2, K. Campbell (MCS) 15.90; SP: N. Mason (Fife) 14.64m.

Youths: 100/200: J. Jardine (Fife) 11.59/23.42; 400: 1, K. Mackie (DSMC) 51.61; 2, J. Gill (CH) 52.32; 3, S. Brockie (CPH) 52.58; 800: 1, J. Gill 1.56.71; 2, R. Hootin (DSMC) 1.57.70; 3, N. Johnston (CPH) 1.59.12; 1500: 1, Hootin 4.09.30; 2, A. Moonie (Pit) 4.10.74; 3, E. Calbert 4.17.76. 3000: 1, M. Keiso (Pit) 9.02.80; 2, J. Growans (Tay) 9.05.68; 3, G. Browitt (Pen) 9.14.11; 4, A. Casey (QVS) 9.16.63; 5, S. Russell (Pen) 9.18.19; 6, M. McEwan (Pen) 9.26.98; 1200m Med: 1, DSMC 2.36.00; 2, Aberdeen 2.39.44; 3, Pitreavie 2.40.24; HJ: 1, P. Birrell (Pit) 1.85m; 2, I. Lind (Ab) 1.80m; 3, A. Malcolm (ESP) 1.80m; LJ: 1, A. Tupman (ESP) 6.13m; TJ: 1, D. Sabnis (Banch) 12.32m; 2, R. Mid-dlemist (DSMC) 12.29m; SP: 1, I. Love (Pen) 13.48m; DT: 1, E. Lister (ESP) 41.52m; 2, K. McCann (MCS) 37.28m; HT: 1, Lister 48.18m; JT: 1, P. Greenhill (Arb) 48.32m; 2, H. Jones (MAC) 46.78m; 3, J. Wishart (Ed Acad) 45.68m;

Sen Boys: 100: 1, J. Bragg (Mcs) 11.64; 2, D. Colville (Pit) 11.70; 200: 1, Colville 23.90; 2, Bragg 24.10; 800: 1, R. Wilson (CR) 2.05.28; 2, D. Carty (Bath) 2.05.81; 3, C. Brown (CPH) 2.06.70; 1500: 1, Carty 4.21.19; 2, N. Thomas (Liv) 4.25.48; 3, T. Winters (ESP) 48.73; HJ: 1, S. McKinley (Pit) 1.85m; 2, J. Michie (Fife) 1.60m; LJ: 1, McKinley 5.34m; SP: 1, D. Asbitt (CPH) 10.65m; DT: 1, C. Leslie (Arb) 31.80;

Jun Boys: 100/200: W. Stark (Ab) 13.01/26.71; 800: 1, C. Kelso (Pit) 2.20.38; LJ: 1, Stark 5.28m; SP: 1, B. Robb (Pit) 11.78m (CBP) Sports Dispatch Team Trophy: 1, ESP 57pt; 2, CPH 45; 3, DHH 23.

27

SAAA West Champs, Dam Park, Ayr-Sen: 100: 1, S. Shanks (LYM) 11.6; 2, S. Tusker (KO) 11.6; 3, C. Young (Ayr) 11.6; 200: 1, Shanks 22.14; 2, M. Friel (Shett) 22.38; 3, D. Slater (Law) 22.82; 400: 1, D. Mulherson (Shett) 48.34; 2, M. McPhail (Ayr) 49.06; 3, S. Robertson (BYM) 50.46; 800: 1, P. Duffy (GGH) 1.53.29; 2, G. Stewart (CAC) 1.53.46; 3, G. McCann (Gla U) 1.54.25; 4, G. Gibson (Kilb) 1.54.39; 5, D. Donnet (Spring) 1.54.96 (1.54.71 ht); 1500: 1, T. McKean (BYM) 3.47.95; 2, R. Fitzsimmons (Bella) 3.50.00; 3, A. Puckrin (GGH) 3.53.71; 4, W. Coyle (Shett) 3.54.97; 5, A. Russell (Law) 3.59.79; 5000: 1, R. Quinn (Kilb) 14.09.91; 2, C. Robinson (SV) 14.11.91; 3, M. Carroll (Ann) 14.19.76; 4, D. Runciman (Cam) 14.31.29; 5, C. Thomson (Cam) 14.31.30; 6, K. Conley (Ann) 14.52.03; 7, T. Hearle (Kilb) 14.58.42; 110H: 1, R. Harkins (Shett) 15.8; 2, J. Pender (Kilb) 16.2; 400H: 1, Harkins 53.65; 2, K. Anderson (Nith) 55.66; 3, Pender 57.46; 3000S/C: 1, G. Croll (Cam) 8.56.7; 2, J. Kennedy (VP) 9.43.2; 3, J. Gemmell (Cum) 94.4; 4x100: 1, Shettleston 43.42; 2, Ayr 43.63; 3, Kirk Oly 44.44; HJ: 1, A. Scobie (ESP) 2.00m; 2, G. McPherson (Troon) 1.85m; 3, P. Crawford (Nith) 1.80m; PV: 1, D. McLeod (Bella) 4.30m; 2, S. Ryan (SV) 4.00; 3, A. Brown (Kilb) 3, A. Brown (Kilb) 3.50m; LJ: 1, B. Ashburn (CAC) 7.19m; 2, C. McDade (C'dale) 6.53m; 3, D. Forrest (Law) 6.24m; TJ: 1, R. Brown (Gla U) 13.85m; 2, A. Scobie (ESP) 13.35m; 3, I. Beattie (CAC) 13.30m; SP: 1, S. Ryan (SV) 12.25m; 2, A. McIntosh (CPH) 12.04m; 3, N. Elliot (Hel) 11.56m; DT: 1, Elliot 37.28m; 2, Ryan 36.52m; 3,

J. Grundy (Hel) 34.56m; HT: 1, McIntosh 39.26m; 2, F. Smith (Ham) 20.90; JT: 1, Chai Haut (Shett) 57.82m; 2, McIntosh 51.78m; 3, G. Dingwall (Shett) 48.50m;

Jun: 100: 1, D. Galloway (Ayr) 11.2; 2, R. Slater (DHS) 11.2; 3, D. Clelland (FVH) 22.63; 200: 1, Galloway 22.11; 2, P. Shannon (BYM) 22.48; 3, Slater 22.63; 4, J. Adams (Ayr) 22.89; 4, Clelland 22.98; 400: 1, Shannon 49.93; 2, I. Priddy (CAC) 49.95; 3, B. Holliman (Inv) 50.98; 800: 1, J. McFadyen (GGH) 1.54.86; 2, G. Graham (VP) 1.55.36; 1500: 1, S. White (Dumf) 4.17.18.

Youths: 100/200: 1, C. MacRobert (Stra) 11.58/23.43; 400: 1, A. O'Hare (CAC) 52.21; 2, J. Ferguson (Ayr) 53.10; 800: 1, C. Young (CAC) 1.59.27; 2, D. Halliday (Shett) 1.59.61; 3, K. Woods (KYM) 2.01.26; 1500: 1, C. Greenhalgh (VP) 4.10.4; 2, P. O'Hare (CAC) 4.19.6; 3, A. Moore (C'dale) 4.20.6; 3000: 1, D. Fotheringham (CAC) 9.15.98; 2, D. Willis (Ayr) 9.21.07; 3, M. McLaughlin (Cam) 9.27.61; 1200m Med: 1, Clydebanks 2.33.97; 2, Ayr 2.37.93; 3, Vic Park 2.39.61; HJ: 1, G. Smart (VP) 1.80m; 2, D. Whitburn (Nith) 1.75m; PV: 1, K. McNicol (CAC) 3.40m; LJ: 1, I. Lee (Stew) 6.44m; 2, R. Hannay (CAC) 6.10m; TJ: 1, D. Ross (Mary) 12.68m; 2, I. Dickie (Ayr) 12.21m; SP: 1, G. Mathieson (Avon) 12.48m; DT: 1, D. Haddow (Law) 37.08m; 2, D. Harvey (Ayr) 36.48m; 3, S. Bunker (Hel) 34.88m; HT: 1, Bunker 46.40m; 2, Harvey 38.52m; JT: 1, Dickie 44.62m; 2, R. Holmes (Hel) 42.50m; 3, D. Smith (L & L) 40.40m;

Sen Boys: 100/200: 1, S. Moir (Ayr) 11.92/23.42; 800: 1, A. Smith (Ayr) 2.05.53; 1500: 1, P. Allan (Ayr) 4.26.84; 2, J. Tonner (JWK) 4.30.00; 4x400: 1, Ayr 48.84; 2, Clydebanks 49.67; 3, E. Kilbride 50.53; HJ: 1, C. COLLINS (Inv) 1.60m; LJ: 1, M. McManus (Ham) 5.79m; SP: 1, C. Ferguson (Law) 12.16m; DT: 1, I. Robinson (Dumf) 31.86m.

Jun Boys: 100: 1, R. Logg (Ayr) 13.78; 200/800: S. Gibson (CAC) 26.83/2.14.23; LJ: 1, R. Logg 4.80m.

27

Edinburgh & Dist League, Pitreavie - 1, Blackhill 818.5pt; 2, Melrose 738; 3, Harmer 710; 4, Penicuik 695; 5, Lothian 316; 6, Carstorphie 305; 200: 1, A. Cullen (Loth) 22.4; 2, D. Young (Bla) 22.4; 110H: B. Winning (Loth) 15.9; 4x100: Lothian 45.6.

Monkland Scottish Cup Womens Semi Final, Coatbridge -

Group 1: Seniors: 1, EWM 89pt; 2, Pitreavie 67; 3, MSL 61; 4, DHH 36; 5, Kilbarchan 32; 6, Kirk Oly 31.

Inter: 1, EWM 80pt; 2, Pitreavie 56; 3, Cent Reg 56; 4, Kilbarchan 53; 5, DHH 49; 6, Kirk Oly 44; 7, Black Isle 34.

Juniors: 1, EWM 74pt; 2, Ayr Sea 69; 3, Arb & Dist 57; 4, Pitreavie 50; 5, Montrose 44; 6, Kirk Oly 40; 7, Kilbarchan 37; 8, Harmer 35.

Girls: 1, ESP 61pt; 2, Aberdeen 58; 3, Cent Reg 54; 4, DHH 42; 5, Kilbarchan 24; 6, Ayr 15.

Inter Counties Champs, Corby - 100: 1, D. Clark (E) 10.5; 4, S. Shanks (W) 11.1; 200: 1, Clark 20.8; 400: 4, D. Mulher-ton (W) 48.3; 800: 3, J. McFadyen (W) 1.52.3; 4h, J. McDowell (N) 1.54.1; Mile: 5h, G. McCann (W) 4.10.0; 5000: 3, S. Doig (Midx) 14.10.9; 7, B. Chinnick (N) 14.28.2; 110H: 1, N. Fraser (E) 14.5; 5h, J. Pender (W) 16.1; 400H: 1, M. McPhail (W) 53.0; 6, D. Thom (E) 55.1 (54.6); 10,000: 11, A. Robson (E) 32.01.2; 3000W: 7, M. Bell (W) 13.31.4; 10,000W: 6, Bell 47.20.2; HJ: 2, D. Barnetson (N) 2.13m; 10, A. Scobie (E) 1.93; TJ: 2, N. McMenemy (E) 14.98m; 55.95m; 12, A. Whyte (E) 48.12m; JT: 3, Chai Huat (W) 57.06m; 10, A. Whyte 51.08m.

28

Strathkelvin 5 mile RR, Bishopbriggs 1, D. Donnett (Spring) 23.26; 2, D. Bain (FVH) 23.42; 3, P. Faulds (FVH) 23.55; V1, A. McFarlane 17th (Spring) 27.00; L1, V. Blair (EWM) 27th 28.38; L2, J. Harvey (GAC); L3, K. Hancock (LV1) (Giff N).

Scottish Vets "Glasgow 800 Trophy", 10K RR, Garscadden - 1, A. Adams (Dum) 32.35; 2, R. Young (C'dale) 35.05; 3, C. Martin (Dum) 33.08; 4, P. McGregor (VP) 33.16; 5, T. Graham (Fife) 33.36; 6, W. Mitchell (Cam) 33.57; V45, A. Adams; V50, J. Gormley (Bell)

Results after 2 matches in Panasonic Scottish Athletics League.

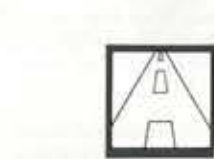
Div 1	Track	Field	Tot	Pts
ESP	391	367	758	15
DHH	412	275	687	15
C' bank	370	194	564	10
Aberdeen	285	275	560	9
CPH	308	212	520	7
Pitreavie	242	226.5	468.5	7
Shett	278	198	476	5
Ayr Sea	274	143.5	417.5	4

Div 2	Track	Field	Tot	Pts
FVH	333	208	541	15
Cambus	390	153	543	14
Lothian	356	166	522	12
Vic Park	297	153	452	7
JWK	336	92	428	7
Cly'dale	207	244	451	6
Bella	304	123	427	6
Cent Reg	313	101	414	5

Div 3	Track	Field	Tot	Pts
Harmer	381	199	580	15
PSH	314	194	508	11.5
E. Kilbride	371	141	512	10
Kilbar'n	358	141	499	10
Penicuik	287	195	482	9.5
Cumnock	321	174	495	9
Maryhill	326	103	429	3
Fife AC	115	116	231	3

Div 4	Track	Field	Tot	Pts
Inverness	512	270	782	16
Blackhill	365	162	527	13
Lasswade	257	205	462	12
Garscube	375	133	508	11
Liv&Dist	314	63	377	7
Montrose	172	132	304	5
Lochgelly	102	111	213	4
Kirk Oly	163	87	250	3

Div 5	Track	Field	Tot	Pts
ESP "B"			572	12
GGH			389	10
Helensburgh			347	7.5
Cumbernauld			318	6.5
Harlequins			244	3
Ed Spartans			238	3



May

5

Strathkelvin 5 mile RR, Bishopbriggs 1, D. Donnett (Spring) 23.26; 2, D. Bain (FVH) 23.42; 3, P. Faulds (FVH) 23.55; V1, A. McFarlane 17th (Spring) 27.00; L1, V. Blair (EWM) 27th 28.38; L2, J. Harvey (GAC); L3, K. Hancock (LV1) (Giff N).

RESULTS

10, D McNicol (Fife) 2-38-56; 11, R Jardine (Bo'ness) 2-39-29; 12, J Lumsden (Fife) 2-39-54; 13, D Lancaster (R'tree) 2-40-02; 14, C Benzie (Met) 2-44-57; 15, W Moffat (Fife) (V3) 2-45-46; 16, C Love (DHF) (V4) 2-46-14; 17, R Brown (Perth) (V5) 2-46-35; 18, J Weir (Garsc) 2-46-35; 19, A Radgick (Brack) 2-46-46; 20, R Muir (Perth) 2-48-48; 21, V McDonald (Unat) 2-49-43; 22, A Wilson (Unat) (V6) 2-50-08; 23, D Nolan (Unat) 2-50-08; 24, D Reilly (Unat) (V7) 2-51-29; 25, A Fleming (Unat) 2-51-32.

10K: 1, P McColgan (DHF) 30-23; 2, I Campbell (DHF) 30-24; 3, P McAvona (Omega) 30-39; 4, P Fox (DHF) 31-41; 5, K Davison (CR) 32-00; 6, M Coyne (CR) 32-09; 7, C Ross (DHF) 32-12; 8, I Williamson (Ab) 32-18; 9, B Anderson (DRR) 32-34; 10, R McCulloch (Unat) 32-34; 11, H McKay (Fife) 33-07; 12, M Cumming (Unat) 33-11; 13, T Wilkinson (DRR) 33-16; 14, D Knight (PSH) 33-17; 15, H Strachan (DHF) 33-32; V1, S Graves (Fife) 34-16; J, J Swanson (MSL) 42nd 35-13.

16

Sri Chinmoy 2 mile RR, The Meadows, Edinburgh - 1, G Crawford (ESP) 9-36; 2, B Kirkwood (ESP) 9-38; 3, M Steele (H Watt) 9-54; 4, C McLellan (ESP) 9-58; 5, D Blackie (CPH) 9-59; V1, B Cockburn (ESP) 11-09; V50, J Cooney (Ferr) 12-51; L1, C A Grey (ESP) 11-21; L2, J Kane (Sri) 12-25; L3, M Oliver (Liv) 12-36.

Troon Tortoises 10K RR - 1, A Gilmour (Cam) 31-34; 2, D Anderson (Bro) 31-49; 3, C Thomson (Cam) 32-00; V1, J Gilbert (Ayr) 32-46; L1, S Branney (LV1) (GAC) 35-33; L2, R Murray (LV2) (Giff) 37-31.

20

Hughes Glenrothes Half Marathon (+ 700 ran) - 1, A Robson (CPH) 67-55; 2, F Harper (Pi) 68-30; 3, A Stirling (V1) (CR) 71-35; 4, B Anderson (DHF) 71-41; 5, A Duncan (V2) (Pi) 72-51; 6, W Adams (V3) (Ab) 73-01; L1, J Swanson (MSL) 80-31 (rec); L2, V Fyall (DRR) 83-42; L3, J Ferrari (LV1) (Pi) 83-47 (Vet record); LV2, G Hanlon (DRR) 87-19; LV3, A Wilson (DRR) 87-34.

Motherwell Ravenscraig Half Marathon, Wishaw (+ 320 ran) - 1, A McLellan (Cal) 69-51; 2, B Scally (Shett) 72-03; 3, W Dickson (Law) 72-22; 4, W Weir (Moth) 73-13; 5, B McGonagle (Shett) V1, 74-06; 6, D Fairweather (V2) (Cam) 74-55; V45: 1, J McMorrow (Holy) 75-31; 2, D Burns (Gla) 82-20; 3, E Warner (Stir) 84-43; V50: 1, H Laidlaw (Gla) 84-00; 2, W Burns (Dreg) 86-04; V50+: 1, W McBrinn (Shett) 79-34; 2, T Ramage (Law) 82-26; 3, T Walker (Pen) 85-56; V60+: 1, J McKinnon (Gla) 101-05; 2, J McConnell (Aird) 107-57; L1, A M Hughes (Wish) 87-26; L2, A Dickson (Law) 88-52; L3, J Henison (LV1) (Kils) 92-19; L4, M Sinclair (GAC) 94-36; L5, D Lucas (Shaven) 95-27; L6, A Donnelly (GAC) 96-03; LV2, P Allan (Wish) 103-05; LV3, N McNiven (Kils) 111-49.

26

Kirkcudbright Academy Milk Half Marathon (+260 ran) - 1, K Moss (Chor) 65-52; 2, J Gilbert (V1) (Ayr) 71-29; 3, W Adams (V2) (Ab) 71-35; 4, D Logue (V3) (Dumf RD) 71-44; 5, A McNeill (Dov) 73-10; 6, D McAra (CR) 73-12; L1, E McCrae (Gall) 91-28; L2, S White (Ayr); L3, I McColl (Dumf); L4, J Maxwell (Ayr); Teams: 1, Chorley 36 pt; 2, Dumfries RC 44; 3, Solway 47.

27

City of Aberdeen Milk Marathon & 10K RR - 1, C Tall (Eng) 2-23-32; 2, S Harkley (Eng) 2-24-53; 3, B McEvoy (Eng) 2-25-46; 4, C McIntyre (Scot) 2-26-50; 5, D Evans (V1) (Wal) 2-27-46; 6, P Smith (Wal) 2-28-11; 7, D Ritchie (V2) (Scot) 2-31-00; 8, R Hubbard (SMC) 2-31-31; 9, J Hooper (Wal) 2-32-04; 10, D Cowie (Scot) 2-32-55; 11, N Price (Eng) 2-37-22; 12, D Dawson (HBT) 2-40-09; 13, B Preece (V3) (Ab) 2-40-47; 14, D Bright (Wal) 2-41-27; 15, M Francis (Forr) 2-41-43; 16, A Newlands (Coast) 2-41-58; 17, I Tock (Unat) 2-44-02; 18, F Duguid (V4) (Ab) 2-44-06; 19, K Hogg (V5) (Ab) 2-45-05; 20, R Jardine (BO) 2-45-37; V50, C Summers (Ab) 2-54-05; 2, G Armstrong (HELP) 2-56-50; 3, D Munro (Ab) 3-24-16; L1, E Hughes (Wells) 24th 2-49-47; L2, D Jermison 78th (Ab) 3-25-08; L3, J Mulloy 92nd (Ab) 3-33-27; L4, M Lorrimer 104th (Unat) (LV1) 3-43-11; L5, D McLean 113th (Ab) 3-47-10; L6, A Campbell 126th (Unat) 3-55-32; L7, P Dick 130th (Unat) 3-57-26; L8, L Hoshemi 137th (Unat) 4-00-10; L9, D Lyon 151st (Unat) 4-22-45; L10, A Thomson 152nd (Unat) (LV1) 4-43-11; Teams: 1, Eng 6pt; 2, Wal 20; 3, Sco 21; Clubs: 1, Aberdeen AAC 50pt; 2, Hunters Bog Trotters 63; 3, Metro Aberdeen 80; 4, Aberdeen B 86; WTeam: 1, Aberdeen AAC 283 pts.

10K: 1, S Axon (Ab) 31-32; 2, D Duguid (Ab) 32-28; 3, I Williamson (Ab) 32-35; 4, C Farguharson (HBT) 32-47; 5, R Taylor (Met) 32-57; 6, B Moroney (Met) 33-04; 7, N Milovosov (Ab) 33-55; 8, S Willox (Met) 34-02; 9, C Rollo (DHF) 34-05; 10, A Neaves (Ab) 34-06; V1, M Edwards 14th (Ab) 34-20; L1, S Lanham (Ab) 38-57; L2, J Grams (Ab) 40-10; L3, J Nutball (LV1) (Ab) 40-47.

Forres Harriers 10K RR - 1, G Sim (V1) (Mor) 32-05; 2, K Yost (Forr) 32-43; 3, C Hunter (Mor) 33-05; 4, M Wright (Coa) 33-31; 5, G Reynolds (Forr) 33-49; 6, R Curtis (V2) (Mor) 34-13; 7, D Cruickshank (Forr) 34-28; 8, R McHarg (Inv) 34-33; 9, D Bow (Na) 34-55; V3, G Mitchell (Inv) 12th 35-13; 10, L Harding (L1) (Hough) 35-03; L2, M Duthie (Fra) 15th 35-33; L3, J Showd (Ab) 37th 39-27.

Caithness Northern Half Marathon, Thurso - 1, A Cook (OI) 72-53; 2, S Cassells (Ab) 74-17; 3, K Reid (Coast) 76-27; 4, J Maxwell (Ab) 76-57; 5, A McDonald (Caith) 80-55; 6, A Thin (Caith) 81-08; 7, J Oman (Unat) 81-27; 8, R Farquhar (Coast) 81-32; 9, J McMillan (BD) (V1) 81-44; 10, G Jarvis (Mor) 81-59; V2, J Douglas (Caith) 85-25; V3, D Warren (BI) 85-33; L1, F Thin (BI) 22nd 92-18; L2, M Adamson (Inv) 30th 94-57; L3, E Oag (Caith) 32nd 95-47; L4, A Cassells (Ab) 34th 97-

39; LV1, J Asher (Mor) 48th 1-44-16; LV2, R Bruce (Wick) 58th 1-48-20; LV3, V Balfour (Caith) 66th 1-51-00; Teams: 1, Caithness (m & f)

Cowal Police Half Marathon, Dunoon 1, G Tenney (Kilb) 69-55; 2, J Harrison (Milb) 70-03; 3, B McGuinness (GGH) 70-39; 4, J Harratty (C'dale) 71-08; 5, P McGregor (V1) (VP) 72-15; 6, H Young (Stra Pol) 72-40; V2, W Stoddart (GWH) 80-04; L1, H Stewart (C'dale) 88-23; L2, M Blacker (GGH) 90-26; L3, S Bauchop (LV1) (SVHC) 94-00; Teams: 1, Clydesdale H 2, GGH, 3 Strath Police.

Johnstone Rotary 10K RR - 1, G Tenney (Kilb) 32-25; 2, P O'Kane (HBT) 32-30; 3, J Brown (SV) 33-03; 4, A McMahon (Kilb) 33-53; 5, P McGregor (VP) V1 33-59; 6, T Anderson (Kilb) 34-15; L1, E Masson (Kilb) 39-36; L2, J Smith (GGH) LV1, 44-26; L3, A Fallon (Kilb) 44-31.

29

Landemar Festival 5 mile RR, Rutherglen - 1, C Thomson (Cam) 24-26; 2, E Stewart (Cam) 24-35; 3, S Wyllie (JD) (Cam) 25-13; 4, D Cameron (Shett) 25-18; 5, J Orr (Cam) 25-39; 6, A Mair (Cam) 25-52; 7, A Douglas (VP) 25-55; 8, J Kennedy (VP) 26-11; 9, H McEwan (Val) 26-14; 10, J Robertson (Cam) 26-27; V1, J Christie (Cam) 17th 27-19; V2, A McFarlane (Spring) 20th 27-46; V3, I Gordon (Cam) 21st 28-09; V4, P Bradley (Cam) 22nd 28-31; V5, A Hughes (Cam) 28th 29-46; L1, C A Barrie (GAC) 27th 29-31; L2, K Hancock (Giff) 41st 32-44; L3, S Jakeman (Val) 45th 35-16.



May

10

Dumyat HR, Stirling - 1, R Jones (Gla U) 33-21; 2, W Ramsbotham (Liv) 33-29; 3, J Wilkinson (Gala) 33-30; 4, K Cook (Unat) 34-30; V1, S Campbell (CR) 38-44; L1, H Dean (Forr) 42-33.

12

Polaroid Ben Lomond HR, Rowardennan (250 ran) - 1, D Rodgers (Loch) 65-40; 2, I Davidson (Carr) 66-16; 3, J Wilkinson (Gala) 67-30; 4, G Devine (Pud) 67-35; 5, I Ferguson (Bing) 67-40; 6, M Rigby (West) 68-12; 7, D Weir (PSH) 68-34; 8, W Grant (Pud) 68-47; 9, G Kirkbride (Pud) 69-04; 10, A Bennett (West) 69-10; 11, P Sheard (Pud) 69-25; 12, P Marshall (V1) (HELP) 69-30; 13, D Bell (HELP) 69-41; 14, A Schofield (Rock) 69-45; 15, A Curtis (Liv) 69-49; 16, G Barlett (Forr) 70-28; 17, A Dyth (C'dale) 70-57; 18, I Wallace (HBT) 71-14; 19, E Harwood (Merc) 71-27; 20, A Peace (Bing) 71-50; V2, T Ross (Fife) 38th 76-04; V3, R Nicoll (Fife) 45th 77-14; V4, K Burns (Cam) 55th 79-32; V5, I

Jackson (Liv) 57th 79-53; V6, C Todd (Harr) 63rd 80-42; L1, B Redfern (Cam) 22nd, 71-57 (rec); 2, T Calder (LV1) (ESP) 33rd 75-08; L3, J Robertson 74th 82-08; L4, J Salvana 85th (Liv) 83-41; L5, S Neidrum (Leeds Uni) 111th 87-39; L6, A Curtis (LV2) (Liv) 115th 88-21; Team: 1, Pudsey & Bramley 32pts.

19

Goatfell HR, Brodick, Arran - 1, A Bennett (West) 1-19-46; 2, J Hawksley (Kend) 1-20-31; 3, R Brown (Unat) 1-23-07; 4, D McGonigle (DHF) 1-24-18; 5, J Brand (Liv) 1-26-16; 6, J Taggart (Unat) 1-26-41; V1, P Bettney (Unat) 1-27-38; V2, R Poole (Gros) 1-28-00; L1, J Darby (Cam) 1-28-44; L2, R Pickvance (Clay) 1-35-45; L3, S Haines (ILK) 1-37-02; L4, H McPherson (West) 1-44-17; LV1, H Thompson (Arran) 1-59-05; Team: 1, Glossopdale AC. Brodick Castle Junior 4 mile Race: 1, D Frame (Brod) 38-22; 2, M McGonigle (Lam) 40-38; 3, T Gilmore (Brod) 42-37.

Strathyre Stuc A' Chroin HR, Strathyre, Perthshire - 1, D Weir (PSH) 2-13-26 (rec); 2, E Harwood (Mer) 2-20-37; 3, R Johnston (C'glen) 2-26-20; 4, J Blair-Fish (Cam) 2-28-00; 5, D Milligan (V1) (Sol) 2-29-21; 6, D Crowe (DHF) 2-30-31; 7, D Petrie (Kilb) 2-34-00; 8, P Baxter (West) 2-36-34; 9, G Pryne (Lom) 2-37-30; 10, W Johnston (C'glen) 2-41-17; V2, B Edridge (C'dale) 12th 2-42-58; V3, T Stapley (Cam) 2-47-14; L1, C Farrell (C'dale) 3-27-26; L2, S King (C'dale) 3-32-18; L3, P Black (PSH) 3-32-50.

26

Veterans Cairnpopple HR, Bathgate - 1, A Stirling (CR) 34-10 (rec); 2, G Angus (DHF) 36-30; 3, P Cowan (Shett) 36-58; 4, C Love (DHF) 37-30; 5, A Birse (DHF) 38-04; 6, I Saggie (Liv) 38-10; V60: H Mitchell (Shett) 41-43; LV1, T Knox (Liv) 43-53.

27

Tiso Campsie HR, Milton of Campsie 1, G Bartlett (Forr) 28-52; 2, A Bennett (West) 29-25; 3, P Marshall (V1) 29-37; 4, I Murphy (C'dale) 29-56; 5, A Brown (West) 32-41; 6, M McWilliams (Liv) 33-07; V45: P Cartwright (FVH) V55: T O'Reilly (Spring); L1, D Vaughan (Unat) 51-30.

BEITH Civic Open 4.6 Mile Road Race. Details from James

Don't hang back!
Send your event report to:
Scotland's Runner.
62, Kelvingrove Street,
Glasgow G3 7SA.
Do it now!

June

14

FORTH Valley League, D1, Livingston; D2, Pitreavie

16

DUNBAR Civic Week Doon HR.

GLEN Rosa Race, Arran.

SCOTLAND v Greece v Ireland v Portugal (women), Athens.

SSAA Championships, boys, Grangemouth; girls, Crownpoint

17

AFTON Water 10, New Cumnock. D - 0290-32811.

BO'NESS 10K Road Race, Bo'ness. D - 0506-827872. FALKIRK HG, Callender Park, Falkirk. Tel 0324-486711.

MID Argyll Half Marathon and Fun Run, Lochgilphead, 2pm start. Details - Mr F Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 10.30am, entry £4. D - Mr Barnett, 14, Andownie Rd, Arbroath. Tel: 0241-79934/ 0241-75966.

ST Andrews Ladies 5 Mile. 11am start, Kilmory School. D - Mitch McCreadie, 39, Boase Avenue, St Andrews KY16 8BX.

PRINCE and Princess of Wales Women's 10K and Open 5K. D - 73, Carlton Place, Glasgow G5

BEITH Civic Open 4.6 Mile Road Race. Details from James

Sharpen up for the Scottish Championships at the **SHIRE HARRIERS OPEN MEETING** (Organised by Aberdeen AAC) (Under SAAA & SWAAA Rules) **SUNDAY 22nd JULY** **CHRIS ANDERSON STADIUM, ABERDEEN** All age groups; all events sponsored; main sponsors **WHYTES COACH TOURS** Enquiries, Mr S. Peddie, Tel: (0224) 313498

EVENTS

Swindale, 29, Braehead, Beith, Ayrshire. Tel: Beith 4156.

PETERHEAD Half Marathon.

HFC Bank Scottish League D1 & 2, Coatbridge; D3 & 4, Crownpoint 19

ROEVIN 10K RR, Aberdeen.

20

CORT Ma Law Hill Race.

SRI Chinmoy 2 Mile RR, The Meadows, 7pm. Tel 031-3362349.

21

LASSWADE AC Women's 6K RR

23

SAAA Under 20 Champs, Meadowbank; SWAAA, Grangemouth. Tel: 031-317-7320.

SKYE Week 90 Half Marathon. Details - Nigel Wilson, Portree House, Portree, Isle of Skye.

24

BUCKIE Half Marathon, Buckie.

DUMFRIES Half Marathon. E forms from: Steve Mohan, 92, Lockerbie Rd, Dumfries DG1. FALKLAND Festival Hill Race.

LAIRIG Ghru HR.

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch. Details from 08822-322.

SCOTTISH and NW League D1, Ayr; D2, Wishaw; D3 & 4, Meadowbank; D5&6, E Kilbride.

KIRKCALDY District People's Half Marathon. SAE for application to Fife College of Technology, St Brycedale Ave,

MARYMASS 10K

Wednesday 22nd August 7.30 p.m.

Entry fee £2.00 (Entry on night)

* Quality mug to all finishers *

(organised by Irvine Cable A.C.)

Further information: **Finlay Dowell** (0294) 822053

Kirkcaldy KY1 1EX.

POLAROID People's 10K. D and forms from: Polaroid (UK) Ltd., Vale of Leven Ind Estate, Dumbarton. 0389-54141.

WOMEN'S Own 10K Run, Grangemouth. Tel 0324-486711.

27

ANNAN 6 Mile Road Race

DAVID Keswick Centre Open Graded Meeting. Details from 0387-69423. PITREAVIE OGM.

SRI Chinmoy 1 mile RR, 7pm, The Meadows. Tel 031336-2349.

PORTOBELLO Fun Run

30

CAIRNGORM Uphill Race

AAA/WAAA Junior Champs

July

1

CUPAR Highland Games - Details available from Jack Weir on 0334-53451.

CUMNOCK Half Marathon. Details available from 0290-21562.

ISLE of Mull Half Marathon.

SCOTLAND v Iceland v Ireland v Wales (m&w), Iceland.

SCOTTISH Young Athletes League West, Divs 1&2, Ayr.

STONEHAVEN Half Marathon. Details available from - 0569-62001.

FALKIRK Open Graded Meeting, Grangemouth. Tel 0324-486711.

Continues on P34

INTERNATIONAL ATHLETICS



I.A.C. INTERNATIONAL EDINBURGH '90

ORGANISED BY THE INTERNATIONAL ATHLETES' CLUB UNDER IAAF RULES

FRIDAY 6TH JULY, 6.30pm, MEADOWBANK STADIUM, EDINBURGH

FOR TICKETS RING: 031 661 1079/652 0927 (CREDIT CARD FACILITIES AVAILABLE) FURTHER INFORMATION FROM MEADOWBANK TELEPHONE: 031 661 3351



EVENTS

- 4
SRI Chinmoy 2 Mile Road Race,
The Meadows, 7pm, Tel 031-336-
2349.
- STAKIS Fun Run Series, Dulnain
Bridge Hall. D - 0479-811-431.
- NEWBURGH 5 Mile RR.
- 5
BRIMMOND Hill RR, Aberdeen.
- 6
IAC Meeting, Meadowbank.
Check press for details.
- BLACK Rock 5, 7pm, Kinghorn,
Fife. More details from Ian
Mitchell, 17, Templars Crescent,
Kinghorn, Fife.
- 7
UKWL, Div 1, Croydon.
BAL, Div 2, London.
- DORNOCH Festival Half
Marathon and 10K, Dornoch. D -
Mr S Grant, Craigellachie,
Dornoch, Sutherland.
- FORRES Highland Games.
- MAMORE HR, Kinlochleven.
- MOFFAT Weavers Chase, Moffat.
- SAAA Multi Events Champs,
Dam Park Ayr. Tel 031-317-7320.
- 8
SHISKINE Valley Half
Marathon. Details from
Cunningham District Council,
Dept of Leisure Services, 25,
Montgomerie Crescent, Saltcoats,
KA21 5BT. Tel 0294-602617.
- TEVIOTDALE Half Marathon,
Hawick. D - 0450-78698.
- STAKIS Fun Run Series, Laggan
Village Hall. D - 0479 -811431.
- BoS NE League, Inverness.

- GENERAL Portfolio Edinburgh
10K, Meadowbank.
- 10
EWM Road Race, Moffat.
- 11
ESH Open Graded Meeting,
Meadowbank.
- SRI Chinmoy 2 Mile Road Race,
7pm, The Meadows. Tel 031-336-
2349.
- 31
GATEHOUSE "Roon the Watter"
10K Run. Information from Gayle
MacNamara, Gatehouse-of-Fleet,
Tel: 05574-594.

TEVIOTDALE Design of Hawick
are again major sponsors of the
Teviotdale People's Half
Marathon on Sunday, July 8.
This will be the sixth year
Teviotdale Harriers have hosted
such an event, and for the second
successive year it will incorporate
the Scottish Borders AAA half
marathon championship.
As usual there will be a fun run
for youngsters and the less
energetic over 2.5 miles.
Entry forms for both events are
available from Brian Neilson, 2,
Elm Grove, Hawick, Tel: 0450-
78698. Entry fee for the half
marathon is £4, but £4.50 both on
the day and to non-athletic club
members.
Entry for the fun run costs £1.50
and will only be accepted on the
morning of the event.

**APOLOGIES TO READERS FOR THIS
CURTAILED EVENTS LISTING.
A FULL SERVICE WILL BE
RESUMED IN THE NEXT ISSUE.**

THE BRAEMAR GATHERING

will be held on
SATURDAY, 1st SEPTEMBER 1990
in
**The Princess Royal & Duke of Fife Memorial Park,
Braemar**
HEAVYWEIGHT, FIELD AND TRACK COMPETITIONS
(Including 80 metres British Championship)
SOLO PIPING AND HIGHLAND DANCING
MASSED BANDS DISPLAY
PRIZE MONEY OVER £7000
Ringside Seats £5 each
Standing Area - Adults £3, Children 50p
Secretary: W.A. Meston, Collieriech, Ballater. 03397 - 55377
Handicapper: A. Mitchell, 20 Keltiehill Road, Keltie. 0383 - 830245

Come to Kinghorn, Fife for Eighth Mill Lum 6 Race

(Under SAAA, SWAAA & RRA Rules)
Wednesday August 8th at 7.40 p.m.
For the not-so-fit and younger ones there is a
one and a half mile Fun Run at 7.00 p.m.
★ Enter on the day
and changing at
Kinghorn Church Hall
★ Scenic Farm Track Courses
used for both events
★ Many prizes and
fast display of results
★ Entry fee:
Mill Lum 6 £1.20

Further information (0592) 873178
SPONSORED BY THE ENVIRONMENTAL SERVICES DIVISION OF
SCOTIOL SERVICES LTD. TEL: 0224-573146

KINROSS ROAD RUNNERS LOCH LEVEN HALF MARATHON

Saturday 8th September 1990
Start 1.00 p.m.
FOR ENTRY FORMS SEND S.A.E TO:
Loch Leven Half Marathon,
c/o 5 George Drive,
Kinross KY13 5AE
Also available at Dundee Runner or C & G Sports,
Dunfermline
EXTENSIVE PRIZE LIST INCLUDING TEAM EVENT
SPONSORED BY A.M. GRAPHICS, GLENROTHES

IAN SKELLY LAW & DISTRICT A.A.C.
CARLUKE 10 MILE ROAD RACE
SPONSORED BY
Ian Skelly
SATURDAY 8th SEPTEMBER - 3 p.m.
Held under SAAA, SWAAA, and SWCCU & RRA Laws
10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER
10 MILE RACE ENTRY FEE: £2.50 ENTRY ON THE DAY £3.00
★ IDEAL PREPARATION RUN PRIOR TO LAND O'BURNS & GREAT
SCOTTISH RUN ★
★ ACCURATE MEASURED COURSE ★
★ PRIZES FOR OPEN/VETS & LADY CATEGORIES ★
★ MEDAL TO ALL FINISHERS ★
★ CHANGING & SHOWERING FACILITIES AVAILABLE ★
ENTRY FORMS AVAILABLE FROM: J. TERTVIT, 1 SILVERMUIR RD,
RAVENSTRUTHER, LANARK. TEL: 0555 - 870609 (PLEASE ENCLOSE S.A.E.)

HADDINGTON & EAST LOTHIAN
PACEMAKERS
in co-operation with
EAST LOTHIAN DISTRICT COUNCIL
DEPARTMENT OF LEISURE,
RECREATION & TOURISM
Present the

HADDINGTON HALF MARATHON

Sunday 12th August 1990
2 p.m.

Entries £3.00

Send S.A.E. for Entry forms to:
**Joe Forte Sports,
65 High Street,
Haddington
Tel: 062 - 082 4023**

All late entries additional £1.00
Closing Date one week prior to event

All events under SAAA, SWAAA & RRA

KINCARDINE & DEESIDE DISTRICT
COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 1st July

Main Sponsors: Kincardine &
Deeside District Council

- † Entries limited to 2000 runners
- † Entry fee £5.00
- † Medals to all finishers
- † Free swim in Scotland's only outdoor heated
swimming pool

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

Closing date 16-6-90

WEST LOTHIAN AND LIVINGSTON
SPORT AND RECREATION
ASSOCIATION

presents
the

LIVINGSTON HALF MARATHON 1990

and

MILK FUN-RUN

Assisted by
Bathgate Amateur Athletic Club

SUNDAY 26th AUGUST 1990
at 10 a.m.

Start/Finish at Howden Park, Livingston.

- * Commemorative Medals and Certificates to all
finishers
- * Trophies in all categories (incl. best fancy dress)
- * Extensive veterans prize list
- * Changing/parking facilities
- * Wheelchair entries welcome
- * Entry fee £4.50 (affiliates) £5.00 (non-affiliates)
(£6.00 after 12/8/90)

ENTRY FORM

SURNAME		SEX
		☐ M ☐ F
FIRST NAME		
POSTAL ADDRESS		
TOWN		
COUNTY	POST CODE ESSENTIAL	
DAYTIME TELEPHONE (STD CODE ESSENTIAL)	HOME TELEPHONE (STD CODE ESSENTIAL)	
DATE OF BIRTH	AGE ON DAY OF RACE	WHEELCHAIR ENTRANT (PLEASE TICK)
		☐
Day	Month	Year
FIRST CLAIM AFFILIATED CLUB		
BEST TIME	WHERE ACHIEVED	

Please enter me for the Livingston Half Marathon 1990, I am medically fit and understand
that I enter at my own risk, and that the organisers/sponsors shall not be held responsible
for any injury, loss or damage as a result of my participation in the said event. Entry fee
cheque/postal order to Livingston Half Marathon before 12/8/90. No acknowledgement
- check Bank statement for confirmation of entry.

Signed _____ Date _____

Completed entry to Race Secretary, 98 Kenilworth Rise, Dedridge,
Livingston, West Lothian.

Tel. No. (0506) 419700
Make it in Livingston



AYRSHIRE HARRIER CLUBS ASSOCIATION SUMMER FIXTURES

17/6/90	Afton Water "10"	New Cumnock	(029 081) 253
20/6/90	Beith 4 Mile Road Race	Beith	(05055) 4156
1/7/90	Cumnock Half Marathon and Fun Run	Cumnock	(0290) 21562
15/7/90	Ayrshire Track and Field Championships	Ayr	(0290) 50609
16/7/90	Round the Houses Race	Saltcoats	(0294) 211304
22/7/90	Irvine Harbour Festival	Irvine	(0294) 51011
	Half Marathon		
5/8/90	Round Arran Road Relay Race	Arran	(0294) 79272
22/8/90	Marymass 6 Mile Road Race	Irvine	(0294) 51011
26/8/90	Marymass Sand Run	Irvine	(0294) 51011
9/9/90	Round Cumbrae Road Race	Millport	(0294) 211304



MONKLANDS DISTRICT COUNCIL

NEW AND FAST ROUTE AND EXTENSIVE PRIZE LIST
OFFICIAL ENTRY FORM
SUNDAY, 5TH AUGUST 1990
STARTING TIMES SCHOOLS CHALLENGE 9.30AM
HALF MARATHON 10AM

This race is promoted under the permits from the SAAA and SWAA is subject of all times to the jurisdiction of both Associations.

CAPTAINS PLEASE
Please Indicate: Club Athlete ☐ Unattached ☐

PERSONAL DETAILS

Surname First Name and Initial

Address

Town or City Post Code County

Home Telephone No. Club or Team Name (if any)

Age on day of race Date of Birth

Previous Best Marathon or half marathon event performance

CATEGORY:

FEMALE under 35 ☐ 35-39 ☐ 40-44 ☐ 45-49 ☐ 50 Plus ☐

MALE under 40 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐

65-69 ☐ 70 Plus ☐ Member of Scottish Veteran Club ☐

Approved for future mailing list including results: yes/no ☐

A limited number of entries will be available on the day of the event. Please enter early to avoid disappointment.

Previous Running Experience (Name) Half Marathon ☐ Marathon ☐

Do you intend to run for a club? If so, which?

NOTE: Passing your running number to another person, without the organisers permission, because you are unable to compete will mean disqualification if discovered, with both being barred from running in any of our future events.

SCOTRAIL NATIONAL CHAMPIONSHIPS

1990

Organised under S.A.A.A. and S.W.A.A.A. rules

27-28 JULY 1990

CROWNPOINT SPORTS CENTRE, GLASGOW

Doors open 1700 Friday and 11.00 Saturday
Admission: Friday 50p. Saturday £1.00
Half price for O.A.P.s and children.
For information phone 041-554 8274.

SCOTTRAIL NATIONAL ATHLETIC ASSOCIATION SCOTTRAIL NATIONAL ATHLETIC ASSOCIATION



DARTFORD

ORCHARDS HALF MARATHON

(Sponsored by
ORCHARDS SHOPPING CENTRE, Dartford)
(Under AAA and WAAA Laws, TCC measured, BARR member)

**Sunday, 29th July, 1990
at 10.00 a.m.**

New, one lap challenging rural Dartford route with start and finish in Central Park, Dartford.

Minimum Prizes:
1st 15 Men, 1st 3 Vet 0/40, 2 Vet 0/45, 2 Vet 0/50, 1st 0/60
1st 6 Ladies, 1st Lady Vet 0/35, 0/40, 0/50
+ several senior and vets team prizes.

Entry form application and entries with s.a.e. (9x7) to:
ORCHARDS HALF MARATHON
Fairfield Pool, Lowfield Street, Dartford, Kent DA1 1JB
Universal Entry Form Accepted.

Race details and numbers will be sent from June 1990.
If early acknowledgement of entry is required please send a separate s.a.e.

Fees: £3.50 for AAA Club Members; £4.00 other entrants
Cheques payable to Dartford Borough Council.

Closing Date: 9th July, 1990 or when 1,500 limit reached.
Medals to all finishers.

**CUMNOCK
HALF MARATHON & FUN RUN**

SUNDAY 1st JULY 1990

Both events start 12.30 p.m.
Last registrations 12 Noon.

ENRTY FEE (Half Marathon) £4.00, Fun Run £2/£1.
OVER £1,000 IN PRIZE VOUCHERS
£200 1st PRIZE

The interesting and scenic course has been unchanged for the last 7 successful years.

New medals to all finishers. Field day entertainments at finish.

ENTRY FORMS FROM: R. LOWE,
7 FORBES AVE, CUMNOCK TEL: 0290 - 21562

Mizuno Running

THE GENERAL PORTFOLIO

ROAD RACE SERIES

THE ABERDEEN 10 MILE ROAD RACE
Selected as a SAAA Scottish Road Running Championship Series
Fully permitted by all Athletic Associations.

SUNDAY 12th AUGUST 1990 - 11 a.m.
Start/Finish: Aberdeen University Playing Fields
Balgownie

* Extensive Prizes
* Sponsorship in aid of Royal Scottish Society for Prevention of Cruelty to Children
* Many activities for all the family

ENTRY FORMS & DETAILS FROM:
RUNNING NORTH, 5 SOUTH MOUNT ST, ABERDEEN (0224) 636299

LEISURE & RECREATION DEPARTMENT

THE TWO INCHES '10K' RACE

PERTH & KINROSS DISTRICT COUNCIL

PERMITS ISSUED BY SAAA, SWCC & RRA

SUNDAY 19th AUGUST

STARTS AT 1.00pm

ENTER CAPTAINS PLEASE

TURNNAME

ADDRESS

TOWN/CITY

POST CODE

DATE OF BIRTH

SEX

EVENT (Please tick) ☐ FUN RUN ☐ 10K RACE

ENTRY FEES

FEES ENCLOSED

Attached £ 3.00 Unattached £ 3.50

ALL CHEQUES PAYABLE TO THE Department of Leisure & Recreation Perth & Kinross District Council

ANTICIPATED FINISHING TIME (HRS: MIN: SEC)

PREVIOUS BEST TIME (HRS: MIN: SEC)

NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER)

I waive any rights and claims against the organisers for any loss/injury as a result of participating in the event.

SIGNED DATE

IF UNDER 17 - Parental Signature

ALL ENTRANTS MUST ENCLOSE A 9"x6" SAE (35p stamp) WITH ENTRY FEE

ENTRANTS WITH A STAMPER ADDRESS POSTCARD IN ORDER TO ENCLOSE IT TO RECEIVE THE STAMP OF ACCEPTANCE ON ENCLOSED

WIGTOWN DISTRICT COUNCIL

STRANRAER PEOPLES HALF MARATHON

MEDALS, PENNANTS AND CERTIFICATES TO ALL FINISHERS

ENTRY FEE £4.00

90

**RACE STARTS 1.00pm
SUNDAY 9th SEPTEMBER 1990
AT
THE NEW STRANRAER ACADEMY
ATHLETICS FACILITY**

An opportunity to experience the beautiful Wigtownshire countryside.
Everyone welcome!

For further information contact:
**The Leisure Office,
Client Services Department,
Wigtown District Council,
Church Street,
Stranraer Scotland.**

Tel: 0776 2151 Ext 244

LEISURE & RECREATION DEPARTMENT



HALF MARATHON

Sunday SEPTEMBER 16th
at 10.30 a.m.

RACE ADVISER: Robert M. Dalgleish M.B.E.
SCOTLAND'S LARGEST ENTRY FOR 1987,
Fast course (Scottish record Sept 86) past
Alloway's Auld "Haunted Kirk" and Burns
Cottage — Ample car parking adjacent to
Start/Finish on Ayr Esplanade.

WINNERS 1989: HAMMY COX 1-04.57
JUNE ARMSTRONG 1-21.30

ELECTED IN 1988

1. Scotland's most popular road race
2. Scotland's best organised race
3. Scotland's most scenic route

Surname
Forename
Address
Telephone Number
Post Code
Male Female
Date of Birth
Previous best time (Hours, mins)
Estimated running time (Hours, mins)
Are you resident within Kyle and Carrick District? YES/NO

Club (if applicable)
KYLE AND CARRICK DISTRICT COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, **Women:** 18 to 34,
Veteran Females 35 & over.
Please enter me for the Ayr Land O'Burns Half Marathon. I am
medically fit to run and understand that I enter at my own risk,
and that the Organisers shall not be held responsible for any
injury, loss or damage as a result of my participation in the said
Event.

●Cheque or P.O. for £4.00 payable to "KYLE AND CARRICK
DISTRICT COUNCIL" ●Check your bank statement for
confirmation of entry ●Enclose SAE with entry for written
confirmation.

Please help: Check all enclosures before posting to: **RACE
DIRECTOR, PARKS AND RECREATION DEPT., 30
MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511**

Signed
Date



Entries Limited to
3,000 on a first come
first served basis.
ENTRY FEE £4

HELENSBURGH PEOPLES HALF MARATHON

(Under SAAA/SWAAA/SWCC & RRA Rules)
SUNDAY 22nd JULY STARTING AT 9.30 a.m.
FAST AND FLAT COURSE
SEAFRONT START AND FINISH
MEDAL & CERTIFICATE TO ALL FINISHERS
PRIZES AWARDED THROUGHOUT FIELD
ENTRY FEE £3.50 (£4.00 UNATTACHED)
RACE LIMIT 500 - ENTRIES CLOSE 18th JULY 1990
DON'T DELAY - APPLY TODAY

TO: SHEILA RAMSAY, 38F EAST ARGYLE ST, HELENSBURGH G84 7RR



SPONSORED BY
DOUGLAS BUCHANAN
INSURANCE



NAIRN HALF MARATHON

Saturday 18th August 1990

2.00 p.m. Start

Contact:

DANNY BOW,

16 GLEBE ROAD, NAIRN

Closing date, 13th August for entries.



EYEMOUTH CHAMBER OF TRADE

present the Sixth Annual

DRIFTWOOD EYEMOUTH HALF MARATHON

(Under S.B.A.A.A. and S.W.A.A.A. Rules)



Sunday 5th August 1990

Starting at Manderston, nr. Duns
at 11.30 a.m.

(by kind permission of Mr. & Mrs. A. Palmer)

Generous Prize List plus Medals
and Certificates to all runners.



ADVERTISING FEATURE

EASTENDERS MARK FIRST ANNIVERSARY OF WEST VENUE

MAY 27 saw the official opening of the infield at the year-old East Kilbride Stadium and to mark the occasion the staff at the track organised a charity football match against a team from Eastenders to kick-off the new season.

The stadium opened in 1989 with a very successful international athletics event - Scotland versus Northern Ireland and Ireland (select). Around 3,000 arrived on the day to commemorate the opening of the 8-lane all weather track and stadium.

The facility was jointly funded by the East Kilbride Development Corporation, East Kilbride District Council and the Football Trust. The total cost of the stadium is estimated to be around £700,000.

The campaign for the provision of a high quality athletics track and stadium in East Kilbride started around 18 years ago, but it wasn't until 1982 that the development corporation and district council ultimately agreed that the two bodies would jointly fund a major facility - a stadium incorporating an athletics track. Whittemoss Recreation Area was chosen as the site because of its central location, general accessibility, and the benefits which could be derived from the adjacent facilities, particularly the John Wright Sports Centre.

The track has eight lanes with full field event facilities, with the exception of the hammer which has its own

practice field at the Murray Recreation area - hammer competitions only will be staged at the East Kilbride Stadium. The inner area is a high quality sand and soil ameliorated pitch which is the only one of its kind in the area. The John Wright Sports Centre now has additional changing facilities to accommodate the new users of the track, as well as a new weight training and conditioning rooms.

East Kilbride Athletic Club and Calderglen Harriers are frequent users of the new track. On average, there are usually a hundred members of East Kilbride AC on a Monday and Thursday night. But as William Mowbray, track manager, was eager to point out, the clubs have not been granted exclusive use of the track - casual use by other groups and individuals is welcomed.

The district council and the track management are delighted that they are being considered as the venue for the 1991 SAAA's West District Championships. Events this season include North West League matches on June 24 and August 19, the Lanark Championships (men) and various schools and club matches. The track is used frequently by the surrounding schools, hosting numerous inter-district schools athletics competitions.

East Kilbride Stadium has all the standard international markings, with several very useful training distances marked out as extras - for

example 150m and 300m staggered starts. The full 110m distance is marked out on the home and back straights. This, plus the extra staggered starts, is intended to help prolong the life of the track surface by allowing users to train at different parts of the track.

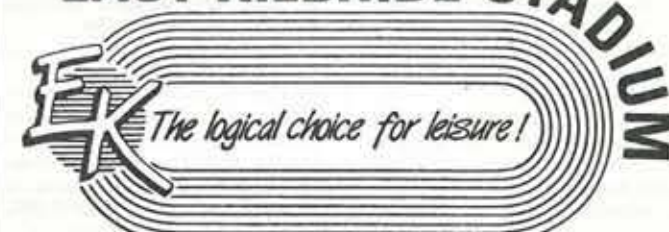
The staff at the track and sports centre have been very pleased at the interest shown

in the facilities in such a short space of time and are sure that it will continue.

The athletes and runners of East Kilbride might have had to wait 18 years for the track and stadium, but now that it has been built they are using it to its full potential!

Alex Gorman

EAST KILBRIDE STADIUM



OPENING HOURS & CHARGES

Monday - Friday 10 a.m. - 10 p.m.
Saturday & Sunday 10 a.m. - 9 p.m.

(The floodlighting will be put on as required for the opening times during April and September - March)

The track is now open for all your athletic requirements. For details and costs contact:

Track Manager,
Mr William Mowbray,
c/o The John Wright Sports Centre.
Tel: East Kilbride 37731

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.

A.C. MOIR Ayr SEAFORTH
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr, 7-10pm on Tues and Thurs, also 11am - 1pm, Sun. Four different leagues competed for. Sec Glen Harrower, 4 Blackburn Drive, Ayr. Tel: 0292-261956. Road race sec Bill Boyd, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

ANNAN & DISTRICT AC
All ages 9-90 and all standards catered for. Coaching in: track, field, cross country and road running. Training sessions: Tues, Wed, Sun. More info available from Sec David Hopper, 7, Argyll Terrace, Annan. Tel: 04612 4682.

ANSTER HADDIES RUNNING CLUB
Will welcome all runners in the East Neuk O' Fife to join in training Thurs 6.15pm at Bankie Park, Anstruther, and Sun 9am at same venue. For more info, contact Sec George Findlay Anst 311108.

ARBROATH FOOTERS
All shapes and sizes, young or old, welcome. Meets every Thurs 7.30pm, Sun 10.00am at Arbroath Sports Centre. All distances catered for. Sec 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. Sec - Mrs Frieda 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 on Ardrrossan 61970.

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tues (mixed) and Thurs (women) and fun runs on Sun mornings. Visitors to Arran 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 Tues and Thurs nights at 6.30pm and Sun afternoons at 12.30 in Balbardie Park of Peace. Everyone welcome so if you are interested in joining us, contact Carolyn McDonald, Cluancoil, Ballencrieff 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, Corkerhill Road, from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

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

BLAIRGOWRIE ROAD RUNNERS
Sec: Mark Tulley, Barnhill, Balbrogie, Coupar Angus. Tel: 0828 27601.

BRECHIN ROAD RUNNERS
New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wed at 6.30pm and Sun at 9.30am. For further info, contact club sec: Mr Alan Young, 11, Gellatly Place, Brechin. Tel: 0362-3807.

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meet every Tues and Thurs 7pm; Sat 2pm; Sun 11.30 am. Further info: 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, hill, jogging, coaching available in all aspects. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel: Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hargate, 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 Craiglonsmond 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 AND DISTRICT ATHLETIC CLUB
Meets every Mon and Wed at 7pm at Broomfield Sports Pavilion, Cumnock. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. Sec: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

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

DUNDEE HAWKILL 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, Dalmaahoy Drive, Dundee DD9 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tues and Thurs at 6.30pm and Sun at 10.30am at Lochee Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wed at 6.15pm for track and field coaching at Caird Park. For further info 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: Mon - David Keswick Centre; Tues - Maryfield, Georgetown or David Keswick Centre; Wed - Lockerbie Academy; Thurs - Lochbarbriggs School; Fri - Georgetown or Laurieknowe. For further details please contact Angela Coupland (Sec) on 0387-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 11 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 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 HFC 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: Elsie Morris, 5 Blantyre Terrace, Edinburgh. Tel: 031-447-4865.

ESPC ATHLETIC CLUB
Welcomes enquiries from prospective new members. All age groups catered for - male or female. Coaching by BAAB qualified coaches in most events. Training sessions at Meadowbank, Saughton or Duddingston. Contact sec: M. Reid. Tel: 031 334 6996.

FALKIRK VICTORIA HARRIERS
Friendly, expanding club, catering for athletes of all ages and abilities - jogging, road running, track and field and cross country. Training nights Tues and Thurs at Victoria Park, Falkirk, 7.30pm, and Grangemouth Stadium 7pm onwards. Men's sec Douglas Gillespie, Tel: 0324-33758, women's sec William Day, Tel: 0324-472061. Warm welcome extended.

FIFE AC
Covering Kirkcaldy area, NE Fife and beyond, catering for all ages and 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 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 Wed Sept-March at Market Muir, Forfar (under floodlights). April-Aug at Forfar Academy playing fields. Sec: Brian Hendry, Forfar 64124.

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 Colin Angus, 2, Learig, Forth, ML11 8EA.

GARSCUBE HARRIERS
Training every Tuesday and Thursday

evenings at Blairdardie Sports Centre, starting 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. 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 BAAB qualified. We meet on Mon nights at Scotstoun Showgrounds at 7.25pm, and on Wed evenings at Crownpoint Road, track from 7.15pm. Further details from: Leslie Roy, General Secretary, 72, Orchy Crescent, Bearsden, Tel: 942-9421.

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 Mon 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). All ages, standards, road, cross country, hill, track and easy keep fit runs. Come along or contact Sec David Jones, 7, Letham Mains, Haddington EH141. Tel: Haddington 2685.

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

HARLEQUINS AAC
A small informative club, aimed at men and women, young and old, fit and unfit. We are based in Central Scotland and cover track and field, cross country, road and fell. We are also involved in the SAL and GRE Cup. Anyone interested should contact: Stuart McKenzie, 39, Graham Avenue, Larbert. Tel: 0324-556840.

HARMONY ATHLETIC CLUB
Meets in south west Edinburgh every Mon and Wed. Caters for a wide range of abilities in track and field, cross country, road running and hill running throughout the year. For more info contact Ken Jack: 031-449-2910; or 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, Thurs 6.30pm to 9pm. For further info, contact A. McCrindle, 45 Stanmore Cres, Lanark ML11 7DF. Tel: 0555 2460.

JW KILMARNOCK HARRIER AND AC
All ages and abilities welcome at club nights, Tues and Thurs from 7pm at Scott Ellis Playingfield, New Mill Road. Scope for established athletes and beginners to compete in four national

leagues in track and field. Enthusiastic road running section welcomes serious runners, beginners and joggers. New coaches always wanted. No experience necessary. Enqs to Ian Aird, 0560-20738.

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 night 7pm Mon at Thorn Primary, and Wed at Johnstone High School. Come along or contact sec 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 - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch. Tel: 041-776-6013.

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

LINWOOD PENTASTAR AC
Training every Mon and Thurs nights in Linwood Sports Centre, Bredland Road. All ages and standards welcome. Contact Mr P. McAtter on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small, friendly club looking to become larger and friendlier. All age groups required, m&f, track, road and cross country, also anyone with coaching skills. Training four nights weekly, Pitreavie Stad, Mon and Wed. Details Sheena MacFarlane, Tel: 0383-739681.

LOMOND HILL RUNNERS AND AAC
Small, friendly club for hill races, roads, cross country etc. Training Tues 7-9pm, Sun 8pm at Glenwood HS, Glenrothes. Sec - Allan Graham, 12, School Road, Coalstown of Balgonie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tues and Thurs, 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 Tues and Thurs 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

METRO ABERDEEN RUNNING CLUB
Contact Charles Benzie (secretary), 39, Claremont Gardens, Aberdeen AB1. Tel: 0224-571351.

MILBURN HARRIERS
Train every Tues and Thurs in the Milburn Park, Alexandria 7 till 9pm. All standards welcome. For info contact: Geoff Lamb (sec), 7, Golfhill Drive, Bonhill, Dunbartonshire. Tel: AL 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities.

Friendly, enthusiastic club with regular social events. Meet at Elgin Community Centre, Trinity Road, Elgin on Wed. at 6.30pm and Sunday at 9am. Further details from: Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. For information contact: Clare McGarvey at 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: Jill Sales, 45 Bavelaw Crescent, Penicuik EH26 9AV (Tel: 0968 75462).

PERTH ROAD RUNNERS
Small informal club meeting Tues and Thurs at 7pm in the Perth Fitness Centre, Glover Street, Perth. Runners of all abilities welcomed. Sec: Stuart Tedcastle, 234 Oakbank Road, Perth.

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

PORTOBELLO RUNNING CLUB
Runners of all standards are invited to run with us on Wed evenings and Sun afternoons. For details of our sociable, seaside club contact: Ian Borrowman, 63, Montpelier Park (1F3), Bruntsfield, Edinburgh (Tel: 031 228 6108).

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

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. Details: John Donnelly on East Kilbride 42867.

SOLWAY STROLLERS
Small friendly club, train every Tuesday and Thursday 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. Details: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria G83 ORX. Tel: 0389-53931.

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

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

EAST KILBRIDE TRIATHLON CLUB
Sec - Neil Duncan, 223 Logan's Road, Motherwell, ML13 1PH. Tel: 0698 867660.

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

FLEET FEET TRIATHLON CLUB
Sec: John O'Donovan, Bowmont House, Arbuthnot 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. Regular training and social events. Further info from Katy Lessells, 40, Ormidale Terrace, Edinburgh. Tel: 031-337-1144.

PERTH ORIENTEERS
Tayside's premier orienteering club! We cater for beginners and internationalists alike. Sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS
All ages and abilities from complete novices upwards most welcome. Sec - Diana Turner, Shinnel Cottage, Tynron, Thornhill DG3 4JT.

ST ANDREWS ORIENTEERING CLUB
Promoting orienteering in Glasgow, Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and EKilbride districts. New members welcome. Contact: Terry O'Brien, Tel: 041-770-76180; 041-774-9718 (Ext PE dept(w)).

INDEPENDENT COACH
Based in Livingston, willing to assist athletes of all ages and abilities to realise their potential by personalised training sessions. I am fully insured and am a member of the British Institute of Sports Coaches. Contact Kenneth Redpath at 0506-871107.

CLASSIFIEDS

041-332 5738

SPORTS TIMING

Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive. Contact Sylvia Borgenson Marathon Co-ordinator
Tel: 0703-616600
Fax: 0703-629127



ATHLETIC SHOE RENOVATION

REPAIRS TO
ROAD RUNNING * ADISTAR TRACK
SPECIALIST IN
HAMMER * DISCUS * SHOT
LARGEST SELECTION OF RUNNING SOLES IN THE U.K.
ADIDAS SPECIALIST
SEND FOR BROCHURE AND PRICE LIST TO
A.S.R., 63 HIGH STREET,
CHEADLE, CHESHIRE OR TELEPHONE 061-428-0067

RACE ORGANISERS

Everything you need to organise a race.
Timing, numbers, medals, course markings, banners, bibs, tee-shirts etc.
Contact Maraquip
15 Davenport Road
Felpham
West Sussex
Tel: 0243 830412

MEDALS

DIRECT FROM THE MANUFACTURERS
From 39p including Ribbon
BADGES
TANKARDS
ROSETTES
i.s.m. engravers and trophies
1B BIRCHES BRIDGE
CODSALL
WOLVERHAMPTON
Tel: (09074) 6525

Open: Tuesday — Saturday

MAIL ORDER SPECIALISTS **win** **MAIL ORDER SPECIALISTS**

PROMOTIONAL & SPORTS CLOTHING FOR ATHLETIC CLUBS & EVENTS

FOR DETAILS CONTACT:

TEL 0282 412714 FAX 0282 415131
RUNNERPRINT/WINNER, HALSTEAD HOUSE, 6-8 ST. JAMES ROW, BURNLEY, LANCOS BB11 1DR

BOURNE SPORTS

SALE

Nike Ladies Running Shorts. Colour: Lilac. Sizes: S, M, L. Usual price £9.99. **ONLY £3.50.**

Nike Canyon Training Shoes. Only sizes 11 & 11½. Usual price £27.95. **ONLY £12.95 pair.**

Nike Cram Hooded Jackets. Sizes: XS, S, M. Usual price £24.99. **ONLY £12.**

NIKE Cram Sweatshirts. Sizes: S, M, L. Usual price £21.95. **ONLY £9.95.**

Nike Cram Sweatpants. Sizes: S & XL. Usual price £18.99. **ONLY £10.**

Adidas Stadium Running Vests. Colour: Royal/Green. Sizes: XS, S, M, L & XL. Usual price £9.95. **ONLY £6.**

Adidas Ladies Lycra Running Briefs. Colours: Jade, Green or Light Orange. Sizes: 22", 24", 26", 28", 30". Usual price £7.95. **ONLY £3.50.**

Nike Mens Running Vests. Colour: Red. Size: S only. Usual price £6.95. **ONLY £3.95.**

Saucony Sierra Training Shoes. Full size range. Ladies and mens models. Usual price £29.95. **ONLY £2.**

Bourne Sports, Church St.,
Stoke-on-Trent, ST4 1D.J.
Telephone: 0782 410411
Fax: 0782 411072
All orders £30 and over Post Free,
other orders plus £2 post &
packing. Send cheque/postal order
or telephone your order quoting
Access, Visa, Diners Card or
American Express.

Nike Childrens 'Edge Logo' T-Shirts. Sizes: Med Boys 26/28", Large Boys 30/32". Colours: Black, Red, Royal, Yellow, Grey. Usual price £7.95. **ONLY £3.95 or two for £7.**

Frank Shorter Triathlon Suit. Usual price £37.99. **ONLY £25.**

New Balance OV810 Sinterc Running Overall. Colours: Aqua. Sizes: S, M, L. Purple. Size: L only. Ultramarine. Sizes: M, L, XL. Turquoise. Sizes: M & L. Usual price £52.95. **ONLY £39.95.**

Helly Hansen Thermal Long Johns. Colours: Navy, Vanessa Blue, Turquoise, White and Red. Sizes: XS, S, M, L, XL and age 10/12 in Navy only. Usual price £13.95. **OFFER PRICE £11.95 OR TOP AND LONG JOHNS FOR £22.00.**

Viga Cascade Running Suits. Size: S only. Usual price £49.99. **ONLY £25.**

Adidas De-Castella Racing Shoes. Sizes: U.K. 5-5½. Usual price £31.99. **ONLY £20.** Sizes: 6-12 inc. sizes. Usual price £35.99. **ONLY £24.**

★ **Reebok Rapide Training Shoes.** Childrens sizes: 2, 4½, 5½. Usual price £19.99. **ONLY £9.00**
Adult Sizes: 6½, 11½, 12 & 12½. Usual Price £23.95. **Only £10.00**

★ STAR BARGAINS ★

- ★ **Nike Vendetta Racer/Trainer.** Sizes: U.S. 6, 6½, 7, 7½, 8, 8½. Usual price £34.95. **ONLY £19.00.**
- ★ **Reflective Waistcoats.** Be seen in high visibility safety garment. Supplied complete with reflective strip, to aid further identification from vehicle headlights, in dark or poor weather conditions. Usual price £4.25. **ONLY £2.95.**
- ★ **Asics Fill Trainer (Good Gripping Sole).** Ideal winter trainer. Sizes: U.K. 7, 8, 8½, 9, 9½, 10, 10½ & 11. Usual price £27.95. **ONLY £15.00.**
- ★ **Reebok Too Fast Childrens Training Shoe.** Only size U.K. 5. Usual price £19.99. **ONLY £10.00.**
- ★ **Sub 4 Navy Training Pants.** warm, good quality, ideal for winter training, zip pockets, tapered (trackster style). Navy with red stripe. Sizes: S, M, L & XL. Usual price £13.99. **ONLY £10.95.**
- ★ **Brooks National Cross Country Spikes.** Only sizes: U.S. 5, 8, 8½, 13. Usual price £29.99. **ONLY £18.**
- ★ **Nike Windrunner Training Shoes.** Only sizes: U.K. 6, 10, 11, 11½. Usual price £29.95. **ONLY £18.**
- ★ **Mileta 'Cyclone' Blizzard Rainsuit.** Colour: Orange/Red/Brown. Usual price £79.50. **ONLY £45.00.** Colours: Sky Blue/Silver, Pink/Silver, White/Pink, Red/Navy, Navy/Red. Usual price £88.50. **ONLY £55.00.** Sizes: S (34/36"), M (38/40"), L (42"), XL (44").
- ★ **Nike Cram Rival Track Spike.** Sizes: 7½, 8, 8½, 9½. Usual price £19.99. **ONLY £16.50.**
- ★ **Bourne Sports Lightweight Running Trousers** with reflective strip at heel. Colours: Black, Navy, Grey or Royal all with white piping. Sizes: S, M, L & XL. Usual price £10.95. **Offer price £8.95.**
- ★ **Viga Boys Track King II Shorts.** Colours: Purple, Royal, Red, White. Sizes: 22/24" and 26/28". Usual price £3.95. **ONLY £2.**
- ★ **Viga Unisex Grand Prix Shorts.** With inner brief. Colours: Green, Navy, Royal, Red. Sizes: 22/24" and 26/28". Usual price £5.25. **ONLY £2.95.**
- ★ **Adidas Collegiate Short Sleeved Sweatshirts.** Sizes: 5½", 5¾" and 5¾" Usual price £11.99. **ONLY £3 or 2 for £5.**

Adidas 04 Middle Distance Spikes. Sizes: U.K. 4, 4½, 5, 5½, 6, 7, 8, 8½, 9, 12, 12½, 13. Usual price £49.99. **ONLY £32.95.**

Adidas Adistar 05 Long Distance Spikes. Full size range. Usual price £49.99. **Offer price £30.00.**

New Balance T-Shirts. Usual price £11.95. **ONLY £8.95.**

Reebok Mens Running Shorts. Colours: various. Sizes: S, M, L, XL. Usual price £9.95. **ONLY £4.95.**

Reebok Mens Running Vests. Colours: various. Sizes: S, M, L, XL. Usual price £9.95. **ONLY £4.95.**

Adidas Stadium Cotton Running Shorts with brief. Sizes: 30", 32", 38". Colour: Royal/Green. Usual price £11.95. **ONLY £6.**

Viga Legs, lightweight running trousers. Colours: Black, Grey or Royal. Sizes: S, M, L, XL. Usual price £10.99. **ONLY £7.95.**

Reebok 'Wild Runner' Fall & X/C Running Shoe. Sizes: 5, 5½, 6, 6½, 10, 11, 12. Usual price £34.95. **ONLY £20.**

Viga 'Cyclone' Running Suits. Sizes: S, L. Usual price £83.50. **ONLY £48.00.**

Brooks Ladies Rainsuits. Colour: Pink/Silver. Sizes: S, XL. Usual price £29.99. **ONLY £19.95.**

Brooks Mens Rainsuits. Colour: Gold/Black. Size: S only. Usual price £29.99. **ONLY £19.95.**

Brooks Integra Training Shoes. Sizes: 6, 7. Usual price £34.99. **ONLY £12.99.**

Runners Rub Embrocation. Usual price £1.85. **ONLY £1.50.**



MALLARD VESTS & SHORTS -
A colourful range of co-ordinated vests and shorts. Featuring the new 'AIRFLOW' fabric designed by Ron Hill.

AIRFLOW - a new lightweight polyester fabric designed by Ron Hill. It gives a comfortable non-stick feel against the skin and has small diamond shaped bringle filament yarns to allow air to flow through tiny pores.

Sizes - S M L XL (MEN)
S M L (WOMEN)

Men's Colourways:
white/red/blue
purple/black/acidgreen
fluorescent green/fluo.yellow/fluo. pink

Women's Colourways:
purple/pink/grey
white/pink/lemon

NEW FREE SUBSCRIBER OFFER

- LIMITED PERIOD ONLY -

Start your 12 months subscription to Scotland's Runner now and you'll receive the benefits of the exciting new Mallard vests and shorts range from Ron Hill Sports. Yours totally free. R.R.P £21.98



Simply fill in the form opposite or telephone 041- 332 5738 for a subscription form. Send completed forms (£15.00 to cover the next 12 issues of Scotland's Runner) to ScotRun Publications, 62 Kelvingrove St, FREEPOST, Glasgow G3 7BR, and you will receive your Mallard vest and shorts. Please remember to state size and colourways wanted.

Please send me my Ron Hill vest & shorts and start my subscription to Scotland's Runner magazine.

Name _____

Address _____

Postcode _____

Name of your bank _____ Bank Sort Code (if known) _____

Bank A/C No. (if known) _____ Bank Address _____

Signed _____ Date _____

Standing order (UK residents only). Please pay to the order of ScotRun Publications Acc No. 00255246 at Royal Bank of Scotland, Downhill (83-21-37) the sum of £15.00 on the date shown and annually thereafter the same sum on the anniversary of that date being my subscription to Scotland's Runner magazine and debit my/our account accordingly until countermanded by me in writing.

Return to ScotRun Publications, 62 Kelvingrove St, FREEPOST, Glasgow G3 7BR. NO STAMP REQUIRED.

Size _____ Colourway _____

Please allow 28 days for delivery of vest and shorts.