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SCOTLAND'S Runner

SEPTEMBER 1992

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ISSUE 73

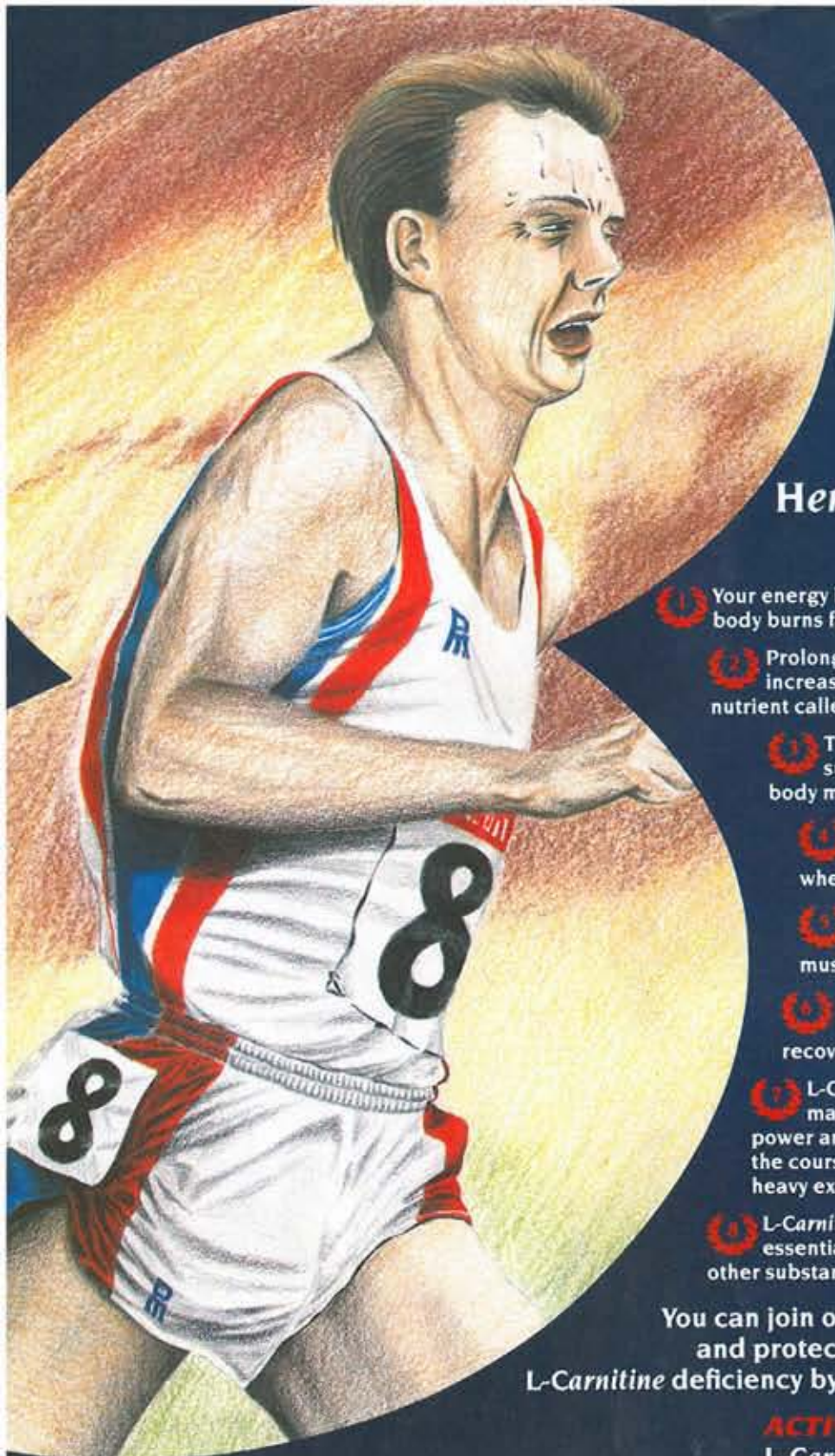
Forth Road Runners Profile

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1992 Junior Rankings





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SEPTEMBER RUNNER 1992

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Excellent results for Scots

THE Scottish Sport for Disabled Association team of 21 athletes which travelled to the Costello Stadium in Hull for the BSAD (British Sport for Disabled) Championships on August 1-2 brought home the championship team trophy, winning a total of 122 points - their nearest rivals Northern Region notching up 108, writes *Henry Muchamore*.

The Scottish haul included 46 gold medals, 12 silver, and three bronze. Six of the Scottish squad were included in the British Paralympic team which is to travel to Barcelona in September for the Paralympic Games.

Nineteen year old Sam Howie collected five golds in the sprints, and 16 year old Ross Lowe took four gold medals with his super-charged wheelchair and looks an excellent prospect for the next Olympics.

Cameron Brown, who is only 18, won three golds and managed two championship best performances, whilst David Donaldson, 19, from Fort William, and Stuart Whit-

taker, 21, from Edinburgh both won four gold medals in their wheelchair events.

Among the ambulant athletes Jim Sands won both the 800m and 3K events with considerable ease.

Gerry McConnell won the 1500m. Gordon Robertson, however, picked up a groin strain after his 100m win and pulled out of the second day.

One man with very mixed feelings was Danny Furey from Dundee, who set new championship best performances in his events where he propels his wheelchair with his foot, only to learn that his place in the team has been lost as his event is cancelled from the Barcelona programme.

Among the women, Karen Lewis (17) took three golds, and Caroline Innes also took two silver medals; both go to Barcelona. The "mother" of the Scottish team, Janice Lawton, set two personal best and one championship best performances in the wheelchair throws, gaining a gold and two silver medals.

BIG BOOST FOR FVH

FALKIRK Victoria Harriers opened its new £60,000 clubhouse last month to coincide with its men's track and field team winning Division 2 of the Scottish League, writes *Matthew Lindsay*.

The impressive new headquarters were built with the help of a £30,000 grant from the Scottish Sports Council. The rest of the money was raised by extensive fundraising activities and pledges and donations from members, ex-members, and well-wishers. Several members also helped out in the construction of the new building.

Davie Wilson, club president, said: "The clubhouse is badly needed if we are to attract new talent to the club."

The building is situated in Thornhill

Road, Falkirk, and includes disabled access, male and female changing rooms and showers, a weight training area, meeting room, aerobics area, and cafe. It replaces the spartan male-only accommodation which dated back to the 1940s.

Publicity officer Mike McQuaid said: "The new facility should attract female athletes and more young members as well."

NB winners

CONGRATULATIONS to the following winners of our New Balance competition, featured in the July issue.

Steven Phillips of Rochsolloch Farm, Airdrie, and Charles Hunter of Ferry Barns Road, North Queensferry, are being sent a pair each of the New Balance NBX900 Tech Spec training shoes. The two pairs of New Balance YM3000 Tech Spec shoes, meanwhile, have been won by Mhairi McShane of Pennyland Drive, Thurso, and Daphne Paton of Strathearn Place, Edinburgh.

Our thanks to all who took part. The correct answers were 3000m and 800m, and our four winners were the first drawn from a large entry.

SCOTTISH OLYMPIC HOPES SWEEP AWAY IN BARCELONA

FOR the first time at a major international meeting since the World Championships in 1987, the medal rostrum at Barcelona remained unvisited by a Scottish athlete, writes *Fraser Robertson*.

The collection of honours amassed by McColgan, Murray, and McKean from European and World Championships, Commonwealth Games, European Cups, and the Seoul Olympics was never really in danger of being added to, the Olympics yielding nothing but disappointment for the tartan trio.

Together with Edinburgh's Tom Hanlon and Anglo Paul Evans, the Montjuic Stadium track played host to five Scots. Sadly, our representatives suffered from a combination of naive tactics, limited finishing sprints, high humidity levels... and a love affair with the self-destruct button.

Only Hanlon, who clocked 8-18.14 in coming a very respectable sixth in the 3,000m steeplechase behind a Kenyan clean-sweep, and Evans, the Glasgow-born Belgrave Harrier who finished top Briton in the 10,000m (recording 28-29.83 in 11th place), can take heart from their endeavours at the Games.

Carrying the mantle of Britain's only individual world champion, it was Liz McColgan whom not just Scotland, but millions south of the Border as well, viewed as the squad's best hope of capturing a gold medal on the track.

The Scot led right from the gun, seemingly believing if she adhered to the even-paced front running that had demolished the field in Tokyo, the same triumphant scenario would unfold.

But by the 15th lap, some 10 runners were still with her, content to be taken round by a such a willing pace-maker. At this point, South African Elana Meyer could wait no longer, sprinting passed a surprised McColgan to pull away from all but one of the field - Ethiopian Derartu Tulu.

The pair ran side by side until just short of the bell when Tulu used her superior last lap finish to destroy Meyer and strike gold in 31-06.02. It was a classic run by the naturally gifted young Ethiopian.

Some way back, McColgan was outrun for bronze by Lynn Jennings, the Scot crossing the line fifth in 31-26.11.

A dejected Liz admitted afterwards that her legs "felt like jelly" but shot down suggestions that she might retire. "You don't become a bad



Tom Hanlon's performance was one of which he should be proud, finishing sixth.

athlete by losing one race," she pointed out.

In the wrong place from the start of the 800m semi, Tom McKean had a self-inflicted rough ride over the two laps and finished fifth in 1-48.77. McKean was later placed fourth after a Polish athlete was disqualified, but his Olympic dream was over.

Minutes later, Yvonne Murray lined up in the 3,000m final. Like four years ago in Seoul, it all ended in tears. This time, they were not tears of joy.

The 27 year old Musselburgh woman could not conceal her anguish after the race. As with McColgan, she chose a race plan hitherto successful and tried to run the steam out of the rest with 600m to go.

She was, however, unable to pull away. Yelena Romanova, whom Murray outclassed to win the gold at the Europeans in Split, drifted by her and sprinted home to win in 8-46.85.

Six others overtook Murray, who recorded her slowest time of the year, 8-55.85.

UPHILL FOR SCOTS

SCOTLAND is sending a strong squad to Italy for the ICMR World Hill Running Cup on August 29-30, a championship in which the senior men won a team bronze in 1989.

With three from five counting in the team events at Susa this year, the four Scottish teams, led by the national coaching advisor Alan Farnham and manager Alistair Lorimer, are:

Senior men (long course): Fraser Clyne (Metro), Dickie Jones (FVH), Andy Kitchen (Liv), Jack Maitland (Bram & Pud).

Senior men (short course): Colin Donnelly (Eryri), Dermot McGonigle (Shett), John Wilkinson (Gala), Neil Wilkinson (Man Uni).

Travelling reserve: Mark Rigby (Wester).

Junior men: John Brooks, Steve Cameron (both Loch), Hamish Hutchinson (Edin), Phil Mowbray (Ed Uni).

Women: Tricia Calder (HBT), Lesley Hope (Loch), Christine Menhennet (C'dale), Jane Robertson (Wester), Joyce Salvona (Liv).

Jillian for USA

TOP Aberdeen athlete Jillian Grams is heading for America this summer on a similar transatlantic path to the one which Liz McColgan followed to become a world champion, writes *Graeme Smith*.

The Scottish Schools over-17 champion for the past two years has been awarded a prestigious scholarship to the University of Evansville in Indiana.

Under the guidance of coach Joyce Hogg Jillian has achieved many successes, among them two schools titles. She has also represented Scotland for the past three years in inter league cross country competitions.

"I am looking forward to going to Evansville which I believe is about the same size as Aberdeen. It is a great opportunity as there is nothing similar in this country and without the scholarship it would have been impossible to go," said Jillian.

NEW PRODUCT

BIONOVA have introduced a new product on to the market for athletes who are "striving to achieve optimal performance".

Activ-8 comes in a 60 capsule container and costs £12. It is a provider of Carnitine, an element that occurs naturally in the body and breaks down fat to energy in the muscles.

The capsules are only available from BioNova by mail order, and Barry Thompson, BioNova director, said the product will be helpful to two particular kinds of athlete.

"Activ-8 improves athletic performance, it increases energy production and extends endurance and

stamina. In most people there are about 20 grams of Carnitine occurring naturally in the body, but athletes who train regularly burn up their store. Tests in America have shown long-distance runners, and particularly marathon runners, to have almost completely depleted supplies of Carnitine.

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MOTHERS PRIDE SUB-SPONSORS OF THE GREAT SCOTTISH RUN

Mothers Pride is an official sub-sponsor of the 1992 Diet Coke Great Run Series which includes the Great Scottish Run taking place in Glasgow on 23rd August.

Mothers Pride has bakeries in Glasgow and throughout Scotland

and they have proved to be an excellent recruiting ground for the team of Mothers Pride runners who will be taking part in the race.

Race spectators should also look out for the Mothers Pride presence at the track.

A wide variety of bakery products from the Mothers Pride range will be available for sampling and there will be competitions and prizes for the children.

"Mickey Mouse" events needing scrutiny

33, Kirkfield East,
Livingston Village,
Livingston.

SIR - Would there be, per chance, a reader of your magazine who knows of any existing body within or outwith the SAAA responsible for the monitoring of road running events which claim to be conducted under SAAA rule?

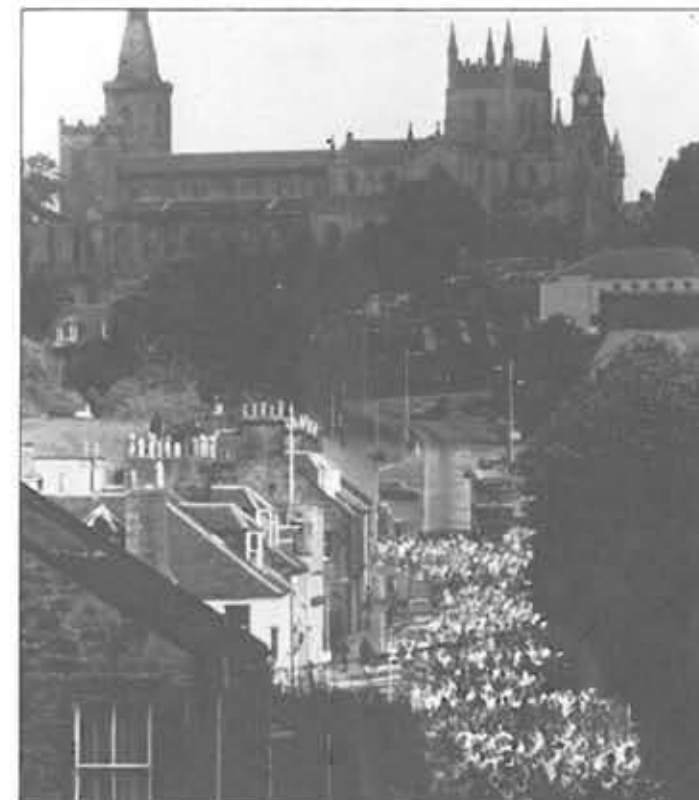
If not, then I would urge that such a body be set up in order to ensure that road races claiming to be governed by such rules, are regulated to a minimum standard conducive, or at least complementary to SAAA constitution.

A colleague and I recently competed in the Irvine Harbour Ten Mile Road Race. We both pre-entered by means of an application form sparse of many details. Simple things were omitted - like a request for an SAE. Meanwhile, your number was not returned, even though the cheque was cashed.

There was also no postcode or area for the application address. On making an enquiry, my number was eventually returned after further forwarding an SAE. The said number was printed on cardboard and subsequently disintegrated after a fall of rain during the event.

In addition, there were no directions on how to get to the area and after having scoured Irvine for some twenty minutes I eventually located the area but could not find the start area. There was in fact no marked start area or clock.

Eventually the race got under way, noticeably late! All in all, the event was adequately marshalled with the excep-



The Dunfermline Half Marathon - a road race which caters for its entrants in a professional manner.

tion of one area where after running through a tunnel, approximately half a mile from the finish, I witnessed a runner cut around 100 yards off his route by cutting over a piece of wasteland which was not supervised by a marshal. How

many more succumbed to temptation? (Not I!)

On reaching the non-existent finish line again there was no clock or marked area to tell you when you had actually finished. Further to the point, nor were

there any medals, food or liquid refreshment, not even water, when I finished.

One elderly competitor, in a state of some fatigue, had to seek a drink of water from a first aid point. Apparently, during a fall of rain those who were supposedly supervising the distribution of Mars Bars to competitors scattered for cover leaving all in sundry to plunder my pre-paid for ration.

My also pre-paid for medal did not exist and I finished in a wholly average time, by my watch, so what chance the stragglers?

I would also bitterly dispute the distance and mile markers. Ten miles, no danger! Either that or I have some previously unknown physical ability to improve my times overnight.

I paid 50p less to compete in the Dunfermline Half Marathon (applied before February) and I felt catered for from the minute I arrived in the town.

Healthy medal, milk, oranges and Mars Bar was given to each and every finisher no questions asked. So how about getting your finger out Irvine and have a good long look at events like Dunfermline, Stonehaven, and others, and not get caught with your pants down next year?

So back to this supervising or governing body. Is there one in existence and if so how about a long serious look at the organisation and execution of some of the Mickey Mouse type events claiming to be conducted under SAAA rules?

D. E. Black

A MATTER OF CORRECT PRIORITIES

112, East King St.,
Helenburgh.

SIR - Having attended both the SAAA and SWAAA Under-20 Championships I could not help but notice that the number of entries and, with some exceptions, overall standards, were in decline on previous years. My other observation was that the number of spectators was also down which in turn led to a lack of atmosphere.

Being in the middle of a demographic trough together with other influences such other pastimes not around several years ago could explain the decline in entries. The drop in standards, I hope, will be overcome when our new national coaching strategy begins to take effect. But what can be done to restore the status and increase the attendance at our national junior championships?

First of all, we could have a two day championship with both boys and girls at the same venue together and a

realistic timetable linking similar events and age groups on the same day to prevent expensive overnight stays for the athletes. The programme for the English Under-20 and Under-17 Championships is an example of good planning for a two day several age group meeting.

Secondly, there could be more effort on the part of the organisers to make the event interesting to the spectator. I would have put both junior championships this year in the same spectator category an average league meeting.

It may come as a surprise to many that some people go along to championships and watch the field events as well as the track and that they actually like to watch the events as they unfold. This is possible in a race but becomes a guessing game in the field events unless score boards are available and used. Unfortunately this was not the case at either of our junior championships. Spectators from both England and Ireland could not believe it.

I can remember taking young athletes to an English championship for the first time several years ago and they could not believe their ears when spectators began applauding their efforts in the shot and discus. Why did people applaud? Because they could follow what was going on.

At the boys championships in Ayr some boards were not out but in most cases they were not used. In the junior men's and youths' shot a sympathetic official shouted out the distances so that the dozen or so people watching close by could discern who was in front.

At the girls event at Grangemouth there were no score boards at all, and the 800 metre heats were about to start when it was realised that there was no last lap bell. When I questioned an official he said there were not enough officials to operate the boards. Yet, I counted six at every field event that day. I must conclude no one asked for them to be put out and several officials who turned up had nothing to do.

Please do not take this as a swipe at anyone. The stadium groundstaff will provide, I am sure, any equipment required, if asked.

I know Jim McInnes and Norma Moran do a first class job in public address and trying to stimulate interest in what is going on in the stadium but without scoreboards and only the walkie-talkie of the field referee to depend on, they must find it difficult.

I would like to see our national championships attain their correct status and become the centrepiece of our athletics season. This can only be done with spectators and atmosphere. Whilst our officials do a first class job on athlete services and keeping the meetings to timetable, our championships will not be a true success unless spectators are given correct priority in relation to other aspects of the meeting.

Hugh Murray,
Senior coach.

ONE of the most important aspects of a distance-runner's training schedule is the recovery between repetitions.

Hundreds of Scottish athletes can run 400m in 60 seconds. They could nearly all run 4 x 400m in 60 seconds on the same day if the recovery between repetitions was long enough. But just a few could put the 4 x 400m together with no recovery to do a four-minute mile.

It is obvious, therefore, that the sole objective of an intelligently-devised training programme is to prepare the athlete physically and mentally to run a series of repetitions totalling a prescribed distance in a race without any pause for rest.

For example, an 800m race should be viewed as 8 x 100m or 4 x 200m or 2 x 400m at, or close to, a preplanned pace without any recovery. This same approach must be ascribed to all distances.

For several decades there have been various schools of thought on how best to bring the best out of athletes in competition and put all their training distances together without recovery. Paramount to all these systems is the rest interval.

Franz Stampfl advocated year round track training and his prote-

Recovery matters



one's best time for these distances, Gerschler looked for the heart rate to reach a count of between 140 and 180 beats per minute during the fast section before dropping to 120 beats per minute at the end of the rest period.

If the pulse beat (which reflects the heart rate) failed to return to 120 beats per minute within 90 seconds of the completion of the fast repetition it was concluded that the athlete was entering a state of exhaustion and the session ended.

This type of workout invariably involved the use of high numbers of repetitions and obviously the recovery phase would be shorter between fast sections in the earlier stages when the athlete was fresh. As the session progressed, the rest period would be longer as the physiological by-products of fatigue steadily accumulated to the point where the pulse rate failed to drop to the 120 beats per minute at the end of the rest period.

A typical Gordon Pirie Gerschler directed session was 40 x 100m in 14 to 15 seconds with 100m jog recovery in around 40 seconds or 40 x 200m in 31 seconds followed by 200m jog recovery in 62 to 64 seconds.

In the years which followed, Gerschler's ideas were developed by the use of telemeters attached to the athlete's body which enabled the heart rate to be monitored concisely even during the course of a fast repetition instead of at its conclusion with a stop-watch.

Thus, instead of prescribing schedules such as 8 x 300m in 42 seconds with 60 seconds recovery, coaches could ask athletes to run 8 x 300m at heart rates such as 160 to 180 beats per minute with recoveries at heart rates of 120 beats per minute between fast sections. Similarly, athletes could run for prescribed long, steady distances at pre-planned heart rates, for example, five miles at 150 to 170 beats per minute or 10 miles at 130 to 150 beats per minute, depending on the physiological response required and its aerobic/anaerobic ratios.

Hungarian Mihaly Igloi's athletes set 49 Hungarian, 19 USA, 25 European, and 21 world records. His system required athletes to run sets of short, fast repetitions with

An intelligently-devised training programme is essential for all runners.

Derek Parker discusses recovery times between repetitions.

ges, including Roger Bannister, Chris Brasher, and Chris Chataway ran weekly sessions of 3 x 1.5 miles or 2 x 1320 yards or 6 x 880 yards or 10 x 440 yard with one-lap jog recovery. Progression was a vital aspect of the Stampfl programme and once an athlete could, for example, run 10 x 440 yards in 66 seconds with around 2 minutes' jog recovery, it was time to speed the laps up to 64 seconds.

The gruelling sessions of the incredible Emil Zatopek almost defy description. Prior to the 1948 Olympic Games, he ran 60 x 400m with 200m jog recovery on ten consecutive days. His work-outs before the 1952 Olympics, where he won gold medals in the 5K, 10K, and marathon events, included 20 x 200m + 40 x 400m + 20 x 200m with 200m jog after each fast repetition.

The total distance of the fast stretches amounted to 15 miles. The recovery jogs provided another 10 miles giving an aggregate of 25 miles for the entire session.

Zatopek's 400m repetitions started at around 60 seconds' pace but as he gradually tired, they slowed down to around 70 to 75 seconds. The 200m fast sections were completed in around 34 seconds while the 200m recovery jogs took around 60 seconds. Averaging 30 seconds per 100m, this was virtually the same pace at which Bannister and the Franz Stampfl school ran their 400m jog recoveries in approximately two minutes.

The regimented approach of Eastern Europeans such as Zatopek (Czechoslovakia) and Stampfl (Austria) contrasted dramatically with the more natural methods of Gosta Holmer (Sweden), populariser of the fartlek, and coach to middle-distance runners such as Gunder Haegg and Arne Andersson.

Far from being an easy option form of training, fartlek involved punishing hill runs, full-effort running over distances ranging from 800 to 1200m, fast downhill strides, and all-out sprints over short dis-

tances. It took place in natural surroundings. Although recovery phases were not inflexibly prescribed, they tended to be fairly brief as the joy of running in rural settings encouraged the athlete to start the next hard effort quickly.

One of the first coaches to advocate recovery periods based on scientific and physiological principles was Waldemar Gerschler (Germany), mentor to pre-war 800m world-record-holder Rudolf Harbig (1-46.6) and the late, great Gordon Pirie, silver medallist in the 1956 Olympic Games 5000m race, and an athlete whose best 1500 and 3000m times of 3-42.5 and 7-52.8 are still beyond the reach of most of his modern counterparts.

Gerschler's innovation was a departure from recommending specifically-set times or distances for recovery phases after fast repetitions. He used a pulse-count basis instead. Using a programme of 100, 200, and 600m repetitions at three, six, and 18 seconds slower than



recovery jogs half the distance of the previous run or equal to it.

The aim of these work-outs was to develop the athlete's tolerance of high oxygen debt by high-quality running over speed-oriented distances which seldom exceeded 400m. All training was done on the track or grass and sessions took place twice daily.

Extracts from the programme of Olympic Games 5000m gold medallist Bob Schul (pb: 13-38.0) illustrate Igloi's ideas: *am* - 1200m warm-up + 32 x 100m with alternate easy tempo runs and acceleration to sprint finishes (jog 100m recovery) + cool-down; *pm* - 4000m warm-up + 15 x 100m with some accelerations + 1200m in approximately 3 minutes + 800m jog recovery + 10 x 400m in 62.5 average (200m jog recovery) + 400m jog +

16 x 150m fast (jog 50m recovery) + 10 x 100m relaxation runs + cool down.

Arthur Lydiard's programme was based on a conditioning period of ten weeks in which the athlete covered around 100 miles weekly plus six weeks of hill running followed by a track-training phase which interspersed repetition work with lengthy road runs.

Three days in the career of Lydiard coached Bill Baillie provide interesting examples: Day 1 - 20 x 440 yds on grass in 72.0 (jog 220 yds recovery); Day 2 - 34 miles road run in 3-44; Day 3 - (am) 15 miles road run in 1-40, (pm) 20 x 220 yds in 31 seconds (jog 220 yds recovery).

Percy Cerruty's methods were highly unconventional. He was a strong advocate of training with

heavy weights and sandhill running. His athletes seldom ventured near a running track and most of their sessions took place on beaches and in woodlands.

Stop-watches were rarely used and typical sessions included 30 to 45 minutes of surge running over 300, 400, 600, and 2000m with brisk, steady running between the fast sections. As the athlete became fitter, the recovery phases were gradually reduced.

Frank Horwill devised a multi-tier system which requires athletes to train at a variety of paces above and below their specialist events.

Thus a 1500m athlete would run 400 and 800m pace sessions (under-distance) for speed and 3000 and 5000m pace sessions (over-distance) for stamina. These would be complementary to sessions at

the specialist race distance pace.

He also invented a recovery system based on the training pace of fast sections. The recovery jog for 5K pace work would be one-eighth the distance of the fast repetition. At 3K pace, the jog would be one-quarter of the fast repetition distance. At 1500m pace, the jog would be half the distance of the fast section. At 800m pace, it would equal the race distance. Recovery jogs for 400m repetitions at 3000, 1500, and 800m pace would be 100, 200 and 400m.

Longer recoveries are prescribed for faster work because the high intensity pushes the heart rate up. If the athlete prefers not to jog the full distance after the fast sections, he or she should jog/walk close to the start of the next repetition for the corresponding time based on the theory that 100m jog takes 30 to 45 seconds. An athlete doing, for example, 8 x 400m at 1500m pace, could jog 200m after each repetition or jog/walk in the vicinity of the start for 60 to 90 seconds between repetitions.

There are many routes to success. The coach must mix theory with experience and a "feel" for the situation to plan a programme which will enable the runner to string all the fast sections together during a race to produce the best possible performances at the time of year when they matter most. Prescribing the appropriate recoveries is vital.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90-120 mins c/c/grass/parkland;
Monday: 75-90 mins fartlek inc. 12 x 90 secs at 5K pace (jog 45 secs. recovery).
Tuesday: 5 miles steady.
Wednesday: 10 miles steady.
Thursday: 2 x 3 x 1000m at 3K pace (75-120 secs. between reps/5-8 mins between sets).
Friday: Rest or 20-30 mins. steady.
Saturday: 12 to 15 miles steady.
Morning runs, if done, should be of 20 to 30 minutes' duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins. fartlek inc. 20 x 30 secs at 1500m. pace (jog 30 secs. recovery).
Tuesday, Wed. and Fri: As Week One.
Thursday: 12 x 800 metres at 10K pace (20 to 30 secs. recovery).

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. 12 x 60 secs at 3K pace (30 to 45 secs. jog recovery).
Tues, Wed. and Fri: As Week One.
Thursday: 5 x 1000 metres at 5K pace (45 to 60 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. 10 x 2 mins. hard (jog 60 secs. recovery).
Tues, Wed and Fri: As Week One.
Thursday: 2 x 6 x 300 metres at 1500m. pace (30 secs. between reps./5 to 8 mins. between sets).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins. cross country/ grass/parkland.
Monday: 60 to 75 mins fartlek inc. 45 secs fast (45 secs jog) + 15 secs fast (60 secs jog) x 10 sets.
Tuesday: Rest or 15-20 mins. easy running.
Wednesday: 5 to 8 miles steady.
Thursday: 3 x 1000 metres at 3K pace (90 to 120 secs. recovery).
Friday: Rest.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be of 15 to 20 minutes' duration 2 to 4 times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins. fartlek inc. 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 5 sets.
Tues, Wed. and Fri: As Week One.
Thursday: 12 x 400 metres at 5K pace (30 to 45 secs recovery).

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. 10 to 60 secs fast (jog 2 and 1 mins. recovery alternately).
Tues, Wed. and Fri: As Week One.
Thursday: 5 x 1000 metres at 5K pace (60 to 90 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. 10 secs fast (10 secs jog) + 20 secs fast (20 secs jog) + 30 secs fast (30 secs jog) x 10 sets.
Tues, Wed. and Fri: As Week One.
Thursday: 2 x 6 x 300 metres at 1500m pace (45 secs. between reps./5 to 10 mins. between sets).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

ALL CHANGE IN UNIVERSITY ATHLETICS

SEASON 1992-93 will see a number of fundamental changes in student sport, writes **Gordon Ritchie**.

Recent political decisions have brought an increase in the number of educational establishments from eight to approximately 12.

To date, nobody seems to be certain how many new universities will be created, but Paisley Technical College and Robert Gordon's have been upgraded already.

Two Glasgow colleges are combining to form a new university, to be known as Queen's University of Glasgow (very pretentious), Cowcaddens Yoonie, or something else. Edinburgh may also produce another to bring the grand total to 12, while a new Highland University may spring up in Inverness.

This will affect athletics in a number of ways.

To begin with, it will increase the number of students who will be eligible to compete. It is to be hoped that their increase in numbers will be sufficient to halt the decline of the annual championship.

There are a quite a number of college students who have tried to compete in university championships in the past (for example distance runner Alison Rose, a member of Edinburgh Woollen Mill) but there are a number of athletes at colleges at present who will benefit from the added early season competition, and there is no doubt that the early season competitions will benefit from the added number of athletes.

In the women's field events, Kilbarchan's Tracey Shorts will now be eligible to compete, along with triple jumper Nikki Barr and many others. Their presence will bolster an already strong female team.

The cup competition will require to be revamped. Until now, the eight teams have fitted very nicely into an eight lane track, but it may now be necessary to hold two semi-finals with six teams each, with the top three or four in each progressing to the final.

This, however, may be a case of gaining on the swings but losing on the roundabouts, as the increased number of athletes which it is hoped will save the championship may well kill off the cup comp-

etition by introducing two relatively meaningless fixtures.

Given the recent apathy by some teams, it is unlikely that either of these additional matches can be sustained.

What is certain, however, is that there will be confusion surrounding the newcomers.

Instead of leading from the front, the governing body - the Scottish Universities Sports Federation - is playing a game of "wait and see". They seem to be quite oblivious to the potential problems and, as usual, are leaving it to the students themselves to try and sort out the difficulties as they arise.

At this time of year, the university scene loses some of the "old faithfuls" as they graduate and move on to other things. This year sees the loss of a number of good athletes who were also regulars at student events.

Native record holder Nikki Barr has graduated from Heriot Watt, but she plans to return to varsity life by studying at the new Queens University of Glasgow, or Cowcaddens Yoonie, or whatever it is going to be called at the end of the day.

Hammer thrower Dave Allen also planned to do a PhD at the new university, but changed his mind when offered the chance to train with Russell Devine in Australia.

It seems, therefore that the Glasgow team captain will be departing these shores for a winter down under.

As earlier indicated, Gregor McMillan is leaving Glasgow to join the legal profession. Although on paper he will be missed, he has not run for the university for some time and so perhaps his loss will not be so great.

A lesser-known athlete will be perhaps more sadly missed.

Aberdeen's Johnson Imode single-handedly rescued the university club from extinction after several years of mismanagement.

Although never a top athlete, he is a good sprinter and was always a useful relay member for the Scottish universities team.

Life in Aberdeen is never easy for student athletes, as most of the competitions are in central Scotland and involve early starts and late finishes for the shepherds from the north.

Scottish results are the best in years

ON July 1, 19 athletes travelled by coach to Portsmouth, crossed the Channel, and drove to Caen in Normandy to take part in the first European Schools' Games, write the SSAA.

The standards for entry were almost as high as those of the World Schools' Games in which two girls, Isabel Linaker and Elaine Julyan had competed in 1990.

Only three team members, Kevin Daley, Graeme Forbes, and Graeme Welsh had not competed in an SSAA international event before, and all in fact achieved personal bests, with Graeme taking the 4x100m relay team into third place.

Despite exceptionally noisy and crowded accommodation, the team performed amazingly well, coming home with 13 medals and a new world schools' record, set by Theresa Crosbie in the 100m hurdles. For this event, the height of the hurdles is 2ft 6", not 2ft 9" but Theresa sprinted the barriers in 13.55, with a following wind of +1.50.

The previous record was 13.88 and we hope that after her hard work and brilliant results this season Theresa will be selected for the World Junior Championships in Seoul.

As in Bruges in 1990, Isabel Linaker won the silver medal in the 1500m in 4:24.52 and Julie Robin well surpassed her previous best to win the discus silver medal with 43.06 - both "vice champions" of Europe going on to gold in the British Schools' International in Portsmouth a week later.

Sinead Dudgeon was third in both the 100m and 200m (in fact Scotland had three finalists in the latter race, Sinead being joined by Elaine Julyan and Fiona Hutchison - a remarkable feat).

The 4x100 girls' team lost the baton at the second changeover but amends were made by an incredibly "scratch" 4x400m team who just scraped into bronze medal position.

None of the girls had run a competitive 400m before (and Julie never will again) but Fiona Hutchison, Yvonne Reilly, Julie Robin, and Isabel Linaker were the toast of the team.

And then, barely a week later, eight of the Caen athletes joined up with the rest of the 52 strong Scottish team to travel to Portsmouth, for the British Schools track and field international.

Whether Scottish Schools' results are now really improving, whether it was because the team left a day early and so engendered a better team spirit, or whether it was because we were hosted in the Hilton International Hotel - we leave you decide - but, for whatever reason, Scotland achieved the best results in a schools' track and field international for many years.

Fifteen medals were won and it would have been 19 if only the ridiculous

decision to award gold medals only in relay events had been overturned.

Moreover, 21 personal bests were achieved. The girls' captain, Isabel Linaker, at last put the string of silver medals she has won behind her, comfortably winning the 1500m in 4:31.00. Fiona Hutchison, perhaps building on her Caen experience, took bronze in the 100m in 12.15 and in the 200m in 25.3. Hayley Parkinson improved on her fourth place in last year's 3000m (and on her Scottish schools' best performance) taking bronze in 10:04.7, with a brave last lap effort.

Colin Hopkins, after a disappointing start in the 100m, won bronze in the 200m in 22.5 and Kevin Daley, another Caen veteran, was desperately close to victory in the 1500m steeplechase, after leading for all but 200m to take a fine silver in 4:22.7.

Des Roache, who also benefitted from Caen, was bronze medallist in the 800m in 1:58.5. John Wannel, after a disappointing triple jump, went straight on to the long jump and was third with 6.67, and no-one was more delighted or surprised than pentathlon champion, Daniel Ablett, who was third in the shot with 14.24, proving that speed and technique are often superior to height and weight. Youngest team member, Navdeep Dhaliwal, was third in the discus, with 38.32, a fine result.

Finally to two of the outstanding performances of the day, Julie Robin went straight from a gold medal performance in the shot (11.91) to defend her discus title successfully with 41.84, being the only athlete to win two individual titles. The boys' 4x100 relay team of Colin Hopkins, Graeme Welsh, Iain Wallace, and Carlo Ferri, held off England and the mighty Curtis Browne, to win in 42.9 seconds.

Only later was it announced that both England and Ireland had been disqualified but this race was not won by default - rather by brilliant baton changing, and the first to congratulate the team was captain Grant Adams who, although a sprint relay bronze medallist in Caen offered to stand down this time.

The final match result was England 441; Scotland 253.5; Ireland 225.5; Wales 210.

Spare a thought for the girls' sprint relay team of Fiona Hutchison, Samantha Brown, Sylvia Paterson, and Nicola Imrie, who ran well to finish second in 48.3 but have no medals to show for it, and to all the athletes who gave everything, only to finish in the dreaded fourth place - Sarah Ramminger; Samantha Brown; Sylvia Paterson; Andrew Ramsay; Iain Wallace; Hugh Kerr; Grant Adams; Gillian Fowler; Jennifer Dale; David Gorman; Brian Robinson; Karen McNamee; William Stark and Liam McIntyre.



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

John Robinson Whannel.
February 29, 1976.
Clevedon Secondary School, Glasgow.
Victoria Park AC.
Shiela Atkinson and - occasionally - my Dad.
When I was about 11 my PE teacher and my Dad both suggested I should join a club. I went along as a sprinter at first but was advised to change to long jump by my coach.

EVENTS:

Long jump and triple jump. I also take part in track events occasionally.

PERSONAL BESTS:

Long jump: 6.67m; Triple jump: 13.25m.

ENJOY MOST:

Winning.

LEAST ENJOY:

Loosing.

AMBITION IN SPORT:

To keep improving. (My aim is to make seven metres in the long jump this year.) Long term I'd like to make it to the Olympics. Winning three golds at the 1991 Scottish Championships in the senior boys category - for long jump, triple jump and 80m hurdles; winning the John Todd Memorial trophy for best overall performance at the same championships because of this; winning an Evening Times "Granite Award"; winning the long and triple jumps at the SSAA Championships this year; gaining bronze and a new personal best at the British Schools Championships this year.

HIGHLIGHTS SO FAR:

This year's West District Championships. I did three no jumps in the long jump and was the only person to be disqualified despite being supposed to win!

BIGGEST DISAPPOINTMENT:

Mike Powell.

ATHLETE YOU MOST ADMIRE:

The British Under-17 Championships at Crystal Palace in August.

FORTHCOMING EVENTS:

I still do some swimming but studying takes up most of my time outside of training.

OTHER HOBBIES:

Spaghetti bolognese.

YOUR IDEAL MEAL:

"Good Fellows".

ALL-TIME FAVOURITE FILM:

Ice T and Public Enemy.

FAVOURITE MUSIC:

I don't really have one but I quite like "The Bill".

FAVOURITE TV PROGRAMME:

To study food science and perhaps become a sports nutritionist.

AMBITIONS OUTSIDE SPORT:

I think athletics is healthy for both your body and your mind!

JUNIOR UPDATE

Scotland v N. Ireland International - IN this annual match held at Antrim on July 19, each event was contested by two juniors and one youth from both teams in a competitive but friendly atmosphere. Scotland gained a convincing win by 188 points to 149, writes **Dr Dinkar Sabnis**.

The scene was set by Iain Hamilton, who won the youths' 400mH in a new Scottish record time of 55.39.

The powerful Scottish sprint trio of Douglas Walker (11.01), Colin McRobert (11.07) and Ian Mackie (Y, 11.09) swept to a win in close formation in the 100m, against a headwind, and then followed this with a clean sweep in the 200m (21.70, 21.71, 21.85). In the 800m,

Ewan Calvert (1:55.72) overhauled team mate Mark McBeth (1:56.84) in the final straight to make it another fine one-two for the Scottish juniors.

Meanwhile, Chris Edgar (56.02), Ian Park (52.88), and Alex Beattie (Y, 50.12) were making it another clean sweep in the hammer. Martin Hendry (Y) won the 100mH (14.27), followed in the next race by William Wylie, who broke away from the high jump with the bar at 1.95m, and crashed through the barriers to win the 100mH in a close finish. He returned to the high jump in time to win it with 2.00m, just failing to clear the bar at 2.12m.

In the long jump, Dinkar Sabnis (6.78) and Mark McManus (6.73) won

their respective close competitions. Sabnis went on to join Douglas Walters and William Wylie as double winners when he took the junior triple jump with 13.72m. Darren Ritchie maintained the Scottish stranglehold, and his own rapid progress in this event, by winning the youths' triple jump with 13.69.

In the throws, Stephen Hayward was an easy winner of the junior shot putt (15.28), but had to be content with second place (42.34) in the discus. Irishman Ian McMullan won the event with a single throw before dashing off to catch a plane. Meanwhile in the 3000m, Philip Mowbray (8:49.14) and Craig Cleland (9:12.62) cleaned up for the juniors, while David Connolly (8:58.29) ran

magnificently to win the youths' event and improve his pb by 23 seconds!

In the junior competition, the Scots were beaten into second and third place by the Irish in the 400m, 1500m and the 2000m steeplechase. However, James Tonner (4:24.58) salvaged a win in the youths' 1500m and Gavin Broomfield (Y) in the javelin (47.54). Both our young pole vaulters, Kenneth Kemlo and Jonathan Kelly gained personal bests (3.10) in a plucky contest.

As expected, Scotland swept to easy wins in both relays to wrap up a very successful competition, which included nine personal best performances. One hopes that Scottish athletics will continue to nurture this talented squad.

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Princes Street plays host to world class event

*Margaret Montgomery previews one of
the hottest new events on the athletics
calender - the Princes Street Mile.*



*Yvonne Murray with Steve Ovett in Edinburgh last year publicising
the then newly announced Princes Street Mile.*

IT'S not often we Scots get a chance to see the world's top middle distance athletes battling it out on our own doorstep but that's exactly what will be happening on September 13.

The Princes Street Mile, a new international event originally conceived over two years ago by a small group of athletics enthusiasts including Hamish Henderson and top coach John Anderson has found the funding it needs to go ahead on this date.

Split into five separate mile races which will take competitors from Shandwick Place at Princes Street's west end to its east end, the Princes Street Mile will provide on-lookers with an afternoon of top quality athletics against the dramatic backdrop of Edinburgh Castle.

Featuring "past masters", women's, men's, wheelchair, and youth's races, the Princes Street Mile should contain something of interest for everyone.

As an invitation-only event, the quality of the field in each race is extremely high. John Anderson who has been charged with the responsibility of finding competit-



Jamie Henderson.

ors for the event has already secured some major names and is waiting for final confirmation from more.

"We've already got the men's and women's Olympic 800 metres champions in each of the two major races," reveals Jamie Henderson, project executive for Gameplan which is organising the Princes Street Mile for the Princes Street Mile Ltd, the company set up fol-

lowing the birth of the original idea to hold such an event.

Among those confirmed to be taking part in the women's race alongside Barcelona two-lap gold medallist Ellie Van Langen are: local woman Yvonne Murray, the formidable East European duo of Tatyana Dorovskikh and Ludmilla Rodechova, Doina Melinte, Patti Sue Plummer and Anne Williams. It's a race which is potentially one of the best in this Olympic year, not least from the point of view that it allows Murray the chance to redeem some pride and exact revenge for her crushing defeat in the final of the 3000m at Barcelona.

In his home city, Tom Hanlon lines up in the men's race, facing not only 800m champion William Tanui, but Peter Elliot, new sensation Curtis Robb, Steve Cram, Steve Crabb, Kevin McKay, and European 1,500m champion Jans-Peter Herold of Germany.

The past masters' event, which includes former world record holders David Moorcroft and Sydney Maree, also looks as if it should be well worth watching.

There will also be two events



*A top class field including
Peter Elliot will compete in
the capital.*

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Steve Cram is also expected to race.

for athletes with disabilities - a wheelchair race for athletes who can complete a mile within five minutes, and an ambulant event for athletes with other disabilities who must be able to achieve the same qualifying mark to enter (telephone Henry Muchamore on 031-556-9140 for further details.)

"I think it will be too tight for Special Olympic participants to make it back for our event," explains Jamie Henderson.

"However, the good thing about this is that it gives those wheelchair athletes who didn't make it to Spain a chance they might not otherwise of had."

Where the youths' events are

concerned, a fine quality field comprising the top young men and women in the country is expected.

"The SAF will be advising us on the most competitive option," says Henderson.

"Like the other races the youths' will be invitation only and should therefore feature some of the brightest talents of the future."

As Henderson himself points out, the elite nature of each race by no means detracts from the "Sport for all" framework of the Princes Street Mile.

With races for young and old as well as disabled, this is an event which goes further to representing the whole spectrum of the world's

RACE PREVIEW

athletic community than many others.

As such, it is good news to learn that the Princes Street Mile is set to become a regular event on the athletics' calendar. "We are already developing the idea for future years; there are lots of ideas in the pipeline," says Henderson.

This year's Princes Street Mile is a part private, part public venture.

Edinburgh-based StandardLife has teamed up with Lothian and Edinburgh Enterprise, who put up £50,000 to help fund a business plan, sponsor search and initial marketing, and have since agreed to put up a further £75,000, to finance the prestigious event.

Meanwhile, Lothian Region, have agreed to match this with £75,000 of their own.

"The region had been very helpful in supporting the idea and granting permission for the races to take place in the first place," says Henderson. "The event will help to extend the tourist season beyond the Festival and adds to the city's profile abroad."

Other private sponsorship worth

£150,000 is also helping to get the event off the ground. Ian Skelly, for example, will be providing the necessary courtesy cars while Edinburgh Crystal will be laying on specially designed trophies.

Meanwhile, Phillips and Canon will be providing equipment and furniture for the media centre and Strathmore Water refreshments for the runners.

Other sponsors in kind include Bird Semple who are acting as legal advisors, Inter Flora who will be supplying flowers for the winners, and Grant Thornton who are doing all the auditing.

Most of these companies will be adding to their hands-on contribution with some cash.

Television coverage, every race organiser's dream, has been secured courtesy of BBC.

"The BBC will be giving the event half an hour live coverage on Sunday Grandstand and will be previewing it on both the Friday and the Saturday," says Henderson. "BBC Scotland will also be adding to the coverage by giving it an overview on the Sunday evening."

**As official
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to the
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Edinburgh
September 1992**

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PHILIPS

Junior rankings

Junior Men, Youths & Boys

100 METRES

Juniors	
10.85w	Colin MacRobert/CAM
10.88	Douglas Walker/EAC
11.1	Craig Joiner/Pit

Youths	
10.9w	Brian Watson/Pit
10.98	Ian Mackie/Pit
11.0w	Ian Wallace/Inv
11.10	Carlo Ferri/Shet
11.1w	Douglas Colville/Pit

Senior Boys	
11.5	Adam Lowles/Mel
11.5	Scott Fraser/Inv
11.76	Julian Love/Law
11.8	William Stark/Ab

Junior Boys	
12.0	Andrew Lees/EAC
12.2w	Simon Campbell/Ayr
12.6	R De Marco/St Aloy
12.6	Rory Buchanan/KO

200 METRES

Juniors	
21.3	Douglas Walker/EAC
21.6w	Colin MacRobert/CAM
22.2w	Craig Joiner/Pit
22.7	William Wyllie/FVH
22.7w	David Ballantyne/EK

Youths	
21.74	Ian Mackie/Pit
22.5w	Colin Hopkins/Pit
22.7	Grant Adams/Ayr
22.7w	Stuart Moir/Ayr
22.8	Carlo Ferri/Shet

Senior Boys	
23.4	Adam Lowles/Mel
23.50w	Craig Slater/Mil.K
23.7	Scott Fraser/Inv
24.0w	Julian Love/Law

Junior Boys	
24.8w	Andrew Lees/Mel
25.2w	Simon Campbell/Ayr
25.5	David Turnbull/Ayr

400 METRES

Juniors	
49.38	Grant Purves/CPH
49.62	Keith Mackie/CPH
50.1	Colin Young/VP
50.46	Neil Johnstone/CPH
50.73	Stuart Allan/Pit

Youths	
48.9	Ian Mackie/Pit
49.43	Callum Buck/Merch
50.34	Hugh Kerr/Ayr
51.0	Colin Wilson/Inv
51.1	Barry Middleton/Ab

Senior Boys	
52.03	Craig Slater/Mil.K
52.78	Stuart Sutherland/Inv
52.9	Andrew Young/VP
53.59	Alasdair Love/Ab

Junior Boys	
59.3	P Cumming/Kelv Ae
59.9	D Milvin/Giff
59.9	M Blake/Inv



Sprinter: Craig Joiner.

800 METRES

Juniors	
1-51.86	Ewan Calvert/Ab
1-53.19i	Colin Young/VP
1-55.19	Mark McBeth/CAM
1-55.6	Grant Purves/CPH
1-55.8	Chris Greenhalgh/VP

Youths	
1-54.8	Des Roache/VP
1-57.86	Graeme Forbes/Cly
1-58.5	Tom Winters/EAC
1-58.9	Kevin Daley/EAC
1-59.0	Alan Reynolds/CAM
1-59.0	James Tonner/JWK

Senior Boys	
2-00.1	Andrew Young/VP
2-01.55	Alisdair Donaldson/Pit
2-05.61i	Bryan Hendry/Inv
2-06.6	Marc Wight/Tev

Junior Boys	
2-17.7	M Blake/Inv
2-18.0	P Armstrong/Pit
2-20.52	Antony Murray/Aird

1500 METRES

Juniors	
3-49.9	Fraser McNeill/Lds
3-51.43	Philip Mowbray/EU
3-56.39	Ewan Calvert/Ab
3-57.3	Chris Greenhalgh/VP
3-58.56	Martin McLaughlin/CAM

Youths	
4-03.15	James Tonner/JWK
4-05.50	Tom Winters/EAC
4-05.62	Des Roache/VP
4-06.4	Craig Clelland/CAM
4-06.20	David Connolly/She

Senior Boys	
4-09.2	Alisdair Donaldson/Pit
4-17.68	Neil Lyall/Lass
4-20.10	Robbie Stewart/EAC

4-21.5	Phillip Dennis/Hel
4-23.72	Gregor Harris/She
Junior Boys	
4-45.3	G Martin/MBI
4-49.0	J Cowie/Mor
4-51.6	Andrew Sandilands/Avon

3000 METRES

Juniors	
8-42.5	Philip Mowbray/EU
8-36.62	Fraser McNeill/Lds
9-01.0	Scott Taylor/Pit

Youths	
8-52.3	Craig Clelland/CAM
8-57.88	Alan Reynolds/CAM
8-58.29	David Connolly/Giff
9-01.79	Craig Douglas/Kilb

STEEPLECHASE

Juniors 3000 Metres	
9-35.5	Matthew Kelso/Pit
9-47.5	Drew Sharkey/EAC
9-49.3	Andrew Kings/Pit
9-54.1	Eddie McCafferty/CAM
9-56.9	Edward Tonner/JWK

Youths 1500 Metres	
4-22.7	Kevin Daley/EAC
4-25.86	Stuart Mackay/Inv
4-32.6	David Gorman/VP
4-42.77	Greg Hillier/VP
4-44.9	Phillip Dennis/Hel-SB

HURDLES

Juniors 110 Metres	
14.7	William Wyllie/FVH
15.3	Stuart Dillon/MBI
15.4	Douglas Stewart/EAC
15.4	Colin Frew/She-Y
15.5	Martyn Hendry/Inv-Y

Youths 100 Metres	
13.4	Grant Adams/Ayr
13.8w	David Cotter/Nai-SB
14.0	Martyn Hendry/Invine
14.0	Daniel Ablett/CPH
14.09w	Colin Frew/Shettleston

Senior Boys 80 Metres	
11.3	W. Stark/Ab (boys rec)
11.7	David Cotter/Nai
11.9	Mark Dobbie/Pet

Junior Boys 70 Metres	
12.7	Steven Seligman/Ban
12.7	Jonathan Oparika/Tay
12.7	Peter Stephen/Cumb
12.7	Colin Archibald/Boc

400 METRES HURDLES

Juniors	
55.76	Ingram Murray/Inv
56.7	Barry Middleton/Ab-Y
56.86	Derek Paisley/Pit
60.6	Donald Govan/Cly
60.8	Stuart Meldrum/Pit

Youths	
55.39	I. Hamilton/Cum (youth rec)
55.91	Barry Middleton/Ab
58.2	Andrew Ramsay/MBI
59.83	John Michie/Fife

Senior Boys	
64.0	Craig Sommerville/Cast
64.2	Robbie Bellshaw/Kilb
64.7	Ian Lonnen/Ding

HIGH JUMP

Juniors	
2.10i	William Wyllie/FVH
1.96	Rory Birbeck/Hynd
1.95i	Graeme Smart/VP

1.90	Alan Malcolm/EAC
Youths	
1.94	Steven McKinley/Pit
1.91	Gavin Morrison/Ren
1.89i	Scott Milne/Ork
1.85	5 youths

Senior Boys	
1.93	Martin Pate/VP
1.78	Craig Lewis/Inv
1.76	William Stark/Ab
1.75	Scott Templeman/Inv

Junior Boys	
1.53	Kevin Waugh/Liv
1.47-	Steven Stark/Ab
1.47	Simon Campbell/Ayr



Senior high jump: Martin Pate.

POLE VAULT

Juniors	
4.00i	William Wyllie/FVH
3.60	Ken McNicol/CAM
3.60	Rory Birbeck/Hynd
3.50	Michael Liu/EA
3.20	Derek Beaton/Ab

Youths	
3.50	Fraser Anderson/EAC
3.40	Mark Alerici/EA
3.20	Paul Clark/QVS
3.10	Ian Gibb/Har

Senior Boys	
2.55	Douglas Graham/Arb
2.50	M Darroch/St Aloy-JB
2.50	Gavin Scott/Arb

LONG JUMP

Juniors	
7.33w	William Wyllie/FVH
7.01	Dinkar Sabnis/Ab
6.79w	James Gilbert/FVH
6.57	David Reid/BHH

Youths	
6.85	Darren Ritchie/Mel
6.82	Mark McManus/Ham
6.67i	Scott Milne/Ork
6.67w	John Whannel/VP
6.46	Hugh Kerr/Ayr

Senior Boys	
6.36i	William Stark/Ab
6.16i	Finlay Edridge/Cly
5.94	Peter Annal/MBI
5.92	David Cotter/Nai

Junior Boys	
5.20	P Cumming/Kelv Ae
5.05	Rory Buchanan/KO

5.02

C Pemberton/Bor

TRIPLE JUMP

Juniors	
13.95	Dinkar Sabnis/Ab
13.24	Derek Hepburn/PSH
12.44	Alan Malcolm/EAC

Youths	
13.69w	Darren Ritchie/Mel
13.25	John Whannel/VP
13.07	Robert Forbes/PSH
12.87	Kenneth Kelly/VP
12.71	Michael Spink/Ab

Senior Boys	
13.49w	William Stark/Ab
13.01	Kevin McCready/Kilb
12.16	Finlay Edridge/Cly
12.01	Ashley Bendell/Hutch

Junior Boys	
11.06	P Cumming/Kelv Ae
10.12	G Menzies/Cast HS
10.02	Jonathan Oparika/Tay

SHOT PUT

Juniors 6.25k	
15.78	Stephen Hayward/Mel
13.49	George Mathieson/Avon
13.25	David Minty/Ab

Youths 5k	
14.28	Liam McIntyre/Hel
14.24	Daniel Ablett/CPH
14.23	Bruce Robb/Hynd
13.32i	Graeme Ferguson/Law
13.22	D Ross/MBI

Senior Boys 4k	
16.27	Bruce Robb/Pit
14.48i	Iain Douglas/Dumf
12.86	Robert Hamilton/EA

Junior Boys 3.25k	
11.25	D Campbell/Buck HS
10.53	Andrew Lees/EAC
10.24	Chris McHardy/Cen

DISCUS THROW

Juniors 1.75k	
43.44	Stephen Hayward/Mel
42.94	Iain Park/FVH
41.92	Rory Birbeck/Hynd (2k)
40.52	Craig Beveridge/EA
37.52	Andrew Lorimer/Merch

Youths 1.5k	
48.02	Liam McIntyre/Hel
43.84	Bruce Robb/Pit-SB
40.90	James Penny/Merch
40.28	Daniel Ablett/CPH



Discus, shot, and hammer: Bruce Robb.

Senior Boys 1.25k

46.24	Bruce Robb/Pit
37.74	Craig Buchanan/EAC
34.02	Andrew McCallum/Ab
33.50	Austen McKnight/MBI

Junior Boys 1k	
31.86	D Hynd/Inv
31.54	Chris McHardy/Cen
29.66	G Logan/EAC

HAMMER THROW

Juniors 6.25k	
57.44	Glen Kerr/Bed
57.04	Chris Edgar/FVH
53.86	Iain Park/FVH
50.44	Iain Hay/Hall
46.24	David Minty/Ab

Youths 5k	
51.54	Robert Mackinnon/QVS
50.12	Alex Beattie/Guild
39.32	Roy Hyslop/Mel
36.02	Stuart Sneddon/Tay

Senior Boys 4k	
38.10	Stephen MacKinnon/QVS
34.06	Mark Dobbie/Pet
33.86	Bruce Robb/Pit
32.84	Richard Givens/QVS-JB

JAVELIN THROW

Juniors 800g	
53.18	Jonathan Gray/Merch
51.32	Rory Birbeck/Hynd
51.12	John Wishart/CPH
50.44	Alan Kemlo/Inverness
49.90	William Wyllie/FVH

Youths 700g	
51.56	Steven Wands/Doll
50.82	Gavin Broomfield/She
50.20	Chris Smith/Arb
47.18	Sandy Henderson/CPH
46.54	Roy Hyslop/Mel

Senior Boys 600g	
47.56	Peter Fraser/Ab
44.98	Ben Shallcross/Merch
44.02	Iain Douglas/Dumf
41.72	Peter Annal/MBI

Junior Boys 600g	
38.24	D Campbell/Buck HS
34.90	Chris McHardy/Cen
30.30	Fraser Carver/Merch

MULTI-EVENTS	
Junior Decathlon	
6369	W. Wyllie/FVH (Jun rec)
6321	Rory Birbeck/Hynd

Youths Octathlon	
4633	Steven Rae/Ann
4442	Colin Wilson/Ab

Boys Pentathlon	
2992	Mark Dobbie/Pet
2865	David Cotter/Nai
2781	Gerry Murray/Aird
2764	Stuart Addie/Cumb

Junior Women, Inters, Girls & Minors

100 METRES

Juniors	
12.1w	Katrina Leys/Ab
12.3	Theresa Crosbie/COG
12.3	Elaine Julian/Ayr
12.3w	Louise Paterson/Ab

Inters	
12.03w	Sinead Dudgeon/EAC
12.1w	Fiona Hutchison/COG

Forth Road

FORMED in 1985 at the height of the running boom, Forth Road Runners is a relatively new club which has expanded and diversified to include track and field athletes, hill runners, and cross country enthusiasts.

"Basically the club was the idea

and were in pretty bad shape physically."

The result of the project was a 30% improvement in the condition of all those taking part and this in turn further fired Colin Angus' enthusiasm for "keeping fit".

"A few of us decided we wanted

L&L Track Club) Forth Road Runners could have been forgiven for floundering. However, far from disappearing, the club quickly grew and before long could boast a comparatively respectable membership quota of around 40.

"Our membership at the moment

result we competed in the Lanarkshire League. We came third in this the second year we competed in it which wasn't bad considering we were up against major clubs like Shettleston."

Part of this success is almost certainly due to the club's willing-

The 1992 Forth Road Runners line up.



of a small group of people, including myself, who had caught the running bug," explains secretary Colin Angus.

"We were predominantly older than the average athlete but we wanted to enter marathons and half marathons all the same."

Colin Angus' wish to forge a running club catering for his own particular requirements gained further impetus when he was chosen to take part in "healthy heart" programme run by the Western Infirmary in conjunction with The Glasgow Herald.

"There were 50 in the project," he explains. "The basic idea was to prove that the health of the heart could be improved by a 30 week training programme. Most of us hadn't done any exercise for years

to keep on training and the idea of setting up our own running clubs was broached," he explains. "I think that's where the original spur to get things going came from."

Angus quickly placed an advert suggesting a Forth based running club in local paper the Carlisle and Lanark Gazette. The response from locals who, like Angus, had become entranced by the world of marathons and half marathons was reasonably good.

"Quite a few people came along to that first meeting," he says. "Before long we had formed a committee, written a constitution and affiliated to the SAAA."

With a population of 3000 in Forth and several clubs already operating in Clydesdale District (namely Law and District AC and

is down to about 28 but it tends to fluctuate from year to year," says Angus. "I'm sure we'll survive at any rate. We're healthier now than we were, say, two years ago."

Like most small clubs, however, Forth Road Runners does lack the facilities which bigger clubs take for granted. Track training takes place on a "crude ash effort" while winter indoor training is done in the local community hall.

Yet, despite this, the club has managed to get round these difficulties and "bring on" athletes interested in track and field when required.

"At the moment most of our athletes are road runners," explains Angus. "Several years ago we had quite a number of people who were interested in track and field and, as a

ness to travel outwith Forth to find the facilities it needs. The club often makes use of a community minibus to take athletes to the all-weather tracks at nearby Wishaw and Grangemouth.

Among the successful track and field athletes Forth Road Runners have spawned are Robert Turner, now 19 and a member of Falkirk Victoria Harriers, who was the Scottish youth 400m hurdles gold medallist in 1989 and David Clelland, also now a member of Falkirk Victoria Harriers, who placed third in the junior 100m rankings last year and represented Scotland as a junior in 1990.

"It's not something I resent," says Colin Angus of the fact that several of FRR's most promising members have apparently "def-

Runners

Photographs by Robert Perry.

Margaret Montgomery profiles one of Scotland's smallest clubs, Forth Road Runners.

ected" to another club. "I was taking both these athletes to Grangemouth myself and was keen for them to get the benefit of the advice which the Falkirk Victoria coaches could offer. It was something which I encouraged in fact."

These days, most of the club's members are older and interested in road running rather than track and field. However, there is still a small, core group of seven girls and nine boys who are interested in pursuing track and field and the club does its utmost to accommodate their needs by ferrying them back and forward to Grangemouth and Wishaw and generally giving them the sort of coaching and guidance they need.

"Basically, if there's a demand for something we'll do it," says Angus. "If we had enough willing athletes to go back into the leagues again then we'd do that."

While the younger element of the club has fallen away slightly of late, the older contingent remains as vital as ever.

Among FRR's successful older members are Adam Letham, winner of gold in the 400 metres and silver in the 800 metres in the 1988 Scottish Veteran Championships, and Rab Martin, first vet in the most recent Pennicuik road race. (Following in his wake and promising much for the future is Paul Russell, only 21 years of age but already boasting a 10K pb of 31:58.)

Apart from track and field, the club has also branched out into hill running and triathlons of late.

"We put a team into the Hogganfield Loch Triathlon a couple of years ago," says Angus. "For our first attempt we didn't do too badly. I was paddling a canoe for the first



Above: Members, from left to right: Jim Thomson, Bryan Wood, Willie Cunningham, Margaret Cunningham, Frank Keenan, James Martin, Tom Carswell, Colin Angus, and Christine Martin.

Jim Fowler (left), and Jim Paton - Malta bound.

time but I still wasn't last out of the water!"

Indeed, there seems to be very little which Forth Road Runners won't try their hand at! In 1987 Colin Angus and club treasurer Jim Fowler undertook the Five Peaks Race. Angus was pleased simply to finish while Fowler was delighted to place in the top third of what is an extremely competitive and prestigious event.

Angus also undertook the West Highland Way along with club-mate

Robert Aiken, raising £160.00 for a local charity through their efforts.

"We did it over two days," explains Angus. "Our time was 23:40, well outside what the winners of the 'official' run can manage but we were pleased just to have achieved what we had."

Proving that the spirit of adventure is still alive amongst FRR members Jim Paton and Jim Fowler are heading to Malta in November to take part in a race series which will include a 5K, 10K, and half

marathon, amongst other events.

Although it may not enjoy all the facilities it could hope for, the club doesn't, according to Angus have any funding difficulties. A 10K and fun run are organised on an annual basis and this plus the odd raffle, membership fees, and sponsorship in the form of club vests from local company John Frewd helps to keep the club afloat.

"Our 10K isn't a big affair but the calibre of those who enter is always good," says Angus. "The record for the course is 30:39, set by Nat Muir two years ago. Other past winners include Billie Nelson, Ross Arbuckle, and Peter Carwright."

Forth Road Runners are nothing if not an adaptable club and it is a credit to those who initially founded it - Colin Angus, Jim Fowler, Jim Paton, Marion Gennell and Sarah Graham - that it has managed to move on from being simply a product the road running boom of the eighties. As Colin Angus himself says - there seems to be no reason why this small but vital club won't continue forever!

"We're small because we're based round a small community," he says. "But there's a demand among the people in the community for their own club."

HIGH JUMP

Girls	
1.61	Jacqueline Tindal/Fif
1.60	Lee McConnell/COG
1.56	Emma Kerr/Well
1.52i	Jennie Wright/Pit
1.52i	Donna Palmer/EAC
1.52i	Fiona Paul/EWM
Minors	
1.47	Kirsten Tollerston/Arb
1.41	Donna McDonald/Bon
1.40	Clare Morton/Cai

LONG JUMP

Juniors	
6.01w	Ruth Irving/Wir
5.33	Lynne Shorthouse/Loch
Inters	
5.67i	Pamela Anderson/COG
5.58	Karen McNamee/COG
5.53	Sarah Strill/Ab
5.53w	Fiona Allan/Rudd
5.45	Sarah Ramminger/Arb
Girls	
5.02	Theresa Richards/Ell
4.97	Claire Middleton/Ab
4.96	Lee McConnell/COG
4.93	Carolyn Rose/Pit
Minors	
4.61	Lindsay Church/VP
4.55	Jill Pitam/Tro
4.45	Donna McDonald/Bon

TRIPLE JUMP

11.15	L. McMillan/EWM (jun rec)
10.99i	Pamela Anderson/COG-I
10.80	Joanna Ross/Kilb
10.61	Jennifer Gibson/Lass
10.31	Elaine Donald/Hel

SHOT PUT

Juniors	
15.72i	Alison Grey/EAC
12.02	Lynne Barnett/PSH
11.07	Stephanie Robin/Hel
10.76	Lorna Jackson/EWM
10.47	Tracy Johnstone/MBI
Inters	
11.96i	Julie Robin/Hel
11.29	Eleanor Garden/Pit
31.40	Louise Thomson/EWM
Girls	
39.00	Catherine Garden/Pit
38.56	Navdeep Dhaliwal/COG
34.00	Lindsay Ross/Nith
26.60	Claire Cruikshank/Mel
25.98	Marian Simpson/Ab
Minors	
22.18	Gillian Stewart/EAC
22.00	Janice Forbes/Inv
19.90	Clare McQuade/Dumf

DISCUS THROW

Juniors	
47.20	Alison Grey/EAC (Sc jr)
40.62	Helen McCreadie/Dumf
34.78	Stephanie Robin/Hel
32.14	Angela Marshall/Lass
Inters	
43.06	Julie Robin/Hel
34.82	Eleanor Garden/Pit
31.40	Louise Thomson/EWM
Girls	
39.00	Catherine Garden/Pit
38.56	Navdeep Dhaliwal/COG
34.00	Lindsay Ross/Nith
26.60	Claire Cruikshank/Mel
25.98	Marian Simpson/Ab



Discus, javelin, and shot:
Alison Grey.

JAVELIN THROW

Minors	
22.18	Gillian Stewart/EAC
22.54	Clare McQuade/Dumf
22.00	Janice Forbes/Inv
Juniors	
49.88	Lorna Jackson/EWM
35.66	Alison Grey/EAC
35.14	Fiona Gehring/Ayr
35.00	Nicola Sloan/Hel
33.62	Elise Horrocks/Ross
Inters	
34.78	Christine Mann/Arb
34.20	Allison Douglas/Arb

33.06	Amanda McKie/Dumf
31.86	Elaine McQueen/Inv
Girls	
32.72	Joanne Walker/Lou
28.74	Marian Simpson/Ab
28.68	Fiona Hunter/Arb
28.30	L. Kettler/G Her
27.56	Kelly Sloan/Hel
Minors	
29.66	G. Stewart/EAC (Sc jr)
29.38	Lesley Richardson/Dumf
25.28	Laura Redmond/EAC

MULTIEVENTS

Junior Heptathlon	
4360	Louise McMillan/EWM
3887	Elaine Donald/Hel
3753	Esther Sneddon/Cen
Inters Heptathlon	
4252	Fiona Allan/Rudd
3824	Juliana Palka/COG
3255	Lorraine Bell/Law
Girls Pentathlon	
2560	Jennifer Reid/Ban
2547	Theresa Richards/Ell
2521	Morna Goldie/Auchmuty
2442	Fiona Rolland/Fif
2429	Fiona Hunter/Arb
Minors Pentathlon	
2212	Laura Redmond/EAC
2149	Donna McDonald/Bon
1960	Lynsey Livingstone/Cum

Rankings compiled
by Arnold Black

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June

24

Cort-ma-Law 6 mile HR -

1, R Jones (Cly) 44-55 (Rec); 2, B Potts (Cly) 45-03; 3, I Murphy (Cly) 46-00; 4, P Bonner (Cly) 47-47; 5, T Griffin (West) 47-53; 6, D Bell (HELP) 48-12; 7, J Gallacher (Ochil) 49-40; 8, A Dyck (Cly) 50-11; 9, J Shields V1 (Cly) 50-14; 10, D Chester (West) 50-26; V2 C Shaw (West) 51-26; V3, K Adams (West) 54-51. **Teams:** Clydesdale "A" 9pts, 2, Westerlands 26; 3, Clydesdale "B" 34; 4, Ochil HR 38.

Women: 1, S McLeish (GN) 57-23; 2, H Diamantides (Amb) 60-16; 3, E Scott (West) 62-35; 4, M Small (Cly) 67-04; 5, M Jeffrey (GU) 71-40.

27

Cairngorm 10 mile HR, Glenmore Lodge, Aviemore -

1, P Dymoke (Liv) 69-51 (rec); 2, D McGonigle (She) 71-19; 3, F Clyne 71-28; 4, R Jones (FVH) 72-29; 5, B Potts (Cly) 73-06; 6, J Wilkinson (Gal) 73-45; 7, M Dixon (Loch) 73-58; 8, I Murphy (Cly) 74-32; 9, G Ackland (Liv) 74-44; 10, S Conway (Liv) 75-19; 11, D Bell (HELP) 75-26; 12, D Rodgers (Loch) 76-02; 13, N Rigby (West) 76-10; 14, J Hepburn (Loch) 76-41; 15, G Bartlett (For) 77-14. **Vets:** 1, C Smith (EAC) 81-21; 2, N Bowman (Loch) 82-52; 3, R Brooks (Loch) 84-20. **Team:** Livingston 20 pts. **Women:** 1, J Robertson (West) 1-31-57; 2, M Todd (HBT) 1-32-46; 3, J Farmer (Loch) 1-36-06; 4, S McLeish (GN) 1-37-02; 5, H Diamantides (Amb) 1-41-58.

28

Lairig Ghru 28 mile HR, Braemar to Aviemore -

1, B Preist V1 (Ab) 3-20-32; 2, P Wilson V2 (DRR) 3-25-12; 3, C Love V3 (DHH) 3-26-54; 4, J Kirkland (DHH) 3-31-52; 5, J Watson V4 (Liv) 3-33-15; 6, J Achterlonie (Un) 3-41-29; 7, G Armstrong VS (HELP) 3-42-50; 8, S Innes (CPH) 3-42-38; 9, M Flynn (CPH) 3-44-37; 10, eq C Watson (Pit) P Baxter (Pit) A Duncan V6 (Pit) 3-44-40. **Women:** 1, H Diamantides LV1 (Amb) 3-45-10 (Rec); 2, M Smith (Cly) 4-27-41; 3, I Clarke LV2 (Arb) 4-37-18.

Falkland Festival 3 mile HR, Falkland -

1, A Davis (Fif) 20-00; 2, D Sheil (Car) 20-33; 3, D McLean (Och) 20-37; 4, H Lorimer (HBT) 21-39; 5, W Knox V1 (Tev) 21-53; 6, P Buchanan (Och) 22-21; 7, T Martin V2 (Fif) 22-21; 8, A Graham (Iom) 22-26; 9, R Worth (Och) 22-31; 10, E Rennie V3 (Ab) 22-33. **Women:** 1, L Rennie (Falk) 30-00; 2, L Rennie (Falk) 31-50; 3, J McLean (Kirk) 31-52.

30

Blackhill 4 mile RR, Earlstoun -

1, J Wilkinson (Gal) 27-27; 2, D Smith (Un) 27-45; 3, H Lorimer (HBT) 29-06; 4, W Knox V1 (Tev) 30-05; 5, D Shiell (Car) 30-31; 6, L Turnbull (Un) 30-42. **Youths:** 1, E Lorimer (Duns) 36-40; 2, D Wilks (Un) 39-25; **Women:** 1, D Campbell (Liv) 37-41.1

30

Cairnpapple Veterans HR, Bathgate

1, A Stirling (BRC) 35-03; 2, C North (Bath) 36-12; 3, A Brown (Moth) 36-19; 4, S Wallace (HELP) 36-33; 5, B Waite (She) 38-40; 6, R McAllisee L1 (Shett) 38-48; 7, G Blair (She) 39-20; 8, D Martin (Edin) 39-55; 9, H Barrow (VP) 40-05; 10, G Armstrong (HELP) 40-21; 11, L2 D Monteith (SVHC) 45-39; 12, L3 E Nimmo (Liv) 48-28.

Mamore Ridge 12 mile HR, Kinlochleven

1, D Rodgers (Loch) 1-51-00; 2, M Dickson (BT) 51-24; 3, G Bartlett (For) 55-37; 4, D Bell (Help) 56-51; 5, P Hughes (Loch) 2-00-45; 6, G Brooks (Loch) 2-02-55; 7, T Calder (LV1) (HBT) 2-03-36; 8, J Coyle (Car) 2-04-13; 9, B Brooks (V1) (Loch) 2-04-21; 10, P Clearly (Unatt) 2-04-24; 11, N Bowland (Unatt) 2-07-56; 12, R Boswell (Loch) 2-08-46; 13, B Gauld (V3) (Carn) 2-10-08; 14, B Linley (Mynydd, Wales) 2-10-25; 15, D Lindop (Pent FR) 2-12-07; 16, L2 J Farnham (Loch) 2-51-01; 17, L3 T Wilson (DRR) 2-56-17.

Glengoyne Gallop 2 Mile HR, Blanefield

1, R Jones (West) 23-28; 2, J Wilkinson (Gala) 23-33; 3, J Brooks (Loch) 23-51; 4, B Potts (Cly) 25-06; 5, P Fettes (OU) 26-25; 6, J Gallacher (OHR) 26-29; 7, D Shiell (Carn) 26-32; 8, J Stevenson (Liv) 26-55; 9, S Burns (Loch) 27-12; 10, J Slowe (GU) 27-31; 11, P Bonner (Cly) 27-48; 12, L Campbell (GU) 27-48; 13, A Miller (Long) 28-02; 14, P Buchanan (OHR) 28-03; 15, R Morris V1 (Carn) 28-09; V2 L Lorimer (HBT) 28-50; V3 P Duffy (Ab) 33-17. **Team:** Glasgow Uni. **Ladies:** 1, E Scott (West) 36-01; 2, P McLaughlin (LV1) (West) 37-44; 3, M Smith (Unatt) 47-42.

July

4

Rubers Law 3.5 HR, Bonchester Bridge, Hawick -

1, H Lorimer (HBT) 29-39; 2, J Knox V1 (Tev) 29-45; 3, C Valentine (Kes) 30-07; 4, J Tulley (Un) 30-19; 5, R Cranston (Un) 31-06; 6, E Rennie V2 (Ab) 31-42; 7, A Shankley V3 (Tev) 31-50; 8, M Canavan J1 (Un) 31-54; 9, L Turnbull (Un) 32-06; 10, R Ray (Tev) 32-08. **Women:** 1, L Knox 47-06.

5

Carlsberg Culter Fell Horseshoe 12 mile HR, Tweedsmuir -

1, A Kitchen (Liv) 1-51-11 (rec); 2, M Rigby (West) 1-58-07; 3, D McGonigle (She) 2-02-07; 4, P Hughes (Loch) 2-03-50; 4, P Clarke (Ken) 2-04-10; 6, W Knox V1 (Tev) 2-04-30; 7, J Nixon V2 (Horwich) 2-04-57; 8, J Coyle (Car) 2-06-13; 9, R Longmore (Sol) 2-06-05; 10, I Murphy (Cly) 2-07-04. **Vets:** 3, J Blair-Fish (Car) 2-07-58; 0/50: D Amour (HHR) 2-15-49. **Women:** 1, H Diamantides (Amb) 2-22-06; 2, J Salvona (Liv) 2-31-27; 3, C Menhennet LV1 (Cly) 2-33-40. **Team:** Carnethy HR.

Kildoon 3.5 mile race, Maybole -

1, D Auchie (Dal) 18-09; 2, D Cooper (Car) 21-50; 3, J Evans (Ayr) 22-52. **Women:** 1, L Conway (Cross) 24-08; 2, L Murdoch (CH) 27-28.

8

Fyrish 5.5 mile HR, Evanton -

1, G Bartlett (For) 36-23 (rec); 2, M Monkton

38-37; R Wilby V1 (Mor) 40-39; 4, E Harwood (HHR) 41-11; 5, M Francis 42-14; 6, S Galbraith (MBI) 42-54; 7, J McDonald (Inv) 43-04; 8, R Winton (MBI) 43-41; 9, J Hewitt (MBI) 44-12; 10, D Reid (EK) 44-38. **Women:** 1, L Hope (Loch) 45-25 (Rec) 2, M Adamson (Inv) 47-03; 3, S Hay (Un) 49-19. **Young athletes:** 1, G Martin (MBI) ; L McDonald (Ev) ; 3, N Tulloch (OCI).

11

Glamais 4.5 HR, Slaigachan, Skye -

1, J Brooks, (Loch) 49-44; 2, I Murphy (Cly) 52-45; 3, J Hey (War) 53-08; 4, D Crowe (She) 54-14; 5, R Robertson V1 (Loch) 55-31; 6, P Hughes (Loch) 55-49; 7, J Hepburn (DHH) 55-54; 8, G Brooks (Loch) 56-41; 9, S Burns (Loch) 56-42; 10, J Murphy (Loch) 57-18; **Vets:** 2, T Rice (Loch) 58-21; 3, C Charlie (DHH) 63-16; **Women:** C Menhennet LV1 (Cly) 62-47; 2, S Hay (HHR) 81-19; 3, H Sele (Loch) 84-35.

14

Whiteash 5.5 mile HR, Fochabers -

1, A Reid (Pet) 30-32 (rec); 2, G Bartlett (For) 31-04; 3, D McGuinness (HELP) 32-29; 4, S Gill (Keith) 33-36; 5, D Cruikshank (For) 33-38; 6, M Wright (Mor) 33-43; 7, P Mathieson (For) 35-08; 8, R Farquhar (Coa) 35-43; 9, A Shepherd (Coa) 37-03; 10, I Cruikshank (Keith) 37-29; V1 D Macaulay (Un) 41-27.

Melantee HR, Fort William -

1, A Kitein (Liv) 28-57; 2, J Brooks (Loch) 30-20; 3, J Wilkinson (Gal) 30-22; 4, D McGonagle (She) 31-41; 5, P Hughes (Loch) 32-17; 6, H Lorimer (HBT) 32-17; 7, I Murphy (Cly) 32-18; 8, J Coyle (Car) 32-22; 9, J Hepburn (Loch) 32-54; 10, R Boswell V1 (Loch) 33-05; V2 W Knox (Tev) 33-32; V3 J Blair-Fish (Car) 34-14; V4, J Shields (Cly) 35-24; **Juniors:** 1, S Cameron (Loch) 33-17; 2, H Hutchison (EAC) 34-52; 3, P Jeffrey (Loch) 35-06.

Women: T Calder LV1 (HBT) 36-35; 2, L Hope (Loch) 38-06; 3, C Menhennet LV2 (Glasgow) 38-13; 4, H Serle (Loch) 45-46; 5, P Ricker (USA) 45-56.

18

Cannich Gala HR, Inverness-shire -

1, R Wilby V1 (HR) 36-20; 2, E Harwood V2 (HHR) 37-56; 3, J Hewitt (Mor) 40-00; 4, R Collins (Inv) 40-57; 5, M McLellan (Tom) 42-05; 6, I Hamilton (Inv) 42-30; 7, I Wheeler (Inv) 43-31; 8, J Moonie (Stra) 44-28; 9, I McAllan (Can) 45-16; 10, T Reagan (Army) 46-38. **Women:** F Fisher (Nai) 48-03.

19

Half Ben Nevis HR, F William -

1, D Rodgers (Loch) 50-33; 2, M Dixon (Loch) 51-42; 3, I Murphy (Cly) 52-54; 4, D McGonigle (She) 54-53; 5, J Cyle (Car) 55-36; 6, R Boswell V1 (Loch) 56-29; 7, J Kirkland (DHH) 56-50; 8, J Williamson (Un) 57-58; 8, J Maitland (Loch) 57-59; 10, S Burns (Loch) 58-16; V2, J Shields (Cly) 59-10; V3 N Bowman (Loch) 59-25; **Women:** 1, L Hope (Loch) 63-00; 2, C Menhennet LV1 (Cly) 65-39; 3, J Farmer (Loch) 66-00; 4, R McLachlan (Loch) 72-00.

20

Cow Hill Two Mile Race, Fort William -

1, J Brooks (Loch) 18-07; 2, J Coll (Car) 18-56; 3, P Hughes (Loch) 19-17; 4, M Thomas (Loch) 19-26; 5, M Violet V1 (Fra) 19-27; 6, S Burns (Loch) 19-41; 7, R Boswell V2 (Loch) 19-47; 8, P Jeffries (Loch) 19-53; 9, D O'Neill (Loch) 20-15; 10, J Murphy (Loch) 20-16. **Women:** A Burley (Fra) 22-50.

25

Highland Games Cow Hill 2 Mile Race -

1, D Rodgers (Loch) 17-37; 2, J Brooks (Loch) 17-55; 3, E Harwood V1 (HHR) 20-23; 4, W Brooks V2 (Loch) 21-02; 5, G Brooks (Loch) 21-12; 6, K McAllister 21-34; 7, F McShane (Cai) 22-31; 8, W Brooks (Loch) 22-53; 9, E Campbell (Un) 23-15; 10, P Dennis (Hel) 23-24; V3 E Orr (Loch) 23-56; **Women:** 1, S McCruden (Man) 36-10.



July

1

Newburgh Five mile RR, Fife -

1, J Brown (ICE) 21-26 (Rec); 2, C Farquarson (HBT) 21-45; 3, D Nike (PSH) 21-56; 4, D Anderson (Kin) 21-58; 5, C Ross (Fif) 22-03; 6, J Freel (Met) 22-06; 7, R Bell (DHH) 22-07; 8, S Ogg (Car) 22-13; 9, I Taylor (Car) 22-14; 10, J Douglas (Car) 22-47; 11, A Davis (Fif) 22-52; 12, R Hanlon (Fif) 22-56; 13, I Stewart (Car) 22-59; 14, W Hutcheson (Anst) 23-15; 15, K Smith (PSH) 23-17; 16, S Kerr (DHH) 23-18; 17, T Graham V1 (Fif) 23-20; 18, D Hamilton V2 (DHH) 23-22; 19, J Holden V3 (Fif) 23-24; 20, J Clarke (DHH) 23-31. **Juniors:** 1, G Kelly (Pit) 24-46; 2, A Milligan (Car) 25-02; 3, W Hargreaves (Car) 25-04. **Teams:** 1, Carnegie 27 pts; 2, Fife 28; 3, Carnegie B 57; 4, Fife B 58. **Women:** 1, M Healy 77 (Pit) 27-08; 2, P Lemoncello 83 LV1 (Fife) 27-29; 3, M Robertson 85 LV2 (DRR) 27-32; 4, J Robertson 88 (PRR) 27-43; 5, A Strachan 104 LV3 (DRR) 30-16; 6, J Baxter 106 LV4 (Pit) 30-21; 7, V Purchase 1-08 (For) 30-55; 8, M Kelly 110 LV5 (Pit) 31-48; 9, S Duncan 111 LV6 (Pit) 31-55; 10, E Wallace 112 LV7 (Fife) 32-04. **Teams:** 1, Pitreavie 293 pts; 2, Fife 308; 3, Anster 360; 4, Kinross 370.

Sri Chinmoy 2 mile RR, Edinburgh -

1, M McQuade (SVH) 9-29; 2, A Ward (EAC) 9-45; 3, R Elliot (HBT) 9-57; 4, C McLellan (EAC) 9-59; 5, A Robertson (Pen) 10-04; 6, B Howie V1 (CPH) 10-08; 7, R Thompson (CPH) 10-13; 8, J Blair (EAC) 10-26; 9, D Baker (EAC) 10-28; 10, J Boyd (Un) 10-29. **V0/50:** D Bauchop (SVHC) 12-45; **Women:** 1, S Bauchop LV1 (Pit) 13-19; 2, B Veitch (Las) 13-57; 3, I Steele (Un) 14-43.

2

Brimmond Hill 4 mile RR, Aberdeen -

1, R Taylor (Met) 21-30; 2, B Moroney (Met) 21-46; 3, C Youngson V1 (Ab) 22-28 (Vets rec); 4, S Forbes (Met) 22-33; 5, P Jennings (Met) 22-43; 6, S Willox (Met) 23-02; 7, D Duguid (Ab) 23-15; 8, R Herries (HBT) 23-22; 9, A Strachan (Un) 23-23; 10, N Kilner (Ab) 23-32. **Vets:** V2 E Rennie (Ab) 24-29; V3 J Burr (Un) 25-03; **Women:** 1, S Langholm (Ab) 25-45; 2, D Jerminson (Ab) 28-20; 3, M Lorimer LV2 (Un)

30-45; 4, K Brown (Un) 33-04; 5, C Blyth (LV3) (Ab) 33-28.

4

Forres HG 10K RR -

1, A Stewart (Ayr) 32-38; 2, J Milne (Mor) 33-35; 3, M McLeod (Inv) 33-45; 4, M Wright (Mor) 34-00; 5, P Shirley (Mor) 34-37; 6, G Mitchell (Inv) 35-04; 7, D Watson (Inv) 35-43; 8, S Pride (Coasters) 36-11; 9, S Reve (Mor) 36-23; 10, P Mathieson (For) 37-01. **Team:** Moray RR 11 pts; 2, Inverness 16. **Women:** 1, L Davidson (Mor) 43-56; 2, J Norgate (Nairn) 44-40;

5

Shiskine Valley Half Marathon, Isle of Arran

1, G Davis (B'end, Wales) 67-31; 2, A Stewart (Ayr) 69-44; 3, S Kerr (RCE) 71-50; 4, B Craig (Irv) 72-42; 5, A Adams (VP) 75-01; 6, I Donnelly V1 (Law) 75-16; 7, G Allsop (Arr) 75-27; 8, T Lawrence (Ary) 76-27; 9, S Worstel (Lanc) 77-18; 10, J Gavin (Fer) 77-23; 11, S Watson (KO) 78-12; 12, G Struthers (West) 79-16; V3, A Sheedon (Irv) 79-39; V0/50: 1, W Spark (Irv) 86-22; 2, C Lythe (GEC) 88-43; 3, I McManus (Irv) 89-35. **Women:** 1, J Byng (Irv) 1-28-11; 2, S Whistler LV2 (Bad) 1-43-41; 3, H Nichols LV3 (Man) 1-47-49; 4, J Sturthers (Un) 1-55-19.

Stonehaven Half Marathon (-500 ran) -

1, J Booth (Str) 70-43; 2, S Axon (HBT) 72-24; 3, D McArra (FVH) 72-42; 4, S Knolls (Un) 72-52; 5, C Youngson V1 (Ab) 73-50; 6, W Adams (V2) (Ab) 74-15; 7, S Cassells (Ab) 75-27; 8, B Anderson (DRR) 75-32; 9, P McGregor V3 (VP) 76-22; 10, J Stewart (Met) 76-49. **Team:** Aberdeen 18 pts. **Women:** M McLaren LV1 (Fife) 1-29-45; 2, C McLaren (Sto) 1-34-55; 3, C Cadger LV2 (PSH) 1-39-54; 4, P Donald (Dec) 1-43-01; 5, A Dudek (PSH) 1-43-17.

Cupar HG 8.5 miles, Duffas Pk -

1, R Hanlon (Fif) 51-34 (Rec); 2, G Mitchell (DHH) 51-59; 3, M McCreadie (Fife) 52-10; 4, A Martin V1 (Fife) 52-56; 5, A Duncan V2 (Pit) 53-07; 6, B Hutchison (Fife) 53-45; 7, G McIntyre (Fife) 53-56; 8, S Borland (DHH) 54-13; 9, I Hornsby (DHH) 54-25; 10, P Baxter (DHH) 54-37. **Women:** L T Thompson (Pit) 63-38; 2, L Campbell (Liv) 75-08.

8

Sri Chinmoy 10K RR, Edinburgh -

1, I Brown (RCE) 30-19; 2, S Cohen (RCE) 31-08; 3, J Graham (RCE) 31-37; 4, K Ranken (FVH) 32-03; 5, G Lightwood (EAC) 32-22; 6, C McLellan (EAC) 32-55; 7, R Thompson (CPH) 33-08; 8, J Barid (HELP) 33-36; 9, C Scott (EAC) 34-19; 10, C Smith V1 (EAC) 34-58; **V0/50:** 1, R Kettles (Lass) 38-53; 2, E McGilivray (Un) 40-01; 3, J Foster (SVHC) 40-07. **Women:** D Everington (Liv) 39-07; 2, M McLean (Por) 41-26; 3, S Bauchaop (LV1) (Pit) 43-44; 4, K Fisher (AP) 44-36.

11

Ross-shire 10K at Muir of Ord -

1, J Bowman (Inv) 32-15; 2, P Baker (Dirch) 33-56; 3, M Monkton (Taun) 34-11; 4, G Bruce (MBI) 34-30; 5, P Shirley (Mor) 34-33; 6, K Prosser (Mor) 34-36; 7, D Bow V1 (Nai) 34-43; 8, G Mitchell (V2) (Inv) 34-49; 9, D Watson (Inv) 35-18; 10, A Ross (Bad) 35-45; V3, G Fraser (Inv) 37-02; **Team:** 1, Inverness H 18 pts.

Women: 1, M Adamson (Inv) 40-57; 2, I Douglas (FVH) 41-42; 3, M Cumming (Ita) 42-21; **Team:** Inverness 246 pts.

12

Scottish Nat 10K RR Champs, Kilmarnock

1, D Donnet (W W) 30-14; 2, M Carroll (Ann) 30-23; 3, T Murray (Cam) 31-26; 4, C Thompson (Cam) 31-46; 5, W Robertson (Bel) 31-59; 6, W Richardson (Irv) 32-11; 7, G Kenny (Kil) 32-35; 8, A Derrick (Cal) 32-45; 9, S Kerr (RCE) 32-56; 10, A Stewart (Ayr) 33-06; 11, D Truesdale (Bel) 33-31; 12, B Craig (Irv) 33-33; L Baker (Ayr) 33-43; 14, G Reid (JWK) 33-51; 15, A Adams (VP) 33-53; 16, M McBeth (Cam) 33-59; 17, G Clarke (SV) 34-02; 18, N Armour (GN) 34-10; 19, J Kennedy V1 (VP) 34-13; P Russell (GGH) 34-24; 21, J White V2 (Irv) 34-39; 22, J McArthur (Un) 34-40; S Leonard (EAC) 35-09; F Cooper (GN) 35-21; 25, H Fenton (GGH) 35-23. V3 S Evans (JWK) 35-25; V4 J Mc Morrow (Moth) 35-48; V5 M Johnstone (Cam) 37-09. **V0/50:** 1, I McKenna (Irv) 40-15; **Team:** 1, Cambuslang 23 pts; 2, I Cable 39. **Women:** 1, D Rutherford (JWK) 36-56; 2, S Kennedy (VP) 39-23; 3, J Byng LV1 (Irv) 40-17; 4, M McLean (Por) 42-06; 5, A Clayden (Hel) 42-10; 6, L Cairns (JWK) 42-33; 7, M Law (Un) 42-45; 8, N Dunlop (JWK) 43-13. **Teams:** 1, JW Kilmarnock 15 pts; 2, Glasgow North 53.

ASDA Dyce HM, Aberdeen -

1, W Nelson (Law) 69-53; 2, F Clyne (Met) 69-54; 3, R Taylor (Met) 71-31; 4, C Youngson V1 (Ab) 71-54; 5, A Neaves (Met) 74-54; 6, W Adams V2 (Ab) 76-47; 7, S Forbes (Met) 77-08; 8, S Willlox (Met) 78-57; 9, I Tack (Met) 79-04; 10, A Strachan (Un) 79-50; 11, F Duiguid V3 (Ab) 80-18; **Teams:** Metro 10pts; 2, Aberdeen 21. **Women:** S Lanham (Ab) 1-42-32; 2, J Scott (Un) 1-39-11; 3, A Cassells (Ab) 1-42-20; 4, N McKinnon LV1 (Ab) 1-43-36. **Team:** Aberdeen 8 pts.

Balgonie 7 mile RR, Milton of Balgonie,

Fife 1, C Ross (Fif) 36-32; 2, I Stewart (Car) 37-51; 3, M McCreadie (Fif) 38-06; 4, B Hutchison (Anst) 38-20; 5, R Mill (Fif) 38-36; 6, B Anderson (DRR) 38-46; 7, J Holden V1 (Fife) 38-48; 8, S Taylor J1 (Pit) 38-51; 9, G McIntyre (Fife) 38-54; 10, D Leggart (J2) 39-16; V2: T



June

20

Scottish School Boys' Championships -

Boys: A (O-17): 100m: 1, C McRobert (Str) 10.9; 2, C Joiner (Mer) 11.1; 3, S Moir (Bel) 11.4; **200m:** 1, C McRobert 21.6; 2, C Joiner 22.2; 3, S Moir 22.7; 4, D Reid (Earl) 22.8; **400m:** 3, Castle (Fet) 51.3; 2, E Craig (ERA) 51.8; 3, C Wilson (Gor) 52.2; **800m:** 1, C Young (Boc) 1:57.8; 2, G Forbes (Boc) 2:01.00; 3, C Spack (ERA); 4, M Cruden (ERA) 2:01.6; **1500m:** 1, M McLaughlin (Holy) 4:03.1; 2, T Winters (St Aug) 4:06.2; 3, J Toner (Stew) 4:09.8; **5000m:** 1, G Browitt (Bee) 15:47.00; 2, M Daley (For) 15:56.6; 3, S Taylor (Buck) 16:01.6; **1000m:** 1, S Dillon (For) 15.3; 2, D Stewart (Bal) 15.4; 3, C Frew (JO) 15.4; 4, M Hendry (StM) 15.5; **4000m:** 1, B Middleton (PL) 56.7; **2000m s/c:** 1, M Gill (St A) 6:21.6; 2, A Casey (QVS) 6:30.5; 3, HJ: G Morrison (Tri) 1.91; 2, D Black (Morr) & B Brown (EdA) 1.80; 4, M Allan (Miln) 1.80; **PV:** 1, M Liu (EdA) 3.50; 2, K McNicol (St A) 3.00; 3, I Gibb (Balerno) 3.00; **LJ:** 1, M McManus (JO) 6.57; 2, E Mc Rae (Ed A) 6.15; **TJ:** D Hepburn (Gr HS) 12.59; **SP:** 1, G Mathieson (Lark) 13.37; 2, C Beveridge (ERA) 12.48; 3, A McKenzie (Inver) 12.46; 4, A Tait (ERA) 12.30; **DT:** 1, C Beveridge (ERA) 40.52; 2, A Lorimer (Merch CS) 37.52; 3, K Kay (S'allen) 37.14; **JT:** 1, J Wishart (A) 31.00; 2, G Broomfield (G'almoud) 47.14; 3, R Homes (Her) 46.92; **HT:** 1, W Thallon (Fet) 27.76; **B (15-17): 100m:** 1, Wallace (Inv) 11.2; 2, C Hopkins (L'hill) 11.2; 3, C Ferri (H'ion) 11.3; 200; 1, C Hopkins 22.6; 2, J Adams (Grange) 22.8; 3, I Wallace (23.00); 4, R Galloway (Kyle) 23.00; **400m:** 1, C Buck (Merch) 51.4; 2, H Kerr (Kyle) 52.3; 3, A Mitchell (PM) 53.1; **800m:** A Young (Boc) 2:00.1; 2, D Roache (Ren) 2:00.7; 1500: A Donaldson (DSMC) 4:12.4; 2, D MacDonald (Perth) 4:13.6; 3, D Hughes (Haw) 4:16.5; 4, M Anderson (Fras) 4:16.8; **3000m:** A Reynolds (Ham) 9:11.4; 2, B Robinson (QM) 9:21.4; **1000m:** 1, G Adams 13.4; 2, D Cotter (Nairn) 13.8; 3, D Ablett (Bor) 14.1; 4, W Little (Ann) 14.4; **4000m:** 1, A Ramsay (Ding) 59.6; 2, K Daily (Hut) 61.8; **1500m s/c:** 1, K Daley (C'mount) 4:30.9; 2, D Gorman (Doug) 4:32.8; **HJ:** M Pate (Boc) 1.90; 2, J Gilhooly (Tri) 1.85; 3, C Noble (Fra) 1.85; **Pole Vault:** 1, S Anderson (Bee) 3.30; 2, M Alberici (ERA) 3.20; 3, A Smith (ERA) 3.00; **LJ:** 1, J Whannel (Clee) 6.43; 2, D Litchfield (Glen) 6.25; 3, H Kerr (Kyle) 6.17; **TJ:** 1, J Whannel 13.25; 2, W Stark (BD) 12.82; 3, R Forbes (Perth) 12.77; **Shot:** 1, D Robb (QAHS) 14.23; 2, D Ablett 13.42; 3, L McIntyre (Lom) 13.20; **DT:** 1, B Robb 43.00; 2, L McIntyre 42.48; **JT:** 1, S Wands (Doll) 48.54; 2, C Smith (Arb) 47.60; **HT:** R MacKinnon (QVS) 51.54; **C (14-15): 100m:** S Fraser (Cull) 11.6; 2, A Wright (Tr) 12.00; **200m:** J Love (GA) 24.00; 2, S Fraser 24.4; 3, P Rowling (VP) 24.5; **400m:** S Toal (Ann) 54.9; 2, M Restick (Crai) 55.8; **800m:** 1, B Hendry (StM) 2:06.2; 2, G Murray (StM) 2:07.8; **1500m:** M Loage (CB) 4:27.1; 2, G Tosh (Car) 4:29.5; **800m:** 1, G Chisholm (Mill) 12.1; 2, D Agnew (Hut) 12.1; 3, R Baillie (Fly) 12.1; 4, Robertson (ESMC) 12.1; D Mc Fàrlane (L'ead) 12.1. **4000m:** R Bellshaw (C'head) 64.2; 2, I Lonnien (Ding) 64.7; 3, C Sommerville (CH) 65.00; **HJ:** 1, R Belshaw 1.72; 2, D Senior (Dun) 1.66; **PV:** 1, R Sinclair (ERA) 2.40; 2, P Clarke (QVS) 2.40; **LJ:** 1, T McNally (Ain) 5.73; 2, A

McAlindon (St C) 5.61; **TJ:** 1, S Addie (Cum) 11.96; 2, A Bendell (Hutch) 11.84; 3, A Macalindon 11.49; **SP:** 1, R Hamilton (EdA) 12.86; 2, R McDonald (Ding) 12.55; **DT:** 1, C Buchanan (GW) 37.42; **JT:** P Fraser (Oldmachar) 46.22; **HT:** S MacKinnon (QVS) 38.10;

D (U-14): 100m: A Lease (Port) 12.1 (cbp); 2, S Campbell (QM) 12.2; 3, R Demarco (StA) 12.7; 200; A Lease 24.8; 2, S Campbell 25.2; 3, P Cumming (Kel) 25.8; 800m: M Coombes (Jed) 2:09.4; **1500m:** J Martin (Ain) 4:45.3; 2, W Fraser (Dum) 4:46.1; 3, P Morris (Dum) 4:46.4; 80H: 1, G McKenzie (C'head) 13.00; 2, C Phillip (EdA) 13.5; **HJ:** 1, B McLean (EdA) 1.58; 2, P Heron (Arb) 1.55; **PV:** 1, M Darroch (StAl) 2.50 (cbp); 2, C Truscott (EdA) 2.30; **LJ:** 1, P Cumming 5.20; 2, P Buchanan (KHS) 5.05; **TJ:** P Cumming 11.06 (cbp); 2, G Ogilvy (Mont) 10.83; **SP:** D Campbell (Buch) 11.25; **DT:** C McHardy (Aiv) 31.54; 2, D Hynd (Ain) 30.46; **JT:** D Campbell 38.24 (cbp); 2, C McHardy 34.20; **HT:** R Givens (QVS) 32.84.

Scottish School Girls' Champs, Crownpoint, Glasgow -

A (O-17): 100m: 1, T Crossbie (StN) 12.3; 2, E Julian (Lou) 12.3; **200m:** 1, E Julian (25.1); 3, S Curmuthers (Green) 25.8; **400m:** S Curmuthers 60.5; 2, L McKenzie-Wilson (Morr) 62.00; **800m:** L McCormack (PreL) 2:19.7; 2, H McVicar (Arb) 2:22.6; 3, E Black (Bear) 2:23.5; **1500m:** 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; **1000m:** T Crossbie 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 McCreddie (Dum) 36.68; 2, S Robin 34.78; **JT:** E Sneddon (Lar) 33.30;

B (15-17): 100m: S Dudgeon (StA) 12.4; 2, S Brown (Larg) 12.5; 3, F Hutchison (JH) 12.6; 4, S Patterson (Lin) 12.7; **200m:** S Dudgeon 24.7; 2, F Hutchison 25.4; 3, M Imrie (W'hill) 25.4; 4, S Paterson 26.00; **400m:** 1, C Martin (A'muty) 59.2; 2, D Allan (GH) 60.1; 3, D Church (Marr) 61.2; 4, M Frawer (Nair) 61.5; **800m:** 1, I Linaker (QA) 2:13.1; 2, G Fowler (E'ock) 2:19.20; 3, C Simpson (For) 2:19.7; **1500m:** 1, K Gormley (ME) 4:51.00; 2, K McNally (Dum) 4:53.8; 3, K Stewart (Gra) 4:56.6; 4, P Gillies (Kil) 4:57.6; **3000m:** 1, H Parkinson (Bal) 10:14.5 (cbp); 2, E Gorman (Dow) 10:48.8; 3, L Shaw (Arb) 10:52.7; **80H:** 1, S Ramminger (Shaw) 12.2; 2, D Wynn (C'mount) 12.4; 3, K Lennox (Morr) 12.4; 4, J Dale (Well) 12.5; 5, K Phillip (StL) 12.5; **3000m:** 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 (C'head) 1.55; **LJ:** 1, S Still (Ellon) 5.53; 2, P Anderson (StM) 5.32; 3, S Ramminger 5.29; 4, J Palka (StM) 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): 100m: 1, 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 (B'ton) 2:25.2; 3, L Frickleton (Bo) 2:25.40; 4, J Forsyth (Dun) 2:26.40; **1500m:** 1, S Hunter 4:52.9; 2, P Crawley (EB) 4:54.70; 3, C Clarkson (O'Machar) 4:58.5; **75mH:** 1, S Moxey (Por) 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 (P'ethen) 4.86; 2, F Rolland (A'muty) 4.75; **SP:** 1, N Dhaliwal (Park) 12.57 (cbp); **DT:** N Dhaliwal 35.98; 2, L Ross (Max) 31.16; **JT:** N Slaven (KHS) 25.92; **Group D (U-14): 100m:** 1, S Caldwell (StC) 13.00; 2, N Hutchison (Bear) 13.1; 3, I McEwen (Boc) 13.2; **200m:** 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; **1500m:** F McNeill (Leeds) 5:55.89; 2, M Morris (BSP) 5:56.66; 3, C Greenhalgh (VP) 5:57.47; 4, M McLaughlin (Cam) 5:58.56; 5, S Baxby (Hull) 5:59.00; 6, S Taylor (Pit) 5:59.54; **5000m:** P Mowbray (EdU) 15:28.72; **1000m:** 1, R Dunn (A'dale) 15.10; 2, D Stewart (EAC) 15.61; 3, S Dillon (MBI) 15.76; 4, A Malcolm (EAC) 16.32; **4000m:** 1, J Murray (Inv) 56.28; 2, D Paisley (Pit) 56.86; **2000m s/c:** 1, M McDowell (Drum) 5:51.50 (cbp); 2, D Sharkey (EAC) 6:08.59; 3, J G Gowans (DHH) 6:14.39; 4, M Kelso (Pit) 6:14.55; 5, G Willis (Ayr) 6:15.27; 6, E Tonner (Kil) 6:15.34; 7, G Browitt (Pen) 6:20.40; **HJ:** 1, S Hughes (Seal) 2.00m; 2, P Haslett (A'dale) 1.95; 3, B Cole 1.95; 4, G Smart (VP) 1.90; 5, A Malcolm (EAC) 1.90; **PV:** 1, D Bonasidki (Fet) 2.709; **LJ:** 1, D Sabinis 7.01; 2, P Martin (U) 6.79; 3, J Gilbert (FVH) 6.79; **TJ:** 1, D Sabinis 13.57; **SP:** S Hayward (Mel) 15.32; 2, G Mathieson (Av) 13.16; **Discuss:** 1, T McMullen (A'dale) 49.20 (NI rec); 2, S Hayward 43.44m; 3, I Park (FVH) 42.94; **HT:** 1, S Thompson (Sun) 56.98; 2, C Edgar (Sale) 55.78; 3, I Park 53.86; 4, I Hay (Spr) 49.56; 5, A Irvine (Border) 47.54; 6, S Dunker (EAC) 44.70; **JT:** 1, A Kemlo (Inv) 48.38;

Youths: 100m: 1, Mackie (Pit) 10.98; 2, J Anderson (A'dale) 11.25; 3, C Ferri (She) 11.36; 4, S Moir (Ayr) 11.39; 5, C Hopkins (Pit) 11.45; **200m:** 1, I Mackie 21.84; 2, J Anderson 22.37; 3, C Hopkins 22.71; **400m:** H Kerr (Ayr) 50.34; 2, C Buck (Merch CS) 51.01; 3, J Goldie (Fid) 51.30; 4, G Forbes (Cly) 51.83; 5, S Craig (She) 52.34; 6, Rae (NSP) 52.58; **800m:** 1, T Whiteside (A'dale) 1:59.03; 2, D Roache (VP) 1:59.82; 3, C Smith (EAC) 1:59.99; 4, C Banks (Lou) 2:03.16; 5, G Smith (Ab) 2:03.64; **1500m:** 1, J Tonner (Kil) 4:03.15; 2, D Connelly (She) 4:06.20; 3, T Winters (EAC) 4:09.61; 4, K Mason (Cum) 4:11.84; 5, M Anderson (FRC) 4:14.70; **3000m:** 1, A Reynolds (Cam) 8:57.88; 2, C Douglas (Kil) 9:01.79; 3, C Clelland (Cam) 9:08.48; **1000m:** 1, G Adams (Ayr) 13.62; 2, M Hendry (Irv) 14.11; 3, D Ablett (CPH) 14.11; 4, P Knapp (Ayr) 14.36; 5, S Rae (A'dale); **4000m:** 1, P Martin (Clee) 54.61; 2, B Middleton (Ab) 55.91; 3, I Hamilton (Cum) 58.26; **1500m s/c:** 1, C Daley (EAC) 4:23.90 (cbp); 2, S MacKay (Inv) 40:25.86; 3, C Curran (A'dale) 4:26.83; 4, G Hillier (VP) 4:42.77; 5, T Coult (Willow) 4:45.89; 6, D Gernell (Avon) 4:48.81; **HJ:** G Morrison (Ren) 1.90; 2, S McKinlay (Pit) 1.85; 3, C Beattie (Sea) 1.80; **PV:** F Anderson (EAC) 3.50; **LJ:** 1, M McManus (Ham) 6.82; 2, D Ritchie (Mel) 6.51; 3, H Kerr 6.46; 4, J Hannel (VP) 6.39; 5, I Hamilton 6.27; **TJ:** J Whannel 13.23; D Ritchie 13.07; **SP:** D Ablett 13.76; 2, L McIntyre (Hel) 13.29; **DT:** L McIntyre 43.76; 2, J Penny (Merch CS) 40.90; 3, D Ablett 40.28; **HT:** 1, A Beattie (G&G) 47.92; **JT:** 1, M McConnell (Ul) 52.16; 2, C Smith (Arb) 50.02; 3, G Broomfield (She) 47.22; 4, S Henderson (CPH) 47.18; 5, R Hislop (Mel) 45.76;

Senior Boys: 100m: 1, I McKinnon (A'dale) 11.78; 2, S Fraser (Inv) 11.82; 3, J Long (Law) 12.02; 4, A Kennedy (Cam) 12.09; **200m:** 1, McKinnon 23.65; 2, S Fraser 24.02; 3, J Love (law) 24.11; **400m:** S Sutherland (Inv) 52.78; 2, J Love 53.59; 3, A Young (VP) 53.76; 4, M Restrick (Liv) 54.30; 5, M Walton (Ayr) 54.79; **800m:** A Donaldson (Pit) 2:01.55; 2, A Young 2:03.55; 3, S Robinson (Car) 2:04.01; 4, M Wright (Tev) 2:07.28; 5, B Hendry (Irv) 2:08.49; 6, A Moore (Cly) 2:09.44; **1500m:** A Donaldson 4:15.55; 2, D Ross (Carl) 4:20.03; 3, R Stewart (EAC) 4:20.10; 4, R Kennedy (A'dale) 4:20.15; 5, G Harris (She) 4:23.72; **800m:** W Stark (Ab) 11.56; 2, M Dobbie (Pit) 12.33; **HJ:** A Smith (A'dale) 1.80; 2, S Templeman (Inv) 1.70; 3, C Lewis (MBI) 1.70; D Wilson (Sea) 1.70; 5, S Hannah

(Merch) CS 1.65; 6, M Findlay (Dum) 1.65; **PV:** D Graham (Arb) 2.55; **LJ:** W Stark 6.31; 2, D Wilson (Sea) 5.82; 3, A Lamb (Pit) 5.79; 4, K McCreddie (Kil) 5.77; **TJ:** K McCreddie 12.05; **SP:** 1, B Robb (Pit) 16.27; 2, I Douglas (Dum) 13.87; **DT:** 1, B Robb 46.24; 2, C Buchanan (EAC) 37.74; 3, HT: N Madison (Sun) 40.22; **JT:** P Fraser (Ab) 47.56

TSB National Women's Under-20 Champs, Grangemouth - Juniors: 100m: 1, K Leys (Ab) 12.48; **200m:** 1, W Young (FVH) 25.52; 2, E Julian (Ayr) 25.62; 3, K Leys (Ab) 25.63; **400m:** 1, D Burden (CG) 57.07; 2, S Carruthers (Ayr) 57.40; 3, L Vannet (Arb) 58.35; 4, C Collins (Aber) 58.42; **800m:** S Wood (EWM) 2:11.75; 2, A Potts (CG) 2:11.77; 3, Y Reilly (DHH) 2:13.95; **1500m:** S Armstrong (Car) 4:42.83; **3,000m:** S Armstrong 10:08.87; 2, H Parkinson (BHS) 10:08.89; **1000m:** 1, T Crosby (CG) 14.89; 2, S Richmond (Pit) 15.11; **4000m:** 1, L Silver (DHH) 61.46 (CBP); 2, F Watt (CG) 64.98; 3, J O'Neill (CG) 65.87; 4, L White (Stew) 66.48; **HJ:** H Melvin (Tro) 1.65; **LJ:** R Irving (Wirr) 5.65; **TJ:** 1, L MacMillan (EWM) 10.97; 2, W MacDonald (C'bridge) 10.84; 3, J Ross (Kil) 10.65; 4, J Gibson (Lass) 10.61; **SP:** 1, A Grey (EAC) 14.26; 2, L Barnett (PSH) 11.43; 3, S Robin (Hel) 11.01; 4, T Johnstone (MBI) 10.47; **DT:** 1, A Grey 44.78 (CBP); 2, H McCreddie (Hel) 38.92; 3, K Thompson (Sun) 33.92; **JT:** 1, L Jackson (EWM) 42.36;

Inters: 100m: S Dudgeon (EAC) 12.48; 2, S Paterson (EWM) 12.60; 3, K Donan (Seat) 12.74; **200m:** 1, Dudgeon 25.27; 2, K Donan 25.86; 3, Paterson 25.90; 4, N Imrie (Ab) 26.15; **400m:** 1, C Martin (Fid) 58.38; 2, D Church (Ayr) 60.17; 3, D Allan (Har) 60.68; 4, M Fraser (Irv) 60.99; **800m:** 1, I Lincker (Pit) 2:11.99; 2, G Fowler (CG) 2:15.87; 3, C Simpson (EAC) 2:16.14; 4, C Ryan (Ulster) 2:17.63; 5, K McNally (NV) 2:19.64; 6, V Clark (Aber) 2:19.96; **1500m:** K Gormley (EWM) 4:47.4; **800m:** 1, C Burr (EWM) 12.36; **3000m:** 1, S Ramminger (Ahr) 44.10 (CBP); 2, L Montgomery (CG) 45.49; 3, F Sinclair (EWM) 46.00; 4, J Gardiner (EWM) 46.42; 5, K Beveridge (EAC) 49.30; **HJ:** 1, L Brown (Loch) 1.74; 2, J Dale (Ayr) 1.60; **LJ:** 1, P Anderson (CG) 5.53; 2, S Ramminger 5.33; 3, S Still (Ab) 5.28; 4, K McNamree (CG) 5.27; **SP:** 1, J Robin (Hel) 11.80; 2, J Lavender (Sun) 11.19; 3, E Garden (Pit) 10.16; **DT:** 1, J Robin 40.24; 2, E Garden 34.82; 3, L Thomson (EWM) 30.52; **JT:** 1, C Mann (Arb) 31.62; 2, A Douglas (Arb) 30.56; 3, M Wilson (ATC) 30.54;

Girls: 100m: 1, G Hegney (CG) 12.73; **200m:** N Hynd (Pit) 26.05; 2, S Orr (CG) 26.37; 3, L McConnell (CG) 26.42; **800m:** 1, S Scott (CG) 2:17.24; 2, L Scott (KO) 2:19.16; 3, P McRae (Carl) 2:19.43; 4, J Ward (Pit) 2:20.77; 5, J Forsyth (Pit) 2:24.03; **1500m:** 1, K Montador (Car) 4:47.4; 2, N Arginer (Carl) 4:48.7; 3, K Scott (Mor) 4:53.9; 4, A Shaw (CG) 4:57.3; **75H:** 1, S Moxey (EWM) 11.95; 2, G Stanway (CG) 12.10; **HJ:** 1, L McConnell 1.60; 2, J Tindal (Fid) 1.55; 3, J Moore (Sea) 1.45; 4, L Shorthouse (Law) 1.40; **LJ:** 1, C Middleton (Ab) 4.56; **SP:** 1, N Dhaliwal (CG) 12.77 (CBP); 2, C McGregor (Fife) 10:06.35; F Hunter (Arb) 10.23; **DT:** 1, N Dhaliwal 35.46; 2, L Ross (NV) 32.00; 3, C Garden 30.96; **JT:** 1, J Walker (LRAC) 29.82;

Minors: 100m: 1, E Lowe (Car) 13.44; **200m:** 1, E Lowe 27.46; 2, P Thomson (EWM) 27.78; **800m:** 1, L Gordon (Ann) 2:30.10; **70H:** 1, L Fairweather (Las) 12.24; 2, G Stewart (EAC) 12.39; 3, F Clasper (Carl) 12.49; **HJ:** 1, K Tollerton (Arb) 1.47m; 2, C Morton (Car) 1.40; **LJ:** L Church (VP) 4.51; **SP:** A Lindsay (L & L) 7.66; **DT:** J Forbes

(Irv) 21.20; **JT:** 1, L Richardson (Dum) 29.38 (BSP); 2, J Stewart (28.72).

TSB National Women's Under-20 Champs, Grangemouth - Juniors: 100m: 1, K Leys (Ab) 12.48; **200m:** 1, W Young (FVH) 25.52; 2, E Julian (Ayr) 25.62; 3, K Leys (Ab) 25.63; **400m:** 1, D Burden (CG) 57.07; 2, S Carruthers (Ayr) 57.40; 3, L Vannet (Arb) 58.35; 4, C Collins (Aber) 58.42; **800m:** S Wood (EWM) 2:11.75; 2, A Potts (CG) 2:11.77; 3, Y Reilly (DHH) 2:13.95; **1500m:** S Armstrong (Car) 4:42.83; **3,000m:** S Armstrong 10:08.87; 2, H Parkinson (BHS) 10:08.89; **1000m:** 1, T Crosby (CG) 14.89; 2, S Richmond (Pit) 15.11; **4000m:** 1, L Silver (DHH) 61.46 (CBP); 2, F Watt (CG) 64.98; 3, J O'Neill (CG) 65.87; 4, L White (Stew) 66.48; **HJ:** H Melvin (Tro) 1.65; **LJ:** R Irving (Wirr) 5.65; **TJ:** 1, L MacMillan (EWM) 10.97; 2, W MacDonald (C'bridge) 10.84; 3, J Ross (Kil) 10.65; 4, J Gibson (Lass) 10.61; **SP:** 1, A Grey (EAC) 14.26; 2, L Barnett (PSH) 11.43; 3, S Robin (Hel) 11.01; 4, T Johnstone (MBI) 10.47; **DT:** 1, A Grey 44.78 (CBP); 2, H McCreddie (Hel) 38.92; 3, K Thompson (Sun) 33.92; **JT:** 1, L Jackson (EWM) 42.36;

Inters: 100m: S Dudgeon (EAC) 12.48; 2, S Paterson (EWM) 12.60; 3, K Donan (Seat) 12.74; **200m:** 1, Dudgeon 25.27; 2, K Donan 25.86; 3, Paterson 25.90; 4, N Imrie (Ab) 26.15; **400m:** 1, C Martin (Fid) 58.38; 2, D Church (Ayr) 60.17; 3, D Allan (Har) 60.68; 4, M Fraser (Irv) 60.99; **800m:** 1, I Lincker (Pit) 2:11.99; 2, G Fowler (CG) 2:15.87; 3, C Simpson (EAC) 2:16.14; 4, C Ryan (Ulster) 2:17.63; 5, K McNally (NV) 2:19.64; 6, V Clark (Aber) 2:19.96; **1500m:** K Gormley (EWM) 4:47.4; **800m:** 1, C Burr (EWM) 12.36; **3000m:** 1, S Ramminger (Ahr) 44.10 (CBP); 2, L Montgomery (CG) 45.49; 3, F Sinclair (EWM) 46.00; 4, J Gardiner (EWM) 46.42; 5, K Beveridge (EAC) 49.30; **HJ:** 1, L Brown (Loch) 1.74; 2, J Dale (Ayr) 1.60; **LJ:** 1, P Anderson (CG) 5.53; 2, S Ramminger 5.33; 3, S Still (Ab) 5.28; 4, K McNamree (CG) 5.27; **SP:** 1, J Robin (Hel) 11.80; 2, J Lavender (Sun) 11.19; 3, E Garden (Pit) 10.16; **DT:** 1, J Robin 40.24; 2, E Garden 34.82; 3, L Thomson (EWM) 30.52; **JT:** 1, C Mann (Arb) 31.62; 2, A Douglas (Arb) 30.56; 3, M Wilson (ATC) 30.54;

Girls: 100m: 1, G Hegney (CG) 12.73; **200m:** N Hynd (Pit) 26.05; 2, S Orr (CG) 26.37; 3, L McConnell (CG) 26.42; **800m:** 1, S Scott (CG) 2:17.24; 2, L Scott (KO) 2:19.16; 3, P McRae (Carl) 2:19.43; 4, J Ward (Pit) 2:20.77; 5, J Forsyth (Pit) 2:24.03; **1500m:** 1, K Montador (Car) 4:47.4; 2, N Arginer (Carl) 4:48.7; 3, K Scott (Mor) 4:53.9; 4, A Shaw (CG) 4:57.3; **75H:** 1, S Moxey (EWM) 11.95; 2, G Stanway (CG) 12.10; **HJ:** 1, L McConnell 1.60; 2, J Tindal (Fid) 1.55; 3, J Moore (Sea) 1.45; 4, L Shorthouse (Law) 1.40; **LJ:** 1, C Middleton (Ab) 4.56; **SP:** 1, N Dhaliwal (CG) 12.77 (CBP); 2, C McGregor (Fife) 1

2-37.16); 4, P Clark (CG) 3219; 5, C Donald (Nel) 3064; 6, C Webster (NV) 3006; 7, K Halliday (NV) 2935; 8, A McKie (Dunfries) 2809; 9, J Scott (Lan) 1269;
Girls Pent: 1, H Clarke (Cum) 2506pts (4.85m; 12.79; 6.57m; 1.39m; 2-38.66); 2, F Hunter (Arb) 2429 (4.75m; 13.34; 10.07m; 1.39m; 2-59.95); 3, L Scott (KO) 2415 (4.34m; 13.40; 6.55m; 1.42m; 2-31.87); 4, T Richards (Ell) 2354; 5, M Zalis (EAC) 2190; 6, M Simpson (Ab) 2185; 7, M Donald (Hel) 2116; 8, L Armstrong (NV) 2047; 9, L Jackson (Law) 2044; 10, P Johnstone (EWM) 1879;
Minor Girls Pentathlon: 1, L Redmond (EAC) 2212pts (4.03m; 13.92; 6.72m; 1.45m; 2-36.86); 2, D McDonald (Boe) 2149 (4.16m; 12.71; 7.46m; 1.45m; 2-59.24); 3, L Livingstone (Cum) 1960 (4.01m; 13.37; 6.03m; 1.21m; 2-37.05); 4, F Clasper (Couth) 1941; 5, C Johnstone (NV) 1870; 6, C McQuade (NV) 1819; 7, C Sutherland (EWM) 1781; 8, C Pirre (Ab) 1722; 9, N Silcock (Law) 1658; 10, V Halligan (FUN) 1653.

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Falkirk Young Athletes Meeting, Grange-mouth -
Youths (15-17): 60: 1, A McDougall (FVH) 7.4; 2, A Bell (FVH) 7.5; 400: 1, D McRae (CRAC) 52.6; 2, A McDougall (FVH) 52.7; 1500: 1, T Winters (EAC) 4-17.6;
Sen Boys (13-15): 60: 1, M Christie (FVH) 8.0; 2, Neil Pogram (Cum) 8.1; 80H: 1, M Dobbie (Pet) 12.4;
Girls (13-15): 1500: C Uffrains (DHH) 5-00.3;
Junior Boys (11-13): 400: 1, B McTaggart (Lark) 62.7; 2, M Rae (Cum) 63.2; 75H: A: R Buchanan (KO) 12.8; 2, G Fullerton (Moth) 13.6; 3, C Hamilton (Liv) 14.8; B: 1, J Oparika (Tay) 13.3; 2, P Stephen (Cum) 13.5; 3, D Hardie (FVH) 14.6; HJ: 1, K Waugh (Liv) 1.50; TJ: 1, J Oparika 10.02; 2, D Hardie 9.60; SP: 1, R Buchanan 9.98; 2, M Russell (CPH) 9.46; 3, P Stephen 9.43; DT: 1, M Russell (CPH) 23.29; 2, R Buchanan (KO) 21.22.

Milnathort Dash, June 25 -

ON a perfect evening for running, 110 runners set out on the Milnathort Dash, an 8.86K course on "undulating" roads in the countryside around Milnathort, Kinross-shire, *writes Terry Quigley*.
 This was the first time for the "dash", which was organised by Kinross Road Runners, and therefore records and personal bests were obtained by all.

There was a large turnout from Fife clubs: Carnegie, Pitreavie AC, and Fife AC, and this was reflected in the results. Other entries included runners from Blairgowrie (DHH), Anstruther, Dundee (DHH, DRR), Perth (PSH, PRR), and Falkirk (FVH), plus a large local turnout (KRR).

Apart from an extensive prize list in all categories, post race catering was of a high standard with tea, sandwiches, and cakes for all.

A majority of the runners said that they had all enjoyed the experience and would return next year.

The first team was Carnegie Harriers. There were prizes (sponsored by The Village Inn) for the first male and female to the top of the first hill: a fairly steep 400m. This was won by A.Kings of Pitreavie AC in 1-14. The first female was P. Lemoncello in 1-18.

Shire Harriers Open Meeting, Aberdeen, July 26 -

TWENTY EIGHT sponsors provided over £1400 worth of prizes at this eighth annual Shire Harriers meeting, *writes Denis Shepherd*.

The international flavour of the Conex Golden Sprint failed to materialise when Elliot Bunney and his Caledon park club-mates failed to turn up.
 This did not prevent their Aberdeen-based club-mate Mark Davidson from returning first-class times of 10.8 and 21.3 to finish ahead of Murray King (Aberdeen) and Stephen Tucker (Shettleston) who both clocked 11.2 and 22.0. Davidson's brother Paul took the junior prize (11.6 and 23.0) while sister Linda took the Northumb long jump (5.87) from junior international Sarah Ramminger (Arb) (5.31).

Other Caledon athletes to show well were Douglas Hamilton and Brian Murray. Hamilton, just returning from injury, was pleased to clear 4.40 to win the JGB pole vault, but Murray had to succumb to his namesake Alan (Kilmarnock) who won the Total Oil 800m by 0.7 in 1-53.7. The other top prize, the GSR Engineering 3000m went to North champion Alan Reid (Pet) in 8-47.4.

International sprinter Louise Paterson took the women's Golden Sprint (12.4 and 25.3) while Aberdeen club-mate Helen Cowe won the discus (46.02) sponsored by Aberdeen City Council, who also provided use of the Chris Anderson Stadium.

Aberdeen intermediates took both the middle distance prizes, Vicky Clark winning the 800m (2-23.4) and Claire Becker setting a club age-group record by seven seconds in the Whyte's Coach tour 3000m (10-35.0).

The youths' events produced top competition. Colin Wilson (Aberdeen) took several scalps to win a close 800m (2-03.2) and schools international Chris Smith (Arb) took the javelin (46.92).

In the younger age-groups, there were hat-tricks for William Stark (Ab) in the senior boys' 200m (24.0), triple jump (13.14) and shot (12.49) and Jonathan Cowie (Moray) in the junior boys' 800m (2-26.8), high jump (1.48), and discus (22.50).

Laura Baikie (Dun) had a good double in the under-11 100m (15.1) and long jump (3.60) while Emma Kindness (Aber) showed remarkable improvement to win the minors' long jump (4.63m).

Forres Highland Games, July 4 -

LAURIE Nisbet (RCE) won the shot (12.19), 28lb weight (21.46) and weight for height (12ft 6in) to take the heavies title from George Cameron (Bad) and Ally Munro (Inv), *writes Denis Shepherd*.

Outstanding track athlete Alan Reid (Pet) who the previous evening had been prevented by a traffic jam from going beyond Aberdeen en route to the Scottish 10K championship race at Meadow-

bank.

He used the energy saved to win the 3000m (8-50.9), 1500m (4-19.5), 800m handicap (2-03.1) and 400m handicap (51.6) - surprising even the handicapper by making full use of his maximum 400m start to hold off your reporter by 0.2 seconds.

Veteran Alan Mackenzie (Forr) proved old habits die hard when winning the 100m handicap (10.8) while Alison Findlayson (Inv) had a hat-trick in the women's 200m (24.7), 400m (61.1), and long jump (5.43) handicaps.

Inverness Highland Games, July 11 -

THE rain arrived at Bught Park just in time for the first events but too late to affect the fast going, *writes Denis Shepherd*.

The Scottish heavy events championship attracted all the top exponents, with Alan Pettigrew (She) taking the Scots hammer (36.26) and weight for height (14ft) to lead from mark Macdonald (Dum) with only the caber remaining.

Laurie Nisbet (RCE) won the non-championship wire hammer (51.82) and 28lb weight (21.48) while Neil Mason (EAC) set a championship best of 14.68 in the shot.

Macdonald made up for not having won an event by scoring three perfect tosses to take the title, enthraling the crowd who had stayed on until 6.15 to see the outcome - long after the other events had finished.

Alan Ross (Inv) was unbeaten in the junior heavy events. He took the weight for height (14ft), 28lb weight (19.70), shot (11.34) and caber.

Danish visitor S. Hunderboel took the North Games 400m title in 52.3 and came with a late run off scratch in the 800m handicap to take third behind Alan Ramage (Inv) (2-00.00) who also won the 1500 (4-33.3).

Former schools international Morven Fraser (Inv) won the women's 800m handicap (2-29.7) and long jump (4.74). Biggest cheer went to special Olympian Donald Tuach (Inv) who won his 200m in 28.9.

Aberdeen AAC took the North Games senior 4x100m trophy - despite not winning the race and not having any seniors in the team!. The three youths and one veteran finished second to a composite team who were ineligible for the award.

Lochaber Games, Fort William, July 25 -

NOT even Sir James Saville could fix the weather - at least not until 3.30pm when the damage to the ground had already been done, *writes Denis Shepherd*.

Despite this, there was a ground record in the high jump where M. Mezik (Czech) cleared 1.90m.

J.B. White (MBI) had three wins in the 100m (12.9), 200m (25.2) and long jump (5.31) while Alan Ramage took the North Games 1500m title (4-18.3)

and 800m (2-09.1).

Your reporter chalked up 50 track wins at Highland Games in the 400m - can someone check?

Sally Condie (Strathkelvin) continued her tour of the Games with a sprint hat-trick (14.1, 27.9, 69.7) while in the heavies, where South defeated North in the inaugural senior match, Scottish champion Mark Macdonald (Dum) won four events - the 28lb weight (22.02), weight for height (13ft 6in), Scots hammer (34.98) and caber. Andrew Shepherd (Inv) won the weight for height (14ft) to break the Ross monopoly in the junior events (shot 10.88, Scots hammer 27.30, 28lb weight 20.30).

Aberdeen, with their biggest representation at Lochaber so far, won both relays although men's anchor man Gary Smith, winner of the youths' 100m (12.8) and 200m (25.8) was kept up to his work to hold off their nearest challengers - the steel band!

Balgonie "7", July 12, Milton of Balgonie -

FIFE AC held the inaugural "Balgonie 7" race, *writes Graham Bennison*. It was the club's 15th promotion of the year so far and was held over traffic-free farm tracks and roads, measuring 6.72 miles.

Fife AC's Craig Ross celebrated his first win since joining the club on June 1, with a clear victory over Ian Taylor (FMC Carnegie) in second and club colleague Mitch McCreadie in third.

Anster Haddie Bill Hutchison ran his last race as a senior athlete to take fourth and will shortly join the ranks of the strong Fife AC vets team.

Margaret McLaren provided further celebration for the home club as she won her third race in consecutive weekends having previously won the Arbroath and Stonehaven half marathon women's titles.

Linda McGill (Dundee Road Runners) took second women's award ahead of Fife AC's most-improved athlete Phyllis Lemoncello, an over-45 vet.

The now customary "after race Fife AC tea" was a cake lovers' heaven with organiser Brian Cruickshank's grannie obviously in serious competition with Dave Francis' auntie who bakes for the Blebocraigs "5" and Cupar "6" events.

Please send your reports to Scotland's Runner, Applejak Studios, 113, St George's Rd, Glasgow G3 6JA.

Hearty performances

EVERY year thousands of joggers and runners all over Scotland raise phenomenal sums of money for many worthy organisations. Yet, despite this, every year an increasing number of charities run into financial difficulty finding that their funds cannot meet with the demands placed on them.

The amount of money generated from major sporting occasions like the ADT London Marathon, the Sport Aid spectacular in the 1980's and, recently, the Macmillan Mile Challenge lead you to believe that there is a never ending supply of money for charities. This, unfortunately, is not the case and most charity groups find themselves in need of increasing funding.

An unfortunate example of this is the Challenger Children's Fund, a little known organisation which assists Scottish physically disabled children and their parents by providing seemingly basic, but vital, commodities such as clothing, toys and even bedding.

The charity which, like so many others, does not receive any government funding, relies entirely on donations and public funding. It covers the whole of Scotland and is based in one office in Edinburgh.

Morag McLafferty, fund secretary, said the fund is keen to encourage runners to run for hand-icapped children.

"It has been quite some years now since anyone ran for the Challenger Children's Fund. We used to have somebody that ran for us regularly and we were happy to provide him with all the necessary materials and running equipment like shirts. We would really like people to start helping us again by running for us.

"There has been a sharp increase in the number of disabled people in Scotland needing help and we would like to help as many of them as we can.

"The trustees of the fund meet twice a year to decide how the money should be distributed. The last time we did this we were inundated with applications for awards and we overspent our fund. Now we will have to restrict applications to once a year."

Most of the charities receive help from relatives or friends of

people who they have helped, and all have good arguments why you should run for them.

Better drugs and understanding of the condition of Cystic Fibrosis has only been achieved with a

Cystic Fibrosis sufferers, like this little girl, could benefit from money raised for the Cystic Fibrosis Trust.



colossal amount of money invested in the Cystic Fibrosis Research Trust over the last 25 years and over £3 million is being spent by the group this year for research and to provide support for CF sufferers.

David Arthur helps the organisation and said the help they receive through sponsored runs has been invaluable.

"At last year's Glasgow Half Marathon alone we received over £1400. It went towards the payment of doctors, physios and nurses. If you write away to our organisation we will provide you with all you need - running vests, sponsor sheets and the like."

Greenpeace is an organisation which campaigns against some-

thing which, over the past 20 years, has concerned a growing number of the population - environmental abuse. The organisation relies entirely on public funding and will not accept donations from any political or commercial group. It is keen to promote the sponsored run and has produced specially packaged sponsor packs for potential runners. Greenpeace running shirts can be bought for a minimal fee.

Oxfam's Race for Life Appeal at the London Marathon helped them mark their fiftieth anniversary with an awesome fundraising effort. In many third world countries the race for life continues even if the London Marathon does not.

The Multiple Sclerosis Society commits £1 million pounds towards research each year and desperately needs help to meet this figure so it can help the 50,000 British sufferers of this cruel disease.

Age Concern Scotland is a charity which helps those who are unfortunate enough not to enjoy a comfortable old age. It ensures that old people across the country are helped as much as they can be, as well as petitioning local and central government to make sure they adopt the same policy.

National Children's Homes already has over 25 specialist projects in Scotland to care for children and families who do not have as comfortable or happy a home life as most of us. Every £1 can be turned into £3 of care.

Sense Scotland faces a marathon task in helping and supporting deaf-blind children and their families. By running in a sponsored marathon or shorter jaunt you can help them in their task.

Similarly, the Glasgow Society for the Education of the Deaf and Dumb helps in the education of such children with the aim of making some of them self-supporting.

The list of charities that need your help is long and many of them can be seen in this magazine.

Those of us who are lucky enough to be fully fit seldom consider the discomfort or pain which others face daily. A small amount of temporary pain while running could mean just a few special moments for these people!

Scotland's Runner takes a look at some of the charities which benefit from the goodwill of runners.

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Having spent a lifetime working, many of them are denied needs as basic as a bath in their own home.

It is to this hard-pressed section of society that Age Concern Scotland directs its efforts.

Age Concern groups visit old people in their own homes bringing important outside contact and a helping hand.

We petition Government and work with local authorities and health boards to see that the needs of older people are not overlooked.

As much as possible we provide cash that can help with anything from funding a day care centre to providing minibus transport for frail elderly people.

**AGE
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Room 6, 54A Fountainbridge, Edinburgh EH3 9PT.
Telephone: 031 228 5656.

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have to
be old to
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Right here in Scotland. "Challenge your colleagues to raise funds for Age Concern Scotland. Ask your company to help by matching the sum you raise. Age Concern Sponsorship forms can be obtained from the address below. We will also be happy to supply you with a free Age Concern Running Vest to wear with pride."



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THE CHALLENGER CHILDRENS FUND

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Tel : 031 - 668 3371

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BETTY'S CLIMBING BACK ...

Three years ago Betty had a massive stroke. She thought she would never be able to walk or talk again. Today she can talk and get about with a stick, she's out of a wheelchair, and last year, as a member of CHSA's Volunteer Stroke Service, she went on an adventure holiday which included abseiling! Betty says "I never thought it would happen. It's been the highlight of my life!"



... EMMA'S NEXT BIRTHDAY WILL BE BETTER



Emma is only one of hundreds of premature babies who need help to breathe. Doctors are researching ways to ensure that the mixture of oxygen and air supplied by ventilators is monitored to supply exactly the correct balance. This is one of many research projects funded by CHSA Scotland ...

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For sponsorship forms, free running vests and
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THE GREENPEACE RUN

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ENTRY FORM

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Greenpeace running vests are available from only £3.50.

Please tick the correct size if you wish to buy one.

() M () L () XL

I enclose my cheque for £..... made payable to Greenpeace for £4.50 entry fee per person and £3.50 for a running vest (if required). If you are applying for more than one person, please include their name and address.

Please return to:

Sue Hollands, The Greenpeace Run, 11 Townhead, Kilbirnie,
Ayrshire KA25 7AZ.
Tel : 0505 - 684453.

GREENPEACE



RUN FOR FUN or RUN FOR FUNDS?

Haemophilia is an inherited blood disorder in which there is a life-long defect in the clotting mechanism of the blood. If untreated it can lead to severe disability. This means constant anxiety, especially for parents of young children.

There is no cure.

The Haemophilia Society exists to CARE for people with haemophilia, their families and those who treat them by providing information, education and welfare support - all to ensure the best possible quality of life.

Funds are urgently required so that the Society can maintain its vital work and we are looking for people to run and raise money on our behalf.

If you would like to RUN FOR FUNDS please contact:

TIM McDONALD
The Haemophilia Society
123 Westminster Bridge Road
London SE1 7HR
or telephone 071 928 2020

☐ Yes, I would like to RUN FOR FUNDS. Please send me further information and sponsorship forms.

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

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

Every year the Multiple Sclerosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

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

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



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
2a North Charlotte Street, Edinburgh EH2 4HR.
Tel: 031-225 3600.



Would like to give this message to everyone running on their behalf in the Diet Coke Glasgow Half Marathon.

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The appeal will create a unit that will serve as an invaluable national resource. By analysing movement patterns it will transform the lives of children with cerebral palsy - it will help them to walk.

Please help us to make this

available for our kids ... and run for them in the Great Scottish Run. Complete the form below and send it to: Freepost One Small Step, London SE 16 4BR, or telephone us at the appeal office today, on 071 - 252 0294.



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