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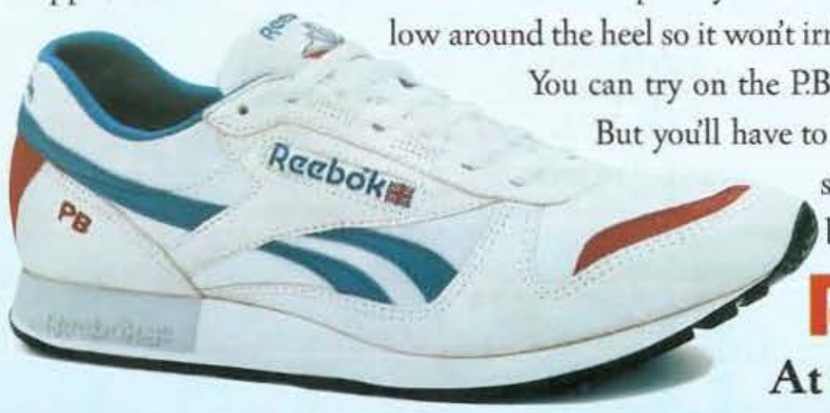
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SCOTLAND'S RUNNER

December, 1988 Issue 28

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Six of the victorious Aberdeen AAC team in Glasgow's George Square after winning the Edinburgh to Glasgow Road Relay.

Photograph by **Peter Devlin.**



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Inside LANE

ON NOVEMBER 13 I attended my first Edinburgh to Glasgow Road Relay Race, sponsored by Barrs Ir'n Bru (work commitments had prevented me from being at others). It was a marvellous experience, and having tasted it once I'll be back for more next year.

I couldn't help thinking, however, that here is an event which is being grossly underplayed by both the governing body, the Scottish Cross Country Union, and also the sponsor, Barrs. Perhaps there is a deliberate conspiracy to keep this classic event a secret, for fear of the public getting to hear about it, but I wonder how such an intriguing race would be covered in other countries. Television coverage? Certainly, I suspect, big licks in the national press.



The Where Is He Now department. See Pages 19-21 for answer!

Even allowing for the prevailing apathy to athletics in the Scottish media, one might have reasonably thought that someone in the SCCU would have taken the time to send Scotland's Runner a simple press release, inviting us to cover the event and giving basic information about the starting time, the route, and the teams taking part. Okay, we can find out this information ourselves, but how much more satisfactory if the leads come to us. We don't expect a free meal or any other special status - just the courtesy of being kept in touch. Yet not an scrap of information was sent to our office.

However, this is not a preamble into an attack on the SCCU for their media relations. Rather it is a basic example of why we have decided to form a separate division within ScotRun Publications to offer a sponsorship, public relations and marketing service to Scottish Athletics. We could carp forever about the way athletics is promoted in Scotland - and have done so over the past 30 months - but now we have decided to take a constructive initiative and offer a professional service to administrators and organisers who, in absolute fairness, have no experience of dealing with sponsors and the media. We have appointed Linsey Macdonald to run this unit on a day to day basis, and look forward to your response to our advertisement in this magazine.

Without embarrassing anyone, another example, in my opinion, of how *not* to treat a sponsor was also evident earlier this month in another famous Scottish road race. The organiser was invited to advertise his event in our columns and came back with the staggering response that he didn't want to advertise because he was frightened of getting too many runners!

I can understand this attitude in a local club race, but not in a longstanding open Scottish fixture which is being backed by a reputed four figure sponsorship. The upshot as far as we were concerned was that the sponsor concerned didn't get the usual free "plug" in this issue of the magazine - and if I were the sponsor concerned I would be asking some questions of the race organiser. Companies usually sponsor events to get a publicity return - if this event is really oversubscribed year after year could it not pass its sponsorship on to another event which needs the backing?

All of this is water under the Kelvin Bridge, however, and through our new development we look forward to enjoying a closer relationship with many elements in Scottish athletics.

Alan Campbell





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Up Front

Kelvin Hall back on the right track after fixtures congress

THERE WAS tremendous news for the Kelvin Hall on the eve of its first birthday this month when it was announced that Britain's premier indoor venue would play host to two exciting internationals early next year.

Until the European Fixtures Congress in Seville earlier this month, it had seemed that the Kelvin Hall was being snubbed in favour of Cosford. A European indoor "Grand Prix" meeting pencilled in for March - which would have been the culmination to a series of ten around the continent had been cancelled by the joint standing committee of the British Board and the Amateur Athletic Association (chairman Ewan Murray), apparently on the grounds of finance and lack of television coverage.

Following intense behind the scenes meetings in Glasgow, Kelvin Hall manager Peter Eadie was dispatched to Seville to try and retrieve an indoor season which looked like containing just one major televised fixture - a rather insipid international against Spain. The clouds well and truly lifted in Spain, however, and Eadie was able to bring back the splendid news that the Spanish match had been replaced with one against the much stronger West Germans, and that another televised fixture - against America and the USSR - has now been scheduled for March 10.

Prior to this announcement, England had been earmarked to meet the USA in a televised meeting from Cosford. The switch is surely a realistic assessment of where the duties lie to *British* athletics considering that the Kelvin Hall is a vastly superior - and custom-built - venue.

Peter Eadie said: "I am absolutely delighted with the outcome. These fixtures will help to enhance our status and show the rest of British athletics, and our foreign visitors, the magnificent facilities available here in Glasgow."

The match against West Germany, again sponsored by Dairy Crest as was the match against France last season, is on January 28.

Kodak, meanwhile, will be the sponsors of the triangular match against the USA and the USSR in March, and the further good news is that the Miller Lite Invitational will be back in Edinburgh in July.

Two particularly attractive looking fixtures in England this summer are the McVitie's Challenge at Birmingham in June featuring Great Britain v USA v USSR v West Germany, and the Dairy Crest men's international against Kenya at Crystal Palace in July.



JUST AS we were getting this issue off to the printers we received a photograph and a short note from Polfren Cottage in Newton Stewart.

"I think I could be 'Galloway'. I run for Galloway Harriers and I do have a beard, but 'heavily built' I dispute. Shame on George Deed for suggesting it!"

'Galloway' was of course the gentleman mentioned in reader George Deed's letter last month. It appears he buys Scotland's Runner regularly and therefore doesn't need the free subscription which we offered, but we'll be making an attempt to persuade him to change his mind!

His name, incidentally, is William Wood, and our thanks to him for taking the trouble to get in touch and include a photograph as proof of identity!

SCOTLAND'S RUNNER

IN THE 30 months since we started publication, the cover price of Scotland's Runner has been held at £1.00 despite the imposition of several paper and materials charges during that period. In July 1987 alone, production costs rose by over 20 per cent.

Following the 1988 price increase passed on to us by our printers, we must now raise the cover price to £1.20 as from the next issue, which comes out on December 22.

We very much regret the increase, but are pleased to be able to hold the subscription rate at £15 in the meantime. Details of how to subscribe, including a free books offer, are on Pages 31 and 58.

Arbroath achievement

ARBROATH AND District AC has become the first club in Scotland to win first place in the men's and women's sections of the Thistle Award Scheme twice in one year.

The club, meanwhile, is holding a tenth anniversary celebration on the evening of December 28 in Arbroath, to which founder members are being invited.

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ABTA

ABERDEEN'S superb Chris Anderson Stadium is up and running - and kicking and scrummaging. The former Linksfield Stadium, which was built at a cost of less than £7000 half a century ago, has been turned into one of country's premier sports facilities with a £1.7m. facelift, *writes Graeme Smith.*

Over the years Linksfield has been variously described as a "White Elephant" and a "Cinderella" with everything from go karting to greyhound racing being proposed to breath some life into it. It consistently lost money and failed to attract large crowds for all but a few events. When the crowds *did* occasionally turn out, Linksfield couldn't cope.

There were even doubts about the length of the running track.

All that is in the past however. As befits the man after whom it is named, the late vice-chairman of Aberdeen Football Club, Chris Anderson, it is vibrant and attracting people through its gates.

At the official opening, Scotland's Olympic gold medallist Allan Wells said the sports facilities were unsurpassed anywhere in Britain. He did say it was unfortunate that the changing facilities and grandstand were not of the same high calibre, but that had to be dictated by the purse strings and will hopefully be remedied in the future.

Cornhill Primary School in Aberdeen are obviously confident. After a recent visit to the stadium they wrote to Aberdeen District Council sports development officer Gordon Naismith saying they looked forward to seeing the next Olympics at the stadium. Perhaps they meant the next but one.

Aberdeen AAC has settled well into the new home and the only problem is finding places to put the growing number of members turning up. Also using the stadium is the Bon Accord Athletic Club for the disabled.

After a dearth of top class competition in the city in recent years a number of major events are on the cards including the Scottish decathlon, heptathlon and relay championships, and the possibility of the British decathlon championships also being held there.

The scope for development at the stadium is huge. Looking to the future, there is a facility to install in the kerbing of the track an expensive electronic light which can pace the athlete around the 400 metres at a predetermined speed. At £27,000 that will have to wait, unless an unexpected benefactor appears, but Aberdeen could still be the first in Scotland with that invaluable training aid.

The stadium has got the best of equipment for competition but Gordon Naismith says they would like to obtain better standard training equipment.

It was perhaps because of the experience at the first opening of Linksfield that the district council decided not to feature cycling at the recent ceremony. Six cyclists were injured during a race and one bicycle damaged on the cinder track. When the council received four letters asking for compensation it decided to make ex-gratia payments of 5 guineas to three of them and 10 guineas to the one whose bike was damaged.

The district council would have been happy to settle for a compensation bill of that size for the latest opening ceremony. On a beautiful day scores of spectators were seated in the newly painted stand to watch the athletic events but by the end of the afternoon must had a glow on their faces from the sun - and red cheeks from the paint!



The winning four man team from Greenock Glenpark Harriers who won the club's first National Cross Country Relay title at Bellahouston Park on October 22. They are (l to r): Hammy Cox, Alan Puckrin, Tommy Murray, and Phil Russell. Michael MacQaid's report is on Page 42.

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Please write to Linsey Macdonald at the address above if there is any aspect of your marketing, press and media relations, or general publicity which you would like to improve.

New sponsorship, public relations and marketing service offered to Scottish athletics

SINCE Scotland's Runner started two and a half years ago, a major cause of concern to us has been the lack of money coming into athletics in Scotland. As of writing this article there is no sponsor for the 1989 Scottish Track and Field Championships, and no major sponsor for the country's premier road race, the Great Scottish Run, to quote just two of several glaring examples.

All four governing bodies seem to have trouble attracting sponsorship. Even the excellent Scottish Schools Athletic Association, which has given its sponsor of the past two years, Girobank Scotland, such a splendid return for a modest investment, finds itself without a backer from next April and is struggling to find another sponsor (Girobank is being privatised and cannot renew the deal).

While many road races and some of the athletics leagues have had commercial successes, the same cannot be said for the clubs - even now that vest advertising is permitted and the sponsor's name can be prefixed to the club's. In this issue we feature Johnnie Walker Kilmarnock Harriers, and other striking examples in this field have been Edinburgh Woollen Mills Southern Harriers and IBM Spango Valley, but the sponsored club is still very much a rarity.

Not a bad thing I hear some of you say, and if that is your view, then fair enough. But there are obviously a lot of clubs who *are*, at this moment, seeking sponsorship.

Another black area is the sponsorship of talented athletes. As our most successful athlete, Liz McColgan, has pointed out, it's okay when you get to the top, but on the way there it seems that nobody wants to know. I would have thought, for example, that Jayne Barnetson and Tom Hanlon are two outstanding young athletes who deserve a modicum of commercial support over the next four years.

Just how much athletics is losing out was most forcibly drawn to my attention when a friend told me that that most traditional of Scottish sports - American Football - is about to receive an unsolicited £15,000 sponsorship simply because the product concerned - milk - wants to run a promotional campaign involving American Football!

ALTHOUGH it isn't something we had previously considered, we have now decided to form a separate unit to offer a public relations, marketing and sponsorship service to Scottish athletics. We believe there is clearly a pressing need for someone to take this initiative.

We are therefore delighted to report that Olympic bronze medallist Linsey Macdonald has been appointed to take charge of the day to day running of this new unit. Linsey, whose track record in athletics needs no explanation to our readers, presently lives in Coventry, but will be returning to live in Scotland in the near future. She previously worked for a time with a public relations company in Edinburgh.

Among the projects Linsey will be working on immediately is a prospective Young Athlete of the Month award scheme, which we hope will be underway in time for the 1989 track and field season. She will also be communicating closely with club secretaries, because, although Scotland's Runner has lambasted other organisations for their public relations, some of our own PR efforts have been lamentable.



Linsey Macdonald will be in charge of the new unit's day to day running.

IN STARTING this venture we are not going to make any extravagant claims for its success. The area of sponsorship is now a highly competitive one, and inevitably the most successful sports will be those which have a wide appeal to the public - *but most importantly can offer something tangible back to the sponsor*. We believe that the growing popularity of athletics makes it reasonably attractive to sponsors (despite the drugs problem), but that athletics in Scotland has not addressed itself to what it can offer the sponsor in return.

Whether you are a governing body,, a road race, a club, an athlete, or whatever, we will be pleased to discuss your needs and aspirations with you. It must be stressed that the new unit is separate from the magazine, and that information given in confidence will be treated as such.

Over the next month we will be compiling a register of organisations and individuals who are looking for sponsorship. Early next year this will be distributed to Scottish companies, and followed up by personal contact. If you wish to be included on this list, please contact us *now* at the address on the opposite page.

Similarly, if you have an event in 1989 for which you require marketing or public relations expertise, let us know.

When writing to us, give as much detail as possible about the type of sponsorship you require and what you can offer in return. If a cash figure is involved, give us that figure. In the case of marketing and public relations, make it clear what your objectives are.

Alan Campbell

A Tale Of Three Cities

Story: Alan Campbell — **Barrs Edinburgh to Glasgow Road Race** — **Pictures: Peter Devlin**



Tom Hanlon, well out of 3,000m steeplechase country, gives Gary Grindlay and ESH the lead with 26-56 for the 5.5 mile first leg.



But it's guests Central Massachusetts Striders who get to Broxburn first. Alan Puckrin pecks up Greenock Glenpark with 29-32 for the 6 miles.



Disaster for CMS - their man is injured! Ray Cresswell runs a record-breaking third leg for Aberdeen (24-52, 4.7 miles) to give David Duguid the lead.



Duguid (28-35 for 5.3 miles) hands on safely to Graham Milne. Well behind, Andrew Walker of Teviotdale has run the fastest leg (27-48).



It's pie and pint time at the Forestfield Hotel as Milne gets Fraser Clyne away. Milne has run 28-04 (5.5 miles) while EAC's Ian Archibald records 27-37.



Clyne hands over to Simon Axon, having maintained Aberdeen's lead with 34-09 for the 7 miles. John Robson brings ESH into second with 33-15.



Just for a change, here's Cambuslang's Martin Gorman handing over to Andy Beattie. Fastest seventh leg was from EAC's Graham Harker, with 25-50 (5.5m).



Colin Youngson took the baton from Simon Axon, and held off the challenge of ESH's Alan Robson on the final leg. Beattie ran the 5 miles fastest in 27-43.

Roll of Honour

1. Aberdeen AAC 3-49-08
2. Edinburgh SH 3-49-29
3. Cambuslang H 3-50-47
4. Edinburgh AC 3-51-12
5. Massachussetts 3-53-49
6. Falkirk VH 3-54-57
7. Dundee HH 3-55-32
8. Teviotdale H 3-55-45
9. Fife AC 3-57-27
10. N District 3-59-08

Most Improved Team: Ayr Seaforth

Conclusion? A great race with Aberdeen's depth giving them their second win in three years. Well done, too, to Ayr Seaforth.

Letters...

Please send your letter, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Ill-informed statements

4, Glenbervie Place, Summerston, Glasgow.

SIR - Of the many gratuitous and ill informed statements and criticisms made in the Tony Linford article in your last issue, I am compelled to reply to one in particular.

Was it really necessary to choose a particular athlete to make his point concerning selection when others fall into the same category? Why not say faster athletes were available as he does with the Neil Tennant example?

The answer of course is, he could not. Yet his ignorance of the facts does not stop him from implying the athlete's unworthiness and the selectors' incompetence.

Selectors have no need to justify selections made outside the top six, top ten, or whatever, when they have certain knowledge of who is available and who is not. Neither do they have a copy of the September rankings in June. It happens all the time, for many reasons, that the top athletes are not available.

Our best three women (*not* girls, Tony) seldom run in minor internationals, and five more are domiciled in England and are involved in other competitions. All eight have the benefit of better competition. Where does that leave us?

Commendably, both womens and mens selectors often choose minor internationals to encourage uncapped talent. Tony criticises the selectors for making just such a decision, yet two paragraphs earlier he complains about the lack of opportunity for what he calls "fringe" athletes. Confusing?

In fact, the selection of the East v West winner and one of our best domestic athletes was no surprise and was not made over someone in the "top ten" who was faster *and* available at the time of selection.

How ungallant to point the finger at another athlete and embarrass her in this way. An apology would not be out of order.

John Innes' fine reply is too kind to state the obvious. Tony's tour de force is in suggesting how already hard-working officials can put right the shortcomings of Scottish athletics (as seen by Tony Linford).

It seems that no one is safe from Tony's pen. Officials, the "established framework", and now the athletes. Let's hope we can all get it right before he returns to England (let's hope it's soon).

Sorry Tony, your article is anything but constructive, and not worth the space it was given. It's deeds that are required, not rhetoric. Try finding a consultant who can treat the "Squid Syndrome" (hiding behind clouds of ink), and maybe you'll feel better about Scottish athletics.

William H. Parker

Yvonne Murray would be more successful if she followed a better suited racing programme

Marchmont, Edinburgh.

SIR - No one would wish to detract from the great achievements of Liz McColgan and Yvonne Murray in Seoul, but before we produce a nation of runners frightened to compete, I should like to take issue with comments made by your correspondent in Seoul. He attributes their success to the fact that this year they followed light racing programmes, alien to their natures.

In McColgan's case, she followed a heavy road racing programme, during which she set world bests at 5K and 10K, by about ten track races (only three fewer than 1987). As these included two 5,000 metres, a 10,K metres which was a new Commonwealth record and made her the third fastest ever over that distance, plus four 3,000 metres races it could not be described as light. She also won the Grand Prix 5,000 metres final. Despite Bondarenko's Olympic gold, McColgan could fairly be described as the most successful long distance runner of 1988.

In Murray's case, there are good arguments for suggesting that if she followed a racing programme more in tune with her nature, not only would she have been as successful in Seoul, but she might even have achieved a better medal in the 3,000 metres and a medal in the 1500 metres as well.

Firstly in Stuttgart 1986, her great run behind a Russian and a Rumanian (vis Seoul) won her the European bronze, put her 25th on the all-time list, and made her the second fastest 21 year old of all time. Following a similar programme in 1987, she showed that come the World Championships in Rome she would have the ability to run around 8-30 for the 3,000 metres, and four minutes for the 1500m. Unfortunately (for her running, not for herself) love intervened and the World Championships were disappointing by the high standards she had set.

Secondly in Stuttgart, Samolenko was fifth because of the fast pace set by Budd. Formerly when the pace dropped, Yvonne Murray would have had the confidence to take the race on. Doing this in Seoul could have destroyed the others' finishing kicks and led to a silver or gold.

Until this year Paula Ivan's development mirrored that of Murray very closely. Following the type of programme natural to them both, she won gold and silver in Seoul, became the second fastest ever over 1500 metres, sixth fastest over 3,000 metres, and won the Grand Prix 1500m title and the overall title. For her, a heavier racing programme made her the world's top middle distance runner of 1988.

Lastly, I would like to say a word in Tom McKean's defence. From the time he appeared on the international scene until after Yvonne Murray's bronze, there was no word of him being unable to follow the race plan agreed with his coach - and if I remember rightly, journalists in the past have praised the fact that he and his coach practised the art of fighting his way out of the type of position he found himself in in Seoul.

J. Brown



Claimed!

34, High Street, Dollar, Clackmannanshire.

SIR - In the feature "Picture Special" in the November issue of Scotland's Runner you published a photograph and offered a year's free subscription to runner number 97 in the Aberfeldy Half Marathon. I was that runner and I would be pleased to accept your offer.

My current subscription expires this month and I was about to renew it, so that the November issue was a particularly pleasant surprise. Thank you very much.

I enclose my answers to your 1988 Road Race Survey and a letter with some thoughts on road racing in Scotland and the issues which you have raised.

I. W. MacLachlan, Central Region AC.

Letters...

Media conspicuous by its absence

11, Battlefield Gardens, Battlefield, Glasgow.

SIR - The recent Glasgow Half Marathon was an extremely enjoyable experience and everyone involved from the race director down must be commended for their efforts which were greatly appreciated by all runners. Another resounding success for the city and her people.

Unfortunately, the media treatment of this "Carnival of Fun" was conspicuous by its almost total absence, so perhaps next year's route should be a number of laps round a green baise covered table in a plush hotel with alcohol and tobacco heavily promoted.

Both television companies and newspapers alike appear to be more in favour of highlighting half a dozen or so of the richest sportsmen hanging over a table surrounded by blatant advertisements for alcohol or tobacco, rather than rewarding the efforts of thousands of ordinary people promoting health, fitness and fun.

My personal opinion is that if the media provided reasonable coverage of the event, then the number of participants would return to those of a few years ago and Glasgow could again stage a full marathon.

William Taylor

Highland Games 1

29, Braehead, Beith.

SIR - I completely agree with Alan Puckrin on Highland Games. Bridge of Allan Highland Games is one of the best around, and should be supported.

Sadly, there seems to be a lack of heavy event athletes coming up from the grassroots, but Highland Games, at least in most cases, do include running events as well as heavy events.

Almost every year I go to Brodick Highland Games on the Isle of Arran. Although no road race is held, there are open events fore all age groups and the event is indeed very enjoyable for all the family. If well supported, good Highland Games can only get better.

If only the SAAA would stop being so concerned about looking after the top superstars, who apparently seem to do very well indeed, and look down the ladder more often! If only the Scottish Games Association and the SAAA could sort out their differences and make athletics more open! Would this not be a move in the right direction?

James A Swindale

Highland Games 2

25f, Cowane Street, Stirling.

SIR - On the subject of Highland Games, some of the handicapping in the road races seems a little strange (I am not enough of a student of form to comment on the handicapping of other events), perhaps due to the complication of the standard SAAA form often used - I found myself unable to fill it in properly for this year's Strathallan Games because I lost last year's diary! The only information really required is the runner's personal best and when it was set - whoever improves his or her time by the biggest percentage to take the money.

Such a system is not perfect, though I think the risk of handicap bandits holding back on all courses except Stonehaven or Blairgowrie can be discounted. However, it would simplify the preliminary work for the organisers and it does tend to favour the less experienced entrants - neither of which is a bad thing.

John Dickson

Further letters appear on Page 56

A fine time had by all in Portugal!

11, McMillan Crescent, Beith.

SIR - I am writing to tell you that my prize-winning trip to the Algarve was a great success and much enjoyed.

Thanks to your fine magazine all of the organisation went without a hitch and the race itself - the Algarve Half Marathon - proved to be an enjoyable experience although the temperature was a bit on the warm and dry side for late October!

Although I had hoped to finish the distance in under one and a half hours, the change of climate took its toll and I came in at the finish three minutes behind my target.

I enjoyed my first taste of Portugal and will definitely make an effort to return there in the future.

Once again, please allow me to express my sincere thanks for all of your kind assistance. If nothing else, I hope my experience will serve as an added incentive for your many readers to keep buying your publication... and keep up the training!

John Simpson

WE'RE DELIGHTED John enjoyed his trip. Despite the efforts of certain people in the Aberdeen area to impose a news black-out on how the 20 Scots behaved in Portugal, we can assure readers that a report of the trip

Scots were not advised how to go about entering for London Marathon

3, Arran View, Stewarton, Ayrshire.

SIR - As a marathon and half marathon runner (one marathon and six half marathons a year) with reasonably good finishing times, and having run in the London Marathon once before, I was looking forward to taking part in the preliminaries associated with the 1989 London Marathon.

I did not know when the closing date for entries was, but I realised that time was running short and I therefore phoned the marathon organisers to establish the relevant dates and to obtain an entry form. I was very disappointed to discover that the closing date had long passed, i.e. October 6. The lady who answered the London Marathon telephone assured me that extensive advertising took place not only in the national press, but also in all the athletic magazines, and that forms were also readily available at TSB branches.

It was the first I had heard of it, and I can't help wondering how many other individuals like myself have been left at the starting post in this manner (I know of three others!).

I cannot be 100 per cent sure, but I do not recall Scotland's Runner carrying the advertisement - did you?

Alistair R. Bryce

NO, WE didn't carry an advertisement, and furthermore we believe that the position is the same with the other running magazines, despite the assurance given by the London Marathon spokeswoman.

However, a very efficient lady acting for the new sponsors, ADT, has promised to attempt to rectify the position next year. In the meantime, ADT have offered some free entry places to Scotland's Runner, and these will be made available in a competiton next month - so, disappointed readers like Alistair Bryce should, as they say in the jargon, watch this space.

It is interesting to note that the agency which placed the London Marathon advertisements in the "national" press told the sponsors that these covered 90 per cent of the population. Interesting because when Saatchi and Saatchi represented the Conservative Party they also had trouble getting the message across to the other 10 per cent - Scotland!

Letters...

What detail of information is required by readers?

21, Bogton Avenue, Muirend, Glasgow.

SIR - Having contributed the details for the Events Diary and Results columns since Issue 1 of Scotland's Runner appeared in June 1986, I have read with interest the letters from readers relating to the contents of these two sections of the magazine.

I have restrained myself (on some occasions with great difficulty) from writing to the Editor after reading some of the Readers' Letters on these subjects. The Events Diary has received requests for the starting times of races (so that the athlete concerned will not waste his time by arriving too early) and statements that the telephone number of race organisers should be included as well as their name and address.

What detail of information is required by readers? Don't they have any degree of satisfaction when mens and womens leagues, open events, Highland Games, graded meetings, road races, hill races, schools events, championships and internationals are all brought together in the one listing - something available nowhere else in the country except in Scotland's Runner each month.

As to the Results pages, it seems that no matter the number of events and meetings covered each month it is always the one that is not detailed that raises the comments in letters. It should be realised that during the peak periods of May and June each summer there are often over 20 athletic events on each weekend in Scotland (sometimes approaching 30 at the busiest time).

I attempt to report on all the events listed - and usually achieve a high percentage rate of success. In so doing I have to rely on a large number of willing friends throughout the country who collect results for me and send them on by letter or phone after the event is over. After all, I can only attend personally one event each Saturday and Sunday to collect results.

Readers seem to assume that race organisers send fully detailed result sheets to either me or the magazine office, and that when, "only the first three, first veteran and first lady", are listed it is a case of censorship.

I wish that race organisers *did* send full results sheets! With very few exceptions the way to get results for inclusion in the magazine is to phone or write to organisers for details. While asking for full details I am often only given the, "first three, first veteran and first lady", so despised by Graham Bennison of Fife. Often the prize list details (sometimes without times) are all that is available and the organiser regards it as too much trouble to look up recording sheets for further details.

I am keen to supply *full details* of all athletic events in Scotland. If improvement is desired, then more help is required from you readers - competitors, officials, and spectators - who can obtain a greater level of results at events.

In the week prior to the event, please contact me at the above address or phone me at 041-637-9243 to arrange information from races you intend to attend.

Mr Bennison stated in his letter that there was, "a need for more results as expressed by readers Milliken, Lindsay, Deed and Workman in the April Letters column." Let's have some cooperation from these four readers, and also some results. Then I'll believe they're serious in wanting results. Help me get results and they will be printed!

If the level of detailed results improves over the next two or three months, then you (the readers) will have proved helpful and supplied greater levels of information. If they remain the same, then many so-called complainants are not willing to put any extra effort to support their desire for an improved Results service.

As a test of the comprehensive level of Results this month, examine the details of meetings covered and state what is not covered to your satisfaction. Then ask yourself - how can I help improve the level of information supply?

Colin A. Shields



National relays... well covered this month but we need readers' help in getting detailed results from all events says Colin Shields

More event information please

41, Dawson Road, Broughty Ferry, Dundee.

SIR - Could I say that I enjoyed very much reading George Deed's letter in the last issue, and agreed with virtually all the points he made, particularly regarding Glasgow and women in sport.

There has also been a marked improvement in Scotland's Runner over the past couple of months. At one point it appeared to be losing its way, but is definitely back on the rails now.

I would raise one point, however. Last year your Events Diary was superb, and justified buying the magazine for this alone. This year names and addresses of organisers have, in the main, been omitted, which has made it much more difficult to enter "new" races. There may be a reason for this, but why not run a classified section? It would surely prove well worthwhile for most organisers to pay £5 or £10 to advertise, and they would easily get their money back in increased entries.

David Robertson

(BOTH LETTERS are looking at the same issue from opposite viewpoints, so perhaps it is apt that I should make some comment.

Firstly, I would like again to place on the record the magazine's appreciation for the service Colin Shields provides. All his compilation is done in the evenings and at weekends, and has to be fitted around many other commitments to athletics.

Nevertheless, we accept that readers are looking for even more information.

Colin has indicated the way forward for results, but events information is in the hands of the organisers themselves.

As David Robertson points out in his entirely reasonable letter, organisers would get their £5-£10 back in entry fees by placing small classified advertisements.

I know old habits die hard, but perhaps organisers should now be considering this option to both improve the numbers entering their races and the service to their customers in general - Ed)

Falkirk's Runners



Name: Bruce Walker
Town: Troon
Age: 42
Status: Married
Job: National sales manager
Club: Troon Tortoises
Time in race: 1-40 (stopped to help an injured runner)
PB: 1-26 (Lincoln)
Shoes worn: Nike Pegasus
When did you start running: 1983, after twin brother died. Wanted to raise money for his hospital.
Favourite distance: Marathon
Average weekly mileage: 45-50
Plans for 1989: To run London Marathon
Comments on race: One of the biggest in the UK. Seem to have the finish sorted out now - no more queues.



Name: Jacqueline Thompson
Town: Glasgow
Age: 25
Status: Single
Job: Recreation attendant
Club: Glasgow AC
Time in race: 1-29
PB: 1-26 (Luddon 1987)
Shoes worn: Reebok GL1600
When did you start running: 1982
Favourite distance: Marathon
Average weekly mileage: About 40
Plans for 1989: Hoping to do the London Marathon in under 3-10
Comments on race: Hard and hilly!

Women in SPORT

IN AUGUST Paula Fudge decided to turn down her Olympic marathon place. Although her parents were quite happy to look after their four-year-old grand-daughter while she was away, quite admirably Paula decided that Rachel came before a trip to Seoul, especially as she was due to start nursery while the Olympics were on.

Therefore it was with some amazement, and a lot of disgust, that I read a small article in Joan Burnie's column in the Daily Record, before the Olympics, saying that Paula Fudge had decided not to go to the Olympics because Rachel had burst out crying when she realised her mother would be away for some time. Joan Burnie then went on to call Rachael Fudge a "spoilt brat", and then wrote a further piece about a lot of women undermining the abilities of men as fathers thinking they are a poor substitute for an absent mother.

Quite incensed at the unfair label Ms Burnie had stuck on Rachael, obviously without a grasp of the full facts surrounding Paula's withdrawal - or indeed with no knowledge of the Fudge family and their circumstances - I wrote to Paula enclosing the article, knowing it was highly unlikely that she would get the Daily Record down south. I felt she should be aware of what was being so publicly said about her family and that she should at least have right of reply, if she wanted it, to put the Record straight, so to speak. With Paula's permission, I now reproduce a letter she sent back to me.

Dear Fiona,

Many thanks for your recent letter with newspaper cutting. It was kind of you to think of me and give me the opportunity to reply if I liked.

I think, however, people not involved in athletics do not understand how it is to prepare for a marathon, especially the mental aspect. I feel these people do not deserve an answer as they have not taken the person's situation into consideration.

Rachel is far from a spoilt brat and I bring her up very strictly. Like yourself I am a family person and put them first with my international career second. This time athletics had the thumbs down with no regrets.

I still enjoy my running and fitting it in with my family commitments and trust you are able to fit some form of training in as I know how therapeutic it can be with having children.

Thank you again for your kind thoughts.

Yours in sport,
Paula Fudge

Did Joan Burnie seriously think that a child's tears would stop a world-class athlete from going to the Olympics? If we mothers were guided by our childrens' tears and tantrums we would never give them a bath, get them off to bed at the right time, go to the pictures once in a while, or attend cousin Bella's wedding, never mind compete at the Olympics.

While going to nursery is a big step for a child, it is also a very important milestone in the life of the mother who has been with the child almost constantly since birth. In August I had one child starting school and another beginning playgroup, and I do not find it at all surprising that Paula Fudge wanted to be at home when Rachael started nursery. As for undermining the ability of men to look after their offspring, did Ms Burnie really think it was just a matter of Mr Fudge going to his employers and saying: "I need time off. The missus wants to go to Seoul for three weeks."

It is not, as anyone with any comprehension of athletics or any other sport realises, a matter of nipping into Seoul, running the race, and catching the next flight out again. As Paula highlighted in her letter, the mental aspect of preparing for the Olympics is vital. How could she have possibly done justice to the mental preparation necessary to undertake a marathon if she was spending her time in Seoul wondering how Rachael was getting on and whether she had settled at nursery or not?

The problem of mothers having to leave their children to go to major championships is something that is relatively new in athletics, although, to take one example, Fanny Blankers-Koen in the 1940's competed at a high level after giving birth. But this problem must surely be on the increase as it becomes more and more apparent that athletes do have a high quality sporting life after the "peak" of 25 years old. Taking into consideration the well-documented idea that women do in fact run better after giving birth, along with the fact that a great many women are having children later in life, then we are no doubt going to find greater numbers of women in Paula Fudge's predicament.

Where the mother has the role of looking after the children and she is picked for a major championship (which perhaps entails a necessary acclimatising period), or indeed the Grand Prix circuit is beckoning, then the childrens' welfare does present a great problem especially when there is an important milestone in the child's life like starting playgroup/nursery/school or even a birthday, which, according to my brood, is the event of the year - stuff the Olympics,

If Paula was quite willing to sacrifice an Olympic place for her child, why should it bother anybody else?

Commonwealth Games, Hearts winning the league (no I don't think so Steve). Visions come to mind in the future of the British athletics team boarding a plane to the next Olympics with as many children as athletes and as many nannies as officials.

People, of course, have different attitudes, and while leaving a child to go and compete may not pose any problem whatsoever to one mother, another mother, like Paula Fudge, might well find it a dilemma. If Paula is quite willing to sacrifice an Olympic place for her child with no regrets at all, why should it bother anybody else?

Paula would probably say I am wrong in assuming she faced a great dilemma. I do not think there was any weighing up of Rachael against the Olympics. In a nutshell there was no contest, literally and metaphorically!

MANY CONGRATULATIONS to ex-British and Scottish 800 metre runner Anne Purvis and her husband Ian on the birth of Diane and Stewart on September 27.

A couple of years ago when we phoned each other we'd natter on endlessly about training sessions and injuries. Now it's all breast feeding, sore nipples and the best kind of nappies to buy. Athletics never gets a look in!

Fiona Macaulay

Falkirk's Runners



Name: Kenneth McKinnell
Town: Kilmarnock
Age: 32
Status: Married
Job: BR maintenance engineer
Club: Louden Runners
Time in race: 1-45
PB: 1-44 (Irvine Valley Half)
Shoes worn: New Balance 312
When did you start running: 1986 - to lose weight
Favourite distance: Half Marathon
Average weekly mileage: 30 miles
Plans for 1989: To run as many races as possible
Comments on race: Quite good. Water stations, especially the first, could have been better though.



Name: Mark Selwood
Town: Falkirk (originally from Leicestershire)
Age: 37
Status: Married
Job: Electrician
Club: Not as yet
Time in race: 1-26-01
PB: 1-23 (Ayr last year)
Shoes worn: New Balance
When did you start running: 1983. I'd been ill for 14 years before that then got an operation on intestines
Favourite distance: Half marathon
Average weekly mileage: 25
Plans for 1989: Hoping to get into London Marathon
Comments on race: One of the better organised. I enjoy wet conditions better than hot and thoroughally enjoyed it.



Name: Irene Wilson
Town: Strathaven
Age: 37
Status: Married
Job: Housewife
Club: Strathaven Striders
Time in race: 1-42
PB: 1-36 (Inverness this year)
Shoes worn: Brooks Nexus
When did you start running: 1985, to join husband
Favourite distance: Two Bridges (36 miles)
Average weekly mileage: 35-40
Plans for 1989: To do more long distance races as don't reckon I can get much faster
Comments on race: Hated the hill! Never get a good time at Falkirk but it's well enough organised.

Focus On: Glasgow

GLASGOW has not been renowned in the past for its sporting facilities. The public sector, perhaps mindful of pressing social and housing problems, has been slow to provide its citizens with recreational opportunites - until the past five years, that is, when athletics in particular has been the benficiary of funding from Glasgow District Council and other public agencies.

Apart from the Kelvin Hall, the city now has its own tartan track at Crownpoint Road, near Bridgeton Cross. Opened in 1986, the venue got its first major recognition in the summer when it hosted the Scottish Championships, and although spectator and media facilities are not yet properly in place for a really major meet, the intimacy of the atmosphere is a plus point (provided it doesn't rain!).

Prior to Crownpoint Road, the major sports centre in Glasgow was Bellahouston, built 21 years ago. Bellahouston is situated in the park of the same name - although, surprisingly to outsiders, it is not the home of famous Glasgow club Bellahouston Harriers.

Two new sports centres, aimed at servicing those parts of the community which are deprived of facilities, are expected to open in the next year, - at Easterhouse, and Castlemilk. A third at Sprinburn, opened this month.

Glasgow's recreation officer is Frank Clement, now 36 and seemingly slimmer than when he was one of the world's outstanding 1500 metre runners and milers in the 1970's.

The pinnacle of Clement's career, apart from a tremendous Europa Cup 1500 metre win in front of a "home" crowd at Meadowbank in 1973, was his fifth place in the Munich Olympics in 1976 (when New Zealand's John Walker took gold.) With John Robson also at his peak during this period, and Graham Williamson along with Steve Cram the most promising junior of his generation, Scotland was enjoying a golden period in 1500m and mile running.

Among the aims of the recreation department are:

1. To maximise the use of existing facilities
2. To get more people involved in sport and recreation
3. To improve opportunities to participate (in association with governing bodies and the Scottish Sports Council)
4. To organise a comprehensive events programme as part of the "Glasgow's Miles Better" image.

A grants scheme, with money available for capital costs and coaching, is administered by the district council. "We want ideas from the clubs," says Frank Clement. Point taken?

Among present schemes are sports development projects - whereby staff and facilities are earmarked for a particular sport. The swimming development programme is underway with a pyramid structure being used to nurture and develop talent. At the first stage there is a "learn to swim" programme, with youngsters being channelled into clubs and the most promising receiving specialised coaching. The programme is run in conjunction with swimming clubs and the Scottish Amateur Swimming Association, and has the advantage of both increasing participation and eventually raising standards at the top. Orienteering and gymnastics will be the next sports to benefit.

Athletics had an innovatory scheme in operation at the Kelvin Hall during the spring and summer, but unhappily the political dispute over employment training brought it to a premature end.

The Glasgow Athletics Development Scheme was based at the Kelvin Hall and at its peak 600 kids a week were being given rudimentary coaching in the sport. As expected, some exciting new talent was being unearthed. An indication of the commitment from the public sector is the Frank Clement and the council are now looking for a £50,000 sponsorship to get the scheme back on its feet.

Finally, some 1300 athletes used the council's sports injuries clinic last year, and in a few months it will be moved from its present rather isolated position in Glasgow Green into the Kelvin Hall - adding another string to the Arena's bow.



A youthful Frank Clement in a familiar 1970's pose - breasting the finishing tape for Bellahouston, Scotland and Great Britain.

THE GLASGOW Sports Promotion Council was formed in 1974 to attract sport to the city. Its most prestigious event was held four years later when the World Cross Country Championships were staged at Bellahouston Park. In 1986 the city hosted the Silver Broom World Curling Championships.



Glasgow's Sports Promotion Officer is Bob Dalgleish, who although best known in Scotland as the organiser of the Glasgow Marathon and latterly the Great Scottish Run, is an athletics administrator of international renown.

For the past 18 months Dalgleish has been president of AIMS, the Association of International Marathons. Appointed in succession to Chris Brasher in Manila, Dalgleish was recently reappointed in Melbourne (the fact that Glasgow no longer has a marathon doesn't seem to be material - Dalgleish says AIMS now is the association of the world's leading road races). All going well, Dalgleish can expect to be confirmed for a third, and final, 18 month term when the AIMS board meets in 1990.

Although president of the Scottish Amateur Athletic Association in 1976, Dalgleish is more closely associated with cross country. Among his many roles in the sport, he is a former secretary to the old International Cross Country Union.

Glasgow hosts between 30 and 40 events per year, but the three big occasions as regards the sport promotion council's resources are the Glasgow Marathon/Great Scottish Run; the Glasgow Show (primarily equestrian); and the World Pipe Band Championships.

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Ask most athletes to specify a sports floor and they'll opt for natural wood. It minimises the risk of injuries and it has uniform ball response, with "give". Kelvin Hall, Inverclyde and the Forum, Livingston, all chose hardwood flooring - from Junckers.

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Happy Birthday Kelvin Hall!

"I'M VERY satisfied with progress. Satisfied but not complacent." So says Kelvin Hall manager Peter Eadie, reflecting on the first year of business at the Argyle Street venue.

Certainly, Eadie can look back on a year when fears of the huge building lying unused for much of the time proved unfounded. Bookings are above the target figure, and in particular the badminton and five-a-side football areas seem always to be utilised, and the climbing wall is another success.

Until the Glasgow Athletics Development Scheme (see separate story) was run down, the athletics arena enjoyed a full usage too. Although Glasgow University still take advantage of block bookings, the only other significant daytime users are fee-paying Glasgow schools. It would seem a great shame that the state schools are not using the facility (presumably because of lack of funding), and there could also surely be a large lunchtime usage by people working in the vicinity.



Some of the Kelvin Hall's 50 permanent staff pictured with manager Peter Eadie (far left).

Looking back on the year, the Dairy Crest international between Great Britain and France (including Butch Reynolds' assault on the indoor 400 metre record) was undoubtedly the athletics highlight. Dairy Crest are back again on January 28, sponsoring an even better sounding match against West Germany, and to more than compensate for a European indoor circuit event being cancelled, a tremendous international, sponsored by Kodak, has been confirmed for March 10 when Great Britain will meet the Soviet Union and the USA.

These matches are followed in 1990 by the biggest plum yet - the European Indoor Championships.

For all that he is satisfied with progress, Peter Eadie admits: "What we've done at the moment is only the tip of the iceberg. We can do more if money becomes available. I am optimistic it will."

Are local Scottish athletes using the facilities? "Things started off a bit slowly last year, but given that we didn't open until the end of November when the season was well underway that's understandable," says Eadie.

"More and more Scottish athletes are coming, but we're also getting support from people outside the Glasgow area. The Northern Irish Commonwealth Games squad came over two or three times last winter, and a lot of athletes have come from England.

"Apart from the 50 permanent jobs created by the facility, the Kelvin Hall Arena is bringing a lot of money into the city and making a healthier place in which to live," Eadie adds.

Incidentally, for athletes coming from out of town, the nearby Kelvin Park Lorne Hotel offers bargain weekend rates. If you haven't yet sampled the Kelvin Hall's brilliant facilities, my advice is to do so - soon!

David Inglis

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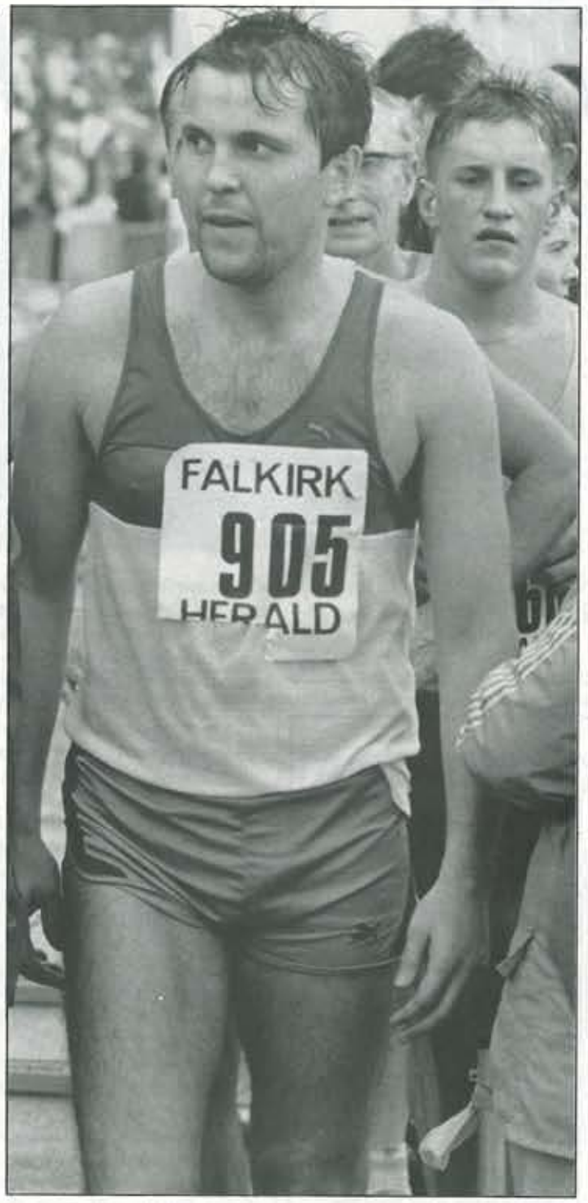
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Falkirk's Runners



Name: Richard Porteous
Town: Dunfermline
Age: 20
Status: Single
Job: Clerical assistant at Scottish Office
Club: Unattached
Time in race: 1-32
PB: 1-32
Shoes worn: Asics
When did you start running: 1988, because felt unfit
Favourite distance: Half marathon
Average weekly mileage: 20
Plans for 1989: Enter more half marathons, improve personal best
Comments on race: Thought it was well organised considering the conditions.



Name: David Hume
Town: Glasgow
Age: 29
Status: Married
Club: Unattached
Job: Hospital administrator
Time in race: 1-37
PB: 1-20 (Dunfermline, 1986)
Shoes worn: Roo
When did you start running: 1985
Favourite distance: Half marathon
Average weekly mileage: 15-20
Plans for 1989: Intend to run five or six half marathons with my wife who ran her first in the Great Scottish Run
Comments on race: A little bit hilly in the middle. One part about eight or nine miles was too steep. Well organised.



Name: Evelyn Davidson
Town: Glasgow
Age: 43
Status: Married
Job: Supply teacher
Club: Giffnock North
Time in race: 1-33-40
PB: 1-32-30 (Irvine Harbour Half)
Shoes worn: Etonic Sigma
When did you start running: 1982. Just had twins and wanted to raise money for maternity hospital
Favourite distance: Half marathon
Average weekly mileage: 30
Plans for 1989: Want to beat 1-30 for half marathon and would like to do Dundee Marathon in under 3-30
Comments on race: Excellent. Appreciated the marquee where I could chat to the other runners.

Coaching Clinic

Derek Parker

THE GREAT American writer, Ralph Waldo Emerson, once said: "A man is what he thinks about all day long." William James, one of his compatriots, opined: "Human beings can alter their lives by altering their attitudes of mind."

The gist of these inspired words of wisdom, which have a special relevance for all athletes, is that you are what you think.

It is all too easily forgotten that there is infinitely more to successful training and racing than merely following training schedules. A well-planned training programme certainly makes competitive success possible - but if the athlete wishes to fulfil his/her potential he/she must prepare psychologically as well as physically for competition.

Athletics is 100 per cent mental and 100 per cent physical. Superbly fit athletes will never do justice to themselves unless they possess the mental qualities of courage, determination, commitment, perseverance, the ability to overcome obstacles, and the unquenchable desire to get the very best out of themselves whatever the circumstances. Likewise, an athlete with an indomitable will and the desire to push himself/herself to the very limits of endurance, is going to become a physical wreck unless he/she is properly equipped physically and physiologically for a race.

The key to correct physical and mental preparation for competition is motivation: described in my dictionary as an incitement to action.

Basically there are two types of motivation - external and internal. External motivation can be provided by the allurement of prizes, the cheering of spectators, and encouragement from coaches, relatives, or club colleagues.



"The key to correct physical and mental preparation for competiton is motivation" *Picture: Peter Devlin*

Internal motivation originates deep within the realms of the human soul or psyche. It comes from the determination not to give up in the face of adversity and from the athlete's pride in his/her performance. The sportsman or woman who is internally motivated regards athletic performance as a form of self-expression and looks upon each race and training session as a further step on the long path to self-fulfilment and self-actualisation.

It has been estimated that in today's highly-industrialised and technological society most people use less than ten per cent of their mental faculties. They rely on computers,

Coaching Clinic

machines, and other time-saving gadgets to do their thinking for them.

Yet one of the principles of modern athletics coaching is what physiologist Hans Selye described as the "general adaptation" syndrome". Stated briefly, this means that if a muscle is given increasingly more difficult tasks to do it will adapt to the new work loads and become stronger. But the general adaptation syndrome also involves the concept of reversibility - which means that the same muscle will lose its newly-gained strength if it is not progressively exercised.

No one would dispute that the general adaptation syndrome and the concept of reversibility form the basis of any training programme. If an athlete ran two miles in fifteen minutes every day, he/she would never get any fitter. The distance or speed would have to increase or there would be no improvement.

By the same token, if the athlete stopped running the two miles in fifteen minutes every day, and did no training at all, the basic fitness which he/she accrued would quickly disappear.

The general adaptation syndrome principle and the concept of reversibility apply equally to the mind. Unless the mental qualities of the athlete are nurtured and developed, the efficient functioning of the mind is going to be dramatically impaired just when it is needed most - in the final sprint for the finishing line or up a steep hill halfway through a race, for example.

There are many ways in which you as an athlete can motivate yourself. But one of the most important is to set yourself meaningful goals for each stage of the training and racing year. These targets should ideally be short-term and long-term.

A veteran athlete could, for example, aim to finish in the first ten in his age group at the county cross-country championship in December then to be in the first thirty at the Scottish Championships in February, and the first 100 in the British championships a month later.

It is essential to set yourself a target. Training without any definite objective in view is haphazard and virtually meaningless. Anyone who just turns up at a running club and does what all the other members are doing - without ascertaining if that particular session fits in with his/her training and racing requirements - is never going to realise his/her potential as an athlete.

A properly-planned schedule ensures that the athlete is at his/her fittest for the most important races of the year, and allows plenty of time for recovery periods as well as full-effort training sessions.

Poet Robert Browning may well have had athletes in mind when he wrote: "Unless a man's reach exceeds his grasp, then what is a heaven for?"

Your goals should be hard but not too hard or unrealistic. They should be written down in your training diary at the start of each training year and you should constantly be thinking of them. I remember reading of a famous high-jumper who reckoned that to win an Olympic gold medal he would have to clear a certain height. He marked that height on the door of his house, and every time he went in or out he looked at the mark and reminded himself he would have to jump to that point to fulfil his ambition. Needless to say, he won his gold medal.

Bruce Jenner, a former Olympic decathlon champion, set up a hurdle in the living room of his house and each time he passed it he did a hurdle drill over the barrier. Don Thompson, Olympic gold medallist in the 50 kilometres walk at Rome, acclimatised for the searing Italian heat by rigging up a gymnasium in a steaming-hot bathroom. And the great Emit Zatopek, triple gold medallist in the long distance running events at the Helsinki Olympics, used to fill a bath with the soaking-wet family washing and ran on top of it for an hour - just to simulate a muddy cross-country training course.

The pages of athletics history are studded with similar tales and they all have one simple, basic message. That is that highly-motivated sportsmen and women will always find a way of training towards their goals and targets.

Try it yourself sometimes. If, for example, you are certain that you cannot go out for a training run because of family or work commitments, do a circuit session indoors, or run on the spot with a fairly high knee lift ten to twenty times for 30 seconds with 60 to 90 seconds recovery.

These makeshift sessions may not be quite the same as going outside for a run, but they will provide you with definite physical benefit and get you into the habit of tackling adverse circumstances positively rather than negatively.

The identification of problems which prevent you from attaining your personal goals as an athlete must be given high priority. You cannot just wish or hope that these barriers will disappear - you must take firm, positive steps to eliminate them.

In previous articles in this series, we have examined different methods of improving general endurance, specific muscular endurance, strength, and the ability to cope with hills and variation in pace. Re-read them if you think there is something wrong with some aspect of your training, or discuss the matter with your coach or someone you can trust.

If you have the confidence, desire, and will to succeed you will eventually arrive at your goal

Ensure, too, that you are getting enough sleep and the right kind of nourishing food. And if you are working or studying hard, or are in the throes of some emotional crisis or recovering from illness or injury, take things very easy. Look on your athletics as a form of therapy or relaxation until you get back onto an even keel and your work, social, and domestic life patterns return to normal.

The identification and subsequent elimination of mental and physical barriers to athletic progress is every bit as important as the setting of specific goals and targets and working purposefully and thoughtfully towards them.

Always remember that it is you who are primarily responsible for your own success or failure.

No matter how knowledgeable your coach is, he can only show you the way to your chosen goal by explaining the various training systems and making them specific to your own individual needs and circumstances. The Sherpa mountain guides may have pointed out the route to the summit of Mount Everest, but when Sir Edmund Hilary reached the summit he did so because he was fully prepared mentally and physically to scale the heights.

If you have the confidence, desire, and will to succeed you will eventually arrive at your goal - irrespective of whether it is selection for a major international event at some exotic stadium or a personal best time which matters to no one else but yourself, your coach, and your friends and family.

Develop a positive self-image about yourself and never forget that your thoughts are influenced heavily by your goals. If a gardener plants dandelion seeds he can hardly be surprised if weeds appear the following summer instead of roses. Plant negative thoughts in your mind and you will reap negative results in your races, no matter how long you have trained. But if you plant positive thoughts in your mind and cultivate them carefully throughout the long weeks of preparation you will harvest positive results in the races you have peaked and planned for.

Your training diary should be the almanac and road-map leading towards the fulfilment of your mental and physical potential. Record details of all your practice sessions as well as your races - noting how you felt before, after, and during the event as well as information about the course and your opponents' tactics.

Give yourself a motto and write it down on the cover or front page of your training diary. It should be one you believe in and one upon which you focus your thoughts when training and racing get tough. Your motto is the psychological link between the person you think you are the person who you really are - the conscious and the unconscious you in the phraseology of psychologist Carl Gustav Jung.

Everyone has vast reservoirs of hidden powers which often only emerge in the most dire and harrowing circumstances. We have all read of mothers who found colossal strength to lift a heavy motor vehicle off a child trapped beneath, or of people unable to swim who have jumped into water to rescue members of their families. The ability to perform these feats was there all the time, but it only manifested itself in dramatic situations.



Consider, too, the first mile to be run in under four minutes. Many of the world's best athletes go to within a couple of seconds of becoming the first man to break that hallowed barrier - but all stood back and said it could not be done. All, that is, except Dr Roger Bannister. He alone believed he could run the distance in under four minutes, and because he believed in himself he succeeded where the others failed.

The significance of Bannister's historic achievement was that once the four minute barrier was broken, several of the athletes who said previously that it could not be done managed to accomplish the magnificent feat themselves. All that had stood between them and athletics immortality was their lack of belief in themselves and their talents. The four minute barrier was as much psychological as physical; once one man of vision and supreme faith in his ability showed the way other athletes followed in his footsteps.

Everyone, irrespective of the standard they compete at, must have a goal commensurate with their own appropriate level of fitness.

Always remember that beyond the confines of the human mind lie powers that transform men and women into sages and saints - and mere mortals into athletic heroes, local and national

It is your vision of yourself which enables you to discover the meaning of your life, how to fulfil your destiny, and how to realise your potential as an athlete and as a person.

Athletics is a journey to personal fulfilment and one which should enhance the quality of your life and help to provide a purpose. By progressing along the path - learning from your experiences and working towards worthy goals with the assistance of an intelligently planned training programme - you can indeed become the person and athlete of your dreams.

Week One

Sunday: 75 to 90 minutes cross country running.
Monday: 60 to 75 mins fartlek, inc 32 x 15 secs fast with 45 secs jog recovery.
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: Road or cross country race.

Week Two

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 8 x 30 secs fast (90 secs jog recovery), plus 2 x 1 min fast (2 mins jog recovery) plus 8 x 30 secs fast (90 secs jog recovery).
Tuesday: 20 to 30 mins recovery.
Wednesday: 3 miles steady plus 15 mins hill running plus 2 miles cool down.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Week Three

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 5 x 2 mins fast with 2 mins jog recovery, plus 6 x 10 secs sprint (20 secs jog).
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: Road or cross country race.

Week Four

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 5 x (15 secs fast with 15 secs jog recovery, plus 30 secs fast with 30 secs jog recovery, plus 45 secs fast with 45 secs recovery, plus 1 minute fast with 2 mins jog recovery).
Tuesday: 20 to 30 mins recovery.
Wednesday: 3 miles steady plus 8 x 150 metres uphill (jog back recovery) plus 2 miles cool down.
Thursday: 20 to 30 mins recovery.
Friday: Rest, or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Note: If racing on Sunday, the Saturday session should be restricted to an easy 15 to 20 minutes jog.

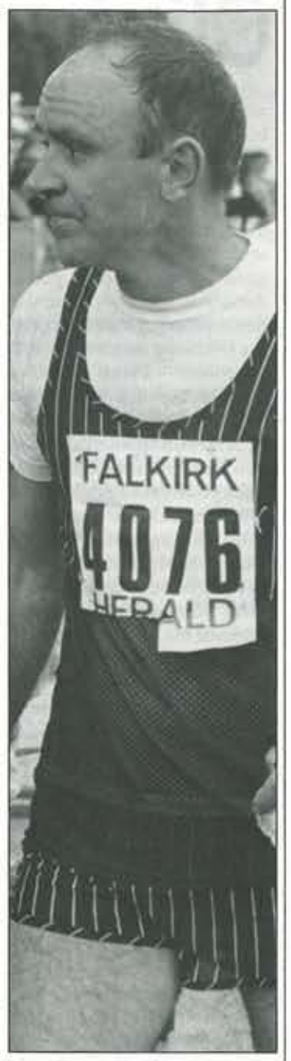
Falkirk's Runners



Name: Fred Howat
Town: Irvine
Age: 45
Status: Married
Job: Process operator
Club: Irvine AC
Time in race: 1-36
PB: 1-32 (Louden).
Shoes worn: Nike Air Pegasus
When did you start running: This year
Favourite distance: Half marathon/ 10K
Average weekly mileage: 40-50
Plans for 1989: Have got an entry form in for London
Comments on race: Very well organised - a great day, although I was running with an injured hamstring.



Name: Janet Howe
Town: Strathaven
Age: 30
Status: Married
Job: Housewife
Club: Strathaven Striders
Time in race: 1-51
PB: 1-45 (Irvine Valley)
Shoes worn: Asics Tiger
When did you start running: 1983, training for the Glasgow Marathon. Stopped to have two children and then started runing again!
Favourite distance: Until Falkirk was the half marathon!
Training: 20-25
Plans for 1989: Start training seriously again in March.
Comments on race: Only my second half marathon. Very undulating, and couldn't get into a good rhythm. Thought organisation could have been better.



Name: Ian Jones
Town: Longforgan (from North Wales originally)
Age: 41
Status: Married
Job: Prison officer
Club: Scottish Prison Officers Running Club
Time in race: 1-24-22
PB: 1-20-21 (Dundee)
Shoes worn: Hi Tech
When did you start running: 1983
Favourite distance: 10 miles
Average weekly mileage: 35
Plans for 1989: To run a few more half marathons
Comments on race: Enjoyable. a good mixed course although I had stomach problems between four and nine miles.

How many Scots will qualify for the 1990 Commonwealth Games in New Zealand and what are the standards they are expected to achieve?

*National coach **David Lease** explains the reasoning behind the standards or "guidelines", below, while on the next page **Doug Gillon** looks at who can expect to make the trip*

IT WILL COST the Commonwealth Games Council of Scotland somewhere in the region of £3,000 to send an athlete to Auckland for the 1990 Commonwealth Games. Before the Council can commit itself to this outlay, and before the Scottish athletic associations advise them to do so, the Council must be sure that the money is likely to be well spent. The athletes, their coaches and the selectors will also need to have an accurate guideline as to what constitutes money well spent and exactly what will need to be achieved.

It is important to remember that selection will ultimately be subjective (the selectors will decide), but to attempt to satisfy all these parties, the SAAA and the SWAAA have issued a series of guidelines - not standards.

The guidelines attempt to say three things:

1, The "A" guideline is a time or distance an athlete must achieve in the final to be well placed in that final;

2, The "B" guideline is an attempt to gauge a mark below which an athlete will clearly not live up to Commonwealth Games expectation. Above this mark an athlete's name goes forward for consideration *but selection may not necessarily follow.*

3, It is envisaged that more athletes will make the "B" guideline than can be selected, and therefore the selectors will make the crucial decisions. The actual standard will therefore be somewhere between the two guidelines, hopefully about mid way.

In reality, the selectors pick the team by ranking all athletes whatever their event. A cut-off point will be made when all places have been filled, and this is expected to be between 17 and 20 places for the men and 13-16 places for the women. The exact figures have not yet been allocated by the Games Council. Full fitness will have to be demonstrated by mid-December 1989, and athletes must take part in the Scottish Championships of 1989.

There are always problems in presenting such guidelines because they are an attempt to predict the future. The future has a nasty habit of not wanting to be predicted!

For example, there may be a boycott. These figures have been produced assuming all members of the Commonwealth will take part.

Similarly, the weather in Scotland next year may affect performances. The bottom line standards have been softened slightly to take this factor into account. Anyone present at this year's Scottish Championships will know what I mean!

Guidelines are often taken as actual standards, brought down from Ben Nevis on tablets of primeval granite and therefore sacrosanct. This is not the case. They will, however, carry considerable weight.

Current and past statistics are considered, particularly Commonwealth Games results, UK Championships results, Scottish rankings, recent Canadian and Australian Championships results and also Commonwealth rankings.

World and UK rankings give a false impression of Commonwealth standards. In the former the Eastern bloc and America play such a major part; in the latter English athletes could possibly fill the first ten places but only three can represent their country at the Games. It is therefore possible to be 11th in the UK rankings and yet fourth in the Commonwealth Games final, however unlikely that may be.

My advice to athletes is that if you want to be as sure as possible of selection, gain the "A" guideline and win the Scottish Championship.

Obviously the further you are from either, the less chance of selection there will be. Nevertheless, gaining the "B" guideline puts your name on the table and you are never left out until the very end as two athletes in 1986 will appreciate. They came into the team at the final moment when two others failed to make the line.

Selection of the athletics team will take place early in September next year.



Tom McKean, one of just ten Scots - male and female - who achieved the Commonwealth Games "A" guideline during 1988. See Doug Gillon's analysis on Page 28.

Commonwealth Games 1990

BY THIS time next year the Commonwealth Games athletics team for New Zealand will have been selected. At a projected cost to the Commonwealth Games Council for Scotland of between £2500 and £3000 per competitor, there will be no room for sentiment or dead wood on the flight to Auckland.

England has already lit the four-yearly fuse of controversy by deciding to withdraw from the joint UK appeal - a betrayal which Scottish Commonwealth Games Council secretary George Hunter says will certainly cost us thousands in sponsorship and result in a smaller Scottish team.

That, no doubt, will be just the opening chapter in the usual saga of controversy, complaint and acrimony. Even a condemned man might decline to swap places with a selector.

In an effort to defuse the athletics situation, and to give assistance to potential team candidates, the two governing bodies have laid down what they describe as guidlines.

During the past season a total of 10 Scottish athletes of both sexes achieved the "A" guideline which Lease and the two governing bodies envisage would make them medal contenders.

The men in question are Elliot Bunney (100m), Brian Whittle (400m), Tom McKean (800m), Tom Hanlon (1500m and 3000m steeplechase), Allister Hutton (marathon), and Geoff Parsons (high jump). The women are Yvonne Murray (800, 1500 and 3000m), Liz McColgan (3000 and 10,000m) Sheila Catford (marathon), and Jayne Barnetson (heptathlon).

Reference to the past season's ranking lists for men, on page 51, and the women's lists, published last month, shows that a further 21 men and 11 women attained the "B" guideline. But as the governing bodies reckon on being allocated 17 to 20 men's places, and between 13 and 16 for women, many of them are clearly going to be disappointed.

To my surprise, some of the guidelines even err on the side of being generous to the athlete. Tom Hanlon falls inside the "A" guideline of 3-40 for 1500 metres, the time that the selectors envisage as seeing an athlete well placed in the final. But England and Kenya alone can field three candidates each who will run inside that time with seconds to spare. I take David Lease's point about the UK rankings, but does seventh place, at best, represent being well placed in a final?

Hanlon, of course, after the disappointment of failing to qualify for the steeplechase in Seoul despite earlier in the season having set two Scottish records in a weekend, has had his appetite sharpened for his main event. But on the evidence of Seoul - two Kenyans and an Englishman inside 8-08 - the steeplechase "A" guideline of 8-38 does not hint at the promise of a medal.

And even with the demise of Ben Johnson, Olympic relay silver medallist Elliot Bunney will have to be running much faster than this year's legal personal best of 10.36 seconds to be a factor in the 100 metres - for which the SAAA has stated a top guideline of 10.38.

Much of which suggests that the guidelines were compiled with



Tom Hanlon

reference to the standards at the boycotted Edinburgh Games despite the reassurance that a boycott would be an extra factor.

What also emerges, disturbingly, is that on home soil only one athlete, male or female (Yvonne Murray), achieved during the past season the "A" guideline which is envisaged will guarantee selection. For the record that was in the 800 metres, with the superb solo performance that won her the national title at Crownpoint.

So where are our aspiring athletes going to achieve the performances that will secure their places in the Games team? Most of the "top" 10 are guaranteed access to meetings abroad where conditions are more conducive to good competition. But the other 33 competitors who achieved the "B" guideline in the past season are the ones who most need the stimulus of favourable conditions to give the best chance of making the grade.

Whether they get it remains to be seen. But a major campaign to raise funds to give deserving candidates a chance of warm weather contests should be launched now. Dare we suggest it, the money should not be spent on any of the top 10, who have already proved they can make the grade.

Among the 33 who attained the "B" performance this season are such outstanding prospects as world junior internationalist sprinters Jamie Henderson and Kathleen Lithgow, 400 metres hurdler Peter Campbell and javelin thrower Nicola Emblem.

There are several other youngsters just inside or close to attaining the required standard, such as Aileen McGillivray, Alison Edmunds, and Mel Neef. In fact the women's sprint squad has already delivered some of its promise with a 45.50 Scottish record against Iceland at Grangemouth. That time matches the guideline laid down - no "A" or "B" category here - but in the light of the projected team size, it seems unlikely that a relay squad would be taken when not one sprinter has matched the "A" requirement.

The deficiencies in the sport in Scotland are underlined by the failure of any Scottish male to make the "B" grade in pole vault, long jump or javelin. No real surprise you may feel, but how about only one contender, Hutton, in the marathon - consistently the event in which Scotland has fared best over the years?

The "B" guideline is 2-16, yet only Hutton has run inside that time this year, against four men two years ago. This year only four athletes have run inside 2-20. Two years ago 13 athletes ran faster than 2-20. This decline in the standard in an event at which we have usually excelled is as good a reason as any for urging the governing body to invest some of the £22,000 which road running brought into its coffers last year.

Nor is that the only event in which a downward trend is revealed by a comparison between this year's Scottish men's rankings (on Page 51) and those of last year.

Twelve months ago the rankings showed three 100 metre men inside 10.30 seconds. Not one sprinter achieved that this summer. Ten inside 1-52 for 800m last year, only eight this. Eight inside 3-48 for 1500m, only seven this year. Six inside nine minutes in the steeplechase, just four this year. Six under 54 seconds for 400m hurdles, four this year. Nine over 2.00m in the high jump, seven this year. Some events, such as discus and pole vault, have improved, but they are in the minority.

But let's not be too much a prophet of doom. Everything points to a better Comonwealth Games show from Scotland this time. A single medal (bronze, from Rosemary Payne, the defending champion in the discus) was Scotland's total athletics medal tally the last time the Games were held in the depths of a Scottish winter, in Christchurch in 1974. But the current top ranking Commonwealth status of Liz McColgan and Yvonne Murray is grounds for golden optimism this time. And I doubt if I am alone in believing that Tom McKean will one day deliver the championship performance of which he is capable.

Doug Gillon

The Commonwealth Games Guidelines

Men

100m:	10.38sec; 10.50
200m:	20.80; 21.10
400m:	46.75; 48.00
800m:	1-47.00; 1-48.75
1500m:	3-40.00; 3-43.50
5000m:	13-45; 13-55
10,000m:	28-20; 29-00
Marathon:	2-13-00; 2-16-00
30K walk:	2-22-00; 2-30-00
3000 s/c:	8-38; 8-45
110mH:	14.00; 14.50
400mH:	51.50; 53.00
High jump:	2.18; 2.10
Pole vault:	5.05; 4.80
Long jump:	7.60; 7.40
Triple jump:	16.00; 15.30
Shot:	17.50; 16.50
Discus:	56.50; 52.00
Hammer:	65.00; 58.00
Javelin:	74.00; 68.00
Decathlon:	7100pts; 6750
4 x 100m:	39.90

Women

100m:	11.45; 11.85
200m:	23.40; 24.00
400m:	52.20; 53.50
800m:	2-02; 2-05
1500m:	4-08.50; 4-15.00
3000m:	9-00; 9-15
10,000m:	32-20; 33-00
Marathon:	2-35; 2-40
100mH:	13.40; 13.80
400mH:	58.00; 59.50
High jump:	1.88m; 1.82
Long jump:	6.40; 6.15
Shot putt:	16.25; 15.00
Discus:	53.00; 48.00
Javelin:	55.00; 50.00
Heptathlon:	5500pts; 5200
4 x 100m:	45.50

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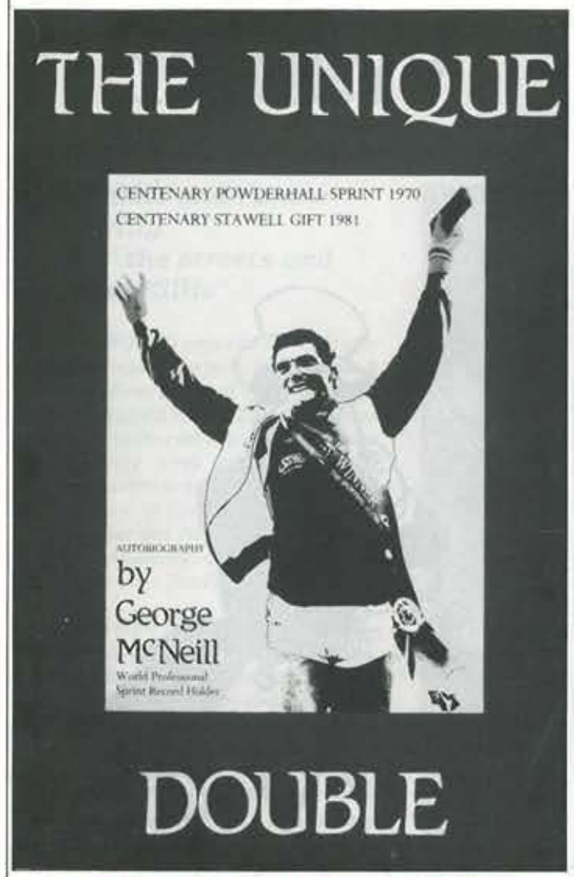
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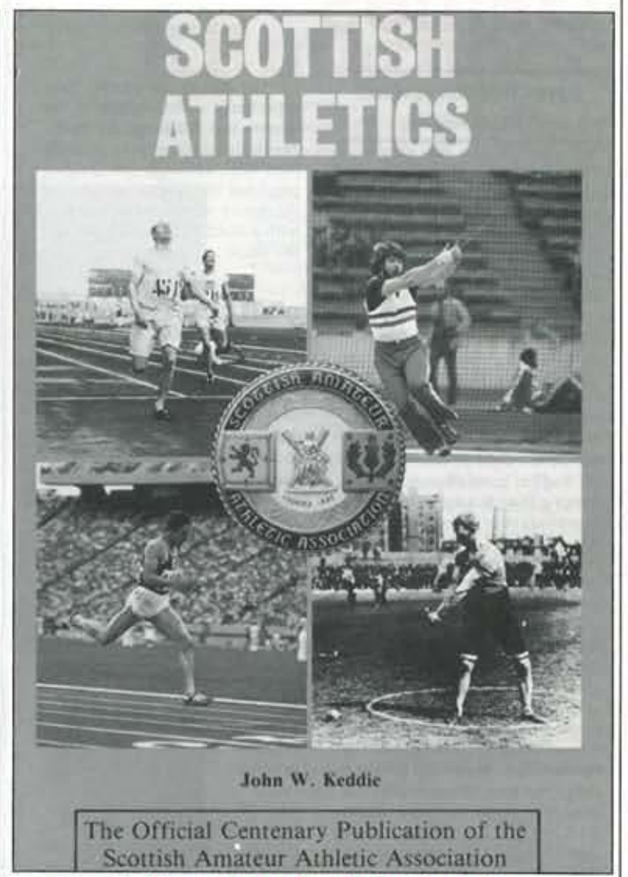
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Scotland's Runner has acquired the few remaining copies of two superb books. In ***The Unique Double****, by* ***George McNeill,*** *the phenomenal Scottish sprinter reveals the methods which brtought him world professional records and the two greatest prizes in the pro game. He also tells of the teenage semi-professional signature for Hibernian which ruled him forever out of amateur athletics, and of the frosty brush-off he received when he tried to apply for reinstatement. McNeill has personally signed the book, brief excerpts of which appear on Pages 37-41. His book is priced £6.*

Scottish Athletics: The Official Centenary Publication of the Scottish Amateur Association *was published in 1982, priced £12. The author,* ***John Keddie****, has produced a quite magnificent book, liberally interspersed with black and white and colour illustrations. The book is a masterpiece of research and must be in the possession of anyone who professes to hold a serious interest in Scottish athletics.*

For details of how to obtain these books FREE, turn to Page 58

Highland Games

David Webster reviews the season

THE WORLD Heavy Events Championship became a two day event for the first time, with a big entry and scope for the full range of throwing competitions plus strength events such as the McGlashen Stones.

Stage One was held at Bught Park, Inverness, under the auspices of Inverness District Council, and Stage Two the following day at Aviemore on John Grant's beautiful Rothiemurchas Estate. An interesting, colourful and competent field of athletes gave 100% effort in weather conditions ranging from stormy in Inverness to periods of brilliant sunshine in Aviemore, and at the end of it all that superlative athlete Jim McGoldrick of San Jose, USA was crowned new world champion.

This set the seal of success on the career of the Californian Cool Cat, as he is known to his fellow athletes. Before turning professional, Jim was one of America's finest throwers representing his country against the might of the Soviet Union, Germany, Sweden, Italy, Norway, etc. McGoldrick has been close to the World Championship before, beating former champions, taking the silver medal and breaking world records. However, 1988 has been a vintage year for Jim, starting on January 1 when he placed first equal in the Australian Bicentennial World International; he went on to win the European Open at Stranraer; and now the World Championship has crossed the Atlantic for the first time.

McGoldrick had no easy ride, for Alistair Gunn, fresh from winning the North American Heavy Championships at Fergus, Ontario, was unbeatable in the hammers, giant Mark Higgins placed consistently high in most events and Joe Quigley, the Commonwealth Games star from Australia, was in contention at all times, giving the best display of stone putting we have seen in many a day.

THE EUROPEAN Championships at Stranraer benefited from Wigtown District's excellent organisation and good publicity resulted in a fine crowd despite mediocre weather conditions.

The Americans proved their superiority - McGoldrick in the throws and Bill Kazmaier in the events demanding more strength than skill, although Joe Quigley provided the biggest surprise of the day by winning the truck pull with a district council 8.5 ton refuse truck.

GEOFF CAPES won the Scottish Championships at Crieff, the field being depleted by the fact that there were a number of other Games held the same day, but this does not detract from the Big Shot's victory.

As predicted in Scotland's Runner, Geoff returned to Braemar and placed first overall, although Alistair Gunn and Grant Anderson beat him with the hammers and won the caber. This is mentioned simply to show that we still have Scots of world class.

Grant has had a terrible time this season with biceps and elbows and by the time this is in print Chris Black will have had a second, and major, operation. On behalf of all readers we wish him a speedy recovery.

THERE ARE more amateur heavies in the sparsely populated Highlands than there are in the rest of Scotland put together, and a very representative group of these competed in Inverness, again under the district council banner. The council, with special reference to Provost Sellar and Leisure Director Allan Jones, deserve congratulations on their promotion of traditional sports.

Prominent among the Highlanders were Bruce Shepherd, Alan Munro, and veterans Bob Colquhon and George Cameron who always give a good account of themselves and in addition are generous in advising and passing on their skills to younger contenders.

Further south at Cowal, and also at the Scottish Championships in Nairn, Alan Pettigrew continued to reign supreme. He competed in some 16 Highland Games of the amateurs in the current year.

Summing up, we can say that in spite of having a third consecutive season of very indifferent weather Scottish Highland Games continue to thrive and provide good sport and fine entertainment for tourists and natives alike.

Johnnie Walker



Official sponsor of the Kilmarnock Harriers

Club Profile

Johnnie Walker Kilmarnock Harriers

"Go, Fame, and canter like a filly thru' a' the streets and neuks o' Killie"

ROBERT BURNS wrote these words over 100 years before the birth of Kilmarnock Harriers. Even a man of his vision could not have realised the significance of them in relation to the runners who can be seen almost every week night "cantering" through the streets of the town. The winter training base of Johnnie Walker Kilmarnock Harrier and Athletic Club is in Kilmarnock Academy, only a short sprint from where the Bard's first words were printed.

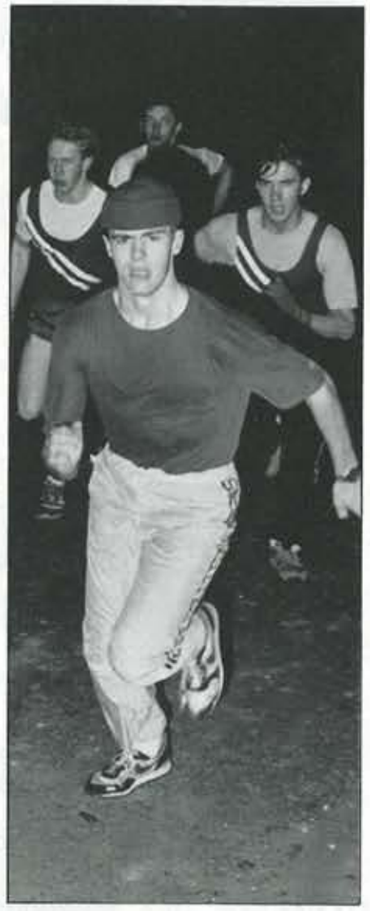
Kilmarnock people are justifiably proud of their links with Scottish culture, and equally proud of sporting achievements of the town's sons and daughters. Fame in sport has been a regular feature of the towns's history - whether in team sport or individual achievement.

Kilmarnock Harriers were formed in the year 1887 with an initial membership of 40 enthusiastic runners who met at Rugby Park, the home of Kilmarnock Football Club. This association of football and athletics has been rekindled several times over the last century. It was therefore fitting that to celebrate the centenary the football ground provided the starting and finishing point of a road race which was run over the original course of the club's inaugural run. Hopefully the friendship that was extended to Kilmarnock Harrier and AC by Kilmarnock FC on that occasion

can be reciprocated in future. One hundred and one years later the membership of the club is over 150 and growing.

The increase in numbers was not always progressive and the club's success if due in no small part to Jim Young, who is now the president. In the sixties the fortunes of the club were at a low ebb and membership had dropped to a handful of diehard runners.

Jim recalls the experience: "I was president, secretary, treasurer and coach. I look at the club now and find it hard to believe we are competing at the level we are - in four leagues and holding our own with the best in Scottish athletics; winning team championships and producing top-class athletes. It's a success story attributable to hard work and dedication of many club members."



Jim Young was, in fact, an Ayrshire half mile and mile champion and is now coach to a number of up and coming middle distance runners.

Kilmarnock Harriers were one of five clubs represented at the meeting which formed the first Scottish Cross Country Association in December 1887. The club changed its name to Kilmarnock Harrier and Athletic Club on a day lost in the history books. The change, whenever it happened, was significant in that it emphasised the two distinct aspects of the club's activities.

The "Harriers" still exist in the form of the road running section, and there is no inference that these hardy individuals are anything other than athletes. They are indeed, a band of lawyers, doctors, ministers, policemen and other waifs and strays who pound the streets of Kilmarnock regularly, and frequently parade their blue and white vests in road races throughout Scotland.

Veteran of the pack, Hugh Rankin, says, "This is a super group to run with. The atmosphere and camaraderie would be hard to beat anywhere."

One member is Roy Topham, who recently completed his 29th marathon. Roy, Kilmarnock's iron man, is also an experienced triathlon competitor who has recently infected two other runners, Jeff Halliday and Bill McPhail, with his madness. The triathlon trio have been encouraged by the most friendly and helpful attitude displayed by East Kilbride Triathlon Club. The road runners have splinter groups for the less able, or beginner who wants to run, but not at 100 mph or for 10 miles on a Tuesday night.

Success for the Harriers started in 1889 when J. McWilliams won the Scottish Harriers Union Championship. The first national champion to wear the club vest was S. Mitchell in the Scottish Seniors Cross Country Championship of 1926.

From 1932 until 1974 Kilmarnock Harriers boasted nine South Western Cross Country champions in different age groups, with Ian Kerr taking the junior boys title and the youths title in 1970 and 1974 respectively.

Major success came again in 1971 when Grant McMillan won the national cross-country youths title. No record of success is complete without mentioning Gregor Grant, who won nine consecutive Ayrshire Senior Cross Country Championships between 1978 and 1987 - a feat unlikely to

Ronnie Syme, one of Kilmarnock Harriers' stalwarts, has written this month's Club Profile

Club Profile

Johnnie Walker Kilmarnock Harriers

be emulated for a very long time, if ever.

The 1980's have seen the rise and rise of Kilmarnock Harriers. In 1988 the club changed it's name to Johnnie Walker Kilmarnock Harrier and Athletic Club. It's not the shortest title in the SAAA Handbook, but one which reflects the forward looking attitude of the committee.

"It was a bold decision," reflects club treasurer Betty Dalziel. We had been actively seeking sponsorship for some time and Johnnie Walker are a reputable company who employ many of the harriers and their parents. The partnership is a natural one."

Former committee member and road runner Bill Lusk was instrumental in pursuing sponsorship and takes credit for its success. It is significant that the name should change at a time when both club and sponsor are not only still going strong but going from strength to strength.

Individual success gets a club noticed and chief coach and vice president Ian Aird is well aware of the advantage of this. "We are fortunate to have a number of top class athletes who have helped to broadcast our name and show the colours." says Ian. "This increases our credibility and attracts new members."



Ray Topham

One such young athlete is Gordon Reid. Gordon's successes include: under 15 Scottish Schools cross country champion; Western District and Scottish senior boy cross country champion; 1500 metres senior boy Scottish champion and Scottish Schools 1500 metres champion.

Gordon will attempt to emulate his father, club coach Jim Reid, in the Ayrshire Cross Country Championship. Jim's name is on the trophy as 1966 youth champion. Gordon Reid is the Kenny Dalglish of J. M. Kilmarnock. He is a model of dedication and determination to which coaches can direct the attention of their charges and say, "Watch what Gordon does."

Mary McClung's successes are due to skill, perseverance, ability, determination and her father. Felix McClung is an inspiration to aspiring athletes. As a coach and mentor to, among others, his two daughters Jane and Mary, he achieves respect by not asking athletes to do anything which he would not attempt himself. Felix's first competitive race was as a veteran. He has retired four times but can always be persuaded to run in a JWK vest if asked nicely!

Mary McClung has represented her country 14 times. She was the Scottish junior pentathlon champion. She has won the Western District and Scottish 400 metres championship as an intermediate, and has numerous successes to her credit as a club and schools champion. At seventeen, Mary is one of the brightest prospects around.

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Club Profile

Johnnie Walker Kilmarnock Harriers

Kilmarnock's jewel in the crown is 400 metres runner Alan Murray who has had the distinction of representing Great Britain and Scotland on the same week-end. Alan's Great Britain junior call-up at Ipswich one Saturday last year was placed back-to-back with a senior place in the Scottish team meeting in County Antrim the next day. It is certain that the athletics world will see more of him, and for those of you who watch the advert on the television, Tom McKean is the one beside Alan Murray.

In highlighting these outstanding young athletes we are conscious of the many young people who will never aspire to these heights. Athletics is about winning, but it is also about friendship, fitness and above all enjoyment. Johnnie Walker Kilmarnock Harrier and Athletic Club's aim is to cater for all levels of ability.

The development of the Thistle Award scheme, particularly with young people, is geared to this principle. But individual success cannot be overlooked and the name of the club is honoured by those who have represented their country. In recent years Gordon Reid, Brian Scott, Mary McClung, Donna Rutherford and Helen Aird have all donned Scottish vests. Brian McEwan is currently ranked second as a junior for 5000 metres.

Excellence in performance is even more appreciated when it is unexpected, Witness recent events at the Scottish Women's Road Relay Championships at Grangemouth in September.

"Had we given thought to our chances before the races, the excitement would have been to much," reflects Ian Youden. "As it was, we allowed the girls to run naturally and let events take their own course." This non-strategy resulted in two national titles for minors and girls.

Twins Sally and Nicola Youden, along with Caroline Morris, made up the minors team, with Pauline Gillies, Gaynor Syme and Kerry Stewart combining for the girls. All of these girls are aspiring athletes turning out regularly at track and field and cross country event - Gaynor Syme was second in last season's Scottish Primary Schools's cross country championships.

The club also boasts the winners of the Women's cross country intermediate team championship for 1987-88. Lindsay Cairns, Mary McClung and Susan McGregor took the title last winter on home territory at Irvine.

So what does the future hold? Senior coach High Robinson sums it up. "To be a really big club J W Kilmarnock need to harness all the resources at their disposal. We need to set objectives which are realistic and attainable, but with an element of ambition."

Last season the women were promoted to Division 2 of the Women's league. Next season will be one of consolidation with a view to Division One the following year. All coaches are aware of the urgent need to develop field events, not only to gain league success but to widen the range of interest for young athletes.

we need to plan, organise and motivate the athletes who we coach, not only for now but also for the future.

As a total club effort, none ranks higher than the third place achieved in the first division of the Scottish and North West League. Anyone involved in this league will know the organisation involved to get upwards of 60 athletes to turn out on a Sunday.

For team managers each meeting is a test of endurance and ubiquity. Ensuring



Mary McClung and Gordon Reid... Scottish Schools' stars and fine prospects for the future, while, below, are the youngsters hoping to emulate them. All pictures by Peter Devlin.



In a season of success this year's drop to Division 3 of the Scottish Athletics League is a major disappointment but the boys held their own in the First Division of the Young Athletes League.

Hugh Robinson sums it up" "No one likes relegation but it keeps our feet on the ground and lets us know that to succeed athletes from colts and minors to veterans are in the right place at the right time is nothing short of a nightmare. One manager after his baptism quoted: "It was incredible. At times I didn't know where to look next. The kids are okay - it's the seniors you have to watch." The sense of relief and satisfaction at the end of almost

Club Profile

Johnnie Walker Kilmarnock Harriers

eight hours of competition is immense. These results are due to a combination of organisation and effort but, above all, no achievement is possible without team spirit.

The long term objective for J W Kilmarnock must be admission to the national leagues. Whether the club can achieve this given the current training facilities is a subject for debate.

Facilities for track and field athletics in Kilmarnock are catered for by a cinder track at Scott-Ellis Playing Fields. On the face of it the club has very little in the way of amenities, but in some respects is very fortunate. The local Kilmarnock and Loudoun District Council have been very helpful. During the season the club has sole use of the track and field area. Changing rooms and a storage/meeting area have been provided and ground maintenance carried out.

The promised provision, however, of an all-weather track, although not a forlorn hope, seems to be taking forever to materialise.

On the positive side there is great potential for growth. Sponsorship is gradually creating the circumstances for athletes to progress. What would undoubtedly help us to be recognised for achievement. The likelihood of producing a World or Olympic champion is not as remote as it might seem. The combination of talent, the enthusiasm of all concerned with the club, and an infusion of helpers could eventually lead to great things.

Athletics in Ayrshire, and in Kilmarnock in particular, is in good spirit. There is every reason to believe that given the right conditions and adequate support that this area could become the Gateshead of Scotland.

For Cram and Elliot read Murray and Reid.



A PRIVATE party was the setting for the link between Kilmarnock Harriers and Johnnie Walker which has resulted in a three year sponsorship for the Ayrshire club.

Harrier Drew Dick casually asked Walker's blending manager Gilmour Burnet if a sponsorship might be possible. Burnet passed the request up the line, and a four figure sponsorship resulted.

Gilmour Burnet is the first to emphasise that the link between athletes and alcohol, particularly where youngsters are involved, needs careful handling. "One thing we've always stressed, and are very conscious of, is the fact that drink and youngsters don't mix," he says candidly.

"The reason that we gave Kilmarnock Harriers money is that they are a local club. Drew (Dick) told me about their costs, and even for equipment it was, to a non-athlete, an eye opener.

"The money is given as a community sponsorship to help out the club - not to boost sales or anything like that."

Nevertheless, Johnnie Walker does expect to see back some kind of exposure from the exercise - let's face it, it's good public relations - and the famous Johnnie Walker motif will shortly be appearing on the Harriers' vests. For the duration of the sponsorship the club is known as Johnnie Walker Kilmarnock Harriers.

Above, Johnnie poses with the Kilmarnock coaches who are ensuring that the Harriers and not only going strong, but going from strength to strength!

The Unique Double

Was he Scotland's greatest ever sprinter? What would have been the outcome had he raced Allan Wells when both were at their peaks? These questions can never be resolved, but the following brief excerpts from George McNeill's book, *The Unique Double*, give an insight into the man forever denied his chance of Olympic glory.

JUST FOR A second after breasting the tape ahead of him I let my imagination savour the golden thrill of Olympic triumph. Then my eyes focussed again upon the small-town dimensions of Wakefield Trinity rugby ground. I glanced at the humdrum stands where a few thin thousands sheltered from the rain. The stretching emptiness of seats rebuked my moment of fantasising. Tommy Smith must have wondered, in offering a congratulatory hand, how a winner could look so downcast. Within 24 hours I had beaten the 1968 gold medallist over three of four sprint distances. My cuttings book at home had headlines proclaiming me: "Fastest Man in World." I knew my place was up there somewhere with the best Olympians. But I knew, too, that every race is its own experience. Comparative times are so many ifs and buts. The only truth is man against man at the same time on the same stretch of track.

On that account, I should have been well content with my wins. But what I took away from Wakefield was victory without joy. I saw clearly for the first time all that I had missed by putting my teenage signature so eagerly to paper years before. No matter how fast I ran, the world would hardly notice. I was a professional sprinter, on the wrong side of the tracks for global recognition.

Professional running - known oddly as pedestrianism - has much in common with the Turf. It is a vehicle for betting coups. Gambling sustains the sport in Britain and Australia, the two countries which have nurtured it. All its events are handicaps. Its runners train in secrecy to equal the dawn gallops on Newmarket Heath or around other horseracing centres. Even their names are taken away. Young athletes, working out in hidden locations, answer to aliases. Their preparations are time-scaled in seasons rather than weeks or months.

Until the flesh-and-blood experience of Wakefield, the Olympics for me were something which happened in newspapers or on TV screens. I had not taken up running as a possible career when Tommy Smith won his 200 metres gold in Mexico. In the years immediately after 1968 I was wholly absorbed in, and satisfied with, a sport which had made me the king of its particular castle - a professional world record holder over 120 yards.

But the 1972 Games were looming only weeks ahead when the chance to run against the American cropped up. The four-year frenzy was peaking. All the talk was of gold where it was not of silver and bronze. Tommy was a curiously isolated figure amid the welter of speculation about Munich. He had been sent to the American equivalent of Coventry by the amateur authorities. The fist he had raised in a Black Power salute at his medal ceremony had been a valedictory gesture, a farewell to the Olympic scene.

Tommy in the black books was still a force in running, though. The holder of 11 world records has been coaching at Oberlin University, Ohio, and I knew from my reading of the sports pages that he kept in running trim.

The two-day running programme of invitation races at Wakefield offered rather lopsided rewards to the winner. The resounding title of Professional Sprint Champion of the World carried prize money of only £100. Brass is not flung around in Yorkshire.



ON THE SUNDAY the five of us came out in a thunderstorm for the 100 yards. Rain sheeted down. Smith and I were in adjoining lanes. A third of the way out I knew I was going to win. The American was in the corner of my eye. He would stay there.

The finishing tape has little to do with the instinctual awareness of victory which comes to a winner before he has won. It may happen anywhere in a race. Certainty courses through arteries and veins. The tightness goes from muscles. Running action eases into a smoother rhythm. The finish foreshortens to a few paces. For me, the whole thing happens somewhere below the level of consciousness. I cannot analyse the processes involved. I can only report their consequences. The enlightening split second comes to losers, too. The heart goes out of you. The edge of running is blunted. Thirty yards of track look like 300.

There is another strange thing about

The Unique Double

this telepathy among running men. The certainty of winning can extend beyond one race to any race of similar length on the same day and track, against the same opposition. It was no surprise to me when I beat the black star into second place in the 120 yards, later in the afternoon.

I came home two yards ahead in 11.4 secs and I should have been badly disconcerted by any other outcome. The mystery "jag" of foreknowledge acts like a stimulant drug. It is untraceable in the bloodstream. In all sport there is no chemistry like it, neither amphetamines, steroids, nor anything else. I might call it confidence with a special ingredient.

SOME PEOPLE may think I attached too much importance to besting a gold medallist who was a little over the hill - over Mount Olympus, if you like. The stopwatch



Tommie Smith

counted, of course, but the greater importance of Tommy Smith was simply his being there.

He personified what I might have been. If there was another element in my frustration it was in the training formula I had adopted. It had taken me from the ruck of runners, was jet-boosting me out front. I thought it magical. Moreover, its methods were unknown to amateurs and I suppose I yearned to surprise their world with demonstrations of its effectiveness.

Within 18 months of taking up running I had established a new professional world record of 11.14 secs for 120 yards - beating the existing records four times in the same night. On one of these runs I was timed, unofficially, at 10.1 secs for 100 metres - a UK Allcomers record, then. But this was not the best of me.

THE UNWARY signature which tripped up my future made me a part-time footballer with Hibernian at £4 a week. The Edinburgh club, one of the big names of Scottish football, signed me on its provisional list. I was aged 16 and a fifth former at Ross High School, Tranent.

Ours was a rugby playing school. I turned out for the school fifteen on Saturday mornings and played football with Tranent Juniors, the local club, in the afternoons. My paid provisional status did not alter that routine through another school year. I left the sixth form in the summer of 1963 and plunged into the usual fortnight's preparation for the school sports. My events were the long jump and the 100 yards, which I could manage in 10.5 seconds. I was already school champion, but running did not excite me as did football.

Tranent was a smallish country town with a sizable mining community. Every boy was football daft and I among them was Hibs daft. Weeks before the start of the 1963-64 football season Neil Martin, the Hibernian inside right, came looking for me. He had been told to take me along with him when training started at the Easter Road ground. The famous Jock Stein was then the Hibernian manager. One day I was told to see him in the boardroom. I had been playing in practice games at centre and on the wings. Jock said: "Forget about being a centre forward. We're going to make a first-class full back of you."

Jock said: "Forget about being a centre forward. We're going to make a first class full back of you."

The tactic of the overlapping full back, coming from depth into attack, was unheard of then. But the idea had been simmering on Jock's mind. I suppose in a way I was the prototype of one of football's most telling manoeuvres. I became a £15 a week part timer with the reserves. I did not become a full time player because I was already apprenticed as a quantity surveyor.

The Easter Road dressing room gave me the nickname, "Billy Whizz," after a speedy comic strip character. I was reckoned the fastest man in Scottish football. I remember playing in the right back berth against Celtic Reserves. Tony Taylor, their outside left, evaded my sliding tackle and went careering on. I picked myself up and caught him again in a few yards. But I was not persevered with as an attacking back.

It must say something about my temperament that I scored in every trial game I played in, for whatever club. Twice I hit hat tricks - the first in my Hibs test. Afterwards, my form was apt to slip. My concentration was patchy.

It is searingly intense for the seconds of sprint running. I have no need to build it by walking around, silently admonishing myself. I can be chatting easily at the side of the track until the moment of getting on my mark. Then, every nerve end awakens. Thought shrivels to a laser beam of will, of resolve. For me, football has too many minutes. I had a good shot with either foot. I was an inch under six feet, and strong. I might have made good if someone had found out what made me tick. But Easter Road was too crowded a classroom for teacher to give individual tuition to other than the chosen few. It didn't help that I was a diffident lad, painfully unsure of his place in the pecking order.

Jock Stein went to Celtic. Bob Shankly, brother of Liverpool's famous Bill, took over. Time passed. On that last occasion in his office his voice was fatherly, concerned.

"You've been five years with us without making the first team. I think a change of club, of surroundings, might help your game, get you out of the rut." There was more, in which the phrase, "Free transfer," was like a knife stab.

Bob Shankly's value judgement was a shattering hurt to my ego. I cringed inwardly to have disappointed those who had seen such bright promise in the approach from Hibernian. In extravagant misery, I thought myself a fraud who had been found out. The idea of ever showing up again at Easter Road was anathema. My life sank deeper into my boots around this time with the first inkling that my mother's long illness was terminal. I did not come through the bad patch without scars.

McNeill then joined Greenock Morton, managed by another legendary figure, Hal Stewart, on a free transfer

The Unique Double

THE FOOTBALL season wore on. Some time in December of 1968 I saw my name in glancing through the *Edinburgh Evening News*. The printed entries for the Powderhall Sprint Handicap on New Year's Day - the big event of pedestrianism - listed me off 9.5 yards. I was flabbergasted, but I thought I knew where to look for explanation. My old school pal, Billy Donaldson, admitted that he had entered me, "for fun." Billy was a very good half miler, following, except for the money, in a family tradition. His father, Frank, had won the Powderhall half mile in 1926.

I had not been enjoying my football lately and perhaps it showed. I think Billy was gently pointing out the obvious to me. He floated the idea that I could run without a ball - something that had not occurred to me. You could say he made me a present of my future.

Things at once fell into place for me. I realised I was too much an individual to be really at ease in a team game. In sprinting, others were there only to be beaten. That was the set up for my temperament - on my own from the crack of a starting pistol. The zest with which I set about preparing for the race was a measure of my relief in having at last found my true way in sport.

At Billy's house I discussed my chances with his father. He reckoned that my "mark" - the handicap start of 9.5 yards - offered a winning chance. But only three weeks were left.

"Can I work up to peak form by then?" I asked.

Frank tried not to put too much of a damper on my enthusiasm.

"It's leaving it a bit neat," he allowed.

Now, I should rate this the understatement of the century. Then, I thought it an opinion which erred, just a little, on the cautious side. Billy lent me a pair of spikes. We agreed that I should ask Morton for three weeks' leave of absence for intensive training. Hal Stewart went along with the idea, possibly scenting useful publicity in a win.

My job of quantity surveying went on, but every night saw Billy and me on the school playing field. Distant street lamps lighted us dimly. Our starting pistol was a toy with caps, borrowed from a child's cowboy outfit. We concentrated on starts. I had not used blocks before. It was seven nights hard, week after week.

Some way through the stint we equipped ourselves with tea flasks and sandwiches and went off to Saughton Enclosure in Edinburgh for a try out on a real track. I measured my distance of 110.5 yards and ran it in the encouraging time of 11.5 secs. Billy pointed out a man on the other side of the track. "There's Jim Bradley," he said. I looked blank. He explained that Bradley was the greatest trainer of his day. His club or group of runners were the pampered elite of professional running and superbly equipped.

I listened with part of my mind. The other part was doing sums and getting excited about my prospects on the day. Billy's arithmetic was telling him much the same thing. We discussed every aspect and convinced ourselves more firmly with every homeward mile.

From there, it was a step to concluding that money waited to be picked up by betting on me. We went into Edinburgh a few days before the race to bring off our coup. I had £100 in my wallet, withdrawn from my savings. Some bookmakers laid Powderhall odds and some did not. We encountered a dismaying succession of those who didn't until a pitying punter advised us to try Bill Best's betting shop in Portobello. The bookmaker confirmed that he took Powderhall bets. I look around then asked to see the list of starting prices for the sprint. My name was not on it.

"What price will you give on McNeill of Tranent?" I asked.

Bill Best looked bored. "McNeill? Any price."

I was a gambling novice. So was Billy Donaldson.

"What does any price mean? What odds?"

"Twenty to one."

"Right, I'll have £50 on McNeill to win." I took the notes out and laid them on the counter.

Bill Best looked less bored. "Hold on while I check," he said. He talked into a telephone, beyond earshot. He came back, briskly. "Right. £50 to win £1000 it is."

Nightly training went on, followed by a rub down and tactics talk at Frank Donaldson's place. He got out past Powderhall programmes. We studied their pencilled times. Heats showed about two yards slower than semi finals, as a rule, and semis were that much slower than finals. My tactics was to improve through three runs, but not by margins that would

He explained that Bradley was the greatest trainer of his day. His group were the pampered elite of professional running.



Preparing for Powderhall in 1970 with Joe Murdoch.

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induce the handicapper to whittle down my mark.

On New Year's Day I stripped in the gardener's shed at Powderhall Stadium and went out to win my heat comfortably. Then, back in the shed, I dreamed up a tactical refinement while waiting for the semi final run. The planned two-yard improvement went by the board. I would now run flat out until I caught the leader, then cruise just ahead to the tape. That way I'd make sure that my mark was untouched and keep a reserve of speed for the final.

Everything went as envisaged until the last strides. Allan Lindsay, of Innerleithen, came with a late burst to pip me on the tape. Well, that's how you learn. I stayed to watch David Deas of Buckhaven, Fife, win the final with a beautifully balanced run. His trainer was Jim Bradley, who had produced winners of the 1964 and 1965 Sprints and the runner up in 1968. He was clearly developing the knack of success. On the spot, I made up my mind to be next on his lengthening roll of honour.

yet another of Bradley's pupils.

At times during my Do-It-Yourself preparation I had toyed with the idea of an approach to the trainer. It got as far as hunting for his number in the phone book. But I couldn't find a listing for him and the notion became mislaid among greater training urgencies.

"How do I go about getting trained by this guy Bradley?" I now demanded of Stewart. Well, I suppose I might have guessed. Professional sprinting rivals the international spy trade in the use of aliases. The name, Bradley, was just another of them. His real name was Jim Stott - in his day a sprinter who never quite made it. Nevertheless, the use of his running name, known to the fraternity, was a sound business tactic, the equivalent of the goodwill element in other trades. Stewart Hogg found a piece of paper and wrote down Bradley's number for me.

Two days later I phoned him. The gist of my message was simply: "I want to win the Powderhall Sprint."

Bradley was receptive. I was not entirely unknown to him. "Are you involved with any other trainer?" he asked.

"Not seriously." I mentioned the friendly help of the Donaldson father and son, without naming them.

"Then there's no problem," commented Bradley, who disdained to poach from rivals. He arranged to come down to the family home the week after, for talks with my father and me.

That meeting lasted two hours during which our sitting room became a laboratory of running. Its component mechanisms were taken apart and explained, the way to better functioning pointed. Bradley was around 6 ft tall, aged somewhere in the mid fifties, but with the solid, muscled shape of bodily fitness. Occasionally he went down on our carpet to demonstrate what he called his "chinnies" - abdominal exercises. "I don't ask my athletes to do exercises I can't do myself," he said.

His effect was of a powerful light bulb, illuminating the dark corners of a subject. "Forget about your leg action in running. Throw your legs away, mentally. Concentrate on arm action. All the action comes from there. The arms control the legs."



Jim Bradley

My father and I felt like flat earth believers, hearing of the round world concept for the first time. His ideas were outside our experience. He asked us to think of running as walking in a different tempo, the acceleration of a basic movement. The role of the arms increased as the walking pace quickened into running. The thrust of shoulder became more pronounced.

As the arms pistoned faster and farther the legs, in sympathetic motion, hit the ground harder and with lengthening stride. The arms were powered from the shoulder girdle - the muscular nexus sheathing upper chest, shoulder blades and upper arms. Development of the muscles there - the raising of a greater head of steam in locomotive terms - was a prerequisite of faster running. And for its accomplishment, Bradley went on, we must turn to the gymnasium before the running track.

His vehicle was the speedball - a piece of apparatus new to me. It attached by a swivel to a square of board which hung, inverted from the ceiling. Height was adjusted to bring the ball to the user's eye level, so that shoulders were perforce raised - hunched - for the rub-a-dub delivery of two-handed punches. The light ball's fast rebound permitted a punch rate of up to 200 a minute and an exceptional individual could possibly better that figure. The greater the speed the greater the need for fine tuning, for the highest co-ordination of working parts. The speedball educated the muscles of the girdle far beyond such simplicities as balancing the forward swing of one arm in walking by the backward swing of the other.

I'm not sure what we had expected of our visitor. We certainly hadn't pitched anticipation so high as a lecture on the anatomy of running with so much original thought. My respect for the man grew by the minute.

My father and I felt like flat earth believers, hearing of the round world concept for the first time

UNTIL THE middle of this century, runners may well have been born and not made. The last decades have turned that wisdom inside out. Natural ability is a plus, not an imperative. The process of creating the modern sprinting star has something in common with sculpture. The sculptor envisages the task and selects his block of marble or other stone for size, colour texture. He begins to chip away the unwanted.

The sculptors of Soviet sprinting searched for the perfect material throughout the republics. They looked for an ideal in height, weight, and build and kept their stopwatches in their pockets. Out of that quest came Valery Borzov, winner of the 100 metres sprint at the Munich Olympics. He had been run of the mill as a sprinter before they started work on him, using technique as the chisel.

I might describe myself as a rough-hewn block of promising material in search of a sculptor when I came off the track at that first Powderhall. Almost at once, I met up with Stewart Hogg, the incumbent British professional sprint champion and

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WITHIN A WEEK of Bradley's call I was launched into a year of unremitting physical slog. The football training I had known seemed, in comparison, like gentle exercises for old ladies. On four or five nights each week I travelled to Bradley's gymnasium beside Saughton Enclosure and its cinder track on the west side of Edinburgh. Many a night I cam home trembling with exhaustion. About a dozen of us attended the sessions in the small wooden hut, shaping towards various ends I had become Bob Grey - a name I heard for the first time when Bradley introduced me to the others.

The spirit of competition ruled the speedball stints. Four rigged up side by side for simultaneous use. The second-hand of a big, old fashioned electric clock on the wall marked off the 3-minute punching spells and the 60-second breaks between. Since the punch rate was the measure of effort the lagging hands were easily seen. Bradley sat and watched and said little. When he did open his mouth it was to discuss running tactics, not the exercises.

THE TRAINER was a great hoarder of odd yards, of shavings of time. His Powderhall men were kitted out in red silk vests and shorts to catch the judge's eye in a hairbreadth finish. The strip also marked them, in the eyes of others, as envied elite. "And that's worth a yard to begin with," said Bradley.

I was still playing Saturday football with Second Division Stirling Albion, who had signed me from Morton. In the last weeks of the season Bradley suggest I give the game up altogether. "What's the point of knocking your gut in in training, only to be crocked by a football injury a few weeks before the big event?" I gave him no argument. My life was narrowing upon the single aim of winning Powderhall and, as a champion, wiping out the ignominy of Easter Road.

Early summer took me out of the gymnasium and on to the running track in a programme that was almost as energy sapping as the inside work had been. My sprinting improved steadily. I found myself running against former Powderhall champions in David Deas and Bob Swann, and stretching them on level terms. The day I beat David Deas over 80 yards from level starts was the day I knew, deep down, that the Powderhall title was going to be mine.



After many attempts, the double is achieved!

McNeill has broken the world professional record for 120 yards, but also experienced an unsuccessful trip to Australia.

BRADLEY HAD taken me from the raw to world status in my field. I had done nothing without talking it over with him. None of his athletes had been able to take the man, indefinitely, and that included me. My attitude towards him held ambivalences. Teaming with him was like trying to make a sitting room out of a treadmill. His was a one-track mind, furthering a single idea. But what an idea! Many people scoffed at his methods, at home and in Australia. Let me tell about a chain of circumstances which rather go beyond coincidence.

The starting point is Ross High School in Tranent, where I was a pupil. Wilson Young was the schoolmate I introduced to Bradley. In turn, we won Powderhall Sprints. Wilson switched from running to training a knee injury. His methods were based on Bradley's. One of his pupils was Allan Wells, Olympic gold medallist in the 100 metres at Moscow and second in the 200 metres. Another was Drew McMaster, Commonwealth Gold Medallist and ranked No.2 sprinter in Britain as I write. Drew went to Ross High School. So did John Stirling who won the Powderhall Sprint in 1977. Stirling's coach was Wilson Young.

Ross High is a good, small-town school - a modest institution. None would compare its sports ground with the playing fields of Eton, either in equipment or in national significance. Yet its phenomenal run of sprinting success is there for all to see. There is no escaping the figure of Bradley behind it all, with me as the unwitting link. I know he would have loved appointment as National Sprinting Coach. He lived in half anticipation of an approach. But the generality of amateur noses stayed so high in the air that Bradley was literally beneath notice.

In the summer of 1980 I was asked by Frank Dick, Director of Coaching UK, to talk on the Bradley method to regional coaches attending a symposium in Edinburgh. Oddly, Frank Dick grew up only doors away from Bradley's bungalow in Silverknowes. No blame to him for the long cold-shouldering, but the patterns of individual and national behaviour are intriguingly alike, though the reasons for indifference are not the same. Bradley would have gone on being ignored by the amateur world had Allan Wells not won Olympic gold.

I learned with surprise recently that the importance of the arms in running action was known to Scots athletes more than 50 years ago. Jim Wood, Scotland's distance runner in the first British Empire Games at Hamilton, Ontario, in 1930, set up a punchball on the ship going over. His trainer, George McRae, was ever urging development of the shoulder muscles. Bradley's significance may have lain in harnessing the speedball to a task for which the punchball was ill fitted. At any rate, his way worked. He can be judged on results. I have no doubt that he lit out for Australia partly in disgust with the closed amateur mind.

Within a week or two of my return, I too, was feeling its cold wind of disapproval. I was jaded and a little disillusioned with the pro game. The notion of seeking reinstatement as an amateur became attractive. My letter to the Scottish Amateur Athletic Association asked for guidance and stressed the thoughtlessness of my teenage entry into football. I did not get a letter in reply, just the Association's rule book, with an underlined passage. Anyone who had competed for a monetary prize at any time was debarred from amateur competition.

The brush off was icy. I wrote off the attempt and turned back to familiar avenues. ■

Results

SCOTTISH internationalist Tommy Murray punched the air in delight and summed up the feelings of the large Greenock Glenpark contingent as he crossed the finish line to give his club their first-ever National Cross Country relay title at Bellahouston Park on October 22.

It was their fourth - and most prestigious - relay victory in successive weeks, following their successes in the McAndrew Road Relay, the Renfrewshire and West District cross country events.

Glenpark have risen from obscurity to become the best four-man team in Scotland and team captain Murray was in no doubt as to who has made the difference - the rejuvenated Alan Puckrin.

Having been a promising junior, Puckrin won several Scottish senior cross country vests, the last in March 1985, but in recent years he has been in the doldrums. He suffered three stress fractures of the shin, one of which required an operation, and disappeared from the international limelight.

Eighteen months ago he joined Glenpark from Kilbarchan, and this summer worked on his speed in a bid to recapture previous form. The hard work has certainly paid off, as in the early part of the winter season he strung together some very impressive relay legs.

In the National relays he clocked 12-54 for the mucky two and a half mile trail. Only teammate Murray, Edinburgh Southern's John Robson, and Adrian Callan of Springburn bettered that.

Over 170 teams lined up at the start of the senior event on a beautiful autumn day. The sunshine could not, however, disguise the fact that the course was very muddy due to previous rain, and a couple of hills on the circuit ensured that the "real" cross country enthusiasts were content.

At the end of the first lap, Law and District were ahead, thanks to Alistair Russell's 13-03 effort. The eventual winners were in 18th place (Phil Russell clocking 13-49).

Springburn, who were to finish second, were back in 29th place, with Dundee Hawkhill, eventual bronze medalists, fourth.

The highlight of the second leg was John Robson's excellent 12-42 which brought the depleted Edinburgh Southern zooming through the field from 31st to first. But the capital club eventually finished eighth.

By the end of the second leg, Scottish marathon internationalist Hammy Cox had brought Glenpark up to sixth with 13-27, Graham Crawford (13-08) had hauled Springburn into fifth spot, and Craig Ross (13-45) had held Hawkhill's fourth position.

Cambuslang, the holders, were without key members Eddie Stewart and Alex Gilmour. But Bruce Chinnick (13-19) brought them up to second and they eventually finished fourth.

The race was certainly hotting up and on the third lap the Glenpark supporters sensed victory as Puckrin moved through to first place, giving Murray a ten second lead. Behind them, Peter Fox had brought Hawkhill from fourth to third with 13-18, while Davie Donnet (13-42) lost one place for Springburn, who slipped to sixth.

Murray soon extended Glenpark's lead on the final leg, and was never in any danger as he triumphantly emerged from the woods with his cheeky victory salute almost 200 yards ahead.

The main race was for the minor medals, and Callan accelerated through to bring Springburn home in second place with the fastest time of the day (12-44), while Charlie Haskett maintained Dundee's third place with 13-15. Ross Arbuckle (13-18) kept Cambuslang in fourth spot.

It was a jubilant Glenpark squad who gathered in Bellahouston Sports Centre for the presentation afterwards, and Murray was full of praise for his team:

"I said two weeks ago I thought we would win the National because we were running so well," he said. "The problem spot has been the fourth place and we thought we had found the answer when we brought in first year junior Martin McKendrick. But unfortunately he was spiked at the start of the West District relays last week and had to get 11 stitches in his foot.

"We brought in Phil Russell from the "B" team and he got us off to a good start with a solid run on the first leg.

"When Hammy hauled us into sixth I knew we had the race in the bag. Alan Puckrin gave me a ten second lead and I went hard early on to increase it. From then on there was no danger. In fact, the winning margin today was bigger than the previous week in the West relays.

"I'm delighted for the club. We have a great spirit now and none of the boys could have imagined a victory like this two years ago."

Murray is confident that more victories will be added to the Glenpark collection, but is realistic enough to admit that it may take some time before the Edinburgh to Glasgow or National Six Stage Road Relay titles head for the Tail O' The Bank. "We don't have the strength in depth for those events," he acknowledged.

While the Greenock lads were celebrating, Springburn, current six stage champions, could only wonder about what might have been.

Englishman Tony Linford, a recent addition to the ranks, is a 1500 metres man who has run 3-45, but he was controversially left out of the club's "A" team for the relay. He proceeded to clock 13-32 on the opening leg for the "B" squad, finishing ninth, 20 places and 30 seconds ahead of "A" team runner Jim Cooper. At the end of the day, just 33 seconds separated Glenpark and Springburn. Linford's contribution for the "A" team could have been crucial.



Tommy Murray takes Greenock Glenpark to the title

Michael McQuaid

On The Veteran Scene

"GO SCOTTY GO!" was a cry we heard throughout the whole 26.2 miles of the New York Marathon and how well it summed up an experience that I would unreservedly recommend to anyone who wants to have a bite of the Big Apple.

On a warm humid Sunday morning, with near cloudless skies, over two and a half million New Yorkers turned out to welcome 23,000 marathoners, among whom were between 30 to 40 Scots - many of them veterans taking part in their first NYC Marathon. The race itself was the climax to a massive organisational bonanza estimated to bring the city around 50m dollars, which was worked out at being 150 dollars per foot!

Fred Lebow, the race organiser, put on a wonderful experience that I personally would find hard to better for sheer enjoyment as well as value for money. Although the 25 dollar entry fee seemed high, I have never before had so many "extras" in my goodie bag (free "T"-Shirt, shorts, caps, entry to the pasta party and disco, and many other offers that New Yorkers seemed very genuine in honouring).

Whatever may be said about the seamier side of New York with its violence, drugs, and homelessness, all of which we saw sights of, there is no doubt that the Big Apple makes the marathoners very welcome - taxi cab drivers, hotel porters, shop keepers and sightseers all want a look at a marathon medal. Writing as I am on our homeward journey I find it hard to say goodbye, and hope that I will be back for another bite of the Big Apple some day.

AS FOR the race itself and the Scots - many of them wearing the Ron Hill tartan - all, without exception, spoke of the great time they had despite the heat and humidity which had a profound effect on the finishing times of all of us. At the start, we were promised rain one hour into the race, but it never came. Instead we dowsed ourselves in cups and cups of water and drank in excess of the electrolyte "Exceed".

With only two miles gone and the famous Verazanno Narrows Bridge completed, not only had my pace varied from eight minutes per mile to sub sixes, but my ribs were already sore from the elbows that would not let you pass. The net effect was to make one decide very early on this was an experience rather than a race against time.

The halfway mark and the Polaski Bridge produced the only real incline apart from the last 200 metres, and the hard left turn brought relief from the cool breeze. But for many, myself included, the damage was done and it was very much a question of survival for the last 10 to12 miles in the noon day sun.

As I turned the last corner from Columbus Circle towards the Tavern on the Green, the previous night's pasta was not doing its required job, and although a two second spot of fame on NBC TV at exactly three hours was some compensation, the following two hours were spent trying to regain some composure and an interest in my fellow athletes who were all performing remarkably well in the conditions.

Instead of the hoped for place in the first three over-50's, it was 30th and the consolation of knowing that I could at last record the stories of others - Peter Fleming ran a creditable 2-21-48 although he possibly would have liked better. He was followed home by two Edinburgh-based lads, Graeme Carracher, 26, (2-45-46) and Dave Service (33) 2-49-46, and my own clubmate Jim Baird ran his first ever marathon in even pace for 2-51-04.

Of the vets, Bob McDonald (40) from Fraserburgh (2-55) and Brian Edridge, 44, (2-56) together with myself were the only others to squeeze under three hours.

Frank Reid from Crieff, however, who only started running two and a half years ago took nearly 30 minutes of his best time to clock 3-25, one of the few runners I met who beat his predicted time (3-30).

Bill Walker from East Kilbride, a 46 year old sales manager, stopped smoking two years ago and raised over £400 for Cancer Research with his sub-four hour effort. Martin Brown, 31, of Dundee, finished in 18,033rd place, but had the honour of carrying the Scottish Banner in the International Breakfast Run the day before. Tom MacKintosh, a sprightly 61 year old from Glenrothes, finished in 4 hours 30 minutes. Television personality Stuart Mulrooney of Tutti Frutti fame took 4 hours 10 minutes to get round, and possibly the most bubbly Scot I met throughout was Patsy Ramage, a 43 year old grandma from Glenrothes, originally from Inverness, who ended a spectacular 21 day holiday in Canada and the States showing the tartan in 4 hours 28 minutes. Patsy, who has featured previously in Scotland's Runner and has become noted for her "frilly knickers", was raising money for a local blind school.

At the really sharp end of the veterans scene Ryzand Marezak, a 42 year old Pole, clocked a fabulous 2-12-54, twelve minutes clear of Frank Webber of the USA, 2-27-07 and England's Andy Holden 2-27-38.

In the over-50's Giuseppe Campenella (52) from Italy (2-37-01) held off James O'Brien (50) from Wales (2-37-05).

The women's veterans saw Gale Le Dage (USA) take the honours (2-47-33) from Elaine Statham (44) of England (2-56-49). Priscilla Welch who was among the leading group dropped out after 15 miles.

The whole event again put into perspective that at its basic, running must be enjoyed - albeit that the top veterans earned prizes from 3000 to 1000 dollars which makes the issue of "professionalism" look pretty hypocritical as far as "Amateur" Boards are concerned.

The one main advantage the London Marathon has over New York is superb television coverage, which was poor at New York and such a great shame as the festival aspect, especially the heroes of the "Achilles" disabled athletes who received virtually no coverage at all. A 49 year old double amputee called Joe Dowling who took 2 hours 30 minutes in his wheelchair, and below the knee amputee Jim McLaren, who ran it in 3-29.

Thanks New Yorkers for a wonderful week. Like Chris Brasher eight years ago I find myself returning inspired and refreshed and ready to try and inject a little of that enthsiasm into Scottish athletics for veterans as well as others - if they will let me!

Scottish placings

27th	Peter Fleming	2-21-48
291	Gr'me Carracher	2-45-46
380	David Service	2-49-14
461	Jim Baird	2-51-03
629	Rb't McDonald	2-55-20
696	Brian Edridge	2-56-16
869	Henry Much're	2-59-40
1399	James S'venson	3-08-18
1414	James Watson	3-08-28
1610	Tony McHugh	3-10-32
2133	Alan Fulton	3-16-05
2581	Roger Smith	3-19-53
2953	Steve Chalmers	3-22-42
3377	Frank Reid	3-25-38
3665	Duncan Baxter	3-27-33
3735	Frank Coyle	3-28-01
3855	David Haw	3-28-45
4996	James D'vdson	3-36-17
5462	George West	3-39-02
6086	Peter Kelly	3-42-32
7687	Wm McGrew	3-50-45
9456	R'bca Ridgeway	3-58-39
9642	Wm Walker	3-59-18
10,751	David Brownlee	4-04-49
10,872	Ian McKendrick	4-05-30
12,100	Stuart Mulrooney	4-10-00
12,580	Brian Trainer	4-14-31
13,364	Stephen Baird	4-18-53
13,372	Justin M'thson	4-18-56
13,625	Robert Connell	4-20-13
14,175	Patsy Ramage	4-28-44
14,346	Tom MacKintosh	4-30-25

Henry Muchamore

Results

October

1

Victoria Park AAC McAndrew Trophy 4 x 3.25 miles Road Relay Race, Whiteinch, Glasgow -
1, Greenock Glenpark H (R Johns 16-40; T Murray 15-06; H Cox 15-27; A Puckrin 14-54) 62-07; 2, Bellahouston H (R Fitzsimmons 15-30; A Coyne 15-49; E Wilkinson 15-55; P Fleming 14-57) 62-11; 3, Shettleston H (W Coyle 15-33; D Cameron 16-09; B Scally 15-24; N Muir 15-16) 62-22; 4, Sprinburn H (G Crawford 15-31; D Donnett 15-45; A McIndoe 16-18; A Callan 14-56) 62-30; 5, Teviotdale H (B Emmerson 15-55, D Cavers 15-40; R Hall 15-43; A Walker 15-40) 62-58; 6, Cambuslang H (D Lang 16-10; A Gilmour 15-35; C Thomson 15-58; A Gilmour 15-25) 63-08; 7, Edinburgh AC 63-20; 8, Dundee Hawkhill H 63-52; 9, Fife AC 64-16; 10, Falkirk Victoria H 64-46; 11, Victoria Park AAC 65-42; 12, Ayr Seaforth AC 65-48.
Fastest Laps: 1, A Puckrin 14-54; 2, A Callan 14-56; 3, P Fleming 14-57; 4, I Archibald (EAC) 14-59;
Fastest Junior: F McGowan (VP) 16-14.
Veterans Team: 1, Livingston & District AC Vets (I Briggs 17-08; I Leggatt 17-32; B Campbell 19-18; I Seggie 16-06) 70-04; 2, Shettleston Vets 70-46; 3, Bellahouston Vets 71-15; 4, Victoria Park Vets 71-20; **Fastest Veteran:** B Emmerson (Teviot) 15-55.

2

Scottish Womens National Road Relay Championships, Grangemouth -
Seniors: 1, Glasgow AC (M Wylie 12-04; C Sharp 12-29; E Cochrane 12-14) 36-47; 2, Edinburgh AC (K Fisher 12-46; P Houston 12-52; P Rother 12-14) 37-25; 3, Edinburgh Woolen Mill (S Grainger 12-42; V. Blair 11-57; J. Owens 13-02) 37-46; 4, Livingston and District AC (L Laird 13-17; A Bankowska 12-35; T Knox 12-50) 38-42; 5, Ayr Seaforth AAC (I Fraser 13-02; E Dunlop 13-24; J Robertson 12-27) 38-53; 6, Aberdeen AAC (S Lamb 12-25; N McKinnon 13-08; T Ronney 14-13) 39-46; 7, Bathgate AAC 40-01 8, Kilbarchan AC 40-45; 9, Composite Team 41-05; 10, J W Kilmarnock H 41-17; 11, Liv & Dist "B" 41-46; 12, Irvine AC 41-48;
Fastest Laps: 1, P Rother 11-47; 2, V Blair 11-57; 3, M Wylie 12-04; 4, E Cochrane 12-14; 5, S Lamb 12-25; 6, S Whyte (Kilbarchan) 12-27;
Fastest Young Senior: 1, S Grainger 12-42.
Intermediates: 1, Aberdeen (K Rice 7-51; S Brew 10-05; A Gallon 8-32) 26-28; 2, Loudon Runners (A Higgins 9-14; CA Wilson 8-50; R Pollock 8-27) 26-31; 3, Strathkelvin Ladies AC (M Gemmell 8-27; R Robinson 9-14; W Gorman 9-11) 26-52; 4, Irvine AC 26-58; 5, Edinburgh Woollen Mill 27-22; 6, Composite 28-29;
Fastest: 1, K Rice 7-51; 2, R Pollock and M Gemmell both 8-27;
Juniors: 1, Bathgate AAC (A Cheyne 5-48; L Pope 6-22; C Roy 6-04) 18-14; 2, Ayr Seaforth AAC (K Dyer 6-08; S Barrie 6-28; G Slaven 5-49) 18-25; 3, Glasgow AC (S Kennedy 6-01; T Duggan 6-28; E Black 5-57) 18-26; 4, Irvine AC 18-27; 5, Strathkelvin Laides AC 18-46; 6, Aberdeen AC 18-48;
Fastest: 1, D Simpson (Aberdeen) 5-46; 2, A Cheyne 5-48; 3, G Slaven 5-49;
Girls: 1, J W Kilmarnock H (P Gillies 6-29; C Syme 6-15; K Stewart 6-06) 18-50; 2, EWM (R Bee 6-45; C Friel 6-19; L Stewart 5-50) 18-56; 3, Vic Park AAC (J Rutherford 6-23; M Stighlan 6-39; G Fowler 5-54) 18-56; 4, Harmeny AC 19-05; 5, Irvine AC 19-11; 6 Ayr Seaforth "B" 19-22;
Fastest Laps: 1, L Stewart 5-50; 2 G Fowler 5-54; 3, K Stewart 6-06;
Minors: 1, J W Kilmarnock H (S Youden 4-21; N Youden 4-23; C Morris 4-06) 12-50; 2, Aberdeen AC (M Simpson 4-28; L Still 4-28; C Clarkson 4-00) 12-52; 3, Airdrie H (L Burns 4-24; D Mulvey 4-35; A Russell 4-08) 13-07; 4, Irvine AC 13-14; 5, Kirkintilloch Olympians AC 13-19; 6, Aberdeen "B" 13-21;
Fastest Laps: 1, C Clarkston 4-00; 2, J Simpson (Ayr Sea) 4-04; 3, C Morris 4-06;

Alves to Forres 6 mile Road Race -
1, J Doig (Aber) 30-35; 2, B Chinnick (Forres) 30-42; 3, R Arbuckle (Keith) 31-12; 4, G Laing (Aber) 31-18; 5, S Murray (Aber) 32-09; 6, A Reid (Coasters) 32-46; **V1**, G Milne (Peter) 33-04; **V2**, R McFarquhar (Aber) 33-42; **V3**, C Shaw (Forres) 35-38; **L1**, L Bain (Aber) 22nd, 34-41; **L2**, J Wilson (Inver) 48th, 38-02; **L3**, M Duthie (Fraser), 52th, 38-40; **Team:** 1, Aberdeen AAC 18pts; 2 Forres H

8

Northern District Cross Country League, Fort William -
Senior 6 miles: 1, A Reid (Coasters) 30-32; 2, B Chinnick (Forres) 31-25; 3, D Rodgers (Loch) 31-35; 4, K Best (Forres) 32-00; 5, F Everett (Inver) 32-06; 6, D O'Neill (Loch) 32-28; 7, G Milne (Peter) 42-47;
Youths: 1, B Fraser (B Isle) 21-40.
Sen Boys: 1, E Britton (Loch) 16-14.
Jun Boys: 1, S Allan (B Isle) 11-32.
Senior Women: 1, M McBeath (Caithness) 19-03.
Juniors: 1, R Davidson (Irvine) 13-07.
Girls: 1, L Gajda (B Isle) 10-28.

Eastern Dictrict Cross Country League, Alloa -
Seniors 5 Miles: 1, D Cavers (Teviot) 27-54; 2, S Hale (Perth SH) 28-10; 3, I Matheson (Aber) 28-31; 4, I Steel (ESH) 28-35; 5, J Pentecost (FVH) 28-44; 6, R Hall (Teviot) 28-49; 7, D Duguid (Aber) 28-55; 8, C Ross (DHH) 28-57; 9, D McGonigle (DHH) 28-59; 10, M Ferguson (EAC) 29-00.
Teams: 1, Teviotdale H 92 pts; 2, Falkirk Victoria H 95; 3, Aberdeen AAC 139; 4, Edinburgh AC 223; 5 Edinburgh Southern H 309; 6 Pitreavie AAC 314.
Youths: 1, R Cross (Pit) 17-38; 2, S Wright (Aber) 17-52; 3, M McCarthy (EAC) 18-05; 4, K Leitch (Cen Region) 18-07; 5, T Mendum (Corst) 18-12; 6, R Sutherland (Aber) 18-14;
Teams: 1, Aberdeen 20 pts: 2, Edinburgh AC 24; 3, Pitreavie 30; 4, Cent Reg 30; 5, HELP 37; 6, Geo Heriots Sch 67;
Senior Boys: 1, G Johnstone (FVH) 14-33; 2, S Meldrum (Pit) 14-38; 3, J Pringle (ESH) 14-39; 4, A Tulloch (FVH) 14-42; 5, R Arnott (Pit) 14-54; 6, S Russell (FVH) 14-57; **Teams** 1, Falk Vic H 11 pts,; 2 Pitreavie 15; 3, ESH 26; 4, Aberdeen 55; 5, Pitreavie "B" 64; 6, Corstorphine AC 87.
Junior Boys: 1, D Carty (Both) 9-59; 2, R Wilson (Cen Reg) 10-17; 3, T Winters (EAC) 10-23; 4, N Williamson (EAC) 1-025; 5, C Wilson (Aber) 10-271 6, A Smith (EAC) 10-33;
Teams: 1, EAC 13 pts; 2, HELP 37; 3, EAC "B" 40; 4, Bathgate 41; 5, Cent Reg 41; 6, Aberdeen 45;
Colts: 1, M Wright (Teviot) 6-35; 2, N Munro (Dunbar) 6-58; 3, G Richardson (Liv & Dis) 7-02; **Teams:** 1, Aberdeen 27 pts; 2, Pitreavie 34; 3, EAC 54;
Overall Combined Team Scores after first meeting: 1, Aberdeen 286 pts; 2, Pitreavie 447; 3, EAC 449; 4, Cent Reg 594; 5, Falk Vic 779; 6, ESH 856.



Not so much a new club as an old vest for this Clydebank AC runner during the National Cross Country relays!

Student Athletics

Gordon Ritchie

WITH THE university term starting in early October, clubs were keen to show off their new first year intake of athletes in the first fixture of the winter track season. Wednesday October 19 saw the inaugural Scottish Universities Freshers' Championship. While the fixture was too early to be seen as a guide to form for many athletes, it provided an invaluable introduction to university sport for many freshers.

Over 100 athletes crowded into the Kelvin Hall to compete in the different events, which included some older students competing in open events, but the most promising sign for the future was that more than 50 of the participants were in their first year at university. The nature of university sport is such that all the athletes remain within the clubs only for the period of their studies (normally three or four years). It is, therefore, essential to attract new students each year if the clubs are to survive. With this in mind, the turnout of new talent was encouraging.

The events themselves were fiercely contested, with some notable performances. The best came in the mens 400 metres where overall Freshers champion Nick Taylor (Strathclyde) ran 50.50 seconds.

The surprise of the day was the appearance of Peter Fleming in the 800m. He won a close heat in 2-04.9. The fastest time in this event, however, was achieved by Alan Donnachie (Glasgow), whose 1-58.0 was the first time he had broken two minutes indoors. Other notable individual performances came from Clare Adam (Edinburgh), who threw 9.97m in the women's shot, and Neil Robbie, who cleared 1.86m in the high jump, despite being rushed by the shortage of time allocated for this event.

The individual Freshers champions were decided on the basis of the points awarded under the decathlon scoring tables. This was intended to encourage athletes to participate in as many events as possible, and to try some disciplines that they might otherwise never attempt.

The women's championship was won by Linda Welsh from Dundee University, who narrowly defeated Jackie Fergus from Edinburgh. The men's championship was won comfortably by Nick Taylor, but it was just as competitive as the women's event in spite of the margin of victory. Apart from his excellent run in the 400m, Nick can also be pleased with 7.6 seconds in the 60m. Linda's best performance was 66.4 seconds in the 400m, but her strength was her consistency throughout all the events. We may have a new heptathlete developing in Dundee.

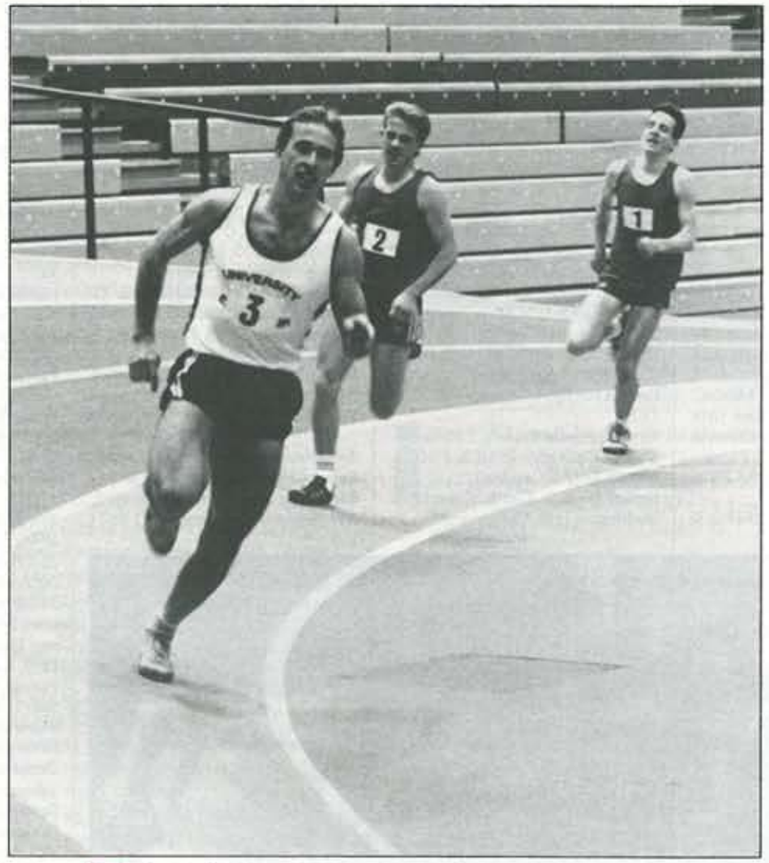
The general feeling among the athletes was that the meeting was a successful start to a winter programme which sees the universities take on the East and West Districts, and Loughborough University among others. The administrative hiccups experienced this year will hopefully be put right in time for the next meeting.

The Fresher's Championship was followed on Sunday October 30 by a challenge match between Edinburgh University and Scottish Schools. While the schools proved to be too strong for a depleted Edinburgh team, the match was welcomed by both as a useful addition to the season.

Every silver lining has a cloud, however, and in this case the cloud takes the form of a possible boycott of the British Universities Championships by the governing body of English universities, the UAU.

The 1989 Championships are due to be held in Antrim. The UAU, however, has declared that it is too expensive for the English universities to travel to Northern Ireland in sufficient strength to justify participation. No thought appears to have been given to the fact that it is cheaper for Scottish teams to travel to Ireland than to travel to the south of England, or that it is only fair for the Irish to be allowed to host the championships occasionally.

Taking the UAU argument to its logical conclusion would mean that the championships would never again be held in Scotland, but instead would be held at Crystal Palace every year. It is not hard to see why the Scottish teams are strongly opposed to such a suggestion. Only time will tell whether the mean Englishman replaces the myth of the mean Scotsman.



Alan Bond, Edinburgh University, gives the students a rare win in the match against the SSAA on October 30, taking the 400m in 51.7.

Results

Stakis 5 Mile Road Race, Laggan Bridge -
1, M McCulloch (Forres) 29-17; 2, E McKenzie (Aviemore) 32-57; 3, A McDonald (Grantown) 32-04; **V1,** G Whymont (Laggan) 32-52; **L1,** G Liddell (Nethy Bridge) 37-30; L2, L McKenzie (Aviemore) 38-00;
Juniors 3.5 mile: 1, J Cruikshanks (Aviemore) 20-33; 2, D Langlands (Laggan) 23-37.

Victoria Park AAC Open Womens CC Meeting (inc first match of Scottish Womens Cross Country League), Dalmuir Park, Clydebank
Seniors: 1, J McColl (GAC) 21-09; 2, M Wylie (GAC) 21-28; 3, J Wilson (Inver) 21-56; 4, J Stevenson (FVH) **LV1** 22-19; 5, S Lanham (Aber) 22-26; 6, J Robertson (Ayr Sea) 22-31; 7, S Grainger (EWM) **YS1** 22-38; 8, E Tinney (Bath) 22-49; 9, J Donnelly (GAC) 22-57; 10, C Williams (DHH) 22-58; YS2, V Clinton (Irvine) 12th, 23-17; YS3, L Cairns (JW Kilm) 25-02; LV2, L McGarry (Irvine) 20th, 23-58; LV3, H Brown (Aber) 24th, 24-24; **Teams:** 1, GAC 12pts; 2, Aberdeen 29; 3, Kilbarchan 57; 4, Falk Vic 63; 5, Irvine 70; 6, Perth Strath 99;
Intermediates: 1, K Rice (Aber) 15-45; 2, R Pollock (Loudon) 16-38; 3, M Gemmell (S'Kelvin) 16-50; 4, R Houston (Moth) 16-50; 5, C Mitchell (Liv & Dist) 17-03; 6, S Telfer (Ayr Sea) 17-04; **Teams** 1, Strathkelvin Ladies 36 pt: 2, Vic Park 59; 3 Irvine 70; 4, Loudon R 70; 5, EWM 71; 6, Kilbarchan 78.
Juniors: A Cheyne (Bath) 10-47; 2, K Stewart (JW Kilm) 10-53; 3, L Davidson (Aber) 10-58; 4, L Farmery (Airdrie) 11-10; 5, D Campbell (Liv & Dist AC) 11-16; 6, J Roxburgh (Irvine) 11-17; **Teams:** 1, Irvine 44 pts; 2, Vic Park 51; 3, MSL 59; 4, GAC 62; 5 Aber 63; 6 S'kelvin Ladies 76.
Girls: 1, L Stewart (EWM) 11-04; 2, G Fowler (Ayr Sea) 11-06; 3, H Brookes (Ayr Sea) 11-06, 4, C A Boyes (GAC) 11-12; 5, J McDowell (Colzuim) 11-16; 6, C Leach (Avon) 11-18. **Teams:** 1, Ayr Sea 27 pts; 2, Harmeny 44; 3 Irvine 27; 4, Vic Park 59; 5, Avonside 59; 6, JW Kilm 87.
Minors: 1, S Scott (Ayr Sea) 5.28; 2, C Morris (JW Kilm) 5-36; 3, W Strawbridge (Pit) 5-38; 4, A Russel (Airdrie) 5-40; 5, C Clarkson (Aber) 5-42; 6, L Burns (Airdrie) 5-48; **Teams:** 1, J W Kilmarnock 25; 2, Airdrie 29; 3, Aberdeen 31; 4, Irvine 37; 5 Kirk Oly 50; 6, Bathgate 79.

Lanarkshire County Road Relay Championships, Glasgow Green -
Seniors 4 x 2.5 miles: 1, Cambuslang (D Healy 13-50; D McShane 13-56; E Stewart 13-24; D Lang 14-12) 55-22; 2, East Kilbride 56-38; 3, Calderglen 56-48; 4, Shettleston 57-35;
Fastest Laps: 1, N Muir (Shett) 13-08; 2, E Stewart (Cambus) 13-24; 3, D Donnett (Spring) 13-46; 4, D Healy (Cambus) 13-50;
Fastest Junior: 1, I Tierney (E Kilb) 13-55;
Youth 2.5 mile Race: 1, T Petrie 14-57; 2, M Gallagher 15-10; 3, A McIntyre 15-17 (All Cambus)
Senior boys: 1, Cambuslang H; 2, Shettleston H; 3, Calderglen H;
Fastest Laps: 1, M McBeth (Cambus) 8-08; 2, D Halliday (Shett); 3, E McCafferty (Cambus)
Junior Boys: 1, Shettleston H; 2, Forth H; 3 East Kilbride AC
Fastest Lap: 1, G Woods (Cambus)

Renfrewshire County Cross Country Relay Championship, Glenniffer Braes, Paisley -
Senior 4 x 2.5 miles Relay: 1, Greenock Glenpark (H Cox 14-14; P Duffy 16-12; A Puckrin 14-11; T Murray 13-27) 58-05; 2, Kilbarchan (T Hearle 14-23; D McDougall 15-49; R McCulloch 16-06; D Petrie 15-02) 61-42; 3, Green Glenpark "B" (P Russell 15-29; M McKendrick 14-40; I Cameron 16-34; B McGuiness 17-22) 62-05; 4, Bella 62-56; 5, IBM Spango V 63-37; 6, Bella "B" 66-34;
Fastest laps: 1, T Murray 13-27; 2, A Puckrin 14-11; 3, H Cox 14-14; 4, T Hearle (Kilbarchan) 14-23; 5, M McKendrick 14-40; 6, D McFadyen (Green Wellpark) 14-44;
Youths: 1, Green Glenpark (D Brown 10-52; D Shaw 10-44; J McFayden 10-35;) 32-11; Fastest 1, J Timmins (Kilbarchan) 9-05.
Senior Boys: 1, Bellahouston (T Parson 12-05; S Rooney 11-21; G Duncan 10-54) 34-20; **Fastest Lap:** 1, D Tambine (GGH) 10-43.
Junior Boys: 1, IBM Spango Valley AC 35-22; **Fastest:** 1, D Kerr (Spango V) 10-33.

Ayrshire County Cross Country Championships, Ayr -
Senior Men 4 x 2.5 miles Relay: 1, Ayr Seaforth (D Penrice 13-05; J Strawhorn 13-15; G Wight 13-14; A Elder 13-32) 53-06; 2, J W Kilmarnock (S Murray 13-13; R Welch 13-28; D Murray 13-20; B McEwan 13-11) 53-12; 3, Irvine (C Miller 13-09; B Craig 13-50; I McNamee 13-41; J Thomson 13-59) 54-39: 4, Ayr Sea "B" 55-02; 5, Dalry This AC 57-37; 6, J W Kilmarnock "B" 57-52; 7, Ayr Sea "C" 58-01; 8, Irvine "B" 58-13; 9, Cumnock 58-42; 10, Irvine "C" 59-18;
Fastest Laps: 1, K Penrice 13-05; 3, C Miller 13-09; 3, B McEwan 13-11.
Youths 3 x 2 miles: 1, J W Kilmarnock (S Baird 12-52; P Ross 13-35; G Reid 12-04; 38-31; 2, Irvine (R McClymont 13-03; T Cranehar 12-56; P McDowall 14;26) 40-25; 3, Cumnock (M Hastings 12-27; B Lee 13-26; I Boyd 14-56) 40-30, 4, Loudon Runners 43-02; 5, Cumnock "B" 45-56;
Fastest Laps: 1, G Reid 12-04; 2, M Hastings 12-17; 3, S Baird 12-52;
Senior Boys: 1, Ayr Sea (M Buckley 12-33; J Ferguson 12-03; K Stevenson 12-41) 37-17; 2, Irvine 37-45; 3, Cumnock 41-28;
Fastest Lap: 1, D Cairns (Irvine) 12-33.
Junior Boys: 1, Ayr Sea (G Docherty 8-33; P Allen 8.46; A Smith 8-06) 25-24; Ayr Sea "B" 26-30; 3, Ayr Sea "C" 27-09.
Fastest Lap: 1, A Smith 8-06.
Colts: 1, Ayr Sea (S Harris 5-31; G Fraser 5-09; M Walton 5-31); 16-11; 2, J W Kilmarnock 16-33; 3, Irvine 17-17;
Fastest Lap: 1, G Fraser 5-09

Senior Women: 1, Irvine (H Morton 18-06; K Melville 19-13; L McGarry 16-59) 54-18; 2, Ayr Sea (B Boyd 18-20; A Gifford 18-10; S White 17-54) 54-24; 3, Loudon Runners (J Strawhorn 17-11; Y Gibb 19-43; V Anderson 21-51) 58-45; 4, Irvine Vets 59-12; 5, Composite 63-30.
Fastest Laps: 1, J Robertson (Ayr Sea) 16-24; 2, L McGarry 16-54; 3, J Strawhorn 17-11.
Intermediates: 1, Irvine (N Donaldson 11-13; K Brennan 12-49; S Loach 11-47) 35-49;
Fastest Lap: 1, N Donaldson 11-13.
Juniors: 1, Irvine (A McManus 11-30; J Roxburgh 110-06; R Hough 11-42) 34-18; 2, J W Kilmarnock 35-58; 3, Irvine "B" 37-25.
Fastest Lap: 1, J Roxburgh 11-06
Girls: 1, Ayr Sea (D Ward 9-25; S Dyer 9-30; H Brooks 8-44) 27-38; 2, J W Kilmarnock H 28-05; 3, Irvine AC 28-30;
Fastest Lap: 1, H Brooks 8-44.
Minors: 1, J W Kilmarnock (S Youden 5.46; N Youden 5-52; C Morris 5-28) 17-06; 2, Irvine AC 17-16; 3, Ayr Sea 17-25.
Fastest Lap: 1, S Scott (Ayr Sea) 5.22



Master of Ceremonies Harry Quinn watches as the Young Athletes switch over during the National Cross Country relays.

Schools Athletics

Linda Trotter

SUNDAY October 30 saw a new event in the Scottish Schools' calendar. In the summer we were approached by Edinburgh University, asking if we would take part in an indoor match in the Kelvin Hall, with the aim of promoting athletics, especially among first year students.

Although the end of October was obviously not satisfactory as a date, with many athletes resting between the outdoor and indoor season, or starting their winter training, nevertheless the chance of adding an extra level of competition for the neglected over 17 Schools' athletes was seen as too good to be missed. As strong a team as possible, consisting mainly of international athletes, was selected, to do the SSAA justice against what was confidently believed would be a strong student team.

Of the original 35 SSAA athletes selected, 14 were unable to accept, either through injury or because the match conflicted with their training. We worried in case it was unfair to pitch younger, less experienced replacements into competition with older, stronger athletes, especially after learning that Edinburgh was combining with Glasgow University.

All fears proved unjustified with the SSAA winning 18 of the 23 events, coming first and second in 12 events and winning all four relays. All the Schools' athletes performed extremely well and I should like to record my thanks to the whole team for the effort they put into making the match as interesting as it turned out to be. Without detracting from any performances, I should like to single out some athletes for special mention:

* **Chris Shields**, winning both 60m and 200m.

* **Kathleen Lithgow**, for her loyalty to the Scottish Schools' and for competing "for a giggle".

* **Alison Edmonds**, for the closest of all close finishes in her victory in the 60m.

* **Darren Sutherland**, running a PB of 53.1 in the 400m and then combining excellent internationalist **Grant Graham** and two other North Schools' colleagues, internationalist **Grant McDowall** and **Ingram Murray**, to win the 4 x 400m Relay.

* **Claire Roy**, stepping in at very short notice to the 800m and running a superb tactical race to come second to Lesley Svaasand. An under 15 cross-country internationalist, Claire had not run at the Kelvin Hall before, but was brought to Glasgow on the preceding Friday by her dad, to get the feel of the "boards and the bends" - real and appreciated dedication.

* **Scott McGeoch**, best known as triple jumper, doing a PB in the long jump.

* **Sheena MacDonald**, doing an "Yvonne" in the 1500m and just being overtaken in the last 200m.

* **Marlene Gemmell**, coming to the rescue at the last minute, dropping down to 1500m and thanking the SSAA for inviting her to run - what an example!

* And finally, **Katrina Deyer**, winning the high jump with 1.62, five centimetres above her previous PB - brilliant.

Results

Women: 60m: A. Edmunds (SSAA) 7.9; 200m: K. Lithgow (SSAA) 26.0; 400m: E. Grant (SSAA) 61.7; 800m: L. Svaasand (SSAA) 2-19.3; 1500m: C. Smith (EU); 60mH: S. Richmond (SSAA) 9.0; HJ: K. Dyer (SSAA) 1.62; LJ: A. Grey (SSAA) 5.10; SP: A. Grey (SSAA) 12.57; 4 x 200: SSAA 1-45.3; 4 x 400: SSAA 4-16.1. Men: 60m: C. Shields (SSAA) 7.5; 200m: Shields 23.5; 400m: A. Bond (EU) 51.7; 800m: J. McFadyen (SSAA) 2-08.4; 1500m: G. Graham (SSAA) 4-08.5; HJ: J. Stoddart (GU) 1.90; LJ: D. Whyte (EU) 6.47; TJ: B. Whyte (EU) 12.98; SP: N. Mason (SSAA) 15.34; 4 x 200: SSAA 1-35.6; 4 x 400: SSAA 3-32.3.



Grant McDowell, No 2, leads team mate John McFadyen (number obscured) in the 800 metres at the Kelvin Hall, but the final positions were reversed, McFadyen winning in 2-08.4. Below, further pictures from the SSAA coaching day at Grangemouth Stadium on October 16.





Results

Dunbartonshire County Cross Country Relay Championships, Levengrove Park, Dumbarton -
Senior Men 4 x 2.5 mile Relay: 1, Stirling Uni (M McGinley 11-45; K Vose 12-03; T Reid 11-49; G Brown 11-49) 47-26; 2, Vic Park (F McGowan 11-46; C Little 12-09; B McKay 12-20; A Douglas 11-31) 47-45; 3, Clydesdale (D Halpin 11-45; J Hanratty 12-28; P Dolan 12-47; J Austin 12-17; 4, Maryhill 49-46; 5, Dumbarton 50-07; 6, Glasgow Uni 50-20; 7, Vic Park "B" 50-25; 8, Clydesdale 51-06; 9, Kirk Oly 51-10; Clydesd "B" 51-18; **Fastest Laps:** 1, A Douglas 11-31; 2, M McGinley and D Halpin 11-45; **Fastest Junior:** 1, F McGrowan (Vic Park) 11-46; **Fastest Veteran:** 1, A Adams (Dumb) 12-09
Youths: 1, Vic Park (S Barnett 8-06; S Gilmour 8-57; G Graham 8-34) 25-37; 2, Clydesdale 25-51; 3, Clydesdale "B" 26-12; 4, Clydesdale "C" 26-23; 5, Clydesdale "D" 27-33; 6, Kirk Oly 27-39; Fastest Laps: 1, S Barnett 8-06; 2, A Thain (C'Bank) 8-26; 3, A Russell (C'Bank) 8-28;
Senior Boys: 1, Clydebank (C Young 9-12; A O'Hare 9-01; D Fotheringham 9-08) 27-21; 2, Vic Park 27-35; 3, Clydebank "B" 27-50; 4, Clydebank "C" 28-54; 5, Maryhill 31-35; 6, Kirk Oly 31-36;
Fastest Lap: 1, C Greenhalgh (Vic Park) 8-40
Junior Boys: 1, Vic Park AAC (C Humphrey 9-48; B Kelly 10-20; S McNellan 9-24) 29-32; 2, Colzium AC 30-25; 3, Clydebank AC 31-15; 4, Kirk Oly 31-45; 5, Clydesdale 33-18; 6- Composite 33-18; Fastest Lap 1, S McNellan 9-24.

9

SHRA Pentland Skyline 16 mile Hill Race, Edinburgh -
1, J Nixon (Achilles), V1, 2-31-43 (record); 2, P Dymoke (Liv & Dist) 2-33-05; 3, M Lindsay (Carrethy) 2-36-07; 4, A McKenzie (Inver) 2-48-01; 5, A Bennett (West) 2-48-07; 6, W Ramsbottom (Edin Univ) 2-58-22; V2 B Gauld (Carrethy) 12, 3-04-31; V3, E Gillespie (Carnethy). L1, Y Hague (Ed Univ) 14th, 3-08-27; L2, A West (Carnethy); :3, D Turner (Solway Orienteers).

City of Dundee Half Marathon, Dundee (+1000 ran) -
1, C Haskett (DHH) 67-15; 2, P Fox (DHH) 67-36; 3, D Beattie (Arbroath) 68-00; 4, G Reynolds (DHH); 5, H McKay (Fife); 6, P Briscoe (DHH); 7, P Simpson (Pit); 8, J Evans (Shett); 9, R Bell (DHH); 10, G Hanlon (DRR); V1, I Seggie (Liv & Dist, 11th, 71-52; V2, S Graves (Fife), 15th, 72-08; V3, R Woods (DRR), 16th; V0/50, J Kilcullen (Dundee YMCA) 80-10; L1, M Muir (DDR) 8013; L2, M Robertson (DDR), LV1, 85-58; L3, R Murray (Giff N); L4, V Fyall (DDR); L5, G Hanlon (DDR); L6, D Germison (Aber); L7, J Kilgour (Newcastle), LV2; L8, A Rose (Dundee); L9, I Clark (Arbroath); L10, A Harley (Pit);

Heritage Trust 10,000 metres Road Race, Bonnybridge -
1, P Faulds (FVH) 30-47; 2, T Thomson (Cen Reg) 31-45; 3, D Murray (FVH) 32-31; V1, P Cartwright (FVH); V2, M Howes; V3, H Fleming; J1, G Johnstone (FVH); L1, L Murray (FVH); L2, S Blair LV1; L3, G Harrison LV2; L4, M Upton; LV3 R Bull; JL1, K Hamilton; **Local Man** J Cairns; **Local Lady** M Law.

Scottish Veterans Handicap Half Marathon, Grangemouth -
1, W McBrian (Shett); 2, T Kelly (Shett); 3, S Lawson (Maryhill); 4, G Porteous (Maryhill); 5, J Prunty (Shett); 6, R Zanotti (FVH); L1, J Murray (Paisley); L2, K Dodson (Law); L3, I Wilson (SVHC);
Fastest Times: 1, R Young (Clyd) 74-08; 2, B McMonagle (Shett) 75-51; 3, F Wright (Spring) 76-46; 4, H Muchamore (HELP) 0/50 77-41; 5, J Morrison (Aber) 78-04; **Fastest Woman:** J Murray 99-36;

Fraserburgh FC Half Marathon, Fraserburgh -
1, C McIntyre (Fraser) 71-20; C Noble (Fraser) 73-47; 3, A Stevenson (Alloa) 74-16; 4, M Simpson (Aber) 75-13; 5, S Wynn (Aber) 75-17; V1, R McDonald (Fraser) 79-27; V2, A McDonald (Aber) 80-45; V/21, K McGeoadie (Mintlaw 84-02; L1, M Duthie (Fraser) 82-09; L2, M McDonald (Peter) 89-15; L3, U Simpson (Aber) 89-55; LV1, M Taylor (Ellon) 2-03-50

15

SCCU Eastern District Cross Country Relay Championships, Musselburgh Race Course -
Senior 4 x 2.5 miles Relay: 1, Aberdeen (I. Matheson 13-31; E Arrowsmith 13-48; D. Duguid 13-24; C. Hall 13-02) 53-27; 2, Teviotdale (D Cavers 13-31; K Logan 13-25; R Hall 13-29; A Walker 13-38) 43-46; 3, DHH (P Briscoe 13-48; C Ross 13-43; P Fox 13-18; C Haskett 13-10) 53-59; 4, FVH (G McMaster 13-46; S Pentecost 13-24; I Johnstone 13-36; G Grieve 13-34) 54-20 5, ESH (D Ross 14-03; I Steel 13-27; G Mathieson 14-25; J Robson 12-46) 54-41; 6, EAC (S Cohen 13-40; G Harker 13-11; G Faulds 13-53; M Fallowes 13-59) 54-43; 7, Fife AC 55-05; 8, HELP 55-43; 9, Teviot "B" 56-02; 10, Heriot Watt Uni 56-05; 11, DHH "B" 56-11 12, Edin Uni 56-15, 13, Gala H 56-19; 14, EAC "B" 56-22; 15; Pitreavie 56-35;
Fastest Laps: 1, J Robson 12-46; 2, I Hamer (HW Univ) 12-51; 3, C Hall 13-02; 4, T Mitchell (Fife) 13-07; 5, C Haskett 13-10; 6, C Harker 13-11;
Young Athletes 3 x 2 miles Relay: 1, Pitreavie (S Hemmings 13-00; S Meldrum 12-19; R Crook 11-29) 36-48; 2, Bathgate (D Carty 12-24; M Dobbin 12-10; S Louden 12-15) 36-49; 3, EAC "B" (N Williamson 13-08; D Sharkey 13-13; M McCartney 11-24) 37-45; 4, FVH 37-55; 5, EAC "A" 38-04; 6, HELP 38-08; 7, ESH "B" 38-23; 8 Cent Reg 38-26; 9 Pitreavie "B" 39-29; 10, Geo Her School 38-32.
Fastest Laps: Youths: 1, M McCartney 11-24; R Crook 11-29; 3, S Wright (Aber) 11-30; **Senior Boys:** 1, S Russell (FVH) 12-06; 2, S Pringle (ESH) 12-06 3, A Kings (Pit) 12-07; **Junior Boys:** 1, D Carty 12-24; 2, T Winters (EAC) 12-57; 3, S Kemmings 13-00.

SCCU Northern District Cross Country Relay Championships, Inverness -
Seniors 4 x 2.5 miles relay: 1, Forres (K Yost 13-38; I Johnston 14-10; A Pratt 14-19; B Chinnock 12-45) 54-52; 2 Coasters (R Aitken 13-45; M Wright 14-31; K Reid 14-31; A Reid 13-05) 55-52; 3, Moray RR (P Allan 14-34; A Stewart 13-54; G Sim 13-47; M Flynn 13-59) 56-14; 4, Inverness (J Bowman 13-21; P Crowe 14-49; G Mitchell 15-02; G MacLean 14-06) 57-18; 5, Caithness (B MacKay 13-52; A MacDonald 15-03; A Scollay 15-15; S Wright 13-41) 57-51; 6, Peterhead (N MacDonald 16-40; P Scott 15-03; G Cumming 14-29; G Milne 13-55) 60-07; 7, Inverness "B" 62-06; 8 Forres "B" 62-17; 9 Keith & Dist 63-11;
Fastest Laps: 1, R Arbuckle (Keith) 12-34; 2, B Chinnick 12-45; 3, A Reid 13-05; 4, J Bowman 13-21; 5, K Yost 13-38; 6, S Wright 13-41.
Young Athletes 3 x 2 miles: 1, Inverness "B" (K Bertram 11-34; D Hards 11-03; C Jack 10-12) 32-49; 2, Inverness "A" (A MacRae 11-20; D Sutherland 10-47; G McDowall 10-48) 32-55; 3, Black Isle (M Johnstone 11-31; G Ramsay 11-31; B Fraser 9-58) 33-01; 4, Lochaber 33-43; 5, Inverness "C" 34-09; 6, Black Isle "B" 34-57; 7, Forres 35-19; 8, Elgin 35-22; 9 Lochaber "B" 35-39; 10 Peterhead 35-53.
Fastest Laps: Youths: 1, B Fraser 9-58; 3, C Jack 10-12; 3, P Watt (Elgin) 10-37. **Senior boys:** 1, I Murray (Inver C) 10-44; 2, D Sutherland 10-47; 3, J Donald (Forres) 10-59. **Junior Boys:** 1, A MacRae 11-20; M Johnstone 11-31; K Bertram 11-34.
Womens Relay (Order 1, Girls; 2, Juniors; 3, Inter/Senior): 1, Inverness (L Henderson 10-36; R Davidson 10-47; J Wilson 10-10) 31-33; 2, Inverness "B" (T Mulholland 12-09; M Loughrey 11-19; S Gollan 9-33) 33-01; 3, Black Isle (L Gajda 10-33; S Clarke 12-04; A Ramsay 10-50) 33-27; 4, Inverness "C" 34-25; 5, Peterhead 34-33; 6 Forres 34-54; 7, Inverness "E" 34-57; 8 Peterhead "B" 36-26; 9 Inverness "F" 36-28; 10 Inverness "G" 37-15;
Fastest Laps: Senior (Inter1, S Gollan / Inver) 9-33; 2, J Wilson 10-10; 3, A Boyd (Forres) 10-24; **Juniors:** 1, L Forman (Peter) 10-46; 2, R Davidson 10-47 3, S Dent (Forres) 11-14; 3, L Gajda 10-33; 2, L Henderson 10-36; 3, E Bunyard (Inver "C") 11-25.

15/16

World Mountain Race Cup, Keswick -
Senior Men (Short Race): 1, A Vallicella (Italy) 44-25; 2, H Nopflin (Switz) 45-00; 3, W Muenzel (W Ger) 45-07; **Scots Placings:** 19, D McGonigle 45-09; 33, J Wilkinson 50-12; 37, D Rodgers 50-40; 38, I Davidson 50-48; **Teams:** 1, Italy 11pts, 2, Switzerland 25, 3, England 27; 10 Scotland 87;
Junior Men: 1, W Schoch (Switz) 34-22; 2, M Rice (Eng) 34-34; 3, J Taylor (Eng) 34-41; **Scots Placings:** 19, P Fettes 38-05; 28, D Gooch 39-55; 30, B Rodgers 40-21; 35, H Lorimer 43-51; **Teams:** 1, Switzerland 12 pts; 2, England 15; 3 Italy 20; 9, Scotland 77.
Women: 1, F Rueda (Colombia) 38-11; 2, G Schutz (Switz) 39-24; 3, I Guillot (France) **Scots Placings** 7, P Calder 40-34; 11, P Rother 40-56; 13 J Salvona 41-32; 23, B Murray 43-39; **Teams:** 1, Switzerland 19 pts, 2, Italy 19; 3 Scotland 31; 4 England 47;
Senior Men (Long Race): 1, D Tadello (Italy) 68-53; 2, D Milesi (Italy) 69-31; 3, R Pilbeam (Eng) 69-39; **Scots Placings** 5, C Donnelly 70-25; 13, J Maitland 72-45; 21, D Bell 74-48; 26, A Farningham 77-06; **Teams:** 1, Italy 7pts; 2 England 25; 3, Switzerland 28, 4 Scotland 39.
World Cup Overall Points Total: 1, Italy 38pts, 2, Switzerland 65; 3, England 67, 4 Germany 176; 5, Austria 203; 6, Scotland 205.

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SCCU Western District Cross Country Relay Championships, Drumpellier Park, Coatbridge -
Senior 4 x 2.5 miles Relay: 1, Greenock Glenpark (M McKendrick 13-01; H Cox 12-17; A Puckrin 11-54; T Murray 11-45) 48-57; 2, Cambuslang (D Healey 12-46; D McShane 12-29; E Stewart 12-00; A Gilmour 12-13) 49-28; 3, Bellahouston (E Wilkinson 12-32; A Law 13-02; A Daly 12-34; P

Men's Rankings

Arnold Black

100 metres

10.34 w	Elliot Bunney	ESH
10.44	Jamie Henderson	ESH
10.61	Allan Wells	ESH
10.6 w	Stephen Tucker	Kirk
10.7	Stephen Shaw	EAC
10.7	Callum Orr	EAC
10.7 w	David Young	EAC
10.7 w	Stephen Shanks	Lark
10.8	Mark Davidson	Aber
10.8	Murray King	Aber
10.8	Jim Nicoll	PSH
10.8	Neil Fraser	Inver
10.8	Neil Turnbull	ESH

200 metres

21.07 w	David Clark	ESH
21.46	Jamie Henderson	ESH
21.5 w	Brian Whittle	AyrS
21.55 i	Willie Fraser	EAC
21.6 w	Stephen Tucker	Kirk
21.6 w	Stephen Shanks	Lark
21.6 w	Mark Davidson	Aber
21.6 w	Murray King	Aber
21.7	David Young	EAC
21.7 w	Mark McMahon	ESH
21.7 w	Rodger Harkins	Shett

400 metres

45.45	Brian Whittle	AyrS
47.29	Andy Walker	ESH
47.34	Mark McMahon	ESH
47.7	George Fraser	Loug
47.88	James Nicoll	Shaft
48.04	Grant Hodges	EAC
48.08	David Young	EAC
48.20	Neil Armstrong	Kilb
48.41	Andrew Murray	Kilm
48.5	David Mulheron	Shett
48.6	Peter Campbell	Stoke

800 metres

1-45.05	Tom McKean	Moth
1-47.4	David Strang	Har
1-47.43	Stuart Paton	Belg
1-48.45	Nick Smith	Shaft
1-49.53	Tom Ritchie	Pit
1-50.60	Andrew Murray	Kilm
1-50.98	Brian Murray	ESH
1-51.8	Peter Wyman	EAC
1-51.95	George Gibson	Kilb
1-52.1	Hamish McInnes	OG

1500 metres

3-38.59	Tom Hanlon	EAC
3-41.12	Adrian Callan	Wolv
3-44.31	Alastair Currie	Loug
3-44.76	Hamish McInnes	Loug
3-46.1	Ian Hamer (Wal)	EAC
3-46.43	Stuart Paton	Belg
3-47.78	Rob Fitzsimmons	Bella
3-49.0	P. McColgan (NI)	DHH
3-49.4	Sam Wallace	Cam
3-49.52	David Donnet	Spr

5000 metres

13-49.47	Neil Tennant	ESH
13-58.0	Ian Hamer	EAC
13-58.93	Adrian Callan	Wolv
14-04.57	Allister Hutton	ESH
14-15.6	Peter Fleming	Wolv
14-21.2	Andrew Beattie	Shaft
14-22.8	Alastair Douglas	VP
14-23.42	Bruce Chinnick	Forr
14-24.2	Willie Nelson	Law
14-24.2	Gary Grindlay	ESH

10,0000 metres

29-29.39	Alastair Douglas	VP
29-31.43	Tommy Murray	GGH
29-45.58	Peter Fleming	Wolv
29-54.57	Peter Fox	Moth
29-56.12	Willie Robertson	Bella
30-19.72	Alan Robson	ESH
30-26.2	Frank Harper	Pit
30-26.80	Douglas Frame	Law
30-33.79	Alex Gilmour	Cam
30-35.54	Charles Thomson	Cam

110 metres hurdles

14.1 w	Neil Fraser	EAC
14.5	Glenn McDonald	Bolt
14.5	John Wallace	New
15.2	Doug Campbell	OxU
15.2 w	Colin Hogg	EAC
15.3 w	Ian Moore	G'hd
15.33	Paul Warrilow	Ply
15.45	Dave McCutch'n	Wolv
15.57	Allan Leiper	Ald
15.6	Callum Orr	EAC

400 metres hurdles

51.91	Peter Campbell	Stoke
52.4	Mark Fulton	Sale
52.52	Dave McCutcheon	Wolv
52.86	Gary Brown	Pen
52.87	Mark Davidson	Aber
53.8	Malcolm McPhail	AyrS
54.28	Stewart Dempster	ESH
54.28	Stan Devine	ESH
54.99	Alastair Taylor	EAC
56.42	Steve Ledingham	Aber

3000 metres s/c

8-20.73	Tom Hanlon	ESH
8-37.52	Peter McColgann	DHH
8-51.11	Graeme Croll	EK
8-54.86	Ian Steel	ESH
9-00.30	George Mathieson	ESH
9-03.3	Gordon Russell	N'hm
9-08.51	Jim Orr	Cam
9-12.80	Ken Stirrat	Hali
9-16.3	Neil Martin	Fife
9-17.2	Martin Ferguson	EAC

Marathon

2-11-42	Allister Hutton	ESH
2-16-04	Fraser Clyne	Aber
2-16-32	Lindsay R'bertson	EAC
2-18-45	Jim Doig	Aber
2-21-15	Hammy Cox	GGH
2-21-48	Peter Fleming	Bella
2-21-49	Jim Dingwall	Hull
2-22.20	Frank Harper	Pit
2-23.49	Alasdair Kean	Derb
2-24.28	Chris Robison	SV

High Jump

2.28	Geoff Parsons	Lon
2.07	Paul Sudiskas	CR
2.06	David Barnetson	Inver
2.06	Stephen Ritchie	Pit
2.05	Ben Thomson	EAC
2.02	Alan Scobie	Irv
2.00	Eddie Leighton	ESH
1.98	James Stoddart	Bella
1.98	Callum Orr	EAC
1.95	Six athletes	

Pole Vault

4.70	Andrew Wake	Bella
4.40	Dugald Scott	Shett
4.40 i	Allan Leiper	Ald
4.35	John Elliott	EAC
4.30	Iain Black	ESH
4.30 i	Doug Hamilton	ESH
4.20	Stuart Ryan	SV
4.20	David MacLeod	Bella
4.11	Graham Reid	CR
4.10	Paul Pentland	EAC

Long Jump

7.33 w	John Scott	EAC
7.27	Rod MacKay	EAC
7.23	Craig Duncan	Shett
7.21	Duncan Math'sn	Aber
7.17	Mel Fowler	VP
7.15	Callum Orr	EAC
6.88	M. Roberts	St An
6.85	Brian Milne	Cbnk
6.83	Murray King	Aber
6.79	Rodger Harkins	Shett

Triple Jump

15.90	Craig Duncan	Shett
15.01 w	Rodger Harkins	Shett
14.92 i	Stuart McMillan	PSH
14.84	John Scott	EAC
14.49	Rod MacKay	EAC
14.37	Neil McMenemy	CR
14.34	Mel Fowler	VP
14.33 i	John Brierley	N'hm
14.15	Jason Milne	ESH
13.70	John Gallacher	Pit

Shot Putt

16.69	Arngeir Syversen	ESH
14.78	Darren Morris	Pit
14.49	Alan Pettigrew	Shett
14.03	Mark Mcdonald	Dum
14.03	Gordon Smith	Aber
13.45	Grame Stark	Roth
13.18	John Scott	Shett
13.18 i	John Freebairn	Colz
12.85	Walter Weir	CR
12.60	Bruce Shepherd	Aber

Discus

52.94	Darren Morris	Pit
49.10	M. Jemi-Alade	ESH
46.44	Russell Devine	EAC
42.58	Brad McStravick	B'hth
41.56	Keith Christie	ESH
41.30	Colin Watson	VP
41.20	Mark McDonald	Dum
40.96	Russell Payne	Bir
39.18	Alan Pettigrew	Shett
39.02	Robert Meikle	ESH

Hammer

58.08	Lawrie Nisbet	ESH
55.56	Russell Devine	EAC
54.44	Russell Payne	Birch
54.18	Robert Meikle	ESH
53.02	B. Kelly	ESH
52.44	David Valentine	Hou
51.80	Andrew Hall	Hill
51.54	David Valentine	Hsl
49.08	Alan Pettigrew	Shett
48.22	Willie Robertson	EAC
47.66	Alex Mcintosh	ESH

Javelin

65.98	John Guthrie	ESH
65.22	Roddy James	ESH
64.32	Stewart Maxwell	Pit
57.20	Alex Black	ESH
56.22	Stuart McMillan	Pit
55.46	Cameron Glasgow	StAn
55.38	Peter Nicholson	EAC
54.40	Adam Whyte	EAC
51.74	Jeremy Jowett	Mrch
51.66	Andrew Martin	Eye

Decathlon

6695	Callum Orr	EAC
6658	Duncan Math'son	Aber
6286	Ben Thomson	EAC
6212	Allan Leiper	Ald
5961	Paul Allan	Aber
5326	Michael Mather	Shaft
5315	Ken Lynon	Aber
5194	James Malcolm	Loth
5087	Ronald Todd	ESH

All amendments and additions (if applicable) should be notified to Arnold Black via ourselves.

Results

Fleming 12-01) 50-09; 4, Shett H (W Coyle 12-24; D Cameron 12-42; B McMonagle 13-22; B Scally 12-35) 51-03; 5, Calderglen (C McDougall 12-36; A McLellan 12-32; A Campbell 13-12; R Johnston 72-44) 51-04; 6, Ayr Sea (G Wright 12-54; A Elder 13-19; J Strawhorn 12-40; K Penrice 12-34) 51-27; 7, J W Kilmarnock 51-37; 8 Stirling Uni 51-45; 9, Kilbarchan 51-58; 10, Clydesdale 52-14; 11, Irvine 52-26; 12, M'well YMCA 52-34; 13, EKAC 52-36; 14, Ayr Sea "B" 52-44; 15, Vic Park 2-50;
Fastest Laps: 1, T Murray 11-45; 2, A Puckrin 11-54; 3, E Stewart 12-00; 4, P Fleming 12-01; 5, A Russell (Law) 12-06; 6, A Gilmour 12-13;
Young Athletes 3 x 2 miles Relay: 1, Cambuslang (T Petrie 10-05; M McBeth 9-59; G Woods 10-49) 30-53; 2, Vic Park (S McNellan 10-54; C Greenhalgh 10-11; G Graham 9-55) 31-00 3, Clydebank (P McFadden 11-19; D Fotheringham 10-42; M Campbell 9-34) 31-35; 4, Clydebank "B" 32-22; 5, Kilmarnock 32-24; 6, Clydebank "C" 32-25; 7, Vic Park "B" 33-04; 8, Hamilton 33-05; 9, Greenock Glenpark 33-22; 10, Kilbarchan 33-23;
Fastest Laps: Youths: 1, M Campbell 9-34; 2, A Thain (C'bank) 9-53; 3, G Reid (Kilmarnock) 9-54; **Senior Boys:** 1, M MCBeth (Cambus) 9-59; 2, C Greenhalgh (Vic Park) 10-11; 3, J McCann (Loudon) 10-31;
Junior Boys: 1, D Kerr (IBM Spango V) 10-47; 2, G Woods (Cambus) 10-49; 3, S McNellan (Vic Park) 10-54;

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Prince and Princess of Wales Hospice Womens 4 mile Fun Run, Strathclyde Park, Motherwell -
1, J Armstrong (Giff N) 23-28; 2, K Todd (JW Kilm) LV1, 23-48; 3, R Murray (Glff N) LV2, 23-59; 4, I Fraser (Ayr Sea) LV3, 24-08; 5, M Gemmell (S'kelvin) 24-08; 6 J Byng (Irvine) LV4 24-26; 7, C McGarvey (Motorola) LV5, 24-43; 8, E O'Brian (GGH) 24-45; 9, E Fisher (Skelmorlie) LV6, 24-49; 10, J Strawhom (Loudon) 25-02.

Lochaber Half Marathon, Fort William -
1, T Mitchell (Fife) 68-32 (rec); 2, E Nicoll (Army) 70-33; 3, N Craig (Edin) 71-04; 4, W Dickson (Law & Dist) 72-20; 5, R Kirton (Milburn) (V1) 72-36; 6, J McLaughlin (Glasgow) 73-13; L1, J Harvey (GAC) 43th, 84-36 (rec); L2, J Thomson (GAC) 59th, 88-12; L3, C Farrell (Clyd) 76th, 91-29.

Coasters 10,000 metres Road Race, Buckie -
1, C Hall (Aber) 29-29; 2, C Youngson (Aber) V1, 30-52; 3, A Reid (Coasters) 31-06; 4, C McIntyre (Fraser) 31-33; 5, R Aitken (Coasters) 32-08; 6, M Flynn (Moray RR) 32-27; V0/50, G Brown (Inver) 36-11; L1, M Duthie (Fraser) 37-08; L2, M McDonald (Peter) 40-14; L3, D Porter (Unat) 41-47; LV1, H Brown (Aber); **Mens Team:** 1, Aberdeen 15pts; 2, Coasters AC; **Womens Team:** 1, Aberdeen AAC; 2, Moray Roadrunners.

22

SCCU National Cross Country Relay Championships, Bellahouston Park, Glasgow -
Senior 4 x 2.5 miles Relay: 1, Greenock Glenpark (P Russell) 13-48; H Cox 13-28; A Puckrin 12-54; T Murray 12-53) 53-03; 2, Springburn (J Cooper 14-02; G Crawford 13-02; D Donnett 13-42; A Callan 12-44) 53-36; 3, DHH (D Beattie 13-24; C Ross 13-45; P Fox 13-18; C Haskett 13-15) 53-42; 4, Cambuslang (D McShane 13-30; B Chinnick 13-19; C Thomson 13-45; R Arbuckle 13-18) 53-52; 5, Teviotdale (K Logan 13-30; B Emmerson 13-29; A Walker 13-39; R Hall 13-25) 54-03; 6, Bellahouston (R Fitzsimmons 13-39; E Wilkinson 13-51; A Daly 13-40; P Fleming 13-10) 54-20; 7, Calderglen 54-58; 8, ESH 55-20; 9, Vic Park 55-53; 10, EAC 55-58; 11, Kilm H 56-09; 12, Ayr Sea 56-13;
Fastest Laps: 1, J Robson (ESH) 12-42; 2, E Callan 12-44; 3, T Murray 12-53; 4, A Puckrin 12-54; 5, G Crawford 13-02; 6, P Fleming 13-10;
Young Athletes 3 x 2 miles Relay: 1, Vic Park (S McNellan, C Greenhalgh; S Barnett) 35-42; 2, Clydebank (P McFadden, D Fotheringham, M Campbell) 36-34; 3, Cambuslang (G Woods, M McBeth, T Petrie) 36-58;
Fastest Laps: Youth: 1, M Campbell (Clydebank) 11-03; **Senior Boy:** 1, C Greenhalgh (Vic Park) 11-44; **Junior Boy:** 1, D Kerr (IBM Spango V) 12-28.

23

Falkirk Herald Peoples Half Marathon, Grangemouth (2013 ran) -
1, P Fleming (Bella) 65-49; 2, A Robson (ESH) 66-51; 3, G Grindley (ESH) 67-31; 4, G Fairly (Kilb) 68-06; 5, G Crawford (Spring) 68-24; 6, G Reynolds (DHH) 69-41; 7, C Youngson (Aber) V1, 70-12; 8, A Adams (Dumb) V2, 70-22; 9, F Eddeb (West) 70-31; 10, I Seggie (Liv & Dis) V3, 70-33; 11, G Hanlon (DRR) 70-44; 12, B Anderson (DHH) 71-43; 13, J Hanratty (Clyd) 72-18; 14, D Thom (West) 72-22; 15, I Briggs (Liv & Dist) V4, 72-43; V5, W Moffatt (Fife) 26th, 74-40; V6; R Kirkton (Milburn) 27th, 74-44; **v/050** 1, J Morrison (Aber) 71st 78-31; V/050 2, T Kilcullen (YMCA) 94th, 79-25; V0/50 3, J Gormley (Glasgow) 107th, 80-14; **V0/60** 1, W Gillespie (FVH) 377th 88-46; V0/60 2, J Gillies (Lasswade) 521st, 91-52; V0/60 3, J Greenless (Cumb) 776th, 97-21; **V0/70** 1, G Porteous (Maryhill) 784th, 97-35; J(V/20) 1, P Morrison (Pit) 59th, 77-16; J (V/20) 2, C Drievs (Bathgate) 96th, 79-36; J(u/20) 3, A Niven (Edin) 119th, 80-36; **L1**, J Armstrong (Giff. North) 182th, 83-06; L2, M Robertson (DDR) (**LV1**) 235th, 84-43; L3, R Murray (Giff N) (LV2) 254th, 85-23; L4, J Harvey (GAC), 273rd, 85-57; L5, B. Redfern (Culross), 371st, 88-39; L6, L. Brown (Kirk Oly), LV3, 381st, 88-56; L7, J. Strrawhom (Louden), 391st, 89-03; L8, G. Hanlon (DDR), 408th, 89-21; L9, J. Thompson (GAC), 430th, 89-48; L10, A. Newbigging (Bo'ness), LV4, 479th, 91-11; L11, A. Harley (Pit), 482nd, 91-13; L12, E. Thornton (GAC), LV5, 498th, 91-34; L13, K. Hancock (Glasgow), 511th, 91-44; L14, E. Bright (Dalkeith) LV6, 513rd, 91-46; L15, J. Byng (Irvine) LV7, 536th, 92-15.

Brooks Forest 5 Mile Cross Country Race, Kirkhill Forest, Aberdeen
1, R. Cresswell 26-27; 2, D. Duguid 27-28; 3, M. Murray 27-46 (all Aber); L1, L. Bain (Aber) 31-03 (record); L2, M. Stafford 34-54; 3, N. McKinnon 36-04 (both Aber). **H'cap:** 1, J. McLaren (Unat); LVI, D. Fraser (Aber).

Stakis 5 Mile Road Race, Rothiemurchus, Aviemore -
1, E. Nicholl (Army) 30-00; 2, M. McCulloch (Forres) 30-36; 3, A. Johnston (Banchory) 32-07; **V1**, G. Fraser (Inver) 32-47; **L1**, G. Liddell (Nethy Bridge) 39-33; L2, F. Wilde (Kingussie) 42-34; L3, R. Mckenzie (Aviemore) 42-55.
Junior 3 Mile Race: 1, J. Hastings 19-19; 2, M. McAlpine 20-54; 3, J. Cruikshanks 21-13 (all Aviemore).

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Greenock Glenpark H Inverkip to Greenock 5.5 Mile Road Race -
1, P Russell 26-39; 2, P Duffy 27-15; 3, B McGuinness 27-31; 4, R Johns 27-53; 5, D McLaughlin 27-56; 6, M McKendrick 28-03; L1, S Curran 35-50.

Giffnock North AC Womens 5 mile Road Race, Rouken Glen Park -
1, J McColl (GAC) 29-48; 2, R McAleese (Monk Shett) 30-52; 3, C. A. Bartley (GAC) 31-08; 4, C Sharp (GAC) 31-31; 5, R Murray (Glff N) LV1, 32-45; 6; P Kelly (GAC) 33-32; LV2, E Davidson (Giff N) 9th, 35-01; LV3, D Lucas (Strathaven) 11th, 35-38.

Black Isle Festival of Distance Running, Fortrose -
10,000 metres: 1, C Hall (Aber) 28-49 (rec); 2, B Chinnick (Forres) 29-19; 3, A Reid (Coasters) 30-14; L1, G Pollard (FFT) 33-39 (rec); L2, S Gollan (Inver) 37-34; L3, M McBeath (Caith) 38-31; **Team:** 1, Aberdeen 22 pts; **Ladies Team** Inverness; **V1**, G Fraser (Inver) 34-47; **LV1**, K Creese (DRR) 39-52;
Half Marathon: 1. G Fairley (Kilb) 70-14 (rec); 2, A Costigane (Kilb) 71-19; 3, S Cassells (Aber) 73-23; **V1**, A McCallum (Montrose) 6th 74-12; L1, M Muir (DRR) 28th, 1-21-21; L2, T Calder (EAC) 29th 1-21-23; L3, M Duthie (Fraser) 30th, 1-21-46; **LV1**, T Calder. **Teams:** 1, Kilbarchan 11 pts, **Ladies Team:** DRR.
Marathon: 1, M Ryan (DHH) 2-34-30; 2, D Ritchie (Forres) **V1**, 2-34-56; 3, M McCreadie (Fife) 2-35-10; L1, V Fyall (DRR) 3-13-25 (24th); L2, G Hanlon (DRR) 3-18-47; L3, S Bauchop (SVHC) LV1, 3, 20-50; **Team:** 1, Forres.

Shettleston Harriers Allan Scally Memorial 4 x 5 mile Road Relay Race, Baillieston -
1, EAC (A Weatherhead 23-07; G Harker 22-51; I Archibald 22-22; M Ferguson 22-48) 91-08; 2, ESH (G Grindley 22-32; A Moore 23-43; A Robson 23-10; J Robson 21-48) 91-13; 3, Teviotdale (B Emmerson 22-38; D Cavers 22-59; A Walker 22-55; R Hall 23-02) 91-34; 4, Shettleston (W Coyle 23-41; J Evans 24-02; N Muir 21-44; B Scally 22-56) 92-23; 5, Bellahouston (A Coyne 22-56; G Bell 23-52; P Fleming 22-12; E Wilkinson 23-24) 92-24; 6, Falk Vic (J Pentecost 22-42; G Grieve 23-25; I Johnstone 23-28; K Rankine 23-47) 93-22; 7, Calderglen 94-33; 8, Fife AC 94-36; 9, East Kilbride 94-48; 10, Cambuslang 95-12; 11, EAC "B" 95-13; 12, Edin Uni 95-27; 13, DHH 95-32; 14, EAC "C" 96-25; 15, Glas U 96-44; 16, Ayr Sea 96-53; 17, ESH "B" 97-33; 18, Stirling Uni 98-08; 19, Maryhill 98-09; 20, Springburn 98-15.
Fastest Laps: 1, N Muir 21-44; 2, J Robson 21-48; 3, P Fleming 22-12; 4, I Archibald 22-22; 5, G Grindley 22-32; 6, D Donnett (Spring) 22-34; 7, B Emmerson (V) 22-38; 8, J Pentecost 22-42; 9, I Harkness (Edin Un) 22-45; 10, T Mitchell (Fife) 22-45.
Scottish Universities Relay Championships: 1, Edinburgh (I Harkness 22-45; H Nicholson 24-17; R Boyd 24-33; D Arnott 23-52) 95-27; 2, Glasgow (W McTaggart 24-08; J Quinn 23-22; P Fettes 25-02; A Donnachie 24-12) 96-44; 3, Stirling (M McGinley 24-01; G Brown 23-45; T Reid 24-11; S Marshall 26-11) 98-08; 4, Dundee 103-44; 5, Glasgow "B" 104-54; 6, Edin "B" 105-12.
Fastest Laps: 1, I Harkness 22-45; 2, J Quinn 23-22; 3, G Brown 23-45; 4, D Arnott 23-52.
Veterans Teams: 1, Liv & Dist (I Briggs 24-18; S Balfour 25-20; I Leggett 25-41; I Seggie 24-22) 2, Fife AC (S Graves 24-11; W Moffat 25-34; G Bennison 26-12; T Ross 26-19) 102-16; 3, Cambuslang (J Christie 23-19; A Bain 27-20; T Dolan 27-37; D. Fairweather 26-40) 104-56; 4, Irvine 107-17; 5, Fife "B" 108-36; 6, Shettleston 111-16;
Fastest Veteran Laps: 1, B Emmerson (Teviot) 22-38; 2, A Weatherhead (EAC) 23-07; 3, J Christie 23-19; 4, C MacDougall (Calderglen) 23-43; 5, S Graves 24-11; 6, I Briggs 24-18.

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Ayrshire Harriers Open Cross Country Races, Stewarton -
Senior Men: 1, D McFadyen (GWH) 21-33; 2, K Penrice (Ayr Sea) 21-42; 3, D Murray (Kilm) 21-48; 4, G White (Ayr Sea) 21057; 5, G Fallon (Ayr Sea) 22-01; 6, J Strawhom (Ayr Sea) 22-17; **J1**, J Falloner (Harmeny); **V1**, J Miller (Irvine).
Youths: 1, B Richardson (IBM Spango); 2, S Wylie (Hamilton); 3, M Gallogher (Cambus); 4, A Short (Pit); 5, M Hand (Law); 6, J Brown (Law).
Senior Women: 1, V Clinton (Irvine); 2, J Robertson (Ayr Sea); 3, A Dickson (Law); 4, C Farrell (Clyd); **LV1**, L McCarry (Irvine).
Intermediates: 1, C A Wilson (Louden); 2, D Rutherford (Kilm); 3, S Telford (Ayr Sea).

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Race Profile

Report: Michael McQuaid
Pictures: Peter Devlin



Julie Ann Armstrong wins her first half marathon in a pb of 83-14

PETER FLEMING showed plenty of class and a fair degree of true grit to win the Falkirk Herald People's Half Marathon ahead of over 2,000 rivals. The former Glasgow marathon winner finished some 300 yards ahead of Edinburgh Southern's Alan Robson.

In fact, his biggest worry during the race was a troublesome shoelace which came undone at the halfway point when he had established what appeared to be a winning lead over Robson and his Edinburgh Southern colleague, Gary Grindlay. Bellahouston Harrier Fleming looked round twice to see how far behind his rivals were, then stopped twice to tie the offending lace.

Dramatically, both Southern men passed him and it looked as though we had a race on our hands as the duo opened up a gap of 30 yards before Fleming got too his feet again. But with apparent ease the Bellahouston man hauled them in and he was back in the lead at seven miles.

The gap grew again as Fleming put his foot on the accelerator, and on the steep downhill stretch just after Polmont (nine miles), he put in a punishing 4-30 mile which took him well ahead. He increased the gap in the closing miles, finishing in 65-49.

Robson, who had pulled clear of Grindlay at about eight miles, was second in 66-51, and Grindlay third in 67-31.

The race had started in pouring rain which gradually eased off. Springburn's Graham Crawford, twice a previous winner, was the early pacemaker with Fleming, Grindlay, Robson, and Gerry Fairlie (Kilbarchan) well to the fore, but by three miles the leading group had been reduced to three, and on the climb into Falkirk town centre at four miles Fleming broke clear.

That looked to be a decisive move until the loose shoelace gave Robson and Grindlay new hope. But Fleming was in no mood to surrender and once he had regained contact with the Southern duo there was only going to be one winner.

The event was a nice warm-up for Fleming for the New York Marathon in November. The half marathon included, his mileage for the week totalled 120 - including also a run the previous day in the National Cross Country Relays at Bellahouston.

"My aim was to run five minute miles as that is what I intend to do in New York," he explained. "Having to stop was frustrating because i lost my pace and it was also a bit demoralising. If I hadn't stopped I could have gone under 65 minutes."

Fleming's winning time was some two minutes outside Allister Hutton's course record.

Both Robson and Grindlay were generous in their praise for Fleming - and honest enough to admit that even when he had to stop neither of them was going to win.

Robson, whose personal best is 66-18, feels he can get under 66 minutes given the right conditions. He is currently looking ahead to the 1989 New York Marathon, having won a trip there by winning the Sealy Lake District Marathon at the beginning of October.

"I am quite happy with second place today," he said. "I was just hoping that Peter had a big knot in his shoelace when he stopped!"

Grindlay, who won a trip to France for being first Falkirk District resident to finish, was also satisfied.

"I'm still a 5K runner - my only other half marathon was in 1983 - and after 10K today I was out of my depth," he confessed.

The event proved a triumph for the veterans who placed three in the first ten finishers.

Aberdeen's Colin Youngson was first, seventh overall, in 70-22, chased home by 1987 veteran winner Allan Adams (Dumbarton) in 70-31, and Livingston's Ian Seggie (70-44).

First woman was Giffnock North's Julie Ann Armstrong in 83-14, a personal best by about a minute. It was her first half marathon win. First woman veteran was the prolific Dundee Roadrunner Margaret Robertson.

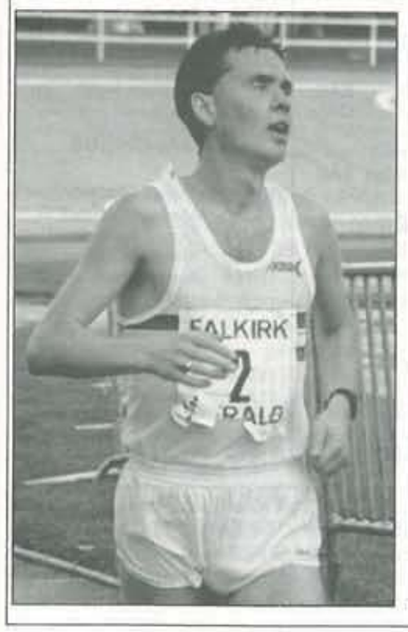
Pitreavie's Peter Morrison won the under 20's prize, knocking three minutes off his previous best with 77-43.

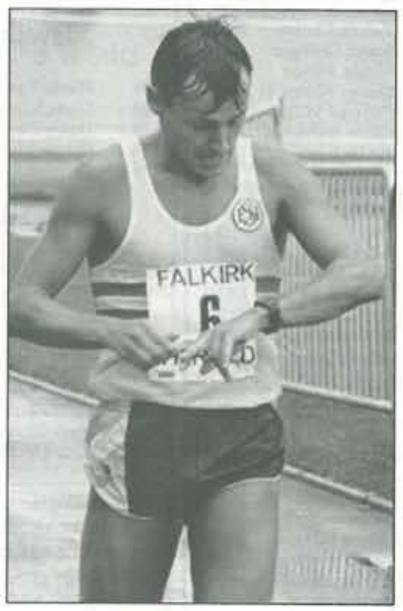
Another Pitreavie runner pleased with her run was Ann Harley, better known by her maiden name, Ann Robertson. A former Scottish 400 metre champion, she ran for Scotland at that distance in the 1978 Commonwealth Games. Now married with two young children, she has turned to distance running and her Falkirk time of 91-29 was her second fastest ever and gave her 11th place among the women.



Race Profile: Falkirk People's Half Marathon

Left, the large field sets off on a wet morning. Below, Gary Grindlay (far left) finishes third in 67-31; Alan Robson checks his second place time of 66-51; but the winner in 65-49, despite shoelace problems, is Bellahouston's Peter Fleming.







Women's Rankings

Ian Steedman

WHILE WOMEN'S senior athletics in Scotland - with one or two notable exceptions - has witnessed a stagnation of standards of performance over the past two or three seasons, much encouragement for the future can be taken from a perusal of the 1988 lists of leading performers in the younger age groups.

For instance, the Euro-Junior category (the final transition age to full senior status and a clumsy title which hopefully can be changed to Junior in line with the rest of the UK for next year) has produced a most talented group of young sprinters, among them Melanie Neef, Aileen McGillivray, Wendy Thompson and Emma Lindsay. Chasing these girls hard from the next lower age group (Intermediate) are Kathleen Lithgow (GB representative at the World Junior Championships) and Alison Edmonds, with the leading "Junior" Wendy Young and that precocious young speed star Myra McShannon - not yet 13 years of age! - not far behind.

For sheer versatility and ability, Emma Lindsay in particular must have a bright future, for her skills extend over a fair range of events from 200 and 400 metres to the high and long jumps and the two "multis", heptathlon and pentathlon.

Similarly, the talented 15 year old Alison Grey (two years younger than Emma), is ranked in four events in her age group and seems likely to emulate, even surpass, the achievements of her senior clubmate, Mary Anderson.

Others with very good results were distance star Val Clinton, long jumper Caroline Black (only 16), and throwers Ashley Morris and Nicola Emblem. After a fine early season 52.46 in her speciality, Nicola's javelin hopes at the World Juniors were unfortunately dashed by injury.

Scottish hurdling generally looks promising. "Euro" Tracey Wilson (400mH), Intermediates Sarah Richmond (80mH) and Fiona Watt (300mH), and the brilliant WAAA Girls champion Catherine Murphy (75mH) showed the others the way forward!

Elsewhere an abundance of young talent has emerged in the Junior shot (five girls over the British ranking standard of ten metres), and Junior long jump, where three girls, headed by Debbie Douglas's exceptional 5.44 metres effort, were over the NUTS standard.

IS

Euro-Juniors

100 metres

11.69 w	Melanie Neef	GAC
11.75 w	Ail'n McGillivray	EWM
12.1 w	Wendy Th'mpson	Pit
12.3	Angela Brown	L&L
12.3 w	Ruth Girvan	NV
12.6	Three athletes	

200 metres

24.10	Melanie Neef	GAC
24.34	A McGillivray	EWM
24.91	Emma Lindsay	EWM
25.0	Ruth Girvan	NV
25.0 w	Wendy Th'mpson	Pit
25.06	Morag Baxter	MSL

400 metres

56.62	Emma Lindsay	EWm
57.1	Denise Knox	M&C
58.59	Julie More	EWm
58.7	Kirsty Baird	KO
59.0	Fiona Calder	Irv
59.2	Shivaun Coyle	MSL
59.2	Hazel McHenry	VP

800 metres

2-16.62	Sharen Wiktorski	Long
2-17.44	Sonya Grainger	EWm
2-17.5	Kirsty Baird	KO
2-18.0	Deborah Kelly	Law

1500 metres

4-29.75	Valerie Clinton	Irv
4-43.8	Sonya Grainger	EWm
4-48.1	Nicola Allison	GAC
4-48.9	Sharen Wiktorski	Long
4-56.7	Catriona Williams	DHH
5-03.7	Karen Buchanan	Pit
5-03.8	Ria de Jager	Kilb

3000 metres

9-41.74	Valerie Clinton	Irv
10-27.7	Anne-M Follan	Kilb
10-35.5	Catriona W"ms	DHH
10-56.7	H. Fallin	St L
11-02.0	Patricia O'Kane	L&L
11-08.62	Morag Green	Caith

100m H

15.4	Michelle McG'ness	Colz
15.7 w	Lorna McCulloch	Pit
15.8	Ruth Girvan	NV
16.2	Beverley Ross	DHH
16.2	Alison Kilbank	FAC
16.3	Nicola Emblem	EAC
16.3 w	C. Bingham	Well
16.4	Sharon Oxley	Pit

400mH

62.8	Tracey Wilson	Loch
65.2	Maureen Green	Ayr
65.6	Hazel Edgar	NV
65.7	Kirsty Baird	KO
65.7	Yvonne Liddle	EAC

High Jump

1.75	Emma Lindsay	EWm
1.65	Maureen Green	Ayr
1.62	Nicola Barr	CR
1.56	Alison Callan	Ayr
1.55	Julie Mcneil	EWm
1.55	Diane Gardner	GAC

Long Jump

5.68	Emma Lindsay	EWm
5.59	Linda Davidson	Aber
5.53	Nicola Barr	CR
5.38	Maureen Green	Ayr
5.34	Lisa Arthur	VP

Shot Putt

12.63	Ashley Morris	Pit
12.53	Alison Ham'erton	MSL
12.47	J-M Thompson	Sale
11.64	Audrey Sinclair	MSL
11.56	Andrea Rhodie	MSL

Discus

44.52	Ashley Morris	Pit
37.44	Alison H'm'rton	MSL
32.96	Ann Findlay	DHH
32.76	Colette Crawford	PSH
32.02	Nicola Emblem	EAC

Javelin

52.46	Nicola Emblem	EAC
36.48	Linda Low	Ork
35.02	Lesley Burt	MSL
33.46	Sharon Morrison	Ayr
32.86	Lorraine Wak'hm	EAC

Heptathlon

4473	Emma Lindsay	EWm
2908	Katrina Ogg	Arbr

Pentathlon

3234	Emma Lindsay	EWm
2767	Ruth Girvan	NV
2468	Lorna McCull'ch	Pit

Intermediates

100 metres

11.62 w	Kathleen Lithgow	NV
11.9 w	Alison Edmonds	Inv
12.4	Angela Fleming	GAC
12.5 w	Fiona Vance	EWm
12.6 w	Caroline Black	EWm
12.6 w	Carolyn Clark	Airdr

200 metres

24.16	Kathleen Lithgow	NV
24.9	Alison Edmonds	Inver
25.60	Fiona Vance	EWm
25.68	Angela Fleming	GAC
25.9	Valerie Friel	Colz

400 metres

58.1	Deborah Haxton	Pit
58.9	Mary McClung	JWK
59.1	Evelyn Grant	Pit
59.2	Caroline Black	EWm
59.6	Kirsty McQueenie	EWm
59.7	Kathleen Lithgow	EWm
59.8	Dawn Durden	Airdr

800 metres

2-13.97	Lesley Svaasand	Pit
2-19.6	Laura Thoumire	EWm
2-19.9	Ainsley Normand	VP
2-21.02	Evelyn Grant	Pit
2-21.9	Sharon Telfer	ayr

1500 metres

4-39.5	Katy Rice	Aber
4-49.5	Rachel Houston	MYm
4-49.7	Sheena M'cdon'ld	Irv
4-58.4	Ann Gallon	Aber
4-59.8	Roslyn Pollock	LR

3000 metres

10-21.0	Sheena M'cdon'ld	Irv
10-42.6	Marlene Gemmell	SL
11-02.4	Donna Rutherford	JWK
11-14.5	Marion Wilson	Fife
11-14.9	Susan Buchanan	Colz

80mH

11.7 w	Sarah Richmond	Pit
11.8 w	Jennifer Sharp	EWm
11.9	Gail Murchie	Aber
12.0	Alison Grey	EAC
12.2 w	Marie Rodgers	Law

We apologise to readers, and also to our compilers Ian Steedman and Jeff Carter, for having to curtail the women's age group rankings and omit completely the men's age groupings. This was due to extreme pressure on space and they will be covered in full next month

Events Diary

November

26

AYRSHIRE CC Championships, Glengarnock

DUNBARTONSHIRE CC Championships, Summerston, Glasgow

EAST District League, West Calder

NORTHERN District CC Championships, Thurso

RENFREWSHIRE CC Championships, Linwood

SWAAA agm, Edinburgh

PRESTO CC Races, Gateshead

27

SWCCU & RRA Eastern District CC Championships, Pitreavie PF, Dunfermline

SWCCU Western District Championships, Glasgow

DUNE Daunder 5,000 metres Beach Run, Balmedie

December

3

EAST Kilbride AAC Festival of Road Running, East Kilbride

FIFE AC "Lita Allan" Memorial CC Races, Beveridge Park, Kirkcaldy (inc 4th Scottish Women's CC League meeting)

GLENCRUITTEN Hill Race, Oban

SWAAA Eastern District Indoor Championships, Kelvin Hall

MARYHILL Harriers Schools CC Races, Summerston, Glasgow.

TEVIOTDALE Harriers Burns Club Road Races, Hawick

GREENOCK Wellpark H Elliot Cup 5 mile Cross Country Races, Greenock

4

GALLOWAY Harriers Open CC Races, Newton Stewart

SORN Chase Road Race, Sorn

SCOTTISH Veterans 10,000 metres CC Race, Huntershipp SC, Bishopbriggs

SWAAA Western District Indoor Championships, Kelvin Hall

KEYLINE 4 Mile Christmas Handicap, male and female, Golf Course, Peterhead

7

OPEN Graded Indoor meeting, Kelvin Hall, all male age groups, first events start 7pm. Tel 041-357-2525 for details.

10

SCCU v Scottish Universities v Northern Ireland v Civil Service, including inter-district races for all age groups, St Andrews

SAAA Western District Indoor Championships, Kelvin Hall

FORRES Harriers Open CC Races, Forres

GLENPARK Harriers Crescent Cup 5 Mile CC Race, Greenock

CLYDESDALE Harriers Sinclair Trophy 5 Mile Road Race, Clydebank

11

PENICUIK Harriers Open Cross Country Races, Penicuik

SAAA Eastern District Indoor Championships, Kelvin Hall

SWCCU East v West v N Ireland CC Match, Glasgow

CUNNINGHAME Open CC Races, Stevenston

SCOTTISH Veterans Xmas Handicap CC Race, Bishopbriggs

CASTLE Series Open Cross Country Races, Seton Park, Aberdeen

SRI Chinmoy 10K Road Race, Glasgow Green

14

OPEN Graded Women's Indoor Meeting, Kelvin Hall. All age groups. Tel 041-357-2525 for further details

17

EDINBURGH AC Queens Drive Open Road Races, Edinburgh

IAC Mens and Womens Home Countries International CC Match, Cardiff

TEVIOTDALE Harriers Menzies Trophy Races, Hawick

18

IRVINE AC Runners v Cyclists Open CC Races, Irvine Moor

TEVIOTDALE Harriers Xmas CC Relays, Wilton Lodge Park, Hawick

24

CLUB Xmas Handicap Races

25

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

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

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

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

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

BEITH HARRIERS
Serious runner, fun runner or novice. Do you fancy company when out for a run? Do you wish event information? Training every Wednesday at Bellsdale Pavilion 7-9pm. Adjacent to Beith Juniors FC Park. All welcome. Also most Sundays at 10.30am from Garnock Pool, Kilbirnie. Phone Jim Swindale at Beith 4156 for further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at Nethercraigs Sports Ground, Corkerhill Road, from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday from 7pm till 9pm. Friendly club catering for all ages from youngsters to veterans, and anyone who enjoys running - serious athlete or fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenfernate, Enochdhu, by Blairgowrie, Perthshire PH10. Tel: 025081-205.

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meets every Tuesday and Thursday 7pm; Saturday 2pm; Sunday 11.30am. Further information: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects of athletics: social events. If you are looking for a friendly club catering for all grades of athletes contact: Male Sec - Phil Dolan, 1, Russell Road, Duntocher. Tel: Duntocher 76950. Female Sec - Josephine Giblin, 1, Lyon Road, Linnburn, Erskine. Tel: 041-812-2706.

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

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Tuesday at Cumnock Academy from 8.30pm and every Wednesday at Netherthird Primary, 7pm. All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging section. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday 7pm at Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064, or Fiona Hill, 0368-64317. We cater for allability groups!

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

DUNDEE ROADRUNNERS AC
Secretary - Mrs Gill Hanlon 9, Lochinver Crescent, Dundee.

EDINBURGH SPARTANS
Brand new, extremely small athletic club hopes to attract sufficient members to put a team in the Fourth Division of the HFC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

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

HARMENY ATHLETIC CLUB
Sec. Ken Jack, 21 Corslet Crescent, Currie, Edinburgh.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 014-334-5012.

GLASGOW ATHLETICS CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches are BAAB qualified. We meet on Monday evenings at Scotstoun Showgrounds, Danes Drive, Glasgow at 7.15pm, and on Wednesday evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, general secretary, 29, Apsley Street, Partick, Glasgow G11 7SP. Tel: 041-339-5860.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome, (Track, Field, road, cross country). Girls and Women: Sec - John Young, 12 Dromore Street, Kirkintilloch: Tel: 041-775-0010. Boys and Men: Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch. G66 3TJ Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights at 7pm in Linwood Sports Centre, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtier on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY AND DISTRICT AAC
Small friendly club looking to become larger and friendlier club. All age groups required, male and female, track and field, road and cross country, also anyone with coaching skills, all very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Please contact Mrs Sheena MacFarlane, Tel: 0383-739681 (Memb Sec).

LOMOND HILL RUNNERS AND AAC
New members sought. Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7-9pm, Sunday 8pm at Glenwood High School, Glenrothes. Secretary - Allan Graham, 12, School Road, Coaltown of Balgownie. Tel: 0592-771949.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7.00pm. All ages and abilities most welcome. Further info: R. Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS
The club for all seasons (road, cross-country, track and field) and the club for the future. All standards of runners welcome to our friendly club. For information contact: Geoff Lamb, 7, Golfhill Drive, Bonhill, Dunbartonshire Tel: Alexandria 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club. Regular social events. We meet at the Deaf Institute, Institution Road, Elgin on Wednesday at 7pm and Sunday at 9am. For further details, contact Anne Sim (secretary), 10, Brumley Brae, Elgin. Tel: 0343-41543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

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

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

SCOTTISH HILL RUNNERS ASSOC
Sec: Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels, TD1 3RZ.

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire, G83 0RX. Tel: 0389-53931.

SCOTTISH TRIATHLON ASSOCIATION
Membership secretary - Morag Simpson, 6, Rutherford Square, Murray, East Kilbride. Club affiliation forms now available.

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

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford Square, Murray, East Kilbride. Tel: EK 45780.

FAIRPORT TRIATHLON CLUB
Sec - Dieter Loraine, 9, Millgate, Friockheim, Arbroath, Angus DD11 4TW.

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

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



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Letters...

Coaches as well as athletes have dreams!

55, St Kilda Crescent, Templehall, Kirkcaldy, Fife.

SIR - I am replying to two parts of your November issue, both of which are inter-related.

The Open Forum by Tony Linford was an excellent piece of work with a concise and literate breakdown of the problems of Scottish athletics.

The first problem that would have to be addressed would be that of the factional mentality within sport. Coaches need to pool ideas and cooperate. I have experienced both sides of this particular problem, and an exchange of ideas does not mean an exchange of athletes. Some very enthusiastic coaches have learned by bitter experience that there are coaches and coaches!

I have been lucky in that I have had the pleasure of working and discussing ideas with some of the most experienced coaches in Britain - and benefited enormously from it. The most interesting thing I have found is that John Anderson, Mike Smith, Ian Robertson, and Bob Inglis, to name but a few, don't have a magic ingredient and they will tell you that each athlete you coach is an individual. What might work for one will not work for another. So the exchange of ideas can only enhance the sport.

The letter by P. Brydon shows a coach who is obviously frustrated by what is happening in Scottish athletics, but I can assure him that he is not alone. The letter was a mixture of "tongue in cheek", with a liberal dose of venom and quite a few home truths.

As Tony Linford stated, many of the successes happen in spite of the system, rather than because of it. But surely it can't all be doom and despondency - a more positive attitude has to be encouraged. An agreement that our "fringe" athletes be encouraged to raise their standards by competing down south should be assisted by financial back-up. You don't get much change out of £200 when you take one or two athletes to Birmingham or London for a major championship.

We have to get the dissenting voices of Scottish athletics to act as one. A good idea to start with would be to get a Scottish Athletics Federation - to put our own house in order before it is forced on us by outside agencies. I realise I'm a dreamer. A world where coaches coach, administrators administer, officials officiate, and the main thing is that athletes compete to their highest ability, would indeed be a Utopian world.

So, P. Brydon and Tony Linford, I hope that in five years time I can look back and say: "Yes, the years after the 1986 Commonwealth Games were the Dark Ages, but we have moved forward from that."

Yes, the coaches as well as the athletes have got dreams, or what is the point of it all. If you don't have a dream you would be as well walking away from it all. I will continue to coach and hopefully help as many athletes and coaches as I can in the process. Maybe one day...

Eric A. Simpson

Thanks runners

92, Pluscarden Road, Elgin, Morayshire.

SIR - On behalf of the Macallan Moray People's Marathon committee, I would take this opportunity to thank all the runners who wrote expressing their appreciation of our event. Your letters to Scotland's Runner, and to Ed McCann the race director, are greatly appreciated. In Moray we do try very hard to stage what we think is one of the best road racing events in Europe. See you on Sunday, August 6, 1989.

Glen Elliot, Press Officer.

Lost certificate

71, Bullionslaw Road, Rutherglen.

SIR - I have just received my second certificate for the Great Scottish Run. The first one reads: Brian Gough, placed 97th, 1-15; the second one reads: Bernard Gough, placed 1996th, 1-39-57.

Modest I must remain and claim the second time as my own, but if the B. Gough 7069 would like his picture and certificate would he please contact me at the above address.

Bernard Gough

Well done, the Black Isle

9, Sylvan Place, Edinburgh.

SIR - Many thanks to everyone connected with the Black Isle Athletic Club who made the Black Isle Festival of Running the highlight of my running year.

The backroom people, the timekeepers, collators, caterers, stewards, and the welcoming commentator at the finish all made it a celebration of the friendly spirit of running. Exchanging a few words with one of the "greats" of distance running, watching 65 year olds show what to aspire to in 20 years time, and running down a beautiful wooded glen with snow-topped hills in the distance all contributed to my "runners' high". Well done the Black Isle.

Donald Dickie

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