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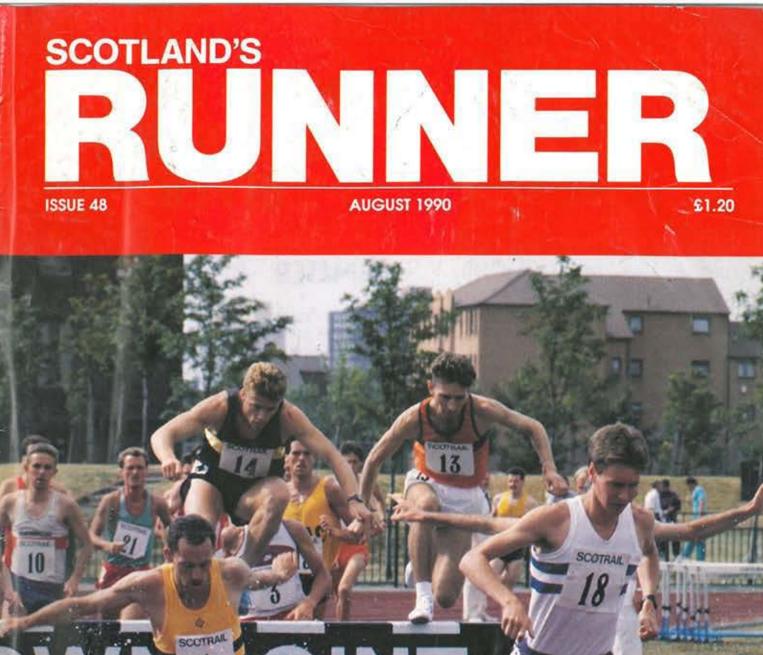
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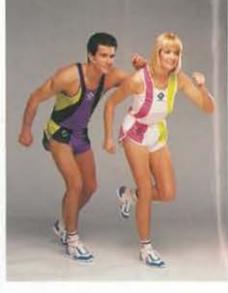
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SCOTLAND'S RUNNER

AUGUST 1990

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Associate Editor: Doug Gillon Reporter:

Robin Mathison

results: Colin Shields

Peter Devlin

Events

and

Columnists: Fiona Macaulay Henry Muchamore

Derek Parker Allan Wells Advertising Manager: Fiona Caldwell

> Circulation: Lynn Bell

Administrator: Denise Baptie

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WHAT'S in a name? Quite a lot, if you happen to be one of those athletics clubs accepting a major sponsorship.

For some people, such as Mr Iain Kerr of Newton Mearns (Letters, Issue 47), the break with tradition when a club such as Edinburgh Southern Harriers changes its name to Caledon Park Harriers is obviously hard to swallow.

My own eyes boggled a bit recently when I read a press release from the SAAA's, included in which was information about club name changes.

It appears that Minolta Black Isle AAC, which was already a bit of a mouthful, is to be known henceforth as N.O.T. Minolta Black Isle AAC whatever N.O.T. stands for.

This magazine has nothing against

commercialism, sponsorship, or other forms of advertising; far from it, we couldn't survive without it. But, is the situation not becoming a little silly?

At least with the ESH deal, a considerable amount of money was involved. But I do wonder whether some of the other clubs who have prefixed sponsors' titles to their names aren't selling themselves short. It is certainly true that for the amounts of money involved, the sponsors are in some cases getting a fantastic publicity return.

I know the two can't be compared, but in football the sponsorship tends to be restricted to the sponsor's name or logo adorning the strip. Even very small football clubs don't accommodate their sponsors by re-naming their teams.

However, I know how hard it is to persuade companies to back athletics clubs, and therefore wouldn't be so presumptious as to criticise those clubs which have changed names. What do readers think about the subject?

THANK you for an excellent response to the subscription offer in last month's issue. Because of the demand for the Ron. Hill vests and shorts we are delighted to keep the offer open for a further month.

Please bear with some rather thin issues over the next month or two; steps are actively being taken to improve the content of the magazine.

Alan Campbell



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up FRONT

ESPC lose Archibald, but go top of league after recount

ESPC AC, the Scottish League First Division champions, have lost another athlete to the professional ranks.

But at least they had one consolation last month - scrutiny of the results in the Panasonic First Division match at Crownpoint Stadium on June 17 resulted in a recount and they in fact won the meeting from Dundee Hawkill Harriers by two points, instead of losing by ten.

This means they now lead the division by one league point and 73 match points, and will be firm favourites to retain their title at the final meeting at Meadowbank next month.

The "defector" is former Scottish 1500m champion Ian Archibald, who finished second in 1500m to John McKay (Shettleston) in 3-54.7 at the league meeting at Crownpoint, and made his pro debut in the Border Games at Peebles less than a week later on June 22.

He follows British 200m international Willie Fraser, a former New Year professional sprint winner, who returned to the professional ranks last month as he feels he no longer has the time to train properly for the serious amateur side of the sport.

A 29 year old statistician with British Gas, Archibald won the Scottish title in 1980 and went on to represent Britain the same year: "I haven't had a personal best for seven years and I've done all I can at amateur ranks," said the Glasgow University physics graduate, who took a PhD at Durham and had a kidney removed in 1985.

"It's a shame I can't run in both types of event but the socalled professional meetings are great events and I'm looking forward to running for the sheet competition and not just having time trials." he said.

Archibald, who is a life member of East Kilbride AC, and who is renowned for his fast finish, believes he will have more tactical racing "on the other side" - provided he is handicapped on his actual form now, and not on his past record.

"I think it's more genuine league races and open graded meetings are too artificial - the actual competitiveness has gone," he claimed.

Archibald is advised by wellknown "ped" coach Dave Campbell and on June 13 ran his fastest time of the season, 3-52.84 in the 1500m at the Caledon Park open graded meeting at Meadowbank.

Big prize money for new event

A £250,000 stage race from Glasgow to London, covering 260 miles, is to take place between September 2-21. Over the 21 consecutive days

there will be stages of between seven and 16 miles, with the winner being the athlete with the fastest aggregate time at the finsih at Westminster. The Scottish stages are Glasgow to East Kilbride (11 miles), East Kilbride to Motherwell (10 miles), Lockerbie to Annan (11 miles), and Gretna to Carlisle (12 miles).

Scotland's John Graham is expected to take part in the lucrative event, which promises £30,000 to the runner with the best aggregate time, £20,000 to the second, £15,000 to the third, down to £1,000 for the tenth runner. In addition, there will be stage prizes ranging from £1,000 for first down to £100 for sixth.

There will also be a team race, with £20,000 to the winners, £15,000 to second, £12,000 to the third, down to £1500 for twelfth.

The event is being sponsored by Sun Life Assurance Company and is being covered throughout by British Satellite Broadcasting (BSB). Among the runners who have committed themselves are Dave Moorcroft, Mike McLeod, and the current world 10,000m champion, Paul Kipkoech.



SHRUGGING off the disappointment of non-selection for the Commonwealth Games, EWM's Dawn Kitchen has been in outstanding form in the early part of the season.

The Troon-based athlete knocked almost half a second from her personal best to win the individual 400m at the women's international match between Scotland, Portugal, Greece and Ireland at Athens on June 16-17.

Kitchen followed up her 53.25 on the Saturday by anchoring the 4x400m relay team to victory the next day in a time of 3-38.31. Also in the team, which came within a second of the national record, were Pat Divine, Sue Bevan, and Gillian McIntyre.

The other Scottish winners in Athens were Julie Vine (pb 58.50 in the 400m hurdles), and Karen Hutcheson (4-29.44, 1500m). In the long jump, Karen Hambrook cleared 6.03 metres in third place.

Fraser in new injury blow SCOTLAND'S leading high

SCOTLAND'S leading high hurdler Neil Fraser has been hit by injury again and is out for the rest of the season.

The 27 year old Inverness Harrier has suffered another hamstring pull, the injury which kept recurring last year and prevented him reproducing the sort of form which would have guaranteed his place in the Scottish team for the Commonwealth Games in New Zealand. He may now have to have an operation depending on specialist advice.

Fraser was desperately unlucky not to go to Auckland, missing the indoor qualifying mark set by Games selectors by a mere one hundredth of a second.

Fifth in the UK
Championships at Cardiff last
month, Fraser earned his first
outdoor vest for Britain and
seemed to be heading for his best
season - until this latest setback.

Rome medalists

GRAHAM Halliday and Steven Carrick, two mentally handicapped athletes from Glasgow, finished first and second in an international 3K category race held in Rome on April 21. Running in very hot conditions, both athletes completed the course in under ten minutes making it a rewarding trip for both and coach lan Mirfin.

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up FRONT

Hugh bags the Munros record - by 16 days!

FELL runner Hugh Symonds from Cumbria has knocked 16 days off the Scottish Munros (hills over 3,000 feet) record.

Hugh, 37, reached the summit of Ben Lomond on schedule on June 25, having covered 1,250 miles and climbed the 277 Munros in just 67 days!

The only setback on the adventure was the loss of a contact lens - blown out by the wind in the Fannich Mountains. This cost the maths teacher a day, but he made up the time later on.

Having completed the Scottish section, Hugh had well and truly broken the back of his great adventure, which is being undertaken on behalf of the charity Intermediate Technology, which helps Third World communities acquire the tools and techniques they need to work their way out of poverty.

From Scotland, Hugh headed

for the four Cumbrian peaks and the 15 Welsh mountains over 3,000 feet. He was due to finish his record-breaking journey at the top of Snowdon on July 11 (after we went to press).

During his time in Scotland, Hugh averaged 20 miles a day. He described his greatest challenge as the 11 peaks in Skye, although the longest day was the 13 hours it took to bag the three Torridon peaks, which he achieved in the company of the man whose Scottish record he took away, Martin Moran.

To fire him for each day's toil, Martin consumed 8,000 calories a day. His back up team included his wife Pauline, herself an experienced fell runner, who was looking after the couple's three young children as well as her husband in their camper van. Also giving backing were famed climbers Lord Hunt and Chris

Bonnington, as well as the legendary fell runner Jos Naylor.

The Scottish leg of the journey cost Hugh 10 pairs of socks and six pairs of running shoes, but at least replacements came free from sponsors Reebok.

Livingston incentive

A PRIZE of £10,000 will be won in the (admittedly unlikely) event of any runner beating the course record of 62 minutes at the Livingston Half Marathon on August 26.

The event, which also features a women's international between Scotland, England and Wales, starts at Howden Park, Livingston, at 10am, and is followed ten minutes later by a fun run from the same venue.

Mary runs her back back into condition

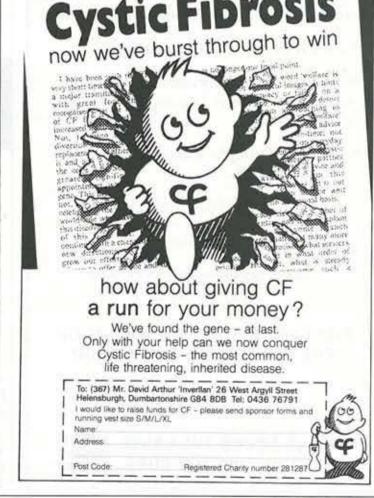
MARY Anderson (Espc AC), surely one of Scotland's most talented all-round athletes having won the national heptathlon, 400 metres and shot putt titles in the past, is slowly easing back into competition after a back injury.

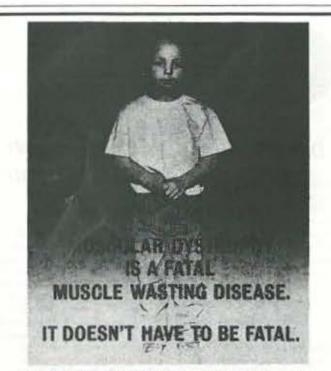
Mary has taken part in six Sri Chinmoy Summer series races at the Meadows, as well as the Longniddry 4 miles and the Portobello Promenade 4 miles and has won at least four. Her time at Portobello was 26-42, which placed her 34th overall

Men's winner was local Charlie Smith (Portobello RC), who had just turned 40 the previous Saturday and clocked 20-28 to beat Colin Scott (Espc AC) 21-41. First veteran was Les Kay (Portobello) in 22-10.



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32, Dykepark Crescent,

SIR - I feel I must respond to correspondence appearing in Scotland's Runner over the past year (it seems like the past year anyway) from J. Brown, I. Callander, W. Gentleman and others concerning the coaching methods of Mr Tommy Boyle in relation to the performances of his international athletes.

As coach to (among others) one of the north-east's many international athletes, I would stress the individual and group training given to any athlete is unique to each coach, athlete, coaching group and circumstance, and anyone without intimate knowledge of all of these is not qualified to comment.

On one occasion as a youth, my athlete undertook a double training session of uphill repetitions (with hurdles), followed by a fartlek-type track session, on the evening before competing in the jumps in the GRE

Cup.
I would not not have invited comment from anyone without their first being aware that the athlete was catching up on vital training for important competitions in the weeks ahead, and that his competing the next day was of no consequence as the team was, by tradition, knocked out of the cup at that stage.

The session, in fact, has had beneficial long-term effect as he now has the stamina to compete quite comfortably in 13 events at a league match.

On the point of integrating cross-country and indoor competition into the winter training programme, I am sure Mr Boyle, like any other competent coach, will have examined all the possibilities and used them for the good of his athletes where appropriate.

As to exposure to top competition in the formative years, a good coach will know what constitutes the best level of competition for the athlete's development. My athlete is fortunate in that I realise he can cope adequately with the "top" competition when called up to internationals abroad - fortunate because he cannot afford to compete abroad at any other time.

At the appropriate point in his career, however, I subjected him to the junior caber-tossing at Newtonmore Highland Games in preparation for what is now the fiercest competition of his season: Glenurguhart Games, where the "heavies" are fiercer than can be found anywhere else in the world.

This venue also provided me with the opportunity to develop his tactical sense (another topic of the correspondence) by entering him in the "Auld Scottish" (kilted) one-lap race and deliberately not telling him that, in this event, the gun is fired without so much as an, "On your marks" - far less a

The result was that he had to charge through a barricade of kilted "heavies" but failed to catch me as I won the race. Ever since, he has been a more determined competitor as he trusts no one: if you can't trust your coach, who can you trust!

I must, finally, mention two details of my coaching methods on which the athlete often remarks.

Firstly, when his technical performances (in training or competition) are obviously not quite up to his desired high standards (although they are invariably better than anything I myself am capable of), and he is expecting some constructive comment on how to improve, I simply say sternly: "It's not very good, you know."

His natural reaction is: "Hell, it must be bad if it's not good by his standards," and this motivates him to spend hours studying books and videos until substantial improvement is effected.

His favourite, however, is the technical advice I give him when he asks precisely why a certain aspect of his event is not as good as it might be: "Well, we just don't know."

This phrase, said in Patrick Moore-style, conveys a suggestion that the answer is in the stars, that there is no logical method of im-

PSH did their best to fulfill GRE Gold Cup fixture

Goukton Farm, Kinfauns,

SIR - As team manager for Perth Strathtay Harriers, one of the teams who did "not bother" to compete at the GRE Gold Cup meeting at Pitreavie (Letters, July issue) I would like to say that I worked hard to get our team there on the day.

For us, Saturday is awkward, as I am sure it is for other teams, but the week before I had a small, strong, band of athletes ready to compete. However, injury, illness, and changes of work shifts depleted the already small band of athletes, and although team managers are meant to work miracles, this was outwith my powers.

Might I add on behalf of the whole club that we convened the meeting with a full compliment of officials.

When Perth Strathtay enter competitions we mean to be there and I did not like having to withdraw, but please would your letter writer not give the impression that our club did not bother to turn up.

> Janet Smith, Men's team manager, Perth Strathtay Harriers.

provement, and invariably fires him into an absolute determination to prove me wrong and to rescue himself from this seemingly desperate situation.

My point is, therefore, that Mr Brown and others would have a field day if they were to discover similar details about Mr Boyle's methods without having explained to them, as I have done, the perfectly logical reasonings and effects

If, however, they wish to comment in public, they should spend at least two years in the squad, observing at first hand the coach and athletes in action, and ideally to do all the training themselves in order to comprehend fully its effects.

J. Orange,

(I. Brown started it, and now I. Orange has entered the fray. Before Jimmy Blue, Jack Black and the Green Party reach for their pens, and in order to preserve what's left of the sanity of all concerned, this correspondence is now closed - Ed.)

Neigh to rosettes

3, Colinton Mains Green,

SIR - I read with interest and horror the possibility that some races in the future may award rosettes instead of medals to finishers

I, for one, and many others I'm sure, will opt for the races which offer medals. Although the medal is not necessarily the reason for running, taking part being as important as anything, I do not wish to receive a rosette as if I was

Could one see Seb Coe accepting a gold rosette on the Olympic Games podium? If there is an alternative race on the same day, that's where I'll be going!

Kenneth J. Clark

P.S. I have run in many races all over the country. May I take this opportunity of thanking all those who organise and help out without them I would not have any medals at all.

ELETTERS

Thanks for a good time in Stornoway

99, Paisley Road, Renfrew.

SIR - My brother John and I have just completed the Hebridean Half Marathon Challenge and would like to say how much we enjoyed the travel and friends, especially at Stornoway. The atmosphere and entertainment were excellent, we were picked up from and to ferry by minibus, accommodation £4.50 per night, Pasta Party (disco), good course, video of race, runners' party afterwards, a barbecue, taken to the island's sights.

I'd like to thank Stornoway Running Club and all race organisers. Transport to and from ferry terminal at Lochmaddy to Benbecula, registration, campsite, B&B etc.

Skye speaks for itself, easy access plenty of entertainment, B&B's, campsite near town. Well thanks again, and I recommend this runners' holiday to anybody. See you next year Stornoway R.C.

Andy McMahon, Kilbarchan AAC.

Striders have got their act together

23 White Cart Tower, St Leonards, East Kilbride.

SIR - Last year I wrote a letter into your magazine praising the virtues of the short races - in last year's case the Motorola 4.2 miles.

In the last couple of months I have run a 4 mile race and a 2.8 mile race, both organised by Strathaven Striders. Having finished second in both, I'm even more in favour of short runs.

The main thing I wish to say is that I feel that Strathaven Striders have really got their act together over short races. I would like to participate in their races, but as Strathaven Striders don't seem to advertise widely I would be very obliged if one of the club could contact me to inform me whether or not they have any future races planned.

Imust thank the club, especially Dorothy Lucas, as she and the other organisers made me feel a part of their club and not as a stranger running in an alien club's territory.

If, after the run in Strathaven, they had asked me to leave my club and join theirs I would have gladly done it. However, having made discreet enquiries I realise that this would cause certain problems. Still, who knows what they future holds.

Once again may I wish Strathaven Striders every success in the future and say that I hope to see them around the circuit if the club fail to get in touch with me at the above address.

John Stevenson

East Neuk on the up and up

 Pickford Crescent, Cellardyke, Anstruther.

SIR - The running boom may be on the decline, and race organisers are now forced to allow people to register up to the race starting time, but in Anstruther, however, the organising committee, under race organiser Dave Maiden, are to be congratulated in reaching their target of 300 runners for the first time in their history.

This is due to a lot of hard work, not only on the day of the race, but in previous years where the committee have attempted to encourage people to return to the East Neuk o' Fife.

On the day of the race we were indebted to Giffnock Runners and Arbroath Footers who entered a large team for the team events. Giffnock were the winners of the three-cornered event including Arbroath and the local Anster Haddies, who were using the event to launch a new running club in Anstruther.

The Footers were also successful in winning the first race against the Haddies - which we hope will continue for years to come.

Jim Harris, Anster Haddies.

Writing in a similar vein

Heron's Nest, Lauriston Place, Edinburgh.

SIR - I read with interest the letter from Alex Cunningham in your June issue, and would wish him and his colleagues well on their charity run. It should provide good training, so no doubt we can expect some good times from Alex this year.

I agree with Alex that a sports injury column would be of interest -preferably on how to avoid injury rather than just a list of treatments, which I suspect most serious runners would know anyway.

Alex may be right in wondering whether hill running has mad his varicose veins play up. I had similar problems a year or so back following an unexpected latenight jog over the Lammermuirs.

After a call on some friends one evening, I had to nip off the bus home for a "wettie"! Unfortunately, the driver left without me! Like a true runner I treated this as a training opportunity - though I must confess I'd have waited if I'd known it wasn't the last bus!

As I said, my varicose veins subsequently swelled up, and I'm off the road at present following surgery. If Alex's legs don't need such a drastic cure one of my friends who's into alternative medicine suggests eating a couple of bananas before a run. It's not as daft as it sounds. Apart from their energy value, bananas are high in potassium. This makes blood less likely to clot, apparently, so helping avoid the problem.

I've not tried it myself and my friend hasn't got varicose veins, so no guarantees of a miracle cure. If anyone has tried it I'd be interested to know how they got

G. Heriot

(No offence, but could Messrs Cunningham and Heriot correspond with each other rather than subject the rest of us to their bizarre running habits, injuries and cures - Ed!)

WELL DONE!

44, Fortingall Place, Kelvindale, Glasgow.

SIR - I would like to thank the organisers of the Stuc A Chroin Hill Race for a well-organised, enjoyable event.

Many smiling, friendly marshals helped us on our weary way over 13 miles and 5,000 feet of ascent. Their encouraging words and offers of drinks were most welcome.

The weather was great and the prizes at the end finished off a perfect day.

Thanks to all who made it so enjoyable.

Shelagh A. King

Coaches slagging off other coaches

18, Seafield Avenue, Leith, Edinburgh.

SIR - I purchased a copy of the July issue of Scotland's Runner hoping that it would induce me to once more renew my subscription. I regret to say that it does not. It seems to be a magazine devoted to coaches writing in very derogative terms about other coaches and in such a manner as to be only of interest to coaches. I am sure that the vast majority of your readers are finding these letters tedious.

Of more interest, I as a retailer understand your policy regarding revenue from advertising and the events list. Could you not compromise and make a small charge, say £10 or £20, for each entry in the list and if an event organiser wishes to take a quarter page advert then they could go as a present free into the event list.

This way I am sure you will satisfy runners and still maintain or hopefully increase your revenue.

Roger Phillips

Scotland's Runner August 1990

WELLS

WHAT is happening in the world of athletics when somebody wants so badly to run for their country that they apply to be reinstated and then, having achieved their ambition, decide to turn their back on the whole thing and run professionally again?

It certainly appears to be a bit strange. If we compare the two systems then they certainly are very different as far as the sprinters are concerned.

In the "open" system there are clearly-defined goals. The first one is to run for your country, then for Great Britain, and finally into major championships.

If the athlete is good enough then the rewards are high - he or she can travel all round the world, earn a lot of money from the sport, and if major championship medals are won there is a lot of publicity and the chance to become a well-known public figure.

The only snag is that you have to be among the elite in the world to achieve this status and very few athletes ever do. Although the base of the pyramid is broad, the peak is very narrow. In major competitions you have to be asked to compete and sometimes this selection process leaves a lot to be desired. But at the end of the day everyone starts together, tries their best, and the fastest man always wins.

In the professional system, there is one major championship in Scotland and one in Australia. Both happen every year as opposed to every four years in the "open" system, which gives everyone more chances to win a "major", and there is also the Games circuit in which to impress or try not to impress the handicapper.

There is no team spirit, no team effort required, as the athletes do not belong to clubs. But they do belong to "schools", and if it is not your turn to win the race then you must not win it. It may be that you are trying to hide your form from the handicapper in the hope that he gives you a bigger start in the next race. Or in the final trial it was decided that someone had a better chance "off his



mark" than you did and so the betting money has gone on him.

The main difference in professional sprinting is that in order to have a chance of winning you must always run to your personal best as that is partly what the handicapper judges your mark on, and the fastest man normally does not win. Because everyone can "get a start" then everyone has the right to race.

You do not have to be selected; you enter the race and then are given a handicap mark. This can be as much as 20 metres in front of the person at the back, depending on the ability of the runners. At all times, everyone is trying to get their mark lifted to a better one in order to have a greater chance of winning.

So why choose the second option as opposed to the first? Perhaps it is the excitement of trying to fool the handicapper into thinking that you are not as good a runner as you are? Or the enjoyment of running with a handicap system where you have targets to aim at all the way up the track instead of winning or being beaten in the first 30 yards?

One thing is for certain: professional racing is certainly exciting to watch as normally the races are won or lost in the

last five metres. There are old men and young boys all competing in the same races, all enjoying their athletics and being allowed to compete freely wherever and whenever they chose to do so.

In defence of the "open" system which I competed in, I enjoyed the man against man competition, but in saying that I also knew a lot of athletes who could not handle the added pressure of sitting down on their marks level with seven other people. There is definitely less pressure on the athlete in the handicap system, and there is always the excuse that you had been handicapped out of the race.

There can be no excuses in the "open" system, as everyone has an equal chance of winning and it can show up any weakness in the athlete's character. I was also fortunate to be one of the one's who "made it" into the top flight of the world sprinting and reaped the rewards. It can be pretty soul destroying turning week after week with no hope of winning the race. I know because I have been there as well!

At the end of the day there are horses for course, but it is interesting to note that before the professional sprinters were given the chance to compete in the "open" system, people said that given the chance then the "pros" would win major championship medals and could compete alongside the best of the then "amateurs".

It is very easy to say these thing when you know that you do not have to prove it, and now what is happening is that having tried the "open" system people are returning to the one they started with.

Perhaps it is a case of the other man's grass is always greener. Perhaps these people thought that they could win a lot of money in the "open" system, and having found that this is not the case - unless you are among the clite - they then have returned to a system where it is possible to win some money and the hardest person to beat is the handicapper.

COACHING

NOT surprisingly, sprinters frequently claim they are regarded as the poor relations of running. Coaching articles in athletics magazines tend to feature middle and long distance runners and their training and racing programmes. Sprints coaching and competition seems to attract little publicity.

The main reason for this is obviously because many more athletes are involved with distance running rather than in sprinting. Mass marathons, half marathons, 10K road races, and local fun runs entice thousands of participants of all ages and backgrounds. Sprint races, because they can accommodate only a few competitors per race and because they are very often held directly in front of hundreds of spectators, have until fairly recently been the domain of younger contestants. Sprints were invariably more competitive than distance events. They were characterised by a passion and intensity which contrasted noticeably with the more relaxed, carefree atmosphere of races such as the Glasgow Marathon or community fun run.

But now more people are taking up sprinting. The influence of veteran athletics, along with the success of Scottish and other British 100 and 200 metres athletes, has helped to popularise sprinting. These events are no longer the prerogative of the younger man or woman. The lure of competition in the veteran ranks, along with the prospect of participating in Scottish and UK indoor and outdoor track championships, has encouraged athletes to carry on sprinting long past an age when in previous years they would have retired or moved up to longer events. This can only benefit the sport and attract more people into athletics.

What is sprinting? That is the question often asked at coaching courses. The correct answer is that sprinting is firstly neuro-muscular and secondly anaerobic. The first part of the answer means that sprinting involves the nervous and muscular systems inter-acting harmoniously to enable the athlete to move at, or close to, maxim um speed. Basically, your brain sends messages out via the nervous system to the muscles commanding them to contract and relax at, or close to, maximum effort in order to produce speed. Although much of this ability is hereditary or genetically-acquired,

By Derek Parker

a successful training programme can develop the coordination between the brain and muscles by establishing neuromuscular pathways which can help all athletes to improve whatever speed they have got.

The second part of the answer to the above question means that sprint events are run under conditions of oxygen debt. Basically, this involves the release of energy from glycogen (stored glucose) in the muscles without the process being fuelled by inspired oxygen, i.e. oxygen breathed in from the atmosphere and diffused via the lung sacs into the arteries for circulation to the working muscles in order to produce bio-mechanical movement.

Anaerobic is a physiological term used to describe a state of being without oxygen. It can be better understood when one realises that a 100 metres race is over so quickly that most athletes are able to breathe on only one or two occasions before the finishing line is reached. So obviously the race will be over before the breathed-in oxygen has been transmitted via the blood circulation to the working muscles.

The shorter the distance run, the less oxygen will the athlete be able to take in during these brief seconds of maximum, or near to maximum, effort.

For example, it is estimated that although 10 litres of oxygen are required for a 100 metres sprint, only half-a-litre or less can be breathed in during the 10 or 11 seconds needed to complete the distance. Translated into physiological terms, it can then be said that a 100 metres sprint is virtually 100 per cent anaerobic in content, i.e. the effort is performed in the absence of oxygen.

As the distance and time of running increases, however, the athlete is able to breathe more frequently and take in a certain amount of oxygen and circulate it around the body to the working muscles before the finishing line is reached.

Nevertheless, events such as the 200 metres and 400 metres are still primarily anaerobic in content. For example, of the 16 litres of oxygen required to run a good

200 metres, only one litre can be inspired and circulated around the body.

Therefore, the 200 metres is said to be approximately 95 per cent anaerobic and five per cent aerobic. The 400 metres, with an oxygen requirement of 20 litres and an oxygen intake of three litres, is roughly 83 per cent anaerobic and 17 per cent aerobic. It should also be mentioned at this point that the maximal oxygen debt which a trained athlete can tolerate is around 17 litres. This formula extends right up to the marathon where the 650 litres of oxygen intake along with a maximal oxygen debt tolerance of 17 litres makes the event roughly two per cent anaerobic and 98 per cent aerobic.

It is not my intention to try to baffle anyone with science. However, I am a firm believer in the concept of explaining physiological terms and responses incurred during training so that athletes know WHY they are performing each session. The role of the true teacher is to lead the pupil to the place of interpretation where he or she acquires wisdom and knowledge and becomes his or her own teacher.

The immediate source of chemical energy to be transformed into mechanical energy is adenosine triphosphate (ATP), a compound stored in the phosphate bonds which hold together atoms in the human body as molecules. But, because ATP can provide energy for a very short period (approximately 0.5 second), it must be resynthesised by another high energy compound known as creatine phosphate. This process yields energy for intense muscular activity as in sprinting for an additional five seconds approximately. Both these processes (i.e. ATP and ATP + CP) are anaerobic in that they are performed in the absence of oxygen. But what is interesting is that they are also alactic which means they take place so quickly that they do not involve any significant accumulation of lactic acid in the working muscles. So the ATP and ATP + CP energy systems are described in physiological terms as being primarily anaerobic and alactic.

For sprint-related activity involving intense effort for around 40 or 45 seconds (e.g. 350 to 400 metres approximately), another energy system known as the anaerobic and lactic comes into action. This



involves the breakdown of muscle glycogen (i.e. stored carbohydrate and glucose from food) and its conversion into lactic acid.

Physiologically, the lactic acid system for providing energy is extremely demanding and it can only last for around 40 to 45 seconds before the athlete becomes so tired that he grinds to a complete standstill.

In physiological parlance, the athlete is in a condition of anaerobiosis, i.e. existing in a state where the working muscles are without oxygen. More popularly, heor she is said to be "treading water". It must be borne in mind, however, that events such as the 100, 200, and 400 metres utilise both the anaerobic lactic and the anaerobic alactic systems. All that differs in each event is the relative proportion of one system to the other.

While acknowledging that sprinting is primarily anaerobic in physiological requirements, it should not be forgotten that aerobic (i.e. activity with oxygen demands being met by oxygen intake) running fulfils a role - albeit a relatively minor one in preparation for the short distance events. This refers especially to the 400 metres, where aerobic energy processes make a 17 per cent contribution to the effort.

In addition, a sound aerobic background is essential, especially during the winter months, to provide a sound cardio-vascular-respiratory (i.e. heart-lung fitness) base to enable the athlete to cope with the demands of a long competitive season - and also with the taxing physiological and psychological requirements of quality heats, semi-finals, and finals within just a short time of one another.

One final word on physiology is apposite. Sprinting utilises the white, fasttwitch muscle fibres which function efficiently in the absence of oxygen. In contrast, middle distance running uses the red, slow-twitch muscle fibres which function well in the presence of oxygen.

The preceding paragraphs are a brief outline of the physiological principles involved in sprinting. The facts are in themselves merely academic. Their relevance and importance rests in their application to training schedules and competitive performance.

Having established, for example, that sprinting is a neuro-muscular activity involving the rapid recruitment and innervation of white, fast-twitch muscle fibres, the perceptive coach and athlete can devise tasks which develop and sharpen these processes. These tasks can include sprint drills such as running for 30 to 60 metres with a bouncing, springy high kneelift action; flicking the heels quickly up towards the gluteals, i.e. buttocks, on the completion of every third stride; and working on a fast, short-lever arm action while keeping the hands, neck, and shoulders fully relaxed.

These drills lay down the neuromuscular pathways between the mind and the muscles which facilitate the efficient reproduction of a sound, economic, and energy-conserving technique once the sprint race gets under way.

Other activities which are particularly relevant to the physiological principles of sprinting include hopping, bounding, and depth jumping (under careful supervision) to improve the elastic strength (i.e., a combination of strength x speed sometimes referred to as power) which is such a vital aspect of sprinting.

Elastic strength or power can also be developed by weight training where the athlete lifts fast and explosively in series of three to four sets of six to eight repetitions, using exercises such as bench presses, arm curls, trunk curls, vertical rowing, calf raises, leg presses, quadriceps curls, and hamstrung curls. Weight-training should only be done, however, under the guidance of an experienced coach and should not

normally begin before the age of 16 for boys and 14 for girls as the spinal column is not properly developed until then.

Uphill sprinting, using sessions such as 3 x 4 x 50 metres with a walk-back recovery between repetitions and five minutes between sets is also an excellent method of improving elastic strength as well as leg and arm drive.

It should be emphasised, however, that weight-training, uphill running, harness running, and hopping and bounding exercises (known as pliometrics) ought to be confined to the winter months and well away from main competitive periods. Otherwise a slowing-down effect will be created and the athlete could also be vulnerable to injury if he or she attempts to graft technique and quality speed sessions onto muscles tired, exhausted, and weakened by heavy strength work.

One form of hill running recommended during the summer competitive phase is sprinting down a slightly-inclined slope, preferably on a level grass surface. This creates an artificial speeding-up of the arms and legs which is carried over into sprinting on a normal flat surface and can improve speed by up to 0.3 seconds.

Sessions such as 6 x 50 metres down hill from a rolling start can produce a marked improvement in leg and arm speed.

In future articles, I shall discuss winter training for sprinters in greater detail. But at this point of the year, with several top-class track races still ahead, it is important to remember that the main training emphasis will be on speed, skill, technique, mobility, and the maintenance of the endurance base developed so assiduously during the winter months and onto which the summer speed element is so careful constructed.

Therefore, bearing in mind that the adenosine-triphosphate and creatine-phosphate energy systems which provide fuel for around five seconds of intense activity are of vital importance to the 100

COACHING

· CLINIC

metres sprinter, sessions such as 3 x 4 x 30 metres can be included in a training programme. These can be done from a crouch or flying start, and recoveries between repetitions should be an easy walk-back recovery to allow time for the resynthesis of adenosine-triphosphate and creatine-phosphate to provide energy for the next repetition.

One very useful training exercise is for the coach to time the athlete over each of 3 x 30 metres efforts from a crouch start. The athlete is then timed for 3 x 30 metres from a flying start and the objective is to get the average of both sets of times as close together. This type of work-out was used extensively by Soviet sprinter Valery Borzov, who won the 100 and 200 metres titles at the 1972 Olympic Games.

Another variation is for the athlete to sprint as far as possible in five seconds and attempt to cover as much ground as possible in that time from three crouch and three flying starts. Handicap races with winners' and losers' finals are also excellent methods of developing the ATP/CP energy systems and they provide good competition specific practice, too, as well as lots of fun.

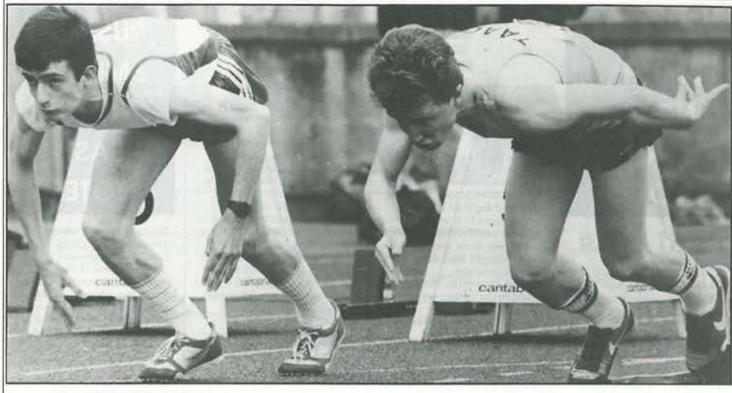
Another good exercise for sprinters is to jog for 30 metres then stride fast for 30 metres then sprint full-out for 30 metres. Six series of these, followed by 6 x 30 metres full-effort, followed by 30 metres ease-down, then 30 metres full-effort, teach the athlete to maintain good form and technique under conditions of accumulating fatigue.

As the race distance progresses to 200 and 400 metres, the lactic acid energy system becomes more important. So, training sessions must take into account this physiological factor. The 200 metres specialists will include lots of work over distances such as 150 metres, while efforts over 300 metres will constitute a large part of the 400 metres athlete's programme. These can either be done in the form of 5 x

150 metres full effort with five to ten minutes recovery and 3 x 300 metres with 15 to 25 minutes recovery, or varied in the following fashion: 50 metres fast +50 metres ease + 50 metres fast (for 200 metres runners). There are lots of other variations, e.g. 60 metres fast + 30 metres ease + 60 metres fast; 30 metres build-up +30 metres fast + 30 metres ease + 60 metres fast: 200 metres fast + 50 metres ease + 50 metres fast; and 100 metres fast + 50 metres ease + 150 metres fast.

A useful session for 400 metres runners is 2 x 2 X 200 metres at 400 metres effort with 20 to 30 seconds recovery between repetitions and 15 to 30 minutes recovery between sets. An athlete aiming for 400 metres in 50 seconds would run the first 200 metres of each set in around 24 seconds and the second 200 metres in around 26 seconds from a rolling start.

The reason for the long recoveries between repetitions and sets in sprint training is to enable top=quality efforts to



be produced. And, while there is a place in the sprinter's programmes for shortrecovery work to develop qualities such as strength and speed endurance, if he or she is making sheer or pure speed the training objective then longer recoveries are essential to accustom the nervous and muscular systems to function and integrate at maximum level.

One must never forget that training is specific to the goal of activity. A distance runner will run several repetitions over distances such as 300 metres with a short recovery but at a slower tempo in order to develop cardio-vascular endurance (e.g. 16 x 300 metres in 51 seconds with 20 seconds recovery).

A sprinter's 3 x 300 metres on the other hand will be completed in less than 40 seconds normally because he/she is training the neuro-muscular systems and incurring a high oxygen debt. So, the sprinter's work-out will be anaerobic while the distance-runner's session will be aerobic.

I analysed the importance of proper sprinting technique in the June issue of Scotland's Runner, so it would be superfluous to go over the same ground again.

If you have not read it - and want to back numbers are available from the offices of the magazine. Since I did not mention starting practice and its role in the 100, 200, and 400 metres I shall do so now.

A good start is crucial to good performance in the sprints. Everyone has a slightly different technique from everyone else, since so much depends on limb and trunk length, height, weight, arm, hand, and finger strength, and personal comfort.

A few basic points are observable, however. The front foot in the crouch position should be between 12 and 20 inches from the starting line and there should be between 11 and 21 inches between the front feet and the rear foot. The arms should be slightly more than shoulder width apart to allow the legs to come through unimpeded once the starter's gun

The front starting block should be set at an angle of approximately 60 degrees and the angle of the rear starting block should be around 85 degrees. The arms should be kept straight, but not locked, and the fingers and thumbs should form a high bridge. The fingers must be behind the starting line and the shoulders should be directly above or slightly behind or in front of it, depending on arm strength and

In the "set" position, the athlete should raise his or her hips to a point some three inches above the shoulders. This is so that the body will come into the direct line of the leg thrust once the body rises up out of the starting blocks. In the "set" position, the angle between the upper and lower rear leg will be approximately 115 degrees while in the front leg it will be around 90 degrees.

In the "set" position the athlete should take a fairly deep breath and concentrate on picking the hands up quickly from the track rather than listening for the gun. This focus of attention on the motor response rather than the sound stimulus - which the athlete will hear instinctively - is thought to speed the overall race time by around 0.1 second.

When the gun goes, he or she must drive vigorously with the arms to build up acceleration. If the hands are still on the ground when the leg drive begins there will be an obvious braking effect at a crucial stage of the race. Once the hands have left the ground, the rear leg must be pulled through as quickly as possible.

The front foot, because it is in in the starting block for a longer duration of time than the rear foot, should be driven hard against the block so that the athlete is propelled forward with as much velocity as possible. This is in accordance with Newton's principle that for every action there must be an equal and opposite reaction. All this takes place automatically, but by constant practice the athlete learns to integrate the three sequences (i.e. arm drive, fast rear foot pull-through, and front leg drive) into a cohesive whole. As the athlete clears the block the body should be kept low with the knees coming up fairly high to assist stride length. The first 30 metres are vital and the athlete must endeavour to hit top speed as quickly as

Once top speed has been attained, the athlete cannot run any faster and all he or she can do is endeavour to maintain maximum speed for as long as possible and minimise the subsequent deceleration process as little as possible.

This is done by holding form and technique to the best of one's ability, maintaining relaxation, concentrating mentally, and running right through and beyond the finishing tape. Races can be wonorlost during the last vital, few strides so it is worthwhile practising your dip finish to gain the slight advantage which could prove decisive. However, dip finishes can sometimes lose races if done too early, so it is up to the athlete to time it correctly and drive both arms backwards, push the chest forwards, and drive powerfully off the foot in contact with the ground with the very last stride before the finish.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes crosscountry running.

Monday: 5K session (4 x 1200m with 2 mins recovery) + 1 x 200m 2 mins after final 1200.

Tuesday: 5 to 8 miles steady.

Wednesday: 10 miles steady.

Thursday: 3000m session (10 x 300m with 20 to 30 secs recovery).

Friday: 30 mins easy.

Saturday: 12 to 15 miles steady.

Morning runs, if done, should be of 20 to 30 minutes duration 4-6 times a week.

Week Two

Sunday: As Week One.

Monday: 5K session (5 x 1000m with 45 to 75 secs recovery) or 10K session (5 x 2000m with 60 to 180 secs recovery).

Tuesday: As Week One.

Wednesday: 10 miles steady.

Thursday: 1500m session (800m + 400m + 300M x 2 sets with 60 secs recovery after 800's, 30 secs after 400's, and 5 to 10 mins between sets).

Friday: As Week One.

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

Week Three

Sunday: As Week One.
Monday: 5K session (12 x 400m with 20 to 45 secs recovery + 1 x 200m).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 800m session (300 + 300 + 200m x 2 sets with 45 secs recovery after 300s/5 to10 mins 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 session (10 x 500m with 25 to 60 secs recovery) or 10K session 10 x 1000m with 30 to 180 secs recovery).

Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 3000m session (3 x 1000m with 60 to 150 secs recovery).
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 (4 x 1200m with 2 to 3 mins recovery + 1 x 200m, 200m jog after final 1200).

Tuesday: 30 mins steady.

Wednesday: 5 to 8 miles steady.

Thursday: 3000m session (10 x 300m with 25 to 45 secs recovery).

Friday: Rest or 10 to 15 mins easy.

Saturday: 8 to 10 miles steady.

Morning runs, if done, should be restricted to 20 to 30 mins easy running, 2-3 times a week.

Week Two

Sunday: As Week One.
Monday: 5K sesions (5 x 1000m with 45 to 90 secs recovery) or 10K session (5 x 2000m with 60 to 180 secs recovery).
Tuesday, Wednesdsay, and Friday: As Week One.
Thursday: 1500m session (800 + 400 + 300m x 2 sets with 60 secs recovery after 800, 30 secs after 400, and 5 to 10 mins between sets.

Saturday: Race or 8 to 10 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 5K session (12 x 400m with 25 to 45 secs recovery + 1 x 200m).

Tuesday, Wednesday and Friday: As Week One.

Thursday: 800m session (300 + 300 + 200m x 2 sets with 45 secs between reps/5 to 10 mins between sets).

Saturday: 8 to 10 miles steady.

Morning runs as week One.

Week Four

Sunday: As Week One.
Monday: 5K session (10 x 500m with 30 to 75 secs recovery) or 10K session (10 x 1000m with 60 to 180 secs recovery).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 3000m session (3 x 1000m with 60 to 150 secs recovery).
Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

RUSSELL SMITH'S NORTH EAST NOTES

Paul puts athletics ahead of exams!

NOTHING, it would appear, stands between Paul Allan and his quest for a higher level of decathlon performance. Not even a pressing matter like two third year maths exams at Aberdeen University!

"I can always resit in September," said the 20-yearold Aberdeen AAC competitor, explaining his surprise decision to bypass his studies in favour of a crack at the recent Czechoslovakian Multi-Events Championships in Prague.

The calculated gamble paid off when Scotland's top junior decathlete of the past two years launched his senior challenge with a second place personal best of 7039 points in a 46-strong field which consisted of 45 Czechs and the Scotl

Allan, very much the selfmotivated competitor in that he does not have the services of specialised coaches, has since advanced his European experience by joining clubmate Duncan Mathieson in a four-strong Great Britain squad for a three-nation under-22 international in West Germany in late June.

And there could be another West German trip on the cards, in August, for the young man who describes himself as: "Full-time athlete, part-time student - without the financial benefits."

But he is aware that something will have to be done about improving the technique that is the key the high-scoring decathlon performances. "At present, poor technique is costing me hundreds of points," he admits.

The javelin and pole vault are the two events causing him most concern. Ultimately he may have to look south for the coaching that will bring out the best in a young man with an astonishing self-drive to success in an event which first captured his imagination as a 14-year-old.

Loughborough College could be an option, possibly in two years time, he says.

Meantime, Paul is ahead of his own decathlon schedule. "My main aim was to beat the 7000 point mark in the course of the present season. It was a great boost to reach the target first time out in Prague."

.

Five to eight

THERE is nothing like forward planning . . .

Aberdeen's popular Kirkhill Forest Five - the cross-country event staged on the outskirts of the city in October - is to become the Forest Eight!

Explained race organiser Terry Kerr: "We've decided to up the distance as many feel they want a better test of stamina early in the winter season."

.

Hawks extend grip

DUNDEE Hawkhill Harriers extended their grip on Aberdeen's Roevin Charity 10K when Dave Beattie edged out English international Eric Williams (Roevin) and Fraser Clyne (Metro Aberdeen).

Content to let Williams do the hard work on the windy seaside circuit, Beattie found the finishing kick to shade ex-winner Williams by two seconds in a time of 30-45.

Clyne, disappointed at

being unable to sustain a couple of breaks at vital stages of the three-way duel, reaped the consolation of third place points in defence of his Scottish road race title, finishing in 30-50.

The strength of the Dundee Hawkhill challenge was reflected in five of the top 12 places.

Colin Youngson (Aberdeen AAC), seventh overall in 31-56, had more than two minutes in hand of clubmate Mel Edwards to take the over-40 prize.

The women's race came down to an all-Aberdeen finish, dominated by the front-running tactics of Sue Lanham, who won in 38-53.

Second place went to former Scottish marathon record-holder Lynda Bain (Aberdeen AAC) who returned a useful 39-11 on her first competitive appearance since an addition to the Bain household.

And there was future promise written all over the third place finish of 16 year old Jillian Grams (Aberdeen AAC), who recorded 39-56 in only her second road 10K.

Margaret Robertson (Dundee Roadrunners) held off the challenge of Margaret Stafford (Aberdeen AAC) to take fourth place - and the leading veteran prize.

Very bad news indeed

SADLY there would appear to be no end in prospect for the undignified background rumblings which have followed the arrival of the Metro Aberdeen club on the North-east athletics scene.

One unhappy exchange of views at the Aberdeen Milk Marathon highlighted the uneasy peace which currently exists between the Metro and former clubmates within the ranks of Aberdeen AAC.

One neutral observer found himself caught up in the finishing area fracas that did

RUSSELL SMITH'S NORTH EAST NOTES

the sport - and a former Aberdeen AAC official - no favours whatsoever.

Much worse is the continued whispering campaign, obviously designed to discredit certain "name" runners who have elected to tie their future to Metro's road running format.

The atmosphere has been clouded by the fact that several former Aberdeen AAC road runners have also elected to join a growing North-east colony of Hunter's Bog Trotters.

Another factor is the longrunning industrial dispute at Aberdeen Journals, where more than 100 journalists many of them well-known for their sporting coverage - were dismissed in October of last year.

Politics and sport is always a bad mix, but came to the surface when the majority of clubs and athletes elected to support the National Union of Journalists in their fight to have their sacked members reinstated, a fight which prompted Dundee Hawkhill's Charlie Haskett to don an NUJ t-shirt after winning last year's Evening Express Aberdeen Half Marathon, a race sponsored by Aberdeen Journals.

The newspaper is currently canvassing for entries for this year's race which again clashes with the half marathon at Livingston.

Putting all the issues in one running basket, it would appear that there are those involved in North-east athletics who just cannot accept the fact that Aberdeen, like Dundee, is big enough to support two clubs and that individuals should have the choice of joining whatever club they think will match their sporting interest.

At the end of the day it is all about freedom of choice ... even when it comes to political hot potatoes. SINCE the first of my articles on the Commonwealth Games, two events have occurred which give a slight glimmer of hope that perhaps in 1994 the athletics team may not be leaving in an atmosphere of controversy and ill-feeling similar to 1990.

Firstly, the Games chairman was ousted by the SAAA. One must assume from this that the selection policy for Auckland was felt to be unsatisfactory in respect of athletics, and that in 1994 a more realistic and less intransigent approach will prevail.

Secondly, the Great Britain standards for the European Championships have been published and, in many instances, are substantially less than those set for the Scottish team in Auckland! Does this mean that many will be going along "just for the trip", or have the AAA's got the balance better?

Surprisingly, there have been no official responses to my two previous articles on the Games. Does this mean that "officialdom" accepts everything I say (hardly likely) - or perhaps a policy of ignoring criticism until it goes away prevails.

Surely, however, there should be a process of accountability! Even Eastern Europe has that now. Do Scottish sportsmen and sponsors deserve less?

IN November last year I was invited as coach of one of the Commonwealth Games athletes to a meeting of coaches and team managers in Edinburgh. Unfortunately, on arrival (after driving 70 miles) I was advised that the team managers had not turned up.

"Dear me," I said to Scottish coach David Lease, "What a shame." Before driving back to Troon (70 miles again - even downhill!) I left a number of questions relevant to the travelling, accommodation, etc., in Australia and Auckland. I am still awaiting a reply!

In January this year, I read reports

HUGH MUIR concludes his three part Open Forum series on the steps which must be taken to ensure a fair deal for our 1994 Commonwealth Games athletes.

O · P · E · N

FORUM

in the press concerning the difficulties of Tommy Boyle, Stewart Hogg and John Anderson in getting into the stadium when their athletes were competing. Of course, they eventually managed this. However, I feel that this is typical of the Scottish attitude to coaches, and as such it differs greatly from most other nations. Canada, for example had 20 coaches, all accredited, for 80 athletes in Auckland. Possibly an excessive ratio, but certainly a different priority is evident.

As a coach to three current Scottish internationalists, I have <u>never</u> received an invitation to attend any function or sports meeting from the "hierarchy" of officials. On a personal basis this does not bother me in the slightest. The Great Britain invitations to accompany athletes to all parts of Europe are more than enough.

However, there is no doubt that coaches of athletes new to the Scottish international scene would feel more encouraged if a small appreciation of their contribution to the development of their athletes was forthcoming from the "Blazer Brigade".

In the concept of team management for international matches, and even the Commonwealth Games, the method seems to be that long-serving committee members are appointed as a "reward" for attendance, and while this is itself may be perfectly acceptable, does it help in any way the team and individual performances?

Do these managers sent along "for

the trip" make any worthwhile contribution? I have no doubt that people like Messrs Boyle, Anderson, Hogg, Naylor etc, with their knowledge and understanding of the requirements and pressures that accompany participation at Commonwealth medal-winning standard, would make a positive and meaningful contribution if appointed. They would also have the confidence of the athletes, which in itself would be a major step forward in Scottish team thinking.

In conclusion, I would hope that those who have agreed with my proposals, criticisms, and hopes for the 1994 Games will make their support known at all levels in the sport. Those who disagree will, I'm sure, find space to do so in Scotland's Runner. (And also those who agree - for goodness sake, let's hear all viewpoints in an effort to ensure the best selection policy and management for our athletes in four years time - Ed.)

More important, the matter must not be allowed to "hibernate" until a few months before the Games. The time for comment and action is now-remember the Games committee seems to be accountable to no-one. Last time publicoutery and the sponsor's wishes were deliberately ignored. Will this happen again?

N.B. Of Scotland's 21 athletes in Auckland, ten would would have been included in a Great Britain team. (McColgan, Murray, McKean, Whittle, Hanlon, McIntyre, Bunney, Nielson, Parsons and Henderson). This means that the participation of Scotland as a separate nation was for only 11 athletes.

It hardly seems worthwhile maintaining our identity for such an insignificant number, and is certainly very discouraging to the many youngsters who participate in the sport.

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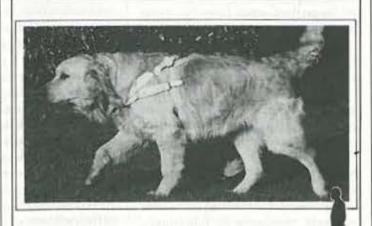
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club PROFILE

A SLEEPING giant that needed an injection. No, that's not a description of some tired old thrower (no prizes for names!), it's how club secretary Ian McKenzie sees the revamped Edinburgh Southern Harriers.

The 93 year old Harriers have a brand new glossy title, Caledon Park, the name of the Edinburgh property development company now sponsoring them.

"The sponsorship has given us the jolt we needed," says McKenzie, the secretary for the last seven years. "We'd become slightly staid, but this has lifted the whole club and pulled them together."

The club consists of some 200 members, a figure which has remained fairly constant for a number of years, although there is currently an influx of younger members due to a number of factors.

"There's an exciting trend -

DAVID NAPIER reports on a revitalised Edinburgh club.

the team spirit at the last British League match was fantastic - it's like being back to the days of Fernieside (the club's original headquarters in the Gilmerton 'Southern' area of the city.

"People want to be part of a team that looks like it's going somewhere.

Going somewhere has long been part of the Southern success story: first Scottish club to enter the British League, they so nearly won the First Division in 1976 (an unfortunate clash of fixtures with a Scottish match in Iceland cost them the title) and were the first and only

Scottish club to win the British Cup in a 1975 double triumph with the now independently-sponsored women's section, Edinburgh Woollen Mill.

non-competing youths with them to their away British League Matches to give them a flavour of the atmosphere. And with Jack White back with his bugle in full flow at the Division Two match at Wythenshaw in June, the atmosphere was infectious and helped create a result which should guarantee their divisional status for next season with two matches left.

"It's like the 1970's all over again. The athletes appreciated the fact that at long last they've got a team management who are getting things together," says McKenzie.

"It's not enough just

As a deliberate policy,

Caledon Park are now taking



ESH, or CPH as they now are, go back a long way in the British Athletics League, and one of their stalwarts over these years has been Allister Hutton (7). Photograph by PETER DEVLIN.

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Tel: 031-220 0922 Fax: 031-220 0394 getting down to a British League match, and one team manager is not enough," continued McKenzie, an executive with British Gas who brings not inconsiderable managerial skills into the club post.

But much of the credit for the on-the-field team management must go to Ken Ballantyne, the 1964 Scottish mile champion and Jim Smart, the Scottish 880 yards champion of 1948, who have spent many devoted years twisting arms and soothing egos for the sake of the club.

"To be honest, we're not looking to go up this year we're quite happy to remain in Division Two," says McKenzie. "But we're definitely going for promotion next season.

"We can, however, go to the Cup final this year, though we're weak in some events such as the long and triple jumps."

But it's not just the elite athletes who're being catered for under the new deal: "We're looking to provide competition for everyone who joins us, and that's why we've kept our commitment to the Scottish and North West League, as well as the Scottish League where our policy us it give everyone a run and not go out to win at all costs."

Every Tuesday and Thursday a group of road runners meet at Boroughmuirs's rugby grounds at Meggetland to go for a pack run, and there have been several recent team successes in road races such as Haddington and North Berwick.

The road racing section of the club has had a terrific boost from the London Marathon success of Allister Hutton.

Says Mckenzie: "His win generated immediate interest - we got a lot of calls from people with youngsters who see him doing it and think: There's something to aim at.""

Lack of coaches, especially at the younger levels, used to be a valid criticism of the Southern set-up, but not any more according to McKenzie, who points to the improving fortunes of the youngsters in the Scottish Young Athletes League, who are looking for promotion from the Second Division.

Like so many sports, athletics lost a decade of children through the industrial problems in schools, and Edinburgh state schools have not recovered. Southern relied heavily on the private schools to supplement their ranks, but are now actively pursuing plans to extend links with the state schools.

"We've had discussions with Edinburgh District Council and have even looked at the possibility of helping to promote the Edinburgh Schools' Championships - not to take the cream, but to stimulate interest," says McKenzie.

The immediate benefactors of a three year sponsorship worth £30,000 from Caledon Park are the club members, who are to receive free travel to all events in all age groups, but the package will no doubt have more far-reaching effects.

It was in 1897 that the students of a Kirk bible class formed the Edinburgh Southern Athletic Club and subsequently changed the name to Edinburgh Southern Harriers a year later.

Their most notable early achievement was winning the East District Cross Country League in 1908, although nationally they did not obtain team success in cross-country championships until 1964.

However, in the last twenty years Harriers have firmly established themselves as the best, and certainly the most successful, Scottish athletics club in cross-country and track and field events.

Their list of recent successes across the entire athletics spectrum conveys one word quite clearly domination, and you easily mistake their list of past and present members as a "Who's Who" of Scottish men's athletics.

Their most famous athlete is Allan Wells, winner of the 100 metres gold at the Moscow Olympics in 1980, and a four-times
Commonwealth gold medal winner. He is also Scotland's only living Olympic athletics champion.

On the Olympic front, however, Wells certainly doesn't stand alone, and Caledon Park Harriers, as they are now to be known, can boast an impressive list of names from the past, the present, and, one would imagine, the future.

Names such as hammerthrower Chris Black, and sprinters Elliot Bunney and Jamie Henderson spring easiest to mind, but there are many others who have worn the club's colours with distinction.

The question of who will wear the colours in the future, and what they will be able to achieve, is the reason behind



the need to seek a sponsorship deal. As athletics moves further and further away from its amateur status, and cash becomes increasingly hard to find - yet ever more necessary - it was an inevitable that a sponsor would eventually be sought.

The idea was certainly not a new one, but to attract the type of financial package required led to the prospect of changing the name. This in itself was also not new to Edinburgh Southern Harriers as their women's section who were formed in 1949, changed their name to Edinburgh Woollen Mill in 1984 in what was then a precedent for a Scottish club.

Ken Ballantyne, a former club president who ran close to four minutes for the mile in his heyday, admits that the benefits for the women's team had a large bearing on the decision to accept Caledon Park's offer.

"You have to cut your cloth according to your costs,"

he said. "Competing at the highest level is essential for the athletes, and therefore for the club so we can continue to attract athletes. The higher the level you compete, the higher the cost."

In the past Southern have had to rely on money from dances, raffles and other fund-raising events, but the sponsorship will give them a more concrete base to build from.

Athletics has certainly moved on from the early 1960's, when Ken competed. As he says, "In my day you thought going to Glasgow was a big event."

Nowadays, particularly being in the British League, travelling afar is part and parcel of a club's existence.

"This year," says Ken, "has been a great one, and the team spirit has been excellent."

Add to that the sponsorship package and the future for Caledon Park Harriers looks not only secure but very promising.

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SPONSORSHIP FEATURE

SPONSORSHIP of athletics clubs would appear to be on the increase with the recent announcement, among others, of Caledon Park's £30,000 three year deal with Edinburgh Southern Harriers.

One sponsorship in its mid-term, however, is A.C. Moir's involvement with Ayr Seaforth, where the current three year agreement is due for review next March.

Alec Moir, managing director of the sponsoring firm, said his initial intention was to sponsor individual Ayr Seaforth athletes, but discussions with official Glen Harrower persuaded him to back the club as a whole, with the change of name to A.C. Moir Ayr Seaforth. However, he has kept his options open through an interesting sponsorship of Ayr's highly promising junior sprinter Darren Galloway, and Aileen McGillivray of EWM.

Moir has formed a management team with Ayr sprint coach Frank Galloway already responsible for bringing on a formidable squad of young male sprinters - and former national group sprints coach Stuart Hogg. The assistance to Darren and Aileen (others are likely to follow) takes DONALD BELL looks at some of the companies which are sponsoring athletics in Scotland.

the shape of medical assistance, back-up, and the best advice available. Darren, for example, is in the second year of a three year plan which hopefully will see him selected for the UK team at next year's European Junior Championships.

It's clear that Alec Moir, himself a former Glasgow Schoolboys' sprint champion in the early 1960's, has more than a passing interest in athletics, but he sees the sponsorship of the club, as opposed to individuals, as a community benefit.

"Athletics is a family sport. It develops the right attitude in children and can develop them as people. There's plenty of sponsorship for football teams in the area, but athletics was lacking in sponsorship."

While it can do no harm whatsoever to

have his company's name prefixed to the club's, Moirinsists that as "medium-sized" builders his company is not looking for any direct commercial return from the sponsorship.

"We build factory units and sheltered housing - we wouldn't do an extension to a house because we're not that size of builder," he says.

Nor is Caledon Park that size of builder Hamish Henderson assured me when I tentatively asked him if his company built houses. They are in fact commercial developers, taking on projects such as new shopping centres.

Like Alec Moir he has a (somewhat better known) son who is a member of the club he has sponsored, but, like Alec Moir, Hamish Henderson says that this factor was not a consideration in committing Caledon Park to the £30,000 sponsorship.

"I feel we get a lot of benefit from the community, and without meaning to sound pompous or pious we were looking to put something back in," he says.

"ESH came to us informally and asked for advice about sponsorship - not a major On right, athletes Jamie Henderson and Allister Hutton flank Hamish Henderson, while behind are club officials Ian Ross and Sandy Cameron (president).

sponsorship but support for an open graded meeting or a league match and it grew from that."

I asked Henderson what the return would be to his company from the name Caledon Park Harriers over the next three years. After all, a letter in this magazine last month made the point that while people throughout Britain knew ESH, not many had heard of Caledon Park.

"It's difficult to quantify the publicity from the name change," he said. "But if we looked at it in these terms think of the coverage we would have got two months earlier when Allister Hutton won the London Marathon!

"Our business is not like selling beans or beer. People don't go out to buy our product because it's at the front of their minds through hearing it so often. But the sponsorship does put our name to the fore and there is a certain amount of status."

Over at Kilmarnock, Johnnie Walker sponsor the Harriers purely as a gesture of support to the community. Company representative Gilmour Burnett doesn't have the same personal involvement in athletics as Alec Moir and Hamish Henderson, but nevertheless takes a healthy interest in the activities of the club, one of the more progressive in Scotland.

The Scottish Milk Marketing Board, meanwhile, continue to support road races at places such as Ayr, Kirkcudbright, Dunfermline, Kilwinning, and Livingston.

Gone, it seems, are the days when the board sponsored major events such as the Milk Race (cycling), which even ten years ago was a £50,000 commitment.

Sponsorship executive Dennis Gray now looks after a budget which is less than a third of that, but nevertheless the board tries to spread resources across athletics and swimming in particular.

"Anything with a high energy and fitness level is appropriate to associate with milk," says Gray.

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AGE GR	OUP	RANI	KINGS
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THE end of June marks the completion of the season for many younger athletes, writes Jeff Carter. The national championships at Meadowbank on June 23 produced some good performances (particularly in the wind assisted sprints), but the lists do not show as much quality as expected by this time of year.

There is evidence that some athletes are over-tired. The considerable success of schools athletics in recent years has meant perhaps a surfeit of races for those young athletes who are also in clubs. With the continued expansion of leagues, this will require some sensitivity by team managers with limited resources

The number of meetings is also proving difficult for convenors - who cannot get enough officials. The expansion of indoor meetings is leading to a year round commitment being required, and this is proving unattractive to some.

As one who is delighted by the increased opportunities for young athletes, and by the growing entries for the championships, I find it hard to admit it is all too much of a good thing - but I wonder. I am sure the editor would be grateful to receive readers' thoughts

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	S Wright	Ab	07.00	HT 6.25kg	DOLL.	£ 45.0		r	42.76			10/21/3	LJ	
	A Russell	CAC	36.98	D Barnett	PSH	6-15.0	M McBeth	Cam		J Gregg	Una	6.19	S Milne	Ork
	T Hely	VP	34.00	E Oliver	IH	6-26.15	D Hards	IH	40.78	A Harvey	Аут	5.79		
	R Crook	Pit	30.26	C McGrath	QVS	6-31.7	E McCafferty	Sto	39.94	K Kay	Stra		M McManus	Ham
	S Gilmour	VP				6-34.03	M Gill	Cam	38.44	K McCann	MCS	5.73	D Steel	Аут
	5 Chilliotti	7.5	A15552.5	JT 800g	371	6-36.0	D Fotheringh	am				5.69	A Blackie	VP
	110mH 3'3"		57.06	N Fearnley	Gle	CAC		1000		HT 5kg		5.67	I Dickie	Ayr
		ESP	54.58	J Grant	Lor				60.32	CEdgar	FVH			
00	G Smith		51.98	BHill	Cam		100mH		54.42	G Kerr	Bed		TJ	
	D MacRae	MCS	51.26	P Crawford	PSH	14.0	A Tupman	ESP	49.12	D Minty	Pet	11.95	S Milne	Ork
	N Penny	DSM	48.12	I McGurk	CAC	14.04w	S Dillon	MBI	48.18	E Lister	ESP	11.91	A Blackie	VP
	K Campbell	MCS	0.9880.980		509 XXII.	(14.4)	Carlo Constitution (Constitution Constitution Constitutio	2010(0)0	46.40	S Bunker	Hel	11.81	J Whannel	VP
	B Foster	DSM		Vanille			I Dickie	Ayr	20120	o builded		11.63	D Mont'mery	Cas
			100000	Youths		(14.4)	1 Dictar	11,1		JT 700g		11.40	K Kelly	Doug
	400mH 3'0"					200	A Llamble	Cas	48.32	P Greenhill	4.6			
	N Taylor	VP		100m		14.4	A Hambly	Pit			Arb		SP 4kg	
	D Wight	EA	10.70w	D Walker	ESP	14.6	D Paisley	100000		N Dempsey	MCS	12.27	K Campbell	MYM
	T Nimmo	FVH	(11.1)	15 TYRINGS	EST	14.6	J Hunter	EA	46.88	J Wishart	EA	12.16		
	O Brume (Y)	Fett		C Allan	111		union special		46.78	H James	Mon	12.02	G Ferguson	Law
	K Pearson	Doll	U. 6/5/5/5/5/0/CA	C. Allan	IH		400mH 2'9"		44.62	I Dickie	Ayr		J Duffus	Kel A
		540.71	(11.3)	etara consta		57.4	D Hards	IH					P Dolan	CAC
	н		11.09w	I Lee	Stew	57.75	I Murray	IH		Boys		11.55	D Ablett	CPH
	D Barnetson	IH	(11.2)	the terror of		57.8	O Brume	Fett		20,0				
	Company of the Compan		11.1w	C Joiner	Pit	59.37	1 Dickie	Аут					DT 1.25kg	
	S Ritchie	Pit	(11.4)		200	59.48	S Poutney	MH		100 m		35.16	K Campbell	MYM
	M McVie	CPH	11.2	S Cumming	CPH				11.2w	S Moir	Ayr	33.78	L Robinson	Dunf
	J Allan	CIH		TO CHARLES	1990		HJ		(11.4)			33.20	N Dumpsey	MCS
	S Hill	ESP		200m		1.90	P Birrell	Pit	11.4w	J Bragg	MCS	33.50	5 Sneddon	TAC
			21.79w	D Walker	ESP			Ab	(11.87)			150		0000
	PV		(22.3)	. de la companya de l	100	1.851	I Lind	110	11.5w	D Colville	Pit		HT 4kg	
	S Greig		22.69w	C Allan	IH	(1.80)		ren	(11.84)	,		45.94	R Mackinnon	OVC
	J Grant	Lass	22.7			1.85	A Malcolm	ESP	11.69w	B Thom	FAC	31.70		440
	E Scott	Hel		C Joiner	Pit	1.85	G Smart	VP		O THOM	PAC.			IH
	D Fitzgerald	Pit	22.9	S Allan	Pit	1.76	S Farr	She	(12.0)			30.72	5 Sneddon	TAC
	H Kilpatrick	Ab	23.0	J Jardine	FAC					200			92250987	
	- Language	230		1.71.71			PV		20.44	200m	30	0.00	JT 600g	
	1.7		120-71	400m	10000	3.72	R Craig	StA	22.44w	S Moir	Аут	48.14	N Dempsey	MCS.
	LJ	1353	50.2	G Purves	Bla	3.40	K McNicol	CAC	(22.6)	227	11000		S Wands	Doll
	E Scott	Hel	50.5	C Young	CAC	3.20	5 Gibson	CIH	23.07w	J Bragg	MCS	38.98		CrCas
	N Elliot	Hel	200	T					(22.0)	1000		20.24		
	A. S. EALISTIC	5-640E	51.2	I Murray	IH	3.00i	Clones	Ab	(23.8)			38.34	D Ablett	CPH



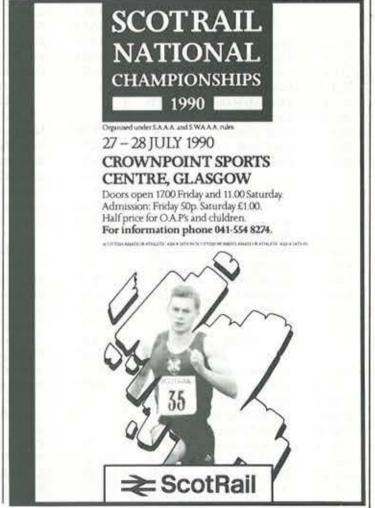
Make a date for the Scottish

MAKE a point, if you can, of being at the ScotRail National Championships at Crownpoint Road Stadium, Glasgow, on July 27 and 28. Most of Scotland's top track and field athletes will be in action and deserve a big crowd.

As we went to press it was still hoped that Tom McKean, Brian Whittle, Steve Ovett and Yvonne Murray would be competing, although it was not confirmed.

Most of the finals are on the Saturday (July 28) when admission is just £1. Weather permitting, it's always an enjoyable day's spectating - especially at Crownpoint, where there is a close atmosphere.

10	989 winner	re	SP	S Whyte	16.18
1.	JOS WIIIIC		DT	P Gordon	55.92
			JT	R James	63.16
	Men		HT	S Whyte	58.58
100m	E Bunney	10.34w		Women	
200m	R v Klundert	21.65			
400m	B Whittle	46.47	100m	A McGillivra	v11.72w
800m	T McKean	1-44.79	200m	A Baxter	24.22
1500m	T Hanlon	3-42.42	400m	D Kitchen	54.30
5000m	B Prasad	14-01.91	800m	S Abrahams	200000000000000000000000000000000000000
10,000m	K Forster	29-03.8	1500m	L McIntyre	
3000ms/c	D Ram	8-41.10	3000m	L Adam	9-13.67
3000mw	M Bell	12-32.96	100mH	I Kirby	13.79
110mH	D Nelson	13.61w	400mH	M Still	59.43
400mH	M Fulton	52.02	HJ	R Pinkerton	1.78
HJ	G Parsons	2.23	LI	L Campbell	6.09
LJ	C Duncan	7.34	DT	L Adams	44.50
TJ	S McMillan	15.09	SP	M Anderson	13.72
PV	G Jackson	4.60	IT	N Emblem	49.08
			- T	The second secon	



Junior

D Galloway

D Clelland

200m

D Galloway

R Slater

10.97w J Adams

11.09w S Brown

21.89w D Clelland

R Slater

I Adams

P Shannon

400m

1-54.44 I Campbell G Graham 1-55.1 J Divers

3-56.6 G Graham 3-58.26i A Kinghorn 3-58.371 D Pritt 3-59.5 N Freer 4-01.35 A McBeth

15-27.7 S Wright 15-35.7 N Freer

15-38.5 A Moss

15-44.4 S Cook

6-05.21 S Wright

6-19.7 T Hely

6-07.42

6-21.51

6-24.9

14.54w

57.5

58.8

2.15

2.13

2.01

1.95 1.95

3.80

3.50

3.30

2.90i

6.57i

5000m 15-23.43 S Wylle

BYM

10.78w

10.85w

(11.0)

(11.3)

(11.4)

21.3

(22.98)

22.13w

(22.5) 22.16w

(22.89)

22.48

49.37

49.41

49.5

49.6

49.75

1-52.3

1-54.02

23.19w D Colville

23.13w C Hopkins) CR

400m

R Wilson

D Colville

A Prophet

800m

S Schendel

1500m

MCS

CAC

JWK

C Buck

S Lee

2-05.28 R Wilson

2-05.53 A Smith

2-05.81 D Carty

2-06.66 J Tonner

4-17.2 D Carty

4-19.00 J Tonner

4-20.93 P Allan

4-25.48 N Thomas

(23.90)

(24.3)

53.16

53.65

53.8

54.4

54.49

1990 SCOTTISH TRACK AND FIELD RANKINGS

	Men			5000m		2.07 2.05	Duncan Mathieson James Stoddart	Ab Bel
			13-25.63	Ian Hamer (W)	ESP	2.04i	Malcolm McVie (J)	CPH
			13-50.33	John Robson	CPH	2.00	Alan Scobie	ESP
	100m		14-09.91	Robert Quinn	Kilb	7		
			14-10.9	Steven Doig	OG		Pole Vault	
10.39w	David Clark	CPH	14-11.53	Peter McColgan (NI)	DHH		7 (TOT. 5 (1995))	
10.41w	Jamie Henderson	CPH	14-11.91	Chris Robison	SV	4.50	Eric Fliszar (US)	DHH
0.53w	Elliot Bunney	CPH	14-13.0	Neil Tennant	CPH	4.30	Ian McKay	ESP
10.57	Alan Doris	ESP	14-13.7	Peter Fleming	Bell	4.30	David McLeod	Bell
10.64w	Darren Galloway (J)	Ayr	44.10.2	r eter r telling	Dell	4.20i	Iain Black	CPH
10.70	Neil Turnbull	CPH		10,000m		4.20	Stuart Ryan	SV
10.70w	Douglas Walker(Y)	ESP		10,000111		4.20	Michael Nicoll	Hav
	Brian Ashburn	CAC	28-20.44	Ian Hamer (W)	ESP	4.20		
10.7w	Drian Ashburn	CAC	30-04.7		DHH	4.20 4.10i	John McArdle	Lou
	200m		30-04.7	Iain Campbell	CFALCO		Stephen Greig (J)	Str
	200m			Bruce Chinnick	Forr	4.10	Duncan Mathieson	Ab
No. III.	Later Co. Later Co.	2000000	30-12.4	Mike Carroll	Ann		A STATE OF THE STA	
20.75	David Clark	CPH	30-32.64	Peter Fox	DHH		Long Jump	
21.25	Neil Turnbull	CPH	30-34.0	Jim Doig	Ab	120000	The same of the same of	
21.3	Darren Galloway (J)	Ayr	30-38.1	Tommy Murray	GGH	7.55	Brian Ashburn	CAC
21.3w	Elliot Bunney	CPH	30-54.9	Brian Kirkwood	ESP	7.35	Craig Duncan	She
21.55	Alan Doris	ESP	30-59.5	Charles Haskett	DHH	7.29w	Duncan Mathieson	Ab
21.7w	Mark Davidson	Ab				7.04	Melville Fowler	Inv
21.79	Douglas Walker (Y)	ESP		3000m s/c		6.95w	Paul Allan	Ab
21.86i	Jamie Henderson	CPH				6.88	Eric Scott (J)	Hel
21.89w	David Cleland (J)	FVH	8-45.76	Tom Hanlon	CPH	6.78	Mark Craig (Y)	CAC
08/2/07/	PRINCE CONTRACTOR	300	8-50.6	George Mathieson	CPH	2005	0.1-7	-
	400m		8-52.8	Graeme Croll	Cam		Triple Jump	
			8-57.7	Peter McColgan (NI)	DHH		mpic damp	
46.52i	Brian Whittle	Ayr	8-58.5	John Steel	CPH	15.90	Craig Duncan	She
47.14	Mark Davidson	Ab	9-08.9	Ken Stirrat	OxU	14.98	Neil McMenemy	CR
18.04	George Fraser	San	9-19.5	David Ross	CPH	14.29		She
	David Mulheron	Bell		David Ross		14.10	Rodger Harkins	ESP
48.3	Mark McMahon	CPH		100mH		13.98	William Leung	
48.32i	Gregor McMillan	DHH		TOOMIT		C + C.S+CO*2.5795	John Brierley	New
48.36i		ESP	14.28	Mail Passas	700	13,85	Russell Brown	GU
48.5	Grant Hodges	V 50001000		Neil Fraser	Inv		01-10-11	
48.7	Jim Nicoll	PSH	14.3	John Wallace	New		Shot Putt	
48.9	Malcolm McPhail	Ayr	14.9	Duncan Mathieson	Ab	Conservation Co.		
	***		15.0	lan McGillivary	Ela	17.24	Stephen Whyte	Lut
	800m		15.12	Paul Warrilow	CPH	15.14i	Robert Smith	CPH
		15000	15.3w	Graeme Smith (J)	ESP	15.10	Mark McDonald	Dmf
-45.75	Tom McKean	BYM	15.5w	Colin Hogg	ESP	14.91	Steve Aitken	DHH
1-46.85	Brian Whittle	Ayr				15.57	Gordon Smith	Ab
1-46.90	David Strang	Hgy		400mH		14.37	Graeme Stark	Rth
1-49.5	Tom Hanlon	CPH				14.35	Darrin Morris	Pit
1-49.91	Stuart Paton	Bel	52.15	Mark Davidson	Ab	14.25	Adam Whyte	ESP
1-50.7	Andrew Walker	CPH	52.49	Malcolm McPhail	Аут		St. 11 Ex	5.50
1-51.2	Larry Mangleshot	WGn	53.46	Rodger Harkins	She		Discus	
	TOTAL POPULATION OF REPUBLICA	OCUMENT.	53.81	David Hitchcock (E)	CPH		515555	
	1500m		54.2	Douglas Thom	DHH	58.36	Darrin Morris	Pit
	100000		54.26	Peter Campbell	Sto	56,56	(Scottish record)	PIC
3-43.55	lan Hamer (W)	ESP	55.13	Alistair Taylor	Inv	50.00	Michael Jemi-Alade	CDIT
	Alistair Currie	Dum	55.22	Steve Ledingham	Ab	47.54		CPH
3-45.26i 3-45.76	Tom Hanlon	CPH		oto o Death Sham	110		Stephen Whyte	Lut
		WGn		High Jump		44.82	Russell Devine	Inv
3-46.08	Larry Mangleshot	NORMAN AND A		riigii ouiiip		44.16	Mark McDonald	Dmf
3-47.19	Stuart Paton	Bel	0.00	C((P	Towns.	42.54	Kenga Kubota (Ja)	ESP
-47.46	Mark Fallows	ESP	2.29	Geoff Parsons	Lon	41.26	Jamie Malcolm	Wir
3-47.5	David Donnet	CAC	0.15	(Scottish Record)		40.52	Paul Allan	Ab
3-47.8	Ian Gillespie Tom McKean	CAC BYM	2.15 2.13	David Barnetson (J) Stephen Ritchie (J)	Inv	40.30	Duncan Mathieson	Ab
3-47.95					Pit	40.00	Stuart Ryan	SV

COMPILED BY: ARNOLD BLACK

	Homeman							
	Hammer		57.2 57.4	Leigh Ferrier Fiona Calder	Gla Irv		400mH	
60.78	Stephen Whyte	Lut			0900	58.50	Julie Vine	Bou
57.42	Russell Devine	Inv		800m		60.77	Gillian McIntyre	MSL
53.30	Andrew Hall	Hill			eneaver.	61.50	Sarah Booth	EWM
53.22	Robin Meikle	CPH	2-03.57	Yvonne Murray	ESP	62.6	Jane Low	Gla
53.10	Russell Payne	Bir	2-04.43	Lynne McIntyre	Gla	62.8	Moira McBeath	Cai
49.90	Doug Aitchison	PSH	2-07.0	Laura Adam	Ste	63.4	Suzanne Wood (I)	EWM
49.46	Adam Whyte	ESP	2-07.22i	Linsey Macdonald	Pit	63,55	Alison Brown (E)	EWM
	Add to the contract of	10.00.00.00	2-07.35	Susan Bevan	Ess			
	Javelin		2-09.2	Karen Hutcheson	ВНМ		High Jump	
			2-09.91	Janet Stewart	Gla		Ä.	
62.04	Stewart Maxwell	Pit		ENERGISCHUS CHURCH	20707	1.80i	Wendy MacDonald	Cam
58.46	Alex Black	CPH		1500m		1.75	Rhona Pinkerton	Gla
57.82	Chai Huat Ng	She				1.75	Karen Hambrook	Ash
57.44	Stewart McMillan	Pit	4-08.02	Liz McColgan	DHH	1.70i	Jackie Gilchrist	Pit
57.06	Nils Fearnley (J)	Gle	4-08.88	Lynne McIntyre	Gla	1.70	Hazel Melvin (I)	Tro
56.60	John Guthrie	CPH	4-09.54	Yvonne Murray	ESP	1.70	Caris Henderson	EWM
55.90	Duncan Mathieson	Ab	4-10.28	Karen Hutcheson	BHM	1.70	Joanna Ross (I)	Kil
54.94	Adam Whyte	ESP	4-18.66	Laura Adam	Ste		d == 1,3 / 2 1,9 13	5000
54.58	Jamie Grant (J)	Lor	4-23.19i	Susan Bevan	Ess	200	Long Jump	
			4-23.84	Isabel Linaker (J)	Pit			
						6.07i	Karen Hambrook	Ash
				3000m		5.95	Lorraine Campbell	EWM
	111					5.84	Janice Ainslie	EWM
	Women		8-39.46	Yvonne Murray	ESP	5.81	Ruth Irving (I)	Wir
L			8-43.14	Liz McColgan	DHH	5.71	Caroline Black	EWM
			8-48.72	Karen Hutcheson	ВНМ	5.52	Jackie Gilchrist	Pit
	100m		9-12.70	Laura Adam	Ste	5.50	Halycon Wills	CR
	100111		9-23.89i	Susan Crawford	Gla		PROTESTICA PATER	
11.83	Janis Neilson	EWM	9-35.22	Annette Bell	Lin		Shot Putt	
12.08	Aileen McGillivray	EWM	9-39.21	Jo-Ann Scott	Dar		12#10EHR191EH99	
12.12w	Alison Edmonds	Inv	9-41.06i	Susan Bevan	Ess	13.96i	Alison Grey	ESP
12.2w	Donna Brown	EWM				13.24	Helen Cowe	Ab
12.2w	Katrina Leys (I)	Ab		5000m		11.47	Andrea Rhodie	MSL
12.27	Melanie Neef	Gla				11.36	Lynne Barnett (I)	PSH
12.3	Sandra Leigh	Ste	16-05.6	Laura Adam	Ste	11.21	Gail Hornby (E)	MSL
12.3	Myra McShannon (J)	. 10.0	16-20.59	Karen McLeod	ESP	11.18	Alsion Dutch	EWM
12.3w	Lorraine Nicholson (17-08.6	Louise Vandyck	Ess	11.15	Claire Cameron	Gla
12.34w	Claire Reid	EWM				11.12	Shona Urquhart	EWM
		200000		10,000m			-2	
	200m						Discus	
	0.000		32-23.56	Liz McColgan	DHH			
24.23	Sandra Leigh	Ste	34-24.71	Karen McLeod	ESP	46.86	Helen Cowe	Ab
24.23w	Janis Neilson	EWM	36-41.84	Marie Duthie	Fra	46.76	Gail Hornby (E)	MSL
24.4	Dawn Kitchin	EWM			1,110.0.	44.62	Alison Grey	ESP
24.6	Gillian McIntyre	MSL		100mH		43.26	Karen Neary	EWM
24.7	Ruth Girvin	Nith				42.98	Claire Cameron	Gla
24.7w	Louise Paterson (I)	Ab	13.8	Julie Vine	Bou	41.28	Lesley Adams	Pit
24.8	Pat Divine	ESP	13.86w	Claire Reid	EWM	40.36	Susan Freebairn	Gla
24.8	Dawn Flockhart	EWM	14.47w	Lorna McCulloch	Pit		SHENKS STATESTA	153330
-10	Davilliockitait	Title	14.55w	Sarah Richmond	Pit		Javelin	
	400m		14.67w	Jennifer Sharp	EWM		West and the second	
	400111		14.76	jane Low	Gla	56.96	Nicola Emblem	EWM
52.25	Davim Vitalian	EMA	14.9	Catherine Murphy (I)		52.48	Gail Hornby (E)	MSL
53.25	Dawn Kitchen	EWM	14.94	Shona Urquhart	EWM	45.08	Janell Currie	MSL
53.88	Sandra Leigh	Ste	in decide	- Annual Control of the Control of t	- APPLICATION OF	41.30	Lorna Jackson (I)	Tay
54.27i 55.76	Gillian McIntyre	MSL	America	atomic desirable and the second	MANUFACTOR I	41.18	Halycon Wills	CR
22./0	Pat Divine	ESP	Amendme	nts should reach us b	y July	40.32	Shona Urquhart	EWM
56.5	Fiona Meldrum	Gla	200000000000000000000000000000000000000	catch the next issue.	ALC: UNKNOWN AND ADDRESS OF THE PARTY OF THE	40.37	Snona Uronnarr	C. W. W. Child

RESULTS











May

Western Isles Half Marathon, Stornoway 1, A Eyre-Walker (HBT) 68-57; 2, P Donoghue (Orn) 69-48; 3, R Taylor (Met) 70-28; V1, D Morgan (DRR) 77-03 (rec); L1, J Robertson (Ayr) 81-00; L2, M Robertson (LV1) (DRR) 88-53

Eyemouth Road Races -Senior 6 miles: 1, L Aitchison (Aln) 29-46; 2, J Baird (HELP) 31-06; 3, D Henderson (Aln) 31-15; 4, P Marshall (V1) (HELP) 21-38; Nov1, I Casson (Tev) 32-56; V2, D Jeffrey (Dun) 34-33; Jun1, CRutherford (Nor) 38-22; Loc1: GSmith (ACE) 34-04; LocVet: J Walker (ACE) 40-36; Team 1: HELP; Young Athletes 2 miles: 1, B Hindmarsh (Ber) 10-47; 2, D Hughes (Tev) 10-48; 3, I Aitchison (Nor) 11-10. Boys 1.5 miles: 1, A Miller (ACE) 8-44; 2, E

Lorimer (Un) 8-57; 3, D Hill (Ber) 9-04 Open 10K RR, Helensburgh -1, G Gaffney (GWH) 31-19; 2, B Pitt (Dum) 31-44; 3, A Adams (V1) (Dum) 31-54; 4, C Morley (RN) 32-05; 5, A Adams (Jr) (Dum) 32-30; 6, C Martin (V2) (Dum) 32-33; 7, P McErlean (Mil) 32-41; 8, R McQuat (CAC) 32-50; 9, S Hodge (SV) 33-00; 10, P Walsh (Dum) 33-17; V3, A McFarlane (SP) 14th 34-24: V50: T Dunsmuit (SVH) 34th 35-43; Teams: 1, Dumbarton 10pt; 2, Springburn 43; 3, Milburn 44; L1, S Branney (GAC)24th (LV1)35-07; L2, C-A Bartley (GAC) 32nd 35-36; L3, K Hancock (GN) 69th (LV2) 40-03; L4, I McErlean (GAC) 75th 40-12; L5, H

Stewart (C'dale) 77th 40-20: L6. I Caldwell

(Hel) 130th 43-45; Teams: 1, GAC; 2, He

Dunfermline Auld Toon 10K RR -

1, P Fox (DHH) 30-33; 2, A Robson (CPH) 30-36; 3, B Kirkwood (ESP) 31-05; 4, J Graham (HELP) 31-14; 5, C Haskett (DHH) 31-17; 6, F Harper (Pit) 31-26; 7, M Greally (Pit) 31-38; 8, M Coyne (CR) 31-52; 9. PO Kane (HBT) 31-57; 10. K Dawson (CR) 32-11: VI. K Duncan (Pit) 32-28; V2, P Paterson (CR) 35-10; V3, R Brown (PSH) 35-40; L1, J Swanson (MS) 33-40 (rec); 2, Stevenson (FVH) (LV1) 36-08; 3, M Mui (DRR) 36-44: 4. V Blair (EWM) 37-40: 1.5. 1 Ferrari (Pit) (LV2) 38-10; L6, L Barclay (Pit) 39 27; Team: 1, Pitreavie 44pt; 2, Cent Reg 48;

Sri Chinmoy 1 mile RR, Edinburgh -1, F Boyce (Ab) 4-24; 2, M Steele (HW) 4-25; 3 Gill (Cam) 4-30; 4, G Faulds (ESP) 4-32; 5, McNeill (Har) 4-34: 6. C Young (ESP) 4-35: V1 Z Bankowski (Esp) 4-49; V50] Cooney (Ferr 5-43; L1, C Grey (Esp) 5-08; L2, J Kane (SC) 5-32; L3, M Anderson (Esp) 5-41

June

Strathclyde Runners 4 Mile RR, Strathclyde

1, A McLelland (CTS) 20-02; 2, I Stark (V1) 21-46; 3, R Shields (G) 22-01; V1, R Gemmell (G) 27-04; L1, MGemmell (G) 23-57; L2, CGemmell (G) 27-03; L3, J Mathers 28-17; LV1, V Stewart 29-12; J1, D McIness 27-27; Spec Olympians: I, P Woods 25-58; 2, J Bishop 30-16

Haddington Festival 5 mile RR -1, A Walker (Tev) 24-16; 2, J Ross (HELP) 24-24: 3. A Robson (CPH) 24-39: 4. B Kirlowood (ESP) 24-48; 5, A Weatherhead (V1) (ESP) 25 24: 6 A Ward (ESP) 25-41-7 P (YKane (HRT)) 25-59; 8, C McLennan (ESP) 26-04; 9, R Elphin stone (CPH) 26-22; 10, A Cunningham (HELP) 26-27; V2, J Smith (HELP) 27-03; V3, J Knox (Gala) 27-14: V50: H Muchamore (HELP) 28-48; J1, D Slyth (ESP) 27-33; L1, J Darby 26th (Car) 27-43; L2, S Branney (LV1) 28th 27-58; L3, J Robertson (Ayr) 30-13; L4, D Everington (Liv) 31-08; Team 1, ESP 15pt; 2, HELP 27;

Lilias Day 5 mile RR, Kilbarchan -

L.G.Tenney (Kills) 24-50: 2. D.Williams (GAC) 24-52; 3, B Craig (Irv) 25-26; 4, S Hodge (SV) 25-33; 5, P McGregor (V1) (VP) 26-25; 6, D McDougall (Kilb) 26-43; 7, A McLatchie (Irv) 26-54; 8, J White (Irv) 27-16; 9, H Barrow (V2) (VP) 28-02; 10, I Thomson (Unat) 28-30; V3, I McEochern 14th (Kilb) 28-41: L1. M Wylie 58; L3, C Follan (Kiln) 32-35; LV1, J Smith (CGH) 34-36; Teams: 1, Irvine 18pt; 2, Kilbarchan 20; 3, VP 25; Women 1, Kilbarchan

Irvine Valley Half Marathon, Galston -1, M Carroll (An) 62-19; 2, G Tenney (Kilb) 67-38; 3, J Thomson (Irv) 68-20; 4, J Harrison (Mil) 68-47; 5, D Murray (JWK) 68-53; 6, A Adams (V1) (Dum) 69-15; 7, C Martin (V2) (Dum) 69-42: 8. A Stewart (Avr) 70-01: 9. B Crate (Irv) 70-32; 10, C Miller (Irv) 70-32; 11, D Harrison (Milb) 70-32: 12. D Williamson (Bell) 70-59: 13. 10, 15, J McNamee (Irv)71-22; V3, B McGarvey (Cam) 17th 71-51; L1, J Robertson (Ayr) 78-36; L2, R Murray (LV1) (GN) 79-53; L3, J Byng (LV2) (Irv) 86-22; Loc1, H Richmond (Lou) 74-

Irvine 22pt; Women 1, Strathaven S. East Neuk O' Fife Half Marathon -

1, P O' Kane 71-59; 2, T Martin 72-16; 3, J Elphinstone 73-07; 4, B Anderson 73-11; 5, P Simpson 74-22; 6, A Cassidy 75-47; VI, J Holder 76-20; V2, W Moffat 78-30; V3, G Angus 78-48; 1.1 | Ferrari 85-47:2 M McLaren 89-34: Five Mile Race 1, N Smith 25-07; 2, G Crabb 25-30; 3, s McDougall 27-26.

31; Women: J Strawhorn (Lou) 90-04; Team: 1.

Forth Road Runners 10K RR -

1, W Nelson (Law) 30-59 (wrec); 2, P Faulds (FVH) 31-11; 3, F Harper (Pit) 31-29; 4, K Rankin (FVH) 31-57; 5, A Ramage (Law) 32-57; 6, W Dickson (Law) 33-16; 7, C Meek (Whit) 33-40; 8, D Murray (FVH) 34-01; 9, C Burns (KO) 34-03; 10, D McAra (CR) 34-19; VI. 1 Knox 12th (Gala) 34-55; V2, I Leggatt 13th (Liv) 35-19; V3, R Martin 14th (Forth) 35-41; V50: T Dunamuir 27th (SVHC) 37-45; V60: 1 McKinnon 60th (Un) 45-59; J1, SLouden (Bath 11th 34-36; L1, L Murray 33rd (FVH) 39-02; L2, A-M Hughes 41st (ESP) 40-51; L3, A Dicksor 44th (Law)41-22; LV1, S Blair (Pol) 53rd 44-08; LV2, D Leddy 54th (Whit) 44-29; Loc, M Gemmell (Forth) 64th 47-58; Team: 1, Law 12pt; 2, FVH 14

Larkhall-Wanlockhead 35 mile 5 stage RRR 1, Springburn (A McIndoe 43-50; E Nixon 41-10; A Callan 35-00; L Crawford 42-47; M Mo Callum 47-44) 3-30-31; 2, Caldergien (E Wilkinson 41-10; A McLellan 34-04; R Johnson 44-39; A Muir 45-28; A Patterson 50-09) 3-36-00; 3, Motherwell YM (J McMorrow 44-57; G Orr 46 23: I Poutney 38-07: W Weir 41-59: D Gardiner 45-44_3-37-11; 4, Law & Dist 3-42-35; 5, Strath Pol 3-43-00; 6, Springburn B 3-45-21

Hamilton Sports Festival -6 mile RR: 1, C Thomson (Cam) 29-49 (rec); 2, S Wylie J1 (Carn); 3, A Mair (Carn); 4, E Wilkinson (Cal); V1, P McGregor (VP); L1, A Har-

nbecula Run, Isle of Benbecula Marathon: 1, W Reilly 2-59-14; 2, T Stoples 2-59-29; 3, P Lawrence (all RAF) 3-10-25 Half: 1, A McMahon (Kilb) 72-25: 2. D Cowie (RAF) 72-37; 3, J Robertson (L1) (Ayr) 82-53

Frank Sinclair M'rial 8.5 mile RR, Greenock 1, G Gaffney (GWH) 42-59; 2, J Duffy (GWH) 44-44; 3, S Hodge (SV) 45-32; 4, P McErlean (Milb) 46-01:5. [McMillan (V1) (Kilb) 48-29:6. W Stoddart (GWH) (V2) 50-14; 7, R Boyd (GGH) 50-55; 8, D Guy (V3) (GGH) 51-46; 9, J Muir (V4) (GWH) 52-55; 10, D McNeil (V5)

Largs to Ardrossan 13 mile RR -1, G Fairley (Kilb) 67-17; 2, G Tenney (Kilb) 68-22; 3, R Hubbard (SMC) 68-58; 4, D Murray (JWK) 69-24; 5, J Doyle (Milb) 71-23; 6, J White (Irv) 71-35; 7, A Stewart (Ayr) 72-11; 8, J Brennan (V1) (Irv) 75-52; 9, I Hannigan (Kilb) 73-00; 10, A McKinnon (Kilb) 73-22; V2, J Connaghan (SV) 79-05; V3, I McKenna (Inv) 85-35; L1, A Fisher (SV) 94-17; Teams: 1, Kilbarchan 12pt; 2, Irvine 25; 3, Ardrossan 59

Dunfermline Half Marathon -

1, M Carroll (An) 66-48 (rec); 2, I Campbell (DHH) 66-07: 3. F Clyne (Met) 67-54: 4. F Harper (Pit) 68-26; 5, MCoyne (CR) 68-43; 6, M Greatly 69-24: V1. A Duncan (Pit) 74-05: V2. C Smith (Fife) 76-51; V3, W Moffat 78-02; L1, J Ferrari (LV1) (Pit) 85-10; L2, L Barclay (Pit) 86-55: L3, M McLaren (Fife) 88-50

Monklands Festival 7 mile RR, Coatbridge -1, J Cooper (Spr) 34-13; 2, R Young (V1) (Clyd) 34-56; 3, B McMonagle (V2) (She) 35-37; 4, J Christie (V4) (Cam) 36-14; 5, M McCartney (Mary) 36-31; 6, S Crae (V4) (Cum) 36-34; 7, S McPherson (V5) (Hel) 36-39; 8, A Blackeley (V6) (West) 36-49; 9, J Morrison (She) 36-59; 10, EWatt (SV) 37-52: V50 TKelly (She) 21st 41-51: V60 R Donald (Gar) 51-24; L1, A-M Hufhes (Esp) 23rd 42-43; L2. I Harris (Un) 30th 44-16; L3, M Ward (LV1) (Un) 46-30

 A Reid (Coast) 27-18; 2. C Noble (Fra) 30-27; 3, 5 Hastie (Pie) 3-0-52; L1, M Duthie 7th (Fra) 31-58; L2, L Bain (35-33)

Loch Rannoch Marathon and Half Maratho Marathon: 1, R Hubbard (SHC) 2-30-21; 2, J Baird (HELP) 2-34-21; 3, A Cunninghar (HELP) 2-37-46; 4, R Jardine (Bo) 2-41-47; V1, W Begley (CPH) 2-43-52; V2, H McLean (Liv) 2-51-02; V50: 1, G Armitage (HFLP) 2-52-26; 2, S.Cameron (CPH) 2-54-46; L1. M.Taggart (Pit) 3-14-17; L2, H Stewart (Los) 3-22-46; LVI, Copeland (Wish) 2-47-45; Team 1 HELP Half: 1, G Forster (Sun) 68-23; 2, B Berwick (Sun) 68-27; 3, J Crehan (Wall) 71-01; 4, 1 Hagyard (York) 72-19; 5, S Borland (DHIH) 72 36; 6, D Gouldsborough (CPH) 73-57; V2, B Danrowski (Ber) 77-26; V50 I, G Brown (CPH) 87-18:2. P Kane (Un) 90-27: L1. S Sheild (Ches 80-32; L2, S Crehan (LV1) (Sale) 83-12; L3, I Barclay (Pit) 86-31: L4. E.Fisher (LV2) (SV) 87 39; LV3, J Carroll (DRR) 88-05; LA, S Cowie

Buckle Half Marathon -

1, G Laing (Ab) 68-47; 2, SCassells (Ab) 72-14; 3, M Wright (Elg) 72-45; 4, A Stephenson (CR) 72.53; 5, C Noble (V1) (Fra) 74-12; 6, A New lands (Coast) 74-35; L1, A Cassells (Ab) 97-38

Doon Hill 10.5 mile Race, Dunbar-1, W Brother (FVH) 1-6.25; 2, S Wallace (HELP) 1-7.48; 3, D Jeffrey (V1) (Dun) 1-9.10; 4, G Armitage (V2) (HELP) 1-10.59; 5, A Lorimer (V3) (Duns) 1-11.40; 6, A Mackie (V4) (Dunb) 1-13.30: L1, E Ryan (LV1) (ESP) 1-24.51: 1.2, D Mackie (LV2) (Dunb) 1-30.16; L3, C Smith

Lesmahagow HG Half Marathon

IBM Inverciyde Festival of Running 10K RR,

1, T Murray (GGH) 31-35; 2, J Duffy (GWH) 31-50; 3, J Harrison (Mil) 32-20; 4, S Hogg (SV) 32-31; 5, P McErlean (Mil) 32-35; 6, I McDougall (Kilb) 32-39; 7, B McGuiness (GGH) 32-44; R Hubbard (SMC) 33-12: 9. T McCallion (GGH) 33-13; 10, P McGregor (V1) (VP) 33-18; 11, D Harrison (Milb) 33-50; 12, C Hendry (GGH) 34-04; 13, J McArthur (C'dale) 34-31 14, S Dalgleish (SV) 34-47; 15, G McGrattor (GGH) 34-49; V2, R Shane (Un) 35-54; V3, Smith (CGH) 35-55: V45: 1, W McArthur (SV 38-18; 2, J Baird (C'dale) 40-25; V50:1, W Spark

THE third running of the Helensburgh Advertiser 10K on May 24 attracted a recordbreaking field of almost 250 runners, writes Wilson Hamilton. And the recordbreaking didn't stop there as all four course records fell in the warm evening sunshine

The first went to race winner Gerry Gaffney (GWH), who ran a controlled race to win in 31-19 despite the close attention for most of the race of Dumbarton's Brian Pitt, a brave runner-up in 31-44. Third finisher and first veteran, maintaining his unbeaten sequence in the event, was Alan Adams also Dumbarton, setting a new

Navy man Chris Morley revealed some of his untapped potential in fourth place in 32-05, followed by Alan Adams(junior) in 32-30. The youngster may always be following in his father's footsteps in the figurative sense, but surely not for much longer in the literal sense. In sixth place and second veteran, Colin Martin made it four out of the first six for Dumbarton AC.

The two other new records went to Sandra Branney, GAC, first woman and first veteran, and 24th overall, in 35-07.

Less than 30 seconds behind, and seeing her course record taken, Carol-Ann Bartley, also GAC, had the consolation of improving her pb to 35-36 for second place and 32nd overall. Although second veteran behind Branney, third placed Karen Hancock (Giffnock North), 69th overall in 40-03, received the vets prize with Isabel McErlean (GAC) next in 40-12 (75th overall).

Dumbarton, with three in the first five, took the mens team prize ahead of Springburn (Peter Laing, 11th; Alastair McFarlane, 14th and Eddie Dickson 18th) Three in the first four easily secured the womens team prize for GAC but, to round off another successful event for the organising club, Helensburgh AAC, the biggest cheer of the night went to their second placed women's team of Joanne Caldwell, Jane Grimley and Alison Simpson.

-RESULTS-

(SVH) 39-42; V60:1, W Marshall (MYM) 36-49. L1. I Byng (LV1) (Irv) 38-59: L2. A Fisher (LV2) (SV) 39-25; L3, M Blakey (SV) 39-51; L4, I McErlean (GAC) 41-41; L5, E McGarry (LV3) (Irv) 42-43; L6, J Smith (GGH) 44-02; Teams: 1, GGH 17pts; 2, Milburn 19

Mid Argyll Half Marathon, Lochgilphead 1, W Dickson (Law) 72-19; 2, R MacLeary (Ob) 72-57; 3, M Hawkins (V1) (Brom) 73-47; 4, D Bird (Un) 74-14; 5, W Jules (GGH) 75-12; 6, H Gallagher (Bella) 75-57; 7, A McLatchie (Irv) 76-20; 8, P Cartwright (V2) (FVH) 76-38; 9, T Dolan (V3) (C'dale) 76-41; 10, FConner (C'dale) 76-51; L1, A Dickson (Law) 1-29-57; L2, A Stewart (KO) 1-36-06; 3, A MacAvoy (Mid Arg) 1-49.21; LV1, N Thompson (Mid Arg) 1-53.22; Teams: 1, Oban; 2, Cambuslang; 3

Afton Water 10 mile RR, New Cumnock 1. G Wight (Avr) \$4-57: 2. G Tenney (Kilb) 56 46; 3, A McMahon (Kilb) 57-16; 4, R Hubbard (SMC) 57-26: V1. D Fairweather (Cam) 57-49 V2, I Poliock (Afton) 60-46; V3, J Kyle (Cum 61-08: V50: D Burns 66-21; L1, J Robertson (Ayr) 63-58; L2, I Fraser (Ayr) 71-02; L3, Strawhorn (Loud) 72-44: LVI, G Craig (Un) 72-18; LV2, L McCrae (Gall) 72-20; LV3, S

Peterhead Half Marathon

1, C McIntyre (Fra) 70-24; 2, G Milne (V1) (Pete) 71-22; 3, C Hunter (Mor) 71-29; 4, R Curtis (V2) (Mor) 73-07; 5, A Newlands (Coast, 73-19; 6, C Noble (Fra) 74-17; 7, A Henderson (Ab) 75-07; 8, S Willcox (Met) 76-20; 9, S Hastie (Pet) 76-50: 10. S Milne (Met) 78-06: 11. I In gram (Fra) 78-52; L1, V Simpson (Ab) 1-25.36; L2, N McKinnon (LVI) (Ab) 1-30.58; L3, M Bryce (Pete) 101-55; L4, R Sturton (Un) 103-30

Arbroath Half Marathon -

1,GGilhoolan (Bath); 2, B Anderson (DRR) 71-12; 3, G McIntyre (Fife) 73-31; V1, R Brown (Dunk) 75-52; V2, D Morgan (DRR) 76-43; V3, J Swaston (Tay) 78-07; L1, J Carroll (LV1) (DRR) 85-47; L2, S Hales (Moni) 87-35; L3, 5 Bauchop (LV2) (PRR) 95-48; LV2, K Butler (Ab) 99-13: LV3, I Smith (Fife) 101-49; LV4, M Taylor (Bre) 105-36

Hospice 10K Women's RR, Glasgow

1,] Swanson (MSL) 35-13; 2, M Duthie (Fra) 36-01; 3, V Blair (EWM) 37-01; 4, C-A Bartley (GAC) 37-08; 5, J Donnelly (GAC) 37-22; 6, R Murray (LV1) (GN) 37-52; 7, J McCall (GAC) 38-15; 8, H Morton (Irv) NTA; 9, C Thomson (GAC); 10, C Paton (Unat); 11, A-M Hugher (ESP); 12, E Scott (GAC); 13, E Christie (VP); 14, C Higher (GAC); 15, C Lynham (PRR) Inter 1, C Fairweather (MSL) 36th; LV2, D Montieth (SVHC) 19th; LV3, D Leddy (Whit) 26th; Team: 1, GAC 16pts; Vet, GN 151pts 5K Open Race: 1, P O'Kane (HBT) 17-03; 2, Christie (Cam) 17-27; 3, W Mitchell (Cam) 17-29: 4 A Crombie (GlaU) 37-48: 5. G Grubb (Mary) 17-57; 6, J Brooks (Un) 18-10; 7, J Coyle (Cam) 18-22: 8. E. Dickson (Spr) 18-22: 9. F Blockmore (Spr) 18-37; 10, W Glasgow (GN)

Women's 5 mile RR, St Andrews -1, A Wilson (LV1) (DHH) 31-26; 2, E Massor (Kilb) 31-55: 3. M McLaren (Fife) 32-32: 4. M Martin (Fife) 32-37; 5, C Cadger (LV2) (PSH) 33/M-6 SMilne/DHHD/LV3)33-11-7 A Size chan (DRR) 33-39; 8, K Macgregor (Fife) 34-43; 9, L Francis (DHH) 34-54; 10, S kelly (Un) (LV4)35-11; Inter1, RWilson (Fife) 11th 35-39; Team 1, Fife AC 15pt

Bo'ness10K RR -

1, R Hall (Tev) 32-08; 2, D Anderson (FVH) 32-26; 3, J Cooper (Spr) 32-38; 4, P Baxter (Pit) 33-35; 5, A McDonald (KO) 33-41; 6, K Duncan (Pit) (V1) 33-51: V2. P.Paterson (CR) 34-50: V3. I Leggatt (Liv) 35-37; L1, E Tinney (Bath) 41-19; L2, S Blair (LV1) (Pol) 42-56; L3, J Baxter (Pit) 45-52; LV2, 1 Donnelly (Un) 46-21; LV3, C Harrison (Stir) 46-26; Team: 1. Pitreavie.

Roevin 10K RR, Aberdeen

1, D Beattle (DHH) 30-45; 2, E Williams (Ro) 30-47; 3, F Clyne (Met) 30-50; 4, P Fox (DHH) 31-51; 5, C Ross (DHH) 31-52; 6, C Youngson (Ab) (V1) 31-56; 7, M Strachan (DHH) 31-58; 8, S Wright (AbU) 32-35; 9, R Taylor (Met) 32-45; 10, R Bell (DHH) 32-47; V2, M Edwards (Ab) 34-27; V3, G Angus (DCT) 36-03; L1, S Lanham (Ab), L2, L Bain (Ab) 39-11; 3, J Grams (Ab) 39-56; 4, M Robertson (DRR) LV1 40-20; 5, M Stafford (Ab) LV2 40-33; 6, V Fyall (DRR)

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Falkrik DC Women's 10K RR, Grangemouth 1, J Stevenson (LV1) (FVH) 35-58; 2, L Murray (FVH) 39-05; 3, E Scott (GAC) 39-39; 4, NMcKinnon (LV2) (Ab) 40-40; 5, T Thomson (Dunf) 41-34; 6, L Oliphant (Dunf) 42-06; 7, S Blair (LV3) (Pol) 42-38; 8, D Scott (Ed) 43-03; 9, A Richards (LV4) (GN) 43-14; 10, G Dees (EK) 43-17; 11, G Harrison (LV5) (Stav) 43-43; 12, J Wislon (Ed) 44-04; V401, J Baker (BofA) 46-24; 2, M Christie (Dull) 46-46; 3, C Garvey (Dunf) 48-17; V45 1, D McDonald (Inveresk) 48-46; V50 1, E Fairweather (DRR) 47-33

Kirkcaldy District Peoples Half Marathon -1, I Campbell (DHH) 65-34 (rec); 2, D Beattie (DHH) 68-24; 3, M McCreadie (Fife) 71-08; 4, B Anderson (DRR) 71-18; 5, A Graham (HELP) 72-18; 6, K Duncan (Pit) (V1) 72-40; 7, W Adam (Ab) (V2) 72-48; 8, N Martin (Fife) 72-56; 9, G Lightwood (Unat) 73-08; 10, P Simpson (Pit) 73-51; 11, G Breslin (Fife) 74-31; 12, A Dobell (Fife) 75-04; V3, J Holden (Fife) 75-38; V45: 1, D Morgan (DRR) 76-21: 2, R Brown (PSH) 77-43; V50: 1, G Angus (DHH) 77-35; V60: 1, T McIntosh 1-47-22; L1, J Swanson (MSL) 77-41; L2, J Ferrari (LV1) (Pit) 86-14; L3, M McLaren (Fife) 88-06: L4. B Smith (Un) 90-44: L5. A Harley (Fife) 91-23; L6, A Struchan (LV2) (DRR) 92-13; L40: S Bauchop (SVH) 97-29; L45: M Hutchison (Lass) 106-51.

10K: 1, D Anderson (Bro) 33-05; 2, J Tulloch (ESP) 34-31; 3, J Findlay (Fife) 35-40; 4, J Rough (Fife) 35-33; 5, R Milne (Fife) 35-40; V1, G

THERE are not many races in 1990 which can claim a 25% increase in the field over the previous year, writes Stephen Mohan. The Dumfries Half Marathon, with a field of 659 entrants, managed this lune 24, despite absolutely atrocious weather conditions. with driving rain and a headwind over the early part of the course.

In the absence of defending champion Mike Carroll, who was running a 10,000 metres race for Scotland in Austria, the pre-race favourite was Chris Robison of Spango Valley - no doubt attracted by the offer of £1,000 in subventions if the race winner set a new course record of 63 minutes or faster.

The conditions made a record attempt unrealistic and in fact the race was a very close run thing with the lead changing hands several times. The winner was Brian Kirkwood of ESPC in a time of 68-31, closely followed by Ian Elliott (68-45). Third man was GOrdon Tenney of Kilbarchan (69-00) with Robert Hall in fourth in 69-01 and David Robertson of Saltwell Harriers (69-04).

Winner of the prize as first 40-50 veteran was Michael Walker of Gosforth in 75-03. First over 50 man was Peter Taylor of Border Harriers in 81-17, and Bill McNeil was first over 60 man in 85-38. The team prize was won by Teviotdale Harriers with 12 points; second were Dumfries RC (46 points) and third Border Harriers (62 points).

The women's race was won by Renee Murray of Giffnock North in 82-57 with Sara Carson of Carlisle second in 83-00. First veteran was Geraldine Craig in 89-34 and first super-vet woman was Isobel Cholpas of Teviotdale (1-47-30). The women's team race was won by Teviotdale Harriers.

The organisers are highly delighted with the way that the event went, but next year they have resolved to pray just that little bit harder for dry weather!

Bennison (Fife) 38-18; V451, J McKechnie (Fit) 41-15; V50 H Muchamore (HELLP) 37-31; V55: , J King (DRR) 38-19; L1, M Healey (Pit) 41-15; L2, L Francis (DHH) 43-21; L3, W Parkinson (Unat) 50-27; LV1, J Puggmarr (Fife) 55-30; LV2, SMartin 55-30; L451, ERodger (DRR) 63-

56; 2, R Ross (DRR) 64-04. Street mile: 1, A Moonie (Pit) 4-21; 2, A Crombie (GlaU) 4-29; 3, B McDonald (Pit) 4-34; L1, M Wilson (Fife) 5-15

Fife Half Marathons Challenge (Glenrothes, E Neuk, Dunfermline, Kirkcaldy): 1, B Anderson 4-48-29 (71-41: 73-11: 72-19: 71-18): 2. P Simpson 4-56-41; VI, J Holden 5-05-11 (76-48, 76-20; 76-25; 75-38); 2, W Moffat (5-11-59); V50: 1, G Angus 5-13-02 (77-45; 78-48; 78-54 77-35): 2. H Scott 5-26-11: L1. I Ferrari (vet) 5 51-05 (93-54; 85-47; 93-54; 86-14); 2, M McLaren 6-06-59: LV1. I Melville (7-12-27): LV2. M Hutchison 7-24-26; L50: I Barrie 7-47-06.

Dumfries Half Marathon -

1, B Kirkwood (ESP) 68-31; 2, I Elliott (Tev) 68-45; 3, G Tenney (Kilb) 69-00; 4, R Hall (Tev) 69-01; 5, D Robertson (Salt) 69-04; 6, A Fair (Tev) 70-05; 7, T Lascelles (Bor) 70-20; 8, S Gibson (HBT) 71-35; 9, A Heathcote (Sta) 71-48; 10, D Logue (V1) (DRC) 72-15; 11, D Frampton (Kes) 72-24; 12, C Kinnear (DRC) 73-07; 13, J Brock-ett (Moth) 74-06; 14, G Cunningham (Ayr) 74-19; 15, D Paterson (Bor) 74-42; 16, A McDonald (KO) 74-45; 17, J McNamee (Irv) 74-46; 18, M Walker (V1) (Gos) 75-03; 19, K Dick (V2) (Un) 75-05; 20, J McMorrow (V3) (Moth) 75-06; V50: P Taylor (Bor) 81-17; 2, L Walker (Blay) 82-18; 3, W Burns (Irv) 82-46; V60: 1, W McNeill (Dur) 85-38; 2, J Elphinstone (SVH) 87-18; 3, H Cairns (SVH) 107-22; Teams: 1, Teviotdale 12pt; 2, DRC 43; 3, Border 62; L1, R Murray GN) (LV1) 82-57; L2, SCarson (Car) 83-00; L3, G Craig (LV2) (Stra) 89-34; LA, L Armstron (Bord) 91-05; L5, E McCrae (LV3) (Gall) 91-22, L6, H Lawson (LV4) (NSP) 95-22; L451 Chlo-pas (Tev) 107-30; Team: 1, Teviotdale

Senior 10K: 1, A Eyre-Walker (HBT) 31-31; 2, BCraig (Irv) 32-16; 3, RHubbard (Kilm Ac) 32-25; 4, C Miller (Irv) 32-42; 5, J McNamee(Irv) 33-06; 6, J White (Irv) 33-21; 7, L Baker (Avr) 33-22; 8, J Goldie (JWK) 33-23; 9, W Boyd (Ayr) 33-41: 10. C Brash (Avr.) 33-49: 11. H Rankin (V1) (JWK) 34-00; 12, J Brennan (V2) (Irv) 34-21: 13. G Clark (SV) 34-23: 14. I Hannigan (Kilb) 34-26; 15, A McDowall (Dalry) 34-51; 16, A Shedden (Irv) 35-03; 17, A Law (Ayr) 35-07; 18, G Young (Ayr) 35-54; 19, R Cheyne (V3) (Irv) 35-52; 20, H Quigley (Grange Ac) 35-54; V4, D Padden (Kilw Ac) 22nd 36-13; V5, W Dale (Irv) 23rd 36-14: V6. I Halliday (IWK) 26th 36-22; L1, J Byng (LV1) (Irv) 60th 39-29; 1.2. M McGill (Irv) 69th 40-32: L3. I Strawhorn (Loud) 78th 41-14; L4, S White (Ayr) 79th 41 18: 1.6. S McLeish (GN) 83rd 41-29: LV3. C McKean (Loud) 117th45-02; V50: 1, W Burns (Un) 39th 37-46; 2, W Spark (Irv) 61st 39-37; 3, W Robertson (Troon) 80th 41-22; Team: 1. Irvine 17pt; 2, Ayr 43; 3, JWK 78; Womens: 1, Irvine 381pt; School: 1, Kilwin Acad 109pt; 2,

Kilwinning Acad Festival of RR (441 ran) -

Kilmarn Acad 180; 3, Grange Acad 358; Junior race: U14 Boys: 1, C McMillan (Barr) 15-15; 2, C Boyd (Kilw) 16-00; 3, A Thomson (Kilm) 16-00; 4, R Jamieson (Gra) 16-13; Girls , E McClung (Kilw) 17-28; 2, L Hough (S Peters) 18-03: 3. A Rutherford (Kilm) 18-23: U16 Boys: 1, I Murdoch (Carr) 14-09; 2, G Cassidy (Gra) 14-19; 3, S Murdoch (Carr) 14-41; 4, M McCrae (Hill) 14-50; Girls: 1, A McManus (Kilw) 16-08; 2, P Gillies (Kilm) 16-09; 3, G Syme (Gra) 16-37;

Teams: U14 Boys: 1. Grange 73pt: 2. Kilm 84: 3, Kilw 90; Girls: 1, Kilw 231 pt; 2, Carrick 325; 3. Belmont 378: U16 Boys: 1, Grange 17pt; 2, Carrick 26; 3, Kil-

winning 28; Girls: 1, Kilmarnock 164pt; 2, Grange 185; 3, St Joseph 198

May

Bens of Jura 16 mile FR, Isle of Jura -1, I Ferguson (Bing) 3-15-28; 2, B Whitfield (Bing) 3-17-55; 3, W Bland (V1) (Kes) 3-18-43; 4. A Trigg (Glos) 3-20-24: 5. I Holmes (Bing) 3-21-56; 6, P Clark (Kend) 3-20-24; 7, A Styan (Holm) (V3) 3-30-18:8. D Ratcliffe 3-30-51: L1 S Farrar (Ery) 4-28-16; L2, A Curtis (Carn) (LV1) 4-34-44; L3, C Kenny (Ach) 4-36-28; Team: 1, Bingley; 2, Clayton le Moors

Campale 5 miles HR. Milton of Campale -1, G Bartlett (For) 28-50; 2, S Bennett (West) 29-25:3.PMarshall(V1)(HELP)29-37:4.IMurphy Williams (Liv) 33-07; L1, D Vaughan (Unat)

Glengoyne Gallop HR, Blanefield -1, B Rodgers (Loch) 25-04; 2, P Fettes (GlaU) 25-43; 3, S Burns (Loch) 26-04; 4, J Brooks (Loch) 26-14; 5, I Walloe (HBT) 26-27; 6, D Gillies (GordH) 26-47; 7, R Morris (V1) (Car) 26-50; 8, DMurray (Gleng) 28-44; 12, KCorbett (GlaU) 28-51; V2, R Gorman (Unat) 34-03; V3, G Benny (Un) 35-08; L1, E Scott (West) 36-27; L2, G Hislop (Har) 38-15; L3, M Duff (Gleng) 44-29; Team: 1, Lochaber 8pts

Aonoch Mor HR, Fort William -

1=, A Farningham (Gala) and D McGonigle (DHH) 1-21-39; 3, EHarwood (Mer) 1-22-53; 4, G Brooks (Lo) 1-31-11:5, N Lancaster (Skye) 1 31-57; 6, A Craig (Lo) 1-32-58; V1, EOrr (Lo) 1-42-39; L1, L Hope (Lo) (LV1) 1-44-35

Culter Fell Horseshoe Race, Tweedsmuir -1, W Gunt (Pud) 1-55-22; 2, D Rodgers (Loch) 1-58-48; 3, S Bennett (West) 2-00-18; 4, A Dutch (C'dale) 2-00-48; 5, P Marshall (V1) (HELP) 2-03-54; 6, D Bell (HELP) 2-03-54; 7, J Aitken OHFLP) 2-03-57:8 1 Blair-Fish (Car) 2-04-03:9 MOgston (HBT) 2-05-30; 10, J Wilkinson (Gala) 2-05-38: L1. T Calder (ESP) 2-08-43: L2. I Longmont (Ann) 2-50-29; L3, C Farrell (C'dale)

Scolty HR, King George V Port. Banchury-1, F Clyne 31-31; 2, B Moroney 32-06; 3, R Taylor 32-24; 4, M Cumming (all Met) 32-29; 5, C Farquhamon (HBT) 32-40; 5, S Brown (Fra) 33-17; 7, N MacDonald (Met) 33-27; 8, R Bell (DHH) 33-44; 9, P Jennings (Met) 33-39; 10, 1 (Ab) 34-4(3), 7 Jennings (Met) 33-39; 10, 1 Cumming (Ab) 33-58; 11, M Edwards (VI) (Ab) 34-01; 12, S Wright (AbU) 34-10; 13, S Willcox (Met) 34-20; 14, A Aitken (Ab) 34-23; 15, N Kilner (Ab) 34-31; V2, I Fraser (Unat) 35-00; V3, C Love (DHI-I) 35-25; V4, E Butler (Ab) 35-39; V5, F Duguid (Ab) 36-01; L1, J Shand (Ab) 38-05; L2, J Robetson (Balir) 40-16; L3, M Stafford (LV1) (Ab) 40-55; L4, J NUttall (LV2) (Ab) 42-00; L5, J White (Banch) 42-50

MIKE Carroll of Annandale AC won the Scottish People's Half Marathon Championship when it was held for the first time as part of the Dunfermline Half Marathon on June 10.

Carroll's time of 64-48 was more than two minutes inside the 1989 Dunfermline winning time, and 80 seconds ahead of Dundee Hawkhill's Ian Campbell (66-07), who himself was almost a minute ahead of third placed Fraser Clyne of Metro Aberdeen.

In the women's race (not a championship event), Pitreavie veteran Jacqui Ferrari who won the inaugural Dunfermline Half Marathon six years ago-proved that good runners improve with age by knocking two minutes and two places off her 1989 performance to win in 85-10, ahead of clubmate Linda Barclay and Fife AC's Margaret

-RESULTS-

Transin Law HR, East Linton -

1, A Spenceley (Car) 41-23; 2, C Hunter (HBT) 41-30; 3, J Smith (V1) (HBLP) 41-33; 4, J Hampshire (HBT) 42-10;5, I Wilson (Lin) 42-11; 6, M Flynn (CPH) 42-50; 7, D Sluth (J1) (ESP) 43-27; 8, K Burns (V2) (Car) 43-39; 9, SWallace (HELP) 43-56; 10, G Armetrong (V3) (HELP) 44-10; L1, R McKenzie (Unat) 52-55; Teams: 1, HELP 22nt: 2. Carnethy 24: HBT 26

North Cape Dollar HR -

1,1 Davidson (Car) 42-54; 2, J Wilkinson (Cala) 43-05; 3, P Marshall (VI) (HELP) 43-20; 4, S Bennett (West) 44-46; 5, I Murphy (C'dale) 45 17: 6. A Dutch (C'dale) 45-36: 7. I Wallace GIBT) 45-43; 8, S Conway (Liv) 46-29; 9, E Butler (V2) (Ab) 47-32; 10, J Gallacher (Ken) 47-46; V3, T Ross (Fife) 11th 47-48; J1, K Craip (Doll) 51-43; Loc1, A McLintie (Doll) 68th 67-14; L1, J Farmer (Un) 58th 60-13; L2, A West (Car) 69th 67-36; L3, K McNeill (Forr) 71st 69-07; Team 1, Clydesdale 36pt

Lomonds of Fife HR, Gateside, Fife-1, T Martin (Fife) 71-44; 2, T Ross (V1) ((Fife) 72-42; 3, A Spenceley (Car) 73-498; 4, D McLear (Lom) 74-40; 5, P Butcher (Arb) 76-06; 6, L Fortune (Fife) 76-21: L1. | Salvona (Liv) 77-38 (rec); L2, Martin (Fife) 98-39

Calentable HR, Muirkirk (200 mn)

1, D Auchie (Dal) 44-17; 2, P Bonner (C'dale) 45-05; 3, J Stewart (Ayr) 45-12; 4, D Tyson (5ol) 47-02; 5, I Auchie (Dal) 47-19; 6, J Germeell (Curn) 47-46; 7, J Rowley (V1) (Law) 47-53; 8, HRichmond (Loud) 48-00; 9, HFinnigan (Dal) 49-261; V2, I Pollock (Aft) 49-33; V3, D Adams (Aft) 50-40: V50: 1. W Burns (Dreg) 51045: 2. Auchie (Dai) 55-44; 3, W Wood (NS) 61-07; L1. I Fraser (Avr) 58-57: L2. E Griffin (Muir) 71-57: L3, W Teffer (Aft) 81-36; LV1, J Hume (Aft) 66-14: Team, Dalry 15pt; Womens, Afton Water.

Glen Rosa Homeshoe HR. Arran. I, M Prody (Glos) 2-20-34; 2, C Ballantyne (Kes) 2-21-16; 3, T Bolland (S'port) 2-26-48; 4, P Marshall (V1) (HELP) 2-26-59; 5, D Bell OffELP)2-27-24: for TCalder (LD) (rec): GKenny (Unat) and N Cuddy (Glos) 2-42-17; 9, Murphy (Clvd) 2-43-13: 10,15hields (V2) (Clvd) 2-45-06; 11, P Bonner (C'dale) 2-47-26 V3, P Carloss (Kend) 3-06-33: L2, C-A Swain (Un) 3-21-00; L3, M Naylor (SLOW) 3-23-00; Team: 1,

Clydesdale H 30ets.

Seven Hills of Edinburgh HR -1, W Gauld (Car) (VI) 1-48-26; 2, 5 Gibson (HBT) 1-50-40; 3, D Gouldsborough (CP) 1-51-57; 4, G Armstrong (V2) (HELP) 1-52-31; 5, N Bowman (Un) 1-52-46; 9, P Brooks (V3) (Lo) 1-53-50; 7, W Begley (V4) (CP) 1-54-35; L1, M Balfour (Un) 2-21-06; L2, J Farmer (Oc) 2-22-00

Eildon 2 Hills Race, Melrose-

Elidon Z Hills Race, Melrose-1, C. Donnelly (Cam) 26-53; 2, J. Wilkinson (Gala) 26-55; 3, S. Livesey (Roch) 27-02; 4, A. Peace (Bing) 27-04; 5, G. Devine (Pud) 27-10; 6, A. Kitchin (Liv) 27-16; 7, K. Manning (Clay) 27-28; 8, W Gaunt (Pud) 27-28; 9, M Fleming (Amb) 27-40; 10, D Rodgers (Loch) 27-42; 11. W Rodgers (Loch) 21st 28-23; V1, R Whitfield (Bing) 28-28; V2, P Marshall (HELP) 28-52; Hulme L1, T Calder (ESP) 30-22; L2, P Gibb (Tel) 32-47; L3, M Todd (Amb) 33-24; L4, H ntides (Amb); L5, J Salvona (Liv) 33-51 V3, T (Pen) 28-59; V4, D Spedding (Kes) 29-13; V5, A Shankly (Tev) 30-25; Team I, Pudsey.

Falkland Festival HR -1, K Manning (Shef) 20-26; 2, S Bennett (West)

THE "Hebridean 3" race series (Western Isles, Benbecula and Skye Week half marathons) started in Stornoway on May 27, writes Ross Munro. For the third year in a row, the conditions were excellent and made for an enjoyable race.

Amongst the 132 runners lining up for the start were strong contingents from Hunters Bog Trotters, Aberdeen Metro, and Perth Strathtay Harriers. Also, there were two previous race winners alongside several good individual club runners.

It was a field of quality, with over twenty runners completing the course in under 81 minutes, including the first woman and first over 50 veteran. Indeed, the quality of this year's entry was such that the first three runners all broke the previous course record. So with Adam Eyre-Walker (HBT) and Jane Robertson (Ayr Sea) leading the respective senior categories the championship progressed to Ballvanich in Benbecula.

On a windy June 9, the entrants for the Benbecula Half Marathon were well prepared for a slightly slower race on the exposed West Atlantic shores of the island. Andy McMahon (fourth in Stornoway) fought off a strong challenge from Scottish internationalist Doug Cowie in the last mile to record a winning time of 75-25. For anyone who has competed at Benbecula, and felt the wind blowing directly from the Americas, you will recognise this as a highly respectable run indeed.

By now the three race contest was being whittled down to a two man race between Kilbarchan's McMahon and the unattached Bob Brown, with Stornoway exile Chris Allan three minutes behind in third. In the women's event there was unfortunately no one with the ability to offer a challenge to Ayr's Jane Robertson, who, with two straight victories, was in an unassailable position. Giffnock's Anna Jacques, enjoying her "Hebridean Tour of the Isles", had succeeded in running into second place with a local runner, Benbecula's Susan Denny, moving into third.

A fortnight later on June 23, out of the starting line of 200 for the Skye Week Half Marathon, 25 were also warming up to contest the deciding race in the series. Again the wind blew, making the ascent of the hilly first six miles even more exhausting than usual. With the eventual race winner Simon Axon being ineligible for the championship it was down to Bob Brown to try and overcome an almost four minute deficit, but even with an enforced stop for Andy McMahon to off load some excess stomach ballast, it was not to be.

Series results:

Male: 1, A McMahon (Kilb) 3-43-08; 2. R Brown (Unat) 3-45-53; 3. C Allan (Sto) 4-07-01; Female: 1, J Robertson (Ayr) 4-11-54; 2, A. Jacques (Giff) 5-02-52; 3, 5 Denny (Ben) 5-26-36; V1, R Irvine (West Lothian); Team: Stornoway RC.

In all, 25 people completed the three races and thus qualified for the special medal, with another dozen or so completing two out of the three races. With the difficulties involved and the time spent travelling, many new friendships were made and old ones renewed, and with the incentive of added sponsorship next year this series should go on from strength to strength.

We would like to say our thanks to the sponsors of this event, Macrae and Dick and Colin Campbell Sports. Thanks also to the Hebridean Estate Agency (Portree) and the Seaforth Hotel in Stornoway for the provision of trophies.

(Fife) 22-29; 5, S Campbell (Alva) 22-54; 6, N Martin (Fife) 23-31; 7, D McLean (Fife) 23-37; 8, DReid (EK) 24-00: 9. P Buchanan (Alva) 24-10 10, K Anthony (Fife) 24-35; L1, H Brunton (Falk) 52-53: 11 U18, F Hooton (CPFD 26-04) JU14, S Shaw (Falk) 26-19; Girl U15: L Rennie (Falk) 29-44; Loc Men: 1, J Lamb (Falk) 25-05; 2, C Rodger (Falk) 27-28.

Kinnoull HR, Perth-

1. A Fyre-Walker (HRT) 24-13-2 D Crown (DHIII) 24-31; 3, P O'Kane (HBT) 24-38; 4, T Wilkinson (DRR) 24-43-5 DWeir (SPED 24-53) 6, J Jarvis (Ed U) 25-32; 7, M Rigby (West) 25-47-8. D Knight (PSE) 25-54-9. I Whitelet (PSE) 25-57;10, EBell-Smith (PSFI) 26-05;11, FMcKay (HBT) 26-28-12 SCraves (V1) (Fi6) 26-32-13 McCabe (PSFD 26-42; 14, D McIntosh (PKR) 26-46: 15, A Brown 26-50; V2, T Ouigley 30th 28-18; V3, PLowe (Fife) 34th 28-45; L1, M Muir (DRR) 42nd 29-12; L2, D Everington (Liv) 50th 29-40; L3, J Robertson (Bla) 70th 31-17; L4, E Scott (West) 72nd 31-31:15. C Whalley (Liv 74th 31-52; L6, A Campbell (Liv) 78th 32-13; LV1, T Respinger (DRR) 84th 32-39.



May

SWAAA East v West Match, Coatbridge Sen: 100: 1, A McGillivray (E) 12.4; 2, R Girvin (W) 12.6; 3, D Brown (E) 12.6; 200: 1, G McIntyre (W) 24.6; 2, R Girvin 24.7; 3, P Divine (E) 24.8; 400: 1, G McIntyre 54.7; 2, F Calder (W) 574;3, GLoubrough (W) 57.8; 800:1, J Stewart (W) 2-11.3; 2, C-A Gray (E) 2-12.4; 3, M McClung (W) 2-17.4; 4, 5 Hamilton (E) 2-17.9; 1500: 1, H Haining (W) 4-33.3; 2, C-A Gray 4-38.3; 3, E Grant (W) 4-40.7; 4, K Rice (E) 4-46.2 3000: 1, V McPherson (W) 9-50.0: 2, H Wisley (E) 9-51.9; 3, C-A Bartley (W) 9-53.4; 4, M Duthie (E) 9-56.1; 100H: 1, C Reid (E) 14.4; 2, L McCulloch (E) 15.2; 3, 5 Richmond (E) 15.2; 4 | Smart (E) 15.3; 400H: 1, | Lowe (W) 62.6; 2, M McBeath (E) 62.8; 3, H Edgar (W) 64.7; 4x100: 1, East 47.5; 2, West 49.5; 4x400: 1, West 3-52.9; 2, East 3-54.4; HJ: 1, R Pinkerton (W) 1.75m; 2, C Henderson (E) 1.70m; 3, K Guthrie (E) 1.60m; 4, S Richmond 1.60m; LJ: 1, L Campbell (E) 5.71m; 2, C Black (E) 5.53m; 3, M McBeath 5.36m; SP: 1, H Cowe (E) 13.24m; 2, A Rhodie (W) 11.25m; 3, K Neary (E) 10.84m; DT: 1, L Adams (E) 41.28m; 2, H Cowe 40-98m; 3, C Cameron (W) 40.48erc IT: 1, 1 Currie (W) 36.88m; 2, D Sutherland (E) 35.78m; 3, L Low (E) 35.72m

Inter 100: 1, L Nicolson (W) 12.4; 2, K Leys (E) 124; 3, K O'Donnell (W) 12.6; 200: 1, L Ni-colson 25.6; 2, K O'Donnell 25.9; 400: 1, L Paterson (E) 58.0: 2. S Carruthers (W) 58.9 800: 1, L. Davidson (E) 2-18.2; 2, K. Stewart (W) 2-19.5: 3. A Patterson (W) 2-20.1: 1500: 1. 1 Cormack (E) 4-52.6; 2, Y Reilly (E) 4-54.3; 3, D McInally (W) 4-SS 1: 80H: 1 T Crosble (W 12.5; 2, C Milligan (W) 12.6; 3, S Christie (E) 12.6: 300H: 1, SWood (E) 45.4: 2, L White (W 49.1; 4x100: 1, East 4-07,9; HJ: 1, J Ross (W) 1.95m; 2= C Herriot (E) + L Gordon (W) both 1.55m; LJ: 1, M Sommerville (W) 5.11m; 2, C Pritchard (W) 5.11 m; 3. C Herriot 5.02 m; SP:1 LBarnett (E) 11 34rrc DT:1, A Cross (E) 34.70rrc 2, H McCmadie (W) 33.66m; JT: 1, L Jackson (E) 36.44mc

Jun: 100: 1, K Sutherland (E) 12.9; 200: 1, S Dudgeon (E) 25.9; 2, SPaterson (E) 26.1; 800:1, G Fowler (W) 2-17.2: 2, L Stewart (W) 2-19.0: 3 C Boyes (W) 2-20.1: 1500: 1. F.Reid (W) 4-52.5 2, P Gillies (W) 5-58.6; 75H: 1, S Gunn (E) 11.7; 2, C Burr (E) 11.8; 4x100: 1, East 51.0: 2, West 51.8; HJ: 1, J Reid (W) 1.55m; 2, 5 Raminger (1.50m; LJ: 1, S Raminger 5.15m; 2, S Shill (E) 5.04m; SP: 1, J Robin (W) 11.21m; 2, K Cassidy (E) 10.25m; DT:1 1 Robin 33.82m; 2 F.Carder (E) 30.88m; JT: 1, M Wilson (W) 30.80m.

Girls: 100/200: 1. I Reid (E) 13 8 /27 7: 500: 1. F. dman (E) 2-22.5; 2, J Ward (E) 2-24.4; 4x100: 1, East 54.9; 2, West 56.1; 70H: 1, 5 Moxey (E. 11.8; HJ: 1, S Goldie (W) 1.40m; 2, L Still (E) 1.40m; SP: 1, D Palmer (E) 4.49m; DT: 1, C Garden (E) 35.68m; 2, N Disalival (W) 27.34m; JT: 1, H Lang (W) 26.40m; Result: 1, East 542 pts; 2, West 428.

Scottish WAL Monklands Scottish Cup Semi Final Coatbridge -Group I Match Result

Sen: 1, Inverness 73 pt; 2, ESP70: 3, GAC 60: 4. Ayr 47.5; 5, Aberdeen 47.5; 6, Cent Reg 10; Inter: 1, EWM 80pt; 2, Pitrnavie 56; 3, Cent Reg 56: 4. Kilbarchan 53: 5. DEDI 49: 6, 8 Jale 34 Jun: 1, EWM 74pt; 2, Ayr 69; 3, Arbroath 57; 4 Pitreavie 50; 5, Montrose 44; 6, Kirk Oly 40; 7 37; 8. Harmeny 35.

Girls: 1, ESP 61; 2, Abendeen 58; 3, Cent Reg 54; 4, DHH 42; 5, Kilbarchan 24; 6, Ayr 15; First 3 clubs in each age group category qual

ify for the Cup Final. ien: 100: T Black (Ayr) 12.9; 200: Z Butlet (ESP) 27.1; 400; FMeldrum (GAC) 58.1; 800; R Grant (GAC) 2-71.1; 1500: 1, CA Gray (ESP); 4 342: 2. S Gollan (Inv) 4-39 6: 3000: 1. S Gollan 10-03.1: 400H: A Niaktin (ESP) 65.9: 4x100: 1 Ayr 51.1; 4x400: 1, ESP 4-04.8; HJ: 1, K Guthrie 0(SP) 1.55m; LJ: B Hamilton (GAC) 5.13m; SP DT: 1. H McLeod (Inv) 10.15m/37.46m; JT: L

Low (ESP) 37.24m; Inter: 100/200; K O'Donnell (KO) 12.7/26.4; 400: C Collins (Pit) 60.4; 800: 1, T Ryan (EWM) 2-23.2; 2, Y Reilly (DHH) 2-25.3; 3, M Bonner (CR) 2-25.6; 1500: Y Reilly 4-57.4; 80H/300H SWood (EWM) 12.4/44.7:4x100:1. Kilbarchar 52.5; 2, Pitreavie 52.6; 3, Cent Reg 52.8; HJ: 1, Ross (Kilb) 1.70; 2, C Herriott (EWM) 1.60er; 3 C Scott (CR) 1.55my LJ: 1, EMcLaughlin (EWM 5.01 mc SP: L Cunningham (Pit) 10.21 mc DT: 1 Drigami (EWM) 28.86m; JT: 1, J Ablett (EWM)

Jun: 100: S Sutherland (EWM) 13.0; 200: 1, 5 Paterson (EWM) 26.2: 800: D Church (Avr.) 2: 20.1; 1500: L Shaw (Arb) 5-00.6; 75H: C Burn (EWM) 12.0: 4 x100: EWM 50.9: HE 1. S Ram ninger (Arb) 1.56; 2, J Reid (Kilb) 1.53m; LJ: C McLeod (Kilb) 4.83mc 5/Dr E Garden (Pit) 10.20m/30.26m; J: W McFarlane (Mo) 30.1 Girls: 100/Lf: L Scullion (Kills) 14.0/4.51m 200: A Morrison (Ab) 28.6; 800: J Ro (ESP) 2-27.9: 4x100: 1. Aberdeen 56.7: 2. Cent Reg 56.9; 70H: C Middleton (Ab) 12.5; HJ: L

9(III (Ab) 1.35m. Group 2 Group 2 Seniors: 1, EWM 89pt; 2, Pitreavie 67; 3, MSL 61; 4, DHH 56; 5, Kilbarchan 32; 6, Kirk Oly 31. Inter: 1, Avr 65pt; 2, MSL 58: 3, GAC 50: 4 Jun: 1, GAC 77.5pt; 2, ESP 61.5; 3, Aberdeen 60; 4, Inverness 52.5; 5, MSL 51; 6, Cent Reg. 41.5: 7. DHIH 32: 8. Black Isle 30. Pitreavie 66; 2, EWM 56; 3, GAC 45; 4.

MS2, 44: 5. Kirk Oly 35: 6, Montrone 19. First 3 clubs in each group category qualify for the Cup Final. oes: 100: A McGillibray (EWM) 12.5; 200:

1, D Flockhart (EWM) 25.3; 2, M Cunningham OMSL) 25.3; 400: E Grant (Pix) 59.5; 800: 5 Hamilton (EWM) 2-21.1; 1900: 1, J Swanson (MSL) 4-43.7; 2, A Grossett (Pit) 4-46.2; 3, J Ovens (EWM) 4-55.6; 3000: J Swanson 9-56.5; 100H1, C Reid (EWM) 14.3; 2, 1, McCulloch (Pt) 15.0; 400H: A Brown (EWM) 64.2; 4x100: 1, EWM 48.8; 2. Pitreavie 50.9; 4x400; FWM 4-01 & Hill I, S Richmond (Pit) 1.65m; 2, L McMillar (EWM) 1.60m; LI: 1. C Black (EWM) 5.69m; 2 E Grant (Pit) 5.08m; SP: 1, A Dutch (EWN 11.18m; 2. A Rhodie OMSL) 11.04m; DT: 1 Adams (Pt) 38.24: JT: 1, J Currie (MSL) 42.64m 2. D Sutherland (EWM) 35.96mc

Inter 100: L Nicolson (GAC) 12.7; 200: L Pate son (Ab) 25.2: 400: S Carruthers (Avr.) 60.5 800: 1, L. Davidson (Ab) 2-19.8; 2, G Slaves (Ayr) 2-20.2; 3, E Black (GAC) 2-21.4; 1500: 1, Cuthill (GAC) 5-02.6; 2, K Fox (MSL) 5-04.6; 80H: 49.1; 3. A Watt (GAC) 49.6; 4x100: 1. Av 51.5; 2, MSL 51.8; 3, Aberdeen 52.2; HJ: C Philips (Ab) 1.55m; LJ: C Pritchard (MSL) 5.19m; DT: R Samson (Ayr) 28.22m; JT: S Ritchie (Arb) 29.86m

Jun: 100: L. McKay (CR) 13.1; 200: C Harris (Pit) 28.0: 800: G Boyes (GAC) 2-18.7: 1500: 1 Stewart (ESP) 4-53.1; 2, P Crawley (GAC) 4 55.9; 75H: Z Howleson (GAC) 12.4; 4x100: 1, Glasgow 50.6; 2, Aberdeen 51.0; LJ: SS:III (Ab) 5 Me

Girls: 100: P Johnstone (EWM) 13.9; 200: 1, N Hynd (Pit) 28.0; 2, P Johnstone 28.6; 800: H Steedman (Pit) 2-25.3; 4x100: 1, Pitreavie 56.2; 2, GAC 56.5; 70H: SMovey (EWM) 12.0; HJ/LJ F Paul (EWM) 1.35m/4.51m; SP/DT; C Garden (Pit) 10.18m/31.38m; JT: H Grimason OMSL) 20.84m.

-RESULTS-

June

Annan and Eskdale DC and EWM Trophy

Meeting, Annan -Mem 1, Solway League Select 250pt; 2, Shet-tleston 208; 3, JWK 103 100: 1, D Mulheron (S) 11.4; 2, A Sobik (SL) 11.5:3. R Robson (SL) 11.5:200:1. D Mulheron 22.2; 2, R Harkins (5) 22.4; 3, K Anderson (SL) 22.4; 4, L Hanlin (JWK) 22.9; 400: 1, K Ander-

son 50.7; 2, D Alexander (S) \$1.3; 800: B Bell (SL) 1-56.0; 1500: 1, J McKay (S) 8-19.1; 3, A Coyne (5) 8-33.7; 4, KConley (SL) 8-35.2; 110H: 1, R Harkins 16.0; LJ 1, F McGlynn (5) 6.21 m; 4x200: 1, Shettleston 1-31.2; 2, League 1-31.2; Youtha: 100/200: I Lee (SL) 11.8/23.5; 400/800 DHalliday (5)54 1/2-00 8:1500 PLoage (5) 4 26.1; 100H: DClifford (SL) 15.0; HJ: DWhiffen (SL) 1.80m; SP: D Tonner (SL) 13.18m; 4x200: . Shettleston 1-38.9:

Sen Hoys: 100: 1 McKenzie (SL) 12.5; 200: 1, M Potter (SL) 25.2; 2, D Reilly (S) 25.2; 400: 8 Waters (S) 57.5; 800: R Young (JWK) 2-05.2; 80H: J Rae (SL) 13.4; 4x100: 1, League 49.8; Women: 1, EWM 209pt; 2, Solway League 188;

3 GAC 119: Senior 100: 1, D Brown (EWM) 12.3; 2, D Flockhart (EWM) 12.4: 3. R Girvin (SL) 12.4: 4. M Mary (SL) 12.9; 200: 1, D Flockhart 24.8; 2, R Girvin 24.9: 3. F Boswell (EWM) 25.8: 400: A own (EWM) 58.0; 800: H Haining (SL) 2-13.0: 2. E Grant (GAC) 2-21.3: 1500: 1, R Houson (GAC) 4-53.8; 2, J Guy (GAC) 4-54.5; 100H S Durie (EWM) 17.4: 4x200: 1, EWM 1-44.9: 2 league 1-50.5; LJ: M Marr (SL) 5.30; SP:

Rammel (SL) 9.23mc Inter: 100: R Livingstone (EWM) 13.0; 200: K Elliot (SL) 26.5; 400/80H: S Wood (EWM) 59.4/ 12.6; 800: S Armstrong (SL) 2-14.6; 1500: J Cuthill (GAC) 5-10.1; 4x200: 1, EWM 1-46.0; 2 Sol League 1-51.0; HJ-C Herriot (EWM) 1.57m; Jun: 100/200: K Sutherland (EWM) 13.0 / 26.0; 00: 1, GFowler (GAC) 2-22-0; 2, CFriel (EWM) 2-24.8:3. EReid (SL) 2-27.5:75H: C Burr (EWM. 11.9; 4x100: 1, GAC 52.6; 2, League 54.4; LJ: 1, K Ritchie (GAC) 4.59m; SP: L Munro (EWM) 8.98m; JT: John Brown (SL) 27.64; 2, L Munro

2/3

SWAAA Combined Events Champs, Grangemouth -Heptathlon:

Sen: 1, 5 Simpson (Pete) 3626pts; 2, A Dutch Inter 1 J. Paterson (Ah) 3811 pt: 2 F. Sneddon

(CR) 3612; 3, E Donald (Hel) 3462. Euro Jun: 1, E Grant (Pit) 4130pt; 2, S Richmond. (Pit) 4017; 3, L McMillan (EWM) 3929.

Jun: 1, D Church (Ayr) 2867pt; 2, S Rammin ger (Arb) 2682; 3, F Allen (Rudd) 2540. Girla: 1, D Palmer (EWM) 2289pt; 2, J Reid (Banch) 2261: 3, D Smith (Ann) 1984

SAAA/SWAAA Relay Championships,

Men 4x100: Sen: 1, Shettleston (Corrigon, Harkins, Mulheron, Duncan) 43.5; 2, Lothian 44.7; 3, Ayr 45.8; Jun: 1, Vic Park (Atkinson, Low, Graham, Atkinson) 45.2; 2, PVH 45.8; 3, Clydebank 46.7; Youth: 1, Pitreavie (McLaren, lirrell, Joiner, Allan) 46.0; 2, Clydebank 46.2; 3. FVH 48.4; Sen Boye 1, Ayr (Harris, Moir Kerr, Galloway) 46.5; 2, Clydebank 46.6; 3, Pitreavie 46.9;

6x400: Sen: 1, Shettleston (Alexander, Duncan. Harkins. Mulheron) 3-19.2; 2. Avr 3-31.0; , Lothian 3-34.6; Jun: Vic Park (Atkinson Semple, Low, Graham 3-25.6:2, Clydebank 3 26.4; 3, Pitreavie 3-35.6; Youths: 1, CPH Johnston, Houston, Cumming, Mackie) 3-30.1; 2, Clydebank 3-32.0; 3, Pitreavie 3-37.1; Sen Boys: 1, Clydebank (Buck, Prophet, Capriotti, Hamilton) 3-41.5; 2, Ayr 3-41.5; 3, Cen Reg 3-51.5

Wamen 4x100: Sen: 1, EWM 'A' (Brown, Flock hart, Campbell, McGillivray) 48.6; 2, EWM 'B' 50.8; 3, Ayr 51.1; Jun: 1, Pitreavie (Clark, Hynd, Croll, McCulloch) 50.3; 2, EWM 50.6; 3, Fife 53.8; Inter. 1, Glasgow AC (McManus, Morrison, Murphy, McColson) 50.2; 2, EWM 50.9; 3, Lochgelly 51.3; Jun: 1, GAC (Gray, Kerr, Harris, 52.1; Girls: 1, Pife (Winters. Tindell, Rolland, Nowell) 55.4; 2, ESP 56.0; 3, GAC 56.8;

4x200: Inten 1, EWM (Livingstone, McLeod, Kinghorn, Wood) 1467: 2 Loch & Dist L 493; 3, Vic Park 1-497; Jun: 1, GAC (Gray, Kerr, Harris, McShannon) 1-447: 2. FWM 1. 66.1; 3, Abendeen 1-50.2; Girls: 1, Pitreavie (Falconer, Duncan, Ross, Hynd) 1-58.6; 2, ESF 1-59-2; 3, EWM 2-01.0;

4x400: Sent 1, EWM (Brown, Black, Campbell oswell) 4-00.00; 2, ESP 4-00; 3, MSL 4-00.9 3x800: fun: 1. IWK (Sinwart, Cillies, Sympl) 7. 264; 2, ESP 7-32.0; 3, Ayr 7-33.3; Girls: 1, Pitreavie (Word, Forsyth, Stradman) 7-31 & 2. GAC 7-55.0; 3, Kirk Oly 7-56.9;

800m Medley: Inter. 1, Vic Park (McInally McGinley, Wolfendale) 1-55.6; 3, Pitreavie 1 55.8-3. EWW 1,562

SAAA District 10K Track Champs, East

Kilbride -West 1, T Murray (GGH) 30-38.1; 2, G Croll (Cam) 31-043; 3, G Braidwood (Spring) 31-16.1; 4, B Pitt (Dumb) 31-57.2; 5, R Ronald (EK) 32-40.8; 6, P McErlean (Milb) 34-21.5; 7, P

Laing (Spring) 34-54.3; East 1, P Paterson (V) (CR) 8th 35-26.6; 2, H Fleming (V) (CR) 9th 37-59.0 Open 10K: 1, G Reid (EK) 34-35.7; 2, J Scot

(EK) 35-13.9; 3, G Colvin (EK) 38-24.5; 4, O'Reilly (V) (Spring) 38-43.0:5, J Morton (Irv) 39.105-6 A HILL (EK) 39.72 6 Womens 5K: 1, C-A Bartley (GAC) 17-42.6; 2,

J Donnelly (GAC) 17-59.6; 3, H Morton (Irv)

Bearsden HG, Kilmardinny, Milngavie Inter club match: 1, Clydesdale 216pt; 2, Vic Park 212: 3. Kirk Oly 129: 4. Maryhill 83. Heavy Throwing Event Contest: 1, McDonald (DurnD 26et: 2, W Weir (CR) 20:3 A Anderson (Ayr) 19; 4, J Young (Ayr) 16; 5, J Stewart 12; 6, J Freebairn (SVHC) 12

SSAA Girls Championships, Crownpoint Group A (Over 17): 100m: 1, A Edmonds (Strath) 12.2; 2, CHynd (Dunf High) 12.7; 3, C Clark (Aird Acad) 12.9: 200m: 1. A Edmonds (Starth) 25.1; 2, C Hynd (Dunf High) 25.9; 3, C Clark (Aird Acad) 25.9: 400m: 1. C McHardy (St Geo) 58.9; 2, 5 Reid (Starth) 60.0; 100mH: 1 SRichmond (Wood High) 15.1:2. TKerr (Cala Acad) 15.7; 400mH: 1, A Martin (Knox Acad) 66.9:800m:1.5Brown (Geo Wat) 2-35.7:1500m 1, K Rice (West Acad) 4-53.5; 2, M Wilson (Ba High) 4-57.0; 3000m: 1, A Grosset (Rannoch) 10-22.8; HJ: 1, K Guthrie (Holy High) 1.67; 2, L McMillan (Bo Acad) 1 64-11-1 C Hunter (Car Wat) 5.01; ST: 1, J McDonald (Aln Acad) 9.96; DT: 1,K McMeeking (Lornand) 28.90; J: 1, L Croll (Dunf High) 33.40

Group B (15-17): 100m: 1, K Leys (Hazel Acad) 12.2; 2, L Nicholson (Lenz Acad) 12.3; 3, K O'Donnell (Kils Acad) 124; 4, E Julyan (Lo Acad) 12.4: 200m: 1, L.Paterson (Gordon) 24.7. 2, L Nicholson (Lenz Acad) 25.6; 3, K O'Don nell (Kil Acad) 25.7; 400m; 1, S Carruther (Green Acad) 58.9; 2, A Brydie (9: Geo) 59.5; 3 Wolfendale (Box Acad) 59.9: 80mH: 1. C Murphy (St Nin High) 11.3 (CBP); 2, L Silver (Mor Acad) 12.2: 3. E Donald (Herm Acad) 12.4; 300mH: 1, 5 Wood (Linlith Acad) 44.2; 2 C Murphy (St Nin High) 44.2; 3, L Silver (Mo Acad) 45.4; 800m: 1, L Davidson (Ab Gram) 2 19 6: 2 K Stewart (Crange Acad) 2-22 7: 1 A Potts (Will High) 2-23.3; 4, EBlack (Bear Acad) 2-23.8; 1500m: 1, J Grama (Ab Gram) 4-58.8; 3000m: 1, L Cormack (Pres Lodge) 10-35.6; 2, SPurdie (Ha High) 10-42.7; 3, R Taylor (Strath) 10-51.5; HJ: 1, H Melvin (Marr) 1.70; 2, R Ross (Gryffe) 1.64; 3, 8 Philip (St Marg Aber) 1.58; LJ: 1, H Melvin (Marr) 5.16; 2, D Douglas (Mill Acad) 5.15:3.1. Morris (Hutch Crum) 5.13: ST: , L Barnett (Perth Acad) 11.34; D: 1, H McCreadie (Dumb Acad) 32:34; J: 1, L Jackson (Webster's) 38.84

Group C(14-15): 100m: LM McShannon (Park Mains) 12.3 (CBP); 2, K Gray (Glas High) 12.4; 3, S Dudgeon (St Aug High) 12.5; 4, E Young (St Geo) 12.7; 200m: 1, M McShannon (Pari High) 25.2; 2, S Dudgeon (St Aug High) 25.8; 3, SPaterson (Linlith Acad) 25.9; 75mH (+4.13): 1, S Gunn (Portlethern Acad) 11.4; 2, C Burr (Royal High) 11.4; 3, S Ramminger (Arb High) 11.8; 4, Z Howieson (Hutch) 11.9; 800m; 1, G

Gram) 2-22.0; 3, C A Boyes (Shaw Acad) 2-22.9: 1500m: 1. [Linaker (Queen Anne) 4-26.0 (CBP); 2, E Reid (Max High) 4-56.7; HJ: 1, J Brume (St Leon) 1.50; LJ: 1, L Kerr (Kils Acad) 5.24; ST: 1, K Cassidy (Porto High) 9.81; D: 1, N Robertson (St Marg. Ed) 28.88; J: 1, W McFarlane (Mont Acad) 32.04

Group D (Under 14): 100m (+2.34m): 1, LTbomson (Well) 12.9; 2, F Lumdesn (Ab Gram) 12.9: 3. F Hutchison Gord) 13.0: 200mc 1, L meon (Well) 26.5; 2, F Hutchison (Jord) 26.6: 3. F Lumsden (Ab Gram) 26.9: 75mH (+3.00): 1, H Brooks (Marr) 12.3; 2, K McNames (King's Park) 12.4; 3, N Adams (Quuens High) 12.4; 800m: 1, K Stewart (Grange) 2-24.4; 2, H Brooks (Marr) 2-27.5: HT: 1, 5 Robertson (Port Acad) 1.47; LJ: 1, L Farser (Kilw Acad) 4.76; ST: 1. I Robin (Herm Acad) 11.40 (CBP): 2. E Garden (Kinr High) 10.56; D (New event): 1, J Robin Glerm Acad) 34.00: 2. E Garden (Kinz High) 28.90; J (New event): 1, L Thomson (Geo

SSAA Boys' Championships, Grangemouth

Group A (Over 17): 100m: 1, D Galloway

(Auch Acad) 10.7:2. R Slater (Dun High) 11.0), D Walker (Geo Her) 11.1; 4, S Cu (Currie High) 11.2-5. GMrKinney (Lark Acad. 11.2; 200m: 1, D Walker (Geo Her) 22.3; 2, R Slater (Dunb High) 22.5; 3, G McKinney (Lark Acad) 22.8; 4, SCumming (Currie) 23.1; 400m; 1, B Holliman (St Michael's Acad) 50.1; 2, I Surray (Mill Acad) 51.2; 3, G Purves (Earl High) 51.2: 110mH: 1, D Macrae (Merch) 15.2: (Merch) 15.6; 400mH: 1, D Wight (Ed Acad) 56.4 (CBP); 2, K Pearson (Dollar) 58.8; 3, G Atkinson (Boc Acad) 59.9: 800m: 1 MacFadyen (Dunoon Gram) 1-53.3 (CBP); 2,] Gill (St Aloy) 1-54.7; 3, R Semple (Jord) 1-56.6; 4, R Hooton (Stew/Mel) 1-57.2; 5, P McConnachie (Merch) 1-585: 1500m: 1. G Graham (Boc Acad) 3-58.1; 2, G Reid (Kilm Acad) 4-09.3:2000etS/c: 1. THely (Kely Acad) 6-19.7: 2. S Gilmour (Glas High) 6-24.9; 5000m: 1, N Freer Ot Alov) 15-35.7; 2, A Moss (Dollar Acad) 15-38.5; 3, S Cook (QVS) 15-44.4; HJ: 1, M McVie (Ed Acad) 2.01: 2. I Allan (Boc Acad) 1.95; 3, SHill (For Acad) 1.95; 4, SWhyte (Gols High) 1.85; 5, F Lewis (Ding Acad) 1.85; 6, C Cuthbert (Glas Acad) 1.85; LJ: 1, 1 Fraser (Nairn Acad) 6.44; 2, I Paget (Kils Acad) 6.39; 3, G Robertson (Glas Acad) 6.34; TJ 1, S Waugh (Stone High) 12.98: 2, 5 Whyte (Gols High) 12.88; 3, M Craig (St Aloys) 12.82; 4, A Robb @lutch) 12.76c PV 1. C Cook (Ed Acad) 2.80: 2, D Beaton (Bri of Don Acad) 2.70; Shot: 1, A Bryce (Glenalm) 13.57; 2, T Smith (Rann) 12.21;), D Hathway (Geo Wat) 11.92; D: 1, P Crowford (More Acad) 39 94-2 TSmith (Rana) 37.53; A Bryce (Glenal) 36.92; M.Macleod (Fett) 36.40; J. I., N Fearnlet (Glenal) 57.06; 2, P Crawford (Morr) 51.26; H: 1, C McGrath

(QVS) 30.26; Group # (15-17): 100m: 1, C Joiner (Duni High) 11.1; 2, S Allan (Dunf High) 11.4; 3, J Bragg (Merch) 11.6:4. ECampbell (Stone High) 11.6; 5,] Brooks (Strat) 11.6; 200m: 1, S. Moir (Helm Acad) 22.7; 2. Cloiner (Dun(High) 23.1; 3, O Brume (Fettes) 23.2; 400m; 1, K Mackie (Stew/Mel) 51.4: 2. A O'Hare (ST Pat's High) 52.2; 3, S Allan (Dunf High) 53.2; 100mH: 1, S Dillon (Fort Acad) 14.4: 2. A Hambly (Castle High) 14.4;3, J Hunter (Ed Acad) 14.6; 400 mH: O Brusse (Fettes) 57.8: 2. M Milne (Castle ligh) 60.5; 3, S Dillon (Fort Acad) 60.8; 800m 1, D Halliday (Bann High) 1-56.7; 2, C Young (Boc Acad) 1-57.6; 3, E Calvert (Mackie Acad) 1-59.2; 1500m: 1, A Moonie (Bal High) 4-09.9; 3000m: 1, D Fortheringham (Clyde High) 9-07.5; 2, M McLaughlin (Holyrood Sec) 9-08.4; 1500m s/c: 1, M Kelso (QAH) 4-32.3; 2, M Gill (St Aloys) 4-36.0; 3, I Murdoch (Carrick Acad) 4-40.6; HJ: 1, A Malcolm (Knox Acad) 1.85; 2, I Lind (Hazel Acad) 1.80; 3, P McColl (Boc Acad) 1.75; LJ: 1, A Hambly (Castle High) 6.30; 2, J Gilbert (Grange High) 6.18; 3, G Morton (Hutch) 6.12; TJ: 1, D Sabina (Banch Acad) 12.66; 2, A Hambly (Castle High) 12.48; PV:1, R Craig (R Aloy) 3.72 (CBP); 2, M Vidler (Ed Acad) 2.80; 3, P Ballantyne (Ed Acad) 2.60; S: 1, A Mackenzie (Invergord Acad) 13.51; 2, I Love (Bees High) 13.33; 3, S Hayward (Gala Acad) 12.73; D: 1, K Kay (Strath) 39.94; 2, K McCann (Merch) 38.44; 3, C Beveridge (Ed Acad) 37.50: E. L. P. Greenhill (Arb High) 47.90: 2, N Dempsey (merch) 47.02; 3, J Wishart (Ed Acad) 46.88; H: 1, S Gardner (QVS) 39.04; High) 11.8; 2, C Hopkins (Lorns Acad) 11.9; 3,

I Wallace (IRA) 12.0; 200m; 1, C Hopkins (Lorns Acad) 24.3; 2, D Harris (Belm Acad) 24.9; 400m: 1, C Buck (Merch) 53.8; 2, 5 Lee (Charles Acad) 54.4: 80mH: 1. D Ablett (Bo (sugh High) 12.1: 2. G Adams (Grang Acad) 122; 400mH: 1, D Montgomery (Castle High) 64.8; 800m: 1, S Schendel (Augh Acad) 2-06.1; 2, D MacDonald (Perth Acad) 2-08.0; 3, M Anderson (Fras Acad) 2-08.6: 1500m: 1. C Humphrey (Box Acad) 4-28.4; 2, D Hughes (Haw High) 4-309: HI: 1. A Thomas (Be) Acad) 1.70; 2, P Gill (Glas Acad) 1.65; 3, A Dunbar (Merch) 1.65: LE: 1, 1 Whannel (Vic Drive) 5.54; 2, C Cochrane (Earls High) 5.48; TJ: 1, D Montgomery (Castle High) 11.63; 2, K Kelly (Doug Acad) 11.40; PV: 1, R Dunn (Ed Acad) 2.60; 2, F Anderson (Bees High) 2.50; S: 1, J Duffus (Kelvin) 12.02; D: 1, S Sneddon (Cam High) 33.50; J: 1, S Wands (Doll Acad) 44.90; H: 1, R MacKinnon (QVS) 45.94 (CBP) Group D (Under 14): 100m: 1. R Booth Games Gill) 11.9; 2, 8 Hopewell (Sel High) 12.3; 3, G hastings (KirkHigh) 12.4; 200m: 1, 8 Hopewell (Selk High) 24.9; 80mH: 1, A Ramsay (Ding Acad) 12.6 (CBP) 2, G Glen (Geo Wat) 13.2; 3, R Wilson (Hutch) 13.4; 800m: 1, B Watters (S Nin High) 2-14.9: 1500m: L.S.Gibson (Colum High) 4-37.4 (CBP); 2, A Moore (Balf High) 4-41.7; 3, R Hay (Forr High) 4.42.6; HJ: 1, C Lewis (Ding Acad) 1.53; 2, R Hay (Forr High) 1.53; LJ: 1, G Hastings (Kirk High) 5.12 (CBP); TJ: 1, FEdridge (Kelv High) 10.55; 2, J Thomas (Ed Acad) 10.29: PV: 1. M Hunter (Glenalm) 2.30; S: 1, K day (Ed Acad) 12.54 (CBP); 2, P McChee (Hutch) 11:33:3. B Robb (Oueen Anne)

11.32; 4, MMcLennan (Ed Acad) 11.24; D:1, K

Day (Ed Acad) 31.96: 1:1. P Cunningham (Ed

Panasonic SAL, Divs 1 and 2. Crownpoint Match Scores: 1, ESP 338pt; 2, DHH 336; 3, Aberdeen 296: 4, CPH 280: 5, Clydebank 276 6, Shettleston 256; 7, Pitreavie 218; 8, Ayr 144 Div 1: 100 (+ 3.3 m/s): 1, N Turnbull (CPH) 107; 2, B Ashburn (CAC) 107; 3, D Mulheron (She) 11.1; 4, D Mathieson (Ab) 11.1; 5, P edy (ESP) 11.1; B (+ 5.2 m/s): 1, E Bunney (CPH) 10.6; 2, J Corrigan (Shet) 11.2; 3, R Drummond (Ab) 11.2; 4, G McMillan (DHH) 11.2:5. P Allan (Pit) 11.2:200 (+ 3.5 m/s): 1. N buil (CPH) 21.4; 2, M Davidson (Ab) 21.7; 3. M McPhail (Avr.) 22.2: 4, G Farquharson 21.3:2 D Thom (DEIED 22.4: 400: 1. 8 Whitely (Ayr) 47.5; 2, G McMillan (DHIII) 50.0; 3, 1 McGurk (CAC) 50.3: 8: 1. R Harkins (She) 50.5; 800: 1, M Fallowes (ESP) 1-52.0; 2, 1 Campbell (DHIII) 1-53.6; 3, W Coyle (She) 1 55.5; 4, I Campbell (CPH) 1-55.9; 8:1, G Brown (ESP) 1.54 9-1900 1 TM-Kay (She) 3.541-7 T Archibald (ESP) 3-547; 3, K Lyall (CP10 3-55.5: 4. T Reid (DEIFD 3-55.7: B: 1. P McCor muck (DHIH) 3-56.7: 5000: 1. A Callan (CAC) 14.36.5; 2, C Hall (DHH) 14-41.9;3, F Harper (Pit) 15-01.6; 4, B Kirkwood (ESP) 15-03.1; B:1. G Crawford (CAC) 14-47.1: 110H (+ 3.2 m/s) 1, G Smith (ESP) 15.3; 2, FMcGlynn (She) 15.6; 3, P Allan (Ab) 162; B (+ 3.6m/s): 1, C Hogg (ESP) 15.5; 2, D Thom (DHH) 16.4; 400H: 1, M Davidson (Ab) 53.0; 2, R Harkins (She) 53.5; 3, D Thom (DHI-D 54.2: 4. D Hitchcock (CPH) 54.5; 5, T Papendreou (ESP) 56.7; 8: 1, 5 Le-dingham (Ab) 56.3; 2, B Thomson (ESP) 57.0; 3000 s/c: 1, P McColgan (DHH) 9-12.8; 2, D Ross (CPH) 9-20.9; 3, J Evans (She) 9-37.1; 4, R Creswell (Ab) 9-43.1; B: 1, E Storey (DHH) 9 27 ft 4x100: 1. Aberdeen 43.3: 2. Cludebank 44.2; 3, DHH 44.4; 4, CPH 44.5; 4x400: 1, Ayr 3 20.7: 2. PSP 3-24.0: 3. DHH 13-24.4: 4. CPM 3. 10.7; 5, Shett 3-31.8; HJ: 1, A Scobie (ESP) 2.00m; 2. N Robbie (DH) 1.90m; 3. S Ritchie 2 N McElnoy (CAC) 1.90m; 8:1,5 Hill (ESP) 1.85m; PV:1, I McKay (ESP) 4.20m; 2, I Black (CP) 4.00m; 3, A Anderson (CAC) 3.80m; B: 1, J Johnstone (CP) 4.00m; LJ: 1, B Ashburn (CAC) 7.29m; 2, P Allan (Ab) 6.95m; B: 1, M Hammill (CAC) 6.62m; TJ: 1, R Brown (CAC) 13.79m; 2, W Leung (ESP) 13.64m; B: 1, Beattle (CAC) 13.52m; SP: 1, S Aitken (DH) 14.47m; 2, D Morris (Pit) 14.35m; 3, R Smith (CP) 13.74m; 4, P Allan (Ab) 13.40m; 5, J Scott (She) 12.69m; B: 1, B Shepherd (Ab) 12.42m; D: 1, D Morris (Pit) 54.02 (rec); 2, K Kubota (ESP) 39.84m; 3, P Allan (Ab) 39.50m; 4, S Aitken (DH) 37.20m; B: 1, B Shepherd (Ab) 35.24m; HT: 1, R Meikle (CP) 51.72m; 2, A Whyte (ESP) 47.64m; B: 1, A McIntosh (CP) 47.26m; JT: 1, Chai Hust (She) 53.30m; 2. F Hunter (ESP) 50.14m; B: 1, A Whyte (ESP) 49.82m.

RESULTS

Div 2: Match scores: 1, FVH285m; 2, Bella 265 3. Carribus 244: 4. Lothian 224: 5. Vic Park and Clydesdale 209; 7, Cent Reg 195; 8, JWK 175 100: 1, DCleland GVHD11.1; 200: 1, DCleland 22.3; 7, G Simpson (Cam) 22.6; 400; 1, G Simpson 50.4; 2, K Kanpasarriy (Rel) 51.1; 800; 1,1 Johnstone (FVT:0) 1-55.2; 2, PMcDevitt (Bel) 1-55.5; 3, P Halpin (C dale) 1-56.0; 4, G Croil (Cam) 1-56.0; 5, M Bryson (Loth) 1-56.3; 1900: 1, I Johnstone (FVH) 3-52.6; 2, R Arbuekle (Cam) 3-53.0; B: 1, G Croll (Cam) 3-55.4; 5000. 1, 8 Chinnick (Carr.) 14-34.3; 2, A Douglas (Vic Park.) 14-37.0; B: C Thomson (Carr.) 14-37.7; 110H: 1, B Winning (Loth) 163; 400H: 1, T Nimmo (FVH) 565; 2, B Winning 57.1; 4x100: 1, FVH 45.7; 2, Bella 46.2; 3, Clydesdale 46.2; 4x400: 1, Bella 3-29.3; 2, FVH 3-30.6; 3, Cent Reg 3-36.2; HJ: 1, J Stoddart (Bel) 2-05m; 2, J Allan (C'dale) 1.90m; PV: 1, D McLeod (Bel) 4.20m (rec); LJ: 1, C McDade (C'dale) 6.52m; SP: 1, L Carter (C'dale) 12.64m; JT: 1, B Hill (Cam) 50.08; 2, D Goodwin (CR) 46.76m; 3, D Carlin (C'dale) 45.38m.

Div 3,4 and 5, Coatbridge -Div 3: Match Score: 1, Harreny 299pt; 2, Kil barchan 27%; 3, Curronock 265; 4, East Kübride 222.5; 5, Fife 217; 6, Peniculk 199; 7, Maryhill 183-8, PSH 151.5.

100: 1, S Forrester (FI) 11.2; 2, A Murray (EX) 11.3; 200: 1, C Bruce (H) 22.8; 2, G McIvenney (C) 23.0; 400: 1, G Givson (O) 51.2; 800: 1, G Gibson 1-54.6; 2, N Maxwell (H) 1-56.8; 1500: 1, R Quinn (K) 3-56.8; 5000: 1, H McKay (Fife) 15-37.1; 110H: 1, J Pender (K) 15.7 (rec) 400H. J Pender 57.7; 3000 s/c: 1, A Robertson PO 9-36.3; 2, DMcKnight (SPI) 9-41.4; 3, J Gerurnell (C) 10-03.1; 4x100; 1, EK 46.1; 4x400; 1, Harmeny 3-33.1;2, Kilbarchan 3-36.2; HJ: 1, J Riley (Kilb) 1.83m; PV: 1, A Brown (K) 3.60m; LJ: 1, D Gormley (EK) 6.48m; SP: 1, N Mason (F) 12.33m; JT: 1, A Moffat (P) 44.74m.

Div & Match scores 1, Inverness 356; 2, Blackhill 288; 3, Garscube 195; 4, Lasswade 193; 5, Kirk Oly 188; 6, Lochgelly 75.7; 7, Montrose 135; 8, Liv 128.5.

100: 1, S Tucker (KO) 10.9 (rec); 2, D Young (B) 11.0; 3, D Hutchison (Lass) 11.1; 4, M Barrow (I) 11.2; 200: 1, 5 Tucker 22.2 (rec): D Young 22.8; 3, M Fowler (Inv) 22.9; 400: 1, M Fowler 50.3; 800: 1, G McDowall (I) 1-56.7 (rec); 1500: 1. [Bowman (D 4-0] .0:3000: 1. [Cooper (G) 15-42.0; 110H: 1, T Leighton (I) 162; 400H: 1, A Taylor (I) 56.4; 3000 No. 1, C Vickers (I) 10:02.2; 4x100: 1, Inverness 44.8; 2, Blackhill 45.9; 3, Lasswade 46.4; 4x400: 1, Inverness 3-31.5; 2, Lauwade 3-34.6; HJ: 1, D Barnetson (I) 2.11n (rec); B: 1, F Lewis (I) 1.85m; PV: 1, J Grant (Lass) 3.90m; LJ: 1, T Leighton (I) 6.55m; 2, 5 Cameron (Loch) 6.41m; B: 1, M Fowler 6.28m; SP:1, BColquhoun (1)11.35m; JT:1, PStephen

Div & Match scores: 1, ESP 8 225pt; 2, GGH 224; 3, Cumbernauld 202; 4, Harlequins 122; 5, Ed Spartans 121; 6, Helensburgh 102. 100: 1, J Farrer (ESP) 11.7; 200: 1, A McLennan

(ES) 23.8; 400: 1, J McFadyen (GGH) 52.5; 800: 1, M McKendrick (CGH) 1-58.2 (rec) 1500: 1, P Duffy (CGH) 4-01.8 (rec); 5000: 1, C Young (ESP) 16-11.0; 110H; 1, P Masterton (ESP) 16.8 (rec); 400H: 1, C Day (ESP) 60.0; 3000a/c: 1, K Lawler (C) 9-59.5; 4x100: 1, ESP 47.1; 4x400: 1, GGH 3-32.6; HJ: 1, G McCrae (C) 1.75m (rec); PV:1, P Masterton (ESP) 3.40m; LJ:1, N Elliot (Fiel) 6.08m; SP: 1, N Elliot 10.92m; JT:1, N

Sri Chinmoy 100K Track Race, Livingston 1. D Ritchie (For) 646-10 (Scots a / c and native recs); Intertimes: 30km: 3-17-20 (Scots a/c and native recs); 50 miles: 5-23.02 (Scots a/c and native recs); 2, A Stirling (FVH) 7-37.53; 3, A Young (Arb) 8-23.00; L1, K Dodson (Law) 9-

SWAAA Under 19 Champs, Grangemouth Euro June: 100 (+5.0): 1, A Edmunds (Irv) 12-12; 200 (+1.6): 1. Edmunds 25.72; 2, C Black (EWM) 26.00; 400: 1, F Calder (Irv) 58.22; 2, M McClung (IWK) 59, 37; 800: 1, H Haining (Nith) 2-12.98; 1500: 1, K Rice (Ab) 4-46.92; 2, R Pollock (Loud) 4-49.79; 3. R Houston (GAC) 4-49.79: 3000: 1, V McPherson (GlaU) 10-03.88; 100H (+5.3) 1, L McCulloch (Pit) 14.47; 2, S Richmond (Pit) 14.55; 3, J Sharp (EWM) 15-07 400H 1, H Edgar (Nith) 65-34; 2, A Martin (ESP) 66-17; HJ: 1, L McMillan (EWM) 1.65mc 2. W McDonald (Cam) 1.65m; LI: 1, C Black (EWM) 5.71m (CBP); TJ: 1, E Fotheringham (BI) 9.83m; SP:1, A Gray (ESP) 13.64m; DT:1, A Gray 44.62m (CBP); 2, H McLeod (Inv) 36.76m; JT:1, J Ritchie (Arb) 36.56m; 2, L Low (ESP) 33.32m;

(hSP) 33.32m; Inters: 100 (+ 3.8) 1, K Leys (Ab) 12.28; 2, L Nicolson (GAC) 12.45; 3, K O'Donnell (KO) 12.49; 200 (+4.8) 1, O'Donnell 25.47; 2, Ni-colson 25.77; 3, 5 White (Seat) 25.90; 4, Leys 26.00; eps. 1, December (Ab) 27.31; 3, 60 26.00; 400: 1, L Paterson (Ab) 57.71; 2, 5 Carruthers (Ayr) 58.77; 800: 1, J Wolfendale (VI) 2-20, 71; 2, T Ryan (EWM) 2-21.47; 3, A Potts (GAC) 2-2.37; 1500 1, I. Cormack ESP 4-54.31; 80H (+2.9); 1, C Murphy (GAC) 11.34; 2, 8 Fleming (MSL) 11.69; 3, 8 Wood (BWM) 12.03; 300H:1, Murphy 44.30; 2, Fleming 44.87; 3, Wood 45.43; 4, R Irving (Wir) 45.80; HJ: 1, H Melvin (Troon) 1.48m; 2, C Herriot (EWM) 1.60m; LJ:1, R Irving 5.55m; 2, Fleming 5.39m; 3, C Pritchard (MSL) 5.26m; TJ: 1, E Sneddon (CR) 9.67m; SP: 1, L Barnett (PSH) 10.91m; DT: 1, H McGeadie (Hel) 32.34m; 2, A Cross (Ork) 32.22m; JT: 1, L. Jackson (Tay) 41.30m; 2, K. Elliott (Car AC) 35.90m; 3, J. Ablett (EWM)

June 100 (+3.3) 1, M McShannon (GAC) 12.31; 2, L. Kerr (GAC) 12.45; 3, S. Dudgen (ESI?) 12.56; 4, K. Grey (GAC) 12.73; 5, S. Paterson (EWM) 12.79; 200 (+4.5) 1, McShannon 25.43; 2, C. Harris (GAC) 25.81; 3, Dudgeon 25.94; 4, Paterson 26.46; 800: 1, I Linaker (Pit) 2-12.37 (CBP); 2, G Fowler (GAC) 2-19.92; 3, C Boyes (GAC) 2-23.04; 1500: 1, H Todd (Gate) 4-53.49; 2, E Reid (Nith) 4-65.74; 3, L Shaw (Ann) 4-58.97; rest (villa) 4-55.4(3), L. Shaw (Ann) 4-58.97; 75H 1, S. Gunn (Ab) 11.24; Z. C. Burr (Ayr) 11.33; HJ: 1, S. Ramminger (Arb) 1.53m; LJ: 1, LKerr 5.41 m; Z. F. Allan (Pt'ington) 5.33m; 3, M. Margison (Gate) 5.14m; SP: 1, J. Robin (Hel) 10.55; Z. E. Garden (Pt) 9.55m; DT: 1, Robin 32.12m; Z. Garden 29.74m; JT: 1, W. McFarlane (MAC) 32 22m

Girls: 100 (+ 6.9) 1, E Redhead (Car) 13.16; 2, S Black (Mel) 13.23; 3, C Rose (Pit) 13.25; 200 (+3.0) 1, A Morrison (Ab) 28.04; 2, N Hynd (Pit) 28.14; 3, L Dodds (ESP) 28.18; 4, E Red-head 28.27; 800: 1, H Dteedman (Pit) 2-23.25; 2, S Moxen (EWM) 11.83; 3, C Middleton (Ab) 12.02; HJ: 1, K Durham (Seat) 1.50m; LJ: 1, D Palmer (ESP) 4.61 m; SP: 1, N Dhaliwal (GAC) 10.14mc DT: 1. C Garden (Pit) 26.28mc 2. Dhariwal 25.76m; JT 1, H Lang (CR) 26.06m

Aindrie Highland Games -Inter club match: 1, Avonside 426pt; 2, Aindrie 398; 3, Bellshill YMCA 357; 4, Hamilton 100; 5, Motherwell YMCA 81

BMCInvitation: 1,000: 1, FMcGowan (VP) 2-33.5; 2, A Kinghorn (ESPC) 2-36.3; 3, A Rose

Scottish Border AAA Champs, Tweedbank

100/200 D Young (B'hill) 11.5/22.7; 400/800 M Bryson (Tev) 52.3/1-57.5; 1500: K Logan (Tev) 4-01.2; 110H/LJ/HJ: T Leighton (Mell)

SAAA Under 20 Juniors, Youths and Boys Champs, Meadowbank-Juniors: 100 (+3.5)1, D Galloway (Ayr) 10.64; 2, R Slater (Dun) 10.78; 3, D Clelland (PVH) 10.85; 4, J Adams (Ayr) 10.97; 5, C MacDonald (ESP) 11.10; 6, S Brown (Nah) 11.17; 200 (+3.8) 1, Galloway 21.42; 2, Cleland 21.89; 3, Slater 22.13; 4, Adams 22.16; 5, G McKinney (L/hall) 22:56: 400:1, A Savage (CPFI) 49:37; 2, P Shan-non (Bell) 49:41; 3, I McGurk (CAC) 49:80; 4, B Holliman Grv) 50.05; 5, I Pritty (CAC) 50.18; 800: 1, J McFadyen (GGH)1-55.61; 2, P Hockley (Der) 1-56.15; 3, G McDowall (Inv) 1-56.54; 1500: 1, G Graham (VP) 4-06.63; 2, G Carruthers (Chet) 4-08.64; 5000: 1, R Blakely (Ann 9t) 15-03.97; 2, A Campbell (Ann St) 15-05-43; 3, S Wylie (Cam) 15-23.43; 110H: (+3.2): 1, G Smith (ESP) 14.54: 2. R Hunter (Gates) 14.61: 3. D rae (Merch) 15.43; 4, K Campbell (Mer 15.92; 600H: 1, DGallagher (Ann 9;) 58.11; 2, T Nimmo (FVH) 58.29; 2000 a/c: 1, SWright (Ab) 6-05-211 2, A Russell (CAC) 6-07-42; 1, R Crook (Pit) 6-21-51; HJ: 1, D Barnetson (Inv) 2.05m; 2, S Ritchie (Pit) 2.00m; 3, S Whyte (Gols) 1,90m; L S Hill (ESP) 1.90m; PV: 1, M Ramsay (Ann St) 4.25mc 2. R Ramsay (An St) 4.10mc 3.1 Crant Lass) 3.50m; LJ: 1, E Scott (Hel) 6.53m; 2, M Hamill (CAC) 639m; 3, C McDadle (CAC) 6.37m; TJ: 1, S McGeoch (Kilb) 12.93m; 2, C MacDonald (ESP) 12.87m; 3, S Whyte (Gol) 12.80m; SP: 1, N Mason (Fife) 14.91m; 2, M Wilson (8+5) 14.87m; 3. S Matthews (Kend) 14.70m; 4, J Mason (Leeds) 14.11m; DT: 1, N Elliot Gfel) 41.24m; 2, J McWhinnie (An St) 41.22m; 3, C Blair (An St) 41.14m; 4, R Baird

EBlair (Ann St) 53 24m; 3, BFIiI) (Cam) 51, 98m; HT: 1, D Barrett (PSEQ 36.98m)

Youtha: 100 (+6.4) 1, D Walker (ESP) 10.70; 2, C Allan (Inv) 11.06; 3, I Lee (Stew) 11.09; 4, P Murray (Seat) 11.15:5. A Dawes (Banch) 11.23: 200 (+3.7): 1, Walker 21.79; 2, C Allan 22-69; 3, S Allan (Pit) 22.97; 400: 1, G Purves (Bel) 51.18; 2, P Smyth (Lough) 51.18; 3, C Young 52.38; 800: 1, S Young (Will) 1-57.76; 2, J Gill (Carn) 1-59.76; 3, R Hooton (DSMC) 1-59.77; 1500: 1, F McNeill (Leeds) 4-10.70; 2, EMcCafferty (Cam) 4-11.23; 3, C Greenhalgh (VP) 4-12.60; 4, A Moonie (Pit) 4-13.00; 3000: 1, C Haslam (NSP) 9-09.34; 2, M Morris (NSP) 9-11.03; 3, M McLaughlin (Cam) 9-13.19; 100H (+2.6) 1, 5 Dillon (BD 14.04; 2, I Dickie (Ayr) 14.14; 3, D Govan (C'dale) 14.78; 4, C Jessiman (Ab) 14.82; 400H: 1, J Bell (NSP) 56.48; 2, I Murray (Inv) 57.75; 3, 1 Dickie 59.37; 4, S Poutney (Moth) 59.48; 2,000 s/c 1, G McLennon (Will) 6-20.19; 2, D Hards (Inv) 6-26.15; 3, M Gill (Cam) 6-34.03; 4, S Meldrum (Pt) 6-36.72; H]: 1, B Cole (Loth) 1.96m; 2, 5 Hughes (SAC) 1.93m; 3, P Birrell (Pit) 1.90m; 4, G Smart (VP) 1.85m; 5, A Malcolm (ESP) 1.80m; PV: 1, P Eyre (Mor) 3.80m; 2, D Forrest (Mor) 3.70m; 3, R Findlay (An 90 3.50m; LJ: 1, J Bell (NSP) 6.36m; 2, P Wilson (Seat) 6.13m; TJ: 1, D Sabnis (Banch) 12.67m; 2, D Ross (Mary) 12.51m; 3, A Mal-colm (ESP) 12.29m; SP. 1, I Love (Pen) 13.58m; 2, S Minty (Pete) 13.02m; 3, A McKenzle (Inv) 13.00m; DT: 1, E Lister (ESP) 43.84m; 2, 1 Gregg (Unat) 42.76m; 3, A Harvey (Ayr) 40.78m; JT: 1, P Greenhill (Arth) 47.00m; 2, R Dunn (An St) 46.04m; HT: 1, C Edgar (FVH) 60.32 (CBP); 2, G Kerr (Bed) 54.42m; 3, S Thompson (Sund) 47.46m; 4, 5 Dolan (Sund) 47.36m

Senior Boys: 100 (+3.2): 1, 5 Moir (Ayr) 11.2 (CBP); 2, J Bragg (Merch) 11.4; 3, D Colville (Pit) 11.5; 200 (+5.5); 1, Moir 22.44 (CBP); 2, Bragg 23.07; 3, Colville 23.19; 400: 1, R Wilson (CR) 53-16; Z, A Prophet (CAC) 54.49; 3, D Hamilton (An St) 54.53; 800: 1, D Clark (Sund)

2-05.45; 2, 5 Allan (MAC) 2-07.76; 3, J Douglas (Moth) 2-08.07; 1500: 1, J Tonner (JWK) 4-19.00; 2, P Allan (Ayr) 4-20.93; 3, D Carty (Bath) 4-21.91; 80H (+2.00): 1, G Adams (Ayr) 11.51; 2, I Hamilton (CAC) 11.61; 3, P Krapp (Ayr) 11.68; 1800 s/c; 1, K Daley (ESP) 4-52.57 2, B Thomson (Mont) 4-55.04; 3. D Hughes (Tev) 4-57.03; 4, J Warren (KO) 4-59.67; TJ: 1, C McClure (An St) 12.99m (CBP); 2, S Milne (Ork) 11.95m; 3, A Blackie (VP) 11.91m; 4, J Whannel (VP) 11.81m; SP:1, J Howard (An St) 13.57m; 2, K Campbell (Moth) 12.27m; 3, G Ferguson (Law) 12.09m; DT 1, Howard 41.92m; 2, Campbell 35.16m; JT:1, M.Dempsey (Merch) 48.14m; 2, M. McBriar (An 9t) 47.02m; HT: 1, R Mackinnon (QVS) 41.43m; 2, M Drummond (Bor) 41.14m; HJ: 1, 5 McKinley (Pit) 1.83m; 2. C Beattle (Seat) 1.75m; 3, M MacDougall (Inv) 1.70m; PV: 1, C Eyre (Mor) 3.45m; LJ: 1, M McManus (Ham) 5.68m; 2, J Whannel (VP) 5.58m; 3, S Milne (Ork) 5.54m.

NE League, Aberdeen

Women: 100: 1, K Leys (Ab) 12.8; 400: 1, L paterson (Ab) 59.6; 2, SGollan flav) 60.5; 1500: , S Gollan (Inv) 4-40; 2, K Rice (Ab) 4-43.8; 400H: 1, L Silver (DHII-D 65.7: 2, L McDonald (Inv) 66.2; 4x100: 1, Aberdeen 49.6; 2, Inver-ness 52.3; 3, DHH 53.9; JT: 1, L Jackson (Tay) 40.94m; HJ: 1, B Philp (Ab) 1.60m; 2, S Balfour (Fife) 1.50m; 3, M Sinclair (Inv) 1.50m; 4, H

Pirie (Ab) 1.50m; Inter 100/200; C Butler (Ab) 13.1/264 Jun: 100: 1, SGunn (Ab) 13.1; 200: 1, SRobertson (Ab) 52.4; 1500: 1, V Clark (Tay) 5-05.9; 4x100: 1, Aberdeen 524; 2, Inverness 54.1; 3, Fife 55.4; LJ: 1, 5 Robertson (Ah) 4.59m; 2, H Kilday (Inv) 4.58m; 8:1, D Quirle (Ab) 4.54m; JT:1, E

McQueen (Inv) 27.12m. Girls: 100: 1, A Nowell (Fife) 13.9; 200: 1, A Morrison (Ab) 28.7; 800: 1, C Clarkson (Ab) 2-35.7; 4x100: 1, Aberdeen 58.0; 2, Fife 58.2; Team results: 1, Aberdeen 307pt; 2, Inverse 230; 3, Fife 194; 4, DHIH 174; 5, Tayside 126; 6, PSI 1 89.

Pansonic Scottish Athletics League

Results after three matches

Div1	Track	Field	Tot	Pts
		arine.	2007	
ESPC	549	547	1096	23
Dundee Hawkhill	619	404	1023	22
Aberdeen AC	452	404	856	15
Clydebank AC	514	326	540	14
Caledon Park	478	322	800	12
Pitmavie	342	344.5	686.5	9
Shettleston	446	286	732	8
Ayr Seaforth	387	174	561.5	5
Div 2				
Falkirk Victoria	532	294	826	23
Cambuslang	574	213	787	20
Lothian AC	515	231	746	17
Bellahouston	475	217	692	13
Victoria Park	425	236	661	10.5
Clydesdale H	318	342	660	9.5
JW Kilmarnock	480	123	603	8
Central Region	440	169	609	7
Div 3				
Harmeny	574	305	879	23
Kilharchan	545	229	774	17
Cumnock & Dist.	491	269	760	15
East Kilbride	534	200.5	734.5	15
Penicuik H	408	273	681	12.5
Perth Strathtay	429	230.5	659.5	125
Fide AC	256	192	448	7
Maryhill H	45	158	612	5
Div 4				
Inverness H	748	380	1128	24
Blackhill H	573	242	815	20
Garscube H	520	183	703	17
Lasswade	365	290	655	17
Livingston	421	84.5	505.5	8
Montrose	243	196	439	7
Kirkintilloch	294	144	438	7
Lochgelly	198	190.5	388.5	7
	100			

Scotland's Runner August 1990

HIGHLAND GAMES

AUGUST always sees the zenith of the Highland Games season in the South of Scotland. The largest amateur games - Strathallan, Glasgow, Bute and Cowal - are on successive weekends. Meanwhile, in the North the smaller but equally enjoyable games such as Glenurguhart, Nairn, Abernethy etc take place.

Since Strathallan moved to a Sunday, a number of heavies from the North circuit have been attracted South, adding well needed spice to the

The Scottish Heavy Championships are to be held in Bellahouston this year at the pipe band championships. There is an additional Sunday competition. Cowal is the largest amateur Games; it usually tends to produce an unexpected entry or two. Previous years has seen throwers from America, Ireland and England turning out.

Mark McDonald should win the Scottish Heavy Championship at Bellahouston. At the time of writing he was unbeaten at any Games this year. Steven Aitken could have provided some much needed competition for McDonald but the Dundee Hawkhill man has decided to concentrate on mainstream athletics and support for his club.

One of the features of the amateur Games in the South has been the drift away from a handicap system to a championship format. The system is designed to give a fair distribution of prizes, relating directly to the

Pressure for change has come from the athletes themself. The handicap system was said to encourage younger, lesser, athletes into the sport, but in reality it only benefited some of the older lags who knew how to fiddle the system. I remember there was always an undercurrent of antagonism on the field at a handicap competition. Most injustices were imagined, but some were real enough. I remember Alex Valentine winning the Cowal Championship leaving the field without a prize in any event.

Games in the North circuit have retained the handicap system, and officials seem happy with it. But these Games are probably losing out on the heavies from the South. Injustice in the handicap system is always cited as the reason for avoiding the North Games.

In the professional Games, George Patience (Tain) is the man of the moment. Recent marks include a 16.72m (54° 10") shot, 16' 1" in at 56lb for height and a 25m (85' 4") 28lb for distance.

George, of course, is an ex-discus man who threw in the 1986 Commonwealth Games. It was generally agreed in coaching circles that he had not reached anywhere near his true potential in that event, so his recent form was not unexpected.

Patience will probably start as favourite for the Scottish Championship at Crieff on August 18. His main rival should be Alister Gunn (Halkirk). Although George will usually beat Alister in four of the seven events, there are an enormous number of possible permutations of points, depending

The Scottish at Crieff is the one championship most heavies would like to win. It has a long pedigree; previous winners include such legends as Bill Anderson, Arthur Rowe, Jay Scott and Geordie Clark. In earlier times there were no recognised Scottish Championships, but men such as A.A. Cameron and Donald Dinnie were certainly recognised as national champions.

There are other championships which might appear to the layman to be more important, but the "British" and "European" championships are fairly modern fabrications. Generally these championships are considered by the competitors with no higher esteem than any other Game championships.

I've always been amused at the concept of a European Championship at Caird Park, Dundee. No doubt the SGA are half expecting a couple of Bulgarian hammer throwers or an Albanian caber tosser to turn up. I'm not sure why Dundee's recreation department, who organise an otherwise excellent Games, hold themself up to ridicule by claiming there is a European Championship at their event.

Finally, Ian Small, Brodick Games local heavies champion and chairman, twisted my arm for a write up for his Games. Brodick Games on August 4 are the only amateur Games in the South of Scotland where you get the flavour of a small Highland village Games. Entry can be made on the field. My only criticism is about the ferry. The last one leaves at 7pm just when the real fun is beginning!

Willie Robertson

Something is stirring in the second city of the Empire as Glasgow dominate year

SOMETHING is stirring in the second city of the Empire, writes Gordon Ritchie. Fittingly, in this their year as culture capital, Glasgow University dominated the student domestic season.

Their year of triumph started in March when they won the annual Appleton Trophy match against Edinburgh. This ended many years of capital domination of the fixture.

In May, the buoyant team travelled across the city to Crownpoint to register a tremendous victory in the men's cup final. The women's team also performed well, and came a very close second to Edinburgh.

The secret of the Glasgow success has been their strength in the middle distance events. They can call upon the likes of Gerry McCann, Alan McBeth and Glen Stewart to cover events from 800m upwards. They have combined this with a strong field event team, with British medalists David Allen and Adam Anderson combining with Russell Brown and James Stoddart in the jumps

The net result of these talents was almost complete domination in the field, and valuable points in the distance races. Once Gregor McMillan returns to full fitness he will give them a certain winner in the shorter events, and it is difficult to see them losing the cup in the foreseeable future.

In the women's competition, Edinburgh will suffer from the loss of Joan Booth and Janice Ainslie, who are both graduating this year. Janice's versatility will be missed, as she usually won the long and high jumps and sprint hurdles. Once again, Glasgow are finding some depth in the women's team, and if Melanie Neef can recover from her injury problems they will be difficult to beat.

Away from the track, the Glasgow women have a promising future over the country. The prospect of Hayley Haining joining new Scotland cap Vikki McPherson and the fastimproving Joanna Cliffe is mouthwatering, and they will be a threat for national honours next year.

AS usual at this time of year, university athletics has the sad task of saying farewell to many good athletes who are graduating and leaving the scene. Every year we lose top internationals to that big office in the sky.

Some, like lan Hamer, hope to

return to do postgraduate courses, but for many it is the end of the enjoyable period of their lives known as the pursuit of academic excellence. It also marks the end of their participation in the family of student sport.

For many it also marks the end of their competitive careers, which is both a sad loss to the sport and a sad indictment of the sport at a national level. This point will be discussed further next month.

SCHOOLS

OVER 700 competitors took part in the Scottish Power SSAA Girls' Championships at Crownpoint, and there were 1000 entries for the Boys' event at Grangemouth.

The two outstanding athletes at the girls' championships were World Schools Games silver medalists Catherine Murphy and Isabel Linaker.

Catherine won the hurdles trophy in 1989 and this year shared the award with Suzanne Wood (Linlithgow Academy). Isobel took first place in the 1500m, running 24 seconds faster than Andrea Everett's schools' record, and she was also awarded the Frances Barker Shield for the most meritorious performance.

Fourteen year old Myra McShannon (Park Mains High, Erskine) won both the 100m and 200m races. The SSAA presented a new trophy this year - the Dora Stephen Memorial Trophy for 15-17 long jump - with Hazel Melvin, from Marr College, Troon, becoming the first winner.

In the boys' championships, much interest centred on the 15-17 sprints. The winners were Craig Joiner, Dunfermline High, in the 100m and Stuart Moir, of Belmont Academy, Ayr, in the 200m.

The Scottish Power Trophy went to John MacFadyen, Dunoon Grammer, winner of the over-17 800m in a record time of 1-53.3.

In the field events, pentathlon champion Malcolm McVie, of Edinburgh Academy, took first place in the over 17 high jump. Best performances of the day came from Richard Craig, St Aloysius College, Glasgow, in the 15-17 pole vault with a record vault of 3.72. and R. MacKinnon, Queen Victoria School, Dunblane, in the 14-15 hammer competition, with a new schools' record throw of 45.94.

-EVENTS-

July

14

ARISAIG-Mallaig (Fisherman Force Ten), Arisaig

BRITISH Vets Track and Field Champs, Crownpoint

INVERNESS Highland Games, Inverness. Tel 0463-239111 for details.

15

AYRSHIRE Track and Field Champs, Dam Park, Ayr. Tel 0290-50609 for details.

BRITISH Vets Track and Field Champs, Crownpoint

CAMPBELTOWN Festival Week Half Marathon, Campbeltown

INVERNESS 10K Peoples' Race. Tel 0463-241625 for details.

OPEN Hill Race Champs, Oban

16

ROUND The Houses Race, Saltcoats, D from 0294-211304.

,

WHITE Ash Hill Race, Fochabers, Morayshire

18

OGM, Everholm, Annan

SRI Chinmoy 5K Road Race, Meadows, Edinburgh. Tel 031-336-2349 for details.

20

ROYAL Mail Games, Cry Palace

21

BRITISH Schools Home International, Meadowbank

DAVID Shepherd Glamaig Hill Race, Skye

DINGWALL-Evanton-Dingwall 10 mile Road Race, Dingwall

ELGIN Highland Games

GB v France v Spain v WG (U-23),

STROMNESS Shopping Week 13 mile Road Race, Orkney

EUROPEAN Special Olympics, Crownpoint

22

HELENSBURGH Half Marathon. E - Sheila Ramsay, 38f, East Argyle Street, Helensburgh G84 7RR.

FALKIRK Young Athletes Meeting, Grangemouth. Details from 0324-486711.

IRVINE Harbour Festival Half Marathon and Highland Games, Irvine. Tel 0294-51011 for details.

SHIRE Harriers Open Meeting, Aberdeen, Details from Mr S Peddie on 0224-313498.

25

SRI Chinmoy 1 mile Road Race, Meadows, Edinburgh. Tel 031-336-2349 for details.

27

SCOTRAIL Championships, Crownpoint. Details from 041-554-8274.

28

DUNDONNELL Three Tops Race, Gairloch

GB v Italy v Austria (Juniors),

HALF Nevis HR, Fort William

LOCHABER Highland Games,

PAISLEY International Highland

SCOTTISH 3K Track Walk Championship, Crownpoint

WELSH Games, Wrexham

Games, Paisley

SCOTRAIL Championships

29

GRE Semi Final, Birmingham

MELANTEE Hill Race, Fort William

SCOTTISH Young Athletes' League DS/Final, Pitreavie STRATHCLYDE Tug of War Champs, Irvine

DARTFORD Half Marathon. Details - Fairfield Pool, Lowfield Street, Dartford, Kent DA1 1JB.

30

COW Hill Race, Fort William

August

1

FALKIRK OGM, Grangemouth. Details from 0324-486711.

NORTH Berwick Law Race

3

KODAK AAA/WAAA Champs, Birmingham

4

BRODICK Highland Games, Arran

GB v France v West Germ v Italy (U-19), France

ISLAYHalf Marathon, Bowmore, Islay. Details from 049-681-479.

ORD Hill Race, N Kessock

KODAK AAA/WAAA Champs

5

BALLATER 10. 2pm start, Monaltrie Park. Entries on day £4. Infor from 03397-55599. Medal/t-shirt to all finsihers.

BRIDGE of Allan HG

BURNSWARK Race, Ecclefechan

DONKEY Brae Race, Aberdour

LASSWADE AC Women's 10K Road Race, Bonnyrigg, Edinburgh

MONKLANDS Half Marathon, Coatbridge. Details from Leisure and Recreation Dept., Monklands District Council. Tel: 0236-62453.

CORRIE Capers Round Arran Road Relay Race, Isle of Arran. Tel 0294-79272 for details.

SCOTTISH Young Athletes League Final, Crownpoint DRIFTWOOD Eyemouth Half Marathon. Details from Mrs Lough on Eyemouth 50140.

HFC Bank Scottish Athletic League D1 & 2, Meadowbank; D3 & 4, Coatbridge

THE Macallan Moray People's Marathon and 10K, Elgin. Details from Moray District Council, Tel 0592-873178.

CENTRAL Scotland Tug of War Champs, Bridge of Allan

SVHC 10K RR, Lochinch

TYNESIDE Scottish League, Whitley Bay

7

BILL Elder Memorial Road Race, Greenock

MOBIL Grand Prix Final, Athens

8

MILL Lum Road Race, Kinghorn, Fife. Info from 0592-873178.

SHETTLESTON Harriers Open Graded Meeting, Crownpoint

WORLD Junior Athletic Champs (till Aug 12), Bulgaria

11

ABERNETHY Highland Games, Nethy Bridge

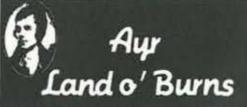
BRITISH Athletic League Div 2, Wolverhampton

LAYSBRIDGE Race, Banff

LARGO Law HR, Lower Largo

SCOTTISH Heavy Events Championship, Glasgow

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ı	Signed
l	Date

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

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



Club (If applicable)

-EVENTS-

MERRICK 8 mile Hill Race, Glen

CELTIC Countries Women's Young Athletes Int, Waterford, Ireland

SCOTTISH National Tug of War Championship, Bellahouston Park

EDINBURGH and District Athletic League, Tweedbank

HADDINGTON Half Marathon, Haddington. Further info from Joe Forte Sports, Tel 062-082-4023.

OCTAVIAN Relays, M'bank

SAAA Medley Championships, Meadowbank

SCOTTISH Heavy Events Championships, Bellahouston, Glasgow

GENERAL Portfolio 10 mile Road race, Aberdeen. Entry forms from Running North, Aberdeen, Tel: 0224-636299.

DALCHULLY 4.5 mile Hill Race, Loggan Bridge

GLEN Trool 10.5 mile Hill Race

RENFREWSHIRE AAA Track League, Greenock

CAERKETTON Hill Race, Hillend, Edinburgh

CPH OGM, Meadowbank

OGM, Everholm, Annan

WIDEFORD Hill Race, Kirkwall

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OCTOBER 14 - Grand Prix Triathlon

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Watch out for further details in future issues, or write for entry forms (enclosing SAE) to:

Race Organiser, Aberfeldy Rec. Centre, Crieff Road, Aberfeldy PH15 2DU Tel: 0887 - 20922

ARROCHAR Alps Hill Race

BUTE Highland Games and Road Race, Rothesay. Tel: 0700-83610 for details.

CIBA Geigy 5 mile Road Race, Linwood

FALKIRK Young Athletes Meeting, Grangemouth. Tel 0324-

GRE Cup Final, Gateshead

GREAT Wilderness Challenge, Poolewe, Ross-shire

NAIRN Highland Games and Half Marathon, D - from Danny Bow, 16, Glebe Road, Nairn.

ORKNEY Open Track and Field Champs, Kirkwall

SCOTTISH YAHS, Arbroath

TWEEDSMUIR Fair 2 mile Fell Race, Tweedsmuir

18-19

UNITED Kingdom Tug of War Champs (Day 1), Coleraine, NI

ARGYLL Championships, Oban

CITY of Edinburgh 10K Road Race

GB v Spain v Belgium v Iceland,

GRE Cup - plate final, TBA

IBM Festival of Running -Invercivde Marathon, inc Scottish People's Championship, Greenock. Details from Joe Gallacher on 0475-892000.

MONKLANDS Scottish Women's Cup Final, Coatbridge

ORKNEY Open Track and Field Champs, Kirkwall

SCOTTISH & NW League D1. Meadowbank; D2, East Kilbride; D3, Wishaw; D4&5, Dumfries

TWO Inches 10K Race, North Inch, Perth. Details from Perth and Kinross DC on 0738-39911.

GRAMPIAN Television League (East), Arbroath; (North), Nairn

RENFREWSHIRE AAA Track League, Greenock

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N.B. Minimum age 18 years on day of race.

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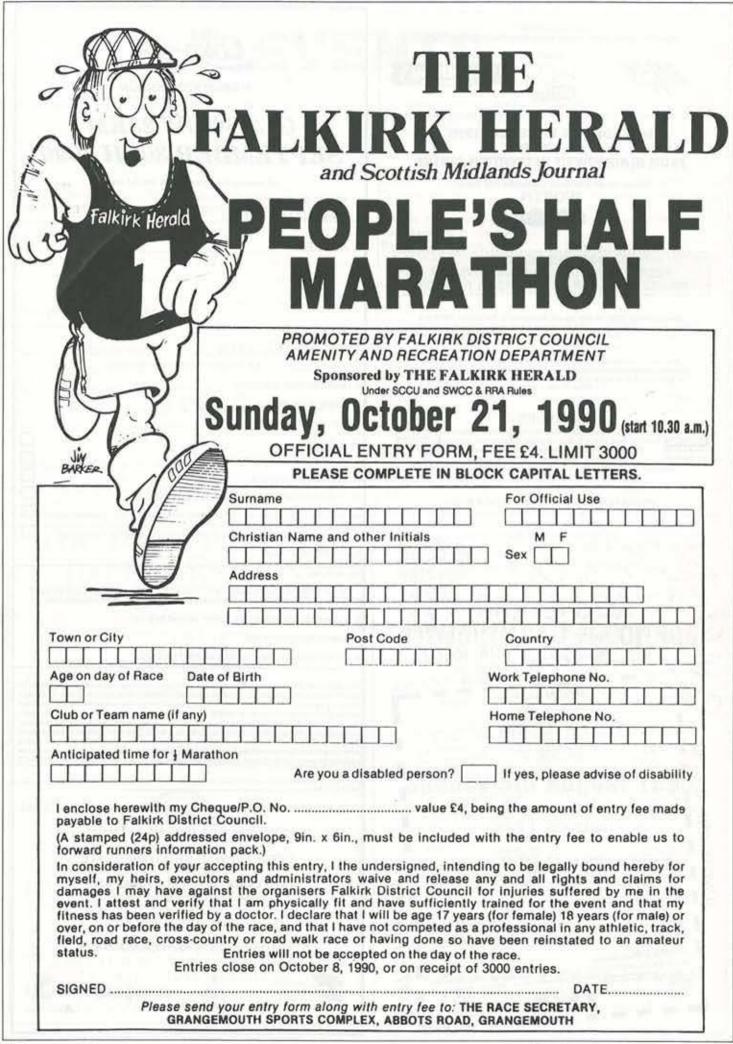
CLOSING DATE SEPTEMBER 3rd.











-EVENTS

MARYMASS Festival Run and 6 Mile Road Race, Irvine. Details from Finlay Dowell on 0294-

24/25

COWAL Highland Gathering, Dunoon

25

FORTH Valley League Final (D1&2), Pitreavie

GB v W Germ v USSR (Comb. Events-Juniors), West Germany

GLENUROUHART Highland Gathering and Games

TWO Bridges (Forth / Kincardine) Road Race, Dunfermline

ACCESS UK Women's League Div 1, Birmingham

SCOTTISH Open Tug of War Championship, Dunoon

ABERDEEN AAC Veterans Championship

JUNIOR Int Match, Scotland v Wales v N Ireland, Annan

LIVINGSTON Half Marathon, Livingston. Details from Race Secretary on 0506-419700.

MARYMASS Festival 7 Mile Sand Run, Irvine. Details from 0294-51011.

MID-ARGYLL 9K Road Race and Fun Run, Lochgilphead

SCOTTISH League Inter Area Match all ages), Grangemouth

SOLWAY League, Annan

ACCESS UK Women's League Div 2, Coatbridge; Div 4, Pitreavie

EVENING Express Aberden Half Marathon, Aberdeen

FALKIRK District Tug of War Champs, Callander Park, Falkirk.

Tel 0324-486711 for details. 27

EUROPEAN Championships (to 1 Sept), Split, Yugoslavia

RENFREWSHIRE AAA Track League, Greenock

PITREAVIE OGM

SHETTLESTON Harriers OGM

September

BRAEMAR Gathering. Details from Mr Meston on 03397-55377.

PEEBLES Highland Games

KALL Kwik Blairgowrie Half Marathon. D from 0250-3899.

BEN Nevis Race

EASTER Ross People's 10K and Fun Run.

LANARKSHIRE 10m RR Championships. Sae to Race Director, 24, Mannering, Calderwood, East Kilbride.

BORDER League

GRANGEMOUTH Charity Chase, Tel: 0324-557809.

SCOTTISH Wildlife Trust 10K Road Race, Aberdeen.

BANK of Scotland WAL D1, Grangemouth; D2 Pitreavie; D3, Crownpoint; D4, Caird Park; D5, Coatbridge.

DUMFRIES Tredaire 10K. Limit 250, starts 7pm (£2.50-£3.00). Flat, fast road, starting and finishing on stadium track. D from Stephen Head, 4, Craigs Drive, Calside, Dumfries.

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