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DUNDEE HAWK Hill PROFILE
MARY ANDERSON CHANGES TRACK
1989 SCOTTISH MEN'S RANKING LISTS
POST OFFICE COUNTERS SCHOLARSHIPS -
BAAB LOUGHBOROUGH SUMMER SCHOOL

12 Post Office Counters scholarships (value £150) are available to be awarded to BAAB qualified coaches who wish to apply, or have already applied, to attend the International Course for Coaches at the BAAB Loughborough Summer School from 22-31 July 1989. The full cost of the course is £344 (Tuition £240/Accommodation £144).

One scholarship will be awarded to a coach in each of the six areas and the remaining six awarded on a discretionary basis.

Applications for these scholarships, which should outline the coaches' background and reasons for applying, should be sent to the BAAB Director of Coaching, BAAB Coaching Office, Edgbaston House, 3 Duchess Place, Hagley Road, Edgbaston, Birmingham B16 8NM. Applications will only be accepted from BAAB qualified coaches.

ATHLETICS COACHING

IT WOULD seem that the appalling and discourteous behaviour of "amateur" athletics towards "professional" athletes continues apace.

Most of our readers will by now be aware of the disgraceful manner in which the SAAA replied to George McNell's application for reinstatement as an amateur a decade ago. In the words of one of Scotland's greatest athletes: "My letter... asked for guidance and stressed the thoughtfulness of my teenage entry into professional football. I did not get a letter in reply, just the Association's rule book, with an underlined paragraph."

All water under the bridge now, you might think, except that the same redness and discrimination is still very much alive. As readers will also be aware, professionals - including McNell - have been recently allowed to compete in closed Scottish Veteran Harrier Club events. The great man duly entered this month's SVHC track and field championships at Dundee's Caird Park - but had his cheque returned with, in the words of our veterans correspondent, Henry Muchamore, "a cover letter simply saying that his entry had not been accepted."

McNell then had to waste money on stamps asking why. Back came the reply from the SVHC: "At our recent committee meeting a decision was taken to preclude known professionals from the Dundee event."

According to Henry Muchamore, the committee of the SVHC has arrived at this decision in contravention of SAAA rules of competition - and the SVHC applied for, and received, an SAAA permit for Caird Park. Again, according to Muchamore, the SAAA rules of competition state that athletes (like McNell) who are normally ineligible for amateur competition can compete against amateurs without affecting the status of an amateur in a competition confined to veteran age groups (as the SVHC Championships obviously are). It is understood that both the acting president of the SVHC and the meeting convener were not in favour of excluding professionals from Caird Park.

Despite this, a majority of the committee apparently took it upon itself to alter the rules of competition as laid down in the SAAA permit. No wonder Muchamore (whose column will resume next month) asks in exasperation: "Just who do some of the SVHC executive think they are?"

So, we have two issues here. One, the apparent disregard of SAAA rules of competition by a majority of the SVHC executive, and, two, the manner in which McNell's quite legitimate application for entry was dispensed with.

As two excellent letters in our columns this month point out, these people within "amateur" athletics who persist in treating professionals so contemptuously are not only swimming against the tide, they are practicing a form of sporting apartheid which many of us find increasingly odious and unacceptable.

Perhaps the views of reasonable people are of no matter to the traditionalists within "amateur" athletics. What, though of the political masters of the stadia in which the "amateur" athletic bodies (and the SVHC) hold their meetings?

What, for example, would Dundee District Council do if they learned that a coloured athlete was being excluded from an athletics meeting at Caird Park? Or Edinburgh District Council at Meadowbank? Or Glasgow District at Crownpoint? Or Aberdeen District at the Chris Anderson or Kyle and Carrick District at Dam Park?

I think we all know the answer to that one.

Is there any difference between discriminating against an athlete because of the colour of his skin on the one hand, and discriminating against him because he was a professional on the other? In 1989 I doubt it is very much.

Alan Campbell

Left, reinstated amateur Terry Mitchell (left AC) finishing second in the Aberdeen Milk Marathon last month, leading the Scots from home (2.28.53). See Letters Page for Mitchell's comments on the farcical discrepancies between "amateur" and "professional" athletes.
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DUNFERMLINE. Athletic footballer Gary Riddell collapsed while taking part in the half-marathon event. The 22-year-old was rushed to a local hospital, but after examination was declared dead.

A doctor who was also taking part in the race had promptly reached Gary after he had collapsed at 10.30am, and began to attempt resuscitation. The time of death was pronounced at 11.15am and the cause has been given as fatal heart attack.

Guide Gary had been running for the Hillsborough Appeal.

THE ATHLETE of the month award for May in the H.P.C. Bank Scottish League has been won by Aberdeen AAC's Gordon Smith. Smith won his shot put event with a distance of 14.46 metres which was 87 centimetres better than his previous personal best. If he had been able to put 14.06m last year at the Scottish Championships he would have won the Scottish record.

Manufacturers Hi-Tec warn that reject shoes are being illegally exported from the East to this country and put on sale.

Cracking Miller Lite meeting in prospect on July 7

"BIG TIME athletics are here to stay in Scotland!" So says Dave Buckland, promoter of the Miller Lite IAC Invitation Meeting at Middlesbrough on July 7, which promises to be a spectacular with a host of world class athletes in attendance, writes Rhona MacLeod.

The meeting - which includes the prestigious Olympic high hurdles champion Roger Kingdom and silver medalist Colin Jackson, who was unbeaten in 1978, is confident of victory. Asked the outcome of the race he replied, "I know I'm the best and I'm happy to meet Colin anywhere, anytime." Jackson, however, enters the race knowing that he beat Kingdom in March over 110metres hurdles at the Kristianstad. Jackson also holds the fastest time in the world this year for the 110m hurdles.

World 1900 metres record holder Said Aouita will be returning to Edinburgh to face the Olympic champion, Kenya's Peter Rose. The two will race over the mile.

If Tom McIlvan takes part in the 800m as hoped, he will face the Olympic champion and world indoor record holder, Paul Ereng of Kenya. Ereng, who will surely enter the later heat Set Cook outdoor record will be joined in Edinburgh by countryman Yoloh Ochoki, the fastest in the world this year over the 3000m, and who is scheduled to race among others, Dave Moorcroft, Tim Hetherington, Warren Krassen, Gary Stannard, and Jack Buckler.

Younger Murray will meet with a strong international field as the faces Romanian's Dana Matei among others in the mile. Liz McColgan will be taking part in the 5000m and will meet_hhe Olympic record holder, Natacha Arutyunova. Linford Christie will be competing in the 100m and he will also be chasing a new world record for the 50m.

follow the time of going to press no more details of competitors were available but a world class field has been promised for the men's 800m and long jump. Bedford has also promised, "the best fields events competition seen in Scotland for many years."

Bedford believes last year's Miller Lite was very successful, "and that was with a temperature of 84 degrees and a 400 mile gap!" he added. "At a meeting like this we need luck with the weather to bring excellent performances. However, the field instinct that last year and would have been the best international competition seen in Edinburgh for many years."

Entry for the event are velling well and remaining tickets can be bought at Middlesbrough Stadium, or by phoning their special "ticket" number 081 661-6109.

SSEB boosts SSAA funds

A MAJOR sponsorship deal has been struck between the Scottish Schools Athletic Association and the SSEB. The Board have pledged £25,000 to support the SSAA over the next two years.

In launching the sponsorship, the chairman of the SSBA, Donald Miller, said: "It is the duty of business and commerce to work closely with other authorities to provide opportunities for them to display and develop their talents."

One of the main aims of the sponsorship is to create a wider range of competitions and training opportunities for SSAA's sports children. The president of the SSBA, Sandy Robertson, said that the SSEB's support, "means that we will be able to develop athletes in schools in a very positive manner."

This sponsorship greatly exceeds the SSAA's previous sponsorship deal with Grosbank Scotland, which was valued at £15,000 over two years.

New track for East Kilbride

EAST KILBRIDE are to play host to international athletic meeting on July 29. The triangular match between Scotland, the Republic of Ireland and Northern Ireland will mark the official opening of the newly built East Kilbride Stadium. The eight-lane, all-weather track has been built jointly with the help of the East Kilbride Development Corporation and East Kilbride District Council. It will be used in conjunction with the adjacent John Wright school where changing facilities and a pay-counter can be found.

After the day's events on the 29th, a reception will be held for the three teams. The following day, the track will be the site for a special family fun day. There will be many different types of events for all members of the family.

Jaye wins place

HAVING achieved the points total of 519 in Prague at the beginning of June, heptathlete Jayne Ramsden can rest on her laurels for Commonwealth Games selection. But despite scoring higher than Scotland's qualification "A" standard of 550 points, Jayne was disappointed with her overall performance in Czechoslovakia. "I was a little to get the points that were needed" she said, "but the score was less than I achieved last year in same competition."

Last year's heptathlete, Janey Bell, won a new Scottish record of 506 points in her second heptathlon. "If I had managed to long jump the 6.07m I did last year at the Commonwealth record again," she explained. "As it was, I only managed to jump 5.76m so lost 86 points on my long jump compared to last year."

After a successful first day Jayne was optimistic of a good score, but with her second day long jump performance she knew it would be hard to beat again. "The javelin and 800m are after the long jump, and they are not high scoring events. These along with my shot are the events I have to do more work on," she says.
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THE ARTHRITIS & RHEUMATISM COUNCIL FOR RESEARCH
Scotland's Runner July 1989

THE NINTH MAN COLUMN

TO RUN for your club in the heated competition of the European Clubs Championships must be one of the top honours any athlete's career. Certainly Chris Hall of Aberdeen AAC thought so when he travelled out to Belgrade with his English club Harriety.

Hall was down to run the 30,000 against no less a competitor than Bouteayeb, the Olympic 10,000 champion from Morocco. Bouteayeb runs for Larsson, who can also number the great Said Anous among their ranks.

As luck would have it, Chris was struck down by a particularly heavy cold on arriving in Belgrade and was unable to run his event. Harriety's fine dieh spirit came to the fore, with Steve Harris doubling up over the 5000 and 10,000.

In spite of not competing, Chris enjoyed his time in Belgrade rubbing shoulders with the elite of European athletics. He has plenty memories of the weekend, including Bouteayeb absolutely demolishing the 10,000 field - he was running round clapping the long jump competitors and still finding time to run a last lap in the region of 52 seconds!

But top of the memories for Chris has to be when he was enjoying a spot of post-meeting refreshment with Seb Coe and the great man made his way in, if he knew anything about a magazine called Scotland's Runner, Chris quickly filled Seb in on some of the details, and promised to pass copies on to him. It's not known whether Seb plans to base his political career on a Niipper platform, or whether he's just jealous of the exclusive interview the Niipper carried out with his deadly rival Mo Ovett ...

THERE cannot be an athlete who is not delighted at the re-emergence of Kilbruchan's Robert Quinn as a front runner. A couple of years ago Robert's promising track career was almost wrecked when he was kicked down by a motorcycle in an accident that left one leg shattered. Numerous operations, many "tuning" sessions in swimming pool, and lots of guts later, Robert is showing a return to the form that had him tipped for Commonwealth Games selection in 1986.

When I spoke to Robert recently about his hopes for this very important summer season, it was obvious that he was determined to go for the Commonwealth 5000 place that cruelly eluded him last time round. He has already run 3:54 and 14:13 for 1500 and 3000 this season, but is under no illusions about the fact that he will need ten to twenty percent faster to secure.

Robert ideally needs several fast races to help him sharpen up for the Scottish Championships and his all out assault on the Commonwealth qualifying time. But he has a problem.

"There aren't enough quality races in this country for Scottish athletes who are on the verge of really breaking through. Athletes should be taking on small trips on the continent to encourage attempts on fast times. Even taking people to the likes of the Stedford Open Meetings in England, which have a history of fast times, would be a boost," he says.

But since none of these alternatives are open, he got together with Adrian Callan of Spryburn and Robert Findlayson of Ballochbester to strike up an agreement to chase a fast time at the Edinburgh Southern Open Meeting on June 14. The plan was for all three to work together in search of a time around 3:54.

I can only hope they were successful in their attempt. This still leaves the question of why athletes as talented as Robert Quinn and Adrian Callan are left to their own devices with little or no AAA support. The pair have already intimated that they may have to adopt the same "four trial" approach to an open 5000m if no better two prospects come along.

Many people would be satisfied to be able to walk again after such a sickening accident, but it seems Robert Quinn was born to run. Scotland's Runner will be focusing on the rise and fall and rise of this inspirational athlete next time.

CAPTION COMPETITION

A NUMBER of entrants to last month's competition commented on the similarity between the student high jumper in the picture and Scottish "sportsman" Eddie 'The Eagle' Edwards. It wasn't the easiest of pictures to caption, but one international athlete, who disgracefully insists on remaining anonymous, came up with the goods.

His caption was: Extinct Species No. 47: a "bending over backwards" AAA official.

Whatever can he mean?

Entries for next month's competition, below, have to be with us by June 7.
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When you’re going for gold, it’s no good having just a watch, you need a Casio Sports Watch!

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The EXW50 on the other hand is a miniature training aid, able to measure steps to calculate distance as well as calories consumed against set targets. It has 30 memories with elapsed time, date, distance covered, number of steps, average speed per hour and calories consumed. There are also pacer signals, Km/miles conversion and 1/10 second stopwatch, daily alarm and countdown alarm.

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Dear Half Marathon Runner,

Welcome to the Building Industry Half Marathon in its new location, Windsor Great Park, and to those who have run in Windsor over the last seven years.

- The race is open to all-comers: international and national club athletes, company teams, fun runners and wheelchair competitors - BSAD and pushed.
- The race will start at 1pm. The majority of the route is within the Great Park and is safe, scenic, undulating to hilly!
- Your signed entry form will signify compliance with AAA rules. Competitors must be a minimum of 17 years old.
- Closing date for entries: 6 September 1989. Late entries will be accepted at organiser's discretion £3 extra.
- Prizes will be awarded.
- All finishers will receive a memento of the race.

APPLICATION FORM

(please complete this form, using BLOCK CAPITALS and then detach and return to the address above)

Surname
First name
Address for correspondence
Post code (essential)
Date of birth
Age on 1 October 1989
Home
Male/Female
OR running for a company or other team? Please give name
(eight to a team; four fastest score) Team must register on a form which is available from the race director

Are you a member of the construction industry? YES/NO
Are you a wheelchair competitor? BSAD - YES/NO, PUSHED - YES/NO
Are you willing to raise sponsorship for The Spastics Society? YES/NO

(Certificates and awards of appreciation are presented to those raising over £100.)

Enclose a cheque/postal order payable to The Spastics Society and two second class stamps. Not SAE. (£5 for affiliated athletic club members, £5.50 for non-athletic club members.)

Signed
Date

entry fee: £5 affiliated
£5.50 unaffiliated

- The biggest prize of all, however, will go to the people who would find it very difficult to compete. For people with cerebral palsy our target this year is to raise £50,000, so they can live independently. We're banking on you!

- Fill in your entry form and give The Spastics Society your sponsorship.

- Each 225 raised gives FREE entry to prize draw for a CO player: £100 receives a special award and the highest figures raised will give you a chance of a trip to the New York Marathon.

- Children's Fun Run over 2.5 miles for 5-16 year olds. Ask for separate entry form.

Alyssa Hunt, Race Director
The Spastics Society
PO Box 42, Windsor, Berks SL2 2KN
Tel: 0753 857979

Steps which must be taken if we are to emerge from present cross country mediocrity

SIR - Over the last couple of months a variety of people have expressed their opinions regarding the exploits of Scottish athletes - should I say the lack of exploits?

I would like to return to the topic of Scottish representation in the British cross-country team. The only good point that I can find is that the problem has now been identified and it will not magically disappear. So what can be done, if anything?

I do not think we as coaches, officials, and athletes should be looking for scapegoats. We are all to blame for the situation. The time has come for a fresh new positive attitude, to work together as a team for the benefit of cross country running in Scotland. The governing bodies are obliged to take note and act on the concern shown, or lack as the case may be, about the failure to have Scottish representation in the national cross-country team.

A formulation of ideas should be put down to realistic working plans. This would provide a framework, so that we prepare the athletes for the test. If we fail to prepare then we must fail!

Let us look at three phases: grassroots introduction; intermediate age groups; senior international.

At grassroots we must be prepared to encourage long-term interest in cross country running for all our young male and female athletes. We need a large base to work from. There is also a need to acknowledge effort and prowess in the spirit of cross country running.

To this end there is, dare I say, an "English" cross country award system, which is an ideal way to introduce cross country running. The next level is the intermediate age groups which are more complex. The athletes are already interested in cross country running but they still need a lot of encouragement and incentives. An award system would be of great benefit in helping to identify potential cross country runners who show the necessary qualities to make the senior grade. Mr. Alex Naylor has already produced two papers regarding this area which go into greater detail.

The final phase is the senior/international - the fruits of our labour (that's the theory). We must pay close attention to detail, i.e. individual needs of the athletes etc.

What is required is the maximising of the training and racing programs of the athletes (assuming they are doing the correct training in the first place) and it would help if we had more medical and financial backing as and if required.

We train to race, so we must have a comprehensive structured race programme that will provide the level that is required. This can be found in England.

A five point starting programme would include the following: 1. Encourage grassroot participation
2. Structural squad system
3. Appoint a coaching team
4. New racing programme
5. Competition from athletes

A final thought is that a goal without a plan is nothing but a dream. Dreaming will not win medals, results will only come from hard, progressive training and long-term intelligent planning.

And, if you are going to achieve your goal(s), then you have to be able to see yourself doing it in your quickest, loneliest and most despising moments.

David John Negret

LETTER OF THE MONTH

14, Caledonia Crescent, Giairloch.

SIR - I refer to recent correspondence concerning the lack of continental competitive opportunities for Scottish athletes and the connection between that and the present poor standard of Scottish distance running, and would make the following constructive comments.

1. If the goal which top Scottish athletes aim for is to become the best (or one of the best) in Scotland and, given that the best are relatively poor, then surely the goals set by these athletes are relatively poor?

2. There is a proliferation of events within Scotland every weekend and it is therefore easy for the top runners to avoid each other (externally or otherwise). The incentive of a considerable victory and the exorbitant prizes will only serve to desire the athlete to get in the big teams, and to those who have run in Windsor over the last seven years.

3. Due to Scotland's small population there is little depth at the sharp end of the rankings. As a result, a "packing order" develops which leads to athletes knowing where they are going to finish before the race even starts.

Some of the powerful arguments in favour of running on the continent is that athletes can compete in a race where they have little idea of who they are racing against, and as a result do not get involved in personal battles with long time rivals; rather, they race against the whole field.

What has happened is that top Scottish athletes should look outside Scotland when setting their goals. If they made their goal to become one of the best in Britain, then becoming the best in Scotland would be just one step on the road to achieving this goal.

A top Scottish athlete would have to travel south in order to get the required standard of opposition. The North East of England is the best ever three hour away from Central Scotland by car, and can provide top class opposition.

Many of the top runners will not be known to the visiting Scottish athletes and vice versa, thus providing a stimulus to all, even presence in Scottish athletics.

A top Scottish athlete could sign up one of the large English clubs (or a first class member in England) and therefore get access to competition of the highest standard in either leagues or area/national championships. If the athlete is of a high enough standard the club. I am sure, will be prepared to subsidise the athlete's travel - and if the athlete is not, does he not need to go abroad to get the required standard of competition?

(Personally, this option does not appeal to me as it would lead to the clubs with the largest cheque books winning the titles, but this option is being used by Scottish athletics at present.)

I realise the above observations will not find favour with those who think that top Scottish athletes should support all club, country and district championships, but these are often those who are the first to complain when our athletes are nowhere in sight in the major trials or championships.

Alex Puckless

Alan, of course, is no mean athlete himself, and in his opinion he's proved just as pacy with his pen this month. This month's chosen letter is sponsored by New Balance, and Alan wins NB shoes of his choice.
**ETTERS**

**A letter's a poor devil for youngsters**

SIR - While I would like to voice my opinion of the Kodak 10K race, I have to admit that many children entered the fun run, plus the 5,000 m. 

First race was the fun run. There were a couple of boys on the second boy, but according to the race, first girl was about 1 minute behind. After the mistake was pointed out, it was one mistake after another.

1. Wrong numbers given.
2. All children were told they would receive first six places.
3. Not by post.
4. Two weeks after event still no prize.

After the 10K all big and well known athletes got their prize plus refreshment, but not about all young and future senior athletes who ran a 3,000 uphill - and anyone who looked at the race on the course would know what I mean. Although my father got a thank-you.

My team mates and myself have still nothing to show for this. By the way I finished first, fourth, and fifth.

Suzanne Carson, Age 12.

3379 Caldonian Crescent, Airdrie.

**...and adults too**

SIR - I read with interest Digby Guy's comments in your June issue regarding the revelation that the Adidas 10K at Pollock Park on May 10 was not the full distance. I too competed in this event, my enjoyment of which has been significantly diminished knowing that the course was 'short'. It was also a bit of a shock

irrespective of whether the fault lay, as I believe within the event planning, or was due to a lack of other riders that it is fundamental that road events should be able to depend on an accurately measured course.

I also appreciate Digby Guy's sentiments when he states that he has run too many short long courses and is 'tired of it'.

Liz McCullagh, Tamworth, Staffs.

SIR - In reply to the complaints of Digby Guy from Glasgow in the June issue, I would like to make the magazine's editors refer to the minute sheets of the event being treated to in the first part of your piece they are sponsoring for and for the full hard work over the years previous to running in our part of Glasgow.

In a particular special mention should be made to Eugene Dionie, whose efforts in preparing events is well known and very much appreciated by all. I am sure you are the only one to have a shot at the Juneoption competition. Indeed, in remembering the incident well and the attitude of the athlete turning to the unofficial official. Are you sure you are the way to carry out a dope test?

Jim Gallagher, Giffnock North AAC.

**Wrong line**

25 Spinn Road, Bo'ness.

SIR - With regard to the article entitled '20 Miles in the UK I Up Front' (June issue) I am going to point out that there is an error in the quote from myself.

When asked for my comment, I said that the 'starting gun' was the wrong one, not the finishing line.

Indeed, the British Airways will be over the same course on August 13, with the start in the correct place.

Alex Williamson

The next issue of Scotland's Runner will be published on July 20.

Letters for inclusion in the next issue should reach us not later than July 3.

No water stations is "unacceptable"

15, Campsie Gardens, Clarkston, Glasgow.

SIR - I took part in Johnstone Road Club's 10K run on May 21 at an extremely hot and dry day. I wrote officially to the organisers to ask why there were no water stations and was told that it was a non-standard event and therefore SWAAA attempts would not be able to provide water stations as it would be "wrong" and this was "strictly forbidden".

That is perhaps alright for serious runners competing the course in the half time of more modest runners such as myself. However, in the nature of a race like this with its "big, white" losses of water, "all participants should be catered for. Moreover, the organsir have the right of having any problems due to the course. The number of runners is rising and I find this health and safety risk quite unacceptable.

Jim McCready

**Sorry, Derek, but you've got it wrong on this occasion!**

33, Clarion Avenue, Dalry, Ayrshire.

SIR - Derek Parker's reasons for the lack of success of present day Scottish athletics are nonsense. I have been involved with Scottish athletics, for over the last 30 years, and feel that the above reasons are given, so it seems that he is in charge of such a group of people.

I have run two marathons with a personal best of 3:58 in 1984, and have run many half marathons with a PB of 1:32 in 1986. Also in 1986 I was on target for training in a sub three in the Glasgow Marathon until contacting a virus three weeks before the event. At that time I was about 12 stone.

I recovered from the virus within a few months, but was out of the way of training. Consequently my weight halved.

My aim is to run a 10K and then two half marathons at the end of August, September and October respectively. My goal is to finish the distance without suffering any coronary arrest, train through the winter, and start chasing PB's next year.

At the moment I can manage 20 minutes non-stop covering about two miles. Clearly there is a long way to go until I am fully fit.

Are there any coaches, sports medicine specialists or researchers out there willing to help me change from fat to fit?

Alex Williamson

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**One law for the rich and famous - and the rule book for the rest**

48, Langlands Road, St Andrews, Fife.

SIR - Regarding the letter by James Martin in your June issue asking for comments, I am not a returned amateur runner. I have been involved with sports for the past five years as a volunteer at the Conservative Party where he talked of "negative influences being deliberately created", and that "the community are being brainwashed into believing that much of the employment available is slave labour". On those two points, I would say that Derek, that negative influences do not have to be created and that young people don't have to be brainwashed, because young people, especially those 16 and 17 years old, know that those conditions exist in Scotland today. How many young people are on a YTS programme as opposed to a real job? Incidentally, Derek, 16 and 17 year olds cannot get a YTS place yet get money. That is not brainwashing, but a hard fact.

As far as politicians being "mainly to blame for this atmosphere of dissatisfaction, despair and negativism", I would argue that politicians are merely reflecting Scottish society as it is - exactly, that is, those right-wing politicians who try to brainwash us into believing that there is nothing to be wrong with being a Tory and making a hard fact.

Derek Parker suggests that we should not be looking for scapegoats, but be in intensive training himself by blaming our lack of success on television, newspapers and politicians. I disagree. I do agree with Derek Parker is that this will not come if the athlete's attitude is wrong. Our better athletes need to be positive and go for glory. Go for a greater life, more than just one extra point and personal bests, and this way some of our younger (and older) athletes will be able to lift themselves out of the depression and rivery of some of them are experiencing at home. This, in turn, will help them see the repairment of sport for a short time at least, while out competing and for training.

One final point for Derek Parker to ponder, is that we as athletes need to be given more opportunities of sports, in terms of being running shoes, vest, shorts, equipment, entry fees, membership of a club etc, and if you are a member of a family who are not involved in the saga, then taking part may not be so easy. For this reason, it may well be the case that many naturally talented people cannot take part, or have to think twice about spending money out of their limited income.

As a runner myself, I know the sport. I would like to see more Scottish runners coming through and taking top honours - but I also aware that there is more to life than athletics.

Jim Hodgson

**Ultrah hypocrisy**

15, Frankfort Street, Glasgow.

SIR - "Open" athletics in Scotland - funny. 

The SAAA are against it. They are dominated by the West of Scotland where the tradition of professional athletes has all but wiped out and there is therefore no pressure for change. 

The image of corruption in the sport still lingers on even though the sport is "open" and has had its governing body since 1969.

The SAAA waive their own rules to suit, to the extent that the term "amateur" is entirely appropriate. Star athletes earn a good living and would be considered professional. 

"Amateurs" can compete in road races for money. Yet if an amateur were to compete in a professional meeting they would have, in the eyes of the day, committed a cardinal sin and would be barred from their sport for life. "Talented" "professionals" cannot claim national honour for their time. Certain "open" would be banned from their sport for life. "Talented" "professionals" cannot claim national honour for their time. Certain "open" would be banned from their sport for life. "Talented" "professionals" cannot claim national honour for their time. Certain "open" would be banned from their sport for life. "Talented" "professionals" cannot claim national honour for their time. Certain "open" would be banned from their sport for life. "Talented" calculating and unrealistic. Their answer is simply to ban "professionalism" from Scottish athletics. 

In Australia, where in some states there is a strong tradition of professional athletics, able to take advantage of the allegedly "painted" and the Borders in the country, their amateur body has taken a liberal attitude and declared an "open" policy. Our own amateur bodies can, with very little penalty, now compete in professional meetings and that is presumably, God forfend, indulging in some gambling. They cannot do so.

There appear to be traces of hypocrisy and nationalism similar to the attitude of the SAAA, and none of the archaic "professional" body.

Max Reid
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**ALLAN WELLS**

**Have the cycling shorts which I made a fashion cult, finally run their last race on the track? What started as a possible cure to protect my aging hamstring muscles has ended in a fateful discussion on certain parts on the male anatomy - not least mine when I finally picked the rich and famous by appearing on Spitting Image.**

If I may, I will take you back to that fateful day on August 2, 1986. I had been excluded from the Scottish Commonwealth Games team - having been out of it, in it, and finally out of it again. To complicate matters, I had the honour of carrying the Queen’s message round the track. I seemed to make everything worse. I, the current defending Commonwealth champion, was not allowed to defend my title in front of my home supporters.

Anyway that is another story. I had hit form at the right time for the Games but the wrong time for the selectors. So, the best thing was to compete in the next available competition. This just happened to be Carlisle. It was not planned as a revenge, grudge, or any other type of race and I did not realise it at the time, but it was my last chance to qualify for the European Championships. But back to the shorts.

A friend who had been helping me back to peak fitness suggested I wore the shorts to protect my legs against the notoriously cute Carlisle thistles. It seemed like a good idea and he proceeded to cycle all the way from Linlithgow to Peebles and back to acquire samples of cycling attire to try. My main concern was that with my large thighs I normally found tight laces too restricting, but he assured me this would not be the case due to the special type of material that they were made from.

If you thought the shorts were bad you should have seen what I rejected! A Hartlepool style all-in-one bodysuit with the panels coloured lime green and black! Bright orange and yellow! Bright red - very revealing. So think how lucky you are to witness the black one!

Because cyclists have to sit on a bike for hours and hours they have a large padded and stamped pouch built into the shorts. I removed this as it served no purpose in a sprint. Anyway, the rest is history. I beat everyone, the shorts became famous, and the selectors felt a bit sheepish. (What I will never know is that on a count of 21-6 against my inclusion in the team, how more than a few came up to me later and said that they had voted for me!)

**AS FOR THE shorts, they continued their notoriety when the rest of the British athletes decided to follow suit and wear similar clothing, and the fashion cult extended their fame to include them in every day wear.**

So what has gone wrong? The competition seems to be not only who can wear the most gaudy and distinctive athletic gear - but also who dares to wear the most revealing!

Those shorts were never meant to be worn without underwear, jock-straps, boxer shorts or frilly panties (depending on your preference). And apart from Floy, who no longer graces the track with her presence, the ladies seem to have kept their gear well under control. Is this make-up gone haywire?

Come on chaps. The athletic public are only interested in one performance and that is the one on the track. Your physical attributes are of no interest to any one else.

By the way, why is it that the middle distance prima donnas of the track have not followed suit? Is it that they are not followers of fashion, too aloof to lower themselves to wear something started by a lowly sprinter - or perhaps they are not as well endowed as the big guys and like to keep their little packages well wrapped up! Well Tom?

**PERHAPS the Scottish team can save the shorts from being banished back to the bike, by including them in their official kit for the Commonwealth Games? It would certainly make a change from the ill-fitting, badly designed vests and shorts of the past.**

One cannot help think back to the vests tied with string at the back, to prevent them falling off your shoulders! The Fossy Bear suits which had trousers that ended halfway up your legs and tops that would have engulfed me and Chris Black together.

Why is it that the Scottish team always ends up looking like the poor relation? Part of performing well on the track is to look and feel good - not to try and beat your opponents because they laughed at your tracksuit.

I can recall many an occasion when the Scottish thistle wilted in embarrassment. Standing on the rostrum wearing an assortment of kit (which my in-laws suggested had been retrieved from the nearest Salvation Army hostel) never bothered me, but wouldn’t have been nice to trade trackshares with the rest of the Commonwealth instead of being left holding the only unwappable clothes at the Games!

**Scotland’s Runner July 1989**
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NEVISPORT
SCOTLAND

COMPETING in 5000 and 10,000 metres races is an important part of a runner's build-up to his or her chosen marathon, half-marathon, or 25K event.

The shorter distances, along with the required training, provide a visual element of speed work and varied-pace running. If an athlete train at the same pace all the time they will run at that same pace in races. This leads to the creation of speed barriers and retards progression.

A successful training programme includes runs of varying pace and intensity, raising the heart rate to the requisite level which will result in an improvement of performance. Shorter, faster runs of around five miles, elevating the heart rate to around 160 to 180 beats per minute, along with slower, longer runs around 10 miles at a heart rate of around 130 to 150 beats per minute, all have an important role to fulf in producing optimum training stimulus.

Athletes competing in 5K and 10K races as part of their preparation for longer events will include both the short fast, and the long slow, runs in their training. Both forms are aerobic in content and the 5K and 10K events are primarily aerobic orientated.

(Note: aerobic running means that the oxygen requirement is being met by the amount of oxygen breathed in during the run. Anaerobic running means that the oxygen requirement is not being accommodated by the amount of oxygen breathed in during the run and the athlete is racing or training in a state of oxygen debt). The aerobic to anaerobic ratio in the 5000 and 10,000 metres event s is approximately 76:24 per cent and 90:10 per cent respectively. This means that the athlete who hopes to do well in these events must allocate the appropriate percentage of training time to ensure that the aerobic and anaerobic energy requirements are being catered for. For example, using the 75 per cent (25 per cent ratio), a 5000 metres runner training twelve times a week would do nine aerobic sessions (75 per cent) and have anaerobic sessions (25 per cent).

One of the principle planes of training theory is that sessions and coaching programmes must be specific to the physiological, psychological, and tactical demands of the event which the athlete is preparing for. This basic principle applies to all events whatever their aspirations or levels of ability. It is particularly important in 5K and 10K races where the athlete must be able to assess pace accurately to avoid going too fast too soon and consequently building up debilitating oxygen debt - and to avoid going too slow early on and subsequently failing to achieve the performance he or she was capable of.

It is also worthwhile mentioning that anaerobic running involves raising the heart rate to more than 180 beats per minute, while aerobic running is done at a heart rate of less than 180 beats per minute.

Obviously there is a good deal of overlap between aerobic and anaerobic training and other factors such as age, ability, and maximum heart rate must be taken into consideration. Generally speaking, however, anaerobic running occurs when the leg muscles feel heavy and stiff with a lactic acid accumulation as a result of oxygen debt. Aerobic running is taking place when an athlete is capable of normal conversation during exercise and when breathing is easy and rhythmic.

By Derek Parker
An examination of the training programme of an athlete aiming to run 5000 metres in 13-14 min attempt to quantify for the Commonwealth Games provides several examples of specific training. It must be emphasised, however, that the following sessions are merely guides and that they should definitely not be followed slavishly, especially by novice athletes. Ignoring that advice will almost certainly lead to injury, breakdown, and stress-related illnesses.

So, before embarking on a specific training schedule give yourself a target time and, using the sample extracts from the programme of a UK-standard internationalist, plan your schedule along the same lines but at a reduced intensity.

The aspiring Commonwealth Games athlete knows that to run 5000 metres in 13-14 min he is doing the equivalent of 12 x 400 metres in 66 seconds, plus 1 x 200 metres in 33 seconds with no recovery between the repetitions.

This knowledge is the basis of all the specific training sessions pertaining to that particular athlete. To run 12.5 laps at a pace of 66 seconds per lap he must train at that pace for his programme to be specific to the physiological and psychological demands of the event.

And during specific training he will keep his recovery to as short a time as possible so that in the race he will be able to string all the laps together without taking any recovery between these laps.

A further point to remember is that in training the total distance of the fast repetitions should be at least equal to the race distance but not more than double that distance. Thus a specific session for our Commonwealth Games hopeful would be 12 x 400 metres in 66 seconds, plus 1 x 200 metres as fast as possible, with 20 seconds recovery between all repetitions.

Founder member of the British Milers' Club, Frank Howell, suggests that during specific 5000 metres training the recovery times for repetitions should be the equivalent of a jog amounting to one-eighth of the distance run, eg 50 metres jog in 20 seconds after 400 metres reps, 100 metres jog in 45 seconds after 800 metres reps, 200 metres jog in 90 seconds after 1600 metres reps, and 250 metres jog in around 2 minutes after 2000 metres reps. Practical experience indicates that these recovery
180 metres

As Week One

Monday: 12 x 400 m in 66 seconds

Monday: 12 x 200 m in 51 seconds

Tuesday: 5 x 400 m in 109 seconds

Wednesday: 12 miles steady (A)

Friday: 4 x 500 m in 4 minutes

Saturday: 6 miles steady (B)

Week Three

Saturday: 20 to 22 miles steady (A)

Monday: 3 miles steady (B)

Tuesday: 3 x 1.5 miles with 5 miles recovery

Wednesday: 20 to 22 miles steady (A)

Thursday: 3 x 2.2 miles with 3 miles recovery

Friday: 17 to 20 miles steady (A)

Saturday: 6 to 8 miles steady (B)

Novices

Week One

Sunday: 30 to 60 miles run

Monday: 3 sessions of 400 m at 300, 200 and 100 m pace

Tuesday: 12 miles steady (A)

Wednesday: 12 miles steady (A)

Thursday: 2 to 3 miles with 5 miles recovery

Friday: 5 to 6 miles steady (A)

Saturday: 5 x 6 miles steady (B)

Week Two

Sunday: As Week One

Monday: 5 sessions of 400 m at 300, 200 and 100 m pace

Tuesday: 12 miles steady (A)

Wednesday: 12 miles steady (A)

Thursday: 2 to 3 miles with 5 miles recovery

Friday: 5 to 6 miles steady (A)

Saturday: 5 x 6 miles steady (B)

Week Three

Sunday: 75 to 90 miles run

Monday: 5 x 400 m at 300 second pace

Tuesday: 10 miles steady (A)

Wednesday: 12 miles steady (B)

Thursday: 3 x 1.5 miles with 5 miles recovery

Friday: 15 to 18 miles steady (A)

Saturday: 15 to 18 miles steady (B)

SOME EXPERIENCE

Week One

Sunday: 75 to 90 miles run

Monday: 5 x 400 m at 300 second pace

Tuesday: 10 miles steady (A)

Wednesday: 12 miles steady (B)

Thursday: 3 x 1.5 miles with 5 miles recovery

Friday: 15 to 18 miles steady (A)

Saturday: 15 to 18 miles steady (B)

Week Two

Sunday: As Week One

Monday: 12 x 200 m in 51 seconds

Tuesday: As Week One

Wednesday: 12 miles steady (A)

Thursday: 2 to 3 miles with 5 miles recovery

Friday: 5 to 6 miles steady (A)

Saturday: 5 x 6 miles steady (B)

Week Three

Sunday: As Week One

Monday: 10 x 300 m in 60 seconds

Tuesday: As Week One

Wednesday: 5 miles steady

Thursday and Friday: As Week One

Week Four

Sunday: As Week One

Monday: 12 x 1500 m in 45 seconds

Tuesday: As Week One

Wednesday: 20 miles easy

Thursday: 5 miles jog

Friday: 2 to 3 miles easy

Saturday: 20 to 25 miles steady (A)

Sunday: 20 to 25 miles steady (B)

COACHING CLINIC
Motherwell's Runners

RAVENSCRAIG HALF MARATHON: SUNDAY, MAY 28

Name: Phyllis Wilson
Town: Motherwell
Age: 33
Job: Clerk of court
Club: Unattached
Time in race: 1:40
PB: 1:34 (April)
Started running: 1984
Fav distance: Half-marathon
Average weekly mileage: 45
Plans for '89: To try to get my time down to 1:35 again. If I get 1:35 my boyfriend has promised me a new pair of running shoes!
Comments on race: It was a bit too hilly and it was hard going into the wind.

Name: Gordon Low
Town: East Kilbride
Age: 44
Job: School teacher
Club: Unattached
Time in race: 1:30
PB: 1:25
Started running: About 20 years ago I think!
Fav distance: Half-marathon
Average weekly mileage: 55-60
Plans for '89: To train enough miles to be able to run a half-marathon comfortably.
Comments on race: Well organised and stewarded but a dice course - not very stimulating.

Name: Patricia Allen
Town: Wishaw
Age: 40
Job: Hairdresser
Club: Unattached
Time in race: 1:43
PB: That's it!
Started running: 1984
Fav distance: 10K - half-marathon
Average weekly mileage: 40
Plans for '89: To get PB's for all races.
Comments on race: I was pleased to last the distance and surprised when I won the women's race.

Name: Elaine McKay
Town: Cambuslang
Age: 24
Job: Physiotherapist
Club: Cumbernauld Harriers
Time in race: 1:29
PB: That's it, that was my first half-marathon
Started running: 1978
Fav distance: 5K
Average weekly mileage: 70
Plans for '89: To get a PB in the marathon.
Comments on race: It looked it was well organised but a tough course. I found it heavy going as I'm recovering from an operation.

Name: Alistair Adamson
Town: Mossend
Age: 32
Job: Unemployed
Club: Unattached
Time in race: 1:42
PB: 1:30 (Glasgow)
Started running: 1982
Fav distance: Marathon
Average weekly mileage: 30
Plans for '89: To train for the 1990 London Marathon.
Comments on race: I quite enjoyed it - it was a bit of fun, I've done the race before.

Name: Peter Ward
Town: Airdrie
Age: 43
Job: Parts-sales consultant
Club: Unattached
Time in race: 1:30
PB: 1:27 (Erskine)
Started running: 1981
Fav distance: Half marathon
Average weekly mileage: 30-40
Plans for '89: To get inside 1:23 for the half-marathon, to do the Great Scottish Run.
Comments on race: I was frustrated as my shoe burst halfway round. It's different running with one shoe!

DUNDEE HAWKHILL HARRIERS

ONE HUNDRED years ago a group of working lads in Scotland's fourth city got together to form a club to promote their deep interest in running. They persuaded a pub owner at the corner of the Hawkhill and Firth Road to let them meet in his premises on a regular basis. Dundee Hawkhill Harriers had been born.

In fact, the title Dundee Hawkhill Harriers is only a comparatively recent adjunct to the original club name, which left out any reference to theory. The original enthusiasm was not sustained as the town faced difficult economic times (not to mention the loss of young men during the first World War), but in 1924 the club was reformed and four years later a women's section came into being.

During the second World War the club joined up with Dundee Harriers and although each went their separate ways at the end of this conflict, the name Dundee Hawkhill Harriers stuck. Although primarily a road and cross country club, Hawks have some distinguished names in their track and field history. That conversion to track and field occurred at a time when Hawks faced yet another rival organisation in the city - Dundee Amateur Athletic Club, run almost single-handed by a dedicated coach, John Lyons, whose talents helped produce the likes of former Scottish hammer champion Lawrie Bryce and a clutch of very good sprinters.

With the Commonwealth 10,000 metre champion Liz McColgan undoubtedly the most famous of Hawk's athletes, they were able to boast of another Olympic some 25 years ago. Fergus Murray had been a pupil at Dundee High School, and...
DUNDEE HAWK HILL HARRIERS

The clothing may have changed, but the Hawks men still enjoy posing as much now as they did 53 years ago.

as a keen runner had been persuaded to join the local club to develop his talents. While at university in Edinburgh, Fergus was selected for Britain at the Tokyo Olympics in 1964. Like his successor McCollan, Fergus ran in the 10,000 metre event, the start of a top class career which saw him compete in two Commonwealth Games in Kingston and Edinburgh, numerous cross-country internationals, and the World Student Games in which he won a bronze medal in the 5000 metres.

The name Fergus Murray appears in quite a few of Hawks' records, some of which have stood for a considerable period of time, resiting the challenges of the present generation. One of the longest-standing of these records is the triple jump which is held by George Duffus, the Scottish comedian whose athletics in volume years ago was certainly not done for laughs. It is not surprising that track and field was always in the shadow of cross country given the facilities at Dundee's Caird Park, which were a nightmare for those weaned on a normal sized track. Not only was it a cinder track of the kind that wore out a new pair of running shoes in a matter of weeks, but it was only 352 yards - or five laps to the mile to give it arithmetic credence. The bends were so tight that any sprinter with normal length legs struggled desperately against enormous tangential forces. Even so, Hawk did produce a couple of sprinters in the early seventies - Robin Reilly and Brian Johnston, who jointly hold the 100 metre record of 10.8 seconds.

The old Caird Park finally came to an end in 1982 when Dundee District Council responded to the clamour for modern facilities which would match those of numerous other communities throughout Scotland, where synthetic surfaces tracks had been constructed. The new track was built adjacent to the old, which means that Hawks could still benefit from the proximity of their changing rooms. In many ways, Caird Park is an ideal sitting, set as it is in relatively rural countryside on the outskirts of the city and accessible by the fast roads which skirt Dundee. This kind of setting has now become the blueprint in many minds for the hyper stadia of the future following recent tragic events in football.

The track itself has a reputation for fast times as was shown in the first big meeting at the stadium when the three "Macs" - Dwayne McManus, Gus McClung and George McCallum - all posted exceptional times.

Caird Park has been a major feature in Hawks recent revival and has helped to rewrite a few of the records, including that by sprinter Tony Barry who set the club record in the 400 metres of 49.9 sec in the track two season ago.

Their resurgence did not come in time to stop Hugh McKays switching allegiance to Fife AC, who consistently higher standing in the Scottish League persuaded him of the need to change clubs. McKays' 1985 records of 1:52.30 and 3:43.8 for the 800m and 1500m still stand, but given the present rise in standards at the club these figures could be under threat. Although it is the men's section who are the more upward mobile, it is the women's team which currently enjoys Division One status in the Bank of Scotland women's league. Being able to call on the services of the Olympic 10,000m silver medallist does of course help their cause, but amongst their senior ranks Hawks have their share of distance stars. One prime example is Alastair, who still holds their 400m record of 56.9 seconds set back in 1972. Chris, who established something of another record in running in both the Edinburgh Commonwealth Games, also holds to the UK's first Scot to break the five minute barrier.

These apart, all the other records from 800m upwards stand to Liz McCollan whose career began in Dundee under the guidance of the late Harry Bennett. Bennett also helped promising 400m runners, whose combined efforts put them second overall in Britain for the Euro-Junior age group 4 x 400m.

After a comparatively lean spell, Hawks have built up a good reservoir of coaching expertise which includes Andrew Winnie, Ian Silver, Jim Penniman, Bill Findlay, Jack Wilson and John Oulton, while passing on her experience is former Great Britain and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawk, Barbara, who started her athletics career with Tayside Harriers, to which she now belongs, is now competing for the Scottish University and Commonwealth Games sprinter Barbara Ol...
Scotland's Runner July 1989

WOMEN in SPORT

By Fiona Macaulay

HAVING written an article on the Scottish women's team manager, Ruth Booth, it could very well turn out that Ruth might not be taking a team to New Zealand next year due to the actions of the Scottish Rugby Union in saying their players can compete in South Africa if they so wish, in direct contravention of the Olympic Agreement.

I find it difficult (but others, knowing the SRU far better than me, might not) to believe that any sporting authority can be so blatantly selfish in jeopardising the chances of so many fellow countrypeople hoping to take part in the Commonwealth Games. What makes it worse is that it is a male sport that is jeopardising our FEMALE athletes (to get a bit feministic for a moment).

I am sure the SRU would be absolutely delighted if a tour of New Zealand was cancelled because members of Glasgow AC took up the invitation extended by the Johannesburg loggers for a short tour of South Africa.

YES, I was at Hampden to see Scotland play Cyprus in the World Cup match. "Oh, I just beat this lot four-nil," I said my companion over a lasagne somewhere in Glasgow's West Regent Street, after which we joined the queue for the Mount Florida "Special" at Central Station. "When does the train leave?" my companion asked of a uniformed man standing on the platform. He shook his head slowly and gravelly and pointed to a St John's ambulance badge on his cap.

We stood outside Hampden and surveyed the scene - Ian St John, Jim White et al looking like a bookie's convention in long coats with velvet lapels. "Brilliant evening. We'll hammer seven past these amateurs," said Mark Stoich. Ten minutes into the game and no sign of even one of the predicted seven. "It's the first 20 minutes that count," another ten minutes further on. "It's the first half, that's crucial." Mark Stoich's goal was greeted with as much relief as expectation.

Denis and Dunipace pipe band proved more exciting than the football in the first half - and a lot less stressful. Not long after they marched off, the Cyprus goal was met with stunned silence, so my companion blinked as if to clear his eyes and said in hushed tones: "Tell me it is true!" A short while later, a number of Scottish shirts all chasing the same ball prompted a spectator near me to stand up and shout in an apoplectic way: "One of you! One of you!" aggrandisement any way.

I amazed myself by shooting to my feet when McColl scored the winning goal. I always pride myself by remaining on my seat at football matches while all around revel in undignified fashion.

"Forget the seven - two-nil" was my mate wiping his face with his handkerchief. Back at Queen Street Station, having one for the road, he said he had a half-cut punter in a Scottish jersey and tartan scarf. "Woo, are you going to Paris then?"

"Naw," be said looking at his watch. "Still time."

While the post and pre-match banter was probably more entertaining than the football that night, for entertaining football you could not beat the Women's FA Cup Final.

At first the male personage I was watching with (not the same one who shared the Hampden agony with me) was in hoots of derision watching as the goalies dived about, and the women tanked round the park placing more accurate passes than Scotland, and jumped on each other after each goal. And why not? - as Barry Norman would say. It is no more surprising to see women running round a field cuddling each other - when the very same are scared stiff to show any emotions towards each other off the park for the fear of any sexual connotation.

Anyway, the male personage and I enjoyed the women's FA Cup Final, although it was spoiled at times by the commentators inane and chauvinistic remarks such as "Ooohh Mark Hughes would have been proud of that one!"

Why women's football should not be a good, if not better than men's football is beyond me - after all, the gaps is closing rapidly with more women taking up the sport, and schoolgirl football is taking off.

I should have been ready for the inevitable remark at the end of the match: "Right, now swap shirts!" bellowed the MCP with great gusto.

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26
MULTIPLE SCLEROSIS

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Cram, Walker, May and Adam might have made the
UK Championships
DOUG GILLON relates, there was a most encouraging
speed and depth of performance

A YEAR can be a lifetime in athletics, yet some
tings remained unchanged in the 12 months
since the 1986 British Championships at
Derby. Twelve months later, three Scots
certified gold in events from the six lane track,
whose only flaw in evidence was the burn-off
effect of Morton's Coperskovden.

But the only common denominator was Lia
McGillan. Winner over 5000 metres last year,
as an overdue to Olympic silver at twice that
distance, she was in even more dominating
form at Hepburn. Leading Karen Hudson
(9:01:61) and Laura Adam (9:13:38) to a united
Scottish clean sweep of the medals, Lia made
a championship record of 8:51.55 that would

At the 4000 meter mark, Lia would have to run
1000 metres split exactly to win the 2500 second
per lap. And 20-20, in perspective, was a time
achieved by only five Scottish men last year
-Neil Trent, Adrian Callan, Allister Hunter,
Peter Fleming, and Chris Hall. If she
succeeded, Scotland would be more than proud
of Lia. But a lot of male athletics worldwide are
going to be very envious.

The Scotties men's 3,000 metre contingent at
Jarrow recorded the following times: 3:39.90
(WSL) for Auckland's qualifying standard by
Tom Hinton, 14:49.29 by Callan, 14:49.29 by
Gary Cordiner and 14:49.29 by Robert Quinn.
Lou's husband, Peter, bidding for selection by
Northern Ireland, was timed at 14:51.07, while
Hilary Watt's student Ian Homer clocked 13:
54.85.

Welsh International Hamad had much to
complain about. The 5000 metres split was two
seconds in two races, despite all the entrants having
paid to enter the championship event.

The division was somewhat arbitrary. Hamad,
no doubt, would have liked to have been
handed at the distance by Hinton, so when
Hinton was timed at 3:39.90, it only provided
him with a 3:39.90 to run in the 'A' race with Steve
Cram, Hamad was furious. "I don't deserve to
be there," said Hamad. "But to get there was
difficult to fault.

Smith, a Scottish junior cross country and
track international, had it no way easy to
avoid such a fate. With Cram making his
run-up, Edgar and McGillan were in the 'B'
race and Hamad in the 'C' race. Cram and
McGillan were wined and toasted with 800m
for the Scottish National Selection team the
following week, while Dawn Kitchen, the winner
in the ladies' 600m (5:40.76), made the UK team
for the senior meeting.

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for the senior meeting.

There was a sprint double in the 100m by
Edinburgh Southern duo Elton Barrow (10:43)
and Jamie Henderson (10:46) - but these
times were good enough only for silver and
brass yet another UK sprint star was born.

Begg was a major surprise in the men's
100m. His next best time was within 10.20
for 100m in 1985, but 10.20 is the

The women's 100m was won by Lorraine Campbell
produced a concrete start with a leap of 1.10m.

Despite the efforts of the senior athletes, all eight
of the championship best performances came from
the junior age-groups.

Pitcairn's Ibrahim Kinra won the
junior 800m with a time of 2:35:36, a

Linda Smith (6), Carol Sharp (6) and
Alison Campbell (6).

The two intermediate hurdles records fell as Catherine Murphy (GAC) ran into a

Michele McGuinness

PICTURES BY PETER DEVLIN

THE WOMEN'S East and West
District Championships produced a
total of 16 good performances in warm, sunny

Lynn Harding showed her versatility
by winning the unusual combination of the
800m (2:07:96); discus (41.90m); and
the shot (13.87m).

Janice Neilson showed early
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of 11.82 for the 100m and 23.97 for the
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Each year, hundreds, if not thousands, of Scots injure themselves taking part in athletics, from fun runners to top athletes like Scottish long jumper Ken McKay (above). But, as Dr Paul MacIntyre reports, the treatment of sports injuries is still in its infancy in Scotland.

MANY athletes, from my own observations, have an obsessive approach to their training. A close friend and colleague, a Scottish international athlete, once told me that he went out for a training run which he had intended to last for an hour. When he arrived back his watch recorded 55 minutes, so disappointed that his training time was short he proceeded to run on the spot, on his doorstep, for the remaining five minutes! And I suspect he’s not alone.

This attitude is even more apparent in the approach which runners have to their injuries. Are athletes’ expectations of the medical profession in the treatment of sports injuries too great, or are we, as doctors, failing to provide adequate care to a group of highly motivated individuals?

I hope to present a case for the latter, and argue that the provision of adequate sports medical facilities is of benefit not only to individual athletes but to society as a whole.

Firstly it is important to stress that the treatment of sport injury is only a component of the much larger field of sports medicine. This is more than the specialities of orthopaedics, exercise physiology, cardiology, physiotherapy, psychology and preventative medicine as its major contributors. In addition to providing a sports injury service, sports medicine centres in the future could also provide the following:

1. Informed medical advice to sportsmen/women suffering from various medical conditions: e.g. arthritis or asthma. Such advice on suitable exercise regimes can be therapeutic to the patient, as well as preventing the harmful effects of inappropriate sport.

2. Medical assessment of the athletes’ expectations and physical capabilities to determine if they are capable of improving efficiency and effectiveness.

3. Advice on the prevention of sports injury and to act as a catalyst for health education in general.

4. Coordinate the provision of sports medicine facilities at major sporting events in the area, as it acts as a focus for those locally interested in sports medicine.

5. On a topical note, such centres could act as doping control stations for out-of-season testing of international athletes. Instead of sending officials to obtain samples in competitors’ homes, the procedure could be centralised and standardised under the supervision of a doctor, thus improving efficiency and cost-effectiveness.

Is there a need for such a service? Fifty-four percent of the Scottish adult population take exercise at least once a month. It is now firmly established that certain types of regular exercise can reduce the risk of developing coronary artery disease, which is the major cause of death in Scotland.

Exercise programmes have been used successfully in the treatment of various medical conditions – such as childhood asthma, chronic depression,
drug addiction, arthritis, and cardiac rehabilitation.

As doctors, we are - or should be - prescribing exercise to patients. We have a duty to prescribe appropriately, and to treat any related adverse reactions, i.e. a sports injury. Both of these undertakings require specialist knowledge.

A compromised and under-funded National Health Service at present views this service as a low priority, and will not, in the foreseeable future, allocate resources to accommodate the increasing and often obsessive demands of the wounded competitors. NHS hospitals currently do not cater for sports injury through referral from the general practitioner and casualty services.

However, this treatment is usually inadequate, inappropriate, and not cost effective. The busy GP may not have the time fully to re-evaluate a sports injury, or may not have the specialist knowledge at his or her disposal. This leads to over-prescription of rest and anti-inflammatory drugs, both with potential hazards.

Orthopaedic clinics have waiting lists in terms of months rather than weeks. Consultants in these clinics have mixed feelings about sports injuries. The majority are interested and try to accommodate the athletes needs within the confines of their over-worked departments. Some, unfortunately, view sportsmen as inherently suffering from minor psychiatric disorders, and their injuries as self-inflicted trivial inconveniences which further undermine the NHS.

Disappointment and frustration with our attempts to treat sports injury may cause the athlete to abandon his form of exercise indefinitely, or to pay large sums of money for private health treatment.

As doctors we have a duty to consider the patient as a whole, and if regular exercise is an integral part of that patient's life, then we are ethically bound to expedite a return to that lifestyle by means of appropriate treatment.

We also have an academic responsibility to follow other countries in advancing the scientific boundaries of sports medicine. Our rivals appear light years ahead in sports medicine research and provision of services. We are all too familiar with top international competition seeking foreign solace for their injuries.

I would maintain that there is no lack of ability or expertise in the field of sports medicine in this country. But there is an obvious lack of funding and organisation. The British Association of Sports Medicine (BASM) is rapidly gaining momentum, and with the assistance of the Sports Council is attempting to fill this void.

The Scottish Sports Council immediately recognised that the lack of a sports medical service was an obstacle in the development of Sport.

For all by the year 2000. That is why they have helped finance the establishment of 23 sports medicine centres in Scotland, with a view to providing an accessible and affordable service.

While this is a welcome step in the right direction, it has not fully solved the problem. Sports Council grants last normally for only three years, after which the running costs of the clinic must be met elsewhere, often by increasing charges to patients. Some clinics may even be forced to close, thus wasting the initial investment.

Clinics which are financially viable are usually housed in district council accommodation, a benefit which nevertheless disguises the true cost of the service.

But is it the responsibility of councils to accommodate or provide health care? The opening of the Sports Medicine Centre in Glasgow was initially opposed and delayed by Glasgow District Council, who labelled the venture "private medicine" and argued that the provision of health care was not their remit. It was only after doctors offered their services on a voluntary basis, thus removing the stigma of private medicine, that the centre was opened.

Sports clinics throughout Scotland are staffed by doctors and physiotherapists who have an interest, but who do not necessarily have any formal training, in sports medicine. The service provided is therefore basic and variable. The Scottish Sports Council do monitor the service by means of standard forms, but have so far not attempted to standardise treatment or formally train those who run them by means of organised further education.

Furthermore, the cost to patients and payment to staff varies from clinic to clinic. I feel this hobby-like approach, albeit by well intentioned interested parties, is detrimental to progress towards an adequate service.

Attempts to increase public awareness can paradoxically undermine one of our main objectives, by creating waiting lists if the centre cannot handle an increased turnover. I have personal experience of several Canadian clinics which had a turnover of some 40 new patients in a four hour period, as well as treating regular patients simultaneously. Admittedly staffing levels were higher, but their internal efficiency and organisation were also superior.

Can we not learn from our foreign competitors?

If there is the normal delay in transatlantic trends taking off here, we should, from North American figures, be able to predict the
prevalence of sports injury in this country and future trends.

THE WAY FORWARD

As the demands on top athletes are ever-increasing, our future success in international sport may depend on the development of a sports medical service to create an interface between science and the coach, and provide treatment for the injured athlete. The development of sport in the country and future trends.

The way forward

Community, with centres in small and larger Towns, and with a co-ordination of available facilities and educational development of sport in the community.

The major centres should liaise with smaller satellite centres in the periphery, where running costs could be subsidised.

4th Annual Sports Medicine Conference

"Managing Fitness & Sports Injuries"

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To give choice, there are parallel sessions throughout most of both days. There will be a group of talks on "Nutrition in Sports" (Tues.) and "Drugs & Sport" (Wed.). Other topics include swimming, running and throwing injuries, stress & training, particularly in the young, assessment of fitness, as well as demonstrations of manipulative techniques.

The conference is of particular interest to athletes, coaches, therapists & medical practitioners.

Further details from:

Dr P.A. Gardner, 31 Batty Ave., Huddersfield HD8 SPW

MARY TAKES TO THE TRACK

Rhona McLeod talks to the Edinburgh AC athlete who has won nine senior Scottish titles, in four different events, in the past four years.

Despite the fact Mary Anderson has dominated the Scottish shot put scene and won the national title for the past four years, she wants to switch to throwing. The 21 year old from Tranent, outside Edinburgh, sees her past as an international thrower, developing into a future as an international 800 metres runner.

When she took up athletics as a 10 year old Mary was a runner. "I'd always liked running - when I was young I used to do the 100 metres at gala day races. Then I decided to join Edinburgh Athletic Club as my uncle knew a coach there. That was Arthur Groundwater, and I trained with him for the next eight years."

In those early days Mary was training and competing for EAC in middle distance events, but then, like so many other athletes, she has been diverted towards shot put. She tried a new event to still gap in the club team. "The coach needed a shot putter and as I was only doing two other events I was asked to do it. I was quite successful and so I kept on doing the shot and then started doing other events too," she says.

As an intermediate Mary was still throwing well. In fact, she won her first senior Scottish vest as a 15 year old. The following year, 1984, she won both the seniors and WAAA's intermediate shot put titles. For the next three years her major achievements were in the throws events, her running having been put on hold. "Now I wish I'd kept on running instead of taking up throwing," she says. "I enjoyed it at the time, but I think I lost a number of years in my running by concentrating on throwing. I want to get back to running and get away from the throws. I have to start thinking about myself. It's not possible to do too much at a meeting - you should be far more of them throwing 13.50m plus for the shot. Alison Grey (ESPAC) is getting them. She has thrown 13.89m, but she's the only one.

While Mary would like to see more women in Scotland reach 13.50m, she would still have to achieve far greater improvements to be competitive with her PB of 15.48m. Mary believes one of the differences between herself and other throwers lies in the training schedule. "I think half of them are kidding themselves with their training. They need to get out and run and sprint a lot more. I know that some of them are not suited to that because of their build, but they should try to do some more."

Heavy weights, the traditional throwers' diet, have no place in Mary's training. "I do light weights with high reps for about a minute at a time. I don't do heavy weights at all. I do lots of strength work by running on sand and doing hill runs."

At 11 stones, Mary is fairly light to be a thrower. "When I was at my best I was 11st 10lbs. Throwers have to be heavier but they have to muscular, not fat."

In her days of concentrating on being a thrower, Mary admits her attitude towards her athletics was not as serious as it is now. "It used to be just fun. I was much younger and I liked to have a good time. I did other sports like cycling, swimming and squash which had no way on the track.

There's no way I'd do any of these now. It's just not worth the risk of injury. When you are throwing you can get away with a lot more; when you are running you have to think well in advance about what you are doing - you have to watch a week or two before a race about the state your legs are going to be in."

Having now realised the attitude that is necessary.
to cope with international competition and its assorted demands, Mary believes her refusal to take a fitness test for the 1986 Commonwealth Games was probably one of the best decisions she has ever made.

Prior to selection, athletes were told that one basis for selection would be overall Commonwealth ranking. I was tanked ninth or tenth in the shot,” Mary recalls, “and so I was fairly confident of being selected. I had a slight elbow injury going into that, so I had been throwing all season with it. It wasn’t keeping me back.”

As the Scottish Championships that year, Mary won the shot title. That, along with her high Commonwealth ranking, meant that her eventual absence from the team would be a major surprise and disappointment. “My family were also really upset. I just couldn’t understand it—there weren’t girls in the team who were only ranked 34th in the Commonwealth. I had also achieved the ‘B’ standard for selection 14 times,” she says.

Dianne Royal, the javelin thrower, was one of those athletes who were selected, but when she failed to comply with a drug test demand she barred herself from the competition. The Scottish team had not selected a shot putter, and so just three days before the start of the Games, Mary was telephoned and asked to take a fitness test. “I had just had it all off by this stage. I hadn’t been selected and so I didn’t want to compete. I told them to forget it,” she explains.

A coach who has helped to train an athlete to Commonwealth Games level must surely be keen to see her compete. Mary was by this stage training with Brian Wilde. “Yes, Brian put a bit of pressure on me to compete. Lots of people thought I was to daft to refuse, but lots of people agreed with me. My Mum kept saying ‘aye, aye’ but when I said I was going to refuse the fitness test I don’t think she believed me. She was a bit stunned when in the end I didn’t go.”

When the Games were taking place at Meadowbank, Mary was sitting at home watching them on television. “My family had gone along to watch the stadium. Obviously I wanted all the Scots to do well and I supported them, but I just didn’t want to be there.”

In retrospect she believes her decision was correct, not only because of the situation surrounding her absence from the team, but also because at that stage she felt she may not have been able to cope completely with the competition. “I can handle myself now at competitions. Now I can be single-minded enough to do what I want to do and succeed.”

A brave decision indeed from an 18 year old with a very bright and lengthy future in Scottish and British athletics. Inevitably Mary was going to have to cooperate with the SWAAS in subsequent seasons—was she not worried her actions would jeopardise future selection? “You have to do what you want, I didn’t care what effect it had on officials. In the middle of May, Mary appeared in the pages of the Sunday Mail, apparently challenging a statement made by the SWAAS regarding the wearing of club strips and colours during competition. A photo of Mary in competition showed her preference of outfit for competition—long and loud cycling style shorts. I asked if she felt the press had labelled her as a ‘mouth’ when they wanted a comment against the SWAAS. “No I don’t think so, anyway, I didn’t say all the things they said I did. I just said that as long as you wear a club vest, I think you should be allowed to wear what you feel most comfortable in down below. You definitely feel better when you wear something, maybe a bit daring or different. I think these leotards are worse that creep up your backside! I hate those things.”

Motivation to succeed in her athletics is not a problem for Mary. Since she left Ross High School in 1985, she has been training full time, twice a day. “I really enjoy training—if I have a good session with fast times and I can see an improvement then I feel good. The next day you can really feel you have accomplished something.”

Training twice a day must surely get repetitive at times. I asked Mary if she ever found it boring or became disillusioned with it all.

“It’s hard going if I’m on my own, I really need a squad to train with. If it’s getting boring I’ll change my morning session. I’ll maybe add hill runs or something like that.”

Mary’s coach for the past two years has been Dave Gibson, with whom she’s happy. He works out her track sessions for Monday, Wednesday, Thursday and Saturday nights, and she devises her own morning sessions. “I have a habit of overtraining, but in the mornings I really just tick over. I do circuits or road running or maybe hill work.” Gibson, her coach thinks she’s a winner! “When she turns her full attentions to the 800 metres, he believes she is capable of running sub two minutes for the distance.” At the moment I think she has a slight mental block about 800s, but that will go. She has been a winner in 400 metre runners who move up to the 800 metres. Once they have run a few of them they think they’re a winner,” he says.

Gibson says they have a good relationship although he says Mary is very independent. “I don’t think this is a bad thing,” he said, “as you have to be independent to be a good athlete.” Of her reluctance to throw in the future, he believes she has reached her optimum distance for the shot, “unless she bulk’s up and she doesn’t want to do that.”

Commonwealth Games level will surely be on the horizon, I reckoned. “Quite a few friends of mine have helped her with the Commonwealth ranking, I think she’s going to be on the Commonwealth Games level one day.”

Mary in competition was fairly confident about winning the national 400 metres title last year, she said, “I don’t mind what people think, I just want to run and enjoy it.”

She and Angela Piggford and Dawn Kitchin have been training since 1986 for the Commonwealth Games, and Mary has been a winner in national and Commonwealth level events. “I’ve applied to go to Telford College to do a two year catering course. I thought about doing a sport and recreation course, but with all my training it might be best to do something different.”

So how does the prospect of going back to the class-room take her? “I think I’ll just be dying to get out and train!” she laughed.

If her present enthusiasm is anything to judge by, it seems Mary Anderson will be running until she’s about 90! She says she will be running “still canny run any more!” Perhaps a more realistic note, she thinks she will keep going until she gets “fed up,” but with her huge appetite for athletics, there’s more chance of cows getting fed up with grass.

Mary winning the national 400 metres title last year ahead of Angela Piggford and Dawn Kitchin.

Mary wearing ‘those’ shorts, Wendy Steele wearing ‘that’ leotard!
**Jura enhances its hill race status**

**DID YOU hear the one about the Maclean, the Englishman, and the Scottish island?**

No, it's not another one of the story behind one of the most challenging races in the country the 16m of Jura Fell Race. Every year hardened hill runners make pilgrimage to the beautiful, Jura for a gruelling test of stamina and stamina over a course-like course with seven summits and a total climb of 7,500 feet.

For the vast majority who travel from England, the journey should be tiring enough - a six-hour car trip followed by two hours on the ferry to Islay, another crossing to Jura, and then the island minibus to their base for the weekend, Craighouse. But, come the race day, they allow fresh as a daisy, ready for the hills and the challenges that follow.

The idea for the race came when a student from the Isle of Man studying at Edinburgh University dreamt up a hill race project. An active member of the Fell Runners' Association, he contacted the island council, and in 1975 the inaugural event took place. However, it was not a crowd puller in those days before the running boom, and was abandoned in 1979.

But one man who remained enthusiastic was Donald Robb, from the Jura Hotel, and in 1983 he revived the race with backing from inveterates. Dotties and their Isle of Jura - "And since then has gone from strength to strength with the numbers going up from 65 in 1983 to around 140 this year - which is about the same as the year we started the race," said the race organiser, who was third in the 1973 race and finished a respectable 20th this time.

"On the day, as I mentioned before from Kraonacraig, on the mainland seemed full of runners, most with a good plan of what amounted to survival kits for the weekend. I felt rather guilty knowing I would be living in the comparative luxury of Jura's only hotel while others roughed it in tents nearby.

**Jura enhances its hill race status**

**DOUGLAS H Macauley**

**Jura for a weekend of warm sunshine and hospitality.**

It's not long before Jura comes into view. Not being a particularly mountainside island, the famous Jura Paps are all the more distinctive as they rise dramatically from sea level. What the first sight did reveal was the treacherous boulder-strewn surface which adds to the runner's difficulties.

Saturday morning was sunny and warm and I did not envy the competitor's task. No, I didn't care for a late entry, I told my hosts. A jog to the second checkpoint would adequately warm my running muscles for the day ahead and not start with a false firepoint.

Atmospherically, where the runners camped at the shore, just yards from the start, the talk was of Colin Donnelly and his prospects of a course record for the second year in a row. In 1988 Glaswegian Donnelly, an IK Fleet commander in Wales, broke the three years 24 hours, 46 minutes and nine minutes off Andy Stanj's four-year-old record.

This year his preparation was hardly as good as he had competed in the Bruachdruidh Islands Peaks Race the previous weekend - dashing up mountains on Mull, Jura and Arran in between.

"I came here on Tuesday and did some walking, two days before the race I was feeling exhausted," said Donnelly. But the 29-year-old British Fell Race champion for the past two years in made of steel stuff and he was ready against the opposition to win by nearly 10 minutes in three hours 11 minutes, the second fastest winning time.

"The race doesn't start in earnest until the third summit - before then it's more of a steady run," said Donnelly candidly. "Give a faster a steady run, they'll be on the plateau, after my wife believes there will be three hours will be beaten sometime.

On this occasion he managed to outclass the others by the first of the three Paps in the middle of the race and was never threatened thereafter. Only on what was a sharp climb was there a little stretch of road at the finish that he looked fresh. But the dry, hard ground had hampers me and I felt my feet were on fire and could not descend as well as last year," he commented.

Donnelly was awarded at the battle for second place behind him. "There were a couple of English boys who had not done the race before and they were relying on Andy Stanj, who has run every year, to show them the way," he explained.

In the event Bingley Harriers Ian Fargan (2:21) and Ian Holmes (3:22) were second and third and in the formation management, as he crossed the line.

Atmospherically, where the was the start of the race, had to settle for fourth (3:23), but he was the first veteran. Another Bingley man, Bob Whiffell, was fifth as his club easily took the team prize. Andy Curtis of Livingstones and David Gadd of the same club were sixth and seventh respectively.

Running for Eiliry Harriers, collected six bottles of Jura's single malt whisky for his efforts. Over the years he has been an excellent cross country runner for Cambuslang Harriers. In February he was the club's leading runner for the British Championship title at Hawick, but hill running remains his number one sport whatever the secret of his success is, in the hills, it is motivation, he says. "It's not high and it's more likely to be 45 or 50," he says. "If I ever beat that maybe I would get just as tired or injured. Anyway, if you have a hard hill race at the end of the season and a race like the Paps can train to property for a few days. I do a lot of cycling and enjoy that also. I suppose I am a bit of a masochist and I push myself hard when training and racing also.

Like Donnelly, leading woman Christine Menzies (3:18), ran in the Islands Peaks Race the previous weekend.

Today I started slowly behind about seven girls and kept being surging at the summit, but left," said the 32-year-old Bellahouston Harrier from Shavess, Glasgow.

"I was not in the form for all the years in the Islands Peaks Race was not overawed. At the base of the third Paps I overtook the leader, Ruth Pickvance, and from then I just concentrated. It's a tough hill with Robinson doing his way back by miles today, and I am in a reasonable battle to the line for the Beat A'fjord man by a second.

Chris was the last to cross the line with a new world record.

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Chris was the last to cross the line with a new world record.
## RESULTS

### May 27

**SAA Wind District Champs, Darn Park, Armit:**
- **Session 1:**
  - **100m:** 1. **S. Robertson** (Bell) [13.58] 2. **M. McAlpine** (Bell) [13.65] 3. **L. O'Gara** (Bell) [13.86]
  - **200m:** 1. **D. McCallum** (Bell) [24.59] 2. **L. O'Gara** (Bell) [24.60] 3. **M. McAlpine** (Bell) [24.61]

**Wind District Champs, Darn Park, Armit:**
- **Session 2:**
  - **400m:** 1. **D. McCallum** (Bell) [51.87] 2. **M. McAlpine** (Bell) [52.03] 3. **L. O'Gara** (Bell) [52.05]
  - **800m:** 1. **D. McCallum** (Bell) [1:56.42] 2. **L. O'Gara** (Bell) [1:56.50] 3. **M. McAlpine** (Bell) [1:56.52]

**South District Champs, Darn Park, Armit:**
- **Session 3:**
  - **1500m:** 1. **D. McCallum** (Bell) [4:25.03] 2. **L. O'Gara** (Bell) [4:25.04] 3. **M. McAlpine** (Bell) [4:25.05]

**West District Champs, Darn Park, Armit:**
- **Session 1:**
  - **800m:** 1. **D. McCallum** (Bell) [1:56.42] 2. **L. O'Gara** (Bell) [1:56.50] 3. **M. McAlpine** (Bell) [1:56.52]

### June

**West Half Marathon, Armit:**
- 1. **B. Green** (Glasgow) [2:39.49] 2. **D. McCallum** (Bell) [2:41.05] 3. **L. O'Gara** (Bell) [2:41.10]

**Half Marathon, Armit:**
- 1. **B. Green** (Glasgow) [1:43.23] 2. **D. McCallum** (Bell) [1:44.30] 3. **L. O'Gara** (Bell) [1:44.40]

**10km Road Race, Armit:**
- 1. **D. McCallum** (Bell) [37:42] 2. **L. O'Gara** (Bell) [37:44] 3. **M. McAlpine** (Bell) [37:45]

### May 25

**Calmans Half Marathon, Thorne:**
- 1. **I. Wright** [0:57.39] 2. **T. Campbell** [0:57.49] 3. **P. Thomson** [0:57.54]

**Haddington Festival 10km Run:**
- 1. **I. Rose** [34:29] 2. **A. Brown** [34:32] 3. **R. McAlpine** [34:34]

**Ivins Valley Half Marathon:**

**Ivins Valley 10km Run:**

**6km Road Race, Armit:**

### June 1

**East Kilbride Amateur 8km Run:**

**Rossie overturns 2.45m; Local woman wins...**
- 1. **I. Wright** [0:57.39] 2. **T. Campbell** [0:57.49] 3. **P. Thomson** [0:57.54]

**Haddington Festival 10km Run:**
- 1. **I. Rose** [34:29] 2. **A. Brown** [34:32] 3. **R. McAlpine** [34:34]

**Ivins Valley Half Marathon:**

**Ivins Valley 10km Run:**

**6km Road Race, Armit:**
**Jura enhances its hill race status**

The Campbell and Kilpatrick Hills and travels to Jura provide a good training ground for more serious assents.

Although she doesn't run too many and is still working on her speed at the Crowntop track in Glasgow. Her targets this summer include the Commonwealth Games in}_{}}

**ROAD/RACE REVIEW**

**May 21**

**BRIAN Emmerson won the Cumruda Half Marathon after running the event for six years without tasting victory. The Teviotdale Harrier beat the 2500m/2m/200m winner of the 13th Western coach, John Potts, who recorded a time of 1:38.6 (13.33s), and set the 17th fastest time in her overall 1:51.4. In the 600m hurdles, Aberdeens Mark D 0garn won the event at 32.68, won by 2000m. 42.93.

**June 10**

**CONTROVERSY was the flavour of the day as the BMS 1950s vs 1950s in the West of 400 hurdles. The match was won by 4:19.03. Mr. Clancy finished in 4:45.24.**

**June 11**

**WYNNE Murray and Liz McCollom came together in 1:105.00 in the Scottish Assurance Cup/International Select/ Hungarian triangular international in Portsmouth. The race proved to be a slow one with the 1000m man 1:20.3. In the half mile the pace increased dramatically with McCollom and Murray both blazing away at full throttle - but this time Murray was the only one in the 1:50s. The match was about who was going to win, Murray's opposition...**

The race was won by the Scottish silver medalist, Peter Koe (34:39).
June

GLEN ROSE Horsebox 12 mile Hill Race, Brodick Castle, Isle of Arran
BALLACHULISH Gala Day Hill Race
EILDON 2 Hhh 43 mile Hill Race, Melrose

23
24

McVITIE Challenge GB vs USA 21/2 mile Race, West Germany, Bremen (Day 1)

BENBRUCK Half Marathon

CROCMON 10 mile Hill Race
WEST Highland Way Race, 50 mile Fell Race, Milngavie to Fort William, entry now closed.
SCOTTISH Hill Race Championship
McVITIE Challenge GB vs USA 21/2 mile Race, West Germany, Aachen Stadium, Bremen (Day 2)

OWNERS Own 10K, Kingsgrove, details from: 0246-360768

POLAROID People's 10K Road Race, Alexandra
SCOTSMAN'S Western Athletic League Marathon (USA)
HIKING PITT 10 mile Hill Race, North of England at Chas Anderson Stadium, Aberdeen
GRAMPANIAN Athletic League (Scotland) Ayr, Stirling (North of England)
FAIRFORD Festival 3 mile Hill Race, Fairford. Info from: Ken McCauley, Tel: Fairford 9.
LARGS 20 mile Hill Race from Resthouse to Arranmore

SIR CHRYSTIE 1 mile 1000m, The Meadows, Edinburgh. Details as before.

ANNAN 8 mile Road Race, Annan

Course Record Male Female
50.95 05.16 Shire Kennedy
14.8 14.7 Shire Kennedy

Price: Special for 1st man and woman (Plus Additional Prize to 1st Man and 1st Woman if No One Completes Record)
1st - 2nd Men
1st - 2nd Women
Finishing Times for 1000, 5000, 10K and 1 Mile

FYLDE BOROUGH COUNCIL 7th WINDMILL 1/2 MARATHON
under AAA and WCA laws

Applications limited to 3000
Closing date 14th August 1989. Strictly no late entries

SUPER SEASIDE COURSE ALONG THE PROMENADE
HOLD HIRING OF THE FEBRUARY IN BLACKPOOL LIGHTS.

SUN 3RD SEPTEMBER 1989

10 A.M.

COMMEMORATIVE MEDAL TO ALL FINISHERS

AIRED: by

June

FRASER Clyde (Aberdeen) was the first runner across the line in a record time of 79.54 that also won the fastest race.

WILLIAM Robertson (Bela) was rewarded for his efforts with a warm and hearty applause.

GREENOCKS Duncan McDonald won the top prize of the Windmill Half Marathon. He led the field for the entire course and was over the line in 10.59. His time was recorded as 8:30, with the second fastest time being 9:00.

McFARLANE, the only male to cross the line, was the first man home, followed by Thomson. The race was very close, with Thomson winning by just a minute.

The women's race was won by Dunato student Marilyn Cuthbert, who despite stopping twice to help an injured runner, finished first. The second woman was finished by Susan Grant of Dunbarton.

June 11

Shettleston's Willie Cole won the Cumberland Half Marathon in 7:44, well ahead of the rest of the field. Second placed John Duffie (Cromer) finished in 7:46.

The women's race was also won by Dunbarton's Annie Duffie, who was followed by11 minutes later by second placed Barbara McMillan. The race was very close, with the women's race won by Dunbarton student Marilyn Cuthbert, who despite stopping twice to help an injured runner, finished first. The second woman was finished by Susan Grant of Dunbarton.

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EVENTS

SCOTTISH Young Athlete League, West Dives 1 & 2, Cowlipoint

STONEHAVEN Half Marathon, E - Leith and Aridetion, Kinardine and Denside District Council, Viewmont, Stonehaven

STAGE Dundee Bridge Run, Contact 0479-811431 for details.

CIVIC Week Rock Hill Race, Kilmarnock

MOPTR Weavers Chase 18 mile Hill Race, Moffat

ISLE of Mull Half Marathon.

FALKIRK District Council Open Credited meeting, Grangemouth. Details: 0503-463752.

SRI Chinnay 10K Road Race, Edin­

burgh, and 5 Miles RR, Glasgow. De­

tails from: 031-330-2369 or 041-299-1946.

BRIMMONDHILL Road Race, Aberdeen

IAAF Grand Prix Miller Lite IAC Meet­
ing, Meadowbank. Details from: 031-661-5337.

SCOTTISH Mountain Trial Race

SAAA Combined Events Champions­ships (Day 1) and Relay Championships, Chris Ar­
den Memorial, Aberdeen.

DUN’S Sports Meeting

FORRES 10K and 31 mile Road Race

SCOTTISH Mountain Trial Race

SAAA Multi Events Championships (Day 1) and Relay Championships, Chris Ar­
den Memorial, Aberdeen.

SAAA Combined Events Champions­ships (Day 2), Grangemouth

MYSTERY Tour 10 mile Scottish Mount­

ain Trial

GENERAL Pottia of Edinburgh 10,000 metres Road Race, Edinburgh

EVM 15K Road Race, Moffat

ESM GOM, Meadowbank

SRI Chinnay 2 Miles Road Race, Glass­
gow Green and Edinburgh. Details as be­

Miller Lite

MILLER LITE/I.A.C. INTERNATIONAL
EDINBURGH '89
ORGANISED BY THE INTERNATIONAL ATHLETES' CLUB UNDER IAAF RULES
FRIDAY 7th JULY, 6.30pm,
MEADOWBANK STADIUM, EDINBURGH

FOR TICKETS RING: 031-661-1079
(CREDIT CARD FACILITIES AVAILABLE)
FURTHER INFORMATION FROM MEADOWBANK.
TEL: 031-661-5351

ICO}

INVERNESS Open Credited Meeting,

Queen Park, Inverness

9
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13

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12

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15

16

CROW POINT SPORTS CENTRE, GLASGOW
DOORS OPEN 17:00 FROM 1-5 SATURDAY
ADMISSION FREE NO. SATURDAY 0331.50 Half Price for O.A.P.S. and Children.
FOR INFORMATION PHONE 041-354-5279.

Scotland's Runner July 1989
EVENTS

Scotland's Runner July 1989
**HADDINGTON & EAST LOTHIAN PACEMAKERS** in co-operation with

**EAST LOTHIAN DISTRICT COUNCIL DEPT OF LEISURE, RECREATION & TOURISM**

present the

**HADDINGTON ROAD RACE SERIES 1989** at Neilson Park

£3.00 Sunday 13th August, 2pm - half marathon

Entry forms from: Race organiser, 65, High Street, Haddington. Tel: 062-082-4023.

Extensive prize list and commemorative awards. Unattached athletes additional £5p; all late entries additional £1.00. All events under SAAA & SWAAA rules

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**FORTHCOMING EVENTS**

17th September 1989

**Aberfeldy Half Marathon**

10am Start

Also a Mountain Bike event - date to be advised

Watch out for further details in future issues, or write for entry forms (enclosing sae) to:

Race Organiser, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, Perthshire PH15 2DU

Tel: 0887-3922

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**LOCH LEVEN**

**HALF MARATHON**

(Under SAAA & SWAAA Laws)

Saturday 9th September at 1pm

Entries close 31st July

13.1 miles round scenic Loch Leven

Main Sponsor: THE SCOTTISH HEALTH EDUCATION GROUP

Entry forms from: Tourist Information Centre, Junction 6 M90, Kilmarnock. KY11 7QN. Tel: 0577 6800.

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**NAIRN**

**PEOPLE’S HALF MARATHON NAIRN GAMES**

**SUNDAY 19th AUGUST**

**RACE STARTS AT 2.00 pm**

Many prizes, medals to all finishers

Entry fee: £3.50

Entry forms from: Nairn Swimming Club, 16 Giebe Road, Nairn (0647) 52208

Closing date 31st July (Entry limited to 200)

---

**Come to Kinghorn, Fife for**

**Sixth Mill Lum 6 Race**

(Under SAAA, SWAAA & RRA Rules)

Wednesday August 9th at 7.40 p.m.

For the not-so-fit and younger ones there is a 1½ mile Fun Run at 7.00 p.m.

- Enter on the day and change at Kinghorn Church Hall

- scenic Farm Track Courses used for both events

- Many prizes and fast display of results

Entry fee: £1.00

Further information from (0382) 873183

SPONSORED BY THE ENVIRONMENTAL SERVICES DIVISION OF SCOTFISH SERVICES LTD. Tel: 0224-973412

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**LOTHIAN AND BORDERS FIRE BRIGADE**

Prepares the

**GORE-TEX**

**LOTHIAN MARATHON 1989**

Assisted by West Lothian & Livingston Sport and Recreation Associations and Livingston AAC

Incorporating the Scottish People’s Half Marathon Championships

Sunday 27th August 1989

at 10 a.m.

Start/finish at Howden Park, Livingston

Commemorative Medals and Certificates to all finishers.

Prizes include Gore-Tex fabrics suit to 1st male, 1st female, 1st male 40/40 and 1st female 45.

Extensive veterinary services.

Changing/parking facilities.

Wheelchair entry welcome.

Course routes: Men - Bill Beded 62-54; Women - Tricia Calder 79-05. Entry Fee £5.00 (£4.00 after August 13; £7.00 on August 27).

Including Fun Run over 1.3 miles — medals to all finishers — £5.00 — sponsored by Scottish Milk Marketing Board.

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ENTRY FORM

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Clydesdale Bank PLC Sponsors of the 

LOTHIAN & BORDERS FIRE BRIGADE

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Scotland’s Runner July 1989
after finishing sixth in the British Universities Championships at Derby, it came as no surprise to anyone that Edinburgh University retained both the men and ladies trophies in the Scottish Universities Cup Final, written Gordon Ritchie.

What promised to be a good competition failed to live up to its billings when Glasgow, Strathclyde and Dundee failed to field full strength teams on a sunny day at Grangemouth. As a result, the strong Edinburgh team was never threatened in the most one-sided event in recent years. Despite the lack of competition, there were several good performances on the day, Jamie Henderson excelled (as usual) in winning both sprints (19.6 and 22.0), while Dave Hitchcock triumphed in the 100m hurdles in a relaxed 15.57 seconds. In the field events, Glasgow's BGSF Champion Jim Siddle cleared 2.2 metres again to win a close competition, while Andy Thain and Ed Daintith (both Edinburgh) tied for first place in the long jump 6.40m, with Andy getting the nod on the strength of his second best jump.

In the women's events, Rebecca Stevenson chalked up a double for Glasgow in the sprints (12.7 and 26.1), but undoubtedly the best performance came from Sarah Booch in the 100m hurdles in the fastest time by a Scot to date this year (12.5). She proceeded to better this with 12.2 at the Scottish Universities Championships. Karen Savill (Heriot-Watt) dominated the field events again with a win in the javelin (53.3m) and shot (10.35m), and second in the discus (27.80m). She showed her versatility with a 1.90m in the high jump, 29.1 in the 200m, 71.4 in the 400m, 17.7 in the 100m hurdles, and 76.5 in the 400m hurdles. All in one afternoon!

If the cup final was not particularly successful, the SLSF Championships were a disaster. These championships have suffered from falling numbers in recent years, and the time has come to give them a decent burial. They are proving to be an embarrassment to an otherwise booming university scene. A new form of event will begin next year in an effort to regain our reputation. More details will follow.

The flagship of the summer season for the units is the representative match at Grangemouth. This year, the women easily defeated Edinburgh Woollen Mill and Central Region, while the men lost narrowly to the Scottish League and the Scottish Veterans. The evening started promisingly for the students with wins in the 100m (Alan Doris in a PB of 10.6) and 400m hurdles (Dave Hitchcock in 54.46). However, there were only men's wins for the team. In contrast, in the women's competition BVM won the two hurdles and the long jump, but the students won every other event in a comprehensive victory. Let's hope we see continued support for this match and an overview into the new-looking universities championships.

Field events again with a win in the javelin (59.36m) and shot (10.35m), and second in the discus (27.80m). She showed her versatility with a 1.90m in the high jump, 29.1 in the 200m, 71.4 in the 400m, 17.7 in the 100m hurdles, and 76.5 in the 400m hurdles. All in one afternoon!

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NAME: Alison Helen Grey
DATE OF BIRTH: 12/5/73
HEIGHT: 6 foot
WEIGHT: 11st 6lbs
CLUB: Espc AC
EVENTS: Shot put, discus, 100m hurdles
P/R: Shot: 13.89 indoors, 13.84 outdoors; discus: 44.18; 100E: 13.46.

ATHLETIC ACHIEVEMENTS: British Schools shot put champion; Intermediate British indoor shot champion; Scottish senior internationalist.

STRENGTHS: Good speed, aggressive and determined attitude, good shot technique.

WEAKNESSES: Bad discus and hurdles technique, lack of elastic strength and lack of power.

WHY DO YOU COMPETE: Because I enjoy taking part in competitions and meeting different people. I especially like to compete under pressure. I enjoy winning, especially in big competitions.

OTHER HOBBIES: Going out, listening to music, and trying out other sports.

AIMS OUTSIDE ATHLETICS: Firstly to improve my standards and secondly to win a close event in the long jump, 29.1 in the 400m, 17.7 in the 100m hurdles, and 76.5 in the 400m hurdles. All in one afternoon!

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WHY DO YOU COMPETE: Because I enjoy taking part in
JESTING APART WITH RUN-A-WAY RON!

RUN-A-WAY Sports is a new shop to go to if you are in the Glasgow area and you want the specialist sales attention that only an experienced runner can give.

Ron Ballantine, the owner of RUN-A-WAY sports is in hand to answer questions on the A-Z of running.

Ron started running four years ago, “my weight was overwhelming”, and he thoroughly enjoyed it. He felt relaxed by it and free of stress. Now he is addicted. “I just eat into the blood and you don’t want to let go.” Since those early days of running to lose weight, he has run around 25 marathons wearing a Jester’s suit which has made him a well known character in the road running scene.

Ron feels that if you want to buy running equipment, the best people to talk to are runners. Instead of the manufacturer’s blurb which is so often recited by unknowledgeable sales assistants, Ron can advise through his own experience of running miles and miles and taking part in many races. “If people come to me with an injury problem, a pronation problem, I can advise them what to buy as I’ve had experience of all these kinds of runner’s problems too.”

One of the factors which prompted Ron to give up his job in a public house was the complete lack of Scottish sports shops selling specialist running gear at the Glasgow Half Marathon last year. “There were plenty of people there selling sports wear, but none of them were Scots.” He found the same to be true when it comes to mail-order companies. “It seems that many Scots send off to mail order companies in the south for specialist running products. I felt that Glasgow needed a similar outlet and so we set up the shop in Sinclair Drive, and the mail order service.”

When it came to choosing a name for the new business there was much discussion in the Ballantine household. “Amongst all the talking, my five year old daughter Brionne suddenly said ‘call it Run Away Sports’. I thought wait a minute, that sounds okay, so she was the mastermind behind the name.”

Although the shop has only been open for a couple of weeks, Ron is pleased with business. “People have come into the shop and said it’s great to see we are specialising for the runner with such a vast collection of clothes and shoes.” As a special concession to club runners, Run-A-Way sports are offering a 10% discount on all purchases. They stock the most popular makes of running equipment.

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