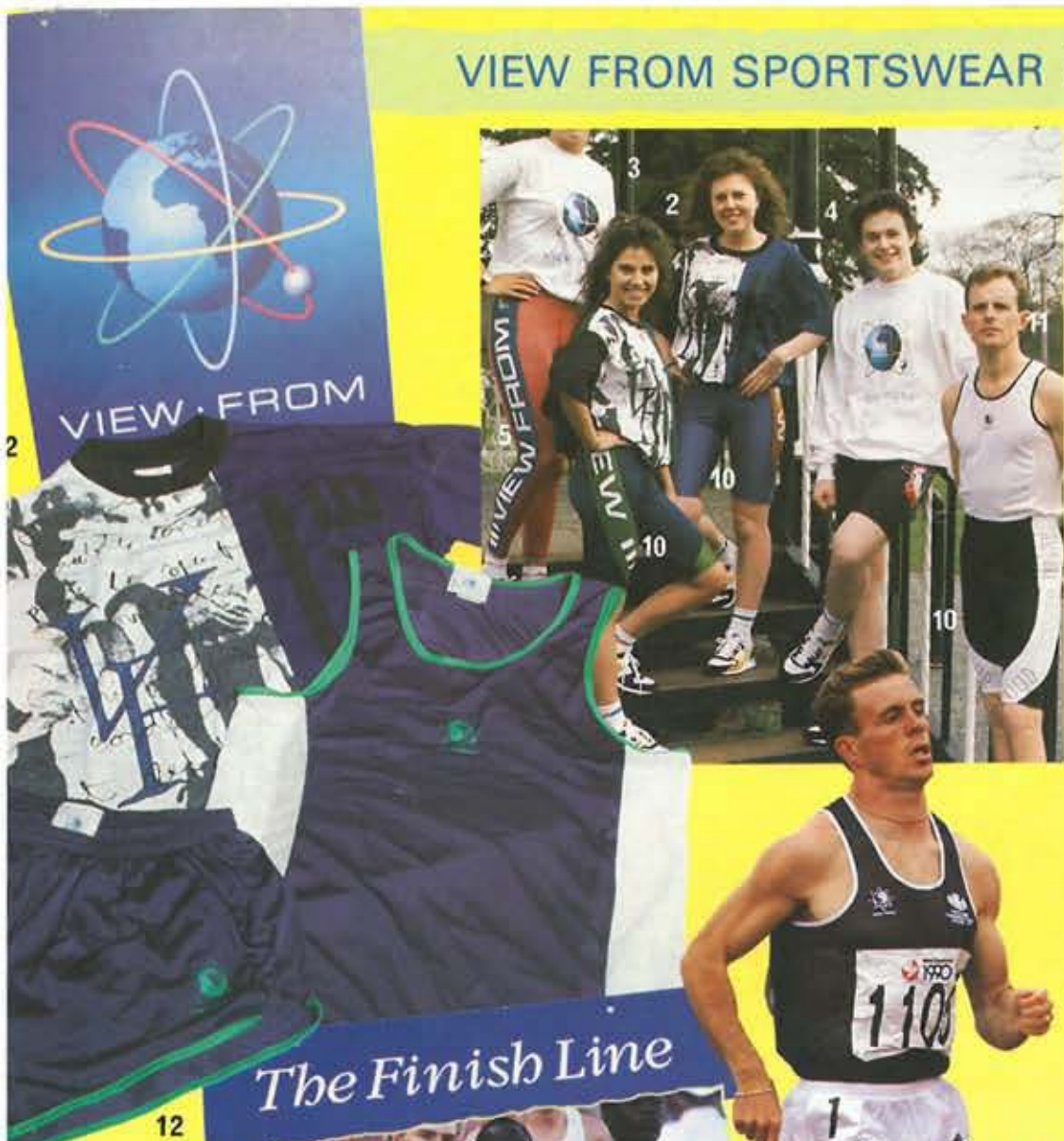




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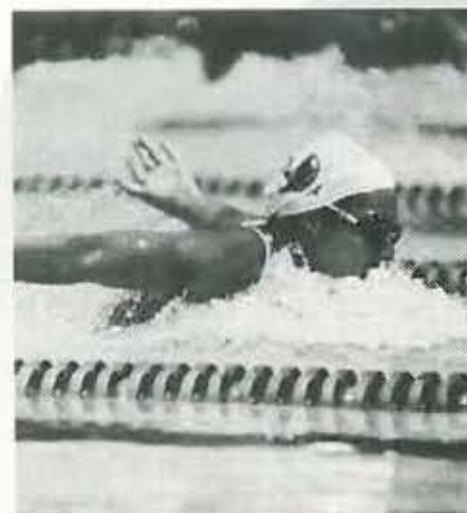
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SEPTEMBER 1990

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INSIDE LANE

THE newly formed Scottish Athletics Club has made an impressive start, with a well reasoned statement of intent which we are pleased to publish in full on Page 25. Early recruitment at the Scottish Championships apparently went well, and it will be interesting to see if the athletes are successful in maintaining this impetus in the months ahead - and even more so in the medium-term when the initial enthusiasm inevitably begins to wane and the hard work begins.

Whatever, this magazine unreservedly supports what the athletes are trying to achieve, and will offer whatever practical support it can.

The athletics authorities were wise to offer the SAC recruiting facilities at Crownpoint Road, and it is to be hoped that relations between the club and the associations can remain constructive. As the statement of intent makes clear: "The club aims to work closely with the governing bodies with the intention of bridging the perceived gap between the officials and the athletes themselves."

By liaising with the excellent Scottish Schools association, the club should be able to do much to increase schools' awareness of athletics - particularly if the more high profile members are willing to give of their time. Similarly they can benefit their own members through coaching seminars and special squads, as promised in the statement of intent.

But the most sweeping intention of the club is: "to promote the image of athletics in Scotland, increase the number of participants, and attract more funding to the sport."

It is an obvious indictment against the present authorities that the club should feel it incumbent to

attempt to take on such a role. But, however laudable its aims, the SAC is - and only ever can be - a pressure group, albeit one with an overwhelming case for representation at the highest level



Geoff Parsons, one of the athletes behind the SAC, on his way to the Scottish high jump title on July 28.

within the sport.

With all due respect, it is not the function of a pressure group to be promoting athletics in Scotland or bringing money into the sport.

Those responsibilities rest absolutely with the governing bodies.

I feel that no matter what concessions are made to the SAC by the governing bodies - token or real -

that athletics in Scotland will continue to slide backwards until the structure of the sport is dramatically overhauled.

No matter how eager and well intentioned the individual, raising money for athletics and the public's consciousness of the sport is a full-time job requiring a certain expertise and experience. A salary must be found for such a qualified person.

Similarly, again as stated before, what Scotland really needs is a full time director of athletics to plan ahead and map out where the sport is going. This individual must of course be accountable, but above all should be able to operate with an open brief and without having to ask permission to cough from the associations.

Such an individual would ideally be a coach or former athlete with experience of top flight international athletics, but that person would also be capable of communicating with the grass roots clubs and recommending changes and improvements to their ways of operating.

And of course the governing bodies must fully amalgamate, and streamline the committees down to a minimum.

Only when the structure of Scottish athletics is sorted out and full time professional staff employed will the present malaise be turned around, but in the meantime, all credit to Scotland's athletes for their bold move in attempting to change attitudes and improve the present situation.

We're behind you all the way.

Alan Campbell



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up FRONT

Conditions in Iceland not up to scratch

ATHLETES' claims that arrangements for the trip to Iceland last month fell well short of standards required for an international team competing abroad will be investigated by the SAAA once a report on the trip has been submitted by triple jumper and senior internationalist Craig Duncan.

The Scottish team had to sleep on the floor of a school hall for the first night and were then put in guest houses with, in some cases, four sharing a room.

Pitreavie javelin thrower Stewart Maxwell said, "I've been in the international team for 13 years and those were possibly the worst conditions that I've ever had to go through."

"From what I hear it was the case that the Scottish team had to pay for that first night. Whether that had an influence on why they put us into the most basic accommodation they could find, I don't know."

Team manager Jim McInnes admitted: "We did get off to a bad start but we got the athletes back on our side. The guest houses were adequate and I thought the meals during the day were good. The athletes knew beforehand that they would have to bring a sleeping bag and sleep on the floor and I think they realised there were problems getting accommodation as it was a festival in Iceland which only happens once every ten years."

John Wallace, the former Scottish native record-holder in the 110m hurdles, said:

"I don't think the Scottish management could do a lot about the problems; they were in the hands of the local administration as much as anyone."

But Wallace admitted that he would "think twice" about returning to Iceland to compete for Scotland.



A 1500m final at the Special Olympics in Glasgow - voted a great hit by athletes and spectators. More pictures on Page 19.

REPRIEVE FOR RUSSELL AND PARK

HAMMER thrower Russell Devine has been cleared to compete for Caledon Park in the GRE British Athletics League. At first it was thought that the 22 year-old Scottish international would need to wait for 14 months before he could compete for the Edinburgh club after resigning from arch-rivals Espc AC at the end of last year.

However, it has been discovered that when Devine resigned from Espc there was no 14-month rule operation for athletes changing their secondary first-claim clubs as there is with changing first-claim clubs.

The loophole has since been covered up, but not in retrospect, and the Scottish Amateur Athletic Association has confirmed that Devine is now eligible to compete for Caledon Park in the British League.

Devine threw a personal best of 61.90 when winning the Scottish hammer title at Crownpoint Road, and his presence could lift Caledon Park back into top division in British athletics as he is able to compete in the final Second Division match in the league later this month.

Ironically, had he been able to compete in Birmingham last month for Caledon Park, the Edinburgh side would have likely qualified for the GRE British Cup final instead of missing out narrowly.

SAUCONY WINNERS

CONGRATULATIONS to the winners of the Saucony competition in May's issue of Scotland's Runner. Our thanks also to the sponsors, who supplied four pairs of the ladies' Saucony Aura 11, and four pairs of the men's Saucony Azura 11.

The winners were: Mrs J Mair of Barrhill Road, Cumnock; Eileen Moran of Headingley Avenue, Leeds; Mrs D Ballantyne of Morton Road, Stewarton; Judith Green of Clashmore, Sutherland; Jim MacGregor of Hutchison Road, Edinburgh; Mr J. Maitland of Lundavra Road, Fort William; John Donnelly of Jantallon Park, East Kilbride; and A. Assadian of Mayton Street, London.

The correct replies were: 1. Polyurethane or PU; 2. Triangular; 3. Annan & District AAC.

Our thanks to all who participated in the competition.

Yes sponsorship!

N.O.T Minolta Black Isle AC has secured a five year sponsorship deal with local Minolta agents, Northern Office Technology. Hence the N.O.T!

The addition to their previous package means much needed increased funds for the club. The sum is to go towards travelling expenses, sponsorship, and prizes for races - and increased coaching for the already successful club.

Black Isle AC is the first sponsorship that Northern Office Technology has become involved in. Although the company has been involved heavily with the club in the past, the new name will mean increased publicity.

The addition to the clubs name was necessary to clinch the sponsorship. Ray Cameron of Black Isle said, "If it means the club can continue to be successful and to survive, it is a small price to pay."

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SIR - Now that we are more than half way through the track and field season and ranking lists are being published, concern is once again being expressed regarding the falling standards of performances and the loss to the sport of promising junior athletes. When this subject is brought up with officials of SWAAA, the reasons put forward range from "population", "exam pressure", "boyfriends", "fall in birth rate" etc. As the Association has no control over these outside influences, I do not see the point of their whinging on about them, and suggest that many of the reasons are closer to home and most certainly their responsibility.

I will now attempt to identify the problem areas and put forward possible solutions.

Girls 11 to 13 years: Too many track races are won by the early maturer rather than the talented fast girl who at this age lacks strength/speed endurance. I have never understood why in the hurdles and field events we have reduced distances and have lighter implements, yet in the flat races we use 100m, 200m and 800m. All too often the positions at 60m and 600m are the final positions. A reduction in the distances would result in more competitive races and closer finishes; this would encourage the girls to "stick with it" as they are not too far off the winners.

As far as the longer sprint (200m) is concerned, this would not be run in this age group.

Juniors 13 to 15 years: In this age group we have the most encouraging group of athletes for many years, a tribute to their coaches and their very supportive parents. However, the worry here is the amount of races the best girls take part in. When they belong to clubs which take part in the UK League, along with Schools athletics, cham-

pionships and internationals, "burn out" is a real problem. I doubt if the SWAAA can do any thing in this area, and athletics will have to rely on the judgement of coaches, parents and team managers.

Intermediates 15 to 17 years: Here we have a real problem age group. Girls who up until now have only faced opposition in their own age group now find they may have to compete against seniors at the same time as their own athletic performance will (for many) plateau for a number of years.

It is very difficult for a girl who has been a successful junior and progressed over the years to accept this, and also that she will for a time be asked by the team manager to run for "the point" to bale out the club because the seniors will not turn out (her ego won't take it). It would help the situation if the minimum age for seniors was raised to 18 years rather than the present 15 years. Also promoters of open graded meetings could help by putting on events for this age group.

With regard to actual distances, the introduction of 300m hurdles two years ago was a positive move which looks like raising the standard of 400m hurdles. I suggest that a 300m flat race be introduced in this age group which I am sure would in turn raise the standard of 400m in the future.

Euro-Juniors 17 to 19 years: The problems of this age group are similar to those of the intermediates, and I would suggest that events solely for this bracket are introduced into the Scottish Women's Athletic League and Scottish Cup programme. I realise that the existing programme is tight; however, by reducing the events for girls a number of events for Euro-Juniors could easily be accommodated. The introduction of this age group into the league programme and the adjustment of the minimum age for senior athletes would stop the situation which has arisen, where a good 15 year old athlete

CRITERIA FOR SELECTION

18, Wilson Avenue,
Kirkcaldy,
Fife.

SIR - I would like to add to the debate regarding Scottish Schools international selection.

I agree that the current criteria for selection is not ideal. Surely it is only fair that athletes know before the major event of the season what they must do to gain selection for the international team. When my daughter finished seventh in 1990 Schools Championships at Irvine, she was told that no-one gains selection automatically on that race alone, and had to wait several hours to know her fate.

I was told by selectors that other events are taken into consideration. Why?

If we have a grand prix type of selection, which other races should athletes enter for? How can success be gauged if the standard of opposition is not guaranteed in these other events - whatever they may be?

I feel first past the post must prevail unless the following situation occurs:

1. The athlete is exceptional.
 2. The athlete misses the event through extenuating circumstances.
- In the age group under discussion (under 15 year girls) there is only one athlete of exceptional talent.

Any claim for under-performance by a runner due to illness on a particular day must be taken in balance with the claim that opponents under-performed due to illness on that or other occasions also.

Let us have the first six past the post at the major championship of the season being guaranteed selection. The criteria for a runner not placed in the first eight on the day gaining selection should be that they would be virtually certain to have gained such a position had they run.

How many can make such a claim amongst several hundred?

Wilf Parkinson

finds herself on the same start line as a member of the Olympicsquad, the result being no good to either.

With regard to the UK League I doubt if Scotland can sustain more than three clubs at this level, yet there are many athletes who require this level of competition. Unfortunately, the club system as it is at present does not allow easy access without first resigning, serving a nine month ban, and usually made to feel that you are letting down the very people who have helped you achieve the standard which requires you to move on.

With this in mind, I suggest every athlete on registration becomes a first claim member of a club which competes in the UK League and second claim to their own club for domestic competition (the teams could be either under

their present management or that of the district committees in which case they would be newly formed). This would also reduce the need for clubs to poach athletes to strengthen their teams due to their commitment to too many leagues.

The underlying reasons for my proposals are to ensure that athletes at every level gain access to competition which suits their standard, as it is only within close competition that personal bests and higher standards will be achieved.

The SWAAA announced about twelve months ago the formation of the Junior Commission. It would be interesting to know the progress they have made, and the action they are going to take to improve athletics in Scotland.

Walter S. Bisset

LETTERS

Lochaber is better served than Birmingham!

24, Riland Avenue,
Sutton Coldfield,
West Midlands.

SIR - I am sure that there are many others besides myself who share Keith Gooch's sentiments that races in Scotland are not well supported locally (Letters - June).

As you can tell from my address, I am another "Southerner" who has come north for a specific race - the Isle of Skye Half Marathon on June 23 last. Out of a field of approximately 250, I think that there were less than a handful of non-Scots participating, although admittedly the vast majority of these runners were from the mainland.

It was in fact my first ever half marathon (officially it is 13.8 miles), having discovered its existence while on holiday in the area last year.

Despite the weather, and the hill between miles eight and eleven which was worse than I had been led to believe, I felt proud enough to finish 62nd in 1-32-24 - not bad for somebody who only really started running in February to lose some weight!

Down here, in Sutton Coldfield, we do not have a local race - the Sutton Fun Run, which is 10.2 miles, is held on the first Sunday in June, and which this year attracted a field of 6,500, and some degree of attention as the winner was Paul Davis-Hale.

The people of Lochaber should be honoured in having such an event as a marathon, and rally round as much support as possible. Where I live (seven miles north of Birmingham), we do not have a marathon - and this is part of England's second city!

I feel that the London Marathon has overgrown itself - over 30,000 starters, and many times that number not even allowed a place. That is why "local" marathons should take on more importance. The national runs have just got too big.

It may, therefore, come as no

surprise, when I say that my first marathon will not be in London, and certainly can't be in Birmingham, but (hopefully) will be in Lochaber next year.

It was by fortune that I picked up a copy of your magazine, and although it has taken a few weeks to find enough time to write in praise of it, may I say that it is the first magazine on the subject that I have actually read from cover to cover. Plenty of space for readers' letters and comment, although I sensed that there was a "running battle" (no pun intended) in progress in some of the correspondence.

Anyway, carry on with the good work - without magazines like yours, us runners would have to content ourselves with just running the streets to keep ourselves entertained.

Graham Jones

One junior has ended up in West Germany

51, Cathkin Drive,
Clarkston,
Glasgow.

SIR - Allan Wells asks in your July issue: "Where have our promising juniors gone?"

Allan may be interested in a recent article from the West German Stuttgart Zeintung reporting on the success of the combined Swabian-Scottish coaching team at the local Weillimdorf Athletics Club.

The Scots connection is Ross

Hepburn, who in 1976 set a phenomenal world age record for a 14 year old of 2.04m in the high jump at the Edinburgh Highland Games, later going on to a best of 2.08.

He is still the youngest male ever to have gained a full GB international vest (age 16 versus USSR at Meadowbank - see Guinness Book of Records).

While still a teenager, Ross went to Germany to work and has remained there ever since (and is now married to the lovely Andrea!). After a period away from the sport, Ross has rekindled his interest, taken the West German coaching certificate, and now works very successfully with his local club.

It may be of interest to our own amateur coaches to know that the German coaches are paid 20 marks per hour (£9) for their efforts, and are also paid to attend competitions (I would estimate is probably costs me £9 an hour to coach!).

Ross is a regular reader of Scotland's Runner - I send him out my copy! He is still glad to pass on information about his favourite event, high jumping.

On an aside, I still remember fondly(?) my own training sessions (mainly weightlifting) with Mr Wells in the years just preceding his breakthrough as a sprinter. I have carried much of what I learned then into my own coaching.

I would say that one of the main lessons was how much can be achieved by regularity, dedication, but also a sense of fun. Maybe Allan still remembers getting beaten in the 50 metres team piggy back races at Meadowbank?

Russell Walker

Clarifying cost of Glasgow run

20, Trongate,
Glasgow.

SIR - On reading the letter from Mr Hugh McGinlay regarding the 1990 Diet Coke Great Scottish Run in July's Scotland's Runner, when he poses the question: "What are we getting for the inflated entry fee?", I would like to reply by explaining why this year's entry fees are £7.25 for registered club members and £7.75 for non members in comparison to the £6.00 entry fee of 1989.

The Great Scottish Run in 1990 will be sponsored for the first time by Diet Coke, and will become part of the overall Diet Coke Great Run Series.

The Great Scottish Run has raised its entry fee to be in keeping with the uniform policies of the wholeseries, where each applicant will not only receive a medal and finishing certificate but also a quality Diet Coke t-shirt, similar to the standard to those sold at recent musical spectacles within the City of Glasgow at a cost of £12!

Not forgetting the best organised road race in Scotland as per Scotland's Runner Survey 1989.

I hope this helps to clarify the matter.

Robert M Dalgleish,
Race Director.

But not all happy

23, Westfield Road,
Edinburgh.

SIR - I see once again that the major running event in Glasgow this year is the Great Scottish Run (25K).

What a waste of time - surely, with Glasgow being the city of culture this year, a return of the Glasgow Marathon would have been more appropriate.

If any of your readers share my views then they should do what I did: write to the organisers of the Great Scottish Run and complain.

Alex Bell

ALLAN WELLS

WE are only just into the main part of the athletic season with the major championships getting underway and already top athletes are publicly declaring that they are mentally and physically tired! Why? Have they over-trained or are they ill? No. The answer is that they have over-raced.

This is becoming a problem of "open" athletics. Nobody can force anyone to run when they do not want to, and therefore they can only be competing regularly for one reason. Money.

We did have the Commonwealth Games this year, but that was in January. No different to having an indoor season normally. The answer has to be that athletes are racing throughout Europe far too often. Sprinting is mentally taxing, more so than physically, especially if you are competing against world class opposition and because of this each race becomes harder. It is more difficult to lift yourself again and again especially if you have travelled, slept in a strange bed, and eaten different food all within the space of a few days. So has money now become the motivating factor in athletics?

We now see athletes competing before they are ready either through injury or illness. Or complaining about feeling tired. In the early 1980's athletes were tired after a major summer competition or at the end of the season, but not in the middle of July!

It was easier to plan a programme then because although there was money to be made the athletes' main concern was performances. If athletes continue to over-race, then not only will their performance drop off, but so will their value in the athletics market. Tom McKean has often been criticised for not running enough, but at least he can't be accused of being greedy!

IT is nice to be able to talk about people racing at long last and about a major meeting that took place at Meadowbank. The Grand Prix event was one of the best put on in Britain in a long time. The organisation was good, the quality of



performances was world class, and there was even a good crowd.

It must be said that for me the performance of the night had to be Michael Johnston's 200 metres. To run a legal 19.85 is a phenomenal achievement. He made other class 200 metres runners look average on a track not renowned for fast times.

David Bedford's novel idea for the javelin heightened the crowd's interest and made them take an interest in an event which can sometimes go on relatively unnoticed. Although with Steve Backley throwing, this can hardly be true of today's javelin competitions!

One had to feel very sorry for him in Oslo as not only did he lose the competition, which is bad enough, but to lose the world record after only 12 days must have been a particularly bitter pill to swallow. The speed at which Zelezny's arm came through was unbelievable, and so were Ron Pickering's comments because I don't think he could believe it either!

Then lo and behold, when really he was trying to regain his superiority in the world of javelin throwing, out comes the Nemeth javelin and not only does he regain the world record but beats the magical 90 metre mark as well. All in all,

it will make for a very interesting javelin competition at Split in the European Championships.

In fact, British field events, for so long our achilles heel when it came to winning points in team events, is starting to look a lot healthier. Stewart Falconer looks to be endangering Lynn Davies long jump record with his 8.15m jump.

Likewise, Fiona May is consistently jumping around 6.70m and in fact must, along with Yvonne Murray, be our most successful British female athlete at the moment.

There are certainly not a lot of successful British women to choose from! Our women sprinters seem to have stood still since Kathy Cook's retirement, and without Liz McColgan to boost our spirits in the longer distances, British female athletes are going through a lean patch.

Even our traditional strong point, the men's middle distance, is struggling for depth at the moment. We still have the one-off's capable of handling their own, but when we think of Ovett, Coe, Cram, Elliott and McKean all running at the same time we had an embarrassment of talent in terms of world class runners over 800m and 1500m.

But is it only Britain who seem to have lost their ability to be invincible in certain events? The East German women are no longer automatic winners of a handful of events, nor are the Russians. So who is taking over?

Bulgaria is producing outstanding athletes; so is Nigeria. But there seems to be a general levelling out of world class performances, with each country taking a more equal share of the action. This can only be good for athletics in general.

Could it be that the anti-drugs campaign is beginning to have an effect? Or is it just that the rest of the world is catching up with the superpowers of athletics?

Whatever the reason the winner is athletics and the European Championships for the first time may see a more even spread across the medal table and hopefully Britain will have a few golds among them.

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FOR most people, the marathon represents the ultimate challenge in athletics. So they will be surprised to learn there is a hardy breed of men and women who regard running 26.2 miles as *under-distance* training and racing for their main events.

These are the ultra-marathoners and for them the highlights of the competitive year are races such as the Two Bridges (36 miles), London to Brighton (52.5 miles), and Livingston 100K (62.2 miles). Sometimes races are held in which the objective is to ascertain how many miles the competitors can cover in 24 hours, one weekend, or one entire week.

People who run ultra-marathons are invariably individualists so frequently many of their challenges are conducted on a solo basis well away from the competitive arena or the public eye.

For example, a man or woman may just decide to see how long it takes him or her to run between two towns, or how many mountain peaks can be conquered during a weekend break, or how many laps of a five-miles circuit can be covered in twelve hours. Walter Ross, a highly popular figure in Scottish veteran athletics, and Dale Grieg, former world record-holder for the women's marathon event, used to get the bus or train to Largs then run back 20 or 30 miles by a variety of routes to their homes in Paisley and Glasgow.

International marathon runner Gerry Fairley of Kilbarchan AAC regularly clocks up distances of around 30 miles by running from his work-place in Motherwell to his home in Johnstone via Erskine Bridge - and all that after a hard day in the British Steel foundries. So the challenge of the ultra-marathon can be found in a personal or competitive environment, depending on the temperament of the athlete.

Basically, there are two types of ultra-marathoner.

The first group consists of athletes who have already run several marathons over the conventional 26.2 miles distance and are looking for what is sometimes described as 'the ultimate challenge'. They rely on their marathon training and their cumulative total of mileage built up over a lengthy period of time to see them through distances of 50K, 100K, or races lasting for a stipulated time period. When one considers that top marathoners cover

By Derek Parker

around 100 miles a week and 5000 a year, it is obvious that competitors in this category are adequately prepared for the ultra-marathons.

However, many still like to take out some athletic insurance - and assurance - by including the occasional outing over 30 miles or so in preparation for the ultra-marathon, particularly if they are running it for the first time.

The second type of ultra-marathoner is the specialist who uses cross-country, 10K, 20 miles, and marathon races as under-distance work for his or her main event.

For them, running 30, 40, and sometimes even 50 miles at a time is a fairly regular way of life and they have the patience and temperament to pound out the miles at a relatively slow pace.

I emphasise the word, "relatively", because at the top levels of ultra-marathoning the competitors are travelling at a pace which many people would be quite happy to complete the conventional marathon distance in.

For example, at the recent Livingston 100K (62.2 miles) event, winner Donald Ritchie was running the equivalent of two marathons at sub-3 hours pace without any recovery - then he still had a further ten miles to tag on at the end, again without any recovery.

Second-placed Andy Stirling completed the first 26.2 miles in 3 hours 15 minutes then speeded up to around 3 hours for the next 26.2 miles, reaching the 50 miles mark in around six hours. Donald and Andy are both capable of running well under 2-30 for the conventional marathon distance so it can be seen that neither could be described as just plodding or ambling along during their ultra-events.

Training for an ultra-marathon is somewhat similar to preparing for the 26.2 miles competition although obviously to develop the mental ability, the determination, and the will-power necessary to get the best out of oneself, runs of longer duration should be included in the schedule.

A typical weekly programme, modified



Don Ritchie, Scotland's ultra distance hero, winning the Lincolnshire 100K.

or intensified depending on the athlete's ability, would be along the following lines: **Sunday:** 20 to 50 miles steady; **Monday:** 3 to 6 miles easy recovery run; **Tuesday:** easy 30 minutes (am) and easy 5 to 10 miles



(pm); **Wednesday:** 15 to 20 miles steady; **Thursday:** 20 to 30 minutes jog (am) and 8 to 15 miles, including 6 x 5 minutes at 10K or marathon pace with 3 to 5 minutes jog recovery (pm); **Friday:** 8 to 15 miles steady; **Saturday:** 5 to 10 miles fairly easy.

This provides a weekly mileage of between 75 and 134 miles, so it is imperative that much of the running is done at easy recovery pace - and that the athlete gets plenty of sleep, fresh air and nutritious food to enable him or her to cope with the physiological, psychological, and tactical requirements of the ultra-marathon.

It will also be necessary to drink plenty of fluids, particularly in warm weather, to combat the risk of dehydration and to replace lost electrolytes, i.e. minerals, elements, and other minute, but vital, substances necessary for the efficient functioning of the body.

The athlete intending to run in an ultra-marathon should ease down in much the same way as he or she would do for the conventional marathon. I have described this tapering effect in considerable detail in previous articles, so it would be superfluous to go over the same ground again. Briefly, tapering for the ultra-marathon involves reducing the extensity and intensity of training during the final two weeks before the race.

The final three days should be restricted to easy 10 to 20 minutes jogging. Diets to increase the amounts of glycogen (i.e. stored carbohydrates) in the muscles are also used during the final week.

The race itself must be carefully planned and absolutely nothing left to chance. There must be no mistakes in the choice of footwear, vests, shorts, and socks as this could cause severe blistering or discomfort which would nullify the miles and months of training by forcing the athlete to drop out of the race long before the finish.

Some athletes move straight from marathon-running to distances of 100K (62.2 miles) or more. Others prefer to work

their way up by competing in 30 miles or 50K (31.1 miles) races before progressing to the really long distances i.e. those of 50 miles and upwards.

It is generally accepted that before graduating to ultra-marathons, athletes should have competed a minimum of two conventional marathons without experiencing too much discomfort or fatigue.

The key to successful ultra-marathoning is pace judgement. Obviously if the athlete is experienced in ultra-marathons, he or she should have a better idea of pace than the newcomer. Previous events and intelligent analyses of performance should let the experienced competitor know just how much faster - or possibly even slower - he or she should run in comparison with earlier outings.

An athlete competing in an ultra-marathon for the first time - particularly one as long as 100K (62.2 miles) - should concentrate merely on finishing the race. There is sound wisdom in the cliché that runners experience their first ultra - they do not race it. Once the athlete can analyse his or her lap times and intermediate times for each five, ten, fifteen and twenty miles sections of a completed race, then the next outing will provide an opportunity to intensify the overall pace.

It is better to err on the side of moderation during the early stages of an ultra-marathon, especially if it is one's first attempt at the distance.

As I mentioned earlier, Andy Stirling's first marathon during the Livingston 100K took 3 hours 15 minutes while the second marathon (i.e. from 26.2 miles to 52.4 miles) was around 15 minutes faster. Andy was lying seventh just after the first sixty minutes of the race and had completed 33 laps or 8.25 miles. One runner (not Donald Ritchie whom Andy had no intention of attempting to keep in contact with) lapped him in the early phases of the contest but eventually had to drop out at 50 miles,

leaving the way clear for Andy to come through into second place in the very good time of 7-37-53 in his 100K debut. Donald was a clear winner in well under seven hours.

Anyone who thinks he or she can start fast and then hold on until the end of the race is heading for disaster.

Ultra-marathoning is a fuel economy event and the athlete must learn to utilise his or her stored glycogen throughout the distance. Once the fuel tank in the human body has become depleted its owner must inevitably grind to a halt, no matter how close to the finishing line he or she is. Those of us with long memories can remember Jim Peters collapsing yards away from the finishing tape in the 1954 Empire Games in Vancouver when he was several minutes ahead of everyone else in the marathon.

The lengthy duration of an ultra-marathon, along with the evenness of pace, frequently causes muscle soreness, particularly when fatigue and dehydration become major factors. To combat this, the athlete can very slightly vary the pace from time to time to use different foot strikes.

He or she can also use different muscles in the locomotion process, allowing muscle groups which are tired to have some respite. It goes without saying that all running must be done in a straight line, keeping to the inside of the lane in a track race or cutting tangents at corners within the rules in road races.

The mental effort of the ultra-marathon is considerable. As I have said in previous articles, athletics success is 100 per cent physical and 100 per cent mental. The mind and spirit must be trained as thoroughly as the body and the physiological processes.

A 100K track race is just another mind-boggling way of running 248 laps at the local sports ground. So obviously it requires a great degree of commitment, courage, and determination. Mental barriers can be broken down by the athlete concentrating on each four miles or five miles segment

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with walking breaks of 400 metres after each segment.

As well as alleviating the mental burden, this gives the athlete something to look forward to. It also provides an opportunity to drink fluids, have some light, easily digestible food such as rice or milk pudding, and also to change one's shoes or clothes if necessary. Toilet visits can also be made during these breaks.

Once the athlete has passed the marathon (26.2 miles) or 30 miles marks, he or she can start to think in terms of single, rather than four or five miles, stretches. This is generally made easier because by then the athlete is usually in uncharted territory, if he or she is a first-timer, and each additional mile helps put him or her onto the proverbial 'runner's high' as new ground is broken and the end of the race draws nearer.

An additional trick is to break each single mile into lap times so that, instead of thinking in terms of eight-minute miles for

example, the athlete attempts to string four consecutive two-minute laps together. Simple though this may seem, it keeps the mind active and helps to provide the impetus which brings the attainment of the goal ever nearer.

It should be emphasised that stopping during breaks is not recommended. The athlete should endeavour to keep moving to prevent waste products accumulating in the muscles and causing stiffness.

One further word on food and drink. Whatever the athlete ingests, it should agree with him or her and should not include anything which has not been taken before.

In general, drinks containing sugar and electrolytes are recommended to replace lost energy resources, minerals and fluids. Foods should be light and could include items such as complan, semolina, rice, or pudding. However, the dietary motto of the ultra-marathoner should be drink plenty of liquids but eat conservatively

because too much food in the stomach could have a 'bagging' effect.

If possible, the ultra-marathoner should have a back-up team of friends, relatives, or training colleagues at the event. As well as providing drink and food during the race, and being on hand with towels, sponges, handkerchiefs, and changes of clothing, they can offer tremendous encouragement when the going gets tough as it assuredly will, particularly during those last few, final miles on the way to the finish and the athlete's corner of his or her personal hall of fame.

Finally, I would like to thank Andy Stirling of Falkirk Victoria Harriers for being the guinea pig (if he will excuse the expression) at the Livingston 100K. Andy agreed to test many of the training principles expressed in this article and provided me with a lot of useful feedback about how it feels to run 62.2 miles for the very first time. I am delighted that he finished second in the race.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes cross-country running.
Monday: 5K session (6 x 800 metres with 45 to 60 secs recovery + 1 x 200m, 60 to 90 secs after final 800).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 3K session (3 x 1000m with 45 to 90 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30 mins duration 4 to 6 times a week.

Week Two

Sunday: As Week One.
Monday: 5K session (16 x 300m with 15 to 30 secs recovery + 1 x 200m full effort 60 to 90 secs after final 300) or 10K session (12 x 800m with 30 to 60 secs recovery + 1 x 400m full effort 60 secs after final 800).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 1500m session (2 x 3 x 500m with 45 secs recovery between reps/ 5 to 10 mins 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 (5 x 1000m with 45 to 75 secs recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 800m session (600m + 200m x 2 sets with 60 to 90 secs after each 600/5 to 10 mins after the 200).
Friday: As Week One.
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5K session (12 x 400m with 20 to 45 secs recovery + 1 x 200m full effort 60 to 90 secs after final 400) or 10K session (10 x 1000m with 30 to 180 secs recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 3K session (4 x 800m with 30 to 60 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 (6 x 800m with 45 to 75 secs recovery + 1 x 200m, 60 to 90 secs after final 800).
Tuesday: 30 mins steady.
Wednesday: 5 to 8 miles steady.
Thursday: 3K session (3 x 1000m with 60 to 90 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 running 2 to 3 times a week.

Week Two

Sunday: As Week One.
Monday: 5K session (16 x 300m with 20 to 45 secs recovery + 1 x 200m full effort 60 to 90 secs after final 300) or 10K session (12 x 800m with 45 to 75 secs recovery + 1 x 400m full effort 60 to 90 secs after final 400).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 1500m session (2 x 3 x 500m with 45 to 60 secs recovery

between reps/5 to 10 mins between sets.
Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5K session (5 x 1000m with 60 to 90 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 800m session (600m + 200m x 2 sets with 90 to 120 secs after each 600/5 to 10 mins after the 200).
Saturday: 8 to 10 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5K session (12 x 400m with 30 to 60 secs recovery + 1 x 200m full effort 60 to 90 secs after final 400) or 10K session (10 x 1000m with 45 to 180 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (4 x 800m with 45 to 75 secs recovery).
Saturday: Race or 8 to 10 miles steady. Morning runs as Week One.

ASSOCIATION OF THE FRIENDS OF THE RAEDEN CENTRE



The Friends of Raeden are seeking runners who can obtain sponsorship this summer for the Raeden Centre, which provides comprehensive assessment, treatment and educational services for children with developmental problems in Grampian Region and the Orkney and Shetland Islands.

For further information contact:

Douglas Sim, Hon. Secretary,
Friends of Raeden,
Raeden Centre,
Midstocket Road,
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Tel: (0224) 868034.

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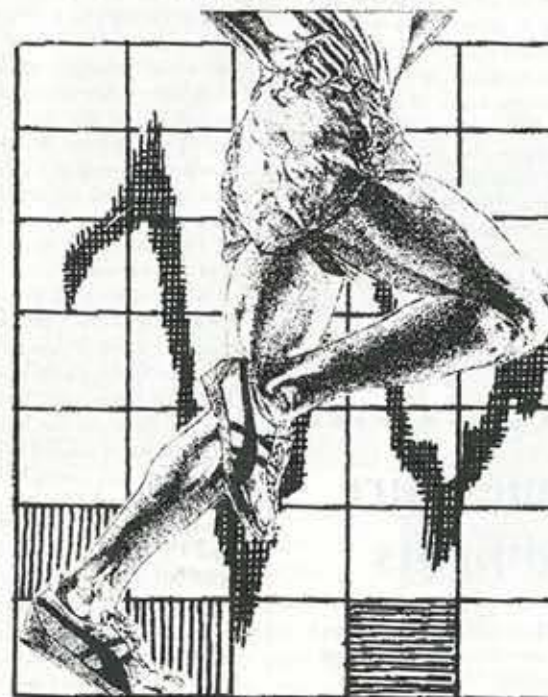
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Parks and Recreation

THE GLASGOW SPORTS MEDICINE CLINIC (KINGS DRIVE, GLASGOW) WILL SOON BE MOVING TO THE KELVIN HALL INTERNATIONAL SPORTS ARENA, ARGYLE STREET, GLASGOW.

OPENING EARLY OCTOBER 1990

Watch this space for further details next month.

Russell Smith's North East Notes

Dundee fast lane suits Chris

THE far-travelled Chris Hall has gone back to familiar pastures in a bid to regain peak form.

The Aberdeen-based Welshman, who last year switched his club allegiance from Aberdeen AAC to Dundee Hawkhill Harriers, has been thriving on Aberdeen Metro AC's midweek 10-mile training runs.

"Suddenly, things are beginning to look up," says the runner who extends his interests to regular British League track appearances as a second-claim competitor with Haringey.

It took an in-depth talk with his coach to push Hall back into distance training as a means of reviving his racing appetite. But he has no regrets about taking the road and the miles to Dundee after many years with Aberdeen.

"It is good to be involved with a really strong squad of runners. In my book, Hawkhill will take all the beating when it comes to team championships," he predicts.

Titles flock to Shepherd

THE annual Aberdeen AAC raid on the Elgin Highland Games produced what is thought to be a unique family double.

Club president Trevor Madigan shrugged aside his veteran status to win the men's 100m handicap, then daughter Kathleen followed up with a similar first place in the women's equivalent.

Not to be outdone, the Aberdeen husband and wife team of Kenny and Janet Lynn scored victories in the men's 100m scratch and women's 200m respectively.

There was also a moment of

satisfaction for Aberdeen AAC coach Denis Shepherd, now a veteran of many Highland Games track appearances.

Denis resisted all challenges to win his first 200m handicap and chalk up what was his 40th Games victory over distances ranging from the 200m to the 1500m.

The Shepherd bandwagon will now role towards places like Fort William and Newtonmore intent on reaching the magic 50-win mark before he opts out of the Games circuit.

Clyne opts for insurance

FRASER CLYNE'S decision to join fellow marathon international John Graham on the 21-day Sun Life-sponsored Great Race from Glasgow to London has knocked back the Metro Aberdeen runner's immediate marathon ambitions.

"It now looks like being an American race in December as my first marathon of 1990," said Clyne as he reflected on his decision to compete in the Great Race, an event which features 21 race stages.

Clyne added: "It is the kind of event that only comes along once in a lifetime - a terrific challenge to any distance runner."

The runner's one regret is that Scotland don't look like fielding a four-man line-up for the race team prize. "It looks as if John and myself will be the only two Scots among 200 runners from all over the world," he said.

New recruit for Metro

YET another Aberdeen AAC distance star is going the way of the Metro Aberdeen club.

Scottish marathon international Jim Doig is following in the footsteps of Fraser Clyne, Rob Taylor and

other top North-east road racing names as Metro moves towards the 80-member mark.

Doig, who set a marathon personal best in London in April, has the Dublin race as his next 26.2 mile target. Like Clyne and several of the Metro men, he is hoping to retain his Aberdeen AAC link as a second-claim runner.

New manager

HIGHLAND League football manager Peter Corbett has extended his sporting interest to the running scene.

The highly-successful Inverness Caley boss has taken up a post of marketing manager to the Inverness-based Turnbull Sports and their Aberdeen subsidiary, Running North. Corbett will continue his role as manager to the Caley side.

Graham calls it a day

AS predicted in this column a few months ago, City of Aberdeen Milk Marathon race co-director Graham Milne has elected to sever his ten-year connection with the UK's longest-running 26-mile event.

A recent move to Elgin has forced Milne to call it a day, following in the footsteps of former race committee chairman Edwin Reid and race manager John Donald.

Word has it that Milne's co-director Ian Morrison and treasurer Ian Fraser are also candidates for the "retirement stakes" owing to pressure of work.

Some Shire highlights

THE Mathieson connection came over loud and clear at the annual Shire Harriers Meeting in Aberdeen.

For once, decathlete

Duncan put all his energies into speed when he won the feature event, the Golden Sprint, with a combined 33.7 (11.3 100m/22.4 200m).

Father Miller was equally satisfied with the outcome of the women's equivalent when protege Louise Paterson had almost two seconds to spare over clubmate Corrie Butler with a joint return of 37.6secs (12.5 100m/25.1 200m).

It was another golden return for the 15-year-old Huntly girl, who has reaped a rich track-and-field medal harvest since the start of the season.

The Scottish intermediate heptathlon proved to be the lift-off point for further success in the Scottish Schools Championships at Crownpoint where the youngster took the 15-17 age group 200m with a 24.7 run.

Louise moved on to annex a third national prize in the form of the Scottish intermediate 400m at Grangemouth before switching her attention to the British Schools international at Meadowbank, where a bronze in the 400m (58.27) compensated for a disappointing seventh place in the 200m.

Colin Youngson's Aberdeen AAC 3000m veteran club record of 8-50.9 was one of the few outstanding senior performances in a Shire meeting dominated by the talents of younger athletes.

Another Aberdeen club record fell in the junior boy's high jump where William Stark produced a 1.61 clearance that represented a nine centimetre improvement on Duncan Mathieson's eight year old record.

Stark also took the junior 200m (26.5) on a day when Alasdair Love (Fraserburgh RC) paced the junior boys' 800m to perfection before pulling clear in the home straight for a useful 2-24.1.

Junior Ian Campbell (Arbroath and District AC) produced a quality 1-53.7 to take the men's 800m, while Scottish junior 2000m steeplechase champion Steve Wright (Aberdeen AAC) dominated the senior 3000m with 80-36.9 after a front-running battle with Dundee Hawkhill's Dave Storrie.

SPECIAL OLYMPICS



A GREAT success and an uplifting experience was the verdict of those who attended the Special Olympics in Glasgow in July. Top, pentathlete Peter Meehan; right, standing long jump winner Leslie McWhirter; and above a third Scot, Alan Bailey (625) sets the pace in the 1500m. PHOTOGRAPHS BY PETER DEVLIN.

DIARY

INTRODUCING the new Scotland's Runner diary. All good stories, items of gossip and scandal gratefully received - anonymity absolutely guaranteed... just drop a line to the usual address, marking your envelope attention of the Diary column.

In order to be of interest to all, the Diary will try to accommodate all athletic disciplines and personalities, from the average runner to the top brass.

I HEAR that sprinter and former professional athlete Dave Clark has a ready wit to match his turn of pace.

The bold Dave, who at the time of writing led the Scottish rankings over 100 and 200m, was interviewed in the first Scottish Athletics Club newsletter.

On being asked if, as his status might suggest, he had been consulted about any problems by the Scottish national sprint coach, the bold Dave replied:

"No. I don't even know who he is!"

But the CPH man really took the biscuit a couple of questions later when asked: "Do you have much contact with national coach Dave Lease?"

Responded our man quick as a flash: "I see Lord Lucan more often."

No comment from the Diary, but I gather that some among the SAC's founder members who favour a conciliatory line with authority were less than amused to read this part of the interview in the inaugural newsletter!

AT the Cort-ma-law Hill Race, nearly all of the competitors who turned up were refused entry.

The reason? Hardly any had remembered, or thought it necessary, to bring a map or

compass with them. The weather during the day had been a bit nasty on the hills, with quite a bit of rain and a lot of low cloud and so the organisers were understandably not keen to be responsible for runners getting lost in the bog at the top of the hill.

However, runners formed groups with a map and compass to each group and most managed to get a race.

Fortunately the clouds lifted and the weather was fine throughout. At the prize giving runners were urged to return next year - but to remember their maps and compasses. Footnote: Why was it that Mark Rigby and two of his Westerlands team mates were dressed as bunny girls?

CRIEFF saw quite a few runners out for a training run one night a few weeks back. Some of them indeed had come from quite a distance.

Crieff is, after all, a very picturesque spot and it's quite right that runners should go out of their way to run in nice surroundings. Unfortunately, these runners had come for a half marathon race only to find that the police had vetoed it because of the risk of having runners on the busy A85.

Having run in a previous Crieff Half Marathon, I think that the police were probably right. However race organisers really should check with the police before they advertise a race so that runners don't waste their time and money driving all over the country only to find an event is off!

FOUL weather was to blame for some top hill runners, including a few top orienteers, going adrift during the Moffat Chase.

Ann Curtis, now based in the Newcastle area, was one who did not go astray but she was passed by the leading pack about half way through the race after they had put in an extra few miles and feet of climbing.

Later in the race, Eddie Harvey of Carmethy passed Ann, only to re-pass her again about half an hour later. Did he get lost

in the mist or does he know of a secret watering hole and stop off for a beer?

CROWNPOINT has hosted many fine track meetings. But a recent league event had at least one major hiccup when the steeplechase was delayed for almost two hours because there was no water in the steeplechase water jump.

Fortunately for all concerned, Glasgow Fire Brigade came to the rescue and races were halted as hoses stretched across the track and the jump filled up.

STILL at Crownpoint, your correspondent, whilst hurtling round the track in a Scottish and North West League 3,000m race, was almost overcome by the waft of fag reek blowing across the track in the home straight.

Why is it that so many officials and spectators (even some competitors) puff away at athletics events? To athletics' credit, no one has yet succumbed to the lure of sponsorship from the tobacco companies, but punting their wares in the days of so much evidence on passive smoking is only a step away.

WHO, I am frequently asked on my trips around the country, is the prominent official who embarrassingly mistook Neil Tennant for Jack Buckner - the two bear virtually no resemblance - at the Scottish Championships, thus seemingly confirming the grievances of athletes that some top officials are not entirely au fait with who's who on the track.

Step forward John Brown, former British team administrative officer, Scottish team manager, and current treasurer of the SAAA!

THE cost of staging races is always increasing. Much has been written in this organ about the high costs to runners of some events that are supposedly sponsored by big companies.

So, it's good to see the cost of at least one race coming down.

This year's Livingston Half Marathon is now £4.50, which still puts it nearer the expensive end of races, but it's a step in the right direction. After the event at the end of August, we'll be able to report on whether, for the "average" runner, there was any noticeable difference in the facilities offered, or in the organisation of the race.

DAVE Bedford was able to take the "For Sale" sign down from outside his house after the successful IAC/Compaq Computers/ Mobil Grand Prix in Edinburgh on July 6. For spectators the event was enjoyable, and it was good to see a mixed crowd in what was a dry, but cool, evening.

But for families it was just as well that it was dry, because at £10 a ticket for seats in the middle of the stand, with no reductions for children, a family of four would have found it a bit too expensive.

Might the price have had something to do with the number of empty seats?

Nevertheless, around the track the crowd had plenty to cheer about. Biggest "boo" of the night was for commentator Ron Pickering's gaffe when he described the weather as being typical of an "English" summer!

FINALLY, the Diary's tip for the month.

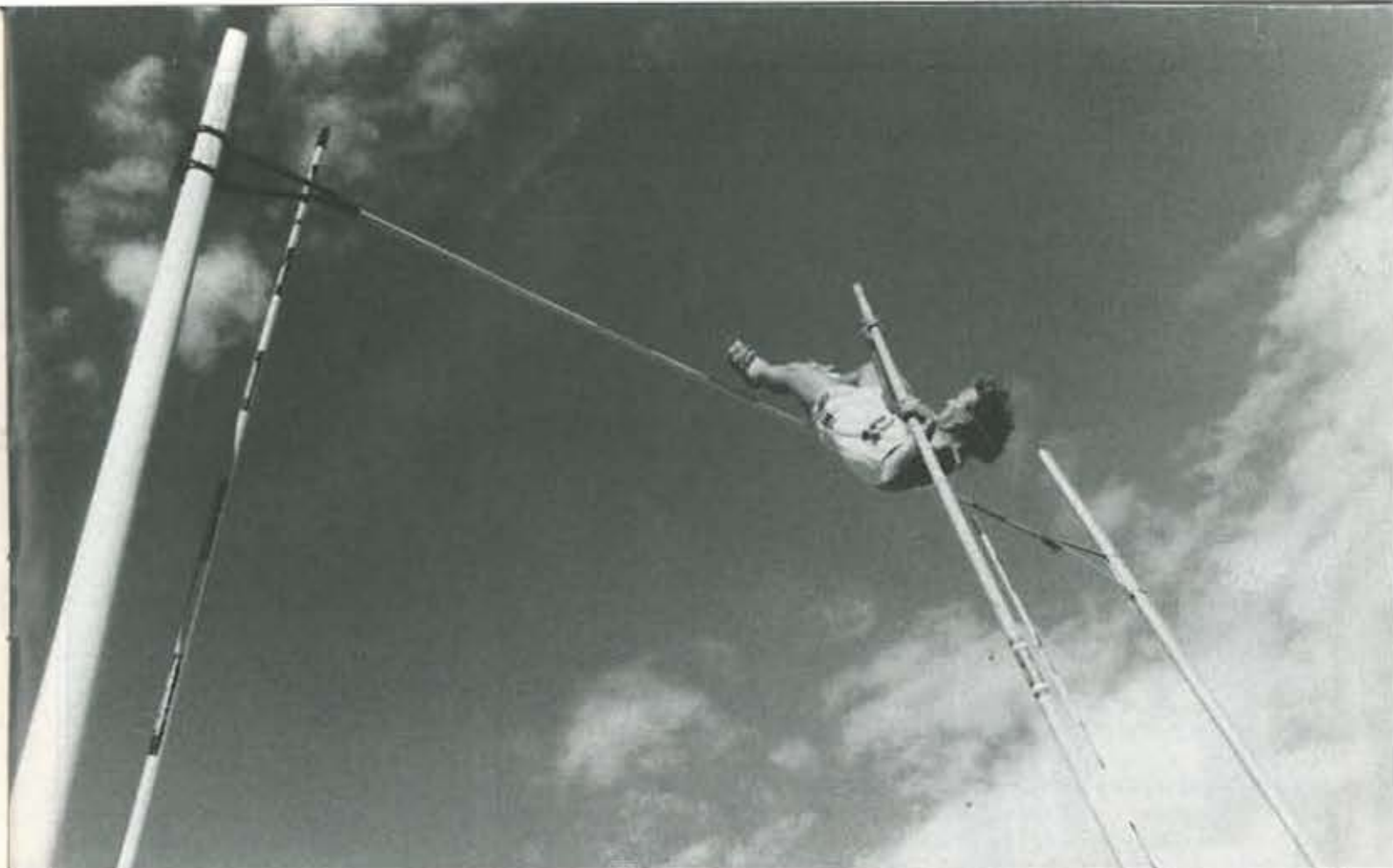
Have you ever fallen or cut yourself when out running? Or have you been spiked at a race, particularly a cross-country one?

If the answer to either of these questions is yes, then it is also likely that at the time you had a tetanus jab. As this can be a bit uncomfortable, how much more sensible to be prepared.

If you take the time to go to your local health centre or GP you can have the booster, good for at least five years (some doctors say ten and, unlike the anti-toxin, it is painless).

And it's free!

Mike Raker



SCOTRAIL NATIONAL CHAMPIONSHIPS

1990

DOUG GILLON, athletics correspondent of the Glasgow Herald, reports on the 1990 Scottish Track and Field Championships held at Crownpoint Sports Park in Glasgow.

THE procession of national titles leaving the country, and the recruitment drive by the newly-formed Scottish Athletics Club at the side of the track, testified to the need for radical change in the sport.

Only half of the 32 titles at stake in the Scotrail National Championships at Glasgow's Crownpoint Sports Park on July 27-28 remained in the hands of home Scots.

Four more were won by Anglos, and one by Dundee-based Ulsterman Peter McColgan, but the remainder went to English, Belgian, and Viking invaders.

There was the predictable claim that officialdom is selling Scottish athletes short by encouraging these entrants.

But that requires closer examination. Several Scots who finished first home athlete - even missing out on a medal of

any colour - expressed the view that they would rather run in a decent race than win a meaningless medal.

There may well be a case for giving championship awards to the first Scots in finals, but what happens in the likes of the 110 metres hurdles? Not one Caledonian made the final.

The much-maligned officials invited overseas athletes for the laudable purposes of:

1. Better competition.
2. Giving sponsors better value.
3. Trying to win a reciprocal deal for Scots at other championships.

They succeeded in the first two objectives, but nine European countries approached with a view to accepting small groups of Scots in their championships

wrote back stating that theirs were closed events.

The recruitment drive by the SAC enrolled almost 100 athletes, and drew an enthusiastic response from the many wary of bringing money to leave in a changing room. Many more pledged to sign up, answering the Kitchener-style exhortation on the new club t-shirt.

The meeting of officials which took place afterwards, to discuss the launch of a body of their own - they set up an eight strong sub-committee - is evidence that they, too, are less than happy with the status quo.

The truth is that competitors' disquiet is not at the mass of dedicated officials who man the arenas virtually every week of the season. It is more a case of concern at the



"chasm" - their word - between athletes and seniors officials. Inefficiency and lack of communication are the highlighted problems, and there was exemplification - speedily and gleefully recounted - of one of Scotland's most senior officials who had the misfortune to confuse Neil Tennant, Scotland's former national track 5000 metres and cross country champion, with European 5000m champion Jack Buckner!

It was far from all gloom, doom and mistaken identity however. Even if Glasgow, for the second successive year, provided a totally inadequate press box - one that left about quarter of the track, and virtually all of the home straight, obscured from view.

It is simply forced the grumping scribes out into the sun, particularly for the sprints, because the start was totally obscured.

The unaccustomed exercise was worth the effort. Building society clerkess Aileen McGillivray, just 19, put her house in order only a few days after a heated exchange with her coach, and produced the most outstanding run of her career to retain the 100 metres title with 11.68sec. The wind was just over the legal limit at 2.3 metres

per second, but with her previous legal fastest at 11.91, this was the best run of her life.

Coach Stewart Hogg, her mentor for the past two and a half years, was unhappy with her efforts six days earlier in a trial at Glenrothes. Aileen, disgusted at herself, threw her blocks across the track while Hogg, biting his tongue, drove off home.

But a similar trial was set up later in the week; Aileen delivered, and then put it all together when it mattered. Hogg reckons that if she works and avoids injury she could be capable of 11.40.

A hamstring injury from the Scotland match in Greece has prevented McGillivray from running bends, so she missed the 200m, but in any event she was pressed hard in the short sprint by 200 winner Mel Neef.

Neef's success in 24.61 remarkably came after a year out through back injury. She was well clear off the bend, but the lack of winter background took its toll, and Ruth Girvin had closed to within just one hundredth at the line.

The men's 100m, with not a Scot in the first four, was a sorry celebration of the



tenth anniversary of Allan Wells' Moscow Olympic gold.

Lenny Paul of Belgrave completed a sprint double (10.31/21.17) with Alan Doris, despite the burden of lengthy hours on call in his professional capacity as a doctor, getting the better of Jamie Henderson, 10.51 to 10.60 (wind +5.1), for the honour of being first Scot, though fifth overall.

Another Hogg protege, Neil Turnbull, the former New Year professional winner, snatched third in the men's 200m by just one hundredth (21.47, wind -0.4) from Commonwealth internationalist Dave Clark.

Seven Commonwealth Games team members - Yvonne Murray, Tom Hanlon (both 1500m), Geoff Parsons (high jump), Steven Whyte (shot), Duncan Mathieson (long jump), Mark Davidson (400m hurdles), and Nicky Emblem (javelin) all collected titles, none with more conviction than Murray.

Despite her catalogue of previous success in these championships, this was the Musselburgh woman's first senior 1500m title. She attempted to reel off 64 second laps before a sprint over the final 300 metres which might have harvested the first sub-four minute 1500 by a Scot, but the gusting wind put paid to that. The 80-yard winning margin, and a time of 4-11.46, still put her a class apart, with a disconcerting gap of 27 seconds to



Aberdeen's Katy Rice the next Scot, in fifth place.

Hanlon won the men's 1500m, timing his sprint to perfection with 3-47.69 to win his fourth consecutive title at the distance. Not since Graham Everett's seven win sequence (1955-61) has this been achieved. At 23 Hanlon has time on his side.

Steve Ovett, the 1980 Olympic 800m champion, was a distant sixth, paying the penalty for two months of sleepless nights following the birth of his daughter. There was a good-humoured exchange between the pair afterwards. Six years ago Hanlon had sought Ovett's autograph on a copy of his autobiography. For good measure he had told him: "One day I am going to cuff you." Ovett had signed his name, and the message: "I won't retire until I cuff you."

The championship race was the first time the pair had ever met on the track and Hanlon had brought the six-year-old book along! It says much for Ovett that he confirmed that he was far from retiring, showing true club spirit with his comments about continuing to enjoy the sport, and his pleasure in supporting both the Scottish and AAA championships.

Retirement however became reality for British internationalist Lorraine Campbell, the eight-time national long jump champion whose career best is 6.31m. Thwarted of a ninth consecutive title by Anglo Karen Hambrook (6.09m), the always jovial 31-year-old Dumbarton



ALL PHOTOGRAPHS BY PETER DEVLIN

ON Page 21, Garry Jackson soars over the pole vault bar on way to a winning 4.70m. On this spread, from far left clockwise: men's 800m final, including Alan Murray (39), Gary Brown (5) and Patrick Duffy (12); women's 100m winner Aileen McGillivray; women's 1500m winner Yvonne Murray; men's steeplechase final including Gordon Crawford (4) and David Ross (10); men's 100m final including, in foreground, winner Lenny Paul and Jamie Henderson. RESULTS ARE ON P29.

woman could manage just four rounds, and finishing third (5.91) nursing yet another injury, and scheduled for surgery on her left ankle.

Decathlete Mathieson claimed the men's long jump with 7.13m, Aberdeen clubmate Davidson the hurdles with 52.40.

Other fine performances included a personal best of 61.90m which won the hammer title for Russell Devine and relegated Commonwealth Games representative Whyte to second; two medals (400m hurdles and flat 400m) for Gillian McIntyre; and two more for

Hambrook who added silver in the high jump behind Rhona Pinkerton.

But bringing us back to where we came in, there was Alex Black winning the javelin with 59.00m.

This is intended as no disrespect to a fine competitor who won the first of his five crowns the year Wells captured Olympic gold, but Black would be the first to agree that it is symptomatic of the state of Scottish athletics that a 44-year-old can still take national titles. If Alex is not the oldest winner of a national championship, we would like to hear who is.



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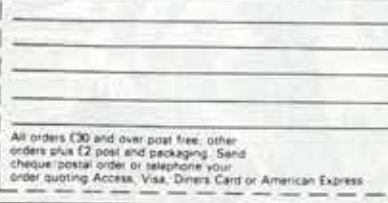
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SCOTTISH ATHLETES CLUB

A STATEMENT OF INTENT

THE Scottish Athletes Club is a newly formed organisation with membership open to everyone with an active interest in athletics who is currently resident in Scotland and/or eligible to compete for Scotland. It is not a competitive athletic club, and as such will not be affiliated to any of the current governing bodies.

The simple aim of the club is to encourage the development of men's and women's athletics in Scotland. The term "athletics" is all-encompassing and embraces cross country, hill, and road running as well as track and field. The impetus and reasons for the formation of the club lie in the current state of the sport in Scotland. Scottish athletics is currently experiencing a difficult period in its development. To many athletes there does not seem to be a clear plan or direction for the future.

The organisation of the sport is fragmented among four or five governing bodies in Scotland alone. However, it is possible that in the near future the face of UK athletics may dramatically change. As a result, Scotland may be in grave danger of losing any influence it may have had in the past. Consider the fact that Scotland has already lost the right to send a national team to the World Cross Country Championships.

The SAAA and SWAAA have been on the receiving end of much criticism, both from within the sport and from outside, relating to events leading up to and around the last Commonwealth Games in Auckland. The same governing bodies were also lambasted by the national press for their lack of preparation for, and amateurish organisation of, the European Indoor Championships in Glasgow in the spring.

Our remaining governing bodies have not been exempt from criticism. The apparent unwillingness to send Scottish cross country teams to top international competitions, thus denying the athletes the opportunity to learn from competition against the best in the UK and Europe, has been a focal point for criticism from both the press and the athletes themselves.

In recent times the public perception of the organisation of athletics seems to have been that it is divorced from, and oblivious to, the real needs and aspirations of Scotland's athletes. Many officials and administrators who

perform an efficient and effective service for the sport have thus been condemned or tainted by the actions of only a few.

These problems and impressions will not disappear overnight. Without a doubt, there is an immediate need for a strong positive input to stop the sport stagnating in Scotland.

The Scottish Athletes Club aims to help provide some of the impetus and direction that is currently needed in the sport.

The club aims to work closely with the governing bodies, with the intention of bridging the perceived gap between the officials and the athletes themselves.

It is clear that athletics in Scotland cannot, and will not, grow to its full potential without an input from all sections of the sport. The mechanism for doing so is currently available for the clubs, their officials and administrators, and, to some extent, their coaches. However, until an athlete retires from competitive athletics, the vast majority simply do not have enough time to become involved in the administration or organisation of the sport. The combined pressures of work, training and competition prohibit them from doing so.

The formation of the Scottish Athletes Club provides athletes with the opportunity to contribute their experience and knowledge to the development of the sport.

The club's free quarterly magazine will provide the vehicle

for much of this vital input. Delivered to every member's home, it will provide the opportunity for all members to contribute positively to the arguments and controversies which surround the sport. The use of surveys and questionnaires within the magazine will help keep club policy up to date, with the added advantage of being an extremely democratic way of shaping and directing the club's views.

The formation of the club should be a bonus for the governing bodies as well as the athletes. They will have at their disposal a democratic organisation to complement their own activities and a ready made means of tapping into "grass roots" opinion. This can only be beneficial for the sport. It is hoped that all the governing bodies will be receptive and welcoming to the concept of the Scottish Athletes Club.

The club intends to promote the image of athletics in Scotland, increase the number of participants, and attract more funding to the sport.

Contact has already been made with the Scottish Schools Athletic Association with a view to helping them to expand their existing coaching schemes. The future of Scottish athletics can be found in our schools, and all avenues should be explored in an attempt to attract youngsters into the sport. One idea that has been suggested is regular school visits by international athletes with

videos, coaching tips and advice.

Another suggestion has been the creation of a few high standard grand prix type events. This could be of a similar nature to the existing SHRA championship races. Perhaps a similar series on the road or on the cross country circuit could be promoted to encourage the best of our talent to turn out and race.

Similarly, track and field athletics would benefit greatly from more quality competitions in Scotland. Is it not a sad reflection on the organisation of track and field in Scotland that athletes looking for good competition have to go south of the border? Equally high standards of competition could be achieved within the existing framework of open and open-graded races by improving the standard of current events rather than creating more on an already crowded fixture list.

Away from competition, SAC intends to promote a lively social scene to increase contact between athletes from different areas, clubs and branches of the sport. Whilst club events such as discos, dances and dinners will be great fun, they will also help to attract more people into the sport of athletics.

The organisation of a number of novelty competitions with a high media profile could also be undertaken to heighten public awareness of the sport, for example, a Tay Bridge Mile or George Square Jumps Day!

As you can no doubt see, the list of prospective club events is endless. By joining the club, not only are you helping to positively contribute in the sport's future development, but you are helping yourself at the same time.

In the near future the club intends to compile a list of sports medicine facilities available in Scotland, organise coaching seminars and help to create and fund area squads similar to the recently formed West of Scotland high jump squad. More suggestions and ideas from members are requested.

The club aims to provide discount rates for every aspect of your athletic needs. Currently we are under negotiations for clothing and travel reductions for members. The possibility of providing members with the service they require will increase exponentially with the size of our membership.

The future of Scottish athletics is in your hands; take this opportunity to benefit both you and your sport.

THE newly-formed Scottish Athletes Club is not the first to have the objectives of reshaping the sport, nor even the first to bear that name, writes Doug Gillon.

Seven athletes - Ming Campbell, Jimmy Christie, Crawford Fairbrother, Donald Macgregor, David Stevenson, Tony Hogarth and Arthur Orr founded the first on August 17, 1968. Orr barred the door lest officials intrude and break up the rebels - now numbering among them an ex-British record holder, QC and MP (Campbell); millionaire businessman (Stevenson) olympic marathon man (Macgregor), and senior banking and public relations executive (Hogarth).

Their complaints were similar to those being aired today, but also included a commitment to improving facilities. Exemplifying the latter protests was a dislike of washing in the bucket of cold water housed in a bell tent at Dunblane Highland Games. I know, because I washed there too!

Later that year the Scottish International Athletes Club was formed retaining the same objectives, and the SAC was absorbed. Among the founder members was Mike McLean, chairman of the Scottish selectors.

McLean, Jimmy Christie, who is still competing, and Ming Campbell are among the old guard who have expressed the view that the funds of the now-dormant SIAC - more than £1000 - should be transferred to the new SAC in the hope that the younger generation can succeed in changing the athletics world where their forebears failed.

1990 SCOTTISH RANKINGS

Men

100m		
10.39w	David Clark	CPH
10.41w	Jamie Henderson	CPH
10.53w	Elliot Bunney	CPH
10.51w	Alan Doris	ESP
10.64w	Darren Galloway (J)	Ayr
10.70	Neil Turnbull	CPH
10.70w	Douglas Walker(Y)	ESP
10.73	Brian Ashburn (10.5)	CAC
10.78w	Roddy Slater (J)	DHS

200m		
20.75	David Clark	CPH
21.25	Neil Turnbull	CPH
21.3	Darren Galloway (J)	Ayr
21.3w	Elliot Bunney	CPH
21.55	Alan Doris	ESP
21.7w	Mark Davidson	Ab
21.79w	Douglas Walker (Y)	ESP
21.86i	Jamie Henderson	CPH
21.89w	David Cleland (J)	FVH

400m		
46.52i	Brian Whittle	Ayr
47.14	Mark Davidson	Ab
48.04	George Fraser	San
48.3	David Mulheron	Bell
48.32i	Mark McMahon	CPH
48.36i	Gregor McMillan	DHH
48.4	Amir Savage (J)	CPH
48.5	Grant Hodges	ESP
48.7	Jim Nicoll	PSH
48.9	Malcolm McPhail	Ayr

800m		
1-44.96	Tom McKean	BYM
1-45.47	Brian Whittle	Ayr
1-46.90	David Strang	Hgy
1-49.5	Tom Hanlon	CPH
1-49.91	Stuart Paton	Bel
1-50.7	Andrew Walker	CPH
1-51.2	Larry Mangleshot	WGN
1-51.96	Pat Duffy	GGH
1-52.0	Mark Fallows	ESP

1500m		
3-43.55	Ian Hamer (W)	ESP
3-45.26i	Alistair Currie	Dum
3-45.76	Tom Hanlon	CPH
3-46.08	Larry Mangleshot	WGN
3-46.4	Stuart Paton	Bel
3-47.46	Mark Fallows	ESP
3-47.5	David Donnet	CAC
3-47.8	Ian Gillespie	CAC
3-47.95	Tom McKean	BYM
3-47.99	Peter Wyman	ESP

5000m		
13-25.63	Ian Hamer (W)	ESP

13-50.33	John Robson	CPH
14-09.91	Robert Quinn	Kilb
14-10.9	Peter McColgan(NI)	DHH
14-10.9	Steven Doig	OG
14-11.91	Chris Robison	SV
14-13.0	Neil Tennant	CPH
14-13.7	Peter Fleming	Bell
14-19.76	Mike Carroll	Ann

10,000m		
28-30.44	Ian Hamer (W)	ESP
29-37.04	Peter Fleming	Bel
29-59.43	Mike Carroll	Ann
30-03.04	Alastair Walker	Tev
30-04.7	Iain Campbell	DHH
30-09.5	Bruce Chinnick	Forr
30-22.61	Chris Robison	SV
30-23.32	Doug Runciman	Cam
30-32.64	Peter Fox	DHH
30-34.0	Jim Doig	Ab

3000m s/c		
8-23.45	Tom Hanlon	CPH
8-50.6	George Mathieson	CPH
8-52.0	Graeme Croll	Cam
8-37.68	Peter McColgan (NI)	DHH
8-58.5	John Steel	CPH
9-05.5	Ken Stirrat	OxU
9-19.5	David Ross	CPH
9-21.98	James Orr	Cam

110mH		
14.28	Neil Fraser	Inv
14.28w	John Wallace	New
14.95w	Paul Warrilow	CPH
15.03	Duncan Mathieson	Ab
15.08w	Ian McGillivray	Ela
15.40	Graeme Smith (J)	ESP
15.5w	Colin Hogg	ESP

400mH		
51.9	Mark Davidson	Ab
52.49	Malcolm McPhail	Ayr
53.46	Rodger Harkins	She
53.81	David Hitchcock (E)	CPH
54.2	Douglas Thom	DHH
54.26	Peter Campbell	Sto
64.6	Ken Anderson	NV
54.77	Alistair Taylor	Inv
55.16	Tom Nimmo(J)	FVH
55.22	Steve Ledingham	Ab

High Jump		
2.29	Geoff Parsons	Lon
<i>(Scottish Record)</i>		
2.15	David Barnetson (J)	Inv
2.13	Stephen Ritchie (J)	Pit
2.07	Duncan Mathieson	Ab
2.05	James Stoddart	Bel
2.041	Neil Robbie	Mel
2.01	Malcolm McVie (J)	CPH
2.05	Alan Scobie	ESP
2.00	Andrew Edgar(Eng)	CPH

Pole Vault		
4.50	Eric Fliszar (US)	DHH
4.30	Ian McKay	ESP
4.30	David McLeod	Bell
4.25	Michael Nicoll	Hav
4.20i	Iain Black	CPH
4.20	Stuart Ryan	SV
4.20	John McArdle	Lou
4.20	Duncan Mathieson	Ab
4.20	Paul Pentland	ESP
4.20	Allan Leiper	Ald
4.20	Adam Anderson	NV

Long Jump		
7.55	Brian Ashburn	CAC
7.35	Craig Duncan	She
7.29w	Duncan Mathieson	Ab
7.04	Melville Fowler	Inv
6.95w	Paul Allan	Ab
7.10	Eric Scott (J)	Hel
6.78	Mark Craig (Y)	CAC
6.94	William Leung	ESP

Triple Jump		
15.90	Craig Duncan	She
14.98	Neil McMenemy	CR
14.42w	Duncan Mathieson	Ab
14.29	Rodger Harkins	She
14.10	William Leung	ESP
14.07	Rory Birbeck (Y)	Hynd
13.98	John Brierley	New
13.85	Russell Brown	GU
13.87	S. Clelland	GU

Shot Putt		
17.24	Stephen Whyte	Lut
15.14i	Robert Smith	CPH
15.10	Mark McDonald	Dmf
14.91	Steve Aitken	DHH
15.57	Gordon Smith	Ab
14.37	Graeme Stark	Rth
14.35	Darrin Morris	Pit
14.25	Adam Whyte	ESP

Discus		
58.36	Darrin Morris	Pit
<i>(Scottish record)</i>		
50.00	Michael Jemi-Alade	CPH
47.54	Stephen Whyte	Lut
44.82	Russell Devine	Inv
44.16	Mark McDonald	Dmf
42.54	Kenga Kubota (Ja)	ESP
41.26	Jamie Malcolm	Wir
40.52	Paul Allan	Ab
40.30	Duncan Mathieson	Ab
40.00	Stuart Ryan	SV

Hammer		
60.78	Stephen Whyte	Lut
57.42	Russell Devine	Inv
53.30	Andrew Hall	Hill
53.22	Robin Meikle	CPH
53.10	Russell Payne	Bir
49.90	Doug Aitchison	PSH

COMPILED BY ARNOLD BLACK

49.46	Adam Whyte	ESP
Javelin		
62.04	Stewart Maxwell	Pit
58.46	Alex Black	CPH
57.82	Chai Huat Ng	She
57.44	Stewart McMillan	Pit
57.06	Nils Fearnley (J)	Gle
56.60	John Guthrie	CPH
55.90	Duncan Mathieson	Ab
54.94	Adam Whyte	ESP
54.58	Jamie Grant (J)	Lor

Decathlon		
7535	Duncan Mathieson	Ab
7039	Paul Allan	Ab
5830	Eric Scott (J)	Hel
5759	Allan Leiper	Ald
5663w	Stuart Ryan	SV
5639	Alistair Taylor	Inv
5556	Michael Standen	PSH
5541w	Paul Masterton	ESP
5503	Jamie Malcolm	StA
5477w	James Malcolm	LAC

Women

100m		
11.68w	Aileen McGillivray	EWM
11.83	Janis Neilson	EWM
11.93w	Melanie Neef	Gla
12.06w	Lorraine Dick	MSL
12.12w	Alison Edmonds	Inv
12.13w	Dawn Kitchen	EWM
12.16w	Morag Baxter	Gla
12.19w	Ruth Girvan	NV
12.28w	Mhairi Marr	SAC

200m		
24.1	Sandra Leigh	Ste
24.23w	Janis Neilson	EWM
24.4	Dawn Kitchen	EWM
24.6	Gillian McIntyre	MSL
24.61	Melanie Neef	Gla
24.62	Ruth Girvan	Nith
24.7w	Louise Paterson (I)	Ab
24.8	Pat Divine	ESP
24.8	Dawn Flockhart	EWM

400m		
53.25	Dawn Kitchen	EWM
53.88	Sandra Leigh	Ste
54.27i	Gillian McIntyre	MSL
55.22	Pat Divine	ESP
56.5	Fiona Meldrum	Gla
57.0	Susan Bevan	Ess
57.19	Denise Knox	Mid
57.2	Leigh Ferrier	Gla
57.4	Fiona Calder	Irv
57.55	Dawn Flockhart	EWM

800m		
2-03.57	Yvonne Murray	ESP
2-04.43	Lynne McIntyre	Gla
2-07.0	Laura Adam	Ste
2-07.22i	Linsey Macdonald	Pit
2-07.35	Susan Bevan	Ess
2-08.2	Janet Stewart	Gla
2-09.2	Karen Hutcheson	BHM
2-11.45	Sheila Gollan	Inv
2-11.52	Isable Linaker (J)	Pit
2-11.69	Hayley Haining	NV

1500m		
4-08.02	Liz McColgan	DHH
4-08.88	Lynne McIntyre	Gla
4-09.54	Yvonne Murray	ESP
4-10.28	Karen Hutcheson	BHM
4-18.66	Laura Adam	Ste
4-19.09	Rhona Makepeace	Lei
4-23.1	Susan Bevan	Ess
4-23.45	Isabel Linaker (J)	Pit
4-28.0	Hayley Haining	NV
4-28.78	Susan Crawford	Gla

3000m		
8-39.46	Yvonne Murray	ESP
8-43.14	Liz McColgan	DHH
8-48.72	Karen Hutcheson	BHM
9-12.70	Laura Adam	Ste
9-23.89i	Susan Crawford	Gla
9-35.22	Annette Bell	Lin
9-39.21	Jo-Ann Scott	Dar
9-41.06i	Susan Bevan	Ess
9-43.37	Sandra Branney	Gla

5000m		
16-05.6	Laura Adam	Ste
16-20.59	Karen McLeod	ESP
17-08.6	Louise Vandyck	Ess
10,000m		
32-23.56	Liz McColgan	DHH
34-24.71	Karen McLeod	ESP
36-25.0	Janette Stevenson	FVH
36-41.84	Marie Duthie	Fra

100mH		
13.76w	Julie Vine	Bou
13.86w	Claire Reid/Doris	EWM
14.18w	Sarah Richmond	Pit
14.43	Catherine Murphy (I)	Gla
14.47w	Lorna McCulloch	Pit
14.67w	Jennifer Sharp	EWM
14.76	Jane Low	Gla
14.94	Shona Urquhart	EWM

400mH		
58.51	Julie Vine	Bou
60.77	Gillian McIntyre	MSL
61.01	Sarah Booth	EWM
62.3	Jane Low	Gla
62.8	Maira McBeath	Cai
63.32	Alison Brown (Eng)	EWM
63.4	Suzanne Wood (I)	EWM

63.5	Hazel Edgar	NV
64.2	Sandra Leigh	Ste

High Jump		
1.80i	Wendy MacDonald	Cam
1.75	Rhona Pinkerton	Gla
1.75	Karen Hambrook	Ash
1.70i	Jackie Gilchrist	Pit
1.70	Hazel Melvin (I)	Tro
1.70	Caris Henderson	EWM
1.70	Joanna Ross (I)	Kil
1.67	Katherine Guthrie	ESP

Long Jump		
6.08	Karen Hambrook	Ash
5.95	Lorraine Campbell	EWM
5.93	Ruth Irving (I)	Wir
5.84	Janice Ainslie	EWM
5.75	Caroline Black	EWM
5.56	Linzie Kerr (J)	Gla
5.52	Jackie Gilchrist	Pit
5.52	Car'ne Pritchard (I)	MSL
5.51	Shona Fleming (I)	MSL
5.50	Halycon Wills	CR

Shot Putt		
14.19	Alison Grey	ESP
13.24	Helen Cowe	Ab
11.82	Lynne Barnett (I)	PSH
11.62	Andrea Rhodie	MSL
11.28	Claire Cameron	Gla
11.18	Alison Dutch	EWM
11.21	Gail Hornby (Eng)	MSL
11.12	Shona Urquhart	EWM

Discus		
46.86	Helen Cowe	Ab
46.76	Gail Hornby (Eng)	MSL
44.62	Alison Grey	ESP
43.26	Karen Neary	EWM
42.98	Claire Cameron	Gla
41.28	Lesley Adams	Pit
40.36	Susan Freebairn	Gla
37.46	Heather Macleod	Inv

Javelin		
56.96	Nicola Emblem	EWM
52.48	Gail Hornby (Eng)	MSL
45.08	Janell Currie	MSL
41.30	Lorna Jackson (I)	Tay
41.18	Halycon Wills	CR
40.32	Shona Urquhart	EWM
39.30	Karen Elliott (I)	Car
38.42	Karen Savill	ESP

Heptathlon		
4331	Shona Urquhart	EWM
4130	Evelyn Grant	Pit
4017	Sarah Richmond	Pit
3929	Louise Middleton	EWM

AGE GROUP RANKINGS COMPILED BY JEFF CARTER

Junior

100m		
10.64w	D Galloway	Ayr
(10.7)		
10.78w	R Slater	Dun
(11.0)		
10.85w	D Clelland	FVH
(11.3)		
10.97w	J Adams	Ayr
(11.4)		
11.09w	S Brown	NV
200m		
21.3	D Galloway	Ayr
(22.98)		
21.89w	D Clelland	FVH
(22.5)		
22.13w	R Slater	Dun
(22.5)		
22.16w	J Adams	Ayr
(22.89)		
22.48	P Shannon	BYM
400m		
49.37	A Savage	CPH
49.1	P Shannon	BYM
49.5	G Simpson	Cam
49.6	I McGurk	CAC
49.75	P Kennedy	ESP
800m		
1:52.3	J McFadyen	GGH
1:53.6	I Campbell	Arb
1:54.02	G McDowall	IH
1:54.8	G Graham	VP
1:55.1	J Divers	CAC
1:55.1	A McBeth	EK
1500m		
3:54.2	I Campbell	Arb
3:56.6	G Graham	VP
3:58.26i	A Kinghorn	ESP
3:58.37i	D Pritt	Har
3:59.2	S Wright	Ab
5000m		
14:37.2	M Campbell	Win
15:21.1	S Wright	Ab
15:23.43	S Wylie	Cam
15:35.7	N Freer	CAC
15:38.5	A Moss	Doll
2000m/c		
6:05.21	S Wright	Ab
6:07.42	A Russell	CAC
6:18.5	I Campbell	Arb
6:19.7	T Hely	VP
6:21.51	R Crook	Pit
110mH 3'3"		
14.54w	G Smith	ESP
15.2	D MacRae	MCS
15.3	N Penny	DSM
15.6	K Campbell	MCS
16.2	B Foster	DSM
400mH 3'0"		
55.6	N Taylor	VP
56.1	T Nimmo	FVH
56.4	D Wight	EA
57.5	O Brume (Y)	Fett
58.6	P Simpson	Pit
HJ		
2.15	D Barnetson	IH
2.13	S Ritchie	Pit
2.01	M McVie	CPH
1.95	J Allan	CIH
1.95	S Hill	ESP

PV		
4.10i	S Greig	Str
(4.00)		
4.05	J Grant	Lass
3.55	E Scott	Hel
3.30	D Fitzgerald	Pit
2.90i	H Kilpatrick	Ab
(2.35)		
LJ		
7.10w	E Scott	Hel
(6.62)		
6.57i	N Elliot	Hel
(6.29)		
6.57	C McDaid	ClyH
6.44	I Fraser	Nai
6.40	I Paget	Kils
TJ		
13.01	C MacDonald	ESP
12.93	S McGeoch	Kilb
12.88	S Whyte	Gol
12.81	I Fraser	Nairn
12.76	A Robb	Hut
SP 6.25kg		
14.91	N Mason	PAC
13.57	A Bryce	Glen
12.48	M Bowman	Dum
12.28	R Baird	FVH
12.26	P Beaton	Pit
DT 1.75kg		
41.24	N Elliot	Hel
39.94	R Baird	FVH
39.94	P Crawford	PSH
39.02	M Bowman	Dum
37.84	E Lister (Y)	Esp
HT 6.25kg		
53.38	C Edgar (Y)	Sale
38.48	D Barnett	PSH
34.00	E Oliver	IH
30.26	C McGrath	QVS
JT 800g		
57.06	N Fearnley	Gle
54.58	J Grant	Lor
51.98	B Hill	Cam
51.26	P Crawford	PSH
48.50	G Dingwall	She
Youths		
100m		
10.70w	D Walker	ESP
(10.9)		
11.0	C McRobert	StrA
11.06w	C Allan	IH
(11.3)		
11.09w	I Lee	Stew
(11.2)		
11.1w	C Joiner	Pit
(11.4)		
200m		
21.79w	D Walker	ESP
(22.3)		
22.69w	C Allan	IH
22.7	C Joiner	Pit
22.9	S Allan	Pit
23.0	J Jardine	FAC
400m		
50.2	G Purves	Bla
50.5	C Young	CAC
51.2	I Murray	IH
51.4	K Mackie	CPH
51.5	J Jardine	FAC

800m		
1:54.7	J Gill	Cam
1:55.16	C Young	CAC
1:56.7	D Halliday	She
1:57.2	R Hooton	DSM
1:59.12	N Johnston	CPH
1500m		
4:02.8	F McNeil	Lee
4:04.67i	M McBeth	Cam
(4-19.5)		
4:03.5	D Halliday	She
4:07.5	R Hooton	DSM
4:08.08	A Moonie	Pit
3000m		
8:44.79	M McBeth	Cam
8:50.54	F McNeil	Lee
9:02.80	M Kelso	Pit
9:05.26	D Fotherham	CAC
9:05.68	J Gowans	TAC
2000m/c		
6:15.0	M McBeth	Cam
6:15.8	D Hards	IH
6:31.7	E McCafferty	Sto
6:34.03	M Gill	Cam
6:36.0	D Fotherham	CAC
100mH		
14.0	A Tupman	ESP
14.04w	S Dillon	MBI
(14.33)		
14.14w	I Dickie	Ayr
(14.20)		
14.4	A Hambly	Cas
14.42	I Murray	IH
400mH 2'9"		
57.4	D Hards	IH
57.75	I Murray	IH
57.8	O Brume	Fett
59.35	M Milne	Cas
59.37	I Dickie	Ayr
HJ		
1.93i	R Birbeck	Hyn
(1.90)		
1.90	P Birrell	Pit
1.85i	I Lind	Ab
(1.80)		
1.85	A Malcolm	ESP
1.85	G Smart	VP
PV		
3.72	R Craig	StAl
3.40	K McNicol	CAC
3.20	S Gibson	CIH
3.00i	C Jones	Ab
2.80	M Vidler	EA
LJ		
6.78	M Craig	StAl
6.44	I Lee	Ste
6.30	A Hambly	Cas
6.29	J Gilbert	FVH
6.13	A Tupman	ESP
TJ		
14.07i	R Birbeck	Hyn
(13.88)		
13.53	M Craig	StAl
12.98	S Waugh	Cam
12.73	A Hambly	Cas
12.68	D Ross	Mary
12.68	D Sabnis	Ban
SP 5kg		
13.76	D Minty	Pet
13.58	I Love	Pen
13.51	A Mackenzie	IH

13.31		
D Tanner	Dumf	
13.05	E Lister	Esp
DT 1.5kg		
43.84	E Lister	ESP
41.36	R Birbeck	Hyn
40.78	A Harvey	Ayr
39.94	K Kay	Str
38.44	K McCann	MCS
HT 5kg		
60.32	C Edgar	FVH
54.42	G Kerr	Bed
49.50	D Minty	Pet
48.18	E Lister	ESP
46.40	S Bunker	Hel
JT 700g		
50.16	P Greenhill	Arb
48.22	R Birbeck	Hyn
47.02 (B)	N Dempsey	MCS
46.88	J Wishart	EA
46.78	H James	Mon
Boys		
100m		
11.2w	S Moir	Ayr
(11.3)		
11.4	D Colville	Pit
11.4w	J Bragg	MCS
(11.5)		
11.5	S Ronald	PSH
11.69w	B Thom	FAC
(12.0)		
200m		
22.44w	S Moir	Ayr
(22.6)		
23.07w	J Bragg	MCS
(23.8)		
23.19w	D Colville	Pit
(23.90)		
23.73w	C Hopkins	CR
(24.3)		
24.11w	D Harris	Ayr
(24.4)		
400m		
53.16	R Wilson	CR
53.3	D Colville	Pit
53.8	C Buck	MCS
54.1	A Prophet	CAC
54.2	S Lee	IH
800m		
2:05.2	R Young	JWK
2:05.28	R Wilson	CR
2:05.53	A Smith	Ayr
2:05.74	K Nicol	Nairn
2:05.76	S Allan	MBI
1500m		
4:17.2	D Carty	Bath
4:19.00	J Tonner	JWK
4:20.93	P Allan	Ayr
4:23.5	C Clelland	Cam
4:25.1	S McKay	IH
1500m s/c		
4:37.9	P Allan	Ayr
4:52.57	K Daley	ESP
4:54.0	D Casey	QVS
4:55.04	B Thomson	Mon
4:55.2	M Anderson	Fra
80mH		
11.51	G Adams	Ayr

Please send details of amendments to Scotland's Runner for forwarding to Jeff Carter.

RESULTS



June

30

Cairngorm 10 mile HR, Aviemore - 1, D McGonigle (DHH) 73:57; 2, A Farnham (Gala) 74:31; 3, D Beattie (DHH) 75:11; 4, I Davidson (Car) 75:25; 5, M Rigby (W) 76:05; 6, D Rodgers (Loch) 77:18; 7, A Bennett (W) 78:27; 8, P Marshall (V1) (HELP) 79:26; 9, D Crowe (DHH) 79:43; 10, S Mathieson (HELP) 83:23; V2, R Wilby 18th (B) 87:58; V3, P Lowe 23rd (Fife) 90:05; V50J Block 27th (Liv) 97:25; L1, T Calder (ESP) 14th 84:48 (rec); L2, J Salvona (Liv) 17th 87:22; L3, L Hope (Loch) 31st 100:52; Team: 1, DHH 12 pts.

July

1

Black Hill Race, Earlstoun - 1, J Wilkinson (Gala) 26:52; 2, M McGovern (Whit) 27:57; 3, K Whiteford (Inverl) 28:26; 4, B Anderson (Gala) 29:10; 5, J Knox (Tev) 42:43; Loc1, G Cannon (Earl) 34:53; 15-17 Y1, K Graham (Bla) 40:46; Int1, G Hyslop (Her) 40:14.

Lairig Ghru FR, Braemar to Aviemore 1, J Aitken (HELP) 3:35:55; 2, I Wallace (HBT) 3:46:35; 3, C Love (V1) (DHH) 4:02:13; 4, P Brooks (Loch) V50 4:03:40; L1, M Small (LV1) (Cly) 5:49:00.

7

Mamore Hill Race, Kinlochleven - 1, I Murphy (Cly) 1:46:13; 2, P Bonnar (Cly) 1:54:20; 3, J Maitland (Loch) 1:55:30; 4, A Mallon (Un) 1:55:50; 5, J Shields (V1) (Cly) 1:56:45; 6, J Maitland (V2 V50) (Loch) 1:57:20; L1, M Byres (Kinl); Team: 1, Clydesdale 8 pts.

Paris competition: Men: 1, G Crawford/M Wilson (Inv) 56:34; 2, B McKenzie/J McMartin (E Sutherland) 63:59; 3, D Middleton/D McDonald (BI) 65:26; **Women** 1, E McDonald/D McKenzie (BI); **Mixed Pairs** 1, A and F Thin (BI) 61:38; 2, L and D Murray (FVH) 62:11; 3, J Willis (Nai)/M Adamson (Inv) 66:07.

21

Elgin Highland Games 10 mile RR - 1, I Moncur (DHH) 54:38; 2, A Stewart (Ayr) 56:02; 3, P Barley (France) 56:17; 4, M Francis (For) 57:34; 5, A Newlands (Coast) 58:23; 6, C Noble (V1) (Fra) 58:36; 7, S Brown (Fra) 59:54; 8, C Houghton (RAF) 60:53; 9, J McWilliam (RAF) 61:32; 10, P Williamson (AS) 61:50 V3, D McAuley 13th (Un) 69:32.

22

Helensburgh Half Marathon - 1, B Pitt (Dum) 68:48; 2, J Harrison (Mil) 70:17; 3, J Brockett (MYM) 71:25; 4, P Simpson (Pit) 71:41; 5, P McElean (Mil) 71:43; 6, J Taggart (Un) 72:12; 7, A Duncan (V1) (Pit) 72:31; 8, B McGarvie (Cam) 72:32; 9, W Brother (Fife) 72:35; 10, S Ogg (Pit) 72:35; V2 J McMorow (MYM) 72:46; V3, P McGregor (VP) 73:30; Teams: 1, Petreavie 21 pts; 2, Motherwell YMCA 33; 3, Helensburgh 86; L1, R Kaye (GAC) (LV1) 83:03; L2, T Thomson (Un) 88:35; L3, G Craig (LV2) (Str) 88:46; L4, M Blocker (GN) 90:24; L5, M Sinclair (LV3) (GAC) 90:24; L6, H Stewart (Cly) 93:25; Team: 1, Giff North.

Irvine Harbour Festival half Marathon, Irvine - 1, S Wylie (Cam) 72:34; 2, C McLennan (ESP) 73:28; 3, R Ronald (EK) 74:19; 4, A Stewart (Ayr) 74:50; 5, A McMahon (Kilb) 75:15; 6, J McNamee (Inv) 75:38; 7, A Robertson (Cam) 77:00; 8, C Baker (Ayr) 77:38; 9, M McCallum (Spr) 77:54; 10, D Buchanan (Cam) 78:47; V2, A Blockley (WH) V50 1, W Stoddart (GWH) 80:08; 2, I McKenna (Inv); L1, R Murray (GN) 86:09; L2, J Byng (Inv) 92:52; L3, K Todd (JWK) 98:44.

Dingwall to Evanton and back 10 mile RR - 1, G Fairley (Nai) 54:13 (rec); 2, S McKenzie (Inv) 56:14; 3, G Mitchell (V1) (Inv) 59:48; 4, C Parker (DHR) 60:33; 5, I Robertson (DHH) 61:17; 6, G Fraser (V2) (Inv) 62:07; 7, J McMillan (V3) (BI) 63:39; 8, D Bird (Inv) 64:07; 9, J Wilson (Un) 64:30; 10, A White (BI) 64:39; Team: 1, Inverness 11 pts; L1, A Dickson (Law) 69:28; L2, F Farquhar (LV1) (Wick) 71:16; L3, J Norgate (Nai) 73:27; Team: 1, Inverness.

SUNDAY June 24 saw the conclusion of the highly successful Polaroid 10K Road Race Series at the Vale of Leven, with records broken in each category writes David Kennedy.

The 10K was won by Peter Fleming (Bellahouston) in a record time of 30:31, following on from his win in the second race of the series at Dumbarton the previous week. In second place was Charles Thomson (Cambuslang) in 31:12, followed by Brian Pitt of Dumbarton in 31:44.

In the women's category, Sandra Branney (Glasgow AC) emulated Fleming's achievement by winning her second race of the series (having won the Helensburgh race on May 24) and by slashing 3:24 off clubmate Janet McColl's previous record in a superb time of 35:04. Melissa Wylie (Blackpool and Fyde AC), the winner in 1987, was second in 37:13 followed by Julie Harvey (Glasgow AC) in 38:50.

In the men's veteran category, Allan Adams (Dumbarton AAC) took the honours in 32:16, an improvement in his 1989 record of 1:05. The women's vet prize was won by Evelyn McNellis from Eire in another record time of 39:36.

The men's team event was won by Dumbarton AAC with 20 points consisting of Brian Pitt (3rd), Alan Adams (5th) and Colin Martin (12th). Clydesdale were second with 35 points, followed closely by Milburn Harriers in third. Glasgow AC won the women's team event with 212 points. The team consisted of Sandra Branney, Julie Harvey and Rosalind Kay.

The Polaroid 10K Road Race Series goes from strength to strength. The Helensburgh event in late May had a record entry, Dumbarton on June 13 saw an entry increase of over 50% (9), and the Vale of Leven race with close to 500 runners showed an increase of 20%. It is gratifying to see large corporate sponsors such as Lucozade and Ron Hill becoming involved at this level.

(V2) (Gala) 76:03; 6, D Barr (Jed) 76:06; 7, B Law (Tev) 76:39; 8, A Shankie (V3) and R Rae (V4) (both Tev) 77:14; 10, A Little (Un) 78:31; V45, W Brawley (For) 83:12; V50, P Taylor (Bor) 81:55; L1, A Dickson (Law) 90:52; L2, M Parker (Tev) 103:24; L3, A Fenton (Tev) 107:18; L40, P Yule (Tev) 119:18; L45 R Hill (Sun) 111:06.

UNIVERSITIES ATHLETICS

With Gordon Ritchie

LAST month I commented on the fact that, when students graduate from university, it marks for many the end of their athletics careers. While this is in some cases due to the pressure of work in the big bad world, in others it is for different reasons that they slump into premature slobdom.

At school, there is a clearly defined system through which one can progress. After the individual school sports, the athlete can advance to district or county level and then to compete in the Scottish Schools Championships. For the very best, this can lead on to representing Scotland in the annual schools international, or for the very lucky ones the chance to compete indoors against the Universities!

After leaving school, the more academically gifted embark on the adventure of student life (is it really like the Young Ones? My flat certainly was). They discover that the student clubs closely resemble the schools set-up, in that there are club championships followed by the Scottish Universities events and the British Universities Championships. The main difference between this and the non-student clubs is that student sport is essentially about having fun.

Athletes approach our competitions in a more relaxed manner than other matches. The same athletes can compete in an informal and friendly basis one day at university fixtures, while the next they compete in matches where opponents do not mix with each other.

The term, "The Goodwill Games", could easily be applied to student events and this can be explained by the social life which is attached to these matches. Wherever students go, there is sure to be a party of some description. During the French trip, there was a champagne celebration after the match. Although alcohol was consumed, it was not a drunken rabble.

Several athletes defied the general view of students as near-alcoholics by refraining altogether and yet everyone had fun. Why can the students enjoy the sport when the same athletes on senior international duty do not appear to enjoy the trips abroad to the same extent?

Everything about the university set-up is geared to participating and enjoying. The competition is of a high standard (full Scottish internationals in almost every event), but this can be combined with a friendly atmosphere.

There is not sufficient structure within the sport at a national level to allow athletes from throughout the country to mix in a non-competitive environment. It also lacks the structure of schools and universities.

How many schoolchildren compete and enjoy athletics at that level but do not continue in the sport when they leave school? How many young adults enjoy the university events but retire prematurely upon graduation? Surely something can be done to stop this.

This is, in my opinion, the immediate problem that must be faced before the sport in this country can develop to a more "professional" level. A clearly defined structure is required before the sport sinks into oblivion. The McKays, Murrys and Whittles arise despite the system, not because of it. The gutter press who nickname him "Tom the Bomb" should have a good look at the sport in general before criticising the individual athletes.

Schools Results

June

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Scottish Schools Relay Championships, Grangemouth - Boys:

4 x 100m Group A (over 17): 1, Merch 44.1; 2, Stew/Mel 44.4; 3, St Aloy 44.6; 4, Edin Acad 44.7; 5, Boclar 45.0; 6, Hutch 45.1.

Group B (15-17): 1, Hutch 45.5; 2, Strath 46.0; 3, Edin Acad 46.0; 4, Stranraer 46.3; 5, Stew/Mel 46.4.

Group C (14-15): 1, GHS 48.3; 2, Glas Acad 48.9; 3, St Ninians 49.3; 4, Ed Acad 49.5.

Group D (under 14): 1, Hutch 52.1; 2, Ed Acad 52.2; 3, Dingwall Acad 52.3; 4, St Aloy 52.8; 5, Stew/Mel 53.0; 6, Gryffe 53.1.

Girls

4 x 100m Group A (over 17): 1, Dunf HS 51.1; 2, Hutch 51.5; 3, Strath 51.5; 4, Fettes 52.2.

Group B (15-17): 1, St George's 51.8; 2, St Leonards 52.4; 3, Hutch 52.7; 4, Mary Es 53.2.

Group C (14-15): 1, GHS 52.1; 2, Hutch 52.1; 3, St Geo 52.5; 4, St Nin 52.6.

Group D (under 14): 1, Dunf HS 54.7; 2, Wellington 55.1; 3, St Leo 55.4; 4, St Geo 55.5; 5, Brwick HS 55.9.

Primary Schools

Boys: 1, Glasgow 57.2; 2, Renfrew 57.3; 3, Dumfries 57.5; 4, Dumbarton 57.5; 5, Aberdeen 58.1; 6, Wigton 58.5.

Girls: 1, Wighton 57.1; 2, Glasgow 57.3; 3, South Highland 57.9; 4, Glasgow 'B' 57.9; 5, Renfrew 58.2; 6, Lanarkshire 58.7.

Scottish Schools Pentathlon Championships, Grangemouth - Boys:

Group A (over 17): 1, MCVie (Ed Acad) 3071pt (1.1.6.12m; 110H 16.9; 200 24.0; SP 10.25m; 1500 4-40.9); 2, D Hathaway (Geo Wat) 2946 (5.97m; 16.6; 11.49m; 5-02.2); 3, I Paget (Kils) 2717 (6.25m; 18.3; 9.49m; 4-55.5); 4, S Watterson (Mon) 2552; 5, D Seaton (Bof Don) 2504; 6, R McCracken (Hutch) 2496.

Group B (15-17): 1, O Brune (Fet) 3166pt (100H 15.1; SP 9.62m; 200 23.2; 1.5 5.52m; 1500 4-40.6); 2, C Young (Boc) 2967 (16.3; 8.42m; 24.0; 5.49m; 4-25.3); 3, Allan (Dumf HS) 2930 (16.8; 10.08m; 22.9; 5.96m; 5-14.8); 4, A O'Hare (St Pat) 2893; 5, D Gilmour (Rann) 2733; 6, N Martin (GHS) 2728.

Group C (14-15): 1, D Ablett (Borough) 2722pt (80H 12.6; SP 10.65m; 200 25.2; 1.5 5.18m; 1500 5-04.4); 2, J Whannell (Vic Drive) 2683 (13.3; 10.27m; 25.3; 5.56m; 5-13.4); 3, H Kerr (Kyle Acad) 2553 (13.4; 9.44m; 25.2; 5.18m; 5-13.4); 4, D Montgomery (Coat) 2448; 5, C Morris (Stone) 2436; 6, R MacKinnon (QUS) 2260.

Girls Group A (over 17): 1, L McMillan (Bo'ness) 2882pt (SP 8.92m; 100H 16.9; 1.5 5.12m; 1.1 5.8m; 800 2-34.5); 2, T Kerr (Gala) 2629 (6.82m; 16.3; 4.54m; 1.43m; 2-33.6); 3, S Fotheringham (Dingwall) 2326 (5.48m; 18.6; 4.53m; 1.55m; 2-48.4); 4, D Smith (Fettes) 2227.

Group B (15-17): 1, E Sneddon (Larbert) 2673pt (80H 13.7; 1.5 5.4m; 1.1 4.34m; SP 7.36m; 800 2-32.5); 2, E Donald (Hermitage) 2637 (12.8; 1.45m; 6.23m; 2-39.0); 3, D Dougals (Millburn) 2620 (12.9; 1.36m; 5.04m; 6.04m; 2-38.5); 4, K Dyer (Belmont) 2568; 5, L Paterson (Gordons) 2553; 6, L McKenzie-Wilson (Morrisons) 2300.

Group C (under 15): 1, D Church (Marr) 2813 (57H 13.1; 1.1 4.78m; SP 7.20m; 1.1 4.9m; 800 2-22.0); 2, L Kerr (Kils) 2620 (13.7; 5.35m; 6.95m; 1.49m; 2-44.8); 3, S Ramminger (Arb HS) 2593 (12.3; 4.71m; 7.39m; 1.49m; 2-46.6); 4, S Skill (Ellon Acad) 2419; 5, H Kilday (Dingwall) 2379; 6, L Brown (Glenrothes) 2348.

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Scottish Schools Inter Area Track and Field Champs, Grangemouth - Boys:

1, North 71pt; 2, Glasgow 65; 3, Fife 58; 4, Dumbarton 53; 5, Renfrew 51; 6, Edinburgh 46; 7, E Lothian 34; 8, Perth & Kinross 23; 9, W Lothian 9; 10, NE Grampian 6.

Group A (under 17): 100: 1, C Joiner (Fife) 11.6; 2, E Campbell (J) 11.6; 200: 1, S Allan (Fife) 23.8; 2, O Brune (Ed) 24.0; 400: 1, C Young (Dum) 50.5; 2, K Mackie (Ed) 52.1; 800: 1, A Moonie (Fife) 2-00.3; 2, E Dobbin (Renf) 2-01.4; 1500: 1, M Kelso (Fife) 4-10.2; 2, D Corty (WL) 4-17.2; 100H: 1, S Dillon (North) 14.5; 2, A Hamby (Renf) 14.5; 4x100: 1, Fife 45.4; 2, Glasgow 45.8; 3, North 45.9; HJ: 1, P McCall (Dumb) 1.70m; UJ: 1, G Morton (Gla) 5.88m; TJ: 1, A Hamby (Renf) 12.57; SP: 1, I Love (EL) 12.78m; 2, A McKenzie (N) 12.72m;

DT: 1, R Holmes (Dumb) 34.60m; JT: 1, R Holmes 43.96m.

Group B (Under 15): 100: 1, T Tsang (Gla) 12.3; 2, T Black (N) 12.3; 800: 1, C Humphrey (Dumb) 2-07.2; 2, M Hamlin (E L) 2-08.1; 4x100: 1, North 47.6; HJ: 1, PGill (Gla) 1.76m; JT: 1, C Sinclair (N) 37.28.

Girls: 1, Dumbartonshire 86pt; 2, Renfrew 55; 3, North 53; 4, Glasgow 45; 5, Fife 38; 6, Edinburgh 32; 7, E Lothian 28; 8, NE Grampian 26; 9, W Lothian 25; 10, Perth & Kinross 22.

Group A (under 17): 100: 1, K O'Donnell (Dum) 12.7; 2, C Murphy (Ren) 12.8; 200: 1, L Nicholson (Dum) 26.9; 2, C Collins (Fife) 27.5; 400: 1, L Paterson (NE Gramp) 58.0; 2, J Wolfendale (Dum) 59.1; 800: 1, A Cheyne (WL) 2-22.2; 2, C Murray (Fife) 2-23.2; 3, E Black (Dum) 2-23.7; 1500: 1, L Chisholm (Dum) 4-57.2; 2, C Roy (WL) 4-59.8; 3, A Fraser (Ed) 5-00.4; 80H: 1, C Murphy (Ren) 11.8; 4x100: 1, Dumbarton 50.2; 2, Glasgow 52.0; 3, North 52.4; HJ: 1, C Herriot (Ed) 1.55m; 2, J Ross (Ed) 1.55m; 3, L Gordon (Dumb) 1.55m; UJ: 1, M Sommerville (Dumb) 5.03m; TJ: 1, J McLeod (Ren) 10.10m; 2, E Donald (Dum) 9.91m; 3, E Parker (Ed) 9.75m; SP: 1, L Barnett (Perth) 10.64m; 2, J Johnstone (N) 10.12m; DT: 1, H McCreadie (Dum) 30.96m; JT: 1, N Sloan (Dum) 30.76m.

Group B (Under 15): 100: 1, M McShannon (Ren) 12.9; 2, C Harris (Gla) 13.2; 800: 1, L Linaker (Fife) 2-14.9; 2, L Stewart (EL) 2-22.8; 4x100: 1, Renfrew 51.5; 2, North 51.9; 3, Glasgow 52.2; UJ: 1, S Skill (NEG) 5.00m; 2, J Adair (Perth) 4.80m; SP: 1, J Robin (Dum) 10.54m.

Combined match result: 1, Dumbartonshire 139pt; 2, North 124; 3, Glasgow 110; 4, Renfrew 106; 5, Fife 96; 6, Edinburgh 78; 7, E Lothian 62; 8, Perth & Kinross 45; 9, W Lothian 34; 10, NE Grampian 32.

July

21

British Schools Track and Field International, Meadowbank - Girls:

100m (w-2.51): 1, K Merry (E) 12.07; 4, K Leys (S) 12.66; 5, M McShannon (S) 12.91. 200m (w-3.01): 1, L Nicholson (S) 25.32; 7, L Paterson (S) 26.76.

400m: 1, G Holden (E) 56.28; 3, L Paterson (S) 58.27; 5, S Carruthers (S) 800m: 1, E Brady 2-11.10; 4, G Fowler (S) 2-17.11; 7, L Davidson (S) 1500m: 1, J Mitchell (E) 4-24.73; 2, L Linaker (S) 4-25.56; 6, A Potts (S) 4-45.18. 3000m: 1, N Gray (E) 9-56.56; 3, L Cormack (S) 10-11.10; 5, S Purdie 10-53.20. 800H (w-2.03): 1, C Murphy (S) 11.44; 6, L Silver (S) 12.42. 300mH: 1, C Murphy (S) 43.53 (New C.B.P.); 3, S Wood (S) 44.47. UJ: 1, R Irvine (E) 5.85; 5, C Pritchard (S) 5.52; L Kerr (S) 5.51. HJ: 1, S Filice (E) 1.76; 3, H Melvin (S) 1.65; 7, J Ross (S) 1.60. Shot: 1, E Capes (E) 12.69; 3, L Barnett (S) 11.46; 6, S Robin (S) 9.78. Discus: 1, S Symonds (E) 42.42; 4, A Cross (S) 33.68; 5, H McCreadie (S) 33.48. Javelin: 1, K Martin (E) 39.78; 4, L Jackson (S) 34.78; 6, J Ablett (S) 33.80. 4x100R: 1, England 47.30; 2, Scotland (Nicholson, Leys, McShannon, O'Donnell) 47.85. 4x400R: 1, England 3-52.29; 2, Scotland (Brown, Wood, Wolfendale, Carruthers) 3-55.10.

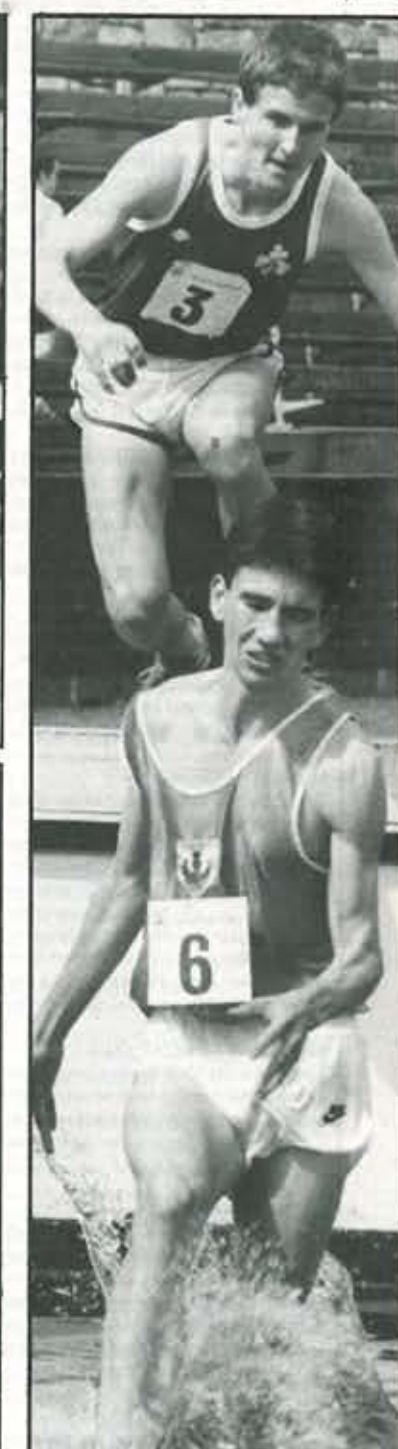
Boys

100m (w-1.91): 1, M Walcott (E) 11.17; 4, C Joiner (S) 11.57; 7, S Moir (S) 11.62. 200m (w-2.74): 1, A Walcott (E) 22.32; 4, S Moir (S) 23.03; 6, C Joiner (S) 23.34. 400m: 1, D Renby (E) 50.07; 5, K Mackie (S) 51.72; 8, A O'Hare (S) 53.23. 800m: 1, J Murray (E) 1-55.03; 2, C Young (S) 1-55.16; 8, E Calvert (S) 1-59.60. 1500m: 1, S Young (D) 4-00.51; 5, A Moonie (S) 4-08.08; 7, P O'Hare (S) 4-12.50. 3000m: 1, L Veness (E) 8-43.32; 6, D Fotheringham (S) 9-05.26; 8, M McLaughlin (S) 9-24.48. 100mH (w-2.82): 1, N Owen (E) 13.53; 3, S Dillon (S) 14.33; 8, A Hamby (S) 15.41. 400mH: 1, K D'Arcy (I) 54.64; 7, M Milne (S) 59.35; 8, S Dillon (S) 60.23. 1500m/c: 1, A Duke (E) 4-19.89; 3, M Kelso (S) 4-25.94; 5, M Gill (S) 4-28.11. UJ: 1, O Onuorah (E) 7.00; 6, J Gilbert (S) 6.29; 8, A Hamby (S) 6.09. HJ: 1, M Smith (E) 2.03; 4, A Malcolm (S) 1.85; 8, I Lind (S) 1.75. TJ: 1, V Onyiah (E) 14.75; 7, A Hamby (S) 12.73; 8, D Sabra (S) 12.68. PV: 1, G Gregory (E) 4.00; 6, R Craig (S) 3.20. Hammer: 1, M Croad (E) 66.30; 6, R MacKinnon (S) 42.32; 8, A MacKenzie (S) 32.78. Shot: 1, B Kelly (E) 16.39; 5, I Love (S) 12.58; 8, A MacKenzie (S) 11.73. Discus: 1, S Biddicombe (E) 46.82; 7, K Kay (S) 38.32; 8, I Love (S) 34.54. Javelin: 1, J Hurriorn (E) 61.12; 6, P Greenhill (S) 50.16; 7, N Dempsey (S) 43.56. 4x100R: 1, Eng 42.80; 3, Scot (Campbell, Joiner, Allan, Moir). 4x400R: 1, Eng 3-21.56; 3, Scot (Mackie, Young, Allan, Bragg) 3-25.31.



Catherine Murphy (top) scored a tremendous double at the British Schools Track and Field International at Meadowbank on July 21. In the 80m hurdles Catherine recorded 11.44, and set a championship best performance in the 300m hurdles with 43.53. In our other photographs the Scots are Michael Gill (6) in the 1500m steeplechase; the 1500m (above) with Alasdair Moonie (5) and Paul O'Hare (6); and the 800m (right) where we see Colin Young (5) and Ewan Calvert (6).

The Scottish girls finished a very creditable second to the English in the international, but the boys were bottom of the table. Scotland (232 points) finished third in the overall match behind England (447.5), Ireland (280.5), but ahead of Wales (198). Details of winners' and Scottish times on Page 32. PICTURES BY PETER DEVLIN.



SPORTS NETWORK

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

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

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

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

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

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

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

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

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

BATHGATE ATHLETIC CLUB
A small friendly club for all standards of athletes from 8 years upwards taking

part in track and field running and cross country. We meet for training on Tues and Thurs nights at 6.30pm and Sun afternoons at 12.30 in Balbardie Park of Peace. Everyone welcome so if you are interested in joining us, contact Carolyn McDonald, Cluancoil, Ballencrieff Toll, Bathgate. Tel: 0506-56831.

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

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at the NSB Social and Recreation Club, Boydstone Road, Glasgow from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

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

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

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

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meet every Tues and Thurs 7pm; Sat 2pm; Sun 11.30 am. Further info: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

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

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

CLYDESDALE HARRIERS
Road, track, cross country, field, hill, jogging, coaching available in all aspects. If you are looking for a friendly club contact the secretary: Mrs Marjorie Small, 2, Carron Drive, Bishopston, Renfrewshire, PA7 5EE. Tel: 0505-86-3384.

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

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63, Thornecroft Drive, Condorrat, G67 4JT. Tel: (0236) 733146. We cater for all abilities from absolute beginner. Males/females aged 16 and over are welcome to contact the secretary or call at Muirfield Community Centre Weds and Thurs at 7pm and Sat at 10am.

CUMNOCK AND DISTRICT ATHLETIC CLUB
Meets every Mon and Wed at 7pm at Broomfield Sports Pavilion, Cumnock. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. Sec: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

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

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

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

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Mon - David Keswick Centre; Tues - Maryfield, Georgetown or David Keswick Centre; Wed - Lockerbie Academy; Thurs - Lochaber School; Fri - Georgetown or Laurieknowe. For further details please contact Angela Coupland (Sec) on 0387-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 11 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Mon and Thurs (7pm) at the John Wright Sports

Centre/ East Kilbride Stadium. Contact: Sheila MacDougall (sec), 71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

EDINBURGH SPARTANS
New, small club. Contact Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM
Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Elsie Morris, 5 Blantyre Terrace, Edinburgh Tel: 031-447-4865.

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

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

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

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wed Sept-March at Market Muir, Forfar (under floodlights). April-Aug at Forfar Academy playing fields. Sec: Brian Hendry, Forfar 64124.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary Colin Angus, 2, Learig, Forth, ML11 8EA.

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

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches BAAB qualified. We meet on Mon nights at Scotstoun Showgrounds at 7.25pm, and on Wed evenings at Crownpoint track from 7.15pm. Details from: Leslie Roy, Secretary, 72, Orchy Crescent, Bearsden, Tel: 942-9421.

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Mon 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourrock.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

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

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

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

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

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

IRVINE CABLE AC
New members always welcome, any age. Track and field, road, cross country, hill, ultra, triathlons, orienteering. Qualified coaching for all athletes. Training nights Tues and Thurs from 6.45pm at Irvine Sports Club. Phone Finaly Dowell on 0294-822053.

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

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

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

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

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

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

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

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tues and Thurs, Musselburgh GS. Sec: Andy Cullen, 9, Carlawerock Court, Tranent. Tel: 0875-612-753.

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

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

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

MORAY ROADRUNNERS
Welcomes all ages and abilities.

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

MOTOROLA JOGGERS
New members welcome, including those from outside the company. For information contact: Clare McGarvey at East Kilbride 35844 after 9pm.

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

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

PENCUIK HARRIERS
Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross country and hill running. Regular training Mondays and Wednesdays. Sec: Jill Sales, 45 Bavelaw Crescent, Penicuik EH26 9AV (Tel: 0968 75462).

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

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

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

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

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

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

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road running for male and female, ages 9

upwards. Qualified BAAB coaches available. Contact: Sec: Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Details: Ben Morrison, Secretary, 71, McCol Avenue, Alexandria G83 ORX. Tel: 0389-53931.

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

AYRODYNAMIC TRIATHLON CLUB
Sec: Robin Strang, 25, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

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

EAST KILBRIDE TRIATHLON CLUB
Sec - Neil Duncan, 223 Logans Road, Motherwell, ML13 3PH. Tel: 0698 867660.

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

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

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

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

EDINBURGH SOUTHERN OC
One of Scotland's biggest and oldest orienteering clubs. Regular training and social events. Further info from Katy Lessells, 40, Ormidale Terrace, Edinburgh. Tel: 031-337-1144.

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

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

ST ANDREWS ORIENTEERING CLUB
Promoting orienteering in Glasgow, Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and EKilbride districts. New members welcome. Contact: Terry O'Brien, Tel: 041-770-7618(h); 041-774-9718 (Ext PE dept(w)).

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

EVENTS

August

11

ABERNETHY HG, Nethy Bridge

BAL Div 2, Wolverhampton

LAYSBRIDGE Race, Banff

LARGO Law Hill Race

SCOTTISH Heavy Events and Nat Tug of War Champs, Glasgow (and 12th)

MERRICK 8 mile Hill Race, Glen Trool

CELTIC Countries Women's Young Athletes Int, Ireland

12

EDINBURGH and District Athletic League, Tweedbank

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

OCTAVIAN Relays, M'bank.

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

14

RENFREWSHIRE AAA Track League, Greenock

15

CAERKETTON HR, Edinburgh

CPH OGM, Meadowbank

OGM, Everholm, Annan

WIDEFORD Hill Race, Kirkwall

18

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 0324-486711.

GRE Cup Final, Gateshead

GREAT Wilderness Challenge, Poolewe, Ross-shire

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

SYAH Scheme, Arbroath

TWEEDSMUIR Fair 2 mile Fell Race, Tweedsmuir

18-19

ORKNEY Open Track and Field Champs, Kirkwall, Orkney

UK Tug of War Championships (Day 1), Coleraine, NI

19

ARGYLL Championships, Oban

CITY of Edinburgh 10K Road Race

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

MONKLANDS Scottish Women's Cup Final, Coatbridge

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

TWO Inches 10K Race, North Inch, Perth. D - Perth & Kinross District Council on 0738-39911.

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

21

RENFREWSHIRE AAA Track League, Greenock

22

MARYMASS Festival Run and 6 Mile Road Race, Irvine. Details from Finlay Dowell on 0294-822053.

24 & 25

COWAL HG, Dunoon

25

FORTH Valley League Final (D1&2), Pitreavie

GLENURQUHART HG

TWO Bridges (Forth/Kincardine) Road Race, Dunfermline

ACCESS UK Women's League Div 1, Birmingham

ABERDEEN AAC Veterans Championship, Aberdeen

JUNIOR International Match Scotland v Wales v N Ireland, Everholm, Annan

26

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

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. 3pm start, entry £2 on day. Details from Mr F Johnston, Kilmory Rd., Lochgilphead, Tel 0546-2024.

SCOTTISH League Inter Area Match all ages, Grangemouth. Tel 0324-486711.

SOLWAY League, Annan

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

ABERDEEN Half Marathon

FALKIRK District Tug of War Champs, Callander Park, Falkirk. Tel 0324-486711 for details.

27

JOHNNY Walker Kilmarnock Harriers 10K - 7.15pm. Entries from 6.15pm at St Josephs Academy, Grassyards Rd., Kilmarnock. D - K O'Neil, 15, Rowanhill Place, Kilmarnock.

EUROPEAN Champs, Split

28

RENFREWSHIRE AAA Track League, Greenock

29

PITREAVIE OGM

SHETTLESTON Harriers Open Graded Meeting, Crownpoint

September

1

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

KALL Kwik Blairgowrie Half Marathon. Details - 0250-3899.

PEEBLES Highland Games

BEN Nevis Race, Fort William

Easter Ross People's 10K RR and Fun Run, Tain

2

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

START of Glasgow to London Road Race (ends 23 Sept). 1st stage Glasgow to East Kilbride 10 miles

BORDER AL, Tweedbank

GRANGEMOUTH Charity Chase (10K Road Race)

SCOTTISH Wildlife Trust 10K People's Road Race. Start from Aberdeen Beach Espalande 11am. Entries close half hour before start, £3 (£3.50 unattached). Details from Running North 0224-636299.

BANK of Scotland WAL D1, Grangemouth; D2, Pitreavie; D3, Crownpoint; D4, Dundee; D5, Coatbridge

4

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.

5

FALKIRK OGM, Grangemouth. Details from 0324-486711

M'WELL YMCA OGM, Wishaw

BLAIRGOWRIE KALL-KWIK PRINTING HALF MARATHON



Organised by Blairgowrie & District Tourist Association Under S.A.A.A. & S.W.A.A.A. Rules

SATURDAY 1ST SEPTEMBER 1990

AT 1.30PM
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams



Entries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Entry Fees: 1/2 Marathon - (£4 Affiliated, £4.50 Non-affiliated, £5 on day)
Fun Run - £1 on day. Age 9-99.

Cheques payable to Blairgowrie 500 - Please send S.A.E. (13" x 9") + 33p stamp.
Entries accepted on the day. If entering on the day please do so before 1.00pm - entries limited to 500.

Entrants are asked not to appear at the Recreation Centre until 12 Noon.
A light snack and swim are available free of charge until 4.30pm.
Price-giving 4.00pm



Trophies by Roy Sim Antiques & Interiors / & Victor and Sons Dundee/Perth

BLOCK CAPITALS PLEASE

Surname _____ Christian Name _____
Address _____
Town/City _____ Postcode _____ Tel. No. _____
Age _____ Date of Birth _____ Sex _____
Name of Club _____
Tick Box if: 1/2 Marathon ☐ Fun Run ☐ Husband & Wife ☐ Team Entry ☐ Local Race M ☐ F ☐
Vet. over 40 ☐ Vet. over 50 ☐ Vet. over 60 ☐ Vet. over 75 (Aged) ☐
Signature _____ Date _____



2ND
HARVIE'S ANNUAL
BIATHLON
THE AUCHENHARVIE CENTRE,
SALT COATS ROAD, STEVENSTON,
AYRSHIRE



Sunday 7th October 1990
SWIM / RUN
ENTRY CATEGORIES
Men & Women 17 years + and 40 years + 1000m swim,
10,000m run
Boys & Girls 15 - 16 years, 14s and under 400m swim,
4,000m run
Disabled competitors category

PLUS

Fun Event for all ages
400m swim, 4000m run

for further details and application forms contact:
Malcolm Ferguson
Department of Leisure Services,
Cunninghame District Council,
Cunninghame House, Irvine KA12 8EE
TEL: (0294) 74188 ext 2361



WEST LOTHIAN AND LIVINGSTON SPORT AND RECREATION ASSOCIATION

presents
the

LIVINGSTON HALF MARATHON 1990

and

MILK FUN RUN

Assisted by

Bathgate Amateur Athletic Club

SUNDAY 26th AUGUST 1990

at 10 a.m.

Start/Finish at Howden Park, Livingston.

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

ENTRY FORM

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

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

Signed _____ Date _____

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

Tel. No. 0506/419700

Make it in Livingston.





THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL
AMENITY AND RECREATION DEPARTMENT

Sponsored by THE FALKIRK HERALD
Under SCCU and SWCC & RRA Rules

Sunday, October 21, 1990 (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname	For Official Use
Christian Name and other Initials	M F
	Sex
Address	

Town or City	Post Code	Country

Age on day of Race	Date of Birth	Work Telephone No.

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

Anticipated time for 1/2 Marathon	Are you a disabled person? ☐ If yes, please advise of disability

I enclose herewith my Cheque/P.O. No. value £4, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries will not be accepted on the day of the race.

Entries close on October 8, 1990, or on receipt of 3000 entries.

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH

SEAGULL 5K Race, Peterhead

SRI Chinmoy 5 Mile Road Race, Meadows. D from 031-336-2349.

8

SUTHERLAND Biathlon. 1pm start, details from 04083-3192.

CARLUKE 10 miles Road Race

MINI Minor HG, Grangemouth. Details from 0324-486711.

SYAHS, Livingston

9

ROUND Cumbrae Road Race. Details from 0294-602617.

ED and Dist AL, Pitreavie

MORAY Roadrunners 10K and Fun Run, Elgin. Contact Anne Sim on Elgin 541543.

MOTOROLA Fun Run. 2pm, Strathclyde Park. Details - Fun Run, Colvilles Road, E Kilbride.

OBAN Half Marathon. 1pm, details from Mr A MacDonald, Fasgadh, Longsdale Rd, Oban PA34 5JU.

STRANRAER Half Marathon

ACCESS UK League Qualifier

GRAMPIAN Television League - Final, Inverness

12

SRI Chinmoy 2 Miles Road Race, Meadows. D - 031-336-2349.

15

TWO Ferries Race. Trisligie to Ardour (nr Fort William). D - J Maitland, St Monance, Ardour, PH33 7AA. Tel 08555-267.

CAIRN William Hill Race

NORTH Dist 10K Track Champs

16

ABERFELDY People's Half Marathon. D - 0887-20922.

AYR Land O'Burns Half Marathon. Details from 0292-281511.

DUFFTOWN Seven Stills People's 7 Mile Road Race and Fun Run. Starts 10.30am from Dufftown. £2.50 for entries. Details from Mr R McLellan, 2, Fife Street, Dufftown.

19

SRI Chinmoy 2 Miles Road Race, Meadows, Edinburgh. Details from 031-336-2349.

22

KNOCKFARREL Hill Race

23

INVERNESS 10 Mile Road Race. 2pm start, toilets, changing and shower facilities, medals to all finishers, entry £4 (£4.50 unattached). Entry limit 200. D - Paul Crowe, 60 Old Edinburgh Road, Inverness. 0463-221535.

COCKLEROI HR, Linlithgow

26

SRI Chinmoy 2 Miles Road Race, Meadows. D from 031-336-2349.

29

GEORGE Cummings Road Relay Race, Kilbarchan

30

DIET Coke Great Scottish Run25K, Glasgow. Details from Glasgow Sports Promotion Unit, 20, Trongate, Glasgow G1 5ES.

October

7

LINWOOD Community 5K.

entry forms and details from 0505-29219 (day) or 041-638-3341 (evening). Closing date for entries is September 19.

Finishes at top of Page 40

LEISURE & RECREATION DEPARTMENT

THE TWO INCHES '10K' RACE

PERTH & KINROSS DISTRICT COUNCIL

PERMITS ISSUED BY SAAA, -SWCC & RRA

SUNDAY 19th AUGUST

STARTS AT 1.00pm

BLOCK CAPITALS PLEASE

FURNISH

NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER)

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

SIGNED

IF UNDER 17 - Parental Signature

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

TOGETHER WITH A STAMPED ADDRESSED POSTCARD IN ORDER TO ENABLE US TO ADVISE YOU.

ACCEPTANCE ON OTHER SIDE

NAME

ADDRESS

TOWN/CITY

POST CODE

AGE ON DAY OF RACE

DAYS OF BIRTH

SEX

DATE

DAYTIME TEL NO

ATTACHED YES/NO

IF YES, CLUB NAME

ENTRY FEE

£ 1.00

£ 3.00

£ 3.50

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For further information and leaflets contact the
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Monklands District Council,
Bank St, Airdrie. Telephone: (0236) 62453



EVENTS

7
NORHAM 10K/Youths Race/Fun Run. From noon, Norham, Northumberland. Medals, certificate, car park and toilets. E - J Blyth, 6, Castle St, Norham, Northumbria. Tel 0289-82442 (h)/ 0890-2820 (w).

14
STRATHCARRON 10K Fun Run. Starts 11am Denny HS, Shanks Ave, Denny. Please send sae for details and entry forms to Fun Run Convener, Strathcarron Hospice, Randolph Hill, Denny 03482-6222. £3.50 entry fee (under 16 £1.50). Medals to all finishers.

20

Sri Chinmoy 2 Mile Road Race, Meadows. D - 031-336-2349.

DUNOLLIE HEALTH & LEISURE CENTRE PRESENTS THE FOURTH ANNUAL OBAN HALF MARATHON

(Under SAAA & SWAAA RULES)
Sunday 9th September - 1p.m.
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SUTHERLAND DISTRICT SPORTS COUNCIL SUTHERLAND BIATHLON

Saturday 8th September
1 p.m. Start
Junior/Fun Event - Run 3K Cycle 10K
Senior/Vets - Run 10K Cycle 45K
ENTRY FEE - Juniors £1.50 Seniors £3.00
Entries and further information from:
Dave Bicket, Sports Development Officer,
Sutherland District Council,
District offices,
GOLSPIE KW10 6RB

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Further information and entry forms available from Leisure Services, Ross & Cromarty District Council, County Buildings, Dingwall. (Tel: 0349 - 63381 - Daytime) or Ray Cameron, 5 Rose Croft, Muir of Ord (Tel: 0463 - 870805 - Evenings)
ENTRIES LIMITED TO 800. CLOSING DATE FOR ENTRIES MONDAY 29 OCTOBER.



MINI MINOR HIGHLAND GAMES

(Under SAAA & SWAAA Rules)

GRANGEMOUTH SPORTS STADIUM Saturday 8th September 1990

EVENT/ EVENT NO.	JUNIOR BOYS	GIRLS	COLTS	MINOR GIRLS	BOYS UNDER 9	GIRLS UNDER 9
100 Metres	1	2	3	4		
60 Metres					5	6
200 Metres	7	8	9	10		
800 Metres	11	12	13	14		
1000 M S/Chase	15		16			
Long Jump	17	18	19	20		
Shot Putt	21	22	23	24		
Pillow Fight	25		26			
Tossing the Caber	27		28			

For entry forms and further information
Send a stamped addressed envelope to:

Grangemouth Sports Complex, Abbots Road, Grangemouth FK3 9JD
Telephone: 0324 486711



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