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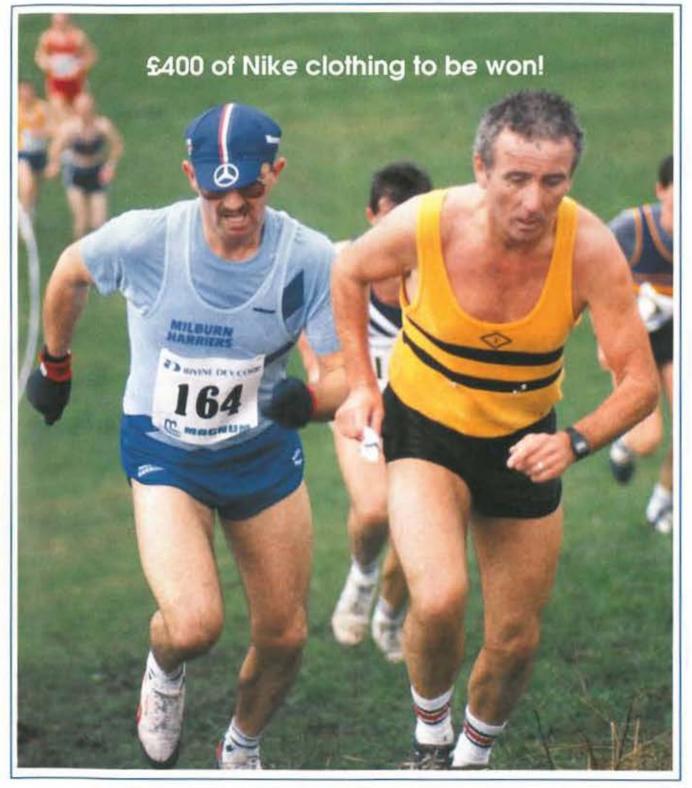
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# SCOTLAND'S ner

ISSUE 52 DECEMBER 1990 £1, 20



Fraserburgh RC Profile **Falkirk Half Marathon Feature** 



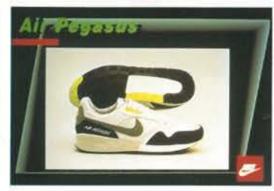
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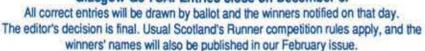
# Questions

- 1. What was Allister Hutton's winning time in this year's London Marathon?
- 2. Who is the Scottish record holder for 3,000m steeplechase?
- 3. Which club are the current SCCU national relay champions?
- 4. Who was last season's women's Scottish cross country champion?

Answers:	Name:
1.	Address:
2.	
3.	
4.	Tel No:

Please send your answers to:

Nike Competition, ScotRun Publications, 62 Kelvingrove Street, Glasgow G3 7SA. Entries close on December 3.





Alan Campbell

# CONTRIBUTORS

Arnold Black Jeff Carter Derek Parker Gordon Ritchie Colin Shields Allan Wells

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CROSS COUNTRY



Graham Crawford, below. See P30.

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COMMERCIAL DIRECTOR



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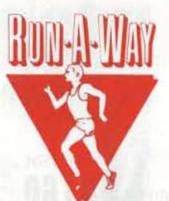
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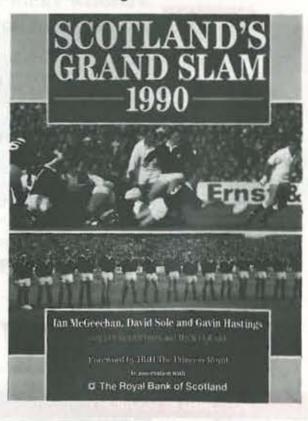
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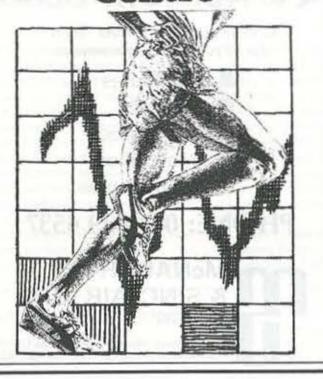
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# Glen Henderson presented with Dallas Memorial trophy

GLEN Henderson, the Ayrshire entrepreneur and car franchiser who is patron of Tom McKean and Yvonne Murray, Scotland's first two home grown European track champions, has had his contribution to the sport recognised by the presentation of the George Dallas Memorial Trophy, writes Doug Gillon.

Allan Wells, Chris Black, Sandra Whittaker, Jamie Henderson and Liz McColgan were previous winners, as were McKean and Murray themselves. Indeed, last year they and coach Tom Boyle were joint recipients. But this is the first time that a non competitor has been the winner. The presentation was made in Glasgow by former

Olympic sprinter Professor Peter Radford.

"His concern for the well-being of the athletes, his close co-operation with them and their superb coach Tommy Boyle, has produced a very happy working atmosphere and team spirit which not only overcame initial difficulties but led to outstanding achievements," said the citation.

The awards is made in memory of George Dallas, a former Scottish champion athlete and leading athletics administrator for more than half a century.

One of Henderson's proteges, Murray, the only female Briton to win a European title, has, meanwhile, been amassing almost as many honours off the track as on it.

On the same day that Henderson was honoured in Glasgow, the Mussleburgh based ESPC AC 3000m runner received a £2000 cheque from Vauxhall as Britain's leading female runner of the year. Similar sums went to sprinter John Regis, who won four medals at the European Championships, and also to Steve Backley (javelin) and Fiona May (long jump) as the leading field event performers.

Murray is also due to be presented with the British Athletic Writers Association female athlete of the year award - for the second successive year.

# Morrell joins Boyle stable

TONY Morrell is the latest athlete to join the Tom Boyle stable. "I see my future at 1500 metres, not 800," says Morrell, who plans to travel north regularly from his Hartlepool home.

Morrell, at the centre of a row after he swung a blow at a fellow athlete when he was tripped during the European Championship trials, ranked ninth in the world at 1500m this year. "But I have not been winning races. I hope a fresh approach will change that," he says.

Morrell was previously under the guidance of Gordon Surtees, the man who coaches Scottish steeplechase record holder Tom Hanlon

THE new Scottish national coach may not be in position until early next year judging by the pace of the selection procedure.

As we went to press the British Amateur Athletics Board were due to meet on November 10 to appoint a selection panel for the vacancy. Only then will a short leet be drawn up from the applicants.

Board secretary Mike Farrell said that normal procedure was for eight to ten candidates to be interviewed on the same day. He added that the interviews would be held in Scotland.

Given that the successful candidate will almost certainly have to work out a period of notice - in some cases up to three months - it would seem that David Lease, the present incumbent, will remain north of the border until next year. PITLOCHRY reader David Williamson would like to hear from any runners in the area who would be interested in joining a local club.

The new venture would be known as the

Atholl Running Club, and David is looking for both experienced runners and novices to get the project off the ground. He can be contacted at Kinnaird Farmhouse, Kinnaird, Pitlochry, Perthshire, PH1 5JL.



A team from Redland's roof tile plant at Cowie, near Stirling, ran in the Building Industry Half Marathon held on Sunday, October 7, in Windsor Great Park.

The race, which raises funds for both the Dyslexia Institute and the Spastics Society, attracted over 4,500 entries and 45 teams from building companies all over the British Isles and Europe.

The Cowie team was comprised of (from left) brothers Jim and John Brown, Alistair Mackay, Alan Hughes, and Eric Warriner. Eric, 48, finished with the best time of the group in 1-31-00. The following is an excerpt from the memorial address given by Bob Stephen at Bob Dalgleish's funeral service in Glasgow Cathedral on October 26.

BOB Dalgleish died on Monday - and Glasgow. Scotland and indeed the world is a poor place with his passing. But the other side of the coin is that he leaves behind a better place because of his contribution to life.

Those of us who knew Bob, and had the privilege of knowing Bob, are much the richer for that experience. The way he lived his life, the work he did, the example he set, and the standards he set himself, will always be an example to us all. We will always remember him with great fondness, respect and admiration.

Bob is no longer with us, but I know the one thing he would have wanted today - he would not want us to be sad. We should celebrate all that he had done and meant to us all. We should rejoice in his achievements and we should be happy for what he has done for Glasgow. the city he loved. So let us

not be miserable - of course we are sad, but let us think what Bob has achieved.

But before we do let us just think of today's ceremony if Bob had organised it. For a start, by this time I would have had at least two severe repremands; Ian, Bob's brother, who has done such a great job in organising today's ceremony, would have been told in no uncertain terms not to interfere - and we would all have had proper car passes.

I do not intend to list all Bob Dalgleish's achievements, otherwise we would be here all day, They are legend. The events in which he has be involved, and more importantly, the people he has influenced, are countless.

Honoured with an MBE, a president of the SAAA and the SCCU, president of the Association of International Marathons, a very respected member of the IAAF etc, etc.

As Glasgow District Council's sports promotion officer, and as an officer of the



parks and recreation department, Bob was instrumental in bringing many prestigious events to Scotland and Glasgow - athletics, cross country, curling, boxing, golf, Special Olympics, pipe bands and hockey to name but

Glasgow SPC won't quite be the same

I remember with fondness walking into Bob's office at 20 Trongate and seeing the picture of him being introduced to the Pope at Bellahouston. I joked with Bob saying, "All the Glasgow punters will be wondering who that is being introduced to Bob Dalgleish."

But Bob's interest went well beyond Glasgow, as can be seen by the congregation here today and the many telephone calls received from all over the world.

One of Bob's greatest loves of course was the Great Scottish Run, formerly the people's marathon, the Glasgow Marathon. Who else

but Bob could organise an event with 20,000 people running through the streets of

But how I would like to remember Bob is as a very human and honest person. You always knew where you stood with Bob - he was almost a perfectionist and that is why so many of his events and achievements were so successful, and he was always first to give you credit, help, and friendship.

Let us mourn Bob Dalgleish's passing, but also let us celebrate all that he has done and

Scotland's Runner has also received the following appreciation from Tom O' Reilly, the president of Springburn

IT was with shock and a great sense of personal loss that I learned of the untimely death of Bob Dalgleish.

I first got to know Bob in the early 1950's when we both joined Springburn Harriers. Bob represented the club as a sprinter and he would be the first to admit that he was never a star, but he always ran with great determination and commitment

In an administrative capacity, Springburn were indeed fortunate to have a man with the leadership qualities that Bob was to display time and time again over the years, both at club level and in the wider field of international athletics. Bob will be remembered by many as the president of the Scottish Cross Country Union, as the president of the Scottish Amateur Athletic Association, and as the secretary of the Scottish Cross Country Union, a post he was to hold for ten years.

But it is the ordinary man and woman in the street who will remember Bob more than most, the thousands who ran in the Glasgow Marathon and the many thousands who lined the streets of Glasgow to cheer on their own particular heroes. To them Bob has left a wonderful legacy of personal achievement and undiminishing memories of their day of days, but my own memories of Bob Dalgleish MBE are more humble and unpretentious. They are of a hard working club secretary, a diligent treasurer, and a very distinguished club president.

My life was the richer for having known Bob, and I was privileged to call

My deepest sympathy I send to Bob's mother Agnes, his brother Ian, and his sisters Agnes and Rita.

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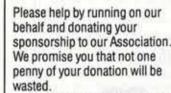
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DIET

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b. 60%

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The recommended % of

carbohydrate in a runner's diet

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b. muscle tear c. direct trauma

FITNESS	a	b	C	DIET	a	b	C
LIFESTYLE	8	b	C	INJURY	а	b	C
Name:		÷		_ Address:			_
Club:		U.					

Answers to be sent to:

Lifestyle Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Entries close on December 3. All correct answers will be drawn by ballot, and the winners notified on that day. The winners' names will also appear in our February issue. The Editor's decision is final,

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is to find more ways of treating, perhaps even preventing, heart disease. Research is our most effective weapon, but the kind of research that will eventually save lives needs your help. Please make our challenge your challenge and race for others who can't.

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Next time you run, please run for the British Heart Foundation...and really put your heart into it.

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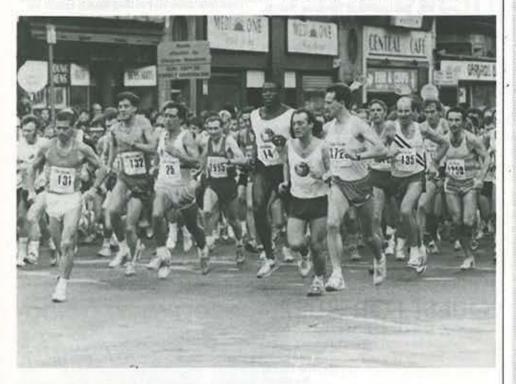


Scotland's Runner December 1990

# Help keep British hearts beating

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# Poor advertising is contributing to Great Scottish Run demise



## 2, McCathie Drive, Newtongrauge, Midlothian.

SIR - Having supported Scotland's premier road race since 1986 - two Glasgow Marathons, one Great Scottish Run Half Marathon, and two 25K races - it is of great concern to me that only 4,000 people entered for this year's race. There must be a danger that if numbers dwindle any further, then the race may not be a viable proposition in years to come.

It is difficult to comprehend why the Great North Run can attract 30,000 entries, yet Glasgow had only one seventh of that number. So what are the reasons?

 Poor advertising of the race. I can only recall seeing one advertisement for the race in your magazine and nothing anywhere else save for the Diet Coke advertisements on television a few weeks before the race - and even these gave no details of entry.

2. The entry fee. £7.75 was okay if you are into collecting t-shirts, but otherwise must have put a lot of people off. Whilst the t-shirt provided was quite acceptable, the standard of the finishing medal was very poor in comparison to recent years.

3. Lack of good television coverage. I must immediately say that this year Scottish Television did a first class job in this respect, but how many people would stay up until 12.30am on a Sunday night to watch it?

I am a very average fun runner who really enjoys participating in the Great Scottish Run, and hope to do so for many years. The organisation of the race on the day is excellent, but unless the pre-race advertising and organisation improves I believe that numbers will continue to fall.

George Walker

# Poor coverage

Annandale & Eskdale District Council, Annan, Dumfriesshire.

SIR - After a successful Junior international at Annan on August 25, I was expecting to read in a future issue of Scotland's Runner about the performance of our junior athletes in this match, and about the invitation events arranged in conjunction with this meeting. Two issues later, all that appeared was the bald results (October 1990 issue) from what, I would have thought, was an important meeting for our junior athletes.

In addition, the women's invitation events produced seven performances which are ranked in this season's top ten 100/200m rankings. Surely this was worthy of a mention? To make matters worse, the sponsors. Scottish Pride and Elopak, did not merit a mention.

The district council was very fortunate in being able to arrange substantial sponsorship through the sponsors, not only for the match but also the invitation events. Staff at Scotland's Runner should realise that sponsorship is vitally important for Scottish athletics. In fact, this meeting would not have taken place if a sponsor had not been found.

Sponsorship should never be taken for granted by anyone, and new or existing sponsors should be encouraged by publications like Scotland's Runner reporting the fact that companies are contributing to sport in Scotland.

D. T. Bogie, Director of environmental and leisure services.

# Not seeing any permit benefit

George Drive, Kinross.

SIR - What do the SAAA's, SWAAA's race permits do to help us?

We, Kinross Road Runners, applied for a

permit early in the year from the SAAA, SWAAA and SWCC&RRA for the Loch Leven Half Marathon.

The first correspondence was from the Scottish Athletics administrator in early March, returning our application form and cheques, stating that the previous organiser had not paid last year's unaffiliated runners levies. We are not associated with last year's organisers! However, these monies were paid by last years organisers - an oversight on their behalf!

It was July before a permit arrived from the SWAAA, August 25 from the SAAA, and

to date nothing from SWCC&RRA. The race was run on September 8.

What are the permits for? To prevent or reduce overlap of races, or simply to put money into Scottish Athletics for another trip to the next games for officials? The only interest from the SAAA's is for their capita fee for unaffiliated runners; no advice etc.

I write this as an open letter for enlightment. I am sure that race organisers and participants would not object to levies etc if they could see a positive benefit.

Terry Quigley

# NOT A RECORD

47. Wilton Street. Glasgow

SIR - I would like to say thanks to all officials for a very well organised 25K Great Scottish Run. Although I did not train for this event properly, I still enjoyed it very much because of the spectators, and the route was very fair.

The reason I am writing is that I would like to know how the Daily Record can claim that it is a paper made in Scotland (meaning for Scottish people) yet have no pictures or articles about a great run which attracted over 4000 participants. They didn't even have to go far to take a couple of pictures, as the race route which passed just outside their office. Same goes for the Sun.

The Glasgow Herald was the only paper to mention just a few words about the race and it had a picture of a runner dressed as a devil! What will the runners think of our so called local papers printed in Scotland for Scottish people? Runners who were not from Scotland I mean!

I hope the Record and the Sun will in future write (or even mention) a few words about these events happening in Scotland. Once again I would like to thank all involved in organising the race.

Mohammed Ramzan

# High standards

36, St Giles Square, Camelon. Falkirk.

SIR - I have run several half marathons and 10K races this year, although not as many as I'd have wished. The maximum entry fee was in the order of £4.

The standard of course and organisation varied, but all gave value for money, and the half marathons also a quality momento. None had overpaid, over-publicised superstars participating, and they were not missed.

Hugh Jones, world champion cyclist, comparitively ignored by the media, commented on Virginia Wade: "She must be the highest paid loser in the world.\* Similar could be applied to several of our personality "sports" stars.

We do not require to import personalities, we have our own. Let's give them media coverage to their sport's and country's benefit.

In the veteran scene I quote David Fairweather, Allan Adams, Bill Scally, Bill McBrinn, Bill Stoddart, Willie Marshall Stewart Lawson, Davie Morrison, Gordon Porteous, Emmett Farrell. All turn in performances astounding for their ages, and superior to much younger athletes.

Never mind inflated entry fees to attract personalities, give coverage to our own. The November issue cover was a cracker.

Hugh McGinlay

# No free t-shirt

89, Craigmount Avenue North, Edinburgh.

SIR - I am writing about this year's Great Scottish Run.

A few weeks before the event I realised that, despite having pre-entered and paid the £7.25 entry fee, I would be unable to run due to injury.

Iwrote to the Great Scottish Run trouble desk (prior to the actual race, quoting my race number) and suggested that, since I was unable to run due to injury, they might consider sending me the Diet Coke t-shirt as a consolation since, according to correspondence from the race organisers which appeared in this magazine, the entry

SIR - Quest Cancer Test is becoming known

as one of the leading cancer research

charities, not only because of our

achievements to date, but also for the ongoing

research with its expectation that cancer

can be prevented and treated before a tumour

develops by the detection of cell changes that

cancer test is now being adapted for testicular

and lung cancers: another test, involving

genetic predisposition to cancer, has been

instrumental in saving young people's lives.

A new research project is concentrating on

liver cancer because once established it is

virtually untreatable. No animal experiments

are carried out and the charity's work is no

way duplicates any other cancer research.

runners form one of our most dependable

sources of income. Wearing Quest t-shirts

on their runs and telling local newspapers

about our works helps the charity too. It is

always a pleasure to greet London Marathon

runners on the South Bank and give them a

Quest trophy as a token of our thanks, and

we wish it was possible to be there to thank

runners wherever their run takes places.

and University College, London, is directed

by senior research fellow. Dr Andrew Sincock.

who graduated from University of St Andrews.

We hope to forge even more links with

Maralyn Plumb,

Scotland.

Quest research at the Middlesex Hospital

With their sponsorship donations,

An improved, fast, and accurate cervical

initiate malignancy.

Quest Cancer Test,

Woodbury,

Roydon,

Harlow Road,

fee included the cost of it anyway.

To date, I not not even received the courtesy of a reply, far less a t-shirt! I feel that this does not reflect much credit on the organisers of the Great Scottish Run.

However, it occurs to me that there is a point to note here for the organisers of other road races. I know that the London Marathon guarantees you an entry for the following year if you write to them prior to the race to explain that you are unable to run due to illness or injury. Perhaps other races ought to offer a similar facility for runners, already entered, who for the above reasons are unable to compete on the day?

Other readers may have views on this. I am sure this situation must arise in the case of almost every race.

Murdo MacLeod

# QUEST FOR CURE

33, Rossie Place, Edinburgh.

Bob Dalgleish at the comparatively young age of 56.

concerned that without "Our Bob", the race that he gave birth to and made famous around the world, the Great Scottish Run. will be allowed to pass away with him.

Although it is now only a pale shadow of a fitting memorial to its creator and mentor.

race at all, and given its improved coverage this year, a one hour programme on STV the decline in interest in the event might just be on the wain and an upturn in figures for

I trust Scotland's Runner and my fellow runners will back my call for a strong campaign of support for the retention of this event in 1991 in any form, 25K, half marathon or marathon, even if only to serve as a tribute to Bob Dalgleish, one of the champions of the Scottish road racing scene.

Please send your letters on any subject, to:

Scotland's Runner, 62, Kelvingrove Street, Glasgow, G3 7SA.

ONCE again the position of Scottish national coach is vacant and there does not seem to be a huge list of people who readily come to mind as being suitable candidates to fill it!

Who, for example, has the knowledge of working with, or has been, a top class athlete? Who has the expertise to set up coaching schemes at all levels throughout Scotland? Who has the mental capacity to work with so many different fractions within the governing bodies - each vying for their own piece of the action? And to cap it all, who has the ability to reverse the downward trend in top class performances?

And before you jump to conclusions, I know one person who does not possess all these qualities, and that is Allan!

The new national coach must be someone

# A NATIONAL COACH: THE REQUIREMENTS

With regular columnist Allan Wells away training with the UK bobsleigh team in Germany, wife Margot, no mean athlete herself, suggests the ideal qualifications for the vacant position of Scottish national coach.



with a strong personality able to deal with

officials who in the past have had too much

say in areas that they are little qualified to talk

people who are directly and indirectly affected

by the decisions that the national coach and the

In the past, a lot of the decisions which

performances were taken by people who were

either parents of children who were interested

in the sport, and, through taking them along to

involved - or, people who were once average

training and competitions, have become

competitors themselves, and still enjoy

directly affect the athletes and their

about. He or she must listen to the athletes of

the past, present, and future, as they are the

governing body take.

perform open heart surgery and it normally has the same disastrous effects!

I am sorry, but while appreciating a lot of the work these people do, they make a lot of wrong decisions regarding the future of Scottish athletics. The new national coach must be someone with experience of the "new and open" athletics - not someone who comes from the dark and distant past and wants athletics to remain the way it was.

Athletics have changed even since I and Allan were involved, and the sport in Scotland must be brought into the 1990's, not chained to the 1970's. The national coach must be able to make decisions about when teams travel to major championships, whom they should compete against, and because of this, the appointee must have a first hand knowledge of athletics at the highest level.

Far too often teams are sent to places to compete against teams toostrong or too weak, too late or too early. Listen to the athletes: they are the people who know!

Apart from the juniors, who need guidance and help in preparing for competitions and internationals, athletes are more interested in getting on with training and competing instead of turning up at time-wasting sessions with some coach who does not know the athletes or their training schedules, and who is probably petrified at the thought of working with the likes of Tom McKean and Yvonne Murray.

As far as the athletes are concerned, the national coach must be someone that they can relate to, and someone who is respected within the sport. It is important that he/she is seen at training if need be and who is approachable.

Too often in the past not only was the

national coach thought of as a mythical figure, but he was looked upon as he who should be heard and not spoken to. How often did the national coach telephone a Scottish athlete when he set a Scottish record, or did outstandingly well at a major competition? I can tell you for a fact that no national coach ever telephoned Allan with words of congratulation.

He or she has to be able to communicate with the athletes and their coaches. They are only human, and once they got over the shock I am sure that they could come up with some excellent ideas which, if implemented, could improve Scottish athletics.

Talking of communication, what about a monthly press conference on Scottish athletics? In this way, athletics and the national coach are prominent features in the Scottish public's mind, and this might stimulate a few more people to come and watch. Such meetings could be about established athletes or up and coming athletes - and perhaps just seeing their name mentioned in the paper may stimulate the athlete to greater things.

All these little things add up to some sort of super-being. At the end of the day, whoever is given the responsibility for dragging Scottish athletics into the 1990's must be strong enough to fight the establishment and do what is best for Scottish athletics - and not do what he or she thinks will please the other members of the governing bodies.

If I were to have any influence over the selection of the national coach I would suggest that he or she is a Scot!

As they say, it takes one to know one, but whoever you are good luck, good judgement, and in this case words with the athletes speak louder than actions for the officials.

# Keep race going

SIR - I was saddened to read of the death of

Whilst my immediate sympathy and best wishes must lie with his family, I am

its former self (in the heady days of five figure participation levels), it is still an important part of the Scottish road running calendar and must surely continue, if only to serve as

Granted its current format of 25K will not please everyone, but it is better than no (admittedly at some small hour of the night), 1991 could be around the corner.

Keith R. Gooch

working within the sport. This is a bit like asking the butcher to

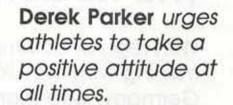
Scotland's Runner December 1990 12 Scotland's Runner December 1990

# NOTHING TO BE GAINED BY MOANING!

IT was disappointing to hear some sections of the British team management at the European Championships in Split claim that athletics is male-oriented and that was why women gained fewer medals than men.

These absurd claims are regrettable for at least three reasons. Firstly, they imply that male athletes who won medals were successful primarily because they were provided with some unfair advantage by "the system". Anyone who has studied the training schedules of Britain's award-winners will realise immediately that they key to their triumphs was determination, dedication, and sheer hard work. The question of privileges or unfair advantages does not arise.

Secondly, the allegations that women are second-class citizens in the athletics world is readily refuted by the performances of female competitors such as Yvonne Murray, Liz McColgan, Tessa Sanderson, Fatima Whitbread, Zola Budd, Mary Peters, Lillian Board, Ann Packer, Mary Rand, and Dorothy Hyman, who were all among the best in the world at their chosen events.



Being British and female did not prevent them from achieving results which provide inspiration, hope, and encouragement to all athletes - men and women. In common with the UK men who accomplished so much in Split, these women were all champions because they pursued their dreams and visions of sporting excellence with a zeal and sense of purpose which is an example to all who would follow in their footsteps and emulate their unforgettable achievements.

They all succeeded because they thought positively and believed implicitly in themselves and in their destinies. They realised that everyone is basically responsible for their own victories and defeats in athletics as well as in life. They confirmed, by what they achieved and by the examples they provided for other people, that within ourselves lies the cause of whatever enters our lives - and that by drawing on our own physical, mental, emotional, and spiritual reserves we can all greatly influence the development and fulfilment of our own unique human potential.

By giving to the world the best we have and the best we are capable of - we can ensure that the best will come back to us and that we shall become the men and women of our dreams and aspirations. Men and women of vision, wisdom, understanding, and maturity are aware that our thoughts and imaginations are the only real barriers to our selfactualisation as thinking, sentient human beings possessed of vast, untapped reservoirs of talent, potential, and ability. They know that the road to conquest, attainment, and selffulfilment is paved with defeats and victories. rallies and retreats, despondency and elation and that defeat is never final but just one solitary event in a long, unrelenting campaign.

And that brings us to the third reason why the remarks attributed to certain sections of the British team management at Split were misplaced and unacceptable. By alleging that athletes in the UK is male-oriented, and that was why more medals were won in the men's events rather than in the women's, those who made the remarks are merely propagating the fallacy that when things go wrong it is always someone else's fault - never our own.

Blaming someone or something else for our inadequacies and perceived sense of failure is the easy option, But it smacks of negativism, defeatism, pessimism, and nihilism. Searching around for scapegoats or finding fault with our circumstances should never be the way of the true athlete.

The quest for self-improvement in sport as well as in life involves a mature, intelligent appraisal of ourselves and our work, social, study, economic, geographical, and training environment. The purposeful person evaluates his or her entire lifestyle - a process known as the holistic approach - then decides how to use the situation he or she finds himself or herself in to improve personally and athletically.

It is always worthwhile remembering that the objective of a carefully-planned training programme should be to make men and women better athletes - AND to make athletes better men and women. That is why medals won or performances achieved in immoral circumstances or by cheating, gamesmanship, demeaning one's opponents, or manipulation

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Winners! The athletes on these pages thought positively and got their rewards at the Falkirk Half Marathon, held on October 21. Above, women's veteran winner Aileen Wilson (Dundee Hawkhill), flanked by second placed Jacqui Ferrari (Pitreavie, left) and Gill Hanlon (Dundee RR). On Page 14, men's winner Peter Fleming. More Falkirk pictures on P 30-31.

of the rules and selection processes to one's own unfair advantage, must never be condoned or tolerated by the coach and athlete who values fair play, justice, impartiality, and equality of opportunity for everyone.

Throughout the history of the human race the great ones in all walks of life have overcome terrifying obstacles in the pursuance of the goals and ambitions which motivated them and were the inspirations of their existences.

Beethoven was deaf, yet he composed some of the world's most exquisite symphonies. Milton was blind, yet he wrote many of the finest poems in the language. Van Gogh was emotionally disturbed, yet he painted pictures of colour and clarity which delight art connoisseurs everywhere.

Athletics, too, has its heroes who have overcome seemingly insurmountable odds in their quest to fulfil their sporting destinies.

Murray Halberg, winner of the Olympic games 5000 metres title in 1960, was handicapped by a withered arm. Wilma Rudolph, winner of the women's 100 and 200 metres titles at the same Games, was crippled by polio as a child. And Abebe Bikila, the great Ethiopian distance runner, won the marathon at the 1964 Tokyo Olympic Games just six weeks after an

operation for appendicitis.

The Dunbartonshire town of Balloch and the Lanarkshire village of Law could hardly be described as centres of sporting excellence during the 1960's. Yet living there did not prevent Lachie Stewart and Ian McCafferty from winning gold and silver medals between them in the Commonwealth games 10,000 and 5000 metres events at Edinburgh twenty years ago. And lest anyone points out that times have changed since then, it should be made clear that during the last two decades only a handful of Scottish athletes have surpassed the times recorded by Lachie and Ian during their illustrious careers.

The UK successes at the European Championship in Split also provided its quota of men and women who triumphed because they thought positively and were determined to overcome the odds against them.

Despite being plagued for nearly four years by injuries which never seemed to heal - and travelling the world in search of a cure - Roger Black conquered all his health problems on his way to winning the championship 400 metres.

Many people doubted Tom McKean's ability to win the 800 metres because he had not lived up to their expectations in previous events. But Tom confronted his critics by winning the elusive title in Split after fighting back bravely against all the disappointments of previous years - and turning down the opportunity to earn money by competing in "circus" races which would have jeopardised his preparation for Split.

When Zola Budd first came to the UK a few years ago, there were vociferous protests from several top class athletes and their coaches who feared they would be relegated down the "pecking order" when international selections were being made for British teams. Instead of welcoming the opportunity to compete against a highly-talented runner, they gave the distinct impression that they would rather perform at a lower level - and win lower quality races.

The one notable exception was Yvonne Murray, who refused to be intimidated. Instead of regarding Zola's presence as a barrier or threat to her own progress, Yvonne looked upon it as a challenge and used the South African born woman to pull her round the track to faster times. By raising her aspirations, setting her sights on loftier goals, and competing against the best, Yvonne Murray herself became one of the best when she won the 3000 metres crown at Split.

The moral of all these stories is that there is NO such thing as an easily-achieved success. Every triumph, every victory, and every honour has to earned by sheer hard work, dedication, perseverance, and resilience. It is all too easy to attribute other people's



achievements to external factors such as better training facilities, warmer weather, a more suitable sporting environment, or their more fortunate work and family circumstances.

And it is all too simple to ignore the fact that the greatest stimulus to success in any endeavour originates in the mysterious inner forces known as internal motivation. It is these aspects of the human soul and character which impel men and women to keep striving in the face of seemingly insuperable odds and never to yield to life's adversities, vicissitudes, and tribulations.

We are the products of our own thoughts, minds, and imaginations. We live in a vast ocean of impulses, desires, and human needs. It is our ability to build our own physical, psychological, and spiritual harbours against its negative waves - while still being receptive to its positive waves - which makes it possible for us to get the very best out of ourselves in sport and in life.

To deny the importance of our own role in destinies is to become a disciple of nihilism, negativism, pessimism, and despair. It is to affirm that external, rather than internal influences within ourselves, mould and shape the course of our lives. It takes away our responsibilities for our successes and victories, defeats and failures, and makes us all the victims of circumstances and factors beyond our control.

Negativism, defeatism, despondency, and a readiness to blame other people or circumstances if things go wrong is not the way of the champion - and I ascribe to that word its proper meaning of, "one who competes on the campus, or open place where sporting contests take place". The true champion is the person who competes to the very best of his or her ability, irrespective of the final outcome, and who is deemed a worthy and honourable ambassador of their chosen sport.

The true champion is also the man or woman who sets a good example to colleagues and younger athletes. In the words of the philosopher, Nietzsche, they are the ones who rise above themselves and cast not out the heroes in their souls.

They are also the ones who, "in the world's broad fields of battle, in the bivouacs of life, are not like dumb, driven cattle, but are heroes in the strife". This final quotation comes from Henry Wadsworth Longfellow's inspiring poem," A Psalm of Life".

Although written more than a century ago, it might well have been penned with the modern athlete in mind. Since I personally have derived so much motivation and encouragement from its words over many years, both in and out of sport, I take the liberty of reproducing the final three verses below.

They are encouraging reminders that we can all control our own destinies, that we can be the masters of our fates, and the captains of our souls. It was sentiments such as these and their application to the athletics arena in Split which brought gold medals to Tom McKean, Yvonne Murray, Steve Backley, Colin Jackson, Kris Akabussi, Linford Christie, John Regis, and Roger Black.

It was their determination to fulfil their carefully-nurtured dreams, visions, and ambitions which brought success. None of these marvellous athletes would have scaled the heights of fame which came their way if they had just sat around blaming other people or a lack of opportunities when things did not go their way. They made great events happen and in doing so, they made us all aware that:

Lives of great men remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time:
Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.
Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait.

# DEREK PARKER'S SCHEDULES

# EXPERIENCED

# Week One

Sunday: 90 to 120 mins oc running.

Monday: 75 to 90 mins fartlek inc 10 x 30 secs fast (30 secs jog) + 4 mins steady + 5 x 2 mins fast (2 mins jog recovery) + 4 mins steady + 10 x 30 secs fast (30 secs jog recovery).

Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 5K session (10 x 500m with
35 to 45 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 weekly.

# Week Two

Sunday: As Week One.

Monday: 75 to 90 mins fartlek inc. 2 x 3 mins fast (2 mins recovery jog) + 4 x 2 mins fast (80 secs recovery jog) + 5 x 1 min fast (40 secs recovery jog) + 8 x 30 secs fast (20 secs recovery jog).

Tuesday, Wednesday, and Friday: As Work One.

Thursday: 5K session (3 x 1600 metres with 60 to 120 secs recovery + 1 x 200 metres full effort 90 secs after final 1600). Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

## Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 1 min fast (1 min jog) + 2 mins fast (2 mins jog) x 5 sets.
Tuesday, Wednesday, and Friday: As

Week One.

Thursday: 3K session (10 x 300m with 20 to 30 secs recovery + 3 x 150m full effort with 250m jog recovery starting 90 secs after final 300).

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

## Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 2 mins fast (1 min jog recovery) + 3 mins fast (90 secs jog recovery) x 4 sets.
Tuesday, Wednesday, and Friday: As Week One.

Thursday: 5K session (4 x 1200m with 45 to 90 secs jog recovery + 1 x 200m full effort 90 secs after final 1200), Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

# **CLUB ATHLETES**

# Week One

Sunday: 75 to 120 mins oc running.

Monday: 60 to 75 mins fartlek inc 16 x 30 secs fast (60 secs jog recovery) + 2 mins easy + 2 mins fast.

Tuesday: 20 to 30 mins easy

Tuesday: 20 to 30 mins easy. Wednesday: 6 to 10 miles steady with hills.

Thursday: 5K session (10 x 500m with 45 to 75 secs recovery).
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Saturday: 8 to 12 miles steady.

Morning runs, if done, should be restricted to 20 to 30 mins easy running two to three times weekly.

# Week Two

Sunday: As Week One.

Monday: 60 to 75 mins fartlek inc 4 x 30 secs last (30 secs jog) + 3 x 1 min fast (1 min jog) + 1 x 2 mins fast (3 mins jog) + 4 x 30 secs fast (30 secs jog).

Tuesday, Wednesday, and Friday: As Week One.

Thursday: 5K session (3 x 1600 metres with 90 to 180 secs recovery + 1 x 200 metres full effort 90 secs after final 1600). Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

# Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30-4050-60-60-50-40-30 secs fast up/down-theclock running with recovery jog equalling duration of fast runs.
Tuesday, Wednesday, and Friday: As Week One.

Thursday: 3K session (10 x 300m with 30 to 45 secs recovery + 3 x 150m full effort with 250m jog recovery starting 90 secs

Saturday: 8 to 12 miles steady. Morning runs as Week One.

after final 300)

## Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 90 secs fast (90 secs jog) + 30 secs fast (60 secs jog) x 5 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (4 x 1200m with 60 to 120 secs jog recovery + 1 x 200 metres full effort 90 secs after final 1200).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

# Tyndrum 4 Cnanlarich Inverarnan 3 Rowardennar 2

Kinlochleven

Kingshouse

Bridge of Orchy

Entries for the 1991
West Highland Way
Race will be taken
from December 1.
To you in the mood,
Peter White of
Edinburgh-based
company Chaos
Control recalls the
1990 event.

THE car park at Milngavie Station on a wet Friday night was more like part of a Len Deighton thriller than the starting point of a race through some of Scotland's most spectacular countryside. Even though there were no secret agents (as far as I could tell) hiding in the bushes, there was no shortage of heroes and heroines willing to tackle the serious business of escaping the clutches of urban life in a desperate dash to the glittering lights of Freedom City (otherwise known as Fort William).

Milngavie to Fort William -

the West Highland Way

This year ScotRail had willingly agreed to keep their station open until the race had started at 3am so the runners were able to gird their loins for the imminent challenge on the comparative luxury of a Victorian building rather than behind a dubious bush.

The driver of the last train into Milngavie that Friday night jumped out of his cab and ran into the station office to ask when the bomb had gone off.

"There are bodies everywhere . . . !"

Even though the station staff had been informed of the race starting from the station, no-one had thought to tell the drivers of the trains - and as the last train pulled into the station the sight of over twenty "bodies" lying in varying positions along the platform had caused more than a little alarm in the driving cab. Luckily the state of shock was nothing a free t-shirt couldn't cure.

Whilst all of this was going on 60 competitors, along with a variety of friends, family and miscellaneous others, were gathering in, around, over and under the station preparing themselves for the 95 mile run along the official West Highland Way from Milngavie Station to the Nevis Bank Hotel, Fort William.

Nerves and pre-race tension showed themselves in various ways . . . impatient pacing around the car park in solitude, lying fast asleep on a bench, talking furiously with anyone who would listen, drinking tea or coffee, looking at the map, etc etc. As if the prospect of running the race wasn't enough, the weather had decided to produce what must go down as one of the filthiest nights imaginable in the beginning of July.

Eventually, after a short briefing, the competitors assembled in the shelter of the underpass, and, after a few words of encouragement, started at 3am precisely. As the patter of tiny hooves receded into the distance, John, the relief station officer, looked after them and said: "I think they're all daft . . . there's a train to Fort William in the morning."

THE images available to the eye at Drymen were drawn directly from a Cold War thriller. Little groups of cold, damp people huddled together for warmth peering through sleepless eyes towards a misty field. If John le Carre was a real person he should have been there with George Smiley. After what seemed like an eternity... nothing happened. A few more eternities passed before there was a shout from the outpost at the fence: "I can see a cow from here!"

Just after the burial party had finished their business the first runners came into view jostling for position. Marshals leapt for pens, paper and clocks, supporters anxiously searched out their charges, and life in Drymen between the hours of 04.48 and 06.21 became an unusually active affair.

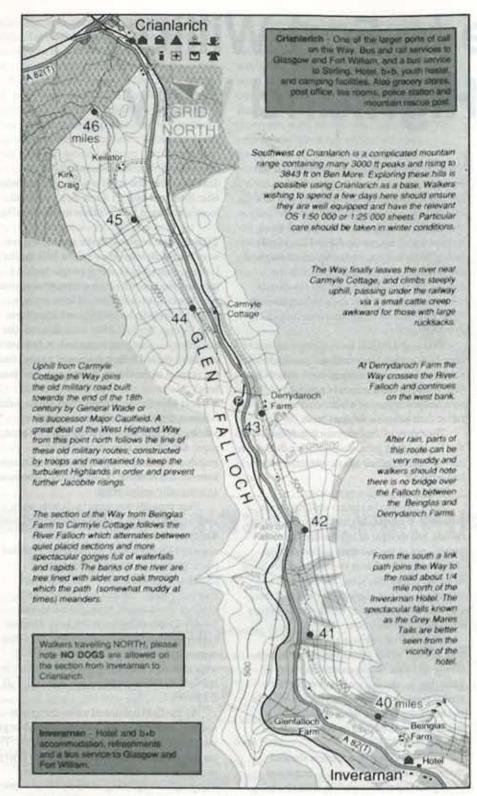
First through was somebody who wasn't even entered in the race! With support runners like that, who needs other competitors anyway? Front runners at this point included (in no particular order) Robert Jardine (Bo'ness Harriers), Mike Francis (Forres Harriers), Angus Nicholson (Unattached), Findlay Macdonald (Arran Runners) and Wendy Dodds (Clayton-le-Moors). The last runner through the checkpoint was the oldest runner in the race - Alex Duncan (SVHC), who seemed quite unperturbed by weather or the course. "Plenty of time yet, son. I'll walk it if I have to . . . "

As the field continued on its damp way north to Inversnaid, the weather seemed to get worse, although that didn't seem possible. The conditions underfoot were getting very heavy to say the least, with some of the shorter competitiors beginning to worry about survival at some of the deeper bogs. Still, after just over five and a half hours the leading pair came through together.

Mike Francis and Ray Hubbard (Scottish Marathon Club) had gained an advantage of just under six minutes over Bobby Shields (Clydesdale Harriers) and Geoff Oliver (100K Association), who, in turn, were a further 13 minutes ahead of George Armstrong (Haddington East Lothian Pacers). Looking down the timesheet it was interesting to note

Not surprisingly a large number of people

decide that the climb of Ben Nevis gives



how groups of runners had started to form into units which would progress together for considerable distances. The last through the checkpoint at Inversnaid was Alex Duncan, once again as cheery as ever, albeit six and a half hours behind the leaders.

Inversnaid saw the first two withdrawals from the field (mainly because of the appalling conditions) but dramas were unfolding on the course up towards the next checkpoint at Tyndrum. Bobby Shields had taken out a lead of nearly 18 minutes over Mike Francis, who had been joined on the course by Geoff Oliver, with George Armstrong closing in to within three minutes. Ray Hubbard had been forced to retire with an ankle injury whilst contesting the lead.

Early leader Robert Jardine retired from the race there as well, having suffered a shin injury . . . and so it went on.

Only 36 runners went through Tyndrum checkpoint. The so-called bonnie bonnie banks

of Loch Lomond had claimed souls, hearts and runners as if they were going out of fashion. Comments filtered through to the race control timesheet from tired, wet discouraged runners - "fed up"; "really fed up"; "pissed off"; "really pissed off" and worse. By all accounts it was worse than a war on the path up towards Inveraman.

Tyndrum to Inveroran saw no improvement in the weather conditions, and this part of the course also witnessed the retirement from the race of the leader, Bobby Shields, with a leg injury. By this stage of the day it was impossible to know what was going to happen next. It seemed as though to lead the race was to invite injury and retirement, and just to survive at all seemed like a great achievement. However, battle was joined at the front by Mike Francis, George Armstrong and Geoff Oliver.

Just 15 minutes separated the first three after nearly 62 miles of racing. By this stage the last in the race, Alan Morrison (unattached), was just over nine hours behind the leaders, but the prospect of carrying on was, quite understandably, not sufficiently appealing and he retired at this checkpoint, leaving just half the original field in the race.

Where, I hear you ask, is Wee Alex? Well, read on and you'll find out later.

WATCHING the timesheet in the Nevis Bank Hotel, the groups of runners tackling the event in ad hoc clubs were sorting themselves out quite nicely. Drew Turnbull and Dave McKirdy (East Kilbride AAC), Jim Templeton and George Dick (SVHC), Wendy Dodds and Kevin Marshall (100K Assoc) and super vets Jack Newbigging and David Kerr (Irvine AC) were coming through checkpoints with identical times albeit in different parts of the field.

Wendy Dodds was having the race of her life. Having been fifth at Drymen, she dropped to tenth at Inversnaid, before coming back up to sixth at Tyndrum and Inveroran. By this point only Kay Dodson and Irene Wilson were left with Wendy to fight for the women's places, although both were a considerable time behind the hard charging Wendy. The fact that Kay was running at all was surprising because she'd only returned from a holiday abroad at 7am on the Friday morning and hadn't slept in a bed in Britain for over two weeks before she started the race!

By now there were runners all over the course from Inversnaid to Kingshouse.

Anyone daft enough to be out walking on the West Highland Way would probably come across someone even dafter than themselves. In terms of retirements there were over 30 bodies strewn along the route.

Kingshouse saw yet another leader, with George Armstrong taking over with just over three minutes advantage over Mike Francis. These two seemed to be pulling away from Geoff Oliver, who was being slowly hauled in by Jonathan Whitehead (East Hull Harriers). Behind them only 20 more runners arrived at the ancient hostelry in Glencoe with enough energy to carry on. The last runner through this control was Roy Topham (Kilmarnock Harriers) just under 12 hours behind the leaders.

Where, I hear you ask once again is Wee Alex? Be patient, and read on - you'll find out all in good time.

Coincidence started to play its tricky hand in Glencoe. Unbeknown to anyone involved in the race, a group of ambulancemen from the Glasgow area were inspecting Glencoe as a suitable venue for some kind of adventurous weekend. As occasionally happens to such parties, the temptation of a short rest stop at Kingshouse proved too much and they were in position when Wendy Dodds arrived at the control point with Kevin Marshall, who was wearing some of Wendy's clothes.

This is not as humorous as might first seem to be the case, as Wendy had realised that Kevin was beginning to suffer from the effects of the cold and wet weather and she had taken care to get him safely to the checkpoint. Whilst the marshals were assessing the situation the ambulancemen leapt into action to provide their help. Looking back it could be said that over-enthusiasm and overtiredness combined to create a bit of overreaction, but the immediate result was that Kevin was taken by ambulance to Stirling for a check-up. Fortunately he was found to be in good working order and was then sent back up the road (in the same ambulance) to the finish at Fort William.

At Kinlochleven the titanic struggle between Francis and Armstrong was swinging in favour of the younger man, with Mike going through the last checkpoint before the finish three minutes ahead of George. The Devil's Staircase had been more like an escalator going the other way for them both. The weather was still utterly dreadful and the fact that they could even find the way at all was a tribute to their navigational abilities as much as to their determination.

Behind them, Whitehead had overtaken Oliver, and they were over 90 minutes ahead of the fifth placed Dodds, who, in turn, had nearly an hour's advantage over the sixth placed Turnbull and McKirdy.

The final section of the race and over into Glen Nevis was on the official route rather than the roadway into the south of Fort William. Although it was dark by the time they arrived at this section there were no problems on finding the route through the trees, although the conditions underfoot and the stiles provided a final demanding test for

the work a very dramatic ending At 4406ft it is Britain's highest FORT WILLIAM mountain and conditions can be AATDLE very severe, much worse than any you would encounter along the Way. If you Fort William - As the largest town in this part of Scotland, Fort William attempt the walk, you are advised to consult the map us at the facilities a walker on the adjoining panel and heed the advice hops, cares and direct trains and come to Glasgow Footpath to More information on the facilities can be obtained from the Fort Ban Nevis William and Lochaber Tourist Box Righhach As the path descends steeply into Gion Nevis a short spur branches off Birlein Bart to the Gien Nevis youth hostel and campsite, a convenient place to stay for anyone considering the climb of Ben Nevis. The Way proper continues through the forest and out onto the road, for its last rolle to the Bridge of News From Blair a Chaorainn if is: only four and a half miles along the motor road to Fort William. Meall nan Cleireach 1750 The path over the last Meal a few miles is quite rocky and muddy although the WHW Rangers are working hard in an effort to up grade it. Sections nea Blar a Chaorainn and Glen Nevis are now

Mike and George, who were now separated by over half an hour. The rain was still falling relentlessly as Mike made his way along the final road section from Glen Nevis into the glittering lights of Fort William.

WITH a time of 18 hours, 50 minutes and 24 seconds, Francis set a new record for running the entire length of the Way along the official route, despite having suffered atrocious weather throughout and suffered from more

than one or two slips due to the muddy and treacherous conditions on the path.

After coming so close to victory in the past (finishing in the top three twice before), Mike found the welcoming committee at the steps of the hotel all the more attractive, especially as he had managed to arrive before closing time! Just over half an hour later, in a time of 19-23-27, George Armstrong arrived still wearing the tartan bunnet he'd been sporting at the start. After the short recovery

time he revealed he'd never run over 50 miles before and now he knew why!

Jonathan Whitehead came in third, having closed to within 21 minutes of Armstrong. Then there was a wait until just after midnight for the arrival of fourth placed Geoff Oliver. Wendy Dodds finished fifth overall in a time of 22-19-52 to claim first woman as well as first woman vet, and to discover that she was the only representative of her sex left in the

Throughout the night and up until the close of the finish control at 2pm on the Sunday afternoon, survivors of the race came into the finish to tell tales of the horrors of the West Highland Way. All in all 21 completed the course, which, bearing in mind the conditions, is quite a high proportion of the original 60 starters.

And where, I hear you cry, was Wee Alex. This is a question we were asking ourselves late into the Saturday night. Just as we were getting to the time when we thought we would have to call the police to assist in looking for him, the police at Killin telephoned race control. Killin isn't even on the route, but it turns out to be the nearest manned police station at that time of night.

Having fallen into seemingly bottomless bogs over and over again, and getting worried about the welfare of the marshals who might have to wait for him at the checkpoints further up the route, Wee Alex (as he calls himself with great accuracy) had decided that enough was too much and he'd taken shelter at a bus stop in Crianlarich after telling the wife of the

1990 Finishers: 1, M Francis (Forres) 18-50-24; 2, G Armstrong (HELP) 19-23-27 (SV1); 3, J Whitehead (E Hull H) 19-44-08; 4, G Oliver (100K Asso) 21-07-58 (SV2); 5, W Dodds (Clayton) 22-19-52 (L1, LV1); 6=, C Davies (Saddle) 23-58-02; P Blagbrough (Saddle) 23-58-02 (V1); 8, L Volwerk (Lochaber AC) 24-32-00 (V2); 9=, D Turnbull (E Kilbride AAC) 24-51-03 (V3=); D McKirdy (E Kilbride AAC) 24-51-03 (V3=); 11=, J Templeton (SVHC) 30-22-12; G Dick (SVHC) 30-22-12; 13, I Prost (Carnethy) 32-16-37; 14, T Wilson (SVHC) 32-22-46; 15, B Ellis (Blairgowrie RR) 32-24-10; 16, A Dobie (Carnethy) 32-24-49; 17, | Davidson (Unat) 32-28-03; 18, R Macdonald (E Kilbride TC) 32-41-01; 19, A Begg (Calderglen) 33-58-51; 20, J McDowall (Forres H) 34-37-33; 21, R Topham (JW Kilmarnock) 34-50-01.

local policeman where he was. (Why she couldn't invite him in remains a mystery to us all). At 66 years old he showed that your never too old to try something like this, and he's already asked for an entry for next year!

THERE is little doubt that Wee Alex will be back in 1991, but there are some competitors (who will remain nameless but who may recognise themselves) who will find it harder to gain a place in the field. For example, the runner who went through the Drymen checkpoint first and who led a number of attempted sprint breakaways from the leading

"Gutted," is how he described his feelings at being beaten into the finish by a matter of minutes by two runners that he'd managed to stay ahead of from Kingshouse onwards in spite of the pain.

group in the first half of the race without even being a paid up entrant in the event, and who then quite happily abused race officials at the finish whilst eating soup and sandwiches that he hadn't even paid for, will not be welcome. And neither will the runner who didn't advise anyone that he'd retired from the race to go to Glasgow "to see a bit of stuff".

The anxiety and concern caused by such individuals was considerable, especially when allied to their abysmal attitude towards everyone else involved in the event. Luckily though, the efforts of everybody who took part from those exceptions made the event quite memorable in spite of the ghastly weather conditions.

That Mike Francis should win after coming so close before was tremendous, as was the fact that George Armstrong not only came second but also won the super vets category at the same time. In a race of extremes, all the finishers merit the highest praise, as do all those even thought it worth trying.

The race will take place again next year, on July 6, starting at 3am from Milngavie Station and finishing at the Nevis Bank Hotel some time later. The event will be sponsored by Nevisport, who stepped in at short notice this year to support the event. Additional help was also provided by AG Barr in the form of Pripps Energy Drink, and Troll Safety

Equipment in the form of outrageous items of clothing which were awarded as prizes.

No report of this race would be complete without mention of Jim Davidson from Auchterarder and Roy Topham (JW Kilmamock Harriers). Jim finished the race in 17th place, limping badly having suffered a recurrence of a training injury to his ankle. "Gutted," is how he described his feelings at being beaten into the finish by a matter of minutes by two runners that he'd managed to stay ahead of from Kingshouse onwards in spite of the pain.

As a precaution he went to the Belford Hospital for a check-up only to be given a considerable dressing down from a doctor who thought that anyone running in such an event as this not only should expect such injuries but possibly even deserved them! As Jim told him at the time, if that's the case why isn't the hospital full of fellow sufferers?

Roy Topham finished the race in 21st and last place in a time of 34-50-01. The impression given by him at the finish could have been mistaken for that of the winner. The sense of relief at reaching the finish at all, let alone within the time limit of 35 hours, was matched only by the relief that he's promised never, ever, ever to do it again!

Finally, thanks to everyone who made the event possible at all. Whilst, as is all too often the case, there are far too many mention by name, special thanks go to all the competitors (without whom there would be no race), the marshals (without whom no-one would know what is going on), and the people along the way.

The St Andrews Ambulance team in Fort William provided an invaluable service throughout the night and following day, providing expert care and attention for bruised, battered and blistered runners and their feet.

ENTRY forms for the 1991 Nevisport West Highland Way Race will be available from December 1. Send an sae (in December) to Chaos Control, 5/2, Bellevue Place, Edinburgh EH7 4BS. The entry fee is £10.00.

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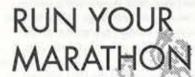
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SRII

# Snipers aim to shoot down the Dundee Hawks



THOSE who know about such things say that it is not the smartest vineyard owner who prohesises a vintage year by sampling the early grapes.

But Dundee Hawkhill Harriers have been 100 years in the growing, and the initial evidence of the 1990 season is that the fruits of their post-centenary harvest may be the best they have ever enjoyed.

There is no more conclusive proof of success than rivals launching bitchy and embittered comments. So when barbed remarks about a United Nations team were hurled in the aftermath of the Tayside team's national cross country relay victory - their first ever - then the club's followers could rejoice in the knowledge that they really had arrived.

Sour grapes are proof that The Hawk are really soaring.

They began the season with a conclusive win in a hotly-contested McAndrew relay, beating Annan - Steve Binns, Steve Ovett and all - in a race revitalised by having cooked up a three year sponsorship from catering equipment company Wilson, Watson and McVinnie.

Even without the services of the dual Scottish and Irish national cross country champion, Peter McColgan, Hawkhill were strong enough at Alloa to retain the East District relay crown ahead of Teviotdale. And a week later, on the Beach Park at Irvine, the Dundee men were successful again, the Border side being forced to surrender the national title they had won at Inverness last year, as they finished 70 seconds down in fifth place.

Doug Gillon, athletics correspondent of the Glasgow Herald, looks at the early meetings to predict who will win the major cross country honours this season.

Photographs from the national relays by Maurice McDonald.

McColgan was back in the team for that outing, joined by another Irish internationalist, Pat McCavana, a post graduate student at St Andrews, Welshman Chris Hall, and - their only Scot - Ian Campbell, the fourth international runner in the squad.

The label of favourites in the Edinburgh to Glasgow relay is one which has hung uneasily round the necks of almost every contender during the 50 runnings of the race.

Assessing a four-man relay squad is difficult enough, but with eight in a team the variables are multiplied. It takes only one man to fall ill, or simply fall, get injured, or suffer an off-day, to destroy the best laid plans or make a mockery of thoughtfully weighed form. But it is hard to see beyond Hawkhill, the holders, for this year's Barr-sponsored event on November 18.

Cambuslang, national cross country champions for the past three years, who last won the E-to-G in 1987, have their claims - and they will cite the fact that their club was the first to bring in a second string (ninth place) at the national relay championships.

But closer analysis shows Hawkhill as runaway winners ahead of Springburn, and 38 seconds clear of Cambuslang in third. Hawkhill's B team placed tenth, just three seconds behind Cambuslang B - in other words, the aggregate time of Dundee's two four man squads was still more than half a minute better than Cambuslang's.

There will, of course, be the usual drafting in of Anglos, and star visitors who do not normally feature every week. But Hawkhill seem to carry too much reserve strength, and barring a disaster a second successive Edinburgh-Glasgow title looks on the cards.

Individual form is particularly hard to calculate from relay outings, and early in the season that is the only evidence available. Unchallenged runs on anchor stages, for example, do not show a man's true worth, but the indications are that the 1991 national championships could provide a vintage contest.

It seems that Nat Muir, the most prolific winner of national cross country titles - eight senior wins in nine years, plus a further four







successes in the minor age groups - has undergone what seems little short of a miracle cure, and will return to the event he last won in 1987.

Plagued by Achilles tendon injuries for a decade, and then a series of calf muscle problems, Muir had resigned himself never again to racing on track or country, and was contenting himself solely with road-running.

"I was so certain that I gave away every pair of spikes I possessed," says the Shettleston Harrier.

But during the past summer he has been undergoing laser treatment from a Yorkshireman who specialises in curing race horses.

"The calf problem has completely cleared up," says Muir, now 32. "I still have to give my Achilles heat treatment before and after every session, but I can now race on the country again, and I would like to win another title.

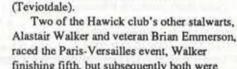
"I know that I will never be as fast as I was before - I can't train on the track either, and have had to modify everything, doing all my training on roads. But I am as strong as ever."

Steve Ovett, more settled to the role of parenthood, showed with the fastest performance in both the McAndrew and national relays that he is far from a spent force. The former Olympic 800m champion and 1986 Commonwealth 5000m gold medallist retains his appetite, even at 35.

"I do not see myself doing the formal retirement year, like Seb Coe," he confides. "Running is so much a part of my life, one that I enjoy, that I have no plans to stop."

He has been responsible for persuading the 1986 Commonwealth Games 10,000m runnerup, Steve Binns, to join Annan and District, and it may be Binns, over the longer course of a national championship, who will prove the bigger danger.

Neil Tennant (Caledon Park) and Tommy Murray (Greenock Glenpark), the two Scots to have had their names inscribed on the national trophy since Muir's monopoly ended, are also returning to form. Murray was only 13 seconds behind Ovett at Irvine, and there have also been class performances from Robert



Quinn (Kilbarchan) and Keith Logan

raced the Paris-Versailles event, Walker finishing fifth, but subsequently both were sidelined. The Border men, however, are short of the depth for the likes of the E-to-G, although they may claim a scalp or two in events where less power is required.

McColgan, winner of the national title last year, has improved his form ever since then, but his most recent shape is hard to gauge as he has raced sparingly in the face of impending fatherhood, and then only on the anchor stage of relays. He was already in a winning position when given the lead with the joint second fastest time of the day.

His progress from 1987 until last season had been hampered by viral illness, but since his title double last year he has gone from strength to strength. He is now at the stage of looking for an agent to arrange races for him on the continent.

That is a policy which several of Scotland's better competitors may also adopt. The two Teviotdale men went to France on their own initiative, paying their own way. But Quinn and Murray are annoyed that an attempt to send them to another race in Paris, as a twoman Scottish team, fell through.

"Scotland were paying for one of us, the French for another. But when the French backed out, the Scottish Cross Country Union pulled the plug," complained Murray, a particularly incensed man since he recently helped the SCCU gain an equipment deal with Asics. "Using agents to find races may be the only way ahead of us."



22



# September

2

Bank of Scotland WAL, Div 1, Grangemouth -

Match Result: 1, EWM 340pt; 2, GAC 337; 3, Aberdeen 276.5; 4, MSL 245.5; 5, ESP 244; 6, Ayr 140.

Sen: 100: 1, M Neef (GAC) 12.1; 2, L Dick (MSL) 12.6; 3, L Paterson (Ab) 12.6; 200: 1, Neef 25.0; 2, Dick 25.5; 3, Paterson 25.8; 400: 1, M Anderson (ESP) 57.3; 2, K Henshelwood (GAC) 58.0; 3, S Carruthers (Ayr) 60.1; 4, V Foster (EWM) 60.3; 400B: 1, A Martin (ESP) 60.3; 800: 1, E Grant (GAC) 2-16.9; 2, L Black (EWM) 2-22.5; 3, S Armitage (Ab) 2-23.5; 800B: 1, J Guy (GAC) 2-25.8; 1500: 1, E Grant 4-31.8; 2, C A Gray (ESP) 4-33.7; 3, S Lanham (Ab) 4-49.4; 4, S Durham (EWM) 4-51.4; 1500B: 1, V McPherson (GAC) 4-38.6: 3000: 1. K Rice (Ab) 9-54.5: 2. T Calder (ESP) 10-09.1; 3, R Houston (GAC) 10-35.0; 4, J Robertson (Ayr) 10-35.5; 3000B: 1, P Rother (ESP) 10-25.0; 2, J Fraser (Ab) 10-42.0; 100H: 1, C Doris (EWM) 14.8; 2, J Low (GAC) 15.5; 100HB: 1, J Sharp (EWM) 15.1; 400H:1. S Wood (EWM) 65.1; 2, J Low 65.1; 3, F Watt (MSL) 69.8; 400HB: 1, J O'Neil (GAC) 69.8; 4x100: 1, GAC 49.4; 2, EWM 50.5; 3, MSL 51.2; 4, Ayr 51.4; 5, Aberdeen 51.7; 4x400: 1, ESP3-59.7; 2, EWM 4-00.2; 3, GAC 4-01.9; HJ: 1, R Pinkerton (GAC) 1.65m: 2, M Sommerville (MSL) 1.60m; 3, C Herriot (EWM) 1.60m; HJB: 1, L Gordon (GAC) 1.60m; LJ: 1, C Black (EWM) 5.53m; 2, A Grey (ESP) 5.02m; LJB: 1, N Barr (EWM) 5.29m; SP: 1, A Grey 13.73m; 2, H Cowe (Ab) 12.62m; 3, A Dutch (EWM) 11.77m; 4, C Cameron (GAC) 11.14m; SPB: 1, M Anderson 13.20m; 2, K Neary (EWM) 10.69m; DT: 1, A Grey 40.14m; 2, C Cameron 39.90m; 3, H Cowe 39.32m; 4, K Neary 39.12m; DTB: 1, S Freebairn (GAC) 39.56m; JT: 1, J Currie (MSL) 44.18m; 2, M Anderson 39.32m; 3, D Sutherland (EWM) 33.62m; JTB: 1, K Savill (ESP) 36.98m.

Inter: 100: 1, K Leys (Ab) 12.5; 2, R Livingston (EWM) 12.7; 100B: 1, C Butler (Ab) 12.9; 200: 1, K Leys 26.2; 2, R Livingston 27.2; 200B: 1, A Dunnigan (EWM) 27.5; 2, C Butler 27.6; 800: 1, A Potts (GAC) 2-15.3; 2, L Cormack (ESP) 2-17.2; 3, K Fox (MSL) 2-20.2; 4, TRyan (EWM) 2-22.0; 800B: 1, E Black (GAC) 2-23.1; 2, M Rooney (MSL) 2-26.7; 80H: 1, C Murphy (GAC) 11.8; 2, S Wood (EWM) 12.6; 3, N McCall (MSL) 12.8; 80HB: 1, T Crosbie (MSL) 13.0; 2, L Gordon (GAC) 13.0; LJ: 1, C Pritchard (MSL) 5.26m; 2, C

Girls: 100/LJ C Rose (Pit) 14.5/4.40m; 200: 1, N Hynd (Pit) 28.2; 800: 1, L Frickleton (CR) 2-25.9; 2, J Ward (Pit) 2-26.0; 70H: 1, L Senior (CR) 12.5; 4x100: 1, Pitreavie 56.5; 2, Cent Reg 57.2; SP: 1, C Garden 9.65m.

Div 3, Crownpoint -

Murphy (GAC) 4.96m; SP: 1, P Brigain

(EWM) 8.61m; 2, R Sampson (Ayr)

8.59m; 4x100: 1, MSL 52.2; 2, Ab 53.3.

Jun: 100: 1, L Kerr (GAC) 12.6; 2, S

Dudgeon (ESP) 12.7; 3, R Sutherland

(EWM) 12.9; 4, S Gunn (Ab) 12.9;

100B: 1, K Gray (GAC) 12.6; 2, S

Paterson (EWM) 12.9; 200: 1, S Dudg-

eon 26.1; 2, S Paterson 26.7; 3, C Harris

(GAC) 27.2; 200B: 1, L Stewart (ESP)

26.6; 2, K Sutherland (EWM) 26.6; 3, K

Gray 27.0; 800: 1, G Fowler (GAC) 2-

23.5; 2, L Stewart 2-25.7; 800B: 1, C A

Boyes (GAC) 2-20.5; 2, C Gormley

(EWM) 2-29.1; 1500: 1, J McDowall

(MSL) 5-07.2; 2, L Reid (EWM) 5-

11.4; 3, C Clarkson (Ab) 5-12.8; 4, D

Word (Ayr) 5-13.2; 75H: 1, C Burr

(EWM) 11.6; 2, S Gunn (Ab) 11.8; 3, K

Beverisge (ESP) 12.5; 75HB: 1, H

Brooks (Ayr) 12.5; 4x100:1, GAC51.1;

2, EWM 51.4; 3, ESP 52.2; 4, Aber

52.7; 5, MSL 52.8; HJ: 1, J Dale (Ayr)

1.56m; 2, S Robertson (Ab) 1.45m; 3, D

Young (EWM) 1.45m; LJ: 1, L Kerr

5.19m; 2, S Skill (Ab) 4.96m; SP: 1, K

Cassidy (ESP) 9.45m; DT: 1, N

Robertson (EWM) 30.46m; 2, N

Dhaliwal (GAC) 27.34m; JT: 1, E

Girls: 100/200: A Morrison (Ab) 13.7/

28.8; 800: 1, P Crawley (GAC) 2-27.7;

70H: 1, S Moxey (EWM) 11.7; 2, C

Middleton (Ab) 12.3; 70HB: 1, LPolson

(Ab) 12.5; 4x100: 1, MSL55.5; 2, EWM

55.9; 3, ESP 56.4; LJ: 1, F Paul (EWM)

Result: 1, Pitreavie 349.5 pts; 2, Cent

Reg 289; 3, Kilbarchan 280; 4, Inver-

ness H 252; 5, DHH 243; 6, Vic Park

Sen: 100: 1, C Wynd (Pit) 13.3; 200/

400: 1, C Coughbrough (Kilb) 26.0/

57.4; 800: 1, L Svaasand (Pit) 2-21.9;

1500: 1, S Gollan (Inv) 4-41.1; 3000: 1

A Wilson (DHH) 10-26.5; 100H: 1, B

Ross (DHH) 17.9; 400H: 1, L Silver

(DHH) 66.3; 4x100:1, Kilbarchan 51.7;

2, Cent Reg 52.0; 3, Pitreavie 52.3;

4x400: 1, Kilbarchan 4-09.3; HJ: 1, C

Scott (CR) 1.60m; 2, J Ross (Kilb)

1.55m; LJ 1, H Wilb (CR) 5.27m; SP: 1,

J McNidder (Kilb) 9.82m; DT: 1, L

Adams (Pit) 34.90m; JT: 1, H Wills

Inter: 100: 1, A Heard (CR) 13.7; 200/

80H: L Silver (DHH) 27.4/12.7; 800: 1,

K Wolfendale (VP) 2-24.9; 2, Y Reilly

(DHH) 2-27.2; 4x100: 1, Kilbarchan

52.7; 2, Pitreavie 52.9; LJ: 1, C Scott

(CR) 4.86m; SP: 1, L. Cunningham (Pit)

Jun: 100/200: L McKay (CR) 13.7/

28.0; 800: 1, I Linaker (Pit) 2-12.6

(rec); 1500: 1, H Steedman (Pit) 5-07.0;

2, S McCrae (Inv) 5-17.3; 75H: 1, J

Reid (Kilb) 13.3; 4x100: 1, Pitreavie

54.2; 2, Inverness 54.6; 3, Cent Reg

54.7; HJ: 1, J Reid 1.50m; LJ: 1, C

McLeod (Kilb) 4.80m; SP/DT: E Gar-

den (Pit) 8.67m/29.32m; JT: 1, E

McQueen (Inv) 28.14m;

4.52m; SP: 1, M Dhaliwal 10.47m.

Munro (EWM) 29.02m;

Div 2, Pitreavle -

(CR) 36.84m;

Result: 1, Arb and Dist 332 pts; 2, Fife 327; 3, Nith V 298; 4, JWK 231; 5, B Isle 192; 6, FVH 151.

Sen: 100/200/HJ: R Girvin (Nith) 12.4/ 24.6 (rec)/1.53m; 400: H Edgar (Nith) 60.0; 800/3000: H Haining (Nith) 2-35.5/9-50.4 (rec); 1500: H McVicar (Arb) 5-14.6; 100H/400H: H Edgar 17.8/68.7; 4x100: 1, Nith 53.9; 4x400: 1, Nith 4-15.3; LJ: 1, S McCreadie (Fife) 4.75m; SP/JT: J Ritchie (Arb) 9.03m/33.12m; DT: 1, T Johnstone (BI) 26.82m.

Inter: 100/200: W Young (Fife) 13.1/26.8; 800: H McVicar (Arb) 2-27.3; 80H: C Douglas (Fife) 13.4; 4x100: 1, Fife 52.7; SP: T Johnstone 10.12m.

Jun: 100/200: L Cunningham (Fife) 13.2/27.6; 1500: 1, K Stewart (JWK) 4-52.0 (rec); 2, K McInally (Nith) 4-54.2; 75H: 1, J Donald (BI) 12.5; 2, M Dalton (JWK) 12.5; 4x100: 1, Fife 57.7; HJ/LJ: S Ramminger (Arb) 1.40mm/4.63m; SP/DT: V Brett (Arb) 8.73m/26.00m.

Girls: 100/200: J Dougall (FVH) 13.7/27.8 (rec); 800: J Tonner (Kilb) 2-33.6; 70H: N Henderson (Nith) 14.6; 4x100:

Div 4, Caird Park -

1, Fife 55.9.

Result: 1, Kirk Oly 389pts; 2, Helensburgh 271; 3, Irvine 231; 4, PSH 225; 5, Montrose 199; 6, Lasswade 194. Sen: 100/200/400: F Calder (Irv) 13.1/26.4/63.1; 800: K Baird (KO) 2-27.8; 1500/3000: H Morton (Irv) 5-14.3/11-26.9; 4x100: Kirk Oly 55.0; HJ: J Thompson (Irv) 1.50m; 2, A McGraw (LAC) 1.50m; DT: 1, H McGeadie (HAC) 35.04m; 2, D Fletcher (PSH) 34.66m.

Inter: 100/200: K O'Donnell (KO) 12.6/26.3; 80H/LJ: E Donald (HAC) 12.6/4.95m; 4x100: 1, Helens 53.6; 2, KO 53.7; 3, Lass 53.7; SP L Bamet (PSH) 10.99m:

Jun: SP/DT/JT: J Robin (HAC) 10.89m/ 36.16m/26.46m.

9

Solway League meeting, Annan -Result: 1, Nith V 670.5pts; 2, Carlisle 57.5; 3, Dumfries AAC 565.5; 4, Annan 518.5; 5, Stewarty 445. Bank of Scotland WAL

Final results: Div 1:

1. EWM 18 league pts (1030.5 match pts); 2, GAC 15 (1021.5); 3, Aberdeen 10 (781); 4, ESP 9 (757); 5, MSL 8 (721); 6, Ayr Sea 3 (522.5). Ayr Seaforth relegated to Div 2. Div 2:

1, Pitreavie 18 (1037); 2, Inverness 14 (850); 3, Kilbarchan 12 (749.5); 4, Cent Reg 11 (818); 5, DHH 6 (707) 6, Vic Park 3 (586.5) Pitreavie promoted to Div 1 DHH and VPk relegated to Div 3

1, Arb & Dist 16.5; 2, Fife 14.5; 3, Nith Valley 14; 4, JWK 9; 5, Black Isle 5: 6, FVH 4.

Arb and Fife promoted to Div 2. BI and FVH relegated to Div 4. Div 4:

1, Kirk Oly 17pts; 2, Helensburgh 16; 3, Irvine 10; 4, PSH 8.5; 5, Montrose 6.5; 6, Lasswade 3. KO and Helens promoted to Div 3. Montrose and Lasswade relegated to Div 5.

1, Tayside 16pts; 2, Dumfries AAC 15; 3, Loch & Dist 14; 4, Law 8; 5, Liv 6; 6, Clydesdale 4.

Tay and Dumf promoted to Div 4. Liv and Clydesdale contest match for re-entry to Div 5 next year.

League Records:

Men: 400H/LJ: K Anderson (NV) 55.8/ 6.29m; 4x400: Nith 3-30.9. Jun: SPB: Henderson (Ann) 10.08m. Youths: 200: I Lee (Stew) 23.4; SP: D Tanner (Dumf) 12.48m.

Sen Boys: LJ: L Robinson (Dumf) 5.62m.

Jun Boys: 800: S Robinson (Car) 2-25.9; SP: I Douglas (Dumf) 11.59m. Colts: D Rodger (Ann) 29.0.

Women: 200: R Girvan (NV)24.4; 800: S Armstrong (NV) 2-14.9; 3000: H Haining (Nith) 10-12.6; 400H: H Edgar (Nith) 67.4; DT: J Ramage (Dumf) 28.20m; 4x400: Nith V 4-11.7; 200: G Hinshelwood (NV) 27.3; 300H: L White (Stew) 47.6;

(Stew) 47.6; Jun: 800: K McInally (NV) 2-21.9; HJ: K Halliday (NV) 1.42m; JT: J Brown (Car) 2-29.3; HJ: A Powell (Car) 1.35m; DT: L Ross (NV) 22.40m.

Minor Girls: 200: E Cowe (Car) 29.5; 800: C Johnstone (NV) 2-46.1.

# Solway Athletics League - Final Placings

	Match 1	Match 2	Match 3	Match 4	Total
1. Nith Valley	848 (1)	598 (2)	786 (1)	670.5 (1)	2902.5
2. Dumfries AAC	746.5 (2)	625 (1)	745 (2)	565.5 (3)	2682
3. Annan	572.5 (3)	535 (3)	564 (3)	518.5 (4)	2190
4. Stewartry	399 (4)	503 (4)	413 (4)	445 (5)	1760
5. Carlisle	-	365 (5)	361 (5)	571.5 (2)	1297.5

# New season at the KELVIN HALL

THE manager and staff at the Kelvin Hall International Arena are preparing for a hectic and busy indoor season over the next six months, writes Jason Clark.

The venue will be playing host to a USA v GB match, sponsored by Vauxhall, on March 5. The meeting will include both male and female athletes.

With the World Indoor Championships the following week in Seville, Spain, the Kelvin Hall can expect a strong contingent from America, who will most likely travel straight from Glasgow to the World Indoors.

The busy events schedule includes again the Scottish Indoor Championships in January, and the management are holding provisional dates awaiting confirmation about internationals. The district championships take place at the beginning of December.

Early March seems to be the busiest month

for the Kelvin Hall with, for the second year running, the British Civil Service Championships on March 15, and the British Veterans Championships on the 17th in addition to the big international.

Manager Peter Eadie is enthusiastic about this season's series of seven open graded meetings - which were very successful two years ago. Due to the modifications to the track last winter, these meetings had to be cancelled. All seven meetings will be for both men and women, and more details can be found in the advertisement on Page 37.

More recently, the Glasgow Sports Medicine Centre moved from Glasgow Green to relocate in the Kelvin Hall. A room within the arena has been specially modified and converted and will be open shortly to patients.

It will be of tremendous benefit to athletes who are unfortunate enough to injure themselves - a solution will be on the premises.

Peter Fleming has been successfully running the Glasgow Athletics Development Scheme for the past year, and this has proved very popular with secondary schools. The scheme will now be open to primary schools for the first time, and the children will be able to participate in the IBM Ten Step Award Scheme.

John Regis, Tom McKean and Brian
Whittle were present for the Budget Athletics
Academy, another initiative to help the future
of Scottish athletics, and which ran over a
period of two days this month. Many
youngsters took part, and sponsors Budget
were delighted at the response.



# Glasgow City Council Department of Parks and Recreation KELVIN HALL INTERNATIONAL SPORTS ARENA

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PARKS & RECREATION DIRECTOR: BERNARD M. CONNOLLY.

Scotland's Runner December 1990 Scotland's Runner December 1990

# Niall wins at Bennachie

THE Metro Aberdeen club found yet another winner when Niall MacDonald defied desperate conditions for victory in the inaugural Bennachie Hill Race.

A 750ft climb to Little Oxen Crag was the first major obstacle on a 7.25 mile circuit on the slopes of Aberdeenshire's most famous landmark. But it was not until the descent from Mither Tap that 29 year old MacDonald picked off long-time leader Sandy Brown (Fraserburgh RC) to win in 48-46.

Aberdeen's Steve Cassells employed similar tactics on the luckless Brown to take second spot in 49-02 in the first event organised by the up and coming Inverurie-based Garioch Roadrunners, with the support of Gordon District Council's leisure and recreation department.

Skye-born winner MacDonald, a second claim member with Caledon Park, was recording his first success since moving to the North-east in his employment as a fish food researcher.

Host club runner Sue Taylor edged out promising newcomer Ruth McKenzie and Aberdeen veteran Nancy MacKinnon in an intriguing women's race battle which saw the first three clock 67-20, 67-45 and 67-53 respectively.

Eddie Butler and Nancy MacKinnon made it a veteran double for Aberdeen AAC in a good spread of the prizes in a race that will be repeated in 1991.

A field of 89 tackled Bennachie - a marked contrast to the fortunes of the annual Balmedie Beach Bash which was held the previous day.

The storm-lashed beach venue attracted just nine runners! Raw courage saw Dave Armitage, husband of former Scottish cross country star Sonia, through the soggy dunes for a 5K victory in 26-13.

# Colin calls it a day

FORMER Scottish marathon champion Colin Youngson is convinced his 26 mile days are over.

The Inverurie Academy teacher, a survivor of all his previous 55 marathons before being forced to quit in his 56th, is claiming that enough is enough.

But the Aberdeen AAC veteran is looking forward to another regular date - as captain of his



Smiles were hard to come by in the biting wind as the top three in the Bennachie Hill Race received their prizes. Left to right are: third place Rob Durran (Aberdeen AAC), winner Niall McDonald (Metro Aberdeen) and runner-up Steve Cassells (Aberdeen ACC).

It was not enough to save the one female competitor - Suzanne Bennet having to call it a day after losing her way back to the finish line.

The two junior runners, Fraserburgh's Alasdair Love and Ellon's Jason Erridge, brought a ray of sunshine to the proceedings with a tremendous duel over the 2.5K circuit.

Rising track and cross-country prospect Love emerged with a narrow eight second advantage in a time of 10-08.

club line up for the annual Edinburgh-Glasgow road relay.

Sadly, Aberdeen AAC's winning team of the past has been scattered to the four winds.

David Duguid, Graham Laing, Ray Creswell and Youngson have stayed with Aberdeen, while Fraser Clyne, Chris Hall, Simon Axon, Ian Matheson, Jim Doig and Rob Taylor have elected to hang their club hats on other pegs.

# Kickback for North clubs? | Wisest move to drop-out

WORD has it that the annual Bank of Scotland
Round the Castles Cross Country Series, staged at
three National Trust venues in the North-east, could
have a useful club kickback in terms of much
needed finance.

Banchory AC will again provide the manpower for the series pipe-opener at Crathes Castle in late January. And Peterhead AC are to renew their link with the second race at Aden Country Park in February.

A third club, as yet to be confirmed, has expressed an interest in the grand finale which will, again, take place at the National Trust for Scotland's Haddo House property in March.

# Wisset move to drep out

FRASER Clyne is convinced that he saved himself a barrowload of trouble by electing to drop out of the Glasgow to London Sun LifeGreat Race on the second day.

"It was disappointing at the time, but in hindsight it was probably one of the wisest things I have done in running," says the Metro Aberdeen star who is still feeling the effects of an ankle injury which made him doubtful right up to the last day.

Clyne, still bereft if a 1990 marathon, is making a slow recovery. But don't bet against a trip to America in December - with yet another Sacramento Marathon on the cards.

# **RUSSELL SMITH**

# North star in the making

THE North-east may yet throw up another potential marathon star.

Marie Duthie, the French-born 30 year old mother of three who runs for Fraserburgh Running Club, is going into a winter training programme with a 26 mile debut in mind.

Marie, the wife of a Fraserburgh Academy geography teacher who lists golf as a more tempting sporting proposition, sees the step up in distance as a logical progression in the wake of a good summer campaign in which she dogged the footsteps of Lynn Harding at such diverse venues as Elgin (10K), Naim (half marathon) and Glasgow (Great Scottish Run).

Harding came out top on each occasion, but will no doubt have recognised the increased distance potential of the Broch housewife who has found a new lease of running life since the birth of her third youngster in October of last year.

The Duthie marathon ambitions will be closely monitored, in the training and medical sense, by Fraserburgh club coach Dr Sandy Wislaw.

"We won't be rushing anything," says the man whose eye for local talent has thrown up a string of promising Broch youngsters.

"Given the winter we had last year, then Marie could be ready for a marathon in the spring.

"But it would be a brave man to lay odds on a second good winter in this part of the world, and the chances are that Marie won't get the training conditions she needs. It just needs a break of two or three weeks and we are way down on the scheduled weekly mileage."

Adds Sandy: "We're realistic enough to accept that she might not be ready until late summer or the autumn of next year - even 1992 if necessary."

Whatever the outcome, the coaching medic is convinced that his club start has the potential for a sub 22-50 marathon debut. "But I'm convinced that Marie is capable of much better, given the right course and conditions," he adds.

Never fully fit during the past season, Marie still managed to demonstrate her distance potential with a 35-11 in the Moray 10K and a 78-09 in the Naim Half Marathon en route to a 1-32 in Glasgow.

"She carried quite a few niggling injuries in the process," says Sandy Wilsley with the hindsight of a man who has already proved he knows what is to tune marathon potential through his work with Marie Duthie's Broch clubmate Charlie McIntyre.

# Impact should reap reward

FRASERBURGH Running Club's impact on the North-east scene was reflected in the decision to stage one event of the North District cross-country league events at the local seaside links.

The competing clubs went into this months fixture knowing that there would be no easy option with Broch official Sandy Wisley as the course architect.

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**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:

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Scotland's Runner December 1990 Scotland's Runner December 1990

# Fraserburgh Running Club

FRASERBURGH Running Club's ever increasing level of success has been remarkable in light of what the 70-strong membership lacks in the way of track and field facilities.

Barring the occasional "training outing" to the new all-weather track in the neighbouring Buchan town of Peterhead, the Broch brigade make do and mend on the wide grassy slopes of the local seaside links.

Club coach, mentor, and driving force Sandy Wisley thinks it should be otherwise - but accepts that the authorities, in this instance Banff and Buchan District Council and the Scottish Sports Council, have yet to see their way through the red tape surrounding the Fraserburgh efforts to highlight their claims to some sort of running track.

"Grampian Regional Council and the Football Trust have both given us hope in terms of a financial commitment. But we have heard nothing in the eight months since it was agreed that there should be urgent talks between the various funding agents," reveals Sandy Wisley.

It all adds up to a total of 27 frustrating months since Fraserburgh Running Club made their first moves towards the ultimate goal of having their own track and field facilities.

It means that the Broch squad indulge in outdoor training for the full twelve months of the year. Nearby street lighting represents their one bonus on a dark winter's night on the hostile shores of the North Sea.

Yet Sandy Wisley admits that it pays to breed 'em tough.

Casting a fatherly eye over an enthusiastic flock of youngsters who sport the now familiar black and white colours at venues throughout Scotland, the local GP says: Psychologically, our runners are able to cope with the worst conditions.

"We don't have many shrinking violets when it comes to running into the teeth of a howling

He adds: "It simply means that anything we have achieved on the track has been based on our strengths in cross country competition. Our lack of facilities preclude any thoughts of producing sprinters or field competitors, but we do have a tremendous range of middle distance potential in the junior ranks."

Other clubs throughout the North District have found it difficult to keep pace with Fraserburgh's seemingly never-ending string of up and coming winter season stars who are gradually finding their feet - and speed - on the track.

There are youngsters like Alasdhair Love,

Russell Smith

reports on a club which is on the up and up in the North of Scotland.

Toby McKillop, Andrew Simpson, Alastair Skene, Louisa McKinnon, Lynn Clark and the strong family link represented by brothers and sisters Barry and Debbie McAllister and Michael and Jacqueline Anderson.

Alasdhair Love, alone, has the potential to become a 1500m star of the future on the strength of what he has achieved at Scottish schools' and district level. A recent family move to Aberdeen has produced secondary first claim status with Aberdeen AAC, but done nothing to quell Love's determination to return to his roots as a Fraserburgh competitor in the Grampian TV League.

"He likes nothing better than to come back to us for a re-tune," jokes Sandy Wisley.

Yet the club boss predicts that the boy he likes to call "the Love machine" may yet be overshadowed by 14 year old Michael Anderson, yet another potential track star who cut his running teeth on the muddy surfaces of local cross country circuits.

"This lad could be anything he chooses to be -at any distance," says Sandy Wisley, reeling off a string of Anderson pb's which demonstrates frightening potential - 400m (57 secs), 800m (2-07.1), 1500m (4-25), 1500m steeplechase (4-46) and 5K road race (16-46).

"He's equally useful at cross country," adds the Broch club boss, who has a particular soft spot for Anderson's teammate Toby McKillop, the club's first Scottish Schools' international when he finished second in a Home Country cross country international at Irvine.

"Toby set a standard that we not only want to match but beat in the future," says Wisley, relishing memory of how McKillop linked up with Barry McAllister, Michael Anderson and Andrew Simpson to annex the Scottish Schools' under-15 cross country team title in 1989 before finishing second to host club Teviotdale in the SCCU Championships.

He's no less enthusiastic about the future.
"We've still got a few youngsters up our sleeve.
Watch out for Debbie McAllister, Jacqueline

Anderson and a youngster called Jennifer McLean."

Yet Sandy Wisley will deny any secret formula for success with a club youth policy which began in the spring of 1987 when the senior road runners, who had established the new Fraserburgh Running Club justsix months earlier, elected to have a junior section.

"It is simply having an eye for potential," says the man who was quick to identify a sporting need at primary school level,

Shocked by the lack of organised activities among the under-11's, he used the Wisley influence to promote inter-primary school cross country running.

"At that age it is not about winning or losing, simply being able to compete to the best of your ability. Obviously there are youngsters of exceptional ability and we do encourage them to join in club nights.

"But we never turn our backs on those who, at first sight, don't appear to have a future in the sport. There will always be youngsters who improve within their own standards."

He adds: "In my book the most important annual award is the one that goes to the most improved athlete.

"The present holder is Louise Foley, a sixth year Fraserburgh Academy pupil who could not run 50 yards when she came to the club.

"Today, Louise competes in the 100m, 200m, 400m and 800m on the track, and has even had a go at the 1500m in the Grampian TV League. Add in the shot, discus and javelin and an appetite for cross country, and you have an idea of what a youngster can achieve, given the right encouragement.

"Or take the case of young Tracy Clark. She has lost an incredible three stones in weight, and is now a vital member of our girls' squad.

"And who is to say that these girls won't be the senior club members of the future, while the young stars of today finish up sitting in a pub?"

It is the kind of blunt assessment one has come to expect from a doctor whose previous sporting affiliations were linked to the fortunes of his local Highland League football club.

Many of today's rising Broch football stars have reason to thank Sandy Wisley in his capacity as assistant manager at Bellslea Park, for their first step up the senior football ladder.

But football lost out to running when his wife Heather elected to give top flight Grampian Squash League status the body swerve in favour of athletics.

Like many clubmates, Heather has never settled for second best. A former winner of the



One of Fraserburgh's leading lights, Marie Duthle, left, placed second in the Falkirk Half Marathon, recording a time of 78-24. Also in the picture are the Falkirk winner, Janet Swanson of Monkland Shettleston Ladies, and third placed (and first veteran) Alleen Wilson of Dundee Hawkhill.

Scottish women's veteran cross country title at Irvine, she has represented Scotland at interdistrict cross country level and in a 10K road race.

Equally at home on the track, she has twice won the East District 3000m title, and took the British veterans 1500m indoor title at the Kelvin Hall.

The Broch is no less proud of the achievements of mother of three Marie Duthie, who crowned a fantastic road racing season by taking the SWAAA 10,000m track title and now aims to graduate to marathon status.

It is the same format that has worked for clubmate Charlie McIntyre.

Like many Broch runners, Charlie found his strength in cross country before graduating to the 10K, half marathon, ten-mile and marathon circuit. It is a measure of coach Sandy Wisley's watchful eye that McIntyre's 26 mile time had been reduced from 2-40 to 2-25, and he can claim to have been the first Scot home in his three international appearances.

First season veteran Charlie Noble is another founder member with a claim to fame as the only runner to have competed in all eleven modern day City of Aberdeen Milk Marathons.

Road, hill and cross country runner Sandy Brown, road and hill runner Jim Ingram, Graham Clark, and veteran sprinter Dick Skene - a winner of a Scottish indoor 60m bronze - are the other Fraserburgh stalwarts who have shared in the spectacular four year rise of a club which brought a breath of fresh air to the North East athletics

Says Sandy Wisley: "There was a time when

we were regarded as the poor relatives of North District running. Nowadays you sense everyone looking around to see where we are. We'd like to think it might become the case throughout Scotland."















1,	P Fieming (Bell)	00-0
2,	G Crawford (Spr)	66-4
3,	B Kirkwood (ESP)	67-5
4,	M Coyne (CR)	68-4
5,	R Johnston (Cal)	68-5
6,	I Matheson (TVH)	69-1
7,	K Rankin (FVH)	69-2
8,	A Robson (CPH)	70-0
9,	D Bain (FVH)	70-1
10,	T Thomson (CR)	70-3
11,	D Anderson (FVH)	70-5
12,	D McGonigle (DHH)	71-2
13,	A Stewart (Ayr)	71-3
14.	D McAra (CR)	71-4
15,	J Brockett (MYM)	72-19
16,	D Barr (Jed)	72-2
17.	G Gilhooley (Liv)	72-3
18,	D Fairweather (Cam, V1)	72-4
19,	J Hanratty (Clyd)	72-4
20,	J Duffy (She)	73-2
21,	A Stephenson (CR)	73-3
22,	G Lightwood (ESP)	73-4
23,	D Gouldesbourgh (CPH)	73-4
24.	J McNamee (Irv)	73-4
25,	A Little (Glas)	73-5
26,	D Gillon (Renf)	73-5
27,	C Smith (Porto, V2)	74-3
28,	A McLinden (Ham)	74-4
29,	W Higgins (FVH)	74-4
30,	J Martin (Sten)	74-5
31,	D Armour (CR)	74-5
32,	S Green (Glas)	75-2
33,	J McMorrow (MH, V3)	75-3
34,	B Howie (CPH) (V4)	75-3
35,	P McArthur (CR, J1)	75-3
36,	M McLetchie (VP)	75-5



	72-23	80	A Property				28
	72-33	900	FIG. 100				1200
1)	72-43						
-	72-49						
	73-24						
	73-38	37,	G Breslin (Fife)	76-10	53,	N Robertson (FVH)	77-43
	73-40	38,	R Cochrane (MF)	76-30	54,	C Ross (She)	77-46
H)	73-41	39,	C Northam (LivU, V5)	76-36	55,	P Paterson (CR, V8)	77-47
30	73-47	40,	I Tack (Ab)	76-37	56,	J Swanson (MSL, L1)	77-56
	73-56	41,	B Short (CRR)	76-41	57,	B Campbell (Ham, V9)	78-01
	73-58	42,	G Savage (Holy)	76-50	58,	G Burns (KO)	78-08
	74-39	43,	W Blazek (Alva)	76-50	59,	W McPhail (Liv)	78-12
	74-44	44,	J Poutney (MYM)	76-53	60,	C McCallum (Ayr)	78-24
	74-48	45,	J Kyle (Cum, V6)	76-57	61,	M Duthle (Fra, L2)	78-32
	74-51	46,	S Tashin (Stir U)	77-05	62,	S Dalgleish (CR)	78-35
	74-59	47,	W Hynd (Peeb)	77-16	63,	J Walsh (Moth)	78-37
	75-22	48,	I Proudfoot (Ed)	77-17	64,	A Wilson (DHH, LV1)	78-37
	75-33	49,	P Cowan (She, V7)	77-22	65,	T Quigley (KRR, V9)	78-40
	75-38	50,	W Barr (Forth)	77-31	66,	A Nicol (CR, V10)	78-48
	75-39	51,	D Darroch (Gala)	77-38	67,	A Sheddon (Irv)	78-50
	75-55	52,	J Norton (She)	77-39	68,	A Bennet (Stra)	78-56

69,	K Walker (EdU)	78-57	
70,	D Trusdale (GlasU)	79-02	
71,	B Begley (CPH, V11)	79-06	
72,	I Stewart (Alloa)	79-12	
73.	C Oliver (Alloa)	79-19	
74,	J Cowie (Stir, V12)	79-21	
75,	J Donald (Haw)	79-24	
76,	G Duncan (Pit)	79-28	
77,	J Grozier (Falk)	79-43	
78,	I Field (Mot)	79-48	
79,	J Healy (Glas)	79-52	
80,	G Ross (Glas, V13)	79-54	
81,	S Rellly (Pete)	79-58	
84,	A Lawson (Dum, V14)	80-10	
87,	J O'Hara (Peeb, J2)	80-18	
89,	J Harper (StraP, V15)	80-19	
90,	J Paton (SVHC, V50, 1)	80-24	
92,	F Murphy (SVHC, V16)	80-30	
93,	A Casey (SVHC, V17)	80-31	
97,	F Coyle (Pit, V18)	80-57	
102,	J Gray (Till, V19)	81-09	
103,	W Dale (Irv, V20)	81-10	
106,	J Stevenson (FV, LV40)	81-17	
114,	A Cameron (CPH, V50, 2)	81-54	
118,	J Maitland (Loch, V50, 3)	82-24	
119,	T Kilcullen (DHH, V50, 4)	82-25	
148,	J Harvey (GAC, L3)	83-38	
149,	H Laidlaw (Mary, V50, 5)	83-38	
193,	J Ferrari (Pit, LV2)	85-41	
217,	G Hanlon (DRR, LV3)	86-22	
274,	J Byng (Irv, L45, 1)	88-01	
278,	J. Elphinstone (Un, V60)	88-04	
315,	L Barclay (Pit, L4)	89-09	
343,	J Muir (Unat, J3)	89-51	
353	J Gillies (SVHC, V60, 2)	90-04	
414,	W Gillespie (FVH, V60, 3)	91-42	



# September

## 15/16

World Mountain Racing Cup, Telfes, Austria -

Men Short Race 10.4K: 1, S Bemardine (lia) 41-56.84; Scots. 9, C Donnelly 44-34.35; 18, D McGonigle 45-47.18; 30, J Wilkinson 47-01.48; 31, A Famingham 47-04.02; Team: 1. Italy 6pts; 4, Scotland 57.

Men Long Race 13.4K: 1, C Bertrela (Ita) 75-27.04; Scots. 35, M Rigby 85-02.17; 38, D Beattie 85-37.89; 39, D Rodgers 85-58.90; 46. I Davidson 87-28.65; Team: I, Italy 11pts; 8, Scotland 112.

Jun: 1, M Kroll (Aust) 33-39.60; 22, W Rodgers (Sco) 35-55.77.

Women 7.4K: 1. B Redfern (Sco) 36-36.44; 11. T Calder 39-41.51: 18. J Salvona 40-53.42; 33, J Robertson 43-46.07; Teams: 1, Switz 22pts; 2, Ireland 25; 3, Scotland 30.

Cocklerol 5.5 mile HR, Linlithgow -

1. D Anderson (FVH) 28-27; 2, K Rankin (FVH) 29-07; 3, C Meek (Whit) 29-14; 4, B Howie V1 (CPH) 30-45; 5, M Flynn (CPH) 31-07: 6. B Brownlee (Whit) 31-31: L1. R McAleese (MSL) 34-51; L2, G Irvine (Un) 38,50

# 29

Two Breweries 18 mile HR, Traquair Broughton -

1. J Maitland (P&B) 2-49-23; 2, M Hayman (Sheff Uni) 2-49-37; 3, J Nixon V1 (Achi) 2-50-36; 4, D Weir (PSH) 2-50-40; 5, D McGonigle (DHH) 2-53-31; 6, M Rigby (West) 2-55-22; 7, A Lewsley (Bor) 3-00-42; 8, A Curtis (Liv) 3-01-00; 9, C Ackland (Liv) 3-02-05; 10, A Dytch (Clyd) 3-03-23; 11, W Wallace (HBT) 3-03-38; 12, N Bowman (R Mar) 3-04-09; 13, P Davis (Lee Uni) 3-04-29; 14, J Hawksley (Kend) 3-05-19; 15, J Taylor (Pres) 3-06-42; 16, S Barrett (Un) 3-07-23; 17, J Blair-Fish (Car) 3-08-42: 18, L Fortune V2 (Fife) 3-12-42; 19, S Conway (Liv) 3-13-09: 20, C McNeil (Ed Uni) 3-13-43: V3, T Ross (Fife) 3-18-01: L1, P Gibb (Telf) 3-17-39; L2, C Menhennet (Clyd) 3-20-02; L3, J Salvona (Liv) 3-26-18; Team: 1, Liv 36pts.

# October

Pentlands Skyline HR, Hillend, Edinburgh

1, JBlair-Fish (Car) 2-31-46; 2, DBell (HELP) 2-35-29; 3, A Spenceley (Car) 2-38-22; 4, J Wilkinson (Gala) 2-40-28; 5,1 Wallace (HBT) 2-41-23; 6, A Dytch (Clyd) 2-42-28; 7, P Marshall (VI) (HELP) 2-42-30; 8, J Aitken (HELP) 2-44-01; 9, S Barrett (Un) 2-47-59; 10, L Fortune (V2) (Fife) 2-49-19; 11, G Bryan-Jones (V3)(CR)2-49-54; L1, T Calder (ESP) 2-56-55; L2, C Menhennet (Clyd) 3-04-37; L3, L Hope (Loch) 3-09-08; L4, L Longmore (Ann) 3-41-09; L5, L Greig (Un) 3-46-00.

Bennachie 7.5 mile HR. Inverurie -

1. N MacDonald (Met) 48-26 (mc): 2. S Cassells (Ab) 49-02: 3 R Durran (Un) 49-25: 4 S Brown (Fra.) 49-43: 5 E Butler (V1) (Ab) 49-54; 6, P Jennings (Met) 50-08; 7, D Armitage (Ab) 50-28; 8, P Cowie (Met) 51-00: 9. S Wright (Ab Uni) 51-21: 10. R Wilby (V2) (BD) 52-21; V3, B Moher (HBT) 53-29; V4, J Ingram (Fra) 54-24; V5, E Rennie (Ab) 55-50; Team: 1, Aberdeen 14pts: 2, Metro 15; L1, S Taylor (Gar) 67-20; L2, R MacKenzie (Un) 67-45; L3, N MacKinnon (LV1) (Ab) 67-53; L4, K Butler (LV2) (Ab) 70-18; L5. D Fraser (LV3) (Ab) 71-26; L6. I Roberts (Un) 72-50; Team: 1, Aberdeen 12 pts.

Young Athletes 2 miles: 1, T Leach (Gar) 12-32; 2, C Smith (Gar) 12-40; 3, S Lovington (Ab) 13-11; L1, H Kennway (Ab) 15-38; L2, K Ramsay (Ab) 18-02; L3, L Pitman (Un)



# September

Strathclyde Runners 10K RR, Lochinch -1. W Nelson (BT) 31-09; 2. T Hearle (G) 31-12; 3, M Gornley (BT)

SR's: 1, B Craig 33-01; 2, T McCallum 34-08; 3, K Yates, V1, 34-40; 4, H Gallagher 34-50; L1, K Hancock (G) 41-00; L2, B Cockburn (SR) 42-57, L3, A Donnelly (SR) 43-49.

Seagull 5K RR, Peterhead -

1, C McIntyre (Fra) 15-45; 2, C Noble (Fra) 16-04; 3, E Arrowsmith (Ab) 16-08; 4, A Newlands (Coa) 16-15; 5, N Milovsoron (Met) 16-25; V1. J Ingram (Fra) 17-24; V50, A Willis (Un) 21-13; J1, M Anderson (Fra) 16-55; L1, M Duthie (Frs) 17-01; L2, D Porter (Ab) 19-12; L3, A Dome (Met) 20-04; L4, L Forman (Pete) 21-12: L5. F Bowie (Pete) 21-57; LVI, B Hay (Ab) 21-02, LJ1, R Bellamy (Pete) 21-34; Team 1, Fraserburgh 10pts; School: 1, Fraserburgh Acad 37pts.

Loch Leven Half Marathon, Kinross (426 ran) -

1. A Eyro-Walker (HBT) 68-12; 2. F Harper (Pit) 68-59; 3, D Anderson (FVH) 69-19; 4, P O'Kape (HBT) 69-47: 5. D Henderson (Aln) 70-35: 6. B Anderson (DHH) 71-01: 7. C McLennan (ESP) 71-59; 8, T Martin (Fife) 72-26: 9. R Wood VI (DRR) 72-34: 10. C. Smith V2 (PRC) 72-52; 11, P Frodsham (Wash) 73-52: 12, A Davis (Ross) 73-54: 13. A Stirling V3 (Un) 74-29; 14, P Marshall V4 (Help) 74-47; 15, D McAra (CR) 74-56; 16. J Martin (Un) 75-40; 17, G Hanlon (DRR) 76-05; 18, J Lumsden (Fife) 76-08; 19, D Gunstone V5 (Fife) 76-15; 20, J Holden V6 (Fife) 76-27; V50 1, K Daniels 68th (Un) 84-15; 2, N Brotherston 92nd (Un) 87-22; Team , DRR 53pts; 2, Fife 27; Unaf teams: 1, Kinross RR 188pts; 2, Polmont JC 400; L1, U Simpson 75th LV1 (Ab) 84-53; L2, V Fyall 83rd (DRR) 85-49; L3, A Hughes 101st (Un) 88-37; LA, L Barclay 110th (Pit) 89-19; L5, G Hanlon LV2 129th (DRR) 91-28; L6, L McGill LV3 146th (DRR) 93-49; LV40 1, L Reekie (Un) 327th 113-49: 2. M Noullian 357th (KRR) 117-54.

Sri Chinnoy 2 mile RR, The Meadows -

1, M Fallows (ESP) 9-22; 2, J Pentecost (FVH) 9-23; 3, T Thomson (CR) 9-44; 4, K. Mortimer (ESP) 9-52; 5, P Flynn (CPH) 10-28; 6, D Flynn (Un) 10-40; V1 A MacKenzie (Liv) 12-14; L1, C A Grey (ESP) 12-51.

Dumfries Tredaire 10K RR, Dumfries -1, S Binns (Ann) 29-48 (course rec); 2, R Carey (Annan) 32-03; 3, B Craig (Irv) 32-06; 4. A Jenkins (HBT) 32-08; 5, D Logue VI (Dumf RC) 33-08; 6, C McCann (Ann) 33-16; 7, J Ferguson (Dumf RC) 33-24; 8, R Wilson (Forr) 33-37; 9, J White (Irv) 33-39; 10, R Longmore (Ann) 33-43; 11, R O'Hara (Ann) 33-47; 12, C Kinnear (Durnf RC) 33-53; 13, M Brydson J1 (Ann) 34-17; 14, D Barrett (Dumf RC) 34-37; 15, R Johnstone (Sol) 34-40; V50: 1, J Buchanan (Ann) 48th 37-05: Teams: 1. Annun 9 ets: 2. Dumfries RC 24; 3, Irvine 33; L1, H Haining (Neth) 37th 36-30; L2, K Musson LV1 (Bor) 45th 36-50: L3. M MacKenzie (Bor) 46th 36-50: L4, A Armstrong J1 (Car) 63rd 38-20; L5, S White (Avr) 97th 40-40: L6 L McRae (Gall) 108th 41-35: L7 O Wilson (Torr) 143rd 43-35; L8, D Turner (Sol) 158th 44-58; 1.9, S McPherson (Durnf RC) 164th 45-17: 1.10. E. McCann (Ann) 187th 47-40; LV50 E Hogg

Aberfeldy Half Marathon -

1, I Archibald (Wash) 67-04; 2, J McNamoo (Irv) 71-48; 3, A Munro (DRR) 72-39; 4, A McMahon (Kilb) 73-56; 5, C Harper (Lom) 74-04; V1 P Paterson (CR) 75-19; L1, G Hanlon (LV1) (DRR) 85-39; L2, FThin (BI) 86-07; L3, TThompson (Pit) 86-53; Team 1, Rannoch Vets.

(Tev) 188th 48-00; Team 1, Teviotdale.

# Round Isle of Cumbra e 10 mile RR, Milport

1, W Coyle (Sh) 51-01; 2, G Wright (Ayr) 51-02: 3. GCroll (Cam) 51-18: 4. J Duffy (GWH) 51-32; 5, J MacKay (Sh) 52-14; A Coyne (Sh) 52-21; 7, B Craig (Irv) 53-17; 8, J Stewart (Ayr) 53-56; 9, J Orr (Cam) 54-24; 10, B Scally (Sh) 54-31; 11, A Stewart (Ayr) 54-34; 12, P Sipsom (Pit) 54-43; 13, W Richardson (Irv) 55-20; 14, C Miller (Irv) 55-35; 15, A Elder (Ayr) 55-55; 16, S Dalgleish (SV) 56-05, 17, T Gillespie (Sp) 56-11; 18, J McNamee (Irv) 56-24; 19, K Duncan V1 (Pit) 56-33; 20, D Mewse (Kilb) 56-36; 21, A Blackley (V2) (West) 57-03; 22, M Ferguson V3 (JWK) 57-25; 23, S Croll (GN) 57-44; 24, A Swann (Sh) 57-47; 25, H Rankin V4 (JWK) 57-56; V5, P McMahon (Sh) 33rd 58-59; V6, J Kyle (Irv) 36th 59-12; Teams: 1, Shett 12pt; 2, Ayr 21; 3, Irvine 34; LI, R Murray LV1 (GN) 73rd 63-09; L2, E Masson (Kilb) 81st 64-02; L3, H Monton (Irv) 86th 64-15; L4, T Thompson (GN) 88th 64-25; L5, H Stewart (Cly) 108th 66-14; L6, J Byng LV2 (Irv) 115th 66-47; L7, M McGill (LV3) (Irvine) 128th 67-57; L8, S McLeish (GN) 133rd 68-19; L9, A Gifford (Ayr) 144th 69-21; L10, M Smith LV4 (RRC) 156th 70-26; Teams: 1, Giff N 284pts; 2, Irvine 329: 3. Giff N B 525.

Ayrahire Championship: Men: 1, G Wright 51-02; 2, B Craig 53-17; 3, J Stewart 53-56; Women: 1, H Morton 64-15; 2, J Byng 66-47; 3, M McGill: 67-57.

## 22

IBM Spango Valley AC 3.25 mile RR, Greenock -

1, S Hodge 17-39; 2, E McKee 17-43; 3, C Leck 17-45; 4, C Spence 17-48; 5, C Cromar 18-24: 6. T Wilkie 18-41; V1, J Gallagher 19-23: V2. R Hvett 19-47: V3. A Morrison 20-06; (all Spango).

Kilbarchan AC George Cummings Trophy 4 x 2 mile RRR

1, FVH (J Pentecost 11-34; K Rankin 11-59; G Grindley 11-34; I Johnston 11-24) 46-31; 2, Shettleston (N Muir 11-23; J McKay 11-52; D Cameron 11-56; W Coyle 11-28) 46-39; 3, Springburn (G Crawford 11-44; J Marshall 12-08; A Callan 11-30; GBraidwood 11-52) 47-14: 4. Annan and Dist ( R Carey 11-33; R Welsh 12-21; C McCann 12-25; S Overt 11-11) 47-30: 5. Kilbarchan (G Tenney 12-14; R Quinn 11-15; R McCulloch 12-15 P Anderson 11-57) 47-41; 6, Calderglen (D. Watt 11-47; C McDougall 12-09; Johnston 11-44; Johnston 12-35) 48-15; 7, Spango 48-37; 8, Cambuslang 48-51; 9, Irvine 49-14; 10, Maryhill 49-20: 11. Kilbarchan B 49-46: 15. GGH 49-49; 16, Clydesdale 50-08; 17, Bellahouston 50-24; 18, Springburn B 50-35; 19, FVH B 51-01: 20. GGH B 51-10: 21. Moth YM 51-10; 22, Ayr B 51-19; 23, Spango B 51-21; 24, Maryhill B 51-58; 25, Giff North 52.13

Fastest Laps: 1, S Ovett 11-11; 2, R Quint 11-15; 3, N Muir 11-23; 4, I Johnston 11-24; 5, W Coyle 11-28; 6, A Callan 11-30. Kilbarchan won the Renfrewshire AAA County Relay Championship.

Vet teams: 1, Cambuslang (W Mitchell 12-57; T Dolan 12-47; D Cooney 13-27; R Anderson 13-40) 52-51 (27th overall) Women: 1, GAC (\$Crawford 13-45; ETurner 13-51; J McColl 13-59; J Armstrong 14-38) 56-13; 2, Ayr (D Gifford 15-02; S White 15-37; 1 Fraser 15-16; J Robertson 14-35) 60-30.

Livingston and District AC Open RR -Senior 10K: 1, I Hamer (ESP) 30-45; 2, T Murray (GGH) 31-04; 3, J Ross (HELP) 31-16; 4, W Nelson (Law) 31-43; 5, H McKay (Fife) 32-27: 6. C Mock (Whit) 32-36: 7. R Bell (DHH) 32-59: 8.1 Falconer (Har) 33-28: 9, I Moneur (DHH) 33-37; 10, J Elphinstone (ESP) 34-27; V1, B Howie (CPH) 34-33; V2, P Paterson (CR) 34-59; V3, P Cowan (Sh) 36-09; Teams: 1, DHH 28pts; 2, ESP 31; 3, Law 51; L1, S Tooby (Card) 14th 35-12 (rec); L2, V Blair (EWM) 37-56; L3, J Ferrari LV1 (Pit) 38-16; L4, R McAlcese LV2 (MSL) 38-42; L5, M Gemmell (SK) 40-19; L6, C A Grey (ESP) 40-32; L7, A Dickson (Law) 41-00; L8, T Knox LV3 (Liv) 42-41; L9, C Gray (KO) 43-39; L10, C Grey (Port) 44-57; Team Lasswade AC

Youths 3 miles: 1, J Reid (Law) 16-32; 2, A King (Pit) 16-34; 3, G Christie (Cor) 16-44; Teams: 1, ESP 15 pts; 2, Law 19; 3, Pitreavie

Senior Boys 2 miles: 1, K Daley (ESP) 11-19: 2. T Winters (ESP) 11-34: 3. D Corthy (ESP) 11-36: Teams: 1, ESP 6 pts: 2, Law 27. Jun Boys 1.5 mile: 1, A Donaldson (Pit) 7-14; 2, L. Mabberley (Dun) 7-44; 3, G Flock hart (ESP) 7-55; Teams: 1, ESP 17pts; 2, Lasswade 25; 3, E Kilbride 44. Colts 1 mile: 1, A Forsyth (Pit) 5-18; 2, G

Couper (FVH) 5-20; 3, I Brunton (Liv) 5-30; Teams: 1, Liv 20pts; 2, Law 26; 3, Homeny

Inter 2.25 mile: 1, A Cheyne (Un) 13-07; 2,

A Graham (Lass) 13-26; 3, D Campbell (Liv) 13-37; Team: 1, S'Kelvin 22 pts. Jun Ladles 1.5 miles: 1, K McInally (NV) 8-

04; 2, G Mondum (Har) 8-09; 3, L Stewart (ESP) 8-19; Teams: 1, Hamneny 11 pts; 2, S'Kalvin 30- 3 FSP 36

Girls 1 mile: 1, J Ward (Pit) 5-21; 2, J Forsyth (Pit) 5-25; 3, J Robertson (ESP) 5.36; Teams: 1, Pitreavie 7pts; 2, ESP 15; 3, Bathgate 33. Minor Girls 0.75 mile: 1, D Murray (lass) 4 19: 2. L. Harrison (ESP) 4-20: 3, H Gibson (Liv) 4-34; Teams: 1, ESP 15pts; 2, Pitreavie 36; 3=, E Kilbride, Liv 39.

Diet Coke Great Scottish Run 25K, Glas-

Men: 1, P Kipkeoch (KEN) 76-41; 2, S Spence (USA) 77-42; 3, N Tabak (URS) 78-39; 4, R Mulligan (IRL) 78-51; 5, R Bryson (Newc) 79-48; 6, S Het (TUR) 80-04; 7, J Hill (DHH) 80-29; 8, A Beattie (Carn) 80-32; 9, J Scanlon (W Lim) 87-07; 10, W Coyle (Sh) 81-35; 11, A Robson (CP) 81-50; 12, J Evans (Sh) 81-58; 13, G Laing (Ab) 83-39; 14, M Spencer (Swin) 83-20: 15. D Cameron (Sh) 84-12: 16. R Ronald (EK) 84-17: 17. E Wilkinson (Cal) 84-26: 18. C McLennan (ESP) 84-31; 19, R Hall (Tev) 84-52; 20, M Gormley (Cam) 85-01; 21, P Heane 85-03; 22, C Hughes (S'port) 85-39; 23, A Cunningham (HELP) 85-51; 24, Harrison (Milb) 86-02; 25, G Davies (Bridge) 86-10; 26, D Fairweather (Cam) 86-13; 27, H McEwan (Val) 86-18; 28, S Hendrie (MC) 86-45; 29, R Baker (Lee) 87-14; 30, J Hanratty (Clyd) 87-21; 31, FHarper (Pit) 87-27; 32, R McCulloch (Kilb) 87-40; 33, H Mackay (SSh) 87-42; 34,

# October

L5, M Duthie (Fra) 92-00.

International 10K RR, Santander, N Spain

PSimpson (Pit) 87-45; 35, D Harrison (Milb)

87-48; 36, H Watson (Clyd) 87-53; 37, 1

Burke (Bell) 87-56; 38, P McGregor (VP) 88-

18; 39, A Jenkins (HBT) 88-26; 40, R Young

(Clyd) 88-31; L1, Z Ivanova (URS) 88-32;

L2, J Harrison (Bath) 90-33 L3, V Marot

(Lee) 90-45; LA, L. Harding (Hoogh) 91-18;

1, D Ritchie (Forr) 6-40-23; 2, D Saraiva (Port) 6-52-29; 3, D Valmimumes (Port) 7-

Victoria Park McAndrew Trophy 4 x 3 mile RRR, Scotstoun

1, DHH (C Hall (2) 15-15; P McCavanna (1) 15-30; I Campbell (1) 15-26; P McColgan (1) 15-16) 61-27; 2, Annan (R Carey (3) 15-28; R Welsh (12) 16-41; S Ovet (3) 14-49; S Binns (2) 14-58) 61-56; 3, Shettleston (J McKay (10) 15-52; A Swann (9) 15-50; W Coyle (7) 15-26: N Muir (3) 15-19) 62-33: 4. Cambuslang (J Orr (5) 15-35; G Croll (5) 15-42: R Arbockle (4) 15-41: E Stewart (4) 15-39) 62-37; 5, FVH (J Pentcost (6) 15-40; K Rankin (7) 15-57; G Grindlay (6) 15-34; I Johnston (5) 15-39) 62-50: 6. Teviotdale (K. Logan (1) 15-13; B Emmerson (4) 15-54; R Hall (5) 16-03; I Elliox (6) 16-05) 63-15; 7, Spango (S Hodge (18) 16-09; C Robinson (2) 14-55; C Spence (8) 16-24; C Leck (7) 16-11) 63-39; 8, Springburn (S Marshall (30) 16-17; G Braidwood (14) 15-43; G Crawford (10) 15-42; A Callan (8) 15-39) 63-41; 9, Kilbarchan (G Fairly (19) 16-10; R Quinn (6) 15-17: T Hearle (2) 15-30; I McDougall (9) 15-

46) 63-43; 10, ESP (M Fallous (9) 15-47; S | Cohen (10) 16-07; K Mortimer (11) 16-27; B Kirkwood (10) 15-47) 64-12; 11, Calderglen 64-29; 12, DHH B 64-46; 13, Cambuslang B 65-35; 14, Ayr Sea 66-11; 15, Law 66-21; 16, Irvine 66-29; 17, Kilbarchan B 66-27; 18, FVH B 66-53; 19, Tev B 67-05; 20, Vic Park 67-10; 21, GGH 67-15; 22, Glas Uni 67-26; 23, Cambuslang C 67.-27; 24, ESP B 67-44; 25. Springbum B 67-54: 26. Bellahouston 67-57; 27, Milbum 68-18; 28, Ayr B 68-30; 29. EK 68-36; 30, GGH B 68-48; Vet team: Vic Park

Fastest Lans: 1. S Ovest 14-49 (rec): 2. C Robison 14-55; 3, S Binns 14-58; 4, K Logan 15-13; 5, CHall 15-15; 6, P McColgan 15-16; 7, R Quinn 15-17; 8, N Mair 15-19; 9, = W Coyle and I Campbell 15-26; 11, R Carey 15-28; 12, = T Hearle and P McCavanna 15-30; 14. A Russell (Law) 15-32: 15. W Nelson (Law) 15-33. Fastest Vet, B Emmerson 15-54; Jun: 1, I Campbell (DHH B) 15-57; 2, S Wylie (Cam) 16-01.

Linwood 5K RR -

1, J McPaul (GGH) 17-03; V1, D Wingste (L'win) 18-44; U16, 1, R Girvan (Kilb) 18-50; Loc 1, I Fraser (Lin) 19-26, L1, S Crawford (GAC) 17-54; LV1, C Geddes (Hous) 23-20; U161, M Sweeney (Renf) 21-30; W'chair: 1, J McDougall (Pais) 32-33; 2, J Winters (Lin) 38-17.

City of Dundee Peoples Half Marathon -1. I Campbell (DHH) 64-10: 2. S Axon (HBT) 67-19: 3. J Hill (DHH) 68-05; 4. J Evans (Sp) 68-05: 5. H McKay (Fife) 68-51: 6. C Ross (DHH) 69-38: 7. B Cook (DHH) 70-28: 8. P Briscoe (DHH) 70-52; 9, M Renton (Gala) 71-12; 10, I Moncur (DHH) 71-13; 11, D Macgregor (V1) (Fife) 71-16; 12, B Anderson (DRR) 71-46; L1, J Swanson (MSL) 77-18; L2, A Wilson (LV1) (DHH) 77-20; L3, V Fyall (DRR) 81-50.

## Forres 10K RR -

1= C Youngson (V1) and I Williamson (both Ab) 31-42; 3, G Sim (V2) (Mor) 32-07; 4, S McKenzie (Inv) 32-28; 5, M Wright (Coa) 32-32; 6, G Milne (V3) (Mor) 33-03; 7, A Stewart (Mor) 33-42; 8, C Noble (V4) (Fra) 33-58; 9, A Newlands (Cost) 34-01; 10, E McDonald (Inv) 34-12: L1. M Duthin (Fra) 34-52: L2. J Guise (BD) 46-04: L3. J Asher (LV1) (Mor) 46-22. Team1, Morsy RR.

Lanarkshire County Road Relay Champs, Drumpellier Park -

Sen: 1, Cambuslang (A Mair 12-34; TRhodes 13-05; I Rodger 12-34; E Stewart 11-40) 49-53; 2, Law (A Russell 11-53; W Nelson 11-47; J Rowley 13-22; C Lennox 13-25) 50-27; 3. Shettleston (D Cameron 12-13; J Hendry 12-26; B McMonagle 13-01; A Ferguson 13-17) 50-57; Fastest: 1, E Stewart 11-40; 2, W Nelson 11-47: 3. A Russell 11-53. Youths: 1, Cambus (E McCafferty 13-17; I

Richardson 13-30; B Thomas 13-42) 40-29; 2, Law (J Frood 14-15; D Ballantyne 14-09; J Reid 13-12) 41-36; 3, Shett (J McColl 14-26; PLoage 14.03; D Holliday 13.39) 42.08; Fastest: 1, J Reid 13.12; 2, E McCafforty 13-17; 3, M McLaughlin (Cam B) 13-19.

Sen Boys: 1, Springburn (L. Hendry 9-45; M Goman 9-45; D Loffius 9-07) 28-37; 2, Law (M McKeever 9-42; C McCavitt 9-45; D Kelly 9-23) 28-50; 3, Cambus (A Piacentini 10-02; G Woods 10-00; C Chilland 8-54) 28-

56; Fastest: 1, C Clelland 8-54; 2, D Loftus 9-07; 3, D Kelly 9-23.

Jun Boys: 1, Cambuslang (\$ Scott 10-42; 1 Reid 10-39; S Hodgson 10-22) 31-43; 2, Springburn (D Houchen 10-21; G O'Donnell 11-03; C Moran 11-14) 32-38; 3, Moth YM (B McLean 10-17; D Bain 12-20; J Lynch 10-45) 33-22; Fastest: 1, B McLean 10-17; 2, D Houchen 10-21; 3, S Hodgeson 10-22.

(Graeme HS).

Strathcarron Hospice 10K RR, Denny -1, R Morrison (Cumb) 32-04; 2, C Meek (Whit); 3, A Munro (Dund) 4, J Martin (Sten); 5, P McArthur (Sla); 6, D Harrison (B 'hill); 7, P Cartwright (V1) (FVH); 8, T Graham (V2) (Fife); 9, S Green (Gla); 10, P Paterson (CR). L1, L Brown (KO); L2, G Harrison (Stir); L3, I Campbell (Call); Paul Canavan Trophy (V16) D Caswell (Falk) (12-15) B Mason

Fraserburgh FC Half Marathon -1, C McIntyre (Fra) 71-47; 2, S Forbes (Ab) 75-15; 3, A Henderson (Ab) 75-40; 4, C Noble (V1) (Fra) 75-54; L1, M Duthie (Fra) 75-54 (rec); LVI, W Cruikshanks (Ab) 102-54; V21, G Smith (Ty) 98-48.

SWCCU & RRA Women's National Road

Relay Champs, Victoria Park, Glasgow -Sen: 1, GAC (S Crawford 10-19; C A Bartley 10-41: E Turner 10-16) 31-16: 2. ESP (T Calder 10-22: C Smith 11-03: P Rother 11 01) 32-26: 3. GlasU (V McPhemon 10-33: J Cliffe 10-49; M Jeffrey 11-56) 33-08; 4, DHH (A Wilson 10-37; S Milne 12-02; S hales 11-13) 33-52: 5, JWK (D Rutherford 11-04; S McGregor 11-50; K Stewart 11-28) 34-22; 6, EWM 34-29; 7, Aber 34-37; 8, Irvine 35-06; 9, Spango 36-11; 10, S'kelvin 36-14; Fastest 1, K Reid (Ab) 10-11; 2, E Turner 10-16; 3, S Crawford 10-19.

Inter: 1, GAC (A Potts 7-43; J Cuthill 8-28; E Black 8-27) 24-38; 2, Irvine (A McManus 8-08; J Roxburgh 8-20; R Haugh 8-16) 24-44; 3, Aberdoen (J Grams 8-23; S Reid 8-39; G Sinclair 8-11) 25-13; 4, Vic Park 25-29; 5, S'kelvin 26-37; 6, Aber B 27-25; Fastest: 1, L Cormack (ESP) 7-32; 2, A Posts 7-43; 3, A McManus 8-08.

Jun: 1, JWK (P Gillies 5-19; G Syme 5-42; K Stewart 5-14) 16-15; 2, Ayr (D Church 5-24; D Ward 5-34: M Brooks 5-34) 16-32: 3. Irvine (P Respison 5-33: E Williams 5-43: C Miller 5-36) 16-52: 4. Avonside 16-56: 5. Abendeen 17-10: 6. GAC 17-21: Fastest: 1. K Stewart 5-14; 2, C Leech (Avon) 5-17; 3, C Boyes (GAC) 5-18.

Girls 1, GAC (P Crawley 5-14; G Potts 6-05; M Dearie 5-26) 16-47; 2, Pitreavie (L Falconer 5-57; N Hynd 5-33; J Ward 5-22) 16-52; 3, Aberdoen (L Still 5-44, M Simpson 5-49, C Clarkson 5-23) 16-56; 4, JWK 16-58; 5, Kirk Oly 17-01; 6, DHH 17-20; Fastest: 1, P Carwley 5-14; 2, J Ward (Pit) 5-22; 3, C Clarkson 5-23.

Minors: 1, FVH (C Graham; E Fraser, S Lynch) 12-49; 2, Ayr (C McLean; E Picken; A Church) 12-57; 3, Aberdeen (E Maitland; S Dav: H Smith) 13-06: 4, GAC 13-24: 5 DHH 13-30; 6, Aberdeen B 13-31.

SVHC Half Marathon Champs, Grangemouth -

H'cap Race (order of finishing): 1, W Russell (Bath) 1-35-24 scratch; 2, A Stirling (FVH) 1-13-47; 3, D Hooper (PRR) 1-40-20; 4, D McCaffer (Wish) 1-27-36; 5, W Spark (Irv) 1-27-45; 6, W Stevely (Folk) 1-38-51. Fastest: 1, A Stirling (FVH) 73-47; 2, R Young (Clyd) 74-58; 3, J Christie (Cam) 78-59; 4, R Brown (Dumf) 79-34; 5, P Cowan (Sh) 79-52; 6, H Gibson (Ham) 83-44; L1, K Dodson (Law) 1-43-08; L2, M Christie (Cam) 1-54-12; L3, M Gallagher (Mary) 2-01-34,



# September

Kilbarchan AC Schools CC Race -

Youths: 1, M Milne (C'head) 15-03; 2, E McEwan (C'head) 15-17; 3, N Munzo (St Cuth) 16-55; Sen Boys: 1, C Douglas (Glon) 11-20; 2, G Rooney (Gryffe) 11-29; 3, A Fraser (Glen) 11-50; Jun Boys: 1, B Byrne (Gryffe) 9-07; 2, C McBornie (C'head) 9-20; 3, C Morrow (C'head) 9-27; Colts: 1, R Gray (John) 6-39; Inters: 1, L McLeod (C'head) 12-36; 2, C Potter (PGHS) 13-17; 3, S Goddes (Gryffe) 13-42; Jun Ladies: 1, C McMillan (C'head) 9-34; 2, J Morrison (PGHS) 9-48; 3, H Stevenson (Gryffe) 9-48; Giris: 1, L Thomson (John) 7-01; 2, T Morrison (PGHS) 7-05; 3, M Cook (Houston) 7-06; Minor Girls: 1, E Munton (Kilb) 3-48; Teams: Secondary: 1, Castlehead HS; 2, Gleniffer HS, 3 = Gryffe HS and Port Glasgow HS; Primary: 1. Cross Arthurlie PS.

# October

Balmedie 5K Beach Bash, Aberdeen -1, D Armitage (Ab) 26-13; 2, A Reid (Pete) 26-28; 3, G Simpson (Met) 26-51; 4, S Brown (Frs) 26-56; 5, E Rennie V1 (Ab) 27-33. Young Athletes 2,500m: 1, A Love (fra) 10-08; 2, J Evridge (Ell) 10-16.

Cowal Young Athletes CC Races, Dunoon

Youths: 1, D Tamburine (GGH) 17-00; 2, E Dobbin (SV) 17-16; 3, J Meams (GGH) 17-28; Sen Boys: 1, D Kerr (SV) 13-05; 2, D Reid (Ayr) 13-53; 3, J McKnight (Cow) 13-55; Jun Boys: 1, N Mooney (SV) 10-32; 2, K Mooney (SV) 10-41; 3, N Calder (SV) 11-00. Colts: 1, A Bannister (Cow) 6-01; 2, J Mackie (Cow) 6-03; 3, M Orr (GGH) 6-14. Inters: 1, M Stewart (ND) 21-04. Juniors: 1, L McGarrity (SV) 15-21; 2, R Russell (Cow) 17-14; 3, A Morrison (SV) 19-23. Girls: 1, T Marr (SV) 11-51; 2, K McLean (SV) 11-54; 3, E Park (SV) 12-00. Minors: 1, L. Reid (Cow) 6-46; 2, J Benzie (Cow) 6-50; 3, A McCann (SV) 7-18.

East District CC League, Wilton Lodge Park, Hawick -

Senlors: 1, T Mitchell (Fife) 35-12; 2, D Covers (Tev) 35-22; 3, P McCavanna (DDH) 36-18; 4, 1 Johnstone (FVH) 36-19; 5, R Creswell (Ab) 36-19; 6, I Campbell (DHH) 36-21; 7, 1 Elliot (V1) (Tev) 36-25; 8, P O'Kane (HBT) 36-52; 9, A Eyre-Walker (HBT) 37-09; 10, S Cohen (ESP) 37-17; Teams 1, Teviotdale 152pss; 2, Aberdoon 156; 3, FVH 172; 4, HBT 194; 5, CPH 210; 6,

Youths: 1, JCowans (Tay) 19-25; 2, G Calvert (Ab) 19-44; 3, M Daley (ESP) 20-01; Teams: 1, CPH 16pts; 2, ESP 24; 3, Pitreavie 40. Sen Boys: 1, R Hay (ESP) 20-44; 2, B Boyle (ESP) 20-47; 3, K Daley (ESP) 20-47; Teams:

1, ESP 6 pts; 2, Aberdeen 42; 3, Corstorphine

Jun Boys: 1, M Wright (Tev) 7-24; 2, N Lyall (Lass) 7-27; 3, C Smith (Ab) 7-29; Teams: 1, Aberdeen 24pts; 2, ESP 32; 3, Teviotdale 42. Colts: 1, G Couper (FVH) 6-15; 2, I Branton (Liv) 6-19; 3, B Hughes (Tev) 6-20; Teams: 1, Teviotdale 21pts; 2, HELP 27; 3, Penicuick

# 13

North District CC League, Fraserburgh-Sen: 1, R Arbuckle (Keith) 27-06; 2, A Reid (Pete) 27-41; 3, J Bowman (Inv) 27-48; 4, S McKenzie (Inv) 28-03; 5, G Sim (V1) (Mor) 28-07; 6, C McIntyre (Fra) 29-02; 7, C Hunter (Mor) 29-08; 8, A Stewart (Mor) 29-13; 9, F Everitt (Inv) 29-14; 10, G Milne (V2) (Mor) 29-27; Teams: 1, Moray RR 374pts; 2, Inverness 373; 3, Fraserburgh 338.

Youths: 1, N Forbes (Inv) 17-29; 2, S Galbraith (BI) 17-33; 3, V Meikle (BI) 17-44; Teams: 1, Inverness 291pts; 2, Black Isle

Sen Boys: 1, S MacKay (Inv) 14-45; 2, A Simpson (Fra) 15-10; 3, M McKenzie (Inv) 15-20; Teams: 1, Inverness 295pts; 2, Fraserburgh 287; 3, Lochaber 271.

Jun Boys: 1, A Love (Frs) 13-40; 2, E McGhee (Pete) 13-41; 3, K Buchanan (BI) 14-10; Teams: 1, Black Isle 291pts; 2, Fraserburgh 281; 3, Inverness 269.

Colts: 1, J cowie (Buckie HS) 5-41; 2, J MacClancey (Inv) 5-42; 3, D McIville (BI) 5-42; Teams: 1, Black Isle 290pts; 2, Buckie HS 288: 3, Frascrburgh 257.

Women: 1, M Duthic (Fra) 15-46; 2, H Wisely (LV1) (Fra) 17-00; 3, J Wilson (Inv) 17-17; 4, M Adamson (Inv) 17-46; 5, F Farquhar (LV2) (Caith) 17-53; 6, M Loughray (Int1) (Inv) 19-46; 7, A Walder (Inv) 19-51; 8, R McLachlan (Loch) 19-58; 9, A-M Mitchell (Int2) (Fra) 20-34; 10, J White (Fra) 22-07. Teams: 1, Frascrburgh 291pts; 2, Inverness 290: 3. Caithness 186.

Jun: M Smith (BI) 15-12; 2, S MacRae (Inv) 15-48; 3, T Bethune (BI) 16-01; Teams: 1, Black Isle 289pts; 2, Invemess 283; 3, Fraserburgh 272.

Girls: 1, J Anderson (Fra) 10-02; 2, D McAllister (Fra) 10-09; 3, L Clark (Fra) 10-52; Teams: 1, Fraserburgh 297pts; 3, Fraserburgh B 280; 3, Black Isle 276.

Minors: 1, L McKinnon (Fra) 6-11; 2, S Liebintz (Mor) 6-20; 3, L Rogie (Forr) 6-29; Teams: 1, Frascrburgh 290pts; 2, Black Isle 285; 3, Forres 275.

Dunbartonshire County CC Relay Champs, Clydebank -

Seniors: 1, Vic Park (A Adams 14-45; G Graham 14-31; R Blair 14-44; S Barnett 15-01) 59-01; 2, Maryhill (A Currie 14-09; G Robertson 15-21; J Houston 15-06; M Gallagher 14-40) 59-16; 3, Clydesdale (D Halpin 14-29; P Bonner 15-28; J Austin 14-06; P Halpin 15-29) 59-32; 4, GlasU 61-17; 5, Milburn H 61-31; 6, Clydesdale B 61-38; Fastest: 1, J Austin 14-06; 2, A Currie 14-09; 3, D Halpin 14-29.

Youths: 1, Clydesdale (M Govan 16-32; R Gallacher 16-45; A Moore 15-33) 48-50; 2, Clydebank 50-09; 3, Vic Park 50-31; Fastest: 1, D Fotheringham (GAC) 15-06; 2, C Greenholgh (VP) 15-19; 3, A Moore 15-33. Sen Boys: 1, Vic Park (D Gorman 13-18; M Smith 12-48; C Humphrey 12-23) 38-29; 2, Clydesdale 39-09; 3, Clydebank 41-38 Fastest: 1, C Humphrey 12-23; 2, R Harris (Clyd) 12-32; 3, M Smith 12-48.

Jun Boys: 1, CLydesdale (R McDonald 14-21; C Lyall 13-49; A Moore 12-02) 40-12; 2, Vic Park 40-19; 3, Maryhill 40-33; Fastest: 1, S Gibson (CAC) 11-56; 2, A Moore 12-02; 3, A Young (VP) 12-05.

## Renfrewshire County CC Relay Champs, Linwood -

Seniors: 1, Kilbarchan (G Tenney 12-26; R McCulloch 12-38; D Christie 12-29; T Hearle 11-35) 49-08; 2, GGH (B McGuiness 12-38; T Murray 11-20; G Mitchell 12-43; J mcFadyen 12-37) 49-18; 3, Spango (D McCabe 12-53; C Leck 12-10; E McKee 12-13; C Spence 12-19) 49-35; 4, Bella 50-03; 5, Kilbarchan B 52-01; 6, GGH B 52-16; 7, Spango B 52-31; 8, Bella B 53-13; 9, Kilbarchan C 53-18; 10, Giff North 54-56; Fastest: 1, T Murray 11-20; 2, P Fleming (Bella) 11-27; 3, T Hearle 11-35; Fastest Jun: J McFadyen 12-37; Vet: C Spence 12-19.

Youths: 1, GGH (D Tamburine 8-41; J Mearns 9-20; DHill 10-11) 28-12; Fastest: 1, D Tamburine 8.41.

Sen Boys: 1, Kilbarchan (C Douglas 9-19; R Girvan 10-03; P Corrigan 10-22) 29-44; 2, GGH 31-40; Fastest: 1, D Kerr (SV) 8-39. Jun Boys: 1, GGH (R Bell 10-39; C Hill 10-39; N McNicol 10-42) 32-00; 2, Kilbarchan 33-03; 3, Spango 35-12; Fastest: 1, B Byrne (Kilb) 10-04.

# Ayrshire County CC relay Champs, Irv-

Sen 2.5 mile: 1, Irvine (B Craig 11-58; C Miller 12-14; W Richardson 12-20; J McNamee 12-31) 49-03; 2, Ayr (B Boyd 12-34; S Dickson 12-23; K Penrice 12-29; G Wright 11-51) 49-17; 3, JWK (D Murray 12-48; R Dalziel 12-50; G Reid 12-27; S Murray 12-27) 50-32; 4, Ayr B 50-57; 5, Ayr C 51-40; 6, Dalry Th 52-35; 7, Cumnock 52-39; 8, JWK B 53-30; 9, Irvine B 54-28; 10, Irvine C 55-45. Fastest Laps: 1, G Wright (Ayr) 11-51; 2, B Craig (Irv) 11-58; 3, C Miller (Irv)

Youths: 1, Ayr (I Murdoch 10-47; K Stevenson 11-40; G Willis 10-57) 33-24; 2, Irvine 35-33; 3, Comp Team 38-33. Fastest: 1, I Murdoch (Ayr) 10-47; 2, G Willis (Ayr) 10-57; 3. E Tonner (JWK) 11-01.

Sen Boys: 1, Cumnock (T Mason 11-01; D Leitch 9-28; S Schendel 11-51) 32-20; 2, JWK (35-00; 3, Ayr 36-22; 4, Comp Team 39-57; 5, Cumnock B 41-15; 6, Loudoun 42-29; Fastest: 1, D Leitch (Cum) 9-28; 2, R Young (JWK) 10-58; 3, P Allan (Ayr) 11-00. Jun Boys: 1, JWK (A Drummond 13-21; I Sim 13-56; C Thomson 12-49) 40-06; 2, Loudoun 41-23; 3, Irvine 41-23; 4, Ayr 42-28; 5, Cumnock 42-47. Fastest: 1, C Thomson (JWK) 12-49; 2, M Walton (Ayr) 13-12; 3, P Mackie (Irv) 13-17.

Colts: Ayr (D Mitchell 5-24; J Mitchell 5-42; D Clark 5-13) 16-19; 2, Ayr B 16-51; 3, Ayr C 16-54; 4, Comp team 17-50; 5, JWK 18-24. Fastest: 1, D Clark (Ayr) 5-13; 2, A Donaldson (Curn) 5-16; 3, D Mitchell (Ayr) 5-24

Sen Women: 1, Irvine (J Byng 15-06; L McGarry 13-58; H Morton 12-41) 41-45; 2, Ayr42-07; 3, Cumnock 47-22; 4, Irvine B 48-10. Fastest: 1, H Morton (Irv) 12-41; 2, I Fraser (Ayr) 13-01; 3, E Dunlop (Ayr) 13-32. Inters: 1, Irvine (J Roxburgh 13-30; R Gough 13-34; A McManus 14-35) 41-39; 2, Ayr 45-13. Fastest: 1, J Roxburgh (Ayr) 13-30. Jun: 1, Irvine (P Rospisan 13-28; E Williams

14-14; C Miller 14-58) 42-40; 2, Ayr 51-35. Fastest: 1, P Raspison (Irv) 13-28. Girls: 1, JWK (C Morris 13-10; S Youden 14-22; J Tonner 13-30) 41-02; 2, Irvine (44-00); 3, Cumnock 48-52. Fastest: 1, C Morris (IWK) 13-10.

Minors: 1, Ayr (L Conway 5-55; M McKinnon 6-06; L Picken 6-31) 18-32; 2, Cumnock 18-37; 3, JWK 19-15. Fastest: 1, L Livingston (Ayr) 5-35.

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SCCU West District CC Relay Champs,

Sen 2.5 miles: 1, Annan (R Carcy 10-58; C McCann 11-25; S Ovett 10-16; S Binns 10-16) 42-55; 2, Shettleston (A Swann 10-58; D Cameron 10-55; W Coyle 10-46; N Muir 10-25) 43-01; 3, Kilbarchan (M McGinlay 11-15: T Hearle 10-38; J Christie 11-24; R Quinn 10-23) 43-40; 4, Springbum (A Callan 10-33; G Braidwood 10-51; J Cooper 11-18; A McIndoe 11-42) 44-24; 5, Cambuslang (A Mair 11-24; J Orr 10-48; T Rhodes 11-47; E Stewart 10-39) 44-38; 6, Maryhill (A Currie 10-38; M Gallagher 11-11; G Robertson 11-32: A Gallagher 11-42) 45-03; 7, Spango (E McKee 11-16: S Hodge 11-31; C Spence 11-20: C Leck 11-00) 45-07: 8. Law (W Nelson 10-52; A Ramage 12-04; A Russell 10-36; W Dickson 11-38) 45-10; 9, Bellahouston (J McNeill 11-25: P Fleming 10-39; A Campbell 11-26: I Burke 11-49) 45-19: 10. Vic Park (R. Blair 11-29: G Graham 10-53: S Barnett 11-12, T Healy 12-02) 45-36; 11, GGH 45-37; 12. JWK 45-38: 13. Irvine 45-40: 14, Avr 45-55; 15, Clydesdale 46-02; 16, Spango B 46-04; 17, Kilbarchan B 46-32; 18, E Kilbride AC 47-09; 19, Cambuslang B 47-14; 20 Springburn B 47-27; 21, Annan B 47-54; 22, Clydesdale B 47-55; 23, Shettleston B 48-09; 24, Springburn C 48-12; 25, Millburn 48-22; 26, GGH B 48-30; 27, Bella C 48-33; 28, Moth YMCA 48-38; 29, Dalry Th H 48-48; 30, Kilbarchan C 48-53.

30, Kilbarchan C 48-53.
Fastest Laps: 1= S Ovett, S Binns (both Annan) 10-16; 3= T Murray (GGH), R Quinn (Kilb) 10-23; 5, N Muir (She) 10-25; 6, A Callen (Sp) 10-33; 7, A Russell (Law) 10-36; 8= T Hearle (Kilb) A Currie (Moray) 10-38; 10= P Fleming (Bella), E Stewart (Cam) 10-

Young Athletes 3 x 2 miles: 1, Clydebank (J Gibson 9-19; J Marr 10-01; D Fotheringham 8-38) 27-58; 2, Cambuslang (S Hodgeson 10-09; C Clelland 8-50; E McCafferty 9-06) 28-05; 3, JWK (C Thomson 9-55; J Tonner 9-16; ETonner 9-37) 28-07; 4, Clydesdale (A Moore 9-27; R Harris 9-45; A Moore 9-04) 28-16; 5 Ayr (M Walton 10-48; P Allan 8-50; G Willis 8-43) 28-21; 6, Law (P Stewart 10-27; D Kelly 9-32; J Reid 8-42) 28-41; 7, Clydebank B 28-43; 8, Spango 28-45; 9, Vic Park 28-45; 10, Law B 29-17; 11, Vic Park B 29-23; 12, Clydesdale B 29-29; 13, Springburn 29-35; 14, GGH 29-36; 15, Vic Park C 29-45; 16, Kilbarchan 29-54; 17, Irvine 29-59; 18, Kirk Oly 30-02; 19, Shettleston 30-10; 20, JWK B

Fastest Laps: Youths: 1, D Fotheringham (GAC) 8-38; 2, J Reid (Law) 8-42; 3, G Willis (Ayr) 8-43; 4, M McBeth (Cam B) 8-47; 5, E Tonner (JWK) 8-50; 6= C Greenhalgh (VP), I Richardson (Cam C) 8-51. Sen Boys: 1= P Allan (Ayr), C Clelland (Cam) 8-50; 3, D Kerr (SV) 8-55; 4, D Loftus (Sp) 9-05; 5, R Young (JWK) 9-16; 6= M McKeever (Law), K Mason (Cum) 9-21. Jun Boys: 1, J Gibson (GAC) 9-19; 2, A Moore (Clyd) 9-27; 3, J Lynch (Moth) 9-54; 4, C Thomson (JWK) 9-55; 5, B Byrne (Kilb) 10-04; 6, A Young (VP)

East District CC Relay Champs, Alloa -Senior 4 x 2.5 miles: 1, DHH (C Hall 15-24: C Haskett 15-35; P McCavana 15-21; I Campbell 15-20) 61-40; 2, Teviotdale (M Bryson 15-51; K Logan 15-14; I Elliot 15-37; D Cavers 15-05) 61-47; 3, FVH (I Johnstone 15-11; J Pentecost 15-32; D Bain 15-39; G Grindley 15-39) 62.01; 4, CPH (D Ross 15.57; I Steel 15.37; G Mathieson 15.56; K Lyall 15.27) 62-57; 5, Ed Uni (A Ure-Walker 15-48; D Amott 16-11; J Garland 15-59; J Whightman 15-24) 63-22; 6, DHH B (I Campbell 15-45: C Ross 16-09: B Patterson 15-55; D McGonigle 16-06) 63-55; 7, ESP (G Brown 15-32: I Flohinstone 16-33: G Crawford 15-58: C McLennan 16-08) 64-11: 8. Hunters BT (P O'Kane 16-00: S Gibson

15-48; C Hunter 16-30; J Hampehire 16-27) 64-45; 9, HELP (A Graham 16-12; J Baird 17-33; J Ross 15-14; D McGuinness 16-38) 65-37; 10, Aberdeen (J Murgrave 15-36; F Boyne 15-53; W Foreman 16-41; M Caird 17-38) 65-48; 11, FVH B 66-06; 12, DHH C 66-14; 13, Fife 66-55; 14, Pitreavie 67-21; 15, Cent Rog 67-27; 16, Teviotdale 67-40; 17, PSH 68-31; 18, FVH C 68-41; 19, Ed Uni B 68-55; 20, Ab Uni 69-30.

Fastest Laps: 1, T Mitchell (Fife) 14-46; 2, D Covers (Tev) 15-05; 3, I Johnstone (FVH) 15-11; 4= K Logan (Tev), J Ross (HELP) 15-14; 6= S Hale (PSH), I Campbell (DHH) 15-20; 8, P McCavana (DHH) 15-21; 9= C Hall (DHH), J Wightman (Ed Uni) 15-24; 11, K Lyall (CPH) 15-27; 12, J Pentecost (FVH) 15-32

Young Athletes 3 x 2 mile: 1, Aberdeen (C Smith 9-20: D Coutts 9-29: E Colvert 8-42) 27-31; 2, Pitreavie (A Donaldson 9-27; N Shaw 9-12; S Meldrum 9-00) 27-39; 3, ESP (C Flockhart 10-03; K Daley 8-50; M Daley 8-52) 27-45; 4, Teviotdale (M Wright 9-27; D Hughes 8-57; B Wear 9-29) 27-53; 5, Cent Reg (C Hobson 9-33: R Wilson 9-04: A Steven 9-52) 28-29; 6, FVH (M Horsman 9-32: S Robertson 9-37: S Wilson 9-37) 28-46: 7. ESP 29-11: 8. Geo. Heriots 29-15: 9. Pitreavie B 29-23: 10. Corstorohine 29-30: 11, Penicuik 29-50; 12, CPH 29-58; 13, ESP C 30-02: 14, Dunbar 30-04: 15, DHH 30-10. Fastest Laps: Youths: 1, E Colvert (Ab) 8-42; 2, M Daley (ESP) 8-52; 3, J Browitt (Pen) 8-55; 4, I Murray (CPH) 8-58; 5, S Meldrum (Pit) 9-00; 6, A McConnachie (GH) 9-01. Sen Boys: 1, K Duley (ESP) 8-50; 2, D Hughes (Tev) 8-57; 3, R Hay (ESP B) 9-00; 4, D Carty (ESP C) 9-03; 5, R Wilson (CR) 9-04. Jun Boys: 1, C Smith (Ab) 9-20; 2, M Wright (Tev) 9-27; 3, A Donaldson (Pit) 9-27; 4, G Horsman (FVH) 9-32; 5, C Hobson

# North District CC Relay Champs, Fort

Sen 4x 2.5 miles: 1, Lochaber (P Hughes 15-25; B Rodgers 15-12; M Dixon 14-37; D Rodgers 15-23) 60-37; 2, Moray (G Milne 15-42; A Stewart 15-22; C Hunter 15-13; G Sim 14-53) 61-10; 3, Inverness HB (G Mitchell 16-03; P Crowe 16-25; N Cox 16-19; G Herbert 15-29) 64-16; 4, Lochaber B 64-25; 5, Forres 65-45; 6, Peterhead 66-03.

Fastest Laps: 1, J Bowman (Inv) 14-29; 2, M Dixon (Loch) 14-37; 3, G Sim (Mor) 14-53. Young Athletes 3 x 2 miles: 1, Inverness H (S Sutherland 14-04; S MacKay 12-17; N Forbes 13-45) 40-06; 2, Inverness C (M Hay 14-48; M Cruden 13-13; P Mackintosh 13-29) 41-30; 3, Peterhead (E McGee 14-09; J Mundie 14-00; D Strachan 13-23) 41-32; 4, Inverness D 43-10; 5, Lochaber 43-41; 6, Black Isle 48-59.

Fastest Laps: Youths: 1, D Strachan (Pete) 13-23; 2, P Mackintosh (Inv C)13-13; 3, C Britton (Loch) 13-36. Sen Boys: 1, S MacKay (Inv) 12-17; 2, M Cruden (Inv C) 13-13; 3, J Brookes (Loch) 13-21, Jun Boys: 1, S Sutherland (Inv) 14-04; 2, E McGee 14-09; 3, M Tulloch (BI) 14-24.

Women's Relay (girl/jun/sen); 1, Invemess (M MacDonald 11-14; S McRae 10-32; S Gollan 8-22) 30-08; 2, Lochaber (D McKinnon 12-10; A Reid 9-37; R MacLachlan 9-33) 31-20; 3, Invemess B (E Forbes 11-46; S Sutherland 10-45; J Wilson 9-05) 31-36; 4, Invemess C 32-56.

Hydrones Cart M MacDonald (Inv) 11-14; Jun A Reid (Loch) 9-37; Sen S Gollan 8-22.

# 21

Kirkhill Forest 8 miles race, Aberdeen 1, S Cassells (Ab) 48-38; 2, R Durran (Ab) 49-40; 3, S Willson (Met) 49-54; 4, D Amniage (Ab) 50-35; 5, M Edwards VI (Ab) 50-53; 6, A Aitken (Ab) 51-21; 7, K Farquhar (Un) 51-30; 8, M Thomas (HBT) 51-53; 9, J Kirkland (DRR) 51-59; 10, G Yule (Un) 52-08; V50 G Cruikshank (Ab) 61-52; L1, U Simpson LVI (Ab) 57-51; L2, D Porter (Ab) 59-14; L3, N McKinnon LV2 (Ab) 63-12; L4, J Nuttall LV3 (Ab) 63-14; LV45 M

Beveridge (Ab) 69-10. Teams: Men 1, Aberdeen 12pts; Women 1, Aberdeen 6pts.

Kirk Oly Womens CC Races, Twechar -Seniors: 1, A Dickson (Law) 27-55; L2 T Knox LV1 (Liv) 28-31; L3, C Gray (KO) 28-51; L4, K Fleming (StrathK) 29-25; L5, N Donaldson (YS) (Inv) 29-38; Team: 1, Lasswade 34 pts.

Inters: 1, A Cheyne (GAC) 12-06; 2, L Chisolm (StrathK) 12-12; 3, D Roxburgh (Irv) 12-20; 4, A Graham (Lass) 12-24; 5, L Kelly (Un) 12-34; 6, A McManus (Irv) 12-35. Teams: 1, Irvine 16pts; 2, S'kelvin Ladies 21; 3, Airdrie 45.

Jun: 1, C Leitch (Avon) 8-42; 2, P Gillies (JWK) 9-00; 3, L Moody (GAC) 9-05; 4, P Raspison (Irv) 9-06; 5, G Leitch (Avon) 9-14; 6, D Paterson (StrathK) 9-18. Teams: 1, Irvine 20 pts; 2, Strath Ladies 29; 3, Airdrie

Girls: 1, S Scott (Ayr) 8-48; 2, J Tonner (JWK) 8-56; 3, C Morris (JWK) 8-59; 4, E McClung (Irv) 9-13; 5, S Wilson (KO) 9-15; 6, A Smith (KO) 9-22; Teams: 1, Kirk Oly 21pts; 2, JWK 25; 3, Law 38.

Minors: 1, D Murray (Lass) 7-31; 2, S Clarkson (Law) 7-46; 3, L Redmond (ESP) 7-50, Team: 1, ESP 18pts; 2, Kirk Oly 28; 3, Airdrie 30.

St Andrews and Stirling,

WEDNESDAY, October 17, saw the third annual University Freshers' match at the Kelvin Hall, writes Gordon Ritchie. This event, designed to introduce first year students to the less formal nature of student sport, was once again well supported by the athletes, although the numbers were slightly down on

The overall standard of performance was good, bearing in mind the non-appearance of several leading runners who were reluctant to compete in the early season. Three performances stood out from the pack - Fraser McGlynn (St Andrews) with a comfortable 8.9 in the 60m hurdles, Chris Vernon-Parry (St Andrews) with an easy win in a tactical 1500m (4-05.2) ahead of promising youngster John McFadyen (Strathclyde, 4-10.1), and Norwegian H Markhus (Glasgow) with 10.67m in the women's shot.

In the men's shot, Edinburgh's Rob Smith won with 13.43m, but his claim to fame for the afternoon was a shock victory in the handicap 1000m. Given a 170m start on scratch man Vernon-Parry, he stormed around the track to win narrowly in a sprint finish. Onlookers were amazed that he could sprint at all, never mind raise a gallop after running four laps.

The innovation of a handicap race was an enjoyable diversion, and saw 30 athletes, of both sexes, charging around the track. In addition to those 30 people, Rebecca Stevenson and Val Foster plodded round and proved beyond doubt the writer's theory that women cannot run and think at the same time by miscounting the laps and stopping 200 metres before the finish.

shine at Freshers' match

The overall freshers' champions, calculated from the decathlons scoring tables, were Sarah McLeod from Dundee and Ken Pearson from St Andrews.

The most encouraging aspect of the match was the large turnout from St Andrews and Stirling universities. In the past, these institutions have found it difficult to field full strength teams, but if the initial enthusiasm shown by the first years can be maintained, then the summer cup competitions should be the most competitive ever held.

The disappointing turnout from the traditional stalwarts of Glasgow and Edinburgh was the principle reason for the lower numbers, but this could be explained by the confusion about whether the fixture was in or not, and about the date of the match. In the end, however, the match was enjoyed by all who competed, and by those who could not drag their bones around the track but who came to watch nevertheless.

The university spotlight now turns to the road and cross country scenes, where there are high hopes of success on a national level this winter, particularly from a powerful Glasgow University female team.

# **WANTED!**

Excellent Linwood run

WITH last year's participants dropping below 150, it was heartening to see

over 140 take part in this year's Linwood 5K run, organised by the local

wheelchair competitors to take part, a school poster competition, and increased

publicity all helped to reverse the trend, and perfect weather conditions made

every finisher received a specially designed rosette from the main sponsor,

first lady, in a very incredible third position overall, was Susan Crawford from

team trophies were won by Barrhead Ranger Guide Unit and the Horseshoe

Bar, Greenock. John McDougall was first wheelchair entrant home, and he

An increase in trophy sponsorship, more spot prizes, an invitation to

Over £1400 was raised for a number of West of Scotland charities, and

The run was won by John McPaul, from Gourock, in a time of 17-03. The

Catherine Geddes, from Houston, retained her female veteran trophy, and

community education service on October 7, writes Jim McCreery.

the sixth annual event one of the best ever.

was presented with the new Lippen Coaches Trophy.

Paisley. Her time was 17-54.

Scotland's Runner December 1990

Scotland's Runner urgently requires correspondents to supply reports of cross country meetings, road races, indoor athletics etc.

Modest rates of pay, but think of the fame!

If you are interested, please contact Jason Clark on 041-332-5738.

# CHALLENGER CHILDREN'S FUND

This fund provides financial assistance for physically disabled children up to and including the age of 18 years.

The Trustees meet twice yearly and applications are invited from the whole of Scotland. Awards cover a variety of pressing needs - ranging from clothing to computers!

The income from the Fund no longer meets the greatly increased number of those deserving our help. Donations are very much appreciated.

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# November

GENERAL Portfolio Glasgow University Road Race, Westerlands. 3pm start, changing Anniesland Cross. E - £1 on day, details from 041-339-8855 Ext. 5861.

NORTH District League, Caithness.

TINTO Hill Race.

# 11

KILMARNOCK & Loudon District Sports Council Open CC Races. 1pm, James Hamilton Academy, Details form 0563-35408.

# 17

INAUGURAL Glen Clova Road Race, 12 noon, 13.5 miles, Details and forms from Clova Hotel. Tel: 05755-222.

**ABERDEEN University Hare &** Hounds Open Road Relay.

**CLYDESDALE Harriers Open** Races, Details from Phil Dolan. Tel: 37-76950.

**TEVIOTDALE Harriers Open Races.** Details from 0450-73214.

# 18

BARR'S Irn-Bru Edinburgh to Glasgow Relay Race.

**DUMFRIES AAC Open CC Races.** Dumfries, D - Mrs J Rammell, 0387-710406.

JUMPS Development Day -Bathgate Sports Centre. Details from 0506-634561.

# IRVINE CABLE A.C. HARRIERS

# CYCLISTS RACE

Plus all age groups. Maress Sports Club, Irvine. SUNDAY 2nd DECEMBER 1st Race 1pm

Seniors 1-30pm Numerous seasonal prizes Details: Tel: (0294) 822053

GLASGOW AC Ronnie Kane Memorial CC Races, Kings Park.

# 24

**BELLAHOUSTON Harriers CC** Races, All age groups. Details from 041-942-0731.

**GAULDRY** Community Council CC Races, Fife.

SWAAA AGM.

GRE Braid Hills CC Baces Edinburgh.

# 25

SWCCU&RRA East District CC Championships, Aberdeen.

SWCCU&RRA West District CC Championships, Dumbarton.

"4 TOPS" Trig Point, Low Hill, Half Ben & Melantee, 11am Leisure Centre, £4 Entries on day, Fort William.

# 16

of Running, featuring the Hugh

Wilson Memorial Road Race

(male/female), Races for Colts,

Boys & Youths, 12,30pm start.

East Kilbride, Shella MacDougal

EAST District League, Falkirk.

NORTH District CC Championships.

SWCCU&RRA East v West v

SCCU v Scottish Universities v

Northern Ireland v Civil Service.

inc inter-district races for junior

boys, senior boys and youths.

Details from Cumbernauld &

Kilsyth District Council.

Tel: 0236-722131.

N. Ireland, Dumbarton,

St Bride's High School.

Details: 0324-486711.

03553-2978.

Peterhead

15

Championships (closed).

# January

# 2

**BEITH Road Races.** 

SAIR Heid Race, Isle of Skye, 12 noon start. Details from Skye and Lochlash District Council. 2341.

NIGEL Barge Maryhill Harriers 4,8 Mile Road Race, For more details, telephone 041-637-7714.

# 6

**AYRSHIRE** Cross Country

13

16

19

Aberdeen.

Clydebank.

20

26

SWCCU&RRA Closed 4 000m

LOUDON Runners CC Races.

NORTH District CC League, Elgin.

EAST District CC Championships.

WEST District CC Championships,

SAAA Under-20 Indoor Champion-

ships, Details 031-317-7320/1.

JIMMY C. Flockhart CC Races.

Drumpellier Park, Coatbridge,

M, G, & J, Edinburgh.

Championship, & Open meeting for

# 5

For more details, telephone: 0478-

INTER league CC Match, Hendon.

# December

SWAAA West District Indoor Championships, Kelvin Hall, Details from 031-317-7320/1.

FIFE AC Open CC Championships. Registration starts noon, Balwearie High School, Kirkcaldy, Starts Beveridge Park, Details from Melville Scobie on 0592-264076. Both sexes, all ages.

DUNBARTONSHIRE CC Championships.

RENFREWSHIRE CC Championships.

LITA Allan Memorial Races, Kirkcaldy

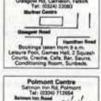
SAAA East District Indoor Championships, Kelvin Hall, Details from 031-317-7320/1.

IRVINE Cable AC Harriers v Cyclists Race. Details from 0294-822053.

8

**EAST Kilbride Don Print Festival** 

# GUIDE TO YOUR FALKIRK DISTRICT SPORTS CENTRES AND HOW TO USE THEM











There are many Sports Centres located throughout the Falkirk District which offer everyone wide range of sports and activities in which to participate. Coaching and instruction are available in many activities - these mentioned below are just a

lining · Squash · Badminton · Netball · Swimming · Gymnastics Karate · Volleyball · Judo · Modern Dance · Lifesaving

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

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

You don't have to be a member of a club or even hold a membership of the centre — the facilities are available for everyone, no matter what activity or sport you want to play. All facilities are open seven days a week and most are available from 9 a.m. until after 10 p.m.

If you decide to use the facilities available, you can book by telephoning the centre concerned the time stated. Bookings can be taken up to 7 days in advance.

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

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

# JUMPS DEVELOPMENT DAYS

18th November 1990 Bathgate Sports Centre 10am to 4pm

10th February 1991 Bathgate Sports Centre 10am to 4pm

17th March 1991 Bathgate Sports Centre 10am to 3pm OPEN TO ALL ATHLETES AND COACHES

FEE £1.00 per session for athletes. Coaches free

# SKYE & LOCHALSH DISTRICT COUNCIL "SAIR HEID RACE"

Broadford - Kyleakin 8 Mile Road Race PLUS 4 Mile Fun Run

SATURDAY 5th JANUARY 1990 12 Noon

Entries on the day or for pre entry forms and more information Contact: Willie MacKinnon, Skye & Lochalsh District Council Park Road

Portree, ISLE OF SKYE (0478) 2341

Entries on day, Further Info from NORTH District CC League, Naim. David Morrison on 0236-66010.

SCOTTISH Indoor Championships,

Kelvin Hall Details: 031-317-7320/1.

KIRKINTILLOCH Olympians Open

SCOTTISH Indoor Championships,

SWCCU&RRA National CC Relay

SWCC&RRA National CC Relay

EAST District CC League, Rosyth

Championships, Bishopbriggs.

27

Road Race.

Kelvin Hall.

Details: 031-317-7320/1.

Championships, Irvine.

February

CUMNOCK Open CC Races. All age groups, both male and female. Further information from Tom Campbell, Cumnock AC, Tel: 0290-24876.

SCOTTISH Veterans CC Championships, Linlithgow.

CITY of Edinburgh CC Races. Jack Kane Centre. Open to all age groups, male & female, Entries on day. Further info from lan McKenzie on 0506-844811.

# 10

**DEXTAT Loudoun Runners Open** CC Races, Loudoun Academy. Details: 0290-50609.

GRANGEMOUTH "Round The

Houses" Races, D: 0324-486711.

CARNETHY Five Hill Race.

UK Trials for World CC Champion-

ship, Osterly Park, London.

# 16

NORTH District CC League, Elgin.

# 17

**DUNDEE** Hawkhill Harriers. Camperdown Park Road Races. Dundee.

# 23

SCCU National CC Championships, Dundee.

# 24

SWCC&RRA National CC Championships, Irvine.

# KELVIN HALL INTERNATIONAL SPORTS ARENA OPEN GRADED ATHLETICS MEETINGS 1990/91 (UNDER S.A.A.A./S.W.A.A.A. RULES)

# Assisted by DEXTERS SPORTS DRINK Programme

Wednesday 21 November 1990 7.00pm - 60m; Long Jump; Pole Vault 7.30pm - 1000m

8.00pm - 60m Hurdles 8.15pm - INVITATION 2000m (S.A.C) 8.30pm - 200m

7.00pm - 60m; High Jump: Triple Jump 7.30pm - 1500m

8.15pm - 400m Wednesday 12 December 1990

7.00pm - 60m; Shot Putt; Long Jump 7.30pm - 3000m 8.15pm - 200m 8.45pm - 60m Hurdles

Wednesday 16 January 1991 7.00pm - 60m; High Jump; Pole Vault; INVITATION Shot Putt

Wednesday 6 March 1991 7.00pm - 60m; Long Jump; Shot Putt 7.30pm - 3000m 8.15pm - 200m

Wednesday 23 January 1991 7.00pm - 60n; Long Jump; Shot Putt; INVITATION Long Jump (S.A.C.)

8.00pm - INVITATION 1000m (S.A.C.)

Wednesday 6 February 1991 7.00pm - 60m; High Jump; Triple Jump; INVITATION Shot Purt (S.A.C.)

8.30pm - INVITATION 3000m (S.A.C.)

7.30pm - 800m

7.30pm - 1500m 8.00pm - 400m

8.10pm - 60m Hurdles 8.35pm - 200m

8.30pm - 60m Hurdles 8.45pm - INVITATION 800m (S.A.C.)

Please note that the above times are guidelines and may be subject to alteration.

Cost 75p per event, payable at Rception prior to Declaration. Declarations 30 minutes before event time, unless change to programme.

Open to all catagories male/female\*

\*Except where S.A.A.A./S.W.A.A. laws apply.

PARKS AND RECREATION DIRECTOR- BERNARD M. CONNOLLY

Scotland's Runner December 1990

Scotland's Runner December 1990

# FIFE SHOE SERVICES

send seasonal greetings to all their customers for 1991 contact the running shoe repair specialists

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295 High Street Cowdenbeath Tel No: 0383- 610119

Kirkcaldy Indoor Market 242 High Street Kirkcaldy

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For all shoe repairs & engraving.

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Address: 82 Sylvania Way, Clydebank, Glasgow.

# **Johnnie** Walker

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> Good luck for season '91!

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# Kincardine & Deeside Council Leisure & Recreation

wish all previous and potential participants in our Stonehaven Half Marathon a Merry Christmas & a Happy New Year. Hope to see you in Stonehaven on Sunday 7th of July 1991.

Enquiries tel: (0569) 62001 Ext 267.



Seasonal Greetings

Cumbernauld & Kilsyth District Council Look forward to seeing you at the 1991 Half Marathon.

The Simplicity of Intelligence



MINOUTA NORTHERN OFFICE

Best wishes for the Festive Season from

Northern Office Technology & Minolta.

Sponsors of N.O.T. Minolta Black Isle Athletic Club.

Chest, Heart, & Stroke Assoc. Scotland would like to thank all the caring people who have run for us over this year. You have helped us accomplish a great deal. Please remember us again in 1991. 65 North Castle Street, Edinburgh, 031-225 6963

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# MERRY XMAS

to all Scotland's Runner readers.

See you at Luddon Strathkelvin Half Marathon in 1991. Strathkelvin District Council Leisure & Recreation Dept, 14 Springfield Rd, Bishopbriggs, Glasgow.

# **RUNNING IMP UK**

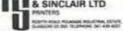
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# **Cunninghame District Council**

Best wishes for the Festive Season and the New Year Dept. of Leisure Services Cunningham District Council, Cunningham House, Irvine Ka12 8EE. Tel: (0294) 74166.

Seasonal Greetings and **Best Wishes from** 



# Monklands District Council Leisure & Recreation.

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Thank you to all who raised sponsorship for us in 1990.



Imperial Cancer Research Fund

19 Murray Place, Stirling FK8 1DQ.



Merry Christmas &, Best Wishes from Dunfermline District Council.

Make a date in your diary for 1991 Dunfermline Half Marathon. See you there!



# MERRY CHRISTMAS AND A HAPPY NEW YEAR

to all our customers from the management and staff of Bathgate Sports Centre.





KYLE AND CARRICK DISTRICT COUNCIL

**Kyle & Carrick District Council** Leisure Services Dept.

Best wishes & seasonal greetings from the organisers of the Land O' Burns Half Marathon.

# Different standards of service

WITH Christmas not that far away, the time for dropping casual - even obvious - hints is upon us again. That fancy waterproof suit, or even some more modest such as a pair of decent running socks from Auntie instead of vet another bottle of after-shave, the kind you used to give your Dad 20 years ago, are all fair

One thing that is much harder to be given as a "surprise" is a pair of running shoes. Unfortunately, even going to buy them yourself is not the easiest of tasks.

The range of shoes on the market has apparently exploded in the last couple of years, helped no doubt by the trend amongst nonrunners to buy the flashiest looking, and often the most expensive footwear. Many shops that sell good running shoes have little idead about the merchandise they are selling, and getting good advice can be extremely rare.

Two conversations I had recently illustrate the wide gap that exists between retailers. One was with two charming young women who work in a local sports shop.

Both are students and work at weekends and during holidays. Neither is a runner, and both admitted that they knew little about the differences between shoes, other than that some brands were more popular than others and that some were more expensive than others. A beginner - even a more experienced runner - would receive little useful advice from either of the girls.

The other conversation was with a friend who used to live in Dundee. When he stayed there, he was in the habit of buying his shoes from Dundee Runner. Recently back visiting relatives, he needed new shoes and went back to the shop, the first time for more than two vears.

Not only was he recognised and the health of his wife and kids asked after (they weren't with him), but he received excellent advice and bought a pair of shoes which he would not otherwise considered. A couple of hundred miles on, he is delighted with his purchase.

Come on retailers, start providing the service that runners deserve and that some retailers seem able to provide.

If you have had particularly good, or particularly poor, service when trying to buy running shoes recently, let me know. I'm more than happy to give praise where it is due, or criticise where neccesary!

If you have any other comments on any item of running gossip, drop me a line at the usual address.

# A competitor on a different plane

THE Breweries Fell Race must be one of the toughest in the Scottish athletics calendar. Nevertheless it has its attractions, because athletes travel from far and near to take part. One competitor from Oz received a mention at the prizegiving for her performance.

However, the prize for the greatest endeavour in getting to the start line must go to the Cathay Pacific pilot who landed his jumbo at Heathrow on the Saturday morning of the race, caught a shuttle to Edinburgh, and was met off the plane at 11.10am, 50 minutes before the start. Fortunately the race requires a fair degree of checking to make sure the organisers know who is actually running, and the 15 minute delay meant that he at least had time to warm up.

Speaking to him over the plate of (very) hot chilli after the race, he was absolutely knackered and looking forward to a night's kip before he set off to Heathrow and thence back to Hong Kong. And all that for the joys of Trahenna.

# Rab sends the wrong message

I SEE that running has managed to pick up a new recruit. A recent episode of Rab C. Nesbit saw him out in his semmit and shorts trying to work off the previous night's hangover, this after some rather scathing words about all these lunatics pounding about the street with nothing on but a diver's watch and their underwear!

Extremely funny, but definitely not a good advert for running.

Oddly enough, the following weekend I was speaking to another spectator whilst we watched runners in the Falkirk Half Marathon. He wasn't quite the replica of Rab C, but neither could have survived the race he was watching without some considerable pain.

And yet, he had run the same race about five years ago, after only eight weeks of training. That was enough for him, he said.

Certainly, therefore, for many people, larger events such as the Falkirk half, with all the publicity they attract, are not necessarily good adverts for attracting people into running and keeping them there.

Perhaps more publicity should be given to the shorter distances, up to say 10K, with the same degree of provision for runners. In this way more non-runners might be tempted to have a go and, finding it not too traumatic, might actually stay in the sport.

# Austria or Australia?

IN one of the last areas of athletics where Scottish runners can compete as part of a Scottish team in World Championships, the Scots who went to the hill running championships in Austria gave a good account of themselves, particularly the women. Well

There was also a significant travelling support who made their presence felt in many ways and by all reports had a good time. A few of them found the prices a bit strange. What was all this talk of "schillings" when they had pockets full of dollars?

It appears that quite a few of them had taken Australian and not Austrian currency with them! Nice one Jane, Margaret, et al.

# Floods inside and outside!

AS I've said before, relays are an excellent way to encourage participation from all levels within a club. Such was the spirit of things at the McAndrew at the start of October.

Despite the fact that several hours of torrential rain had caused havoc across the country and one large puddle on the race route. there was a good turn out from clubs from all over. The changing facilities at the nearby school, St Thomas of Aquins were adequate although runners get a good warm down on the hike from the main changing area, in the assembly hall, to the showers at the opposite end of the school.

What was not adequate were the toilet facilities for between 400 and 500 runners, not to mention officials and spectators. They were under about six inches of very unsavoury looking water.

# From the absurd to the sublime

FACILITIES a couple of weeks later at the East District Cross Country relays at Alloa were a good deal better, although there was no door on the men's toilet and no toilet paper in another that I found with a door! Setting that minor complaint aside, I thought that the course was magic. It had everything: hills, burns, keech (lots of it), woodland paths great stuff.

MIKE RAKER

# Christmas Gift Guide



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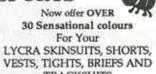
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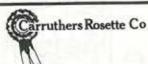


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Scotland's Runner December 1990



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# **SPORTS TIMING**

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come in a range of sizes.
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