

MARSHALL RETAINS GOATFELL TITLE.

Several East Lothian athletes were taking part in both hill and road races over the last week.

Most notable achievement was HELP's Brian Marshall who retained his King of the Mountain title on the Isle of Arran when he retained the title he won last year. His time for the 12k run covering nearly 900 mts of climbing was 78m40s nearly 6 minutes ahead of his nearest rival.

Meanwhile at Marlborough on the South Downs Bill Watson (HELP) took on the 33mile mixed terrain challenge completing it in 4hrs 26m and taking the 3rd male award for his efforts.

Steve and Mary Pattison (DRC) took part in the Loch Leven Half Marathon and completed the course in 1h33m37s and 1hr 56m08s respectively.

Over somewhat shorter distances Murray Strain (HBT) had an excellent win in the 5k Herriot Watt University 5k Round the Grounds race in 16m26s, and also shared joint first place in the Self Transcendence 2 mile race on the Meadows in 9m41s, John Graham (HELP) 12.18 MV50, Emily Majendie (HELP) 14.18 F. Fred McCain (HELP) also ran in the Round the Grounds event finishing in 20m57s.

This Sunday sees over 10,000 runners take part in the Edinburgh Marathon, which has two thirds of the race in East Lothian finishing at Musselburgh Race Course. The course which extends to Gosford House will have considerable traffic congestion and road closures to contend with.

The second HASL track and field event for Lothian based clubs will take place at Meadowbank on Sunday.

'Pacemaker'

Henry Muchamore