IF YOU CAN'T BEAT HIM, JOIN HIM.

Full Scottish Race Diary

1970 - The Glory Days!
IT TAKES PURE GENIUS TO WIN GOLD.

THE GUINNESS WORD AND THE HARP DEVICE ARE REGISTERED TRADE MARKS

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SUBSCRIPTIONS

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Games fund-raiser nx Ltd. FREEPOST, Glasgow G3 7BR

Scottish's Runner
ABERDEEN
Steve Cram says...

'SPORT'S MORE FUN WITH CLUB NIKE'

Club Nike is the official club of Nike UK Ltd.

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JUST LOOK WHAT YOU GET FOR YOUR MONEY

Club Nike will keep you up-to-date and well-informed about what's happening in the sporting world.

Club Nike's magazine will be entertaining, educational and above all fun. Don't miss out on the greatest sporting club of all time!

Hi in the coupon below and turn over to our friends green with envy when you tell them you're a clubmate of Club Nike!

(N.B. Please remember that demand will be enormous and allow 28 days for delivery of your membership package.)

In the UK

Scottish's Runner

Major sponsors such as Guinness who have put money, rather than hot air, into the Games, must wonder whether they have got a full return on their investment when one of the most formidable public relations machines in the UK was left on the cheap.

As one Scottish newspaper pointed out, it was as if the annual newspapers' "silly season" had started early this year, indeed it was not for the fact that these indiscretions are being inflected on our country and our sport it would all be rather contains.

In all of the wrangling and politicking it is easy to lose sight of what the Games are all about - the young people of the Commonwealth coming together for ten days of sport and friendship. Perhaps it was time that the constantly growing cost of mounting major games was recognised, but if you want genuine, certain essentials have to be provided.

There go on to provide the basis for future generations of athletes, just as 1970 provided the platform for this year. Future generations will have no legacy of new facilities following these years event in Edinburgh.

Some aspects of human endeavour are not for sale. As certain athletics promoters know to their cost, you can't just go and record Facts about the landscape and 'minds' attitude of the world stage. These programmes are all much more important than the rather hollow incentive of a cash bonanza at the expense of the games' overall performance, not to be bought of shelf in a shop.

So try this to a Commonwealth obsessed with the philosophy of the free market, and for whom the bicycle was the symbol of a doomed way of life as opposed to a freedom that is not, rather than being used in sporting competition against fellow cyclists.

Nor could they prevent the Daily Mail and Daily Express from publishing the story that it was certain to be the highest profile Commonwealth Games yet.

Whatever the situation on July 24, the Games council cannot be held responsible for the selfish attitude of rugby administrators and players determined to fasten the Commonwealth Games on sport links with South Africa, nor can they prevent the Daily Mail from advocating a new Commonwealth Games over the whole handling of the Zola Budd affair.

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Runner to Runner Service Directory

Are you a runner running your own business or providing a service to the public. Or do you work someadline after office hours...

We'd like to introduce a Runner to Runner Service Directory as part of our classified advertising section. To put numbers in touch with numbers.

Perhaps you rewire houses, decorate, or even build them. You could be a lawyer, a hairdresser or a dentist. Maybe you print posters or t-shirts.

Whatever your specialty, you can be certain of a racing start when you advertise in our directory. You and your customers will be speaking the same language from the outset.

To advertise in the Runner to Runner Service Directory, simply write out your advertisement in the box, right leaving a margin between each word. (Or on a separate sheet of paper if you prefer).

The classified rate is £4 (minimum) up and including the first 16 words. Thereafter the price is £1.15, up to and including each extra five words.

A semi-display advertisement, which can be placed in the directory, will cost £5.75 per single column centimeter (minimum two column centimeters). For those offering re-cycled blood or for whatever reason wishing anonymously, box numbers are £5 extra.

Examples of advertisements are shown below. All classified and semi-display advertisements must be pre-paid by cheque or postal order made payable to Scottfon Publications. Price quoted is exclusive of VAT.

Joan and Joe Jogger Ltd, leading suppliers of sweatless socks, now offering running service to regular customers.
For further details telephone 0898-389.

Two double column centimeters: cost £5.00.

Runner to Runner Service Directory

Please make payable to Scottfon Publications, K.C.K. King of Wishes, Glasgow G31 7A0 (Tel 041-332 5730) to cover the cost of my classified semi-display advertisement which I have inserted in this directory.

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Bums was convinced that nothong could occur to top the previous year’s results, but the recent appearance of a young man from the UK, who has been making a name for himself in the 1500 metres, has changed his mind. The athlete, whose name is John Clarke, has been training hard in preparation for the upcoming 1500 metres race, and Bums is confident that he will be able to compete with the best in the world.

The Inverlochy Marathon has fallen victim to the trend of marathon advertising and shorter events like the 5000 metres, as athletes are seeking to prove their worth in shorter distances. The race, which is run on a course that takes runners through Edinburgh and the surrounding countryside, has seen a decline in participation over recent years.

Scotland's extra £1.5 million in funding for athletics has been welcomed by many within the sport, but some are concerned about the impact on longer events like the marathon. The event, which has a history of producing Olympians, is one of the few major races in the country that attracts both professional and amateur athletes.

The election of SWAAA honorary secretary, Bob Doidge, who has been a long-time advocate for the sport in Scotland, has been met with enthusiasm by many in the athletics community. Doidge is expected to bring a fresh perspective to the role, and many hope that he will be able to help the sport grow and develop.

Classified Advertising

All types of classified advertising are accepted in Scotland's Runner, including accommodation availability and sought, items for sale and, and job offers.

The classified rate is £4 (minimum 15 words) up to and including 25 words. Each additional five words thereafter (16-20, 21-25 etc.) costs an extra £1.15 each.

Semideal advertisements are £5.75 per single column centimeter (12 column centimeters) Box numbers, when required cost £2 each.

All classified and semideal advertisements must be type-played (10 points, Times New Roman). To use our classified advertising columns, simply write out the information in the box below, leaving a square between each word. Or send the advertisement on a separate sheet of paper.

Once completed, send the form with remittance to Scotland's Runner Publications, 6 Environ Grove, St. Glasgow G3A 7SA (Tel: 041-3353333). Cheques and postal orders should be made payable to Scotland's Runner Publications.
COMMONWEALTH GAMES PRIZE COMPETITION
GUESS THE MARATHON WINNERS
OVER £300 TO BE WON

Scotland's Runner is offering over £300 in cash and subscriptions to the winners of our Commonwealth Games Marathon Competition.

The rules are simple. Choose your 1-2-3 in the men's and women's marathons at the XIII Commonwealth Games in Edinburgh. Write their names, the countries they represent and your estimate of the winning time in the box below. The categories are separate, and you may enter one or both.

To find the winners, five points will be awarded for correctly guessing the men's and women's gold medallists, three points for the silver medallists, and two points for the bronze medallists. One point will be awarded for each time an entrant correctly guesses a top three finisher, but places him/her in the wrong position.

The maximum score attainable in each race is therefore ten points. The winners, who will each receive £100, will be the persons who achieve the highest number of points in each category. The runners-up in each race will receive £50, and the next best three entrants in each race will receive a year's free subscription to Scotland's Runner (or the cash equivalent if already a subscriber).

We are not offering any guidelines as to the form or medal chances of the main contenders — that way we can't be blamed for an outsider romping home! The onus is on you to do your own research and come up with the winners.

The competition is free, and readers may enter as many times as they wish, but each entry must be made on a Scotland's Runner entry form. No photo-copies of the form will be accepted.

In the event of a tie for any of the prizes, the person closest to the winning time will be declared the winner. If there is any dispute, the publishers' decision will be final.

Entries should be addressed to: Marathon Competition, Scotland's Runner, 56 Kelvingrove Street, Glasgow G3 7SA, and must be received by the second post on Wednesday, July 30.

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<th>Men's Marathon</th>
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Winners' time:

Men's time:

I agree to abide by the rules of the competition and the publishers' final decision.

Signed.

Name (block letters)

Address

WOMEN ON THE RUN

LYNDAH BAIN encourages you to look good on the run.

Summer is upon us at last! So it's out with the shorts and T-shirts and time to get your legs and peppers warmed up! Cast off those heavy track suits and sweatshirts and enjoy the weather. The shops are awash with lovely summer sports wear for ladies.

Sports clothing companies have recognised that women's running has taken off and we no longer want to wear unflattering vests and drip shorts. Now we have a choice of T-shirts and vests in pastel shades and in stunningly vivid colours. The vests are well-cut and elegant.

More recently designed vests have mesh panels which are ideal for keeping cool while running on a hot day. Choose a vest that's lightweight and loose but make sure that it's not too tight under your arms as you can get badly chafed.

I sometimes find ladies vests and T-shirts are a bit short and I'm left with an expanse of flesh showing when I start moving, so I runnarama along the shops before rain until I find a top that's long enough.

What do you fancy? There's a two-tone, three-tone, floral, pinstriped, checked and even tartan matching shorts and vests for both men and ladies. So, if you are fortunate enough to be holidaying abroad this summer you mark with a daring tartan rig-out.

If we are lucky this year and the sun shines down on us — beware. Sunburnt with caution. Red bodies do Roary and if you are not careful you can easily slip into the shade of the summer sun and become a sunburnt and tender victim.

Even in the Scottish cities there are beautiful parks with paths lined with shade and trees which are especially lovely at this time of year. Think of all the parks you can run in.

In Edinburgh there's Holyrood Park with a jog up Arthur's Seat for the very brave, in Glasgow, Kelvingrove Park is one of the scenes along the famous Glasgow marathon route. In Dundee you can run in Camperdown Park on the outskirts of the city, in Aberdeen there is Hazlehead Park—miles of tracks, and Inverness there's Inverness Bught Park just across the river from the city centre.

Each is an escape from the hustle and bustle of city life and there you'll find a retreat from the dirt grime and exhaust fumes. Beware of the odd vicious four-legged friend, hungry for blood — yours of course.

Having been an avid road runner for five years I've just taken to the forests outside Aberdeen, my hose having finally rebelled against the constant pounding on tarman. Now I head off to the less jarring grass and dirt tracks.

It's lovely in the summertime to run through fields and meadows, bikes hiding behind bushy trees and hedgehogs running on the track. Sometimes you can manage to run on soft ground a couple of times a week. I recommend it — especially if you are a beginner. Running on different surfaces gives you the legs a bit of a break.

Forest walks and official bridle paths are marked. At the starting point of a forest walk you'll be given the distance it covers. This is handy if you keep a diary of how far you run rather than how long you run for.

I would strongly recommended that you keep a record of your running in a diary. I have a network which I note down how far I run each day, whether I run easy or hard, whether it's on the road or in the woods and how I feel. Sometimes people write about the weather, or their environment. "Not sunny day — moping for bread!" You can make it as detailed as you like.

It's nice to look back to your first days of running and remember your thoughts and feelings. If you have a thirst about to start running you might want to show your diary to her as encouragement. Do write down any aches and pains too, as these can be important clues as to how your body is coping. Minor aches can develop into an injury if you ignore the warning signs.

It's time to watch your progress. If you become tired and jaded look back through your diary. Have you increased your mileage recently? Have you missed a rest day? Have you run hard on a few consecutive days? Or have you tried to run faster suddenly? The answer is usually found there in your diary.

Progress slowly, because the body takes a little time to catch up with its owner. Give it a chance. I suggest that beginners leave their watches at home. Enjoy your running. If you start to try to beat the clock you will put yourself off. Savor the pleasures of running — your surroundings, the freedom, the companionship, the satisfaction.

For those who have been running a bit longer, you might like to try a few faster runs. Introduce your body to speed gently. On one of your runs each week you might try the famous "fast" or "speed-play.

Partake sounds horrible but it's fun. Run for 10 minutes or so until you are warmed up, then put in short bursts of speed. You might choose to run fast between one or two lamp posts, or trees. It doesn't matter. Interpolate a few faster bursts to make even an easy jog more enjoyable.

If your aim for this year is to complete a 10-kilometer run and the fastest you have ever run is two miles do not go out each evening and try to run a bit further. You'll put yourself off.

Remember the hard-easy principle. Increase one of your runs each week by small amounts until you can cover five or six miles comfortably. Then you will be ready to try a 10-kilometer run.

Two kilometers run have become very popular, and it's a nice distance to run. It is not really too long, especially as it gives you a chance to relax for 10 km and on the longest distances you have a great sense of personal achievement in finishing your first one, and then trying to speed up. A good 10 km for ladies is the Nisa Woman's Own 10-km series in September, of which there are a few events.

There have been a good time this summer. Enjoy the sun and enjoy the run too. It's fun running in the summer, especially when everyone looks so miserable in Wellingtons and underdrawers. Enjoy our countryside and even in the busiest city you'll find a welcoming park to run in.

Happy running!
**First and Second Timers**

The first four weeks of the beginners' schedule are designed to get your body used to running up to 45 minutes four days a week. If you have cut back on the schedule, try to ensure that you complete the long Sunday run — it is the most important session of the week and will prepare you for the challenge to your strength and stamina. Do not even consider doing any of these sessions at speed. The schedule is designed to get you up to the distance of a marathon. It is not intended to turn you into an international contender — you can leave that till after you have finished your first marathon.

There is no set pace. Give your body plenty of time to run and it will follow the miles taken on the long run.

The first four weeks for second-comers were designed to remind you of the body demands that distance running places on it. This month we concentrate on preparing it for the assault on the marathon. The schedule is in miles and builds up to 60 miles per week.

The long session should be run at Long Distance pace, and Monday's schedule should be used for a slight recovery run on Tuesdays.

**Second-Comers**

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**For Experienced Runners**

Before embarking on this second phase of the 16-week build-up to the Glasgow Marathon I would recommend that you take stock of your progress so far. It is important to monitor your training thoroughly. If you feel that the workload has been too severe and you are struggling to get through it, then cut back on some of the sessions. The training schedule suggested here is no more than a guide to what you should be aiming to do. On the other hand, if you feel you are coping well with your sessions, then proceed with confidence. This month you should be looking to build up on the workload done in July. I do not mean that you should necessarily increase your mileage. Rather, try to gradually improve the quality of your running. I have therefore suggested that you try to fit in a couple of shorter races (perhaps a 10K and a 10 mile) to sharpen up.

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He laughs when I questioned his efforts on the track, saying: "Of course, I go at them hard - that's what I spend much of my time doing in training. Actual jumping can be as little as a couple of times a week in winter - a bit more in summer. I also do a lot of bounding and hopping as well as weights and multi-gym work."

He began his international career 21-years-old to talk like this without sounding big-headed but the Margate-born Scot, whose account is much more Kent than Celt, speaks with a refreshing matter-of-fact confidence that is rare indeed among aspiring sports stars. Yet it has been with him since he shouted 2.00m as a 15-year-old schoolboy. "That was the moment I decided I wanted to become a big jumper," he says.

The son of a Scottish mother and an English father, he plumped for tennis honours after being slighted by English selectors who once left him out of a British team. "It was entirely my own decision," he says. "Neither of my parents put any pressure on me. Naturally I support Scotland 100 per cent in athletics, but when it comes to football, with my mum on one side and my dad on the other, I usually hope for a draw. As for clubs, I'm a Liverpool fan down here, and Celtic up there - which is typical of my stubbornness... mum's family follow Rangers."

"It is perhaps his stubborn streak that has caused the long-running wrangle with British selectors and led to him being left out of our Olympic team in 1984 until a record-breaking performance at the European championships," he says.

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His 2.30m jump was excellent and the AAA's selectors were delighted to see him perform so well. Although he had a disappointing time in Los Angeles - "the selection process meant I peaked too soon," he maintains - his subsequent performances must surely have convinced any doubting Thomases on the Board not to mention meeting promoters around the world.

"My 2.30 is now my passport to greater international competition," he says, and I'm now 15th in the world on height and 15th on merit. As I respond to pressure, I should come out of this season a far tougher and a far better athlete."

"Both the high jump and pole vault are very demanding events - massively different to any other as we go OVER the barriers and therefore require a special psychology. They are certainly not for the mindless automatons."

"Nor are they for the frail and faint-hearted. Panare is perfectly equipped to handle the eight-foot challenge as, for a big man, he is exceptionally well-co-ordinated, having played most sports and been pretty good at table tennis. He is also a useful sprinter and still holds the school record for the 400m and triple jump. "He also managed a sub 34 seconds 300m and sub 22 for 200 and once did 100 under 11," he assured me.

"I do what I do because I enjoy it." Coupled by Ron Murray, who spotted him as a teenager, and Malcolm Smith, the most positive young high jumper we have ever had appears to have the ideal springboard for scaling those dizzy heights. My bet is that he'll reach them - and still land with both feet on the ground."

**Footnotes:**

- Paklin, who has the world's highest jump of 2.41 metres, yet has the confidence and potential to beat anyone on the planet.
- "When I did my 2.30m (7ft), I was comfortable and over and above and I went 2.40 basically to entertain the crowd. I did not miss by much," he recalls. "Eight feet in metric terms is just another jump of not late eighties."
- "When comfortably to be the bar since Victoria Park's Alan Paterson first world class performer field event won the European silver medal in Paklin, who has the world's highest jump 2.41 metres, yet has the confidence and figure - and shout. They respond. And then the AAA's title with a comprehensive "They say. I know there are people who come along just to see me. But anyway. They say. I do my best to be comfortable. of the high jump. And it's also do a lot of bounding and hopping as well as weights and multi-gym work. I train twice a day and I'm currently grateful to Crystal Palace for allowing me to stay here where the facilities are on my doorstep." For that, he would not want to be a so-called professional athlete. I need other outlets and mental stimulus, he says, "and regard my £500 appearance money as a bonus."

**Formation Flying**

They've landed. The Etonic K.M System Flyers. Five shoes which systematically fly the field of every type of runner. The Quest ZX reflects the sophisticated technology of all Etonic sports products. Ideal for excessive pronators. Quasar gives heavy duty stability — even at race speed! For those whose wings really fly, the Sigma is a race and training shoe providing optimum shock absorption, stability and rebound. The Europa has a firm and stable ride yet retains all the virtues of lightness and flexibility. Road runners looking for a combined race and training shoe should try the Shock absorption and cushioned ride of Macroideal. Ideal for the runner who wants performance and comfort. The Mirage is a versatile training shoe for those who are free of biomechanical problems.

The K.M System is a unique range of sports shoes. Stability is guaranteed for every type of runner. Wings for your feet are available at selected stockists, liberate a pair today and prepare for take-off.

George Bridgeman was a young teenager in Barbados when he didn't consider himself much of a runner. Even his brother, Lionel, could beat him easily.

"And when we grew up, Lionel was still the faster," says George, who later found he had much of a future as a sprinter.

Subsequent events have proved that early assessment was wrong. Lionel went on to represent Trinidad in the 1952 Olympics, while George's daughter, Angela, helped Scotland win a bronze medal in the 4 x 400 metres relay at the Brisbane Commonwealth Games. This month she will be representing Scotland again over 200 metres, in Edinburgh.

Encouraged by these successes, George has made a comeback in the last few years and now, at the age of 61, he is itching to win a Commonwealth title of his own in the veteran championships at Canberra.

Earlier this year he set world 60+ records for 200 (21.2 sec) and 400 metres (51.5) at the British indoor championships. He also equalled the world mark of 62 sec for 60 metres. He holds the British best for 400 metres outdoors at 50 sec and last year clocked 12.17/0.5 for the 100/200. This year he took the 100, 200 and 400 metres titles at the Scottish veteran championships and equalled the record for the discus, in his heyday he set his own 100 yards time at 10.50 sec.

Lionel has long since given up athletics. He is a retired assistant commissioner of police and senior magistrate in Trinidad. George and his family however are still in Drumchapel years ago. He used to drive a bus but now plays with his sons, Stuart (guitar) and Cal (bass) in their own group, the Caribbeanos. Angie joined them recently on one of their regular dates at Strothers Kirkhouse Inn.

Edwin Reid is instantly recognisable at Scottish Track and Field events - he carries his own chain. Not that the Business Development Officer with the Clydebank Bank in Aberdeen is out of condition, but when your activity goes on for hours it is important to be comfortable.

Edwin is a swivel chair afficionado, the voice which he uses to encourage thousands of runners across the finish line in marathons around the country. Seldom silent, but much heard, he has his own unique style of gently telling runners away.

"After I had done the commentary at an athletics meeting in Meadowbank Stadium in Edinburgh, a chap from another club who had never heard me before came up and said, 'That was something else', but I still don't know if he meant something else good or something else bad,' says Edwin.

Edwin himself has never been an athlete. His interest was aroused when his daughter started to run in races at Bloochill Primary School in Edinburgh. "At the time there was no junior section in Aberdeen Amateur Athletics Club, so Hunter Watson and I formed one. Within a year it had grown substantially."

"With such a small committee we all had to do everything and I graduated through until I got a shot of the commentary."

Edwin has been behind the microphone ever since and says that one reason he does it so much is that it is far more appealing to be inside than outside when it is raining.

"Fortunately enough very few people want to commentate, but I really enjoy it. I have never dried up and always find something to chat about although some people say I never stop."

"I'd love to do a major event at Meadowbank."

"Take fourteen of the runners to do well, possibly to beat their personal best or to break an hour barrier in a marathon. I am careful never to be flippant. Sometimes it would be very easy to make a little remark."

A former president of Aberdeen Amateur Athletic Club, he is involved in the organisation of many events including the City of Aberdeen Marathon and the Aberdeen-Moray 400 mile relay. He also coaches youngsters at Aberdeen Amateur Athletics Club.

"The very young seem as if they're a car. They can mention them as they please."

Edwin's most dramatic commentary was four years ago when he broke one of his golden rules not to distract competitors. He reckons the last event he took his own chips at was a relay in 1952. "I am not sure if I am still doing it, but I love doing it," he says.

He commentates on most events in the North East and has talked through several marathons in Scotland, but he broke back on his invitation to Glenfiddich last year to help out with the commentary as a special guest."

"It was a great thing," he says. "I would love to do it again, and would also like sometime to do a major event at Meadowbank and be involved in the London marathon."

Edwin prepares carefully for each event, collating profiles of the top runners to address the spectators, and in marathons ensuring that as many details as possible are available about each runner so he can mention them as they pass.

He has his own system devised for speed which is another reason he takes on the role. "It's all about the lap times." Edwin relies on his timing for speed and also breaking up the commentary with some sports chat about events, and that is why I started taking my own chips."

"I'd love to do a major event at Meadowbank."

Have chair, will travel

Edwin Reid, a race commentator with his own style.
Running in a Marathon? Do It For Arthritis Research

The Arthritis & Rheumatism Council (ARC) is an internationally recognized body in the country and is a voluntary organization. It is currently only sponsored by a few hospitals and universities, and research centers. The ARC is the source of information and advice for people with arthritis. It has been found that many people who suffer from arthritis are unaware of the benefits of running.

The ARC offers a variety of programs and events for people with arthritis. These include running clubs, walking programs, and advice on how to stay active and maintain good health.

The ARC also offers a sponsorship program for people who want to support the organization. This program allows people to raise money for the ARC by running or walking in events or by hosting their own events.

The ARC has a sponsorship form on its website that people can use to register for the program. This form includes information about how to register, what the sponsorship fee is, and what the benefits are for people who participate.

The ARC is a great organization to support, and if you are interested in running marathons or participating in other events, I recommend checking out their website and learning more about the benefits of running for arthritis research.
WILL WOMEN CATCH THE MEN?

By JOYCE KERR

In the race of the century.

For the first time in the history of distance running, women are making their mark. In the 1980s, women have made significant progress in breaking records and challenging the traditional gender gap. The question of whether women will ever catch the men in terms of performance remains a topic of debate.

Many experts believe that women have the potential to catch up with men, but it will take time and dedication. The biggest difference between men and women lies in their physiology. Men have bigger hearts and more oxygenated muscles, giving them a physical advantage.

However, women are closing the gap with their improved performance in various events. The world's best female athletes are consistently breaking records and setting new benchmarks. Men and women alike are pushing the limits of what is possible in distance running.

As technology and training methods improve, women are expected to continue making significant progress. The race of the century is still wide open, and the future of distance running is bright with promise.

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Filling up your ‘petrol tanks’

Remember the times your legs have turned to rubber, or that dead-beat feeling on a cold Monday morning when the training plan calls for a pre-breakfast jog? Can fatigue and lethargy be beaten? Professor JOHN HAWTHORN explains how they can.

How have energy when we need it and how to store it for endurance are no trick and there are no shortcuts. But there is know-how. To begin try to understand the basics of how your body works. Most people seem to undestand their cars better, so let's compare them.

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<td>Muscle and bone</td>
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All cars have petrol tanks. Some of the more expensive ones have two. Human beings have four. They are:

1. **Blood sugar (glucose)**
2. **Muscle starch (glycogen)**
3. **Liver starch (glycogen)**
4. **Fat**

But the process of using the petrol in those four tanks is complicated beyond belief. But fear not. I shall tell you all you need to know as athlete or runner, and if what I say is but a shadow of the complete truth, heaven will forgive me as Hrogilta forgive it to such a complex machine as the human body.

Firstly, and improbably as it seems, energy from food is obtained by burning it. Burn the toast under the grill and you instantly get carbon dioxide gas, water, and a bad smell. (I can safely assume that you are 100% fit.) But that is the overall effect. You don't burn the same gases because your body performs the trick in stages, nicely calculated to keep you near the best temperature for physical efficiency, that is to say 37°C or 98.6°F, while you perform the trick of running a marathon.

**Energy from food comes from burning it**

If you exercise enough to deplete your muscle glycogen reserves, your body, realizing that the maniac who owns it is determined to work it harder, starts protective action. So it uses a spot of rest and food to build them up again. It's smart, that body of yours. It does not want to be caught out again, so it not only replaces all that it lost, but adds a bit extra. After all, you light that again with some excuse. If this ridiculous running you have taken fancy for. In this way, each training session now builds on top of extra reserves and even you can run twice as far without feeling maundered... whether you are male or female.

But now back to food. The old-fashioned idea that athletes must guzzle big steaks is OK if you adore steak, are rich enough to buy such expensive stuff to train on and don't know anything about nutrition. But now you are beginning to learn. You will do just as well, and probably better, without it.

This has been all about glycogen, a carbohydrate which your body makes its source. It forms the carbohydrates you eat.

**Dietary hint**

Fill up with four stars. Porridge for breakfast with a splash of milk. Both taste good and helps build stamina. It has been a base line in the diet of the mountaineer, the shepherdes of the highlands who eat standards of effort and endurance on the wide of our lands in the sheets of summer and the pounds of winter. Por other meals don't forget the vegetables of rice, spaghetti, macaroni, and other forms of pasta, especially if wholemeal. Good fresh wholemeal bread is one of the safest and best of them all.

Spuds too are rich in carbohydrate and in addition, add that all-important vitamin C to your diet. Eat them all ways — roasted, baked, mashed, and even as chips which, despite the popular idea that nutrients clam them, are excellent food for an occasional change. But with everything please.
Hashers take to the grass

By STEWART MCINTOSH

Livingston New Town has no idea what is about to hit it. Some of the downpople have become used to the occasional jogger pounding the pavements, but nothing in their previous experience has prepared them for the sight of 300 Hashers from all over the world who will descend on the town's MUTCRC centre in early August.

Hashers are not like other harriers. Nor are they any more prone than the rest of the population to drawing their inspiration from candle ends, but in Livingston in August they will certainly be on grass...

And in the mud, the river, the horses, the bees, the hillsides and the bogeys Hashers are harriers who hold their clubsmate, they don't have races, they have chases. Just like the wise boy on the old postage stamp packs they dash over hill and dale spreading paper or environmentally-conscious chalk or four behind them. The harriers and harriettes have to track them down.

But just to make things difficult they send out two pairs, and while one lays the real trail, the other can lead the chase literally up the garden path by dropping enough red herrings to send the chase off on a wild goose chase, into blind alleys if possible.

Every mile or so, the hares lay a circle which is called a 'cheek', and from which there are no vantage points to tell the hares which way to go. The faster runners in the pack then head off in different directions 'looking' for the next mark. This provides a convenient means of losing the last runners steers all over the countryside while the slower runners recover at the 'check'. When the tail is picked up again they should 'On On' to gather the pack, and all rally forth in hot pursuit.

Somewhere between six and eight miles is the usual distance, and the event is not designed to be seriously competitive. Indeed, the serious business is when the hares are tracked down

No matter how fast the trail, no matter how hot the pack, the hashers always know where the hares will go to ground. Every run is followed by a get together in a nearby honesty where the runners can pick over the choicest morsels and refreshments of the run while downing a few pints.

The get together also provides an opportunity for the more formal hashing activities, such as the award ceremonies 'Weekend of the Week', and 'Prock of the Week' T-shirts are doled out to those deemed to have made the biggest /ock of them all.

In the river or simply by being the last runner round the route.

The SCB title is awarded to the 'Short-Cutting Bastard' who slices most off the course. Winners of these awards have to wear their T-shirts for two consecutive runs without washing them in between. Most of these awards are closely tied up with the drinking of beer. Turn up for your first hash and you are likely to be requested to down a pint of beer in a cover. It is worth doing your best here, because everything you fail to swallow in one draught will be poured over your head.

Hashers also like to celebrate the engagement, marriages and divorces of their members in some style. Whenever a suitable occasion presents itself, the delighted harriers will themselves stumbling over a beer barrel hidden somewhere on the course by the thoughtful hares. Of course, the more often the happier, the more difficult it becomes to find the barrel.

These strange rituals had their origin on a British army base in Kuala Lumpur back in the 1930s. Many of the men were concerned that they were getting unfit and overweight, so one Monday evening three of the runners jogged themselves into action with a short run.

Within a few weeks, they switched from the normal run to a paper-chase, and as more and more soldiers came along they soon formed themselves into a club and named it after the original 'hash house' castle in which they met before and after runs for a beer or three.

Hashing's rise to worldwide popularity was less than meteoric. Indeed, the club's activities were virtually confined to Malaysia until 1980, when a second club was formed in Singapore by some transferred army personnel. The first Australian club was set up a few years later.

The rapid expansion of the oil industry in the Middle East in the late 1960s led to a rapid expansion of the '15', as bored oil workers sought out the club both for sport and socialising in places like Bahrain, Riyadh and Jeddah. As they returned home after their Middle East stints these people set up their own local clubs and there are now more than 360 clubs worldwide in 86 countries.

The first Scottish club was formed in Edinburgh in 1981 by a locally-posted army captain, and although the initial response was slow, membership now stands at 350 members. Scotland's seven Hashes are based in Edinburgh (two), Aberdeen (one), Highland (one) and Orkney in Fife.

Four years ago, the first Commonwealth Hash was held in Brisbane to coincide with the Games, and was so successful that the Scottish clubs thought they should organise something similar in 1986. The consequence is that at least 500 hashers from all over the world will urge each other on from August 1-4 at Livingston. Runners from exotic spots like Bali and Rome are expected to join the Australians, and the Maltese, and the Hashers from the Middle East.

Organiser Ann McColloch of Edinburgh Hash hopes to see a last minute surge of entrants for the Commonwealth Hash, especially since at testing of the game and just before the Edinburgh Festival makes it an ideal time for visitors to try these Hashes.

You too could be Winner of the Week Contact Ann McColloch, 031-346 2481, or George Wilkes, 031-659 7709. in the evenings for further details.

Scotland's Runner

GLORY GAMES

and the chase for gold

T<br>h<br>e<br>stirring strains of the Black Bear now to waves from the cauldron of excitement. A pub fire seems to slide of the steps of Stirling's Balmoral and the music seemed to slide on...
Guinness
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the interim, Belfast-bom Australian Derek Clayton had run a

world's fastest of 2:08.38.

If it snows, get your money on Jim," said Clayton. "In wind and rain, or in

beating heat. Alder is great. But in good

conclusion for

and

the Chase for Gold

were the

and

But every bit as satisfying was passing a

record for Britain, a silver

and

medal prospects in Tom McKean (800m), Allister Hutton (10000m), John

(grass) and the 4 x 100m relay provided the

and

the 1500 metres, and, more

3000 metres.

Scotland's Runner

Scotland's Runner
GLORY GAMES

and the chase for gold

turned out for Jamaica in the 400 metres. Her time of 51.02 sec gave her the last world record to be set in Scotland. If one had to name the event for a world best this time it would be a woman agent, and the 400 metres, but this time over hurdles — the event in which Debbie Flintoff (Australia) has already broken the world record holder’s barrier this summer.

Lachlan Stewart, the 21-year-old winner of the UK Championships, spent a sleepless night in the village. The time he had mentioned before the race that he was going to win the event gave him no cause for concern. He was so confident of victory that he had no doubts about his earlier conditioning program, which included a sleepless night. The time he had mentioned before the race that he was going to win the event gave him no cause for concern. He was so confident of victory that he had no doubts about his earlier conditioning program, which included a sleepless night.

Sandy Sutherland reflects on her personal expectations of the 1970 Games.

J ust as being best in your event in Scotland does not always guarantee you a place in your national team, being a sports journalist does not always guarantee you a seat at the table. I lost out on both counts in 1970, although I watched the world’s elite in action for the first time on the roof of the National Indoor Sports Centre in Glasgow. It was, of course, a thrilling event for all the athletes, but for me as a spectator, it was a step too far. I had never seen the Scottish national anthem played at the end of a race, and I had just resigned full-time as an office worker, whose dedication to the sport was matched only by his ability to open and close the doors of the National Indoor Sports Centre.

I was, of course, a thing that I do. For all the fun and games, what really matters is how you open and close the doors of the National Indoor Sports Centre. The coroner described the 25-year-old athlete as “the best specimen of the British”— both of his lungs had been inflamed and flooded with blood. The underlying cause was viral pneumonia.

Kerr had mentioned before the race that he had a chest infection and that he had been treated for a similar condition. But when a virus is present in the respiratory system it weakens the walls of the lungs and causes the blood vessels to rupture and leak into the lungs. His sad death underscores the importance of not exercising while suffering from a fever or virus, even when you think your symptoms are very mild.

Kerr was very unlucky — his symptoms before the event gave him no cause for concern and he was clearly very fit. The repercussions of running with a cold or flu are not always disastrous, but they can significantly affect your running for months afterwards.

After writing a weekly column in the Glasgow Herald during the build-up to Scott’s marathon in 1982, I felt obliged to take part in the race even although I had not yet recovered from a virus. At 16 miles I was on schedule for a 250, then I felt as if I was struggling through a vat of vaseline. From running through the snow to running through the snow, there is always a reason to do it and a reason to do it. The underlying cause was viral pneumonia.

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that Hunter's autopsy would show greatly diseased coronary arteries.

In various forms heart disease is now very prevalent in Britain and in Scotland it has reached epidemic proportions. Ask most people about their heart health and most will say they fear cancer, yet heart disease kills more people in the West of Scotland than all other causes of death put together.

60 per cent of fatalities among men in the 40 to 60 age group in the West of Scotland are due to heart disease, a figure which places Glasgow firmly in the undesirable position of being the coronary capital of the world. Every year 650000000 die of heart disease and strokes, and on any one day more than 1000 hospital beds in the city are occupied by coronary patients.

The principal cause is the traditional way of life. High blood pressure, smoking, obesity, high blood pressure, and the malaise is not conducive to taking regular exercise. It must be more than coincidence that much of Glasgow's wealth was built on the sugar and tobacco trade.

You can reduce your risk of a heart attack by keeping your blood pressure and cholesterol levels low and by not smoking. The first two can be helped by taking regular exercise like running. The risk factor associated with which you can do nothing about, is high blood pressure, is highest in families and if your parents have been victims then your own chances are correspondingly high.

So runners are off to a flying start in the race against heart disease. There is growing evidence that people who take plenty of aerobic exercise can significantly reduce their chances of suffering coronary disease, but it is worth bearing in mind that no one is guaranteed immunity.

Two years ago a group of fit men in their forties who volunteered to train for the Scottish People's Marathon had their physical progress closely monitored by a team of heart surgeons, physiologists and physical education specialists from Glasgow's Western Infirmary and Glasgow University.

After a 30-week build-up of steady distance running many of the men had dramatically lost weight and virtually all of them showed improvements in the capacity of their heart and lungs to cope with the demands of work and exercise. The runners, all members of the group found that running provided them with the impetus they needed to give up their cigarettes and the others managed to cut back on consumption.

The doctors also reported a "very significant" reduction in blood pressure in the volunteers. This finding supported other evidence that exercise can lower blood pressure not only in normal people, but also in those with high blood pressure. Perhaps most interesting of all, the average volunteer had lost about 15 per cent in the level of cholesterol in the blood if a change like that could be made in the population then it would be a major drop in the rate of coronary heart disease in Scotland.

Scotland's Runner

There is no good reason why favourable improvements could not be encouraged. The best indicator of the state of health of a nation is the health of the communities.

And you do not have to be marathon-fit to reduce your chances of heart disease. The patient who was referred to a coronary care unit because of chest pains had been told by his general practitioner that he had a 1 in 1000 chance of dying from a heart attack. The patient was referred to a coronary care unit because of chest pains had been told by his general practitioner that he had a 1 in 1000 chance of dying from a heart attack.

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Club PROFILE

Graeme Smith visits Elgin

With a population of only around 20,000, the Moray town of Elgin is successfully supporting not only its long-established athletic club but also two other groups of runners who have emerged from the 80s fitness boom.

While the now and fast-expanding Moray Road Runners are at home, they are not in competition with the traditional Elgin Amateur Athletic Club, the latter is keeping a wary eye on their development. Both clubs are affiliated to the Scottish Amateur Athletic Association unlike the third group, a branch of the Hash House Harriers.

The Moray Road Runners only officially formed in September last year but already boast 215 members. "We are growing fast," says enthusiastic club secretary Helen Deacon. "At our monthly meetings where we talk about sports and so on, our numbers are always increasing, and we have also had two half marathon races which were well attended."

The club meets on Wednesday evenings at the Minster Hotel in Elgin at 6.30 p.m. There are also two sessions on saturday mornings at 9.30 a.m. and 10.00 a.m. Elgin AAC offers all athletic events which was founded in 1970 by former international hammer thrower Alex Valentine and Bob Southcott.

The club has more than 60 members, half of whom are adults. The club's main aim is to promote athletics in Elgin, with competitions held every year.

The club runs a number of events throughout the year, including the annual Elgin Half Marathon, which attracts runners from all over Scotland.

The club also organizes a number of social events throughout the year, including social gatherings and club dinners.

The club is well known for its friendly atmosphere and its commitment to promoting athletics in the community.

Recently, the club has seen an increase in the number of young people taking part in athletics, with many local schools beginning to offer athletics as an extra-curricular activity.

The club is looking forward to the future, with plans to continue to grow and to provide opportunities for people of all ages and abilities to participate in athletics.
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LINDA YOUNG, left, reflects on the ups and downs of being an up-front runner.

What — you’re going to run a marathon? You’d end up with two black eyes” was my mother’s comforting reply as I declared my sporting intentions.

Wonderful woman, my mother. However, her comments blantly stated what my so-called “friends” hinted at. Being a mere five feet in height and sporting a 34CD bust did not exactly give me the ideal running figure. But those negative comments made me all the more determined to grit my teeth, strap my boobs and go!

Usually runners take great time and care over their running shoes. My shoes were no problem, but the double straps were objection to all this violent jerking up, down, crush, up, down, crush, up down, crush — with the occasional sideways lunge. It took weeks of searching to find a garment capable of controlling the pair.

“...a sports bra is just what you need clean. I was exalted. No chance — the sports bra is made for females of normal proportions. They don’t make them for us girls who really need them.

In the end, I had to fork out £21 for a reinforced, underwired, hooked-up bod — soldered on little number. It certainly did the job but, oh, the embarrassment! If anyone was ever to catch a glimpse of it (became very conscientious crossing roads when jogging, as I’d have to be carted off to hospital and have the dirty young doctor see that contraption).

So there I was boobs solid, thighs writhing and an extra coat of mascara (waterproof of course — you just never know who you might meet!). Eventually I reached the amazing distance of six whole miles — and actually felt the benefit of it.

Of course, the vaseline jar went everywhere. By the time I reached 10 miles, I was on a jag a week — hips, armpits, nipples, underbreasts, cleavage, and even the thighs — rubbing occurs in places you never dreamed existed, and if you forget your vaseline, take it from me, apart from the pain, you’ll have a hard job explaining all those marks on your shoulders and boobs to the man of your life!

Now, four years later, four marathons, numerous half marathons, 10k runs — and countless bras later — I’m definitely addicted. So guys, don’t worry if you are not exactly streamlined. Just remember, you’ll be way out front in the race — and if you ever get into an ongoing sprint finish situation your boobs will guarantee you that extra distance to reach the finishing line first.

Brooks® Chariot— can 2,000,000 feet be wrong?


“... a year of experience only strengthens that judgement. Indeed, this is one of the best training shoes by any manufacturer” — Running Times, October 1983.

“... the Chariot has been one of the greatest success stories in recent years in the world of running shoes” — Runner’s World, October 1984.

“Now four years old and going strong, this is still one of the best shoes for overall stability and support ever made” — Triathlon, August 1985.

Comments like these in the leading U.S. running publications are proof indeed of the unrivalled popularity of Brooks® Chariot — with over a million pairs sold in the U.S. alone.

It is a similar story in the U.K. too. In its annual shoe survey in April 1985, Running Magazine readers gave the Chariot top ranking in a poll of fit, wear, value for money, shock absorption, flexibility and support features.

Chariot is just one of the innovative new generation of shoes from Brooks®, the running shoe specialists. So don’t get it wrong — ask for Brooks® first.
REPORT: Alan Campbell

PICTURES: William Urquhart

FROM all corners of the United Kingdom the runners came to the ferry at Kyle of Lochalsh and discovered that whatever else is remote about the Isle of Skye, its half-marathon is not.

A glance at the table of results reveals the remarkable geographical spread of runners in what is one of Britain's fairest running races. It is also one of the harshest, and, like the time on the island, defies normal measurement being 3 1/2 miles longer than the statutory 13.1.

The splendid turn-out is a tribute to the principal organiser, Nigel Wilson, and the local Round Table, who revived the defunct Skye Week three years ago and made the half-marathon a cornerstone event. It has now become a fixture on the running calendar.

Simon Axon, a Welsh international, won nearly two minutes off his own course record this year, romping home almost four and a half minutes ahead of the field in 1:10:39.

Now a structural engineer in Aberdeen, Axon has become a prolific winner in the north of Scotland. He particularly enjoys the Skye event, making a living of it, and claims to have got drunk the night before both his wins at the Fortrose dances. In an island where many and puesto are rarely regular occurrences, such behaviour goes down well with the locals.

"It's a very tough, but interesting, course," Axon says. "Everyone is so friendly over there, the atmosphere is tremendous, the scenery fantastic and the event itself is very, very well organised.

Axon, who clocked a half-marathon personal best of 1:04.24 during the recent Great North Run, has been overlooked by the Welsh selectors for the Commonwealth Games. The Welsh feel their battallion players have a better chance of medals, he says.

Finisterre and wife team up at Start and Alison White travelled up to Skye from Poole in Dorset, stopping overnight at Cro ma Glen, and seems to be two places in front of the last man, having passed them early on. Their parents are at the top of the hill at Glenelg, so the journey served more than one purpose.

Efforts to track down the second place runner came to an abrupt halt at directory inquiries. "Shame!" the girl says. "I've really, and, even she tells you festively that the name is not listed at the address you've been given in Central London, it's all downhill.

The male veteran prize was won by Gordon Jeffrey, who lives in Ashmore in Skye and who had the good taste to be a subscriber to this magazine. Well done.

October has won the prize for last Skyecross inhabitant (12th overall, in 1:23:57), although it is the subject of local debate that Skyewon and hived 1 Doncaster Peterson, now living in, and running for Kilmarnock, finished five places ahead in 1:30:03.

Race conditions were near perfect, with only a stiffish breeze over the last few miles causing any problems. To be truthful, the course isn’t the most scenic that could be chosen, but it forms a convenient and testing loop, with a particularly difficult first three miles, and, latter, a long uphill stretch from 7th to 11 mile.

Next year, on Saturday June 12, Nigel Wilson hopes to boost the event even further by including a 10k's run, while the main race is co. He says, he says.

Where they finished

MEN
1. S. Axon (Aberdeen AAC) 1:10:39
2. J. Atwood (Scotch Rovers) 1:12:20
3. D. White (Bournemouth AC) 1:16:25
Veteran 35
1. G. Jeffrey (Skye and Lochalsh) 1:23:57
Veteran 40
1. D. Potter (Australia) 55th overall 1:35:53
WOMEN
1. A. White (Bournemouth AC) 1:36:17
Veteran 35
1. K. Watt (Strebeg Ferry) 1:51:26
Veteran 50
1. L. Hill (Maitland) 2:04:38
OVERALL
50 P. Searle (Gordon) 3:35:56
101 J. Marshall (Dorset) 1:42:20
200 K. Stewart (Leicestershire) 2:02:10
Last runner 2:49:44
REPORT: Alan Campbell

PICTURES: William Urquhart

FROM all corners of the United Kingdom they headed for the ferry at Kyle of Lochalsh and discovered that what was described as "the most romantic faced half-marathon in the world" was actually not a place to be taken lightly. The Skye Half-Marathon is not just the most romantic but the toughest. It is also one of the most challenging and, like the time on the island, the scenic route is nothing short of spectacular. The island's hilly terrain is beautifully illustrated in the lace of Alcock and his finisher, who finished second to Alcock in a time of 1:05:35.

The Skye Half-Marathon is a challenging race for the participants, who must overcome the difficult terrain and the unpredictable weather. The race is a tribute to the island's natural beauty and the resilience of the runners who take part. The Skye Half-Marathon is a true test of endurance and determination, which makes it a must-see event for any runner.

The Skye Half-Marathon is a tribute to the island's natural beauty and the resilience of the runners who take part. The race is a true test of endurance and determination, which makes it a must-see event for any runner.
EVERY ONE A WINNER

Jogging back to happiness or how running beats Valium

Too depressed to think about running? Too listless and lack-adaptational to leave the security of your living room? Cheer up if you are suffering from depression, research at Glasgow University shows that you can run off the blues by taking up a programme of steady jogging.

Nanette Mutrie, a sports psychologist in the university’s physical education department, studied the effect of exercise on a group of 24 patients who had been diagnosed by their doctors as suffering from depression.

They were split into three groups and put on different exercise programmes. Each subject met once a fortnight with a fitness consultant who assessed basic ability, set realistic exercise targets and taught the fitness programme.

With some variation in timing, the first two groups were put on an eight-week schedule of steady aerobic exercises with stretching and strengthening exercises being introduced after the first four weeks. The aerobic exercise consisted of jogging or walking depending on the subject’s basic level of fitness at the outset.

The third group was put on an eight-week programme of strengthening and stretching exercises with aerobic exercise being introduced at the end of the first four weeks. The results were startling.

Psychologists measure depression through patients’ answers to questions designed to tease out subtle changes in mood over a period of time.

The first group to complete the aerobic programme had dropped from a fairly depressed score of 22.44 on the ‘Beck Depression Inventory’ to an average of 9.49 — they were now virtually normal. Similar results were found with the other joggers and walkers.

But the group which spent the first four weeks stretching and pushing weights showed no psychological improvement until put onto aerobic exercises after the first four weeks.

‘After eight weeks all of the subjects reported lower levels of depression, their mood was more positive and they were found to be fitter — and these improvements were maintained 20 weeks after the end of the exercise programme.’ says Nanette Mutrie.

It therefore appears that it was the aerobic rather than the strength and stretching exercises which put a new spring into the stride of the depressed subjects. Those who became fitter through the programme were not necessarily those who reduced their depression level most and Mutrie believes that this means that the mechanism by which exercise can act as an anti-depressant is more complex than simply fitness improvement.

These findings could have big implications for the NHS which spends depressingly large sums of money every year on mood-bending drugs designed to raise depressed patients out of the trough.

Giving these patients a simple exercise programme could save millions, would have fewer side-effects, and would give a boost to doctors and patients who are seeking an alternative to drugs.

Nanette Mutrie hopes that the Greater Glasgow Health Board will fund a bigger study to allow a much wider range of depression sufferers to jog their way back to mental health.
Bunney centre stage as he grabs the star role

The Meadowbank setting for the Scottish national championships would have done credit to Hollywood — Californian sunshine and a script for the opening scene of Charley’s Aunt.

Ex-Olympic champion, injured watches with his wife and coach as the young Pretender retires with the 100 metres. The time is good enough to have taken his Olympic crown — and would wipe out the oldest record in the books. Even younger pretenders finish second, leaping selectors with horror, insomnia.

Do they leave out the Olympic hero and double reigning champion, or the cowards turn their backs on the 100 metres man of the previous season?

Whooshing down by the selectors' fence, Meek keeps a place open for the ageing warhorse for pure Putnam and Rollins in one. And we still don't know whether The Champion will make it. This time, as they say, will run and run — or will he?

But it was Eilidh Bunney (we'll have to change his name nobody will believe her in athletics), denies Whittaker takes the women's 100 metres title in a new national record of 11.50 sec (+0.9).

Brian Whittle beat his own best native record of 40.64 sec, in the 400 metres. He says his employers at Nobel Explosives have given him a month off work to make a bang in Edinburgh. "And if I get into the team for the European Championships, they have said they will give me more time off," he says.

Chris Hackett, following the trauma of being knocked off the track in the UK championships after being tapped — a factual experiment — set a new native record for 1200 metres (2:32.33) to ensure her place in history as the only survivor from 1970.

Geoff Parson — improved Brian Burgupts' 10-year-old native record in the high jump with 2.02m and Ken McKay broke the 18-year-old long jump, 7.48m. And Ian Lynch, following a series of three records inside a month when she won the 3000 metres in 8:12.12. By July 8 she had won blacked-reduced Yvonne Munn's national best in 1974.

Does this make Stirling's Sporting Club the most successful in Britain? With three Scottish records for every member? Miss Lynch is the ONLY member.

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Entries Limited to 3000 per race first come first served

ENTRY FEE £4

Winners 1985: Fraser Clyne 1:14:52

**Categories**

- Men
  - 1-2-3 £50, £25, £15
  - 2.5-3 £20
  - 3.5-4 £15
  - 4.5-5 £10
  - 5.5-6 £8
  - 6-6.5 £7
  - 6.5-7 £6
  - 7-7.5 £5
  - 7.5-8 £4
  - 8-8.5 £3
  - 8.5-9 £2
  - 9-9.5 £1
  - 9.5-10 £1
  - 10-11 £1
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  - 29-30 £1

- Women
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**Events Diary**

**HIGHLAND GAMES (professional)**

**JULY**

1. Toll Highland Games
2. Aboyne Games
3. Tomintoul & Glenlivet Highland Games
4. Inverness Games
5. Ballochmore Highland Games
6. Dalcross Highland Games
7. Leanach Highland Games

**AUGUST**

1. Sellachanach, Lochaband & Bughteil Highland Games
2. Aberdonian Games
3. Monadhliath Games
4. Malloch & More Highland Games
5. Isle of Skye Highland Games
6. Stornoway Games
7. Ben Hope Games
8. Spittal of Glenshee Games
9. Auchinleck & District Highland Games

**SEPTEMBER**

1. Tomintoul Highland Gathering
2. Kingussie Highland Games
3. Ballater Highland Games
4. Leanach Highland Games

**Notes**

- Please ensure you contact us in advance to confirm your entry.
- All competitors must have a cash prize of £10 or more.
- Prizes will be paid out on the day.

**MEDAL DISPLAY CASES AND PLAQUES**

- **If you have a medal to display and a plaque to purchase,**
  - Please contact us at [Scotland's Runner](mailto:Scotland's.Runner@rca.ac.uk)

**BREATHEING EASY?**

If you have difficulty breathing, please consult a healthcare professional immediately.

**MEDICAL DISPLAY CASES**

- Display your medical cases in style with our exclusive range.
  - Available in a variety of sizes and materials.

**SHOE WINNER**

- **Win a pair of shoes every week!**
  - Visit our website for details.

**IDEAL GIFTS FOR A RUNNING FRIEND**

- **Get inspired!**
  - Check out our range of gifts for runners and cyclists.

COMMONWEALTH GAMES

JULY 26

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Last month, we learned that our hero had been selected to run in the Marathon for Scotland in Edinburgh during the... 

Er... Not quite!!!

**Maxwe1th Games '86**

Huh?

Why I don’t run...

It is one of the great disappointments in my life that I am unable to run. When I see all these runners pounding their way through rain, hail, sleet and snow—either ash or purple—sharp pain—great relief to am walk and not run, the sweat of one thousand pounds flows over my face. I am excluded from such fun.

The reason I am proscribed from running is that I am a martyr to gout. Go on, laugh. Most people do, despite the fact that I am in great pain and my feet and ankles are red. Here's me incapacitated as a grumpy retired colonel in a bath chair, and all my so-called friends, colleagues, kids and kin can do is make fun of my ailment.

I was a runner once. I took it up after the first Glasgow Marathon. My job that day in October 1962 was to stand in the finishing enclosure at Glasgow Green and interview ordinary and some of the ordinary people after they had completed the course. It was a moving up-lifting experience and a lot of fun.

My particular hero was a big farmer who wore denim jeans and heavy boots to run the 36-mile race because he felt more comfortable in his working gear.

So naturally, I had to have a crack at it. My first attempt was a disaster. In track suit and sandals I pounded past an old lady in the street, only to suffer the ignominy 10 minutes later of her bending over me on a crosswalk and asking if I was going to be all right.

Nowadays, my sport is walking. I am fortunate enough to live in the middle of a country park where there are many number of interesting walks to choose from. I also have two dogs who provide an excellent incentive to get out on the walkies and Barbours jacket even in the finest weather.

Walking the dogs also provides a great excuse for getting up and away from the typewriter, a blessing to us hacks. On a good day, we will have four walks of about a mile each. This article actually was interrupted by five walks.

I can't honestly claim this walking is doing much for my fitness. It certainly is doing nothing for my shape. It would take a power of walking to undo the effects of so many pints and so many late suppers.

It is certainly doing the dogs a great deal of good. Libby the Labrador has half her age Sophie the pug gets so much exercise for a small dog that she resembles a whippet and is resigned to these leisure pursuits. The only way I will compete in the Glasgow Marathon now is in a bath chair.
In next month's Scotland's Runner:

* Full colour action from the Commonwealth Games
* Women, running and pregnancy
* Tom McNab on the Highland Games circuit

Plus, all the usual features, reports and advice

The September issue of Scotland's Runner will be on sale on August 21

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If a similar mistake appears in Scotland's Runner, you can be assured it's because we can't spell, rather than any ignorance of the Highlands and Islands.

But just because we'll be covering Scotland better than anybody else, we don't intend to be parochial or insular. If they get a decent marathon off the ground in Lundun we'll report it. Or start running in Gore's Head.

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