

In the short run, Fred Hyman heralded his comeback after a too long period of injury with a good run over the 4.2 mile course. Up and coming youngster Russell Hannah gave a taste of what is to come with his second place and Kevin Leggett shaved his old man into third place. Full results were:

1	Fred Hyman	26:17
2	Russell Hannah	28:12
3	Kevin Leggett	30:38
4	Ian Leggett	30:40
5	Tim Low	31:35
6	Douglas West	32:52
7	Rachel Balfour	34:46
8	Fiona Gatti	35:44
9	Joanna Coon	36:02
10	Emily Coon	36:02

(11 Adam Beck, half course only.)

EAC's Alex McEwan, who has run in the last six Handicaps, finishes in style.

Thanks once again to John and Suse for their hospitality after the race and to all those who helped with course marking and with marshalling. Hogmanay was a suggestion as a date for this year's race but this might give Drew another excuse so the 1995 Festive Handicap will be on Sunday 17th December.

Join a Club - who me?

It's probably true that for every club member who goes out for a run there are several more bodies who regularly run but for whom the prospect of joining a club is a definite non starter. Why should they join a club? They are quite content to do their run and don't relish the idea of sharing a dressing room with umpteen sweaty bodies and listening to every club's equivalent of Bobby Stewart's jokes! Just what are they missing out on?

1. The friendship. You have had a hard night. You waken and your head is thumping. Only a friend would come to your rescue and drag you up Carnethy gully before gleefully adding that after the scree you are going to do the entire Carnethy race route.

2. New horizons. I know a guy who used to run every morning at 6.45am. His run was always the same - a mile or so up the road from his house and back. He got fed up with it (surprise, surprise) and now doesn't run at all. If only he had come to the club he could have experienced the joys of not being able to walk for a week (ask Drew) after the Greenmantle, or the delights of the industrial estate hill on a Wednesday evening.

3. The competitiveness. If you run on your own, your watch becomes your enemy. By joining a club you have a whole new group to try and beat. You also learn the old adage that if your training partner beats you in a race, you tell them you were only doing a training run and if you beat your training partner in a race, you tell them it was only a training run!

4. The organisation. Instead of having to scan all of the running magazines to plan out your races for the year, you will have the joys of someone like Ruby pleading with you to do the 150m underwater pole vault because the team desperately needs the points. Just when you thought you were going to have a quiet weekend.

5. Your kids can join in. Whilst it may be true that the reason you started running was to get at least some peace and quiet, being in the club means that you can empathise more with your kids. This means they get to laugh at you plodding round the track in a S+NW league race!

These five reasons are just the beginning. A prize for the best reason printed in the next Lingo