

## RACE RESULTS

I hope to make our newsletter results as comprehensive as possible. So, if you go to an event please let me know how you get on so that it can be reported in the newsletter. Better still, write a report for the newsletter on any race you go to.

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### METRO ABERDEEN RUNNING CLUB

#### APPLICATION FOR MEMBERSHIP. 1990

Full Name.....

Address.....

.....

Date of Birth.....

Telephone..... (home)..... (work)

Male/Female(delete as appropriate)

Please send completed form together with a cheque for £5 to Charles Benzies, 39 Claremont Gardens, Aberdeen AB1 6RG.

# MEIRO ABERDEEN

## RUNNING CLUB

ISSUE NUMBER 1 MARCH 1990

After months of debate Metro Aberdeen Running Club has finally got off the ground. The Club really only came into being at the beginning of January and since then it has gone from strength to strength. At the end of February there were 37 fully paid up members and since then a few more have joined. (Not bad when you consider that Aberdeen AAC, formed in 1952, only had 40 members by 1976). Metro Aberdeen has affiliated to all the governing bodies of the sport in Scotland, ie the SCCU, SAAA, SWAAA, and the SWCCU&RRA, so our members are eligible to compete in team competitions throughout the country.

Club vests and shorts have been ordered from Running North and these should be available in the very near future. It is intended that the club logo will be added to all our kit.

Our main sponsor, George Mitchell of Hotel Metro, has provided the club with £500 to get us started. Look out though for details of various fund raising activities in the months ahead. Our Treasurer, Ally Meaves, would be willing to listen to any ideas club members may have regarding fund raising activities.

NEWSPAPER

# From the Editor

Welcome to the first issue of Metro ARC News, the official newsletter of Aberdeen's only specialist road running club. In the months ahead it is hoped that the newsletter will become bigger and better as the club progresses. I would like to include results and reports from all races our members go to so that we have a complete record of the activities of Metro Aberdeen Running Club. Throughout the year the newsletter will contain details of races at which the Club intends having a major presence. It will also contain details of all social and fund raising activities. Profiles on club members will also appear (so watch out!). Indeed if there is anything you would like to see in the newsletter please let me know. All contributions are welcomed.

## LETTERS TO THE EDITOR

If you want to make any point about local road running or any point about running in general please feel free to write to the Editor.

Editor: Fraser Clyne, 106 Braehead Way, Bridge of Don, Aberdeen AB2 8SD

## METRO ABERDEEN RUNNING CLUB

### COMMITTEE MEMBERS

Captain: Philip Cowie (743768)

Secretary: Charles Benzies, 39 Claremont Gardens, Aberdeen AB1 6RG

Asst Secretary: Fraser Clyne (702772)

Treasurer: Alastair Neaves

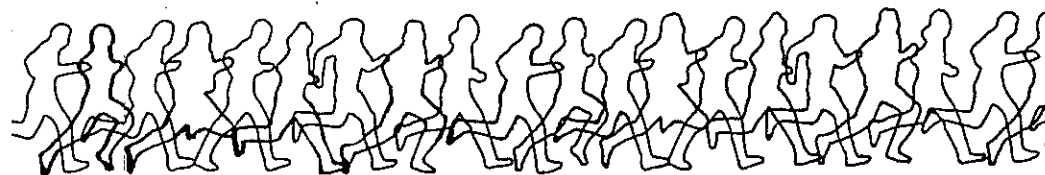
Training Co-ordinators and ordinary committee members: Bruce Moroney (312589), Rob Taylor (694063), Steve Willox (696009) and Peter Jennings (741887)

## NEWS IN BRIEF

The Lynx Pack have secured a big sponsorship deal with the internationally renowned Zimmer Manufacturing Company. Sales of zimmers have rocketed in the Aberdeen area recently due to the growing needs of senior citizens. A ZMC spokesman said: We are delighted to associate our product with the Lynx Pack Darby and Joan Club. We are very pleased to see these elderly people getting out and about with the help of our equipment. If things go well we will soon be in a position to promote our latest model in Aberdeen—the Air Zimmer—which should prove to be a hit with some of the more serious joggers in the Pack."

## LONDON MARATHON

There are still a couple of places remaining on the Running North Promotions London Marathon tour. Please contact Fraser Clyne for details.



**LIST OF MEMBERS**  
(as at end of February)

Alastair Neaves  
 Stephen Willox  
 Philip Cowie  
 Peter Jennings  
 Bruce Moroney  
 Robert Taylor  
 Joseph Freal  
 Stephen Forbes  
 Stephen Reilly  
 Mike Cumming  
 Geoff Simpson  
 Brian Maher  
 Leslie Mitchell  
 Charles Benzie  
 John Buchan  
 Allan Bremner  
 Alan Mathers  
 Scott Sutherland  
 Stephen Fearn  
 William Fearn  
 Raymond Smith  
 Niall MacDonald  
 Derek Dunn  
 Richard Clark  
 Paul Phillips  
 Colin Campbell  
 Derek Baillie  
 Jackie Stewart  
 Brian Hall  
 Alan Slessor  
 Hugh Williamson  
 Graeme Liddell  
 Alexander Strachan  
 Fraser Clyne



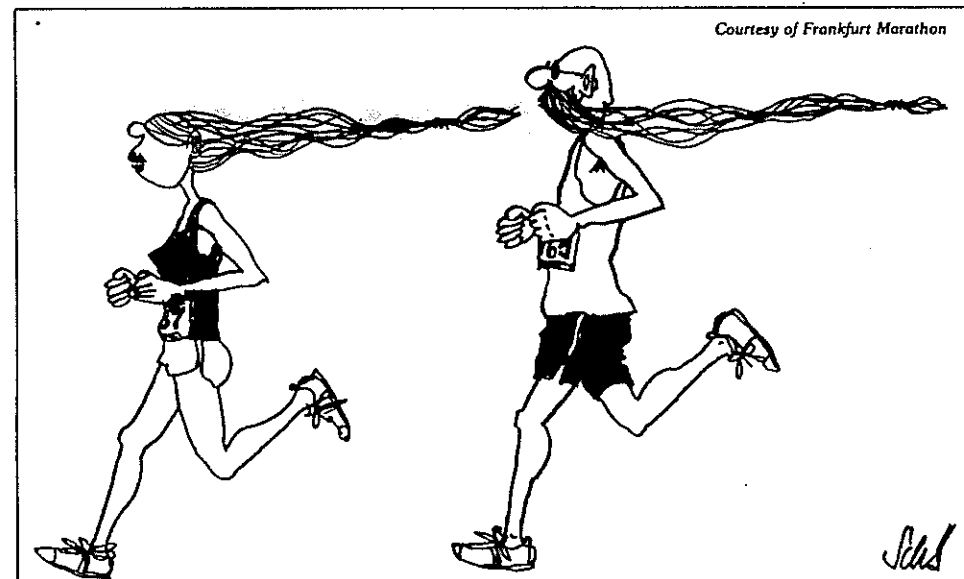
Unfortunately Flo Jo hasn't joined us.....yet!

**CALLING ALL LADIES**

Metro Aberdeen Running Club has affiliated to the Scottish Women's AAA and to the Scottish Women's Cross Country and Road Running Association. All lady runners in the North East are therefore welcome to join the club and take advantage of the set up. We also invite women to take an active role in the management of the club. Places have been created on the club committee to ensure that your interests will be properly looked after.

Metro Aberdeen has a growing membership. We have runners of all abilities. We are certainly not an elitist organisation. Indeed we hope to attract many people who have never previously been members of a running club.

If you are at all interested please contact any of our committee members (phone numbers appear in this issue of the newsletter) and ask them what the club is all about.



# TRAINING

The club meets every Tuesday evening at the Chris Anderson Stadium in Linkfield Road. Please arrive in plenty of time to start running at 7pm. Changing accommodation and showers are available. After training we usually retire to the St. Andrews Bar in Market Street (next to Hotel Metro) for soup, sandwiches (sometimes stovies!) and even a light liquid refreshment. All members are welcome to come along.

We usually do a long Sunday run from Norwood Hall, Garthdee Road (10 am) unless there is a race on. This run can be any distance up to about 15 miles.

Steve Willox takes a group for speed sessions at Kings Pavilion (Aberdeen University), Old Aberdeen at 5 pm most Wednesdays.

Other group training runs will be arranged as necessary. Any suggestions for other organised runs will be welcomed by the club committee.

## CALENDAR

March 11th : Metro Fun Run (5Km) at Norwood Hall (2pm). 50p entry. Spot prizes and free refreshments.

March 18th: Haddo House Castles cross country race  
Inverness half marathon

March 25th : White Caterthun hill/road race at Brechin

April 1st : Dyce half marathon  
Dundee Hawkhill 10K  
North Inch road relays, Perth

April 8th: Great Angus Run 15 miles and 10K at Forfar

# RESULTS

January 28th, CRATHES

History was made at Crathes Castle on January 28th when runners competed in the all-red of Metro Aberdeen Running Club for the first time ever. The occasion was the open race of the 1990 Round the Castles series and the honour first Metro man home went to Phil Cowie who finished 11th a field of over 180 competitors. On a cold but clear, sun afternoon, Peter Jennings also excelled to finish 13th, Mike Cumming 26th, Steve Willox 41st, Geoff Simpson 44th, Club Secretary Charles Benzies 75th.

Results:

(1) C. McIntyre (Fraserburgh R.C) 21-10, (11th) P. Cowie 56, (13th) P. Jennings 23-08, (26th) M. Cumming 23-50, (41st) S. Willox 24-35, (44th) G. Simpson 24-42, (75th) C. Benzies 15.

February 18th, ADEN COUNTRY PARK

The second Castles series cross country race took place Aden Country Park on February 18th. Metro Aberdeen had men inside the top thirty.....great performance. Phil missed the race due to illness and Peter Jennings took as our top performer, finishing seventh. Rob Taylor ran for tenth place despite not being fully fit.

Results:

(1) R. Cresswell (Aberdeen AAC) 32-11, (7th) P. Jennings 25, (10th) R. Taylor 35-41, (12th) M. Cumming 35-47, (14th) S. Willox 35-55, (25th) G. Simpson 37-27, (27th) C. Benzies 40, (29th) J. Buchan 37-49, (40th) A. Neaves 38-35, (65th) A. Strachan 40-53.

# CALENDAR

April 22nd Lochaber Marathon, Fort William  
St. Andrews half marathon

May 5th: Easter Ross half marathon at Tain

May 12th: Golspie 10K

May 13th: Dundee marathon and 10K

May 20th: Glenrothes half marathon

May 26th Stornoway half marathon (trip arranged/details elsewhere in this newsletter.

May 27th: Aberdeen Marathon and 10K

June 3rd Scolty hill race, Banchory (5 miles)

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Other group training runs will be arranged as necessary. Any suggestions for other organised runs will be welcomed by the club committee. Steve Reilly has suggested a midweek run at Kirkhill Forest (Tyrebagger). Steve Willox is willing to show people the route. Anyone interested please contact Steve.

# MEIRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 2 APRIL 1990

The past month has been an extremely successful period in the short history of the club. The Railway Fun Run at the beginning of March was a very enjoyable event with 50 participants turning up on a cold blustery afternoon at Norwood Hall. In the middle of the month Peter Jennings won the Gordon District cross country title at Haddo House in the final 'Round The Castles' series race while on April Fool's Day Mike Cumming and Steve Forbes smashed their personal best half marathon times when taking the runners-up spot and sixth place respectively in the Dyce race.

We had seven runners in the top ten at the Aberdeen AAC half marathon on April 15th and Mike again improved his PB.

Unfortunately we still seem to be the subject of some unnecessary slugging from various quarters.

Returning to more positive ventures, a group of club members are planning a trip to the Western Isles half marathon at Stornoway on May 26th.

Read all about it inside.

NEWSLETTER

# From the Editor

The latest edition of the Aberdeen AAC newsletter 'Aberdeen Athlete' came out the day before the Dyce half marathon. In the newsletter Aberdeen AAC's road running manager Colin Youngson implied (among other inaccuracies) that Metro Aberdeen Running Club didn't have very many "fast men" compared with AAAC. It was somewhat amusing then to see the results of the Dyce race which showed that Metro had six finishers in the top ten while Aberdeen AAC had only two, one of whom is a veteran based in the Shetlands.

Colin Youngson's article also wrongly claimed that Metro Aberdeen does not cater for female runners. This of course is utter nonsense. Metro Aberdeen has affiliated to the Scottish Women's Cross Country Union & Road Race Association and to the Scottish Women's AAA. Some ladies have now joined the club and hopefully more will follow.

Metro Aberdeen has had to put up with a lot of ridiculous comments emanating mainly from persons associated with Aberdeen AAC over the last few months. Despite this, or maybe because of it, the club has been going from strength to strength proving that there is without doubt a role for a specialist road running club in the city.

Colin Youngson's article reminds me of the desperate King Canute trying, unsuccessfully of course, to turn back the tide. Sadly Colin does not make a positive case for Aberdeen AAC. Instead he resorts to falsehoods, lies, deception even, in his efforts to persuade people that Aberdeen AAC is somehow better than Metro Aberdeen. Maybe he should read Denis Shepherd's Editorial in the Aberdeen Athlete which concludes that if Metro Aberdeen can prove capable of organising itself properly then it deserves to succeed

Metro Aberdeen has been in existence for less than three months. There is a long, long way to go before the club reaches its full potential. Nevertheless in that time it has grown with almost 60 people now on the membership roll. No-one has been forced to join us. Those who have joined did so in the belief that a road running club could offer them something which didn't exist before in the North East.

## April 1st, DYCE HALF MARATHON

Mike Cumming had his best run of the year with a personal best time. Steve Forbes also ran faster than ever before for the distance and must now hope Andy Roxburgh will include him in the World Cup squad.

(1) C. McIntyre (Fraserburgh) 71-17; (2) M. Cumming 72-52; (4) P. Jennings 73-42; (6) S. Forbes 74-37; (7) A. Neaves 75-11; (9) J. Stewart 75-48; (10) C. Benzies 75-52; (15) W. McDonald 77-25; (17) G. Simpson 78-00; (46) R. Smith 86-42; (49) M. Duncan 87-08; (54) B. Tuijil 88-24; (59) D. Baillie 89-36; (91) M J Black 99-46; (92) C. McConnochie 1-40-17; (95) A. Slessor 1-41-01; (99) S. Sutherland 1-42-52; (101) C. Trail 1-45-02; (106) A. Watkins 1-49-05. 110 runners completed the course

## April 7th, TOM SCOTT MEMORIAL 10 MILE ROAD RACE, NOTHERWELL.

Fraser Clyne made his Metro Aberdeen debut in this fast ten miler. Unfortunately he could not overcome the challenge of Springburn's George Braidwood and had to settle for the runners-up spot in 47-30, ten seconds behind the winner.

(1) G. Braidwood (Springburn) 47-20; (2) F. Clyne 47-30;

## April 14th, CRAIG DUNAIN HILL RACE, INVERNESS

Fraser Clyne won the 10th annual Craig Dunain hill race held over a 6 mile course next to the Caledonian Canal in 34-02 to give Metro Aberdeen their first individual race victory.

## April 15th, INVERDEE ABERDEEN AAC HALF MARATHON

Aberdeen AAC kindly gave permission for Metro runners to take part in their closed championship race. Metro returned the compliment by taking seven of the top ten finishing positions with Fraser Clyne winning the race ahead of AAAC's David Duguid. Rob Taylor showed a return to form with a good third place and the Banchory Bullet improved his personal best again in sixth place. 41 runners completed the course.

(1) F. Clyne 69-44; (3) R. Taylor 70-53; (6) M. Cumming 72-40; (7) S. Willox 75-14; (8) A. Neaves 75-47; (9) J. Stewart 76-32; (10) C. Benzies 77-05; (14) G. Simpson 78-26; (15) W. McDonald

SPECIAL FEATURE: METRO v HUNTERS BOG TROTTERS CHALLENGE MATCH

Saturday April 7th saw the first challenge match between the club and the Aberdeen contingent of the notorious HBT. Unfortunately several contenders for places in the team were occupied elsewhere. Nevertheless it was a determined squad that set forth to tackle a "suicide" course designed by HBT's John McKay, which included three descents of the East Face of the Broad Hill.

Steve Villox sportingly offered to take the first leg and performed with distinction in a time of 11-25 before collapsing in a heap of expletives. The main feature of the first stage however was Fatty McKay's fall at the foot of the hill which received rapturous applause from the spectators.

The "Banchory Bullet" Mike Cumming took the second leg and recorded the fastest time of the day (10-28) before handing over to "Our Man At C&A" Rob Taylor who performed with equal merit to record a fast time of 10-48.

At this point we had a one minute lead over the Bog Trotters and Geoff 'Electric' Simpson maintained this lead with a steady 11-29 for the fourth leg.

Unfortunately yours truly took over on the fifth leg and things went seriously wrong. My time of 12-30 saw a one minute lead turn into a one minute deficit. In addition to my slow time I managed to skin my backside on the third descent of the hill which I can assure you is a particularly painful injury, but at least it gave my wife a good laugh!

New recruit Charlie Inkson, sporting a natty pair of blue tights, presumably borrowed from Rob, recorded a steady 11-59 before handing the baton to "Mr Metro" himself, Ally Neaves. Ally's descent of the hill was a joy to behold and tapes of his exploits are at this very moment winging their way to the Kenyan Athletic Association for inclusion in their latest training manuals.

For the record, Ally's time was a commendable 11-47 and we finished 2 minutes and 20 seconds down on the Trotters.

A return match is planned for later in the year when we will design the course and provide the hospitality at the Metro. Hopefully on that occasion more club members will attend what is a very enjoyable event.

CHARLES BENZIES.

POETRY CORNER WITH PETER JENNINGS

'THE METRO SUNDAY RUN'

We are the Metro Runners and we run from Norwood Hall,  
We turn up on a Sunday the big, the fat, the small

We start off at a steady pace and then we hit the hill  
The sight of Abbotshall Road is enough to make you ill

By the time you reach the top you are really out of breath  
But then the pace increases--its kamikaze Geoff!

When coming into Hazlehead your strength begins to sap  
Mike says "Where's Steve?" He's disappeared--he's stopped off  
for a crap,

We're into Countesswells now and Fraser's out of sight  
Stevie's bringing up the rear--another hectic night

We're coming to the rough bit that's where you lose your  
trainers  
We should have joined the T.A.'s instead of Metro Runners

We're halfway up the Heartbreak Hill, we'll soon be at the  
top  
You know we've reached the halfway point--your ears begin to  
pop

It's up and over Tank Hill--from now its all down hill  
I wish I had a skateboard to help keep up with Phil

We're back into the forest--this is a muddy course  
Right boys, slam your brakes on--its another bloody horse.

We're out of Hazlehead now and on the path of stones  
It's what the doctor ordered to rattle up your bones

It's hard to keep it going, there's only one more mile  
I'll think of Colin Youngson, that'll get me riled

At last we're back at Norwood, we trundle in half dead  
We do this for enjoyment--who are we trying to kid?

# RESULTS

## March 4th, ABERDEEN AAC CROSS COUNTRY CHAMPIONSHIPS, BALGOWNIE

Charles Benzies stepped into the Lion's Den to take part in Aberdeen AAC's club championships over a four mile course at Balgownie. Despite having run at Worwood in the morning Charlie managed to summon up enough energy to finish ninth.

### Results:

(1) A. Reid (Aberdeen AAC) 21-58, (9) C. Benzies 24-33.

## March 18th, ROUND THE CASTLES SERIES, HADDO HOUSE

The third and final race in the 1990 Castles series saw Peter Jennings finish eighth. This gave Peter sixth place overall in the series and he also won the Gordon District championship and so becomes the first Metro Aberdeen runner to win a title.

### Results:

(1) R. Creswell (Aberdeen AAC) 26-34, (8) P. Jennings 28-26;  
(16) C. Benzies 29-13; (17) S. Willox 29-18; (22) G. Simpson  
29-51; (60) M. Duncan 33-17 --16th veteran.

### Overall Round The Castles Series Results:

(1) R. Creswell (Aberdeen AAC) 80-04 (6) P. Jennings 86-38;  
(10) S. Willox 89-48; (20) G. Simpson (92-00); (22) C. Benzies.  
93-08

Apologies if your name has been overlooked. Please let the Editor know of any people missing from these results so that they can be included in the next issue.

Although Metro Aberdeen takes great pride in the fact that we had six runners in the top ten at Dyce we are equally proud of our other runners competing at all levels throughout the field. Our aim is to help road runners of all abilities enjoy their chosen sport. If we succeed in doing that then we will have been successful. In moving towards that goal we place a strong emphasis on the social side of the sport. Taking part is after all meant to be enjoyable. No doubt we will make mistakes along the way. We are prepared for that and we are willing to adapt as necessary to meet the needs of our members. We think we are on the right lines. Our training runs are well patronised. Our Tuesday evening post-training soup and drinks session at the St Andrews Bar is well attended. Our members are turning out in growing numbers at local races. We do not publicly denigrate the efforts made by other clubs.

If Colin wishes to make judgements about Metro Aberdeen maybe he should consider his own situation first. Our regular Tuesday evening training runs are very well attended with 15-20 runners regularly turning up (and the numbers are increasing all the time). How many people did you run with from the Chris Anderson Stadium on your most recent Wednesday evening run Colin?

### CLUB KIT NOW AVAILABLE

Our smart all red vests and shorts are now available from Running North, 5 South Mount Street, Aberdeen. The shop offers discount on all purchases by Metro Aberdeen club members.



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## METRO ABERDEEN RUNNING CLUB

### APPLICATION FOR MEMBERSHIP. 1990

Full Name.....

Address.....

.....

Date of Birth.....

Telephone..... (home)..... (work)

Male/Female(delete as appropriate)

Please send completed form together with a cheque for £5 to  
Charles Benzies, 39 Claremont Gardens, Aberdeen AB1 6RG.

## ROEVIN CHARITY 10KM ROAD RACE

(UNDER S.A.A.A., S.W.A.A.A. and S.W.C.C. and R.R.A. RULES)

7.30 p.m. TUESDAY 19th JUNE, 1990

AT ABERDEEN BEACH ESPLANADE

AWARDS: 1st TWELVE MEN  
1st TEN WOMEN  
1st MALE VETERAN (0/40) (0/45) (0/50)  
1st FEMALE VETERAN (0/35) (0/40) (0/45)  
1st MALE UNDER 20  
1st FEMALE UNDER 20  
BUSINESS TEAM SHIELD FOR FIRST TEAM  
1st FEMALE TEAM  
BEST FANCY DRESS TEAM  
LARGEST TEAM  
MOST SPONSORSHIP MONEY RAISED

## METRO RAILWAY FUN RUN

The first Metro Railway Fun Run held at Norwood Hall on March 11th was a tremendous success with 50 people of all ages taking part. The free tea/coffee and other refreshments afterwards were appreciated by all those present. Thanks to all those who helped officiate and to those who donated prizes. Even Phil Cowie's mature beer went down well (I think!).

### METRO ABERDEEN RUNNING CLUB

RAILWAY 5K FUN RUN at DEESIDE RAILWAY LINE, PITFODELS

Sunday March 11th 1990

### Results

S. Forbes 16-58  
D. Thompson 18-33  
H. Williamson 18-39  
S. Willox 19-45  
M. Duncan 19-46  
A. McPherson 20-40  
D. Baillie 20-54  
J. Meder 21-00  
J. Wright 21-36  
C. McConnochie 21-44  
B. Kerr-W 21-47  
J. Black 21-51  
K. Hutcheon 21-53  
L. Mitchell 21-57  
M. Mitchell-W 22-04  
M. Simpson-W 22-08  
S. Sutherland 22-45  
B. Harrison 23-07  
G. Simpson 23-45  
S. Bennett-W 23-46  
E. McKay-W 24-02  
J. Innes 24-12  
K. Cowie 24-46  
P. Cowie 24-47  
M. Cumming 24-50  
J. Buchan-W 25-21  
M. Dunn 26-11  
D. Dunn 26-11

L. McKay 26-27  
J. McKay 26-32  
B. Maher 26-32  
D. Neaves-W 26-51  
A. Neaves 26-51  
A. Orme-W 27-25  
A. Leat-W 27-26  
M. Hales-W 28-18  
? No number 29-21  
? No number 29-22  
M. Dunn-W 29-27  
L. Dawson-W 29-28  
P. Jennings 30-10  
W. O'Hara 31-02  
V. Taylor-W 31-05  
S. Reilly 34-43  
C. Taylor 38-12  
S. Taylor 38-13  
R. Taylor 38-14  
? No number 38-15  
? No number 38-15

# NEWS

METRO ABERDEEN RUNNING CLUB

## COMMITTEE MEMBERS

### TRIP TO STORNOWAY HALF MARATHON

A group of club members are going to the Stornoway half marathon on May 26th. The ferry crossing to the Outer Hebrides leaves Ullapool on the Friday evening before the race and costs £13-10 return. Very cheap accommodation is available at the Macrae Hostel (4-50 bed and breakfast per night). It promises to be a memorable weekend. Anyone interested should contact Geoff Simpson (Tel 587987) as soon as possible.

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Asst Secretary: Fraser Clyne (702772)

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## LIST OF MEMBERS (as at middle of April)

### RUNNING NORTH PROMOTIONS GREAT NORTH RUN TOUR

(September 15th/16th 1990)

All members interested in taking part in this year's Great North Run should complete a booking form for the Running North Promotions tour. Entry forms should be submitted to Fraser Clyne at Running North, 5 South Mount Street, no later than May 6th. The tour price is £59 per person and this includes entry to the race, Hotel bed and breakfast accommodation and transport by luxury coach with videos. Steve Willox may put on some additional entertainment in Newcastle!

### Contributions Wanted

If you go to a race please write a report on it for the next issue of the newsletter. Contributions on anything are appreciated!

Editor: Fraser Clyne, 106 Braehead Way, Bridge of Don, Aberdeen

Alastair Neaves  
Stephen Willox  
Philip Cowie  
Peter Jennings  
Bruce Moroney  
Robert Taylor  
Joseph Freel  
Stephen Forbes  
Stephen Reilly  
Mike Cumming  
Geoff Simpson  
Brian Maher  
Leslie Mitchell  
Charles Benzies  
John Buchan  
Allan Bremner  
Alan Watkins  
Scott Sutherland  
Stephen Fearn  
William Fearn  
Raymond Smith  
Niall MacDonald  
Derek Dunn  
Richard Clark  
Paul Phillips  
Colin Campbell  
Derek Baillie  
Jackie Stewart  
Brian Hall

Alan Slessor  
Hugh Williamson  
Graeme Liddell  
Alexander Strachan  
Fraser Clyne  
Suzanna Bennett  
John Innes  
William Foreman  
Alistair Beeley  
Doug Longmuir  
Scott Mitchell  
John Simmers  
Joseph Black  
Mike Duncan  
Neil McDonald  
Douglas Thompson  
Annette Orme  
Bert Tuijil  
John Thom  
Mike McKendrick  
Charles McConnochie  
William O'Hara  
Charles Traill  
Michael Reid  
Charles Inkson

When we've had our shower—we go down to the pub  
We work on our recruitment plan to shanghai Davie Grubb

We combed our hair, we've packed our gear, we all leave in a  
group  
We're heading for the Metro for a plate of tattie soup!

#### FOOTNOTE

WE're all prepared for Stonie—we've just to limber up  
We're Ally's All Red Army and we're going to win the Cup

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# METRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 3 MAY 1990

## CLUB BARBECUE AT BANCHORY

Lets have a huge turnout of members at the Scolty hill race at Banchory on June 3rd (see entry form in this issue). The club is holding an informal barbecue after this race so bring along the family and enjoy a good afternoon on Deeside. There is no charge for the barbecue but any additional donations of food and drink will be welcome on the day. The motto is bring something with you! As far as the race is concerned we hope to win the team prize by defeating our city rivals from Aberdeen AAC. The more people we have in the race the more chance we have of winning. By hill racing standards Scolty is quite tame (honest). And it makes a pleasant change from the road racing scene. Hope to see you there.



Editor: Fraser Clyne

NEWSLETTER

# RESULTS

Come on....don't be shy, let me know how you get on in the races you go to! Some club members went to the Forfar Fifteen in April but nobody wants to tell me where they all finished! It couldn't have been that bad, surely.

The Results section this month is far from complete but the only way it can be improved is if you send details of race performances to me for inclusion in the newsletter. I don't just want to hear the good performances. I would like to include all places and times recorded by our members in all races.

The Editor

## April 22nd, ADT LONDON MARATHON

Super Postie Raymond Smith surged to the top of the 1990 Metro Aberdeen marathon rankings with a 3-07-42 performance. Ray couldn't quite hang on to Allister Hutton but was happy with his run. Unconfirmed reports suggest that he may have done better had he not spent the night before the race gallivanting around the streets of Soho.

(1) A. Hutton (Edinburgh Southern Harriers) 2-10-10; (3128)  
R. Smith 3-07-42. 24,953 recorded finishers.

## April 29th, FORTH RAIL BRIDGE CENTENARY HALF MARATHON

Charles McConnachie and Craig Morrice both recorded personal best times in this event.

(1) A. Robson (Edinburgh Southern Harriers) 67-40; Mike Duncan 1-25-36; C. McConnachie 1-34-35; C. Morrice 1-36-09;  
Charles Traill 1-41-10

## May 13th, LUDDON STRATHKELVIN HALF MARATHON

Fraser Clyne defeated former Scottish cross country champion Tommy Murray and 700 other runners to win this race in Kirkintilloch.

(1) F. Clyne 65-29.

POETRY CORNER WITH PETER JENNINGS  
(Another classic from the Metro bard).

## THE TUESDAY CLUB RUN

We all meet on a Tuesday night and Linksfield is the place  
Its called the Tuesday club run-not the Metro race

When boys come from the other club we really are quite proud  
But it sometimes takes a while for them to get used to  
the crowd

We are a very friendly lot until we hit the road  
We push old ladies, trample dogs, that's the runners Highway  
Code

We have some conversation until we reach the Beach  
When everybody suffers from a chronic lack of speech

Ally's gone off very fast-he must be doing five  
He's fooled us all, he's gone straight on, he's into overdrive

We've reached the Bridge of Don now we're ready for the  
hills  
But first we have to cross the road without getting killed

We're coming on to Scotstown Road-I really love this part  
I wish I hadn't had my tea, its inclined to make me fart

I've settled to a steady pace-I'm really trying to cool it  
It's not so easy when you're running with the Banchory  
Bullet

We've now come to the Parkway, we're running on the grass  
Stevie's just come past me, he's breathing through his arse

We're bounding o'er the Bridge of Don and Rab is in our  
sights  
I cannot see him clearly but I recognise the tights

We're coming up to Linksfield, that's the finish of the run  
Stevie's hands are in the air-another 51!

P.T.O.

# CALENDAR

June 3rd: Scolty hill race, Banchory (5 miles).  
Followed by club barbecue.

June 10th: Dunfermilne half marathon  
St Fergus Gala road race

June 17th: Peterhead half marathon  
Arbroath half marathon

June 19th: Roevin 10K, Aberdeen

June 24th: Buckie half marathon

June 30th: Cairngorm hill race

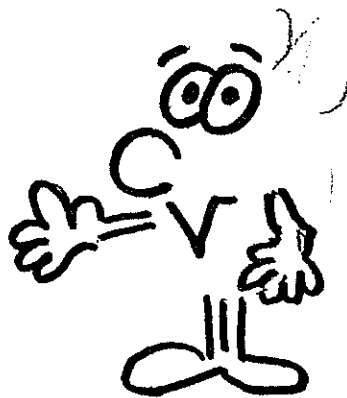
July 1st: Lairig Ghru hill race (Braemar to Aviemore)  
Stonehaven half marathon

July 5th: Brimmondhill road race, Craibstone

July 7th: Forres Highland Games 11½ mile road race  
Dornoch half marathon

## CLUB KIT-WHAT A BARGAIN

The famous all red strip complete with club logo on vest and shorts is now available at the amazing bargain price of £16 from Club treasurer Ally Neaves. Get yours today.



## May 13th, DUNDEE MARATHON and 10K

Charles Benzies blasted round the Dundee marathon in 2-44-51 to bring an end to Ray Smith's short reign as club marathon record holder. Ray decided to run as well, claiming that London was just a warm up. At the time of going to press I didn't have his official finishing time to hand.

(Read Charles Benzies eye witness account of this race elsewhere in the newsletter).

The Banchory Bullet did well to finish 12th in the 10K with Steve Willox less than a minute behind in 22nd place. "The course is definately long," claimed Stevie.

Marathon: (1) S. Asher (Fife AC) 2-28-57; 14th C. Benzies 2-44-51. (21) Neil MacDonald 2-49-43

10K: (1) P. McColgan (Dundee Hawkhill) 30-23; (12) M. Cumming 33-11; (22) S. Willox 34-04

(More Dundee results to follow in next issue (if you all tell me how you got on--Ed).

## STONEHAVEN HALF MARATHON

The Club is planning a major assault on the Stonehaven half marathon on July 1st. Read Peter Jennings' post for some inspiration.

## DUNDEE MARATHON EYE WITNESS REPORT FROM CHARLES BENZIES

The 8th Dundee marathon held on May 13th was run in almost perfect conditions for marathon running. The course although slightly altered this year is conducive to fast times with the last two miles being almost completely downhill. the race was won by Stuart Asher of Fife AC in 2-28-57 and Metro times included Charlie Benzies 14th in 2-44, Neil MacDonald 21st in 2-49, Ray Smith 3-09 and Steven Milne 3-26.

Unfortunately one of our main hopes for success, Peter Jennings, had to retire with stomach problems at the 17 mile mark. Peter however is one of the most improved runners in the city and if he persists his day will surely come in the near future.

Many thanks are also due to the Metro runners who gave their support before and after the 10K event. Their encouragement was a great boost and epitomised the fantastic "Metro Spirit" that has been building up over the last four months.

# NEWS

## CAIRNGORM HILL RACE

Fraser Clyne and Niall MacDonald are planning to run in the Cairngorm hill race on Saturday June 30th. A third Metro man is needed to complete a team. So, if you are interested please contact either Fraser or Niall as soon as possible.

## CLUB DISCO

The first Metro Disco is scheduled for Friday June 15th at the Torry Lounge. Tickets should be available very soon and all members are encouraged to come along with wives, girlfriends, husbands, toy boys and friends.

## 100 CLUB

A 100 Club has been set up to assist club fundraising. All members are encouraged to join the 100 club. Please also entice, bribe or force other members of your family or some of your friends to join. Details from Steve Willox.

## ROEVIN 10K

The Club has agreed to provide some marshalls to help out at the Roevin 10K on Tuesday June 19th. If you are available to help, or if you know someone who can assist, please contact Fraser Clyne.

## PANTOMIME HORSE

That well known goalie John Buchan and his mate Scott Park will run in the Roevin 10K as a pantomime horse. They have issued a challenge to any other four legged rivals who think they can beat them. There could be big money on this race!

## CITY COUNCIL GRANT

Aberdeen District Council have awarded the Club a grant of £50 for this year.

## METRO ABERDEEN RUNNING CLUB

### COMMITTEE MEMBERS

Captain: Philip Cowie (743768)

Secretary: Charles Benzies, 39 Claremont Gardens, Aberdeen AB1 6RG

Asst Secretary: Fraser Clyne (702772)

Treasurer: Alastair Neaves

Training Co-ordinators and ordinary committee members: Bruce Moroney (312589), Rob Taylor (694063), Steve Willox (696009), Peter Jennings (741887), Mike Cumming (03302-2525).

### LIST OF MEMBERS

(as at middle of April)

Alastair Neaves

Stephen Willox

Philip Cowie

Peter Jennings

Bruce Moroney

Robert Taylor

Joseph Freel

Stephen Forbes

Stephen Reilly

Mike Cumming

Geoff Simpson

Brian Maher

Leslie Mitchell

Charles Benzies

John Buchan

Allan Bremner

Alan Watkins

Scott Sutherland

Stephen Fearn

William Fearn

Raymond Smith

Niall MacDonald

Derek Dunn

Richard Clark

Paul Phillips

Colin Campbell

Derek Baillie

Jackie Stewart

Brian Hall

Alan Slessor

Hugh Williamson

Graeme Liddell

Alexander Strachan

Fraser Clyne

Suzanna Bennett

John Innes

William Foreman

Alistair Beeley

Doug Longmuir

Scott Mitchell

John Simmers

Joseph Black

Mike Duncan

Neil McDonald

Douglas Thompson

Annette Orme

Bert Tuijil

John Thom

Mike McKendrick

Charles McConnochie

William O'Hara

Charles Traill

Michael Reid

Charles Inkson

# CALENDAR

# METRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 4 JUNE/JULY/AUGUST 1990

SUMMER SPECIAL

July 15th: Inverness 10K

July 17th: Whiteash hill race, Fochabers.

July 21st 10 mile road race, Dingwall

July 21st Elgin Highland Games

July 22nd: Running North 3000m track race, Chris Anderson Stadium (Entries close 14th July)

August 5th Moray marathon, half marathon, 10K, Elgin (Bus arranged. Details elsewhere in newsletter.

August 5th: Ballater 10 mile road race

August 12th: General Portfolio Aberdeen 10 mile road race, Bridge of Don.

August 18th : Great Wilderness Challenge, Poolewe.

August 18th : Nairn Highland Games Half Marathon

August 25th : Glenurquhart Highland Games (road race and hill race).

August 26th: Aberdeen half marathon

Welcome to the bumper Summer Special issue of the Metro Aberdeen Running Club Newsletter. The Editor wishes to thank everyone who contributed stories, poems and news for this issue. However, I'm still not getting to hear about all your performances. We all want to know about the events members are taking part in. So, get your notepads out and drop me a line. For a start, how about a report on the Highland Cross, Alan Slessor! And how about telling us the Loch rannoch marathon story, Steve Milne?

Events coming up in the near future include the Moray marathon, half marathon and 10K on August 5th. The Club is running a bus to Elgin for this meeting (details inside). For stay at home runners the Ballater 10 miler is on the same day and the General Portfolio Aberdeen 10 is on August 12th

Editor: FRASER CLYN

NEWSLETTER

# RESULTS

## May 27th CITY OF ABERDEEN MILK MARATHON AND 10K

### 10K

(1) S. Axon (Aberdeen AAC) 31-32; (5) R. Taylor 32-57; (6) B. Moroney 33-04; (8) S. Willox 34-02; (10) A. Neaves 34-06.

1300 ran but no other results are available.

### Marathon

(1) C. Tall (England) 2-23-32; (25) Neil McDonald 2-50-07; (26) P. Jennings 2-51-31; (29) J. Stewart 2-52-03; (41) S. Milne 3-04-42; (59) R. Smith 3-14-44; (83) M. Duncan 3-27-22; (127) S. Sutherland 3-55-34.

174 finished

Team result: 1st Aberdeen AAC 50 points; 2nd HBT 63 pts; 3rd Metro Aberdeen 80 pts.

## June 3rd SCOLTY HILL RACE, BANCHORY

The 14th annual Scolty hill race was the setting for the club's greatest achievement so far. Aberdeen AAC had won the team title at this event for 13 years in a row. This year it was different! Metro Aberdeen won the team prize--and won it in magnificent style with Fraser Clyne winning the race, Bruce Moroney coming second and Rob Taylor third. This is the club's first team victory and let's hope it's the first of many! Banchory resident Mike Cumming won the award for first local by finishing fourth overall and we placed another two runners (Niall MacDonald and Peter Jennings) in the top ten. Charlie Inkson was sixth veteran and Annette Orme was 12th out of 20 lady runners.

The post race barbecue was a great success too and thanks must be given to all who contributed food and drink. A special thanks also to Ally's mum and dad and to Carol for slaving over the hot coals.

The only black spot on the day was losing 5-2 in the football match against the HBT's.

## June 23rd, ISLE OF SKYE HALF MARATHON (ON THE SPOT REPORT BY ALLAN BRENNER)

"This is a long course (13.8 miles) described as undulating! Starting at the Square in Portree it consists of 6 miles uphill, 2 miles flat, 3 miles uphill (the last of which seems almost vertical!!) and a 2.8 mile 'toes jammed at the front of your shoes' downhill rush to the finish in Portree Square.

The weather this year was in marked contrast to last year's tropical heat...it was a typical Skye summer day--cold, windy and wet!

The club had only one representative in this race--Allan Bremner--however to induce some of the faster members to enter next year, the team prize is a trophy and a case of Export!"

(1) S. Axon (Swansea/Aberdeen AAC) 1-16-03; A. Bremner 1-34-45

(Allan modestly failed to mention that this was a Personal best performance).

## ATTENTION ALL VETERANS

Raymond Smith has agreed to take on the job of looking after all the veteran members of the Club. The next issue will contain a full list of vets.

## \*\*\*\*\* JOHN BUCHAN'S JOKE CORNER

(A sample of Dobbin's famous collection of rib ticklers).

German up in court in Aberdeen. Judge could not make head nor tail of what he was saying so he asks if anyone in the courtroom can speak German. A reply comes from the back of the room: "I can".

"OK come down and ask him his name" says the Judge. Chap says: Alright then "VOT IZ ZOUR NAME !"

(What's this got to do with running?)

\*\*\*\*\*



LIST OF MEMBERS  
(as at beginning of July)

Alastair Neaves	Mike Duncan
Stephen Willox	Neil McDonald
Philip Cowie	Douglas Thompson
Peter Jennings	Annette Orme
Bruce Moroney	Bert Tuijil
Robert Taylor	John Thom
Joseph Freel	Mike McKendrick
Stephen Forbes	Charles McConnochie
Stephen Reilly	William O'Hara
Mike Cumming	Charles Traill
Geoff Simpson	Michael Reid
Brian Maher	Charles Inkson
Leslie Mitchell	Craig Morrice
Charles Benzies	Richard Gray
John Buchan	Andrew Morrison
Allan Bremner	Martin McKain
Alan Watkins	Steven Milne
Scott Sutherland	Gordon Matthewson
Stephen Fearn	Keith Purser
William Fearn	Derek Jennings
Raymond Smith	Stephen Morrice
Niall MacDonald	John Sweeny
Derek Dunn	Peter Noble
Richard Clark	Alfred McKay
Paul Phillips	William Stephen
Colin Campbell	Martin Blair
Derek Baillie	
Jackie Stewart	
Brian Hall	
Alan Slessor	
Hugh Williamson	
Graeme Liddell	
Alexander Strachan	
Fraser Clyne	
Suzanna Bennett	
John Innes	
William Foreman	
Alistair Beeley	
Doug Longmuir	
Scott Mitchell	
John Simmers	
Joseph Black	

(1) F. Clyne 31-31; (2) B. Moroney 32-07; (3) R. Taylor 32-24; (4) M. Cumming 32-29; (7) Niall MacDonald 33-27; (9) P. Jennings 33-49; (13) S. Willox 34-20; (21) A. Neaves 35-25; (23) W. Foreman 35-29; (30) C. Inkson -vet- 36-14; (37) S. Milne 37-23; (60) S. Morrice 41-28; (63) J. Simmers-vet- 41-48; (67) M. McKendrick 42-01; (74) W. Fearn -vet- 42-30; (83) S. Mitchell-vet-43-05; (84) D. Baillie 43-25; (103) A. Orme 48-16.

116 finished.

June 10th DUNFERMLINE HALF MARATHON (INCORPORATING SCOTTISH AAA CHAMPIONSHIPS)

Fraser Clyne could not repeat his victory of last year. In fact he was well and truly thumped by man of the moment Mike Carroll and by Dundee Hawkhill Harrier Ian Campbell.

(1) M. Carroll (Annan and District) 64-48, (3) F. Clyne 67-54

1300 ran

May 26th, WESTERN ISLES HALF MARATHON, STORNOWAY

(1) A. Eyre-Walker (HBT) 68-59; (3) R. Taylor 70-28; (4) M. Cumming 71-38; (15) G. Simpson 78-39

STORNOWAY HALF MARATHON POST SCRIPT BY MIKE CUMMING

"With the early departure of Rob Taylor and Steve Reilly, it was left to Geoff Simpson and myself to keep the Metro flag flying. With the prize giving over, supplies were rapidly purchased for our trip to the north of the island the next day, as nothing is open on the sabbath (Not strictly true as we found out) (Ha Ha). Then it was down to some serious 'boogie' at one of the hotels in the evening with a Blues band from Manchester, followed by a disco (Juke Box played beyond its natural capabilities). By this time we were all in good spirits, we could have danced to the rhythmic sounds of Y.P. (a famous Hunters Bog Trotter) snoring in the corner. Next port of call was bed, with the mini bus to Uig not that many hours away.

Uig approached and three mini bus loads of excitable athletes and HBT's made their way to the vast, beautiful white sandy beach. The day was spent in glorious sunshine having a Bar-B-Que, football, rounders, running and drinking, not necessarily in that order.

After an excellent day we returned to Stornoway, taking in en route...the Callanish Standing Stones, an ancient broch and a modern public house. The evening was spent watching the previous days race on video, which by this time seemed a million miles away. What wasn't that far away was the 5-30 am ferry back to Ullapool, the next day. We made it with bleary eyes!

It was a pity that Rob and Steve had to go home on the saturday as they would have thoroughly enjoyed themselves.

As for the rest of you METRO runners....if you are looking for an excellent weekend, cheap, very friendly, well organised race and scenic beauty (I should become a PR man for Stornoway running club) then look no further than Stornoway '91."

#### June 17th, PETERHEAD HALF MARATHON

(1) C.McIntyre (Coasters) 70-24; S.Willox 76-20; S.Milne 78-06; J.Buchan 79-34; M.McKendrick 89-35; D.Thomson 92-30; K.Purser 98-02; R.Gray 1-42-14; S.Sutherland 1-42-16

#### June 17th, ARBROATH HALF MARATHON (REPORT BY PETER JENNINGS)

"Not a very well organised event although a good day out for all the family as it is a gala day with a disco, beer tent and plenty of activities going on.

With 320 runners it was quite a well supported event with about 30 doing the 3 mile fun run. Although the sun did not get a chance to come through it was a very humid day.

I did not see a first mile marker but the second was well short as I went through in 9-35. But they seemed to correct themselves by about 6 apart from the last mile which is downhill and took 7 minutes. Only a shout from a sporting Dundee Road Runner behind me saved me from missing a turn off through a farm.

The presentation was a shambles as they seemed to only know the numbers of the winners."

(1) G.Gilhoolan (Bathgate) 70-55; (6) P.Jennings

#### June 23rd, SKYE HALF MARATHON

(1) S.Axon (Swansea) 1-16-03; A.Bremner 1-34-45  
(Full report on page 11)

#### MESSAGE FROM CLUB SECRETARY

"Several members seem to be having difficulty in remembering the club name when filling in their race entry forms. It is of course METRO ABERDEEN RUNNING CLUB. If you are in any doubt please check your membership cards-you have all been issued with one. This is particularly important as we do not wish to be confused with the city's minor athletic club"

Charlie Benzies.

#### BUS TO ELGIN

A bus is being arranged to take members to the Moray 10k/Half marathon/marathon at Elgin on August 5th. The price is likely to be around £4 per head. Please let Charlie Benzies know as soon as possible if you wish to go.

#### CLUB DISCO

The first Club Disco was held on June 15th at the Torry Lounge. A number of club members and their guests have not yet paid for their tickets (£2 per head) and are urged to do so as soon as possible. Please pay club treasurer Ally Neaves at the earliest opportunity.

#### 3000m TRACK RACE

Members may be interested in taking part in the 3000m race at the Shire Harriers meeting at Chris Anderson Stadium on July 22nd. Entry forms are available at the Stadium and must be completed by July 14th. No late entries will be accepted. Entry fee is 50p.

#### LETTER

"I wish to thank my fellow Metro Running Club members for all the encouragement they gave me at the start, during and specially at the finish of the recent Aberdeen Marathon. I was totally knackered, maybe three marathons in five weeks was not a great idea after all. Will I ever learn.  
Thank you all again"

Ray Smith

# NEWS

## CLUB KIT

The first batch of club kit was so popular that it has all sold out. More vests, shorts, t-shirts and sweatshirts have been ordered and should be with us soon. Please pay for kit when you receive it.

## 100 CLUB

Results of the May draw: £25 Vattie Hollis; £15 Bruce Moroney; £10 Martin McKain

Results of the June draw: £25 Stephen Millan; £15 Charles McConnochie; £10 Raymond Smith.

We still need more club members to support this venture. Get your lucky number today from club treasurer Ally Neaves. Its only £1 per month and you could win the top prize of £25.

## GREAT WILDERNESS CHALLENGE WEEKEND

Some members of the club intend to compete in this event on Saturday 18th August. The race is based at Poolewe, Ross-shire, and is over a 13 mile 'multi-terrain' course. It is intended that we travel on the Friday and return on Sunday. Local accommodation has been arranged for the Friday and Saturday nights. A sociable weekend is in prospect. If you wish to come along and be part of the team contact Niall MacDonald as soon as possible.

## TUESDAY TRAINING

The Club subsidises the cost of members using the changing and showering facilities at Chris Anderson Stadium on a Tuesday night so its very important that all members pay their 30p changing fee. A committee member will collect 30p from everyone UPON ARRIVAL at the Stadium each week. Please try and remember to bring change with you.

June 19th ROEVIN 10K, ABERDEEN

(1) D. Beattie (Dundee Hawkhill Harriers) 30-45; (3) F. Clyne 30-50; (9) R. Taylor 32-45; (11) M. Cumming 33-02; (21) S. Willox 33-56; (23) A. Neaves 34-10; (30) J. Stewart 34-40; (47) C. Inkson 36-03; (59) G. Liddell 37-17; (90) M. Blair 38-40; (92) D. Baillie 38-40; (95) A. Strachan 38-49 (101) R. Smith 39-04; (111) M. Duncan 39-44; (128) J. Black 40-24; (188) C. McConnochie 43-47; (191) C. Morrice 43-57; (225) A. Orme 45-06; (226) S. Mitchell 45-11; (242) S. Sutherland 45-53; (268) R. Gray 47-06; (309) J. Innes 50-04; (375) D. Jennings 58-23;

John 'Dobbin' Buchan and Scott Park completed the course in 44-41 to win the pantomime horse race, finishing 210th and 211th overall

399 finishers.

## July 1st STONEHAVEN HALF MARATHON

(1) R. Bell (Dundee Hawkhill, 1-10-48; (4) R. Taylor 1-12-04; (10) A. Neaves 1-15-12; (13) J. Stewrat 1-16-10; (15) P. Jennings 1-17-27; (24) C. Benzie 1-18-39; (30) C. Inkson 1-20-08; (42) S. Milne 1-21-48; (84) Neil McDonald 1-27-29; (94) J. Thom 1-28-44; (95) J. Black 1-28-49; (96) M. Blair 1-28-50; (100) D. Baillie 1-29-12; (156) M. McKendrick 1-33-41; (188) D. Longmuir 1-36-15; (196) G. McRobb 1-37-19; (222) K. Purser 1-39-46; (223) W. Fearn 1-39-47; (228) A. Slessor 1-40-22; (275) C. Morrice 1-44-10; (288) W. O'Hara 1-45-15; (305) R. Gray 1-46-17; (323) J. Innes 1-47-23; (330) S. Bennet 1-48-03; (352) G. Kerr 1-51-03

452 recorded finishers.

## July 5th BRIMMOND HILL ROAD RACE

(1) F. Clyne 21-39; (3) R. Taylor 22-07; (4) B. Moroney 22-16; (5) M. Cumming 22-18

Team result: 1st Metro Aberdeen 8 points; 2nd Aberdeen AAC 16 pts.

(Full report and results in next issue)

## July 7th FORRES HIGHLAND GAMES 11.25 MILE ROAD RACE

(1) D. Ritchie (Forres) 1-02-09; (2) A. Neaves 1-03-27; (4) C. Benzie 1-04-32

## July 7th DORNOCH HALF MARATHON

(1) F. Clyne 1-08-20; (9) M. Cumming 1-15-18; (14) W. Foreman  
1-19-39; (15) S. Milne 1-19-55

Team result: 1st South Shields harriers 24 points; 2nd Metro  
Aberdeen 24 points (we lost out on countback).

# TRAINING

The club meets every Tuesday evening at the Chris Anderson  
Stadium in Linksfield Road. Please arrive in plenty of time  
to start running at 7pm. Changing accommodation and showers  
are available. After training we usually retire to the St.  
Andrews Bar in Market Street (next to Hotel Metro) for soup,  
sandwiches (sometimes stovies!) and even a light liquid  
refreshment. All members are welcome to come along.

We usually do a long Sunday run from Morwood Hall, Garthdee  
Road (10 am) unless there is a race on. This run can be any  
distance up to about 15 miles.

## METRO ABERDEEN RUNNING CLUB

### COMMITTEE MEMBERS

Captain: Philip Cowie (743768)

Secretary: Charles Benzies, 39 Claremont Gardens, Aberdeen AB1  
6RG

Asst Secretary: Fraser Clyne (702772)

Treasurer: Alastair Neaves

Training Co-ordinators and ordinary committee members: Bruce  
Moroney (312589), Rob Taylor (694063), Steve Willox (696009),  
Peter Jennings (741887), Mike Cumming (03302-2525).

## POETRY CORNER

### OUR CLUB

(Another epic from Peter Jennings)

Now the Metro Club's established and runners flock to join  
And all of them have set their goal--to challenge Fraser  
Clyne

We're sending teams of runners to all corners of the globe  
To Dundee and to Stornoway then Stonie via Cove

We sent a team to Stornoway to get a 1-2-3  
Drat it! We've been foiled again by the dreaded HBT

You really meet some characters when you come and join  
our club  
I'll try and mention some of them, the rest I'll have  
to snub

I'll start with Stevie, to train you is his aim  
But when you've tried his schedule, you'll likely end up lame

And what about Rob Taylor -- on him you can depend  
With his headband and his cycling shorts, he really sets a  
trend

And now we come to Raymond Smith, he really is unique  
He's set his goal for next year--its a marathon a week

And what of Johnny Buchan--he has a lot to say  
But when he's dressed he really is "Our Man at C&A"

Now Ally is our trusted friend--he's also our cashier  
I wonder why he goes to Hawaii twice every year

John Thom he's the postie, he goes from door to door  
He walks a hundred miles a week, but runs just 24

Now that's enough for this one  
I'm running out of space  
But look out for the next one  
With me-- nobody's safe!!

# CALENDAR

\*\*\*\*\*

The Club hopes to get a permit to hold a relay race at Balgownie at the end of September. Look out for more details in Running North or at the Chris Anderson Stadium

September 2nd Wildlife 10K road race, Aberdeen Beach

September 5th Seagull 5K at Peterhead

September 9th Elgin 10k road race

September 15th Cairn William hill race, Monymusk

September 16th Aberfeldy half marathon  
Dufftown Seven Stills 10K

September 23rd Inverness 10 mile road race

September 30th Metro Relays, Balgownie (provisional)

October 7th The Bennachie Hill Race (7½ miles)

# METRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 5 SEPTEMBER 1990

The club goes from strength to strength. An outstanding team victory in the Moray half marathon on August 5th (see report inside) was followed up by another great team victory at the Aberdeen half marathon on August 26th. Full results of this last mentioned race will appear next month.

We are hoping to organise our first ever open meeting at the University Playing Fields, Balgownie at the end of September. The event is to take the form of a relay race. Final details have still to be publicised so look out for entry forms being available soon.

The list of veteran members has been held over until the next issue due to lack of space.

Thanks to everyone who contributed reports for this month's newsletter. Keep the information flooding in.

Welcome to all new members. We look forward to seeing you on Tuesday evenings (7pm start) for club runs at the Chris Anderson Stadium.

Fraser Clyne, Newsletter Editor

NEWSLETTER

# RESULTS

## July 14th STAKIS BOAT OF GARTEN 5 MILE ROAD RACE

1, R. Taylor 25-12

\*\*\*\*\*

## July 15th CAMPBELTOWN FESTIVAL HALF MARATHON

(No times available)

1, G. Tenney (Kilbarchan); 6, S. Milne

\*\*\*\*\*

## July 21st DAVID SHEPHERD GLAMAIG HILL RACE, SKYE

1, A. Kitchin (Livingston) 46-02; 25, Miall MacDonald 56-24  
93 finishers.

With a climb of 2500ft and a total distance of 4½ miles the Glamaig hill race is one of the most testing in the Scottish hill race calendar; but it is also one of the most popular. The race starts at the Sligachan Hotel on the Isle of Skye--a popular haunt of climbers and hillwalkers due to its proximity to the Cuillins.

The course of the race involves crossing a ½ mile stretch of peat bog and heather before commencing the hands-on-knees climb to the summit. Glamaig itself appears like a cone of rubble and scree with a few patches of grass, and the fastest descent to the finish is gained by following long loose scree runs and avoiding the large boulders. However, vital time may be lost due to navigational errors when returning across the peat bog, as this stretch involves a dip in the ground where the finish at the hotel is lost from sight for a period of time.

"A class field of over 90 runners in this year's race provided a record time of 46-02 set by Andy Kitchin of Livingston and District AC. This time obliterated the previous record by over 5 minutes. Due to a lack of basic fitness and poor route choice on the descent your correspondant improved his time to 56-10 but finished ten places adrift of last year's position in 25th place. He was however happy to accept a trophy and bottle of malt whisky as the prize for first local in the race.

## POERTY CORNER WITH PETER JENNINGS

Now its Kirkhill on a Friday night where the going is quite heavy  
It does us all a power of good and keeps us off the bevy.

For those of you who've never been, I suggest you join the pack  
And once you've found your way round-you'll never look back

Its easy to get lost up there unless you know the route  
So always take a compass to find your way back out

Its murder when its warm and the sweat begins to pour  
I've swallowed every kind of fly -I'M now a connoisseur

Now Charlie does quite well up there-he's learnt' to stand the pain  
He stopped to tie his shoe lace once and was never seen again

Ally's come back from the dead, he's really running well  
I wonder what his secret is--I think its that real ale

Phil Cowie runs quite easy, he seems to take a rest  
But when we reach the tappie he's like a man possessed

Now Bruce is an awful man, he puts us through the mill  
He turns into a monster whenever there's a hill

We've crossed the field, we've done three loops,  
Now we're back to cross the wall, Stevie's left us all behind  
cause he's just seen a bull

Rab has bombed up Elrick Hill, he's waiting at the top  
With 20 laps around the stones to let the rest catch up

Now Geoff's strong in the forest, he really runs like hell  
He should take up fell-running, with the emphasis on the FELL

We all come back exhausted, I think we're all insane  
But we'll be back next Friday to do the same again

## August 18th, NAIRN HALF MARATHON

1, B. Chinnick (Forres) 1-05-11; P. Jennings ??-??; A. Bremner 1-29-40

"The Nairn half marathon took place on 18th August. The club was represented by Peter Jennings and Allan Bremner.

The course is fairly flat with one steep hill but it is also quite 'dull' ie long straight quiet country roads. facilities are spartan-no showers, one toilet shared with all the spectators at the Highland Games. However there are adequate drinks/sponge stations on the course itself."

By Allan Bremner

\*\*\*\*\*  
18th August, GREAT WILDERNESS CHALLENGE

Another good day for the club with new recruit Jim Doig (Not officially cleared to represent us yet) winning the 25 mile race while Niall MacDonald and crew were winning the team prize in the 13 mile event.

### 25 Miles

1, J. Doig 2-57-22; 5, B. Maher (2nd claim) 3-14-00

### 13 Miles

1, G. Grant (Unatt) 1-17-33; 2, N MacDonald 1-18-53; 7, P. Cowie 1-23-35; 8, G. Simpson 1-24-53;

\*\*\*\*\*

# RESULTS

While the course might seem daunting, the race, now in its third year, is gaining increasing entries-- most probably due to the good weather, the setting and the scenery and the hospitality experienced by other runners in previous years. For an entry fee of £1 each runner receives a miniature of whisky plus a voucher for two free drinks and a bar meal in the hotel afterwards. At this year's race there was also the spectacle of 30 para gliders leaping off the hill. With such value for money this race can only be recommended for anyone willing to make the trip or holidaying in the area next year."

By Niall MacDonald.

\*\*\*\*\*  
July 21st WATH BROW 8 MILE KINNSIDE FELL RACE

1, A. Bowness (Cumberland Fell Runners) 1-11-26; 13, B. Moroney 1-24-27

"Whilst holidaying in the Lake District I participated in a local fell race. As the race progressed I found out what the six plastic discs were for, each one had to be presented to a marshall who was stood a good few hundred feet above sea-level each time. The hills took their toll on a beautiful but hot day and as the field strung out I found myself off the back of the leaders and heading down the wrong side of a hill. A really enjoyable but physically strength sapping event.

Don't think I'll go off course again as Metro's new acquisition and ex-orienteer should be able to keep us all on the right track!

By Bruce Moroney

\*\*\*\*\*  
July 1st STONEHAVEN HALF MARATHON

Ray Smith was inadvertently left out of the results of this race as printed in the last issue. The Editor apologises profusely and now wishes to announce that the rampant Richmond Terrace terror finished 82nd in 1-27-26.

\*\*\*\*\*

# RESULTS

## July 5th BRIMMOND HILL ROAD RACE

Another resounding team victory for the reds despite Aberdeen AAC being almost at full strength. Coming on top of the Scolty hill race win in June there can be little doubt as to the top hill running squad in the North east. Annette Orme and Suzanna Bennett were sixth and seventh respectively in the women's race in which there were ten competitors.

Only the leading results were available for the last newsletter. Full list of Metro performances are now listed.

1, F. Clyne 21-39; 3, R. Taylor 22-07; 4, B. Moroney 22-16; 5, M. Cumming 22-18; 10, S. Willox 23-29; 11, Niall MacDonald 23-32; 12, A. Neaves 23-37; 18, W. Foreman 24-23; 45, R. Smith-vet 26-57; 56, M. McKendrick 27-49; 61, A. Slessor 29-41; 68, A. McKay-vet 30-34; 73, W. O'Hara 30-52; 79, A. Orme (F) 32-01; 81, S. Bennett (F) 32-40.  
86 ran.

\*\*\*\*\*  
August 5th, MORAY MARATHON, ½ MARATHON and 10K, ELGIN

### Marathon

1, E. Seedhouse (City of Hull) 2-28-49; 9, C. Benzies 2-46-43; R. Smith 3-10-30

"The Moray course has the potential for fast times, unfortunately on this occasion strong cross winds combined with heavy showers resulted in very few personal best times among the 100 strong field. We had realistic expectations of the team prize with three participants, namely myself, Raymond Smith and Steve Milne. These hopes however were dashed at the 18 mile point when Steve was forced to retire with stomach problems. Nevertheless Raymond put in his usual consistent marathon performance whilst I finished ninth despite tiring badly in the last four miles."

By Charlie Benzies

# RESULTS

## ½ Marathon

1. B. Moroney 1-10-38, 2. R Taylor 1-11-28 5. S. Willox 1-14-17  
P. Jennings 1-15-05, A Neaves 1-16-30, J. Buchan 1-21-00  
J. Black 1-26-55, B. Fearn 1-28-00, D. Longmuir 1-28-30,  
M. McKendrick 1-29-14, C. McConnachie 1-35-00, S. Morrice 1-38-00  
B. O'Hara 1-42-00

"A very enjoyable day was had by all who attended this excellently organised event. Special thanks to C.B. for hiring a comfortable coach, not to mention SuperMan!! In the race Rob de Taylor ran a brave nine miles before being reeled in by yours truly. Steve Willox doing a good job for Team Metro (this time!) and last but not least Peter Jennings taking up the rear of this formidable half marathon team.

A very pleasant Team Metro and family trip spoiled only by Mother nature."

By Bruce Moroney

## 10K

1, B. Chinnick (Forres) 30-15; 12th, Niall MacDonald 34-22;  
G. Parsons 37-52; A. Orme-W 45-01; C. Simpson-W 56-01

"I hope everyone enjoyed the day out despite the poor weather. If you have any ideas on future club trips please contact me with your suggestions and I will pass them on to the Committee."

Charlie Benzies Tel. 571351

\*\*\*\*\*  
August 12th, GENERAL PORTFOLIO ABERDEEN 10 MILE ROAD RACE

1, F. Clyne 50-49; 6, S. Willox 56-27; 9, P. Jennings 57-12

(Full results next issue)

\*\*\*\*\*



# CALENDAR

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October 14th Fraserburgh half marathon, 1-30pm

October 21st Falkirk half marathon, 10-30 am  
Forest Eight, Kirkhill

November 3rd Black Isle 10K/half marathon/marathon

November 4th Hydrasun cross country meeting, Balgownie

November 11th Aberdeen AAC 6 mile road race, Bridge of Don

November 17th Glen Clova half marathon, 12 noon,

# TRAINING

## SUNDAY RUN IN WINTER

As from this week the Sunday club run will be from the car park at Kirkhill Forest, Tyrebagger. Please turn up ready to start at 10 am sharp. Most people will do a 15 mile run although the route can be cut short for those who are hung-over

# METRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 6 OCTOBER 1990

## ANNUAL GENERAL MEETING

The first Annual General Meeting of Metro Aberdeen Running Club is to be held in the Hotel Metro, Market street, Aberdeen, at 7-30pm on Monday 19th November 1990. It is very important that as many members as possible turn up for this important occasion. The meeting will feature a report on the activities of the club in its first year, and a treasurer's report. The club officials for the coming year will also be elected. The Billy Allen Trophy is also to be presented (see details inside). Anyone wishing to take up any of the committee posts should arrange to be present at the AGM. We look forward to seeing you all.

NEWSLETTER

# NEWS

## POETRY CORNER

### LAMENT FROM A RUNNER'S WIDOWER

It's Monday evening-the start of the week  
She's only running two miles tonight, she's not at her peak  
I get home from work "Where's my tea?"  
But the wife's off running saying "Don't ask me"

Tuesday comes, and she's off running with her mate  
I'll be lucky to see her before half past eight  
One hour later, the kids are washed, fed and in bed  
She falls through the back door looking rather red

Wednesday arrives and speed training is starting to hurt  
I wonder if she had time to iron my shirt?  
Never mind, I'll make do with a vest  
She's still chasing that elusive personal best

Thursday night comes, and she's spooted 3 miles from Skene  
I'm busy with the laundry wondering if my socks are clean  
The baby's nappies are scattered all over the floor  
She's done a five mile circuit, but she still wants more!

Friday evening arrives and its time to relax  
No-she's off running and I get the vax  
After completing the housework, I'm starting to bear malice  
Never mind, there's running on the TV from Crystal Palace

Saturday means shopping so we all get in the car  
But she's off running saying "Asda's not far!"  
We hump all the groceries back to the house  
She's wondering if the 5Kgs of pasta is enough to feed a  
mouse

And finally its Sunday, the day of the race  
But the question really is-will my babysitting stand the  
pace  
We stand for an hour in the sleet and rain  
Then its back home to rest and prepare for Monday again.

By Michael Orme (Age 3½)

### 100 CLUB-AUGUST WINNERS

£25: Steve Willox

£15: Mike McKendrick

£10: Les Mitchell

\*\*\*\*\*  
The Club has entered the East District Cross Country League

\*\*\*\*\*  
Fraser Clyne has won the Scottish AAA road racing  
championship for the third year in a row.

\*\*\*\*\*

### METRO ABERDEEN RUNNING CLUB

#### COMMITTEE MEMBERS

Captain: Philip Cowie (743768)

Secretary: Charles Benzies, 39 Claremont Gardens, Aberdeen AB1  
6RG

Asst Secretary: Fraser Clyne (702772)

Treasurer: Alastair Neaves

Training Co-ordinators and ordinary committee members: Bruce  
Moroney (312589), Rob Taylor (694063), Steve Willox (696009),  
Peter Jennings (741887), Mike Cumming (03302-2525).

# RESULTS

## August 12th GENERAL PORTFOLIO ABERDEEN 10 MILE ROAD RACE

Unfortunately I am still waiting to get the official results from General Portfolio-Ed.

## August 26th EVENING EXPRESS ABERDEEN HALF MARATHON

1, F. Clyne 1-06-40; 8, B. Moroney 1-12-15; 9, R. Taylor 1-12-53;  
11, Niall MacDonald 1-13-02; 14, S. Willox 1-15-13; 15, A. Neaves  
1-15-22; 16, J. Stewart 1-15-46; 17, W. Foreman 1-16-16;  
20, C. Benzie 1-16-42; 25, P. Cowie 1-17-44; 36, G. Simpson 1-19-  
31; 49, Neil McDonald 1-21-13; 54, J. Buchan 1-22-03;  
60, S. Milne 1-22-27; 61, A. Madsen 1-22-28; 72, G. Liddell 1-23-  
55; 74, G. Parsons 1-24-10; 86, B. van Tuig 1-25-49; 104, J. Black  
1-27-37; 121 W. Fearn 1-28-27; 129, D. Baillie 1-28-57;  
181, C. McConnochie 1-33-28; 184, J. Stewart snr 1-33-42;  
268, S. Mitchell 1-41-16; 293, C. Morrice 1-44-11; 294, S. Bennett  
1-44-12; 304, W. O'Hara 1-45-01; 306, I. Christie 1-45-04;  
319, C. Traill 1-45-57; 376, S. Sutherland 1-54-42

439 finished

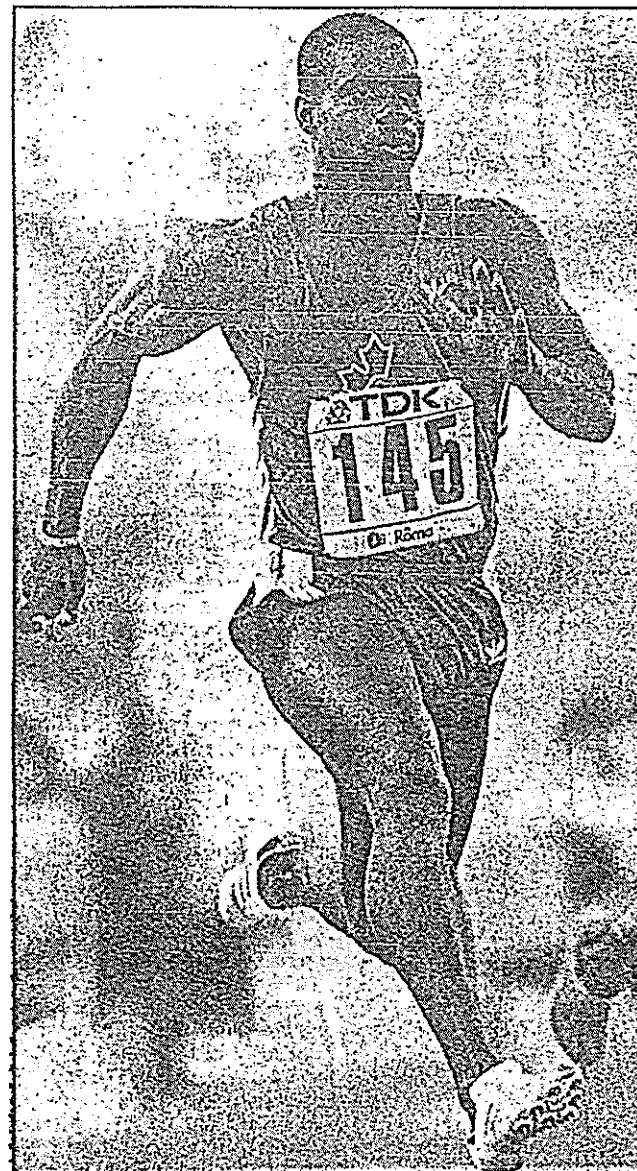
## September 2nd WILDLIFE 10K ROAD RACE, ABERDEEN

1, D. Duguid (Aberdeen AAC) 33-56; 3, S. Willox 34-15;  
7, P. Jennings 34-35; 9, A. Neaves 34-38

## September 5th SEAGULL 5 Km ROAD RACE, PETERHEAD

1, C. McIntyre (Fraserburgh) 15-45; 5, N. Milovsorov 16-25;  
6, S. Willox 16-30; 31, A. Orme 20-04 (3rd lady); 48, S. Bennett  
22-37 (10th lady);

52 finishers



**H**E has shrunk, physically and spiritually. For one brief day in Seoul two years ago, Ben Johnson towered as a colossus, the fastest man on earth, Superman in spikes.

Then came disgrace... a positive drugs test... the ignominious bolt for home... his abiding mark on the 1988 Olympics writ large on a crude sign hastily strung up by his Canadian team-mates in the Games Village: 'From Hero To Zero In 9.79 Seconds.'

Overnight, the bull-neck, barrel chest and bulging biceps were seen for what they truly represented, Johnson's membership of a contemptible secret society known by athletes the world over as The Brotherhood of the Needle.

His 24-month suspension having ended on September 25, it is a very different Ben Johnson who has been sighted training at the Metro Track Club, preparing, so rumours suggest, for a multi-million dollar grudge race against Carl Lewis, who likes to describe his former rival as "just a mediocre sprinter made great by drugs".

HAS THIS MAN PAID  
HIS SUBSCRIPTION?

# RESULTS

## September 9th MORAY ROADRUNNERS 10K ROAD RACE

1, C. Hall (Dundee HH) 30-26; 12, N. Milovsorov 34-24;  
14, S. Forbes 34-34; 43, J. Black 38-51; 51= D. Baillie 39-24;  
78, A. Orme 42-00 (2nd lady); 102, S. Mitchell 43-56; 129,  
S. Bennett 46-53 (6th lady);

191 finishers

\*\*\*\*\*  
September 16th DUFFTOWN SEVEN STILLs RACE

## TEAM METRO WIN AT DUFFTOWN-Report by Charlie Benzies

"Several club members made the 50 mile trip to Dufftown for the Seven Stills 7 mile race. Annette Orme continued her surge up through the women's rankings by recording a memorable victory over the hilly course and she was followed home in second place by the equally impressive Suzanna Bennett who just edged out a Black Isle runner in the race for the finishing line.

In the men's race won by Ross Arbuckle of Keith and District AC our top performers were 'Byron' Jennings who took sixth place, Jackie Stewart in 7th position and myself in 9th place. An agonising wait had to be endured before it was confirmed that we had taken the team prize to add to several such honours that the club has won throughout the year.

Pride of place however must go to Jackie's Dad John who at 69 was the oldest competitor in the field. His efforts are an inspiration to us all and the applause he received when going up to receive his award nearly brought the roof down."

1, R. Arbuckle (Keith) 37-15; 6, P. Jennings 39-50; 7, J. Stewart 40-22; 9, C. Benzies; J. Black, D. Longmuir; J. Stewart snr. 57-00;

Women:

1, A. Orme 49-24; 2, S. Bennett 54-24

\*\*\*\*\*

William Fearnley-vet  
Raymond Smith-vet  
Niall MacDonald  
Derek Dunn  
Richard Clark-vet  
Paul Phillips  
Colin Campbell-vet  
Derek Baillie  
Jackie Stewart  
Brian Hall-vet  
Alan Slessor  
Hugh Williamson  
Graeme Liddell  
Alexander Strachan  
Fraser Clyne  
Suzanna Bennett  
John Innes  
William Foreman  
Alistair Beeley-vet  
Doug Longmuir  
Scott Mitchell-vet  
John Simmers-vet  
Joseph Black  
Mike Duncan-vet  
Neil McDonald  
Douglas Thompson  
Annette Orme

Stephen Norrice  
John Sweeny  
Peter Noble  
Alfred McKay-vet  
William Stephen  
Martin Blair  
Gerry McRobb  
Graham Kerr  
Graham Parsons  
Mike Rust  
Scott Montgomery  
Ronnie Dickie  
Jim Doig  
John Stewart Snr-vet.  
Ian Christie-vet  
David Purser  
James Cramond  
Anders Madsen  
Nick Milovsorov  
Bill Ogg

# RESULTS

METRO ABERDEEN CROSS COUNTRY RELAYS, Sponsored by BRITISH GAS, at  
Balgownie, Aberdeen, 30th September 1990.

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## 4x2.25 Miles

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1, TNT 48-09 (I. Matheson 12-04; E. Arrowsmith 12-53; D. Duguid 11-45; C. Hall 11-27) -- First Business Team

2, Moray Road Runners 50-23 (D. Morrison 13-41; G. Milne 12-21; C. Hunter 12-00; G. Sim 12-21) -- First Athletic Club

3, Metro Aberdeen, 51-06, (M. Cumming 12-24; A. Neaves 12-59; P. Cowie 12-45; S. Willox 12-58)

4, Hunters Bog Trotters, 51-16, (J. Farquhar 13-09; 2, M. Thomas 13-18; B. Maher 13-13; S. Axon 11-36)

5, Aberdeen University Hare and Hounds, 52-58, (C. Dodge 12-57; D. Ball 13-37; A. Nesbit 14-15; S. Wright 12-09)

6, Scottish Gas, 55-46, (P. Jennings 12-45; G. Liddell 14-06; D. Dunn 15-02; E. Munro 13-53)

7, Garioch Road Runners, 55-57, (P. Stephen 13-09; N. Smith 14-37; K. McIntosh 14-21; P. Malone 13-50).

8, Aberdeen AAC/Lynx Pack, 57-02, (A. Fulton 13-48; B. Scullion 14-25; N. Kilner 14-50; G. Ramsay 13-59)

9, Metro Aberdeen, 58-51, (J. Buchan 13-26; A. Orme 15-44; D. Longmuir 14-50; M. McKendrick 14-51)

10, Metro Aberdeen, 63-58, (L. Mitchell 15-06; C. Traill 17-25; M. Mitchell 17-48; R. Taylor 13-39).

## Fastest laps:

---

C. Hall (TNT) 11-27  
S. Axon (HBT) 11-36  
D. Duguid (TNT) 11-45  
C. Hunter (Moray RR) 12-00  
I. Matheson (TNT) 12-04  
S. Wright (AU H&H) 12-09  
G. Milne-vet (Moray RR) 12-21  
G. Sim-vet (Moray RR) 12-21  
M. Cumming (Metro Aberdeen) 12-24  
P. Jennings (Scottish Gas) 12-45  
P. Cowie (Metro Aberdeen) 12-45  
E. Arrowsmith (TNT) 12-53  
C. Dodge (AU H&H) 12-57  
S. Willox (Metro Aberdeen) 12-58  
A. Neaves (Metro Aberdeen) 12-59

# RESULTS

September 23rd SAUCONY 10 MILE ROAD RACE, INVERNESS

Women:

1, M. Duthie (Fraserburgh) 58-13; A. Orme 1-11-14; S. Bennett 1-17-54

\*\*\*\*\*  
September 30th, GREAT SCOTTISH RUN, 25Km, GLASGOW

Women:

1, Z. Ivanova (Soviet Union) 1-28-32; S. Bennett 2-02

\*\*\*\*\*

October 7th DUNDEE HALF MARATHON

Men:

1, I. Campbell (Dundee Hawkhill Harriers) 1-04-10;  
C. McConnachie 1-34-08; R. Gray 1-40-00; C. Traill 1-43-30

Women:

1, J. Swanson (Monklands Shettleston) 1-17-18; A. Orme 1-34-53;  
S. Bennett 1-41-00

\*\*\*\*\*

October 6th BALMEDIE BEACH BASH

1, D. Armitage (Aberdeen AAC) 26-13; 3, G. Simpson 26-51.  
(8 survived, Suzanne was last seen heading for Newburgh!).

October 7th BENNACHIE HILL RACE

1, Niall MacDonald 48-46; 6, P. Jennings 50-08; 8, P. Cowie 51-00

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## CLUB KIT

Anyone wishing to order club vest and shorts should complete the form below and send it to the Club Secretary, Charlie Benzies, 39 Claremont Gardens, Aberdeen AB1 6RG, by the end of the month.

Name.....

Address.....

Vest: Small/Medium/Large/Extra Large (please tick)

Shorts: Small/Medium/Large/Extra Large (please tick)

Vests cost £8 and shorts cost £8. Please enclose a cheque for the correct amount.

\*\*\*\*\*

# CALENDAR

Sat December 15th: Grudge Match versus Hunters Bog Trotters  
(teams of six for a 6x 2 miles relay at  
Riverside Drive. Meet at the Park  
Hotel, Riverside Drive, 1-30pm.

Sun December 16th: Seaton Park cross country race (Details  
from Running North)

Sun December 23: El-Brim-Ick Dash, 11am Elrick Hill.  
Fancy Dress prizes.

Sun January 6th: Beach Bum Race, Aberdeen Beach 11am

Sat January 19th: East District cross country championships  
at Balgownie. Men only. Advance entries only

Sun January 27th: Crathes Castle races (Round The Castles  
Series)

Sun February 17th: Aden Country Park races, Mintlaw (Round  
The Castles series)

Sat February 23rd: National Cross country championships,  
Dundee.

Sun March 10th: Haddo House races (Round The Castles series)

# TRAINING

Speed play training sessions are to be held on the first  
Tuesday of every month at the Chris Anderson Stadium

The club Sunday run (up to 15 miles is held from the North  
car park at Kirkhill Forest, Tyrebagger. 10am start prompt.

# METRO ABERDEEN

RUNNING CLUB

ISSUE NUMBER 7 NOVEMBER/DECEMBER 1990

The AGM on November 19th was a lively  
affair attended by about half the  
members.

Charlie Benzies was awarded the Billy  
Allen Trophy for his services to the  
club. The Trophy was presented by Billy's  
sons Mark and Paul.

Main decisions were to raise  
subscriptions to £8 for 1991 (a new  
membership form appears in this issue)  
and to raise changing fees to 50p on a  
Tuesday. The Club Committee for 1991 was  
elected (see inside).

George Mithchell of Metro Hotel is to be  
asked if he wishes to continue to  
sponsor the club in the coming  
year, failing which alternative sponsors  
will be sought.

The Committee hope you have enjoyed your  
first year in the club and wish you a  
Merry Christmas and a Good New Year.

NEWSLETTER

# RESULTS

## August 12th GENERAL PORTFOLIO ABERDEEN 10 MILE ROAD RACE

### Men:

1, F. Clyne 50-49; 6, S. Willox 56-27; 10, P. Jennings 57-12;  
13, J. Stewart 58-10; 26, N. McDonald 1-01-04; 37, G. Parsons 1-02-48; 66, D. Longmuir 1-06-44; 72, D. Purser 1-07-23;  
98, S. Morrice 1-11-07; 100, C. McConnachie 1-11-22; 106, K. Purser 1-13-36; 113, S. Mitchell 1-14-53; 139, J. Innes 1-20-41;  
147, J. Stewart snr 1-23-19;

### Women:

1, S. Branney (Glasgow) 58-16 (15th overall); 16, S. Bennett 1-19-56 (138th overall).

161 finished

\*\*\*\*\*  
October 14th, FRASERBURGH HALF MARATHON

### Men:

1, C. McIntyre (Fraserburgh) 1-11-47; 2, S. Forbes 1-15-15  
\*\*\*\*\*  
October 21, KIRKHILL FOREST EIGHT

### Men:

1, S. Cassells (AAAC) 48-38; 3, S. Willox 49-50; 49, W. Fearn 1-02-09; 50, D. Longmuir 1-02-28; 51, P. Noble 1-02-44;  
56, J. Cramond 1-03-23; 65, A. McKay 1-05-44;

### Women:

1, U. Simpson (AAAC) 57-51 (27th overall); 8, A. Orme 1-07-24 (70th overall); 10, S. Bennett 1-08-41 (74th overall)

35 finished.

\*\*\*\*\*

## A CHRISTMAS RHYME by Doug Longmuir

M is for Mr Milovsorov, its easier to call him Smith  
E is for electric, Fraser's pace is just a myth  
R is for the races that the Blacks turn up to late  
R is for Rob Taylor, he needs a map for the Elrick Eight  
Y is for Young Stevie Forbes who was out all night till  
seven  
and then turned up at Kirkhill and staggered out an eleven

C is for Charlie Benzies, voted our main man  
H is for the Helicopter, still looking for Suzanne  
R is for the Rubbish Bin, that Dobbin tried to jump  
I is for Ill-Advised, he landed on his rump  
S is for Scott Mitchell, is he really Moyra's Dad,  
T is for Training Times that Drive 'Coach Willox' mad  
M is for Mike McKendrick, who steals bread on Tuesday nights  
A is for Ally Woodcock and his liquorice allsort tights  
S if for Surprise, Surprise, I thought Dobbin was a thug  
But always shows lots of restraint when Stevie nips his  
lug

## \*\*\*\*\* 1991 COMMITTEE

Captain: Rob Taylor  
Chairman: Peter Jennings  
Secretary: Charles Benzies  
Assistant Secretary: Fraser Clyne  
Treasurer: Alistair Neaves  
Ordinary members: Annette Orme, Mike Cumming, Raymond Smith, Suzanna Bennett, Geoff Simpson, Steve Willox

This photograph was handed in a sealed brown envelope to the Editor.



Women:

1, J. Wilson (Inverness) 35-24; M. Mitchell 45-26; L. Winpenny 48-22; E. Kerr 48-22; H. Black 50-02

Half marathon

Men:

1, N. Craig (Caledon Park) 1-12-06; 2, M. Cumming 1-12-12;  
5, S. Willox 1-14-07; 7, P. Jennings 1-15-36; A. Madsen 1-21-10;  
S. Montgomery 1-39-02

Team: 1st

Women:

1, M. Duthie (Fraserburgh) 1-16-34; A. Orme 1-38-20

Marathon

Women:

1, R. Banks (100 Marathon Club) 3-24-03; 3, S. Bennett 3-38-39  
\*\*\*\*\*  
November 4th HYDRASUN CROSS COUNTRY MEETING, BALGOWNIE

Men:

1, A. Reid (Peterhead) 31-17; 7, R. Taylor 32-46

\*\*\*\*\*  
November 11th SKOL 6 MILE ROAD RACE, BRIDGE OF DON

Men:

1, F. Clyne 30-32; 5, M. Cumming 31-42; 9, W. Foreman 32-42  
\*\*\*\*\*  
November 17th, GLEN CLOVA 13.25 MILE ROAD RACE

1, F. Clyne 1-08-34; 3, R. Taylor 1-11-19; 5, M. Cumming 1-13-13;  
14, P. Jennings 1-19-52

Team: 1st

# RESULTS

\*\*\*\*\*  
November 17th, UNIVERSITY RELAYS, BEACH PROMENADE

Men:

1, TNT 1-04-53 ; 4, Metro Aberdeen 1-08-30 (C. Benzies 13-02;  
S. Willox 21-19; S. Forbes 12-59; N. Milovsorov 21-10

Women:

1, Aberdeen AAC 54-20; 4, Metro Aberdeen 1-04-58 (H. Black 18-15;  
S. Bennett 28-33; M. Mitchell 18-10)

\*\*\*\*\*  
November 24th ELRICK HILL RELAYS

Metro triumph again! Despite Rob Taylor getting a wee bit lost and Helen Black getting very lost Metro came out on top in both the men's and women's races at the first Elrick hill relays. Darkness was already falling before the race got underway but the runners in red scored a good victory. The second team even won the spot prizes. HBT were well and truly thrashed!

1, Metro Aberdeen (R. Taylor 23-45; S. Willox 24-43; F. Clyne 23-24) 71-52

10, Metro Marauders (J. Black 29-38; M. McKendrick 29-48;  
A. Woodcock 29-00) 88-26

12, Metro Ladies (A. Orme 36-31; H. Black 48-39; S. Bennett 36-48) 121-58

\*\*\*\*\*  
December 1st LITA ALLAN CROSS COUNTRY RACES, KIRCALDY

Peter Jennings was there!

"Not one for the faint hearted! A well organised event with runners from all over Scotland producing a high quality field. A six mile course starting with one loop of Beveridge park then continuing off into the countryside and returning for another loop of the park to the finish. This one has everything—steep hills, ploughed fields, fences, woodland and rivers to cross. Although it was a very tough course I thoroughly enjoyed the experience and hope to return next year.

# RESULTS

1, J. Sherban (Falkirk Victoria) 31-11; 27, P. Jennings 35-51  
\*\*\*\*\*

# NEWS

## 100 CLUB WINNERS-OCTOBER

£25 Billy Richardson

£15 P. Gatt

£10 Scott Mitchell

\*\*\*\*\*  
BOOKS FOR SALE

'Whatever the Weather' The Centenary History of the Scottish Cross Country Union by Colin Shields, £5, (Contact Fraser Clyne).

Runners Training Diaries, only £2-99, (Available from Fraser Clyne)

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## TRAINING WEEK IN LANZAROTE

Running North Promotions are organising an informal training week in Lanzarote in late March/early April 1991. Flying from Glasgow and staying in self catering apartments for one week the emphasis is on having a good time. Daily training runs will be organised but there is no obligation to take part if you don't want to. Full details available soon. Contact Fraser Clyne for more information.

\*\*\*\*\*

## November 3rd BLACK ISLE FESTIVAL OF RUNNING

Report by Mike Cumming

Trundling along, making our way up to Inverness in the 'Metro Mobile' 14 happy members were looking forward to their weekend away with Steve 'McCaskill' Willox, deliberating which way the wind will blow and the rain will fall. Time soon passed and we reached our destination.

After a bite to eat in one of the top restaurant's in Inverness (Pizza Place), some returned to their beds, while others explored the night life of the city.

Next day, and we were soon on our appropriate buses, taking us to our various starting points. We met fellow Metro runners Annette Orme, Suzanna Bennett, Anders Nadsen and Alla Bremner.

Suzanna finished with a brilliant 3rd place and a PB in the marathon.

The women and men had a great race in the 10K with the ladies just missing out on a team prize.

Rob, Nick and Steve took 3rd team prize in the 10K.

In the half marathon I made second place and with Steve coming in fifth (PB) and Peter Jennings 7th we won the team prize. Allan Bremner had a PB by several minutes in the Half marathon.

Making a successful debut in the 10K was Billy Stephen and in the half marathon Scott Montgomery.

We all returned to Aberdeen with a strong feeling of achievement. I would like to say a BIG thank you to Peter Jennings for acting as chauffeur and to Moira Mitchell for supplying the 'sweeties' (eh Steve Willox!)

Editor's footnote: Thanks for the report Mike. Not enough detail on the exploits of those who went out to sample the nightlife however!

Results:

10K

Men:

1, I. Matheson (TVH) 29-06; 4, R. Taylor 30-10; N. Milovsorov 32-44; S. Forbes 32-51; J. Black 37-44; L. Mitchell 38-40; S. Mitchell 41-16; B. Stephen 42-22

Team: 3rd



#### PROFILE OF THE NEW CLUB CAPTAIN

This photograph was passed to the Editor in an unmarked brown envelope containing a note which claims that the photographer has more pictures of our new captain. Mr Taylor could indeed be subjected to some blackmailing pressures.

#### INJURED ?

Peter Wilson, former Scottish AAA marathon champion, offers his services as a Physical/Sports Therapist dealing with all forms of running injuries. For an appointment phone Aberdeen 315599

#### LONDON MARATHON 1991

The Club has been given one guaranteed entry to the London Marathon which takes place on April 21st. Anyone interested in taking part in this event should contact Assistant Club Secretary Fraser Clyne (Tel 702772). We may decide to put all the names of interested parties into a ballot for the place in the race.

#### DISTRICT AND NATIONAL CHAMPIONSHIPS

If you are interested in running in the East District cross country championships at Balgownie on January 19th or the National cross country championships at Dundee on February 23rd, please let Charlie Benzies know as soon as possible (Tel 571351). You must enter for these races in advance. Absolutely no entries will be taken on the day of these races.

METRO ABERDEEN RUNNING CLUB

APPLICATION FOR MEMBERSHIP, 1991

Full Name.....

Address.....

.....

Date of Birth.....

Telephone..... (home)..... (work)

Male/female(delete as appropriate)

Please send together with a cheque for £3 (payable to Metro  
Aberdeen Running Club) to Charlie Benzies, 39 Claremont  
Gardens, Aberdeen AB1 6RG

MORE FROM THE PEN OF BYRON JENNINGS

THE BALGOWNIE RELAYS

The Metro held their first race with the help of British Gas  
We held it at Balgownie where the course is mostly grass

We might have picked a better day, it was raining cats and  
dogs

It made the course quite dodgy, in fact it was a bog

But Charlie and I braved the storm to go and mark the course  
Armed with a roll of yellow tape and a pair of welly boots

To tie the tape on every tree it took us quite a while  
In fact by nearly 9 o'clock we'd only done a mile

But at last came reinforcements with the arrival of the lads  
We spread out into groups of two to stick in all the flags

We got the job completed just minutes from the start  
I had to do a quick change cause I was taking part

The first leg got underway, things went troublefree  
The course was quite familiar, I remembered every tree

The grass was rather slippery, it was hard to keep your feet  
Which one or two found to their cost, by landing on their  
seat

John Buchan he was pushing hard, by the finish he was dying  
His hard work was all in vain, he was disqualified for flying

Fraser had a good job, to record the runners times  
His next job it was better, it was dishing out the wine

We made up lots of orange juice for the runners thirst to  
quench  
But I was left to try and drink four gallons by myself

The race it was successful for all who did take part  
From those who organised the things to runners at the start

We hope they all come back next year to contest the Gas  
Board Cup  
And hopefully we'll pick a day when the skies don't open up

ROUND THE CASTLES RACES, CRATHES  
27th January 1991

Great run by Captain Rob. He must now have a realistic chance of winning the overall series.

1, I. Matheson (TVH) 20-43; 3, R. Taylor 21-35; 10, M. Cumming 22-32

\*\*\*\*\*

RIVERSIDE DRIVE RELAYS

9th February 1991

The Arctic conditions did not prevent this latest challenge match between Metro and the HBT from taking place. Four inches of snow and sub zero temperatures may have frightened lesser men (and indeed no-one from Aberdeen AAC or TNT turned up) but four red vested and four brown vested runners turned up to wage war around the banks of the Dee. At the end of a frosty encounter the Bog Trotters claimed victory by finishing 31 seconds ahead of our boys. However the honours were shared as Rob Taylor recorded the fastest lap time of the day. Simon Axon's failure to get his rain suit bottoms off in time to take over from Brian Maher at the end of the third stage did not affect the times in any way whatsoever.

Hunters Bog Trotters 29-53 (C. Farquharson 7-14; R. Herries 7-26; B. Maher 7-59; S. Axon 7-14)

Metro 30-24 (N. MacDonald 7-25; S. Willox 7-47; A. Neaves 8-00; R. Taylor 7-12)

FIXTURES

Feb 23rd National Cross Country Champs, Dundee

March 2nd: 6 mile road race, Cupar, Fife

March 3rd; Nairn 10K road race

March 9th: 5½ mile road race, Clydebank

March 10th: Haddo House Castles race

March 10th: Smokies 10 mile race, Arbroath (Women only)

March 17th: Inverness half marathon

March 23rd: National Six Stage road relay, East Kilbride

March 24th: Arbroath cross country meeting

March 24th: Fort William 10 mile road race

March 31st: Alloa Half Marathon

March 31st: North Inch Road Relays, Perth

April 6th: Law to Motherwell 10 mile road race (fastest course in Scotland)

# METRO ABERDEEN

## RUNNING CLUB

ISSUE NUMBER 8 JANUARY/FEBRUARY 1991

### NEWS

\*Aberdeen University is offering use of its changing and showering facilities at King's to our members for £15 per year. For this small fee you can use King's at any time. Contact Fraser Clyne for details.

\*Steve Willox is organising a trip to the Inverness half marathon for those who want to go on the Saturday before the race. Contact Steve for details.

\*Anyone not turning up for Tuesday training a few weeks ago missed out on a piece of Suzanna Bennett's excellent chocolate cakes. Just another of the perks of being in the Metro Club! Thanks Suzanna.

\*NEXT ISSUE: The next issue of the Newsletter will contain 1990 club rankings. Also, a profile on a club member.

NEWSLETTER

# RESULTS

## METRO CHRISTMAS RELAY RACE, RIVERSIDE DRIVE 15th DECEMBER 1990

Report by Charlie Benzies

"Unfortunately the Hunters Bog Trotters, due to a lack of athletes, decided to cancel the 'grudge match' at the eleventh hour. Nevertheless 20 enthusiastic Metro runners decided to go ahead with the day's entertainment and stage an intra club relay race.

Teams were chosen on a seeding basis and the final results proved that the handicappers had been fairly astute in their selections. Excellent times were recorded by Rob Taylor, Bruce Moroney and Nick Milovsorov. Whilst the highlight of the afternoon's entertainment was an intriguing joust between Steve Willox and John Buchan on this occasion Steve pipped John by one second. Should John however be able to harness as much energy and commitment into his running as he does into speaking then 1991 could very well be his year!

Seriously though these two are a decided asset to the club. Steve is a veritable running encyclopaedia and never ceases to astound with his comprehensive knowledge of facts and figures, whilst John simply astounds!

There is rarely a dull moment when these two are around and in an era when personalities are at a premium the Metro club can be thankful that we have this 'dynamic duo' in our ranks."

### Results:

Chairman's V 38-10 (P. Jennings 7-18; J. Stewart 7-08; C. Inkson 7-37; A. Orme 9-00; N. MacDonald 7-07)

Secretary's V 38-13 (M. Cumming 7-02; S. Bennett 9-39; A. Madsen 7-17; C. Benzies 7-19; N. Milovsorov 6-56)

Captain's V 39-08 (B. Moroney 6-55; G. Simpson 7-41; L. Winpenny 10-29; J. Buchan 7-15; R. Taylor 6-48)

Treasurer's V 39-13 (A. Neaves 7-26; M. Mitchell 9-39; M. McKendrick 7-53; S. Willox 7-14; S. Forbes 7-01)

\*\*\*\*\*

## SEATON PARK CHRISTMAS CRACKER CROSS COUNTRY 16th DECEMBER 1990

### Men (6.8km):

1, P. Jennings 25-08; 22, P. Noble 29-04; 26, W. Fearn 30-05;  
30, J. Simmers 30-39; 38, A. McKay 32-11

57 ran

### Fun Run (3.4Km):

1, M. Anderson (Fraserburgh) 12-25; 22, Keith Jennings (age 9)  
18-22

33 ran.

\*\*\*\*\*  
PETERHEAD HANGOVER RUN  
2nd JANUARY 1991

1, C. McIntyre (Fraserburgh); 2, P. Jennings.

\*\*\*\*\*

## EASTERN DISTRICT CROSS COUNTRY CHAMPIONSHIPS, BALGOWNIE 13th January 1991

Report by Team Captain Taylor

"Metro Aberdeen Running Club took a major step forward by competing in the East District cross country championships at Balgownie. It was the first time the club had competed in a major competition.

The race was won by John Sherban (Falkirk) in a time of 35-30. Metro did really well to finish 11th team out of 25. The first man home for the club was myself, 50th in a time of 39-58 with Bruce Moroney (63rd in 40-44), Nick Milovsorov (76th in 41-15), S. Willox (81st in 41-36), Charlie Benzies (89th in 42-07), Jackie Stewart jnr (103rd in 43-01), Ally Neaves (110th in 43-27), and bringing up the rear, Graeme Liddell (146th in 46-11).

A good run for Jackie, look out for his name in results this year as he gets faster and faster

Well done lads! Here's to the National on February 23rd."

\*\*\*\*\*

# METRO ABERDEEN

## RUNNING CLUB

ISSUE NUMBER 9 MARCH/APRIL/MAY 1991

# NEWS

### DISCO

The club is holding a disco/buffet on Saturday May 11th at the Grampian TV social club at Queens Cross. Tickets will be on sale very soon and it is hoped that as many members as possible will be able to support this night out.

### EASTER ANGUSTON RACE

The club is organising a four mile fun run/race at the Beach Esplanade on Wednesday June 19th. Details to be announced soon.

### CLUB BARBECUE

The club barbecue will once again be held after the Scolty hill race on Sunday June 2nd. Last year's event was a great success so pencil it into your diaries now. Running up the hill is optional!

### GREAT NORTH RUN

Many members are planning to take part in the Great North Run between Newcastle and South Shields on September 15th. There are limited places available. Please contact Fraser Clyne as soon as possible if you are interested.

### CAR STICKERS

Distinctive METRO ABERDEEN RUNNING CLUB car stickers are now available at the bargain price of £1 each from Club captain Rob Taylor. Get yours today!

### WESTERN ISLES HALF MARATHON

Anyone interested in doing this race on May 25th contact Mike Cumming

### ASDA DYCE HALF MARATHON

The Club has taken over responsibility for organising this event which is now likely to take place on July 14th. Peter Jennings is race director and would be grateful for help on the day.

# NEWSLETTER

# REPORTS

## February 17th ROUND THE CASTLES, ADEN COUNTRY PARK

### Men:

1, I. Matheson (TVH) 32-16; 4, R. Taylor 34-09; 9, M. Cumming 34-44;  
10, P. Jennings 35-53; 14, A. Neaves 36-20; 15, S. Willox 36-50; 17, J. Stewart  
36-56; 38, G. Fyfe 40-22; 62, M. McKendrick 45-23.  
(Results and placings exclude veterans).

### Veterans:

1, C. Youngson (AAAC) 34-51; 41, J. Stewart 54-34

### Lady Vets:

1, H. Wisley (FRC) 17-10; 12, M. Mitchell 22-15 (Sorry about missing you out  
of the Crathes results in the last issue Moyra!)

\*\*\*\*\*  
February 23rd NATIONAL CROSS COUNTRY CHAMPIONSHIPS, DUNDEE

The club finished 18th in its first attempt at these championships.

1, T. Hanlon (RRC) 38-29; 87, R. Taylor 43-14; 104, P. Jennings 43-42;  
132, M. Cumming 44-12; 185, A. Neaves 45-29; 205, S. Willox 45-55;  
216, C. Bennies 46-12; 454, G. Liddell 52-41

569 finished

\*\*\*\*\*  
March 10th ROUND THE CASTLES, HADDO HOUSE

Rob Taylor finished seventh to claim third place overall in the  
series. In the overall series placings Metro had another three men in the  
top ten. Mike Cumming was 7th, Peter Jennings 8th and Jackie Stewart 10th.  
Peter also won the Gordon District championship in which Jackie was  
third. Keith Jennings was third in the Gordon District colts  
championship.

### Haddo results:

#### Men:

1, I. Matheson (TVH) 26-20; 7th R. Taylor 27-42; 11, M. Cumming 28-22;  
12, P. Jennings 28-25;

(I have not received any other results-Ed

\*\*\*\*\*



March 10th SMOKIES 10 MILE ROAD RACE, ARBROATH

REPORT FROM THE METRO LADIES DAY OUT TO ARBROATH

Well the fog finally lifted giving way to a nice morning for running, even the sun came out for a little while. Lead to the start of the race by a lone piper, we set off into the countryside, the first 2-3 miles passing quite smoothly, with the help of a few planted signposts showing us "A host of daffodils", "Snowdrops", and "Primroses across the road". Then came "that hill" and weren't we glad to see a "nearly there" sign three-quarters of the way up, and I thought Arbroath was a flat place. Some lovely views along the way. Plenty of marshalls, supporters and watering stations along the route. Was glad to see the finish line in the playing fields adjacent to the sports centre. After a welcome shower it was time for stovies, cakes, sandwiches, tea and coffee. The race organisers made us feel most welcome and beckoned us back next year. Many thanks to Linda for driving us there and to Joe and Helen Black with the family lending us a most welcome support.

1, C. Brown (Fife AC) 1-02-35; 30, M. Mitchell 1-17-35; 43, L. Winpenny 1-21-37; 50, E. Carr 1-22-58

85 finished

\*\*\*\*\*  
March 17th INVERNESS ½ MARATHON

1, J. Hill (Dundee Hawkhill Harriers) 1-07-23; 6, R. Taylor 1-09-59;  
19, M. Cumming 1-13-57; 26, S. Willox 1-15-36; 116, J. Black 1-25-08;  
128, R. Smith 1-26-26; 133, M. Duncan 1-26-43; 237, B. Ogg 1-33-18;  
277, C. McConnochie 1-36-27; 313, R. Gray 1-39-30; 442, C. Morrice 1-49-36

\*\*\*\*\*  
March 31st ELGIN, MORAY ROAD RUNNERS CROSS COUNTRY MEETING

1, A. Reid (Peterhead) 21-15; 4, P. Jennings 22-05

A very well organised event, although they used the rather strange method of taking your name as you passed through the finish, rather than issuing numbers. The course itself was mainly flat with one steep climb which had to be tackled twice on the 2x2 mile lap course.

Before the presentation tea, coffee, sandwiches, scones and home bakes were plentiful and good value for only £1-50 entry fee.

There were prizes for each individual category (1st, 2nd, 3rd) and for the winning team in each category, from colts to veterans. One to keep in mind for next year.

Peter Jennings

**REPORTS**  
1-1-10  
1-1-10  
1-1-10

THE METRO CROCKS  
by the Westhill Warbler (Peter Jennings)

We're runners from all walks of life  
You'd know it just to see  
We're finely tuned up athletes  
And we never make a fuss

Nick is on the injured list  
We think it could be rickets  
He's had a thank you from Rod Stewart  
For selling all his tickets

Fraser's been out for a while  
His back and legs are faulty  
But he's set his target for this year  
It's got to be the Scolty

Johnny Buchan's virus  
Has left without a trace  
He's going to beat us all one day  
If he ever does a race

Stevie's had a setback  
When he went to have a pee  
I don't know what he's passing  
But I'm glad it is not me

Mike McKendrick set his sights  
To go to London town  
But now he's got a gammy foot  
He'll have to stay at home

Suzanne she's getting fit again  
She's got a lot of mettle  
She'll soon get in her Ellon runs  
It saves a lot on petrol

Ally's been unlucky  
To cold and flu's he's prone  
But he's started putting weight on  
He's up to seven stone

I've had to take a wee rest  
My running it's caput  
Because there was some contact  
Between a hammer and my foot

When we discuss our running  
It's not to brag or boast  
It's more a competition  
To see who hurts the most

### MY METRO MATES

To write in prose I wonder  
If in verse I can convey  
The thanks I want to give you all  
I can put it no other way

My thanks to everyone who at  
The charity raffle did give  
Money for the cancer research fund  
And a chance that children might live

Then I trotted off to Malta  
And my best marathon time yet  
I'll be back next year, but oh dear  
I'll be running as a vet

A spell in hospital next did come  
Being bed bound I did just hate  
But friends came round to cheer me up  
And the flowers and gifts were great

No running yet, the doc tells me  
No training runs with the club  
But he doesn't know of our post run meets  
So I'll see you all down at the pub

So thanks again to all my pals  
Its because of folks like you  
I don't feel sad, dark days are less bad  
You're all just great, Love Sue

(Suzanna ran a pb of 3-25 when finishing fifth lady in the Malta Marathon)

### THE HAPPY JOGGER by Anon

I am a happy jogger  
Steve Willox is my name  
I jog in the sun so bright  
And in the pouring rain

The dogs run out to bark at me  
Some people stop and stare  
Admiring me as I go by  
With sweat streaked face and hair

Some say this type of exercise  
Will make me fit and strong  
Others say it does me harm  
And also makes feet pong

I'm all confused what will I do  
Give up? No keep on the go  
Regardless of what experts say  
I'm the fittest wreck I know

# NEWS

## DATES FOR YOUR DIARIES

The Sri Chinmoy Peace Run reaches Aberdeen on Sunday May 5th. In conjunction with this event a 2 mile fun run is to be held at Duthie Park. Watch local press for more details

Aberdeen AAC's Ewen Rennie is organising a series of low key races at Kingshill Wood over the summer months. Known as the Kingshill Krunches these events will take place on Monday evenings (7pm) on the following dates: May 6th; June 3rd; July 1st; August 5th and September 2nd. The route is 4½ miles and sounds ideal for beginner runners. Points are awarded to those who show the greatest improvement over the course of the series. For full details please contact Ewen Rennie on Aberdeen 582262

## CLUB STANDARDS

To give everyone in the club a standard to aim at over the summer months it has been decided to introduce a series of club standard awards. The first set of standards are for the half marathon although standards for other distances may be introduced in future. Everyone reaching the appropriate standard will receive an award at the end of the year.

Proposed half marathon standards:

Men (under 40): 1 hour 19 minutes  
Men (40-45) : 1 hour 30 minutes

For all other age groups add five minutes for every five years.

Women (under 35): 1 hour 40 minutes  
Women (35-40) : 1 hour 50 minutes

For all other age groups add on five minutes for every five years.

If you want to win a standard award you must let us know how you get on in races. Please send all results to the Newsletter editor, Fraser Clyne.

1990 RANKINGS

HALF MARATHON

Men:

Fraser Clyne 1-05-29, Strathkelvin  
Robert Taylor 1-10-28, Stornoway  
Bruce Moroney, 1-10-38, Elgin  
Mike Cumming, 1-11-38, Stornoway  
Niall MacDonald, 1-13-02, Aberdeen  
Peter Jennings, 1-13-42, Dyce  
Steve Willox, 1-14-07, Black Isle  
Steve Forbes 1-14-37, Dyce  
Ally Neaves, 1-15-11, Dyce  
Jackie Stewart, 1-15-46, Aberdeen  
Charlie Benzies 1-15-52, Dyce  
Bill Foreman, 1-16-16, Aberdeen  
Neil McDonald, 1-17-25, Dyce  
Phil Cowie, 1-17-44, Aberdeen  
Geoff Simpson, 1-18-00, Dyce  
Scott Milne, 1-18-06, Peterhead  
John Buchan, 1-19-34, Peterhead

Women:

Annette Orme 1-34-53, Dundee  
Suzanna Bennett, 1-41-00, Dundee

MARATHON:

Men:

Charlie Benzies 2-44-51, Dundee  
Neil McDonald 2-49-43, Aberdeen

Women

Suzanna Bennett 3-38-39, Black Isle

## PROFILE

### JOE BLACK

Joe Black's running career started with the Aberdeen Marathon in 1987. It wasn't just his first marathon...it was his first race! Nothing like jumping in at the deep end. The record books show that Joe didn't do too badly for an absolute beginner, he finished 199th in 4 hours 11 minutes 06 seconds

Now 29 years old, Joe joined Metro Aberdeen last season. It was his wife Helen who persuaded him to sign up. Now she too is a member. He runs 25-30 miles per week spread between three or four training sessions. The Tuesday evening club run features strongly in Joe's training programme: "The club has helped in that it gives me an incentive to get out and train. I tend to be a bit lazy about training but having the routine of Tuesday evening sessions is a help," he says.

After training Joe has to hot foot it up to Lang Stracht where he works as a publishing assistant for Aberdeen Journals.

His best half marathon was at Inverness in March when he recorded a personal best time of 1-25-08 to finish 116th in a field of 550 runners.

Joe's best 10K time is 37 minutes and he is hoping to improve on that during the summer.

His main ambition for the year however is to have a good run in the Mcray People's Marathon at Elgin in August

## FIXTURES

April 14th Aberdeen AAC half marathon, Inverdee  
April 14th Great Angus Run, 15 miles, Forfar  
April 14th Maggie Storey 10K, Forfar  
April 20th Glen Nevis Bash, Fort William  
April 21st Lochaber Marathon, Fort William  
April 28th Forth Bridges half marathon, South Queensferry  
May 4th Easter Ross half marathon, Tain  
May 5th Edinburgh women's 10K  
May 5th Edinburgh to North Berwick marathon  
May 8th Blebocraigs 5 mile road race, Cupar  
May 11th Golspie 10k, Golspie  
May 12th Dundee marathon and 10K  
May 19th Glenrothes road running festival  
May 19th Scottish 10 mile road race championship, Wishaw  
May 22nd Kinnoull hill race, Perth  
May 25th Brechin 24 hour race  
May 25th Stornoway half marathon  
May 26th Aberfeldy half marathon  
May 26th Caithness half marathon  
May 26th City of Aberdeen 10K  
June 2nd Scolty hill race, Bapchorry

# METRO ABERDEEN

## RUNNING CLUB

ISSUE NUMBER 10 JUNE/JULY 1991

### MALTA MARATHON AND HALF MARATHON, 16th FEBRUARY 1992

Running North Promotions is organising a trip to the Malta marathon and half marathon next February. Clients will fly from Glasgow and stay in the magnificent Bugibba Hotel. The hotel has two swimming pools (one heated indoor pool), a fitness room with sauna and the usual bars and restaurants.

Accommodation is in twin bedded rooms with half board (breakfast and dinner) provided. Total cost will be £220. To guarantee the price a deposit must be paid by 21st July with the balance not due until eight weeks before departure. Contact Fraser Clyde (702772) for full details.

### LANZAROTE TRAINING WEEK

Running North Promotions is also organising a relaxed training week in southern Lanzarote in late January. Again based on half board accommodation in a top hotel. Departures from Glasgow. Join a small group of fun seeking runners for a week of training and relaxation in the winter sunshine (average temperatures around 70 degrees F). Training runs will be organised but they will be easy..and you don't have to take part. The emphasis is on enjoyment. Price £380 guaranteed if deposit paid by 21st July. Contact Fraser Clyde for full details.

### ASDA DYCE HALF MARATHON

Peter Jennings has taken on the job of organising the Dyce half marathon on behalf of the club. Sponsorship has been obtained from Asda. Club members are encouraged to support this race. If you are not running then please turn out to help with marshalling. Contact Peter to let him know if you can assist. The race is on Sunday 14th July

### EASTER ANGUSTON 4 MILE FUN RUN

We are also organising this event on 19th June. All assistance on the night will be greatly appreciated. Contact Charlie Benzies if you can help.

# NEWSLETTER

# REPORTS

## ABERDEEN AAC HALF MARATHON 14th APRIL

1, F. Clyne 1-09-51; 2, R. Taylor 1-10-28; 3, R. Hanlon 1-11-18; 6, P. Jennings 1-12-51; 7, M. Cumming 1-13-45; 9, A. Neaves 1-14-56; 10, S. Willox 1-15-41; 12, J. Stewart 1-16-36; 13, C. Benzies 1-16-43; 14, N. McDonald 1-18-02; 16, J. Buchan 1-18-42; 19, G. Liddell 1-19-46; 21, C. Inkson-V 1-20-25

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LOCHABER MARATHON, FORT WILLIAM, 21st APRIL

1, J. Cooper (Spring) 2-28-41; ... C. Benzies also finished but he wouldn't tell us much about it!

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LONDON MARATHON 21st APRIL

Raymond Smith was there: "My second appearance at the London Marathon. A hectic weekend to say the least with most of Saturday spent eating and drinking after registering for the race. Up early on the Sunday and got to the start with plenty of time to spare. Eventaully got going at 9-30. Took three minutes to get through the starting line. Usual good atmosphere during the race with encouragement from the crowds. Finished the race in 3 hours 16 minutes--down on last year's time but quite pleased with my performance considering all the injuries I had. Was glad to see Westminster Bridge. Got my precious medal and picked up my goodie bag. On the way back to the hotel I stopped off for a pint of Guinness (What a price -£1-70). Overall I enjoyed my weekend. Must thank Betty and Bill May for helping me through the tube system; Fraser Clyne for drinking with me on Saturday; my wife for all the moral support and finally the Post Office for financial support. Hope to see more Metro runners next year."

## FORTH BRIDGES HALF MARATHON 28th APRIL

Raymond Smith was there as well: "Quite a good course overall. Undulating first 3 miles in a parkland setting. Path a bit narrow in places. A well organised event. Metro performances:

John Thom 1-19-15-good performance on a low mileage of around 20 miles per week.

Ray Smith(vet) 1-25-26 good performance only one week after London Marathon

Mike Duncan(vet) 1-26-12-sound performance but was expecting a pb..next time perhaps.

Charlie McConnochie(vet) 1-31-50(pb) Charlie was naturally delighted with his run to say the least.

Charlie Trail(vet) 1-46-A good performance from Charlie who always enjoys the scenery en route. Got lots of vocal support from teammates on way round"



EASTER ROSS HALF MARATHON 4th MAY

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Captain Taylor reports: After stopping Steve from heading for Mr G's in Inverness we (me, Mike and Peter) eventually reached tain. The place was dead apart from one solitary drunk who we stopped and asked for directions. He gave us a perfect detailed description of how to get to our B&B. Our landlady Mrs Roberts welcomed us with a moan about her monthly heating bill. After we got her to stop yapping she showed us to our rooms. Team captain got the double bed as usual. Breakfast was a bit of a laugh. We all felt like agony aunts listening to Mrs Roberts problems! The race itself wasn't too bad.... country roads, 10 miles fairly flat and 3 miles uphill on the A9 into the wind. Organisation was OK. Plenty to eat and drink after the race..that's if you got there before Peter! The Metro squad came away with the team prize. Well done lads!

1, R. Taylor 1-10-12; 3, M. Cumming 1-13-33; 5, P. Jennings 1-14-46;  
8, S. Willox 1-17-14; 25, M. Duncan 1-26-48; 46, A. Bremner 1-32-54;  
53, R. Waldron 1-33-58; 54, M. Parker 1-34-17; 85 C. Traill 1-44-10

DUNDEE MARATHON AND 10K, 12th MAY

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Marathon

1, H. McKay (Fife) 2-26-03; 30, Neil McDonald 2-45-42; 358, B. Ogg 3-41-22  
675 finished

10K (Including Scottish championship)

1, P. McColgan (DHH) 29-45; 3, F. Clyne 31-00; 40, G. Liddell 35-  
00; 118, P. Morrison 39-15; 122, D. Baillie 39-23; 357, R. Clark 46-17;  
858 finished

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RAVENS CRAIG 10 MILE ROAD RACE, WISHAW (Including Scottish championship)  
19th MAY

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1, H. Cox (Greenock) 50-52; 3, F. Clyne 52-45

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TAPPIE HILL RACE 19th May

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Men:

1, R. Taylor 20-50; 3, P. Jennings 21-10; 5, S. Willox 21-46; 7, J. Stewart 21-  
52; 10, D. Longmuir 23-41; ... J. Black 24-07; J. Strachan 24-37; J. Crammond  
28-10.

Women:

1, L. Bain (AAAC) 23-42; .. H. Black 29-14; S. Bennett 29-25

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# ABERFELDY HALF MARATHON 26th MAY

1, F. Harper (Falkirk Victoria) 1-09-40; 13, J. Thom 1-18-17; 33, M. Duncan-V 1-26-11; 42, M. Parker 1-27-40; 97, R. Gray 1-38-58; 107, R. Waldron-V 1-40-19; 145, C. Traill-V 1-51-02

176 finished

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CITY OF ABERDEEN 10K, 26th MAY

1, C. Hall (DHH) 30-40; 2, F. Clyne 31-20; 5, R. Taylor 32-28; 12, M. Cumming 33-29; 13, P. Jennings 33-30; 17, J. Stewart 34-08; 21, A. Neaves 34-32; 27, S. Forbes 35-00; 30, N. McDonald 35-17

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SCOLTY HILL RACE, BANCHORY, 2nd JUNE  
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The club retained the team trophy, Mike Cumming was first local... again and John Buchan attracted gasps of astonishment from the crowd by finishing as first man in a kilt shouting "that was easy".

Good to see a couple of the Metro ladies tackling Banchory's little Everest.

The Barbeque was again a big success despite the winter weather. Thanks to all who helped

1, S. Axon (HBT) 30-47; 2, F. Clyne 31-00; 3, R. Taylor 31-58; 4, M. Cumming 31-59; 8, P. Jennings 32-53; 12, S. Willox 33-38; 18, A. Neaves 34-27; 24, N. McDonald 35-36; 36, J. Buchan 36-34; 46, G. Fyfe 37-15; 48, M. Duncan 37-26; 52, G. Liddell 38-17; 55, D. Longmuir 38-24; 62, J. Black 39-09; 68, P. Morrison 39-34; 81, R. Waldron 41-20; 87, L. Mitchell 41-58; 88, J. Cramond 41-58; 103, S. Mitchell 44-23; 110, S. Bennett 46-24 (10th lady); 121, M. Mitchell 49-58 (15th lady).

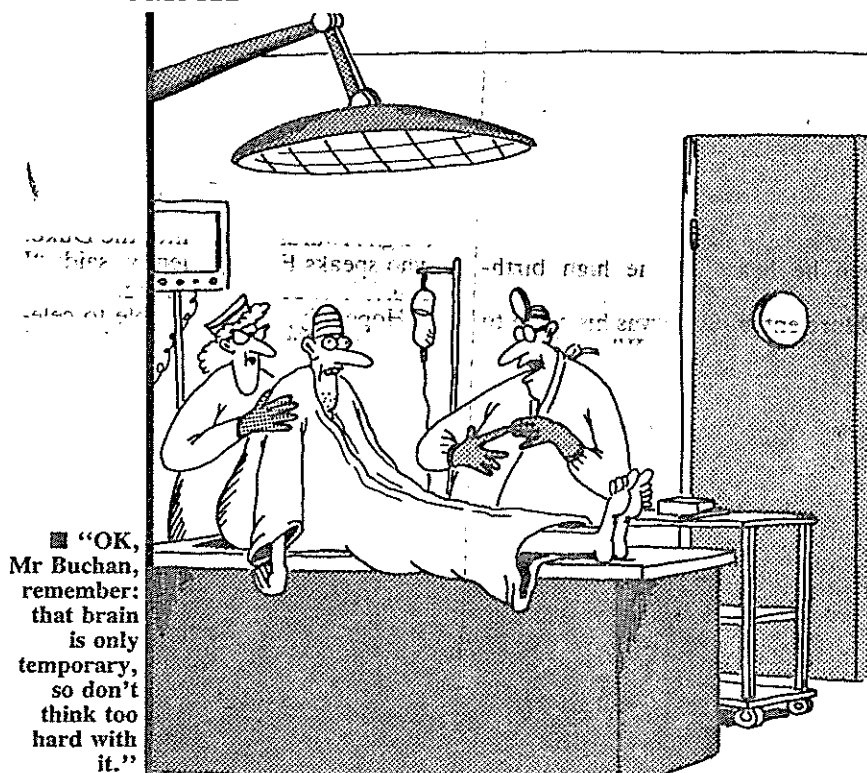
129 finished

Teams: 1, Metro 9 points; 2, HBT 21 points

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## PROFILE

Who could this be?



# HALF MARATHON RANKINGS - THE 1991 SEASON SO FAR MEN

Fraser Clyne	1-09-51	Aberdeen	14/4
Rob Taylor	1-09-59	Inverness	17/3
Taylor	1-10-12	Tain	4/5
Taylor	1-10-28	Aberdeen	14/4
Ricky Hanlon	1-11-18	Aberdeen	14/4
Peter Jennings	1-12-51	Aberdeen	14/4
Mike Cumming	1-13-33	Tain	4/5
Cumming	1-13-45	Aberdeen	14/4
Cumming	1-13-57	Inverness	17/3
Jennings	1-14-46	Tain	4/5
Ally Neaves	1-14-56	Aberdeen	14/4
Steve Willox	1-15-36	Inverness	17/3
Willox	1-15-41	Aberdeen	14/4
Jackie Stewart	1-16-36	Aberdeen	14/4
Charlie Benzies	1-16-43	Aberdeen	14/4
Willox	1-17-14	Tain	4/5
Neil McDonald	1-18-02	Aberdeen	14/4
John Thom	1-18-17	Aberfeldy	26/5
John Buchan	1-18-42	Aberdeen	14/4
Thom	1-19-15	S. Queen'y	28/4
Graeme Liddell	1-19-46	Aberdeen	14/4
Charlie Inkson-V	1-20-25	Aberdeen	14/4
Joe Black	1-25-08	Inverness	17/3
Raymond Smith-V	1-25-26	S. Queen'y	28/4
Smith-V	1-26-26	Inverness	17/3
Mike Duncan-V	1-26-11	Aberfeldy	26/5
Duncan-V	1-26-12	S. Queen'y	28/4
Duncan-V	1-26-43	Inverness	17/3
Duncan-V	1-26-48	Tain	4/5
Murray Parker	1-27-40	Aberfeldy	26/5
Charlie McConnochie-V	1-31-50	S. Queen'y	28/4
Alan Bremner	1-32-54	Tain	4/5
Bill Ogg	1-33-18	Inverness	17/3
Richard Waldron-V	1-33-58	Tain	4/5
Murray Parker	1-34-17	Tain	4/5
McConnochie-V	1-36-27	Inverness	17/3
Richard Gray	1-38-58	Aberfeldy	26/5
Gray	1-39-30	Inverness	17/3
Waldron-V	1-40-19	Aberfeldy	26/5
Charlie Traill-V	1-44-10	Tain	4/5
Traill-V	1-46-00	S. Queen'y	28/4
Craig Morrice	1-49-36	Inverness	17/3
Traill-V	1-51-02	Aberfeldy	26/5

WOMEN'S RANKINGS NEXT ISSUE

Please let Fraser Clyne know of any errors or missed performances

## FIXTURES

June 15th Skye half marathon  
June 16th Peterhead half marathon  
Elgin Marafun relay  
June 19th Easter Anguston 4 mile fun run, Aberdeen Beach Esplanade (7pm)  
June 23rd Arbroath half marathon  
Loch Rannoch marathon and half marathon  
Shetland Summer Dim half marathon  
June 29th Cairngorm hill race  
Dornoch half marathon and 10K  
June 30th Lairig Ghru race  
Kirkcaldy half marathon and 10K  
July 4th Brimmondhill road race  
July 6th Forres Highland Games (11½ mile road race)  
July 7th Stonehaven half marathon  
July 14th Metro Asda Dyce half marathon  
July 20th Elgin Highland Games (10 mile road race)  
July 27th Dingwall 10 mile road race

# NEWS

## CLUB HALF MARATHON CHAMPIONSHIP

The Club half marathon championship is to be incorporated within the Evening Express Half Marathon on August 25th. There will be separate trophies for men, veteran men, women and veteran women. So, get training now.

## MORAY MARATHON, HALF MARATHON AND 10K RACES

The Club is organising a bus to this event on the 4th August.  
For further information please contact Rob Taylor.

# METRO ABERDEEN

## RUNNING CLUB

ISSUE NUMBER 11    AUGUST/SEPTEMBER/OCTOBER 1991

### EDITOR'S NOTE

Apologies to Treasurer Ally who wrote a detailed account of his experiences in the Cairngorm hill race for this issue. Sadly a power cut during preparation of the Newsletter resulted in a lot of material being lost. This also partly explains the delay in the appearance of the Newsletter.

Also, due to increased work and family commitments I will no longer be able to produce the Club Newsletter. I feel that it is important that the Newsletter continues and I would be grateful if anyone interested in taking over the job would get in touch with myself or any committee member as soon as possible.

### NEW SPONSOR REQUIRED

As the club approaches the end of its second year we are on the lookout for a new sponsor. Metro Hotel in Market Street is not to continue with its sponsorship (worth £1000 over two years) into 1992. We are therefore faced with the prospect of finding new backers. If anyone has any realistic suggestions or knows of any firms which may be interested then let any committee member know as soon as possible. The publicity the club gets is worth a great deal to any potential backers but it is never easy to get the right arrangement. We are ideally looking for a three year deal so that we can plan ahead with confidence.

The club is in a healthy state with around 80 members and would be able to function without a sponsor although it would obviously be preferable if we had some good financial support behind us. However we must decide whether or not to retain the name Metro Aberdeen when Metro is no longer supporting us. A new sponsor offering the right financial package would probably want their name incorporated in the name of the club.

These and other issues will have to be discussed at the AGM planned for late November

# NEWSLETTER

# REPORTS

ELGIN WORCO ROTARY MARAFUN, 16th June

Dougie Longmuir's first hand account of proceedings: 7

*"The Metro ladies team of Helen, Linda, Dawn, Eleanor and Moyra scored a memorable win in this five leg relay covering the marathon distance. The girls were so confident of winning that Linda and Eleanor ran nine laps instead of the obligatory eight. All five girls ran at their best and were worthy winners of this one-off event. Hopefully this is just the beginning of more Metro ladies' victories. The girls' overall time was 3-20.*

*The men's team of myself, Dobbin, Les, Big Jim and Joe came in seventh overall in 2-38 with good performances particularly from Dobbin (28-33) and Joe who came home in style despite the rest of the team throwing empty drinks cartons at him. Many thanks to Sue, Lorraine and the squad of kids who waved Metro tee-shirts and roared encouragement throughout a wet day. A well organised race despite there being 100 teams, although some of the lap counters should resit their maths exams."*

EASTER ANGUSTON 4 MILE ROAD RACE, Aberdeen Beach, 19th June

1, R. Taylor 19-57; 4, S. Willox 20-36; 5, P. Jennings 20-37; 7, N. Milovsorov 20-58; 8, J. Stewart 21-03; 9, J. Buchan 21-10; 10, J. Freel 21-14; 11, N. MacDonald 21-18; 13, S. Forbes 21-28; 16, A. Kadsen 21-38; 22, G. Liddell 22-28; 24, N. McDonald 22-56; 28, J. Black 23-37; 30, A. Strachan 23-54; 31, G. Fyfe 24-00; 33, J. Strachan 24-02

# NEWS

## JOHN TOPS THE RANKINGS

Oldest club member John Stewart went to the top of the British men's over-70's half marathon rankings with his fine 1-44-10 run at the EE race in Aberdeen on 25th August.

Unfortunately John has since been toppled from the top spot by Shettleston's David Morrison who recorded a remarkable 1-41 seven days later.

## ADDITIONAL FIXTURE

A 5K road race takes place at Rosehearty on Saturday 21st September at 2pm. Entry costs £1. Registration at the Forbes Arms Hotel, Rosehearty from 12-30pm.

# RESULTS

ARBROATH HALF MARATHON, 23rd June

The Posties were out in force, see rankings for club performances

Winner: T. Mitchell (Fife) 1-08-59

LOCH RANNOCH HALF MARATHON AND MARATHON, 23rd June

Peter Jennings ran the half and Neil McDonald did the full but they want their times kept quiet.

BRIMMONDHILL ROAD RACE, 4th July

A shock defeat at the hands of the ugly HBT.

1, S. Axon (HBT) 21-45; 4th R. Taylor 22-17; 5th S. Willox 22-41; 6th P. Jennings 22-49; 7th J. Freel 23-02; 11th A. Neaves 23-36

STONEHAVEN HALF MARATHON, 7th July

Winner: B. Chinnick (Forres) 1-08-25

Metro won the team race with Peter Jennings 7th, Steve Willox 9th and Neil McDonald 17th. (See rankings list for Metro times)

ASDA DYCE HALF MARATHON, 14th July

Captain Bob won in convincing style. Sadly the course was found to be a wee bit short (approx 400m). Entries were up on previous years proving what a good job the club made of organising the race. Well done Peter Jennings.

ELGIN HIGHLAND GAMES 10 MILE ROAD RACE, 20th July

1, B. Chinnick (Forres) 51-26; 8, S. Forbes 57-17; 11, J. Buchan 58-20; 18, R. Dickie 1-00-43

BALLATER 10 MILE ROAD RACE, 4th August

128 ran in this Victoria Week race which was won by Dundee's David Beattie. John Thom was a brilliant sixth.

1, D. Beattie (DHH) 54-53; 6, J. Thom 59-57; 25, M. Duncan 1-05-37; 39, B. Ogg 1-07-48; 69, D. Baillie 1-12-47

SAINT WILFRID'S 7 MILE ROAD RACE, 4th August, Somewhere in the depths of England.

1, V. Garner (Aldershot) 35-52; 26, B. Moroney 40-33

MORAY MARATHON, HALF MARATHON and 10K, at ELGIN, 4th August

I have not received full results of this event. Metro performances have been listed 3 where these are known (Ed)

Half Marathon:

1, B. Chinnick (Forres) 1-07-59; 2, R. Taylor 1-09-27; S. Willox 1-13-47; J. Stewart 1-15-40; P. Jennings 1-15-56; R. Smith 1-24-40; J. Black 1-25-49; J. Strachan 1-26-46; P. Morrison 1-28-23; R. Gray 1-35-02; D. Waldron 1-35-35; M. Parker 1-38-10; C. McConnochie 1-43-00

Team : 1, Metro (Taylor, Willox, Stewart)

Women:

1, L. Davidson (Moray) 1-35-36; M. Mitchell 1-59-21

10K:

1, Baldy Hall (DHH) 30-28; 5, N. Milovsorov 34-01; 6, S. Forbes 34-17; C. Benzies 35-09; L. Mitchell 40-12; G. Morrison 42-50; B. Harrison 46-57

Team: 1, Metro (Milo, Forbes, Benzies)

Women:

1, J. Wilson (IH) 38-04; H. Black 47-43; L. Morrison 50-50; E. Carr 53-10

Marathon:

1, R. Kirkton (Miolburn) 2-38-18; D. Longmuir 4-01

ROEVIN 10K 7th August

1, C. Hall (DHH) 30-53; 5, R. Taylor 31-40; 13, S. Willox 33-17; 16, N. Milosorov 33-34; 19, A. Neaves 33-47; 21, D. Gunn 33-59  
(Full results will appear in 10K rankings next issue)

GENERAL PORTFOLIO ABERDEEN 10 MILE ROAD RACE, 11th August

1, D. Beattie (DHH) 51-25; 2, F. Clyne 51-25; 13, S. Willox 55-55; 14, J. Stewart 56-11; 15, B. Moroney 56-25; 16, D. Gunn 56-28; 18, S. Forbes 56-31; 19, A. Neaves 56-37; 24, G. Simpson 57-52; 27, J. Buchan 58-07; N. McDonald 58-07; 29, C. Benzies 58-16; 51, G. Fyfe 1-02-26; 67, J. Strachan 1-04-41; 93, L. Mitchell 1-07-54; 103, M. Parker 1-08-52; 110, D. Baillie 1-09-47; 114, R. Waldron 1-10-22; 115, R. Gray 1-10-43; 125, S. Morrison 1-12-33; 126, C. McConnochie 1-12-51; 153, H. Black 1-19-59; 159, M. Mitchell 1-21-59; 165, L. Morrison 1-24-31

169 ran.



## THE CAIRNGORM STORY

The annual Cairngorm Hill race took place on a perfect summers day (which means sunny), on June 29th. With over 70 participants taking part, which was incorporating the (Scottish Fell Hill Championships).

The race started out from Glenmore Lodge at 2.30 on a gradually climbing course. The first 3 miles are run on the road, I knew I was in for a hard run when I could feel my ears pop! After the 1st mile! After the first 3 miles it was onto the hill itself, by now the runners were well strung out, we followed the ski lift to the restaurant approx. 1/2 way up.

It was quite stamina sapping and at times I wished that I had picked a road race anywhere but here. I could see the leaders in the distance (I mean distance). I kept on waiting for the leader to come hurtling past me on his descent as I struggled on and upward, at last there was the leader with red band on, uncomfortably coming down, it seemed, past me. It kept me going knowing I was near the summit. At last I could see the Cairn only some 50 yards away. I glanced at the snow covered hills on both sides, it looked really refreshing as the sweat stung my eyes.

The first runner to the summit was DERMOT McGONIGLE, SHETTLESTON (not made up name, honest)! in a fast time of 44.46, phew! With ALAN FARNINGHAM & DAVID POTTS just behind. Now the descent. I was really looking forward to running down hill after the struggle of the climb (so I thought). I could hardly run down hill for slipping and sliding and now the runners that were behind me were passing me with ease. I saw BRIAN MAHER come hurtling by me like a mountain deer! I must of lost about 20 places on the 2 mile descent.

Now back on the road I could see the runners as they zig zagged there way towards the finish about 3 miles away. Once on the road I started to run well again, passing some runners who passed me on the descent. The race at the front was really hotting up with ALAN FARNINGHAM leading by almost 1 minute with BRIAN POTTS & DAVID BEATTIE running a good 3rd with McGONIGLE slipping to 7th place.

The legs take a real pounding when running on the road again. I would say the feeling was like running on jelly. With the finish now in sight after running the last 2 miles with a blister on my heel (which felt the size of a football, honest)! it was a sight to behold. When I crossed the finish line I remember saying "NEVER AGAIN". Well not until next year.

THE RACE RESULTS WERE:

FIRST	ALAN FARNINGHAM	GALA HARRIERS	1hr 12m 38s
SECOND	BRIAN POTTS	CLYDESDALE	1hr 13m 26s
THIRD	DAVID BEATTIE	DUNDEE HANKHILL	1hr 13m 54s
13TH V 1st	J.A. BLAIR-FISH	CARWETHY	1hr 20m 51s
34TH 1st FEMALE	PENNY ROTHER	E.SP.SA	1hr 28m 49s

The three of us who travelled to compete in the race were placed as follows:

29TH	BRIAN MAHER	1hr 25m 50s
31ST	ALLY NEAVES	1hr 27m 09s
	ALLAN HOWITT	(STILL RUNNING)

I must say that for a £1 entry fee you get as much as you can eat and drink (before you start rushing for an entry (NOT ALCOHOL)). It shows up many races that have fees of £4 or £5 and more with nothing in return. Also the hospitality of the organisers and helpers make this a great day out. See you next year.

Yours in running

ALLY NEAVES

HALF MARATHON RANKINGS - THE 1991 SEASON SO FAR  
 (Up to and including Nairn half marathon on 17th August)  
 Note: Dyce half marathon course since found to be short

MEN			
Rob Taylor	1-09-01	Dyce	14/7
Taylor	1-09-27	Elgin	4/8
Fraser Clyne	1-09-51	Aberdeen	14/4
Clyne	1-09-54	Peterhead	16/6
Taylor	1-09-59	Inverness	17/3
Taylor	1-10-12	Tain	4/5
Taylor	1-10-28	Aberdeen	14/4
Ricky Hanlon	1-11-18	Aberdeen	14/4
Peter Jennings	1-12-51	Aberdeen	14/4
Mike Cumming	1-13-33	Tain	4/5
Steve Willox	1-13-42	Dyce	14/7
Cumming	1-13-45	Aberdeen	14/4
Willox	1-13-47	Elgin	4/8
Cumming	1-13-57	Inverness	17/3
Jackie Stewart	1-14-13	Dyce	14/7
Jennings	1-14-46	Tain	4/5
Ally Neaves	1-14-56	Aberdeen	14/4
Jennings	1-15-20	Stonehaven	7/7
Willox	1-15-36	Inverness	17/3
Willox	1-15-41	Aberdeen	14/4
Jennings	1-15-41	Nairn	17/8
Jennings	1-15-56	Elgin	4/8
Stewart	1-16-36	Aberdeen	14/4
Charlie Benzies	1-16-43	Aberdeen	14/4
Willox	1-16-44	Stonehaven	7/7
John Thom	1-16-58	Nairn	17/8
Thom	1-17-06	Dyce	14/7
Willox	1-17-14	Tain	4/5
Neil McDonald	1-17-17	Dyce	14/7
Donald Gunn	1-17-39	Dyce	14/7
McDonald	1-18-02	Aberdeen	14/4
Thom	1-18-17	Aberfeldy	26/5
John Buchan	1-18-42	Aberdeen	14/4
Thom	1-19-15	S. Queen'y	28/4
McDonald	1-19-19	Stonehaven	7/7
Neaves	1-19-39	Stonehaven	7/7
Graeme Liddell	1-19-46	Aberdeen	14/4
Charlie Inkson-V	1-20-25	Aberdeen	14/4
Thom	1-20-42	Stonehaven	7/7
Joe Black	1-22-04	Nairn	17/8
Ray Smith-V	1-22-27	Nairn	17/8
Thom	1-23-34	Arbroath	23/6
Alistair Wood	1-23-31	Dyce	14/7
Mike Duncan-V	1-23-38	Peterhead	16/6
Duncan-V	1-23-55	Dyce	14/7
Graham Fyfe-V	1-24-08	Aberdeen	14/4
Smith-V	1-24-10	Arbroath	23/6
Smith-V	1-24-12	Dyce	14/7
Derek Dunn	1-24-29	Aberdeen	14/4

Smith-V	1-24-40	Elgin	4/8
Duncan	1-25-05	Nairn	17/8
Joe Black	1-25-08	Inverness	17/3
Phillip Morrison	1-25-12	Peterhead	16/6
Morrison	1-25-19	Dyce	14/7
Smith-V	1-25-26	S. Queen'y	28/4
Smith-V	1-25-38	Stonehaven	7/7
Black	1-25-49	Elgin	4/8
Jim Strachan	1-26-18	Stonehaven	7/7
Smith-V	1-26-26	Inverness	17/3
Duncan-V	1-26-11	Aberfeldy	26/5
Duncan-V	1-26-12	S. Queen'y	28/4
Duncan-V	1-26-19	Arbroath	23/6
Duncan-V	1-26-43	Inverness	17/3
Jim Strachan	1-26-46	Elgin	4/8
Duncan-V	1-26-48	Tain	4/5
Bill Ogg	1-26-50	Dyce	14/7
Duncan-V	1-27-17	Stonehaven	7/7
Murray Parker	1-27-40	Aberfeldy	26/5
Ogg	1-27-42	Peterhead	16/6
Morrison	1-27-59	Arbroath	23/6
Doug Longmuir	1-28-05	Arbroath	23/6
Morrison	1-28-23	Elgin	4/8
Wood	1-28-26	Stonehaven	7/7
Morrison	1-28-36	Stonehaven	7/7
Ogg	1-29-01	Stonehaven	7/7
Alex Strachan	1-29-17	Arbroath	23/6
Joe Black	1-29-56	Stonehaven	7/7
Vic Wilson	1-30-04	Dyce	14/7
Wood	1-30-37	Arbroath	23/6
Richard Waldron-V	1-31-07	Peterhead	16/6
Fyfe	1-31-49	Stonehaven	7/7
Charlie McConnochie-V	1-31-50	S. Queen'y	28/4
Alan Bremner	1-32-54	Tain	4/5
Dick Gray	1-32-56	Dyce	14/7
Ogg	1-33-18	Inverness	17/3
Wilson	1-33-40	Stonehaven	7/7
Waldron-V	1-33-58	Tain	4/5
Murray Parker	1-34-17	Tain	4/5
Parker	1-34-17	Stonehaven	7/7
Gray	1-35-02	Elgin	4/8
Waldron-V	1-35-20	Arbroath	23/6
Waldron-V	1-35-05	Elgin	4/8
Gray	1-36-01	Peterhead	16/6
McConnochie-V	1-36-27	Inverness	17/3
Brian Edmont	1-36-29	Aberdeen	14/4
Waldron-V	1-36-56	Stonehaven	7/7
Parker	1-38-10	Elgin	4/8
Gray	1-38-24	Stonehaven	7/7
Gray	1-38-58	Aberfeldy	26/5
Gray	1-39-30	Inverness	17/3
Waldron-V	1-40-19	Aberfeldy	26/5
Gray	1-42-50	Arbroath	23/6
McConnochie-V	1-43-00	Elgin	4/8

Tain	4/5
S. Queen'y	28/4
Stonehaven	7/7
Inverness	17/3
Stonehaven	7/7
Aberfeldy	26/5

If your performance has not been listed please let the Editor know as soon as possible. Either write to me, Fraser Clyne, 106 Braehead Way, Bridge of Don AB22 8SD or phone 0224-702772. I need to know your official time, the venue and the date of the race. Best thing to do is get the official results list and phone or write to me as soon as possible.

(Up to and including EE half marathon 25/8/91

## EVENING EXPRESS

☒

[illegible][illegible]

## FIXTURES

## FIXTURES

Sept 14th Cairn William hill race at Monymusk  
Sept 22nd Great Scottish Run, Glasgow  
Inverness 10 mile road race  
28th Two Breweries hill race, Broughton  
Knockfarrell hill race, Strathpeffer  
Blairgowrie half marathon  
29th Metro Cross country relays, Balgownie  
October 5th Balmedie Beach Bash  
6th Dallas to Forres 10K road race  
Fraserburgh half marathon  
Bennachie hill race  
12th East Dist Cross Country League, Kirkcaldy  
13th Dundee half marathon  
20th Kirkhill Forest 8  
Falkirk half marathon

# NEWS

## MALTA MARATHON AND HALF MARATHON, 16th FEBRUARY 1992

Running North Promotions is organising a trip to the Malta marathon and half marathon next February. Clients will fly from Glasgow and stay in the magnificent Bugibba Hotel. The hotel has two swimming pools (one heated indoor pool), a fitness room with sauna and the usual bars and restaurants.

Accommodation is in twin bedded rooms with half board (breakfast and dinner) provided. Total cost will be £220 (excluding race entry fee). A deposit of £65 secures your place. Already a dozen people have booked to go. Contact Fraser Clyne (702772) for full details.

## SUNDAY RUNS

Charlie Benzies is organising Sunday training runs at 9-30am from the Groats Road car park at Hazlehead Park.

## \*\*\*\*\* STOP PRESS NEWS \*\*\*\*\*

Metro Aberdeen Running Club. Annual General Meeting.

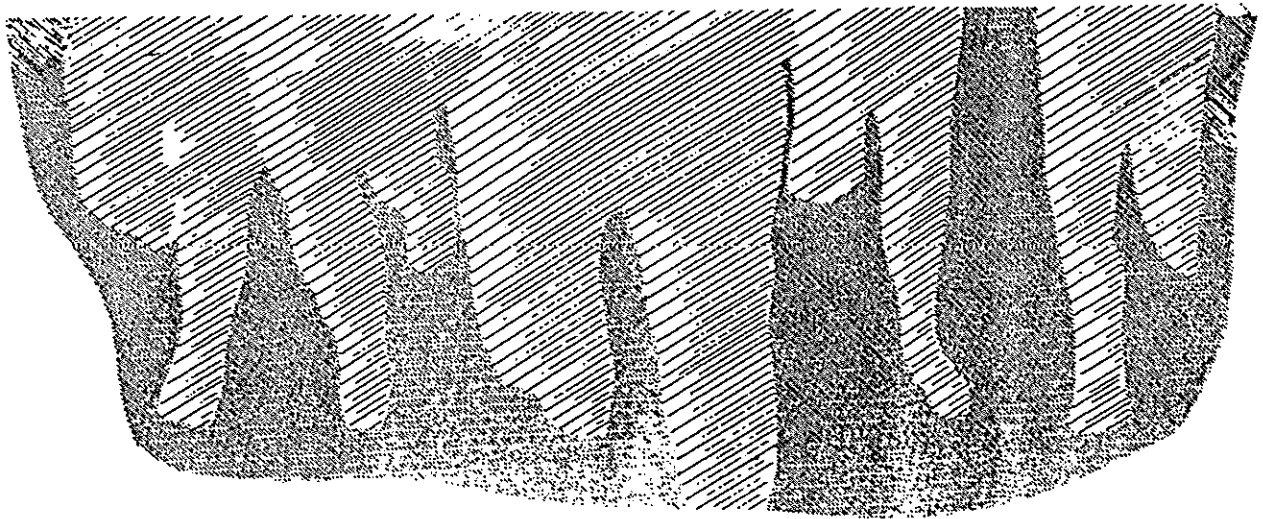
Date: 13th November 91.

Place: Grampian Television Social Club

Time: 1930hrs sharp.



# NEWSLETTER



**METRO**  
**ABERDEEN RUNNING CLUB**

# NEWSLETTER

ISSUE NUMBER 1

JANUARY/FEBRUARY 1992.

## EDITOR'S NOTE

I realise that many words have been printed in many papers, as a mark of respect at the recent sudden and untimely death of Jim Doig. To many of us in the Metro Running Club, Jim was a real person, someone we trained with, raced with, and in my case worked with, not for us a photograph in a paper, not for us a name on a result sheet, Jim in some small way was part of our lives.

Always a source of inspiration and encouragement to those around him, Jim will be fondly remembered by his family and friends.

Well, by the time you read this 1992 will be well upon us. January's past, the evenings are getting lighter, and the snow has yet to come. The Flu bugs are claiming their toll of our ranks, however a selfish bonus is at least us slower runners can get hot water for a shower for the next few weeks.

Just think it's only five weeks to the Inverness Half Marathon, and for most runners this is the start of the running season. Assuming that Glen Clova is the end of the season, I calculate that we should be able to print at least 37 race results and stories, at least 15 holiday stories and still have room for quick wit and repartee.

Have a great 1992 season, keep fit, run well, enjoy your running and don't forget the Club magazine.

Dick Waldron.

**METRO**  
**ABERDEEN RUNNING CLUB**



THE RIGHT TO REPLY

Charlie Benzies in replying to the questions which I posed in the last issue of the Club newsletter, wishes to make it clear that the following item is his own opinions and not a reply from the Club committee.

Dick.

Q1. What are the Metro plans for the recruitment of younger runners?

A1. The Club has no plans for recruiting younger runners at present. There is another Club in Aberdeen who caters for children and the committee see no reason for us to become involved in this area. It must be pointed out that road running primarily appeals to people in their mid twenties and upwards, indeed in many races there are more veteran runners than seniors.

Q2. What is the purpose of the Tuesday training?

A2. The aim is for people to go for a training run with people of a similar ability. The way to improve your performance is to go out with the main group which leaves the stadium at 7pm and hang on to the pace for as long as possible.

Q3. Who is my training mentor? Who apart from me is concerned about my performance?

A3. Any member is quite entitled to approach any of the established runners to ask for advice on training, however it is up to you to ask.

Q4. Why is it that so few people stay after the first couple of weeks?

A4. There is no evidence that people are dissatisfied with what Metro Aberdeen is offering. It is really up to people to get involved in Club activities and try to improve the Club for the benefit of other athletes. With one or two exceptions few people have come forward with valid suggestions as to how the club can be improved.

Q5. How long can we survive as a Club if these are valid questions?

A5. The Club will certainly survive into the next century as there are to many enthusiasts involved for it to do otherwise.

NB. Constructive criticism is always welcome. I would point out that the committee are all amateurs with work and family commitments who are doing their best for the Club.

Charlie Benzies.

NEWS

# NEWS

THE KINGSHILL KRUNCH 10TH JANUARY 1992

A perfect day for cross-country running and this one certainly is cross-country running. Ewan Ritchie (being the \*\*\*\*\* that he is) designed this course for himself, with plenty of mud, nettles and overhead waterpipes to negotiate.

Nigel Hanson, one of our new members, took off like a greyhound to set a fast early pace, only to be stopped in his tracks with stomach problems.

Having done the course 5 times before you would think that I would have got it right - but no - I had to take the wrong narrow path to end up neck-high in nettles. Luckily I took the rest of the field with me and we had to backtrack for a few yards to get back on course.

The runners were well supported and cheered on by the workers on the building site we had to run through.

There was a good battle going on up front with myself, Dave Massie and Steve Cassells jockeying for position. With Steve Willox having his own private battle back in fourth. The race carried on right to the finish with me managing to grab the lead in the later stages and holding on to win from Dave Massie and Steve Cassells. Steve Willox finished fourth with Big Brian Hall having a great run to finish eighth overall just ahead of Jim Strachan.

At the end we all looked like we had done 6 months in the trenches.

Great Fun !!!!

Peter Jennings.

**METRO**  
**ABERDEEN**  
RUNNING CLUB

# REPORTS

## HOWES OF BUCKSBURN 2 MILE ROAD RACE RESULTS - 2ND JANUARY 1992

Warm but windy conditions greeted the inaugural staging of this race, held on behalf of the British Red Cross Society Appeal. The sum of £66 was raised for this cause, unfortunately the number of competitors were not what they could have been particularly in the Ladies race.

### Men's Results

3. Rob Taylor	10:23	5. Jackie Stewart	10:33	6. Peter Jennings	10:38
7. Ally Neaves	10:39	14. Steve Willox	11:04	15. Neil McDonald	11:10
18. Brian Hall	11:20	22. Jim Strachan	11:51	26. Graham Fyfe	12:10
28. Dick Waldron	12:25	32. Jim Crammond	13:03	34. Ray Hetherington	13:48
35. Brian Harrison	13:50	38. Jackie Stewart Snr.	15:32		

Sorry Helen, no Ladies results were handed in.

Two special awards were made on the day:

The competitor with the worst hangover went to Jim Crammond.

To spectator and Metro member Mike Duncan for being the person who had taken the least amount of sleep over the festive period.

## THE WINTER KRUNCE - 11TH JANUARY 1992.

Approximately 4 1/2 miles with 500 feet of climb.

One of the best finishes of the season came in the Winter Krunce Race at Kingshill.

Dave Massie (AAAC) and clubmate Steve Cassells looked like fighting out a three-way battle with our own Peter Jennings. Steve however took a heavy fall whilst insight of the finish, leaving Dave and Peter to fight it, out the ensuing battle was eventually won by Peter by the magnificent margin of 1 sec., in the process of winning he equalled his own course record.

### Results

1. Peter Jennings	29:28
4. Steve Willox	30:27
9. Brian Hall	32:07
13. Jim Strachan	33:05
22. Dick Waldron	41:27 ( I got lost, honest!)

25 runners took part.

# NEWS

# METRO

## THE BANCHORY FUN RUN - 26TH DECEMBER 91.

The annual Banchory 3 1/2 mile FUN RUN attracted a field of above 70 runners of all abilities from children to International athletes. Before the race was the usual pre-race banter - the run-down of illnesses, injuries and indulgences.

Everybody was full of Christmas spirit until the gun fired, then they all turned into savages, fists flying, kids trampled with everyone jostling for position. Once the field was strung out Chris (I,m only out for a jog) Hall lead at sub 5 minute mile pace whilst shouting at the marshals for not pointing him in the right direction !!

Surprisingly everyone seemed to find their way around the course except yours truly who followed a path lined with yellow tape only to end up in a building site. Luckily I didn't lose my place and managed to hold onto fourth place.

Big Jim Strachan showed his vast improvement by knocking 2 minutes off last years time.

As far as I know no results were taken so these are the only results I have:

1. Chris Hall
2. Jack Maitland
3. Jonathon Musgrave
4. Peter Jennings 16:30 min.
- ?. Jim Strachan 2 minutes less than last year ?

Peter Jennings.

## METRO RIVERSIDE RELAYS - 7TH DECEMBER 1991

A clear crisp afternoon met those Club members who turned out for this event, at one time it looked as if we were going to be out numbered by Hunters Bog Trotters, but in the end we were able to field several teams.

Individual lap times are:

Rob Taylor 6:54	Keith Vardy 7:11	Steve Willox 7:12
Steve Forbes 7:13	Neil McDonald 7:15	Charlie Benzies 7:23
Ally Neaves 7:27	Brian Hall 7:31	Charlie Inkson 7:38
Jim Strachan 7:58	Jim Crammond 8:20	Dick Waldron 8:28
Richard Gray 8:34		

NEWS

# REPORTS

## THE BLACK ISLE MARATHON 1991.

An early start from home was required to drive to my destination, the alarm went off at 0500hrs, got myself organised with a light breakfast and set off around 0545 hrs.

The roads were reasonably quite and I arrived in the Black Isle at about 0900hrs. It was a cold morning and I realised I was there in plenty time - in fact no-one else seemed to be around. However this allowed me some time to take a look about and check for anything relevant to the day. As the morning rolled in a few known faces appeared on the scene - everyone by now were limbering up for their events. I had previously run this race a few years ago, and I felt it was one of my "better" races, not that it made the prospect of this one any easier.

The race began, I got off to a good start, I thought the pace was relatively quick and about the 14 mile mark a triathalon competitor chatted briefly to me and confirmed that our pace would be sub-3hour finish, however, I felt the pace at the 15 mile mark more than I had expected, but pounded along as best I could - I knew by now it was not going to be an under 3 hour finish for me, I was tired and definitely not on my best form now. (Too much - too quick ??)

Eventually I finished (3hrs 22min), "cream-crackered", and on collecting my 'silver plate', I was quite glad to have run, but was thankful to go and lie down for an unknown time, and on awakening I realised that I finished as I had started - completely alone, with no-one to be seen!! I then continued my journey to the west coast to visit some family, at the same time fitting in a training session on Ben Nevis - (Am I mad !!)

Brian A.M.Hall

## DOGGONE IT

While running around Persley recently I came to the bit with the two big wheel machinery eyesores, when I met a pair of rottwielers running about unleashed, but having seen them several times before I ran on unhindered. Fifty yards further on, a wifie was out with a collie and the little bugger chased me trying to nip my heels putting me out of my already laboured stride.

" Dinna worry" said the wifie "it's instinct, he's supposed to chase sheep". As I didn't have on a woolly jersey, it must mean dogs are dopey which blows the rumour that they are intelligent. This rumour is founded on the fact that a Russian poodle called Rin Tin Tinski took off in a sputnik in 1957. What they didn't tell you is that after orbiting for three days, the heroic hound exploded, proving my point. So if while running, you meet a pooch, steer clear.

Doug.

Metro Aberdeen Running Club

# METRO

## SKI RUN

I decided on a free Sunday to do some hill running, so I took the family to the Linn o' Dee. While they waded through the snow to see the state of Mar Lodge, I took on Creag Bhalg, the hill that overlooks the Linn o' Dee

I took the advice from a running magazine which gave tips on winter training so I had a backpack containing a jacket, flask of coffee, something to eat and anything you could carry from sticking plasters to the kitchen sink. Off I went in leggings, toorie, and gloves to keep out the cold and set off at an easy pace, deciding to enjoy the scenery and change of terrain rather than think about the speed I ran at.

There is a decent path most of the way although the snow made some parts dodgy underfoot. Quarter the way up the hill the toorie and gloves were already in the bag but the startling view helps you forget about tired legs and after about half an hour I had reached the top and sat down on a boulder with no snow on it and had a cup of coffee and a Mars bar and looked out at the beautiful scene of the Dee at its starting point.

Before I cooled down, I started off again and took a different route on the way down and had to negotiate a couple of burns and skited a few times on ice and snow, but once I put my mind on my feet and stopped looking for deer, the run became less hazardous. Once I reached the car park I thought the run was over but 'her indoors' had the car keys so rather than wait about and get jeelt, I ran to meet them still taking photies of deer.

After a change of clothes and a hot drink we drove to Braemar for a pub lunch. It was a most enjoyable run and a fine change from tramping on the roads.

Doug.

## THE BEACH BUMS HANDICAP RACE - 28TH DECEMBER 91.

A perfect day for one of Ewan Rennies gut busters. The runners set off at their different handicaps with me having to wait 17 minutes after the first runners. Being the only runner off scratch I should have been on my own apart from Charlie who missed his start time and went off on a solo a minute behind me.

The race was going well until I ran through what I thought was a puddle and ended up in water up to my neck as if that wasn't enough I did the same thing on the way back. Nevertheless I managed to record the fastest time of the day.

Big Jim Strachan had a very good run again showing his vast improvement since joining the club. I don't know what happened to Zero - I think he may have took the wrong course.

Peter Jennings.

# NEWS

# NEWS

## MY HOLIDAY TRAINING RUNS IN RHODES

It was October, and the weather was quite glorious - but in true form I have taken my running gear with me, so I could keep in training for the week. I gave the day of arrival a miss, but after that I attempted to run around 2pm one day, but found it was too humid to achieve the best run, next time I ran along the beach, - but you had to be careful of the boat hooks, and unfortunately-discarded glass bottles-, it was pretty hard going - but enjoyable, next I ran from the Hotel we stayed at along the main thoroughfare around 4pm - trouble then is it began to get dark (no street lights) and fumes getting up your nose from cars with people heading home from work, next day I got it right - stepped out in style dressed in white/red tartan rig-out, well I can tell you quite a few heads turned - ran a similar route as before, but mixing the main route with the beach - that was a good run. Took the next day off. Then it was homeward bound - feeling just fine.

Brian A.M.Hall

## USE OF ABERDEEN UNIVERSITY RECREATIONAL FACILITIES

We as a Club have the opportunity to take out group membership of Aberdeen University's recreational facilities at Kings pavilion and Butchart.

In addition to the changing and showering facilities we could also make use of the other available facilities including the swimming pool, squash courts and weights rooms.

Although details have yet to be finalised, I understand that we will be able to take advantage of this opportunity for around £25 per head but we do require a minimum of around 15 people to make this possible.

This represents excellent value for money - the normal fee for external membership is about £66 and even graduates of Aberdeen University pay around £40. Normally membership of a sports Club would cost hundreds.

If any members are interested in taking up this offer, please let me know as soon as possible so I'll know whether to progress this matter further.

Geoff Simpson.

# METRO

## ABERDEEN RUNNING CLUB

# Metro Aberdeen Running Club

## LAZY SUNDAY AFTERNOONS

The following is advice for the overzealous club members who never relax on the Sabbath. The information comes via an interview with one of the young string of Metro runners.

"Due to being fed up running every single Sunday, I threw the alarm clock into the lobby cupboard with my Reeboks so that I could have a long lie. The sound of next doors lawn mower drove me out of bed at ten o'clock so I scratched my backside and headed of to the toilet, stopping only to pick up the newly delivered Sunday Sport for something to read. Sitting there reading this masterpiece of journalism I could only wonder at how the paper gets through the letterbox with the size of the boobs inside its pages.

Paper folded toilet flushed and hands and face slooshed, it was time to fry up the brekkers. Out of the fridge came ten thousand calories which was thrown into a frying pan with loving care.

Half an hour later I emerged from the smoke filled kitchen with my plate of cinders and a bottle of Becks to relax in front of the telly. Breakfast consumed and the Flintstones watched, I cast an eye on the clock which told me it was one o'clock minus one hour because I forgot to put it back and this informed me that the pub's were open. I put on my jacket swapped shoes for slippers, dipped into the bill money and dandered down to the pub.

Once I had my fill of Lager and my fill of Rangers yet again on Scotsport, I bid a slurry farewell to my host and spent the rest of the gas money on a vindaloo which is ironic and took a slow walk home.

My stride now adopted an ungainly look and my now soggy Indian 'kerry oot' hit every wall and lamppost. I reached home and tried every key in my pocket before the one that fits declared itself. Once inside I headed for the kitchen which looked as though a Skud missile had hit it. I could almost taste the vindaloo and was about to put the carrier bag on the table when I horrified to see that the bag was burst and for the last mile and a half I had been carrying bag handles.

I consoled myself by scrapping out cinders from the frying pan to make way for fresh ones. Out came the burgers and the pan had more beef in it than the High Chaparral. Once I had eaten my burgers which were burnt on the outside and frozen on the inside, I went to bed, remembering to leave the telly on I fell asleep having enjoyed my Lazy Sunday Afternoon.

Doug.

(The above is total lies, or is it?)

# NEWS



# REPORTS

## THE WINTER KRUNCE - " A RUNNERS VIEW "

Who could have wanted for a better Saturday afternoon, it was mild and the sun shone through the bare trees. Gradually the peace and quite of this rural backwater was disturbed by the arrival of cars, and then the excited babble of eager runners awaiting the start. The edge was taken off slightly as we paused for a few moments as a mark of respect on the passing of Jim Doig, then we were off. Jostling, barging we charged up the hill away from the masses thronging the start, I slowed to a sensible pace after the first twenty or so paces when I realised what was happening, how I hate hills.

Course markers were few and far between, and I remembered the advice at the start, follow the runner in front or stop and wait for the one behind, then ask him. At last my simple little mind told me that we were on the flat again, now I can cruise and enjoy the scenery, this is what its really all about. Then it happened another B\*\*\*dy hill, which went on and on etc., the good news however was that we only have to do this twice!!

Excitement lay in wait at the top of this hill, a building site and what's more a JCB, I always thought that it is better to dodge a moving obstacle than hurdle a fence or vault a gate (who am I kidding?) Speeding on like a winged arrow nothing could stop me now, firm ground under foot, clear blues sky, no markers. No markers! I'm lost, wait for the runner behind he'll know "follow the carrier bags" was his reply, silly me, I should have known.

I spot a carrier bag, I hope this is the right one, I follow it as it blows across the ground. Why is this bog here and a fallen tree? Ah! that hill again, it was the right one. Joy of joys aren't we lucky living up here, with eager anticipation I approached the hill and the building site again. Where was that JCB? Would it be waiting for me like some primeval beast? Yes, it's there right across the exit, I approached it on the blind side and made my escape, round the track, through the bog, over the tree and into oblivion.

Yes I'm lost again, follow the procedures "no one in front, wait for the one behind" Will my fellow man know the way, will he direct me to that haven of rest the finish? No! he's lost as well, company at last. It was at this moment that I found out, that along with the other things that go with people of my age, so does your sense of direction.

On the basis that the finish was downhill, we ran downhill, a wrong decision when your lost on the top of a hill. Ask a member of the public, that seems like a good idea. I paused and asked a lady if she could show me the way, she replied that she would set her dog on me if I got any closer, must be my accent. Well there's good news, and bad news the next replied, the bad news is there's no runners in front of you, the good news is that you must be winning! I thank him politely and run on.

More by luck than judgement and with some help from the advance search party, the finish veiled in a red mist is insight, spurred on by the tumultuous cries from crowds, I reach the finish.

Do it again, of course I will that's what running is all about, not for me the glory of medals, PB's who cares about those, it's the fun, the camaraderie, the "joie de vie" and sometimes telling the truth.

Dick Waldron.

# Metro Aberdeen Running Club

Dear Editor,

For your information I went to the Bridge of Dee Relays and to the Howes of Bucksburn Race. Unfortunately I turned up to late for the Banchory Boxing Day race and I thought the Beach Bums race was held on the Sunday, but I was wrong and missed the Saturday race - oh well, maybe next time !!  
(So I reckon Tuesday training meets, followed by "pub talk" for information is a must for me).

Although I entered for the London Marathon in April, I was not successful in achieving a place - disappointed, but not put off, I will enter again in 1993.

Being a relatively new member to the Metro Club, I am still searching to find out about any races being held, (and indeed anyone doing long distance training runs), so any information forthcoming from other team members would be most welcome.

Brian A.M. Hall.

ED. Is there anyone out there, who can help Brian?

## ELRICK RELAY 3 x 3 1/2 MILES RESULTS 23/11/91

- |                         |            |
|-------------------------|------------|
| 1. Hunters Bog Trotters | 68:28 min. |
| 2. Metro Madmen         | 74:38 min. |
| G.Simpson               | 25:27 min. |
| S.Willox                | 24:42 min. |
| J.Freel                 | 24:29 min. |
| 10. Metro B             | 79:16 min. |
| D.Lomngmuir             | 27:51 min. |
| J.Buchan                | 24:12 min. |
| C.Inkson                | 27:13 min. |
| 19. Metro Marauders     | 85:20 min. |
| J.Strachan              | 25:28 min. |
| J.Crammond              | 30:45 min. |
| J.Black                 | 29:07 min. |

## PETERHEAD 5 MILE ROAD RACE RESULTS 08/11/91

- |                  |            |
|------------------|------------|
| 1. S.Wynn (AAAC) | 31:20 min. |
| 2. P.Jennings    | 32:15 min. |
| 17. J.Strachan   | 35:58 min. |

36 competitors took part in this event.

**NEWS**

**METRO**  
**ABERDEEN**  
**CLUB STANDARD**  
**METRO ABERDEEN**  
**RUNNING CLUB**

**CLUB STANDARD'S**

Have you lost that direction in life? Not certain what you are running for these days? Never winning a prize, always in the middle of the field!

Then the answer to your demise is the prestigious Metro Club Standard award. This specially designed award can be yours, no not for the price of £9.99, but for all those long miles, sore feet, and aching limbs that so far have gone unrewarded. Direct you energies and training efforts towards achieving the required times, submit your claim and fame and recognition could be yours.

When interviewed by our reporter, one of last years recipients Mickie Duncan said:

Quote.

I did not realise that such a little thing could have have that type of impact on society. When I display it in public, no longer am I ridiculed, no longer do old ladies cross the road. Now, I am recognised for what I am, a man who meets the Metro Standard.

Unquote.

Surely, this unexpurgated interview must also spur you on to better things.

# Metro Aberdeen Running Club

## FORTHCOMING FIXTURES

### February

16th Castles XC Series. Aden Country Park, Mintlaw. Note date change.  
22nd National XC Races. Irvine.

### March

1st Nairn 10k & Fun Run.  
8th Castles XC Series. Haddo House.  
15th Inverness Half Marathon & 4 mile Fun Run.  
29th Alloa Half Marathon.

### April

19th Great Angus Run (15 miles) & Maggie Storey 10k, Forfar.

### May

10th City of Dundee People's 10k.  
21st Third Eye Systems Helensburgh 10k.  
31st Aberfeldy Half Marathon.

### June

7th Dunfermline Half Marathon.  
13th Isle of Skye Half Marathon.  
14th Inverclyde Marathon and Half Marathon.  
20th West Highland Way Race.  
21st Loch Rannoch Marathon and Half Marathon.  
Kircaldy Half Marathon.  
Stranraer Half Marathon & 10k race.

### July

5th Stonehaven Half Marathon.

## STOP PRESS

### Tuesday Club Nights - Speed training sessions

Starting on Tuesday the 7th April 92 and then continuing on the first Tuesday of every month throughout the Summer period. Speed training session will take place on the track at Linksfield Stadium. The session will start at 1900hrs.

# NEWS

Inverness Half Marathon Bus

Rob Taylor is arranging a bus to take both runners and supporters to the Inverness Half Marathon 15th March 92.

Departure point: Cowdray Hall. Time, Departure 0930hrs. Return time, After the race.

Cost: £ 3.00 per head, payable on the bus.

Bookings by the 10th March 92, either by phone or the attached form.

=====

Cut here and send to: Rob Taylor, or telephone Aberdeen 694063.

=====

Please reserve for..... the following places:

Total seats needed .....

Seating preference.

Near Side/Off side. Front/Middle. Card Table Yes/No. Near Toilet Yes/No.

Note.

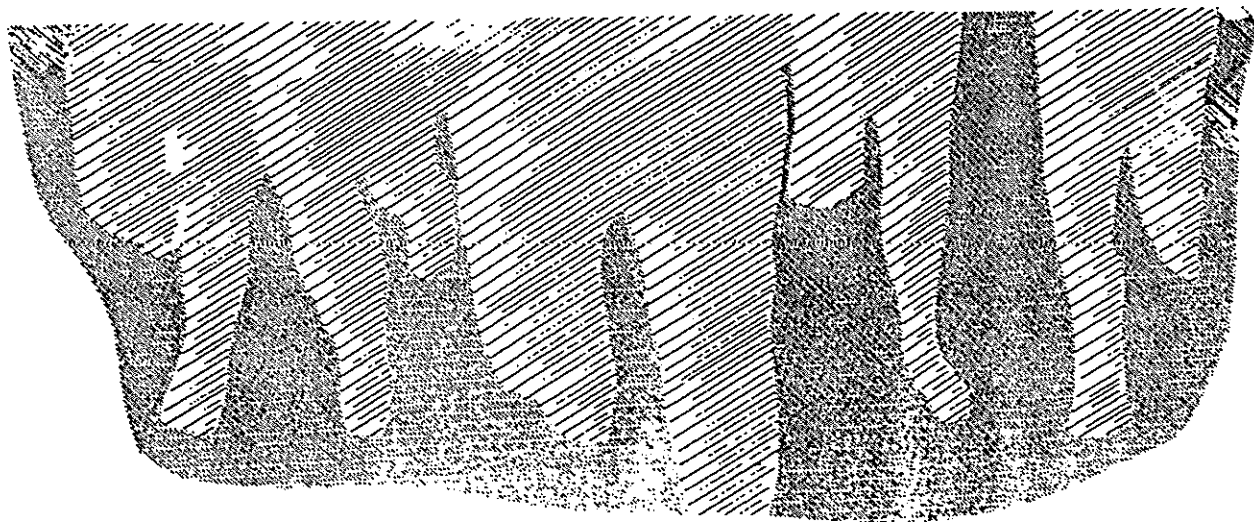
Rear seat is only available to couples, who do not mind being watched/photographed/video recorded.

=====

**METRO**  
**ABERDEEN**  
RUNNING CLUB



# NEWSLETTER



**METRO ABERDEEN RUNNING CLUB**



# NEWSLETTER

ISSUE NUMBER 2

MARCH/APRIL 1992.

## EDITOR'S NOTE

" Newsletter " Definition . Oxford Dict. "letter sent out periodically to convey news to country towns " I feel that I must add to this only when news is available.

The Metro news letter is currently distributed to approximately 80 people, surely something is happening around you that you are prepared to tell the rest of us.

This newsletter is an informal means of keeping in touch, we are not here to, correct grammar, spelling, edit out the sensitive topics. Please tell me if its happening in your life. Found a new training run, bought some new shoes, how was your treatment for that last injury, it all makes news.

If we become starved of the "newsy" bits, we might just as well give up and read the Green Results column.

Dick Waldron.

**METRO ABERDEEN RUNNING CLUB**



## *METRO ABERDEEN RUNNING CLUB*

### My First Trip To The National XC Championships.

On Saturday 24th February a bus load of Metro runners and a HBT stowaway left bright and sunny Aberdeen. By the time we had reached Irvine the weather had changed to wind and horizontal rain.

After we had been to the toilet (what a relief) we went down to the main hall to collect our numbers and get changed. The main hall was very busy with hundreds of runners getting changed and having a yap. Once changed we foolishly left the warmth of the hall and went for a stretch and a look at the course.

We set off jogging, but by the time we had completed half the course we decided enough was enough and retreated indoors. Charlie made the observation that the course wasn't too muddy, unfortunately before the Seniors race started several hundred boys/youths had raced over the course and another two inches of rain had come down.

Staying inside as long as possible we eventually went outside about ten minutes before the start. Brian Hall used his survival training and found a sheltered spot beneath some bushes whilst the Marshalls tried to organise the start. All the teams were lined up in alphabetical order, the individual teams then lined up with the fastest runner at the front. Fraser was at the front of the Metro line straining at the leash ready for a quick start.

Once the gun went off there was a mad dash with a lot of elbows and spikes flying. Reaching the first bottleneck, I noticed a couple of runners lying on the ground and managed to leap over the top of them. By now six hundred runners were in full flow and it was quite an impressive sight.

Half way round the first lap the field had started to spread a little bit, I noticed a couple of AAAC runners ahead of me and put in a bit of an extra effort to pass them. A little bit further on, the wind tore my number off so I had to run the rest of the way clutching it in my hand.

NEWSLETTER

# REPORTS

Getting into the second lap I was finding it hard to concentrate fully, I don't know if this was due to the weather conditions or if it was running in such a large number of runners. Coming to the end of the second lap I felt Big Brian breathing down my neck so I put in a bit more effort for the last lap.

The final lap passed fairly quickly and I made a last ditch effort up the final slope to gain a few places, crossing the finish line I clutched my number to my chest and was directed into one of the funnels.

Once out of the funnel, we rushed back indoors for a thankfully warm shower, and changed back into warm dry clothes. Whilst making my way back to the bus, my keen eye spotted a "chipper" so I sneaked away for a fish supper before having some banana loaf.

The day eventually drew to a close when reached Aberdeen (just) at half past nine. I really enjoyed the experience and would recommend that if you have the chance to go to the "Nationals" that you take it. Thanks to all who took a turn at driving, thanks to my wife for the Banana loaf and to Charlie for organising things.

Big Jim.

***METRO ABERDEEN RUNNING CLUB***

## *METRO ABERDEEN RUNNING CLUB*

### 100 CLUB

As from the 1st of April, we have decided to restrict the " 100 Club" to members and friends only. This move has come about due to the fact that Steve Willox (who had up to 30 workmates participating) is having difficulty in persuading them to part with their cash. As a result of this change, Prize Payouts will be reduced as follows:

1st Prize £15 previously £25

2nd Prize £10 previously £15

3rd Prize £5 previously £10

If any Club member who is not in the "100 Club" WHY NOT!!! and wishes to be, please contact me.

The following is a list of this years winners to date, it is the intention that all future Prize winners will be highlighted in the newsletter.

	January	February	March	April
1st	B. Muncie	C. Benzies	A. Grieve	A. Strachan
2nd	I. Neaves	J. Strachan	L. Winpenny	S. Willox Jnr.
3rd	L. Willox	J. Freel	C. Benzies	H. Black

Moyra.

## NEWS

# METRO ABERDEEN RUNNING CLUB

EL - BRIM - ICK DASH

SUNDAY 9TH FEBRUARY 1992

I thought that I would take the easy option and miss the usual Sunday morning run in favour of an easy 3 mile run in the afternoon. BIG MISTAKE!!!

25 runners set out on the course which took us over Elrick hill, over Brimond hill and back again. A lot of swearing and cursing took place in this race, most of this took place at the bottom of Brimond hill, nobody having any breath left to swear by the time we got to the top.

The joy I felt coming down Brimond disappeared when I reached the foot of Mount Elrick and started up those B\*\*\*dy steps. Once over the top of Elrick it was a mad batter downhill to the finish.

At the finish I joined the group of weary athletes who were muttering the usual "why do we do this" and "never again". After everyone had finished the prizegiving took place. I picked up a bottle of wine as a spot prize, this only five days after a second prize in the "100 Club"!

Results.

1st Rob Herries 20:09 (HBT)

2nd Peter Jennings 20:56

3rd Nigel Hansen 21:15

8th Steve Willox 22:24

9th Jim Strachan 22:48

11th Brian Hall 23:26

25 ran.

Big Jim.

**RESULTS**

# NEWS

## METRO CLUB FUN RELAY

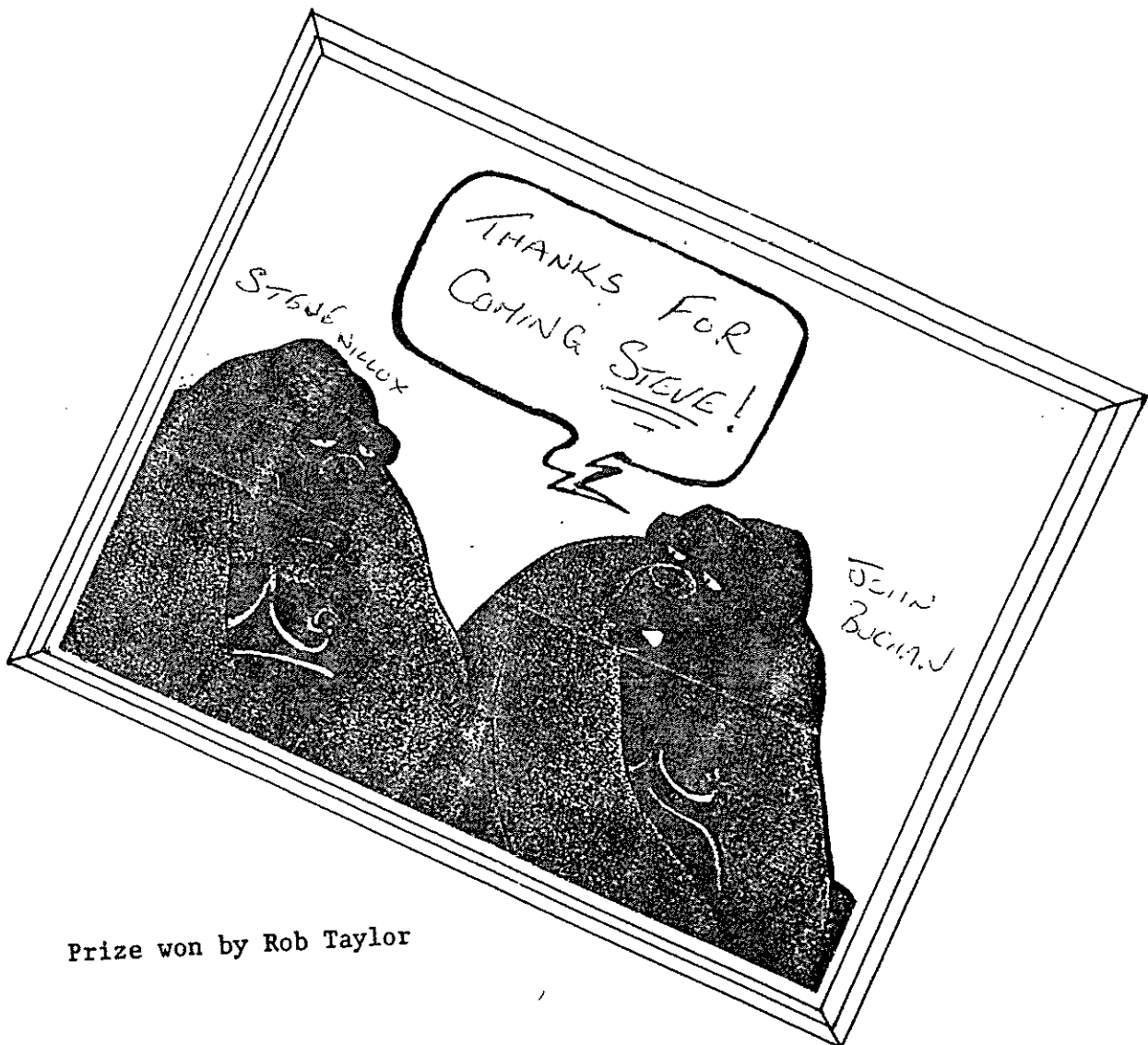
We are to hold a FUN Relay Race for club members only on Saturday 9th May. The sole purpose of this race is to build up a thirst for the Club Disco in the evening.

The race will start/finish at the Park Hotel, Riverside Drive commencing at 1300hrs.

The course will basically entail running the loop that covers crossing the Old Bridge o' Dee and the King George? (sorry I can't remember which one) at the Duthie Park, hopefully there will be still be plenty of time to get home or to the Pub to see the Cup Final (but with the Dons missing who cares?)

The winning team will receive their Prize!! at the night -out, so remember come along and join in the fun in the afternoon and the evening.

Moyra.



# REPORTS

## THE "SMOKIES 10" LADIES ONLY ROAD RACE

SUNDAY 8TH MARCH 1992

Moyra, Eleanor and myself took part in the fourth running of the Arbroath Footers "Smokies 10" Road Race. The course started and finished at the Arbroath Sports Centre and as last year we were led to the start of the race by a lone piper.

The first two miles of the course took us to Arbirlot, a tiny village famed for its Church, Waterfalls and Stone Bridge. After admiring all of these it was head down for the next 2 1/2 miles which rose steadily to the highest point of the course. Once we had reached the summit, the race organisers provided us with a panoramic view over the River Tay and the Kingdom of Fife (not that we noticed anyway). The downhill section from here was a welcome change, a loop at the bottom brought us back through Arbirlot and from here we retraced the first two miles back to the finish at the Sports Centre.

Throughout the route there were plenty of Marshalls to keep us right and give us encouragement on our way. After a refreshing shower, it was time for us to round off the day with soup and sandwiches etc.

We all enjoyed our day away and look forward to taking part next year coupled with the hope that we will find the young man in the Red Porsche, whose sudden appearance caused us to lose concentration and most likely affected our time on the day.

From the pen of,

Linda Winpenny.

Results: 1st. V.Vaughan 58:40 Moyra Mitchell 1:26:14

Eleanor Carr 1:28:10 Linda Winpenny 1:28:10

**METRO ABERDEEN RUNNING CLUB**

# RESULTS

## ABERDEEN UNIVERSITY ROAD RELAYS

ABERDEEN ESPLANADE 29TH FEBRUARY 1992

After one or two discrete suggestions on team selection and running orders from the King of the Castles, we fielded three teams in this popular event. The course was comprised of two legs; short leg 2.4 miles, long leg 3.9 miles. A total of seventeen teams took part in the event.

### Results.

Metro "A" 3rd. Ally Neaves 13:09  
Joe Freel 20:43  
Peter Jennings 12:54  
Keith Varney 20:36  
Total 67:22

Metro "B" 6th. Geoff Simpson 13:46  
Steve Willox 21:53  
John Buchan 13:06  
Jackie Stewart 21:31  
Total 70:16

Metro "C" 8th. Doug Longmiur 14:28  
Bruce Moroney 21:37  
Charlie Benzies 13:54  
Dave Duguid 21:31 (guest)  
Total 71:30

1st Team Hunters Bog Trotters.

## *METRO ABERDEEN RUNNING CLUB*

### THE MALTA STORY

On the week commencing the 11th February 92, a dozen or so Metro Running Club Athletes made their way to sunny Malta for the 7th annual Malta Marathon and Half Marathon, beautiful weather greeted us as we landed at Malta's LUQA International airport.

It was hard to believe that after only a 3hr flight here we were with the sun beating down on us. We arrived there on the Tuesday, however since the race was not until the Sunday it gave us the ideal opportunity to train and relax before the big day. The location of the hotel at Bugibba was ideally suited for travelling around the island. Most of our days were spent sunbathing at the pool, training, visiting places of interest, and seeing how many pizzas one could eat in a 24hr period.

Everyones training was going well that is apart from the two Steves's, Steve Willox had a badly bruised ankle, Steve Forbes wooden leg was playing up! It was really good to be running in shorts and vest again.

Fraser was keen to get some miles in and persuaded some of us to join him on a training run "Lets run across the island" "Oh what a great idea we all thought !!" Yes, we could take in the scenery as we ran through the Maltese villages. I myself only wanted to be out about an hour as the race was only three days away. Off we set Fraser, Steve Forbes, Steve Willox, John Thom, Jeff and myself bringing up the rear, I thought all was not well when after half an hours running we still found ourselves pounding away on the Long and Winding Road (good title for a song) however Fraser reassured us that we were nearly there (where I thought).

We eventually got to the West coast, and were greeted with some beautiful panoramic views looking across the bay and along the rugged coastline. Unanimously we decided to run down the rocky cliffs to the bay below, climbing and clambering down across the volcanic rock, rope and tackle would have been a great asset, as we found the going pretty tricky at times.

**REPORTS**



## METRO ABERDEEN RUNNING CLUB

Some of us ended up with minor scrapes on our arms and legs and one of our group had to be rescued after an attack of vertigo (great training run). "Mountain Man" Jeff was now swimming in the bay, all this before we set off on our homeward journey.

Fraser decided that he hadn't run far enough yet !! and went off into the blue yonder, this left the rest of us to find a suitable route home. We set off in the general direction of Buggiba, running through small villages, getting rather strange looks from the residents, as some of us now stripped to the waist ran along the street as the midday sun shone down on us.

John Thom was getting withdrawal symptoms and would have given a weeks pay for a bottle of Carlsberg, I was dehydrating and did my usual act of being sick in every race I run in. At last we arrived back at Buggiba a little leg weary and a lot thirsty, we stopped at the first watering hole we came to and drank pints of water, if I can remember correctly we also had a beer. Oh yes, we had been out running for 2hrs 20 mins!!

Our evenings in Malta were filled with music HA!HA!, as some of the lads were doing their impersonation of Phil Collins on the Karioke, but unfortunately they all sounded like Phill Cowie which is not to be recommended if you are of a nervous disposition.

You may recall that the main reason for us being here in Malta was to run in a race. So on the race day we travelled to Mdina the old capital of the island, where both the Marathon and Half Marathon started. The Marathon started a full 2 hours before the half, and we were all wondering how our sole representative Joe Black was getting on (brave guy) in the demanding 26.2 mile race. As we started off in the half, which had a false start as the starting gun just went "click" should we go or not - we did. After an undulating first few miles, the course took us down through the first of the villages, where the locals came out to cheer us all on. I think they were cheering, but as it was in Maltese they may have been telling us to sod off!

## NEWS

# REPORTS

By the half way marker the field was well and truly strung out, at the front Fraser was doing battle with the eventual winner Emmon Hyland, whilst further back each one of us was having our own private confrontation as we each ran our own race.

The last few miles of the race took us along the waterfront of Sliema (which seemed never ending) to the crowded finish. Fraser had ran brilliantly to finish second in 1hr 5mins 34 sec. and would probably won if he had not run 100+ miles the previous week!! I came home in 10th position in 1:11:27 and managed to keep my shoe on for the last 3 mile as the lace had come undone.

Steve Forbes came next in 18th position 1:14:18 PB, Steve Willox in 25th 1:15:57, John Thom in 28th 1:17:09, Jeff in 36th 1:18:12, Metro Veteran Mike Duncan in 83rd 1:24:05, Ron Kerr in 106th 1:27:39, Dick Waldron in 160th 1:33:51, Jim Hepburn in 164th 1:34:12, Charlie McConnachie in 184th 1:36:54, well done to Helen Black who took 10 mins off her previous best time finishing in 257th 1:44:57, and to husband Joe who ran his fastest marathon yet in 3:37:18 and lastly to Carole Neaves who suffered from dehydration but still managed to finish. Fraser recieved a trophy for coming second and our team collected the second team prize ( we were robbed) the celebrations that night were well deserved as our Metro Guys and Girls did our Club proud. Well Done!

Yours in Running

Ally Neaves.

PS. One of our travelling companions Ron Kerr was so impressed with the Metro spirit that he has now joined the Club "Welcome"(it must have been the Farsons)

I am sure that you would like to know, as I would, that whilst in Malta Dick Waldron and friends would -----disappear in the early morning with backpacks on and return at night. Were they in search of the Maltese Falcon, did they find it !! all will be revealed in the next issue !

METRO ABERDEEN RUNNING CLUB

## *METRO ABERDEEN RUNNING CLUB*

### SCOTTISH NATIONAL 6 STAGE RELAYS

LIVINGSTON 8TH MARCH 1992

In our first appearance at this event the Club finished a creditable 18th out of the 66 competing teams. The short leg was 3.2 miles with the long leg being 6 miles.

#### Results.

1st Team. Racing Club Edinburgh 2:12:22

18th Team. Metro Aberdeen Running Club 2:26:22

Peter Jennings 24th 16:36

Steve Forbes 31st 33:19

Charlie Benzies 29th 17:27

Rob Taylor 23rd 30:52

John Buchan 22nd 17:03

Keith Vardey 18th 31:05

### NATIONAL CROSS COUNTRY CHAMPIONSHIP

IRVINE SATURDAY 22ND FEBRUARY 1992

Results. 1st Tommy Murray. Cambuslang

61st Fraser Clyne

115th Keith Vardey

117th Peter Jennings

Team 21st of 41 competing teams.

# REPORTS

# NEWS

## ABERDEEN AAC HALF MARATHON

INVERDEE, SUNDAY 29TH MARCH 1992

Blustery conditions and a Police demand that runners stay on the pavement whenever possible made this race harder than usual. Nevertheless Metro provided the Race Winner and placed seven of our athletes in the top fifteen.

### Results.

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Fraser Clyne 1:11:41     | 5. Peter Jennings 1:15:37  |
| 8. Neil McDonald 1:16:58    | 11. Jackie Stewart 1:18:13 |
| 13. Charlie Benzies 1:19:15 | 14. Geoff Simpson 1:19:37  |
| 15. Brian Hall 1:19:54      |                            |

Charlie Benzies.

### THANKS A MILLION

To all the guys who gave up their own run on a Tuesday to run with me, and those that let me train with them on Thursday nights, because without your help I am sure I could not have taken twelve minutes off my best Half Marathon time in Malta.

Special thanks to you all and I hope I can join you again soon. In the meantime now that you don't have to wait for me, get down to some serious training and best wishes for the season.

Helen Black.

**METRO ABERDEEN RUNNING CLUB**

# **METRO ABERDEEN RUNNING CLUB**

## **JIM DOIG MEMORIAL CROSS COUNTRY RACE**

**WOODFIELD, EASTER ORD, SKENE.**

**SUNDAY 29TH MARCH 1992.**

Fraser stamped his authority all over this race with a convincing victory and this despite the fact that he had run round the Aberdeen AAC Half Marathon in the morning.

The race produced £185:75 for the Cameron Sharp Appeal and congratulations are due to Dick Waldron for being the prime mover behind the event and to Richard Gray for assisting in setting up the course. Unfortunately the weather let us down badly on this occasion, nevertheless the event was well supported with the majority of the club either competing or helping. Particularly pleasing was Nick's performance after his horrendous injury problems.

### **Results.**

1. F. Clyne    5. K. Varney    7. N. Milousorov    8. R. Taylor    9. B. Moroney  
10. J. Buchan    11. S. Forbes    12. S. Willox    15. A. Neaves    20. N. McDonald  
26. B. Hall    28. M. Duncan    30. D. Longmuir    34. C. McConnachie  
38. R. Gray    40. C. Traill

### **Ladies Race.**

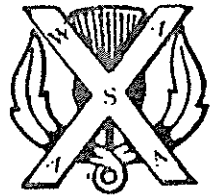
1. A. Orme (AAC)    8. L. Winpenny    9. E. Carr    10. E. Donald

Charlie Benzie's.

# **RESULTS**



# SCOTTISH ATHLETICS



CALEDONIA HOUSE, SOUTH GYLE, EDINBURGH, EH12 9DQ

Tel.: 031-317 7320/7321

Fax: 031-317 7249

22 Wilson Street,  
PERTH  
PH2 OEX

Mr. Charlie Benzies,  
Metro Aberdeen Running Club,  
39 Claremont Gardens  
ABERDEEN  
AB1 6RG

7th April 1992

Dear Charlie

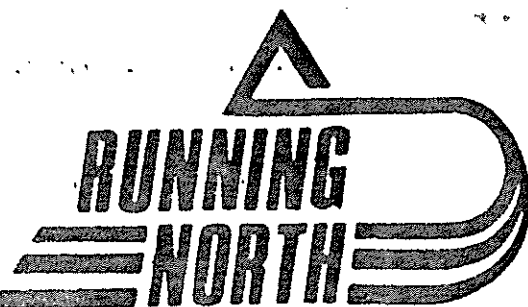
Will you please thank the members of Metro Aberdeen Running Club for their donation of £185.75 for the Cameron Sharp Fund. A receipt is enclosed herewith and we are of course delighted to receive this donation.

It particularly pleases me since your club actually held an event to raise funds. Many clubs have sent a donation, for which we are grateful of course, but somehow it seems to me worth more when you do something special for it.

Best wishes to all the members of Metro Aberdeen and I wish the club every success in the future.

yours sincerely

  
George Duncan.



# GREAT NORTH RUN

RUNNING NORTH PROMOTIONS

Sunday September 20th 1992

Join our popular annual tour to Britain's biggest and best half marathon which this year incorporates the IAAF's first World championship at this distance. Our luxury coaches depart on Saturday September 19th from towns and cities throughout Scotland, including Nairn, Elgin, Peterhead, Aberdeen and Kinross.

You can secure your place on our tour by paying a deposit of £20 and sending us two self addressed stamped envelopes, minimum size 9"x6" (this is essential for your race entry application).

This year we can offer the lowest possible tour price despite maintaining our usual high standards.

Our full tour price is £53 per person.

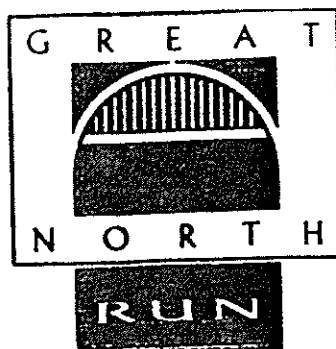
Price includes:-

- Luxury coach travel to and from Newcastle
- Bed and breakfast accommodation
- Entry to the Great North Run
- On coach video entertainment

LIMITED PLACES AVAILABLE. BOOK TODAY TO BE SURE OF YOUR PLACE

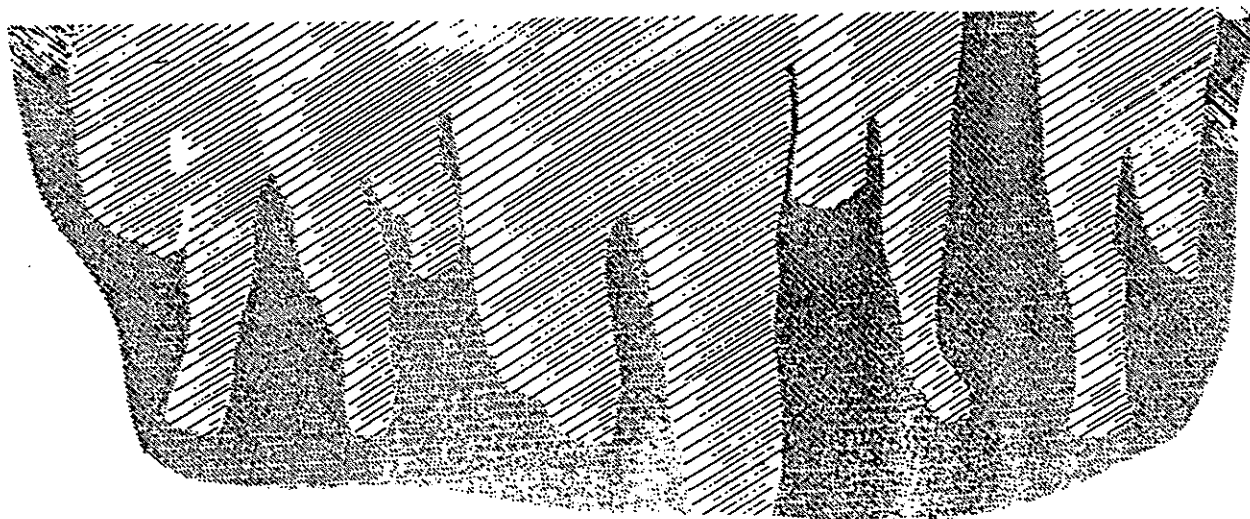
Newcastle hotel prices have gone sky high in recent years to take advantage of the high demand for accommodation on the weekend of the Great North Run. This year therefore we have arranged accommodation at Newcastle University. Accommodation is mainly in centrally heated single rooms. The accommodation is comfortable and reasonably priced which allows us to offer you the best deal. Breakfast is included in our price.

DON'T MISS THIS GREAT RACE. BOOK TODAY BY COMPLETING THE ATTACHED FORM. YOU MUST ALSO COMPLETE THE ATTACHED RACE ENTRY FORM WHICH MUST BE RETURNED TO US. DO NOT SEND IT TO THE RACE ORGANISERS. YOUR ENTRY TO THE RACE CAN ONLY BE GUARANTEED IF IT IS SENT BACK TO RUNNING NORTH PROMOTIONS AT THE ADDRESS GIVEN BELOW NO LATER THAN 31st MAY.





# NEWSLETTER



**METRO ABERDEEN RUNNING CLUB**





ISSUE NUMBER 3

JUNE/JULY 1992.

#### EDITOR'S NOTE

I can only apologise for the delay in producing this edition of the Newsletter, due to one of those rare occasions in my life where I had too much work to do.

We still need more of the personal touch if we are going to make something of your newsletter. Races results do not just happen, something occurs between the start and finish, pain, pleasure, fun and laughter, tell us all about it.

Dick Waldron.

# **METRO ABERDEEN RUNNING CLUB**

**INVERNESS HALF MARATHON**

The Metro Club were well represented at this event with runners of all abilities enjoying the fine weather (quite different from last year). PB's were achieved in this race for Jim Crammond who took 8 mins off his previous best, Chas McConnachie also PB'd. Congratulations to a new Metro-member Postie John Makay who completed his first Half marathon in 1:30:29.

**Results**

1. Allan Reid	1:06:38 Peterhead
6. R.Taylor	1:10:04
7. K.Varney	1:10:06
18. P.Jennings	1:13:37
27. S.Forbes	1:14:13
35. M.Kennedy	1:16:10
39. J.Stewart	1:16:27
42. P.Cowie	1:16:40
43. G.Simpson	1:17:10
71. B.Hall	1:20:36
75. S.Willox	1:29:59
127. M.Duncan	1:25:34
194. B.Ogg	1:29:35
205. J.Crammond	1:30:29
206. J.McKay	1:30:29
216. C.McConnachie	1:31:16
226. Suzanna Bennett	1:31:52
270. R.Gray	1:34:17
469. C.Traill	1:52:51
510. M.Watt	2:03:02

**REPORTS**

## This is your Life.

Picture the scene, Michael Aspel lurking about amongst the plumbing fittings at B&Q when along ambles King John of Benacchie with a trolley full of taps. Aspel springs out from the U-bends with his red book to announce " John Buchan this is your life ". He was then whisked off to Grampian Television.

Aspel : " Well John you were brought up in the back streets of Northfield and soon had a passion for football and by the time you were six you had put a ball through the living room window for the first time. Do you recognise the voice? "

Voice : " Aye, the little bugger couldna kick a coos backside ".

John : " It's Grumpy Green from next door ".

Aspel : " You went through your school years playing in goal for the football team but sadly never made the grade in athletics, if you look at that screen you'll see your old headmaster ".

Headmaster : " John could fairly play football but when he tried running he had all the grace of a new born foal ".

John : " Bloody cheek ".

Aspel : " You left school and served your time as a plumber and football-wise had used more clubs than Jack Nicklaus. You saw out your football career playing in goal for Masada FC, but had to retire due to back ache from picking the ball out of the net. Once you hung up your gaolie gloves, you decided to take up running and joined Metro Aberdeen. Do you recognise this picture?".

John : " No! what is it? ".

Aspel : " It's Steve Willox's back ".

John : " Oh, it's a while since I've seen that".

Aspel : " So far you have had many high points in your running but none more so than winning the famous Kilters race, soaring into the finish like a short bread tin. Perhaps your best accomplishment yet was running full force into a bucket, do you recognise this voice?".

continued

**NEWS**

**This is your Life:**

Voice : " Ha, Ha, Ha, Hee, Hee, Ho, Ho, Ho ".

Aspel : " Yes it's Cap'n Bob still laughing".

And with that, Aspel hands over the red book to John and says " John Buchan, this is your life " and true to his gaolkeeping form, Buchan drops it.

### **EASTER ROSS HALF MARATHON - 02.05.92**

All around the coast of Scotland fishing boats were afraid to put to sea because of the wind, but runners are made of sterner stuff !!!

A field of seventy runners assembled in Tain for this run and if the conversations at the start were to be believed most of the starters were injured, had not run for weeks and were just going to jog round the course. Needless to say, as soon as the gun went off they all made miraculous recoveries and disappeared into the distance !!

The first 6 miles were a "breeze" but then we turned into wind - the last 3 miles up the A9 made us realise how right the fishermen had been to stay at home.

#### **Results**

1. R. Gatenby 1:14:57 Coaster A.C.

10. M.Duncan 1:27:58

17. A.Bremner 1:31:11

34. R.Cram 1:40:30

50. C.Traill 1:51:30

52. M.Watt 1:54:09

NEWSLETTER

### The Wizard of Metro (Part 1)

It seemed to be an ordinary morning at the Bank. Linda sat behind the counter half asleep, when the weather took a turn for the worse and a tornado whipped its way towards George Street. In a flash the bank was ripped from its foundations and was lifted into the air and disappeared into the grey sky, taking the sound asleep Linda with it.

As she opened her eyes she saw that she was not in George Street anymore. "God" she thought, "I must be over a rainbow" then she sobbed "I wish I could get back to the Bank". She looked down and saw that her high heels had been replaced by ruby red Reeboks. Looking up, she saw that she was at the end of a path and was soon surrounded by dwarfs telling her to follow the Yellow Brick road, so that she could find Cap'n Bob who could help her home again.

Jogging along the yellow brick road she came to a neep park with Zero in it, talking to some crows. "Hello" said Linda "how are you". "Fed up really" said Zero, "no-one understands me and I keep getting lost at races". "Well come with me" said Linda "I'm going to see Cap'n Bob, perhaps he can help you too".

So off they went, singing wildly out of tune. "Where's your dog?" asked Zero. "Oh I threw him in the soup pan at the Bobbin Mill" said Linda. "Aye" said Zero, "the soup's been better lately".

Will Linda get to Cap'n Bob? Who else will she meet on the way? Is the Bobbin Mill soup any better? Read Part 2 in the next issue to find out.

**Doug**

### New Training route.

As an alternative route I recently ran from the University, northwards over the Bridge of Don turned immediately right and ran on to the mouth of the river. Turning left at this point takes you to along the edge of the Balgownie Golf course, where you can follow a nice windy path. By follow this path, you can go as far as you can be bothered towards Balmedie then turn back. It is an undulating course and sandy in parts so it's a tester for the old legs. I set off feeling great, went too far then came back with the grace of a ruptured ballet dancer. Avoid the gorse bushes, or your legs will look as if Freddy Kruger has massaged them. This run is a fine change from roads and the sea air is refreshing. It could be done for a change some Tuesday night.

## RUNNING SHORTS

### GLOSSARY OF TERMS

GoreTex - Slaughter a Yank

Pronation - A country of which Bangkok is the capital

Cross Country - A peeved Scotland after the election

Fartlek - Wind assisted P.B.

Long Strides - Brian Hall's trousers

Pyramid Training - Hill running in Egypt

Stop watch - Form of cheating

Cantilever shoes - Les steals Moyra's trainers

Club run - Decent hand at Poker

Bog Trotter - Big Jim caught short

Speed sessions - Drug taking

Aerobic - Chocolate Pen

Adidas - Donkey's corpse

Lycra leggings - Glaswegians appreciation of tracksters

Doug.

# **REPORTS**

## RACE RESULTS "QUICKIES"

### FORTH BRIDGE HALF MARATHON 26.04.92

Mike Duncan	1:26:31
Ray Smith	1:26:31
Chas McConnachie	1:31:53
Charlie Traill	1:54:20
Richard Gray	1:59:09

Richard went over on his ankle early in the race and did well to finish under the 2hr mark.

### DUNFERMLINE HALF MARATHON 07.06.92

#### 1082 FINISHERS

1.	Terry Mitchell	1:06:49
92.	Kevin Tulloch	1:23:24
159.	Mike Duncan	1:27:27
247.	John McKay	1:31:28
281.	Charles McConnachie	1:32:20
361.	Richard Gray	1:36:20
490.	Raymond Napier	1:41:15
816.	Charles Traill	1:53:27

# NEWS



### SKYE HALF MARATHON 13.8 Miles

Total Runners 196.

- |     |               |         |
|-----|---------------|---------|
| 1.  | Mark Gormley  | 1:15:?? |
| 33. | Mike Duncan   | 1:31:18 |
| 49. | Allan Bremner | 1:33:56 |
| 59. | Murray Parker | 1:36:01 |
| 76. | Richard Gray  | 1:40:08 |

This should never be considered as just a race, but a great weekend, the highlight or lowlight depending on the extent of your hangover is the Half Marathon. From the moment you alight on the island you can never get away from the welcome atmosphere and the breathtaking scenery. The views of the Cullins from Kintails is awe inspiring, which is more than could be said of wee Dick's attempt at "Suspicious minds" at the Saturday night Karaoke.

Penned by the fair hand of Mike Duncan.

### ARBROATH HALF MARATHON 28.06.92

- |     |               |         |
|-----|---------------|---------|
| 3.  | Joe Freel     | 1:09:41 |
| 13. | Steve Willox  | 1:12:48 |
| ??. | Derek Baillie | 1:34:14 |

# METRO ABERDEEN RUNNING CLUB

# NEWS

## Grampian International Festival of Road Running

### Duthie Park 16th May 92.

Saturday the 16th of May saw the arrival of big time athletics in Aberdeen. Several of the worlds leading athletes took part in a series of races around a circuit in the Duthie Park, or as one of the commentators kept calling it "The Doothie Park".

The mens mile produced one of the closest finishes of the day with Peter Elliot and Genaro Di Napoli, " the hunky Italian " according to my wife, battling it out right up to the line.

Another close finish took place in the Mens Open 5000m with Keith Varney just being beaten into 2nd place. Several other Metro runners had their own personal battles in this race, Ali Neaves just managing to beat John Buchan on the line.

All in all the event was very well run and it was great to actually see the Stars in action rather than watch it on TV. Hopefully the event will come back next year and if it does maybe the sun will shine again.

#### Mens Open 5000m Results.

1	G.McMasters	15.09
2	K.Varney	15.10
5	R.Taylor	15.40
9	N. Milovsorov	16.14
10	J. Freel	16.222
14	A. Neaves	16.35
15	J. Buchan	16.35
19	S. Willox	16.47
20	C.Benzies	16.51
34	J. Elrick	17.43
42	J. Strachan	18.03

*Big Jim.*

HAS IT HAPPENED TO YOU ?

When did you last have one? Was it big or small? Did it happen in the dark or was it daylight at the time? Did you have company or were you on your own? How did you feel when it happened? Was it on the pavement or were you in the woods? Did you need help? Did you recover quickly or did the effect last for sometime? Were you tired at the time or had you just started? Were you angry with yourself once it had happened or was it just one of those things? Did the memory of it make you wary or did you just go for it the next time?

Yes Folks! by now you will have guessed its' that age old topic of injuries, I realise to some of you it's just an occupational hazard and to others its a major disaster, but at the end of the day it's still a problem.

Once you have succumbed to an injury, how did you deal with it? What sort of reaction did you get from your GP? Did you go private to a doctor or physiotherapist? What help did you get?

Within the Metro Club we have a representative cross-section of the running fraternity, if you can spare a little time to fill in the Questionnaire it will give us a reasonable overview of the attitude towards sports injuries held by our local medical services. This may only be the tip of the iceberg, who knows where this may lead us.

NEWSLETTER

# METRO ABERDEEN RUNNING CLUB

Age Group		20/30	30/35	35/40	40/45	45/50 +
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How many injuries did you suffer in 1991	
	0 -- 2      3 -- 5      6 -- more

How long were you injured	
	1 week      2 weeks      3 weeks      1 month      2 + months

Who did you see of the following	
	Doctor GP      Doctor Private      Hospital      Physio      None

Was the treatment	
	Satisfactory      Unsatisfactory

What was their attitude towards you	
	Sympathetic      Unsympathetic

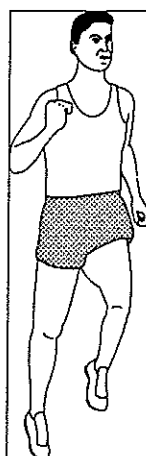
Did the injury occur during	
	Training      Competition

What was the running surface	
	Road      Off Road      Pavement

Did you		Slip	Trip	Fall	Other
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Where was the site of the injury	
	Ankle      Leg      Knee      Hip      Back      Neck
	Chest      Head      Shoulder      Elbow      Wrist

Was it		Muscular	Skeletal	Ligament	Other
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Please forward completed sheets to Dick Waldron.

~~J. FARM~~  
BIG MAC

~~DANNY ON~~

~~S. WILSON~~

~~D. G. TA~~

~~E. C. Y. TA~~

~~A. W. TA~~

~~B. TA~~

~~A. TA~~

~~J. TA~~

~~K. TA~~

~~G. TA~~

~~N. TA~~

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