

### **Scottish Schools Championships** **Grangemouth 8th and 9th June**

The Scottish Schools Championships were held at Grangemouth on Friday and Saturday in glorious weather - sunshine and no wind - which delighted competitors and spectators alike. Peter Bowman of Bearsden Academy was first in action and he did well to set a personal best of 2:12.68 in finishing third in the Heat of the Under 15 Boys 800. In the final he ran well to take another two seconds from his best time when he recorded 2:10.1 making it a total of four seconds from his previous best ever. Peter is running well just now and could do really well for the rest of the summer if he can get more training done.

Johnathan Farrell was racing for Clydebank High School after having missed five weeks training in April but he did not let himself or anyone else down with two hard days of competition. On Friday he won his Heat of the 100 metres convincingly in 11.97 and went through the semi-final in third place in 11.76 before finishing fifth in the Final in 11.74. On Saturday his races were rather poorly spaced for anyone with hopes of good performances with over an hour between Heat and Semi Final and then just twenty minutes between semi-final and Final. However Johnathan went through comfortably from his Heat in 24.31 seconds and then 24.53 seconds in the semi final saw him through to the Final. With only four unbroken weeks of training behind him, the Final was just a bit too early and he was out of the medals in a close finish. He now has time to get some serious training and racing in before the Scottish Championships.

### **Schools Championship results.**

June is the month for schools championships and although not all results are available yet there are some notable performances by cub members. At Douglas Academy, Anton Russell won the pentathlon with the following performances: 60 metres hurdles: 8.7 seconds; 100 metres: 12.3; javelin: 20.9 metres; High Jump: 1.65 metres; 400 metres: 60 seconds. On the first day of the County Sports he ran 12.5 seconds to qualify for the final of the 100 metres and as in the relay team that finished first. Peter Bowman competing for Bearsden Academy was first in his Heat of the 800 metres in a slow (for him) time of 2:17 and then the following week won the Final with 2:12. He also ran in the relay where his team was second to Anton's Douglas quartet. Further results when they become available.

### **Young Athletes**

At the Scottish Under 20 Championships at Meadowbank on Sunday, Ryan Savage had a good day to set a new personal best in the 400 metres with a very good 53.2 seconds for fourth place in the Final. Under 17 athlete Johnathan Farrell was a bit busier when he was fourth in his Heat of the Under 20 100 metres in 11.77 seconds to win his way into the Final where, competing against older and more experienced athletes he was seventh in 11.7 seconds. Later in the day he ran in the 200 metres where he was timed at 23.87 seconds. Also competing in the 200 metres – this time as an Under 23 – Derrick Speirs had his first competitive outing of the year to record 22.7 seconds.

Meanwhile at Peebles on Saturday, Under 13 Tony Dolan was contesting a 3000 metres for Under 16's. It meant an early rise for him because of the distance to the race and the fact that the starting time was 9:30. Neither made any difference to his performance. With the ages all mixed up he was running against Under 13's, Under 15's and Under 17's as well. He was fourth at the finish in 9:33 – a time that would put some Seniors to shame – but the fastest in his age group. A well earned medal to add to his collection was his material reward but the experience and the satisfaction of the performance will stand him in good stead for the future.