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SCOTLAND'S Runner

JANUARY 1991

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ISSUE 53

Strength Training for Athletes report

Men's Top Twenty Rankings

Scottish Athletes Club Feature



Free inside - 1991 Race / Training Wall Chart

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Cancer Research Campaign

COMMENT

Take a bow, Glen Clova

REMARKABLE is the only word to describe the reaction to Scotland's newest athletics event, the Glen Clova Road Race.

By chance I know the area reasonably well, so it comes as no surprise that runners were bowled over by the scenery. This, allied to the fact that the roads don't have to suffer a lot of traffic, meant that the race had a lot going for it.

But it is the human element which has been so impressive.

All of Scotland's race organisers could take a leaf out of Sheila Cluley's book. The level of organisation and hospitality at the event was obviously immense, and I've heard of nothing but praise for every aspect of its running.

Perhaps it might be instructive to give some examples of the sheer professionalism of those behind the Glen Clova race.

Firstly there as the advertisement placed in this magazine. It wasn't particularly big, reflecting the budget, but it included a picture of the Clova Hotel, which made it stand out from the others, and it looked attractive.

Having then achieved their limit of 190 entries, the organisers dealt politely with those who applied too late and were disappointed. I know, because I took a phone call from one such lady, who bemoaned the fact that there weren't enough road races on at this time of year, but commended the Glen Clova organisers for the efficient way in which they'd informed her that entries were closed.

The letters in this issue reflect the satisfaction of those who did participate, but there was another nice touch from Sheila Cluley who - unsolicited - sent us a photograph of the race, a report, and the results.

As a result of all these efforts, Glen Clova's big problem next year will be dealing with the flood of race entries as word of the 1990 event gets around. It's a refreshing problem and one which the organisers richly deserve!

Nice one, Falkirk

WELL done also, to Falkirk Victoria Harriers, short head winners of this year's Edinburgh to Glasgow Road Relay Race. Falkirk's desire to improve their standing has been apparent for

some time now, so its nice to see such a dramatic prize for their efforts.

Excellent book

I WOULD urge readers to buy the Scottish Cross Country Union's splendid centenary publication, *Whatever The Weather*. There aren't too many books about Scottish athletics on the market, and those which do appear should be supported. But apart from that, it's an excellent read and a goldmine of information about cross country running in Scotland.

Greetings!

FINALLY, may I take this opportunity to wish all readers a splendid Christmas and New Year. Our next issue will be published on January 10, and we would like to thank all readers, advertisers and contributors for their continued support in 1990.

Alan Campbell

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Through sponsored running you can help us build the new Burnies Hotel at Largs, which every year will enable up to 2,500 people with arthritis to enjoy a rest from the constant pain and disablement arthritis can bring to both young and old. Over 8 million people are seriously affected each year and 15,000 are children.

The new hotel at Largs, like all our specially equipped holiday centres, are part of a network of welfare services improving life for people with arthritis through information, practical support and contact in over 70 branches in Scotland.

If you would like to run for a really worthwhile cause, post the coupon today for sponsorship forms and full details of the Largs Hotel Appeal.

To Terry Wogan, Chairman, Appeals Committee, Arthritis Care, 5 Grosvenor Crescent, London SW1X 7ER or telephone Helen Macdonald at Balthgate (0506) 55905.

Please send me a sponsorship pack.
Please send me a free T-shirt/Vest in size Small/Medium/Large/XL.

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'Yes, I'll meet the wife and kids, have a drink and a bite to eat, meet other runners and watch the best bits on TV. I'll even be able to have a physio look at my darned ankle!' 'Sounds great, how did you get in?'
'I applied early mate, you have to - it's right next to the finish you see!'

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- On the spot physiotherapy and immediate access to the hospital's facilities - no worries!
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No. of tickets you wish to reserve..... (excluding yourself)	
Adults	Children
Please send to: ARMS Special Projects Division, 4A Chapel Hill, Stansted, Essex CM24 8AG. 0279 815553.	
THANK YOU - MS SUFFERERS WILL NOW BENEFIT	

£5,000 lets SWAAA off the hook

THE Scottish Women's AAA ended the year to September 15 with a surplus of £2960 - though they would have been in the red but for a surprise £5000 hand-out from the Amateur Athletic Association Relations with the Commonwealth Games Council have improved dramatically since Mr Ewan Murray was deposed as chairman... and there was a warning about vigilance against drugs from departing national coach Dave Lease, writes Doug Gillan.

These were some of the surprises to emerge from the annual meeting of the association in Edinburgh on November 24. The accounts showed a surplus of £2960, but closer examination revealed that unpaid VAT amounted to £4034, and that a penalty of £1118 had to be paid to HM Customs & Excise.

When the BAAB went bankrupt in 1987, a levy of £5000 was imposed, and much to SWAAA officials' surprise that cash has now been returned by the AAA. They certainly could afford to be generous. The AAA recently announced a surplus of more than £1.1m, and is contesting corporation tax on that sum of more than £400,000.

To satisfy current Scottish Sports Council policy, there will be a small rise in entry fees. Club affiliation will be £45, plus VAT, while individual registration will be £2.30, or £1.75, VAT inclusive.

Following the moves which forced Mr Murray to stand down as chairman of the executive of the Games Council, "relations have certainly improved, particularly with reference to Commonwealth Games selection policy," the meeting heard.

There was heated discussion on the subject of a Scottish Athletics Federation. The SWAAA stressed that they are wholly behind forming such a body - perhaps more so than some other divisions of the sport - but although they agreed to discuss the matter with other parties, they felt that drafting a constitution within six months was beyond them.

Medical advice was not sought before an attempt to ban girls from 200 metres races, juniors from 800m races, and intermediates from 400m. In the face of a lack of medical evidence that such races are harmful, the ban was lifted and the subject referred for further discussion.

The Scottish Athletics Club received a cautious welcome into the fold. They can be represented at general committee, and were neither surprised, nor

disappointed to have voting rights withheld meantime. With the much more long-standing Scottish Schools AA not having that privilege, it is perhaps unfair that emancipation should be granted too speedily. Perhaps better, however, would be a vote for both bodies in future.

For the second successive year, Arbroath and District, Pitreavie, and Caithness AAA topped the Thistle Award rankings. Administrator Jeanette Heggie, the SWAAA vice president, revealed that she is in negotiation with a major petroleum company, and was optimistic that after two years without a sponsor, the scheme might shortly be able to name a new supporter.

The subject of drugs saw Dave Lease dramatically bring down the curtain on seven and a half years as national coach.

Lease warned on the need for constant vigilance, and the need to confront what he sees as the biggest problem now facing athletics.

"I wasn't in this job very long before I almost resigned because of the state of our sport," he said. "I refer to drug abuse..."

There was an audible gasp from the company before Lease continued: "...not in Scotland, but athletics in general."

But he also dispelled any suggestion that Scotland was a bastion of purity. "You could not ignore the apparent chance approaches - nod, nod, wink, wink - by people trying to find out where you stand, trying to co-opt you."

He decided to stay and fight, and along with senior coach, Alex Naylor, helped convince British officials to adopt the random testing programme now in operation.

Opponents' protestations about infringing athletes' rights were met with the response: "If they have the right to decline dope tests, then the sport has the right not to select them."

Lease also condemned: "not only the minority prepared to achieve their ambitions by cheating, but others - the coaches who exploit them."

The only Welshman to compete for Scotland in the pole vault, or to wear the kilt at the Commonwealth Games, the good-natured Lease is now moving to the Southern Counties. We wish him well. His successor will be named in December from a short list of five which includes former Commonwealth discus champion Meg Ritchie.



Liz overdue at the finish line

THERE were a few false starts, dad Peter had to sprint to make the finish line and, after a marathon, mum Liz was late at the finish line. But all ended well as Eilish McColgan finally arrived nearly two weeks overdue.

The daughter of the double Commonwealth 10,000 metres gold medallist and the Scottish and Irish cross country champion - her name is Irish for Elizabeth - weighed in at just under 8lbs on November 25.

Peter had been about to race at Gateshead when he heard his wife had gone into labour during the night. It turned out that his dash to Dundee could have been made more sedately, as Liz was in labour for 42 hours.

Predictably it was a daughter. If you want sons, it appears fathers must lay off endurance training. London marathon winner Allister Hutton has a daughter. So does Steve Ovett. Last month Lisa Ondieki, the Commonwealth marathon champion and wife of the Kenyan distance star, Yobes, also had a daughter. Frank Clement, the former Europa Cup 1500m champion has five daughters.

Still not convinced?
The wife of Ian Moncur, a clubmate of the McColgans at Dundee Hawkhill, had three daughters before she learned about girls arriving on the run, so to speak. Hubby was ordered to stop training - and baby No 4 was a son!

Environment takes priority

SCOTTISH hill runners are more concerned about the environment than about specific sporting issues, according to the results of a survey carried out earlier this year by the Scottish Hill Runners Association, writes Margaret Montgomery.

Runners were asked to rate, on a scale of 1 to 10, the importance they attached to a range of issues concerning their sport, including public awareness, international teams, and women's running. Surprisingly, it was the environment and its protection which emerged as the topic closest to the sports enthusiasts' hearts.

Acting on the responses of its members, the SHRA has now drawn up guidelines for race organisers aimed at minimising the impact of hill running on the environment.

"We wanted to do something constructive about the concern for the environment shown by our members," explained SHRA spokeswoman Christine Menhennet. "We therefore took the decision to contact environmental and land owning organisations, laying the foundations for appropriate race guidelines."

A total of 17 organisations were contacted by the SHRA, including the Countryside Commission for Scotland, the National Trust and the RSPB. While most maintained that the environmental damage caused by hill running was not yet severe, there was concern about the possible long term effects, particularly path erosion and the destruction of fences and walls.

The guidelines have been constructed to deal with these and other problems raised but in a manner which Christine Menhennet describes as "leaving room for the adventurous element of the sport".

"Basically the guidelines encourage race organisers to consult with land owners and local environmental groups prior to any big event," she says. "This way, any particularly sensitive areas can be marked by flags and marshalled, leaving runners clear about what they can and can't do but otherwise unrestricted."

According to the SHRA, the guidelines are too new to have made any impression on the conduct of races during the 1990 season. However, it is expected that 1991 should see them making their mark.

Men may follow Glasgow women

THE merger between two of Scotland's most successful women's clubs may point the way ahead for men's athletics in the West of Scotland, but could lead to the weakening of some of the traditional male strongholds, writes Doug Gillon.

The new constitution of City of Glasgow AC, formed by Glasgow AC and Monklands Shettleston Ladies, makes provision for the addition of a men's club without further major bureaucracy.

Interested elite athletes from a number of clubs have discussed the matter informally. One advantage which they foresee would be the ability to challenge the powerful East of Scotland clubs, Caledon Park and ESPC, at Scottish and UK level.

However, it was a desire to provide competition for all levels of athlete which motivated the two women's clubs to change the status quo.

Faced with falling birthrate, and the need to maximise coaching and other resources, Monklands' members agreed to disband and join Glasgow AC, who changed their name to City of Glasgow. That procedure was required to protect Glasgow's Division One status in the UK Women's League. A completely new club would have had to start at the bottom.

Glasgow were promoted to Division One while Monklands had been relegated to Division Three.

Application has been made for entry to Scottish and North Western League, and open graded meetings are also planned.

IAC crisis

THE International Athletes club have decided not to hold their annual spectacular at Meadowbank, but Edinburgh will still host a major event - Great Britain v the USSR.

However, the future of the IAC itself is now in jeopardy because of the uncertainty over their major source of income.

The IAC gala night lost its grand prix status, its traditional July date, and then its sponsor, Compaq Computer, who bailed out the event at short notice last summer. The BAAB offered Edinburgh the USSR match, but Edinburgh District Council were then left with the choice of continuing to support either the IAC (who stayed loyal when the BAAB blacked Edinburgh following the anti-apartheid demonstrations in 1985) or accepting the olive branch from the BAAB - their first event in six years.

IDC to sponsor for second time

THE Inverness People's Half Marathon and Fun Run is to be sponsored again by Inverness District Council, and takes place on March 17 next year.

Last year's winners, over the same course, were: Charlie Haskett (DHH) in 67-49 and Janet Swanson (MSL) in a new course record of 77-17.

Entry forms are available from all sport shops in Scotland, all athletic clubs, and from the organisers, Turnbull Sports, 10, Church Street, Inverness. Tel (0463) 241625.



Catherine wins award

GLASGOW AC's teenage hurdles sprint star, Catherine Murphy, has been presented with The Daily Telegraph Athlete of the Year award for her 1990 performances in the UK Women's Athletic League.

Catherine, 16, was presented with a rosebowl at the Kelvin Hall by the president of the SWAAA, Isobel Docherty.

Catherine enjoyed an outstanding season in 1990, completely dominating the 80m hurdles and 300m hurdles events in her age group in Great Britain.

Competing for her club in Division Two of The Daily Telegraph UK Women's League, she remained

unbeaten throughout the season, helping GAC to second place overall.

In the second fixture of the year, she was named athlete of the month, and in the final one established a new league record of 11.3 seconds for the 80m hurdles event.

Scottish intermediate champion in both hurdles events, she then won the WAAA 80m hurdles title in July in Stoke, and a fortnight later scored a double victory in the schools' international match in Edinburgh where she set a Scottish record for 300m hurdles of 43.53 seconds.

CALEDON ACT TO DEFLECT DISSENT

CALEDON Park Harriers have moved swiftly, giving leading athletes Iain Steele and George Mathieson a major role in team management, in an attempt to dampen the flames of controversy which erupted within minutes of the club's surprise third place in the Barrs Edinburgh-Glasgow relay, writes Doug Gillon.

One of their leading runners, Alan Robson, rocked the proceedings with a claim that the club was in turmoil. The Borderer, who logged up one of the fastest stages, and a small but influential (i.e. talented performers) group, were unhappy at aspects of the club management structure and policy, and alleged a lack of spirit.

They were also unhappy at having heard no details of a scheme which they believed would pay individual athletes a financial bonus for league points won on the track.

"We aren't a club at all - we are a group of individuals," he said in frustration after seeing his team finish just 2-42 behind the worthy winners, Falkirk Victoria.

Given that Caledon were minus Robson's brother, John, London marathon winner Allister Hutton, and former national cross-country champion Neil Tennant, it was easy to understand his belief that they could well have won.

"I don't want to rip the club apart," said Robson, but insisted that the club take action, or some of them would go their own way.

The timing was unfortunate. Although morale among track runners was believed to be high, it was clearly less so in other areas.

The club's management had been elected just three weeks earlier, and met for the first time only the day after Robson lobbed his bombshell. "Already we had seen that change was needed to meet the needs of members," said secretary Ian McKenzie, emphasising: "These changes have been in hand for some time. Implementation could only occur following our meeting after the race."

Club president Bob Steele has written to all members, explaining the changes, and stating that team manager Sandy Cameron has the power to co-opt further athletes if he wishes. He spells out that the bonus idea had long been rejected - a decision which had not filtered through the ranks.

He also expressed unhappiness that the club's difference's had been aired publicly.

News continues on page 41.



25TH ANNUAL GRANGEMOUTH ROUND THE HOUSES ROAD RACES

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Perfect for fast times. Accurately measured.

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Individual Team Awards

INTER TOWN SPORTS HALL ATHLETICS

Saturday 16th March 1991

This competition is for boys and girls under 13 and 15 years.

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FALKIRK DISTRICT COUNCIL Leisure Services Department



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and a

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1991

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Will you run the distance to help him?

'Perhaps the bravest man I ever knew...'

and now, he cannot bear to turn a corner



Six-foot-four Sergeant 'Tiny' Gittie, DCM, was perhaps the bravest man his Colonel ever knew.

But now, after seeing service in Aden, after being booby-trapped and ambushed in Northern Ireland, Sergeant 'Tiny' cannot bear to turn a corner. For fear of what is on the other side.

It is the bravest men and women from the Services that suffer most from mental breakdown. For they have tried, each one of them, to give more, much more, than they could in the service of our Country.

We look after these brave men and women. We help them at home, and in hospital. We run our own Convalescent Home at Hollybush by Ayr and, for the old, there is our Veterans' Home where they can see out their days in peace.

These men and women have given their minds to their Country. If we are to help them, we must have funds. Do please help. The debt is owed by all of us.



"They've given more than they could - please give as much as you can."

COMBAT STRESS

To protect those concerned, this is an amalgam of several such case histories of Patients in our care.

EX-SERVICES MENTAL WELFARE SOCIETY
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SR

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

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

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

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

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



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
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Cystic Fibrosis now we've burst through to win



how about giving CF a run for your money?

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

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A year is too long to wait

Croft House,
Keir Street,
Bridgend,
Perth.

SIR - My 1990 season of half marathons finished on November 17, with the Glen Clova Half Marathon, and what a nice run it is too.

It was the first time for the organisers to stage the event, and everything they did had the professional touch to it. All the ingredients were there to make it a successful event - a very scenic route, plenty to eat and drink, friendly people, and the sun shone all day for us, truly a memorable day.

I certainly do not want to go to Spain, Germany or other parts of the world when I can enjoy running here in Scotland.

A big thank you to all the organisers of the Glen Clova half, for making it such a happy day for me. My only complaint is I have to wait another year before I can take part in the event again.

Jim Braid

P.S. Can you please tell me how many half marathons there are in Scotland?

What a bargain

7, Rig Place,
Aberlady,
East Lothian.

SIR - With the road racing season coming to a close, it couldn't have finished on a higher note than the Glen Clova race on Saturday, November 17.

From the moment you arrived, you could sense that this would be a memorable event. Everyone you spoke to was so friendly and helpful, and the organisation of the race itself was first class.

Anyone looking for an easy course won't find it at Glen Clova, but what you will find is a testing course with fantastic scenery that's worth a visit on its own.

With only seventy people living in the Glen it seemed as if they had all turned out to play their part in the event. The needs of the runners were well taken care of, from pre-race coffees and teas, to post race soup, sausage rolls and trifle with lots more thrown in - including a voucher for the Clova Hotel, where runners could enjoy a drink for next to nothing.

At £4.50 this race is excellent value for money and I hope that the 190 runners who took part do this race justice and vote it as the best road race in Scotland for 1990.

Grahame Walkingshaw



With the beautiful scenery of Glen Clova in the background, No. 128, David Drummond, heads a group including No 168, Margaret McLaren, 105, Bob Ellis, 165, Janice Robertson, 78, George Shaw, 56, John Burnin, and 60, Brian Millar.

I thought I'd seen it all

33, Rossie Place,
Edinburgh.

SIR - I felt I had to write to you again to praise the efforts put in by the organisers of the Glen Clova Road Race on November 17.

As someone with almost 300 road races under my belt, I thought I had discovered all the good races to be found in Scotland by now; fortunately for me, I hadn't.

For a small community - I believe only about 70 people live in the entire Glen - so much effort and energy was put into the organisation of the race and the well-being of the runners from start to finish.

There was hot tea and coffee prior to and after the event, adequate, although not palatial, changing and toilet facilities, free food (hot soup, sausage rolls and trifles) afterwards, and a free £1 token for use in the Glen Clova Hotel which was soon used to take care of the liquid refreshment after the slog was over.

While the course itself was demanding, it was certainly not that tough. I have encountered harder events (Burntisland, Blairgowrie and Stonehaven half marathons spring readily to mind).

However, the biggest selling point for me in the whole race was the breathtaking scenery

in the Glen. Certainly from the conversations afterwards, the race will be a prime contender for the most scenic race in your next poll, but in case you got too carried away with the scenery the roads were littered with the carcasses of other less fortunate creatures (pheasants, rabbits and a wild cat), and this was often enough a reminder to keep you eye on the road and your mind on the task in hand.

The only bugbear about the whole day was the fact that the event was of not classified as a half marathon. It had been billed in pre-race advertising from 13 miles in one source and 13.5 in another.

Talking to the organisers before the event we were informed it was just three metres over the official half marathon distance of 13 miles 192.5 yards! If this was the case, surely they could have moved the finish line three metres back in order to give the race some proper distance!

That aside, I thoroughly enjoyed my visit to Glen Clova and the hospitality received there. Whilst I have to admit beforehand my ignorance at not knowing where Glen Clova was, I cannot wait for next year for it to appear again out of obscurity like some athletic Brigadoon, as it has certainly made me, and I am sure many others, take the road back to Glen Clova.

Keep up the good work, and I look forward to continue reading your excellent magazine in 1991.

Keith R. Gooch

A fitting tribute

127, Warout Road,
Glenrothes,
Fife.

SIR - Congratulations to Sheila Cluley and all her colleagues, who with a lot of hard work made the Glen Clova Half Marathon a first time success. We were blessed with a wonderful day, and the scenery must make this run number one for the future.

The cosy atmosphere in the village hall and the nice hot snacks after the race were well appreciated, and I'm not

forgetting the local folks who made us all so welcome. Thank you all.

On a sadder note, like all runners I regret the passing of Bob Dalglish, and suggest it would be a fitting tribute to him next year if we could put on a full marathon and name it the Bob Dalglish Memorial Marathon.

We missed the chance of a revival of the full marathon in the year of culture - let us make up for it by honouring gentleman Bob Dalglish with his marathon in 1991.

Tom McIntosh

See you next year

Achanalt,
15, Ann Street,
Blairgowrie.

SIR - I would like to say a few words about the Glen Clova Road Race held on November 17. The committee have to be congratulated on putting on a really good event, especially as this was their first.

As a race organiser myself, I couldn't fault or criticise any part of the race or indeed the whole day. Not an easy course by any means, but beautiful scenery and the people of the Glen all turned out to help. Plenty drinks en route, and afterwards more drink, hot and cold, soup, sausage rolls, rolls and trifle.

One hundred and eighty runners started and I gather all finished. Sheila Cluley and her gang did very well, and I'll definitely be one of the many same faces who will be there again next year.

Bob Ellis,
Blairgowrie Half Marathon
organiser.

A misleading matter

Quest Cancer Test,
Woodbury,
Harlow Road,
Roydon,
Essex.

SIR - Thank you for publishing the letter that appeared in the December issue of Scotland's Runner.

However, I would like to point out that the headline "Quest for Cure" is most misleading. Quest Cancer Test does not claim to cure; all our funds are directed into developing testing that detects pre-cancerous changes in cells and tissues before a tumour forms.

Maralyn Plumb,
Assistant secretary.

Please send your letters on
any subject to:

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

A new approach required in East and Borders

SVHC,
7, Lammermuir Court,
Gullane,
East Lothian.

SIR - At the agm of the SVHC in October at Coatbridge there were only a handful of members from the East and Borders, and together with the very poor turnout at this year's half marathon handicap at Grangemouth, I agreed to see if I could identify how veteran athletics could be promoted and stimulated in the East and Border areas.

At present there are about 300 (approximately one third) SVHC members in the East, but the majority of SVHC events have been supported by West members and consequently the majority of events in the 1990 calendar reflected this.

Could clubs assist me in

asking their veteran members what they would like to see happen to improve the situation. I set out below a number of questions which would help me report back to the SVHC.

1. How many of your members are veterans?
2. How many are members of the SVHC?
3. How many would like to participate in more competition designed to include veterans, whether exclusively or inclusively?
4. What type of competition would veterans wish?
5. Would your club be willing to stage an event to incorporate veterans?
6. How far would your veteran members be prepared to travel?
7. Would your veteran

members want information about national and international events?

8. Do you as a club, or do members, have access to the BVAF newspaper Veteran Athletics?
9. Do any of your veteran members have any ideas or suggestions?
10. Would any of your veteran members be willing to come forward and help promote veteran athletics in the East or Borders on a local basis?

I hope this helps to stimulate some thoughts. Please let me know your views.

Henry Muchamore

Wasp Sports Competition Winners

Men

- 1st - Tracksuit
Rod McLeod, Angus.
- 2nd - Skinsuit
James Tonner, Stewarton.
- 3rd - Lycra tights
Mr D. MacDonald, Ardgar.
- 4th - Shorts/Briefs
Alan Russell, Dunfermline.

Women

- 1st - Tracksuit
Moira McBeath, Caithness.
- 2nd - Skinsuit
Nicola Bingham, Newcastle.
- 3rd - Lycra tights
Karen McNally, Dumfries.
- 4th - Shorts/Briefs
Freda A. Silver, Dundee.



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Telephone: 0483 300565
Fax: 0483 300530

Registered charity No. 280814
Formerly the Michael McGough Foundation

LADIES, THE ANSWER LIES WITH YOU

Margot Wells says that British women should not complain about their lot until performances start improving.



OVER the past few months we have listened to the female side of athletics complaining bitterly about the raw deal they receive from the male fraternity of the BAAB.

They constantly tell us that they do not get the invitations to compete abroad - Yvonne Murray does. They tell us that they do not get sponsorship - Yvonne Murray does. They tell us they do not get a lot of money for running/jumping/throwing - Yvonne Murray does.

The truth, girls, is that if you were good enough then you would get it too. Why should European countries invite women to run/jump/throw when the level of performances falls woefully short of world class? If we compare British women's performances ten years ago with those in 1990, we find that in many instances they were better in 1980 than they are now! Kathy Cook's best times in the 100, 200, and 400 would still be top today.

The middle distances and long distance events have improved considerably thanks to Zola Budd, Yvonne Murray and Liz McColgan. The 400m hurdles is better thanks to Sally Gunnell, but the 100m hurdles times are no better. Women's long jump can hold its head up thanks to Fiona May, but the high jump still cannot produce a regular 1.90m jumper.

The javelin did go through a Blue Riband phase, but even that seems to have gone. The list is endless - at the moment we have a handful of women athletes who can hold their own in a world class field, and the truth, ladies, is that the answer to your problems lies with yourselves.

As an athlete I asked for, and received, no special consideration because I was a woman. I did exactly the same training sessions as the men. The only difference was that because I was the slowest, I was usually the hare in any handicap.

This only spurred me on to run faster as I was determined not to let anyone pass me. It is this attitude that our athletes have to adopt. A world class women is of a higher standard than

the average male athlete, and therefore has to train as hard as a man.

If a male athlete does not give the sport 100% commitment and spends some training time in the pubs and clubs, then he will not perform to the level of his ability. Similarly, if a woman spends training time in the disco she is hardly likely to fulfil her potential. World class athletics is of such a high standard that to be the best she has to eat, sleep, and breath athletics. Everything she does is governed by how it will affect training or competition. The problem with athletics is that there are no guarantees.

You can give everything you have to the sport and still fail, but at least you have the satisfaction of knowing that you tried your best.

For me, men's athletics has always been more exciting to watch than women's athletics because of the extra power and speed which is generated in the events, and as all events are about power and speed, the women tend not to excite me as much by their performance. In saying that, the sight of Kirsten Krabbe powering her way to victory in the Europeans was a joy to watch.

But we are talking about *British* women. For example, when was the last time you were

on the edge of your seat watching a British woman performing at the highest level, apart from Yvonne Murray at the Europeans?

I bet you have to have a think about that one, and you will probably find it was Yvonne Murray at the Commonwealth Games!

But until we start to produce the performances of the 1980's in the 1990's, then nothing will convince Andy Norman to put on more women's invitation meets - and why should he? He has never been too popular with some of the British women athletes anyway, but at this moment in time you are playing right into his hands, ladies, because he can turn round and say that once you begin to produce world class performance then he will invite world class opposition to athletics meetings in Britain.

Mags for national coach!

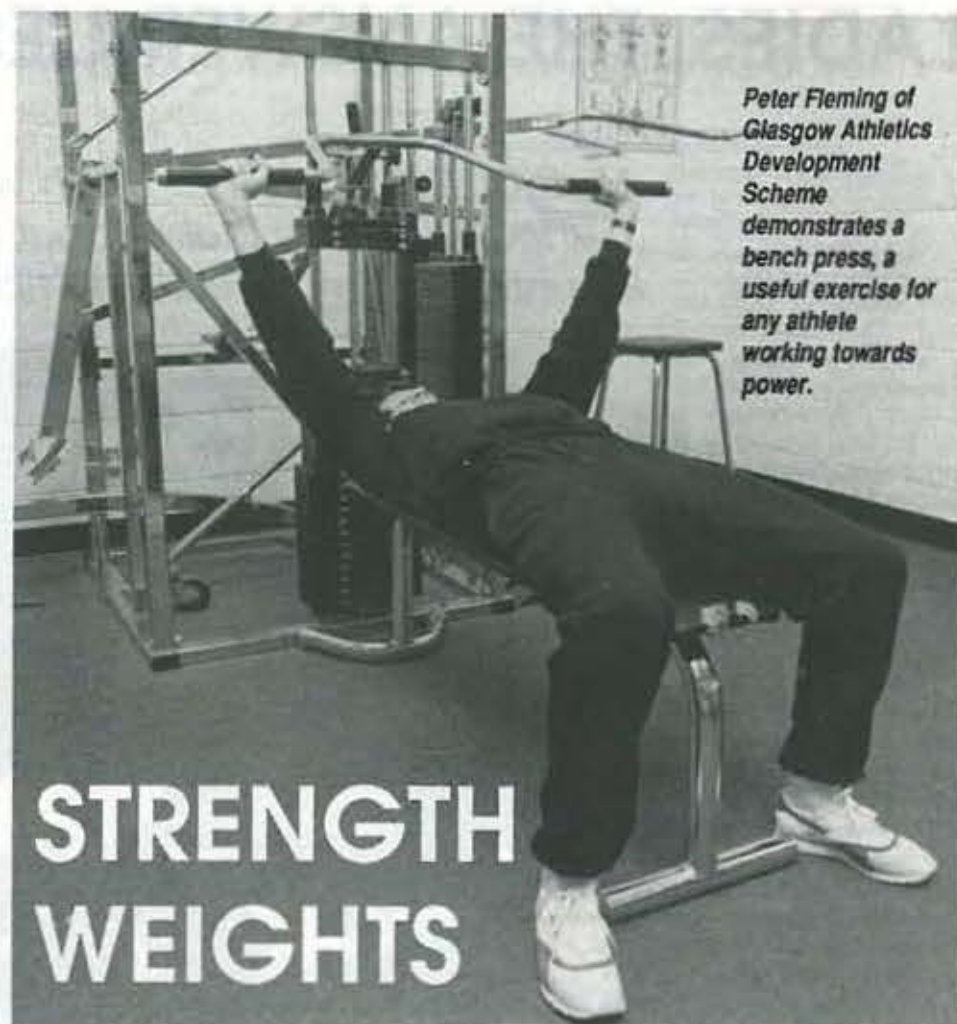
IT is interesting to read that Meg Ritchie, or Mags to her friends, has submitted an application for the post of national coach. I should state before I go any further that Mags was, and still is, a very close friend of mine, and if I sound slightly biased then I make no apology for it.

Mags as a discus thrower was way ahead of her time. She was the best Western discus thrower by a long way, and although she was consistently beaten by Eastern Bloc athletes, they were throwing well over 70 metres.

Today, championships are being won with upper 60's throws, and if Mags was throwing now she would easily be among the best. As Commonwealth Games discus champions she showed that she could rise to the big occasion, and her 65-68m throws would be very welcome by the British team today.

In Meg Ritchie you have a well-liked, friendly, former top athlete with all the knowledge and enthusiasm to make an excellent Scottish coach - but can Britain put up with another women in power so close to the departure of Mrs Thatcher!

The of STRENGTH WEIGHTS



Peter Fleming of Glasgow Athletics Development Scheme demonstrates a bench press, a useful exercise for any athlete working towards power.

Derek Parker illustrates strength training exercises for athletes.

STRENGTH is defined as the ability of muscles to exert force against resistance. In an athletics context, the resistance is provided by the runner's body weight and the surface over which he or she runs, e.g. ploughed fields, steep hills, wet grass. Weather factors such as heavy rain or strong headwinds also contribute to the resistance which an athlete must overcome in the pursuit of sporting excellence.

The acquisition of specific strength to enable the runner to cope with these situations when they arise is one of the prime considerations of a training programme. To compete effectively and to the best of one's ability on hilly, muddy, or windy courses, the athlete must simulate these conditions in training. That is why hill-running, fartlek, and steady running sessions on natural surfaces, and occasional hard efforts into headwinds, are vital aspects in the schedules of athletes hoping to compete successfully over the country or on the roads during the unpredictable vagaries of a British winter.

I have supplied detailed hill running

schedules and cross-country technique practices in previous issues of Scotland's Runner, so I shall not repeat myself in this article. To recap briefly, they involve steady runs with hills, repetition runs up and down hills, timed and surge runs through woods and fields, and energy conservation techniques while traversing rough, soggy, and undulating terrain. I have also emphasised the importance of concentration and mental relaxation as an essential ingredient of top class physical performance, and the harmonisation of the neuro-muscular, cardio-vascular-respiratory processes upon which success depends.

Specific work-outs are just one aspect of strength training, however. Other factors must be taken into consideration. The events in which the athlete participates will obviously have a major influence on a strength-training programme.

For example, a hammer, discus or javelin thrower will emphasise gross strength in his or her schedule. Gross strength, which is also known as absolute or pure strength, reflects the

athlete's ability to lift very heavy weights in single or double repetitions performed in the context of between four and six sets. The definition of "very heavy" in a weight training programme refers to loads of between 85-95% of the athlete's maximum.

Therefore, a gross strength schedule for a thrower would include exercises such as bench presses using weights amounting to approximately twice the athlete's bodyweight, lifted once or twice in six sets. This would appear in the schedule as something like: bench press 6 x 2 x 140 kilos. Lest this sound intimidating, it should be said that runners do not train for gross strength and would not be lifting the heavy weights which are tackled by throwers.

The runner, unlike the thrower, is not preoccupied with gross strength. The runner is more concerned with the acquisition of power and muscular endurance. Power is a combination of strength and speed. It is therefore particularly relevant to sprinters, hurdlers, and jumpers. Muscular endurance

refers to the ability of the muscular system to keep functioning under the stress of increasing fatigue. It is especially relevant to the long distance runner. The middle distance runner requires to work on both power and muscular endurance.

Power is sometimes known as elastic strength because it involves fast, explosive contractions. It improves the efficiency of the fast-twitch, white muscle fibres which are responsible for speed and which work uninhibitedly in the absence of oxygen ie, anaerobically.

So an athlete training for power must lift his or her weights quickly and explosively for the session to be purposeful. An experienced person could be lifting loads of 60-75% of maximum in three to four sets of six to ten repetitions.

A sample exercise for a sprinter or middle distance athlete working for power could be: bench press 3 x 8 x 40 kilos.

Weight training for power is particularly useful in the acquisition of a strong arm action and a vigorous leg drive. These are qualities of immense importance to a sprinter or middle distance athlete competing in 800 and 1500 metres events.

Tests at British Miler's Club training days have revealed that the top-ranked UK 800 athletes all possess a high degree of leg strength. Founder member Frank Horwill reckons that leg strength is best improved by athletes doing half-squats with loads up to double bodyweight; step-ups with bodyweight; and heel raises with double bodyweight.

I shall describe these exercises in more detail later. I mention them only to indicate the type of work which some athletes do using weights. They must emphatically NOT be imitated by novices or the inexperienced.

Weight training for muscular endurance requires a different approach. Here the objective is to maintain muscle contractions over a longer period of time - albeit less explosively. The aim is to simulate the physiological response invoked in races over distances of 5000m and upwards, where the muscles responsible for locomotion processes must have the capacity to relax and contract for around 13 minutes and upwards under conditions of increasing fatigue. Muscular endurance must - along with elastic strength - be an important part of an 800/1500m runner's armoury.

Muscular endurance, which involves the neuro-muscular systems and their ability to function efficiently during prolonged periods of time, must not be confused with general endurance, which pertains to the cardio-vascular-respiratory systems and their capacity to inspire, circulate, and replenish the oxygen which - along with food - fuels the energy processes responsible for human movement.

It is physiologically correct to say that

general endurance is primarily improved by running. However, weight training for strength on a muscular endurance basis increases the number of capillaries in muscle groups utilised in running movements. Capillaries are tiny blood vessels involved in the oxygen-circulation processes. Muscular endurance training enables them to provide glycogen more readily to muscle fibres for energy purposes. Improved capillarisation also means that oxygen is conveyed more efficiently to the muscle fibres - and assists the elimination of deleterious waste products such as lactic acid which causes muscular fatigue and the eventual cessation of activity.

Muscular endurance training is mainly aerobic (done with oxygen) and involves the optimum mobilisation of the red, slow twitch muscle fibres responsible for prolonged effort performed at submaximal intensity. Using weights, muscular endurance is best developed by lifting loads of 5 to 20 per cent of maximum using one to two sets of 20 to 50 repetitions at medium effort (Note: Maximum in weight training terminology refers to the heaviest weight which can be lifted in a single effort.)

Summing up, therefore, we see that, (1) throwers train for gross strength by lifting loads of 85-95% of maximum in four to six sets of one or two repetitions; (2) sprinters and middle distance runners train for power/elastic strength by lifting loads of 60-75% of maximum in three to four sets of six to ten

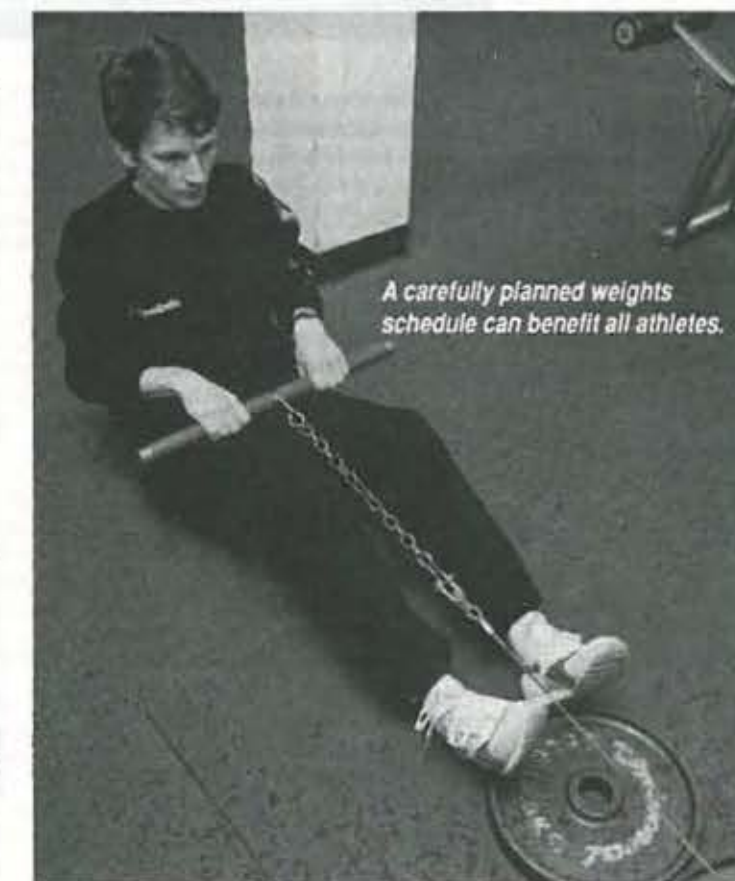
repetitions; (3) middle distance and long distance runners train for muscular endurance by lifting loads of 5-20% of maximum in one or two sets of 20 to 50 repetitions.

Summing up further, we can also see that the athlete develops power (speed x strength) in order to improve his or her basic sprinting speed which is primarily an anaerobic, neuro-muscular activity. The athlete develops muscular endurance to enable the muscles to work at a medium tempo over sustained periods of time in an aerobic, cardio-vascular-respiratory environment.

It must be further mentioned that increased strength helps to rectify structural weaknesses by producing better posture and making the athlete less vulnerable to injuries caused by faulty biomechanical technique. And stronger abdominal and dorsal muscles improve the efficiency of the athlete's breathing processes, which require considerable muscular effort.

For example, athletes strong in midriff areas are less likely to be afflicted by stitch problems which originate in weaknesses of the diaphragm - the muscular wall separating the chest from the abdomen.

Before describing some of the exercises employed in weight-training, a few vital points must be made. DO NOT embark on a weight-training programme without the guidance of a coach or instructor who has a profound knowledge of the intricacies of strength-training. The instructor should ideally have an athletics coaching background to enable him to



A carefully planned weights schedule can benefit all athletes.

integrate a weights programme into a weekly running-training schedule which probably involves several physiologically and psychologically-demanding sessions each requiring adequate rest and recovery periods.

***ALWAYS** lift weights with a straight back. The legs should be bent at the knees and the eyes looking straight ahead. To keep the legs straight and bend the back while lifting is one of the commonest causes of spinal injuries sustained during weight-training. As additional safeguards, many athletes use lifting-belts strapped around the waist along with support bandages around the knees to minimise the risk of injury.

Always remember that it is seldom the weights themselves which cause accidents. It is the people who use - or misuse them - who are to blame.

***ATHLETES** using barbells or free weights should ensure that all collars are firmly secured before starting to lift. Athletes using the multi-gym equipment, which is available at most sport centres, must make certain that the securing pins are properly fixed in the correct places - and they must also beware of protruding bars and levers, especially when rising up from a crouch or kneeling position.

***ALL** athletes must make certain that the floor is not slippery and that the mats upon which they are exercising are not liable to slide.

ATHLETES using heavy weights such as half-squats, step-ups, or calf-raises for leg strength must always be accompanied by helpers when working with barbells. It is the responsibility of the helpers to remove the barbell from the working athlete's shoulders when he or she has completed the exercise and return it to the squat-stand.

***ALL** weight-training sessions must be preceded and followed by a proper warm-up and cool down involving jogging, stretching exercises, and a few, fast lifts with very light weights. It is worth remembering that strength-training must be developed commensurately with mobility training, otherwise the various muscle groups can lose their flexibility. Muscle strength must never be gained at the expense of suppleness otherwise imbalances leading to injury could occur.

***WEIGHT-TRAINING** can be done by men or women. It should not be attempted by boys under the age of 16 or girls under the age of 14. Girls can start earlier than boys because they reach maturity sooner. Older athletes, or anyone uncertain about their health or fitness, should consult a doctor for medical clearance before starting weight-training. Weight-training must never become competitive - and there must be no clowning, hilarity, or distractions when anyone is lifting. Getting injured is no joke.

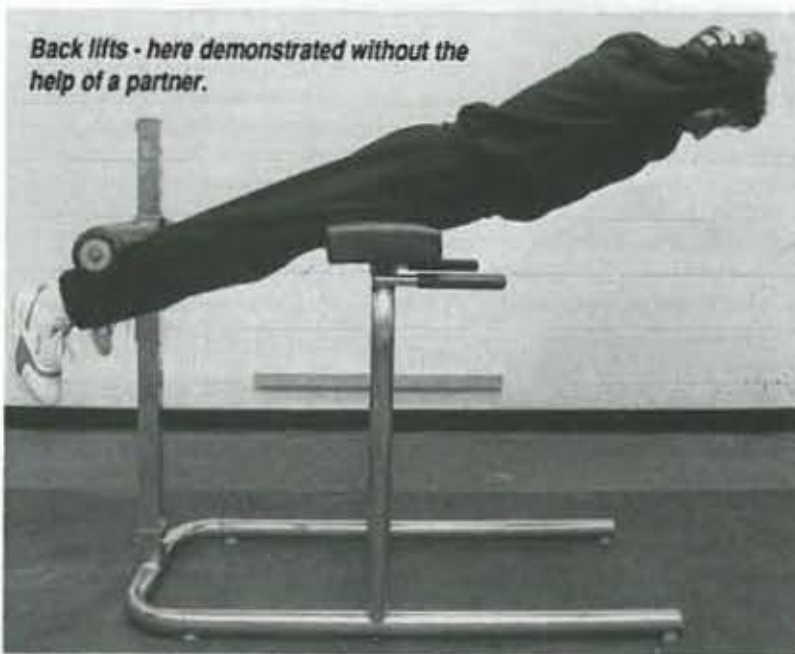
The following exercises are frequently used in weight-training programmes for power and muscular endurance. They represent just a

small selection from many options and can only be described briefly. They are best learned in a proper weight-training environment from expert instructors who can, if necessary, provide demonstrations.

1. Cleans - the weights bar suitably loaded is grasped with the palms of the hands facing downwards and the arms shoulder width apart. The bar is then pulled up to the chest in one single fast movement. It can either be lowered or raised above the head to produce the exercise known as the front press.

2. Half squats - this is a controversial

Back lifts - here demonstrated without the help of a partner.



exercise involving the loaded bar being taken on the shoulders behind the neck. The athlete bends the legs at the knees and sinks down to a point where the thighs are parallel with the floor, forming a right angle of 90 degrees between the upper and lower legs. The athlete then fully extends the legs and drives back up to the original position. If a multi-gym is being used, the athlete gets the same effect by sitting on a seat and pressing the appropriate weight backwards and forwards with his or her legs.

3. Abdominal curls - the athlete lies flat on the back on the ground or on an inclined board with or without a light weight held behind the head. The legs are flexed at the knees. The athlete then brings the elbows up towards the knees before returning to the original supine position.

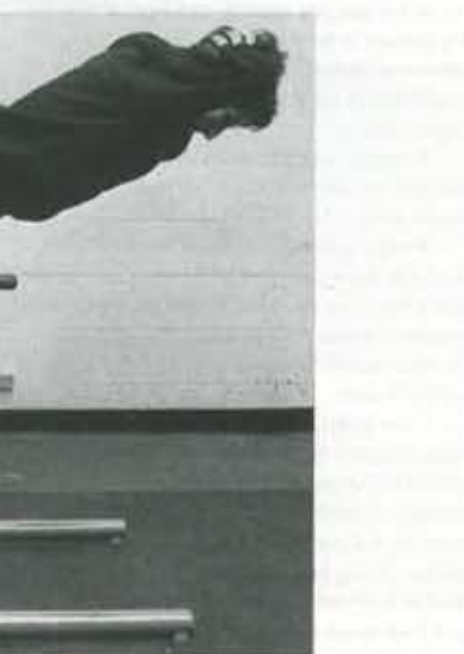
4. Bench press - the athlete lies supine on a bench and raises the weighted bar upwards from the chest using a full arm extension. The weight is then lowered back towards the chest.

5. Calf raises - the same basic position as the half-squat exercise is adopted. The athlete then keeps the legs fully extended and rises up onto the front part of the feet then back down again.

6. Curls - the athlete grasps the loaded bar with an underarm grip. The bar is then brought up towards the chest and lowered. The back remains straight.

7. Back lifts - the athlete lies face down on the floor or on a raised bench with the legs held steady by a partner. The hands are clasped behind the head with or without a weight. The athlete then arches the back backwards before returning to the original position.

8. Hamstring curl - this is best done with multi-gym equipment. The athlete lies face



downwards on a bench with the ankles hooked under weights on a curling machine. The feet are then brought up towards the gluteals to form an angle of 90 degrees between the upper and lower legs. Before the advent of multi-gym equipment, this exercise could only be done using weighted or iron boots.



The quadriceps curl - originally achieved with the help of iron boots.

9. Quadriceps curl - here the athlete sits on the curling machine with the fronts of the feet hooked under the weights. The feet are then raised from a 90 degrees angle starting position to one where the legs are parallel with the floor. The weights are then lowered. This was another exercise done with the old-fashioned weighted or iron boots.

10. Upright rowing - the athlete reaches down, grasps the loaded bar with the palms facing downwards, and the hands just a few inches apart. Without lowering it to the floor again until the completion of the exercise, the athlete then raises the bar as high as possible before letting it descend back down to waist level. The elbows are always kept above the hands in this exercise.

Although some athletes use the pyramid system when weight-training, beginners are best to keep to the simple sets system. Pyramids are when extra weight is added to the bar after each series of repetitions - but with a decrease in subsequent repetitions, e.g. bench press - 5 x 50 kilos followed by 4 x 55 kilos followed by 3 x 60 kilos then 2 x 65 kilos followed by 1 x 70 kilos.

Using the simple sets system, the athlete performs a series of six to ten lifts in groups or sets of three to four. Progression is important, and once the athlete has mastered each particular exercise he or she must advance by increasing the weights on the bar.

Generally, speaking, the weights used in arm exercises can be increased by 2.5 kilos when training for power, while those involved in leg exercises can be increased by 5 kilos. In weight-training for muscular endurance, the loads are generally increased by 0.5 kilos and 1 kilo respectively. All sessions must be meticulously recorded in training diaries to chart progress and indicate the format of subsequent sessions.

A carefully planned weights schedule can benefit all athletes, particularly those who compete at the shorter distances. Obviously, long-distance runners who frequently train twice a day and cover around 90 miles a week are likely to find it difficult to include strength training in their programmes. However, it must never be forgotten that as standards continue to improve the margin between victory and defeat is very narrow.

Frequently, the outcome of a major race, even such as the marathon, is decided in the last few strides when the ability to maintain stride length and drive the arms vigorously when tired becomes the crucial factor. The ambitious athlete will leave no stone unturned in the quest for success.

That is why he or she should seriously consider the inclusion of weight-training under the guidance of a qualified coach or instructor with an athletics background. It could make all the difference in a closely-contested race.

Typical Power Session with Weights:

Front press 3 x 8 x 25K
Leg press 3 x 8 x 150K
Abdominal curls 3 x 10 x 5K on inclined board
Hamstring curls 3 x 6 x 10K
Upright rowing 3 x 6 x 30K
Quadriceps curls 3 x 8 x 30K
Bench press 3 x 6 x 50K
Calf raises 3 x 8 x 150K
Back raises 3 x 10 x 2.5K
Arm curls 3 x 6 x 20K

Note: The athlete does not exercise the same muscle groups in consecutive exercises. He or she moves from the arm/shoulder complex to the abdominal/dorsal area then to the leg muscle groups. Recovery between sets is 90 to 180 seconds, 3 to 5 minutes between different exercises.

Typical Muscular Endurance Session:

Front press 2 x 20 to 30 x 7.5K
Quadriceps curls 2 x 20 to 30 x 2.5K
Abdominal curls 2 x 20 to 30 x 1K on inclined board
Bench press 2 x 20 to 30 x 5K
Leg press 2 x 20 to 30 x 45K
Back raises 2 x 20 to 30 x 0.5K
Arm curls 2 x 20 to 30 x 2.5K
Hamstring curls 2 x 20 to 30 x 1K
Again, I would emphasise that these sessions are merely examples of the type of work which can be done. They should not be copied unthinkingly. Consult your weight training coach before planning a schedule which suits your own ability, age, experience, body type, and event.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc running.
Monday: 75 to 90 mins fartlek inc 6 x 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 90 secs fast (45 secs jog). Each set consists of a 30 second effort followed by a 60 and 90 sec effort.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 5 x 1000 metres at 5K pace with 45 to 75 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 10 x 60 secs at 5K effort (30 secs jog) + 30 secs at 3K effort (60 secs jog) Note: Each set consists of a 60 sec effort followed by a 30 secs effort.
Tuesday: As Week One.
Wednesday: As Week One.
Thursday: 6 x 800 metres at 5K effort (45 to 60 secs recovery) + 1 x 200m full effort 90 secs after final 800.
Friday: As Week One.
Saturday: Race or 12 to 15 miles steady.
Morning runs: As Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 3 x 60 secs fast (30 secs jog) + 2 mins fast (1 min jog) + 3 mins fast (90 secs jog). Note: Each set consists of a 60 secs effort followed by efforts of 2 and 3 mins.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (6 x 500 metres with 45 to 75 secs recovery) + 3 x 150 metres full effort with 250 metres recovery jog starting 90 secs after final 500.
Saturday: 12 to 15 miles steady.
Morning runs: As Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 16 x 45 secs at 5K pace (20 secs jog) + 4 x 30 secs at 85 to 95 per cent effort (60 secs jog) starting 3 mins. After final 45 secs effort.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3 x 1600 metres at 5K effort (60 to 120 secs recovery) + 1 x 200 metres full effort starting 90 secs after final 1600.
Saturday: Race or 12 to 15 miles steady.
Morning runs: As Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cc running.
Monday: 60 to 75 mins fartlek inc 20 secs fast (10 secs ease) + 20 secs fast (10 secs ease) + 20 secs fast (60 secs jog) x 10 sets.
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady with hills.
Thursday: 5 x 1000 metres at 5K pace with 75 to 120 secs recovery.
Friday: Rest or easy 10 to 15 mins jog.
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 15 secs fast (30 secs jog) + 30 secs fast (60 secs jog) + 45 secs fast (90 secs jog) + 60 secs fast (2 mins jog) x 4 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 6 x 800 metres at 5K effort (60 to 90 secs recovery) + 1 x 200 metres 90 secs after final 800.
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 x 30 secs (60-45-30 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 6 x 500 metres at 3K effort with 60 to 90 secs recovery + 3 x 150 metre full effort with 250 metres recovery jog starting 90 secs after final 500.
Saturday: Race or 8 to 12 miles steady.
Morning runs: As Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 36 x 20 secs fast (60-40-20 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3 x 1600 metres at 5K effort (90 to 180 secs recovery) + 1 x 200 metres full effort 90 secs after final 1600.
Saturday: 8 to 12 miles steady.
Morning runs: As Week One.

DON'T RELY ON OTHERS TO HELP YOUR SPORT!

Gary Brown, vice president of the Scottish Athletes Club, explains the need for the revived organisation and urges Scotland's Runner readers to join.

THE formation of the Scottish Athletes Club was the newest and most radical event to happen in Scottish athletics in recent times.

The press hailed the event to some extent as a rebellion by top athletes against the governing bodies of the sport. This is not the case, and I'd like to take this opportunity to set the record straight and explain a little more.

The background to the formation of the club is not gentle reading for the Scottish athletics lover.

The public image of the sport was at its lowest ebb for many years. Falling standards, the increasing lack of international competition, and acrimony between athletes and administrators were widely seen as characteristics of a sport with problems. The controversy over the selection procedure for the Auckland Commonwealth Games and the problems in the management of the team further compounded the image of disorganisation.

The UK press's denigration of Scottish administration at the European Indoor Championships, and the use of adjectives such as "fiasco", "mismanaged", and "amateurish" left the reader with little doubt of the media interpretation of Scottish athletics and its organisation.

Hardly the image that is going to endear the sport to both much needed external funding and potential athletes!

SAC's prime aim is to help drastically improve the image of the sport, and to increase its profile and attraction against other sports. In doing so, SAC believes it can attract a greater number of participants and a higher level of

funding to the sport!

There is nothing secret about SAC. You do not have to be a mason or an international athlete to join. The club has an office in the Kelvin Hall International Sports Arena. Members of the 16 strong executive committee staff the office voluntarily in the evening.

The organising committee is drawn from many different areas of the sport, and includes people who are involved in cross country, hill and road running, disabled athletics, schools athletics and coaching, as well as track and field athletics.

The current office bearers of the club are: Craig Duncan (president), Gary Brown (vice president), Lynne McIntyre (secretary) Nicola Murray (treasurer) and Gordon Ritchie (assistant treasurer). With two accountants and a lawyer among the above, the club is unlikely to be under any illusions as to the difficulties that have to be faced before the sport can again thrive.

What we do know is that the answers lie in close co-operation between all interested parties, including, in this definition, athletes, coaches, officials, administrators as well as the governing bodies.

SAC aims to bring a modern and professional approach to the organisation of athletics in Scotland. To provide the framework for research into the needs of athletes and administrators alike.

SAC has gone right back to basics by asking the simple question:

"What exactly does a person need to take part in athletics?"

The question may be simple,



but the answer certainly is not. The list is long and gets longer depending on the particular branch of the sport and the commitment of the athlete. Try, for starters, your own personal health, clothing, shoes, equipment, other people, a coach or coaching guide, races, events, transport, accommodation, sociability, targets, sports medicine, physiotherapy, physiologists, psychologists and so on.

SAC is currently tackling

each of these areas to try and provide some of the answers (or at the very least the information) that the individual athlete requires to fulfil their needs and so go on in pursuit of their own targets.

It is the intention of the club to use further issues of this magazine to provide a more detailed discussion of each of the areas and to perhaps point the way for development to go subject to the reaction to our ideas.

Very briefly, to date the club



The SAC believes it can attract greater numbers into Scottish athletics by drastically improving the image of the sport, in all its aspects.

has done or will be doing:

- * Begun to develop a discount scheme for all members on all things that are a net cost to the athlete. The scheme is in its infancy, but already boasts substantial discounts on shoes, equipment and clothing from a number of sports shops, sports medicine, warm weather training holidays, general travel and cut price accommodation.

- * Begun to compile a detailed data base on such things as sports medicine facilities, athletics facilities, local training groups, etc.

- * Attempting to improve the opportunities for good competition in Scotland by developing a track and field grand prix for next summer, a cross country grand prix for next winter, and hosting a series of invitation events this winter at the Kelvin Hall.

- * Providing the opportunity for top class competition throughout the rest of the UK

both by securing invitations to major athletics events and by organising trips to events such as the London Marathon and Gateshead Cross Country.

A whole range of ideas and suggestions have been put forward as to how the sport can help itself from schools development to SAC events always having men's, women's and disabled athletes' competitions on the programme to simply having a regular social event calendar.

These positive ideas are all currently being tackled.

What SAC needs to be able to put its ideas into practice is support. Support from all Scottish athletes. If the ideas above mentioned appeal, or you feel you can help with more ideas, or if the idea of simply saving on the cost of participating in athletics is an attraction, then don't delay, join the Scottish Athlete's Club today.

Don't rely on the other person to help your sport!

SCOTTISH ATHLETES CLUB MEMBERSHIP FORM

1. Name _____

2. Age group (senior, junior, intermediate, etc.) _____

3. Address _____

Tel. No. _____ 4. Date of birth _____

5. Occupation _____

6. Club (if any) 1st claim _____

Club (if any) 2nd claim _____

7. T-shirt size; small / medium / large / x-large (circle as appropriate).

Full membership (over 18) - £10

Under 18 membership - £5

I enclose cheque/postal order for £_____ for my 1990/91 annual membership fee made payable to the Scottish Athletics Club - Room 50, Kelvin Hall Sports Arena, 1431 Argyle St., Glasgow G3 8AW (tel 041 339 7460). (Please enclose a stamped addressed envelope).

I understand and accept that the information form will be stored on computer disc.

Signature _____ Date _____

Scottish Men's Rankings 1990



DAVID CLARK

200m

20.75	David Clark	(CPH)
21.25	Neil Turnbull	(CPH)
21.3	Darren Galloway (J)	(Ayr)
21.3w	Elliot Bunney	(CPH)
21.55	Alan Doris	(ESP)
21.7w	Mark Davidson	(Ab)
21.79w	Douglas Walker (Y)	(ESP)
21.86i	Jamie Henderson	(CPH)
21.89w	David Cleland (J)	(FVH)
21.9	Stephen Shanks	(LYM)
22.0	Derek Stark	(JWK)
22.09w	Grant Hodges	(ESP)
22.13w	Roddy Slater (J)	(DHS)
22.16w	Jamie Adams (J)	(Ayr)
22.2	David Mulheron	(She)
22.2	Stephen Tucker	(KO)
22.2w	Malcolm McPhail	(Ayr)
22.25w	Murray King	(Ab)
22.3	Paul Allan	(Ab)
22.31	Jim Watson	(Har)

Clark's 20.75 ranks fourth all-time and was backed up by a win at Corby and second at the UK. Turnbull and Galloway also made a significant improvement, but 20th was reached at 22.17 in 1989.

100m

10.39w	David Clark	(CPH)
10.41w	Jamie Henderson	(CPH)
10.5 w	Brian Ashburn	(CAC)
10.51w	Alan Doris	(ESP)
10.53w	Elliot Bunney	(CPH)
10.64w	Darren Galloway (J)	(Ayr)
10.70	Neil Turnbull	(CPH)
10.7	Stephen Shanks	(LYM)
10.7	Mark Davidson	(Ab)
10.70w	Douglas Walker (Y)	(ESP)
10.78w	Roddy Slater (J)	(DHS)
10.8	Callum Orr	(ESP)
10.8	Rupert Williams	(Hel)
10.85w	David Cleland (J)	(FVH)
10.87w	Derek Stark	(JWK)
10.9	Stephen Tucker	(KO)
10.95	Andrew Cullen	(LAC)
10.96w	Murray King	(Ab)
10.97w	Jamie Adams (J)	(Ayr)
11.0	David Young	(BHH)
11.0	Duncan Mathieson	(Ab)
11.0w	Jim Watson	(Har)

Not a vintage year for sprinters, although Clark finished a good third at the UK. ESPC's Douglas Walker was a notable addition to the lists.

400m

46.52i	Brian Whittle	(Ayr)
47.17	Mark Davidson	(Ab)
48.04	George Fraser	(Sand)
48.1	Gregor McMillan	(DHH)
48.3	David Mulheron	(She)
48.32i	Mark McMahon	(She)
48.4	Amir Savage (J)	(CPH)
48.5	Grant Hodges	(ESP)
48.68	Elliot Bunney	(CPH)
48.7	Jim Nicoll	(PSH)
48.9	Malcolm McPhail	(Ayr)
49.1	Gerry Simpson (J)	(Cam)
49.13	Andrew Walker	(CPH)
49.2	Alan Murray	(JWK)
49.20	Duncan Mathieson	(Ab)
49.25	Simon Leary	(CPH)
49.32	Gary Patterson	(CPH)
49.41	Patrick Shannon (J)	(BYM)
49.45	Iain Pritty (J)	(CAC)
49.5	Keith Gilzean	(Pit)

Last year only 12 athletes broke 49.5, and 20th place recorded 49.90. McMillan, on return from injury, was the only one of the top six to set a pb.



BRIAN WHITTLE

800m

1-44.44	Tom McKean	(BYM)
1-45.47	Brian Whittle	(Ayr)
1-46.90	David Strang	(Hgy)
1-49.42	Stuart Paton	(Belg)
1-49.5	Tom Hanlon	(CPH)
1-50.6	Gary Brown	(ESP)
1-50.7	Andrew Walker	(CPH)
1-51.0	Larry Mangleshot	(WG)
1-51.1	Allan Murray	(JWK)
1-51.44	David Chamberlain	(FVH)
1-51.8	George Gibson	(Kil)
1-51.96	Pat Duff	(GGH)
1-52.0	Mark Fallows	(ESP)
1-52.3	John MacFadyen (J)	(GGH)
1-52.97	Kheredine Idessane	(CPH)
1-53.0	Glen Stewart	(GAC)
1-53.3	Brian Murray	(CPH)
1-53.4	David Arnott	(Pit)
1-53.43	Ken Penrice	(Ayr)
1-53.56i	Alastair Currie	(Dum)

Brian Whittle improved by 90 seconds to rank second only to McKean all-time; Strang became the eighth Scot to better 1-47. Otherwise there was little of note in the event.

1500m

3-39.95	Ian Hamer	(ESP)
3-45.05	Larry Mangleshot	(WG)
3-45.26i	Alastair Currie	(Dum)
3-45.33	Steve Ovett	(Ann)
3-45.76	Tom Hanlon	(CPH)
3-46.4	Stuart Paton	(Belg)
3-47.46	Mark Fallows	(ESP)
3-47.5	David Donnet	(Spr)
3-47.8	Ian Gillespie	(CAC)
3-47.95	Tom McKean	(BYM)
3-47.99i	Peter Wyman	(ESP)
3-48.3	Ian Johnston	(FVH)
3-48.60	Peter McColgan	(DHH)
3-48.70	Rob Fitzsimmons	(Bell)
3-49.58	Adrian Callan	(Spr)
3-49.60	Alan Puckrin	(GGH)
3-49.63	John MacKay	(She)
3-49.81	David Strang	(Hgy)
3-49.96	Steven Doig	(OG)
(4-01.02 Mile)		
3-50.51	William Coyle	(She)

Another disappointing year with Welshman Hamer clearly the best at this event (and every one to 10K). It's difficult to see who will lead a revival.

3000m

7-46.40	Ian Hamer	(ESP)
7-53.42	Tom Hanlon	(CPH)
7-54.33	Peter McColgan	(DHH)
8-01.10	Alastair Currie	(Dum)
8-05.1	David Donnet	(Spr)
8-11.6	Steven Doig	(OG)
8-14.0	Larry Mangleshot	(WG)
8-15.3	George Braidwood	(Spr)
8-15.40	Arthur Reilly	(HW)
8-15.91	Stuart Paton	(Belg)
8-16.1	Alan Puckrin	(GGH)
8-17.13i	Robert Quinn	(Kil)
8-17.5	Adrian Callan	(Spr)
8-17.9	Mike Carroll	(Ann)
8-19.1	William Coyle	(She)
8-20.91	Ian Gillespie	(CAC)
8-21.9	Graham Crawford	(Spr)
8-22.0	Bruce Chinnick	(For)
8-22.06	Malcolm Campbell (J)	(CAC)
8-26.5	Ian Johnston	(FVH)

Tom Hanlon recorded his best-ever outdoor time; Donnet and Doig also showed improvement.

5000m

13-25.63	Ian Hamer	(ESP)
13-48.86	Peter McColgan	(DHH)
13-50.33	John Robson	(CPH)
14-07.9	Peter Fleming	(Bell)
14-08.63	James Hill	(DHH)

14-09.2	George Braidwood	(Spr)
14-09.91	Robert Quinn	(Kil)
14-10.5	David Donnet	(Spr)
14-10.9	Steven Doig	(OG)
14-11.91	Chris Robison	(SV)
14-13.0	Neil Tennant	(CPH)
14-14.1	Tome Hearle	(Kil)
14-15.57	Allister Hutton	(CPH)
14-16.4	John MacKay	(She)
14-18.2	William Coyle	(She)
14-19.76	Mike Carroll	(Ann)
14-21.02	Malcolm Campbell (J)	(CAC)
14-21.72	Bruce Chinnick	(For)
14-22.83	Stuart Paton	(Belg)
14-23.58	Ian Matheson	(TVH)

Last year 20th was reached in 14-34 but no Scot looks set to make the breakthrough that led to Hamer's Commonwealth bronze. Steve Doig though had a good first year at the distance.

10,000m

28-30.44	Ian Hamer	(ESP)
29-37.04	Peter Fleming	(Bell)
29-37.95	James Hill	(DHH)
29-59.43	Mike Carroll	(Ann)
30-03.04	Alastair Walker	(Tev)
30-04.01	Ian Campbell	(DHH)
30-09.5	Bruce Chinnick	(For)
30-09.84	Chris Hall	(DHH)
30-22.61	Chris Robison	(SV)
30-23.32	Douglas Runcieman	(Cam)
30-32.64	Peter Fox	(DHH)
30-34.0	James Doig	(Ab)
30-38.1	Tommy Murray	(GGH)
30-51.29	Mark Gormley	(Cam)
30-54.9	Brian Kirkwood	(ESP)
30-59.5	Charles Haskett	(DHH)
30-59.99	William Nelson	(Law)
31-04.3	Graeme Croll	(Cam)
31-16.1	George Braidwood	(Spr)
31-16.8	Donald Bain	(FVH)

Two Welshman in the top three. Peter Fleming is top Scot by virtue of placing 19th at the AAA.

Marathon

2-10-10	Allister Hutton	(CPH)
2-17-58	Jim Doig	(Ab)
2-20-21	Terry Mitchell	(File)
2-20-40	Frank Harper	(Pit)
2-25-28	Charlie McIntyre	(Fra)
2-25-28	John Duffy	(GWH)
2-27-05	Douglas Cowie	(RAF)
2-27-44	Jim Dingwall	(Hull)
2-28-01	Alasdair Kean	(Der)
2-28-12	Euan Wilkinson	(Cal)
2-28-50	Jack Maitland	(Ab)
2-28-57	Stewart Asher	(FAC)

2-29-17	R Wood	(DHR)
2-30-03	David Fairweather	(Cam)
2-30-21	Ray Hubbard	(SMC)
2-30-42	Des Austin	(TR)
2-31-00	Don Ritchie	(For)
2-32-28	G Sim	(Mor)
2-32-58	R Bell	(DHH)
2-33-23	Colin Hunter	(Mor)

In 1982 94 Scots bettered 2-35, but none of them won the London Marathon.



TOM HANLON

3000m steeplechase

8-16.31	Tom Hanlon	(CPH)
8-34.10	Peter McColgan	(DHH)
8-48.0	Graeme Croll	(Cam)
8-50.6	George Mathieson	(CPH)
8-58.5	John Steel	(CPH)
9-05.5	Ken Stirrat	(OxU)
9-12.0	Steve Wright (J)	(Ab)
9-17.1	David Ross	(CPH)
9-20.2	Tom Ulliott	(B&H)
9-20.34	Robert Carey	(Ann)
9-21.7	Angus Henderson	(Bris)
9-21.98	James Orr	(Cam)
9-22.3	Timothy King	(Sale)
9-22.7	Gordon Crawford	(ESP)
9-22.74	James Evans	(She)
9-23.0	Gerry McCann	(Bell)
9-23.6	David Cavers	(Tev)
9-24.58	Duncan Storey	(DHH)
9-25.5	David Duguid	(Ab)
9-25.7	Malcolm Campbell (J)	(CAC)

Tom Hanlon set new Scottish record figures; Graeme Croll moved to 14th all-time; Mathieson set

a pb; Wright improved by 18.6 seconds; and 20th was reached in 8 seconds faster than 1989.

400mH

51.9	Mark Davidson	(Ab)
52.49	Malcolm McPhail	(Ayr)
53.4	David Hitchcock	(CPH)
53.46	Rodger Harkins	(She)
54.2	Douglas Thom	(Mel)
54.26	Peter Campbell	(Sto)
54.6	Ken Anderson	(NV)
54.77	Alastair Taylor	(Inv)
55.16	Tom Nimmo (J)	(FVH)
55.22	Steve Ledingham	(Ab)
55.27	Stuart Dempster	(CPH)
55.56	Ben Thomson	(ESP)
55.6	Nick Taylor (J)	(VP)
56.3	James Malcolm	(Lot)
56.4	Douglas Wight (J)	(EdA)
56.5	Thomas Papendreu	(ESP)
56.7	Paul Allan	(Ab)
56.8	Duncan Hards (Y)	(Inv)
57.1	Brian Winning	(Lot)
57.4	Iain Moody	(Pit)

McPhail improved from 52.67 and showed greater consistency, while Douglas Thom moved from 55.69 last year. Duncan Hards is one of only two youths to feature in the track events.

110mH

14.28	Neil Fraser	(Inv)
14.28w	John Wallace	(New)
14.9	Duncan Mathieson	(Ab)
14.9w	Paul Warrillow	(CPH)
15.0	Ian McGillivray	(Elan)
15.2	Graham McAnany (J)	(CPH)
15.22	Graeme Smith (J)	(ESP)
15.3w	Colin Hogg	(ESP)
15.53w	Fraser McGlynn	(She)
15.6	Alan Leiper	(Ald)
15.7	Jason Pender	(Kil)
15.8	Rodger Harkins	(She)
15.8w	Ben Thomson	(ESP)
15.9	Brian Winning	(Lot)
15.9	Michael Nicoll	(Hav)
16.0	Tom Leighton	(Mel)
16.0	Fraser Lewis (J)	(Bl)
16.1	Michael Standen	(PSH)
16.20w	Neil Williams	(Pit)

Fraser and Wallace continue their domination with Graeme Smith possibly the likeliest challenger. Paul Warrillow dipped under 15 seconds and was the sole Scot in the SAAA final.



GEOFF PARSONS

High Jump

2.30	Geoff Parsons	(Lon)
2.15	David Barnetson (J)	(Inv)
2.13	Stephen Ritchie (J)	(Pit)
2.08	Alan Scobie	(ESP)
2.07	Duncan Mathieson	(Ab)
2.05	James Stoddart	(Bell)
2.04i	Neil Robbie	(Mel)
2.01	Malcolm McVie (J)	(CPH)
2.00	Andrew Edgar	(RAF)
1.95	Jason Allan (J)	(Cly)
1.95	Scott Hill (J)	(ESP)
1.94	Paul Allan	(Ab)
1.93i	Rory Birbeck (Y)	(Hynd)
1.92	Fraser Lewis (J)	(Bl)
1.92	Jamie Malcolm	(St AU)
1.90	Tommy Golder (J)	(Las)
1.90	Tom Leighton	(Mel)
1.90	Doug McIlroy	(CAC)
1.90	Sebastian Whyte (J)	(Inv)
1.90	Philip Birrell (Y)	(Pit)
1.90	Alan Malcolm (Y)	(ESP)

Parsons twice bettered his Scottish record in what was otherwise an undistinguished season for him. David Barnetson cleared 2.15 four times for fourth all-time, but Ritchie was wildly inconsistent. The majority of those listed are juniors/youths.

Pole Vault

4.60	Eric Fliszar	(DHH)
4.40	Martin Smith	(CPH)
4.35	Stephen Greig (J)	(Str)
4.30	Ian McKay	(ESP)
4.30	David McLeod	(Bell)
4.25	Michael Nicoll	(Hav)
4.20	Stuart Ryan	(SV)
4.20	John McArdie	(Lou)
4.20	Iain Black	(CPH)
4.20	Duncan Mathieson	(Ab)
4.20	Paul Pentland	(ESP)
4.20	Allan Leiper	(Ald)
4.20	Adam Anderson	(NV)
4.10	John Grant (J)	(Las)
4.00	John Elliot	(ESP)
4.00	Paul Masterton	(ESP)
4.00	James Johnston	(CPH)

4.00	Colin Scott	(DHH)
3.80	Alex McMahon	(She)
3.80	Paul Allan	(Ab)

In no other event are the athletes so closely matched. Hopefully the event is ready for a long-awaited take off, possibly led by juniors Greig and Grant.

Long Jump

7.55	Brian Ashburn	(CAC)
7.35	Craig Duncan	(She)
7.29w	Duncan Mathieson	(Ab)
7.10w	Eric Scott (J)	(Hel)
7.04	Melville Fowler	(Inv)
6.98	Paul Allan	(Ab)
6.78	Mark Craig (Y)	(CAC)
6.76	Geoff Parsons	(Lon)
6.74	William Leung	(ESP)
6.66i	John Scott	(ESP)
6.62	Mark Hamill (J)	(CAC)
6.62	Craig McDaid (J)	(Cly)
6.61	Stewart McMillan	(Pit)
6.58	James Malcolm	(LAC)
6.57i	Neil Elliot (J)	(Hel)
6.55	Tom Leighton	(Mel)
6.54i	Bruce McClure	(Bell)
6.54	M Burns (Y)	(Pet)
6.53	Richard Burnett	(ESP)
6.52	Neil McMenemy	(CR)

Last year I said that Ashburn and Scott appeared to be the best hopes and this is still the case. Ashburn backed up his 7.55 with several around 7.20, while Scott cleared 7 metres for the first time.

Triple Jump

15.90	Craig Duncan	(She)
14.98	Neil McMenemy	(CR)
14.42w	Duncan Mathieson	(Ab)
14.29	Rodger Harkins	(She)
14.17	Russell Brown	(CAC)
14.10	William Leung	(ESP)
14.07i	Rory Birbeck (Y)	(Hynd)
13.98	John Brierley	(New)
13.87	S Clelland	(GU)
13.80	Jamie Henderson	(CPH)
13.79	Stewart McMillan	(Pit)
13.75	Melville Fowler	(VP)
13.73	Geoff Parsons	(Lon)
13.68	Paul Allan	(Ab)
13.57	Martin Smith	(CPH)
13.53	Mark Craig (Y)	(CAC)
13.52	Ian Beattie	(CAC)
13.45	Rodger Harkins	(She)
13.43	John Scott	(ESP)
13.35	Alan Scobie	(ESP)

With two youths ranked there are some encouraging signs. With Craig Duncan turning Japanese, McMenemy will lead the way having moved to 10th on the all-time lists.

Shot

17.24	Stephen Whyte	(Lut)
15.14i	Robert Smith	(CPH)
15.10	Mark McDoanld	(Dmf)
14.91	Steve Aitken	(DHH)
14.74	Russell Devine	(Inv)
14.57	Gordon Smith	(Ab)
14.45	Neil Mason (J)	(FAC)
14.37	Graeme Stark	(Roth)
14.35	Darrin Morris	(Pit)
14.25	Adam Whyte	(ESP)
13.63	Paul Allan	(Ab)
13.54	Stewart McMillan	(Pit)
13.19	Hugo Barton	(DHH)
13.11i	John Scott	(She)
13.05	Kengo Kubota	(ESP)
12.94	Duncan Mathieson	(Ab)
12.89	Roderick Mackenzie	(UWA)
12.76	Richard Kirkum	(FAC)
12.67	Bruce Shepherd	(Elg)
12.64	Lachlan Carter	(Cly)

This is a vast improvement on last year when only six Scots bettered 14 metres and 20th was reached at 12.12 metres.

Hammer

61.90	Russell Devine	(Inv)
60.78	Stephen Whyte	(Lut)
56.16	Lawrie Nisbet	(CPH)
53.76	Andrew Hall	(Hill)
53.22	Robin Meikle	(CPH)
53.10	Russell Payne	(Bir)
49.90	Douglas Aitchison	(PSH)
49.58	Chris Edgar (Y)	(FVH)
49.46	Adam Whyte	(ESP)
48.88	David Allan	(Inv)
47.76	David Valentine	(Cmb)
47.26	Alex McIntosh	(CPH)
46.98	Tom Campbell	(KO)
46.84	David Mathieson	(MK)
46.60	Lachlan Carter	(Cly)
45.98	Bill Gentleman	(ESP)
44.32	Bruce Shepherd	(Elg)
42.24	Darren Kerr	(Bed)
41.96	Henry Naismith	(She)
41.82	John Scott	(She)

Russell Devine improved by over four metres to rank sixth all-time, and should be capable of further improvement. Watch too for Aitchison, Allan, Carter, and especially Chris Edgar, all of whom are capable of over 50 metres.

Discus

58.36	Darrin Morris	(Pit)
50.18	Mark McDonald	(Dmf)
50.00	Michael Jemi-Alade	(CPH)
47.54	Stephen Whyte	(Lut)
47.32	Russell Devine	(CPH)
42.54	Kengo Kubota	(ESP)
41.30	Neil Elliot (J)	(Hel)
41.26	Jamie Malcolm	(St AU)
40.72	Alex Black	(CPH)
40.52	Paul Allan	(Ab)
40.32	Eric Scott (J)	(Hel)
40.30	Duncan Mathieson	(Ab)
40.00	Stuart Ryan	(SV)
39.16	Bruce Shepherd	(Elg)
38.76	Steve Aitken	(DHH)
38.60	Graeme Stark	(Roth)
37.88	Stewart McMillan	(Pit)
37.64	John Stewart	(CR)
37.52	Robert Masson	(Ab)
37.28	Hugo Barton	(DHH)

Morris's new Scottish record was appropriate in a year which shows great improvement, with the numbers over 40 metres increasing from six to 13. Mark McDonald moves to 11th all-time.

Javelin

62.04	Stewart Maxwell	(Pit)
59.92	John Guthrie	(CPH)
59.50	Stewart McMillan	(Pit)
59.00	Alex Black	(CPH)
59.00	Chai-Huat Ng	(She)
57.70	Adam Whyte	(ESP)
57.06	Nils Fearnley (J)	(Glen)
55.90	Duncan Mathieson	(Ab)
54.58	Jamie Grant (J)	(Lor)
54.42	Philip Crawford (J)	(PSH)
53.78	Brian Hill (J)	(Cam)
53.56	M Sanel	(GU)
52.78	Finlay Hunter	(ESP)
51.78	Alex McIntosh	(CPH)
51.76	George Dingwall (J)	(She)
50.24	Scott Crawford	(FVH)
50.18	Stuart Ryan	(SV)
48.54	Iain Black	(CPH)
48.18	David Goodwin	(CR)
48.12	Ian McGurk (J)	(CAC)

With Roddy James injured and John Guthrie not giving the event his full attention, the marks at the top are well down on last year. Stewart McMillan actually goes fourth all-time with the new model javelin, and the hope for this event lies with him and the increasing number of juniors over 50 metres.

w - wind assisted (J) - junior
i - indoors (Y) - youth



DUNCAN MATHIESON

Decathlon

7535	Duncan Mathieson	(Ab)
7039	Paul Allan	(Ab)
5830	Eric Scott (J)	(Hel)
5759	Allan Leiper	(Ald)
5663w	Stuart Ryan	(SV)
5639	Alistair Taylor	(Inv)
5618	Jamie Malcolm	(St AU)
5589	James Malcolm	(LAC)
5556	Michael Standen	(PSH)
5541w	Paul Masterton	(ESP)
5483	Stephen Greig (J)	(Str)
5291	Neil Elliot (J)	(Hel)
5231	John Culshaw	(Tam)
4917	Lawrence Hanlin	(JWK)
4757	William Stobie	(Har)
4683	Brian Winning	(LAC)
4616	Adam Anderson	(NV)

The depth of the list shows the increasing popularity of the event, led by the two Aberdeen men, who are capable of further advancement. It has to be noted that many of the marks affected by the atrocious weather at the SAAA Champs.

3000m Walk

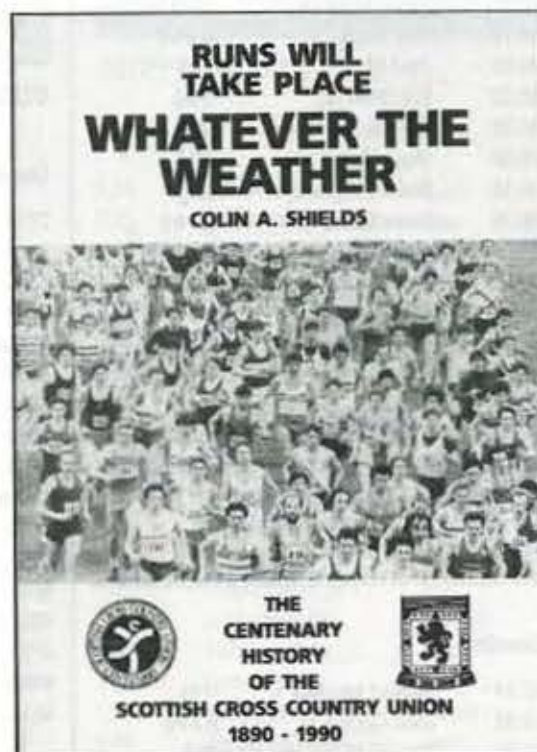
12-20.98	Martin Bell	(Spl)
13-28.3	Chris Hobbs	(Med)
13-48.0	Mike Dunion	(Ess)
14-14.1	Stuart Bennett	(Ilf)
14-55.5	Alan Buchanan	(B&H)
15-40.28	Patrick Houston	(Pit)

10,000m Walk

47-20.2	Martin Bell	(Spl)
48-34.0	David Buchanan	(B&H)
49-50.0	Alan Dall	(Lei)
52-24.6	Chris Hobbs	(Med)

Martin Bell was down on his 1988 bests of 12-04.6 and 43-27.63. Pat Houston is the only home Scot in a sport which appears to be almost extinct in Scotland.

Runs will take place - whatever the weather!



Doug Gillon, athletics correspondent of the *Glasgow Herald*, reviews the book published to celebrate the centenary of the Scottish Cross Country Union.

NAT Muir, with his succession of eight senior national cross country titles in nine years, not to mention three at junior level and one as a youth, could fairly lay claim to the title of the greatest Scot over the country.

The Shettleston Harrier even matched the record five successive crowns of James Suttie-Smith in the 1930's. But what of Robert Sutherland, a hitherto unsung hero of the sport?

These figures, and hundreds of others, emerge almost tangibly mud-soaked and reeking of wintergreen from the pages of *Whatever The Weather*, a remarkably precise and immensely readable centenary history of

the Scottish Cross Country Union, penned by Colin Shields.

Sutherland is one of many who is finally accorded his rightful place in history thanks to the author's meticulous research.

1929 was the year of the depression. Especially for Sutherland, who finished second in four major races inside 23 days - including losing the world championship by just one second as he finished runner-up.

He had already won the Army cross country title when he finished second to Suttie-Smith in the Scottish national over 10 miles. (Suttie-Smith later finished 13th in the world championships.)

A week later he finished twelfth to W. Howard in the English national. (Howard was fourteenth in the worlds.)

He then placed second to J. Broadley in the Army 10 miles. (Broadley was tenth in the worlds.)

Then, before 30,000 people at Leamington Spa, he lost the world crown by a second to Tom Evenson, yet he beat the national champion of all of the competing nations.

A week later he was invited to an international race in Paris. At the front to a field of 1600 he was again out-sprinted, again by one second, this time by Roger Rerolle, of France, who had been ninth in the world event.

Sutherland followed a similar routine in other years, with great success, yet never won either the English or Scottish nationals. Now he can rest easy, his place as the most consistent Scot of his day at last secure.

After 101 years the longest race is over, too, for Thomas Thorburn, who finished first in 1889, but never was awarded the title.

The paper trail for the event, from the Duke of Hamilton's palace, had been laid on the morning of the race, but was mixed with the previous week's paper. Thorburn, a local runner and one of four brothers in his club team, knew the course.

But he was one of only 12 competitors in the field of 54 to take the right route. There were insufficient finishers for the team trophy to be presented, and the race was declared void. Thorburn's club, Hamilton Harriers, declined to take part in the rerun, and C. McCann won in a time 27 seconds slower than Thorburn's.

The Hamilton Harrier had completed the correct course, had beaten all of his rivals, had clocked the fastest time. Yet he failed to win - the only man to suffer such an unjust fate.

The sport is far older than the 100 years being celebrated by the SCCU. Carnwath had a race early last century; Edinburgh held a one mile steeplechase in 1828; and Robert Louis Stevenson, in the Edinburgh University magazine of 1871, lamented:

"No more does the merry medical student run eagerly in the clear, wintry morning up the rugged sides of Arthur's Seat."

In those days farmers armed with scythes threatened trespassing harriers with decapitation, but the early hares and devious ploys of their own. They would lay false trails - wrapping paper round stones and throwing them into bogs, where the stones would sink leaving the paper on the surface. The hares would skirt the bog, leaving the hounds to plunge straight into the marsh.

Maryhill hares' favourite gambit was laying a trail via the toll bridge on the River Kelvin. They would carry the half pence toll fee, and cross dry-footed, leaving the hounds to wade across, waist-deep.

Sumptuous meals, stovies, and home baking, sing-songs and musical recitals, were the thing in these days, BW - Before Walkman, and, despite transport problems, inter-club contests were more frequent than now. Edinburgh Harriers recounted returning from Penicuik:

"After an enjoyable run, and even more enjoyable social evening, the horses were yoked and the old Stockbridge bus made tracks homeward."

One national championship, held at



Scottish team for the 1929 International Championships in Paris leaving by train from Edinburgh.



Parkhead, was won by Clydesdale, whose runners then played Celtic at football, and won 3-0 - no fluke, for Clydesdale also beat Preston North End and Third Lanark.

Dietary advice of the day included the pre-race suggestion to try a tumbler of toddy to prevent sleeplessness and recommended sucking half a lemon if thirsty - "but don't take too much, as it could induce vomiting."

Modern softies can read of Greenock Glenpark's double national champion George Wallach, who paid 4d (1.5p) for the privilege

of changing by candlelight in a draughty hut, running with only the gas lighting from the street to illuminate the cinder track - and no showers.

The exploits of Scotland's joint earliest Olympic champion, Arthur Robertson, are recounted. He took individual silver in the three-mile team race as Britain won the team gold in 1908, and he was also runner up in the 3200 metres steeplechase. And there is James Wilson, Olympic bronze medalist at 10,000 metres in Antwerp 70 years ago. (The next Briton to win a medal in this event was Brendan Foster, in 1976).

Scotland's significant contribution to the world championships, before being ditched by the International Amateur Athletic Federation, is all there. So, too, are details of every national championship, and Edinburgh-Glasgow race, laced with a fund of anecdotes.

The cross country contribution to moulding Scotland's greatest current sportsmen is told with reference to the performances of Tom McKean and Brian

Club Advertisements.

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Whittle, both later to win European championship gold medals on the track. These feats were not exactly hinted at by McKean's 11th place in the youth championship of 1981, or the 36th place a year earlier by Whittle in the senior boys' event. There is a lesson there for every aspiring athlete.

Liberal photographs and comprehensive statistics, some hitherto unpublished, all have their place in this fascinating account of the history of a great sport. It is a labour of love from which the author can take justifiable pride.

* *Runs will take place Whatever The Weather. Official Centenary History of the Scottish Cross Country Union 1890-1990: By Colin Shields. Price £5 (Available £5.90 inc P and P from J. E. Clifton, 8 Craigshannoch Road, Wormit, Fife, DD6 8ND.)*



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RUNNING FOR A CAUSE

David Inglis describes some of the charities looking for your support in 1991.



Runners for Arthritis Care who took part in the Sunday Times Fun Run.

When Arthritis Care was asked to produce a team for the 13th Sunday Times mass jog in London's Hyde Park in September, they naturally asked Craig to participate. Joining him on the run was David Newton, who pushed Harvey, a six foot stuffed rabbit. All three braved torrential downpours to complete the run. Altogether the various charities raised

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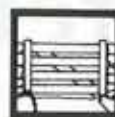
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October

28

SCCU National CC Relay Champs, Irvine
Sen 4 x 2.5 mile: 1, DHH 46-44 (C Hall 11-41; P McCavana 11-49; I Campbell 11-53; P McColgan 11-23); 2, Springburn 47-19 (G Braidwood 11-36; D Donnet 12-15; G Crawford 11-47; A Callan 11-41); 3, Cambuslang H 47-24 (G Croll 11-54; J Orr 11-46; E Stewart 11-56; R Arbuckle 11-48); 4, Shettleston 47-29 (A Swann 12-00; D Cameron 12-14; W Coyle 11-52; N Muir 11-23); 5, Teviotdale 47-56 (K Logan 11-31; A Walker 12-18; I Elliot 12-13; D Coves 11-54); 6, FVH 48-01 (I Johnston 11-37; P Faulds 11-58; J Pentecost 12-04; G McMaster 12-22); 7, Kilbarchan 48-08 (R Quinn 11-25; G tenney 12-38; T Hearle 11-44; I McDougall 12-41); 8, Annan 48-53 (R Welsh 12-26; R Caray 12-19; S Overt 11-20; C McCann 12-38); 9, Cambus B 49-12 (A Moir 12-41; D Runciman 11-58; C Thomson 12-18; M Gormley 12-15); 10, DHHB 49-15 (I Campbell 12-00; C Haskett 12-06; B Paterson 12-27; B Cook 12-42); 11, HELP 49-44; 12, ESP 49-48; 13, Cumnock 49-50; 14, Teviotdale B 49-52; 15, HBT 50-00; 16, Maryhill 50-06; 17, Irvine 50-10; 18, Vic Park 50-20; 19, Spango 30-29; 20, Cambus C 50-30; 21, Bella 50-31; 22, Cent Reg 50-33; 23, Ayr Sea 50-37; 24, GGH 50-40; 25, Glas Uni 50-41; 26, CPH 50-42; 27, Clydesdale 51-27; 30, Kilbarchan C 51-38.

Fastest laps: 1, S Overt 11-20; 2, N Muir and P McColgan 11-23; 4, R Quinn 11-25; 5, A Currie (Mary) and K Logan 11-31; 7, T Murray (GGH) 11-33; 8, G Braidwood 11-36; 9, I Johnston and P Hilland (Ed Uni) 11-37; 11, A Callan and C Hall 11-41; 13, T Hearle 11-44; 14, J Orr 11-46; 15, G Crawford 11-47; 16, R Arbuckle 11-48; 17, P McCavana 11-49. Young athletes 3 x 2 miles: 1, Clydebanks 35-11 (S Gibson 11-39; C Creighton 11-55; D Fotheringham 11-17); 2, JWK 35-42 (C Thomson 12-38; R Young 11-54; E Tonner 11-10); 3, ESP 35-47 (A Ford 12-40; K Daley 11-30; M Daley 11-37); 4, VP 36-06 (S Kennedy 12-23; D Gorman 11-25; C Greenhalgh 11-18); 5, Cambus 36-06 (S Hodgson 13-16; C Clelland 11-38; I Richardson 11-12); 6, Ayr Sea 36-09 (H Thomson 12-53; S McKay 11-19; N Forbes 12-07); 8, Pitreavie 36-25 (A Donaldson 12-40; N Shaw 12-01; S Meldrum 11-44); 9, Clydesdale 36-35 (A Moore 12-02; A McIntyre 12-29; A Moore 12-04); 10, Cambuslang B 36-45 (M Crawley 12-56; S Haldane 12-28; B Thomas 11-21); 11, Spango 36-52; 12, Law 36-58; 13, VP B 37-00; 14, MYMCA 37-01; 15, Springburn 37-04; 16, Hutch GS 37-33; 17, QVS 37-34; 18, FVH 37-37; 19, Inver B 37-46; 20, Clydebanks B 37-48; 21, Shett 37-50; 22, Clydesdale B 37-57; 23, ESP B 37-58; 24, Irvine 38-06; 25, GGH 38-08.

Fastest laps: Youths: 1, G Willis 11-01; 2, E Tonner 11-10; 3, I Richardson 11-12. Sen Boys: 1, D Kerr (Spango V) 11-12; 2, S McKay 11-19; 3, P Allan 11-19. Jun Boys: 1, S Gibson 11-37; 2, A Moore 12-02; 3, S Kennedy 12-23.

McPherson (Glas Uni) 16-53; 3, K Rice (Ed Uni) 17-14; 4, C A Bartley (GAC) 17-19; 5, A Wilson LV1 (DHH) 17-23; 6, V Blair (EWM) 17-38; 7, J Cliffe (Glas Uni) 17-46; 8, M Gemmell (Stra) 17-53; 9, J Stevenson LV2 (FVH) 18-19; 10, J Ferrari LV3 (Pit) 18-27. Teams 1, Glasgow Uni 10pts; 2, EWM; 3, DHH.

Inter: 1, L Cormack (ESP) 16-13; 2, S Purdie (Tev) 16-31; 3, A Cheyne (GAC) 16-41; Teams 1, Aberdeen 42pts; 2, Irvine; 3, Vic Park.

Jun: 1, I Linaker (Pit) 13-35; 2, S Sneddon (Hel) 13-52; 3, C Leitch (Av) 14-01; Teams: 1, JWK; 2, Harmer; 3, Ayr Sea.

Girls: 1, P Crawley (GAC) 13-56; 2, S Scott (Ayr) 14-23; 3, R Durkin (Wan) 14-29; Teams: 1, Pitreavie; 2, JWK; 3, DHH.

Minors: 1, H Smith (Ab) 7-10; 2, D Murray (Lass) 7-12; 3, L Redmond (ESP) 7-30; Teams: 1, ESP; 2, Aberdeen; 3, FVH.

November

3

Home Countries International CC Match, Beach Park, Irvine -
Men: 1, T Murray (Scot) 23-04; 2, N Muir (Scot) 23-15; 3, G Turnbull (Eng) 23-23; Scots: 6, C A Bartley 25-07; 8, J Swanson 25-25; 9, S Crawford 25-37; 11, J McColl 25-51; 12, E Turner 26-04; 14, B McAllister 26-07; 15, J Darby 26-10; Teams: 1, Eng 10pts; 2, Sco 34; 3, Wal 59; 4, NI 65.

Jun: 1, H Haining (Sco) 13-09; 2, P Radcliffe (Eng) 13-17; 3, A Duke (Eng) 13-18; Scots: 4, V McPherson 13-29; 5, K Rice 13-53; 10, L Cormack 14-44; 11, R Houston 14-53; 15, I Linaker 15-06; Teams: 1, Eng 18pts; 2, Sco 20; 3, Wal 63; 4, NI 66.

Maryhill Harriers Schools CC League, Maryhill Park, Glasgow -
Youths: 1, T O'Neill (G) 16-22; 2, P Savage (John Pauls) 16-42; 3, C Young (Boc) 16-52. Teams: 1, Boclaiz.

Sen Boys: 1, G Forbes (Brec) 12-43; 2, S O'Neill (St Aug) 13-00; 3, D McGowan (Boc) 13-15; Team: 1, Boclaiz.

Jun Boys: 1, A Young (Boc) 8-12; 2, R Parker (Clev) 8-29; 3, E Cameron (Boc); Team 1, Boclaiz.

Aberdeen AAC Hydrasun Open CC Meeting, Balgownie -
Sen: 1, A Reid (Pete) 31-17; 2, I Matheson (TVH) 31-44; 3, S Wright (Ab Uni) 31-55; 4, D Duguid (Ab) 31-58; 5, F Boyne (Ab) 32-06; 6, R Creswell (Ab) 32-36; 7, R Taylor (Met) 32-46; 8, E Arrowsmith (Ab) 32-50; 9, S Cassells (Ab) 32-58; 10, R Durrant (Ab) 33-16; V1 G Milne (Mor) 33-20; V2, K Hogg (Ab) 35-02; V3, F Duguid (Ab) 35-12; Teams: 1, Aberdeen 15pts; 2, Aberdeen B 27; 3, Aberdeen C 44.

Youths: 1, J Gowans (Tay) 19-34; 2, A Casey (QVS) 20-12; 3, E Calvert (Ab) 20-34; Team: 1, Inverness 15.

Sen Boys: 1, S McKay (Inv) 14-36; 2, D McDonald (PSH) 15-14; 3, D Allan (BI) 15-16; Team: 1, Inverness 13pts.

Jun Boys: 1, C Smith (Ab) 11-05; 2, P Taylor (QVS) 11-16; 3, A Love (Fra) 11-20;

Team: 1, Aberdeen 19pt.
Colts: 1, A Basil (Ab) 6-30; 2, C Campbell (BI) 6-33; 3, N Innrie (Ab) 6-34; Team: 1, Aberdeen 12pt.

Women: 1, D Porter (Ab) 16-40; 2, S Latham (Ab) 16-53; 3, Y Reilly (DHH) 17-04; 4, S Armitage (Ab) 17-15; 5, J Fraser (Ab) 17-32; LV1, M Stafford (Ab) 18-35; LV2, B Kerr (Ab) 20-22; LV3, K Saddle (Tay) 21-26; Teams: 1, Aberdeen 7pt.

Jun: 1, M Smith (BI) 12-27; 2, C Falconer (BI) 12-33; 3, S McRae (Inv) 12-36; Teams: 1, Black Isle 12pt.

Girls: 1, J Anderson (Fra) 12-30; 2, G Vetrano (DHH) 12-34; 3, C Clarkson (Ab) 12-36; Teams: 1, DHH 12pt.

Minors: 1, H Smith (Ab) 6-57; 2, E Light (Banch) 7-16; 3, G Reid (Banch) 7-19; Team: 1, Banchory 15pt.

Lasswade AC Open CC Races (inc Scottish Womens CC League) Bonnyrigg -
Men: 1, A Russell (Law) 28-50; 2, P Faulds (FVH) 29-23; 3, A Walker (Tev) 29-38; 4, S Barmen (VP) 30-06; 5, M Greally (Pit) 30-34; 6, J Elphinstone (ESP) 30-35; V1, J Knox (Gala) 31-32; V2, J Smith (HELP) 31-55; V3, J Rowley (Law) 33-14. Teams: 1, Ed Uni 37pt; 2, HELP 38; 3, Glas Uni 41; Vteam: 1, Law.

Youths: 1, G Brown (Pen) 20-15; 2, G Willis (Ayr) 20-22; 3, I Murdoch (Ayr) 20-58. Teams: 1, Ayr Sea 15pt; 2, CPH 28; 3, Law 36.

Sen Boys: 1, P Allan (Ayr) 17-22; 2, D Loftus (Spr) 17-30; 3, T Winters (ESP) 17-41; Teams: 1, ESP 2, Springburn; 3, Ayr Sea.

Jun Boys: 1, S Murray (Lass) 11-07; 2, A Donaldson (Pit) 11-14; 3, M Wright (Tev) 11-27; Teams: 1, Springburn 25pt; 2, Dumfries AAC 36; 3, ESP.

Colts: 1, Sandilands (Avon) 5-21; 2, A Forsyth (Pit) 5-31; 3, G Cooper (FVH) 5-34; Teams: 1, HELP; 2, Teviot 3, Airdrie.

Sen Women: 1, D Rutherford (JWK) 20-50; 2, M Gemmell (SK) 21-08; 3, J Cliffe (Glas Uni) 21-27; 4, E Tinney (Bath) 22-32; Teams: 1, Glas Uni 22pt; 2, ESP 36; 3, Kirk Oly 45; LV1, A Bruce (SK) 23-58; LV2, E Ryan (ESP) 24-12; LV3, E Johnston (EWM) 25-13; Vteam: 1, Lasswade.

Inter: 1, S Purdie (Tev) 19-50; 2, K Stewart (JWK) 20-14; 3, D McNally (VP) 20-21; Teams: 1, S'Kelvin Ladies 61pt; 2, Cent Reg 71; 3, Arbroath 81.

Jun: 1, K McNally (NV) 11-43; 2, K Stewart (JWK) 11-46; 3, C Leitch (Avon) 11-49; Teams: 1, Nith Valley; 2, JWK; 3, Ayr.

Girls: 1, P Crawley (GAC) 11-50; 2, S Scott (Ayr) 12-05; 3, R Durkin (Warr) 12-10; Teams: 1, Pitreavie; 2, Kirk Oly; 3, Irvine.

Minors: 1, D Murray (Lass) 5-59; 2, A Church (Ayr) 6-08; 3, L Harrison (ESP) 6-11; Teams: 1, ESP 26; 2, Ayr 27; 3, FVH 30.

Stewarton Sports Association Open CC Meeting (no times taken) -
Seniors: 1, W Richardson J1 (Inv); 2, M Gallagher (Mary); 3, G Reid J2 (JWK); 4, J McLellan (GAC); 5, D Auchie (Dal); 6, S Murray (JWK); 7, A Mair (Cam); 8, A Ferguson (SK); 9, I Rodger J3 (Cam); 10, S Murray (JWK); V1, J McMillan (Kilb) 15th; V2, R Cheyne (Inv) 16th; V3, D King (Inv) 21st.

Youths: 1, E Tonner (JWK); 2, B Thomas (Cam); 3, I Richardson (Cam); 4, E Cairns (Inv); 5, E McCafferty (Cam); 6, P Roache (Sh).

Sen Boys: 1, C Clellan (Cam); 2, S Schendel (Cam); 3, K Mason (Cam); 4, J Tonner (JWK); 5, G Rooney (Lin); 6, G Thomson (JWK).

Jun Boys: 1, C Thomson (JWK); 2, A Young (VP); 3, S Kennedy (VP); 4, M Pate (VP); 5,

B Henry (Inv); 6, A Sinclair (Sh).
Colts: 1, J McLeod (Mary); 2, C Steele (Loud); 3, A Donaldson (Cum); 4, C McLucas (Ston); 5, B Smart (Ston); 6, R Gray (Kilb).
Women: 1, I Fraser, LV1, (Ayr); 2, S McGregor (JWK); 3, J King (Int1) (Cal); 4, H Morton (Inv); 5, S Kennedy (Kilb); 6, B Boyd (Ayr); 7, C Fallon (Int2) (Kilb); 8, C Nichol LV2 (Cum) 9, L McLeod (Int3) (Kilb); 10, C Geddes LV3 (Kilb).
Jun: 1, L McGanthy (SV); 2, G Richardson (Stone); 3, T Hill (Inv); 4, N Fleming (Kilb); 5, J Smith (Inv); 6, M Frew (Troon).
Girls: 1, J Morrow (Stone); 2, F Andrews (Cum); 3, K McGill (Inv) 4, C Scarlet (Kilb); 5, C Sanderson (Cum); 6, T Morrison (Port Glas).
Minors: 1, L Livingston (Cum); 2, S McLeod (Inv); 3, L Johnston (JWK); 4, G Anderson (Cum); 5, S Lindsay (Troon); 6, F Menzies (Kilb).

10

Strathkelvin Primary Schools CC League, Kirkintilloch -
Boys: 1, M Paton (St Math) 6-08; 2, P Murphy (St Math) 6-08; 3, A McNiven (St Math) 6-30; 4, M Jackson (St Math) 6-31; 5, E McConvere (St Math) 6-32; 6, M Jamieson (St Math) 6-35; Teams: 1, St Mathews 6pt; 2, Millersneuk 46; 5, Lenzie Moss 81pt.
Girls: 1, A Strang (St Helens) 6-29; 2, C Reynolds (St Math) 6-48.

Northern District CC League, Thurso -
Men: 1, J Bowman (Inv) 40-30; 2, A Reid (Pete) 40-36; 3, S McKenzie (Inv) 42-28; 4, G Sim V1 (Mor) 42-30; 5, G Milne V2 (Mor) 40-59; 6, C Hunter (Mor) 43-13; 7, G McDowall J1 (Inv) 43-19; 8, A Stewart (Mor) 43-56; 9, G Burgess (For) 44-07; 10, R Aiken (Mor) 44-23. Teams: 1= Moray RR and Inv H 381pt; 3, Peterhead 344.
Youths: 1, J Dewar (Inv) 26-52; 2, P McIntosh (Inv) 27-21; 3, S Galbraith (BI) 27-55; Team: 1, Inverness 296pt.

Sen Boys: 1, S McKay (Inv) 21-38; 2, M Crowden (Inv) 22-17; 3, M McKenzie (Inv) 22-19; Team: 1, Inverness H.

Jun Boys: 1, S Sutherland (Inv) 9-37; 2, A Love (Fra) 7-44; 3, K McAlpine (Naim) 9-51.
Colts: 1, J Cowie (Buckie HS) 7-06; 2, J McClance (Inv) 7-08; 3, N Brown (Mor) 7-14; Teams: 1, Black Isle 287pt; 2, Moray RR 279; 3, Caithness 256.
Women: 1, M Duthie (Fra) 17-33; 2, M Adamson (Inv) 19-04; 3, F Farquhar LV1 (Caith) 19-26; 4, L Forman (Pete) 20-43; 5, M Loughray (Inv) 21-58; 6, A Mitchell (Fra) 22-13; Teams: 1, Fraserburgh 285pt; 2, Caithness 284.
Jun: 1, M Smith (BI) 10-23; 2, S McRae (Inver) 10-46; 3, S McCrudden (Naim) 10-58; Teams: 1, Black Isle 289; 2, Inverness 283.
Girls: 1, I Anderson (Fra) 9-35; 2, K Scott (Mor) 9-38; 3, B McAllister (Fra) 9-38; Teams: 1, Fraserburgh 288; 2, Moray RR 277.
Minors: 1, S Liebunitz (Mor) 8-10; 2, M McShane (Caith) 8-15; 3, C Martin (Caith) 8-17; Teams: 1, Caithness; 2, Fraserburgh.

11

Kilmarnock SC Open CC Races, Dean Country Park, Kilmarnock (+ 400 ran) -
Men: 1, G Tenney (Kilb) 31-41; 2, J McNamee (Inv) 31-47; 3, W Richardson J1 (Inv) 32-18; 4, D Auchie J2 (Dal) 32-22; 5, J Strawhorn (Ayr) 32-29; 6, J Goldie (JWK) 32-33; 7, L Baker (Ayr) 32-39; 8, C Miller (Inv) 32-44; 9,

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A Little (Sh) 32-50; 10, S Murray (JWK) 33-04; V1, M Ferguson (JWK) 33-33; Teams: 1, Irvine 13; 2, Ayr 23; 3, JWK 30.
Youths: 1, G Willis (Ayr) 20-51; 2, B Thomas (Cam) 21-21; 3, I Murdoch (Ayr) 21-46; 4, E Tonner (JWK) 22-04; 5, M Dale (Cal) 22-32; 6, L Richardson (Irv) 22-46; Teams: 1, Ayr 11pts; 2, Calderglen 22; 3, Cambus 24.
Sen Boys: 1, C Clelland (Cam) 10-10; 2, P Allan (Ayr) 10-17; 3, D Loftus (Spr) 10-20; 4, K Mason (Cam) 10-22; 5, J Tonner (JWK) 10-37; 6, R Young (JWK) 10-41; Teams: 1, Springburn 18pts; 2, JWK 21; 3, Ayr Sea 41.
Jun Boys: 1, C Thomson (JWK) 11-00; 2, A Young (VP) 11-33; 3, B Hendry (Irv) 11-38; 4, K Hastie (Spr) 11-44; 5, S South (Cal) 11-49; 6, D Hutchison (Spr) 11-52; Teams: 1, Spring 17pts; 2, Cambus 22; 3, JWK 31.
Colts: 1, A Sandilands (Avon) 5-38; 2, K O'Neill (Aird) 6-00; 3, S Phillips (Aird) 6-01; 4, A Morgan (Aird) 6-08; 5, A Murray (Aird) 6-13; 6, B Collan (L&L) 6-30; Teams: 1, Airdrie 9; 2, Airdrie B 37; 3, Avonside 39.
Women: 1, D Rutherford (JWK) 23-42; 2, A Dickson (Law) 25-41; 3, C Menbennet (Clyd) 26-04; 4, S McGregor EJI (JWK) 26-32; 5, I Fraser, LV1, (Ayr) 26-41; 6, N Donaldson (Irv) 27-19; 7, L Dunlop (Ayr) 27-30; 8, B Boyd (Ayr) 27-47; 9, A Bruce (Str) 27-55; 10, H Stewart (Cly) 27-59; Teams: 1, Ayr Sea 20pts; 2, Clydesdale 30; 3, Irvine 36.
Inter: 1, L Chisholm (Str) 19-36; 2, K Stewart (JWK) 19-52; 3, A McManus (Irv) 20-38; 4, J King (Cal) 21-01; 5, A Wolfe (CR) 21-03; 6, M Watson (Ayr) 21-15; Team: 1, Strathkelvin 18.
Jun: 1, K Stewart (JWK) 12-14; 2, C Miller (Irv) 12-40; 3, H Banks (Ayr) 12-47; 4, D Ward (Ayr) 13-00; 5, P Gillies (JWK) 13-04; 6, P Rospison (Irv) 13-07; Teams: 1, Irvine 15; 2, JWK 17; 3, Ayr 21.
Girls: 1, S Scott (Ayr) 12-22; 2, C Morris (JWK) 12-40; 3, S McInally (Irv) 13-18; 4, A Devlin (Aird) 13-44; 5, E McClung (Irv) 14-01; 6, K McGill (Irv) 14-02; Teams: 1, Irvine 14pts; 2, JWK 22; 3, Airdrie 26.
Minors: 1, A Church (Ayr) 6-24; 2, L Livingston (Cam) 6-38; 3, C Lindon (Aird) 6-41; 4, M Duffy (L&L) 6-49; 5, F Picken (Ayr) 6-52; 6, V Hope (L&L) 6-59; Teams: 1, Ayr Sea 14; 2, Airdrie 29; 3, Ayr B 40.



October

28

Ruby Young Memorial Women's 4m RR - 1, R McAloose (MSL) 25-39; 2, J Byng LV1 (Irv) 25-56; 3, D Rutherford (JWK) 26-04; 4, I Fraser LV2 (Ayr) 26-11; 5, J Thomson (GAC) 26-16; 6, K Hancock LV3 (Giff) 26-27; 7, A Gifford (Ayr) 26-35; 8, H Morton (Irv) 26-57; 9, I McErlan (GAC) 27-11; 10, K Chapman LV4 (Giff) 27-13.

November

3

Black Isle Festival of Running, Fortrose - Marathon: 1, J Duffy (Sh) 2-31-16; 2, D Ritchie (Forr) 2-37-55; 3, S Wallace (Had) 2-40-52; 4, S Ogg (Pit) 2-41-08; 5, N MacGregor (Sh) V1 2-48-48; 6, A Thin (Cal) 2-51-04; 7, D Lindsay (DH) 2-53-23; 8, P Houston (Pit) 2-53-53; 9, W Bishop V2 (Un) 2-56-12; 10, R Milton (Pit) 2-58-08; L1, R Banks (Har) LV1 3-24-03; L2, B Wilby LV2 (BI) 3-32-45; L3, S Bennett (Met) 3-38-39; L4, S Cluley (For) LV3 3-38-56; L5, D Lucas LV4 (EK) 3-46-14; Teams: 1, Pit 22pts; 2, BI 42; 3, Arb Fox 66.
Half marathon: 1, N Craig (CPH) 72-06; 2, M Cumming (Met) 72-12; 3, J Elphinstone (ESP) 72-54; 4, J Baird (Had) 73-25; 5, S Willox (Met) 74-07; 6, D Gunn (For) 74-51; 7, P Jennings (Met) 75-36; 8, D Bow V1 (Nai) 75-54; 9, A Henderson (Ab) 76-08; 10, C Bruce (Un) 76-20; V2, D Noble (SVH) 80-30; V3, J Smith (Un) 81-00; L1, M Duthie (Fra) 76-34 (rec); L2, S Craig (Ed) 84-25; L3, M Adamson (Irv) 86-44; L4, F Thin (BI) 92-15; L5, N McKinnon LV1 (Ab) 92-19; Teams: 1, Metro 14 pts; 2, Ab/deen 66; 3, Naim 72.
10K: 1, I Matheson (FVH) 29-06; 2, K Rankin (FVH) 29-18; 3, S McKenzie (Irv) 29-52; 4, R Taylor (Met) 30-10; 5, G Herbert (Irv) 30-42; 6, G Milne V1 (Mor) 31-13; 7, R Aitken (Mor) 31-39; 8, D Murray (FVH) 31-45; 9, T Graham V2 (Fife) 32-00; 10, J Forte (Had) 32-12; L1, J Wilson (Irv) 35-24; L2, D Porter (Ab) 36-34; L3, F Farquhar LV1 (Wick) 37-57; L4, L Murray (FVH) 38-01; L5, C Lynham (PSH) 38-31; MTeams: 1, Irv 19 pts; 2, Mor RR 26; 3, Metro 39; LTeams: 1, Ab/deen 349 pts; 2, Inver 361; 3, E Suth 377.

November

10

Tinto 4.5 miles HR, Symington -

1, D McGonigle (DHH) 31-43; 2, J Wilkinson (Gala) 32-54; 3, D Rodgers (Loch) 32-58; 4, R Pilbeam (Kor) 33-20; 5, A Spenceley (Car) 33-27; 6, P Marshall V1 (HELP) 33-38; 9, A Curtis (Liv) 33-47; 10, D Davies V2 (Heb) 33-50; 11, J Brooks J1 (Loch) 34-30; V3, T Ross (Fife) 36-24; V4, E Rennie (Ab) 37-03; V5, V Holden (SVH) 37-14; V6, W Gault (Car) 39-28; L1, C Bolland (Ed Uni) 39-38; L2, L Hope (Loch) 41-45; L3, M Coleman (Liv) 47-48.

Shettleston H Allan Scally Memorial 4 x 5 Mile Road Relay Race, Bailieston - 1, DHH 90-42 (C Haskett 23-12; P McCavanna 22-34; I Campbell 22-38; P McColgan 22-18); 2, Cambus 91-59 (M Gormley 23-00; G Croll 23-05; E Stewart 22-41; D Runciman 23-13); 3, FVH 92-06 (J Sherban 22-37; J Pentecost 23-03; D Bain 23-23; G Grindley 23-03); 4, Shet 92-55 (D Cameron 23-34; T Coyne 23-26; J McKay 23-16; W Coyle 22-39) 5, Edinburgh SPC 93-13 (A Weatherhead 23-25; S Cohen 22-58; G Crawford 23-45; B Kirkwood 23-05); 6, DHH B 93-30 (D Beattie 23-15; R Barrie 23-22; B Paterson 23-35; I Campbell 23-18); 7, HBT 93-48 (S

Results compiled by:
Colin Shields.

RESULTS

Gibson 23-23; P O'Kane 23-19; 4, Jenkins 24-12; S Axon 22-54; 8, CPH 94-21 (P Duffy 23-53; A Puckrin 22-48; D Ross 23-43; G Mathieson 23-57); 9, Shett B 95-31 (J Hendry 23-43; A Swann 23-32; C Ross 24-21; B Scally 23-55); 10, DHH C 95-38 (C Ross 23-56; B Cook 23-41; R Bell 24-19; D McGonigle 23-42); 11, Ed Uni 96-41 (J Jarvis 24-36; D Amott 24-13; A Eym-Walker 23-21; S Burch 24-31); 12, ESP B 96-45 (M Fallous 23-46; A Ward 24-22; A Donnachie 24-51; C McEllan 23-46); 13, Spango 97-42 (S Hodge 24-04; C Spence 24-03; E McKee 23-50; D McCabe 25-05); 14, Teviotdale 98-26 (M Bryson 23-36; A Fair 24-19; N Maltman 25-17; B Law 25-14) 15, Ayr Sea 98-30 (J Stewart 24-27; B Boyd 25-33; J Strathorn 25-22; G Wright 23-08); 16, FVH B 98-32; 17, Irvine 98-39; 18, Ayr B 99-10; 19, FVH C 99-32; 20, Kilbarchan 99-33; 21, C'glen 99-53; 22, HBT B 100-09; 23, E Kilbride 100-29; 24, Bella 101-05; 25, Mhill 101-13.
Vteams: 1, Fife 39th 105-08 (J Holden 25-46; T Ross 26-19; D Gunstone 25-10; M Scobie 27-53); 2, FVH 46th 106-27; 3, VP 55th 108-27; 4, Cambus 60th 109-12; 5, Giff N 73rd 115-04.

Scottish Uni Relay Champ: 1, Ed 11th 96-41; 2, Ed B 30th 102-55; 3, HW 33rd 103-55; 4, Ab 38th 105-03; 5, Str 42nd 105-29; 6, Gla 43rd 105-38; 7, Ed C 51st 107-51; 8, Dund 59th 109-08; 9, Strath 63rd 109-29; 10, Ab B 68th 113-37.
Fastest laps: P McColgan 22-18; P McCavanna 22-34; J Sherban 22-37; I Campbell 22-38; W Coyle 22-39; E Stewart 22-41; A Puckrin 22-48; S Axon 22-54; S Cohen 22-58; M Gormley 23-00.

4

DRR W.S. Thornton 10 mile RR, Dundee 1, I Campbell (DHH) 50-00; 2, P McCavanna (DHH) 50-22; 3, P McColgan (DHH) 51-16; 4, N Coyne (CR) 52-15; 5, T Thomson (CR) 52-32; 6, B Paterson (DHH) 52-36; 9, C McLellan (ESP) 53-05; 8, P Fox (DHH) 53-32; 9, A Munro (DHH) 53-54; 10, C Mook (Whit) 54-07; V1, R Wood (DRR) 54-57; V2, C Smith (Port) 56-17; V3, D Gunstone (Fife) 57-41; L1, J Swanson (MSL) 59-22; L2, A Wilson LV1 (DHH) 59-27; L3, Shales (DHH) 62-24; L4, L Barclay (Pit) 65-47; L5, U Simpson LV2 (Ab) 66-04; L6, J Carroll L40 (DRR) 67-11; L45 I Gibson (DRR) 71-05.

Fife Colleges Women's 10K RR, Kirkcaldy 1, J Ferrari (Pit) LV1 38-20; 2, R McAloose (MSL) LV2 38-23; 3, S Durham (EWM) 39-21; 4, H Parkinson (Fife) 40-56; 5, J Thomson (GAC) 41-10; 6, A Grossett (Pit) 41-25; 7, J Hackett LV3 (Ed) 44-34.

10

General Portfolio Glasgow Uni 4.85 miles RR, Westerlands, (518 finished) -

1, P McColgan (DHH) 22-36; 2, G Wightman (Ed Uni) 22-37; 3, R Quinn (Kilb) 22-39; 4, P Dugdale (Har) 22-47; 5, A Puckrin (CPH) 22-59; 6, T Hearle (Kilb) 23-01; 7, A Currie (Mary) 23-07; 8, E Stewart (Cam) 23-18; 9, D Duncanson (Cam) 23-24; 10, R Johnston (Cal) 23-29; 11, T Coyne (Sh) 23-32; 12, J Duffy (Spango) 23-35; 13, S Wylie J1 (Cam) 23-37; 14, I Campbell J2 (DHH) 23-41; 15, I Matheson (FVH) 23-47; 16, P O'Kane (HBT) 23-49; 17, G McMaster (FVH) 23-50; 18, S Wright J3 (Ab Uni) 23-51; 19, M McQuaid (FVH) 23-52; 20, W Nelson (Law) 23-53; 21, S Gibson (HBT) 23-57; 22, A Callan (Spr) 24-02; 23, H McKay (Fife) 24-10; 24, R Hubbard (Ayr) 24-13; 25, D Watt (Cal) 24-

19; 26, J Gatland (Ed Uni) 24-22; 27, J Hill (DHH) 24-24; 28, J Houston (Mary) 24-25; 29, S Hodge (Spango) 24-25; 30, D Amott (Ed Uni) 24-27; 31, A Davis (Str Uni) 24-31; 32, A Gilmore (Cam) 24-32; 33, A McCormick (Glas Uni) 24-33; 34, M Steele (H Wat) 24-35; 35, B Scally (Sh) 24-36; 36, P Halpin (Cly) 24-37; 37, A McIndoe (Spr) 24-40; 38, G Wornship (Gals Uni) 24-44; 39, W McTaggart (Bella) 24-46; 40, T Gillespie (Spr) 24-46; V1, R Young (Cly) 64th 25-14; V2, T Mordlock (Rich) 70th 25-19; V3, C Smith (Port) 83rd 25-38; V4, J Gallagher (Spango) 98th 25-55; V5, B Lowie (CPH) 104th 26-01; V6, A Blackley (West) 118th 26-21; V7, F Healy (Giff) 129th 26-38; V8, R Blair (VP) 132nd 26-38; V9, T Petrie (Str Uni) 139th 26-45; V10, R Rutherford (Spr) 147th 26-59; V501, G McKirdy (EKilb) 238th 28-33; 2, P Keane (Mary) 239th 28-33; 3, C Luster (Giff) 265th 29-12; L1, V McPherson (GlaU) 135th 26-45; L2, E Mason (Kilb) 221st 28-19; L3, R McAloose LV1 (Un) 229th 28-26; L4, E O'Brien (GGH) 268th 29-17; L5, R Houston (StrU) 313rd 30-11; L6, J Byng LV2 (Irv) 315th 30-11; L7, C McFadden (Un) 318th 30-16; L8, M Blacker (Giff) 338th 30-43; L9, A Gifford (Ayr) 343rd 30-46; L10, M Jeffrey (GlaU) 346th 30-50; L11, H Morton (Irv) 347th 30-54; L12, S White LV3 (Ayr) 357th 31-00; L13, V Chapman LV4 (Giff) 368th 31-10; L4, S McLeish (Giff) 369th 31-27; L17, C McGarvey LV5 (Mor) 380th 31-33; L18, S Donaldson (GlaU) 383rd 31-33; L19, I McErlan (GAC) 387th 31-42; L20, A Brunjes (Cal) 389th 31-46.

ESPC McDonald Trophy 2.5 miles RR - 1, B Kirkwood 11-45; 2, K Mortimer 12-13; 3, C McLellan 12-19; 4, J Elphinstone 12-21.

11

SVHC 5 mile RR, Cambuslang - 1, J Kennedy (VP) 29-48; 2, R Young (Cly) 30-53; 3, D Fairweather (Cam) 30-55; 4, J Christie (Cam) 31-06; 5, D Cooney (Cam) 31-11; 6, A Blackley (West) 31-12; V58: 1, D Fraser (Bella) 33-11; 2, J Ramage (Law) 35-58; V55: 1, H Gibson (Ham) 34-46; 2, D Kerr (SVH) 37-44; V60: 1, W McBrinn (Sh) 33-43; 2, S Lawson (Mary) 36-04; LV1, J Stevenson (FVH) 34-12; LV2, J Byng (Irv) 35-58; LV3, S White (Cly) 37-33.

Aberdeen AAC 6 mile RR, Bridge of Don 1, F Clyde (Met) 30-32; 2, D Duguid (Ab) 31-25; 3, M Murray (Ab) 31-27; 4, I Williamson (Ab) 31-30; 5, M Cummings (Met) 31-42; 6, C Youngson V1 (Ab) 32-24; 7, R Durran (Ab) 32-31; 8, W Adams V2, (Ab) 32-33; 9, B Foreman (Cam) 33-42; 10, N Milosorow (Met) 34-05; V3, C Noble (Fra) 34-34; V4, M Edwards (Ab) 34-36; L1, D Porter 36-56; L2, J Gramms 38-42; L3, N McKinnon LV1 40-00; L4, V Allan 41-01; L5, K Powell 41-43; L6, B May LV2 42-23 (all Aber)

17

Glen Clova Road Race - 1, F Clyde (Met) 68-34; 2, T Thomson (CR) 69-52; 3, R Taylor (Met) 71-19; 4, I Moncur (DHH) 72-07; 5, M Cumming (Met) 73-13; 6, D MacGregor (Fife) V1 73-25; 7, A Martin (Fife) 75-24; 8, B Hedley (LJR) 76-04; 9, J Kirkland (DRR) 76-35; 10, P Wilson (DRR) V2 78-01; L1, S Hales (DHH) 84-25; L2, M McLaren (Fife) 91-12; L3, M Robertson (DRR) 91-29; 14, T Respingar (DRR) 93-37; L5, K Greene (DRR) 93-52; L6, L McGill (DRR) 96-59; L7, I Gibson (DRR) 97-17; L8, S Bauchop (SVH) 98-22; L9, A Strachan (DRR) 99-55; L10, I Coombs (West) 101-09.

Closest ever E-G finish!

IN the closest ever finish since the race was first run in 1930, Falkirk Victoria Harriers scored only their second victory in the Barra Eight Stage Road Relay Race from Edinburgh to Glasgow, writes Colin Shields.

FVH finished just four seconds in front of pre-race favourites Dundee Hawkhill, after about four hours of competition, surpassing the 13 seconds that Shetland Harriers defeated Edinburgh Southern Harriers by in 1970.

In bitterly cold weather, with a fierce headwind which blew in the face of the runners throughout the race, Tom Henson produced a late finishing sprint to bring Caledon Park into first place on the opening lap, just two seconds in front of Tom Hearle (Kilbarchan), with Ian Campbell (DHB) fifth and Robert Cameron (FVH) eighth.

The second stage witnessed a brave run by Falkirk's new signing, World Student Games runner John Sherban. Despite a fall in the newly instituted overbridge crossing of the M8 roundabout, which caused him gashed arms, legs and a bleeding nose, he recorded the fastest stage time to gain seven places and hand over a narrow five seconds lead from Ian Hanner (ESPC). Northern Irish international Pat McCavana lifted Dundee Hawkhill into fourth position, 18 seconds behind the leaders.

Falkirk were to hold this lead for almost the next five stages and Peter Paulds, on the short third stage, recorded the second fastest time behind Alan Puckrin (CPH), with DHB staying in fourth position but dropping to 87 seconds behind the leaders.

Ian Johnston was fastest by 37 seconds on the testing fourth stage and stretched Falkirk's lead to 57 seconds over second placed ESPC, with Chris Hall gaining a place to put Dundee third, 2-14 behind Falkirk.

The long fifth stage to Forestfield Inn, the highest point in the race, proved decisive for Dundee and Caledon Park, who ultimately took the minor medals behind Falkirk.

Dundee Bain ran an isolated race out in front, cheered on by carloads of his enthusiastic club supporters. Sheepchaser David Ross (CPH) quickly made up the five second gap on Dundee's Charlie Haskett, and the two ran in tandem throughout the stage.

Haskett did most of the pace-making and rapidly reduced the gap to the tiring leader. Ross sprinted away from Haskett in the closing stages to hand over in second position, just two seconds in front of Haskett and 43 seconds down on Falkirk. ESPC had dropped from second to an isolated fourth 2-14 in front of Cambuslang Harriers.

The long seven mile sixth stage, mostly downhill from Forestfield, to Airside War Memorial, is known as the champions' lap and most clubs save their best runner for this important section of the race.

The action of the previous stage was repeated as Ian Campbell (DHB) and Alan Robson (CPH) ran together, intent on closing the gap on race leader Gary Grindlay (FVH). The Falkirk runner's lead was overcome by the pursuing pair and Grindlay was passed in the final stages through Airside Main Street.

Robson, burst clear of the group and went on to establish a 17 second lead, with the fastest time of the stage. Campbell and Grindlay handed over the baton to their outgoing teammates with nothing between them.

Steve Cohen brought ESPC into fourth position, 2-19 behind, while David Cavers, second fastest on the stage, lifted Teviotdale into fifth place ahead of Cambuslang.

Englishman Barry Patterson (DHB) and Michael McQuaid (FVH) quickly overhauled Caledon Park and ran together for most of the stage before Patterson opened a narrow four second lead at the final changeover. His fastest time was equalled by Mark Fallows (ESPC) who brought his club almost a minute closer to city rivals Caledon Park.

John Pentecost immediately closed the four second gap on Richie Barrie (DHB) and it was a two man race for victory through the busy streets of Glasgow, with Pat Duffy (CPH) losing ground to the chasing Gary Brown (ESPC), who gained 78 seconds on his rival, but Duffy held on to give his team third place medals.

Pentecost and Barrie took turns to share the lead, and though each tried to break clear neither managed to establish a decisive gap before his rival regained close contact.

As they approached the finishing line at

George Square, Pentecost summoned up his final reserves of strength to edge clear of the tiring Barrie and rounded the corner of Glasgow City Chambers for a four second margin of victory for Falkirk's second ever triumph in the race.

Falkirk had three fastest stage times to their credit - one less than third placed Caledon Park - but it was their solid back up which ensured victory over previously undefeated Dundee Hawkhill, who greatly missed Scottish and Irish cross country champion, Peter McColligan.

The enthusiastic, irreverent, Hunters' Bog Trotters were awarded the medals for the most meritorious performance of the day for finishing eighth.

Though the final time of 3-58-19 was the slowest winning time since 1949, the standard of competition throughout was as exciting as seen in any of the previous races.

SCHOOLS

November

17

SSAA Road Relay Championships, Grangemouth Primary Girls: 1, Geo Watson's A 12.22; 2, St Matthew's 12.45; 3, St Helen's 12.48; 4, Trinity 12.57; 5, Hutch 12.59; 6, Geo Watson's B 13.10; 6, Glasgow HS 13.10; 8, St Margaret's A 13.11; 9, Royston A 13.13; 10, Newfield 13.15.

Primary Boys: 1, St Matthew's 11.31; 2, Alexandra 11.44; 3, Stewarts Melville A 11.52; 4, Conon 11.55; 5, Kinross B 12.02; 6, Mosshead A 12.03; 7, Linlithgow A 12.06; 8, Lawhead 12.07; 9, Geo Heriot's A 12.10; 10, Clober 12.11.

Under 15 Boys: 1, Douglas Acad 28.55; 2, Boclair Acad A 29.36; 3, Alness Acad 29.42; 4, Dingwall Acad 29.58; 5, Edinburgh Acad 30.03; 6, Geo Watson's A 30.05; 7, Hutch 30.36; 8, Strathaven Acad A 30.42; 9, Balfour High 31.06; 10, Turnbull High A 31.16.

Over 15 Boys: 1, St Aloysius A 26.16; 2, Stewarts Melville A 26.43; 3, Balwearie High A 26.44; 4, Clydebank High 27.20; 5, Inverness RA 27.21; 6, Sturwaton Acad 27.49; 7, Geo Heriot's 27.55; 8, Bealack High A 27.57; 8, Merchiston A 27.57; 10, Boclair Acad 28.03.

Under 15 Girls: 1, Glasgow High A 24.12; 2, Mary Erskine's A 24.17; 3, Dingwall Acad 24.19; 4, Hawick High 24.27; 5, Dunfermline High 24.28; 6, Hermitage Acad 24.47; 7, Castlehead High A 25.59; 8, Geo Watson's A 26.10; 9, Marr College 26.18; 10, Geo Watson's B 26.21.

Over 15 Girls: 1, St Aloysius A 26.16; 2, Stewarts Melville A 26.43; 3, Balwearie High A 26.44; 4, Clydebank High 27.20; 5, Inverness RA 27.21; 6, Sturwaton Acad 27.49; 7, Geo Heriot's 27.55; 8, Bealack High A 27.57; 8, Merchiston A 27.57; 10, Boclair Acad 28.03.

Under 15 Girls: 1, Glasgow High A 24.12; 2, Mary Erskine's A 24.17; 3, Dingwall Acad 24.19; 4, Hawick High 24.27; 5, Dunfermline High 24.28; 6, Hermitage Acad 24.47; 7, Castlehead High A 25.59; 8, Geo Watson's A 26.10; 9, Marr College 26.18; 10, Geo Watson's B 26.21.

Over 15 Girls: 1, Glasgow HS A 24.07; 2, Geo Watson's A 24.24; 3, St Leonard's A 24.35; 4, Dingwall Acad 24.35; 5, St Leonard's B 25.10; 6, Musselburgh Gram 25.19; 6, Boclair Acad 25.19; 8, Kinross High A 25.39; 9, Bealack High 25.42; 10, Glasgow High B 25.45.

Individuals

Under 15 Boys: 1, S McNeill (Douglas Acad) 9.21; 2, A Moore (Balfour High) 9.22; 3, M Smith (Douglas Acad) 9.35; 4, A Young (Boclair Acad) 9.36; 5, J Thomas (Ed Acad) 9.39; 6, G Muzro (Alness Acad) 9.42; 7, P Dennis (Hermitage) 9.44; 8, A Thomas (Dingwall Acad) 9.46; 9, G Harris (Hutch) 9.50; 10, D Barlow (Geo Watson's) 9.51; 10, R McDonald (Turnbull) 9.51.

Over 15 Boys: 1, P Mowbray (Balwearie) 8.25; 2, G Brown (Bealack) 8.29; 3, M McBeth (St Aloysius) 8.36; 4, M Gill (St Aloysius) 8.37; 5, S Mackay (Inverness RA) 8.38; 6, G Willis (Forthwick Acad) 8.38; 7, R Moore (Stewards) 8.49; 8, C Clelland (John Ogilvie) 8.50; 9, D Fotheringham (Clydebank) 8.51; 9, A McConnachie (Geo Heriot's) 8.51.

Under 15 Girls: 1, M Smith (Dingwall Acad) 7.24; 2, K Gormley (M Erskine's) 7.31; 3, S Sneddon (Hermitage) 7.41; 4, H Steedman (Dund High) 7.43; 5, W Turnbull (Hawick High) 7.52; 6, P Dallas (Glas High) 7.53; 7, R Drysdale (Glas High) 7.53; 8, H Brooks (Marr) 7.57; 9, J Forsyth (Dund High) 8.03; 10, J Mickel (Hermitage) 8.11.

Over 15 Girls: 1, L Stewart (Muss Green) 7.45; 2, H Parkinson (Balwearie) 7.49; 3, J Wolfendale (Boclair) 7.51; 4, S Scapple (Glas High) 7.53; 5, L Kelly (Geo Watson's) 7.58; 5, S Scapple (Glas High) 7.58; 7, L Henderson (Dingwall Acad) 7.59; 8, L Porter (Penthead Acad) 8.02; 9, Z Melklem (Kinross High) 8.04; 10, C Murray (St Leonard's) 8.05.

Thornlows WS 10 Mile RR

OVER 350 runners in the Thornlows WS 10 mile Road Race at Templeton Woods, Dundee on November 4 were pleased to find weather conditions perfect for the testing hilly route ahead, writes Gill Henson.

Within the second mile a group of 12, including Peter McColligan, Pat McCavana and Ian Campbell, had broken away and within another two miles were soon spread out as those three runners pushed on from

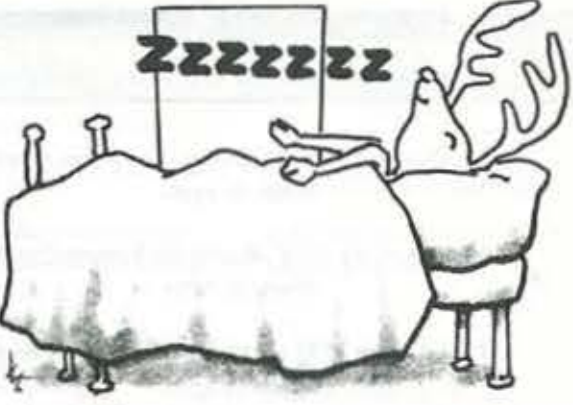
the front. Meanwhile, vying for first place in the women's race were Aileen Wilson, Janet Swanson and Sally Hales.

For those going at a more 'leisurely' pace, there may have been time to appreciate the splendid countryside that the route followed along the Sidlaw Hills.

Towards the finish, McColligan had broken clear and looked well on the way to claiming first prize, but missing a turn 200m from the line allowed Campbell to finish first in 50-00 and McCavana second in 50-22, leaving McColligan to come home third in 51-16.

The women could afford to make no mistakes at the finish as Janet Swanson and Aileen Wilson had a battle royale for first place, with Swanson winning in 54-22 just five seconds ahead of Wilson. Hales was third in 63-24.

As the runners poured in, most were glad of the free t-shirt to ward off the cold as they made their way to the buses and back to the changing area for a shower, soup and sandwiches, and a post-race crack.



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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
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AAA WAAA 1991 INDOOR CHAMPIONSHIPS RAF COSFORD ALBRIGHTON (Nr Wolverhampton)



2nd - 3rd February, 1991

PEARL ASSURANCE AAA/WAAA SENIOR INDOOR CHAMPIONSHIPS

Closing Date for entries Tuesday 15th January, 1991

9th-10th March, 1991

AAA Senior Octathlon, AAA Senior 4 x 200m and 4 x 400m Relays

AAA Junior Octathlon, AAA Junior 4 x 200m Relay

AAA Youths 4 x 200m Relay

AAA Boys Individual Championships

WAAA Senior Pentathlon

WAAA Girls Pentathlon

WAAA Intermediate Individual Championships

Closing Date for entries Tuesday 19th February, 1991

15th - 16th March, 1991

DAIRY CREST AAA/WAAA U20 INDOOR CHAMPIONSHIPS

Closing Date for entries Tuesday 26th February, 1991

Entry forms and full details will be appearing in Athletics Press later this year, more details can be obtained from:

Championship Secretary, AAA Offices, Edgbaston House, 3, Duchess Place, Hagley Road, Edgbaston, Birmingham B16 8NM. Tel: 021-456 4050.

Championship Secretary, WAAA Offices, Francis House, Francis Street, London SW1 1DL. Tel: 071-828 4731.

December

8

EAST Kilbride Don Print Festival of Running, featuring the Hugh Wilson Memorial Road Race (male/female). Races for Colts, Boys & Youths. 12.30pm start, St Bride's High School, East Kilbride. Tel Sheila MacDougall on 03553-2978.

EAST District League, Falkirk. Details: 0324-486711.

NORTH District CC Championships, Peterhead.

9

SWCCU&RRA East v West v N. Ireland, Dumbarton.

12

OPEN Graded Meeting, Kelvin Hall, D - 041-357-2525.

15

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.

16

AYRSHIRE Cross Country Championships (closed).

LOCHABER AC Clockwise Peat Track Race, Lochaber AC.

January

1

AUGUSTUS Barnett Aonach Mor Gondola Run. Car park to cafe, 2mi, 2000ft of ascent. Hot toddy to all finishers and a bottle of champagne to winner. Contact Sandy Hastings (0397) 2132.

NEW Year Sprints, Edinburgh.

2

BEITH Road Races.

NEW Year Sprints, Edinburgh.

5

SAIR Heid Race, Isle of Skye, 12 noon start. Details from Skye and Lochalsh District Council. Tel: 0478-2341.

NIGEL Barge Maryhill Harriers 4.8 Mile Road Race. For more details telephone 041-637-7714.

6

ESPC Indoor Championships, Meadowbank Stadium.

INTER league CC Match, Hendon.

13

SWCCU&RRA Closed 4,000m Championship, & Open meeting for M, G, & J, Edinburgh.

16

LOUDON Runners CC Races.

OPEN Graded Meeting, Kelvin Hall, D - 041-357-2525.

19

NORTH District CC League, Elgin.

EAST District CC Championships, Aberdeen.

WEST District CC Championships, Clydebank.

20

SAAA Under-20 Indoor Championships. Details 031-317-7320/1.

23

OPEN Graded meeting, Kelvin Hall, D - 041-357-2525.

26

JIMMY C. Flockhart CC Races, Drumpellier Park, Coatbridge. Entries on day. Further info from David Morrison on 0236-66010.

SCOTTISH Indoor Championships, Kelvin Hall Details: 031-317-7320/1.

27

KIRKINTILLOCH Olympians Open Road Race.

SCOTTISH Indoor Championships, Kelvin Hall. Details: 031-317-7320/1.

SWCC&RRA National CC Relay Championships, Bishopbriggs.

February

2

EAST District CC League, Rosyth.

NORTH District CC League, Nairn.

PEARL Assurance AAA/WAAA Senior Indoor Championships D - 021-456-4050.

3

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

PEARL Assurance AAA/WAAA Senior Indoor Championships D - 021-456-4050.

SCOTTISH Veterans CC Championships, Linlithgow.

6

OPEN Graded Meeting, Kelvin Hall, D - 041-357-2525.

9

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

10

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

GRANGEMOUTH "Round The Houses" Races. D: 0324-486711.

JUMPS Development Day, Bathgate Sports Centre.

CARNETHY Five Hills Race.

UK Trials for World CC Championship, Osterly Park, London.

16

NORTH District CC League, Elgin.

SAAA/SWAAA Multi Events and Relay D - 031-317-7320/1.

17

DUNDEE Hawkhill Harriers Camperdown Park Road Races, Dundee.

23

SCCU National CC Championships, Dundee.

24

SWCC&RRA National CC Championships, Irvine.

CAOL Road Race, 10K flat course around Caol village, 2pm start, Fort William. Contact Sandy Hastings (0397) 81345.

SWAAA U20 Championships, Kelvin Hall D - 031-317-7320/1.

March

2

FIFE AC 6 mile Road Race, Cupar.

3

NAIRN Investments Nairn 10K and Fun Run, D - (0667) 52208.

6

OPEN Graded Meeting, Kelvin Hall, D - 041-357-2525.

THE SMOKIES TEN LADIES ONLY 10 MILE RACE

Organised by Arbroath Footers (Under SWAAA Rules)

SUNDAY 10th MARCH 1991, 11AM

Medals to all finishers

£50.00 Sports Voucher for the first person who can break the existing record. ENTRY FEE £4

RACE LIMIT 250

Contact: Susan Ruark, 39 Duncan Ave., Arbroath, Angus. Tel: 0241 - 73441

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THE OFFICIAL VIDEO

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Entry forms from:
Clackmannan District Council,
Dept. of Leisure and Recreation
29 Primrose Street,
ALLOA



SUNDAY 17TH MARCH 1991

(Under SAAA/SCCU/SWAAA & RRA Rules)

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- * Superb organisation and full facilities

ENTRY FORMS AVAILABLE FROM ALL SPORTS SHOPS IN SCOTLAND, OR THROUGH TURNBULL SPORTS, 10 CHURCH STREET, INVERNESS. TEL: (0463) 241625

SUNDAY 12th MAY 1991
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10KM EVENT 10.45 AM

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INCORPORATES 1991
S.A.A. SCOTTISH 10KM
ROAD RACE
CHAMPIONSHIPS



City of Dundee
District Council
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Department



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800
MARATHON
AND 10 KM ROAD RACE

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1991

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SUNDAY - if the Marathon's not for you, enter the 10K Road Race or 3 mile fun run.

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29TH ISLE OF MAN EASTER ATHLETIC FESTIVAL

British Association of Road Races
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(Under A.A.A. and W.A.A.A. Laws)

GOOD FRIDAY IN DOUGLAS

Senior Mens (incl. Juniors, Youths, and Vets) 5 miles
Ladies (15 & over) Road Race 5 miles
Senior Mens and Ladies Race Walk 5 miles

EASTER SATURDAY IN PEEL

(first race at 2.15 p.m.)

Senior Mens Fell Race (incl. Juniors, Youths and Vets) 4 miles
Ladies (15 & over) Fell Race 3 miles
Junior Ladies (13 & 14) Hill Race 2 miles
Boys (13 & 14) Hill Race 2 miles
Girls (11 & 12) Hill Race 1½ miles
Colts (11 & 12) Hill Race 1½ miles

EASTER SUNDAY IN DOUGLAS

(first race at 10.30 a.m.)

Mens Road Relay 4 x 4 miles
Ladies Road Race 4 miles
Boys Road Race 3 miles
Junior Ladies Road Race 3 miles
Girls Road Race 2 miles
Colts Road Race 2 miles

(All ages as at midnight 31st March/1st April 1990)

Prizes: 1st 25 Men, 1st 10 Ladies, Veterans BVA grade 1 and 1st 3 in other classes. 1st 3 Mens and Ladies teams per day and over three days. 1st Vets team per day and over three days. Other classes depending on entry.
Entry Fees for Weekend: Senior including Junior Men and Vets £6.00, Ladies £4.00. All others £2.00 (plus 50p for unaffiliated runners).

For further information contact Mr C Whiteway, 37
Cooli Drive, Braddan, Douglas, Isle of Man.

LOCH RANNOCH MARATHON And HALF MARATHON



SUNDAY JUNE 23rd 1991, at 11am.

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1991

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VENUES: Derby, Dudley, West London & Cophall

CLOSING DATE FOR ENTRIES: 23rd JANUARY 1991

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SATURDAY 5 JANUARY 1991

Start 3pm at Kelvindale Road
Declarations: 12.30 - 14.30 Garbraid
Community Centre, Garbraid Ave, Glasgow
For further information: Tel: 041-637 7714
*Please note Run-A-Way Sports will be
present on the day.*

Desperate need of more gents

IMAGINE the scene. Over a hundred runners waiting on the start line. Tension mounts. An official steps out in front of the throng and proceeds to shout and bawl at them, warning them not to pee in anyone's garden.

This happened before the start of this year's Alan Scally relay. Despite numerous notices inside the school warning against this, it seems that numerous runners had relived themselves in neighbouring gardens. This sort of behaviour does nothing for the reputation of our sport.

Next time gents, use the Gents!

Baby Bungles

A COUPLE of issues ago, I asked readers to share the trials and tribulations caused by youngsters in their families.

One runner, too embarrassed to be identified, took his young son (not a runner), along to a race. The son asked if he could enter, did so, and beat his dad!

The prize, however, goes to Archie McCallum of Montrose - not because his tale is particularly funny - more because there is a lesson there for us all.

Prior to the Dundee Marathon a couple of years ago, his six month old youngster woke the whole family. As a result he didn't get to sleep until 3am.

After running the race on auto pilot, he then set off to drive home. Things were going well until he woke up at the point where the car was bumping along the verge before it bashed into the dyke and then slowly turned over on to its roof. Fortunately, he wasn't hurt and the farmer who extricated him drove him home.

He's learned his lesson about babies and marathons.

Are You Being Served?

THIS month's nomination for best service award goes to Run-a-way Sports.

Fiona Lamont from East Kilbride says it is, "like visiting old friends", when she goes to buy shoes for her 11 year old daughter. She's had heaps of advice when buying shoes, clothes and so on.

Well done Ron.

Keep your nominations for good or bad service coming, along with any other gossip, to the usual address.

The good, the bad and the ugly

I WAS reflecting, as the year ends, on my personal triumphs and disasters during 1990. In true festive traditions, here is my "best" and "worst" for 1990:

- **Worst Conditions:** National Cross Country Champs at Irvine. Who was the wag that said: "Irvine has sandy soils, so it won't be as bad as Hawick last year?" (The National Road Relay Champs at Livingston came a close second!)
- **Most entertaining prizegiving:** After the Hunters Bog Trot. YP might yet get a job with channel 4.
- **Best value for money:** The Breweries Fell Race. Good food and good beer. Large prize list.
- **Worst value for money:** Glasgow 25K
- **Best new race:** Glen Clova Road Race.
- **Least Scenic:** Falkirk Half Marathon. Have you any "bests" or "worsts" of your own? (The more unusual the better.)

Pass the tea

AT the recent agm of the Scottish Hill Runner's Association, held after the Tinto Hill Race (a very good race, although I've still to find the trig point that the OS map says is at the top because it was so misty), convenor Matt Ogston made a very good opening address.

He underlined my opinion that this branch of the sport is healthy and largely in good hands. It is a pity, therefore, that his speech couldn't be heard by all in Symington Village Hall because of the celebrations of some footballers in an adjacent room.

It's a pity too that the rest of the meeting seemed to drag on a bit. At times the subject matter was highly significant - such as the issue of runners being put in the position of considering themselves for selection. At times, however, the issues seemed trivial - would we be able to supply enough cups of tea if committee meetings were open?

I think the SHRA really needs to think carefully about the purpose of its agm and tailor next year's agenda accordingly.

Cheerful Liz

BACK to the Alan Scally and it was nice to see a very healthy looking Liz McColgan cheering on, not just her hubby, but many others too. Congratulations from all at Scotland's Runner to the McColgans on the subsequent birth of their daughter, Eilish.

Marshalling mix-up

THE Edinburgh to Glasgow relay is regarded by many as the "shop window" of club road running in Scotland. This year's race was regarded as a success despite times being amongst the slowest for years due to a very strong - and cold - headwind throughout the race.

Barrs, the race sponsor, have agreed to back the race for the next five years, putting £10,000 into the event. They are to be applauded for their continued interest.

This year's event was not without its faults, however. Roads are now much busier than they were in the old News of the World days when the race was held on a Saturday. The race therefore needs more policing and more marshalling.

There was a noticeable police presence in Lothian - not surprising as the race starts a couple of hundred yards from their HQ.

There seemed to be inadequate marshalls at some road junctions in Edinburgh, and at the airport entrance road.

The section from Broxburn to the outskirts of Bathgate seemed well marshalled and there was a policeman on points duty at the traffic lights at the centre of Bathgate.

As the race headed west from there, things seemed to get worse, with fewer marshalls and a hardly evident police presence once over the Strathclyde border.

I saw a Northern District runner almost squashed by an inconsiderate driver who cut in front of him at an unmanned junction in Bathgate. I saw the policeman on points duty in Armadale direct a lorry in front of an incoming Clydesdale runner.

Despite failing light, by the time the race reached Glasgow there was no marshall where the race left the west end of Alexandra Parade. There was no marshall to direct runners correctly into George Square. Not surprisingly therefore, some runners went the wrong way.

The Annan runner arrived at the finishing line from the opposite direction, taking officials and spectators by surprise and cutting about half a minute (at least) off his time.

Perhaps the sponsorship money from Barrs would be better spent in the next few years in paying for adequate marshalling. Instead of giving prize money to clubs - the amounts in any case are not significant - why not divide the route up into sections and pay £10 a mile to any club willing to ensure that their section is adequately marshalled?

MIKE RAKER

Scotland out on an international limb

THE third running of the BVA "International Veteran Championships" was held at the Amphill course near Bedford on November 4, writes **Henry Muchamore**. Despite the growing enthusiasm for this event, which is the only "international" event for veterans from the four Home Countries, there was no sponsorship available to assist teams in their travel or accommodation.

The BVA have tried to develop the event as a way of encouraging high class veterans to represent their respective countries.

For England, Wales and Northern Ireland there seems to have been no difficulty in the respective veteran governing bodies obtaining permission from their parent organisations to wear the traditional colours and emblems of their home country. However, Scotland seem to be the odd one out.

It was made clear that the word Scotland must not appear on the vest, nor the SCCU emblem, as the team had not been selected by the SCCU. The compromise was "Scottish Veterans" together with the SVHC emblem.

Certainly, all the first teams representing both men and women felt proud to wear their country's colours. However, with the consideration and almost certain approval by the BVA for the event being staged in Aberdeen in 1991, it would give the event more kudos and the Scottish competitors even more pride, if they could feel that they were fully recognised as international athletes in the same way that any junior or young athlete is recognised.

There may be, however, some complications, as at present only runners who are members affiliated to the BVA are eligible to compete. In Scotland that debars about half or more of veterans who are not members of the BVA.

The race itself highlighted the overall dominance of the English teams, albeit that Wales and Scotland put up some brave individual performances. Given the potential availability of men like Colin Youngson and Brian Emmerson, the English could well have had a much closer fight on their hands in future.

Ian Elliot of Teviotdale was the shining star of the men's Scottish vets team, and at the end of the first lap he made an excellent effort up the short, but very tough, incline to try and break away from the experienced Welsh wizard, Tony Simmons.

It didn't work, though, and with one lap to go Elliot was back down to fourth place behind Tony Ross and Peter Banks, who performed so well on the track at the BVA Championships at Crownpoint in July.

However, Ian's determination not

to go home empty handed got his adrenalin going again and he managed to get past Banks up the hill on the last lap, but could not make up the lost ground on the two leaders, Simmons (W) 32-45 and Ross (E) 33-44. Elliot, 34-16, was 12 seconds ahead of Banks.

Scotland finished second team, with George Meredith giving his all for fifth place just three seconds down on Banks. Charlie McDougall was eighth and Leeds-based John Kennedy eleventh.

In the M45 class England's domination was total as clearly indicated by their taking the first four places home. Again Scotland were runners-up in the team event, led home by Bernie McMonnigle in fifth, Hugh Watson eighth, Bob Young ninth and David Fairweather twelfth.

The M50's saw England's Les Prestland over a minute clear of his nearest rival Steve James, with Ken Summerskill another minute behind.

Taff Davies of Wales was not the force he has been in the past, in fifth place, but 55 year old High Rankin was the first Scot home in seventh, over two minutes behind the winner. John Linaker was ninth, followed by Hugh Gibson and John Maitland in fourteenth and fifteenth position this gave Scotland the third team place.

In the M60's, Alan Hughes of England was the clear winner, but Bill McBrinn put up a really brave fight to try and take the silver medal and was just beaten by Laurie Foster by one second. With only two over 60 teams finishing, Stuart Lawson, sixth, Bill Armour, seventh, and Peter Livingstone, eighth, ensured the second team award.

In the women's event, Janet Stevenson (W40) was Scotland's leading light in overall eighth place, fourth in her age group category. Sadly, with Tricia Calder unavailable this year there was again no challenge to the English dominance, and they won all three of the age group team awards. Glenis Penny and Sally Young helped to make it an exciting race, with only three seconds separating them at the finish.

In the W35 class, Carol Hancock, Kate Chapman, Diane Montieth and Ann Richards secured second place. In the W40 class, Jackie Byng, Kate Todd, and Jane Murray helped Jan Stevenson take the bronze awards. In the W50 category, Margaret Robertson, Jocelyn Ross, Margaret Moore and Maureen Gallagher took the silver medals.

Danny Wilmoth, team manager, certainly deserves every credit for his organisation that epitomises the fraternity and the competition of veteran athletics. Let's hope this is recognised elsewhere.

Hares, Hounds, and Hayley Haining

WITHOUT a doubt, the success story of the university year so far has been the glamour-girls (?) of the Glasgow University Hares and Hounds, writes **Gordon Ritchie**. Observers had high expectations when the news that Hayley Haining was joining the club was announced, but the girls have surpassed even the wildest dreams of many.

In mid-October, the team made its debut in the National Road Relay, and gave notice of the success to come by finishing third. On that occasion, the team consisted of Vikki McPherson, Joanna Cliffe and Michelle Jeffrey. Two weeks later, with Haining replacing Jeffrey, the students won the first league match at Pitreavie.

Such was their domination of the event that Hayley won, with Vikki 20 seconds behind in second place and Joanna seventh.

The following weekend saw the next league match at Lasswade, and once again the girls had a convincing win. This time they were without the two big stars (or should that be petite stars?) but Jeffrey and Suzie Donaldson joined Cliffe to ensure victory.

The team returned to full strength for the third meeting at King's Park, where Hayley and Vikki came first and second again. With Joanna finishing tenth, another victory was tucked under the belts.

The most pleasing aspect of their success is the ability to win while the team is not at full strength, as can be seen from their consistency throughout the league programme.

Unfortunately, when it came to the big event of the year - the West District Championships - they could not compensate for the absent Cliffe and Haining (out due to bronchitis and Gateshead respectively) and could only

finish second, despite a tremendous victory for McPherson.

This gave an indication of the likely result in the nationals, where the students will have to be at full strength and in good form to challenge the powerful new City of Glasgow AC.

If the students are to stand any chance at this event Hayley, Vikki and Joanna must stay fit and healthy, as the club does not have the strength in depth to compete at the highest level without them.

In individual events, Hayley, a first year medical student, has been outstanding and has established herself as top Scottish athlete.

She ran an excellent second in the international event at Gateshead, and has been virtually unbeatable in domestic competition.

She has beaten Vikki regularly throughout the season, but Vikki is getting closer each week.

In Hayley's absence from the West Districts and the General Portfolio Glasgow University Road Race, Vikki ran away from the field to confirm her position as one of the top exponents of the mud and tarmac.

Away from the serious competition, Michelle Jeffrey continued to build a reputation for herself by winning the annual university Chunder Mile at Westerlands, but her winning time was slower than past visitors of this unique event.

With the Glasgow girls joining up with Katy Rice (Edinburgh) and Rachel Houston (Strathclyde), there is a nucleus of a very strong Scottish Universities team.

The oldest of the five is only in her second year, and therefore there promises to be successful years ahead for the student teams.

Scottish coaches honoured

THREE Scots were among 17 accomplished track and field coaches to receive the new Master Coach award at the Post Office National Coaching Conference in Croydon on Saturday, November 3. The trio were John Anderson, Tommy Boyle and Iain Robertson.

"The new award is the highest honour we can bestow upon those coaches who have made a colossal contribution to the craft of coaching, both long-term and short-term," explained national director of coaching, Frank Dick, architect of the new award.

"It recognises the finest application of the philosophy and art of coaching."

Six posthumous awards were given to acknowledge the historic contribution of individuals like Geoff Dyson, the first principle national coach who played a major role in the evolution of the current coaching structure.



Fame at last

WATCHING television isn't something Pitreavie 10K runner Iain Taylor often finds time to do.

However, December 29 will prove to be an exception for the 22 year-old from Dunfermline.

Iain who admits to being "an outgoing sort of person" was asked to appear on the Blind Date television programme earlier in 1990, and the outcome can be seen on December 29.

Although he wasn't chosen by the girl asking the questions, Alan nonetheless distinguished himself by wearing a somewhat skimpy kilt.

"It was the Hogmany edition, so we were given the carte blanche to go as over the top as we wanted," explained Iain when questioned about his eye catching appearance. "Mind you I didn't realise I'd be filmed from the angle I was."

Iain was first nominated for the programme by his Pitreavie club-mate Stephen Ogg.

"In a way I was unlucky not to get chosen on 'Blind Date'," he says somewhat wistfully. "The girl thought by my voice that I'd be a wee, chubby Scotsman and went for someone else instead. She told me if it hadn't been for the way I spoke she'd probably have gone for me."

Well, it's the taking part that counts, as they say.

Championship change

THE date of the Scottish AAA/WAAA national championships, scheduled originally for the second weekend in July, has been changed to July 5 and 6.

The event was due to move from Crownpoint to Meadowbank, but with Edinburgh hosting the Commonwealth Basketball Championships, the athletics will remain in Glasgow.

Commitment of Steel

THE Tom Scott Memorial Race on April 6 will again be sponsored by Steel Stockholders Ltd, who have made a commitment till 1992.

The race will once again incorporate the SVHC 10 Mile Championship.



Jack reveals all

READERS may recall that in our October issue we featured a photograph of a distressed looking competitor in the Livingston Half Marathon, offering the gentleman in question a year's free subscription to Scotland's Runner if he identified himself, writes **Margaret Montgomery**.

We have now found our man - none other than Jack Gillies from Edinburgh.

Jack, who is a distinguished 64 years of age, has been running marathons and half marathons for just five years. However, as he was quick to point out when he contacted us, his performance at the Livingston event was not representative of his usual form.

For many spectators at Livingston, Jack was the hero of the hour, literally collapsing over the finishing line before being led away for medical attention. Jack assured us this was due to nothing more than a simple oversight where the weather was concerned.

"I hadn't taken the humid conditions into account," Jack explained. "I was dehydrated, not having taken enough liquid before or during the race."

Jack's other performances clearly demonstrate that he is man well able to compete with the best of them. At this year's London Marathon he clocked an impressive 3-06, and at the recent Falkirk Half Marathon he came in with a time of 90-04.

A professional diver, Jack is required to pass regular fitness tests and it was for the purposes of ensuring that he would still get through these, despite his advancing years, that he decided to take up running in 1985.

These days, however, he professes to enjoy running in its own right.

"It's like a bug, isn't it?" he laughs. "It's hard to give up once you've started."

Jack wrote to us in November, and his year's free subscription has already started.

Beith event at Kilbirnie

BEITH Harriers' New Year's Day Races, now held on January 2 as the necessary facilities are no longer available in Beith, will for the third time be held at Lochshore, Kilbirnie. Ladeside Pavilion will be the headquarters for the day.

Hot Toddy at Fort William

LOCHABER AC are again holding their popular Aonach Mor Gondola Run on January 1. The finish is at the Snowgoose Restaurant at 2200ft, where a hot toddy will be dispensed to every finishing runner. Details from Sandy Hastings on 0397-2132.



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