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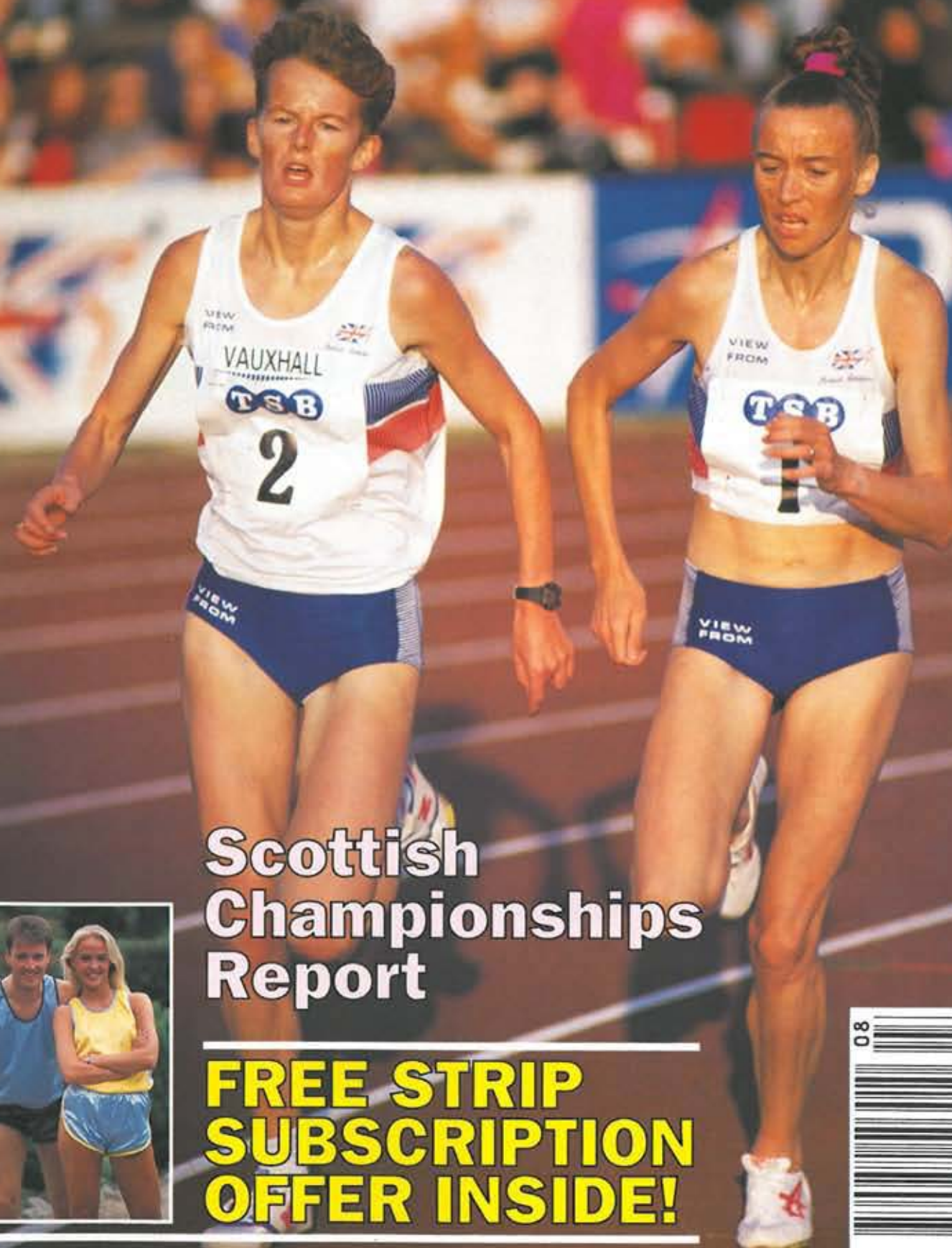
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Scottish Championships Report

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AROUND THE MUNROS IN 50 DAYS

AN attempt by two Scotsmen to break the record for conquering all 277 of the Scottish "Munros" has succeeded, writes Margaret Montgomery.

The men, Rory Gibson and Andrew Johnston (right), both of whom are from the Aberdeen area, began their record breaking quest on May 23, aiming to finish 50 days later on July 12. By the beginning of July, they were two days behind schedule but eventually made up enough time to finish just one day late on July 13, well within the current record of 67 days, set in 1990 by Cumbrian schoolteacher and fell runner, Hugh Symonds.

As if running up and down all the Scottish Munros in less than 67 days wasn't enough, Gibson and Johnston were also cycling and swimming between the peaks. In all, they covered 1,400 miles, all of it without any form of motorised transport.

Johnston, second Scot home in the triathlon at the last Commonwealth Games, and Gibson, an accomplished fell runner who trained by running in the Himalayas, stand to raise around £50,000 for the Scottish Cot Death Trust.

Their efforts, which were filmed by Grampian TV, can be seen in a one hour documentary called "The Great Munros Challenge", in the autumn.



SEAFORTH sweep up fourth match

AYR Seaforth won the final match of the Woolworth's Scottish Young Athlete's League West Division 1, completing a clean sweep of all four matches.

It was their fourth successive title, and they lead the first four clubs who will contest the overall Scottish Young Athlete's final at Crownpoint on August 15 - Victoria Park, Cambuslang, and Shettleston.

East Kilbride and Dumfries are relegated to Division 2, with Helensburgh and Cumnock promoted to Division 1.

KITCHIN WINS CULTER FELL EVENT

INTERNATIONAL orienteer Andy Kitchin, from Livingston, won the third round of the Scottish Hill Running Championship in the Culter Fell Horseshoe Hill Race at Tweedmuir. World Cup reserve Kitchin completed the 12-mile 4000-foot climb in 1:51:11, beating Mark Rigby (Westerlands) by almost seven minutes. Helen Diamantides (Ambleside) won the women's race, 35th in 2:22:6.

BARCELONA MIND GAMES

AN Olympic summer, which began in much chauvinistic drum-beating for Britain's Barcelona hopes, has been sharply pushed into perspective by the outstanding performances in trials around the world, and on the grandprix circuit, writes Doug Gillon.

Just how hard medals will be to come by is underlined by the failure of Carl Lewis to survive TAC's US trials in anything but the long jump - where Mike Powell looks increasingly likely to deny him for a second time - and by the failure of decathlon gold medal favourite Dan O'Brien also to make the US team.

Steve Backley saw his world javelin record go at Bissett after a series of four 90metre throws ended with Czech army colonel Jan Zelezny setting a new mark of 94.74, Backley almost ten metres behind at 85.06.

Zelezny threw a spear which the IAAF will not let him use in Spain, because it has not been in production long enough to qualify. Backley, who has an identical model in his garage at home, which he has not thrown, said, "What is he playing at? If he can't use it in Barcelona, why is he throwing with it all season? It seems crazy."

It is, of course, all part of the mind games played before the main event.

and the erratic Zelezny has failed to follow up on such feats before, missing the final in the Europeans, where Backley won gold, and World Championships, where Backley also failed, and joined him as a spectator.

Tom McKean who lost his UK number one tag when relegated to third in the UK trials (only eighteenth fastest in Britain) bounced back to top 800m man in Europe and seventh in the world with 1:44.75 at Bissett. But he was behind US Olympians Johnny Gray and Mark Everret, and Kenya's William Tanui.

"I am running faster than I have ever done before at a major championship," says McKean confidently. "I am right on course, and have only fine tuning to do."

The record-breaking run came to a halt for Liz McColgan. In a race in which she was billed as attempting to eclipse Elana Meyer's year's fastest for 5000m, she could not get to grips, and also fell short of Zola Budd's UK best.

She was still good enough to lead Jill Hunter by 18 seconds, winning in 15:01.86. "I felt tired," she said, afterwards, admitting that her husband, Peter, has been going demented trying to get her to take it easy.

Roger Black twice went down to his

Caledon win league relay

LINFORD Christie clocked a slightly wind assisted 10.17 seconds, to win the 100m and help his club, Haringey, to victory in the British League match at Meadowbank.

Elliot Bunney and his Caledon Colleagues combined to win the 4 x 100m relay with 40.61secs, helping the Edinburgh club to fifth in the meeting.

Brian Whittle, his native 400m record (46.46) under threat from Gregor McMillan, tried to make it invulnerable with his first 400m run in Scotland for two years, but windy conditions made that impossible. Whittle won for Haringey in 46.67.

Nick Smith (Shaftesbury), one of Whittle's Scottish rivals for a Barcelona place, was edged out by Nick Pearson in the 800, 1:49.4 to 1:49.3. In fifth place, Caledon's John McFadyen clocked a personal best of 1:50.46.

1, Haringey 346pts; 2, Belgrave 329; 3, Birchfield 293; 4, Thames Valley 277; 5, Caledon Park 248.5; 6, Shaftesbury 244.5; 7, Wolverhampton 240.5; 8, Old Gaytonians 182.5.

US rivals in four days on the circuit, and needs to regain his form if he hopes to be in the shake down for a 400m medal.

Linford Christie, at the time of writing remains unbeaten, but even with Lewis absent, you have the hunch there will always be an American to beat the 32-year-old European champion. He is, however, more muscular, and is running faster as he gets older.

Colin Jackson and Tony Jarrett, in the sprint hurdles, both look as though they can take a medal, with Jackson favoured for gold. And Edinburgh's vastly under-rated steeplechaser, Tom Hanlon, after smashing the 14-year-old Scottish native record in his home town, is also a medal candidate. But he must have the mental application to hang onto a final lap as hot, both in pace and atmosphere, as the Tokyo World Championships last autumn.

Yvonne Murray has kept her cards carefully concealed, but so too have the CIS women who turned up in Tokyo to confound the European champion's 3000m hopes. This time Musselburgh's wonder woman is stronger, mentally and physically, but it cannot be other than very hard for all of the Brits, and only a fool would forecast a crock of gold.

RUNNING AT THE THEATRE

IF you missed it during its four week run in the Arches Theatre during and after Mayfest then you now have a second chance to see Golden Age Theatre's excellent production of "The Loneliness of the Long Distance Runner" when it opens at the Edinburgh Festival on August 31.

The play, which is adapted from a much acclaimed short story written by Alan Sillitoe 33 years ago, tells the story of a young boy never out of trouble who uses cross country running as a means of exacting revenge on society.

Actors Neil Packham (right) and Stevie Hannan, who make up the play's cast of two, prepared for their roles by taking up running themselves. The result, says Golden Age Theatre director Sue Hillman, is a highly realistic per-



formance which has been applauded by runners and non-runners alike.

"A lot of runners have been to see the play," she says. "Some even came as part of a club outing. The response from those I spoke to is that they thoroughly enjoyed themselves. One woman marathon runner told me afterwards that she found herself so in tune with what she saw she felt as if she'd just run 26 miles."

Golden Age Theatre's production of Alan Sillitoe's "The Loneliness of the Long Distance Runner" plays at Edinburgh Theatre Workshop for one week only, between August 31 and September 3. Tickets are priced £3.50 or £2.50 at concession rate. For further information and bookings call (031) 226 5425 or (031) 225 7942.

First for McGillivray

AILEEN McGillivray (EWM) won the 200m with a personal best time of 23.66 in Britain's under-23 international against the CIS and Germany in Chemnitz.

McGillivray led off the UK relay squad which also won, in 44.35. But Marcia Richardson edged her in the 100m, with 11.63 to 11.67.

Alison Grey (EAC), was fifth in the shot with 15.17m, a season's best, and Gregor McMillan (Caledon Park) lowered his personal best in the 400m, with 47.41 in fifth place.

Vikki McPherson, the World Student cross-country silver medallist from Glasgow University, was fourth in the 3000m with 9-25.01.

Celtic event open to boys

THE Celtic International, which has provided girls under the age of 17 with quality competition against their counterparts in Wales, Northern Ireland, and Eire since 1976, is to be superseded by a "Celtic Games", writes Margaret Montgomery.

The new event, which will take place for the first time on August 8 at Grangemouth Stadium, is to be mixed and will feature contests in only the under-17 and under-15 age-groups. As the female-only Celtic International, the event offered competition in an additional under-13 category.

Commenting on the new event, Gregor Nicholson, SAAA administrator, said there were no plans to provide a similar international competition for athletes under the age of 13. He added that it was felt the benefits of opening the event to under-17 and under-15 boys outweighed the loss of the younger age category.

The first Celtic Games will be receiving backing from two quarters, Falkirk District Council, who will be providing Grangemouth Stadium free of charge as well as footing the costs of a post match reception and programme and ticket printing, and BP Chemicals Grangemouth, who are sponsoring the event with an undisclosed four figure sum.

Asked whether the company would be interested in sponsoring the event in forthcoming years, Mr Edward Ferguson, Works Manager at BP Chemicals Grangemouth, said that no approaches on the matter had been made either to BP Chemicals Grangemouth or to BP Scotland.

"We are one of the largest employers in the Grangemouth area," he added. "Obviously, this year's event is of particular interest to us because it's a local event."

Allison Grey, UK under-20 champion for the previous two years, stepped up to the senior shot and finished fourth.

EDINBURGH HIGHLAND GAMES LURE

THE UK shot putt record-holder, Geoff Capes, will make his amateur comeback when the Edinburgh Highland Games are revived at Meadowbank on August 29, writes Doug Gillon.

The 22-stone former policeman, a three-time Olympian, and now aged 42, returns in the stadium where he made his last British international appearance, against Sweden.

Launched in 1947, the Edinburgh Highland regularly attracted capacity crowds to Meadowbank in the '70s, and in 1975 some 20,000 spectators turned out to see New Zealander John Walker shortly after he broke the world mile record.

This will be the first such meeting since 1983, and will include handicap track events - 100m, 400m, 800m for



men and women, and 100m, 400m, and 800m for youths and intermediates. Entry forms are available from the stadium.

Tense final

A MAXIMUM field of 60 competitors had the benefit of excellent conditions in the Ellon Duathlon on Sunday June 28 with all entrants improving on their 1991 results.

The course record for the run-bike-run event was lowered by almost five minutes in a tense battle between the 1991 winner, Mike Carroll of Fairport Tri and New Zealander Stuart Mills, representing Cycling World RT.

They were locked together, neck and neck all the way through the first three mile run and the 16 mile bike ride, only for Stuart to gain the benefit of a quick last changeover from bike to run by keeping on running shoes the whole way.

Mike Carroll lost 30 seconds in changing back into his running shoes and did not regain contact with Stuart Mills who finished the last two mile run over one minute ahead.

A similar struggle developed in the women's competition between Lorna Rice and Liz Bissett, both of Fairport Tri, with Lorna holding off a fast catching Liz in the last run section to win by six seconds.

The male vets section was fought out all the way with Pat Weir (Fairport) passing the finishing line with just 13 seconds to spare over Ian Curphey (Kings Tri) - David Armitage of Aberdeen AAC was a further 13 seconds adrift.

Local Ellon competitors also got into medal positions with Gavin Booth and Neil Gerrard of the organising club, Ythan CC, first past the post in the junior and juvenile categories.

Many of the other entrants were also lucky in the spot prizes which are a regular feature of the Ellon events.

Look out for their annual triathlon, suitable for both experienced and novice sports people, on August 30.

Entry forms are available from: Mr R Hill, 19 Bressay Drive, Ellon, Aberdeen. Tel: 0358 22449.

Results: 1, S Mills (CWRT) (sen) 1-03.57, 2, M Carroll (FT) (sen) 1-05.20, 3, I Curphey (KT) (vet) 1-10.49, V1, P Weir (FT) 1-10.36, L1, L Rice (FT) 1-23.45, L2, L Bissett (FT) 1-23.51, J1, G Booth (YCC) 1-17.18, Juv1, N Gerrard (YCC) 1-30.01.

EXPLANATION ABOUT TRIALS SOUGHT

THE Scottish Athletic Federation will seek an explanation for blatant rule-bending at the Olympic trials in Birmingham which destroyed Brian Whittle's Barcelona dreams and had him contemplating retirement, writes Doug Gillon.

A subsequent victory on the Bissett B race has eased the anguish a little, and instead of quitting, he plans to find a job and carry on. But the seeding at the trials must not go unchallenged.

With winners and three fastest losers from five heats qualifying for the final, it seemed axiomatic that the five Britons to have achieved the Barcelona standard - of whom Whittle was one - should have been seeded apart.

But Curtis Robb, only ninth ranked among the UK contingent of two-lap runners, was given the third-place seeding and the easiest of rides into the final.

The European silver medallist, David Sharpe, and Whittle, then respectively third and fourth fastest this year, were forced into the same heat, in which Whittle was run out.

He missed the third fastest losers' berth by five hundredths of a second while the 20-year-old Robb, ignorant of all that was being engineered on his behalf, won a slow heat in 1-47.36.

In the final, Robb was inexplicably seeded first, between Scotland's David Strang and Tom McKean who ran faster in their heats.

The meeting director and championship secretary, Roy Tilling, confirmed, "Curtis Robb was promoted to third seed with Sharp and Whittle moved to fifth and sixth because it was felt that he was more in current form. He has run a series of good races this year, even if he has not run fast times. The chief seeding officer has been in charge for 10 years."

"More in current form," is scarcely a valid objective seeding criteria. Performance is the yardstick, and while Robb,

UK champion and World Student runner-up, vindicated the faith by winning, he should not have been favoured.

And if "current form" was the yardstick, then McKean, well beaten in Edinburgh a week earlier, should not have been seeded at all. McKean squeezed into third place in the trial behind Robb and Steve Heard.

John Brown, the Scottish AAA treasurer, and administrator for Britain's Olympic team, said, "This looks out of order, and the SAF will be asking for an explanation."

There was anger after the final, in which Martin Steele ran in the manner of a pace-maker, just as he had done four years earlier when it was alleged he had been induced to do so in a bid to help Steve Cram gain selection at McKean's expense.

This prompted a denial by both the athlete and the promotions officer, Andy Norman, who again denied any complicity. Last time Steele's rivals were unconvinced, and shunned him.

Those with longer memories will recall how the career of the teenage Steve Cram was massaged at the expense of his Scottish contemporary, Graham Williamson. Cram later justified such faith, but on a similarly smoothed path, Williamson might have done as well, or better. We will never know.

But McKean, while acknowledging Robb will probably take over from him "in three or four years," was quick to point to Ikem Billy, John Gladwin, and Chris McGeorge as great young 800m men who never made it as seniors.

After the former European junior sprint champion, Elliot Bunney, had failed to survive the opening 100m round, coach Bob Inglis mocked, "You either cheat or you quit."

Inglis, who has already stepped down as UK sprint coach because he believes

drugs still exert a major influence on sprinting, was deadly serious however when he added, "The difference between the honest and the rest is getting greater and greater."

"I know some people will dismiss what I am saying as the rantings of an embittered coach," he said. "But one can accept being beaten by performances within the range of normal human achievement. What I cannot accept is the huge increase in the number of athletes achieving times which a very few years ago would have been inconceivable."

Cumbernauld's Aileen McGillivray twice ran the fastest 100 metres of her life, 11.60 and 11.54 secs, to finish third Briton, but her hopes of a place in the Barcelona relay pool evaporated when only one woman recorded the individual 100m qualifying time, and the women's relay was left as the only event which Britain will not contest in Spain.

Bunney, a member of the silver medal winning relay squad in Seoul, had a realistic chance of joining the pool

again, especially after having finished runner-up to Linford Christie the previous week with 10.37 and claiming the scalp of John Regis. But he blew out in the first round with 10.76.

He, too contemplated retirement before grabbing the Scottish title the following week, and vowing to continue to 1994.

Yvonne Murray was a convincing 1500 winner at Birmingham, ahead of specialist metric miler Kirsty Wade, with Liz McColgan in third, and both Scots were predictable Barcelona nominations, as was Tom Hanlon who almost snatched the men's 1500m crown, only to be denied by Kevin McKay.

Geoff Parsons, despite finishing ahead of Dalton Grant and Brendan Reilly in the high jump, found himself omitted for Barcelona. "I have not been beaten by Dalton since last summer, and beat both guys in the trial. What more do they want? I think the selection stinks."

Allison Grey, UK under-20 champion for the previous two years, stepped up to the senior shot and finished fourth.

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EDINBURGH HOSTS ERIC LIDDELL CAMP

LAST year, the inaugural Eric Liddell Foundation training and development camp was held in Hong Kong with athletes from China, Hong Kong and Scotland attending, writes Colin Shields.

This year the camp will be hosted in Edinburgh, with the University's Pollock Halls being used as residential quarters.

The original three countries have been joined by Japan and Canada (and possibly South Africa) in what is to become an annual event.

Four athletes from each country will participate with the objective of honouring the memory and spirit of the great Scottish athlete, who gained a 400m gold medal and a 200m bronze medal at the 1924 Olympic Games in Paris.

Last year Ian Aird, SAAA assistant

treasurer, led the Scottish party of Eric Scott, Alex Greig and Alison Grey to Hong Kong. This year, he is organising the camp in Scotland and has produced a 10 day programme of events which will achieve the Foundations' objectives of establishing a greater awareness of cultural links and developing educational and sporting excellence among participants.

"Chariots of Fire", the tale of Liddell's life and Olympic triumphs, will be shown and followed up by a visit to St Andrews where the athletes will reenact the opening sequence of the film with a training run along the beach and sand dunes.

Other outings will include visits to the Burrell Gallery and Transport Mu-

seum, and a training session at the Kelvin Hall.

The young athletes will also attend the Cowal Highland gathering at Dunoon where competitions have been set up for them in their specialist events.

Attendance at the Edinburgh Congregational Church, where Liddell preached, is on Sunday's programme, followed by an afternoon visit to the Borders and Sir Walter Scott's Abbotsford House.

Before heading home the athletes will undergo three days of practical training sessions in Edinburgh.

The Ian Charleson Memorial award will be presented to the boy or girl who has contributed most to cross-cultural ties between athletes.

All races are held under IAAF, AIMS, SAAA and SWAAA Rules



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11 PREDICTED TIME THIS EVENT HR MINS SECS 12 PREVIOUS BEST 1/2 MARATHON TIME

13 PLEASE 'X' T-SHIRT SIZE ☐ S ☐ M ☐ L approx. size 38" 42" 44" 14 CITY OF BIRTH

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I hereby declare that I will be the correct age or over on the day of the race and have not competed in any athletic (track and field, road race, cross country or road walking) event as a professional, or having done so, I have been reinstated to amateur status.

Further, I hereby grant permission to use the Name and Address given on this form for the purpose of sending advertising material from relevant sports goods manufacturers, companies associated with this event or to the media for the promotion of the event.

I hereby declare that the above details are COMPLETE and CORRECT in every detail.

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Important Information and Instructions - READ CAREFULLY

- How to Enter:** Carefully fill in all sections of the entry form in ball point pen and send with the correct entry fee to the address shown.
- Entry Fee** is £8.00 for members of SAAA or SWAAA affiliated clubs and £8.50 for non-affiliated members, £16 for overseas entries. Cheques, postal orders or International money orders shall be crossed and made payable to Great Scottish Run. Please put the runners name and address on the back of the cheque, this enables the correct entry to be deleted if cheques are not honoured.
- Acknowledgement** of entry will be notified as soon as possible.
- Address:** Print the address to which you wish all mailings to be sent - any change of address please notify as soon as possible.
- Closing date** is shown next to the race address.
- All finishers** will receive a commemorative medal and 'T' shirt.
- All finishers** will be sent a certificate.
- Age:** Minimum age 18 years or over on day of race.
- Wheelchair entrants:** Wheelchair racers will be allocated a position in relation to their estimated finishing time. All wheelchair entrants should tick the box at point 18 above.
- For reasons of safety,** please no entries from people on roller skates, in beds, wheelbarrows, pushchairs, carrying various objects for charity, etc. Only genuinely disabled people in wheelchairs, otherwise on foot!
- No pets, dogs or horses** - only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.

ENTRY ADDRESS AND CLOSING DATE

diet Coke
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Glasgow City Council

20 Trongate,
Glasgow G1 5ES
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Scotland's Runner August 1992

Give Scottish athletics' fans a genuine meeting

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SIR - It was stated in the local and national press that if people didn't turn up in numbers to the recent GB versus Kenya match Edinburgh may lose the equivalent meeting in 1993.

Although this year the meeting was blessed with dry weather, there was little else to attract the citizens of Edinburgh away from sunning themselves in their gardens or watching television.

Granted, the Great Britain and Northern Ireland team fielded a vast number of major stars in its team, with very few major call offs for once. However, the team was also filled with a lot of athletes who were not, to say the least, household names. To be fair though they, for the most part, handled the occasion well, albeit against fairly poor opposition.

I'm sure when the idea of an international match with Kenya was first conceived it seemed a fairly good idea with our home teams taking on a team which many would argue, with the exception of the USA and the CIS, was the strongest athletics nation in the world.

However, like many such internationals both indoors and outdoors, the

opposition for some reason (probably the Olympic Games) failed to send a decent team.

We were therefore left, give or take the odd exception, with an exhibition of our boys and girls turning up and running against themselves with the Kenyans thrown in to make up the numbers and make our teams look good.

To adopt a football scenario, imagine if you will, a friendly international at Ibrox Park being announced in the press between Scotland and Germany. Given the latter's outstanding dominance of the sport at world level a large number of tickets, I imagine, would be sold.

Imagine turning up on the night of the game, having spent say £10 on a ticket and finding out that although Scotland were fielding their strongest possible side the Germans had sent over their under-18 youth squad.

Okay, there might be a few idiots who would look on a comfortable Scottish victory on this occasion as a good result, but a large amount of the public would feel they had been cheated.

If that sort of scenario is not acceptable for the football fan, it certainly seems fair to suggest it is not acceptable to the athletics fan either. Therefore, if those who run these meetings cannot

give the Scottish athletics fans a genuine meeting worth the sort of money they were asking for, they cannot be surprised if the fans turn round and say, "stuff you, we'd rather stay at home and watch it on the box".

In football, the governing bodies have found out to their cost that although that sport is said to be at the core of the nationhood of Scotland, the hard pressed fan is not prepared to turn out for international matches which have no significance or no attractions.

Perhaps the BAF and the meeting's organisers should think again for 1993 and revert back to a Grand Prix type meeting with the influx of top American, African, and European athletes competing against each other for individual prizes, even if the meeting is once again overlooked by the IAAF for full European Grand Prix status.

Perhaps the lure of racing for sizeable additions to their subvention funds rather than national pride, may bring out more top class athletes to the event and encourage more "real" races.

What the powers that be must not do is stand back and say, "well, there is no support in Scotland for a major athletics meeting in Scotland, so we will transfer the next staging of this meeting to Crystal

Palace, Don Valley Stadium or one of the other English stadia which holds top class meetings from time to time".

This would be a travesty of justice. Scottish athletics fans are knowledgeable and appreciative and know when they are being sold a pig in a poke.

Take, for an example on this occasion, the big race of the night, billed as the grudge match between Liz McColgan and Yvonne Murray. The press a day or two before the event had McColgan quoted as not knowing who her opposition (apart from Murray) was.

After the event, who was quoted as saying she was nothing more than a pacemaker for Yvonne Murray. Sadly a truer statement has never been uttered by a top class athlete after a race.

If the organisers put a bit more effort in trying to bring more top class athletes to the 1993 event and provide genuine races, I'm sure Scottish athletics fans will turn out in large enough numbers.

I'm sure I wasn't the only one disappointed with the races or the crowd on the night, but I am also sure that many more would sorely miss the event from the calendar if it was transferred south of the border next year.

Keith R Gooch



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Mind over matter

EVERYONE is aware of the need to train purposefully and intelligently for athletics competition. Thoughtfully constructed training schedules, balancing hard work with recovery and rest sessions, provide the key to success and the maximisation of one's potential, writes **Derek Parker**.

Yet, despite a conscientious approach to the task in hand, many athletes fail to do justice to their training efforts once a race gets under way. This is because they are psychologically unprepared and anxiety or "nerves" get the better of them on the day of the competition.

In previous articles I have emphasised the role of peaking and proper pre-race strategies such as correct diet, warm-up, and equipment selection as vital aspects of a successful performance.

But these essential procedures must be supplemented with specific psychological preparation. Sporting performance is dependent on mental as well as physical ability. Psychological readiness is crucial at all levels of endeavour.

But it is especially important at international level when the difference in physical fitness and skill levels between rival competitors decreases. At that level of performance, the advantage will invariably be to the man or woman with the better "mental edge".

But whatever their degree of ability, most athletes are aware of destructive feelings of anxiety and tension in the days, hours and minutes before the race at some stage in their careers.

The pallor of the skin, faster breathing rates, increased perspiration flow, mental and muscular tightness, and the frequent need to visit the toilet are all symptoms of stress factors which will adversely affect performance if not controlled.

These physiological changes are caused by increased levels of adrenalin, a hormone secreted by the adrenal glands beside the kidneys and the ones responsible for preparing the body to "fight or flee" in situations of stress.

The athlete must accept that some nervousness must be experienced before a race if a good

Being psychologically prepared for important races is as essential as putting in the right training, as Derek Parker explains.

performance is to be achieved.

Under arousal of the physiological and psychological processes prior to competition can be just as detrimental to race-input as over arousal. Lethargy and indolence, along with "laid-back"

boxed-in, or running laps or miles at pre-determined paces. Self-oriented thoughts such as fear of coming last or being lapped are destructive and purposeless.

Task oriented thoughts are constructive, positive, and pur-

poseful. They reduce anxiety and stress levels and help the athlete to get the best out of himself or herself and to do justice to one's training.

Psychological training should be as important in an athlete's training schedule as track or road work outs.



Training partners can become imaginary opponents to help you cultivate a fast start.

attitudes or "cannot-be-bothered" feelings, are definitely NOT commensurate with good athletic performance.

Under-arousal before competition is usually caused by over-confidence or a fear of the consequences of the race outcome. Over arousal stems mainly from unrealistic expectations of oneself, an obsessive commitment to perfection, or from too much pressure from parents and coaches.

Optimum arousal, along with a mature, sensible attitude to competition and a realistic appraisal of one's goals, are the objectives of psychological preparation for races.

Instead of being frightened of coming in last or failing to qualify for the next round, athletes should be setting themselves task-oriented targets such as emphasising technical skills, running smoothly out of the starting blocks, not getting

poseful. They reduce anxiety and stress levels and help the athlete to get the best out of himself or herself and to do justice to one's training.

Psychological training should be as important in an athlete's training schedule as track or road work outs.

At its highest levels, psychological preparation may involve methods such as hypnosis, autogenics, transcendental meditation, biofeedback, and a process known as "centering" which requires the athlete to focus his or her thoughts on certain areas of the body and on rhythmic breathing exercises as aids to relaxation.

These methods should only be used under the guidance of qualified and reputable teachers or instructors. It must be emphasised, however, that they are not suitable for everyone. So ensure you know what is involved (including the cost)

chair and visualising yourself in action in the sports arena.

Breathing deeply, closing your eyes, and experiencing feelings of relaxation pervading the entire muscular and nervous system, you see yourself performing each sequence of the running movement with precision, skill, and perfect technique.

As the arms and legs rotate symmetrically round the imaginary shoulder and hip axes, there is a feeling of fluency and effortless ease as you flow across the running surface with each relevant muscle group contracting and relaxing in perfect coordination.

You are fully aware of the complete lack of tension in your body and mind yet conscious of an intense outpouring of nervous, mental, and physical energy into the race. In your mind's eye, you visualise yourself running the

perfect race - and by mentally rehearsing its series of correct movement patterns, you are programming it into your neuro-muscular system and sub-conscious mind so that during the actual race its implementation becomes virtually instinctive and automatic.

Some athletes visualise the performance of top class competitors then mentally transfer it to their own self images. Mentally, they see themselves inside the body of their hero- and experiencing aspects of skill and technique as he or she is actually experiencing it.

These visual images are normally interspersed with pauses of between 10 and 20 seconds. The visualisation session finishes with the athlete mentally stepping out from his or her hero's body while still retaining an awareness of the movements shared in the imagination just a few moments previously.

The next time the athlete performs in an actual training session the techniques and skills visualised in the mental rehearsals he or she should be able to produce the

requisite movement patterns much more efficiently and smoothly.

Mental rehearsal sessions can also focus on the athlete's arrival at the race venue or how he or she will effectively execute potential - maximising tactics or race strategy procedures once competition gets under way. By fixing your mind on relevant task oriented factors, you are preparing your body and mind for competitive activity.

Mental rehearsal sessions can also be done "in situ". For example, you can make pre-race visits to competitive venues and familiarise yourself with them by walking or jogging around them.

Commensurately, you will be envisaging yourself performing to perfection on them once the race gets under way and utilising your mentally induced relaxation skills while performing at the required effort to achieve your target.

When participating in actual training sessions, you can mentally project your situation into a competitive environment. For example, if you are running a series of 150 metres on the track, you can

visualise yourself coasting close to maximum speed round the bend, with the appropriate inward lean, during the first three quarters of a



Jogging round a course can help you prepare mentally.

200 metres' contest. Alternately, you can finish some of your 150 metres' repetitions on the straight, visualising yourself maintaining form, technique, and rhythm during

the final few metres of a 200 or 400 metres race when decelerating as little as possible is vital.

If you are churning out the miles on the road, you can imagine yourself at various stages of a race maintaining an economic running action and holding on to your pace under varying conditions of fatigue.

Mentally, too, you can be aware of the crowds lining the streets and cheering you on towards the imaginary goal in training which will become a reality in the actual race you are preparing for.

If you train with colleagues you can visualise your performance against future competitors. Your training partners become imaginary opponents as you cultivate the "feel" of getting out of the starting blocks faster than them or perfecting your finishing sprint.

The athlete must have developed a sound physical fitness base for such techniques to work.

But in a competitive arena where differences in skill and fitness between competitors are small psychological preparation is as important as physical programming.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins grass/cc running.
Monday: 75 to 90 mins fartlek inc 60 secs fast (30 secs jog) + 30 secs fast (15 secs jog) + 15 secs fast (60 secs jog) x 10 sets. Run and 30 secs reps at 5K pace, 15 secs reps at 1500m pace.
Tuesday: 5 miles/30 mins road run.
Wednesday: 10 miles steady road run.
Thursday: 2 x 6 x 300 metres at 1500m pace (30 secs between reps/5 to 10 mins between sets).
Friday: Fast or 30 mins recovery run.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 mins can be done 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 1 min fast (30 secs jog) + 3 mins fast (60 secs jog) + 5 mins fast (2 mins jog) + 5 mins fast (2 mins jog) + 3 mins fast (60 secs jog) + 60 secs fast. All reps at 5K/10K pace.
Tues, Wed, and Fri: As Week One.
Thursday: 400 metres (60 secs recovery) +

200 metres (30 secs recovery) + 200 metres x 2 sets. All reps at 800m pace. Fast 5 to 10 mins between sets.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 x 30 secs fast (30 secs jog recovery).
Tues, Wed, and Fri: As Week One.
Thursday: 12 x 400 metres at 5K pace (20 to 30 secs recovery).
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 1 min fast (30 secs jog) + 3 mins fast (60 secs jog) + 5 mins fast (2 mins jog) + 5 mins fast (2 mins jog) + 3 mins fast (60 secs jog) + 60 secs fast. All reps at 5K/10K pace.
Tues, Wed, and Fri: As Week One.
Thursday: 2 x 3 x 1000m at 3K pace (45 to 60 secs between reps/5 to 10 mins between sets).
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins grass/parkland.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) x 6 sets.
Tuesday: Fast or 20 to 30 mins easy running.
Wednesday: 5 to 8 miles steady.
Thursday: 2 x 5 x 300 metres at 1500m pace (45 secs recovery between reps/5 to 10 mins between sets).
Friday: Fast.
Saturday: 8 to 12 miles steady.
Morning runs, if done, should be of 20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 x 20 secs fast (jog 20 and 40 secs recovery alternately).
Tues, Wed, and Fri: As Week One.
Thursday: 400 metres (60 secs recovery) + 200 metres (30 secs recovery) + 200 metres

x 2 sets. All reps at 800m pace. Fast 5 to 10 mins between sets.
Saturday: Race or 8 to 12 miles.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 15 secs fast (15 secs jog) + 30 secs fast (30 secs jog) + 45 secs fast (60 secs jog) x 6 sets.
Tues, Wed and Fri: As Week One.
Thursday: 12 x 400 metres at 5K pace (45 secs recovery).
Saturday: 8 to 12 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 12 x 40 secs fast (40 and 60 secs jog recovery).
Tues, Wed, and Fri: As Week One.
Thursday: 3 x 1000 metres at 3K pace (45 to 60 secs recovery).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.

NAVDEEP'S PERFORMANCE BEST OF THE DAY

AS always, June is an extremely busy month for schools' athletes, with four national events, not to mention school sports, and then the under-20 championships, *writes the SSAA*.

The first event, on Saturday June 13, was the pentathlon/relay championships. The pentathlon entry increased by 50% but that of the relays was disappointing, with no semi-finals being required.

The trend, seen in previous years, of non-state schools dominating the over-17 relay races, is now evident throughout the competition. By far the best relay performance was that of St George's 15-17 team - Fiona Sinclair, Emily Gordon, Emma Young, and Mairi Ward who won in 49.8, very close to the 1976 record of 49.7, set by Bishopbriggs High.

In the pentathlon, Colin Wilson (The Gordon Schools) stepped up from 1991 under-17 champion, to take the over-17 title with the following performances: 5.65 (LJ), 17.4 (hurdles), 23.5 (200m), 8.74 (shot), 4-36.6 (1500m) - 2909 points, from two athletes from Fettes College, Craig Brims and Jamie Keen.

Elaine Donald (Hermitage Academy) successfully defended her over-17 title from Esther Sneddon (Larbert High) and Paula Sinclair (St George's). Sarah Ramminger (Arbroath High) who so disappointingly lost the 15-17 championship last year in the final few strides of the 800m, convincingly won this year - 12.4 (hurdles), 1.59 (HJ), 5.15 (LJ), 8.34 (shot), 2.40.1 (800m), 3065 points, from Julianna Paika (St Ninian's) and Claire Martin (Auchmuty High).

Daniel Ablett (Boroughmuir High) - 14.5 (hurdles), 13.44 (shot), 24.4 (200m), 5.84 (LJ), 4-45.6 (1500m) - 3404 points, took the 15-17 title from John Whannel (Clevedon Secondary) and the 1991 under-15 champion Andrew Ramsay (Dingwall Academy).

The under-15 girls event was dominated by athletes from the north east, the trophy going to Jennifer Reid of Banchory Academy from Theresa Richards (Oldmachar Academy) and Gemma Grant (Nairn Academy).

In the under-15 boys event, Gerry Murray (St Margaret's High) won with 2781 points from Stuart Addie (Cumbernauld High) and Steven Toal (Annan Academy).

The following Saturday in blazing sunshine, saw the girls descended on Crownpoint, and the boys on Grangemouth, for the Track and Field Championships.

There were many fine performances at Crownpoint, but the absence of a working wind gauge denied Theresa Crosbie, St Ninian's, Eastwood, a record in the over-17 100m hurdles, where she ran 14.4, as opposed to the existing record set in 1977, of 14.7, by Sheila Drysdale, (Paisley GS).



Navdeep Dhalwal, holder of the new schools' record in the shot.

Another excellent track performance was that of Hayley Parkinson (Balwearie High) who broke her own 3000m record with 10-14.5 and in the over-17 1500m, Yvonne Reilly (Monifieth High) set a new record of 4-47.2.

However, the Frances Barker Trophy for the most meritorious performance on the day was awarded to Navdeep Dhalwal (The Park) who beat Ashley Morris' shot record of 12.23 with 12.57 and also won the discus in the 14-15 age group.

The high jump trophy was awarded to Jackie Tindal (Buckhaven High) who, jumping 1.61m, not only broke the under-14 record, but also equalled the equivalent boys record and actually cleared 3cm higher than the winning under-14 jump at Grangemouth.

Meanwhile, at the boys' championships, five new records were set, but all in Group "D" (under-14), a comparatively new age group for the boys, in which the records will improve rapidly than in the older age groups where many records are long established.

One of the best performances came from Andrew Lees (Portobello High), who smashed the under-14 100m record in the heats, with 12.1, and, luckily, a legal wind reading, for although he repeated the time in the finals, the wind was gusting at +3.30.

Another good performance in this age group was the javelin throw of 38.24 by D. Campbell of Buckhaven High, well beyond the existing record of 36.52 set in 1991.

The A.H. Dalrymple Trophy for the most meritorious throw was awarded to Robert MacKinnon of Queen Victoria

School, who came within 68cm of the 15-17 hammer record, with 51.54m. Robert already holds the records in the under-14 and 14-15 hammer events, in which his two younger brothers competed this year.

The Eric Liddell Memorial Trophy was awarded to Colin McRobert (Strathaven Academy) for his fine over-17 sprint double of 10.9 and 21.3.

Following the championships, the team to represent Scotland in the under-17 international at Portsmouth on July 18 was selected, with the hardest working athlete being Sarah Ramminger, competing in 80m hurdles, 300m hurdles and high jump.

An unusual feature of the team is that a brother and sister, from Douglas Academy appear together, Emma Gorman in the 3000m and David in the 1500m steeplechase.

On Wednesday June 24, the Inter Area competition was held. Eleven regions took part and the final result was very close, with the girls' trophy going, for the first time, to Fife, the boys' trophy to the North of Scotland and the Gordon Quach trophy for the overall winners going to Edinburgh City.

A special feature of the match was the presentation of two trophies for the BP Thistle Award athletes of the year, to Esther Sneddon (Larbert High) and James Tonner (Stewarton Academy), both 17. Between them have competed at a very high level at every schools' event. The final presentation of the day was the Paisleys' Shield to the school with the most points at the pentathlon/relay and the girls' championships. This won by Hermitage Academy, with 21 points, from St Ninian's High, Eastwood.

A friendly rivalry

IT is rare for university athletics to be able to boast of training world class athletes in their midst. In the last fifteen years, only Ian Hamer and Lynne MacDougall could be considered in that category, but at the present time there are two young ladies at Glasgow University who are among the best cross country and distance runners around, *writes Gordon Ritchie*.

Hayley Haining and Vikki MacPherson have in different ways, won the respect of athletes throughout the country with their performances over the last twelve months.

The new found fame has made them wary of giving interviews and so it was with trepidation that I met them in a Glasgow cafe.

The two girls are fierce rivals on the track, and yet remain the best of friends. They began training together earlier this year, but that was short-lived as Hayley soon succumbed to an injury that saw her miss the World Championships and possible Olympic selection.

Says Hayley, "Some of the others hardly speak to each other. Vikki and I are always chatting, except before a race. We tend to warm up in the same area but never speak. After the race, however, we go for a run together. I guess that is a form of truce - it re-establishes our friendship until the next race."

Hayley is the true child prodigy, having tasted success in athletics throughout her schooldays. Did you know, for example, that she almost won a Scottish Schools Long Jump medal? She has been referred to as the next Yvonne Murray or a young Liz McColgan for many years.

This is something that she has learned to live with, and her way of dealing with it is to keep her athletics apart from the rest of her life. Such has been her reluctance to discuss her running that many of her class mates thought that the second year vet student was nothing more than a keep-fit fanatic.

She explains, "They used to see me out running and assumed I was into aerobics or something. It was only when I started disappearing at weekends that they found out that I was serious about running."

"There then came an embarrassing time when some of them would ask me if they could train with me. It is difficult trying to explain to them that the training is hard without sounding arrogant."

Arrogance is not a term that can be used when describing her.

Vikki has a different background. "I played hockey at school. I did the Scottish Schools in sixth year, when I came second behind Hayley, but I didn't start training until I came to university."

"I joined Bill Parker's group and

found that I really enjoyed running and began to improve."

Her improvement has been meteoric. At the start of the winter her targets were places in the new Commonwealth Games squad and the British Students team for the World Student Games Cross Country Championships. Instead, she has almost certainly made the squad, won silver at the student championships and made the British team for the World Championships.

Her improvement has been so dramatic that people now expect her to set new pbs every time she runs. The amazing thing is that she rarely disappoints, having set new pbs over 1500m, 3000m, and 10,000m already this summer.

How do they cope with fame? Hayley learned to be careful around journalists after a feature in one of the tabloids. "They phoned my coach, Jack Redmond, and asked if they could do an article on my running. I was reluctant to get involved, but they said the publicity would help me to get sponsorship."

They were only supposed to take photos of me at the track, but they then



Vikki MacPherson.

arrived at the vet school and took me to the studio. Before I realised what was happening, I was on the catwalk modelling some awful clothes. To make matters worse, they published the pictures the day before the vets' ball. I got such a lot of abuse at the ball from my class mates. That was an experience that she does not want to repeat, or talk about.

How do they manage to fit their training sessions in to their studies? Hayley doesn't find this a problem. "My course is quite well suited to training. I have some afternoons off and this allows me to train during the day. There are not too many weekend classes or trips, and so it does not interfere with racing."

Part of her studies to become a vet involve her helping on farms in the lambing season and autumn.

"That works in well, too. It is difficult to find the time or the energy to train when you have been up all night delivering lambs, but the work coincides with the rest periods in my schedule when my training load is very light."

Vikki's accountancy classes are not so conveniently arranged. "I tend to have classes spread throughout the day with maybe an hour off in the morning and another in the afternoon. That

doesn't give me enough time to train and so I have to go out at night. During the winter it is sometimes not easy for a girl to run alone but I have started training with my boyfriend, Al Douglas, and Bobby Quinn. They push me hard in training. Al takes me running in parts of the city that I have never been and so I have to keep up with him to avoid getting lost."

Both girls run for Glasgow University Hares and Hounds, and the black vest with a gold 'G' on the back is becoming a familiar sight around Europe. This is giving the university invaluable publicity. In return, one or other will probably be awarded the sportsman of the year award.

But which one? Hayley started as favourite by running well all over Europe, but Vikki took the honours at the World Students and the national trials.

The mention of the trials causes Hayley further embarrassment. The selectors moved the goalposts at the last minute to ensure her selection when she missed the trials through injury. "I knew nothing about it," said Hayley, "I phoned up and said I wouldn't be able to run due to injury, and I knew at that moment that my cross country season was over. I didn't ask for more time to prove my fitness or plead with the selectors to pick me. They had stated the selection criteria and I had failed to meet it. I was out of the World Championships."

"The first I knew of what had happened was when Vikki came round to tell me. With hindsight, I should probably have declined selection as I forced myself to start training too early in an effort to get fit and only succeeded in aggravating the injury."

Vikki went to Boston and certainly enjoyed the experience. The whole clan went with her. Mum and Dad follow her to as many races as they can. Were they in Boston?

"Naturally", she laughs.

What does the future hold? Both intend to run the grand prix circuit during the winter. Vikki is entering her final year, and with the added pressure of final exams she may find it difficult to continue her improvement at such an astounding rate. Then again, she has surpassed everyone's expectations with her improvement this year and so she may continue in that vein next year.

Hayley is about to start her third year and, if she can stay clear of injuries she can look forward to another successful winter pounding the mud of Europe.

Running is not the most glamorous way to spend your weekends, as some of the photographs of the girls show.

"The photographers wait at the finish line. As soon as you stop they start snapping. You've been running eye-balls out for five miles and all you want to do is sit down and recover, and these guys take pictures of you when you are looking at your worst," says Hayley.

Never mind, as the Daily Record said to Hayley, if she gives up athletics, she can always start a career as a model!

JUNIOR PROFILE



NAME:
DATE OF BIRTH:
SCHOOL:
ATHLETICS CLUB:
COACH:
STARTED ATHLETICS:

Sinead Dudgeon.
July 19, 1976.
St Augustine's High, Edinburgh.
Edinburgh Athletic Club.
Walter Bisset.

Through an Open Day the club held about four years ago. I went along to see what it was all about, ran in a few races and ended up being chosen to join. I started seriously in sprints a short time later.

EVENTS:
PERSONAL BESTS:
ENJOY MOST:

100m and 200m.
100m: 12.00; 200m: 24.7.
Meeting people, travelling, and winning!
Also I like the way everyone in my training group at the club gets along.

AMBITION IN SPORT:

Short term, breaking the 12 seconds barrier over 100m but eventually competing for Scotland in a Commonwealth Games and then getting to the Olympics.

HIGHLIGHTS SO FAR:

Winning the Intermediates' 100 and 200m in the 1991 under-20 national championships, both sprints in the 1992 Scottish Schools' Championships at Crownpoint, and the national indoor 60m and 200m titles in the intermediate age group.

BIGGEST DISAPPOINTMENT:

Not doing as well as I expected in the English Championships last summer, which I ran in just after winning the Scottish titles.

ATHLETE YOU MOST ADMIRE:
FORTHCOMING EVENTS:

Merlene Ottey.
The English Championships, and possibly the Celtic Games in August.

OTHER HOBBIES:
YOUR IDEAL MEAL:
FAVOURITE FILM:
FAVOURITE ACTOR:
FAVOURITE TV PROGRAMMES:
AMBITIONS OUTSIDE SPORT:
COMMENTS ON THE SPORT:

Pizza.
A Fish Called Wanda.
Robin Williams.

Red Dwarf and Quantum Leap.
To pass my exams and go to university.

There should be greater incentives for athletes to compete. The drugs situation has got to be sorted out - officials have got to clamp down as the guilty ones are getting away with it. The outdoor facilities in Scotland are not too bad, but in most areas we need better indoor facilities.

Margaret Montgomery looks at several of the athletics schemes open to children in the summer holidays.

Developing INTEREST

JUST as Wimbledon sends hordes of youngsters scurrying for their tennis rackets, it is to be hoped that the Barcelona Olympics will awaken considerable grassroots interest in track and field athletics.

Many of Scotland's city and district councils will be taking full advantage of this by running athletics development schemes during the school summer holidays.

Glasgow District Council have been running a special summer holiday programme as part of their on-going Athletic Development Scheme since 1988. Traditionally scheduled to last the duration of the school holidays this year's summer scheme started on July 6 and will run for six weeks. To be eligible to take part in the scheme children must be aged between ten and 16 and live in Glasgow or the surrounding area.

Though many who attend may well have some prior experience of athletics, Susan Crawford, athletics development officer with Glasgow District Council, says the idea is very much to provide an introduction to the sport, particularly where the younger age groups are concerned.

"We find that many of the very young children who come along with their school to the athletics development scheme during the term are too shy to join a club," she says. "They think that they have to be a certain standard to do so. The idea of the summer scheme - like the athletics development scheme we run all year round - is to make contact with these children and to encourage their interest. The last thing we want to do is put them off by making things too elitist."

Normally children attend the summer scheme for just one week. Sessions last two hours and children can choose between morning and afternoon slots (either 10am to noon or 2pm to 4pm). On the last day of each week block the children are given the incentive of a competition to boost their performances.

By and large the children are split into two age-groups, nine to 13, and 13 to 16 with the former group being taught in more "fun orientated" ways.

"We do a lot of team games with the younger children," confirms Susan Crawford. "With the older ones we give a bit more specialist instruction."

"Star Track", a youth development scheme devised by Frank Dick and George Bunner of "Sport Hall" fame to tap interest spawned by the Barcelona Games, will form the basis of the final week of Glasgow's summer scheme. By taking part in this, the children will work towards special certificates produced by the BAF and will



Summer development schemes such as that run by Glasgow's Kelvin Hall (left) can do a lot to boost interest in athletics among the young.

get a chance to see some of their favourite athletics heroes and heroines.

As a follow up to "Star Track" Glasgow will be launching a new Saturday morning club to run during the next academic year.

"The Saturday club will be for the nine to 13 age group," says Susan Crawford. "We hope to build on the enthusiasm generated by Star Track to get it off to a good start."

Annandale and Eskdale District Council launched their summer development scheme on July 3. This is just the second year they have run such a scheme. A pilot venture was undertaken in 1991 and such was its success that the district council decided to make it a regular feature in their calendar of sports events.

A major feature of Annandale and Eskdale's scheme is its close ties with local athletics club Annan and District AC. Last year's scheme was launched by a "come and try" day which 120 children and youths attended. At the actual coaching sessions regular attendance stood at around the 40 mark. Of the youngsters who went through



the scheme 50 went on to Annan and District AC, continuing and developing their newly acquired interest in athletics.

"We bring coaches from the local club to the final days of the development scheme," explains Annandale and Eskdale's acting leisure manager, Kevin Hadfield. "They let the kids know about their local club, giving the times of training sessions and so forth. Many of the children would probably be too shy to go along without that encouragement."

Coaching in all aspects of track and field is given by two local PE teachers with assistant club coach awards. The venue is the local six-lane, all weather track in Annan and it is expected that this year, as last, there will be "guest appearances" by celebrities from Scottish athletics.

"Last year we had Cameron Sharp, Steve Ovett, and Steve Binns all helping with the scheme," Hadfield explains. "We hope to have some athletes of similar calibre this year."

Training revolves around the Thistle and IBM award schemes and it is hoped that as many as fifty children will acquire an award from one of these schemes by the end of the summer.

Overall attendance at the scheme is expected to surpass the 300 mark, an impressive figure by any standards.

"I think the scheme owes its success to the fact that we have strong links with the schools," Hadfield says. "This allows us to reach most children and youths in the area."

Annandale and Eskdale's summer scheme will run every Friday between July 3 and 14 and is open to all children in the area aged seven and above. All sessions last two hours.

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AC MUSSELBURGH

Margaret Montgomery looks at AC Musselburgh, a club where the vets are the biggest stars.



Left to right: Jack Gelder, John Rae, John Ross and Helen Findlay.

THERE can't be many clubs at which the over-45s consistently bring home more medals than the 20 to 30 year olds but at Athletic Club Musselburgh that's exactly what happens.

Among those athletes who have been members of the club since its earliest days in the late 1950s are a handful of past senior champions who have retained a strong interest in their sport.

Now competing as veterans, they are enjoying a second successful career, winning as many - if not more - medals than they did in their so-called "heyday".

Club stalwart, Ian Steedman, is a prime example. A veteran in the over-60 category, he won the 100m hurdles, 300m hurdles, and 400m at the recent Scottish Veteran

Championships in Inverness.

Others like him include John Ross and John Rae who won the over-50's javelin and 400m respectively at the same event, and the club's combined events coach Jack Gelder who, apart from wins in the over-45's 100 and 400m hurdles at Inverness, can boast the British high hurdles title. (This is on top of being consistently placed in the top 10 of the senior Scottish rankings for the decathlon.)

In fact, such was the calibre of the AC Musselburgh contingent at the 1992 Scottish Veteran Championships that it took home a total of 16 medals, seven of them golds!

"Our vets have visited every continent in the world with the exception of Antarctica," says Jack Gelder. "Unfortunately we won't

be able to send a team to the Europeans in Norway but we are hoping to get enough money to send a team to the world championships in Japan next year."

With the club's vets currently standing sixth in the UK rankings of veteran clubs and John Ross reigning World Masters Champion in the 200 and 400m there would seem every chance that AC Musselburgh bring a few medals home from Japan.

"It's really the core group of veterans at the club who have achieved the most," agrees Jack Gelder. "If we can raise the money to go to Japan then we should be in with a fair chance of doing well."

Funding is as difficult for AC Musselburgh as it is for most small clubs. With just 40 members turning out to training nights on a regular basis, money raised through membership fees is minimal.

In an attempt to off-set this the club has a policy of charging each member 50p for every training session they attend. Even so, funding remains a serious problem.

"It's really transport which is the biggest problem," explains club secretary and past Scottish sprint internationalist Andy Cullen. "We participate in three leagues so our members have to travel a lot."

Originally formed in 1956 as Lewisvale Spartans and then changing its name to Lothian AC in 1975 when it amalgamated with East Coast Track Club and East



Current members of AC Musselburgh.

Lothian AC, the club only became AC Musselburgh in 1990 when Musselburgh Sports Club offered it sponsorship.

"We were offered the sponsorship on the basis that we had Musselburgh in our name somewhere," explains Jack Gelder. "The sponsorship was a great help to us."

Unfortunately, the deal is no longer in operation so the club is now back to "square one" where transport costs are concerned. All is not lost, however, because if there's one thing the club's members seem to have in great quantity it's imagination.

Applying this assiduously to numerous fund raising attempts, they have consistently managed to keep the wolf from the door!

"We once had a fund raising hop up Arthur's Seat and we also did a standing long jump across Scotland," says Andy Cullen. "This year we've got a sponsored relay round Arran planned."

While the vets continue to shine, keeping the younger members of AC Musselburgh keen remains a problem.

While there are usually anything up to 30 youngsters present at any given training night, encouraging them to compete for the club at

league events has proved difficult.

"It's frustrating," says Andy Cullen. "Those who do turn out to league matches tend to do quite well but we never have enough people entering in the first place which means we don't pick up the points."

Another problem which tends to haunt the club is the matter of keeping youngsters who turn out to be promising!

"As soon as they start to look promising our kids either get sent to one of the big Edinburgh clubs by their parents or get poached," says Jack Gelder. "It's a problem common to a lot of small clubs! If all the good athletes who hailed from East Lothian had either come to us in the first place or had stayed with us we'd probably be one of the best clubs in the country by now."

Both Andy and Jack agree that better facilities would be a tremendous asset to AC Musselburgh. Although they have access to the gym and weights room at Musselburgh Grammar, club members have only a grass track to train on.

"When we amalgamated in 1975 the reasoning behind it was mainly political," says Jack Gelder. "We hoped that by coming together we'd be better able to push for

improved facilities. Unfortunately, we're not any further forward. The region just point to Meadowbank and say we've got an all-weather track nearby."

For the moment, neither Andy nor Jack can see the development of

an all-weather track taking place in Musselburgh. Jack, however, holds out some hope that the proposed single tier form of local government might eventually work to the club's favour.

"If we weren't in the same region as Edinburgh then we might stand a better chance of getting our own track," he points out. "It would certainly be a big asset - it would help us to hang on to the athletes that we currently lose."

Among those talented younger athletes which the club has managed to hang on to are Lisa Scott and Karen Thomson. Aged 12, they are both showing promise as sprinters, Lisa having won both the 100m and 200m at the recent Lothian Schools competition.

Apart from its vets, the club's strength seems to lie somewhat unusually in the number of talented multi-eventers it has turned out.

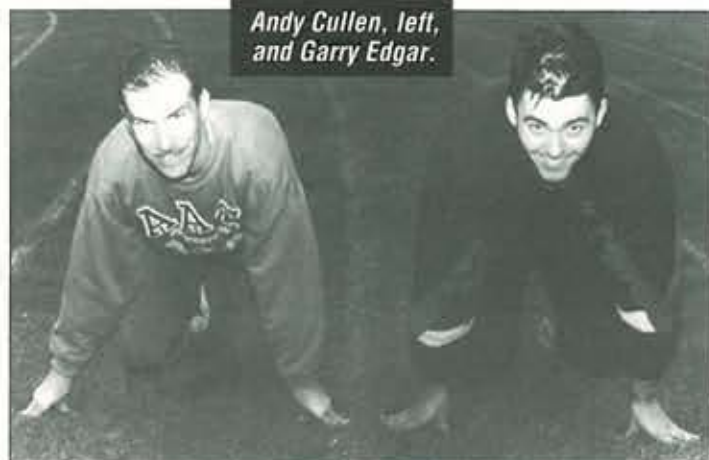
Jack Gelder, a past English and Northern Counties champion in the decathlon, heads up the group of pentathletes, heptathletes, and decathletes presently training at the club.

"We're nothing if not versatile at AC Musselburgh," he laughs.

Past members of the club who have excelled at multi-events



Brian Winning, left, and Jim Malcolm.



Andy Cullen, left,
and Garry Edgar.

include Susan Hutcheson who was the Scottish women's pentathlon champion in 1966. Among the club's current crop of all-rounders are 29 year old Jim Malcolm who ranks among the top ten Scottish men for the decathlon as well as having numerous distinctions in the long and triple jumps.

Susan Watt, 1990 Scottish Universities high jump champion and south east triple jump champion in 1988 is also a promising pentathlete in the making, according to

Jack Gelder. Meanwhile, in the intermediate category he is keeping a careful eye on Gayle Murdoch who he thinks might have the makings of a heptathlete.

Brian Winning, who recently won eight gold medals in the Scottish Civil Service Championships, and Cathy Watt, are the club's two main coaches. Despite the fact that veteran John Ross also helps out, Andy Cullen still thinks the club could do with more coaches.

"Brian and John are both



Top to bottom, Lisa Scott, Karen Thomson, and Gayle Murdoch.

competitors and are dividing their time between training and coaching," he says.

Yet, despite its funding and personnel problems AC Musselburgh remains one of the Scotland's most lively clubs. Lying in Division Two of the Scottish League, Division Five of the Scottish and North West League, and sixth in the Edinburgh and District Athletic League, it is nothing if not active.

It also retains a refreshing sense

of fun. Packed into its already brimming summer schedule is at least one away match with a difference.

Each year, a challenge is put out to another club for a match consisting of off-beat events such as the 4x50m relay carrying a pumpkin and the 50m backwards.

"It's good fun and it gives the younger athletes the chance to experience staying away at a match overnight," says Jack Gelder.



Jim Malcolm and staff at John Woyka "Broxburn" wish every success to all athletes (young and old). We look forward to supporting AC Musselburgh in the coming season.

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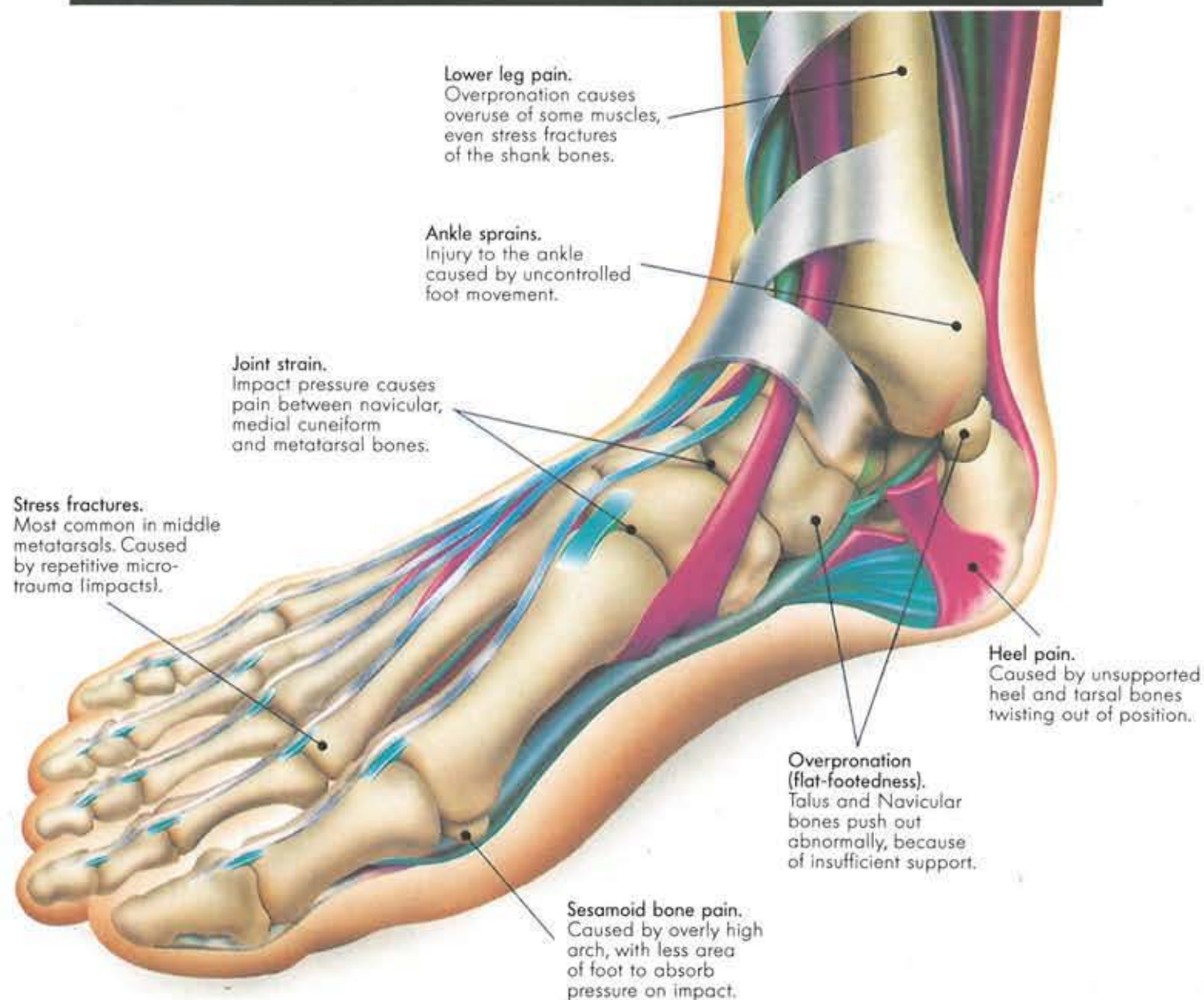
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Brother and sister double among Scottish victories at Meadowbank



Mark Davidson (65), wins the 400m hurdles with Australian Manesh Pillay (315), second.

Margaret Montgomery and Fraser Robertson review the action at this year's Scottish Championships.

WITH ten of the titles at the Scottish Championships going to members of a visiting Australian contingent, native contenders could be forgiven for feeling more than a little peeved at their presence.

This is particularly so of the women who, unlike the first male

Scottish athletes to finish in any given event, were not even presented with a "first Scot" award.

Morag Baxter and Melanie Neef, who finished fourth behind three Australians in the 100 and 200 metres respectively, must have felt particularly irked. (In a incident no

official seemed willing to comment on, Neef actually received one such medal on the rostrum only to have it "repossessed" a very short time later).

Their consolation was the £100 grant which is similarly given to all male Scots who finish first in the championships.

However, politics aside, the hundredth Championships did provide some fine performances by Scottish athletes, not least those of Mark Davidson and Dave Barnetson who chalked up native records in the 400m hurdles and high jump respectively, Davidson clocking 51.13 and Barnetson jumping 2.19 metres.

Davidson's sister Linda won the women's long jump with a personal best of 6.95m making it a double first for the Aberdonian family. She also collected a bronze in the triple jump the previous evening after a last round jump of 11.64m.

Indeed, this competition proved to be one of the few which were (was?) "Aussie-free". Davidson was narrowly beaten into second place by EWM's Nikki Barr, who set a new Scottish native record of 11.85, but was well down on the gold medal leap of Anglo-Scot Karen Hambrook, from Ashford AC, in Kent. The 22 year old retained her title with a championship best 12.79m in the second round.

In the last event of that wet and windy Friday night programme, Cambuslang's Tommy Murray completed his personal hat-trick when he took the 10,000m in a lifetime best 29-16.42.

Murray, who also won the 10k in 1987, added the Scottish crown to the national cross-country and indoor 3,000m titles he won during a successful winter period.

Kevin McCluskey, of Copeland AC, was the only one able to stay with 31 year old Murray's pace. But as the halfway mark approached,



Above: Kenneth Campbell on his way to victory in the 110m hurdles. Left: He does it again! Elliot Bunney chalks up yet another Scottish 100m title with Jamie Henderson and Ewan Clarke in pursuit.



MEN:

100m: 1, E Bunney (CPH) 10.79; 2, J Henderson (CPH) 11.03; 3, R Slater (TVH) 11.214; 4, E Clark (EAC) 11.22; 5, D Lawson (Cram) 11.28; 6, R Sexton (Lis) 11.31; 7, S Tucker (Shet) 11.50 (wind -3.3mps).
200m: 1, D Marsh (Aus) 21.12; 2, K Douglas (CPH) 21.87; 3, H Lister (Edin AC) 21.92; 4, D Walker (EAC) 21.97; 5, I Mackie (Pit) 22.18; 6, N Turnbull (CPH) 22.27; 7, R Slater 22.28 (wind -2.2).
400m: 1, G Newlands (Edin AC) 48.64; 2, G Hodges (Edin AC) 48.85; 3, P McBumey (Lisburn) 49.44; 4, N Armstrong (Mor) 49.60; 5, C Krievs (Bath) 49.90; 6, H Kennedy-Skipiton (Vic Pk) 49.97; 7, G Purves (CPH) 50.30; 8, J Bird (Hart) 50.36.
800m: 1, B Acres (Aus) 1-50.97; 2, P Hackley (Trafford) 1-51.66; 3, J Rigg (Warrington) 1-52.16; 4, B Murray (CPH) 1-52.21; 5, J McFadyen (CPH) 1-52.97; 6, E Calvert (Aber) 1-53.26; 7, P McDavitt (Shet) 1-53.77; 8, D

Maynard (Bel) 1-55.72.

1,500m: 1, R Fitzsimmons (Kilb) 3-51.66; 2, G Stewart (Glas Uni) 3-51.77; 3, D Ottoway (East Hull) 3-52.73; 4, G Graham (Clyde) 3-52.95; 5, M Fallows (EAC) 3-53.02; 6, L Mooney (Border) 3-53.08; 7, A Johnson (Elswick) 3-53.13; 8, J Mackay (Shet) 3-53.20.
5,000m: 1, K Lamb (Tipton) 14-16.41; 2, G Nagel (Valli) 14-17.48; 3, M McLeod (Elswick) 14-19.92; 4, W Coyle (Shet) 14-21.04; 5, G Braidwood (Spring) 14-23.84; 6, D Donnet (W&B) 14-24.79; 7, S Dodd (Lough) 14-24.96; 8, J Wheeler (Leeds) 14-29.49.
10,000m: 1, T Murray (Cam) 29-16.42; 2, K McCluskey (Cope) 29-35.47; 3, A Robson (R Club Edin) 30-02.03; 4, P Fleming (RCE) 30-10.42; 5, M Gormley (Cam) 30-19.61; 6, A Russell (Law) 30-20.07; 7, A Walker (Tev) 30-22.24; 8, K Conley (Annan) 30-25.75.
110mH: 1, K Campbell (Cal Pk) 14.66; 2, N Dakin (Newham & Essex) 14.97; 3, G Smith

(EAC) 15.26; 4, P Warrilow (CPH) 15.31; 5, F McGlynn (EAC) 15.61; 6, J Pender (Kilb) 15.89; 7, C Hogg (RCE) 16.05; 8, D Smith (Aus) 16.14 (wind -2.4).
400mH: 1, M Davidson (Cal Pk) 51.13 (Scottish native rec/CBP); 2, M Pillay (Aus) 51.13; 3, T Briggs (Aus) 51.97; 4, T Nimmo (EAC) 52.52; 5, A Douglas (CPH) 53.70; 6, G Workman (C'burgh) 54.40; 7, R Robinson (Bally) 54.48; 8, D Thom (Mel) 55.44.
3,000mSC: 1, W Ayesbury (Leeds) 8-49.60; 2, G Croll (Cam) 8-52.07; 3, G Mathison (Cal Pk) 8-57.58; 4, D Ross (RCE) 9-04.16; 5, P Millar (B & F) 9-06.67; 6, J Austin (Clyde) 9-10.34; 7, S Burch (Pit) 9-14.07; 8, T Hely (VP) 9-18.58.
HJ: 1, G Parsons (Blue Cir) 2.19m; 2, D Barnetson (Cal Pk) 2.19m (Scottish native rec.); 3, J Allan (Clyde) 2.00m; 4, W Wylie (Birch) 2.00m; 5, N Robbie (RCE) 2.00m; 6, G McAuslan (EAC) 1.95m; 7, B Cole (Bally) 1.95m; 8, S Ritchie (Pit) 1.95m.



Above: Robert Fitzsimmons takes the 1500m from Glen Stewart. Gordon Newlands shows his delight as he crosses the line first in the 400m.

even he couldn't match the superb lap times of Murray and eventually finished some 130 metres behind, clocking 29-35.47. Dunfermline 10K victor Alan Robson took the bronze, just two seconds outside the 30 minute barrier.

There was a touch of deja vu about the women's 400 metres hurdles and 800 metres on the Saturday, in which former internationalists Fiona Laing (Macaulay) and Carol Sharp, both of them now mothers, put in performances good enough to put them within sight of the overall titles.

The hurdles event was taken by Lorna Silver in a Scottish junior record time of 61.13 but was lead for the first 300 metres by Edinburgh Woollen Mill's Hazel Edgar.

It was Edgar who bore the brunt of an extremely strong finish by "old timer" Laing



when she was pushed into third place just metres from the line.

In the 800 metres Laing's contemporary, Sharp, led on the home straight but was just pipped on the line by City of Glasgow club-mate Jan Stewart.

Carol Anne Gray of Edinburgh AC who had put up good show of front running in the early stages of the race was third.

The women's hammer was given its first airing at the these championships.

The overall title was taken by Jean Clark of Milton Keynes but Linda Low of Edinburgh AC did well to take second in an event which has been a feature of

competitions considerably longer in England than in Scotland.

Kilbarchan's Robert Fitzsimmons put up a brave fight for the 1500 metres title.

Leading off the final bend but with Glen Stewart in hot pursuit just a whisker behind him, he held on to take the title in 3-51.66.

Other male Scots who put in winning performances included Elliot Bunney who notched up yet another Scottish sprint title when he took the 100 metres comfortably in 10.79 seconds and Kenneth Campbell who surged through in the second half of the 110m hurdles to take the title with a personal best of 14.66.

This was in addition to wins from former professional Gordon Newlands who held off Grant Hodges for the 400 metres, and Caledon Park's Roddy James who took the javelin title with a comfortable margin of over four metres.

Those having to settle for silver behind southern hemisphere athletes included former pro Keith Douglas, with 21.87 run in the 200m, and Central Region's Neil McMenemy, who recorded leap of 14.80m in the triple jump.

In the women's events there were two first places for Helen Cowe, in the shot and discus while the high jump title went to Rhona Pinkerton with a jump of 1.75m. Eighteen year old Troon Tortoise Hazel Melvin who jumped the same height but with took more attempts, was second.

EWM's Susan Ridley won the 3000m in 9-39.98, while clubmate Lorna Jackson secured a bronze in the javelin courtesy of a 41.58m throw.

RESULTS

RESULTS

13.86m; 4, S Hayward (EAC) 13.86m; 5, N Mason (EAC) 13.82m; 6, B Shepherd (Aber) 12.95m.
JT: 1, R James (CPH) 64.52m; 2, D Smahon (Lis) 60.82m; 3, D Jones (Traff) 60.62m; 4, J Grant (StA) 59.94m; 5, S Maxwell (Wir) 58.96m; 6, B Jump (Ab) 56.26m; 7, A Whyte (EAC) 55.44; 8, G Dingwall (Shet) 53.14.
HT: 1, S Whyte 59.50m; 2, D Allan (Cal Pk) 55.68m; 3, L Carter (Clyde) 50.76m; 4, B Shepherd 49.78m; 5, P Barnard (M&C) 49.56m; 6, A Whyte (EAC) 46.48m; 7, D Gisbey (CPH) 45.60; 8, W Gentleman (EAC) 38.16m.

WOMEN:

100m: 1, K Sambell (Aus) 11.93; 2, M Dunstan (Aus) 11.95; 3, J Ovenden (Aus) 12.11; 4, M Baxter (COG) 12.37; 5, M Marr (Stew) 12.59; 6, J Kirby (M & C) 12.76; 7, L Dick (COG) 12.77; 8, J Fleming (Glas UN) 12.44 (wind -2.0).

200m: 1, K Sambell 24.39; 2, J Ovenden 24.48; 3, M Dunstan 24.59; 4, M Neef (COG) 25.27; 5, R Girvan (EAC) 25.53; 6, L Dick 25.64; 7, E Lindsay (EWM) 25.87; 8, F Calder (COG) 26.35 (wind -2.4).
400m: 1, L Nailor (Aus) 53.51; 2, S Scamps (Aus) 54.21; 3, G McIntyre (COG) 54.28; 4, W Steele (EWM) 54.84; 5, M Anderson (EAC) 55.66; 6, S Stanton (Birch) 55.74; 7, D Knox (M & C) 56.63; 8, A Brown (EWM) 57.84.
800m: 1, J Stewart (COG) 2-12.14; 2, C Sharp (COG) 2-12.36; 3, C Gray (EAC) 2-13.45; 4, C Brook (Lis) 14.20; 5, A Coats (Bing) 16.94; 6, A Normand (VP) 18.81; 7, S Ross (Tay) 26.28; 8, B Wood (Bor) 27.27.
1,500m: 1, S Rigg (Sale) 4-22.96; 2, C Gray 4-25.77; 3, C Gowland (Seat) 4-28.23; 4, S Gollan (Inver) 4-29.88; 5, J Cliffe (Glas Un) 4-31.02; 6, E Grant (COG) 4-32.15; 7, V Blair (EWM) 4-38.83; 8, E Cochrane (COG) 4-43.87.
3,000m: 1, S Ridley (EWM) 9-39.98; 2, D Rutherford (JW Kil) 9-41.27; 3, P Quinn

(Bally) 9-42.08; 4, A Rose (EWM) 9-45.82; 5, J Scott (Dar) 9-49.65; 6, J Birkett (Liv) 9-57.63; 7, C Bartley (COG) 9-57.56; 8, V Vaughn (Pit) 10-08.43.
100mH: 1, J Moyes (Aus) 13.73; 2, J Kirby (M&C) 14.47; 3, J Hale (Lagon) 14.63; 4, D Baker (Der) 14.79; 5, L McCulloch (EWM) 15.37; 6, G Murchie (Aber) 15.39; 7, S Richmond (Pit) 15.42; 8, B Ross (DHH) 15.82 (wind -2.4).
400mH: 1, L Silver (DHH) 61.13 (Scot Jun rec); 2, F Laing (Unatt) 61.49; 3, H Edgar (EWM) 61.55; 4, S Wood (EWM) 62.63; 5, T McGirr (Lis) 63.60; 6, J O'Neil (COG) 64.82; 7, F Watt (COG) 65.74; 8, J Low (COG) 65.83.
HJ: 1, R Pinkerton (COG) 1.75m; 2, H Melvin (Troon) 1.75m; 3, N Baker (Gate) 1.70m; 4, L Lackenby (Gate) 1.65m; 5, E Lindsay 1.60m.
LJ: 1, L Davidson (Aber) 5.95m; 2, K Hambrook (Ash) 5.87m; 3, C Black (EWM) 5.73m; 4, N Barr (EWM) 5.46m; 5, M Marr 5.45m; 6, S Still (Aber) 5.35m; 7, J Harvey (Nith V) 4.76m; 8, K Hambrook 12.79m;

2, N Barr 11.85m; 3, L Davidson 11.64m; 4, L McMillan (EWM) 10.68m; 5, J Soutar 10.66m; 6, S Mitchell (COG) 10.74; 7, S Mitchell (COG) 9.80m; 8, J Hume 9.80m; 9, J Hume 9.80m; 10, J Hume 9.80m; 11, J Hume 9.80m; 12, J Hume 9.80m; 13, J Hume 9.80m; 14, J Hume 9.80m; 15, J Hume 9.80m; 16, J Hume 9.80m; 17, J Hume 9.80m; 18, J Hume 9.80m; 19, J Hume 9.80m; 20, J Hume 9.80m; 21, J Hume 9.80m; 22, J Hume 9.80m; 23, J Hume 9.80m; 24, J Hume 9.80m; 25, J Hume 9.80m; 26, J Hume 9.80m; 27, J Hume 9.80m; 28, J Hume 9.80m; 29, J Hume 9.80m; 30, J Hume 9.80m; 31, J Hume 9.80m; 32, J Hume 9.80m; 33, J Hume 9.80m; 34, J Hume 9.80m; 35, J Hume 9.80m; 36, J Hume 9.80m; 37, J Hume 9.80m; 38, J Hume 9.80m; 39, J Hume 9.80m; 40, J Hume 9.80m; 41, J Hume 9.80m; 42, J Hume 9.80m; 43, J Hume 9.80m; 44, J Hume 9.80m; 45, J Hume 9.80m; 46, J Hume 9.80m; 47, J Hume 9.80m; 48, J Hume 9.80m; 49, J Hume 9.80m; 50, J Hume 9.80m; 51, J Hume 9.80m; 52, J Hume 9.80m; 53, J Hume 9.80m; 54, J Hume 9.80m; 55, J Hume 9.80m; 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June

6

North Cape Dollar 5 miles HR -

Men: 1, R Bergstad (Man U) 38-53; 2, K Anderson (Amb) 39-04; 3, S Nicholson (Liv) 39-49; 4, N Wilkinson (Dur U) 39-54; 5, D McGonigal (She) 40-09; 6, P Dymok (Liv) 40-28; 7, D Neill (Staffs) 40-32; 8, R Kendal 40-54; 9, S Hauwkins (Bing) 41-05; 10, J Parker (Ilk) 41-12; 11, J Atkinson (Amb) 41-38; 12, J Wilkinson (Gal) 41-43; 13, A Kitchen (Liv) 42-05; M Rigby (West) 42-07; 15 D Pyrah (Ed U) 42-11.

Vets: 1, R Whitfield (Bing) 42-29; 2, J Heskith (Hor) 43-38; 3, W Knox (Tev) 45-08; 4, R Boswell (Loch) 45-10; 5, W Bland (Borr) 45-16.

Ladies: 1, T Calder (HBT) 46-25; 2, C Crofts (Drk Pk) 48-42; 3, Y Hague (PB) 48-47; 4, J Kenyan (Horw) 49-10; 5, J Salvona (Liv) 51-41.

7

Scolty HR, Banchory -

Men: 1, F Clyne 33-46 (Met); R Cresswell (Ab) 32-08; 2, R Taylor (Met) 33-48; J Buchan (Met) 34-03; 3, A Aitken (GRR) 34-15; 4, S Willox (Met) 34-19; 5, A Neaves (Met) 34-39; 6, I Cumming (Aber) 34-47; 7, M Thomas (HBT) 35-48; 8, E Rennie (V1) 34-57; 9, D Adams DHH 35-12; 10, P Foy (HBT) 35-14; 11, C Love DHH 35-12; 12, P Stephen GRR 35-48; 13, M Wilson (Met) 35-13; **Vets:** 1, M Edwards (Ab) 35-55; V3 G Angus DHH 37-35; **Teams:** Metro AC 8pts, Aberdeen 20.

Ladies: 1, J Robertson (West) 41-15; 2, S Taylor (LV1) 43-21; 3, M Lorimer (Unatt) 45-12; 4, I Beveridge (Unatt) 48-14; 5, B Kerr (LV2) 48-55.

Cairn table 6 mile HR, Muirkirk -

Men: 1, M Whitfield (Bing) 44-55; 2, R Whitfield (V1) 46-04; 3, David Ochie (Dal) 47-32; 4, P Smith (Cum) 48-37; 5, W Hamilton (Stran) 49-00; 6, G Griffin (Cum) 49-22; 7, L Hogg (Cairn) 50-15; 8, J Rowley V3 (Law) 50-47; 9, C Shaw V4 (West) 50-55; 10, D Mackin (Sol) 51-15; 11, C Murray (Cum) 51-42; 12, H Finnegan (Dal) 51-55; 13, B O'Neill (EK) 51-57; 14, I Ochie (Dal) 52-09; 15, J Buchanan (JS) 52-16; V6, A Kelly (Muir) 53-02; **Team:** Dalry 1C.

Ladies: 1, P MacLachlan (LV1) 62-52; 2, A Farro (Aft) 68-49; 3, S Struthers (LV2) 71-20; 4, G Gray (Aft) 72-54; 5, F Griffin (Cum) 76-03; 6, S Crawford (Muir) 82-03; **Team:** Cumnock.

Young athletes: Under 18: 1, R Jebb (Bing) 51-19; 2, M McLaren (Muir) 57-22; 3, S McKimming (Cum) 57-55; **U15 boys:** 1, A McCubben (Muir) 45-06; 2, E Bradford (Muir) 47-40; 3, B Gibson (Muir) 48-49; **U15 girls:** 1, G Menzies (Muir) 65-07; 2, R Wilson (Muir) 65-08; 3, L Burns 66-48.

10

Knockfarrell 6 miles, Strathpeffer -

Men: 1, G Barlett (For) 38-46 (rec); 2, R Wilby (V1) (HHR) 42-54; 3, P Garner (Irv) 44-50; 4, R Collins (V2) (HHR) 47-02; 5, S Galbraith (MBI) 47-12; 6, M (MBI) 47-22; 7, A Ross (Unatt) 47-58; 8, H Cameron (V3) (For) 48-19; 9, P Mathieson (For) 48-50; **Team:**

Forres Harriers 18 pts; **Ladies:** 1, L Hope (Loch) 51-15; 2, S Hay (HHR); 53-11; 3, F Wilde (Loch) 64-12.

13

Trapain Law HR, E. Linton -

1, J Graham (RCE) 38-43; 2, A Ayre Walker (HBT); 39-33; 3, D McKinnis (HELP) 41-01; 4, J Smith (V1) (HELP) 41-29; 5, J John Forte (HELP) 41-55; 6, I Mustarde (HELP) 42-08; 7, C Hunter (HBT) 42-45; 8, J Baird (43-41); 9, N Renton (Gala) 44-02; 10, M Flynn (CPH) 44-15; V2 R Morris (Car) 44-08; G Geoffry (Dun) 45-13;

Ladies: 1, J Salvona (Liv) 47-03 (rec); 2, J Robertson (West) 47-58; D Everington (Liv) 49-29; L4 T Thmsn (Pit) 51-23; L5 P Houghton (EAC) 55-49;

Sealich International HR, Knocktu, N Ireland -

1, Arthur Bryson 35-30; 2, K Anderson (Eng) 35-42; 3, N Wilkinson (Sco) 36-44; **Scots placings:** . . . 7, J Wilkinson (Sco) 37-30; 8, M Rigby (FCO) 37-53; 9, D McGonigle (She) 38-30; 10, B Potts (Cly) 38-35; 22, Loch 41-13; **Teams:** England 11 pts; 2, Scotland 18; 3, Rep Ire 31; 4, NI 39; 5, Wales 41.

Glen Rosa Horseshoe 13 mile HR, Brodick, Arran -

1, I Ferguson Bingley 2-16-07; 2, P Clark (Ken) 2-17-43; 3, I Murphy (Clyd) 2-18-38; 4, P Stott (V1) (Hegog) 2-19-01; 5, J Stevenson (Irv) 2-19-25; 6, N Martin (Fif) 2-22-28; 7, S Hughes (Hegog) 2-24-40; 8, J Coyle (Cam) 2-25-40; 9, A Haynes (Arr) 2-26-20; 10, J Shields (V2) (Cly) 2-26-35; 11, D Shiell (Cam) 2-27-30; 12, W Gauld (V3) (Cam) 2-28-04; 13, D McPhoe (Islay) 2-28-33; 14, J Smith (PB) 2-30-36; 15, R Longmore (Sol) 2-31-21; 16, V4 D Milligan (Sol) 2-32-22; 17, V5 Walford (Kendal) 2-35-53; 18, V6 D Lord (C'town) 2-51-27; **Team:** Carnethy L1 P McLaughlan (West) 3-53-57.

17

Ben Sheann 2.5 mile Hill Race, Strathyre

Men: 1, B Potts (Cly) 22-54 (eq rec); 2, John Brooks (J1) Loch 23-00; 3, D McGonigal (She) 24-10; 4, David Crow (She) 24-18; 5, I Murphy (Cly) 25-33; 6, A Dyche (Cly) 25-52; 7, M Thomas (Loch) 26-04; 8, A Keith (HBT) 26-09; 9, G Brooks (Loch) 26-12; 10, T Griffin (West) 26-16; 11, V1 J Shields (Cly) 26-15 (rec); 12, V2 C Shaw (West) 27-48; 13, V3 B Brooks (Loch) 28-47; **Ladies:** 1, H Diametides (Amb) 29-55 (rec); 2, R McLaughlin (Loch) 34-13; 3, E Scott (West) 34-49.

20

West Highland Way 95 mile Fell Race from Milngavie to F. William -

1, M Francis (For) 16-38-11 (rec); 2, J Whitehead (Hull) 18-37-15; 3, A Stott (Sri) 20-08-20; 4, J Willer (Ess) 20-24-30; 5, J Softley (Bella) V1 21-41-00; 6, A Young (Hel) same; 7, N McGregor (Cum) 22-58; 8, M Tulley (Perth) 23-10; 9, V050 D Howse (PC) 23-25-40; 10, M Sandford (Ox) 25-04; 11, A Nicholson (V050) (SVHC) 25-25; 12, J Templeton (Lan) 26-27; 13, A Begg (Cal) 26-37; 14, S Jack (Ed) 28-02; 15, W Robertson (Perth) 28-30.

26

Kilpatrick 8 Mile HR, Old Kilpatrick -

Men: 1, M Rigby (West) 52-16; 2, B Potts (Clyd) 52-32; 3, T Griffin (West) 53-34; 1, Murphy (Clyde) 53-50; 5, D Robertson

(West) 54-10; 6, P Bovill (OHR) 56-06; 7, M Fisher (Man U) 56-11; 8, D Bell (Help) 56-13; 9, P Bonner (Clyt) 56-21; 10, D Chester (West) 57-35; 11, A Dyche (Clyde) 57-47; 12, A Ferguson (She) 57-49; 13, J Shields (V1) (Clyde) 57-59; 14, R McIntyre (Clyd) 58-08; 15, C Shaw (West) 58-25; 16, (V2) R McInroy (Clyde) 60-23; 17, (V3) J Watson (Liv) 60-51; 18, V4, R Shields (Clyde) 64-12; 19, (V5) W Cairns (Clyde) 65-24; **Ladies:** 1, S McLiesh 64-50 (rec); 2, H Diamontides (Amb) 69-48; 3, E Scott (West) 73-18; 4, J Smith (PF) 76-28; 5, M Small (Cly) 76-39; 6, P McLaughlin (LV2) (West) 79-46.

27

Teviotdale Uphill Mile Race, Hawick

Men: 1, A Walker (Tev) 5-34; 2, A Fair (Tev) 5-40; 3, W Knox (V1) (Tev) 5-42; 4, R Hall (Tev) 5-43; 5, D Cavers (Tev) 5-44; 6, C Nicol (Tev) 5-48; **Ladies:** 1, J Hardy (Berw) 7-51; 2, J Jack (Tev) 8-02; 3, A Thompson (Berw) 8-04; LV1 A Fenton (Tev) 9-03.



May

24

City of Aberdeen Milk 10K

1, C Hall (DHH) 29-57; 2, A Reid (Pet) 30-38; 3, S Axon (HBT) 31-19; 4, R Talyor (Met) 31-21; 5, K Varney (Met) 31-23; 6, C Farquarson (HBT) 31-31; 7, R Creswell (Ab) 31-36; 8, R Mowbray (HBT) 31-46; 9, C Youngston (V1) (Ab) 32-23; 10, S Wynn (Ab) 32-23; 11, D Ball (HBT) 32-34; 12, W Knox (V2) (Tev) 32-49; 13, J Freil (Met) 32-53; 14, I Williamson (Ab) 32-56; 15, N Milosvorov (Met) 32-59; 16, E Sutherland (Ed U) 33-21; 17, S Cassells (Aber) 33-24; 18, P Jennings (Met) 33-26; 19, R Gatenby (Coast) 33-29; 20, B MacDermid (Pet) 33-32.

Vets: V3, W Adams (Ab) 33-45; V4 C Noble (FRC) 34-31; V5, K Hogg (Ab) 34-36; V6, D Grubb (Ab) 34-56.

St Andrews Women Only 5-Mile RR

1, S Edmunds (EdU) 29-26 (Rec); 2, FLothian (StA U) 29-28; 3, C Brown (LV1) (Fif) 30-48; 4, A Wilson (LV2) (DHH) 32-11; 5, K MacMillan (EdU) 32-23; 6, M McLaren (LV3) (Fif) 32-37; 7, A MacLean (DHH) 32-46; 8, K Macgregor (Fif) 32-52; V0/40 P Lemocello (Fif) 33-34; V0/45, I Melville (Fif) 39-29; V 0/50, M Hartley (Kin) 49-27.

Inters: 1, C Cadger (PSH) 40-50; 2, L Proven (DHH) 42-00; **Team:** Fife AC 17 pts.

Newtownmore 10-Mile RR

1, G Laing (Inv) 53-30; 2, G Sim (V1) (Mor) 53-54; 3, I Moncur (DHH) 54-20; 4, B Anderson (DRR) 55-58; 5, E Grant (Mor) 56-14; 6, G Milne (V2) (Mor) 56-32; 7, A Duncan (V3) (Pit) 56-41; 8, M Parker (V4) (Brom) 57-08; 9, P Baxter (V5) (Pit) 57-17; 10, S Green (Unatt) 58-58; **Team:** 1, Moray 13 points; 2, Inverness 33; 3, Dundee HH 51.

Ladies: 1, S Cluey (LV1) (For) 71-47; 2, J Baxter (Pit) 77-13; 3, S Duncan (Pit) 77-21.

25

JW Kilmarnock 10K RR

1, W Richardson (Irv) 31-43; 2, C Miller (Irv) 32-25; 3, B Craig (Irv) 32-34; 4, R Hubbard (Ayr) 32-59; 6, K Penrice (Ayr) 33-07; 7, C Brasil (Irv) 33-19; 8, J Thomson (Kil) 33-38;

9, J Gemmel (Cum) 34-12; 10, S Leonard (EAC) 34-17; V0/50: D Campbell (SV) 38-07; **Team:** Irvine Cable 8 pts; 2, Irvine Valley 32.

Ladies: L Cairns (JWK) 39-23; I Douglas (SVH) 39-41; 3, M McGill (LV1) (Irv) 40-42; 4, J Bing (Irv) 41-00; 5, J Thomson (CG) 41-17; 6, L McGarry (Irv) 43-17; 7, L Dunlop (Ayr) 43-32; 8, S Craig (Ayr) 44-45; 9, K Melville (LV3) (Irv) 45-50; 10, C Martin (Ayr) 48-24.

27

Bellahouston H Centenary 8KRR, Pollock Park

1, N Muir (She) 23-54; 2, A Puckrin (CPH) 23-56; 3, P Fleming (RCE) 24-09; 4, G Whight (Ayr) 24-33; 5, W Robertson (Bel) 24-32; 6, C Spence (V1) (SV) 25-25; 7, A Derrick (Cal) 25-55; 8, J Stewart (Ayr) 26-08; 9, D Williamson (Bel) 26-18; 10, R Guthrie (V2) (Bel) 26-31; 11, D Thom (Cam) 26-35; 12, N McDonald (Bel) 26-39; 13, D Truesdale (Bel) 26-43; 14, H Gallacher (Bel) 26-43; 15, G Mitchell (GGH) 26-52; 16, P Russell (GGH) 26-53; 17, G Clarke (SV) 27-04; 18, J Mc Millan (V3) (Kil) 27-07; 19, K Brown (VP) 27-22; 20, W Glasgow (GN) 27-33; **Ladies:** 1, L Branney (LV1) (CG) 27-45; 2, E McBrinn (She) 28-54; 3, S Crawford (CG) 30-29; 4, C Reid (GN) 31-48; 5, C Hood (GN) 33-55; 6, E Bain (Cal) 34-18; 7, H Stewart (Cly) 34-20; 8, L Curley (LV1) (Cal) 35-28; 9, M Southern (GN) 35-50; 10, E Mc Millan (LV2) (Kil) 36-53.

Sri Chinmoy One Mile RR, Edinburgh

1, G Mathison (CPH) 4-24; 2, D Blackie (CPH) 4-34; 3, G Lightwood (EAC) 4-35; 4, C Young (EAC) 4-36; 5, M Gill (Cam) 4-38; 6, D Garner (CPH) 4-43; & B Howie (V1) (CPH) 4-50; 8, R Elloit (HBT) 4-52; 9, R Thomson (CPH) 4-53; 10, A Laird (EAC) 5-01; V0/50: A McKenzie (Liv) 5-58; **Ladies:** 1, C-Anne Gray (EAC) 4-59; 2, A Johnston (EWM) 5-12; 3, L Gabriel (Cov) 5-16; 4, L Cormack (EAC) 5-16; 5, C Simpson (EAC) 5-23; 6, M Crawford (Unatt) 5-24.

Auld Toun 10K RR Dunfermline

1, A Robson (RCE) 30-42; 2, I Brown (SVH) 31-03; 3, C Haskett (GHH) 31-32; 4, J Duffy (SV) 31-53; 5, F Harper (FVH) 32-01; 6, M Coyne (RCE) 32-08; 7, C Hunter (Pit) 32-09; 8, M Greally (Pit) 32-20; 9, C Law (Car) 32-38; 10, R Lippett (Pit) 32-50.

Vets: 1, A Duncan (Pit) 33-21; 2, D Gunstone (Fife) 35-23; 3, P Wilson (DRR) 35-34; **Team:** Pitreavie 25 points

Ladies: J Stevenson (LV1) (FVH) 36-50; 2, C Brown (LV2) (Fife) 38-55; 3, L Barclay (Pit) 39-06.

Team: Pitreavie.

Scottish Fire Brigade 4 mile Road Race, Gullane

1, P Butcher (Tay) 20-53; 2, D Buchanan (Str) 21-18; 3, R Brown (V1) (Str) 21-54; 4, M Bond (H&I) 22-05; 5, S Schooling (L & B) 22-05; 6, B Hendry (Tay) 22-15; **Team:** Strathclyde FB.

31

Cowal Police Half Marathon, Dunoon

1, J Duffy (SV) 70-56; 2, J Harrison (Mil) 71-00; 3, T Anderson (Kil) 71-24; 4, R Mardel (MH) 71-30; 5, P McGregor (V1) (VP) 73-04; 6, H Young (Str Police) 73-48; **Teams:** 1, Milburn H 2, GGP 3, Strathclyde Police. **Ladies:** 1, E O'Brien (GGH) 1-26-04, 2, C Reid (GN) 1-27-06; 3, H Stewart (Cly) 1-35-42; LV1: V Kerr 1-46-22.

Caithness Northern HM, Thurso

1, G Sim (V1) (Mor) 71-42; 2, A Cook (Ork) 73-01; 3, S Cassells (Aber) 75-00; 4, N Reid (Ork) 78-19; 5, A Munro (DHH) 78-41; 6, B MacKay (Mor) 79-23; **Vets:** 2, D Renwick (Caith) 82-29; 3, J Henderson (Mor) 83-38; **Ladies:** 1, M Adamson (LV1) (Inv) 1-31-01; 2, S Low (E Suth) 1-39-01; 3, A Oug (Caith) 1-40-27; 4, L Gray (Inv) 1-42-40; 5, V Balfour (Stor) 2-03-09.

Aberfeldy Half Marathon

1, D Mc Ara (FVH) 73-28; 2, B Anderson (DRR) 75-16; 3, A Stevenson (Cam) 76-33; 4, J Baird (HELP) 77-56; 5, J Martin (FVH) 78-16; 6, J Smith (V1) (HELP) 78-46; 7, D Cruickshank (For) 79-38; 8, P Morrison (Cum) 79-42; 9, B McDonald (Cam) 80-16; 10, A Duncan (V2) (Pit) 80-35; V3 B Brown (Per RR) 83-01.

Women: 1, C Cadger (LV1) (PSH) 1-39-04; 2, A Strachan (DHH) 1-42-06; 3, K Green (DHH) 1-42-53.

Motherwell District 10-Mile RR (including SAAA National Champs, Wishaw) 1, T Mitchell (Fif) 51-17; 2, M Carroll (Ann) 51-42; 3, A Walker (Tev) 51-48; 4, A Robson (RCE) 52-15; 5, D Ross (RCE) 52-27; 6, K Varney (Met) 52-36; **Vets:** 1, C MacDougall (Cal) 55-44; 2, C Smith (EAC) 56-01; V0/50: W Marshall (SVHC) 63-16; V0/60: W Stoddart (GWP) 59-50;

June

2

Landimer Rose Bowl 5 mile RR, Rutherglen

1, A McLinden (V1) (Ham) 26-41; 2, J Kennedy (VP) 26-58; 3, H Gallagher (Bella) 27-09; 4, R Young (V3) (Cly) 27-18; 5, E McCafferty (J1) (Cam) 27-23; 6, D Thom (Cam) 27-32; 7, S Higgins (Cam) 27-43; 8, F Hurley (cam) 27-50; 9, T Dolan (V4) (Cam) 27-56; 10, T McPate (Cam) 28-05; 11, M Mitchell (Cam) 28-07; 12, B McGarvey (Cam) 28-08; 13, R Brennan (V0/50) (Cam) 28-23; 14, P Buchanan (She) 28-32; 15, I Gordon (V7) (Cam) 28-38; **Ladies:** 1, S Kennedy (VP) 30-41; 2, A Donnelly (CG) 33-20;

Solway 5 mile Road Race, Castle Douglas

1, K Penrice (Ayr) 25-57; 2, J Ferguson (Dum) 26-09; 3, S Mulholland 27-02; 4, R Longmore (Sol) 27-14; 5, M McPherson (V1) (Dum) 27-44; 6, D Mauclyay 27-55; 7, D Chadderton (V2) (Dum) 28-01; 8, D Brown (Dum) 28-12; N Neilson (Sol) 28-24; 9, R Johnstone (V3) (Sol) 28-29; **Teams:** 1, Dumfries RC 10 points; 2, Solway 23

Ladies: 1, L Watson (Stew) 33-06; 2, L Longmore (Sol) 35-27.

3

Ayr Seaforth Taj 10K

1, W Richardson (Irv) 32-08; 2, C Miller (Irv) 32-47; 3, B Craig (Irv) 32-55; 4, C Brash (Gir) 33-22; 5, J Thompson (JWK) 33-34; 6, G Clark (SV) 33-39; 7, S White (JWK) 33-47; 8, T Lawrence (Ayr) 34-34; 9, A McLatchie (Irv) 34-35; 10, J White (V1) (Irv) 34-35; 11, J Surgeon (Irv) 35-06; 12, H Rankin (JWK) V0/50 35-08; 13, J Goldie (JWK) 35-19; 14, L Richardson (Irv) 35-20; 15, D McCally (Irv) 35-33; 16, V3 A Rennie (Irv) 35-48; **Team:** Irvine Cable 15 points.

Women: 1, C Cairns (JWK) 39-21; J Roxburgh (Irv) 39-29; 3, J Bying (LV1) (Irv) 40-03; 4, M McGill (LV2) (Irv) 40-56; 5, A McManus (Irv) 42-29; S Crag (Ayr) 42-33; **Women's team:**

Irvine Cable.

Sri Chinmoy 2 mile RR Edinburgh

1, S Ogg (Car) 9-47; 2, A Robertson (Pen) 9-52; 3, L Cuthbertson (CPH) 9-53; 4, M Gill (Cam) 9-57; 5, K Daley (EAC) 9-57; 6, R Thompson (CPH) 10-01; V0/50: J Phosfor (SVHC) 12-09; 2, D Mc Gregor (SVHC) 12-12; **Ladies:** 1, S Ridley (EWM) 10-56; 2, K Fisher (Ain P) 12-08; 3, I Pollard (unatt) 13-58.

Hill of Tarvett 5 mile Series, Fife

1, N Martin (Fife) 30-39; 2, d Anderson (Kin) 30-40; 3, C Farquarson (HBT) 32-20; 4, I Moncur (DHH) 32-28; 5, A Davies (Fife) 32-35; 6, R Hanlon (Fif) 33-35; 7, B Hutcheson (Anst) 33-48; 8, I Taylor (Car) 34-03; 9, J Kirkland (DHH) 34-09; 10, P Wilson (V1) (DRR) 34-12.

V2 J Holden (Fife) 34-29; V3 T Ross (Fife) 34-39; J1 W Hargreaves (Car) 36-51.

Ladies: F Lothian (StU) 37-48; M Robertson (LV1) (DRR) 41-09; 3, P Lemocello (LV2) (Fife) 42-05; **Team:** Anster Haddies

4

Polaroid Dumbarton Academy 500 10K Road Race, Dumbarton

1, N Muir (She) 30-25; 2, D Runciman (Cam) 30-26; 3, C Thomson (Cam) 30-32; 4, D Cameron (She) 31-09; 5, W Robertson (Bell) 31-15; 6, K Rankin (FVH) 31-30; 7, G Gaffney (GWH) 31-34; 8, J Harrison (Mil) 32-17; 9, T Gillespie (Spr)

(CG); 3, A Harvie (CG)

14

Monklands Festival 7 mi RR, Couthridge-
1, N Muir (She) 32:59; 2, I Brown (SVH)
33:02; 3, W Nelson (Law) 33:15; 4, D Thom
(Cam) 35:06; 5, W Weir (Law) 35:17; 6, T
Graham V1 (Fif) 35:42; 7, B Anderson (DRR)
35:53; 8, G McKie (She) 36:05; 9, I Donnelly
V2 (Law) 36:54; 10, M Mitchell V3 (Cam)
37:09; 11, D Buchanan (She) 37:32; 12, P
Patterson V4 (Ct) 37:58; 13, J Norton (She)
38:14; 14, I Adams (Str U) 38:23; 15, J
Christie V5 (Cam) 38:33.
Ladies: 1, I McElean (Unatt) 44:39; 2, M
Ward (LV1) (Unatt) 47:07; 3, E Linnen (Mot)
47:31; 4, B Sloss (Mot) 50:05; 5, M Christie
LV3 (SVHC) 50:29; 6, E Devine (Dum) 53:33.

**Inverclyde Festival of Running, Greenock
Marathon:** 1, J Duffy (SV) 2:35:03; 2, A
Stewart (Ayr) 2:39:35; 3, D Thomson (Unatt)
2:40:12; 4, M McCreadie (Fife) 2:45:12; 5, J
Mc Morrow V1 (SVHC) 2:48:35; 6, M Mc
Letchie V2 (VP) 2:48:43; 7, K Hansen (Her
Un) 2:51:18; 8, A McDonald (KO) 2:54:38;
9, A Shedd V3 (Irv) 2:54:41; 10, M Raseide
(Hel) 2:55:13; 11, R Martin V4 (SV) 2:56:16;
12, M Dunn (GGH) 2:57:54; 13, S McLean
(Unatt) 2:58:02; 14, D Geddes (Glas) 2:58:08;
Tracy (SV) 3:19:04; 24, I Brown (Pit) 3:19:25;
25, A Kay V7 (RM) 3:19:47; 26, L21 Wilson
(Str) 3:26:32.

Half Marathon: 1, T Murray (Cam) 68:53; 2,
C Robison (SV) 69:31; 3, W Robertson (Bel)
70:03; 4, T McColl (GGH) 70:27; 5, T
Anderson (Kil) 70:37; 6, G Tenney (Kil)
71:47; 7, B Mc Guinness (Dum) 73:36; 8, P
Walsh (Dum) 73:47; 9, A Harris (Dun U) 73:48;
10, C Martin V1 (Dum) 74:36; 11, P Mc
Gregor (VP) 74:45; 12, D Wilson (Mil) 74:51;
13, G McGranon (GGH) 74:55; 14, D Harrison
(Mil) 75:02; 15, J Bennett (SV) 75:27; 16, E
Watt (SV) 76:08; 17, G Mitchell (GGH) 76:19;
18, R Hunt V3 (Mil) 76:35; 19, P Russell
(GGH) 76:48; 20, W Stoddart V0/60 (SWH)
78:08; 21, V5 G Dobbie (SVCH) 81:05; 22,
V6 J Russell (GGH) 81:42.

Teams: 1, Dumbarton 25 points; 2, SV 33; 3,
Milburn 44; 4, GGH 49.

Ladies: 1, M Blackie (SV) 1:27:22; 2, J Bing
LV1 (Irv) 1:28:34; 3, A McKee (SV) 1:28:54;
4, J Smith LV2 (GGH) 1:38:07; 5, S Bauchop
LV3 (Pit) 1:38:58.

Isle of Hoy Half Marathon, Orkney

1, A Cook 72:40; 2, S Bevan 76:12; 3, A
Askew 76:53; 4, N Watson 80:25; 5, T
Osborne 80:54; Vet 0/50 1 Curprie 84:36;
Women: 1, D Leonard 1:41:55; 2, L Leslie
1:48:42; 3, G Maxwell LV1 1:50:52 (all
Orkney Isles AAA).

City of Edinburgh 10K RR, Meadowbank

1, M McLeod V1 (Elw) 30:54; 2, S Binn
(Ann) 31:01; 3, A Walker (Tev) 31:05; 4, A
Robson (RCE) 31:47; 5, A Weatherhead V2
(EAC) 32:22; 6, R Bell (DHH) 32:30; 7, I
Elliot V3 (Tev) 32:39; 8, W Knox V4 (Tev)
33:09; 9, S Ogg (Car) 33:16; 10, A Stephenson
(Car) 33:20; 11, R Thompson (CPH) 33:24;
12, I Taylor (Car) 33:50; 13, I Stewart (Car)
33:57; 14, D Garner (CPH) 34:25; 15, A
Munro (DHH) 34:40; 16, R Elliott (HBT)
34:43; 17, P Simpson (Car) 34:58; 18, B
McGarvey (Cam) 35:07; 19, P Bovill (EdU)
35:12; 20, J Clarke (DHH) 35:17.

Ladies: 1, S Edmunds (EdU) 37:44; 2, S
Aitken (Ain P) 40:39; 3, A Thomson (Ber)
41:01; 4, M Imiah (Un) 41:32; 5, L Bright
LV1 (Lass) 41:48; 6, I Lynch LV2 (Un)

42-38.

20

Craigie Gaia 6 mile RR Cowan Park, Barrhead

1, T Hearl (Kil) 29:27; 2, G Tenney (Kil)
30:07; 3, R Guthrie V1 (Bel) 31:33; 4, P
McGregor V2 (VP) 31:47; 5, M Mitchell
(Cam) 32:20; 6, A Marshall (Unatt) 32:55; 7,
R Brennan V0/50 (Cam) 33:22; 8, R Price
(Kil) 34:07; 9, L McLeary (Unatt) 35:58; 10,
A Duffin (Unatt) 36:05. **Team:** Kilbarchan
11 points.

Ladies: 1, C Reid (GN) 37:47; 2, C Hood
(GN) 39:47; 3, F Shenton (Kil) 41:23; 4, E
Ross (Unatt) 51:14.

21

Robinson and Davidson Half Marathon, Dock Park, Dumfries

1, J Robison (RCE) 66:03; 2, M Carroll (Ann)
67:27; 3, C Robison (SV) 68:51; 4, G Wight
(Ayr) 69:11; 5, R Hall (Tev); 69:28; 6, D
Robertson (Salt) 69:42; 7, A Fair (Tev) 70:46;
8, I Elliot V1 (Tev) 71:43; 9, C Kinnear
(Dum) 75:50; 10, J Ferguson (Dum) 76:02;
11, B Short (Cum) 76:52; 12, J Durman (DHH)
76:58; 13, I Donnelly V2 (Law) 77:10; 14, J
Black V3 (SVHC) 77:20; M Brydson (Ann)
77:38; 16, M Walker (Goss) 77:56; 17 David
Calder (West) 78:44; 18, S Combie
(Mel) 78:47; 19, J Kyle (Cum) V4 78:49; 20,
C Nichol (Tev) 78:55.

V0/50: 1, G Black; 2, J Kyle; 3, P Taylor
(Border) 81:04.

V0/60: 1, W McNeill (Dur) 90:57; 2, J
Elphinstone (SVHC) 95:27; 3, W Mc Hugh
(GN) 99:32. **Teams:** 1, Teviotdale 20 points;
2, Dumfries RC 41; 3, Ann and District 53.

Ladies: 1, G Edwards (Ox U) 1:24:28; 2, C
Dunn (Unatt) 1:35:53; 3, J Kilgour LV1
(Clare) 1:41:21; 4, F Murray (Unatt) 1:43:22;
5, LV2 A Fenton (Tev) 1:49:54; 2, I Clupas
(Tev) 1:50:02; 3, E Hogg (Tev) 1:52:00; 4,
A Henderson (Unatt) 1:53:49; 5, C Kain (unatt)
1:56:12. **Team:** Teviotdale Harriers 641
points.

Strathclyde Runners Water Aid 10K RR at Lochinch, Glasgow

1, S Wylie (Cam) 32:15; 2, P Lennie (SRC)
34:11; 3, H Gallagher (SRC) 34:21; 4, H
Fenion (GGH) 34:52; 5, D Buchanan (Fire)
35:05; 6, R Brown V1 (Fire) 35:24; 7, T Petrie
V2 (Police) 35:52; 8, F Healey V3 (SRC)
36:15. **Team:** Fire Brigade 23 pts.

Ladies: 1, A Donnelly (CG) 42:03; 2, A
Harvie (CG) 32:14; 3, L Brown (LV1) (KO)
43:19; 4, B Cockburn (SRC) 45:52; 5, (LV2)
M Gernell (SRC) 50:09; 6, LV3 L Anderson
(SRC) 51:00.

Kirkcaldy Festival of Running

Half Marathon: 1, T Mitchell (Fife) 68:41;
2, C Haskett (DHH) 69:08; 3, F Harper (FVH)
69:54; 4, J Cooper (Spr) 71:35; 5, D Macgregor
V1 (Fife) 72:52; 6, W McNeill (Pit) 74:01; N
Maltman (Tev) 74:27; 8, J Smith V2 (HEL) 75:48;
9, G McIntyre (Fif) 76:16; 10, P Lang
(Spr) 76:52; 11, J Lumsden (Fif) 76:55; 11, G
Rennett (DHH) 78:18; 12, G Mathieson
(Unatt) 78:46; 14, J Shields V3 (Swindon)
(Car) 33:20; 11, R Thompson (CPH) 33:24;
12, I Taylor (Car) 33:50; 13, I Stewart (Car)
33:57; 14, D Garner (CPH) 34:25; 15, A
Munro (DHH) 34:40; 16, R Elliott (HBT)
34:43; 17, P Simpson (Car) 34:58; 18, B
McGarvey (Cam) 35:07; 19, P Bovill (EdU)
35:12; 20, J Clarke (DHH) 35:17.

Ladies: 1, S Edmunds (EdU) 37:44; 2, S
Aitken (Ain P) 40:39; 3, A Thomson (Ber)
41:01; 4, M Imiah (Un) 41:32; 5, L Bright
LV1 (Lass) 41:48; 6, I Lynch LV2 (Un)

44-35; 11, S Kerr (DHH) 35:05; 12, D Leggan
(Fife) 35:16; 13, R Melrose (Unatt) 35:17; 14,
C Goodall (DHH) 35:37; 15, J Clark (DHH)
35:41. **Team:** Fife AC 22 pts; 2, Dundee HH
34.

Ladies: 1, K McGregor LV1 (Fife) 40:44; 2, K
Buchanan (Carl) 40:56; 3, H Parkinson (Bal
HS) 41:55; 4, J Thomson (COG) 43:41; 5, H
Mauchlan (Str Hel) 46:03.

Lochrannoch Marathon

1, P Fox (DHH) 2:31:55; 2, G Lightwood (E
AC) 2:32:54; 3, M Greally (Pit) 2:37:50; 4, B
Busher (Sun) 2:42:41; 5, B Howie V1 (CPH)
2:39:09; 6, C Love V2 (DHH) 2:48:47; V0/
50: 1, M Hopkinson (BMC) 3:12:58; 2, K
Daniels (Car) 3:12:23. **Team:** Dundee HH 23
pts.

Ladies: 1, T Thomson (Pit) 3:15:10; 2, H
Stewart (Lis, NI) 3:22:23; 3, E Walls LV1 (St
Alb) 3:31:22; 4, LV2 J Harrison (Unatt)
3:40:48.

Lochrannoch Half Marathon: 1, R Bell
(DHH) 71:09; 2, A Adams V1 (Dum) 73:01;
3, C Smith V2 (EAC) 75:55; 4, G Milne V3
(Mor) 74:14; 5, S Bortland (DHH) 74:44; V
0/50: E. Fair (DHH) 84:39; 2, B Kettles
(Lass) 87:17. **Team:** Moray RR 22 pts.

Ladies: 1, J Armstrong (GN) 1:26:40; 2, L
Barclay (Pit) 1:27:31; 3, M MacKenzie
(Unatt) 1:29:58; 4, LV1 S Bennett (Met)
1:32:50; 5, LV2 C Cadger (Fif) 1:34:14.

Shetland Simmer Dim HM, Lerwick

1, N Martin (Fif) 1:14:23; 2, W Adams V1
(Ab) 1:14:25; K Tulloch (Met) 1:24:29; A
Cunningham (Glas) 1:29:54; 5, L Sutherland
(She) 1:33:01; 6, S Pottinger (She) 1:33:01; 7,
C Fife (Unatt) 1:33:53; 8, D Forest V1 (She)
1:37:15; 9, G Farquar (She) 1:37:37; 10, A
McMillan (unatt) 1:41:41. **Team:** Shetland
RR 19 pts.

Ladies: 1, S Mainland (She) 1:45:14; 2, E
Matthewson (She) 1:52:19; 3, M Burke (She)
1:56:12.

Tiso Seven Hills of Edinburgh 14-mile Race

1, G Ackland (Liv) 1:40:02; 2, J Wilkinson
(Gala) 1:42:01; 3, D Bell (HEL) 1:42:17; 4,
C Parquharson (HBT) 1:43:36; 5, J Brown
(Edin Un) 1:44:16; S Conway (Liv) 1:44:27;
7, I Wallace (HBT) 1:46:10; 8, J Coyle (Car)
1:47:04; D Forrest (Car) 1:47:04; 10, J
Mustardy (HELP) 1:48:55. **Teams:** 1, HPT;
2, Livingston; 3, HELP.

Ladies: 1, J Salvona (Liv) 1:59:46; 2, J
Robertson (Ayr) 2:05:13.

Seven Hills Challenge: 1, C Forrest 2:12:35;
2, E Scott 2:15:51; 3, R Henderson 2:15:53.

24

Annan and District 6.75 mile RR

1, M Carroll (Ann) 32:05; 2, S Binn (Ann)
32:07; 3, M Amor (Copeland) 34:05; 4, D
Scobie (Dum) 34:57; 5, J Ferguson (Dum)
35:16; 6, W Weir (Law) 35:28; 7, A Jenkins
V1 (HBT) 36:34; 8, M Walker V2 (Gos)
36:40; 9, M Brydson (Ann) 36:45; 10, D
Paterson (Bor) 36:48; 11, J Ritson (Der) 36:56;
12, J Knox V3 (Gal) 37:16; 13, R Johnston
(Bor) 37:19; 14, D Doyle (Ann) 37:57; 15, M
McPherson V4 (Dum) 38:03.

V0/50: A McKie (Dum) 39:31; 2, J Buchanan
(Ann) 39:40; 3, P Taylor (Bor) 40:20.

Teams: 1, Annan 12 pts; 2, Dumfries RC 36;
3, Border 48.

Ladies: 1, K McCallum (EWM) 40:41; 2, M
McKenzie (Bor) 42:07; 3, K Musson LV1
(Bor) 42:11; 4, L Armstrong LV2 (Bor) 45:05;
5, K Douglas (Bor) 47:05.

Teams: Borders 163 pts.

Scottish Fire Brigade 8 mile Forrest Trail Race, Falkland

1, P Butcher (Tay) 48:25; 2, D Buchanan (Str)

48:30; 3, S McCabe (Tay) 39:25; 4, D Mc
Dermid (H&I) 49:37; 5, R Brown V1 (Str)
49:54; 6, D Watson (H&I) 50:21; V2 L
Fortune (Fife) 51:12; V3, P Ogden (Str) 51:38;
Teams: 1, Strathclyde 14 pts; 2, Highlands
and Islands 21.

Sri Chinmoy 1 mile RR, Edinburgh

1, S Burch (Pit) 4:19; 2, A Ward (EAC) 4:26;
3, D Blackie (CPH) 4:26; 4, M Steele (EAC)
4:27; 5, K Smith (RCE) 4:31; 5, J Jansen
(Pen) 4:34; 6, L Curbitson (CPH) 4:36; 8, B
McDonald (Car) 4:39; 9, J Blair (EAC) 4:42;
10, A Robertson (Pen) 4:44.

V0/50: A Kidd (Un) 6:45; L1 L. cormack
(EAC) 5:17; 2, M Crawford (Geo H) 5:19; 3,
M McLean (Por) 5:49.

Bellahouston Harriers Centenary 10K RR, Pollock Park

1, N Muir (She) 30:15; 2, A Puckin (CPH)
30:18; 3, G Wight (Ayr) 33:39; 4, W Robertson
(Bel) 30:49; 5, C Spence V1 (SV) 31:40; 6,
C Mc Dougall V2 (Cal) 31:49; 7, A Derrick
(Cal) 32:09; 8, D Thom (Cam) 32:24; 9, D
Truesdale (Bel) 32:35; 10, R Guthrie V3 (Bel)
32:59; 11, H Gallagher (Bel) 33:31; 12,
G Clark (SV) 33:34; 13, M McDonald (Bel)
33:50; 14, J McMillan V4 (Kil) 34:24; 15, R
McKenna (Ren) 34:30; 16, I Gordon (Cam)
34:34; 17, C Watson (KO) 34:39; 18, W
Glasgow (GN) 34:50; 19, W Stoddart V5
(QWH) 34:53 (UK and World O/60 record);
20, M Garvie (Cam) 34:58.

Ladies: 1, E McBrinn (She) 36:51; 2, C Reid
(GN) 40:21; 3, E Bain (Cal) 41:53; 4, A
Christon (Hel) 42:00; C Hood (GN) 42:20;
6, A Richards LV1 (GN) 42:54; 7, H Stewart
(Cly) 44:18; 8, L Curley LV2 (Cal) 45:05; M
Taylor (GN) 45:55; E McMillan LV3 (Kil)
46:03.

Overall centenary series winners: Sen men:
A Puckin (CPH); Vets: C Spence (SV); Sen
Woman: L Curley (Cal); Vets: E McMillan
(Kil)

25

Milnathorpe 5 mile Dash, Kinross

1, C Hunter (Pit) 27:20; 2, S Ogg (Car) 27:39;
3, C Law (Car) 27:55; 4, R Bell (DHH) 28:09;
5, D Knight (PSH) 28:27; 6, P Morrison (Car)
28:44; 7, W McNeill (Pit) 28:57; 8, A Martin
V1 (Fife) 29:03; 9, J Douglas (Car) 29:11; 10,
K Smith (PSH) 29:40; V2 J Holden (Fife)
30:12; V3 A Duncan (Pit) 30:15.

Team: 1, Carnegie 11 points; 2, Pitreavie 22;
3, Perth 40; 4, Fife 41.

Ladies: 1, K Buchanan (Car) 34:07; 2, L
Barclay (Pit) 34:18; 3, M Healey (Pit) 34:55;
4, P Lemoncello LV1 (Fife) 35:39; 5, C
Cadger LV2 (Psh) 36:29; 6, L McGill LV3
(DRR) 37:09.

26

Polaroid 10K RR, Alexandria

1, D Donnet (Spr) 30:33; 2, N Muir (She)
30:44; 3, C Thomson (Cam) 31:02; 4, W
Robertson (Bel) 31:06; 5, D Cameron (She)
31:21; 6, G Stewart (Gll) 31:27; 7, W Nelson
(Law) 31:30; 8, G Gaffney (GWH) 31:33; 9,
G Tenney (Kil) 31:56; 10, A Little (She)
32:28; 11, J Harrison (Mil) 32:35; 12, T
Anderson (Kil) 32:42; 13, D Thom (Cam)
32:44; 14, D Truesdale (Bel) 33:07; 15, A
Adams (VP) 33:08; 16, A Adams V1 (Kil)
33:17; 17, B McGuinness (Dum) 33:32; 18,
P Walsh (Dum) 33:34; 19, F Caldwell (Dum)
33:44; 20, P Russell (Forth) 33:47.

Vets: 2, R Guthrie (Bel) 33:53; 3, W Scally
(She) 34:16; 4, R Oung (Cly) 34:24; 5, T
Dolan (Cam) 34:25; V6 J White (Irv) 34:50.

V0/50: 1, R Hodelet (GGH) 36:28; 2, W
Marshall (SVHC) 37:30.

Teams: 1, Shettleston 17 points; 2,

Cambuslang 47; 3, Dumbarton 1pt.

Ladies: 1, S Branney LV1 (CG) 34:09 (rec);
2, CA Bartley (CG) 38:28; 3, E McKay (She)
40:12.

Series winners: Sen men: N Muir (She) Vet
A Adams (Dum) Sen Woman: CA Bartley
(CG) Vet woman: J Byng (Irv Cable)

Boness 10K RR

1, I Brown (FVH) 31:07; 2, R Bell (DHH)
32:06; 3, W Grieve (FVH) 32:33; V1, A
Nichol (Cen); L1, J Stevenson LV1 (FVH);
L2 M Murray (Unn); L3 C Gemmel (Str);
LV2 A Bruce (un); **Team:** Falkirk V. Womens
Team: Strathkelvin Ladies.

Girvan 8 mile RR

1, J Tracey (Pyr, NI) 42:41; 2, R McCulloch
(Kil) 43:30; 3, C Webster (HBT) 43:53; 4, C
Brash (Gir) 45:21; 5, M Mitchell (Cam) 45:35;
6, I Donnelly V1 (Law) 45:54; 7, G Allsop (Ayr)
46:10; 8, J Gemmel (Cum) 46:49; 9, G
Young V2 (Ayr) 46:55; 10, T Lawrence (Ayr)
47:34; V3: W Slaven (Str) 51:24; V0/
50: W Murray (Por) 54:18.

Team: Ayr 38 pts; L1 J Maxwell (Un) 59:49;
L2, L Watson (Stew) 62:38; L3 M Robertson
(Tro) 63:13.

Isle of Mull HM, Gairnmuir to Salen

1, R McLeary (Ob) 67:52 (rec); 2, R Mardie
(MH) 68:36; 3, M McCartney (MH) 69:13; 4,
G Clark (SV) 71:30; 5, P Waterston V1 (Kil)
72:58; 6, M McMillan V2 (Ob) 74:16; 7, N
Watson (PSH) 74:37; 8, J Logan (Mull)
75:01; 9, J Baggan (MH) 76:58; 10, A
Kennedy (Loch) 77:12; 11, J McLean (Ob)
77:15; 12, A Kerr V3 (Cum) 77:18.

Ladies: 1, C Reid (GN) 1:25:23 (rec); 2, H
Fearle (Loch) 1:28:50; 3, L Leitch LV1
(Rad) 1:34:08; 4, I Hinge (Mull) 1:53:59.

Eastwood 5k RR

1, G Smith 16:27; 2, J Black 16:31; 3, M
Johnston V1 17:40; 4, D Wyper V2 17:56; 5,
M McMillan J1 18:10; 6, D Jones 18:27

Women: 1, K Kik 21:11; 2, C Workman
21:59; 3, J Prytz 24:59.

Arbroath HM

1, C Haskett (DHH) 68:20; 2, J Martin (RM)
69:10; 3, J Freel (Met) 69:41;
Vets: 1, C McMillan (Ham) 69:50; 2, R Wood
(DRR) 70:42; 3, W Adams (Ab) 70:50; V0/
60 W Stoddart (GWH) 75:53 (UK and world
vet record); L1, M McLean (Fif) 1:26:38;
L2 C McLaren (Sto) 1:31:10; L3 T Watson
(Kirk) 1:33:59; LV1 S Milne (Un) 1:37:00.



JUNE

7

Woolworths Scottish Young Athletes League.
West Divisions 1 and 2 at Dam Park, Ayr.

Division 1: 1, Ayr Sea 617 points; 2,
Cambuslang 608; 3, Irvine C 528; 4, Victoria
P 523; 5, Shett 469; 6, Kirbarchen 457; 7, East
Kil 448; 8, Dumfries 249.

Division 2: 1, Helens 576; 2, Cumnock 498.5;
3, Clydesdale 492; 4, J W Kilmarnock 490; 5,
Nith V 488; 6, Kirkin 459; 7, Law and Dis.
432.5.

Man of

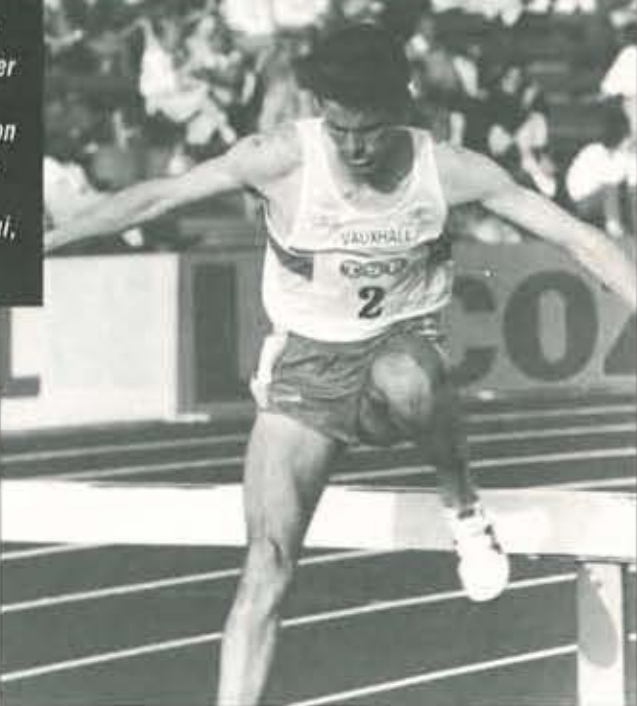
McColgan - Murray battle a friendly affair.

Photographs by Robert Perry.

Margaret Montgomery reports on the Great Britain versus Kenya match.



Left: McColgan and Murray embrace after an exciting 3000m. Right: Tom Hanlon on his way to victory in the steeplechase. Below: Dominic Kirui, 5000m winner.



THERE was talk of it being a "grudge match" but the McColgan-Murray confrontation at the Great Britain versus Kenya meeting at Meadowbank on June 19 certainly showed no signs of acrimony.

The race itself was a tactical run of the 3000m which reportedly caused sparks to fly last year. McColgan quickly manoeuvred herself into front position but was closely shadowed by Murray who remained on her shoulder throughout most of the race. With 300 metres to go the Musselburgh woman, still within a whisker of the world 10,000 metres champion, produced one of her famous kicks to cross the finish first in 8-36.63.

Emphasising that they still felt they were firm friends - whatever certain elements of press would have us believe - the two doyens of Scottish athletics then embraced and embarked on a lap of honour together. The mood was apparently so pleasant that McColgan even found time to joke about her defeat (although 8-41.07 over 3000m for a woman whose sites are set on the 10,000m gold in Barcelona is hardly something to be ashamed of).

"Liz said to me during our lap of honour that she made a good pace maker for me," a jovial Murray revealed to the assembled press. Tom Hanlon produced the other gripping Scottish performance of the evening, shattering the 14-year-old Scottish record for the 3000m steeplechase with 8-16.50 and pulling off his first international win at this event since 1987 into the bargain. His lead only briefly usurped in the third lap by Kenya's Joseph Keter, Hanlon did not at any time look like a man who only ten weeks before had virtually stopped training through injury. In fact, his

only regret after the race, was that he hadn't had to give a bit more. "I felt I could have run alot faster if there had been someone out there with me," said the man who had just produced the second fastest time in his event this year. Hanlon's triumph contrasted bleakly with Tom McKean's performance in the 800m. McKean who had previously opted out of an expected season's debut in the 1500m at the West District Championships was left with a tough race in which open his competitive build up to Barcelona. Surprisingly, though, in a race which contained the formidable Kenyan duo of William Kanui and Robert Kibet, it was Englishman, Curtis Robb, who took first place. Putting in an awe-

inspiring surge of power with just 200 metres to go, he pushed the Kenyans into second and third and left McKean trailing in fourth. Other Scottish performances worthy of mention included Geoff Parsons' and Dave Barnetson's in the invitation high jump. Parsons who cleared 2.20m, secured second place overall behind Australian Lochsley Thompson. Meanwhile, in the women's 400m Gillian McIntyre ran a respectable 54.49 while Laura Adam and Gary Brown also did well to produce times of 9-06.73 and 1-48.64 in the 3000m and 800m respectively. Both the men and women's matches were won by Great Britain.

RESULTS ON OPPOSITE PAGE.

E Julyan (Lou) 12.3; 200: 1, E Julyan (25.1); S Curruthers (Green) 25.8; 400: S Curruthers 60.5; 2, L McKenzie-Wilson (Morr) 62.00; 800: L Cormack (PreL) 2-19.7; 2, H McVicar (Arb) 2-22.6; 3, E Black (Bear) 2-23.5; 1500: 1, Y Reilly (Mon) 4-47.20 (cbp) 3000m: 1, S Kennedy (KP) 10-28.6; 2, M Crawford (GH) 10-32.50; 3, J Grams (Ab) 10-37.00; 100mH: T Crossie 14.4; HJ: 1, J Ross (Gryffe) 1.58; LJ: E Donald (Herm) 5.10; SP: L Barnett (Perth) 11.63; 2, S Robin (Herm) 11.07; DT: 1, H McCreadie (Dum) 36.68; 2, S Robin 34.78; JT: E Sneddon (Lar) 33.30; B (15-17): 100: S Dudgeon (StA) 12.4; 2, S Brown (Larg) 12.5; 3, F Hutchison (JH) 12.6; 4, S Paterson (Lin) 12.7; 200: S Dudgeon 24.7; 2, F Hutchison 25.4; 3, M Imrie (W'hill) 25.4; 4, S Paterson 26.00; 400: 1, C Martin (Auchmuty) 59.2; 2, D Allan (GH) 60.1; 3, D Church (Marr) 61.2; 4, M Fawer (Nair) 61.5; 800m: 1, I Linaker (QA) 2-13.1; 2, G Fowler (Earnock) 2-19.20; 3, C Simpson (For) 2-19.7; 1500: 1, K Gormley (ME) 4-51.00; 2, K McInally (Dum) 4-53.8; 3, K Stewart (Gra) 4-56.6; 4, P Gillies (Kil) 4-57.6; 3000: 1, H Parkinson (Bal) 10-14.5 (cbp); 2, E German (Dou) 10-48.8; 3, L Shaw (Arb) 10-52.7; 800H: 1, S Ramminger (Arb) 12.2; 2, D Wynn (Clairmont) 12.4; 3, K Lennox (morr) 12.4; 4, J Dale (Well) 12.5; 5, K Philip (StL) 12.5; 300mH: 1, L Montgomery (StN) 44.7; 2, S Ramminger 45.4; 3, J Gardiner (STM) 45.7; HJ: 1, L Brown (Glen) 1.68; 2, J Dale 1.55; 3, J Reid (Castlehead) 1.55; LJ: 1, S Still (Ellon) 5.53; 2, P Anderson (StM) 5.32; 3, S Ramminger 5.29; 4, J Palka (StN) 5.22; SP: J Robin (Herm) 11.52; 2, E Garden (Kin) 10.80; DT: 1, J Robin 37.32; 2, E Garden 34.54; JT: 1, C Mann (Car) 34.78; 2, A Douglas (ARB) 34.20; C (14-15): 100: G Hegney (StN) 12.7; 2, N Hynd (Dun) 12.8; 3, S Orr (StN) 12.8; 200m: N Hynd 25.8; 2, S Orr 26.1; 3, S Black (Gala) 26.50; 800m: L Scott (Len) 2-23.70; 2, J Robertson (Broughton) 2-25.2; 3, L Frickleton (Bo) 2-25.40; 4, J Forsyth (Dum) 2-26.40; 1500: 1, S Hunter 4-52.9; 2, P Crawley (EB) 4-54.70; 3, C Clarkson (Oldmachar) 4-58.5; 75mH: 1, S Moxey (For) 11.6; 2, G Stanway (Bra) 11.9; 3, L Lingstone (RH) 12.1; HJ: E Kerr (Well) 1.56; 2, N Hashemi (Cly) 1.50; LJ: C Middleton (Portlethen) 4.86; 2, Frolland (Auchmuty) 4.75; SP: 1, N Dhalwal (Park) 12.57 (cbp); DT: N Dhalwal 35.98; 2, L Ross (Max) 31.16; JT: N Slaven (Kirk HS) 25.92; Group D (U-14): 100m: 1, S Caldwell (StC) 13.00; 2, N Hutchison (Bear) 13.1; 3, M McKewen (Boc) 13.2; 200: L McConnell (Holy) 26.00; 2, J Tindal (Buch) 26.8; 800m: J Ward (QA) 2-23.00; 2, K Montador (Alloa) 2-23.2; 3, K Scott (Elg) 2-25.1; 4, M MacDonald (Charlton) 2-24.90; 75mH: 1, F Donald (Lair) 12.5; 2, V Letford (Boc) 12.6; 3, A O'Brien (Clare) 12.6; HJ: J Tindal 1.61 (cbp); 2, T Richards (Oldm) 1.50; 3, J Grant (Nairn) 1.50; LJ: T Richards 4.71; 2, N Hutchison 4.69; 3, J Pittam (Marr) 4.55; SP: C Garden (Kin) 10.61; 2, F Hunter (Arb) 10.06; DT: C Garden 33.66; JT: F Hunter 28.48 (cbp); 2, K Sloan (Herm) 27.26; 3, M Townsley (Kirk) 26.12.

19

GB v Kenya, Meadowbank
Men: 100m: 1, L Christie (GB) 10.20; 2, M Adam (GB) 10.47; 3, J John (GB) 10.54.
200m: 1, L Christie 20.48; 2, J Regus (GB) 20.62; 3, M Adam 20.72.
400m: 1, R Black (GB) 45.12; 2, S Kilur (Ken) 45.40; 3, S Kimboi (Ken) 45.68.
800m: 1, C Robb (GB) 1-47.08; 2, W Tanui (Ken) 1-47.27; 3, R Kibet (Ken) 1-47.74; 4, T McKean (GB) 1-47.93; 6, G Brown (guest) 1-48.64.
1500m: 1, K McKay (GB) 3-35.94; 2, D Kibet (Ken) 3-36.08; 3, S Crabb (guest) 3-36.83.
3000m: 1, P Bitok

(Ken) 7-49.77; 2, R Denmark (GB) 7-50.37; 3, J Buckner (GB) 7-53.29.
5000m: 1, D Kirui (Ken) 13-17.26; 2, W Sigei (Ken) 13-17.69; 3, J Nuttall (GB) 13-24.26.
3000ST: 1, T Hanlon (GB) 8-16.50; 2, J Keter (Ken) 8-21.74; 3, C Walker (GB) 8-25.69.
110mH: 1, C Jackson 13.30; 2, T Jarrett (GB) 13.35; 3, J Ridgeon 13.69.
400mH: 1, K Akabusi (GB) 49.67; 2, G Blott (Ken) 51.16; 3, M Robertson (GB) 51.17.
HJ: 1, L Thompson (Aus) 2.25m; 2, G Parsons (GB) 2.20m; 3, S Smith (GB) 2.20m; 5, D Barnetson (GB) 2.10m.
PV: 1, M Edwards (GB) 5.40m; 2, I Tullitt (GB) 5.30m; 3, T Foster (Aus) 5.20m.
LJ: 1, B Williams (GB) 7.63m; 2, J King (GB) 7.56m; 3, S Phillips (GB) 7.53m.
JT: 1, S Backley (GB) 86.86m; 2, M Hill (GB) 81.98m; 3, C McKenzie (GB) 80.96m.
4x100m relay: 1, GB 39.98; 2, Scotland (E Bunney, J Henderson, D Clark, K Douglas) 40.04; 3, Kenya 42.84.
4x400m relay: 1, GB 3-00.93; 2, Trinidad 3-01.79; 3, Kenya 3-04.56.
Women: 400m: 1, J Stoute (guest) 52.29; 2, L Hanson (GB) 53.00; 3, L Fraser (GB) 53.55; 6, G McIntyre (guest) 54.59.
800m: 1, P Fryer (GB) 2-02.04; 2, L Baker (GB) 2-04.09; 3, G Wamuyu (Ken) 2-05.90; 4, S Bevan (GB) 2-06.21.
1500m: 1, K Wade (GB) 4-11.60; 2, T Colebrook (GB) 4-16.81; 3, M Kigiri (Ken) 4-18.99.
3000m: 1, Y Murray (GB) 8-36.63; 2, L McColgan (GB) 8-41.07; 3, L York (GB) 8-49.28; 6, L Adam (guest) 9-06.73.
400mH: 1, S Gunnell (GB) 55.41; 2, J Parker (GB) 56.95; 3, G Luke (Aus) 57.61.
Match Result: Men: GB 157 points; 2, Kenya 95.
Women: GB 62; 2, Kenya 21.

21

Grampian TV League East, Peterhead.
MEN: Moray 478 points; 2, Aberdeen 409; 3, Arbroath 385; 4, Banochry 243; 5, Peterhead 213; 6, Montrose 45; 7, Elton 36.
WOMEN: Arbroath 355; 2, Aberdeen 314; 3= Banochry and Moray 233; 5, Peterhead 107; 6, Montrose 73; 7, Elton 49.
Women Medley Relay: 1, Arbroath 4-21.6; Girls: JT: 1, F Hunter (Arb) 27.10; Minor HJ: T Tollerton (Arb) 1.42.
North Division, at Nairn.
Men: 1, Minolta Black Isle 470 points; 2, Nairn 383; 3, Caithness 326; 4, Fraserburgh 294; 5, Forres 247; 6, Elgin 135.
Seniors: SP: B Shepherd (El) 13.73 (Rec); Youth 100m: M Doull (Caith) 11.2; Senior Boy: 100/LJ: D Cotter (Nar) 11.5 (Rec)/ 5.60m; Women: 1, Minolta Black Isle 312 points; 2, Caithness 309; 3, Nairn 256; 4, Fraserburgh 249; 5, Forres 178; 6, Elgin 38.
Minor SP: 1, E Falconer (Caith) 7.14m.
Scottish and North West League Division 1, at Meadowbank
1, Ayr Sea 1239 points; 2, Harmony 1129.5; 3, Cumnock 1064.5; 4, Kilbarchan 1052.5; 5, Victoria Pk 1044; 6, Derwent 1029.5; 7= EWM/EPH and Nith Val 948.
Seniors: 110H: 1, J Pender (Kil) 15.3; Youth: 100H: G Adams (Ayr) 13.8; Senior Boy: HJ: M Pate (VP) 1.93m (Scott Age Rec).
Division 2, at Wishaw.
1, Helensburgh 1185.5 points; 2, Irvine T 1166; 3, Law and Dis 1145; 4, Livingston 1010; 5, J W Kilmarnock 990; 6, Kirk Olymp 933; 7, Dumfries 810; 8, Avonside 809.5.
Division 3, at Coatbridge.
1, Cumbernauld 1244 points; 2= Netherhall and Carlisle 1116; 4, Springburn/Strath 950; 5, Penicuik 944.5; 6, Stewartry 758; 7, Lasswade 745; 8, Melrose 633.
Veterans: 100m R Kerr (Cum) 12.0; Senior Boy: 100m: S Addie (Cum) 12.0; Senior Women: 100/200/LJ: 1, M Marr (Stew) 12.4/ 25.7/5.52m.
Division 4, at Dumfries.
1, Airdrie 1189; 2, Lochgelly 1133; 3, Annan 1018; 4, Spango V 972; 5, East Kil 915; 6,

Larkhall 873; 7, L and L Track 707.
Division 5, at Dum Park, Ayr.
1, C of Glasgow/Sheff 1295; 2, Falkirk Vic 1206; 3, Workington 999.5; 4, Stonehouse 764.5; 5, Hamilton 732; 6, Loudoun Runners 729; 7, Musselburgh 254.
Division 6, at Dum Park, Ayr.
1, Corstorphine 1065; 2, Cockermouth 1064; 3, Giffnock N 969; 4, Seaton 630; 6, Whiteloss 611.
North East League, at Inverness.
Men: 1, Inverness 329; 2, Aberdeen 302; 3, Fife 189; 4, Perth Strath 186; 5, Dundee HH 185; 6, Tayside 115.
Women: 1, Aberdeen 231; 2, Inverness 195; 3, Perth Strath 144; 4, Fife 141; 5, Dundee HH 139; Tayside 87.
Seniors: SP: 1, H Cowe (Aber) 13.36m; Medley Relay: 1, Dundee HH 4-10.6.

Bank of Scotland North East League, Inverness, June 21 -

THE meeting was eventually completed without major hiccups, despite a break-in during the night by mindless vandals (who would think Inverness Harriers had anything to break in for?) which left officials searching Inverness for chairs and tables so that declarations could be processed.

Helen Cowe (Ab) improved her League record in the shot to 13.36m while Lorna silver (DHH), despite the handicap of not having hurdles to negotiate, won the 400m (57.5) and helped to set a 1600 medley relay record (4-10.6).

Not so lucky was Ben Jump (Ab), who travelled to Inverness in the middle of his house-moving operation just to take the League javelin record.

He won the event and beat the old mark with 51.52m - only to discover Inverness District had not got round to buying the new javelin. If only he had known... there was plenty of space in his hired furniture van for a new javelin!

Murray King (Ab) was an impressive 200m winner (22.5) while cross country international John Bowman (Inv) scored a double in the 800m (1-57.2) and 500m (15-24.8).

Other double winners were Martin Blake (Inv) in the junior boys' 200m (26.6) and 400m (59.9) and Caroline Pirrie (Ab) in the minors' 200m (28.4) and shot (7.61m).

There was an unusual phenomenon at the first changeover of the medley relays where, despite being at the break point, the outgoing runners formed a stagger which could n't have been more perfect if they had been instructed to do so by the referee! However, they all completed their change (just) within the legal box.

Aberdeen still hold a commanding lead in the men's section, despite a defeat on the day by Inverness, and won the women's match to increase their lead.

Grampian Television League (North), Nairn, June 21 -

MINOLTA Black Isle won both matches and are now unassailable in the men's section, but need to win the final women's match to catch Caithness.

Results compiled by Colin Shields.

All reports by Denis Shepherd.

1992 Rankings



Elliot Bunney.

THE following rankings take in all events reported or received as at July 5, 1992. Please write in with any omissions or errors, even if they have been recorded after these lists were prepared.

Less publicised performances reflected in these lists include the sustained improvement by Gary Brown (800) and Tom Nimmo (400H), together with the appearance of a number of young long and triple jumpers. Very welcome too are the re-appearance in the women's lists of Carol Sharp and the "geographically illegitimate" Fiona Laing.

Please note also that no Australians appear in these lists, although they do seem to appear at our championships more often than many top home athletes.

MEN

100 Metres		
10.37w	Elliot Bunney	CPH
(10.51)		
10.6w	Alan Doris	EAC
(10.77)		
10.7	D. Lawson (E)	CPH
10.7	Keith Douglas	CPH
10.7w	Jamie Henderson	CPH

(10.81)	Stephen Shanks	Cam
10.8	Stephen Tucker	Shett
10.82	Darren Galloway	Ayr
10.83	C. MacRobert (J)	Cam
(10.89)		
10.88	D. Walker (J)	EAC
10.88	Roddy Slater	TVH

200 Metres		
21.2w	Elliot Bunney	CPH
21.3w	D. Walker (J)	EAC
21.48w	Alan Doris	EAC
21.4w	David Clark	CPH
21.55	Keith Douglas	CPH
21.58i	N. Turnbull	CPH
(21.8)		
21.69	Harvey Lister	EAC
21.76	C. MacRobert (J)	Cam
21.7	David Lawson	CPH
21.8	Keith Douglas	CPH
21.81	Ian Mackie (Y)	Pit
21.87w	Roddy Slater	TVH

400 Metres		
46.67	Brian Whittle	H'gey
47.44	Gregor McMillan	RCE
48.27	G. Newlands	EAC
48.8	Tom Nimmo	EAC
48.8	Grant Hodges	EAC
48.9	Ian Mackie (Y)	Pit
48.9	George Fraser	Sand
49.00	Gary Brown	Stir. U
49.08i	Mark Davidson	CPH
49.3	David Mulheron	Shett

49.37	Chris Krievs	B'gate
800 Metres		
1-44.75	Tom McKean	Moth
1-45.85	David Strang	H'gey
1-46.03	Brian Whittle	Ayr
1-47.18	Gary Brown	Stir. U
1-47.71	Nick Smith	Shaft
1-49.0	Tom Nimmo	EAC
1-49.96	Allan Murray	JWK
1-50.2	Brian Murray	CPH
1-50.46	John MacFadyen	GGH
1-51.86	Ewan Calvert (J)	Ab

1500 Metres		
3-38.08	Tom Hanlon	RCE
3-44.84	L. Mangleshot	W.Gn
3-45.38i	Ian Gillespie	Birch
3-47.13	Glen Stewart	G U
3-47.5	Nick Smith	Shaft
3-48.00	Arthur Reilly	HW
3-48.25	Grant Graham	Clyd
3-48.80	John Mackay	Shett
3-49.00	R. Fitzsimmons	Kilb
3-49.1	Mark Fallows	EAC

5000 Metres		
13-33.80	Paul Evans	Belg
13-52.87	J. Sherban (Eng)	FVH
14-15.0	Thomas Murray	Cam
14-21.12	Alan Puckrin	CPH
14-21.04	William Coyle	She
14-21.66	Robert Quinn	Kilb
14-23.5	Adrian Callan	Wolv
14-23.84	George Braidwood	Spr
14-24.79	David Donnett	Wolv
14-25.24	Ian Matheson	TVH

10000 Metres		
28-13.71	Paul Evans	Belg
29-16.42	Thomas Murray	Cam
30-02.03	Alan Robson	RCE
30-10.42	Peter Fleming	RCE
30-19.61	Mark Gormley	Cam
30-20.07	Alaister Russell	Law
30-22.24	Alastair Walker	Tev
30-25.75	Kenneth Conley	Ann
30-28.18	Craig Hunter	Pit
30-36.35	David Camerton	Shett

3000 Metres Steeplechase		
8-16.50	Tom Hanlon	RCE
8-52.07	Graeme Croll	Cam
8-57.58	G. Mathieson	CPH
9-01.73	P. McColgan (NI)	DHH
9-04.16	David Ross	RCE
9-10.34	James Austin	Clyd
9-13.30	Ken Stirrat	Hal
9-14.07	Scott Burch	Pit
9-15.5	John Steel	CPH
9-18.58	Timothy Hely	VP

110 Metres Hurdles		
14.50	Neil Fraser	CPH
14.65	K. Campbell	CPH
14.8	Graeme Smith	EAC
14.91	W. Wyllie (J)	FVH
15.1	Paul Warrillow	CPH
15.20	Andrew Douglas	CPH
15.33w	Fraser McGlynn	Shett
15.3	Jason Pender	Kilb
15.5	Alan Leiper	Ald
15.67	Ian Scholes	Traff

400 Metres Hurdles		
51.13	Mark Davidson	CPH

52.52	Tom Nimmo	EAC
53.51	Douglas Macrae	Ayr
53.59	Andrew Douglas	CPH
55.1	David Hitchcock	CPH
55.03	Douglas Thom	Mel
55.4	Stuart Dempster	CPH
55.65	Alastair Taylor	Inv
55.8	Brian Winning	Muss
56.0	Alex Greig	FVH

High Jump		
2.25	Geoff Parsons	Blue C
2.19	David Barnetson	CPH
2.10i	W. Wyllie (J)	FVH
(2.09)		
2.06	Neil Robbie	RCE
2.03	Jason Allan	Clyd
2.00i	James Stoddart	Bella
2.00	Andrew Simpson	CPH
2.00	Scott Hill	EAC
1.99i	D. Mathieson	CPH
1.96	Rory Birbeck (J)	Hynd

Pole Vault		
5.00	Alex Greig	FVH
4.60i	Martin Smith	CPH
4.60	Ian McKay	EAC
4.50	Michael Nicoll	So'ton
4.40	D. Hamilton	CPH
4.40	Paul Pentland	EAC
4.30i	Iain Black	CPH
4.20i	David McLeod	Bella
4.20	A. Buchanan	Ald
4.10	Allan Leiper	Ald

Long Jump		
7.38	Brian Asburn	Cam
7.33w	W. Wyllie (J)	FVH
7.23	D. Mathieson	CPH
7.10	Eric Scott	Shett
7.01	Dinkar Sabnis (J)	Ab
6.88	John Scott	EAC
6.86	Melville Fowler	Inv
6.86	Andrew Harrison	Sale
6.85	D. Ritchie (Y)	Mel
6.82	M. McManus (Y)	Ham

Triple Jump		
14.80	Neil McMenemy	Cen
14.35	Rodger Harkins	Shett
14.27	Stuart Jamieson	EAC
13.95	Dinkar Sabnis (J)	Ab
13.72	High Watson	Shett
13.61	Ian Beattie	CPH
13.52	Russell Brown	CPH
13.43	D. Ritchie (Y)	Mel
13.34	Tom Leighton	Inv
13.26	Fraser Harrison	Scl. U

Shot Putt		
17.72	Steve Whyte	H'gey
14.59	James Hogg	Ayr
14.38	M. MacDonald	Dumf
14.34	Neil Mason	EAC
14.21	Bruce Shepherd	Ab
14.12i	S. Hayward (J)	EAC
14.04	Graeme Stark	Roth
13.87	Rod McKenzie	DHH
13.57	S. McMillan	EAC
13.54	K. Kubota (Jap)	EAC

Discus Throw		
57.64	Darrin Morris	Pit
48.70	M. Jemi-Alade	CPH
46.12	Steve Whyte	H'gey

43.92	Neil Elliot	EAC
43.06	M. MacDonald	Dumf
42.50	K. Kubota (Jap)	EAC
41.56	Ken Soutar	Tay
40.56	S. Hayward (J)	EAC
40.04	Bruce Shepherd	Ab
39.56	S. McMillan	EAC

Hammer Throw		
62.92	Steve Whyte	H'gey
57.50	David Allan	Inv
55.68	Glen Kerr (J)	Bed
54.10	R. Payne-Dwyer	Birch
51.74	Chris Edgar (J)	FVH
50.76	Lachie Carter	Clyd
50.18	Andrew Hall	Hill
49.78	Bruce Shepherd	Ab
48.86	Iain Park (J)	FVH
48.38	Adam Whyte	EAC

Javelin Throw		
68.86	Roddy James	CPH
59.94	Jamie Grant	St. A
58.96	Stewart Maxwell	Wirral
58.56	Adam Whyte	EAC
57.88	S. McMillan	EAC
56.26	Ben Jump	Ab
54.86	George Dingwall	Shett
53.76	John Guthrie	CPH
53.26	Andrew Bruce	Pit
53.18	Jonathan Gray (J)	MC

WOMEN

100 Metres		
11.54	A. McGillivray	EWM
12.0w	Morag Baxter	COG
12.0w	Melanie Neef	COG
12.1	Angela Baxter	COG
12.1w	Katrina Leys (J)	Ab
12.2	S. Dudgeon (I)	EAC
12.3	T. Crosbie (J)	COG
12.3	Elaine Julian (J)	Ayr
12.3	Jocelyn Kirby	Midd
12.3w	L. Paterson (J)	Ab
12.39w	Jane Fleming	COG

200 Metres		
23.8	Angela Baxter	COG
(23.89)		
23.91	A. McGillivray	EWM
24.7	S. Dudgeon (I)	EAC
24.8	Leigh Ferrier	Wigan
24.91	Melanie Neef	COG
25.00	Dawn Kitchen	EWM
25.0w	Fiona Calder	COG
25.1	Elaine Julian (J)	Ayr
25.2	Tracy Black	Ayr
25.23	Emma Lindsay	EWM
25.28	Gillian McIntyre	COG

400 Metres		
53.76	Gillian McIntyre	COG
54.08	Angela Baxter	COG
54.84	Wendy Steele	EWM
55.07	Leigh Ferrier	Wigan
55.2	Dawn Kitchen	EWM
55.66	Mary Anderson	EAC
56.04	Denise Knox	Midd
56.9	Susan Bevan	Essex
57.07	Dawn Burden (J)	COG
57.2	Alison Brown	EWM

800 Metres		
2-03.7	Susan Bevan	Essex
2-10.5	Janet Stewart	COG

Gillian McIntyre - Scotland's number one over 400m.



2-10.53	Alison Potts (J)	COG
2-10.6	Carol Sharp	COG
2-11.3	Carol Ann Gray	EAC
2-11.75	S. Wood (J)	EWM
2-11.99	Isabel Linaker (I)	Pit
2-13.0	Alison Johnston	EWM
2-13.3	Laura Adam	Park
2-13.5	Joanna Cliffe	EWM

1500 Metres		
4-05.87	Yvonne Murray	EAC
4-07.68	Liz McColgan	DHH
4-16.95	R. Makepeace	*
4-18.16	Laura Adam	Park
4-21.91	Karen Hutcheson	BHM
4-23.59	Susan Bevan	Essex
4-24.8	Joanna Cliffe	EWM
4-25.77	Carol Ann Gray	EAC
4-26.2	Vicki McPherson	COG
4-28.2	Isabel Linaker (I)	Pit

3000 Metres		
8-36.63	Yvonne Murray	EAC
8-41.07	Liz McColgan	DHH
9-03.51	Rhona Makepeace	*
9-05.33	Laura Adam	Park
9-07.36	Karen Hutcheson	BHM
9-15.01	Annette Bell	Linc
9-15.27	Vicki McPherson	COG
9-32.4	Susan Ridley	EWM
9-41.27	Donna Rutherford	JWK
9-43.37	Alison Rose	EWM

100 Metres Hurdles		
13.9w	T. Crosbie (J)	COG
14.15	Jocelyn Kirby	Midd
14.3	Claire Doris	EWM

14.3w	L. McCulloch	EWM
14.5	S. Richmond (J)	Pit
14.9	Ruth Irving (J)	Wirral
15.39	Gail Murchie	Ab
15.70	Beverley Ross	DHH
16.0w	Caroline Black	EWM
16.2	Joanna Cadman	EWM
16.2w	Fiona Watt (J)	COG

400 Metres Hurdles		
61.13	Lorna Silver (J)	DHH
61.45	Joanna Cadman	EWM
61.47	Hazel Edgar	EWM
61.49	Fiona Laing	Unatt
62.6	S. Wood (J)	EWM
62.98	Brigit Krueckels	EWM
63.7	A. Curbishley (I)	Midd
63.9	Moir McBeath	Inv
63.97	Janet O'Neil	COG
64.0	Isobel Donaldson	Ald

High Jump		
1.76i	Hazel Melvin (J)	Troon
1.76i	Rhona Pinkerton	COG
1.75	Karen Hambrook	Ash
1.74	Lisa Brown (I)	LGY
1.70	L. McMillan (J)	EWM
1.67	Emma Lindsay	EWM
1.66	Joanna Ross (J)	Kilb
1.65i	Linda Gordon (J)	COG
1.65	W. Macdonald	Cam
1.65	Gail Taylor (I)	COG

Long Jump		
6.06	Karen Hambrook	Ash
5.98	Caroline Black	EWM
5.95	Linda Davidson	Ab

5.94i	Ruth Irving (J)	Wirral
5.77	Nicola Barr	EWM
5.67i	P. Anderson (I)	COG
5.64	Emma Lindsay	EWM
5.64	Mhairi Marr	Stew
5.58	K. McNamee (I)	COG
5.53	Sarah Still (I)	Ab

Triple Jump		
12.93 (12.89)	K. Hambrook	Ash
12.34	Nicola Barr	EWM
11.64	Linda Davidson	Ab
11.15	L. McMillan (J)	EWM
10.99 <i>i</i>	P. Anderson (I)	COG
10.95	Mhairi Marr	Stew
10.84	W. Macdonald (J) <i>Cam</i>	
10.82	Seta Krikorian	Ed. U
10.80	Joanna Ross (J)	Kilb
10.66	Jacqueline Soutar	Tay
10.61	Jennifer Gibson (J) <i>Lass</i>	



SUNDAY 27th SEPTEMBER, 1992

AT 11.00am

FROM BLAIRGOWRIE RECREATION CENTRE

Entry Forms from Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Telephone: (0250) 873899 - Please Send S.A.E.

ENTRIES LIMITED TO 300

ENTRY FEES: 1/2 MARATHON - £5 Affil. • £5.50 Non-Affil. • £6 on the Day
3.7 MILE FUN RUN: £1 on the Day • Age 0-90

A LIGHT SNACK AND SWIM ARE AVAILABLE FREE AFTER THE RACE

MAIN SPONSORS

Kall Kwik • Dundee Runner • Strathtay Bus & Coach

And The Committee would like to say
"WHEN THE GOING GETS TOUGH - THE TOUGH GET GOING"

COME TO BLAIRGOWRIE AND SCALE THE HEIGHTS

HARVIES
THE AUCHENHARVIE CENTRE
4TH HARVIES OPEN BIATHLON
THE AUCHENHARVIE CENTRE, SALCOATS ROAD, STEVENSTON, Ayrshire



**Sunday 4th October 1992
SWIM/RUN**

ENTRY CATEGORIES

Men & Women 17 years + and 40 years + 1000m swim,
10,000m run

Boys & Girls 15-16 years, 14s and under 400m swim,
4,000m run

Disabled event

PLUS

Fun Event for all ages

400m swim, 4000m run

Entry fees: senior £6; junior/disabled £3.

For further details and application forms contact:

Gillian Bone, The Auchenharvie Centre,
Salcoats Road,
STEVENSTON,
AYR (0294) 605126.



**MINOLTA BLACK ISLE
ATHLETIC CLUB**
in association with

ROSS & CROMARTY DISTRICT COUNCIL

**PRESENTS
THE 1992 BLACK ISLE
FESTIVAL OF RUNNING**

featuring
**MARATHON, HALF MARATHON,
10K & FUN RUN**
SATURDAY 31 OCTOBER 1992

Further information and entry forms available
from Leisure Services, Ross & Cromarty
District Council, Ross House, Dingwall.
(tel: 0349-63381, daytime) or
Ray Cameron, 5, Rose Croft,
Muir of Ord (tel: 0463-870805, evenings)

**PRE RACE DAY ENTRIES WOULD
BE APPRECIATED.**



"Supported by Leisure Services, Ross & Cromarty District Council"

C & G SPORTS
THE KINGDOM'S SPECIALISTS
IN RUNNING FOOTWEAR & CLOTHING

NIKE • ADIDAS • NEW BALANCE • REEBOK
SAUCONY • ETONIC • BROOKS • AVIA
RON HILL • SUB 4 • FRANK SHORTER

ALL SHOES AVAILABLE FOR A TEST RUN (DRY WEATHER ONLY)

79 HIGH STREET, DUNFERMLINE, TEL: 0383 737712

IAN SKELLY LAW & DISTRICT A.A.C.
CARLUKE 10 MILE ROAD RACE
SPONSORED BY
Ian Skelly
SUNDAY 30TH AUGUST 1992

Held under SAAA, SWAAA, and SWCCU & RRA Laws
10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER
10 MILE RACE ENTRY FEE: £3.00 ENTRY ON THE DAY £3.50

- ACCURATE MEASURED COURSE •
- PRIZES FOR OPEN/VETS & LADY CATEGORIES •
- AWARDS TO ALL FINISHERS •
- CHANGING & SHOWERING FACILITIES AVAILABLE •
- £50 BONUS PRIZE IF COURSE RECORD BROKEN •

ENTRY FORMS AVAILABLE FROM: J. TERVIT, 1 SILVERMUIR RD,
RAVENSTRUTHER, LANARK. TEL: 0555 - 870509 (PLEASE ENCLOSE S.A.E.)

July

17

INTERNATIONAL Invitation Meeting,
Gateshead.

18

ELGIN Highland Games and RR, Elgin.

EUROPA Cup (U-23), Gateshead.

ISLE of Harris Half Marathon, Harris.

MELANTEE HR, Fort William.

NORWAY v GB (Multi-Events),
Trondheim, Norway.

SAAA/SWAAA Combined Events
Championships, Dumfries.

SCOTLAND v Greece v France U-21
(women), Athens.

SIAB Schools International, TBC.

19

ANNANDALE & Eskdale DC OGM,
Everholm, Annan.

EUROPA Cup (U-23), Gateshead.

FALKIRK Young Athletes Meeting,
Grangemouth.

HALF Nevis HR, Fort William.

IRVINE Harbour Festival 10 mile RR,
Irvine.

NORWAY v Great Britain (Multi-
Events), Trondheim, Norway.

SAAA/SWAAA Combined Events
Championships, Dumfries.

SCOTLAND v Greece v France U-21
(women), Athens.

GRE Cup Semi Final, TBC.

20

COW HR, Fort William.

22

SRI Chimnoy Runners are Smilers 2
miles, Meadows, Edinburgh.

25

AAA U-20 Championships, Stone.

BRITISH Athletic League Div 3, Haynes.

HIGHLAND Games Cow HR, Fort William.

LOCHABER Highland Games, Fort
William.

OLYMPIC Games (opening ceremony),
Barcelona.

SNOWDON Hill Race, Llanberis, Wales.

STROMNESS 13 mile RR, Stromness,
Orkney.

26

AAA of England U-20 Championships,
Stone.

HELENSBURGH Half Marathon,
Helensburgh.

LINLITHGOW AAC 10K RR, Linlithgow.

SHIRE Harriers Open Meeting,
Aberdeen. D - 0224 643734.

28

GATEHOUSE "Roon the Watter" 10K.
D - Gayle Macnamara, 8, Catherine
Street, Gatehouse of Fleet.

29

LIVINGSTON & District AC OGM,
Livingston.

SRI Chimnoy 1 mile race, Meadows,
Edinburgh.

August

1

AAA U-187 Multi-Events
Championships, Stoke.

WOOLWORTHS SYAL semi final,
Grangemouth.

2

AAA U-17 Multi-Events
Championships, Stoke.

BRIDGE of Allan Highland Games,
Bridge of Allan.

DONKEY Brae Run, Aberdour.

MONKLANDS Half Marathon,
Coatbridge. D - Heather Thompson,
0236 441444, Ext. 510.

OLYMPIC Games - Athletics (to 9
August), Barcelona.

SAAA Marathon Championships/The
Moray People's Marathon & 10K,
Elgin. D - 0343 541543.

PANASONIC League (4) D1&2,
Meadowbank; D3,4,5, Crownpoint.

4

BILL Elder 10K RR, Greenock.

5

BERWICK Law Race, North Berwick.

FALKIRK OGM, Grangemouth.

ROEVIN 10K RR, Aberdeen.

8

BRODICK Highland Games, Isle of
Arran.

CELTIC International (boys & girls
U-15/U-17), TBC.

DORNOCH Half Marathon & 10K R,
Dornoch.

LARGO Law Hill Race, Lower Largo, Fife.

9

BURNSWARK Race (6 miles),
Ecclefechan.

DALCHULLY HR, Laggan Bridge.

EDINBURGH & District Athletic League
- 3rd Meeting, Tweedbank.

GLEN TROOL Hill Race 1992, Galloway
Forest Park.

ITALY v USSR v GB (under 20),
Verona, Italy.

OCTAVIAN Relays, Meadowbank.

SAAA Medley Relay Championship,
Meadowbank.

SWAAA Relay Champs, Meadowbank.

GATORADE Aberdeen 10 mile RR,
Aberdeen.

WOOLWORTHS SYAL Final, Crownpoint.

12

CITY of Edinburgh OGM, Meadowbank.

MILL Lum Race, Kinghorn, Fife.
D - 0592 873178.

WIDEFORD HR, Kirkwall, Orkney.

14

INTERNATIONAL Invitation Meeting,
Sheffield.

15

AAA of England Under-17
Championships, Crystal Palace.

FALKIRK Young Athletes Meeting,
Grangemouth.

ITALY v GB (under-20), Italy.

NAIRN Highland Games & Half
Marathon.

SCOTTISH Young Athletes Handicap
Scheme, Livingston.

ST MUNGO'S Heavy Events
Championships, Bellahouston Park.

GRE Cup Final, Sheffield.

REEBOK Road Races 1991 - Haddington
Half Marathon, Haddington.

16

AAA Of England Under-17
Championships, Crystal Palace.

ESPCAC 10K RR, Edinburgh.

INVERCLYDE Festival of Running 10K
& 1 mile Invitation, Greenock.

ITALY v GB (Under-20), Italy.

JUNIOR Highland Games, Everholm.

SAAA Relay Championships, Crownpoint.

SWAAA East v West, Crownpoint.

TWO Inches 10K Race, Perth.

GRE Plate - Final, Derby.

AFTON Water 10 mile RR and 3 mile Fun
Run. Fun Run at 1pm. E - £1.50. Medals.
Ten mile RR at 2.15pm. E - £3.00 (£4.00
on day) T-shirts or medals. Entry forms
from D. Sanderson. Tel - 0290 38538.

19

CAERKETTON HR, Edinburgh.

MARYMASS 6 mile RR, Irvine.

22

BUTE Highland Games (inc RR),
Rothesay, Bute.

CIBA Geigy 5 mile RR. Start - 3pm.
Declarations and changing at Linwood
Sports Centre, Brediland Road,
Linwood. D - 041 887 4705/0505 28152.

FINLAND v Sweden v Estonia v GB
(Multi-Events), Helsinki.

EVENTS LISTINGS ARE CONTINUED ON P37.

THE NINTH ANNUAL WOMEN'S 10k

FALKIRK DISTRICT COUNCIL
LEISURE SERVICES DEPARTMENT

(Under SWAAA and SWCC & RRA Rules)

Sunday, September 13th, 1992

(start 2.30 p.m.)

OFFICIAL ENTRY FORM, FEE £4.00

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS

Surname	For Official Use
Christian Name and other Initials	
Address	
Town or City	Post Code
Work Telephone No.	Home Telephone No.

Country

Age on day of race

Date of Birth

Club or Team name (if any)

Anticipated time for 10K

 Hrs Mins

Are you a disabled person? ☐ If yes please advise of disability

I enclose herewith my Cheque/P.O. No. value £4.00, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (28p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

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

Entries by 29th August 1992

Signed Date

Please send your entry form, along with entry fee, to: **THE RACE SECRETARY**
LEISURE SERVICES DEPARTMENT, KILNS HOUSE, KILNS ROAD, FALKIRK FK1 5SA

GREAT Wilderness Challenge,
Poolawe, Wester Ross. D - 0445
731238.

ORKNEY Islands Open Track & Field
Champs., Stromness, Orkney.

BANK of Scotland North East League,
TBC.

GRE British Athletics League: Div 1,
Hendon; Div 3, Edinburgh.

JSB Plumbing Forth Valley League
D1&2 Final, Grangemouth.

23

BABCOCK Thorn Pitreavie AAC Trophy
Meeting, Pitreavie.

FINLAND v Sweden v Estonia v GB
(Multi-Events), Helsinki.

GREAT Scottish Run & Junior Great
Scottish Run, Glasgow.

IRVINE Beach Run, Magnum Centre.

JUNIOR Great Scottish Run, Glasgow.

LOMONDS of Fife Hill Race, Strathmiglo.

MARYMASS Sports, Irvine.

MID Argyll 9K Road Race & Fun Run,
Lochgilthead, Argyll. E - £2.00.
Entries accepted on day of race. D -
Mr W. MacCallum, 38, Fernoch Park,
Lochgilthead. Tel - 0546 602664.

ORKNEY Islands Open Track & Field
Champs., Stromness, Orkney.

GRAMPIAN Television Athletics League
(East), TBC.

25

CERES 8 mile Road Race, Ceres, By
Cupar.

26

LANARKSHIRE AAA Track League (3rd
of 3 meetings), Wishaw.

28

COWAL Highland Gathering, Dunoon,
Argyll.

29

COWAL Highland Gathering, Dunoon.

EDINBURGH Highland Games,
Meadowbank.

GB v Spain v France (Under-20), TBC.

GLENASHDALE Road Race (9.1 miles),
Isle of Arran.

GLENURQUHART Highland Games
(incl. 15 mile RR), Drumnadrochit.

ICMR World Mountain Racing Cup,
Susa, Italy.

LANARKSHIRE AAA Track
Championship, Wishaw.

SPAIN v USSR v GB (Under-23), Spain.

TWO Bridges RR (Forth/Kincardine -
36 miles), Dumfermline.

UK Women's League 3, Various.

30

ICMR World Mountain Racing Cup,
Susa, Italy.

UK Inter-Area Competition, Crystal
Palace.

UK Women's League, Various.

EVENING Express Aberdeen Half
Marathon, Aberdeen.

PANASONIC SAL Inter District Match,
Grangemouth.

September

2

FALKIRK OGM, Grangemouth.

SRI Chimnoy 2 mile race, Edinburgh.

WWW 10K RR, Barmill Stadium, Galston.

5

BEN Nevis Race, Fort William.

CARLUKE 10 mile RR, Carlisle. D - 0555
70358.

6

AYR Land O'Burns Half Marathon, Ayr.

EDINBURGH & District Athletic League
4th Meeting, Pitreavie.

JIMMY Moor 10 mile RR (Inc
Championship), East Kilbride.

MORAY Roadrunners 10K, Elgin.

BANK of Scotland Women's Athletic
League: D1, Crownpoint; D2, Dundee;
D3, Pitreavie; D4, Ayr; D5, Coatbridge.

STEWARTON Third 6 mile Charity Fun
Run. Also 1.5 mile mini run. Medals to all
finishers. Pre-entry preferred. D - Mr &
Mrs Dean, Stewarton (0560) 84814.

9

SRI Chimnoy 5 mile race, Edinburgh.

12

BRITISH League - Qualifier, TBC.

CAIRN William HR, Monymusk, Inverurie.

JERSEY Games, Jersey.

SCOTTISH Young Athletes Handicap
Scheme, Livingston.

13

CORRIEVAIRACK Pass HR, F. Augustus.

MONKLANDS Scottish Cup Final,
Coatbridge. D - 0236 822973.

PRINCES Street Mile, Edinburgh.

UK Women's League Qualifier, TBA.

GRAMPIAN TV Final, TBC.

16

SRI Chimnoy 2 miles, Edinburgh.

WORLD Junior Championships (to 20
Sept), Seoul.

19

LIVINGSTON AAC OGM, Craigswood.

MERRICK HR, Glen Trool.

MINI Minor H. Games, Grangemouth.

TWO Ferries RR, Treslaig to Argour. D
- J. Maitland, St Monare, Ardgour, by
Fort William. Tel - 0855 5267.

20

IAAF Half Marathon Champs,
Newcastle.

INVERNESS 10 mile RR, Inverness.

SCOTTISH & NW Athletic League: D1,
Dumfries; D2, Dam Pk, Ayr; D3, Meadow-
bank; D4, Wishaw; D5&6, Crownpoint.

22

ROUND the Horn RR, Rosehearty.

23

SRI Chimnoy 2 mile race, Edinburgh.

25

WORLD Cup (to 27 Sept), Havana.

26

LIVINGSTON AAC RR.

27

BLAIRGOWRIE 500 Half Marathon.

METRO British Gas Relays, Balgownie.

BANK of Scotland Qualifier, TBC.

30

SRI Chimnoy 2 mile race, Meadows
Edinburgh.

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